

1.	Meeting:	Cabinet
2.	Date:	14 th January 2015
3.	Title:	Education Lifestyle Survey Results 2014
4.	Directorate:	Neighbourhoods and Adult Services, Performance & Quality (CYPS)

5. Summary:

This report covers details of the 2014 Borough Wide Lifestyle Survey Report. (Appendix 1)

It includes plans to distribute the lifestyle survey report to schools, the schedule for presenting the findings of the report and the on-going actions supporting the lifestyle survey results.

The Lifestyle survey is a valuable piece of consultation capturing the views of young people in years 7 & 10 at secondary school asking their opinions on -

- Food & Drink
- Health, Activities and Fitness
- Being In School
- Out of School
- Young Carers
- Bullying & Safety
- Smoking, Drinking & Alcohol
- Sexual Health
- Local Neighbourhood

Each year the results are shared with key stakeholders to ensure that activities are built into team plans to address any issues to make changes to improve the lives of young people and comparisons are made each year to see if the changes made are making a difference.

Secondary schools will receive a copy of the borough wide report and their individual school report, so they can see what pupils at their own school are saying and compare this against the borough wide average.

Healthy schools service will also receive a copy of the individual school reports, so they can identify which school needs support in specific areas.

6. Recommendations:

Members are requested to

- (i) Note the Lifestyle Survey Report 2014
- (ii) Note and agree the action plan which is used to ensure that issues are actioned following completion of the survey

7. Proposals and Details:

The 2014 Lifestyle Survey saw all 16 secondary schools in Rotherham participate, however one school did suspend their involvement due to the content of some of the questions, the issues that were raised by the school, were addressed, but the school informed us that it was then too late to reintroduce the survey. Overall 4,123 pupils participated which is a participation rate of 63%. This is the highest participation rate achieved since the commencement of the survey in 2006.

In the 2014 survey there were a number of new questions added after the formal consultation process. These requests came from public health, police and healthy schools consultant.

The new questions covered topics on safety, sexual health education, internet safety, e-cigarettes and young people's thoughts around alcohol, drugs and smoking

7.1 Positive results in the survey

- More young people having breakfast, 80% compared to 73% in 2013
- More young people having school dinners for lunch, 44% compared to 28% in 2013
- Increase in the number of pupils volunteering, up to 20% from 19% in 2013
- Bullying rates saw a considerable decrease in the number of young people who said they have been bullied, down to 28% from 38% in 2013
- Also there was a considerable increase in the number of pupils who said they had received help after being bullied up to 58% from 26% in 2013
- Reduction in the number of pupils having tried high energy drinks down to 50% from 59% in 2013
- Increase in the number of Y10 pupils saying they had never tried a cigarette up to 70% from 64% in 2013
- Increase in the number of young people who said they have never tried alcohol
 - Y10 up to 24% from 23% in 2013
 - Y7 up to 63% from 59% in 2013
- A reduction in the number of pupils who have tried some type of drug
 - Y7 solvents the most popular drug, young people saying they use this regular has gone down to 1% from 4% in 2013.
 - Y10 cannabis the most popular drug with young people saying they use this regular has gone down to 5% from 6% in 2013
- More young people know who the school nurse is up to 40% from 38% in 2013
- More young people said they visited Rotherham Town Centre up to 40% from 34% in 2013

7.2 Areas for attention from the survey

- Healthy eating - crisps is now most popular snack
- Less young people say they regularly participate in sport or exercise down to 77% from 81% in 2013.
- Feelings – pupils are asked how they feel about family, home life, friendships, the way they looked, schoolwork and themselves, in all areas young people do not feel as good as they did in 2013

- There is a slight increase in the number of young people identifying themselves as young carers although it is clearer now in relation to time spent and who they are caring for, after new questions added for 2014 survey
- Local shops are where young people are more likely to obtain their cigarettes from. Also young people obtain alcohol from local shops, more than supermarkets.
- Sexual Health – new questions added to the Y10 survey 25% of young people in Y10 said that they have had sex. Out of these 46% said they had sex after drinking alcohol and 22% did not use any method of contraception. This is a similar result to national figures.
- After consultation the safety questions particularly around the town centre were split further and subsequent questions added. In Rotherham Town Centre only 10% of young people said they felt safe, reduced from 12% in 2013.
- Questions were asked specifically about Town Centre bus and train stations, only 9% said they felt safe in the bus station and only 7% at the train station.
- Subsequent questions show the reasons for feeling unsafe; being approached by strangers, being approached by drunks and fear of gangs are the main reasons for feeling unsafe.

Key stakeholders and partners are involved identifying activities to address these issues; Lifestyle Survey Results Action Plan addresses these (Appendix 2)

7.3 Timetable for presentations

Date	Meeting	
18 th November 14	DLT CYPS	Bev Pepperdine Sue Wilson
18 TH November 14	DLT NAS	Bev Pepperdine Sue Wilson
19 th November 14	SLT	Bev Pepperdine Sue Wilson
25 th November 14	Councillor Beaumont Informal Briefing	Bev Pepperdine Sue Wilson
28 th November 14	EDS DMT	Bev Pepperdine
14 th January 15	Full Cabinet Meeting	Jane Parfrement
21 st January 15	Improving Lives Scrutiny	Bev Pepperdine Sue Wilson
5 th February 15	Chief Executive Officers Group	Bev Pepperdine Sue Wilson
18 th February 15	Health & Well Being Board	Bev Pepperdine Sue Wilson
Feb/March 15	Safeguarding Board	Bev Pepperdine Sue Wilson

Distribution of the report with an offer to attend subsequent meetings will be made to

- Public Health
- Healthy Schools Consultant – Kay Denton
- Safer Neighbourhood Partnership
- South Yorkshire Police
- South Yorkshire Passenger Transport Executive
- Neighbourhood Crime Manager

- Young Carers Provider – Barnados
- Locality Team(s)
- School Nursing
- Families for Change
- Youth Cabinet
- Communications Team

8. Finance:

The cost reduction has continued as in previous 2 years.

All printing costs removed, schools accepted that they would communicate lifestyle survey information with parents and school packs were sent electronically rather than printed and posted.

Staff time from Service Improvement Officer and Research Analyst

9. Risks and Uncertainties:

Various issues are highlighted within the body of the report and work is underway to mitigate these

10. Policy and Performance Agenda Implications:

Key partners with actions in the Joint Health & Wellbeing Strategy, Corporate Plan and will need to note the results from this survey
Bulletins will be sent out to key stakeholders highlighting the findings.

11. Background Papers and Consultation:

Rotherham Secondary School Lifestyle Survey 2013
Joint Health & Well Being Strategy

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