

## Lifestyle Survey Results Action Plan 2014 ( Up-dated 19.12.2014)

Topic	Actions	Stakeholders	Progress
<p><b>Food &amp; Drink</b> Increase in the number of pupils who said they ate Crisps/Chocolate/ Sweets every day</p> <p>Increase in the number of pupils drinking high energy drinks regularly</p> <p><b>2014</b> <b>Crisps the most popular snack</b></p>	<p>Highlight data with Public Health to address in joint health and well-being strategy meetings</p> <p>Highlight data with Healthy Schools consultant</p> <p>Provide schools with details of weight management services</p> <p>Information could be provided to school with their own NCMP data compared to R &amp; E averages</p> <p>Ensure all children identified as overweight or obese are signposted to weight management services following National Child Measurement Programme</p>	<p>Public Health</p> <p>Healthy Schools</p> <p>School Nursing</p>	<p>Obesity Strategy Group to note these results. Key priority within H&amp;WS and continued monitoring of action plan by H&amp;WB</p> <p>Strategy group to provide regular up-dates on actions to support young people with healthy eating and exercise</p> <p>Since 2009, 1,944 children have accessed the tiered weight management services provided by DC Leisure (MoreLife Clubs), Rotherham Institute for Obesity and MoreLife residential camps with success rates of 97%, 90% and 95% respectively. Food and drink choices are an integral part of the programmes offered.</p> <p>Increase in the number of pupils who felt they are a healthy weight for their age up to 74% in 2013 from 70% in 2012. <b>2014 this reduced to 73% - This is a perception and not actual</b></p> <p>Increase in the number of pupils who take regular exercise up to 81% in 2013 from 79% in 2012. <b>2014 this reduced to 77%</b></p> <p>Wickersley SSC achieved Good Practice Plus for their work on reducing the number of high energy drinks consumed. Other schools also worked with young people to encourage the reduction of the consumption of high energy drinks. 2014 this reduced to 50% from 59% in 2013</p> <p>Oral Health being promoted in HS Learning Community meeting and HS termly newsletter. The oral health team attend KS1 &amp; 2 meetings to promote the new oral health resources</p>
<p><b>Pupils Feelings</b> Reduction is the % of pupils who feel good about, family and</p>	<p>Highlight data with Public Health and Healthy Schools Coordinator</p>	<p>Public Health</p> <p>Healthy Schools</p>	<p>Awareness of this raised with Healthy Schools Coordinators relating to school work summer term Learning Community meetings 2013.</p>

<p>home-life, friendships, themselves and schoolwork <b>2014</b> <b>A further reduction with young people feeling good and being critical of the way they look.</b></p>			<p>The Emotional Health and Well-being in Schools Group to note actions.</p> <p>Targeted Mental Health in Schools Conference held on 15<sup>th</sup> November 2013 which looked at issues impacting on young people &amp; families; welfare reform, domestic abuse, suicide, self-harm and the schools response to these issues and available support.</p> <p>Self-harm pathway being developed for frontline workers who have contact with young people (9-25)</p> <p>Bereavement pathway in development which will ensure support for children and young people who are bereaved/affected by suicide.</p> <p>Letter sent out via schools in June 2013 to all parents highlighting support for young people who may be in emotional distress.</p> <p>Support services for young people who may be in emotional distress advertised on Public Health Channel summer/autumn months 2013.</p> <p>Youth Cabinet – gave a presentation to members of scrutiny panel for improving lives on 27<sup>th</sup> February 2014, sharing their work around self-harm. This is a priority for Youth Cabinet this year, updates to be provided on actions taking forward by health partners</p> <p>Mental Well Being – Seminar on loss planned for 14<sup>th</sup> November – work by Healthy Schools Consultant covering areas of loss due to imprisonment, fostering/adoption. Illness/sudden death</p>
<p><b>Young Carers</b> <b>27% of pupils identified themselves as young carers.</b></p> <p><b>20% of young people identifying themselves as young carers had knowledge of Young Carers Service</b></p> <p><b>2014 – 29% of young people</b></p>	<p>Highlight the findings with commissioned provider to support young carers</p> <p>Highlight findings with Integrated Youth Service</p> <p>Report finding to Carers Strategy Group</p> <p>Provide schools with details of</p>	<p>Barnardos</p> <p>Integrated Youth Service</p> <p>Neighbourhoods &amp; Adult Services Carers Strategy Action Group</p>	<p>Barnardos working in partnership with statutory partners to promote – Working Together to Support Young Carers</p> <p>Carers Charter has specific actions for Young Carers</p> <ul style="list-style-type: none"> <li>• Improve the offer of information and support to young carers</li> <li>• Raise awareness in schools and in other young people settings of support for young carers and the young carers services</li> <li>• Support the Rotherham UK Youth Parliament members in developing a Young Carers card</li> </ul>

<p><b>consider themselves as carers</b></p> <p><b>26% of young people identifying themselves as young carers had knowledge of the young carers service – increase from 20% in 2013</b></p>	<p>Young Carers service and other areas where young carers can access support</p>		<p>Young Carers card in development stage – target date for launch in schools March 2014.</p> <p>Meeting with Health, Integrated Youth Service, Service Quality, Barnardos, Commissioning, to discuss development of a process for the card and development of a register of all young carers.</p> <p>Young Carers card is being promoted and piloted in 5 – Wales, Clifton, Wingfield, Swinton &amp; Wickersley secondary Schools.</p> <p>The aim of this card is to ensure young people caring, get the most appropriate support at an early stage. Making schools aware of a young person's circumstances and offer them the right support at the right time.</p>
<p><b>Bullying</b></p> <p>38% of pupils answered that they had been bullied (same % as 2012)</p> <p>Pupils who said they have reported the bullying reduced from 2012</p> <p>Pupils who said they had received help and support after reporting bullying reduced from 2012</p>	<p>Highlight findings with School Anti-Bullying Officer</p> <p>Highlight findings to all schools</p>	<p>Anti-Bullying Officer</p> <p>Schools</p>	<p>Schools appointing Anti-Bullying ambassadors</p> <p>14 secondary schools have signed up signed up to the National Bullying Charter and have all schools have an anti-bullying strategy and toolkit.</p> <p>Schools can achieve a grading within the charter from Bronze to Gold</p> <p>New questions added to the 2014 survey to identify where the bullying is occurring at school, out of school or both</p> <p>Questions added to the 2014 survey to identify the level of cyber bullying</p> <p>Results from these new questions will be available from September 2014</p> <p>Significant improvement with bullying rates 2014</p> <p>28% of young people answered that they had been bullied down from 38% in 2013</p> <p>58% of young people said they had received help up from 26% in 2013</p>
<p><b>Safety</b></p> <p>Pupils feeling safe travelling on public transport or waiting for public transport produced similar results as in 2012</p>	<p>Report findings to key stakeholders who have ongoing activities to address these issues</p>	<p>Deprived Neighbourhood Co-ordinator for Town Centre</p>	<p>Youth Cabinet led the Overview &amp; Scrutiny Management Board Meeting and requested that all key partners meet to address these issues</p> <p>This meeting was attended by South Yorkshire Passenger Transport, First Group, SY Police, Scrutiny Members, Cabinet Members, Directors at RMBC and CYPs Officers</p>

<p>Pupils feeling safe in Town Centre also produced similar results to 2012</p> <p>2014 Town centre feeling safe 10%</p> <p>Town centre bus station feeling safe 9%</p> <p>Town centre train station feeling safe 7%</p> <p>40% of young people said they regularly visit Town Centre</p> <p>More young people who said they do visit the town centre regularly (40%) said they felt safe in and around the town centre rather than those who responded that they do not visit town centre (60%) - This is further evidence that there is work to be done with young people on the perception of safety in and around town centre</p>		<p>Safer Neighbourhood Team</p> <p>RIDO</p> <p>SY Passenger Transport</p> <p>Police</p> <p>EDS</p> <p>Integrated Youth Service</p> <p>Voice &amp; Influence Sarah Bellamy</p>	<p>Actions agreed</p> <ul style="list-style-type: none"> <li>• Improve communication borough wide, to ensure young people are aware of public transport services, where and how to report concerns and raise comments about service standards</li> <li>• Encourage young people to become involved in making decisions e.g. become a member of user group mystery shopping</li> <li>• Improve public safety at bus and train interchange especially late evenings</li> </ul> <p>Annual review of these actions to take place in 2014 Youth Cabinet Youth Cabinet holding a Children's Commissioners Day on 27<sup>th</sup> February 2014 including a progress review on these issues Progress to date (Dec 2013)</p> <ul style="list-style-type: none"> <li>• SYPTE have upgraded their website for young people.</li> <li>• Young people are attending Rotherham Transport user group</li> <li>• Young people have met with Rotherham Interchange management to discuss their views around safety</li> <li>• There is now a Rotherham Town Centre Voice &amp; Influence Group for young people age 13 to 19 to give their voice to what they would like to see happening in Rotherham Town Centre. This new group are holding their first meeting Wednesday 8<sup>th</sup> January at Myplace in Rotherham</li> </ul> <p>SYPTE have on-line report incident form and also Facebook page Behaviour Guide for Young People Lifewise teaching – out to schools 13,000 young people have received this training in PSHE Lessons On-line complaints process</p> <p>Pupils who responded that they visited Town Centre, there was a higher % of these pupils saying that they felt safe in Rotherham Town Centre, than those who said they did not visit. Activities to be agreed to work on perceptions of visiting Town Centre. Crime statistics support this, crime rates from Town Centre for overall crime are on decline</p>
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<p><b>Smoking</b> Improvement in the number of pupils smoking, pupils from smoke free homes</p> <p>Young people (Y10) in particular purchasing cigarettes from local shops. Supermarkets relatively low %</p>	<p>Report findings to Tobacco Control Strategy Group</p> <p>Report findings to Trading Standards Team (Environmental Health)</p>	<p>Public Health</p> <p>School Nursing</p> <p>Healthy Schools</p> <p>Tobacco Control Strategy Group</p> <p>Health &amp; Well-Being Board</p> <p>Trading Standards</p>	<p>Smoke-free class resources provided to all primary and secondary schools.</p> <p>Benefits of non-smoking promoted to all secondary schools. Confidence building with young people not to give into peer pressure Work underway to ensure all schools have a Smoke-free policy</p> <p>Smoke-free resource launched to address issue of smoking on school premises)</p> <p>Briefing sent to Trading Standards Team NAS – await up-date on ongoing actions to address issues of local shops selling cigarettes and alcohol to under age children</p> <p>Public Health is carrying out a detailed survey of smoking behaviour and</p>

			<p>beliefs with young people accessing Youth Start.</p> <p>*A promotion that the social norm, most young people don't smoke, promoting youth-based anti-smoking activities such as the Cut Films competition.</p> <p>Promotion of national events such as No Smoking Day and developing some youth advocacy activities</p> <p>*To support young people against the peer pressure of smoking – a question has been added to the survey – do you think it is OK for young people to smoke The results for this show 96.7% of Y7 said No and 75.4% of Y10 said No.</p>
<p><b>Alcohol &amp; Drugs</b></p> <p>Alcohol consumption responses are similar to 2012 survey, although less % of Y7 pupils said they have never tried alcohol 59% in 2013 compared to 63% in 2012</p> <p>From family was far the highest response to where they get the alcohol from. As with cigarettes Y10 are purchasing alcohol from local shops and supermarkets relatively low %</p>	<p>Report findings to Alcohol &amp; Drug Strategy Group</p> <p>Report findings to Enforcement Team (Environmental Health</p>	<p>Public Health</p> <p>School Nursing</p> <p>Healthy Schools</p> <p>Health &amp; Well-Being Board</p> <p>Know the Score</p> <p>Enforcement Team</p>	<p>Know the Score is a commissioned services to support young people with alcohol and drug issues</p> <p>A single message for both drug and alcohol has been developed and all partners/agencies delivering support around these two issues have received this message.</p> <p>Community Alcohol Partnerships have been developed in 2 project areas – Dinnington and East Herringthorpe/Dalton/Thrybergh. Early stages of development.</p> <p>E-Learning package accessible in all educational settings. This is being promoted by Health &amp; Well-Being Board and other key stakeholders.</p> <p>Promote to parents the health risks giving their children cigarettes and alcohol when they are under age</p> <p>**Public Health and Healthy Schools are wanting to promote that it is not social norm for young people to drink excessively, new questions added to survey to support this</p> <p>**To support young people against the peer pressure of drinking – a question has been added to the survey – do you think it is OK for young people to drink alcohol The results for this show 93.4% of Y7 said No and 51.1% of Y10 said No.</p>

			<p>Responses to the question do you think it is OK for young people to take drugs The results for this show 96.8% of Y7 said No and 88.3% of Y10 said No.</p> <p>RMBC Public Health have developed an action plan to work over a 6 month period in Eastwood, through community and partnership meetings this area has been identified has a major community concern.</p>
<p><b>Sexual Health</b></p> <p>Key findings from 2014 survey 25% of Y10 young people said that they have had sex 46% said they have had sex after drinking alcohol 22% said they did not use any method of contraception</p>	<p>2014 add specific questions to 2010 survey around sexual health in line with national information</p> <p>Results to be highlighted with school staff at PSHE Leads meetings and HS coordinators meetings; secondary colleagues encouraged to link to alcohol education when teaching SRE and to use the data to explore attitudes to unprotected sex and risk.</p>	<p>Public Health Healthy Schools Consultant</p>	<p>National comparative data: 31% males and 29% females (aged 16-24) reported having had sex under the age of 16 – (National Survey of Sexual Attitudes and Lifestyles 2010-2012)</p> <p>Share Rotherham Lifestyle Survey findings with Sexual Health Strategy Group to help inform the delivery framework and with service providers to help inform appropriate targeting of services</p> <p>Sexual Health strategy group has already identified work with young people as a priority for the delivery framework</p> <p>Consultation with the Youth Cabinet has endorsed the approach that the strategy takes in relation to young people</p>
<p><b>Information from schools</b></p> <p>Feedback from schools on the use of the survey</p> <p>Identify how schools use the information, in the survey</p>	<p>Share the results information with PSHE Teachers, HS Coordinator and Pastoral Team. Dedicated assemblies Staff Meetings Dedicated PSHE Lessons Share with School Council Student Voice Lessons</p>	<p>Schools</p>	<ul style="list-style-type: none"> <li>• Added Breakfast provision in school canteen (reported from one school)</li> <li>• Promoted to young people where students can locate and access confidential health advice</li> <li>• Changed content delivered around certain topics in lessons</li> <li>• Moved around units of work between year groups to where it is most appropriate, following results from 2013 survey</li> <li>• Change to PSHE Lesson using data from 2013 around alcohol – to raise the issues of drinking alcohol with young people</li> </ul>

	One to One discussions with young people offered Lead young volunteers discuss results with management team and committee Feedback in PSHE Lessons		<ul style="list-style-type: none"> <li>• Campaign to raise the profile of the school council</li> <li>• Review dinner menu options</li> </ul>
<b>Amendments to 2014 Survey</b>	Consultation has taken place with all key stakeholders to review some of the questions in the survey	Schools Youth Cabinet Police Social Care Public Health Health Schools Voluntary Sector Sheffield Local Authority Barnsley Local Authority	<p>New questions have been added to reflect some of the questions that are being asked in national surveys and in lifestyle surveys of neighbouring local authorities These are around Internet Safety Electronic Cigarettes Feeling Safe Relationships &amp; Sexual Health</p> <p>The information around these questions have been highlighted to all schools, letter to parents/carers DLT and SLT Communication Team Stakeholder that we consulted with approved these questions Results of these questions are available in the borough wide report</p> <p>The borough wide report has been redesigned and will be available when the report goes live on the Website and distributed to schools (14<sup>th</sup> January 2015)</p>
<b>Proposal for 2015 Survey</b>	Reviewing of the questions	Police Safe Neighbourhood Team Health Schools Healthy Schools Consultant Youth Cabinet	<p>Hold a further review of the questions within the survey Identify the purpose of asking each question within the survey Identify the key stakeholder who would be responsible for auctioning any issues from survey results, so they own that particular action and can put forward activities for improvements</p>