

**HEALTH AND HOUSING SCRUTINY COMMITTEE**  
**2 APRIL 2025**

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**HEALTHY LIFESTYLE SURVEY**

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**SUMMARY REPORT**

**Purpose of the Report**

1. To share with Members an overview of the current Healthy Lifestyle Survey, including headlines of the 2024/25 survey and a timeline for the consultation and review taking place.

**Summary**

2. The Healthy Lifestyle Survey has been delivered in Darlington for 14 years, initially in secondary schools and more recently after a successful pilot the survey has been delivered in primary and secondary schools for the last seven years.
3. Children from year 5 to year 11 are invited to participate, if their school has opted to take part.
4. Annually the survey is delivered across 27 – 30 schools, with 4500 to 6000 responses each year.

**Recommendation**

5. It is recommended that:-
  - (a) Members of the Committee welcome the work programme, the data collected and how it is used.
  - (b) Members support the continuation of the Healthy Lifestyle Survey going forward, and where possible share the positive messages captured through the survey.

**Lorraine Hughes, Director of Public Health**

**Background Papers**

No background papers were used in the preparation of this report.

Catherine Shaw: Extension 6012

Council Plan	Supporting the best start in life, realising potential and raising aspirations
Addressing inequalities	There are no implications arising from this report.
Tackling Climate Change	There are no implications arising from this report.
Efficient and effective use of resources	N/A
Health and Wellbeing	The Healthy Lifestyle Survey features questions about young people’s health and wellbeing and the results are utilised to plan and adapt the curriculum to meet the needs of the learners.
S17 Crime and Disorder	There are no implications arising from this report.
Wards Affected	All
Groups Affected	All but specifically children and young people
Budget and Policy Framework	N/A
Key Decision	N/A
Urgent Decision	N/A
Impact on Looked After Children and Care Leavers	Looked After Children and/or Care Leavers will have the option to complete the Health Lifestyles Survey throughout their time in Education.

## MAIN REPORT

### Information and Analysis

6. The Healthy Lifestyles Survey is offered to all primary and secondary schools across Darlington Borough. There is also a pilot survey planned for Darlington College further to be carried out this year.
7. There are currently two healthy lifestyle surveys, one on ‘Wellbeing and Relationships’ and one on ‘Health’, with it taking on average 20 minutes to complete each survey. Topics include oral health, physical activity, eating habits, emotional health and wellbeing, modern technology and internet use, relationships, smoking, vaping and alcohol.
8. The development of the survey was based on social norms theory, with the aims of challenging the perceptions of local children and young people and supporting them to avoid, delay or choose not to participate in risk taking behaviour.
9. Changes in behaviour have been identified over the timeline of the survey, this includes in the areas of alcohol related behaviours, early sexual behaviour and levels of regret.
10. Once individual schools have completed the survey and findings collated a ‘team around the school’ meeting is convened with each school to discuss the findings and explore what actions can be taken to address identified priorities. This process is utilised by schools to update delivery of the PSHE curriculum, identify any staff training needs and share findings with the pupils and their parents and carers.
11. Combined data reports are also produced for primary and secondary schools, they are shared with all schools, governors and wider stakeholders.

12. In 2024 / 25 the start of the survey was delayed, therefore, some schools were unable to complete this year. However, there were still 4903 respondents aged 9 – 16 years old. These participants came from 20 primary schools and seven secondary schools.
13. Over time, and as a result of how much the survey is valued, it has become a victim of its own success and has had more and more questions included, meaning that currently there are over 200 questions. It is recognised that there is a need to review the content of the survey to make it more manageable, therefore a consultation was launched in February 2025 to consider all the questions and topics covered within the survey.
14. Initial feedback is that the size of the survey could be reduced, and any data collected should be able to be used effectively by the school, to develop services and support. A Development Task and Finish Group will be created to finalise the content and steer the project moving forward.
15. Headlines from 2024/25 Healthy Lifestyles Survey for primary schools are attached as Appendix 1.
16. The headlines for the 2024/25 Health Lifestyles Survey for secondary schools are attached as Appendix 2.