

**HEALTH AND WELL BEING BOARD
4 JULY 2019**

DARLINGTON HEALTHY LIFESTYLE SURVEY

SUMMARY REPORT

Purpose of the Report

1. To update the Health and Wellbeing Board of the results and key messages from the latest Healthy Lifestyle Survey (HLS) for Darlington.
2. To inform the Health and Wellbeing Board of the review of the Healthy Lifestyle Survey currently underway.

Summary

3. The Healthy Lifestyle Survey gathers and analyses information from children and young people in Darlington about their attitudes and behaviors across a range of health related topics using systematic evidence based methodology.
4. This information once analysed is used to inform strategic planning service delivery and practice by the local authority and other partners and stakeholders including the NHS, local schools and academies and Police.
5. The HLS also provides key data and intelligence to a range of different professional groups and agencies in the Borough including Public Health, individual Schools and Multi Academy Trusts, Darlington Safeguarding Children's Board (DSCB) and more widely by Children's and Education Services within the authority.
6. The results of the survey are disseminated in a variety of different ways including formally reporting to a range of different partners as well as through tailored reports to schools and Multi Academy Trusts.
7. These results are also used inform discussions and planning at a range of strategic, partnership and operational forums as well as through local dissemination events such as conferences and workshops.
8. The results of the report are also used to challenge peer pressure and negative stereotypes of young people. The findings and key messages of the report are fed back to local children and young people who completed the survey. This provides them with the accurate information regarding their peers' behavior to help them make informed decisions about their own behaviors to support them in changing their own behavior. The results are also used to feed back to local communities with positive messages about the behaviors and pressures on young people and how they make choices rather than focusing on the negative effects of behaviors of young people in Darlington.

9. The results indicate that young people of this age in Darlington largely understand the health information and messages they receive and report that they act on this information and messages through exhibiting positive attitudes and health seeking behaviors. They report negative attitudes to behaviors that have a detrimental effect on their health or the health of others.

Recommendation

10. It is recommended that:-

- (a) The Health and Wellbeing Board note the results of the survey and consider these in future discussions in relation to young people's priorities.
- (b) Support the current review of the Healthy Lifestyle survey and consider any recommendations.

Reasons

11. The recommendations are supported by the following reasons :-

- (a) The survey is an annual process using an established methodology and provides a 'snap shot' of the attitudes and beliefs and self-reported health behaviours of young people in Darlington.
- (b) The survey has been running in Darlington for a number of years and it has been identified that the survey has become large and complex to administer and complete. Work is required to revisit the size and identify the key questions and themes for the survey to achieve the original purpose.

Miriam Davidson
Director of Public Health

Background Papers

None

Ken Ross Public Health Principal 01325 406200

S17 Crime and Disorder	This report provides information which can be used to inform planning and delivery of services or programmes in relation to aspects of Crime and Disorder affecting children and young people in Darlington.
Health and Well Being	This report provides information which can be used to inform planning and delivery of a range of services which can affect the Health and Wellbeing of residents of Darlington.
Carbon Impact	There are no implications arising from this report.

Diversity	This report has information provided by children and young people about their experiences of living and growing in Darlington.
Wards Affected	All
Groups Affected	Children and Young People in Darlington aged between 9 -16 years
Budget and Policy Framework	N/A
Key Decision	N/A
Urgent Decision	N/A
One Darlington: Perfectly Placed	N/A
Efficiency	N/A
Implications for Looked After Children and Care Leavers	All Children and Young People in Darlington aged between 9 -16 years.

MAIN REPORT

Information and Analysis

12. The Healthy Lifestyle Survey for primary schools this year was undertaken by **6,560 pupils** aged between 9 – 16 years **across 30 schools** (23 primary and 7 secondary). The key messages from Healthy Lifestyle Survey for the academic year of 2018/19 headline include:

- (a) The majority of young people have positive emotional attitudes, stating they feel happy in their lives and have strong social networks with friends and family. Around a third of all pupils reported that they do not have someone to confide in.
- (b) Just over three quarters of primary aged pupils feel stress, this increases to over 8 in 10 of secondary pupils with homework cited as the main cause of stress for all pupils. Out of school stress is reported as the next greatest cause of stress in all pupils with issues such as body image and bullying being reported.
- (c) A third of primary pupils have seen something upsetting or offensive online, this increases to half of secondary pupils.
- (d) The majority of all pupils in primary and secondary schools have never tried any form of smoking. Those who tried any form of smoking reported that they were more likely to try a vape than a cigarette, and most only tried it once.
- (e) Half of primary pupils and a quarter of secondary pupils have never tried an alcoholic drink
- (f) Nearly all pupils agreed that relationships should be based on respect and affection and the majority could identify unacceptable behaviours in relationships.
- (g) The majority of pupils aged 13 to 16 knew where to access sexual health advice, support and treatment.
- (h) A significant minority of pupils reported to have been offered illegal drugs and the overwhelming majority have reported to have never tried any kind of drugs.

13. The surveys are analysed and an individualised report of the results produced for each school. This report forms the basis for the discussion a multiagency Team Around the School (TAS) meeting at each school. This identifies specific issues for each school and support and an action plan for the school in response to those issues and concerns identified.
14. There is an aggregated analysis of all the participating schools which is used to produce a whole Darlington report. This is used to disseminate the results of the survey to wider partners including the public and elected members. It is also used to inform service planning for a range of different services for children in Darlington. This has been used to inform the development of the Childhood Healthy Weight Plan for Darlington.
15. A review of the Healthy Lifestyle Survey in Darlington is currently underway. This review is focussed on revisiting the core Social Norms principles and purpose of the Healthy Lifestyle Survey and to understand if the survey continues to achieve this original purpose and make recommendations about how the survey could be conducted in future years.
16. There is a programme of engagement underway with a range of different partners and stakeholders including schools, other professionals, parents and young people. There are a series of questionnaires and focus groups planned where the stakeholders will be asked about their views of the survey, how it achieves the founding principles or not and the impact that the survey has on them.
17. The review will be completed over the summer and will inform the next survey which is due to commence in the new academic term.