

# Richmond Young People's Survey

## Findings from the 2014 survey

### A themed report for healthy lifestyles

#### The questionnaire

The Richmond Young People's Survey was developed by the Schools Health Education Unit (SHEU) in partnership with Achieving for Children and the London Borough of Richmond Upon Thames Public Health Team. The purpose of the survey was to obtain pupils' views on aspects of health and wellbeing including: healthy eating; safety; emotional wellbeing and leisure time.

#### Methodology

All primary, secondary and academy schools were invited to participate in the survey during the autumn term 2014, with the focus on Years 5, 6, 7, 8 and 10 pupils. All surveys were undertaken anonymously online or via a paper based version. Completed paper questionnaires were returned securely to SHEU for processing which were then combined with the online results.

#### Participation

A total of 2801 pupils took part from 18 primary and junior schools, and 4 secondary schools. There was a reasonable mixture of boys and girls across the specified year groups. 67% of the pupils surveyed described themselves as White British. 10% of pupils said that they had an additional need or disability. 11% said they were eligible for free school meals.

#### Cross-phase data

Many of the questions in each survey (primary and secondary) are identical or very similar. Some of the results of these questions are presented in the 'Pyramid data' section of this summary document, so that behaviour can be seen across the age range.

#### Links

It is possible to look for connections between the answers pupils gave to

different questions in the survey and to look at behaviour profiles, such as whether a pupil who has low self esteem is likely to be bullied, etc.

These findings are listed within the document, but do not link every question asked in the survey; they do however provide an insight to possible future experiences of pupils.

#### Reports

Further detailed reports, containing a summary of all responses received by the pupils are available. There are also 3 other themed reports to accompany this one - see list below.

#### 2,801 young people were involved in the survey

School Year	Year 5	Year 6	Year 7	Year 8	Year 10	Total
Age	9-10	10-11	11-12	12-13	14-15	
Boys	76	451	308	204	184	1,223
Girls	77	458	413	302	325	1,575
Total	153	909	721	509*	509	2801*

\*3 pupils didn't tell us their gender

#### Reference sample

Richmond data have been compared with the SHEU wider survey sample of local authorities that have undertaken the survey and use the same questions.

A selection of some of the questions that have been compared with the wider SHEU data, is indicated on pages 3 and 5.

For more details please contact SHEU Phone 01392 667272  
[www.sheu.org.uk](http://www.sheu.org.uk)

#### Themed reports. This is number 1 of 4 reports

##### 1) Healthy lifestyles

##### 2) Drug education and substances

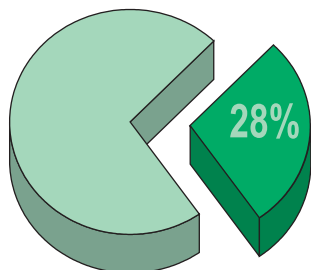
##### 3) Emotional health and wellbeing

##### 4) Relationships and sexual health

# Richmond school pupils in Years 5 - 7 (ages 9 - 12)

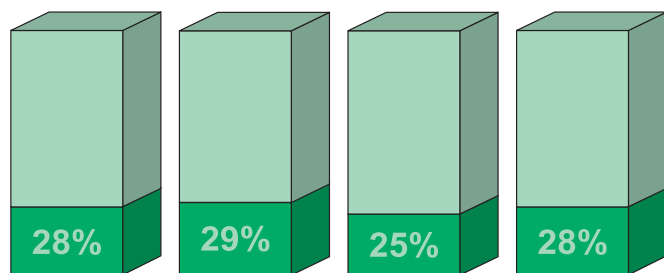
## HEALTHY EATING

- 28% of pupils ate 5 or more portions of fruit and vegetables on the day before the survey.



- 4% of pupils said they had none.

### Pupils who reported having '5-a-day'

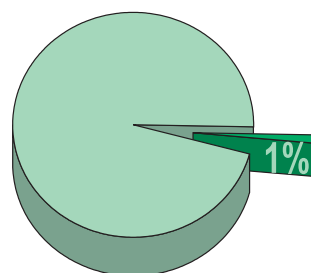


Year 6 Boys Year 6 Girls Year 7 Boys Year 7 Girls

- 6% of Year 6 and 4% of Year 7 pupils said that they get free school meals or vouchers for free school meals.
- 6% of pupils said that they could get free school meals if they wanted them.

## BREAKFAST

- 1% of pupils in the survey had nothing to eat or drink for breakfast on the day of the survey.



- 2% of pupils only had a drink for breakfast on the day of the survey.

### The top breakfast items reported being eaten were as follows for Year 6 pupils:

	Boys		Girls	
Cereal	63%	Cereal	57%	
Toast	33%	Toast	37%	
Fruit	21%	Fruit	23%	
Cooked breakfast	11%	Yoghurt	10%	
Yoghurt	7%	Cooked breakfast	8%	

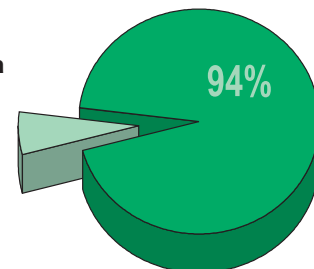
### The top breakfast items reported being eaten were as follows for Year 7 pupils:

	Boys		Girls	
Cereal	60%	Cereal	56%	
Toast	35%	Toast	35%	
Fruit	22%	Fruit	25%	
Yoghurt	8%	Yoghurt	8%	
Cooked breakfast	6%	Cooked breakfast	8%	

- 2% of boys said they had crisps or a crisp-type snack and 2% of boys said that they had chocolate bar/sweets for breakfast on the morning of the survey.
- 0% of girls said they had crisps or a crisp-type snack and 1% of girls said that they had chocolate bar/sweets for breakfast on the morning of the survey.

## Breakfast venue

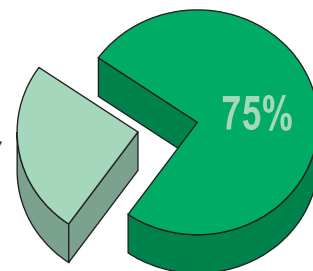
- 94% of pupils said they had breakfast at home on the day of the survey.



- 3% said on the way to school.
- 2% said they had breakfast at school.
- 8% of pupils said that at some time they had been to a breakfast club so that their parents could work.
- 8% of pupils said that they had been to a school breakfast club in the last 4 weeks.

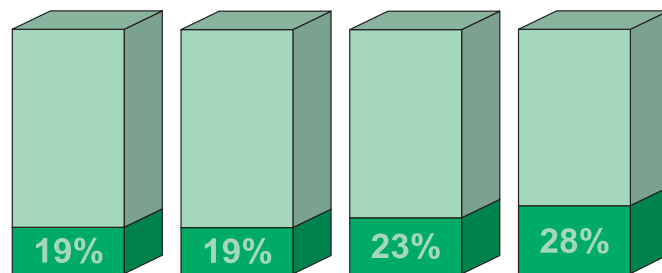
## WEIGHT and WORRIES

- 75% of pupils said that they were happy with their weight.



- 4% of pupils said that they would like to put on weight.

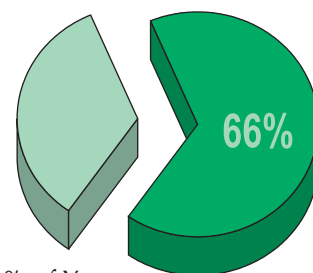
### Pupils who reported wanting to lose weight:



Year 6 Boys Year 6 Girls Year 7 Boys Year 7 Girls

- 7% of pupils said they worry 'quite often' or 'very often' about their diet.

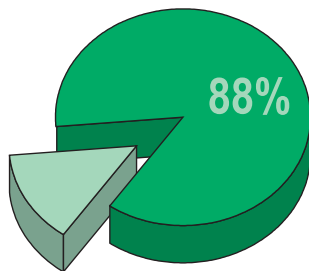
- 66% of pupils said they 'never' worry about their diet.



- Girls worried the most compared with other pupils. 10% of Year 5 and Year 7 girls worried about their diet compared with 4% of Year 6 boys who worried the least.

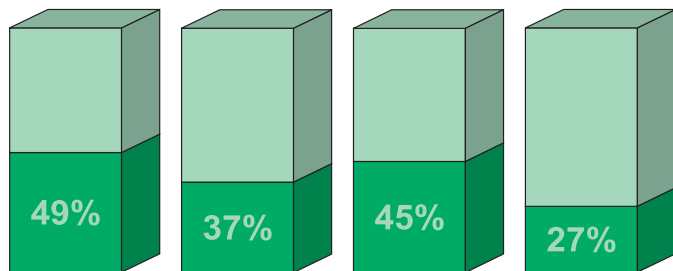
## PHYSICAL ACTIVITY

- 88% of pupils said that they enjoy physical activities 'quite a lot' or 'a lot'.



- 10% of pupils said they enjoy them a little, 2% said they didn't enjoy them at all.

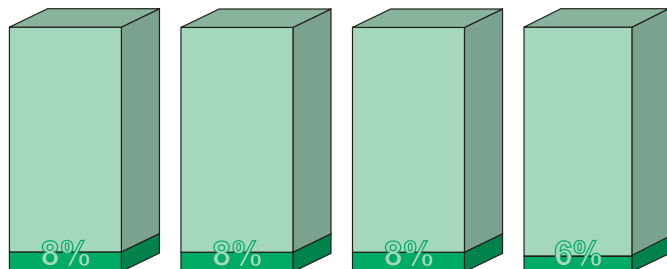
- 39% of pupils reported doing exercising hard enough to breathe harder and faster at least 5 times the previous week.



Year 6 Boys Year 6 Girls Year 7 Boys Year 7 Girls

- 53% of pupils reported exercising vigorously enough to have to breathe harder 2 to 4 times in the 7 days before the survey.

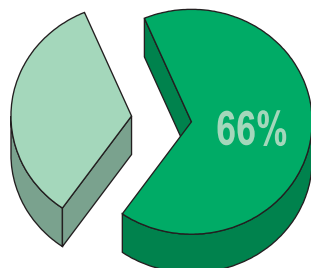
- 7% of pupils reported doing at most 1 period of exercise hard enough to breathe harder and faster the previous week.



Year 6 Boys Year 6 Girls Year 7 Boys Year 7 Girls

## ACTIVE TRAVEL

- 66% of pupils said they usually walk to school.

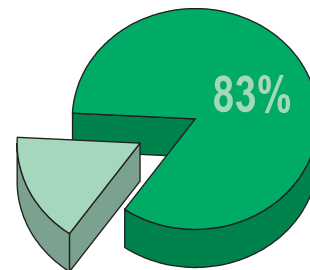


- 24% of pupils usually travel to school by car or van. 11% said they usually cycle to school.

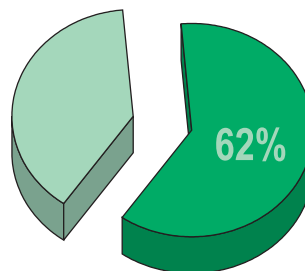
- When asked how they would prefer to travel to school, 31% said they would like to walk and 39% said they would like to travel by bike.

## ACTIVE LEISURE TIME

- 83% of pupils said they have been to parks or open spaces in their own free time in the past 4 weeks.



- 32% of boys and 34% of girls said they had been to a youth centre or club (including cubs, brownies, guides etc) in the past 4 weeks.



- 62% of Year 6 pupils said they had been to an after-school club in the past 4 weeks. 65% of Year 7 pupils said the same.

- 49% said that nothing stops them from doing any activities that they would like to do.

- The top answers given as barriers to activity include the following:

Year 6	Boys	Girls
Don't have time	23%	30%
Parents/carers won't let me	8%	16%
Costs too much	8%	11%

Year 7	Boys	Girls
Don't have time	25%	33%
Costs too much	12%	15%
None of my friends go	9%	15%

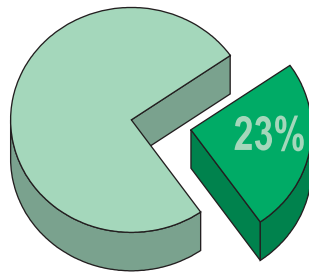
## COMPARISONS BETWEEN RICHMOND YEAR 6 PUPILS AND THE SHEU YEAR 6 REFERENCE SAMPLE

- 89% of Richmond Year 6 pupils said they enjoy physical activity at least 'quite a lot'. This is higher than the 83% of pupils in the wider sample.
- 28% of Richmond Year 6 pupils said that they had 5 or more portions of fruit and vegetables the day before. This is similar to the 29% reported in the wider sample.
- 43% of Year 6 pupils in Richmond exercised hard on at least 5 occasions the previous week compared with 41% in the wider sample.
- 19% of Year 6 pupils said they would like to lose weight this is lower than the 30% seen in the wider sample.
- 1% of Richmond pupils said they had nothing for breakfast that morning compared with 4% of the wider sample.
- 22% reported having fruit for breakfast compared with 3% of pupils in the wider sample.

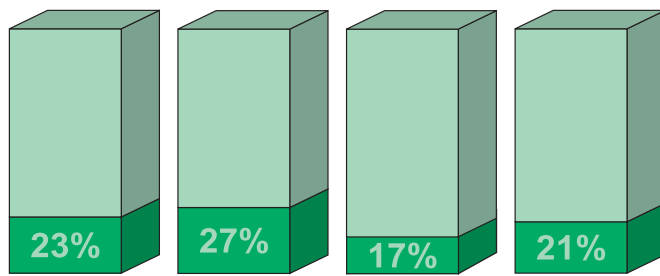
# Richmond secondary school pupils in Year 8 and Year 10 (ages 12 - 15)

## HEALTHY EATING

- 23% of pupils ate 5 or more portions of fruit and vegetables on the day before the survey.
- 3% of pupils said they had none.



### Pupils who reported having '5-a-day'

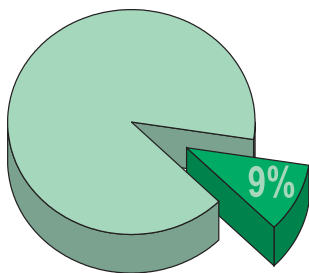


Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

- 7% of Year 8 and 6% of Year 10 pupils said that they get free school meals or vouchers for free school meals.
- 3% of pupils said that they could get free school meals if they wanted them.

## BREAKFAST

- 9% of pupils in the survey had nothing to eat or drink for breakfast.
- 6% of pupils only had a drink for breakfast on the day of the survey.



### The top breakfast items reported being eaten were as follows for Year 8 pupils:

	Boys	Girls
Cereal	58%	50%
Toast	35%	26%
Fruit	17%	23%
Cooked breakfast	7%	9%
Yoghurt	4%	8%

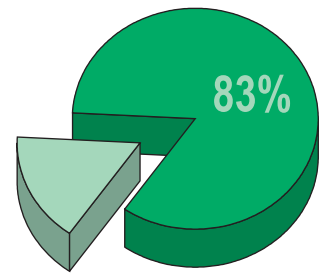
### The top breakfast items reported being eaten were as follows for Year 10 pupils:

	Boys	Girls
Cereal	54%	36%
Toast	23%	25%
Fruit	11%	17%
Cooked breakfast	7%	8%
Yoghurt	7%	7%

- 1% of pupils said that they had chocolate bar/sweets for breakfast on the morning of the survey.
- 1% of girls said that they had a crisp-type snack for breakfast on the morning of the survey.

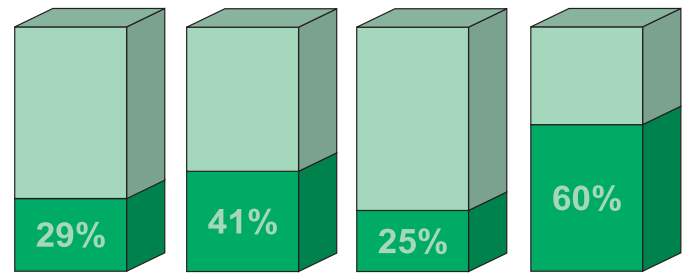
## Breakfast venue

- 83% of pupils said they had breakfast at home on the day of the survey.
- 7% said on the way to school and 2% said they had breakfast at school.
- 2% of Year 8 pupils said that at some time they had been to a breakfast club so that their parents could work.



## WEIGHT and WORRIES

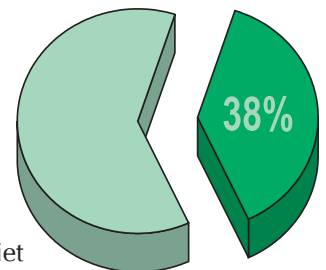
- 52% of pupils said that they were happy with their weight.
- 6% of pupils said that they would like to put on weight.
- Pupils who reported wanting to lose weight:



Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

- 79% of pupils described themselves as being a 'healthy weight'. 15% of pupils said they were 'over weight'.
- 24% of pupils said they worry 'quite often' or 'very often' about their diet.

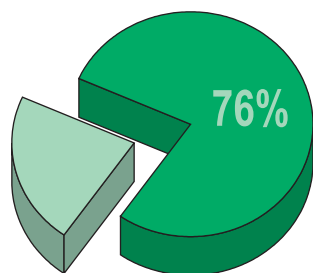
### 38% of pupils said they 'never' worry about their diet.



- Year 10 girls worried the most compared with other pupils. 39% of Year 10 girls worried about their diet compared with 10% of Year 10 boys who worried the least.
- 22% of pupils said that they consider their health 'very often' or 'always' when choosing what to eat.
- 17% of Year 10 boys said they 'never' consider their health when choosing what to eat.

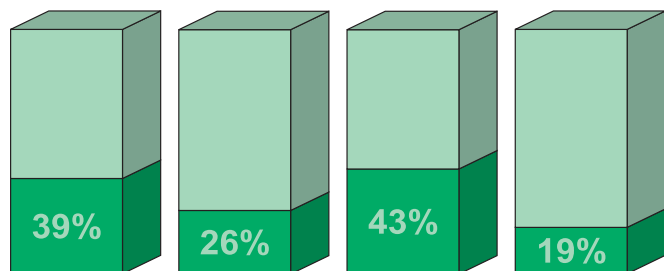
## PHYSICAL ACTIVITY

76% of pupils said that they enjoy physical activities 'quite a lot' or 'a lot'.



20% of pupils said they enjoy them a little, 4% said they didn't enjoy them at all.

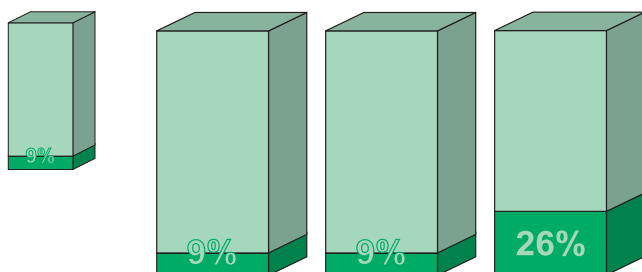
29% of pupils reported doing exercise hard enough to breathe harder and faster at least 5 times the previous week.



Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

56% of pupils reported exercising vigorously enough to have to breathe harder 2 to 4 times in the 7 days before the survey.

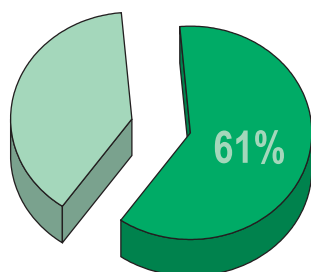
14% of pupils reported doing at most 1 period of exercise hard enough to breathe harder and faster the previous week.



Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

## ACTIVE TRAVEL

61% of pupils said they usually walk to school.

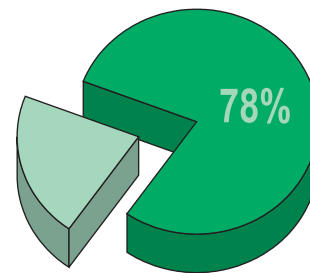


11% of pupils usually travel to school by car or van. 8% said they usually cycle to school.

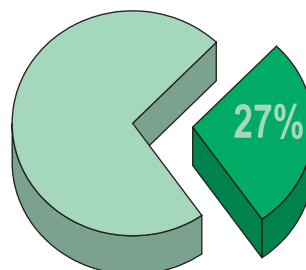
When asked how they would prefer to travel to school, 42% said they would like to walk and 24% said they would like to travel by bike.

## ACTIVE LEISURE TIME

78% of pupils said they have been to parks or open spaces in their own free time in the past 4 weeks.



20% of boys and 22% of girls said they had been to a youth centre or club (including scouts, guides etc) in the past 4 weeks.



27% of pupils said they go out on a Friday or Saturday night to take part in activities such as sports, arts, media or a youth club. 49% of pupils said they didn't.

33% said that nothing stops them from doing any activities that they would like.

The top answers given as barriers to activity include the following:

Year 8	Boys	Girls
Not available in my area	25%	No one to go with 41%
Costs too much	22%	Not available when I want to do it 38%
Not available when I want to do it	21%	Not available in my area 29%

Year 10	Boys	Girls
Not available when I want to do it	27%	No one to go with 44%
Not available in my area	27%	Don't have time 41%
No one to go with	21%	Costs too much 40%

## COMPARISONS BETWEEN THE RICHMOND 2014 SURVEY AND THE SHEU REFERENCE SAMPLE

- ↑ 61% of pupils in Richmond usually walk to school compared with 43% of pupils in the wider sample.
- 29% of Richmond pupils exercised hard on at least 5 occasions in the previous week compared with 32% of the wider sample.
- 23% of pupils in Richmond said they had at least 5 portions of fruit and vegetables the day before. This compared with 20% of pupils in the wider sample.
- 42% of Richmond pupils said they would like to lose weight. This compared with 44% of pupils in the wider sample.
- 22% of Richmond pupils consider their health 'often' or 'always' when making food choices. This compared with 19% of pupils in the wider sample.
- ↑ 76% of Richmond pupils enjoy physical activities at least quite a lot compared with 71% of the wider sample.



# CROSS PHASE DATA

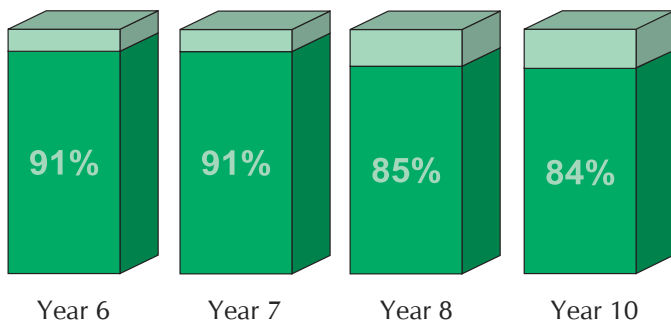
## Questions included in both the primary and secondary versions of the questionnaire

- The following is a selection of data relating to the set of questions found in both the primary and secondary versions of the questionnaire. It is always interesting to see how young people change as they grow up but this analysis is also useful because it can raise some important questions for local discussion.

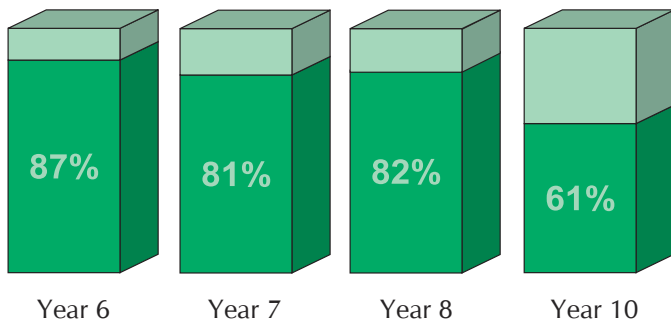
### PHYSICAL ACTIVITY


- Enjoyment of physical activity overall declines with age and is most marked in its decline for girls.
- Pupils who enjoy physical activities 'quite a lot' or 'a lot':

#### BOYS



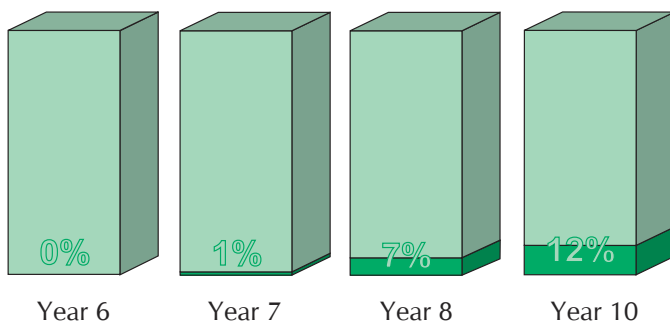
#### GIRLS



 Why do girls enjoy physical activities less as they get older?

### HEALTHY EATING

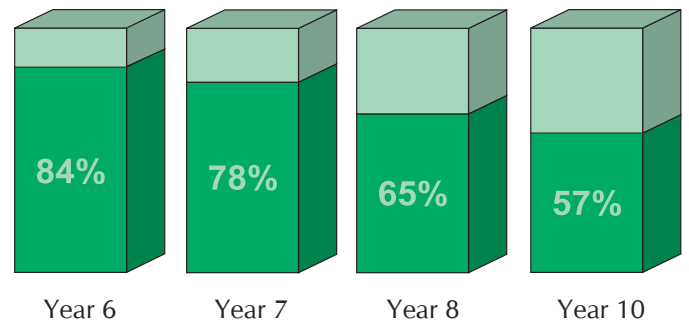
- The percentage of girls who had nothing to eat for breakfast that morning increases with age:



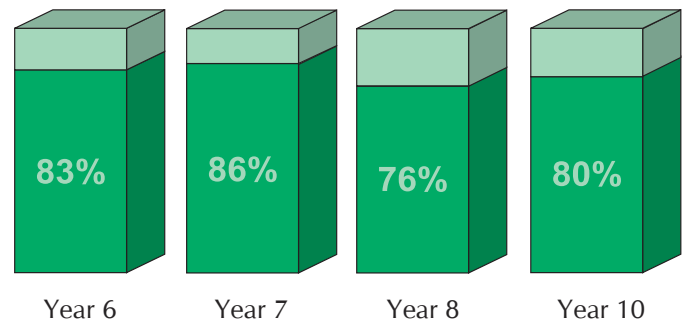
- 1% of Year 6, 3% of Year 7, 5% of Year 8 and 9% of Year 10 boys said the same.

### ACTIVITIES IN LOCAL AREA

- The percentage of pupils who said that generally, there was enough to do in their area declines with age:

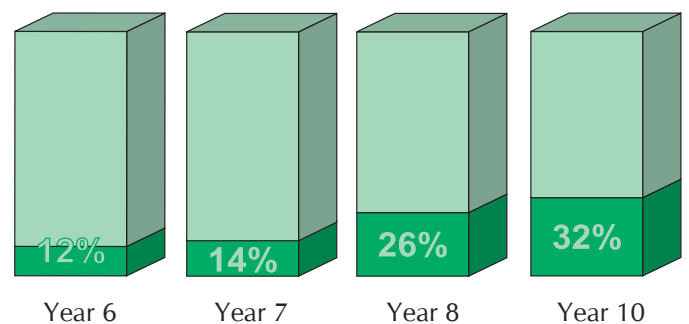



- The percentage of pupils said they have been to parks or open spaces in the past 4 weeks is highest in Year 7:



### BARRIERS TO ACTIVITY

- The proportion of pupils who said cost was a barrier to them doing the activities that they would like to do is much higher for the older pupils.



 The proportion of pupils who report lack of time as a barrier is consistent across all age groups with more girls than boys saying this.

# LINKS

- It is possible to look for connections between the answers pupils gave to different questions in the survey to look for behaviour profiles. The following are just 3 selected questions, but any question can be analysed in this way. All differences illustrated below are statistically significant.

The first analysis is for Year 6 and 7 pupils who said they enjoyed physical activity compared with those pupils who said they didn't.

- 53% of pupils who said they enjoyed physical activities also recorded levels of high self-esteem. This compared with only 30% of pupils who said they didn't enjoy physical activity. Therefore, we can say if you enjoy physical activity you are more likely to have high self-esteem generally.
- 84% of pupils who said they enjoyed physical activities also said they had exercised hard on at least 3 occasions in the previous week. This compared with 49% of pupils who said they didn't enjoy physical activity. Therefore, and unsurprisingly, you are more likely to have taken part in vigorous exercise the previous week if you also enjoy physical activity.
- This group are also less likely to say they want to lose weight.
- They are more likely to say their school deals well with bullying.
- They are more likely to feel comfortable saying things in front of teachers.
- They are more likely to have had 5 or more portions of fruit and vegetables the day before.
- They are more likely to have been to an after-school club in their own free time in the last 4 weeks.
- They are also more likely to say they would like to cycle to school if they had a choice.

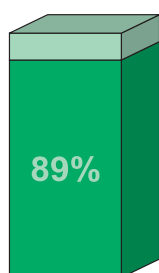
The second analysis is for Year 8 and 10 boys who said they would like to lose weight compared with these boys who said they were happy with their weight.

- 54% of Year 8 and 10 boys who said they would like to lose weight also said that they were a healthy weight. This compared with 95% of boys who said they were happy with their weight. Therefore, we can say that if you want to lose weight you are less likely to say you are a healthy weight.
- 21% of boys who said they would like to lose weight also said they were afraid to be in school because of bullying. This compared with 9% of boys who said they were happy with their weight. Therefore, boys who said they would like to lose weight were more likely to worry about bullying at least 'sometimes'.
- This group are also more likely to say that they have been threatened in the last month.
- They are less likely to have exercised hard at least 3 times the previous week.
- They are more likely to say they have had at least one of the drugs listed in the questionnaire.
- They are more likely to have experienced bullying behaviours in the last month.
- They are less likely to say that they had breakfast at home on the day of the survey.
- They are less likely to say they are happy with their life as a whole.
- Those who want to lose weight also said they have been a victim of crime in the last 12 months.

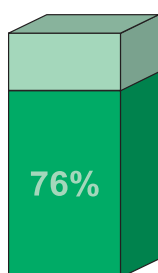
- The third analysis is for Year 6 and 7 pupils who said they had 5 or more portions of fruit and vegetables to eat the day before the survey compared with those who had less than 5 portions.

- 89% of Year 6 and 7 pupils who said they had 5 or more portions the day before also said they had exercised hard at least 3 times the previous week. This compared with only 76% of pupils who had less than 5 portions the day before:**

**Exercised hard last week at least 3 times**



5 or more portions



Less than 5

- 82% of pupils who had 5 or more portions the day before also said they took part in adult-led activity in the last 4 weeks compared with 74% of pupils who had less than 5 portions.
- This group were also more likely to say they walk to school, 74% vs. 64%.
- They were more likely to say no one smokes at home.
- They are more likely to have taken part in an adult led activity in the past 4 weeks.
- They are more likely to say that they have voted in a school council or parliament.
- They are also more likely to say they have active break/lunchtimes.



**There are some interesting connections here. Do the links show that these two groups show a different approach to their own health and wellbeing or different parental support?**

# The way forward – over to you.

The Richmond Young People's Survey was developed by the Schools Health Education Unit (SHEU) in partnership with the London Borough of Richmond upon Thames Education and Children's Services and the Public Health Team. Since April 2014 Richmond's Children's services have been provided by Achieving for Children.

We are grateful to the teachers, schools and the young people for their time and contributions to this survey. The findings will be used to plan services and inform commissioning decisions and further support joint working. In addition the data will be used to inform plans and strategies with schools, Achieving for Children, the council and partners.

The survey will be conducted on an annual basis to enable The London Borough of Richmond upon Thames to analyse the findings year-on-year.

## **Richmond schools who took part in the survey:**

Archdeacon Cambridge's CE Primary School,  
Barnes Primary School,  
Buckingham Primary School,  
Chase Bridge Primary School,  
Collis Primary School,  
East Sheen Primary School,  
Grey Court School,  
Hampton Hill Junior School,  
Hampton Junior School,  
Heathfield Junior School,  
Marshgate Primary School,  
Orleans Park School,  
Orleans Primary School,  
Sacred Heart RC Primary School,  
Sheen Mount Primary School,  
St. Elizabeth's Catholic Primary School,  
St. Mary's CE Primary School,  
St. Richard Reynolds Catholic High School,  
St. Richard's CE Primary School,  
St. Stephen's CE Primary School,  
The Vineyard School and  
Waldegrave School for Girls.

## **For more information about the survey please contact:**

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