



# **Schools Health and Wellbeing Survey**

**A Summary Report for Glasgow City Schools  
2007**

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#### Introduction

New Learning Communities are an integration of the former pilot New Community Schools programme and the Health Promoting Schools programme. The primary aim is to reduce inequalities by creating opportunities for children and young people to realise their full potential. This will enable them to leave school well motivated, with high self esteem and with the relevant skills to equip them for adult life. Thus reducing the risk of social exclusion.

The aim of this survey is to provide a baseline of the health and wellbeing of Secondary 1 (S1) to Secondary 4 (S4) children across Glasgow City; Community Health and Care Partnerships and individual schools. This information will enable all agencies at citywide and local level to work together to improve the health and wellbeing of the next generation of adults.

#### How was the survey conducted?



NHS Greater Glasgow and Clyde employed a research agency to administer a health and wellbeing questionnaire to 50% of all S1 to S4 pupils attending Glasgow City schools. Most schools opted to administer the survey in Personal and Social Education classes which are organised by mixed ability groups. By using this approach, a broad range of children were included in the survey. The research agency and schools provided additional support to those children with English as a second language and/or those with particular educational needs. Schools, parents and pupils were informed about the purpose of the survey and assured of confidentiality.

#### Who participated in the survey?

28 schools participated in the survey. Of the two schools that did not participate in the survey, one school refused to take part and a second school acted as a pilot site.

A total of 9,246 out of a potential 10,382 pupils completed the questionnaire, a response rate of 89%. The data provides a valuable resource for describing the picture of health and wellbeing amongst Glasgow's young people in 2007.

## What did the survey find?

The survey was extensive and covered many health and wellbeing issues. This summary report focuses on key findings in the following areas:

- Family life
- Health and illness
- Self esteem
- Health behaviours
- Anti-social behaviour
- Resources and services
- Future aspirations

### *Family Life*

Less than two thirds of the pupils lived in families with two parents, as the table below illustrates:

#### **Family composition**

<i>Family type</i>	<i>Percentage</i>
Living with two parents	61%
Living with one parent <sup>1</sup>	26%
Living with re-partnered families <sup>2</sup>	8%
Other families	5%

Notes:

<sup>1</sup> “Living with 1 parent” includes those living part-time with one parent and part-time with the other, as well as those living full time with either their mother or their father

<sup>2</sup> “Re-partnered families” includes those living with their father and their father’s new partner or their mother and their mother’s new partner



Nearly a third of the pupils (30%), were living with a family member with a disability, long term illness or drug or alcohol problem. Of these pupils, just over half (52%) spent time caring for their family member.

### *Health and illness*

It is encouraging that nearly three quarters of the pupils were positive about their general health. However, over one fifth of responding pupils reported having a long term illness or disability, the most common of which was asthma or eczema.

## Health and illness

<i>Health indicator</i>	<i>Percentage</i>
Percentage of children that were positive about their general health	74%
Percentage of children with a long term illness or disability	22%
Percentage of those with a long term illness or disability that report having asthma	53%
Percentage of those with a long term illness or disability that report having eczema	21%

## Self Esteem

The survey identified gender differences in self esteem, with male pupils (44%, n=1,637) more likely to have high self esteem compared to females (26%, n=1,052). There were gender differences in low self esteem with 21% (n=774) of males recording low self esteem compared to 40% (n=1,578) of females.

## Health behaviours

It is encouraging that 77% of pupils reported brushing their teeth at least twice a day. However, other health behaviours were not as positive; with only one third (34%) of pupils eating 5 or more portions of fruit/vegetables in a day.

The national exercise target for children became more stringent during the course of the survey. The current target is for children to have at least 60 minutes of moderate physical activity on most days of the week. However, the survey only enabled an exploration of the proportion of children who exercised for 30 minutes or more on 4 or more days a week. Only 36% of pupils fell into this category, with the remainder exercising less. As the national exercise target is higher, it is very likely that less than one third of pupils are meeting the revised target.



The use of tobacco, alcohol and drugs increases with age. Overall, only 10% of pupils reported smoking, while 16% of S4s pupils reported smoking. Overall 18% of pupils reported taking drugs in the last year, with 30% of S4s reporting this. Further, 26% of S4 pupils reported getting drunk at least once a week.

It is encouraging that tobacco use is relatively low compared to adults. However use of alcohol and drugs appears relatively widespread, particularly in the S4 age group.

### Antisocial behaviour and bullying

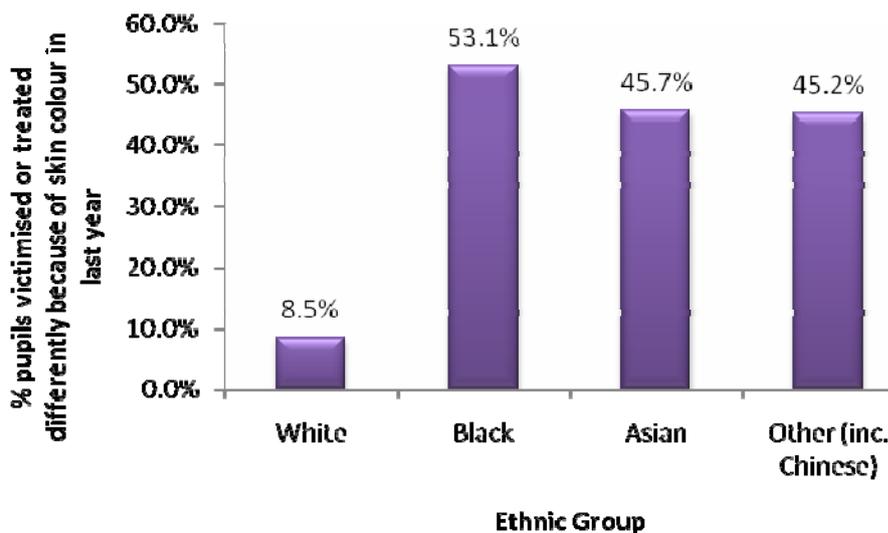


Almost half the pupils admitted to a form of antisocial behaviour in the last year. Most common was fighting or truanting (both 28%) and least common was breaking into a school/shop or another person's home.

Thirteen per cent reported being bullied in the last year. Overall, 14% of pupils felt they had been treated differently or victimised due to the colour of their skin. When this was explored by ethnic group, white groups were least likely to experience this type of discrimination and black groups were most likely to experience discrimination. The graph below demonstrates these figures:

ethnically diverse groups were most likely to experience this type of discrimination and black groups were most likely to experience discrimination. The graph below demonstrates these figures:

#### **Proportion victimised or treated differently in the last year because of skin colour by ethnic group**



### Access to resources and awareness/use of services

A high proportion of pupils had access to a computer (93%) and the internet (84%) at home.



A high proportion of pupils had heard of Childline (94%), but interestingly only 41% said they would use this service, even if needed.

Few children were aware of young people's sexual health services in the city. Eight per cent had heard of the Sandyford Initiative and only 4% had heard of the Place at Sandyford. The relatively high ownership of a Young Scot Card (79%) was welcomed.

### *Future Aspirations*

Seventy four per cent of pupils aimed to stay on at school or further education and 18% aimed to get a job. Whilst 6% felt it likely they would have a criminal record by the time they were 20 years old, a further 7% claimed they already had a criminal record.

### *Conclusions*

The survey revealed some positive attributes of the city's young people, such as positive feelings about their general health, the high proportion brushing their teeth twice a day and the high proportion with positive future aspirations. However, the survey also revealed some challenges such as the extent of discrimination endured by minority ethnic children, the low awareness of the city's young people's sexual health services and the extent of alcohol and drug use particularly amongst the S4 pupils.

The findings will be used to inform and direct health improvement services across Glasgow City in health, education and wider public and voluntary services. Already schools are working with the data in health summits, which will inform work in individual schools and across education in the near future.

### Contact details:

Public Health Resource Unit  
Dalian House  
350 St Vincent Street  
Glasgow G3 8YU

Telephone: 0141 201 4935  
Email: [phru@ggc.scot.nhs.uk](mailto:phru@ggc.scot.nhs.uk)  
Website: <http://www.phru.net>

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