

NORTH LINCOLNSHIRE COUNCIL

HEALTH AND WELLBEING BOARD

ADOLESCENT LIFESTYLE SURVEY UPDATE

1. OBJECT AND KEY POINTS IN THIS REPORT

- 1.1 To update the Health and Wellbeing Board on the outcomes of the Adolescent Lifestyle Survey, to confirm proposals for wider distribution and to update on the outline action plan.

2. BACKGROUND INFORMATION

- 2.1 The Adolescent Lifestyle Survey (ALS) took place in North Lincolnshire between October 2013 and February 2014, coordinated by staff within North Lincolnshire Council (People's Directorate and Public Health intelligence staff in the Places Directorate). The questions were developed in consultation with a range of stakeholders including staff from children's services, health, safer neighbourhoods, and headteachers.
- 2.2 The ALS takes place every three years in North Lincolnshire and is an important source of data for both schools and commissioners on the perceptions, lifestyles and behaviours of 11-16 year olds.
- 2.3 The results of the ALS since 2004 have informed:
- Each schools' self assessment for Ofsted
 - A local evidence base on what works to reduce risk
 - Refresh of pathways into some key services
 - Additional joint training across the workforce on some key issues, as well as targeted support in some schools e.g. on domestic abuse
 - Refresh of safeguarding planning documents
- 2.4 This was fourth, and most comprehensive, survey undertaken so far. All year groups in all North Lincolnshire secondary schools were included in the survey. Also for the first time all 6th forms and colleges (year 12) were included.
- 2.5 There were 5,689 responses across 11-15 year olds, representing 63% of all children within this age range across North Lincolnshire. The respondents were representative in terms of sex, ethnic group, disability, free school meal status and rural urban mix.

- 2.6 All participating schools received a copy of their own ALS survey results, including benchmarking against other schools and the North Lincolnshire average. The feedback from these schools on the usefulness of the survey has been very positive and further meetings to support schools share learning from the surveys and advise on data analysis are planned for later in the summer term. Schools will be required to take account of the data and respond appropriately within their own school environment.
- 2.7 The results for the sixth forms and colleges are still being analysed, though each school/college has received their own results.
- 2.8 The findings from the ALS were submitted to the Children’s Trust Board in May at which point partners accepted the findings and indicated that they would help to shape and influence future support requirements and service delivery.
- 2.9 Overall, the results were very positive and showed that the majority of the children surveyed had high levels of health and wellbeing including feeling safe and supported.
- 2.10 However, the survey also identified some areas that required further attention and an action plan outlining the emerging themes for action and identifying which groups would be responsible for taking account of the data has been produced along with a distribution plan to ensure that the results are received by all partnerships/agencies that need to take account of them.
- 2.11 The CYP Partnership agreed the emerging themes for action as follows:

ALS Headings	Emerging Themes for Action
General Background	Build on the excellent engagement with all secondary schools and colleges.
Dissemination	Distribute the summary local authority-level report to all participating schools, including a young person friendly version.
Support at home and at school with school work	The vast majority of pupils reported good family support with their school work, and were confident they would get the right support at home to help them make the right career choice. However, this differs with gender, amongst different income levels and declined with age.
Feelings about school and aspirations	The majority of pupils enjoy and expect to work hard in school. More than half expect to go to university, which is higher than in previous years, although this differs with income levels and it remains lower amongst boys.
Emotional wellbeing	The majority of young people have a positive outlook on life and have good support networks, including access to peer mentors in school. The proportion of pupils that worry about being bullied has fallen significantly and is at its lowest level for 10 years. Most of YP’s worries and anxieties are associated with doing well at school and exams.

Young people make healthy choices	<p>Positive and continuing downward trend in risky behaviours including smoking, alcohol consumption and drug misuse. Schools report that social norms approach works.</p> <p>Risky behaviours becoming more concentrated amongst lower income groups. Smoking rates for older girls have not changed in last three years and are above the national average.</p> <p>There is a need to continue trading standards enforcement as young people are still able to access tobacco and alcohol directly in some cases, but more commonly or indirectly by asking others to purchase on their behalf.</p>
School lessons – PSHE	<p>Young people value PHSE lessons and find the drugs lessons most useful. However the number of young people who say they haven't had or cannot recall having had any PHSE lessons, including on alcohol drugs and sexual health has increased in the last three years. It is really important to maintain good sex education.</p>
Feeling safe	<p>The majority of Young People feel safe in their neighbourhood.</p> <p>Knowledge and awareness of e-safety has increased significantly. We need to maintain this as YP's access and exposure to social media rises and as reports of cyberbullying have increased.</p>
Domestic abuse	<p>A consistent proportion of pupils say they have witnessed this in the home. It is important therefore to maintain information on domestic abuse.</p>
The future	<p>Young People's ratings of the support they get in school with careers and advice has improved significantly in the last three years. However there is wide variation between schools. It is important to continue to engage with parents on opportunities and resources.</p>
Children and young people with disabilities	<p>Young people with disabilities reported worse outcomes on a range of indicators, including emotional health and wellbeing and bullying.</p>

2.12 These emerging themes for action and the overall summary report have been distributed to lead officers for consideration at the identified lead partnerships for information and action (as well as other the School Nursing Team, other key partnerships and consultation/participation group leads as appropriate) along with the results from the recent Primary School Lifestyle Survey. Copies will also be sent to other groups relating to vulnerable groups for which all these issues will be applicable and leads for key participation/consultation groups.

2.13 It was recommended at the CYP Partnership that an update report be presented to the Health and Wellbeing Board for information.

3. OPTIONS FOR CONSIDERATION

3.1 It is proposed that the Health and Wellbeing Board acknowledges the undertaking of the latest ALS, that it notes the emerging themes identified in the action plan and arrangements for distribution. The overall summary report will be submitted for inclusion on the North Lincolnshire Data Observatory as part of the evidence base for the Joint Strategic Assessment.

4. ANALYSIS OF OPTIONS

4.1 The results from the ALS will enable schools and other partners to identify where they might best target their resources to improve the current and future health and wellbeing of this age group.

5. RESOURCE IMPLICATIONS (FINANCIAL, STAFFING, PROPERTY, IT)

5.1 There are no direct resource implications associated with this report.

6. OUTCOMES OF INTEGRATED IMPACT ASSESSMENT (IF APPLICABLE)

6.1 Not applicable.

7. OUTCOMES OF CONSULTATION AND CONFLICTS OF INTERESTS DECLARED

7.1 Schools who took part in the survey have been consulted. A variation of the information has been considered at the Children and Young People's Partnership and there are arrangements for further distribution.

7.2 In response to suggestions from young people, a young-person friendly version of the report is due to produced and circulated very shortly.

8. RECOMMENDATIONS

8.1 That the Health and Wellbeing Board acknowledged the outcomes of the ALS, notes the emerging findings and the arrangements for distribution and further action.

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Date: June 2014

Background Papers used in the preparation of this report: Adolescent Lifestyle Survey