

YOUNG PEOPLE IN STOCKPORT

A summary report of the Young People's Lifestyle Survey

These results are the compilation of data collected from a sample of young people in Stockport during Autumn 2007 and Spring 2008. The Stockport Young People's Lifestyle Survey for 2007/08 was commissioned from SHEU, Exeter by **Stockport Council and Stockport PCT** to collect reliable information about young people's lifestyles. This study repeats and extends a similar exercise conducted in 2002.

↗ Trends ↘

The 2002 survey gave an indication of how many young people then appeared to have a healthy lifestyle.

Since then, much time and effort has gone into improving services for young people, and in setting up programmes to help young people attain a healthy lifestyle (e.g. setting up breakfast clubs in many Stockport schools).

For topics that were asked about in 2002 and 2007, this survey shows us where improvements have taken place in young people's lifestyles and also the areas where there are still challenges to meet.

↑ Comparisons ↓

Where topics are new to this survey (such as wellbeing and bullying) comparisons have been made, where possible, with other national surveys.

8488 young people took part in the 2007/08 survey

Age group	10-11	12-13	14-15	16-18	19-25
All	1243	2086	1809	2806	544
Males	647	1102	931	1256	184
Females	596	984	858	1550	360

For further information about the survey, contact

Catherine Johnson, Senior Public Health Adviser
Public Health Directorate, Stockport PCT
8th Floor, Regent House, Heaton Lane,
Stockport, Cheshire, SK4 1BS
0161 426 5070
catherine.johnson@stockport-pct.nhs.uk

Topics include

Physical activity

Sex and relationships

Bullying

Emotional wellbeing
and support

Healthy Eating

Smoking

Alcohol

Drugs

This version of the summary report, printed November 2008, has been updated and amended and should replace any earlier versions.

SHEU

Schools Health Education Unit
Students Health Education Unit
Tel. 01392 66 72 72
www.sheu.org.uk

Much of the data processing and other work of the survey was carried out by SHEU. The Unit specialises in questionnaire surveys of children and young people for Local Authorities, PCTs, voluntary agencies, charities, schools and colleges and other partnerships. SHEU is also able to undertake consultation, monitoring and evaluation exercises, and bespoke research.

The survey and the sample

Methods

The target population was determined as school pupils in Years 6, 8 and 10 (aged 10-11, 12-13 and 14-15 years old respectively) and young people aged between 16-25 living in Stockport. The results have been reported using these age groups, with the oldest group being separated into 16-18 and 19-25 year-olds.

Four questionnaires were designed, appropriate to each age group. These were circulated to teachers and workers across public services in Stockport and also were commented on and tested by parents and by young people.

Schools and colleges across Stockport (state and private) were invited to take part by letter. Other institutions looking after young people were also invited to take part. A sample of young people outside educational settings was sought for the 16+ sample. Young people were reached via services such as Central Youth and Connexions, through visits to shopping and leisure venues and by contacting local employers and training establishments.

The sample

41 primary schools, 13 secondary schools (including one private school), 1 PRU and 1 secondary special school took part in the study.

All FE and VI form colleges in Stockport returned questionnaires; a total of over 2500 from this sector alone. Over 700 young people outside educational settings completed questionnaires on paper or online.

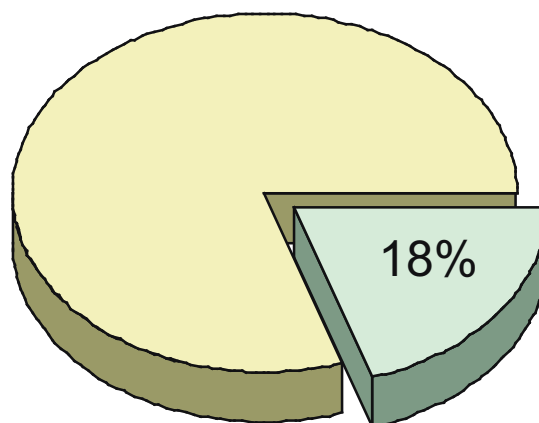
The completed sample size was 8488. There are 46,417 young people aged 10-25 living in Stockport, so this sample is 18% of the available population.

The breakdown by age and sex is given on the cover of this report. Analysis shows that the proportion sampled in the school-age samples is higher than 18% and for the 16+ samples it is lower.

Data analysis

The analysis of this large and complex data set was carried out by SHEU at Exeter using the statistical software package SPSS, with support and guidance from colleagues in Stockport.

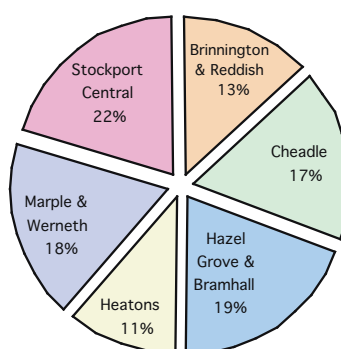
The survey findings can be presented by age, gender and Inclusive and Supportive Community Cluster areas. Further analysis is also possible by looking at specific population groups e.g. those from an Ethnic Minority group, those with a disability or long term illness, young people eligible for free school meals, etc. The results of some of this preliminary analysis are shown in the main report.



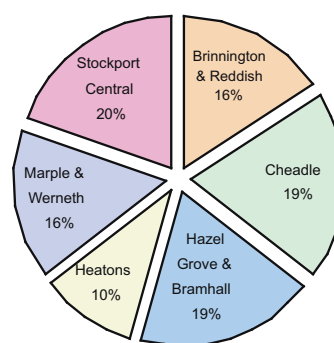
We also looked at which area of Stockport the young people lived in

Age group	Y6	Y8	Y10	16-18	19-25
Brinnington & Reddish	212	286	178	203	73
Cheadle	214	375	304	300	55
Hazel Grove & Bramhall	266	371	299	370	73
Heatons	133	233	280	140	16
Marple & Werneth	224	371	305	333	67
Stockport Central	188	435	407	346	99
Unknown/out of area	6	15	36	1114	161

In our sample



Stockport population



Healthy Lifestyles in Stockport

The 2007/8 young people's lifestyle survey gives service planners, providers, schools and young people a very clear picture of the lifestyle, habits and behaviour of young people living or studying in Stockport.

To give an overview of young people's lifestyles, we can suggest that a young person living a healthy lifestyle would demonstrate the following behaviours:

- Not smoking;
- Not drinking (if under 18) or not exceeding the Department of Health guidelines (if 18+);
- Eating 5 portions of fruit or vegetables a day; and
- Exercising adequately.

Conversely, a young person with an unhealthy lifestyle would demonstrate the opposite behaviour – and may also demonstrate some additional risky behaviour patterns:

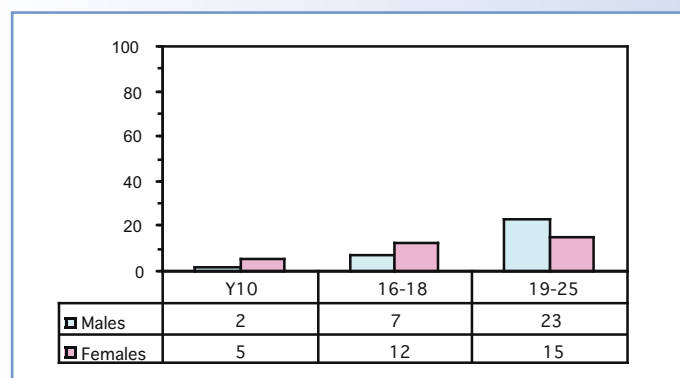
- Taking illegal drugs; and
- Having unprotected sex.

The survey shows that the proportion of young people in 2008 who are eating 5-a-day or exercising adequately is small, and that the proportion meeting both these criteria is very small, around 1% of all respondents. The percentages in each group who are adopting all four positive health behaviours – that is, exercising enough and eating 5-a-day who are also non-smokers and either non-drinkers last week (under 18) or below adult limits (over eighteen) is even smaller.

We were also interested to know what proportion of young people in Stockport were doing any of a list of four negative behaviours – smoking and drinking last week, had ever used drugs or had unprotected sex – or indeed doing all of them.

4% of males and 7% of females scored all four risk behaviours from this list. The proportion of young people scoring all four of the risky behaviours increased with age, as we might expect, as seen in the chart.

Percentage of young people in each group scoring all four lifestyle risk factors



Background and lifestyle

We looked at five demographic factors within the sample to see if they had an effect on young people's lifestyles

	Free School Meals	Single/repartnered parent	Ethnic minority	Disabled/long-term illness	Low self-esteem
Eat breakfast	⬇ Less	⬇ Less			
Eat 5-a-day fruit or veg	⬇ Less				
Want to do more physical activity	⬆ More		⬆ More		⬇ Less
Been bullied at school in the last year	⬆ More	⬆ More	⬆ More	⬆ More	⬆ More
Smoking	⬇ Less	⬆ More			
Smoking by parents/carers	⬇ Less	⬆ More	⬇ Less	⬆ More	⬆ More
Drinking alcohol	⬇ Less	⬆ More	⬇ Less	⬆ More	⬇ Less
Sexually experienced		⬆ More		⬆ More	
Ever offered drugs		⬆ More			
Ever used drugs		⬆ More		⬆ More	
Worry a lot about something	⬆ More	⬆ More		⬆ More	⬆ More

All differences shown are statistically significant.

We can see that the lifestyles of each of these groups are different from the norm, mostly in the direction of increased health risk. But young people from ethnic minorities show differences in a positive direction too. Young people receiving free school meals and those with low self-esteem also present a mixed picture.

Changes since 2002

Percentages in each age group reporting different behaviours, in 2002 and 2008

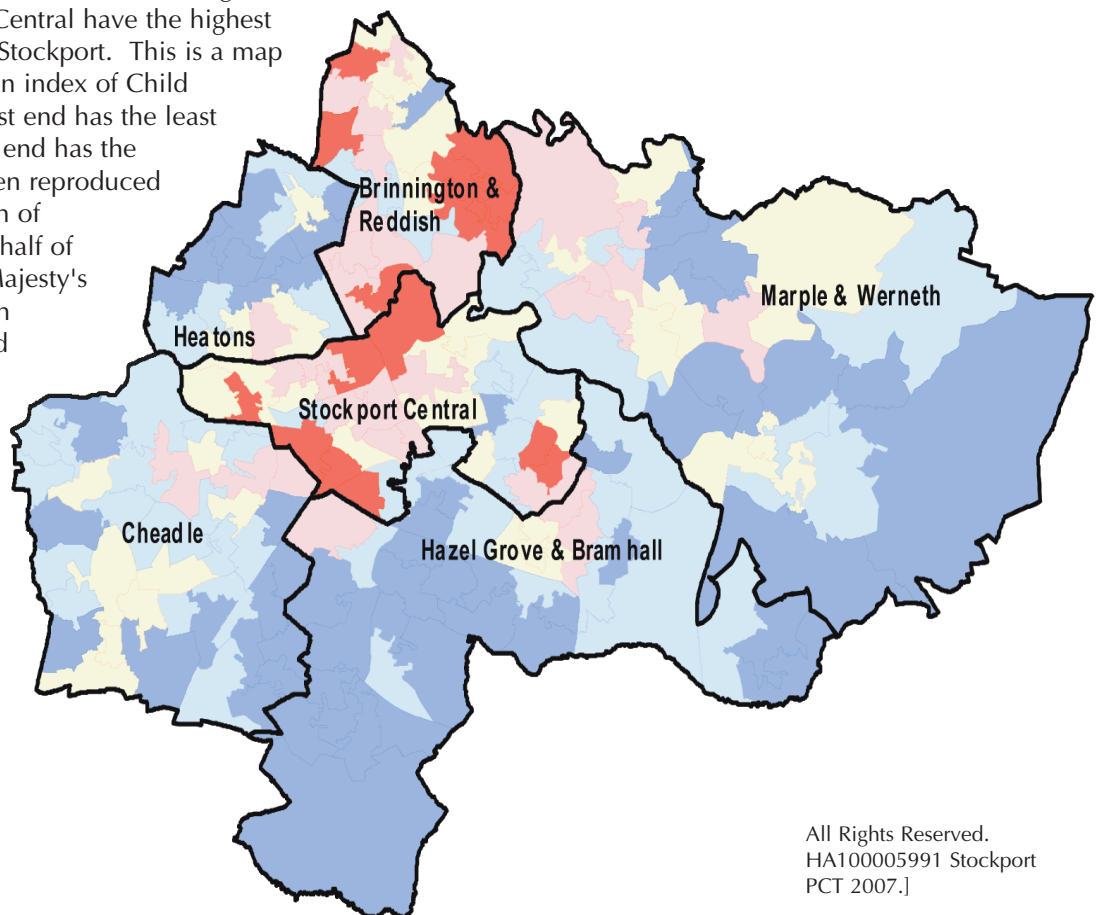
	2002					2008				
	Y6	Y8	Y10	16-18	19-25	Y6	Y8	Y10	16-18	19-25
5 portions of fruit/vegetables a day	22	21	14	18	9	26	24	19	14	13
7x exercise last week	96	94	92	90	70	82	77	64	46	
Smoked in the last 7 days	1	9	18	29	42	0	3	13	22	39
Drank alcohol last week (% of all)	13	34	56	80	82	11	19	47	66	72
Drank alcohol last week (% of those who ever drank alcohol)	28	48	65	84	86	30	37	56	73	78
Heavy drinking (♀>21 units/♂>28 units)		1	3	11	11		2	6	12	15
Ever had sex				48	87			22	63	89
Ever offered cannabis	6	19	49	66	75	6	11	27	49	55
Ever used drugs	5	15	29	46	62	6	19	41	55	

The two surveys were rather more different in content, style and delivery than is ideal for making comparisons. The best available statistics have been used above.

 It is encouraging to see some of the differences between the 2002 figures and the 2007/08 figures, particularly for smoking and experimentation with drugs. The recent figures for heavy drinking are not so welcome.

Differences within Stockport

We know from other evidence that Brinnington & Reddish and Stockport Central have the highest levels of deprivation in Stockport. This is a map coloured according to an index of Child Poverty, where the bluest end has the least deprivation and the red end has the most. [This map has been reproduced with the kind permission of Ordnance Survey on behalf of The Controller of Her Majesty's Stationery Office. Crown Copyright. Unauthorised reproduction infringes Crown Copyright and may lead to prosecution or civil proceedings.]



All Rights Reserved.
HA100005991 Stockport
PCT 2007.]

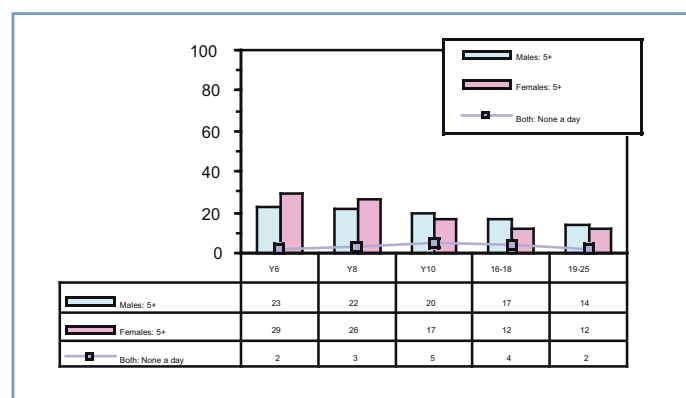
Growing up in Stockport

Healthy Eating

All young people surveyed were asked about the amount of fruit and vegetables they ate and whether they usually eat breakfast – both signifiers of a healthy diet.

16% of the whole sample eat 5-a-day – but the proportion reaching the target falls with age: from 26% of the Y6 group to 12% of the 19-25s. The proportion eating none a day is low throughout.

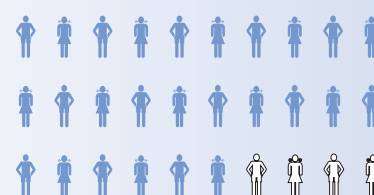
Percentage eating 5 or more portions of FRUIT and VEGETABLES a day and those eating none a day



➤ Positively, there has been an increase since 2002 in the number of young people eating 5-a-day.

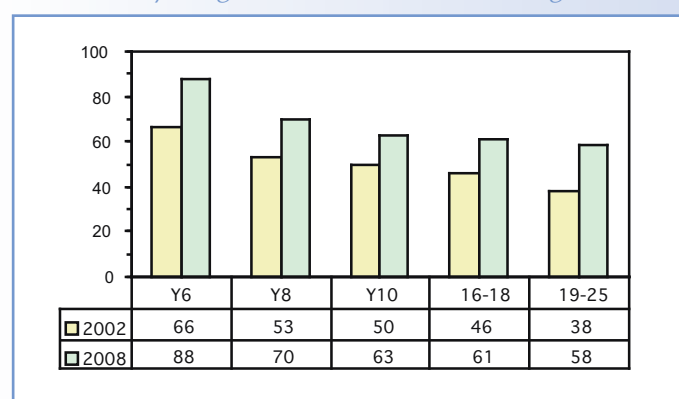
➤ The likelihood of young people eating breakfast falls with age – with 88% of Y6 pupils usually eating breakfast, falling to 58% of the 19-25 group.

In a typical class of 30 Y6 pupils, 26 ate breakfast on the day of the survey.



➤ More young people are eating breakfast than in 2002 –

Percentage 'usually eat breakfast every day' (2002) and 'ate anything for breakfast this morning' (2008)



– but there are still significant differences in the groups of young people eating breakfast: 61% of Y10 pupils said they ate breakfast on the day of the survey; this falls to only 50% of Y10 pupils who have free school meals.

Physical Activity

Young people were asked if they did any physical activity in the last 7 days. Whilst almost all the Y6 and Y8 pupils did (97%), the proportion begins to fall with the Y10 group – to the extent that 23% of males and 32% of females aged 19-25 did no physical activity in the last week.

When asked what activities they did, *walking* proved to be the most popular activity for all age groups except the Y6 pupils – who identified *playing* as their primary activity and *walking* second.

Percentage reporting doing any of a list of physical activities, by age group; top 5 reported for each age group

Age group	Y6	Y8	Y10	16-18	19-25
Walking	81	73	67	66	60
Exercises (weights etc)	37	39	41	38	33
Running/jogging	69	52	39	34	24
Dancing	39	31	22	20	23
Football	57	44	39	24	19
Work out at gym		10	18	24	19
Playing outside	84	55	28	8	8

Young people were asked if they would like to do more physical activity than they currently did – and if so – what was preventing them from doing it. At least 1/3 of all age groups said they would like to do additional activities – with swimming the most popular activity for all age groups.

Background factors proved important to this question: 67% of all Y6 pupils said they wanted to do more activities, whilst 74% of Y6 pupils from an ethnic minority background said they wanted to do more activities. 45% of Y10 pupils wanted to do more – while the figure for Y10 pupils on free school meals was 69%.

The most common reason given for not being more active was 'lack of time' – stated by 1/3 of the Y6 sample up to almost 2/3 of the 19-25s. The next most common reasons were the expense of the activity and the expense of getting there. People's friends not doing the activity was also a major barrier to taking part in new things.

Finally, school pupils were asked how long they thought they needed to do physical activity for to be healthy (the national guidelines for under 18s are an hour a day of moderate intensity activity.) Male respondents were more likely to know this than were females and 43% of all pupils thought that they needed to do less than an hour a day.

Emotional wellbeing and support

Young people were given a list of issues (e.g. bullying, money, study/work problems) and asked if they worried about them at all – and if so, how much.

Most young people are worried about something, with 4/5 of respondents saying that they worry ‘quite a lot’ or ‘a lot’ about at least one item on the list. The older groups were more likely to be worried than the younger groups and female respondents were more likely to worry than the male respondents.

The table below shows the top 5 worries for each age group. ‘Death or illness of a family member’ is a concern for most groups, as is ‘the way you look’ and ‘your health’.

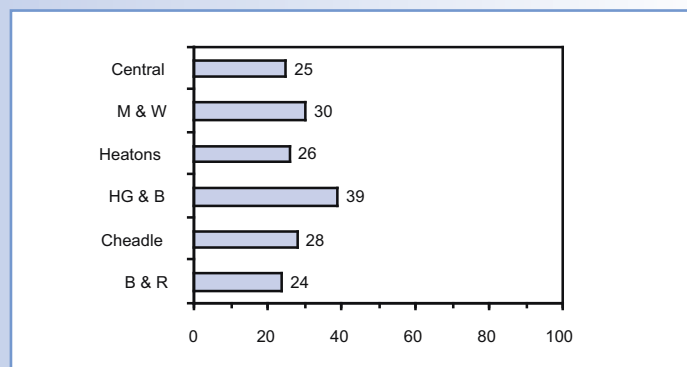
Percentage of young people worrying ‘quite a lot’ or ‘a lot’ about issues; top 5 items given for each age group

Age group	Y6	Y8	Y10	16-18	19-25
Money problems	14	18	24	41	53
The way you look	26	38	44	48	47
“School-work”/“Study or work” problems**	30	18	28	46	38
Death/illness in family	55	48	45	39	38
Your health	33	34	29	31	33
Exams and tests	*	39	50	55	28
Parents/carers not getting on	27	22	21	16	14
Problems with friends	24	29	29	15	12
Parents/carers splitting up	32	23	20	14	11

**The list for the Y8s and above included two separate items: study or work problems and exams and tests; the Y6 pupils had a shorter list of options, which combined school work and exams. It is probable that SATs are a major reason for Y6 pupils selecting this option and therefore it might be just as appropriate to say that 30% of Y6 pupils are worried quite a lot or a lot about exams and tests as it is to say that 30% are worried about school work.

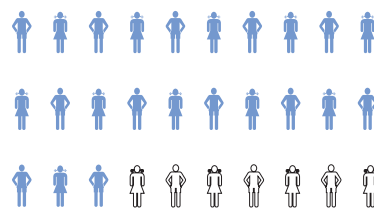
There were significant differences in reports of ‘worry about school work’ between clusters, with Hazel Grove and Bramhall residents worrying most and Brinnington and Reddish residents worrying least about this.

Percentage worrying quite a lot or a lot about school work, by cluster. Results for Y10 only

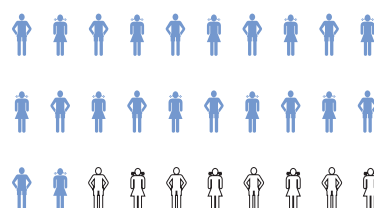


Young people were asked to describe how happy they were with their lives. The proportion responding ‘very happy’ declines markedly with age. Whilst 40% of Y6 pupils are ‘very happy’ with only 7% describing themselves as at least ‘quite unhappy’, these figures shift to 20% and 16% respectively amongst the 19-25 year olds.

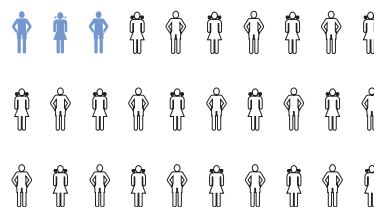
In a class of 30 Y6 pupils, 23 were quite or very happy.



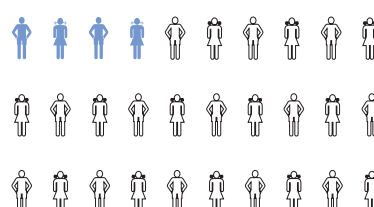
In a class of 30 Y10 pupils, 22 were quite or very happy.



In a class of 30 Y6 pupils, 3 were quite or very unhappy.



In a class of 30 Y10 pupils, 4 were quite or very unhappy.



For school age pupils, family is the first port of call for support with problems, with friends being the major alternative. For the 16-18s and 19-25s groups, friends are the most popular source of support, with ‘no-one / keep it to myself’ as the second choice. Books and magazines, telephone helplines and the Internet were equally unpopular amongst all age groups, despite the effort put into producing such resources.

This matches information gathered in a question for the older age groups (Y10 and above) about knowledge and use of young people’s services. Connexions and Central Youth were the most well known and used services, whilst the websites *Kooth.com* and *URSorted.com* were among the least well known of all the services listed.

Bullying

The survey gave a list of aggressive and bullying behaviours and young people were asked to state if they had experienced any of these in the last month. Over 60% of the Y6 pupils said that they had experienced at least one of the bullying behaviours in the last month. This proportion falls with age, to around 1/3 of the 16-18 age group. In each age group up to the 16-18s, females were more likely to report these experiences than males.

Young people were asked why they thought they were being picked on or bullied. The most common reasons were 'size/weight' and 'the way you look'. Other common reasons, recorded with a lower but still notable frequency, were 'the clothes you wear', 'your colour, race or religion', 'your sexuality' and 'a disability'.

Over ¾ of Y6 pupils were confident that their school takes bullying seriously, but this confidence fades with age – less than half the Y10s believe that this is the case.

The questions on bullying highlighted clear differences between different groups in the sample population:

- ❑ 22% of Y8s say they have been bullied at school in the last 12 months. For young people in the same age from an ethnic minority background, the figure was 26%.
- ❑ 14% of Y10s say they have been bullied at school in the last 12 months. For young people in the same age with a disability or long-term illness, the figure was 21% and for those on free school meals this rose to 27%.

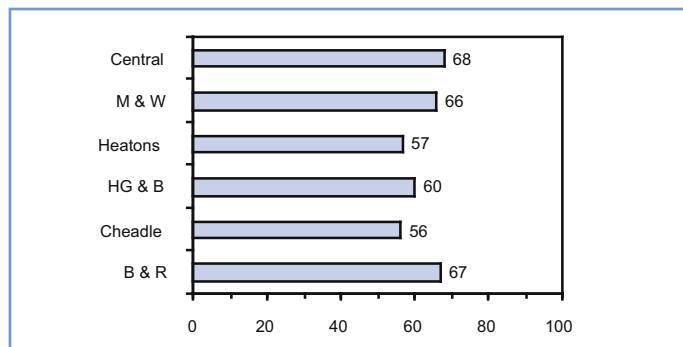
Sex and relationships

Young people in Y10 and above were asked a series of questions about sex and relationships.

The data showed that 22% of Y10s, 63% of 16-18s and 89% of 19-25s have ever had sex.

There were significant cluster differences in the answer to this question, with young people in Cheadle, the Heaton and Hazel Grove and Bramhall reporting this less often than young people in the other clusters.

Percentage of young people who have had sex, by cluster. Results for 16-18yo only.



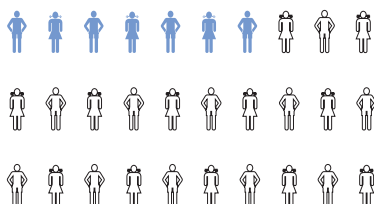
Young people were asked about sexual preference and about same-sex relationships.

Of those young people in Stockport who had had sex:

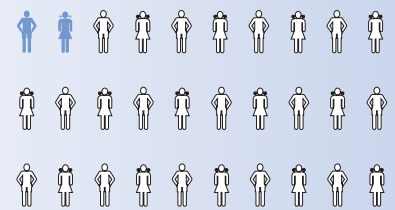
- ❑ 86% said that it was only or mainly with people of the opposite sex
- ❑ 11% said it was only or mainly with people of the same sex
- ❑ 3% said they had had sex with males and females

When asked about the age at which they first had sex, half of the 16-18s who had had sex (31% of the whole 16-18 sample) replied that they were under 16 and 7% were under 14 when they first had sex. 38% of the Y10s who had had sex were aged under 14 when this first happened (7% of all Y10 pupils)

In a typical class of Y10 pupils, 7 have ever had sex.



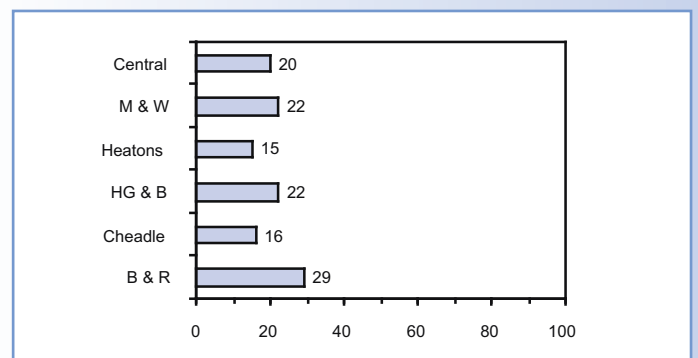
In a typical class of Y10 pupils, 2 say that they had sex for the first time when under 14 years old.



Around 90% of those who have had sex reported using a method of protection or contraception. Females in all age groups were more likely to report using contraception than males. Condoms were cited as the most common form of contraception/protection, with over 90% of the sample saying they used them at least some of the time. The contraceptive pill was the next most commonly used method.

Where young people did not use condoms, they were asked about the reasons for this. Amongst the older age groups, the most common reason was that they were using another method of contraception. Amongst the Y10 group, more common reasons were 'got carried away' and 'had drunk alcohol.' There were significant cluster differences in the response to this question, with young people in Brinnington and Reddish reporting that they 'got carried away' more frequently than young people in other areas.

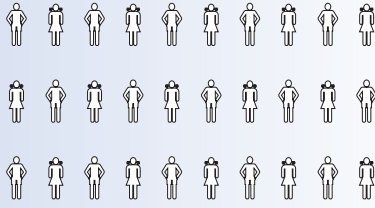
Percentage not using a condom because they "Got carried away", by cluster. Results for 16-18yo only.



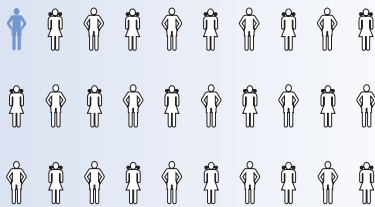
Smoking

Young people were asked about their smoking habits and whether their family members smoked.

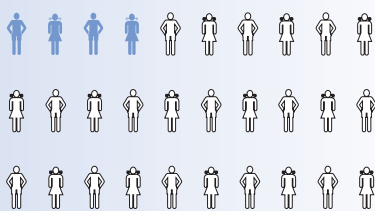
In a class of 30 Y6 pupils 6% will have tried smoking and **none** will have smoked in the last week.



In a class of 30 Y8 pupils 23% will have tried smoking while **1** will have smoked in the last week.



In a class of 30 Y10 pupils 48% will have tried smoking while **4** will have smoked in the last week.

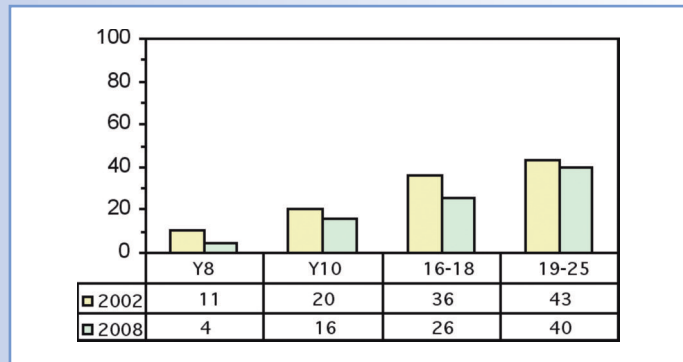


Over half the 16-18s and over 60% of the 19-25s have ever smoked. 26% and 40% still smoke.

1% of smokers aged 16-18 had their first cigarette whilst still in infant school, 9% whilst in junior school. The peak age for beginning smoking, for the majority of the sample was 13.

↗ The survey showed that fewer young people are smoking in 2008 than in 2002.

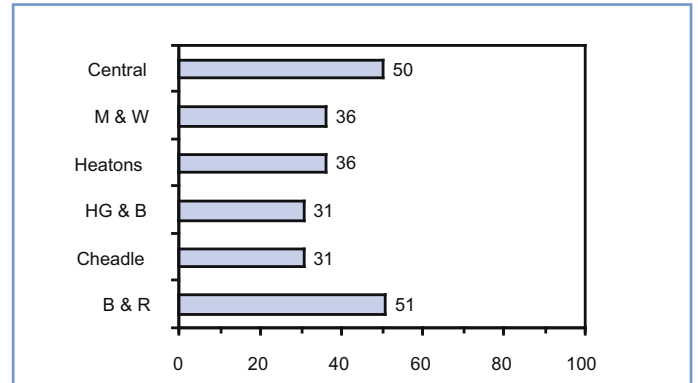
Percentage of smokers in 2002 and 2008



In addition to the overall fall in the number of young people smoking, there has been a fall in the number of young people smoking cannabis as well as smoking tobacco since 2002. The figure for those who smoked tobacco and cannabis in 2002 was 53%, the figure in 2008 was 30%.

The proportion of young people whose parents smoke is similar (over 40%) across all the age groups. There are, however, significant cluster differences in the response to this question, with Brinnington and Reddish and Stockport Central showing much higher levels.

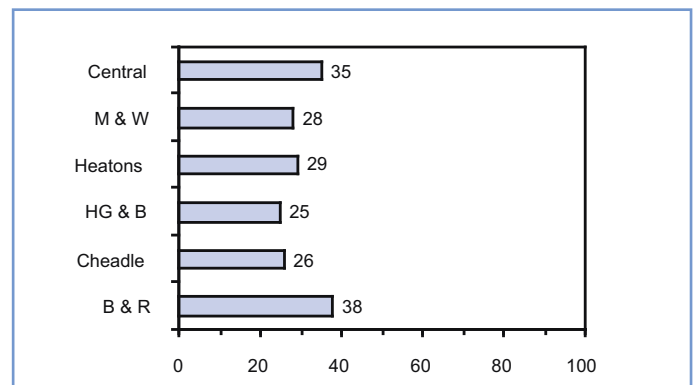
Percentage of young people reporting smoking by parents/carers, by cluster. Results for 16-18yo only.



Links can be seen between parental smoking and young people smoking: 45% of all Y8 pupils have a parent or carer who smokes, whilst 65% of the Y8s who have tried smoking have a parent or carer who smokes.

Young people were also asked if any of their siblings smoked. These figures rose with age, presumably as people's siblings get older too – from 16% of the Y6 group, to a quarter of the Y10 group to half of the 19-25s. There were significant cluster differences in the response to this question, which reflects smoking levels reported by the young people themselves.

Percentage with smoking siblings, by cluster. Results for 16-18yo only.



Since October 1st, 2007, the minimum legal age for buying tobacco has been 18. Despite this, 40% of smokers in Y10 and $\frac{3}{4}$ of 16- and 17-year-old smokers have bought tobacco since this date.

Around half of all smokers say they have tried to give up smoking in the last 12 months. Those aged 16+ were asked if they had ever used a smoking cessation service – with about 10% of those young people saying they had done so. These figures show that the majority of people's quit attempts have been both unsupported and unsuccessful.

Alcohol

Young people were asked about their alcohol use – whether they had ever had an alcoholic drink, the frequency of their drinking and the impact that alcohol use had on them and on people around them.

The proportion of young people who have ever drunk alcohol increases with age, from around 37% of the Y6 group rising to 92% of the 19-25s. 11% of the whole Y6 group reported having an alcoholic drink in the last week, rising to 72% of the 19-25s. For the Y6 group, however, of those who had ever drunk alcohol, 30% drank alcohol in the last week. For the Y8 group upwards, if they had ever drunk alcohol, they were also likely to have drunk in the last week..

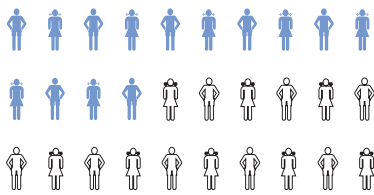
In a class of 30 Y8 pupils, **6** had a drink in the last week...



...and **1** drank on 3 or more days during the week.



In a class of 30 Y10 pupils, **14** had a drink in the last week...



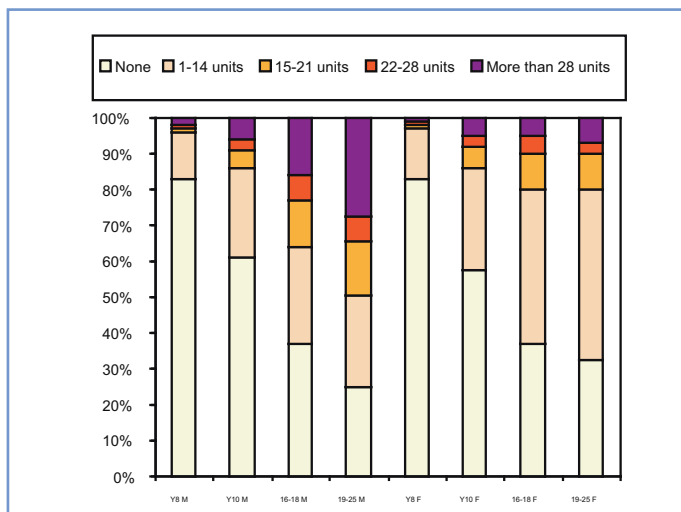
...and **2** drank on 3 or more days during the week.



As people get older, the proportion who did not drink in the last week drops steadily.

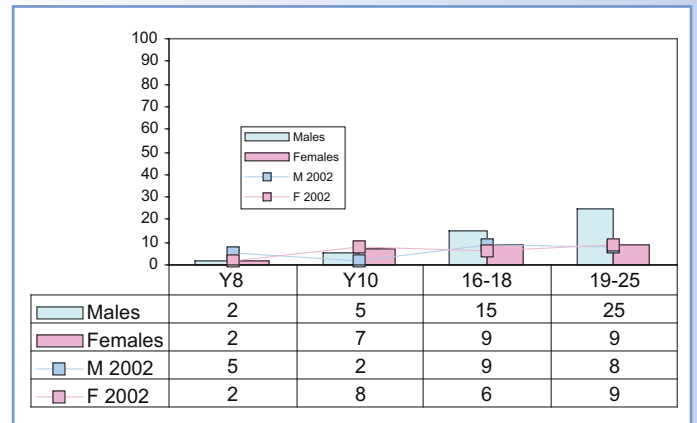
For those aged 12 and over, the units of alcohol they drank in the last week was calculated.

Percentage of DRINKERS in each group banded by total number of units of alcohol reported last week



We can also see how many drinkers are drinking at weekly levels that represent 'increasing risk' for adults:

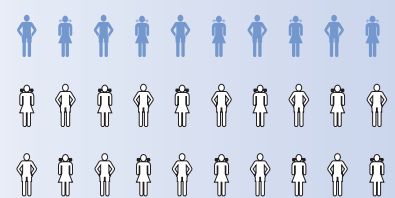
Percentage of drinkers recording alcohol intake in the last week of over 28 units (males) or over 21 units (females).



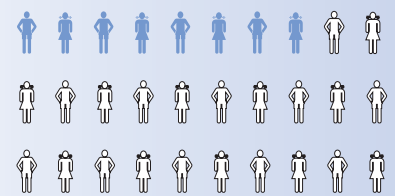
➤ This shows that there has been an increase in the amount of heavy drinking amongst young people since 2002.

Young people in Y8 and above were asked if they had been ever drunk – with those in Y10 and older asked if they had been drunk in the last week.

In a class of 30 Y8 pupils, **10** had ever been drunk



In a class of 30 Y10 pupils, **8** were drunk in the last week



47% of the 19-25s were drunk in the last week, with 11% being drunk on 3 or more days.

Young people were asked if they had ever experience any negative consequence as a result of their drinking. 39% of the Y8 said they had experienced at least one. This rises to 66% of the Y10's and 84% of the Y10's and 84% of the 19-25. The most common consequence was sickness/hangover (78% of the sample.)

At least 1/3 of the Y10s and older had experienced one of the more serious negative consequences (trouble with police, accidental injury, physical or sexual assault) in the last year.

Those in Y10 and older were asked if they had experienced either verbal or physical aggression at home in the last month. Around half the sample had experienced verbal aggression and around 10% said they had experienced physical aggression in the last month. Young people were then asked if either of these was linked to alcohol use by them or someone else at home: around 10% of the Y10s and 16-18s said that this was true for them. 13% of males and 19% of females aged 19-25 said that aggression at home was linked to alcohol use.

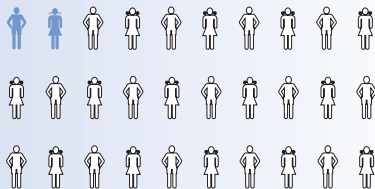
Young people were asked if they had ever bought alcohol for themselves and, if so, from where they had bought it. 17% of the Y10s and over half of the 16 and 17 year olds surveyed said that they had bought alcohol. Shops and supermarkets were the most common place for under-18s to buy alcohol with pubs or bars the second choice. 53% of 16 and 17 year olds said they had bought alcohol from a shop or supermarket.

Drugs

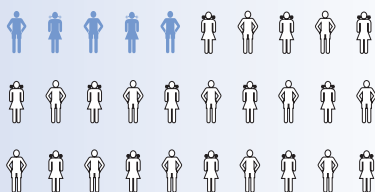
All the young people surveyed were asked if they had ever been offered illegal drugs. Those aged 12 and over were then asked further questions about taking drugs, the effects of drug use and whether they had been concerned about anyone else's drug use.

Around 6% of the Y6 group said they had ever been offered drugs (cannabis only). This rises to around 1/3 of the Y10 group and over 2/3 of the 19-25s (3/4 of the male 19-25s).

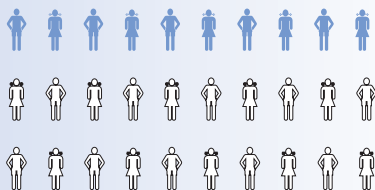
In a typical class of 30 Y6 pupils, 2 have been offered illegal drugs.



In a typical class of 30 Y8 pupils, 5 have been offered illegal drugs.



In a typical class of 30 Y10 pupils, 10 have been offered illegal drugs.



As would be expected, cannabis was the most commonly encountered drug:

11% of the Y8 pupils, 27% of the Y10s and 49% of the 16-18s had ever been offered cannabis.

Whilst still the most commonly offered drug, these figures compare positively with the data from 2002 – when 19%, 49% and 66% of those age groups had been offered cannabis.

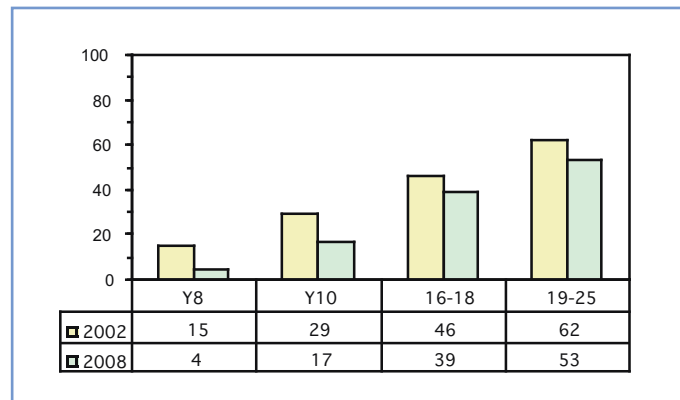
Fitting in with information we know from national data, the survey shows that young people who have ever truanted or been excluded from school are more likely to be offered drugs than young people in the general population: 34% of the Y10s have ever been offered drugs whilst 54% of the Y10s who have truanted or been excluded have been offered drugs.

Reports of ever taking drugs rises with age – from less than 10% of the Y8s to over half of the 19-25s. There are no real gender differences in reports of drug taking until young people reach the 19-25 group, where more males than females say they have ever taken drugs. (66% males, 49% females).

Cannabis is the most commonly used drug (taken by 39% of 16-18s) with cocaine and ecstasy the next most common – however, the proportion taking these drugs is much lower (taken by 10% and 9% of 16-18s respectively).

It is apparent that levels of drug use have fallen notably since 2002 – the following chart shows the proportion of young people who had ever tried any illegal drugs in 2007/8 and in 2002.

Percentage saying they had ever used any illegal drug in 2002 and 2008



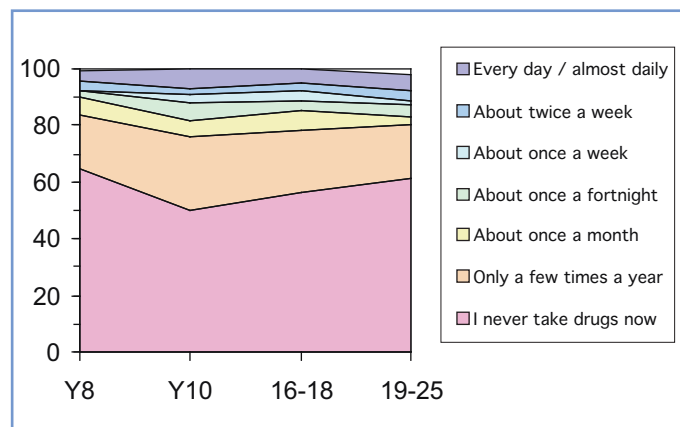
The 2007/08 figures are also lower than the national figures shown in the ONS study, 'Smoking, Drinking and Drug Use in England in 2006.'

As with offers of drugs, young people who have ever truanted or been excluded are more likely to have tried drugs: 20% of all Y10s, 31% of those Y10s who have truanted or been excluded. When looking at those who have ever taken Class A drugs, 5% of Y10s have tried these drugs, 17% of those who have been excluded have tried Class A drugs.

Whilst 22% of young people surveyed have taken drugs, when asked about the frequency of their drug use, we see that at least half of the Y10 group and in all other ages, the majority, state that 'they never take drugs now'. A further 20% say that they take drugs a few times in a year and around 6% say that they take drugs monthly. Only 5% of the sample say that they take drugs daily or almost daily.

Whilst the likelihood of taking drugs at all increases with age, the proportion taking drugs most frequently is the same across the age groups.

Percentage of young people who have EVER TAKEN DRUGS giving frequency of current drug-taking



Recommendations

The recently established Children's Trust, which includes all the partners who have responsibility for improving the lives of children and young people in Stockport, is determined to respond to the voices of 8,500 children and young people who completed the survey. The Trust is committed to building on the good news revealed in the survey and addressing the important areas which need further attention.

As a result of this survey, an action plan will be developed, addressing the issues raised, which will be signed off, reviewed and monitored by the Health Partnership Board within the Children's Trust.

Healthy Eating

While the increase in 5-a-day consumption since 2002 is encouraging, relatively few young people are eating the recommended amounts of fruit and vegetables. The strategy to encourage them to eat recommended amounts should include encouraging more school age young people to eat school meals, with an emphasis on selecting and eating the whole meal.

Since 2002, the introduction of breakfast clubs has greatly increased the numbers of young people eating breakfast therefore the continuation and further development of these important facilities is recommended.

Physical Activity

The report shows that young people are unclear how much physical activity is recommended for their age, that participation in physical activity lasting for 30 minutes or more declines with age and that young people reported that their main reason for not being more active was lack of time. The key recommendations therefore are to improve knowledge and understanding of the physical activity guidelines and to translate such knowledge into participating more in daily physical activity.

Emotional Wellbeing and Support

To respond to the emotional health and wellbeing data gathered in the report, it is recommended that all schools should implement effectively the Primary and Secondary SEAL (social and emotional aspects of learning) programme as part of the PSHE curriculum.

The majority of school age children see their family as the primary source of help and support, therefore we recommend that initiatives to enable families and carers to support their children more effectively should be given high priority.

Bullying

Many young people say they have experienced bullying behaviour in the last year and many of the secondary age young people said they did not feel confident in the way their school dealt with this. Therefore, we recommend that schools, and other key settings, in working to reduce these levels continue to develop and review anti-bullying policies, ensuring that children and young people know and understand these policies and feel they have the opportunity to discuss their implementation regularly.

Sex and Relationships

The information gathered in the report on sex and relationships and around people's experience of sex and relationships education (SRE) shows there is a need to continue to develop SRE programmes which are centred around the needs and experiences of young people at different stages. These should recognise the contribution of a variety of different people and services including schools, parents, peer supporters, school nurses, youth services and treatment services.

Smoking

While fewer young people are smoking than in 2002, those who are smoking are smoking with greater frequency and smoking a greater number of cigarettes. Action is required to increase supported cessation attempts amongst young people and their parents and develop peer education/support projects to encourage an alternative perspective to the "cultural norm" which encourages smoking amongst a significant minority. Vigorous enforcement of sales and advertising legislation is also required.

Alcohol

Although fewer young people are drinking in 2008 than 2002, there has been a significant increase in the number of young people drinking heavily. We recommend that programmes be developed, such as the planned social marketing research project, to help increase our understanding of the motivations behind hazardous drinking among young people. Interventions to change behaviour should be developed from this basis.

Drug Use

The proportion of young people being offered and trying drugs has fallen significantly since 2002. However, it is clear that the more vulnerable young people in the sample are more likely to be offered and to take drugs than the wider population. Work should continue both in and out of school settings to target and provide support for these young people.

The 19-25 age group

Throughout the survey, the 19-25s group demonstrate more risk factors and fewer positive factors than the younger survey respondents: they are the least likely to eat 5-a-day; least likely to be active; most likely to smoke; binge drink and have tried drugs. They are also the most unhappy of all the age groups surveyed. Because of these factors, we recommend that all relevant partners consider the specific needs of this age group in order to work towards improving their health and wellbeing.

CREDITS

Our thanks go to the staff and young people in schools and other institutions for their time and contributions to this survey.

The Way Forward – and over to you

As a result of their work we have excellent data to be used by schools, the Local Authority, the PCT as well as other statutory and voluntary agencies that support the health of young people in Stockport. This work will inform action plans for joint working between and within organisations involved in improving the health and well-being of Stockport's young people. We encourage everyone who is working with young people in Stockport to think about these results and how we can all work to make it easier for young people to be safe, healthy, happy and successful.

A free interpreting service is available if you need help with this information. Please telephone Stockport Interpreting Unit on 0161 477 9000. Email: eds.admin@stockport.gov.uk

如果你需要他人為你解釋這份資料的內容，我們可以提供免費的傳譯服務，請致電 0161 477 9000 史托波特傳譯部。

W przypadku gdybyś potrzebował pomocy odnośnie tej informacji, dostępne są usługi tłumaczeniowe. Prosimy dzwonić do Interpreting Unit pod numer 0161 477 9000.

যদি এই খবরগুলি সম্পর্কে আপনার কোন সাহায্য দরকার হয় তবে বিনা খরচে আপনার জন্য দোভাষীর ব্যবস্থা করা হতে পারে। মেহেরবানী করে স্টকপোর্ট ইন্টারপ্রিটিং ইউনিটে ফোন করুন টেলিফোন নম্বর, 0161 477 9000.

اگر آپ کو ان معلومات کے بارے میں مدد کی ضرورت ہے تو مفت ترجمانی کی سروس دستیاب ہے۔ براہ مہربانی انٹرپرائٹنگ یونٹ کو 0161 477 9000 پر فون کریں۔

خدمات ترجمہ رایگان این اطلاعات در صورت نیاز موجود میباشد. لطفاً با شماره تلفن 0161 477 9000 با واحد ترجمہ (اینترپرائٹنگ یونیت) ما تماس بگیرید۔

تنوفر خدمت ترجمہ شفویة اذا تطلبت مساعدة في فهم هذا المعلومات. نرجو الاتصال اربن رینیول علی رقم الهاتف: 0161 477 9000

If you would like this publication in another language, large print, Braille, on audio tapes or discs, please contact 0161 474 3813