

Young People in Cumbria 2012

A summary report from the Health-Related Behaviour Survey 2012

These results are from a compilation of data collected from a sample of primary pupils in Year 6 and secondary pupils in Years 8 and 10 in Cumbria during Summer 2012. This work was commissioned by Cumbria Children's Services and Public Health, NHS Cumbria as a way of collecting robust information about young people's knowledge, attitudes and behaviours as well as sources of information and support.

Teachers were briefed on how to collect the most reliable data and then pupils in Years 6 in the primary schools and Years 8 and 10 in the secondary

schools anonymously completed the questionnaire. A total of 3845 pupils took part in 18 secondary schools and 28 primary schools.

Completed questionnaires were then returned to SHEU in Exeter for processing.

Bold type in the main body of the report indicates a result has an accompanying chart.

3845 young people were involved in the survey:

School Year	Year 6	Year 8	Year 10	Total
Age	10-11	12-13	14-15	
Males	394	770	728	1892
Females	394	786	773	1953
Total	788	1556	1501	3845

Trends

The HRBQ survey has been undertaken in secondary schools in Cumbria on 10 occasions, 1988, 1990, 1992, 1995, 2000, 2003*, 2006*, 2008*, 2010* and 2012*. (Asterisks indicate a combined primary/secondary survey.) It has been possible to look at certain questions and analyse the data over the whole period to see if any trends are discernible. Different schools took part in different years so this needs to be taken into consideration when studying the data.

Reference sample

Cumbria data have been compared with a compilation of data from other areas in the UK that have completed similar versions of the questionnaire. This is the sample that will be used throughout the report under 'Comparisons'.

School Year	Year 6	Year 8	Year 10	Total
Age	10-11	12-13	14-15	
Males	6470	4662	4487	15619
Females	6321	4750	4664	15735
Total	12791	9412	9151	31354

Topics include:

Physical activity

Diet

Alcohol, Tobacco, Drugs

Sexual Health

Health & Safety

Emotional Health and Wellbeing

Citizenship

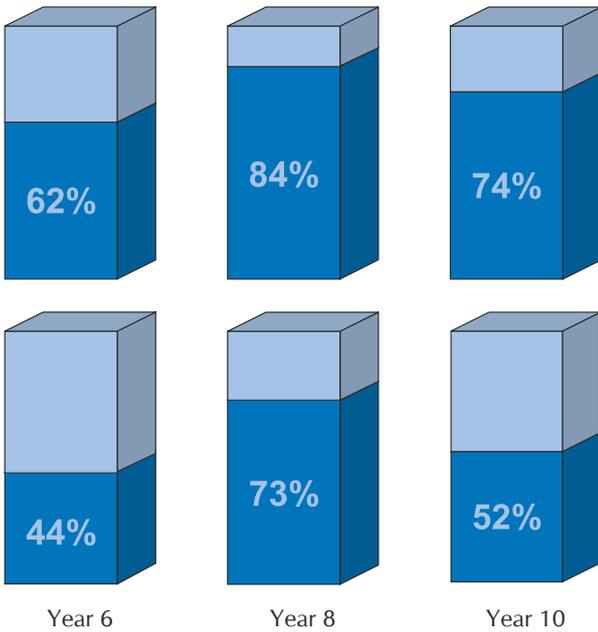
Attitudes to School

PHYSICAL ACTIVITY

Primary/Secondary results

- We asked primary and secondary school pupils how many times last week they exercised enough to breathe harder and faster. **The current figures for three times or more are:**

Y6M 62% Y8M 84% Y10M 74%
Y6F 44% Y8F 73% Y10F 52%



- 84% of primary pupils said that they enjoy physical activities at school 'quite a lot' or 'a lot', this decreases to 71% amongst secondary pupils.
- Enjoyment of physical activity declines with age and is most noticeable in its decline for girls.
- Those reporting they are physically 'fit' or 'very fit' also follows the same trend.
- The top physical activities were:

Primary	Males	Females
Football	75%	81%
Running	75%	76%
Walks	65%	62%
Bike riding	58%	56%
Keep fit	48%	49%
Secondary	Males	Females
Soccer	49%	55%
Riding a bike	45%	31%
Jogging	33%	29%
Going for walks	31%	26%
5-a-side football	22%	23%
Rugby	23%	19%

- We also asked pupils which activities they would like to start doing or doing more of. The top activities obviously differed for boys and girls but are still similar no matter what the age:

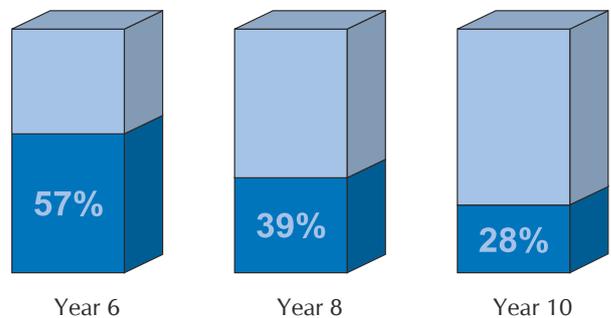
Primary boys' top three were swimming, rugby/mini rugby, and tennis; year 8 boys tennis, martial arts and weight training, year 10 boys weight training, swimming and martial arts.

Primary girls' top three were horse riding, swimming and roller skating; year 8 girls horse riding, swimming and ice skating; year 10 girls swimming, horse riding and ice skating.

- Pupils were asked if there was anything that stops them doing as much exercise or sport as much as they want to. These are the top 5 barriers for primary and secondary:

	Primary	Secondary
I don't have enough time	35%	46%
I don't know where to go	33%	31%
It costs a lot to get there or take part	27%	30%
I am shy in front of other people	26%	29%
I don't know what to do	23%	27%

- 76% of primary pupils and 61% of secondary said that their parents/carers do some sort of physical activity with them at least once a month.
- 19% of primary pupils said they spent their own money in the last 7 days on 'leisure centre or sports centre activities. 8% of secondary pupils said this, but the secondary list was slightly different and 10% also reported spending their own money on sports equipment in the last 7 days.
- 50% of primary pupils and 35% of secondary reported walking to school on the day of the survey.
- 3% of primary and 1% of secondary said they went to school by bicycle on the day of the survey.
- 57% of primary pupils and 34% of secondary reported riding a bike at least weekly.**

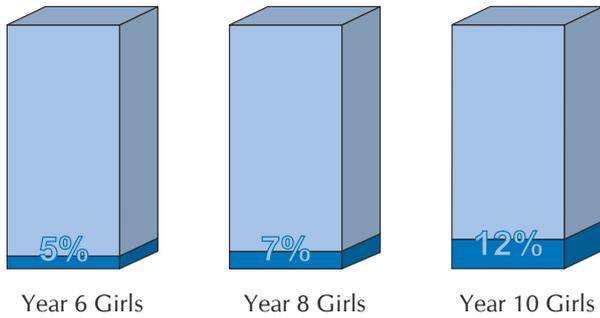


- 53% of primary pupils said they had played sport after school on the day before the survey. Only 23% of secondary pupils said the same.

DIET

Primary/Secondary results

- There is an upward trend with age in the number of pupils who report having 'nothing at all' for breakfast; this is particularly noticeable among girls.



- 11% of primary pupils and 13% of secondary pupils said they had no fruit or vegetables on the day before the survey. 25% of primary pupils and 17% of secondary pupils said they had 5 or more portions.
- We can compare dietary habits of primary and secondary pupils by showing the proportions who consume items 'on most days':

	Primary	Secondary
Fresh Fruit	48%	38%
Dairy produce	50%	66%
Vegetables	45%	52%
Crisps	26%	21%
Sweets/chocolates	24%	27%
Non-diet fizzy drinks	20%	21%

- 28% of primary pupils and 30% of secondary pupils said they 'rarely or never' ate any fish/fish-fingers.
- 9% of primary pupils and 16% of secondary pupils drank no water on the day before the survey. 21% of primary pupils and 25% of secondary pupils drank about a litre or more.
- 21% of primary pupils and 24% of secondary pupils say they 'very often' or 'always' consider their health when choosing food.
- 36% of primary pupils and 47% of secondary pupils say they would like to lose weight. 4% and 8% want to gain weight.
- The proportion of pupils eating sweets/chocolates and crisps on most days remained fairly consistent across the year groups.

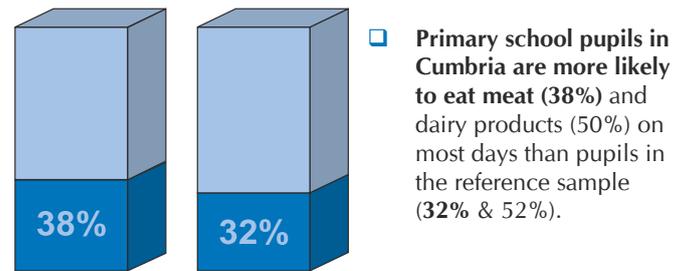
Primary results

- 94% of pupils said they were able to get water easily at school.

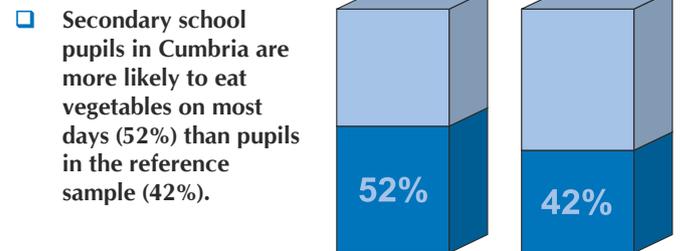
Secondary results

- 12% of Year 10 girls had nothing to eat or drink for breakfast on the morning of the survey. It is interesting that 66% of Year 10 girls say that they would like to lose weight.
- 19% of the Year 10 girls also reported having no lunch on the day before the survey.
- 45% of secondary pupils had a school lunch on the day before the survey.

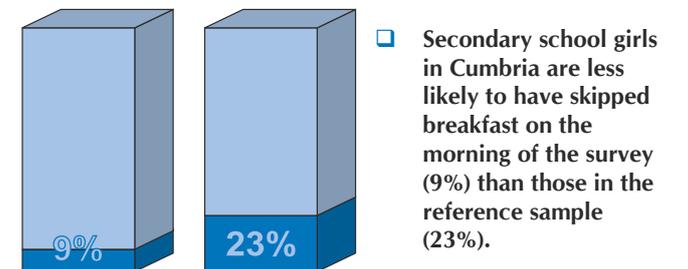
Comparisons



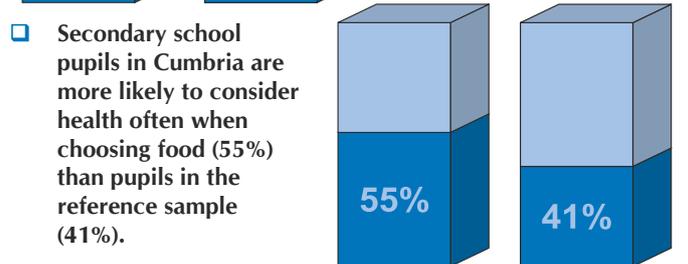
- Primary school pupils in Cumbria are more likely to eat meat (38%) and dairy products (50%) on most days than pupils in the reference sample (32% & 52%).



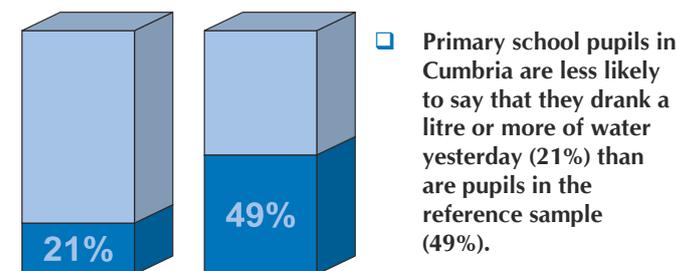
- Secondary school pupils in Cumbria are more likely to eat vegetables on most days (52%) than pupils in the reference sample (42%).



- Secondary school girls in Cumbria are less likely to have skipped breakfast on the morning of the survey (9%) than those in the reference sample (23%).



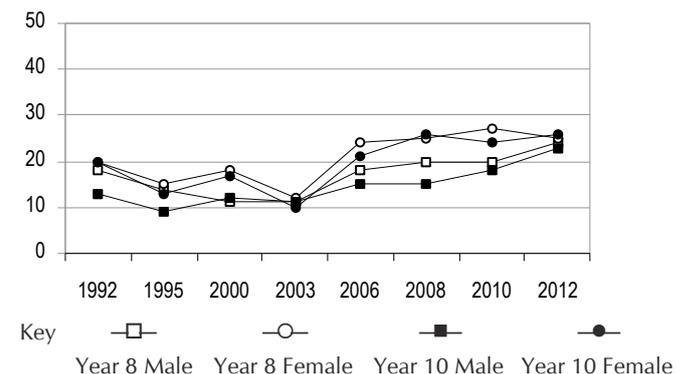
- Secondary school pupils in Cumbria are more likely to consider health often when choosing food (55%) than pupils in the reference sample (41%).



- Primary school pupils in Cumbria are less likely to say that they drank a litre or more of water yesterday (21%) than are pupils in the reference sample (49%).

Trends

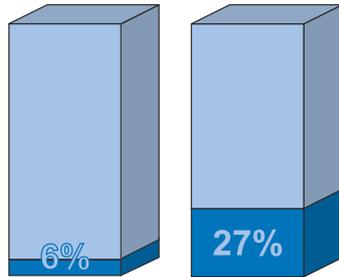
Very often think about health when choosing food in secondary pupils, 1992-2012



RISK-TAKING BEHAVIOUR

ALCOHOL

- 6% of primary pupils had an alcoholic drink in the last week, this rose to 27% for secondary pupils.



Primary/Secondary results

- 3% of primary pupils and 8% of secondary pupils had drunk beer in the last seven days. The proportions drinking pre-mixed spirits and 'alcopops' were 1% of primary pupils and 8% of secondary pupils.
- 2% of primary pupils and 7% of secondary pupils reported that they did sometimes drink alcohol without their parents knowing.

Primary results

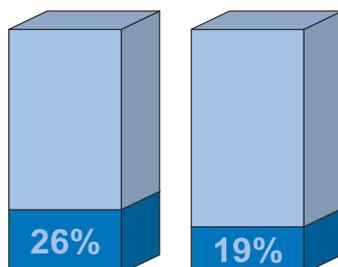
- Greater proportions of the drinkers in Year 6 were boys (Boys 7%; Girls 5%).
- The most popular drinks were beer, wine and pre-mixed spirits/alcopops.

Secondary results

- 3% of Year 10 boys and 3% of Year 10 girls said they drank more than 14 units (recommended weekly limits for a female); when we set the bar at 21 units (weekly recommended limits for a male), the figures were 1% and 2%.
- 27% of secondary pupils say there were drunk on at least one day last week.
- 31% have experienced negative consequences from the use of alcohol; 25% report sickness/hangover, 6% absence from school, 8% injury, 7% violence, and 9% damaged relationships. 3% of boys and 3% of girls had to go to hospital.
- 17% drank alcohol at their own home last week and 11% at a friends or relations. 31% said their parents gave them alcohol or bought it for them last week; by the time they are in Year 10, the figure is 43%.
- 8% of Year 10 pupils were able to buy alcohol from an off-licence that should sell only to over-eighteens; the figure for shops or supermarkets was 11%.

Comparisons

- Secondary school pupils in Cumbria are more likely to report that they were drunk on at least one day last week (26%) than those in the reference sample (19%).



TOBACCO

Primary and Secondary results

- 3% of primary pupils said they had tried smoking once or twice. This rose to 12% for secondary pupils.
- 0% of primary pupils and 7% of secondary pupils said they smoked at least one cigarette last week (10% in Year 10).
- Smoking last week:

Y6M	0%	Y8M	4%	Y10M	9%
Y6F	0%	Y8F	3%	Y10F	12%
- 38% of primary pupils say their parents/carers smoke; 32% of secondary pupils have people who smoke at home.

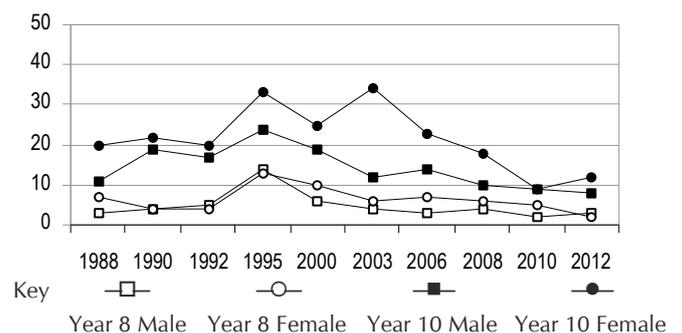
Primary results

- 89% said they wouldn't smoke when older, 11% said maybe and 1% think they will smoke when they are older.
- 28% say smokers at home smoke only outside, 11% only in certain rooms, 4% anywhere.
- 14% say someone smokes indoors at home in rooms they use.
- 16% say someone smokes in a car when they are in it too.

Secondary results

- 32% of pupils reported that there is someone who smokes indoors in their home most days.
- 24% have ever smoked and 8% are regular or occasional smokers.
- 5% of pupils obtained cigarettes from friends, 2% from a shop.
- 4% of secondary pupils have ever bought packets of cigarettes which have foreign writing on them.

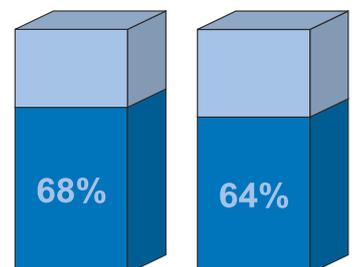
Trends: Percentage of secondary pupils smoking in the last week, 1988-2012



- The proportion of pupils who smoke in these Cumbria schools seems to show a peak in 1995.

Comparisons

- Secondary school pupils in Cumbria are more likely to say they have never smoked Year 10 (68%) than are pupils in the reference sample (64%).



DRUGS

Primary/Secondary results

- 12% of primary pupils and 37% of secondary pupils are 'fairly sure' or 'certain' that they know someone who uses drugs that are not medicines.
- 1% of primary pupils and 18% of secondary pupils have been offered cannabis. The figures for other drug offers are < 1% for primary pupils and 9% for secondary pupils.

Primary results

- 49% of pupils reported that their parents had talked to them about drugs, while 64% said their teachers had.

Secondary results

- 10% of all secondary pupils have taken at least one of the 16 drugs listed in the questionnaire at some point.
- 31% of Year 10 boys and 28% of Year 10 girls have been offered cannabis.
- The figure for other drugs for all Year 10 pupils was 9%.
- When asked if they had ever taken an illegal drug, 16% of Year 10 pupils reported that they had. 8% had taken one in the last month.
- 10% of Year 10 pupils have taken an illegal drug and alcohol on the same occasion.
- 3% of Year 10 pupils said they had taken more than one type of drug on the same occasion.
- When asked whom or where they would turn to for help or advice about drugs, most pupils would turn to their parents in the first instance. 14% say that they would keep it themselves.
- 44% said they were concerned about other people's use of drugs and 1% about their own use.
- 60% of Year 10 pupils had heard of the Connexions/INSPIRA service, and 11% of Year 10 students had used it. The equivalent figures for the FRANK drug information service were 68% and 5%.

Links between substance use behaviours

There were 1501 Year 10 pupils in the survey:

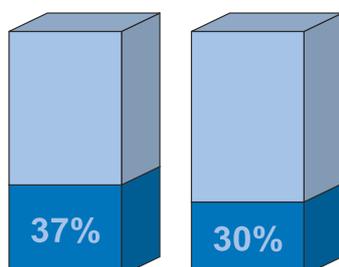
- 11% of Year 10 pupils smoked last week
- 33% of Year 10 pupils drank last week, and
- 14% of Year 10 pupils have ever tried illegal drugs.

However, these proportions change depending on whether the pupils take part in other substance use behaviours.

- For example, we see a much higher proportion of drinkers if they smoked last week as well (60% of the smokers drank last week, compared with 30% of the non-smokers).

Comparisons

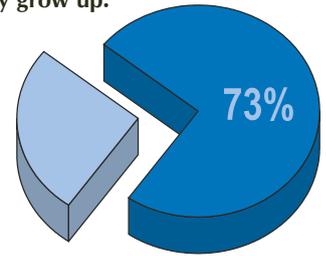
- Secondary school pupils in Cumbria are more likely to know a drug user (37%) than are pupils in the reference sample (30%).



SEXUAL HEALTH

Primary results

- 73% of pupils said their parents had talked to them about how their body changes as they grow up.
- 56% of pupils said their teachers had talked to them about how body changes as they grow up, and 37% said the same about the School Nurse.
- 69% of primary pupils think they know enough about growing up and body changes.
- 20% reported that they worried about the way they looked and 11% worried about body changes as they grew up.



Secondary results

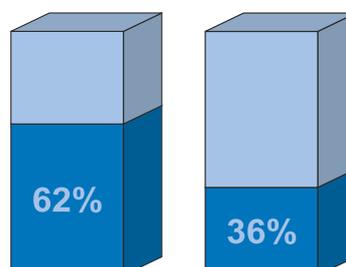
- When asked where they would go for help or information about sex and relationships we found that the majority would contact friends and family.
- The proportions of pupils who said they would just 'keep it to myself' for different issues were: sex and relationships 21%, puberty and growing up 31%, thinking you are gay lesbian or bisexual 37%.
- When asked how useful they found school lessons about sex and relationships 40% of Year 8 pupils and 45% of Year 10 pupils reported that they found them to be either 'quite useful' or 'very useful'.
- 59% of Year 10 boys and 65% of Year 10 girls said they believed there was a special contraception and advice service for young people available locally.
- 69% of Year 10 boys and 74% of Year 10 girls said they know where to get free condoms
- There are some questions about sexual experience for Year 10 pupils only. 72% of Year 10 pupils have never had sex (just as in the 2010 study), 8% are in a relationship and thinking about having sex, 12% have had sex and 8% are currently in a sexual relationship.
- 7% of all Year 10 pupils have had unprotected sex.

There are some questions for Year 10 pupils exploring links between risky sexual activity and substance use:

- 5% of all Year 10 pupils said they had unprotected sex after using alcohol.
- 2% of all Year 10 pupils said they had unprotected sex after using drugs (a similar result to 2010).
- 5% of all Year 10 pupils said they had sex and regretted it after using alcohol and 1% after using drugs.

Comparisons

- Year 10 school pupils in Cumbria are more likely to know of a local source of sexual health information (62%) than are pupils in the reference sample (36%).



KEEPING SAFE

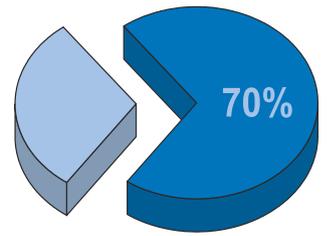
Primary/Secondary results

We asked pupils about the way they used the Internet:

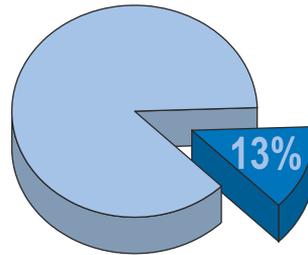
E-safety	Primary	Secondary
Have a computer they use at home	94%	91%
Have Internet at home	94%	91%
Computer in their bedroom	36%	57%
Parents have rules for Internet use	58%	31%
Have been told how to stay safe online	88%	74%
Follow advice about staying safe	76%	57%
Use Facebook for social networking	47%	80%
Spent 3h or more last night using the Internet for socialising		18%

Secondary results

- 70% of secondary school pupils say that they feel in charge of their own health.

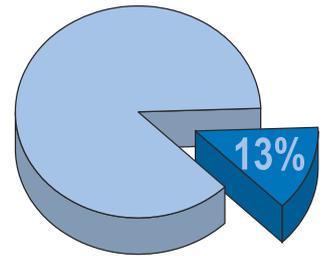


- 72% got at least 8 hours sleep.
- 12% of pupils got less than 6 hours sleep the night before the survey.

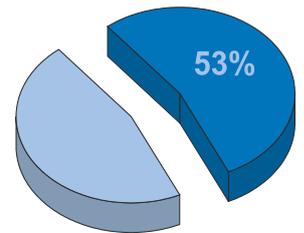


- 65% of pupils said that the amount of sleep they normally get is enough for them to stay alert and concentrate on their school work; 13% think it isn't enough.
- 53% of pupils said that the amount of sleep they normally get is enough for their health; 11% think it isn't enough.

- 13% of pupils rated the safety of their area, when going out after dark, as 'poor' or 'very poor'
- 2% said this about going out during the day.



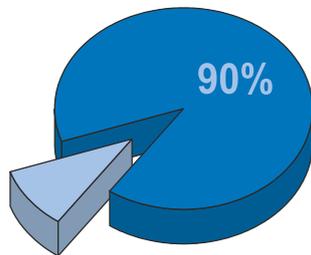
- 53% of pupils rated the safety of their area, when going out after dark, as 'good' or 'very good'. 83% said this about going out during the day. Interestingly, the figures for Year 10 males and females were 82% and 84%.



- 9% have been the victim of violence or aggression during the last year.
- 5% of pupils reported that they were fairly sure or certain that they or their friends carried weapons or other things for protection when going out. The most common weapon was a knife.

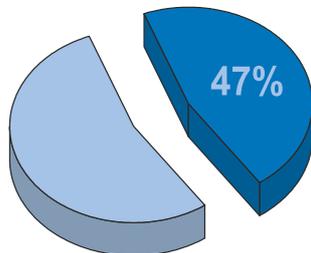
Comparisons

- 90% of Year 10 females say they use the Internet for social networking (compared with 80% of all secondary pupils). Our surveys show that the figure for girls is consistently higher than for boys.

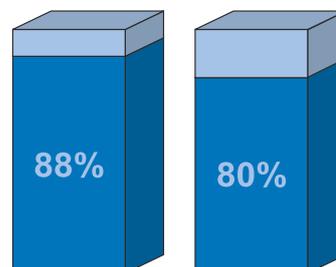
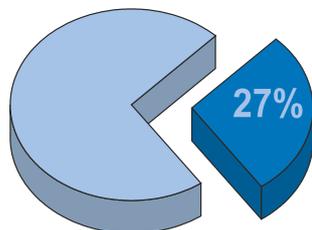


Primary results

- 47% of all Year 6 pupils go to bed between 9pm and 10pm; 23% of the sample are already in bed by then. Another 8% of pupils went to bed after 11pm.



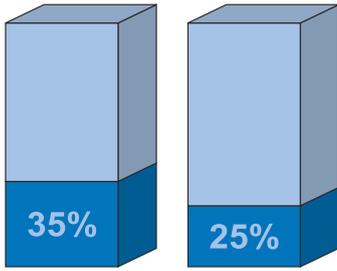
- 27% of pupils reported that they had been approached by an adult, who scared or upset them (13% say they knew the adult).



- Primary school pupils in Cumbria are more likely to have been told how to stay safe online (88%) than the pupils in the reference sample (80%).

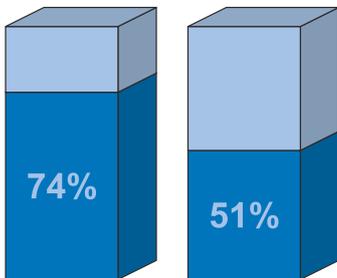
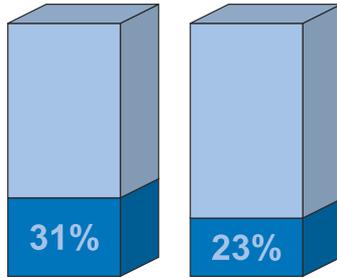
BULLYING

Primary/Secondary results



- 35% of primary pupils and 25% of secondary pupils say that they feel afraid of going to school because of bullying at least sometimes.

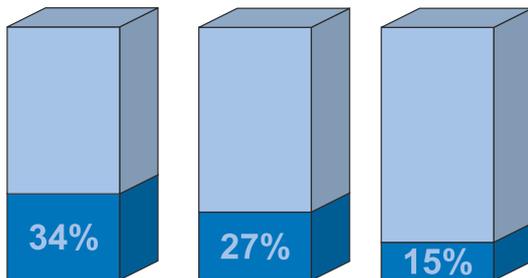
- 31% of primary school pupils and 23% of secondary school pupils say they have been bullied at or near school in the last 12 months.



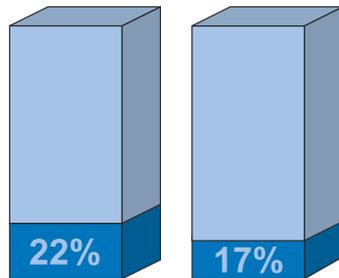
- 74% of primary pupils and 51% of secondary ones say their school takes bullying seriously (27% of secondary pupils say they don't know).

Primary results

- Behaviour widely reported as causing distress included being called nasty names, being teased or made fun of and being pushed or hit for no reason.
- When asked where it happened, 34% of pupils reported outside at breaktime and 27% in a classroom at breaktime. 15% reported during a lesson.



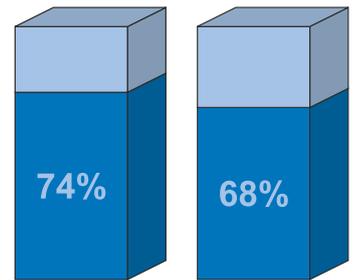
- 22% of pupils reported that they thought they were bullied because of the way they looked and 17% thought because of their size or weight.



- 2% of pupils (mostly boys) reported that they thought others might fear going to school because of them.

Comparisons

- Primary pupils in Cumbria are more likely to think their school takes bullying seriously (74%) than the pupils in the reference sample (68%).



Links

- There is a strong link between experiences of bullying and self-esteem:

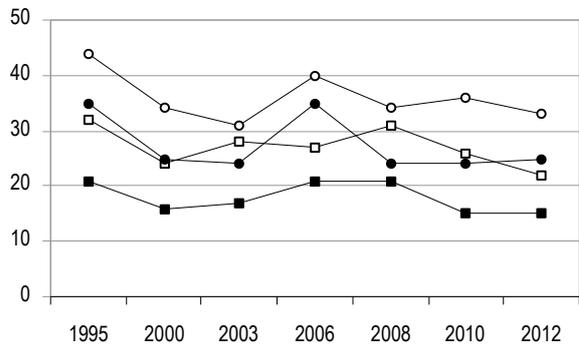
Percentage bullied in the last year by self-esteem score.

	Low	Med-low	Med-high	High
Primary	65	59	29	13
Secondary	64	38	20	8

- It's not clear whether bullying leads to lowered self-esteem – which is very plausible – or whether low self-esteem makes a child more likely to be bullied.

Trends

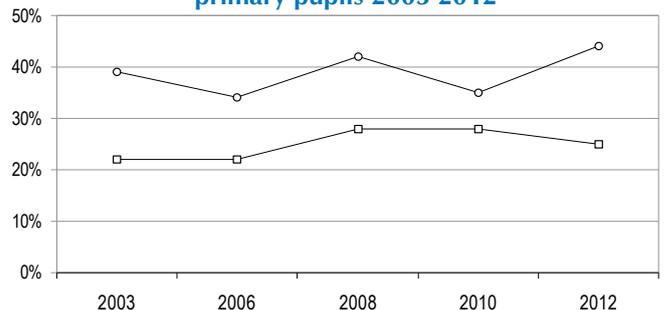
Ever felt afraid to go to school because of bullying



Key Year 8 Male Year 8 Female Year 10 Male Year 10 Female

- The proportion of pupils who said they were ever afraid to go to school because of bullying has fluctuated over the years.

Ever afraid to go to school because of bullying among primary pupils 2003-2012



Key Year 6 Male Year 6 Female

EMOTIONAL HEALTH & WELLBEING

Primary/Secondary results

- Boys generally appear in the highest self-esteem brackets more often than girls do.

	Males	Females
Year 6	41%	29%
Year 8	41%	25%
Year 10	42%	23%

- Percentage responding that they worry about the following 'quite a lot' or 'a lot' (top 10):

Primary school worries

	Males	Females
1 Crime	24%	SATs/tests 37%
2 Family	24%	Family 33%
3 SATs/tests	18%	Friends 31%
4 Health	14%	The way you look 30%
5 Money	12%	Crime 27%
6 The Environment	11%	Health 22%
7 Friends	10%	The Environment 18%
8 The way you look	9%	Body changes 18%
9 School work	9%	Money 14%
10 Body changes as you grow up	5%	School work /homework 14%

Secondary school worries

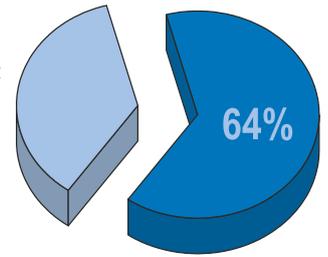
	Males	Females
1 Exams & tests	41%	Exams & tests 60%
2 Family problems	26%	The way you look 58%
3 Career	24%	Family problems 38%
4 The way you look	24%	Friends 36%
5 Friends	21%	School-work 33%
6 School-work	21%	Health problems 26%
7 Money problems	20%	Career 26%
8 Health problems	17%	Money problems 23%
9 Being bullied	12%	Being bullied 19%
10 Puberty & growing up	11%	Puberty & growing up 19%

(The tables show the proportion of pupils who said they worried about the problems 'quite a lot' or 'a lot')

- Family is the most popular source of support for boys and girls.
- 74% of primary school pupils and 33% of secondary school pupils think people at school care if they are happy.
- 52% of primary pupils and 58% of secondary school pupils said they could usually or always say no if a friend wanted them to do something they didn't want to do. 4% and 2% said they could never say no.
- 42% of primary pupils and 44% of secondary school pupils said they usually or always knew what to say when they wanted a friend to do something. 8% and 3% said they never knew what to say.
- 68% of primary pupils and the 67% of secondary pupils reported that, in general, they were 'quite a lot' or 'a lot' satisfied with their life.

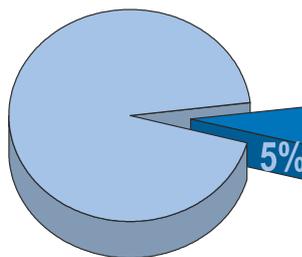
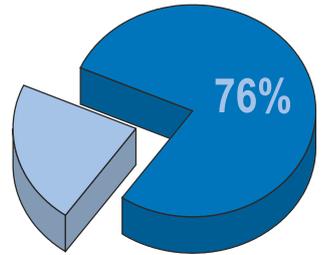
Primary results

- 64% of pupils reported that they worried about at least one of the problems listed in the questionnaire 'quite a lot' or 'a lot'.

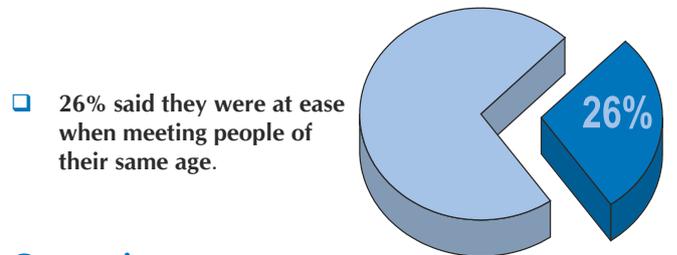


Secondary results

- 76% of pupils reported that they worried about at least one of the problems listed in the questionnaire 'quite a lot' or 'a lot'; the secondary pupils had a longer list of issues shown to them, so the figure is not directly comparable.



- 5% of pupils reported that there were no adults they could trust.

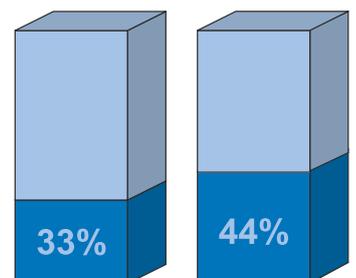


- 26% said they were at ease when meeting people of their same age.

Comparisons

- Primary school pupils in Cumbria are fractionally more likely to score in the highest bracket of self-esteem (35%) than are pupils in the reference sample (33%).

- Secondary school pupils in Cumbria are less likely to have a self-esteem score in the highest bracket (33%) than are pupils in the reference sample (44%).



- These differences have not been seen in earlier surveys.

CITIZENSHIP

LEISURE

Primary/Secondary results

- 74% of primary pupils and 87% of secondary pupils said they spent time watching television, after school, on the day before the survey. 14% of secondary pupils watched for more than 3 hours.
- 58% of the primary boys and 73% of secondary boys played computer games, on the evening before the survey. 31% of secondary boys spent more than 2 hours playing computer games after school on the evening before the survey.

Primary results

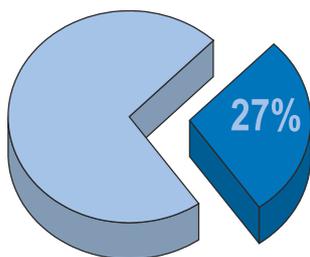
- 53% played sport on the evening before the survey.
- 59% played with friends on the evening before the survey.
- 58% of the boys played computer games, and 62% played sport on the evening before the survey.
- 29% of boys and 47% of girls reported reading a book for pleasure on the evening before the survey.

Secondary results

- The most common after school leisure activities on the day before the survey were watching television, doing homework, and using the Internet for socialising.

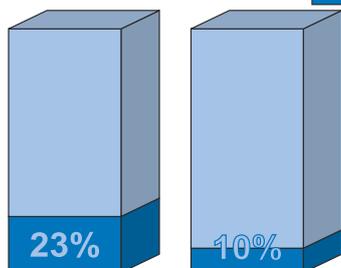
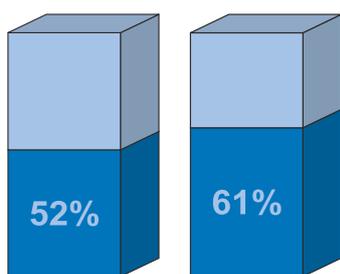
- 27% of pupils have a regular paid job.**

- The most common form of work for boys is a paper/milk round. Most Year 8 girls did either a paper/milk round or paid housework. Year 10 girls mainly work in hotels, bars or cafés.



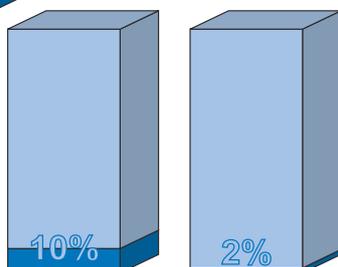
Comparisons

- Secondary school pupils in Cumbria are less likely to have played computer games last night (52%) than pupils in the reference sample (61%).



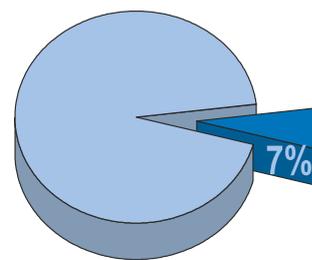
- Secondary school pupils in Cumbria are more likely to have read a book for enjoyment last night (23%) than pupils in the reference sample (10%).

- Secondary school pupils in Cumbria are more likely to have helped/volunteered outside of the home last night (10%) than the pupils in the reference sample (2%).



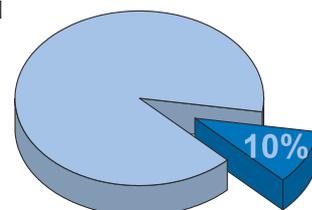
YOUNG CARERS

- 7% of secondary pupils responded that they are a 'young carer'.



VOLUNTEERING

- 10% of secondary pupils said they spent some time on the evening before the survey helping or volunteering outside the home.



- The breakdown by age and sex was:
Y8M: 10% Y10M: 11%
Y8F: 10% Y10F: 9%

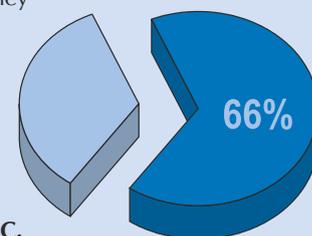
ATTITUDES TO SCHOOL

Primary/Secondary results

- 11% of primary pupils and 27% of secondary pupils said they worried about school work/homework. School work and/or exams/tests come top of all worries for most groups of pupils and in the top three of all.
- 23% of primary pupils and 66% of secondary pupils did homework on the evening before the survey; 20% of secondary pupils did over an hour.
- 54% of primary school pupils say their opinions are asked for in school, 66% think that pupils' opinions are listened to and 33% think that pupils' opinions make a difference.

Secondary results

- 66% of pupils reported that they enjoyed at least half of their lessons.
- 5% said they didn't expect to take any GCSEs.
- 66% reported that they expected to take several GCSEs and achieve grades A-C.
- 43% of boys and 59% of girls in Year 10 want to continue in full time education after Year 11.
- 28% of boys and 27% of girls want to find a job as soon as possible.
- When asked which of their PSHE lessons were useful, 50% say physical activity lessons were at least quite useful, 42% sex and relationships, 49% drugs and 43% healthy eating.



Comparisons

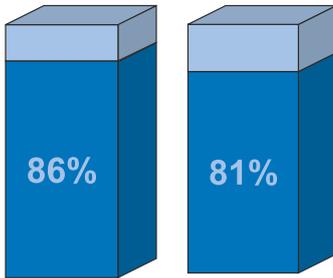
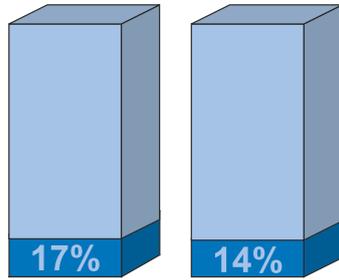
Secondary school pupils in Cumbria are less likely to say they did homework on the night before the survey (66%) than pupils in the reference sample (79%).

OTHER HEALTH ISSUES

Primary/Secondary results

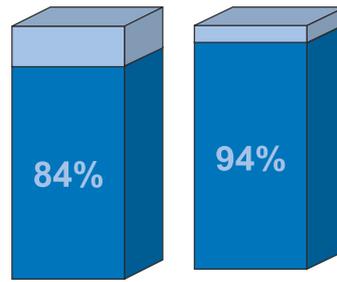
- The proportion of pupils taking measures to avoid sunburn decreases as they get older. 8% of primary pupils said they never did anything to try to avoid sunburn. This increased to 18% of secondary pupils.

- The figures for taking precautions against sunburn 'whenever possible' were 17% for primary pupils and 14% for secondary pupils.

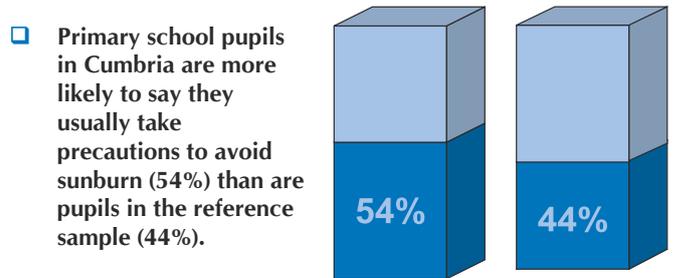


- 86% of primary pupils and 81% of secondary pupils brushed their teeth at least twice on the day before the survey; 2% said not at all.

Comparisons



- Secondary school pupils in Cumbria are less likely to have reported going to the dentist in the 12 months before the survey (84%) than the pupils in the reference sample (94%).

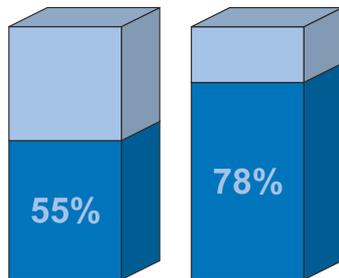


- Primary school pupils in Cumbria are more likely to say they usually take precautions to avoid sunburn (54%) than are pupils in the reference sample (44%).

(N.B. the Cumbria survey took place in the summer, while the reference sample is composed of surveys from throughout the year.)

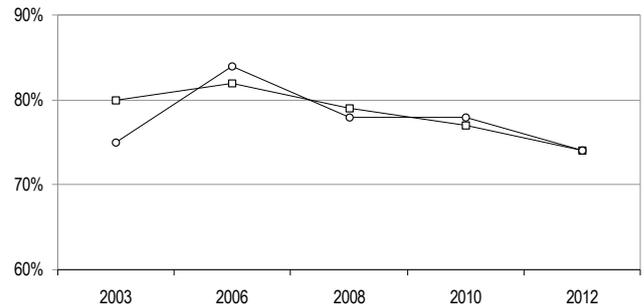
Primary results

- 55% of pupils wash their hands before lunch and 78% 'whenever possible' after going to the toilet.



Trends

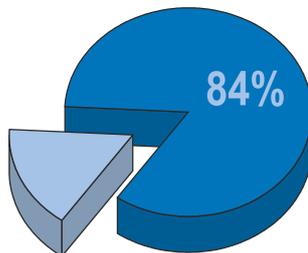
Watched TV last night among primary pupils 2003-2012.



Key □ Year 6 Male ○ Year 6 Female

Secondary results

- 84% visited the dentist in the twelve months before the survey.



Acknowledgements

Grateful thanks go to all the pupils in Cumbria for their willingness and enthusiasm to take part in this survey. The help, and the time and effort spent, by staff of the schools is also acknowledged.

Thankyou to all those people from a variety of agencies who were involved in the questionnaire design and to the steering group members : Anne Sheppard (Children's Services), Mike Conefrey (Children's Services), Bruce Lawson (Active Cumbria), Mike Graham (Public Health, NHS Cumbria), Cathryn Beckett (Public Health, NHS Cumbria) and Sue Milner (Children's Services).

Our thanks go to the staff and pupils that took part:

Primaries:

Alston Primary School
Appleby Primary School
Beaconside CE Primary School, Penrith
Black Combe Junior School, Millom
Ewanrigg Junior School, Maryport
Ghyllside Primary Training School, Kendal
Greengate Juniors, Barrow
Haverigg School
Heron Hill Primary School, Kendal
Holme Cultram Abbey CE School, Abbeytown
Kingmoor Junior, Carlisle
Kirkby Stephen Primary
Longtown Primary School
Nenthead Primary school
Penny Bridge CE School, Ulverston
Shap Endowed CE School
Silloth Primary School
Sir John Barrow School, Ulverston
South Walney Junior School, Barrow
St Begh's Catholic Junior School, Whitehaven
St Catherine's Catholic Primary School, Penrith
St James' Catholic Primary School, Millom
St James' CE Junior School, Whitehaven
St. Margaret Mary Catholic Primary, Carlisle
St Michael's CE Primary, Dalston
St Paul's Junior School, Barrow
Thomlinson Junior School, Wigton
Valley Primary School, Whitehaven

Secondaries:

Caldew School, Dalston
Dallam School, Milnthorpe
Dowdales School, Barrow
Furness Academy, Barrow
John Ruskin School, Coniston
Keswick School
Kirkbie Kendal School, Kendal
Newman Catholic School, Carlisle
Queen Elizabeth Grammar School, Penrith
Samuel King's School, Alston
Solway Community Technology College, Silloth
St Benedict's Catholic High School, Whitehaven
Trinity School, Carlisle
Ullswater Community College, Penrith
Ulverston Victoria High School
Walney School, Barrow
Whitehaven School
William Howard School, Brampton

☐ For further information about the survey contact:

Sue Milner
Planning and Commissioning Officer

Planning and Commissioning Team
Partnerships and Prevention
Children's Services
80 Warwick Road
Carlisle CA1 1DU

Tel. 01228 221241

sue.milner@cumbria.gov.uk

Copies of the full HRBQ report and all summaries can be found at:

Cumbria Intelligence Observatory
www.cumbriaobservatory.org.uk



Data processing and analysis by:
SHEU
Schools Health Education Unit
Exeter

Tel. 01392 66 72 72
www.sheu.org.uk