

Dadansoddi ar gyfer Polisi



Analysis for Policy

Ymchwil gymdeithasol
Social research
Number: 09/2011



Llywodraeth Cynulliad Cymru
Welsh Assembly Government

www.cymru.gov.uk

Health Behaviour in School-aged Children: initial findings from the 2009/10 survey in Wales



Health Behaviour in School-aged Children: initial findings from the 2009/10 survey in Wales

Ipsos MORI

Views expressed in this report are those of the researchers and not necessarily those of the Welsh Assembly Government

For further information please contact:

Name: Chris Roberts

Department: Social Research Division

Welsh Assembly Government

Cathays Park

Cardiff

CF10 3NQ

Tel: 029 2082 6543

Email: Chris.Roberts@wales.gsi.gov.uk

Welsh Assembly Government Social Research, 2011

ISBN 978 0 7504 6180 1

© Crown Copyright 2011



Llywodraeth Cynulliad Cymru
Welsh Assembly Government

Health Behaviour in School-aged Children: initial findings from the 2009/10 survey in Wales

March 2011



Health Behaviour
in School-aged Children

A WORLD HEALTH ORGANIZATION CROSS-NATIONAL STUDY

Ipsos MORI
Social Research Institute



Executive Summary (1)

Social context of health

The great majority of children have good support networks in place: 70% can speak to their father, and 84% their mother, about things that bother them. Nearly nine in ten (89%) have at least three friends of the same sex.

Children are less likely to find it easy speaking to their parents about their problems as they grow older. At the same time, children in older year groups report progressively more pressure from school, and enjoyment of school is less widespread among older age groups. Notably, Year 7 students are much less likely to report pressure, and much more likely to enjoy school, than older groups, while experiences of school are less positive for those in Years 10 and 11.

Children from the most affluent families are more likely to find it easy to speak to their parents about their problems, and are more likely to report having at least three same-sex friends. Children from the most affluent groups are also more likely to report liking school than less affluent groups. However, despite what appears to be better levels of social support for these children, they are no less likely than other children to feel pressured by school.

Health outcomes

Girls consistently report poorer health outcomes than boys: they are less likely to report having a good quality of life, more likely to rate their health as only 'poor or fair' and more likely to experience a range of health complaints more frequently than boys.

The transition from Year 8 to Year 9 seems to be a key turning point for girls' health outcomes: until this age, girls and boys often demonstrate similar health outcomes but by Year 9 girls' and boys' health outcomes often diverge. Girls in older year groups progressively report poorer health ratings while boys' often remain stable across year groups.

Executive Summary (2)

The only exceptions to this gender rule are physical injuries: boys are significantly more likely than girls to report a serious injury in the past year. However, it is likely that this simply reflects higher rates of physical activity among boys and could therefore be seen as a by-product of a healthier lifestyle.

Health outcomes are poorer as children get older, although – as noted on the previous page – this decline is generally driven by declining health ratings among girls as they get older, while boys' health ratings are fairly consistent on most measures across Years 7 to 11.

Family affluence is strongly correlated with health outcomes: children from the most affluent families demonstrate the best health outcomes.

Health Behaviours

Despite poorer health outcomes, girls are more likely than boys to demonstrate healthy eating behaviours. They are more likely than boys to eat fruit and vegetables every day, and less likely to drink sugary drinks frequently. The exception to this rule lies in eating breakfast: girls are less likely to do so than boys.

Healthy eating habits are less widespread among children in older year groups than among younger children. Children are less likely to eat fruit and vegetables, and less likely to eat breakfast on schooldays, in the older year groups.

High rates of physical activity are far more widespread among boys than girls. Children in older year groups are less likely than younger groups to demonstrate high levels of physical exercise. Even among boys, there is a marked decline in exercise frequency with age.

Family affluence is again strongly correlated with health behaviours: children from the most affluent families eat more healthily and exercise more than children from less affluent backgrounds.

Executive Summary (3)

Risk-taking

Girls are more likely to smoke than boys, and more likely to start smoking at a younger age. However, rates of under-age drinking and drug-taking are similar for boys and girls.

Girls are more likely than boys to report having under-age sex.

All risk-taking behaviours are more prevalent in older year groups, and tend to increase progressively with each successive year group.

Family affluence is correlated with risk taking: those in the most affluent groups are less likely than others to engage in risk-taking behaviour. The exception is in weekly drinking: those from the highest affluence group are most likely to drink. However, this group is no more likely to have ever been drunk than other children, suggesting that their drinking may be moderated (e.g. a glass of wine with Sunday dinner at home) rather than linked to excess and risk taking.

Research design (1)

Questionnaire design

The questionnaire used in previous HBSC surveys was used; almost all questions were subject to some validation. A few additional questions were added about new policy areas such as smoking in cars. Further details about the questionnaire development process can be found in the technical report.

Methodology

A survey of 9,194 secondary school children in Wales was carried out through interviewer administered paper self-completion sessions in classroom lessons. The survey forms part of the ongoing international 'Health Behaviour in School-Aged Children' (HBSC) survey. The methodology used follows the HBSC international protocol which ensures consistent survey administration over time and across all participating countries [1]. Fieldwork for the study was conducted between October and December 2009, with the exception of a few classes where interviews were done in January 2010.

Sampling approach

The survey population is secondary school students aged 11-16 in Wales. Those attending mainstream secondary schools were interviewed. As in previous waves of the survey, a two-stage sampling approach was adopted.

In the first stage a random sample of 134 schools was selected and invited to participate in the survey. The sampling universe included community, voluntary aided and foundation schools, but excluded special schools [2] and sixth form colleges. This sampling frame was stratified by Local Authority and the proportion of pupils eligible for Free School Meals. Within each stratum, schools were selected proportional to the size of the school register.

Research design (2)

Within each school, interviewers attempted to survey five class groups (one in each curriculum year) to provide a representative sample of secondary school students. Ipsos MORI interviewers selected one class group to be interviewed in each curriculum year using a random selection procedure (Kish grid). Overall, 82 schools participated (a 61% response rate), and fully completed questionnaires were obtained from 9,194 pupils (a 91% pupil response rate). On average 23 pupils per class were interviewed.

Data analysis and editing

Results from the questionnaires were scanned electronically, and then verified by a series of detailed checks. Ipsos MORI Data Services carried out a series of standard edits that are specified in the HBSC protocol.

Where there were open-ended questions, the coding department at Ipsos MORI Data Capture, in consultation with the research team, created a new set of response categories (codes) where appropriate codes were not available on the pre-defined codeframe supplied by HBSC. The verbatim answers were either classified into the existing categories listed on the questionnaire (where appropriate) or new categories were created.

Data weighting

Two types of weights are applied to the data;

Design weights correct for different selection probabilities of pupils: the final design weight was the product of the probability of the school being sampled, and the probability of the class group being sampled. While probability proportionate to size methods were used for selecting schools, the sampling frame did not have information about the number of pupils per year group. As one class was selected per year group in each school, design weights are necessary to correct for non-equal chances of selection of pupils caused by varying numbers of classes per year group and varying class sizes.

Research design (3)

Non-response weights were applied to correct for different levels of response among particular groups. Weights were applied for school year, local authority area, and free school meal * rurality (the final variable accounted for the proportion of children eligible for free school meals as a measure of deprivation, and the rurality of the area in which the school was based. Definitions of rurality were taken from ONS classifications and grouped into Village/Hamlet; Town; Urban).

Fuller details on methodology can be found in a separate Technical Report which is published along side this report.

Sample profile (1)

The following chart shows the actual, unweighted profile of the secondary school students who completed the survey, and the adjusted weighted profile.

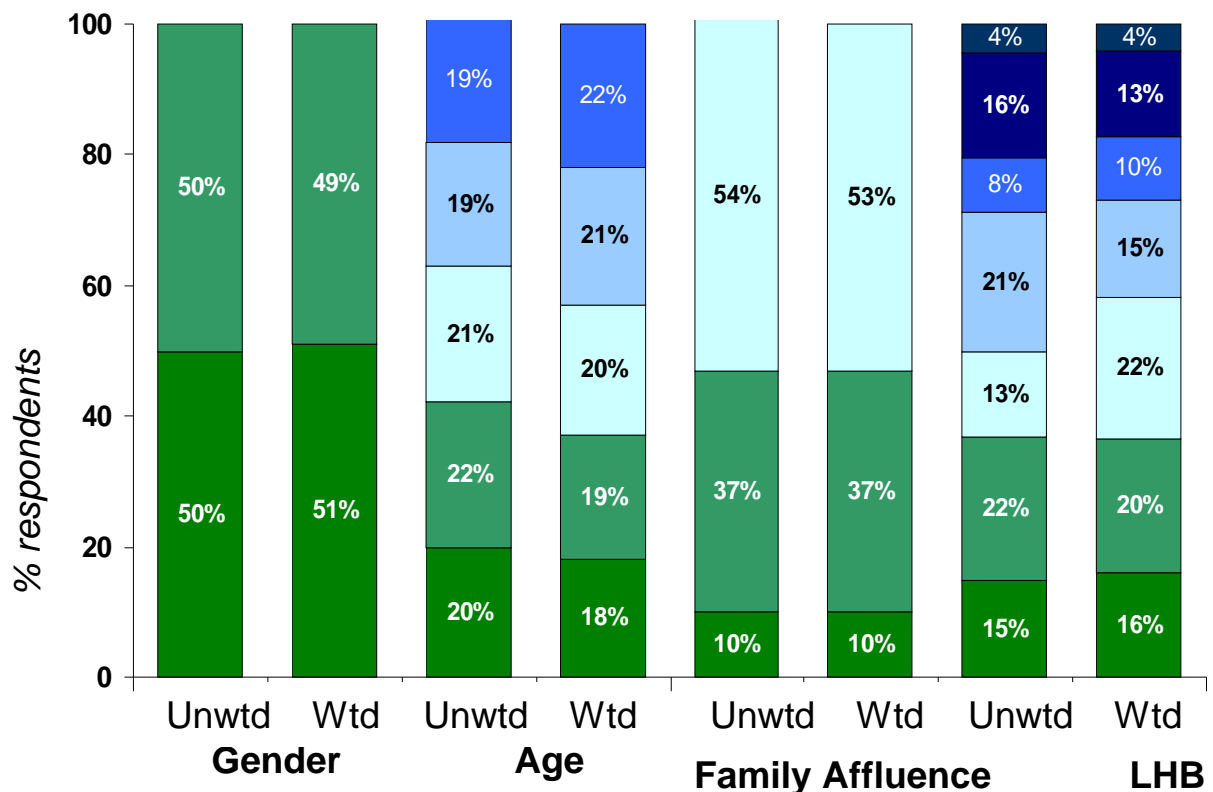
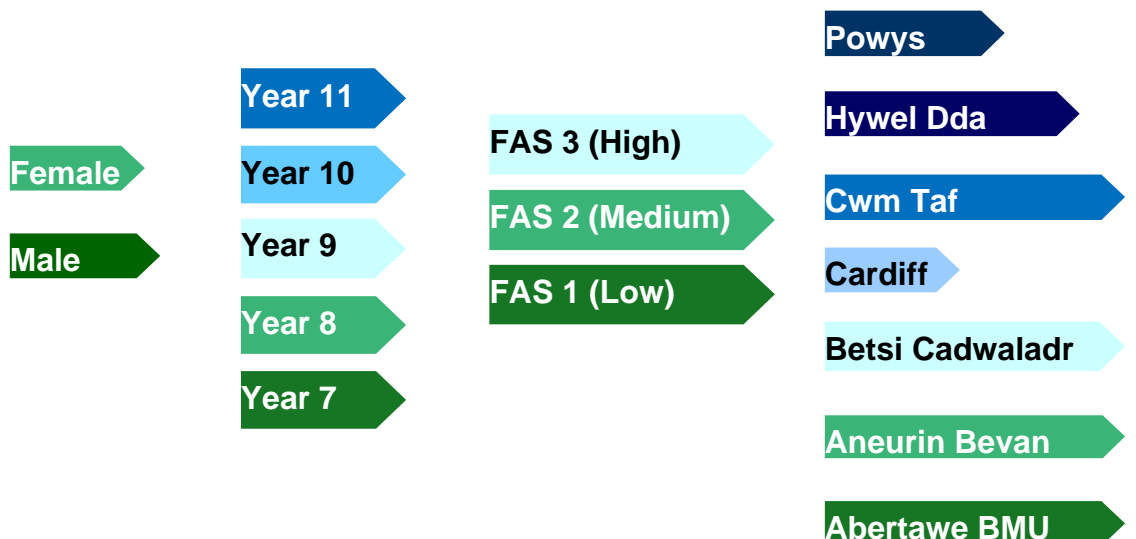


Figure A: Proportion of secondary school students by gender, age, FAS and LHB

Base: Respondents aged 11 to 16 surveyed between October and December 2009



Sample profile (2)

Because this survey interviews a sample rather than the whole population of secondary-age children in Wales, we need to be careful when interpreting results. The amount of confidence we have that the results are reliable and representative of the whole population of children varies according to the number of children we are considering. Note that the complex design of the survey also affects our level of confidence in the data.

Generally speaking, the more people we interview, the more confident we are that survey results are reliable. Statistically, the 'reliability' of data refers to how confident we are that we would achieve the same results if we interviewed the entire population of secondary-age children in Wales, not just a sample. For example, if a representative sample of 1,923 Year 7 students are interviewed for the HBSC survey and 82% say they are satisfied, statistical tests show that we can be 95% confident that if we interviewed the entire population of children the result would lie between 79.6%-84.4% – i.e. within +/- 2.4% of the survey finding. (This is based on an effective sample size of 981 – see technical report for further details of effective sample size calculations.)

The tables on the following page show the likely range of responses among the population for each key group of children. Please note that these sampling tolerances apply when comparing differences between groups. For example, we would need to see a difference of more than 6.8 percentage points between Abertawe BMU and Aneurin Bevan areas (i.e. 3.7% + 3.1%) to be confident that there are real differences between children in these areas.

Sample profile (3)

The table illustrates the margin of error applicable to survey results of 50% for a range of key sub-groups. The effective sample sizes for each group are shown: these effective sample sizes account for the impact of the survey design and weighting on the statistical reliability of results.

	Unweighted base	Effective Base	Margin of error on result of 50%
Gender			
Male	4,594	2,344	2.0
Female	4,565	2,329	2.0
Year Group			
Year 7	1,923	981	3.1
Year 8	2,026	1,034	3.0
Year 9	1,908	973	3.1
Year 10	1,687	861	3.3
Year 11	1,650	842	3.4
Local Health Board Area			
Abertawe BMU	1,363	695	3.7
Aneurin Bevan	2,010	1,026	3.1
Betsi Cadwaladr U	1,266	646	3.9
Cardiff & Vale	1,895	967	3.2
Cwm Taf	772	394	4.9
Hywel Dda	1,449	739	3.6
Powys Teaching	439	224	6.5
Family Affluence			
FAS 1 (Low)	765	390	5.0
FAS 2 (Medium)	2,886	1,472	2.6
FAS 3 (High)	4,231	2,204	2.1

Outline of report: study findings

The HBSC survey allows for analysis of key trends in health outcomes, behaviours, and the social context of health on a national level, and for comparison between countries.

This report does not give a breakdown of all questions, but focuses on a number of key questions which are either key indicators of health or behaviour of young people, or are related to key policy areas which are receiving political attention currently. The questions which will be explored in this report are focused around the four topics: *social context of health*, *health outcomes*, *health behaviours*, and *risk behaviours*. More detailed briefing papers for Wales will follow.

The results are presented by age group, gender, Family Affluence Score (see Appendices for details of how this is calculated) and Local Health Board (LHB) area.

This report presents data gathered between October and December 2009 for students across all curriculum Years 7-11. (Although the international programme only includes results from Years 7, 9 and 11 for Wales, all year groups are included in the results presented here.)

To help in interpretation of the findings, some general information and points for consideration are presented above each chart. Further explanatory notes about the report and charts are included at the end of this report.

All charts are based on all respondents answering each question (i.e. excluding those who did not state an answer, or for whom the question was irrelevant) unless otherwise indicated.

Although charts present all data for a question, the text will only comment upon differences between subgroups which are statistically significant. Scales may vary from chart to chart for presentational reasons, so figures should be interpreted carefully.

Outline of report: study findings

The primary purpose of data collection in each participating country in the HBSC study is to provide a robust, nationally representative sample for international comparative analyses. In Wales, while the sample was stratified by Local Authority, it wasn't designed with local estimates in mind. However, given the demand for some geographical breakdown of the information that the survey provides, estimates in this report are presented at LHB level for all school years together and broken down by gender. It is important to note that the sample size is relatively small across LHB areas, and in Powys and Cym Taf in particular. The LHB estimates should, therefore, be interpreted with some caution.

Results for LHB and FAS by gender for findings based on Year 11 students only are not presented, due to the small size of these subgroups.

Social Context

Percentage who find it easy or very easy to talk to their father

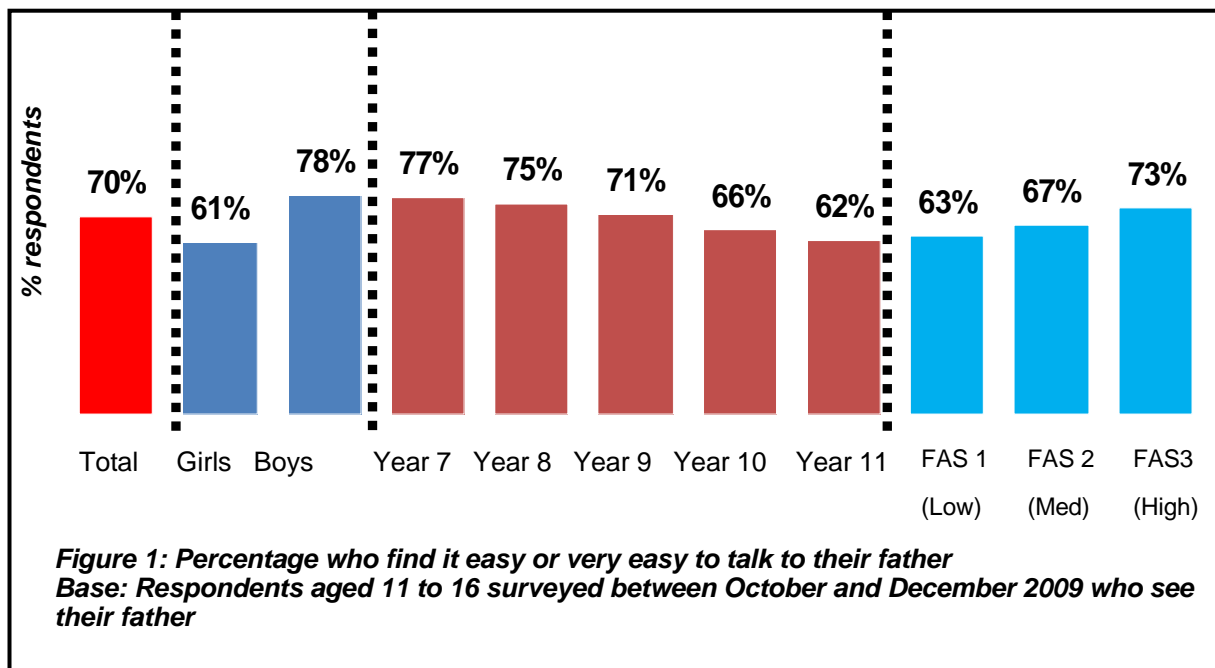
Survey respondents were asked how easy or difficult it was for them to talk to a number of family members (father, mother, step-parents and siblings) about things that really bothered them. They selected from options: *very easy*, *easy*, *difficult* and *very difficult*. The following analysis is based on those who have or see their father and uses reports of *easy* or *very easy* as the key metric.

Seven in ten secondary school children report having a good relationship with their father.

Boys are more likely than girls to find it easy to talk to their father.

The quality of relationships between children and their fathers seems to decline with age: those in Years 7 and 8 are significantly more likely than all older groups to report finding it easy to speak to their father about things that bother them.

A significantly larger proportion of children from families in the highest affluence group (FAS 3) than those from the middle and lowest affluence groups (FAS 1 and 2) report finding it easy to speak to their father about things that concern them.



Social Context

Percentage who find it easy or very easy to talk to their father

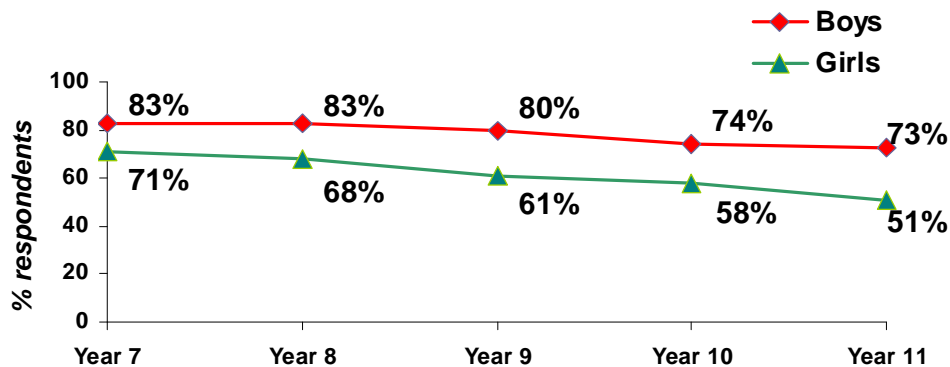


Figure 2: Percentage who find it easy to talk to their father by age and gender
 Base: Respondents aged 11 to 16 surveyed between October and December 2009 who see their father

Two clear trends emerge when data are analysed by age and gender: for every year group, a *significantly larger proportion of boys than girls find it easy to talk to their father*; and, for both girls and boys, the *proportion finding it easy to talk to their father declines with age*.

Boys in Years 7, 8 and 9 are significantly more likely than boys in Years 10 and 11 to find it easy to talk to their father. Girls in Years 7 and 8 are significantly more likely than older girls to find it easy to talk to their father, and Year 11 girls are less likely than all younger girls to say they find talking to their father easy.

For both boys and girls, those from the lowest affluence backgrounds are significantly less likely to report finding it easy to talk to their father than those from the highest affluence families.

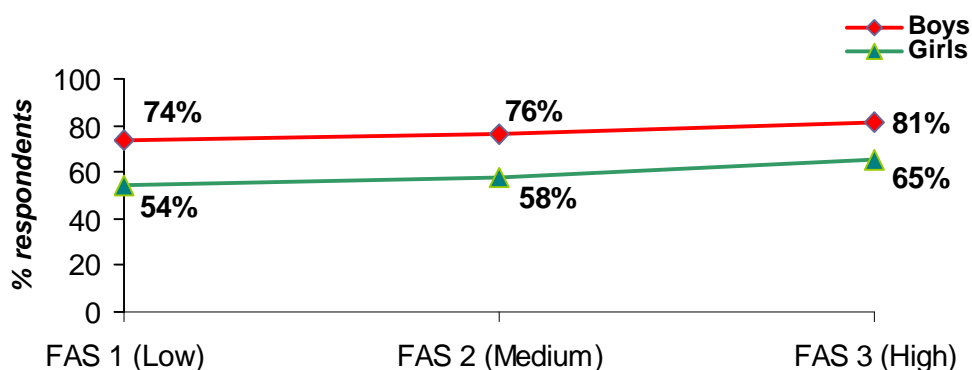
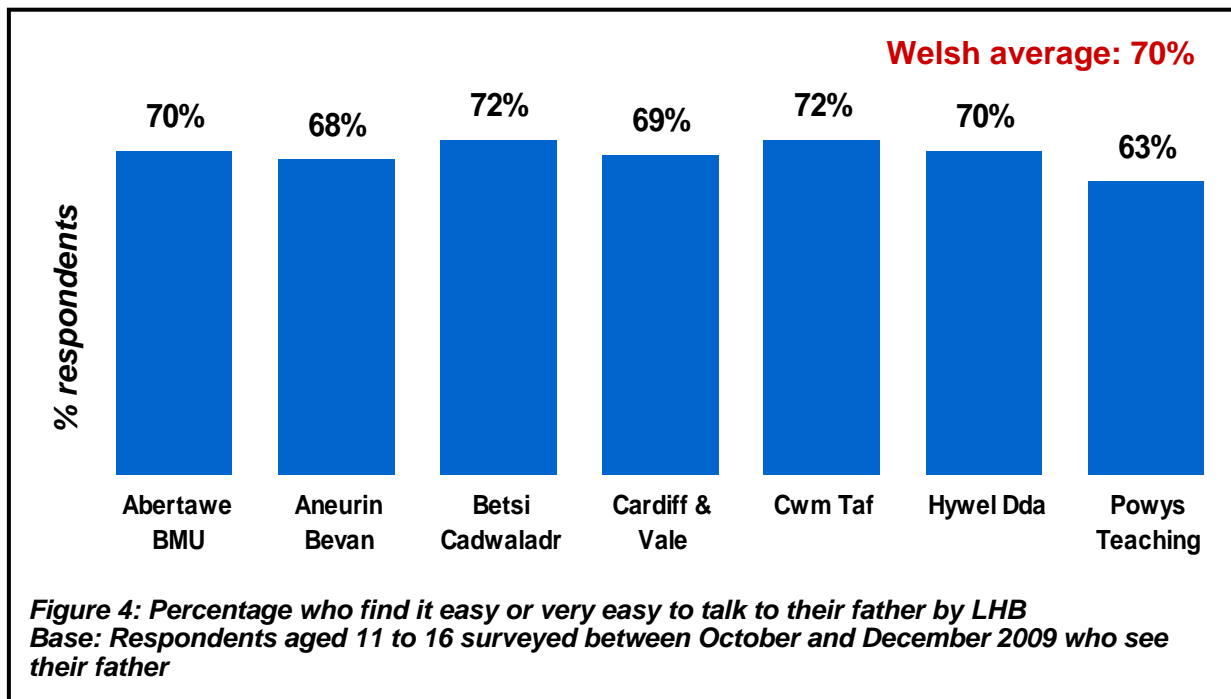


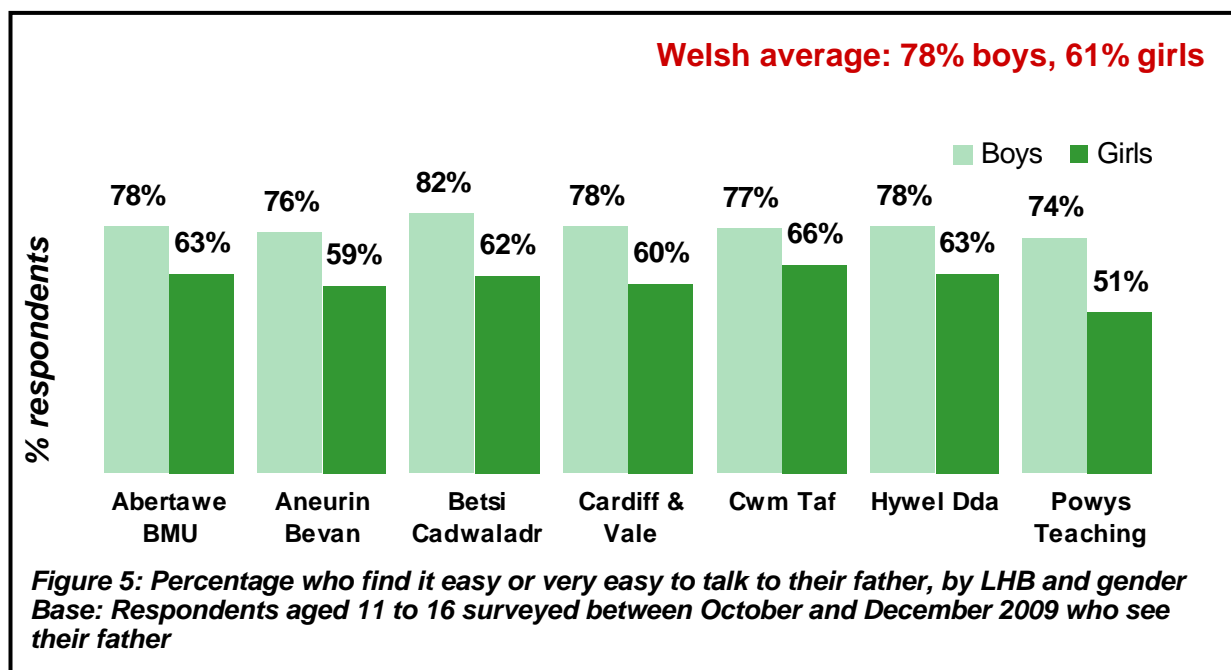
Figure 3: Percentage who find it easy to talk to their father by age and gender
 Base: Respondents aged 11 to 16 surveyed between October and December 2009 who see their father

Social Context

Percentage who find it easy or very easy to talk to their father



There are no significant differences by LHB on this measure, and no significant differences between children of the same sex between LHBs. Within each LHB, boys are significantly more likely than girls to say they find it easy to speak to their father.



Social Context

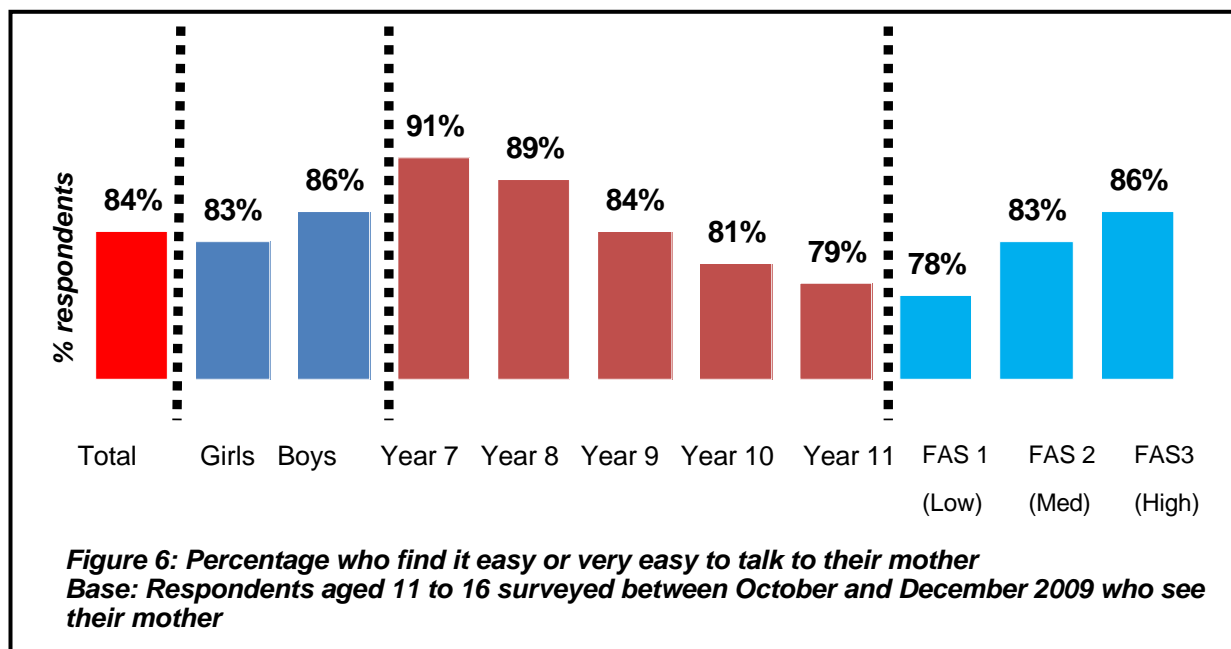
Percentage who find it easy or very easy to talk to their mother

The great majority of secondary school children appear to have good relationships with their mother: 84% find it easy to talk to their mother.

This rate is slightly, but significantly, lower for girls than for boys. In fact, gender differences in parental relationships are far less pronounced for mother than father relationships – the gap between girls and boys is 17 percentage points for relationships with fathers but only three percentage points for relationships with mothers.

The quality of relationships between children and their mothers declines significantly with age – children in Years 7 and 8 are more likely than older groups to report finding it easy to speak to their mother, and those in Year 11 less likely than children in Years 7-9 to do so. Children from the most affluent backgrounds are more likely than children from middle and low affluence families to say they find it easy to speak to their mother.

Children from all age, gender, and affluence groups are more likely to report finding it easy to speak to their mother than their father.



Social Context

Percentage who find it easy or very easy to talk to their mother

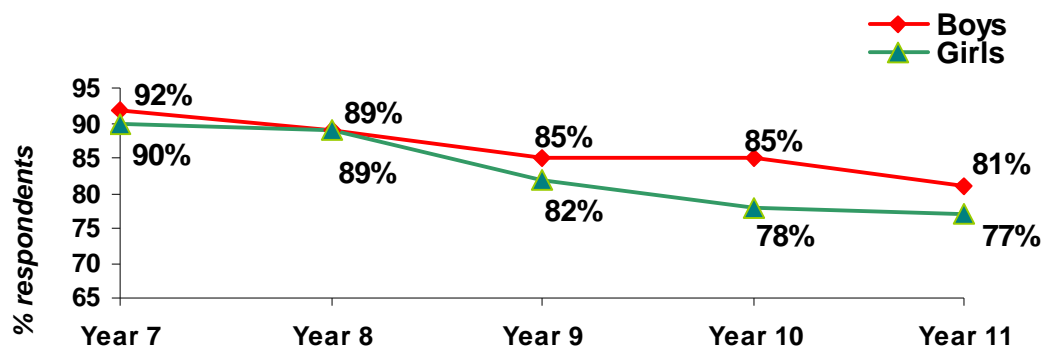


Figure 7: Percentage who find it easy to talk to their mother by age and gender
 Base: Respondents aged 11 to 16 surveyed between October and December 2009 who see their mother

Differences between boys and girls in the same year group are not significant on this indicator, except for in Year 10; Year 10 boys are more likely than Year 10 girls to say they find it easy to speak to their mother.

For both boys and girls, relationships seem to grow more difficult over time. Boys in Years 7 and 8 are significantly more likely than boys in Year 11 to find it easy to talk to their mother. Girls in Years 7 and 8 are significantly more likely than girls in Years 9 to 11 to find talking to their mother easy.

Boys in the two lower affluence categories are more likely than girls from similar backgrounds to find it easy to talk to their mother. There are no significant differences between boys from different affluence groups in terms of how easy they find it to speak to their mother. However, girls from higher affluence groups are significantly more likely than girls from lower affluence groups to find it easy to talk to their mother.

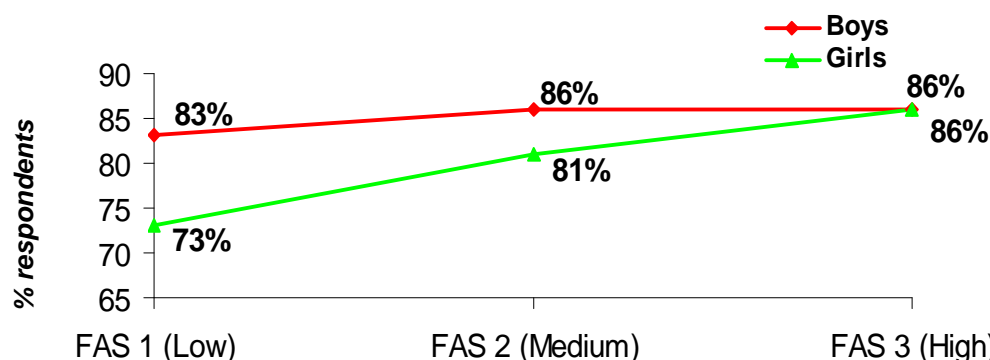
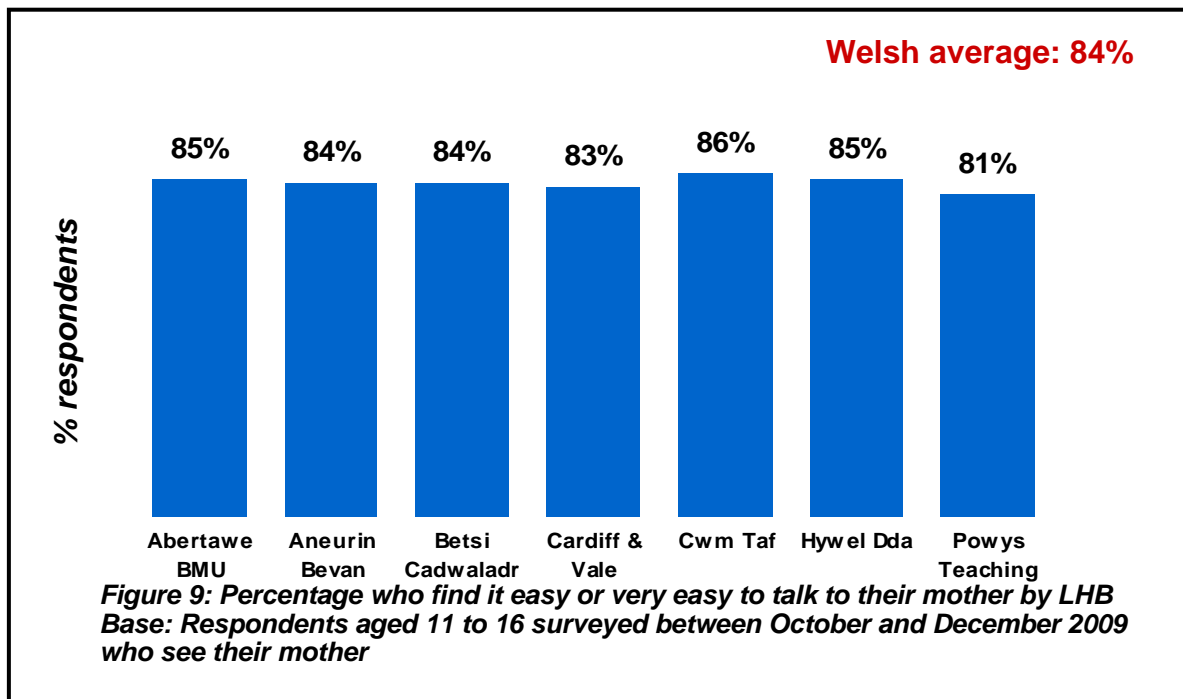


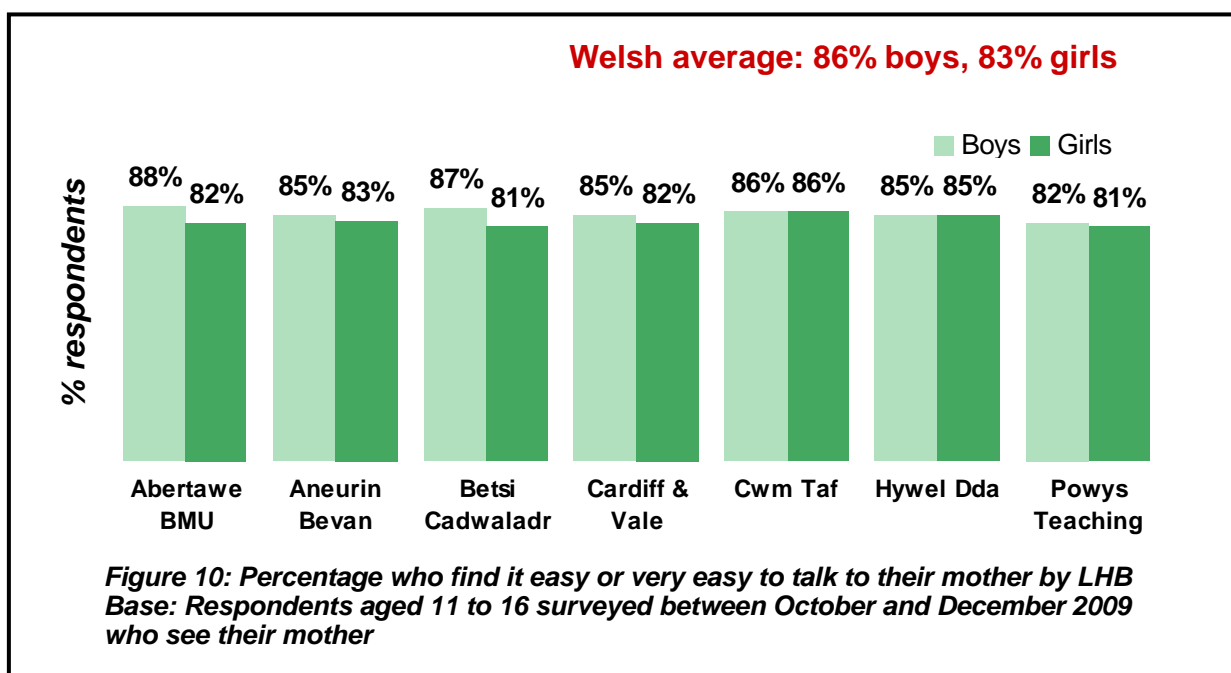
Figure 8: Percentage who find it easy to talk to their mother by FAS and gender
 Base: Respondents aged 11 to 16 surveyed between October and December 2009 who see their mother

Social Context

Percentage who find it easy or very easy to talk to their mother



There are no significant differences by LHB on this measure. Within LHBs, findings for girls and boys are comparable, with the exception of Abertawe BMU where boys are more likely than girls to say they find speaking to their mother easy.



Social Context

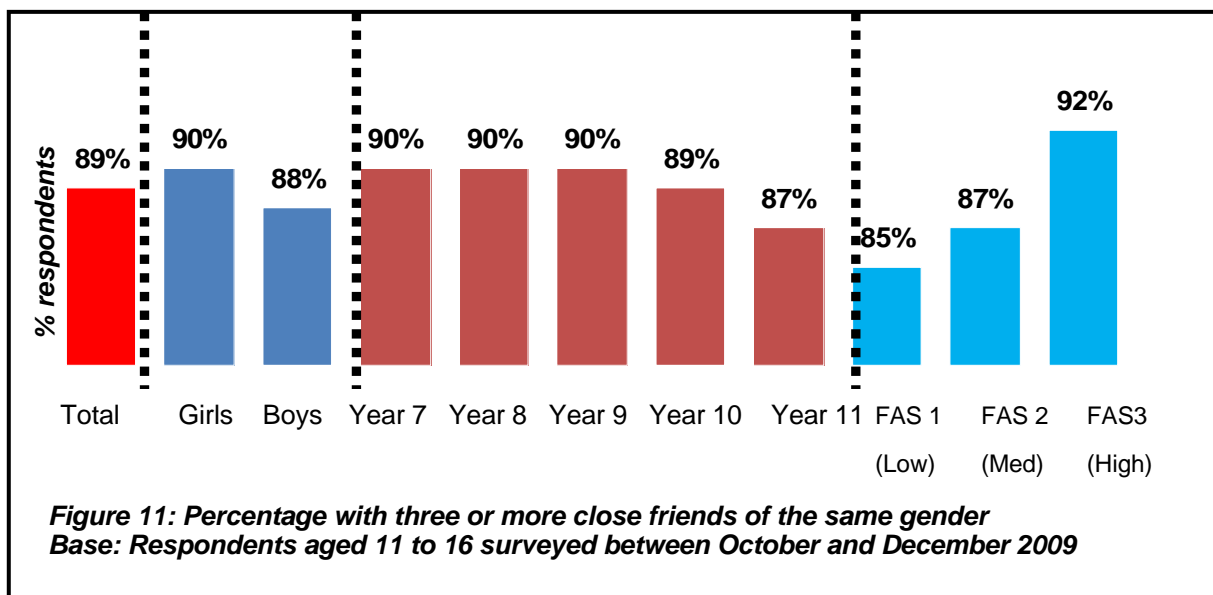
Percentage with three or more close friends of the same gender

Survey respondents were asked how many close friends of each gender they currently had. We have used the proportion who have three or more close friends of the *same* gender as our indicator for this analysis. The analysis excludes those who did not provide a response for consistency with previous HBSC reporting.

Almost nine in ten secondary school students report having at least three close friends of the same gender.

There are no significant differences by age or gender in terms of the proportion of students reporting that they have at least three close friends of the same sex.

Significantly larger proportions of children from wealthier households (FAS 3) report having three or more same gender friends than those from less affluent backgrounds (FAS 1).



Social Context

Percentage with three or more close friends of the same gender

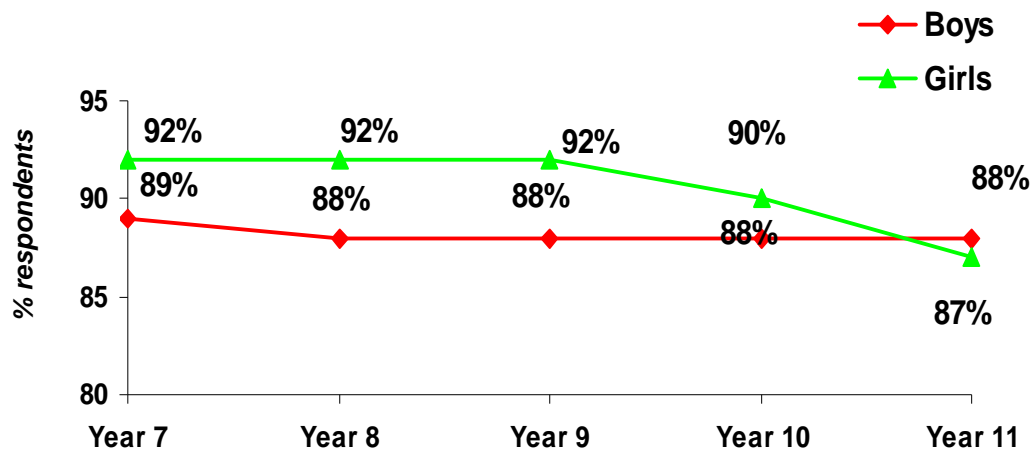


Figure 12: Percentage with 3+ close friends of the same gender by age and gender
 Base: Respondents aged 11 to 16 surveyed between October and December 2009

The proportion of boys that report having three or more close male friends remains relatively constant across Years 7-11. However, there are some differences in the proportion of girls with three or more female friends according to age – significantly larger proportions of girls in Years 7-9 than Year 11 girls report having three or more close female friends.

The results breakdown by FAS and gender suggests that affluence is a stronger predictor of same-sex friendships than gender: children from the most affluent family group have more same-sex friends than children from less affluent families, regardless of gender. Within the middle affluence group, boys are less likely than girls to report having three same-sex friends.

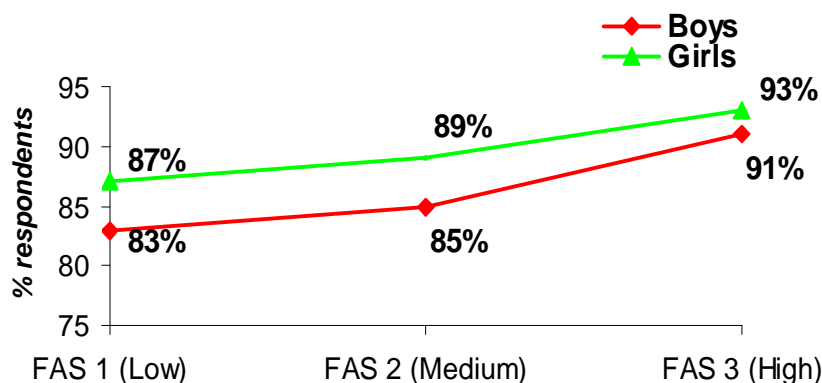
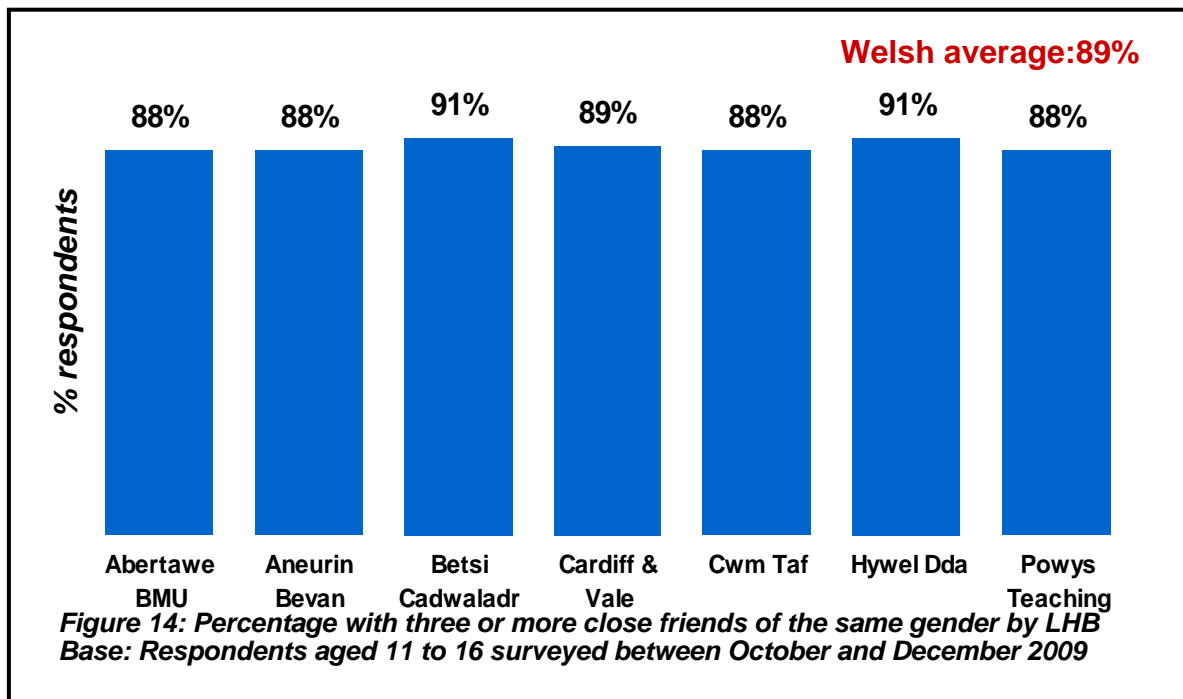


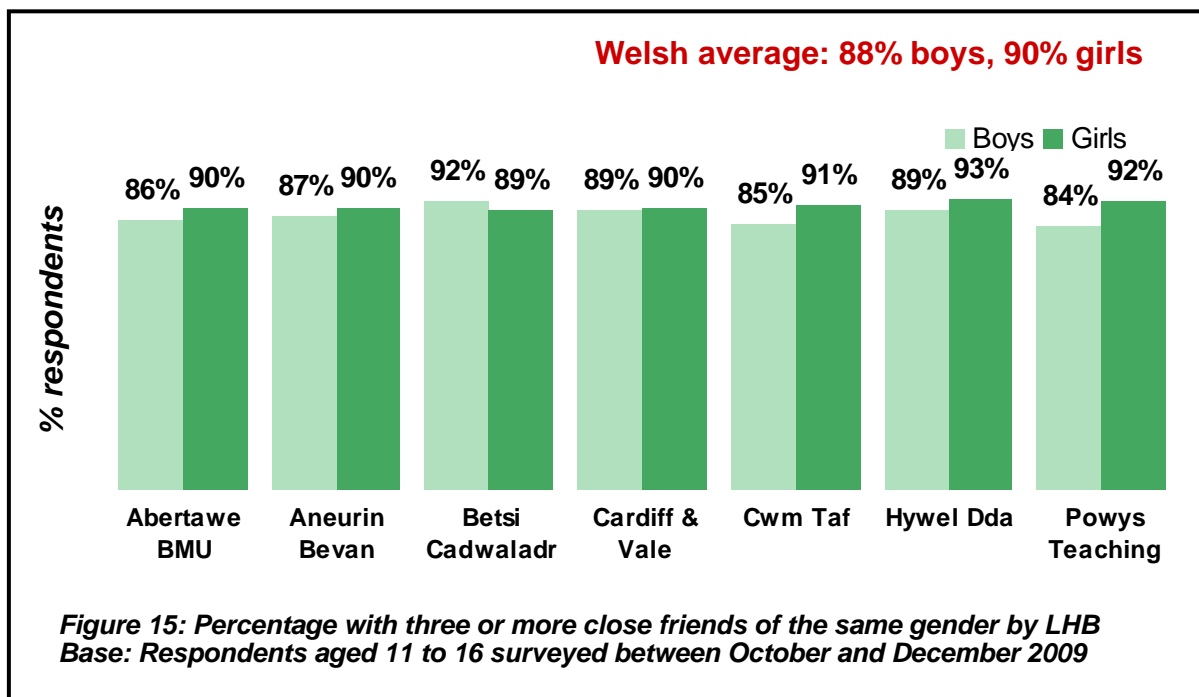
Figure 13: Percentage with 3+ close friends of the same gender by FAS and gender
 Base: Respondents aged 11 to 16 surveyed between October and December 2009

Social Context

Percentage with three or more close friends of the same gender



There are no differences by LHB in terms of children's likelihood of having three or more same-sex friends. Findings do not differ significantly between girls and boys in any single LHB.



Social Context

Percentage that like school a lot

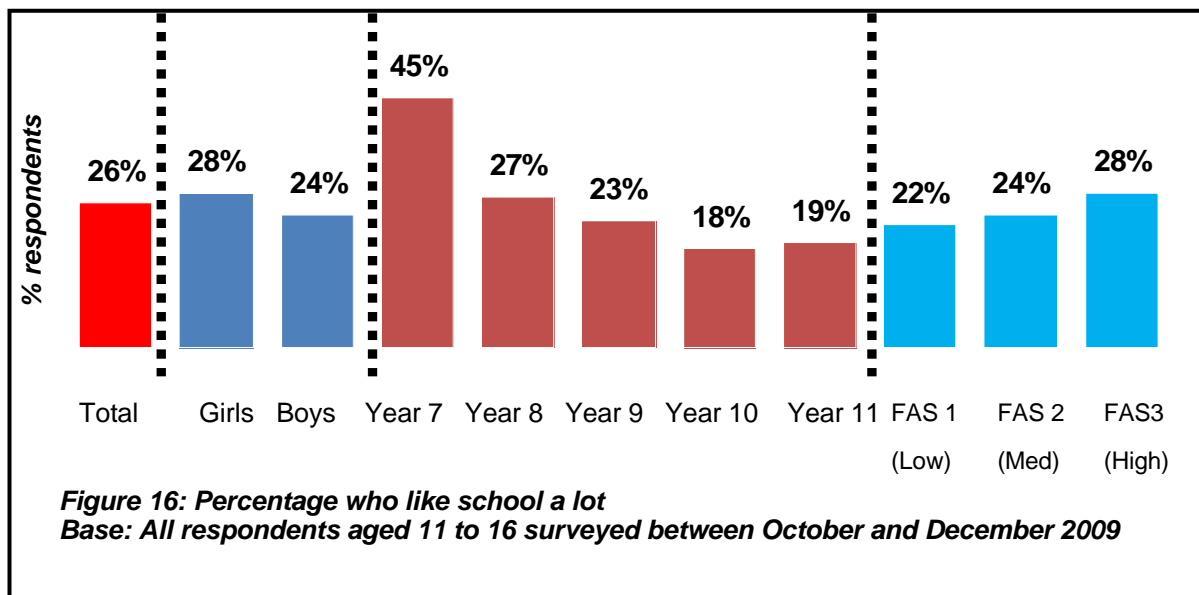
Survey respondents were asked to state how they felt about school at present. The options given were *like it a lot*, *like it a bit*, *don't like it very much* and *don't like it at all*. We have used the proportion that like school a lot as the indicator for this analysis.

Just over a quarter of secondary school children report liking school 'a lot'.

A higher proportion of girls than boys report enjoying school.

Positive feelings about school decline as children progress through their secondary education, with Year 7 students much more positive than all older year groups, and those in Years 10 and 11 significantly less likely than others to enjoy school.

Children from the wealthiest backgrounds are more likely than children from middling and low affluence groups to report liking school a lot.



Social Context

Percentage that like school a lot

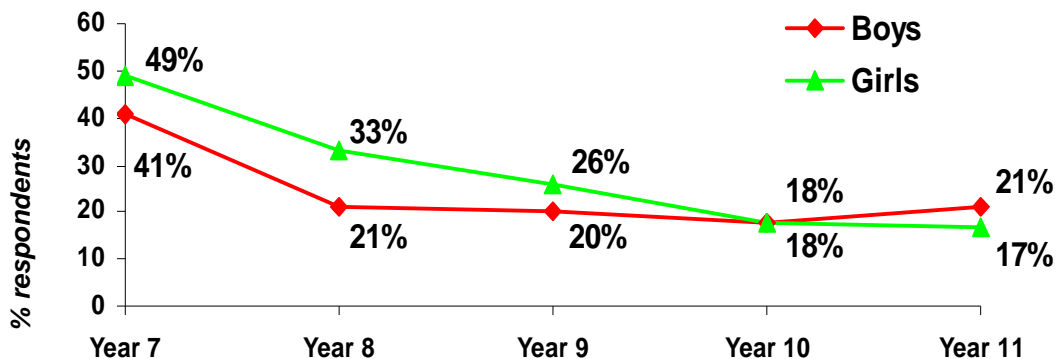


Figure 17: Percentage who like school a lot by age and gender
 Base: All respondents aged 11 to 16 surveyed between October and December 2009

In Years 7, 8 and 9 girls are more likely than boys to say they enjoy school 'a lot'. By Years 10 and 11 there are no differences between the genders.

Children from the most affluent families are more likely than children from low and middle affluence groups to enjoy school 'a lot', irrespective of gender. Within the middle and high affluence groups, girls are significantly more likely than boys to enjoy school 'a lot'.

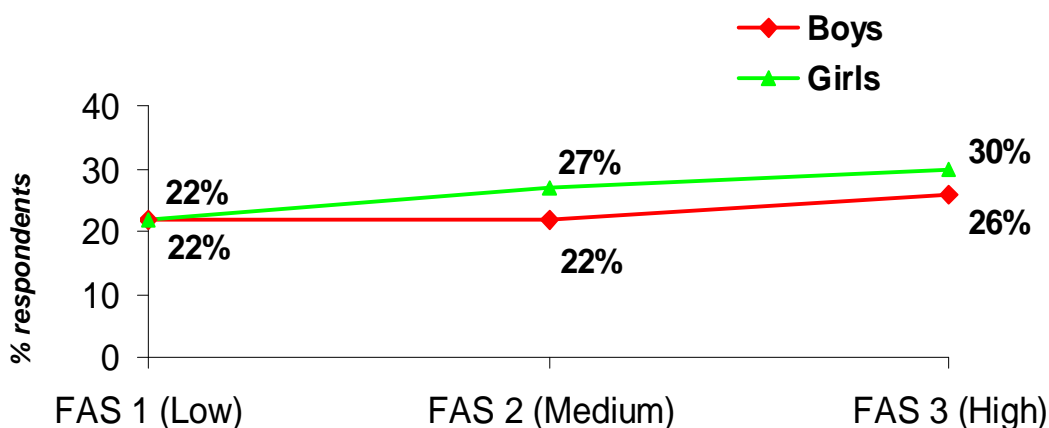
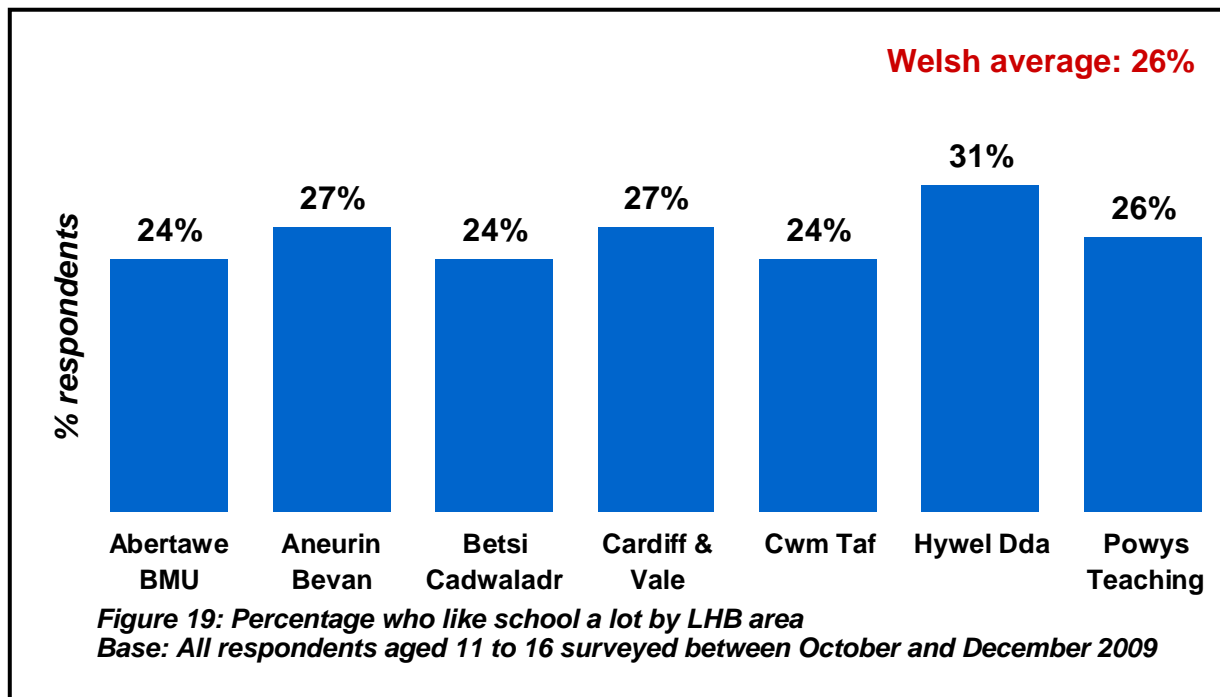


Figure 18: Percentage who like school a lot by FAS and gender
 Base: All respondents aged 11 to 16 surveyed between October and December 2009

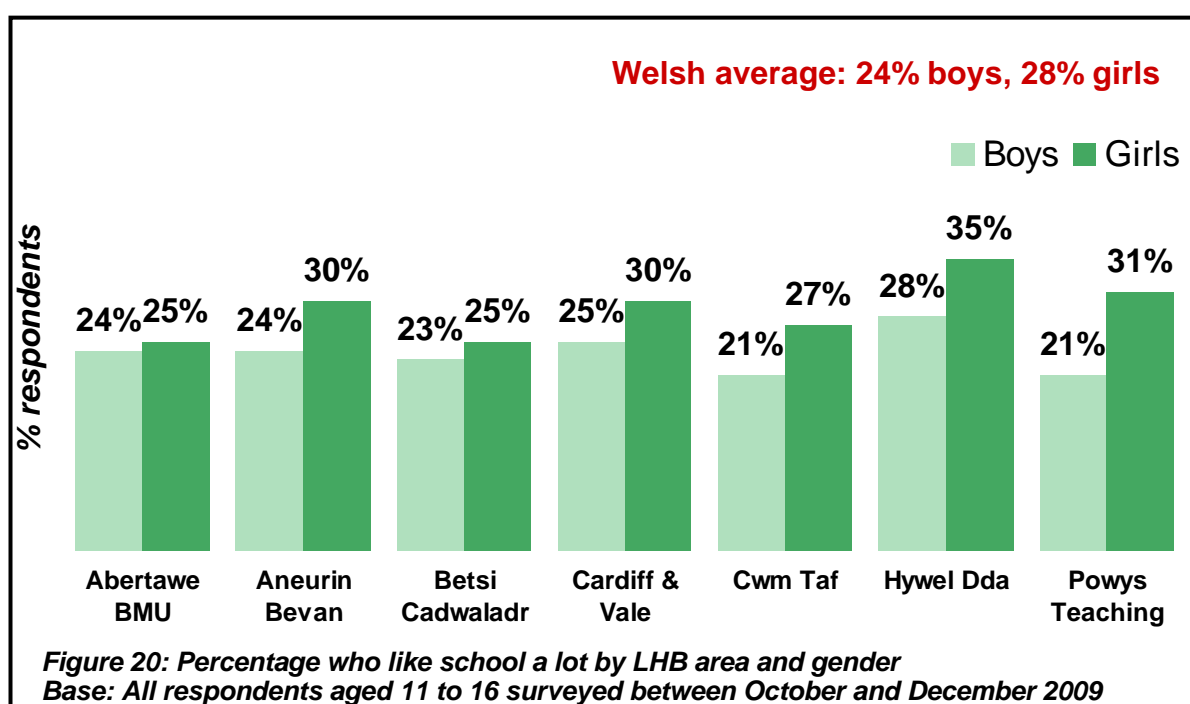
Social Context

Percentage that like school a lot



There are no consistent patterns in terms of differences in enjoyment of school by LHB area.

A larger proportion of girls than boys reports enjoying school 'a lot' in two LHBs: Aneurin Bevan and Hywel Dda.



Social Context

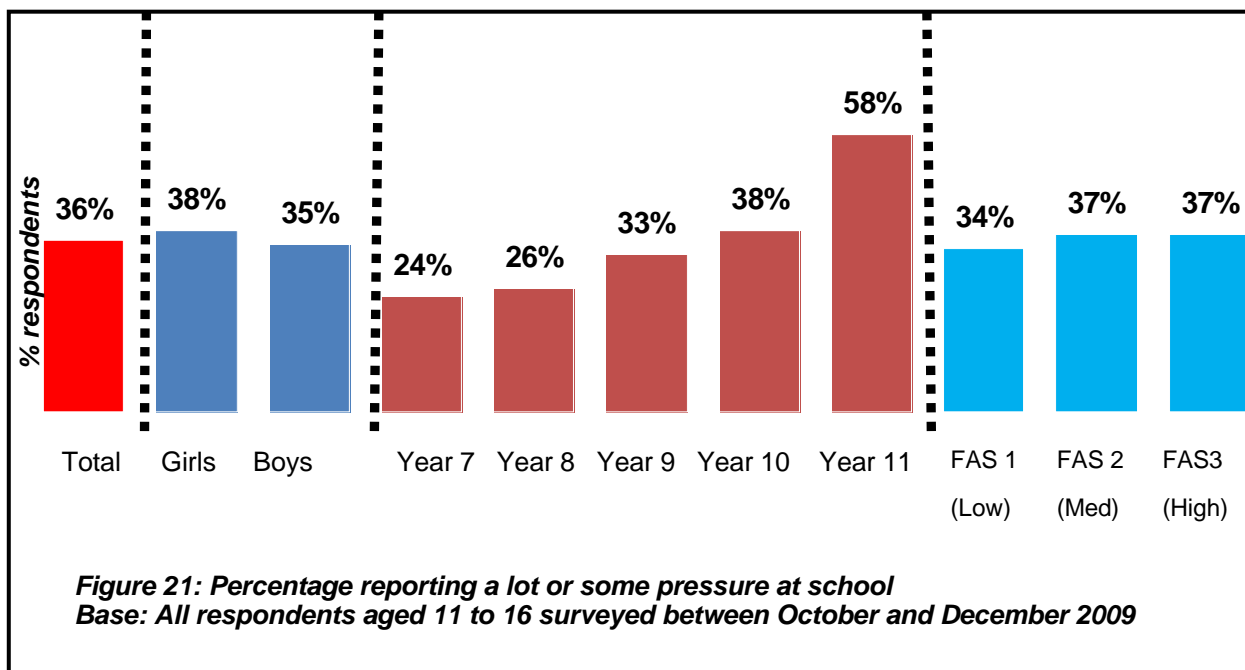
Percentage reporting a lot or some pressure at school

Survey respondents were asked how pressured they felt about the schoolwork they have to do. Response options were: *Not at all, a little, some and a lot*. We have used the proportion reporting either *a lot* or *some* pressure as our indicator in the following analysis.

Just over one in three secondary school children report feeling pressured by the work they have to do in school.

Differences by gender and family affluence are not significant.

As would be expected given the increased workload and the demands of examinations in the GCSE years, the proportion of children feeling pressured by schoolwork increases significantly with age. Children in Years 9-10 report feeling more pressure than those in Years 7 and 8, and children in Year 11 report more pressure than all younger groups.



Social Context

Percentage reporting a lot or some pressure at school

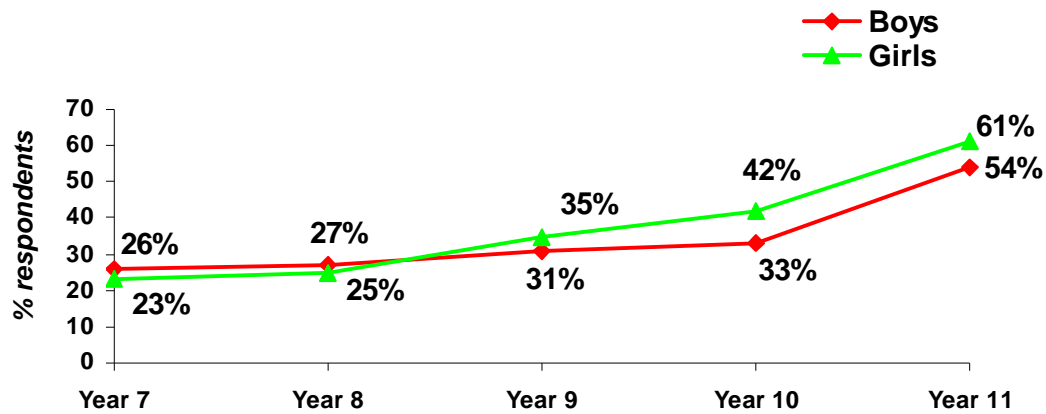


Figure 22: Percentage reporting a lot or some pressure at school by age and gender
Base: All respondents aged 11 to 16 surveyed between October and December 2009

The pattern of rising stress levels during the course of secondary education is similar for boys and girls. However, girls in Years 10 and 11 are significantly more likely than boys of the same age to report feeling pressure from their school work.

Girls in the middle family affluence group are more likely than boys from the same background to report feeling pressure from school work.

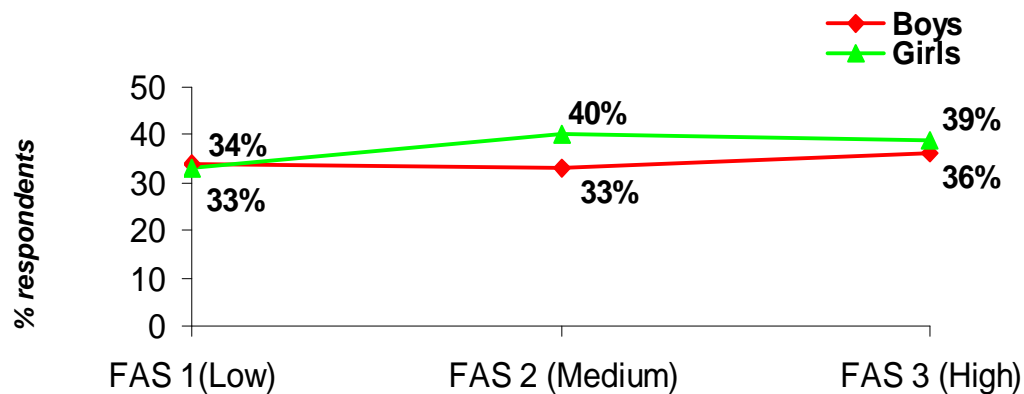
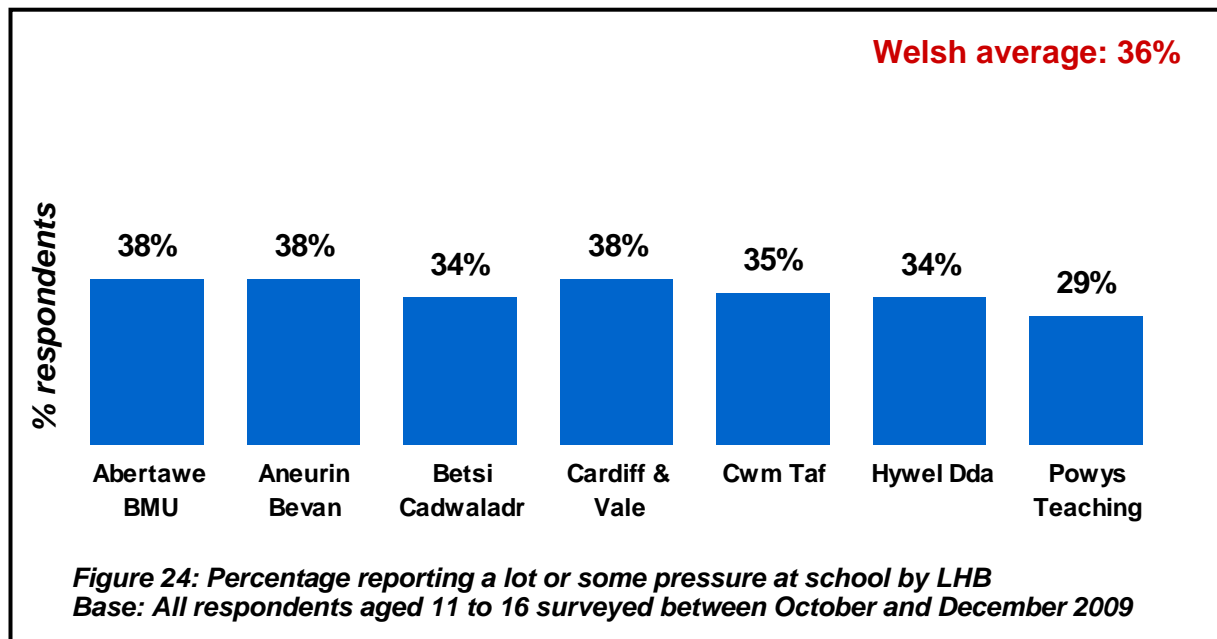


Figure 23: Percentage reporting a lot or some pressure at school by FAS and gender
Base: All respondents aged 11 to 16 surveyed between October and December 2009

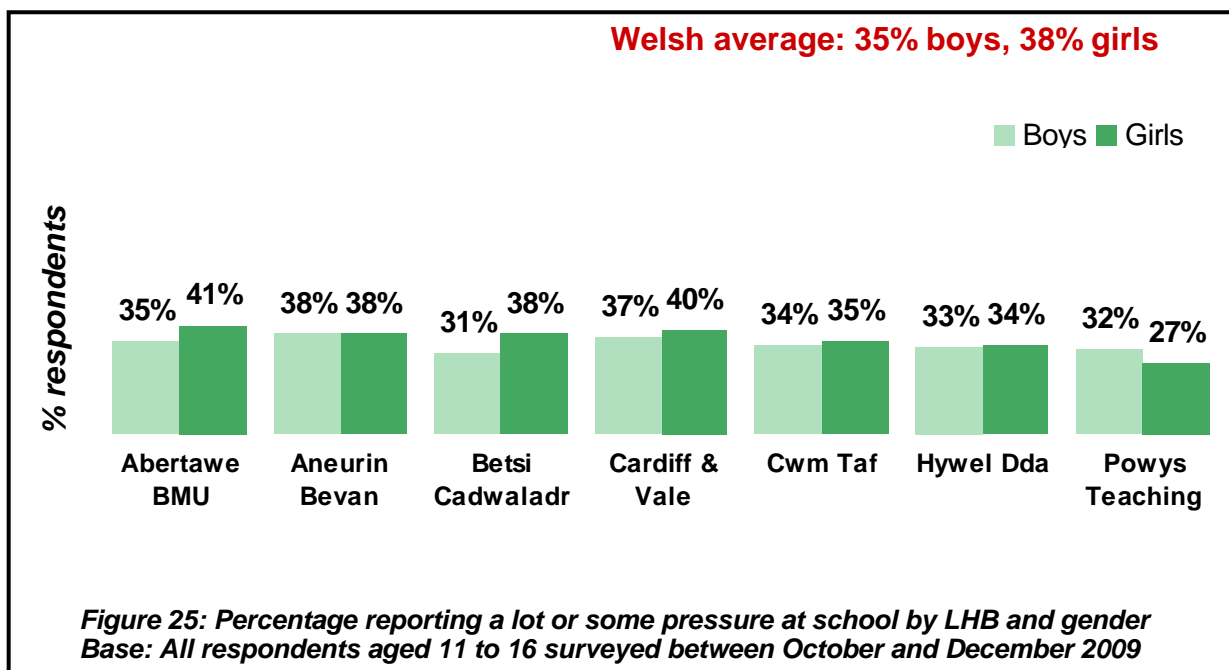
Social Context

Percentage reporting a lot or some pressure at school



Secondary children in Abertawe, Aneurin Bevan and Cardiff are more likely than children living in other areas to report feeling at least some pressure by the schoolwork they have to do.

There are no statistically significant differences between boys and girls in any single LHB.



Health Outcomes

Percentage rating their health as fair or poor

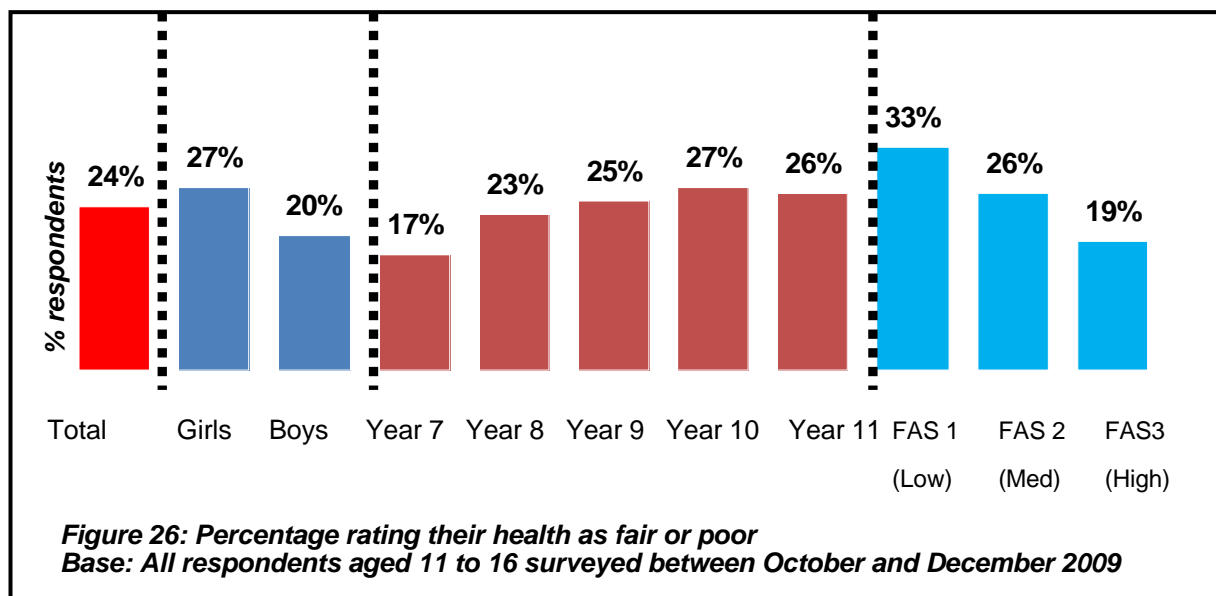
Survey respondents were asked to rate their health and 'how you feel'. They selected from options: *excellent*, *good*, *fair*, and *poor*. We have used reports of *fair* or *poor* health – i.e. anything less than good health – as our metric in the following analysis.

Just under a quarter of secondary school students consider themselves to be in less than good health.

Girls are more likely than boys to rate their health as only fair or poor.

Younger children are significantly less likely than older children to consider their health as less than good – one in eight children in Year 7 report their health as less than good, compared with around one in four children in Years 9-11.

All differences between FAS groups are significant and the differences are fairly stark: one in three children from less affluent backgrounds rate their health as less than good, compared with just one in five from the most affluent families.



Health Outcomes

Percentage rating their health as fair or poor

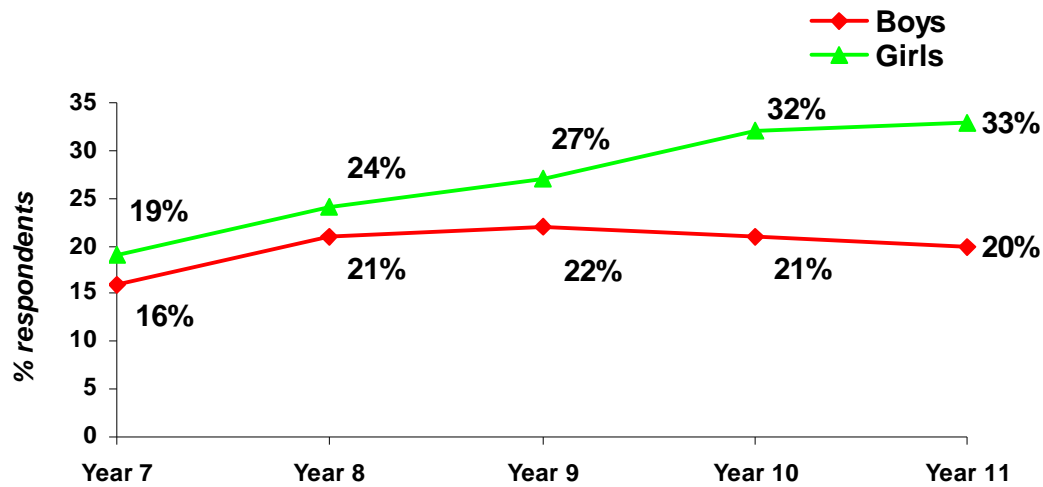


Figure 27: Percentage rating their health as fair or poor by age and gender
Base: All respondents aged 11 to 16 surveyed between October and December 2009

Boys' health ratings remain consistent across Years 8 to 11 while, over the same age span, girls' reports of poor health steadily increase. From Year 10, girls are significantly more likely than boys to report fair/poor health.

The gender gap is also evident in FAS analysis: girls from families in the middle and highest affluence groups are more likely than boys from the same groups to report less than good health.

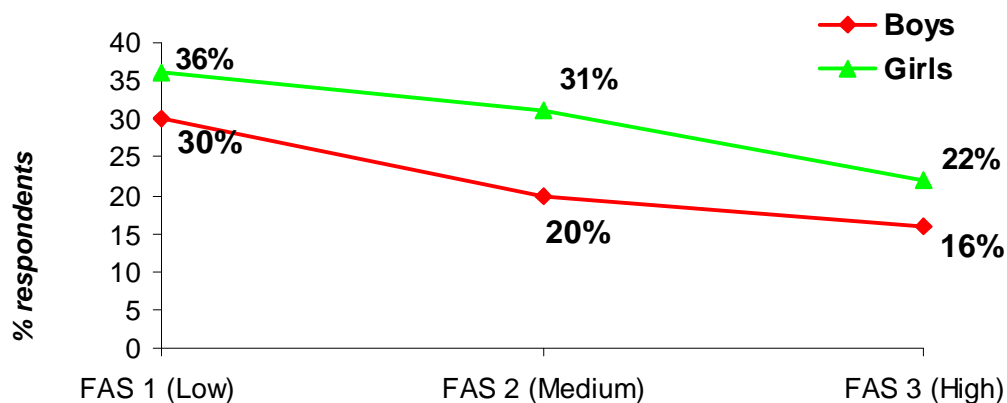
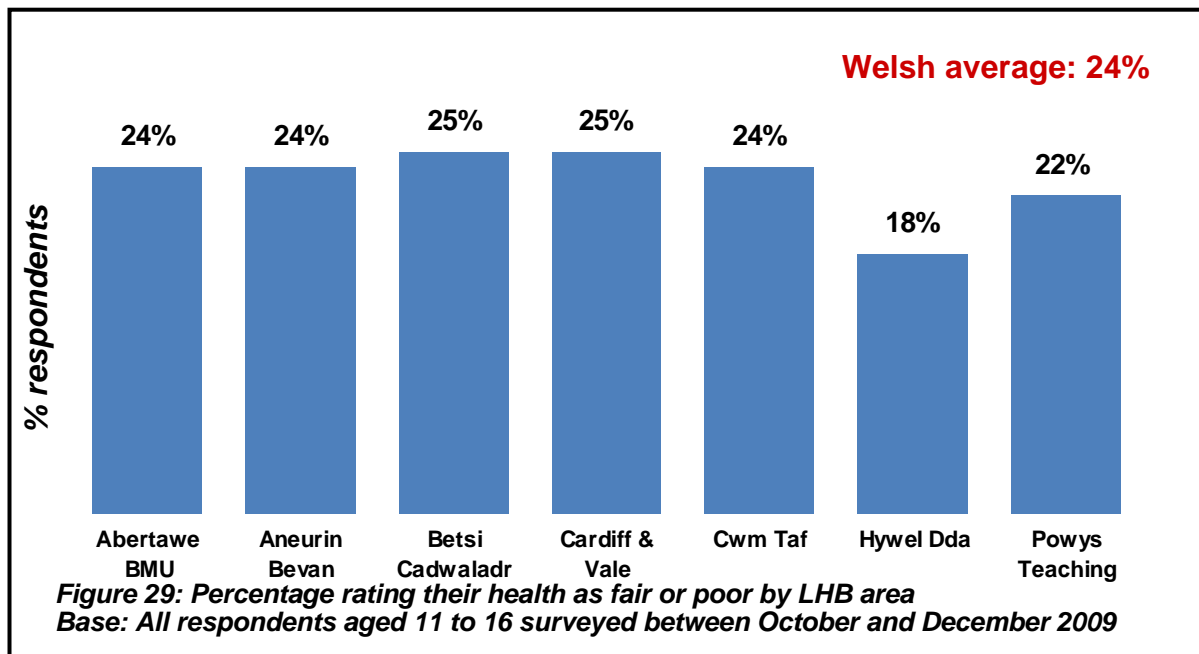


Figure 28: Percentage rating their health as fair or poor by FAS and gender
Base: All respondents aged 11 to 16 surveyed between October and December 2009

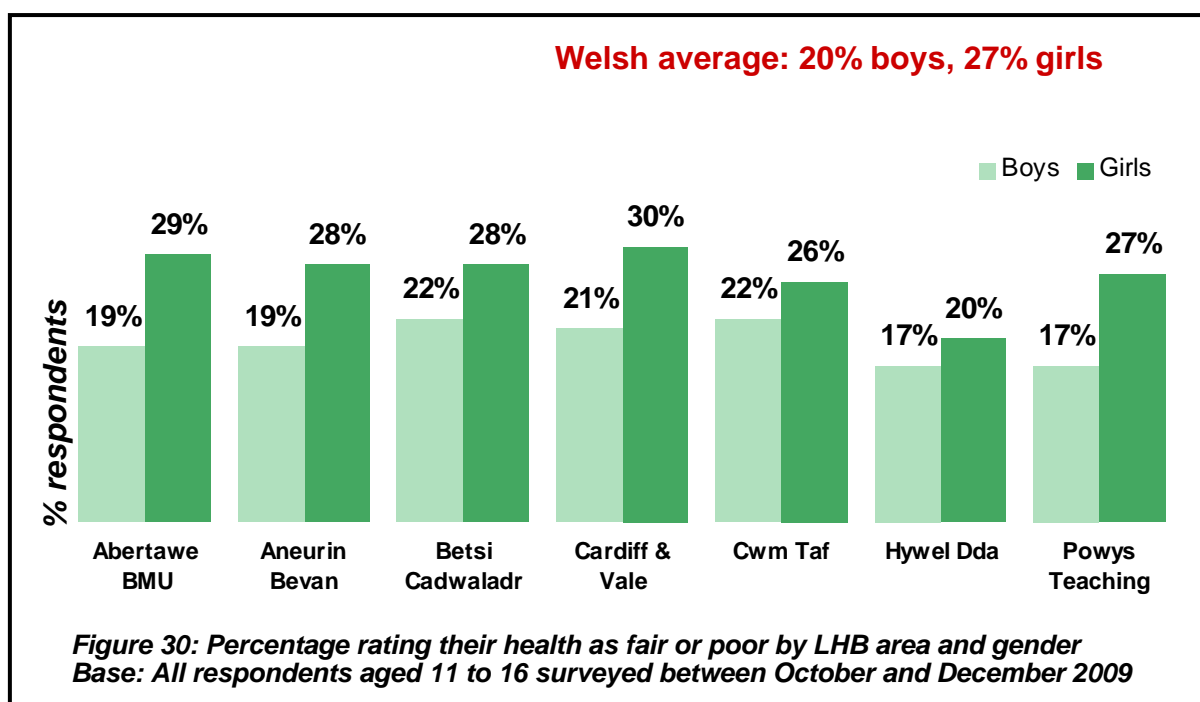
Health Outcomes

Percentage rating their health as fair or poor



Children in Hywel Dda are less likely to rate their health as less than good than children in other LHBs across Wales (with the exception of Powys Teaching LHB where differences are not statistically significant, although this could be due to smaller numbers of respondents in Powys).

Girls are significantly more likely than boys to rate their health as less than good in three LHBs: Abertawe BMU, Aneurin Bevan, and Cardiff and the Vale.



Health Outcomes

Percentage scoring six or higher on self rated life satisfaction

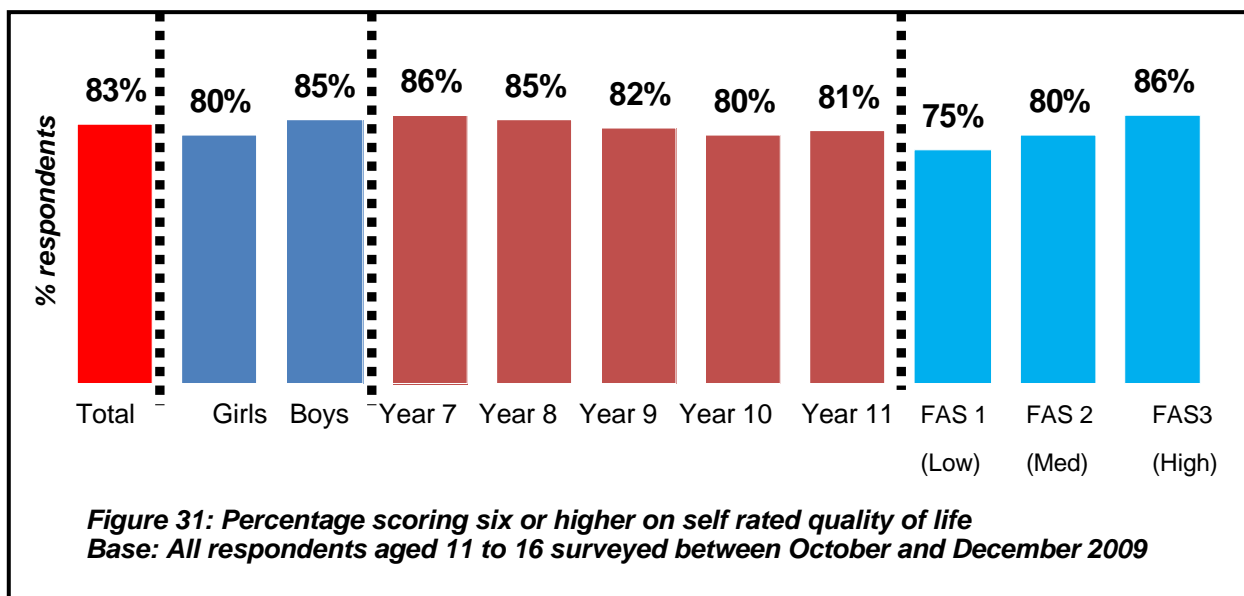
Survey respondents were presented with a picture of a ladder, numbered from 0 (the bottom rung) to 10 (the topmost rung). They were asked to rate where they felt they stood on this ladder, where 10 was the best possible life for them and 0 was the worst possible life. The following analysis considers those who rated their life satisfaction as six or more on the ladder.

The great majority of secondary school students rate themselves as satisfied with their lives (a score of six or more out of ten).

Boys were slightly but significantly more likely than girls to rate themselves as satisfied with their lives.

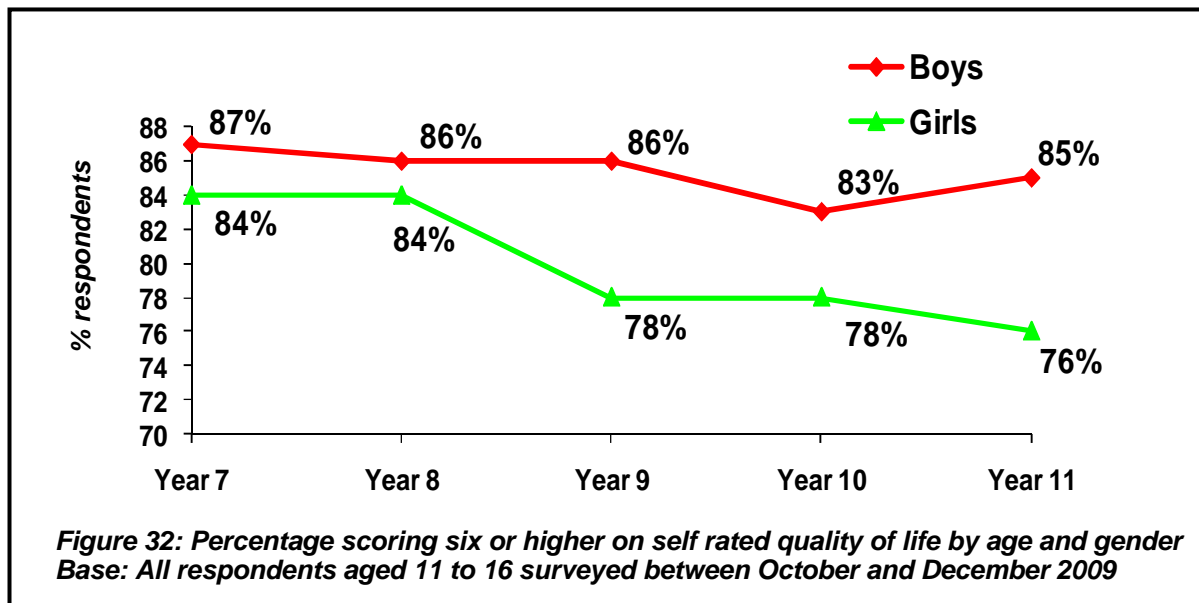
High life satisfaction ratings become less widespread as children progress through secondary education: children in Years 7 and 8 are significantly more likely than those in Years 10 and 11 to rate themselves as satisfied with their lives.

All differences between FAS groups are significant; the more affluent the family background, the more likely children are to rate themselves as satisfied with their lives.



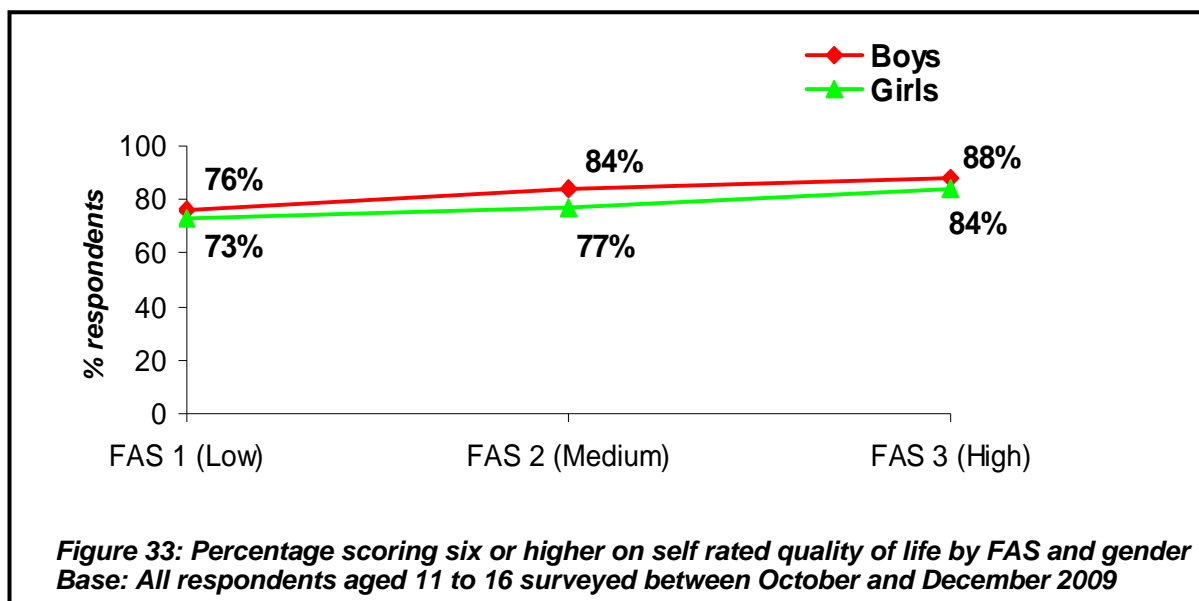
Health Outcomes

Percentage scoring six or higher on self rated life satisfaction



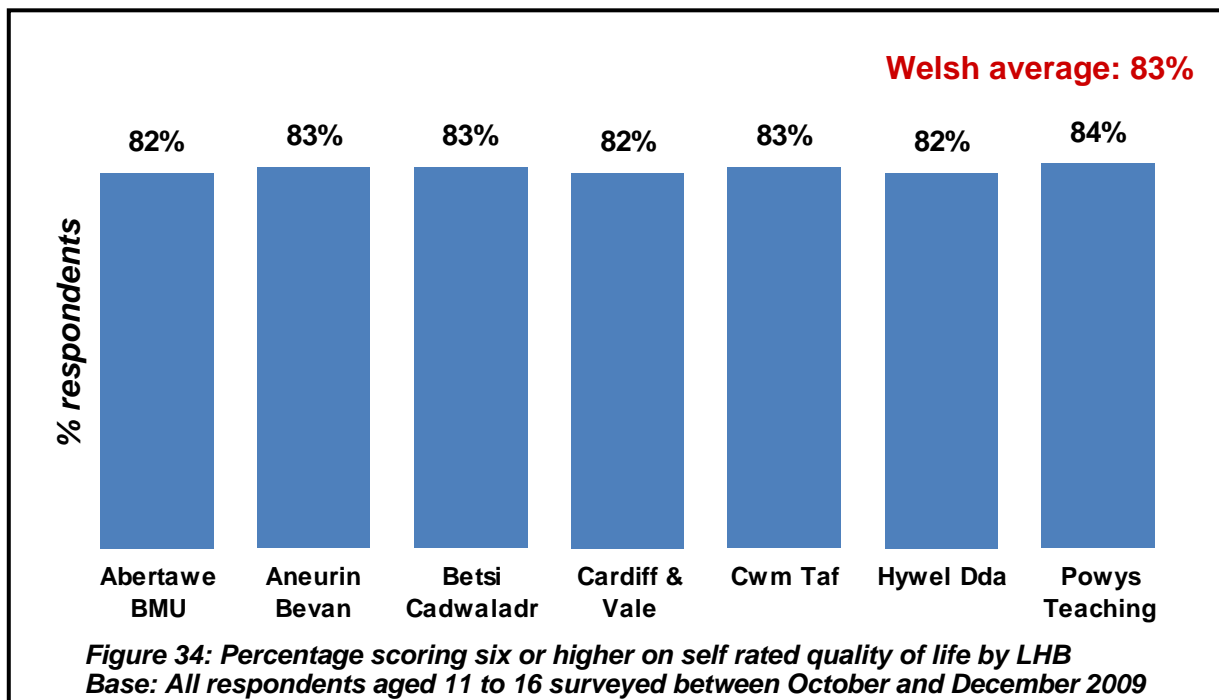
Boys' and girls' self-rated life satisfaction is comparable for those in Years 7 and 8. From Year 9, however, girls ratings decline so that in Years 9 and 11 boys are more likely than girls of the same age to rate themselves as satisfied with their lives (differences between boys and girls in Year 10 are not statistically significant).

Boys from families rated in the middle and highest affluence groups are also more likely than girls from the same backgrounds to rate themselves as satisfied with their lives.



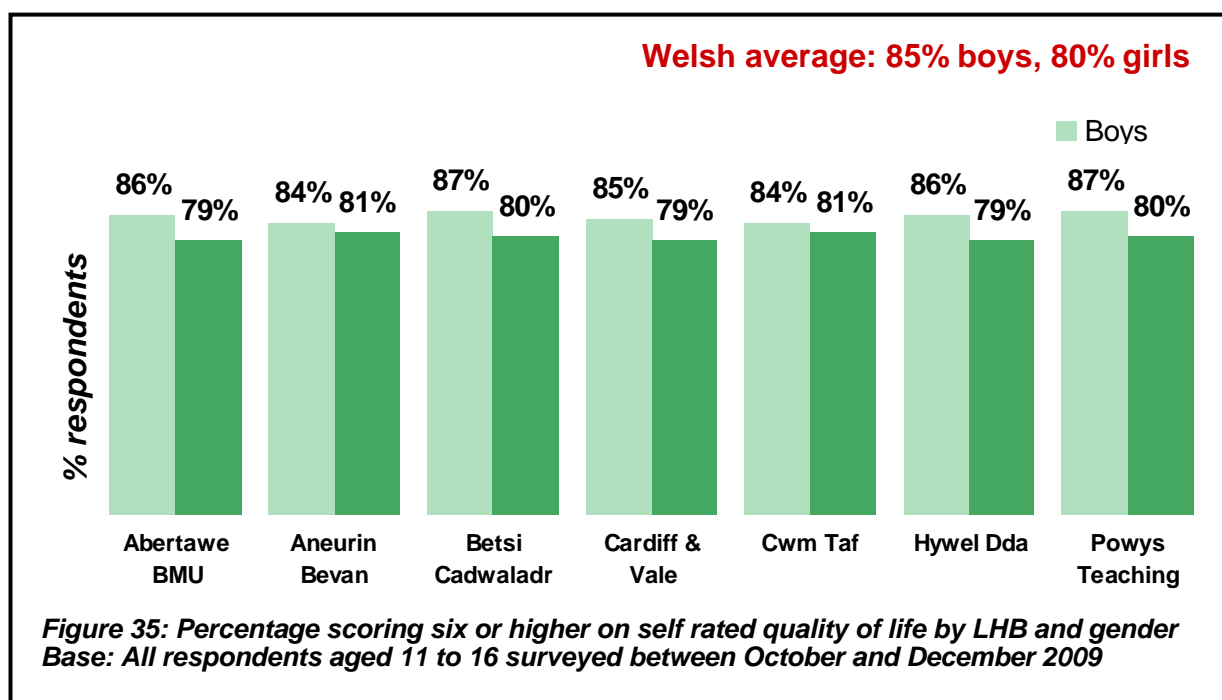
Health Outcomes

Percentage scoring six or higher on self rated life satisfaction



There are no statistically significant differences between LHBs in terms of children's quality of life ratings.

In three LHBs – Abertawe BMU, Betsi Cadwaladr and Hywel Dda – boys are significantly more likely than girls to rate their quality of life as good. Gender differences are not statistically significant for most LHB areas.



Health Outcomes

Percentage reporting 2+ health complaints more than once a week

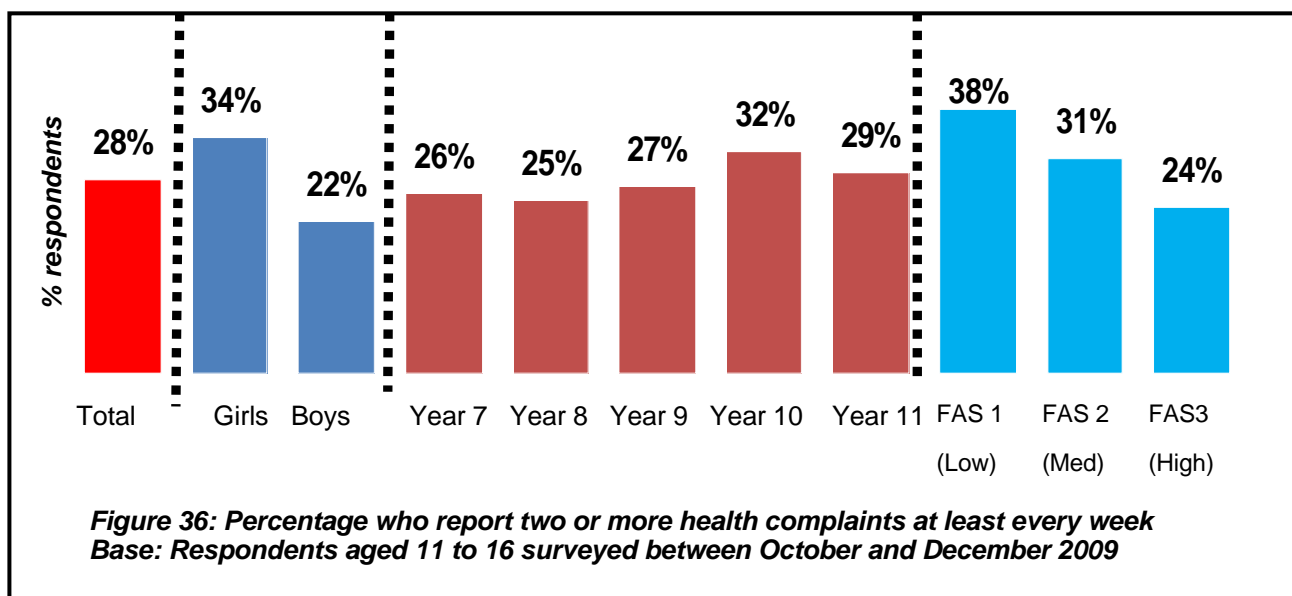
Survey respondents were asked how often in the last six months they had experienced a number of health complaints or symptoms. For this analysis, the number of complaints experienced *more than weekly* was used. Analysis is based on those who gave a valid answer to all eight component questions asking about specific health complaints.

Nearly one in three secondary school students report experiencing two or more of the following symptoms more than once per week: *Headache, stomach-ache, back-ache, feeling low, irritability or bad temper, feeling nervous, difficulties in getting to sleep, or feeling dizzy.*

Girls are significantly more likely than boys to report experiencing these problems.

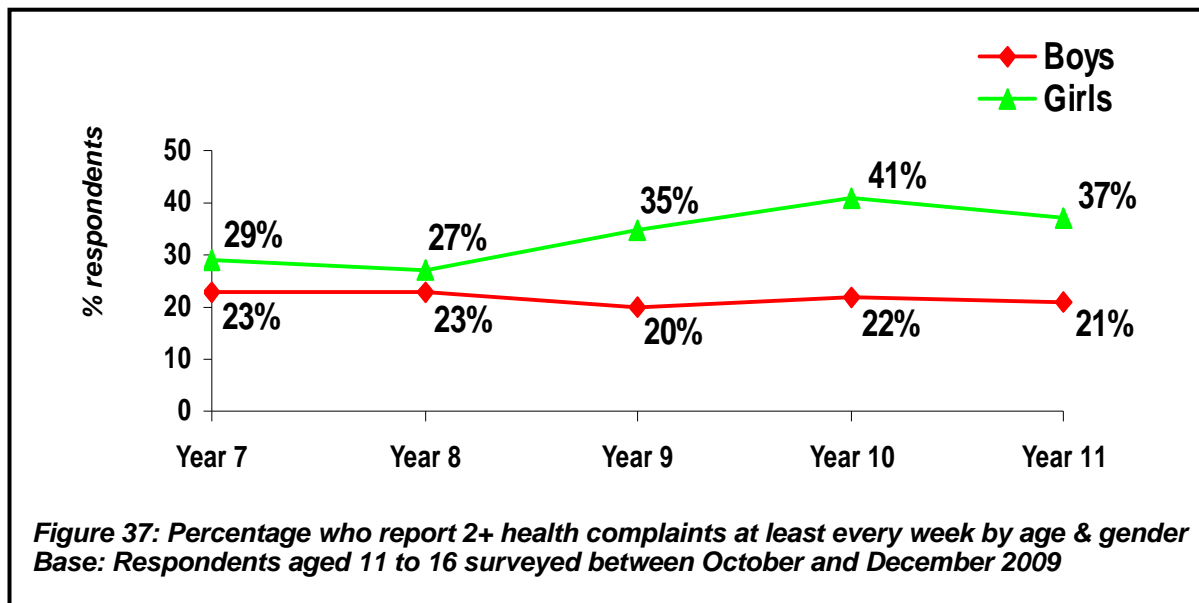
The proportion experiencing these complaints is fairly consistent across the age groups.

There are significant differences by family affluence – those from the most affluent families are less likely than others to report regular health complaints, and those from the least affluent families most likely of all.



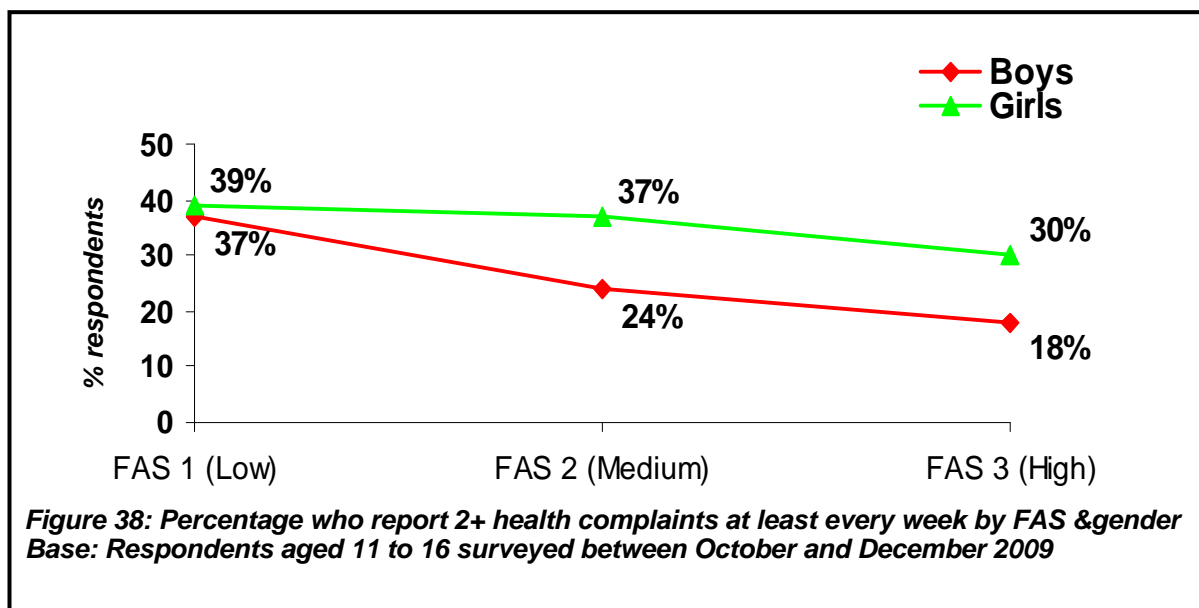
Health Outcomes

Percentage reporting 2+ health complaints more than once a week



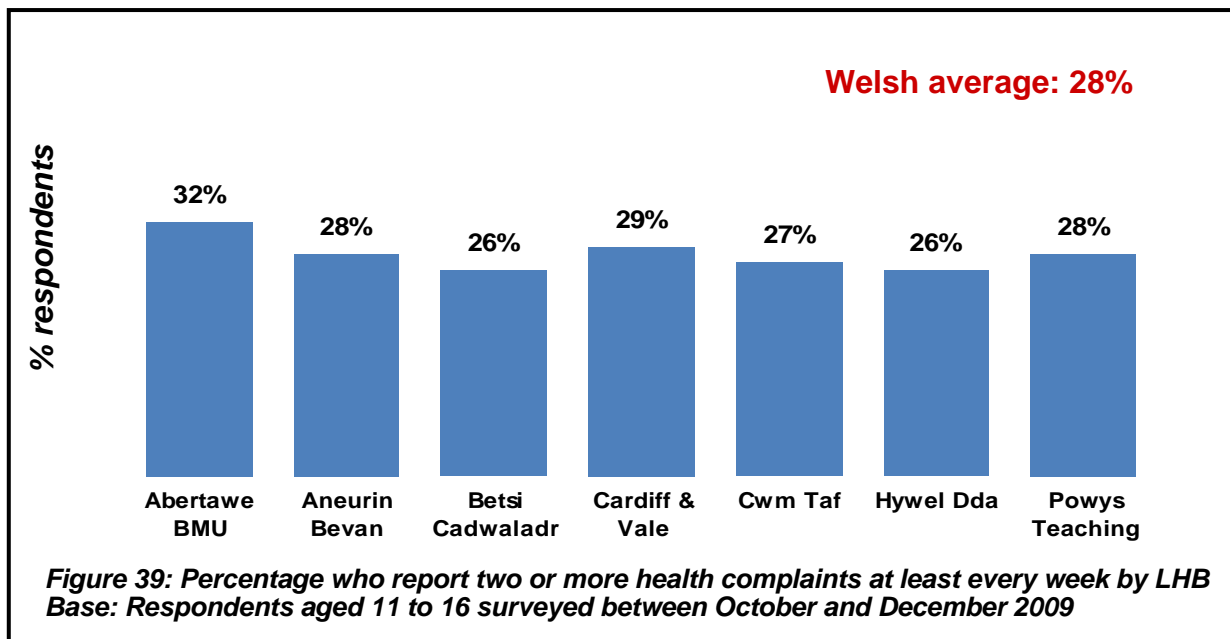
With the exception of Year 8, girls in each year group are more likely than boys to report recurring health complaints. The frequency of these problems seems to increase with age, with girls in Years 10 and 11 more likely to report frequent health problems than those in Years 7 and 8.

Girls from families in the middle and high FAS groups are more likely than boys from the same backgrounds to report experiencing regular health complaints.



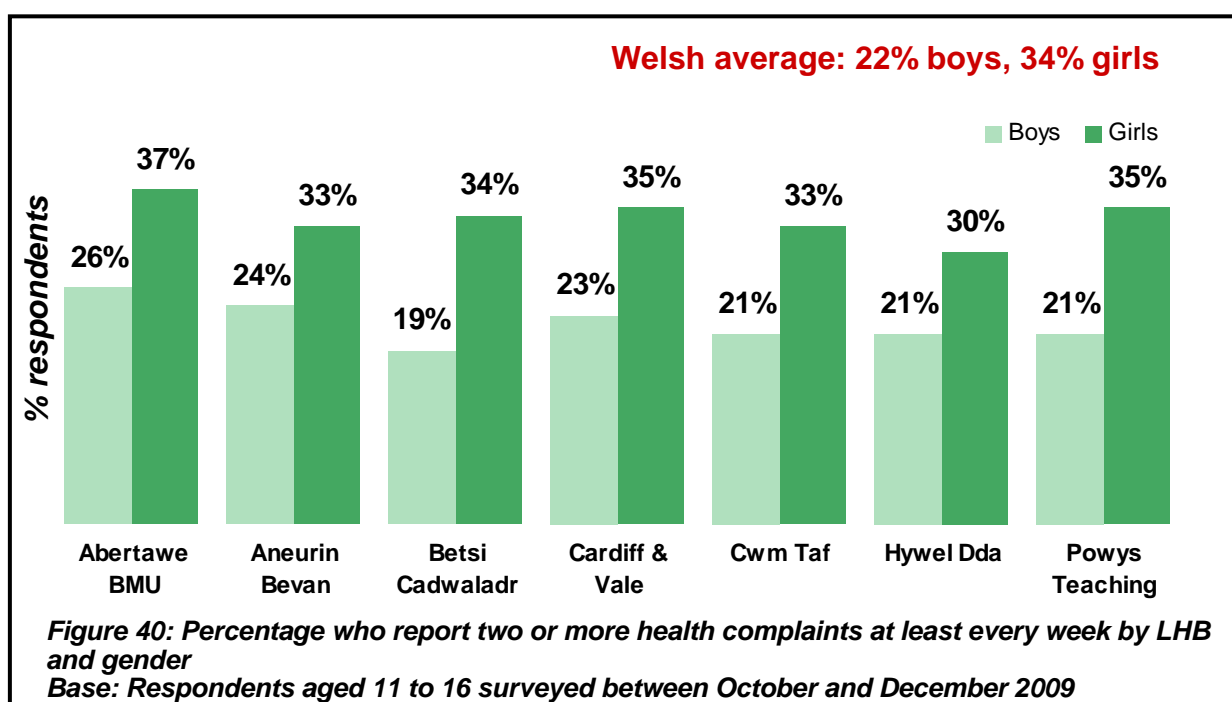
Health Outcomes

Percentage reporting 2+ health complaints more than once a week



There are some significant differences by LHB in terms of children's health complaints: children in Betsi Cadwaladr and Hywel Dda LHBs are less likely than those in Abertawe BMU to have suffered two or more health complaints more than once per week.

Girls are more likely than boys to suffer frequent health complaints in every LHB.



Health Outcomes

Percentage reporting one or more injuries in the past twelve months

Survey respondents were asked how many times in the last year they had been injured and had received treatment from a doctor or nurse.

Forty five per cent of secondary students report being injured sufficiently seriously to need medical treatment in the last year.

A significantly greater proportion of boys than girls report being injured in the past year (51% compared with 38%).

Differences in reported injuries by age group are not significant.

The proportion of children reporting injuries from the most affluent backgrounds is slightly, but statistically significantly, higher than in those from the middle and lowest affluence groups.

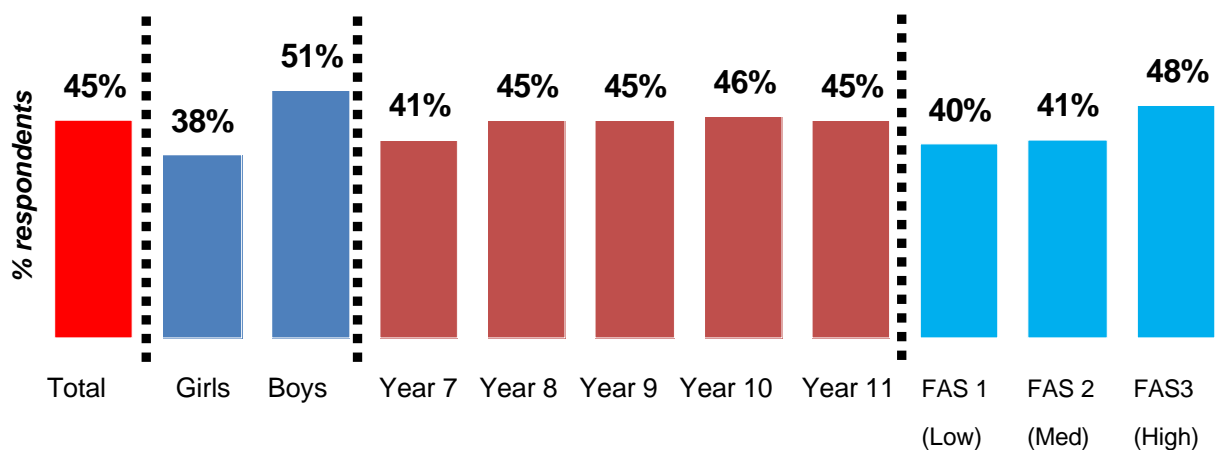
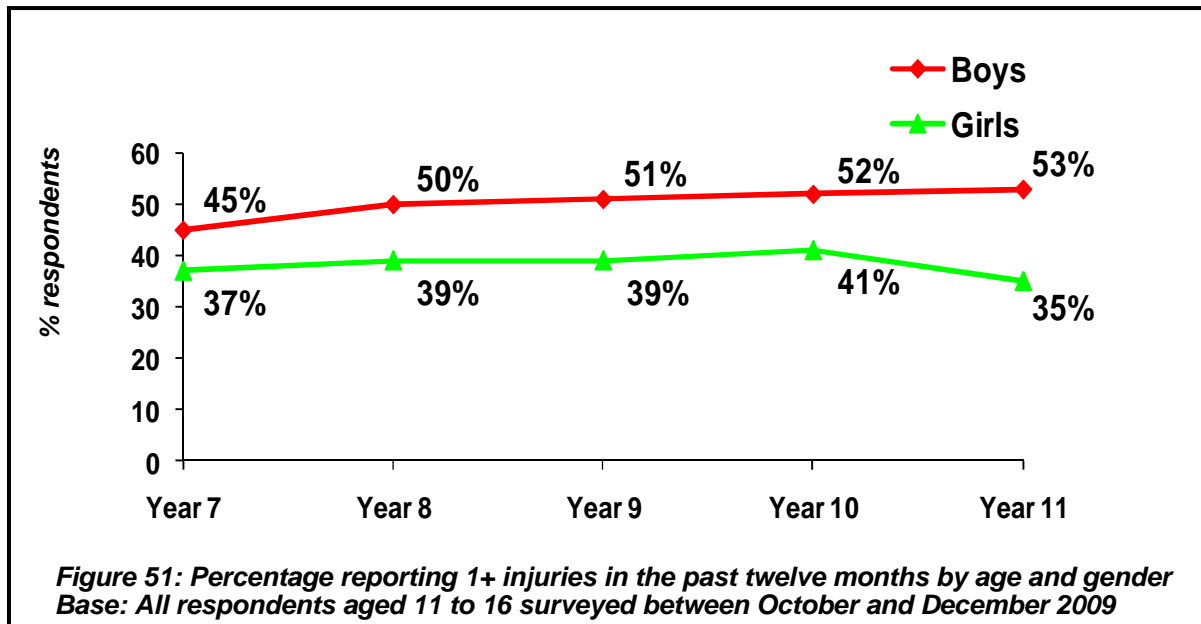


Figure 50: Percentage reporting one or more injuries in the past twelve months
Base: All respondents aged 11 to 16 surveyed between October and December 2009

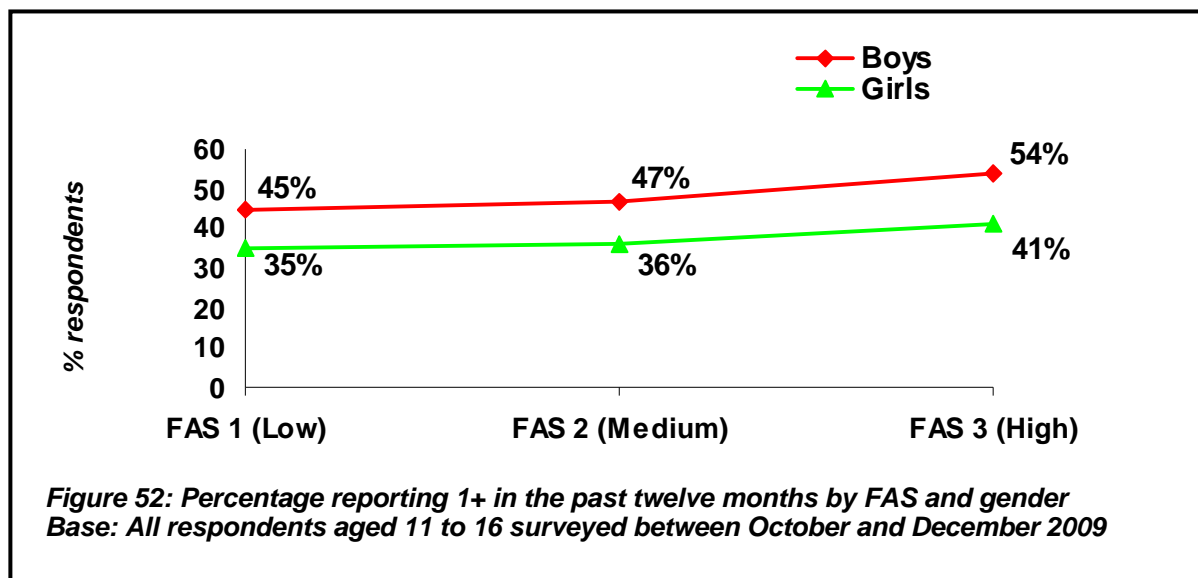
Health Outcomes

Percentage reporting one or more injuries in the past twelve months



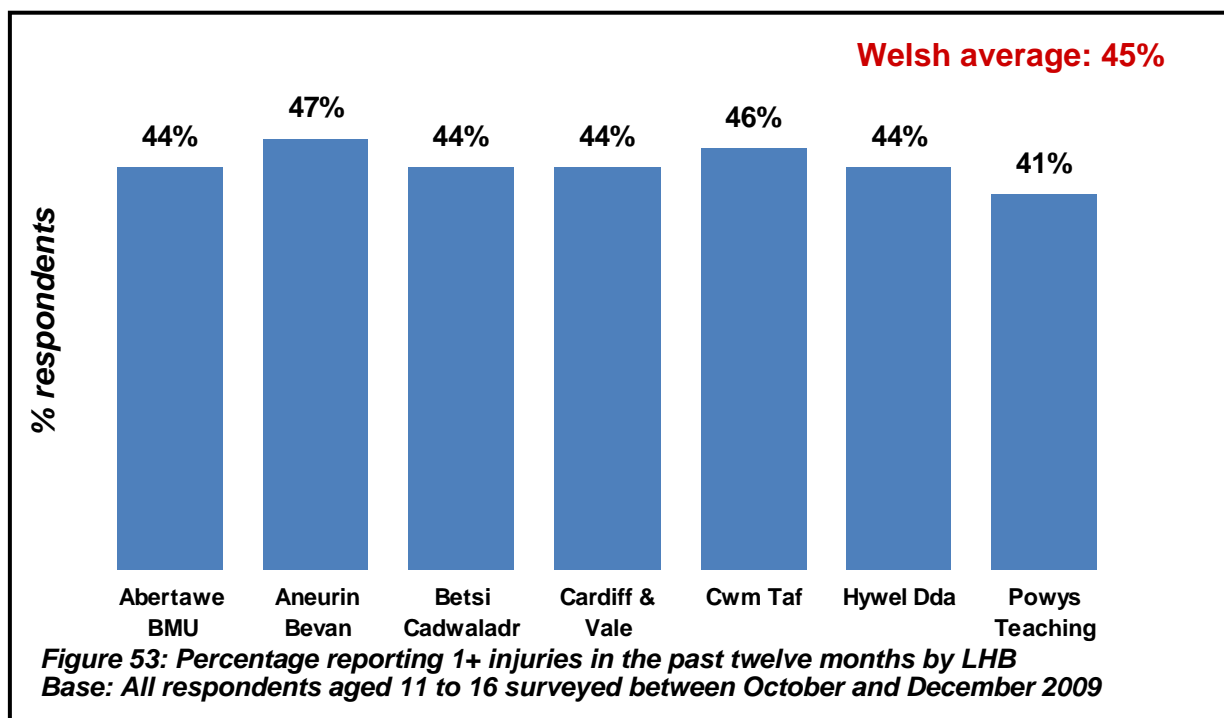
Boys of all age groups are more likely than girls (of any age) to report experiencing an injury in the past year. Boys' rates of injuries are slightly but significantly higher for those in Years 10-11 than boys in Year 7.

Within the middle and higher affluence groups, boys are more likely than girls to report an injury. Boys from the most affluent families are more likely than those in the middle and lower affluence groups to have experienced an injury in the past year. Girls in the most affluent group are also significantly more likely than girls in the middle affluence category to report experiencing an injury.



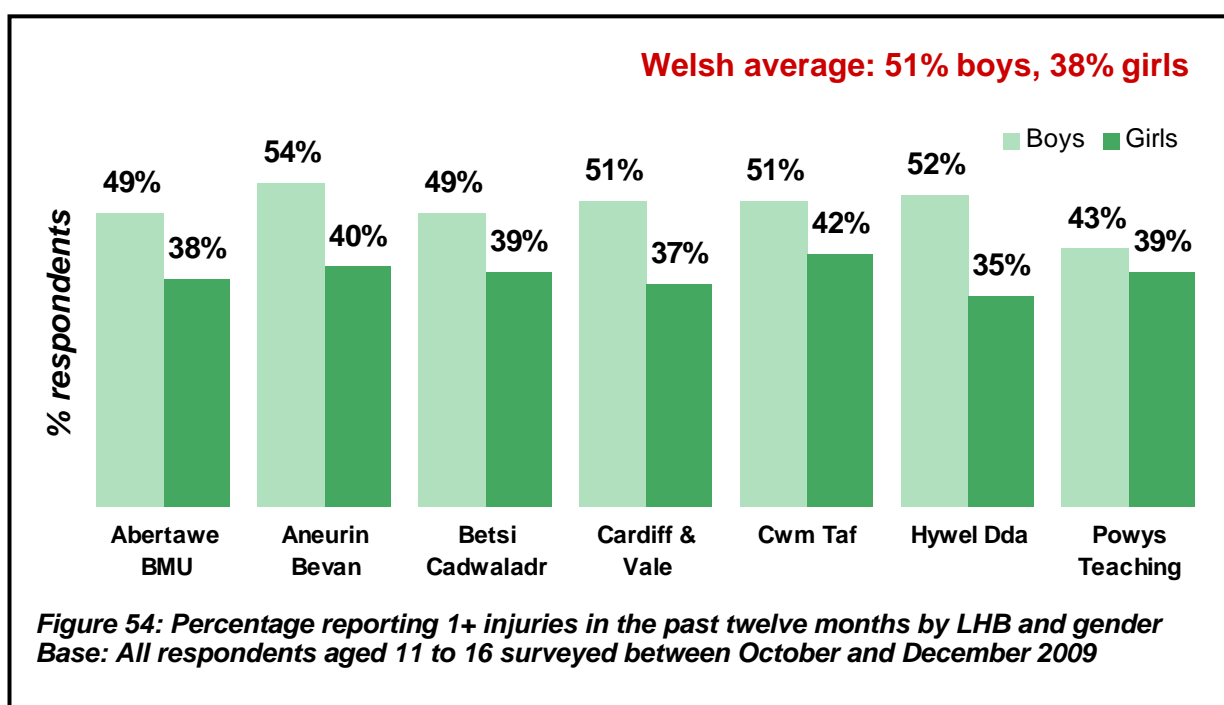
Health Outcomes

Percentage reporting one or more injuries in the past twelve months



There are no striking differences between LHB areas on this measure.

In every LHB except Powys Teaching and Cwm Taf, boys were significantly more likely than girls to have suffered a serious injury in the past 12 months.



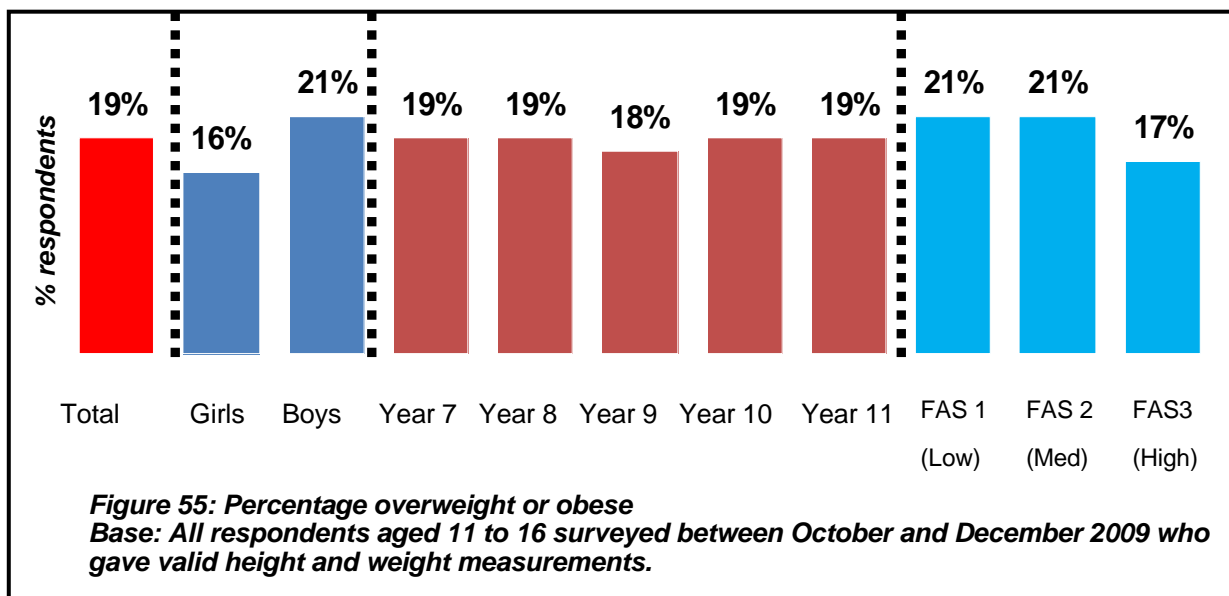
Health Outcomes

Percentage overweight or obese

Survey respondents were asked how tall they were, and how much they weighed. They were able to answer either in imperial or metric measurements. These self reported figures were then used to calculate each respondent's BMI, which was then classified into *underweight*, *normal weight*, *overweight* and *very overweight* using IOTF age- and gender-adjusted cut-off points.

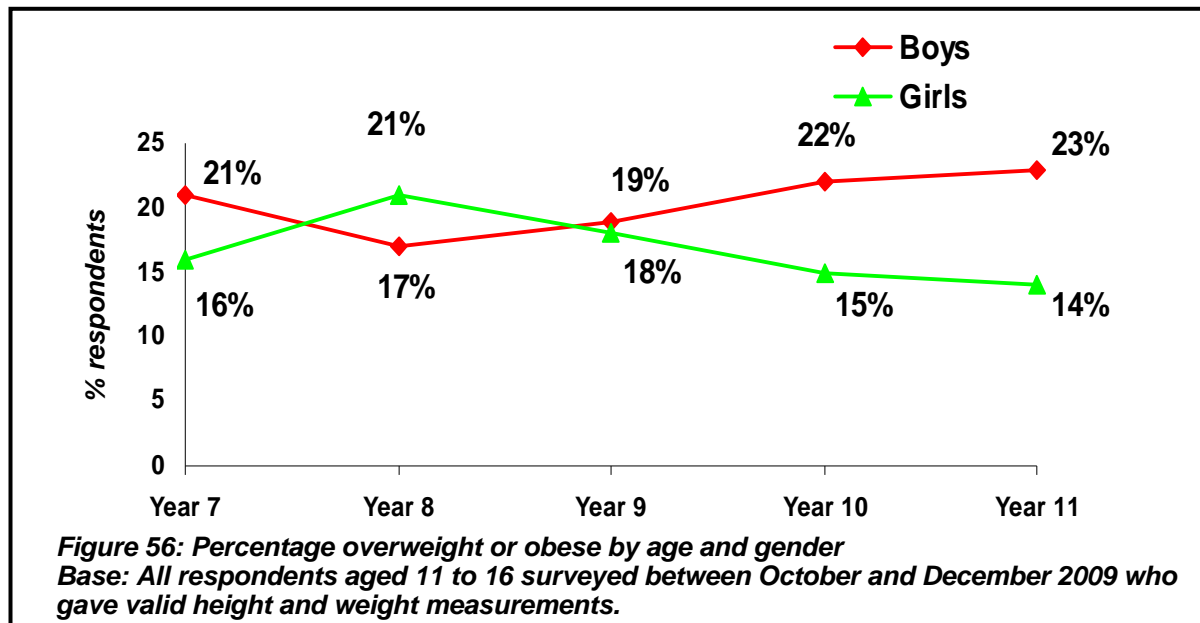
Just under one in five secondary school students is overweight or obese, based on self reported height and weight data. *However, approximately half of children did not give a valid answer to this question.* Analysis is based on those giving valid responses at both the height and weight questions. Due to small base sizes given the reduced number of valid responses, differences by LHB and gender within FAS and LHB are not presented.

Rates of overweight are slightly higher in boys than in girls, but do not vary significantly either by age or family affluence group.



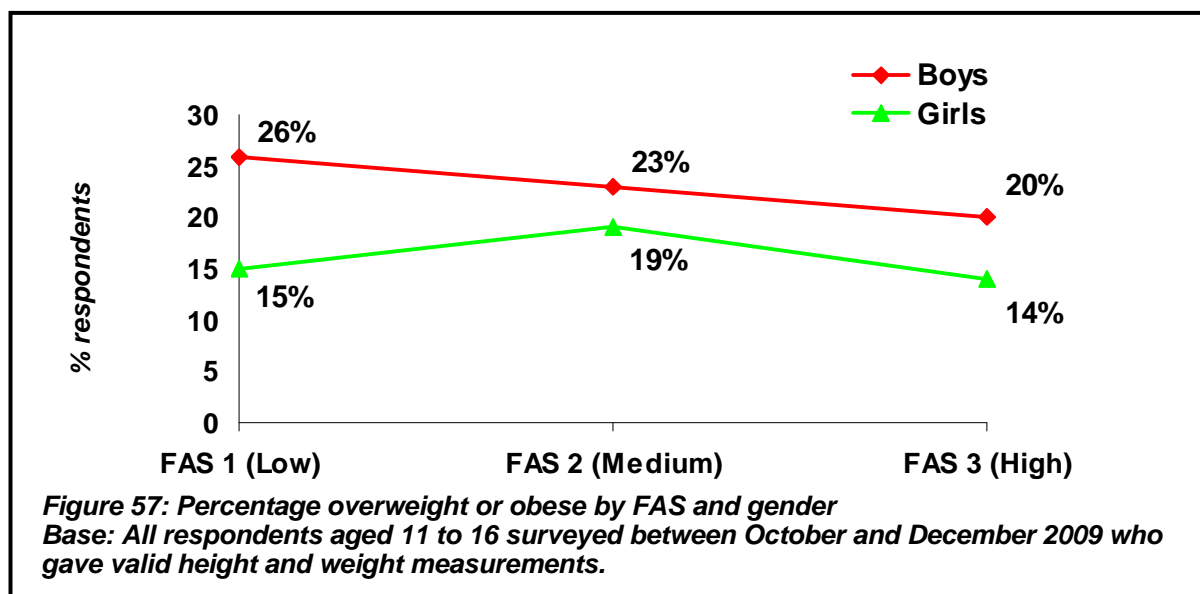
Health Outcomes

Percentage overweight or obese



Rates of overweight and obesity – as reported by respondents – are not substantially different for boys and girls of any age group, although boys in Years 10 and 11 are significantly more likely than girls of the same age to report being overweight.

Girls from the most affluent families are less likely than girls from the middle affluence group, and than boys from any kind of family background, to report being overweight.



Health Behaviours

Percentage eating breakfast daily on weekdays

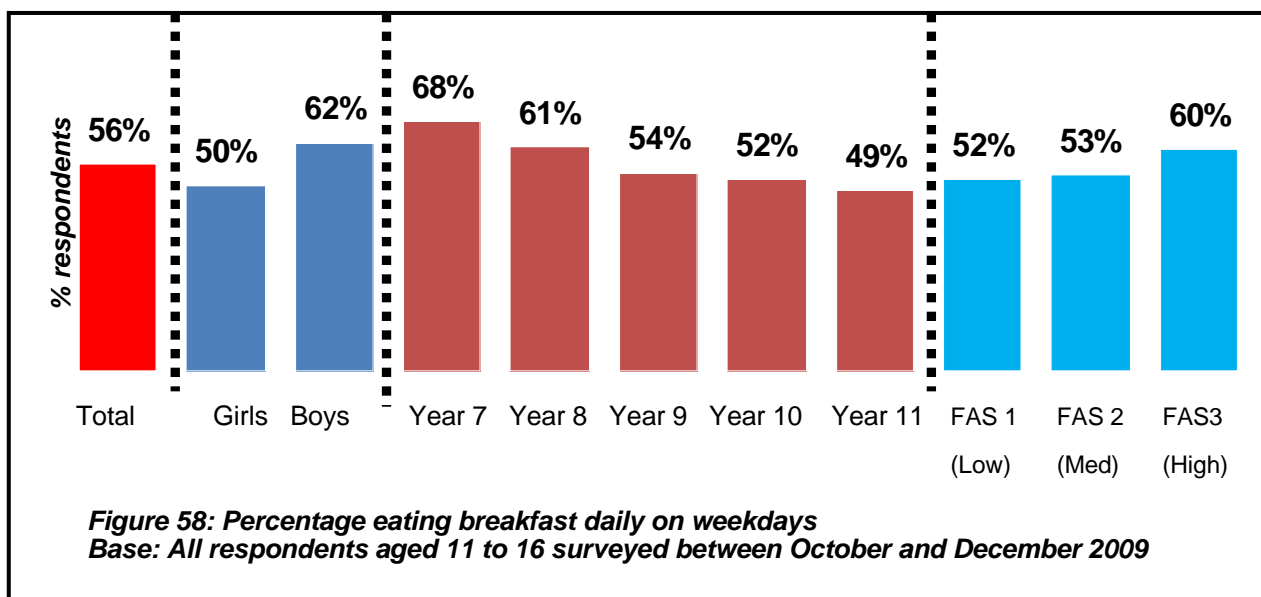
Survey respondents were asked how often they ate breakfast – defined as more than a glass of milk or juice – on different days of the week. For this analysis we have used the proportion of children who eat breakfast on a *daily basis on weekdays*.

Fifty six percent of secondary school children report having breakfast every school day.

Boys are more likely than girls to eat breakfast: almost two thirds (62%) of boys compared with only half of girls do so every school day.

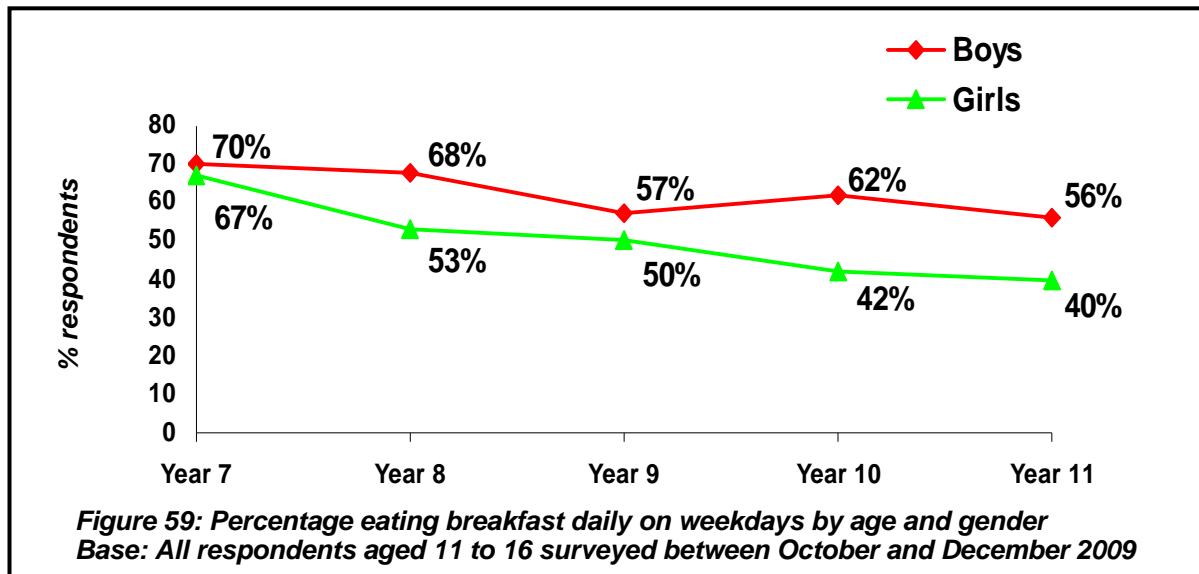
The regularity of eating breakfast declines with age. Those in Years 8 and 9 are less likely than children in the preceding year group to report eating a breakfast every day.

The proportion of pupils that eat a regular breakfast is slightly larger among those from the most affluent families than those from the middle and lowest affluence groups.



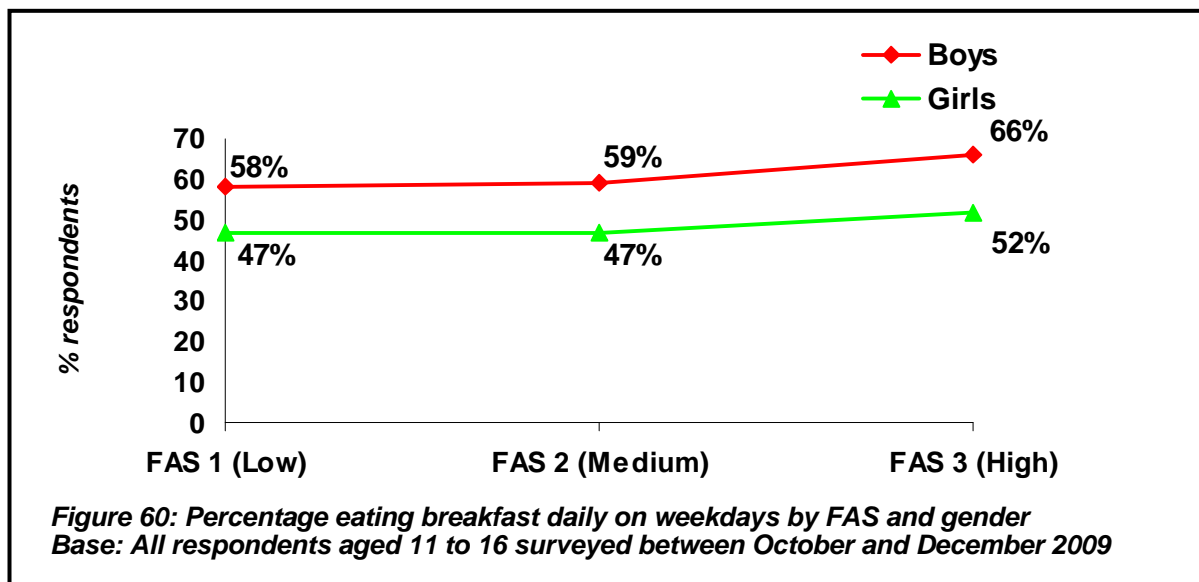
Health Behaviours

Percentage eating breakfast daily on weekdays



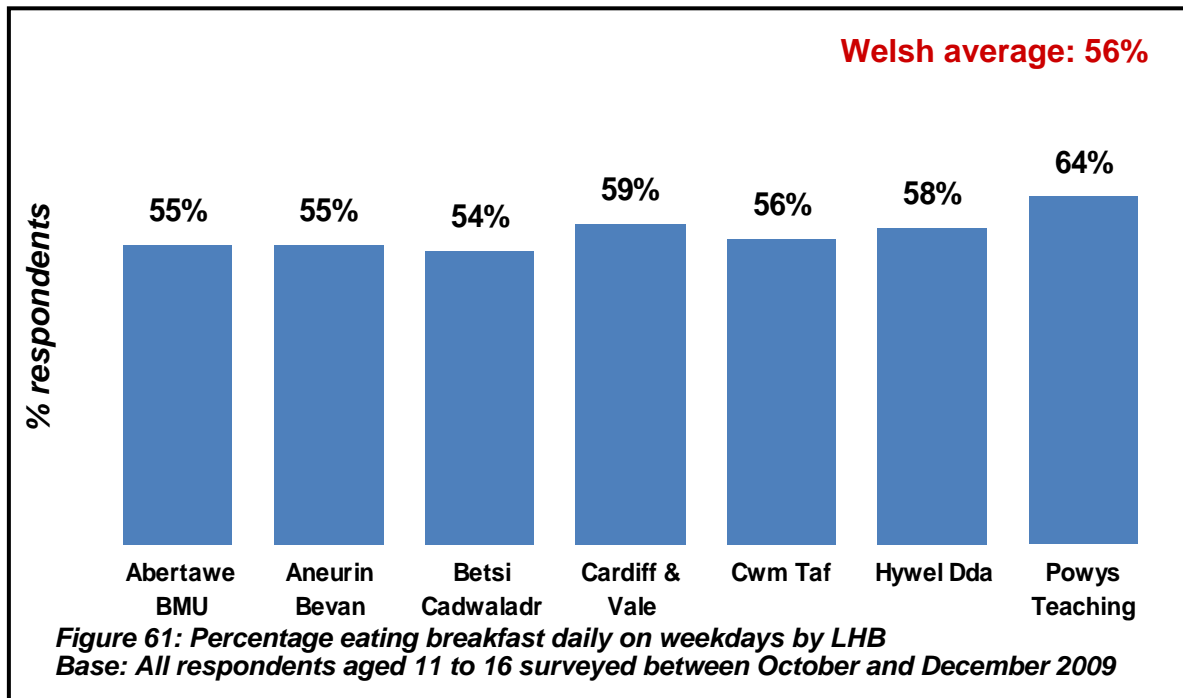
Both for boys and girls, the proportion eating breakfast daily declines across their secondary school years, although this decline is sharper for girls than boys. For example, the proportion of boys eating breakfast falls from 70% to 56% from Year 7 to 11; among girls the proportion falls from 67% in Year 7 eating breakfast to 40% in Year 11. Among children in Years 8-11, boys are significantly more likely than girls of the same age to be eating a daily breakfast.

For all FAS groups, boys are more likely to eat breakfast daily than girls from the same family background. Girls from the most affluent families are more likely than girls from the middle affluence group to eat a daily breakfast.



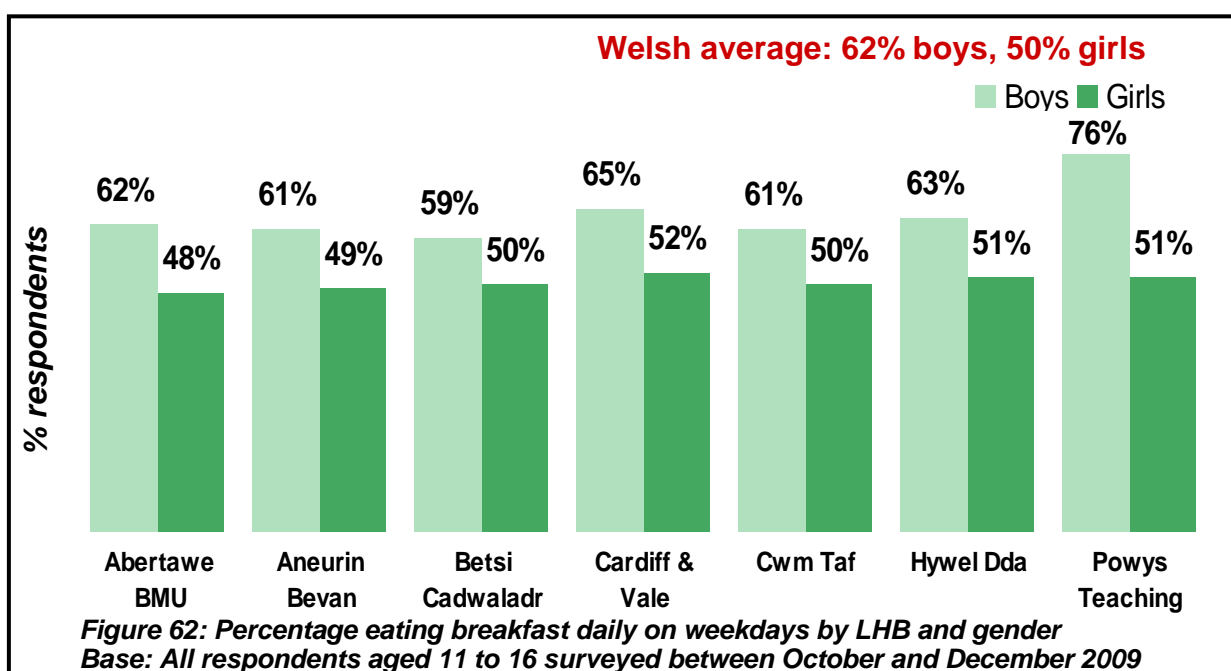
Health Behaviours

Percentage eating breakfast daily on weekdays



Secondary children in Powys Teaching LHB area are more likely than children in Abertawe BMU, Aneurin Bevan and Betsi Cadwaladr to say they eat breakfast daily.

Within all LHBs, boys are more likely than girls to report eating breakfast every school day. This gender difference is especially marked in Powys Teaching LHB.



Health Behaviours

Percentage eating fruit daily

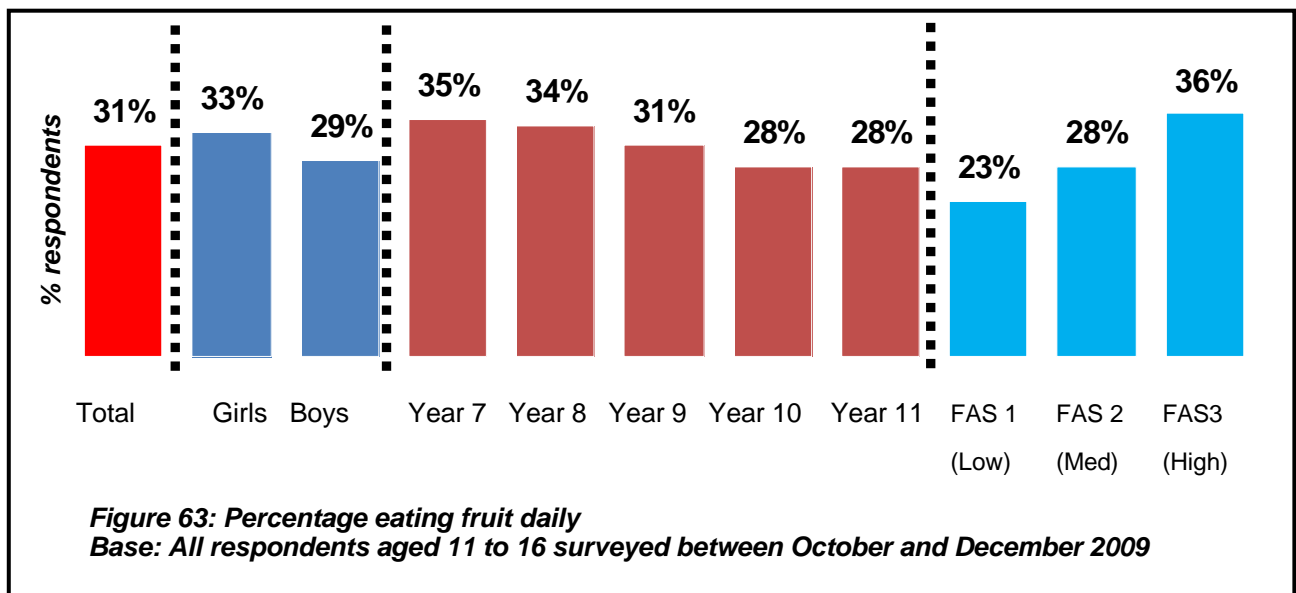
Survey respondents were asked how often they eat or drink a range of different foods and drinks, including healthy options such as fruit and vegetables, and unhealthy items such as sweets or crisps. For our analysis, daily consumption of fruits, vegetables, sweets, and soft drinks have been used as indicators of a healthy or unhealthy diet.

Just under a third of secondary school students report eating at least one piece of fruit daily.

Slightly (but significantly) more girls than boys report eating fruit on a daily basis.

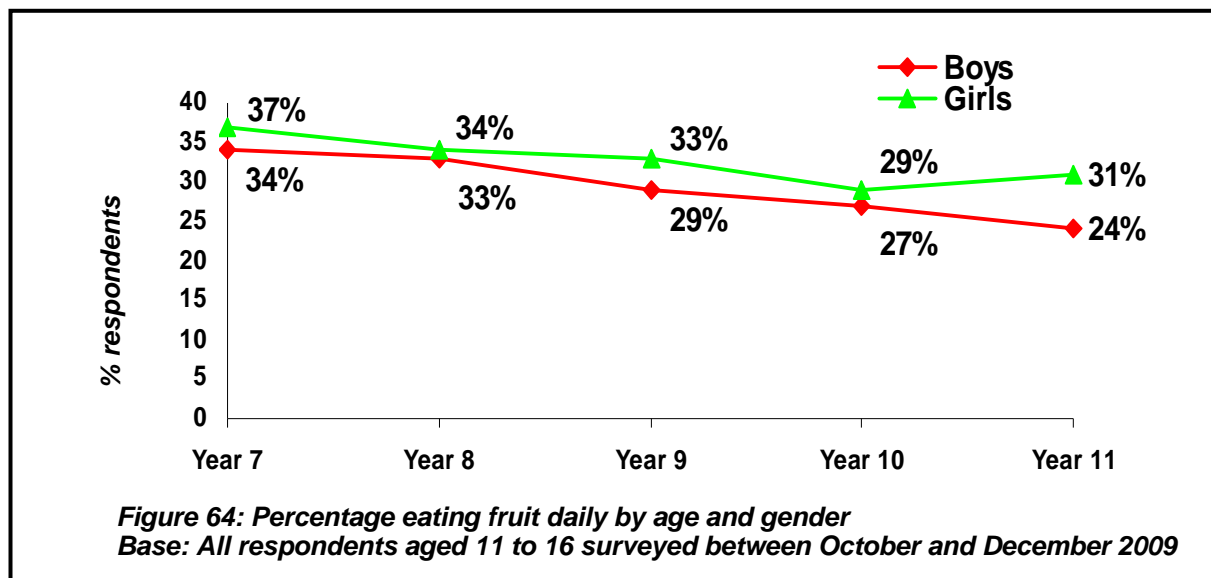
The proportion eating fruit regularly declines with age: children in Years 7 and 8 are more likely than those in Years 10 and 11 to eat fruit every day.

Children from the most affluent families are more likely than those from middle and low affluence groups to eat fruit every day.



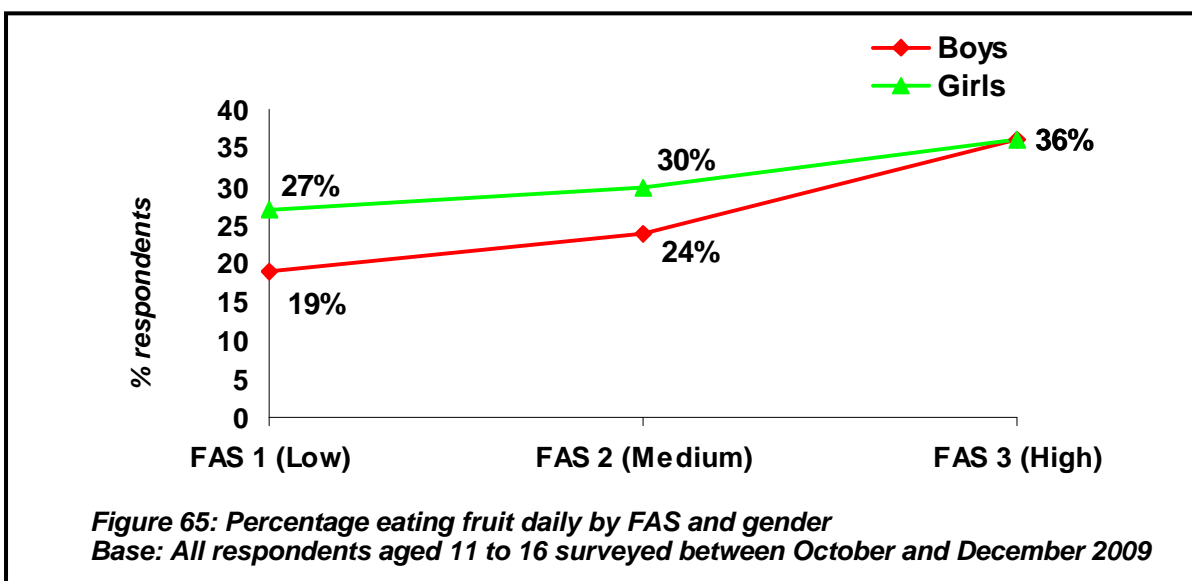
Health Behaviours

Percentage eating fruit daily



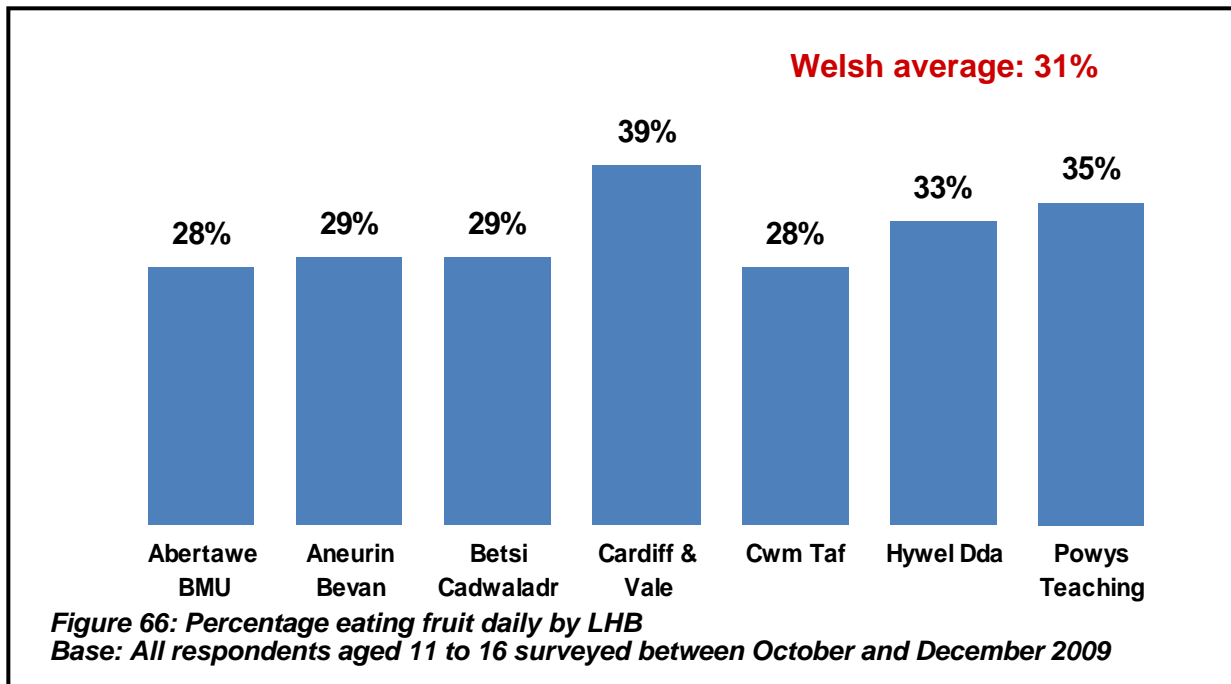
Rates of consumption are similar for boys and girls in each year group, with the exception of Year 11 girls who are slightly more likely than boys of the same age to eat fruit every day.

There are stronger trends when considering the interplay of age and family affluence. Girls in the middle affluence group are more likely than boys of the same or less affluent backgrounds to eat fruit every day, although they are not statistically more likely than girls from less affluent backgrounds to do so. Both girls and boys in the most affluent group are more likely than all children in the middle and lowest affluence groups to eat fruit daily.



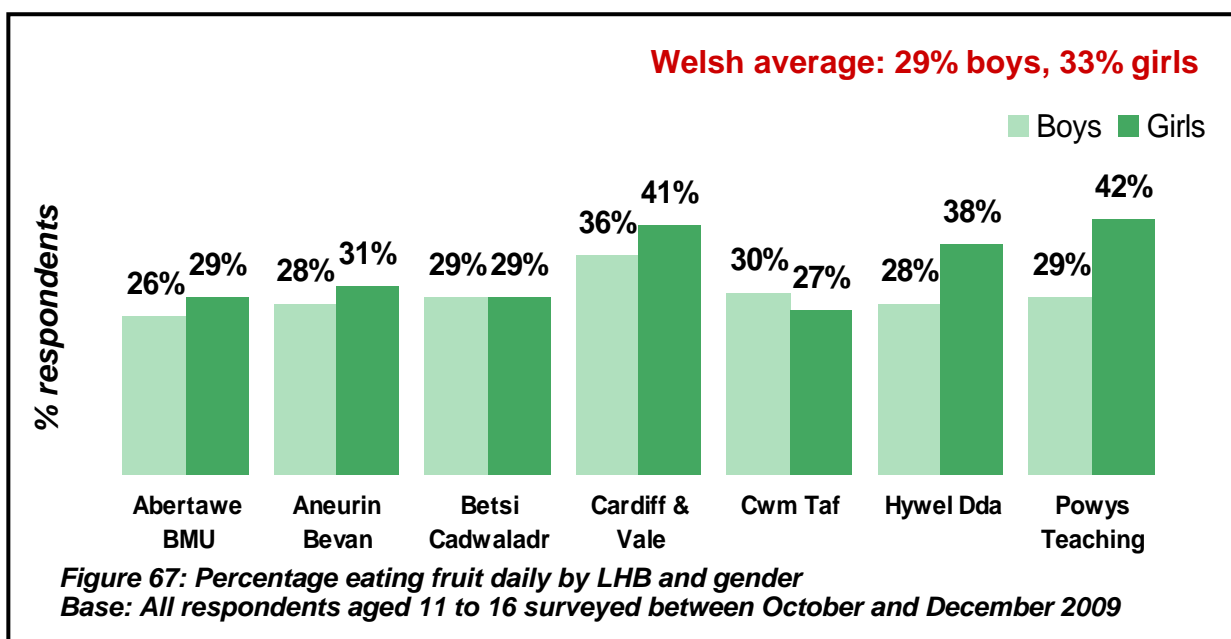
Health Behaviours

Percentage eating fruit daily



Secondary school children in Cardiff and the Vale, Hywel Dda and Powys Teaching LHBs are more likely than average to say they eat fruit every day – rates in Cardiff are especially high.

Rates of fruit consumption are similar for boys and girls within most areas, although there are stark gender differences in Hywel Dda and Powys Teaching LHBs.



Health Behaviours

Percentage eating vegetables daily

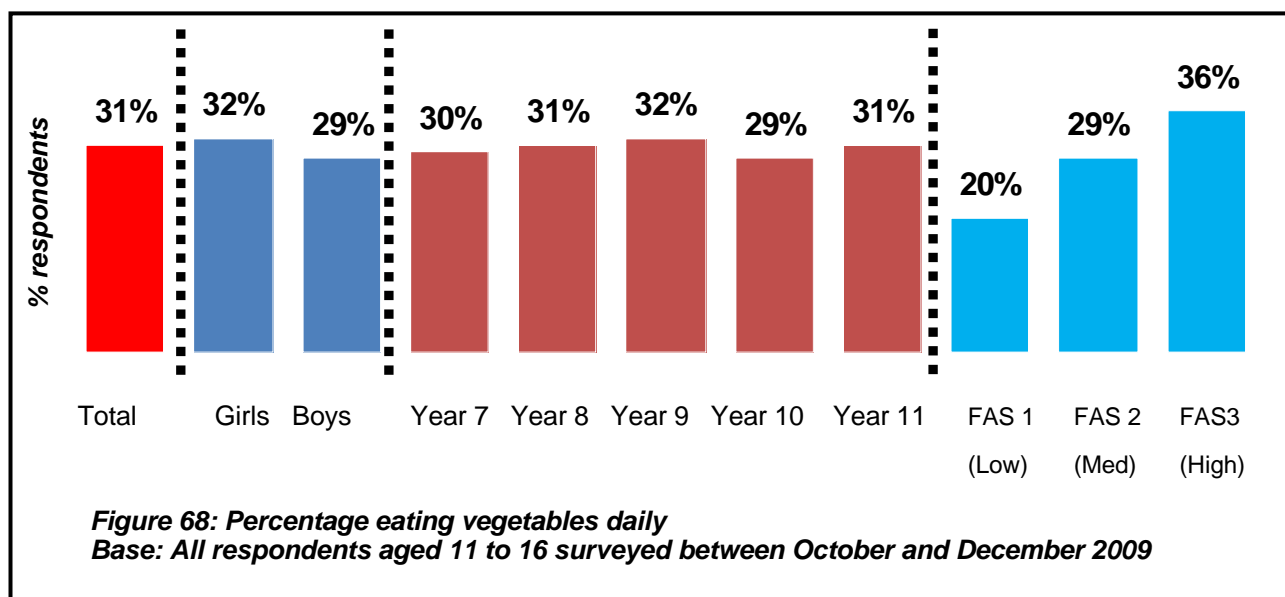
Just under a third of secondary school students report eating vegetables every day.

Slightly more girls than boys report eating vegetables on a daily basis.

The proportion eating vegetables daily does not vary significantly by age group.

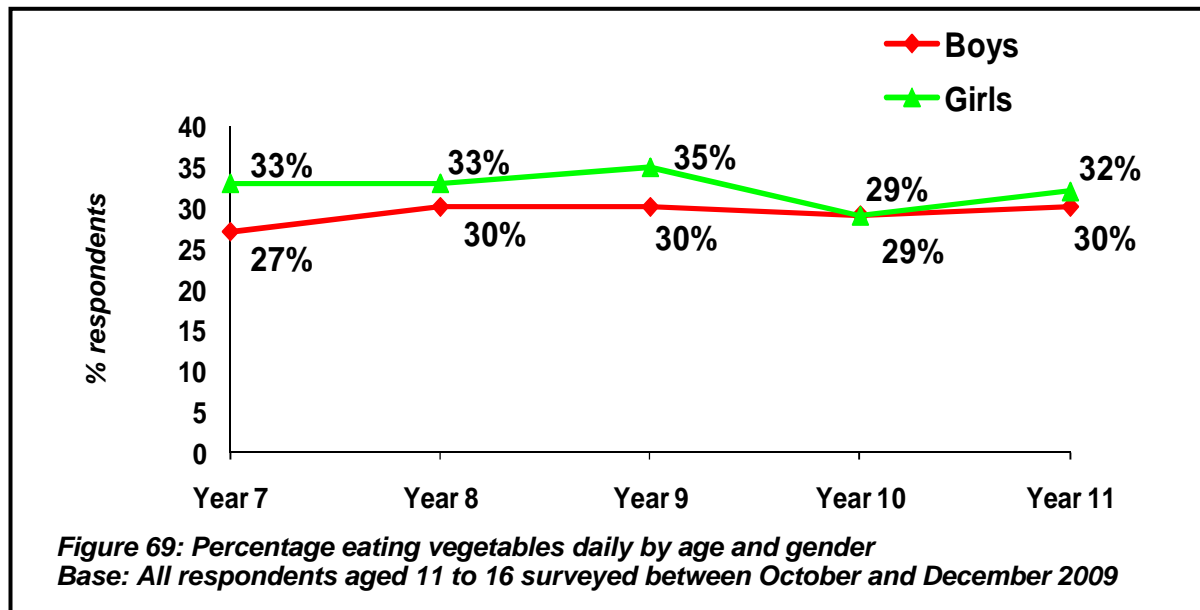
Differences are significant for all affluence groups: as family affluence increases, children are more likely to eat vegetables every day.

The proportions and trends for data on vegetable consumption are broadly similar to those for fruit consumption.



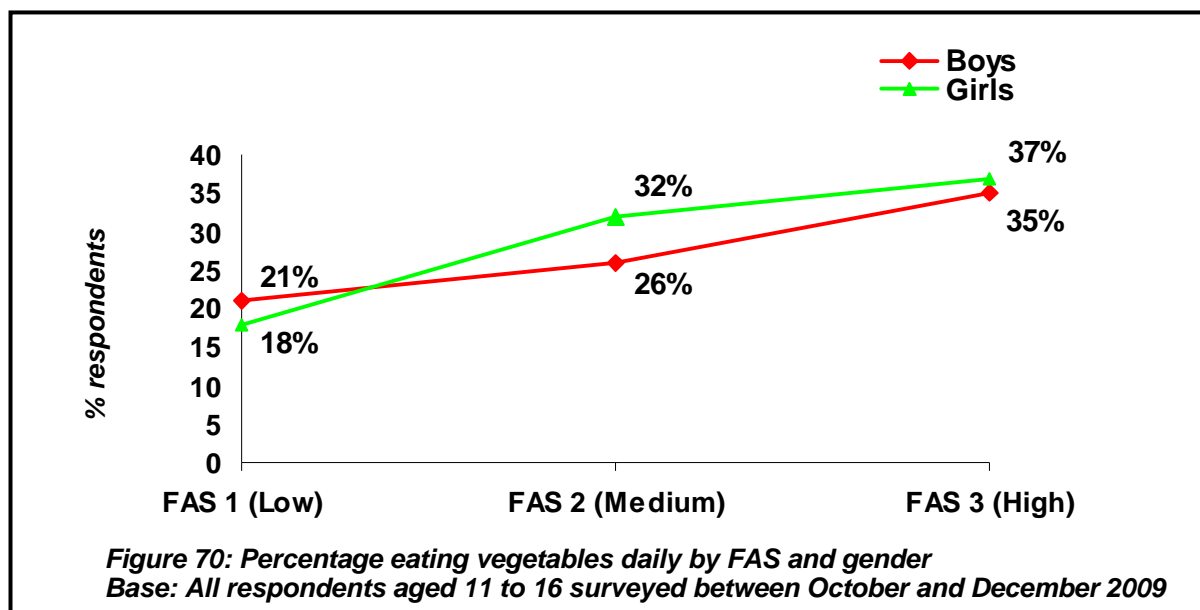
Health Behaviours

Percentage eating vegetables daily



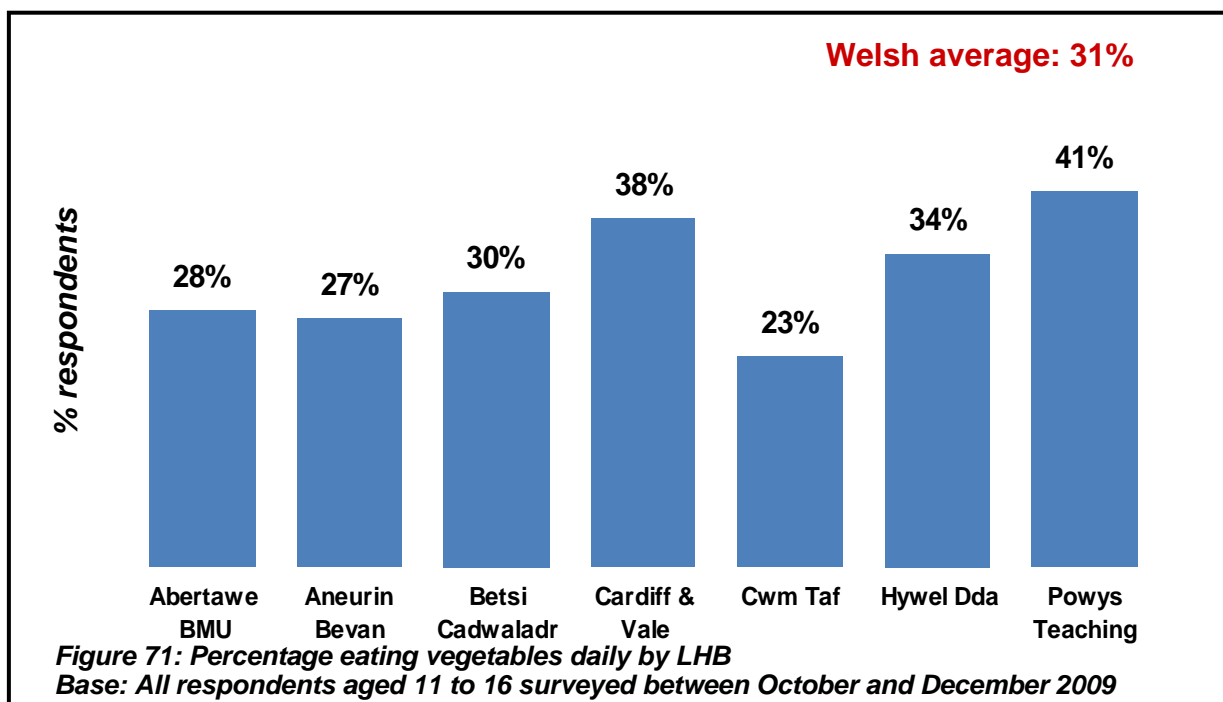
The rate of daily vegetable consumption is stable across Years 7 to 11 for both boys and girls. Differences between the genders on vegetable consumption are not significant, except in Year 7.

Girls in the middle and higher affluence groups and boys in the highest affluence group are more likely than those in the least affluent groups to eat vegetables every day.



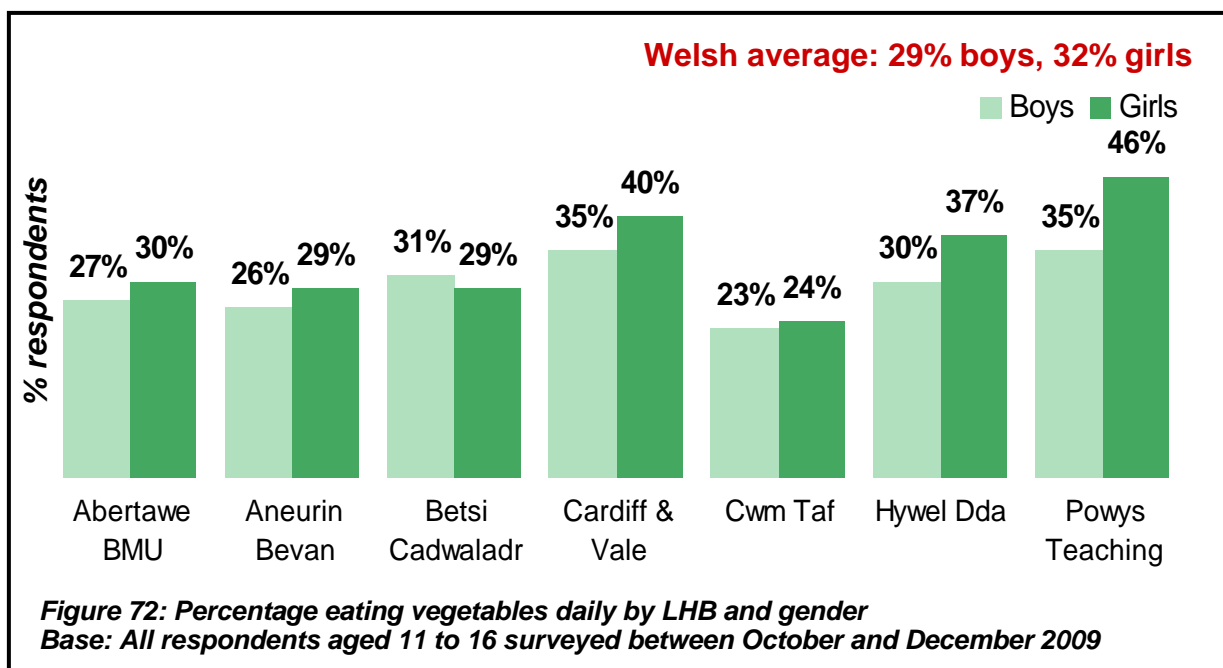
Health Behaviours

Percentage eating vegetables daily



Children in Cardiff and the Vale, Hywel Dda and Powys Teaching LHBs are more likely than children in other LHBs to be regular vegetable eaters. Children in Cwm Taf are less likely than children living in most other LHB areas to say they eat vegetables daily (note that differences between Cwm Taf and Abertawe BMU and Aneurin Bevan are not statistically significant).

Findings for girls and boys are comparable within most LHBs, although in Hywel Dda and Powys Teaching LHBs girls are more likely than boys to say they eat vegetables regularly.



Health Behaviours

Percentage consuming sugary soft drinks daily

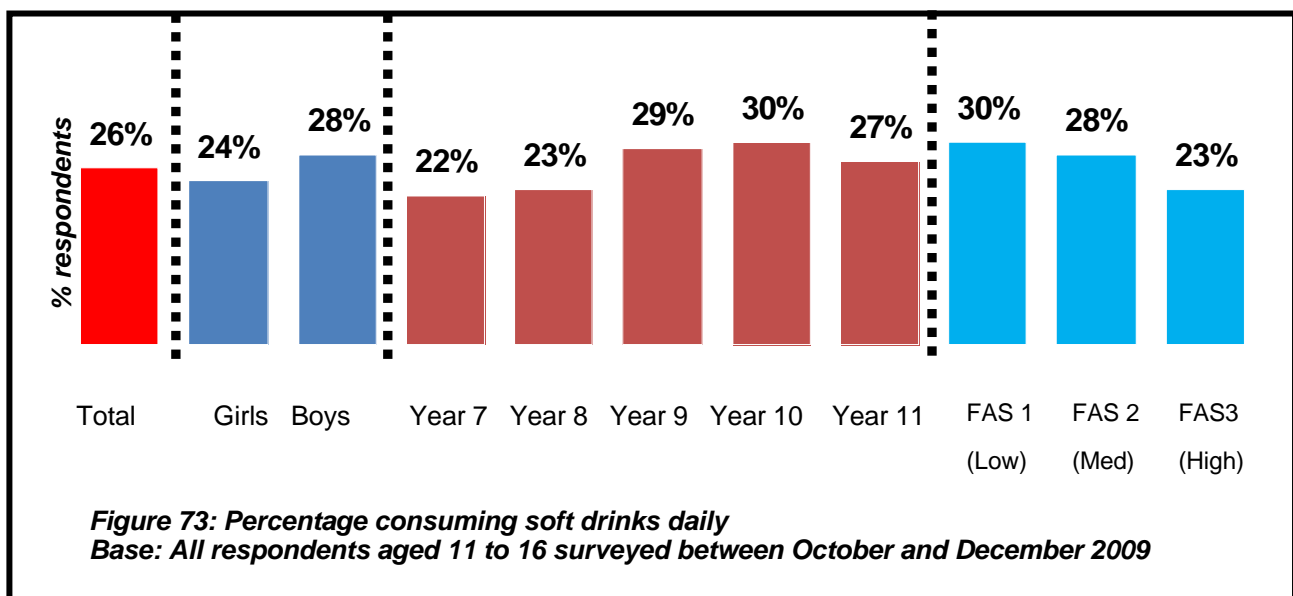
Just over a quarter of secondary school students surveyed report drinking soft drinks on a daily basis (including drinks containing sugar but excludes diet drinks).

Slightly but significantly more boys than girls report drinking these beverages regularly.

The proportion drinking soft drinks regularly increases with age: those in Years 9 to 11 are significantly more likely than children in Years 7 and 8 to drink them.

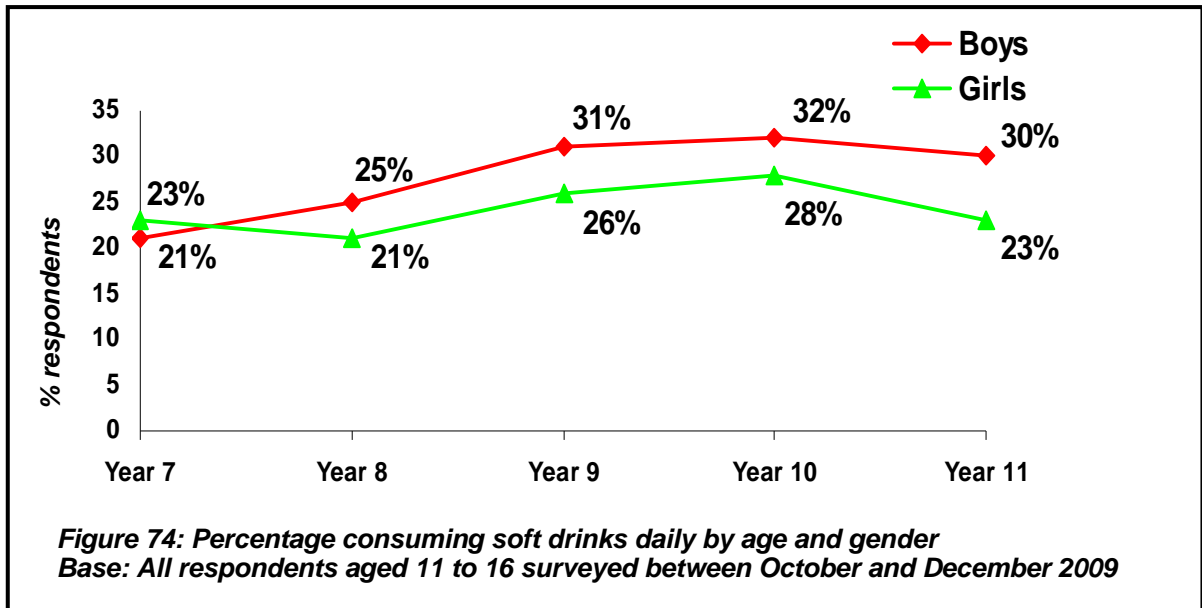
Family affluence again shows a strong influence on children's diet: those from the most affluent families are less likely than those from the lowest affluence group to report drinking sugary drinks every day.

The trends in these data are broadly the reverse of those for consumption of healthier foods such as fruit and vegetables.



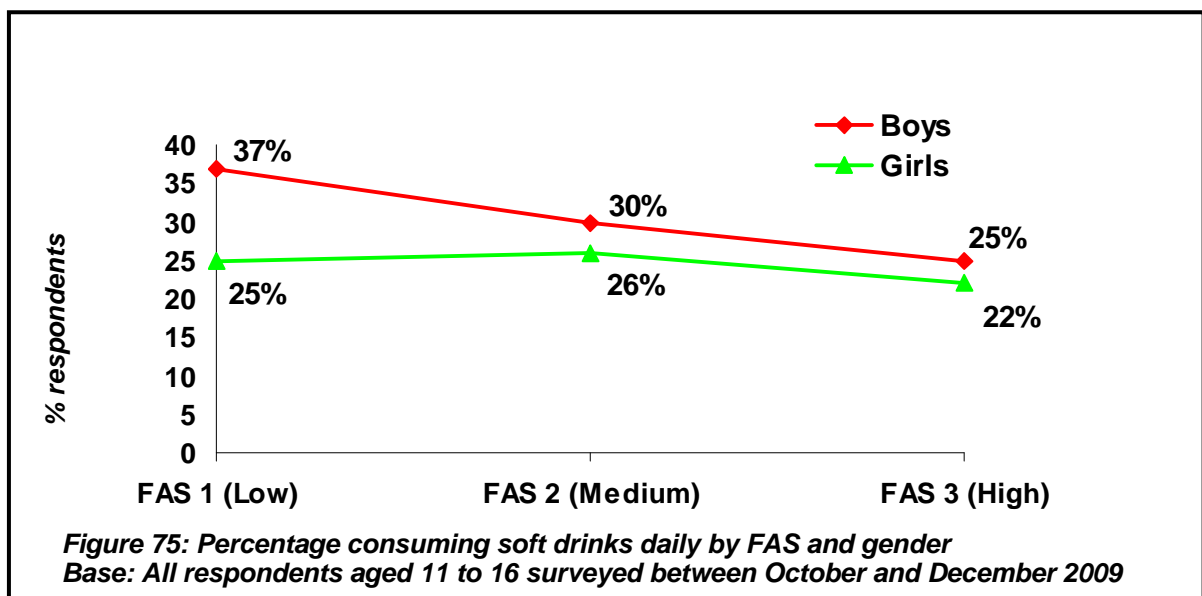
Health Behaviours

Percentage consuming sugary soft drinks daily



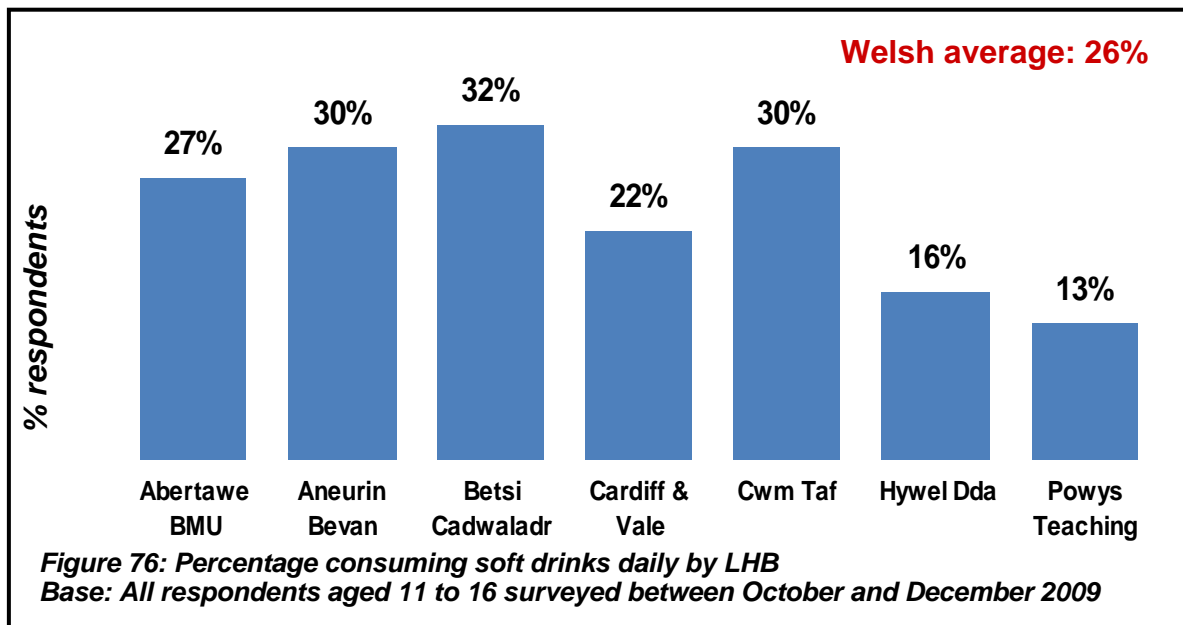
For both boys and girls there is a broad trend for consumption of sugary drinks to increase with age: boys in Years 10 and 11 consume soft drinks more frequently than Year 7 boys, and Year 10 girls consume at a higher rate than Year 7 girls. Consumption is similar for boys and girls within each year group, with the exception of Year 11 when a larger proportion of boys than girls consume sugary drinks every day.

Boys from lower affluence families are significantly more likely than boys from the most affluent backgrounds to drink soft drinks daily.



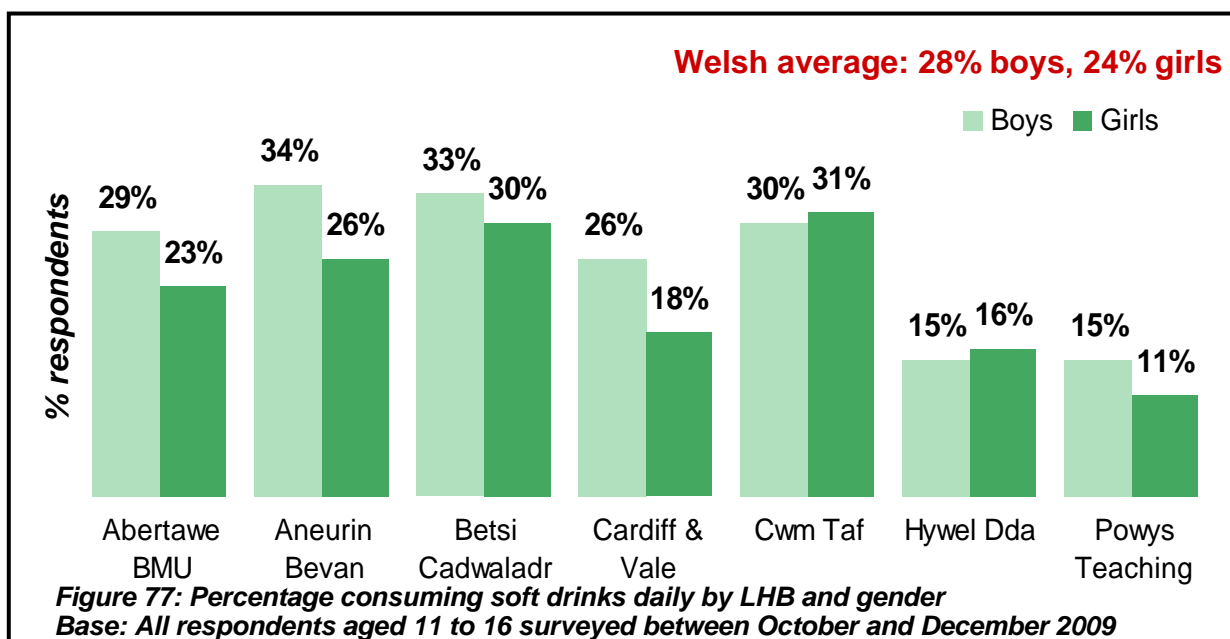
Health Behaviours

Percentage consuming sugary soft drinks daily



Children in Cardiff and the Vale, Hywel Dda and Powys Teaching LHBs are less likely than children in other LHBs to drink sugary soft drinks every day. These findings mirror those for fruit and vegetables, and taken together the findings suggest healthier diets among respondents in these three areas.

Findings by gender within LHB are generally similar, although boys are statistically significantly more likely than girls to consume soft drinks every day in Aneurin Bevan and Cardiff and the Vale LHBs.



Health Behaviours

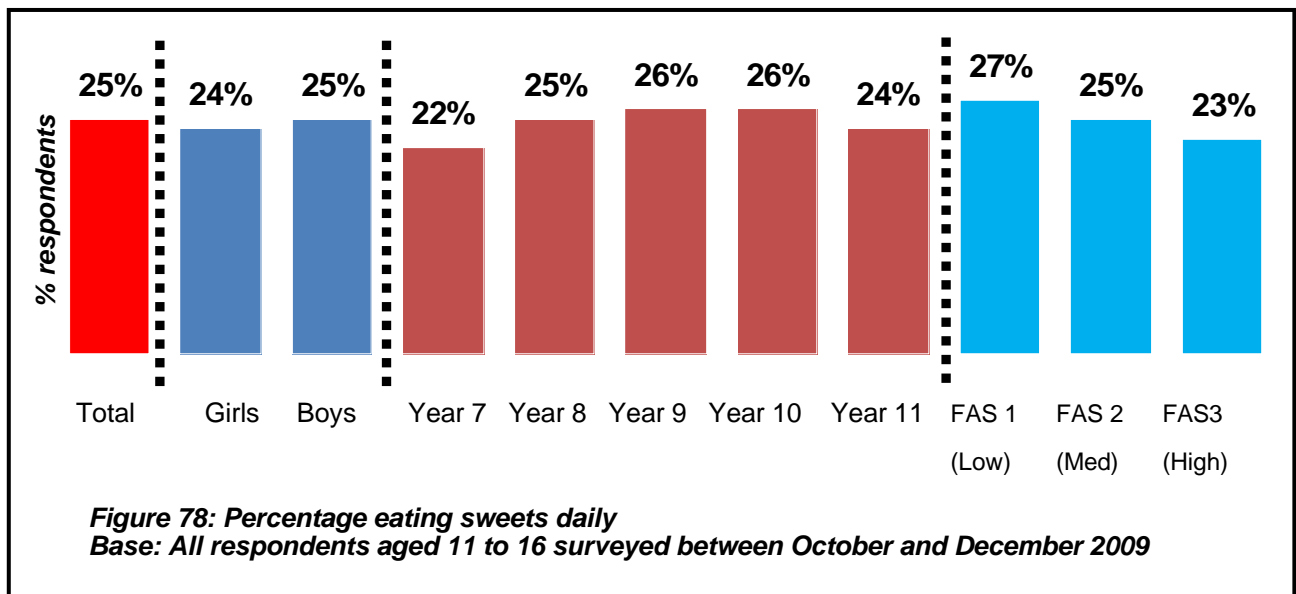
Percentage eating sweets daily

A quarter of secondary school students report eating sweets on a daily basis.

There are no significant differences by age and gender in terms of daily sweet consumption.

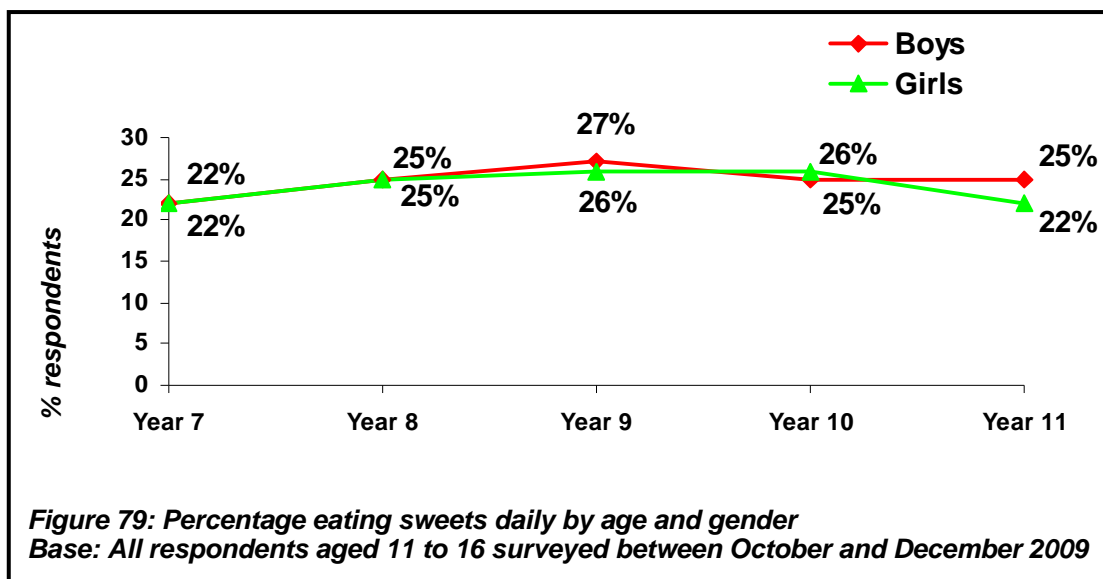
There is a small but significant difference between children from the most affluent families and those from the middle and lower affluence groups: just over one in four children from the least affluent families say they eat sweets daily, compared with just over one in five from the most affluent families.

The trends in these data are broadly similar to those for soft drink consumption, but differences between subgroups are less pronounced.



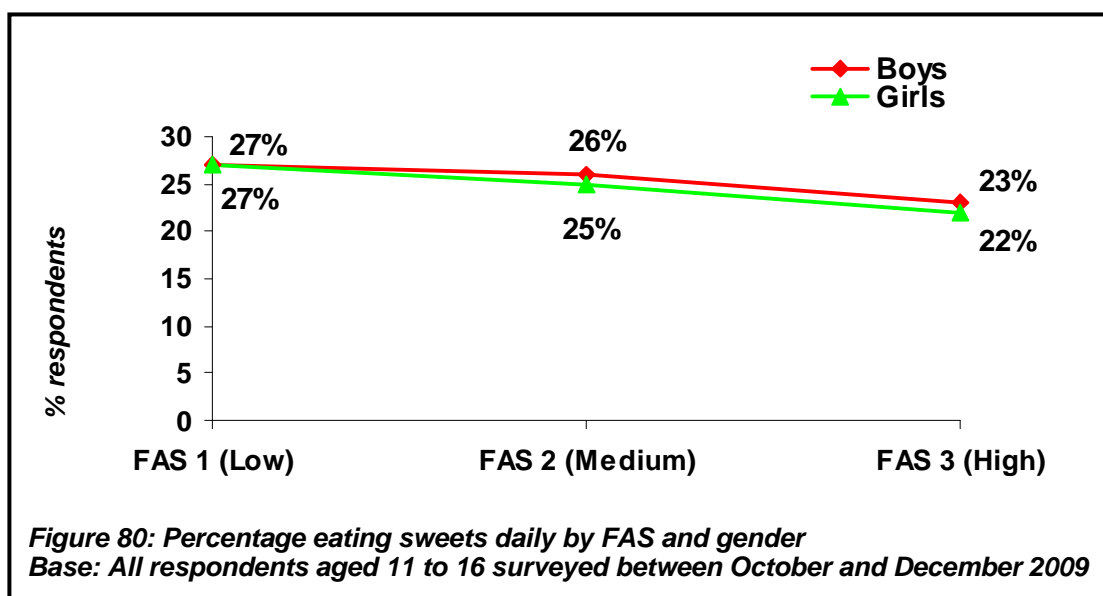
Health Behaviours

Percentage eating sweets daily



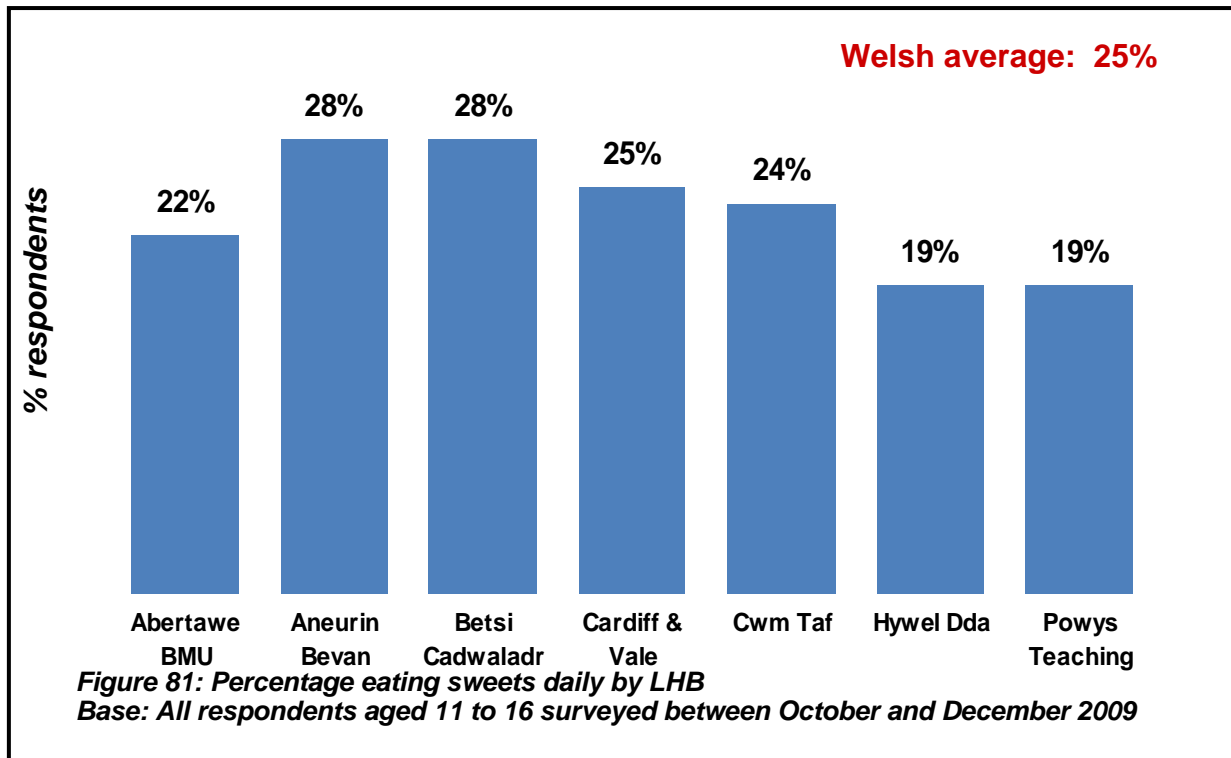
There are no significant differences in sweet consumption for boys or girls of different ages, or between boys and girls of the same age.

Boys and girls from different family backgrounds are no more or less likely than each other to eat sweets daily.



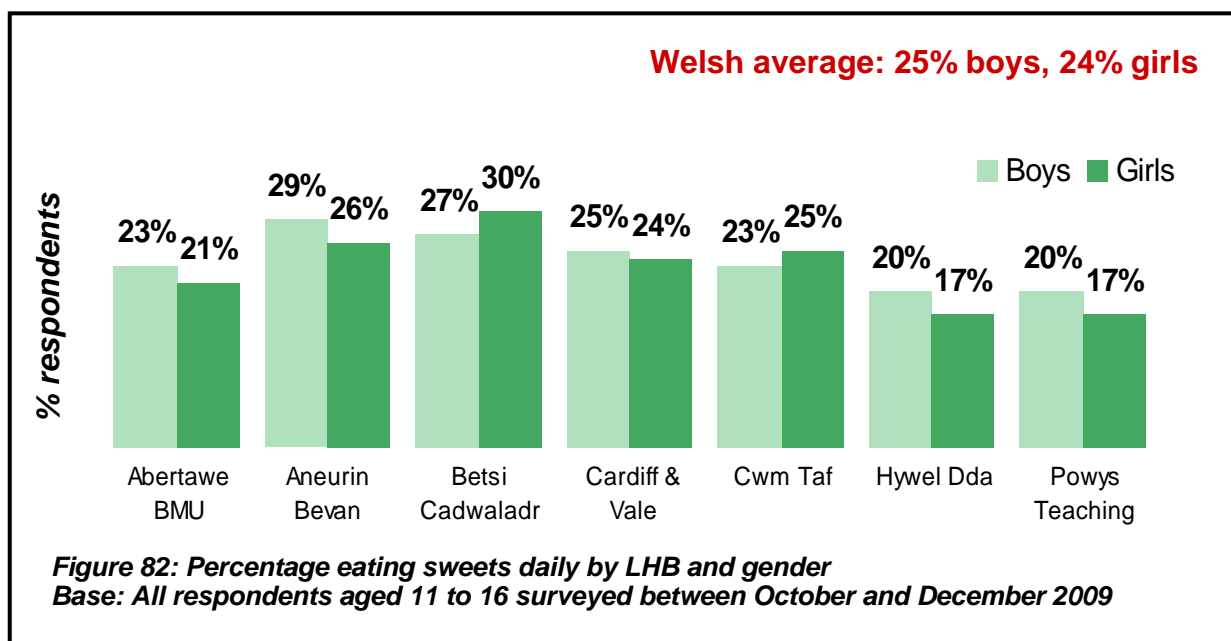
Health Behaviours

Percentage eating sweets daily



Children in Hywel Dda and Powys Teaching LHBs are less likely than children on average to eat sweets every day.

There are no significant differences between girls and boys in individual LHB areas on this measure.



Health Behaviours

Percentage brushing teeth more than once per day

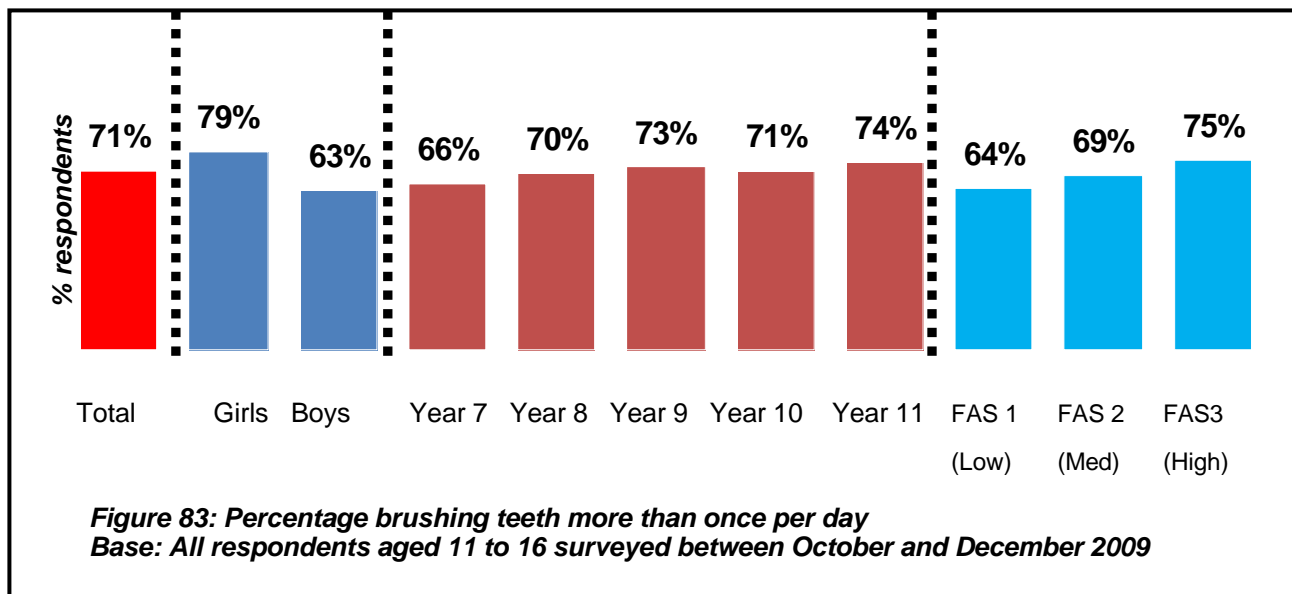
Survey respondents were asked how often they brushed their teeth – response options ranged from more than once daily to never. We have used the proportion brushing their teeth at least twice daily as our indicator for this analysis.

Seven in ten secondary school children report brushing their teeth at least twice a day.

Significantly more girls than boys brush their teeth regularly: four in five girls brush more than once per day compared with just under two thirds of boys.

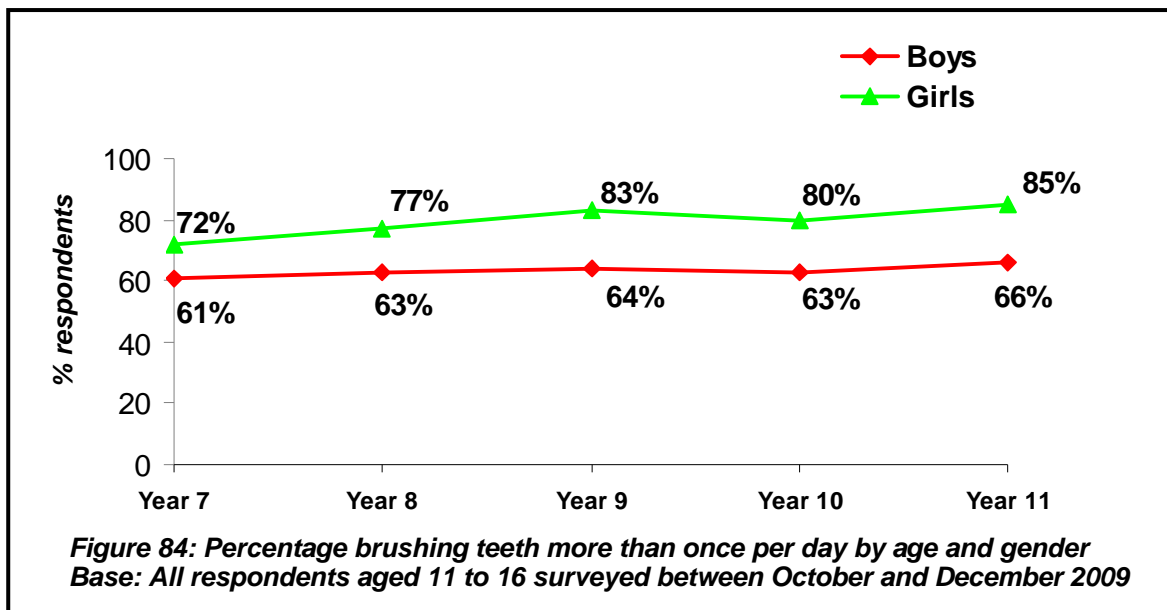
Children in Year 7 are less likely than those in Years 9 and 11 to brush their teeth more than once per day: rates of regular brushing increase from two thirds of children to three quarters of children across Years 7-11.

There are significant differences between all affluence groups: the more affluent their family background, the more likely children are to be regular brushers.



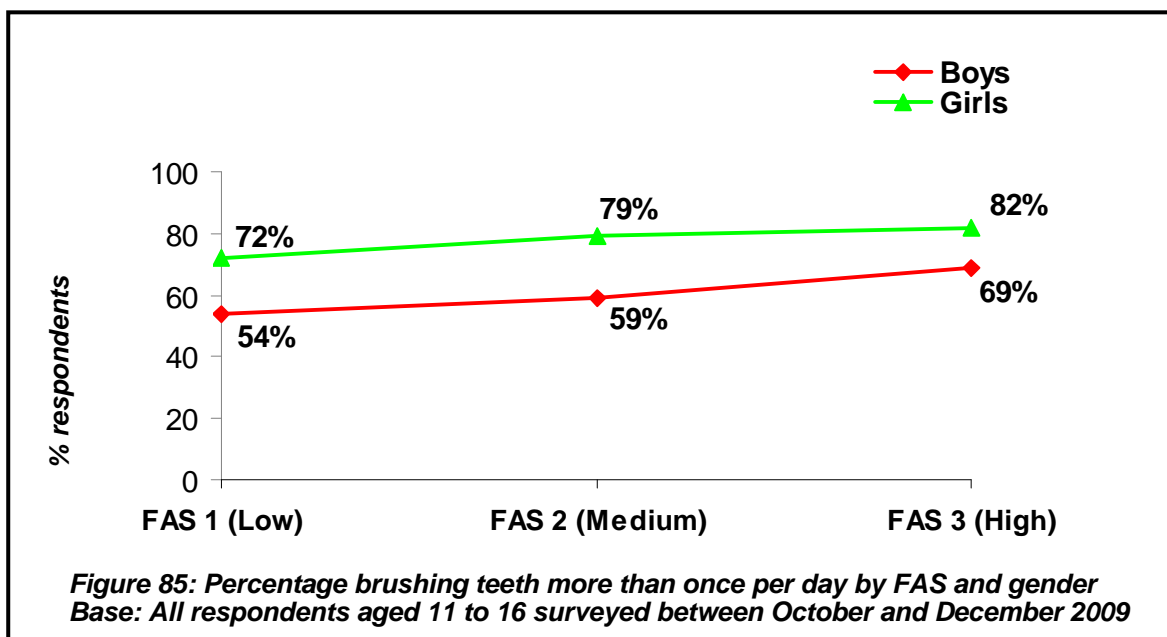
Health Behaviours

Percentage brushing their teeth more than once daily



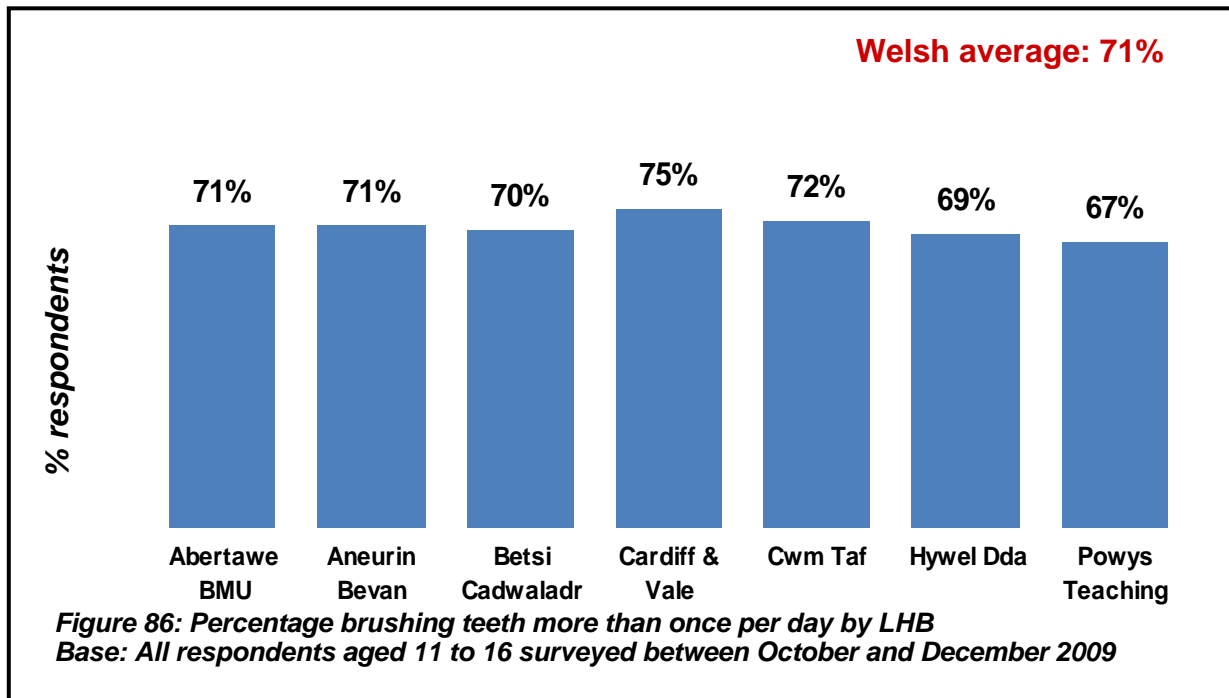
Girls in all year groups are significantly more likely than boys in any year group to brush their teeth twice a day. Boys in the older age groups are no more likely than younger boys to brush their teeth regularly, but girls in Years 9 and 11 are significantly more likely than younger girls to brush their teeth twice a day.

Both boys and girls from the most affluent backgrounds are more likely than boys from the middle and lowest affluence groups to brush their teeth regularly. Within each affluence group, girls are significantly more likely than boys to brush their teeth twice a day.



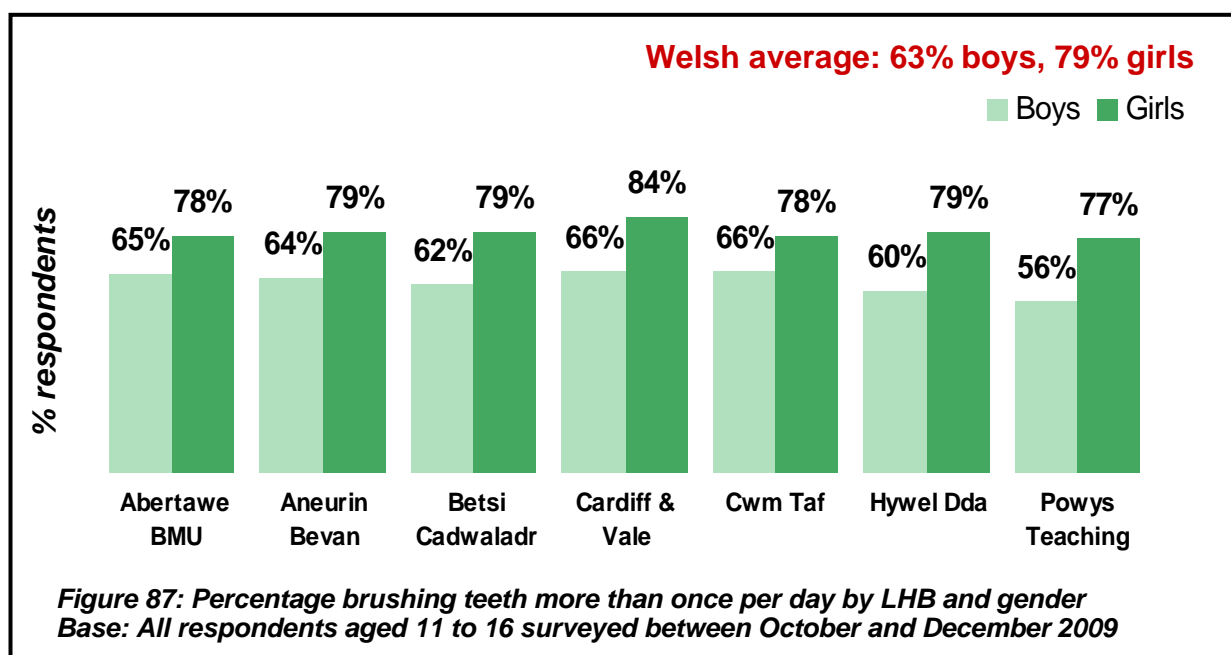
Health Behaviours

Percentage brushing teeth more than once per day



Rates of teeth-brushing are similar for children in all LHBs, although those in Powys teaching area are less likely than average to say they brush more than once daily, and children in Cardiff in the Vale more likely to do so.

In most LHB areas, girls are more likely than boys to brush their teeth daily (gender differences were not statistically significant in Betsi Cadwaladr and Hywel Dda areas, however).



Health Behaviours

Percentage physically active at least five days per week

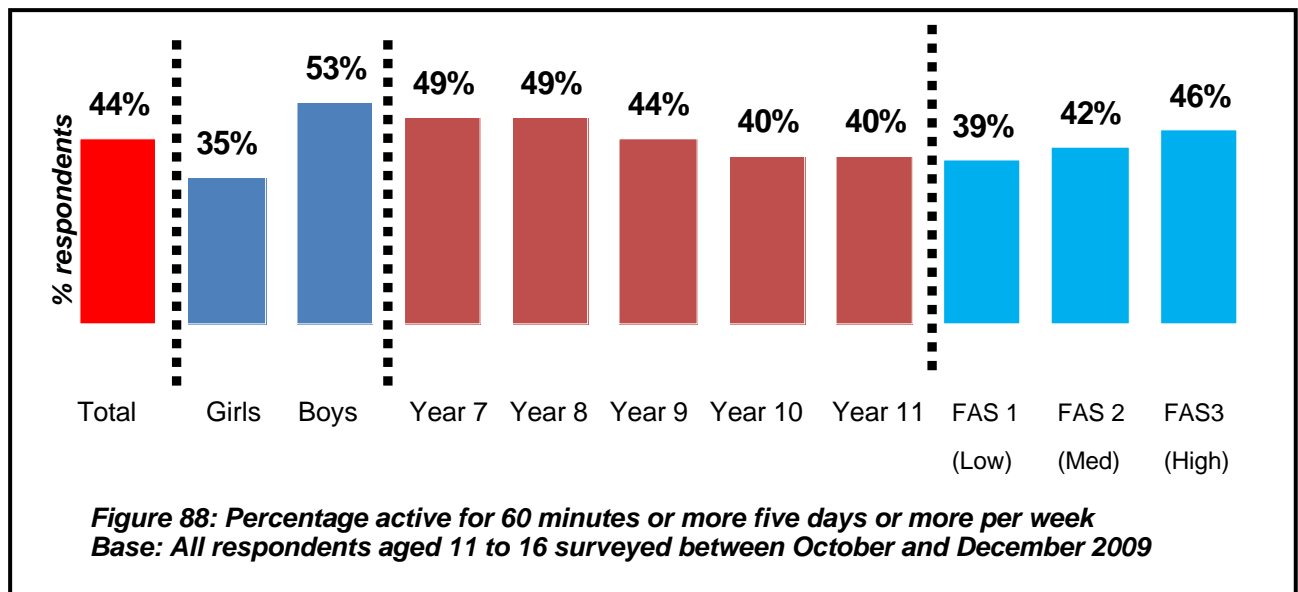
Survey respondents were asked how many days in the last week they had been physically active for at least an hour. We have used the proportion who reported being active on *at least 5 days* in the last week for this analysis.

Just over two in five secondary school students report being active for an hour or more at least 5 days a week.

Rates of physical activity vary substantially by gender, with around one in three girls doing 60 minutes five days a week compared to more than half of boys.

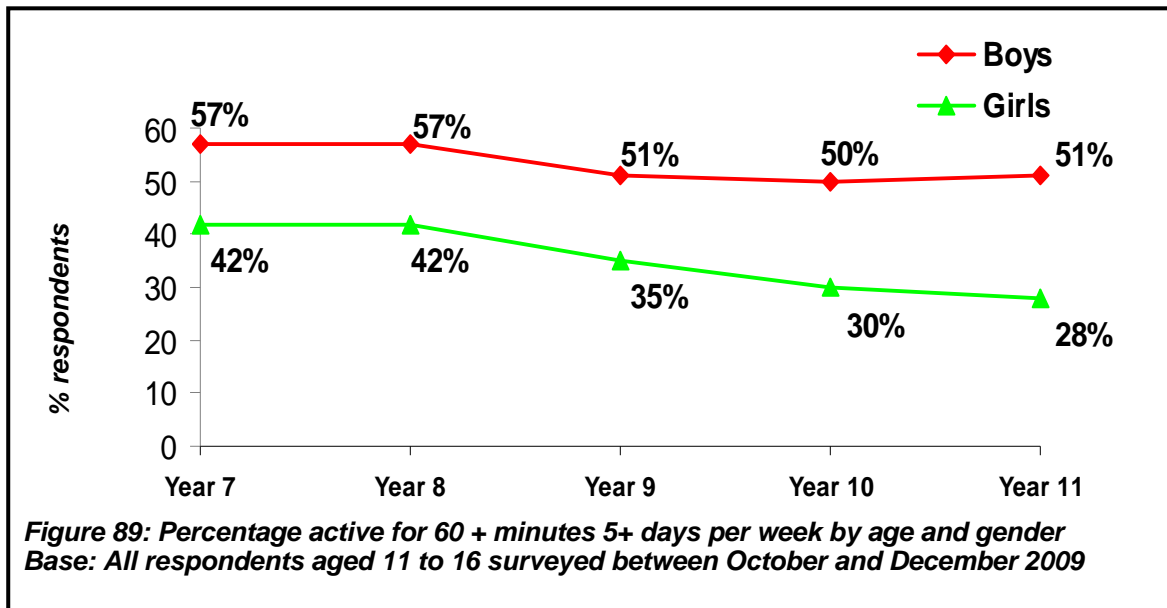
Rates of physical activity decrease slightly with age: Year 7 and 8 students are more likely to exercise regularly than those in Years 9 to 11.

Children from the highest affluence group are slightly more likely to do regular exercise than those from the middle and lowest affluence groups.



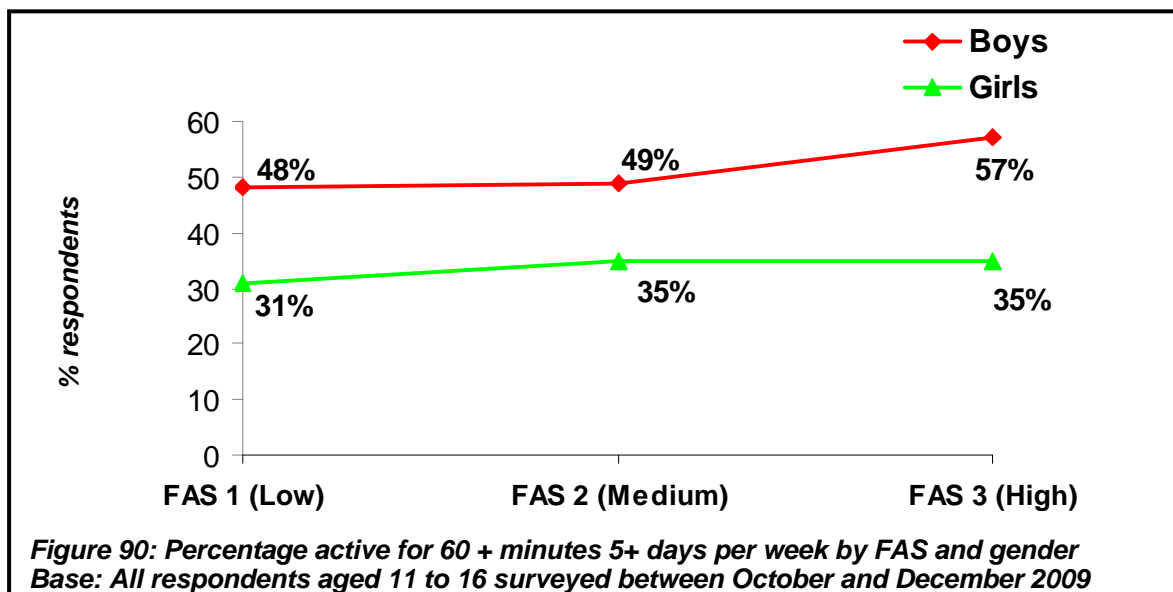
Health Behaviours

Percentage physically active at least five days per week



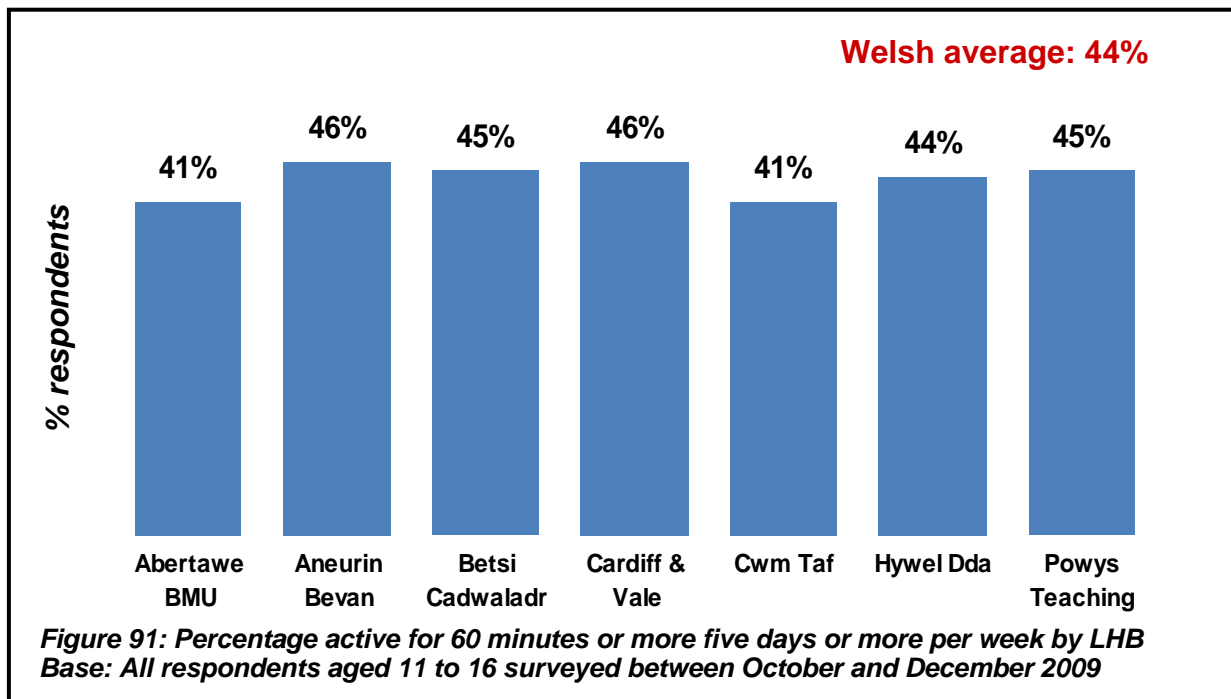
Older boys are no more or less likely than younger boys to say they get regular exercise. However, Year 7 and 8 girls are significantly more likely than older girls to get regular exercise. In all age groups, boys are significantly more likely than girls of the same age to be getting regular exercise.

Boys from the most affluent families are significantly more likely than boys from the middle and lower affluence groups to be active on 5 or more days of the week. However, there is no difference between girls from different family backgrounds in terms of the amount of exercise they get. Boys are more likely than girls to get regular exercise within all three affluence groups.



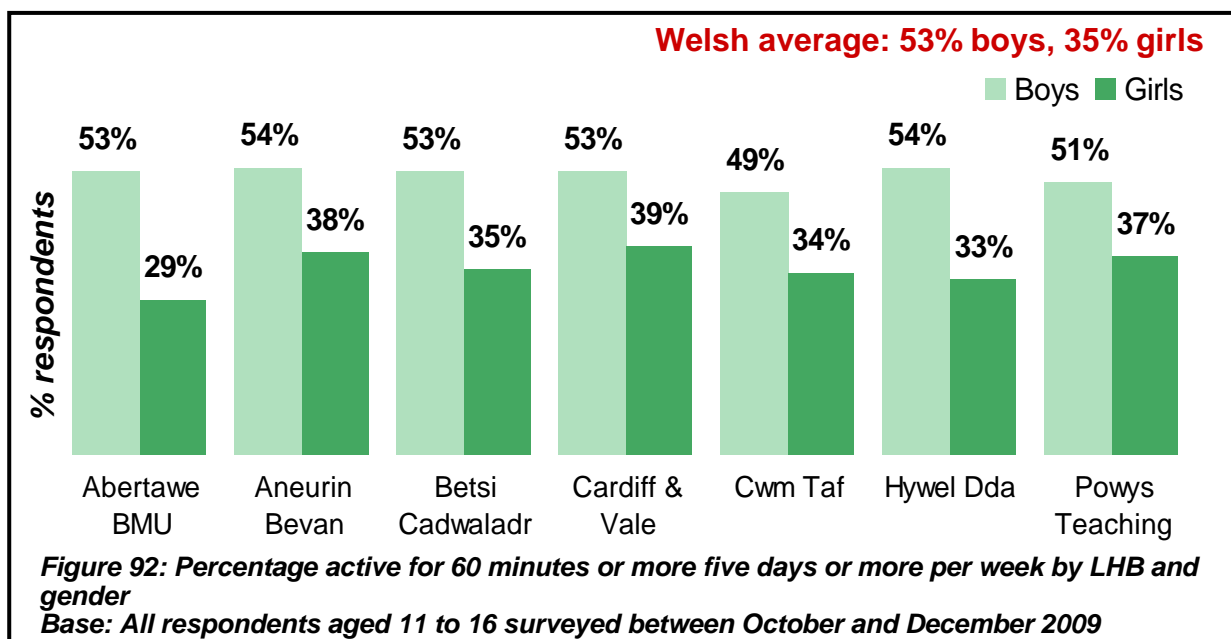
Health Behaviours

Percentage physically active at least five days per week



Rates of physical activity are broadly similar for children across all Welsh LHB areas.

High rates of physical activity are more widespread among boys than girls in all LHB areas. However, girls in Abertawe BMU are less likely than girls in Aneurin Bevan and Cardiff and the Vale to say they are physically active for 60 minutes on at least 5 days of the week.



Health Behaviours

Percentage watching TV for two or more hours per day

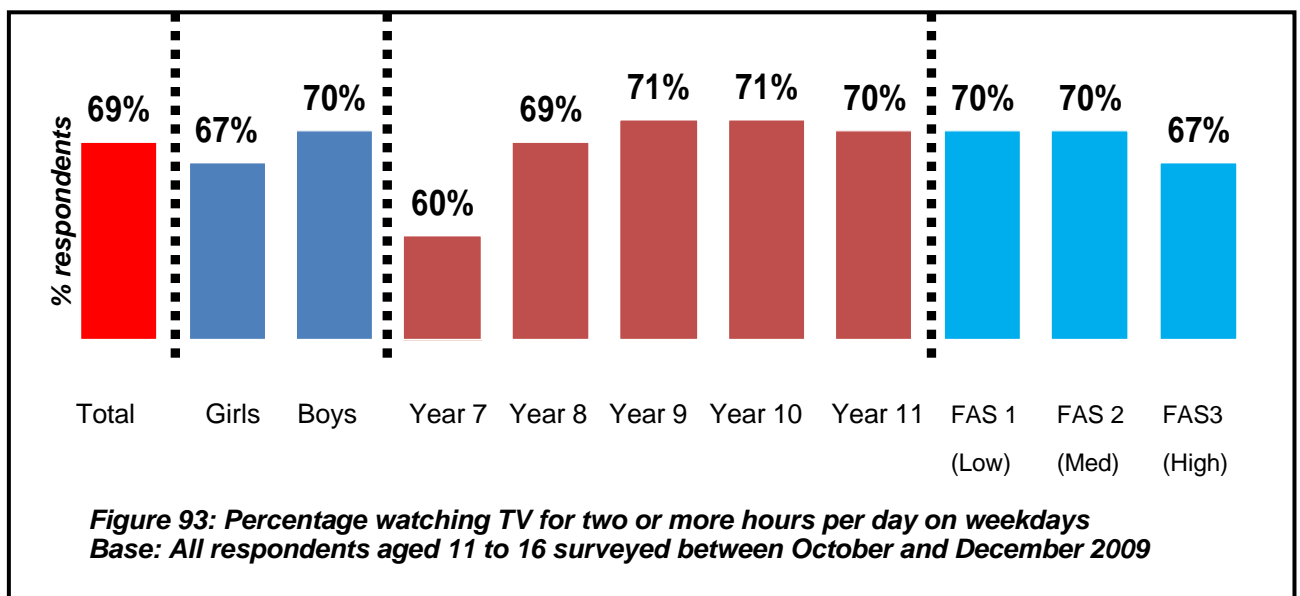
Survey respondents were asked how many hours per day they watched TV, videos or DVDs on weekdays and weekends. For this analysis we have used the proportion reporting at least two hours of TV watching per day during the school week.

More than two thirds of secondary school children watch TV for at least two hours per day in the week.

A slightly but significantly larger proportion of boys than girls than boys watch TV for two or more hours per day during the week.

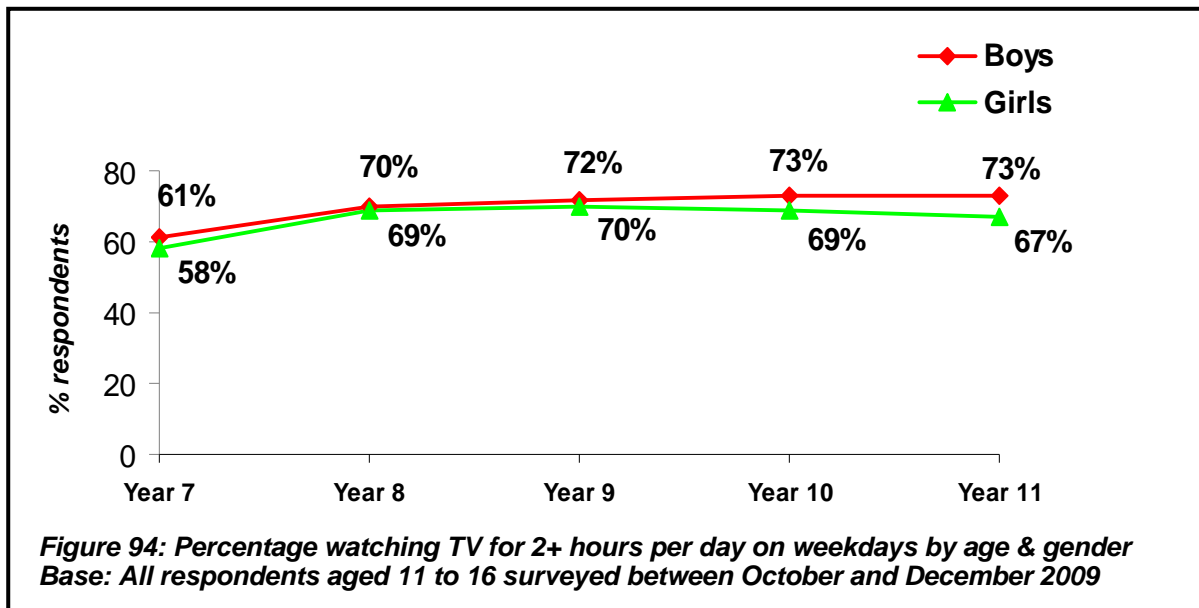
Rates of weekday TV watching increase sharply after Year 7: those in Years 8 to 11 are significantly more likely than Year 7 children to spend two or more hours per day on TV viewing.

Differences in rates of regular TV watching according to the affluence of a child's family are not significant.



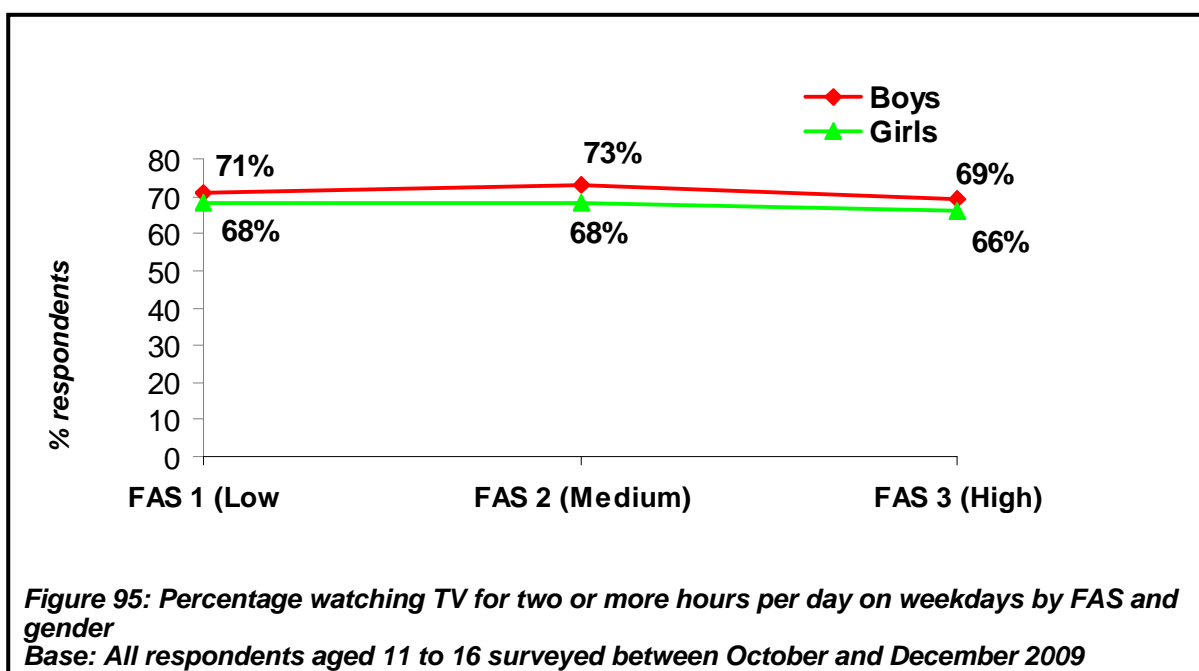
Health Behaviours

Percentage watching TV for two or more hours per day



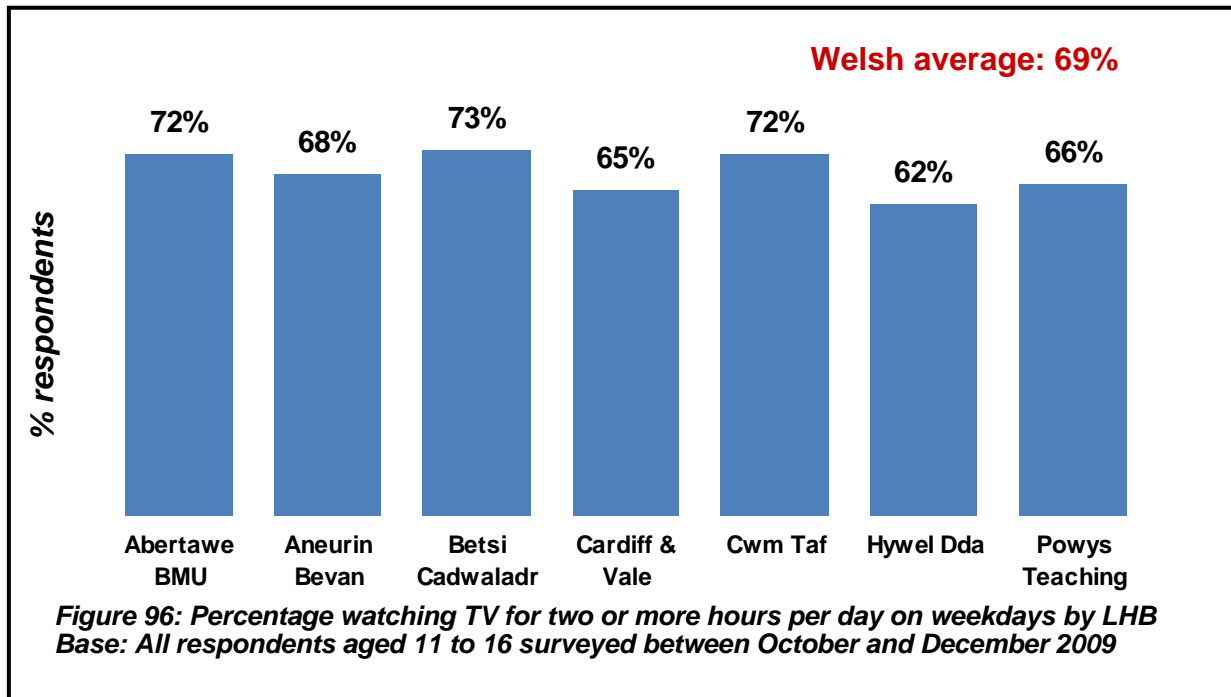
Year 7 children are significantly less likely than older children of the same gender to watch more than two hours of television per day. From Year 8 rates of TV watching are relatively constant for both genders as they get older. Within any single age group there are no statistically significant differences between boys and girls.

Boys and girls from similar family backgrounds are not significantly different in their TV watching habits, and there are no differences within a gender groups according to family affluence.



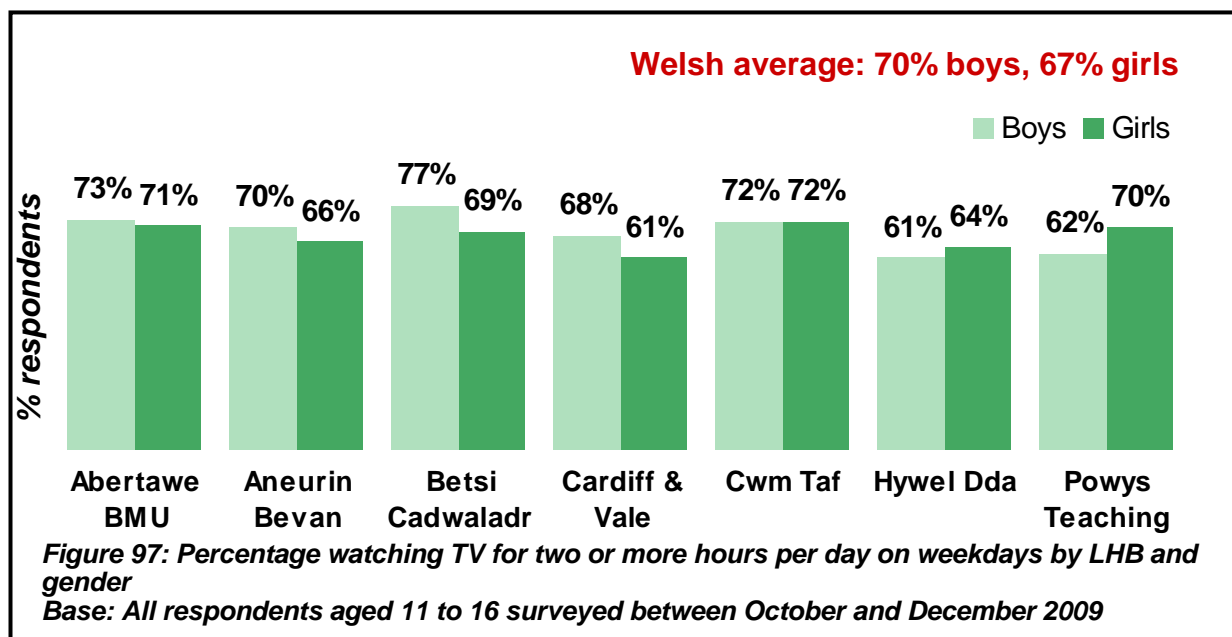
Health Behaviours

Percentage watching TV for two or more hours per day



Children in Hywel Dda and Cardiff and the Vale are less likely than Welsh children on average to spend two or more hours per day watching television, while children in Betsi Cadwaladr LHB are slightly more likely than the Welsh average to say they do so.

Findings are comparable among boys and girls in each LHB, although in Cardiff and the Vale LHB boys are more likely than girls to spend two or more hours per day watching TV.



Health Behaviours

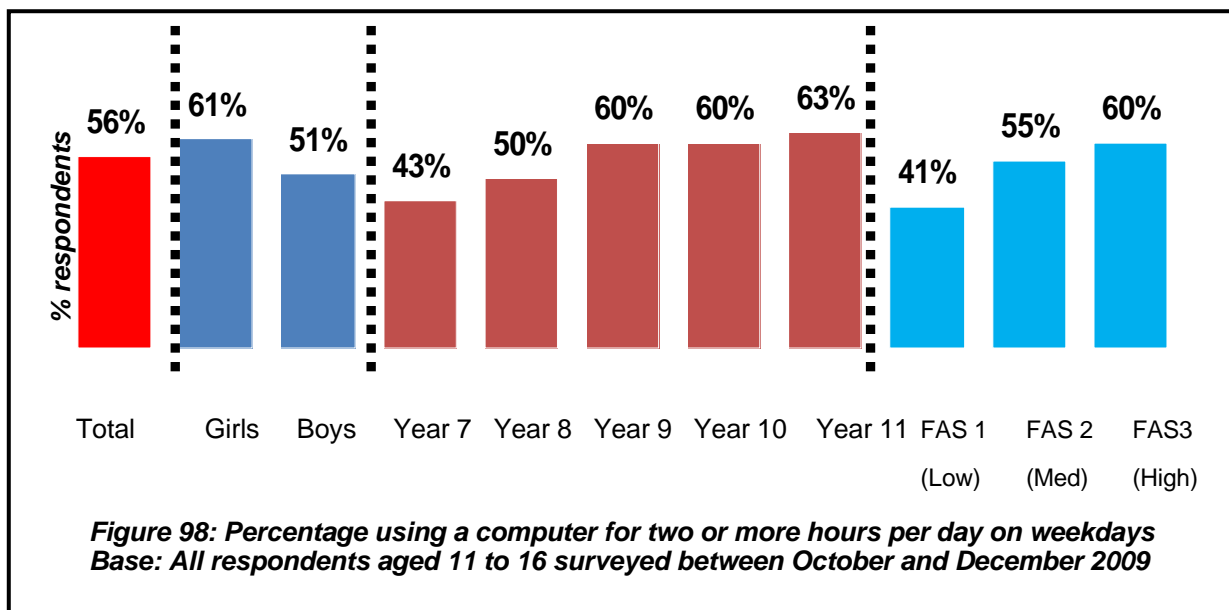
Percentage using a computer for two or more hours per day

Survey respondents were asked how long they spent playing computer games, and how long they spent on the Internet on weekdays and weekends. For this analysis we have focused on the proportion that spends two or more hours a day using a computer for the internet, email etc. on weekdays to allow comparability with previous years' surveys.

Just over half of secondary school children use a computer (for purposes other than games) for at least two hours a day in the week. Boys are more likely than girls to use a computer for significant periods of time in the week.

Rates of computer usage increase after Year 8: pupils in Years 9 to 11 are significantly more likely than those in Year 7 and 8 to use a computer.

Regular computer usage is more widespread among children from higher and middle affluence families than those from the least affluent backgrounds.

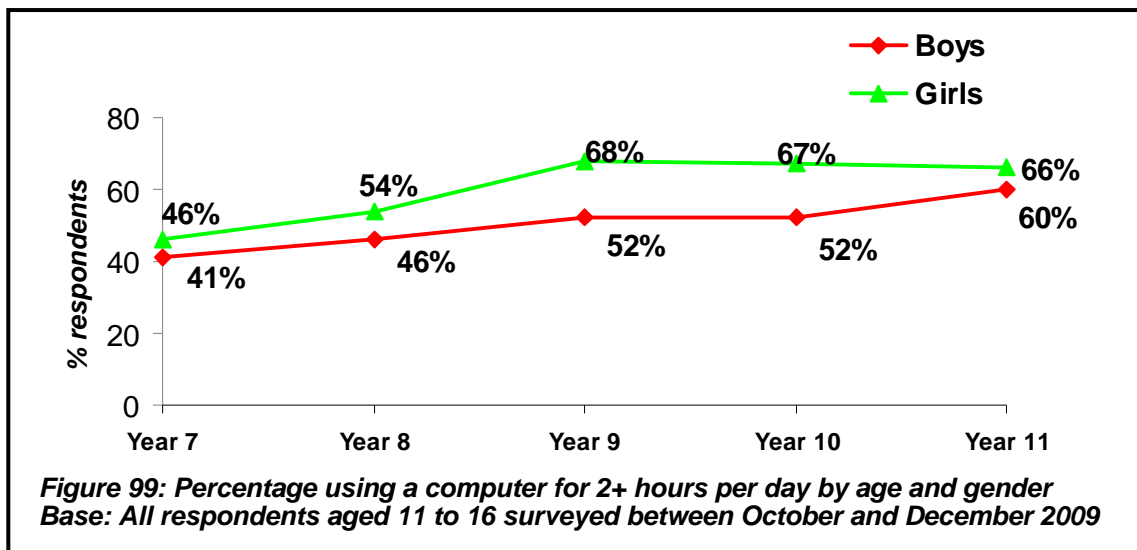


A slightly lower proportion of young people overall use a computer for a significant period of time during the week than those who watch significant amounts of television on weekdays.

The trends on computer usage are broadly similar to television watching in terms of age, but are reversed in terms of gender and affluence.

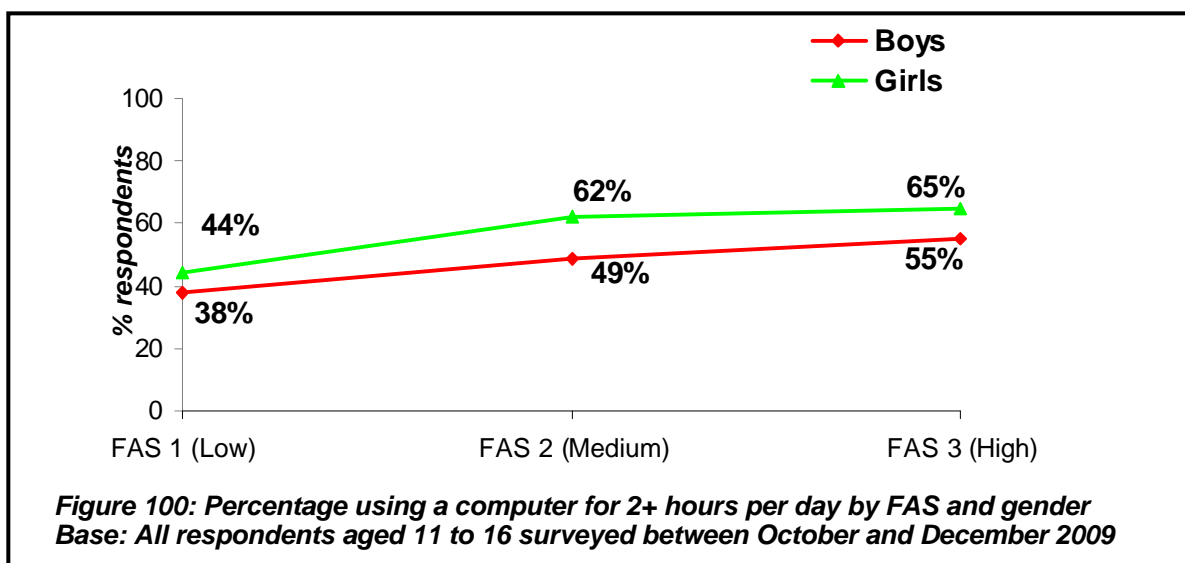
Health Behaviours

Percentage using a computer for at least two hours a day



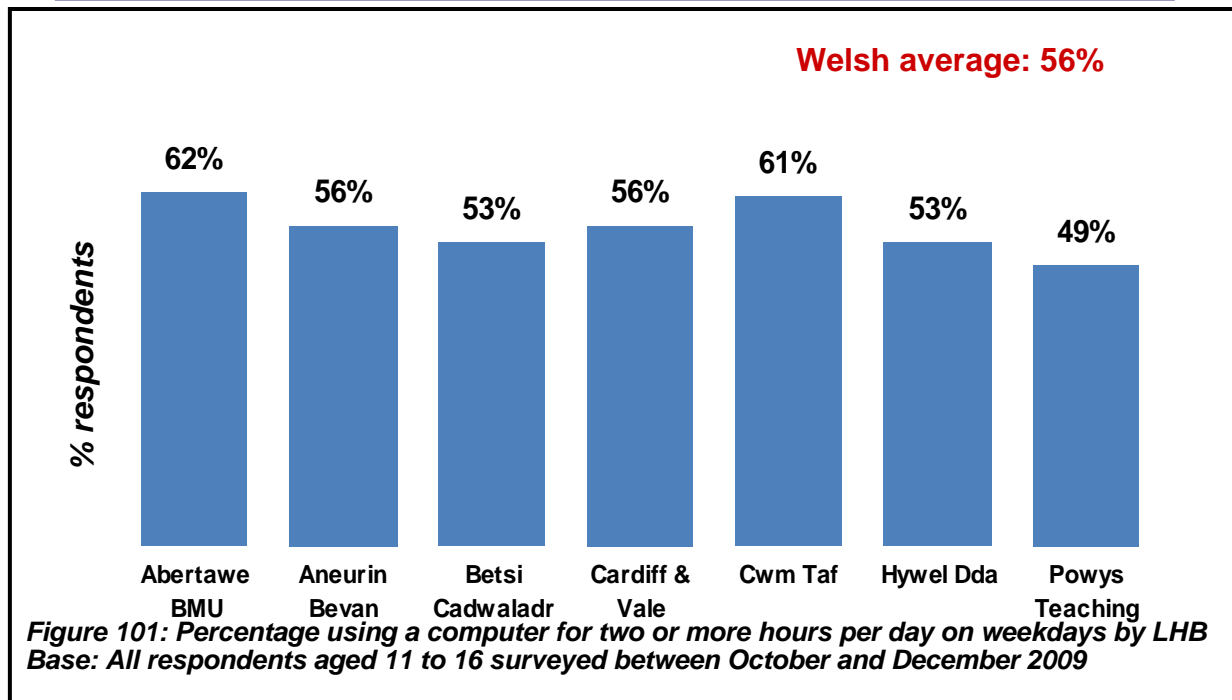
Year 9 to 11 boys are significantly more likely than younger boys to spend more than two hours on a computer during the week. The same trend is evident among girls: girls in Years 9 to 11 are more likely than younger girls to spend two or more hours per week on the computer. In Years 8 9 and 10 girls are significantly more likely than boys to spend time on the internet (other than playing games).

Girls in the middle and highest affluence groups are significantly more likely than girls from the least affluent group to use a computer for more than two hours a day. The same trend is observable in boys. Girls from middle and higher affluence backgrounds are more likely than boys from similar backgrounds to use the computer for non-gaming purposes for two or more hours a day.



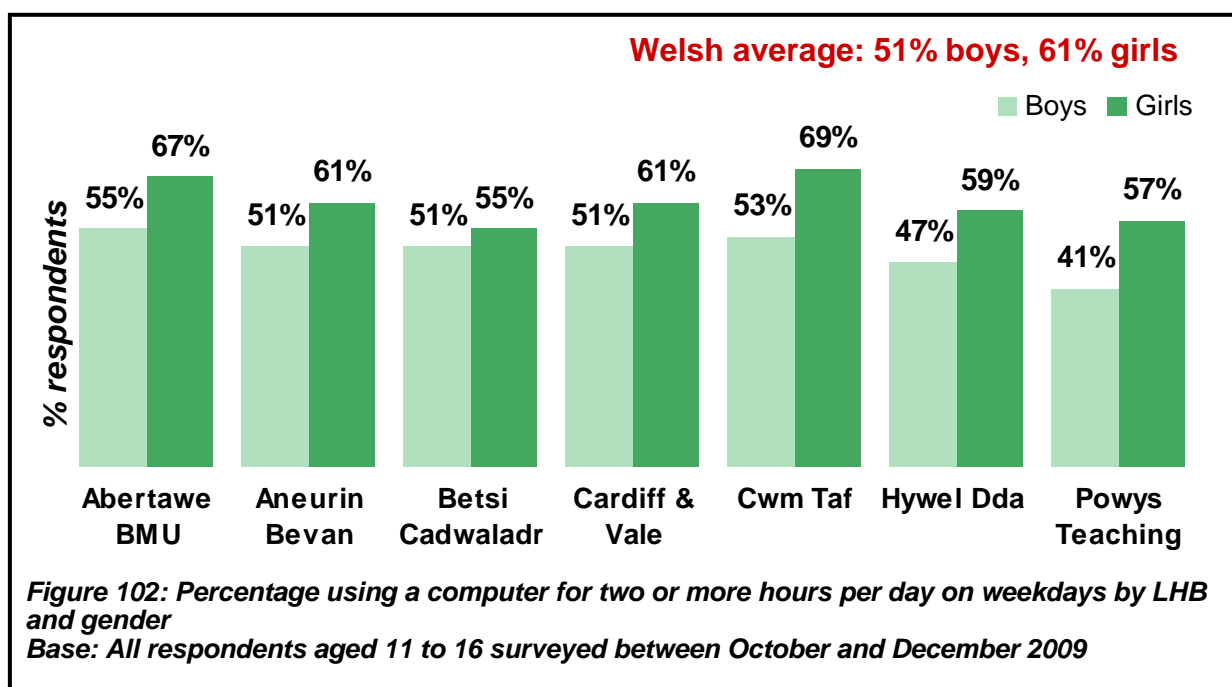
Health Behaviours

Percentage using a computer for two or more hours per day



There is quite significant geographical variation in terms of computer usage. Children in Abertawe BMU and Cwm Taf are significantly more likely than children from other areas to spend two or more hours per day using the internet.

Girls in all areas are more likely than boys from the same area to spend two hours on the internet during the week, except for those from Betsi Cadwaladr where gender differences are not significant.



Risk Behaviours

Percentage smoking at least once a week

Survey respondents were asked how often they smoked cigarettes at present. Response options ranged from *I do not smoke* to *every day*. For this analysis we have used the proportion who smoke cigarettes at least once a week.

Six percent of secondary school children report smoking at least once a week.

A larger proportion of girls than boys report smoking weekly.

Rates of smoking are relatively low for children in Years 7-9 but rise significantly with each year group, until Year 10 (Year 10 and Year 11 students are equally likely to smoke)

Rates of regular smoking decrease as the affluence of a children's family increases: those children from the most affluent families are less likely to smoke than those from the middle and lowest affluence groups.

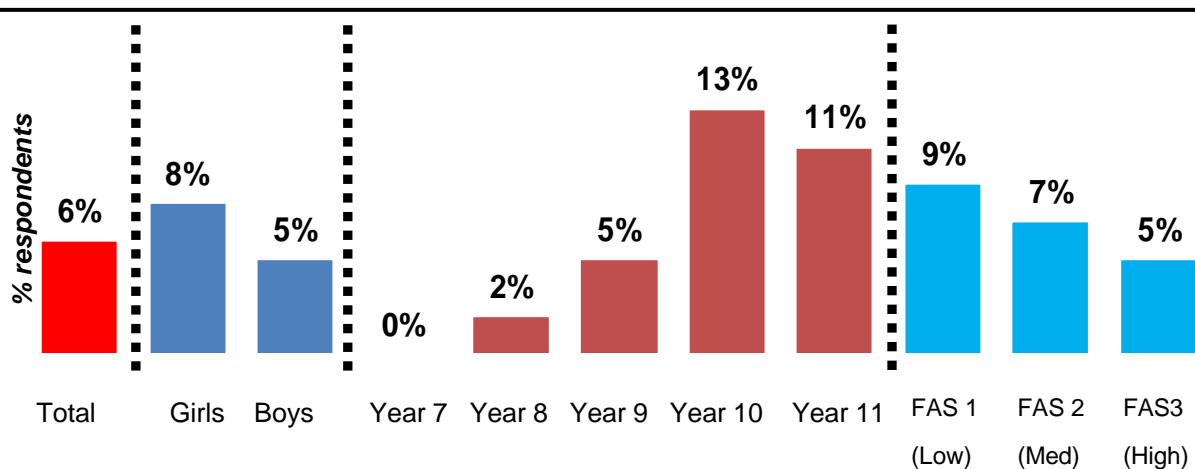
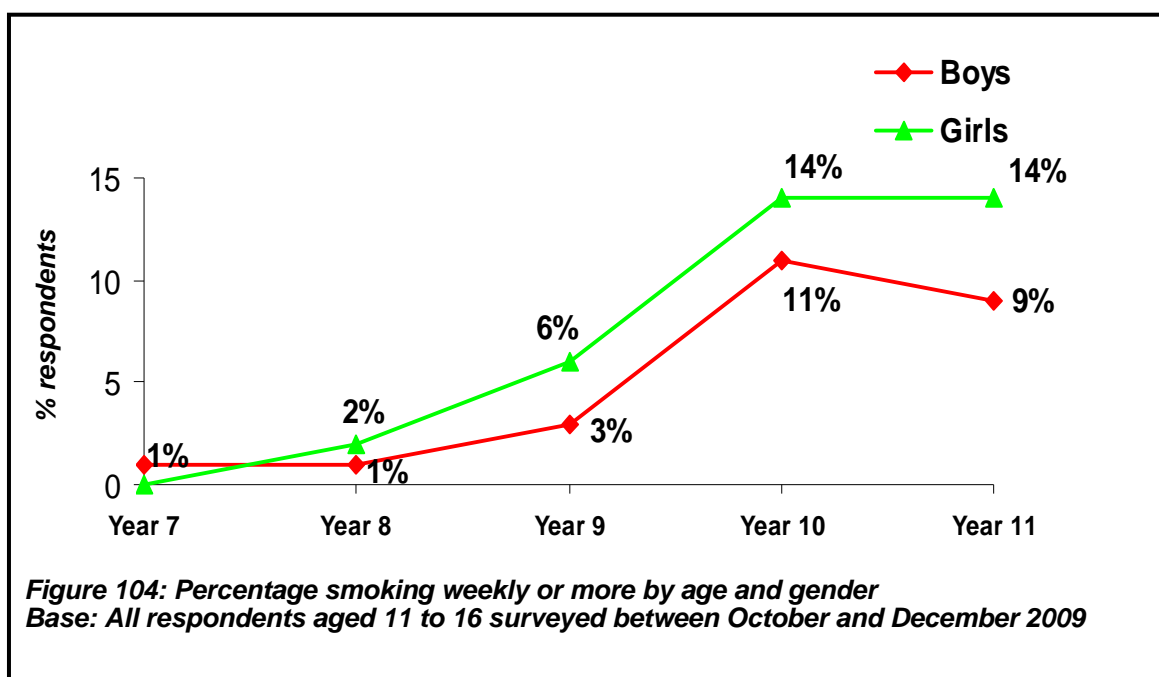


Figure 103: Percentage smoking weekly or more

Base: All respondents aged 11 to 16 surveyed between October and December 2009

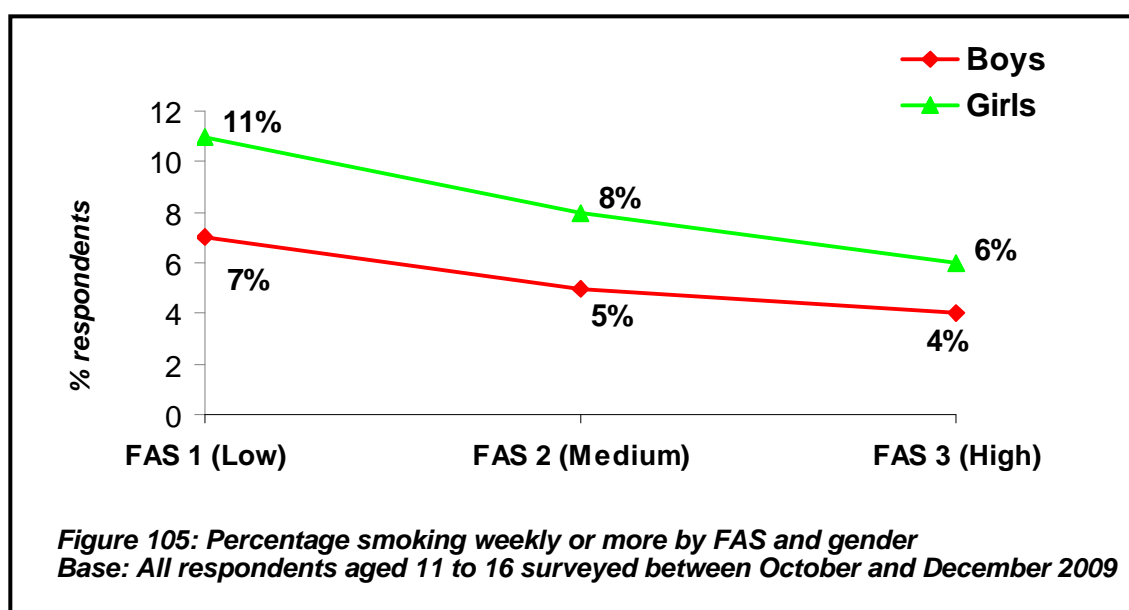
Risk Behaviours

Percentage smoking at least once a week



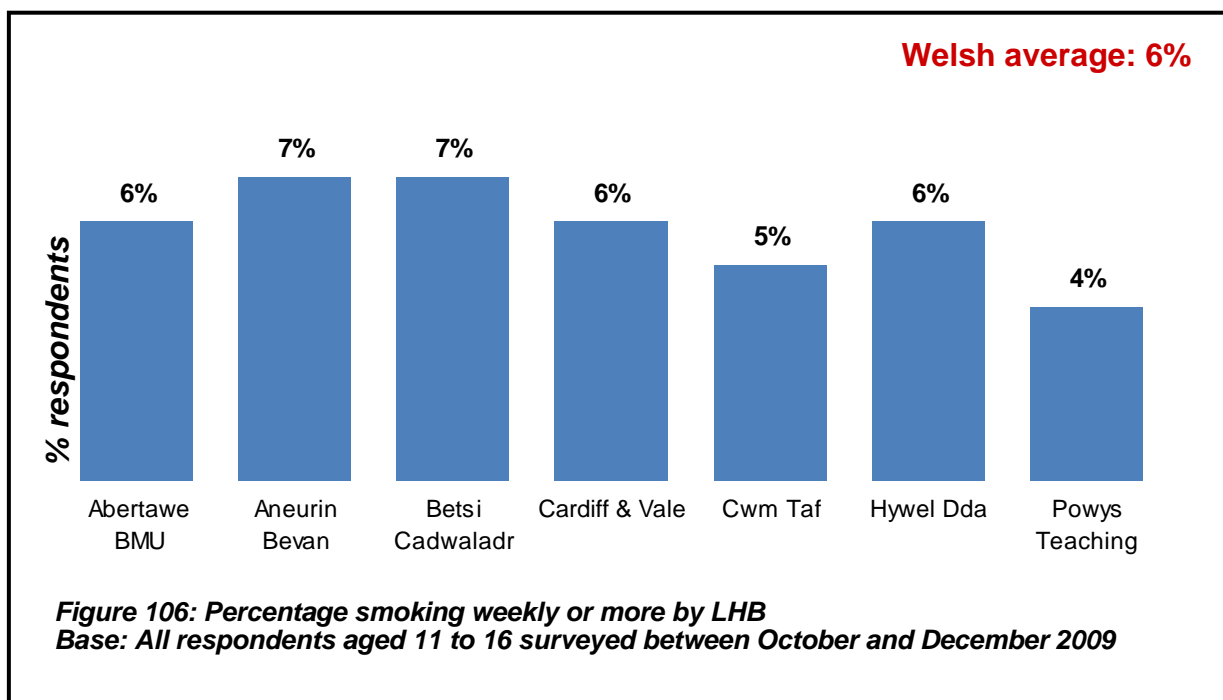
The proportion of secondary school children that smokes cigarettes at least once a week steadily increases with age for both boys and girls up to Year 10, when smoking rates level off. In Years 9 and 11, girls are significantly more likely than boys their own age to smoke regularly.

Girls in the lowest affluence group are more likely than girls in the highest affluence group to smoke. Within the lowest affluence group, smoking rates do not differ by gender, but girls from middle and higher affluence backgrounds are more likely than boys from similar backgrounds to smoke.



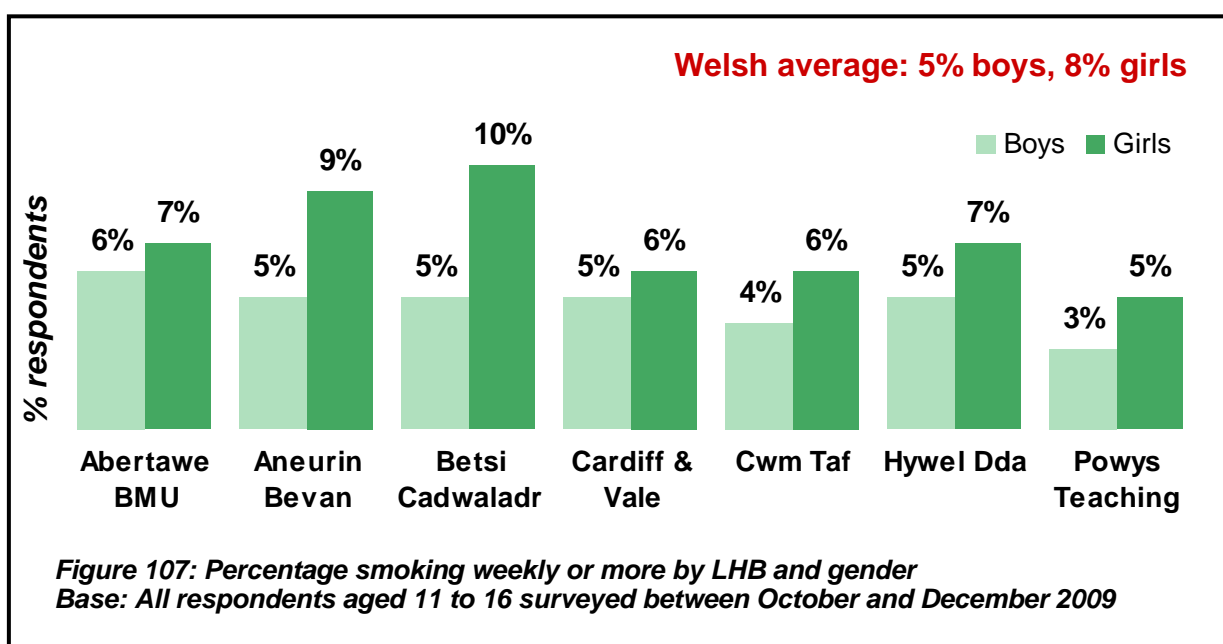
Risk Behaviours

Percentage smoking at least once a week



There are no statistically significant differences between the rates of smoking across LHB areas.

Smoking rates for boys and girls are broadly similar within all LHBs, although girls are more likely than boys to have smoked recently in Aneurin Bevan and Betsi Cadwaladr LHBs. Girls in these areas are also more likely than girls in other areas to have smoked recently.



Risk Behaviours

Percentage smoked in the last 30 days

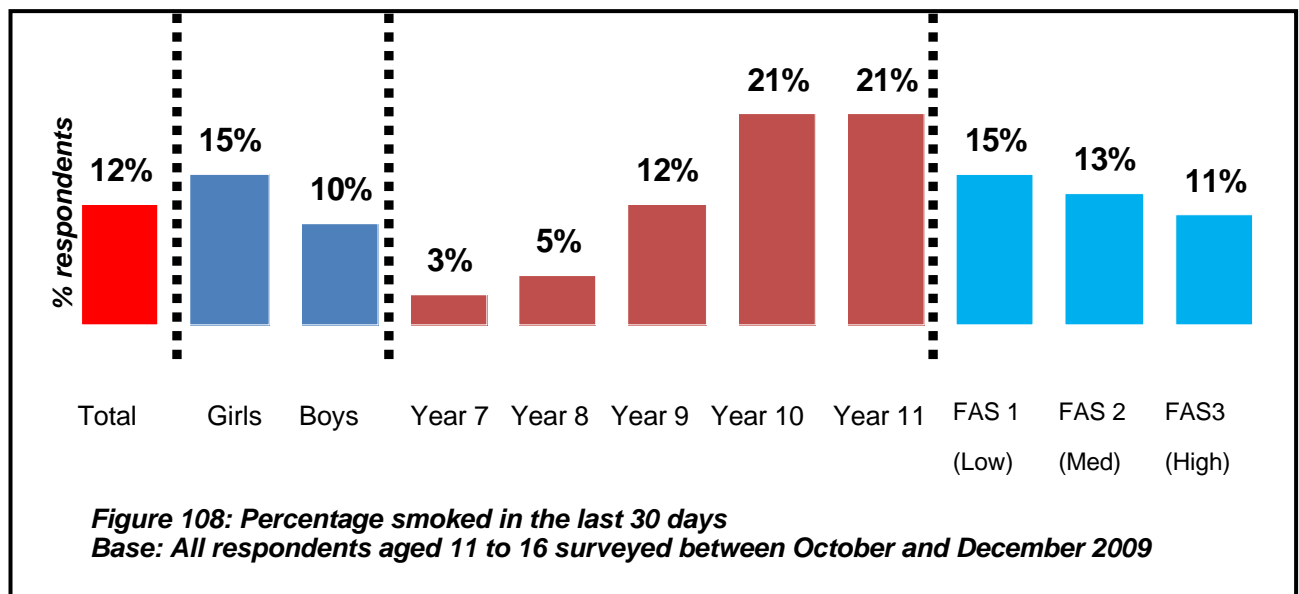
Survey respondents were also asked how many times in the last month they had *smoked a cigarette, drunk alcohol, and been drunk*. For this analysis we have focused on the proportion that has smoked *even one cigarette* in the last month.

Just over one in ten secondary school students report smoking a cigarette at least once in the last month.

Girls are more likely than boys to report smoking in the past 30 days.

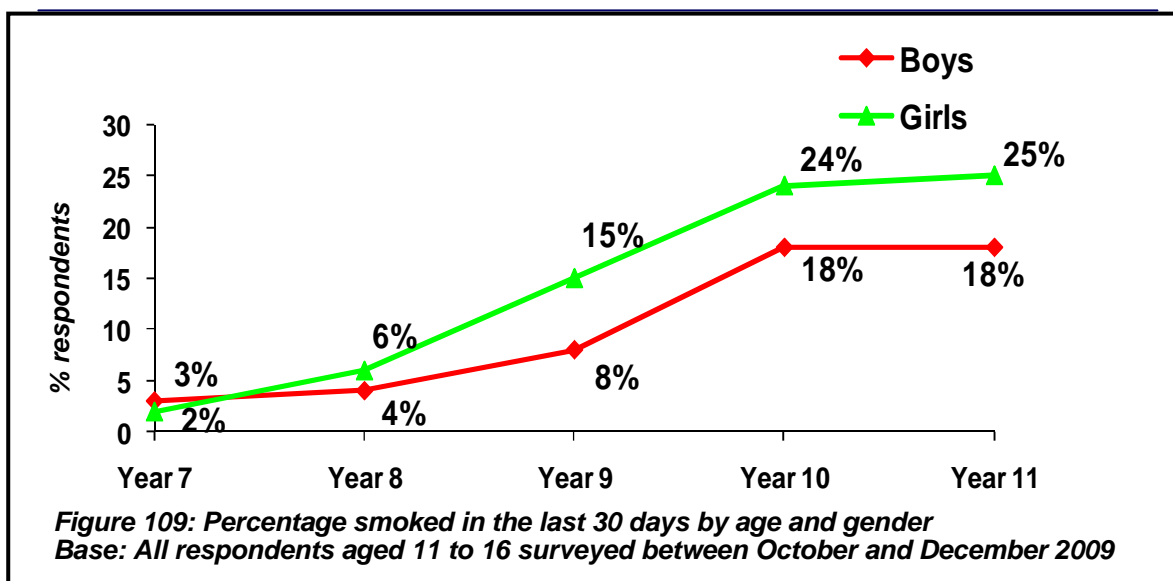
Rates of smoking vary with age: those in Years 10 and 11 are more likely than all younger groups to have smoked in the past 30 days, and those in Year 7 significantly less likely than other groups to have done so.

Rates of smoking decrease with higher levels of family affluence: children in the most affluent group are less likely to say they have smoked in the past month than those in the lowest affluence group.



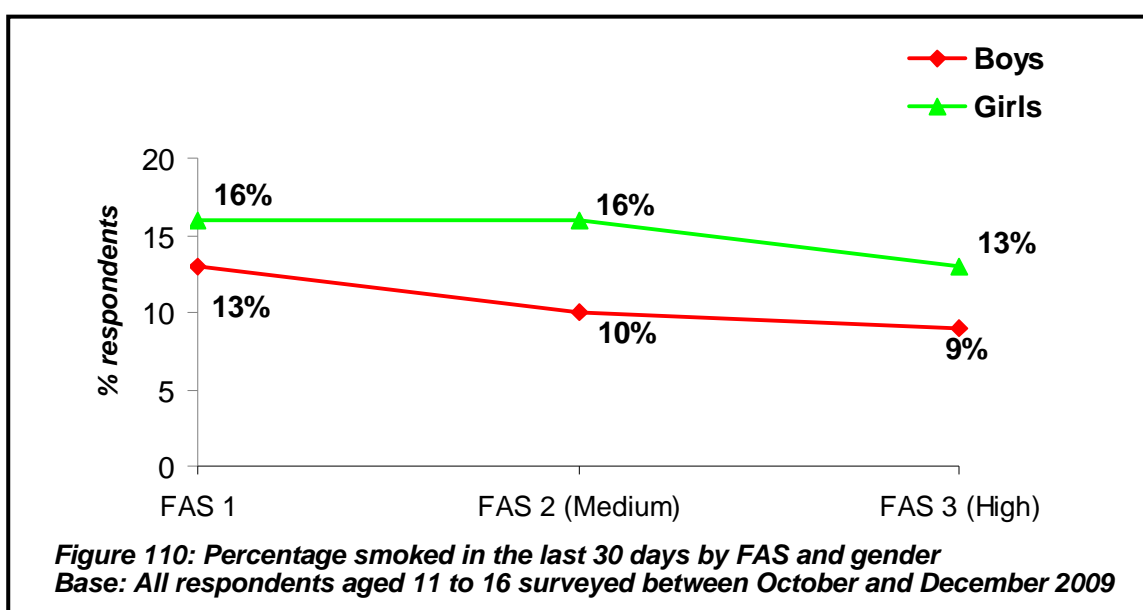
Risk Behaviours

Percentage smoked in the last 30 days



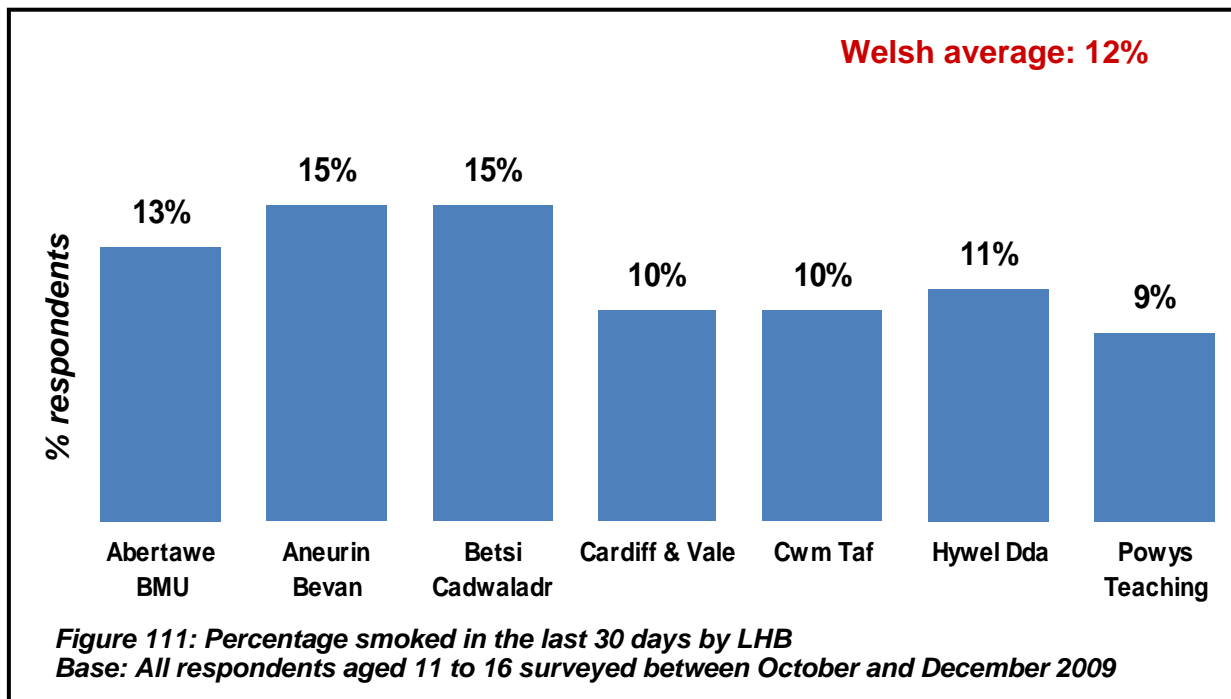
Boys and girls in Years 9 to 11 are significantly more likely than younger children of the same gender to have had a cigarette in the last month. The age differential is particularly evident for girls – there is even a significant difference between Year 7 and Year 8 girls on this indicator. Girls in Years 9-11 are more likely to have had a cigarette than boys their own age.

Girls from middle and higher affluence families are more likely than boys from similar backgrounds to have had a cigarette in the last month, but there is no difference between girls from less affluent backgrounds and those from more affluent backgrounds. Boys from lower affluence households are more likely than boys from higher affluence families to have had a cigarette in the last month.



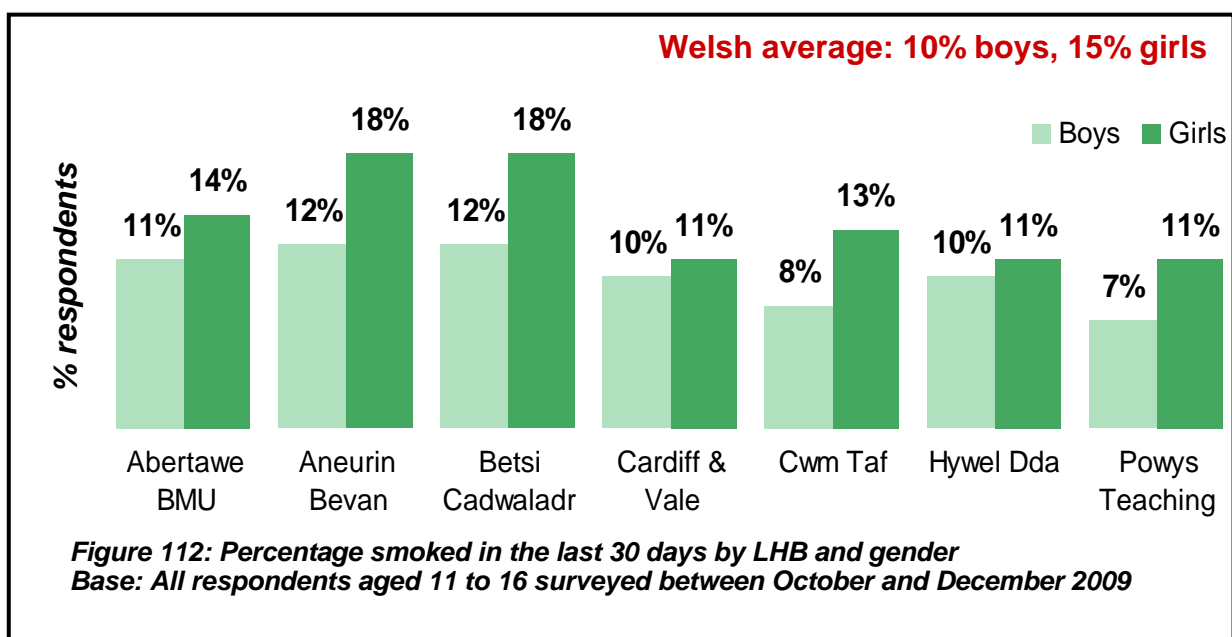
Risk Behaviours

Percentage smoked in the last 30 days



Children from Aneurin Bevan and Betsi Cadwaladr are more likely than children in most other areas to have smoked in the past month (there is no difference between these areas and Abertawe BMU but other LHB differences are significant).

Girls are more likely than boys to have smoked in the past month in Aneurin Bevan and Betsi Cadwaladr LHB areas. Rates of smoking are particularly high among girls in Aneurin Bevan and Betsi Cadwaladr LHB areas: these girls are more likely than girls in several LHBs to have smoked in the past month.



Risk Behaviours

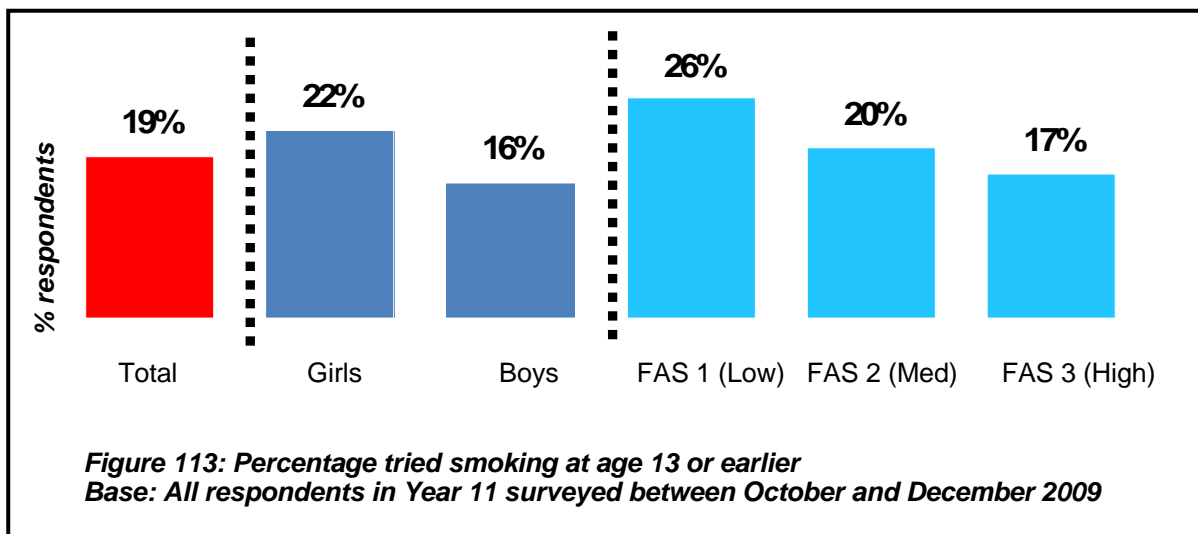
Percentage tried smoking at age 13 or younger (Year 11)

Survey respondents were asked when they had first tried a cigarette, when they had first tried alcohol and first been drunk. For the purposes of this analysis we have focused on the proportion who say they first tried smoking at age 13 or younger. This analysis is based on the responses given by Year 11 students only.

Just under one in five Year 11 students report trying a cigarette by the age of 13.

Girls are more likely than boys to report trying a cigarette at age 13 or younger (more than one in five girls did this, compared with just over one in seven boys).

Family affluence is correlated with the age of first smoking: children from the least affluent families are more likely than those in the highest affluence group to have smoked by the age of 13.



Due to small base sizes, differences by LHB and gender within FAS and LHB are not presented.

Risk Behaviours

Percentage exposed to smoke in car

Survey respondents were asked whether or not someone was smoking the last time they were in a car.

One in five secondary students report someone smoking the last time they were in a car.

There were no statistically significant differences between boys and girls on this measure. Likewise, there were few differences by age group, although Year 10 students were statistically more likely than students in other year groups to report being exposed to smoke last time they travelled by car.

Differences between each FAS group are significant. Indeed, children from the least affluent families were more than twice as likely as those from the most affluent families to report that at least one passenger was smoking last time they travelled by car.

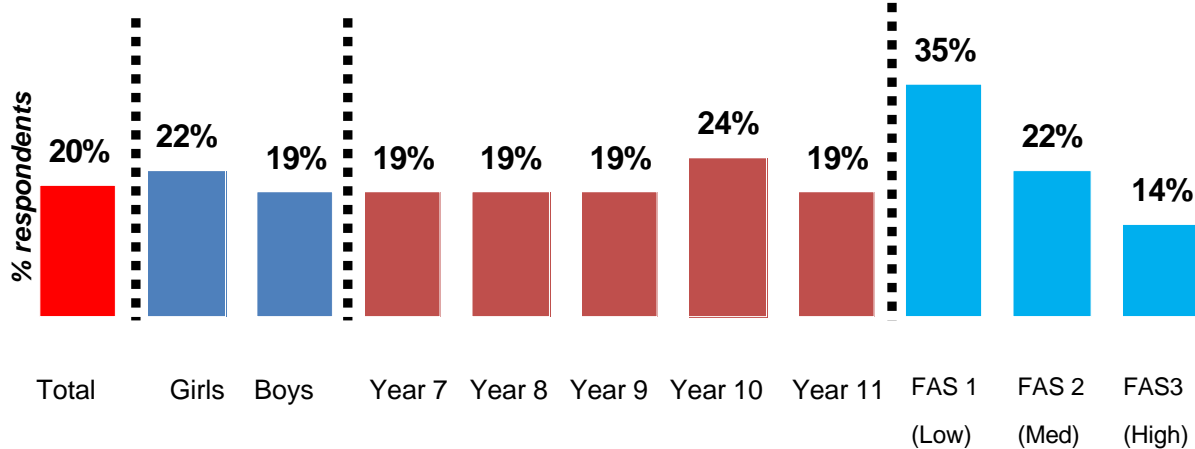
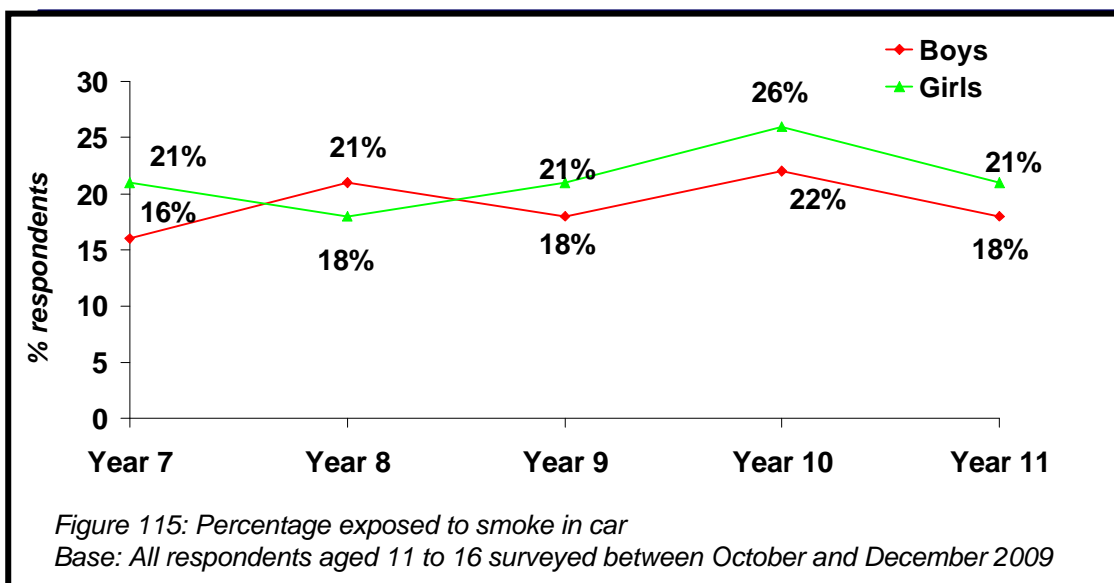


Figure 114: Percentage exposed to smoke in car

Base: All respondents aged 11 to 16 surveyed between October and December 2009

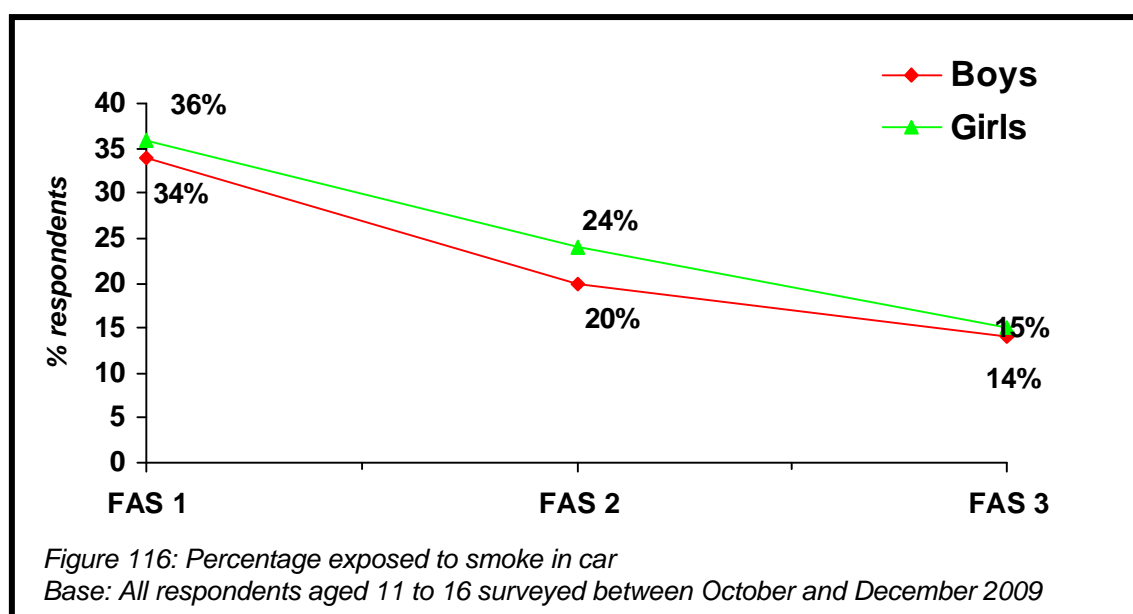
Risk Behaviours

Percentage exposed to smoke in car



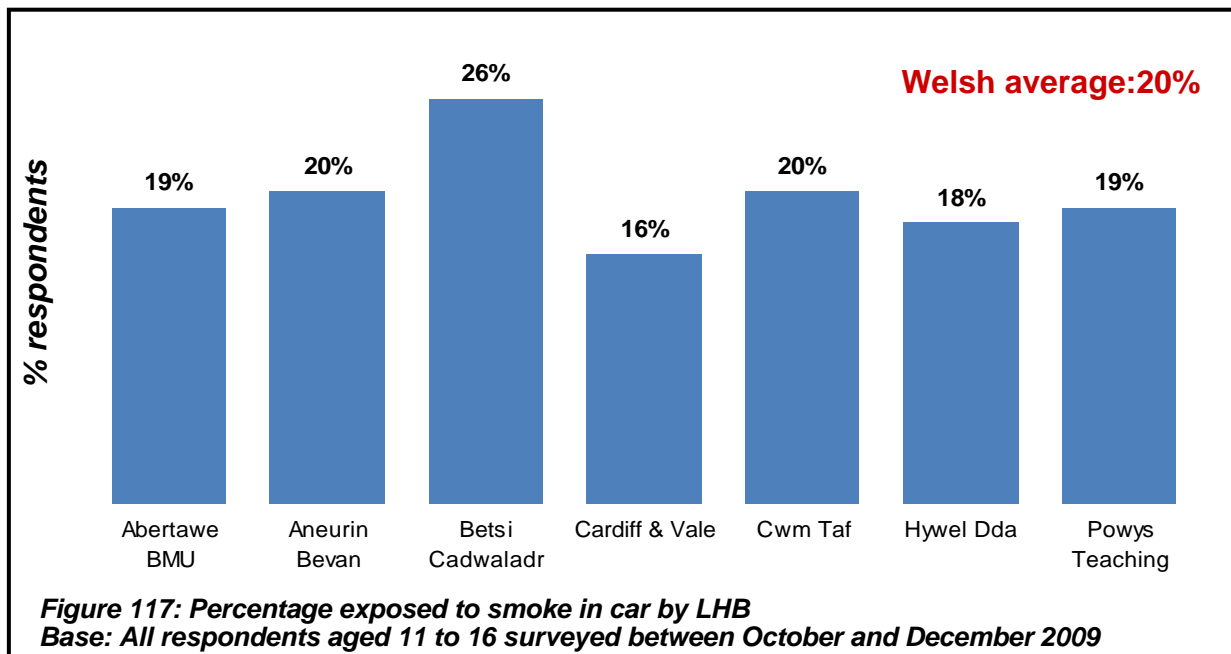
Differences between boys and girls are not significant on this indicator – although girls in year 10 appear more likely than all children in years 7 and 8 to be exposed to someone smoking in a car.

Gender differences within FAS groups are not significant, apart from girls in the middle income group being more likely than boys from similar backgrounds to be exposed to smoke in cars. It is however clear that those from less affluent backgrounds are much more likely than those from more affluent backgrounds to be exposed to smoke in cars.



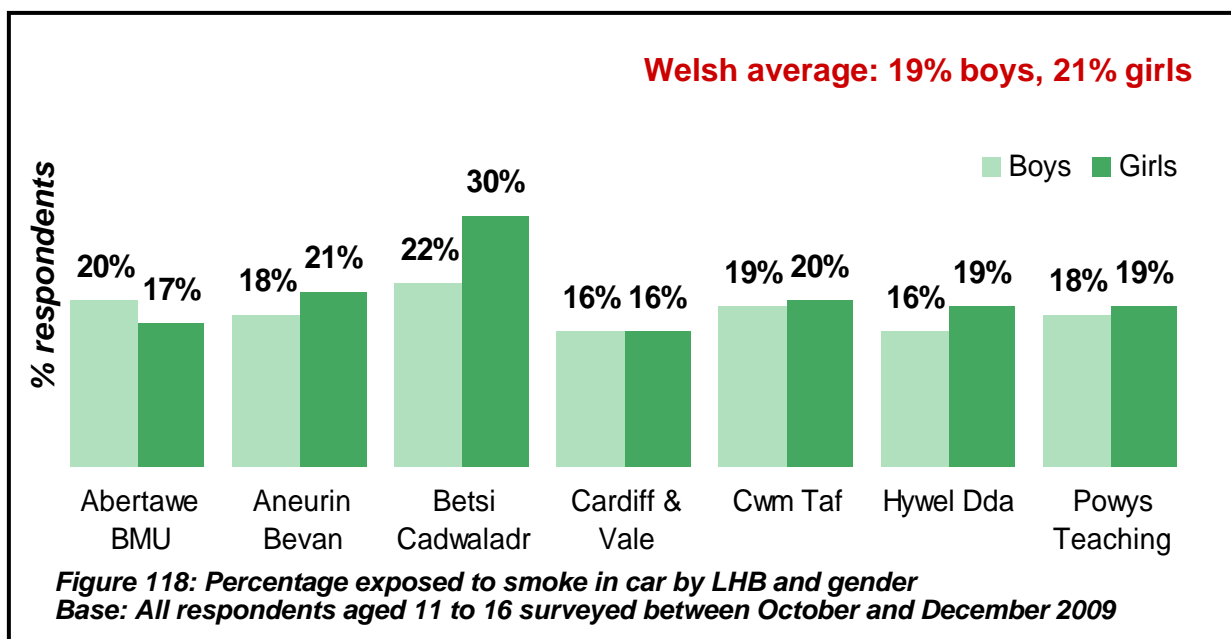
Risk Behaviours

Percentage exposed to smoke in car



Children in the Betsi Cadwaladr LHB area are more likely than children in any other LHB to say that they were exposed to smoking the last time they travelled by car. Analysis by gender shows that this finding is largely due to a higher proportion of girls reporting exposure to smoking: they are significantly more likely than boys in the same area to report exposure.

At the other end of the scale, children in Cardiff in the Vale are less likely than the average for Wales to say they were exposed to cigarette smoke on their most recent car journey. Findings for other LHBs are in line with the Welsh average.



Risk Behaviours

Percentage drinking at least one alcoholic beverage weekly

Survey respondents were asked how often they drank a range of alcoholic drinks including *beer, wine, cider, spirits and alcopops*. Responses for these drinks were combined to give an indicator of the proportion of students who report drinking at least one of these beverages weekly.

Just over one in eight secondary-age students reported consuming an alcoholic beverage on a weekly basis.

As would be expected, older children are much more likely than younger children to report drinking something alcoholic on a weekly basis – almost one in three in Year 11 report doing so compared with less than one in twenty Year 7 students.

Those from higher affluence groups are slightly more likely than those from lower affluence families to report consuming alcohol on a weekly basis.

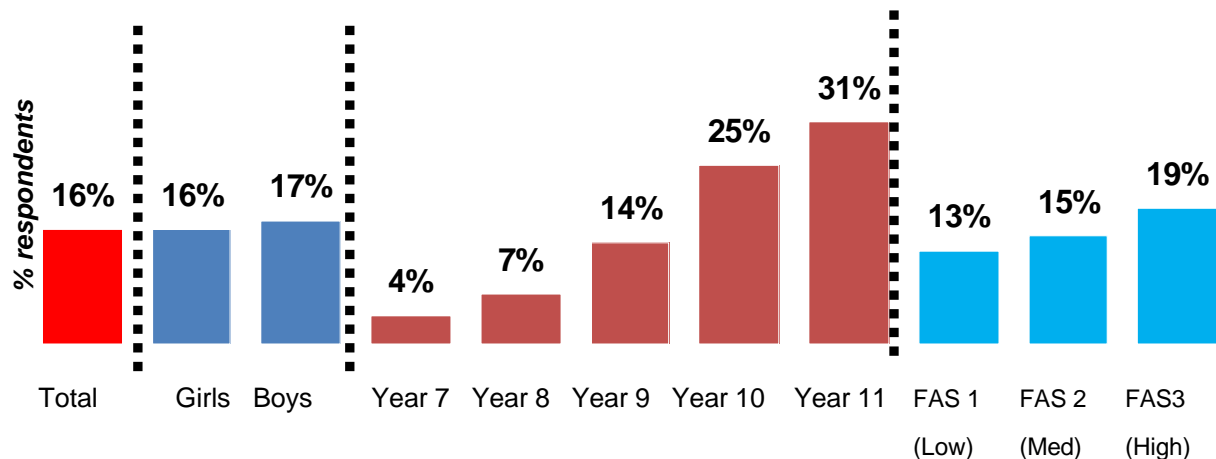
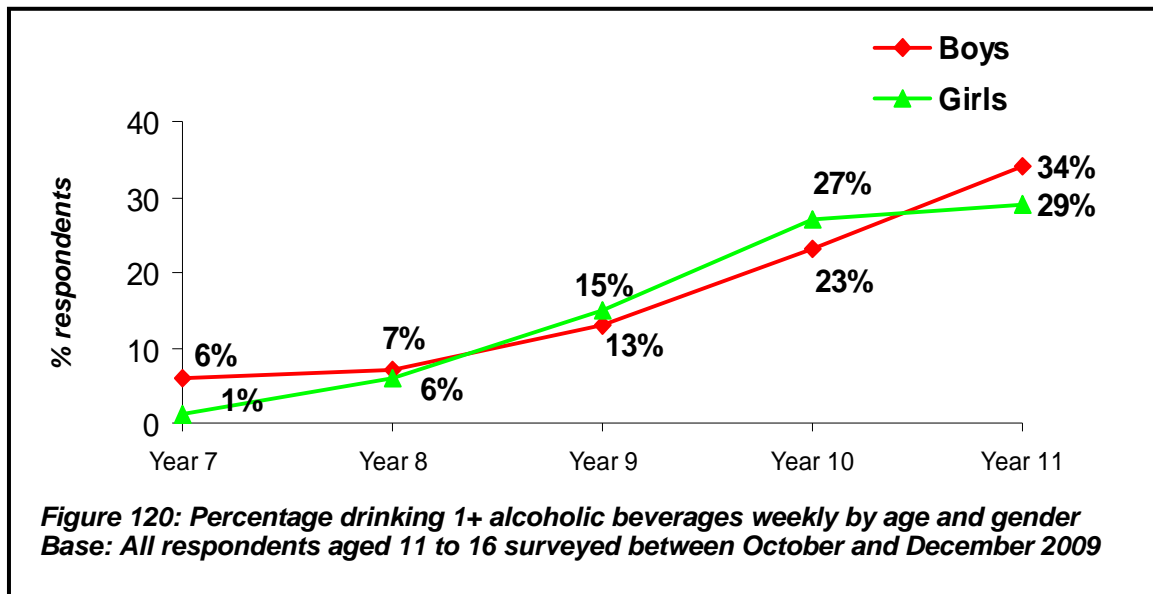


Figure 119: Percentage drinking one or more alcoholic beverages weekly
Base: All respondents aged 11 to 16 surveyed between October and December 2009

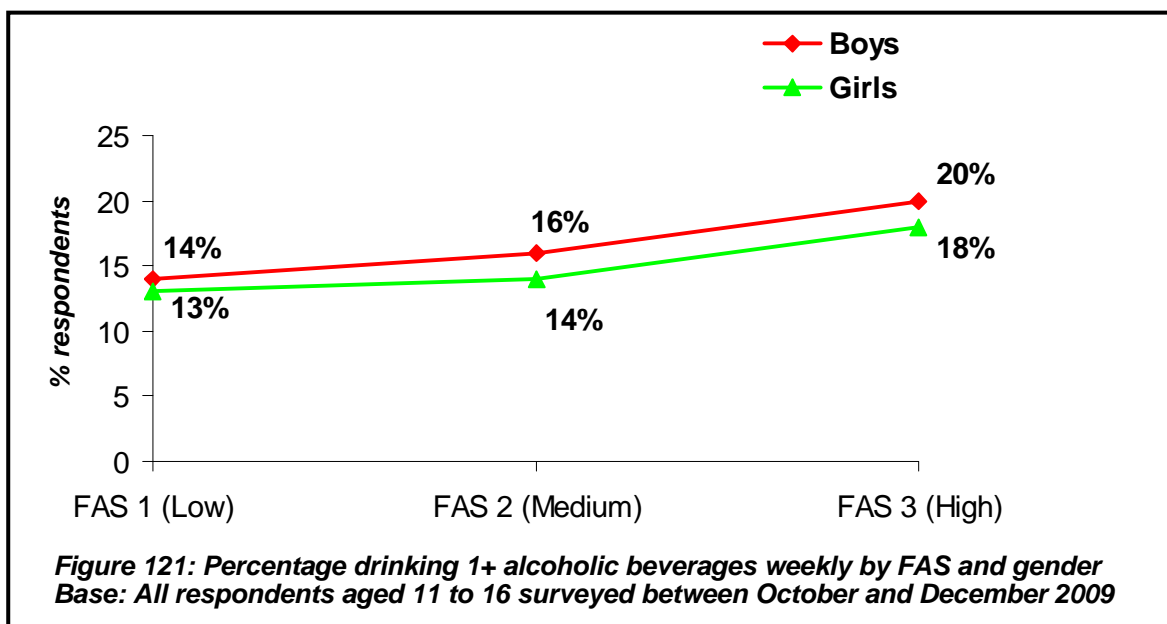
Risk Behaviours

Percentage drinking one or more alcoholic beverages weekly



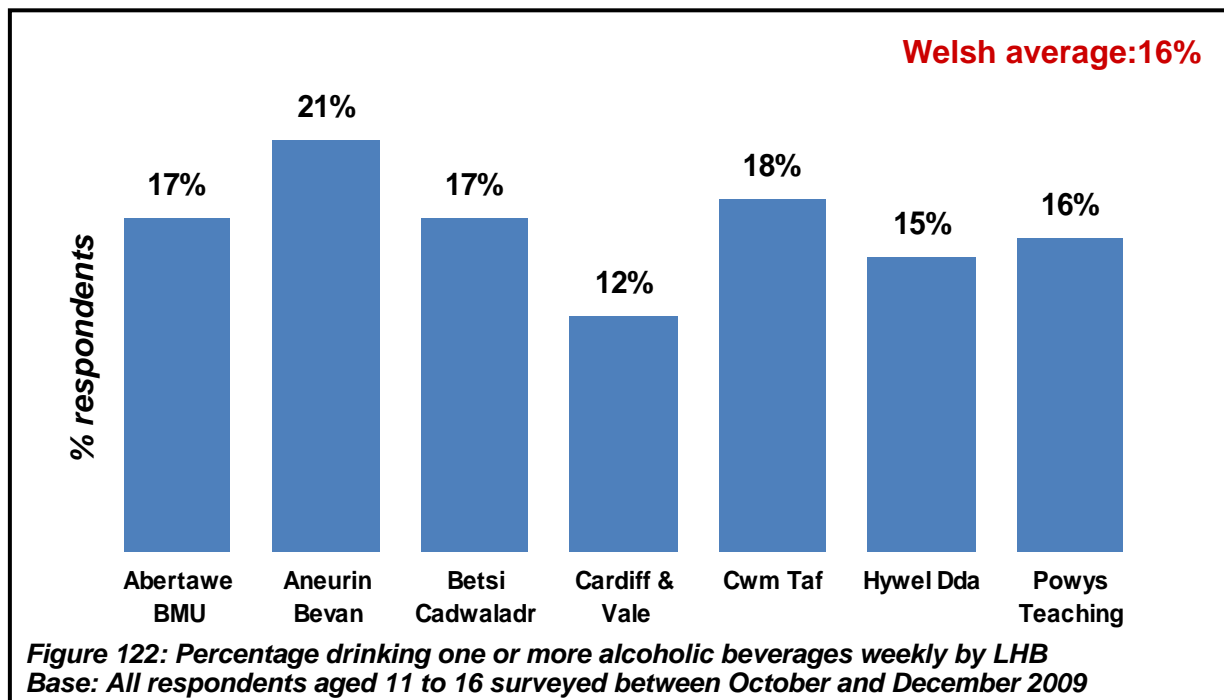
Rates of regular alcohol consumption do not differ significantly between boys and girls of the same age, apart from in Years 7 and 10 when boys are more likely than girls to report weekly drinking.

Girls from the most affluent families are more likely than boys from middle and lower affluence families to drink alcohol at least once a week. (Although the same pattern can be observed for boys, the differences between the lowest and highest FAS groups are not statistically significant for boys.) Within each FAS group, there are no statistically significant differences between boys and girls.



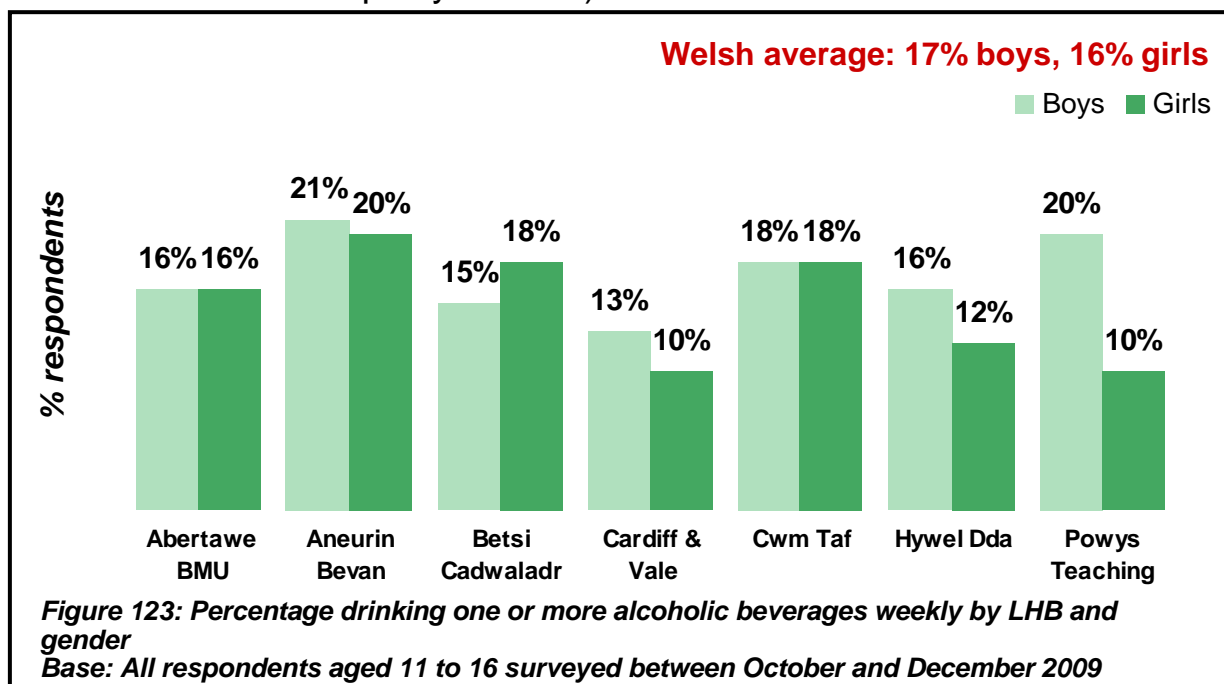
Risk Behaviours

Percentage drinking one or more alcoholic beverages at least weekly



Children attending schools in the Aneurin Bevan area are more likely than the Welsh average to consume alcohol at least once a week, while children in the Cardiff area are less likely than average to have done so.

Boys are more likely than girls to be regular drinkers in Powys. Elsewhere, rates of drinking among girls are relatively low in Cardiff and the Vale (they are statistically significantly lower than all other LHBs except Hywel Dda).



Risk Behaviours

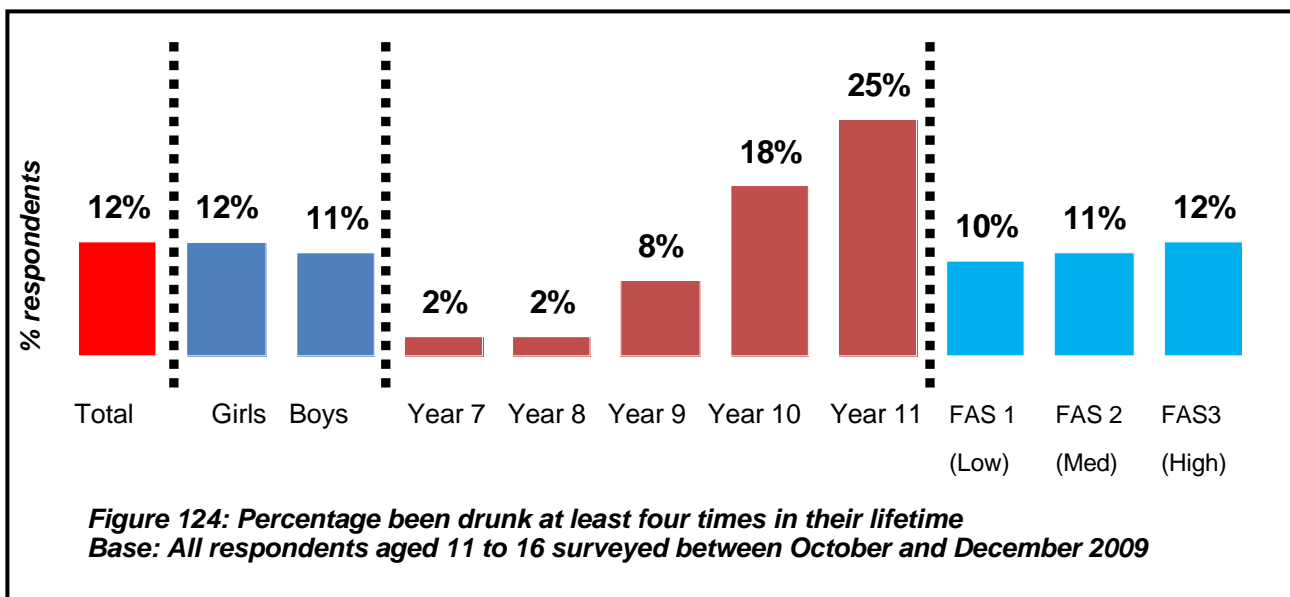
Percentage been drunk at least four times in their lifetime

Survey respondents were asked if they had ever had so much alcohol that they were *really drunk*. Response options ranged from *never* to *more than ten times*

Around one in ten secondary students report having been drunk four or more times in their life.

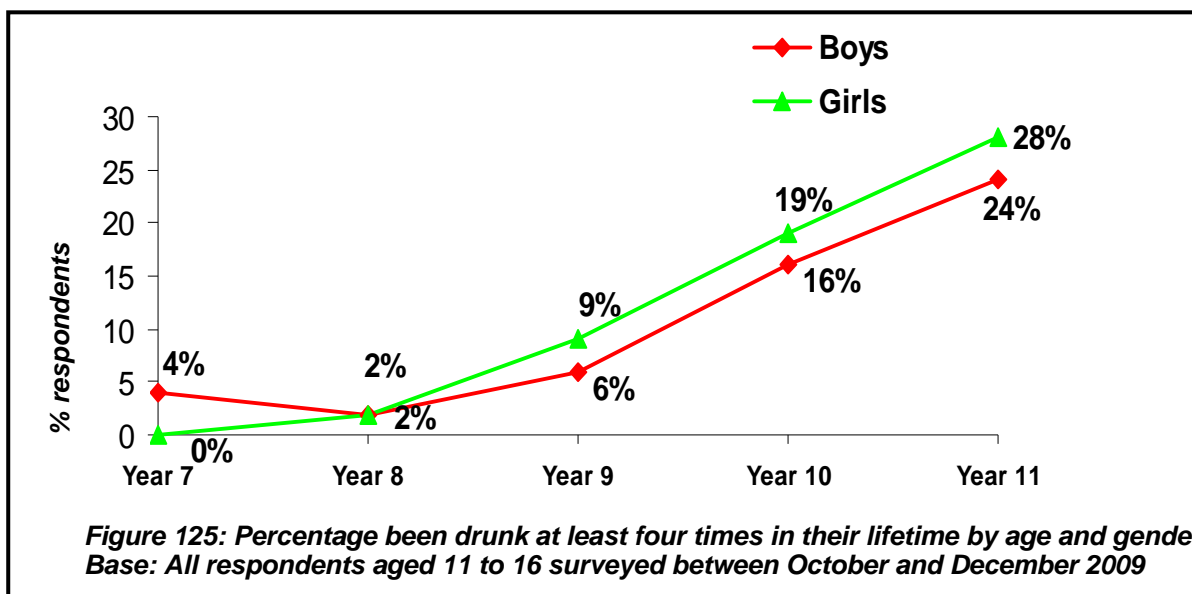
There are no significant differences by gender or affluence groups.

Older children are much more likely than younger age groups to report having been drunk four times. From Year 9, children in every year group are significantly more likely than the preceding year group to report having been drunk on four or more occasions.



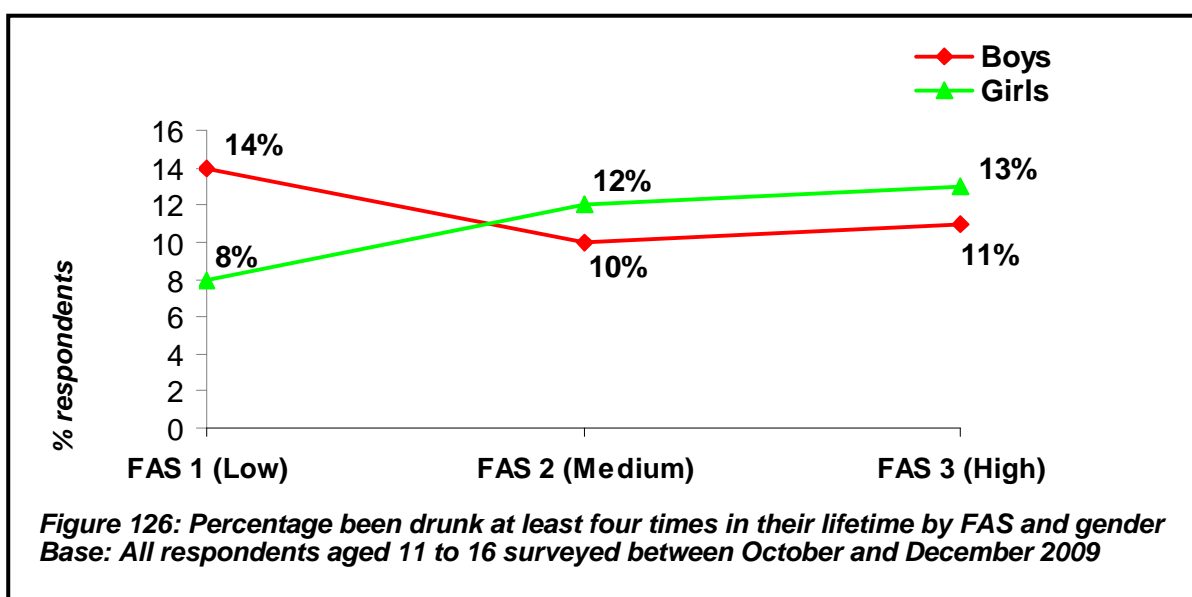
Risk Behaviours

Percentage been drunk at least four times in their lifetime



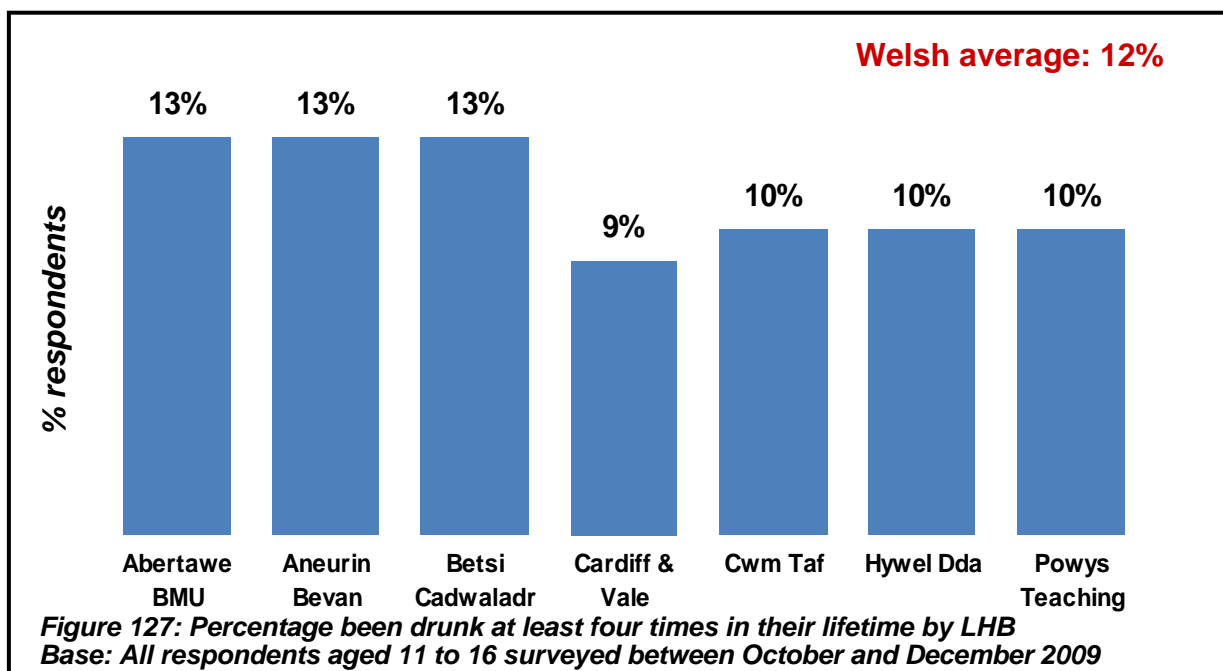
There are no significant differences in the proportion of boys and girls in the same year group who have been drunk more than four times in their life, with the exception of Year 7 where significantly more boys than girls say this is the case.

In the lowest affluence group almost twice as many boys as girls say they have been drunk four times in their lives, while in the highest affluence group it is the girls who are more likely to have been drunk on a number of occasions than the boys.



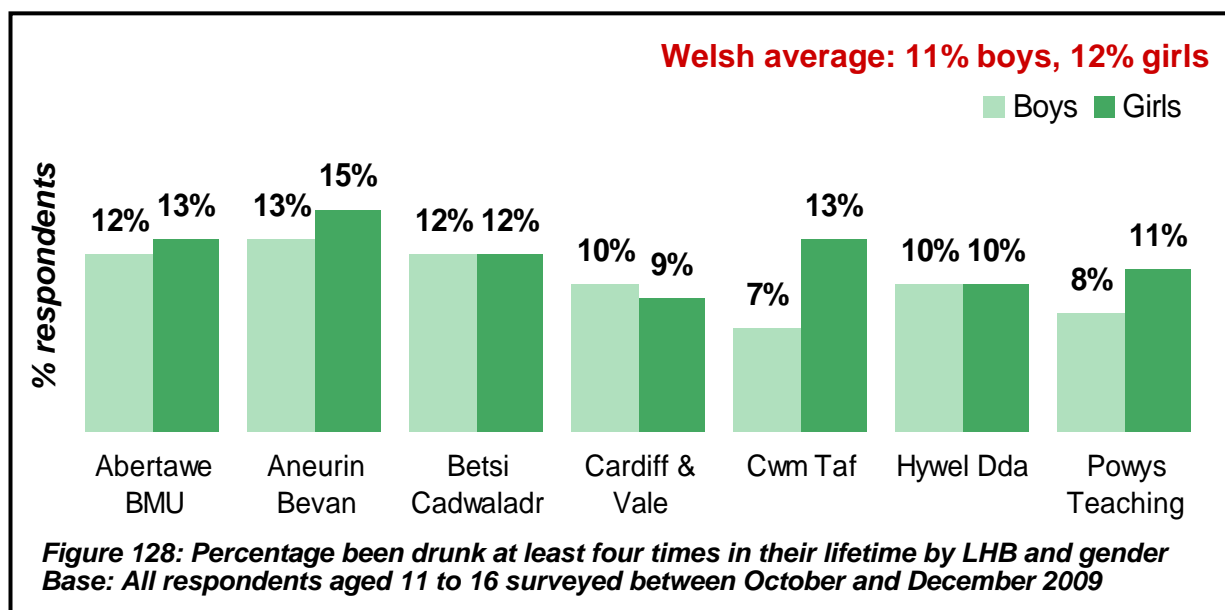
Risk Behaviours

Percentage been drunk at least four times in their lifetime



In line with findings showing a lower than average weekly alcohol intake, children in Cardiff are also less likely than Welsh children on average to have been drunk four or more times. Again echoing findings on weekly consumption, children in the Aneurin Bevan area are more likely than average to report being drunk at least four times.

Findings do not differ significantly by gender within most LHB areas, except in Cwm Taf and Powys where girls are significantly more likely than boys to report having been drunk at least four times.



Risk Behaviours

Percentage been drunk in last 30 days

Survey respondents were asked how often in the last month they had done a number of things, including smoking cigarettes, drinking alcohol and getting drunk. For the analysis below we have focused on the proportion of students who had been drunk at least once in the last month.

Just over one in five secondary school students report being drunk within the last month. This proportion exceeds the percentage saying they have been drunk four or more times in their lifetime (12%).

Slightly more girls than boys report having been drunk recently and differences between affluence groups are not significant.

As would be expected, older children are much more likely than younger groups to report having been drunk in the last month: as of Year 9, children in each year group are significantly more likely than the preceding year group to have been drunk in the past month.

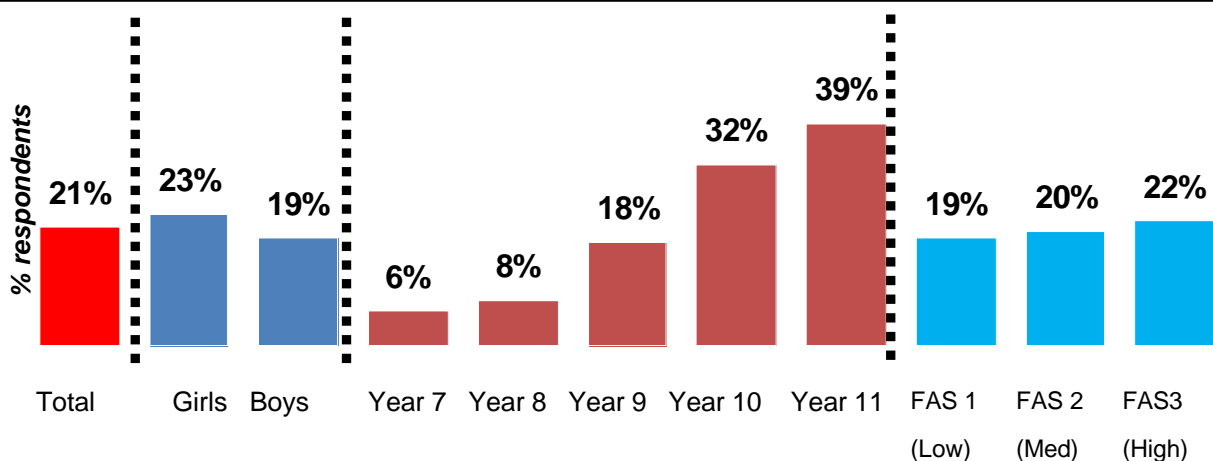


Figure 129: Percentage been drunk in last 30 days

Base: Respondents aged 11 to 16 surveyed between October and December 2009

Risk Behaviours

Percentage been drunk in last 30 days

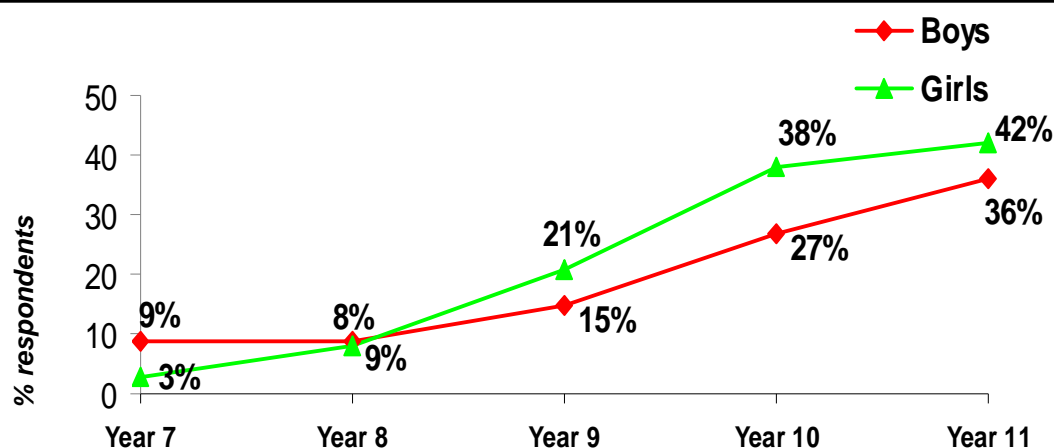


Figure 130: Percentage been drunk in last 30 days by age and gender
Base: Respondents aged 11 to 16 surveyed between October and December 2009

For both boys and girls, the proportion reporting being drunk in the last month increases significantly with each year they get older from Year 8. In Years 9 and 10 more girls than boys admit to being drunk in the last month. However, the gender gap appears to narrow again by Year 11 where gender differences are not statistically significant.

Differences between girls and boys from similar backgrounds are not significant, except for the highest affluence group, where girls are significantly more likely than boys from similar backgrounds to have been drunk recently. Girls from higher affluence families are also significantly more likely than girls from the middle affluence group to have been drunk recently.

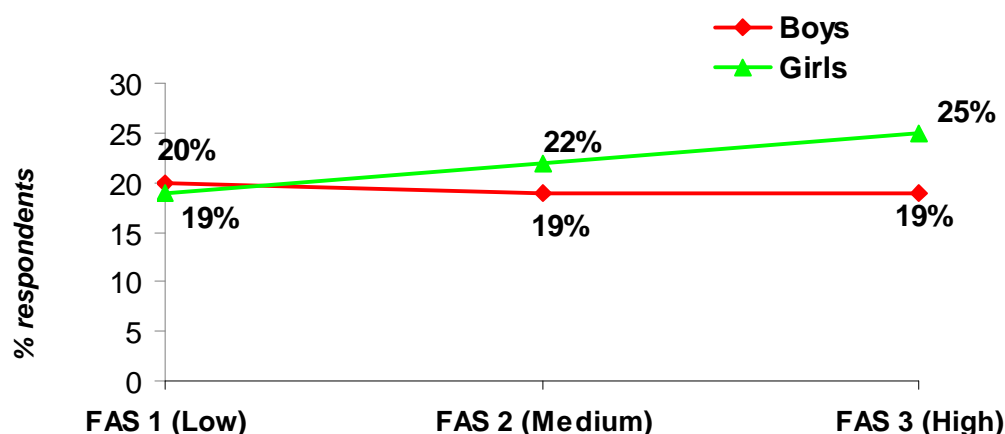
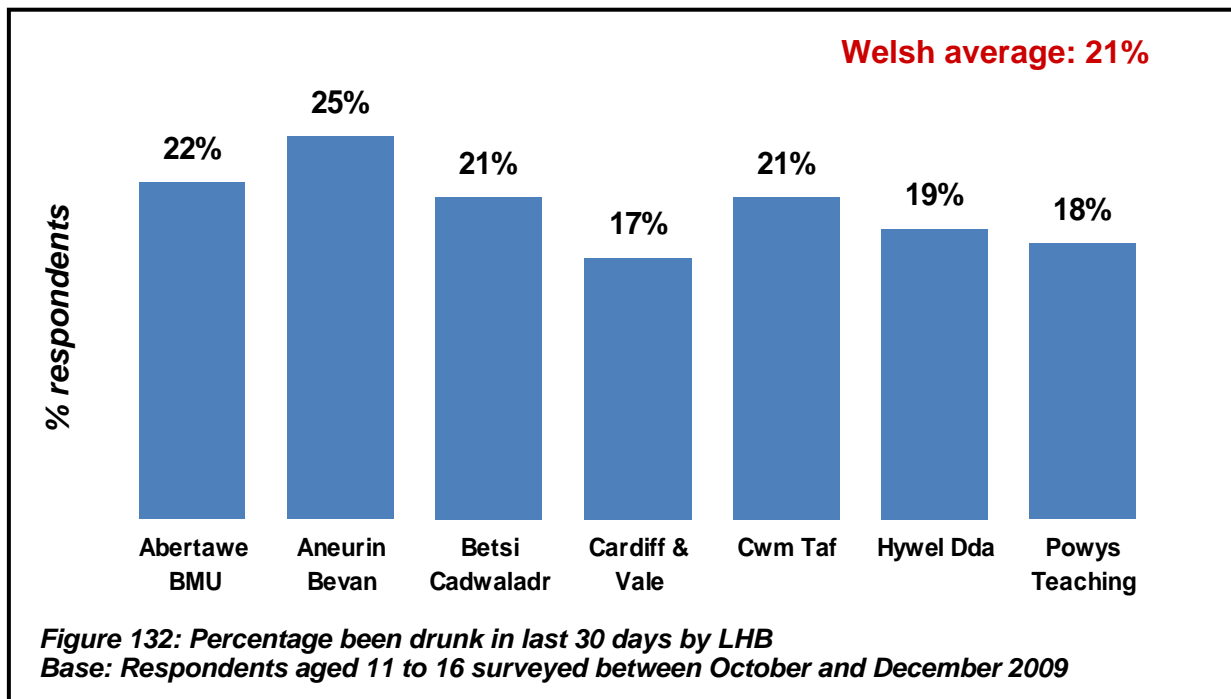


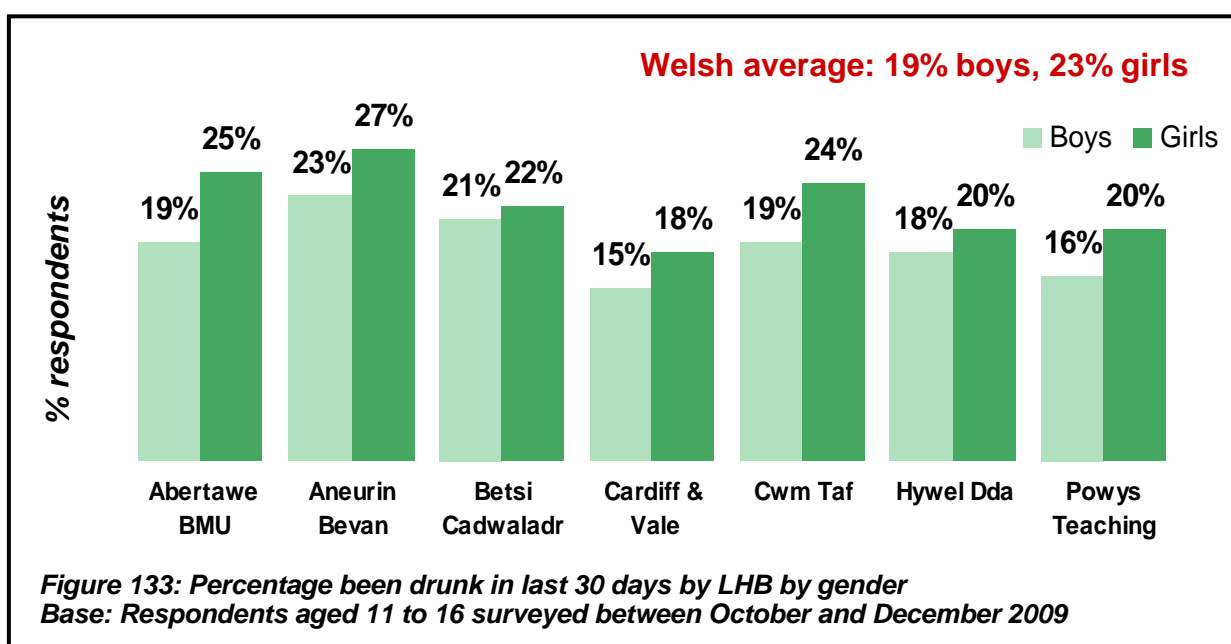
Figure 131: Percentage been drunk in last 30 days by FAS and gender
Base: Respondents aged 11 to 16 surveyed between October and December 2009

Risk Behaviours

Percentage been drunk in last 30 days



Findings are broadly similar for all LHB areas, although children in Aneurin Bevan are statistically more likely than average to have been drunk in the past 30 days, and those in Cardiff and the Vale less likely.



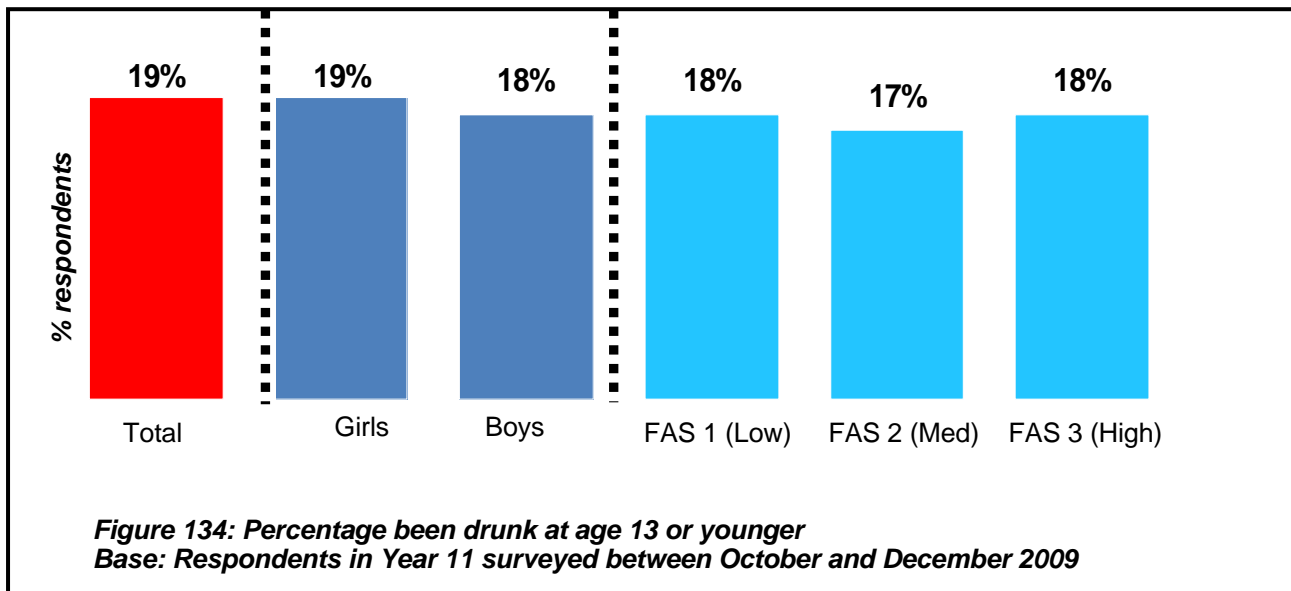
Risk Behaviours

Percentage been drunk at age 13 or younger (Year 11)

Survey respondents were asked when they first smoked a cigarette, tried alcohol or had been drunk. For the purposes of this analysis we have focused on the proportion who say they had been drunk by the age of 13 or younger. Analysis is based on the responses given by Year 11 students only.

Just under one in five Year 11 students report having had their first experience of being drunk at age 13 or younger.

Differences between gender or affluence groups are not significant on this indicator.



Due to small base sizes, differences by LHB and gender within FAS and LHB are not presented.

Risk Behaviours

Percentage using any drug in last 12 months

Survey respondents were given a list of illegal substances and asked if they had used any in the *last month*, *within the last year*, *more than a year ago*, or *never*.

Just under one in ten secondary school students report having used some form of illegal substance in the last year.

Differences between gender and affluence groups are not significant on this indicator.

There are stark differences by age: Year 7 and 8 students are least likely to have used illegal drugs, and Year 10 and 11 students more likely than all other age groups to have done so.

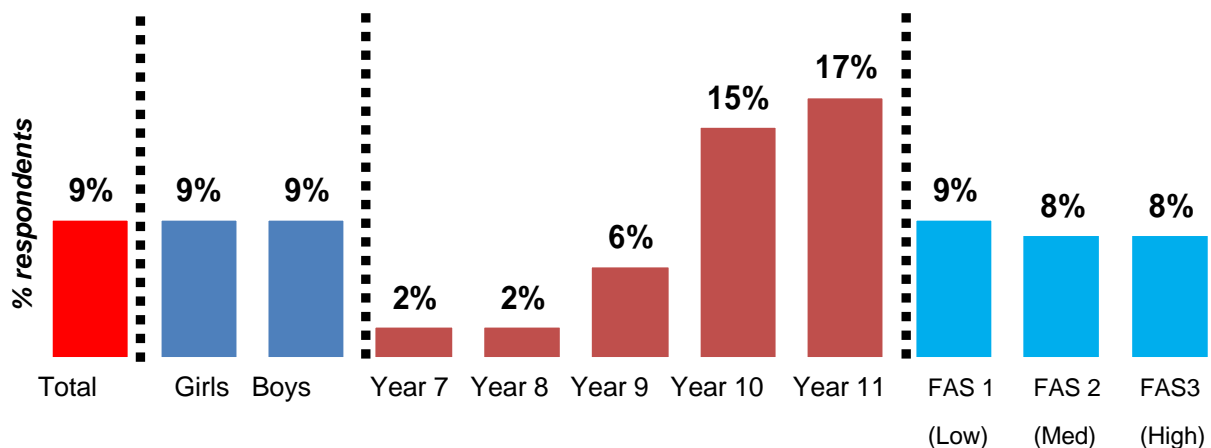


Figure 135: Percentage using any drug in the last 12 months

Base: Respondents aged 11 to 16 surveyed between October and December 2009

Risk Behaviours

Percentage using any drug in last 12 months

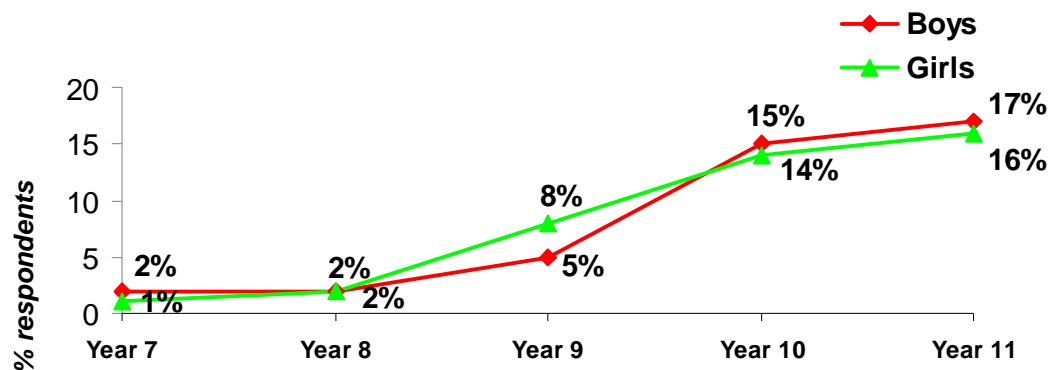


Figure 136: Percentage using any drug in the last 12 months by year group and gender
Base: Respondents aged 11 to 16 surveyed between October and December 2009

Boys and girls in Years 9 and above are significantly more likely than younger pupils to have taken an illegal substance in the last year. However, there are no significant gender differences between children in the same age group.

There are no significant between the genders when broken down by family background.

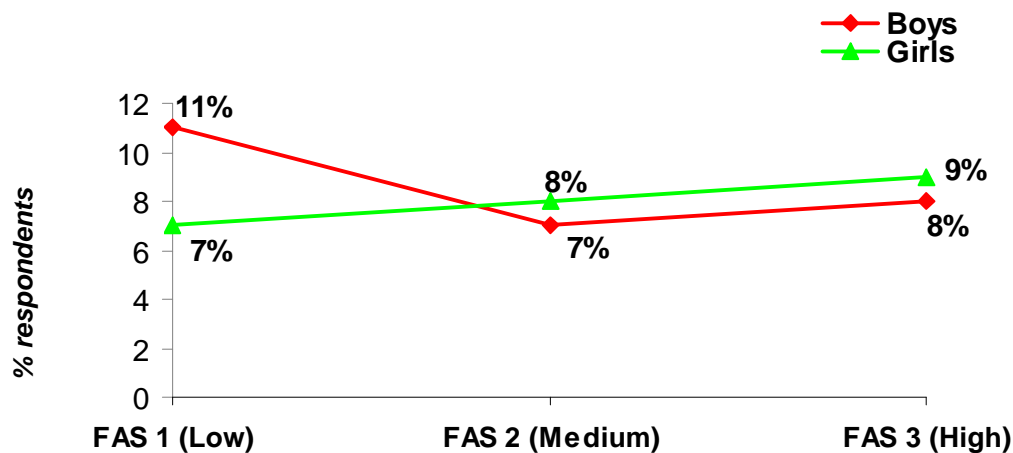
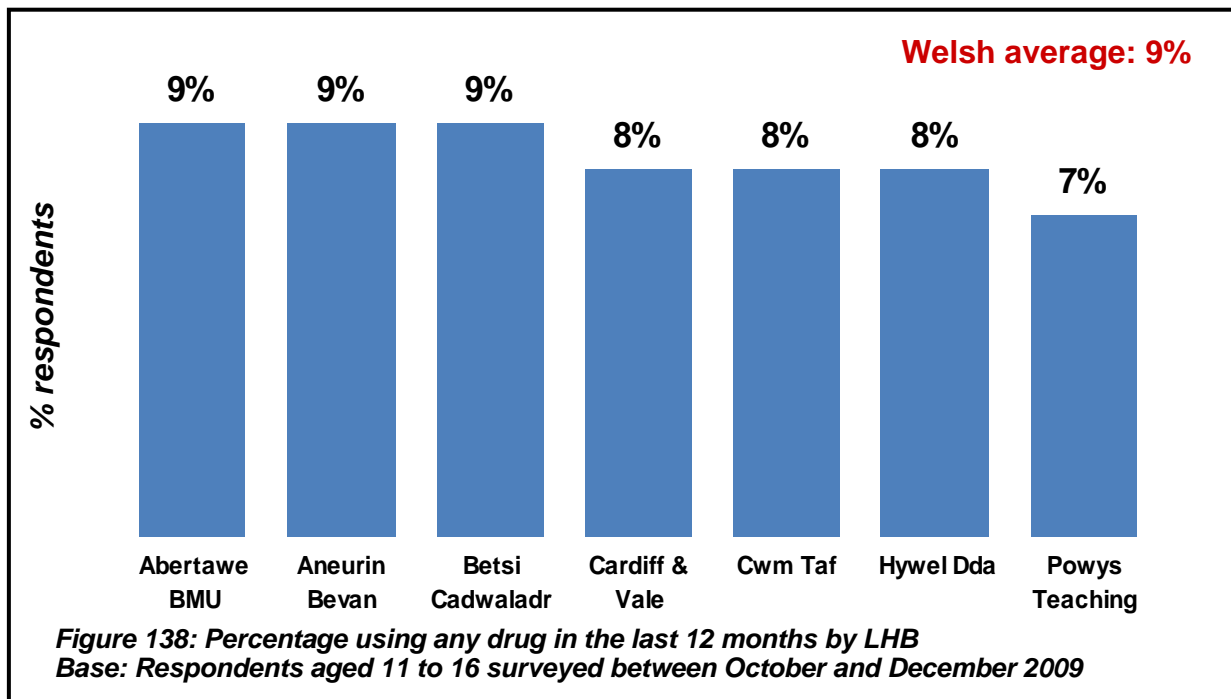


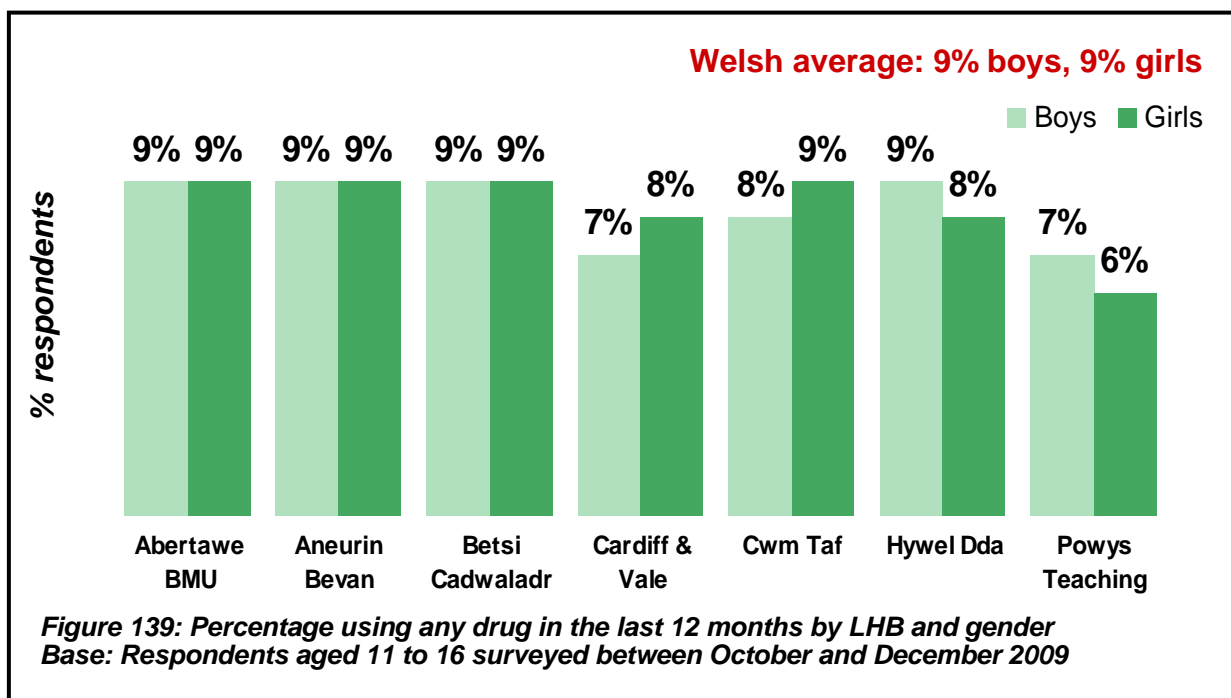
Figure 137: Percentage using any drug in the last 12 months by FAS and gender
Base: Respondents aged 11 to 16 surveyed between October and December 2009

Risk Behaviours

Percentage using any drug in last 12 months



Findings are comparable across LHB areas, with no significant deviations from the Welsh average. Likewise, findings are consistent by gender within LHB areas.



Risk Behaviours

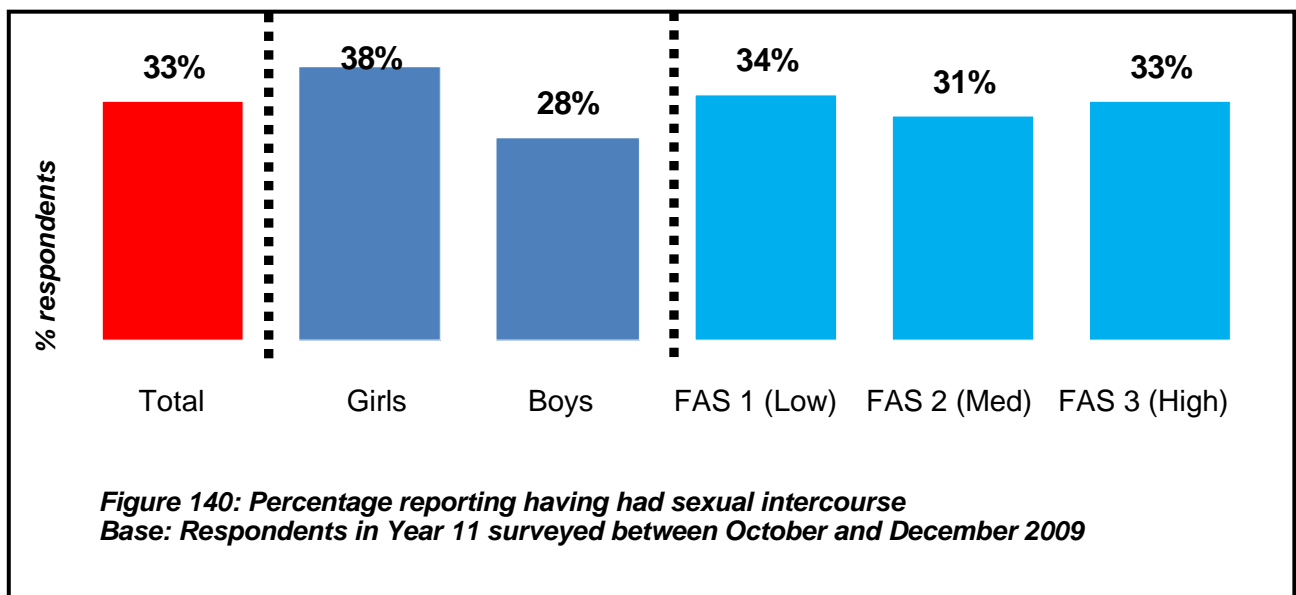
Percentage who have had sexual intercourse (Year 11)

Survey respondents in Year 11 were asked a series of questions about sex. These questions were not asked of younger children.

A third of Year 11 students report ever having had sex.

There is a 10 percentage point difference between the proportion of Year 11 girls and boys who report having had sex.

Differences in terms of family affluence overall were not significant on this indicator.



Due to small base sizes, differences by LHB and gender within FAS and LHB are not presented.

Risk Behaviours

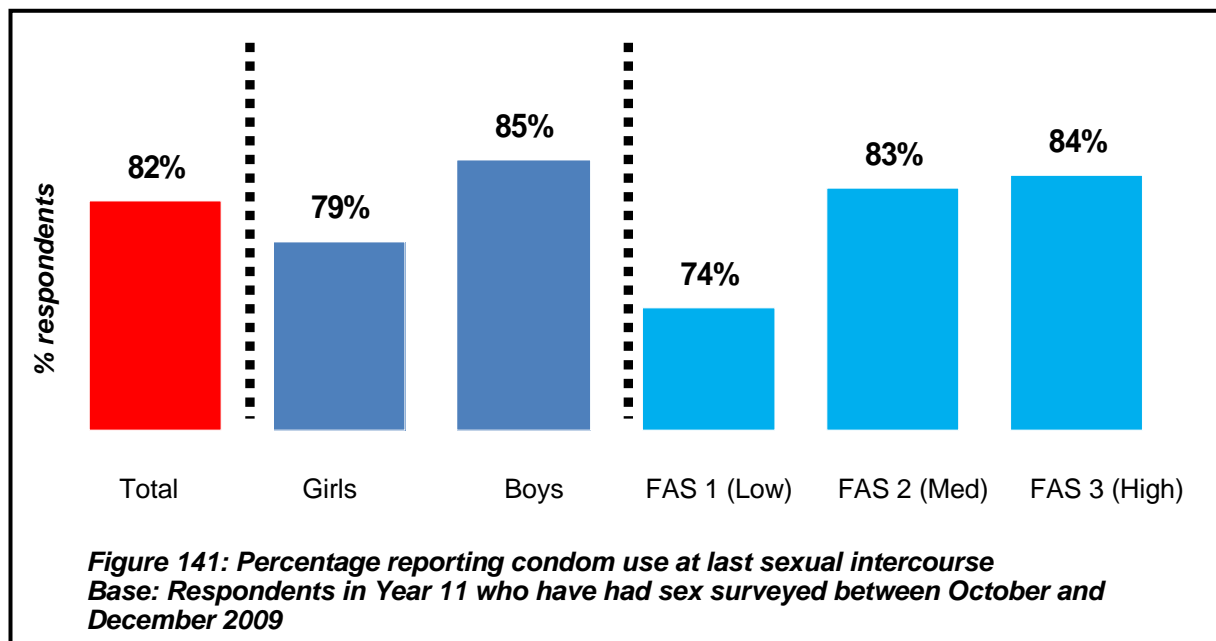
Percentage reporting condom use at last intercourse (Year 11)

Year 11 respondents were asked two questions about contraception; firstly about what method(s) they (or their partner) used the last time they had sex, and secondly students were asked directly if they used a condom the last time they had sex. For this analysis a mention of condom use at either question was counted.

More than four in five Year 11 students report using a condom the last time they had sex.

There is a significant difference between the number of girls who report themselves or their partner using a condom and the number of boys.

Differences between affluence groups are also marked – less than three quarters of those in the lowest affluence group report using a condom compared to more than four in five of those from the middle and most affluent backgrounds.



Due to small base sizes, differences by LHB and gender within FAS and LHB are not presented.

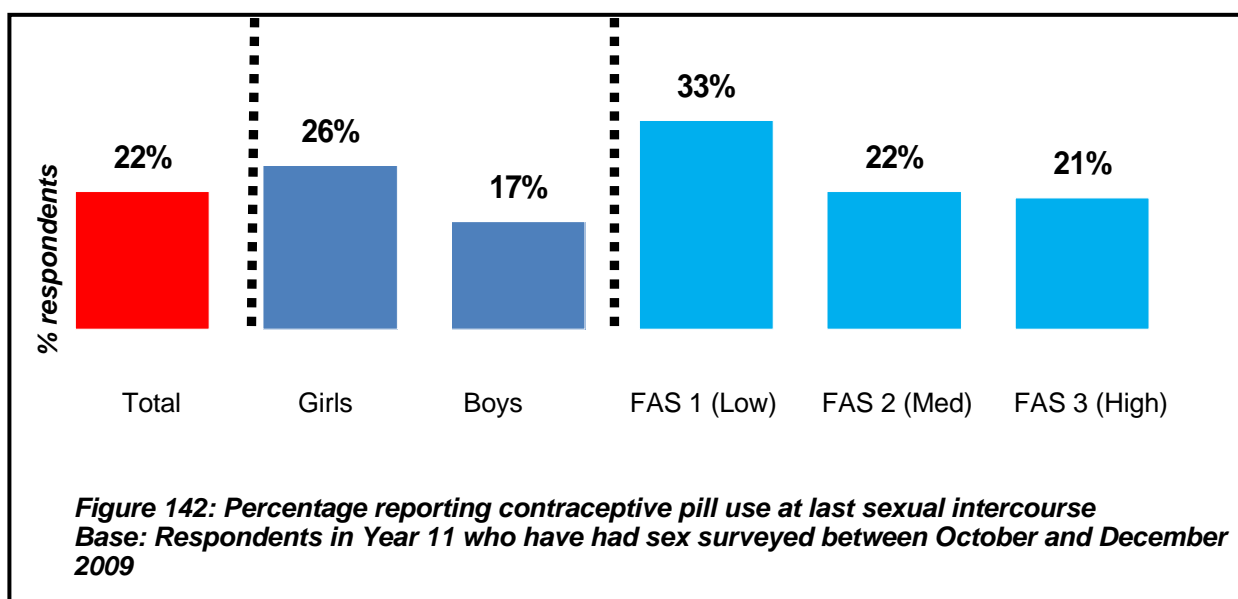
Risk Behaviours

Percentage reporting pill use at last intercourse (Year 11)

Year 11 students were asked which forms of contraception, from a list of possible options, they used last time they had sex.

Less than a quarter of Year 11 students report that they or their partner used the contraceptive pill.

Differences between gender and affluence groups are not significant overall.



Due to small base sizes, differences by LHB and gender within FAS and LHB are not presented.

Risk Behaviours

Percentage being bullied at least once in the last couple of months

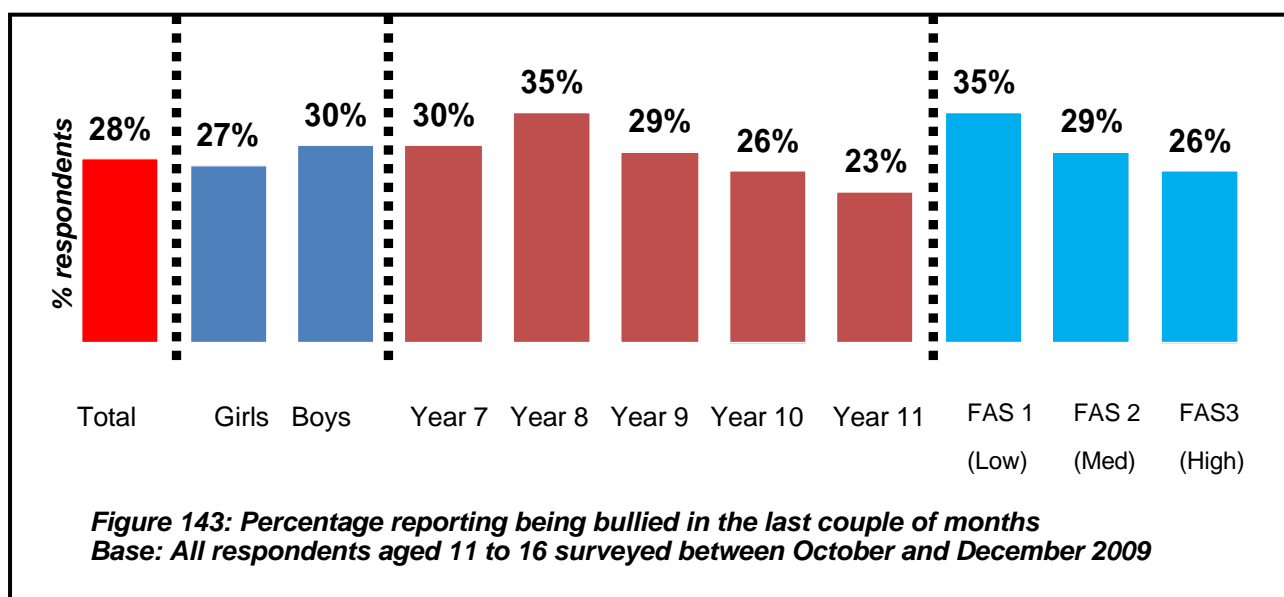
Survey respondents were asked if they had been bullied *at school* in the last few months, and if so, how often it had happened. For this analysis we have included all children who had been bullied at least once in the last few months.

More than one in four secondary students report being bullied at least once in the last couple of months.

More boys than girls report being bullied in the last couple of months.

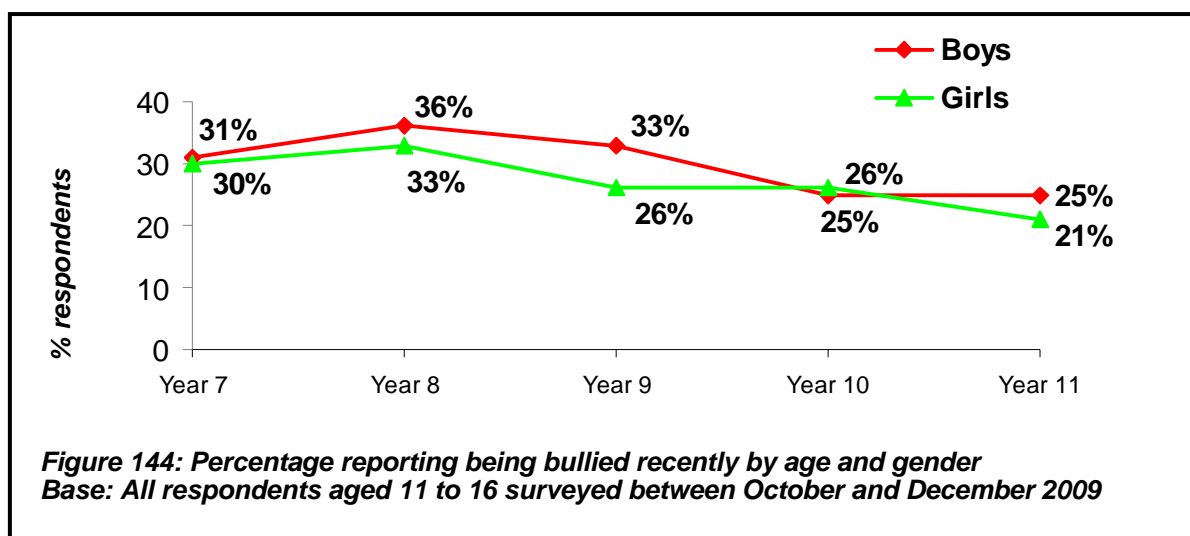
Significantly more children in the younger age groups (Years 7 to 9) report being bullied than those in Year 11.

Differences between children from each affluence group are statistically significant.



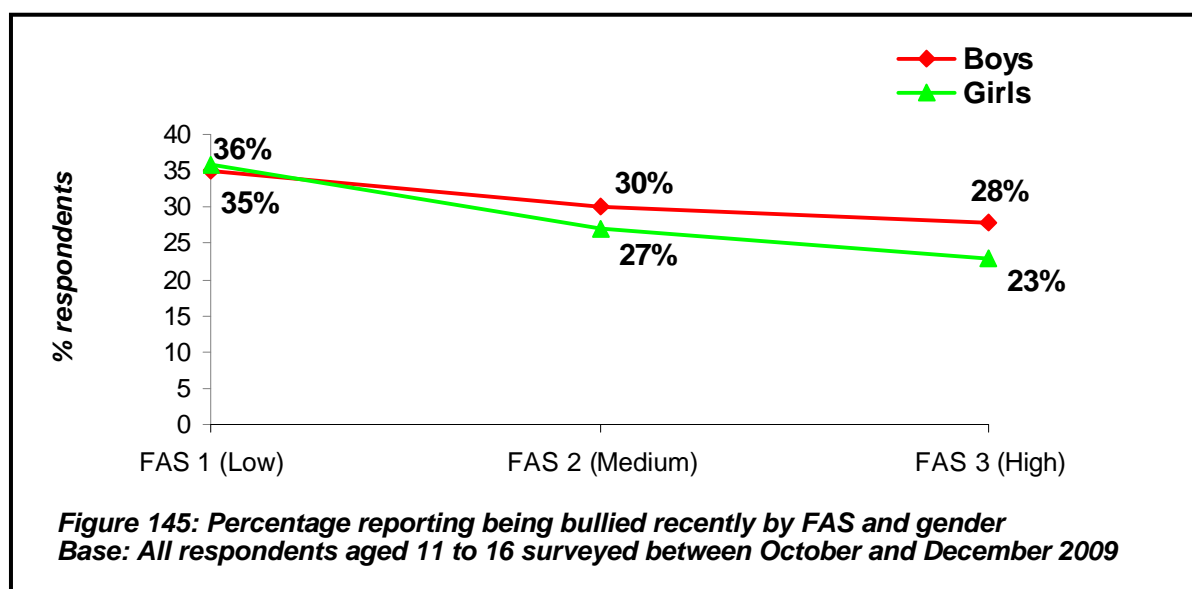
Risk Behaviours

Percentage being bullied at least once in the last few months



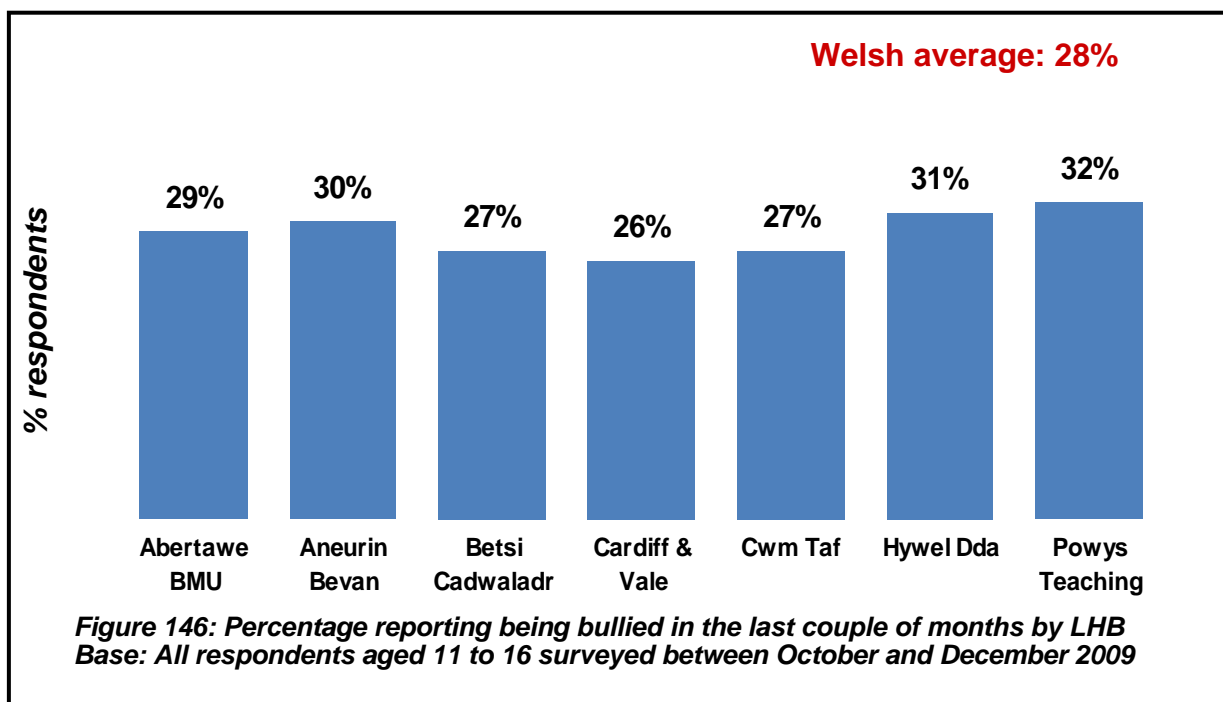
There are no significant differences between boys and girls in the same age group in terms of being a victim of bullying. Boys in Years 10 and 11 are significantly less likely to report being the victim of bullying than younger boys. Girls in Years 9 to 11 are less likely to say they have been bullied in the past few months than girls in Years 7 and 8.

For girls, there are differences between each affluence group in reported levels of being bullied, with girls progressively less likely to report being bullied as family affluence increases. There are no differences in levels of reporting bullying between the genders for children from the lower and middle affluence groups, although in the highest affluence group more boys than girls report being bullied.

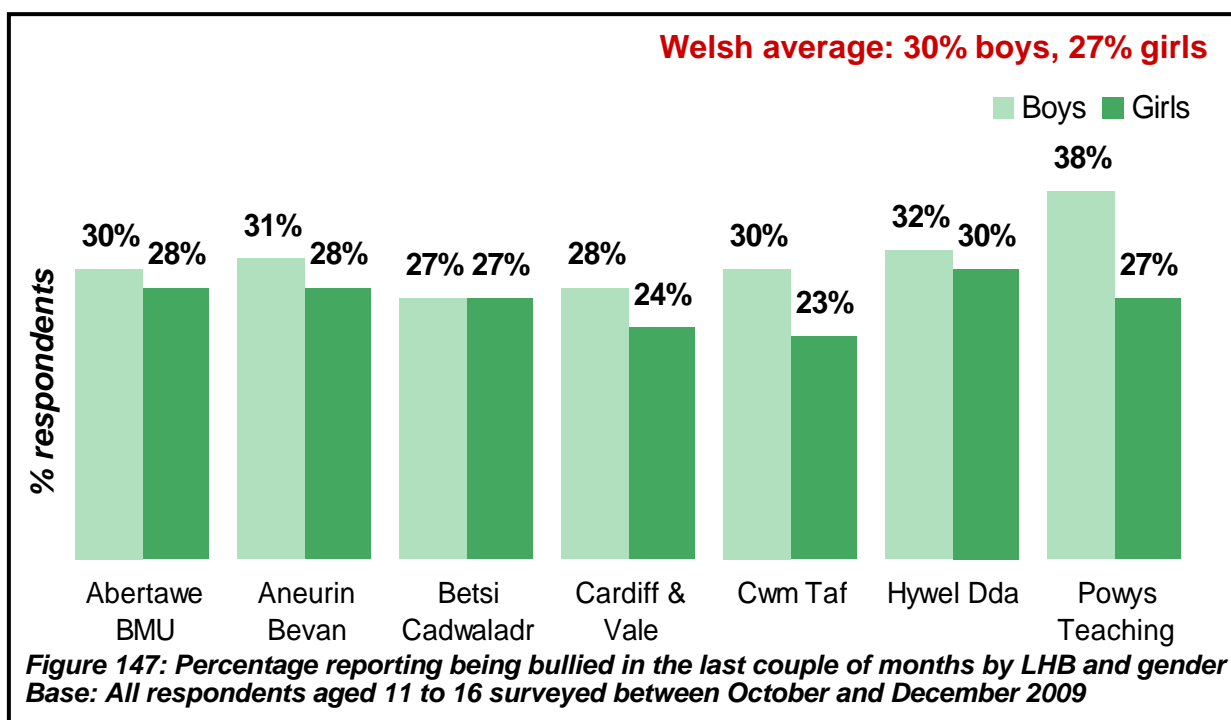


Risk Behaviours

Percentage being bullied at least once in the last couple of months



Rates of bullying are comparable across LHB areas, and comparable for girls and boys within LHB areas.



Risk Behaviours

Percentage bullying others at least once in the last couple of months

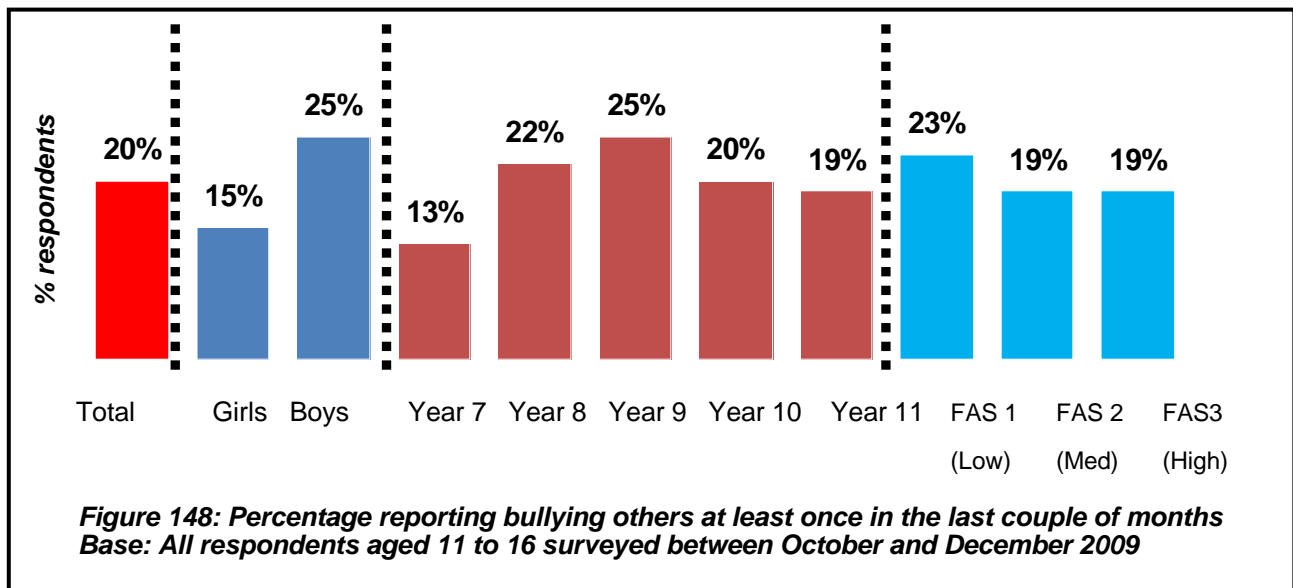
Survey respondents were asked if they had taken part in bullying other children in the last couple of months, and if so, how many times this had happened. This analysis focuses on all children who report bullying another child even once recently.

The proportion of secondary school students admitting to bullying others recently is significantly lower than the proportion that claims to have been bullied: 28% report being bullied and 20% admit to bullying others.

Boys are more likely than girls to say they have bullied others recently: 25% admit to bullying compared with 15% girls.

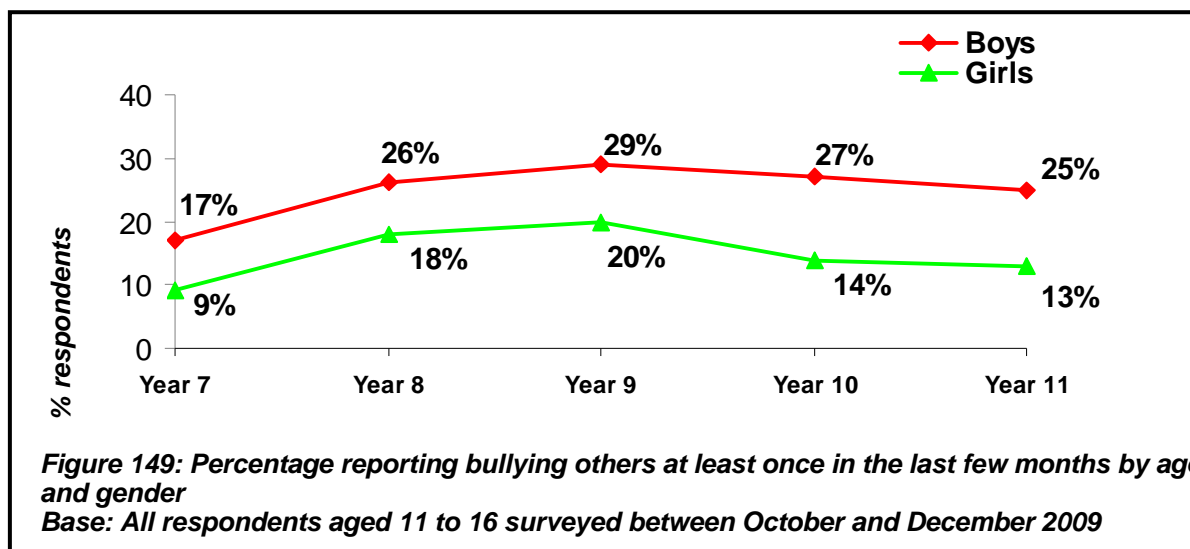
The proportion of those surveyed who admit to bullying others rises sharply after Year 7: all older students are more likely to have bullied others.

Differences by family affluence groups are not significant on this indicator.



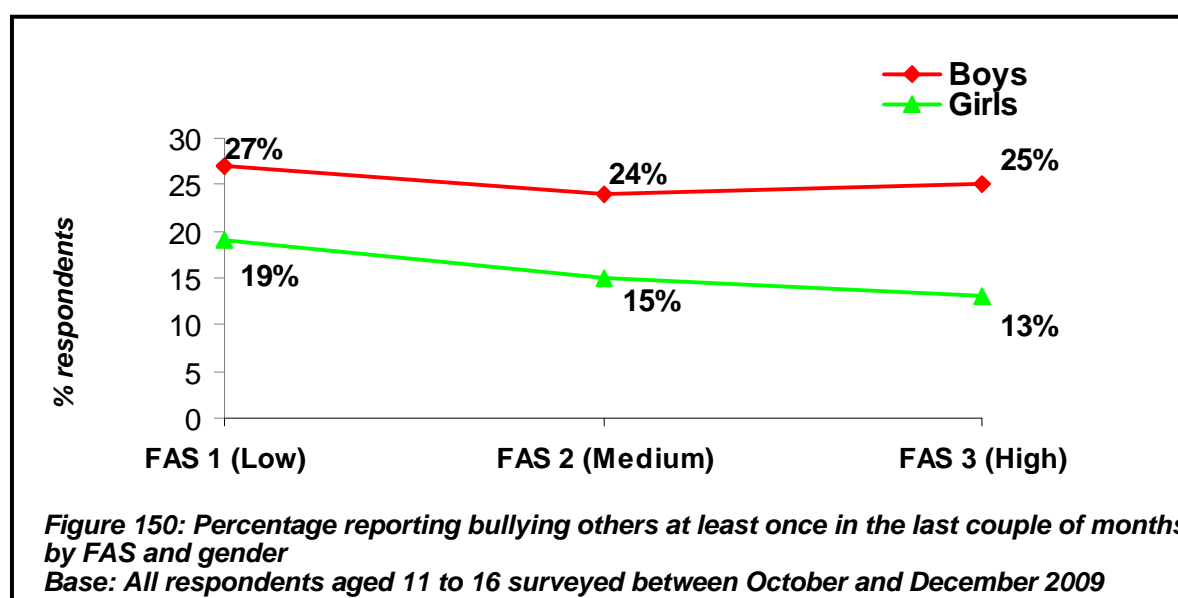
Risk Behaviours

Percentage bullying others at least once in the last couple of months



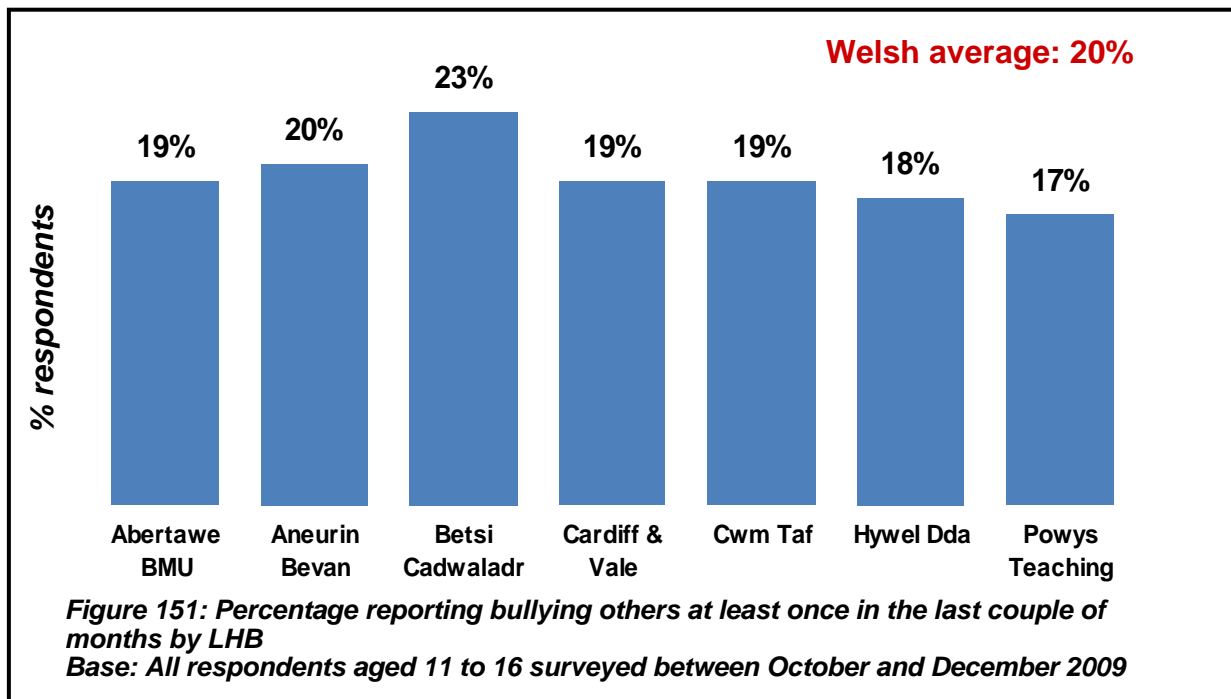
Significantly fewer boys in Year 7 admit to bullying others than boys in any other age group; admissions of bullying are relatively constant however between Years 8 and 11. A similar pattern is seen among girls – Year 7 girls are significantly less likely to admit to bullying others than girls in Years 8, 9 and 10. A significantly higher proportion of boys than girls in the same age group admit to bullying others across all years of secondary school.

Significantly more boys admit to bullying others than girls from similar family backgrounds across all affluence groups, but boys from less well off backgrounds are no more or less likely than boys from better off families to admit to bullying others. However, significantly more girls from the least well off families admit to bullying others recently than girls from the most affluent families.



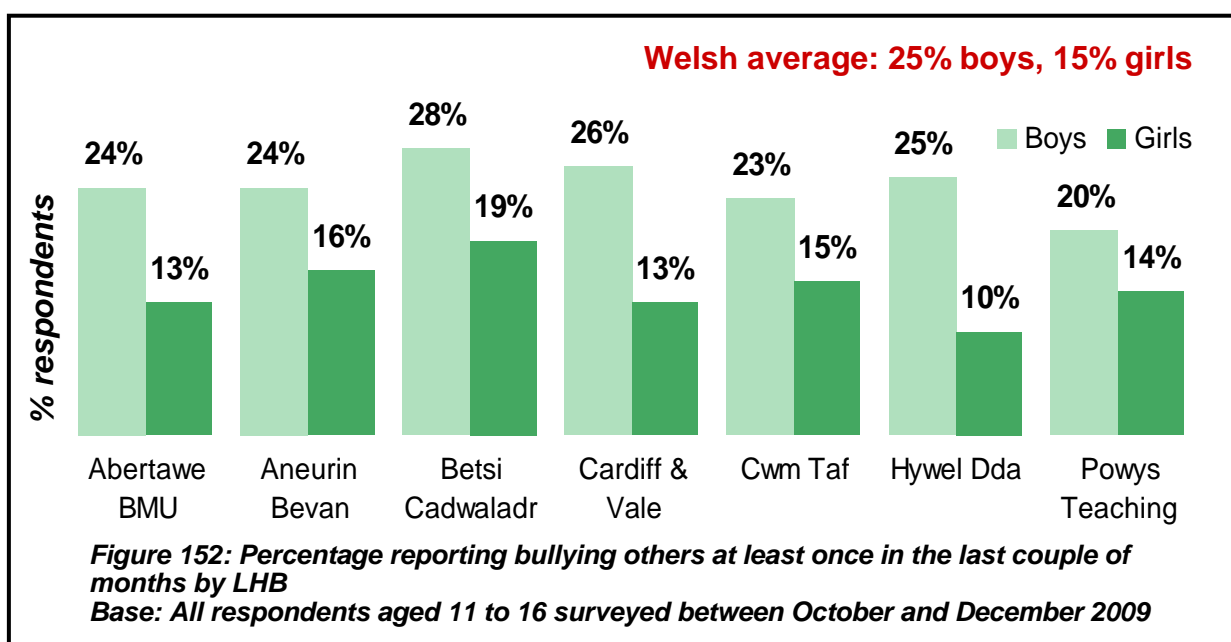
Risk Behaviours

Percentage bullying others at least once in the last couple of months



Rates of taking part in bullying others are similar across most LHB areas.

Boys are more likely than girls to report bullying others in all LHB areas except Powys Teaching and Cwm Taf, where the gender difference is not statistically significant.



Risk Behaviours

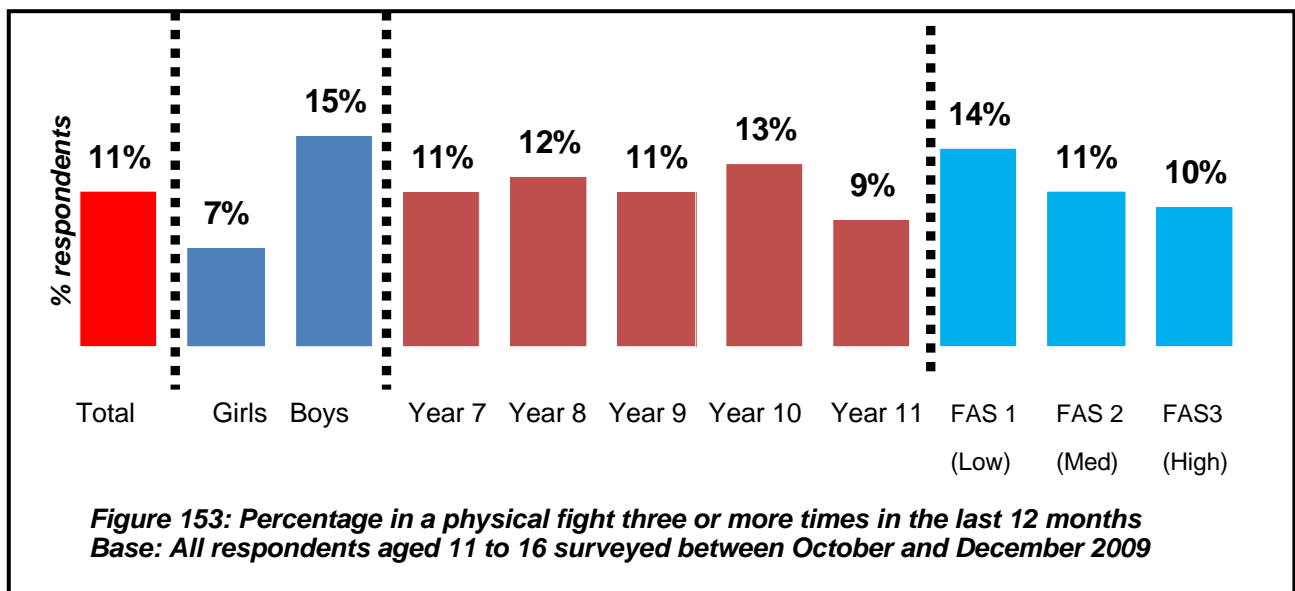
Percentage in a physical fight three or more times in the last 12 months

Survey respondents were asked how many times they had been in a physical fight with other children in the last year. For this analysis, we have focused on the number of children who had been in three or more fights.

Around one in ten secondary school students admit to being in a fight at least three times in the last year.

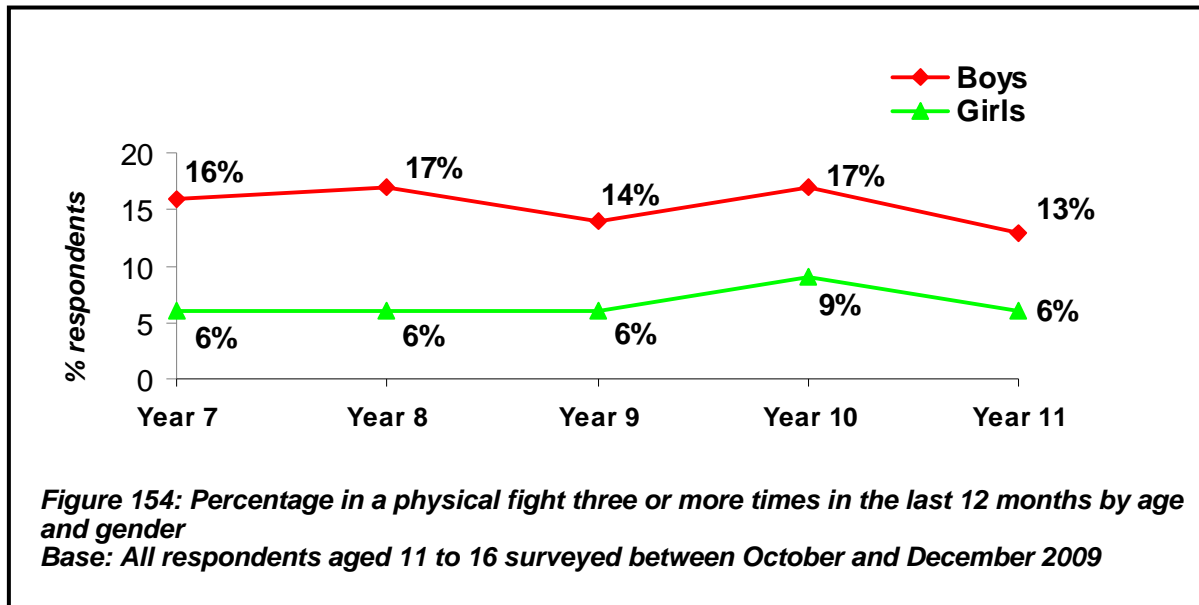
Just under one in twenty girls have been in a number of fights in the last year, compared to around one in eight boys.

Differences by age and family affluence are not significant on this indicator.



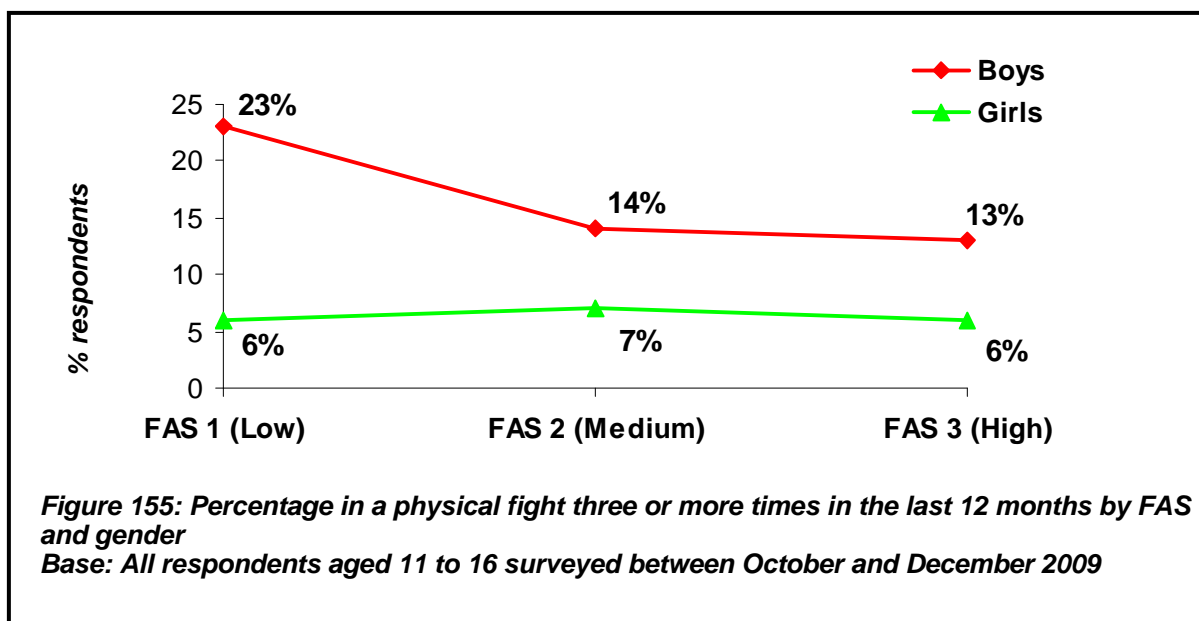
Risk Behaviours

Percentage in a physical fight three or more times in the last 12 months



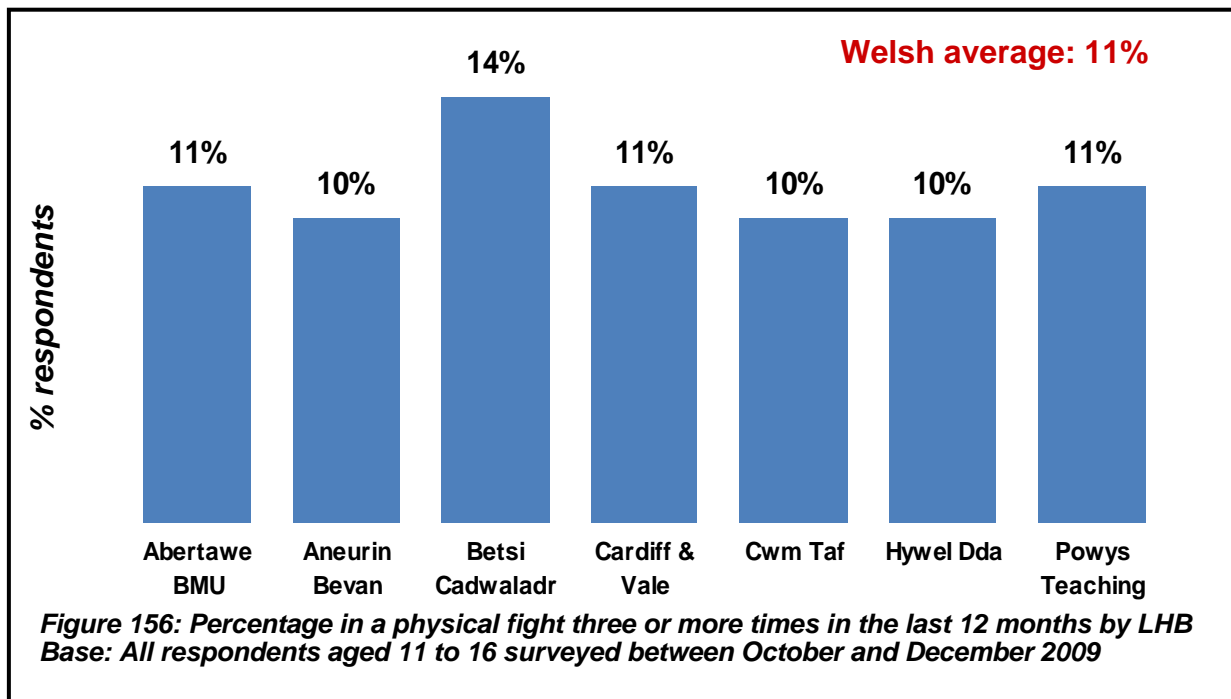
Across all age groups, boys are more likely than girls of the same age to have been in multiple fights in the last year. Both for boys and girls, the proportion that has been in multiple fights does not change significantly with age.

Boys from low affluence families are more likely than boys from better off families to report having been in a number of fights in the last year. Reported incidence of fighting by girls does not vary significantly between affluence groups.



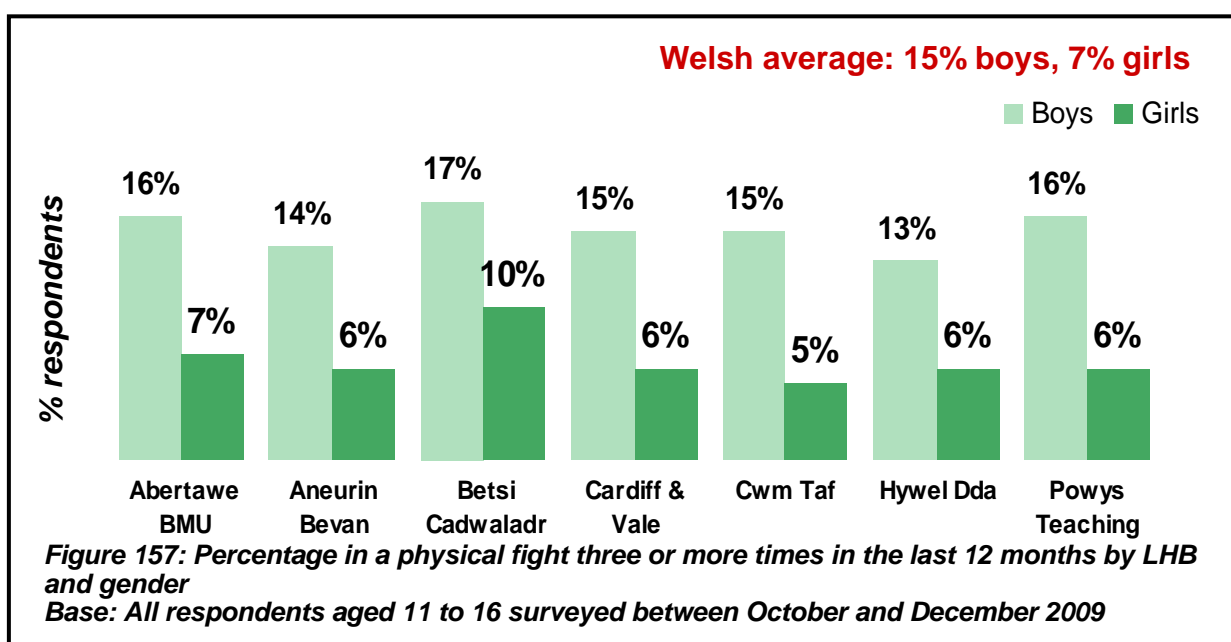
Risk Behaviours

Percentage in a physical fight three or more times in the last 12 months



Rates of taking part in physical fights are similar across most LHB areas, with the exception of Betsi Cadwaladr where children are more likely than average to say they have fought three or more times in the past year.

Boys are statistically more likely than girls to report fighting in all LHB areas.



Explanatory Notes

- [1] Further details about the HBSC survey methodology can be found in the Technical Report published alongside this document, as well as the following journal article: Roberts C, Freeman J, Samdal O, Schnohr CW, de Looze ME, Nic Gabhainn S, Iannotti R, Rasmussen M and the International HBSC Study Group (2009) *The Health Behaviour in School-aged Children (HBSC) study: methodological developments and current tensions*. International Journal of Public Health, 54, S140-150
- [2] Special schools refers to those schools for excluded pupils, and those with special educational needs or disabilities
- [3] In this report, family affluence has been employed to classify young people's socioeconomic status. The HBSC Family Affluence Scale (FAS) measure is based on a set of questions on the material conditions of the households in which young people live. The questions are straightforward for children and young people to answer and cover car ownership, bedroom occupancy, holidays and home computers. The FAS measure has several benefits, such as the low percentage of missing responses from young people and its cross-national comparability. By contrast, parental occupation measures tend to suffer from missing data and differences in countries' classification schemes.

More information on the FAS and how it was developed are provided in the technical report, and the following journal article: Currie C, Molcho M, Boyce W, Holstein B, Torsheim T, Richter M.(2008) *Researching health inequalities in adolescents: the development of the Health Behaviour in School-Aged Children (HBSC) family affluence scale*. Social Science and Medicine. 2008 Mar;66(6):1429-36.

Technical Notes

Statistical significance testing

Only differences which are statistically significant are reported here.

T-tests have been used to identify differences which are statistically significant. Tests have been applied at the 95% confidence interval, which means that we are confident that if the survey were repeated among an infinite number of samples, the results obtained would, on 95% of occasions, match the results actually obtained in the survey (within the specified margin of error).

The significance testing is based on the effective sample sizes for each sub-group. The effective sample sizes adjust for the impact of the complex survey design and weighting. Design Effects were calculated using SAS for a range of variables and for the sub-groups used in this report. Since these design effects were fairly consistent, an average design effect of 1.96 has been applied to calculate effective sample sizes for the sub-groups reported here. Further information about the design effect calculations can be found in a separate technical report.