

**THE HIGHLAND COUNCIL**  
**EDUCATION, CULTURE AND SPORT SERVICE COMMITTEE**

**18<sup>th</sup> September 2008**

Agenda Item	
Report No	

**Development of a Highland Lifestyle Survey**

**Report by Director of Education, Culture and Sport**

**SUMMARY**

A proposed Highland Lifestyle Survey has been developed by a multi-agency steering group over the last year for pupils in P7, S2 & S4. The steering group is now at the stage to implement the survey on a bi-annual basis and is seeking approval from members to proceed. The main purpose of the survey is to provide data to assess performance against key outcomes in the For Highland's Children's Plan.

**1. The Programme of the Highland Council**

1.1 The survey will contribute to the Programme outcomes

1.11 We will give a high priority to Highland's children being healthy and active and implement the Highland Play Strategy.

2.7 We will work with the Scottish Government and our partners, especially NHS Highland, to meet the health and care needs of our population and reduce inequalities in health. This will include reducing alcohol and drug misuse, smoking cessation, reducing obesity and tackling poverty.

**2. BACKGROUND**

2.1 A Lifestyle Survey Steering Group has been convened to develop a survey in Highland for young people in year cohorts P7, S2 & S4. It is hoped that following the pilot that took place earlier this year, this survey process will now be agreed and rolled out across Highland and repeated on a bi-annual basis. The main purpose of the survey is to provide data to assess performance against key outcomes in the For Highland's Children's Plan.

2.2 The steering group includes colleagues in NHS Highland, Highland Drug and Alcohol Action Team, The Highland Council and The Highland Council Youth Convener. Colleagues from partner agencies have been consulted in the formation of the questions i.e. Young Carers.

2.3 The bi-annual National Scottish Adolescent Lifestyle and Substance Use Schools survey (SALSUS) figures provide a snapshot of smoking, drinking and drug use of young people participating in the survey. SALSUS will still be used as the main source of benchmarking data for these outcomes in Highland.

- 2.4 However, The Highland Lifestyle Survey has been designed with the intention of providing a much wider snapshot of a young people's lifestyles and includes aspects of positive mental health, disposable income, leisure activities, oral health, nutrition, friendships and culture as well as smoking, alcohol and substance use.

### **3. Pilot Survey Results**

- 3.1 The first draft of questionnaires was piloted with a selection of schools, both primary and secondary in Highland. Rather than collate data for lifestyles at this stage, the aim of the pilot was to see how the questions were interpreted by pupils. This was to ascertain whether there were any discrepancies and if there were any alternative questions we had not considered.
- 3.2 As a direct result of this process the questions have been significantly re-designed to enable young people to fully understand the questions and for the survey to reflect as accurately as possible young people's lifestyles in Highland.
- 3.3 The pilot also involved testing a parent's consent form for P7 pupils. Of the 3 participating primary schools only 2 parents said they would not be willing for their child to participate in the survey.

### **4. Lifestyle Survey Implementation**

- 4.1 The intended lifestyle survey has 3 main features and has been designed to be a learning process for young people as well as a way to collate valuable benchmark Health and Wellbeing data. It is well documented that a key factor in Health Improvement work with children and young people that 'social norms' are discussed and dispelled. The lifestyle survey provides an opportunity to do this.
- 4.2 The first stage of the process in each school will be a classroom based information session that adopts active learning methods in a group setting as part of the school's health programme. The teacher / facilitator will provide explanations of the questions and a rationale for the purpose of the survey. Following the class session pupils will be invited to keep their own health diary for one week, this is confidential and is purely for the pupil to collate lifestyle activities which provide a snapshot of their week.
- 4.3 The third phase of the survey is the anonymous completion of an online survey which has been set up to enable pupils to enter in details of their activities over the week. The online survey tool has been designed jointly by the steering group and 'Partnerships for Wellbeing' who have undertaken this role through funding provided by NHS Highland. The website has been jointly designed by young people for young people and is very easy to use. The online survey tool contains the questions which have been developed following the pilot with pupils in Highland schools.
- 4.4 The process has been designed to be as young person centred as possible with links to Youth Voice / Young Scot and various support mechanisms within the online survey. Young people will be informed of the outcomes of the wider Highland survey and this data can be used not only to inform outcomes with For Highlands Children 3 but could also provide Health and Wellbeing learning opportunities for pupils that facilitate Curriculum for Excellence experiences and outcomes, for example, studying Health and Wellbeing data trends in Numeracy.

4.5 The data provided through the survey will be presented in each of the 3 areas of The Highland Council. It will not be broken down to Associated School Groups or school level to ensure anonymity.

## **5. Lifestyle Survey Questions**

5.1 A full list of questions can be found on **Appendix 1**.

## **6. Resource Implications**

6.1 No identified additional resource implications at present.

## **7. RECOMMENDATIONS**

- (1) Members are asked to comment on and approve the questionnaire for implementation as a bi-annual life-style survey for pupils in P7, S2 & S4.

Signature:

Designation: Director of Education, Culture and Sport

Date: 3 September 2008

Author: Louise Jones, Health Promoting Schools Manager

# Lifestyle Survey P7, S2, S4

Highland Schools



Information to improve school communities.



## ‘Last Week’

This lifestyle survey is anonymous.  
It covers areas you might not wish to record in  
your lifestyle diary.

No-one will know your answers.  
They will be added to those of young people across Highland.  
The information will be used to make decisions to improve  
health in all our school communities.

# About you.....

Click your answer

1. Are you: Male  Female
2. What year-group are you in? P7  S2  S4
3. Are you affected by an ongoing disability? Yes  No
4. Does someone in your family have a long-term physical or mental illness or drug or alcohol problem? Yes  No
5. How many adults live in your household?  
0  1  2  3  4  more than 4

# Health

6. Do you have a space to relax outside of school? Yes  No
7. How good to do feel about yourself and your life?  
Very good - I'm always happy   
Quite good - I'm mostly happy   
Not so good - sometimes happy and sometimes I'm down   
Not so good - I tend to be down

8. How many portions of fruit and vegetables did you eat yesterday?  
0  1  2  3  4  5  more than 5
9. Where did you mostly eat your lunch during the last week.  
at school  at home  out of school
10. Do you visit your dentist at least once a year? Yes  No
11. How many times a day do you brush your teeth?  
1  2  3  more than 3
12. How would you describe the state of your teeth?  
good  OK  bad
13. Are you happy with the way your teeth look?  
yes  no  not sure

## Friendships

14. Would you agree that you have at least one close friend who understands and accepts you?  
yes  no  kind of
15. Last week were there times when you felt bullied at all?  
none  a few times  some  lots
16. If you did feel bullied, where did this take place?  
at home  school  online  elsewhere
17. If you were bullied would you tell someone?  
yes  no  not sure
18. Do you know where you can get help? Yes  No

# Free time

19. How much money did you have last week to spend on yourself?

nothing  under £5  £5-£10  £11-£20   
more than £20

20. Last week I did some volunteer work. Yes  No

21. Last week I spent the following amount of time on the following activities outside of school.

Activity	No Answer	1-5 hrs	6-10 hrs	11-15 hrs	16-20 hrs
With my family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Playing sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cycling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reading	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listening to music	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Playing an instrument	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Painting, or arts/crafts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watching TV/DVD	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Surfing the internet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On MSN IM	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
On Bebo/Facebook/Myspace	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Texting friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
At a youth group	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
With my friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Alcohol

22. Which of the following statements best describes you last week?

- I drank a little alcohol
- I drank a few alcoholic drinks
- I drank a lot of alcohol
- I didn't drink any alcohol

23. When it comes to drinking alcohol how typical a week was last week for you?

- Very typical - I don't drink alcohol
- Very typical - I usually drink about that much
- Not very typical - I drank more than usual
- Not very typical - I drank less than usual
- I'm not sure what typical is for me

# Drugs

24. Which one of the following statements best describes you last week?

- I didn't take illegal drugs
- I took illegal drugs on one occasion
- I took illegal drugs on more than one occasion

25. When it comes to taking illegal drugs how typical a week was it for you?

- Very typical - I don't take illegal drugs
- Very typical - I usually take about that much
- Not very typical - I usually take less (or none)
- Not very typical - I usually take more
- I'm not sure what typical is for me

# Smoking

26. Which one of these statements best describes you last week?

- I didn't smoke at all last week
- I smoked cigarettes on one occasion
- I smoked cigarettes on more than one occasion
- I smoked cigarettes on most days last week

26. Which one of these statements best describes you last week?

- Very typical - I don't smoke cigarettes
- Very typical - I usually smoke on one occasion
- Not very typical - I usually smoke less (or none at all)
- Not very typical - I usually smoke more cigarettes
- I'm not sure what typical is for me

# Thank you

*Your time is much appreciated!*

Thank you very much for taking part in this survey

Would you like to find out about where to get help?

You could ask your teacher, guidance teacher, school nurse, youth worker, active schools co-ordinator, or you could try the following links.

<various links>

