

**The Highland Council**  
**Adult and Children's Services Committee**  
**15 January 2014**

Agenda Item	3.
Report No	ACS/01/14

**Highland Lifestyle Survey 2013**

**Report by Directors of Education Culture & Sport and Health & Social Care**

**Summary**

The Highland Lifestyle Survey has been carried out with P7, S2 and S4 pupils in 2009, 2011 and 2013. This report summarises the key findings of the 2013 Survey and longitudinal comparison across all three surveys. It also contains proposals for future surveys.

**1. Background**

- 1.1 The Highland Lifestyle Survey question design and process was developed in 2009 by a multi-agency steering group including young people.
- 1.2 The Survey contributes to the implementation of Working together for the Highlands 2012 – 2017, specifically working together for children and young people, commitment 20: *The Council will work with NHS Highland to achieve public health targets for breast feeding, immunisations and healthy weight, and to address smoking and substance misuse*; and Working together for empowering our communities, commitment 19: *The Council will improve public engagement, consultation and our handling of complaints*.
- 1.3 The Survey also contributes to the implementation of Highland Council's equality priorities presented in "A Fairer Highland", specifically actions relating to bullying in schools:
  - Pupils and school staff have a greater understanding of prejudice based bullying and its impact and
  - Pupils and school staff feel more confident in reporting prejudice based bullying incidents that they have experienced or witnessed
- 1.4 The Survey provides local data relating to self-reported responses of P7, S2 and S4 pupils to questions relating to health and wellbeing on a biennial basis; such as family life, peer relationships, personal circumstances, food and health, oral health, substance misuse, activities and leisure.
- 1.5 Data is also sourced from national studies such as the Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) (local level data for S2 and S4 available every 4 years) and the Health Behaviours in School-Aged

Children (HBSC), a cross national study of children aged 11, 13 and 15 years. The 2013 SALSUS questionnaire has been revised and is being sent out to schools this term (Autumn 2013), with results due to be published in October 2014. The SALSUS Survey will provide information at national and local levels. There have been attempts to minimise the burden on schools and avoid overlap of surveys. Information Services Division (ISD) drew up a joint sample with the Health Behaviours in School-Aged Children (HBSC) team so that this year, SALSUS could be carried out with the HBSC Survey, which would normally run in March next year.

## **2. The 2013 Lifestyle Survey**

- 2.1 The 2013 Lifestyle Survey was completed by schools during the week of 4<sup>th</sup> March 2013. Individual schools are not identified in the data which, to enable comparison with 2009 and 2011, was collated at the level of the previous area structure: Inverness, Nairn and Badenoch & Strathspey (INBS); Ross, Skye and Lochaber (RSL); and Caithness, Sutherland and East Ross (CSER).
- 2.2 A Survey Monkey questionnaire was developed, but a higher number of Surveys were completed on paper, which is more costly as data is required to be inputted centrally. This could be because of the one week timeframe for completion of the Survey making access to computers difficult. More flexibility might be helpful for schools and may also increase the completion rate. This will be reviewed before the next Survey.
- 2.3 A full set of Survey questions can be found at Appendix 1. Core questions from the 2009 and 2011 Surveys remained to allow comparison. One question "how many adults live in your household?" was removed, and the following new questions were added:
  - 9 questions relating to physical, emotional and behavioural issues were added to provide additional information to understand better the question "do you have an ongoing disability?"
  - Do you live in a town, a village or in the countryside?
  - Does your family come from a country outside Britain?
  - Do you come from a Gypsy/Traveller family?
  - Have you been in trouble with the Police? (enough trouble that the Police have come to your home to speak to your parents)
  - Do you think that your school is a good place to learn?
- 2.4 Table 1. below indicates that response rates were comparable with the 2011 Survey at 66%. This is an increase from the 2009 Survey which had a response rate of 47%.
- 2.5 48.5% of the 2013 Survey identified themselves as female and 51.5% as male.

**Table 1: Number of responses**

	<b>2013 Cohort Pop.</b>	<b>2013 Actual Response</b>	<b>2011 Cohort Pop.</b>	<b>2011 Actual Response</b>	<b>2009 Cohort Pop.</b>	<b>2009 Actual Response</b>
P7	2560	1680 (65.6%)	2415	1728 (71.5%)	2618	1486 (57%)
S2	2492	1727 (69.3%)	2656	1755 (66.1%)	2770	1468 (53%)
S4	2741	1742 (63.6%)	2665	1634 (61.3%)	2789	917 (33%)
No year given	-	12	-	-	-	-
<b>Total</b>	<b>7793 (100%)</b>	<b>5161 (66.2%)</b>	<b>7736 (100%)</b>	<b>5117 (66.14%)</b>	<b>8177 (100%)</b>	<b>3871 (47%)</b>

### 3. THE FINDINGS

#### 3.1 Disability and perception of difficulties

3.1.1 The percentage of the total cohort of pupils stating that they have an ongoing disability has remained fairly stable with a slight decrease in 2013 (5.5% 2009, 5.4% 2011 and 4.6% in 2013). It should be noted that in 2009 and 2011 the question was slightly different: "Are you affected by an ongoing disability?"

**Table 2. Pupil Responses to 'Do you have an on-going disability?'**

<b>Age</b>	<b>Yes</b>	<b>No</b>
P7	3.7%	96.3%
S2	5.6%	94.5%
S4	4.6%	95.4%

(Note Base Total= 5099)

3.1.2 Young people were also asked a series of questions about things that they find hard or difficult to do. This does not necessary mean that all these young people have some form of disability, but about how they feel about their abilities when they compare them with others:

**Table 3. – Pupil responses - perception of abilities and difficulties**

<b>Question</b>	<b>Yes</b>	<b>%</b>
Do you have difficulty seeing (not just if you wear glasses but if you need other help to do your schoolwork)	608	11.9
Do you have difficulty hearing?	183	3.6
Do you have a long term illness? (for example you may need to visit the doctor regularly for something like asthma, eczema or diabetes)	722	14.2
Do you find it harder than other children to learn things?	729	14.2
Do you find it harder than other children to talk and listen to people? (Do you find it hard to understand or do people find you hard to understand)	497	9.8
Do you find it harder than other children to move about and do exercise? (either big movement like gym or small movements like holding a pencil)	232	4.5
Do you find it harder than other children to control your actions and behaviour?	596	11.7

- 3.1.3 20.4% more boys than girls found it harder than other children to control their actions and behaviour. 14.6% more girls than boys found it harder than other children to move about and do exercise.

### **3.2 Living circumstances, family and school**

#### **3.2.1 Pupil responses to - Do you live in a town, village or countryside?**

This question was added this year to get a sense of the types of areas responding pupils live:

- 49% of pupils responded that they lived in a town (53.5% of these in IBNS, 29.2% in CSER and 17.3% in RSL);
- 33.1% in a village (50.5% of these in RSL, 29.4% in IBNS and 20.1% in CSER);
- 18% in the countryside (41% of these in RSL, 31.1% in INBS and 27.9% in CSER).

#### **3.2.2 Pupil responses to - Do you live with your family (you may live with a foster family or in a residential home)**

96.9% (4963) of pupils said that they lived with their family.

#### **3.2.3 Pupil responses to - Does your family come from a country outside Britain?**

A total of 430 pupils (8.4%) said that their family came from a country outside Britain. The National Census asks about place of birth as outside the UK rather than family origin. The 2011 Census identified 5.7% of people living in Highland who were born outside the UK.

### 3.2.4 Pupil responses to - Do you come from a Gypsy/Traveller family?

1.8% (90) pupils identified themselves as being from a Gypsy/Traveller family. This is higher than Census data which identified 0.12% of the population (291 out of 232,132 people) stating that their ethnic identity was gypsy traveller. During the school session 2012/13 the Interrupted Learning Development Officer – Education had contact with 133 children from Gypsy Traveller families, across all school years in total, with 11 in P7, 4 in S2 and 4 in S4. This equates to 0.24% of the total Survey cohort and 0.36% of the Survey response number.

### 3.3 Pupil responses to - Do you think that your school is a good place to learn?

3.3.1 85.7% of pupils agreed that their school was a good place to learn or that it was OK (4385 pupils). Of this number 51.5% (2257 pupils) were male and 48.4% (2121 pupils) female. This equates to 85.4% of boys and 85.1% of girls from the total Survey responses.

### 3.4 Young Carers

3.4.1 The question, ‘Does someone in your family have a long term or mental illness, drug or alcohol problem?’ is used as an indicator that those who respond “yes” could be young carers. The style and wording of the question was devised in partnership with young carers and professionals from Connecting Young Carers prior to the 2009 Survey. Through much discussion, it was agreed to keep this wording as they felt simply asking a young person if they ‘were a young carer’ would not allow for a true representation, as children and young people may not see themselves as a ‘young carer’. This question will be reviewed for future surveys.

**Table 4. Pupil responses - ‘Does someone in your family have a long term or mental illness, drug or alcohol problem?’**

Age	Yes		No	
P7	179 (10.9%)		1463 (89.1%)	
	Female	Male	Female	Male
	47.5 %	52.5%	48.7%	51.3%
S2	276 (16.2%)		1424 (83.8%)	
	Female	Male	Female	Male
	60%	40%	47%	53%
S4	350 (20.3%)		1372 (79.7%)	
	Female	Male	Female	Male
	62.5%	37.5%	44.8%	55.3%

(Note Base Total 5062)

3.4.2 Table 4. indicates that the proportion of pupils answering yes to this question increases with each year group, as does the gender difference, with more girls than boys in S2 and S4 potentially taking on caring roles.

### 3.5 Highland Children and Young People’s Mental Health and Wellbeing

**Table 5. Pupil responses to - How do you feel about yourself and your life?**

	<b>Not So Good, I tend to be down</b>	<b>Not so good, sometimes I’m happy sometimes I’m down</b>	<b>Quite good I’m mostly happy</b>	<b>Very Good, I’m always happy.</b>
<b>P7</b>				
2013	1.9%	14.4%	50.2%	33.5%
2011	2.6%	14.3%	56.9%	26.2%
2009	2%	15%	55%	29%
<b>S2</b>				
2013	3.6%	18.7%	49.2%	28.5%
2011	3.7%	16.1%	55.5%	24.8%
2009	3%	16%	52%	29%
<b>S4</b>				
2013	5.2%	20.4%	51.7%	22.8%
2011	4.4%	19.8%	53.7%	22.2%
2009	4%	16%	53%	27%

*(Note Base Total responses for P7, S2 and S4 2013 – 5116, 2011 – 4693 and 2009 3779)*

3.5.1 Table 5. illustrates an upward trend in the proportion of S2 and S4 pupils reporting that they feel not so good. S2 pupils from 19% in 2009 to 22% in 2013 and S4 pupils from 20% in 2009 to 26% in 2013. Primary 7 pupils generally report feeling a bit better about themselves. Other factors that impact on pupil mental health and wellbeing relating to space to relax and friendships are set out below:

**Table 6. Pupil responses to - Do you have a space to relax outside school?**

Age	Yes	No
P7	94.2%	5.8%
S2	94.3%	5.7%
S4	93.9%	6.1%

*(Note base total 5073)*

**Table 7. Pupil responses to - Would you agree that you have one close friend who understands and accepts you?**

Age	Not sure	No	Yes
P7	5.5%	2.8%	91.7%
S2	5.7%	2.5%	91.9%
S4	6.4%	3.2%	90.4%

*(Note - base total 5107)*

### 3.6 Food and Health

**Table 8. Pupil Responses to - How many portions of fruit and vegetables did you eat yesterday?**

Age	0	1	2	3	4	5	More than 5
P7	6.2%	7.9%	16.0%	28.2%	20.4%	10.9%	10.5%
S2	7.7%	11%	18.1%	28.2%	19.7%	7%	8.4%
S4	10.4%	10.7%	20.4%	26.3%	17.1%	7.2%	8.1%

*(Note Base Total 5115)*

- 3.6.1 As in 2009 and 2011 Surveys the most common response was 3 portions of fruit. There has been an increase in the proportion of children reporting consumption of more than 5 portions in S2 (2011 - 6.8%) and S4 (2011 -

4.9%).

**Table 9. Pupil Responses to – Where did you mostly eat your lunch in the last week?**

<b>Age</b>	<b>At home</b>	<b>At school</b>	<b>Out of School</b>
P7	10.9%	85.5%	3.6%
S2	8.5%	61.1%	30.5%
S4	10%	58.3%	31.7%

*(Note Base Total 5091)*

3.6.2 There is an upward trend in the proportion of S2 and S4 pupils responding that they have their lunch in school. S2: 2009 – 50%; 2011 – 56.2%, 2013 – 61% and S4: 2009 – 48%; 2011 – 54.0%, 2013 - 58.3%. This compares to data from the School Meals Service which identifies an increase of uptake from 51.6% for the period August 2011 to August 2012 (53.5% primary and 49.6% secondary) to 54.9% for the period August 2012 to August 2013 (54.5% primary and 55.3% secondary). This upward trend is continuing into the current school year.

3.6.3 The School Meals Stakeholder Group is working to increase school meals uptake and has piloted initiatives in individual schools. A recent progress [report](#) was submitted to this Committee in September 2013.

### 3.7 Oral Health

**Table 10. Pupil Responses to – Do you visit your dentist at least once per year?**

<b>Age</b>	<b>Yes</b>	<b>No</b>
P7	95%	5%
S2	95.4%	4.6%
S4	94.9%	5.1%

*(Note Base Total 5101)*

3.7.1 The pupil responses to this question have been largely similar across all three surveys.



**Table 11. Pupil responses to – How many times a day do you brush your teeth?**

Age	Zero	Once	Twice	Three	More than Three
P7	0.8%	10.7%	80.8%	6.7%	1.0%
S2	0.7%	10.9%	80.4%	6.6%	1.5%
S4	1%	10.6%	77.1%	9%	2.3%

(Note Base Total- 5125)

**Table 12. Pupil responses to – How would you describe the state of your teeth?**

Age	Bad	OK	Good
P7	1.8%	55.5%	42.7%
S2	3.3%	51.8%	45%
S4	3.6%	44.7%	51.7%

(Note Base Total 5114)

- 3.7.2 There has been a slight increase between 2011 and 2013 in the proportion of P7 and S2 pupils who report that they would describe their teeth as OK or good (from 96.4% to 98.2% for those in P7 and from 95.8% to 96.7% for those in S2.). S4 has remained at the same level.

**Table 13. Pupil responses to – Are you happy with the way your teeth look? Age and Gender**

Age	No		Not sure		Yes	
P7	12.4%		24.5%		63.1%	
	Female	Male	Female	Male	Female	Male
	59.9%	40.1%	51.2%	48.8%	45.3%	54.8%
S2	24.3%		24.3%		51.4%	
	Female	Male	Female	Male	Female	Male
	63.3%	35.7%	48.1%	51.9%	42.3%	57.7%
S4	26.9%		17.1%		56.0%	
	Female	Male	Female	Male	Female	Male
	63.7%	36.3%	40.1%	59.9%	43.5%	56.5%

(Note Base Total 5125)

### 3.8 Bullying

- 3.8.1 The Education Equalities Working Group is currently reviewing the Policy and Monitoring of Bullying and Prejudice-based Incidents in Schools. A [report](#) on their progress was submitted to the Community Safety, Public Engagement and Equalities Committee in November 2013. The information from the Survey is a significant contribution to the analysis of bullying incidents in schools as numbers currently reported through formal monitoring and reporting mechanisms tend to be low, although it is anticipated that this will increase following the completion of the Review.
- 3.8.2 For the academic year 2012 – 13, 7 bullying incidents were reported in Highland primary schools (5 female victims and 2 male) and 8 racist incidents (4 female and 6 male victims), and 1 bullying incident (male victim) and 2 racist incidents (1 female and 1 male victim) reported in Highland secondary schools.
- 3.8.3 Preliminary results of a piece of work carried out by The Psychological Service working with Highland Youth Voice Executive to pilot a survey on homophobic bullying suggest that up to 24% of secondary pupils reported themselves to be affected in some way by homophobic bullying, with 71% identifying earliest incidence as being in Primary school. Further data on this survey will be available in the New Year. Highland Lifestyle Survey responses indicate that 20% of P7, 25% of S2 and 17% of S4 pupils reported feeling bullied either a few, some or lots of times during the week prior to the Survey.

**Table 14. Pupil responses to – Last week were there times that you felt bullied at all?**

Age	None	A few	Some	Lots
P7	79.7%	14.2%	4%	2.2%
S2	75%	17.4%	4.6%	3.1%
S4	82.8%	11%	3.4%	2.8%

*(Note - base total 5092)*

- 3.8.4 Analysis of the responses identifies that:
- Generally girls felt more bullied than boys across all year groups;
  - Young carers experienced more bullying across all age groups;
  - Children with ongoing disabilities experienced more bullying. This is particularly clear in S4, where 18% more children experienced a lot of bullying compared to the year group as a whole;
  - Breaking down the questions about children's perceived difficulties (see table 3.), children who found it hard to move around were most likely to have experienced bullying, followed by children who find it hard to talk and listen to people.

**Table 15. Pupil responses to - If you did feel bullied, where did this take place?**

Age	Home	Online	School	Elsewhere
P7	10.7%	6.1%	63.2%	20.1%
S2	6.7%	7.2%	71.0%	15.2%
S4	6.3%	10.0%	65.9%	17.9%

(Note – base total 1675)

**Table 15. Pupil responses to - If you were bullied would you tell someone?**

Age	Not sure	No	Yes
P7	15.2%	10.4%	74.4%
S2	24.4%	17.4%	58.2%
S4	25.5%	23.5%	51%

(Note – base total 4924)

**Table 16. Pupil responses to - Do you know where you can get help from?**

Age	Yes	No
P7	93.2%	6.8%
S2	91.9%	8.1%
S4	88.1%	11.9%

(Note – base total 5016)

### 3.9 Substance Misuse

*Note - Some P7 Responses have been combined or omitted due to insufficient numbers as per ISD Statistical Disclosure Control Protocols.*

#### 3.9.1 Alcohol Consumption

**Table 17. Pupil responses to – Which one of these statements best describes you last week:**

Age	I didn't drink any alcohol	I drank a few alcoholic drinks	I drank a little alcohol	I drank a lot of alcohol
P7	97.1%	2.9%		
S2	87.2%	2.2%	9.1%	1.5%
S4	69%	9.2%	13.9%	8%

(Note – base total 5057)

- 3.9.1 (a) There has been a steady downward trend from 2009 to 2013 in the proportion of P7, S2 and S4 pupils self-reporting alcohol use (from 10.4% to 2.9% for P7 pupils, from 29.7% to 12.8% for S2 pupils and from 52.9% to 31.0% for S4 pupils).

**Table 18. Pupil responses to – When it comes to drinking alcohol how typical a week was last week for you?**

Age	I'm not sure what typical is for me	Not very typical – I drank less than usual	Not very typical – I drank more than usual	Very typical – I don't drink alcohol	Very typical – I usually drink about that much
P7	3.4%	1%		94.8%	0.8%
S2	7.6%	2.5%	2.5%	81.9%	5.6%
S4	14.3%	7.2%	7.5%	56.3%	14.7%

(Note – base total 4936)

- 3.9.2 **Illegal Drugs and New Psychoactive Substances (NPS, previously known as Legal Highs)**

**Table 19. Pupil responses to – Which of these statements best describes you last week?**

Age	I didn't take illegal drugs	I took a 'legal' drug which was for recreational use	I took illegal drugs on one occasion	I took illegal drugs on more than one occasion
P7	98.1%	1.9%		
S2	95.6%	2.5%	0.9%	1%
S4	91.9%	3%	2.1%	3%

(Note – base total 4979)

- 3.9.2 (a) There has been a downward trend in the proportion of S2 and S4 pupils self-reporting the use of illegal drugs and new psychoactive substances with S4 pupils from 11.6% in 2009 to 8.1% in 2013.

**Table 19. Pupil responses to - When it comes to taking illegal/legal drugs how typical a week was last week for you?**

Age	I'm not sure what typical is for me	Very typical – I don't take illegal/legal drugs	Not very typical – I usually take less (or none)	Not very typical – I usually take more	Very typical – I usually take about that much
P7	2.5%	95.8%	0.7%	1%	
S2	3.4%	92.4%	1.1%	1.1%	2%
S4	4.8%	86.2%	3%	3.1%	3%

(Note – base total 4860)

- 3.9.2 (b) Whilst the questions in the Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) are asked slightly differently, the most recent results from the 2010 Survey also indicate a downward trend in alcohol use for 13 year olds (S2) and identify the changes from age 13 to 15 (S4) indicating the importance of interventions at this stage (Scottish Government, 2011):

#### Alcohol

- In 2010 a greater proportion of 15 year olds (86%) than 13 year olds (59%) thought it was OK for someone their age to try alcohol to see what it was like.
- There was a considerable decrease, from 12% in 2006 to 3% in 2010, in the proportion of 13 year olds reporting that they usually drank at least once a week. There has been no statistically significant change among 15 year olds.

#### Drugs

- Across Scotland 42% of 15 year olds and 16% of 13 year olds reported having ever been offered drugs. 3% of 13 year olds and 23% of 15 year olds in the Highland CPP confirmed that they had ever used or taken drugs in 2010.

### 3.9.3 Smoking

**Table 20. Pupil responses to - Which one of these statements best describes you last week?**

Age	I didn't smoke at all	I smoked cigarettes on one occasion	I smoked cigarettes on more than one occasion	I smoked cigarettes on most days last week
P7	*	*	*	*
S2	94.5%	2.2%	1.1%	2.3%
S4	88%	3%	2.3%	6.7%

(Note – base total 4976)

- 3.9.3 (a) P7 responses have not been included due to insufficient numbers as per Statistical Disclosure Control Protocols. The greatest change in smoking prevalence relates to S4 pupils where the proportion of pupils reporting that they smoke has decreased from 20.2% in 2011 to 11.9% in 2013.

**Table 21. Pupil responses to - When it comes to smoking how typical a week was last week for you?**

Age	Very typical – I don't smoke cigarettes	I'm not sure what typical is for me	Not very typical – I usually smoke less (or none at all)	Not very typical – I usually smoke more cigarettes	Very typical – I usually smoke on one occasion
P7	97.6%	2.4%			
S2	92.5%	2.9%	0.7%	2%	1.9%
S4	83.5%	4%	2.3%	5.7%	4.5%

(Note – base total 4887)

## 4. CONCLUSION AND FUTURE ACTIONS

- 4.1 The first stage analysis of the 2013 Highland Lifestyle Survey highlights the benefits of carrying out a Highland specific biennial exercise in addition to using national data to inform service improvement. This is the third Survey which allows comparison of Highland young people's responses over a six year period, with those who were in P7 in 2009 being surveyed again in 2011 and 2013. Overall the information supports the view that the great majority of children in Highland are happy, healthy, and have good family and peer relationships.
- 4.2 The detailed information will be subject to further scrutiny. The results will be an important contribution to planning children's services and will continue to inform the implementation of *For Highlands Children 4* through the work of the Improvement Groups.
- 4.3 A mechanism will be developed to provide feedback to pupils on the Survey results during the spring/summer terms.
- 4.4 As noted above, the 2013 Survey has seen a complete cohort through from P7 to S4. This provides the opportunity to review the Highland Lifestyle Survey to ensure that the questions continue to be the relevant ones for current planning activity and are asked in the right way. For example, a closer alignment with SALSUS questions might be appropriate and more emphasis on building positive relationships may be helpful.
- 4.5 Whilst a return rate of 66% is positive and gives robust results, the one week timeframe for the completion of the Survey will also be reviewed to explore if a longer period of time for schools to complete it might increase this.
- 4.6 It is recommended that a multi-agency officer working group be introduced in early 2014 to take forward a review of the process, questions and resources required to improve future Highland Lifestyle Surveys.

## 5. IMPLICATIONS

### 5.1 Resource

There are no additional resource implications arising from the content of this report. The main cost has been staff time and this has been covered from within existing resources.

### Legal

There are no additional legal implications arising from this report. The data presented and subsequent reports will be compliant with the ISD Statistical Disclosure Control Protocols

### Equalities

There are no equality implications that have been identified and an Equality Impact Assessment will be carried out as part of the development of future

Highland Lifestyle Surveys.

### **Climate Change**

The Survey is designed to be completed electronically but very high levels were submitted in paper form. This may be because of the short timeframe for completion and difficulty in accessing computer suites for some schools. It is proposed that the timeframe for completion be reviewed and in addition, schools will be encouraged to complete electronically in future.

### **Risk**

There are no risk implications arising from the content of this report.

### **Recommendation**

Members are asked to note:

- The interim findings of the 2013 Highland Lifestyle Survey
- That the Survey results will subject to further scrutiny

and agree:

- That a multi-agency officer working group be introduced in early 2014 to take forward a review of the process, questions and resources required to improve future Highland Lifestyle Surveys.
- That the next Highland Lifestyle Survey will be carried out in 2015.

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Date:

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Background Papers:



**Appendix 1  
Highland Lifestyle Survey P7, S2, S4 2013**

“Last Week”

This lifestyle survey is anonymous. 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.

<b>About you.....</b>				
1.	Are you:		Male	Female
2.	What year group are you in?	P7	S2	S4
3.	Do you have an ongoing disability		Yes	No
3a.	Do you have difficulty seeing? (not just if you wear glasses but if you need other help to do your schoolwork)		Yes	
3b.	Do you have difficulty hearing?		Yes	No
	Do you have a long term illness? (for example you need to visit the doctor regularly for something like asthma, eczema or diabetes)		Yes	No
3c.	Do you find it harder than other children to learn things?		Yes	No
3d.	Do you find it harder than other children to talk and listen to people? (Do you find it hard to understand or do people find you hard to understand)		Yes	No
3e.	Do you find it harder than other children to move about and do exercise? (either big movements like gym or small movements like holding a pencil)		Yes	No
3f.	Do you find it harder than other children to control your actions and behaviour?		Yes	No
<b>About your family and where you live.....</b>				
4.	Do you live in a town, a village or in the countryside		Town , village, Country	
5.	Do you live with your family ( <i>you may live in with a foster family or in a residential home</i> )		Yes	No
6.	Does your family come from a country outside Britain?		Yes	No
7.	Do you come from a Gypsy/Traveller family?			

8.	Does someone in your family have a long-term physical or mental illness or drug or alcohol problem?	Yes	No
9.	Have you been in trouble with the Police ( <i>enough trouble that the Police have come to your home to speak to your parents</i> )?	Yes No Prefer not to answer	
<b>Health</b>			
10.	Do you have a space to relax outside school?	Yes	No
11.	How good do you feel about yourself and your life (tick) 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		
12.	How many portions of fruit and vegetables did you eat yesterday?	0,1,2,3,4,5, More than 5	
13.	Where did you mostly eat your lunch during the last week?	At school	At home Out of school
14.	Do you visit your dentist at least once a year?	Yes	No
15.	How many times a day do you brush your teeth?	0,1,2,3, more than 3	
16.	How would you describe the state of your teeth?	Good	OK Bad
17.	Are you happy with the way your teeth look?	Yes	No Not sure
<b>Friendships</b>			
18.	Would you agree that you have at least one close friend who understands and accepts you?	Yes	No Kind of
19.	Last week were there times when you felt bullied at all?	None, A few times, some, lots	
20.	If you did feel bullied, where did this take place?	At home, school, online, elsewhere	
21.	If you were bullied would you tell someone?	Yes	No Not sure
22.	Do you know where you can get help from?	Yes	No
<b>School and learning</b>			
23.	Do you think that your school is a good place to learn? (tick) Yes I think my school is a very good place to learn My school is OK for helping me to learn		

	My school could be a lot better to help me to learn My school is definitely not a very good place to learn I do not know if my school is a good or bad place to learn			
<b>Free time</b>				
24.	How much money did you have last week to spend on yourself?	Nothing, under £5, £5 - £10, £11 - £20, more than £20		
25.	Last week I did some volunteer work		Yes	No
26.	Last week I spent this amount of time on these activities outside school. <u>Table</u> Activity With my family Walking Playing sport Cycling Reading Listening to music Playing an instrument Painting or arts/crafts Watching TV/DVD Social networking Texting friends At a youth group With my friends	<u>Tick frequency</u> I didn't Up to 2 hours 2 – 5 hours 6 – 10 hours 11 – 15 hours More than 16 hours		
<b>Alcohol</b>				
27.	Which one of these statements best describes you last week? (tick) I didn't drink any alcohol I drank a little alcohol I drank a few alcoholic drinks I drank a lot of alcohol			
28.	When it comes to drinking alcohol how typical a week was last week for you? (tick) 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			
<b>Drugs</b>				
29.	Which one of these statements best describes you last week? (tick) I didn't take illegal drugs I took illegal drugs on one occasion I took illegal drugs on more than one occasion I took a "legal" drug which was for recreational use			

30.	When it comes to taking illegal/legal drugs how typical a week was last week for you? (tick) Very typical – I don't take illegal/legal 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
<b>Smoking</b>	
31.	Which one of these statements best describes you last week? (tick) 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
32.	When it comes to smoking how typical a week was last week for you? (tick) Changed to same format as alcohol/drug questions – previously “which 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 named person (Primary Head Teacher or Guidance Teacher), school nurse, youth worker, active schools co-ordinator or other trusted adult or why not try this link: [www.hyv.org.uk](http://www.hyv.org.uk)