

Traci Leven Research

**Glasgow City Schools Health and Wellbeing Survey
2019/20**

North East Summary Report

Prepared for



May 2021

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1 Introduction

1.1 Introduction

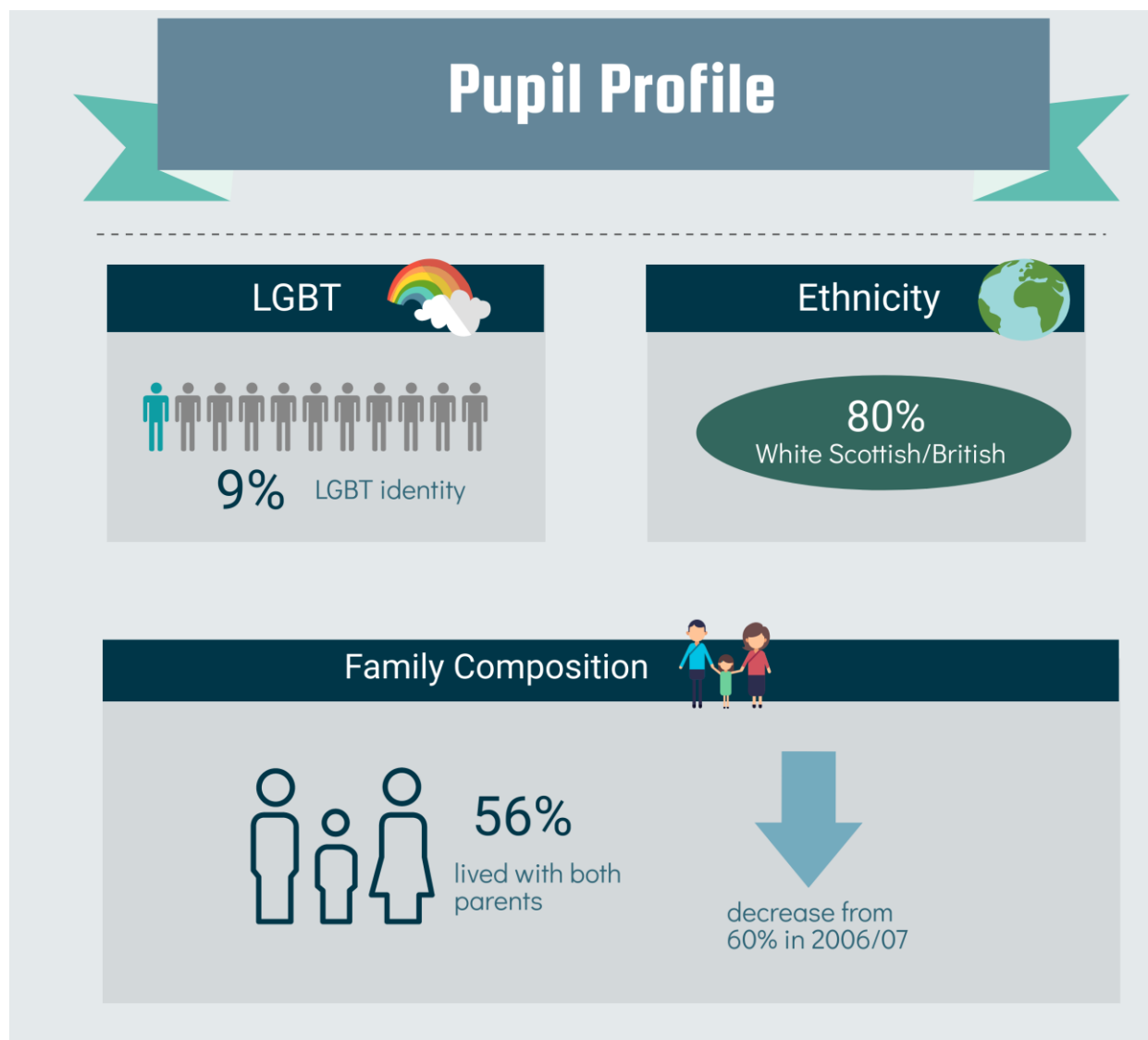
This report provides a summary of the findings for the North East locality from the 2019/20 Glasgow City Schools Health and Wellbeing Survey. This is the fourth in a series of surveys conducted in Glasgow City secondary schools since 2006/7.

Data relate to S1-S4 pupils only. Data have been weighted to ensure the findings are proportionately representative of all pupils in the North East in terms of year group and deprivation. Please see the main report for the survey methodology and weighting process.

1.2 Sample

A total of 1,735 S1-S4 pupils in the North East locality are included in the survey.

2 Pupil Profile



Key Indicators

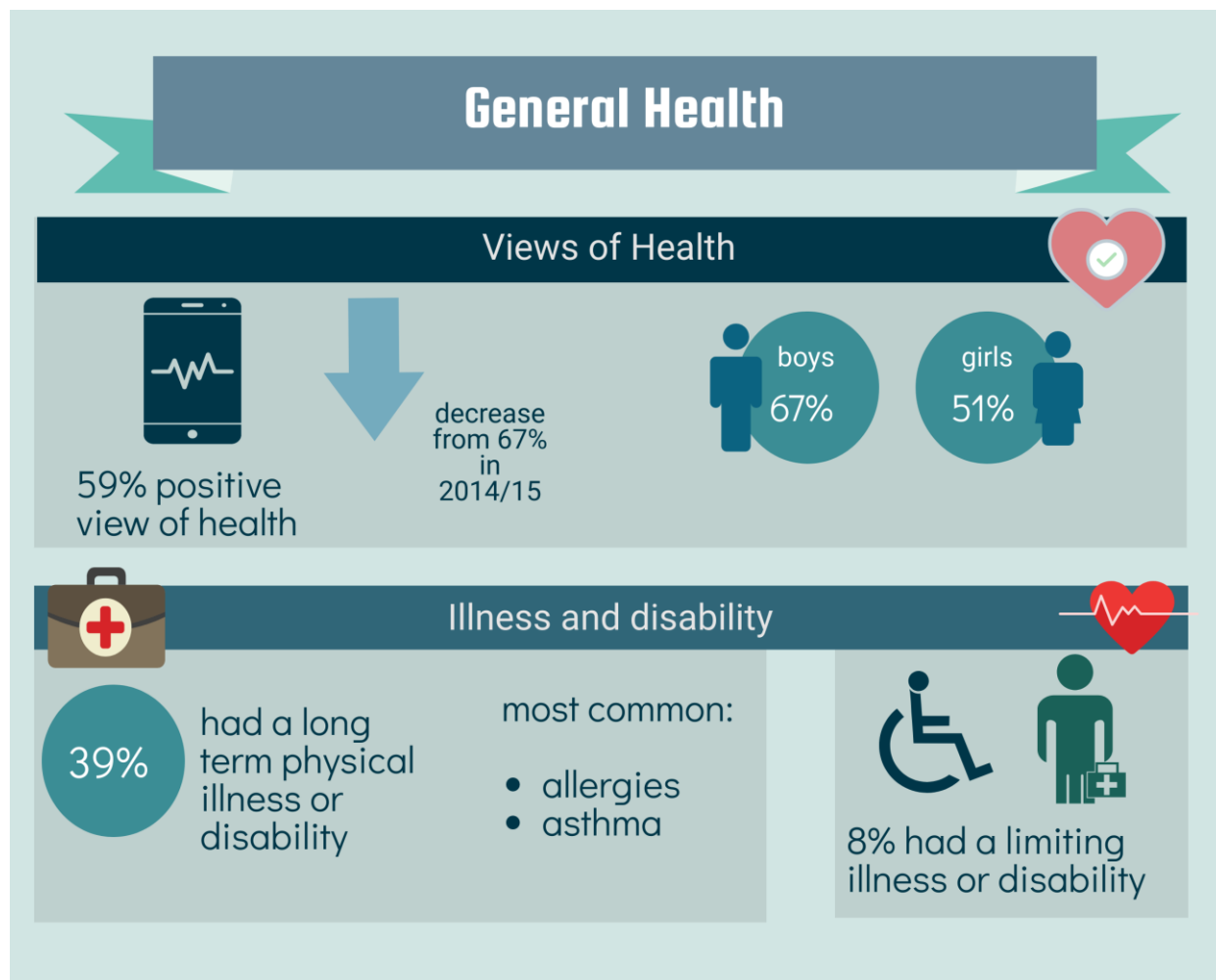
| Indicator | % |
|---|-----|
| LGBT | 9% |
| White Scottish/British | 80% |
| Speak language other than Scottish, English or Gaelic at home | 13% |
| Two parent family | 56% |

Trends

There was a significant decrease between 2006/07 and 2019/20 in the proportion of pupils who lived with both parents, but no change between 2014/15 and 2019/20.

| Indicator | 2006/7 | 2010/11 | 2014/15 | 2019/20 |
|------------------------|--------|---------|---------|---------|
| Live with both parents | 59.5% | 58.8% | 55.6% | 55.7% |

3 General Health



Key Indicators

| Indicator | % |
|--|-----|
| Positive view of general health | 59% |
| Long term physical illness or disability | 39% |
| Limiting illness or disability | 8% |

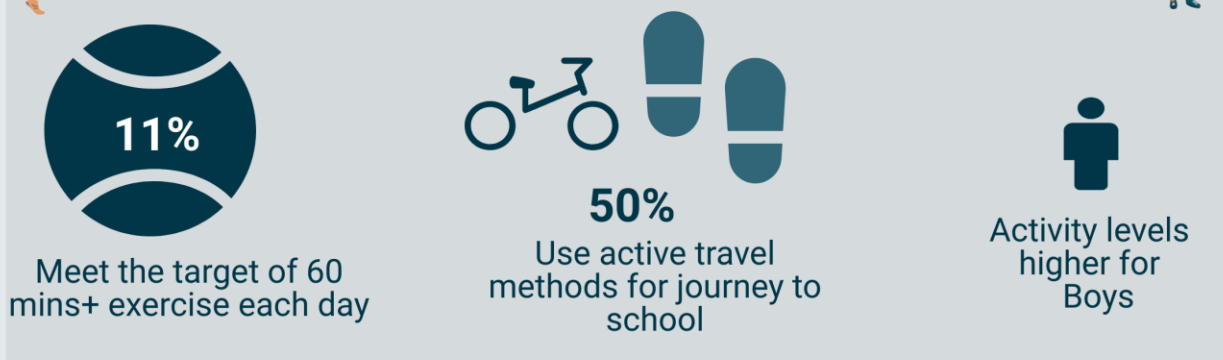
Trends

There was a significant decrease between 2014/15 and 2019/20 in the proportion who had a positive view of their general health.

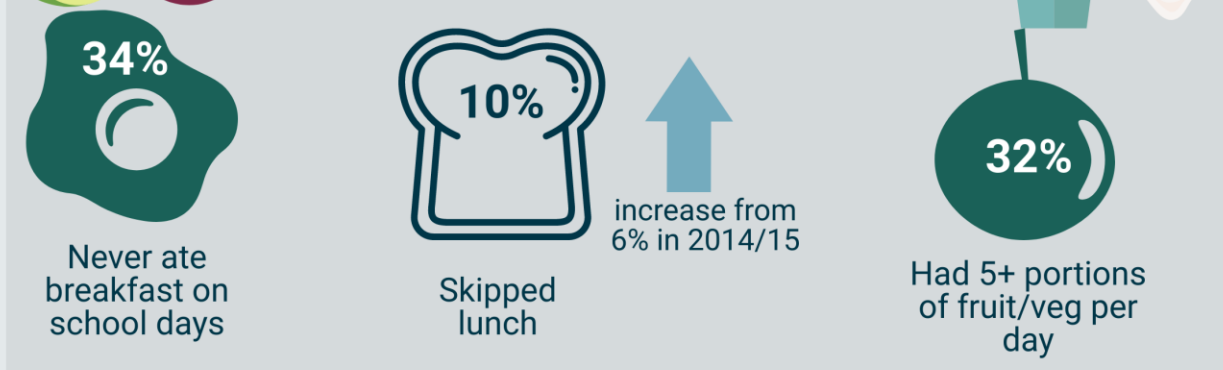
| Indicator | 2006/7 | 2010/11 | 2014/15 | 2019/20 |
|---------------------------------|--------|---------|---------|---------|
| Positive view of general health | 73.4% | 71.4% | 67.2% | 58.9% |

Physical Activity, Diet and Sleep

Physical Activity



Diet



Sleep



Key Indicators

| Indicator | % |
|--|-----|
| Meet the target of 60+ mins exercise 7 days per week | 11% |
| Participate at least weekly in sport/physical activity in school | 89% |
| Participate at least weekly in sport/physical activity out of school | 77% |
| 3+ Periods of PE per week | 52% |
| Active travel for journey to school | 50% |
| Eat breakfast every school day | 41% |
| Skip lunch | 10% |
| Consume 5+ portions of fruit/veg per day | 32% |
| 9+ hours of sleep on school nights | 22% |
| Bed time of midnight or later | 30% |
| Wake up before 7am | 26% |
| Felt tired daily in the last week | 19% |
| Stayed out later than allowed in the last month | 34% |

Trends

There was a decrease between 2014/15 and 2019/20 in the proportion who were active on 5+ days per week for 60 or more minutes.

There was no significant change in the proportion who used active travel for their journey to school.

There was a decrease between 2014/15 and 2019/20 in the proportion of pupils who ate lunch, but no significant change in the proportion who consumed five or more portions of fruit/vegetables per day.

The proportion who got nine or more hours sleep per night fell between 2014/15 and 2019/20.

| Indicator | 2006/7 | 2010/11 | 2014/15 | 2019/20 |
|---|--------|---------|---------|---------|
| Active for 60+ mins on 5+ days per week | n/a | 37.2% | 41.5% | 33.8% |
| Active travel for journey to school | n/a | 51.2% | 52.0% | 50.1% |
| Ate lunch | 91.8% | 93.9% | 94.2% | 90.1% |
| 5+ portions of fruit/veg per day | 29.5% | 29.9% | 32.0% | 32.4% |
| 9+ hours of sleep on school nights | n/a | 36.5% | 32.5% | 22.1% |

Services for Young People

Health Services



90%

Had used at least one listed health service

Most common:



GP/Health Centre
71%

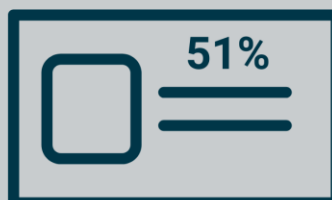


Hospital
71%



Pharmacy
61%

Young Scot Card



Had a Young Scot Card



decrease from 67% in 2014/15

Community Facilities

Proportion who had used each facility in the last year:



Parks
77%



Sports centre
54%



Library
55%



Museums
40%



Community centre
27%



Youth club
20%

Key Indicators

| Indicator | % |
|------------------------------------|-----|
| Used GP/Doctor/Health Centre | 71% |
| Used hospital | 71% |
| Used CAMHS | 7% |
| Used Parks | 77% |
| Used sports centre | 54% |
| Used library | 55% |
| Used museums | 40% |
| Used community centre | 27% |
| Used youth club/drop-in youth club | 20% |
| Have a Young Scot card | 51% |

Trends

There was a significant increase between 2014/15 and 2019/20 in the proportion who had been to museums in the previous year.

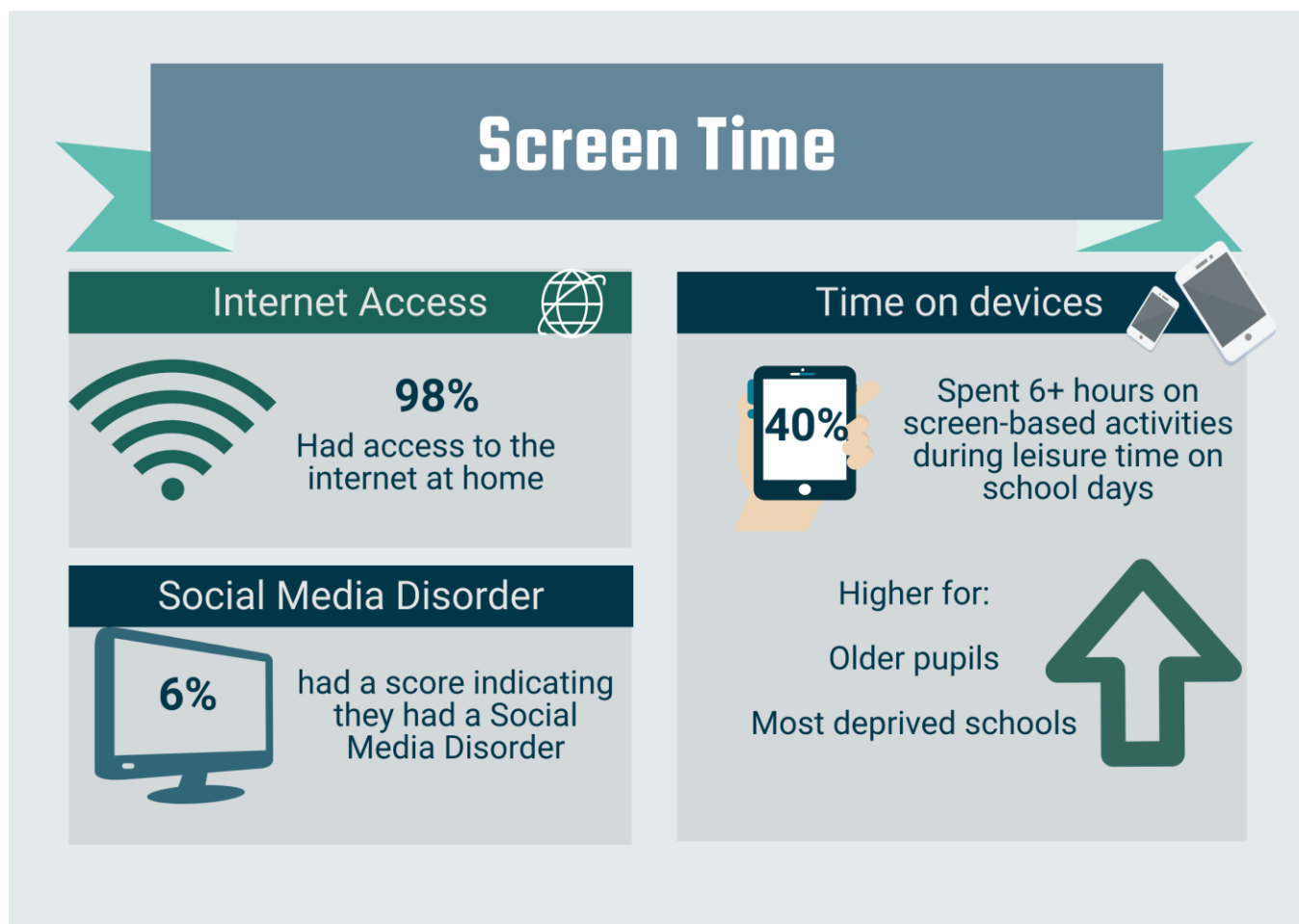
The proportion who had been to a library in the last year showed no significant change between 2014/15 and 2019/20, although there has been an increase since 2006/7.

There was a decrease between 2014/15 and 2019/20 in the proportion who had been to a sports centre in the last year.

There was no significant change between 2014/15 and 2019/20 in the proportion who had been to a community centre in the last year.

There was also a significant drop in the proportion of pupils who had a Young Scot Card between 2014/15 and 2019/20.

| Indicator | 2006/7 | 2010/11 | 2014/15 | 2019/20 |
|---------------------------------------|---------------|----------------|----------------|----------------|
| Been to museums in last year | 31.3% | 38.9% | 35.0% | 39.8% |
| Been to library in last year | 45.9% | 52.6% | 55.8% | 54.7% |
| Been to sports centre in last year | 71.1% | 70.7% | 59.8% | 53.6% |
| Been to community centre in last year | 32.3% | 37.6% | 30.2% | 27.0% |
| Has a Young Scot Card | 80.4% | 70.2% | 66.8% | 50.8% |



Key Indicators

| Indicator | % |
|---|-----|
| 6+ hours on screen-based activities on week days (leisure time) | 40% |
| 6+ hours on screen-based activities on Saturdays | 57% |
| 6+ hours on screen-based activities on Sundays | 54% |
| Social media disorder | 6% |

Money



had savings

24%



had £20+ to spend per week

78%



got pocket money

most commonly spent money on:



clothes



fast food



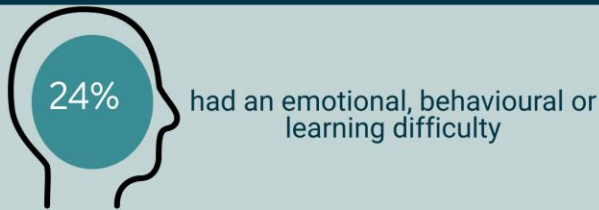
sweets/
snacks

Key Indicators

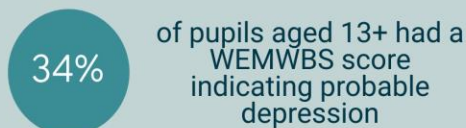
| Indicator | % |
|-----------------------------|-----|
| Have savings | 73% |
| Have £20+ to spend per week | 24% |
| Get pocket money | 78% |

Mental Health and Wellbeing

Emotional, Behavioural or Learning Difficulties/Disabilities



Depression



Loneliness



Worries

most common worries:



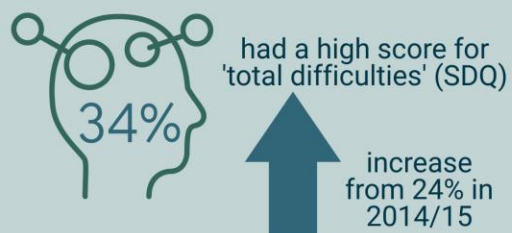
People to talk to



Bullying



Difficulties



Key Indicators

| Indicator | % |
|--|-----|
| At least one emotional, behavioural or learning difficulty | 24% |
| WEMWBS score indicating probable depression (age 13+) | 34% |
| Always/often wish life was different | 25% |
| Only sometimes/never feel life is just right | 49% |
| Only sometimes/never have what want in life | 44% |
| Feel lonely at least sometimes | 53% |
| Any worries | 80% |
| Feel pressured/stressed by schoolwork | 84% |
| No-one who it is easy to talk to | 6% |
| Bullied in the last year | 27% |
| Bullied others at school in the last year | 17% |
| Bullied others online in the past couple of months | 11% |
| Emotional symptoms high score (SDQ) | 28% |
| Conduct problems high score (SDQ) | 24% |
| Hyperactivity problems high score (SDQ) | 23% |
| Peer problems high score | 12% |
| Prosocial low score (SDQ) | 14% |
| Total difficulties high score (SDQ) | 35% |

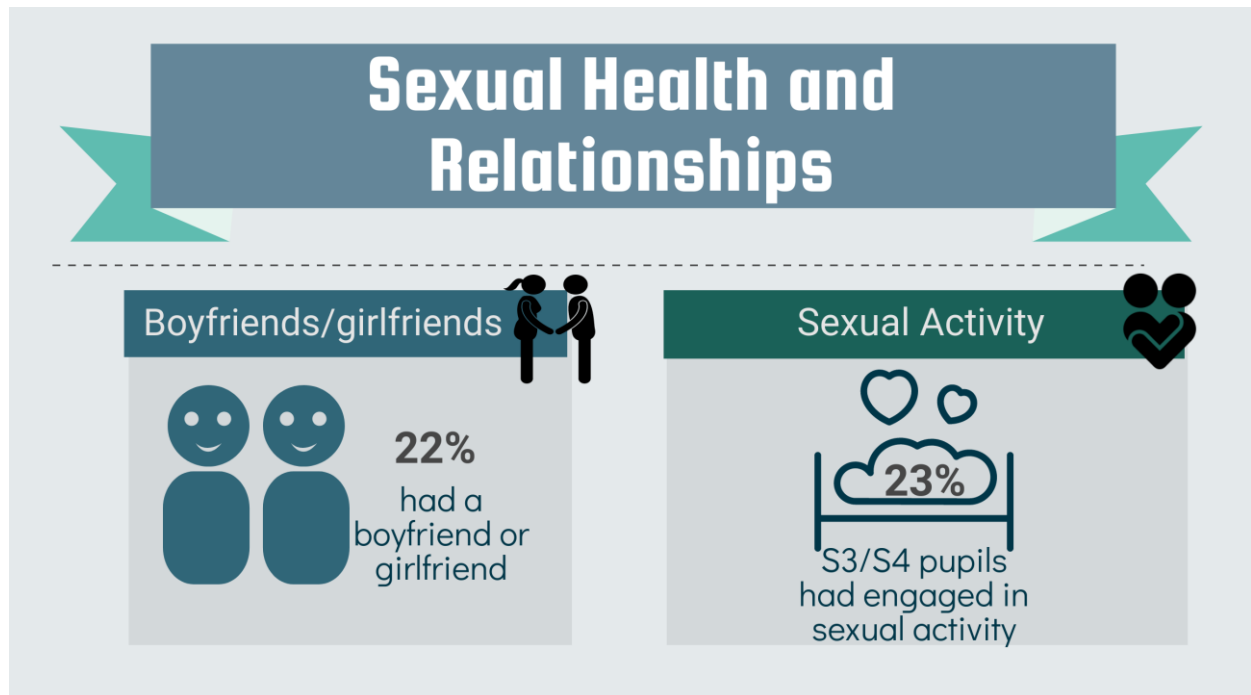
Trends

Between 2014/15 and 2019/20, there was an increase in the proportion of pupils who had been bullied at school in the last year but there was no significant change in the proportion who admitted to having bullied others.

There was a significant rise between 2014/15 and 2019/20 in the proportion of pupils with SDQ scores indicating a high level of 'total difficulties', and significant rises in the proportion with scores indicating difficulties for emotional symptoms, conduct problems, hyperactivity problems and peer problems.

| Indicator | 2006/7 | 2010/11 | 2014/15 | 2019/20 |
|---|--------|---------|---------|---------|
| Bullied at school in last year | 11.0% | 13.5% | 17.6% | 22.2% |
| Bullied others at school in last year | 19.6% | 17.8% | 15.1% | 17.2% |
| Emotional symptoms high score (SDQ) | n/a | 14.5% | 18.3% | 27.7% |
| Conduct problems high score (SDQ) | n/a | 22.9% | 19.6% | 24.5% |
| Hyperactivity problems high score (SDQ) | n/a | 17.5% | 17.5% | 23.0% |
| Peer problems high score | n/a | 6.1% | 9.0% | 12.5% |
| Prosocial low score (SDQ) | n/a | 9.7% | 12.0% | 13.9% |
| Total difficulties high score (SDQ) | n/a | 21.0% | 24.2% | 34.7% |

9 Sexual Health and Relationships

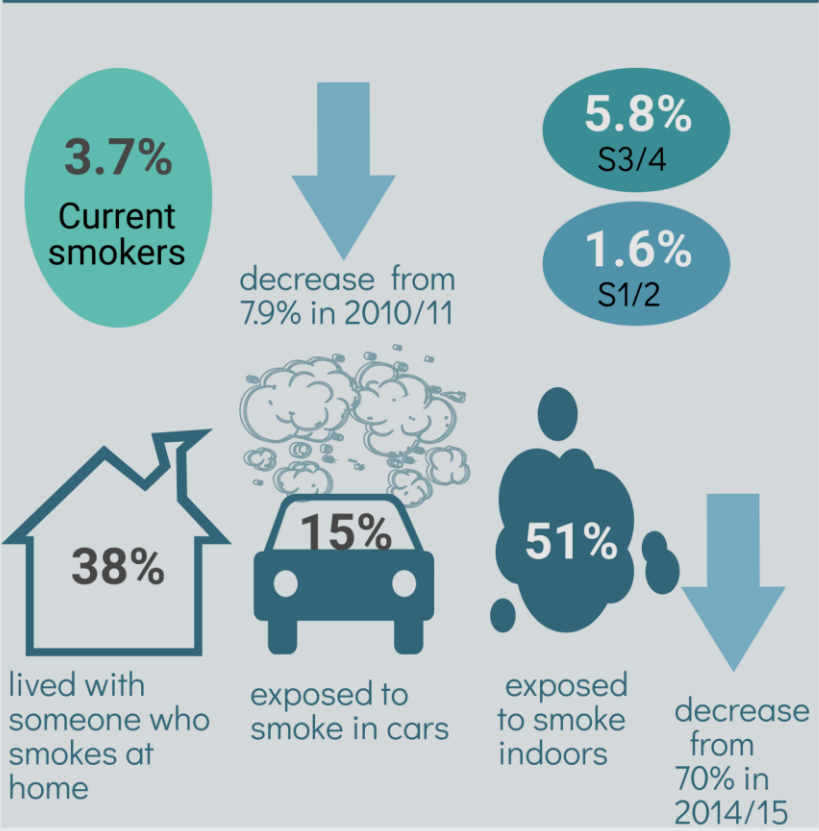


Key Indicators

| Indicator | % |
|---------------------------------------|-----|
| Received SHRE in school | 73% |
| Currently have a boyfriend/girlfriend | 22% |
| Sexually active (S3/4) | 23% |

Smoking, Alcohol and Drugs

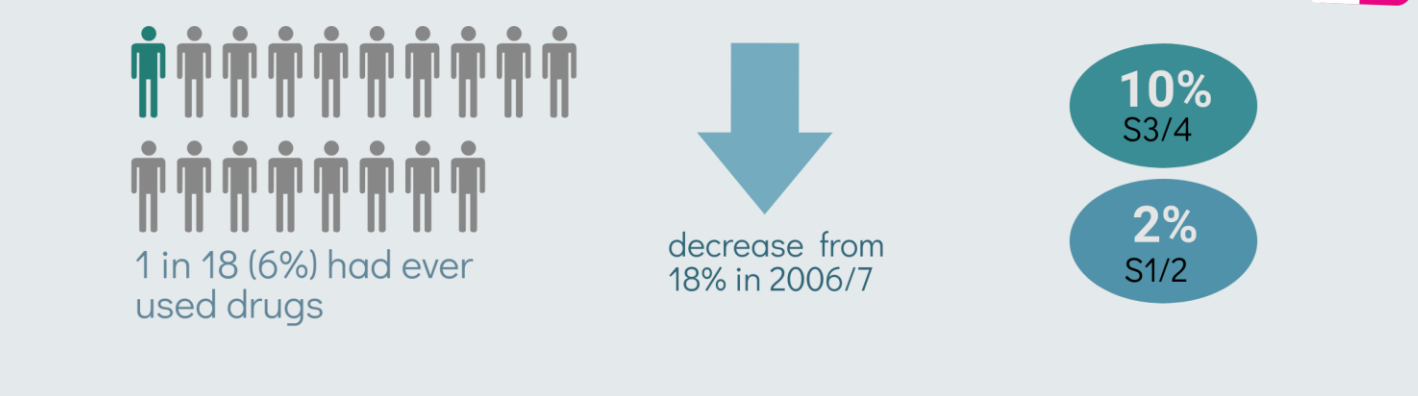
Smoking



Alcohol



Drugs



Key Indicators

| Indicator | % |
|--|-----|
| Current smokers | 4% |
| Current users of e-cigarettes | 2% |
| Someone at home smoked at least sometimes | 38% |
| Exposed to smoke in cars (of those who travelled by car) | 15% |
| Ever exposed to second hand smoke | 51% |
| Ever drink alcohol | 35% |
| Get drunk weekly or more (if drink alcohol) | 14% |
| Spend £10+ on alcohol per week (if drink alcohol) | 15% |
| Alcohol led to anti-social behaviour (if drink alcohol) | 11% |
| Ever used drugs | 6% |

Trends

There was no significant change between 2014/15 and 2019/20 in the proportion of pupils who were smokers, but the halving of the smoking rate between 2010/11 and 2014/15 was sustained. Between 2014/15 and 2019/20 there was a very sizeable decrease in the proportion of pupils who were ever exposed to environmental tobacco.

There was not a significant change between 2014/15 and 2019/20 in the proportion of pupils who drank alcohol saying that they got drunk once a week or more, but the proportion was much less than that in 2010/11.

Between 2014/15 and 2019/20 there was no significant change in the proportion who said they had ever used drugs.

| Indicator | 2006/7 | 2010/11 | 2014/15 | 2019/20 |
|---|--------|---------|---------|---------|
| Current smokers | 8.6% | 7.9% | 4.0% | 3.7% |
| Exposed to environmental tobacco smoke | n/a | 75.5% | 69.7% | 51.4% |
| Get drunk once a week or more (if ever drink alcohol) | 33.5% | 21.3% | 13.7% | 13.8% |
| Ever used drugs | 18.4% | 6.8% | 6.7% | 6.0% |

Positive Activities

Positive Activities



71%

Reported having engaged in at least one of 9 positive activities

Most common:



Sports clubs
43%



Drama/ acting /singing/ dancing group
21%



Voluntary Work
18%

High levels of positive activities were associated with better wellbeing indicators, including:



Higher level of physical activity



Lower level of screen time



More sleep



Better mental health



Higher fruit/veg consumption

Key Indicators

| Indicator | % |
|--|-----|
| Sports clubs | 43% |
| Drama/acting/singing group | 21% |
| Charity event | 16% |
| Voluntary work | 18% |
| Buddying/mentoring programme at school | 18% |
| Religious activity | 11% |
| Youth organisation | 10% |
| Duke of Edinburgh | 10% |
| MCR Pathways | 5% |
| Any of the above positive activities | 71% |

Employability

Expectations of going to further education/training



Expect to go to further education/training



Increase from 58% in 2014/15



Girls: 71%

Boys: 52%



Least deprived: 67%
Most deprived: 58%

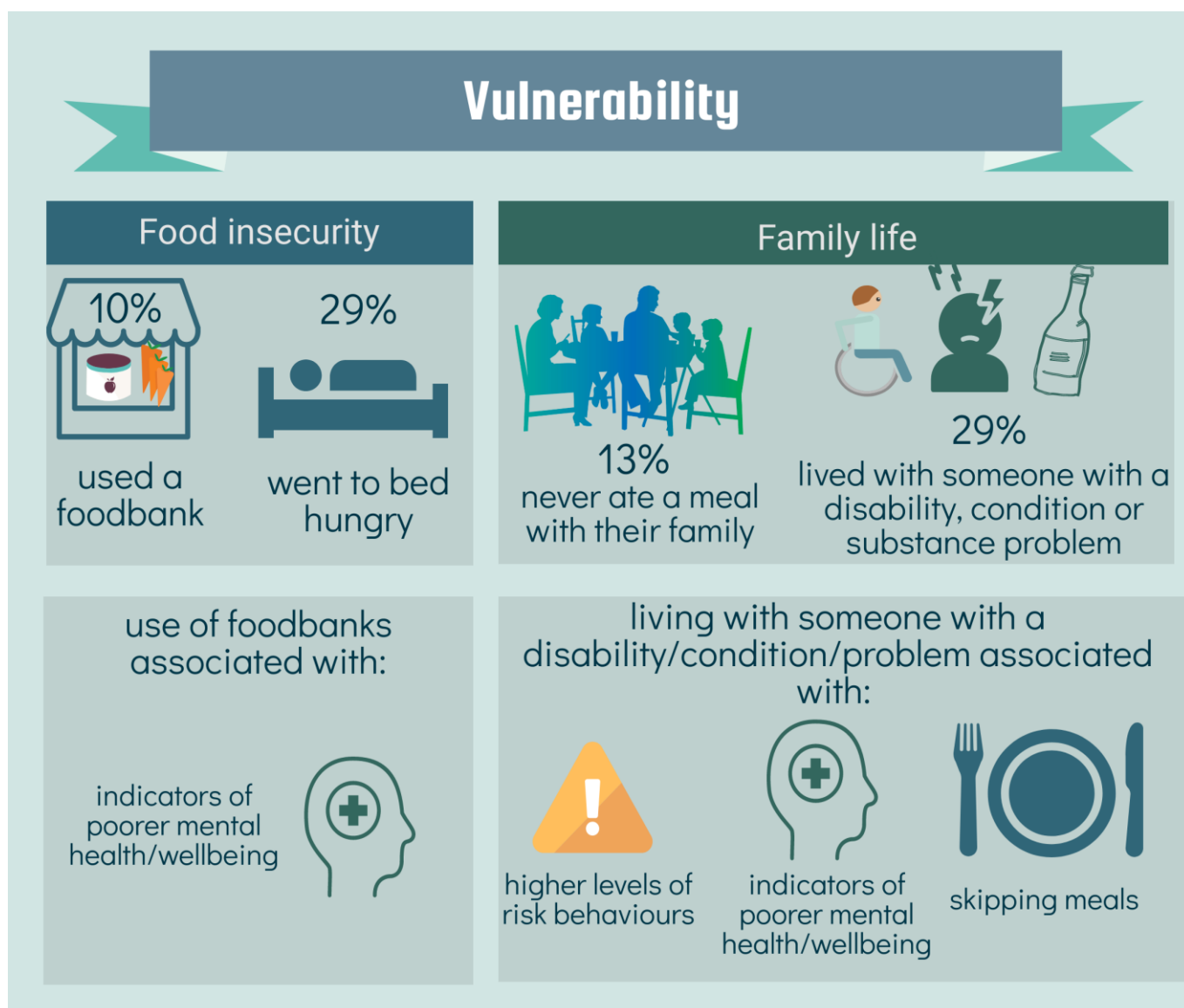
Key Indicators

| Indicator | % |
|---|-----|
| At least one school-based activity related to getting a job/working | 50% |
| Definitely want to continue full-time education | 67% |
| Expect to go to further education/training | 62% |

Trends

There was a significant increase between 2014/15 and 2019/20 in the proportion who expected to go to further education/training after school.

| Indicator | 2010/11 | 2014/15 | 2019/20 |
|-----------------------------------|---------|---------|---------|
| Expect to go to further education | 66.3% | 57.7% | 61.8% |



Key Indicators

| Indicator | % |
|---|-----|
| Dad/carer has a job | 88% |
| Mum/carer has a job | 72% |
| Used a foodbank | 10% |
| Go to bed hungry at least sometimes | 29% |
| Felt safe in local area always/most of the time | 80% |
| Think their area is a good place to live | 42% |
| Lots of places to play outdoors near where they live | 32% |
| Never eat meals with family | 13% |
| Enjoy being with family always or often | 82% |
| Live with a family member with a disability, long term illness, mental health problem or drug/alcohol problem | 29% |