

DERBYSHIRE COUNTY COUNCIL

Meeting with Cabinet Member, Health and Communities

10 January 2017

Report of the Director of Public Health

EMOTIONAL HEALTH AND WELLBEING SURVEY OF YOUNG PEOPLE

1. Purpose of the report:

To provide the Cabinet Member, Health and Communities with an update on the recent year 8 (age 12-13 years) Derbyshire Emotional Health and Wellbeing survey, delivered by The Training Effect.

2. Information and Analysis:

In 2015, a survey was commissioned by Public Health of all young people in year 8 across Derbyshire, focussing on their emotional health and wellbeing. It included questions about risk taking behaviours, internet use, their school and community and how young people feel on a daily basis and their thoughts for the future.

Following a tender exercise and strategic director approval to award on 15 December 2015, the survey was undertaken by The Training Effect, who specialise in work with young people on risky behaviours and social norms. The company were able to ask standardised questions that had been previously tested with young people. Schools were encouraged to complete the electronic, anonymous survey with all of their year 8 pupils between May and July 2016.

28 schools took part in the 2016 survey; 58% of all secondary schools in Derbyshire and a total of 3,034 young people. Not all schools completed the survey with the full year group.

Survey results:

- 69% of young people in year 8 reported they had not drunk alcohol without adult supervision; 8% reported they had tried a cigarette this shows a 7% reduction compared with 2015. 17% of young people reported they had tried an electronic cigarette. Only 2% have tried cannabis.
- 91% have a social networking profile with 21% of young people regretting sharing something online.

- 60% of young people talk to their friends about things that bother them, but 29% usually keep things to themselves. 55% of young people talk to their parents about things which would bother them.
- Over one third of young people are either not aware or not sure of where help and advice can be accessed locally.
- 40% feel happy most days and 50% feel ok most days but 9% feel sad most days.
- The majority of young people surveyed feel safe during the day in their communities, but only 35% felt safe when out at night.

The results from the survey show that year 8 pupils are similar to young people in other local authorities, although there are a higher number in Derbyshire who have tried cigarettes and alcohol. The number of young people feeling sad most days correlates with national prevalence data of mental health problems. The full report is available from Public Health.

Schools received reports with their own data and comparable data from across the County. This allows them to focus on any areas of concern for their young people, meaning that early intervention and prevention work can be more targeted. Schools also received social norm resources, which promote the positive health messages relating to Derbyshire young people, e.g. posters illustrating that 92% of year 8 pupils have not tried a cigarette.

The survey will be repeated with year 8 pupils in 2017 - 2018 to give a greater understanding of young people's views and behaviour and identify any key points of change. The results will be comparable to the 2015 - 2016 survey, giving 5 years of data. In addition, the 2016 year 8 cohort will be tracked through to year 11, to provide data that allows us to understand when behaviour changes take place and therefore when any support and education would have the greatest impact. For example, targeting information at year 9 pupils about cannabis if there is an increase in use between year 9 and 10. A total of 4 year 8 surveys and 3 tracking surveys will be undertaken. Each survey will be analysed and presented in report format for the Council and each participating school.

The survey results will support the Council and schools to:

- Identify and better understand issues and concerns with young people;
- Inform the commissioning of emotional health and wellbeing and risky behaviour services for young people;
- Review service provision and better target the provision of services according to age, gender and location;
- Identify gaps in service provision and areas for development;

- Shape the development of the Future in Mind mental health transformation plan;
- Inform the youth council to inform their campaign developments and seek feedback on the results;
- Inform the priorities of the Health and Wellbeing Board and Children's Trust Board.

3. Financial Considerations:

Following the success of the 2015 pilot survey, further surveys will continue in line with the current contract and within a value that does not exceed £50,000 in total, £20,000 of this in 2016/17, £20,000 in 17/18 and £10,000 in 18/19 subject to availability of funding, identified from the Public Health Children's substance misuse budget.

4. Social Value

The survey will impact upon social value through allowing schools to focus on any areas of concern for their young people, meaning that early intervention and prevention work can be more targeted. Thereby supporting the development of healthier communities and helping children, young people and families to thrive.

5. Other considerations:

In preparing this report the relevance of the following factors has been considered: legal, prevention of crime and disorder, equality of opportunity, human resources, environmental, health, and property and transport considerations.

6. Background papers:

Emotional Health and Wellbeing Survey of Young People 2015
Emotional Health and Wellbeing Survey of Young People 2016

7. Key Decision:

No

8. Call-in:

Is it required that call-in be waived for any decision on this report? No

9. Officer's Recommendations:

That the Cabinet Member, Health and Communities notes the update on the recent year 8 (age 12-13 years) Derbyshire Emotional Health and Wellbeing survey, delivered by The Training Effect.

Dean Wallace
Director of Public Health