

DERBYSHIRE COUNTY COUNCIL

Meeting with Cabinet Member, Health and Communities

13 October 2015

Report of the Director of Public Health

EMOTIONAL HEALTH AND WELLBEING SURVEY OF YOUNG PEOPLE

1. Purpose of the report:

To provide an update on the recent year 8 (age 12-13 years) Derbyshire Emotional Health and Wellbeing survey, which was a pilot survey delivered by The Training Effect.

To seek approval to repeat the survey with each year 8 group until 2018 and to track one cohort until they are in year 11.

2. Information and Analysis:

In 2015 Public Health officers commissioned a survey 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.

The survey was undertaken by an external company, 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 2015.

21 schools took part in the survey; 44% of all secondary schools in Derbyshire and a total of 2,234 young people. Not all schools completed the survey with the full year group.

Headline results:

- The majority of young people in year 8 in Derbyshire have not drunk alcohol with their peers, only 15% have tried a cigarette with 4% smoking once a day. Only 4% have tried cannabis.
- 92% have a social networking profile with 20% of young people regretting sharing something online.
- 61% of young people talk to their friends about things that bother them, but 29% usually keep things to themselves.

- Nearly half of young people are either not aware or not sure of where help and advice can be accessed locally if their main source of support is not available.
- 41% 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 (62%), but only 31% felt safe when out at night.

The results from the initial 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 85% of year 8 pupils have not tried a cigarette.

Re-procuring the 2015 survey up to 2018 will build on the interest shown and increase the number of schools and young people taking part. The survey will be repeated with year 8 pupils in 2016 - 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 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 pilot survey, further surveys will be procured in line with the Council's Procurement and Award procedures. The surveys will be procured within a value that does not exceed £50,000 in total, subject to availability of funding, identified from the Public Health Children's substance misuse budget.

4. 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.

5. Background papers:

Emotional Health and Wellbeing Survey of Young People, 30 September 2015

6. Key Decision:

No

7. Call-in:

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

8. Officer's Recommendations:

To approve the procurement to repeat the young people's emotional health and wellbeing survey, subject to available funding, with all year 8 pupils and track a cohort of pupils across Derbyshire up to 2018.

Elaine Michel
Director of Public Health