

Health and Happiness of 10/11 year olds



Health and Wellbeing Board

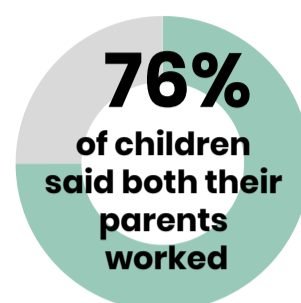
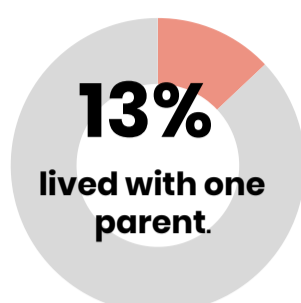
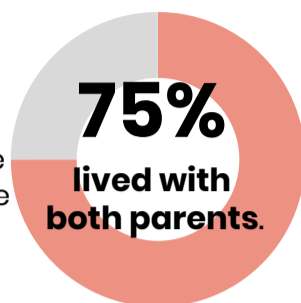
STARTING WELL



- In 2017/18 the West Sussex Public Health and Social Research Unit, working with colleagues in Public Health and with local schools, conducted a survey of Year 6 Pupils (children aged 10/11 years). The survey was conducted to inform plans, policies, programmes and commissioning intentions. 1,200 pupils took part.
- This poster sets out some of the data collected, there is more! A summary report is available on the JSNA website <https://jsna.westsussex.gov.uk/assets/core/health-and-happiness-survey-live-report-final.pdf>
- Contact tim.martin@westsussex.gov.uk or robert.whitehead@westsussex.gov.uk for further information

Home life...

The demographic characteristics of the children in the survey were broadly consistent with the equivalent children in the county.



1 in 4

said that **at least one of their parents smoked**. This is a known predictor of children taking up smoking themselves.



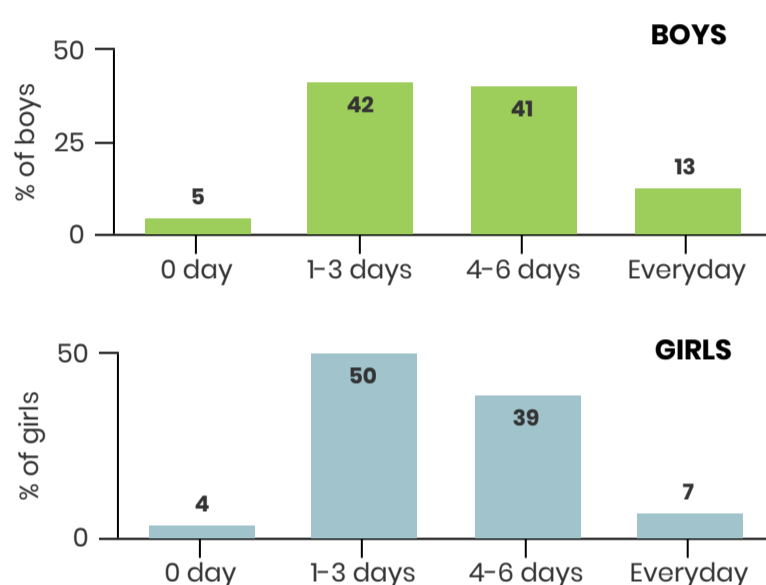
9%

said **English was not the main language** spoken at home

Healthy Behaviours...

Girls are less likely than boys to be physical active

% of children doing 60 minutes of physical activity, by numbers of days per week



Three out of ten children reported drinking fizzy drinks at least a 'few times a week'.

Three in ten children were meeting the recommended 'five-a-day' portions of fruit and vegetables, but more than nine out of ten children thought that they had a healthy or very healthy diet..



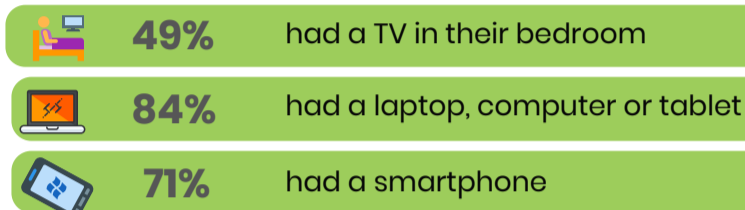
The UK Chief Medical Officer's guide for physical activity for 5 to 18-year olds recommends that children and young people should aim to **be active for at least 60 minutes every day**

We know that...

- Parents and carers will typically have a strong influence over the components of children's diets, and young children will often model their parents' diets.
- Levels of activity were associated with a range of positive aspects in children's lives.
- The National Childhood Measurement Programme found that 28.5% of Year 6 children in West Sussex were overweight or obese. However, children's own perception of their weight tended to underestimate their actual weight. In this survey, 15.4% considered themselves to be either 'slightly' or 'very' overweight.

Internet, social media, tv etc...

Of the children surveyed...



We know that...

- Children are more likely to have access to electronic devices, such as smartphones and tablets, than children elsewhere in the UK.
- Boys spent on average over 2 hours per day playing games on their electronic devices; girls 90 mins
- Children spent a similar amount of time online to other children nationally.
- The more time children spend gaming or on the internet, the less active they tend to be.
- Despite social media having a recommended minimum age of 13, nearly six out of ten children reported having a social networking account.
- One in three children do not know all the people they play games with/interact with online.

Key Findings on Emotional Regulation

The data from the survey was used to look at two measures of emotion regulation: **cognitive reappraisal** (reframing problems in a positive way) and **expressive suppression** (burying negative feelings/avoidance).

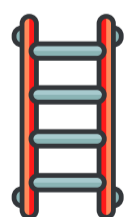
Predictive models demonstrated that an increase in:
 - Cognitive reappraisal **contributed to a rise** in Life Satisfaction and overall Happiness scores
 - Expressive suppression **contributed to a lowering** of Life Satisfaction and overall Happiness scores.

Bullying, loneliness and relationships

50% of pupils surveyed said they had experienced bullying in the last year

- Level of self-reported bullying around double the prevalence rate of the equivalent population nationally and most bullying was verbal in nature (78%).
- Girls were more likely to report being bullied than boys (53% and 46%).
- Most bullying was perpetrated by a child from the same school as the victim (77%).
- Roughly 8% of children said they often argued with their parents; this was shown in statistical modelling to be a significant contributor to poor emotional wellbeing.
- A higher proportion of girls than boys reported feeling lonely or sad often.
- One in four children said they did not confide in adults (either parents or teachers) if they were having troubles or needed support.

Emotional wellbeing...measured by the Cantril Ladder



The **Cantril Ladder** is a subjective wellbeing measure that asks pupils to rate their current wellbeing on a ladder from 0 (the worst possible life) to 10 (the best possible life). **The average score among Year 6 pupils in West Sussex was 7.8. The lowest score was 1 and the highest score was 10.**

Scores can be grouped into children who are **'suffering'** (0 to 4), **'struggling'** (5 or 6) and **'thriving'** (7 and above). **Nearly eight out of ten Year 6 pupils in West Sussex are thriving**

We know that...

- 14% of West Sussex children fall into the category 'struggling'**, on the self-reported wellbeing scale. A further 6% fall into the category 'suffering'.
- Poor diet, inactivity and being overweight** were more prevalent among those in the 'suffering' group. Meanwhile, being sad, lonely and bullied were also common features of this group's lives.
- 12% of children in West Sussex said they 'rarely' or 'never' do anything which gives them a sense of achievement.**
- Different emotional regulation strategies (cognitive reappraisal and emotional suppression) can lead to either increases or decreases in emotional wellbeing.**
- Boys and girls both scored differently on certain sub-scales**, though happiness with 'the way you look' scored lowest for all children combined. Even so, overall happiness was the same for both boys and girls.