

MEETING DATE:	14 August 2014	 North Lincolnshire Clinical Commissioning Group REPORT TO THE CLINICAL COMMISSIONING GROUP GOVERNING BODY
AGENDA ITEM NUMBER:	Item 8.7	
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PRIMARY-AGE LIFESTYLE SURVEY AND THE ADOLESCENT LIFESTYLE SURVEY

PURPOSE/ACTION REQUIRED:	To Receive & Note To update the CCG Governing Body on the outcomes of the Primary-age Lifestyle Survey (PLS) and the Adolescent Lifestyle Survey (ALS).
CONSULTATION AND/OR INVOLVEMENT PROCESS:	There was engagement with a range of relevant professionals and school staff including headteachers in the development of the PLS and ALS. Draft surveys were tested with groups of children and young people and the results have been discussed with the Youth Council, including the production of a young person friendly version of the Adolescent Lifestyle Survey report.
FREEDOM OF INFORMATION:	Public

1. PURPOSE OF THE REPORT:

Adolescent Lifestyle Survey (ALS)

The ALS takes place every three years in North Lincolnshire and is an important source of data for both schools and commissioners on the perceptions, lifestyles and behaviours of 11-16 year olds. The latest ALS took place in North Lincolnshire between October 2013 and February 2014, coordinated by staff within North Lincolnshire Council (People's Directorate and Public Health intelligence staff in the Places Directorate). The questions were developed in consultation with a range of stakeholders including staff from children's services, health, safer neighbourhoods, and headteachers.

This was fourth, and most comprehensive, survey undertaken so far. All year groups in all North Lincolnshire secondary schools were included in the survey. Also for the first time all 6th forms and colleges (year 12) were included.

There were 5,689 responses across 11-15 year olds, representing 63% of all children within this age range across North Lincolnshire. The respondents were representative in terms of sex, ethnic group, disability, free school meal status and rural urban mix.

All participating schools received a copy of their own ALS survey results, including benchmarking against other schools and the North Lincolnshire average. The feedback from these schools on the usefulness of the survey has been very positive and further meetings to support schools share learning from the surveys and advise on data analysis are planned for later in the summer term. Schools will be required to take account of the data and respond appropriately within their own school environment.

The results for the sixth forms and colleges are still being analysed, though each school/college has received their own results.

Primary-age Lifestyle Survey (PLS)

A pilot PLS took place in North Lincolnshire in May 2013, coordinated by staff within North Lincolnshire Council (People's Directorate and Public Health intelligence staff in the Places Directorate), directed at Years 5 and 6 pupils (9 to 11 years) to complement the ALS.

Although only 20 primary schools were invited to take part in the pilot PLS, there was considerable interest from headteachers and ultimately 37 mainstream primary schools in North Lincolnshire took part out of a total of 56.

There were 793 responses from Year 5's (9-10 year olds) and 798 responses from Year 6's (10-11 year olds), representing just under half (47%) of all children in these year groups across North Lincolnshire. The respondents were representative in terms of sex, ethnic group, disability, free school meal status and rural urban mix.

All participating schools received a copy of their own PLS survey results, compared with the North Lincolnshire average, in 2013. The feedback from these schools on the usefulness of the survey has been very positive.

Findings

Overall, the results from both surveys were very positive and showed that the majority of the children surveyed had high levels of health and wellbeing including feeling safe and supported.

However, the survey also identified areas that required further attention. As a result the emerging themes for action have been summarised and the appropriate groups responsible for taking account of the data have been identified and the finding circulated accordingly. The emerging themes and the list of partnerships and organisations that the findings have been circulated to are included in Appendix 1.

A presentation of the results from the ALS and PLS is planned for the CCG Engine Room in October 2014.

Reports of the ALS and PLS will shortly will available on the North Lincolnshire Joint Strategic Needs Assessment (JSNA) website.

The ALS, and the PLS, are extremely valuable sources of local data on children and young people's health and wellbeing, including their behaviours, perceptions, concerns and aspirations. The findings are used by schools and local professionals to help shape services to meet the needs of children and young people, as well as being a valuable source of trend data.

2. STRATEGIC OBJECTIVES SUPPORTED BY THIS REPORT:

Continue to improve the quality of services	X
Reduce unwarranted variations in services	
Deliver the best outcomes for every patient	
Improve patient experience	
Reduce the inequalities gap in North Lincolnshire	X

3. ASSURANCES TO THE CLINICAL COMMISSIONING GROUP

N/A

4. IMPACT ON RISK ASSURANCE FRAMEWORK:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Yes		No	X
5. IMPACT ON THE ENVIRONMENT – SUSTAINABILITY:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Yes		No	X
6. LEGAL IMPLICATIONS:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Yes		No	X
7. RESOURCE IMPLICATIONS:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Yes		No	X
8. EQUALITY IMPACT ASSESSMENT:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Yes		No	X
9. PROPOSED PUBLIC & PATIENT INVOLVEMENT AND COMMUNICATIONS:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Yes		No	X
<p>There was engagement with a range of relevant professionals and school staff including headteachers in the development of the Primary-age and Adolescent Lifestyle Surveys. Draft surveys were tested with groups of children and young people and the results have been discussed with the Youth Council, including the production of a Young person friendly version of the Adolescent Lifestyle Survey report.</p> <p>Papers on the PLS (March '14) and the ALS (June '14) have been presented to the Health and Wellbeing Board. The results of the ALS and PLS have been presented and discussed at the CYP Partnership. In line with the distribution plan, the results of the PLS and ALS have also been circulated to the relevant partnerships and organisations that need to be aware of them.</p>				
10. RECOMMENDATIONS:				
<p>The CCG Governing Body is asked to: -</p> <ul style="list-style-type: none"> Note the ALS and PLS findings and consider how the data may help to inform the development of relevant services. 				

Appendix 1. Emerging themes and distribution list.

Emerging themes for ALS:

	PLS HEADINGS	EMERGING THEMES FOR ACTION
1	General (background, sample size, demographic)	Build on numbers of primary schools engaging with PLS
		Make full use of the outcomes of the survey through appropriate distribution and action planning
		Importance of preparing young people for the transition between primary and secondary school
2	Support at home with school work	Young people and parents who are less engaged in education and homework
3	Feelings about school and aspirations	Difference between young people being aware of the need to work hard and actually working hard
		Difference in parents aspirations for the children
4	Emotional wellbeing	Difference in young people's views regarding who they want to talk to, whether they need to talk to anyone and awareness of who they can talk to
5	Staying safe	Differences in perceptions of community safety
		Community safety issues are heightened for some young people
6	Staying Healthy	Differences in perceptions of the importance of healthy eating
7	Smoking	Perceptions of smoking as being the social norm and links to experiences within their family environment
8	Alcohol	Perceptions of drinking alcohol as being the social norm and links to experiences within their family environment
9	School lessons regarding staying healthy	Build on young people's views regarding the importance of school lessons regarding staying healthy (linked to smoking, drinking, drugs, understanding how the body changes and how feelings change, the importance of exercise and healthy/appropriate relationships)
10	Participating in sport	Perceived and real barriers to engaging in sport, particularly for girls
11	Healthy relationships	Slight differences in perceptions of the parameters of healthy relationships
12	Domestic abuse	Differences in perceptions of the parameters of healthy relationships (in the context of abuse)
13	Your future	Importance of clear information, pathways and support to build on, develop and

		actualise young people's aspirations (and differences in aspirations).
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Emerging themes for ALS:

ALS Headings	Emerging Themes for Action
General Background	Build on the excellent engagement with all secondary schools and colleges.
Dissemination	Distribute the summary local authority-level report to all participating schools, including a young person friendly version.
Support at home and at school with school work	The vast majority of pupils reported good family support with their school work, and were confident they would get the right support at home to help them make the right career choice. However, this differs with gender, amongst different income levels and declined with age.
Feelings about school and aspirations	The majority of pupils enjoy and expect to work hard in school. More than half expect to go to university, which is higher than in previous years, although this differs with income levels and it remains lower amongst boys.
Emotional wellbeing	The majority of young people have a positive outlook on life and have good support networks, including access to peer mentors in school. The proportion of pupils that worry about being bullied has fallen significantly and is at its lowest level for 10 years. Most of YP's worries and anxieties are associated with doing well at school and exams.
Young people make healthy choices	<p>Positive and continuing downward trend in risky behaviours including smoking, alcohol consumption and drug misuse. Schools report that social norms approach works.</p> <p>Risky behaviours becoming more concentrated amongst lower income groups. Smoking rates for older girls have not changed in last three years and are above the national average.</p> <p>There is a need to continue trading standards enforcement as young people are still able to access tobacco and alcohol directly in some cases, but more commonly or indirectly by asking others to purchase on their behalf.</p>
School lessons – PSHE	Young people value PHSE lessons and find the drugs lessons most useful. However the number of young people who say they haven't had or cannot recall having had any PHSE lessons, including on alcohol drugs and sexual health has increased in the last three years. It is really important to maintain good sex

	education.
Feeling safe	The majority of Young People feel safe in their neighbourhood. Knowledge and awareness of e-safety has increased significantly. We need to maintain this as YP's access and exposure to social media rises and as reports of cyberbullying have increased.
Domestic abuse	A consistent proportion of pupils say they have witnessed this in the home. It is important therefore to maintain information on domestic abuse.
The future	Young People's ratings of the support they get in school with careers and advice has improved significantly in the last three years. However there is wide variation between schools. It is important to continue to engage with parents on opportunities and resources.
Children and young people with disabilities	Young people with disabilities reported worse outcomes on a range of indicators, including emotional health and wellbeing and bullying.

Distribution list for ALS and PLS findings:

Partnership/organisation
CYP Partnership
Health and Wellbeing Board
NL CCG
Primary Matters
Secondary Matters
PSHE network
School Nursing service
Education Inclusion Partnership
Education & Economic Engagement Part.
Safer Neighbourhoods Partnership
Obesity Steering Group

Tobacco Alliance
School Sports Partnership
Humber Sports Partnership
Mental Health Partnership
Sexual Health Action Group
Alcohol Steering Group
The Families Initiative
Domestic Abuse Strategy Group
LSCB
LSCB/Safe Practice Group
Children in Care Strategy Group
Disabled/SEN Partnership
Youth Council
CiC Council
Feeling Safe Group
Children with disabilities and carers group