



Schools Health Education Unit

Schools Health Education Unit
3 Manaton Court, Manaton Close, Exeter
EX28PF
Tel: 01392 667272 Fax: 01392 667269
e mail: sheu@sheu.org.uk
www.sheu.org.uk

Support *for* Healthy Primary Schools Using the Health Related Behaviour Questionnaire *results can be e-mailed*

The following pages are examples taken from the documents that schools receive when taking part in the Health Related Behaviour Questionnaire survey. Over a million pupils in primary and secondary schools have taken part in the survey over the past thirty years. The data provide schools and local authorities with reliable data to support programme planning to develop healthy communities.

Pupils describe what they do at home, at school, and at play

The primary-school version of the Health Related Behaviour Questionnaire (HRBQ) was introduced in 1988 after many requests by primary school teachers for an enquiry instrument similar to that available in secondary schools, but appropriate to the primary school age range.

It is well known that several important health-related issues (such as diet, physical activity, self-esteem, drinking and smoking) have their roots in the early years. Primary-school children are often highly receptive to ideas presented by their teachers. However, the staff may have little idea where intervention is needed and at what age it is most appropriate. Introducing the questionnaire also raises interest in the topics and can begin to generate a health education agenda even before the results are returned.

What does my school get and how much commitment does my school need to give?

<p>Schools' commitment:</p> <ul style="list-style-type: none"> • Support from head and senior management • Identify co-ordinator for the survey • Attend briefing session 'Collecting Good Data' • Notify parents/carers (example letters provided) • Give up an hour of curriculum time • Share the results with colleagues 	<p>Schools receive:</p> <ul style="list-style-type: none"> • Support from local co-ordinators and SHEU • Set of results tables for each question in the questionnaire • Comparative report to identify priorities • Book of suggestions on how to use the data <p>Optional:</p> <ul style="list-style-type: none"> • Downloaded data for ICT work • Primary Classroom materials
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Why should my school take part?

A headteacher we worked with recently said:

“...it gives us useful data to show us the impact of strategies we use and informs us about the physical and emotional health and well-being of the children. It also helps us to plan for the future and to allocate resources and the budget appropriately”.

Who is involved?

Year 4 - Year 6 pupils

- Should take easily less than an hour for most Year 6 primary pupils, teachers may want to read out the questionnaire to the younger or less able pupils
- It is enjoyable for pupils and an opportunity for them to think about their own health
- It is an opportunity for schools to work more closely with PCT and other agencies

What does it look like?

(Paper-based versions are also available)

55. During school playtimes (including dinner times), do you spend time...
Please answer on each line

	Never	Sometimes	Often
Chatting/talking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Playing running/skipping games/tag	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Playing ball games like football or netball	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reading quietly or being in the library	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (Please write in the box below)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other
Please write

Content: The standard primary questionnaire contains questions that can be divided into themes:

Drug education

Smoking
Alcohol consumption
Knowledge of illegal drugs

Safety

Accidents
Internet

Emotional health/well-being

Bullying
Leisure pursuits
Problem sharing
Self-esteem
Social activities
Worries

Healthy eating

Dental care
Diet

Physical activity

Bicycle use
Fitness & sports
Physical activity

Citizenship

Ethnicity
Family background
Locality
Money

Sex and relationships

Puberty

Other relevant topics

Homework
Hygiene
Internet access

What do the results look like?

For each of the questions within the questionnaire your school receives results broken down by year group and sex. The following is an example for an area surveyed recently; your results will look like this with the total being the total for your school. For a locally organised survey in a group of schools, the local authority will receive overall tables of data for the combined primary sample so that they can plan strategically for all schools, but don't see individual schools' results without their express permission.

32. How often do you worry about the following? - "At least 'quite often'"													
	Year 4		Year 5		Year 6		Total						
	Male %	Female %	Male %	Female %	Male %	Female %							
School-work/homework	20%	25	20%	24	24%	368	20%	283	22%	357	18%	270	21%
SATs/tests	28%	36	26%	32	32%	480	37%	527	39%	618	42%	645	37%
Moving on to secondary school	33%	41	29%	35	31%	464	34%	489	32%	507	41%	630	34%
The way you look	20%	26	24%	29	18%	264	26%	371	17%	270	29%	446	22%
Your height	17%	21	14%	17	14%	204	14%	206	12%	195	14%	218	14%
Your weight	23%	29	25%	30	16%	244	22%	316	16%	250	26%	401	20%
Being bullied	34%	43	30%	37	18%	273	23%	325	14%	223	17%	263	19%
Your health	28%	35	25%	31	23%	349	23%	332	20%	312	21%	323	22%
Family	37%	47	37%	45	33%	500	35%	509	32%	511	32%	483	33%
Falling out with friends	24%	30	37%	46	24%	358	30%	433	19%	308	25%	386	25%
Growing up	29%	36	23%	28	18%	271	24%	342	16%	251	26%	390	21%
Keeping safe at home	30%	38	36%	44	25%	374	29%	409	21%	328	22%	338	24%
Keeping safe outside	34%	42	38%	45	28%	415	34%	489	25%	392	28%	423	29%
The environment	26%	33	31%	38	26%	389	28%	395	25%	389	24%	360	26%
War and terrorists	35%	43	37%	45	34%	512	33%	475	30%	475	28%	423	31%

Online survey suite

The survey results section also has the facility for you to create your own charts and graphs with your own data so that you can use them for documents, meetings, presentations etc. You can compare your school's results for yourself with the wider authority results online, or you can wait for us to compare your school's results with the wider sample when all schools in your area have completed the exercise.

Comparative reports

When we have processed all the results for all the schools in your area, we will send you a confidential comparative report that will show your data alongside the total results for all schools; for example, this is an extract from the Headline results page:

Primary Survey 2011				
Example Community Primary School Headlines				
The sample				
This survey involved pupils from the following years. The numbers in each group are shown below.				
	Example CP School		All Area	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	17	30	622	667
Girls	33	23	548	691
% = Your school / (%) = Wider data				
BEING HEALTHY				
FOOD & NUTRITION				
<input type="checkbox"/>	39% (27%) of boys and 52% (33%) of girls would like to lose weight. 47% (65%) of pupils are happy with their weight as it is.			
<input type="checkbox"/>	12% (10%) of pupils said they didn't eat any portions of fruit or vegetables on the day before the survey.			
<input type="checkbox"/>	24% (22%) of pupils said they ate at least 5 portions of fruit and vegetables on the day before the survey.			
<input type="checkbox"/>	11% (7%) in your survey had nothing to eat for breakfast. 14% (6%) had a cooked breakfast on the day of the survey.			
<input type="checkbox"/>	10% (5%) had at most a drink for breakfast.			
<input type="checkbox"/>	34% (38%) of pupils responded that they 'never or hardly ever' get a takeaway meal.			
<input type="checkbox"/>	22% (11%) of pupils responded that they get a takeaway meal at least 'three or four times' a week.			
<input type="checkbox"/>	64% (69%) of boys and 45% (62%) of girls described themselves as 'fit' or 'very fit'.			
<input type="checkbox"/>	20% (8%) of boys and 11% (7%) of girls said that they didn't do any moderate intensity physical activity last week.			
<input type="checkbox"/>	24% (29%) of boys and 9% (21%) of girls did at least five hours of moderate intensity physical activity in the last week.			
<input type="checkbox"/>	3% (3%) of pupils said they enjoy physical activities 'not at all'.			
<input type="checkbox"/>	81% (84%) said they enjoy physical activities 'quite a lot' or 'a lot'.			
LEGAL & ILLEGAL DRUGS				
<input type="checkbox"/>	7% (8%) of pupils responded that they had had an alcoholic drink (not just a sip) in the last 7 days.			
<input type="checkbox"/>	3% (4%) of pupils reported that they drank alcohol on more than one day in the last 7 days.			
<input type="checkbox"/>	87% (83%) of pupils said 'I do not drink alcohol'. 7% (12%) said their parents 'always' know if they			

Example page from the full report:

Staying Safe

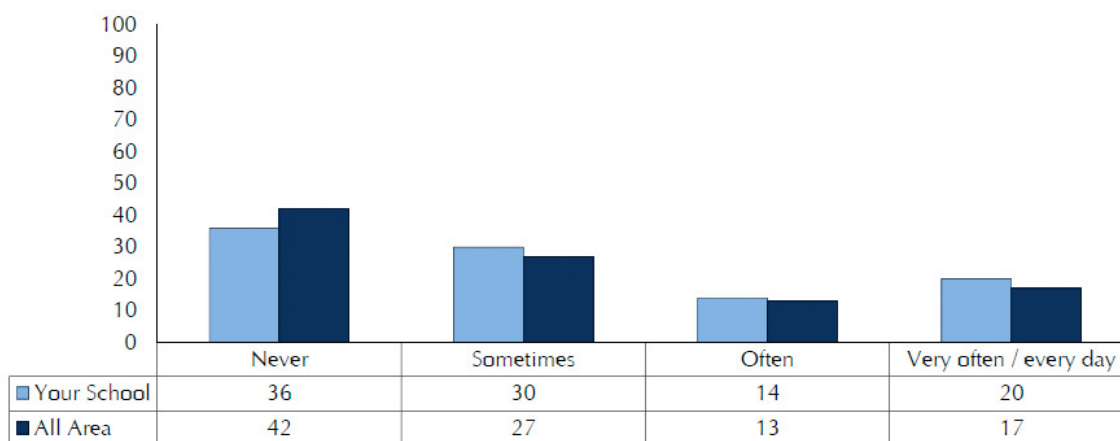
Primary Survey 2011

Internet safety

Q50. Percentage of pupils responding that they have used the internet in the last month at the following places (wider data in brackets):

Boys			Girls		
1	At school	72 (75)	1	At home	84 (84)
2	At home	70 (83)	2	At school	79 (73)
3	Elsewhere	47 (42)	3	Elsewhere	34 (38)

Q51. Do you ever use internet chat rooms or social networking sites (e.g. Facebook)?



36% (42%) of pupils responded that they 'never' use internet chat rooms or social networking sites.

20% (17%) of pupils responded that they use internet chat rooms or social networking sites 'very often / every day'.

84% (83%) of pupils responded that they have been told how to stay safe while using the internet.

Q51. Percentage answering that they 'never' use internet chat rooms or social networking sites.

	Example CP School		All Area	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	60	11	57	32
Girls	61	14	58	28

Q51. Percentage answering that they use internet chat rooms or social networking sites 'very often / every day'.

	Example CP School		All Area	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	7	26	12	23
Girls	12	32	8	24

Q52. Percentage answering that they have been told how to stay safe while using the internet.

	Example CP School		All Area	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	79	85	73	88
Girls	81	91	76	92

We hope that these examples describe the range and depth of the data that the Unit could help you to collect, and the benefit from being involved in the survey. If you would like more information please contact our survey manager Angela Balding Tel: 01392 667272.

Email: angela.balding@sheu.org.uk.

or visit the website www.sheu.org.uk