



Healthy Living Survey Report

February 2019

Acknowledgements

Healthwatch Redbridge (HWR) would like to thank the young people from the National Citizens Service (NCS), The Youth Council and Public Health for their contribution to this survey and report.

Introduction

As well as providing ‘a strong voice’ for adults, local Healthwatch has a duty to involve children and young people in the design and delivery of services.

One of our work plan priorities for 2018-2019¹ is to focus on services for children and young people. In addition to this, this area is one of the six overarching ambitions for the London Borough of Redbridge Health and Wellbeing Strategy 2017-2021². The ambition is for children and young people to achieve optimum health and wellbeing from pregnancy through transition to adulthood.

We were approached in April 2018 by the National Citizen Service (NCS)³ to ask if we would support a project to engage young people in Redbridge. NCS works with young people from 15 to 17 years and exists to help tackle some of the biggest social challenges in our country such as social cohesion, mobility and engagement. This enabled us to co-design a project with young people.

Why engage with young people?

- There is often a lack of engagement with young people when we organise or attend local outreach events.
- There are currently many changes to local health and care services which will directly impact on young people.
- It is an opportunity to gather more information about strategies to effectively engage with young people in the future.

¹ Healthwatch Redbridge work plan <http://healthwatchredbridge.co.uk/healthwatch-redbridge-work-plan>

² Health and wellbeing strategy 2017-2021 <https://www.redbridge.gov.uk/media/2185/health-and-wellbeing-strategy-2017-to-2021.pdf>

³ <https://www.ncsyes.co.uk/>

The aim of the workshop was to:

- Inform young people about Healthwatch Redbridge
- Gain a better understanding of how to engage with young people
- Find out about the issues that matter most to young people
- Use the skills/ knowledge of young people to develop resources (surveys) for future engagement with other young people
- One of the key questions we asked the group was “**What areas of health and social care are you interested in?**” The group were given the choices of: mental health, hospital care, sexual health, healthy living, end of life care and social care services. By far the top answer was Healthy Living, with 53%.

Survey questions

- At the first workshop, the group produced 38 questions on healthy living. Although this was extremely useful, we felt this would have been a very long survey.
- The young people informed us that they would only be willing to spend about 6-10 minutes completing the survey.
- During the second session, the group chose the most important questions to them and designed the final survey, which would be disseminated to other young people.

Next steps

- Using the survey that young people helped develop, we worked with the Youth Council and Public Health Redbridge to further refine the survey.
- The surveys were distributed to as many students between the ages of 14-18 as possible, these included students from the Youth Council, local clubs, colleges and libraries. The survey was also made available online through Redpen Newsletter to schools, the Healthwatch Redbridge Website and at outreach events.
- The findings will be shared with relevant stakeholders including the Health and Wellbeing board and the Public Health team in the borough, local schools and colleges

Methodology

The aim was to distribute the survey to as many young people across Redbridge as possible. Our initial thought was to try to contact schools, however this proved difficult so we used other avenues.

In order to find out the most effective way to engage young people, we met with The Youth Council. They suggested putting the survey on social media, including our website, twitter and Facebook. After trying these suggestions, we found that the best way of completing the survey was visiting the organisation in person where we could speak directly to the young people, explain what the survey was about and ask them to complete it. The organisations where we were able to get the most completed surveys were:

- New City College (Redbridge Campus)
- Redbridge Central Library
- Youth Council
- Frenford Clubs
- Volunteer Police Cadets at Wanstead Youth Club (appendix X)

In total we collected **520** completed surveys.

Healthy Eating

When asked “How many portions of fruit and vegetables do you eat per day?” the largest percentage was for two portions on 25%. This was closely followed by three portions on 22%.

This does not correlate with the Government’s current Healthy Eating Guidelines which states that everyone should eat at least five portions of fruit and vegetables per day⁴

⁴ A Quick Guide to the Government’s Healthy Eating Recommendations [A Quick Guide to the Government.docx](#)



Only 15% (79) of young people surveyed stated that they eat 5 portions or more than 5 portions of fruit and vegetables per day

When asked “What would encourage you to eat more fruits and vegetables?” lower cost was identified as the top reason (44%), followed by availability of healthy food options at school (27%) (Please note the young people were able to choose more than one option)

Exercise

23% of young people stated they were exercising between 30-60 minutes per week. This was closely followed by 19% of young people stating they exercise between 60-120 minutes per week.

However, the Government’s Chief Medical Officers’ Guidelines recommend⁵ that young people exercise 60 minutes per day.

Only 7% (35 out of 520) of young people stated that they exercised more than 240 minutes per week. However out of this amount, only 2% (10 young people) stated that they exercise for 420 hours (7 hours) or more per week.

⁵ UK Chief Medical Officers’ Guidelines 2011 Start Active, Stay Active [Chief Medical Officers’ Guidelines 2011.docx](#)

Therefore only 10 young people out of the 520 we surveyed meet the government's targets.

51% of young people identified “lack of time” as the biggest reason for not exercising enough. This was followed by “lack of motivation” with 34%.

Facilities

80% of young people said that there ARE enough facilities for exercising near WHERE THEY LIVE. When asked how this could be improved, you can see the responses in the word cloud below:

open places Cost free centre clubs sports available facilities
exercise gym adding near better make swimming pools activities
local know

Some of the comments made regarding what could be improved are:

“They should open more gyms for younger people”

“Make a gym for 14-16 year olds”

“Make gym available around lunch time and break time”

“More places where you can exercise for free”

“Cheaper gym costs and more variety in exercises”

“Need more gyms that allow under 16 to have membership”

We also noted a few comments specifically focusing on a lack of facilities in the west of the borough:

“I live in Wanstead the nearest public gym is only open for children for 2 hrs. There are no swimming pools nearby.”

“Could be more gyms in Woodford area as gyms near are very overpriced and difficult for students to participate.”

“Fund sports facilities in South Woodford and Wanstead instead of rest of borough.”

68% of young people felt that there ARE enough facilities available to them at SCHOOL. When asked how this could be improved, the responses can be seen in the word cloud below.



Some of the comments made regarding what could be improved are:

“I am in Year 13 so I understand that there will be significantly less clubs available. However, I believe that the facilities should be available for all to relieve stress.”

“Including a gym club after school for kids who can’t afford the gym can go and exercise”

“Now in A levels there’s only availability to facilities which connect to current 3 subjects, although my school has a gym, once revision time ends. The gym is closed as no staff monitor this after school hours. To improve the school could hire students to do so.”

Smoking

12% of young people told us they smoked (shisha (34), cigarettes (33), marijuana (19) and vaping (12)).

This is higher than the national average of 3%. It also bucks the national trend where e cigarettes have seen a big increase for young people.

Drinking

Sixteen per cent of the 520 young people who responded to our consultation, told us that they drank alcohol. We followed this up by asking how many times per week those young people drank. Of that number, 16% told us that they drank alcohol more than twice per week.

This is much higher than the national average which showed 10%⁷ had had a drink in the last week.

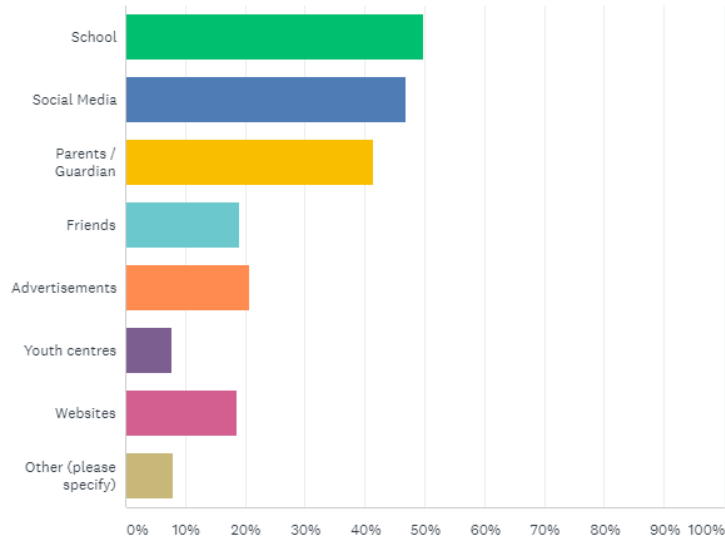
*Please note the question we asked young people was about drinking generally, whereas the national average statistics were focusing on the last week.

⁶ <https://digital.nhs.uk/data-and-information/publications/statistical/smoking-drinking-and-drug-use-among-young-people-in-england/2016#summary>

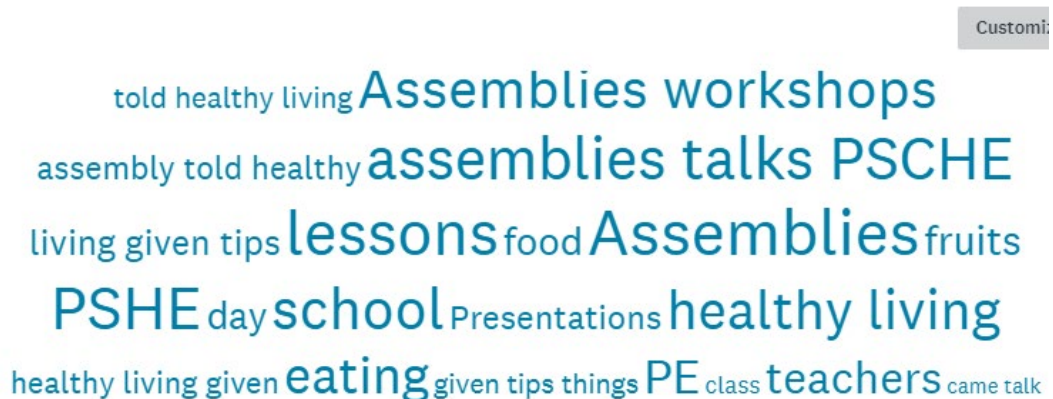
⁷ <https://digital.nhs.uk/data-and-information/publications/statistical/smoking-drinking-and-drug-use-among-young-people-in-england/2016#summary>

Information

The young people were asked where they receive information on healthy living, the graph below shows that school (50%) and social media (47%) have the greatest influence. (Please note the young people were able to choose more than one option).

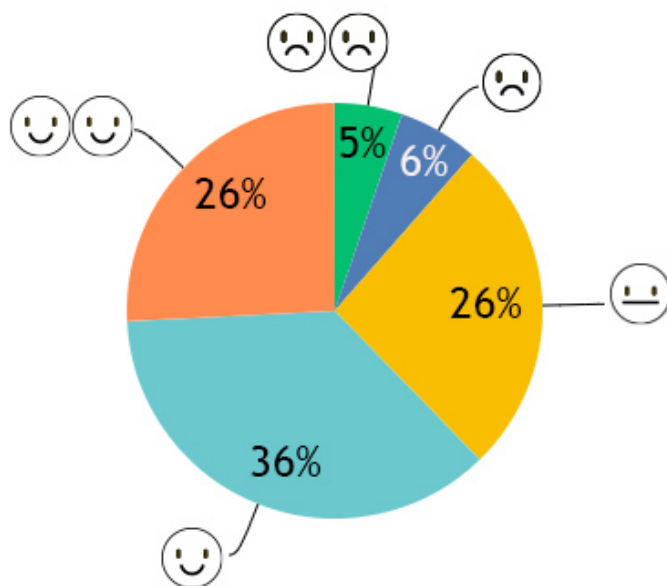


50% of young people stated that they received information on healthy living at school. The below word cloud shows the ways in which the young people felt they had learnt about healthy living.



Emotional Wellbeing

We asked young people to rate their emotional wellbeing on a scale of 1-5 using smiley faces. 36% of young people circled one smiley face to rate their current emotional wellbeing. This was largest percentage, followed by both two smiley faces (very happy) and neutral (neither happy, nor sad) both with 26% with showing that the young people are generally happy. Positive reasons given were to do with a happy home life and/or friends.



“I have really good friends who care for me a lot and my family at home help me with whatever I need”

“I am surrounded by a good family and friends and happy environment”

“I have good people around me that motivate me and make me feel confident”

Of the 269 young people who elaborated on why they'd chosen the rating in terms of their emotional wellbeing they had, 43 (16%) highlighted stress due to exams, school or homework. 8 (3%) highlighted stress due for personal or family reasons.

“Current stress holds back happiness due to many exams”

“There is a lot of stress involved with A levels and BtEC especially in year 13”

“Because A levels are horrible and I am tired a lot and school is stressful.”

Safeguarding concerns

We found six safeguarding concerns that were raised with the relevant school/college.

Final Comments

Whilst doing this survey, we tried to ensure that we achieved a balance in terms of the age, gender and ethnicity of the young people we spoke to (see appendix 4)

Recommendations

We are not going to make recommendations based on our findings. Instead we are going to share our report with the Health & Wellbeing Board, Public Health and London Borough of Redbridge and ask them to work together to devise a workable strategy.

Appendices

Appendix 1 - Healthy Living Survey



Healthy Living Survey

Why you have been asked to fill this in.

We are running this survey because we want some information that will help us to design services that may be beneficial to you. This survey is confidential and will not be read by anyone connected to your school. To ensure the survey remains anonymous we have not asked for personal information from you, other than the school that you attend. Findings from the survey will inform local policies and interventions tailored to your need. All answers are optional.

Thank you in advance. Healthwatch Redbridge.

FOOD AND DRINK

How many portions of fruits and vegetables do you eat in a day?

☐ Less than 1 a day ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ More than 5 a day

A portion is about a handful. For example, 1 whole fruit or 3 tablespoons of vegetables, raw, cooked, frozen / tinned, 150ml of pure fruit juice or a dessert bowl of salad.

Do you feel these are available for you at home/school?

☐ Yes ☐ No

What would encourage you to eat more fruits and vegetables?

☐ Lower cost ☐ Social media campaign
☐ Availability of healthy food options at School

- ☐ Availability of healthy food options at home
- ☐ Better understanding of the importance of healthy eating

☐ Other (please specify)

What activities (MODERATE EXERCISES) do you do?

- ☐ Walking to school ☐ Skateboarding ☐ Riding a scooter ☐ Rollerblading

- ☐ Walking the dog
- ☐ Cycling on level ground (or ground with few hills)

☐ Other (please specify)

What activities (VIGOROUS EXERCISES) do you do?

- ☐ Running ☐ Energetic dancing ☐ Swimming ☐ Gymnastics

- ☐ Football ☐ Rugby ☐ Martial arts (such as karate) ☐ Aerobics

- ☐ Cycling fast (or on hilly terrain)

☐ Other (please specify)

How many minutes of exercise do you take part in per week?

- ☐ 0-30mins ☐ 30-60mins ☐ 60-120mins
- ☐ 120-180mins ☐ 180-240mins

☐ Other (please specify)

If you do not currently exercise regularly, what prevents you from doing so?

☐ Cost ☐ Lack of facilities ☐ Lack of time ☐ Lack of motivation

☐ Personal health issues ☐ Don't see the importance

☐ Other (please specify)

Do you feel there are enough facilities at your SCHOOL to encourage you to take part in physical activity?

☐ Yes ☐ No

If 'No', how can this be improved?

Do you feel there adequate facilities NEAR WHERE YOU LIVE to encourage you to take part in physical activity?

☐ Yes ☐ No

If 'No', how can this be improved?

Do you smoke?

☐Yes ☐No

If 'Yes', what kind of substance/s do you smoke?

☐Cigarette ☐Shisha ☐Marijuana Cigarette ☐E-cigarette

Do you drink alcohol?

☐Yes ☐No

If 'Yes', how many times do you drink a week?

☐Once a week ☐ Twice a week ☐More than twice a week

☐Other (please specify)

Where do you get your information about healthy lifestyles or lifestyle information from?

☐School ☐Social media ☐Parents / Guardian ☐Friends

☐Advertisements ☐Youth Centre ☐Websites

☐Other (please specify)

Have you been informed about healthy living at school?

☐Yes ☐No

If 'Yes', please explain:

EMOTIONAL WELLBEING

Below is a picture of some faces. The two smiling faces: (figure 5) are if you are really happy with life (home, school and friends). The two sad faces: (figure 1) are if you are really not happy with life at the moment.

Please circle the number that best fits how you feel at the moment.

1 	2 	3 	4 	5 
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Would you like to tell us the reason for your answer?

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When a friend wants me to do something I don't want to do?

- ☐ I always say no
- ☐ I sometimes say no
- ☐ I always say yes
- ☐ I sometimes say yes
- ☐ Other (please specify)

Which of the following most clearly describes you? (Please tick one answer)

White

- ☐ White British
- ☐ White Irish
- ☐ White Traveler or Irish heritage
- ☐ White Romany or Gypsy
- ☐ White Polish

background

Mixed race

- ☐ Any other white background
- ☐ White and Black Caribbean
- ☐ White and Black African
- ☐ White and Asian

background

Asian or Asian British

- ☐ Asian British
- ☐ Indian
- ☐ Pakistani
- ☐ Bangladeshi
- ☐ Any other Asian

Black

- ☐ Black or Black British
- ☐ Black Caribbean
- ☐ Black African
- ☐ Any other black

What is your age?

Gender

- ☐ Male
- ☐ Female
- ☐ Other
- ☐ Prefer not to say

What school do you go to?

Do you live in Redbridge?

☐ Yes ☐ No

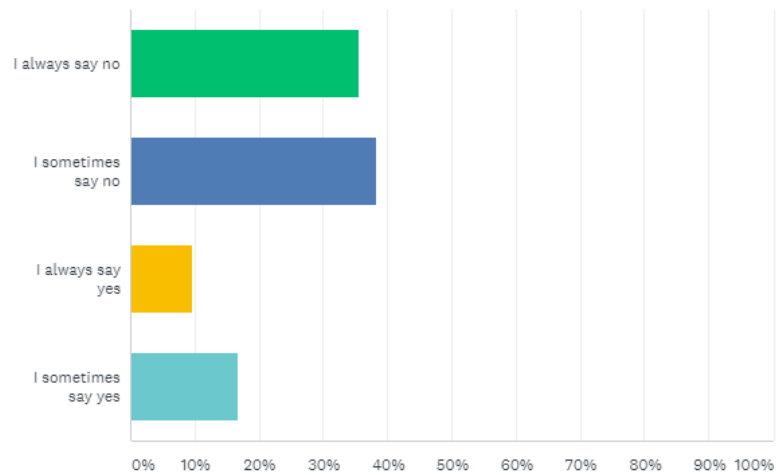
Appendix 2 - Healthy Living Survey

The below is a response to a question that we have not included in the main report.

When a friend wants me to do something I don't want to do:

When a friend wants me to do something I don't want to do:

Answered: 504 Skipped: 16



Appendix 3 - Table showing which schools the young people attend

Schools	No of Students
All Saints	1
Bancroft's School	1
Barking & Dagenham College	10
Barking Abbey School	1
Beal High School	27
Becket Keys Church of England Secondary School	1
Bishop Challoner	1
Braeside School	1
Brentwood Ursuline Convent High School for Girls	2
Capel Manor College	1
Caterham High School	10
Chadwell Heath Academy	4
Chelmsford County High for Girls	1
Chigwell School	2
City Islington	1
City University of London	1
Davenant Foundation	3
Debden Park High School	1
Eastbrook School	2
Eastbury Community School	1
Enfield Grammar School	1
Epping Forest College	1
Forest Academy	11
Guru Gobind Singh Khalasa College	1
Havering College	1
Ilford County High for Boys	9
Isaac Newton Academy	9
JCOSS	4
King Edward VI Grammar	1
King Solomon	15
London Design and Engineering UTC	1
Leyton VI College	1
Little Health School	2
Little Ilford School	1
Loxford Secondary School	41
Mayfield School	16
New Rush Hall School	2
Newbridge School	1

Newham Collegiate	1
Newham Sixth Form College	1
Oaks Park High School	19
Palmer Catholic Academy	3
Redbridge Alternative Provision	2
Redbridge/New City College	151
Roding Valley High School	4
Sacred Heart of Mary Girls School	1
Seven Kings High School	18
Southend High School for Boys	1
St Angela's Ursuline School	1
St Edwards	3
St Johns Woodford	1
Stratford School Academy	1
The Cumberland School	1
Trinity Catholic High School	5
University of Warwick	1
Ursuline Academy Ilford	10
Valentines High School	9
Walthamstow Academy	1
Waltham Forest College	1
Wanstead High School	7
West Hatch High School	11
Westcliffe High for Girls	2
Westminster College	1
William Morris School	1
Woodbridge High School	8
Woodford County High School for Girls	12
Writtle University College	1
Unknown	52
TOTAL	520

*Not all students gave their school

Appendix 4 - List of organisations we visited to conduct the surveys

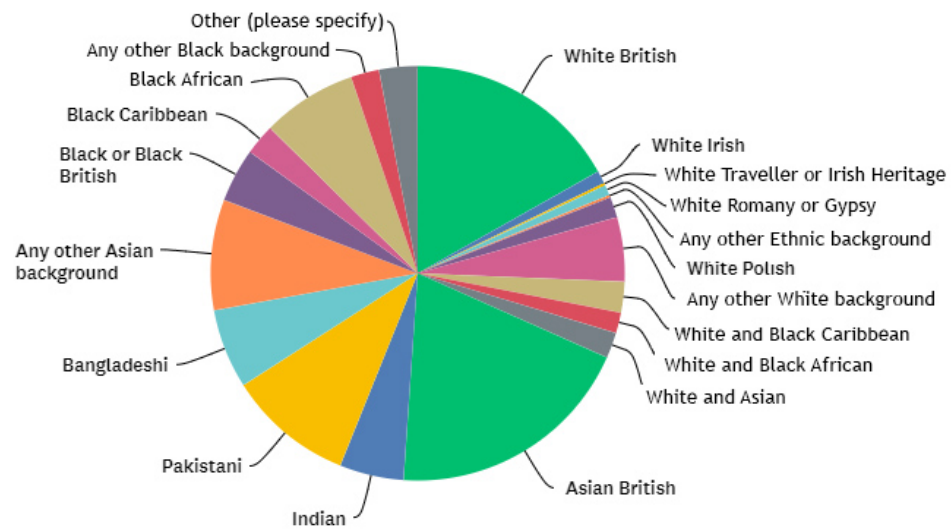
Frenford Clubs
Fullwell Cross Library
Gants Hill Library
Hainault Youth Club (Our Leading Lives Group)
Jewish Care Youth Group
Jewish Girls and Lads Brigade
Library Youth Advisory Board
Loxford Youth Club
Redbridge Youth Council
Redbridge/New City Council
Wanstead Youth Club (Volunteer Police Cadets & Open Access Youth Group)
Redbridge Sea Rangers
Redbridge Central Library
Redbridge Care Leavers Group
South Woodford Library

Appendix 5 - Demographics

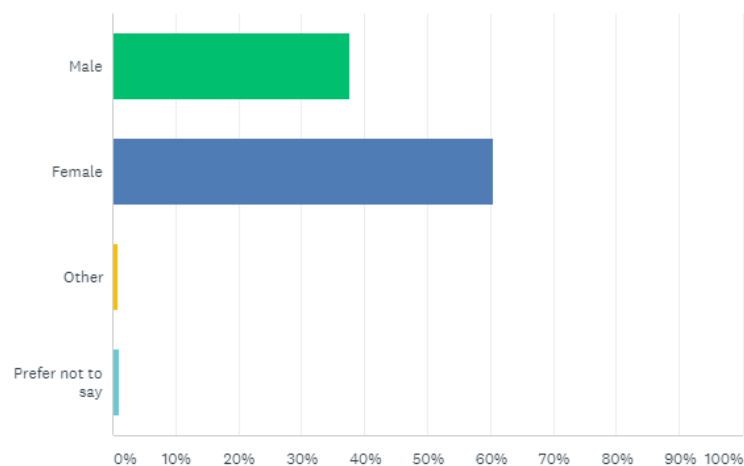
Ethnicity

Which of the following most clearly describes you?

Answered: 499 Skipped: 21



Gender



Age

502 young people out of 520 answered this question. We were aiming to receive results from those aged between 14-18 years old.

14 71 14%

15 117 23%

16 70 14%

17 125 25%

18 75 15%

Outside of these ages 44 9%

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