

## **Support *for* Healthy Secondary 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 1 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 information to support programme planning to develop healthy communities.

The Health Related Behaviour Questionnaire (HRBQ) was first developed in 1976 as an outcome of researches within the Department of Community Medicine at Nottingham University. Since then it has been used in more than a thousand surveys in secondary schools in the UK. It has also been used overseas.

*Pupils describe  
what they do at  
home, at school,  
at work and with  
their friends*

Across a period of more than 30 years, the method surrounding its use, together with its content, have evolved against the demands of the users. In the early years these were mainly teachers, but the medical profession has become more and more involved in shaping the content along with the Local Authority against the demands of the Health & Wellbeing agenda and JSNA targets. Similarly, from within schools there has been the pressure to produce information that can fit within school improvement targets when fed back as results.

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

<p><b>Schools' commitment:</b></p> <ul style="list-style-type: none"> <li>• Support from head and senior management</li> <li>• Identify co-ordinator for the survey</li> <li>• Attend briefing session 'Collecting Good Data'</li> <li>• Notify parents/carers (example letters provided)</li> <li>• Give up at least an hour of curriculum time</li> <li>• Share the results with colleagues</li> </ul>	<p><b>Schools receive:</b></p> <ul style="list-style-type: none"> <li>• Support from local co-ordinators and SHEU</li> <li>• Book of tables for each question in the questionnaire</li> <li>• Comparative report to identify priorities</li> <li>• Book of suggestions on how to use the data</li> </ul> <p>Optional:</p> <ul style="list-style-type: none"> <li>• Downloaded data for ICT work</li> <li>• Classroom materials</li> </ul>
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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 8 and Year 10 pupils

- Should take about an hour for most Year 10 secondary pupils, additional support may be needed for younger or less able pupils
- It is often enjoyable for pupils and always 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)

The screenshot shows a digital questionnaire interface. At the top, a white box contains the title "Smoking, Drinking, Drugs" in blue. Below this, question 27 asks "Which statement describes you best?" with six radio button options ranging from "I have never smoked at all" to "I smoke regularly and don't want to give it up". Below question 27, the text "Page 10" is visible on the left. A blue horizontal bar labeled "Branch Point Start" is followed by question 28, which asks for the number of cigarettes smoked in the last 7 days, with a text input field. Question 29 asks where the last cigarettes were bought, with seven radio button options including "From shop", "From friends", "Given them", "Parent", "From a pub or bar", "Off-licence", and "Stolen".

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

### Drug education

Smoking  
Alcohol consumption  
Knowledge and use of  
illegal drugs

### Physical activity

Bicycle use  
Fitness & sports  
Physical activity

### Healthy eating

Dental care  
Diet

### Citizenship

Ethnicity  
Family background  
Locality  
Money

### Safety

Accidents  
Personal safety  
pursuits

### Emotional health/well-being

Bullying  
Leisure  
Worries and problem sharing  
Self-esteem  
Social activities

### Sex and relationships

AIDS/HIV  
Puberty  
Information about sex  
STIs

### Other relevant topics

Homework  
Hygiene  
Internet access  
Height and weight

## What do the results look like?

For each of the questions within the questionnaire, your school receives results separated by year group and sex. The following is an example for an area surveyed recently; your results will look like this with the total sample 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 secondary sample so that they can plan strategically for all schools, but don't see individual schools' results without their express permission.

72. How much do you enjoy physical activities?					
	Year 8		Year 10		Total %
	Male %	Female %	Male %	Female %	
Not at all	5	6	4	9	6
A little	14	30	15	34	23
Quite a lot	26	35	28	33	31
A lot	55	29	53	23	40
Valid Responses (Count)	1540	1459	1481	1385	5865

73. Do you find it easy to be as physically active as you like?					
	Year 8		Year 10		Total %
	Male %	Female %	Male %	Female %	
Not at all easy	5	5	4	6	5
Not very easy	11	16	12	23	15
Quite easy	37	49	39	50	44
Very easy	47	30	46	21	36
Valid Responses (Count)	1535	1455	1477	1380	5847

## 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 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 section:

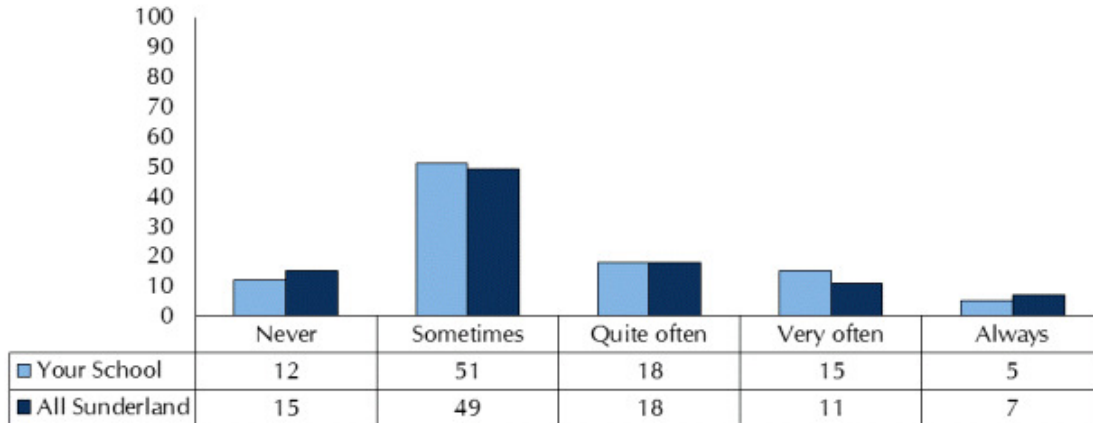
School Headline Results				
<b>The sample</b>				
This survey involved pupils from the following years. The numbers in each group are shown below.				
	Example School		All Greenwich	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	43	47	80	85
Girls	51	46	97	86
% = Your school / (%) = Wider data				
<b>BE HEALTHY</b>				
<b>FOOD AND DIET</b>				
<ul style="list-style-type: none"> <li><input type="checkbox"/> 19% (21%) of boys and 5% (10%) of girls responded that they 'never' consider their health when choosing what to eat.</li> <li><input type="checkbox"/> 15% (14%) of boys and 24% (21%) of girls consider their health when choosing what to eat 'very often' or 'always'.</li> <li><input type="checkbox"/> 32% (40%) of boys and 66% (59%) of girls would like to lose weight. 45% (44%) of pupils are happy with their weight as it is.</li> <li><input type="checkbox"/> 14% (15%) in this survey had nothing for breakfast, while 4% (3%) had a cooked breakfast on the day of the survey.</li> <li><input type="checkbox"/> 9% (10%) of pupils in this survey had no lunch on the day before the survey.</li> <li><input type="checkbox"/> 63% (47%) had a school lunch and 1% (11%) bought lunch from a takeaway or shop on the</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 51% (52%) of pupils responded that at least one person regularly smokes indoors in their home.</li> <li><input type="checkbox"/> 30% (29%) had an alcoholic drink in the last week.</li> <li><input type="checkbox"/> 12% (12%) drank alcohol on more than one day in the last week.</li> <li><input type="checkbox"/> 16% (14%) of pupils got drunk in the last week.</li> <li><input type="checkbox"/> 5% (6%) got drunk on more than one day in the last week.</li> <li><input type="checkbox"/> 5% (4%) of pupils drank over the advised weekly limit for adult females of 14 units.</li> <li><input type="checkbox"/> 70% (69%) of pupils who drink alcohol at home said that their parents 'always' know.</li> <li><input type="checkbox"/> 11% (12%) of pupils said their parents know 'sometimes' at best if they drink alcohol at home.</li> <li><input type="checkbox"/> 22% (22%) reported they are 'fairly sure' or</li> </ul>			

**Example page from the full report:**

**BEING HEALTHY**

**Food and Diet**

**Q18.** When choosing what to eat, do you consider your health?



19% (21%) of boys and 5% (10%) of girls responded that they 'never' consider their health when choosing what to eat.

15% (14%) of boys and 24% (21%) of girls consider their health when choosing what to eat 'very often' or 'always'.

We typically see marked boy/girl differences for this question: In your survey 32% (40%) of boys and 66% (59%) of girls would like to lose weight. 45% (44%) of pupils are happy with their weight as it is.

**Q14.** Percentage answering they would like to lose weight.

	Your School		All Sunderland	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	41	23	46	34
Girls	56	76	49	71

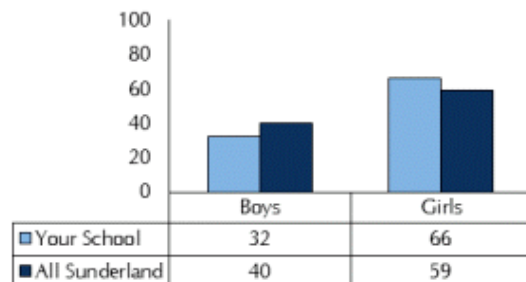
**Q18.** Percentage answering they never consider their health when eating.

	Your School		All Sunderland	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	14	24	10	31
Girls	6	4	9	10

**Q18.** Percentage answering they 'very often' or 'always' consider their health when eating.

	Your School		All Sunderland	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	16	13	15	13
Girls	22	26	20	22

**Q14.** Percentage answering they would like to lose weight.



We hope that these examples describe the range and depth of the data that the Unit could help you to collect, and the benefits 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](mailto:angela.balding@sheu.org.uk) or visit the website [www.sheu.org.uk](http://www.sheu.org.uk)