

Growing up in Hillingdon

A report about inequalities in the Health and Wellbeing Survey
results from Hillingdon schools in 2024

for Hillingdon Council, by the Schools Health Education Unit, Exeter



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Image by Vanessa Loring from [Pexels.com](https://www.pexels.com/photo/young-students-holding-their-art-projects-7869833/)
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Introduction

Purpose of the survey

The Health and Wellbeing survey was commissioned by Hillingdon Council to improve local data related to the emotional health and wellbeing of children and young people.

Improved local knowledge can contribute to the response to local priorities and strategies and improve the provision of needs-led services to children, young people and families.

The survey aimed to gain insight into a wide range of factors that contribute to emotional health and wellbeing as well as studying young people's perceptions, beliefs and opinions on behaviours, relationships and communities as they develop from the primary to secondary phase of education.

Survey method

Surveys were administered by school staff with remote guidance and support from SHEU.

The survey was conducted using online survey software. Paper submission was available to schools as a backup.

Survey design

A robust process of questionnaire development was adopted by Hillingdon Council's Public Health Team and SHEU. The survey development group ensured stakeholders with expert knowledge regarding the sections of the survey were consulted in composing appropriate questions.

The average time to complete the primary questionnaire online in 2024 was between 30 and 50 minutes.

The average time to complete the secondary questionnaire online in 2024 was just under 30 minutes.

Recruitment of Schools

All primary and secondary schools in Hillingdon were invited to take part in the survey .

A range of actions was implemented to promote schools taking part in the project.

Number of Schools

A total of 16 primary and 5 secondary schools took part in the survey in 2024

Number of Young People

A total of over 2500 children and young people attending a Hillingdon school completed the survey in 2024.

Table 1: Numbers participating in 2024, by year group and gender

School Year	Year 4	Year 5	Year 6	Year 7	Year 8	Year 10	All**
Age	8-9y	9-10y	10-11y	11-12y	12-13y	14-15y	
Male	369	271	316	43	117	132	1248
Female	371	268	342	31	98	121	1231
Total*	758	549	674	77	219	260	2537

* Including other and missing gender responses

** Including cases missing year group

The non-male, non-female respondents are included in year group and other total responses, but their responses are generally not reported separately as numbers are small.

Reporting to schools

Each participating school receives a tailored report showing the school's own results alongside the aggregate results for Hillingdon for that phase, together with a list of significant differences from the aggregate figures.

Work continues to support schools in interpreting and using the results.

Inequalities

An analysis has been carried out of sub-samples from the survey, to see if these groups have any patterns of disadvantage or poorer outcomes in the data set. The results from each sub-sample were compared with the whole Hillingdon sample.

Year 6 pupils – preparation for adult life

The tables below shows the results for Year 6 pupils only, Figures in the main body of the table are all percentages. The criteria down the left-hand side were selected **by staff in Hillingdon Council Education and Public Health Teams**, to reflect aspects of their responses which relate to preparation for adult life.

The table indicates by colour where the figures are statistically significant -- which means, not easily explained by chance alone. No attempt has been made to correct for multiple comparisons, but with $14 \times 5 = 70$ cells for analysis, we would expect only one cell at most to show as significant at $p < 0.01$ by chance alone.

					Not White-British	SEND
	All	Boy	Girl	Other	484	127
	N	674	316	342	16	
Not cooked at school in last 12 months	70	72	68	50	69	65
Both smoking and vaping are seriously risky	93	91	95	81	94	90
Worry 'a lot' about at least one issue	40	36	42	73	39	47
Have a trusted adult to talk to	78	82	75	47	78	71
Usually/always talk to trusted adult about worries	72	71	73	67	71	68
Low resilience score	20	14	25	13	17	30
High resilience score	26	29	25	13	28	22
High self-esteem score	35	35	36	27	37	27
I can usually or always say no to a friend	60	65	56	47	59	59
I never know what to say to a friend	7	8	7	7	6	12
Talked with parents about puberty and growing up	67	56	78	47	67	64
Know enough about puberty and growing up	49	48	48	53	46	44
Useful lessons about managing money	45	48	43	27	45	39
Very worried about moving to High School	16	10	20	21	16	16

KEY

Text: positive criterion

Text: negative criterion

Significantly better

Significantly worse

$p < 0.01$ $p < 0.05$

99 99

99 99

Year 10 students – preparation for adult life

The tables below shows the results for 10 students only. Figures in the main body of the table are all percentages.

The criteria down the left-hand side were selected **by staff in Hillingdon Council Education and Public Health Teams**, to reflect aspects of their responses which relate to preparation for adult life.

The table indicates by colour where the figures are statistically significant -- which means, not easily explained by chance alone. No attempt has been made to correct for multiple comparisons, but with 16x6=96 cells we would expect only a handful of cells to show significance at $p<0.05$ by chance alone.

	All	Male	Female	Not White-British	Young Carer	SEND	Free school meals
All	260	132	121	188	17	39	30
Internal Health Locus of Control	76%	81%	72%	77%	63%	66%	74%
At least 'quite a lot' satisfied with life	48%	60%	36%	45%	25%	46%	30%
Worry 'a lot' about at least one issue	64%	60%	68%	65%	81%	77%	85%
I find it hard to concentrate on or enjoy anything because of worries	16%	8%	25%	14%	50%	20%	23%
High wellbeing score	53%	59%	47%	53%	40%	52%	41%
Low resilience score	33%	15%	48%	31%	53%	39%	37%
High resilience score	15%	25%	7%	18%	7%	6%	7%
Know an adult you trust who you can talk to	57%	62%	52%	55%	67%	36%	37%
I can always say no to a friend	76%	77%	76%	75%	67%	73%	74%
You need to ask for consent before... having sex	93%	92%	95%	92%	100%	91%	93%
Being jealous/possessive is always wrong in a relationship	62%	63%	60%	62%	53%	58%	54%
Would look after self or get help in case of unhealthy relationship	63%	58%	67%	69%	43%	44%	55%
Useful school lessons about managing money	21%	20%	21%	22%	40%	13%	22%
No support for at least one issue	41%	35%	46%	42%	53%	56%	44%
Can give views in school	48%	54%	42%	49%	47%	44%	37%
Views about school make a difference	37%	43%	33%	39%	40%	38%	44%

KEY

Text: positive criterion

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Significantly better

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99 99

99 99

Year 10 students – selected lifestyle indicators

The tables below shows the results for 10 students only. Figures in the main body of the table are all percentages.

The criteria down the left-hand side were selected by SHEU staff, to reflect aspects of their responses which relate to healthy lifestyles.

The table indicates by colour where the figures are statistically significant -- which means, not easily explained by chance alone. No attempt has been made to correct for multiple comparisons, but with $7 \times 14 = 98$ cells we would expect only a single cell to show significance at $p < 0.01$ by chance alone.

	All	Male	Female	Not White-British	Young Carer	SEND	Free school meals	Non-male, non-female
N	260	132	121	188	17	39	30	7
Eat 5-a-day	14	15	11	14	29	26	20	29
Ever tried smoking	5	5	6	4	13	5	0	0
Drank last week	16	15	17	12	44	19	11	0
Ever offered drugs	10	13	7	7	18	13	10	0
Ever taken drugs	4	5	4	3	20	8	0	0
5+ days 30m+ exercise at school last week	24	41	6	26	19	32	18	29
5+ days 30m+ exercise outside school last week	44	50	39	44	38	61	54	14
High wellbeing score (56+)	11	20	3	11	13	18	11	0
Bullied at school last year	14	10	19	14	20	12	30	20
Worry about job prospects	38	39	37	40	63	37	52	43
Worry about school	61	49	73	66	69	54	56	57
I know my own targets and I am helped to meet them	59	65	53	59	47	47	41	75
Low resilience score (16 or below)	33	15	48	31	53	39	37	80
No trusted adults	10	5	14	10	13	21	26	20

KEY

Text: positive criterion

Text: negative criterion

Significantly better
Significantly worse

p<0.01 p<0.05

99 99

99 99

