

RCS Wellbeing Survey Programme

Emerging themes from Clackmannanshire
and
Vision and Outcomes for Children's Services Plan

Main elements in the reporting to CPPs

- Individual school-level reports
- Overview report at CPP level
- Data visualisation

- Copy of anonymised dataset
- Support to conduct further ad hoc analyses

**Most children in Clackmannanshire
appear happy, consider themselves
healthy, like the areas they live in and
have good relationships with family,
peers and teachers**

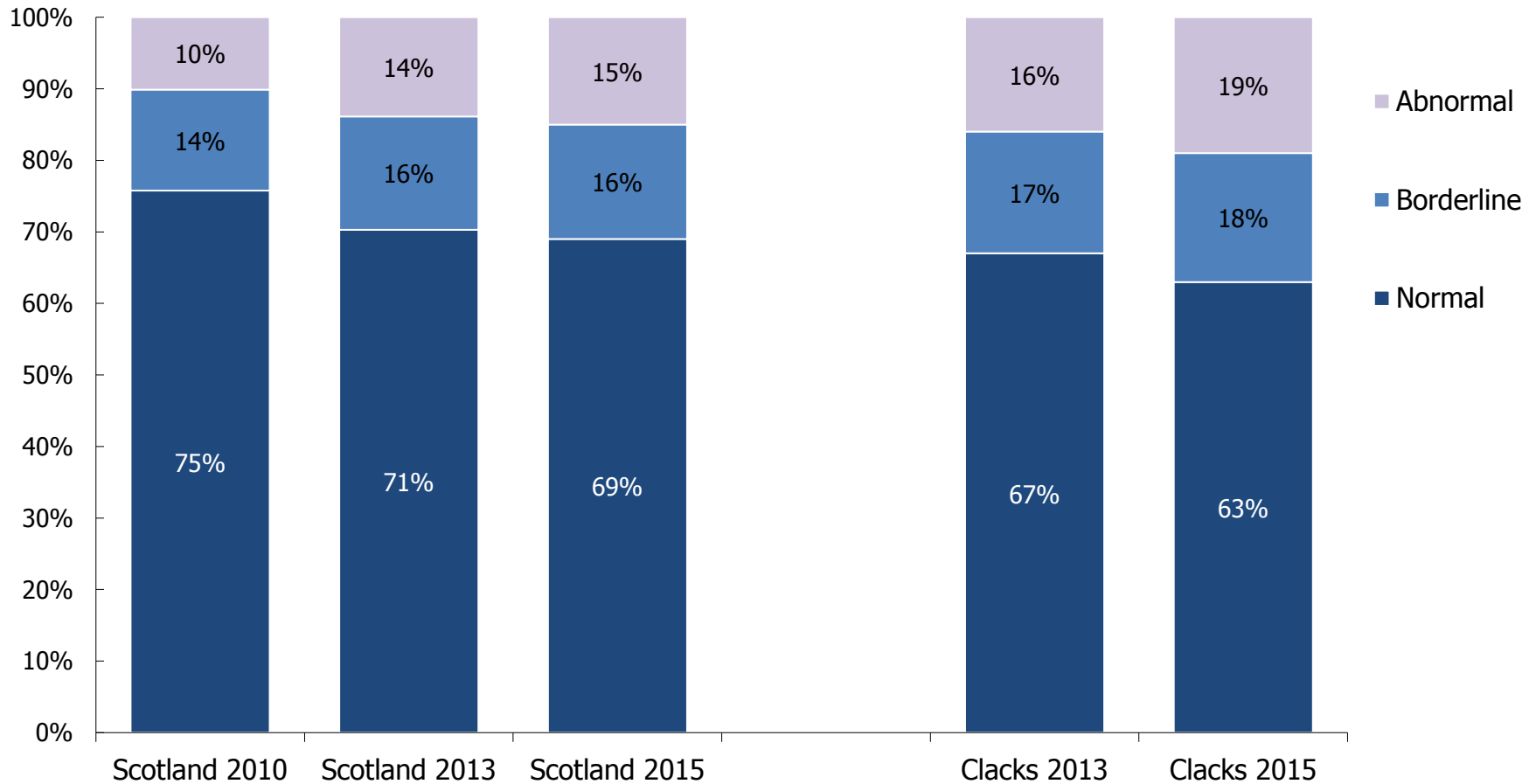
For example...

- 83% in primary and 79% in secondary rate their own health as either very good or good
- 76% of parents of children aged 8 or under rate their child's health as very good
- 84% of pupils in P5 to P7 always or often feel that they have a good life
- 78% in primary school and 65% in secondary say they like school (a lot or a bit)
- 88% of primary pupils like the area they live in a lot or quite a lot

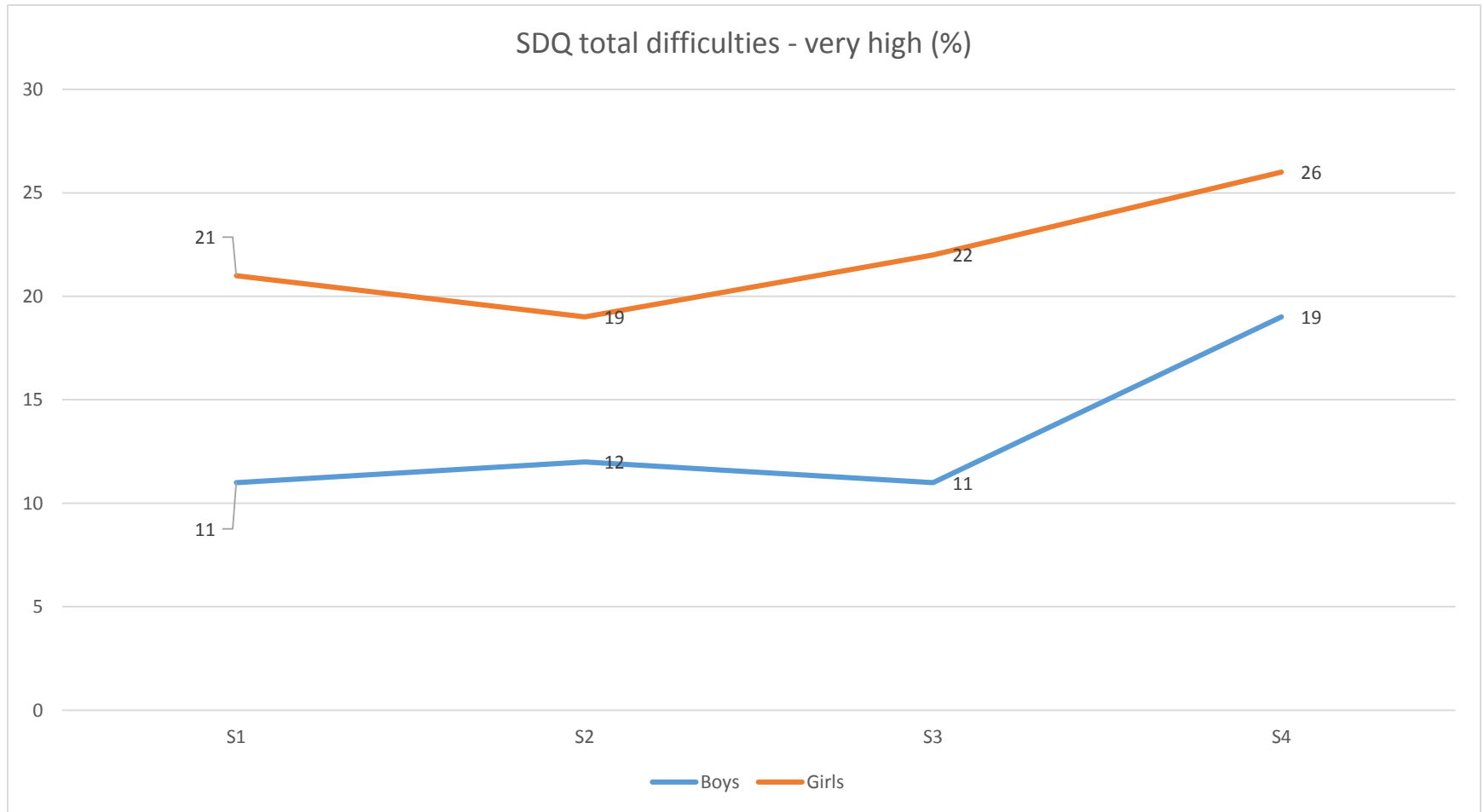
**But there are also some important
specific areas of concern.**

Mental and emotional wellbeing scores are lower than for Scotland as a whole

SDQ Total Difficulties scale (original categories), Scotland 2010, 2013 and 2015, Clackmannanshire 2013 and 2015



Gender Differences for SDQ scores



And rates of **smoking, drinking and drug use** are relatively high

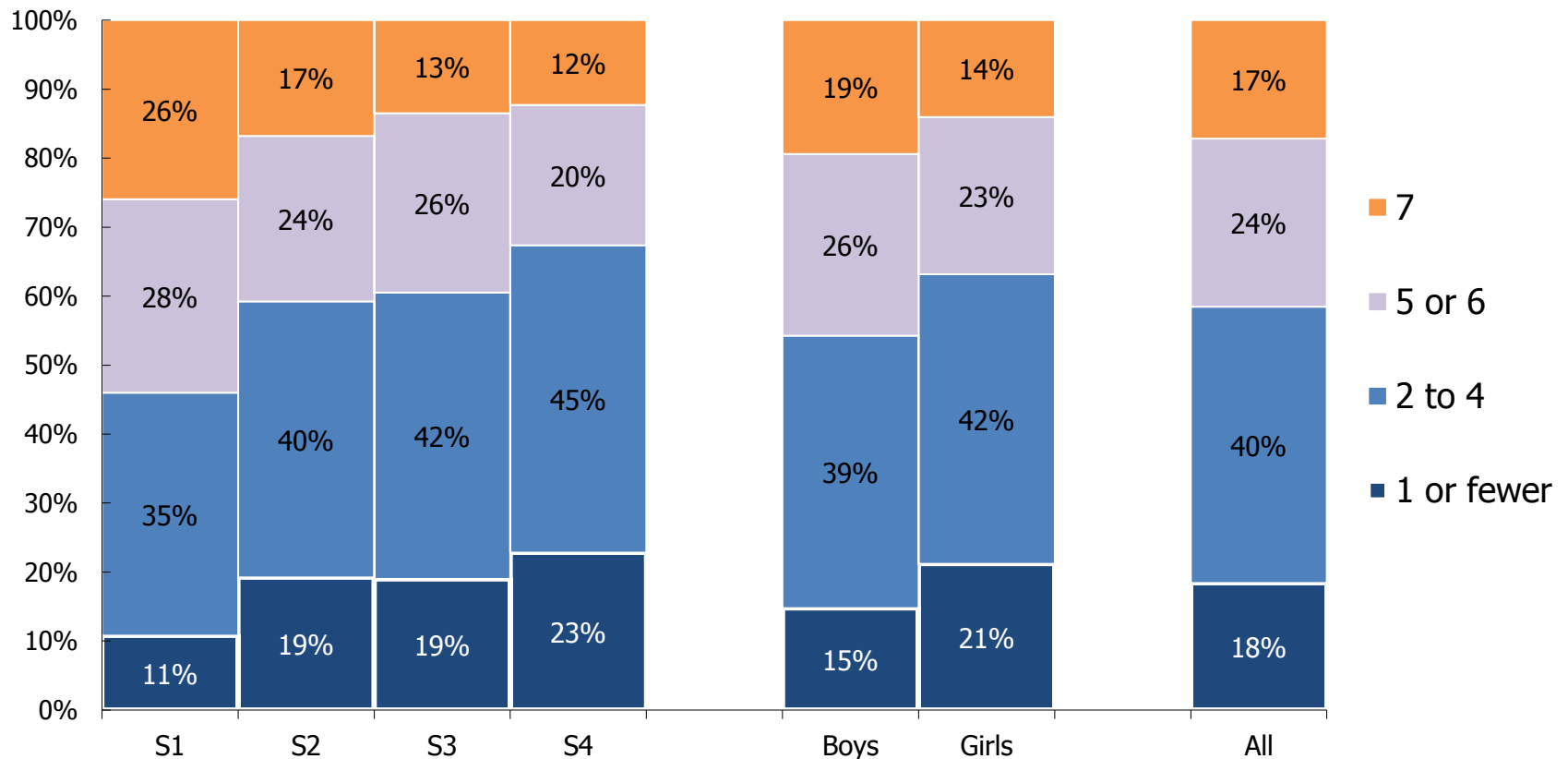
- **Smoking** rates are higher among S2 and especially S4 pupils in Clackmannanshire than in Scotland as a whole
 - At S4, 19% current smokers compared with 12% nationally
- Rates of both **alcohol and drug use** are also higher among S4 pupils than they are nationally
 - At S4, 73% had ever drunk alcohol (66% nationally) and 24% had ever used drugs (19% nationally)
- Levels of **exposure to secondhand smoke** also remain high, especially among disadvantaged groups

Healthy eating is by no means the norm, especially among secondary pupils

How many times a week do you normally eat or drink the following things?	Every day	5 or 6 days a week	2 to 4 days a week	Once a week or less
Fruit	27	15	28	30
Vegetables	28	17	24	31
Sugary drinks	29	16	23	33

Relatively few children are meeting physical activity guidelines

Number of days in last seven that pupils reported being physically active for at least one hour, by year group and gender



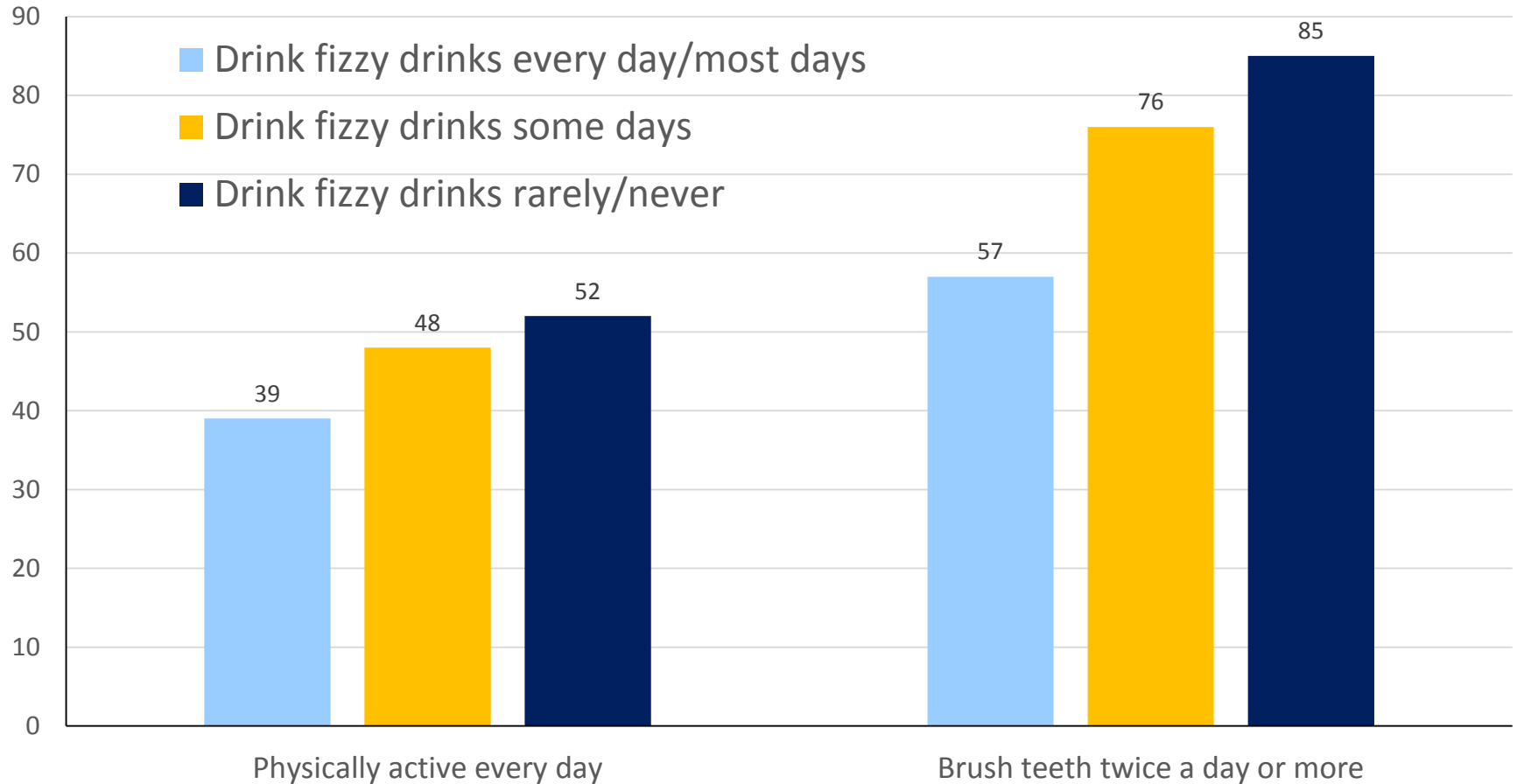
And **bullying** affects a sizeable minority, with potential consequences for wellbeing

<i>% of secondary pupils</i>	Yes – online / by phone	Yes – offline	No – not at all
Hit, kicked or punched you, taken your belongings or hurt or threatened you physically in some other way	N/A	14	86
Teased you in a mean way or called you hurtful names,	11	26	68
Spread mean rumours or told lies about you, deliberately ignored you or excluded you from a group	12	24	70

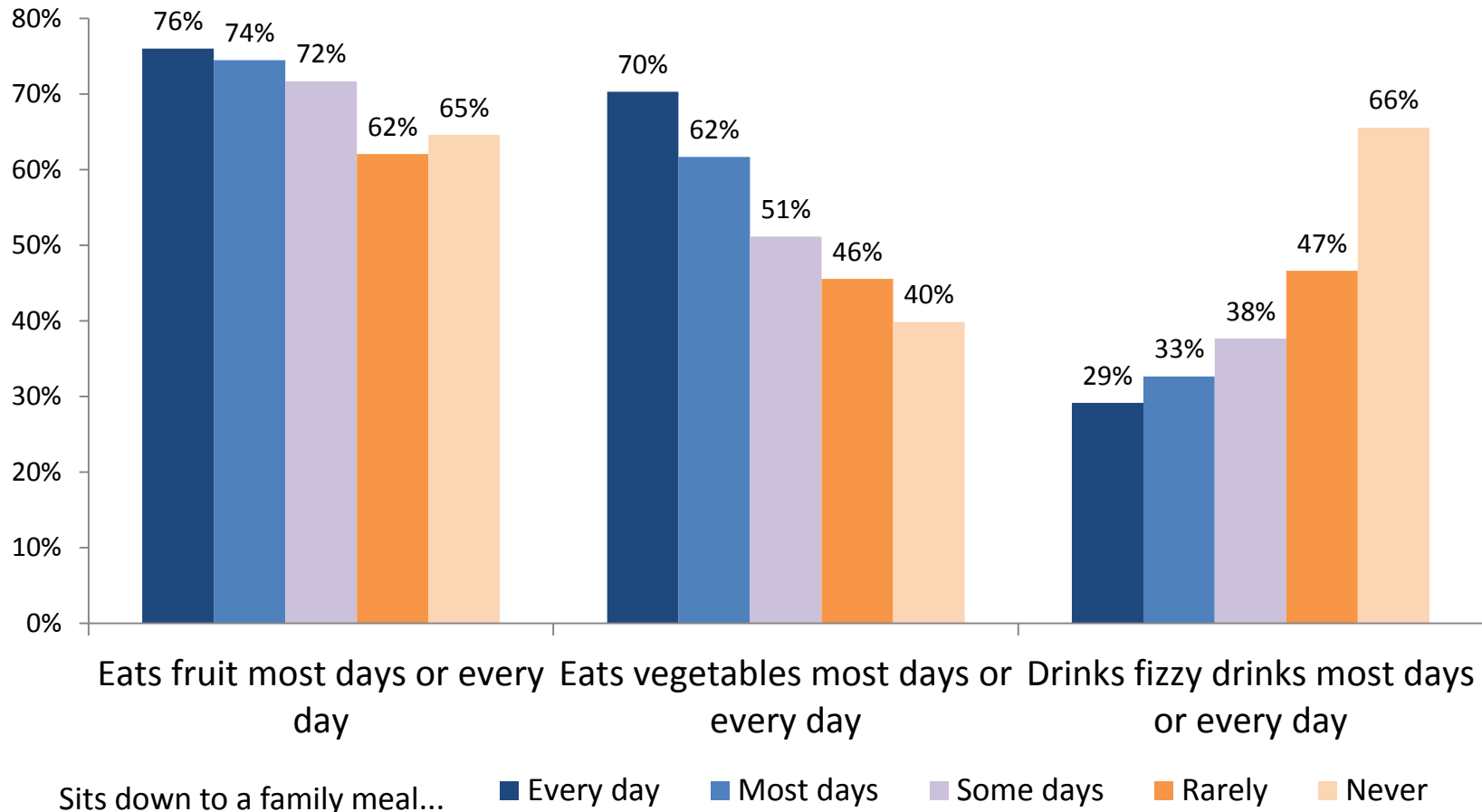
**The surveys also provide
powerful evidence of persistent
local inequalities in health and
wellbeing...**

**...and of the compounding effects
of different health and wellbeing
outcomes**

Relationship between frequent consumption of fizzy drinks and other health behaviours (%) – primary pupils



Relationship between frequent consumption of fruit, vegetables or fizzy drinks and frequency of sitting down to a family meal (%) – primary pupils

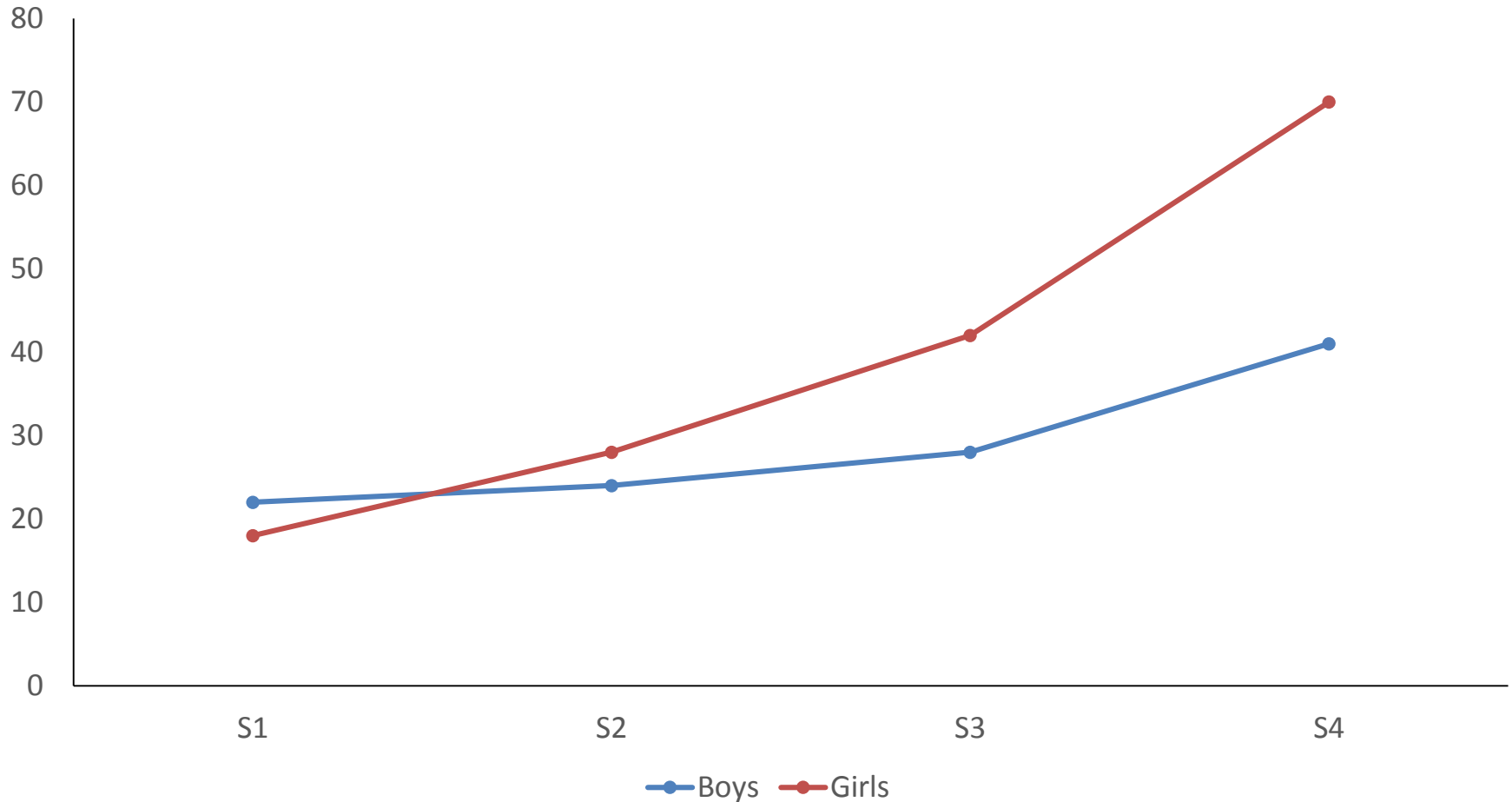


Gender and age are also powerful predictors of health-related behaviours and wellbeing outcomes

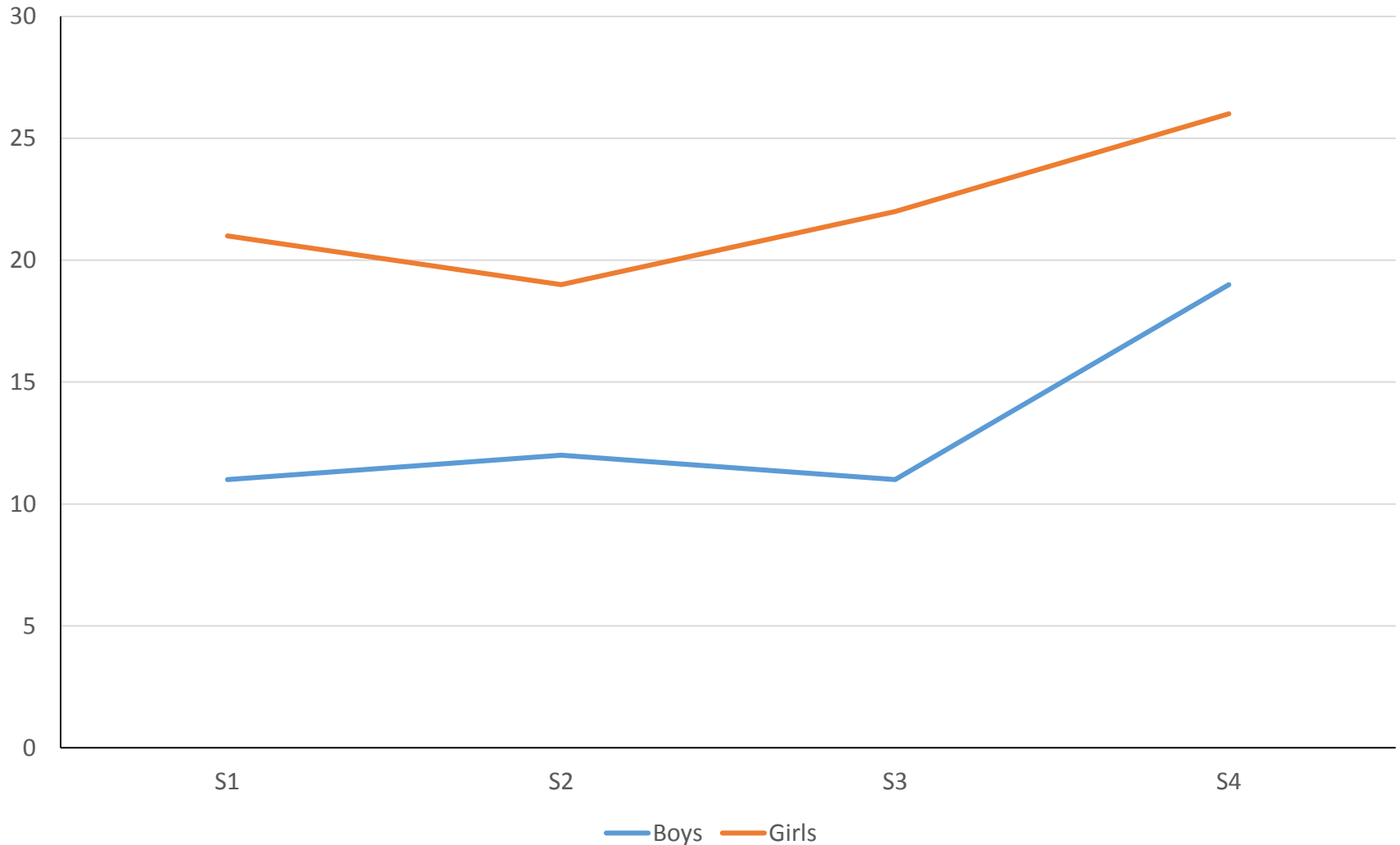
- For example, dietary behaviour generally poorer among boys than girls
- But girls have poorer mental and emotional wellbeing, are more likely to smoke and less likely to engage in physical activity, especially as they get older

Efforts to improve attainment and wellbeing agendas need to remain closely aligned

Feel strained or pressured by school work 'a lot of the time' by year group and gender (%) – secondary pupils

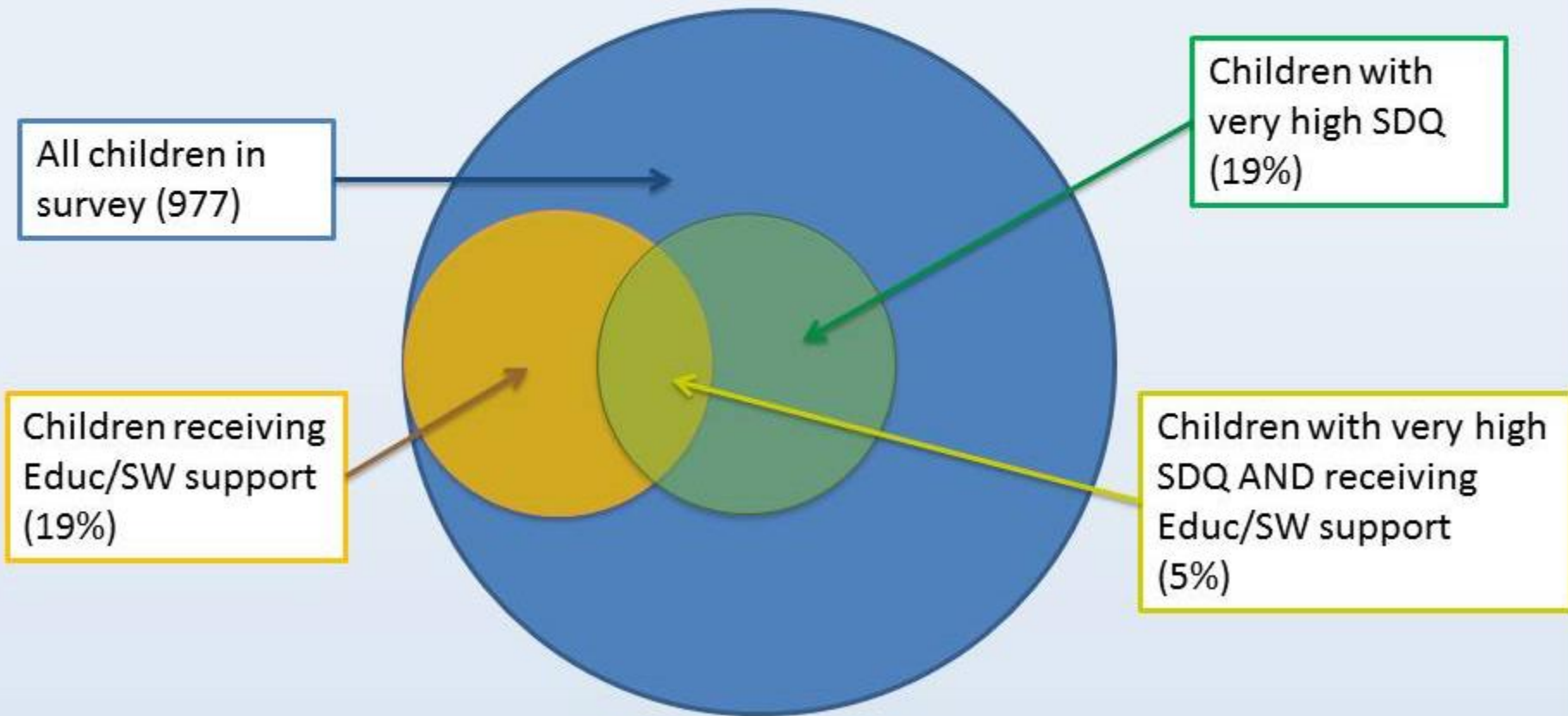


'Very high' total difficulties SDQ score by year group and gender (%) – secondary pupils



**Services are not necessarily
reaching the right children...**

Very High Total Difficulty Scores in the Strengths and Difficulties Questionnaire and Receipt of Education/Social Work Services in Children Participating in the Children's Wellbeing Survey (Clackmannanshire Community Planning Partnership)



Links to Children's Services Plan Priorities and Principles

Our Vision

We want Clackmannanshire to be a great place for children and young people to grow up, by ensuring they achieve the best health outcomes and experience a happy and safe childhood. We want to support children and young people to improve their wellbeing, and to have positive learning and development opportunities that enable them to move forward confidently into adulthood.

Links to Children's Services Plan

- Our core **priorities** for children and young people living in Clackmannanshire are that they:
- Have the best possible start in life
- Grow up healthy, confident and resilient
- Have skills for life, work and learning
- Are safe from harm
- Each of these priorities will be underpinned by the following **principles**:
- A focus on prevention and early intervention
- A rights based approach
- A commitment to addressing inequalities
- And a commitment to actively involving and listening to children, young people and their families