

GRAMPIAN YOUTH LIFESTYLE SURVEY 2007 SURVEY FINDINGS FOR MORAY

1. INTRODUCTION

This is the fifth Youth Lifestyle Survey carried out in Grampian, earlier surveys taking place in 1992, 1995 and 1998 and 2001. After a 6 year gap and with a collaboration of NHS Grampian and The University of Aberdeen, it was decided to repeat the survey in 2007. This year we also took height and weight measurements of a sub-group to assess the validity of the self-reported information. Repeating the survey every few years allows direct comparisons with the results of previous surveys so that attitudes, knowledge, behaviour and lifestyle changes among young people in Grampian can be monitored. From this we can identify where progress has been made and inform future action.

2. THE AIM OF THIS REPORT

This report aims to provide information about the survey and gives a summary of the key results for Moray.

3. WHAT DO WE MEAN BY LIFESTYLE?

Lifestyles include our attitudes, knowledge and behaviours that together make up our way of living. Young people's lifestyles are shaped by different factors that positively or negatively influence their health beliefs and behaviours. These include things like the views of family and friends, their neighbourhoods, schools and health services, and finance. This survey looks at these issues a bit more closely to provide our statutory and voluntary sector partners with information to assist in creating the healthiest possible environments and opportunities for our young people to thrive and realise their full potential.

Many illnesses and premature deaths are avoidable and encouraging people to make positive changes to their lifestyle can help them add 'years to their lives, and life to their years'¹.

4. ABOUT THE SURVEY

As in previous years, the survey covered all secondary schools in Grampian including the independent schools.

The self-completion questionnaire included questions on general health, food, physical activity, smoking, alcohol, drugs, wellbeing, oral and dental health, accidents and relationships.

The questionnaire closely mirrored that of the previous surveys in order to measure changes in lifestyle and behaviour over time. Some questions have been added or changed to improve the quality of information obtained and to address new health issues.

The on-going ability to access and re-analyse the raw data at an in-depth level provides enormous opportunities to inform the work of NHS Grampian, the University of Aberdeen and partners.

¹ Working Together for a Healthier Scotland: a consultation document. 1998

When measuring the height and weight of the sub-sample a protocol was followed so the process was consistent throughout all the schools.

Due to these changes it was necessary to undertake a pilot study prior to the main survey in order to validate the new questions. This involved asking youngsters to complete the questionnaire and to participate in a follow-up group discussion which gave them the opportunity to comment on all aspects of the study. This allowed any problems with the questionnaire to be rectified.

The survey, in schools, was carried out between 1 October and 12 November 2007 and involved a 10% sample of pupils from years 1 to 6. University and NHS Grampian staff supervised the completion and collection of the questionnaires. This reduced the demand on school staff time and ensured that pupils were not influenced in their responses by the presence of teachers.

In total, 2341 questionnaires, 411 from pupils in Moray, were completed and, in order to address any bias from non-responders, the data was weighted by year group and sex prior to analysis. The response rate for Moray was 69%, 2% below Grampian as a whole. Given the size of the sample achieved and the fact that any bias was reduced by weighting data, the survey provides a powerful and accurate statistical measure of young people's attitudes, knowledge and behaviour.

This report aims to present the survey findings for young people attending secondary schools in Moray where appropriate results are compared to the overall Grampian figures.

All analyses contained in this report are based on weighted data. All figures have been rounded up to the nearest whole number where possible, as a result percentages quoted may not always add up to 100.

The University of Aberdeen and NHS Grampian wishes to thank the young people who took part, the schools, especially the teachers, for all their help and co-operation in carrying out the survey, as well as all those who contributed to the running of the survey.

5. RESULTS OF THE SURVEY

The following information summarises the main findings of the survey.

5.1 General Health

(a) Perceptions of Health

Most, 78% of young people in Moray felt that their health was 'good' or 'very good'. This is an 8% increase from the last survey. Perceptions varied among male and female respondents, however there was little difference in responses when comparing Moray to Grampian.

	Moray			Grampian		
	Male %	Female %	Total %	Male %	Female %	Total %
Very good	28	21	25	30	20	25
Good	49	50	49	49	51	50
Average	21	27	24	19	26	23
Poor	2	1	2	2	2	2
Very poor	0.5	0.5	0.5	0.3	0.2	0.2

Within Moray the differences between responses given by males and females are, in particular, 7% more males than females said their health was very good and 6% more males than females perceived their health as above average.

A long term illness or disability was reported by 19% of young people in Moray compared to 18% in Grampian overall. Of these, 43% Moray pupils named this illness/disability as asthma. These results were similar to Grampian overall. In Moray this represents 9% of all young people surveyed.

In order to assess young people's attitudes to a range of issues, they were asked if they perceived themselves to be:

	Moray			Grampian		
	Male	Female	Total	Male	Female	Total
	%	%	%	%	%	%
Happy with their body	78	66	72	83	60	71
Fit and Healthy	75	70	72	80	64	72
Worried about gaining weight	28	60	44	24	63	44
Unhappy if eat too much	22	50	36	20	49	35
They have a well-balanced diet	64	68	66	70	66	68
Overweight	19	28	23	16	32	24
Underweight	9	3	6	8	4	6

Similar to the Grampian survey, results suggest that young males have a better perception of their health and feel fit and healthy whereas girls are more apprehensive and worry about gaining weight.

(b) Lifestyle

During the year prior to the survey many of those surveyed had made changes to their lifestyle.

Percentages who:

	Moray	Grampian
	%	%
Tried to take more exercise	81	82
Changed their diet	50	51
Relaxed more often	53	51
Tried to get a good night's sleep	73	73

Feeling 'continually' under stress was reported by 4% of young people from Moray and a further 27% said that they were 'frequently' under stress. Females had higher percentages than males of feeling continually or frequently under stress. These figures are similar to the 2001 survey.

Figures varied by year group. For example 8% of pupils in years 5 and 6 felt continually under stress and 34% of 4th year and 35% of 6th year frequently felt under stress. Results were similar to the Grampian figures.

(c) Wellbeing

The Warwick Edinburgh Mental Wellbeing Scale was used in the 2007 survey which is a validated scale developed by Health Scotland for mental wellbeing. This is the first time this scale has been used for this age group so there is no other comparable research.

The table shows the results of the young people's thought and feelings

	None of the time %	Rarely %	Some of the time %	Often %	All of the time %
I've been feeling optimistic about the future	6	15	42	28	9
I've been feeling useful	2	15	41	35	7
I've been feeling relaxed	2	20	37	32	9
I've been feeling interested in other people	4	11	32	40	12
I've had energy to spare	4	18	32	33	13
I've been dealing with problems well	5	12	34	35	13
I've been thinking clearly	2	10	40	36	13
I've been feeling good about myself	4	14	29	35	19
I've been feeling close to other people	4	13	25	38	20
I've been feeling confident	4	11	28	41	17
I've been able to make up my own mind about things	1	5	18	47	29
I've been feeling loved	3	11	27	33	27
I've been interested in new things	2	8	29	42	20
I've been feeling cheerful	2	7	28	41	22

Results show that the highest percentages for often or all of the time are:

- able to make my own mind up about things - 76%,
- feeling cheerful - 63%
- interested in new things - 62%
- feeling loved - 60%

Over a fifth, 22%, of young people never or rarely felt useful or relaxed with 21% never or rarely felt optimistic about the future in fact only 37% of young people felt optimistic about the future often or all of the time. The next highest percentages for never or rarely was having energy to spare and feeling relaxed both 22%.

5.2 Sunscreen

Since much emphasis is placed on the use of sunscreens as a preventative measure against the rising incidence of skin cancer among the population, it was important to identify what percentages of young people use sunscreens both at home and abroad. Only 7% of respondents said they always used a sun lotion of factor 15+ in the UK with 51%, compared to 48% of Grampian overall, saying they sometimes used it. However 56% always and 33% sometimes used a 15+ sun lotion when abroad. Females were more likely to use a 15+ sun lotion than males

5.3 Dental Health

Nearly all, 90%, of young people from Moray were registered with a dentist, 83% had attended a dentist in the last six months and 10% had attended in the last year.

Attendance at a dentist

	Moray	Grampian
	%	%
Percentage who attended dentist in last 6 months	83	83
Percentage who attended dentist 7-12 months ago	10	11

The following preventative measures were taken daily to improve dental health:

	Moray	Grampian
	%	%
Brush teeth	98	98
Use a fluoride toothpaste	92	90
Use a mouth wash	50	47
Avoid sugary foods	22	19
Use dental floss	16	14

5.4 Accidents

Respondents were asked if they had had an accident that needed medical attention for cuts and injuries during the last 12 months. Results are as follows:

% who had had an accident in the last 12 months

	2001	2007
	% who had an accident	% who had an accident
Males	29	35
Females	23	27
Total	26	31

Results show that there is an increase of 5% in the percentage who had an accident, 44% of accidents was when doing sport.

5.5 Food

This section of the questionnaire aimed to establish young people's eating habits and their attitudes towards diet in relation to health. Information obtained enables us to measure performance in Grampian against national dietary targets.

(a) Diet

Respondents were asked what they ate for breakfast. Cereal was eaten by 61% and bread or toast by 40%. 18% stated that they never ate breakfast.

Lunch was eaten every day by 79% of respondents with 17% saying three to six days a week. 2% stated twice a week same percentage as those who never ate lunch or ate it only one day a week. The school canteen was used by 37% of respondents, 32% used the local shop while going home or bringing a packed lunch was favoured by approximately 12%. Only 7% went to the local takeaway.

Most respondents, 83%, had an evening meal every day, with 14% having a meal three to six days. Approximately 1% never had, or had an evening meal only once a week with 2% stating twice a week. Fresh ingredients were used for an evening meal by 81% of respondents with 18% saying convenience foods. Most respondents, 69%, ate their evening meal at home at a table, 30% said at home in front of the TV.

(b) Snacks

As well as having regular meals, nearly all of those surveyed snacked. Pupils were asked how many times they had a snack consisting of, chocolate bars/sweets, crisps or savoury snacks, sugary fizzy drinks, diet/sugar free drinks and fruit juice/diluting juice. Results were:

Snack	None	One	Two	Three	More than three
	%				
Chocolate bars/Sweets	9	53	27	6	5
Crisps/savoury snacks	23	48	22	4	4
Sugary fizzy drinks	44	24	18	7	7
Diet/sugar free fizzy drinks	52	28	12	5	4
Fruit juice/diluting juice	5	21	22	23	30

Nearly half of respondents consumed one sweet or one savoury snack per day, 27% two sweet snacks and 22% two savoury snacks per day. There was little difference between respondents consuming sugary or sugar free drinks. More than three drinks of fruit juice/diluting juice was consumed by 30%.

(c) Fruit and Vegetables

Respondents were asked how many times a day they ate fruit and vegetables.

	Fruit		Vegetables	
	%		%	
No times a day eaten	Males	Females	Males	Females
Once	14	13	25	22
Twice	29	33	34	31
Three	35	33	25	26
Four	11	14	11	15
Five or more	10	8	7	7

For both males and females the highest percentage, 34%, ate fruit three times a day, and 33% ate vegetables twice a day, these are similar to Grampian overall.

Pupils were advised about eating five fruit and vegetables per day, they were then given statements about eating 5 a day on a sliding scale from 1 to 5. Results were:

	1	2	3	4	5	
	%					
Unpleasant	5	7	27	32	29	Pleasant
Worthless	6	4	16	33	42	Worthwhile
Unhealthy	4	3	6	17	71	Healthy
Stupid	6	3	13	31	47	Clever

They were also asked if they agreed or disagreed, on a sliding scale from 1 to 5, whether they would like to eat '5 a day' – results showed that 49% agreed with the statement and only 4% disagreed.

(d) Attitudes towards Health and Diet

Respondents were asked which of these statements would encourage them to eat more healthily.

	%
Healthy eating can help prevent diseases like heart disease and cancer	75
Healthy eating can help me keep a healthy weight	71
Healthy food is good for my health	70
Healthy eating is good for my skin	67
My parents want me to eat healthy foods	38
My friends want me to eat healthy foods	17

Young people obviously knew the benefits of healthy eating.

(e) Supporting Changes to diet

In order to help young people make healthy food choices, it was important to identify appropriate ways in which we can support them.

Respondents indicated that if they wanted to change their diet the following would be helpful to them personally:

	Moray %	Grampian %
More opportunities to choose food at home and school	84	85
Clearly labelled healthier choices at school	80	83
Being able to taste new products in school canteen	78	83
Information on what is needed for a healthy diet	75	79
More opportunities to cook at home	77	78
More opportunities to learn how to cook at school	75	78
More healthy food choices in school vending machines	72	77
More support from parents and friends	72	74

5.5 Physical Activity

(a) How Physically Active are Young People?

Physical activity includes sports, recreational activities and general 'active living' but for health purposes it must be performed at a moderate intensity (activity which increases your heart rate, but does not leave you exhausted e.g. brisk walking, cycling, dancing etc.)

In order to assess the amount of physical activity undertaken by young people, we asked how many hours each week they spend being physically active. Those aged 11-16 years old answered questions on physical activity for one hour or more per day, those aged 17-18 years old answered questions on physical activity for 30 minutes or more per day. These questions are in line with new guidelines and therefore there is no comparison to previous surveys.

Pupils aged 11-16 years

Physical Activity for a total of one hour or more each day

	Percentage of respondents exercising for this time					
	Moray			Grampian		
	Male %	Female %	Total %	Male %	Female %	Total %
0-1 days per week	8	11	10	7	11	9
2-4 days per week	41	56	48	37	55	46
5-7 days per week	51	33	42	57	34	45

Results show that 51% of males were physically active on 5-7 days, 18% more than females, whereas 56% of females were physically active 2-4 days per week, 15% more than males.

Pupils were then asked several statements about being moderately physically active for 1 hour or more which were on a sliding scale from 1 to 5. Results below

	1	2	3	4	5	
	%					
Difficult	5	8	21	30	35	Easy
Relaxing	15	21	36	22	7	Stressful
Not enjoyable	6	3	17	31	43	Enjoyable
Unhealthy	3	1	4	22	69	Healthy

Nearly 70% of the respondents agree being moderately physically active is healthy but not very easy to do.

They were also asked, on a sliding scale from 1 to 5, how confident they were they could be moderately physically active for 1 hour or more on at least 5 days a week. Results showed that 68% would be very confident or confident they could achieve this, 4% stated they were not very confident, these results were similar to Grampian as a whole.

Again pupils were asked if they would like to be moderately physically active for 1 hour on at least 5 days a week, on a sliding scale from 1 to 5, 54% agreed they would like to be physically active, 2% disagreed, again similar to results for Grampian.

Pupils aged 17-18 years

Physical Activity for a total of 30 minutes or more each day

	Percentage of respondents exercising for this time					
	Moray			Grampian		
	Male %	Female %	Total %	Male %	Female %	Total %
0-1 days per week	6	17	11	3	10	6
2-4 days per week	44	56	50	43	61	52
5-7 days per week	50	28	39	54	30	42

Results show that males were more physically active than females on 5-7 days with 22% taking more exercise, however 12% more females than males were physically active on 2-4 days per week.

Again pupils were asked several statements about being moderately physically active for 30 minutes or more a sliding scale from 1 to 5. Results were:

	1	2	3	4	5	
	%					
Difficult	3	11	25	25	36	Easy
Relaxing	11	37	40	11	-	Stressful
Not enjoyable	3	3	25	36	33	Enjoyable
Unhealthy	-	-	6	26	67	Healthy

They were also asked, on a sliding scale from 1 to 5, how confident they were they could be moderately physically active for 30 minutes or more on at least 5 days a week. Results showed that 75% would be very confident or confident they could achieve this, 6% stated they were not very confident.

Again pupils were asked on a sliding scale from 1 to 5, if they would like to be moderately physically active for 30 minutes on at least 5 days a week, 68% agreed they would like to be physically active with no-one disagreeing this is higher than the Grampian figures where 65% agreed and 0.7 disagreed.

(b) Reasons Given for Taking More Exercise

	Moray %	Grampian %
To improve your health	95	95
To make you feel fitter	92	93
To have fun	94	94
To improve your appearance	85	85
To help you lose weight/maintain healthy weight	87	86
To socialise/make friends	73	76
To have fun/compete/for a challenge/to improve performance	73	75
To help you relax/less stressed	75	78
To impress	47	50
To please you family/friends	45	49

Having fun, improving health and feeling fitter have remained important to respondents since the 1995 survey.

(c) Reasons Given for NOT Taking More Exercise

	Moray %	Grampian %
Lack of spare time at evenings/weekends	52	51
Bad weather	45	43
You don't know what's on	42	41
Lack of money	38	34
Not enough teams or activities to join	37	34
Don't like the choice of activities	35	37
You already take enough exercise	33	33
Don't have time to/can't shower after activity	30	29
Lack of transport	30	27
None of my friends want to	27	29
Lack of privacy in changing rooms	25	26
Lack of facilities nearby, eg swimming pool	24	30
Environment is not attractive	20	24
Don't like competitive activities	20	23
Fears about personal safety	13	14
Don't like participating with opposite sex	11	12
You don't like exercise	11	13
Physical disabilities/ill health	8	9

(d) Types of Activities

In the 2007 survey respondents were asked what type/s of activities they would participate in if they decided to become more physically active. Choices were competitive sports like football, hockey, non-competitive sports including cycling, swimming and walking, active lifestyle incorporating physical activity into your every day routine ie walking/cycling to school, housework etc, the last option was to go to a gym.

	Moray %	Total %
Competitive sports	68	72
Non-competitive sports	72	74
Active living	77	73
Go to a gym	80	75

5.6 Leisure

Respondents were asked how much time they spend each day watching TV and playing computer games. Responses were as follows:

(a) TV

	Moray %	Grampian %
Not at all	2	2
Less than 1/2 hour	15	17
Between 1 & 3 hours	63	61
Between 3 & 4 hours	12	13
4+ hours	8	8

The majority of young people spend on average between one and three hours each day watching TV.

(b) Computer Games

	Moray			Grampian		
	Male %	Female %	Total %	Male %	Female %	Total %
Not at all	5	13	9	5	13	9
Less than 1/2 hr	25	24	24	25	28	26
Between 1 and 3 hrs	48	50	49	48	45	46
Between 3 and 4 hrs	12	8	10	11	7	10
4+ hours	10	6	8	11	7	9

Results suggest that males spend more time each day than females playing computer games although, there has been a marked increase from previous surveys in the amount of time spent by females on computer games.

5.7 Smoking

Tobacco smoking is the most important preventable cause of disease and premature death in Scotland. Children of smokers are more likely to be of smaller stature and to develop respiratory infections; more than 25% of the risk of sudden infant death syndrome is attributed to maternal smoking. There is an increasing awareness of the dangers of passive smoking in relation to lung cancer, asthma and respiratory infection. Sadly, smoking will kill many of today's teenagers in their later years.

(a) Smoking Status

The results of the last survey highlighted concerns about the rising incidence of smoking in young women. In the current survey, young people were asked about their current smoking status and results are tabulated as follows:

	Moray			Grampian		
	Male	Female	Total	Male	Female	Total
	%	%	%	%	%	%
Smoke daily	5	11	8	5	7	6
Smoke some days	6	6	6	5	7	6
Given up smoking	5	4	4	3	3	3
Tried smoking once/twice	23	28	26	19	20	20
Never smoked	61	52	56	69	62	65

In Moray 11% of males and 17% of females smoke daily or most days compared to 10% males and 14% females in Grampian. There has been a 3% decrease in males and a 5% decrease in females smoking since 2001. Grampian figures also show a 7.5% decrease in the number of young people smoking since the 2001 survey was carried out.

Percentage of Respondents Smoking Regularly or Occasionally

	Moray		Grampian	
	Male %	Female %	Male %	Female %
Year 1	3	-	3	1
Year 2	14	10	6	6
Year 3	18	19	10	14
Year 4	7	22	13	27
Year 5	15	29	13	22
Year 6	7	21	9	20

In the 2007 survey the percentage of young people in Moray who smoke peaks at 18% for 3rd year males and 29% for 5th year females. In Grampian figures peak at 27% for 4th year females and 13% for both 4th and 5th year males.

(b) Quantity of Cigarettes Smoked

	Moray			Grampian		
	Male %	Female %	Total %	Male %	Female %	Total %
Less than 1 cig/day	16	14	15	19	31	26
1-5 cigs a day	42	24	31	36	28	31
6-10 cigs a day	26	41	35	21	22	22
11-15 cigs/day	5	14	10	9	13	12
16-20 cigs/day	11	3	6	5	6	5
20+ cigs/day	0	3	2	11	1	4

The majority of young people in Moray who smoke are smoking between 6-10 cigarettes per day which is similar to the 2001 survey when the majority of young people in Moray smoked between 1-10 cigarettes a day. In general it would appear that unlike 2001, females smoke more cigarettes than males.

Young people, who smoke, were asked if their friends smoked and if they smoked the same brand, 73% said yes and 71% of these smoked the same brand as their friends. Of the pupils who smoke, 77% strongly agreed or agreed that their family did not want them to smoke.

Most young smokers from Moray started at the age of 13 years – the same as the Grampian average.

(c) Reasons Why Young People Smoke

Young people were asked the reasons why they smoke - responses were as follows:

	Moray	Grampian
	%	%
It calms your nerves	87	85
You wanted to try smoking out of curiosity	66	64
You feel addicted to smoking	66	55
You feel smoking relieves boredom	63	60
You enjoy the taste	35	39
You feel smoking gives you confidence	34	35
You smoke because your friends smoke	31	31

(d) Where do Young People Smoke

The three most popular places where Moray pupils smoke are - at parties (96%), in the street (89%) and outside pubs/night-clubs (64%). Nearly three quarters, 72%, of Moray pupils smoke at school similar to the results of the 2001 survey.

(d) Stopping Smoking

Respondents were asked if they would like to give up smoking

	Moray	Grampian
	%	%
Males	79	65
Females	76	67

Their main reasons for wishing to give up were:

	% who have reason for wishing to stop	
	Moray	Grampian
To save money	97	95
To improve fitness	86	90
To prevent disease and ill health	83	89
To be more attractive	59	64
To respect the wishes of non smokers	56	49

Many have tried to cut down smoking, 68% male and 82% female smokers as well as 56% male and 62% females who have tried to give up smoking in the last year.

Smokers said that if they wanted to stop smoking the following would be helpful:

	Moray %	Grampian %
Being or feeling less stressed	54	64
Encouragement and support from friends	65	59
Making cigarettes more expensive	29	39
Advice from doctor/healthcare worker	28	31
Encouragement from family	33	30
Raising legal age for smoking	11	23
Stop smoking group	26	20
A booklet offering advice and practical tips	18	21
Telephone helpline/advice line	20	13

(f) Exposure to Smoking

It was found that 10% of males and 23% of females from Moray spend most of their day in an environment where people smoke. This compares with 10% of males & 17% of females from Grampian overall. Both percentages for Moray and Grampian are reduced from 2001. Results also indicate that respondents who have a close relative or friend who smoke are more likely to smoke themselves.

Person known to respondent who smokes	Moray		Grampian	
	Smoker	Non-smoker	Smoker	Non-smoker
	%	%	%	%
Close friend	90	34	88	29
Mother/female guardian	53	19	45	22
Father/male guardian	49	22	41	23
Boyfriend/girlfriend	46	7	39	4
Brother/sister	36	16	39	13
Grandparents	31	33	36	29

5.9 Alcohol

The main aim of the alcohol section of the questionnaire was to determine young people's present levels of alcohol consumption, their attitudes towards alcohol use, the results of their drinking alcohol, the reasons why they drink and the type of information they would like to be given to help them make informed choices.

(a) Attitudes to Drinking Alcohol

Respondents were asked to agree or disagree with a list of statements, to determine young people's attitudes towards drinking alcohol. Responses were as follows.

	those who agree	
	Moray	Grampian
	%	%
Drinking too much alcohol can cause health problems	88	89
One drink with the family is OK	86	84
Alcohol can make people take chances, ie drinking & driving	80	83
Drinking alcohol can lead to unplanned pregnancy or catching sexually transmitted diseases	70	69
Alcohol is expensive	74	70
Drinking alcohol makes people lose control of themselves	68	70
Drinking alcohol is sociable	59	55
Drinking alcohol is enjoyable	56	52
Drinking alcohol makes people violent	54	54
Drunk people are unpleasant	52	54
Drinking alcohol helps people forget their worries	47	42
Drinking alcohol helps people relax	41	40
Once you start drinking you are unlikely to stop	36	40
People under 18 should be allowed to buy alcohol	26	25

(b) Alcohol Consumption

Of the young people in Moray, 74% had taken an alcoholic drink compared with 69% of everyone surveyed. As would be expected this figure varied by school year ranging from 46% for 1st year pupils in Moray to 99% for 6th year pupils.

In order to establish the quantities of alcohol consumed by pupils, those who had taken alcohol in the seven days prior to the survey were asked to detail what they had consumed. This was then converted to units of alcohol.

Out of all the responses, 108 (47%) pupils had consumed alcohol in the seven days prior to the survey. For these, the mean consumption level was 20.9 units for Moray pupils compared to 18.5 units overall in Grampian.

Mean units of alcohol consumed in last seven days

	Moray	Grampian
Males	22.6	19.7
Females	19.1	17.5
Average	20.9	18.5

Frequency with which young people drink

Moray						
	Given up	1-2 a year	< 1 a month	> 1 a month	1-2 a week	3+ week
	%	%	%	%	%	%
Year 1	15	49	30	5	-	-
Year 2	5	34	24	25	9	3
Year 3	3	20	21	42	8	6
Year 4	-	16	32	32	16	4
Year 5	-	9	18	42	31	2
Year 6	2	12	16	45	24	2
Total	2	19	22	37	17	3
Grampian Total	3	23	21	33	18	3

When compared to the 2001 survey figures young people in Moray are drinking more in categories less <1 a month and >1 a month, however there is a reduction in the category 1-2 a week.

Young people from Moray were most likely to drink alcohol at parties (89%). The second most popular place was at home with family (70%), while 47% of young people admitted to drinking in the street and 39% to drinking in pubs/night-clubs. These percentages are similar to the 2001 survey.

The average age for first drinking alcohol is 13 years old and when respondents first got drunk is 14 years old.

Respondents were asked if they had ever been really drunk and how often in the last month they drank 5 or more drinks

How often in last month drank 5 or more drinks

	Males %	Females %	Total %
4 or more times	21	18	19
3 times	13	12	12
Twice	19	10	15
Once	14	18	16
Not had 5 or more drinks	19	19	19
Never had 5 or more drinks	14	24	19

The highest percentages are for 4 or more times, not had 5 or more drinks in last month and never had 5 or more drinks, all 19%.

Have you ever been really drunk?

	Males %	Females %	Total %
No never	24	36	30
Yes, once	17	19	18
Yes, 2-3 times	24	24	24
Yes, 4-10 times	18	12	15
Yes, more than 10 times	17	9	13

Of those who consume alcohol, 12%, of young people from Moray would like to cut down on the amount of alcohol they drink. These young people drank an average of 20.9 unit of alcohol in the seven days prior to the survey, an increase of approximately 3 units since the 2001 survey.

When asked what would help them to cut down on alcohol intake responses were as follows:

(c) Sources of Help

	Moray %	Grampian %
Leading a less stressful life	63	63
Advice and support from family and friends	46	54
Meeting a new group of friends	46	37
More recreational facilities available at reasonable prices	42	50
Information from Healthpoints	35	39
Advice and support from your doctor	21	32
Advice from an alcohol advisory group	21	29
Advice and support from teachers	21	23

Leading a less stressful life was a leading factor in 2001 and continues to be so in 2007 for Moray pupils. There has been a decrease of 8% in respondents who say more recreational facilities at reasonable prices would help them cut down their alcohol intake since 2001.

(d) Reasons for Drinking

Young people gave many reasons for drinking alcohol. Some of these were as follows:

	Moray %	Grampian %
Like the taste	84	85
Like the way it makes you feel	71	71
It helps you talk to people more easily	70	69
It helps you relax	63	63
Want to get drunk	42	46
It helps you forget your worries	42	39

(e) Results of Drinking

Young people were asked if anything had happened to them as a result of drinking.

	Never %	Once %	Twice or more %
Had an argument	59	25	16
Had a fight	80	14	6
Visited a hospital A&E department	95	4	2
Been admitted to hospital overnight	98	1	1
Had an injury that needed to be seen by a doctor	94	4	3
Been taken home by police	92	8	-
Stayed off school	90	8	1
Been sick (vomited)	54	25	21
Tried any drugs	84	6	10
Been in trouble with the police	83	15	2
Had unprotected sexual intercourse	89	4	7

The two highest percentages of things happening as a result of drinking are being sick 46% and having an argument, 41%,

5.10 Sexual Health

(a) HIV

Of the pupils in Moray schools, 9% said that they worry a lot about becoming HIV positive, a further 14% claim to worry quite a lot. These figures are similar to Grampian overall. To assess knowledge of how the infection can be contracted, a list of statements was given and respondents asked if they were true or false. Results for Moray pupils were as follows:

Health message	Correct answer	% who gave correct answer	% who gave wrong answer	% who were unsure
A person can get HIV by shaking hands with someone who is HIV positive	NO	73	2	25
A person can get HIV by sharing needles/syringes with someone who is HIV positive	YES	82	1	17
A person can get HIV by having sexual intercourse with someone who is HIV positive	YES	90	1	9
A pregnant woman who has HIV can pass it onto her baby	YES	63	3	34
A person can get HIV by donating blood	NO	19	41	41
A person can become infected by HIV by sharing a cup or glass with someone who is HIV positive	NO	47	11	42
A person can get HIV by swallowing street drugs	NO	27	26	47
A person can protect themselves from HIV by using condoms every time they have sex	YES	76	5	19
A person can protect themselves from sexually transmitted diseases by using condoms every time they have sex	YES	79	4	18
Taking the contraceptive pill can prevent a person from becoming pregnant and being infected with a sexually transmitted disease	NO	43	23	34

There has been an overall decline in the knowledge of HIV and it was noted during the implementation of the survey that many of the 1st and 2nd year pupils did not know what

HIV or AIDS was. There has been a decrease in knowledge in all categories, especially young people thinking you could get HIV by shaking hands with someone who was HIV positive, HIV can be passed on by donating blood or by sharing a cup or glass. Accordingly there has been an increase in those who gave a wrong answer and those who were unsure in nearly all statements.

Two new statements were added this year, protection from sexually transmitted diseases by using condoms and the contraceptive pill preventing a person from becoming pregnant and being infected with a sexually transmitted disease. Only 79% knew that using a condom can protect against contracting a sexually transmitted disease and only 43% knew that the pill could not prevent infection from a sexually transmitted disease. This follows the trend in previous surveys that knowledge of how HIV can be contracted has reduced and it appears that awareness of HIV has got progressively worse.

(b) Relationships

The pupils were asked about their relationships and 73% of Moray respondents said that they currently have or have had a boyfriend or girlfriend. Pupils who had never had a relationship were not required to complete any further questions in the relationship section of the report and **have been excluded from the baseline of the percentages quoted.**

Pupils who had had a relationship were asked to specify activities they had participated in during their relationships. Responses were as follows:

	Moray			Grampian		
	Never %	Occasionally %	Frequently %	Never %	Occasionally %	Frequently %
Hugging	5	21	74	4	32	64
Kissing on mouth	12	22	66	8	25	67
Light petting (fondling, caressing above waist)	23	39	38	27	33	40
Heavy petting (fondling, caressing below waist)	41	32	28	46	27	27
Oral sex	65	20	15	71	16	13
Sexual Intercourse	67	16	17	74	13	13

Participation in each of the activities increased with age, particularly among those who had had sexual intercourse. The following table provides a percentage breakdown by year for those pupils who had either occasionally or frequently had sexual intercourse.

Respondents who had had Sexual Intercourse

	Males %		Females %		Total %	
	Moray	Grampian	Moray	Grampian	Moray	Grampian
Year 1	-	2	-	2	-	2
Year 2	5	8	9	5	7	6
Year 3	26	22	29	21	27	21
Year 4	22	29	41	34	32	32
Year 5	46	39	53	44	50	42
Year 6	74	60	50	57	61	58

Results indicate increases in males in years 2-5 with a substantial increase, 30%, in 6th year males having sexual intercourse. The same applies for females in years 2-5, however there has been a substantial decrease, 23%, in 6th year girls who are sexually active compared to the 2001 survey.

(c) Use of Contraceptives

Most, 89%, of sexually active respondents in Moray used a contraceptive the first time they had sex compared with 84% of Grampian overall.

Percentage of sexually active respondents who use a contraceptive

	Moray %	Grampian %
Always	71	74
Nearly always	14	15
Sometimes	12	7
Never	4	4

Results show that there has been a 5% decrease of young people now regularly using contraceptives compared to 2001.

Of the young people in Moray who were sexually active, 88%, knew where to get condoms free of charge compared to 83% of 2001 respondents. There were also 90% who knew that they could get contraceptive advice to prevent pregnancy even if they are under 16 years of age.

The majority of young people in Moray who have or have had a relationship are most comfortable discussing questions about sex with their friends - 76%. Nearly a half, 44% said they would be comfortable speaking to a doctor, 39% said parents/guardian, 33% a school nurse and 31% brothers/sisters. A fifth, 21%, said they would be comfortable speaking to a phone line service and 19% said teachers.

5.11 Drugs

This section of the questionnaire was used to determine young people's attitudes to drug taking and also the extent of drug misuse in Grampian. For the purpose of the questionnaire 'Drugs' were defined as those substances that had not been prescribed by a doctor or pharmacist for medical reasons. (These substances did not include alcohol or tobacco).

(a) Drug use

Of those young people surveyed, 37% had been offered drugs and 15% of respondents had tried drugs. As would be expected, older pupils were more likely to have taken drugs.

Respondents who had never taken drugs were not required to complete any further questions and **percentages given in the following tables are based only on those who had taken drugs.**

Respondents were asked to give information on the type of drugs that they had used and also how often these drugs are taken. This was done by asking them to complete the table shown below. In order to ensure that the information provided was accurate, a 'dummy' variable was included in the list. Pupils who claimed to have taken the dummy variable were excluded from the analysis.

Percentage of drug users who had taken the following					
	% never taken	% taken 1-2 times	% taken monthly	% taken 1-2 days / week	% taken 3-7 days / week
Cannabis	18.1	49.6	32.3	-	-
Magic Mushrooms	97.8	2.2	-	-	-
Amphetamines	90.0	5.8	2.2	1.9	-
Ecstasy	74.1	23.8	-	2.1	-
Diazepam (valium)	87.3	8.4	2.2	2.1	-
Cocaine	83.5	14.5	-	2.0	-
Temazepam	96.0	4.0	-	-	-
LSD, Acid	97.8	2.2	-	-	-
Unprescribed 118's,	96.2	3.8	-	-	-
Methadone	95.9	4.1	-	-	-
Heroin	100	-	-	-	-
Gas/Glue – other solvents	80.3	13.7	4.1	2.0	-
Poppers (Amyl Nitrate)	70.4	19.3	3.9	4.2	2.2
Crack (rock, stone)	91.5	4.4	2.0	2.1	-
Anabolic Steroids (roids)	95.8	2.0	2.2	-	-
Methamphetamine	97.9	2.1	-	-	-

The results show cannabis is used more commonly than any other type of drug. This is also true for Grampian as a whole.

(b) Reasons for taking drugs

The following reasons were given for taking drugs:

	Moray %	Grampian %
Drugs help you relax	52	53
You like the way drugs make you feel	48	51
Drugs help you to talk to people more easily	36	35
Drugs help you forget your problems	30	31
You like drugs	24	32
Drugs make you dance better	12	19
You don't want to feel the odd one out	26	18
You feel forced to take drugs	16	8
You feel unable to stop even if you wanted to	12	8
Taking drugs is a mature thing to do	6	5
You need drugs to feel 'normal'	4	5

(c) Ease of acquiring drugs

Respondents were asked how easy it would be for them to get illegal drugs, results were:

	Moray %	Grampian %
Very easy	41	40
Fairly easy	36	37
Fairly difficult	12	7
Very difficult	-	3
Impossible	-	2
Don't know	11	11

(d) Attitudes towards drugs

All respondents were given a list of statements about drugs and asked to agree or disagree. Responses are outlined below highlighting the difference in responses when comparing drug users with non-users.

	% who agree with statement			
	Moray		Grampian	
	Drug user	Non drug user	Drug user	Non drug user
Taking drugs not prescribed by a doctor can cause health problems	81	74	72	77
Once you start taking drugs you are unlikely to stop	74	80	62	83
Taking drugs makes people lose control of themselves	90	84	73	85
People who take drugs are unpleasant	40	62	32	64
Taking drugs is sociable	22	6	24	8
Some drugs that are illegal should be made legal	50	22	56	20
There is a safe limit for taking un-prescribed drugs	53	20	53	22
Drugs are safer than alcohol	16	3	15	4
Taking drugs is good for my image	9	2	6	3

Clearly there is a strong difference in views between respondents who have tried or regularly take drugs and those who have never taken drugs. Among the most noticeable was that 80% of Moray pupils who have never taken drugs feel that once you start you are unlikely to stop in contrast to 74% of those who have taken drugs. Half, 50%, of those who have taken drugs feel that it should be legalised compared with 22% of non-users and 53% of drug users think there is a safe limit for taking un-prescribed drugs compared to only 20% of non drug users.

The majority, 85%, of drug users have gained their knowledge relating to drugs from friends.

The full report for the Grampian Youth Lifestyle Survey 2007 and reports for Aberdeen City and Aberdeenshire Community Health Partnerships can be found at:

www.nhsgrampian.org/youthlifestyle2007

www.abdn.ac.uk/public_health/pubhealth/youth_lifestyle.php

www.hi-netgrampian.org

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