

Supporting the Health of Young People in Central Bedfordshire

A summary report of the Health Related Behaviour Survey 2008

These results are the compilation of data collected from a sample of middle and high school pupils in Years 8 and 10 aged 12 to 15 in Central Bedfordshire schools during the Summer term 2008. This work was commissioned by Bedfordshire County Council and the Bedfordshire Healthy Schools Team. A total of 1355 pupils took part in 14 middle and upper schools. The resulting data have provided the local health and education partnership with sound information about young people's lifestyles and health-related behaviour.

This was a repeat of the survey that was conducted in 2004 and 2006, which was the beginning of

a longitudinal piece of work that will need to be repeated at 2-year intervals. This will enable comparisons and analyses of developing and ongoing trends, and will facilitate intervention programmes to be monitored and evaluated.

Teachers were briefed on how to collect the most reliable data and then pupils in schools anonymously completed the questionnaire.

The survey was conducted on a weekday (Tuesday-Friday) therefore the data will reflect this for questions asking about 'the day or evening before'.

Some schools opted to do the survey online, one advantage being they would be able to access their results more quickly, while some preferred to use the paper-based option. Completed paper questionnaires were then returned to the Schools Health Education Unit in Exeter for processing and combining with the online results.

1355 young people were involved in the survey:

School Year	Bedford		Central Bedfordshire		Total
	Year 7/8	Year 9/10	Year 8	Year 10	
Boys	172	142	274	75	663
Girls	160	147	281	104	692
Total	332	289	555	179	1355

Reference sample

Area data have been compared with a compilation of survey areas that have completed similar versions of the questionnaire. These areas include Brighton, Camden, Derbyshire, Ealing, East Sussex, Milton Keynes and Solihull.



**Schools
Health
Education
Unit**

For more details please contact
The Schools Health Education Unit
Tel: 01392 667272
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Topics include

Citizenship

Emotional Health and Well-being

Healthy Eating

Drugs, Alcohol and Tobacco

Sex and Relationships

Leisure and Physical Activity

Health and Education Partnership:



Bedfordshire Community Health Services



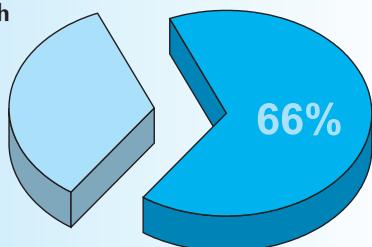
**Bedfordshire
county council**

Central Bedfordshire pupils in Year 8 (ages 12 to 13 years)

CITIZENSHIP

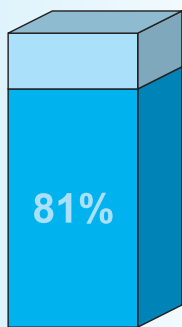
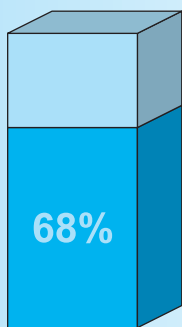
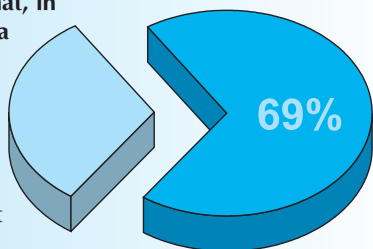
Background

- 95% of pupils describe themselves as white UK, 1% say Asian and 2% mixed.
- 66% of all pupils live with both parents.** 13% live only with their mother, 12% live with mother and stepfather.
- 49% of boys and 54% of girls in the Central Bedfordshire Year 8 sample spent time doing homework on the evening before the survey.
- 48% of pupils did no homework at all the night before the survey, 36% did up to an hour, and 17% did over an hour.
- 64% of pupils used the Internet after school the day before the survey, 25% used the computer to do homework.
- 28% of the girls and 22% of the boys cared for family members, on the evening before the survey.



EMOTIONAL HEALTH & WELL-BEING

- 69% of pupils reported that, in general, they were 'quite a lot' or 'a lot' satisfied with their life:**
- Parents are the most popular sources of support for boys and girls for most problems.
- 68% of pupils agreed with the statement that they were in control of their health. 81% agreed that if they took care of themselves they would stay healthy.**



- 35% of girls and 51% of boys had high self-esteem scores.
- 66% of Year 8 pupils reported that they worried about at least one of the problems listed in the questionnaire 'quite a lot' or 'a lot'.

The top four worries were:

Boys		Girls	
Their looks	23%	Their looks	52%
Family	20%	Exams & tests	40%
Exams & tests	19%	Friends	39%
Career	18%	Family	35%

(The table shows the proportion of pupils who said they worried about the problems 'quite a lot' or 'a lot').

? Why are both boys and girls worrying about their looks?

HEALTHY EATING

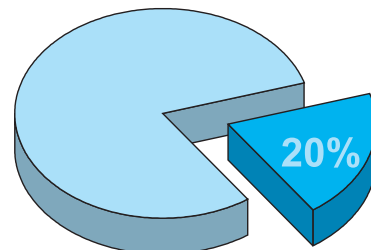
- 13% of girls and 6% of boys had nothing to eat or drink for breakfast on the day of the survey.
- 11% of pupils also reported having no lunch on the day before the survey.
- 32% of boys and 57% of girls say that they would like to lose weight.
- 12% of boys say they never consider their health when choosing what to eat.
- 7% of pupils said they had no fruit or vegetables on the day before the survey; 22% said they had 5 or more portions.
- 34% of pupils have crisps, 'on most days', 52% fresh fruit and 29% sweets or chocolate bars.
- 8% of pupils had no water to drink on the day of the survey. 34% had a litre or more.

? Are five a day messages getting through to pupils?

DRUGS, ALCOHOL AND TOBACCO

Drugs

- 20% of pupils are 'fairly sure' or 'certain' that they know someone who takes drugs.**
- 13% of Year 8 boys and 5% of Year 8 girls have been offered cannabis.
- 6% of pupils reported that they had taken an illegal drug in the last year. 4% had taken one in the last month.
- The top four drugs thought to be most dangerous were:**



Boys		Girls	
Heroin	66%	Heroin	74%
Cocaine	64%	Cocaine	64%
Solvents	53%	Cannabis	57%
Cannabis	48%	Solvents	52%

The top four drugs thought easy to get hooked on were:

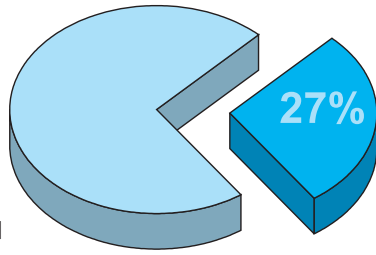
Boys		Girls	
Cocaine	76%	Heroin	75%
Heroin	70%	Cocaine	74%
Cannabis	69%	Cannabis	71%
Alcohol	57%	Alcohol	66%

- 31% of pupils correctly identified alcohol as the drug that kills most people in this country.

? Do young people appreciate the dangers of alcohol?

Alcohol

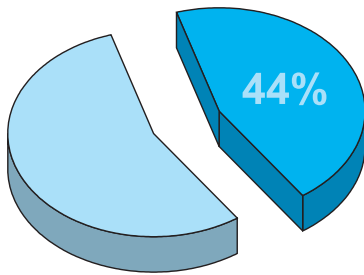
- 27% of pupils had at least one alcoholic drink in the week before the survey.**



- Boys: 12% of Year 8 boys drank between 4 and 20 units of alcohol in the seven days before the survey.
- Girls: 6% of Year 8 girls drank between 4 and 20 units of alcohol in the seven days before the survey.
- 2% of Year 8 boys and 0% of the girls drank more than 20 units the previous week.
- 1% of pupils bought alcohol from an off-licence that should only sell to over-eighteens.

Tobacco

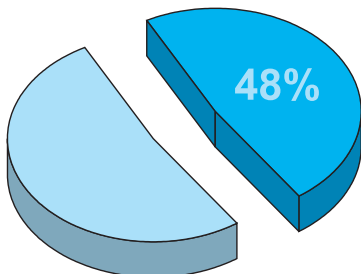
- 44% of pupils reported that they have a parent, sibling or friend who smokes on most days.**



- 5% of boys and 3% of girls in Year 8 pupils reported that they smoke occasionally or regularly.
- 3% of pupils said that they used to smoke but don't now.

SEX AND RELATIONSHIPS

- When asked what was their main source of information about sex 68% of pupils said school lessons. 31% of the boys and 37% of the girls said their friends. 32% of boys and 44% of girls said their parents.
- When asked what **should be** their main source of information 18% of pupils said their friends. 72% said it should be school lessons and 43% of boys and 57% of girls said their parents, 18% said it should be the school nurse.
- 15% of pupils said they believed there was a special contraception and advice service for young people available locally, 71% said that they didn't know.
- 48% said that they knew where to get condoms free of charge.**

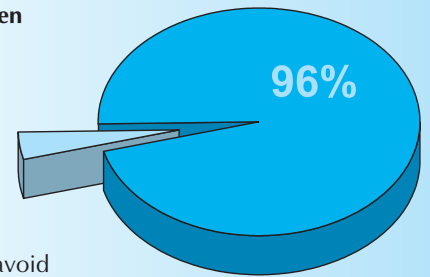


? Do Year 8 pupils need to know what local services are available?

SAFETY

- 51% of pupils said they were treated for an accident by a doctor or at a hospital within the last year. 14% of boys had an accident playing sport, 9% of girls had an accident at home.

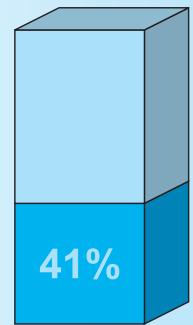
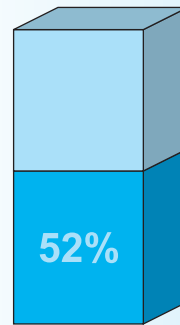
- 96% of pupils had been to the dentist in the past year.**



- 19% of pupils said that they have asthma.
- 12% said that they never do anything to avoid sunburn.
- 22% of pupils rated the safety of their area, when going out after dark, as 'poor' or 'very poor'. 4% said this about going out during the day.
- 9% of the boys and 4% of the girls reported that they were fairly sure or certain that they had friends who carried weapons for protection when going out.
- 19% of boys and 7% of girls reported that they had been the victim of violence or aggression in the area where they live in the last 12 months.

LEISURE AND PHYSICAL ACTIVITY

- 83% of pupils said they spent time watching television, after school, on the day before the survey.
- 52% met with friends, 53% of the boys and 37% of the girls played sport, on the evening before the survey.
- 76% of the boys played computer games, on the evening before the survey.
- 76% of pupils reported that they enjoyed physical activities 'quite a lot' or 'a lot'.
- 52% of the boys and 41% of the girls considered themselves 'fit' or 'very fit'.**



- 51% of the boys and 44% of the girls reported that they had exercised hard, three times or more, in the last week.

The top four physical activities were:

	Boys		Girls
Football	50%	Going for walks	35%
Bike riding	50%	Jogging	30%
Tennis	27%	Bike riding	28%
Swimming	26%	Swimming	26%

(The table shows the proportion of pupils who said they did these activities at least weekly).

- When asked what activities they would like to is school PE games that they don't normally do, the girls' top answers were swimming, badminton, dancing and athletics. The boys' top answers were swimming, football, tennis and athletics.

? Is it possible to respond to these requests?

Gender differences amongst Central Bedfordshire Year 8 pupils

- ↑ **More** Central Bedfordshire Year 8 boys say that they are in charge of their health 74% of the boys compares with only 62% of the girls.
- ↑ **More** Central Bedfordshire boys are happy with their weight 60% compares with 40% of girls saying the same. 57% of the girls say that they would like to lose weight compared with 32% of the boys saying the same.
- ↑ Girls in Central Bedfordshire are **more likely** to eat fresh fruit and vegetables 'on most days' compared with the boys. They are also less likely to drink fizzy drinks 7% compared with 21% of boys 'on most days'.
- ↑ 35% of boys in Central Bedfordshire drank alcohol last week. This is higher than the 20% of girls who said the same.
- ↑ **More** girls than boys in Central Bedfordshire were likely to rate cannabis as dangerous. 57% of girls rated cannabis as dangerous, compared with 48% of boys saying the same.
- ↓ Central Bedfordshire boys are **less likely** to say that they think their parents should be their main source of information about drugs. 48% of boys said this compared with 59% of girls.
- ↓ Central Bedfordshire boys are **less likely** to say that they are worried about going to school because of bullying. 35% of girls said at least 'sometimes' compared with 16% of boys who said the same.
- ↑ **More** Central Bedfordshire boys said they had been the victim of violence or aggression in the area where they lived. 19% of boys compared with 7% of girls said this.
- ↑ After school the day before, boys were **more likely** to have spent time playing computer games and meeting friends and playing sport. Girls were **more likely** than boys to listen to music, care for family members and pets and to have done any homework.

Trend data: Differences between Central Bedfordshire Year 8 pupils between 2008 and 2006

- ↓ 40% of girls in 2008 said that they were happy with their weight. In 2006, 48% of girls said this.
- ↓ In 2008 65% of boys and 71% of girls had a packed lunch for dinner the day before. In 2006 the figures were 71% and 80% respectively. 11% of pupils in 2008 said they had no lunch compared with 3% saying this in 2006.
- ↑ In 2008 pupils were more likely to say that they had crisps and chips 'on most days' compared with 2006. The boys were also less likely to say they had fresh fruit 'on most days'.
- ↑ 80% of girls in 2008 said that they had drunk no alcohol the previous week. In 2006, 75% of girls said this.
- ↑ Year 8 pupils were far more likely to say that drugs affect the brain in 2008 compared with 2006. 73% of pupils said this about cannabis in 2008 compared to 61% saying the same in 2006.
- ↑ Year 8 pupils were far more likely to say that alcohol kills most people in this country in 2008 compared with 2006. 34% of boys and 29% of girls said this about alcohol in 2008 compared to 24% and 18% respectively saying the same in 2006.
- ↑ Year 8 pupils were more likely in 2008 to say that they knew someone personally who used drugs compared with pupils in 2006.
- ↓ Year 8 pupils in 2008 were less likely to say that school lessons were their main source of information about sex compared with pupils in 2006. They were more likely in 2008 to say that the Internet and TV/films were their main source of information compared with pupils saying the same in 2006.

Differences between Central Bedfordshire Year 8 pupils and SHEU wider databank figures

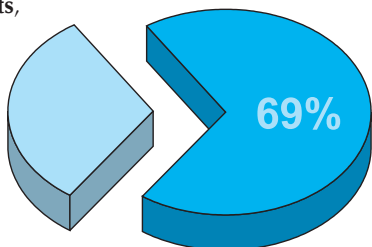
- ↓ Central Bedfordshire Year 8 pupils were **less** likely to say that they were 'a lot' satisfied with their lives compared with pupils in the wider sample.
- ↑ Year 8 pupils were **more** likely to say that they had fresh fruit and vegetables 'on most days' compared with pupils in the wider sample. They are also **more** likely, however, to say that they have crisps 'on most days' compared with pupils in the wider sample.
- ↑ Year 8 boys were **more** likely to say that they had an alcoholic drink in the past 7 days compared with boys in the wider sample.
- ↓ Year 8 boys are **less** likely to say that they are afraid to go to school because of bullying compared with boys in the wider sample.
- ↓ Central Bedfordshire Year 8 pupils are **less** likely to say they know there is a local contraception and advice centre available locally for young people than pupils are in the wider sample.

Central Bedfordshire pupils in Year 10 (ages 14-15years)

CITIZENSHIP

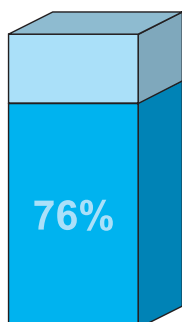
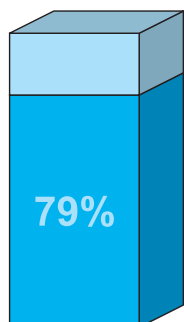
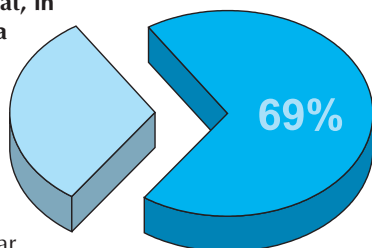
Background

- 92% of pupils describe themselves as white UK. 1% said that they were white non-UK 4% describe themselves as mixed.
- 69% live with both parents, 10% live only with their mother.
- 62% of pupils did homework on the evening before the survey and 31% did over an hour.
- 64% of pupils used the Internet after school the day before the survey. 25% used the computer to do homework the night before.
- 71% of pupils say that they use the Internet for finding out about their hobbies & interests, 82% use it for chatting and 21% use it for help and advice.
- 88% of pupils are never supervised when they use the Internet.
- 25% of pupils cared for family members after school the day before the survey.



EMOTIONAL HEALTH & WELL-BEING

- 69% of pupils reported that, in general, they were 'quite a lot' or 'a lot' satisfied with their life.
- Parents are the most common source of support for boys but friends are the most popular sources of support girls for many of the problems they might have.
- 56% of boys and 38% of girls had high self-esteem scores.
- 79% of boys and 76% of girls agreed with the statement "If I take care of myself I'll stay healthy".



- 78% of pupils say they are 'never' afraid of going to school because of bullying. 2% say that they think others may fear going to school because of them.
- 75% of pupils reported that they worried about at least one of the problems listed in the questionnaire 'quite a lot' or 'a lot'

The top four worries were:

	Boys		Girls
Exams & tests	36%	Exams & tests	63%
Money	32%	Their looks	56%
Career	28%	School work	42%
Family	25%	Career	36%

(The table shows the proportion of pupils who said they worried about the problems 'quite a lot' or 'a lot'.)

HEALTHY EATING

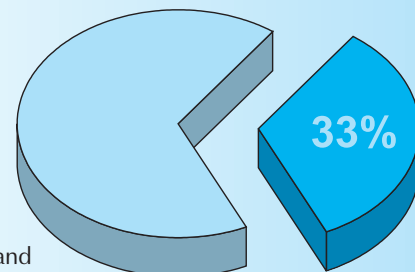
- 12% of boys and 17% of girls reported having nothing to eat or drink for breakfast on the day of the survey.
- 14% of boys and 32% of the girls also reported having no lunch on the day before the survey.
- 26% of boys and 60% of girls say that they would like to lose weight.
- 22% of boys say they never consider their health when choosing what to eat.
- 10% of pupils reported that they had no portions of fruit or vegetables on the day before the survey.
- 29% of pupils eat crisps, 'on most days', 41% fresh fruit and 25% sweets or chocolate bars.
- 9% of pupils had no water to drink on the day before the survey. 48% of boys and 20% of girls had about a litre or more.

? Is it a concern that girls are missing lunch? Is this an attempt to lose weight?

DRUGS, ALCOHOL & TOBACCO

Drugs

- 33% of pupils are 'fairly sure' or 'certain' that they know someone who takes illegal drugs.
- 32% of Year 10 boys and 23% of Year 10 girls have been offered cannabis. 17% of pupils have been offered other drugs.
- 23% of pupils said that they had taken an illegal drug in the last year. 14% of pupils reported that they had taken an illegal drug in the last month.



The top four drugs thought to be most dangerous were:

	Boys		Girls
Heroin	83%	Heroin	81%
Cocaine	71%	Cocaine	70%
Solvents	51%	Solvents	50%
Amphetamines	36%	Cannabis	37%

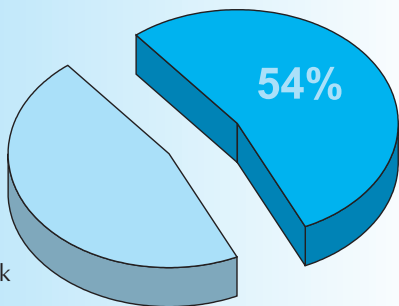
The top four drugs thought easy to get hooked on were:

	Boys		Girls
Cocaine	73%	Heroin	87%
Heroin	71%	Cocaine	86%
Cannabis	67%	Cannabis	76%
Alcohol	51%	Alcohol	67%

- 52% of pupils (more boys than girls) correctly identified alcohol as the drug that kills most people in this country.

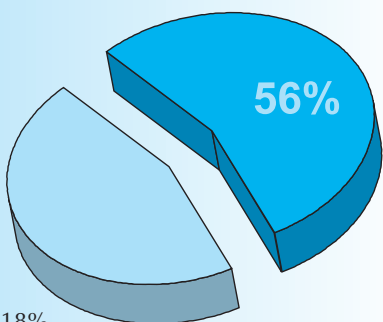
Alcohol

- 54% of pupils had at least one alcoholic drink in the week before the survey.
- 29% of pupils drank on only one day, 25% drank on more than one day.
- 39% of boys and 27% of girls drank between 4 and 20 units of alcohol in the seven days before the survey.
- 12% of Year 10 boys and 5% of Year 10 girls said they drank 21 or more units of alcohol in the seven days before the survey.
- 5% of Year 10 pupils were able to buy alcohol from an off-licence that should sell only to over-eighteens.
- Spirits, Pre-mixed spirits and beer were the most popular drinks.



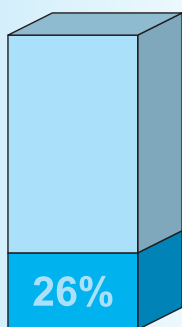
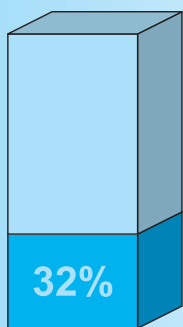
Tobacco

- 56% of pupils reported that they have a parent, sibling or friend who smokes on most days.
- 16% of boys reported that they smoke occasionally or regularly. 18% of girls reported that they smoke occasionally or regularly.
- 4% of pupils say that they smoke but would like to give up.



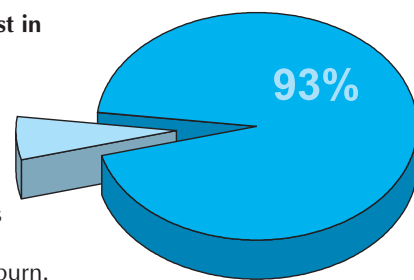
SEX AND RELATIONSHIPS

- When asked what was their main source of information about sex 60% of pupils said school lessons. 47% of the girls said their friends. 25% of the boys said the Internet and 12% of boys said TV, films.
- When asked what should be their main source of information only 19% of pupils said their friends. 69% said it should be school lessons and 44% said their parents.
- 32% of Year 10 boys and 26% of Year 10 girls said they believed there was a special contraception and advice service for young people available locally, 56% of pupils said they didn't know.



SAFETY

- 48% of pupils said they were treated for an accident by a doctor or at a hospital within the last year. 12% of the boys had an accident playing sport, 7% of the girls had an accident at home.
- 93% visited the dentist in the twelve months before the survey.
- 18% of pupils said that they have asthma. 17% of pupils say they never do anything to avoid sunburn.
- 18% of pupils rated the safety of their area, when going out after dark, as 'poor' or 'very poor'. 8% said this about going out during the day.
- 9% of pupils reported that they were fairly sure or certain that they had friends who carried weapons for protection when going out. When asked what weapons were carried, 8% of pupils reported 'weapon with blade'.
- 15% of boys and 13% of girls said that they had been the victim of violence or aggression in the last 12 months in the area where they lived.

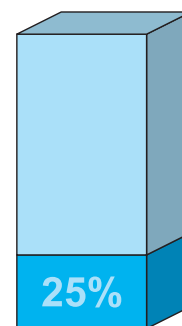
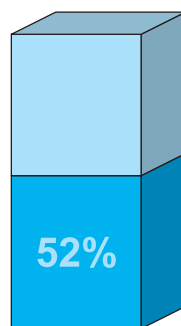


LEISURE

- The most common after school leisure activities on the day before the survey were watching television, listening to music, using the Internet and meeting with friends.
- 15% of girls and 23% of boys spent more than 2 hours playing computer games after school on the evening before the survey.
- 95% had used the Internet at home in the last month and 94% at school. 88% say they are never supervised.

PHYSICAL ACTIVITY

- 52% of the boys consider themselves 'fit' or 'very fit' compared with only 25% of the girls.



- 53% of boys and 41% of girls reported that they had exercised three times or more, in the week before the survey, which made them breathe harder.
- Outside school hours, soccer and bike riding were the most popular form of physical activity for the boys and, for the girls, it was going for walks.
- When asked what they would like to do in PE/Games sessions, the girls asked for swimming and dancing the boys - football, tennis and volleyball.

? Can young people's knowledge of contraception services be increased?

? What local facilities are available for youngsters to be active? What more can be done to encourage girls to be active?

Gender differences amongst Central Bedfordshire Year 10 pupils

- ↑ **More** Central Bedfordshire Year 10 boys said that they were satisfied with their lives. 73% of boys compared with 65% of girls for this question.
 - ↑ **More** Central Bedfordshire Year 10 boys said that they were in control of their health. 80% of boys compared with 67% of girls for this question.
 - ↑ **More** Central Bedfordshire Year 10 boys said that they were happy with their weight. 62% of boys compared with 36% of girls. 32% of girls said they had no lunch the day before. This is higher than the 14% of boys who said the same.
 - ↑ Central Bedfordshire Year 10 girls are **more likely** to say that they have never smoked at all. 61% of girls compared with 51% of boys saying the same.
 - ↑ Girls are **more likely** than boys to say that Cannabis is dangerous, 37% said this compared with 27% of boys.
- They are also **less likely** to have taken cannabis in the past year when compared to the boys.
- ↑ Girls were **more likely** to say that they would take precautions against sunburn. 50% of girls compared with 30% of boys said that they 'usually' or 'always' did something to avoid sunburn.
 - ↑ Boys were **more likely** than girls to say that the area where they lived was safe after dark. 46% of boys and 35% of girls said that safety was 'good' or 'very good'.
 - ↑ Girls were **more likely** than boys to say that their friends were their main source of information about sex; 47% of girls compared with 37% of boys said this.
 - ↑ 75% of boys said that they played computer games after school the day before, 45% of girls said the same.
 - ↓ Boys in Year 10 were **less likely** than girls to worry about exams and tests, their looks or friendship problems, but **more likely** to worry about money problems.

Trend data: Differences between Central Bedfordshire Year 10 pupils between 2008 and 2006

- ↓ Year 10 pupils were less likely to have a school lunch in 2008 and more likely to have had a packed lunch when compared with pupils in 2006.
 - ↑ Higher proportions of Year 10 pupils in 2008 report having at least 5 portions of fruit and vegetables the day before. 23% compared with 15% of pupils in 2006.
 - ↑ More Year 10 pupils in 2008 said that they have never smoked at all compared with pupils in 2006. 18% of girls describe themselves as occasional smokers at least in 2008. In 2006, 35% of girls said the same.
 - ↑ In 2008, 47% of boys and 46% of girls said they had no alcohol in the previous week. In 2006, 35% of boys and 31% of girls said the same.
 - ↑ In 2008 pupils were more likely to rate cocaine and heroin as 'most dangerous' compared with pupils in 2006.
- ↑ 50% of girls in 2008 said that alcohol kills most people (from a list of drugs) in this country. In 2006, 34% of girls said this about alcohol.
 - ↑ In 2008 61% of boys and 59% of girls said school lessons were their main source of information about sex. In 2006, the figures were 52% and 31% respectively. Pupils were also more likely in 2008 to say that school lessons 'should be' their main source of information.
 - ↑ Boys in 2008 were more likely to say that they knew of a special contraception and advice centre available locally for young people. 32% of boys said this in 2008 compared with 16% of boys in 2006.
 - ↑ In 2008, 41% of girls said that they exercised hard at least 3 times in the previous week. In 2006 this figure was 28%.

Differences between Central Bedfordshire Year 10 pupils and SHEU wider databank figures

- ↓ Girls in Central Bedfordshire are **less likely** to say they have ever smoked a cigarette compared with girls in the wider sample.
 - ↑ **More** Central Bedfordshire pupils drank alcohol in the past 7 days. 54% of Central Bedfordshire pupils said this compared with 40% saying the same in the wider sample.
 - ↓ Pupils in Central Bedfordshire are **less likely** to know someone who uses drugs. They are also less likely to have been offered drugs compared with the wider sample.
- ↑ Girls in Central Bedfordshire are **more likely** to say that they worry about exams and tests compared with girls in the wider sample.
 - ↓ Central Bedfordshire pupils are **less likely** to say that they know of a young person's contraception and advice centre that is available locally to them compared with pupils in the wider sample.

The Way Forward – over to you

The work was funded by Bedfordshire County Council and the Bedfordshire Healthy Schools Scheme. As a result of their work we now have excellent data to be used by schools, the Local Authority, the PCT as well as other statutory and voluntary agencies that support the health of young people in the county. This work will inform action plans for joint working between and within organisations involved in improving the health and well-being of pupils in schools.

Our thanks go to the staff and pupils of the schools involved:

Fullbrook Middle; Henlow VC Middle; Holmemead Middle; Kings Houghton Middle; Redborne Upper; Robert Bloomfield Middle; Samuel Whitbread Upper and Woodland Middle.

Bedfordshire Healthy Schools Programme

The Bedfordshire Healthy Schools Scheme is part of the National Healthy Schools Programme that is led by the Department of Health (DH) and the Department of Children Schools and Families (DCSF).

The Bedfordshire Healthy Schools Scheme provides a framework of support, training and quality assurance to assist schools with the process of self-review, target setting, action planning and development of health and education policy and practice across the whole school community. It aims to raise levels of achievement and improve the health and well-being of staff and young people.

The strategic priorities for the National Healthy Schools Programme are to:

- support children and young people in developing healthy behaviour
- help to raise pupil achievement
- help to reduce health inequalities
- promote social inclusion

The Healthy Schools Programme is a vehicle for local partners to deliver universal health and well-being education and support to children and young people. It can be viewed as the foundation stone of health and well-being provision in schools, where extended services provide the bridge between a healthy school and targeted support. Healthy Schools work contributes to all five ECM outcomes, four PSA targets, 54 National Indicators and is an important part of the OFSTED School Inspection Process.

The National Targets (DH and DCSF) for the Healthy Schools Programme are as follows:

1. 65% of all maintained schools to achieve *National Healthy School Status* by December 2008
2. 75% of all maintained schools to achieve *National Healthy School Status* by December 2009
3. 100% of all maintained schools participating in their local Healthy Schools Scheme by December 2009

These targets are a Performance Indicator in the Bedfordshire Local Area Agreement and a Key Performance Indicator in the B:DAT Young People's Drug/Alcohol Action Plan.

Priorities for 2008-2010

- To recruit the remaining 6 Bedfordshire schools onto the Healthy Schools Programme by December 2009.
- To ensure that 75% of Bedfordshire schools have achieved *National Healthy School Status* by December 2009.
- To support schools through the Re-Validation process, ensuring that they continue to enhance and develop their *National Healthy School Status*.
- To contribute to the improvement in the consistency of planning and delivery of PSHE in schools, particularly those achieving *National Healthy School Status*.
- To support the National Obesity Strategy and the National Child Measurement Programme to target schools for intervention strategies to contribute to reducing levels of obesity.
- To actively promote and support the School Food Trust's 'Million Meals' campaign to increase numbers of children/young people having school meals.
- To continue to strengthen and develop work around Physical Activity in schools.
- To work with the Local Authority's Behaviour & Attendance and PSHE Consultants to actively support schools in implementing the SEAL Programme in Bedfordshire.
- To strengthen and develop links with CAMH Services, to work towards a clear interface between CAMHS and the Emotional Health and Well-being Agenda in schools.
- To support schools and their communities in helping to reduce smoking rates for children.
- To work more closely with Extended Services Teams to support schools to maximise community services.

For further details and information on any aspect of the Bedfordshire Healthy Schools Programme:

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www.healthy-schools.co.uk**