

# Health and wellbeing need of children in Derby City

The Lancaster model data 2023-2024

August 2024

# Background

School Nursing teams in Derby city started using The Lancaster model January 2022 and offer it to all Mainstream and PRU schools in Derby city.

**2022 – 2023**  
 Reception – 842 parents completed (26%)  
 Year 6 - 2750 young people completed (81%)  
 Year 9– 1668 young people completed (48%)

**2023 – 2024**  
 Reception – 940 parents completed (30%)  
 Year 6 – 3159 young people completed (88%)  
 Year 9– 1988 young people completed (57%)

**Schools**  
 Reception – 58 out of 64 schools had returned questionnaires (91%)  
 Year 6 - 60 out of the 62 schools took part (97%)  
 Year 9– 13 out of 18 School took Part (72%)

## Priorities for the city

With the new function on TLM we can now look at the top priorities for Derby by comparing our result to the results of all other users of TLM

Reception year priorities (defined by the areas where Derby is higher than the national average)

TLM National Average Comparison  
(Aggregated data from all regions who use TLM)

Universal Health <b>Higher</b>	Oral Health <b>Higher</b>	Vision <b>Lower</b>	Hearing <b>Higher</b>	R&P Attachment Theory <b>Lower</b>	R&P Safety <b>Lower</b>
Language <b>Lower</b>	Motor Skills & Movement <b>Lower</b>	Emotional Health <b>Lower</b>	Diet <b>Higher</b>	Physical Activity <b>Lower</b>	Worries & Concerns <b>Higher</b>
Help & Support <b>Higher</b>					

Year 6 priorities (defined by the areas where Derby is higher than the national average)

TLM National Average Comparison  
(Aggregated data from all regions who use TLM)

Universal Health <b>Lower</b>	Oral Health <b>Lower</b>	R&P Social Time <b>Lower</b>	R&P Safety <b>Lower</b>	R&P Bullying <b>Lower</b>	Emotional Health <b>Higher</b>
Diet <b>Higher</b>	Body Image <b>Lower</b>	Physical Activity <b>Lower</b>	Feeling & Transition <b>Lower</b>	Worries & Concerns <b>Lower</b>	Help & Support <b>Lower</b>

Year 9 priorities(defined by the areas where Derby is higher than the national average)

TLM National Average Comparison  
(Aggregated data from all regions who use TLM)

Universal Health <b>Lower</b>	Oral Health <b>Higher</b>	R&P Social Interaction <b>Higher</b>	R&P Safety <b>Higher</b>	R&P Bullying <b>Lower</b>	Em. Health & Wellbeing <b>Lower</b>
Diet <b>Higher</b>	Body Image <b>Lower</b>	Physical Activity <b>Lower</b>	Alcohol <b>Higher</b>	Smoking <b>Lower</b>	Vaping <b>Lower</b>
Drug Use <b>Lower</b>	Solvent Use <b>Higher</b>	Internet Safety & Gaming <b>Higher</b>	Worries & Concerns <b>Higher</b>	Help & Support <b>Higher</b>	

All school reports will now have a priority page, so that we can compare school priorities against priorities for Derby City. The School Nursing team will help look at ways to address the priorities in individual schools.

# Priorities for Derby

## Diet



	Reception		Year 6		Year 9	
	2022 - 2023	2023 - 2024	2022 - 2023	2023 - 2024	2022 - 2023	2023 - 2024
Have 5 or more Portions of fruit per day	24%	21%	25%	23%	17%	17%
Have Breakfast every day	91%	89%	69%	72%	44%	48%

The percentage of pupils eating the recommended portions of fruit and vegetables every day is declining.

While the percentage of pupils who miss breakfast has improved (except Reception year) but the percentage of children that have breakfast every day remains a concern, especially in year 9.

## Energy Drinks

### **This is a new question for 2023-2024**

Year 6 – 26% sometime drink them, 2% every day, 3% more than once per week and 4% weekly

Year 9 - 41% sometimes drink them, 3% every day, 6% more than once per week and 5% Weekly.



# Body Image



19% of year 6 and year 9 say they cut out meals to change their shape or weight



20% of year 6 and 22% of year 9 feel they are overweight



31% of year 6 and 36% of year 9, say they are trying to lose weight

In both Year 6 and Year 9 there is a higher proportion of young people who are trying to lose weight than there is, who feel overweight!



# Physical activity

When asked how much moderate exercise they had a in a day.....

18% of Parents said their school entry child had less than 1 hour per day (20% previous year)

24% of Year 6 pupils said they less than 1 hour per day (same previous year) - 4% said they had none

25% of Year 9 pupils said they had less than 1 hour per day (28% previous year) - 8% said they had none.



# Oral health

	Reception	Year 6	Year 9
Only brush their teeth Once per day	20%	20%	14%
Did not have Check with Dentist in last year	29%	21%	15%



# Emotional health reception and Y6

	Reception 2022 - 2023	Reception 2023 - 2024	Year 6 2022 - 2023	Year 6 2023 - 2024
Emotional symptoms	6% (5% borderline)	6% (5% borderline)	15% (8% borderline)	14% (8% Borderline)
Conduct Symptoms	9% (11% borderline)	9% (12% borderline)	15% (12% borderline)	15% (12% borderline)
Hyperactivity concerns	11% (5% borderline)	13% (6% borderline)	21% (10% borderline)	21% (11% Borderline)
Peer problems	9% (9% borderline)	12% (9% borderline)	6% (16% borderline)	5% (17% borderline)
Prosocial concerns	5% (5% Borderline)	6% (7% borderline)	5% (7% borderline)	7% (7% borderline)

# Year 9 Emotional health



24% said they did not usually feel happy and cheerful



30% said they did not usually feel calm and relaxed



65% said they had felt anxious/worried/stressed or in a low mood

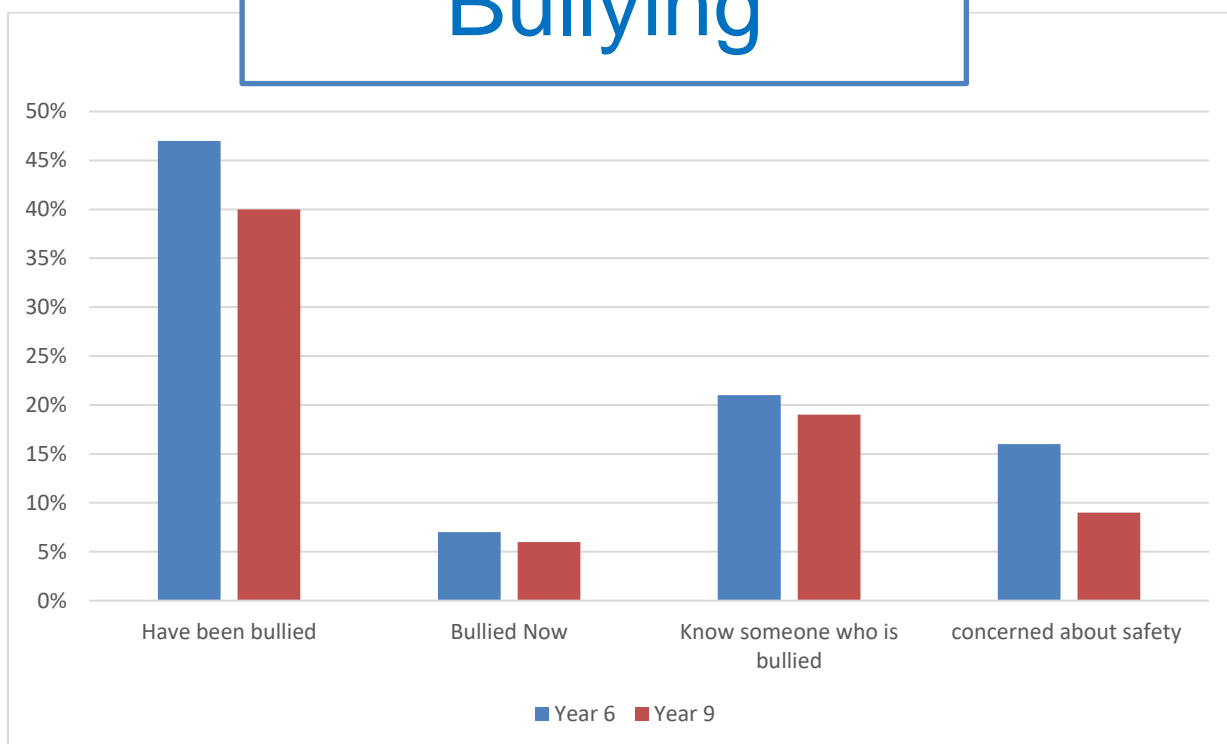


47% said no they didnt mostly enjoy going to school and 38% said they were not happy in school



37% they usually did not look forward to the day ahead

## Bullying



# Year 6 transition

73% worried about leaving friends

59% worried about moving to new school

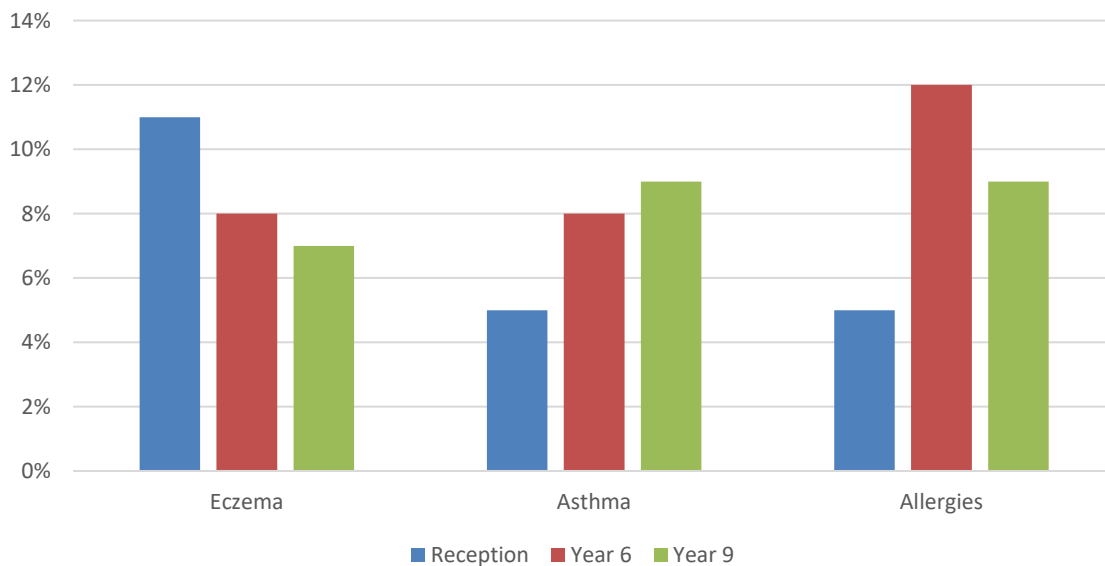
56% worried about getting to class on time

51% worried about making new friends

59% worried about getting good grades

58% worried about moving around school

# Top health needs





## Year 9 - smoking



Only 5% of young people in Derby Year 9 say they have smoked, with 2% saying they smoke regularly, the others have only tried once

14% said they would like help to stop smoking

## Year 9 Vaping



20% of young people in Year 9s said they Vape with 8% saying they vape regularly, and the others say they have only vaped once.

16% said they would like help to stop vaping.



## Year 9 Alcohol use

6% of young people in Year 9 say they have drunk so much they were out of control.

42% of young people in Year 9s said they drink alcohol with 17% saying they drink regularly, and the others say they have only drunk alcohol once.



## Year 9 Drug use

4% of young people in Year 9 say they have taken illegal drugs, 3% say they have inhaled solvents

# Other needs found....

75% of Year 9 pupils said they did not know where to get free Condoms from

44% of Year 9 Pupils would not know who to contact if they or someone they knew thought they might be pregnant.

15% of Year 9 say they gamble.

2% feel that they cannot control their gambling.

68% of Year 9s say they participated in online gaming

7% say they spend over 8 hours per day gaming.

11% say they spend 5-8 hours gaming per day.

31% of Year 9 Pupils said they had 5-8 hours of screen time per day.

21% of Year 9 Pupils said that they have over 8 hours screen time per day!

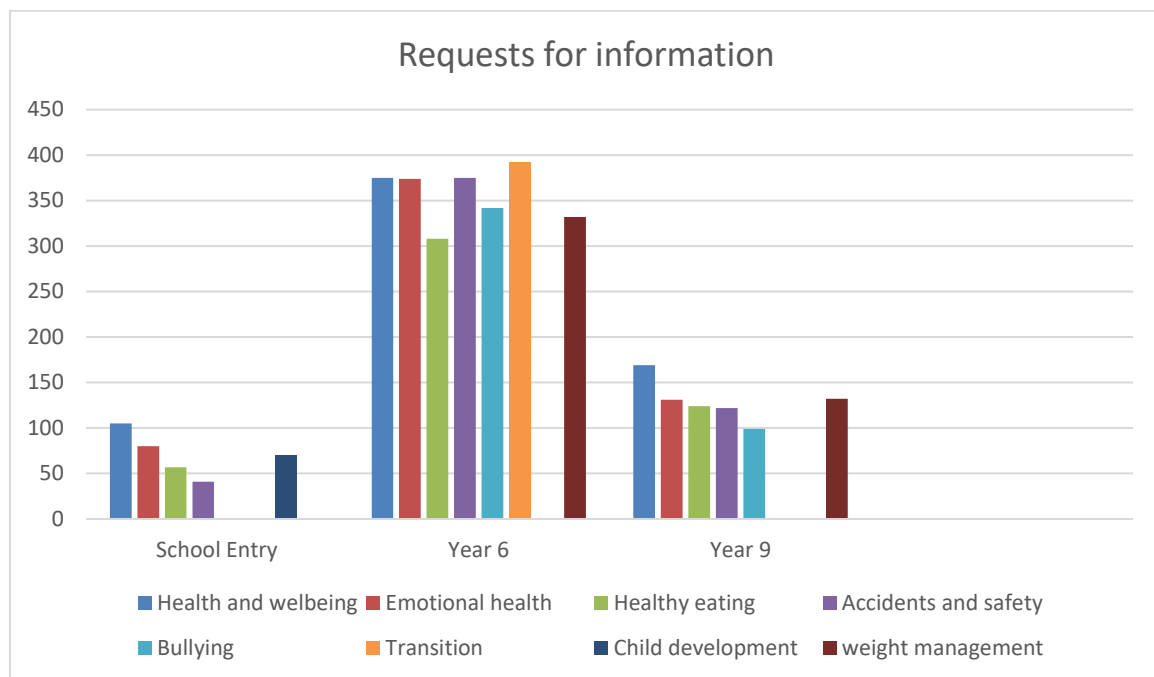


The Lancaster Model

# School Nursing interventions...

School Nurses responded to 3619 alerts, investigated 3301 alerts and reassigned 811 alerts for further follow up by the Skill mixed teams. We have contacted 316 parents and had 802 face to face sessions with young people this year from TLM alone.

## Top topics from requests for information...



The data in this report will be used to shape input for the next year into schools. Schools have been given their own report for their school and can use this report to measure where they sit compared to the data for the whole City or nationally where available.

As a result of information gained through TLM this year we have:-

- Identified children with safety concerns and put plans in place with schools to protect them at the time of questionnaire completed.
- Increased information into all secondary schools around sexual health, alcohol and drug use and services available to young people
- Continued to give Chat health information in school for young people to contact us for information
- Updated and renewed standard health promotion sessions around the top subjects identified as concerns
- Worked with other agencies to shape input, because of the data in this report