



HAPPEN

Health & Attainment of
Pupils in a Primary
Education Network



St David's RC Primary School

CHAT Report

2016

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Introduction

HAPPEN: Health and Attainment of Pupils involved in a Primary Education Network

Research suggests education and health are highly interrelated and **healthier children do better academically** (<http://www.euro.who.int>). Therefore, improving understanding of the health needs of schools and pupils and implementing appropriate programmes can help improve both health and educational outcomes. For this reason, **HAPPEN**, was created; a network of education, health and research professionals who work together with a combined goal of improving education and health for children across Swansea. The network has grown from strength to strength and now comprises of over 70 partners.

As part of **HAPPEN**, local schools take part in the **Swan-Linx** project, a health and fitness project that began in the 2013-2014 academic year, with the aims of investigating the health and wellbeing of school children in years 5 and 6 (9-11 years old). **Swan-Linx** is a joint initiative owned and delivered in partnership between City and County of Swansea and Swansea University. To date, data has been collected on over 3000 year 5 and 6 pupils in Swansea.

Schools are invited to take part in a Fitness Fun Day, whereby BMI, aerobic fitness, speed, strength, agility, power and flexibility are measured. Schools undertake a web-based health survey named 'CHAT' (Child Health and Activity Tool) which asks questions about different health behaviours including diet, physical activity, sleep and wellbeing.

CHAT and Fitness Fun Day Report 2016

The results described in this booklet are from year 5 & 6 pupils' responses to the recently undertaken CHAT survey and Fitness Fun Days.

In 2016, **1643** children aged 9 – 11 across Swansea completed the CHAT questionnaire as part of **HAPPEN** and **Swan-Linx**.

Further to this, **1184** children took part in Fitness Fun Days held at the Indoor Training Centre at Swansea University.

These pages summarise key results from each section of the questionnaire, alongside some practical information and ideas of how to address any areas you feel to be a priority. These actions can support school priorities including:

- Welsh Network of Healthy School Schemes
- The United Nations Conventions on the Rights of the Child (UNCRC)

Using the data that is collected at the Fitness Fun Day and presented in this report, **HAPPEN** provides schools with the autonomy to further explore areas of their school health they may feel are a priority. To support this, over 40 local health initiatives are official **HAPPEN** partners, and are showcased on our website at:

www.happenswansea.co.uk/school-health-network.

These health initiatives provide additional support, both curricular and extra-curricular, to the results presented in this report. These **HAPPEN** partners are categorized under six health themes, complementing the Welsh Network of Healthy School's themes:



If you require any further support or advice on the data that is presented, or would like assistance in contacting HAPPEN partner health initiatives, please don't hesitate to contact HAPPEN Coordinator **Emily Marchant** at:

E.K.Marchant@swansea.ac.uk or **01792 606650**

Physical Activity and Sedentary Behaviour

Children Reported:	Your School (n=44)	2016 Survey (n=1643)
Physically active for 1 hour or more every day *	16%	24%
Sedentary screen time for 2 hours or more every day **	25%	31%
Travel to school using an active method ***	11%	41%
Travel from school using an active method ***	11%	48%
They can swim 25m	91%	70%
They can ride a bike	91%	91%

Ideas and Messages

* The Department of Health recommends children aged 5-18 should take part in moderate to vigorous activity for **at least one hour per day every day of the week**¹. This link shows what counts as moderate and vigorous physical activity: <http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx>

** Limiting sedentary (sitting) time and in particular screen time is recommended. Some guidelines suggest use of electronic media for entertainment (e.g. television, seated electronic games and computer use) should be limited to no more than 2 hours a day, with lower levels associated with reduced health risks^{2,3}. For some ideas on how to limit sedentary behaviour, see 100 ways to unplug and play: <http://www.heartfoundation.org.au/SiteCollectionDocuments/100-ways-plug-play-brochure.pdf>

*** The 2012 National Travel Survey found that **47%** of trips to and from school by children aged 5-10 were made by foot⁴. Sustrans offer a range of resources to make active journeys to school easy and enjoyable <http://www.sustrans.org.uk/our-services/who-we-work/teachers>

Further information

Your local council and dragon sports officers: <http://www.swansea.gov.uk/dragonsport>
Contact Sarah.mccoubrey@swansea.gov.uk Or Wendy.anderson2@swansea.gov.uk

Sport Wales www.sportswales.org.uk

BHF www.bhf.org.uk

Health Challenge Wales www.healthchallengewales

For information on a variety of different sports clubs available in Swansea:

<http://change4lifewales.org.uk/families/get-going-campaign/?lang=en>

<http://www.netmums.com/sw-wales/local/index/after-school-activities/other>



Diet and Dental Health

Children Reported:	Your School (n=44)	2016 Survey (n=1643)
They had something to eat at breakfast (previous day)*	100%	91%
They had 5 portions of fruit and vegetables a day (previous day) **	43%	27%
They had more than one takeaway a week	2%	18%
They had a fizzy drink every day of the week ***	2%	7%
They had sugary snacks every day of the week ***	16%	16%
Brushing their teeth twice or more (previous day) ****	82%	83%

Ideas and Messages

*Regularly eating a high quality breakfast is associated with higher school grades in children ⁵. Free resources on healthy eating for school aged children can be found at <http://www.foodfactoflife.org.uk/index.aspx> and <http://www.nhs.uk/change4life/>

**Guidelines suggest eating a minimum of 5 portions of fruit and vegetables per day. This can lower the risk of a number of health problems including heart disease, cancer, stroke, type 2 diabetes and obesity ⁶. Suggestions to help children achieve their 5 a day can be found at <http://change4lifewales.org.uk/families/5day>

***A regular can of Coke or Pepsi contains 35grams (almost nine teaspoons of sugar), all of it added ⁷. This fact sheet can help understand how sugar can affect health and wellbeing. <https://www.bda.uk.com/foodfacts/Sugar>

****The dental health of welsh children is amongst the worst in the UK. Many schools are now a part of Designed to Smile, where more practical information and initiatives can be found www.designedtosmile.co.uk.

Further information

Food standards agency in Wales - <http://www.food.gov.uk/wales>

British Nutrition Foundation <http://www.nutrition.org.uk/nutritionscience/life/school-children>

For games and activities to give to children on healthy eating visit:
<http://www.comiccompany.co.uk/?category=34>



Sleep, Concentration and Competency

Children Reported:	Your School (n=44)	2016 Survey (n=1643)
They had at least 9 hours of sleep *	75%	78%
They felt tired every day of the week	14%	13%
They felt that they could concentrate in class every day of the week	64%	41%
They agreed/strongly agreed that they were doing well in school	84%	82%
They agreed/strongly agreed that there were lots of things they were good at	89%	82%
They agreed/strongly agreed that they had lots of choice over things which were important to them	82%	83%

Ideas and Messages

*Having enough sleep is crucial for good health, good quality of life and performing well throughout the day¹¹. As a guideline, children between 9 and 11 are recommended to have 9.5-10 hours sleep per night¹². Tips on helping children to get adequate sleep can be found on <http://www.nhs.uk/Livewell/Childrenssleep/Pages/bedtimeritual.aspx>



Further information

National Sleep Foundation: <http://sleepfoundation.org/sleep-topics/children-and-sleep>

Wellbeing and Mental Health

Children Reported:	Your School (n=44)	2016 Survey (n=1643)
They were happy or very happy with their health	89%	85%
They were happy or very happy with their fitness	85%	80%
They were happy or very happy with their school *	86%	81%
They were happy or very happy with their family **	96%	94%
They were happy or very happy with their friends ***	93%	93%
They were happy or very happy with their life as a whole	96%	91%*
They felt very safe playing in their local area	73%	71%*
Emotional difficulty	0%	7% *
Behavioural difficulty	5%	13%*

Ideas and Messages

During childhood, relationships and the environment at home and school are important predictors of wellbeing⁸. Low levels of subjective well-being have been found to be associated with a wide range of problems including poor mental health, social isolation and engagement in risky behaviours⁹.

*Young people who feel an attachment to their school and those who consider their teachers to be supportive are less likely to engage in unhealthy behaviours¹⁰

**Family relationships have a significant impact on well-being for UK children⁹

***Social isolation is a strong driver of low levels of well-being. Children need positive and stable relationships with their friends⁹.

This link provides a wealth of information on how schools can support children to achieve optimal wellbeing

http://www.youngminds.org.uk/training_services/young_minds_in_schools/wellbeing/pupils_emotional_wellbeing

Further Information

Children Society www.childrensociety.org.uk

Young minds www.youngminds.org.uk

Swan-Linx: Fitness Fun Day

The following results are comprised from the **1184** children from Years 5 and 6 from Swansea Primary Schools who participated in the **Swan-Linx** project as part of **HAPPEN**. This report provides feedback on the following fitness measures taken during the Fitness Fun Day held at the Indoor Training Centre at Swansea University:

- Body Measures (Height, Sitting Height & Weight)
- 20m Multistage Shuttle Run
- Handgrip Strength
- Sit & Reach
- Standing Long Jump
- Speed Bounce
- 10 x 5m Shuttle Run



A summary of results from the measures taken during the Fitness Fun Day can be found below. The table shows the average scores for all the schools tested in 2016.

Summary Results

	Your School (n=44)	Swansea Average (n=1184)
Average Score in 20m Multistage Shuttle Run [Aerobic Endurance, Cardio-respiratory Fitness]	43	28
Average Handgrip Strength - Right Hand (Kg) [General Upper Body Strength]	16.6	17.1
Average Handgrip Strength - Left Hand (Kg) [General Upper Body Strength]	16	16.3
Average Sit and Reach (cm) [Flexibility of Hips and Lower Back]	15	18
Average Standing Long Jump (m) [Explosive Strength]	1.4	1.3
Average Speed Bounce [Speed, Muscular Endurance, Agility]	45	40
Average time taken to complete the 10x5m Shuttle Run [Speed and Agility]	19.02	20.70

Further in-depth information regarding the individual measures and what the results mean can be found on the following pages.

Body Measures (Height and Weight)

From the children's measures (height, sitting height and weight), the children's Body Mass Index (BMI) was calculated, and age and gender specific cut-off points¹³ were used to provide a percentage of children classed as an unhealthy weight (overweight and obese).

Results

	Your School (n=44)	Swansea Average (n=1184)
Average Body Mass Index (Kg/m ²)	17.5	19.20
Average Height (cm)	143.6	142.3
Average Weight (Kg)	36.4	39.1
Percentage of Children classed as Unhealthy Weight	11.7	27.4

The above table shows average Height, Weight, and BMI for children, as well as, the percentage of unhealthy weight (overweight and obese).



Further Information/ Who can help?

Your local GP surgery and health visitor service

NHS direct - <http://www.nhsdirect.wales.nhs.uk/>

Handgrip Strength

The handgrip strength test measures the holding strength of the hand and forearm muscles. Handgrip strength is important for any sport in which hands are used for catching, throwing or lifting. It is also important for opening tight objects or holding onto things for balance. As a general rule, people with strong hands tend to be strong elsewhere, so this test is often used as a general test of strength. Each unit is equivalent to lifting 1 bag of sugar.

Results

	Your School (n=44)		Swansea Average (n=1184)	
	Right Hand	Left Hand	Right Hand	Left Hand
Average Handgrip Score (Kg)	16.6	16	17.1	16.3
Minimum (Kg)	9	9	1	1
Maximum (Kg)	24	22	35	31
Range (Kg)	15	13	34	29

The above table shows the average handgrip scores of the right and left hand achieved by children, as well as minimum, maximum and range.

British and European standards show that a good grip strength score for children of this age is between 15 – 22kg for boys and 14 – 21kg for girls^{15,17}.



Aerobic Fitness (20m Multistage Fitness Test)

The 20m multistage shuttle run is a test of running endurance that relies on the heart pumping blood to the large muscles in the legs, as well as breathing increasing in order to take in oxygen. Running endurance is important for sports participation but also for avoiding diseases later in life, like heart disease, stroke and cancer.

Better fitness will let you live a fuller life for longer. Research shows that for children of this age, a score of 33 shuttles for boys and 25 shuttles for girls is the threshold for healthy fitness, and children who fail to reach this threshold are at an increased risk of future cardiometabolic diseases¹⁴.

Results

	Your School (n=44)	Swansea Average (n=1184)
Average Number of Shuttles Achieved	43	28
Percentage of Children who reached threshold *	71	42
Minimum shuttles achieved	18	1
Maximum shuttles achieved	100	88
Range	82	87

The above table shows the average shuttles achieved, as well as the percentage of children who reached the threshold. The minimum, maximum and range are also provided.

* **Threshold determines whether children are at a healthy level of fitness. Children who fail to reach this threshold are at an increased risk of cardio metabolic diseases².**

Further Information/ Who can help?

Your local council and dragon sports officers:

<http://www.swansea.gov.uk/dragonsport>

Contact Sarah.mccoubrey@swansea.gov.uk or Wendy.anderson2@swansea.gov.uk

Sport Wales www.sportswales.org.uk

For information on a variety of different sports clubs available in Swansea:

<http://change4lifewales.org.uk/families/get-going-campaign/?lang=en>

<http://www.netmums.com/sw-wales/local/index/after-school-activities/other>

Flexibility, Power and Agility

	Your School (n=44)	Swansea Average (n=1184)
Flexibility (Sit and Reach distance (cm))	15	18
Power (Standing Long Jump distance (m))	1.4	1.3
Agility and stamina (Speed Bounce (number of jumps))	45	40
Agility and speed (10x5m shuttle run time (sec))	19.02	20.70

Sit and Reach

The sit and reach test is a common measure of flexibility, and specifically measures the flexibility of the lower back and hamstring muscles. Flexibility is used in all sports, especially in certain sports such as gymnastics and dance in which it is one of the most important attributes. Flexibility is also important in preventing injury during sports or exercise. A lack of flexibility in the measured area is related to lower back pain. <http://www.backcare.org.uk/>

Standing Long Jump

The standing long jump (also known as the standing broad jump) is a test that measures the explosive power of the legs. Explosive leg power is useful in many sports such as football, rugby, basketball, track and field events and dance. A medium to good standing long jump score is between 115 – 168cm for boys and 105 – 158cm for girls^{15,16}.

Speed Bounce

The speed bounce test measures a child's agility, speed, coordination and stamina. These components of fitness are important in many sports and dance where athletes need to change direction quickly and often. There are currently no published UK or International standards for the Speed Bounce test. However, the average speed bounce score reported for all Swansea Schools tested should be used as a benchmark for school comparisons and improvements.

10 x 5m Shuttle Run

The objective of this test is to assess the child's speed and agility by accelerating between marked lines and rapidly changing direction. This is required in many sports. There is very limited normative data for this test, therefore the average time reported for all Swansea Schools tested should be used as a benchmark for school comparisons and improvements.

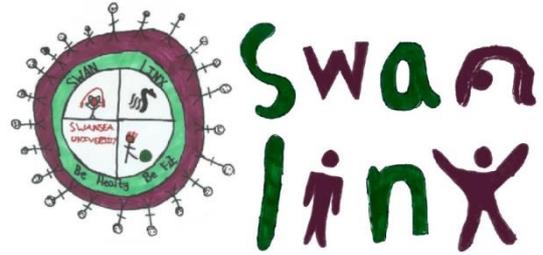
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Further Information

For further information regarding HAPPEN, please contact Emily Marchant on the contact details below:

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