

HAMPSHIRE COUNTY COUNCIL

Report

Committee:	Hampshire Health and Wellbeing Board
Date:	21 March 2024
Title:	#BeeWell Survey Findings 2023
Report From:	Suzanne Smith, Assistant Director Access, Resources and Business Development

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Purpose of this Report

1. This report provides a background to the #BeeWell programme and an overview of the headline findings from the first year of the survey delivered in Hampshire, Isle of Wight, Portsmouth and Southampton (HIPS). It also sets out the next steps in the programme.

Recommendation(s)

That the Hampshire Health and Wellbeing Board:

2. Note the headline findings arising from the #BeeWell survey 2023.
3. Advise on how to create a system wide response to the findings, ensuring young people's voices are leading the response.

Executive Summary

4. #BeeWell seeks to understand what factors influence young people's wellbeing and what makes them thrive. Using a co-created survey, #BeeWell listened to more than 22,000 Year 8 and Year 10 pupils in Autumn 2023 Hampshire, Isle of Wight, Portsmouth and Southampton (HIPS). 17,000 live in Hampshire. 103 schools in total participated; 76 were Hampshire schools.
5. Participating schools received a bespoke, private data dashboard, with insights into the strengths and needs of their pupils and support in interpreting and responding to the findings. 50% of schools have signed up as of 403/24

6. Results at a neighbourhood level will be publicly available from the end of March via a neighbourhood-level dashboard. The University of Manchester has produced an interactive, neighbourhood dashboard providing insights into how wellbeing varies across HIPS' 46 neighbourhoods, which will be made public on 28 March. The 34 Hampshire neighbourhoods are based on the Family Help catchment areas subdivided into numbered areas. The neighbourhood map is provided in Appendix 1.
7. Selected headline findings from the survey have been drawn out on the following themes:
 - Overall wellbeing and inequalities
 - Health and Routines: physical activity, physical health, substance use, dental hygiene, sleep.
 - Relationships
 - Local environment

Contextual Information

8. #BeeWell is a collaboration between The University of Manchester, The Gregson Family Foundation and Anna Freud, who launched the programme in 2019. Building on the success of #BeeWell in Greater Manchester, the programme expanded into Hampshire, Isle of Wight, Portsmouth and Southampton (HIPS) in 2023.
9. Using a co-designed survey, #BeeWell listens to the voices of as many young people as possible, publishes the results privately to schools and publicly by neighbourhood, and drives action across society to improve young people's wellbeing. #BeeWell's mission is to see this approach implemented nationally by 2030.

Headline findings

10. *Overall wellbeing*: Key life satisfaction and mental wellbeing scores at a HIPS-level seem consistent with what we know from other large studies that have used one or more of the measures included in the #BeeWell Survey.
11. However, inequalities persist in wellbeing scores particularly across gender and sexual orientation, with girls having considerably higher odds of experiencing emotional difficulties than boys. Young people who identify as LGBTQ+ have lower mental wellbeing scores and higher odds of experiencing emotional difficulties than their heterosexual peers.

12. *Health & routines:* Four in ten young people in HIPS are reaching the recommended levels of physical activity set by the UK Government's Chief Medical Officers of an average of one hour per day. This falls to three in ten for girls, and is lower still for young people who identify as LGBTQ+.
13. Despite this, over eight out of ten young people report they feel they have good, very good or excellent physical health. We also know that seven out of ten young people report taking part in sports/exercise/other physical activities at least once a week outside of school.
14. Use of e-cigarettes and alcohol is much more commonplace than other substances such as cannabis. Young people experiencing higher levels of peer pressure were more likely to be current or previous users of both e-cigarettes and alcohol.
15. Nearly nine out of ten young people reported having visited the dentist in the last 12 months. The vast majority (84%) of young people in HIPS brush their teeth the NHS-recommended twice per day. 17% said that they have had pain in their teeth or mouth sometimes, often or very often in the last three months. Dental hygiene varies by place. The proportion of young people reported having visited the dentist in the last 12 months ranges from 69% to 96% across the 46 HIPS neighbourhoods¹.
16. Just under half (44%) of young people said they don't normally get enough sleep to feel awake and concentrate on their schoolwork during the day.
17. *Relationships:* One in ten young people in HIPS reported that they often or always feel lonely. This is significantly higher than the national average.
18. Just under half (44%) of young people reported experiencing discrimination on account of either their gender, sexuality, race, ethnicity, where they were born, disability or faith. Specifically, a quarter of pupils (24%) reported discrimination due to race, skin colour, or where they were born, 21% due to their gender, 14% due to their sexuality, 15% due to their disability and 11% due to their faith.
19. *Local environment:* 84% of young people surveyed feel fairly safe or very safe in their local area (within 5 minutes walking distance of your home. 63% of young people agree or strongly agree that there are good places to spend free time (e.g. parks) in their local area.

¹ [1] "However, it is important to note that comparing neighbourhoods can over-emphasize differences given the comparison is between the highest and lowest scoring areas (that is, there may be little variation among the neighbourhoods in between)".

Co-Production

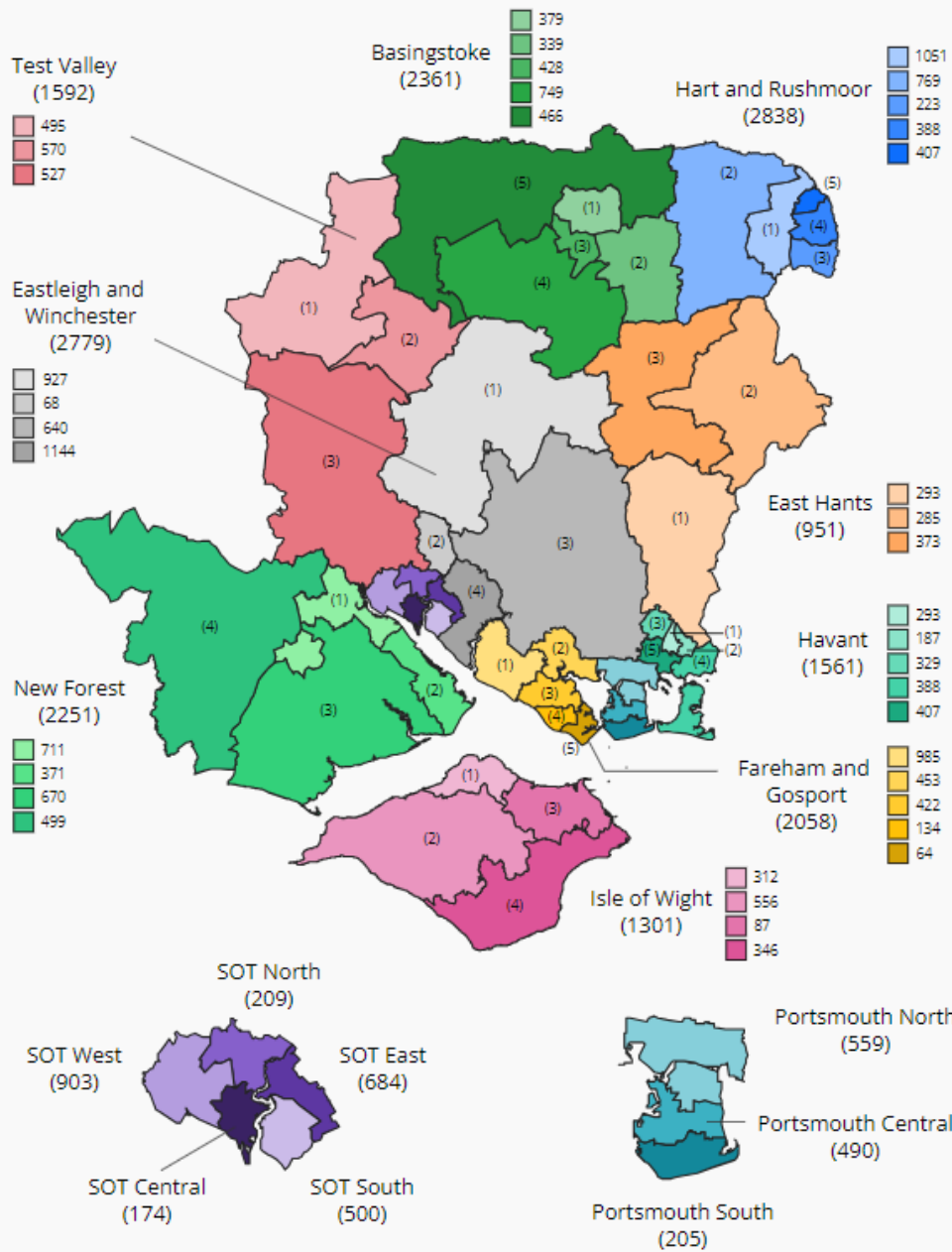
20. #BeeWell's youth centred approach seeks to ensure young people are at the centre of our response to the data.
21. Participation groups: nine VCSE organisations in HIPS are facilitating conversations with groups of young people on behalf of the #BeeWell team, gathering insights and feedback to help shape the #BeeWell programme.
22. Youth-led commissioning: The #BeeWell Youth Steering Group, made up of young people across Hampshire, Isle of Wight, Portsmouth and Southampton (HIPS), will have access to £16,000 to commission activities in response to the #BeeWell findings.
23. Young Researchers Programme: 26 Year 10 pupils from HIPS are participating in the programme to develop their research knowledge and skills, working with the #BeeWell team and the University of Manchester to interpret the survey responses and identify future areas of research.
24. The #BeeWell team have launched a competition for schools, with five prizes of £2,000 each to be won for the best action plan to improve their students' wellbeing. The action plans will be co-created with students in response to the school's data dashboard. A young people's panel will judge the entries and the winners will be announced in June.

Next steps

25. #BeeWell's youth-centred approach seeks to ensure young people are at the core of our response to the data. The next step will be to share the place-based data with young people in the youth steering group and the nine participation groups to develop narratives and co-design localised responses.
26. Schools have been offered one-to-one follow up support sessions to interpret their data and identify actions to improve their students' wellbeing. 50% of participating schools have signed up to these sessions as of 4 March 2024. The team will re-engage schools for Year 2 of the survey which will be delivered in October 2024.
27. Headline findings will be presented to the Hampshire Place Assembly on 21 March 2024, with the aim of galvanising a system wide response. Attendees will be asked to identify opportunities to align the findings with their own work and strategic priorities, and to collaborate with others to improve young people's wellbeing.

Appendix 1 – Neighbourhoods

#BeeWell HIPS neighbourhoods with survey responses*



* Based on initial survey (full and shortened) responses for pupils with corresponding postcode data, as of 28/12/2023. Further data cleaning may change the numbers slightly.
 Note that pupils with postcode data for locations outside the HIPS boundary and are not included in the counts.
 Hampshire neighbourhoods based on Family Help catchments, which are subdivided into numbered areas.
 Isle of Wight, Portsmouth, and Southampton neighbourhoods are based on combining electoral wards.

REQUIRED CORPORATE AND LEGAL INFORMATION:

Links to the Strategic Plan

Hampshire maintains strong and sustainable economic growth and prosperity:	Yes
People in Hampshire live safe, healthy and independent lives:	Yes
People in Hampshire enjoy a rich and diverse environment:	Yes
People in Hampshire enjoy being part of strong, inclusive communities:	Yes

EQUALITIES IMPACT ASSESSMENT:

28. Equality Duty

The County Council has a duty under Section 149 of the Equality Act 2010 ('the Act') to have due regard in the exercise of its functions to the need to:

- Eliminate discrimination, harassment and victimisation and any other conduct prohibited by or under the Act with regard to the protected characteristics as set out in section 4 of the Act (age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation);
- Advance equality of opportunity between persons who share a relevant protected characteristic within section 149(7) of the Act (age, disability, gender reassignment, pregnancy and maternity, race, religion or belief, sex and sexual orientation) and those who do not share it;
- Foster good relations between persons who share a relevant protected characteristic within section 149(7) of the Act (see above) and persons who do not share it.

Due regard in this context involves having due regard in particular to:

- The need to remove or minimise disadvantages suffered by persons sharing a relevant protected characteristic that are connected to that characteristic;
- Take steps to meet the needs of persons sharing a relevant protected characteristic that are different from the needs of persons who do not share it;
- Encourage persons sharing a relevant protected characteristic to participate in public life or in any other activity in which participation by such persons is disproportionately low.

29. Equalities Impact Assessment:

An equalities impact assessment has been completed and the #BeeWell programme has been assessed as having either a neutral or positive impact on groups with protected characteristics.