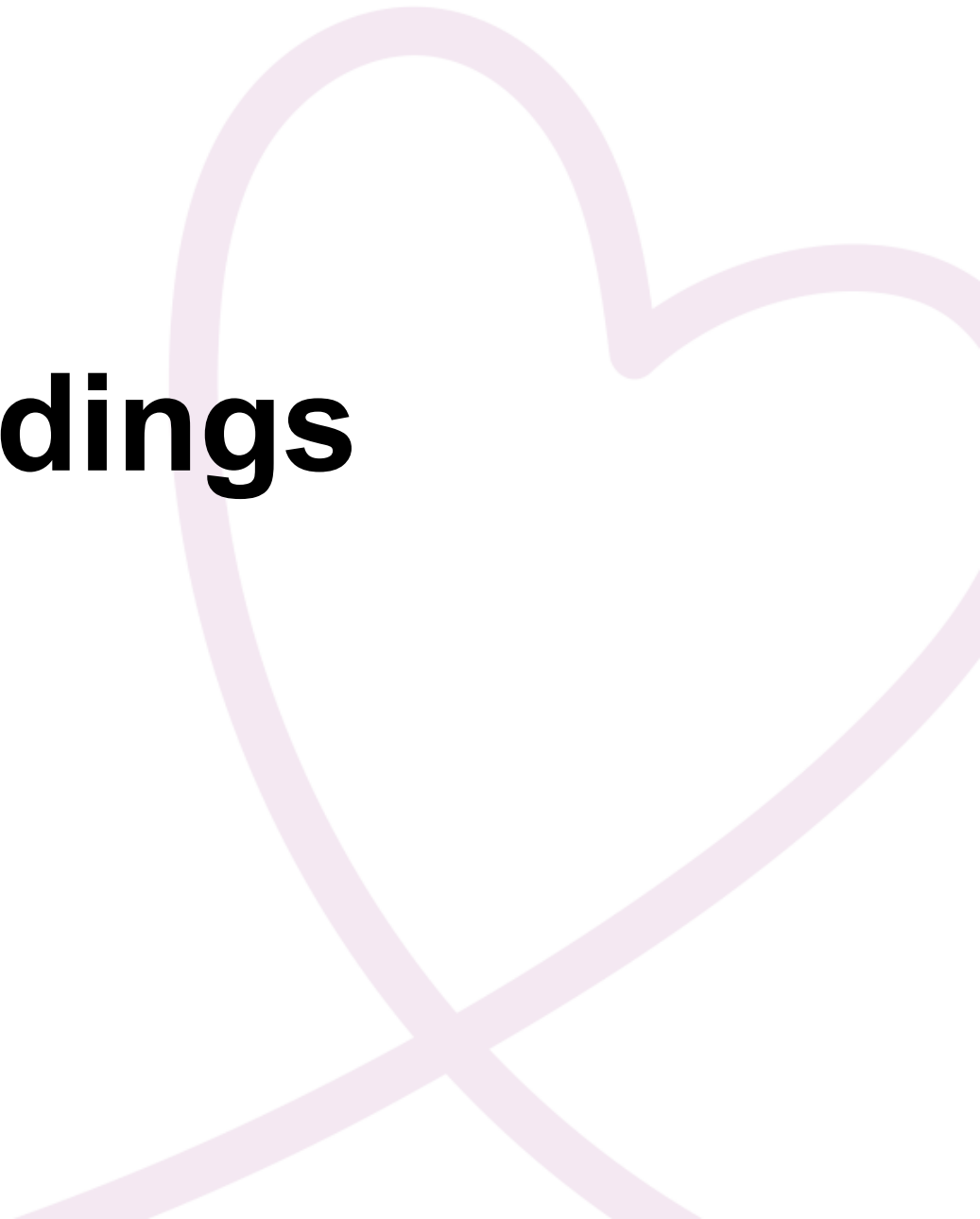


# **#BeeWell**

## **Headline Findings**

### **2023**



# #BeeWell – purpose and recommendations

## **Purpose of this Report**

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:

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

Selected headline findings from the survey have been drawn out on the following themes:

- Overall wellbeing and inequalities
- Health and Routines
- Relationships
- Local environment

# #BeeWell – background

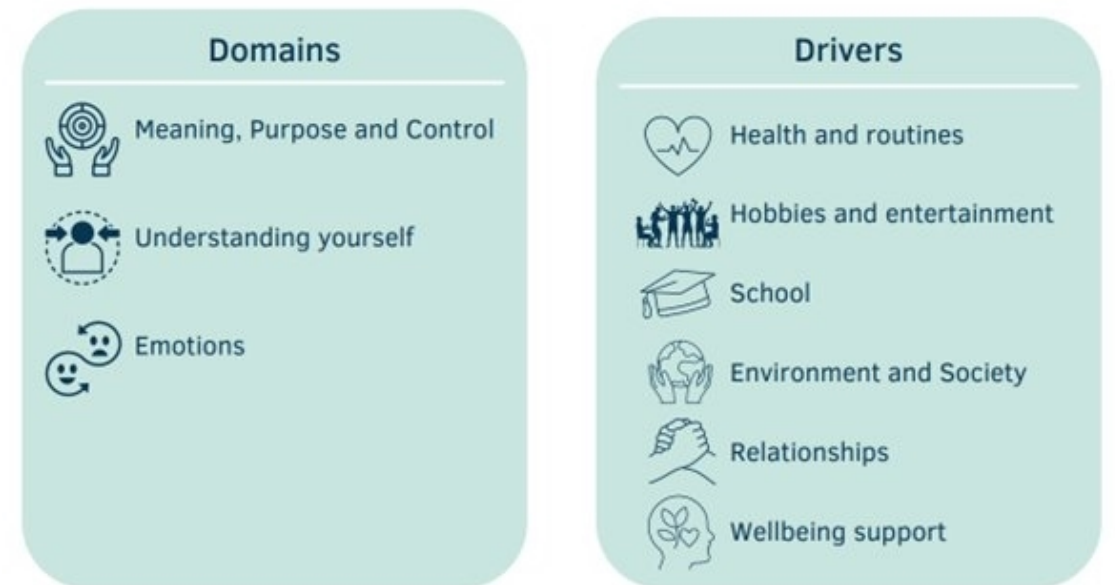
#BeeWell is a collaboration between The University of Manchester, The Gregson Family Foundation and Anna Freud, who launched the programme in 2019. The programme expanded into Hampshire, Isle of Wight, Portsmouth and Southampton (HIPS) in 2023.

Starting with a co-created survey in secondary schools, #BeeWell seeks to understand what factors influence young people’s wellbeing and what makes them thrive. The first wave of the survey was completed by Year 8 and Year 10 pupils in Autumn 2023.

A total of 103 mainstream secondary schools, special schools, pupil referral units and independent schools delivered the survey across HIPS. 76 Hampshire schools participated.

22,000 young people took part, which represents 53% of all young people in that age bracket in HIPS. 17,000 participants live in Hampshire.

Young people in non-mainstream schools were able to complete a short version of the survey. A symbol-based version of the survey was also created for young people with severe or profound and multiple learning disabilities.



# Overall wellbeing

Key life satisfaction and mental wellbeing scores seem consistent with other large studies that have used one or more of the measures included in the #BeeWell Survey.

- The *average mental wellbeing score* was 20.9 Possible scores range from 7-35, with higher scores indicating better mental wellbeing.
- The average mental wellbeing score is measured using SWEMWBS, where young people rate themselves against positively worded statements:

Items		Response format				
12.	I've been feeling optimistic about the future.	None of the time	Rarely	Some of the time	Often	All of the time
13.	I've been feeling useful.	None of the time	Rarely	Some of the time	Often	All of the time
14.	I've been feeling relaxed.	None of the time	Rarely	Some of the time	Often	All of the time
15.	I've been dealing with problems well.	None of the time	Rarely	Some of the time	Often	All of the time
16.	I've been thinking clearly.	None of the time	Rarely	Some of the time	Often	All of the time
17.	I've been feeling close to other people.	None of the time	Rarely	Some of the time	Often	All of the time
18.	I've been able to make up my own mind about things.	None of the time	Rarely	Some of the time	Often	All of the time

- Young people responding to the *Life Satisfaction* item gave an average score of 7.6 out of 10, with higher scores representing higher levels of satisfaction with life. The Children's Society weighted average for 10-17 year-olds in 2023 was also 7.6.

**Life Satisfaction<sup>4</sup>** (Office for National Statistics)

Item	0 = Not at all   10 = Completely										
6.	Overall, how satisfied are you with your life nowadays?										
	0	1	2	3	4	5	6	7	8	9	10

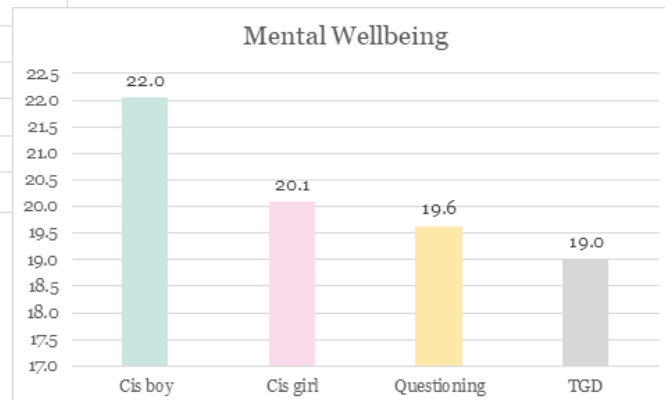
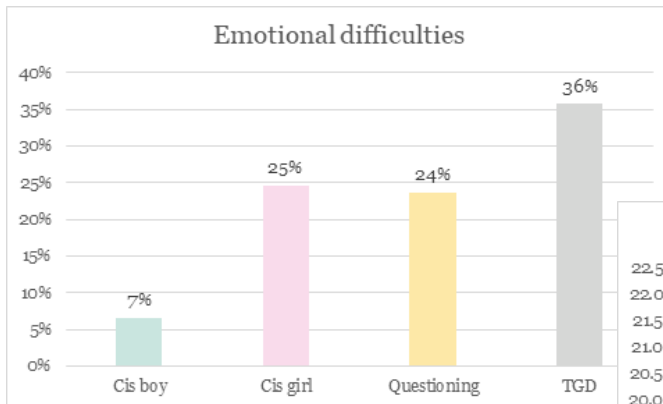
## *Emotional Difficulties*

- 17% of young people responding to the *Me and My Feelings* measure reported a high level of emotional difficulties e.g. worrying a lot, feeling unhappy, having problems sleeping.
- These thresholds do not represent a clinical diagnosis but indicate young people scoring in this range may require additional, preventative support. Large national studies use different measures so are not directly comparable, but do typically reveal similar estimates.

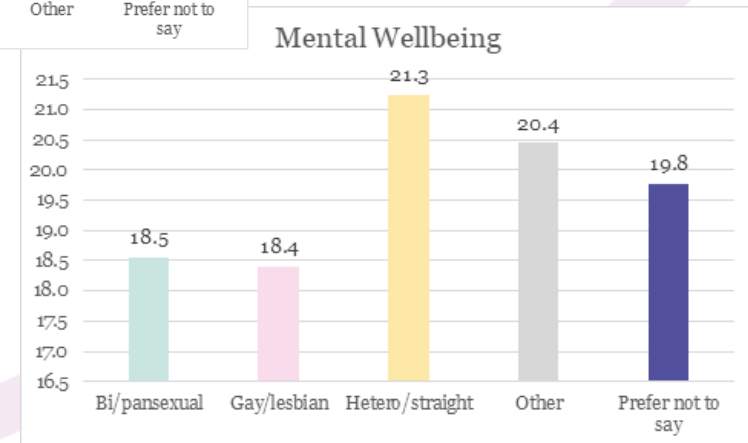
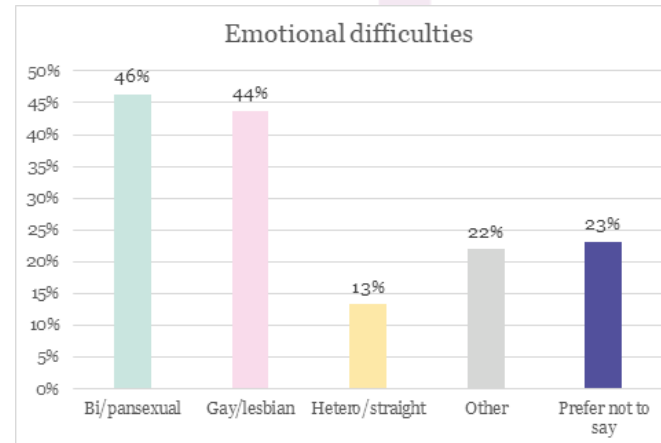
# Wellbeing inequalities

Inequalities persist in wellbeing scores particularly across gender and sexual orientation.

Disparities in *emotional difficulties* is marked between boys and girls, with girls having considerably higher odds of experiencing emotional difficulties than boys. Girls also have lower wellbeing scores than boys. The greatest disparities for both mental wellbeing and emotional difficulties were observed for those identifying as Trans- or Gender-Diverse (TGD).



Bi/pansexual and Gay/lesbian have considerably lower mental wellbeing scores and higher odds of experiencing emotional difficulties than their heterosexual peers.



# Health & routines – physical activity

Eight out of ten young people report they feel they have good, very good or excellent physical health across HIPS.

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.

However, 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 girls; 2.7 in ten gay/lesbian young people and 2.5 in ten bi/pansexual young people; and two in ten Chinese young people.



Under half of young people (4 out of 10) do an hour of physical activity in a day

- #BeeWell survey results, Autumn 2023



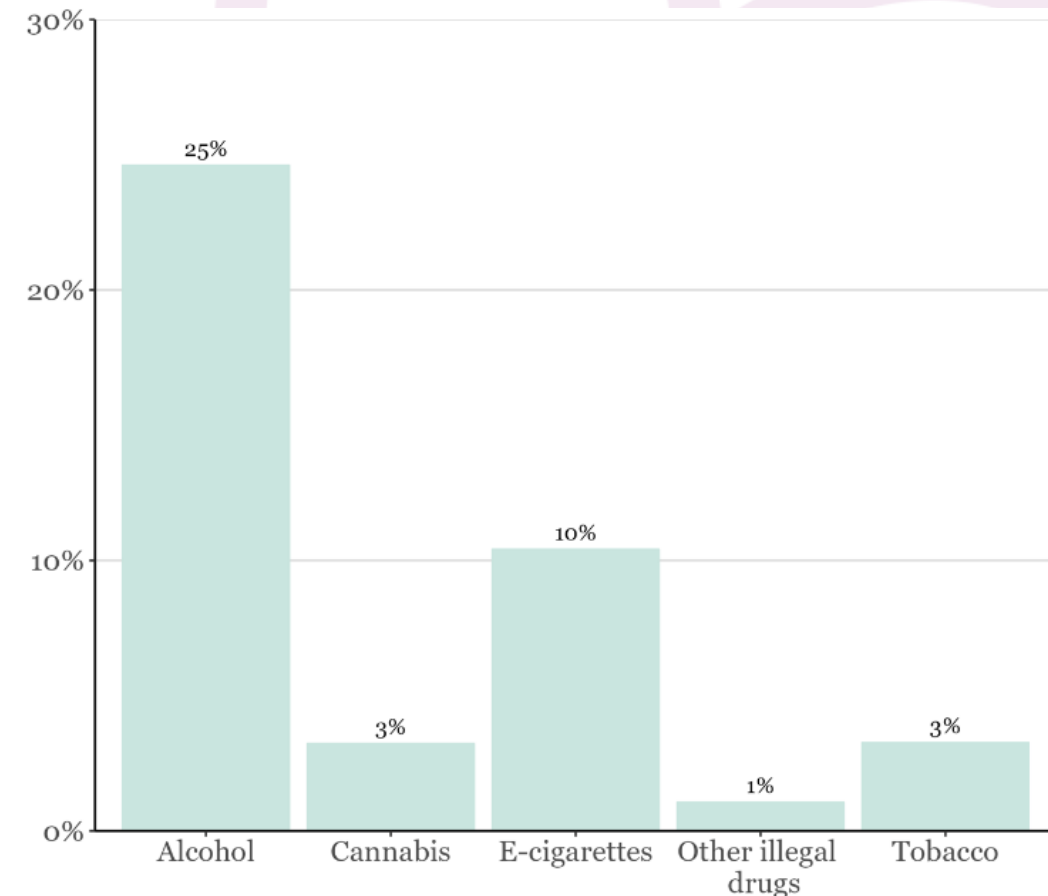
This is lower for girls



# Health and routines – substance use

The #BeeWell survey asks young people about their **use of substances** such as alcohol, cigarettes, e-cigarettes and drugs. Use of e-cigarettes and alcohol is much more commonplace than other substances such as cannabis.

- The figures show current (last 30 days) combined with previous users (used but not in the last 30 days).
- Young people experiencing higher levels of **peer pressure** were more likely to be current or previous users of both e-cigarettes and alcohol.
- Current or previous users of **e-cigarettes** were significantly more likely to be older, eligible for free school meals, cisgender girls, trans and gender diverse, or questioning their gender identity.
- For **alcohol**, current or previous users were significantly more likely to be trans and gender diverse and older pupils. Young people from all ethnic minority groups were less likely to be current or previous alcohol users compared to White young people. Young people with special educational needs were less likely to be current or previous alcohol users.



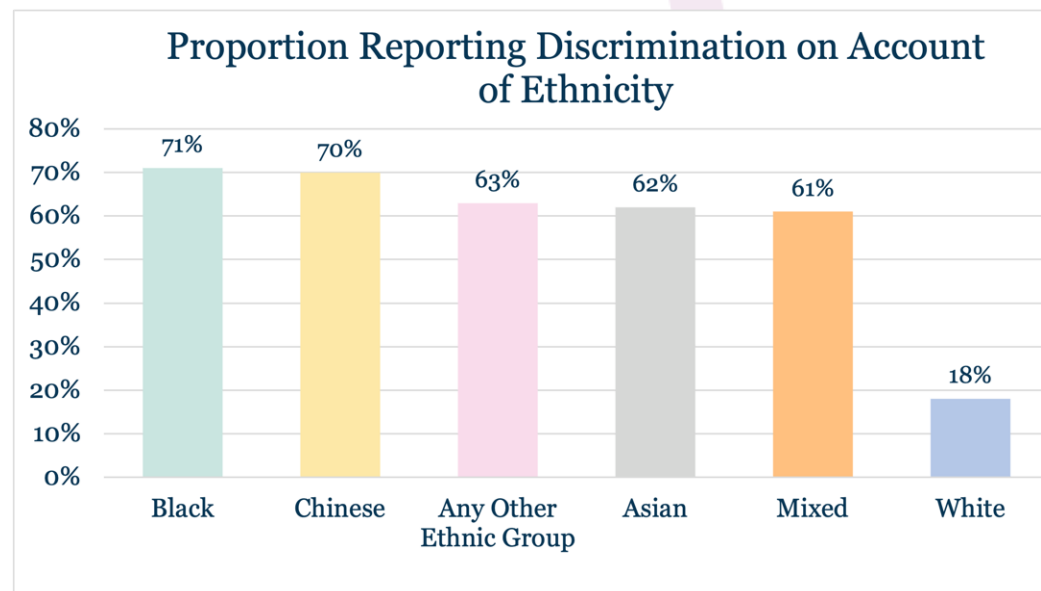
# Relationships – Loneliness, discrimination

One in ten young people in HIPS reported that they often or always feel lonely. This ranged from 5% to 14% across HIPS neighbourhoods. This is nearly double the national average where 5.5% of 11-16 year-olds in England say they often or always feel lonely (NHS Digital, 2023).

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.

Discrimination on the grounds of race is most prevalent in Black (closely followed by Chinese) young people with seven in ten reporting they have experienced discrimination in the past.





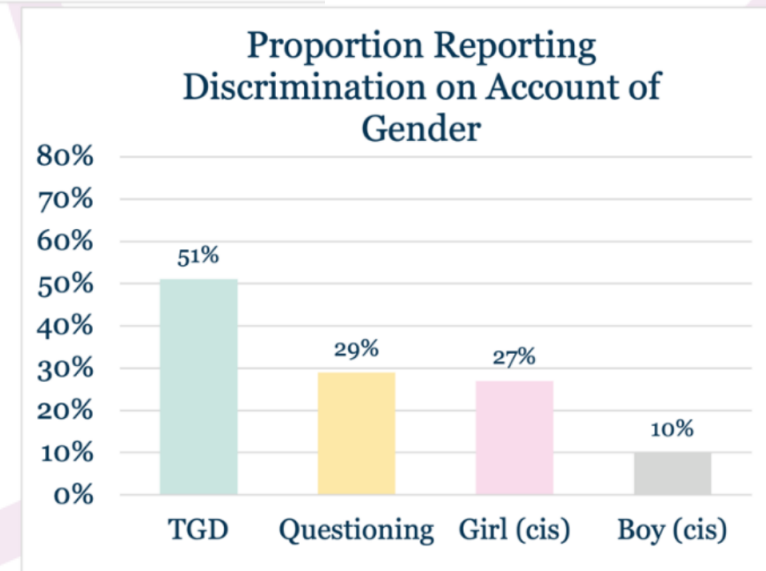
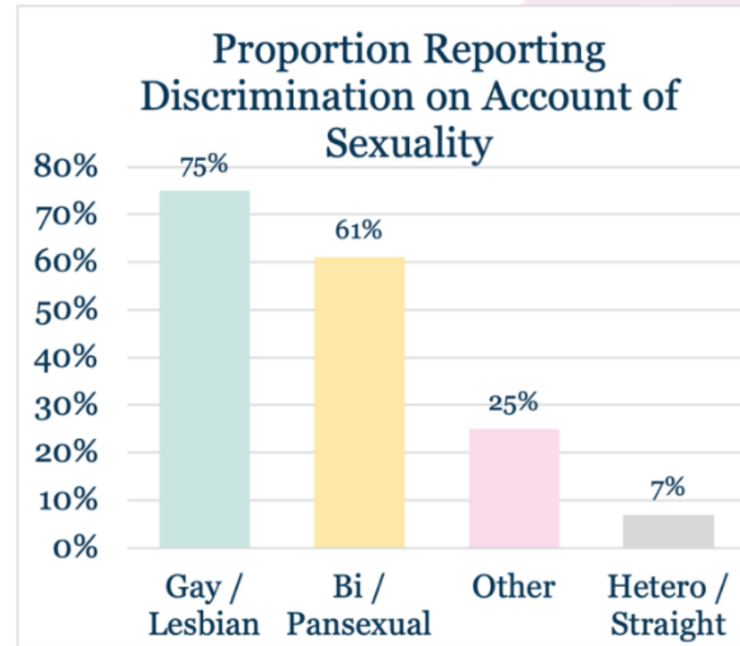
# Relationships – discrimination

Less than one in ten (7%) of heterosexual/straight young people have experienced discrimination on account of their sexuality.

In comparison, six in ten bi/pansexual young people report discrimination, which rises to over seven in ten for gay/lesbian young people.

On the basis of their gender, half of trans and gender diverse young people report having experienced discrimination in the past.

Of those with **Special Educational Needs (SEN)**, one in three (33%) report having experienced discrimination because of their disability, compared with roughly one in ten of non-SEN pupils.



# Other findings

## Local environment

- 84% of young people report that they feel fairly safe or very safe in their local area. This ranged from 67% to 93% across HIPS neighbourhoods.
- 63% of young people agree or strongly agree that there are good places to spend free time (e.g. parks) in their local area. This ranged from 52% to 74% across HIPS neighbourhoods.

## Dental hygiene

- 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 neighbourhoods.

## Sleep

- 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; this was lower for Asian young people, at 31%.

## Pressure of school work

- Young people were asked how pressured they feel by the school work they have to do. Six out of 10 said 'some' or 'a lot.'

# Next steps

- #BeeWell's youth centred approach seeks to ensure young people are at the centre 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. Other initiatives include:
  - Youth-led commissioning
  - Young Researchers Programme
  - The #BeeWell Prize
- Schools have been offered one-to-one follow up support sessions to interpret their data and identify actions to improve their students' wellbeing.
- The team will re-engage schools for Year 2 of the survey, due to be delivered in October 2024.
- The University of Manchester is producing an interactive neighbourhood dashboard providing insights into how wellbeing domains and drivers vary across HIPS' 46 neighbourhoods. The dashboard can be filtered by age, gender, SEND status and Free School Meal eligibility. The dashboard will show variation in wellbeing across different communities, as well as insights into the key drivers of young people's wellbeing.
- 36 local coalition partners in Hampshire, Isle of Wight, Portsmouth and Southampton (HIPS), and a further 70 national organisations, have signed up to committing to act on the results of the #BeeWell survey.
- Local partners event on the 25 March where the academic lead from the University of Manchester will demonstrate the neighbourhood dashboard and the team will share the findings for HIPS and stimulate responses. This will be followed on 27 March by a national coalition of partners event for both HIPS and Greater Manchester.

22,400 young people have given their voice through the #BeeWell survey.

What opportunities are there to work collaboratively across the system to address the results of the #BeeWell survey and improve young people's wellbeing?



**LISTEN.  
ACT.  
CELEBRATE.**