



# Online Survey of Children and Young People in North Wales

**Technical Report to inform Betsi Cadwaladr  
University Board Executive Director of Public  
Health Annual Report - Produced May 2014**

## **Introduction**

Betsi Cadwaladr University Health Board (BCUHB) is the largest health organisation in Wales, providing a number of different health services for the people of North Wales. The Health Board also has an important role to play in improving the health and wellbeing of the people living in North Wales.

This document outlines the results of an online survey run for young people aged 11-24 across North Wales. This is a stand-alone document to support the Annual Report

The survey was developed, alongside other methods of engagement for young people to feed in their views on what they identify are factors that keep them healthy. These are their 'Health Assets'. This information was used throughout the report to provide additional evidence alongside that which was gathered from the focus groups and the school competition.

## **Method**

A questionnaire was developed by members of the Annual Report Editorial Group as a method of gathering information about 'health assets' directly from young people aged 11-24 living in North Wales.

The Flintshire Children & Young People's Partnership led on the development of the online survey. The questions were tested with young people attending the Flintshire Youth Forum, and following their feedback, changes were made.

The network of youth information websites under the CLIConline umbrella was used to distribute the website, alongside other websites, social media and email communications to partners.

## Results

### About You

#### Your Gender

	11-15	%	16-24	%	Total	%
Male	31	52.54%	18	34.62%	49	44.14%
Female	25	42.37%	29	55.77%	54	48.65%
Prefer not to say	3	5.08%	5	9.62%	8	7.21%
<b>Total</b>	<b>59</b>	<b>100.00%</b>	<b>52</b>	<b>100.00%</b>	<b>111</b>	<b>100.00%</b>

#### Which county do you live in?

	11-15	%	16-24	%	Total	%
Isle of Anglesey	7	11.86%	0	0.00%	7	6.31%
Gwynedd	0	0.00%	2	3.85%	2	1.80%
Conwy	0	0.00%	3	5.77%	3	2.70%
Denbighshire	1	1.69%	1	1.92%	2	1.80%
Flintshire	50	84.75%	23	44.23%	73	65.77%
Wrexham	1	1.69%	23	44.23%	24	21.62%
No answer	7	11.86%	5	9.62%	12	10.81%
<b>Total</b>	<b>59</b>	<b>100.00%</b>	<b>52</b>	<b>100.00%</b>	<b>111</b>	<b>100.00%</b>

#### I am at

	11-15	%	16-24	%	Total	%
Secondary School / Setting	59	89.39%	8	11.76%	67	50.00%
College	1	1.52%	23	33.82%	24	17.91%
Specialist School / Setting	1	1.52%	3	4.41%	4	2.99%
In employment	3	4.55%	22	32.35%	25	18.66%
In training	1	1.52%	3	4.41%	4	2.99%
Not in education, employment or training	1	1.52%	9	13.24%	10	7.46%
<b>Total</b>	<b>66</b>	<b>100.00%</b>	<b>68</b>	<b>100.00%</b>	<b>134</b>	<b>100.00%</b>

#### How physically healthy would you say you are? This is how healthy your body is.

	11-15	%	16-24	%	Total	%
Very healthy	15	25.42%	3	5.77%	18	16.22%
Healthy	32	54.24%	32	61.54%	64	57.66%
Not very healthy	7	11.86%	12	23.08%	19	17.12%
Not healthy	1	1.69%	3	5.77%	4	3.60%
Don't know	4	6.78%	2	3.85%	6	5.41%
<b>Total</b>	<b>59</b>	<b>100.00%</b>	<b>52</b>	<b>100.00%</b>	<b>111</b>	<b>100.00%</b>

**What do you do, at least once a week, to keep your body healthy?**

	11-15	%	16-24	%	Total	%
Walking	37	21.02%	45	30.61%	<b>82</b>	25.39%
Gym	12	6.82%	13	8.84%	<b>25</b>	7.74%
Horse riding	2	1.14%	3	2.04%	<b>5</b>	1.55%
Scooter / skateboarding / BMX	7	3.98%	5	3.40%	<b>12</b>	3.72%
Martial arts / boxing	4	2.27%	2	1.36%	<b>6</b>	1.86%
Cycling	16	9.09%	5	3.40%	<b>21</b>	6.50%
Gymnastics	1	0.57%	2	1.36%	<b>3</b>	0.93%
Running / jogging	22	12.50%	15	10.20%	<b>37</b>	11.46%
Yoga / Pilates	2	1.14%	3	2.04%	<b>5</b>	1.55%
Team sports	19	10.80%	8	5.44%	<b>27</b>	8.36%
Exercise classes	10	5.68%	8	5.44%	<b>18</b>	5.57%
Outdoor pursuits	11	6.25%	5	3.40%	<b>16</b>	4.95%
Swimming	9	5.11%	8	5.44%	<b>17</b>	5.26%
Dancing / class	3	1.70%	8	5.44%	<b>11</b>	3.41%
Ice skating	2	1.14%	2	1.36%	<b>4</b>	1.24%
Other	19	10.80%	15	10.20%	<b>34</b>	10.53%
<b>Total</b>	<b>176</b>	<b>100.00%</b>	<b>147</b>	<b>100.00%</b>	<b>323</b>	<b>100.00%</b>

**Other**

11-24	16-24
1. Fencing	1. Badminton
2. Football	2. Film Making
3. Football	3. I don't do any exercise
4. Cricket	4. Squash
5. Tennis	5. Play football
6. Trampoline, Star jumps	6. Rugby
7. Kayaking, Pulling and Sailing	7. Play on the play station 4
8. Sleep	8. Football
9. Football	9. Football
10. Gym lessons in school	10. Hula hooping
11. Work on the farm	11. Cardio classes
12. Climbing	12. Football
13. Tennis	13. Drama @ uni
14. Motocross	14. Drama @ Uni
15. PE class in school	15. Gardening
16. Golf, athletics	
17. Cadets	
18. Rugby	
19. Jog	

**How mentally healthy would you say you are? This is how healthy your mind is.**

	11-15	%	16-24	%	Total	%
Very healthy	15	25.42%	10	19.23%	<b>25</b>	22.52%
Healthy	27	45.76%	24	46.15%	<b>51</b>	45.95%
Not very healthy	11	18.64%	9	17.31%	<b>20</b>	18.02%
Not healthy	0	0.00%	6	11.54%	<b>6</b>	5.41%
Don't know	6	10.17%	3	5.77%	<b>9</b>	8.11%
<b>Total</b>	<b>59</b>	<b>100.00%</b>	<b>52</b>	<b>100.00%</b>	<b>111</b>	<b>100.00%</b>

**What do you do at least once a week, to keep yourself mentally healthy?**

	11-15	%	16-24	%	Total	%
Exercise	27	12.56%	24	13.87%	<b>51</b>	13.14%
Volunteering	7	3.26%	11	6.36%	<b>18</b>	4.64%
Board games	9	4.19%	4	2.31%	<b>13</b>	3.35%
Yoga	3	1.40%	3	1.73%	<b>6</b>	1.55%
Reading	34	15.81%	19	10.98%	<b>53</b>	13.66%
Playing outside	20	9.30%	7	4.05%	<b>27</b>	6.96%
Spending time with your family	27	12.56%	26	15.03%	<b>53</b>	13.66%
Hanging out with friends	29	13.49%	36	20.81%	<b>65</b>	16.75%
Computer games	32	14.88%	20	11.56%	<b>52</b>	13.40%
Hobbies	25	11.63%	19	10.98%	<b>44</b>	11.34%
Other	2	0.93%	4	2.31%	<b>6</b>	1.55%
<b>Total</b>	<b>215</b>	<b>100.00%</b>	<b>173</b>	<b>100.00%</b>	<b>388</b>	<b>100.00%</b>

**Other**

	16-24
1. Drawing	1. Hang loose
2. I have no friends	2. Watch movies, cook, do my hair and nails
	3. None
	4. Music

**In your area would you know where to go to get help on...**

	11-15			16-24			Total		
	Yes	No	Who	Yes	No	Who	Yes	No	Who
<b>Relationship advice</b>	24	35	21	26	26	20	50	61	41
<b>Sexual health / contraception &amp; pregnancy</b>	23	36	19	40	12	31	63	48	50
<b>Dental health</b>	49	10	43	40	12	29	89	22	72
<b>Counselling</b>	25	34	21	29	23	23	54	57	44
<b>Mental health (stress, anxiety, depression Self harm)</b>	22	37	16	27	25	21	49	62	37
<b>Drug &amp; alcohol misuse</b>	26	33	21	26	26	16	52	59	37
<b>Accidents and injuries (including sport)</b>	45	14	30	36	16	24	81	30	54
<b>Eating disorders</b>	21	38	19	26	26	18	47	64	37
<b>Diet and healthy eating</b>	24	35	22	21	31	13	45	66	35
<b>How to get help to quit smoking</b>	21	38	16	26	26	17	47	64	33

**Who**

<b>Relationship advice</b>	
<b>11-15</b>	<b>16-24</b>
1. My dad/mum	1. Family and friends
2. Parents	2. Friends & Family
3. Parents	3. Youth worker
4. Parents	4. Friends and family
5. Parents	5. Friends
6. People in my family,	6. Friends and family
7. Friends or my mum	7. Parents
8. Steve	8. Family
9. Parents	9. Bill Gates
10. My father	10. Parents
11. Friends	11. Mum
12. Police	12. Youth worker
13. Parents	13. Info
14. Police	14. Doctors
15. Friends and family	15. Info
16. Friends	16. Info
17. Mum	17. My friends
18. Dad	18. Info
19. Friends	19. My friend
20. Parents	20. Info
21. Friends	

<b>Sexual health / contraception &amp; pregnancy</b>	
<b>11-15</b>	<b>16-24</b>
1. N/a	1. Doctor
2. Parents	2. Clinic
3. Friend	3. GP
4. Parent	4. Doctor & Clinic
5. Flintshire youth forum	5. Social workers
6. Someone in school	6. Friends, doctors, clinic in Mold (temporarily shut)
7. Mum	7. Chemist, sexual health centre
8. School	8. Info Shop
9. My parents	9. Sexual Health Clinic
10. Doctor	10. Doctors or local info. centre
11. No one	11. Sexual Health Clinic
12. Doctors	12. Doctors
13. Friends/doctor	13. Doctors?
14. Teachers	14. GP, hospital or clinic
15. Dad	15. College
16. Doctor	16. GUM clinic/parents
17. Doctor or school nurse	17. Info shop
18. Friends, family	18. Info shop
19. Info	19. Info
	20. Info
	21. Info
	22. Info/Wrexham Maelor
	23. Sexual health clinic or info
	24. Info
	25. Info
	26. Info shop
	27. Info shop
	28. Maelor Clinic
	29. Info/ Wrexham Maelor
	30. Info
	31. Info

<b>Dental health</b>	
<b>11-15</b>	<b>16-24</b>
1. My dentist	1. Dentist
2. Dentist	2. Dentist
3. Dentist	3. Dentist
4. Parent	4. Dentist
5. Parent	5. Dentist
6. Dentist	6. Dentist
7. Dentist	7. Dentist
8. Dentist	8. Dentist
9. Dentist	9. Dentist
10. In Mold orthodontist	10. Dental Surgery
11. Dentist	11. Local dentist
12. Dentist	12. Your Dental Practice
13. Dentist	13. Dentist
14. Dentist	14. My dentist
15. Dentist	15. Dentist
16. Dentist	16. Dentist
17. Dentist	17. My dentist
18. The dentist	18. Dentist
19. My dentist	19. A dentist
20. Dentist/Orthodontist	20. Dentist
21. Dentist	21. Dentist
22. No one	22. Dentist
23. Dentist	23. Dentist
24. Dentist	24. Dentist
25. Dentist	25. Info
26. Dentist	26. Dentist
27. Dentist	27. Dentist
28. Local dentist	28. Dentist
29. My dentist	29. Dentist
30. Dentist	
31. Dentist	
32. Dentist	
33. Dentist	
34. Dentist or orthodontics	
35. My dentist	
36. Dentist	
37. School nurse	
38. School nurse	
39. Dentist	
40. Dentist	
41. Dentist	
42. Dentist	
43. Dentist	



<b>Counselling</b>	
<b>11-15</b>	<b>16-24</b>
1. N/a	1. CAIS
2. Teacher	2. GP
3. Parent	3. Hafod
4. School	4. School, Doctor
5. School	5. School counsellor
6. Head of house, doctors, family	6. Either through forum or through teachers in school
7. Counsellor	7. School
8. Mum	8. Social Worker
9. CAMHS	9. Doctors
10. My counselling friend	10. Social Services or GP
11. Counsellor	11. Parabl/GP
12. Counsellor	12. Youth worker/ info shop
13. From school	13. Info
14. Council	14. Info
15. School or cats foundation	15. Info
16. School	16. Info
17. School	17. Info
18. School	18. Dentist
19. Doctor or family member to sort it out for you	19. University
20. School	20. Info
21. Info / school	21. Info
	22. Info
	23. Info

<b>Mental health (stress, anxiety, depression, Self harm)</b>	
<b>11-15</b>	<b>16-24</b>
1. N/a	1. CAIS
2. Parents	2. GP
3. Parent	3. Ablett
4. School or Doctor	4. Doctor
5. Head of house, doctors, family,	5. Youth worker
6. Counsellor teacher	6. Family friends
7. Mum	7. Doctor
8. Form tutor	8. Parents
9. CAMHS	9. Doctors
10. Doctor	10. Doctors?
11. Childline	11. Social Services or GP
12. Counselling	12. GP or other counselling services
13. Friends, family, school	13. CAMHS
14. Teachers	14. Doctors
15. Family, friends, school	15. Info
16. Counselling/CAMS	16. Info
	17. Doctors
	18. Info
	19. Info/ school
	20. Ty Derbyn
	21. Doctors/ Info

<b>Drug &amp; alcohol misuse</b>	
<b>11-15</b>	<b>16-24</b>
<ol style="list-style-type: none"> <li>1. N/a</li> <li>2. Parents</li> <li>3. Parent</li> <li>4. Youth clubs or police</li> <li>5. People in school</li> <li>6. Teacher parents</li> <li>7. School</li> <li>8. Person who comes into school</li> <li>9. School</li> <li>10. Form tutor</li> <li>11. School</li> <li>12. Police</li> <li>13. Police</li> <li>14. School</li> <li>15. Friends, family, school</li> <li>16. Teachers</li> <li>17. Mum</li> <li>18. Dad</li> <li>19. Counselling</li> <li>20. Doctor or councillor</li> <li>21. Family, friends</li> </ol>	<ol style="list-style-type: none"> <li>1. CAIS</li> <li>2. Doctor</li> <li>3. in2change</li> <li>4. Family and friends</li> <li>5. Info Shop</li> <li>6. Youth club (drugs team)</li> <li>7. CAIS/GP/Barnardos</li> <li>8. in 2 change</li> <li>9. D I P</li> <li>10. Info</li> <li>11. Maelor</li> <li>12. Info</li> <li>13. Cais or Info</li> <li>14. Info</li> <li>15. Wrexham Maelor</li> <li>16. CAIS</li> </ol>

<b>Accidents and injuries (including sport)</b>	
<b>11-15</b>	<b>16-24</b>
<ol style="list-style-type: none"> <li>1. My mum</li> <li>2. Doctors</li> <li>3. Doctor</li> <li>4. Parent</li> <li>5. Hospital</li> <li>6. Doctors</li> <li>7. Doctor/nurse</li> <li>8. Manager</li> <li>9. A teacher</li> <li>10. Hospital</li> <li>11. Doctor/ school nurse</li> <li>12. Doctors</li> <li>13. A&amp;E at the hospital</li> <li>14. Local Hospital</li> <li>15. Amlwch surgery</li> <li>16. Hospitals</li> <li>17. Doctor</li> <li>18. Local hospital</li> <li>19. A and E</li> <li>20. Physio, family, doctor</li> <li>21. Doctor</li> <li>22. Mold hospital</li> <li>23. Depends what</li> <li>24. Local hospital</li> <li>25. Local hospital</li> <li>26. Dad</li> <li>27. Physio</li> <li>28. Physio or doctor</li> <li>29. Hospital</li> <li>30. Doctor</li> </ol>	<ol style="list-style-type: none"> <li>1. GP</li> <li>2. NHS Helpline</li> <li>3. Hospital, Physio</li> <li>4. Doctors</li> <li>5. Doctors</li> <li>6. Doctor</li> <li>7. A&amp;E / Doctors Surgery</li> <li>8. GP</li> <li>9. Doctors</li> <li>10. Doctors/Hospital?</li> <li>11. Hospital</li> <li>12. My GP</li> <li>13. A&amp;E/ Doctor's surgery for minor stuff</li> <li>14. A&amp;E</li> <li>15. A &amp; E</li> <li>16. Doctors</li> <li>17. Maelor</li> <li>18. Doctor</li> <li>19. Hospital</li> <li>20. A and E</li> <li>21. Maelor hospital</li> <li>22. Accident &amp; Emergency</li> <li>23. Wrexham Maelor</li> <li>24. Hospital / doctors</li> </ol>

<b>Eating disorders</b>	
<b>11-15</b>	<b>16-24</b>
<ol style="list-style-type: none"> <li>1. N/a</li> <li>2. Doctor</li> <li>3. Parent</li> <li>4. Doctors, family</li> <li>5. Doctor</li> <li>6. Parents</li> <li>7. CAMHS</li> <li>8. Hospital</li> <li>9. Doctor</li> <li>10. Amlwch surgery</li> <li>11. Doctor</li> <li>12. ....</li> <li>13. Doctor</li> <li>14. Family</li> <li>15. Doctor</li> <li>16. Dad</li> <li>17. Doctor</li> <li>18. Doctor or</li> <li>19. Info</li> </ol>	<ol style="list-style-type: none"> <li>1. GP</li> <li>2. Doctor</li> <li>3. Doctors</li> <li>4. Parents</li> <li>5. GP</li> <li>6. Mum and dad</li> <li>7. Doctors?</li> <li>8. B-eat/GP</li> <li>9. My GP</li> <li>10. CAMHS</li> <li>11. Doctor</li> <li>12. Info</li> <li>13. Doctor</li> <li>14. Doctors</li> <li>15. Info</li> <li>16. GP</li> <li>17. Info</li> <li>18. Doctors</li> </ol>

<b>Diet and healthy eating</b>	
<b>11-15</b>	<b>16-24</b>
<ol style="list-style-type: none"> <li>1. Parents</li> <li>2. School</li> <li>3. Parent or teacher</li> <li>4. Parent</li> <li>5. School, family, doctors</li> <li>6. School</li> <li>7. Parents</li> <li>8. CAMHS</li> <li>9. Hospital</li> <li>10. Doctor</li> <li>11. Don't need to - already healthy</li> <li>12. Doctor</li> <li>13. My family</li> <li>14. ....</li> <li>15. Doctor, family</li> <li>16. Teachers, friends</li> <li>17. Mum</li> <li>18. School nurse</li> <li>19. Mum</li> <li>20. Family</li> <li>21. Gym</li> <li>22. Family</li> </ol>	<ol style="list-style-type: none"> <li>1. Doctor, Gym Instructors,</li> <li>2. Youth worker</li> <li>3. Dietician</li> <li>4. Parents</li> <li>5. Slimming world</li> <li>6. Doctors?</li> <li>7. GP</li> <li>8. Online</li> <li>9. GP/NHS online</li> <li>10. Youth worker</li> <li>11. Gym or online</li> <li>12. Info</li> <li>13. Doctors</li> </ol>

How to get help to quit smoking	
11-15	16-24
1. N/a	1. Boots / GP
2. Doctor	2. Doctor
3. Parent	3. Youth worker and nurse
4. Doctor	4. GP
5. School	5. By not starting (this question is stupid)
6. Hospital	6. Doctors?
7. Flintshire Sorted	7. GP
8. Amlwch surgery	8. Parents
9. Don't smoke	9. GP
10. ....	10. My GP
11. Friends, family	11. Chemist
12. Doctors	12. Info/chemist
13. Dad	13. Doctors
14. Community programmes	14. Info
15. Doctors and yourself	15. Chemist
16. Family	16. Info
	17. Doctors

**Which of the following do you use regularly? (At least once a week).**

	11-15	%	16-24	%	Total	%
Library	16	10.39%	13	11.71%	29	10.94%
Swimming Pool	10	6.49%	9	8.11%	19	7.17%
Skate park	4	2.60%	3	2.70%	7	2.64%
Activities available at school/college	17	11.04%	7	6.31%	24	9.06%
Leisure Centre	21	13.64%	11	9.91%	32	12.08%
Country Park	14	9.09%	8	7.21%	22	8.30%
Open spaces	24	15.58%	19	17.12%	43	16.23%
Youth club	8	5.19%	8	7.21%	16	6.04%
Playground	17	11.04%	5	4.50%	22	8.30%
Gym	11	7.14%	13	11.71%	24	9.06%
<b>Other</b>	12	7.79%	15	13.51%	27	10.19%
<b>Total</b>	<b>154</b>	<b>100.00%</b>	<b>111</b>	<b>100.00%</b>	<b>265</b>	<b>100.00%</b>

**Other**

11-15	16-24
1. Cricket club	1. None
2. Tablet	2. None at least once a week
3. Park in town	3. Local area for walks
4. Tennis club	4. Pathways.
5. School Field	5. Football
6. XBOX	6. Football
7. Computer	7. Theatre Clwyd workshops
8. None	8. Bandstand
9. Climbing wall	9. None
10. Cricket or/and ruby club	10. Town?
11. Golf course	11. Info
12. Climbing wall	12. Pub
	13. None
	14. Walk
	15. Info

**What would encourage you to get involved in more activities to keep you healthy in body and mind?**

	11-15	%	16-24	%	Total	%
Having activities closer	21	10.14%	22	13.41%	<b>43</b>	11.59%
More confidence	28	13.53%	11	6.71%	<b>39</b>	10.51%
More money	21	10.14%	33	20.12%	<b>54</b>	14.56%
Transport	17	8.21%	12	7.32%	<b>29</b>	7.82%
Parents permission	9	4.35%	1	0.61%	<b>10</b>	2.70%
More variety of stuff to do	21	10.14%	16	9.76%	<b>37</b>	9.97%
Someone to go with	39	18.84%	19	11.59%	<b>58</b>	15.63%
More time	26	12.56%	26	15.85%	<b>52</b>	14.02%
Nothing	5	2.42%	6	3.66%	<b>11</b>	2.96%
Knowing more about what I can do for NO or LOW cost.	18	8.70%	17	10.37%	<b>35</b>	9.43%
<b>Other</b>	2	0.97%	1	0.61%	<b>3</b>	0.81%
<b>Total</b>	<b>207</b>	<b>100.00%</b>	<b>164</b>	<b>100.00%</b>	<b>371</b>	<b>100.00%</b>

**Other**

11-15	16-24
<ol style="list-style-type: none"> <li>1. Knowing people there</li> <li>2. Less school work</li> </ol>	<ol style="list-style-type: none"> <li>1. Finding convenient times</li> </ol>

**Do you have a hobby or are part of any groups or clubs e.g. music, scouts etc**

11-15	16-24
1. I am part of a football club in Mold.	1. Badminton Club
2. Afasic Youth Group	2. No
3. Warhammer	3. I am very interested in music.
4. Scouts	4. Gym
5. Walking	5. Horse riding youth club volunteer netball team
6. Nope but I go to Flintshire Youth Forum	6. Hobbies include rugby and music. I play for my university and local team when home. I am also part of a band.
7. I go on my scooter and I am a Lance corporal at flint Army Cadets.	7. Flintshire youth forum
8. Ice skating, running, choir, netball, football,	8. Film Making, Radio Presenting, Flintshire Youth Forum
9. No	9. FYF!!!!!!
10. My hobby is the library once a week to read	10. Football
11. Football	11. Video games and Acting
12. No	12. Football
13. Karate Kai UK	13. Basketball
14. Cricket	14. I train football on a Saturday morning, I also walk a lot with friends socially
15. Nofio Clwyd	15. I enjoy jogging so try to go at least three times a week.
16. I am in a dance school.	16. Bodybuilding, running, playing music, gaming (video games)
17. No	17. No
18. Chester Sea Cadets	18. Mold rugby club
19. I do horse riding one every week on a Tuesday. And I also do scouts of the 1st Hawarden scouts of explores.	19. No
20. Music lol	20. Debating society and college council
21. No	21. Footy
22. Rugby, Band	22. Footy
23. Playing on Xbox and watching the walking dead	23. I volunteer for my local Brownie group.
24. Computer games LEAGUE OF LEGENDS	24. 'Act Out' Youth company at Theatre Clwyd Duke of Edinburgh (Gold) Violin Lessons
25. Football	25. No
26. Playing the violin	26. Senedd yr ifanc, funky dragon
27. Youth Club. Pel-droed	27. N/A
28. Reading, playing guitar, working with the dogs	28. Reading
29. Theatre / Brass Band/ Choir/ Llais Ni	29. Dog walking
30. Youth Club, Llais Ni	30. Watching Wrexham Playing football Going out with friends
31. Guides in Mold and climbing	31. No
32. I go for piano lessons	32. No
33. Badminton club, piano and saxophone lessons, theatre group	33. Reading Drawing
34. Mold sparks football club is a football team	34. Gardening
35. Football team	
36. Scouts, a young lead at cubs, art, sewing etc	
37. Football (Wales), netball (Mold), hockey, cadets, rounders, music, art, athletics, running, BMX, snowboarding etc.	
38. No	
39. No	

<p>40. Yes computer science and computing</p> <p>41. Scouts, Cadets</p> <p>42. Scouts</p> <p>43. Rugby club, cricket club, explorers</p> <p>44. Deeside athletics club, Nofio Clwyd, gym, fitness classes</p> <p>45. No</p> <p>46. Piano</p> <p>47. Hawarden explorers, Flintshire senior string ensemble, lacrosse, Alun School String Orchestra, girls dodge ball, water polo, rookie lifeguard, kayaking, Alun school cello ensemble, cycling, acoustic guitar, acoustic bass guitar, climbing, camping, hiking, pioneering, Flintshire young leaders</p>	
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**Is there anything else you do to keep your mind and body healthy?**

11-15	16-24
1. I think a lot.	1. No
2. Develop Social skills	2. Laugh!!!!
3. Rugby	3. Walking
4. Reading	4. I don't know
5. Nope	5. I am quite confident and over the years I have learned how to not let people upset me, rise above negative comments and spend time with my real friends
6. Army Cadets	6. Not particularly
7. Exercise / gymnastics in my room.	7. No
8. No	8. Eat more healthily.
9. Jogging in the back garden with my dog	9. Dieting and not snacking
10. No	10. Lots of sleep/ early nights
11. Football and friends	11. Regularly talk to my close friends, family and colleagues about any concerns or upsets I have in order to gain advice
12. I cycle, Play a bit of football or other sports in the fields near my house	12. No
13. No	13. No
14. Listen to music	14. Breathe
15. Reading	15. Relax, it's important to not over do it
16. I try to cleanse my mind of bad thoughts. I also go to Lush.	16. Maybe
17. School	17. Maybe
18. No	18. Keep active and in touch with friends and family. Make sure I have time for myself.
19. Having happy memories with my family on summer holidays.	19. N/a
20. Don't know	20. Playing Football helps to release unwanted frustration and keeps me fit too!
21. No	21. Looking after my appearance, using a diary to register low and high points
22. No	22. Exercise more
23. Trampoline	23. No
24. Sleep	24. Facebook
25. Trampoline	25. No
26. No	26. No
27. No	
28. No	
29. I sometimes go skiing.	
30. Relaxing to reduce stress	
31. Sleep	
32. Eat, sleep, football	
33. Nope	
34. Counselling, eat fruit, read and do art	
35. Being with my family and friends, reading	
36. Don't know	
37. Sleeping	
38. Friends and family	
39. Yes Sports	
40. Walk to the bus top every day	
41. Sleep more	
42. Sleep	
43. Time with friends	
44. Listen to music, play cello, meditation, relax in nature	



## What makes you happy?

11-15

1. Seeing my friends and my family.
2. Friends
3. Reading, warhammer, spending time with people
4. Being with friends
5. Being with family
6. Films and music and guitar
7. Army Cadets and being with my friends, on my Xbox, and our laptop
8. Knowing I am healthy.
9. Music and bands
10. Playing with my family and going out to e.g. Broughton for dinner
11. Games football cricket
12. Football
13. Cricket and friends
14. Music, reading, going for walks, YouTube
15. Seeing my friends and family healthy and well
16. Playing tennis and playing video games
17. Going to Lush, shopping, cute boys, music, good TV shows such as American Horror Story
18. Playing Video Games and Gym
19. Enjoying playing / messing around with friends
20. Drawing, Science, Reading, some TV shows, my family and friends, my pets
21. Having someone that is the same as me very close by. People like my girlfriend.
22. Chloe, Emily, jess Lauren and penny besties innit xoxoxoxoxoxoxox
23. Nothing
24. Steph and Emily and jess, the bests friends evaaaaa xxxxxxxxxxxxxxxx
25. Being wit my friends, No caring what people think about me
26. Family
27. League of legends (pc game)
28. Trampoline My friends
29. Spending time with my friends and family. YouTube.
30. Sports and being with family
31. Being with my friends, my animals, PS3, XBOX and Computer
32. (Lamas) Friends / Art/ School Club
33. Everything
34. Listening to loud music. Being with good friends. Chocolate.Guides.Skiing.
35. Being with family
36. Being with my family, friends and dog, holidays and art
37. Listening to music and knowing that I don't have to worry about homework
38. Sports and talking to friends. conor ryan
39. Food, football, fifa, friends, Ryan, Matthew, Sam and coca cola
40. Art manga anime happy family my dad not being drunk or being in police sell
41. Making other people happy, sports and keeping healthy
42. Friends, family, boyfriend, music
43. Everything
44. Everything
45. Playing with friends
46. When I have a good round of golf
47. Gaming
48. Max XXXX
49. Friends and family
50. Family and spending time with my friends
51. Friends
52. Bands and concerts
53. Friends, being alone.
54. Friends, music, relaxing
55. Relationship Food TV
56. Sports, nature, music

16-24

1. Not much but I feel happy when I'm doing Badminton
2. Keeping active and being around people who love me
3. Friends, family, boyfriend, money and music.
4. Spending time with friends and family. Noticing changes after going to the gym.
5. Laughing
6. Socialising with friends.
7. See friends and family
8. Family and Friends, Creativity, Imagination
9. Spending time with my friends
10. Life
11. Games
12. Spending time with those who matter (family / friends etc.)
13. Spending time with my son. Watching my football team.
14. Exercising, Video games, going out, family & friends.
15. My friends
16. Having chill time and also having time with friends to have a good catch up.
17. Being with Family, having no stress.
18. Spending time with family and friends, exercising, achieving things and getting a lot done in a day
19. Family and friends
20. Children sitting in the shade with a popsicle
21. Nothing
22. Money, my family, my cat, TV I like, nice food, talking with friends, shopping
23. Play Station games - Cod ghosts fifa 14 pinkslips and i got messi and and not you Renaldo Ibraimovic
24. Cod ghosts fifa 14 pinkslips
25. Spending time with friends and family, going out.
26. Spending time with my friends and family Being creative through writing or drama
27. Theme Parks and railways
28. Thrash
29. Looking good and being healthy and spending time with people that are lose to me.
30. Stability, money, variety, successes and making others happy.
31. Sleeping My lady
32. Family and friends
33. When I'm with my friends
34. Friends, food, chicken and cake
35. Spending time with my friends and boyfriend
36. Sex, Reading, music
37. Friend
38. Gardening

## Your Community

**What do you think are the 3 most important lifestyle choices a person your age can make to keep them healthy in body and mind?**

	11-15	%	16-24	%	Total	%
Eating Well	41	20.50%	36	21.43%	<b>77</b>	20.92%
Not taking drugs	31	15.50%	25	14.88%	<b>56</b>	15.22%
Not smoking	30	15.00%	19	11.31%	<b>49</b>	13.32%
Not to drink alcohol under 15 & over 16 (only within the current health guidelines).	17	8.50%	7	4.17%	<b>24</b>	6.52%
Exercising	24	12.00%	30	17.86%	<b>54</b>	14.67%
Safer Sex	14	7.00%	13	7.74%	<b>27</b>	7.34%
Positive relationships	17	8.50%	21	12.50%	<b>38</b>	10.33%
Being able to manage stress	21	10.50%	14	8.33%	<b>35</b>	9.51%
<b>Other</b>	5	2.50%	3	1.79%	<b>8</b>	2.17%
<b>Total</b>	<b>200</b>	<b>100.00%</b>	<b>168</b>	<b>100.00%</b>	<b>368</b>	<b>100.00%</b>

### Other

11-15	16-24
<ol style="list-style-type: none"> <li>1. Social skills</li> <li>2. Happiness</li> <li>3. No relationships until about 25</li> <li>4. Not being a murderer</li> <li>5. Believing in themselves</li> </ol>	<ol style="list-style-type: none"> <li>1. Not drinking at all</li> <li>2. Having support system</li> <li>3. Not answered</li> </ol>

**What do you think are the most important 'health assets' in the list below that helps keep people your age healthy in body and mind?**

	11-15	%	16-24	%	Total	%
Friends	42	22.83%	33	21.71%	<b>75</b>	22.32%
Family	45	24.46%	29	19.08%	<b>74</b>	22.02%
Education	20	10.87%	11	7.24%	<b>31</b>	9.23%
Self esteem	25	13.59%	29	19.08%	<b>54</b>	16.07%
Transport networks	2	1.09%	3	1.97%	<b>5</b>	1.49%
Enough money	13	7.07%	16	10.53%	<b>29</b>	8.63%
The natural environment	7	3.80%	6	3.95%	<b>13</b>	3.87%
Local service (health and community)	8	4.35%	11	7.24%	<b>19</b>	5.65%
Feeling safe	22	11.96%	12	7.89%	<b>34</b>	10.12%
<b>Other</b>	0	0.00%	2	1.32%	<b>2</b>	0.60%
<b>Total</b>	<b>184</b>	<b>100.00%</b>	<b>152</b>	<b>100.00%</b>	<b>336</b>	<b>100.00%</b>

**Other**

11-15	16-24
	1. Knowledge about services 2. Not answered

**What do you think is the one thing that could be done to keep people healthy where you live?**

11-15
1. More local clubs 2. More open places to do sport 3. More things to do 4. Safety to be outside in your community 5. More Facilities 6. Getting people involved in more stuff like programmes on how to be healthy. 7. Using the gym / leisure centre more, proper crossing points to get to open spaces, 8. More activities 9. Less littering 10. YOGA 11. More activities 12. I don't know 13. Give out advice or give out free fruit 14. Exercise. 15. Getting advice from others 16. More sports in places 17. A free to use gym. 18. To make sure that everyone gets what makes them healthy and to be happy about it. 19. Go out and be social 20. Nothing 21. Sex 22. Fun activities 23. Play league of legends 24. Gym 25. More activities 26. No idea! 27. Bike track 28. Nothing 29. More clubs 30. Cheaper activities in local leisure centres 31. Making sports clubs and gyms cheaper to attend because they are too expensive. 32. Don't know.....?? 33. Stop smoking 34. More community get together 35. More confidence, maybe some people who could speak in a group of friends once a week 36. Exercise classes 37. More places to play sport 38. Anti drug campaign 39. More cycle paths for young people 40. For them to have more confidence, as many people don't do exercise because of embarrassment 41. Gym 42. Going for a walk. 43. Free Gym passes 44. Stress management for exams

16-24

1. More Free activities for early 20's
2. Easier access to mental health help and advice
3. Being more active
4. Salad bars and more gyms.
5. Encourage others to take part in physical activity. Having events, taster classes, and schemes to help motivate people.
6. Close the takeaway
7. Teaching younger ones about moderation, there is nothing wrong with having a treat from time to time, just not on a regular basis!
8. Promoting healthy eating
9. Exercise more and workshops
10. Having an easier way of accessing opportunities
11. Less sugary drinks (seriously everything has sugar)
12. Promote healthy eating rather than opening multiple takeaways on one small area as this is seen as "cheap and convenient" rather than buying ingredients and cooking a healthy meal which could also be viewed as time consuming.
13. There are too many take a ways around my area, which encourages people to eat junk food. Also, if there were free exercise options (such as classes) then people would be more motivated to participate in exercise.
14. More council clean ups around play areas or patrols to keep underage children drinking alcohol and smoking drugs on public parks as it's unfair on younger children being exposed to smashed glass and litter. When I take my daughter to the park sometimes the grass is overgrown and it is difficult to push her pram through it and I don't feel safe leaving her pram outside the park with our bags.
15. Introduce more activities in the area.
16. More activities to take part in and more places to go when you are bored, e.g. outdoor activities
17. More affordable, organised events closer to where I live.
18. Unsure
19. Make the gym bigger
20. Nothing
21. Swag
22. Free or cheap gyms in close proximity
23. Footy
24. Footy
25. More access to local groups or activities that are low in cost or free, such as exercise groups.
26. Greater advertising for sport and activities Reduce the amount of fast food outlets in Wrexham
27. Encourage more walks around the local countryside
28. N/a
29. More events like the Flintshire festival of youth sport. Having employees showing a positive example to younger kids and showing the importance of participation, not competition.
30. As a previous young carer for someone with mental health issues, it would have been nice to get support. However, for this support to be confidential as the person in question would not have liked me being part of that group.
31. More areas for bikes
32. Have more stuff to do in town (park etc).
33. Give more activities to help keep teens and kids from being pressured to take drugs and alcohol
34. I don't know
35. More Gyms
36. Outdoor activity plans
37. More stuff to do for less money
38. Don't know

Please tell us whether you have heard of the following, and if you'd feel confident explaining what it is to others.

	11-15				16-24				Total			
	Yes	%	No	%	Yes	%	No	%	Yes	%	No	%
5 x 60	52	88.14%	7	11.86%	38	73.08%	14	26.92%	90	81.08%	21	18.92%
5 a day	57	96.61%	2	3.39%	49	94.23%	3	5.77%	106	95.50%	5	4.50%
Change4Life	49	83.05%	10	16.95%	44	84.62%	8	15.38%	93	83.78%	18	16.22%
Health Challenge Wales	21	35.59%	38	64.41%	23	44.23%	29	55.77%	44	39.64%	67	60.36%
The Filter	10	16.95%	49	83.05%	8	15.38%	44	84.62%	18	16.22%	93	83.78%
The Eat Well Plate	49	83.05%	10	16.95%	32	61.54%	20	38.46%	81	72.97%	30	27.03%
Meic	13	22.03%	46	77.97%	10	19.23%	42	80.77%	23	20.72%	88	79.28%
Healthy School Scheme	34	57.63%	25	42.37%	24	46.15%	28	53.85%	58	52.25%	53	47.75%
Family Information Service	25	42.37%	34	57.63%	27	51.92%	25	48.08%	52	46.85%	59	53.15%
Stop Smoking Wales	41	69.49%	18	30.51%	41	78.85%	11	21.15%	82	73.87%	29	26.13%
Clic Online or local youth website	21	35.59%	38	64.41%	22	42.31%	30	57.69%	43	38.74%	68	61.26%
Sun Safety	33	55.93%	26	44.07%	17	32.69%	35	67.31%	50	45.05%	61	54.95%
Local Youth Forum	23	38.98%	36	61.02%	20	38.46%	32	61.54%	43	38.74%	68	61.26%
Dan 24/7	13	22.03%	46	77.97%	13	25.00%	39	75.00%	26	23.42%	85	76.58%
C-card Scheme	12	20.34%	47	79.66%	22	42.31%	30	57.69%	34	30.63%	77	69.37%
PSE	42	71.19%	17	28.81%	36	69.23%	16	30.77%	78	70.27%	33	29.73%
<b>Total</b>												