

NHS Dumfries & Galloway – DG Health and Wellbeing

Dumfries & Galloway Council – Education Services



- Increased local level data on the health and wellbeing and social context of our children and young people
- Inform strategic planning, monitoring and reporting
- Joint Strategic Needs Assessment
- Schools - health and wellbeing priorities
- Partners - joint planning and approaches



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Wellbeing and Mental Health

- gender differences in wellbeing measures
- associations with poor well being (e.g. being bullied, risky behaviours, poor health)

Physical activity

- meeting physical activity levels – findings compared with local physical activity surveys
- activity levels with body image and on a diet

Sexual Health

- additional data items; when first had sex took alcohol or drugs; did want it to happen at that time

Eating habits

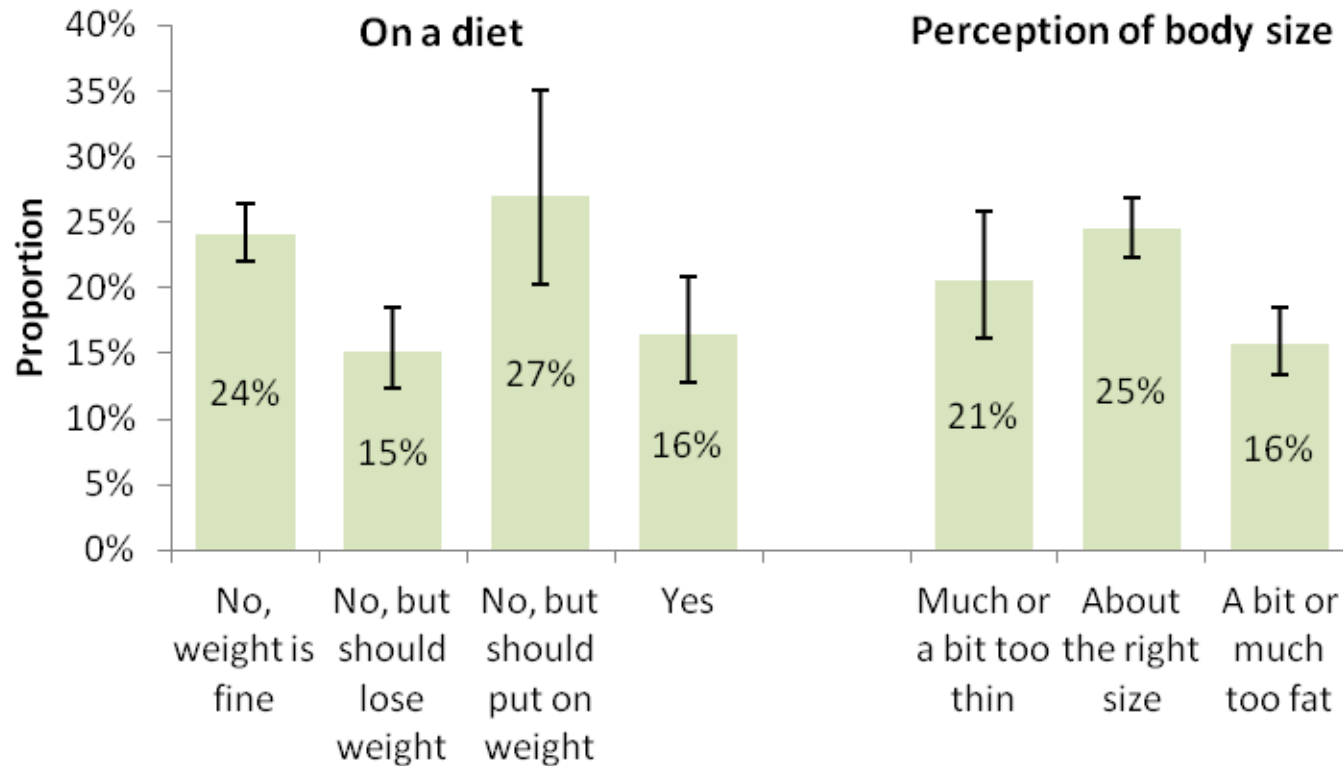
- eating habits and good academic achievement, effect of deprivation (SIMD) and rurality

Rurality

- urban rural classification linked to pupils postcode perceptions of where live, interaction with other measures

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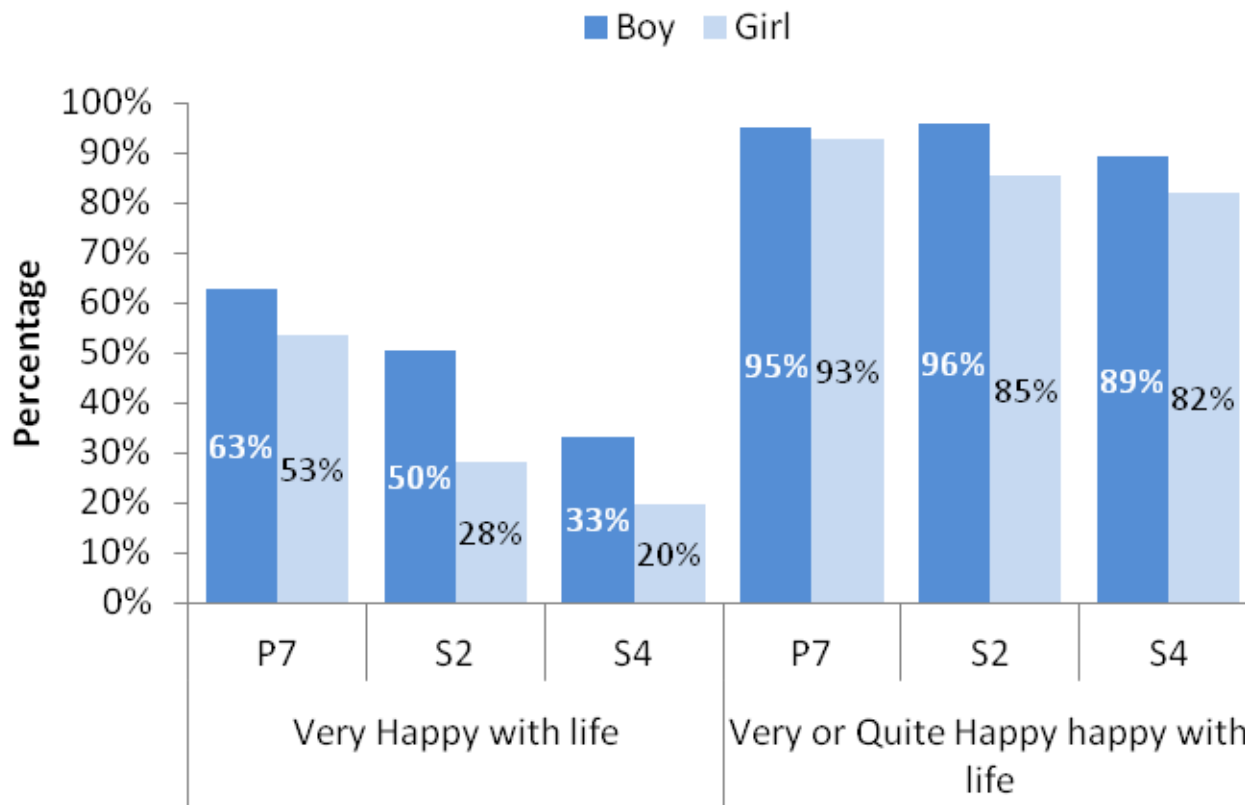
Meeting physical activity guidelines (60 minutes 7 days per week)



95% confidence intervals

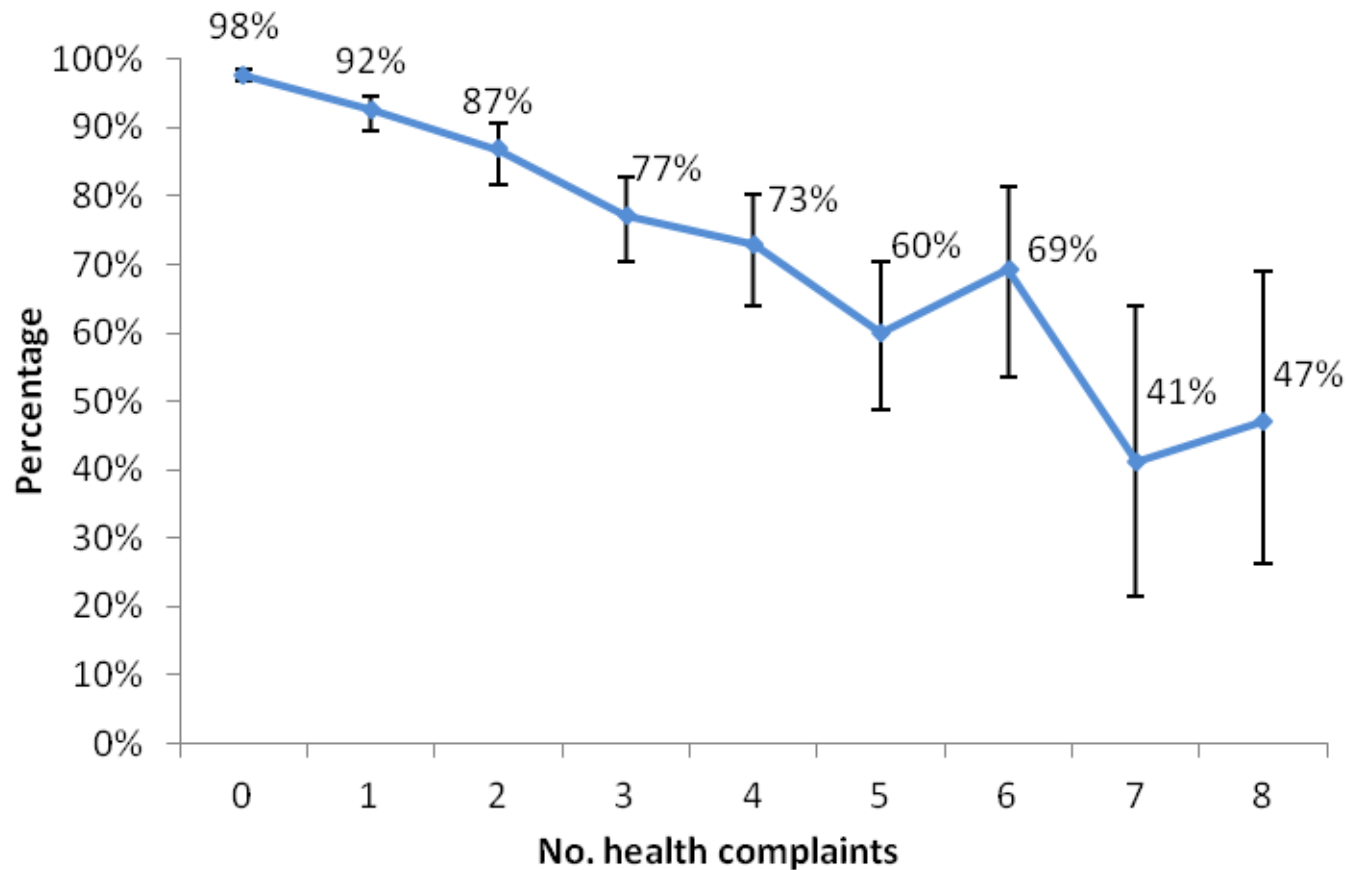
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Happiness with life



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Proportion feeling very or quite happy with life by number of health complaints reported weekly



95% confidence intervals

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Eating habits reported on a daily basis by geographical deprivation represented by respondents home SIMD quintile

