

School Health Survey 2022

Year 5 Report

Public Health Intelligence

Wakefield Council

October 2022

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Introduction

The Wakefield District School Health Survey 2022 was carried out with Year 5, Year 7 and Year 9 pupils between January and May 2022. The survey was conducted online.

Wakefield Council Public Health would like to express their sincere gratitude to schools and pupils for taking part in this valuable research.

The Wakefield Council Public Health service have been using running the School Health Survey every two years since 2009 as a way of collecting robust information about young people's health and lifestyles.

This survey is an essential source of data for both schools and local authority commissioners alike, providing detailed and robust information about the health behaviours and lifestyle choices of the children living in the Wakefield district.

The content of the survey is widely consulted upon and uses age-appropriate questions where necessary. In total, 2,773 valid responses were received from Year 5 pupils from across 76 schools.

How to Read the Report

Some response options have been combined e.g. "Strongly agree" and "Agree" to show "Total Agree".

Pupils were able to skip questions, so the base size varies between questions.

There are several reasons why responses in charts/tables might not add up to 100%:

- Respondents might have been able to give more than one answer
- Only most common responses might be shown
- Individual percentages are rounded to nearest whole number.

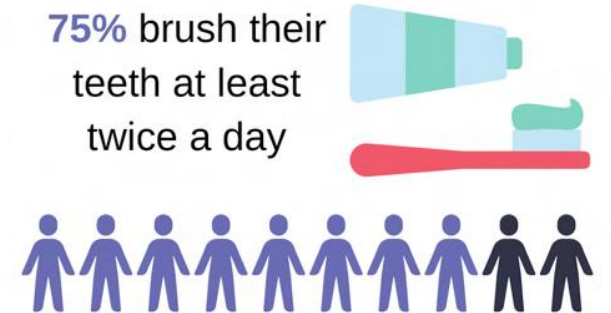
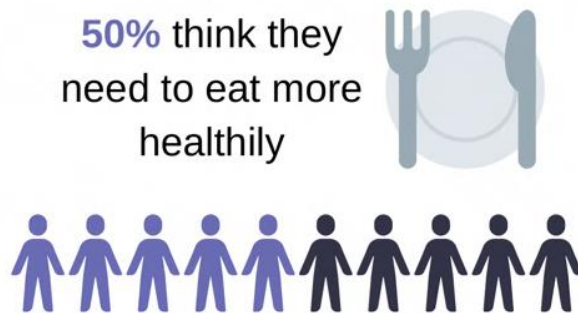
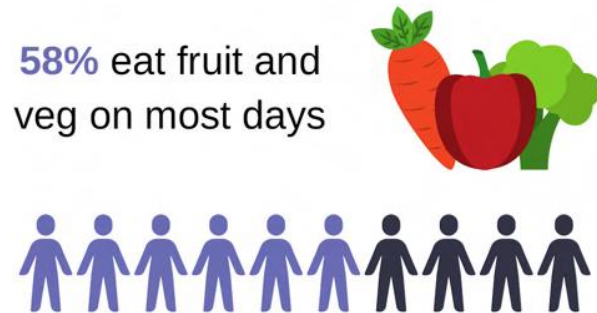
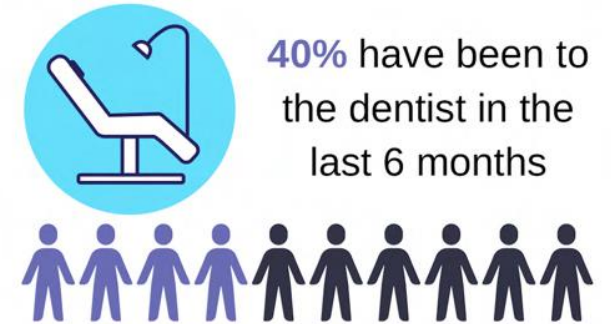
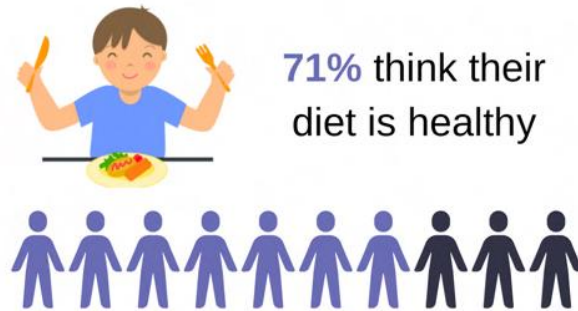
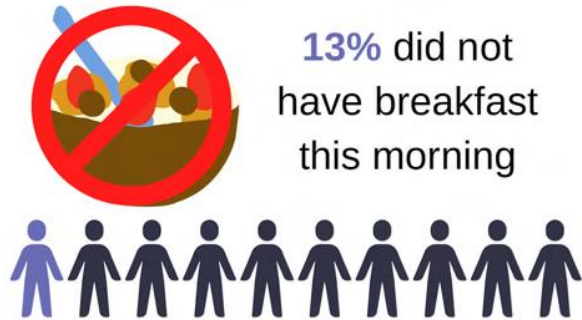
In the inequality and area analysis tables red and green shading denotes statistical differences at the 95% confidence level.

Most and least deprived cohorts have been determined using the deprivation levels for the area in which pupils' schools are located.

For the purposes of the area analysis, Ackworth School has been included in the Pontefract and Knottingley cluster.

Headline Findings

Diet and Oral Health



Headline Findings

Physical Activity and Smoking



13% think the amount of physical activity they do is not enough to keep healthy



48% usually walk to school



13% have someone who smokes in the car



33% ride a bike more than once a week



47% travel to school by car or van

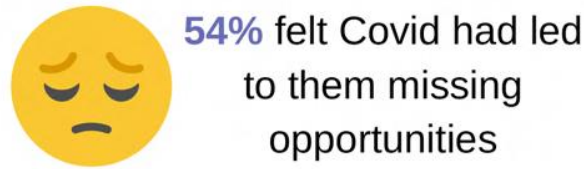


26% have someone who smokes in the home



Headline Findings

COVID-19



29% have fallen behind at school due to covid



57% have spent less time with friends



54% have spent more time with family



Headline Findings

Bullying, Safety and Wellbeing



10% often or very often feel scared going to school because they are bullied



21% have been picked on or bullied due to their size or weight



13% thought their school would not help to stop bullying if they experienced it



53% felt lonely some or most of the time



65% felt happy with their life at the moment



73% feel safe in the area they live



Headline Findings

Free Time and Social Media



49% go to the countryside 'hardly ever' or 'never' in their own time



85% use YouTube



67% game online



36% read a book at home every day



47% use TikTok



65% like to hang out with friends in their free time



Headline Findings

Year 5 Trends*



Drink fizzy drinks 'most days'

+2%

2020: 17%

2022: 19%



Brush teeth at least twice a day

-5%

2020: 80%

2022: 75%



Someone smokes at home

+4%

2020: 22%

2022: 26%

Feel happy with life at the moment

-7%

2020: 72%

2022: 65%



Worry about the way I look

+6%

2020: 20%

2022: 26%



Worry about schoolwork and exams

+6%

2020: 25%

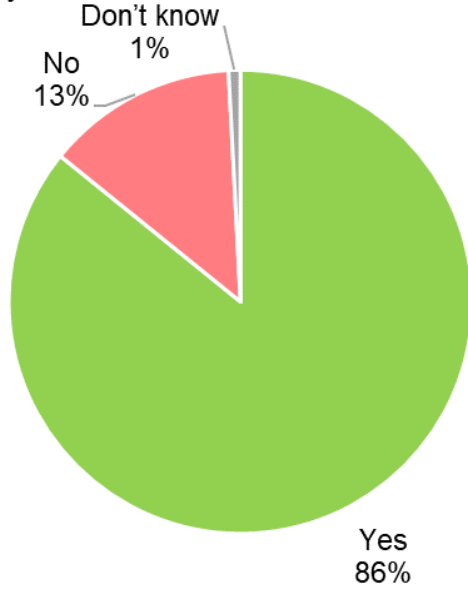
2022: 31%



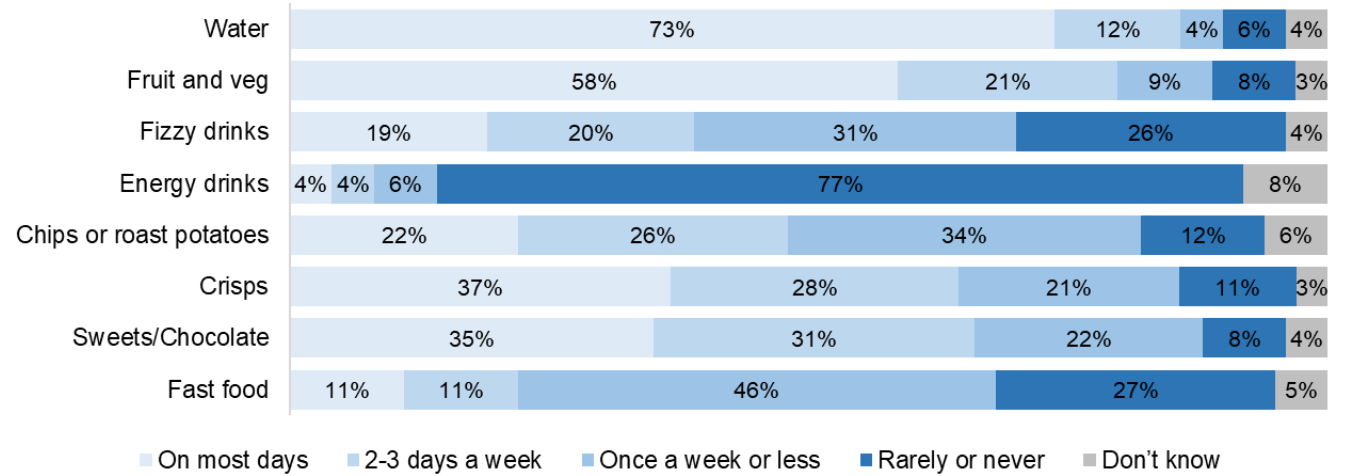
* Change in percentage points

Diet and Oral Health Findings

Did you have breakfast this morning?



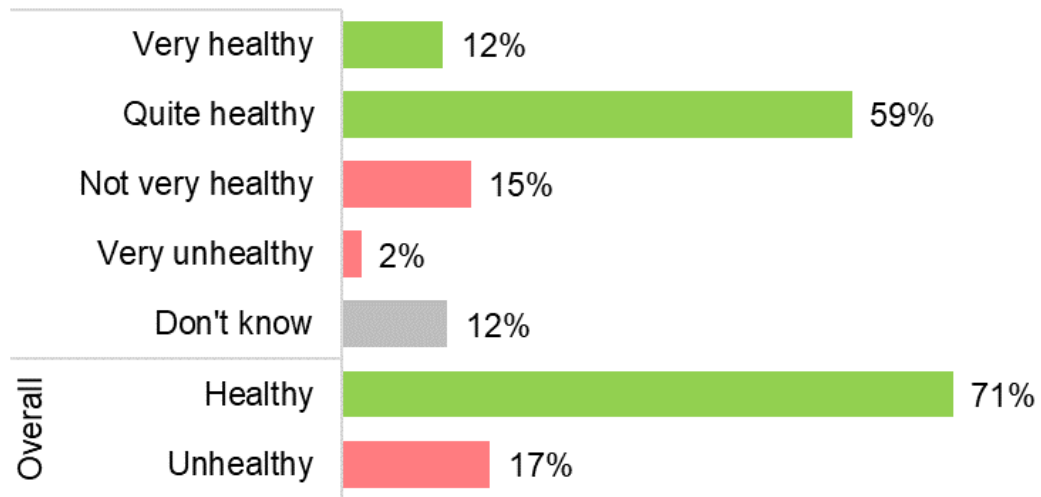
How often do you eat or drink....?



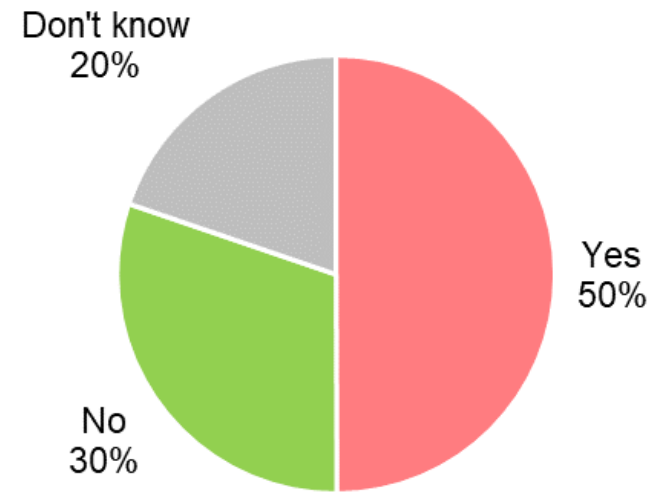
Diet and Oral Health

Findings

Is your diet (the food you eat) healthy?

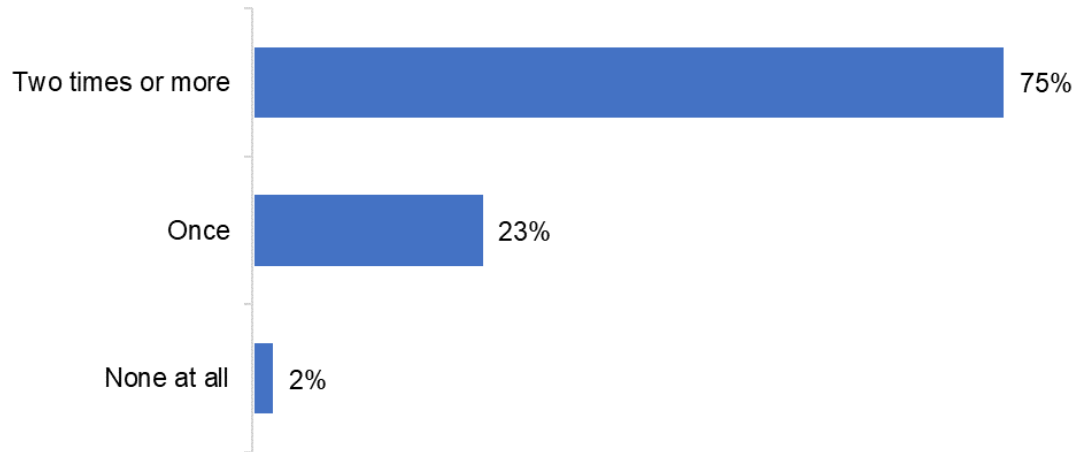


Do you think you need to eat more healthily?

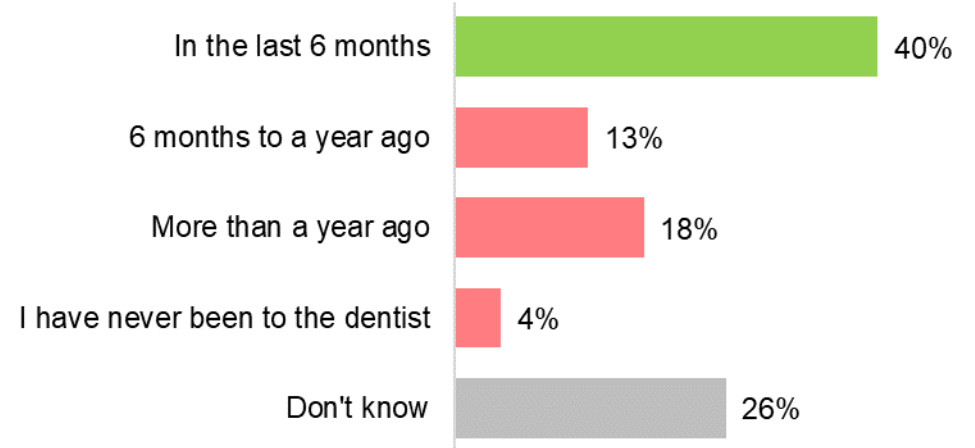


Diet and Oral Health Findings

How many times a day do you normally brush your teeth?




How long ago did you last go to the dentist?




Diet and Oral Health

Inequality analysis

Diet and oral health	All year 5	Male	Female	Single parent family	Other family	Young carer	Non carer	Special needs	Non-special needs	Most deprived	Least deprived
Had breakfast this morning	86%	87%	86%	84%	86%	81%	87%	84%	88%	79%	91%
Eat fruit/veg most days	58%	55%	62%	55%	59%	52%	61%	50%	63%	54%	67%
Drink fizzy drinks most days	19%	21%	17%	21%	19%	20%	18%	24%	16%	24%	15%
Think they have a healthy diet	71%	70%	72%	66%	71%	69%	73%	71%	74%	67%	75%
Think they need to eat more healthily	50%	49%	51%	55%	49%	55%	49%	56%	46%	53%	44%
Brush at least twice a day	75%	70%	80%	72%	75%	74%	76%	70%	77%	67%	76%
Been to dentist in last six months	40%	40%	40%	36%	41%	37%	42%	36%	44%	42%	42%


 Statistically significantly better than average


 Statistically significantly worse than average

Diet and Oral Health

Area analysis

Diet and oral health	All Year 5	Castleford & Airedale	Normanton & Featherstone	Pontefract & Knottingley	South East	South West	Wakefield Central & North West
Had breakfast this morning	86%	83%	85%	85%	85%	91%	84%
Eat fruit/veg on 'most days'	58%	48%	56%	58%	53%	66%	62%
Drink fizzy drinks on 'most days'	19%	28%	19%	22%	22%	16%	15%
Think they have healthy diet	71%	67%	65%	70%	68%	79%	72%
Think they need to eat more healthily	50%	46%	53%	49%	44%	50%	53%
Brush teeth at least twice a day	75%	69%	76%	73%	70%	82%	75%
Been to dentist in last six months	40%	35%	36%	45%	33%	45%	41%

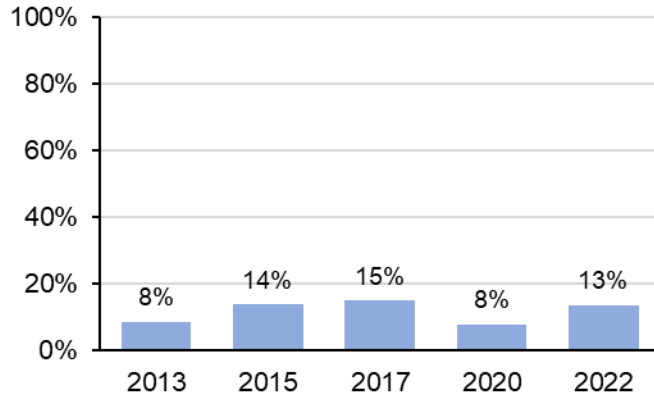
 Statistically significantly better than average across other areas

 Statistically significantly worse than average across other areas

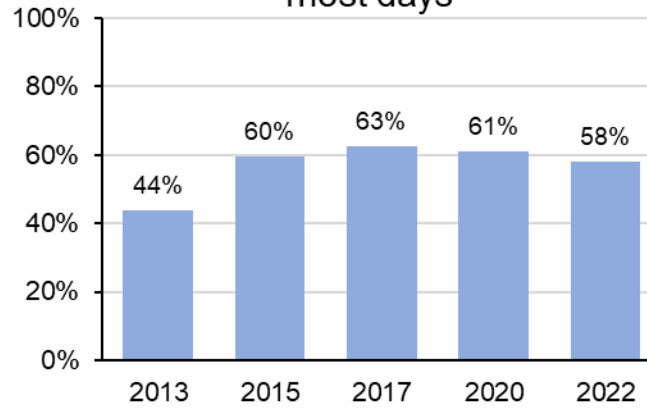
Diet and Oral Health

Trend over time analysis

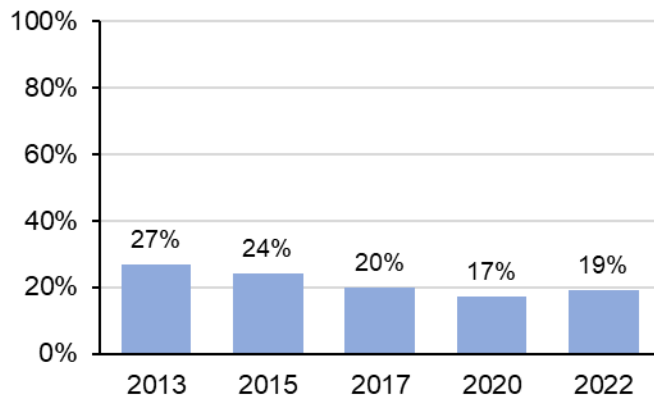
Had no breakfast this morning



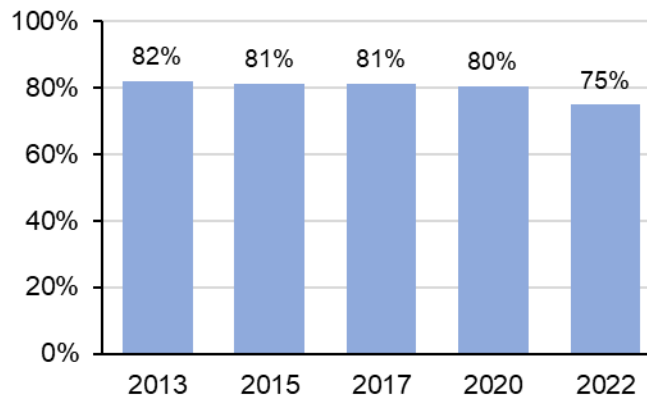
Eat fruit and vegetables on most days



Drink fizzy drinks on 'most days'



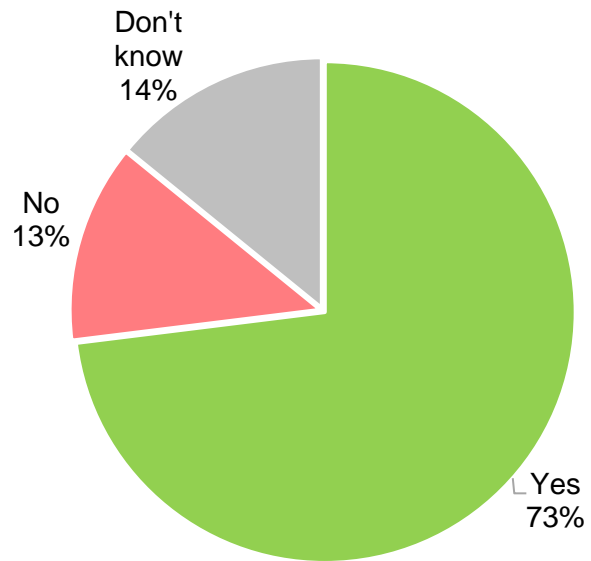
Brush teeth at least twice a day



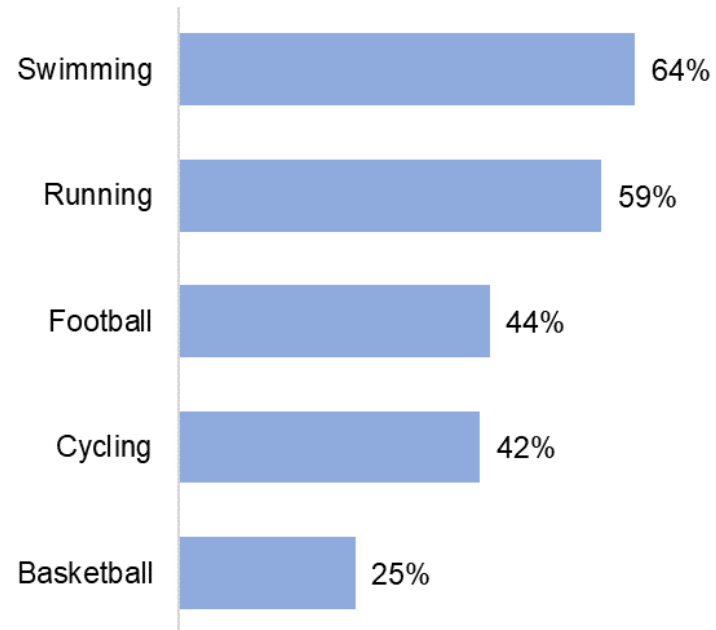
Physical Activity

Findings

Do you think the amount of physical activity you do is enough?

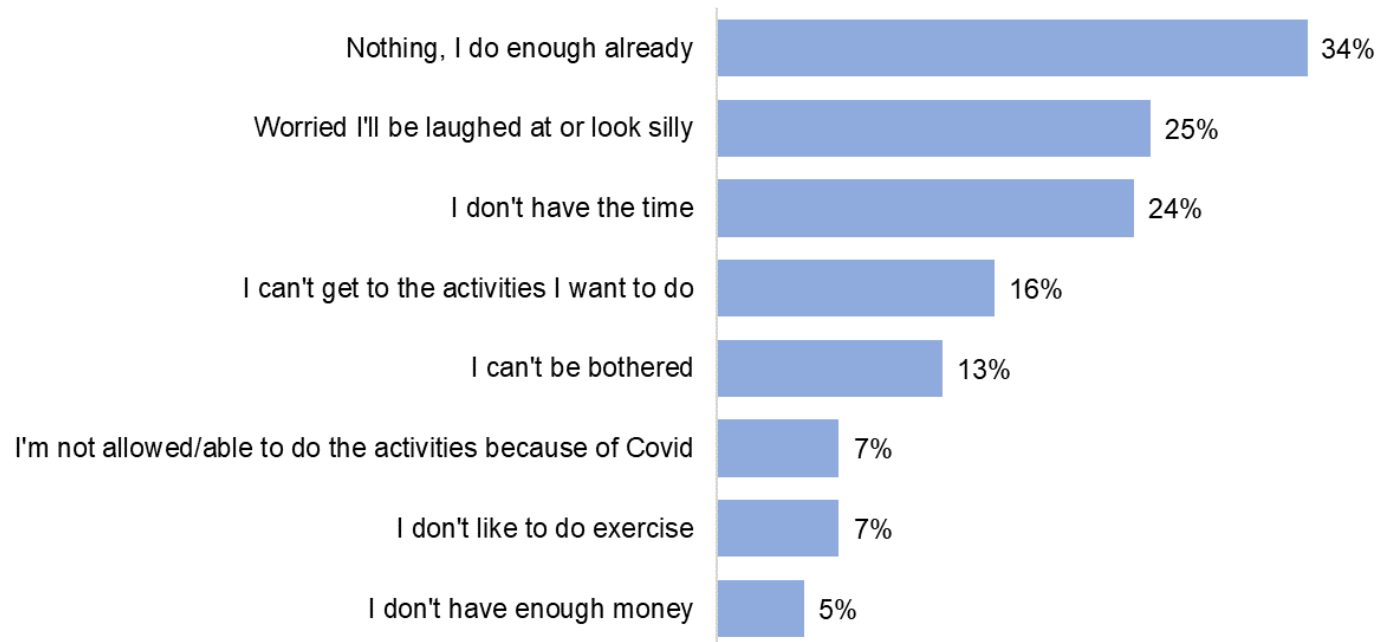


Five most popular sports

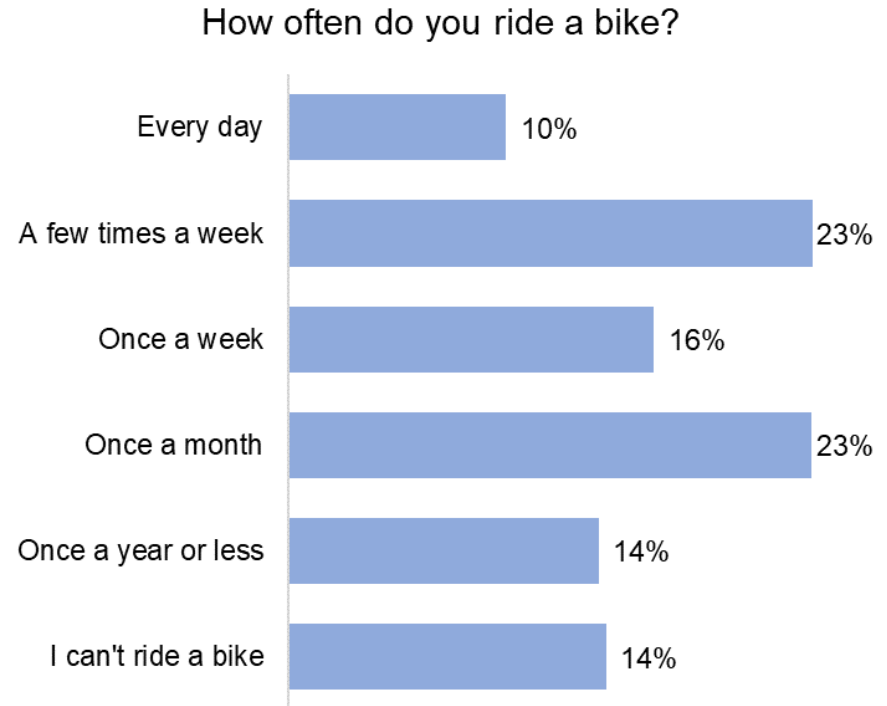
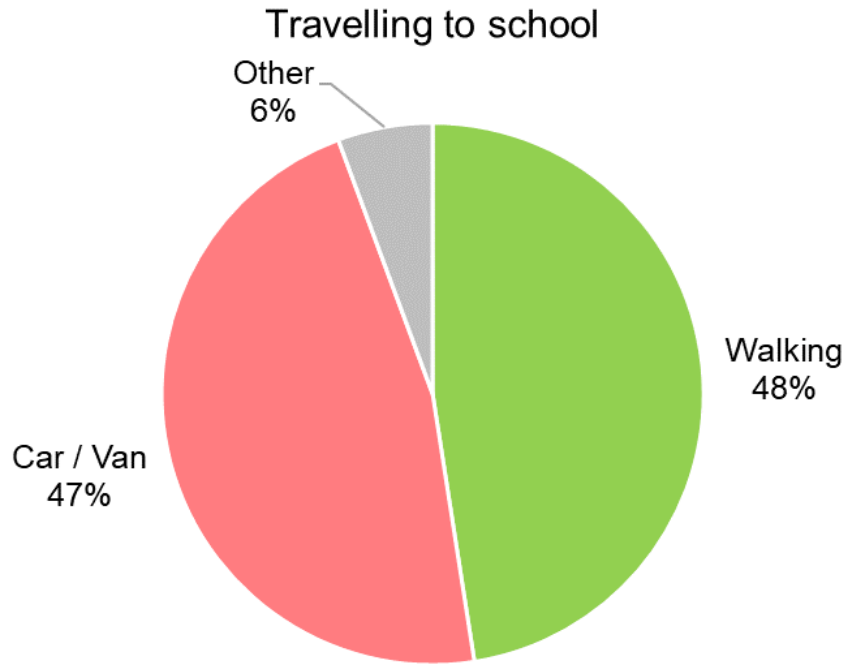


Physical Activity Findings

Barriers to being more active




Physical Activity Findings




Physical Activity

Inequality analysis

Physical activity	All year 5	Male	Female	Single parent family	Other family	Young carer	Non carer	Special needs	Non-special needs	Most deprived	Least deprived
Think amount of physical activity is not enough	13%	13%	13%	16%	12%	13%	12%	13%	13%	15%	14%
Usually walk to school	48%	48%	47%	48%	47%	52%	46%	46%	48%	56%	48%
Usually travel to school by car or van	47%	45%	49%	43%	48%	41%	48%	47%	47%	40%	48%
Don't have a bike	13%	12%	12%	15%	12%	15%	12%	15%	12%	23%	9%
Ride bike more than once a week	33%	35%	30%	34%	33%	39%	31%	37%	30%	37%	30%


 Statistically significantly better than average


 Statistically significantly worse than average

Physical Activity

Area analysis

Physical activity	All Year 5	Castleford & Airedale	Normanton & Featherstone	Pontefract & Knottingley	South East	South West	Wakefield Central & North West
Think amount of physical activity is not enough	13%	15%	13%	14%	12%	10%	14%
Usually walk to school	48%	51%	51%	40%	48%	48%	48%
Usually travel to school by car or van	47%	39%	44%	54%	44%	48%	46%
Don't have a bike	13%	16%	11%	13%	12%	10%	15%
Ride bike more than once a week	33%	39%	35%	35%	35%	25%	33%

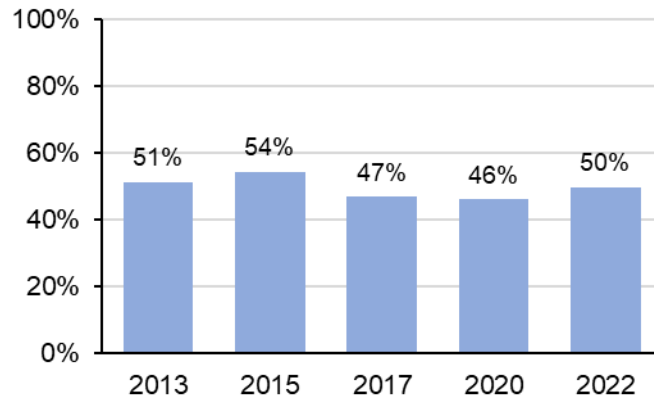
 Statistically significantly better than average across other areas

 Statistically significantly worse than average across other areas

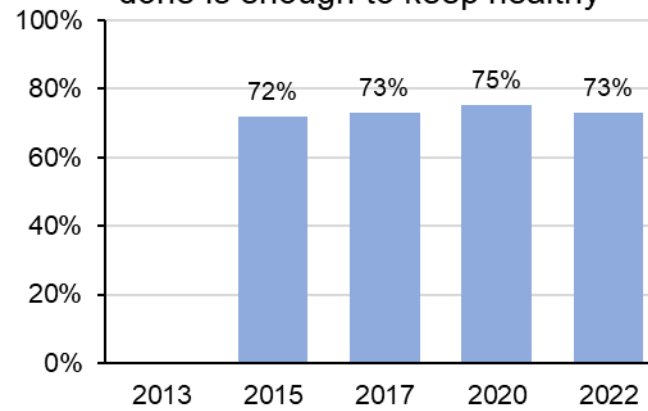
Physical Activity

Trend over time analysis

Walk or cycle to school



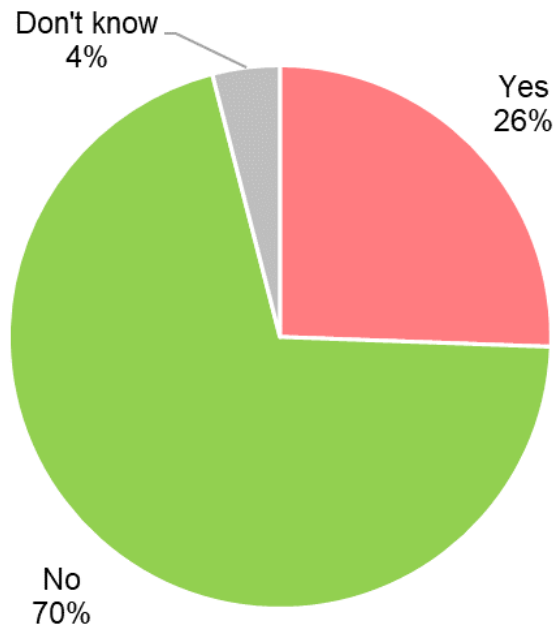
Think amount of physical activity done is enough to keep healthy



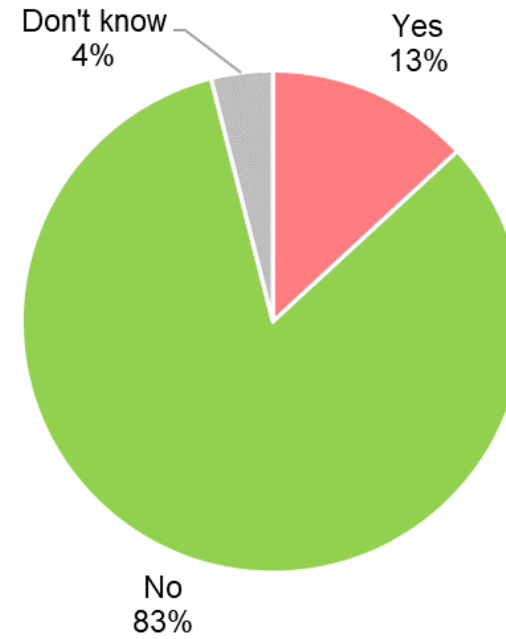
Smoking

Findings

Does anyone smoke inside at home?




Does anyone smoke in the car when you are in it?




Smoking

Inequality analysis

Smoking	All year 5	Male	Female	Single parent family	Other family	Young carer	Non carer	Special needs	Non-special needs	Most deprived	Least deprived
Someone smokes inside at home	26%	27%	24%	31%	25%	32%	24%	34%	21%	42%	18%
Someone smokes in the car	13%	13%	13%	16%	13%	20%	11%	18%	10%	21%	9%


 Statistically significantly better than average


 Statistically significantly worse than average

Smoking

Area analysis

Smoking	All Year 5	Castleford & Airedale	Normanton & Featherstone	Pontefract & Knottingley	South East	South West	Wakefield Central & North West
Someone smokes inside at home	26%	35%	25%	31%	30%	20%	20%
Someone smokes in the car	13%	17%	11%	16%	18%	11%	10%

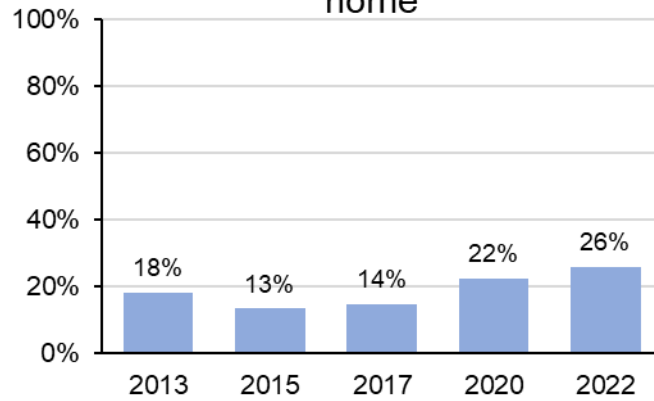
 Statistically significantly better than average across other areas

 Statistically significantly worse than average across other areas

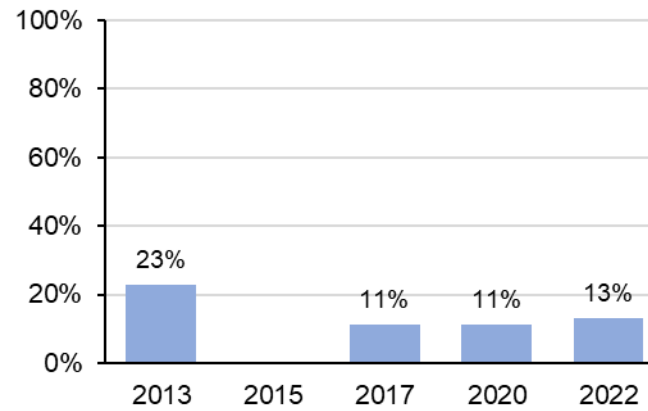
Smoking

Trend over time analysis

Someone smokes inside at home



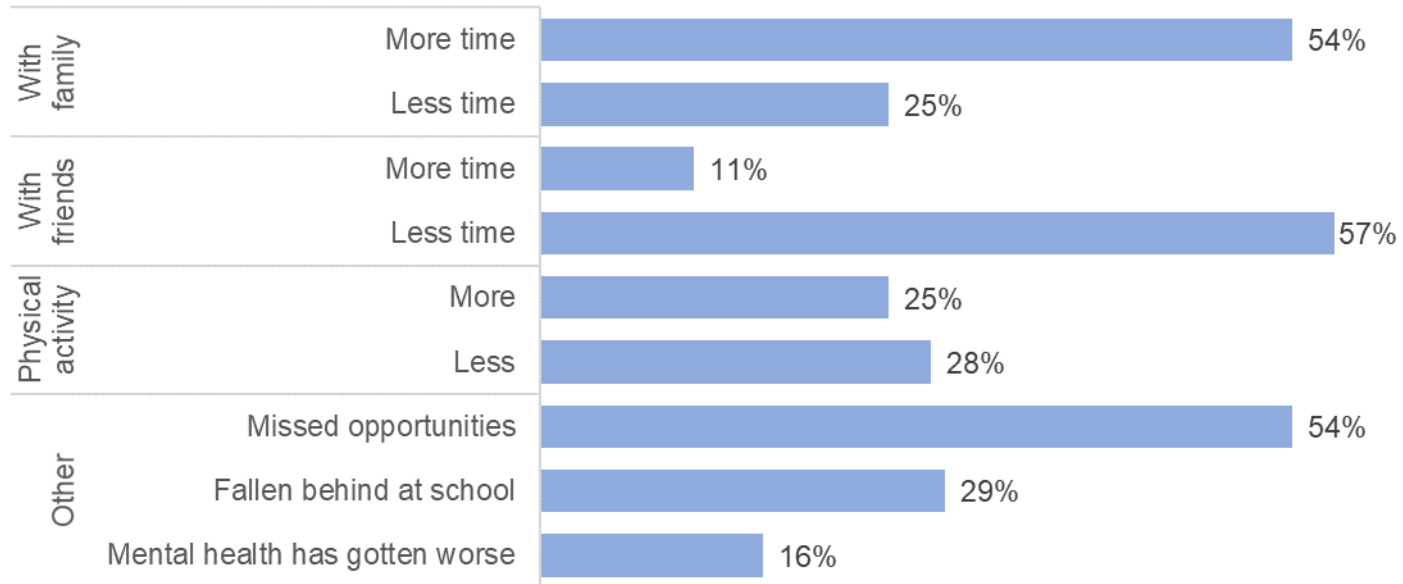
Someone smokes in the car



COVID-19

Findings


Changes due to Covid-19




COVID-19

Inequality analysis

COVID-19	All year 5	Male	Female	Single parent family	Other family	Young carer	Non carer	Special needs	Non-special needs	Most deprived	Least deprived
Have done less physical exercise	28%	29%	27%	31%	28%	27%	29%	25%	30%	22%	27%
Have fallen behind at school	29%	27%	31%	29%	29%	33%	27%	34%	26%	25%	26%
Knew someone who died of Covid	17%	16%	18%	17%	17%	24%	16%	20%	16%	22%	14%


 Statistically significantly better than average


 Statistically significantly worse than average

COVID-19

Area analysis

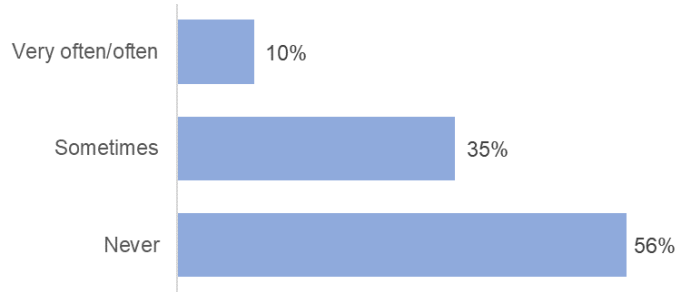
COVID-19	All Year 5	Castleford & Airedale	Normanton & Featherstone	Pontefract & Knottingley	South East	South West	Wakefield Central & North West
Have done less physical exercise	28%	25%	27%	26%	32%	28%	29%
Have fallen behind at school	29%	35%	26%	29%	33%	26%	30%
Knew someone who died from Covid	17%	15%	17%	16%	19%	17%	19%

 Statistically significantly better than average across other areas

 Statistically significantly worse than average across other areas

Bullying and Safety Findings

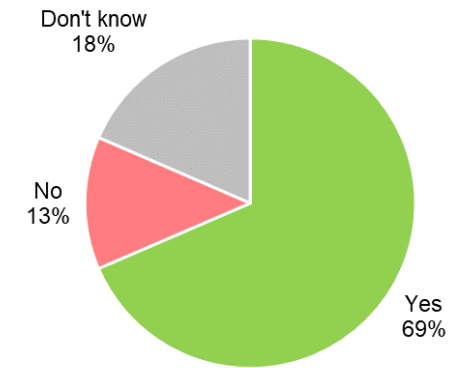
Do you ever feel scared of going to school because you are being bullied or picked on?



Reasons for being bullied



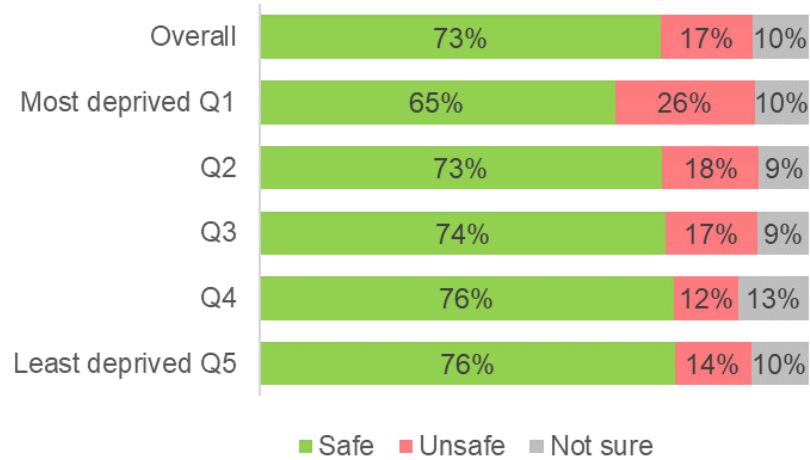
If you were being picked on or bullied, do you think your school would help make it stop?



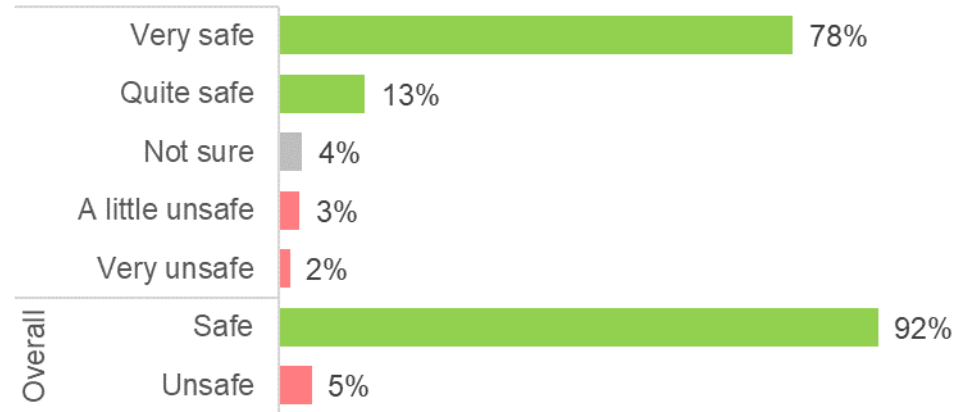
Bullying and Safety

Findings

How safe do you feel in the area where you live? By local IMD quintile




How safe do you feel at home with the people you live with?




Bullying and Safety

Inequality analysis

Bullying and safety	All year 5	Male	Female	Single parent family	Other family	Young carer	Non carer	Special needs	Non-special needs	Most deprived	Least deprived
Often/very often scared of going to school due to bullying	10%	9%	10%	11%	9%	18%	7%	13%	7%	18%	4%
Picked on or bullied because of size or weight	21%	19%	23%	24%	21%	31%	19%	24%	19%	28%	18%
If bullied, think school would not help it stop	13%	15%	10%	13%	13%	15%	12%	12%	13%	17%	13%
Feel safe in the area where they live	73%	73%	73%	71%	74%	68%	76%	68%	77%	59%	76%
Feel safe at home with the people they live with	92%	92%	92%	89%	92%	87%	93%	89%	93%	90%	91%


 Statistically significantly better than average


 Statistically significantly worse than average

Bullying and Safety

Area analysis

Bullying and safety	All Year 5	Castleford & Airedale	Normanton & Featherstone	Pontefract & Knottingley	South East	South West	Wakefield Central & North West
Often/very often' scared of going to school due to bullying	10%	11%	9%	13%	11%	6%	8%
Picked on' or bullied because of size or weight	21%	20%	18%	23%	28%	18%	22%
If bullied, think school would not help make it stop	13%	12%	13%	16%	16%	11%	11%
Feel safe in the area where they live	73%	68%	74%	70%	72%	80%	72%
Feel safe at home with people they live with	92%	90%	92%	89%	90%	94%	92%

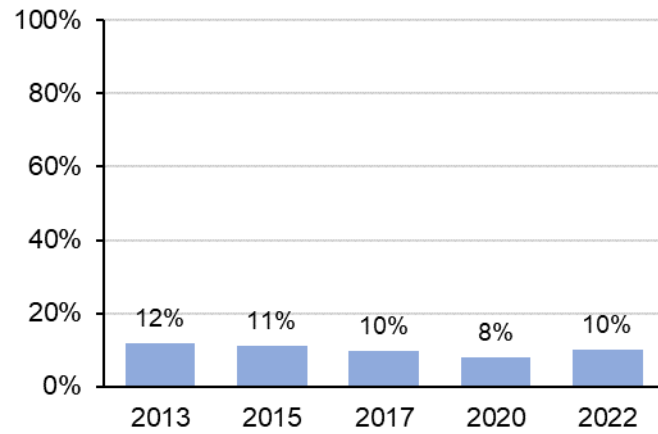
 Statistically significantly better than average across other areas

 Statistically significantly worse than average across other areas

Bullying and Safety

Trend over time analysis

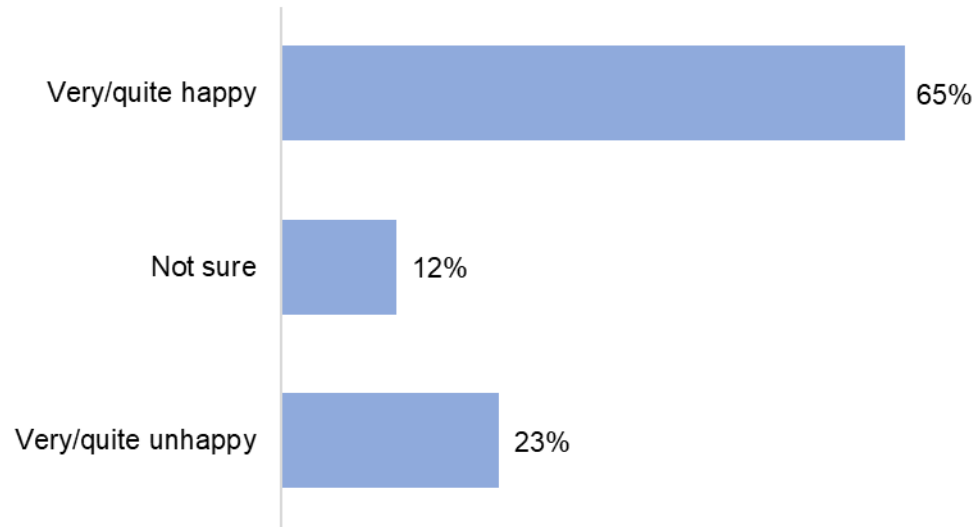
'Often' or 'very often' scared of going to school due to being bullied or picked on



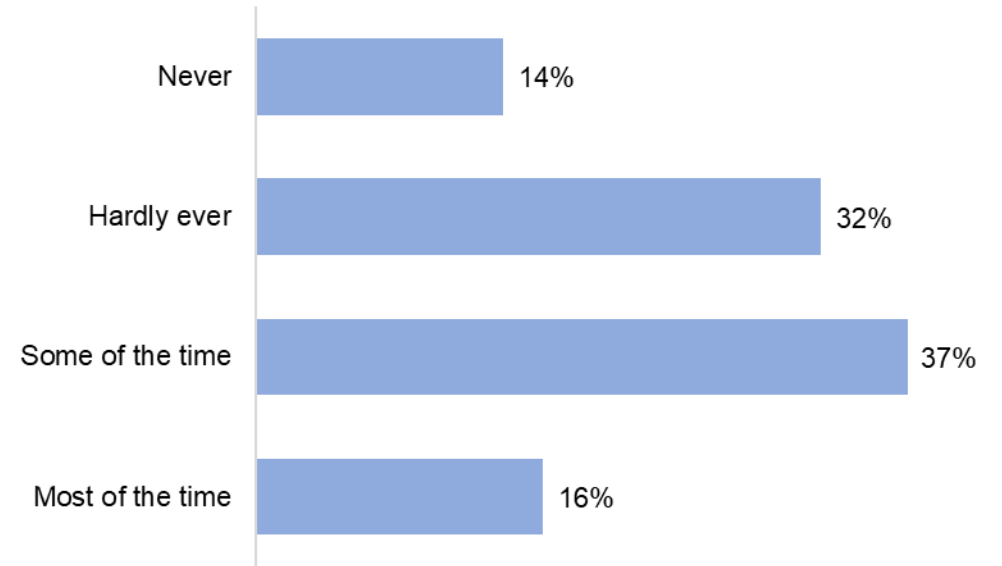
Wellbeing

Findings

How happy do you feel with your life at the moment?

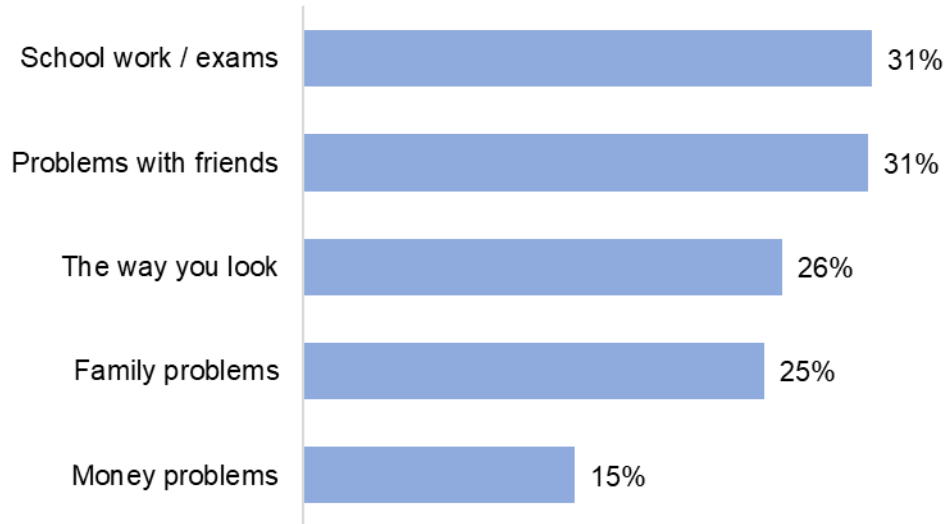


How often do you feel lonely?

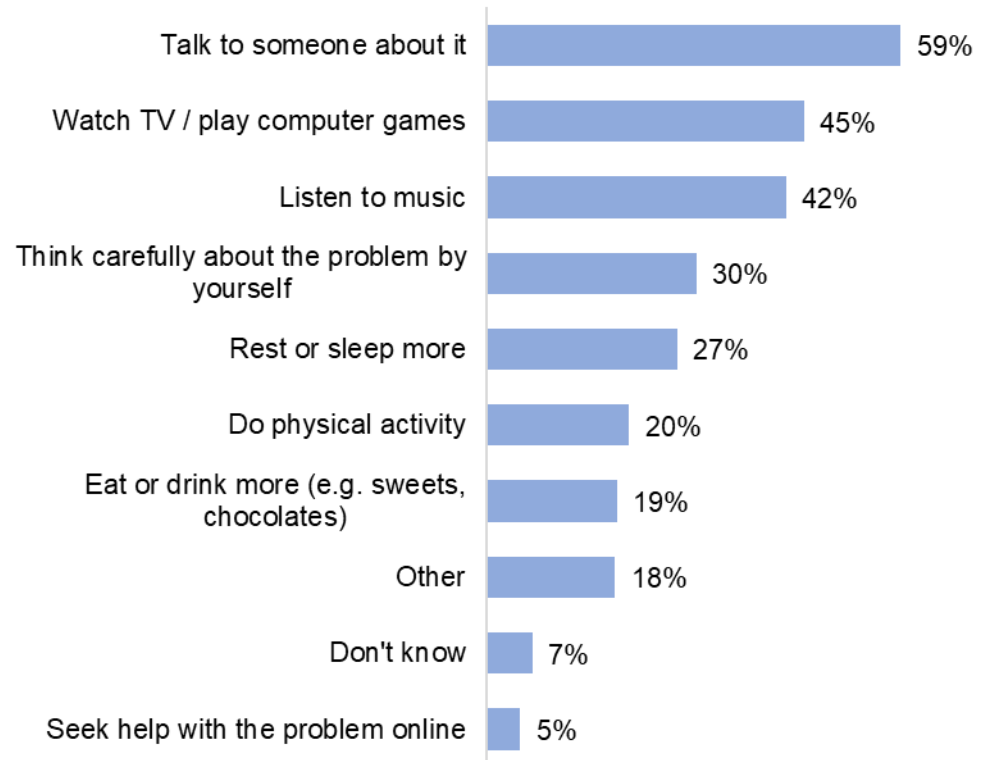


Wellbeing Findings

How much do you worry about these things?
(A lot/quite a lot)




When you have a problem that worries you or you are feeling stressed, what are you most likely to do?




Wellbeing

Inequality analysis

Wellbeing	All year 5	Male	Female	Single parent family	Other family	Young carer	Non carer	Special needs	Non-special needs	Most deprived	Least deprived
Happy with life at the moment	65%	70%	61%	60%	66%	60%	69%	63%	67%	55%	67%
Feel lonely 'some' or 'most' of time	54%	50%	56%	56%	53%	59%	50%	58%	50%	60%	52%
Worry 'quite a lot' or 'a lot' about school work/exams	31%	27%	34%	31%	31%	36%	29%	39%	26%	33%	28%
Worry 'quite a lot' or 'a lot' about the way they look	26%	19%	33%	26%	26%	32%	24%	28%	25%	36%	22%
Worry 'quite a lot' or 'a lot' about problems with friends	31%	25%	36%	31%	31%	36%	28%	34%	29%	37%	24%
Worry 'quite a lot' or 'a lot' about money problems	15%	15%	14%	20%	14%	21%	13%	21%	12%	24%	10%


 Statistically significantly better than average


 Statistically significantly worse than average

Wellbeing

Area analysis

Wellbeing	All Year 5	Castleford & Airedale	Normanton & Featherstone	Pontefract & Knottingley	South East	South West	Wakefield Central & North West
Happy with life at the moment	65%	62%	64%	64%	63%	68%	67%
Feel lonely 'some' or 'most' of time	54%	55%	51%	55%	53%	49%	58%
Worry 'quite a lot' or 'a lot' about school work/exams	31%	36%	35%	33%	27%	23%	32%
Worry 'quite a lot' or 'a lot' about the way they look	26%	32%	24%	30%	29%	22%	25%
Worry 'quite a lot' or 'a lot' about problems with friends	31%	39%	28%	33%	29%	30%	29%
Worry 'quite a lot' or 'a lot' about money problems	15%	18%	12%	18%	18%	11%	15%

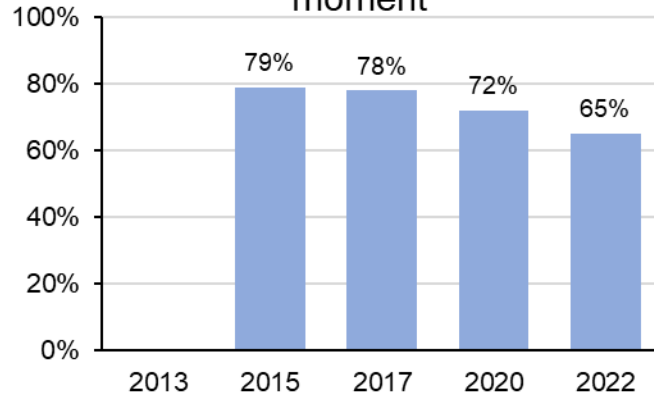
 Statistically significantly better than average across other areas

 Statistically significantly worse than average across other areas

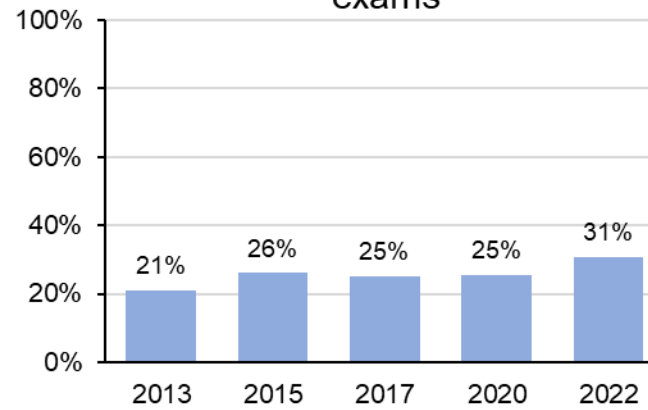
Wellbeing

Trend over time analysis

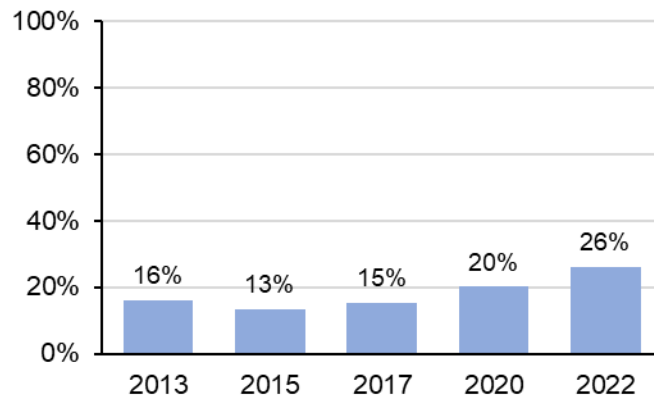
Feel happy with life at the moment



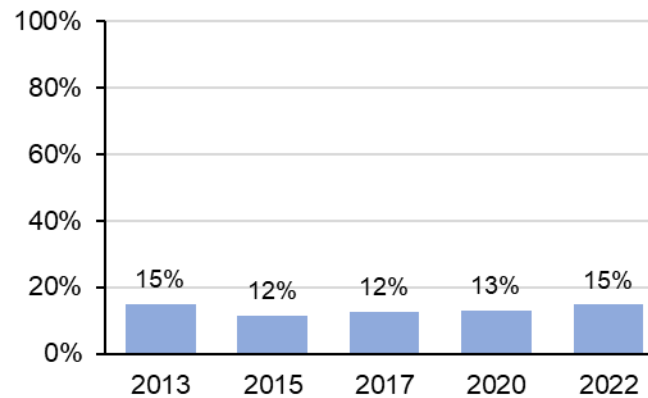
Worry about schoolwork and exams



Worry about the way I look



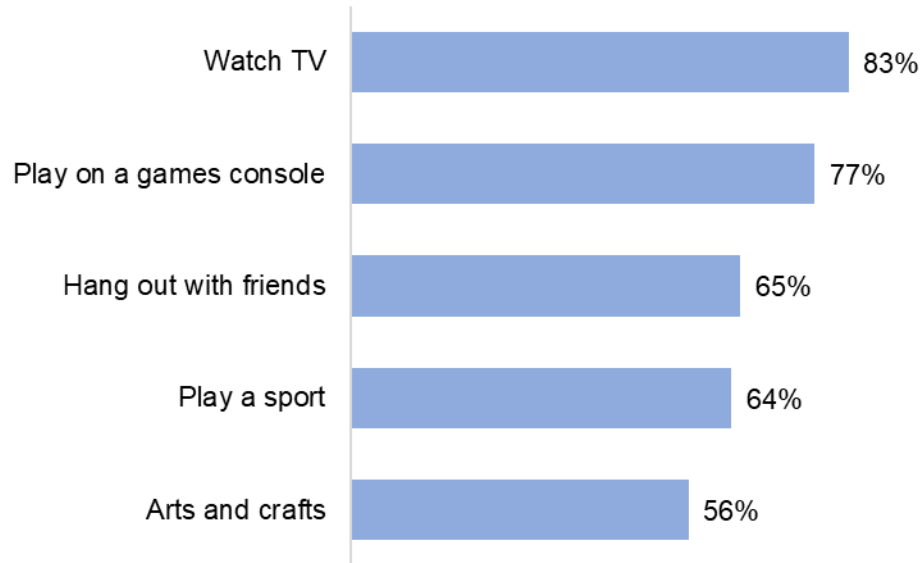
Worry about money problems



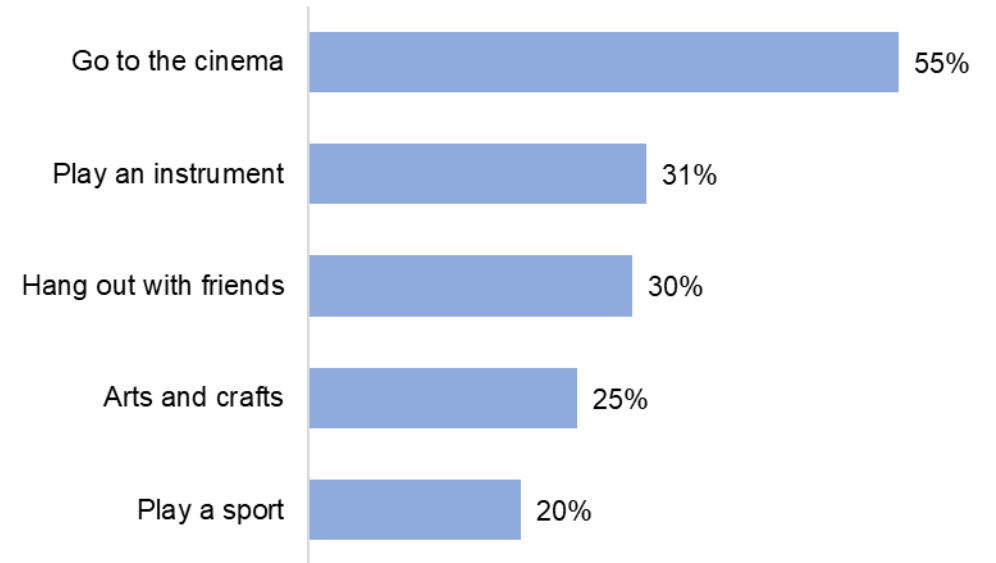
Free Time

Findings

Top-5 activities pupils do in their free time

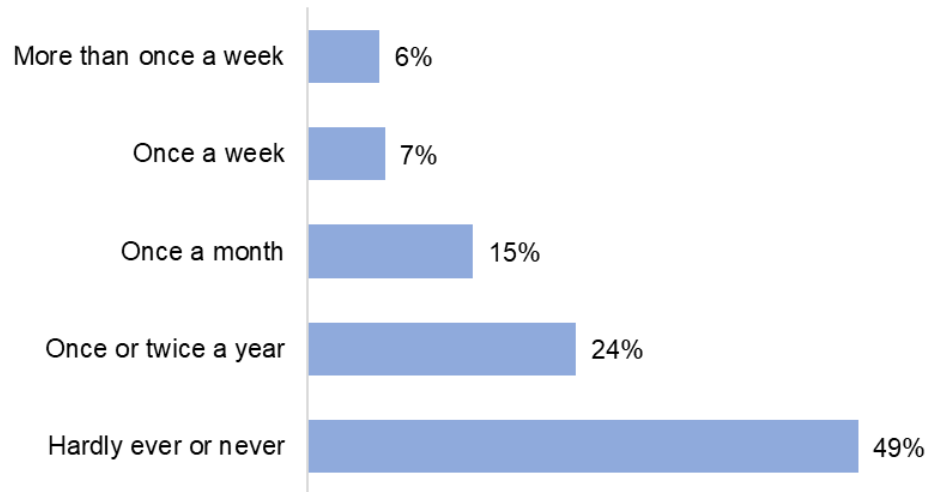


Top-5 activities pupils would like to do in free time

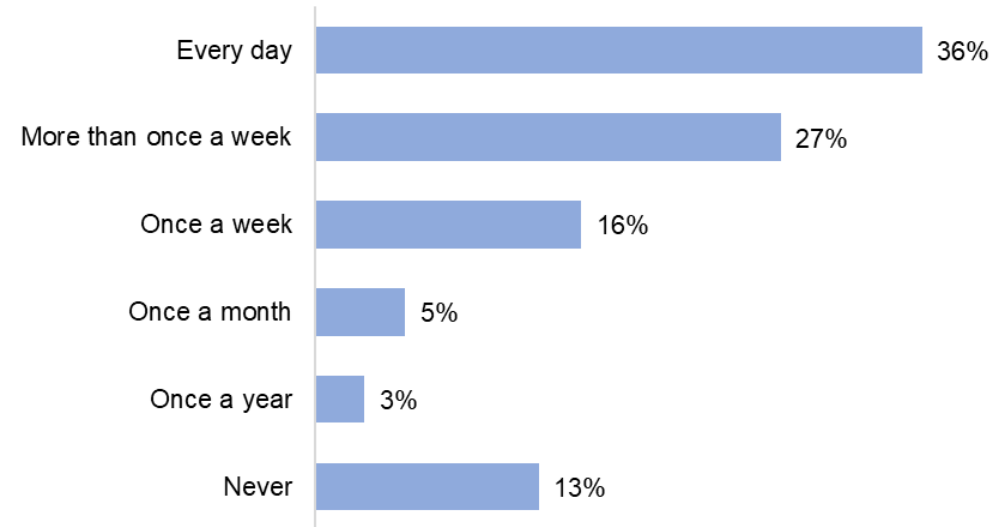


Free Time Findings

How often do you go to the countryside in your own time?




How often do you read a book at home?




Free Time

Inequality analysis

Free time	All year 5	Male	Female	Single parent family	Other family	Young carer	Non carer	Special needs	Non-special needs	Most deprived	Least deprived
Hardly ever' or 'never' go to countryside in own time	49%	47%	50%	51%	48%	52%	47%	49%	48%	51%	48%
'Never' read a book	13%	19%	7%	17%	12%	15%	12%	18%	10%	13%	13%


 Statistically significantly better than average


 Statistically significantly worse than average


Free Time


Area analysis

Free time	All Year 5	Castleford & Airedale	Normanton & Featherstone	Pontefract & Knottingley	South East	South West	Wakefield Central & North West
I would like to play a sport but don't at the moment	20%	26%	23%	16%	22%	16%	19%
I would like to go to the cinema/theatre but don't at the moment	55%	60%	53%	58%	56%	51%	54%
I hang out with friends	65%	61%	65%	63%	72%	65%	64%
'Hardly ever' or 'never' go to countryside in own time	49%	62%	51%	46%	42%	43%	52%
'Never' read a book	13%	19%	13%	14%	15%	13%	9%

 Statistically significantly better than average across other areas

 Statistically significantly worse than average across other areas

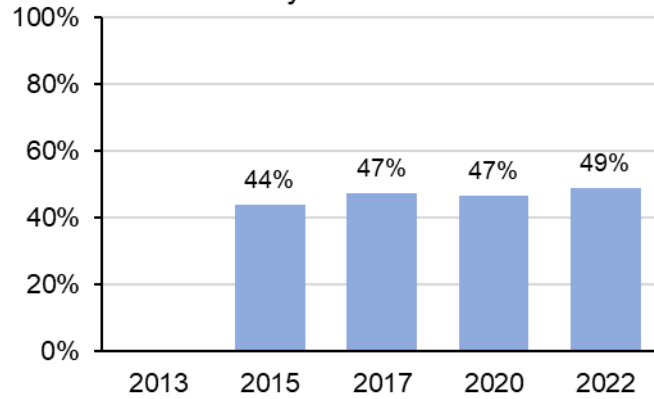
 Statistically significantly higher than average across other areas

 Statistically significantly lower than average across other areas

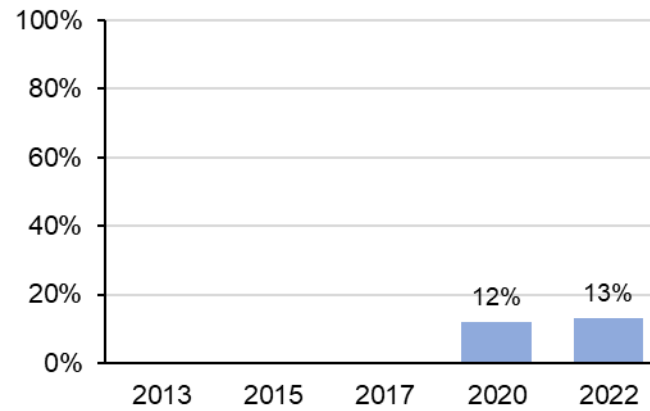
Free Time

Trend over time analysis

'Hardly ever' or 'never' go to countryside in own time

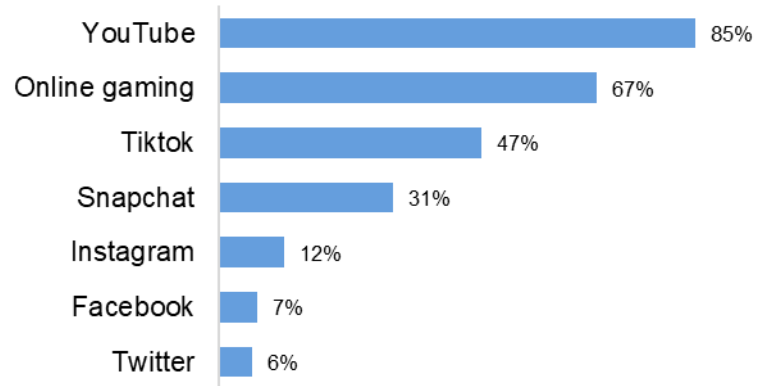


Never read a book in own time



Social Media and the Internet Findings


Which of these apps/websites do you use?




Social Media and the Internet

Inequality analysis

Social media	All year 5	Male	Female	Single parent family	Other family	Young carer	Non carer	Special needs	Non-special needs	Most deprived	Least deprived
Use You Tube	85%	84%	86%	83%	85%	85%	85%	85%	85%	90%	86%
Use online gaming	67%	73%	61%	65%	67%	70%	67%	65%	69%	69%	68%
Use TikTok	47%	41%	52%	51%	46%	47%	47%	50%	45%	60%	41%
Use Snapchat	31%	25%	37%	36%	30%	30%	31%	32%	30%	43%	27%
Use Instagram	12%	11%	12%	13%	11%	15%	11%	13%	11%	16%	10%

 Statistically significantly higher than average

 Statistically significantly lower than average