

School Health Survey 2022

Year 7 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 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, 2,242 valid responses were received from Year 7 pupils from across 16 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 say they live.

For area analysis purposes Wakefield Girls High School has been included in the Wakefield Central and North West cluster.

Headline Findings

Diet and Oral Health



31% did not have breakfast this morning



66% think their diet is healthy



46% have been to the dentist in the last 6 months



56% eat fruit and veg on most days



50% think they need to eat more healthily



77% brush their teeth at least twice a day



Headline Findings

Physical Activity and Smoking



18% think the amount of physical activity they do is not enough to keep healthy



25% think they don't have the time to be more active



44% usually walk to school



26% ride a bike more than once a week



45% of pupils take part in running, making it the most popular sport

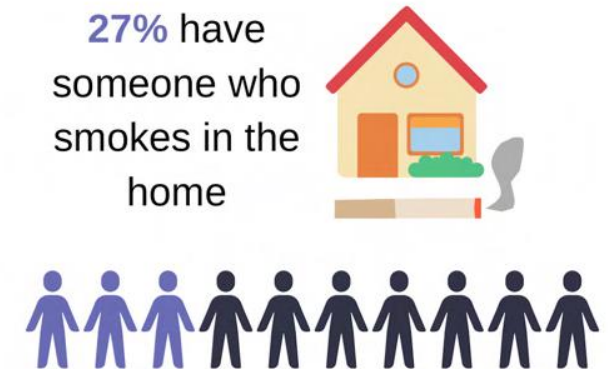
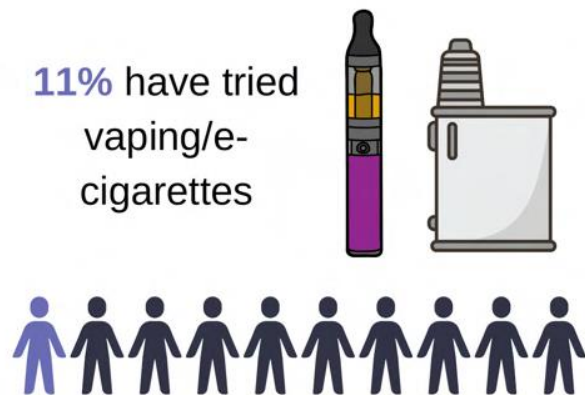
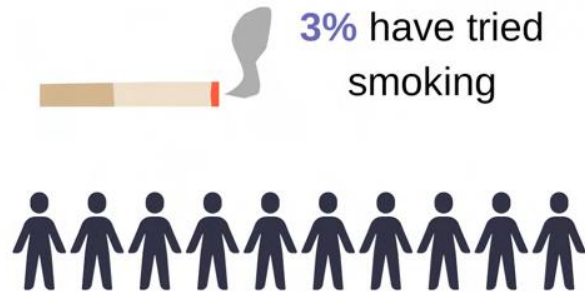
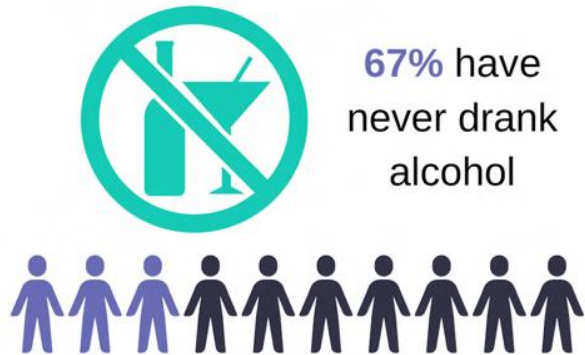


34% travel to school by car or van



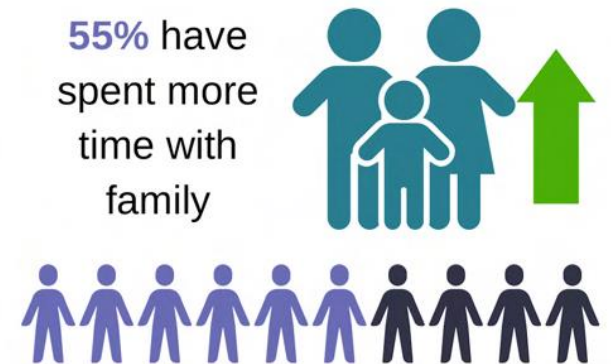
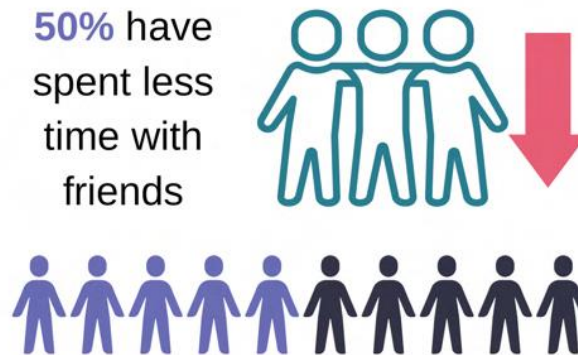
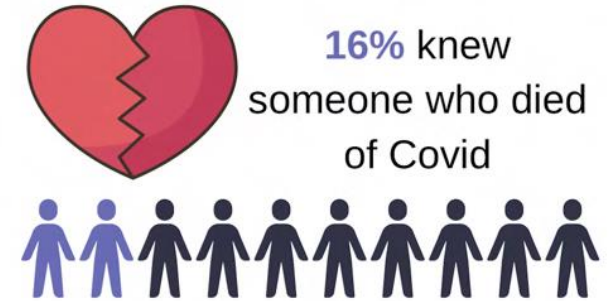
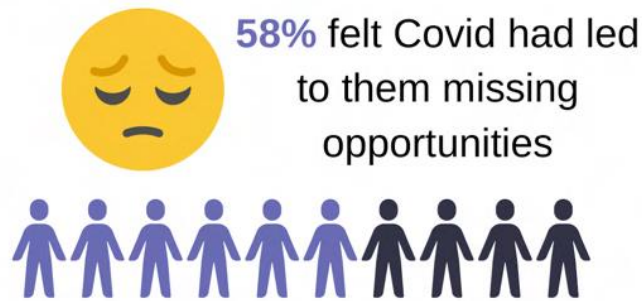
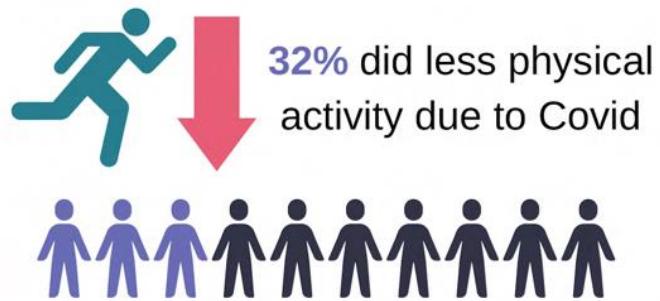
Headline Findings

Smoking and Alcohol



Headline Findings

COVID-19



Headline Findings

Bullying, Safety and Wellbeing



8% often or very often feel scared going to school because they are bullied



31% have been picked on or bullied due to their size or weight



25% thought their school would not help to stop bullying if they experienced it



53% felt lonely some or most of the time



61% felt happy with their life at the moment



71% feel safe in the area they live



Headline Findings

Free Time, Social Media and Gambling



38% go to the countryside 'hardly ever' or 'never' in their own time



75% use YouTube



23% spend more than 10 hours a week playing computer games



15% read a book at home every day



68% use TikTok



30% haven't done any type of gambling in the last year



Headline Findings

Year 7 Trends*



Did not have breakfast
this morning

+10%

2020: 21%
2022: 31%



Brush teeth at least
twice a day

-5%

2020: 82%
2022: 77%



Someone smokes at
home

+10%

2020: 17%
2022: 27%

Feel happy with life
at the moment

-11%

2020: 71%
2022: 60%



Worry about
the way I look

+11%

2020: 27%
2022: 38%



Worry about
schoolwork and
exams

+15%

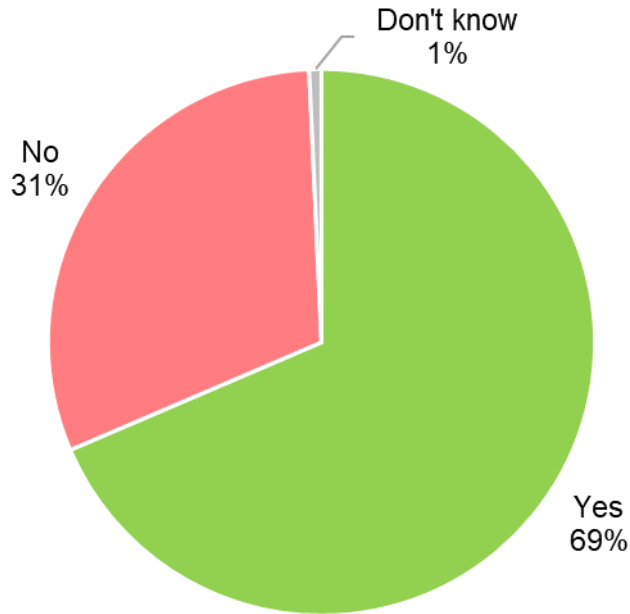
2020: 30%
2022: 45%



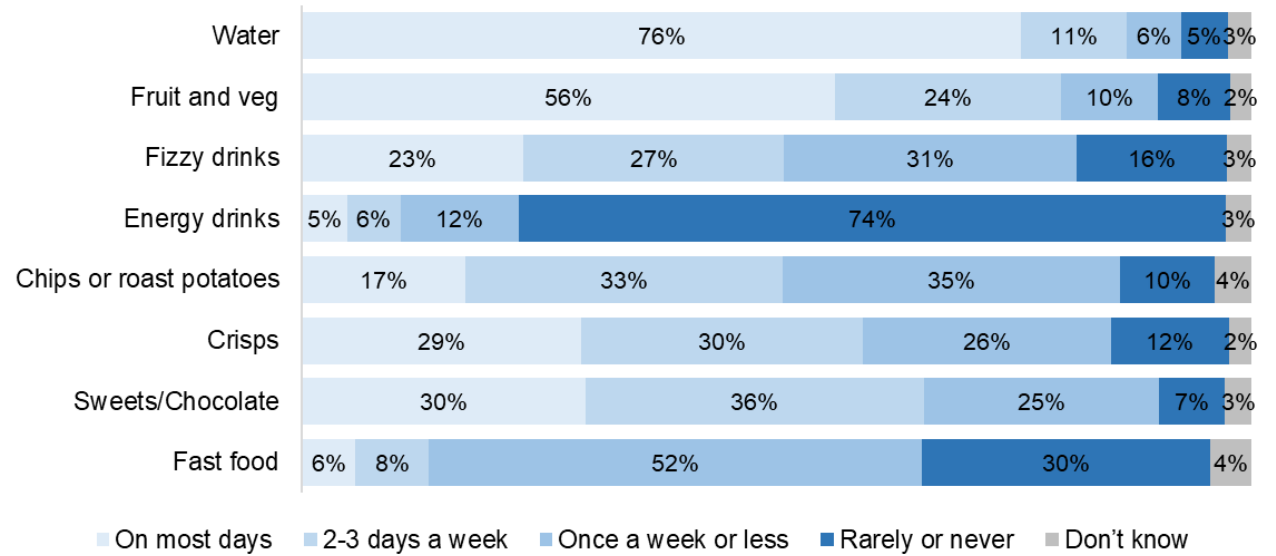
* Change in percentage points

Diet and Oral Health Findings

Did you have breakfast this morning?



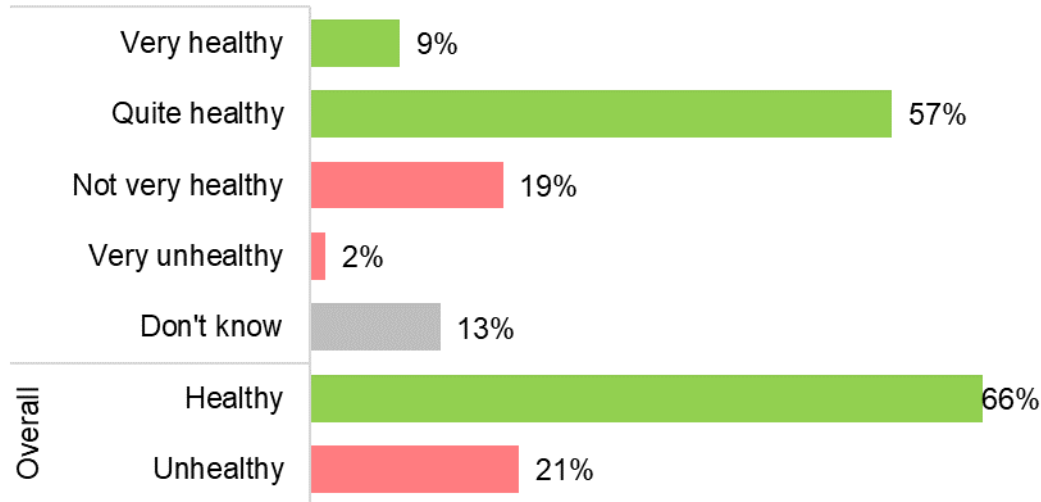
How often to you eat or drink...?



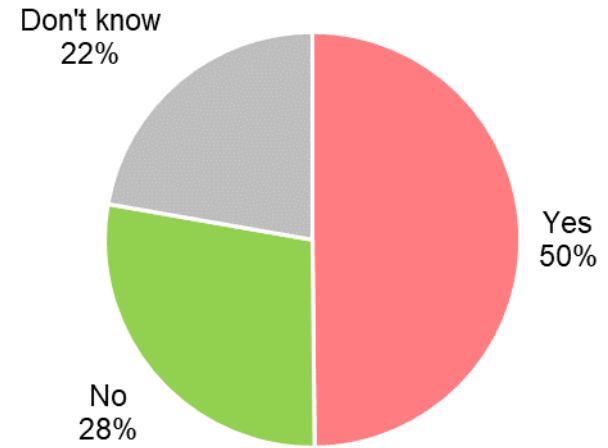
Diet and Oral Health

Findings

Is the diet (the food you eat) healthy?

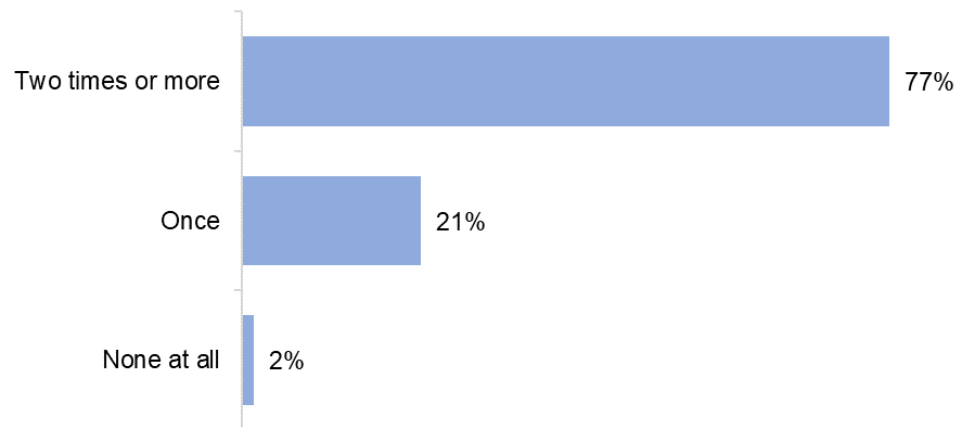


Do you think you need to eat more healthily?

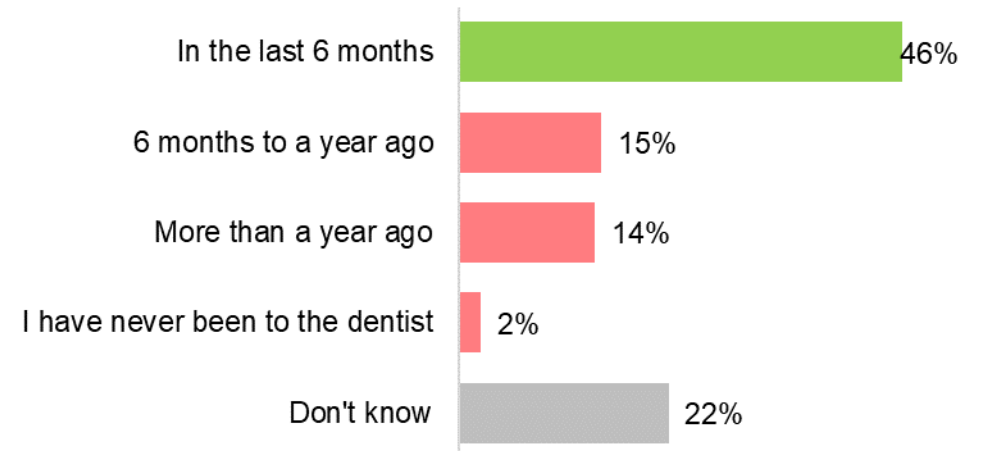


Diet and Oral Health Findings

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 7	Male	Female	White British	Other ethnicity	Single parent family	Other family	Young carer	Non carer	Special needs	Non-special needs	Most deprived	Least deprived
Had breakfast this morning	69%	77%	63%	70%	65%	60%	70%	63%	72%	66%	69%	63%	80%
Eat fruit/veg most days	56%	52%	60%	57%	57%	52%	57%	51%	59%	52%	58%	52%	80%
Drink fizzy drinks most days	23%	27%	19%	24%	21%	28%	22%	28%	21%	31%	21%	33%	13%
Think they have a healthy diet	66%	65%	68%	67%	69%	59%	68%	63%	69%	62%	68%	60%	82%
Think they need to eat more healthily	50%	51%	49%	50%	51%	54%	49%	55%	48%	54%	49%	57%	46%
Brush at least twice a day	77%	72%	82%	78%	75%	72%	78%	74%	79%	71%	79%	77%	84%
Been to dentist in last six months	46%	44%	50%	47%	45%	42%	47%	45%	47%	44%	48%	40%	52%


 Statistically significantly better than average


 Statistically significantly worse than average

Diet and Oral Health

Area analysis

Diet and oral health	All Year 7	Castleford & Airedale	Normanton & Featherstone	Pontefract & Knottingley	South East	South West	Wakefield Central & North West
Had breakfast this morning	69%	64%	71%	66%	66%	77%	66%
Eat fruit/veg on 'most days'	56%	49%	57%	59%	49%	67%	60%
Drink fizzy drinks on 'most days'	23%	26%	27%	18%	27%	15%	21%
Think they have healthy diet	66%	63%	66%	66%	64%	75%	67%
Think they need to eat more healthily	50%	52%	49%	52%	47%	48%	52%
Brush teeth at least twice a day	77%	78%	72%	85%	72%	84%	77%
Been to dentist in last six months	46%	47%	44%	54%	40%	53%	46%

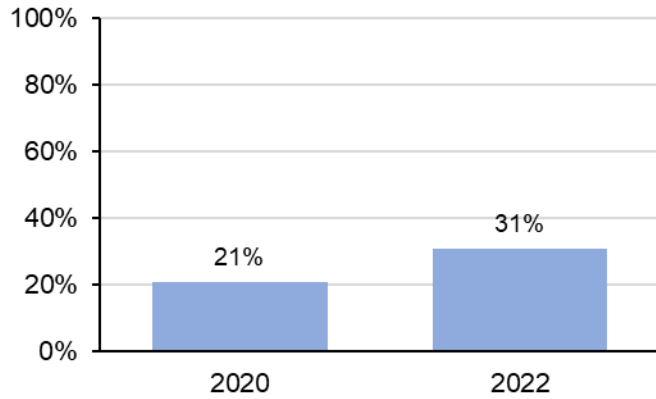
 Statistically significantly better than average across other areas

 Statistically significantly worse than average across other areas

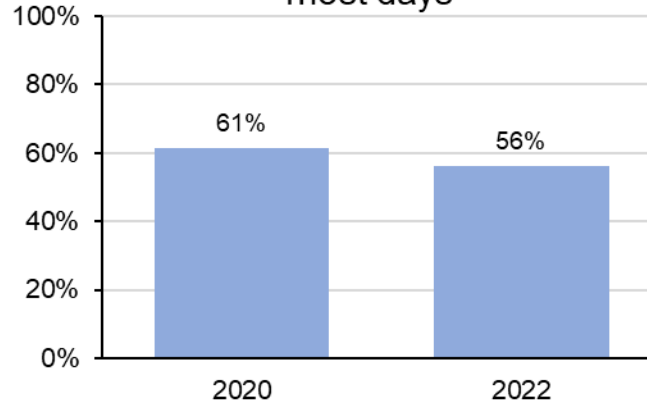
Diet and Oral Health

Trend over time analysis

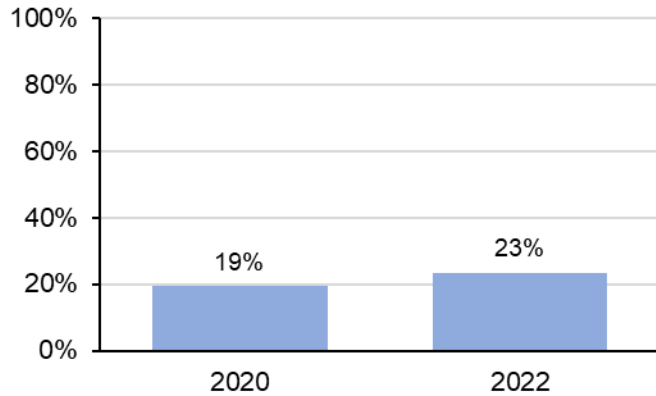
Had no breakfast this morning



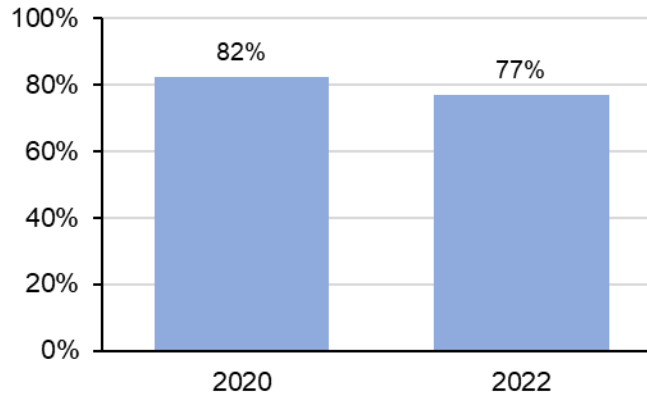
Eat fruit and vegetables on most days



Drink fizzy drinks on 'most days'

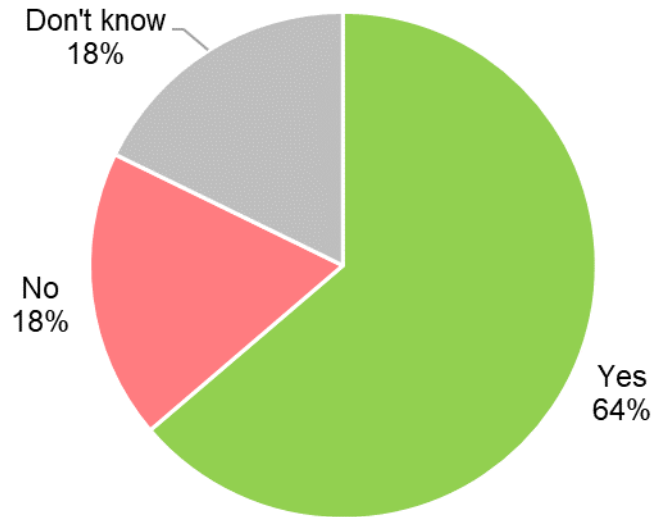


Brush teeth at least twice a day

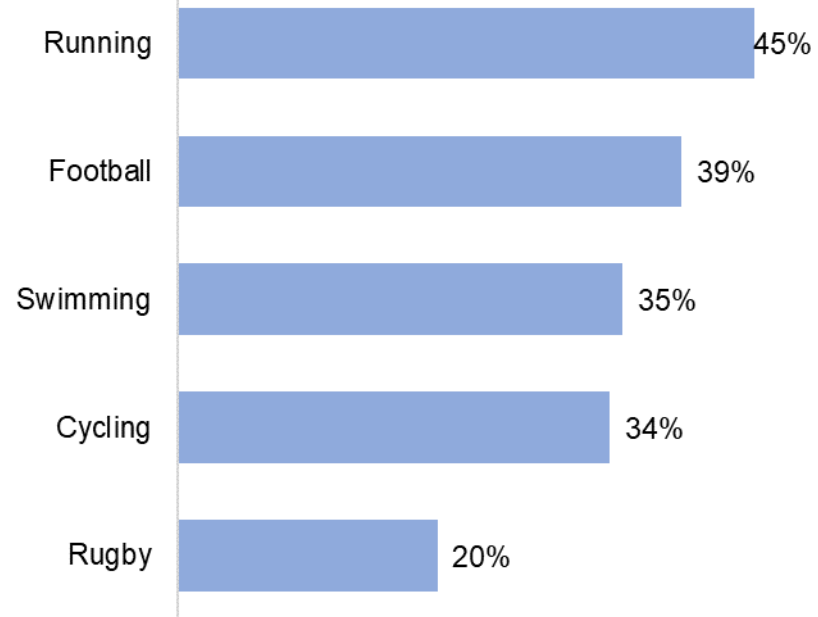


Physical Activity Findings

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

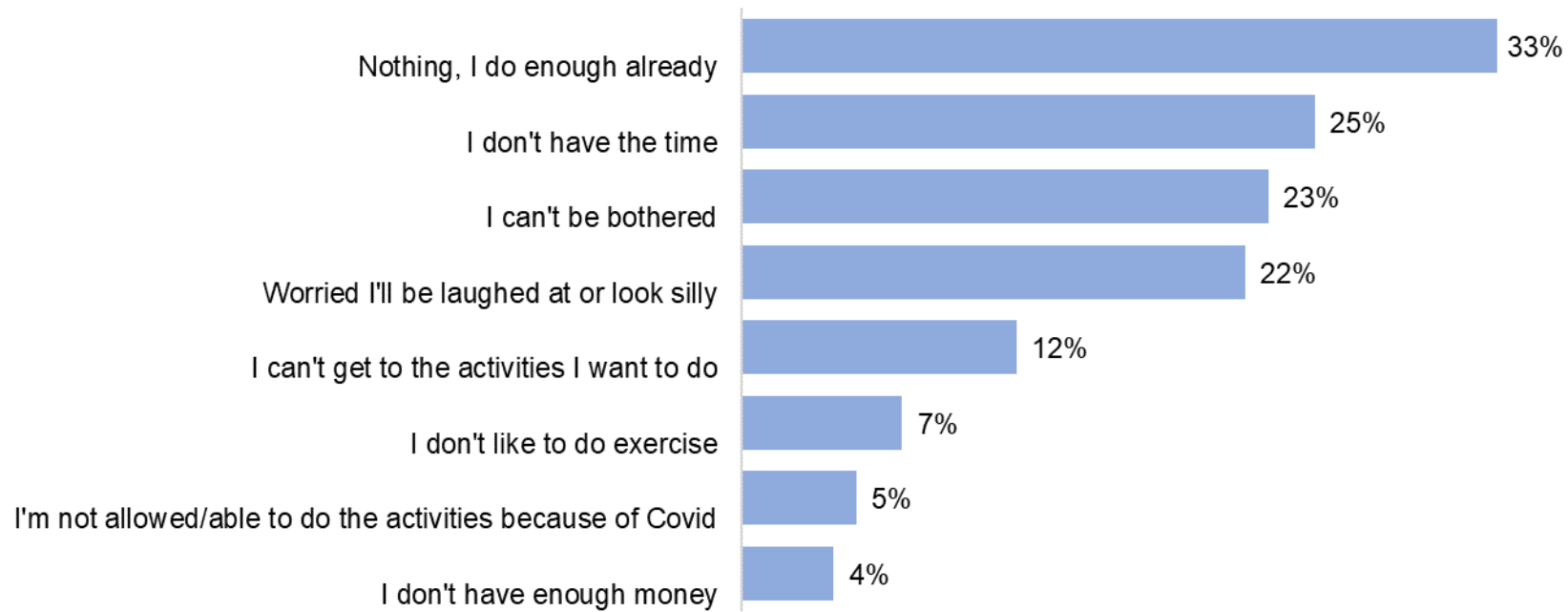


Five most popular sports



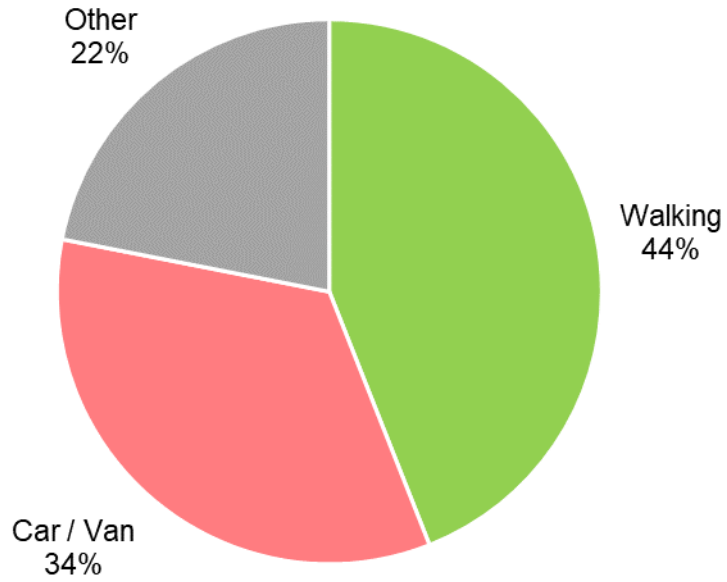
Physical Activity Findings

Barriers to being more active

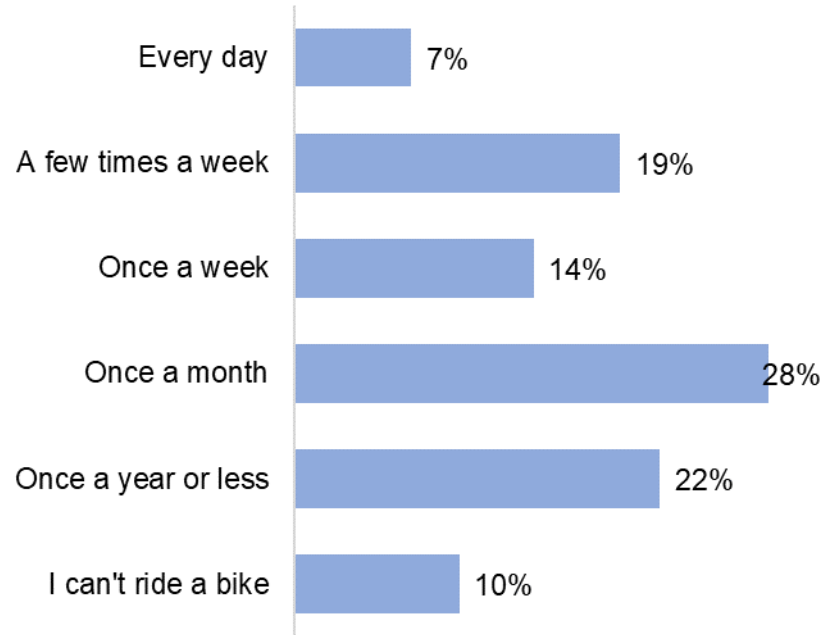


Physical Activity Findings

Travelling to school




How often do you ride a bike




Physical Activity

Inequality analysis

Physical activity	All year 7	Male	Female	White British	Other ethnicity	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	18%	16%	20%	18%	21%	24%	17%	21%	16%	19%	18%	18%	11%
Usually walk to school	44%	44%	43%	45%	39%	46%	44%	38%	45%	40%	45%	52%	29%
Usually travel to school by car or van	34%	33%	36%	34%	37%	31%	35%	39%	33%	37%	34%	22%	45%
Don't have a bike	17%	12%	21%	16%	22%	24%	16%	19%	17%	18%	17%	30%	7%
Ride bike more than once a week	26%	39%	15%	26%	28%	27%	26%	31%	26%	32%	25%	26%	11%


 Statistically significantly better than average


 Statistically significantly worse than average

Physical Activity

Area analysis

Physical activity	All Year 7	Castleford & Airedale	Normanton & Featherstone	Pontefract & Knottingley	South East	South West	Wakefield Central & North West
Think amount of physical activity is not enough	18%	18%	19%	17%	22%	15%	18%
Usually walk to school	44%	54%	27%	43%	42%	58%	43%
Usually travel to school by car or van	34%	36%	29%	38%	37%	30%	39%
Don't have a bike	17%	18%	16%	13%	17%	15%	22%
Ride bike more than once a week	26%	32%	22%	35%	30%	17%	25%

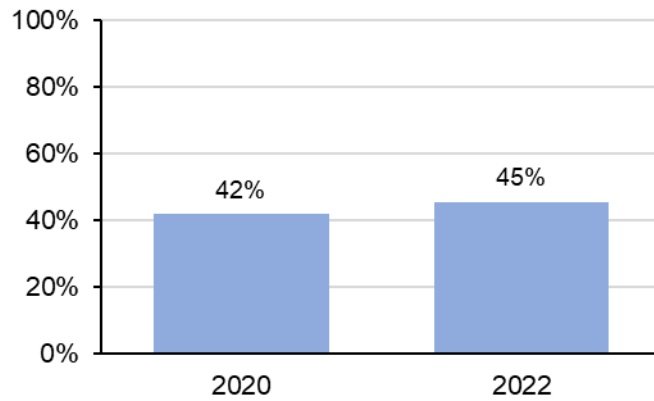
 Statistically significantly better than average across other areas

 Statistically significantly worse than average across other areas

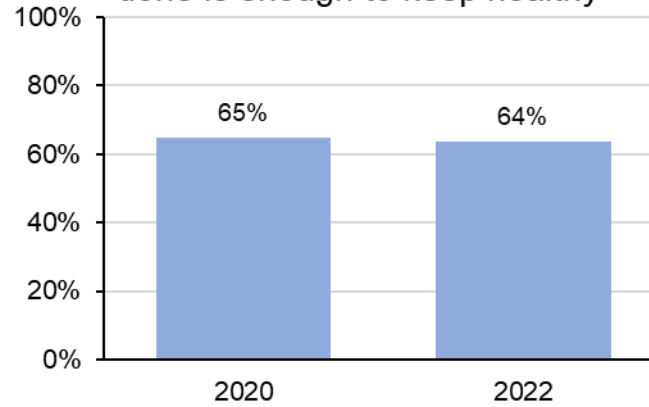
Physical Activity

Trend over time analysis

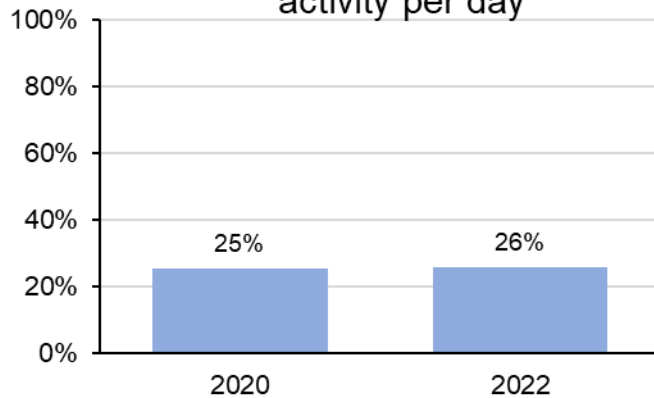
Walk or cycle to school



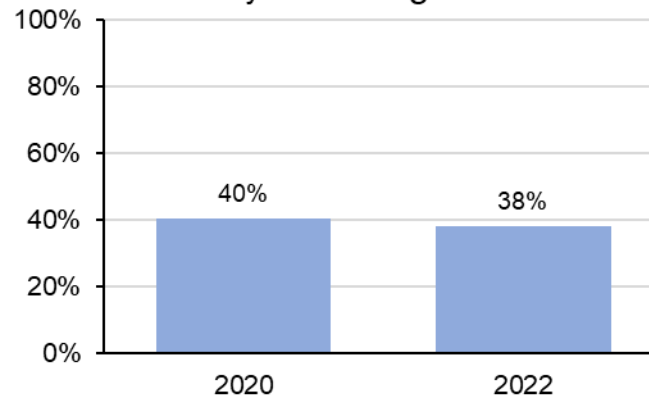
Think amount of physical activity done is enough to keep healthy



Does less than 1 hour physical activity per day

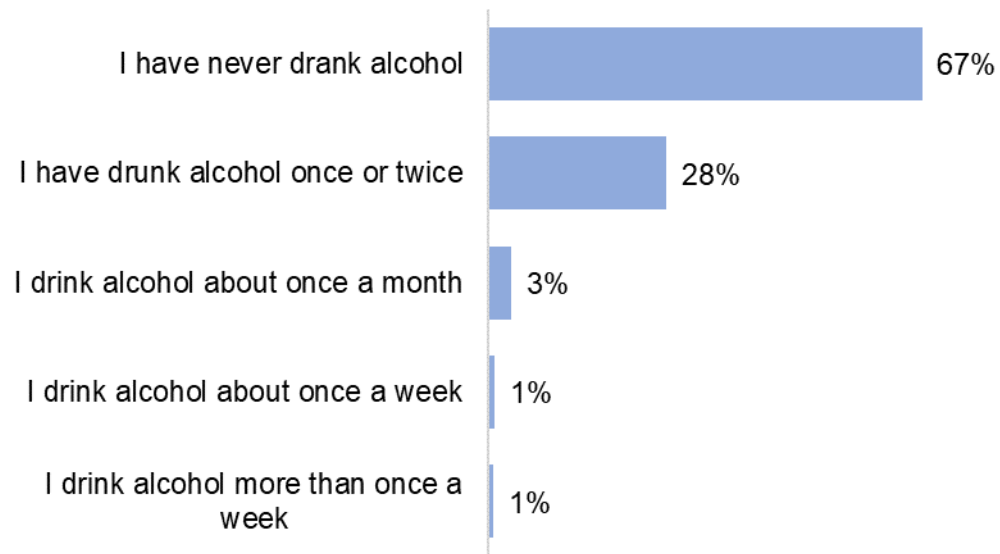


Inactive pupils (<1 hr) who think they do enough exercise

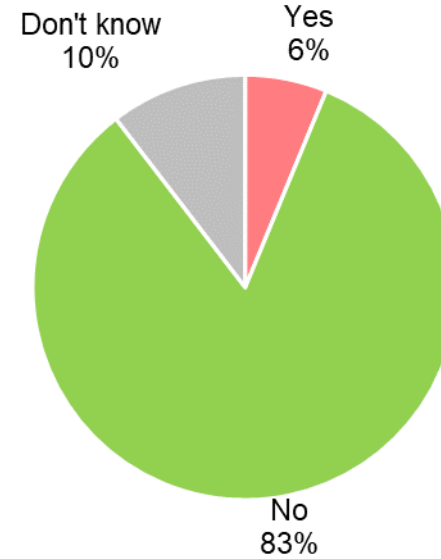


Alcohol and Smoking Findings

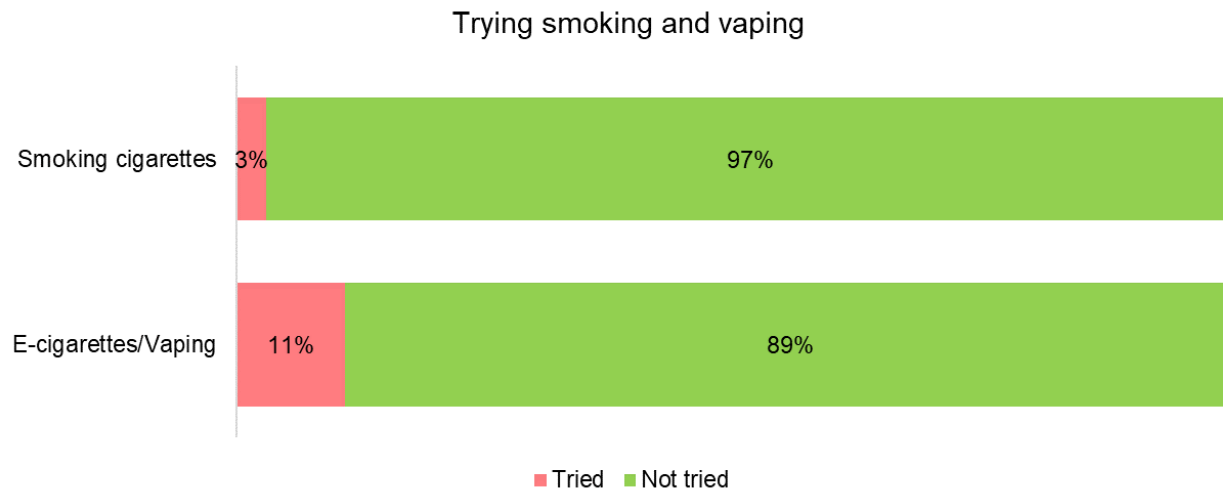
How often do you drink alcohol?



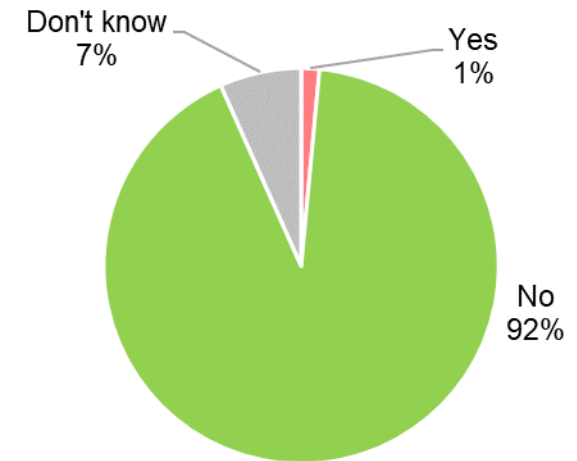
Do you think it is OK for young people to drink alcohol?



Alcohol and Smoking Findings

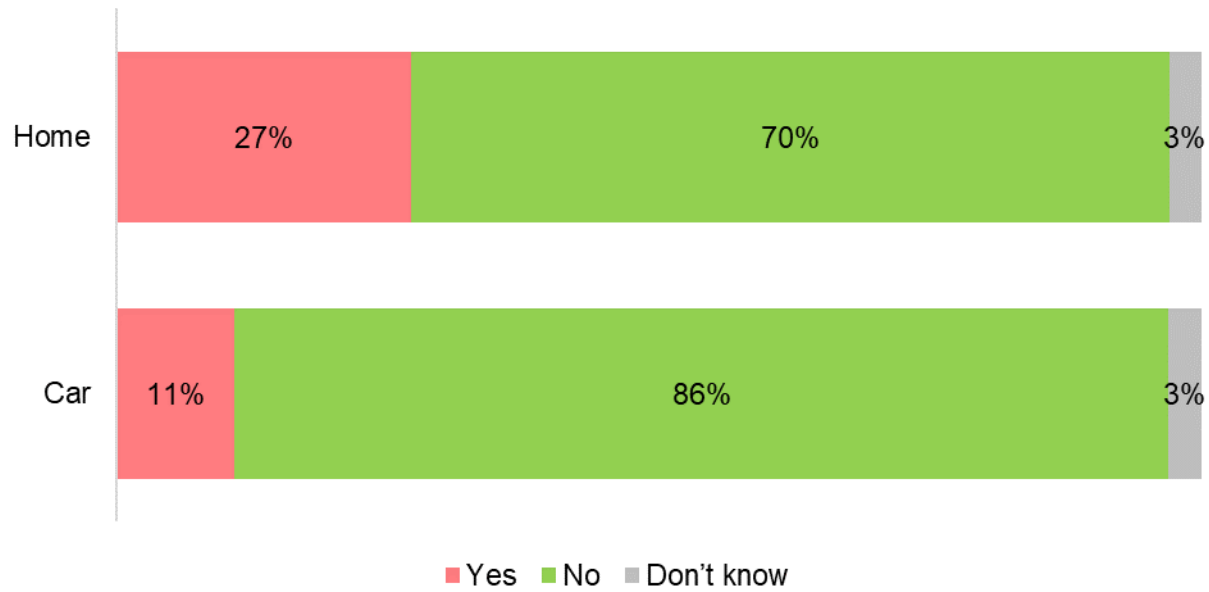


Do you think it is OK for young people to smoke?



Alcohol and Smoking Findings


Does anyone smoke inside at home or in the car?




Alcohol and Smoking

Inequality analysis

Alcohol and smoking	All year 7	Male	Female	White British	Other ethnicity	Single parent family	Other family	Young carer	Non carer	Special needs	Non-special needs	Most deprived	Least deprived
Never tried alcohol	67%	67%	68%	65%	76%	62%	68%	62%	69%	61%	69%	68%	86%
Think it is ok for young people to get drunk	6%	7%	5%	7%	5%	8%	6%	9%	6%	10%	6%	6%	0%
At least tried smoking	3%	2%	3%	3%	4%	3%	3%	2%	2%	5%	3%	4%	0%
At least tried e-cigarettes/vaping	11%	11%	10%	11%	13%	13%	10%	14%	10%	16%	9%	15%	2%
Think it is ok for young people to smoke	1%	1%	1%	1%	2%	2%	1%	2%	1%	3%	1%	1%	0%
Someone smokes inside at home	27%	29%	25%	26%	27%	31%	26%	41%	23%	35%	25%	39%	14%
Someone smokes in the car	11%	12%	9%	10%	11%	12%	11%	20%	8%	16%	10%	10%	5%


 Statistically significantly better than average


 Statistically significantly worse than average

Alcohol and Smoking

Area analysis

Alcohol and smoking	All Year 7	Castleford & Airedale	Normanton & Featherstone	Pontefract & Knottingley	South East	South West	Wakefield Central & North West
Never tried alcohol	67%	62%	61%	63%	64%	74%	85%
Think it is ok for young people to get drunk	6%	7%	7%	5%	9%	5%	3%
At least tried smoking	3%	3%	2%	4%	5%	1%	4%
At least tried e-cigarettes/vaping	11%	11%	8%	16%	12%	6%	16%
Think it's ok for young people to smoke	1%	1%	2%	1%	2%	1%	2%
Someone smokes inside at home	27%	30%	28%	22%	31%	20%	28%
Someone smokes in the car	11%	15%	12%	10%	9%	6%	12%

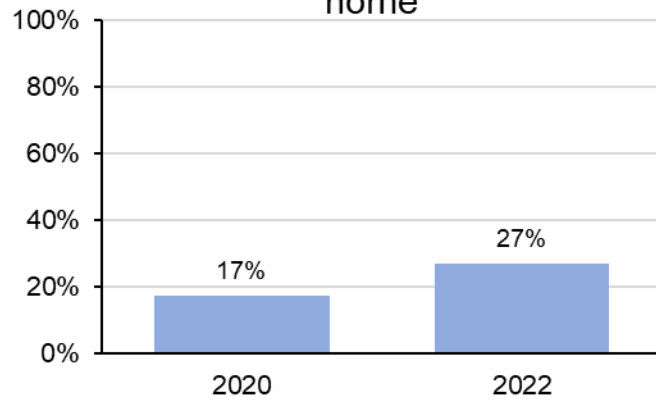
 Statistically significantly better than average across other areas

 Statistically significantly worse than average across other areas

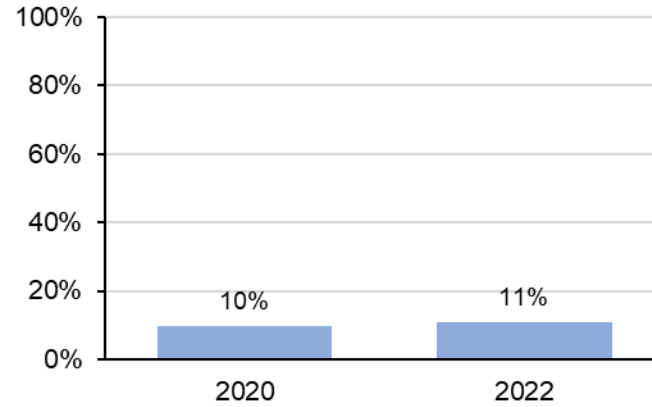
Alcohol and Smoking

Trend over time analysis

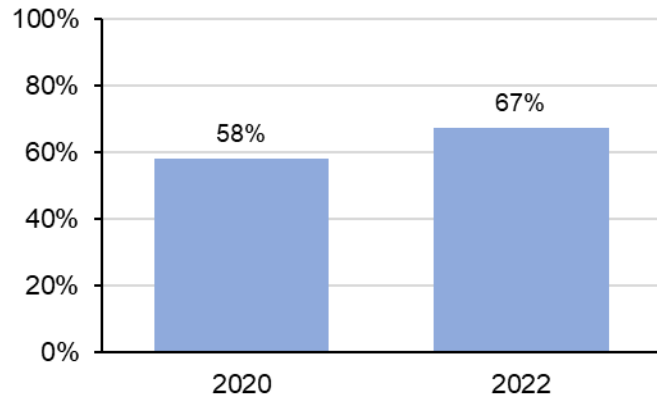
Someone smokes inside at home



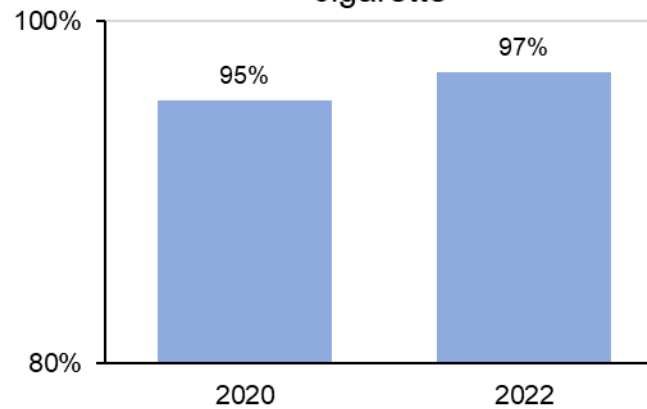
Have at least tried e-cigarettes



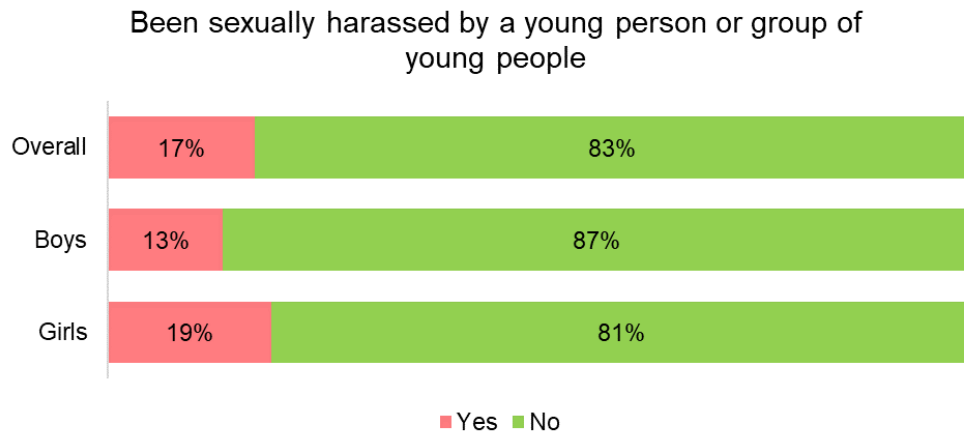
Have never tried alcohol



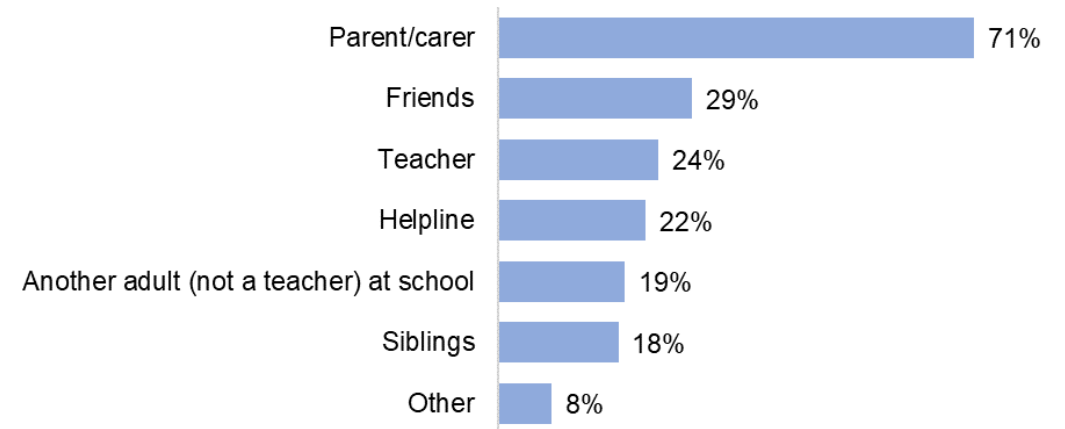
Have never tried smoking a cigarette



Sexual Harassment Findings




Who would you tell about sexual harassment?




Sexual Harassment

Inequality analysis

Sexual harassment	All year 7	Male	Female	White British	Other ethnicity	Single parent family	Other family	Young carer	Non carer	Special needs	Non-special needs	Most deprived	Least deprived
Been sexually harassed by a young person or group of young people	17%	13%	19%	15%	24%	18%	17%	25%	14%	17%	17%	20%	9%
Know who to report sexual harassment to at school	75%	75%	75%	76%	77%	74%	75%	74%	76%	75%	76%	75%	86%
Have been taught about sexual harassment at school	75%	77%	73%	75%	73%	73%	75%	71%	75%	71%	75%	79%	69%


 Statistically significantly better than average


 Statistically significantly worse than average

Sexual Harassment

Area analysis

Sexual harassment	All Year 7	Castleford & Airedale	Normanton & Featherstone	Pontefract & Knottingley	South East	South West	Wakefield Central & North West
Been sexually harassed by a young person or group of young people	17%	18%	19%	17%	16%	14%	15%
Know who to report sexual harassment to at school	75%	79%	75%	79%	67%	76%	76%
Have been taught in school about sexual harassment	75%	93%	80%	90%	61%	61%	65%

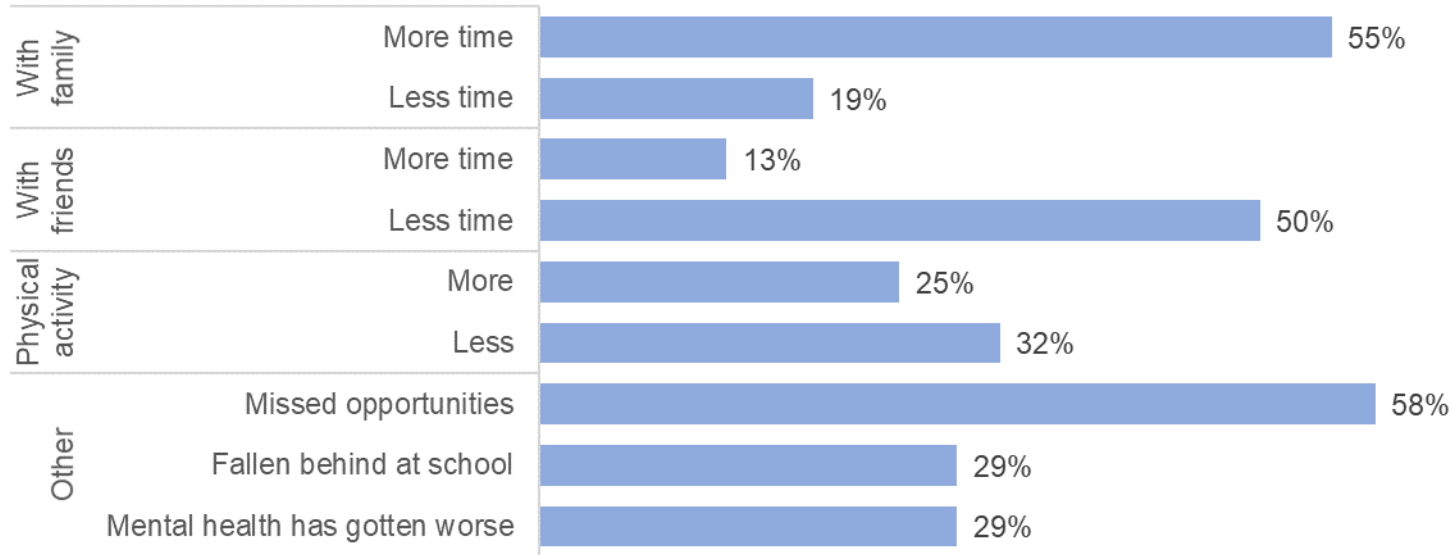
 Statistically significantly better than average across other areas

 Statistically significantly worse than average across other areas

COVID-19

Findings


Changes due to Covid-19




COVID-19

Inequality analysis

COVID-19	All year 7	Male	Female	White British	Other ethnicity	Single parent family	Other family	Young carer	Non carer	Special needs	Non-special needs	Most deprived	Least deprived
Have done less physical exercise	32%	32%	31%	32%	32%	34%	32%	33%	31%	30%	33%	35%	29%
Have fallen behind at school	29%	24%	32%	27%	34%	29%	28%	33%	26%	31%	27%	30%	18%
Knew someone who died of Covid	16%	14%	18%	15%	24%	15%	16%	20%	15%	19%	15%	15%	12%


 Statistically significantly better than average


 Statistically significantly worse than average

COVID-19

Area analysis

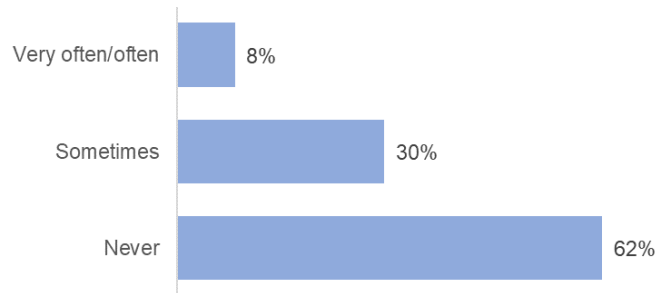
COVID-19	All Year 7	Castleford & Airedale	Normanton & Featherstone	Pontefract & Knottingley	South East	South West	Wakefield Central & North West
Have done less physical exercise	32%	28%	36%	27%	33%	31%	36%
Have fallen behind at school	29%	21%	31%	20%	32%	31%	36%
Knew someone who died from Covid	16%	14%	16%	16%	17%	14%	21%

 Statistically significantly better than average across other areas

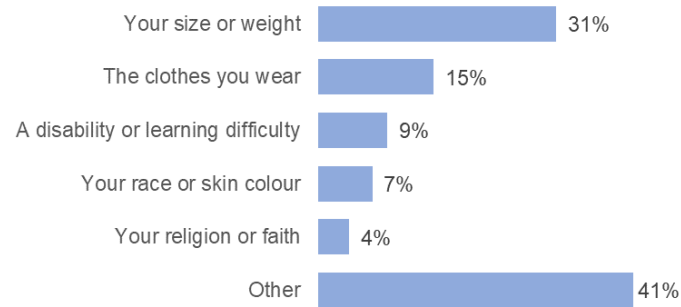
 Statistically significantly worse than average across other areas

Bullying and Safety Findings

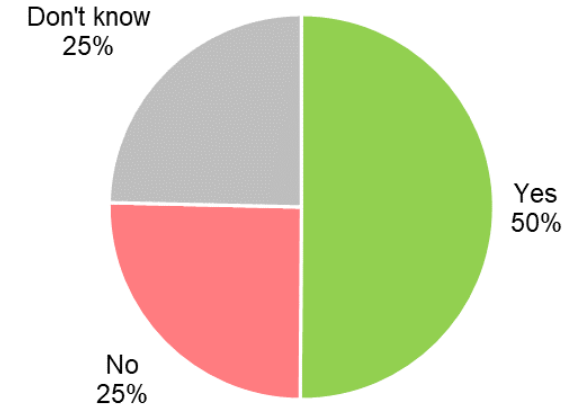
Do you ever feel scared of going to school because you are being bullied or picked on?



Reasons for being bullied



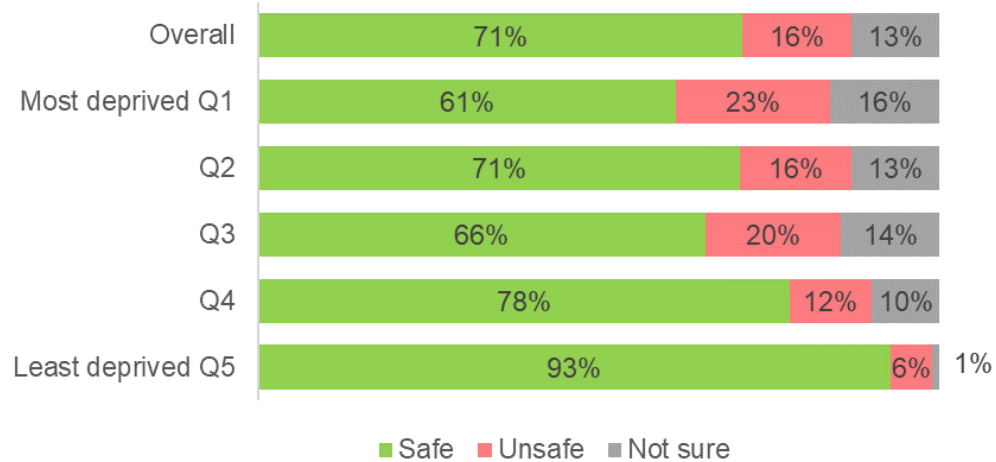
If you were being picked on or bullied, do you think your school would help make it stop?



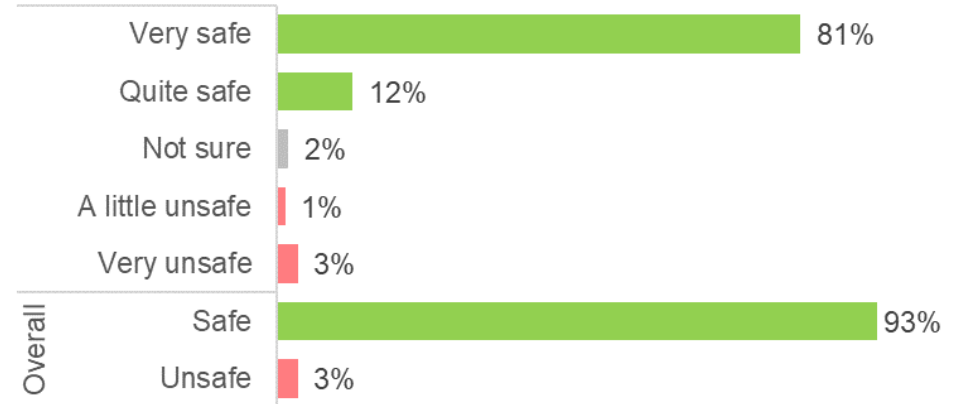
Bullying and Safety

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 7	Male	Female	White British	Other ethnicity	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	8%	5%	10%	8%	11%	10%	8%	14%	6%	9%	8%	5%	3%
Picked on or bullied because of size or weight	31%	26%	33%	30%	33%	36%	30%	40%	28%	33%	30%	33%	25%
If bullied, think school would not help it stop	25%	24%	26%	23%	37%	30%	24%	27%	25%	25%	25%	31%	14%
Feel safe in the area where they live	71%	74%	70%	72%	72%	65%	72%	59%	75%	68%	73%	58%	92%
Feel safe at home with the people they live with	93%	94%	93%	94%	90%	92%	94%	90%	94%	93%	94%	93%	93%


 Statistically significantly better than average


 Statistically significantly worse than average

Bullying and Safety

Area analysis

Bullying and safety	All Year 7	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	8%	9%	7%	10%	11%	8%	6%
Picked on' or bullied because of size or weight	31%	32%	31%	36%	34%	24%	28%
If bullied, think school would not help make it stop	25%	25%	20%	26%	28%	26%	29%
Feel safe in the area where they live	71%	67%	69%	66%	71%	80%	72%
Feel safe at home with people they live with	93%	91%	92%	93%	95%	96%	93%

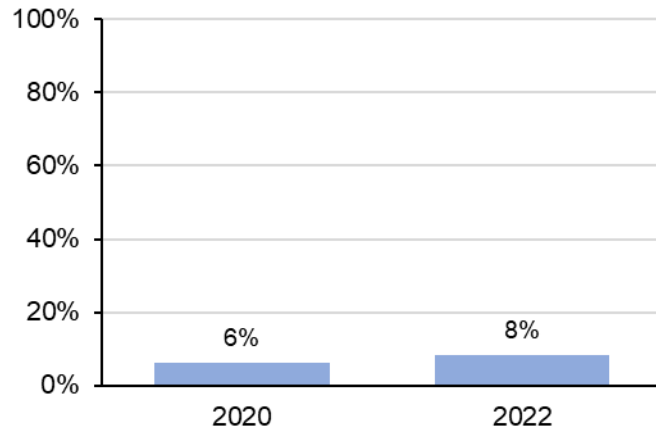
 Statistically significantly better than average across other areas

 Statistically significantly worse than average across other areas

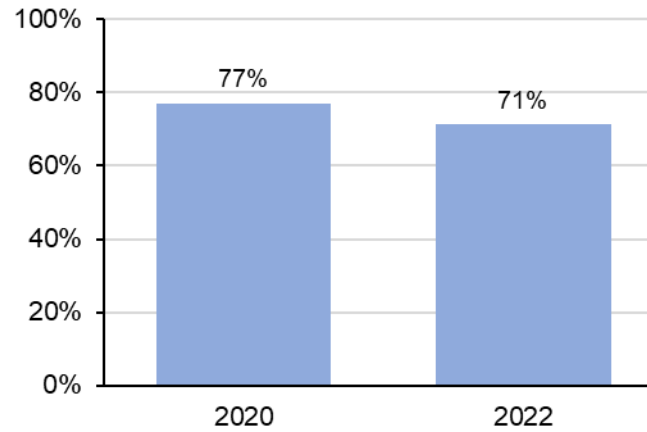
Bullying and Safety

Trend over time analysis

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

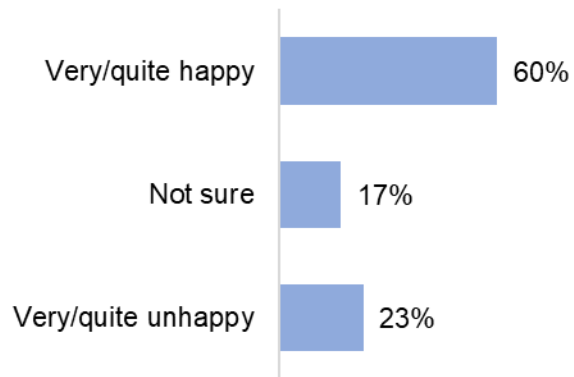


Feel safe in the area where they live

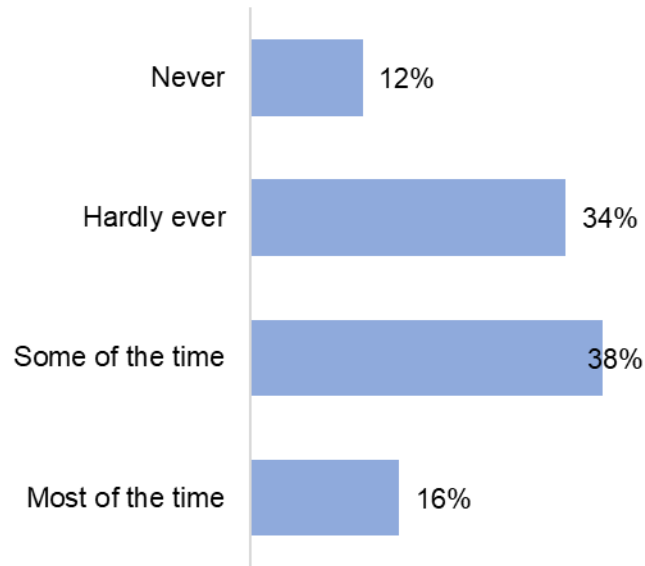


Wellbeing Findings

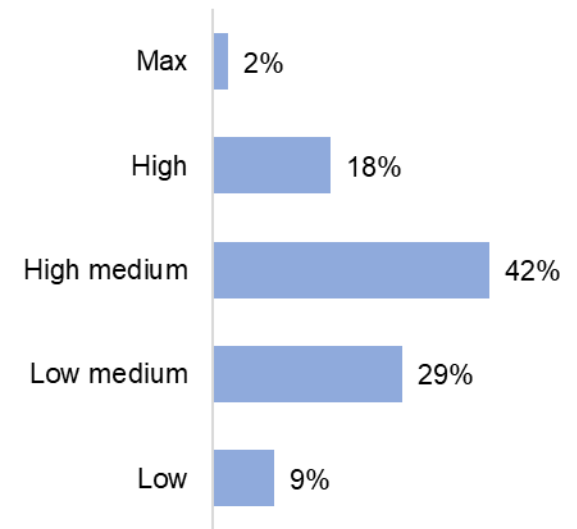
How happy do you feel with your life at the moment?



How often do you feel lonely?

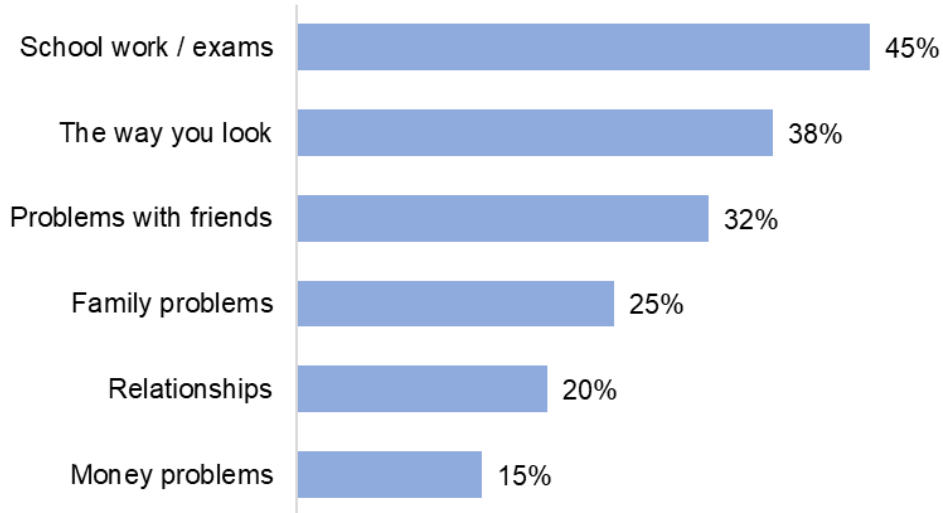


Mental wellbeing scores (SWEMWBS)

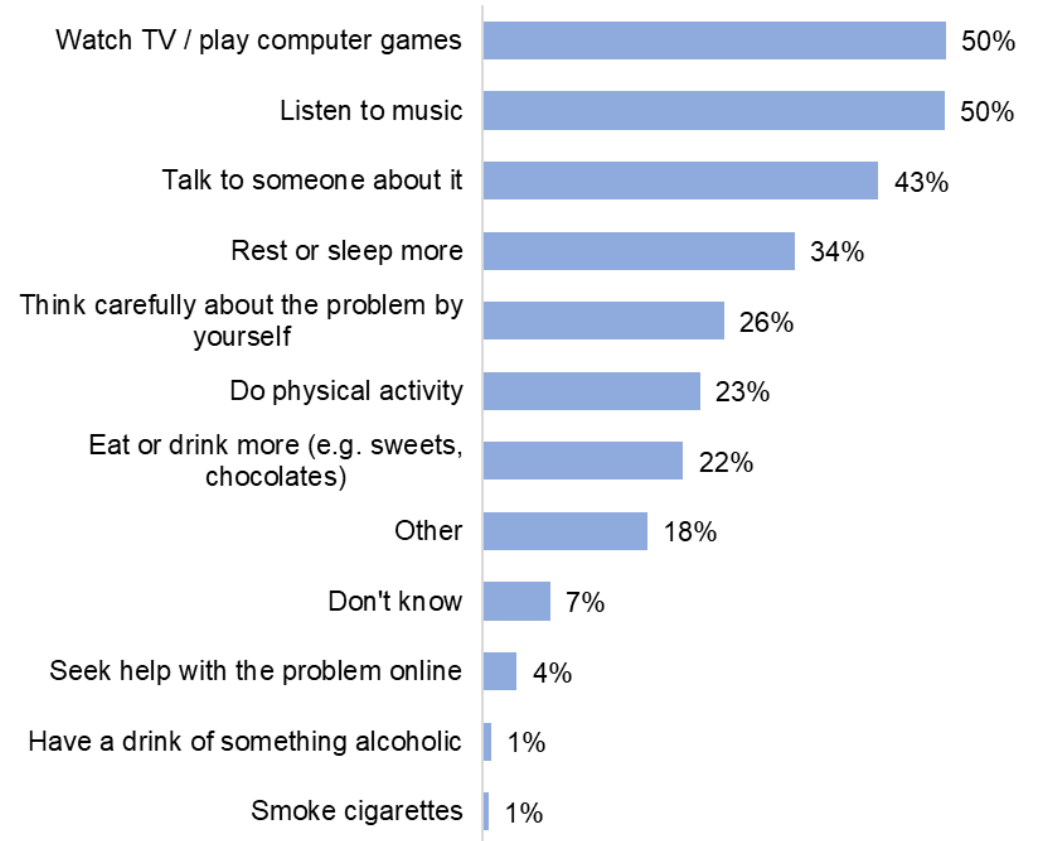


Wellbeing Findings

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 7	Male	Female	White British	Other ethnicity	Single parent family	Other family	Young carer	Non carer	Special needs	Non-special needs	Most deprived	Least deprived
Happy with life at the moment	60%	67%	55%	61%	60%	50%	62%	52%	65%	55%	62%	59%	69%
Feel lonely 'some' or 'most' of time	54%	46%	59%	53%	58%	61%	53%	64%	50%	57%	52%	61%	45%
High or maximum mental wellbeing score	20%	25%	17%	20%	23%	17%	21%	12%	24%	17%	22%	18%	31%
Worry 'quite a lot' or 'a lot' about school work/exams	45%	36%	52%	44%	51%	48%	45%	48%	43%	48%	44%	46%	47%
Worry 'quite a lot' or 'a lot' about the way they look	38%	24%	48%	38%	38%	43%	36%	49%	33%	37%	38%	42%	25%
Worry 'quite a lot' or 'a lot' about problems with friends	32%	22%	40%	31%	35%	35%	32%	35%	29%	33%	32%	29%	24%
Worry 'quite a lot' or 'a lot' about money problems	15%	13%	15%	14%	19%	21%	13%	25%	11%	19%	13%	19%	11%


 Statistically significantly better than average


 Statistically significantly worse than average

Wellbeing

Area analysis

Wellbeing	All Year 7	Castleford & Airedale	Normanton & Featherstone	Pontefract & Knottingley	South East	South West	Wakefield Central & North West
Happy with life at the moment	60%	55%	62%	58%	60%	61%	60%
Feel lonely 'some' or 'most' of time	54%	57%	52%	63%	51%	51%	57%
High or maximum mental wellbeing score	20%	20%	23%	13%	18%	23%	20%
Worry 'quite a lot' or 'a lot' about school work/exams	45%	49%	48%	48%	36%	42%	51%
Worry 'quite a lot' or 'a lot' about the way they look	38%	41%	36%	50%	36%	34%	36%
Worry 'quite a lot' or 'a lot' about problems with friends	32%	37%	30%	41%	32%	29%	31%
Worry 'quite a lot' or 'a lot' about money problems	15%	17%	14%	16%	12%	12%	18%

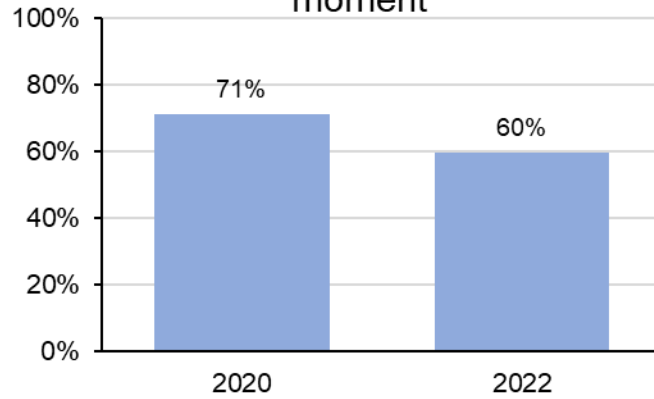
 Statistically significantly better than average across other areas

 Statistically significantly worse than average across other areas

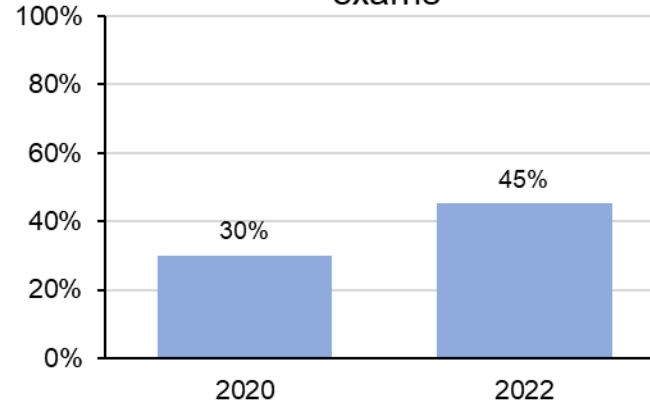
Wellbeing

Trend over time analysis

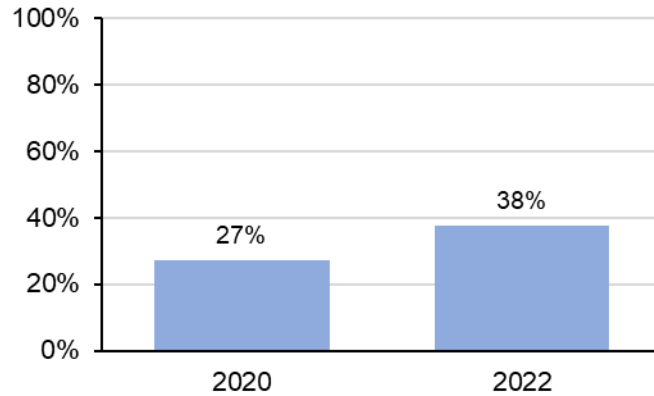
Feel happy with life at the moment



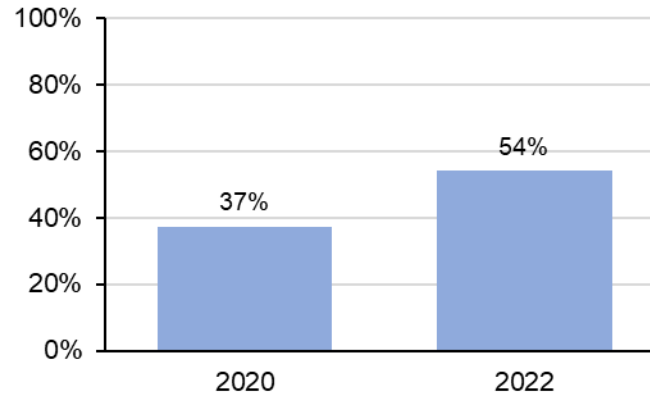
Worry about schoolwork and exams



Worry about the way I look

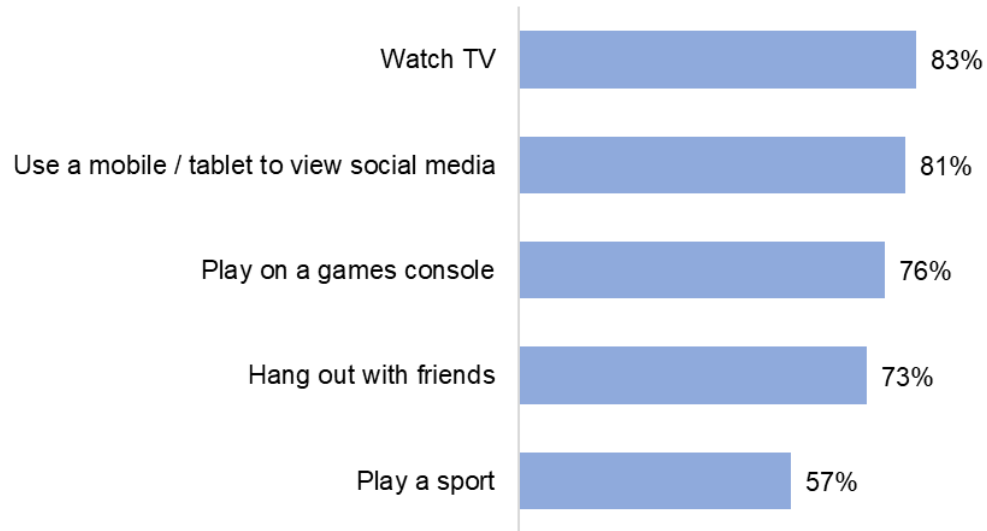


Feel lonely some or most of the time

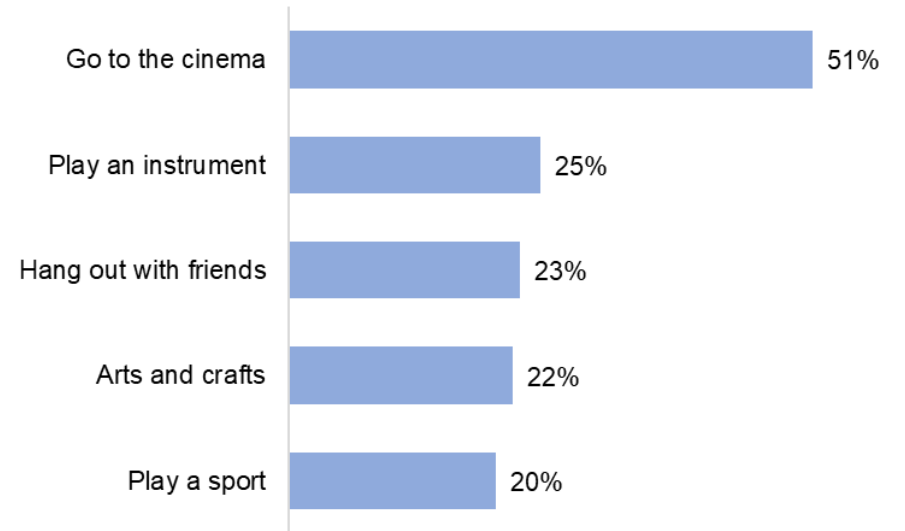


Free Time Findings

Top-5 activities pupils do in their free time

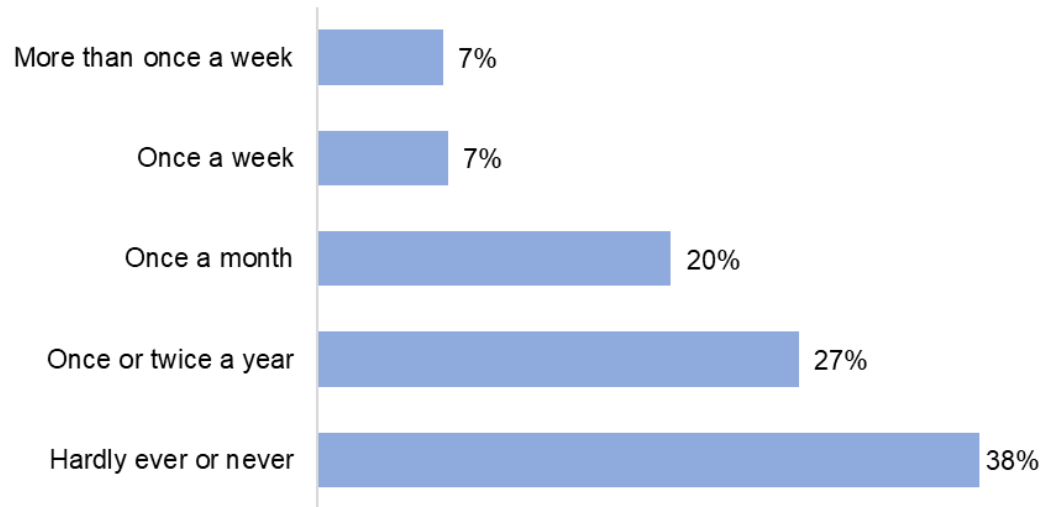


Top-5 activities pupils would like to do in free time

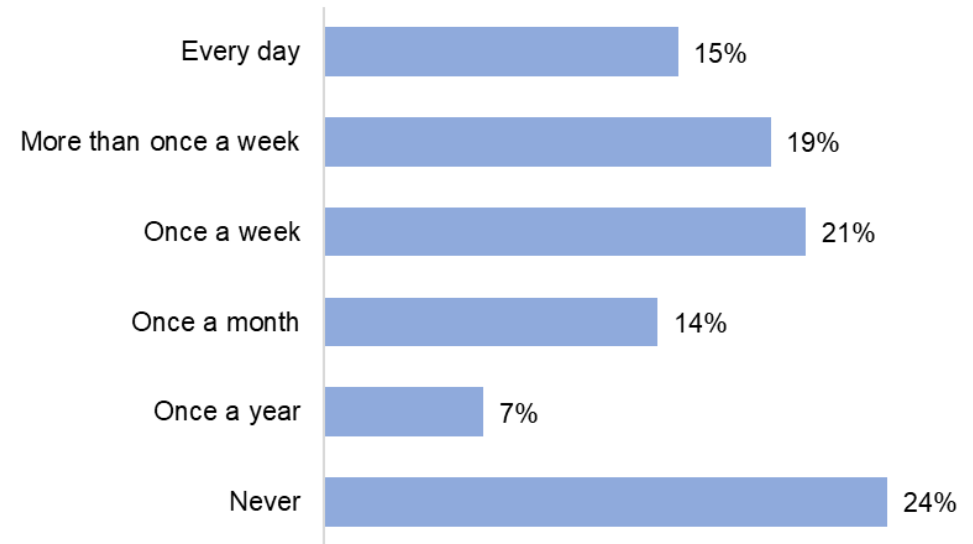


Free Time Findings

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 7	Male	Female	White British	Other ethnicity	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	38%	37%	39%	36%	44%	44%	37%	40%	35%	44%	36%	48%	27%
'Never' read a book	24%	30%	19%	25%	22%	29%	23%	29%	22%	33%	21%	32%	7%

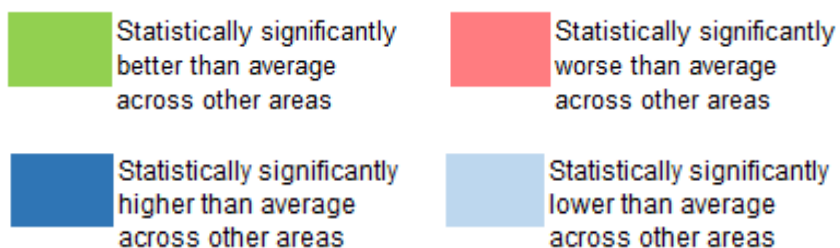
 Statistically significantly better than average

 Statistically significantly worse than average

Free Time

Area analysis

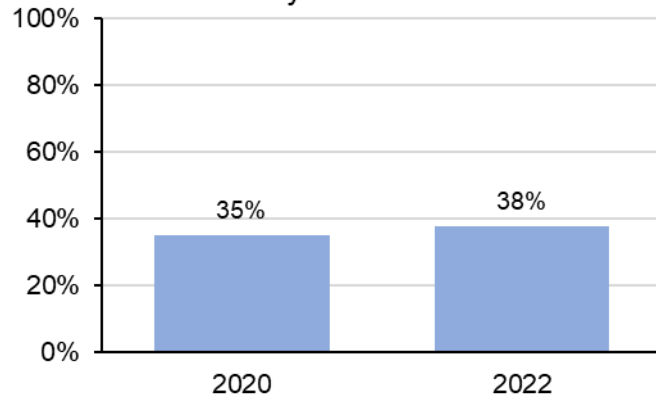
Free time	All Year 7	Castleford & Airedale	Normanton & Featherstone	Pontefract & Knottingley	South East	South West	Wakefield Central & North West
I would like to play a sport but don't at the moment	20%	22%	22%	19%	24%	13%	20%
I would like to go to the cinema/theatre but don't at the moment	51%	45%	50%	54%	59%	48%	54%
I hang out with friends	73%	78%	69%	69%	77%	76%	66%
'Hardly ever' or 'never' go to countryside in own time	38%	46%	39%	27%	45%	24%	38%
'Never' read a book	24%	26%	19%	27%	27%	23%	28%



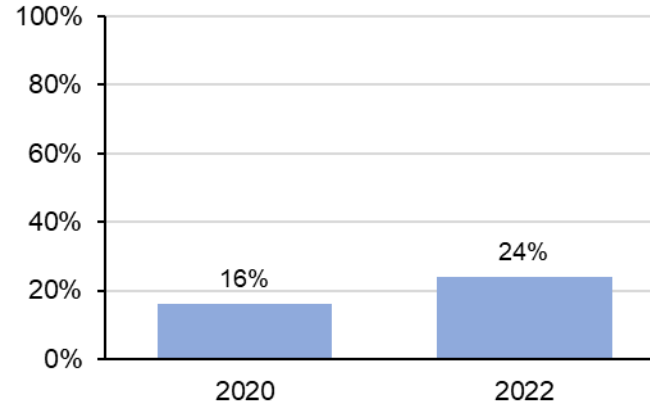
Free Time

Trend over time analysis

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



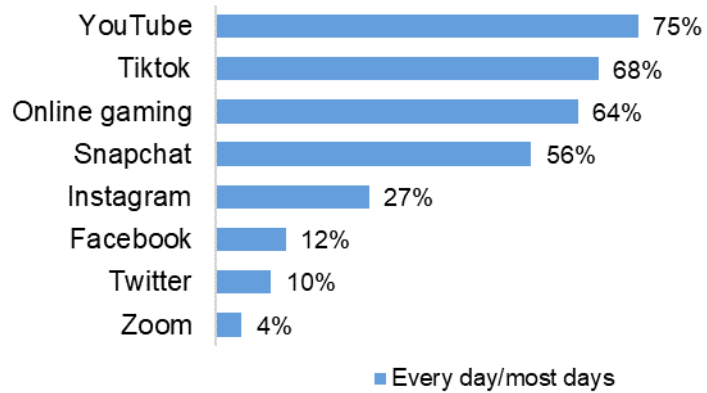
Never read a book in own time



Social Media and the Internet

Findings

Which of these apps/websites do you use?



Strongly agree

How much do you agree with the following statements?


/agree


I can go without using social media for a day	56%
Not being able to use social media would put me in a bad mood	38%
I feel like I'm missing out when I see things on social media	30%
I worry about some of the things I see on social media	28%
I worry about getting enough 'likes' or positive responses on social media	12%

Social Media and the Internet

Inequality analysis

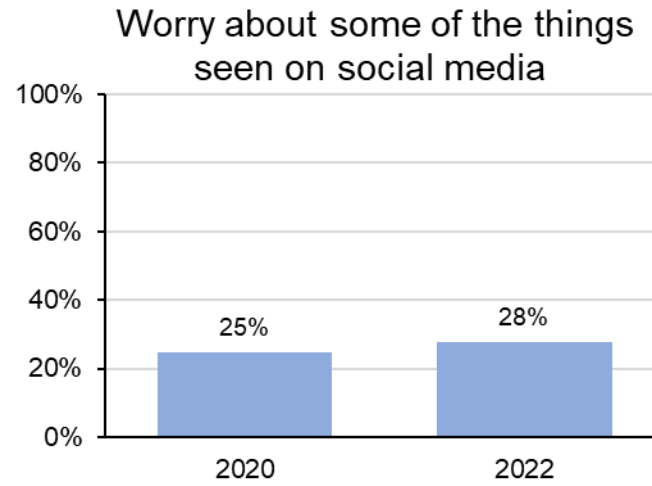
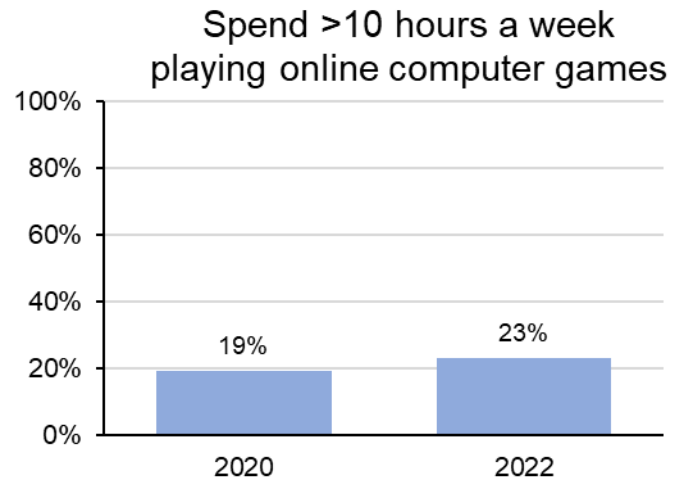
Social media	All year 7	Male	Female	White British	Other ethnicity	Single parent family	Other family	Young carer	Non carer	Special needs	Non-special needs	Most deprived	Least deprived
Spend >10 hours a week playing online computer games	23%	35%	11%	23%	19%	30%	21%	23%	22%	26%	22%	23%	15%
Worry about some of the things I see on social media	28%	25%	29%	28%	28%	33%	27%	36%	26%	33%	27%	22%	19%

 Statistically significantly better than average

 Statistically significantly worse than average

Social Media and the Internet

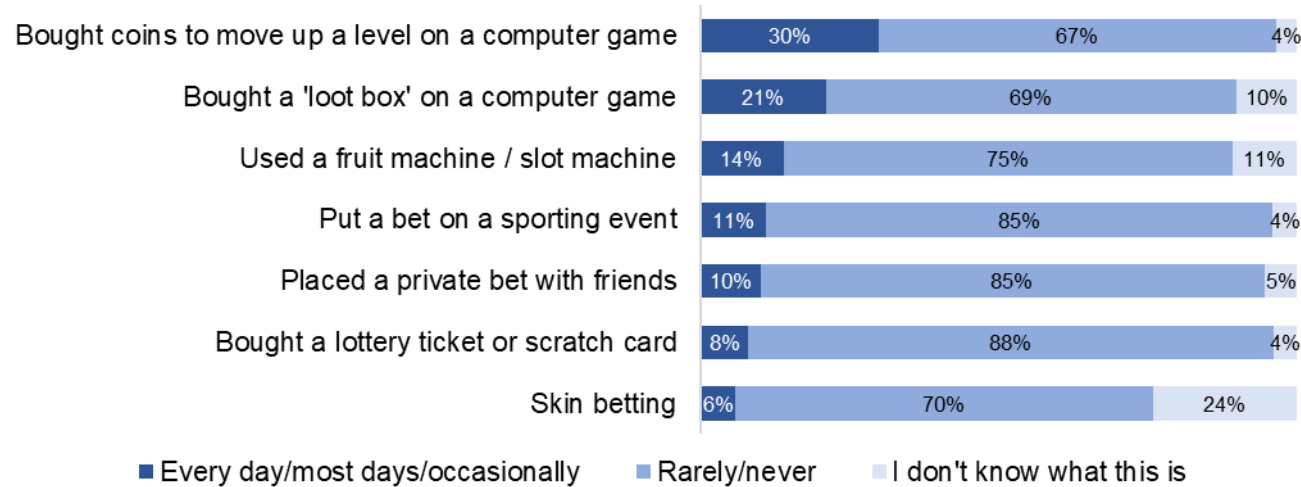
Trend over time analysis



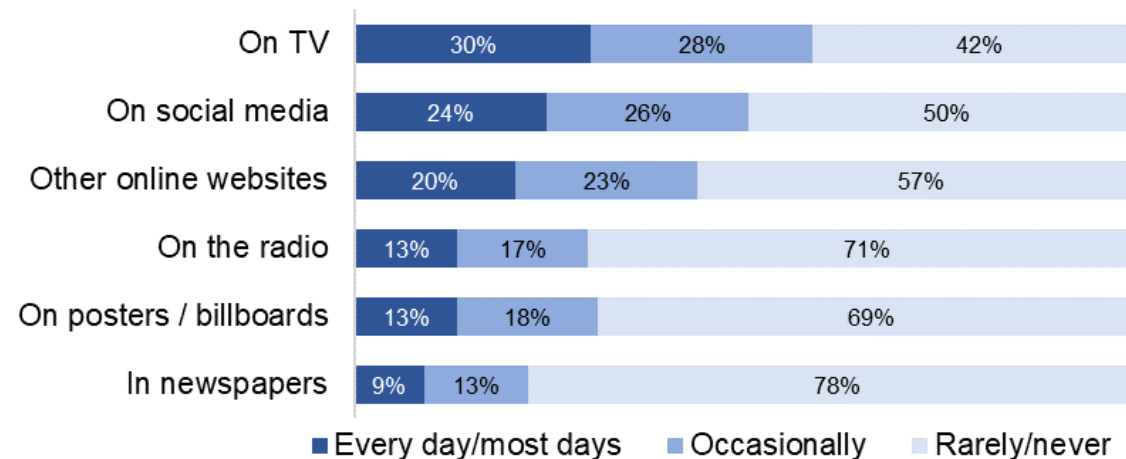
Gambling and Money

Findings

How often have you taken part in the following activities?




How often would you say you see adverts for gambling or betting companies in the following places?




Gambling and Money

Inequality analysis

Gambling	All year 7	Male	Female	White British	Other ethnicity	Single parent family	Other family	Young carer	Non carer	Special needs	Non-special needs	Most deprived	Least deprived
I haven't done any type of gambling in the past year	30%	19%	40%	29%	36%	28%	31%	21%	33%	20%	32%	34%	31%
Never' or 'rarely' see gambling adverts on posters/billboards	69%	63%	75%	70%	66%	70%	69%	68%	68%	70%	69%	73%	71%


 Statistically significantly better than average


 Statistically significantly worse than average

Gambling and Money

Area analysis

Gambling	All Year 7	Castleford & Airedale	Normanton & Featherstone	Pontefract & Knottingley	South East	South West	Wakefield Central & North West
I haven't done any type of gambling within the last year	30%	29%	27%	23%	30%	34%	37%
'Never' or 'rarely' see gambling adverts on posters/billboards	69%	67%	66%	66%	79%	69%	69%

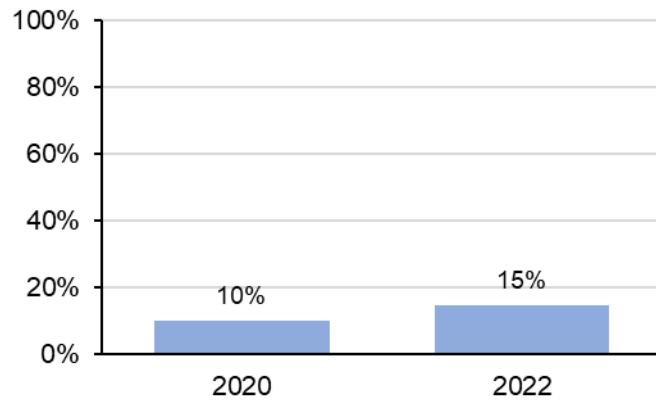
 Statistically significantly better than average across other areas

 Statistically significantly worse than average across other areas

Gambling and Money

Trends over time analysis

Worry about money problems



Haven't taken part in a gambling activity in past year

