



School Health Survey 2022

Headline findings

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Introduction

- The Wakefield School Survey 2022 was carried out with Year 5, Year 7 and Year 9 pupils who attend schools across the Wakefield District.
- 6,828 pupils across 108 schools completed the survey between January and May 2022.
- The Wakefield Council Public Health team have used the Health Related Behaviour Questionnaire (HRBQ) 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 attending school in the Wakefield district.
- The content of the survey is widely consulted upon and uses age appropriate questions where necessary.
- This report details the headline findings, further details for each year group and on how figures can be interpreted can be found in separate reports.

Headline Findings

Year 5 - Diet and oral health



13% did not have breakfast this morning



71% think their diet is healthy



40% have been to the dentist in the last 6 months



58% eat fruit and veg on most days



50% think they need to eat more healthily



75% brush their teeth at least twice a day



Headline Findings

Year 5 - 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

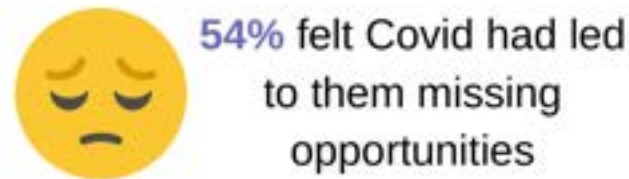


26% have someone who smokes in the home



Headline Findings

Year 5 - 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

Year 5 - 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

Year 5 - 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

Headline Findings

Year 7 - 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

Year 7 - Physical activity



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

Year 7 - Smoking and alcohol



67% have never drunk alcohol



3% have tried smoking



11% have someone who smokes in the car



6% think it's OK for young people to drink alcohol



11% have tried vaping/e-cigarettes

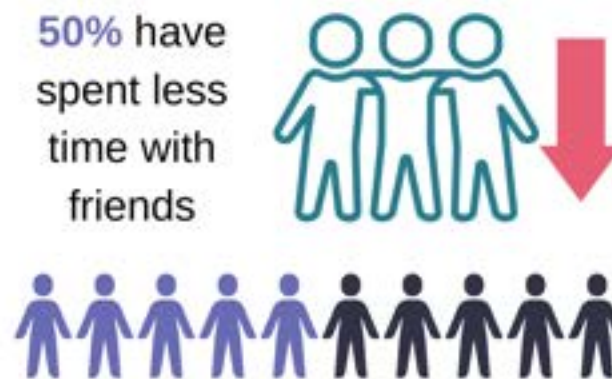
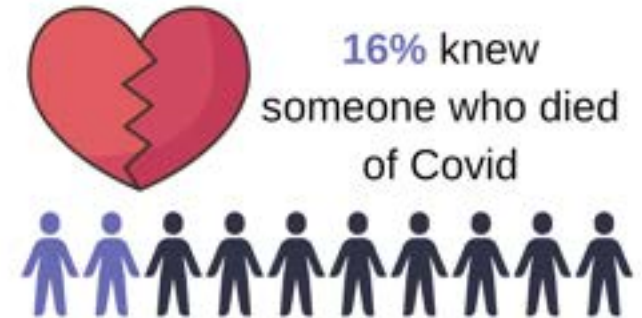
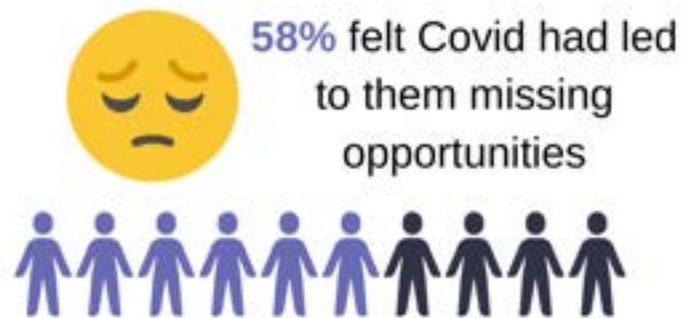
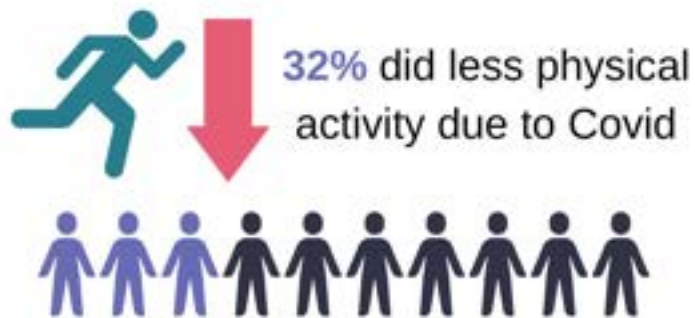


27% have someone who smokes in the home



Headline Findings

Year 7 - Covid-19



Headline Findings

Year 7 - 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

Year 7 - 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

Headline Findings

Year 9 - Diet and oral health



42% did not have breakfast this morning



64% think their diet is healthy



52% have been to the dentist in the last 6 months



55% eat fruit and veg on most days



57% think they need to eat more healthily



79% brush their teeth at least twice a day



Headline Findings

Year 9 - Physical activity



27% think the amount of physical activity they do is not enough to keep healthy



26% think they don't have the time to be more active



48% usually walk to school



18% ride a bike more than once a week



30% of pupils take part in running, making it the most popular sport



35% travel to school by car or van



Headline Findings

Year 9 - Smoking and alcohol



41% have never drank alcohol



13% have tried smoking



11% have someone who smokes in the car



23% think it's OK for young people to drink alcohol



29% have tried vaping/e-cigarettes

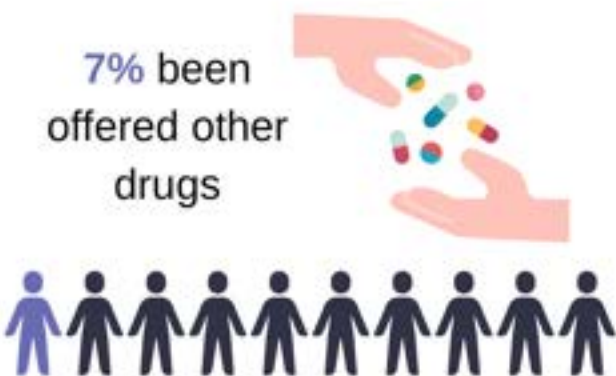
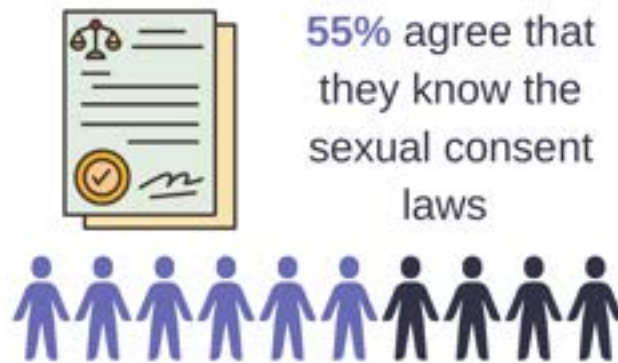
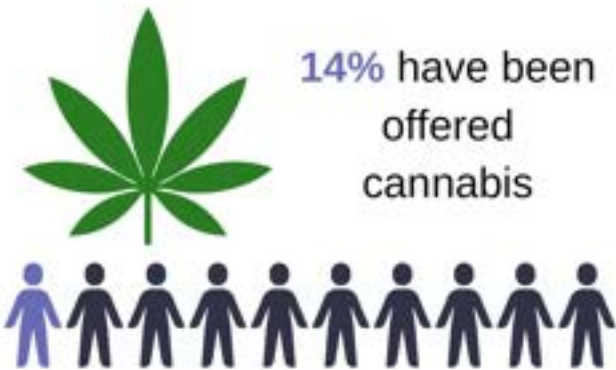


24% have someone who smokes in the home



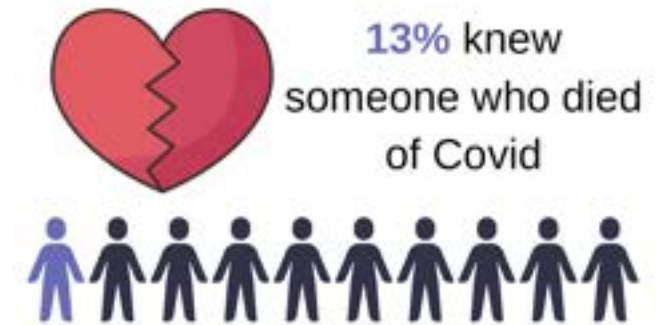
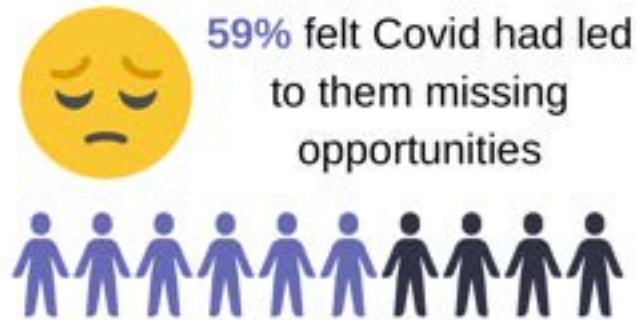
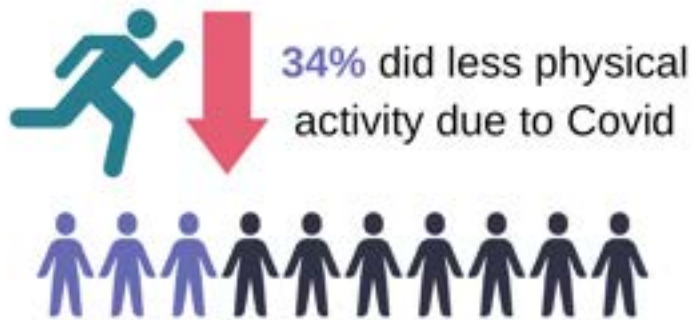
Headline Findings

Year 9 - Drugs, sexual health and sexual harassment



Headline Findings

Year 9 - Covid-19



33% have fallen behind at school due to covid



46% have spent less time with friends



55% have spent more time with family



Headline Findings

Year 9 - Bullying, safety and wellbeing



9% often or very often feel scared going to school because they are bullied



37% have been picked on or bullied due to their size or weight



43% thought their school would not help to stop bullying if they experienced it



57% felt lonely some or most of the time



50% felt happy with their life at the moment



67% feel safe in the area they live



Headline Findings

Year 9 - Free-time, social media and gambling



36% go to the countryside 'hardly ever' or 'never' in their own time



77% use YouTube



28% spend more than 10 hours a week playing computer games



10% read a book at home every day



79% use TikTok



32% haven't done any type of gambling in the last year



Headline Findings

Year 9 - Trends*



Did not have breakfast
this morning

+14%

2020: 28%

2022: 42%



Brush teeth at least
twice a day

-6%

2020: 85%

2022: 79%



Someone smokes at
home

+4%

2020: 20%

2022: 24%

Feel happy with life
at the moment

-12%

2020: 62%

2022: 50%



Worry about
the way I look

+7%

2020: 38%

2022: 45%



Worry about
schoolwork and
exams

+3%

2020: 42%

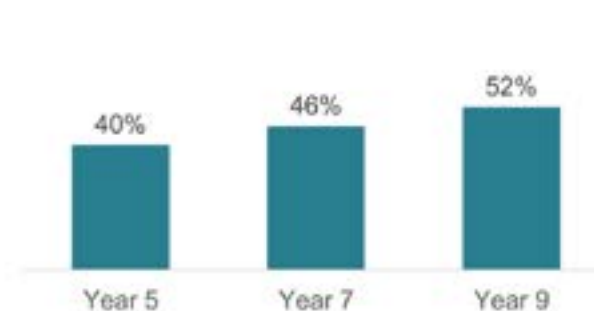
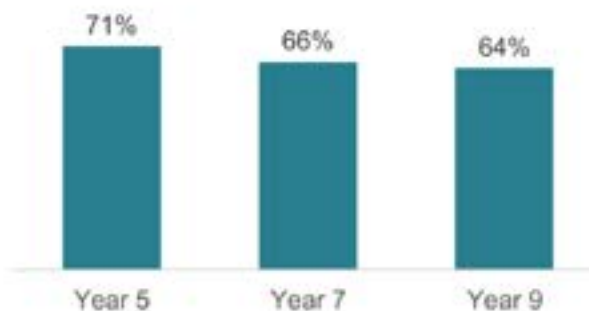
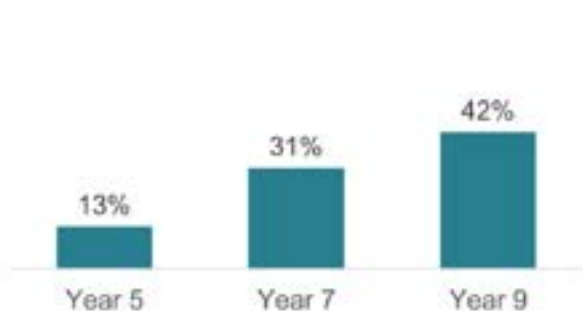
2022: 45%



*Change in percentage points

Diet and oral health

Year group comparisons



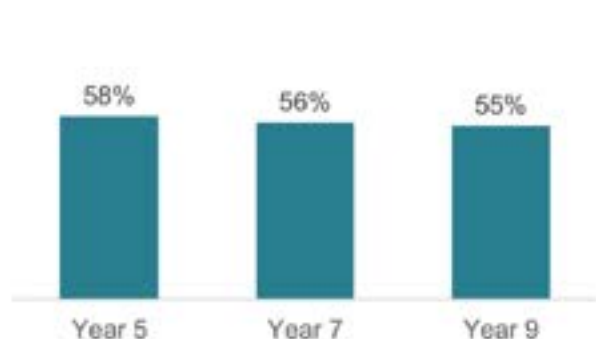
As pupils get older they are less likely to eat breakfast



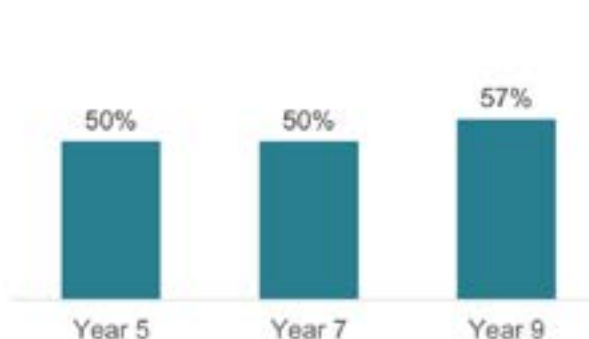
Younger pupils are more likely to think they have a healthy diet



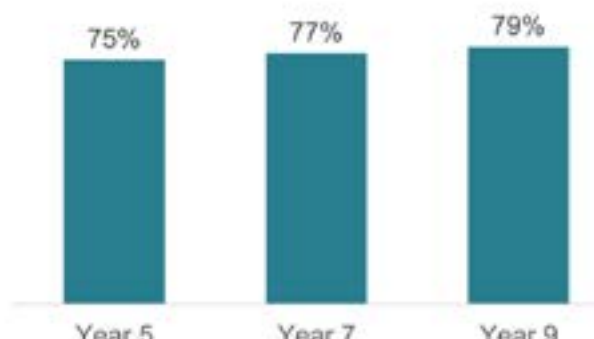
Older pupils are more likely to have been to the dentist in the last 6 months



Fruit and vegetable intake decreases slightly by age



Year 9 pupils are more likely to think they need to eat more healthily

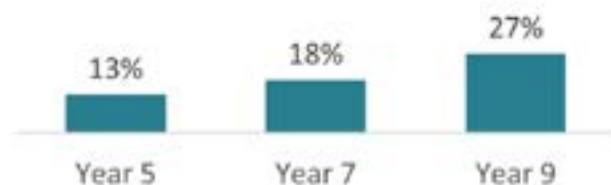


Year 9 pupils are most likely to brush their teeth twice a day

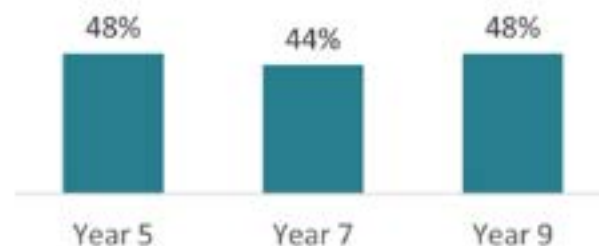


Physical activity

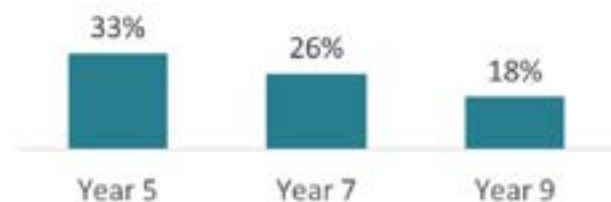
Year group comparisons



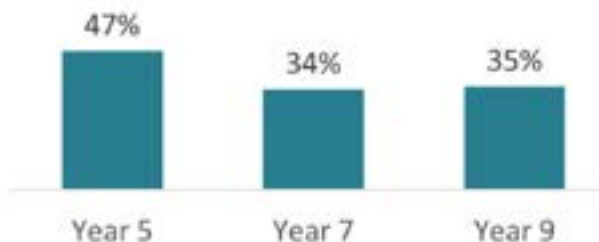
Older pupils were more likely to think the amount of physical activity they do is not enough to keep healthy



Year 7 pupils were least likely to walk to school



The percentage of pupils cycling more than once a week decreased with age



Year 5 pupils were most likely to go to school by car/van



Smoking and alcohol

Year group comparisons



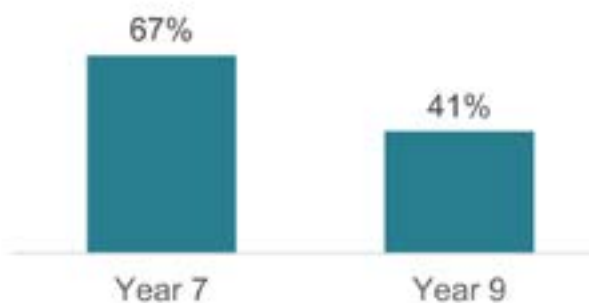
Year 9 pupils were more likely to have tried smoking



Year 9 pupils were more likely to have tried vaping or e-cigarettes



Pupils reporting smoking in the home was similar across year groups

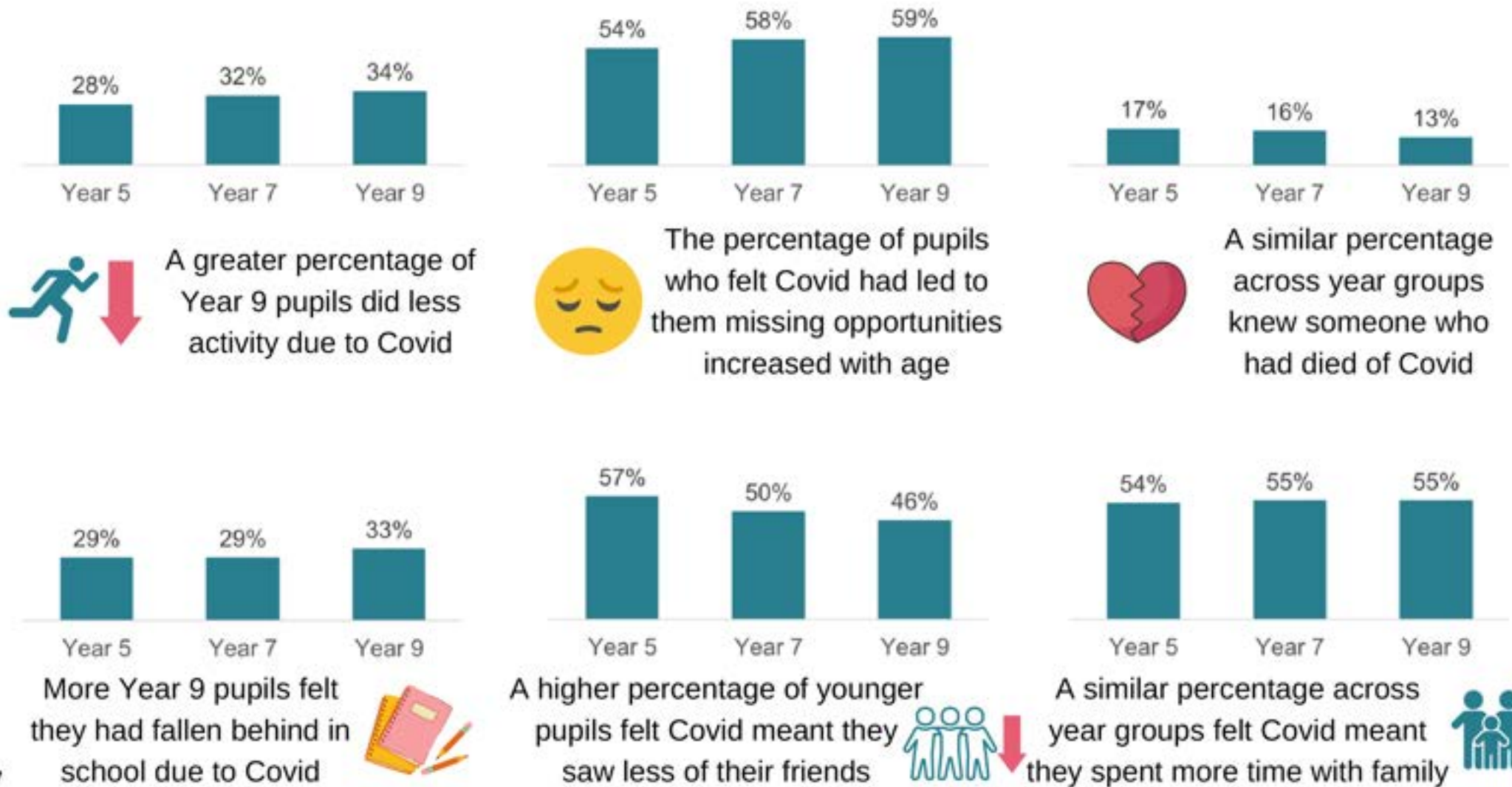


Year 7 pupils were most likely to have never drunk alcohol



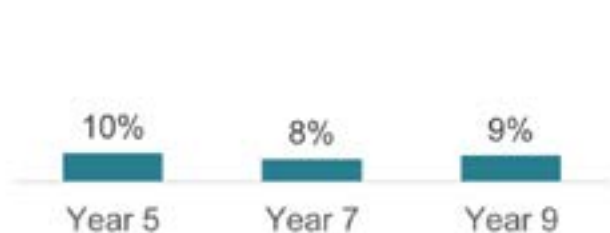
Covid-19

Year group comparisons

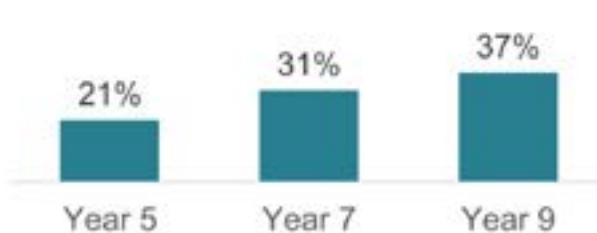


Bullying, safety and wellbeing

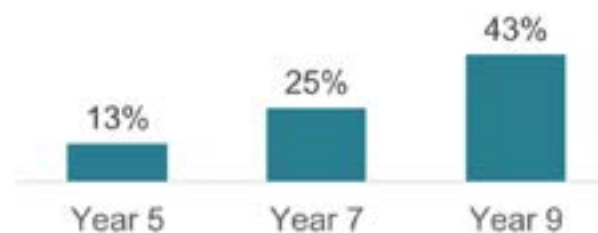
Year group comparisons



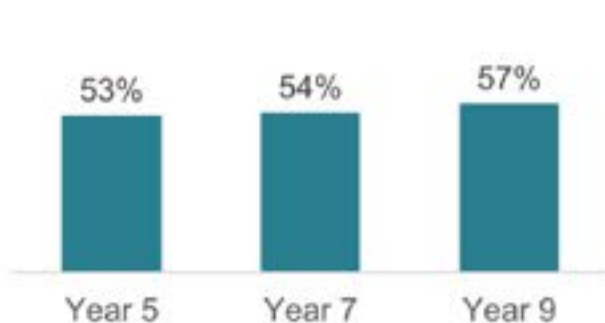
A similar percentage of pupils were scared of going to school due to bullying often or very often



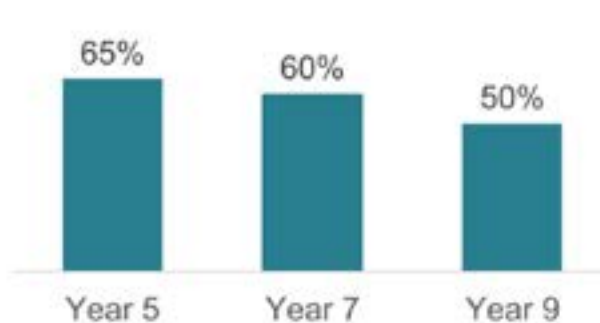
The percentage of pupils being picked on for their size or weight increased with age



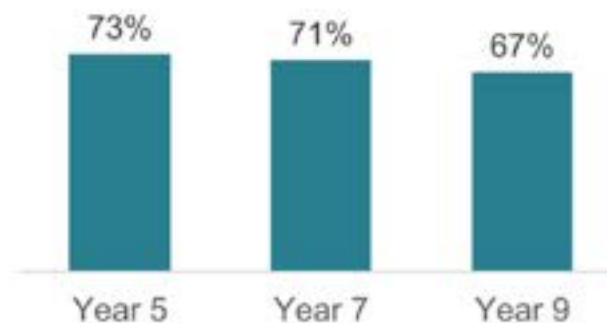
Older pupils were more likely to think school wouldn't help if they were being bullied



The percentage of pupils feeling lonely some or all of the time increased with age



The percentage of pupils feeling happy decreased with age

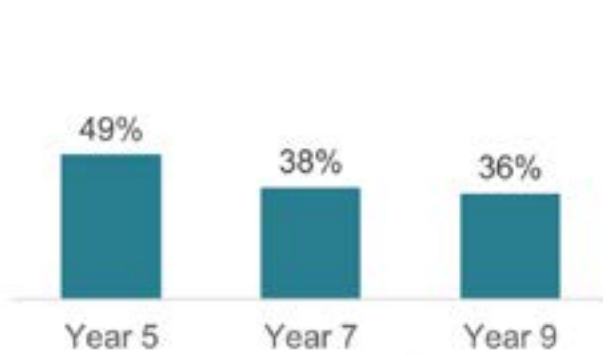


More young pupils felt safe in the area they lived

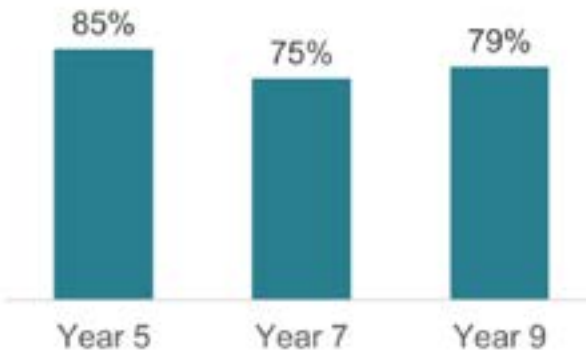


Free-time, social media and gambling

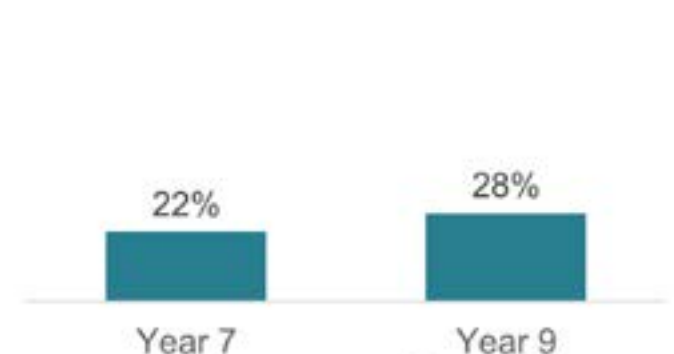
Year group comparisons



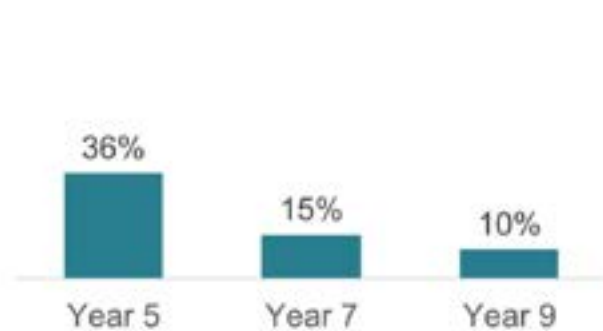
Year 5 pupils were most likely to 'hardly ever' or 'never' go to the countryside in their own time



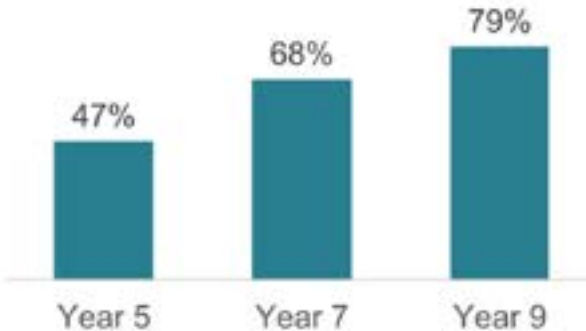
Year 5 pupils were most likely to use YouTube



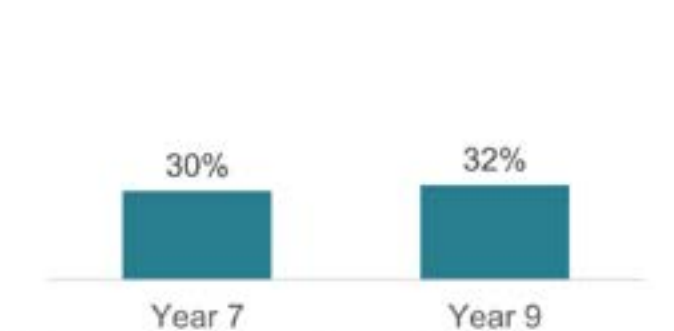
Year 9 pupils were most likely to spend more than 10 hours a week playing computer games



A higher percentage of Year 5 pupils read a book every day in their own time



The percentage of pupils using TikTok increases with age



The percentage of pupils who never gambled in the last 12 months was similar in Year 7 and Year 9

