

# Findings from the Health Related Behaviour Survey 2022

## Healthy Lifestyles

Supporting the health of  
young people in Wolverhampton



# Findings from the Health Related Behaviour Survey 2022 – Healthy Lifestyles

Wolverhampton schools have been using the Health Related Behaviour Survey every two years since 2006, as a way of collecting robust information about young people's lifestyles.

This latest survey was organised and funded by the City of Wolverhampton Council Public Health Team.

Three separate versions of the survey have been used - Key Stage 1, Key Stage 2 and secondary with age appropriate questions as standard, tailored specifically for the city's needs. Pupils in Years 1, 2, 4, 5 and 6 in the primary phase and Years 8, 9, and 10 in the secondary phase anonymously completed the questionnaire. Some secondary schools and the FE college also took part in a shorter Year 12+ version of the secondary survey.

## Navigating the report

This report is one of five that reflect local priorities. Each report is divided in to the following sections:

### Headline comparisons

Each report contains headline bullet points, comparing the 2022 data and the same questions for 2018. Due to the COVID-19 pandemic we don't have comparable 2020 data available.

**Key:** ■ **Positive finding**

■ **Negative finding**

■ **Neutral finding** (where it is subjective as to whether the finding is positive or negative or is little different)

### Trends

The survey questions have changed somewhat compared with previous years but where possible, trend charts have been included where they provide useful insight for key priority areas.

### Phase differences

A selection of questions used across the surveys to look for age-related differences in responses.

### Mapping

The primary school data available has been divided into ward areas by postcode of the pupil.

The maps are colour coded:

**Green** = positive findings

**Blue** = neutral findings (where it is subjective as to whether the finding is positive or negative)

**Red** = negative findings

The darker the colour, the higher the percentage proportions (see key on each map). Sadly there isn't enough secondary school data available for mapping purposes.

### Inequalities

A selection of questions for each of the primary and secondary questionnaires has been selected to look for different responses across potential vulnerable groups

### Links between behaviours

Cross tabulations have been investigated for some of the key questions in the survey to look for links between behaviours. Each statement is a statistically significant finding, to save space, one from primary and one from secondary have been selected but full lists are available.



# Headlines

There is a lot of mixed news here. There is a continuing downward trend for Key Stage 3-4 secondary girls saying they want to lose weight and there appears to be a downward trend for Key Stage 3-4 secondary pupils consuming sports drinks. Work still needs to be done around increasing portions of fruit and vegetables in the diet as having '5-A-Day' is lower for Key Stage 2 primary pupils in 2022 compared with previous years. Key Stage 2 primary pupils increasingly report having useful school lessons around healthy eating and Key Stage 3 – 4 secondary pupils are less likely to have had sweets, chocolate etc. 'on most days' than in 2018.

40% of Key Stage 2 primary pupils said that school food/lunchtime needed to improve. 62% of Key Stage 3-4 said the same. The top reasons given included: 'need more choice' 17%; food 'needs to be tastier' 17% and they 'need more time to eat' 15% (Key Stage 2 primary); 'Less time queueing' 39%, 'more time to eat' 36% and 'need more choice' 36% (Key Stage 3-4 secondary).

Key Stage 2 primary and Key Stage 3-4 secondary pupils in 2022 are less likely to report being able to swim more than a length easily than in 2018. Key Stage 2 primary pupils are less likely in 2022 to have been physically active enough to breathe harder and faster compared with 2018. Key Stage 3 – 4 secondary pupils however, are more likely to say they were active for at least 60 minutes on 5 or more days the previous week compared with 2018. There appears to be a drop-off in enjoyment of physical activity at school between the primary and secondary phases. This is most striking for girls: Year 2 (63%) Year 4 (49%) Year 6 (35%) Year 8 (25%) Year 10 (17%).

## Key Stage 1 Pupils

- 30% of Key Stage 1 pupils in 2022 said that they have never been to the dentist. This is higher than the 21% saying this in 2018.
- 67% of Key Stage 1 pupils cleaned their teeth at least twice the day before the survey, 5% said none at all.
- 11% of Key Stage 1 pupils in 2022 said that they had nothing to eat for breakfast on the day of the survey. This is higher than the 8% saying this in 2018.
- 90% of Key Stage 1 pupils responded that they at least 'sometimes' play tag/run/skip during school playtimes/dinner times, compared with 84% who said this in 2018.
- 47% of Key Stage 1 pupils responded that walked to school on the day of the survey, compared with 45% who said this in 2018.
- 67% of Key Stage 1 pupils responded that they like school dinners, compared with 64% who said this in 2018.
- 51% of Key Stage 1 pupils said that they at least 'sometimes' go swimming after school or at weekends compared with 62% in 2018 and 70% in 2016.

- 72% of Key Stage 1 pupils said that they at least 'sometimes' go running (races or tag games) after school or at weekends; this compared with 69% of pupils in 2018.

- 85% of Key Stage 1 pupils said that they enjoy being active at school 'quite a lot' or 'a lot', compared with 79% of pupils in 2018.

## Key Stage 2 Pupils

- 30% of Key Stage 2 pupils in 2022 said that they can swim more than a length (25 metres) easily, compared with 43% saying this in 2018.
- 13% of Key Stage 2 pupils said that they were active outside of school time for at least 30 minutes where they had to breathe harder and faster on 5 or more days in the week before the survey. This compared with 18% saying the same in 2018.
- 27% of Key Stage 2 pupils said that they were active at school for at least 30 minutes where they had to breathe harder and faster on 3 or more days in the week before the survey, this is lower than the 32% of pupils who said this in 2018.

- 6% of Key Stage 2 pupils said that they would prefer to go to a school based physical activity/sports club during school holidays, compared with 8% saying this in 2018.
- 18% of Key Stage 2 pupils in 2022 said that they ate at least 5 portions of fruit and vegetables the day before compared with 19% in 2018 and 23% saying this in 2016; continuing a downward trend.
- 8% of Key Stage 2 pupils responded that they had nothing to eat or drink for breakfast on the day of the survey, this compared with 6% in 2018.
- 38% of Key Stage 2 pupils responded that they had crisps 'on most days', this compared with 32% in 2018.
- 81% of Key Stage 2 pupils responded that they 'often' or 'always' feel safe at breaktimes; this is lower than 86% seen in 2018.
- 14% of Key Stage 2 in 2022 said that they have been bullied or picked on because of their size or weight compared with 13% in 2018 and 15% in 2016.
- 46% of Key Stage 2 pupils responded that they have had cookery or food preparation lessons in school in the last 12 months, compared with 50% saying this in 2018.
- 76% of Key Stage 2 pupils in 2022 said that they enjoy being active at school 'quite a lot' or 'a lot' compared with 80% in 2018.
- 71% of Key Stage 2 pupils cleaned their teeth at least twice the day before the survey, 4% said none at all.
- 50% of Key Stage 3-4 secondary pupils walked to school on the day of the survey, compared with 47% reporting this in 2018.
- 45% of Key Stage 3-4 secondary pupils were active for at least 60 minutes on five or more days the previous week, compared with 41% reporting this in 2018.
- 27% of Key Stage 3-4 secondary pupils in 2022 said that they eat crisps 'on most days'. This is lower than the 33% saying this in 2018.
- 24% of Key Stage 3-4 secondary pupils had nothing to eat or drink for breakfast on the morning of the survey; 18% reported this in 2018.
- 48% of Key Stage 3-4 secondary pupils said that they were happy with their weight. This compared with 49% saying this in 2018.
- 10% of Key Stage 3-4 secondary pupils who said that they didn't have lunch the day before said there was little choice of food or drink; 9% reported this in 2018.
- 29% of Key Stage 3-4 secondary pupils in 2022 said that they 'rarely or never' eat take-away food. This is lower than the 31% saying this in 2018.
- 43% of Key Stage 3-4 secondary pupils said that they bought food from takeaways/fast food outlets on at least one day in the week before the survey. This is lower than the 47% saying this in 2018.
- 47% of Key Stage 3-4 secondary pupils said that they can swim more than a length (25 metres) easily; 52% of pupils said this in 2018.

### Key Stage 3 - 4 pupils

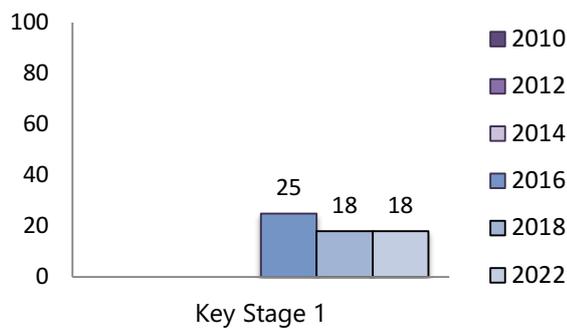
- 40% of Key Stage 3-4 secondary pupils had cookery or food preparation lessons in school in the last 12 months, compared with 57% who said this in 2018.

# Trends

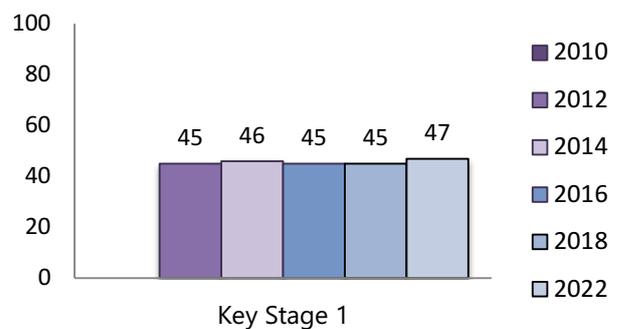
Where possible, questions that have remained the same across the years have been identified to look for potential trend analysis. The following is a selection of key questions.

- There was a fall between 2010 and 2012 for the proportions of primary pupils having 5+ portions of fruit and vegetables the day before the survey. This was followed by a slow upward trend until 2018 where it fell back to 19% and has fallen again to 18% in 2022. The Key Stage 1 figure was lower in 2018 compared with 2016 and has stayed at this level in 2022. Sadly the trend for Key Stage 3-4 secondary aged pupils has fallen further in 2022 to 9%, continuing the downward trend from 17% in 2010.
- There had been a clear upward trend between 2010 and 2016 for Key Stage 3-4 secondary aged pupils who walked to school on the day of the survey. 41% of pupils said this in 2010 up to 53% in 2016. This fell to 47% in 2018 but is now up to 50% in 2022. There is a slight downward trend appearing in Key Stage 2.

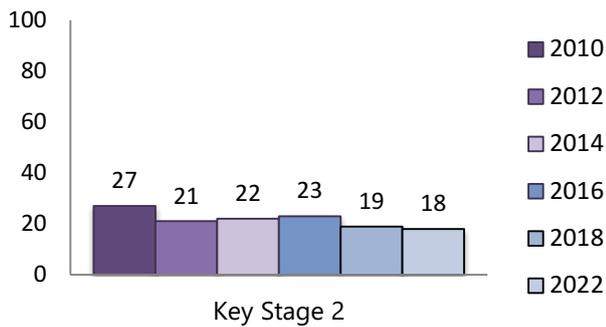
**KS1 Trends**  
- 5+ portions of fruit and vegetables



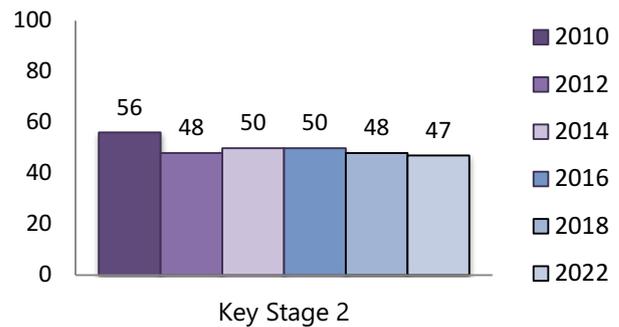
**KS1 Trends**  
- Walked to school



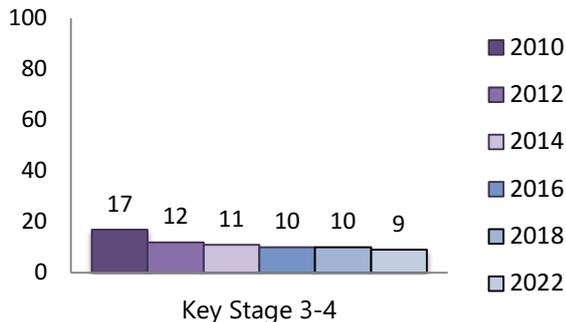
**Primary Trends**  
- 5+ portions of fruit and vegetables



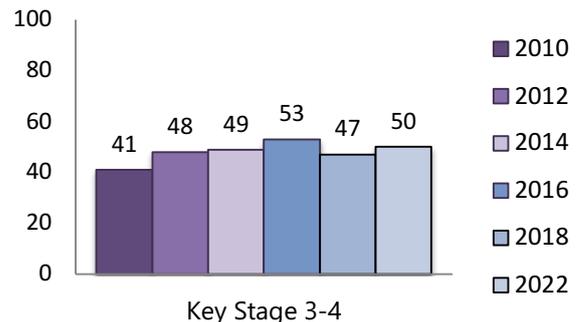
**Primary Trends**  
- Walked to school



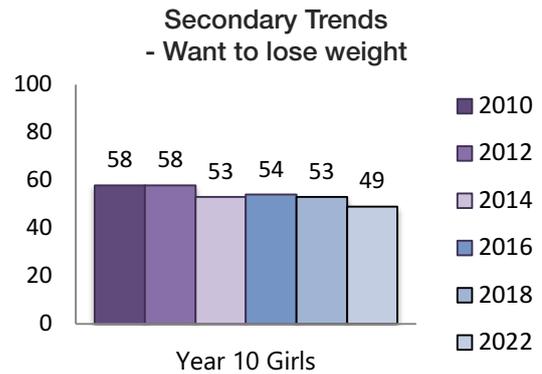
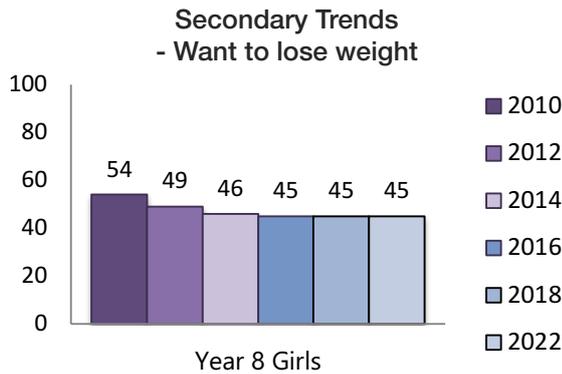
**Secondary Trends**  
- 5+ portions of fruit and vegetables



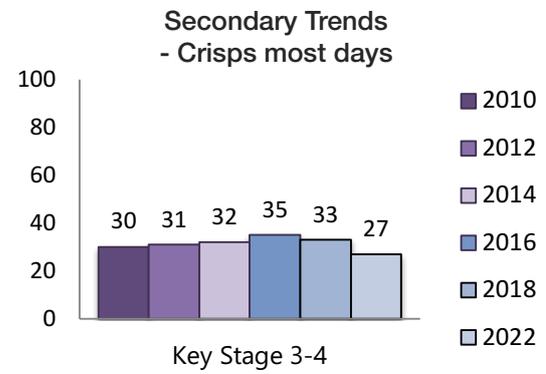
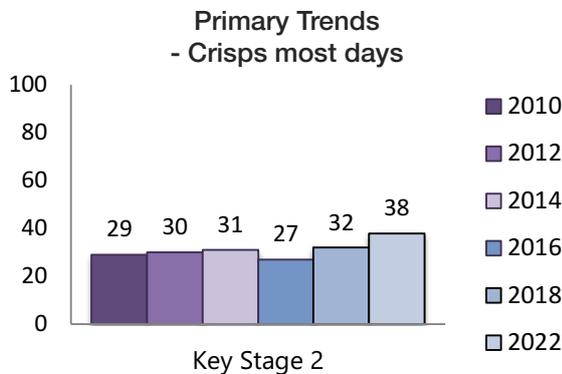
**Secondary Trends**  
- Walked to school



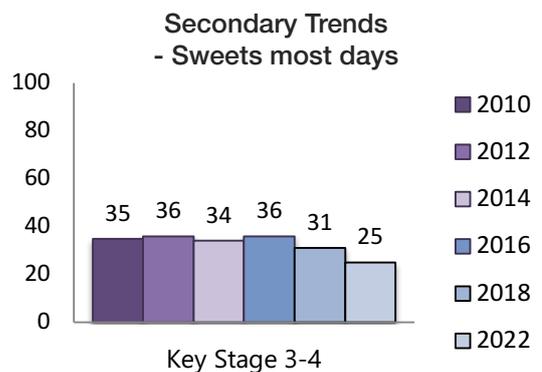
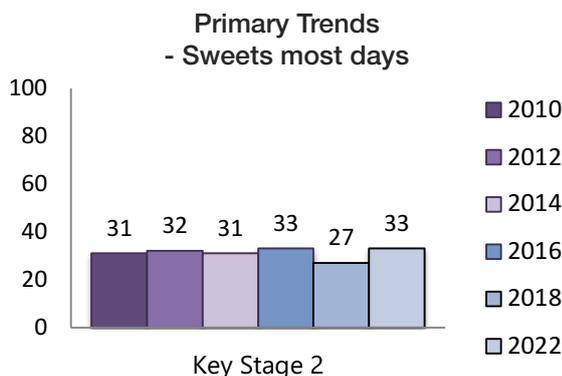
- The downward trend for Year 8 secondary aged girls who say they would like to lose weight appears to have levelled off. 54% of Year 8 girls said this in 2010 but 45% have now said this since 2016.
- It is significantly lower for Year 10 girls in 2022 at 49% however, when compared with the 58% seen in 2010 and 2012.



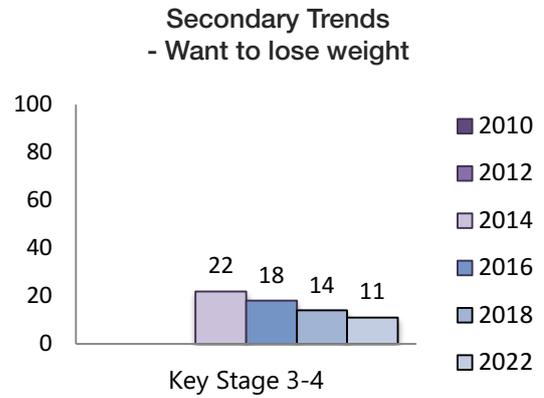
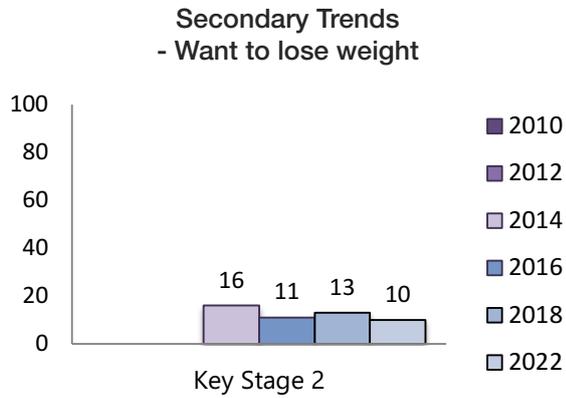
- There has been an overall upward trend for primary pupils having crisps 'on most days' and the primary 2022 figure for sweets 'on most days' has risen from 27% in 2018 to 33% in 2022.
- For secondary aged pupils there is a downward trend appearing both for having sweets and crisps 'on most days':



- The story for sweets and chocolate 'on most days' appears to be more erratic for primary pupils; the recent fall in the secondary data seems very promising:



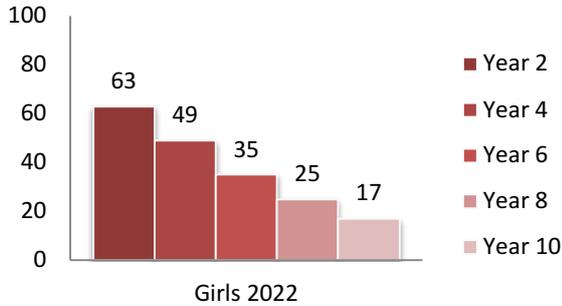
- 11% of Key Stage 3-4 secondary pupils said they have sports drinks 'on most days' in 2022. This continues a downward trend from the 14% in 2018 and 22% who said this in 2014. There appears to be no clear trend as yet for the primary phase:



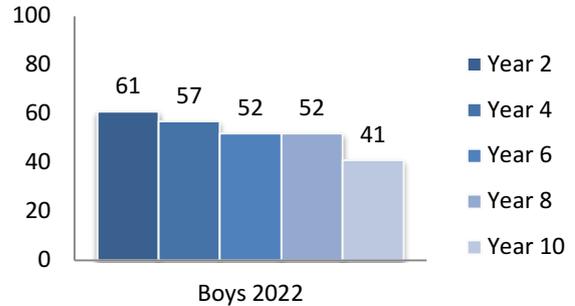
# Phase differences

There appears to be a drop-off in enjoyment of physical activity at school between the primary and secondary phases. This is most striking for girls:

Enjoying physical activity at school 'A lot'

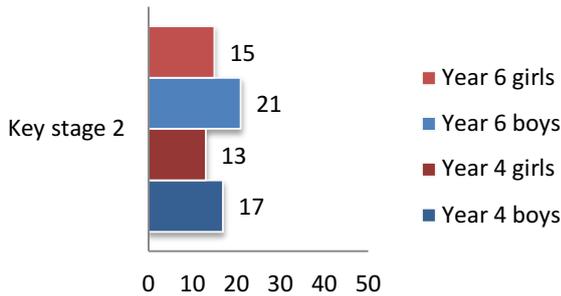


Enjoying physical activity at school 'A lot'

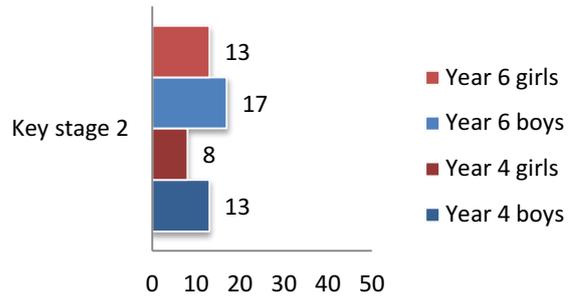


16% of Key Stage 2 pupils in 2022 responded that they were active at school for at least 30 minutes where they had to breathe harder and faster on 5 or more days in the week before the survey. 13% said this for 'out of school':\*

Active in school for 30+ minutes on 5 days



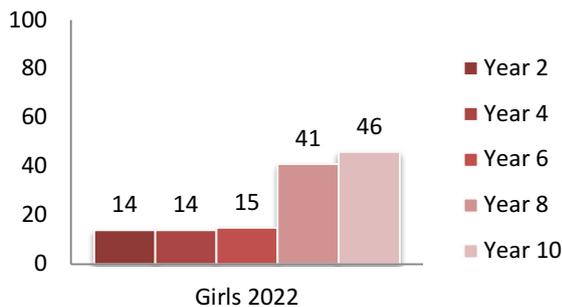
Active out of school for 30+ minutes on 5 days



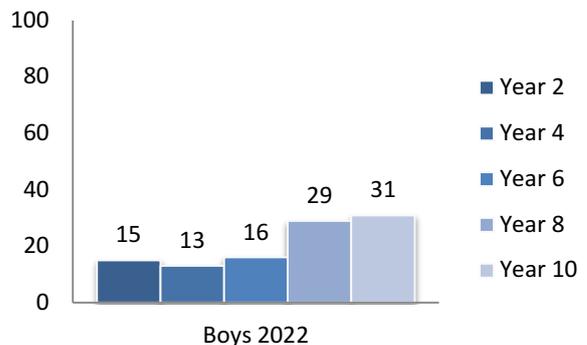
\* Chief Medical Officer's guidance on 5-18 year olds being physically active for 60 mins every day <https://www.gov.uk/government/publications/physical-activity-guidelines-children-and-young-people-5-to-18-years> This is usually split as 30 mins at school and 30 mins outside of school (as in the Govt. obesity strategy).

There is an increase in the proportions of pupils missing breakfast between the primary and secondary phases.

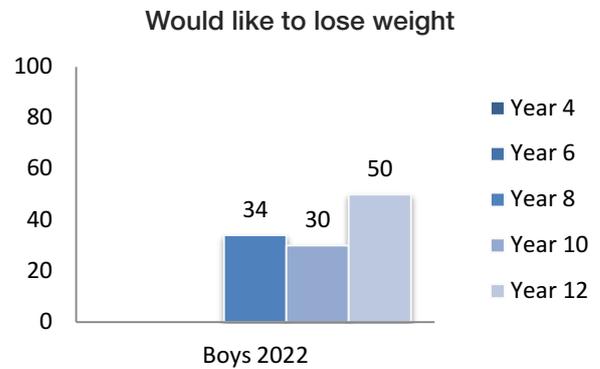
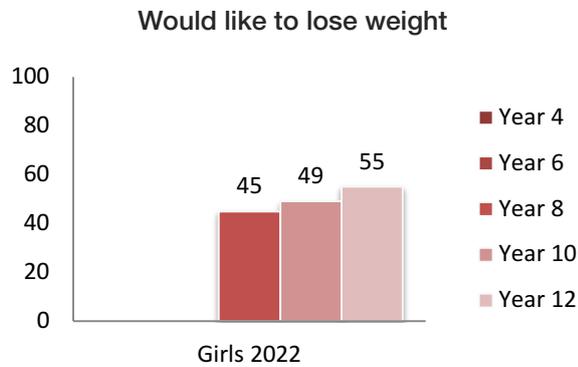
Nothing at all or just a drink for breakfast



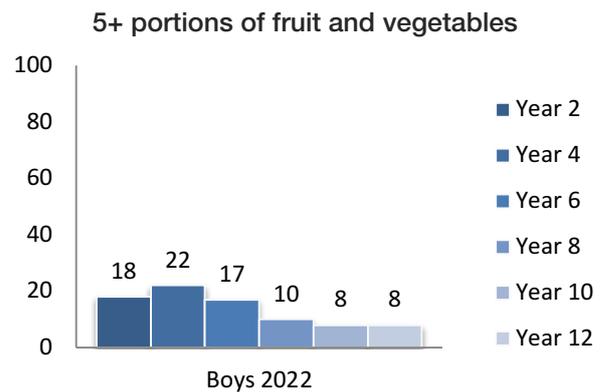
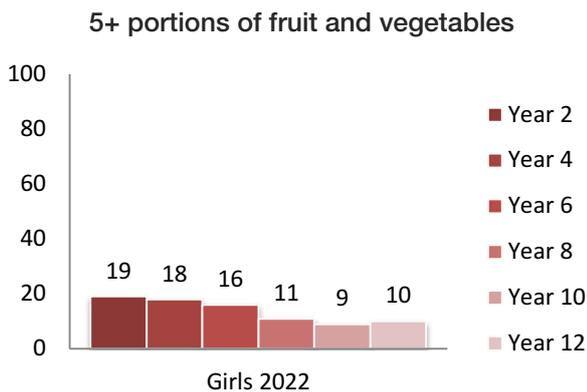
Nothing at all or just a drink for breakfast



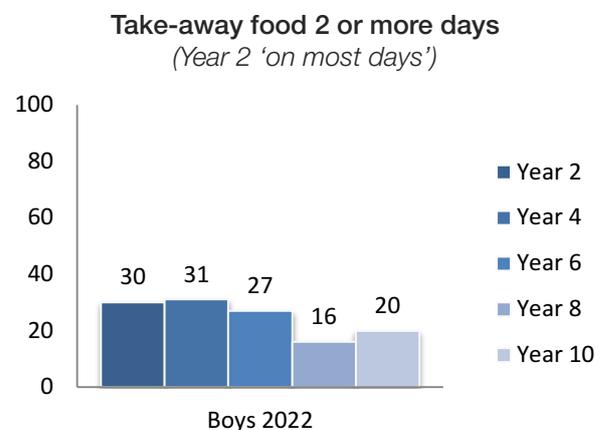
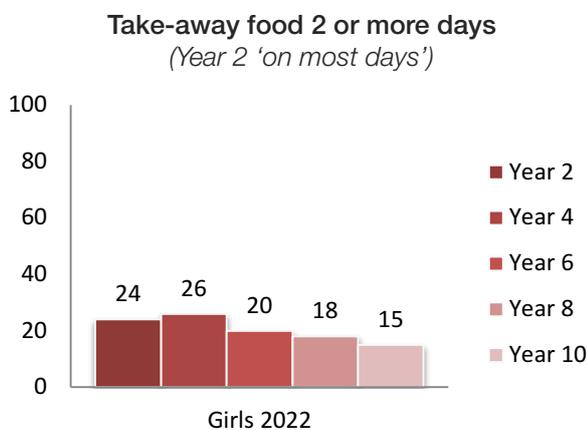
- There is an increase in the proportions of older girls saying they want to lose weight. We tend to find that older boys may prefer to gain weight (muscle) rather than lose weight at this stage of life. The question was not asked in the Key Stage 2 survey this year.



- There is a decrease in the proportions of pupils eating 5 or more portions of fruit and vegetables between the primary and secondary phases.

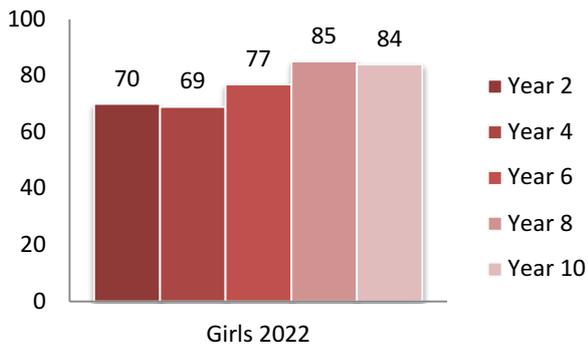


- There is a decrease in the proportions of pupils eating take-away food between the primary and secondary phases with perhaps the Year 8 pupils being most careful year group.

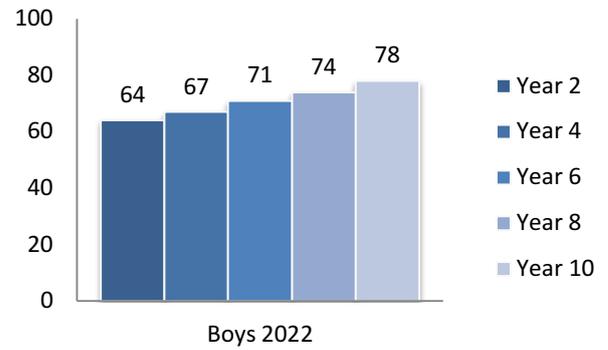


- There is an increase in the proportions of pupils cleaning their teeth at least twice the day before between the primary and secondary phases and this is clearly marked for the boys. The girls however are ahead of the boys in every year group.

Cleaned teeth at least twice yesterday

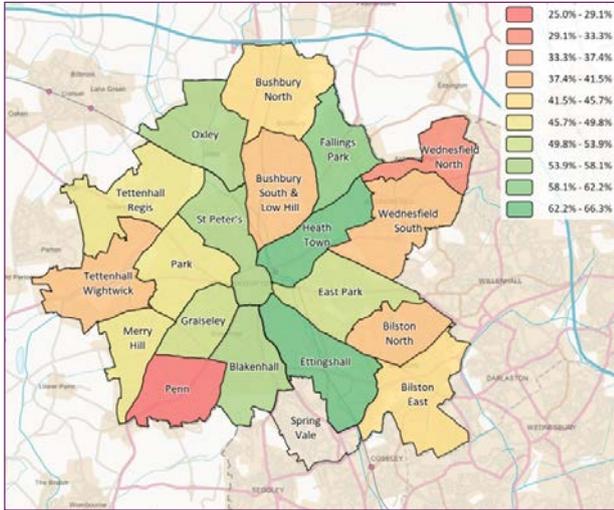


Cleaned teeth at least twice yesterday

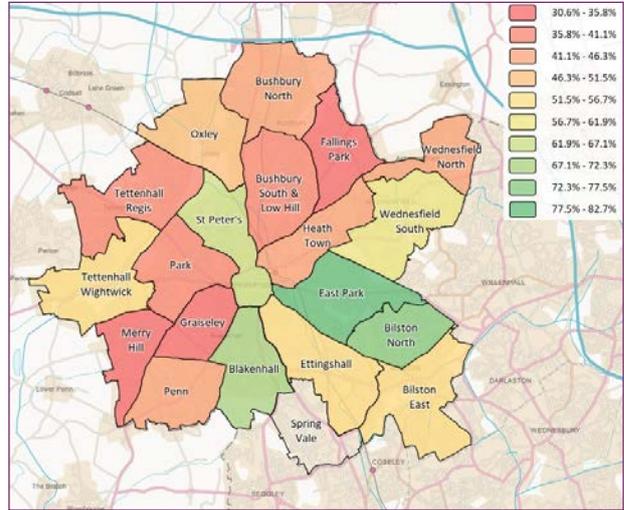


# Mapping - ward level mapping is only available for Key Stage 2

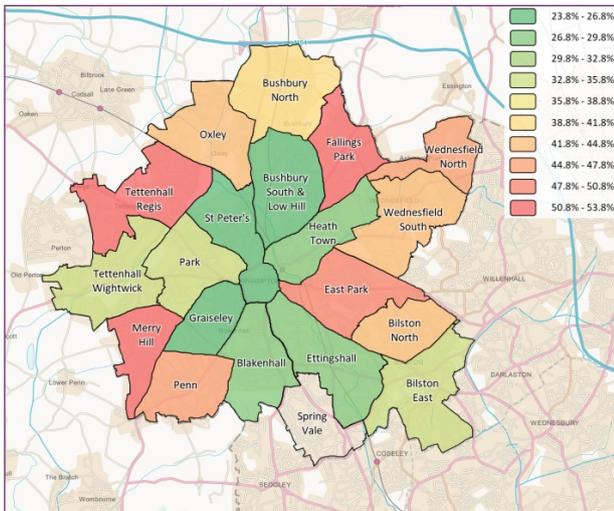
**Year 6 pupils  
- who walked or scooted to school**



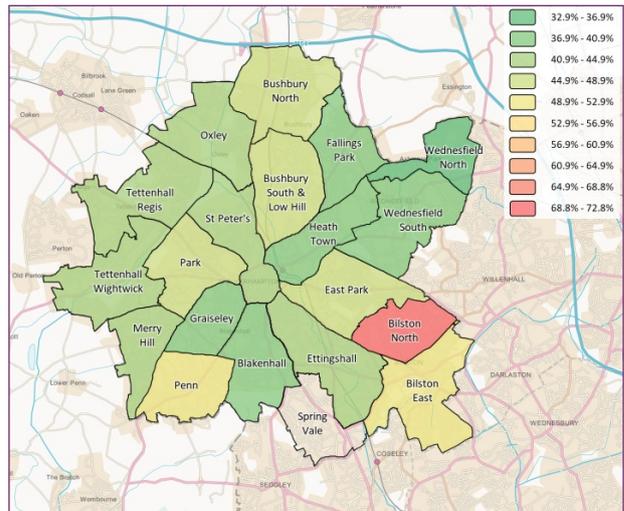
**Year 6 pupils - have had cookery or food preparation lessons in the last year**



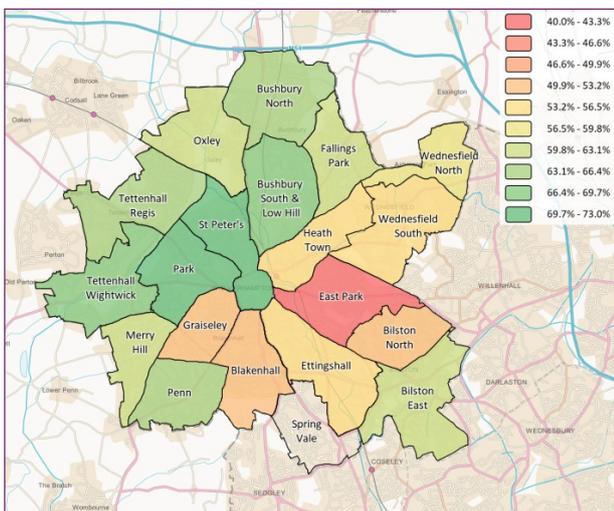
**Year 6 pupils  
- eat crisps 'on most days'**



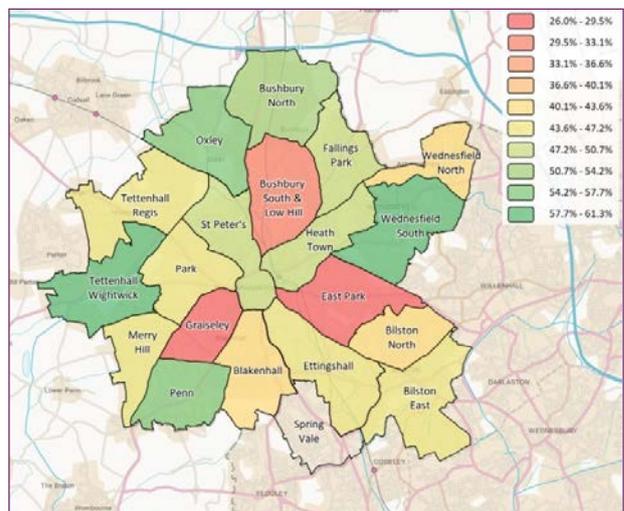
**Year 6 pupils  
- School food/lunchtime needs to improve**



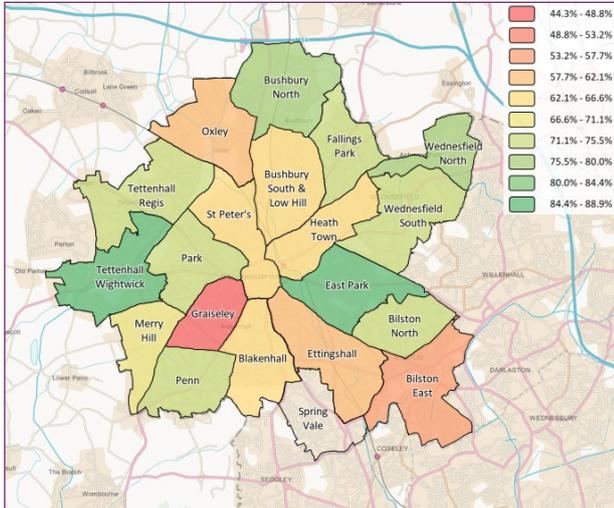
**Year 6 pupils  
- find exercise and sport easy**



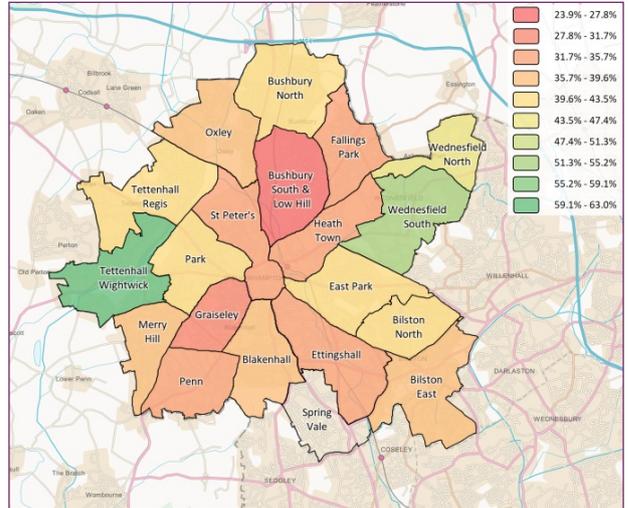
**Year 6 pupils  
- lots of clubs activities available locally**



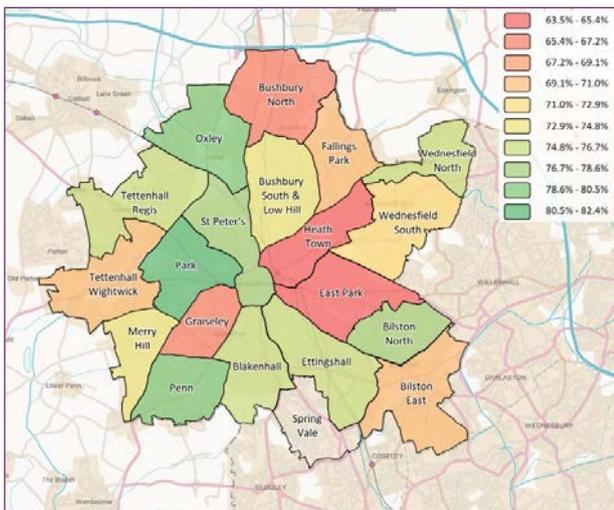
**Year 6 pupils  
- can swim at least a length unaided**



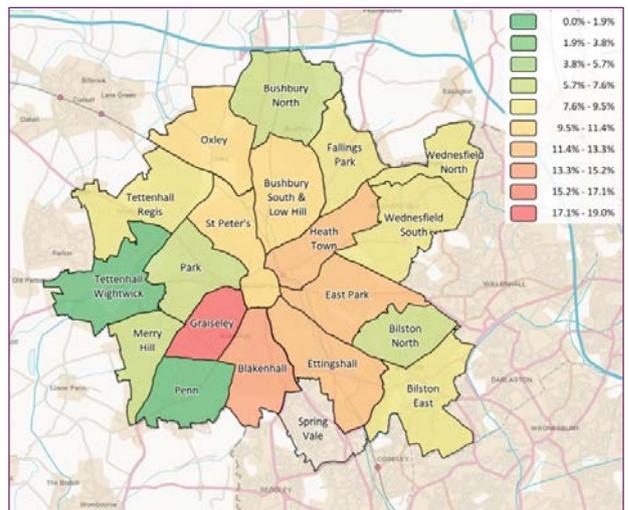
**Year 6 pupils  
- go swimming in own time at least monthly**



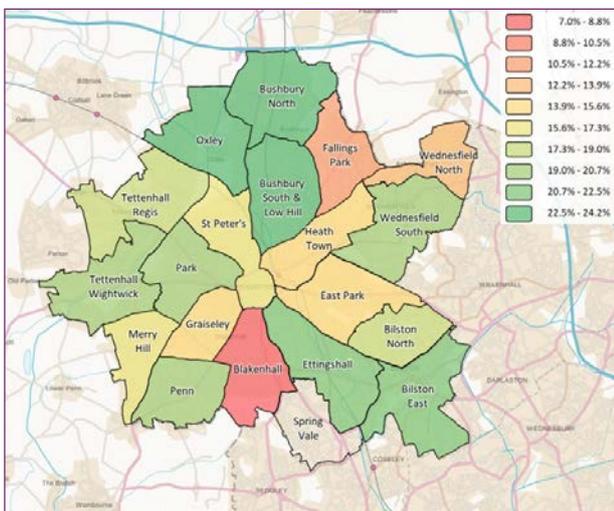
**Year 6 pupils  
- brush teeth at least twice a day**



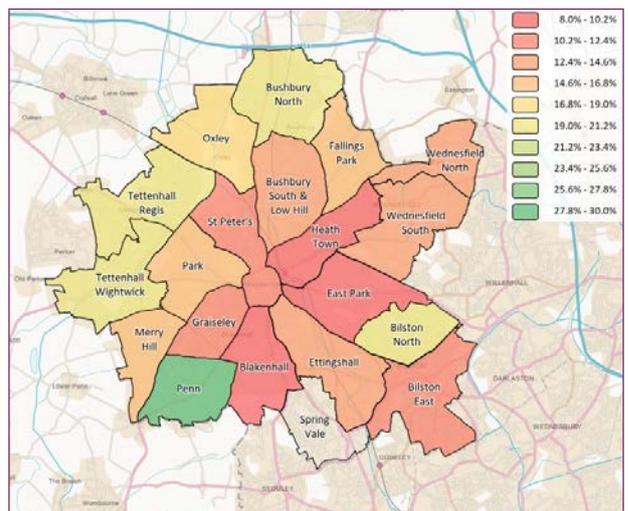
**Year 6 pupils  
- never been to the dentist**



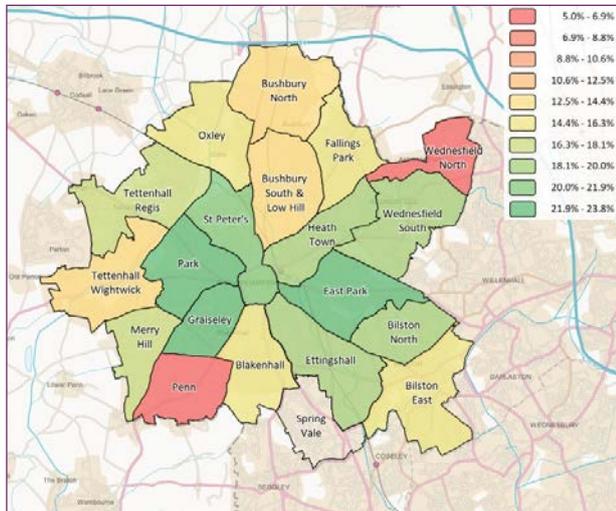
**Year 6 pupils  
- active 5+days active in school**



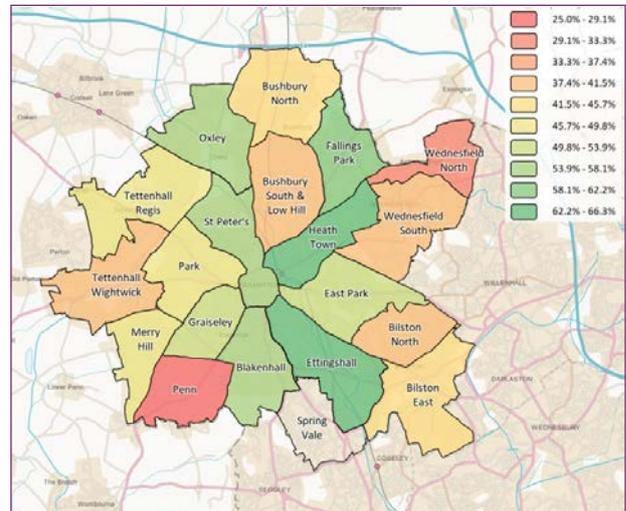
**Year 6 pupils  
- active 5+days active out of school**



Year 6 pupils - 5+ portions of fruit and vegetables eaten yesterday



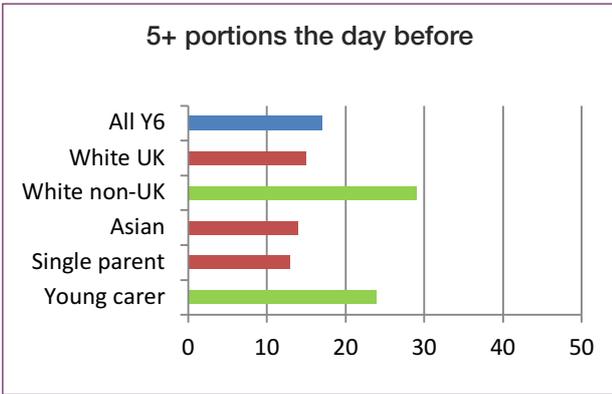
Year 6 pupils - walked or cycled to school



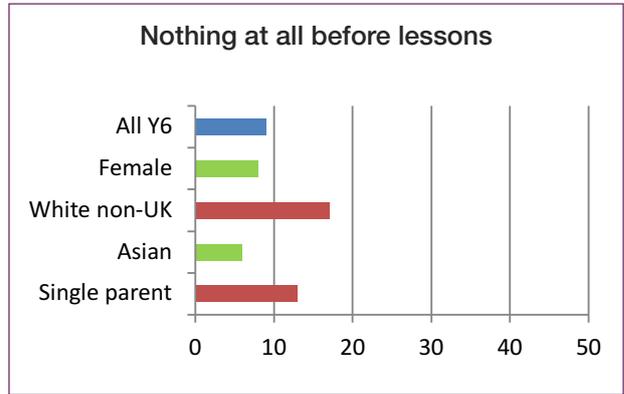
# Inequalities

A selection of questions for each of the primary and secondary questionnaires has been selected to look for statistically significant differences across potentially vulnerable groups:

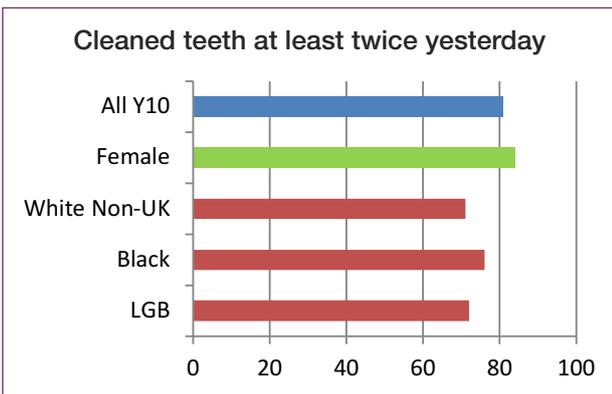
Year 6 pupils



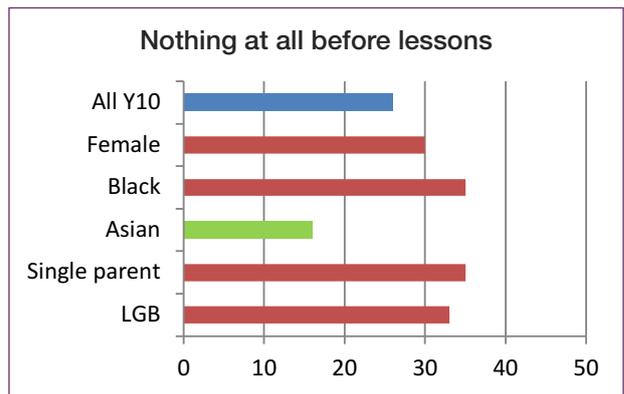
Year 6 pupils



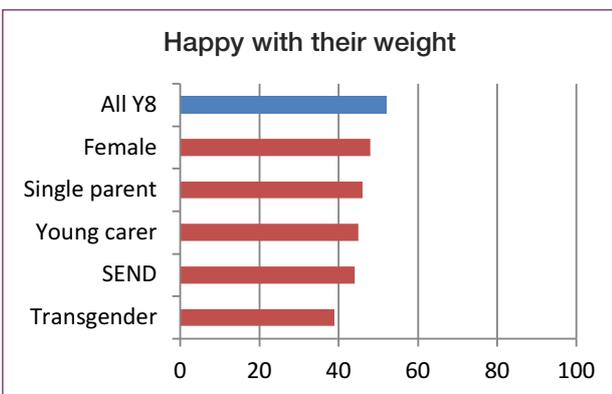
Year 10 pupils



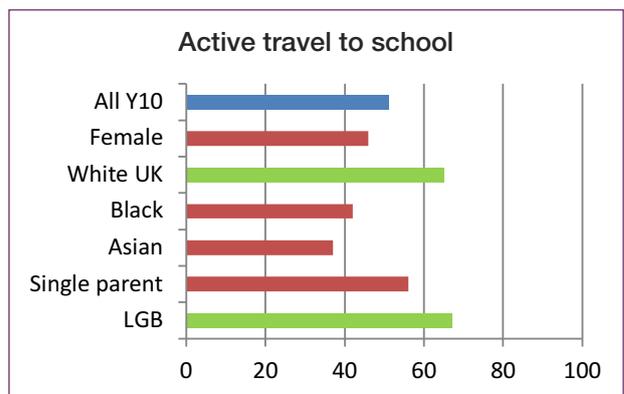
Year 10 pupils



Year 8 pupils



Year 10 pupils



# Links between behaviours

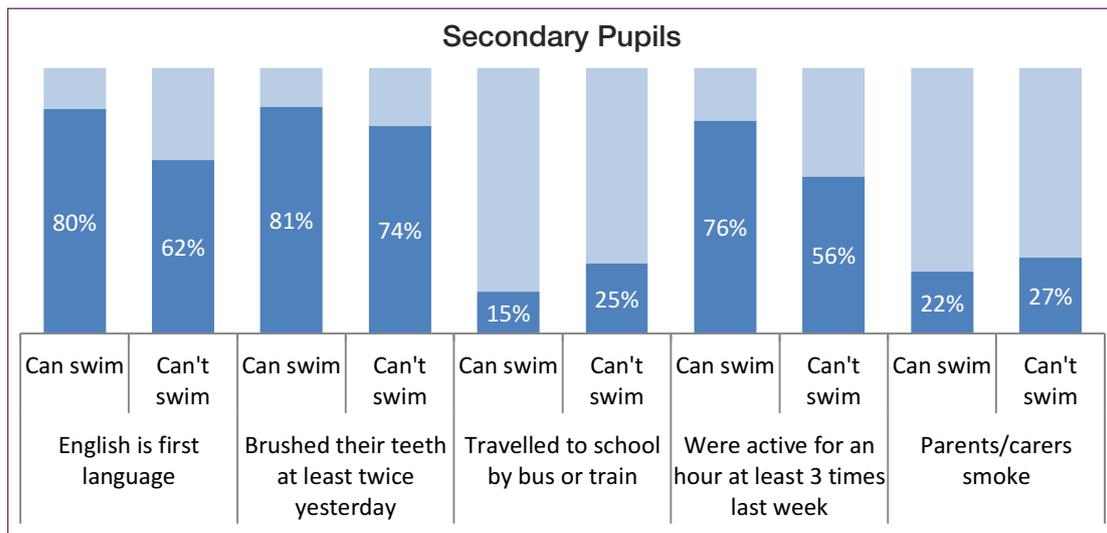
§ When compared with secondary pupils who could swim, those **who can't yet swim** are:

*Significantly more likely to:*

- Have parents/carers who smoke
- Travel to school by bus or train

*Significantly less likely to:*

- Say English is their first language
- Have brushed their teeth at least twice yesterday
- Have been active for an hour at least 3 times the previous week



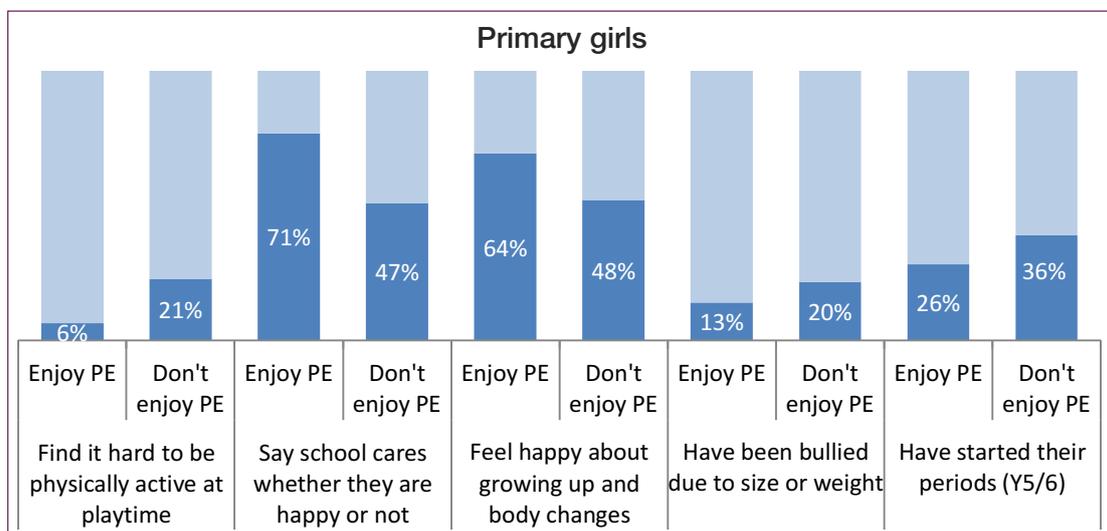
§ When compared with Primary aged girls who said they enjoy being active at school e.g. PE lessons, Primary aged girls who said that **they didn't enjoy PE** are:

*Significantly more likely to:*

- Find it hard to be physically active at playtime
- Have started their periods
- Have been bullied due to their size or weight

*Significantly less likely to:*

- Say school cares whether they are happy or not
- Feel happy about growing up and body changes



# Inequalities

The table below shows percentages for selected criteria for the whole year group sample and selected sub-samples of young people who may be vulnerable.

The table shows significance testing; the tests were performed using actual numbers of respondents for each criterion, not the overall sample size shown.

No correction has been attempted for multiple comparisons, so we could expect 1 in 20 cells to show an apparently significant difference by chance alone. However, in the full table there are 96 cells, 34 of which show a significant result, 18 at  $p < 0.01$ ; this greatly exceeds expectations.

Significant differences are shown in green if desirable, orange if undesirable

99	99	$p < 0.05$	Green = Higher on a positive criterion or lower on a negative one
99	99	$p < 0.01$	Orange = Lower on a positive criterion or higher on a negative one

<b>YEAR 4</b>	All	Female	White UK	White non-UK	Mixed	Black	Asian	Single-parent family	Young carer
Sample (N)	1465	714	544	64	130	147	284	255	321
Nothing to eat or drink before lessons this morning	7%	7%	8%	2%	8%	9%	4%	9%	5%
Nothing for lunch yesterday	1%	1%	1%	0%	2%	1%	0%	2%	1%
5+ portions of fruit/veg yesterday	20%	18%	20%	14%	19%	21%	23%	21%	23%
Brushed teeth at least twice yesterday	69%	69%	68%	70%	71%	75%	75%	69%	69%
Active travel to school	49%	48%	49%	52%	50%	46%	45%	52%	48%
Happy with life	59%	58%	58%	52%	59%	58%	60%	49%	60%

<b>YEAR 6</b>	All	Female	White UK	White non-UK	Mixed	Black	Asian	Single-parent family	Young carer
Sample (N)	1694	827	660	70	170	180	368	308	233
Nothing to eat or drink before lessons this morning	9%	8%	9%	17%	9%	12%	6%	13%	9%
Nothing for lunch yesterday	1%	1%	2%	6%	1%	1%	1%	2%	1%
5+ portions of fruit/veg yesterday	17%	16%	15%	29%	15%	18%	14%	13%	24%
Brushed teeth at least twice yesterday	74%	77%	73%	78%	74%	72%	76%	70%	74%
Active travel to school	50%	49%	53%	54%	48%	44%	46%	55%	53%
Happy with life	56%	54%	59%	39%	45%	52%	61%	45%	51%

YEAR 8	All	Female	White UK	White non-UK	Mixed	Black	Asian	Middle East/West Asian	Single-parent family	Special Ed Needs	Young carer	Transgender
Happy with their weight	52	48	52	45	51	52	50	65	46	44	45	39
Nothing to eat or drink before lessons this morning	22	26	22	17	25	31	15	24	29	27	27	29
Nothing for lunch yesterday	10	12	10	11	12	12	8	8	12	24	19	19
5+ portions of fruit/veg yesterday	10	10	10	11	9	12	9	10	9	15	14	20
Brushed teeth at least twice yesterday	79	85	78	85	83	76	79	80	79	76	82	79
No days last week with at least 60 minutes exercise	5	5	4	5	5	6	5	6	6	7	10	7
7 days last week with at least 60 minutes exercise	18	15	19	21	19	16	13	14	18	15	16	19
Active travel to school	53	50	65	59	52	47	41	33	54	44	48	59
Happy with life	41	32	41	40	38	34	45	53	30	22	31	26

YEAR 10	All	Female	White UK	White non-UK	Mixed	Black	Asian	Middle East/West Asian	Single-parent family	Special Ed Needs	Young carer	LGB	Transgender	LGBT(Including non-binary)
Happy with their weight	44	40	42	45	44	45	48	42	41	37	41	31	34	34
Nothing to eat or drink before lessons this morning	26	30	29	12	33	35	16	19	35	30	31	33	33	32
Nothing for lunch yesterday	15	18	16	8	17	14	12	15	16	20	15	22	27	22
5+ portions fruit/veg yesterday	8	8	7	9	10	5	10	12	7	8	3	7	8	7
Brushed teeth at least twice yesterday	81	84	82	71	82	76	84	77	78	74	79	72	77	75
No days last week with at least 60 minutes exercise	5	6	5	8	5	2	5	4	5	17	4	9	5	8
7 days last week with at least 60 minutes exercise	14	11	13	17	18	16	13	12	15	23	19	14	16	14
Active travel to school	51	46	65	50	54	42	37	44	56	55	51	67	43	57
Happy with life	31	22	31	36	24	23	36	27	27	27	30	10	13	11

## The 2022 Sample

Teachers were briefed on how to collect the most reliable data by Schools Health Education Unit staff.

The facility was offered to all schools to complete the survey online, using a customised website. Where technical issues made this impossible, a paper-based alternative was provided.

The HRBS 2022 was completed by a total of 7959 pupils in 23 primary (KS1) settings, 39 primary (KS2) settings, 14 secondary settings, the FE college and 2 special schools.

Each of the schools has its own report comparing their results to the combined sample for schools and pupils in their age phase.

**7959 young people were involved in the survey:**

School Year	Year 2	Year 4	Year 5	Year 6	Year 8	Year 10	Year 12+	Total
Boys	479	702	169	801	769	579	132	3631
Girls	505	714	168	827	774	616	286	3890
<b>Total</b>	<b>989</b>	<b>1465</b>	<b>341</b>	<b>1694</b>	<b>1622</b>	<b>1270</b>	<b>452</b>	<b>7959*</b>

\* 312 young people didn't select male or female, 49 Year 9 and 11 students also took part. 77 students took part in a bespoke special school survey so their results are reported elsewhere.

For more information contact **SHEU** on **01392 66 72 72** or visit **www.sheu.org.uk**

## The Way Forward - over to you

It has been four years since the survey was last conducted, in 2018. The 2020 survey was cancelled as a result of school closures due to the Covid-19 pandemic. You will see in the reports that during this time some behaviours and attitudes reported by children and young people have changed. However, it is impossible to state which are directly related to the impact of Covid-19 and which are because of factors that would have occurred in any event.

What we do know is that during the pandemic, young people had their attendance at school severely disrupted and many have had far less opportunity to access PSHE education and support services such as School Nursing and school pastoral teams. School closures and lockdown restrictions would also have impacted

upon children and young people's ability to socialise, access nutritious meals, enjoy leisure time, and participate in physical activities.

To understand and interpret the results of the survey that are presented within this report, we would encourage professionals and interested parties to view the information in the context of Covid-19 and the additional knowledge you hold in relation to the disruption to local provision.

Please use the reports as a basis for discussion and to develop local strategies, plans and support services, to ensure that as we recover the impact on the health and wellbeing of children and young people in Wolverhampton is maximised.

*For further information about the survey please contact:*

**City of Wolverhampton Council Public Health and Wellbeing team**

*Email:* **Howard.Jobber@wolverhampton.gov.uk** | *Tel:* **01902 555 928**



You can get this information in large print, braille, audio  
or in another language by calling 01902 551155

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