

Findings from the Health Related Behaviour Survey 2024 **Healthy Lifestyles**

Supporting the health of
young people in Wolverhampton



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Findings from the Health Related Behaviour Survey 2024 – Healthy Lifestyles

The Health Related Behaviour Survey (HRBS) has been running in Wolverhampton since 2006. The survey is carried out as a way of consulting with pupils and collecting robust information about young people's health and wellbeing. The HRBS is commissioned by the Starting, Developing and Living well team within the City of Wolverhampton Council Public Health Department and carried out by the Schools Health Education Unit (SHEU) which has conducted the survey on behalf of the Council since its inception in 2006.

The survey is conducted with pupils in primary and secondary phase settings across Wolverhampton, who are asked to complete an anonymous on-line version of the survey appropriate for their age group. Schools are supported to collect the most reliable data with pupils in Years 2 (Key Stage 1 survey), 4 & 6 (Key Stage 2 survey), and 8 & 10 (Secondary Key Stage 3-4 survey) with other year groups taking part where appropriate. In 2024 survey schools could also opt for a Year 7 version and a Year 12 version of the secondary survey.

HRBS 2024 was completed by a total of 12611 pupils in 34 primary (KS1) settings, 48 primary (KS2) settings, 15 secondary (KS 3-4) settings, 4 schools completed the Year 12 survey and 5 special schools also took part.

Navigating the report

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

Headline comparisons

Each report contains headline bullet points, comparing the 2024 data and the same questions for 2022 and earlier in many cases.

- 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 to provide useful insight for key priority areas.

Phase differences

A selection of questions used across the surveys is presented 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/lower the percentage proportions (see key on each map). Sadly there isn't enough secondary school post code data available for mapping purposes.

Inequalities ≠

A selection of questions for each of the primary and secondary questionnaires has been presented 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.

**THEMED REPORTS
NUMBER 1 OF 5:**

**HEALTHY
LIFESTYLES**

**RELATIONSHIPS AND
SEXUAL HEALTH**

**SMOKING,
SUBSTANCES AND
GAMBLING**

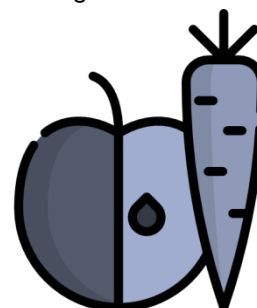
**EMOTIONAL HEALTH
AND WELLBEING**

**SAFETY (INCLUDING
BULLYING)**

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. The downward trend for having '5-A-Day' appears to have ended in 2024. There has been a large fall in the proportions of pupils who report walking to school in 2024. Key Stage 3 – 4 secondary pupils are less likely to have had crisps 'on most days' than in 2022, continuing the downward trend since 2016.

49% of Key Stage 2 primary pupils said that school food/lunchtime needed to improve (significantly higher than in 2022). 66% of Key Stage 3-4 said the same. The top reasons given included: 'need more choice' 26% (17% in 2022); food 'needs to be tastier' 31% (17%) and they 'need more time to eat' 22% (15%) (Key Stage 2 primary); 'Less time queueing' 42% (38%), 'more time to eat' 36% (36%) and 'food is too expensive' 36% (27%) (Key Stage 3-4 secondary).



Year 6 primary pupils are more likely in 2024 to have been physically active enough to breathe harder and faster compared with 2022. There is a drop-off in enjoyment of physical activity at school between the primary and secondary phases. This is most striking for girls: Year 2 (58%), Year 4 (46%), Year 6 (35%), Year 8 (22%) and Year 10 (18%).

Key Stage 1 pupils

- 24% of Key Stage 1 pupils in 2024 said that they have never been to the dentist. This is lower than the 30% saying this in 2022.
- 68% of Key Stage 1 pupils brushed their teeth at least twice the day before the survey, 5% said they had not brushed their teeth at all the day before the survey.
- 8% of Key Stage 1 pupils in 2024 said that they only had a drink for breakfast on the day of the survey. This is lower than the 12% saying this in 2022.
- 87% of Key Stage 1 pupils responded that they at least 'sometimes' play tag/run/skip during school playtimes/dinner times, compared with 90% who said this in 2022.
- 38% of Key Stage 1 pupils responded that they walked to school on the day of the survey, compared with 47% who said this in 2022. 54% travelled by car compared with 48% in 2022.
- 60% of Key Stage 1 pupils responded that they like school dinners, compared with 67% who said this in 2022.
- 56% of Key Stage 1 pupils said that they at least 'sometimes' go swimming after school or at weekends compared with 51% in 2022. Both are lower than the 62% seen in 2018 and 70% in 2016.
- 78% of Key Stage 1 pupils said that they enjoy being active at school 'quite a lot' or 'a lot', compared with 85% of pupils in 2022.

Key Stage 2 pupils

- 57% of Key Stage 2 pupils said that they have had cookery or food preparation lessons in school in the last 12 months, compared with 46% saying this in 2022.
- 49% of Key Stage 2 pupils said there is something about school food/lunchtime that needs to improve. This compared with 39% saying the same in 2022.
- 26% of Key Stage 2 pupils said that more choice would improve school food/lunchtime. This is higher than the 17% of pupils who said this in 2022.



- 45% of Key Stage 2 pupils said they at least 'sometimes' go swimming outside of school/in their own time (at least about once a month), compared with 42% saying this in 2022.
- 44% of Key Stage 2 pupils in 2022 said that they walked to school on the day of the survey compared with 47% in 2022 continuing a downward trend from 2016. 54% travelled by car compared with 52% in 2022 although 3% came by bike compared with 1% in 2022.
- 56% of Key Stage 2 pupils said that they attend a physical activity/sports club after school compared with 53% in 2022.

Key Stage 3 - 4 pupils

- 53% of Key Stage 3-4 secondary pupils had cookery or food preparation lessons in school in the last 12 months, compared with 41% who said this in 2022.
- 43% of Key Stage 3-4 secondary pupils travelled to school by car on the day of the survey, compared with 37% reporting this in 2022.
- 33% of Key Stage 3-4 secondary pupils said that they 'rarely or never' eat takeaway/fast food, compared with 29% reporting this in 2022.
- 23% of Key Stage 3-4 secondary pupils in 2022 said that they eat crisps 'on most days'. This continues a downward trend. 35% said this in 2016.
- 29% of Key Stage 3-4 secondary pupils said they at least 'sometimes' go swimming outside of school/in their own time (at least about once a month), compared with 25% saying this in 2022.
- 82% of Key Stage 3-4 secondary pupils said that they brushed their teeth at least twice on the day before the survey. This compared with 79% saying this in 2022.
- 66% of Key Stage 3-4 secondary pupils said there is something about school food/lunchtime that needs to improve; 61% reported this in 2022.
- 74% of Key Stage 3-4 secondary pupils in 2024 said that they 'agree' or 'strongly agree' that they like being active. This is higher than the 72% saying this in 2022.

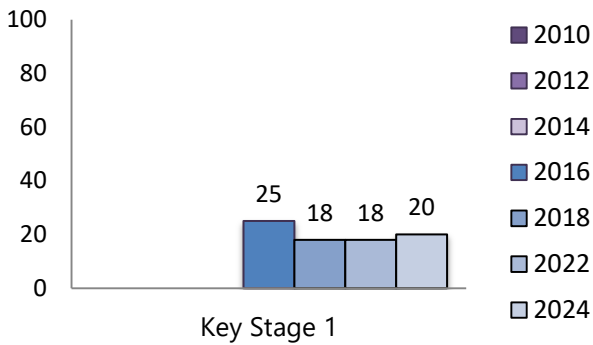


Trends

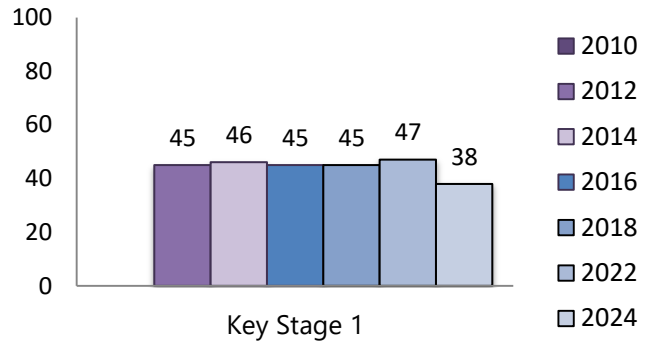
Where possible, questions that have remained the same across the years have been identified to look for potential trend analysis. The following is a selection of key questions.

- The figures for all Key stages having 5 or more portions of fruit and vegetables are no worse in 2024 than they were in 2022. However, they are still much lower than those observed 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 went up to 50% in 2022. In 2024 it has fallen to 46%. There has been a large drop for both the KS1 and KS2 figures for 2024 compared with 2022.

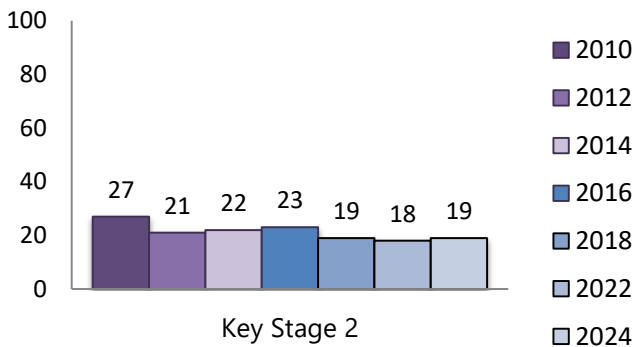
KS1 Trends – 5+ portions of fruit and vegetables



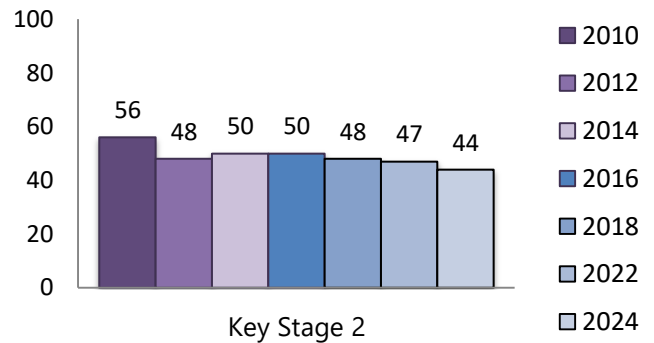
KS1 Trends – Walked to school



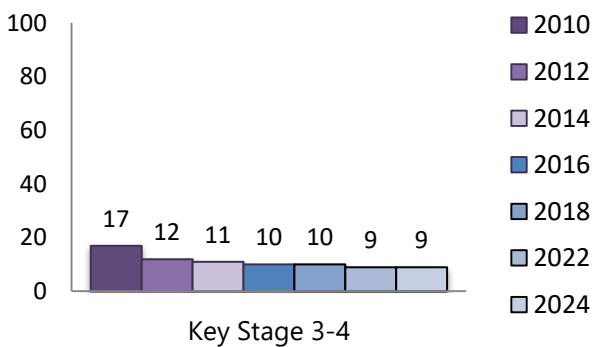
Primary Trends – 5+ portions of fruit and vegetables



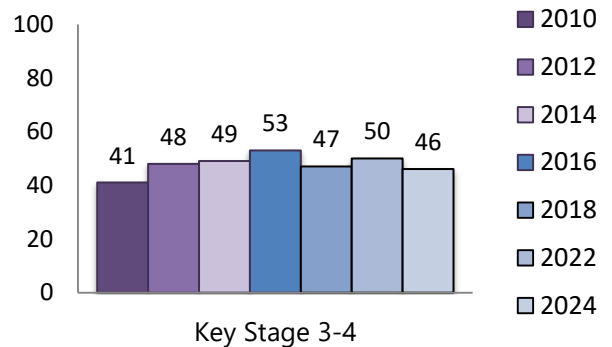
Primary Trends – Walked to school



Secondary Trends – 5+ portions of fruit and vegetables

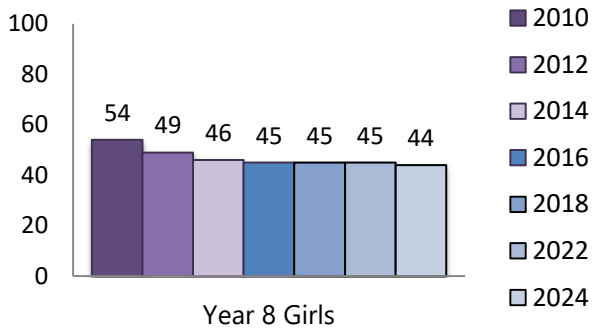


Secondary Trends – Walked to school

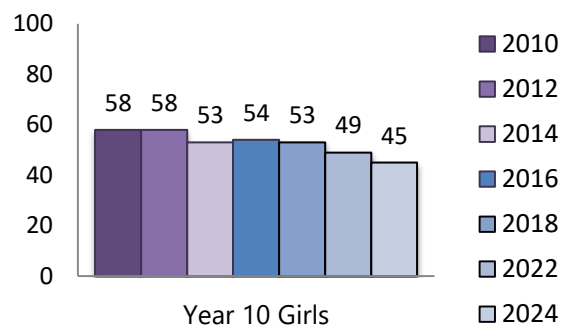


- The downward trend for Year 8 secondary aged girls who say they would like to lose weight appears to have levelled off, 1% less in 2024 compared with 2018 and 2022. 54% of Year 8 girls said this in 2010 compared with 44% in 2024.
- It is significantly lower for Year 10 girls in 2024 at 45% however, when compared with the 58% seen in 2010 and 2012.

Secondary Trends – Want to lose weight

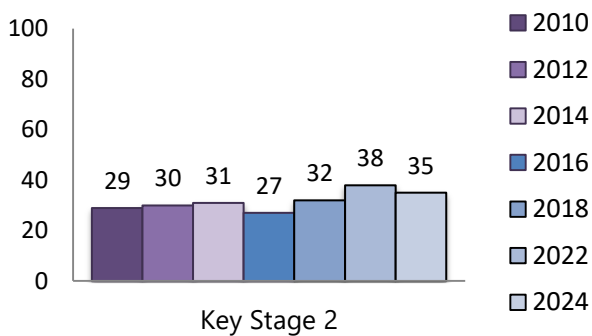


Secondary Trends – Want to lose weight

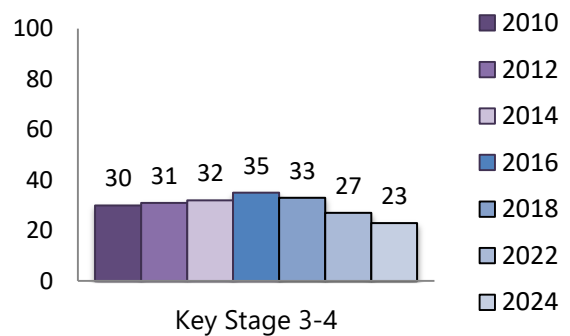


- There had been an overall upward trend for primary pupils having crisps 'on most days' but the 2024 figure has fallen compared with 2022. The primary 2022 figure for having sweets 'on most days' has also fallen to 31% compared with the 33% seen in 2022.
- For secondary aged pupils there is a continuing downward trend for having crisps 'on most days':

Primary Trends – Crisps most days

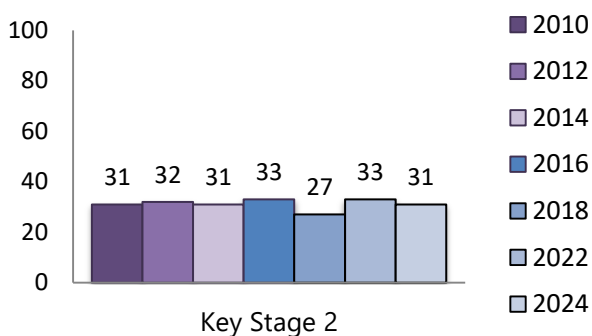


Secondary Trends – Crisps most days

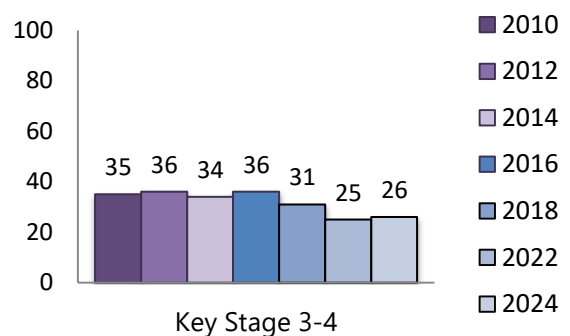


- The story for sweets and chocolate 'on most days' appears to be more erratic for primary pupils; the recent fall in the secondary data has not continued:

Primary Trends – Sweets most days

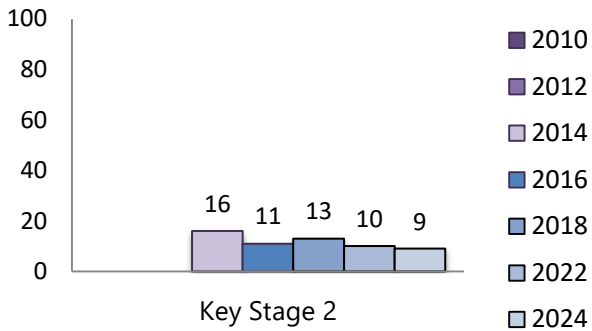


Secondary Trends – Sweets most days

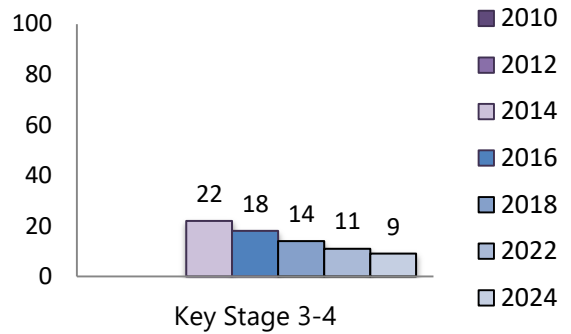


- 9% of Key Stage 3-4 secondary pupils said they have sports drinks 'on most days' in 2024. This continues a downward trend from the 11% in 2022, the 14% in 2018 and 22% who said this in 2014. There appears to be no slight downward trend appearing for the primary phase:

Primary Trends – Sports drinks most days



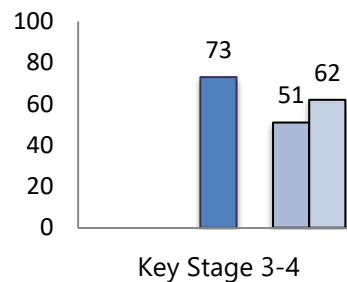
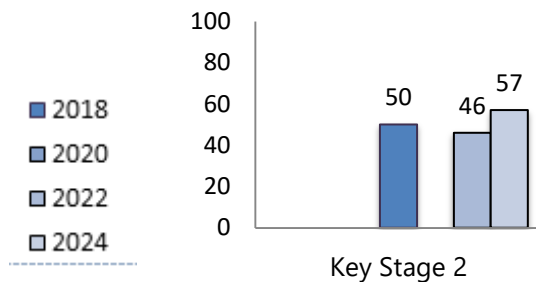
Secondary Trends – Sports drinks most days



Cookery and food preparation lessons in school

There has been an increase in pupils saying they have had cookery / food prep lessons in last 12 months. In 2024 57% of KS2 pupils said this compared with 46% in 2022. 50% said this in 2018.

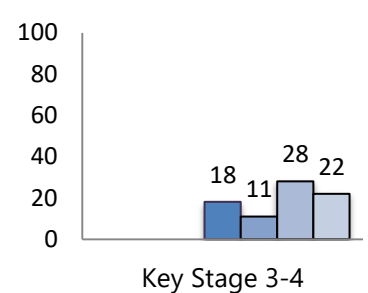
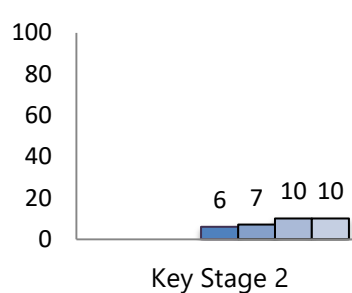
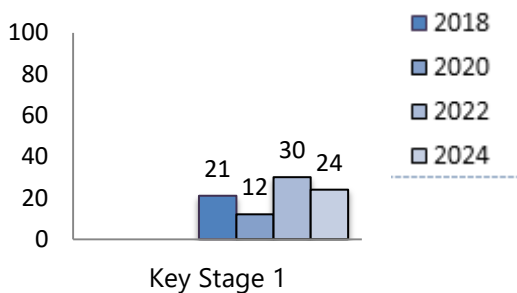
The Secondary figures also appear to be recovering from a low figure of 51% in 2022 - this may have been due to Covid restrictions. For Year Y8, 62% said they have had cookery/food preparation lessons in school in 2024. This compared with 51% in 2022 but still lower than the 73% seen in 2018:



Oral Health

Since 2018, pupils have been asked about their last visit to the dentist. In 2024, 24% of KS1 pupils and 10% of KS2 pupils said they have never been to the dentist. 22% of KS3-4 pupils said they have never been to the dentist or haven't been in a long time.

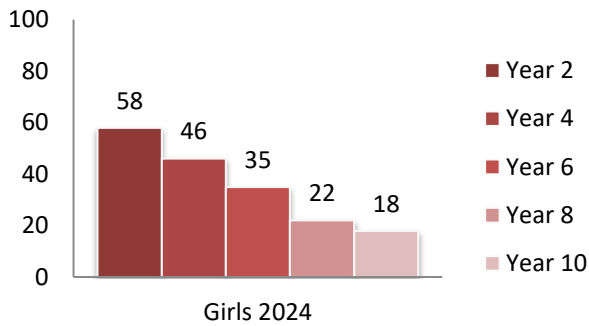
Trends for never visiting the dentist (KS1 and KS2) or never/not been for a long time KS3/4:



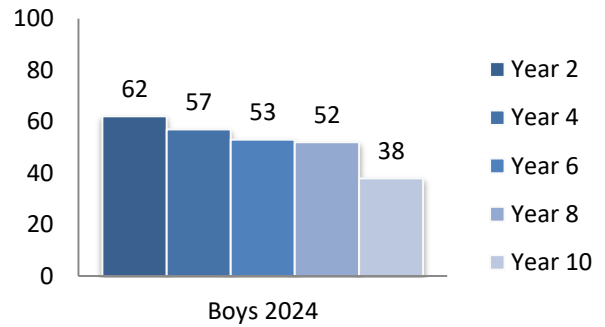
Phase differences

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'

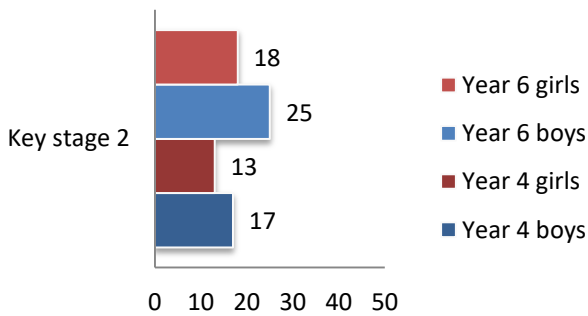


Enjoying physical activity at school 'A lot'

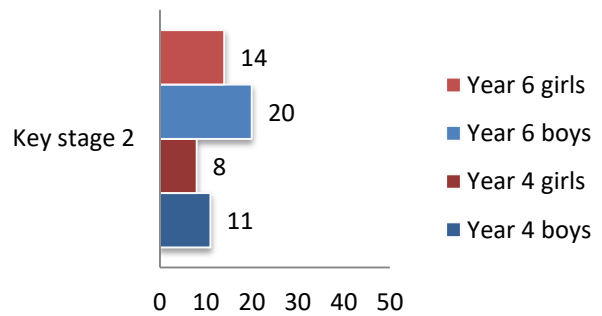


18% of Key Stage 2 pupils in 2024 responded that they were active at school for at least 30 minutes where they had to breathe harder and faster on 5 or more days in the week before the survey. 14% said this for 'out of school':*

Active in school for 30+ minutes on 5 days



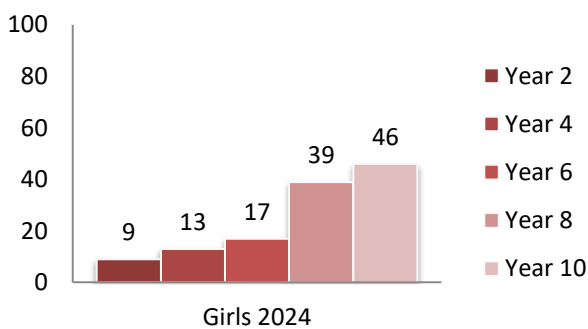
Active out of school for 30+ minutes on 5 days



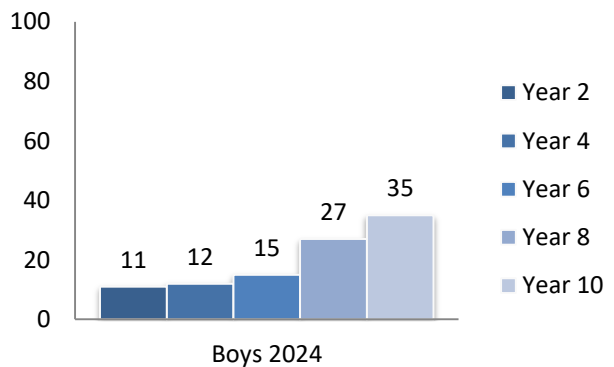
* Chief Medical Officer's guidance on 5-18 year olds being physically active for 60 mins every day <https://www.gov.uk/government/publications/physical-activity-guidelines-children-and-young-people-5-to-18-years> This is usually split as 30 mins at school and 30 mins outside of school (as in the Govt.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

There is an increase in the proportions of pupils missing breakfast between the primary and secondary phases. This is more marked for the girls than for the boys.

Nothing at all or just a drink for breakfast

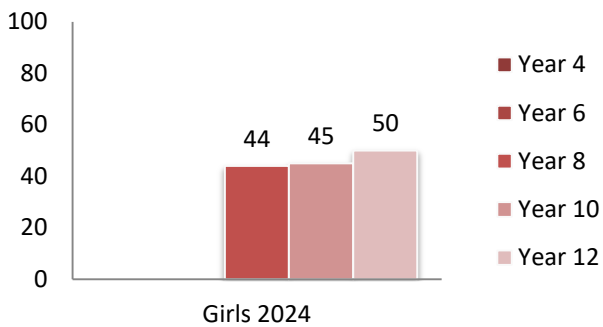


Nothing at all or just a drink for breakfast

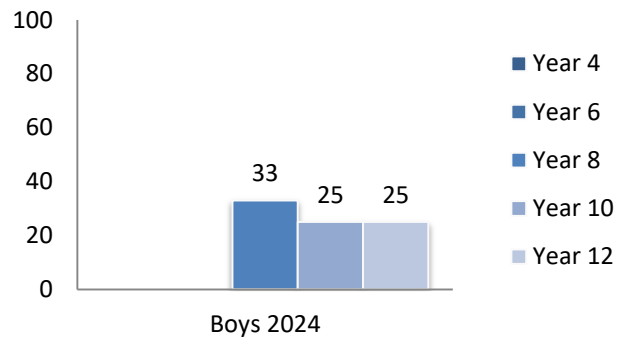


There is an increase in the proportions of older girls saying they want to lose weight. We tend to find that older boys may prefer to gain weight (muscle) rather than lose weight at this stage of life. The question was not asked in the Key Stage 2 survey this year.

Would like to lose weight

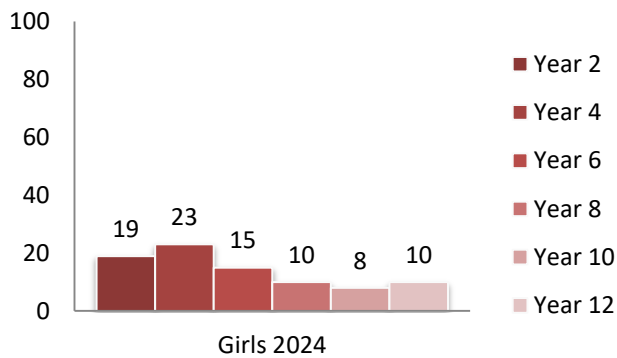


Would like to lose weight

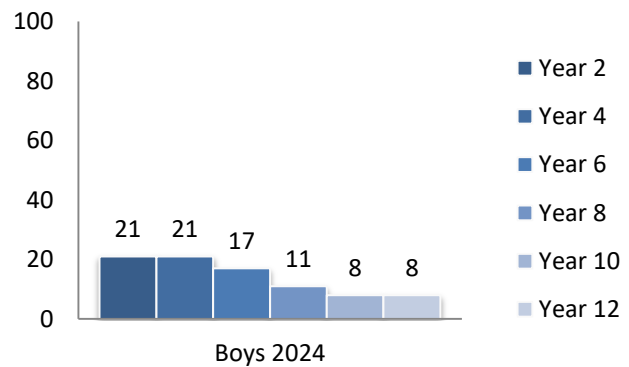


There is a decrease in the proportions of pupils eating 5 or more portions of fruit and vegetables between the primary and secondary phases.

5+ portions of fruit and vegetables

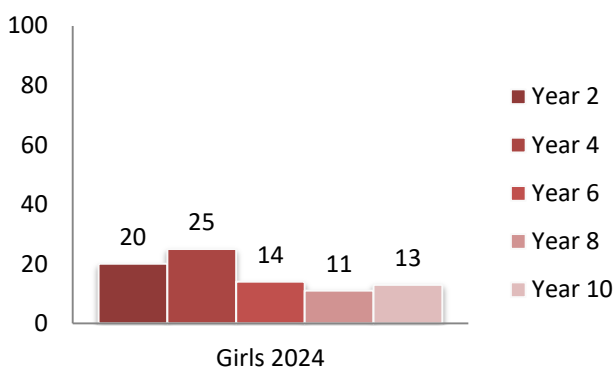


5+ portions of fruit and vegetables

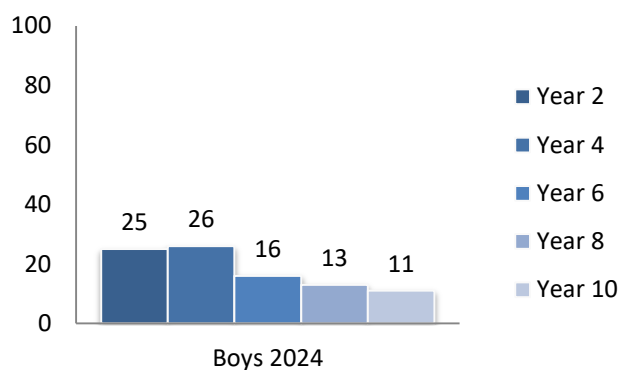


There is a decrease in the proportions of pupils eating take-away food between the primary and secondary phases with perhaps the Year 8 girls and Year 10 boys being most careful groups.

Take-away food 2 or more days (Year 2 'on most days')

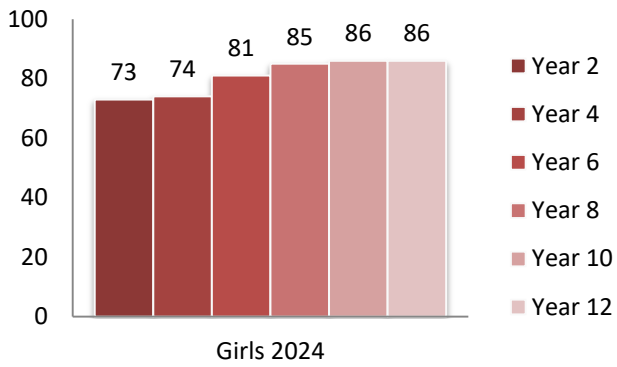


Take-away food 2 or more days (Year 2 'on most days')

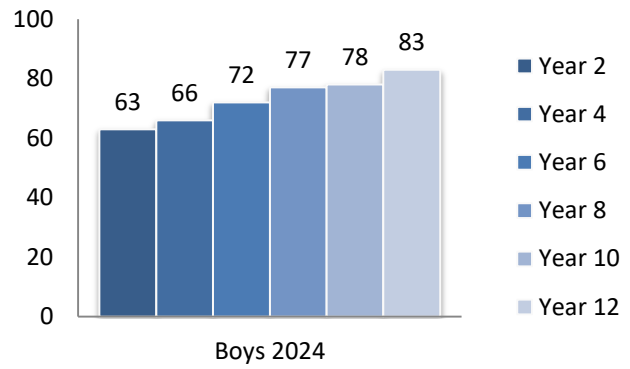


■ There is an increase in the proportions of pupils brushing their teeth at least twice the day before between the primary and secondary phases and this is clearly marked for the boys. The girls however are ahead of the boys in every year group.

Brushed teeth at least twice yesterday

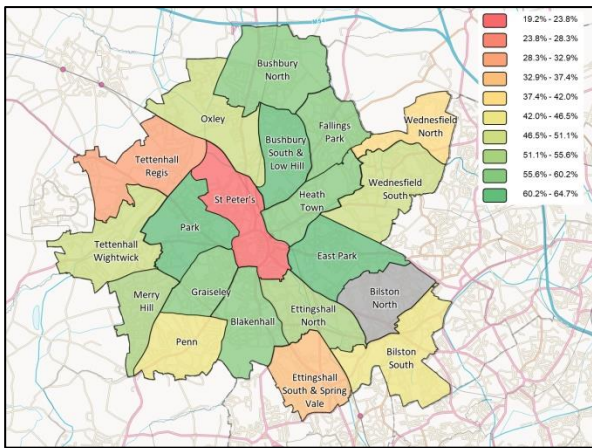


Brushed teeth at least twice yesterday

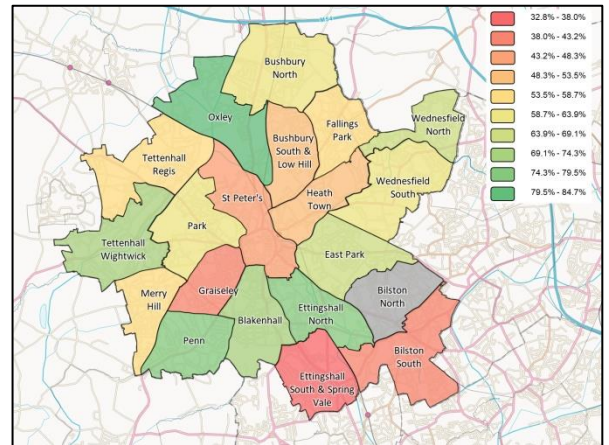


Mapping - ward level mapping is only available for Key Stage 2

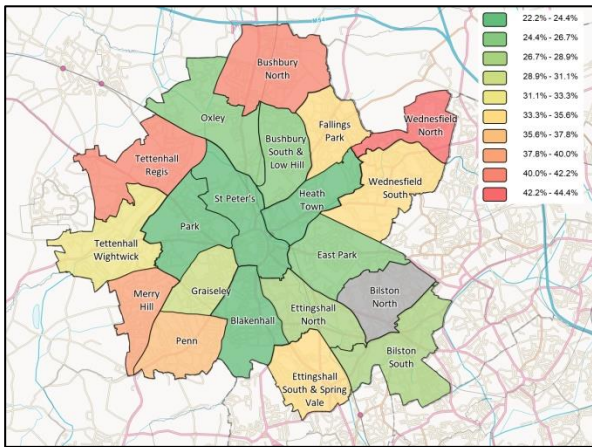
Year 6 pupils – who walked or scooted to school



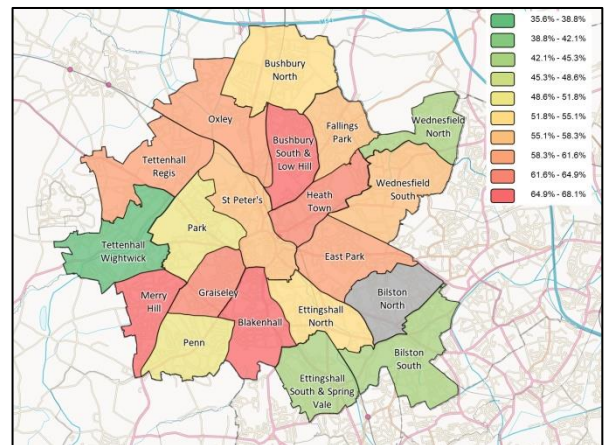
Year 6 pupils – have had cookery or food preparation lessons in the last year



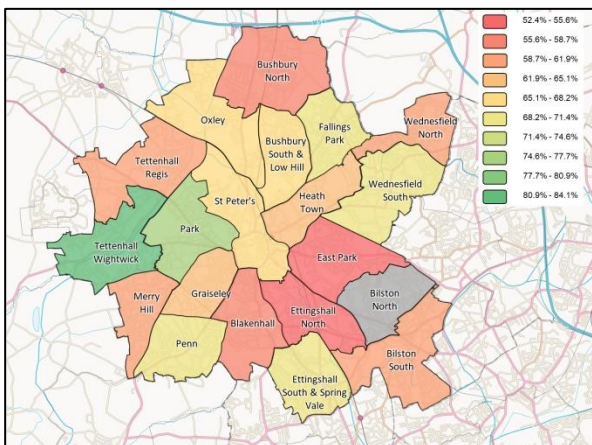
Year 6 pupils – eat crisps 'on most days'



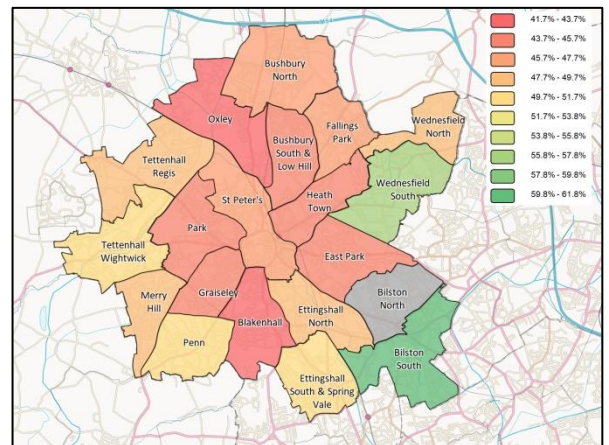
Year 6 pupils – School food/lunchtime needs to improve



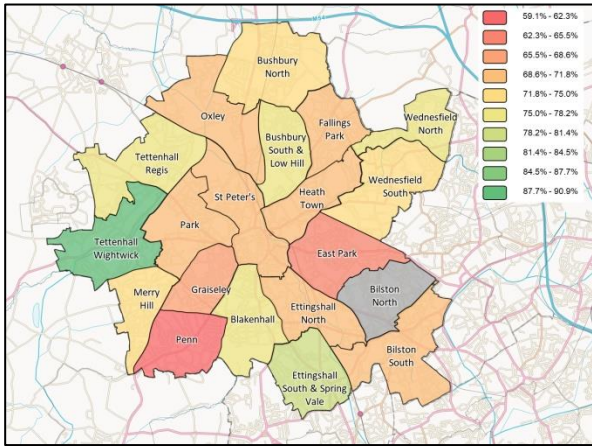
Year 6 pupils – find exercise and sport easy



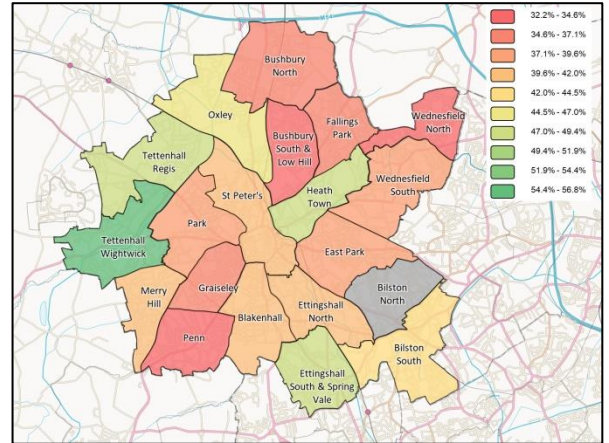
Year 6 pupils – lots of clubs activities available locally



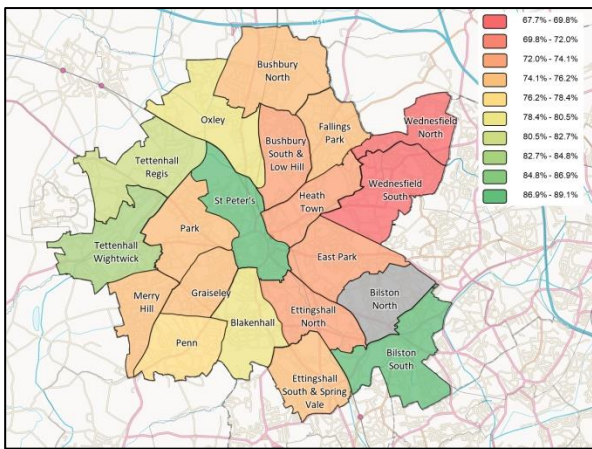
Year 6 pupils – can swim at least a length unaided



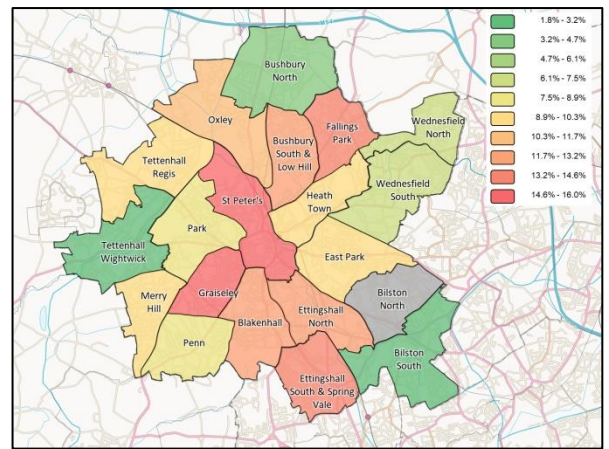
Year 6 pupils – go swimming in own time at least monthly



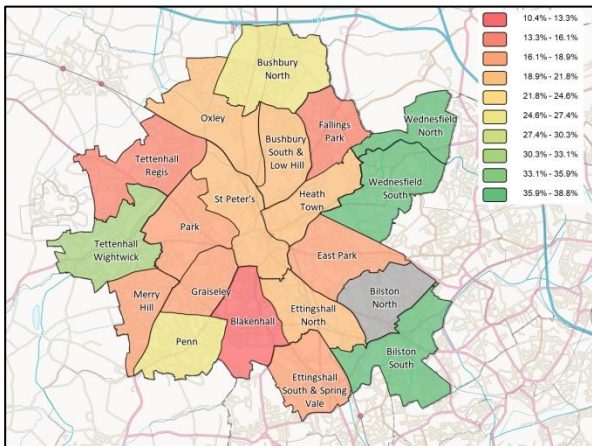
Year 6 pupils – brush teeth at least twice a day



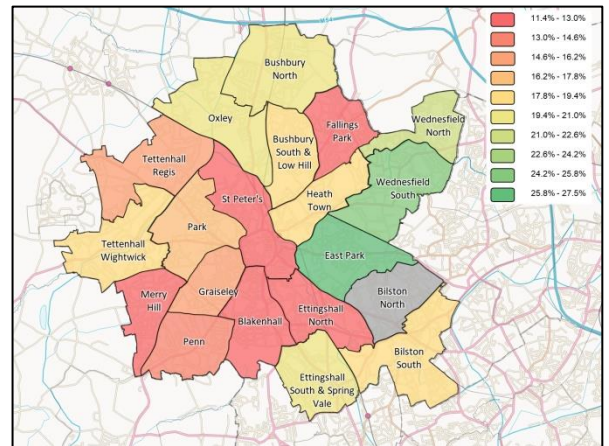
Year 6 pupils – never been to the dentist



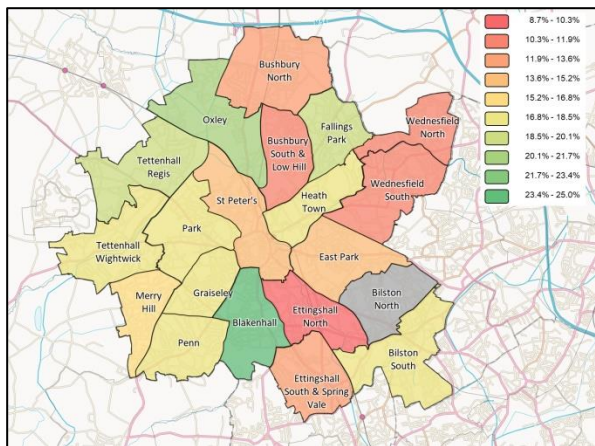
Year 6 pupils – active 5+days active in school



Year 6 pupils – active 5+days active out of school



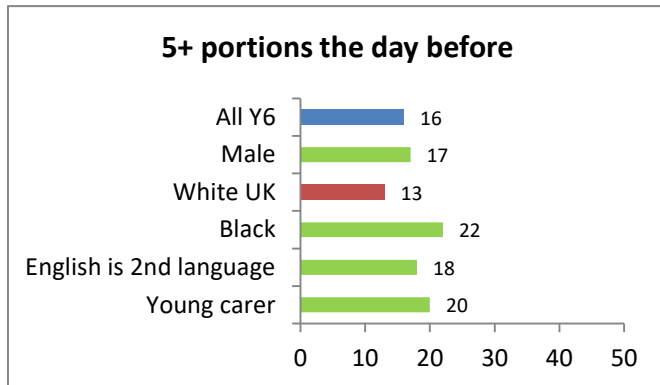
Year 6 pupils – 5+ portions of fruit and vegetables eaten yesterday



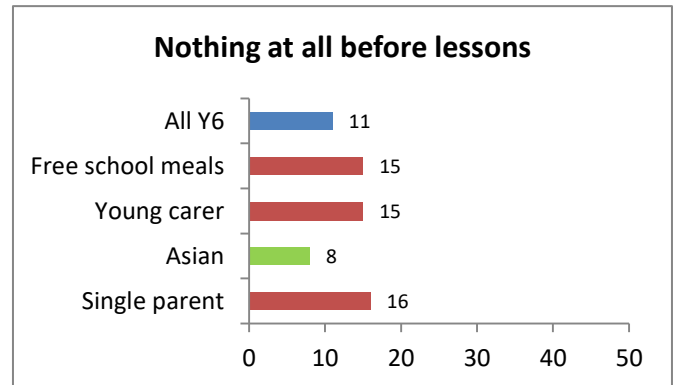
Inequalities ≠

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

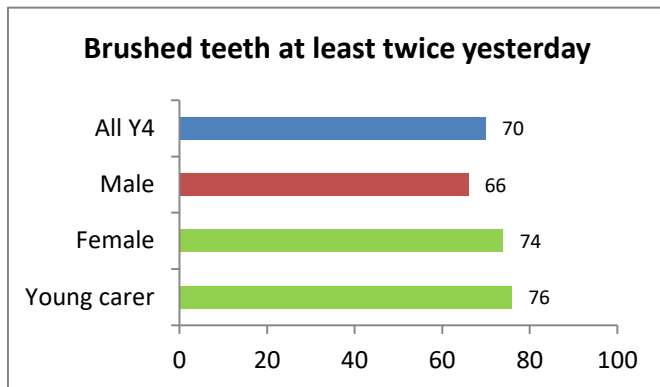
Year 6 pupils



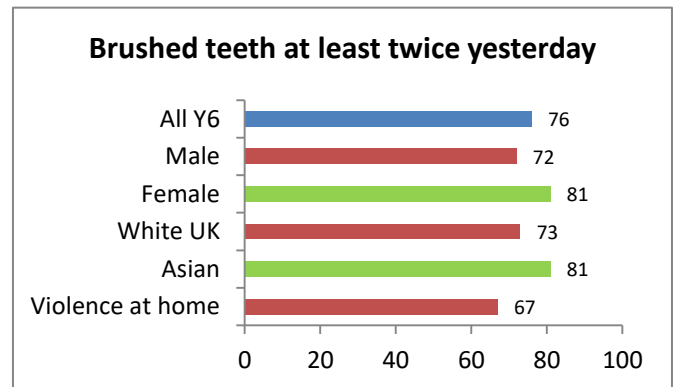
Year 6 pupils



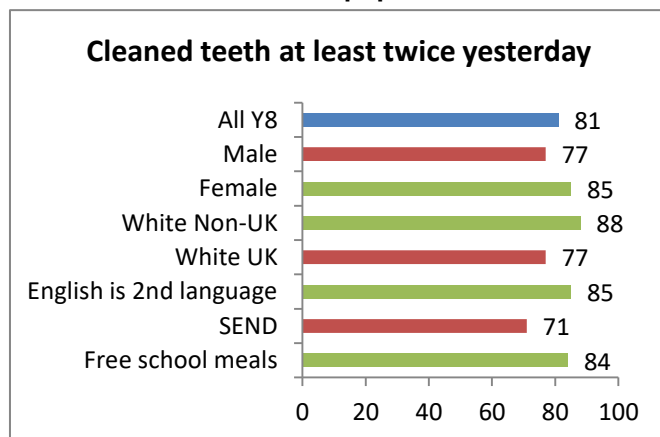
Year 4 pupils



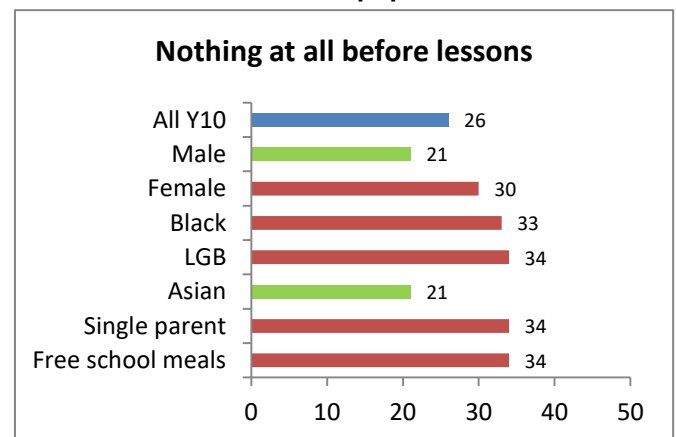
Year 6 pupils



Year 8 pupils

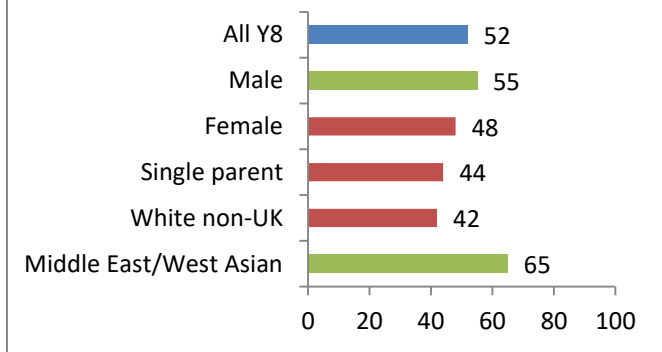


Year 10 pupils



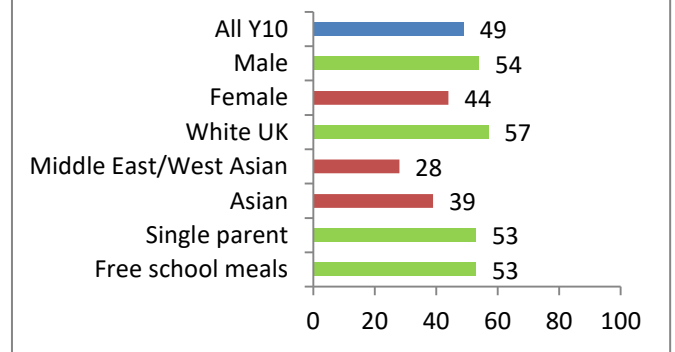
Year 8 pupils

Happy with their weight



Year 10 pupils

Active travel to school



Links between behaviours

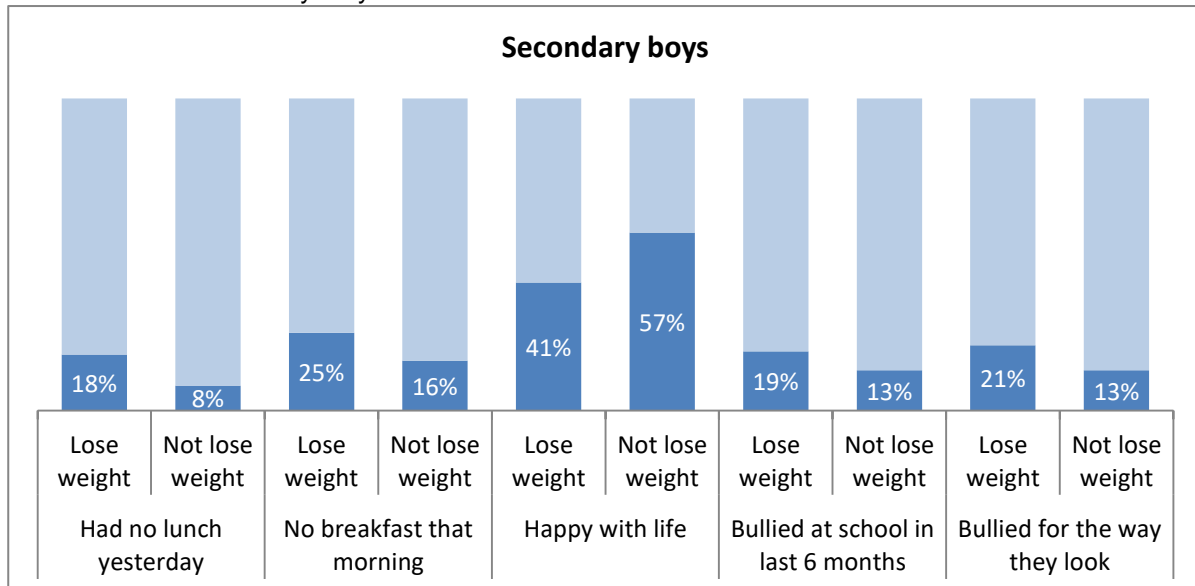
§ When compared with secondary boys who don't want to lose weight, those **who want to lose weight** are:

Significantly more likely to:

- Have missed lunch yesterday
- Have missed breakfast that morning
- Been bullied in the last 6 months at school
- Bullied for the way they look

Significantly less likely to:

- Be happy with life at the moment



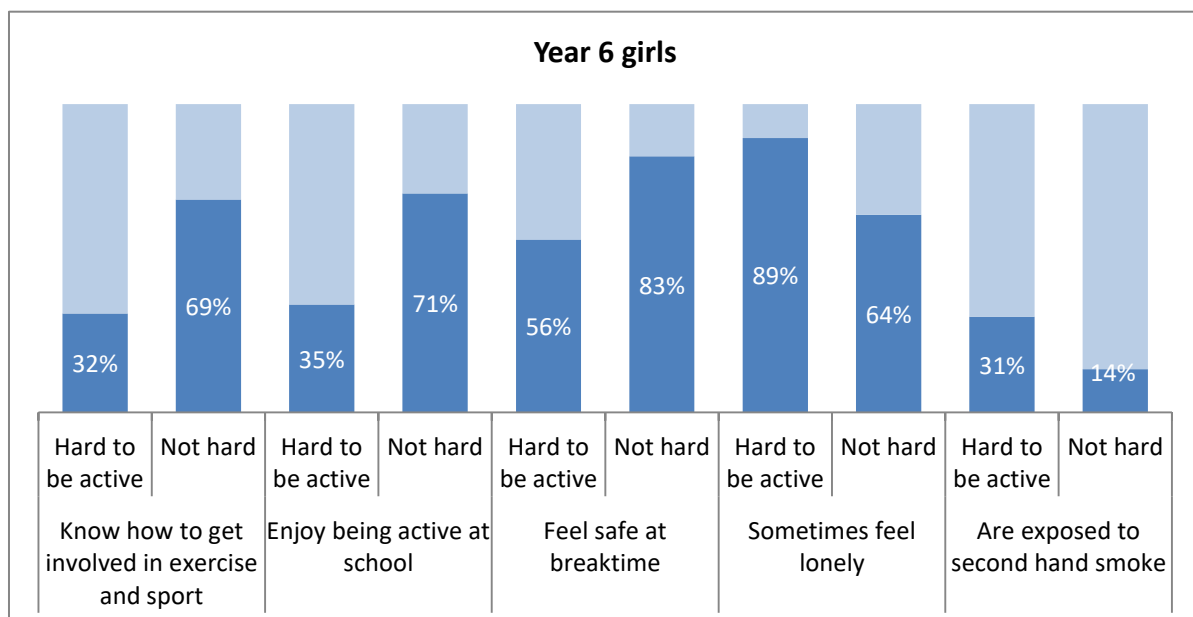
§ When compared with Year 6 girls who said it wasn't hard to be active, Year 6 girls who said that **they found it hard to be active** are:

Significantly more likely to:

- Be exposed to second hand smoke at home
- Feel lonely at least 'sometimes'

Significantly less likely to:

- Know how to get involved in exercise and sport
- Enjoy being active at school
- Feel safe at breaktime



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, 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

Year 4	All	Male	Female	White UK	White non-UK	Mixed	Black	Asian	Middle East/West Asian	English is not 1st language	Single-parent family	Young carer	Currently has FSM
Sample	1,839	879	910	640	65	181	233	398	58	539	265	401	687
Nothing to eat or drink before lessons this morning	8%	7%	7%	8%	6%	7%	9%	6%	14%	10%	11%	10%	11%
Nothing for lunch yesterday	2%	3%	1%	1%	0%	1%	3%	3%	9%	3%	1%	2%	2%
5+ portions fruit/veg yesterday	22%	21%	23%	21%	23%	25%	22%	22%	25%	25%	18%	25%	23%
Brushed teeth at least twice yesterday	70%	66%	74%	70%	66%	74%	72%	69%	63%	70%	70%	76%	69%
Active travel to school	46%	46%	46%	51%	54%	36%	38%	40%	36%	46%	48%	49%	49%
Happy with life	60%	64%	57%	59%	60%	60%	61%	63%	70%	61%	53%	55%	54%

Year 6	All	Male	Female	White UK	White non-UK	Mixed	Black	Asian	Middle East/West Asian	English is not 1st language	Single-parent family	Young carer	Currently has FSM	Violence between adults at home last month
Sample	1,944	982	926	660	102	240	308	454	70	530	362	299	730	196
Nothing to eat or drink before lessons this morning	11%	11%	11%	10%	12%	12%	11%	8%	21%	11%	16%	15%	15%	17%
Nothing for lunch yesterday	3%	3%	3%	2%	0%	3%	2%	4%	15%	4%	2%	4%	4%	3%
5+ portions fruit/veg yesterday	16%	17%	15%	13%	15%	19%	22%	16%	19%	18%	15%	20%	17%	19%
Brushed teeth at least twice yesterday	76%	72%	81%	73%	70%	78%	76%	81%	76%	77%	76%	74%	75%	67%
Active travel to school	50%	52%	48%	52%	55%	50%	56%	39%	47%	52%	57%	53%	55%	57%
Happy with life	55%	59%	52%	54%	49%	54%	53%	60%	60%	54%	50%	50%	51%	31%

Year 8	All	Male	Female	Transgender	White UK	White non-UK	Mixed	Black	Asian	Middle East/West Asian	English is not 1st language	Single-parent family	SEND	Young carer	Currently has FSM	Violence between adults at home last month
Sample	1,668	776	840	66	550	106	182	227	453	60	391	289	122	162	548	108
Happy with their weight	52%	55%	48%	52%	53%	42%	51%	49%	51%	65%	54%	44%	45%	54%	52%	37%
Nothing to eat or drink before lessons this morning	22%	16%	29%	29%	22%	25%	35%	27%	15%	25%	19%	31%	22%	26%	28%	32%
Nothing for lunch yesterday	12%	9%	14%	9%	9%	12%	20%	15%	10%	13%	9%	14%	10%	14%	12%	19%
5+ portions fruit/veg yesterday	10%	11%	10%	11%	10%	14%	11%	8%	10%	14%	11%	9%	12%	12%	10%	7%
Brushed teeth at least twice yesterday	81%	77%	85%	82%	77%	88%	83%	80%	81%	88%	85%	81%	71%	81%	84%	72%
No days last week with total \geq 60m exercise	4%	3%	4%	5%	3%	5%	2%	5%	4%	2%	3%	2%	9%	6%	4%	5%
7 days last week with total \geq 60m exercise	17%	22%	12%	17%	20%	10%	14%	16%	15%	24%	15%	18%	17%	19%	19%	16%
Active travel to school	49%	53%	45%	48%	57%	56%	49%	50%	37%	36%	48%	58%	48%	53%	55%	50%
Happy with life	42%	54%	34%	30%	43%	34%	35%	44%	44%	51%	45%	37%	43%	29%	41%	17%

Year 10	All	Male	Female	Transgender	LGB	White UK	White non-UK	Mixed	Black	Asian	Middle East/West Asian	English is not 1st language	Single-parent family	SEND	Young carer	Currently has FSM	Violence between adults at home last month
Sample	1,777	747	982	79	154	594	117	186	261	497	52	422	339	145	152	523	135
Happy with their weight	49%	52%	46%	41%	37%	47%	47%	46%	51%	52%	52%	50%	49%	43%	38%	47%	34%
Nothing to eat or drink before lessons this morning	26%	21%	30%	29%	34%	25%	27%	26%	33%	21%	48%	26%	34%	30%	30%	34%	42%
Nothing for lunch yesterday	16%	13%	19%	17%	20%	16%	12%	20%	15%	13%	35%	14%	20%	14%	17%	18%	21%
5+ portions fruit/veg yesterday	8%	8%	8%	8%	12%	6%	5%	9%	7%	10%	8%	10%	5%	6%	7%	7%	8%
Brushed teeth at least twice yesterday	82%	78%	86%	74%	76%	83%	81%	84%	76%	84%	92%	80%	81%	76%	81%	81%	73%
No days last week with total >=60m exercise	4%	3%	5%	8%	6%	4%	3%	4%	6%	3%	8%	5%	6%	7%	6%	7%	7%
7 days last week with total >=60m exercise	14%	18%	11%	19%	18%	13%	18%	12%	17%	13%	12%	17%	12%	16%	15%	15%	20%
Active travel to school	49%	54%	44%	52%	53%	57%	52%	52%	46%	39%	28%	48%	53%	47%	53%	53%	48%
Happy with life	39%	51%	32%	25%	18%	34%	40%	35%	37%	45%	58%	44%	31%	27%	31%	33%	17%

The 2024 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 2024 HRBS was completed by a total of 12,611 pupils in 34 primary (KS1) settings, 48 primary (KS2) settings, 15 secondary (KS 3-4) settings, 4 schools completed the Year 12 survey and 5 special schools also took part.

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

School Year	Year 2	Year 4	Year 5	Year 6	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Total
Boys	728	879	225	982	594	776	504	747	64	120	5619
Girls	741	910	216	926	781	840	522	982	160	339	6417
Total	1490	1839	455	1944	1414	1668	1061	1777	235	481	12364*

* 328 young people didn't select male or female. 247 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

These reports have been produced to disseminate the findings of the survey and promote further action and discussion in schools and other organisations. The results will be discussed by relevant forums and partnerships. We hope you will be able to use these results in your own thinking and discussions with young people.

Acknowledgements

The work was facilitated by the Starting, Developing and Living Well team within the Public Health department. SHEU are grateful to the children and young people, teachers and schools for their time and contributions to this survey. As a result of their work we have excellent data to be used by all organisations that support the health and wellbeing of young people in Wolverhampton.

The Starting, Developing and Living Well Team would like to thank all those colleagues and partners who spent many hours supporting and developing the survey in order to make it as valuable as possible. Finally, we would like to thank all the schools, teachers, and most of all pupils who took the time to ensure that the survey continues to provide excellent data for discussion.

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