

Richmond Young People's Survey

Findings from the 2022 survey

A themed report for healthy lifestyles

The questionnaire

The Richmond Young People's Survey was developed by the Schools Health Education Unit (SHEU) in partnership with the London Borough of Richmond Upon Thames Public Health Team. The purpose of the survey was to obtain pupils' views on aspects of health and wellbeing including: healthy eating; safety; emotional wellbeing and leisure time.

Methodology

All primary and secondary schools were invited to participate in the survey during the spring and summer terms 2022, with the focus on Years 4, 5, 6, 8 and 10 pupils. All surveys were undertaken anonymously online or via a paper based version. Completed paper questionnaires were returned securely to SHEU for processing which were then combined with the online results.

Participation

A total of 4883 pupils took part from 18 primary and junior schools and 7 secondary schools. There was a reasonable mixture of boys (49%) and girls (46%) across the specified year groups. 5% didn't select male or female. 44% of the pupils surveyed described themselves as White British. 10% of pupils said that they had an additional need or disability. 15% said they were eligible for free school meals (7% currently receive them). 7% said they look after someone at home who couldn't look after themselves. 73% of Year 10 pupils said they were straight/heterosexual.

Cross-phase data

Many of the questions in each survey (primary and secondary) are identical or very similar. Some of the results of these questions are presented on page 6 of this summary document, so that behaviour can be seen across the age range.

Links

It is possible to look for connections (see page 7) between the answers pupils gave to different questions in the survey and to look at behaviour profiles, are there differences between the experience of pupils from different **ethnic backgrounds** for example or whether a pupil who has low self esteem is likely to be bullied, etc.

Inequalities

A selection of questions has been selected to look for different responses across potential vulnerable groups (pages 3 and 5).

Reports

Further detailed reports, containing a summary of all responses received by the pupils are available. There are also 4 other themed reports to accompany this one - see list below.

4,883 young people were involved in the survey

School	Year 4	Year 5	Year 6	Year 8	Year 10	Total
Age	8-9	9-10	10-11	12-13	14-15	
Boys	397	252	438	372	480	1,939
Girls	394	238	408	442	551	2,033
Total	820*	522*	883*	871*	1081*	4177*

*205 pupils didn't tell us their gender, another 706 secondary pupils were surveyed in other year groups but are not included in this report.

Reference sample

The Richmond sample has been compared with the SHEU wider data sample for other London Boroughs that have surveyed recently. These areas include Camden, Ealing, Greenwich, Haringey, Islington, Kingston and Wandsworth. Where possible, these figures are shown throughout the report in brackets ().

For more details please contact SHEU Phone 01392 667272
www.sheu.org.uk

Themed reports. This is number 1 of 5 reports

1) Healthy lifestyles

2) Drug education and substances

3) Emotional health and wellbeing

4) Relationships and sexual health

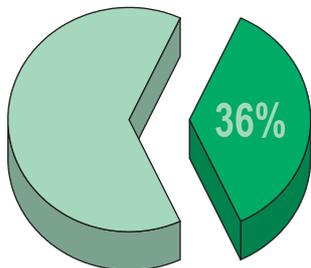
5) Safety

Richmond school pupils in Years 4 - 6 (ages 8 - 11)

Wider London data shown in brackets (%).

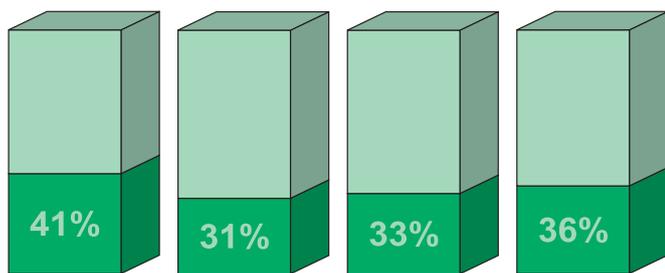
HEALTHY EATING

- 36% (29%) of pupils ate 5 or more portions of fruit and vegetables on the day before the survey.



- 4% (9%) of pupils said they had none.

- Pupils who reported having '5-a-day':



Year 4 Boys Year 4 Girls Year 6 Boys Year 6 Girls

- The top 5 items of food or drink pupils reported having 'on most days':

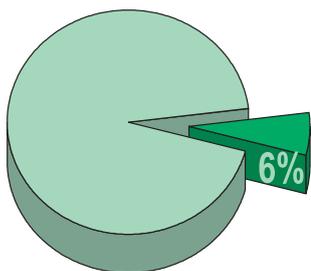
Year 6	Boys	Girls
Water (plain)	92%	95%
Fresh fruit	72%	79%
Vegetables/salads	54%	60%
Crisps	22%	21%
Sweets, chocolate, choc bars	15%	16%

FREE SCHOOL MEALS AND FOOD BANKS

- 6% of pupils said they currently have free school meals or vouchers for free meals; 7% said they either have them now or could have them if they chose to.
- 4% of pupils said their family had to use a food bank at least 'a few times' in the last 12 months because they didn't have enough money to pay for food; 1% said they had to at least 'once a week'.

BREAKFAST

- 6% (5%) of pupils in the survey had nothing to eat or drink for breakfast on the day of the survey.



- 86% of pupils had something at home for breakfast on the day of the survey; 10% had something at school.

- 11% of pupils reported having fruit for breakfast on the morning of the survey while 3% had biscuits.

- 1% of pupils said they had crisps or a crisp-type snack and 1% said that they had a chocolate bar/ sweets for breakfast on the morning of the survey.

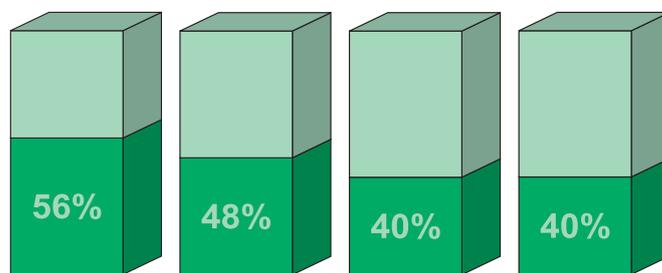
- The top 5 breakfast items pupils reported having on the day of the survey were as follows:

Year 6	Boys	Girls
Toast, bread, bagels	35%	35%
Wholegrain cereal	28%	25%
A drink	19%	24%
Other cereal	15%	17%
Sugar-coated cereal	11%	14%

LUNCH

- 50% (40%) of pupils reported having a packed lunch on the day before the survey and 1% said they didn't have any lunch the day before the survey.

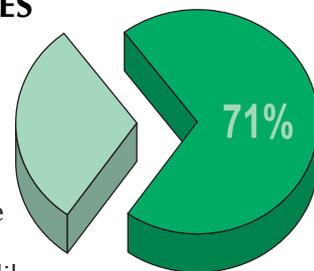
- 48% (53%) of pupils reported having a school meal for lunch on the day before the survey:



Year 4 Boys Year 4 Girls Year 6 Boys Year 6 Girls

WEIGHT AND WORRIES

- 71% (61%) of Year 6 pupils said that they were happy with their weight.



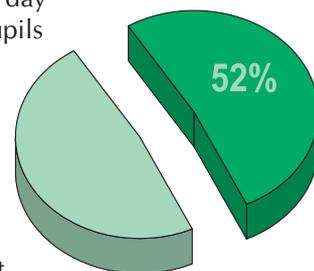
- 23% (33%) of Year 6 pupils said they would like to lose weight while 5% (6%) said that they would like to put on weight.

- 13% of pupils said they worry 'quite a lot' or 'a lot' about having enough food to eat.

DENTAL HEALTH

- 2% of boys and 1% of girls responded that they didn't clean their teeth at all on the day before the survey; 86% of pupils cleaned their teeth at least twice.

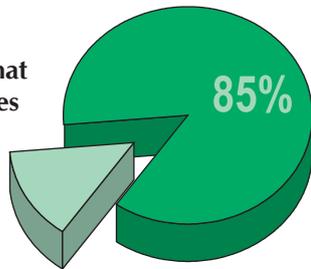
- 52% (43%) of pupils responded that they have been to the dentist in the last 6 months; 64% (54%) said they had been in the last year.



- 7% (10%) of pupils said they had been to the dentist more than a year ago, 27% (31%) couldn't remember when they had last visited the dentist and 2% (5%) said they had never been.

PHYSICAL ACTIVITY

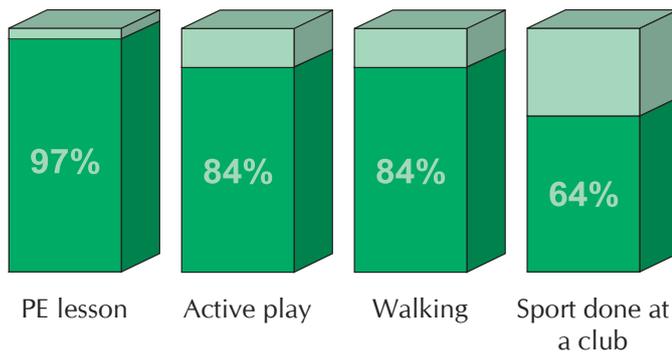
- 85% (83%) of pupils said that they enjoy physical activities 'quite a lot' or 'a lot'.



- 97% (93%) of boys and 96% (92%) of girls said they understand why exercise and sport are good for them.

- 73% (72%) of boys and 65% (63%) of girls said they find exercise and sport easy.

- Pupils reported doing the following activities on at least one day in the last 7 days:



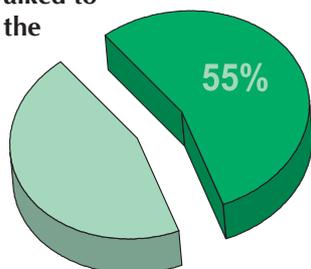
- 14% of boys and 18% of girls said they hadn't done any active play during the week before the survey; 3% said they hadn't done a PE lesson.

- Year 6 pupils reported that, when they did the following activities last week, it made them breathe faster or get hot/sweaty (top 5):

Year 6	Boys	Girls
PE lesson	72%	70%
Active play	72%	62%
Sport done at a club	59%	48%
Physical activity classes done outside of school	28%	38%
Walking	27%	23%

ACTIVE TRAVEL

- 55% of pupils said they walked to school on the morning of the survey.



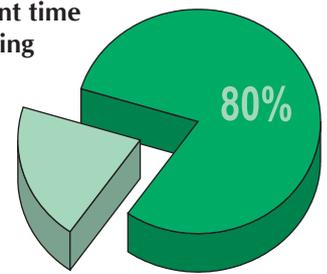
- 33% (28%) of pupils said they travelled to school by car, van or motorbike; 5% said they cycled to school.

SLEEPING

- 57% (51%) of pupils said they got more than 8 hours' sleep the night before the survey; 3% (4%) of pupils said they got less than 4 hours' sleep.

ACTIVE LEISURE TIME

- 80% of pupils said they spent time playing sport/dancing or doing other physical activity after school on the day before the survey; 74% of boys and 52% of girls reported playing computer games.



- 55% of pupils said they had been to an after-school club the day before the survey; 64% of pupils reported spending time watching YouTube after school the previous day.

- 29% of boys and 21% of girls said they had been to a youth centre or club (including scouts, guides etc) in the past 4 weeks.

- Pupils reported going to the following, in their own time, outside of school, in the last four weeks (top 5):

	Boys	Girls
Parks or open spaces	78%	79%
Playgrounds	72%	69%
Sports club or class	67%	62%
Outdoor courts and pitches	65%	60%
Swimming	48%	54%

- 69% of pupils said that nothing stops them from taking part in sports or activities.

- The top answers given as barriers to activity include the following:

Year 6	Boys	Girls
Too busy doing other things	9%	12%
Nothing I want to do	9%	12%
I'm not a sporty person	7%	9%

INEQUALITIES (Year 6 pupils) ≠

Significant differences between potentially vulnerable groups and 'All Year 6 Pupils' are as follows:

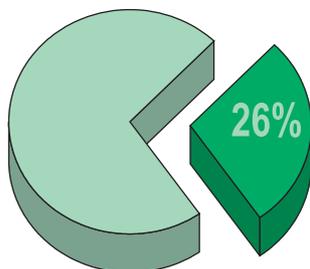
- ↓ Pupils entitled to Free School Meals (FSM) are less likely to be happy with their weight (58% vs 71%).
- ↓ Pupils entitled to FSM are less likely to have visited the dentist in the last 6 months (50% vs 69%).
- ↑ Pupils with Special Educational Need or Disability (SEND) are more likely to have had nothing for breakfast (11% vs 6%).
- ↑ Pupils with SEND are more likely to have had nothing for lunch yesterday (4% vs 1%).
- ↑ Pupils from single parent families are more likely to have had nothing for lunch yesterday (3% vs 1%).
- ↑ Pupils with SEND are more likely to have had 6 hours or less sleep the previous night (22% vs 11%).
- ↑ Pupils entitled to FSM are more likely to have eaten 5+ portions of fruit and vegetables yesterday (50% vs 36%).

Richmond secondary school pupils in Year 8 and Year 10 (ages 12 - 15)

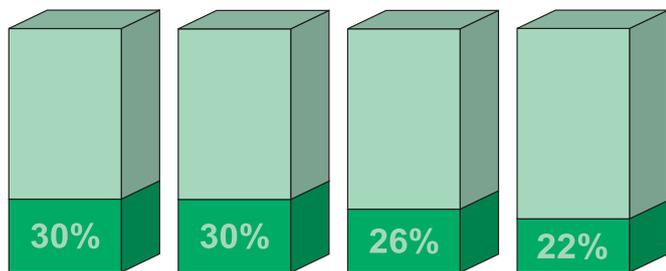
Wider London data shown in brackets (%).

HEALTHY EATING

- 26% (18%) of pupils ate 5 or more portions of fruit and vegetables on the day before the survey; 6% (11%) said they had none.



- Pupils who reported having '5-a-day'



Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

- The top 5 items of food or drink pupils reported having 'on most days':

	Boys	Girls
Water (plain)	91%	88%
Fresh fruit	60%	58%
Vegetables/salads	57%	58%
Crisps	19%	20%
Sweets, chocolate, choc bars	16%	16%

FREE SCHOOL MEALS AND FOOD BANKS

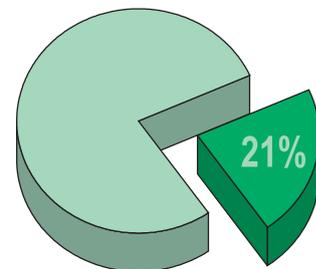
- 7% of pupils said they currently have free school meals or vouchers for free meals; 13% said they either have them now, could have them if they chose to, or have had them in the past.
- 1% of pupils (8% of young carers) said their family had to use a food bank at least 'a few times' in the last 12 months because they didn't have enough money to pay for food; 0% (3% of young carers) said they had to at least 'once a week'.

DENTAL HEALTH

- 87% (84%) of pupils said they cleaned their teeth at least twice on the day before the survey; 1% (1%) of pupils responded that they didn't clean their teeth at all.
- 73% (66%) of pupils responded that they have been to the dentist in the last 6 months; 84% (78%) said they have been in the last year whilst 1% of pupils responded that they have 'never' been to the dentist 9% (9%) said they 'can't remember' when they last went.

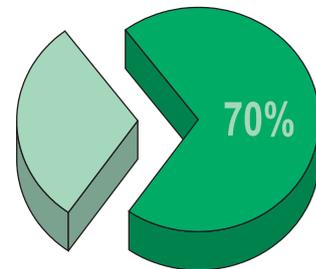
BREAKFAST

- 21% (20%) of pupils in the survey had nothing to eat or drink for breakfast.
- 6% of pupils said they had cooked breakfast while 3% said they had yogurt.



Breakfast venue

- 70% of pupils said they had breakfast at home on the day of the survey.
- 6% said on the way to school and 8% said they had breakfast at school.



- The top 5 breakfast items reported being consumed were as follows:

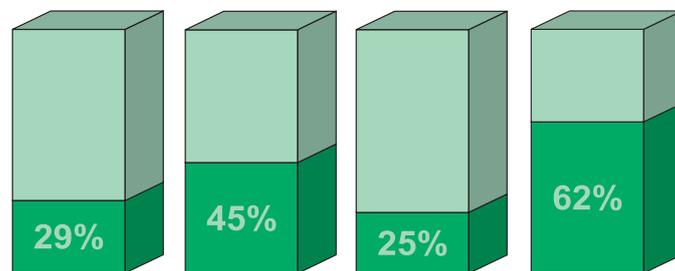
	Boys	Girls
Healthy cereal	32%	Toast, bread, bagels, etc. 29%
Toast, bread, bagels etc.	27%	A drink (tea, coffee, milk, juice etc.) 21%
A drink (tea, coffee, milk, juice etc.)	22%	Healthy cereal 19%
Other cereal	11%	Other cereal 8%
Fruit	11%	Fruit 8%

LUNCH

- 42% (43%) of pupils said they had a school meal for lunch on the day before the survey; 38% (28%) of pupils said they ate a packed lunch.
- 13% (15%) of pupils (16% (20%) of Year 10 girls) didn't have any lunch on the day before the survey. **9% of Year 10 girls missed both breakfast and lunch.**

WEIGHT and WORRIES

- 43% (43%) of pupils said that they would like to lose weight:

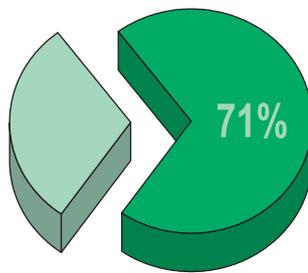


Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

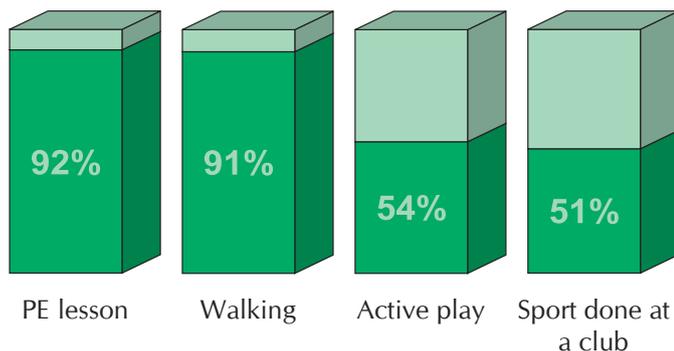
- 53% (41%) of boys and 41% (33%) of girls said that they were happy with their weight as it is; 20% (26%) of boys and 5% (17%) of girls said they would like to put on weight.
- 5% of pupils said they worry 'quite a lot' or 'a lot' about having enough food to eat.
- 15% of boys and 14% of girls said they thought they had been bullied because of their size or weight.

PHYSICAL ACTIVITY

- 71% (69%) of pupils said that they enjoy physical activities 'quite a lot' or 'a lot'. *Asian pupils are least likely to enjoy physical activity 'a lot'.*



- 97% (88%) of boys and 96% (85%) of girls said they understand why exercise and sport are good for them.
- 76% (75%) of boys and 58% (57%) of girls said they find exercise and sport easy.
- Pupils reported doing the following activities on at least one day in the last 7 days:

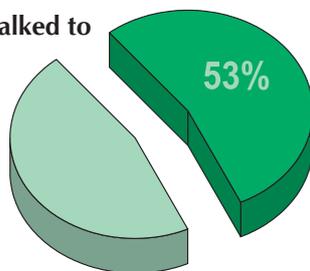


- 8% of boys and 7% of girls said they hadn't done a PE lesson in the week before the survey.
- Pupils reported that, when they did the following activities last week, it made them breathe faster or get hot/sweaty (top 5):

Boys		Girls	
PE lesson	69%	PE lesson	56%
Sport done at a club	54%	Physical activity classes done outside school	39%
Active play	47%	Sport done at a club	35%
Physical activity classes done outside of school	37%	Active play	30%
Cycling	22%	Walking	23%

ACTIVE AND SUSTAINABLE TRAVEL

- 53% of pupils said they walked to school on the morning of the survey.



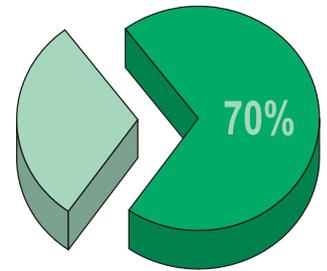
- 15% (18%) of pupils said they travelled to school by car, van or motorbike. 9% said they travelled by bicycle.
- 26% of pupils said they travelled to school by bus, 4% said they travelled by school bus and 3% said they travelled by train/tube.

SLEEPING

- 25% (23%) of pupils said they got more than 8 hours' sleep the night before the survey; 6% (7%) of pupils said they got less than 4 hours' sleep. **16% of young carers said this.**

ACTIVE LEISURE TIME

- 70% (67%) of pupils said they spent time playing sport/dancing or doing other physical activity after school on the day before the survey; 88% (82%) of pupils reported spending time on social media.



Asian pupils are less likely to spend time after school at a sports club or class.

- 38% of pupils said they had been to an after-school club the day before the survey; 75% of pupils reported spending time watching Youtube after school the previous day.

- Pupils reported going to the following, in their own time, outside of school, in the last four weeks (top 5):

	Boys		Girls
Parks or open spaces	84%	Parks or open spaces	84%
Outdoor courts and pitches	66%	Cinema/theatres	50%
Sports club or class	63%	Sports club or class	50%
Cinema/theatres	51%	Outdoor courts and pitches	42%
Swimming	20%	Art, craft, dance, drama group, film making group	35%

- 19% of boys and 15% of girls said they had been to a youth centre or club (including scouts, guides etc.) in the past four weeks.
- 51% of pupils said that nothing stops them from taking part in sports or activities.

- The top answers given as barriers to activity include the following:

	Boys		Girls
Too busy doing other things	14%	None of my friends go	27%
None of my friends go	13%	I'm too embarrassed	23%
Nothing I want to do	10%	Too busy doing other things	22%

INEQUALITIES ≠

Significant differences between potentially vulnerable groups and 'All Year 8 or 10 Pupils' are as follows:

- Year 8 pupils with Special Educational Need or Disability (SEND) are less likely to be happy with their weight (32% vs 53%).
- Year 8 pupils entitled to Free School Meals (FSM) are more likely to have used a food bank in the last 12 months (7% vs 2%).
- Year 8 pupils entitled to FSM are less likely to have had 5+ portions of fruit and vegetables the day before (15% vs 29%).
- Year 10 pupils who said they had caring responsibilities are less likely to have been to the dentist in the past 12 months (66% vs 85%).
- Year 10 LGBTQ+ pupils are more likely to have had little sleep (6 hours or less) last night (44% vs 30%).
- Year 10 pupils entitled to FSM are less likely to have breakfast (35% vs 24%).

CROSS PHASE DATA

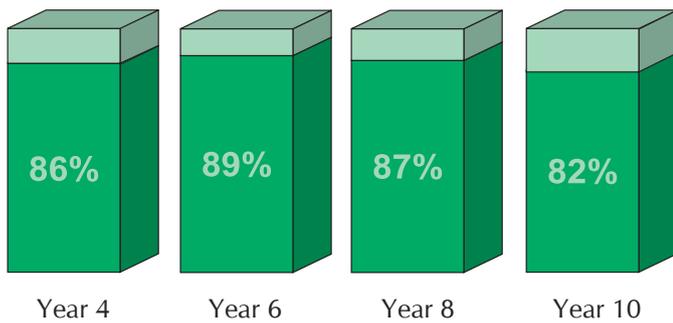
Questions included in both the primary and secondary versions of the questionnaire

- The following is a selection of data relating to the set of questions found in both the primary and secondary versions of the questionnaire. It is always interesting to see how young people change as they grow up but this analysis is also useful because it can raise some important questions for local discussion.

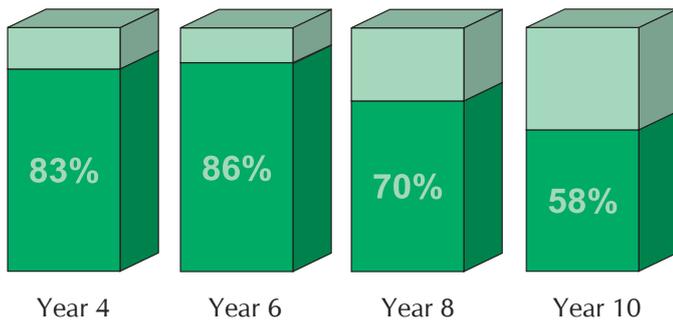
PHYSICAL ACTIVITY

- Enjoyment of physical activity overall declines with age and is most marked in its decline for girls.
- Pupils who enjoy physical activities 'quite a lot' or 'a lot':

BOYS



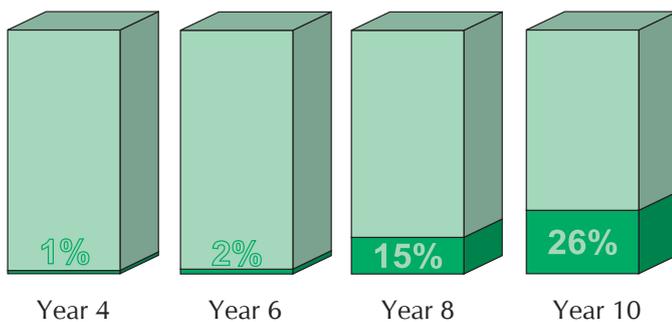
GIRLS



 Why do girls enjoy physical activities less as they get older?

HEALTHY EATING

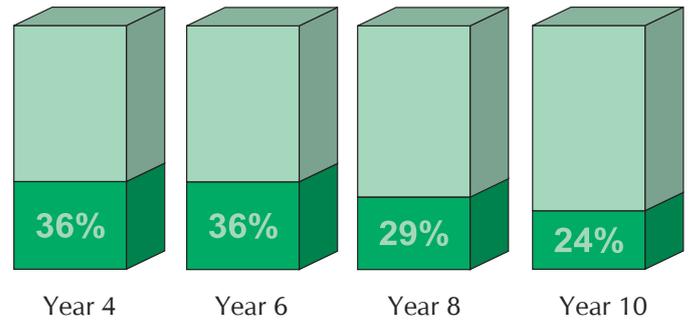
- The percentage of girls who had nothing to eat for breakfast that morning increases with age:



- 1% of Year 4, 3% of Year 6, 9% of Year 8 and 15% of Year 10 boys said the same.

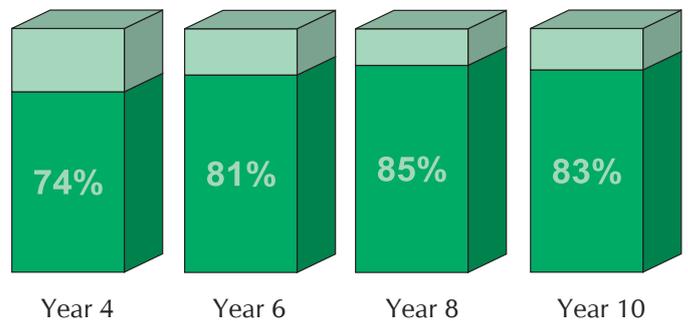
9% of Year 10 girls missed both breakfast and lunch.

- The percentage of pupils who reported eating 5 or more portions of fruit or vegetables each day declines with age:



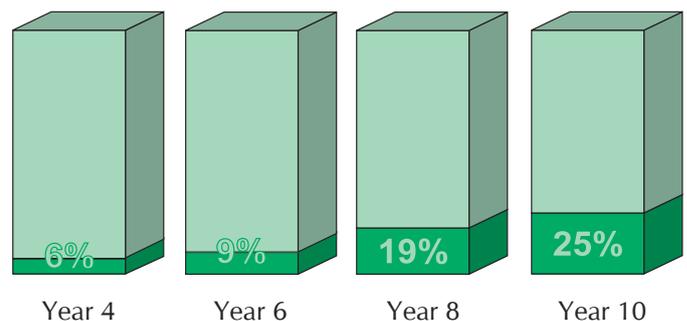
ACTIVITIES IN LOCAL AREA

- The percentage of pupils who said they have been to parks or open spaces in the past 4 weeks is highest in Year 8:



BARRIERS TO ACTIVITY

- The proportion of girls who said they felt too embarrassed and this was a barrier to them doing the activities that they would like to do increases with age:



 The top 2 barriers reported by both primary and secondary pupils were, 'too busy doing other things' and 'none of my friends go'.

- It is possible to look for connections between the answers pupils gave to different questions in the survey to look for behaviour profiles. The following are just 3 selected questions, but any question can be analysed in this way. All differences illustrated below are statistically significant.

The first analysis is for primary pupils who said their family has used a food bank compared with those pupils who said they hadn't.

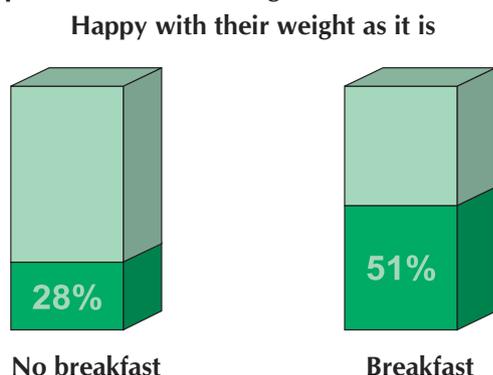
- 45% of pupils who said their family has used a food bank also said they were afraid of going to school because of bullying. This compared with only 29% of pupils who said their family hadn't used a food bank. Therefore, we can say that if your family has used a food bank, you are more likely to feel afraid of going to school because of bullying.
- 44% of pupils who said their family has used a food bank also said they got more than 8 hours' sleep the night before the survey. This compared with 58% of pupils who said their family hadn't used a food bank.
- This group are also more likely to say they feel lonely.
- They are more likely to have been bullied at or near school in the last 12 months.
- They are less likely to say that when they were last doing school work at home, they had a computer, laptop, tablet or gaming device they could use.
- They are more likely to say there has been shouting and arguing OR violence or controlling behaviour between adults at home at least 'once or twice' in the last month.
- They are less likely to know an adult they trust that they can talk to if they were worried about something.
- They are also more likely to say they feel worried or anxious often or every day.

The second analysis is for secondary pupils who said they slept for up to 6 hours the night before the survey compared with those pupils who slept for more than 8 hours.

- 15% of secondary pupils who said they slept for up to 6 hours also said they enjoy 'most' or 'all' of their lessons at school. This compared with 53% of pupils who said they slept for more than 8 hours. Therefore, we can say that if you sleep for up to 6 hours, you are less likely to enjoy lessons at school.
- 33% of secondary pupils who said they slept for up to 6 hours also said that they are happy with their life at the moment. This compared with 73% of pupils who said they slept for more than 8 hours.
- This group are also more likely to have at least tried e-cigarettes/vaping.
- They are less likely to say they know a trusted adult confidant.
- They are more likely to say they feel lonely.
- They are more likely to say they have had nothing for breakfast.
- They are less likely to say they enjoy physical activities at school.
- They are more likely to be young carers.
- They are more likely to say they had nothing for lunch the previous day.
- They are also more likely to say they experience at least one of the negative feelings/experiences listed 'often' or 'every day'.

The third analysis is for secondary pupils who said they had nothing to eat or drink before lessons on the morning of the survey compared with those who had something.

- 28% of secondary pupils who said they had nothing for breakfast also said they are happy with their weight as it is. This compared with 51% of pupils who had something for breakfast:**



- 37% of pupils who had nothing for breakfast also said they were happy with their life at the moment compared with 61% of pupils who had something for breakfast.
- This group were also more likely to say they have at least tried smoking or e-cigarettes/vaping.
- They are more likely to say that they didn't have any lunch on the day before the survey.
- They are more likely to say that someone they don't know has asked to see pictures of them.
- They are also more likely to say they have experienced at least one of the negative behaviours in a relationship with a boyfriend/girlfriend.



There are some interesting connections here. Do the links show that these two groups show a different approach to their own health and wellbeing or different parental support?

The way forward – over to you.

The Richmond Young People's Survey was developed by the Schools Health Education Unit (SHEU) in partnership with the London Borough of Richmond upon Thames Public Health Team.

We are grateful to the teachers, schools and the young people for their time and contributions to this survey. The findings will be used to plan services and inform commissioning decisions and further support joint working. In addition the data will be used to inform plans and strategies with schools, the council and partners.

Richmond schools who took part in the survey:

Primary Schools

Bishop Perrin CE Primary School
Buckingham Primary School
Chase Bridge Primary School
Collis Primary School
Darell Primary and Nursery School
East Sheen Primary School
Hampton Hill Junior School
Holy Trinity CE Primary School
Nelson Primary School
Orleans Primary School
St James's RC Primary School
St Mary Magdalen's Catholic Primary School
St Mary's and St Peter's CE Primary School
St Richard Reynolds Catholic Primary School
St Richard's CE Primary School
The Russell Primary School
The Vineyard School
Thomson House School

Secondary Schools

Grey Court School
Hampton High
Orleans Park School
St Richard Reynolds Catholic High School
Teddington School
Turing House School
Waldegrave School

For more information about the survey please contact:

Zdenka Buchan
Public Health Officer - Healthy Schools Lead

Civic Centre
York Street
Twickenham
TW1 3BZ

Phone: 0777 304 4395

E: Zdenka.Buchan@richmondandwandsworth.gov.uk

Glossary:

FSM - Pupils eligible for free school meals

LGBTQ - Lesbian, Gay, Bisexual, Transgender, Questioning +

SEND - Special Educational Need or Disability

Transgender - gender is different to that which they were assigned at birth

Young carers - pupils who care for someone at home on a regular basis who are unable to care for themselves.