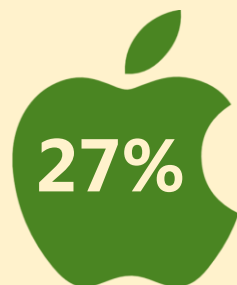


# Young People into 2019

A SHEU report of the responses of young people aged 8-15y to health survey questions in 2018  
We show here some headlines from the report.

**963 schools**  
**71,368 children**

## FOOD



of primary-aged pupils had 5 or more portions of **fruit & veg** on the day before the survey but less than **20%** of 14-15yo had 5 or more portions

56% of 14-15yo females report that they want to **lose weight** **56%**

## DOCTOR and DENTIST

**24%**



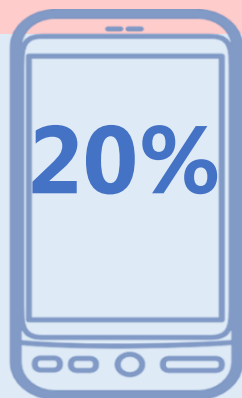
24% of 14-15yo females felt at least 'quite' uneasy when they last visited the **doctor**, while less than 20% of males of the same age said the same

At least 76% of all groups of young people **clean their teeth** at least twice a day **76%**

## SAFETY

**1 in 4**

children have been **bullied** in the last year



**20%**

of females aged 14-15y have sent a **sexual image** of themselves by phone, laptop or computer

## HOME



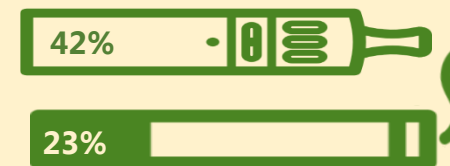
2/3 of pupils live with both mother and father.

In one local authority, over 1/3 of 12-13yo spent more than 3 hours looking at **screens** on the day before the survey, with over 20% of 14-15yo spending more than 5 hours.



## DRUGS

Rather more children aged 14-15 have tried **e-cigarettes** than tobacco cigarettes



11% of 14-15yo pupils have tried **cannabis**.

## EXERCISE

**80%**

of all pupils did some sort of **exercise** in the week before the survey, but less than 5% did the amount of **vigorous activity** recommended over the week.



**5%**

The issue most often reported as stopping young people from exercising as much as they want was **time**, but **shyness** was also a factor for older females.



## SOCIAL and PERSONAL

Results show many **links** between:

positive mental wellbeing



positive health behaviours

e.g.

- High self-esteem** among 14-15yo females = 28%
- Among 14-15yo females who **ate 5-a-day** = 35%
- Among 14-15yo females who **ate no fruit/veg** = 14%
- Among 14-15yo females who **tried smoking** = 19%

Links between questions from different chapters are shown throughout the report, but we can't tell what is cause and what is effect.

## TRENDS

- ↓ **Smoking, drinking** and **cannabis** use all show long-term declines
- ↓ Older females score less often in highest brackets of **self-esteem** scores
- = The increase in **skipping lunch** over 1995-2005 seems to have stalled
- ↓ Fewer young people live with both **mother and father at home**
- ↓ Older females' **enjoyment** of physical activity has been in decline since 1995
- ↑ **Bullying** and the **fear of bullying** has been reported more often since 2011

Icons by **Freepik** [www.freepik.com](http://www.freepik.com)

The sample is not a stratified or random national sample, but an aggregate of many local surveys commissioned by local authorities across the country.