

10,238 responses from  
101 schools and settings

## My Health, My School Survey



MyHealth  
MySchool

### Leeds Headline Report






#### Key Findings 2020-21

#### Primary & Secondary:

▼	<p>After nine consistent years of improvement, the number of pupils reporting that, on an average day, they eat <b>'5 or more portions of fruit and vegetables'</b> has dropped significantly (4%) to its lowest since 2010-11 at just under 20%. <b>Primary pupils</b> recorded their lowest level at 21% since the survey began in 2007/08. <b>Year 11</b> students saw the biggest drop (6%), following a record high of 16% in 2019-20, now standing at 10%</p>
▼ ▲	<p>After a 2013-14 peak of 80% in the frequency of <b>'brushing teeth twice a day or more'</b>, we continue to see, for the fifth year in a row, a decline to 72% (2% drop since 2019-20). <b>Primary pupils</b> mirror this downward trend, with a 1% drop to 72% this year. <b>Year 11</b> data is stable with a third year at 78%.</p>
▲ ▼	<p>Physical activity of <b>'7 or more times of 30 minutes or more'</b> at 69% overall, this year, reflects a 1% increase on the previous year. <b>Primary pupils</b> however recorded a second year of decline to levels not seen since before 2013/14 to 73%. <b>Year 11</b>, after recording their highest level (51%) in 2019-20, saw a 4% drop this year to 47%.</p>
▲ ▼	<p>Overall numbers of pupils reporting they have <b>'never smoked, have tried or used to smoke'</b> has consistently increased over the last 14 years, stabilising at 98% since 2015-16. This year sees a second year of improvement to its highest level at 99%. <b>Year 11</b>, after peaking in 2019-20 (92%), saw a slight 1% decrease this year.</p>
▲ ▼	<p>The rate of pupils <b>'smoking 10 or more cigarettes a day'</b> has reduced since 2007-8 from 3%, remaining consistently below 1% for the last 10 years. Whilst we saw the lowest ever recorded (0.3%) in 2019-20, this year's figure, 0.4%, shows no significant change. However, <b>Year 11 data</b>, following a 3% drop in 2019-20 on previous years to its lowest rate at 0.7%, now reflects a rise of over 2% back up to 3.0%.</p>
▲ ▲	<p>After significant increases in <b>'abstinence from drinking alcohol'</b> from 40% in 2007-8 to 64% in 2015-16, this data remained stable for four years until a drop to 62% in 2019-20. This year we have seen a significant improvement (8%) to record levels of 70%. <b>Year 11</b> also mirrored this pattern with a bounce back from a drop to 25% last year back up to 30% this year. After two years of declining data, this year we see <b>Primary pupils</b> matching their best results of 2018-19 (77%) a 4% increase on last year, in pupils reporting that they have <b>'never had a drink of alcohol'</b>.</p>
▲ ▼	<p>Most year groups reflect stability in pupils reporting <b>'drinking alcohol everyday'</b>. <b>Year 11</b> students, however, following their best results in 2019-20 (0.4%) saw an increase of over 2% to 3% this year.</p>
▼ ▼	<p>Since the question was introduced in 2009-10, feeling happy <b>'everyday, most days'</b>, reported several years of stability until 2015-16 (82%), since then we have seen, for the fifth year in a row, a significant decline (5%) since last year to a new low of 68%. Whilst both <b>Secondary</b> and <b>Year 11</b> have fluctuated over the last few years they too saw a significant drop (6%) to 63% and 60% (4% drop) respectively reflecting a steady decline from 82% in 2009-10 for both. At <b>Primary</b> level the figures have remained consistent since 2009-10 at around 84%, though again like the <b>Overall</b> rate this has seen a steady decline from 2017-18 with a significant (6%) drop in the last year to 70%, the lowest rate ever recorded.</p>
▲	<p>All year groups, except <b>Year 11</b>, recorded their worst results for pupils feeling <b>'stressed or anxious every day or most days'</b> with <b>Overall</b> data increasing from 19% in 2009-10 to 30% this year (4% increase from 2019-20), a consistent increase over the last 8 years. <b>Primary pupils</b> also reported increases for the same period from 13% to 27% (7% increase from 2019-20), and <b>Secondary</b> students reflect an increase over the last 7 years from 23% to 38% (5% increase from 2019-20). <b>Year 11</b>, however, move to 45% (3% increase from 2019-20), although not reaching their highest level which was set in 2018-19 (48%).</p>

 	<p>For <b>bullying</b> incidents, pupils reporting '<b>not at all</b>' to being bullied in the last 12 months, peaked at 70% in 2016-17 following 5 years of gradual improvement. The last three years however have remained stable at 66% with <b>Primary</b> pupils at 65%. <b>Secondary</b> students saw a slight decrease (2%) on last year to 69%.</p>
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### Secondary:

	<p>From a high of 13% in 2007-08, <b>Secondary</b> students, reporting that they chose to '<b>Drink to get drunk</b>', saw a gradual decline until 2012-13, whereby a significant drop (3%) was recorded to 6%, which stabilised until 2018-19. We have now seen another drop and a stabilising at 5% for the last two years to the lowest figure. <b>Year 11</b>, following last year's significant decrease from 19% to 9% in one year, recorded another 1% drop to their best rate of 8%.</p>
	<p><b>Illegal drug use</b> has dropped significantly since 2007-8 in <b>Secondary</b> students, reducing consistently from a peak of 17% to a low of 5% in 2015-16. An increase in 2016-17 remained consistent for the following four years at 7% until a drop (over 2%) to 5% this year, the lowest reported. <b>Year 11</b> students reporting '<b>ever using an illegal drug, glue, gas or solvent as a drug</b>', has fluctuated over the years, peaking at 28% in 2007-8 and a low of 15% in 2015-16. Following this we saw three years of gradual increase to 22%. Following 2019-20's drop of 4%, we now see another significant drop of 5% this year to record the lowest results at 13%.</p>
	<p>Overall <b>Secondary</b> students reporting '<b>ever having had sexual intercourse</b>' continues to improve with a significant drop (3%) over the last year to 10%. This is a significant change from 2007-08 data of 38%. <b>Year 11</b> data also reflects a significant drop (7%) from 2019-20 (27% to 20%) now back in line with the downward trend over time from 47% in 2007-8.</p>
	<p>Of students reporting '<b>ever having had sexual intercourse</b>', the proportion reporting '<b>either using a condom or a condom and another form of contraception</b>' has fluctuated over the years, peaking at 73% in 2008-9. Over the last three years we have seen some stabilising of this between 48% and 49%. This year though sees a significant decline (5%) to a new low of 43%. <b>Year 11</b> students continue, for the second year running, to show a significant decline (3%) to their lowest data of 43%, again a long way from the peak in 2008-09 of 69%.</p>
	<p>Whilst the number of pupils reporting '<b>never using any form of protection</b>' the last time they had sexual intercourse did improve to 35% last year, this year sees it return to follow the overall trend for the last four years with an increase (7%) to its highest of 42%, some way from the best results in 2009-10 of 18%. <b>Year 11</b> mirrored this pattern with a 5% increase to 36%, back to similar figures in 2018-19 following an improvement last year but nowhere near the best results of 2011-12 of 14%.</p>

For more detailed and full data sets please go [My Health My School Survey - Data Mill North](#) or contact: [schoolwellbeing@leeds.gov.uk](mailto:schoolwellbeing@leeds.gov.uk)

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