

Wiltshire Children and Young People's (8 to 18+ years) Health and Wellbeing Survey 2021

Healthy Lifestyles

77 Wiltshire schools took part in the survey, with 7,499 responses between 3 school phases.

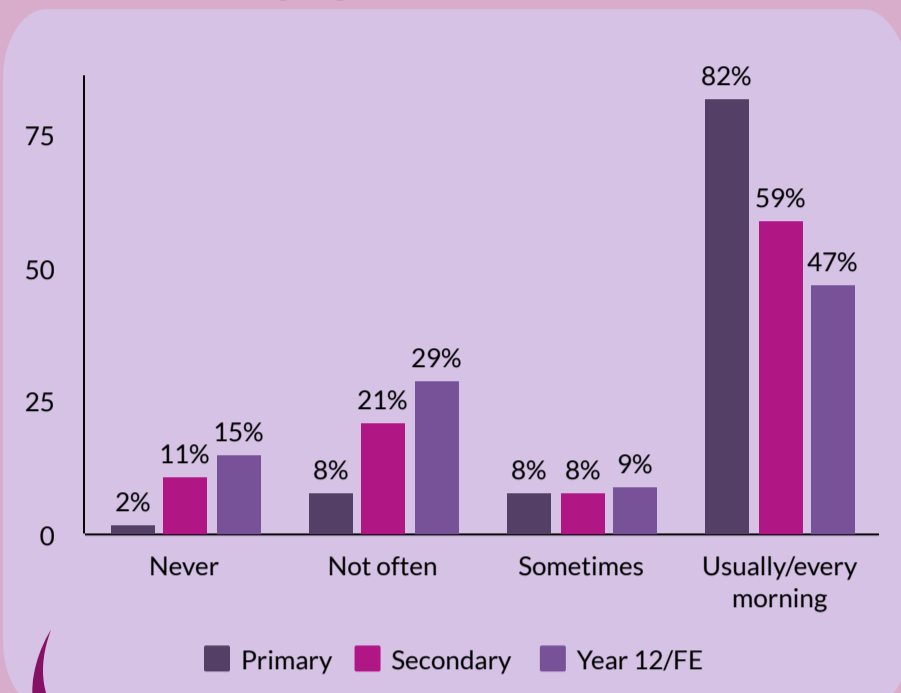
Healthy lifestyles themes include: food, drink, oral health, sun protection, hand washing and physical exercise

To access the full report, which will give more detail and breakdowns of questions by gender and vulnerable groups, please click here.

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Food and Drink

How often pupils eat breakfast:



Secondary **females** were less likely to eat breakfast often compared to males

The proportion for primary pupils has **increased** by **10%** since the 2017 survey*

Pupils who eat 5 or more portions of fruit or vegetables a day:

31% Primary

18% Secondary

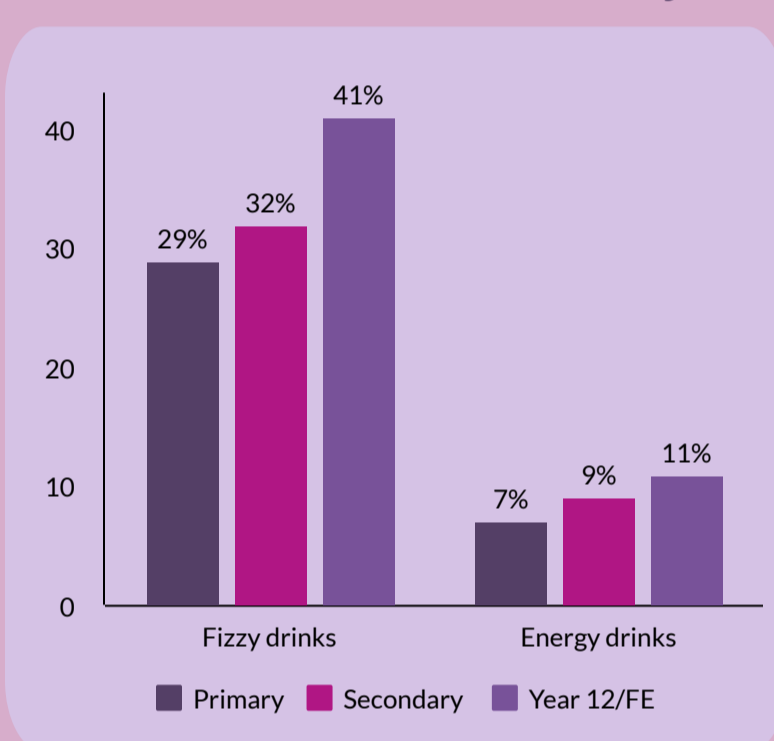
14% Year 12/FE

A 2018 national survey found that **18%** of children aged 5 to 15 ate five or more portions of fruit or vegetables a day. (NHS Digital)



Males drink fizzy/energy drinks more frequently than females

Pupils who drink fizzy/energy drinks at least once a day:



4 in 10

Pupils eat unhealthy snacks **3 or more times** a day



Pupils who felt that there was **healthy food** on offer at home:

84%
Primary

88%
Secondary

86%
Year 12/FE

77% Of pupils reported **drinking water 3 times or more** a day

Hygiene

Oral Health

4 in 5 pupils brush their teeth **twice or more** a day



Sun protection

66% Primary

48% Secondary

50% Year 12/FE



Pupils who protect themselves against the sun **always/quite often**

Females were more likely to report that they **always/quite often** protect themselves against **sunburn** compared to males



Hand washing

The proportion for primary pupils has **decreased** by **8%** since the 2017 survey*

80% of primary children **always wash their hands** after going to the toilet

35% of primary children **always wash their hands** before eating

Physical activity

49%
Primary

39%
Year 12/FE

54%
Secondary

Did **6 or more** hours of exercise a week

Males undertook more physical activity compared to females

It is recommended that children 5 to 18 years old exercise for **at least 60 minutes** every day

Proportions for secondary and year 12/FE pupils have **increased** by **5-7%** since the 2017 survey*

Nationally, according to the Active Lives Survey, **44.6%** of children aged 5 to 16 met the physical activity guidelines in 2020/21 (Fingertips, PHE)

*Any change over time should be interpreted with caution due to changes in samples, sample size and question wording, as well as the COVID-19 pandemic

Sources referenced

Part 6: Diet - NHS Digital

Physical Activity - Data - OHID (phe.org.uk)

Wiltshire Council

For further discussion about the data in this infographic please contact the Public Health team at Wiltshire Council: publichealth@wiltshire.gov.uk