










10,457 responses from
Primary pupils from 165
schools

MyHealth
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The My Health, My School Survey Headline Report

Primary School Key Findings 2018-19

	Primary school children who reported ' eating 5 or more portions of fruit and vegetables a day ' has decreased slightly since 2007/08 (31%) to 2016/17(27%) where it remained last year. This academic year, the result rose to 28%.
	Frequency of ' brushing teeth twice a day or more ' has shown an upward trend for primary school pupils since 2007/8 from 66% to 78% in 2015/16. Over the last three years there has been a decline to 74%.
	Physical activity of ' 7 or more times of 30 minutes or more ' saw a gradual decline from 2007/08 (56%) to 43% in 2012/13. From 2013/14 (74%) there has been continued improvement to a record high (78%) in 2018/19.
	The numbers of primary school pupils reporting that they have ' never smoked, have tried or used to smoke ' has stabilised at 99% since 2009/10.
	The rate of pupils ' smoking 10 or more cigarettes a day ' has reduced since 2007/8 from 1%, and has remained consistent over the last 4 years at around 0.1%.
	There has been a sharp increase in ' abstinence from drinking alcohol ' from 57% in 2007/8 to 77% in 2017/18. After a record high for primary school pupils last year, this year recorded a 4% drop to 73% of pupils reporting that they have never had a drink of alcohol.
	Primary pupils reporting that they ' drink alcohol every day ' reduced from 0.9% in 2007/8 to 0.1% in 2017/18, which was the survey's best ever result. This year saw the figure rise slightly to 0.4%, equal highest since 2015/16 (0.4%).
	' Feeling happy every day, most days ' has consistently fallen between 83% and 84% since the question was introduced in 2009/10 up until 2017/18. This year the figure decreased to 79%, the lowest rate the survey has ever seen.
	Those reporting feeling ' stressed or anxious every day or most days ' has increased for the sixth consecutive year running, from 13% in 2012/13 to 18% this year.
	Answering ' not at all ' to the question, ' in the last 12 months, how often have you been bullied in or around school? ' steadily increased between 2011/12 (59%) to 2016/17 (69%). The last two years has seen a steady decline to 64% (2018/19), the lowest it has been since 2012/13 (62%). This equates to 36% of primary pupils surveyed reporting that they have been bullied within the last year at some time or other.

*For more detailed data sets please go to www.myhealthmyschoolsurvey.org.uk or contact: schoolwellbeing@leeds.gov.uk