
















Secondary School Key Findings 2018-19

	Uptake of '5 or more portions of fruit and vegetables' remained consistent for secondary students at around 14% from 2011/12 to 2015/16. A slight increase was recorded for the last 2 years, reaching 16% for both. This year the figure rose again by 2%, taking the total to 18%. After a sharp decline from 12% in 2007/8 to 7% in 2009/10, this rate started to increase for year 11 students reaching a peak in 2013/14 of 14%. After decreasing again, this figure stabilised at 11% for the 4 years until this year when the figure rose by 3% to 14%.
	Frequency of 'brushing teeth twice a day or more' saw an upward trend between 2010/11 (69%) and 2013/14 (83%). Since 2015/16, figures have steadily declined each year from 80% to 77% this year. Year 11 figures increased sharply from 71% in 2007/8, peaking in 2013/14 at 88%, however this has since shown a decline. This year's figure is 78%, 3% lower than in 2017/18.
	Physical activity of '7 or more times of 30 minutes or more' increased significantly for secondary students from 33% in 2009/10 to 61% in 2016/17. 2017/18 saw a slight decrease to 60% where it has remained this year. Year 11 rates saw a sharp decline from 39% in 2007/8 to 24% in 2012/13, however the rate has since increased to 51% in 2014/15 before declining again to 40% in 2015/16. For the last two years, the figure has increased, rising to 45% last year, where it has remained this year.
	Overall numbers of pupils reporting that they have 'never smoked, have tried or used to smoke' has generally increased over the previous 11 years, from 84% in 2007/8 to 96% last year. This year the figure has decreased slightly to 95%. Year 11 saw a significant increase from a low of 74% in 2008/9 to 89% in 2017/18, the most favourable figure since the survey began. This year there was a slight 3% decrease to 86%.
	The rate of secondary students 'smoking 10 or more cigarettes a day' has reduced significantly since 2007/8 from 6% to its lowest rate in 2015/16 of 0.7%. Since then, the rate increased by 0.1% each year until 2017/18 when it reached 0.9%. This year, there was an increase of 0.6%, taking the total to 1.5%, the highest since 2013/14 (1.3%). This reduction was also seen for Year 11 students as the rate reduced from 10% in 2007/8 to 2% in 2016/17 where it stabilised. This year the figure increased by 2%, taking the total to 4%.
 	A very sharp increase was recorded in 'abstinence from drinking alcohol' over an 8 year period in secondary students from 15% in 2007/8 to its peak in 2015/16 of 53%. Since then, the figures have gradually decreased, reaching 49% this year. Year 11 students have also improved their rates of alcohol abstinence from 7% in 2007/8 to 32% this year, the highest rate the survey has recorded.
	Those reporting that they 'drink alcohol every day' has reduced significantly over the years, from 3% in 2007/8 to the best rate since the survey began, 0.7% in 2016/17. Last year, results increased slightly (0.2%) but this year saw an increase to 2%. After starting at 3% in 2017/18, the rate for Year 11 students remained between 1% and 2% for nine years until 2017/18. This year saw an increase of 3% to 5%, the highest rate the survey has recorded.
	Overall numbers of pupils reporting that they 'drink to get drunk' , has seen a gradual decline from a peak of 13% in 2007/8 to 5% in 2015/16. This year though has seen a 2% increase to 7%. Year 11 data has also recorded a decline since 2008/09 (22%) to 2015/16 (11%). Since then, there has been a 3% increase year on year for the last two years to 19% in 2018/19.
	Illegal drug use in secondary students was dropping considerably and consistently, from a peak of 17% in 2007/8 to a low of 5% in 2015/16. Since then, the figure has increased to 7% at which it has been for the last three years. Year 11 pupils' reporting 'ever using an illegal drug, glue, gas or solvent as a drug' , has been more erratic over the years, peaking at 28% in 2007/8 and dropping to a low of 15% in 2015/16. This increased to 21.4% in 2017/18 and has further increased by 0.1% this year.
	Overall secondary students reporting 'ever having had sexual intercourse' saw its' lowest ever level this year at 12% after recording a significant decrease over time from 38% in 2007/8. Year 11 has also seen a sharp decrease over time in those reporting 'ever having had sexual intercourse' from 47% in 2007/8 to 24% in 2018/19.
	Of those reporting 'ever having had sexual intercourse' , those reporting 'either using a condom or a condom and another form of contraception the last time they had sexual intercourse' has steadily decreased since 2008/9 from 73% to 49% this year. Year 11 also decreased from 69% in 2008/9 to 50% this year, which reflects for the first time higher in year 11 than in secondary data overall.
	The number of secondary school students reporting 'never using any form of protection' the last time they had sexual intercourse reached the highest level the survey has seen this year at 42%, after seeing an increase since 2009/10 when the rate was 18%. Year 11 has also seen an increase in this response from 14% in 2011/12 to 36% this year, again its highest level.
	Feeling happy 'everyday, most days' has gradually declined from 82% in 2009/10 to 75% in 2017/18. This year saw a sharp decline of 7% to its lowest level ever recorded for the survey of 68%. Year 11 also saw the lowest rate this year at 62%, again a decline from 82% in 2009/10.
	Those reporting feeling 'stressed or anxious every day or most days' has steadily increased from 23% in 2013/14 to 34% this year, the highest response since the survey began. More specifically, year 11 increased from 28%, in 2012/13, to 48% in 2018/19, a 3% increase on last year.



Overall **bullying** incidents have been steadily decreasing since 2009/10, with 63% reporting '**not at all**' to being bullied in the last 12 months. Between 2013/14 and 2016/17 there were four years of stability at 71%. Since then it has decreased to 70% in 2017/18 with an even larger decrease this year, 4% drop to 66%. Since a high in 2013/14 of 80%, Year 11 data has fluctuated between 76% and 79%. This year recorded a 7% decrease to 72%.

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