

Key Findings 2019-20





In consideration of the impact of the Coronavirus pandemic, and the closure of schools on 20th March 2020, an early and prudent decision was taken to not pursue schools' completion of the 2019-20 My Health, My School (MHMS) survey on the assumption that schools were unlikely to organise completion until pupils/students had fully returned to schools.

Having already had 56 schools and settings complete the survey (Oct to March '20) this Headline Key Findings report has been based on a significantly reduced number of survey returns; 5307 compared to 17,397 representing a 70% reduction in returns compared to last year! Mindful that a number of schools and services use the data findings each year we respectfully request that any use of this year's survey data caveats the current set of exceptional circumstances in reporting key issues and provides this context as a backdrop when making direct comparisons with previous years data.

Primary & Secondary:

▶	After 8 consistent years, the number of pupils reporting that, on an average day, they eat ' 5 or more portions of fruit and vegetables ' has remained at just under 24%. Year 11 recorded its highest level at 16%.
▼	After a 2013-14 peak of 80% in the frequency of ' brushing teeth twice a day or more ', and for the fifth year in a row, there has been a slight decline to 74%. For the third year running Year 11 data reflected a reduction on the previous 2 years, down 3% to 78%.
▼	Physical activity of ' 7 or more times of 30 minutes or more ' increased significantly in 2013-14 to 68% after remaining consistent at around 40% since 2009-10. This years' data at 68% overall, and Primary schools at 76%, reflects a slight decrease on the previous year. Year 11 recorded its highest level at 51%.
▶ ▲	Overall numbers of pupils reporting they have ' never smoked, have tried or used to smoke ' has consistently increased over the last 13 years, stabilising at 99% since 2015-16. After 8 years of gradual improvement, peaking last year at 86% Year 11 saw a 6% increase to 92%.
▼ ▼	The rate of pupils ' smoking 10 or more cigarettes a day ' has reduced since 2007-8 from 3%, remaining consistent over the last 5 years and this year reflecting the lowest ever rate at 0.3%. Year 11 data has dropped to its lowest ever rate at 0.7%, a 3% drop on the previous year.
▶ ▼ ▼	After a significant increase in ' abstinence from drinking alcohol ' from 40% in 2007-8 to 64% in 2015-16, the data has remained stable over the last 5 years at a rate of 62%. Year 11 results have reflected a 7% drop to 25%. After a record high for Primary schools in 2018-19 (77%), this year saw a 4% drop (73%) in pupils reporting that they have never had a drink of alcohol.
▶	All year groups reflected stability in pupils reporting ' drinking alcohol everyday '. Year 11 students recorded the best ever results since the survey began with a 4% decrease on last year to 0.4%.
▼	Feeling happy ' everyday, most days ' saw a 1% decrease this year on last year (74% to 73%) the lowest rate since the question was introduced in 2009-10. Both Secondary and Year 11 remained stable at 69% and 63% respectively, reflecting a steady decline from 82% in 2009-10 for both. At primary level the figure has remained consistent since 2009-10 at around 84%, though this year saw a 3% reduction from last year to 76%, the lowest rate ever recorded.
▲	All year groups reported the worst levels for pupils feeling ' stressed or anxious every day or most days ' overall increasing from 19% in 2009-10 to 26% this year, a consistent increase over 10 years. Primary pupils have reported increases for 7 consecutive years from 13% to 20%, and secondary pupils reflected an increase over the last 6 years from 23% to 33%. Year 11 remains stable at 42% this year.
▶	For overall bullying incidents pupils reporting ' not at all ' 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 overall at 67%. Both primary and secondary schools saw an increase to 65% and 71% respectively, with year 11 reflecting a slight 1% drop to 71%.

Secondary:

	<p>Secondary year groups saw a decrease in those reporting that they chose to 'drink to get drunk' from 13% to 5% in 2015-16, stabilising over the preceding three years at 6%. This year reflected a 1% decrease to 5%. Year 11 recorded its biggest ever decrease from 19% in 2018-19 to 9% this year.</p>
	<p>Illegal drug use has dropped significantly since 2007-8 in secondary pupils overall, reducing consistently from a peak of 17% to a low of 5% in 2015-16. An increase in 2016-17 has remained consistent the last three years at 7%. Year 11 pupils' reporting 'ever using an illegal drug, glue, gas or solvent as a drug', has fluctuated over the years, peaking at 28% in 2007-8 and a low of 15% in 2015-16. Over the last 3 years we have seen this gradually increase to 22%. This year saw a 4% decrease to 18%.</p>
	<p>Overall secondary pupils reporting 'ever having had sexual intercourse' remains consistent this year at 12% after recording a significant decrease over time from 38% in 2007-8. Year 11 data reflects a 3% increase on last year (24% to 27%) bucking the downward trend over time from 47% in 2007-8.</p>
	<p>Of students reporting 'ever having had sexual intercourse', the proportion reporting 'either using a condom or a condom and another form of contraception' has decreased marginally to 48% from the consistency of the last two years (49%) for secondary and reflects the lowest ever rate at 46% (down 4% on last year) for Year 11. The secondary rate has steadily decreased since 2008-9 at 73% to 46% in 2015-16, though it did increase in 2016-17 to 57%.</p> <p>The number of pupils reporting 'never using any form of protection' the last time they had sexual intercourse has dropped slightly to 35% from its highest level last year (42%), after consistently increasing since 2007-8 when the rate was 19%. Year 11 has seen a decrease on last year (36%) to 31% this year following an increase from 20% in 2007-8.</p>

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