Children's health and wellbeing in Calderdale

Key findings from the 2023 electronic Health Needs Assessment (eHNA) pupil survey

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Background

Calderdale's electronic Health Needs Assessment (eHNA) pupil **health and wellbeing survey** has been running for 12 years for secondary schools and 10 years for primary schools, providing a rich and valuable insight into the lives of children and young people in Calderdale. This insight allows us all – Healthy Futures Calderdale, our partners, and schools – to better support children and young people, helping to keep them healthy, happy, and safe.

The success of the survey, and the value that schools place in it, is evident in the fact that the vast majority of local schools take part each and every year.

What?

The eHNA questionnaire covers three core themes: **health, happiness, and safety**. It helps us to find out about children and young people's behaviours, experiences, and perceptions.

We have worked with schools, children and young people, and professionals to design the eHNA survey, to make sure that we are asking the right questions and in the right way.

Most questions and measures have been externally validated. That is, they are taken from large-scale national and international surveys or have been tested elsewhere and shown to be reliable and robust. This means we can be sure that they are suitable for use with children and young people and provide a meaningful measure. To ensure that the content of the questionnaire is age-appropriate, the questions asked of primary-aged children are slightly different to those asked of secondary school students.

The survey is completed electronically by students in school years 5, 6, 7, and 10. It is completed in school time, and co-ordinated by school staff, whose support is essential to ensuring the smooth running of the process. School-level results are confidential to each school, and we cannot identify individual students.

Why?

Being in good health helps children to achieve in education, which in turn has a profound positive impact on their future health and socio-economic outcomes. It is important that we understand how healthy, happy, and safe the children and young people of Calderdale are, and that we use this insight to better support them towards reaching their full potential in life.

The eHNA survey provides valuable insight into where our children are doing well, and where we can do more to support them. Results can be used by schools to inform improvement plans, curriculum planning, and as supporting evidence for Ofsted. Results are also used by professionals to ensure that we commission and deliver services that meet the needs of children and young people.

How to use this report

This report outlines areas of focus for health and wellbeing and presents key findings from the latest eHNA survey in relation to these. Where there has been a **statistically significant** change from previous results, we have highlighted this. Red indicates a significant worsening; green indicates a significant improvement; amber indicates that the figure is statistically similar. Where a change cannot be considered "better" or "worse", light blue indicates that the figure is significantly higher, and dark blue indicates that it is significantly lower.

Where there is a statistical difference, we can be confident that this is reflective of a "real" difference in the experiences of our children and young people.

The format of the report has changed from 2019 to clearly highlight the current position across all health and wellbeing domains, and comparison to the previous year. Extensive question changes in 2019 mean that it is not yet possible to establish a longer time-trend. Going forward, questions will remain stable over time allowing for a clearer understanding of change over time.

The report is set out as follows:

- Section 1: Findings from primary school Y5 and Y6
- Section 2: Findings from secondary school Y7 and Y10

The continued impact of COVID-19

It is testament to the robustness of this survey that results are usually similar from year to year. In 2021 however, we reported a marked downturn across many indicators since the COVID-19 pandemic, particularly but not exclusively those pertaining to emotional wellbeing. Given the extent of this downturn, and the continued impact of the pandemic on children & young people, here we have continued to compare the most recent (2023) data to both the previous survey year (2022) and to pre-pandemic (2019) results.

This report reveals that the marked downturn between 2019 and 2021 has not been reversed. Indeed, the current picture remains broadly similar to last year, and **significantly worse than 2019**. Again, this is particularly true across indicators pertaining to emotional wellbeing.

eHNA Key findings 2023: Primary school students

Demographic profile

4,480 respondents from 74 schools	71% White British 17% Black and Minority Ethnic Group
	- 12% Pakistani
	- 5% Mixed
50% female	- 2% White Eastern European
50% male	- 2% Other White
	- 2% Indian
19% have a long-term condition affecting their daily life	- 3% Other
10% have a special educational need or disability (SEND)	

Key

Key	
Statistically significantly **worse** than previous year	🟥
Statistically **similar** to previous year	🟧
Statistically significantly **better** than last year	🟩
Statistically significantly **higher** than last year	🟦
Statistically significantly **lower** than last year	🟦

General health (Primary)

Indicator	2023 (%)	2022 (%)	2019 (%)	Change since 2022	Change since 2019	Y5 (%)	Y6 (%)	F (%)	M (%)
Health is excellent	28	27	36	🟧	🟥	30	27	26	31
Headaches at least once a week	30	31	22	🟧	🟥	29	31	34	26
Stomach aches at least once a week	29	27	20	🟧	🟥	28	29	35	22
Toothache at least once a week	10	9	8	🟧	🟥	12	9	9	11
Backache at least once a week	19	16	12	🟧	🟥	18	19	17	20
Feel dizzy at least once a week	21	20	15	🟧	🟥	22	21	23	20

Nutrition (Primary)

Indicator	2023 (%)	2022 (%)	2019 (%)	Change since 2022	Change since 2019	Y5 (%)	Y6 (%)	F (%)	M (%)
Never eat breakfast	3	2	2			2	3	3	2
Eat breakfast every day	68	67	75			71	66	67	70
Eat 5+ portions of fruit or veg a day	24	24	19			25	23	23	25
Drink 6+ glasses of water, low fat milk or sugar-free drinks a day	22	22	30			24	20	20	24
Drink at least 1 energy drink a day	27	28	23			28	26	23	31
Drink at least 2 fizzy drinks a day	24	24	20			26	22	21	26
Eat at least 2 packets of crisps a day	38	38	32			41	35	36	40
Eat at least 2 chocolate bars a day	37	35	28			40	34	35	38

Physical activity (Primary)

Indicator	2023 (%)	2022 (%)	2019 (%)	Change since 2022	Change since 2019	Y5 (%)	Y6 (%)	F (%)	M (%)
Do 60 minutes of activity on at least 6 days	37	40	47			36	38	33	42
Top reasons for not exercising more: *(% of those who don't exercise regularly)*									
→ There are more important or fun things to do	28	26	15			26	31	29	28
→ I can't be bothered	24	24	19			20	28	24	24
→ Feel embarrassed, being laughed at or looking silly	24	25	14			21	26	30	16
Top 5 activities currently do:									
→ Running games	77	79	83			79	76	78	77
→ Walking	63	66	70			59	66	67	59
→ Climbing/swinging in the garden or park	63	68	72			64	62	66	59
→ Football	64	64	63			62	66	50	78
→ Running	51	56	60			53	50	50	53
Top 5 activities would like to do									
→ Dodgeball/ Bench ball	36	32	33			37	36	34	39
→ Gym training	37	36	38			38	36	33	40
→ Trampolining	37	35	31			37	37	36	38
→ Swimming	32	32	33			28	35	34	29
→ Climbing (including indoors)	34	31	31			36	33	35	33
Travel to school on foot	58	61	57			57	59	59	57
Travel to school by car	60	57	55			62	59	61	59
Travel to school by bus/ train	4	3	4			4	4	4	3
More than 6 hours of screen time a day	20	18	NA		NA	20	20	17	23

Sleep (Primary)

Indicator	2023 (%)	2022 (%)	2019 (%)	Change since 2022	Change since 2019	Y5 (%)	Y6 (%)	F (%)	M (%)
Have difficulty sleeping at least once a week	47	47	34			49	46	48	46

Oral health (Primary)

Indicator	2023 (%)	2022 (%)	2019 (%)	Change since 2022	Change since 2019	Y5 (%)	Y6 (%)	F (%)	M (%)
Brush teeth 2+ times a day	68	65	71			65	70	72	63
Visit the dentist for a check-up	76	73	85			73	79	79	73

Emotional wellbeing (Primary)

Indicator	2023 (%)	2022 (%)	2019 (%)	Change since 2022	Change since 2019	Y5 (%)	Y6 (%)	F (%)	M (%)
Feelings:									
→ Feel low at least once a week	49	46	32			48	49	54	43
→ Feel irritable at least once a week	49	50	37			47	51	52	47
→ Feel nervous at least once a week	43	43	28			42	45	49	38
Life satisfaction (Cantril's Ladder):									
→ High life satisfaction	71	72	80			73	70	67	76
→ Low life satisfaction	10	10	7			10	10	11	8
Self-esteem (Rosenberg measure):									
→ High self-esteem	14	14	20			14	14	12	16
→ Low self-esteem	25	25	19			23	27	30	20
Wellbeing (Good Childhood Index):									
Overall low level of personal wellbeing	10	11	8			9	11	12	8
→ Low satisfaction with their life as a whole	9	9	6			9	8	9	8
→ Low satisfaction with their relationships with family	6	6	4			5	7	7	4
→ Low satisfaction with the home they live in	4	4	3			5	4	5	4
→ Low satisfaction with how much choice they have in life	11	11	7			11	11	12	10
→ Low satisfaction with their relationships with friends	8	8	6			7	9	10	6
→ Low satisfaction with the things they have	5	5	4			5	4	5	4
→ Low satisfaction with their own health	7	7	4			7	7	8	6
→ Low satisfaction with their appearance	20	22	13			18	22	24	16
→ Low satisfaction with what may happen to them in life	9	9	5			9	9	10	7
→ Low satisfaction with the school they go to	11	10	8			9	13	10	13
→ Low satisfaction with the way they use their time	8	8	4			6	8	9	6

Indicator	2023 (%)	2022 (%)	2019 (%)	Change since 2022	Change since 2019	Y5 (%)	Y6 (%)	F (%)	M (%)
Worries:									
Worry all the time about something	68	51	44	🔴	🔴	68	69	70	66
Top three worries:									
→ Worry all the time or a lot about being embarrassed	46	46	31	🟧	🔴	45	47	55	37
→ Worry all the time or a lot about exams/tests	51	43	40	🔴	🔴	51	50	40	45
→ Worry all the time or a lot about not fitting in	37	37	24	🟧	🔴	36	38	43	30
Experience of school:									
→ Likes school at present	78	80	83	🟧	🔴	80	76	79	76
→ Doesn't like school - feels pressured "a lot" by schoolwork	47	43	NA	🟧	NA	49	45	52	41
Bullying:									
→ Ever been bullied at school	48	48	NA	🟧	NA	47	49	52	45
→ Bullied regularly (about once a week)	15	14	NA	🟧	NA	14	15	15	14

Risk-taking behaviour (Primary)

Indicator	2023 (%)	2022 (%)	2019 (%)	Change since 2022	Change since 2019	Y5 (%)	Y6 (%)	F (%)	M (%)
Smoking:									
Ever smoked a cigarette or e-cigarette	5	5	6	🟧	🟧	4	7	4	6
→ Have smoked cigarettes	0	0	1	🟧	🟧	0	0	0	0
→ Have smoked e-cigarettes	4	4	4	🟧	🟢	0	0	0	0
→ Have smoked both	1	1	1	🟧	🟧	0	1	0	1
→ Currently smokes cigarettes at least once a week	0	0	0	🟧	🟧	0	0	0	0
→ Currently smokes e-cigarettes at least once a week	0	1	0	🟧	🟧	0	1	0	0
→ Someone smokes at home	28	29	24	🟧	🔴	28	28	27	29
Alcohol:									
Ever drunk alcohol (more than a few sips):	17	15	28	🟧	🟢	17	18	13	21
→ Currently drinks alcohol at least once a week	1	1	1	🟧	🟧	1	1	0	1
→ Ever been really drunk	4	3	4	🟧	🟧	4	4	3	5
→ Been really drunk more than 2-3 times	0	0	1	🟧	🟧	1	0	0	0
Seen parent/carer really drunk	41	39	NA	🟧	NA	38	43	40	42

Safety (Primary)

Indicator	2023 (%)	2022 (%)	2019 (%)	Change since 2022	Change since 2019	Y5 (%)	Y6 (%)	F (%)	M (%)
Doesn't feel safe online "all the time"	53	55	45	🟧	🔴	55	52	62	44

eHNA Key findings 2023: Secondary school students

Demographic profile

4,143 respondents from 74 schools	66% White British	13% LGBT	12% have a special educational need or disability (SEND)
	20% Black and Minority Ethnic Groups	- 13% of Y7	
49% female	- 14% Pakistani	- 14% of Y10	
48% male	- 6% Mixed	- 8% of males	6% are young carers
2% other	- 2% Other White	- 16% of females	
	- 2% Indian	- 72% who define their gender as "other"	
84% live in Calderdale	2% Other		4% have a long-term condition affecting their daily life

Key

Statistically significantly **worse** than previous year	🟥
Statistically **similar** to previous year	🟧
Statistically significantly **better** than last year	🟩
Statistically significantly **higher** than last year	🟦
Statistically significantly **lower** than last year	🟦

General health (Secondary)

Indicator	2023 (%)	2022 (%)	2019 (%)	Change since 2022	Change since 2019	Y7 (%)	Y10 (%)	F (%)	M (%)
Health is excellent	24	24	27	🟧	🟥	24	24	19	30
Headaches at least once a week	41	43	35	🟧	🟥	38	44	50	30
Stomach aches at least once a week	31	31	24	🟧	🟥	30	31	40	21
Toothache at least once a week	8	8	7	🟧	🟥	8	7	6	8
Backache at least once a week	28	28	23	🟧	🟥	22	33	30	25
Feel dizzy at least once a week	34	34	25	🟧	🟥	28	41	43	25
About the right weight	50	49	49	🟧	🟧	48	52	48	53
Try to lose weight all the time	13	14	13	🟧	🟧	12	13	15	10

Nutrition (Secondary)

Indicator	2023 (%)	2022 (%)	2019 (%)	Change since 2022	Change since 2019	Y7 (%)	Y10 (%)	F (%)	M (%)
Never eat breakfast	10	10	8			7	13	12	7
Eat breakfast every day	42	45	51			49	36	35	50
Eat 5+ portions of fruit or veg a day	18	18	17			20	16	17	18
Drink 6+ glasses of water, low fat milk or sugar-free drinks a day	18	19	NA		NA	19	17	17	20
Drink at least 1 energy drink a day	30	28	28			31	28	29	30
Drink at least 2 fizzy drinks a day	22	21	22			22	22	20	23
Eat at least 2 packets of crisps a day	28	28	27			30	27	27	29
Eat at least 2 chocolate bars a day	27	28	26			29	26	27	27

Physical activity (Secondary)

Indicator	2023 (%)	2022 (%)	2019 (%)	Change since 2022	Change since 2019	Y7 (%)	Y10 (%)	F (%)	M (%)
Do 60 minutes of activity on at least 6 days	28	31	30			32	25	22	35
Top reasons for not exercising more: *(% of those who don't exercise regularly)*									
→ There are more important or fun things to do	47	46	39			38	53	54	37
→ I can't be bothered	30	32	27			28	31	35	21
→ Feel embarrassed, being laughed at or looking silly	26	30	27			26	26	32	16
Top 5 activities currently do:									
→ Running games	69	70	70			67	70	72	65
→ Walking	46	50	46			54	38	29	63
→ Climbing/swinging in the garden or park	41	43	43			59	24	39	44
→ Football	33	36	39			48	18	35	31
→ Running	37	36	39			43	30	32	42
Top 5 activities would like to do									
→ Dodgeball/ Bench ball	32	32	31			37	27	33	30
→ Gym training	30	31	34			34	27	30	31
→ Trampolining	27	31	31			32	22	25	30
→ Swimming	27	28	28			34	20	28	26
→ Climbing (including indoors)	25	25	24			30	21	25	26
Travel to school on foot	41	42	43			41	40	39	43
Travel to school by car	41	41	35			43	40	45	38
Travel to school by bus/ train	43	41	39			43	43	45	41
More than 6 hours of screen time a day	33	31	NA		NA	28	38	35	30

Sleep (Secondary)

Indicator	2023 (%)	2022 (%)	2019 (%)	Change since 2022	Change since 2019	Y7 (%)	Y10 (%)	F (%)	M (%)
Less than 6 hours sleep a night	33	31	28	🟧	🟥	28	37	36	28
Sleep ok	58	60	62	🟧	🟥	61	55	55	63
Have difficulty sleeping at least once a week	38	46	29	🟩	🟥	37	39	42	32

Oral health (Secondary)

Indicator	2023 (%)	2022 (%)	2019 (%)	Change since 2022	Change since 2019	Y7 (%)	Y10 (%)	F (%)	M (%)
Brush teeth 2+ times a day	75	74	77	🟧	🟧	71	78	81	70
Visit the dentist for a check-up	82	82	87	🟧	🟥	81	82	84	80

Emotional wellbeing (Secondary)

Indicator	2023 (%)	2022 (%)	2019 (%)	Change since 2022	Change since 2019	Y7 (%)	Y10 (%)	F (%)	M (%)
Feelings:									
→ Feel low at least once a week	51	51	43	🟧	🟥	49	53	63	37
→ Feel irritable at least once a week	58	58	52	🟧	🟥	55	61	67	48
→ Feel nervous at least once a week	51	53	42	🟧	🟥	47	55	63	37
Life satisfaction (Cantril's ladder):									
→ High life satisfaction	58	58	64	🟧	🟥	65	51	50	67
→ Low life satisfaction	17	18	15	🟧	🟧	13	20	21	12
Self-esteem (Rosenberg measure):									
→ High self-esteem	31	0	13	🟩	🟩	28	34	40	20
→ Low self-esteem	11	26	33	🟩	🟩	14	9	7	16
Wellbeing (Good childhood index):									
Overall low level of personal wellbeing	19	21	18	🟧	🟧	14	23	23	13
→ Low satisfaction with their life as a whole	14	16	14	🟧	🟧	11	17	17	10
→ Low satisfaction with their relationships with family	11	10	9	🟧	🟧	8	13	14	6
→ Low satisfaction with the home they live in	7	7	6	🟧	🟧	6	9	9	6
→ Low satisfaction with how much choice they have in life	12	11	11	🟧	🟧	11	13	13	10
→ Low satisfaction with their relationships with friends	8	8	7	🟧	🟧	8	8	9	6
→ Low satisfaction with the things they have	7	7	8	🟧	🟧	6	9	8	7
→ Low satisfaction with their own health	15	14	12	🟧	🟥	12	18	18	11
→ Low satisfaction with their appearance	30	32	29	🟧	🟧	26	33	38	20
→ Low satisfaction with what may happen to them in life	16	16	14	🟧	🟥	12	20	20	12
→ Low satisfaction with the school they go to	30	26	21	🟧	🟥	24	35	32	26
→ Low satisfaction with the way they use their time	18	18	13	🟧	🟥	13	22	22	14

Indicator	2023 (%)	2022 (%)	2019 (%)	Change since 2022	Change since 2019	Y7 (%)	Y10 (%)	F (%)	M (%)
Worries:									
Worry all the time about something	**63**	50	48			63	63	69	55
Top three worries:									
→ Worry all the time or a lot about exams/tests	**45**	48	56			36	53	54	35
→ Worry all the time or a lot about being embarrassed	**44**	47	40			43	45	58	29
→ Worry all the time or a lot about weight	**35**	38	33			32	38	46	23
Experience of school:									
→ Likes school at present	**58**	61	67			65	51	54	62
→ Doesn't like school - feels pressured "a lot" by schoolwork	**27**	25	25			23	30	32	21
Bullying:									
→ Physically bullied "quite a lot" or "a lot"	**9**	8	7			10	8	8	10
→ Non-physically bullied "quite a lot" or "a lot"	**17**	16	16			18	17	18	16
Self-harm:									
→ Self-harm (ever)	**35**	34	26			36	33	40	28
→ Self-harm ("often" or "all the time")	**12**	12	8			11	13	15	8
In what way?									
→ Cut ("often" or "all the time")	**9**	8	6			8	10	11	5
→ Overdose ("often" or "all the time")	**3**	3	2			2	4	4	2
→ Other ("often" or "all the time")	**10**	10	8			9	11	12	6

Risk-taking behaviour (Secondary)

Indicator	2023 (%)	2022 (%)	2019 (%)	Change since 2022	Change since 2019	Y7 (%)	Y10 (%)	F (%)	M (%)
Smoking:									
→ Ever smoked a cigarette or e-cigarette	**25**	23	31			14	35	27	22
→ Have smoked cigarettes	**0**	0	2			0	0	0	0
→ Have smoked e-cigarettes	**17**	15	15			12	21	19	14
→ Have smoked both	**8**	8	14			2	13	9	7
→ Currently smokes cigarettes at least once a week	**2**	2	3			0	3	1	2
→ Currently smokes e-cigarettes at least once a week	**9**	9	6			3	14	10	8
→ First tried a cigarette aged 12 or under	**3**	3	8			1	5	3	3
→ Someone smokes at home	**28**	27	24			28	28	27	27
Alcohol:									
→ Ever drunk alcohol (more than a few sips):	**41**	40	52			28	54	43	40
→ Currently drinks alcohol at least once a week	**5**	6	8			2	9	5	5
→ Ever been really drunk	**31**	20	22			9	33	24	31

Indicator	2023 (%)	2022 (%)	2019 (%)	Change since 2022	Change since 2019	Y7 (%)	Y10 (%)	F (%)	M (%)
→ Been really drunk more than 2-3 times	7	6	8			1	12	7	5
→ First tried alcohol aged 12 or under	26	25	34		🟩	27	25	25	26
→ Seen parent/carer really drunk	49	47	NA		NA	45	52	50	46
Drugs:									
→ Ever tried cannabis	10	9	11			3	16	8	10
→ Tried cannabis more than once or twice	6	6	7			2	11	5	7
→ First tried cannabis aged 12 or under	3	3	3			2	4	2	4
→ Been offered drugs other than cannabis	13	13	15			8	18	12	14
→ Tried drugs other than cannabis	4	4	4			2	6	3	4
Where do you get drugs from? (% of those who use drugs):									
→ Drug dealers	27	31	26			15	29	25	30
→ Mates at school	11	13	16			6	12	11	12
→ Parties	3	3	4			3	3	4	2
→ Other	59	53	54		🟥	76	56	60	56
Sexting:									
Ever been involved in sexting:	14	14	14			7	21	15	13
In what way? (% of those involved in sexting):									
→ Uploading own image	31	30	29			16	36	33	28
→ Receiving an image	69	70	73			60	72	74	66
→ Sending on an image sent by someone else	12	16	31			8	13	10	13
→ Seeing an image originally sent to someone else	24	28	29			24	24	25	23
→ Other	21	19	18			30	18	20	22

Safety (Secondary)

Indicator	2023 (%)	2022 (%)	2019 (%)	Change since 2022	Change since 2019	Y7 (%)	Y10 (%)	F (%)	M (%)
Harm at home:									
→ None	74	76	77		🟥	71	76	72	76
→ Someone saying cruel things	12	11	10			11	12	15	8
→ Being pushed, hit, choked, punched or similar	6	6	5			6	5	5	5
→ Someone threatening to harm you	5	5	5			5	4	5	4
Things that make the area they live in feel unsafe:									
→ Nothing	46	48	46			46	46	46	48
→ Drug dealing	20	19	22			19	20	21	18
→ Knives	24	21	25			24	23	25	21
→ Gangs	20	19	21			21	19	7	18

Indicator	2023 (%)	2022 (%)	2019 (%)	Change since 2022	Change since 2019	Y7 (%)	Y10 (%)	F (%)	M (%)
→ Crime	21	19	22			20	21	22	19
→ People who hang around	17	17	17			16	18	18	14
→ Fighting	18	17	19			20	17	20	17
→ Robbery	16	15	19			17	15	17	15
→ Bullies	16	15	16			18	14	17	14
→ Guns	14	14	16			17	12	15	14
→ Racial tension	11	10	9			11	10	10	11
→ Extremist views	10	9	9			10	9	9	10
Don't always feel safe online	55	56	48			55	56	66	43
Encouraged to adopt extremist views	11	9	7			9	13	9	12
Knows others who are encouraged to adopt extremist views	10	10	8			9	12	10	10