

# Children's health and wellbeing in Calderdale

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Key findings from the 2025 Calderdale school health and wellbeing survey

## Background

Calderdale's **school health and wellbeing survey** (previously known as the electronic Health Needs Assessment or eHNA) has been running for 13 years for secondary schools and 11 years for primary schools, providing a rich and valuable insight into the lives of children and young people in Calderdale. This insight allows partners across Calderdale to work together towards our agreed strategic outcome that children and young people should have hope and aspiration for the future.

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

## What?

The survey 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 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 individual students cannot be identified.

## Why?

Good health and wellbeing in childhood has a profound positive impact on future health and socio-economic outcomes. It is important that we understand how healthy, happy, and safe children and young people in Calderdale feel, and that we use this insight to better support them towards reaching their full potential in life.

The school health and wellbeing 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 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.

Results should be considered not just in terms of change over time, but also in terms of what they tell us about the behaviours, experiences, and perceptions of young people at a point in 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 and young people, here we have continued to compare the most recent (2025) data to both the previous survey year (2024) and to pre-pandemic (2019) results.

## Headline findings

This year, we see a significant improvement in our key indicators of hope and aspiration in Year 10 students (the percentage who feel happy with what may happen to them in the future, and the percentage with low life satisfaction), compared to the baseline.

Across other indicators of hope and aspiration, the picture is either similar to last year or has improved. Unfortunately, children and young people from marginalised groups appear less likely than their peers to have hope and aspiration based on this suite of indicators.

The marked downturn following the COVID-19 pandemic has still not been completely reversed, but evidence of improvement seen in 2024 has been sustained into 2025, particularly in children and young people’s emotional wellbeing.

# Key findings 2025

## Developing Well indicators

The Calderdale Wellbeing Strategy includes the strategic outcome that every 15-year-old has hope and aspiration for the future, a goal that young people in Calderdale have chosen themselves. Work towards this goal is overseen by the Developing Well board.

Progress towards the strategic outcome is measured through the Calderdale schools' health and wellbeing survey, specifically the following indicators:

- **Increased percentage of year 10 students in Calderdale who feel happy with what may happen to them in the future.**
- **A smaller percentage of year 10 students in Calderdale with low life satisfaction**

Since 2024, we have also asked students in year 7 and year 10 some further questions about their hopes and aspirations for the future.

Key	
Statistically significantly <b>worse</b> than previous year	
Statistically <b>similar</b> to previous year	
Statistically significantly <b>better</b> than last year	
Statistically significantly <b>higher</b> than last year	
Statistically significantly <b>lower</b> than last year	

Indicator	2025 (%)	2024 (%)	2021 Baseline (%)	Change since 2024	Change since 2021	F (%)	M (%)	SEND* (%)	CLA * (%)	LGBT* (%)	Young Carer (%)	Minority ethnic group (%)
Percentage of year 10 who feel happy with what may happen to them in the future	55	50	47			44	67	40	41	32	43	57
Percentage of Year 10 students with low life satisfaction	16	19	28			20	11	23	32	39	24	15

\*SEND: Special Educational Need or Disability; CLA: Children Looked After; LGBT: Lesbian, gay, bisexual or trans

## Hopes and Aspirations

Indicator	2025 (%)	2024 (%)	Change since 2024	Y7 (%)	Y10 (%)	F (%)	M (%)	SEND*(%)	CLA*(%)	LGBT*(%)	Young Carer (%)	Minority ethnic group (%)
People listen to my views	67	65		66	68	64	71	56	55	52	57	69
I feel empowered to change issues that I care about	55	53		58	53	51	60	49	54	44	53	59
I am treated fairly	75	76		76	74	70	80	61	51	57	61	76
I feel like I belong	68	67		69	67	61	75	57	51	41	53	70
If I was concerned about my health or wellbeing, I would know where to access support	67	66		66	68	64	71	58	56	52	51	71
It is important that I have places to go where I can socialise with my friends	85	85		85	85	85	85	80	69	78	76	83
There are places in my community where I can meet up with my friends	78	78		80	77	77	81	71	64	69	72	77
Having a job or career in the future is important to me	94	95		93	95	94	95	91	76	88	90	94
Raising a family in the future is important to me	78	78		76	81	77	80	75	68	51	76	80
I don't really think much about what I might be doing in a few years' time	31	35		33	29	26	36	34	46	33	35	31
It is more important that I'm doing something I enjoy now than worrying about if it will help me get a good job in the future	62	66		65	59	58	66	62	46	57	59	59
I'll just wait and see where I end up	35	40		36	34	33	36	45	45	40	44	34
If someone is not a success in life it is usually their own fault	35	36		30	40	29	41	39	59	29	38	36
I have the same opportunities as other children and young people	70	69		72	67	65	75	61	59	58	62	70
People like me don't have much chance in life	16	19		16	16	14	16	27	42	24	26	16
I can pretty much decide what will happen in my life	58	55		56	60	54	63	55	42	49	50	57
How well you get on in this world is mostly a matter of luck	32	33		31	33	30	34	38	42	41	36	31
If you work hard at something, you'll usually succeed	85	81		86	83	84	87	79	67	80	75	85

\*SEND: Special Educational Need or Disability; CLA: Children Looked After; LGBT: Lesbian, gay, bisexual or trans

## Key findings 2025: Primary school pupils

Demographic profile	
4,238 respondents from 72 schools	71% White British Groups - 12% Pakistani - 6% Mixed ethnicity - 2% Indian - 3% Other ethnicity - 2% Black (African, Caribbean, Black British) - 1% White Eastern European - 1% Other White - 1% Other Asian ethnicity - 1% Gypsy/ Roma/ Irish Traveller
50% female 50% male	
20% have a long-term condition affecting their daily life	
11% SEND	

Key	
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Statistically significantly <b>lower</b> than last year	

### General health (Primary)

Indicator	2025 (%)	2024 (%)	2019 (%)	Change since 2024	Change since 2019	Y5 (%)	Y6 (%)	F (%)	M (%)
Health is excellent	30	31	36			28	31	29	30
Headaches at least once a week	29	30	22			29	29	33	25
Stomach aches at least once a week	28	27	20			28	27	32	23
Toothache at least once a week	10	10	8			11	8	10	9
Backache at least once a week	19	18	12			18	19	17	20
Feel dizzy at least once a week	19	20	15			20	18	19	19

## Nutrition (Primary)

Indicator	2025 (%)	2024 (%)	2019 (%)	Change since 2024	Change since 2019	Y5 (%)	Y6 (%)	F (%)	M (%)
Never eat breakfast	2	2	2			2	2	3	2
Eat breakfast every day	69	69	75			71	68	67	71
Eat 5+ portions of fruit or veg a day	24	23	19			25	24	25	24
Drink 6+ glasses of water, low-fat milk, or sugar-free drinks a day	21	21	30			21	21	20	23
Drink at least 1 energy drink a day	26	24	23			28	25	23	29
Drink at least 2 fizzy drinks a day	23	21	20			24	23	21	26
Eat at least 2 packets of crisps a day	42	37	32			44	39	42	42
Eat at least 2 packets of sweets or chocolate a day	38	36	28			41	36	38	39

## Physical Activity (Primary)

Do 60 minutes of activity on at least 6 days	40	39	47			37	43	34	47
Top reasons for not exercising more: ( <i>% of those who don't exercise regularly</i> )									
→ There are more important or fun things to do	21	27	15			23	18	15	28
→ I can't be bothered	18	17	19			15	22	19	18
→ I don't have the time	16	21	14			14	18	16	15
→ Feel embarrassed, being laughed at or looking silly	16	17	14			15	17	20	11
Travel to school on foot	59	58	57			57	61	58	60
Travel to school by car	62	61	55			62	61	64	60
Travel to school by bike or scooter	8	8	NA		NA	8	8	6	11
Travel to school by bus/ train	4	3	4			3	4	4	3
More than 6 hours of screen time a day	18	20	NA		NA	18	17	16	19

## Sleep (Primary)

Indicator	2025 (%)	2024 (%)	2019 (%)	Change since 2024	Change since 2019	Y5 (%)	Y6 (%)	F (%)	M (%)
Has difficulty sleeping at least once a week	45	45	34			39	41	40	41

## Oral health (Primary)

Brush teeth 2+ times a day	70	70	71			67	73	75	65
Visit the dentist for a check-up	80	79	85			77	83	82	79

## Emotional well-being (Primary)

### Feelings

→ Feel low at least once a week	48	44	32			49	46	52	44
→ Feel irritable at least once a week	50	47	37			49	50	52	48
→ Feel nervous at least once a week	40	38	28			40	40	44	36

### Life satisfaction (*Cantril's ladder measure*)

→ High life satisfaction	73	76	80			73	73	69	77
→ Low life satisfaction	9	8	7			9	9	10	7

### Self-esteem (*Rosenberg measure*)

→ High self-esteem	17	16	22			16	18	15	19
→ Low self-esteem	20	20	16			19	21	24	16

### Wellbeing (*Good Childhood Index*):

→ Overall low level of personal wellbeing	10	9	8			9	10	11	8
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### Life happiness

→ Low satisfaction with their life as a whole	8	7	6			8	8	9	7
→ Low satisfaction with their relationships with family	4	4	4			4	5	5	4
→ Low satisfaction with the home they live in	4	4	3			4	4	4	3
→ Low satisfaction with how much choice they have in life	9	9	7			10	8	9	8
→ Low satisfaction with their relationships with friends	8	7	6			8	8	10	5
→ Low satisfaction with the things they have	4	3	4			4	3	4	3
→ Low satisfaction with their own health	5	6	4			6	5	6	4
→ Low satisfaction with their appearance	18	17	13			16	20	22	14
→ Low satisfaction with what may happen to them in life	7	7	5				6	7	6
→ Low satisfaction with the school they go to	11	10	8			9	13	10	12
→ Low satisfaction with the way they use their time	7	6	4			7	7	7	7

## Emotional well-being (Primary) continued

Indicator	2025 (%)	2024 (%)	2019 (%)	Change since 2024	Change since 2019	Y5 (%)	Y6 (%)	F (%)	M (%)
Worries:									
Worry all the time about something	51	51	44			52	50	56	46
Top three worries:									
→ Worry all the time or a lot about exams/tests	48	46	40			50	47	54	42
→ Worry all the time or a lot about being embarrassed	44	43	31			45	44	52	37
→ Worry all the time or a lot about not fitting in	34	33	24			34	35	41	28
Experience of school:									
→ Likes school at present	77	80	83			78	76	77	77
→ Feels pressured by schoolwork "a lot" ( <i>% of all who do not like school</i> )	47	46	NA		NA	49	45	51	43
Bullying:									
→ Ever been bullied at school	47	45	NA		NA	48	46	53	41
→ Bullied regularly or often (at least once per week)	27	27	NA		NA	29	26	28	25
<b>Risk-taking behaviour (Primary)</b>									
Smoking:***									
→ Ever smoked cigarettes	1	0	1			1	1	1	1
→ Currently smokes cigarettes at least once a week	0	0	0			0	0	0	0
Vaping:***									
→ Ever smoked an e-cigarette or vaped	5	4	4			4	7	4	6
→ Currently smokes e-cigarettes at least once a week	0	0	0			0	0	0	0
Alcohol:									
Ever drunk alcohol (more than a few sips) ( <i>change in question, broadly</i> )	12	15	28			11	12	8	15
→ Currently drinks alcohol at least once a week	1	1	1			1	0	0	1
→ Ever been really drunk	3	3	4			3	2	1	4
→ Been really drunk more than 2-3 times	0	1	1			1	0	0	0
Seen parent/carer really drunk	36	37	NA		NA	37	36	35	38
<b>Safety (Primary)</b>									
Doesn't feel safe online "all the time"	56	54	45			59	53	64	47

\*\*\* Question wording changed in 2025 which could have impacted the results.

## eHNA Key findings 2025: Secondary school students

Demographic profile																					
4,215 respondents from 14 schools	48% female 50% male 2% other	84% live in Calderdale	16% SEND	6% young carers	20% have a long-term condition affecting their daily life																
Ethnicity:			11% LGBT																		
65% White British	2% Black (African, Caribbean, Black British)	- 11% of Y7																			
15% Pakistani	2% White Eastern European	- 12% of Y10																			
6% Mixed ethnicity	2% Other White	- 6% of males																			
3% Indian	2% Other Asian ethnicity	- 14% of females																			
2% Other ethnicity	1% Gypsy/ Roma/ Irish Traveller	- 64% who define their gender as "other"																			
<table border="1"> <thead> <tr> <th colspan="2">Key</th> </tr> </thead> <tbody> <tr> <td>Statistically significantly <b>worse</b> than previous year</td> <td style="background-color: red;"></td> </tr> <tr> <td>Statistically <b>similar</b> to previous year</td> <td style="background-color: yellow;"></td> </tr> <tr> <td>Statistically significantly <b>better</b> than last year</td> <td style="background-color: green;"></td> </tr> <tr> <td>Statistically significantly <b>higher</b> than last year</td> <td style="background-color: lightblue;"></td> </tr> <tr> <td>Statistically significantly <b>lower</b> than last year</td> <td style="background-color: blue;"></td> </tr> </tbody> </table>										Key		Statistically significantly <b>worse</b> than previous year		Statistically <b>similar</b> to previous year		Statistically significantly <b>better</b> than last year		Statistically significantly <b>higher</b> than last year		Statistically significantly <b>lower</b> than last year	
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General health (Secondary)																					
Indicator	2025 (%)	2024 (%)	2019 (%)	Change since 2024	Change since 2019	Y7 (%)	Y10 (%)	F (%)	M (%)												
Health is excellent	26	26	27			26	26	23	30												
Headaches at least once a week	39	41	35			35	42	49	28												
Stomach aches at least once a week	30	32	24			29	31	40	20												
Toothache at least once a week	7	8	7			7	7	6	6												
Backache at least once a week	29	30	23			23	34	31	26												
Feel dizzy at least once a week	32	33	25			28	37	42	22												
About the right weight	49	48	49			47	51	48	51												
Try to lose weight all the time	15	13	13			14	17	19	11												

### Nutrition (Secondary)

Indicator	2025 (%)	2024 (%)	2019 (%)	Change since 2024	Change since 2019	Y7 (%)	Y10 (%)	F (%)	M (%)
Never eat breakfast	10	9	8			7	12	12	7
Eat breakfast every day	43	43	51			49	37	36	51
Eat 5+ portions of fruit or veg a day	18	17	17			20	16	18	18
Drink 6+ glasses of water, low-fat milk or sugar-free drinks a day	18	19	NA		NA	18	17	15	21
Drink at least 1 energy drink a day	28	29	28			29	28	28	28
Drink at least 2 fizzy drinks a day	22	21	22			22	21	18	24
Eat at least 2 packets of crisps a day	29	28	27			31	27	28	30
Eat at least 2 packets of sweets or chocolate a day	30	29	26			32	28	30	29

### Physical activity (Secondary)

Do 60 minutes of activity on at least 6 days	24	29	30			27	21	19	29
Top reasons for not exercising more:									
→ Can't be bothered	37	44	39			31	42	39	34
→ Don't have time	24	27	20			19	28	26	22
→ Don't like doing it	22	28	20			24	21	25	18
→ More important or fun things to do	21	28	28			17	24	20	21
→ Feel embarrassed, laughed at, or look silly	20	24	27			18	22	23	15
→ Feel self-conscious because of body	19	22	27			18	19	21	13
Travel to school on foot	40	40	43			39	41	39	41
Travel to school by car	50	46	35			53	47	53	48
Travel to school by bus/ train	43	44	39			43	43	43	43
More than 6 hours of screen time a day	28	31	NA		NA	25	31	28	27

### Sleep (Secondary)

Less than 6 hours sleep a night	31	31	28			27	35	36	26
Sleep ok	61	61	62			64	59	56	67
Has difficulty sleeping at least once a week	46	48	38			47	45	50	41

### Oral health (Secondary)

Brush teeth 2+ times a day	77	76	77			75	80	85	71
Visit the dentist for a check-up	85	82	87			85	86	87	84

## Emotional wellbeing (Secondary)

Indicator	2025 (%)	2024 (%)	2019 (%)	Change since 2024	Change since 2019	Y7 (%)	Y10 (%)	F (%)	M (%)
<b>Feelings</b>									
→ Feel low at least once a week	47	49	43			47	47	61	33
→ Feel irritable at least once a week	58	61	52			56	60	68	48
→ Feel nervous at least once a week	49	48	42			46	52	61	37
<b>Life satisfaction</b>									
→ High life satisfaction	62	61	64			66	57	54	70
→ Low life satisfaction	14	15	15			13	14	16	10
<b>Self-esteem (Rosenberg measure)</b>									
→ High self-esteem	12	12	13			14	9	7	16
→ Low self-esteem	29	28	33			29	29	38	20
<b>Wellbeing (Good childhood index)</b>									
Overall low level of personal wellbeing	15	16	18			15	16	19	10
<b>Life happiness</b>									
→ Low satisfaction with their life as a whole	11	13	14			11	12	14	8
→ Low satisfaction with their relationships with family	10	9	9			7	13	14	16
→ Low satisfaction with the home they live in	6	6	6			5	8	8	4
→ Low satisfaction with how much choice they have in life	11	12	11			10	11	13	8
→ Low satisfaction with their relationships with friends	7	9	7			7	8	9	6
→ Low satisfaction with the things they have	6	8	8			5	7	6	6
→ Low satisfaction with their own health	11	13	12			11	12	14	8
→ Low satisfaction with their appearance	28	30	29			29	28	36	20
→ Low satisfaction with what may happen to them in life	13	16	14			10	17	17	9
→ Low satisfaction with the school they go to	26	29	21			23	29	30	21
→ Low satisfaction with the way they use their time	15	17	13			12	19	18	12
<b>Worries:</b>									
Worry all the time about something	49	49	48			49	50	60	39
<b>Top three worries:</b>									
→ Worry all the time or a lot about being embarrassed	44	42	56			45	42	56	31
→ Worry all the time or a lot about exams/tests	43	42	38			33	52	52	34
→ Worry all the time or a lot about weight	36	35	33			36	36	47	25

## Emotional wellbeing (Secondary) continued

Indicator	2025 (%)	2024 (%)	2019 (%)	Change since 2024	Change since 2019	Y7 (%)	Y10 (%)	F (%)	M (%)
<b>School:</b>									
→ Likes school at present	62	58	67			65	59	56	68
→ Feels pressured by schoolwork "a lot" (% of all who do not like school)	53	51	40			20	27	29	18
<b>Bullying:</b>									
→ Physically bullied "quite a lot" or "a lot"	8	10	7			8	8	7	8
→ Non-physically bullied "quite a lot" or "a lot"	16	17	16			17	15	17	14
<b>Self-harm:</b>									
→ Self-harm (ever)	31	31	26			34	27	36	24
→ Self-harm ("often" or "all the time")	10	10	8			10	10	13	6
<b>In what way?</b>									
→ Cut ("often" or "all the time")	8	8	6			7	8	12	4
→ Overdose ("often" or "all the time")	3	3	2			2	3	3	2
→ Other ("often" or "all the time")	8	8	8			8	8	10	5

## Risk-taking behaviour (Secondary)

<b>Smoking</b> (N.B. Smoking and vaping questions changed 2025)									
→ Ever smoked cigarettes	6	0	2	NA	NA	2	11	5	6
→ Currently smokes cigarettes at least once a week	1	2	3			0	2	0	1
→ First tried a cigarette aged 12 or under	3	3	8			2	5	3	3
<b>Vaping</b>									
→ Ever smoked e-cigarettes	22	16	15	NA	NA	13	30	24	19
→ Currently smokes e-cigarettes at least once a week	7	8	6			2	11	8	5
<b>Alcohol:</b>									
Ever drunk alcohol (more than a few sips) (change in question, broadly comparable):	34	39	52			22	47	34	33
→ Currently drinks alcohol at least once a week	3	4	8			1	5	2	3
→ Ever been really drunk	17	20	22			7	28	20	14
→ Been really drunk more than 2-3 times	5	6	8			1	9	5	4
→ First tried alcohol aged 12 or under	20	24	34			21	20	19	21
Seen parent/carer really drunk	45	47	NA		NA	40	50	47	42

## Risk-taking behaviour (Secondary) continued

Indicator	2025 (%)	2025 (%)	2019 (%)	Change since 2024	Change since 2019	Y7 (%)	Y10 (%)	F (%)	M (%)
<b>Drugs:</b>									
Ever tried cannabis	7	9	11			2	13	7	7
→ Tried cannabis more than once or twice	5	9	7			1	8	3	5
→ First tried cannabis aged 12 or under	3	3	3			2	4	2	3
Been offered drugs other than cannabis	10	13	15			5	16	9	11
Tried drugs other than cannabis	3	4	4			1	4	2	3
<b>Where do you get drugs from?</b>									
→ Drug dealers	27	26	26			17	29	27	30
→ Mates at school	12	16	16			2	13	11	11
→ Parties	3	3	4			0	3	4	2
→ Other	58	55	53			81	54	58	56
<b>Sexting:</b>									
Ever been involved in sexting:	8	11	14			4	12	8	7
<b>In what way?</b>									
→ Uploading own image	25	34	29			11	30	23	26
→ Receiving an image	70	72	73			63	73	73	70
→ Sending on an image sent by someone else	19	18	13			6	24	16	22
→ Seeing an image originally sent to someone else	28	32	29			25	29	29	23
→ Other	17	17	18			20	16	15	17

## Safety (Secondary)

Indicator	2025 (%)	2024 (%)	2019 (%)	Change since 2024	Change since 2019	Y7 (%)	Y10 (%)	F (%)	M (%)
<b>Harm in the wider world:</b>									
<b>Things that make the area they live in feel unsafe:</b>									
→ Nothing	47	44	46			47	47	46	49
→ Knives	22	25	25			22	21	23	20
→ Gangs	19	24	21			20	17	21	16
→ Drug dealing	19	22	22			20	19	22	17
→ Crime	19	22	22			20	18	21	16
→ Fighting	17	20	19			18	16	19	14
→ People who hang around	16	18	17			15	16	18	13
→ Robbery	15	17	19			16	14	16	12
→ Bullies	15	17	16			18	13	18	12
→ Guns	13	15	16			15	11	15	11
→ Racial tension	9	11	9			9	9	10	8
→ Extremist views	8	9	9			9	7	9	6
Don't always feel safe online	57	56	48			56	58	69	45
Encouraged to adopt extremist views	11	12	7			9	12	10	10
Knows others who are encouraged to adopt extremist	10	11	8			8	12	8	12