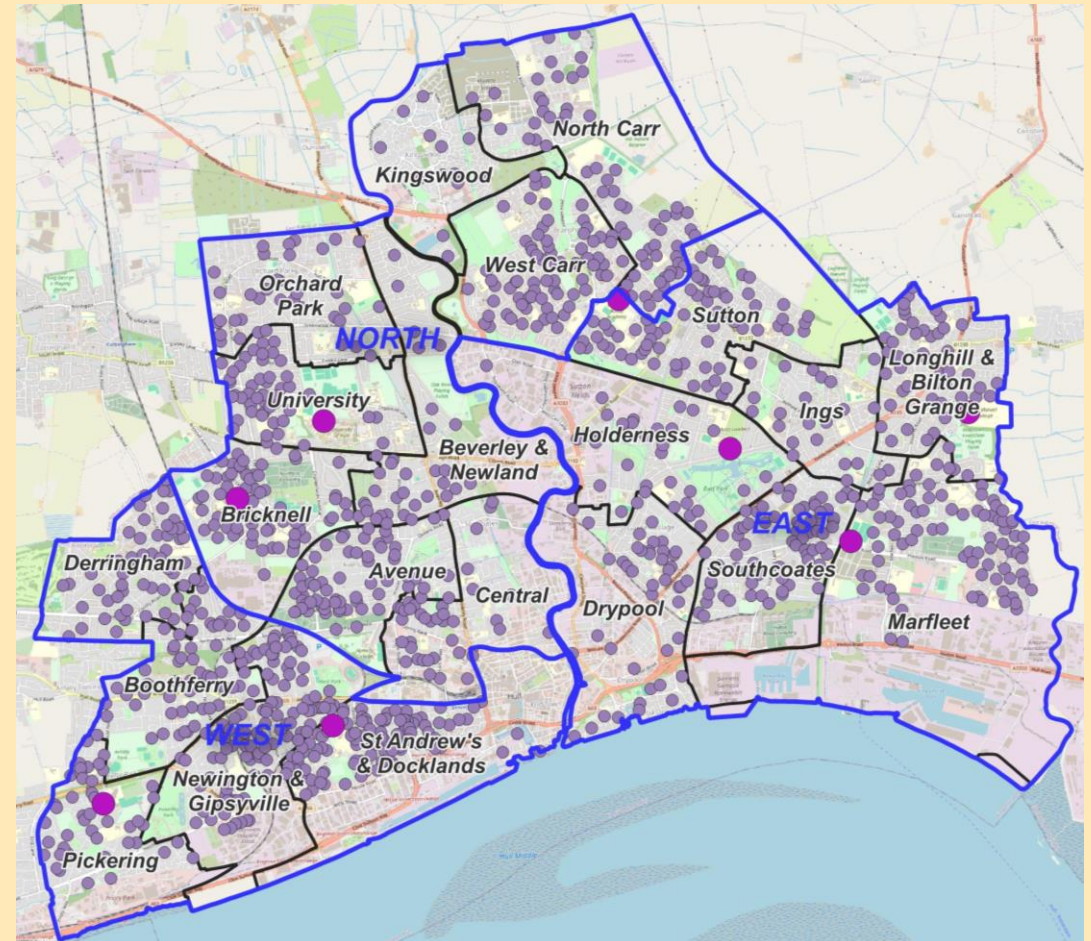


Hull's Young People Health & Wellbeing Survey 2024









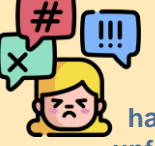















Public Health Intelligence, Hull City Council.

Background

- Eight of the 13 main-stream secondary schools in Hull participated in the survey.
- Overall, 3,910 young people aged 11-16 years participated in the survey between 6 March and 3 May 2024. This represented around one-quarter of all young people who lived in the city.
- Fewer Year 10 and Year 11 pupils participated in the survey.
- Survey weights were applied to all results weighting for sex, school year and local deprivation fifth (proportionate to Hull's resident population 2022).



A summary in percentages

 <p>3.9% current smokers</p>	 <p>8.2% current vapers</p>	 <p>18.1% drink alcohol</p>	 <p>9.6% eat 5-A-DAY</p>	 <p>33.7% eat a healthy diet</p>	 <p>13.5% do physical activity for one hour per day</p>
 <p>69.0% have gambled</p>	 <p>27.6% have been bullied in last year</p>	 <p>37.9% have been treated unfairly in last year</p>	 <p>78.8% brush their teeth twice a day</p>	 <p>14.5% have their activities limited by disability or illness</p>	 <p>68.2% have good or very good physical health</p>
 <p>10.2% have poor or very poor physical health</p>	 <p>47.2% have good or very good mental health</p>	 <p>27.1% have poor or very poor mental health</p>	 <p>92.5% have an adult to talk to</p>	 <p>60.1% help care for someone</p>	 <p>77.6% feel safe in their local area</p>
 <p>17.8% are LGBTQ+</p>	 <p>27.8% are from minority ethnic groups</p>	 <p>12.6% don't speak English as their first language</p>	 <p>11.6% don't know where to go for advice on substances</p>	 <p>13.6% don't know where to go for sexual health information</p>	 <p>27.4% don't know where to go for contraception</p>

These are the age-standardised percentages

A summary in numbers

 <p>673 current smokers</p>	 <p>1,432 current vapers</p>	 <p>3,151 drink alcohol</p>	 <p>1,669 eat 5-A-DAY</p>	 <p>5,849 eat a healthy diet</p>	 <p>2,351 do physical activity for one hour per day</p>
 <p>11,989 have gambled</p>	 <p>4,792 have been bullied in last year</p>	 <p>6,586 have been treated unfairly in last year</p>	 <p>13,689 brush their teeth twice a day</p>	 <p>2,519 have their activities limited by disability or illness</p>	 <p>11,851 have good or very good physical health</p>
 <p>1,781 have poor or very poor physical health</p>	 <p>8,199 have good or very good mental health</p>	 <p>4,704 have poor or very poor mental health</p>	 <p>16,072 have an adult to talk to</p>	 <p>10,442 help care for someone</p>	 <p>13,484 feel safe in their local area</p>
 <p>3,100 are LGBTQ+</p>	 <p>4,831 are from minority ethnic groups</p>	 <p>2,190 don't speak English as their first language</p>	 <p>2,012 don't know where to go for advice on substances</p>	 <p>2,367 don't know where to go for sexual health information</p>	 <p>4,753 don't know where to go for contraception</p>

An estimated 17,376 secondary school age young people live in Hull

(Office for National Statistics 2023).

Key findings

- One in six were LGBTQ+ and the percentage increased with age. More than a quarter were from minority ethnic groups with one in eight not speaking English as their first language. The white minority ethnic group was the largest at one in ten pupils (3.8% Polish), followed by Asian or British Asian and black or black British (both 5%).
- Levels of smoking tobacco and alcohol consumption have reduced over time, but slight increases for vaping. Only one in 25 pupils smoke, but one in six drink alcohol and one in 12 vape. Whilst the majority had not tried to obtain tobacco, vapes or alcohol, the majority of those who did smoke, vape or drink alcohol found it/them easy to obtain.
- Low levels of 5-A-DAY and reductions in levels of physical activity with one-third stating they eat a healthy diet, and one in seven fulfilling national physical activity guidelines. Diets were generally better among girls, but physical activity levels were higher among boys. Younger pupils were generally better for diet and physical activity than older pupils.
- Seven in ten have gambled mainly arcades, betting with friends or using loot boxes or prize crates online.
- Over one-quarter have been bullied in the last year, and eight in ten of those bullied were bullied at school and around one-third on social media.
- Eight in ten brush their teeth at least twice a day with rates higher among females.
- One in seven report a long-term illness or disability that limits their daily activities with rates highest among younger males. Almost seven in ten reported good or very good physical health, but one in ten reported poor or very poor physical health.
- Just under half reported good or very good mental health, but more than one-quarter reported poor or very poor mental health. Around eight in ten had someone to talk to about things that were bothering them, but this was just over half among young people reporting poor mental health. Females had worse mental health compared to males. Pupils worried the most about how they looked, relationships, family and school exams. Young pupils worried more about most topics except for exams and getting a job.
- More than three-quarters felt safe in their local area, although around one-quarter felt very or a bit unsafe at school. Fewer than one in five felt very or a bit unsafe online. Pupils who felt unsafe were more likely to report poorer mental health.
- Six in ten reported that they helped care for someone, and percentages were higher among younger pupils, although it is likely that the question was misinterpreted.
- One in nine did not know where to go for advice on substances, one in seven did not know where to go for sexual health information and over one-quarter did not know where to go for contraception. Percentages were higher for knowing where to go for advice for younger age groups, although more older pupils were more likely to know where to go for contraception. The majority would go to family or carer for advice although this was less the case for young people from minority ethnic groups or young people whose first language was not English.
- There were significant inequalities present. In particular, young people who were LGBTQ+ and young people who had a long-term illness or disability that limited their daily activities were more likely to have poorer physical and mental health, were more likely to feel unsafe and more likely to be bullied. They were also more likely to have higher rates of smoking, vaping and alcohol use, have poorer diets and undertake less physical activity.

Dissemination of survey results

- Briefings for Cllr Chambers & Cllr Tock
- HALT – Hull’s Alliance on Tobacco Group
- ADSP - Adult Drugs and Substance Partnership (as well as the CYP sub-group)
- Healthy Weight Steering Group
- Childrens OSC
- Health OSC
- Corporate Parenting Board
- HSCP - Multi arrangements sub-group
- First 1001 Days group
- Thrive Steering Group
- Hull and East Riding Sexual Health Network
- CYP Substance Misuse Working Group
- Active Hull Partnership
- Secondary Heads Meeting
- Webinar for school staff
- Information will also be added to Hull’s Joint Strategic Needs Assessment (www.hulljsna.com)

Please contact jason.goforth@hullcc.gov.uk or publichealthintelligence@hullcc.gov.uk if there are other groups you think would benefit from hearing about our Young People Health and Wellbeing Survey.

For more information

Contact us:

publichealthintelligence@hullcc.gov.uk

See our Joint Strategic Needs Assessment (JSNA):

www.hulljsna.com

www.hulljsna.com/tools-and-resources/local-surveys/local-surveys-young-people/

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