

LEICESTER CITY HEALTH AND WELLBEING BOARD DATE

Subject:	Leicester Children's Health and Wellbeing Survey 2021/22
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EXECUTIVE SUMMARY:

Leicester City Council commissioned the School Health Education Unit (SHEU) to undertake a high-quality survey of 10-15-year olds (years 6, 8, and 10) who attend schools in Leicester. The survey was carried out during the 2021/22 academic year across the autumn and spring terms.

The survey covers health and wellbeing topics such as diet, physical activity, emotional wellbeing, bullying, relationships and sexual health, and the use of alcohol, tobacco and drugs. The survey also provides a unique opportunity to better understand the impact COVID-19 has had upon children and young people in the city. New questions have featured in this survey including questions about topics such as sleep, period poverty, and sexual harassment.

Insight from the survey is used to help plan children's services across Leicester, including public health services such as school nursing, children's social services, and local NHS children's services.

Survey results have been used to create:

- School-level health report for each participating school (circulated summer 2022)
- School Health Profiles 2022 (circulated autumn 2022)
- Leicester Children's Health and Wellbeing Survey report 2021/22 (published spring 2023)

Overall, the survey paints a picture of children and young people who are positive about life and their prospects. Most, for example, like where they live and are positive about their school. They feel safe in their neighbourhood, school and home. Most children report good mental health, two-thirds say they learn from their mistakes, and most children have a trusted adult they can talk to when worried about something. Leicester children and young people are unlikely to have tried alcohol, smoking or drugs. Children recall being told how to stay safe while online. This is important given that seven out of ten children have a social media account.

The survey also identifies challenges involving some children and young people. One in five children reveal they care for family members after school, many children struggle to achieve the recommended level of physical activity, and about a third of children had nothing to eat for breakfast. Some children struggle with their emotional wellbeing, one in ten children report they have no adult to talk to when worried, and these children find it more difficult when something goes wrong.

Results have been broken down by different groups and this identifies that some groups of children are more likely to experience health and wellbeing issues. For example Leicester girls are significantly more likely to have caring responsibilities, older children are more likely to make poorer health and wellbeing choices, and there are also health and wellbeing issues more closely linked to some ethnic groups.

Data from the survey reveals that amongst the most vulnerable are those children with a poor emotional wellbeing score. The survey reports that one in ten Leicester children have poor emotional wellbeing and these children tend to report the poorest health and wellbeing outcomes.

Full report is available on Leicester City Council website: [Leicester health and wellbeing surveys](#)

Data will be made available on the Leicester Open Data Platform: [Home — Leicester Open Data](#)

RECOMMENDATIONS:

The Health and Wellbeing Board is requested to:

- Receive and review the Leicester wide overall report.
- Support the dissemination of results and data.
- Consider the results and findings when commissioning/reviewing services for children and young people in Leicester.