

Young People's Health & Wellbeing Survey Summary Report for Hertfordshire 2022

Public Health Evidence & Intelligence, Hertfordshire County Council

Hertfordshire's Young People's Health & Wellbeing Survey is jointly delivered by Hertfordshire County Council's Public Health team, YCH Services for Young People, and Hertfordshire Community NHS Trust's Public Health Nursing Service. Analysis is conducted by Public Health Evidence & Intelligence. Further information can be found at [Herts Health Evidence](#).

This report summarises the results of the **11,155 pupils** from Hertfordshire who responded to the 2022 Young People's Health & Wellbeing Survey (YPHWS) from **73 schools**.

For additional detail and data breakdowns including the full set of 80+ questions please visit the public [YPHWS dashboard](#).

Note that for protect the identity of respondents all values are rounded to the nearest 5. This is in line with Office of National Statistics recommendations for disclosure control. This means that when a value constitutes 100% or 0% of responses there may be a small number of individuals responding with a different option who have been suppressed. Only complete responses are analysed.

Where possible, questions have been compared to last year's responses. Those response options that have shown a statistically significant change have been highlighted in the commentary.

Executive Summary

Mental health and wellbeing

- **19.2%** of respondents rated their life satisfaction as low. This is statistically higher than the figure for last year (13.7%).
- **21.3%** of respondents gave a low rating when asked if they felt the things they do in life are worthwhile. This is statistically higher than the figure for last year (15.6%).
- **6.6%** of respondents stated that they never feel hopeful about their future. This question was not asked last year.
- The **top 5 issues** respondents were worried about were: schoolwork (6285), their appearance (5455), future prospects (5325), their mental health (4495) and feeling lonely (4180). Last year the top 5 worries were: schoolwork, their appearance, their mental health, feeling lonely and issues with friends.
- The **top 5 ways of coping** with a problem that respondents were worried about were: listening to music (6225), talking to a friend (4845), talking to family (4240), exercising (3690) and thinking of a solution on their own (3240). Last year the top 5 coping methods were: listening to music, talking to a friend, talking to family, playing computer games and exercising.
- **36.7%** of respondents answered “Not sure” or “No” when asked if they knew how to access support and services for mental health. **15.9%** answered “No”. The proportion of respondents saying ‘No’ is statistically similar to last year.
- **83.3%** of respondents answered “Prefer not to say” or “No” when asked if they had ever self-harmed. **69.2%** answered “No”. The proportion of respondents saying ‘Yes’ is statistically similar to last year.
- **40.9%** of respondents stated that they have been bullied in their life. This figure is statistically similar to last year.
- **13.1%** of respondents stated that they are currently being bullied. This is statistically higher than the figure for last year (10.2%).
- **33.3%** of respondents felt that their school is supportive of their emotional health and wellbeing. This is statistically lower than the figure for last year (38.2%).

Diet and Lifestyle

Young People's Health & Wellbeing Survey:

- Out of all responses, **12.3%** had done a total of 60 minutes or more of physical activity a day in the past week. This question was not asked last year. When asked how many days respondents have done a total of 60 minutes or more of physical activity, pupils in Hertfordshire commonly responded with **1 to 3** day(s).
- **9.9%** respondents felt they were overweight (statistically similar to last year) while **9.1%** felt they were underweight (statistically similar to last year).

Health Behaviours

- **10.0%** of respondents reported having ever smoked while **1.4%** reported smoking regularly (once a week or more). This figure is statistically similar to last year.
- **18.0%** of respondents reported having ever vaped while **3.1%** reported vaping regularly (once a week or more). This figure is statistically similar to last year.
- **27.4%** of respondents reported having had an alcoholic drink in the past 3 months. **1.0%** reported drinking 4 or more times a week. This figure is statistically similar to last year.
- **6.9%** of respondents reported having ever taken drugs while **1.0%** reported taking drugs regularly (once a week or more). This figure is statistically similar to last year.

Sexual Health

- Across all respondents, **35.1%** knew how to access sexual health services. This is statistically higher than the figure for last year (31.4%).

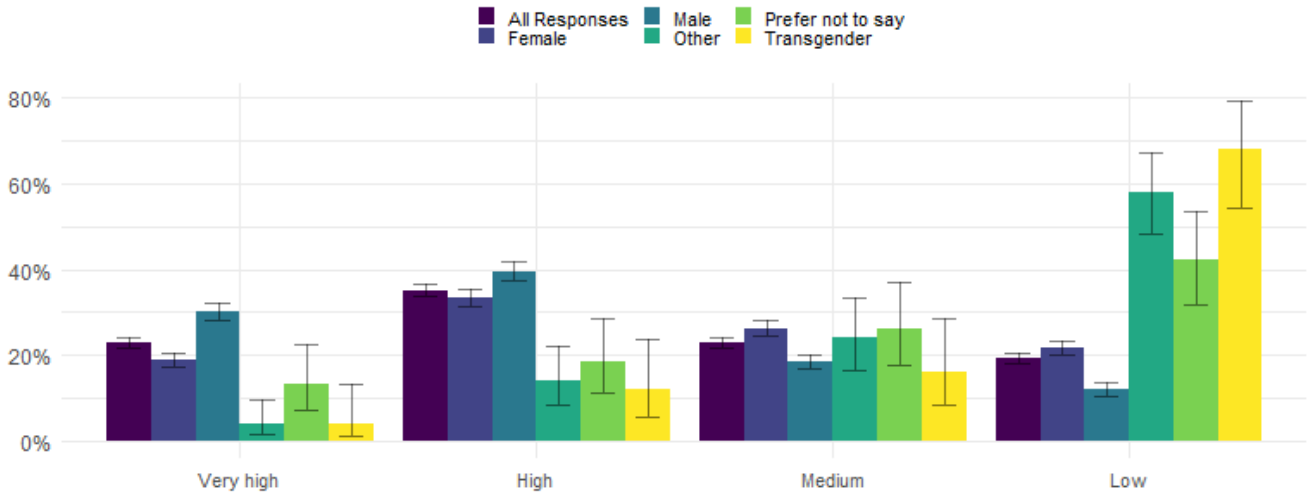
Safety

- Regarding safety, **3.6%** of respondents felt unsafe going out during the day, **41.1%** of respondents felt unsafe going out after dark, **4.6%** of respondents felt unsafe at school, and **4.6%** of respondents felt unsafe going to and from school.

Mental Health and Wellbeing

1.1 How satisfied are you with your life nowadays?

Wellbeing and life satisfaction | YPHWS

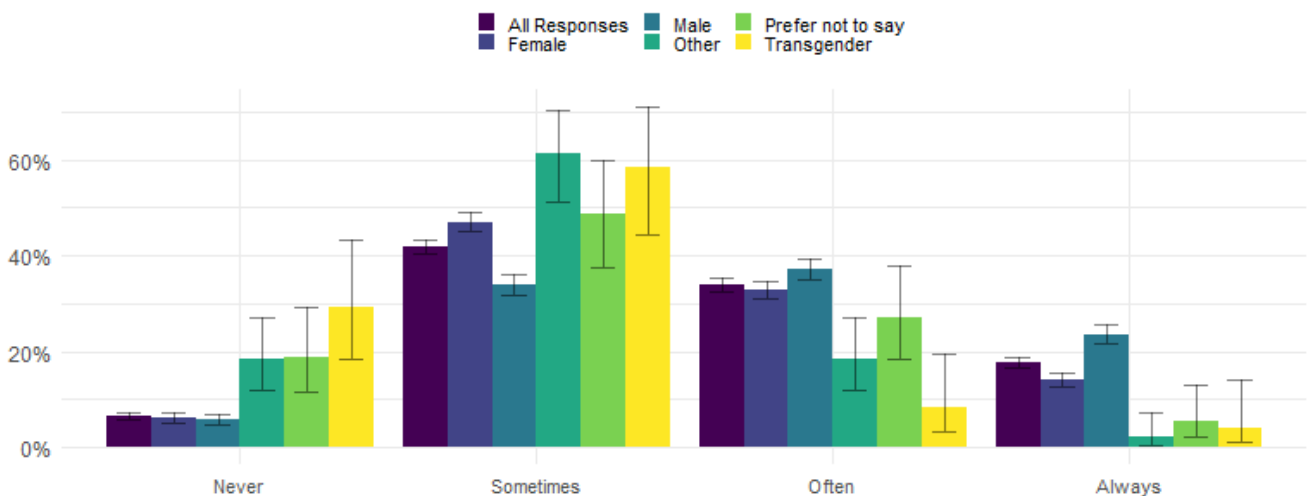


Across the county, 11,150 students (100%) responded to this question. Of these, 5,845 were female and 4,740 were male. The most common response was 'high', which made up 35.1% of responses and the least common response was 'low', with 19.2% of responses.

This year, 19.2% of those who responded from All Schools answered 'low', which was statistically HIGHER than last year (13.7%). Additionally, 22.8% answered 'medium', which was statistically LOWER than last year (28.4%).

1.2 Do you feel hopeful about your future?

Feeling hopeful about your future | YPHWS

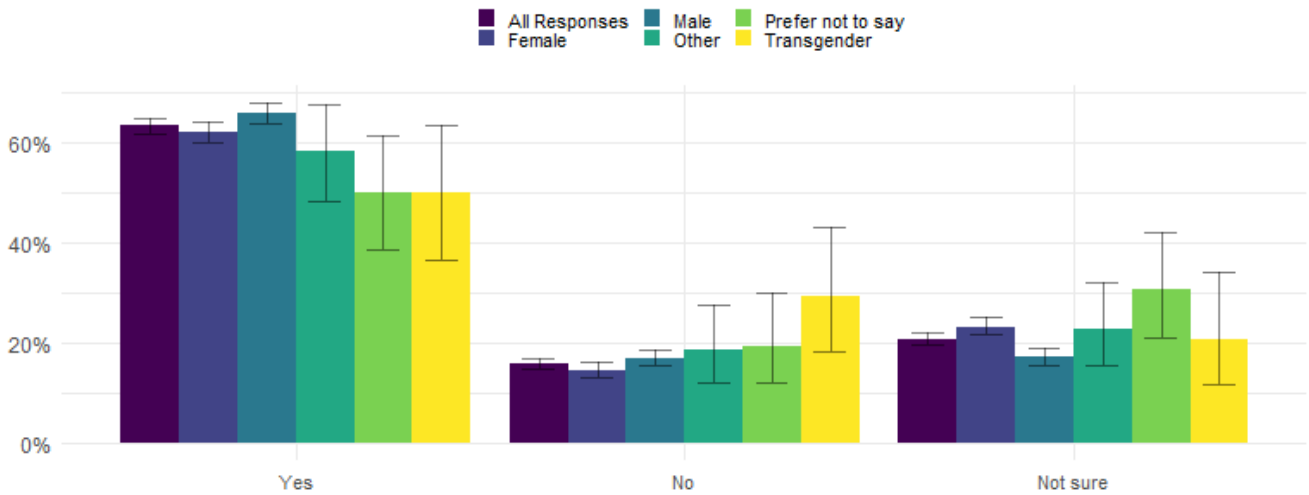


Across the county, 10,930 students (98%) responded to this question. Of these, 5,765 were

female and 4,620 were male. The most common response was 'Sometimes', which made up 41.9% of responses and the least common response was 'Never', with 6.6% of responses. For male students, the most common response was 'Often' (37%) instead of 'Sometimes'.

1.3 Do you know where to find information about looking after your mental health?

Mental health services | YPHWS

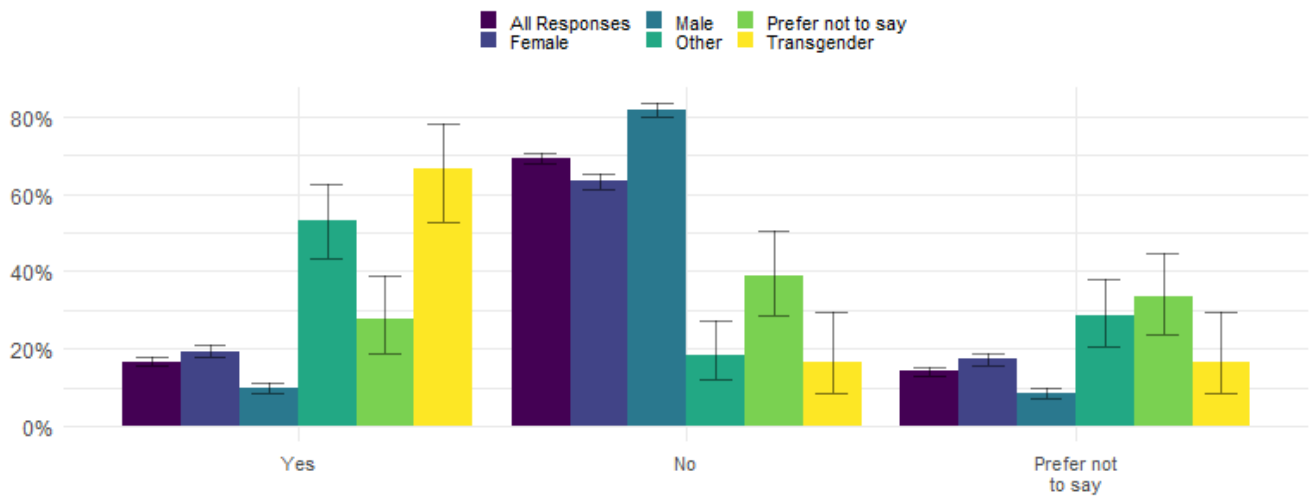


Across the county, 10,910 students (97.8%) responded to this question. Of these, 5,760 were female and 4,610 were male. The most common response was 'Yes', which made up 63.3% of responses and the least common response was 'No', with 15.9% of responses.

This year there were no statistical differences compared to last year for all response options.

1.4 Have you ever self-harmed?

Have you ever self-harmed | YPHWS

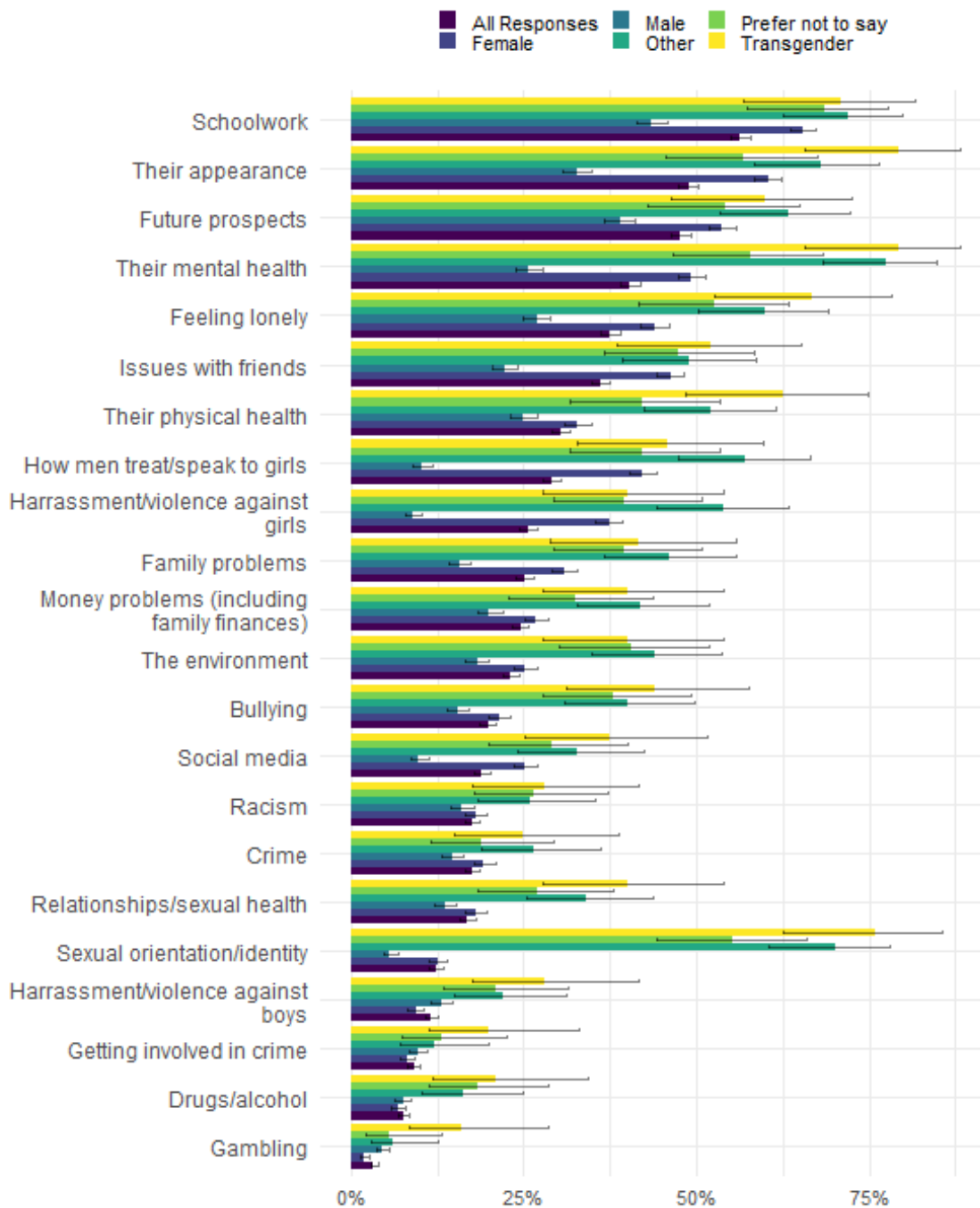


Across the county, 10,825 students (97%) responded to this question. Of these, 5,710 were female and 4,575 were male. The most common response was 'No', which made up 69.2% of responses and the least common response was 'Prefer not to say', with 14.1% of responses.

This year there were no statistical differences compared to last year for all response options.

1.5 Which of the following issues do you worry about?

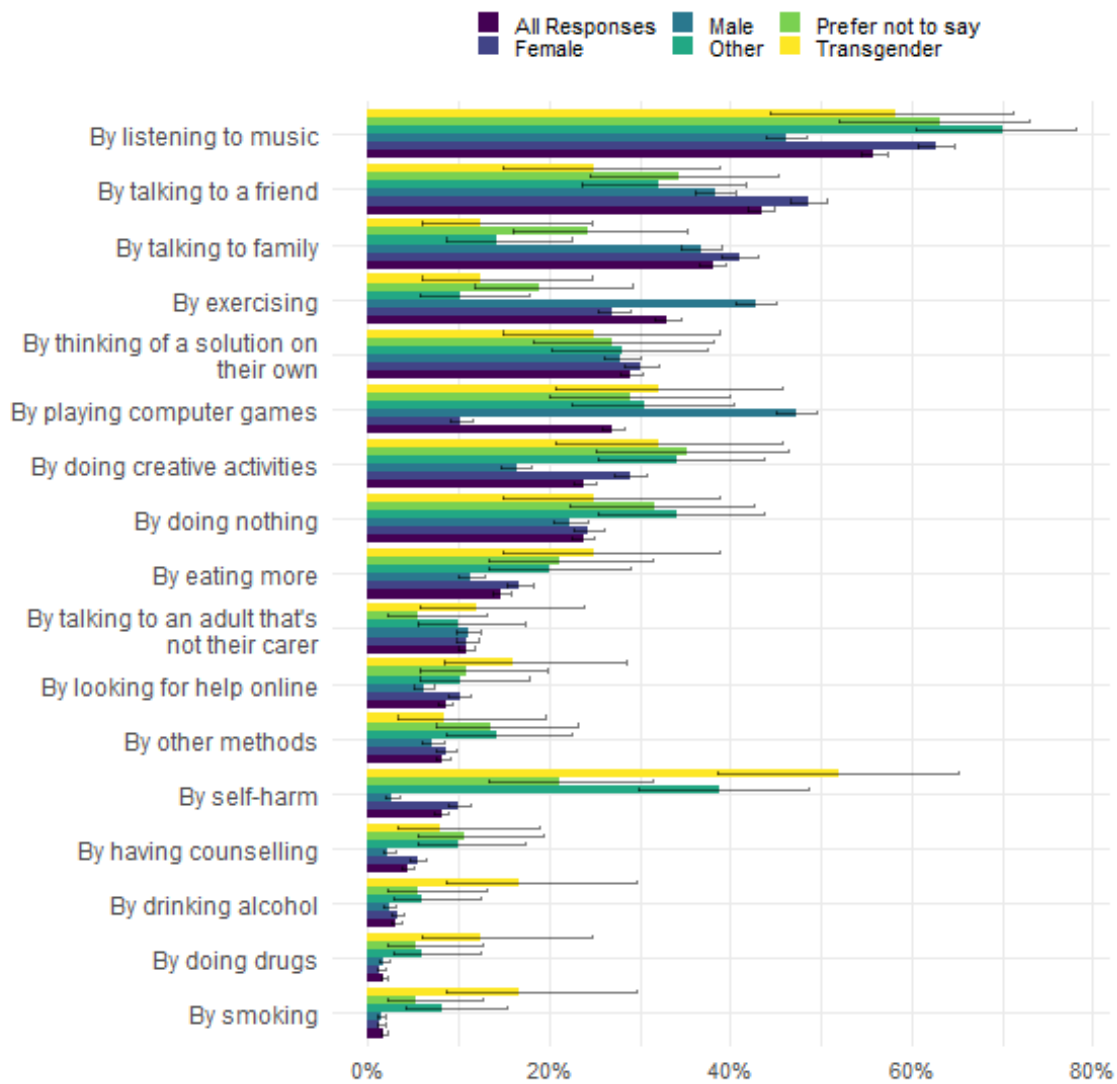
Issues that worry me | YPHWS 2022



This year, 19.8% of those who responded from All Schools answered 'Yes' for 'bullying', which was statistically HIGHER than last year (15.5%). Additionally, the proportion of young people that answered 'Yes' for 'crime' was statistically HIGHER, the proportion of young people that answered 'Yes' for 'their appearance' was statistically HIGHER, and the proportion of young people that answered 'Yes' for 'money problems (including family finances)' was statistically HIGHER.

1.6 If you have a problem that worries you how do you cope?

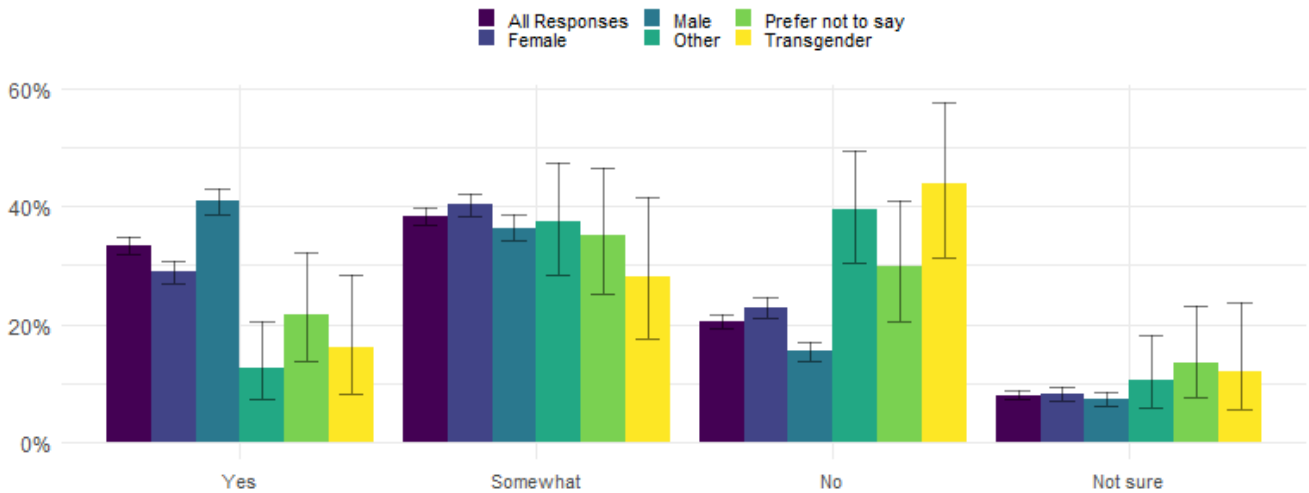
How I cope with something that worries me | YPH



This year, 27% of those who responded from All Schools answered 'Yes' for 'by playing computer games', which was statistically LOWER than last year (32.8%).

1.7 Do you find your school is supportive of your emotional health and wellbeing?

Emotional development | YPHWS

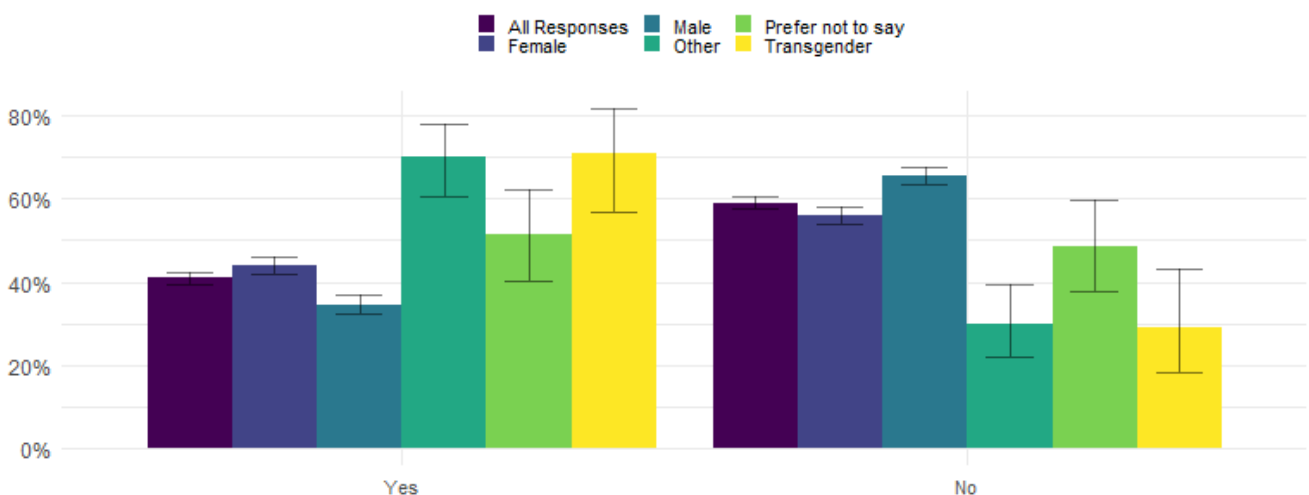


Across the county, 10,820 students (97%) responded to this question. Of these, 5,730 were female and 4,550 were male. The most common response was 'Somewhat', which made up 38.3% of responses and the least common response was 'Not sure', with 8% of responses. For male students, the most common response was 'Yes' (40.9%) instead of 'Somewhat'.

This year, 8% of those who responded from All Schools answered 'Not sure', which was statistically HIGHER than last year (6.2%). Additionally, 33.3% answered 'Yes', which was statistically LOWER than last year (38.2%).

1.8 Have you ever been bullied?

Have you ever been bullied | YPHWS



Young People's Health & Wellbeing Survey:

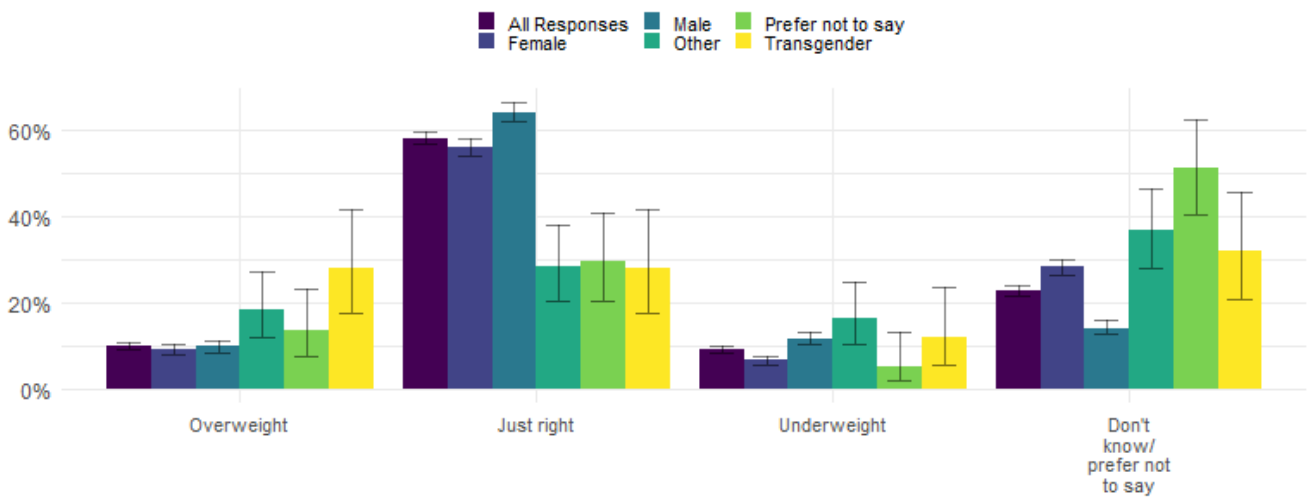
Across the county, 11,150 students (100%) responded to this question. Of these, 5,845 were female and 4,745 were male. The most common response was 'No', which made up 59.1% of responses and the least common response was 'Yes', with 40.9% of responses.

This year there were no statistical differences compared to last year for all response options.

Diet and Lifestyle

2.1 How would you describe your current weight?

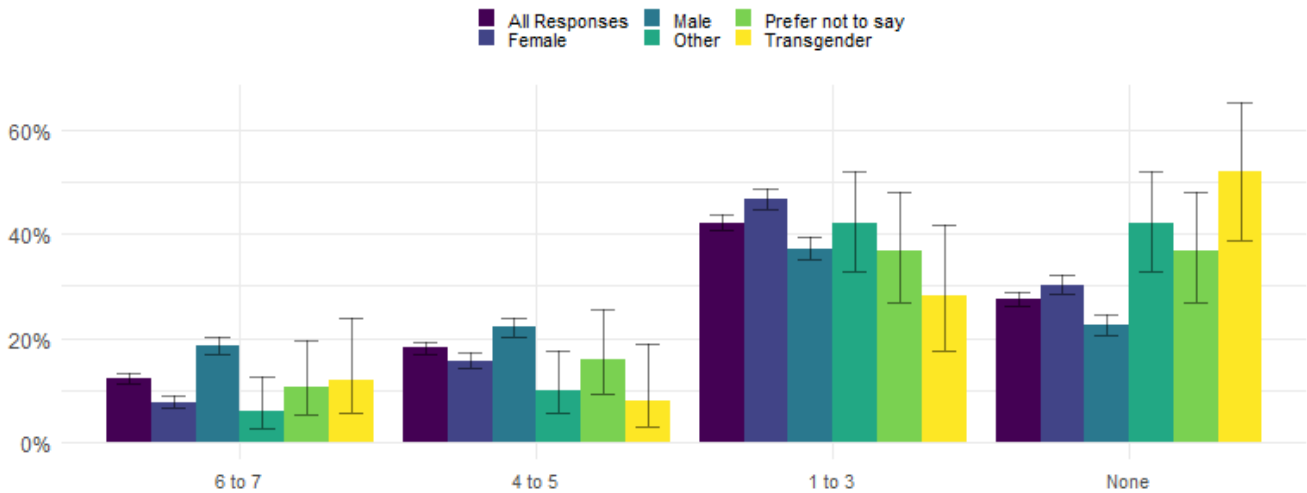
Perception of weight | YPHWS



Across the county, 11,070 students (99.2%) responded to this question. Of these, 5,810 were female and 4,710 were male. The most common response was 'Just Right', which made up 58.1% of responses and the least common response was 'Underweight', with 9.1% of responses.

2.2 In the past week, how many days have you done at least an hour of physical exercise, which was enough to raise your breathing rate?

Physical activity for at least 1 hour | YPHWS

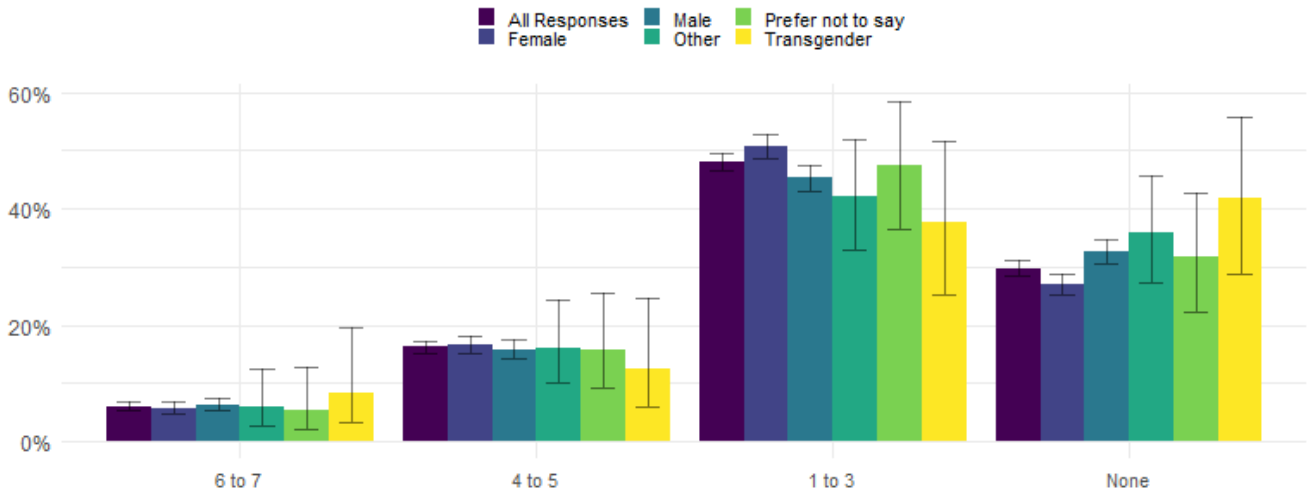


Across the county, 11,150 students (100%) responded to this question. Of these, 5,850 were female and 4,745 were male. The most common response was '1 to 3', which made up 42.1% of responses and the least common response was '6 to 7', with 12.3% of responses.

This year, 42.1% of those who responded from All Schools answered '1 to 3', which was statistically HIGHER than last year (34.5%). Additionally, the proportion of young people that answered '4 to 5' was statistically LOWER, the proportion of young people that answered '6 to 7' was statistically LOWER, and the proportion of young people that answered 'none' was statistically HIGHER.

2.3 In the past week, on how many days have you done at least half an hour but less than an hour (30-59 minutes) of physical activity, which was enough to raise your breathing rate? (This question was only asked to those reporting they did fewer than 5 days with 60 minutes of activity each day)

Physical activity for at least 30 minutes | YPHWS



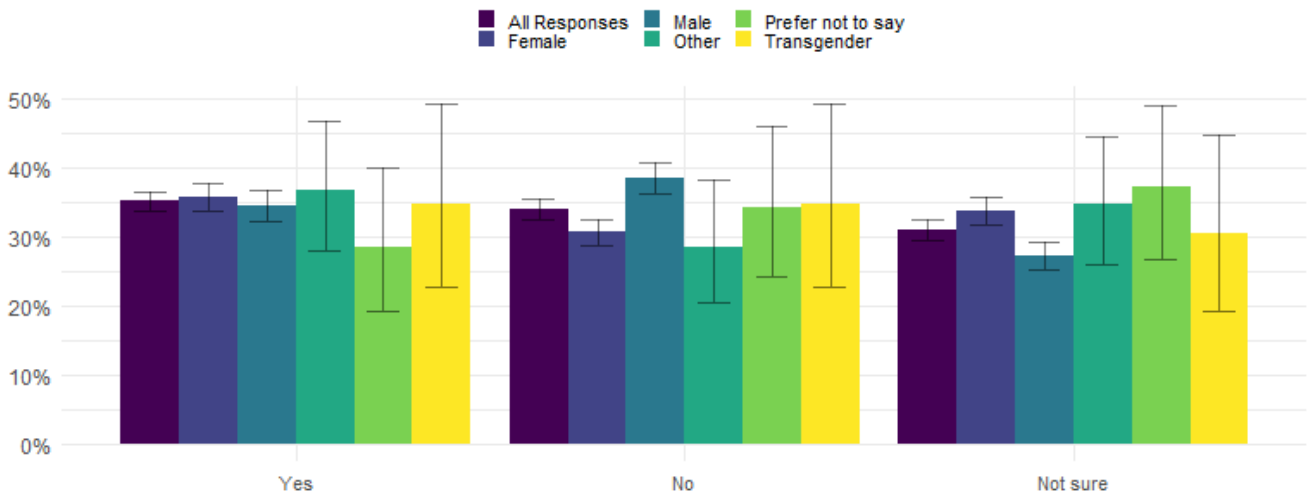
Across the county, 11,150 students (100%) responded to this question. Of these, 5,850 were female and 4,745 were male. The most common response was '1 to 3', which made up 48% of responses and the least common response was '6 to 7', with 6% of responses.

This year, 16.2% of those who responded from All Schools answered '4 to 5', which was statistically LOWER than last year (28.7%). Additionally, the proportion of young people that answered '6 to 7' was statistically LOWER, and the proportion of young people that answered 'none' was statistically HIGHER.

Sexual Health

3.1 Do you know how to access sexual health services?

Access to sexual health service | YPHWS



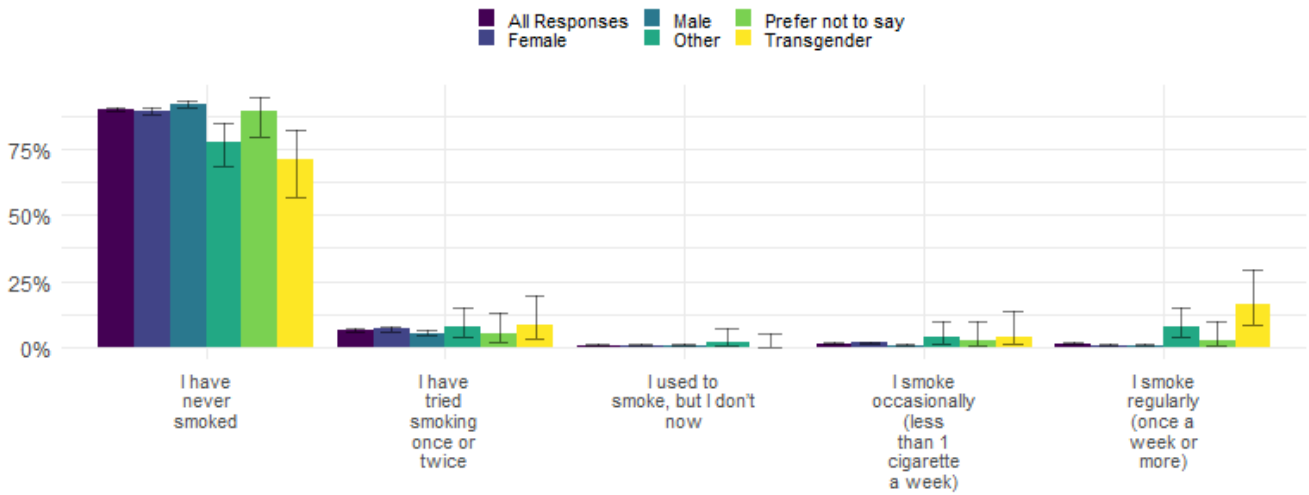
Across the county, 10,685 students (95.8%) responded to this question. Of these, 5,640 were female and 4,515 were male. The most common response was 'Yes', which made up 35.1% of responses and the least common response was 'Not sure', with 30.9% of responses. For male students, the most common response was 'No' (38.4%) instead of 'Yes'.

This year, 35.1% of those who responded from All Schools answered 'Yes', which was statistically HIGHER than last year (31.4%).

Health Behaviours

4.1 Thinking about smoking (excluding vaping/e-cigarettes), which of the following best describes you?

Smoking | YPHWS

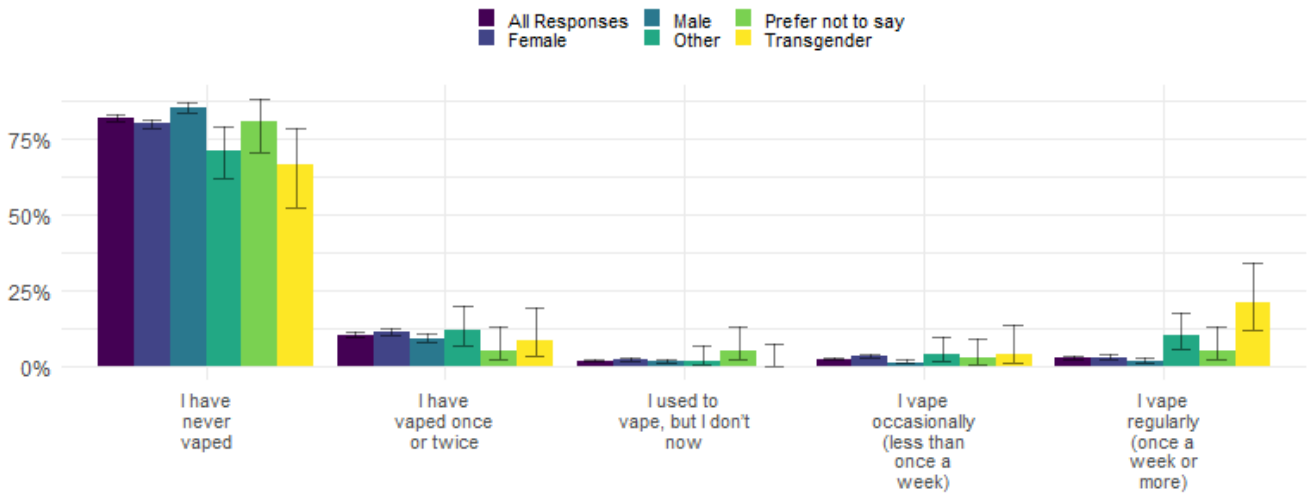


Across the county, 11,060 students (99.1%) responded to this question. Of these, 5,810 were female and 4,700 were male. The most common response was 'I have never smoked', which made up 90% of responses and the least common response was 'I used to smoke, but I don't now', with 0.9% of responses.

This year there were no statistical differences compared to last year for all response options.

4.2 Thinking about vaping/e-cigarettes, which of the following best describes you?

Vaping | YPHWS

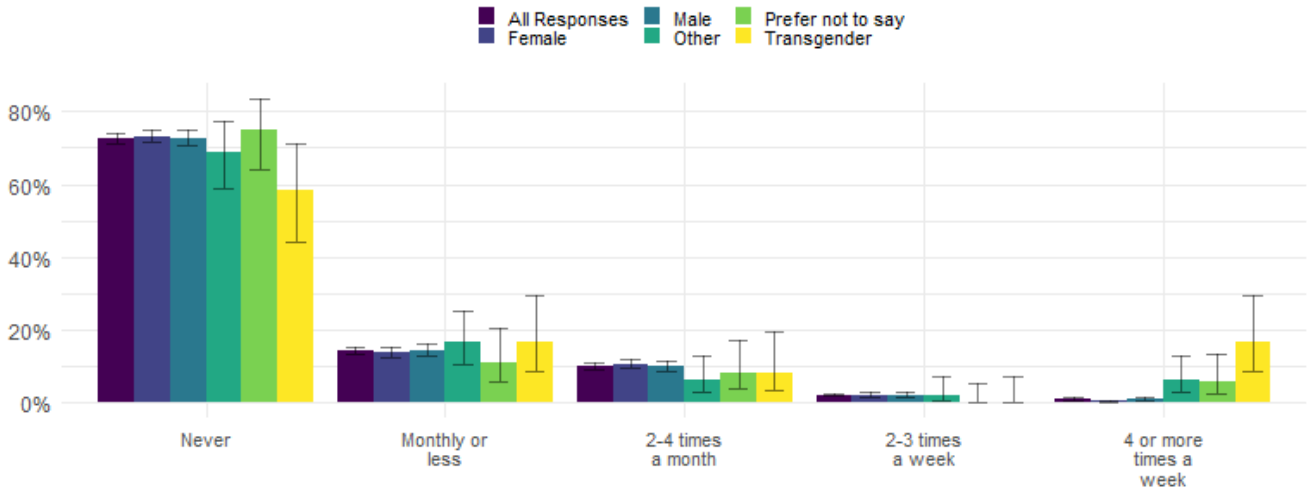


Across the county, 11,070 students (99.2%) responded to this question. Of these, 5,805 were female and 4,710 were male. The most common response was 'I have never vaped', which made up 82% of responses and the least common response was 'I used to vape, but I don't now', with 2% of responses.

This year, 82% of those who responded from All Schools answered 'I have never vaped', which was statistically LOWER than last year (85.4%). Additionally, 2% answered 'I used to vape, but I don't now', which was statistically HIGHER than last year (1.2%).

4.3 How often have you had a drink containing alcohol in the past three months?

Alcohol intake | YPHWS

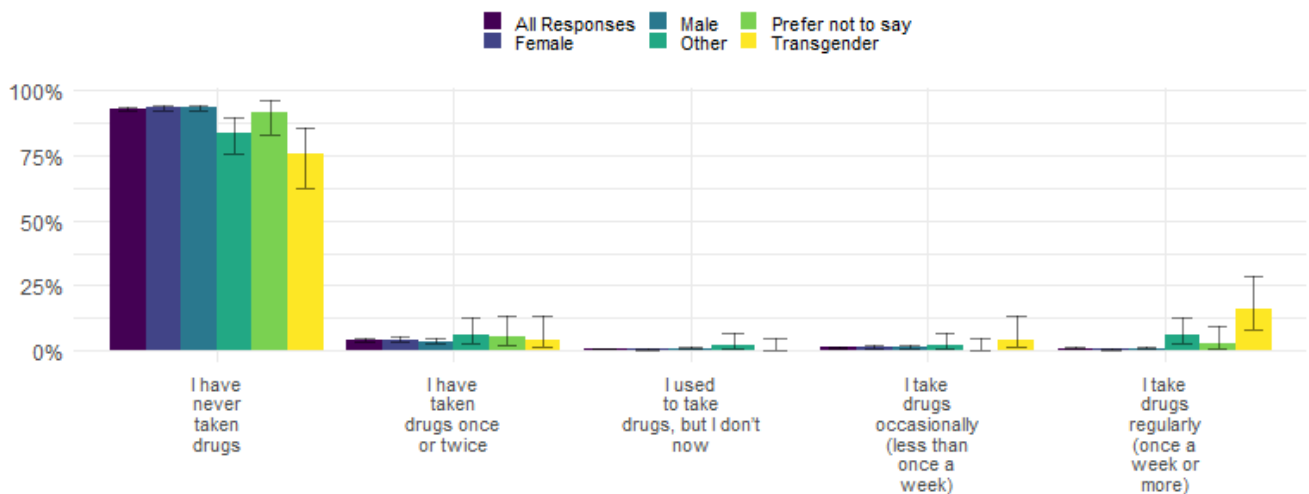


Across the county, 11,060 students (99.1%) responded to this question. Of these, 5,805 were female and 4,695 were male. The most common response was 'Never', which made up 72.6% of responses and the least common response was '4 or more times a week', with 1% of responses.

This year there were no statistical differences compared to last year for all response options.

4.4 Thinking about recreational drug use, which of the following best describes you?

Drug use | YPHWS



Across the county, 11,045 students (99%) responded to this question. Of these, 5,805 were female and 4,690 were male. The most common response was 'I have never taken drugs',

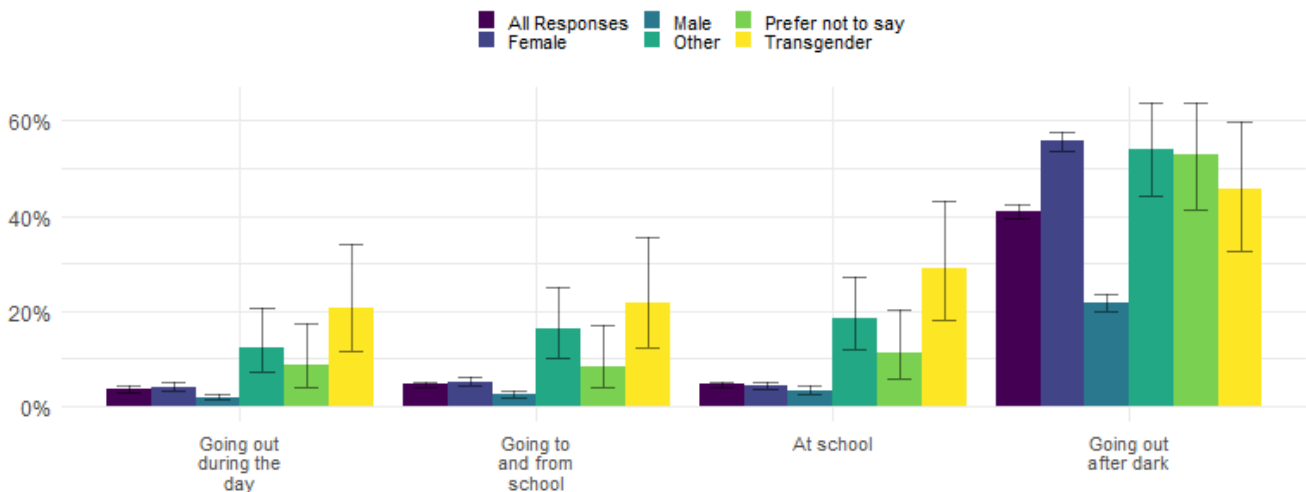
which made up 93.1% of responses and the least common response was ‘I used to take drugs, but I don’t now’, with 0.6% of responses.

This year there were no statistical differences compared to last year for all response options.

Safety

5.1 When do you feel unsafe?

When do you feel unsafe? | YPHWS 2022



Across the county, 10935 students (98%) responded to this question. Of these, 5770 were female and 4625 were male. When asked about going out after dark, 4495 (41.1%) students answered with ‘Unsafe’. When asked about going out during the day, 395 (3.6%) students answered with ‘Unsafe’. When asked about going to and from school, 505 (4.6%) students answered with ‘Unsafe’. When asked about they are at school, 505 (4.6%) students answered with ‘Unsafe’.

This year, 4.6% of those who responded from All Schools answered ‘Unsafe’ for ‘at school’, which was statistically HIGHER than last year (3.5%).