Healthy Lifestyle



Findings from the Health Related Behaviour Survey 2026

Supporting the health of children and young people in Wolverhampton

wolverhampton.gov.uk

CITY OF WOLVERHAMPTON COUNCIL

INTRODUCTION

The Health Related Behaviour Survey (HRBS) has been running in Wolverhampton since 2006. The survey is carried out as a way of consulting with children and young people and collecting robust information about young people's health and wellbeing. The HRBS is commissioned by the Public Health team within the City of Wolverhampton. It is implemented by the Schools Health Education Unit (SHEU) which has conducted the survey on behalf of the Council since its inception in 2006.

The survey is conducted with children and young people across Wolverhampton, who are asked to complete an anonymous on-line version of the survey appropriate for their age group. Schools are supported to collect the most reliable data with pupils in Years 2 (Key Stage 1 survey), 4 & 6 (Key Stage 2 survey), and 8 & 10 (Secondary Key Stage 3-4 survey) with other year groups taking part where appropriate. In the 2026 survey schools could also opt for a Year 7 version and a Year 12 version of the secondary survey.

HRBS 2026 was completed by a total of 12942 pupils in 23 primary (Key Stage 1) settings, 57 primary (Key Stage 2) settings, 16 secondary (Key Stage 3-4) settings, 3 institutions completed the Year 12+ survey, and 9 institutions took part in the SEND survey. Some schools chose to survey additional year groups, the full sample size can be found at the back of this report.

Themed Report No. 1 of 5

1. **Healthy Lifestyles**
2. Relationships and Sexual Health
3. Smoking, Substances and Gambling
4. Emotional Health and Wellbeing
5. Safety (including Bullying)

NAVIGATING THE REPORT

The report is one of five that reflect local priorities. Each report is divide into the following sections:

Headlines

Each report contains headline bullet points, comparing the 2026 data to previous years (where available).

- Positive finding
- Negative finding
- Neutral finding (where it is subjective as to whether the finding is positive or negative or is little different)

Trends

The survey questions have changed somewhat compared with previous years but where possible, trend charts have been included to provide useful insight for key priority areas.

Phase Differences

A selection of questions used across the surveys has been presented to look for age-related differences in responses.

Mapping

Where postcode data was available, school survey responses were mapped against wards using pupils' home postcodes. Due to limited postcode data, secondary school responses could not be mapped at ward level.

Links Between Behaviours

Cross tabulations have been investigated for some of the key questions in the survey to look for links between behaviours. Each statement is a statistically significant finding; to save space, only two from the secondary survey have been selected but full lists are available.

Inequalities

Selected questions from the primary and secondary questionnaires were analysed to explore differences in responses between demographic and potentially vulnerable groups.

HEADLINES

There is a lot of good news in the 2026 results.

Key Stage 1 pupils are more likely to have been to the dentist as there is a downward trend for pupils who say they have never been. They are more likely to have walked to school in 2026 compared with 2024 and more likely to have been swimming than previous post covid surveys.

Key Stage 2 pupils are more likely be able to swim at least 25m and more likely to have been active at school compared with 2024. Key Stage 2 pupils are more likely to agree that there are lots of activities they can go to near where they live and that they find sports and exercise easy compared with 2024.

Key Stage 3-4 pupils are more likely to agree that they enjoy being active compared with 2024 and they appear more careful making food choices. There is an upward trend for ‘rarely or never’ having takeaway food and a downward trend for having crisps ‘on most days’.

The not such good news includes: Key Stage 1 pupils are less likely to find it easy to be active at playtimes/dinner times; Key Stage 2 pupils are more likely to suggest school food/lunchtimes could improve, and Key Stage 3-4 pupils are less likely to say that that they can swim 25m easily compared with 2024.

Key Stage 1 Pupils

- 20% of Key Stage 1 pupils in 2026 said that they have never been to the dentist. This is lower than the 24% saying this in 2024 and 30% saying this in 2022.
- 58% of Key Stage 1 pupils said that they at least ‘sometimes’ go swimming after school or at weekends compared with 56% in 2024 and 51% in 2022. These are still lower than the 62% seen in 2018 and 70% in 2016 but the trend is in the right direction.
- 46% of Key Stage 1 pupils responded that they walked to school on the day of the survey, compared with 38% who said this in 2024. 50% travelled by car compared with 54% in 2024.
- 83% of Key Stage 1 of pupils responded that they find it 'quite' or 'very' easy to be physically active at playtimes/dinner times. This is lower than the 87% saying this in 2024.
- 79% of Key Stage 1 pupils said that they enjoy being active at school ‘quite a lot’ or ‘a lot’ in 2026. 78% said this in 2024. These are lower than the 85% of pupils who said this in 2022.
- 67% of Key Stage 1 pupils brushed their teeth at least twice the day before the survey, 6% said they had not brushed their teeth at all, the day before the survey.

Key Stage 2 Pupils

- 33% of Key Stage 2 pupils were active at school for at least 30 minutes where they had to breathe harder and faster on 3 or more days in the week before the survey, compared with 27% saying this in 2024.
- 35% of Key Stage 2 pupils can swim more than a length (25 metres) easily. This compared with 31% saying the same in 2024.
- 51% of Key Stage 2 pupils agree' or 'strongly agree' that there are lots of clubs/activities they can go to near where they live compared with 47% saying this in 2024.
- 69% of Key Stage 2 pupils 'agree' or 'strongly agree' that they find exercise and sport easy compared with 65% saying this in 2024.
- 69% of Key Stage 2 pupils 'agree' or 'strongly agree' that there are safe places for them to play outside near where they live compared with 65% in 2024.
- 53% of Key Stage 2 pupils said there is something about school food/lunchtime that needs to improve. This compared with 49% saying this in 2024 and 39% saying the same in 2022.
- 29% of Key Stage 2 pupils said that more choice would improve school food/lunchtime. This is higher than the 26% seen in 2024 and the 17% of pupils who said this in 2022.
- 56% of Key Stage 2 pupils in 2026 said that they travelled by car compared with 54% in 2024 and 52% in 2022.

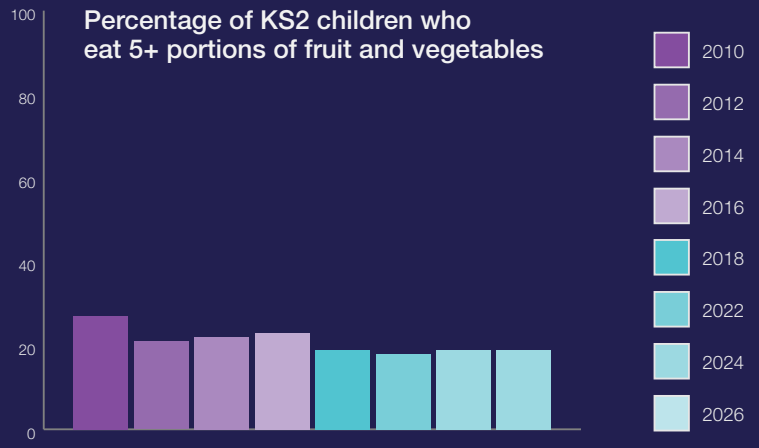
Key Stage 3-4 Pupils

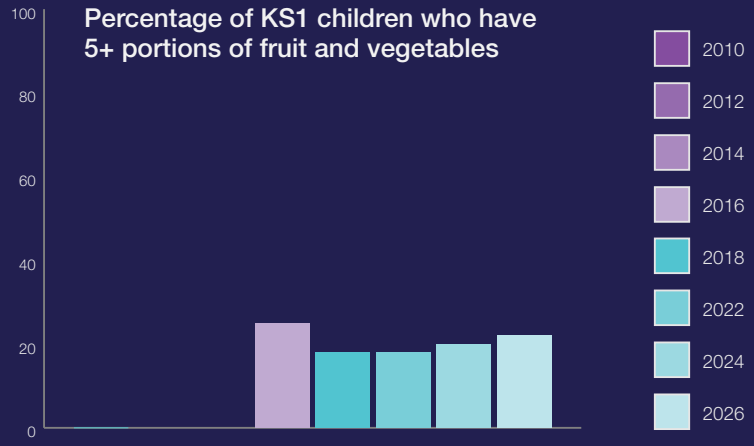
- 34% of Key Stage 3-4 secondary pupils in 2026 said that they 'rarely or never' eat takeaway/fast food, compared with 33% in 2024 and 29% reporting this in 2022.
- 22% of Key Stage 3-4 secondary pupils in 2026 said that they eat crisps ‘on most days’. This continues a downward trend. 35% said this in 2016.
- 38% of Key Stage 3-4 secondary pupils in 2026 said that less time queueing would improve playtime/lunchtime compared with 42% saying this in 2024.
- 75% of Key Stage 3-4 secondary pupils in 2026 said that they 'agree' or 'strongly agree' that they like being active. This is higher than the 74% in 2024 and 72% saying this in 2022.
- 44% of Key Stage 3-4 secondary pupils travelled to school by car on the day of the survey, compared with 43% in 2024 and 37% reporting this in 2022.
- 43% of Key Stage 3-4 secondary pupils said they can swim easily for at least 25m compared with 47% saying this in 2024.
- 53% of Key Stage 3-4 secondary pupils in 2026 and 2024 had cookery or food preparation lessons in school in the last 12 months, compared with 41% who said this in 2022.
- 80% of Key Stage 3-4 secondary pupils in 2026 said that they brushed their teeth at least twice on the day before the survey. This compared with 82% in 2024 and 79% saying this in 2022.
- 63% of Key Stage 3-4 secondary pupils said there is something about school food/lunchtime that needs to improve; 66% said this in 2024 and 61% reported this in 2022.

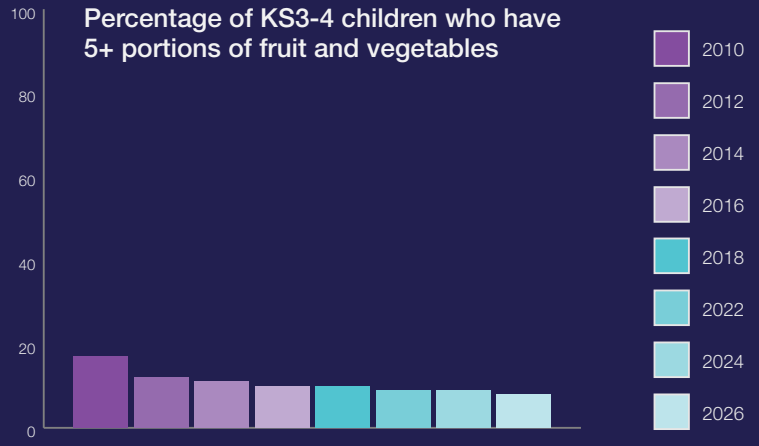
TRENDS

Where possible, questions that have remained the same across the years have been identified to look for potential trend analysis. The following is a selection of key questions.

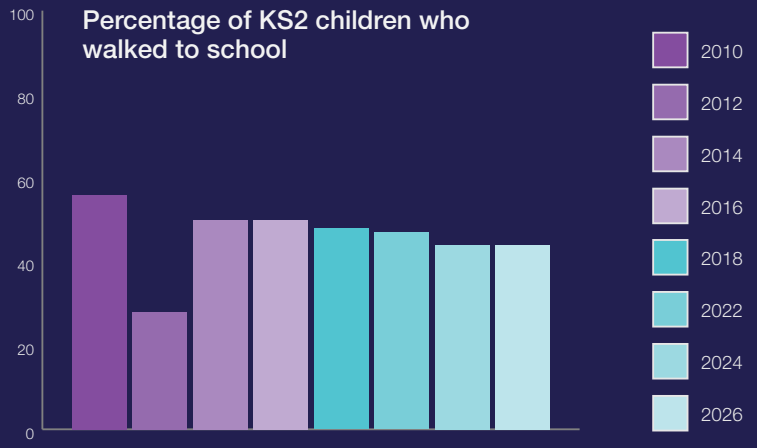
- There has been an upward trend for Key Stage 1 pupils reporting 5 or more portions of fruit and vegetables a day. Sadly the reverse is seen in the secondary phase.

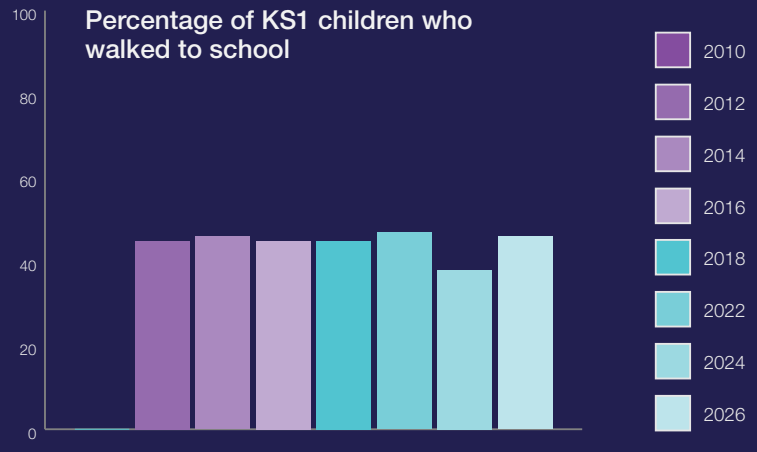


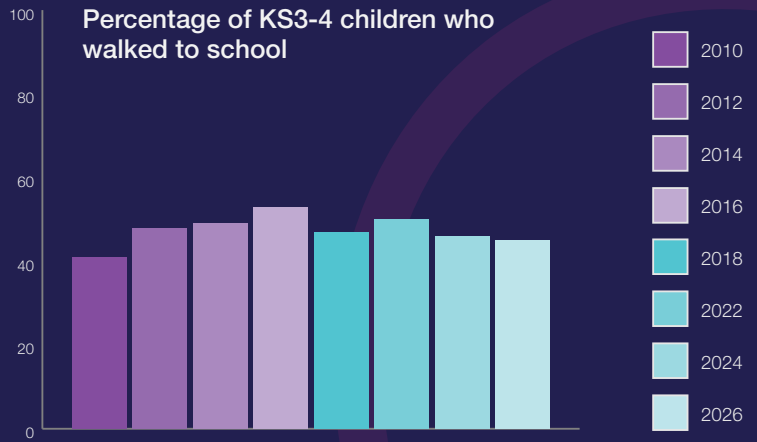




- There had been a clear upward trend between 2010 and 2016 for Key Stage 3-4 secondary aged pupils who walked to school on the day of the survey. 41% of pupils said this in 2010 up to 53% in 2016. This fell to 47% in 2018 but went up to 50% in 2022. In 2024 it fell to 46% and has fallen again to 45% in 2026. There has been a large drop for both the Key Stage 1 and Key Stage 2 figures for 2024 compared with 2022.







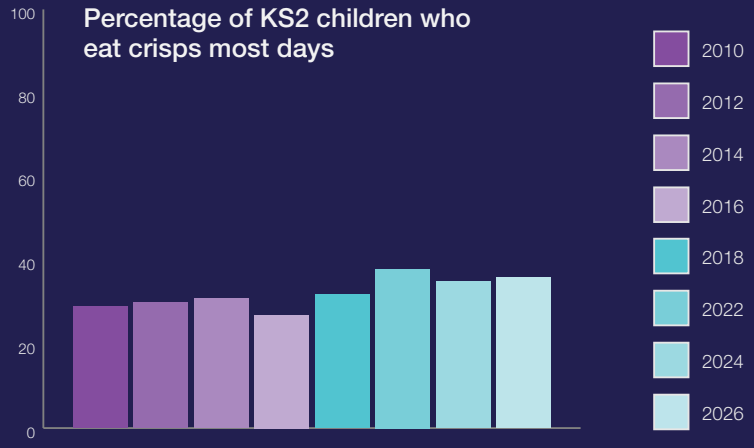
- The downward trend for Year 8 secondary aged girls who say they would like to lose weight has continued in 2026. 42% of girls in 2026 said this compared with 54% of Year 8 girls in 2010.



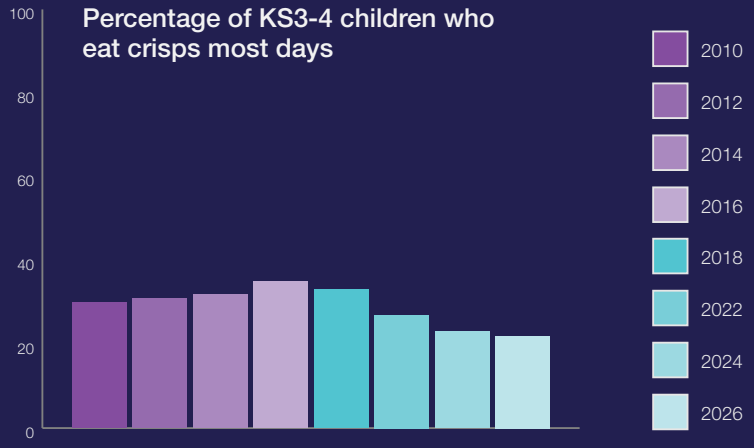
- The downward trend for Year 10 appears to have levelled in 2026 compared with 2024. For this question however we don't know whether girls are overweight and need to lose weight or are within the recommended weight or indeed are underweight.



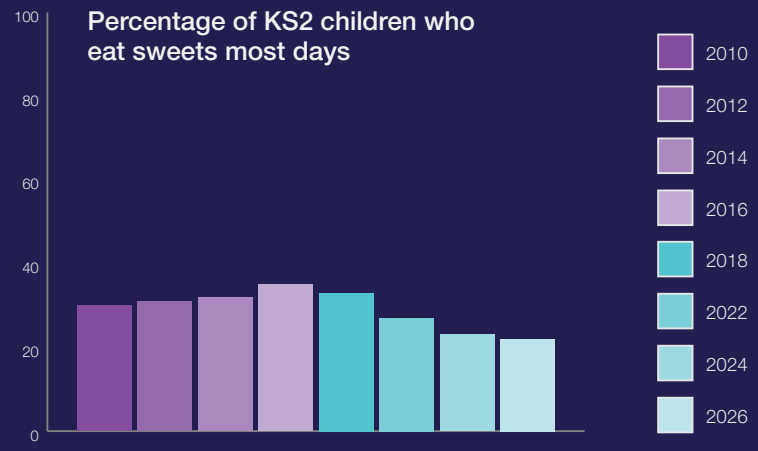
- The 2026 figure continues an overall upward trend for primary pupils having crisps 'on most days'. It was at its lowest in 2016 at 27% and is at 36% in 2026.

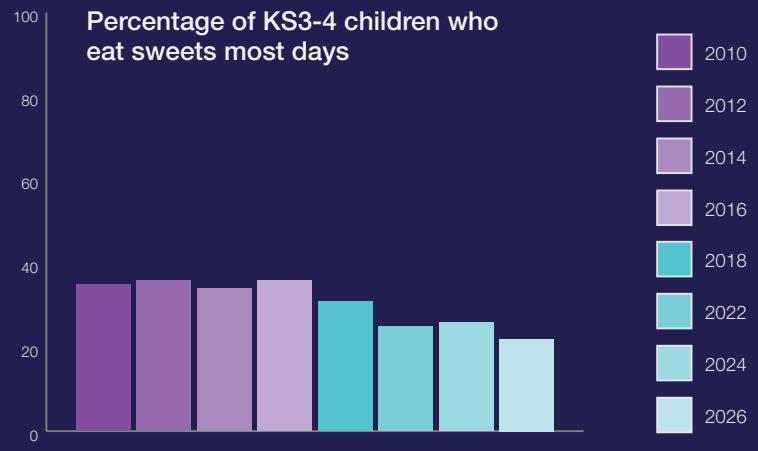


- For secondary aged pupils there is a continuing downward trend for having crisps 'on most days'.

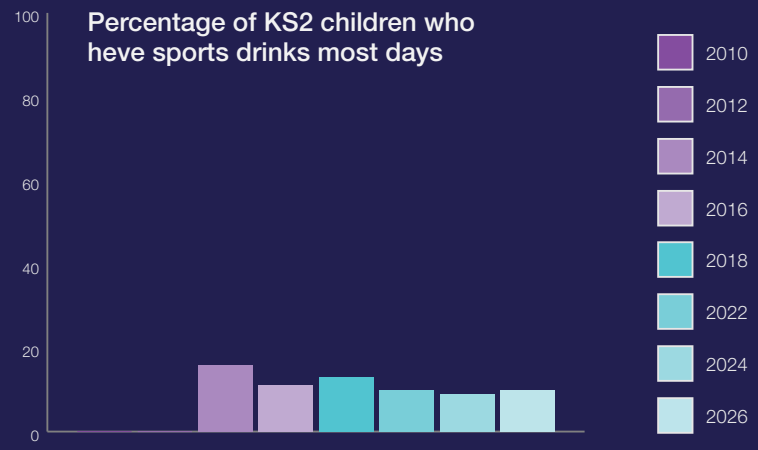


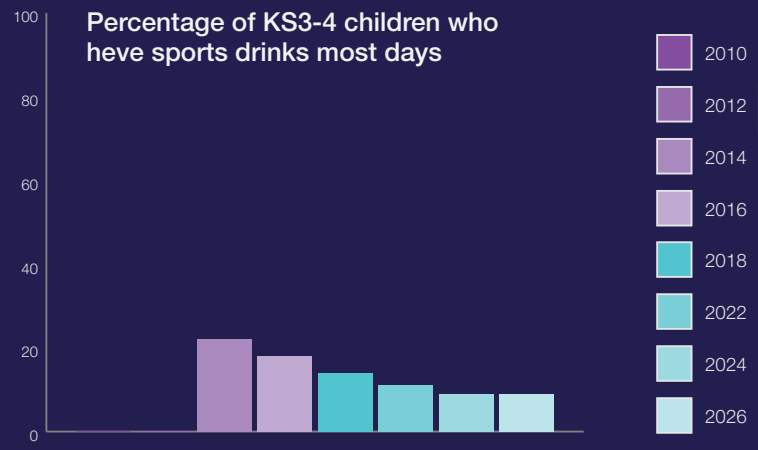
- The story for sweets and chocolate ‘on most days’ appears to be more erratic but there appears to be an overall downward trend.





- 9% of Key Stage 3-4 secondary pupils said they have sports drinks ‘on most days’ in 2026 and 2024. This has levelled the downward trend from 22% who said this in 2014.

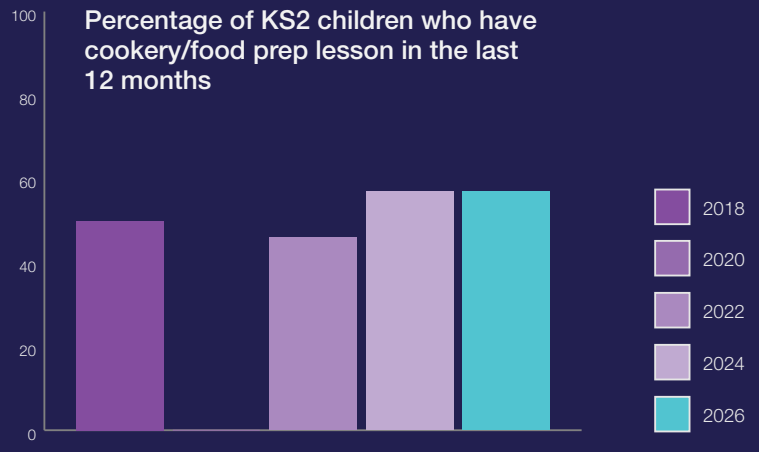


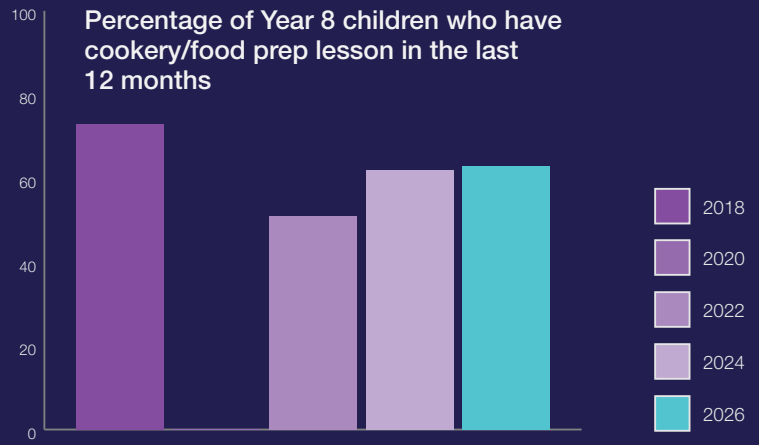


Cookery and Food Preparation Lessons in School

There has been a stable proportion of Key Stage 2 pupils saying they have had cookery / food prep lessons in last 12 months. In 2026 and 2024 57% of Key Stage 2 pupils said this compared with 46% in 2022. 50% said this in 2018.

The secondary figures are recovering from a low figure of 51% in 2022 - this may have been due to Covid restrictions. For Year Y8, 63% said they have had cookery/food preparation lessons in school in 2026. This compared with 51% in 2022 but still lower than the 73% seen in 2018.

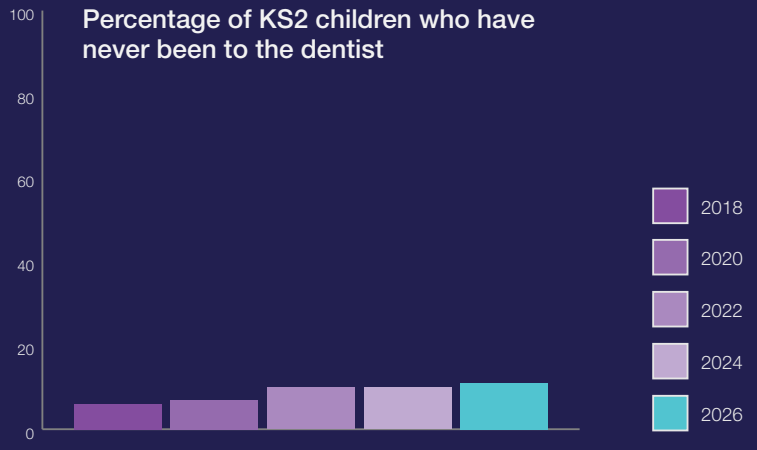


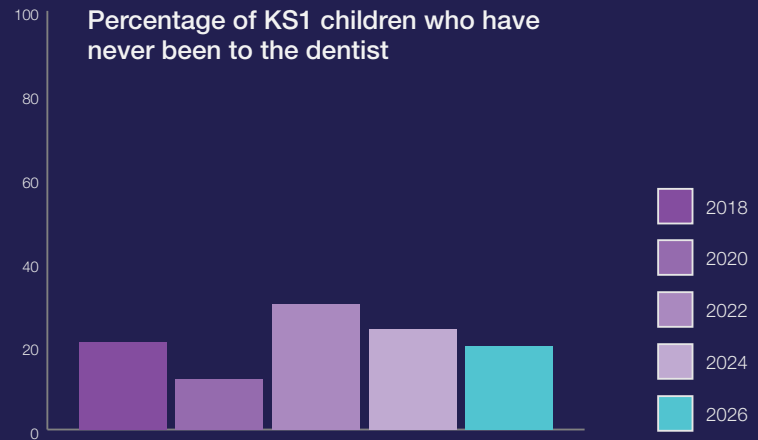


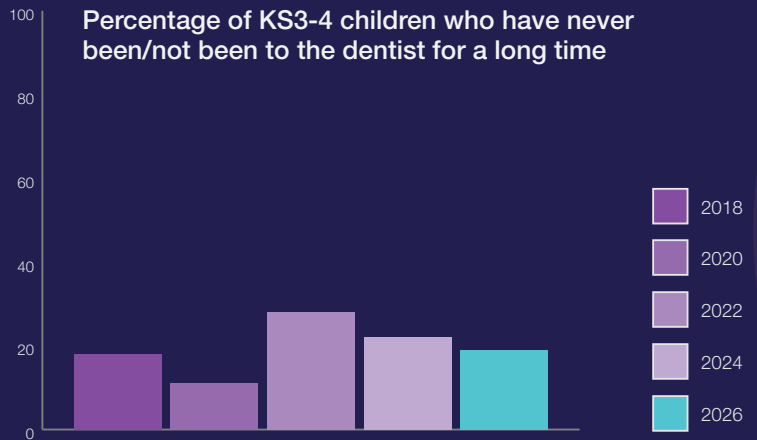
Oral Health

Since 2018, pupils have been asked about their last visit to the dentist. In 2026, 20% of Key Stage 1 pupils and 11% of Key Stage 2 pupils said they have never been to the dentist. 19% of Key Stage 3-4 pupils said they have never been to the dentist or haven't been in a long time.

Trends for never visiting the dentist (Key Stage 1 and Key Stage 2) or never/not been for a long time Key Stage 3-4.

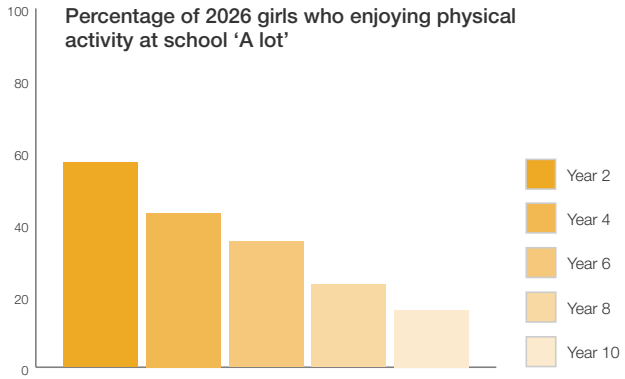


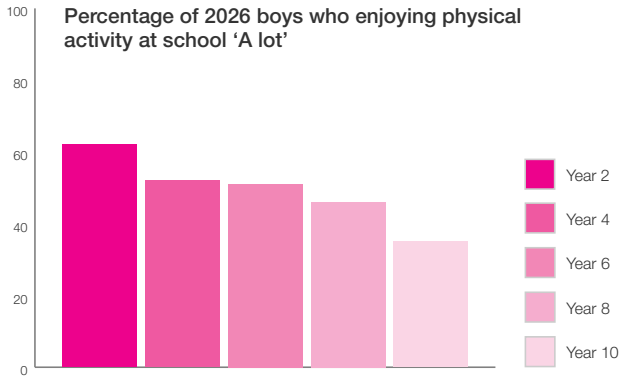


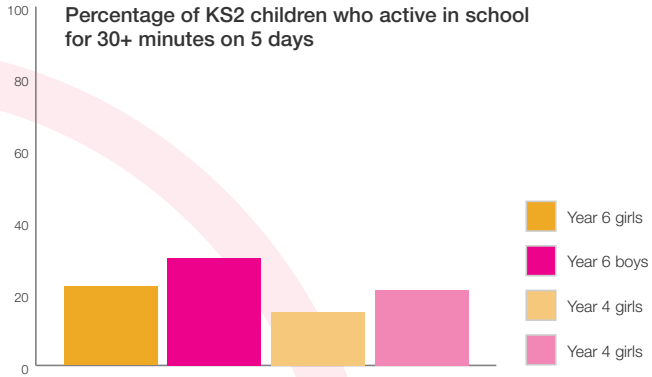


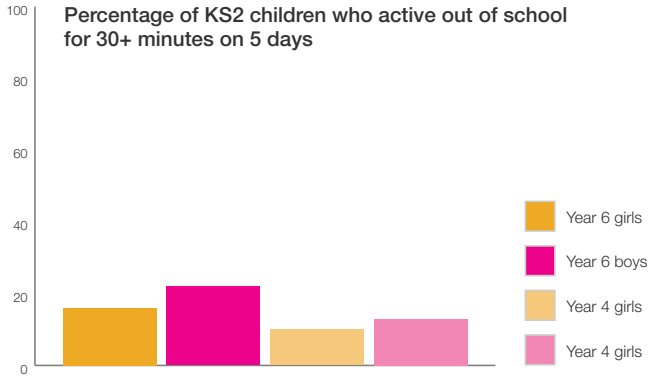
PHASE DIFFERENCES

- There appears to be a drop-off in enjoyment of physical activity at school between the primary and secondary phases. This is most striking for girls.

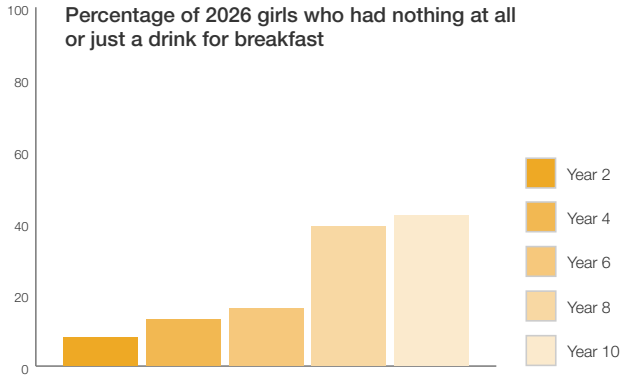


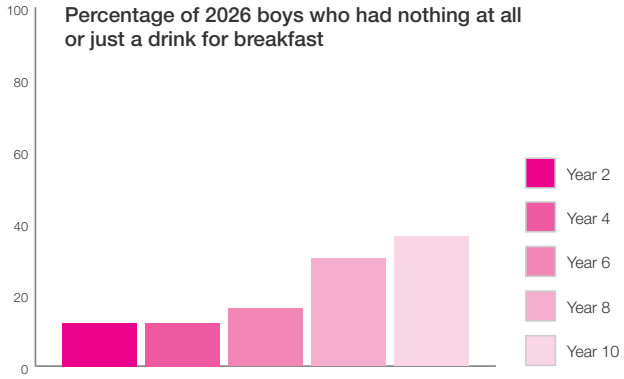




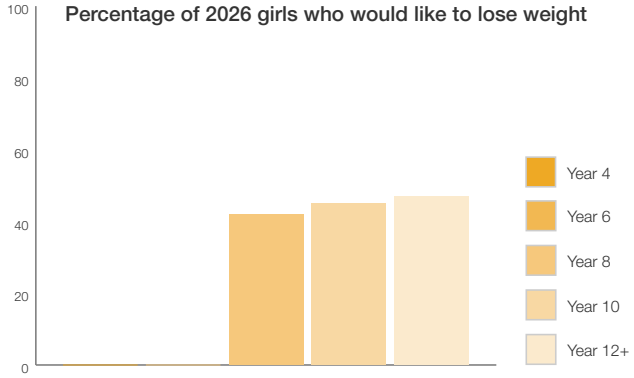


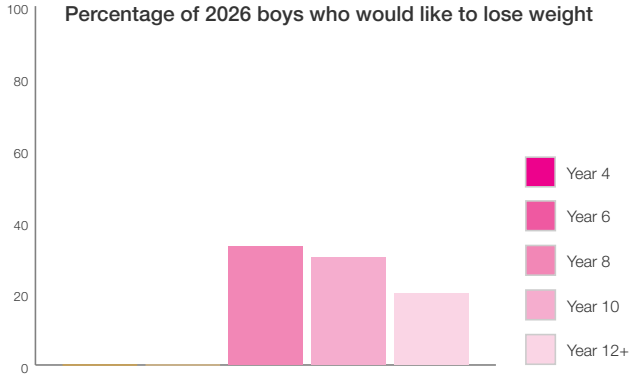
- There is an increase in the proportions of pupils missing breakfast between the primary and secondary phases. This is more marked for the girls than for the boys.



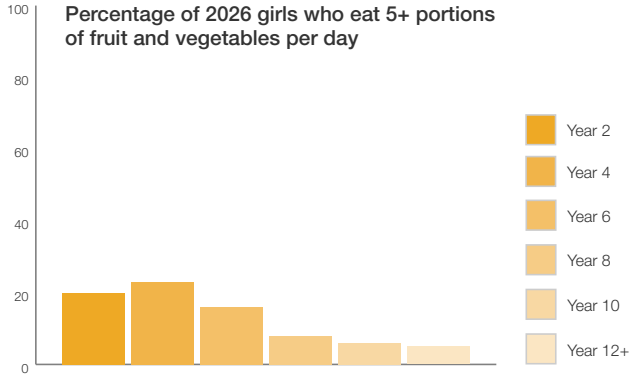


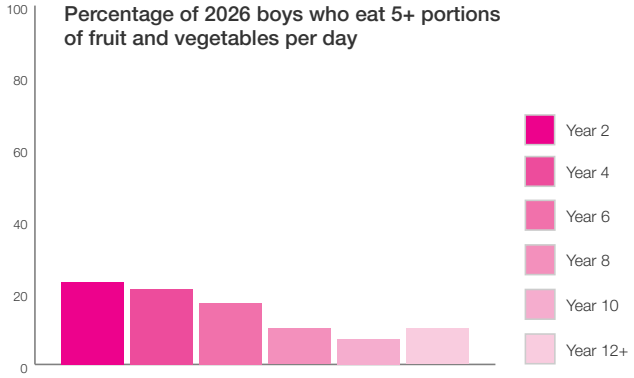
- There is an increase in the proportions of older girls saying they want to lose weight. We tend to find that older boys may prefer to gain weight (muscle) rather than lose weight at this stage of life. The question was not asked in the Key Stage 2 survey.



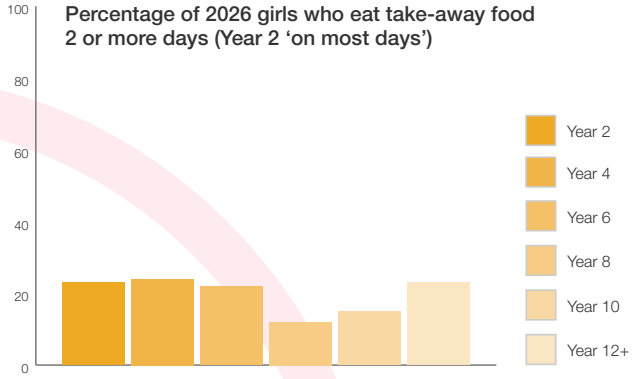


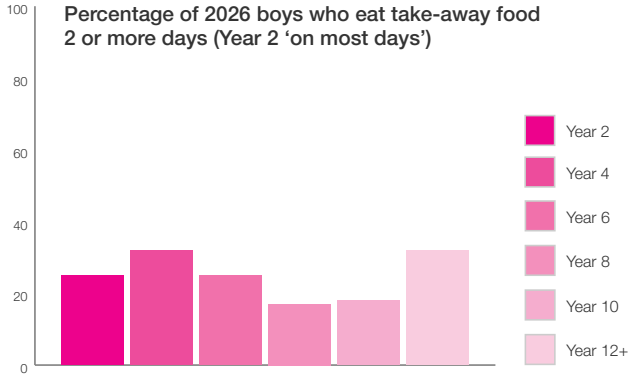
- There is a decrease in the proportions of pupils eating 5 or more portions of fruit and vegetables between the primary and secondary phases.



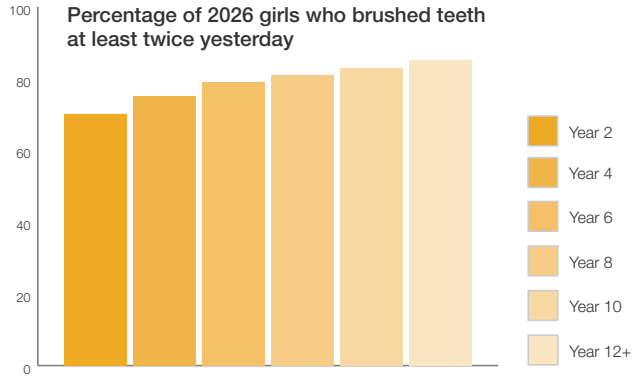


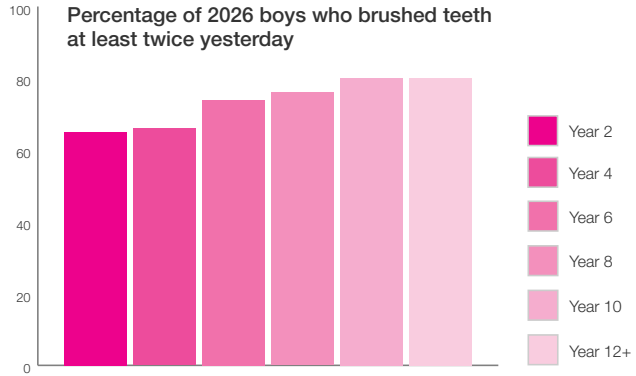
- There is a decrease in the proportions of pupils eating take-away food between the primary and secondary phases (except for the FE students who perhaps make more of their own choices). Year 8 pupils appear the most careful group.





- There is an increase in the proportions of pupils brushing their teeth at least twice the day before between the primary and secondary. The girls are ahead of the boys in every year group.

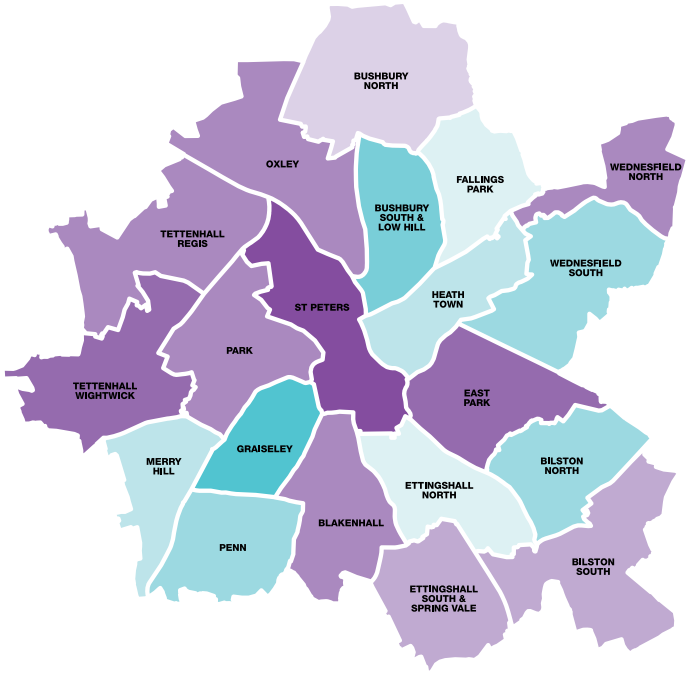






MAPPING

Percentage of Year 6 pupils by ward who have active travel to school



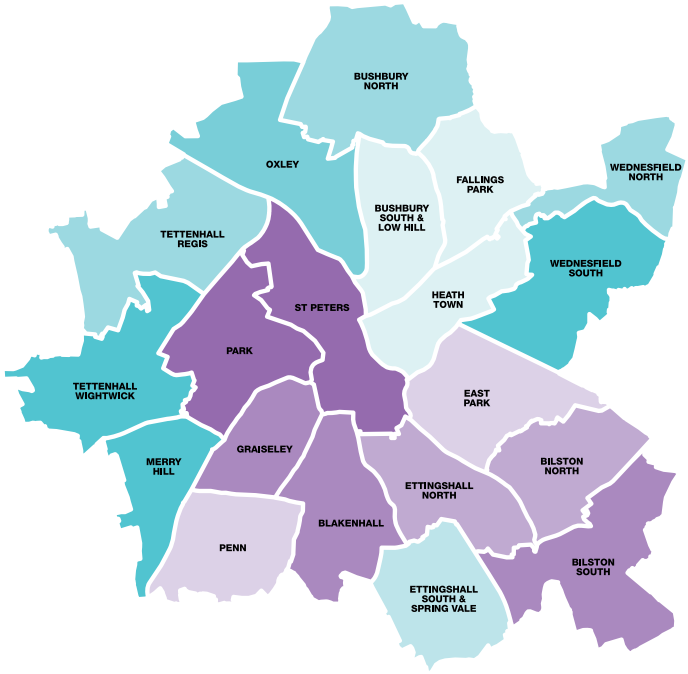
- 38.6% - 41.1% St Peter's
- 41.1% - 43.6% Tettenhall Wightwick, East Park
- 43.6% - 46.1% Tettenhall Regis, Oxley, Park, Wednesfield North, Blakenhall
- 46.1% - 48.6% Ettingshall South & Spring Vale, Bilston South
- 48.6% - 51.1% Bushbury North
- 51.1% - 53.6% Fallings Park, Ettingshall North
- 53.6% - 56.1% Heath Town, Merry Hill
- 56.1% - 58.6% Wednesfield South, Penn, Bilston North
- 58.6% - 61.1% Bushbury South & Low Hill
- 61.1% - 63.6% Graiseley

Percentage of Year 6 pupils by ward who enjoy being active at school



- 65.8% - 67.4% Tettenhall Regis
- 67.4% - 69.0% Ettingshall North
- 69.0% - 70.6% Graiseley, Fallings Park
- 70.6% - 72.2% Bilston North
- 72.2% - 73.8% Bushbury North, St Peter's, Blakenhall, Bilston South
- 73.8% - 75.4% Tettenhall Wightwick, Wednesfield North, East Park, Merry Hill, Penn
- 75.4% - 77.0% Heath Town
- 77.0% - 78.6% Park, Wednesfield South
- 78.6% - 80.2% Bushbury South & Low Hill
- 80.2% - 81.8% Oxley, Ettingshall South & Spring Vale

Percentage of Year 6 pupils by ward who eat crisps ‘on most days’



- 22.8% - 25.4% None
- 25.4% - 28.1% St Peter's, Park
- 28.1% - 30.7% Graiseley, Bilston South, Blakenhall
- 30.7% - 33.3% Bilston North, Ettingshall North
- 33.3% - 35.9% Penn, East Park
- 35.9% - 38.6% Bushbury South & Low Hill, Fallings Park, Heath Town
- 38.6% - 41.2% Ettingshall South & Spring Vale
- 41.2% - 43.8% Bushbury North, Tettenhall Regis, Wednesfield North
- 43.8% - 46.4% Oxley
- 46.4% - 49.1% Tettenhall Wightwick, Merry Hill, Wednesfield South

Percentage of Year 6 pupils by ward who say school food/lunchtime needs to improve



- 44.0% - 46.7% None
- 46.7% - 49.4% Bilston South
- 49.4% - 52.1% Park, Bushbury South & Low Hill
- 52.1% - 54.8% Tettenhall Wightwick
- 54.8% - 57.5% Wednesfield North, Ettingshall South & Spring Vale
- 57.5% - 60.2% Fallings Park, Bilston North
- 60.2% - 62.9% Heath Town, Penn, Blakenhall, Ettingshall North
- 62.9% - 65.5% Tettenhall Regis, Wednesfield South, East Park
- 65.5% - 68.2% Bushbury North, Oxley, Merry Hill, Graiseley
- 68.2% - 70.9% St Peter's

Percentage of Year 6 pupils by ward who find exercise and sport easy



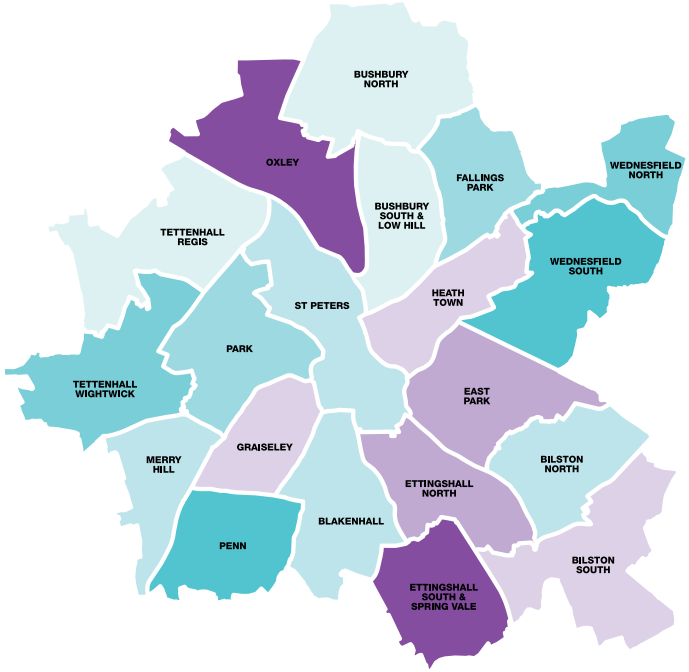
- 64.9% - 66.2% Ettingshall North, Bilston North
- 66.2% - 67.4% Bilston South, Tettenhall Regis, Fallings Park
- 67.4% - 68.6% Oxley, East Park, Blakenhall, Ettingshall South & Spring Vale
- 68.6% - 69.8% Bushbury South & Low Hill, Bushbury North, Graiseley, Wednesfield North,
- 69.8% - 71.1% Park, Tettenhall Wightwick
- 71.1% - 72.3% Penn
- 72.3% - 73.5% Wednesfield South
- 73.5% - 74.7% Merry Hill
- 74.7% - 76.0% Heath Town
- 76.0% - 77.2% St Peter's

Percentage of Year 6 pupils by ward who have lots of clubs activities available locally



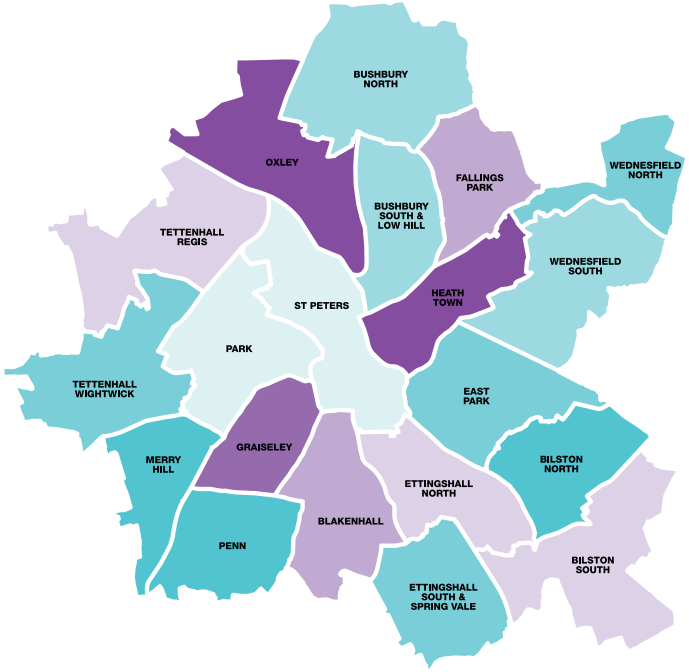
- 44.2% – 45.9% **Park, Blakenhall, East Park**
- 45.9% – 47.6% **Ettingshall North, Graiseley**
- 47.6% – 49.3% **Bushbury North, Oxley**
- 49.3% – 51.0% **Fallings Park, Bilston South, Bushbury South & Low Hill**
- 51.0% – 52.7% **Ettingshall South & Spring Vale**
- 52.7% – 54.4% **Tettenhall Regis, Heath Town**
- 54.4% – 56.1% **Penn**
- 56.1% – 57.8% **Wednesfield North, Bilston North, St Peter's**
- 57.8% – 59.5% **Wednesfield South**
- 59.5% – 61.2% **Tettenhall Wightwick, Merry Hill**

Percentage of Year 6 pupils by ward who can swim at least a length unaided



- 66.7% – 68.6%
  Oxley, Ettingshall South & Spring Vale
- 68.6% – 70.5%
  None
- 70.5% – 72.4%
  None
- 72.4% – 74.4%
  East Park, Ettingshall North
- 74.4% – 76.3%
  Heath Town, Graiseley, Bilston South
- 76.3% – 78.2%
  Bushbury North, Bushbury South & Low Hill, Tettenhall Regis
- 78.2% – 80.1%
  Bilston North, St Peter's, Blakenhall, Merry Hill
- 80.1% – 82.1%
  Fallings Park, Park
- 82.1% – 84.0%
  Tettenhall Wightwick, Wednesfield North
- 84.0% – 85.9%
  Penn, Wednesfield South

Percentage of Year 6 pupils who go swimming in their own time at least monthly



- 30.1% – 32.8%
  Oxley, Heath Town
- 32.8% – 35.5%
  Graiseley
- 35.5% – 38.3%
  None
- 38.3% – 41.0%
  Fallings Park, Blakenhall
- 41.0% – 43.8%
  Tettenhall Regis, Ettingshall North, Bilston South
- 43.8% – 46.5%
  Park, St Peter's
- 46.5% – 49.2%
  None
- 49.2% – 52.0%
  Bushbury North, Wednesfield South, Bushbury South & Low Hill
- 52.0% – 54.7%
  Tettenhall Wightwick, Wednesfield North, East Park, Ettingshall South & Spring Vale
- 54.7% – 57.4%
  Penn, Bilston North, Merry Hill

Percentage of Year 6 pupils by ward who brush their teeth at least twice a day



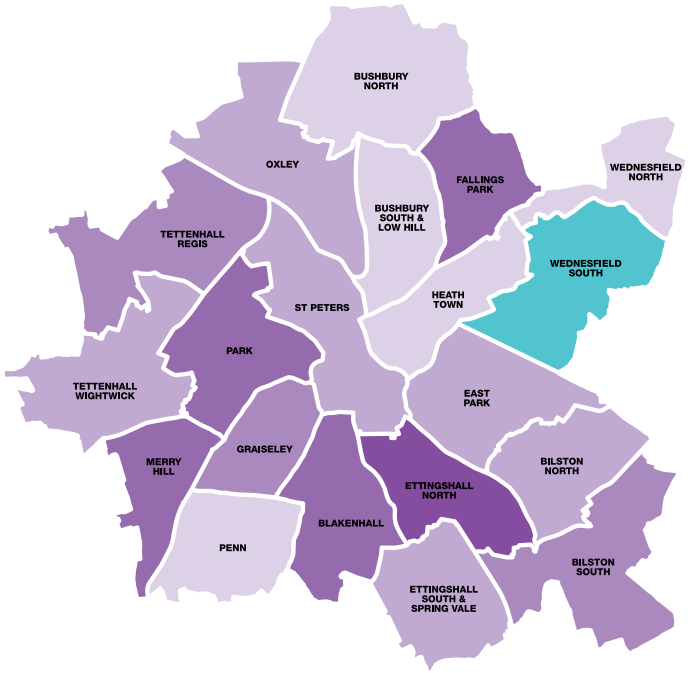
- 67.1% – 68.8%
  Fallings Park, Graiseley
- 68.8% – 70.6%
  Wednesfield South, East Park
- 70.6% – 72.3%
  Done
- 72.3% – 74.1%
  Oxley
- 74.1% – 75.8%
  Tettenhall Regis, St Peter's, Bilston South, Merry Hill
- 75.8% – 77.6%
  Blakenhall, Wednesfield North
- 77.6% – 79.3%
  Bushbury South & Low Hill, Tettenhall Wightwick, Heath Town
- 79.3% – 81.1%
  Ettingshall North, Bilston North
- 81.1% – 82.9%
  Bushbury North
- 82.9% – 84.6%
  Park, Penn, Ettingshall South & Spring Vale

Percentage of Year 6 pupils by ward who have never been to the dentist



- 4.4% – 5.4%
  Wednesfield North
- 5.4% – 6.4%
  Bushbury North, Ettingshall North, Bushbury South & Low Hill, Merry Hill
- 6.4% – 7.4%
  Oxley
- 7.4% – 8.4%
  Blakenhall
- 8.4% – 9.4%
  Penn, East Park, Tettenhall Wightwick, Fallings Park, Ettingshall South & Spring Vale
- 9.4% – 10.4%
  Heath Town, Bilston South
- 10.4% – 11.4%
  St Peter's, Park, Graiseley, Bilston North
- 11.4% – 12.4%
  None
- 12.4% – 13.4%
  None
- 13.4% – 14.4%
  Tettenhall Regis, Wednesfield South

Percentage of Year 6 pupils by ward who are active for 5+ days in school



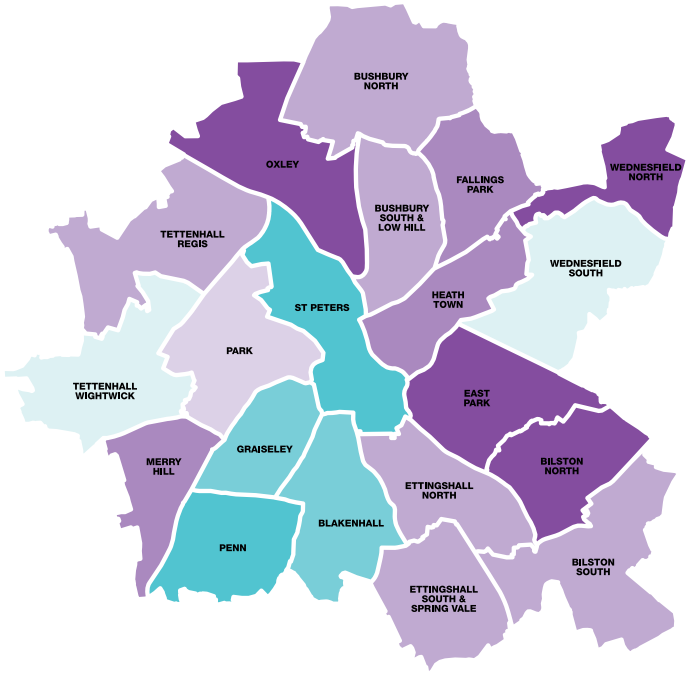
- 15.3% – 18.6% Ettingshall North
- 18.6% – 21.8% Fallings Park, Park, Merry Hill, Blakenhall
- 21.8% – 25.0% Bilston South, Graiseley, Tettenhall Regis
- 25.0% – 28.3% Oxley, Tettenhall Wightwick, St Peter's, East Park, Bilston North, Ettingshall South & Spring Vale
- 28.3% – 31.5% Bushbury North, Bushbury South & Low Hill Heath Town, Penn, Wednesfield North
- 31.5% – 34.8% None
- 34.8% – 38.0% None
- 38.0% – 41.2% None
- 41.2% – 44.5% None
- 44.5% – 47.7% Wednesfield South

Percentage of Year 6 pupils by ward who are active for 5+ days out of school



- 11.0% – 12.9% Oxley, Fallings Park, East Park
- 12.9% – 14.8% Tettenhall Regis
- 14.8% – 16.6% Ettingshall North, Park, Graiseley
- 16.6% – 18.5% Blakenhall
- 18.5% – 20.4% Bushbury North, Tettenhall Wightwick, Wednesfield North, Bilston North
- 20.4% – 22.3% None
- 22.3% – 24.2% Merry Hill, Bilston South, Wednesfield South Ettingshall South & Spring Vale, Penn
- 24.2% – 26.1% Heath Town
- 26.1% – 28.0% None
- 28.0% – 29.9% Bushbury South & Low Hil, St Peter's

Percentage of Year 6 pupils by ward who had 5+ portions of fruit and vegetables yesterday



- 10.7% – 12.3%
  Oxley, Wednesfield North, East Park, Bilston North
- 12.3% – 13.9%
  Done
- 13.9% – 15.4%
  Merry Hill, Fallings Park, Heath Town
- 15.4% – 17.0%
  Bushbury North, Bushbury South & Low Hill Ettingshall North, Ettingshall South & Spring Vale, Bilston South, Tettenhall Regis
- 17.0% – 18.5%
  Park
- 18.5% – 20.1%
  Tettenhall Wightwick, Wednesfield South
- 20.1% – 21.6%
  None
- 21.6% – 23.2%
  None
- 23.2% – 24.8%
  Graiseley, Blakenhall
- 24.8% – 26.3%
  Penn, St Peter's

Percentage of Year 6 pupils by ward who had nothing for breakfast



- 2.5% – 3.8%
  Tettenhall Wightwick
- 3.8% – 5.0%
  Oxley
- 5.0% – 6.3%
  Merry Hill
- 6.3% – 7.5%
  Heath Town, Wednesfield South, Bilston South
- 7.5% – 8.8%
  Bushbury South & Low Hill, Ettingshall South & Spring Vale
- 8.8% – 10.1%
  Penn, East Park
- 10.1% – 11.3%
  St Peter's, Ettingshall North, Fallings Park, Wednesfield North
- 11.3% – 12.6%
  Tettenhall Regis, Park, Bushbury North
- 12.6% – 13.9%
  Bilston North
- 13.9% – 15.1%
  Graiseley, Blakenhall



LINKS BETWEEN BEHAVIOURS

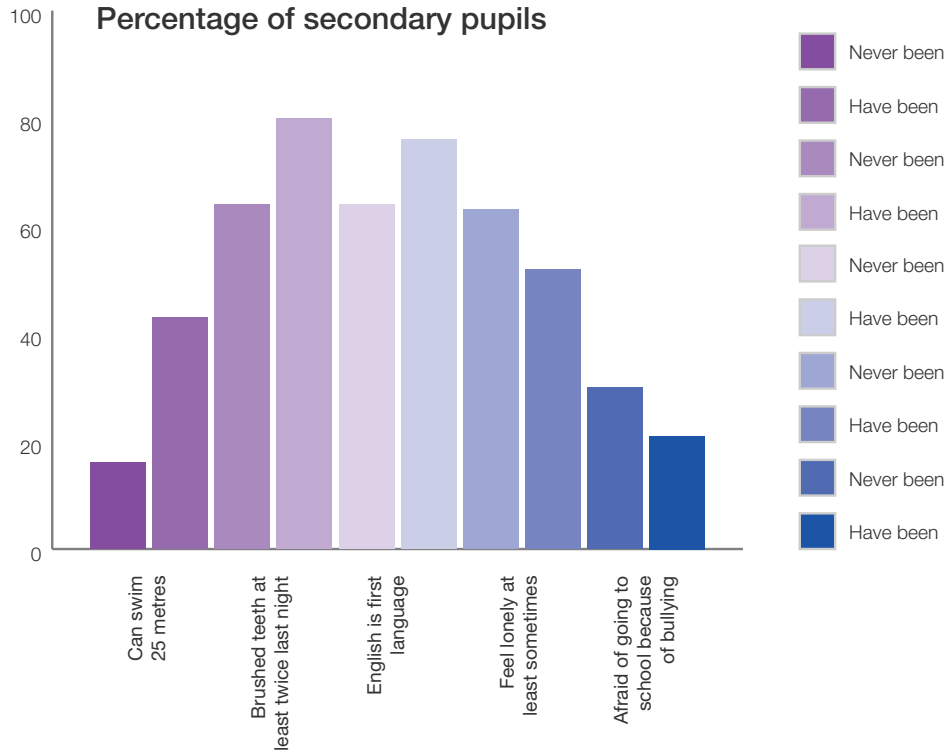
When compared with secondary pupils who have been to the dentist, those who have never visited the dentist are:

Significantly more likely to:

- Be afraid of going to school because of bullying
- Been bullied in the last 6 months at school

Significantly less likely to:

- Be able to swim at least 25m
- Brush their teeth at least twice a day
- Say English is their first language



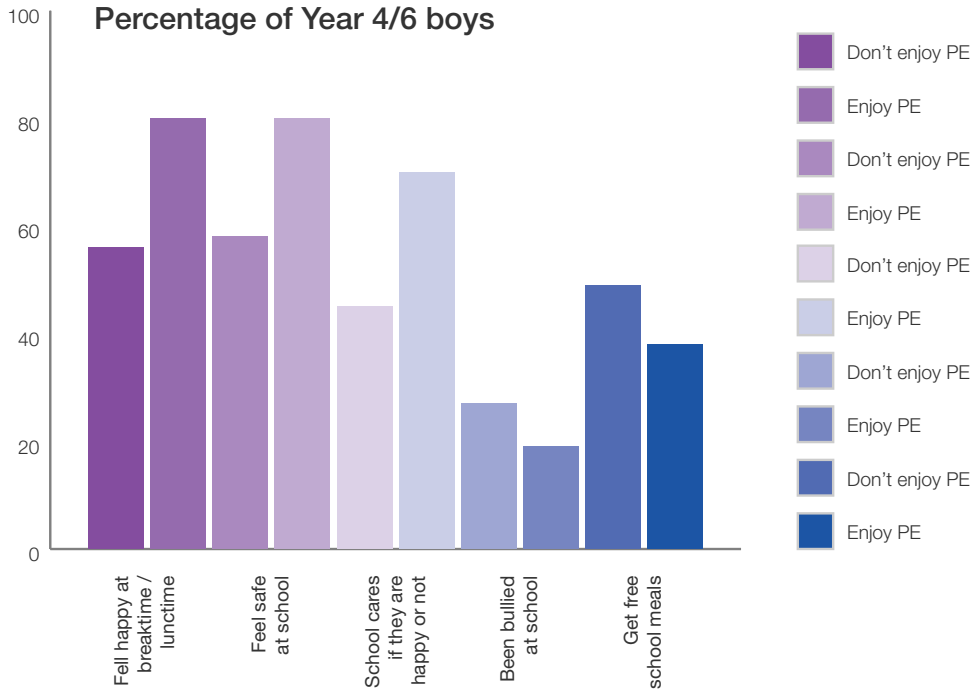
When compared with Year 4/6 boys who do enjoy PE/Games at school, Year 4/6 boys who said they don't enjoy PE/Games at school are:

Significantly more likely to:

- Have free school meals
- Have been bullied at school

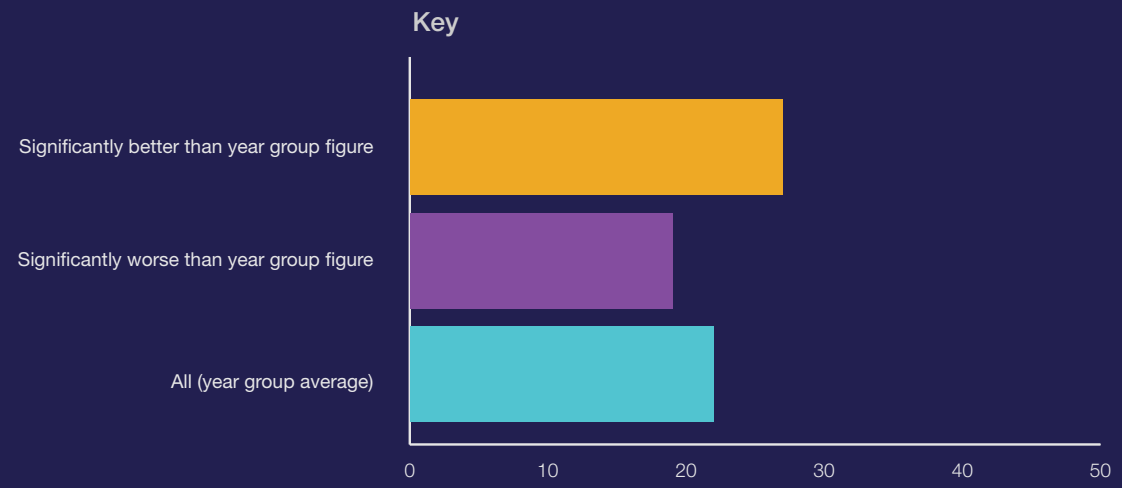
Significantly less likely to:

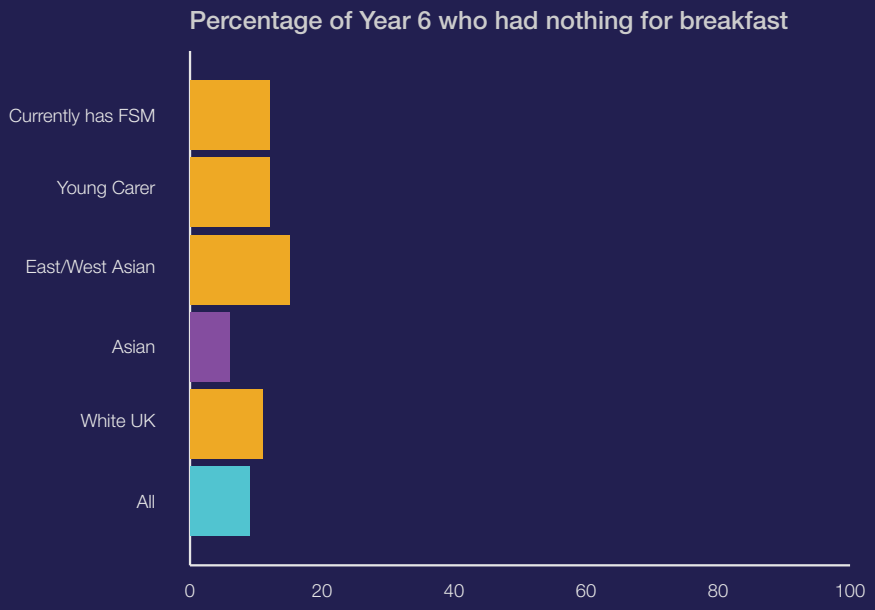
- Feel happy at breaktime/lunchtime
- Feel safe at school
- Say school cares whether they are happy or not

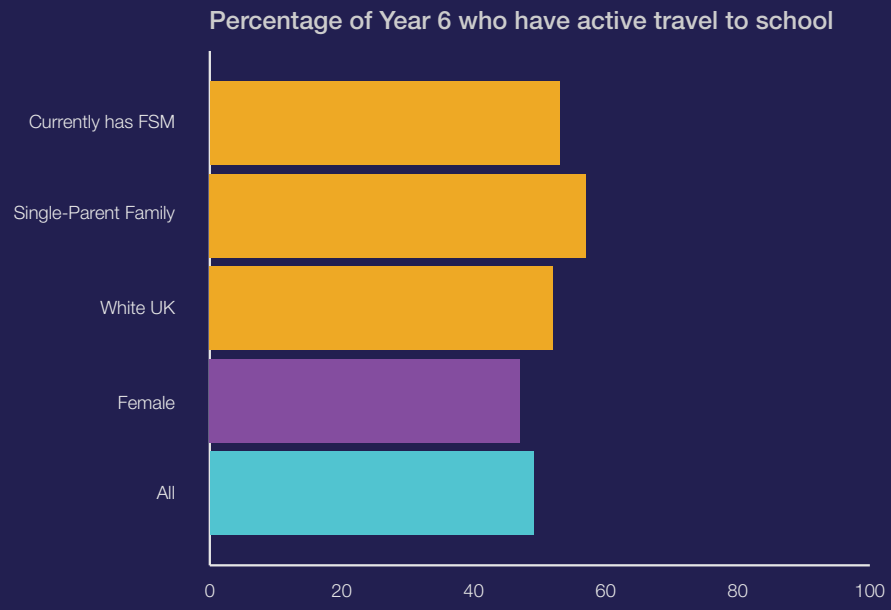


INEQUALITIES

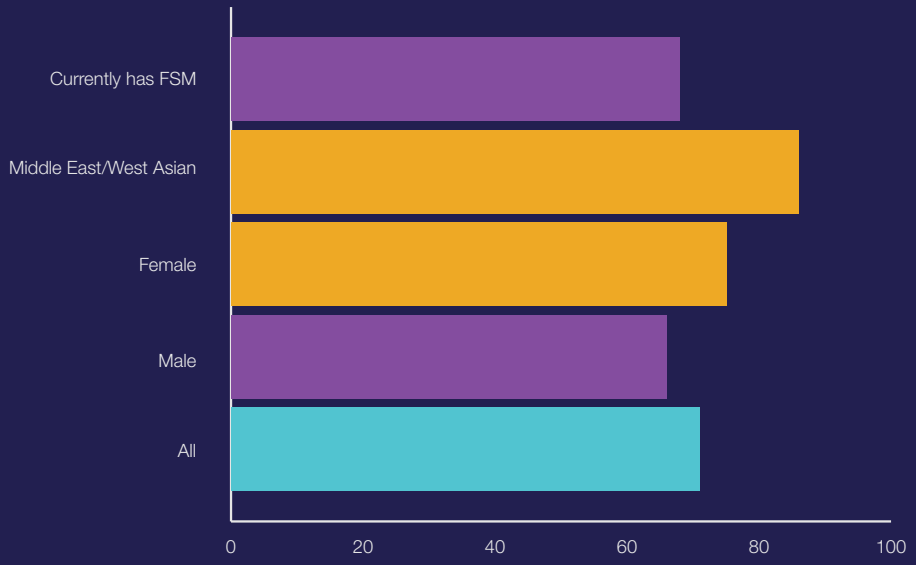
Selected questions from the primary and secondary questionnaires were analysed to identify statistically significant differences between population groups.



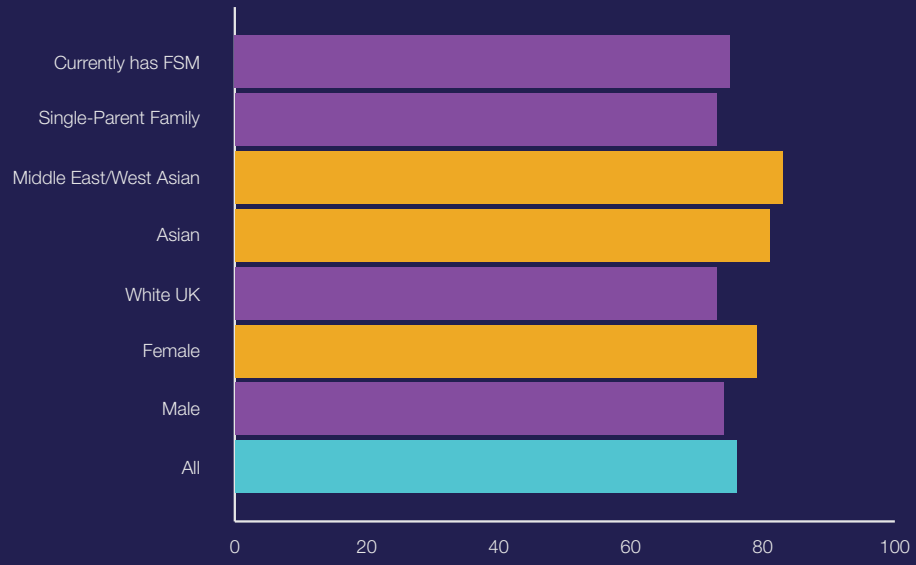




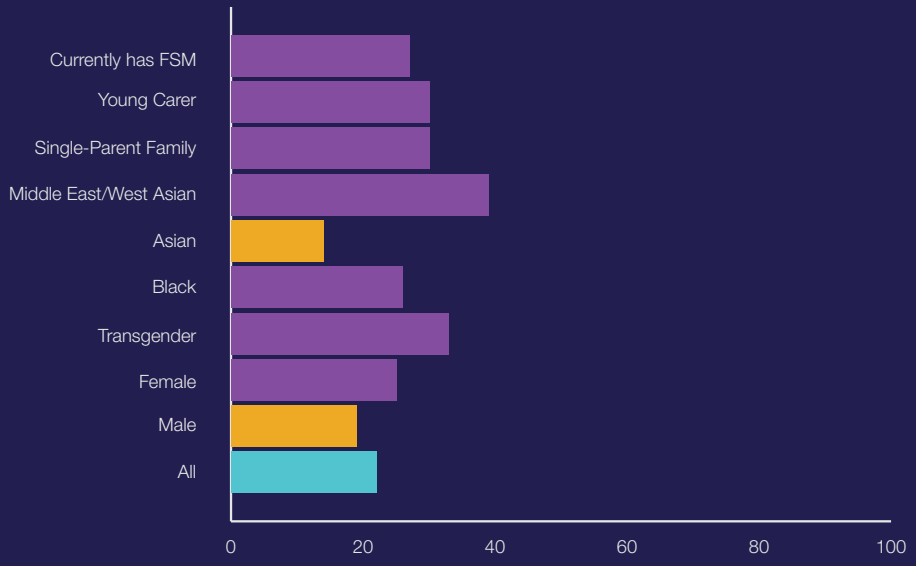
Percentage of Year 4 who brushed teeth at least twice yesterday



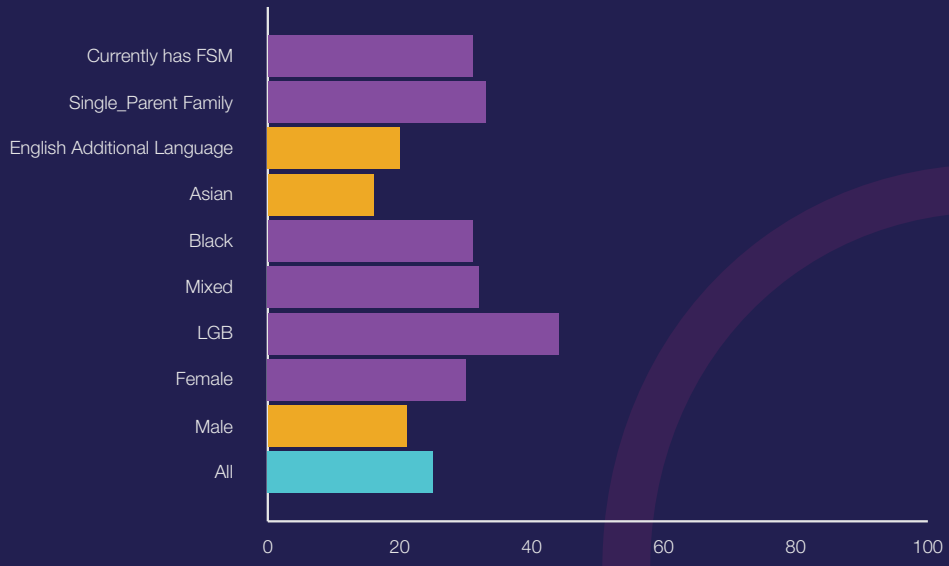
Percentage of Year 6 who brushed teeth at least twice yesterday



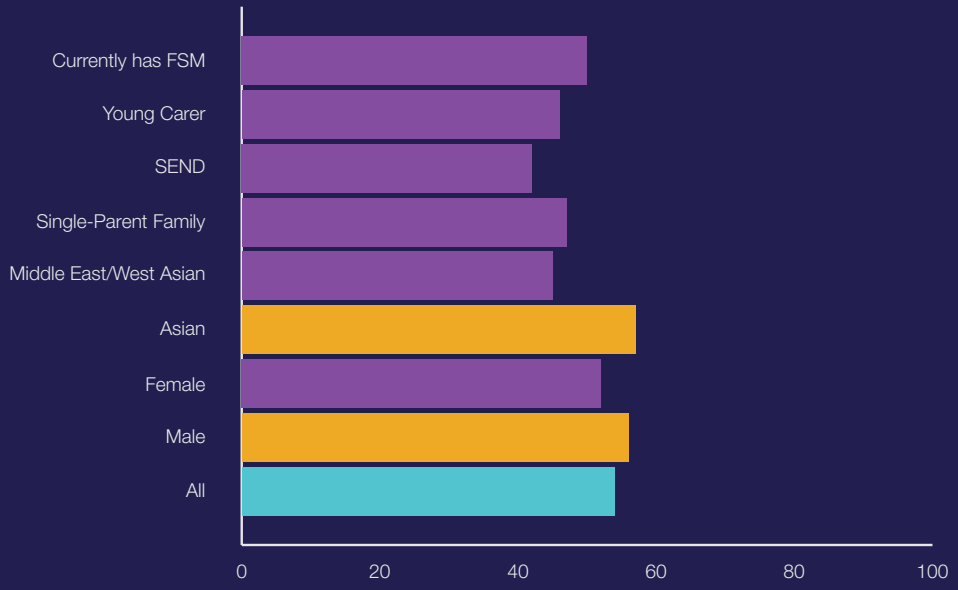
Percentage of Year 8 who had nothing for breakfast



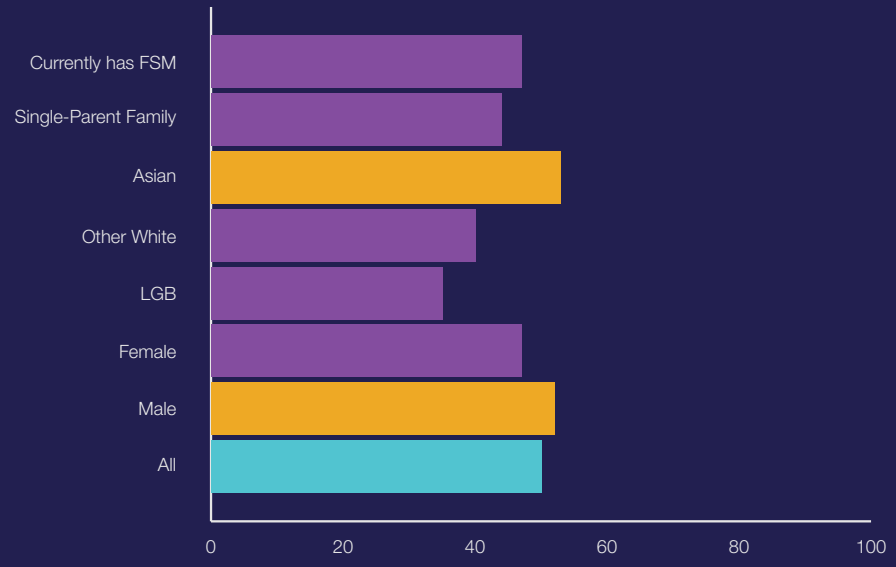
Percentage of Year 10 who had nothing for breakfast



Percentage of Year 8 who are happy with their weight



Percentage of Year 10 who are happy with their weight





The table below shows percentages for selected criteria for the whole year group sample and selected sub-samples of young people who may be vulnerable.

The table shows significance testing; the tests were performed using actual numbers of respondents for each criterion, not the overall sample size shown.

No correction has been attempted for multiple comparisons, so we could expect 1 in 20 cells to show an apparently significant difference by chance alone. However, there are 96 cells, 34 of which show a significant result, 18 at $p < 0.01$; this greatly exceeds expectations.

99 99 $p < 0.05$ Purple = Higher on a positive criterion or lower on a negative one

99 99 $p < 0.01$ Orange = Lower on a positive criterion or higher on a negative one

Year 4	All	Male	Female	White UK	Other White	Mixed	Black	Asian	Middle East / West Asian	EAL	Single-Parent Family	Young Carer	Currently has FSM
Sample	**2,279**	1,106	1,117	780	108	248	278	496	70	604	249	438	873
Nothing to eat or drink before lessons this morning	**8%**	7%	7%	8%	6%	6%	**10%**	7%	9%	8%	9%	**11%**	8%
Nothing for lunch yesterday	**2%**	2%	2%	1%	0%	1%	1%	**3%**	**4%**	2%	1%	2%	2%
5+ portions fruit/veg yesterday	**22%**	**21%**	23%	23%	27%	19%	21%	21%	**32%**	23%	**19%**	**27%**	23%
Brushed teeth at least twice yesterday	**71%**	**66%**	**75%**	69%	69%	73%	72%	72%	**86%**	73%	69%	70%	**68%**
Active travel to school	**47%**	48%	46%	48%	49%	**41%**	46%	47%	50%	**54%**	50%	46%	**50%**
Happy with life	**56%**	**58%**	55%	57%	52%	56%	59%	59%	63%	57%	54%	**50%**	58%

Year 6	All	Male	Female	White UK	Other White	Mixed	Black	Asian	Middle East / West Asian	EAL	Single-Parent Family	Young Carer	Currently has FSM
Sample	**2,416**	1,162	1,189	881	139	284	328	549	85	584	395	312	953
Nothing to eat or drink before lessons this morning	**9%**	9%	9%	**11%**	9%	8%	10%	**6%**	**15%**	9%	11%	**12%**	**12%**
Nothing for lunch yesterday	**3%**	3%	3%	**1%**	1%	3%	2%	**4%**	**10%**	**4%**	3%	4%	**4%**
5+ portions fruit/veg yesterday	**17%**	17%	16%	**14%**	18%	18%	**13%**	**21%**	21%	17%	16%	20%	17%
Brushed teeth at least twice yesterday	**76%**	**74%**	**79%**	**73%**	74%	79%	75%	**81%**	**83%**	75%	**73%**	74%	75%
Active travel to school	**49%**	50%	**47%**	**52%**	48%	46%	47%	47%	44%	50%	**57%**	51%	**53%**
Happy with life	**55%**	**60%**	**52%**	54%	55%	51%	**49%**	**64%**	58%	56%	**47%**	**49%**	**53%**

Year 8	All	Male	Female	Transgender	White UK	Other White	Mixed	Black	Asian	Middle East / West Asian	EAL	Single-Parent Family	SEND	Young Carer	Currently has FSM
Sample	**2,225**	1,058	1,112	80	683	123	245	332	648	103	512	381	157	196	827
Happy with their weight	**54%**	56%	52%	51%	52%	50%	52%	54%	57%	45%	55%	47%	42%	46%	50%
Nothing to eat or drink before lessons this morning	**22%**	19%	25%	33%	24%	24%	23%	26%	14%	39%	21%	30%	21%	30%	27%
Nothing for lunch yesterday	**13%**	9%	16%	16%	9%	10%	15%	11%	13%	30%	14%	15%	11%	17%	13%
5+ portions fruit/veg yesterday	**9%**	10%	8%	4%	7%	10%	14%	7%	10%	11%	12%	7%	12%	13%	9%
Brushed teeth at least twice yesterday	**78%**	76%	81%	68%	75%	79%	81%	73%	84%	73%	80%	75%	72%	78%	77%
No days last week with total >=60m exercise	**5%**	5%	5%	9%	4%	3%	3%	6%	3%	10%	6%	6%	8%	5%	6%
7 days last week with total >=60m exercise	**17%**	20%	14%	12%	17%	14%	21%	18%	15%	17%	16%	17%	14%	19%	19%
Active travel to school	**46%**	51%	42%	59%	59%	53%	50%	46%	33%	29%	40%	56%	50%	51%	51%
Happy with life	**46%**	57%	37%	32%	47%	42%	46%	39%	49%	44%	49%	37%	35%	38%	41%

Year 10	All	Male	Female	Transgender	LGB	White UK	Other White	Mixed	Black	Asian	Middle East / West Asian	EAL	Single-Parent Family	SEND	Young Carer	Currently has FSM
Sample	**1.835**	929	846	93	143	599	125	189	258	509	79	481	354	166	180	707
Happy with their weight	**50%**	52%	47%	48%	35%	49%	40%	51%	50%	53%	54%	52%	44%	49%	46%	47%
Nothing to eat or drink before lessons this morning	**25%**	21%	30%	28%	44%	27%	26%	32%	31%	16%	31%	20%	33%	24%	29%	31%
Nothing for lunch yesterday	**15%**	11%	19%	12%	17%	14%	18%	18%	12%	13%	24%	14%	18%	15%	16%	19%
5+ portions fruit/veg yesterday	**7%**	7%	6%	7%	7%	7%	10%	3%	6%	8%	5%	8%	6%	11%	9%	6%
Brushed teeth at least twice yesterday	**81%**	80%	83%	79%	68%	80%	77%	84%	78%	83%	86%	84%	80%	70%	76%	80%
No days last week with total >=60m exercise	**6%**	5%	8%	4%	8%	7%	6%	4%	4%	6%	8%	8%	5%	12%	7%	8%
7 days last week with total >=60m exercise	**16%**	19%	13%	13%	17%	14%	17%	20%	15%	17%	12%	18%	15%	18%	20%	15%
Active travel to school	**51%**	55%	47%	53%	56%	58%	52%	48%	52%	44%	33%	46%	52%	48%	56%	51%
Happy with life	**43%**	54%	33%	41%	17%	43%	39%	43%	39%	50%	43%	45%	32%	34%	37%	38%

THE 2026 SAMPLE

Teachers received guidance from Schools Health Education Unit staff to support consistent and reliable data collection. Schools were offered the option to complete the survey online through a bespoke website, with paper questionnaires provided where technical issues prevented online participation. A total of 12,942 pupils took part in the 2026 HRBS, including pupils from 23 Key Stage 1 settings, 57 Key Stage 2 settings, 16 secondary (Key Stage 3-4) settings, three institutions completing the Year 12+ survey, and nine institutions participating in the SEND survey.

Each participating school received an individual report comparing its results with the combined results for pupils in the same age group.

School Year	Year 2	Year 4	Year 5	Year 6	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12+	Total
Boys	395	1,106	250	1,162	440	1,058	337	929	140	290	6,107
Girls	391	1,117	271	1,189	402	1,112	461	846	99	226	6,114
Total	**798**	**2,279**	**536**	**2,416**	**854**	**2,225**	**817**	**1,835**	**246**	**532**	**12,538***

* 317 young people didn't select male or female. 404 students took part in a bespoke special school survey so their results are reported elsewhere.

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