

Student Health Survey (SHEU) 2024 Headlines

**Barking &
Dagenham**

**Martin Russell
Lead for Culture and
Wellbeing (Education)**

one borough; one community; no one left behind

INTRODUCTION

The London Borough of Barking and Dagenham have commissioned The School and Student Health Education Unit (SHEU) to conduct the Student Health and Wellbeing Survey 4 times of the last 8 years, building a concise picture of the changing impacts on young peoples health in that time.

Primary Schools



COVID
recovery
year



Secondary Schools



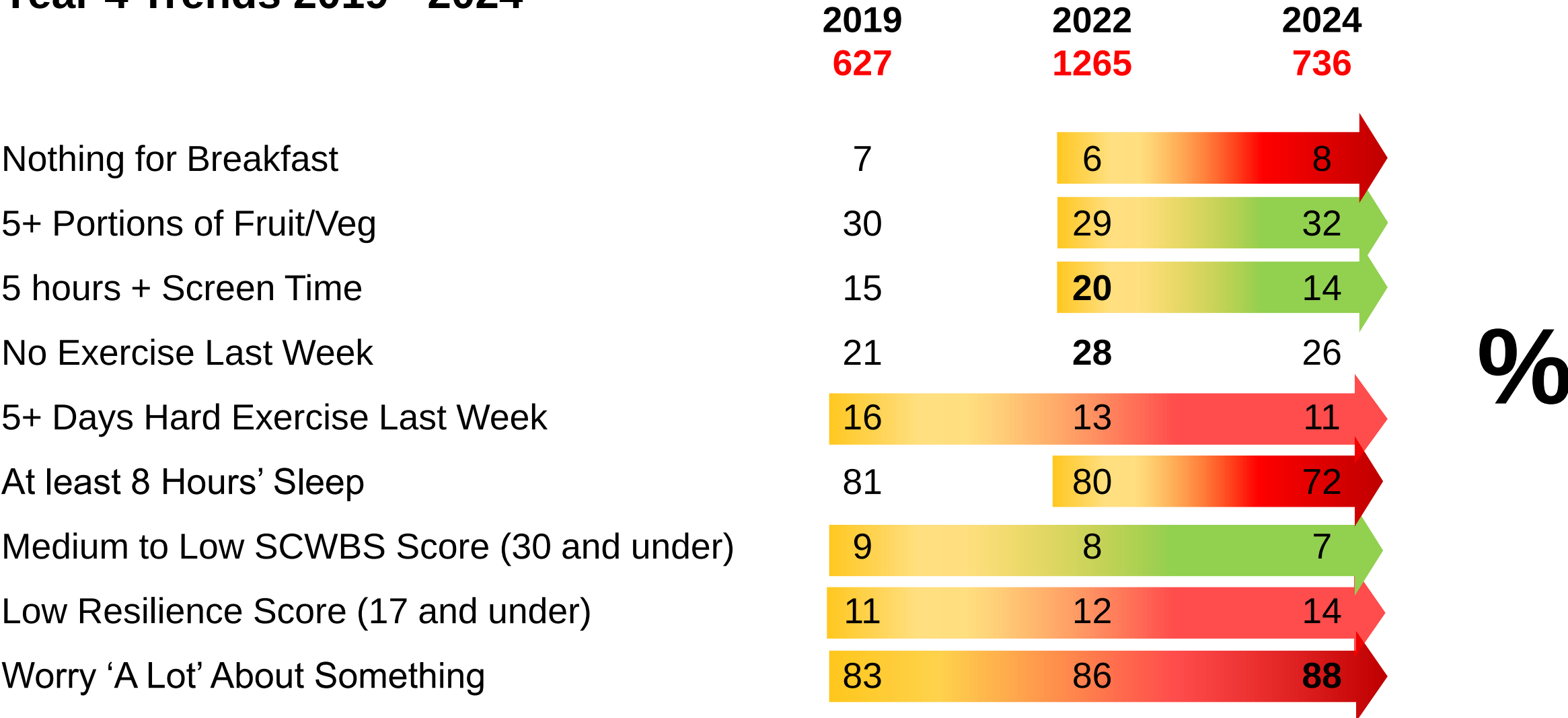
COVID
recovery
year



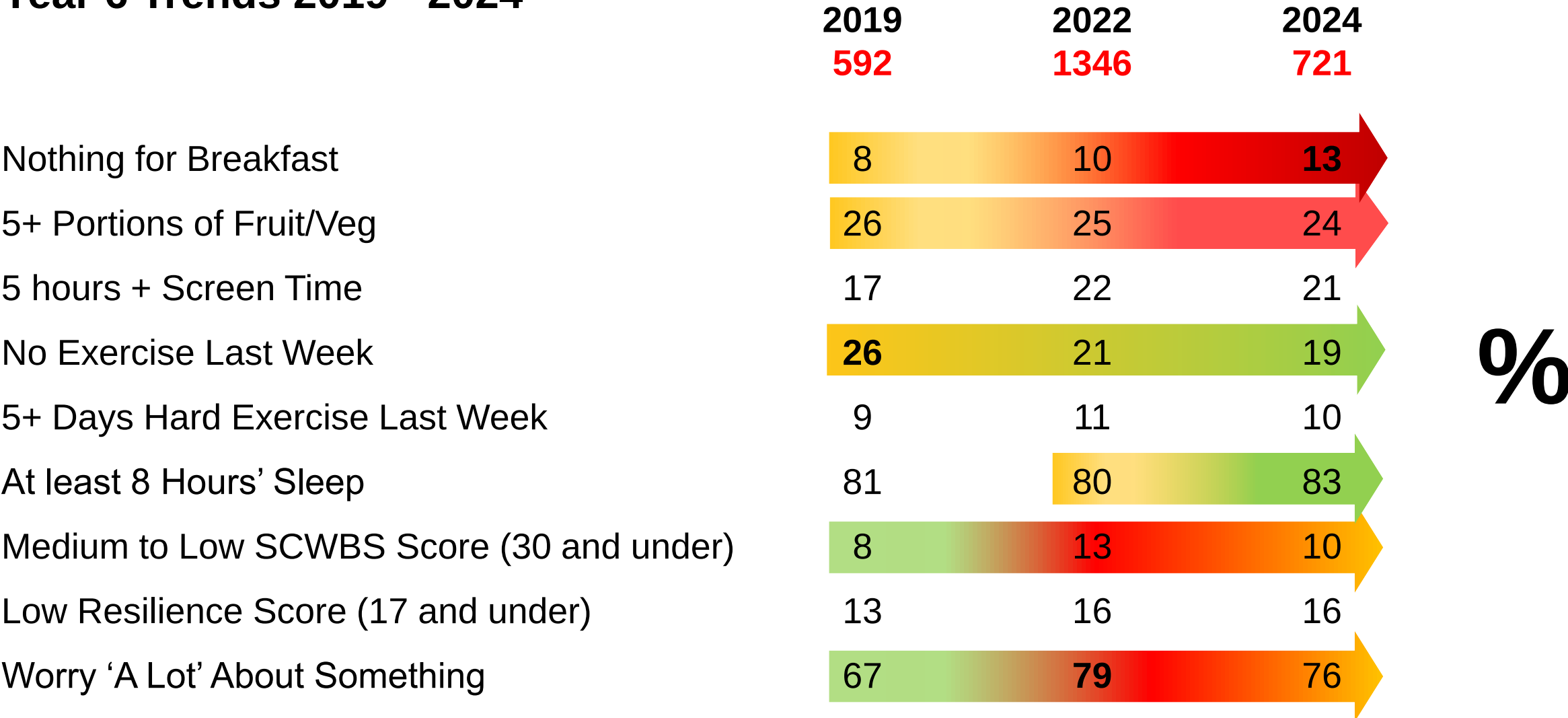
PRESENTATION STRUCTURE

- **Year Group Trends 2017 (2019) - 2024**
 - Year 4**
 - Year 6**
 - Year 8**
 - Year 10**
- **Shared Trends Year 4 – Year 12**
- **Inequalities Data Year 10**
- **National Comparators Year 10**

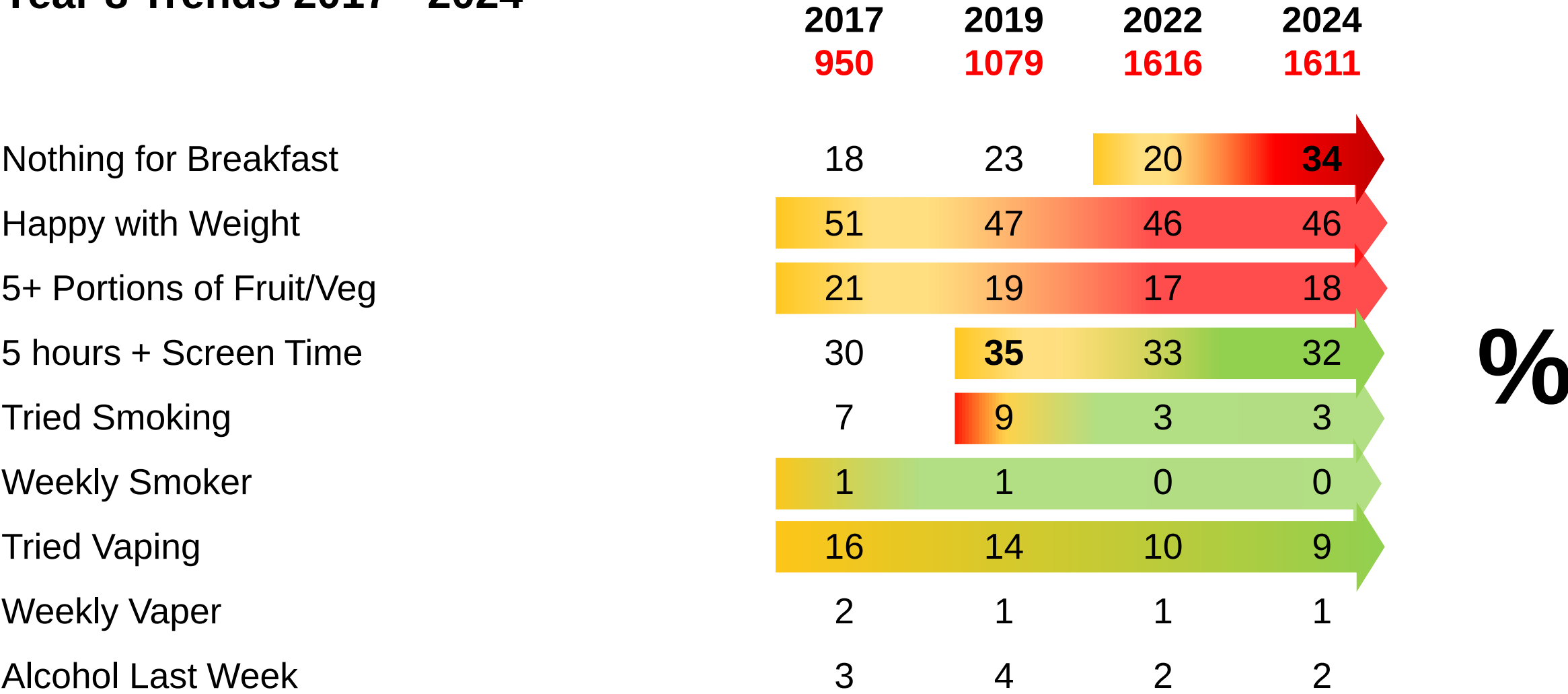
Year 4 Trends 2019 - 2024



Year 6 Trends 2019 - 2024



Year 8 Trends 2017 - 2024

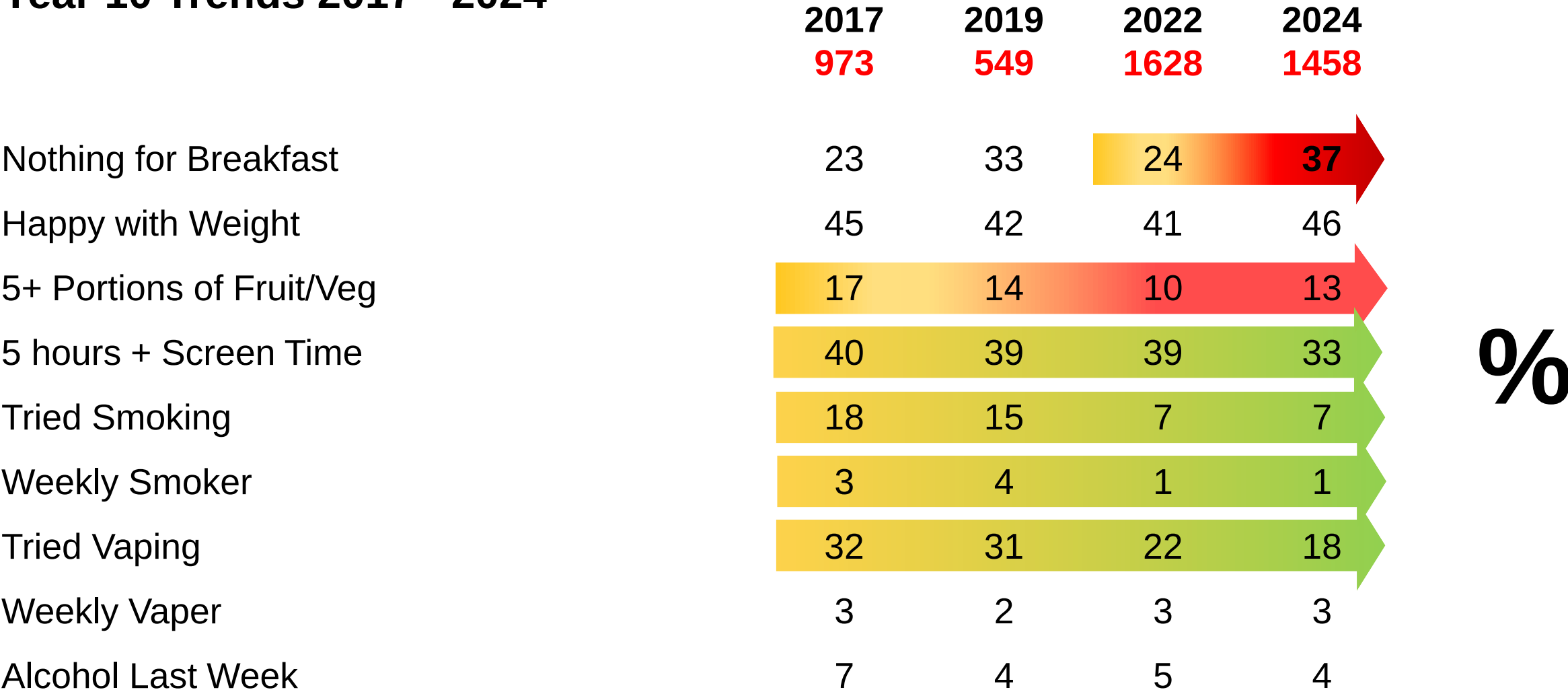


Year 8 Trends 2017 - 2024

	2017 950	2019 1079	2022 1616	2024 1611
Tried Illegal Drugs	2	2	1	1
No Exercise Last Week	28	28	23	23
5+ Days Hard Exercise Last Week	8	11	9	9
At Least 8 Hours Sleep	70	65	66	41
Med-Low WEMWBS Score (Less than 41)	26	28	37	36
Low Resilience Score (Less than 17)	17	19	23	25
Worry 'A Lot' About Something	59	63	62	61
Satisfied with Life	58	59	49	50
At Least One Trusted Adult	94	94	93	91
Past/Current date Bullying/Abuse	21	17	14	16

%

Year 10 Trends 2017 - 2024



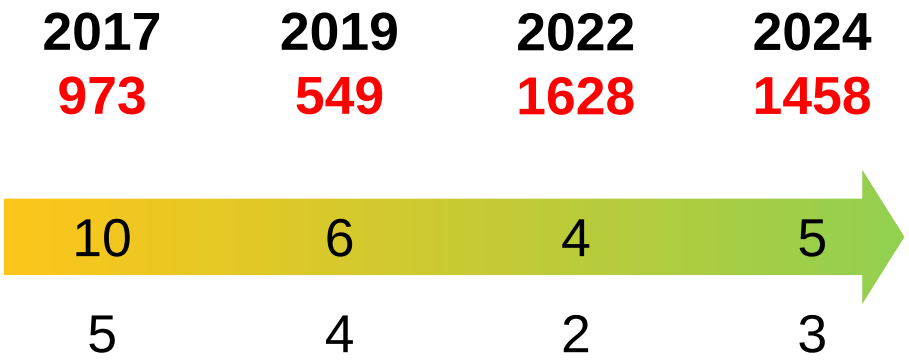
Year 10 Trends 2017 - 2024

	2017 973	2019 549	2022 1628	2024 1458
Tried Illegal Drugs	7	6	4	3
No Exercise Last Week	29	38	29	27
5+ Days Hard Exercise Last Week	9	8	9	10
At Least 8 Hours Sleep	53	47	53	29
Med-Low WEMWBS Score (Less than 41)	31	35	40	34
Low Resilience Score (Less than 17)	19	23	23	24
Worry 'A Lot' About Something	64	61	67	61
Satisfied with Life	51	44	40	46
At Least One Trusted Adult	89	87	88	89
Past/Current date Bullying/Abuse	29	32	24	24

%

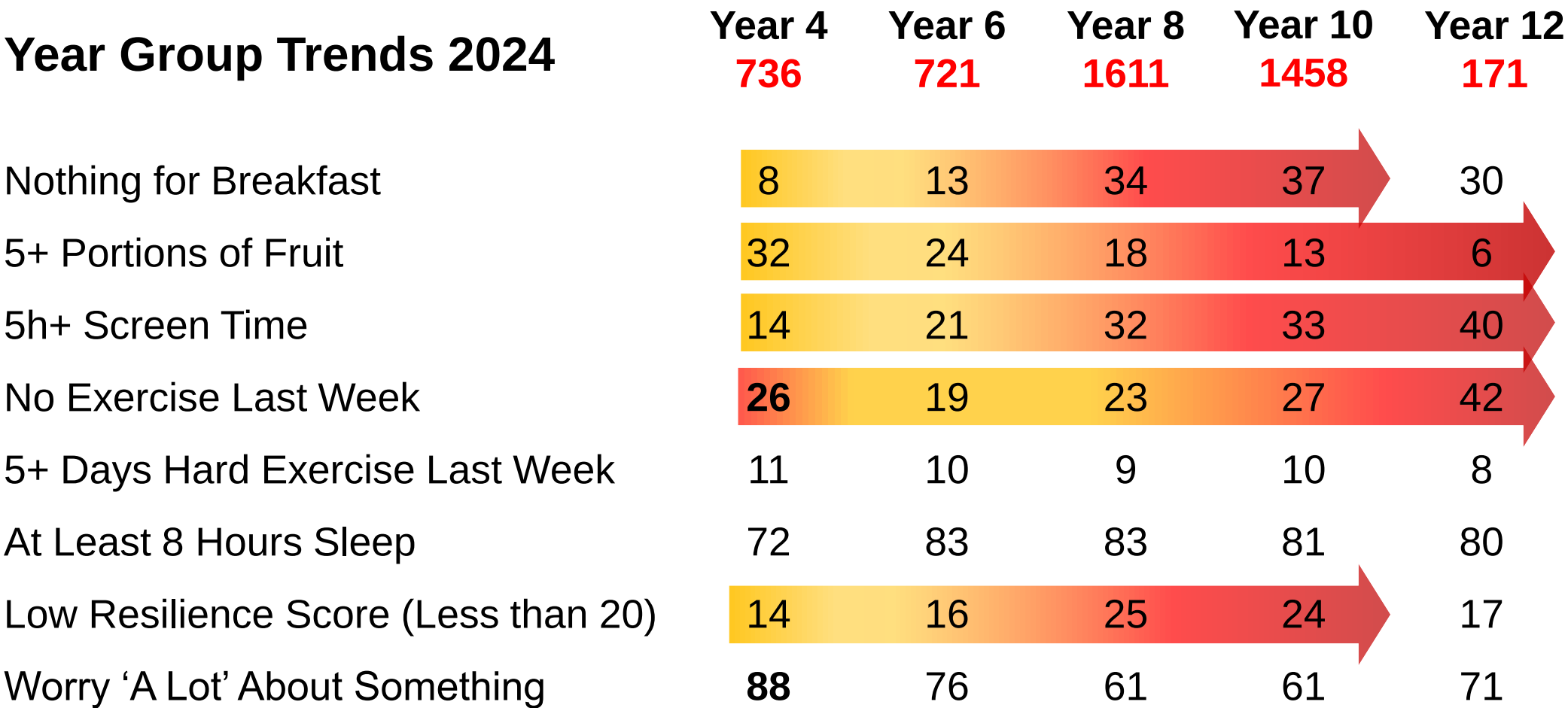
Year 10 Trends 2017 - 2024

Sexual Activity
Unprotected Sex



%

Year Group Trends 2024



%

Year Group Trends 2024

Happy with Weight

Tried Smoking

Weekly Smoker

Tried Vaping

Weekly Vaper

Alcohol Last Week

Tried Illegal Drugs

Med-Low WEMWBS Score (Under 30)

Satisfied with Life

Past/Current date bullying/Abuse

Year 8
1611

Year 10
1458

Year 12
171

46

46

34

3

7

11

0

1

1

9

18

28

1

3

2

2

4

9

1

3

7

30

29

27

50

46

42

16

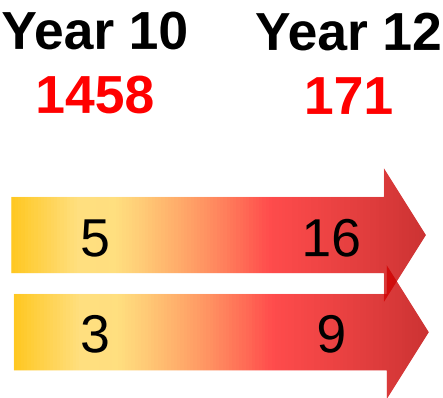
24

24

%

Year Group Trends 2024

Sexual Activity
Unprotected Sex



%

Year 10 Inequalities Headlines



37%
Nothing for
Breakfast

41%
FSM

38 ♂

36 ♀



33%
5 hours +
Screen Time

49%
SEND

52% Single
Parent
Family

32% BEM

31% ♂



18%
Tried Vaping

38% **SEND**
35% Single
Parent
Family
19% ♀
17% BEM

**Barking &
Dagenham**



27%
No Exercise
Last Week

34%



28% BEM

24% SEN

22% FSM



34%
Med-Low
WEMWBS
Score

51%

SEND

51% LGBTQ+

43% 

42% Young
Carer



61%
Worry 'a
lot' about
something

71%

Young
Carer

68% 

68% BEM

52% Single
Parent
Family

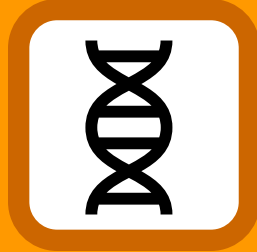
; one community; no one left behind



5%
Sexual
Activity

29%
Single
Parent
Family

6% ♂
4% BEM
2% ♀



3%
Unprotected
Sex

19%
SEND

14% Single
Parent
Family
11% LGB
5% ♂
1% ♀



24%
Past/Current
Bullying/Abuse

56% 43% SEN
LGB 39% Young
Carer
32% FSM

Barking &
Dagenham

Year 10 National Comparisons 2024

	LBBD 2024	National 2023
Nothing for Breakfast	37	27
Happy with Weight	46	42
5+ Portions of Fruit/Veg	13	11
Tried Smoking	7	13
Weekly Smoker	1	2
Tried Vaping	18	40
Weekly Vaper	3	1
Alcohol Last Week	4	6
Tried Illegal Drugs	3	14

%

Year 10 National Comparisons 2024	LBBD 2024	National 2023	
No Exercise Last Week	27	9	
5+ Days Hard Exercise Last Week	10	12	
At Least 8 Hours Sleep	29	41	
Med-Low WEMWBS Score (Less than 41)	34	45	
Low Resilience Score (Less than 17)	51	44	%
Worry 'A Lot' About Something	61	48	
Satisfied with Life	46	47	
At Least One Trusted Adult	89	85	
Past/Current date Bullying/Abuse	24	31	
Sexual Activity	5	8	
Unprotected Sex	3	4	
one borough; one community; no one left behind			Barking & Dagenham