

# Flourish Survey 2024 – Healthy eating and physical activity overview: Infographic text description

## Diet

- Among Year 4 to Year 13 pupils:
  - Just over 1 in 5 report having a takeaway or fast food as an extra meal or snack at home at least once a week
  - Around 1 in 4 report meeting the 5-a-day fruit and vegetable target on the day before the survey
  - Almost 1 in 10 report having no portions of fruit or vegetables on the day before the survey
  - Water is the most frequently consumed drink
- Among Year 6 to Year 13 pupils:
  - Over 4 in 10 report a desire to lose weight
  - Around 1 in 10 report a desire to gain weight
  - Female pupils are more likely to want to lose weight than males
  - Just over 1 in 4 report that they usually or always eat or drink more when worried or stressed

## Dental Hygiene

Proportions average across Year 4 to Year 13 pupils (pupils aged 8 to 18)

- Almost 1 in 5 report not going to the dentist for over a year or never having been
- The percentage reporting not going to the dentist for over a year or never having been increased between 2017 and 2024
- 1 in 20 report that they have never been to a dentist
- Just over 8 in 10 report brushing their teeth at least twice a day

## Physical Activity and Active Travel

Proportions average across Year 4 to Year 13 pupils (pupils aged 8 to 18)

- Over 1 in 5 report that they did exercise which made them breathe harder and faster on only one or no days in the week before the survey
- Nearly 1 in 6 report that they did not do any sport or physical activity outside of school in the 4 weeks before the survey
- Among Year 6 pupils...
  - Over 1 in 5 report not being allowed to walk alone without adult supervision

- Almost 1 in 2 report not being allowed to use public transport alone without adult supervision
- Pupils report greater confidence when travelling if they are with friends
- More pupils report feeling 'not at all confident' about cycling than walking

### **Community Safety**

Proportions average across Year 6 to Year 13 pupils (pupils aged 10 to 18)

- Just over 1 in 5 rate their safety when going out after dark as poor or very poor
- Just under 9 in 10 rate the ability of the police to keep them safe as ok, good or very good
- Just under 9 in 10 rate safety on public transport as ok, good or very good
- Just over 9 in 10 rate safety on local roads as ok, good or very good
- Over 4 in 10 think that there are not enough safe crossing places on local roads