

Norfolk Flourish Survey 2024 – Healthy eating and physical activity overview

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



Diet



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

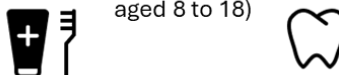
Just over **1 in 4** report that they usually or always eat or drink more when worried or stressed

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

Dental Hygiene

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



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

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

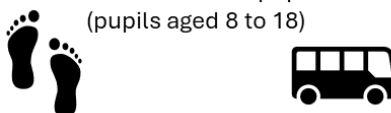
Among Year 6 pupils...

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

Physical Activity and Active Travel

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



Pupils report greater confidence when travelling if they are with friends

More pupils report feeling 'not at all confident' about cycling than about walking

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

Community Safety

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



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

