

Student Health and Wellbeing In Wales

The 2017/18 Health Behaviour in School-aged Children Survey and School Health Research Network Student Health and Wellbeing Survey

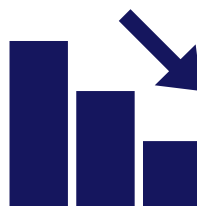


Life Satisfaction



85% rated their life satisfaction as 6 or more (scale of 0 to 10). Females and those from less affluent families were less satisfied.

Mental wellbeing



scores decreased slightly as students got older. Females and those from less affluent families had lower wellbeing scores.

Loneliness



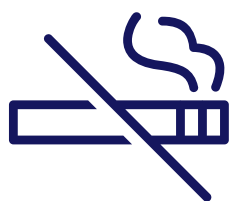
42% reported they never felt lonely during the summer holidays. Feelings of loneliness increased with age.

Liking school



62% reported they liked school a little or a lot. There was a stark decline in liking school 'a lot' with increasing age.

Smoking & vaping



4% reported smoking tobacco weekly or daily. This was similar for e-cigarettes, with 3% reporting vaping weekly.

Drinking alcohol



48% reported they do not drink alcohol. Of those who do, 1 in 5 drink five or more drinks on days when they drink.

Sugary soft drinks



1 in 5 drink soft drinks containing sugar at least daily. Those from less affluent families drank sugary soft drinks more often.

Physical activity



ranged from 5% who were physically active for 0 days to 18% active daily. Nearly 1 in 4 males (23%) were active daily, compared to 14% of females.

For the full report see <http://www.shrn.org.uk/national-data/>