

Chapter 7: Lifestyle



Lifestyle

Breakfast

The Lifestyle section of the survey asked about diet, sleep, physical activity and screen time.

In The Past Week, How Often Did You Eat Breakfast?

● Year 2 ● Year 4 ● Year 6 ● Year 8 ● Year 10



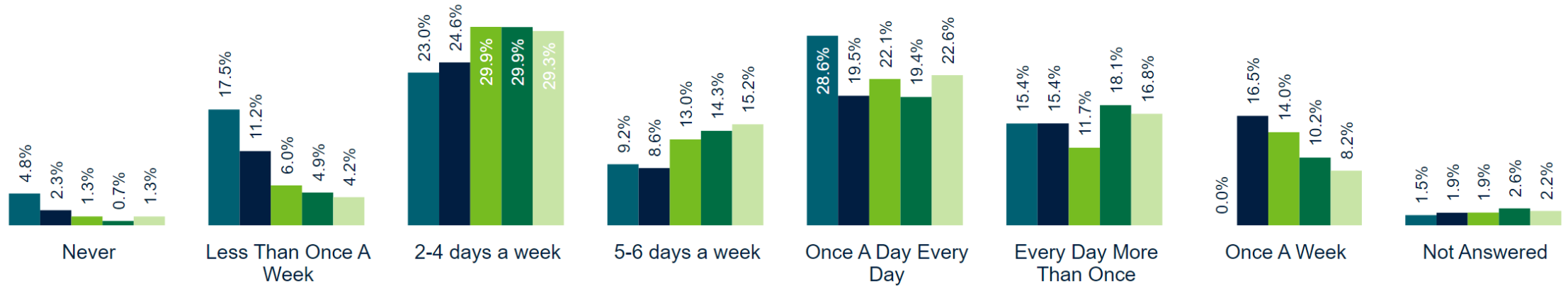


Lifestyle

Diet

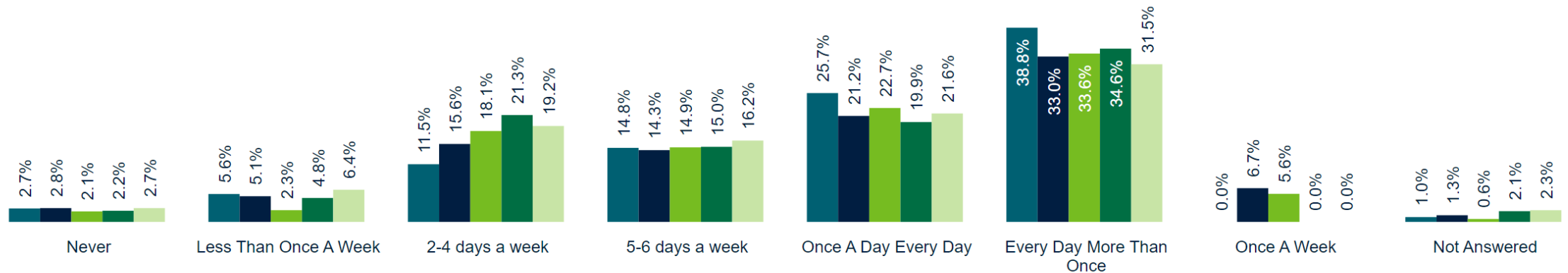
How Many Times A Week Do You Usually Eat Sweets, Chocolate, Crisps, Or Have Fizzy Drinks?

● Year 2 ● Year 4 ● Year 6 ● Year 8 ● Year 10



How Many Days A Week Do You Usually Eat Fruit And Vegetables?

● Year 2 ● Year 4 ● Year 6 ● Year 8 ● Year 10

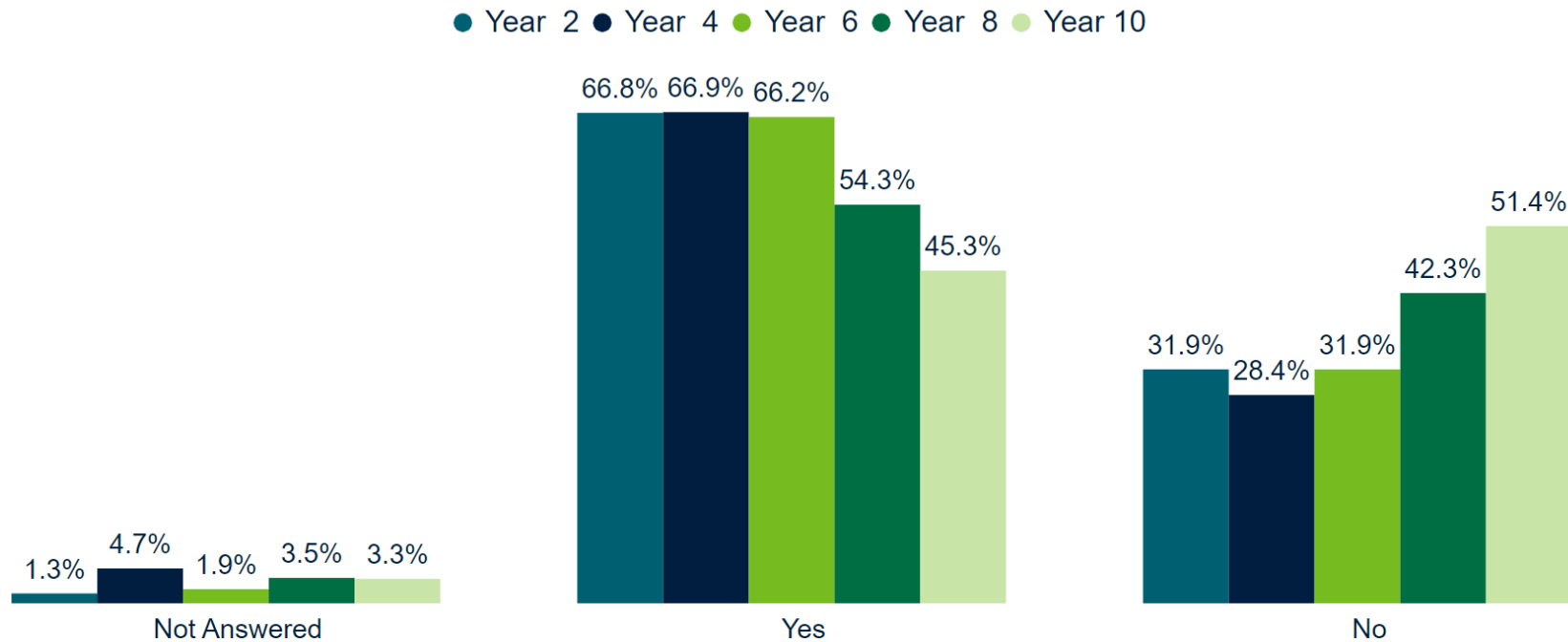




Lifestyle

Sleep

Is The Amount Of Sleep You Normally Get Enough For You To Feel Awake And Concentrate On Your Schoolwork?



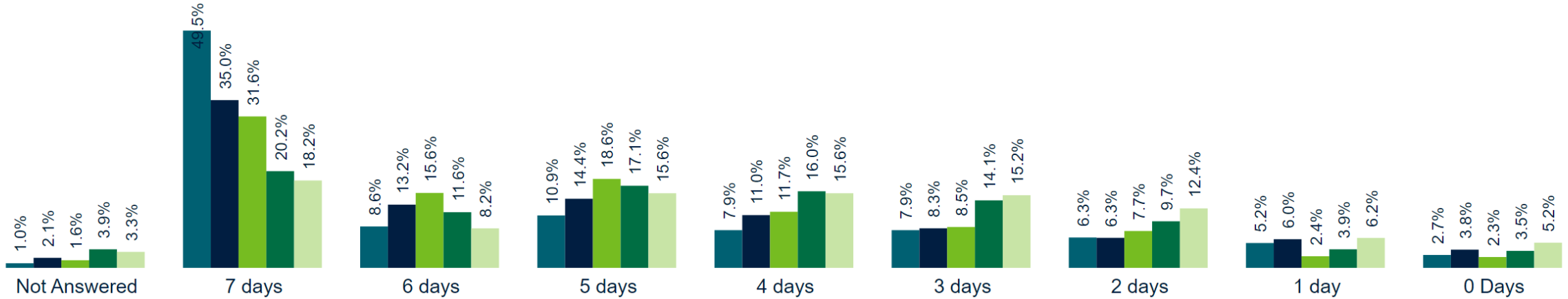


Lifestyle

Physical Activity

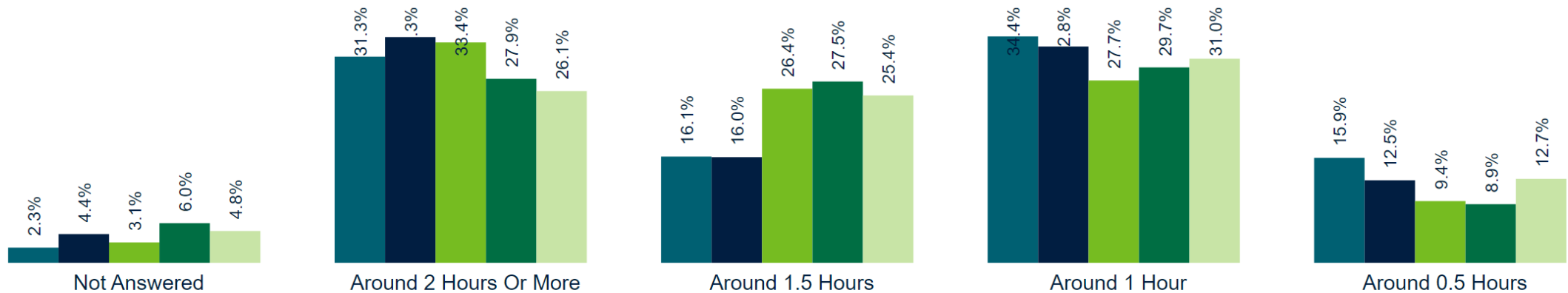
How Many Days In A Usual Week Are You Normally Active?

● Year 2 ● Year 4 ● Year 6 ● Year 8 ● Year 10



On The Days That You Were Physically Active, How Long Did You Spend Being Active?

● Year 2 ● Year 4 ● Year 6 ● Year 8 ● Year 10





Lifestyle

Barriers to Physical Activity

Year 4

Barriers To Physical Activity	Year 4
Nothing Stops Me	51.7%
I Am Shy In Front Of Other People	19.2%
I Don'T Have Enough Time	16.6%
I Don'T Know What To Do	14.9%
I Know What I Want To Do But I Don'T Know Where To Go	14.6%
I'M Not Comfortable About How I Look	11.3%
Other	10.4%
I Don'T Think I Have The Skills To Do It	9.7%
I Don'T Feel Confident Doing It	9.5%
I Don't Like To Try New Things	8.3%
My Parents Wont Let Me Go	8.3%
I Don'T Like The Places I'd Have To Go To	7.9%
It Is Too Expensive	7.2%
My Friends Aren't Interested	6.8%
I Don'T Like Doing Pe At School	6.7%
I Don'T Like The People Who Go There	6.5%
Transport To Get There Is A Problem	6.0%
I Don'T Want To Mess Up My Hair Or Makeup	5.1%
My Parents Don'T Do Any Physical Activity	4.0%
I Don'T Want To Do Any Physical Activity	3.7%
The Facilities Don't Cater For My Special Needs	2.5%

Year 6

Barriers to physical activity	Year 6
Nothing Stops Me	39.1%
I Don'T Know What To Do	20.9%
I Don'T Have Enough Time	19.1%
I'M Not Comfortable About How I Look	15.4%
I Am Shy In Front Of Other People	15.1%
I Don'T Think I Have The Skills To Do It	12.5%
I Know What I Want To Do But I Don'T Know Where To Go	12.0%
I Don'T Feel Confident Doing It	11.4%
Other	10.6%
I Don'T Like Doing Pe At School	10.5%
I Don'T Like The People Who Go There	8.4%
My Parents Wont Let Me Go	8.4%
I Don'T Like The Places I'd Have To Go To	7.9%
I Don't Like To Try New Things	6.9%
My Friends Aren't Interested	5.9%
Transport To Get There Is A Problem	5.0%
It Is Too Expensive	4.9%
I Don'T Want To Do Any Physical Activity	4.2%
I Don'T Want To Mess Up My Hair Or Makeup	4.1%
My Parents Don'T Do Any Physical Activity	4.1%
The Facilities Don't Cater For My Special Needs	1.2%

Year 8

Barriers to physical activity	Year 8
Nothing Stops Me	31.4%
I Don'T Have Enough Time	21.3%
I Am Shy In Front Of Other People	18.6%
I'M Not Comfortable About How I Look	18.5%
I Don'T Feel Confident Doing It	18.4%
I Don'T Know What To Do	18.1%
I Don'T Like Doing Pe At School	17.5%
I Don'T Think I Have The Skills To Do It	12.2%
I Don'T Like The People Who Go There	10.0%
I Don't Like To Try New Things	10.0%
I Know What I Want To Do But I Don'T Know Where To Go	9.7%
Other	9.6%
I Don'T Like The Places I'd Have To Go To	9.5%
My Friends Aren't Interested	8.6%
I Don'T Want To Do Any Physical Activity	7.2%
Transport To Get There Is A Problem	5.5%
It Is Too Expensive	5.4%
My Parents Wont Let Me Go	5.3%
I Don'T Want To Mess Up My Hair Or Makeup	4.9%
My Parents Don'T Do Any Physical Activity	2.8%
The Facilities Don't Cater For My Special Needs	0.2%

Year 10

Barriers to physical activity	Year 10
Nothing Stops Me	30.0%
I Don'T Have Enough Time	27.8%
I Am Shy In Front Of Other People	21.1%
I'M Not Comfortable About How I Look	19.8%
I Don'T Feel Confident Doing It	18.8%
I Don'T Like Doing Pe At School	18.7%
I Don'T Know What To Do	16.7%
I Don'T Like The People Who Go There	12.0%
I Don'T Think I Have The Skills To Do It	11.0%
I Don'T Like The Places I'd Have To Go To	10.8%
I Don't Like To Try New Things	9.7%
I Know What I Want To Do But I Don'T Know Where To Go	9.5%
It Is Too Expensive	8.7%
Transport To Get There Is A Problem	8.2%
My Friends Aren't Interested	8.0%
Other	8.0%
I Don'T Want To Do Any Physical Activity	7.7%
I Don'T Want To Mess Up My Hair Or Makeup	5.7%
My Parents Wont Let Me Go	5.1%
My Parents Don'T Do Any Physical Activity	3.8%
The Facilities Don't Cater For My Special Needs	1.2%

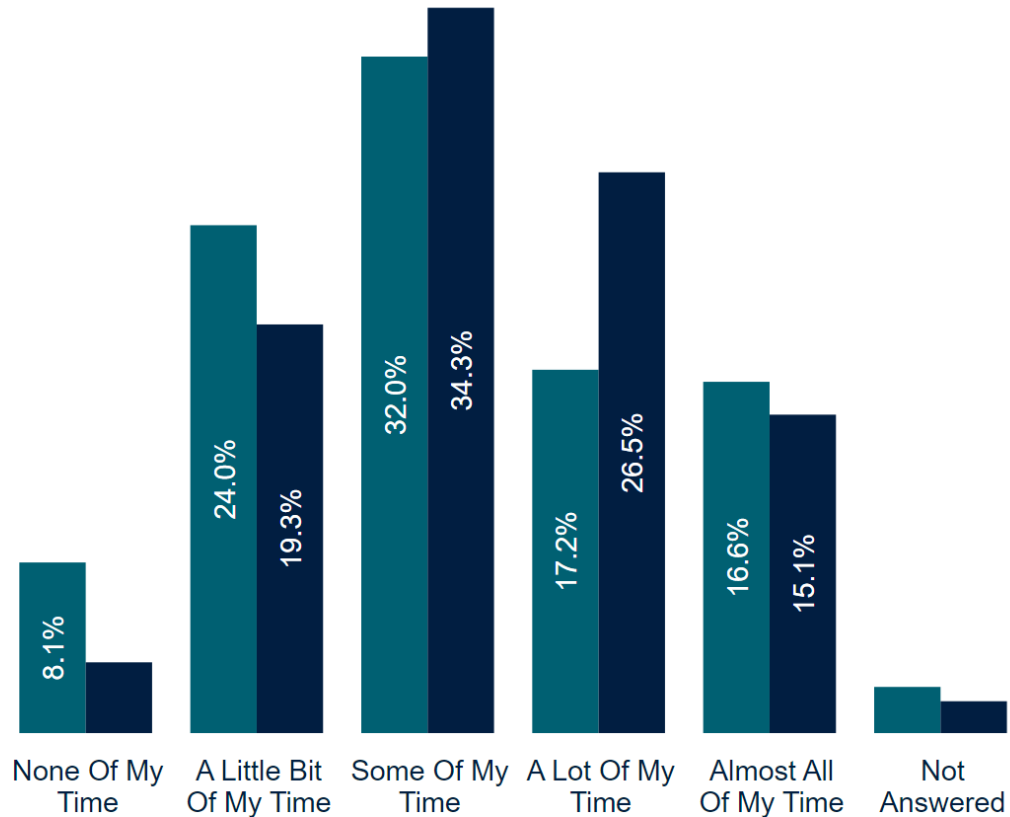


Lifestyle

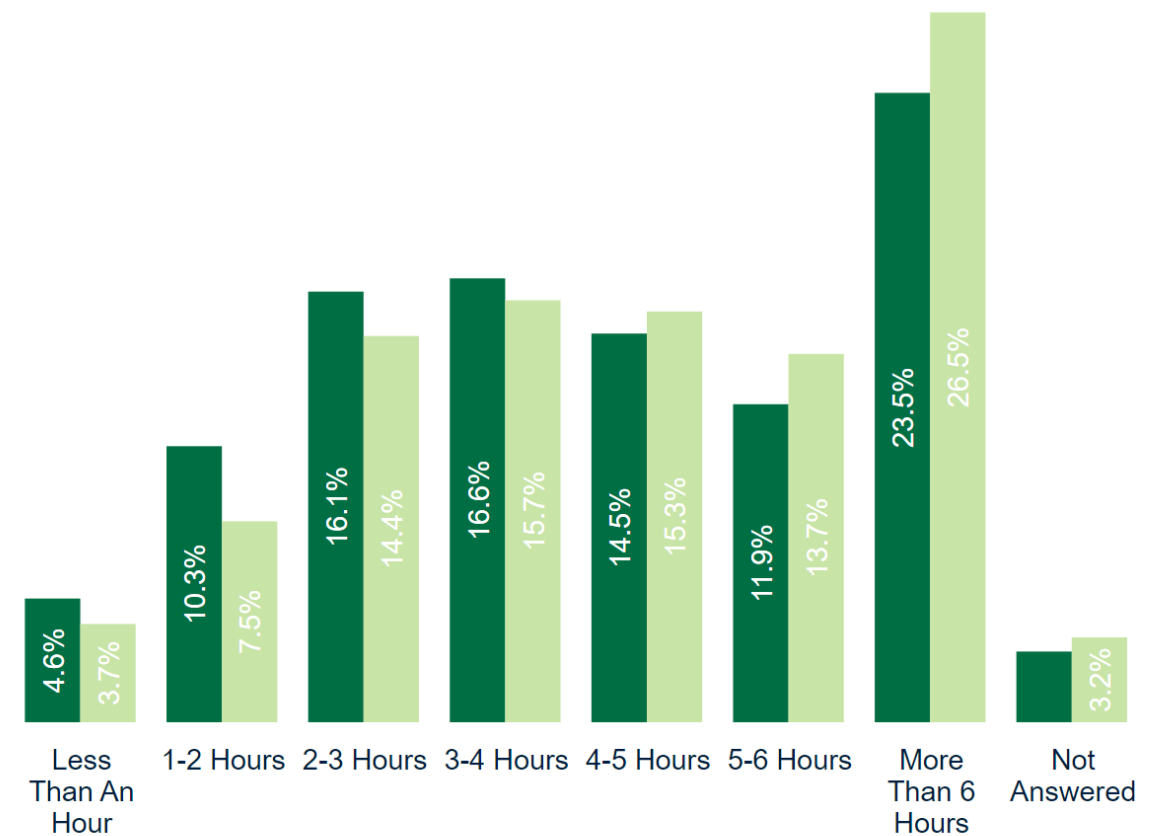
Technology

Yesterday, How Much Time Did You Spend Using Screen Devices Outside Of School?

● Year 4 ● Year 6



● Year 8 ● Year 10

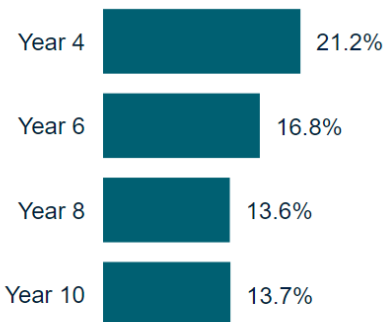




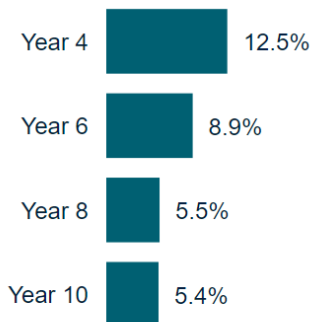
Lifestyle

Food Poverty

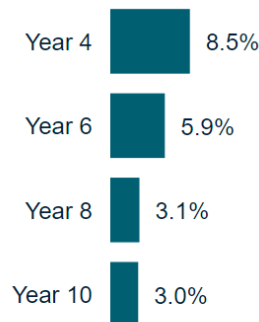
Sometimes I Am Hungry But Didn't Eat Because I Don't Want To Use Up The Food



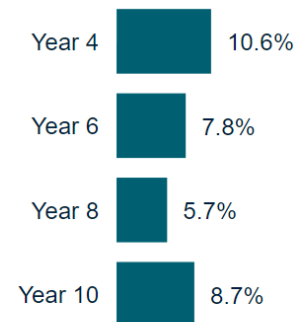
Sometimes We Had To Eat Less And Make Food Last Longer Because We Didn't Have The Money To Buy More



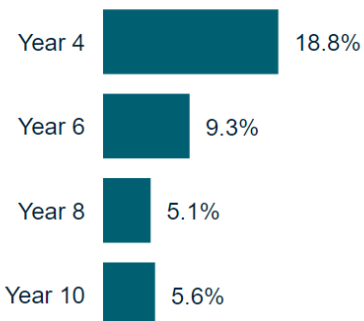
Sometimes We Don't Eat Proper Meals Because We Didn't Have Enough Money To Buy More Food



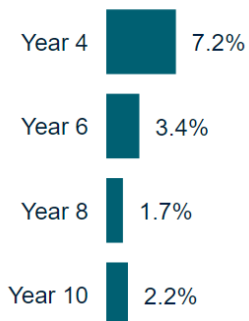
Sometimes I Am Hungry But Don't Eat Because We Don't Have Enough Food In The House



Sometimes I Eat Less So That My Parents/Carers, Brothers and Sisters Can Eat More



Sometimes I Eat At Family Or Friends Houses Because We Don't Have Enough Food In Our House



Sometimes I Don't Eat Meals Because I'm Not Hungry



Sometimes My Meal At School Is My Only Meal Of The Day

