HEALTH & WELLBEING CENSUS 2021/2022

Glasgow CITY COUNCIL

74% said their health was good/excellent (P5 - S6)

16% have a long term physical or mental health condition or illness (P5 - S6)

44% were happy with their body and the way they look (P7 - S6)

25% care for / look after someone (P7 - S6)

22% got 9+ hours of sleep (S1 - S6)

31% do vigorous physical activity every day (P5 - S6)

54% usually have breakfast every weekday and **68%** on the weekend (P5 - S3 and S5-S6)

27% sometimes go to school or bed hungry (P7 - S6)

18% had smoked cigarettes (S4)*

63% expected to go to further education / training (S1 - S6)

86% felt pressured by schoolwork (P7 - S6)

2% had no close friends (P5 - S6)

28% had used an e-cigarette / vape (S4)*

14% often or always felt lonely (P5 - S6)

49% often or always felt confident (P5 - S1)

30% had been bullied in the last year. **14%** had bullied others (P5 - S3)

42% had drunk alcohol (S4)*

7% had taken illegal drugs (S4)*

10% had sexual intercourse (S4 - S6)

32% spent 6+ hours on electronic devices on weekdays and **54%** on weekends (S1 - S6)

*S4 pupils were asked to complete a separate survey on substance use