



National Study of Health and Wellbeing: Children and Young People

This leaflet is about how your contribution informed the latest wave of the survey and research findings

This information sheet contains findings from **Wave 4** of the **National Study of Health and Wellbeing: Children and Young People** which reports data from 2,370 children and young people aged 8 to 25 years.

Previously, we asked children, young people and parents to take part in consultation activities to help us design wave 4 of the survey. Here, we report on the **key topics discussed during the consultation** and **additional survey findings**.

You said, we did

Additional findings

What happens next?



You said, we did



Based on consultation activities with children, young people and parents, these 3 pillars report results from topics which you thought were important to include in the most recent wave of the survey.

Bullying

Around **1 in 5** children and young people (8-25 years) had a **probable mental disorder**.



11-16 year olds with a probable mental disorder were

5 times

more likely to have been **bullied in person** than those unlikely to have a probable mental disorder.



They were also more likely to be **bullied online**.

In **17-25 year olds**, rates of probable mental disorders were **twice as high** for **women** than men.



Cost of living

1 in 7 children aged **8 to 16 years** had a **parent who could not afford** for their child to take part in **extracurricular activities**.



Nearly half of young people **aged 17 to 25 years** reported being **worried about money**.

Climate change

Just over half of young people aged **17 to 25 years** reported being worried about the impact of climate change.



■ Worried ■ Neutral ■ Not worried

1 in 5 young people had **neutral** feelings towards worries about climate change and **1 in 4** reported that they were **not worried**.



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Additional findings



Many of the topics you thought were important were already covered in the survey, such as feeling safe at school, social media, and access to mental health services. These topics were included again.

School safety



For children aged **11 to 16 years**, **9 in 10** said they had at least **one friend** they could turn to for support, and over **7 in 10** agreed that **'I feel safe at school'**.

Social media



6 in 10 children and young people who used social media agreed that they **felt safe online**, compared to around **1 in 10** who disagreed.

Seeking mental health help



3 in 4 parents with a concern about their child's **mental health sought help**. **1 in 2 young people with a concern** about their **own mental health sought help**

Eating disorders



Eating disorders were identified in **1 in 8 young people (aged 17-19)**, with rates **4 times higher** in young **women** than young **men**.

You can read the whole report of the **National Survey of Health and Wellbeing: Children and Young People** by clicking [this link](#) or scanning the **QR code** below:



Sleep problems



9 in 10 young people (17-23 years) with a probable mental disorder had a **sleep problem** 3 or more times over the previous **7 nights**.



What happens next?



Below are some ways that the National Survey results are used to inform practice:

NHS England has rolled out **398 Mental Health Support Teams** within schools and colleges to **provide early support to young people** with mild to moderate mental health issues.

A further **200 teams** are currently in training to start operating in **Spring 2025**.

"The NHS is providing support for more children and young people than ever before – we have already supported over 700,000 children and young people with their mental health this ... NHS staff are working harder than ever to meet the increased demand."
Claire Murdoch, NHS Mental Health Director

"I would hope that this is not just a tick in the box but a real tool to identify what is needed to support young people with their mental health"

Consultation participant

Unfortunately, we could not include all of the suggestions and feedback from the consultation activities in Wave 4 of the survey, but these suggestions will be considered if and when further studies take place.

We are thinking of other ways to share these findings with:

- Service commissioners and policy makers
- Children, young people and their supporters
- People in the education, voluntary and social care sectors

This may include making more information sheets aimed at different audiences, creating videos and/or producing workshops to share findings with people who may be able to use them to create change!



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