

## Young People Health and Lifestyle Survey 2008-09: Diet

### **General information**

The Children and Young People Health and Lifestyle Survey was conducted in schools between November 2008 and February 2009. Young people were asked about their health and lifestyle including about their diet. A total of 2,928 pupils participated in the survey across all except one<sup>1</sup> of Hull's secondary schools. The full report is available on [www.hullpublichealth.org](http://www.hullpublichealth.org). However, there is relatively little information included within the main report about diet due to the complexity of presenting the information. This brief report includes some information on breakfast and lunch (but not evening meal).

### **Breakfast**

Pupils were asked how frequently they ate breakfast in a usual week before coming to school on the way to school and at school. A high percentage of pupils only answered one question 'everyday' and then did not provide answers for the other questions, so it was these 'missing' responses represent 'no' responses and they have been included in the denominator. Only 132 pupils did not answer all three questions and have been excluded from the denominator. **Table 1** gives the frequency of usually having breakfast before school, on the way to school and at school. Some pupils may frequently have breakfast both before school and on the way to school, so the number of days reported for each category does not necessary 'sum' to five days. **Table 2** examines the combination of these responses. It is not possible to examine every single combination as almost every combination is reported among the survey responders, and the most common responses are given where more than 30 pupils give the specific combination of responses. A total of 343 (12.3%) pupils stated they never had breakfast, a further 146 (5.2%) pupils had breakfast rarely (<1 day per week) and a further 302 (10.8%) pupils had breakfast 1-2 days per week. Approximately two-thirds of pupils who never ate breakfast before school, on the way to school or at school were girls.

*Table 1*

Frequency	Breakfast on a usual school week: number (%)		
	Before coming to school	On way to school	At school
Everyday	1,454 (52.0)	72 (2.6)	70 (2.5)
3-4 days/week	401 (14.3)	88 (3.1)	42 (1.5)
1-2 days/week	306 (10.9)	182 (6.5)	83 (3.0)
<1 day/week	169 (6.0)	170 (6.1)	52 (1.9)
Never	466 (16.7)	2,284 (81.7)	2,549 (91.2)

<sup>1</sup> St Mary's did not participate.

Table 2

Breakfast frequency (most common responses)	Number (%) of pupils	
	N	%
Before school 5 d / never on way / never at school	1,273	45.5
Never before school / never on way / never at school	343	12.3
Before school 3-4 d / never on way / never at school	245	8.8
Before school 1-2 d / never on way / never at school	180	6.4
Before school <1 d / never on way / never at school	104	3.7
Before school 3-4 d / on way 1-2 d / never at school	57	2.0
Before school 5 d / on way <1 d / never at school	51	1.8
Before school 3-4 d / on way <1 d / never at school	42	1.5
Before school 5 d / on way 1-2 d / never at school	34	1.2
Before school 1-2 d / on way 3-4 d / never at school	32	1.1
On way 5d / never before school / never at school	31	1.1
Other combination of responses	404	14.4
<b>Total</b>	<b>2,796</b>	<b>100.0</b>

Pupils were asked what they had for breakfast that day. The responses are given in **Table 3**. Pupils could tick more than one box and had the option of writing anything not on the list in another box. There were a number of these 'other' responses that were combined with the existing responses, such as combining 'hot sandwich' with the 'cooked breakfast' option, combining 'crumpet', 'waffles', 'croissant', 'bagel', 'breadcake' and 'cracker' with 'bread or toast' option, and combining 'pancakes', 'bun' and 'scones' with the 'biscuits or cakes' option (not including those who had already stated that they had had a 'cooked breakfast', 'bread or toast' or 'biscuits or cake' respectively).

In terms of the main breakfast items, 1,135 had had cereal or porridge for breakfast that morning and 705 had had bread or toast (including crumpets, bagels, etc), including 143 who had had cereal or porridge as well as bread or toast.

It is relatively difficult to assess if the breakfast items are healthy or not. For example, cereals with too much sugar or salt are unhealthy, or spreads used on bread and toasts could be unhealthy whereas some cooked breakfasts could be healthy. Having said this, a categorisation was attempted that grouped breakfast items into a 'reasonably healthy' list and a 'reasonably unhealthy' list. Pupils were grouped according to whether they had any of the following for breakfast: nothing, fizzy drink, cooked breakfast, crisps, chocolate or sweets, biscuits or cakes, pasties, pot noodles, curry, pizza, buns, or ice pops, and if they had any of the following for breakfast: milk, fruit drink, cereal or porridge, bread or toast, yoghurt or fruit. There were 466 pupils (15.9%) who had nothing for breakfast, 320 pupils (10.9%) who had had something for breakfast but not any of these breakfast items (e.g. could have had hot or cold non-fruit non-fizzy drink or cereal bar) and 1,664 (56.8%) who had had milk, fruit drink, cereal/porridge, bread/toast, yoghurt and/or fruit and did not have any of fizzy drinks, cooked breakfast, crisps, chocolate, etc. A further 222 (7.6%) had fizzy drinks, cooked breakfast, crisps, chocolate, sweets, cakes, etc and did not have milk, cereal/porridge, fruit or yoghurt etc, and a further 256 (8.7%) had food items in both the 'healthy' and 'unhealthy' groups.

Table 3

Breakfast item	Number (%) of pupils	
	N	%
Nothing	466	15.9
Hot drink	581	19.8
Fizzy drink	154	5.3
Milk drink	309	10.6
Fruit drink (juice or smoothie)	405	13.8
Other cold drink (squash or water)	275	9.4
Cereal or porridge oats	1,135	38.8
Cooked breakfast (or hot sandwich)	125	4.3
Bread or toast (or crumpet, bagel, etc)	705	24.1
Fruit	202	6.9
Crisps	77	2.6
Yoghurt	124	4.2
Chocolate or sweets	107	3.7
Cereal bar	232	7.9
Biscuits or cakes (or pancake, scone, etc)	156	5.3
Pastie, pizza, noodles, curry, etc	16	5.5
<b>Total number of pupils in survey</b>	<b>2,928</b>	

**Table 4** gives the frequency of eating breakfast on the way to school and the combination of no breakfast or healthy/unhealthy options as described above. As might be expected, there was a tendency for the 'unhealthy' options for breakfast that day to be consumed more frequently among those pupils who tend to eat breakfast on the way to school three or more days compared to those who eat breakfast on the way to school less frequently. However, despite this, there are relatively low numbers of pupils frequently having breakfast on the way to school, and almost six in ten (59%) are eating a 'healthy' breakfast. **Table 5** illustrates that 52% of pupils ate a 'healthy' breakfast and never ate breakfast on the way to school. Whilst 22% of those who ate breakfast everyday on the way to school had an 'unhealthy' option and a further 25% had items from both the 'healthy' and 'unhealthy' options, but this was only 1.2% of the 2,796 pupils in total. Frequency of eating breakfast before going to school, on the way to school and at school was asked on the basis of a usual school week, but information was collected on the breakfast items eaten for the morning prior to the completion of the questionnaire. Therefore, whilst pupils may have had a different breakfast than normal on this specific day, there is an assumption that the overall responses reflect typical breakfasts eaten across the pupils.

Table 4

Frequency of breakfast on way to school	Type of breakfast eaten on the morning of completing the questionnaire: number (row %)					
	No breakfast	Neither option	'Healthy' option	'Unhealthy' option	Both options	Total
Everyday	6 (8.3)	6 (8.3)	26 (36.1)	16 (22.2)	18 (25.0)	<b>72</b>
3-4	11 (12.5)	11 (12.5)	27 (30.7)	19 (21.6)	20 (22.7)	<b>88</b>
1-2	26 (14.3)	20 (11.0)	81 (44.5)	23 (12.6)	32 (17.6)	<b>182</b>
<1	34 (20.0)	15 (8.8)	81 (47.6)	21 (12.4)	19 (11.2)	<b>170</b>
Never	386 (16.9)	147 (6.4)	1,444 (63.2)	142 (6.2)	165 (7.2)	<b>2,284</b>
<b>Total</b>	<b>463 (16.6)</b>	<b>199 (7.1)</b>	<b>1,659 (59.3)</b>	<b>221 (7.9)</b>	<b>254 (9.1)</b>	<b>2,796</b>

Table 5

Frequency of breakfast on way to school	Type of breakfast eaten on the morning of completing the questionnaire: number (%)					Total
	No breakfast	Neither option	'Healthy' option	'Unhealthy' option	Both options	
Everyday	6 (0.2)	6 (0.2)	26 (0.9)	16 (0.6)	18 (0.6)	<b>72</b>
3-4	11 (0.4)	11 (0.4)	27 (1.0)	19 (0.7)	20 (0.7)	<b>88</b>
1-2	26 (0.9)	20 (0.7)	81 (2.9)	23 (0.8)	32 (1.1)	<b>182</b>
<1	34 (1.2)	15 (0.5)	81 (2.9)	21 (0.8)	19 (0.7)	<b>170</b>
Never	386 (13.8)	147 (5.3)	1,444 (51.6)	142 (5.1)	165 (5.9)	<b>2,284</b>
<b>Total</b>	<b>463 (16.6)</b>	<b>199 (7.1)</b>	<b>1,659 (59.3)</b>	<b>221 (7.9)</b>	<b>254 (9.1)</b>	<b>2,796</b>

### Lunch at school

Pupils were also asked how frequently they ate school dinners, a packed lunch from home, lunch bought outside school and lunch at home (i.e. they went home for lunch). The most common combinations are given in **Table 6**. The single largest source of lunch is bought outside school (just under one in five pupils), with a further 14% having school dinners everyday, 10% having a packed lunch everyday, and 5% going home everyday. A small proportion of pupils (2.2%) stated that they never ate lunch.

Table 6

Lunch during a usual school week				Number (%) of pupils	
School dinners	Packed lunch	Bought outside school	At home	N	%
Never	Never	Everyday	Never	515	19.1
Everyday	Never	Never	Never	386	14.3
Never	Everyday	Never	Never	282	10.5
Never	Never	Never	Everyday	128	4.8
3-4 d	Never	Never	Never	92	3.4
1-2 d	3-4 d	Never	Never	69	2.6
3-4 d	Never	1-2 d	Never	66	2.5
Never	Never	Never	Never	58	2.2
3-4 d	1-2 d	Never	Never	50	1.9
Never	Never	1-2 d	3-4 d	46	1.7
Never	Never	3-4 d	1-2 d	42	1.6
1-2 d	Never	3-4 d	Never	40	1.5
Never	3-4 d	1-2 d	Never	40	1.5
Never	Never	3-4 d	Never	32	1.2
Never	Never	Everyday	<1 d	31	1.2
Other combination of responses (each combination n<30)				816	30.3
<b>Total</b>				<b>2,693</b>	<b>100.0</b>

**Table 7** gives the number of pupils who stated they ate different food items for their lunch or snacks during the day. Pupils were asked about their lunch the 'last time they were at school' so this could have been that day if they completed the questionnaire in the afternoon or the previous school day if they completed the questionnaire in the morning. There is an assumption that those who did not tick the selected item did not eat that item (rather than simply missing the question out).

Pupils were asked to tick as many boxes that applied, and therefore, the percentages sum to more than 100%.

Around one in twenty pupils stated that they had had nothing for lunch (or snacks during the day). The most commonly drink was a fizzy drink (28%), followed by a fruit drink (26%) and any other (non-milk) cold drink (22%), with around one in ten having a milk drink and around one in twenty having a hot drink. The most frequently eaten lunch items were cold sandwiches (40%), chocolate bars (22%), crisps (20%), chips (16%), sweets (15%), fruit (14%), pasta (12%), biscuits (11%) and pudding or dessert (10%).

*Table 7*

Lunch/snack item	Number (%) of pupils	
	N	%
Nothing	138	4.7
A hot drink	188	6.4
A fizzy drink (diet or non-diet)	808	27.6
A milk drink	289	9.9
A fruit drink (juice or smoothie)	757	25.9
Other cold drink (squash or water)	641	21.9
Cold sandwiches or wrap	1,178	40.2
Hot or toasted sandwich	178	6.1
Bread or toast	245	8.4
Cereal or porridge oats	54	1.8
Eggs	61	2.1
Cheese	218	7.4
Soup	45	1.5
Rice	76	2.6
Pasta	365	12.5
Chips	479	16.4
Boiled or mashed potatoes	101	3.4
Jacket potato	159	5.4
Vegetables (including baked beans)	143	4.9
Salad	193	6.6
Burger	142	4.8
Sausages	147	5.0
Sausage roll, meat pie, pastie, etc	251	8.6
Hot dogs	93	3.2
White meat (chicken, turkey, etc)	202	6.9
Red meat (beef, pork, etc)	91	3.1
Chicken nuggets	95	3.2
Fish fingers or battered fish	74	2.5
Fish without batter (tuna, etc)	72	2.5
Pizza	259	8.8
Takeaway (Chinese, Indian, etc)	64	2.2
Kebabs	49	1.7
Curry	89	3.0
Chilli	42	1.4
Crisps (and tortillas, e.g. Doritos)	592	20.2

Lunch/snack item	Number (%) of pupils	
	N	%
Nuts	40	1.4
Cereal bars	191	6.5
Fruit	409	14.0
Yoghurt, fromage frais, etc	212	7.2
Cake	198	6.8
Chocolate bars	632	21.6
Sweets	449	15.3
Biscuits	336	11.5
Pudding or dessert	292	10.0
Ice cream	77	2.6
Something else	105	3.6
...of which (where 5 or more pupils ate food item)		
...garlic bread	7	0.2
...gravy	6	0.2
...donut	7	0.2
...teacake	5	0.2
...muffin	9	0.3
...noodles	6	0.2

Drinks were grouped into three groups: 'nothing', 'non-fizzy drink' and 'fizzy drink'. Pupils who had had more than one type of drink were classified as consuming 'non-fizzy' drink(s) if all the drinks consumed were non-fizzy, but were classified as consuming a 'fizzy drink' if any of the drinks consumed were fizzy drinks. As mentioned above, most food items can have be healthy or unhealthy depending on how the food was cooked or what levels of fat, sugar or salt the food contains, etc. Nevertheless, an attempt was made to classify foods into 'relatively healthy' and 'relatively unhealthy' (**Table 8**). A few foods were not classified as it would be difficult to know if they were healthy or unhealthy, or they are healthy in moderation but unhealthy in larger quantities. All the pupils who ate any of these 'unclassified' items had also eaten items that were classified as 'healthy' or 'unhealthy' so these pupils' lunches were classified based on classified items only.

Table 8

Classification	Food items
Healthy	Non-fizzy drink; cold sandwiches; hot sandwiches; bread or toast; cereal or porridge oats; eggs; soup; rice; pasta; boiled or mashed potatoes; jacket potato; vegetables; salad; white meat; red meat; fish without batter; chilli; fruit; yoghurt; teacake; muffin; noodles; breadcake; Shepherd's pie; crackers.
Unhealthy	Nothing; fizzy drink; chips; burger; sausages; sausage roll, meat pie or pasties; hot dogs; chicken nuggets; fish fingers or battered fish; pizza; takeaway; kebabs; crisps; cake; chocolate bars; sweets; biscuits; pudding or desserts; ice cream; garlic bread; prawn crackers; bun; donut; bun; battered Mars bar; pattie; lollipops; scotch eggs; scraps; pot noodle.
Unclassified*	Cheese; curry; nuts; cereal bars; gravy; meatballs; quiche; lasagne; custard; pepperami; jelly.



**Table 9** gives the frequency of drinking fizzy or no drinks, and eating ‘healthy’ and ‘unhealthy’ foods for lunch (or snacks during the day) at school (“the last time they were at school”). Overall, 336 (11.5%) stated that they had had nothing to eat or drink at lunchtime (and no snacks during the day), and a further 42 (1.4%) had just had a drink for lunch rather than something to eat with half of these only having a fizzy drink. Just over one quarter stated that they had had nothing to drink with lunch, and a further 28% had had a fizzy drink (however, it is not known whether the fizzy drink was a diet or non-diet version). Overall, 571 (19.5%) had eaten all ‘unhealthy’ food items with the majority (48%) eating some items that were classified as ‘healthy’ and other food items that were classified as ‘unhealthy’.

Table 9

Lunch drink	Lunch food: number (percentage)				
	Nothing	‘Unhealthy’	‘Healthy’	Both options	Total
No drink	336 (11.5)	118 (4.0)	161 (5.5)	153 (5.2)	<b>768 (26.2)</b>
Fizzy drink	21 (0.7)	282 (9.6)	77 (2.6)	428 (14.6)	<b>808 (27.6)</b>
Non-fizzy	21 (0.7)	171 (5.8)	335 (11.4)	825 (28.2)	<b>1,352 (46.2)</b>
<b>Total</b>	<b>378 (12.9)</b>	<b>571 (19.5)</b>	<b>573 (19.6)</b>	<b>1,406 (48.0)</b>	<b>2,928 (100.0)</b>

After the questions asking what pupils ate for lunch the last day they were at school, pupils were asked where ‘they got their lunch and snacks mentioned above from’ with possible options ‘I bought it from school’, ‘I brought it from home’, ‘I bought it outside school’, and ‘I ate it at home (went home for lunch)’. As pupils could have had school dinners or a packed lunch in combination with items bought outside school, pupils were asked to tick all options that applied. **Table 10** gives the numbers stating where they got their lunch. The largest percentage obtained their lunch (and snacks) from outside school (28%) with a slightly lower percentage (24%) having school dinners. Overall, 2,579 (88%) had zero or one source for their lunch, so it is not unreasonable to examine ‘healthy’ or ‘unhealthy’ foods by ‘source’<sup>2</sup>.

Table 10

Where were the lunch and snacks obtained?				Pupils	
Bought from school	Brought from home	Bought outside school	Ate at home	N	%
No	No	Yes	No	830	28.3
Yes	No	No	No	694	23.7
No	Yes	No	No	527	18.0
No	No	No	No	383	13.1
No	No	No	Yes	145	5.0
Yes	Yes	No	No	100	3.4
Yes	No	Yes	No	71	2.4
No	Yes	Yes	No	68	2.3
Yes	Yes	Yes	No	32	1.1
Other combination of responses (each combination N<30)				78	2.7
<b>Total</b>				<b>2,928</b>	<b>100.0</b>

<sup>2</sup> It would have been a problem examining source if a high percentage of pupils obtained their lunch and snacks from more than one ‘source’.

The source of the lunch was classified as 'bought at school', 'brought from home', 'ate at home', 'multiple sources (but none of the sources outside school)', and 'bought outside school (including other sources)'. So pupils indicating their lunch/snacks were 'bought at school' and 'brought from home' were classified as having lunch/snacks from 'multiple sources', whereas pupils indicating their lunch/snacks were 'bought at school' and 'bought outside school' were classified as having their lunch/snacks 'bought outside school'.

**Table 11** and **Table 12** give the number and column percentage eating no lunch or snacks or the 'healthy' or 'unhealthy' versions by where the lunch or snacks were obtained.

A meal could be relatively healthy but still contain one small component that is classified as 'unhealthy' above, therefore, it is possibly not surprising that the numbers eating both 'healthy' and 'unhealthy' food items is relatively large. The highest percentages drinking non-fizzy drinks and eating only 'healthy' food items are for those eating lunch at school (152 pupils; 23% of those eating lunch at school), followed by those eating lunch at home (25 pupils; 16.2% of those eating lunch at home).

Table 11

Lunch type	Source of lunch (and snacks): number of pupils						
	No lunch or source missing	Lunch at school	Lunch from home	Lunch at home	Multiple sources but not outside school	Outside school*	Total
Nothing	228	16	21	19	5	47	<b>336</b>
No drink/food 'healthy'	9	73	22	11	13	33	<b>161</b>
No drink/food 'unhealthy'	8	22	16	4	2	66	<b>118</b>
No drink/food both types	10	49	39	13	15	27	<b>153</b>
Fizzy/no food	0	2	3	0	1	15	<b>21</b>
Fizzy/food 'healthy'	2	16	9	2	3	45	<b>77</b>
Fizzy/food 'unhealthy'	16	11	15	7	3	230	<b>282</b>
Fizzy/ food both types	34	29	72	22	20	251	<b>428</b>
Non-fizzy/no food	1	9	5	2	1	3	<b>21</b>
Non-fizzy/food 'healthy'	18	152	64	25	13	63	<b>335</b>
Non-fizzy/food 'unhealthy'	15	57	12	3	7	77	<b>171</b>
Non-fizzy/ food both types	42	231	249	46	68	189	<b>825</b>
<b>Total</b>	<b>383</b>	<b>667</b>	<b>527</b>	<b>154</b>	<b>151</b>	<b>1,046</b>	<b>2,928</b>

\*May included other sources too if the young person had school dinners and snacks bought outside school, etc.



Table 12

Lunch type	Source of lunch (and snacks): column percentage						
	No lunch or source missing	Lunch at school	Lunch from home	Lunch at home	Multiple sources but not outside school	Outside school*	Total
Nothing	59.5	2.4	4.0	12.3	3.3	4.5	11.5
No drink/food 'healthy'	2.3	10.9	4.2	7.1	8.6	3.2	5.5
No drink/food 'unhealthy'	2.1	3.3	3.0	2.6	1.3	6.3	4.0
No drink/food both types	2.6	7.3	7.4	8.4	9.9	2.6	5.2
Fizzy/no food	0.0	0.3	0.6	0.0	0.7	1.4	0.7
Fizzy/food 'healthy'	0.5	2.4	1.7	1.3	2.0	4.3	2.6
Fizzy/food 'unhealthy'	4.2	1.6	2.8	4.5	2.0	22.0	9.6
Fizzy/ food both types	8.9	4.3	13.7	14.3	13.2	24.0	14.6
Non-fizzy/no food	0.3	1.3	0.9	1.3	0.7	0.3	0.7
Non-fizzy/food 'healthy'	4.7	22.8	12.1	16.2	8.6	6.0	11.4
Non-fizzy/food 'unhealthy'	3.9	8.5	2.3	1.9	4.6	7.4	5.8
Non-fizzy/ food both types	11.0	34.6	47.2	29.9	45.0	18.1	28.2
<b>Total</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>

\*May included other sources too if the young person had school dinners and snacks bought outside school, etc.

As the numbers eating 'healthy' items of food only are relatively low, it is perhaps worthwhile examining a few specific food items by source. **Table 13** looks at each drink and food item and gives the number of pupils stating that they ate this drink or food item and the percentage of pupils consuming this product by where their lunch was obtained.

Table 13

Food or drink item	Number of pupils drinking or eating this product	Source of food item (percentage of pupils)					
		No lunch or source missing	Lunch at school	Lunch from home	Lunch at home	Multiple sources but not outside school	Outside school*
Nothing	138	47.8	8.0	10.9	10.9	1.4	21.0
A hot drink	188	9.6	13.3	9.6	12.8	4.8	50.0
A fizzy drink	808	6.4	7.2	12.3	3.8	3.3	67.0
A milk drink	289	10.4	44.6	8.3	4.8	6.6	25.3
A fruit drink	757	7.0	35.5	23.5	3.6	7.9	22.5
Other cold drink	641	5.0	21.5	25.3	5.9	7.2	35.1
Cold sandwiches	1,178	5.9	20.1	31.2	6.5	6.0	30.4
Hot sandwich	178	11.8	17.4	3.9	8.4	8.4	50.0
Bread or toast	245	4.9	24.5	14.3	5.3	10.2	40.8
Cereal or porridge	54	14.8	20.4	16.7	11.1	13.0	24.1
Eggs	61	16.4	11.5	16.4	14.8	4.9	36.1
Cheese	218	8.7	18.3	33.0	8.3	7.8	23.9
Soup	45	17.8	8.9	17.8	15.6	11.1	28.9

Food or drink item	Number of pupils drinking or eating this product	Source of food item (percentage of pupils)					
		No lunch or source missing	Lunch at school	Lunch from home	Lunch at home	Multiple sources but not outside school	Outside school*
Rice	76	14.5	31.6	7.9	7.9	3.9	34.2
Pasta	365	7.4	49.6	6.8	3.6	9.6	23.0
Chips	479	7.5	15.7	5.8	5.0	4.2	61.8
Boil/mash potato	101	13.9	40.6	5.9	5.9	8.9	24.8
Jacket potato	159	12.6	36.5	6.3	5.0	11.9	27.7
Vegetables	143	11.2	41.3	9.1	7.0	10.5	21.0
Salad	193	7.8	21.8	18.1	6.7	12.4	33.2
Burger	142	14.1	21.1	6.3	9.2	4.9	44.4
Sausages	147	10.2	15.0	7.5	8.2	4.1	55.1
Meat pie/pastie etc	251	8.4	5.2	17.5	4.8	6.0	58.2
Hot dogs	93	7.5	9.7	8.6	8.6	2.2	63.4
White meat	202	6.4	20.8	22.3	4.0	9.4	37.1
Red meat	91	9.9	23.1	19.8	5.5	9.9	31.9
Chicken nuggets	95	12.6	7.4	9.5	6.3	1.1	63.2
Battered fish/fingers	74	16.2	23.0	9.5	6.8	10.8	33.8
Fish without batter	72	8.3	26.4	11.1	9.7	8.3	36.1
Pizza	259	10.4	34.7	7.7	4.2	9.3	33.6
Takeaway	64	18.8	4.7	10.9	4.7	3.1	57.8
Kebabs	49	18.4	16.3	8.2	8.2	2.0	46.9
Curry	89	15.7	16.9	9.0	11.2	6.7	40.4
Chilli	42	16.7	16.7	19.0	0.0	11.9	35.7
Crisps	592	5.2	4.1	40.5	3.7	7.1	39.4
Nuts	40	10.0	15.0	32.5	12.5	7.5	22.5
Cereal bars	191	5.2	6.8	47.6	6.8	9.9	23.6
Fruit	409	5.6	13.2	41.8	6.6	8.1	24.7
Yoghurt	212	5.7	8.5	50.5	8.5	8.0	18.9
Cake	198	6.6	33.8	14.6	4.5	9.1	31.3
Chocolate bars	632	4.9	4.6	29.7	4.3	6.0	50.5
Sweets	449	5.8	4.7	13.8	3.3	4.0	68.4
Biscuits	336	4.2	15.8	35.7	6.5	10.1	27.7
Pudding or dessert	292	10.3	49.7	9.6	3.4	7.9	19.2
Ice cream	77	15.6	18.2	11.7	7.8	6.5	40.3
Something else	105	5.7	35.2	7.6	6.7	3.8	41.0
...of which (n>5)							
...garlic bread	7	14.3	71.4	0.0	0.0	0.0	14.3
...gravy	6	16.7	0.0	0.0	16.7	0.0	66.7
...donut	7	14.3	28.6	0.0	14.3	0.0	42.9
...teacake	5	0.0	40.0	0.0	0.0	0.0	60.0
...muffin	9	0.0	100.0	0.0	0.0	0.0	0.0
...noodles	6	0.0	33.3	0.0	50.0	0.0	16.7

**Table 14** gives the percentage of eating lunch at school, packed lunches, lunch outside school and lunch at home everyday or 3-4 days by gender and school year. The totals will not sum to 100% as there will be some pupils who eat lunch in different places for fewer days, or who state they never eat lunch. Furthermore,

some pupils may state that they eat lunch everyday at school, but they could also eat lunch outside school 3-4 days. The combination of eating lunch in different places has not been considered in this specific table, nevertheless, the table will give an indication of where pupils mainly eat their lunch by gender and school year.

Table 14

Gender	Number of pupils/ source of lunch	Number of pupils and percentage by school year					
		7	8	9	10	11	Total
Males	Number of pupils	313	295	278	333	194	1,413
	School 5d	28.8	15.3	10.8	20.4	10.3	17.9
	School 3-4d	12.8	6.8	8.3	6.6	6.7	8.4
	Packed 5d	19.5	17.6	11.5	12.0	12.4	14.8
	Packed 3-4d	10.2	9.2	7.9	5.4	4.6	7.6
	Outside 5d	10.5	23.7	30.9	28.8	32.0	24.6
	Outside 3-4d	5.4	9.8	9.7	7.2	8.2	8.0
	Home 5d	4.2	4.4	5.8	10.2	7.2	6.4
	Home 3-4d	5.4	1.4	5.0	3.6	8.2	4.5
Females	Number of pupils	314	296	262	342	268	1,482
	School 5d	29.6	16.9	11.8	16.1	21.3	19.3
	School 3-4d	18.2	8.8	8.4	11.1	12.7	11.9
	Packed 5d	14.6	10.8	11.5	13.5	7.1	11.7
	Packed 3-4d	12.7	12.5	10.3	5.6	6.0	9.4
	Outside 5d	10.5	27.7	23.3	21.6	16.4	19.8
	Outside 3-4d	7.0	12.8	12.6	10.8	14.2	11.3
	Home 5d	3.2	4.4	10.7	4.4	10.1	6.3
	Home 3-4d	1.6	3.4	5.3	5.0	4.1	3.8

**Table 15** gives the main frequency of eating lunch at school, packed lunches, lunch outside school and lunch at home by school.

Table 15

School	Number of pupils in survey	Usual source of lunch (percentage of pupils)							
		School		Packed		Outside		Home	
		5d	3-4d	5d	3-4d	5d	3-4d	5d	3-4d
Winifred Holtby	288	6.9	8.0	8.0	5.2	37.5	13.5	8.0	5.9
Endeavour	153	35.9	11.8	15.0	7.2	5.9	5.2	3.3	2.6
Kelvin Hall	142	9.9	10.6	14.1	14.1	16.2	11.3	5.6	7.7
Trinity House	22	31.8	9.1	27.3	4.5	9.1	9.1	0.0	0.0
Kingswood	176	20.5	13.1	7.4	6.8	18.8	6.3	15.3	4.0
Pickering	91	8.8	8.8	7.7	7.7	19.8	13.2	6.6	0.0
Newlands for Girls	111	22.5	8.1	25.2	19.8	9.0	6.3	2.7	0.9
Sydney Smith	445	29.7	12.4	29.7	12.1	2.9	1.8	0.7	0.0
Sir Henry Cooper	257	24.9	8.9	12.5	6.2	26.8	7.0	7.8	3.5
Archbishop Sentamu	120	27.5	11.7	8.3	1.7	18.3	8.3	8.3	5.0
Andrew Marvell	172	27.9	16.9	8.1	6.4	22.1	11.0	2.9	0.6
David Lister	174	11.5	6.9	5.2	3.4	37.4	13.8	13.2	4.6
Malet Lambert	734	9.4	8.3	9.0	9.8	31.3	14.2	7.2	7.5

**Table 16** gives the percentage of pupils who generally have lunch outside school everyday by school and school year. The number of pupils may differ very slightly from **Table 15** because a small number of pupils did not state their school year.

Table 16

School	School year	Number of pupils	Number (%) obtaining lunch outside school everyday	
			N	%
Winifred Holtby	Year 7	47	18	38.3
	Year 8	51	16	31.4
	Year 9	60	27	45.0
	Year 10	93	31	33.3
	Year 11	34	16	47.1
	<b>Total</b>	<b>285</b>	<b>108</b>	<b>37.9</b>
Endeavour	Year 7	22	0	0.0
	Year 8	19	0	0.0
	Year 9	32	3	9.4
	Year 10	41	2	4.9
	Year 11	37	4	10.8
	<b>Total</b>	<b>151</b>	<b>9</b>	<b>6.0</b>
Kelvin Hall	Year 7	28	3	10.7
	Year 8	27	1	3.7
	Year 9	37	6	16.2
	Year 10	48	13	27.1
	<b>Total</b>	<b>140</b>	<b>23</b>	<b>16.4</b>
Kingswood	Year 7	23	2	8.7
	Year 8	22	2	9.1
	Year 9	57	7	12.3
	Year 10	52	14	26.9
	Year 11	20	7	35.0
	<b>Total</b>	<b>174</b>	<b>32</b>	<b>18.4</b>
Pickering	Year 7	17	0	0.0
	Year 8	26	2	7.7
	Year 9	12	3	25.0
	Year 10	20	6	30.0
	Year 11	15	6	40.0
	<b>Total</b>	<b>90</b>	<b>17</b>	<b>18.9</b>
Newland School for Girls	Year 7	23	1	4.3
	Year 8	25	3	12.0
	Year 9	22	2	9.1
	Year 10	24	3	12.5
	Year 11	17	1	5.9
	<b>Total</b>	<b>111</b>	<b>10</b>	<b>9.0</b>
Sydney Smith	Year 7	117	3	2.6
	Year 8	87	2	2.3
	Year 9	63	2	3.2
	Year 10	112	2	1.8
	Year 11	60	4	6.7
	<b>Total</b>	<b>439</b>	<b>13</b>	<b>3.0</b>

School	School year	Number of pupils	Number (%) obtaining lunch outside school everyday	
			N	%
Sir Henry Cooper	Year 7	65	2	3.1
	Year 8	36	11	30.6
	Year 9	46	18	39.1
	Year 10	60	17	28.3
	Year 11	49	21	42.9
	<b>Total</b>	<b>256</b>	<b>69</b>	<b>27.0</b>
Archbishop Sentamu	Year 7	24	3	12.5
	Year 8	25	3	12.0
	Year 9	25	5	20.0
	Year 10	25	6	24.0
	Year 11	21	5	23.8
	<b>Total</b>	<b>120</b>	<b>22</b>	<b>18.3</b>
Andrew Marvell	Year 7	81	11	13.6
	Year 8	5	2	40.0
	Year 9	32	13	40.6
	Year 10	38	10	26.3
	Year 11	10	0	0.0
	<b>Total</b>	<b>166</b>	<b>36</b>	<b>21.7</b>
David Lister	Year 7	56	20	35.7
	Year 8	43	17	39.5
	Year 9	36	10	27.8
	Year 10	39	18	46.2
	<b>Total</b>	<b>174</b>	<b>65</b>	<b>37.4</b>
Malet Lambert	Year 7	111	3	2.7
	Year 8	210	91	43.3
	Year 9	118	52	44.1
	Year 10	116	45	38.8
	Year 11	176	37	21.0
	<b>Total</b>	<b>731</b>	<b>228</b>	<b>31.2</b>

**Figure 1** and **Figure 2** give the map of food takeaway outlets in relation to the schools for all establishments and establishments open during the daytime. The retail outlets include sandwich bars, fast food establishments and takeaways, but will not include other outlets which sell food or confectionary such as corner shops.

Figure 1: All takeaway establishments

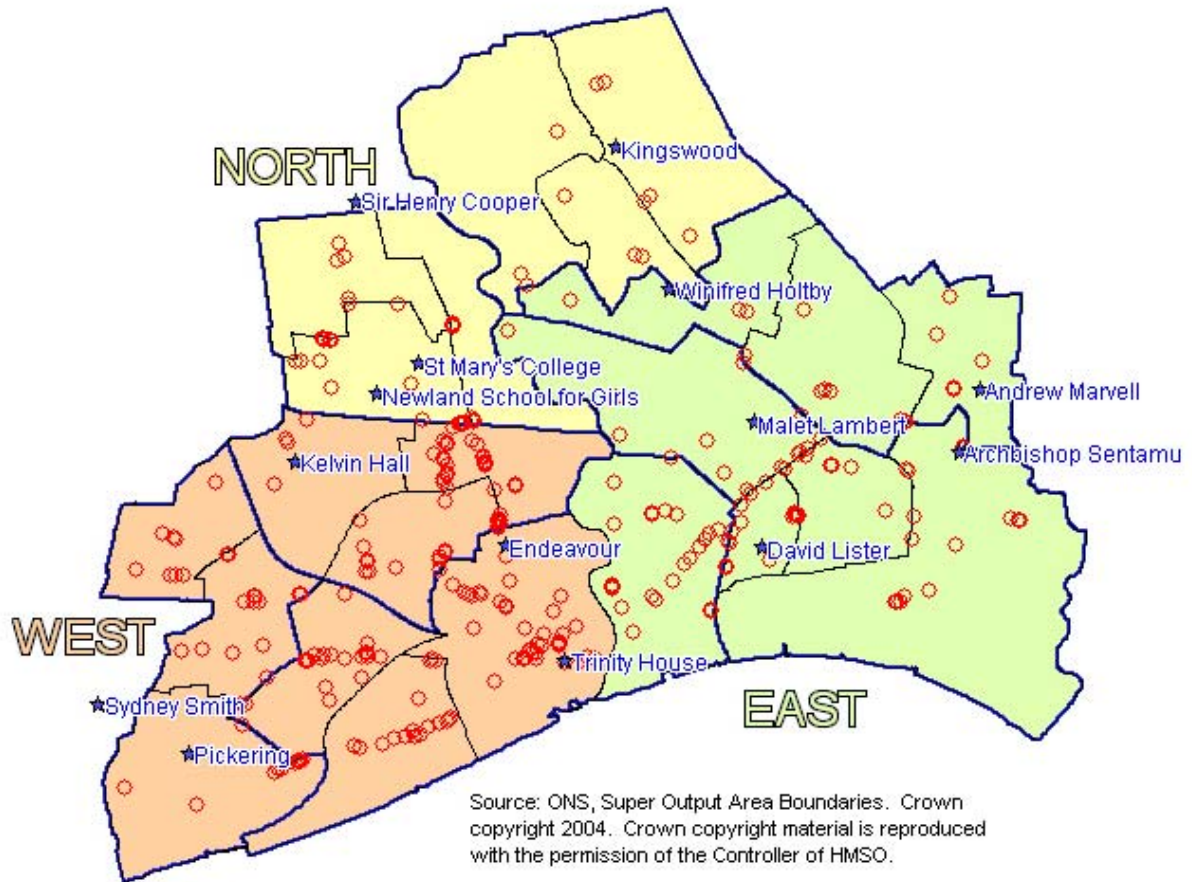
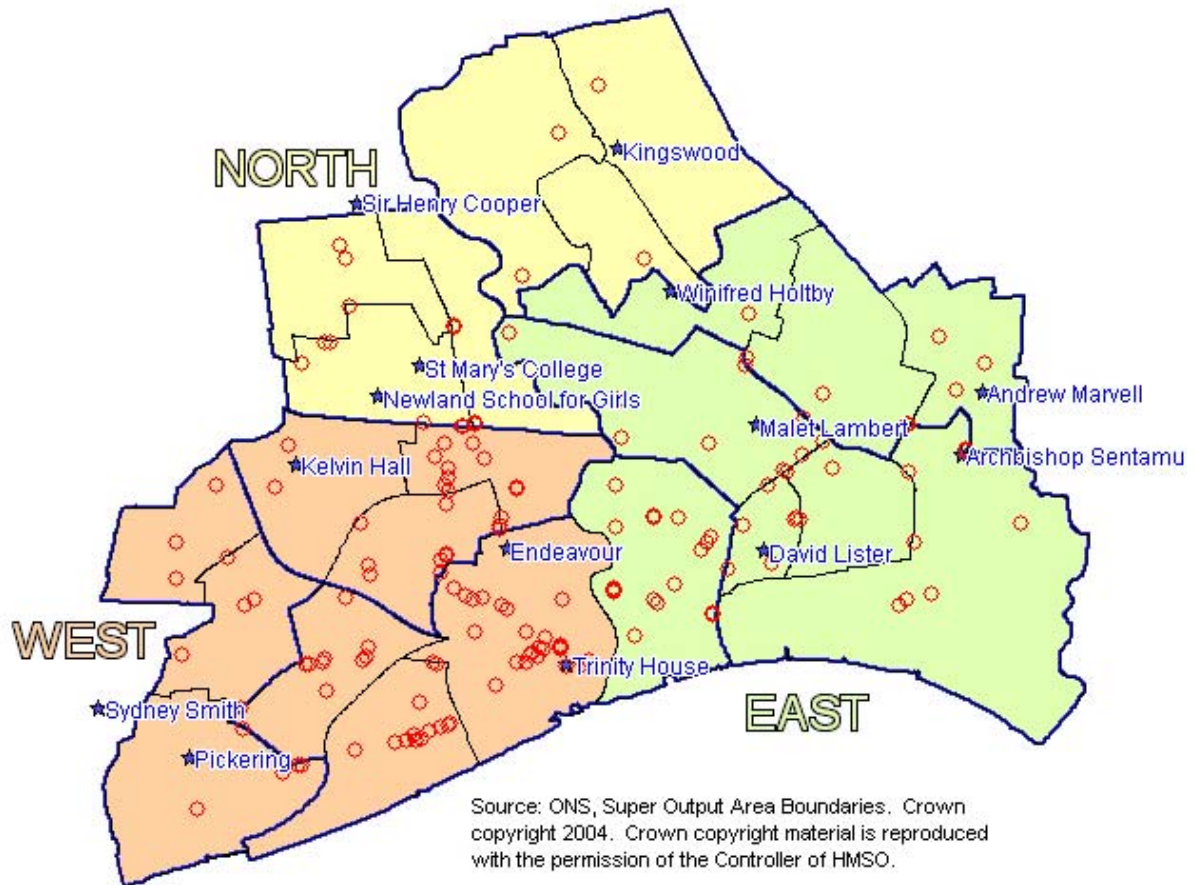




Figure 2: Takeaway establishments open during the daytime



More information from the survey is given in the full survey report available on [www.hullpublichealth.org](http://www.hullpublichealth.org)