

School Health Research Network Flintshire Data 2019 – 2023 Food and Drink

Food and Drink	2019	2021	2023	Comparison	National Average
Water- Reported drinking water once a day or more	64%	65.2%	66.8%	Improved each year	Lower than NA
Fruit and Veg - Reported eating at least one portion of fruit or veg per day	45.4%	43.7%	44.2%	Improved since 2021	Lower than NA
Energy Drinks - Reported consuming at least one energy drink per day	4.7%	5.4%	6.2%	Area deteriorating each year	Above NA
Soft Drinks - Reported consuming at least one soft drink daily	17.9%	18.5%	19.4%	Area deteriorating each year	Above NA