

Data Summary: Trussell Survey of Young People Aged 16-25

Background

This study is reporting on an online survey of 4,741 young people aged 16-25 across the UK carried out by Savanta on behalf of Trussell. The survey was undertaken 15 to 30 June 2026. The figures have been weighed and are representative of all UK people aged 16-25.

The survey was co-designed with young people with lived experience of hardship to ensure that the survey questions used language that was age-appropriate, accessible and non-judgemental. The young people also helped to ensure questions were relevant and meaningful to young people and that the survey approached sensitive topics in a safe and respectful way.

To ensure robust analysis of key groups and devolved and regional representation, targeted sample boosts were undertaken among young people aged 16 to 25 across Scotland, Wales, and Northern Ireland. Additional boosts focused on young people who were not in education, employment or training (NEET), young people from lower-income backgrounds, care-experienced young people, and young people living in insecure housing.

Sample sizes

	Unweighted Sample
UK	4741
England	3602
Scotland	558
Wales	425
Northern Ireland	156
North West	476
North East	196
Yorkshire & Humberside	365
West Midlands	443

East Midlands	325
East of England	366
South East	519
London	607
South West	305

Results

Table 1: How would you describe the financial situation you experienced for most of the time while you were growing up? By essential needs we mean food, electricity and gas, water, clothes and shoes, communications (including phones and access to the internet), travel, and toiletries.

	Total
Unweighted Sample	4741
Lived very comfortably	13%
Lived comfortably	29%
Had enough for essential needs and some extras	26%
Had enough for essential needs only	12%
Sometimes did not have enough for essential needs	10%
Frequently did not have enough for essential needs	4%
Don't know	3%
Prefer not to say	2%

Note: The findings discuss young people who experienced hardship growing up. Someone is defined as experiencing hardship growing up if they sometimes or frequently did not have enough money to cover their essential needs

Table 2: To what extent do you agree or disagree with the following statements about the following life milestones

	Answered strongly agree or tend to agree		
	Total	Experienced hardship growing up	Did not experience hardship growing up
Unweighted Sample	4741	686	3803
Financial pressures have delayed me being able to buy a home	55%	70%	54%
Financial pressures have delayed me being able to learn to drive	47%	61%	45%
Financial pressures have delayed me being able to progress my career	43%	57%	42%
Financial pressures have delayed me being able to go to university or college	35%	47%	33%
Financial pressures have delayed me being able to move out of my parent's, carer's or guardian's home	47%	54%	47%
Financial pressures have held back my personal development (e.g. hobbies, holiday or travel)	55%	68%	55%

Table 3: How would you rate the availability of job opportunities in your local area by experience of hardship growing up

	Young people who say job opportunities are poor in local area		
	Total	Experienced hardship growing up	Did not experience hardship growing up
Unweighted Sample	4741	686	3803
UK	45%	59%	44%

Table 4: How likely or unlikely do you think it is that you will need to move from your current local area in order to find a job/your next job

	Total looking for work
Unweighted Sample	1418
Likely to need to move from current area to find work or to find their next job	43%

Table 5: If you did need to move to find a job/your next job, how likely or unlikely is it that you would be able to afford to do this, by nation and region

	Total looking for work
Unweighted Sample	607
Of jobseekers who think they will need to move to find work, % who are likely to be able to afford to move	34%

Table 6: What impact, if at all, do you think the financial situation you grew up with has had on your likelihood of going to university or other higher education or training

	Answered that it had a negative impact		
	Total	Experienced hardship growing up	Did not experience hardship growing up
Unweighted Sample	4741	3,803	686
UK	34%	55%	30%

Over the last three months, have you experienced any of the following?

Table 7: Cut back on food to afford other essential costs

	Unweighted Sample	Percentage	Actual population	Population Estimate
UK	4741	31%	8,346,804	2.5 million
England	3602	31%	7,081,719	2 million
Scotland	558	29%	665,410	200,000
Wales	425	29%	375,956	Over 100,000
Northern Ireland	156	31%	223,719	70,000
North West	476	30%	960,198	Over 250,000
North East	196	30%	339,414	Over 100,000
Yorkshire & Humberside	365	29%	707,619	Over 200,000
West Midlands	443	33%	759,669	250,000
East Midlands	325	34%	614,414	Over 200,000
East of England	366	30%	704,115	Over 200,000
South East	519	31%	1,076,915	Over 300,000
London	607	34%	1,232,903	Over 400,000
South West	305	29%	686,472	200,000

Table 8: I skipped meals so I could afford transport to work or school

	Unweighted Sample	Percentage
UK	4741	18%
England	3602	18%
Scotland	558	16%
Wales	425	16%
Northern Ireland	156	21%

North West	476	16%
North East	196	14%
Yorkshire & Humberside	365	16%
West Midlands	443	20%
East Midlands	325	20%
East of England	366	17%
South East	519	18%
London	607	22%
South West	305	15%

Table 9: I went without essential toiletries like shampoo, toothpaste or sanitary products so I could pay for food or utilities

	Unweighted Sample	Percentage
UK	4741	14%
England	3602	14%
Scotland	558	13%
Wales	425	13%
Northern Ireland	156	16%
North West	476	11%
North East	196	11%
Yorkshire & Humberside	365	13%
West Midlands	443	15%
East Midlands	325	17%
East of England	366	16%
South East	519	13%
London	607	17%

South West	305	13%
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Table 10: Number of parcels for people aged 17-24 1 January – 31 December 2019 and 2025-Trussell

	2019	2025	% change
UK	156,885	240,375	53%
England	118,527	197,449	67%
Scotland	20,770	20,183	-3%
Wales	13,349	16,217	21%
Northern Ireland	4,239	6,526	54%
North West	19,433	27,861	43%
North East	8,272	9,087	10%
Yorkshire & Humberside	8,092	17,056	111%
West Midlands	14,703	21,700	48%
East Midlands	7,943	11,298	42%
East of England	15,764	26,494	68%
South East	16,726	25,247	51%
London	12,963	37,305	188%
South West	14,631	21,401	46%

Source: Trussell administrative data. The analysis of the total number of people cutting back on food is Trussell's own and is based on data from mid-year population estimates on the number of young people across the UK and the percent of young people stating they had cut back on food to afford other essentials.

Unit 9, Ashfield Trading Estate,
Ashfield Road, Salisbury SP2 7HL

enquiries@trussell.org.uk

trussell.org.uk

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