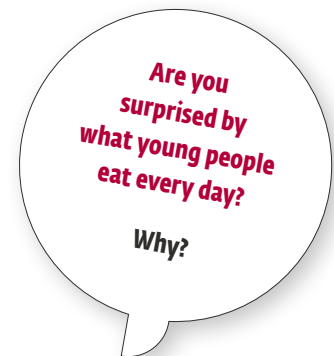


YOUNG PEOPLE'S DIET AND PHYSICAL ACTIVITY IN SCOTLAND

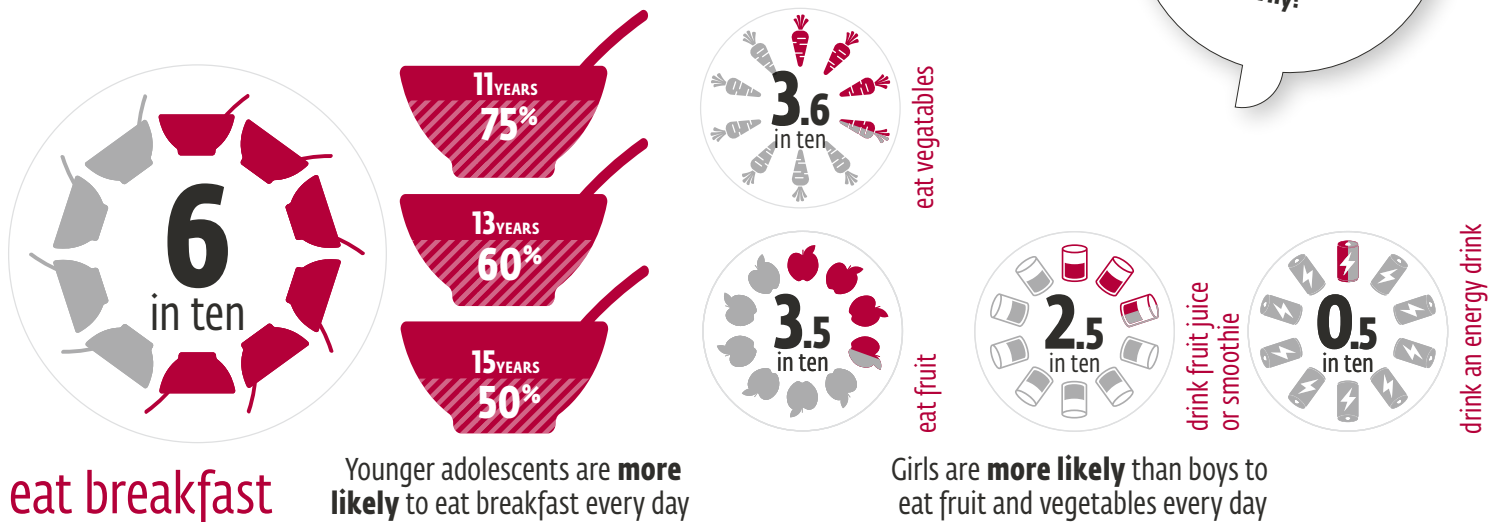
HEALTH BEHAVIOUR IN SCHOOL-AGED CHILDREN 2018 SURVEY



Eating well and regular physical exercise are essential for both our physical and mental health. For young people, a healthy diet promotes healthy development and may reduce future risk of illness. As well as protecting from physical health conditions, physical activity also contributes to higher life satisfaction and improved mental wellbeing.

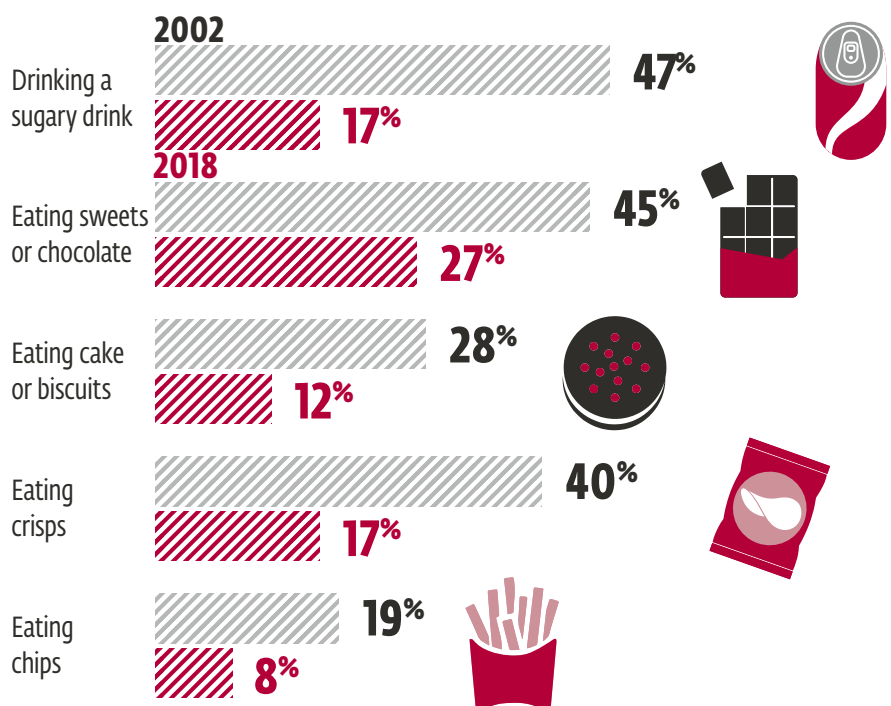


What do young people eat and drink every day?



How have diets changed since 2002 ?

Percentage of young people who do these things every day



How physically active are young people in Scotland?



17%



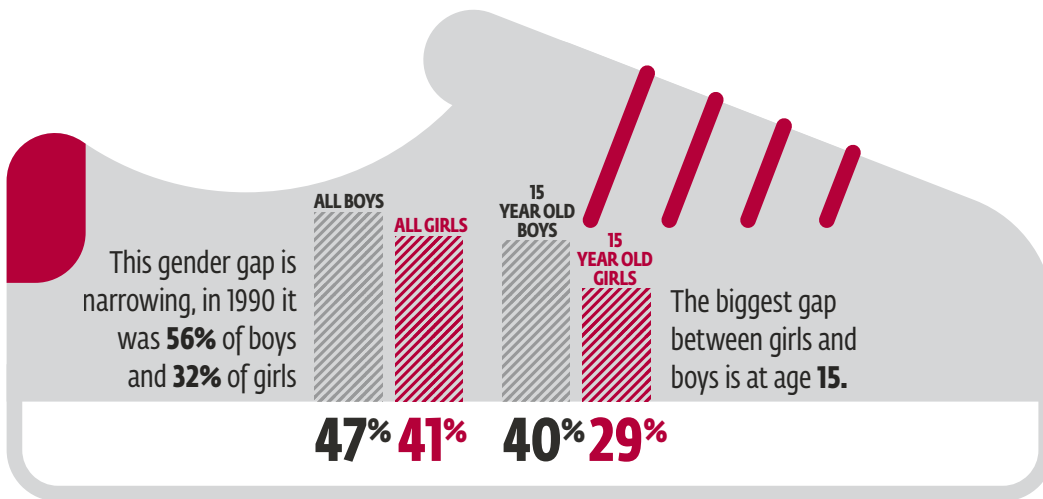
of young people do **60 minutes** of moderate to vigorous physical activity* every day. **20%** of 11-year-olds, **18%** of 13-year-olds and **13%** of 15-year-olds.

*enough to increase your heart rate or get out of breath

Did you know?
The Scottish Government recommends that young people aim for an average of at least 60 minutes physical activity per day across the week.

Why do you think young people do less physical activity as they get older?

Doing vigorous physical activity* at least four times a week in their free time was higher among boys than girls



*exercise that makes you get out of breath and sweat

44%

of adolescents walk to school.
56% of 11-year-olds,
38% of 13-year-olds and
40% of 15-year-olds.



About the Health Behaviour in School-Aged Children (HBSC) survey

HBSC is a school-based survey that is run every four years in Scotland. It asks young people aged 11-, 13- and 15-years old questions about their health and health behaviours. In 2018, 5,286 young people from 208 schools took part in the survey.

The study has been running since 1990 in Scotland and is also run internationally. We are therefore able to compare the experiences of young people today with young people over the past 30 years and to other young people in different countries. For more information, visit: gla.ac.uk/hbscscotland

This is the first in a series of "At a Glance" research briefings to summarise findings from the 2018 HBSC Scotland survey. It was written by Judith Mabelis, Dorothy Currie, Malachi Willis and Jo Inchley. The HBSC Scotland team is based at the Universities of Glasgow and St Andrews.

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MRC/CSO Social and Public Health Sciences Unit

