

# What About YOUth?

## Results for West Sussex 2014/15

This information is taken from a national survey of 15 year olds, the survey focusses on health, behaviour and wellbeing. In West Sussex approximately 1,100 young people took part in the survey; comparative information is available in relation to England and other upper tier authorities, but due to sample size data are not available for lower tier Districts and Boroughs. ,



**85.1%** of young people said their health was excellent or good  
(England - 85.0%)



**55.2%** reported that they ate at least 5 portions of fruit and vegetables a day.  
(England - 52.4%)



**51.0%** reported that they felt their body was "about the right size"  
(England - 52.4%)



**15.1%** said they did at least one hour of moderate-to-vigorous activity a day.  
(England - 13.9%)

Health Survey for England Data 2012



**7.1%** said they were regular smokers and 17.7% have tried e-cigarettes.  
(England - 5.5% & 18.4%)



The average WEMWBS\* score of 15 yrs olds in West Sussex was **46.8**, lower than the England score of 47.6

Health Survey for England Data 2012



**59.0%** reported that they had been bullied and **9.9%** said they had bullied others.  
(England - 55.0% & 10.1%)



**7.7%** said they were regular drinkers, and **19.7%** reported having been drunk in the last 4 weeks.  
(England - 6.2% & 14.6%)

\*WEMWBS is a set of questions about mental wellbeing. The Higher the score the better the mental wellbeing