



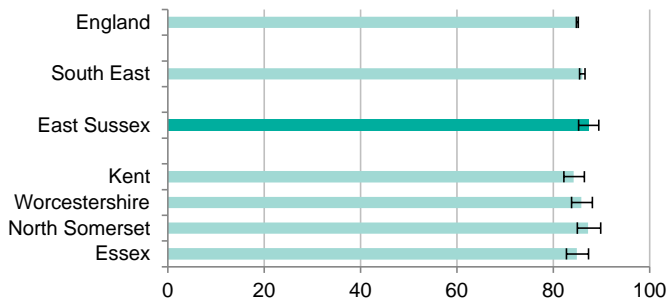
East Sussex

The What About YOUth? (WAY) survey is a lifestyle study of 15-year-olds in England, collecting data on risky behaviours, health and wellbeing. The survey was produced by the Health and Social Care Information Centre (HSCIC) with an accompanying profile published on Public Health England's Fingertips platform. All WAY data is taken from the 2014 survey responses, all other sources are stated.

General health

In this area, 87.2% of children reported their general health as excellent or good, which is similar to the England average of 85.0%. The proportion of children who have a long term illness, disability or condition is similar to the England average. 22.6% engage in three or more of the risky behaviours they were asked about, which is higher than the England average of 15.9%.

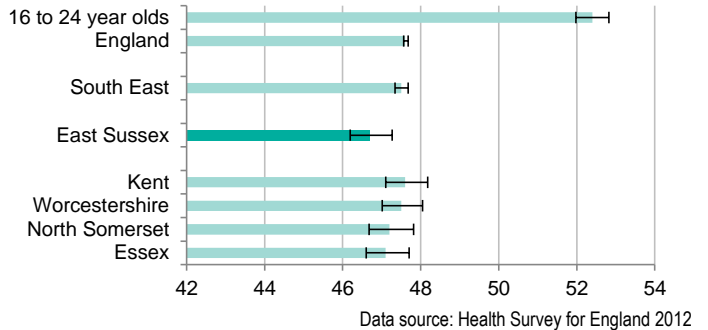
Children reporting their general health as good or excellent



Wellbeing

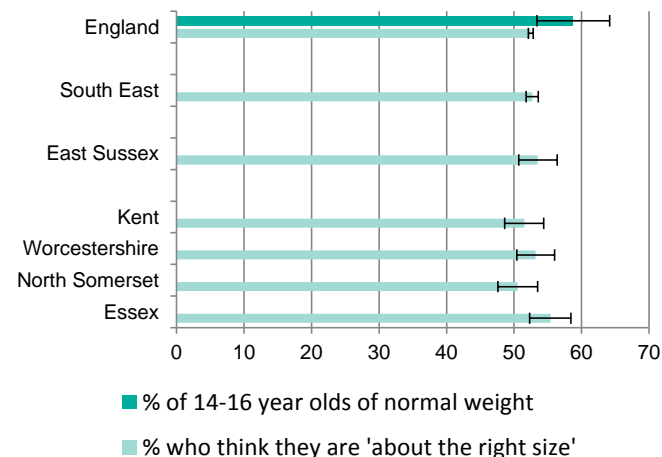
The Warwick-Edinburgh Mental Wellbeing scale (WEMWBS) measures wellbeing using responses to 14 positive statements to give a score between 14 and 70, where positive answers result in a higher score. In East Sussex the mean score is 46.7 which is lower than the England mean score of 47.6. The average WEMWBS score for 16 to 24 year olds in 2012 was higher, at 52.4 (Health Survey for England).

Mean score of the 14 WEMWBS statements



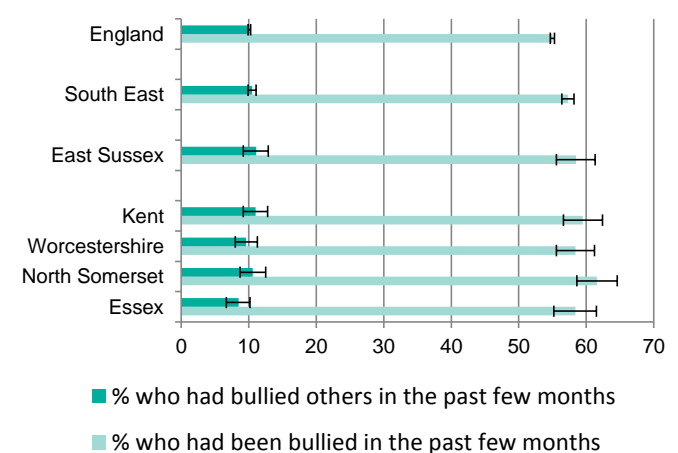
Body image and BMI

In East Sussex, 53.5% of children reported that they felt their body was 'about the right size', which is similar to the England value of 52.4%. In the Health Survey for England 2013 data 58.7% of 14-16 year olds in England were recorded as having a healthy weight.



Bullying

Bullying in schools can negatively impact health, educational attainment and can pose a suicide risk. In East Sussex 58.5% of children reported they had been bullied in the past couple of months, and 11.1% had bullied others. This survey's definition of bullying included physical and verbal bullying, as well as text messages and online activity.

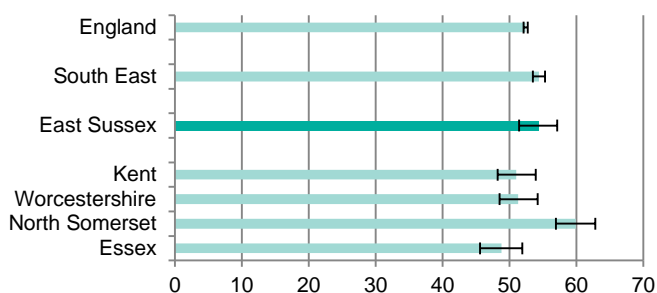


These charts compare this area with its statistical neighbours and the England and regional average.

Diet

Poor diet is a major risk factor for ill-health and premature death. In East Sussex, 54.3% of children reported that they ate the recommended amount of fruit and vegetables each day; at least five portions. This compares to 54.4% in South East and 52.4% in England.

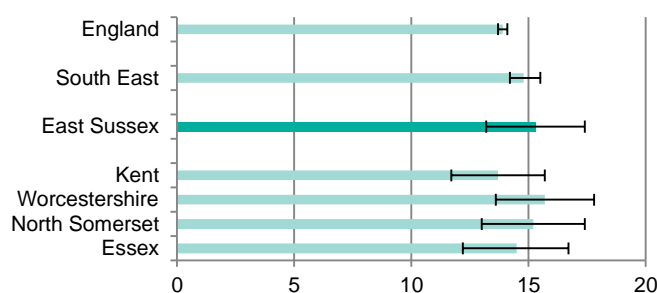
Percentage of children reporting that they eat five portions of fruit and vegetables per day



Physical activity

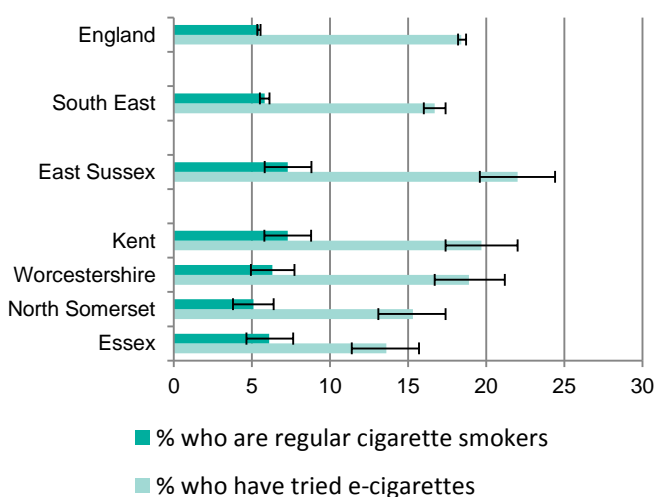
The World Health Organization's guideline of an hour of moderate-to-vigorous physical activity per day is met by 15.3% of young people, similar to the England average of 13.9%. Good physical activity habits in childhood and adolescence are likely to be carried into adulthood, while lower levels of activity are associated with obesity.

Percentage of children reporting that they meet the physical activity guideline



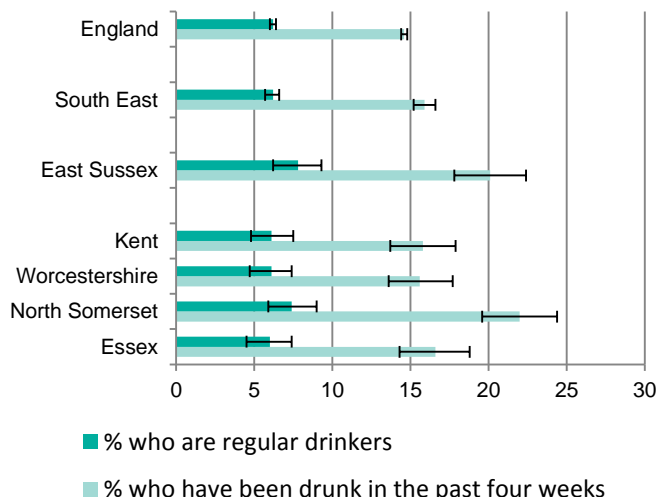
E-cigarettes and smoking

In East Sussex 7.3% of 15-year-olds are regular smokers, which is higher than the England average of 5.5%. E-cigarettes have been tried at least once by 22.0% of 15-year-olds which is higher than to the England value of 18.4%. Please note these indicators are shown together for illustrative purposes and definitions are different.



Drinking

Research has shown that young people who start drinking at an early age are more likely to drink more frequently and in higher quantities than those who start later in life. In East Sussex 7.8% of 15-year-olds are regular drinkers, similar to the England average of 6.2%. In the last four weeks 20.1% have been drunk, higher than 14.6% for England.



Further indicators, metadata and visualisations of this data are available including a spine chart for each area at PHE's Fingertips site, while the full report is published on the HSCIC website.

<http://fingertips.phe.org.uk/profile/what-about-youth>

<http://www.hscic.gov.uk/catalogue/PUB19244>

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