

# What do we know about Young People's Health & Wellbeing in Fife?

## % achieving 60 minutes of physical activity



Every day

17% of 13 year olds  
17% of 14 year olds



On four days

18% of 13 year olds  
15% of 14 year olds



On one day

4% of 13 year olds  
5% of 14 year olds

## Most popular physical activities



Swimming



Football



Active gaming



Cycling



Walking



82% of 13 year olds and  
63% of 15 year olds have  
never smoked

3% of 13 year olds and  
12% of 15 year olds were  
regular smokers



The average age to have first drunk  
more than a small amount of alcohol

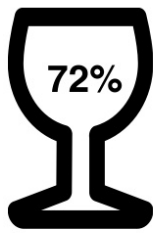
12

The average age to have first smoked  
a cigarette (more than a puff)

## % ever had proper alcoholic drink



13 year olds



15 year olds

19,520

11-15 year olds  
in  
Fife

## % who drank alcohol in last week



13 year olds



15 year olds

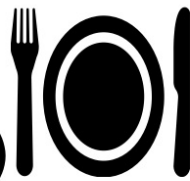
82% of 15 year olds have never used drugs

8% of 15 year olds have a limiting  
long term health problem or disability

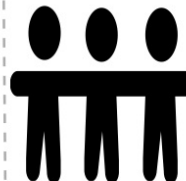


85% of 13 and 15 year olds have  
above average or average  
positive mental wellbeing

37% of secondary  
pupils eat a school  
lunch (free and paid)



19% of secondary  
pupils are registered  
for a free school meal



82% of 13 and 15  
year olds have 3 or  
more close friends

12 to 15 year olds travel to school by:



Bus (46%)



Car (12%)



Walking (31%)



81% of 15 year olds have  
five awards at SCQF  
level 4 or above



17% of 11-15 year  
olds live in low  
income families