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

% achieving 60 minutes of physical activity

<table>
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<tr>
<th>Every day</th>
<th>On four days</th>
<th>On one day</th>
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<tbody>
<tr>
<td>17% of 13 year olds</td>
<td>18% of 13 year olds</td>
<td>4% of 13 year olds</td>
</tr>
<tr>
<td>17% of 14 year olds</td>
<td>15% of 14 year olds</td>
<td>5% of 14 year olds</td>
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Most popular physical activities

- Swimming
- Football
- Active gaming
- Cycling
- Walking

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

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

82% of 15 year olds have never used drugs

12 to 15 year olds travel to school by:
- Bus (46%)
- Car (12%)
- Walking (31%)

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

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<tr>
<th>13 year olds</th>
<th>15 year olds</th>
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<tbody>
<tr>
<td>42%</td>
<td>72%</td>
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% who drank alcohol in last week

<table>
<thead>
<tr>
<th>11-15 year olds in Fife</th>
<th>13 year olds</th>
<th>15 year olds</th>
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<tbody>
<tr>
<td>19,520</td>
<td>6%</td>
<td>16%</td>
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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

19 to 15 year olds have 3 or more close friends

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

Find out more at: http://knowfife.fife.gov.uk
Published by Public Health Dept, NHS Fife, Jan 2015