



## Lifestyles in York [Download this section](#)

This section looks at lifestyle factors. Lifestyle and behaviour choices are important in influencing health and wellbeing. The choices people make can have a lasting impact on their health. For example, unhealthy diets and physical inactivity are major risk factors for overweight and obesity as well as a number of chronic health conditions including cardiovascular disease, diabetes, some cancers and high blood pressure.



### In this section

Alcohol

Drugs and Other Substances

Physical Activity

Sexual Health

Smoking

Teenage Pregnancy

This page was last updated on 20 April 2015

This page will be reviewed by 20 April 2016

[Introduction](#)  
[Population](#)  
[Living in York](#)  
[Lifestyles in York](#)  
[Health & ill health](#)  
[Recommendations](#)

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