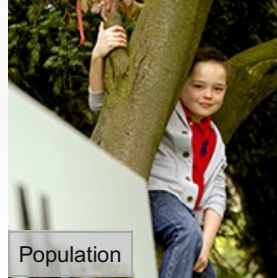


# York Health & Wellbeing

## A Joint Strategic Needs Assessment



Introduction



Population



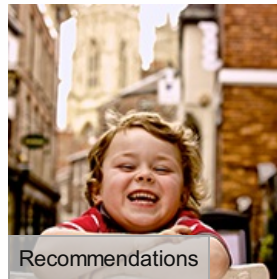
Living in York



Lifestyles in York



Health & ill health



Recommendations

## 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

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This page will be reviewed by 20 April 2016

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