



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.



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This page was last updated on 20 April 2015

This page will be reviewed by 20 April 2016

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