Cohort '98 at age 20: Health and Development

16% had an ongoing health issue

The most common issues were coded as 'mental, behavioural or neurodevelopmental'.

This category includes conditions such as depression, anxiety, and ADHD.

74% had visited a GP in the last year

But 17% said they had failed to go even when they needed to.

More than one-third are overweight or obese

Women:
16% obese
24% overweight

Men:
9% obese
24% overweight

Other risk factors for being overweight included socio-economic disadvantage, previous weight and having overweight parent(s).

Nearly three-quarters of 20-year-olds described their health as 'very good' or 'excellent'

But those in the lowest income category were more likely to say their health was only 'fair' or 'poor' (7%) compared to those with the highest income (4%)

General health

Excellent
27%

Very good
47%

Good
20%

Fair
5%

Poor
5%

16% had an ongoing health issue

Nearly 40% of 20-year-olds smoked occasionally or daily

Smoking rates increased between age 17/18 and 20 years: 'occasional' smoking was up to 23% from 12% (at age 17/18) and 'daily' smoking rose from 8% to 15%