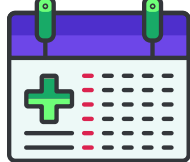


# Cohort '98 at age 20: Health and Development

**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



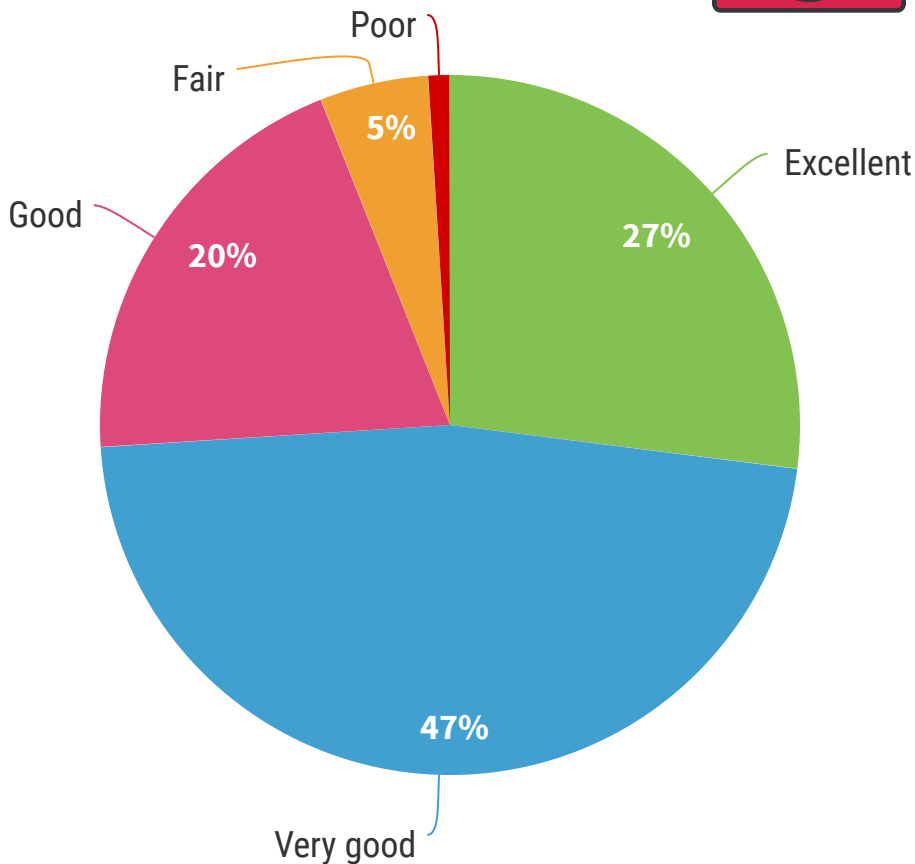
**Women:**  
16% obese  
24% overweight



**Men:**  
9% obese  
24% overweight

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

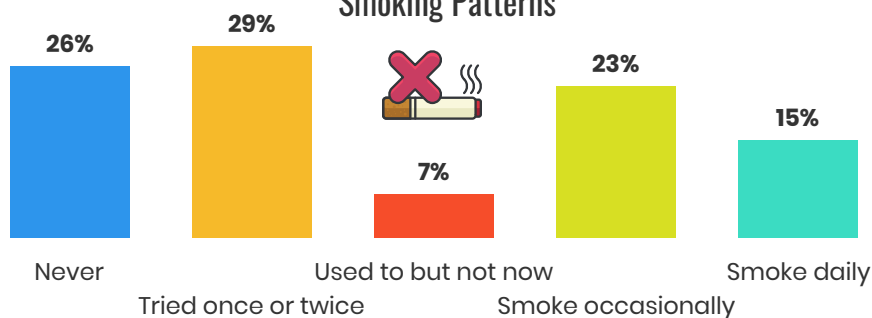
## General health



**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%)

## Smoking Patterns



**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%