



Evaluation

Diet, Activity and Healthy
Weight Report
January 2018



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Diet, Activity and Healthy Weight Report

Introduction

This report analyses Young Scot's *Diet, Activity and Healthy Weight Survey*. Results are based on 308 responses collected between 22nd October 2017 and 21st January 2018.

The survey includes a mixture of qualitative and quantitative data. Qualitative data have been categorised using specific criteria outlined in Appendix I. Only certain respondents' qualitative data have been included (see below), and direct quotes have been used where appropriate.

Important Notes

Double categorisation

There are several open questions in the survey which have produced very detailed answers. In some cases, a response may have fit the criteria of more than one category. All answers have been coded as many times as they possibly need to, meaning some answers span a few categories. Therefore the quantified results from qualitative questions may not always add up to 100%.

Qualitative responses

At the start of the survey there is a question asking respondents whether or not they are happy for typed responses to be anonymously quoted in reports produced by Young Scot or the Scottish Government. As all qualitative responses are based on the individual typing, I have excluded responses from those who selected 'No' or left this box blank for the relevant questions. Therefore the sample size will be reduced to 207 (those who 'opted in') when analysing qualitative responses. The relevant questions are clearly marked within the report as a reminder.

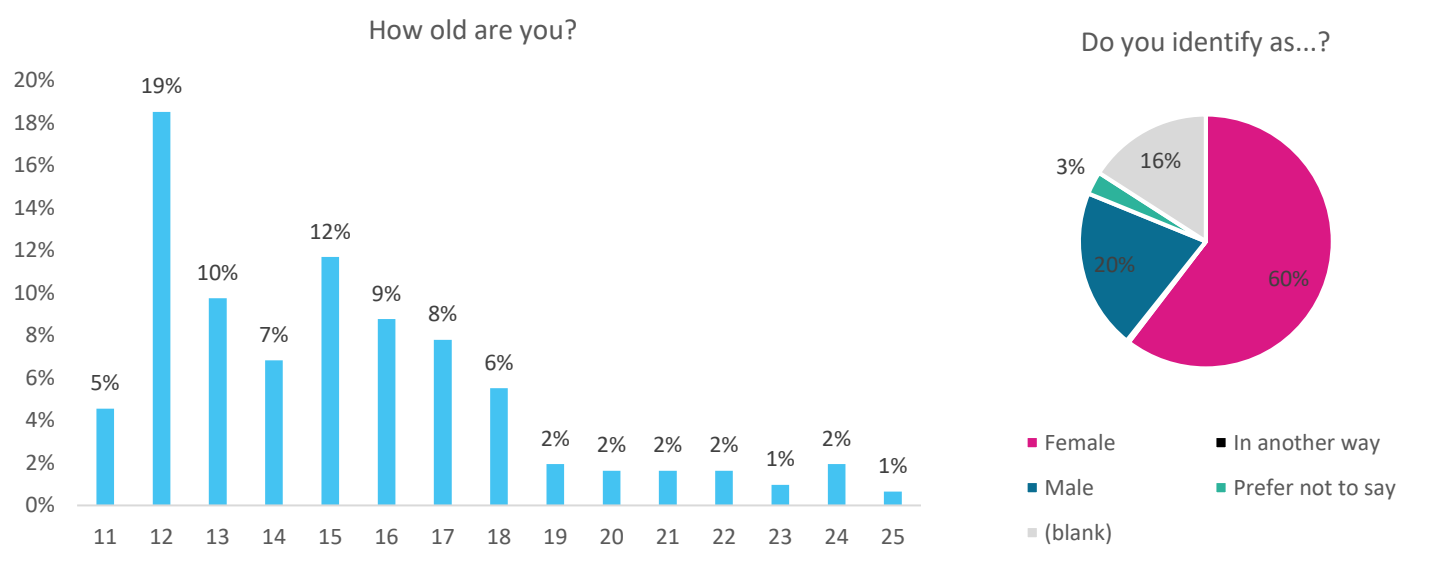
Executive Summary

- » The most common associations with the term “**healthy**” are a mixture of **fitness levels (59%)** and/or **diet (48%)**. Only **87** respondents provided a single word or phrase, with the remainder providing multiple definitions of health.
- » **52%** would consult the **internet** for advice on healthy eating, although most respondents use more than one source. **93%** of respondents know where to look for information about food ingredients.
- » When choosing what food to eat, **health** is not the most important factor, falling behind the **expiration date** and **price**. Having a **lack of support from family members** is the most likely reason that the sample would feel discouraged to try healthy foods.
- » Promotions are very popular within the sample, particularly when they are convenient such as **supermarket meal deals or ready meals**. **37%** had bought a meal deal within the previous week.
- » Advertising of junk food is prevalent, with **50%** seeing a **TV advert** within the previous week. Suggestions of how to cut down consumption of junk food include **pricing, accessibility** and **promotion of healthier alternatives**.
- » **71%** of respondents think of themselves as active in some way. Most exercise for **enjoyment**.
- » Barriers to taking part in physical exercise include **feeling of ‘no time’ due to other commitments, lack of motivation or confidence, cost, lack of options** and **accessibility of facilities**.
- » Respondents feel that the main obstacles to leading a healthy lifestyle are a **lack of knowledge about healthy alternatives**, the **disparity in cost** between healthy and unhealthy food, the **cost of taking part in regular exercise**, the **accessibility of unhealthy food in school**, and a **lack of support** for those wishing to change their habits.

Demographics

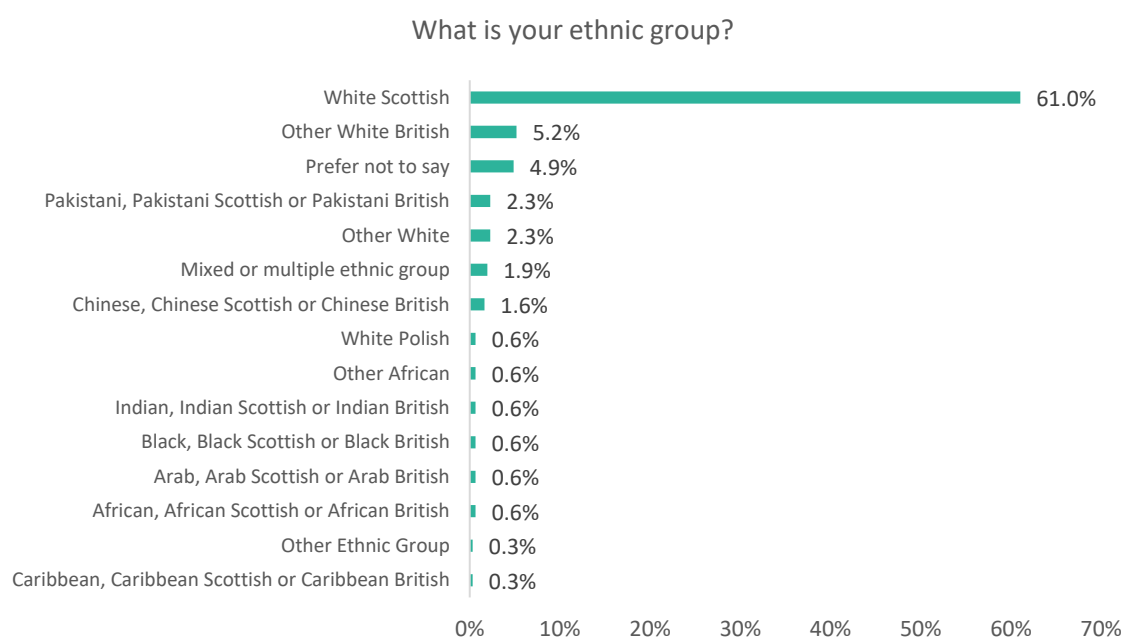
Demographics: Age and Gender

Responses were collected from individuals across the target audience spectrum (11-25), the most common response age being 12. Most respondents (60%) identify as female, with 20% identifying as male. 9 respondents preferred not to answer the question.



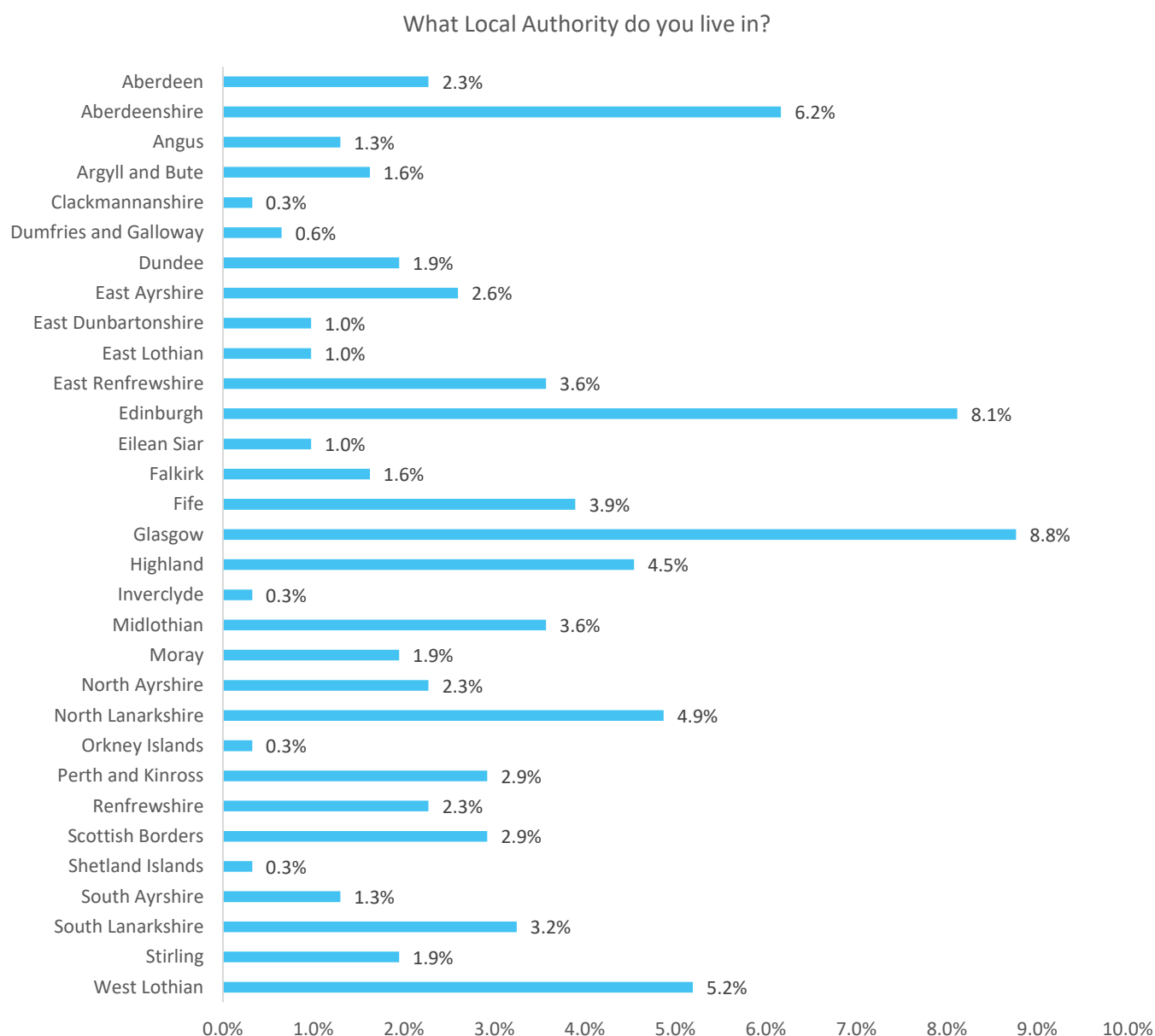
Demographics: Ethnicity

Most respondents are White Scottish, although there is representation across 13 other ethnic groups. 15 respondents preferred not to say.



Demographics: Locality

There is representation across all 32 Local Authorities except West Dunbartonshire within this sample. Most respondents are from Glasgow or Edinburgh.



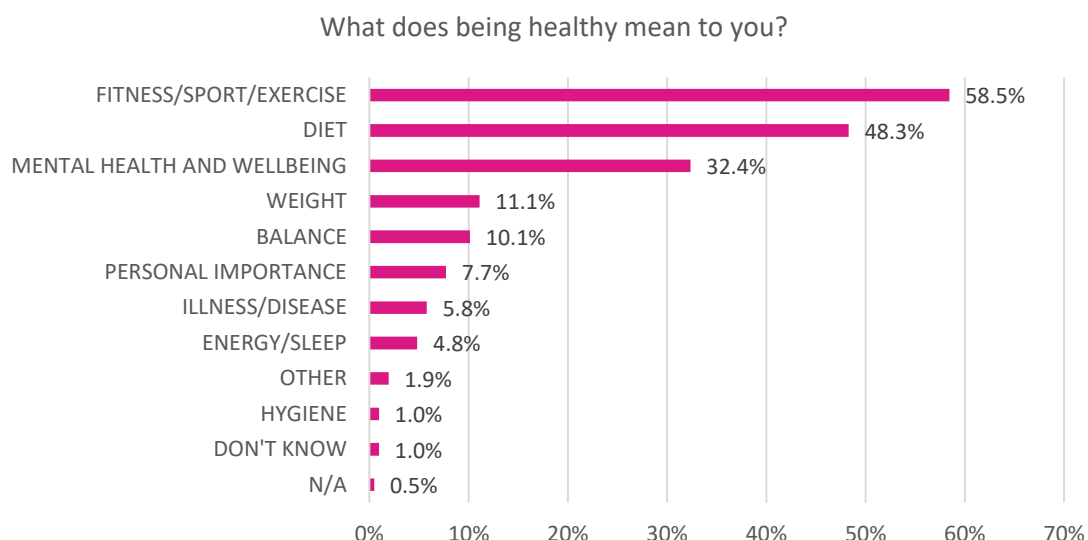
Feeling Healthy

1. What does being healthy mean to you?*

*Qualitative question = 207 responses

Within this sample, the majority of young people associated being healthy with either fitness or the way that they eat (with many stating both factors). However, this is closely followed by mental health and wellbeing.

Only 89 out of 207 responses stated one factor. All other responses listed multiple definitions of health.



“Good health means being fit and happy. This includes not being ill, managing regular exercise and eating well.”

“Staying Physically, Mentally and Socially Healthy. This Includes Eating Healthily (Keeping a Balanced Diet), Keeping Fit (Exercising), Mixing With Others (Meeting New People) and Thinking Positively and Being Encouraged To Do Your Best.”

“It means having a balanced diet and having a balanced lifestyle (i.e. having the correct balance between sleeping, eating, exercising, resting and working). It also means eating your five a day, always eating three set meals a day and never skipping breakfast.”

16 respondents also shared how personally important being healthy, interpreting the question in a slightly different way.

“Being healthy to me means I will live a long life, I am able to do stuff to my comfort zone and I can do things other pupils can.”

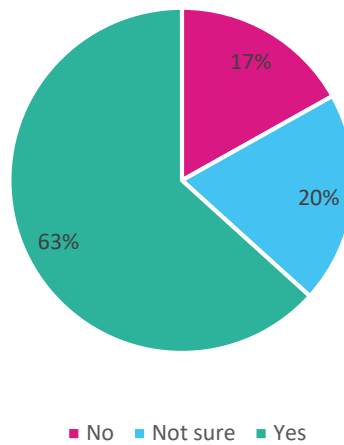
“It means a lot because when you do not eat healthy or be active, you don't feel that good”

“I would not like to be unhealthy because I might have to go to the doctors more”

2. Do you think you currently have a healthy lifestyle?

Over half* of respondents think they have a healthy lifestyle, although 20% admit that they are not sure.

Do you think you currently have a healthy lifestyle?

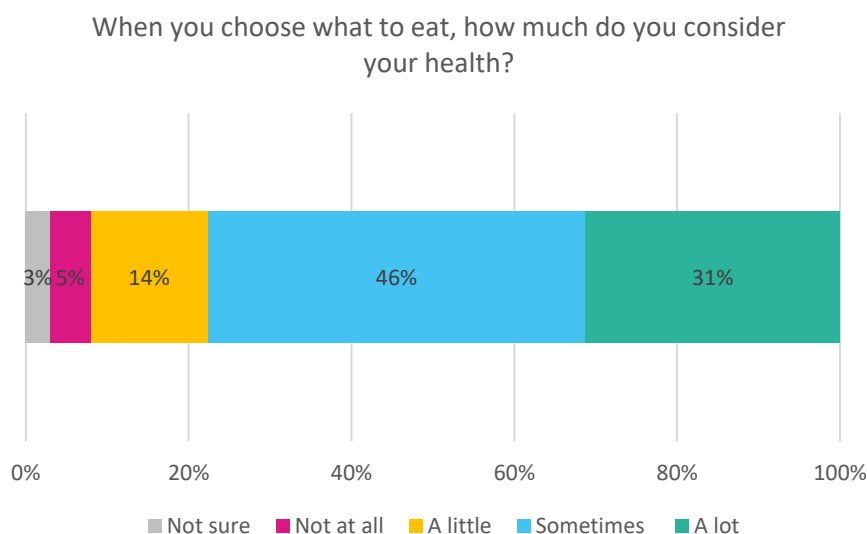


*excluding blank responses

What You Eat

1. When you choose what you eat, how much do you consider your health?

Consideration of health when making choices about food is quite high. Most respondents (46%) only sometimes consider their health when they choose to eat, although 31% do consider it a lot.*

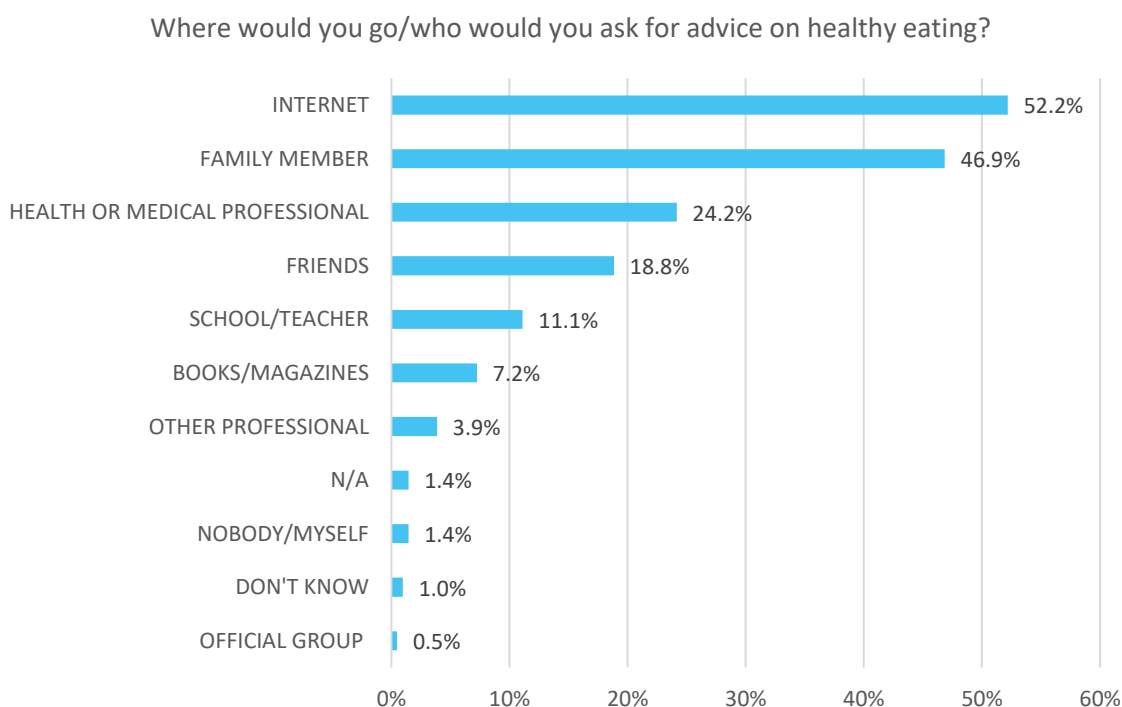


*excluding blank responses

2. Where would you go/who would you ask for advice on healthy eating?*

*Qualitative question = 207 responses

The internet was the most popular response to this question by far, with one person mentioning the Young Scot website by name. However, most young people use more than one source of advice, with 98 respondents providing multiple sources.



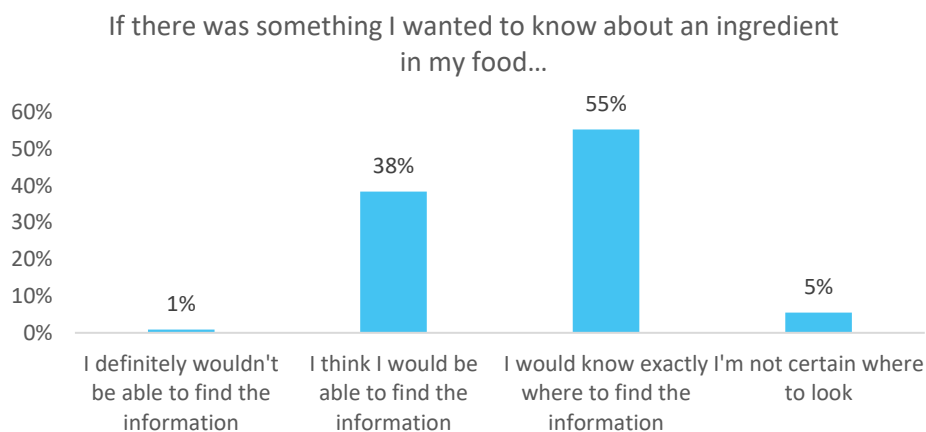
"Young Scot website, Family , Friends Maybe magazines, Adults at school"

"I would ask my mum and i would check the NHS website for correct information."

"Medical professional, family, and the internet, although I take internet advice with a pinch of salt."

3. Complete the sentence. If there was something I wanted to know about an ingredient in my food...

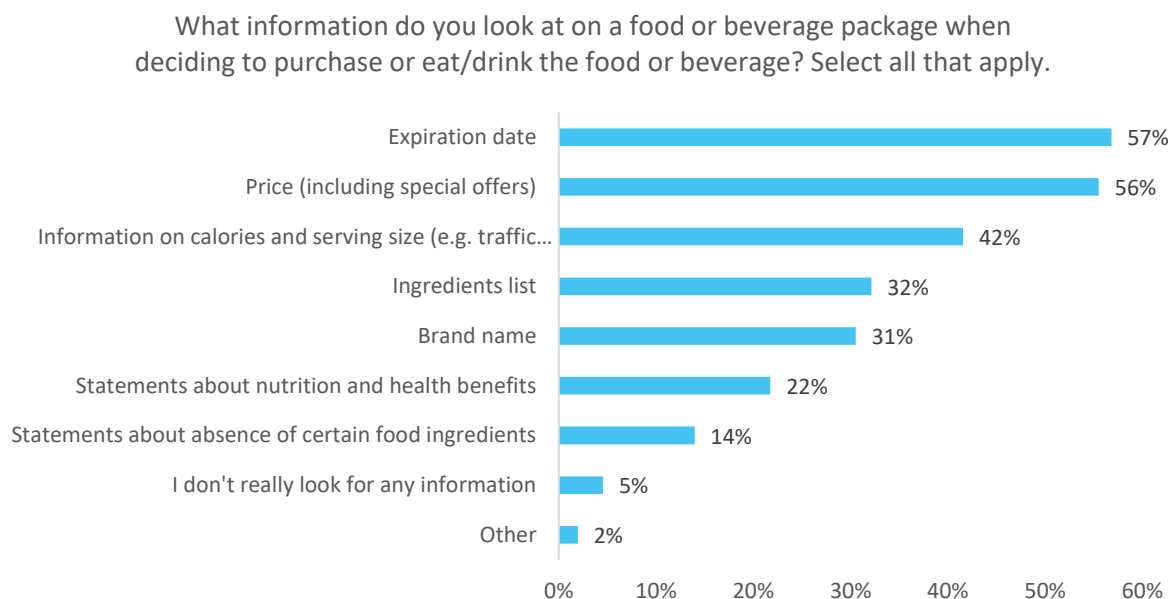
Only 6% of respondents would struggle to find information about ingredients in their food.*



*excluding blank responses

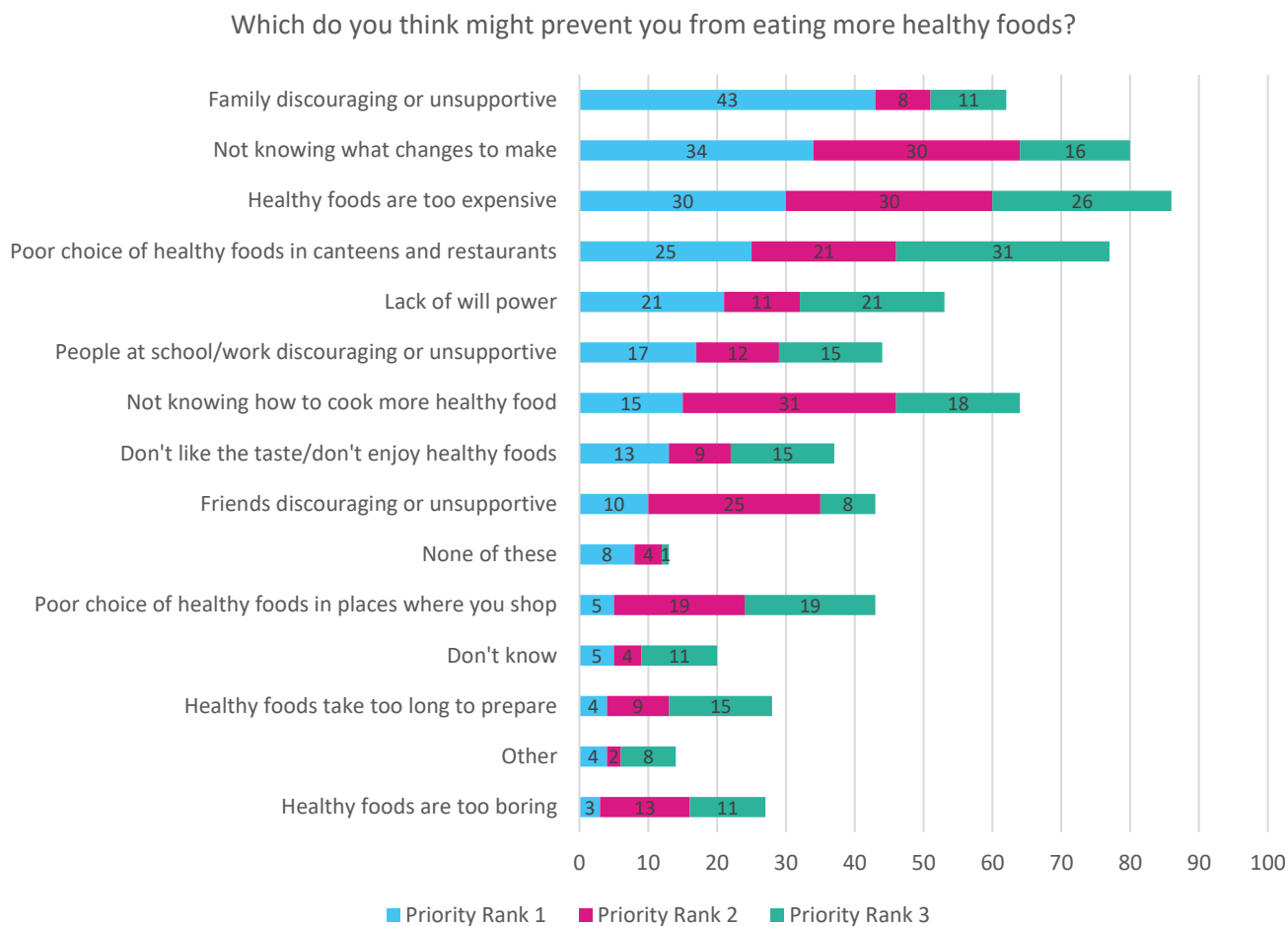
4. What information do you look at on a food or beverage package when deciding to purchase or eat/drink the food or beverage?

Expiration date and price are the most important details that inform this choice. Less people look at statements about nutrition and health benefits (22%) than brand name (31%). Only 5% of respondents do not take any information into account when making the choice to purchase or consume a product.



5. Here are some things which might discourage people from eating more healthy foods. Which do you think might prevent you from eating more healthy foods?

The most important factor that would discourage young people from eating healthier foods is their family being discouraging or unsupportive (ranked as Priority 1 by the most respondents). However, this is closely followed by factors relating to lack of knowledge, choice and the differences in price between healthy and unhealthy foods.

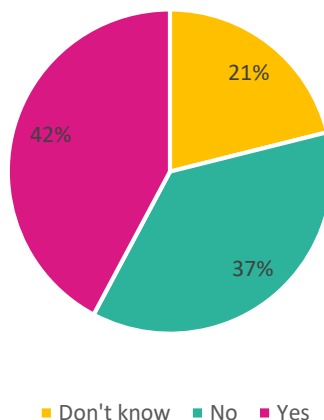


Promotions

1. In the last 7 days, did you buy, or have someone else buy for you, any food or drink items because there was a special offer on the product. (e.g. meal deal, buy one get one free or a price reduction)

Most respondents did make a purchase choice based on promotion. However, almost a quarter of respondents (21%) did not know.* This may be due to the fact that someone else was making the purchasing choice for them (e.g. a parent or guardian).

In the last 7 days, did you buy, or have someone else buy for you, any food or drink items because there was a special offer on the product?



*excluding blank responses

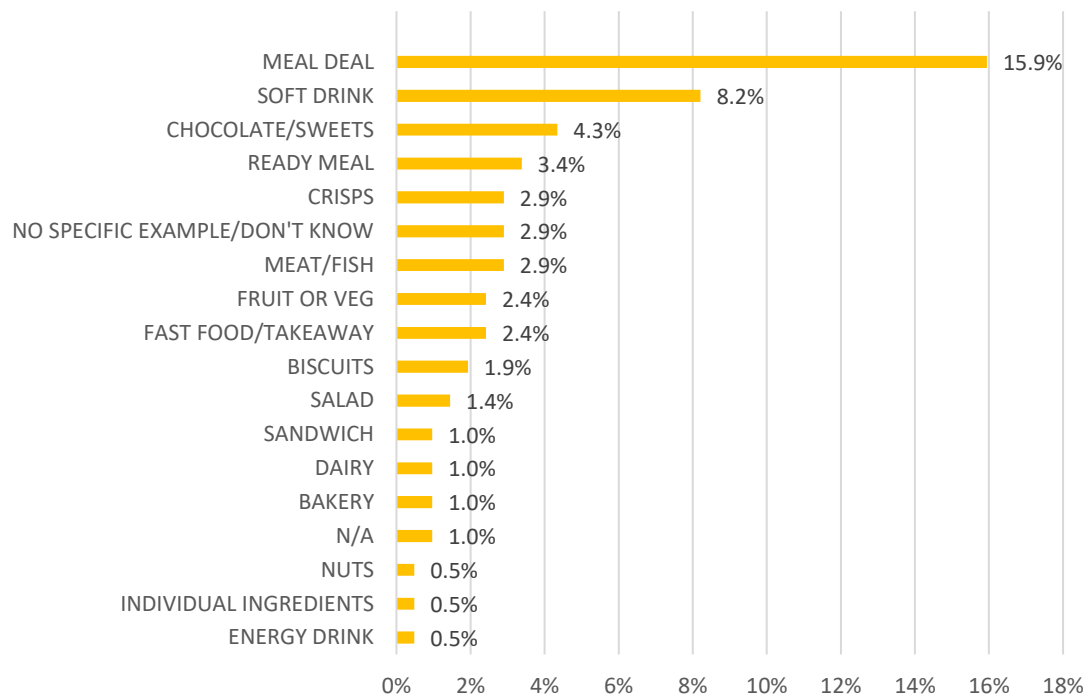
a. If yes, please describe which foods and/or drinks*

*Qualitative question = 207 responses

Although respondents provided a wide range of examples, the majority were in the form of a supermarket “meal deal”: a drink, main food item (e.g. sandwich) and snack. This is clearly a very lucrative offer for the age range sampled.

Most examples offered were unhealthy, with only 5 respondents stating fruit or veg and only 1 buying individual ingredients to cook with. This could suggest that convenience is also a factor when buying promoted products (e.g. pre-made meals or snacks).

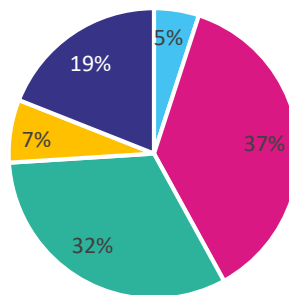
If yes, please describe which foods and/or drinks



b. If yes, what kind of promotion was offered?

The most common types of promoted products bought within the previous week were meal deals (37%) or multi-buys (32%). 7 respondents stated alternatives to the options given.

If yes, what kind of promotion was offered?



- 50% extra free
- Meal deal
- Multi-buy (e.g. buy one get one free, 2 for £1)
- Other
- Temporary price reduction (e.g. was £2 now £1)

Other:

All of the above

But one get one half price

Free delivery

Half price

Just the price

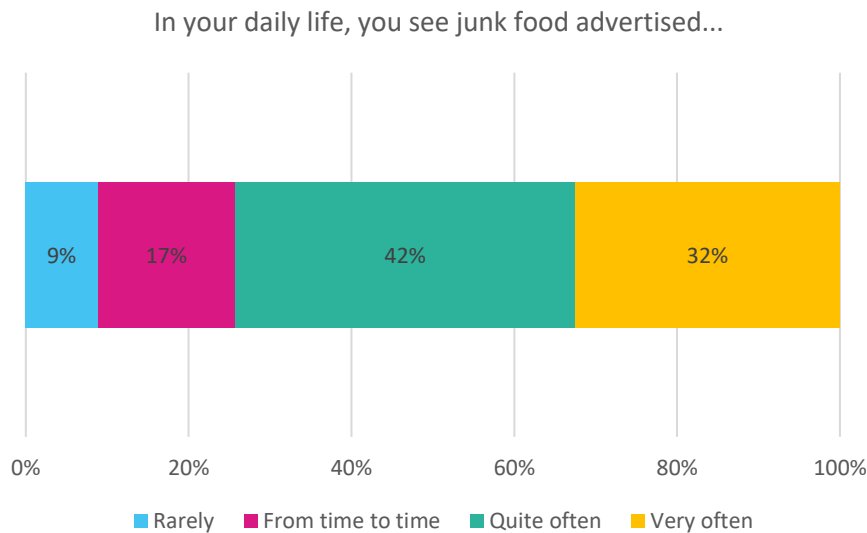
meal deal, multi buy, and last minute yellow labels

Reduced to clear

Junk Food

1. In your daily life, you see junk food advertised...

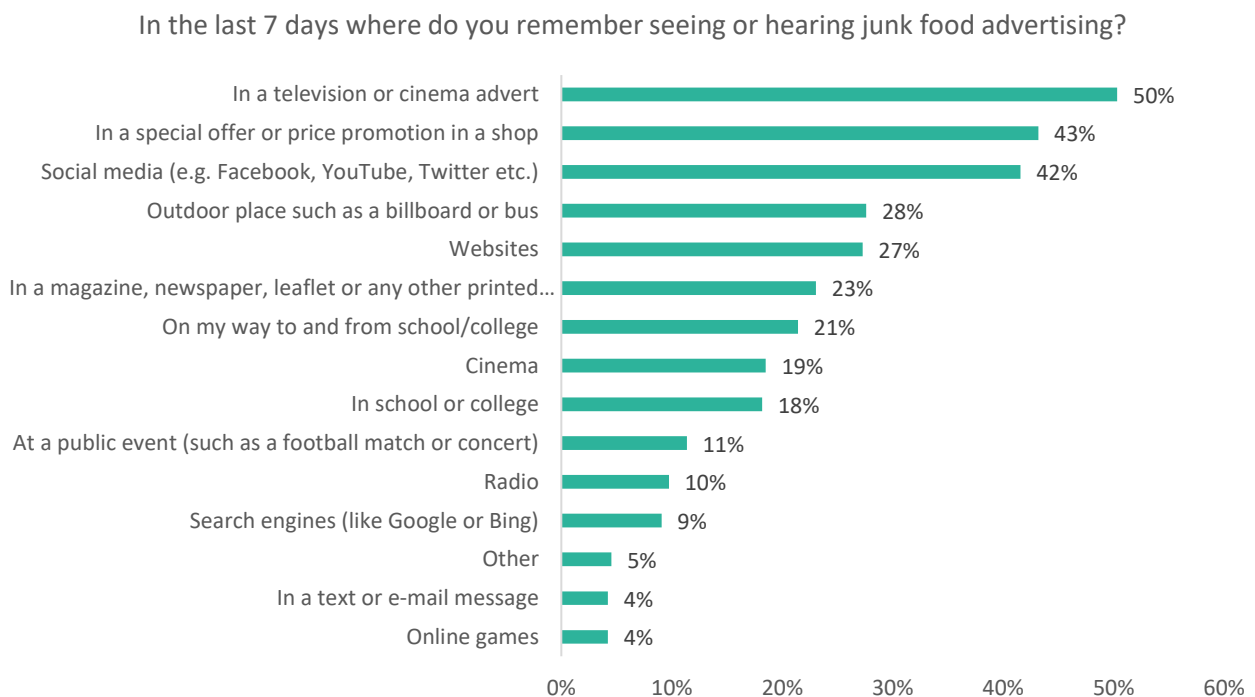
74% of respondents see advertising for junk food quite/very often in their daily life.*



*excluding blank responses

2. In the last 7 days where do you remember seeing or hearing junk food advertising?

Half of the respondents stated TV/cinema as the most memorable channel for junk food advertising. Seeing the promotion in-store (43%) and noticing it on social media (42%) were also common responses.



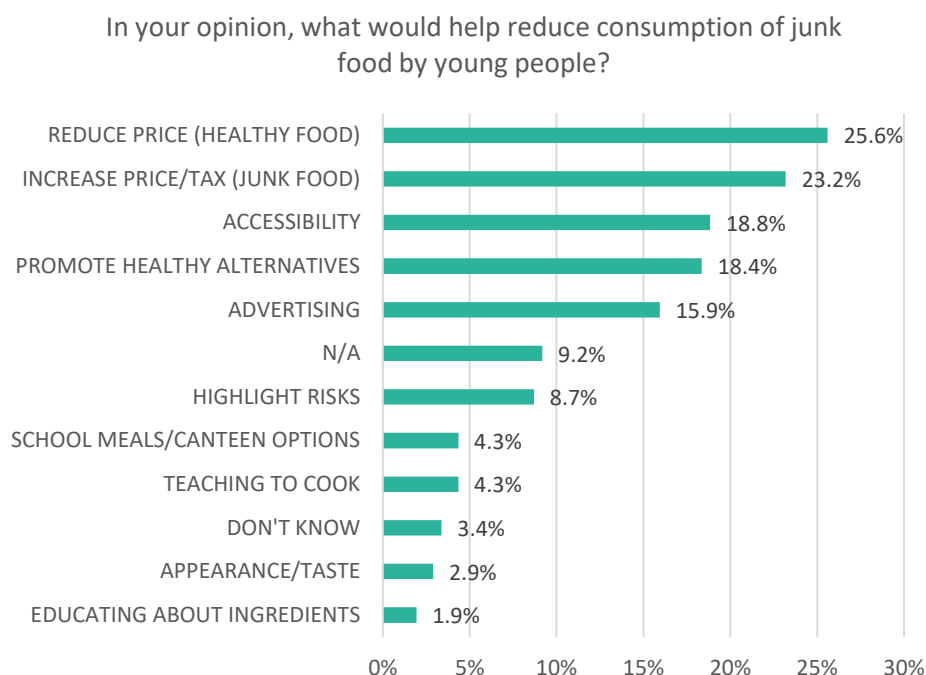
3. In your opinion, what would help reduce consumption of junk food by young people?*

*Qualitative question = 207 responses

Price is a very important factor in reducing the consumption of junk food, with almost half of respondents suggesting that the price of junk food should be increased and/or price of healthy food should be reduced. There is a recognition that the low cost of junk food increases appeal and accessibility to young people.

Accessibility in terms of location and the ease of ordering fast food is also something that this sample believes should change. 16% state that advertising junk food is negatively influencing healthy choices, and that simply changing promotion to include healthier alternatives (18%), or teaching young people how to cook healthy meals (4%) would be beneficial.

9 respondents were keen to see change in what schools offer as meals or in their canteen specifically.



"Less advertising and making them more expensive as those with little money are forced to buy the unhealthy foods"

"Getting taught in school how to cook healthy meals and what alternatives we could eat instead of junk food."

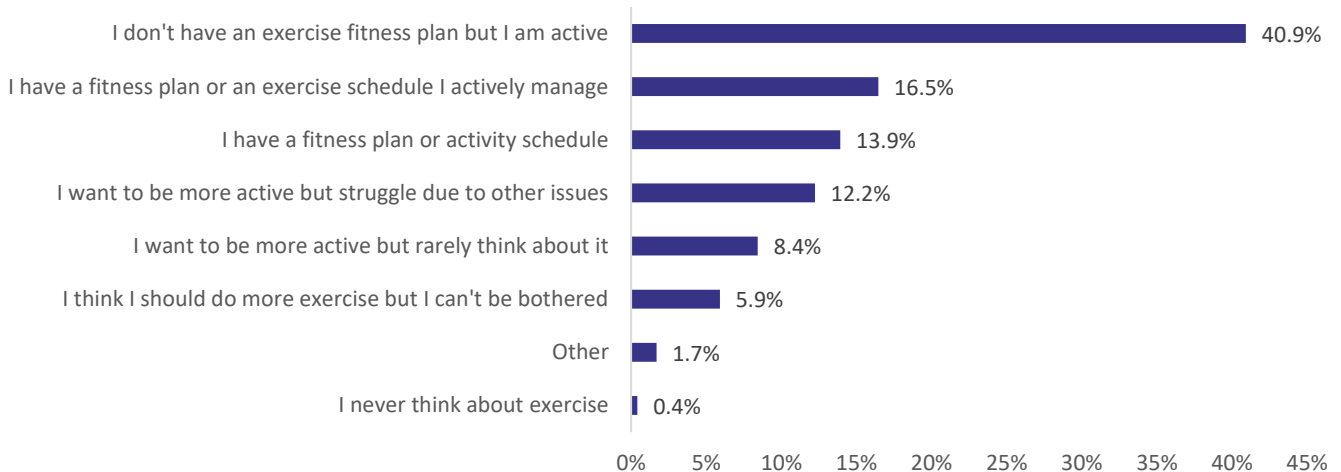
"better food in schools as foods they are cooking are very high in fat and they don't have very many healthy options"

Physical Activity

1. Which of these statements best describes your approach to physical activity/exercise?

The majority of respondents view themselves as active, either with a fitness plan/schedule (30%) or without (41%). 27% of respondents think they should do more exercise or want to be active, with 12% stating they struggle to do so due to other issues. Only 1 respondent (0.4%) stated that they never think about exercise.*

Which of these statements best describes your approach to physical activity/exercise?



*excluding blank responses

Other:

High Standard Athlete

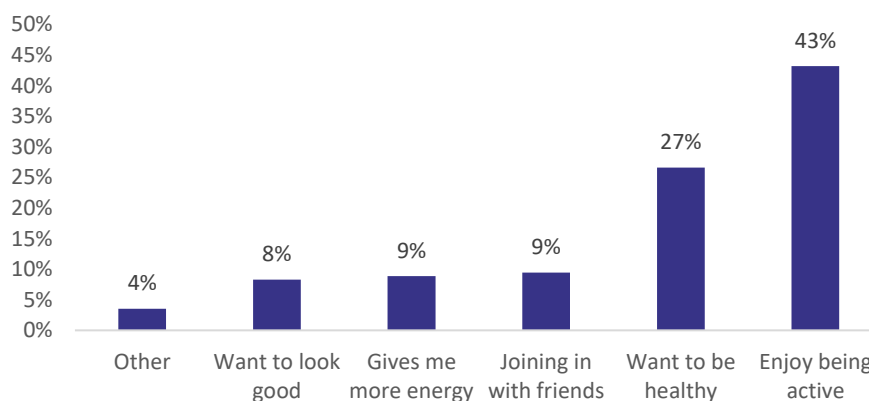
I do it at school

I want to exercise regularly but I have little will power

2. Why do you exercise?

Health seems to be a lower priority for respondents than enjoying being active. 3 respondents who selected "other" also used examples to do with enjoyment/fun.

Why do you exercise?



*excluding blank responses

Other:

calming

I Enjoy Being Active, I Want To Be Healthy, I Am Joining In With Friends, Having Fun.

I enjoy spending time with my dogs and I know they need walked and trained.

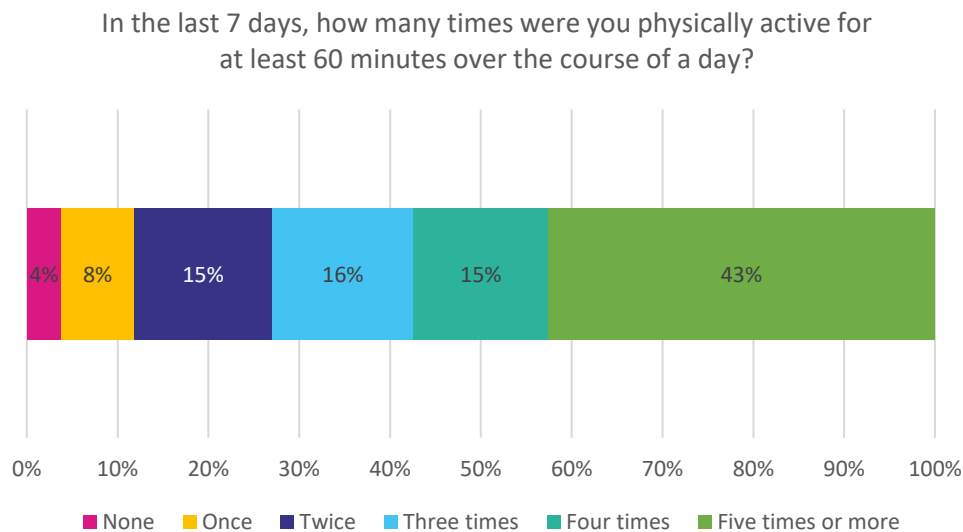
its fun

procrastination from university work

Staying fit + health reasons

3. In the last 7 days, how many times were you physically active for at least 60 minutes over the course of a day? This includes activities like walking.

73% of respondents were active for 60 minutes more than three days in the previous week, with most reporting five times or more. Only 9 respondents said that they had not been active for at least an hour a day.*



*excluding blank responses

4. Is there anything that stops you being more physically active than you would like to be?*

*Qualitative question = 207 responses

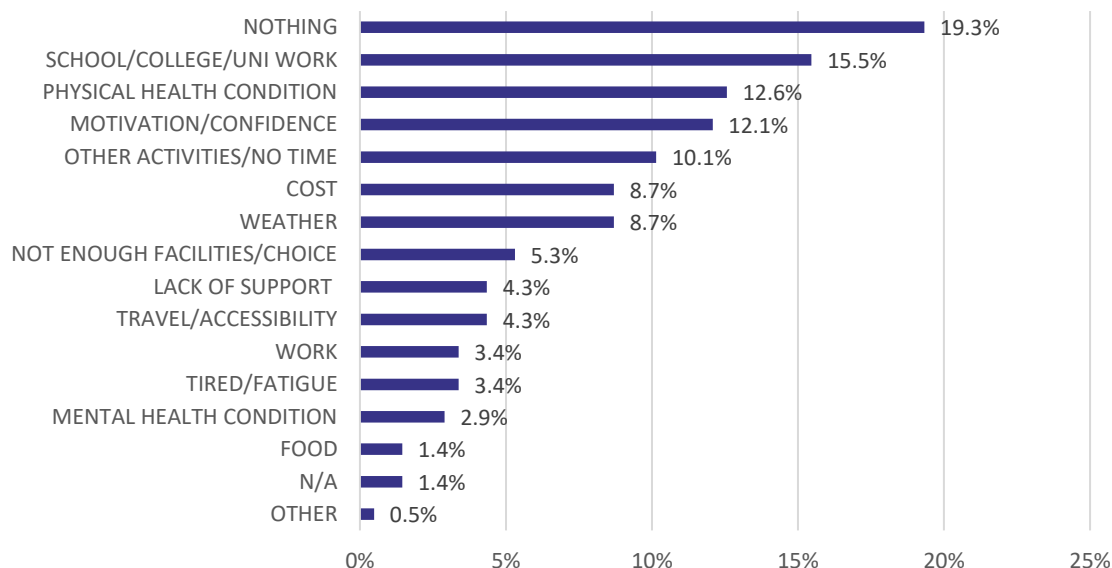
Most people within this sample feel that there is “nothing” to stop them being more physically active. However, it is unclear if this means that they feel they are active enough or they have no reason not to become more active.

Work for school, college or university puts time constraints on 16% of the sample. 10% also feel that they have “no time”, whether that is due to specific activities or just in general.

38 respondents provided examples of a physical barrier to keeping active, mainly to do with facilities. These include cost, not enough choice and being able to travel to or access such facilities.

31 respondents stated a mental barrier, including having self confidence or motivation or having a mental health condition. 9 respondents also feel that they lack support from their family or friends to be physically active, 4 stating that they would prefer to exercise with friends.

Is there anything that stops you being more physically active than you would like to be?



Other:
smoking

"Not having enough time on top of school work etc. Plus gyms are expensive to go to and you can't go out running in winter cause it's too cold and icy."

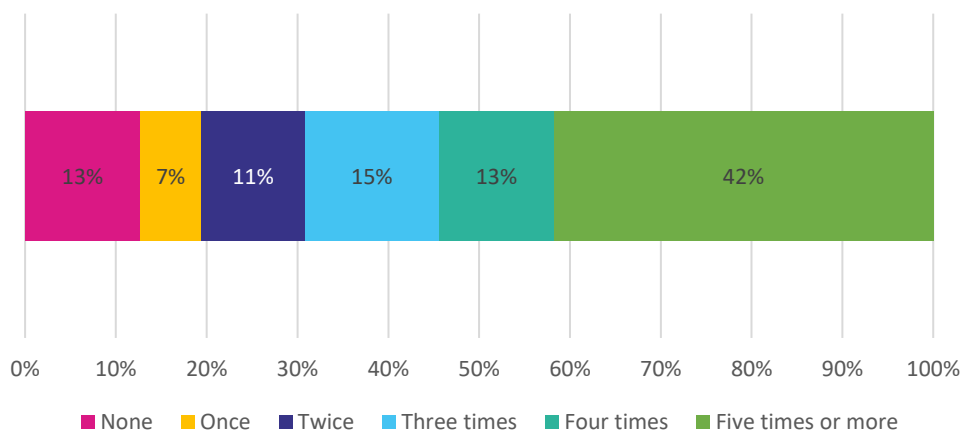
"Where I live is quite rural so I have to travel far to take part in organised sports activities."

"Confidence by far. Some people just aren't confident when it comes to exercising in public and Physical Education can be pressuring for teens as they are forced to exercise"

5. In the last 7 days, how many times did you get at least 8 hours sleep?

Sleep patterns are wide-ranging within this sample. Although the majority (43%) of respondents got 8 hours sleep five or more times in the previous week, there were 30 respondents who never did.*

In the last 7 days, how many times did you get at least 8 hours sleep?



*excluding blank responses

Improving the Future

1. What else do you think should be done to help young people to lead a healthy lifestyle, improve their diet and/or be more active?*

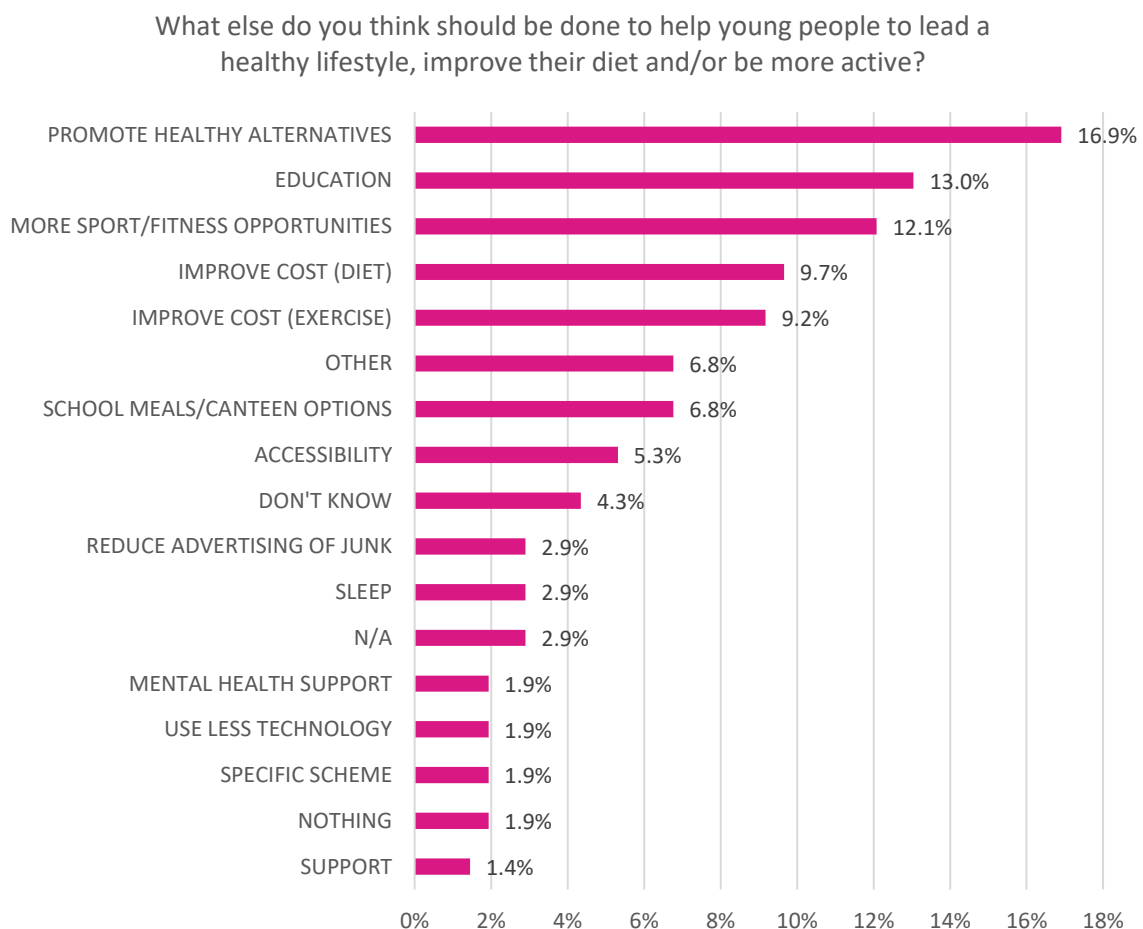
*Qualitative question = 207 responses

The main issue highlighted is the lack of knowledge that young people have about healthy lifestyles. The majority of respondents (30%) think that alternatives should be promoted and/or people should be better educated about health. This is mainly in relation to diet, but 12% of respondents also suggested improving sport or fitness opportunities. 7 responses were related to improving fitness opportunities specifically within schools (e.g. more engaging PE lessons).

The high cost of healthy food/physical activities is also seen as a barrier to healthy lifestyles. In particular, 7 respondents suggested implementing gym or club memberships free of charge.

14 respondents are unhappy with the current options that schools offer as meals or in their canteens. This complements the finding that 5% of respondents think that unhealthy food is too accessible to young people. 3% believe that reducing advertising for junk food will have a positive impact on young people.

Finally, it is apparent that young people need support when leading a healthy lifestyle, particularly when it comes to mental health.



“Greater teaching of all aspects of health, and getting to try new ways of improving health (e.g. try new sports, new foods, ways of relaxing etc.) through schools. More affordable healthy options”

“Make healthy food cheaper, advertise healthier things so that people aren't as tempted to eat junk food.”

“more promotion of healthy foods in schools and the media. A more achievable model image in the media would encourage more people to get active, the current image portrayed in most media outlets discourages people because they feel unhappy with themselves and don't feel like they have the power to do anything about it.”

Conclusions

It is clear that young people are concerned with the lack of information that they are receiving about living a healthy lifestyle. That coupled with the accessibility and prominent advertising of junk food means they are more likely to make unhealthy choices when it comes to their diet.

In terms of exercise, most of the young people surveyed felt that they were active enough. However, there are also a lot of common barriers to exercise revolving around a lack of spare time, facilities and cost of joining fitness facilities.

Price is a very common theme emergent through the feedback. As well as finding being active expensive, there is a recognition that the junk food being cheaper than healthy alternatives discourages people from eating a healthier diet.

There is an interesting commentary on the role of schools in educating young people about healthy lifestyles. Many young people also highlighted the unhealthy food options available in school and the role of school in making fitness opportunities more engaging.

There is also clearly a mental health element underlying the whole survey. Health is not seen purely as the physical state of the body, but also an individual's level of happiness. Motivation and confidence were often cited as reasons not to exercise.

As some next steps it would be worth exploring the roles of schools and advertising in how young people learn about health. This survey highlights that the want for a healthier life is there, but young people need all the support from external sources that they can possibly find.

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Or pop in for a cuppa and a hobnob...

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Young Scot Enterprise is a Scottish registered charity (SC029757) and is a company limited by guarantee (202687) with its registered office at:

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Appendix I: Categorised qualitative survey responses

What does being healthy mean to you?

Category	Raw Responses
BALANCE	Staying Physically, Mentally and Socially Healthy. This Includes Eating Healthily (Keeping a Balanced Diet), Keeping Fit (Exercising), Mixing With Others (Meeting New People) and Thinking Positively and Being Encouraged To Do Your Best.
	Having a balanced diet and taking care of your body
	Having a balanced diet and doing moderate exercise regularly.
	Eating a balanced diet, doing physical activity and looking after your emotional and mental health
	To live an active lifestyle. To eat a balanced diet. To be able to achieve what you want to achieve and to take part in the activities that you want to do. To not feel limited by your physical or mental health in what you would like to do.
	Eating a balanced diet Working out Feeling good about myself
	Having a good balanced diet and regular exercise.
	Being both physically and mentally well. This includes having a balanced diet and exercising to manage weight and not become overweight but also includes being able to control stress and anxiety, etc in order to stay mentally well
	It means having a balanced diet and lots of exercise. Not too much exercise is what I mean. But over all I think it is about being on a balance so you can do some exercise then rest.
	Good diet, frequent activity and balance lifestyle
	Having a balanced life, but not only the physical aspect but also trying to balance work with play.
	Being healthy to me means that you have a balanced diet, are doing regular exercise, and having good hygiene
	It means having a balanced diet and having a balanced lifestyle (i.e. having the correct balance between sleeping, eating, exercising, resting and working). It also means eating your five a day, always eating three set meals a day and never skipping breakfast.
	Good balanced diet, lots of exercise, good mental health
	Plenty of exercise along with a healthy balanced diet
	Exercising well every day and eating healthy to make you have a well balanced diet and a average weight.
	Being Healthy means taking part in sport to your level and eating a healthy balanced diet
	Being healthy means to have your weight under control and to have a balanced diet.
	Feeling good mentally and physically, eating a balanced and varied diet which is suitable for your age, sex and activity level.
	Having a correct body weight and ensuring that you eating healthy and green and have a balanced diet.
	Being able to exercise at least once a week , having a balanced diet and being mentally well.
	Both feeling well physically and mentally. This includes eating a balanced diet, getting enough exercise, feeling emotionally stable, not feeling stressed, and feeling well in your own body.
DIET	Eating and maintaining your diet whilst doing exercise regularly.
	Eating healthy and nutritious foods and doing regular exercise
	Looking after your body via, healthy eating, exercise, etc. Feeling strong, energised and confident
	getting some veggies into your meals but mainly doing some sport or outdoor activity out of school.
	Eating good food and being fit.
	It means being happy in myself, eating right and exercising. It also means allowing myself some treats now and then.
	Eating the right diet and doing regular exercise.
	Eating better and exercising
	Eating healthy, doing physical activities and having fun
	Eating well, skinny, in-shape.
	Eating healthy and being fit
	Having a good diet and exercising regularly.
	Eating well, exercising well and feeling physically and mentally stable
	Eating the right food. Being happy with the way you are.
	It means eating fruit and vegetables, drinking water and staying in shape.
	Eating healthy and being active
	Do eat well and workout regularly
	Eating fruits and vegetables and lots of protein and lots of exercise
	Being healthy to me does not necessarily matter about what you weight is. Being healthy is about eating a variety of foods, as long as everything is in moderation. Also, being healthy is about being active, whether its playing competitive sports or just walking the dogs.
	Being healthy is eating well, being physically well and not being unnecessarily overweight for your body type.
	Eath healthy and do a lot of sport
	Having a clean healthy diet rid of processed junk food

It means eating the right balance of food and being able to exercise properly and that you are healthy And if you do all of the above you will fight off colds easier

It means having healthy foods like fruit and vegetables, and having enough exercise and sleep.

EATING THE RIGHT THINGS

Eating wholefoods, fruits and veggies, exercising to stay fit. Minimizing fried and junk foods for certain occasions.

Eating food that is good for you and doing exercise a few times a week

Not only being healthy physically by eating a good diet and exercising, but also by being healthy emotionally and mentally through taking time for yourself and self-care.

Eating the right thing for your body.

That you eat healthy you exercise regularly and you have a healthy mindset

Eating well and feeling good about your health

Eating well and exercising

Having a healthy lifestyle and having a healthy diet. Also keeping fit physically by a sport or the gym

eating healthy meals and exercising

You have to eat healthier if you want to stay nice and fit so you can do more sports and sporty activities

Being able to eat healthy also being able to be safe outside and mental health

Being on a diet and go to a doctor if something is wrong

Eating fruit. Reducing fatty foods. Exercising intensely every day. Reducing sugar intake

to me being healthy is eating healthy food and being active.

Eating healthy and having a health lifestyle

Being healthy means to me not just eating well and making sure that you are getting everything you need daily but also that you are healthy mentally too.

Eating food and doing activities that are good for your health

Feeling good by eating well and staying active.

Eating a varied diet so I'm not eating too much sugar

Eating healthily and exercise regularly.

Good food and a strong diet and immune system

Eating fruit and being fit.

Being healthy means eating well and exercising regularly do you feel good

Eating not much junk food and trying to stay healthy by eating healthy food.

Eating well and doing exercise everyday

Keeping to a diet I like and can do that isn't too unrealistic. Setting goals is important to keep yourself motivated to do more.

Healthy eating Happy

making sure ur eating the right foods and exercising

Eating plenty of fruit and vegetables. Exercising regularly

Being healthy means making good choices about diet and exercise that benefit one's own health and helps one maintain a good personal state of body and mind. It also means getting enough sleep and taking care of one's own mental health.

Being healthy means not being ill all the time and also eating fruit and veg

to keep fit and to eat well and to try not have a lot of sugar

Keeping fit and eating well

Do sports Eat healthy

Exercising and eating healthy

Being fit and active. Eating well regularly.

Being active and consuming the right amount of vitamins and minerals so your body can work properly

Taking care of yourself mentally and physically. I think diet has a big part in both.

Doing my favourite sports walking for half a mile from my bus to my house and eating the right foods and feeling well not ill

Being fit and eating good

It means eating the right balance of food and being able to exercise properly and that you are healthy And if you do all of the above you will fight off colds easier

Having a good body and mind .looking out for what you eat and drink .being positive and not be afraid of your appearance because of others or bully influences.

keeping fit and eating properly

Maintaining a healthy body and mind. Eating right and exercising is just as important as talking to and hanging out with friends.

being fit and eating well

being fit and eating well

Being fit and eating healthy foods

being fit, eating food which is good and beneficial to your body and overall wellbeing

Being active, mostly eating healthy and sleep patterns

Exercising, drinking lots of water, eating healthy whilst having a little treat now and again.

Keeping fit Eating the correct food

	Normal BMI , eating different typify vegetables and fruits, 5 meals per day, exercise minimum 60 minutes per day. Spend time with friends and family what make me happy.
	Exercising, eating a good diet, no suger carbs , under 1500 caliours, skinny
	Being healthy means doing a lot of sport and eating a lot of fruit
	Excerise often, don't eat too much junk food, happiness within myself
	Lots of exercise and mental fitness and goof food
	Being fit, active and having a healthy diet
	Fit, not eat junk food every day , eat vegetables and fruit
	being healthy to me means to be active and consciously choose your food.
	Staying active and having a clean diet and a treat one or two times a week
	being healthy means being fit by going to fitness classes like dancing or perhaps boxing or football . I think that you should eat healthier and become more active to stay healthy
	it means being fit and active, also eating nutritious food and friut
	Being able to take part in activities without you or your body preventing that from happening by eating healthy, getting enough sleep and exercising.
	Keeping fit and eating correctly
	keeping fit by doing sports and eating healthy
	Getting enough exercise and eating well
	Having an active lifestyle and eating healthily. Everybody can do this. There is no excuses .
	Doing lots of exercise and not eating junk food
	Good health means being fit and happy. This includes not being ill, managing regular exercise and eating well.
	Feeling good about yourself, feeling positive, exercising as much as you feel comfortable doing and eating the right foods.
	Being a normal weight, exercising regularly, not overeating.
	in my opinion , being a healthy person means being active, fit and a healthy weight . it could also mean eating properly and getting enough exercise into your daily agenda
	Being healthy means taking care of myself. It means sleeping enough, eating the right sorts of food, and exercising. It also means being in a good mental state and feeling confident in myself.
	Exercise and healthy eating
	Being active and fit. Eating The right kinds of foods
DON'T KNOW	idk
	I don't know
ENERGY/SLEEP	Having energy
	Being healthy means taking care of myself. It means sleeping enough, eating the right sorts of food, and exercising. It also means being in a good mental state and feeling confident in myself.
	being a healthy weight and being quite fit not super fit but decent. and to get enough sleep.
	Being able to take part in sports, being a healthy weight, feeling energised.
	Looking after your body via, healthy eating, exercise, etc. Feeling strong, energised and confident
	It means having healthy foods like fruit and vegetables, and having enough exercise and sleep.
	Being active, mostly eating healthy and sleep patterns
	Being able to take part in activities without you or your body preventing that from happening by eating healthy, getting enough sleep and exercising.
	Being healthy to me means that you have good relationships with people, whether you are friends or if it is romantic. Also having good hygiene, exercising regularly. Also mental health, and getting enough sleep
FITNESS/SPORT/ EXERCISE	Being healthy means making good choices about diet and exercise that benefit ones own health and helps one maintain a good personal state of body and mind. It also means getting enough sleep and taking care of ones own mental health.
	Plenty of exercise along with a healthy balanced diet
	Feeling alive and fit
	Exercising well every day and eating healthy to make you have a well balanced diet and a average weight.
	Working hard and being fit. Keeping healthy resists on keeping fit and doing activities and also being healthy is having happy thoughts and thinking postive
	Being fit and not letting yourself get overweight. Also to do lots of sport
	Good health means being fit and happy. This includes not being ill, managing regular exercise and eating well.
	Being Healthy means taking part in sport to your level and eating a healthy balanced diet
	Staying active and fit. Feeling safe about your mental health.
	to keep fit and to eat well and to try not have a lot of sugar
	Keeping fit and eating well
	Do sports Eat healthy
	Exercising and eating healthy
	Physical + mental wellbeing
	Being fit and active. Eating well regularly.
	Being active and consuming the right amount of vitamins and minerals so your body can work properly
	Exercise and healthy eating
	Being in a fit condition

Being fit and feeling well

Being active and fit. Eating The right kinds of foods

To be physically well and happy in yourself

Doing my favourite sports walking for half a mile from my bus to my house and eating the right foods and feeling well not ill

fit body and fit mind

Not necessarily the skinny person that comes to your mind straight away but I see healthy as being able to run and have a high stamina and to be able to do a lot of things

Going out and running (if I can be bothered)

Being fit and eating good

It means being well, being fit and healthy

Exercising and eating healthily to obtain the 'correct' weight

keeping fit and eating properly

Being fit and able to do any exercise and activity I want.

Maintaining a healthy body and mind. Easing right and exercising is just as important as talking to and hanging out with friends.

being fit and eating well

being fit and eating well

Being fit and eating healthy foods

being fit, eating food which is good and beneficial to your body and overall wellbeing

Being active, mostly eating healthy and sleep patterns

Exercising, drinking lots of water, eating healthily whilst having a little treat now and again.

Feeling healthy, being able to be active and being a healthy weight

Keeping fit Eating the correct food

Exercising, eating a good diet, no sugar carbs , under 1500 calories, skinny

Being healthy means doing a lot of sport and eating a lot of fruit

Physical exercise

STAYING FIT

Being fit enough to complete certain activities such as running, dancing and hill walking. Not being unwell.

Being active

Being able to exercise at least once a week , having a balanced diet and being mentally well.

Exercise often, don't eat too much junk food, happiness within myself

Being able to do normal activities

BEING ABLE TO DO THINGS AND BEING ACTIVE AND FEELING GOOD ABOUT MYSELF

More moving being getting more active

Lots of exercise and mental fitness and good food

Being fit, active and having a healthy diet

Being fit and also being strong

Fit, not eat junk food every day , eat vegetables and fruit

being fit and being able to do anything that an average person should be able to do.

being healthy to me means to be active and consciously choose your food.

Staying active and having a clean diet and a treat one or two times a week

Being active in mind and body. Being fit and able.

Being fit and active

Exercise

being healthy means being fit by going to fitness classes like dancing or perhaps boxing or football . I think that you should eat healthier and become more active to stay healthy

it means being fit and active, also eating nutritious food and fruit

in my opinion , being a healthy person means being active, fit and a healthy weight . it could also mean eating properly and getting enough exercise into your daily agenda

Being able to take part in activities without you or your body preventing that from happening by eating healthy, getting enough sleep and exercising.

Keeping fit and eating correctly

keeping fit by doing sports and eating healthy

Getting enough exercise and eating well

Having an active lifestyle and eating healthily. Everybody can do this. There is no excuses .

Doing lots of exercise and not eating junk food

being a healthy weight and being quite fit not super fit but decent. and to get enough sleep.

Being able to take part in sports, being a healthy weight, feeling energised.

Eating and maintaining your diet whilst doing exercise regularly.

Eating healthy and nutritious foods and doing regular exercise

Looking after your body via, healthy eating, exercise, etc. Feeling strong, energised and confident

getting some veggies into your meals but mainly doing some sport or outdoor activity out of school.

Eating good food and being fit.

	Having a balanced diet and doing moderate exercise regularly.
	Eating a balanced diet, doing physical activity and looking after your emotional and mental health
	To live an active lifestyle. To eat a balanced diet. To be able to achieve what you want to achieve and to take part in the activities that you want to do. To not feel limited by your physical or mental health in what you would like to do.
	Eating the right diet and doing regular exercise.
	Eating better and exercising
	Eating healthy, doing physical activities and having fun
	Having a good diet and exercising regularly.
	Eating well, exercising well and feeling physically and mentally stable
	Eating healthy and being active
	Do eat well and workout regularly
	Eating fruits and vegetables and lots of protein and lots of exercise
	Being healthy to me does not necessarily matter about what you weight is. Being healthy is about eating a variety of foods, as long as everything is in moderation. Also, being healthy is about being active, whether its playing competitive sports or just walking the dogs.
	Feeling good about yourself, feeling positive, exercising as much as you feel comfortable doing and eating the right foods.
	Eath healthy and do a lot of sport
	being happy with the way you are and walking, cycling and running places
	good physical and mental state
	Feeling good on the inside and out, being fit and exercising regularly, and being a healthy weight
	It means having healthy foods like fruit and vegetables, and having enough exercise and sleep.
	Eating wholefoods, fruits and veggies, exercising to stay fit. Minimizing fried and junk foods for certain occasions.
	Having a good balanced diet and regular exercise.
	Eating food that is good for you and doing exercise a few times a week
	Eating well and exercising
	Having a healthy lifestyle and having a healthy diet. Also keeping fit physically by a sport or the gym
	eating healthy mealsand exersicing
	You have to eat healthier if you want to stay nice and fit so you can do more sports and sporty activities
	Eating fruit. Reducing fatty foods. Exercising intensely every day. Reducing sugar intake
	Being a normal weight, exercising regularly, not overeating.
	Eating food and doing activities that are good for your health
	Feeling good by eating well and staying active.
	Eating healthily and exercise regularly.
	Not being ill often, being able to do a reasonable amount of exercrise before getting tired, being in a good mental state
	Eating well and doing exercise everyday
	Being happy and fit. Not feeling stressed and not being ill.
	making sure ur eating the right foods and exserizing
	Eating plenty of fruit and vegetables. Exercising regularly
	Being healthy means making good choices about diet and exercise that benefit ones own health and helps one maintain a good personal state of body and mind. It also means getting enough sleep and taking care of ones own mental health.
	Being fit and not letting yourself get overweight. Also to do lots of sport
	It means being happy in myself, eating right and exercising. It also means allowing myself some treats now and then.
	Normal BMI , eating different typify vegetables and fruits, 5 meals per day, exercise minimum 60 minutes per day. Spend time with friends and family what make me happy.
	Both feeling well physically and mentally. This includes eating a balanced diet, getting enough exercise, feeling emotionally stable, not feeling stressed, and feeling well in your own body.
	Being healthy to me means that you have good relationships with people, whether you are friends or if it is romantic. Also having good hygiene, exercising regularly. Also mental health, and getting enough sleep
	Being healthy means taking care of myself. It means sleeping enough, eating the right sorts of food, and exercising. It also means being in a good mental state and feeling confident in myself.
	Staying Physically, Mentally and Socially Healthy. This Includes Eating Healthily (Keeping a Balanced Diet), Keeping Fit (Exercising), Mixing With Others (Meeting New People) and Thinking Positively and Being Encouraged To Do Your Best.
	Eating a balanced diet Working out Feeling good about myself
	Good balanced diet, lots of excersise, good mental health
	Eating fruit and being fit.
HYGIENE	Being healthy to me means that you have good relationships with people, whether you are friends or if it is romantic. Also having good hygiene, exercising regularly. Also mental health, and getting enough sleep
	Being healthy to me means that you have a balanced diet, are doing regular exercise, and having good hygiene
	Being healthy means not being ill all the time and also eating fruit and veg

ILLNESS/DISEASE	living a good disease free lifestyle
	Not being ill often, being able to do a reasonable amount of exercise before getting tired, being in a good mental state
	To have a good weight that it is not underweight or overweight, to not be ill, to have a body in good condition and to have a good mental condition.
	Good health means being fit and happy. This includes not being ill, managing regular exercise and eating well.
	Being fit enough to complete certain activities such as running, dancing and hill walking. Not being unwell.
	Being on a diet and go to a doctor if something is wrong
	Being healthy to me means that you have a balanced diet, are doing regular exercise, and having good hygiene
	Being healthy is eating well, being physically well and not being unnecessarily overweight for your body type.
	Doing my favourite sports walking for half a mile from my bus to my house and eating the right foods and feeling well not ill
	Being happy and fit. Not feeling stressed and not being ill.
MENTAL HEALTH AND WELLBEING	Being fit and feeling well
	Being happy with your body image.
	Taking care of yourself mentally and physically. I think diet has a big part in both.
	Feeling good about yourself, feeling positive, exercising as much as you feel comfortable doing and eating the right foods.
	Feeling happy about yourself physically and mentally
	Feeling good mentally and physically, eating a balanced and varied diet which is suitable for your age, sex and activity level.
	When you feel good in your own body and in your mind
	being happy with the way you are and walking, cycling and running places
	Having a good body and mind .looking out for what you eat and drink .being positive and not be afraid of your appearance because of others or bully influences.
	good physical and mental state
	Feeling good on the inside and out, being fit and exercising regularly, and being a healthy weight
	To be physically and mentally fit and well
	Being happy with yourself
	That I feel comfy with myself and my Lifestyle.
	Being healthy to me means being able to do things, live a lovely healthy life and also to make me feel good about myself.
	It gives me more confidence with my self and allows me to feel better with how I look
	Being healthy mean having the right mind set to keep your body and mind healthy
	Being physically and mentally healthy and happy to the extent that you can participate in daily life easily.
	Having positive physical and mental health
	Both feeling well physically and mentally. This includes eating a balanced diet, getting enough exercise, feeling emotionally stable, not feeling stressed, and feeling well in your own body.
	Being in a good physical and mental state.
	Being healthy means having a healthy mind, and doing your best to keep healthy and being healthy physically and mentally.
	Having a positive mindset and being comfortable with who you are
	Makes me feel good about myself
	Feeling confident in my physical abilities and that I am leading the best lifestyle I can.
	Keeping the mind and body active.
	Being both physically and mentally well, and not doing things which could jeopardise your own wellness (such as taking drugs, smoking, or eating too much sugary or fatty foods).
	Being well, able to function/ work and think straight. Feeling generally happy and secure in a home environment.
	Feeling physically and inwardly at peace.
	Health to me means being independent and feeling well to achieve goals
	being healthy means I wouldn't have to worry about how i looked and felt, I'd feel happier inside and out
	It means my life and my wellbeing, now and in the future
	It means I feel better about my self and feel great
	Being healthy to me means that you have good relationships with people, whether you are friends or if it is romantic. Also having good hygiene, exercising regularly. Also mental health, and getting enough sleep
	Mentally and physically healthy
	Being healthy means taking care of myself. It means sleeping enough, eating the right sorts of food, and exercising. It also means being in a good mental state and feeling confident in myself.
	Being in the best possible condition both mentally and physically, without excess needs
	Being happy and fit. Not feeling stressed and not being ill.
	Working hard and being fit. Keeping healthy resists on keeping fit and doing activities and also being healthy is having happy thoughts and thinking positive
	It means being happy in myself, eating right and exercising. It also means allowing myself some treats now and then.
	Staying active and fit. Feeling safe about your mental health.

	Eating the right food. Being happy with the way you are.
	To be physically well and happy in yourself
	fit body and fit mind
	Not only being healthy physically by eating a good diet and exercising, but also by being healthy emotionally and mentally through taking time for yourself and self-care.
	That you eat healthy you exercise regularly and you have a healthy mindset
	BEING ABLE TO DO THINGS AND BEING ACTIVE AND FEELING GOOD ABOUT MYSELF
	Having a healthy weight for my age/height and being happy.
	Being able to eat healthy also being able to be safe outside and mental health
	Staying a good weight, feeling good. Know that I'm treating my body well
	Being healthy means to me not just eating well and making sure that you are getting everything you need daily but also that you are healthy mentally too.
	To have a good weight that it is not underweight or overweight, to not be ill, to have a body in good condition and to have a good mental condition.
	Eating a balanced diet, doing physical activity and looking after your emotional and mental health
	To live an active lifestyle. To eat a balanced diet. To be able to achieve what you want to achieve and to take part in the activities that you want to do. To not feel limited by your physical or mental health in what you would like to do.
	Eating well, exercising well and feeling physically and mentally stable
	Maintaining a healthy body and mind. Easing right and exercising is just as important as talking to and hanging out with friends.
	Being able to exercise at least once a week , having a balanced diet and being mentally well.
	Exercise often, don't eat too much junk food, happiness within myself
	Being both physically and mentally well. This includes having a balanced diet and exercising to manage weight and not become overweight but also includes being able to control stress and anxiety, etc in order to stay mentally well
	Lots of exercise and mental fitness and good food
	Not being ill often, being able to do a reasonable amount of exercise before getting tired, being in a good mental state
	Being healthy means making good choices about diet and exercise that benefit ones own health and helps one maintain a good personal state of body and mind. It also means getting enough sleep and taking care of ones own mental health.
	Looking after your body via, healthy eating, exercise, etc. Feeling strong, energised and confident
	Staying Physically, Mentally and Socially Healthy. This Includes Eating Healthily (Keeping a Balanced Diet), Keeping Fit (Exercising), Mixing With Others (Meeting New People) and Thinking Positively and Being Encouraged To Do Your Best.
	Physical + mental wellbeing
	To be physically and mentally fit and well
	Healthy eating Happy
	Good balanced diet, lots of exercise, good mental health
N/A	Hi
OTHER	to be healthy
	Everything
	Being mentally and physically alright, i.e Not in pain.
	Being satisfied with the function, appearance and performance of mind and body.
PERSONAL IMPORTANCE	a lot
	Being healthy is very important as it can make day to day life easier and will help prolong life as much as possible.
	Being healthy to me means I will live a long life, I am able to do stuff to my comfort zone and I can do things other pupils can.
	It means to be fit and healthy
	It means being healthy
	being healthy to me is that you are always putting your self free and is not shy to show your body and having a healthy life stily
	Happy
	Being able to do the things you want to do
	everything
	It means a lot because when you do not eat healthy or be active, you don't feel that good
	Being healthy means a lot to me because good health can help to prevent illnesses and it can help to keep you at a healthy weight
	BETTER LIFE healthy heart and body
	I would not like to be unhealthy because I might have to go to the doctors more
	Good lifestyle and means you won't have as many problems in later life.
	Not much
	It means alot to me to keep healthy. My uncle struggles with diabetes and most of my family smoke so keeping away from bad goods and exercising helps me out alot.

WEIGHT	To have a good weight that it is not underweight or overweight, to not be ill, to have a body in good condition and to have a good mental condition.
	being a healthy weight and being quite fit not super fit but decent. and to get enough sleep.
	Being able to take part in sports, being a healthy weight, feeling energised.
	Being healthy means to have your weight under control and to have a balanced diet.
	Not being underweight, the thought of that creeps me out more than being overweight, I guess I'm just more accepting.
	Normal BMI , eating different typify vegetables and fruits, 5 meals per day, exercise minimum 60 minutes per day.
	Spend time with friends and family what make me happy.
	Having a correct body weight and ensuring that you eating healthy and green and have a balanced diet.
	Having a healthy weight for my age/height and being happy.
	Good weight for you fit
	Being a normal weight, exercising regularly, not overeating.
	Staying a good weight, feeling good. Know that I'm treating my body well
	Not being overweight
	Being not fat
	Being not overweight or underweight
	Being fit and not letting yourself get overweight. Also to do lots of sport
	Being healthy is eating well, being physically well and not being unnecessarily overweight for your body type.
	Exercising and eating healthily to obtain the 'correct' weight
	Feeling healthy, being able to be active and being a healthy weight
	Being both physically and mentally well. This includes having a balanced diet and exercising to manage weight and not become overweight but also includes being able to control stress and anxiety, etc in order to stay mentally well
	in my opinion , being a healthy person means being active, fit and a healthy weight . it could also mean eating properly and getting enough exercise into your daily agenda
	Exercising well every day and eating healthy to make you have a well balanced diet and a average weight.
	Feeling good on the inside and out, being fit and exercising regularly, and being a healthy weight
	Exercising, eating a good diet, no suger carbs , under 1500 calioures, skinny

Where would you go/who would you ask for advice on healthy eating? For example, family, friends, magazines, on the internet, medical professional etc.

Category	Raw Responses
BOOKS/ MAGAZINES	I would look in books and magazines and on websites such as NHS choices or the British medical journal
	Magazines The diets of athletes I look up to
	Mostly textbooks or the internet
	Probably a healthy food magazine or blog
	Magazines
	On the internet or magazines
	Internet - NHS website or other health websites. I am studying medicine so would learn it through textbooks, research papers, guidelines.
	Internet and magazines. Medical professional only if I was getting worse at keeping a good diet
	Doctors, family and friends
	Internet or magazines
	Online resources, books on nutrition, medical journals, Healthcare professionals
	Family, recipe book and athletes chat
	I usually go on the internet to presumably specialists or to cookery books to choose a different healthier meal. I also sometimes go to my parents for advice.
	Friends, family, sometimes on the internet, books too.
	Young Scot website, Family , Friends Maybe magazines, Adults at school
DON'T KNOW	I'm not sure
	Don't know
FAMILY MEMBER	Family, Friends, Professionals and The Internet.
	Mum
	my mum
	Family
	family internet
	mum
	I would go to my family or NHS
	Family and NHS
	my family
	Mum Online
	Maybe my family, home economics teacher and my doctor or nurse.

Family
 Family and friends
 Family or friends
 family + friends
 My parents, friends or gym / home ex teachers
 Family + Friends
 parents
 Family, the internet, sports coach
 Parents, health and wellbeing teachers, internet research
 Family
 Mum and auntie
 Family and friends.
 I would go to my family and look online.
 My mum she loves eating healthy and on a balanced diet but I don't like a lot of redmeat because I don't like most of them
 family, friends and people i trust
 Family and Doctor
 My parents and the rest of my family
 My family teacher doctors and trustworthy friendsâ€
 mum
 Mum
 family
 Mum and dad
 I would ask my family, the doctors or my home ec teacher, or anyone i know that is healthy
 Family, recipe book and athletes chat
 I would ask my mum and i would check the NHS website for correct information.
 Family member and on the internet
 Family
 Family
 probs my mum
 My mother, the internet.
 Family and friends then I would go to a medical professional.
 Family Friends Medical/Health Professional
 Family, friends, internet, gym, doctor
 family
 Family
 My parents, TV shows, medical websites and other internet sites.
 Family, friends doctor
 Mum and dad, friends if it's about superfoods e.g kale and Avacado
 I would ask my family for advice. I would also get advice from school and the Internet.
 Family, friends, internet
 Family, School
 Parents and teachers
 Parents, medically trained friends
 I would most likely go to my family or social media sites on advice on what to eat.
 my family and the internet
 My family
 Family, friends, internet
 Family and my mother as she works for a hospital
 Family and NHS sites
 Family
 Family, healthy friends and the internet
 family
 Family or the interent
 Family or internet
 parents
 Family and the internet
 I ask my mum and PE teachers at school.
 family
 Definitely family, due to doctors in the family, and just general sense
 Family
 Parents, friends and a dietician if one was looking for professional advice.
 The internet, family
 Friends, family, sometimes on the internet, books too.

	Young Scot website, Family , Friends Maybe magazines, Adults at school
	Family and internet but would know myself on what to eat.
	Internet and family
	Internet, documentaries, family.
	friends and family
	Internet, family, friends
	Internet and I'll ask my mum (she study nutrition)
	friends family
	Medical professionals, family, friends, internet
	Doctors family and friends
	Probably the internet or my family
	I'd do some research and/or ask family members.
	Medical professional, family, and the internet, although I take internet advice with a pinch of salt.
	Probably the internet and my relatives
	I would ask friends and family for advice on my healthy eating ... or even a nutritional eating specialist
	personally i would ask friends and family for advice on healthy eating . if i wasn't too sure about asking them , i would perhaps turn to a nutritional doctor.
	School, doctor's, family, friends
	Youtube, friends, gran.
	Personal trainer friends family doctor nutritionist internet
	medical professionals, Internet, Family, friends
	I usually go on the internet to presumably specialists or to cookery books to choose a different healthier meal. I also sometimes go to my parents for advice.
	I would use the internet or ask friends, family or another trusted adult (I.e teacher)
	Dietician, medical professionals, friends and family members.
FRIENDS	Friends, family, sometimes on the internet, books too.
	friends and family
	Friends
	friends family
	friends and internet
	I would ask friends and family for advice on my healthy eating ... or even a nutritional eating specialist
	personally i would ask friends and family for advice on healthy eating . if i wasn't too sure about asking them , i would perhaps turn to a nutritional doctor.
	Family, Friends, Professionals and The Internet.
	I would look online and ask friends.
	Family and friends
	Family or friends
	family + friends
	My parents, friends or gym / home ex teachers
	Family + Friends
	Youtube, friends, gran.
	Family and friends.
	family, friends and people i trust
	Personal trainer friends family doctor nutritionist internet
	Family and friends then I would go to a medical professional.
	Internet or friends
	Family Friends Medical/Health Professional
	Family, friends, internet, gym, doctor
	I would use the internet or ask friends, family or another trusted adult (I.e teacher)
	Family, friends doctor
	Mum and dad, friends if it's about superfoods e.g kale and Avacado
	Internet, friends
	Family, friends, internet
	Family, friends, internet
	Family, healthy friends and the internet
	Dietician, medical professionals, friends and family members.
	Parents, friends and a dietician if one was looking for professional advice.
	Young Scot website, Family , Friends Maybe magazines, Adults at school
	Doctors and friends
	Internet, family, friends
	Medical professionals, family, friends, internet
	Doctors family and friends
	School, doctor's, family, friends
	My family teacher doctors and trustworthy friends~9

	medical professionals, Internet, Family, friends
HEALTH OR MEDICAL PROFESSIONAL	Dietitian
	my doctor
	GP
	Doctors and friends
	A nutritionist
	Doctors, family and friends
	local pharmacy or dentist
	GP
	A doctor or maybe a P.T
	DOCTOR
	GP
	Medical professional
	Doctor
	medical professionals, Internet, Family, friends
	My doctor of I wanted to learn the best diets I'd ask for professional help
	Medical professionals, family, friends, internet
	Dentist/Doctor
	Doctors family and friends
	Doctor and internet
	doctor or GP
	Probably to a dietitian or my gp
	Medical professional, family, and the internet, although I take internet advice with a pinch of salt.
	Doctor
	i'd go to a medical professional as well as researching the internet
	My GP, the chemist, online
	Probably medical professionals
	Dietician, medical professionals, friends and family members.
	I would look on the internet to see if there are any health/ fitness blogs to follow and I would also talk to a medical professional.
	I would go to my family or NHS
	Family and NHS
	Maybe my family, home economics teacher and my doctor or nurse.
	School, doctor's, family, friends
	Doctors and friends
	Family and Doctor
	I would ask my family, the doctors or my home ec teacher, or anyone i know that is healthy
	Parents, medically trained friends
	Family and my mother as she works for a hospital
	Definitely family, due to doctors in the family, and just general sense
	Family, Friends, Professionals and The Internet.
	Internet and magazines. Medical professional only if I was getting worse at keeping a good diet
	My family teacher doctors and trustworthy friends~9
	Family and friends then I would go to a medical professional.
	Family Friends Medical/Health Professional
	Family, friends doctor
	personally i would ask friends and family for advice on healthy eating . if i wasn't too sure about asking them , i would perhaps turn to a nutritional doctor.
	My GP, the chemist, online
	My school of football coach, the internet or any professional in healthy eating
	Parents, friends and a dietician if one was looking for professional advice.
	Personal trainer friends family doctor nutritionist internet
	Family, friends, internet, gym, doctor
INTERNET	I would look online and ask friends.
	The internet, family
	I search up some ideas on the internet because they have a variety of things to look for then normally one answer from a person.
	NHS Website
	Young Scot website, Family , Friends Maybe magazines, Adults at school
	Internet/bloggers
	Family and internet but would know myself on what to eat.
	On the internet or magazines
	Internet

Internet - NHS website or other health websites. I am studying medicine so would learn it through textbooks, research papers, guidelines.

I would mostly go online.

Internet

I would look on the internet to see if there are any health/ fitness blogs to follow and I would also talk to a medical professional.

Internet and family

Internet, documentaries, family.

Internet

Internet

Internet and magazines. Medical professional only if I was getting worse at keeping a good diet

NHS website, nutrition course notes

Online usually

The internet

On the internet

Youtube, friends, gran.

The Internet, particularly social media.

Internet.

online health-related websites

The internet

the internet

Internet or magazines

Internet, family, friends

Online resources, books on nutrition, medical journals, Healthcare professionals

internet

Health websites in the internet and the nhs website

internet

internet

I would go to the internet

I am currently healing myself by food as medicines have destroyed my life. I learnt a lot over the internet and from blogger who have the same health conditions as me.

The internet.

Internet and I'll ask my mum (she study nutrition)

internet

I go online to see if a certain food or exercise is good for me and has any physical, mental or dietary benefits.

internet

Search online and YouTube.

Internet or friends

Internet

I usually go on the internet to presumably specialists or to cookery books to choose a different healthier meal. I also sometimes go to my parents for advice.

Internet

Internet

I would use the internet or ask friends, family or another trusted adult (I.e teacher)

on the internet

The internet and teachers in school

Probably the internet or my family

I would go on the internet to get health advice.

I go online for my health advice.

Internet

I'd do some research and/or ask family members.

Internet, friends

Online

Probably the internet and my relatives

Internet

Internet

Internet

I would look on the internet for healthy recipes to make them myself

Online

The internet

internet

Internet or home economics teacher

On the internet

On the internet. I think it is hard to find the right information,because it varied from person to person.

	I would go to the internet to see what to eat for a balanced diet .
	google?
	I use the internet
	Google is the only place I go to for advice on healthy eating
	family internet
	Mum Online
	Family, the internet, sports coach
	I would go to my family and look online.
	I would ask my mum and i would check the NHS website for correct information.
	Family member and on the internet
	My mother, the internet.
	medical professionals, Internet, Family, friends
	Mostly textbooks or the internet
	My parents, TV shows, medical websites and other internet sites.
	Doctor and internet
	Probably a healthy food magazine or blog
	friends and internet
	I would most likely go to my family or social media sites on advice on what to eat.
	i'd go to a medical professional as well as researching the internet
	my family and the internet
	Family and NHS sites
	My GP, the chemist, online
	Family or the internet
	Family or internet
	My school of football coach, the internet or any professional in healthy eating
	Internet or home economics teacher
	Family and the internet
	Friends, family, sometimes on the internet, books too.
	Parents, health and wellbeing teachers, internet research
	Family, friends, internet, gym, doctor
	I would ask my family for advice. I would also get advice from school and the Internet.
	Family, friends, internet
	Medical professional, family, and the internet, although I take internet advice with a pinch of salt.
	Family, friends, internet
	Family, healthy friends and the internet
	Family, Friends, Professionals and The Internet.
	Medical professionals, family, friends, internet
	Personal trainer friends family doctor nutritionist internet
	I would look in books and magazines and on websites such as NHS choices or the British medical journal
N/A	Hi
	You named them
	No
NOBODY/MYSELF	me
	I know myself
	Science. Although it would be nice to find some more concrete information about "health foods", not just for me but for my friends too.
OFFICIAL GROUP	I am part of my local slimming world group. They give advice on how to live a healthy lifestyle, how to maintain weight and also how to lose weight.
OTHER PROFESSIONAL	Personal trainer friends family doctor nutritionist internet
	My karate coach
	A doctor or maybe a P.T
	Magazines The diets of athletes I look up to
	Family, the internet, sports coach
	Family, recipe book and athletes chat
	My parents, friends or gym / home ex teachers
	Family, friends, internet, gym, doctor
SCHOOL/TEACHER	School
	School, doctor's, family, friends
	Teacher
	My school.
	MY PE TEACHER (MR MOCHAN)
	My P.E teacher (Mr Mochan).
	My gym teacher
	teachers

	My school of football coach, the internet or any professional in healthy eating
	NHS website, nutrition course notes
	Parents, health and wellbeing teachers, internet research
	My family teacher doctors and trustworthy friends~9
	The internet and teachers in school
	I would ask my family for advice. I would also get advice from school and the Internet.
	Family, School
	Parents and teachers
	I ask my mum and PE teachers at school.
	Maybe my family, home economics teacher and my doctor or nurse.
	My parents, friends or gym / home ex teachers
	I would ask my family, the doctors or my home ec teacher, or anyone i know that is healthy
	Internet or home economics teacher
	Maybe my family, home economics teacher and my doctor or nurse.
	I would use the internet or ask friends, family or another trusted adult (l.e teacher)

If yes, please describe which foods and/or drinks

Category	Raw Responses
BAKERY	Cake, 50% off because it was a bit swashed. 2 for Â£5 on cooked meat at asda. Whole meal rolls reduced in asda
BISCUITS	Biscuits Biscuits Orange juice Biscuits Chocolate, chrisps, biscuits, lucozade
CHOCOLATE/ SWEETS	Chocolate Chocolate Some chocolate bars for me and my brother Chocolate bars dairy milk lol (its exam time dont judge me) 2 barss of colate foe 1 But one get one free dairy milk Chocolate, chrisps, biscuits, lucozade Pepsi, crisps, chocolate. Basically junk food I swear it's not on the regular though, I had a movie night with my friends.
CRISPS	Pringles Crisps, two packets for Â£1.20 Crisps Two packets of crisps for Â£1.20 Pepsi, crisps, chocolate. Basically junk food I swear it's not on the regular though, I had a movie night with my friends. Chocolate, chrisps, biscuits, lucozade
DAIRY	Mars Bar Milshake. 2 for Â£2 Yoghurts in Asda
ENERGY DRINK	Emerge
FAST FOOD/TAKEAWAY	Prawn toast Domino's buy one get 1 free at school, Apple's buy two for one at corner shop Chips Delivery was Â£2 from the Chinese if you spent less than Â£10, so bought more food so we didn't have to pay delivery. Pizza in town
FRUIT OR VEG	Spinach Strawberries because buy in get one half price Giant pomegranate Domino's buy one get 1 free at school, Apple's buy two for one at corner shop Meat, vegetables
INDIVIDUAL INGREDIENTS	4 items to make a stir fry for Â£5
MEAL DEAL	A meal deal at Tesco Sandwich, fruit bowl and smoothie as a meal deal A meal deal. A prawn salad sandwich, a smoothie, a packet of crisps. Meal Deal - Main, Side, Drink Meal deal at Greggs - food item plus drink. A meal deal from Tesco

	Sandwich, can of juice, chocolate bar
	Meal deal, sandwich, crisps and drink
	Sandwich and water or juice (I choose water) and a cookie and assorted salad a meal deal 89p
	Buy one get one free on bottles is juice, M&S meal deal
	Meal deal: Chicken and bacon sandwich, Naked Blue Machine smoothie, Ready salted crisps
	meal deal morrisons
	cola baked crisps and a chuna sandwich
	meal deal- sandwich, drink and crisps
	Chicken salad sandwich, fruit pot and water
	The school canteen meal deal, usually.
	Ham sandwich on brown bread, coconut water and pot of fruits
	Meal deal - wrap, crisps and juice
	Fruit pot wraps juice crisps
	hot dog, water, truffle in a meal deal
	Sandwiches, fruit bowl, flavoured water
	Vegan sandwich, fruit and water
	A meal deal to get a chicken wrap, water and a chocolate bar.
	Lunch meal deal - a sandwich a snack and a drink
	Co-op meal deal for £3.50 including a smoothie and a sandwich
	Sandwich, brownie, juice
	Sandwich deals, fruit pack/pot deals
	Meal deal a sandwich smoothie and sweet
	Lunch deals
	A pasta tub, a smoothie and a bag of popcorn
	A Tesco meal deal of a tuna and sweetcorn sandwich with a Kit Kat and Irn Bru.
	Morrisons: Sushi meal, pomegranate seeds and a bottle of coke
	Ready meals and the meal deal for lunches
MEAT/FISH	2 for £5 on cooked meat at asda. Whole meal rolls reduced in asda
	meat salad
	Salad Meat
	salmon, fruit juice
	Chicken Breast Fillet
N/A	Meat, vegetables
	Fju
NO SPECIFIC EXAMPLE/DON'T KNOW	Nice
	Too many examples, but it usually results in buying more than needed
	Don't know
	Protein
	No clue
	Groceries
NUTS	Often food which is close to its expiration date. Recently bought less healthy food, as it is currently the holidays, as a treat. Unhealthy food is always on special eg. crisps and sweets.
	I bought 2 for 1 on drench and price reduced on peanuts.
READY MEAL	My mum bought us a hunters chicken meal that was 'Buy one get one half price'.
	Chicken curry, buy one get one free
	burgers
	Ready meals and the meal deal for lunches
	Ready Meals
	Cup A soup
SALAD	Sandwiches, ready meals
	egg salad was reduced
	meat salad
SANDWICH	Salad Meat
	Sandwich
SOFT DRINK	Sandwiches, ready meals
	Coca cola
	Fruit juice
	diluting juice from tesco
	Fizzy drinks
	Lucozade was £1 off
	Coca Cola Custard 3 cans for £2
	Irn bru
	Diet cola

	Pepsi, crisps, chocolate. Basically junk food I swear it's not on the regular though, I had a movie night with my friends.
	Pepsi
	Fizzy drinks
	irn bru
	Tropicana orange juice
	Lucozade
	bottle of red cola
	I bought 2 for 1 on drench and price reduced on peanuts.
	Chocolate, chrisps, biscuits, lucozade

In your opinion, what would help reduce consumption of junk food by young people?

Category	Raw Responses
ACCESSIBILITY	Easier access to healthy foods
	It not being available at school
	Have sources of junk food further away from schools. Make eating healthily easier
	Lack of availability.
	More availability of healthy food and at a lower cost.
	have less junk foods in school
	Close all the places that sell junk food
	Unhealthy food not being so present in school, a better options for healthy food eg. Fresh fruit not expensive eg. Â£1 for a packet of pomegranate seeds but 55p for a Twirl,
	Make it less accessible
	shops not to be allowed to sell them
	It's so much easier to buy junk food because it's so much cheaper and healthier foods are always much more expensive. Healthier foods should be a lot cheaper than junk and sweets. Also healthy food should be more widely available
	Don't sell as much of it or make the prices higher
	Stop selling them in school
	Increased availability of cheap, convenient and tasty healthy snacks.
	If healthy food was more accessible, a healthy mcdonalds which is just as quick and matches the price would be good.
	stop producing junk food
	Less shelf space
	stop importing it alot
	Sell less of it
	making sure u have fruits that the person likes in the house and making vegtable included meals which the person likes
	Less production of product
	Less availability at canteens especially at school, also the healthy food being cheaper instead of constantly becoming more expensive.
	Easier access to healthier food
	Providing less choices
	Stop making junk food so cheap and reduce the amount of junk food in the shops
	Prices of junk food is cheaper than fruit and veg. Junk good is too easily accessible
	Make it more expensive and less available
	Increase price, make it less available in schools
	Making healthy food interesting, tasty, cheap and available.
	making junk food more expensive and encourage trendy, healthy food sellers
	Putting the price of healthy food down, in my school it's too expensive to eating or eat something relatively healthy so people go to dominos, the chippy or the corner shop for lunch instead. Also the food at school isn't even that good majority of it has no option of no cheese as it's on everything, it doesn't cater for vegeterians well nor vegans. Overall the food choices are limited, unhealthy and extortionate at school. If you put a ban on energy drinks being sold to under 18s that would help too as people drink it a breakfast.
	Cheaper and more assessible healthy foods. Currently junk foods are often the cheapest and most accessible when out and about, so seem like a good option to people on a budget.
	Making healthy food cheaper Being able to buy healthy food out for cheap - even if it is often cheap to make healthy food at home it is so tempting to be lazy and buy food out but healthy food out is expensive
	Advertise it less and not have as many take away places
	Advertisment on healthy food, making it more accesable. Using things such as young scot cards to help out
	Less advertising. No delivery services, make people get it themselves (they're just being even more lazy)
	Making healthy food interesting, tasty, cheap and available.

	<p>Putting the price of healthy food down, in my school it's too expensive to eating or eat something relatively healthy so people go to dominos, the chippy or the corner shop for lunch instead. Also the food at school isn't even that good majority of it has no option of no cheese as it's on everything, it doesn't cater for vegeterians well nor vegans. Overall the food choices are limited, unhealthy and extortionate at school. If you put a ban on energy drinks being sold to under 18s that would help too as people drink it a breakfast.</p> <p>Highlighting the dangers that continued consumption can cause. Making healthier cheaper (than junk food) and more readily available in both schools and other public places.</p>
ADVERTISING	<p>if there were less adverts for unhealthy foods</p> <p>KFC and others need to stop posting all over social media.</p> <p>Reduction in advertising of junk food and also making it more expensive so they won't buy it as the cheaper option.</p> <p>Not advertising it in shops and to make it more expensive</p> <p>Less advertising</p> <p>Less adverts on tv, higher price</p> <p>Less advertisement</p> <p>stop advertising it</p> <p>Health classes in schools and not so much advertisement for the products.</p> <p>Less Advertising</p> <p>Not being advertised</p> <p>Less advertising and cheaper alternative options</p> <p>No advertisements on billboards and outside shops. A fat and sugar tax to discourage people from eating unhealthy. Regular fitness/weight checks at school with emphasis in healthy eating. Free vouchers for fruit, water/milk with a weekly voucher for a free healthy meal/sandwich</p> <p>Less advertisement</p> <p>DONT ADVERTIE IT</p> <p>Less advertising and making them more expensive as those with little money are forced to buy the unhealthy foods</p> <p>Less advertisement of them and increase in price</p> <p>Less adverts More healthy options</p> <p>if the media stopped telling lies about the food industry and the schools stopped agreeing to tell lies to very young children.</p> <p>If it was less promoted then people wouldn't be persuaded as much to buy it. If healthy food was the same price as junk food (or cheaper) then people would probably be more likely to buy it instead of junk food as they would feel that they could buy more with their money and would feel like they were saving money by buying healthy food (whereas now junk food seems to be more affordable than healthy food and so people are more attracted to buying it).</p> <p>Not as many adverts</p> <p>Less advertising allowed by fast food companies.</p> <p>Advertise it less and not have as many take away places</p> <p>Not having tv adds on about junk food until after 9pm</p> <p>Less advertising, reducing the amount of salt and sugar in everyday foods so that they don't become addicted to the taste</p> <p>Less advertising. No delivery services, make people get it themselves (they're just being even more lazy)</p> <p>Less advertising of it!</p> <p>Making it more expensive, not having it advertised everywhere we look.</p> <p>Health classes in schools and not so much advertisement for the products.</p> <p>More variety on appetising healthy food and for healthy food to be as advertised and be as common to eat as junk food</p> <p>Up the prices, or reduce the advertising of it</p> <p>making junk food more expensive and advertise healthy food more</p> <p>They should put prices on junk food higher and bring down prices on healthy food. Also less advertising of fast food restrants.</p>
APPEARANCE/ TASTE	<p>What they look like cause they always look yummy and veg are all green and icky looking but they don't taste it</p> <p>Healthy food being cheaper and always having a really nice taste</p> <p>Make healthy foods cheaper and more exciting, as quite often they are variations of bean salads.</p> <p>By putting healthy food into more eye-catching packaging and making it cheaper.</p> <p>Making healthy food interesting, tasty, cheap and available.</p> <p>Increased availability of cheap, convenient and tasty healthy snacks.</p>
DON'T KNOW	<p>i dont know</p> <p>Don't no</p> <p>I don't really know</p> <p>Not sure</p> <p>dunno</p> <p>Donno</p> <p>I am not sure. If you really want to start a healthy life style, then you will be able. No one else can change people.</p>

EDUCATING ABOUT INGREDIENTS	Make the sugar logo more reachable because young people sometimes don't look at how much sugar or fat is in the products!
	Giving more information about how it's made and what's actually in it and what the ingredients do to the body ect
	Showing young people how it's made and what goes into it
	Knowing exactly what was in the product and the negative impact of said product.
HIGHLIGHT RISKS	By highlighting the risks within junk food and body health.
	More risks advertised
	knowing long term impact on health
	Showing the bad side effects on tv
	showing them what effects it can have
	More knowledge of how bad it is for them.
	Highlighting the dangers that continued consumption can cause. Making healthier cheaper (than junk food) and more readily available in both schools and other public places.
	Education and awareness from a very young age in schools. When they are older health and well-being days could be organised in which young people learn more about how to eat healthily and be taught how to cook healthy meals.
	Educating them on the risks of constantly eating it
	By advertising AGAINST IT AND USING STATS OF HOW IT MAKES YOU UNHEALTHY
	Showing them the side effects and sharing it on social media
	If people were more aware of what junk food is doing to their bodies.
	I think that people like the NHS should hand out more leaflets to younger people about the affects that junk food makes to our bodies and the dangers of consuming too much.
	i think the consumption of fatty foods could be reduced by the NHS by displaying leaflets and posters warning us about dangers of obesity and the diseases and conditions it can cause.
	if the media stopped telling lies about the food industry and the schools stopped agreeing to tell lies to very young children.
	Increasing the price and changing the recipes so junk food has less sugar content in it. Advertising the effects junk food can have on a human body and what the risks are involved.
	Less expensive healthy food and more information about it given by responsible people.
INCREASE PRICE/TAX (JUNK FOOD)	By increasing the price and reducing the price of healthy food and giving more information on health impacts and how you feel after you eat healthy
	Sugar tax
	Increased prices, less availability
	Stop making junk food so cheap and reduce the amount of junk food in the shops
	Making them more expensive, making it easier and cheaper for people to be able to eat healthily e.g. knowing that healthy food can taste great too and learning how to prepare quick, healthy and tasty food easily.
	Make it more expensive and less available
	Increase price, make it less available in schools
	Making it more expensive, not having it advertised everywhere we look.
	Not sell the junk food or make the prices higher so that it's not affordable
	To reduce the amount of deals on junk food
	Increase of price
	No buy one get one free make it look funky so they don't want to eat it like make it an irregular octagon shaped so it doesn't look right
	making junk food more expensive and encourage trendy, healthy food sellers
	More expensive
	Higher price for junk food, better knowledge, healthier choice in general, lower price for healthy food, lifestyle change for healthier, family and peers support.
	Making the prices higher
	Putting the prices up higher
	Raise the prices (e.g. £1.50 - £2.25
	Up the prices, or reduce the advertising of it
	Make junk food more expensive and healthier food cheaper and also make healthier food in school cafeterias because the students can't see what is put into the food
	Stop selling it so cheaply/ lower the price of healthy foods
	Making it expensive to buy
	junk food being more expensive
	Increasing tax on unhealthy options. Increasing the number of healthy options that young people are likely to enjoy eg. fruit over vegetables. Confirming which seemingly healthy options are actually healthy eg. ready made pasta.
	Make it more expensive.
	Increasing the price and changing the recipes so junk food has less sugar content in it. Advertising the effects junk food can have on a human body and what the risks are involved.
	Making less or making it more expensive
	If it was more expensive.

	Higher price More healthy food
	By increasing the price and reducing the price of healthy food and giving more information on health impacts and how you feel after you eat healthy
	Price on junk food raises
	making junk food more expensive and advertise healthy food more
	If you put the prices up a little bit more than what the healthier foods are so that people are more likely to buy the healthier option because it's cheaper.
	They should put prices on junk food higher and bring down prices on healthy food. Also less advertising of fast food restrants.
	Increasing the price of junk food and reducing the price of healthy food
	Reduction in advertising of junk food and also making it more expensive so they won't buy it as the cheaper option.
	Not advertising it in shops and to make it more expensive
	Less adverts on tv, higher price
	Don't sell as much of it or make the prices higher
	No advertisements on billboards and outside shops. A fat and sugar tax to discourage people from eating unhealthy. Regular fitness/weight checks at school with emphasis in healthy eating. Free vouchers for fruit, water/milk with a weekly voucher for a free healthy meal/sandwich
	Promoting health benefits of healthy foods, reducing prices on them and increasing it on junk foods such as burgers, sausages etc ... First change that needs to be done is breakfast, omitting sausages, adding greens and sticking to beans as a source of protein and fibres.
	A reduction in cost of healthy food or an increase in price of junk food so that both were roughly the same price
	Bring down prices of healthier foods, raise prices for junk food. Sell decent healthy food in school canteens.
	I think that healthy food should be cheaper because people would be able to afford it and then junk food should be more expensive so that people don't want to spend as much money on it
	Less advertising and making them more expensive as those with little money are forced to buy the unhealthy foods
	Less advertisement of them and increase in price
	Having tasty alternatives and raise the cost of junk foods and sugats
N/A	No advertisements on billboards and outside shops. A fat and sugar tax to discourage people from eating unhealthy. Regular fitness/weight checks at school with emphasis in healthy eating. Free vouchers for fruit, water/milk with a weekly voucher for a free healthy meal/sandwich
	Bring down prices of healthier foods, raise prices for junk food. Sell decent healthy food in school canteens.
	mmm
	Incorporating healthy food and junk food
	Maybe
	Yes just by a small bit
	Not being sold it
	Hi
	by cutting it out of my life slowly
	.
	nothing
	Stop everyone saying "heathy food might be discussing but you have to eat it!"
	Don't demonise it - that makes us want it more
	I LIKE JUNK FOOD
	not havinf
	Eat healthy
	Make it better keep them ocupied
	eat less
	Help them so they stay healthy
	Eat more fruit and vegetables
PROMOTE HEALTHY ALTERNATIVES	putting more thought into it
	Try new things that maybe you like a bit and try combine it to something interesting and pleasant and maybe try ask your guardian to not by junk food for a while.
	I'm not really sure but maybe finding some healthy foods that you like and trying not to look forward to junk food and think of it as a treat.
	Promoting healthier alternatives.
	Buy less fast food, eat more healthy
	Eating fruit and veg
	Having more healthy alternatives that are just as good but much better for us.
	make healthy foods taste better
	Promotion of health foods through a media that would reach the younger gen. Also if healthy food was cheaper.
	A healthy alternative
	Making healthy foods look more appealing and advertise them more

	More variety on appetising healthy food and for healthy food to be as advertised and be as common to eat as junk food
	more healthy fast food restaurants
	Promoting health benefits of healthy foods, reducing prices on them and increasing it on junk foods such as burgers, sausages etc ... First change that needs to be done is breakfast, omitting sausages, adding greens and sticking to beans as a source of protein and fibres.
	putting for healthy options out there
	More advertisement of healthy foods instead.
	Better tasting healthy food
	Advertise more healthy foods
	Promote healthier alternatives
	Promotion of Healthy foods
	Making healthy food look tasty
	Better choices of healthy food in school
	show them that healthy food can taste as good as junk food
	Having tasty alternatives and raise the cost of junk foods and sugary
	having better tasting healthy food
	To try and see different recipes to see what suits me or them the best
	Including fresh fruit and vegetables in meals
	Advertisement on healthy food, making it more accessible. Using things such as young scout cards to help out
	More vegetables at macdonalds
	Eating healthier alternatives
	Making them more expensive, making it easier and cheaper for people to be able to eat healthily e.g. knowing that healthy food can taste great too and learning how to prepare quick, healthy and tasty food easily.
	Reducing price of healthier options
	Price reduction on healthy snacks Healthier alternatives to food instead of completely cutting out sugary things
	Less adverts More healthy options
	Increasing tax on unhealthy options. Increasing the number of healthy options that young people are likely to enjoy eg. fruit over vegetables. Confirming which seemingly healthy options are actually healthy eg. ready made pasta.
	Less advertising, reducing the amount of salt and sugar in everyday foods so that they don't become addicted to the taste
	Less advertising and cheaper alternative options
	No advertisements on billboards and outside shops. A fat and sugar tax to discourage people from eating unhealthy. Regular fitness/weight checks at school with emphasis in healthy eating. Free vouchers for fruit, water/milk with a weekly voucher for a free healthy meal/sandwich
	Higher price for junk food, better knowledge, healthier choice in general, lower price for healthy food, lifestyle change for healthier, family and peers support.
REDUCE PRICE (HEALTHY FOOD)	Make healthy foods cheaper
	Prices of junk food is cheaper than fruit and veg. Junk food is too easily accessible
	Make healthy food really cheap
	make healthier foods have less tax
	More deals on healthy foods - eg fruit
	Reducing price of healthier options
	Healthy food being cheaper and always having a really nice taste
	Price reduction on healthy snacks Healthier alternatives to food instead of completely cutting out sugary things
	Making healthy food interesting, tasty, cheap and available.
	Education about healthy lifestyles Free healthy food
	Better pricing on healthy food
	Make healthy foods cheaper and more exciting, as quite often they are variations of bean salads.
	Making healthier food cheaper
	More competitive pricing of healthy food.
	cheaper and easier things to eat and make
	A reduction in cost of healthy food or an increase in price of junk food so that both were roughly the same price
	By having cheaper healthier options available
	Putting the price of healthy food down, in my school it's too expensive to eat or eat something relatively healthy so people go to dominos, the chippy or the corner shop for lunch instead. Also the food at school isn't even that good majority of it has no option of no cheese as it's on everything, it doesn't cater for vegetarians well nor vegans. Overall the food choices are limited, unhealthy and extortionate at school. If you put a ban on energy drinks being sold to under 18s that would help too as people drink it at breakfast.
	Decreasing the price of healthier options.
	Bring down prices of healthier foods, raise prices for junk food. Sell decent healthy food in school canteens.
	lowering the prices of healthy food
	I think that healthy food should be cheaper because people would be able to afford it and then junk food should be more expensive so that people don't want to spend as much money on it

	more healthy food on offer and it being cheaper.
	Cheaper healthy food
	By putting healthy food into more eye-catching packaging and making it cheaper.
	Nothing, make healthy food exciting and cheap
	Cheaper and more accessible healthy foods. Currently junk foods are often the cheapest and most accessible when out and about, so seem like a good option to people on a budget.
	Junk food is too cheap compared to healthy alternatives. Make healthy snack foods more affordable.
	Making healthy food cheaper Being able to buy healthy food out for cheap - even if it is often cheap to make healthy food at home it is so tempting to be lazy and buy food out but healthy food out is expensive
	cheaper fruit and veg available
	Less expensive healthy food and more information about it given by responsible people.
	More availability of healthy food and at a lower cost.
	Unhealthy food not being so present in school, a better options for healthy food eg. Fresh fruit not expensive eg. £1 for a packet of pomegranate seeds but 55p for a Twirl,
	It's so much easier to buy junk food because it's so much cheaper and healthier foods are always much more expensive. Healthier foods should be a lot cheaper than junk and sweets. Also healthy food should be more widely available
	Less advertising and cheaper alternative options
	Higher price for junk food, better knowledge, healthier choice in general, lower price for healthy food, lifestyle change for healthier, family and peers support.
	Increased availability of cheap, convenient and tasty healthy snacks.
	Highlighting the dangers that continued consumption can cause. Making healthier cheaper (than junk food) and more readily available in both schools and other public places.
	Make junk food more expensive and healthier food cheaper and also make healthier food in school cafeterias because the students can't see what is put into the food
	If it was less promoted then people wouldn't be persuaded as much to buy it. If healthy food was the same price as junk food (or cheaper) then people would probably be more likely to buy it instead of junk food as they would feel that they could buy more with their money and would feel like they were saving money by buying healthy food (whereas now junk food seems to be more affordable than healthy food and so people are more attracted to buying it).
	Stop selling it so cheaply/ lower the price of healthy foods
	Less availability at canteens especially at school, also the healthy food being cheaper instead of constantly becoming more expensive.
	By increasing the price and reducing the price of healthy food and giving more information on health impacts and how you feel after you eat healthy
	They should put prices on junk food higher and bring down prices on healthy food. Also less advertising of fast food restaurants.
	Increasing the price of junk food and reducing the price of healthy food
	Less advertising and cheaper alternative options
	Higher price for junk food, better knowledge, healthier choice in general, lower price for healthy food, lifestyle change for healthier, family and peers support.
	Increased availability of cheap, convenient and tasty healthy snacks.
	Highlighting the dangers that continued consumption can cause. Making healthier cheaper (than junk food) and more readily available in both schools and other public places.
	Make junk food more expensive and healthier food cheaper and also make healthier food in school cafeterias because the students can't see what is put into the food
	By increasing the price and reducing the price of healthy food and giving more information on health impacts and how you feel after you eat healthy
	They should put prices on junk food higher and bring down prices on healthy food. Also less advertising of fast food restaurants.
	Promotion of health foods through a media that would reach the younger gen. Also if healthy food was cheaper.
SCHOOL MEALS/CANTEEN OPTIONS	Make decent healthy school meals but realistically people are still going to eat junk food when they feel like it tbh.
	better food in schools as foods they are cooking are very high in fat and they don't have very many healthy options
	if schools stopped serving unhealthy foods and educated children on what foods are healthy and what foods aren't. an example of this is schools serving chopped up corpses(eg beef, pork, chicken or turkey), pussy secretions from cows(eg milk and cheese) and the unborn cholesterol filled fetuses of chickens(eg eggs), these are usually considered healthy but all of them have been proven by the W.H.O to be either carcinogenic, cancer causing, both or they cause other diseases.
	healthier foods at canteens at school
	I think if young people knew more about what healthy foods are easy and cheap to make and taste amazing. Also, healthier foods in schools.
	Better choices of healthy food in school
	Putting the price of healthy food down, in my school it's too expensive to eat or eat something relatively healthy so people go to dominos, the chippy or the corner shop for lunch instead. Also the food at school isn't even that good majority of it has no option of no cheese as it's on everything, it doesn't cater for vegetarians well

TEACHING TO COOK	nor vegans. Overall the food choices are limited, unhealthy and extortionate at school. If you put a ban on energy drinks being sold to under 18s that would help too as people drink it a breakfast.
	Bring down prices of healthier foods, raise prices for junk food. Sell decent healthy food in school canteens.
	Make junk food more expensive and healthier food cheaper and also make healthier food in school cafeterias because the students can't see what is put into the food
	Teaching Young People How Easy and Quick It Is To Make a Healthy Meal(s).
	Being taught how to make healthier foods
	I think if young people knew more about what healthy foods are easy and cheap to make and taste amazing. Also, healthier foods in schools.
	More opportunities to learn to cook between college/uni courses
	Getting taught in school how to cook healthy meals and what alternatives we could eat instead of junk food.
	knowledge of how to make cheaper, healthier choices
	Show them how to make healthy foods that taste nice and are easy and quick Show them how to get fit and healthy and the benefits of this
	cheaper and easier things to eat and make
	Education and awareness from a very young age in schools. When they are older health and well-being days could be organised in which young people learn more about how to eat healthily and be taught how to cook healthy meals.

Is there anything that stops you being more physically active than you would like to be?

Category	Raw Responses
COST	gym is expensive
	I have To go walking in the woods (I'm not complaining about that it's great up there) as the gym is too expensive and so is equipment for at home.
	The gym is expensive and I don't like being outside when it's dark and cold, easier access to fitness facilities would be good
	Things like gym memberships or fitness equipment are expensive. The roads are horrible for cycling or running on
	Money
	Money and lack of time
	Homework and cost.
	Time and cost
	Sometimes a lot of homework and only 1 period of physical education a week in school which I think is ridiculous and definitely not enough. Also I can't afford gym memberships and they're not as close to my house that I could get there easily
	The weather, e.g. going a walk as it's free to do unlike a gym membership but can be very cold outside.
	Not having enough time on top of school work etc. Plus gyms are expensive to go to and you can't go out running in winter cause it's too cold and icy.
	I think I may have asthma but I haven't been checked yet. Also as someone without a bank card it's quite hard to join a gym. They are also quite expensive
	transportation is a big issue and maybe sometimes money
	No active equipment or too expensive
	School and school work at home stops me from going to the gym and the fact its alot of money to go to the gym all the time .
	Self motivation, time, money
	Time. Weather. Cost of belonging to a gym to be able to play team indoor sports such as badminton.
FOOD	Fatigue from work, poor mental health (currently waiting for NHS mental health services), poor weather vs cost of indoor activities
	Junk food
	If I eat too much
LACK OF SUPPORT	yes my craving for food
	Not having anyone to do it with
	My parents don't let me do some things like go to the gym with friends
	A lack of professional advice, I do not want to push myself too hard
	My friends more prefer spend time online instead go outside with me. Laziness.
	People not supporting me and my choice
	When my friend cancels on going to the gym with me I don't go either
	I am very unfit so I get discouraged
	Fitness centres aren't open at the times that I like to be active and there are no encouraging areas around me where I would enjoy and relax running
	Not knowing what to do, I kind of wish people came to me instead of me going to them.
MENTAL HEALTH CONDITION	Anxiety giving me a fear of leaving my house, particularly leaving my bedroom.
	anxiety, the weather
	Anxiety can make it hard to do things such as going to the gym or joining exercise classes

	Anxiety
	Fatigue from work, poor mental health (currently waiting for NHS mental health services), poor weather vs cost of indoor activities
	Study commitments, depression etc
MOTIVATION/ CONFIDENCE	Self motivation, time, money lazyness I think not always seeing the results or not having enough motivation. Yes will power Lack of will power Confidence by far. Some people just aren't confident when it comes to exercising in public and Physical Education can be pressuring for teens as they are forced to exercise Too much effort Confidence I don't want to be seen by other people while exercising. Motivation and homework persuading my self to be active In my opinion I am quite lazy when I am off from university and would rather stay inside than have to go outside and exercise. Exercising around others makes me feel self conscious and busyness of university no motivation Not knowing what to do, I kind of wish people came to me instead of me going to them. my mind set Some friends may be lazier than usual and bring my mood down so I'm not motivated to be active. Willpower Not having enough time for exercise or will power. No time, no motivation, not found something I'm really into yet My friends more prefer spend time online instead go outside with me. Laziness. Bad weather, lack of motivation, no access to the sports I want to do One thing would be a lack of time because of homework and school. The other would be the fear of starting a new sport because everyone else is better than me. Traveling to/from gyms and leisure centers is an issue and I lack self motivation. Being busy, tired or lazy. Sometimes having a sore leg.
N/A	nnnnnnnnnnnnnnnnnnnnnnnnnnnnnnn Hi .
NOT ENOUGH FACILITIES/ CHOICE	Not Enough Choices Of Physical Activity. facilities near by Lack of sports groups/opportunities in sports I'd want to participate in. Involvement in other types of activities means I don't have a lot of time The fact that in S1 you can't choose your subjects! I would love to have more PE classes a week or even a day xx There are very few sports clubs at my school or in the local area Theres a few or no places for do exercise/sport Lack of local opportunities for sports I want to participate in. I'm also too busy due to other commitments (e.g. school). Not many clubs that apeal to me Fitness centres aren't open at the times that I like to be active and there are no encouraging areas around me where I would enjoy and relax running No active equipment or too expensive Medical conditions, places to go to do it
NOTHING	No no not really. No NO no No no No No No no No No no No no No

	No
	No
	NO
	Nothing really
	none
	No
	nope
	no
	Not really
	No
	No
	no not really I actually have a lot of things to keep me active such as- my dog.
	no there isn't.
	No
	No
	no
	no
	No
	No
	No apart from if I am sick on a rear ocation
	No
	Don't know
	No
	No
OTHER	smoking
OTHER ACTIVITIES/ NO TIME	my phone aka like technology and stuff.
	Not having time. Bring tired after travelling home from placements.
	Time. Weather. Cost of belonging to a gym to be able to play team indoor sports such as badminton.
	Not having enough time for exercise or will power.
	Time and cost
	Not enough time
	babysitting, college and other things like homework which is terrible
	My phone stops me it makes me sit down and not move at all whatever I do I don't leave it until there is no charge
	No time, no motivation, not found something I'm really into yet
	time
	reading
	Like watching movies to much
	lack of time
	Being busy, tired or lazy. Sometimes having a sore leg.
	Time
	Distractions like friends doing things you can't do
	time
	Self motivation, time, money
	Lack of sports groups/opportunities in sports I'd want to participate in. Involvement in other types of activities means I don't have a lot of time
	Money and lack of time
PHYSICAL HEALTH CONDITION	Illness, asthma, homework, studying/ revising, babysitting siblings,
	Yeah my arthritis
	Occasional illness or injury
	Medical condition
	Currently recovering from glandular fever.
	Medical illness
	Hip injury and school times
	Disability and chronic illness
	Bone pain
	Injuries
	Medical
	if i have a seriously bad injury
	Excercise induced asthma
	My health
	Asthma
	Recovering from Chronic Fatigue Syndrome so I am often tired and take longer to recover from physical activity.
	I think I may have asthma but I haven't been checked yet. Also as someone without a bank card it's quite hard to join a gym. They are also quite expensive

	Back/muscle problems
	Sore back
	Severe asthma
	I have very bad asthma
	Medical conditions, places to go to do it
	Illness, asthma, homework, studying/ revising, babysitting siblings,
	Being asthmatic
	Asthma
	Type 1 diabetes (exercise affects blood glucose levels)
	My disorder. My secluded location.
SCHOOL/ COLLEGE/ UNI WORK	Homework and school.
	Wake up when it's dark outside, commute to university/placement, leave when it's dark outside, commute home, work on thesis... No time!
	Homework and cost.
	Too much university work so not enough time
	Homework
	Exam Pressures, Poor Weather
	School work
	Sometimes a lot of homework and only 1 period of physical education a week in school which I think is ridiculous and definitely not enough. Also I can't afford gym memberships and they're not as close to my house that I could get there easily
	Studying.
	school, because it makes me tired
	school
	When school work becomes too much and stops me from taking part in sport as I have homework or to study
	School work
	Pressures of exams Not very appealing in school
	Not having enough time on top of school work etc. Plus gyms are expensive to go to and you can't go out running in winter cause it's too cold and icy.
	school buses, by the time I get home I don't have very long and then it is dark
	School timetables as we only have 3 pe sessions Suso
	University work - feeling like I need to sit in one place studying for hours on end to be a good student, but I end up not very active. Also if I was to get up and move every so often someone else would come in and take my study place, so I feel like I need to stay seated for hours on end to keep my seat.
	Yes, all the College work I have to do at the computer.
	Literally no time with higher
	Study commitments, depression etc
	One thing would be a lack of time because of homework and school. The other would be the fear of starting a new sport because everyone else is better than me.
	Homework and studying
	School
	School and school work at home stops me from going to the gym and the fact it's a lot of money to go to the gym all the time .
	babysitting, college and other things like homework which is terrible
	Motivation and homework
	Hip injury and school times
	Due to working / study commitments.
	Busy with work and college.
	Illness, asthma, homework, studying/ revising, babysitting siblings,
	Exercising around others makes me feel self conscious and busyness of university
TIRED/FATIGUE	Being too tired
	Tiredness
	Fatigue
	Tiredness from waking up for school in the morning
	being too tired
	school, because it makes me tired
TRAVEL/ ACCESSIBILITY	Being busy, tired or lazy. Sometimes having a sore leg.
	I live out the way so there isn't any sports clubs other than after school
	Where I live is quite rural so I have to travel far to take part in organised sports activities.
	My disorder. My secluded location.
	Age restrictions on the Gym (16 and over)
	transportation is a big issue and maybe sometimes money
	Traveling to/from gyms and leisure centers is an issue and I lack self motivation.

	Sometimes a lot of homework and only 1 period of physical education a week in school which I think is ridiculous and definitely not enough. Also I can't afford gym memberships and they're not as close to my house that I could get there easily
	The gym is expensive and I don't like being outside when it's dark and cold, easier access to fitness facilities would be good
	Bad weather, lack of motivation, no access to the sports I want to do
WEATHER	If it's too dark outside, I won't go for my walk.
	Weather
	Weather
	when it is cold during winter, it becomes more difficult to encourage myself to go outside
	Weather
	the weather
	I don't like to go out by myself especially with the dark winter nights.
	The weather, e.g. going a walk as it's free to do unlike a gym membership but can be very cold outside.
	Ice and rain
	Bad weather, lack of motivation, no access to the sports I want to do
	The Scottish weather.
	weather
	Time. Weather. Cost of belonging to a gym to be able to play team indoor sports such as badminton.
	Exam Pressures, Poor Weather
	anxiety, the weather
	The gym is expensive and I don't like being outside when it's dark and cold, easier access to fitness facilities would be good
	Fatigue from work, poor mental health (currently waiting for NHS mental health services), poor weather vs cost of indoor activities
	Not having enough time on top of school work etc. Plus gyms are expensive to go to and you can't go out running in winter cause it's too cold and icy.
WORK	I have a desk job, for 8 hours of the day I am at a desk and that makes it difficult.
	Lack of a constant routine with doing shift work and not having time to look for a gym.
	Work
	Fatigue from work, poor mental health (currently waiting for NHS mental health services), poor weather vs cost of indoor activities
	Due to working / study commitments.
	Work so have less free time.
	Busy with work and college.

What else do you think should be done to help young people to lead a healthy lifestyle, improve their diet and/or be more active?

Category	Raw Responses
ACCESSIBILITY	Equal opportunities for everyone
	To make healthy food and fitness activities more accessible and affordable
	Free access to sports clubs, swimming and the gym and fitness classes.
	Make healthy things easier to access, e.g- gyms and healthy fast food place
	Less junk food, access to more sport areas
	More free facilities and fresh fruit more readily available
	Not so heavily advertised, more healthy food chains launched, advertisement on healthy living facts and figures to show people the effects of a poor diet
	Encourage them to take part more in PE at school and make it more enjoyable and interesting. Put less stress on them so then will have more time/will power to be more active. Advertise and have healthy food more widely and easily available and aimed at teens/kids so at lunch they might have something more healthy than chips if there are other options
	Education and help from schools. Also we should do A LOT more PE in school. Gym memberships or certain classes could be discounted for young people and healthy food should be cheaper and advertised much more. It should also be moved to the front of the shop instead of the back
	Cheaper gym memberships, healthy food choices and easily accessible healthier options which are affordable
	Make free courses in local areas they can go to and enjoy .
DON'T KNOW	Don't know
	i dont know
	Don't know
	no idea
	Don't no
	Don't know

	Don't know
	DONT KNOW
	i really canna help you with this one
EDUCATION	More education. Life skill classes
	Have more opportunities for people to learn about healthy food and lifestyle
	Education and range of choice
	Comprehensive sex education that includes detailed LGBT education and detailed consent education. Freely Available Therapy.
	Having more time in school
	Education and help from schools. Also we should do A LOT more PE in school. Gym memberships or certain classes could be discounted for young people and healthy food should be cheaper and advertised much more. It should also be moved to the front of the shop instead of the back
	schools should focus on it and make physical exercise compulsory for all students
	Encourage it at school and everywhere
	P.E talks on activeness, allowing sometimes to have junk food. Better canteen food
	Make sure everyone is educated on the topic so they might think before eating something unhealthy or try be more active.
	Meeting with parents to tell/ teach them about healthy choice. Events about healthy life and support for people which want change they lifestyle.
	There should be less pressure on young people, giving young people more tips on how to maintain a healthy lifestyle
	More information in school to educate those who are less aware of it.
	Encourage a healthy lifestyle at schools and college, make free advice regarding this issue easy to obtain.
	More education in PSE lessons
	Join in with parents and research the bad things of junk food
	Health and wellbeing days at school, cheaper options for healthy food at canteens, more promotion of healthy foods, workshops to educate about mental and physical health.
	Have more talks at school about the harm
	I think that parents should be more educated on healthy eating and so should teachers so that future generations life expectancies increase instead of decrease.
	Advice on how to make small changes that can make a big difference to make improvements easier. Also more advice to young people on the symptoms of vitamin deficiencies - I was diagnosed with vitamin D, B12 and folate deficiencies last month after struggling to motivate myself to be active, suffering with extreme tiredness, constantly feeling bloated and feeling depressed. I just assumed these were normal teenage feelings with no medical cause. Making young people aware of vitamin deficiencies could help people understand that their could be a medical reason for their inability to be active or est healthily.
	I think personally that schools should be teaching more people about affects of fatty , acidic , sugary and salty foods and what they can do to our bodies especially since our bodies are still developing and we need to take care of them during development.
	i think the NHS should approach young people more often perhaps through adverts, posters and even visits to the hospital or doctors... they should tell us about dangers of not excersising and should convince us to join a fitness class of some sort. i personally believe that this should become more routine for us and they should talk to us more about maintaining our weight and to keep being active and healthy.
	Show them the benefits of being fit and healthy and how to achieve this
	Teach more about cooking, the only reason I initially knew how to cook was because I took Hospitality throughout 3rd and 4th year of high school
	Greater teaching of all aspects of health, and getting to try new ways of improving health (e.g. try new sports, new foods, ways of relaxing etc.) through schools. More affordable healthy options
	Make healthy eating options in schools more appealing. Teach basic, practical cooking in school. Revise PE to make it more appealing, especially to those who are not already fit.
	It should be promoted more on social media. There should be more opportunities across Scotland in schools/colleges/ universities.
IMPROVE COST (DIET)	Make it less expensive .
	Reduce price on healthy food options
	Make fruit and vegetables less expensive
	healthy food should be cheaper
	Make healthy food cheaper, advertise healthier things so that people aren't as tempted to eat junk food.
	Decrease healthy food prices
	Decrease the price of healthy foods and promote them more
	I like the idea of healthy meal deals, the ones with water and fruit instead of juice and crisps.... but they often cost the same as unhealthy ones!
	Make healthy options less expensive
	Cheaper prices and less time online.
	To make healthy food and fitness activities more accessible and affordable
	More promotion on healthy foods and have them be cheaper

	Healthy foods advertised instead of junk food or special offers on healthy foods
	Encourage us to take part in more enjoyable activities, lower age limit in gym, lower prices on healthy snacks
	Make activities like exercising and eating healthily cheaper for young people
	Health and wellbeing days at school, cheaper options for healthy food at canteens, more promotion of healthy foods, workshops to educate about mental and physical health.
	Free/cheap gym memberships Cheap healthy food
	Greater teaching of all aspects of health, and getting to try new ways of improving health (e.g. try new sports, new foods, ways of relaxing etc.) through schools. More affordable healthy options
	Cheaper gym memberships, healthy food choices and easily accessible healthier options which are affordable
	I think we should teach more about how important sleep is. For sports, I think that there should be more clubs that aren't really competitive and that you can just go along to for fun. In terms of eating, I think it all lies in price. If healthier food is cheaper and junk food is more expensive then young people will change the way they eat.
	Make it cheaper to get into the gym
	Cheaper sports facilities
IMPROVE COST (EXERCISE)	cheap gym membership
	Make clubs free
	Have the gyms open to students at a subsidised price, improve school meals as they are waaaaay too over priced and rank that's why I'm a packed lunch and finally make it easier to access mental support with stigma around it.
	Make activities like exercising and eating healthily cheaper for young people
	Make activities (sports, gyms etc) more affordable for young people
	Make local gyms free entry for certain parts - they pay if they want to use the rest of the gym
	Give them more activities in school or free gym memberships
	Free/cheap gym memberships Cheap healthy food
	Cheaper gym memberships, healthy food choices and easily accessible healthier options which are affordable
	More clubs or activities to do for a lower price.
	Gyms aimed at younger people or more affordable sports gear
	Make free courses in local areas they can go to and enjoy .
	Healthy meal guides, reduced cost into gyms etc.
	Free access to sports clubs, swimming and the gym and fitness classes.
	Fitness equipment and clothes to be advertised more and to be priced cheaper
	More free facilities and fresh fruit more readily available
	Education and help from schools. Also we should do A LOT more PE in school. Gym memberships or certain classes could be discounted for young people and healthy food should be cheaper and advertised much more. It should also be moved to the front of the shop instead of the back
MENTAL HEALTH SUPPORT	Comprehensive sex education that includes detailed LGBT education and detailed consent education. Freely Available Therapy.
	There should be less pressure on young people, giving young people more tips on how to maintain a healthy lifestyle
	Have the gyms open to students at a subsidised price, improve school meals as they are waaaaay too over priced and rank that's why I'm a packed lunch and finally make it easier to access mental support with stigma around it.
	Health and wellbeing days at school, cheaper options for healthy food at canteens, more promotion of healthy foods, workshops to educate about mental and physical health.
MORE SPORT/FITNESS OPPORTUNITIES	Try new sports it does not matter which one every one is active keep on trying new ones and if you do not find anything you like maybe for lunch bring a pack lunch or snack and already pack healthy food and it will become a habit.
	start more local groups such as....football clubs, running, rugby etc
	Get more fitness clubs
	Having more free activities and outdoor gyms
	More free facilities and fresh fruit more readily available
	More fun activities like a dance class that helps to keep teens active!
	create more "fun" active areas like trampoline parks, swimming pools, rock climbing centres etc
	Open more places for practice sport
	Encourage them to take part more in PE at school and make it more enjoyable and interesting. Put less stress on them so then will have more time/will power to be more active. Advertise and have healthy food more widely and easily available and aimed at teens/kids so at lunch they might have something more healthy than chips if there are other options
	Encourage us to take part in more enjoyable activities, lower age limit in gym, lower prices on healthy snacks
	There should be more outdoor activities like adventure camps, such as Ardgour, Dalguise, etc. Because a majority of children sit inside on phones, watching TV, playing computer games because there's not that much going on for them to do without being bored quickly.
	Encourage at school exercise club yoga club
	Do more sports at school, give us more choice and let us do it at our own ability whilst pushing us but not overly
	After school clubs in every school
	More exercise classes

	More choice of physical activity in P.E lessons. Many people hate doing P.E because they are forced to do something they don't like/aren't good at.
	more sports clubs
	I would definitely say advertise more healthy food and get a bike or a scooter or go to the GYM!! All of these will definitely help you live a perfect lifestyle, a nice long healthy one xx
	healthy eating encouraged alongside exercise. Encourage eating more satiating foods, to reduce hunger for junk food. Encourage exercise as part of a study routine to release endorphins and relax/take breaks.
	Better food in schools, more engaging PE lessons
	I think we should teach more about how important sleep is. For sports, I think that there should be more clubs that aren't really competitive and that you can just go along to for fun. In terms of eating, I think it all lies in price. If healthier food is cheaper and junk food is more expensive then young people will change the way they eat.
	more healthy school lunches, less unhealthy food adverts, more fitness clubs, more periods of pe, parents making their children go to bed earlier and making sure they don't take their phones or technology with them.
	To make healthy food and fitness activities more accessible and affordable
	Fitness equipment and clothes to be advertised more and to be priced cheaper
	Education and help from schools. Also we should do A LOT more PE in school. Gym memberships or certain classes could be discounted for young people and healthy food should be cheaper and advertised much more. It should also be moved to the front of the shop instead of the back
N/A	mmmmmmmmmm
	Hey
	Don't eat too much junk food
	N/A 0 each individual's needs are different, I don't believe this is a 'one solution fits all' issue
	nile
NOTHING	/
	Nothing really
	nothing
	Nothing
OTHER	Not sure
	Really show them how could it can be
	Bring Jamie Oliver back!
	Cut down School work
	better food
	eat more healthy food
	parents should control them
	Take a break from device A device free day
	Eat healthy. Be active eg join clubs
	go to gym
	Introduce it at school
	Make it more fun, especially to teenagers that think it pointless.
	To make it fun
	Slightly less school work so they have some free time to exercise. Advertise about healthy meal recipes etc so that it is not just junk food that is being advertised
PROMOTE HEALTHY ALTERNATIVES	Exercise more Eat healthy
	More Advertising, Encouragement, Options and Opportunities.
	Try to promote, especially in schools, colleges and Universities. Try to encourage students to have more sleep as well, as most don't.
	Greater teaching of all aspects of health, and getting to try new ways of improving health (e.g. try new sports, new foods, ways of relaxing etc.) through schools. More affordable healthy options
	Showing young people that it can be exciting to eat healthy and that you can crave healthy foods as well as unhealthy foods. Showing people that eating healthily does not mean eating salads all the time but means eating a balanced diet - people often don't know what this looks like.
	I think they should be more alert and exposed to healthy foods that still taste amazing and alternatives to junk food.
	Promoting healthier alternatives to junk food.
	I would definitely say advertise more healthy food and get a bike or a scooter or go to the GYM!! All of these will definitely help you live a perfect lifestyle, a nice long healthy one xx
	Healthy meal guides, reduced cost into gyms etc.
	More advertising
	healthy eating encouraged alongside exercise. Encourage eating more satiating foods, to reduce hunger for junk food. Encourage exercise as part of a study routine to release endorphins and relax/take breaks.
	Promote it in even more places, not just school
	Less sugar and fat in foods and more advertisements of healthy food
	Fitness equipment and clothes to be advertised more and to be priced cheaper
	More promotion on healthy foods and have them be cheaper
	Promote plant-based diets as they are the most effective in preventing obesity, cancer, diabetes etc..

	Encourage healthy eating and actively removing dieting as an acceptable way to lose weight because it doesn't work
	Healthy foods advertised instead of junk food or special offers on healthy foods
	Encourage them to eat more healthy so that they see the bonuses of beING more healthy
	Health Campaigns
	It should be promoted more on social media. There should be more opportunities across Scotland in schools/colleges/ universities.
	If there were more ads on social media such as Facebook, Instagram and Twitter then maybe more people would be aware.
	Advertise more healthy food and drinks
	PROMOTE IT AND ADVERTISE IT.
	Advertise good foods more and make them more recognisable in shops
	more advertisement and different more healthier food items in schools
	Promote it!
	more promotion of healthy foods in schools and the media. A more achievable model image in the media would encourage more people to get active, the current image portrayed in most media outlets discourages people because they feel unhappy with themselves and don't feel like they have the power to do anything about it.
	Meeting with parents to tell/ teach them about healthy choice. Events about healthy life and support for people which want change their lifestyle.
	Make healthy food cheaper, advertise healthier things so that people aren't as tempted to eat junk food.
	Decrease the price of healthy foods and promote them more
	Slightly less school work so they have some free time to exercise. Advertise about healthy meal recipes etc so that it is not just junk food that is being advertised
	Not so heavily advertised, more healthy food chains launched, advertisement on healthy living facts and figures to show people the effects of a poor diet
	Encourage them to take part more in PE at school and make it more enjoyable and interesting. Put less stress on them so then will have more time/will power to be more active. Advertise and have healthy food more widely and easily available and aimed at teens/kids so at lunch they might have something more healthy than chips if there are other options
	Health and wellbeing days at school, cheaper options for healthy food at canteens, more promotion of healthy foods, workshops to educate about mental and physical health.
	Cheaper gym memberships, healthy food choices and easily accessible healthier options which are affordable
REDUCE ADVERTISING OF JUNK	Ban all advertising and promotions on unhealthy foods (foods high in sugar, fat or salt)
	kill all junk food adverts
	Not so heavily advertised, more healthy food chains launched, advertisement on healthy living facts and figures to show people the effects of a poor diet
	Make unhealthy foods less easily available, give ideas and useful advice on how to eat healthy (not through teachers)
	Advertising
SCHOOL MEALS/CANTEEN OPTIONS	more healthy school lunches, less unhealthy food adverts, more fitness clubs, more periods of pe, parents making their children go to bed earlier and making sure they don't take their phones or technology with them.
	more healthy school lunches, less unhealthy food adverts, more fitness clubs, more periods of pe, parents making their children go to bed earlier and making sure they don't take their phones or technology with them.
	DEFONETLY healthier and nicer food in SCHOOLS
	Don't sell unhealthy food in the school canteens
	Make healthy eating options in schools more appealing. Teach basic, practical cooking in school. Revise PE to make it more appealing, especially to those who are not already fit.
	Stop selling so much different puddings at schools.
	More healthy choices for food in school canteens
	I think that schools should serve vegan options so that I can buy food at school instead of having to go all the way home to get food.
	Better food in schools, more engaging PE lessons
	less energy drinks available. healthier options at school.
	P.E talks on activeness, allowing sometimes to have junk food. Better canteen food
	Have the gyms open to students at a subsidised price, improve school meals as they are waaaaay too over priced and rank that's why I'm a packed lunch and finally make it easier to access mental support with stigma around it.
	more advertisement and different more healthier food items in schools
	more promotion of healthy foods in schools and the media. A more achievable model image in the media would encourage more people to get active, the current image portrayed in most media outlets discourages people because they feel unhappy with themselves and don't feel like they have the power to do anything about it.
	Health and wellbeing days at school, cheaper options for healthy food at canteens, more promotion of healthy foods, workshops to educate about mental and physical health.
SLEEP	School start later to allow time for more sleeping
	More sleep
	Promote a regular sleeping schedule

	<p>I think we should teach more about how important sleep is. For sports, I think that there should be more clubs that aren't really competitive and that you can just go along to for fun. In terms of eating, I think it all lies in price. If healthier food is cheaper and junk food is more expensive then young people will change the way they eat.</p> <p>Try to promote, especially in schools, colleges and Universities. Try to encourage students to have more sleep as well, as most don't.</p> <p>more healthy school lunches, less unhealthy food adverts, more fitness clubs, more periods of pe, parents making their children go to bed earlier and making sure they don't take their phones or technology with them.</p>
SPECIFIC SCHEME	<p>Bike scheme at school like some work places do</p> <p>All SHOULD have fitness counter Write health diary</p> <p>Regular weight/fitness checks Vouchers for water/milk Voucher for free healthy meal Ban fizzy drinks at school</p> <p>Given fruit and bikes</p>
SUPPORT	<p>Have more positive support</p> <p>Supporting families where parents are unsure of how to cook healthy meals, teaching how to cook healthy meals.</p> <p>More encouragement in schools and colleges because young people tend not to realise until the effects start to hit them.</p>
USE LESS TECHNOLOGY	<p>Parental control over electronic gadgets</p> <p>If there were more maybe phone or laptop apps that persuaded them to drop the phone for a little bit and be active.</p> <p>Cheaper prices and less time online.</p> <p>more healthy school lunches, less unhealthy food adverts, more fitness clubs, more periods of pe, parents making their children go to bed earlier and making sure they don't take their phones or technology with them.</p>