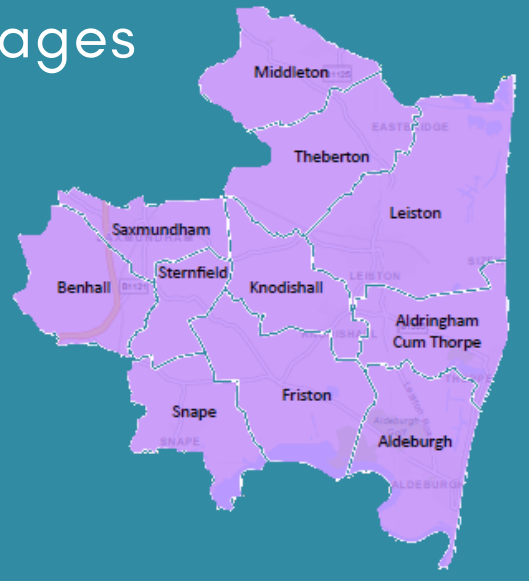




SPRING 2022 YOUTH VOICE REPORT

Aldeburgh, Leiston, Saxmundham
& Villages



This term, the Community Partnership, in conjunction with the Integrated Neighbourhood Team (INT), asked families and young people questions on their attitudes towards healthy eating and shopping habits.



33%

of parents surveyed said they are not influenced by sugar content on the label.

16%

of parent surveyed said they're child (aged 5-11 years) does not exercise.

Did you know?

One Life Suffolk run a Families and Young People's service, getting the whole family involved in making healthy lifestyle changes. They give lots of tips and tricks for how to make healthy eating quick, easy and affordable, plus how to incorporate exercise into your family's lifestyle in an exciting and fun way!

<https://onelifesuffolk.co.uk/services/families-young-people/>

The young people surveyed appreciate that chocolate and sweets are not part of a healthy diet and would prefer not to have them in the house. Some have tried using exercise as a way to lose weight and have experienced feelings of guilt and anxiety related to this.



Did you know?

Body image is how we think and feel about ourselves physically. Sometimes, we worry about how we look or what our friends think about our body. If you're struggling with body image, Young Minds has some advice;

<https://www.youngminds.org.uk/young-person/coping-with-life/body-image/>

As part of the community partnership and INT priority on childhood obesity and poor oral health, there are a number of projects being rolled out across the area focussing on health, wellbeing and service provision. To keep up to date, follow @eastsoffolkyouthvoice on Instagram and East Suffolk Council on Facebook



This term we are collecting young people's views on Sizewell Power Stations. Follow the QR code and click 'Have your Say' selecting Aldeburgh, Leiston, Saxmundham & Villages.

Deadline 22nd July