

HEALTH BEHAVIOUR CLUSTERS AMONG YOUNG ADULTS IN IRELAND

ESRI research identified 3 health behaviour groups among 17-year-olds

43%

Healthy

- Doesn't smoke
- Drinks alcohol rarely
- Regularly exercises
- Has the best quality diet



36%

Unhealthy diet and physical activity

- Doesn't smoke
- Drinks alcohol rarely
- Worst levels of physical activity
- Poorest dietary quality



21%

Unhealthy smokers and drinkers

- Highest level of alcohol consumption
- Daily or occasional smokers
- Moderate to low levels of physical activity
- Poor to moderate dietary quality



How schools affect health behaviour

- Young people's health behaviours varied across second-level schools
- School facilities (e.g., for sports) and policies (e.g., healthy eating) had little impact on behaviours
- School climate, in particular having negative interactions with teachers, predicted drinking and smoking behaviour

