

Wellbeing Index City Spotlight



Brighton

Ranking 16 out of the 17 cities in the Wellbeing Index city ranking, Brighton remains near the bottom of the pack when it comes to wellbeing.

Brighton is a divided city when it comes to physical wellbeing: though one in five people exercise every day, 20% never get the recommended amount of exercise. Employer support is below average, though almost a third of those that do have access to facilities use them every day.



Employer support:

31% strongly agree that employers have a responsibility to support staff and their physical wellbeing.

60% have no access to basic fitness facilities at work.

15% feel support from their employer is below average when it comes to physical wellbeing.

31% A high percentage of those who do have access to fitness facilities - over double the national average use them every day.

Exercise overview:

28% of respondents in Brighton get the recommended amount of exercise or more a week.

20% never get the recommended 150 minutes a week of exercise.

The main barriers to exercise:



Lack of time



Low energy



Low mood

Fast facts:



19% work from home



29% walk to work



39% drive to work



72% sit for 4-8 hours a day



Though people in Brighton are more worried than the national average when it comes to the impact of a sedentary lifestyle, only 5% are proactively reducing time spent sitting.



Brighton is the only city where no respondents said they are embarrassed to exercise with colleagues.

Brighton's biggest problem:

13% don't take any breaks within the day (9% national average).

17% don't take a lunch break (12% national average).

One area Brighton really lags behind is taking breaks. Getting up and moving regularly, even for just a few minutes, can help significantly reduce sedentary time over the course of the day.