

Wellbeing Index City Spotlight

Edinburgh

Low scores in physical and mental wellbeing see Edinburgh slip from 10th to 14th place in the Wellbeing Index city ranking.

Though the Scottish city scores well above the UK average for providing facilities to staff members, one in five say they never get the recommended weekly amount of exercise.



Exercise overview:

There's a sharp divide when it comes to how much physical activity people living in the Scottish capital manage to achieve each week:

21% never get the weekly recommended amount of exercise.

21% always get the weekly recommended amount of exercise.

48% know the NHS exercise guidelines.

Sedentary habits:

66% sit for 4-8 hours a in a day. A further 22% sit for 9-12 hours.

7% only 7% are proactively trying to reduce their sedentary time.

Main barriers to exercising:



Lack of time
35%



Low energy
33%



Low mood
29%

Employer support:

26% of people strongly agree that employers have a responsibility to support staff with their physical wellbeing and fitness.

And those living in the city are in luck—Edinburgh scores well above the UK average when it comes to the number of facilities provided by employers.

43% have access to showers at work—well above the UK average of 26%.

40% have access to changing facilities, versus 26% for the UK as a whole.

40% have a bike park—double the UK average. However, only 5.7% of people actually cycle to work.

However, almost a third (29%) of people say they never use the facilities available to them, although this is generally on par with the UK average of 31%.

19% say they use the facilities every day.

Top reasons for exercising:



Stay physically healthy
42%



Boost mental health
30%



To feel stronger
6%