



**Isle of Wight
Council**

Isle of Wight Council

Healthy Lives

Lifestyle risk factors for adults

July 2025

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1 Introduction

Our behaviours, personal circumstances and illnesses hugely affect our life expectancy and health. Influences on our health are particularly important before birth and during early childhood. These influences and risk factors continue to accumulate, and their effects build as we move into adulthood. Preventing exposure to these risk factors and reducing inequalities in how these risk factors are distributed among our population, can have a positive impact on our health.

Local public health teams work to both prevent and reduce people's exposures to risk factors across all stages of life. We commission services which help people reduce their risk factors (for example, smoking). We also work alongside other organisations to provide people with the support they need to make healthy decisions and prevent exposure to negative risk factors in the first place.

This chapter focuses on:

- the risk factors, causes and protective factors which influence our health
- the health inequalities which are evident

Data in this written summary is correct as of July 2025. The data in this report can be explored further by smaller geographies in the JSNA Healthy Lives data report¹. The data report will be updated continuously, as new data becomes available.

The health outcomes of our population, and how these impact different population groups, are discussed in more detail in the accompanying JSNA reports².

¹ [JSNA Healthy Lives data report](#)

² [JSNA reports](#)

2 Employment

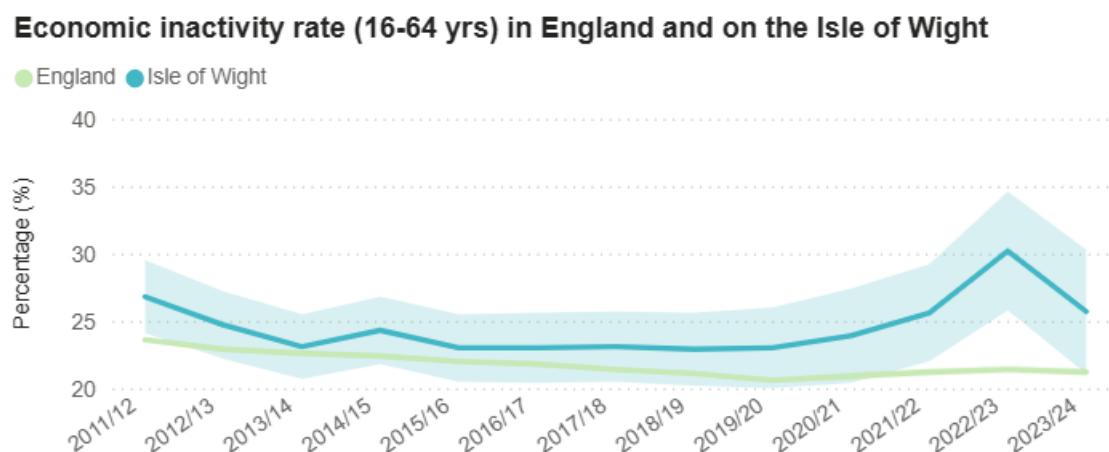
Work is typically good for an individual's physical and mental health and wellbeing, and access to local employment and good working conditions can influence the health of a community³.

In 2023/23, 71.3% of the Isle of Wight population aged 16-64 years were in employment, similar to England at 75.7% However, the overall trend on the Isle of Wight is a declining percentage of the population in employment. There is no statistical difference between the sexes in terms of the percentage of the population in employment.

3 Economic inactivity

Both nationally and on the Isle of Wight, the economic inactivity rate (16-64 years) has been increasing and getting worse. In 2023/24, 25.7% of the 16-64 year old population were economically inactive on the Isle of Wight; compared to 21.2% nationally. Nationally, a statistically significantly higher percentage of females are economically inactive than males but this statistical difference is not evident on the Isle of Wight⁴.

Figure 1: Economic inactivity rate (16-64 years) in England and on the Isle of Wight



³ ["Is work good for your health and wellbeing?"](#)

⁴ [Fingertips | Department of Health and Social Care](#)

4 Average weekly earnings

Figure 2 shows that on the Isle of Wight, in 2023, the average weekly earnings (before tax, national insurance and other deductions) for the population aged 16 years and over was £517.40, similar to the national average of £565.70.

Figure 2: Average weekly earnings (16+ years) in England and on the Isle of Wight

