Leicester Health & Wellbeing Survey 2018

Presentation prepared for Leicester City Council

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2,224 residents gave us their views

Health in general

Lifestyle choices

Impact of where they live

At a glance...what is going well?

Since 2015, more residents....
- Rate their health as good
- Accept personal responsibility for their health
- Are making healthy lifestyle changes

High levels of satisfaction with...
- Parks, waterways and green space
- The local area
- The home

Physical activity has increased...
- Particularly walking and cycling

At a glance...the challenges

Since 2015 move towards....
- Fewer GP visits
- More A&E visits

50% of residents are overweight or obese BUT...
- Most think they have a healthy diet
- Only 20% get their '5 a day'

1 in 5 currently smoke

70% of residents do not have a bike...
- Most have not used a cycle route
- Half of residents are concerned with air quality

Increased number of residents with a poor mental health & wellbeing score

HEALTH

OVERALL

More residents rate their health as good

My health in general is good

72 — 2010
71 — 2015
75 — 2018

I have a long standing illness, disability or infirmity

29 — 2010
31 — 2015
28 — 2018
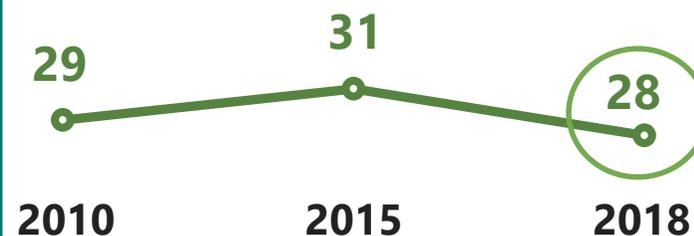
18% of the population has a life limiting disability

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Use of A&E and NHS 111 has increased

Used in the last year

		2015
GP or health centre	77%	⬇ 82%
Pharmacy	60%	⬇ 71%
Dentist	50%	⬇ 56%
Optician	39%	⬇ 45%
A & E	20%	⬆ 15%
NHS 111 service	17%	⬆ 11%
Adult Social Care Service	4%	NA
None of the above	9%	⬆ 6%
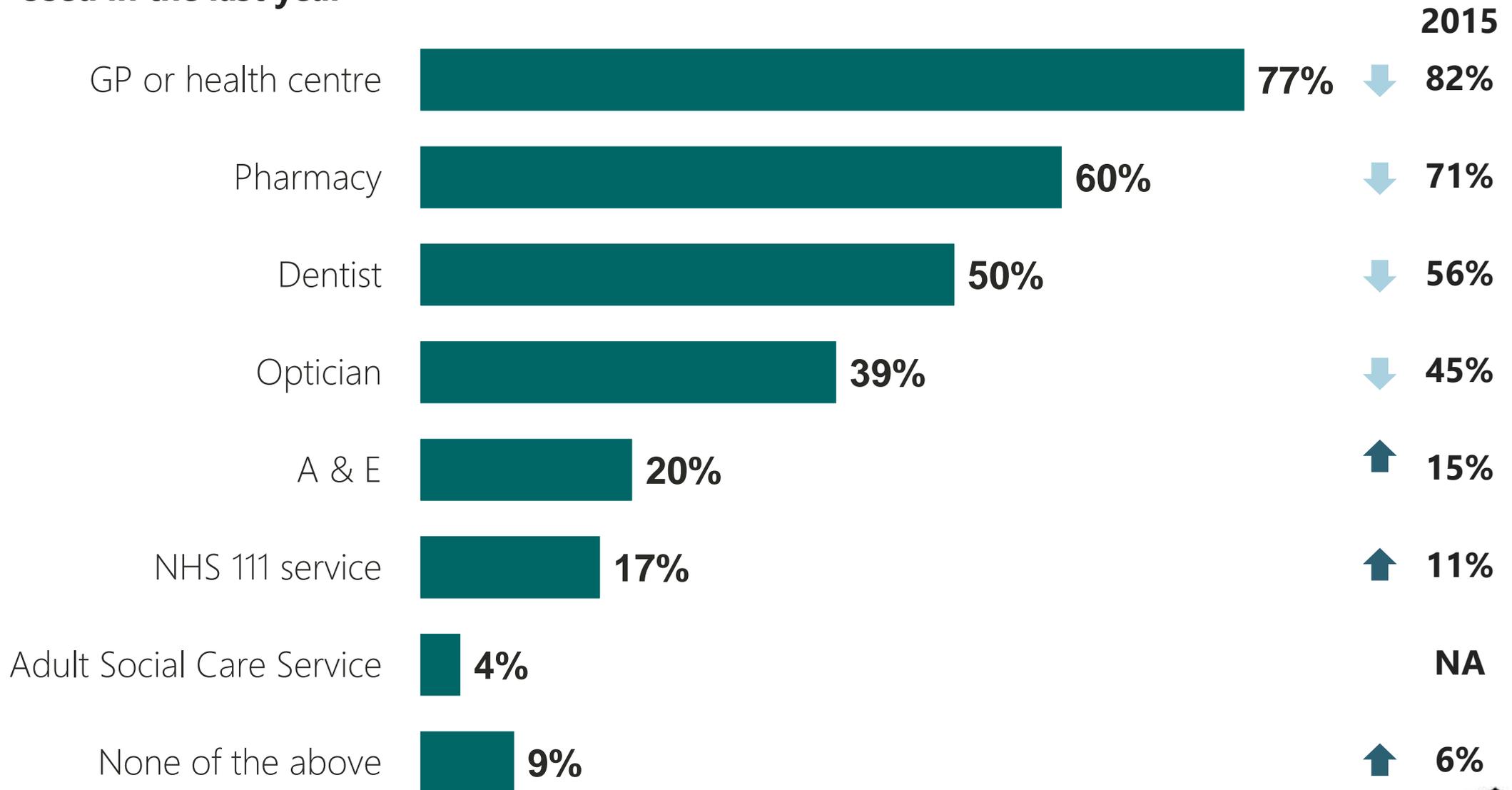
Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI

The majority do not use health tech...but would consider it

If recommended by a GP or health care professional

■ % Disagree   ■ % Agree

...using a health app
28%   58%
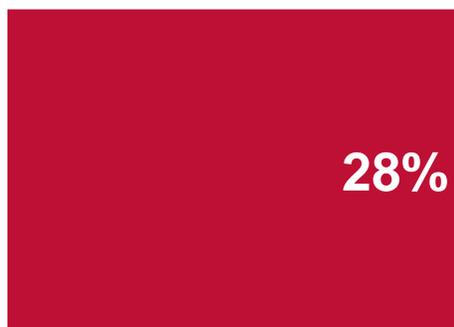
...buying a fitness tracker
35%   49%

LIFESTYLE CHOICES

More say that a better diet and more exercise is planned

Over the next 6 months

		2015
Eat more healthily	44%	⬆ 35%
Increase amount of exercise	37%	⬆ 30%
Lose weight	32%	32%
Stop smoking	10%	11%
Increase volunteering	7%	⬇ 10%
Cut down on drinking	6%	5%
None of these	27%	⬇ 34%
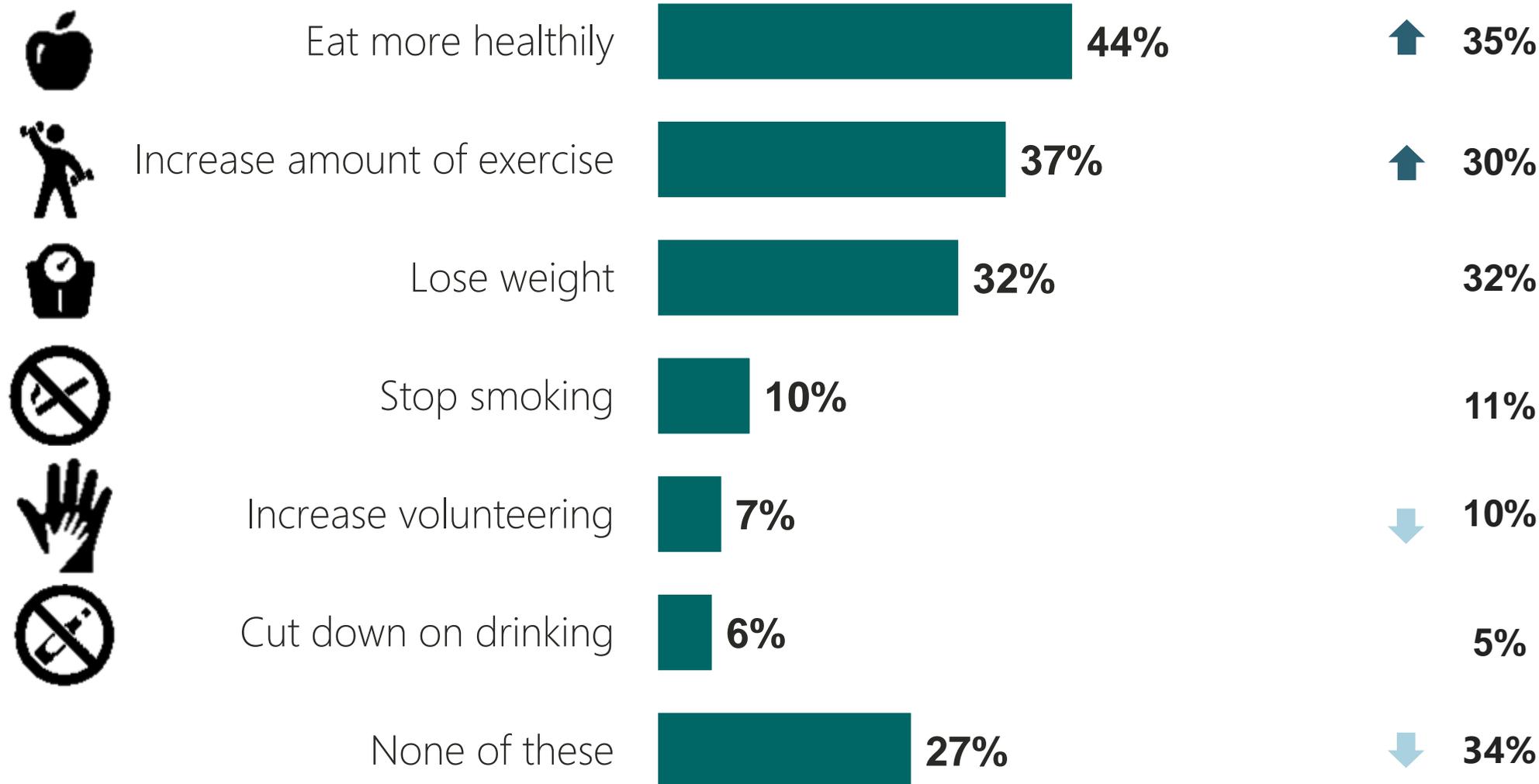
Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI

# Generally residents are realistic about their weight

Self assesed (teal)
Calculated BMI (red)

Underweight
- 7%
- 4%

Healthy weight
- 46%
- 46%

Overweight
- 44%
- 50%
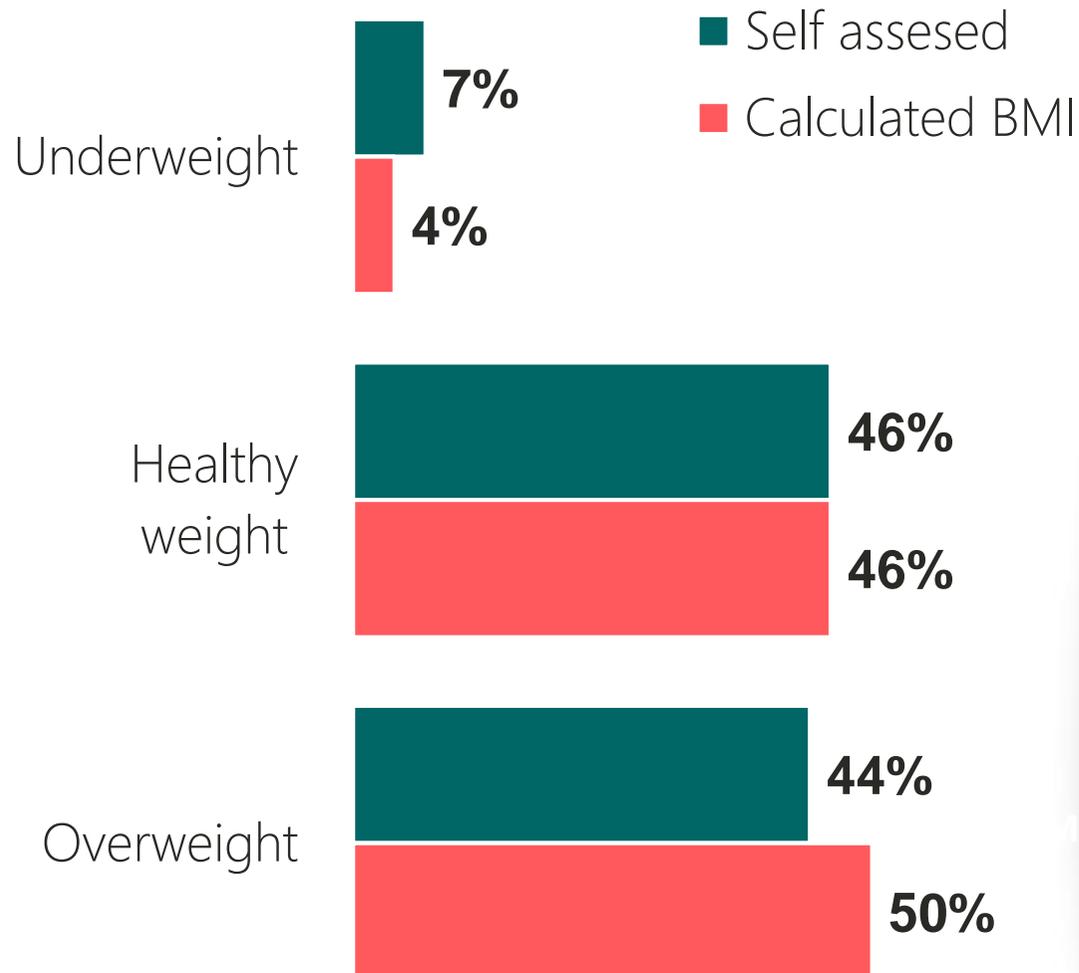
Average BMI
Leicester 26.2   National 27.3

More likely to be overweight

Aged 35+
Off work sick/disabled
White British
Poor mental health score
Social renter

Source: Ipsos MORI

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But misinterpret a 'healthy diet'

87% believe they have a healthy diet

Only 21% eat their 5-a-day

National average 26%

39% eat fast food at least once a week

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Alcohol consumption has fallen

51%
Never drink alcohol

45% 2015

East Midlands 13.5
National average 15.5

9% exceed the recommended limit

More likely to be

Men
Aged 65+
No religion/belief
White British residents
Who report to be in poor health

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Overall, smoking prevalence remains static

20%

Smoke nowadays

National average 18%

Higher prevalence among...

20 – 24 yr olds
25 - 34 yr olds

Men

White British
White other

Unemployed
Sick/disabled

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59% would like to give up smoking

73%

Have tried to stop smoking
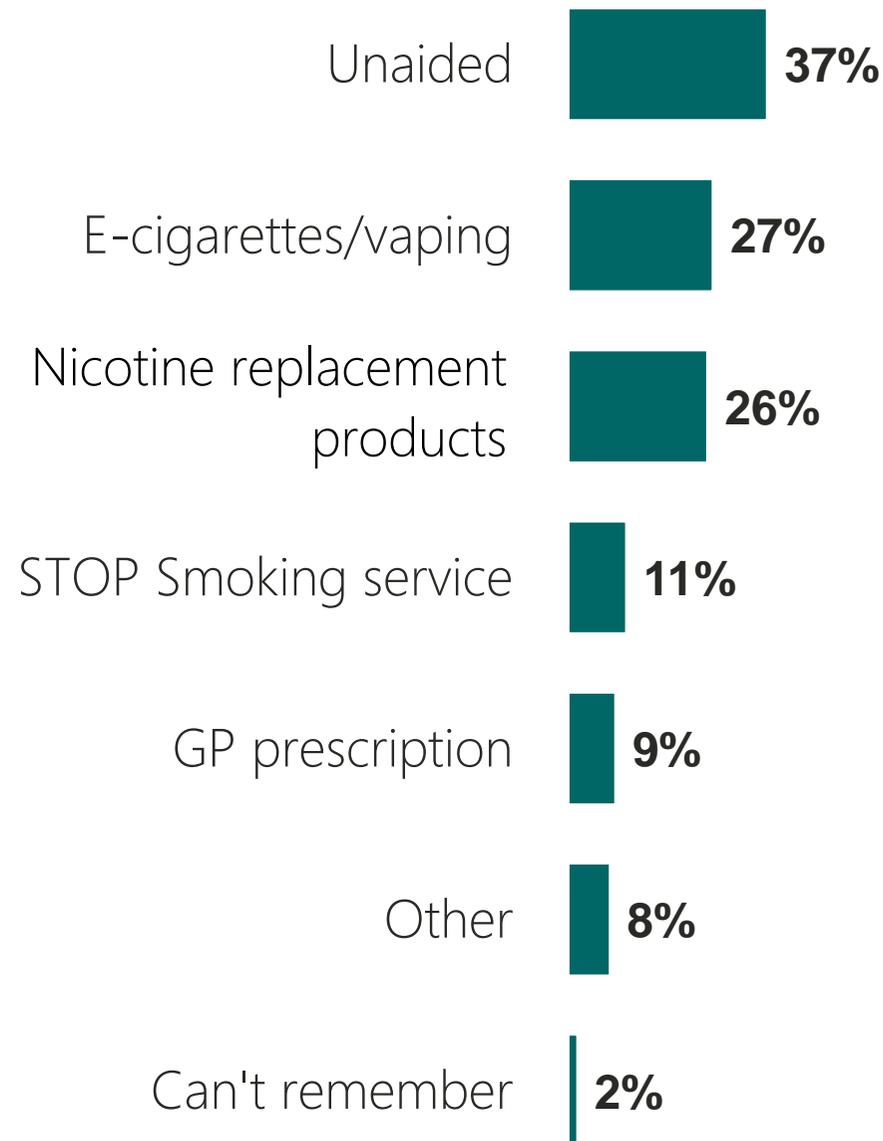
Unaided	**37%**
E-cigarettes/vaping	**27%**
Nicotine replacement products	**26%**
STOP Smoking service	**11%**
GP prescription	**9%**
Other	**8%**
Can't remember	**2%**

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Inactivity has decreased

Inactive (<30 mins) ▮ 11%

Fairly active (30-149 mins) ▮ 29%

Active (150+ mins) ▮ 58%

2015
15%
25%
59%

National 61%
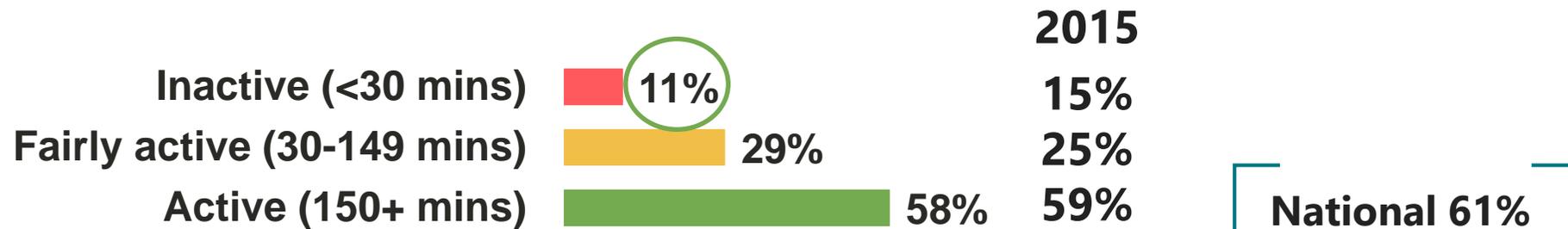
Grown in popularity

Jogging/running

Cycle for travel

Yoga/pilates

Sports

Heavy gardening

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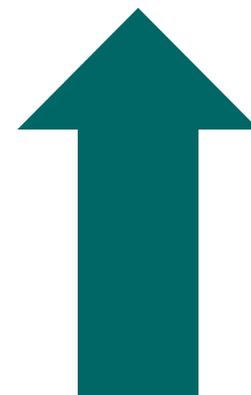
Increase in poor mental health & wellbeing

- **Poor (7-21)**
- **Average (22-30)**
- **Good (31-35)**

17%
18%
65%
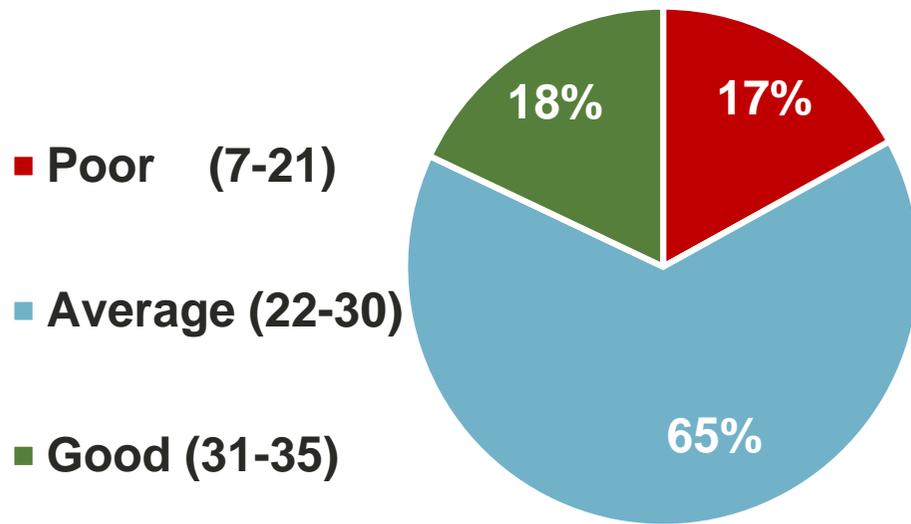
14% scored 'poor' in 2015

**Men
Aged 20 – 34
Black/black British
Employed
Sick/disabled**

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Close relationship between poor mental health and wellbeing and social isolation

Feel...	Mental health and well-being score		
	Poor	Average	Good
...excluded, lonely or alone	30%	8%	5%
...that you lack companionship	21%	9%	3%
...left out of activities/events that you would enjoy or like to go to	22%	9%	5%
...isolated from others	22%	5%	3%

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Source: Ipsos MORI

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IMPACT OF THE ENVIRONMENT ON HEALTH

More than half of residents use green spaces at least once a week

■ Weekly   ■ Monthly   ■ Less often   ■ Never used

	Weekly	Monthly	Less often	Never used
Parks, waterways and other neighbourhood green spaces	52%	16%	21%	11%
A cycle route	45%	11%	22%	21%
Sports & leisure centres	21%	4	26%	48%
Outdoor gyms	8%	5	20%	67%
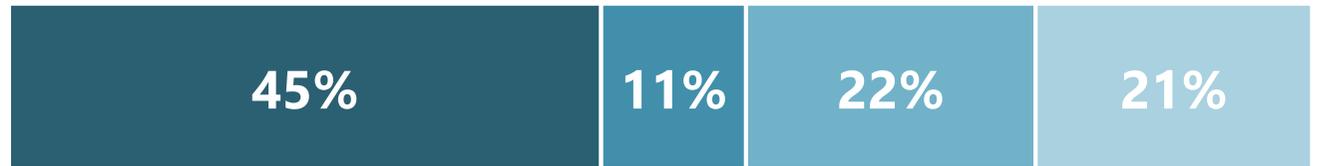
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Some residents are more frequent users

	Outdoor gyms	Cycle routes	Sports and leisure centres	Green spaces
Men	✔	✔	✔	✔
Aged 16-19	✔			
Aged 16-34			✔	✔
Private renters	✔		✔	✔
Children in household	✔			✔
Living alone		✔		
Non-disabled residents	✔		✔	✔
North	✔			
West		✔	✔	✔
Central			✔	

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Source: Ipsos MORI

# 80% are satisfied with the quality of green space in Leicester

Legend (donut chart):
- Very satisfied
- Fairly satisfied
- Neither/nor
- Fairly dissatisfied
- Very dissatisfied
- Don't know

Donut chart values: 40%, 40%, 7%, 6%, 3, 4
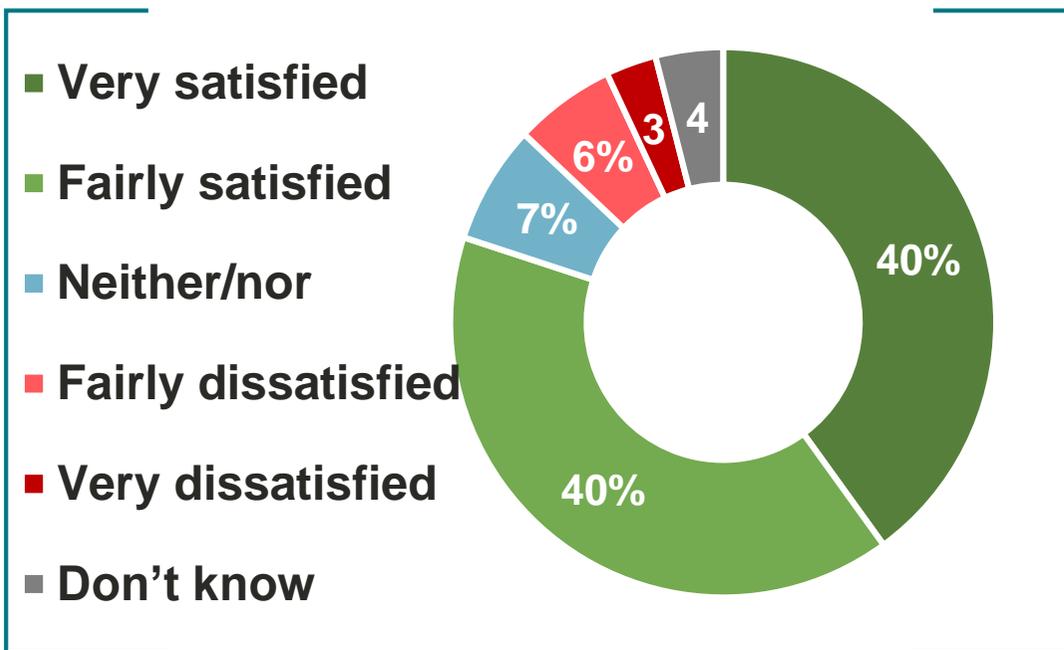
51% say no improvements needed

Improvement needed	%
Nothing	51%
Litter/dirtiness	21%
Crime / Antisocial behaviour	13%
Poor facilities	9%
Feel unsafe	8%

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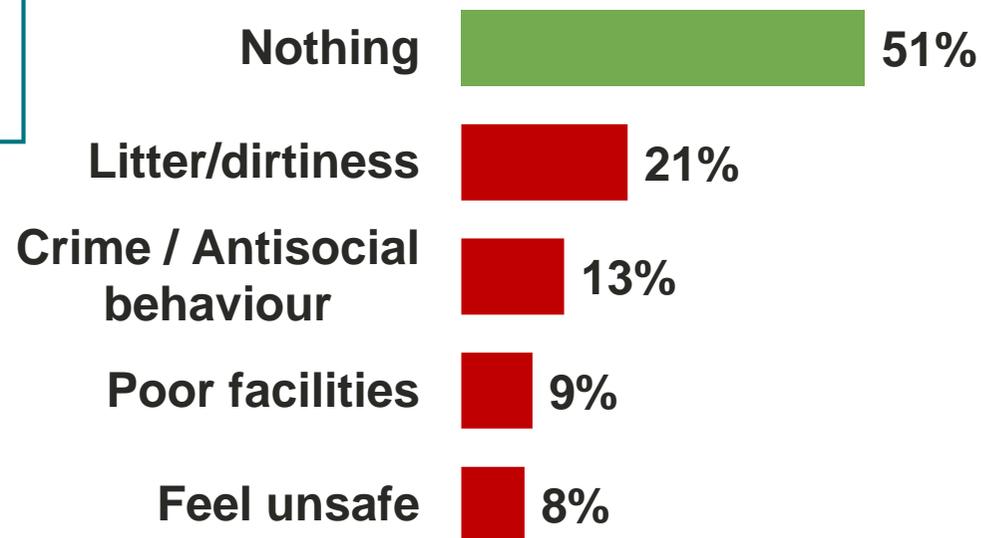
Cycle routes are being used in the West part of the city

38% active travel
(walking or cycling)

North West

North

West

East **27%**

Central

54%

South

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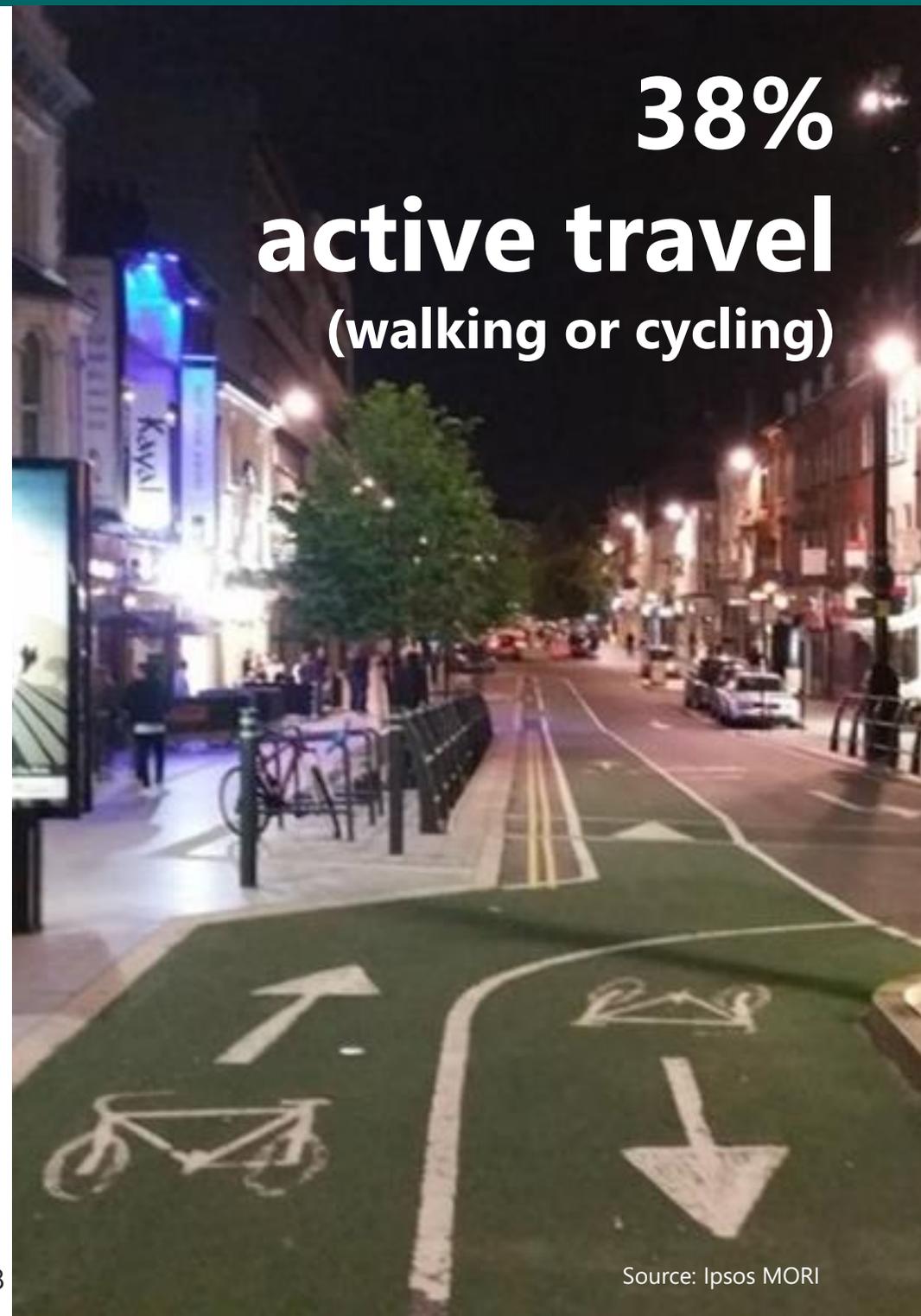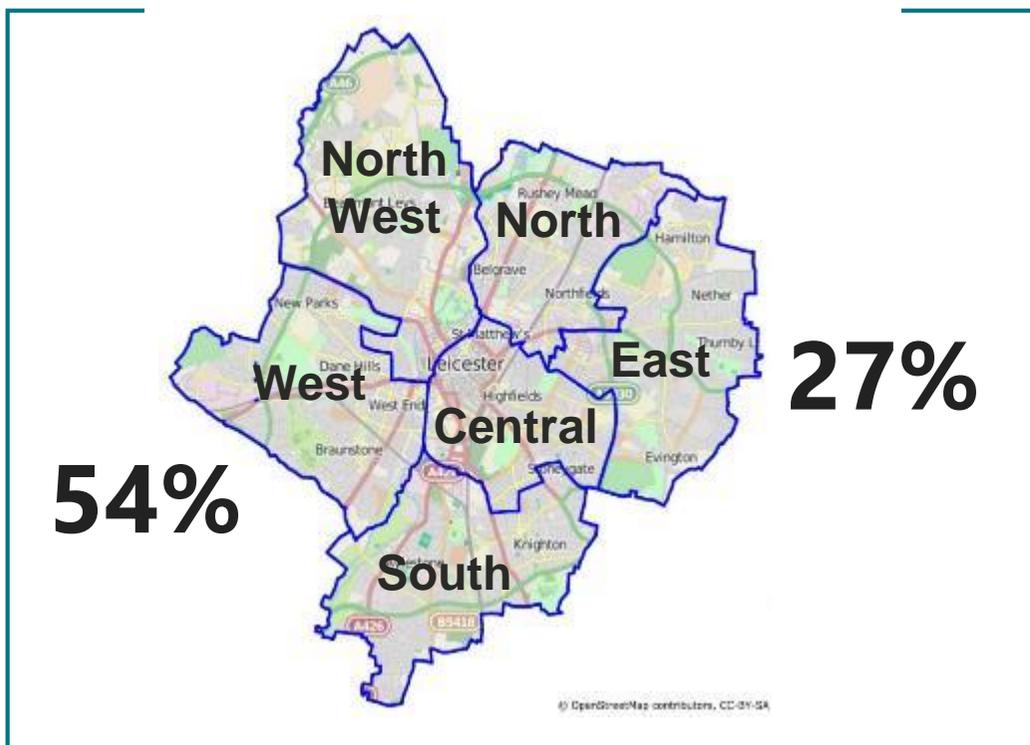
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Source: Ipsos MORI

But the car is the most common means of reaching the city centre

Car **36%**

Bus **31%**

Walking **25%**

Cycling **3%**

Taxi / taxi apps **2%**

North West

North

42% car

East

51% car
39% bus

West

Central

32% walk

South

44% car
53% walk

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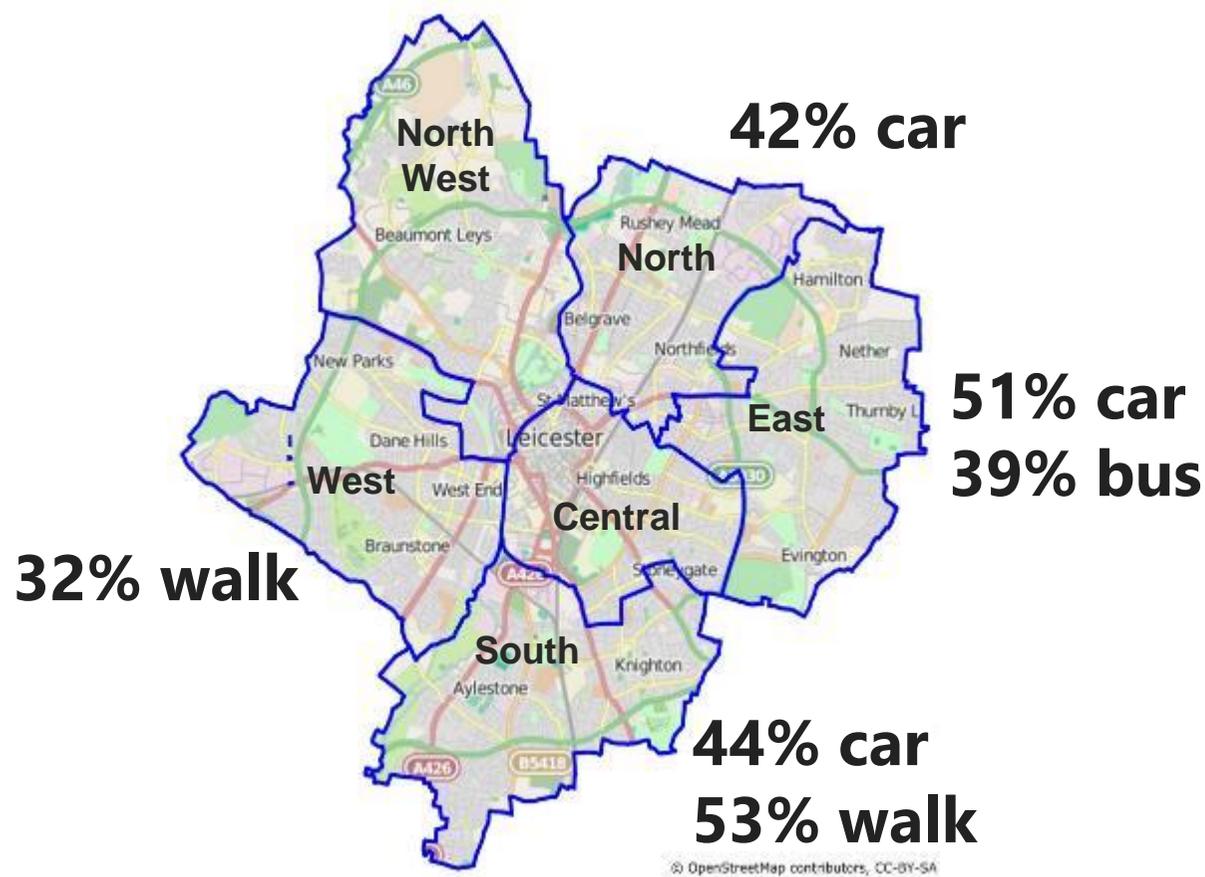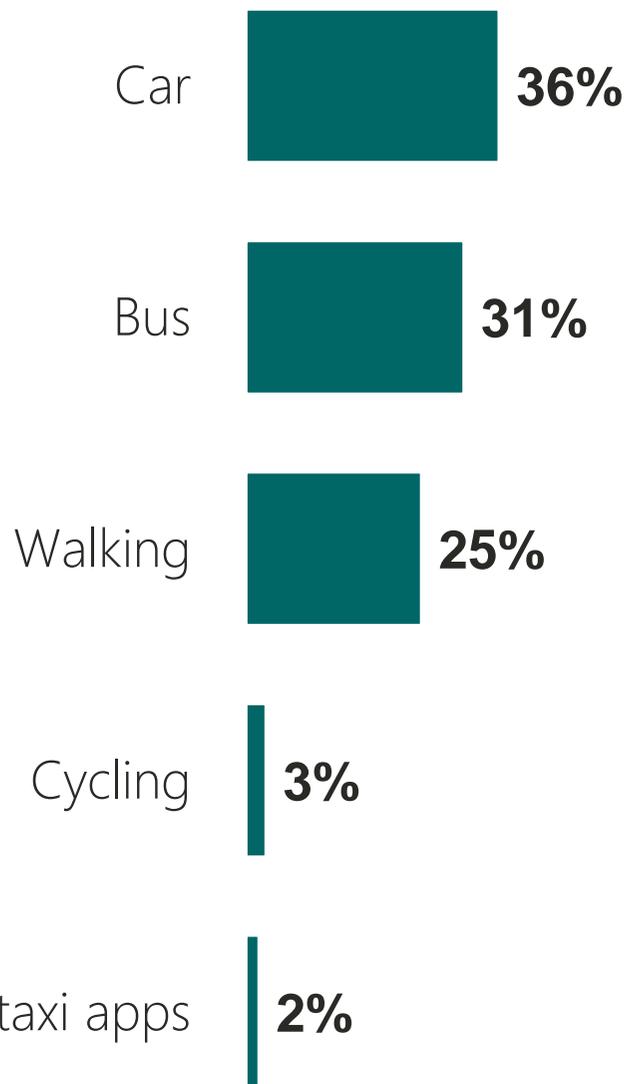
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* Personal transport refers to usage of car, taxi and motorcycles combined

Source: Ipsos MORI

...and we have all this data by groups of interest

Risk factor	Long-term condition	65+ years	White British	Social tenants
Currently smoke	🔴	🟢	🔴	🔴
Less than 150 mins exercise per week	🔴	🔴		
High BMI	🔴	🔴	🔴	🔴
Drink alcohol more than recommended limit		🔴	🔴	
Poor mental wellbeing	🔴	🟢		🔴
Always/mostly run out of money be end of month	🔴	🟢	🔴	🔴

ANY QUESTIONS?

Over to you

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