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# Leicester Health and Wellbeing Survey 2024

*A briefing for Public Health and Health Integration Scrutiny: 04/03/25*

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# Contents

1. Background & Survey Methodology
2. Key Findings
3. Accessing report and results
4. Further analysis

Leicester Health & Wellbeing Survey 2018

Leicester Children's Health and Wellbeing Survey



**Leicester City Council:** Health & Wellbeing Survey 2024 (adults 16+)

December 2024

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**Background:** The last adults (16+) Leicester Health and Wellbeing Survey was carried out in 2018.

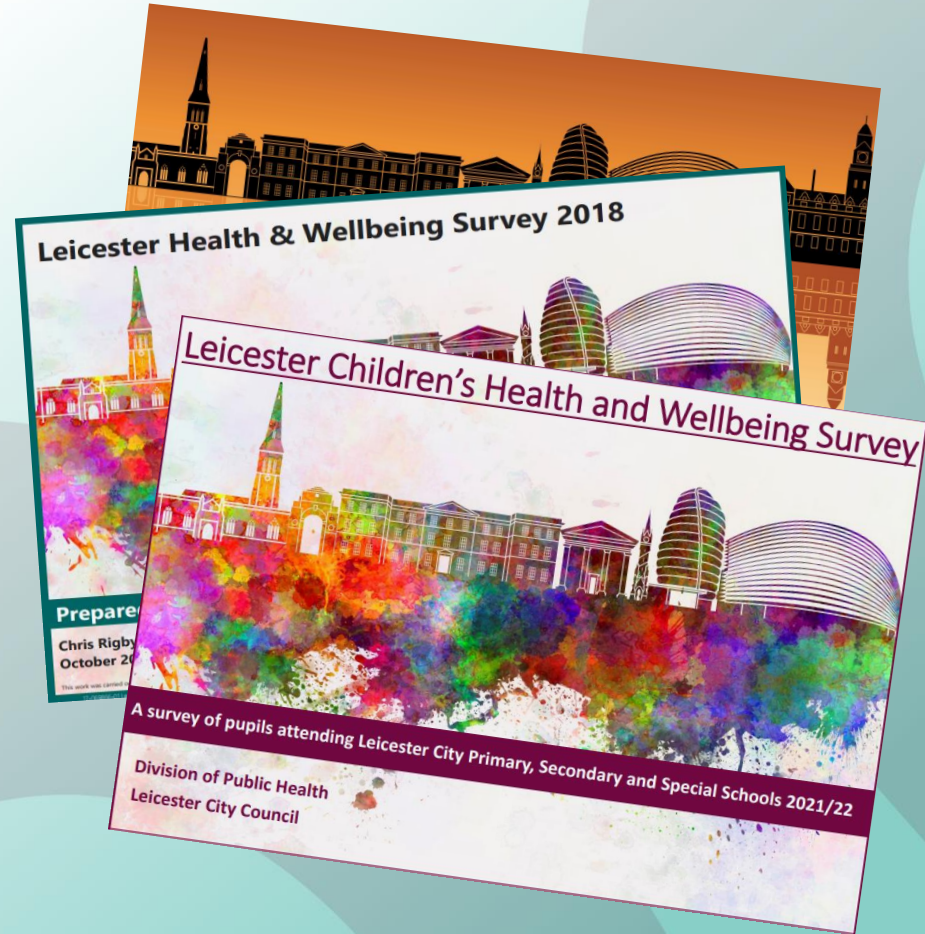
There have been a series of Leicester Health and Wellbeing Surveys for both adults (2010, 2015 & 2018) and children (2016/17 & 2021/22).

The primary purpose of the surveys is to inform strategic and specific need assessments which are essential to the council and partners' commissioning for improved health and wellbeing.

Health and wellbeing survey data is used by Leicester City Council and its partners to contribute to a wide variety of work, including needs assessment, better targeting of interventions, funding bids, and area profiling.

It provides a source of intelligence not available via other sources.

[Leicester health and wellbeing surveys](#)

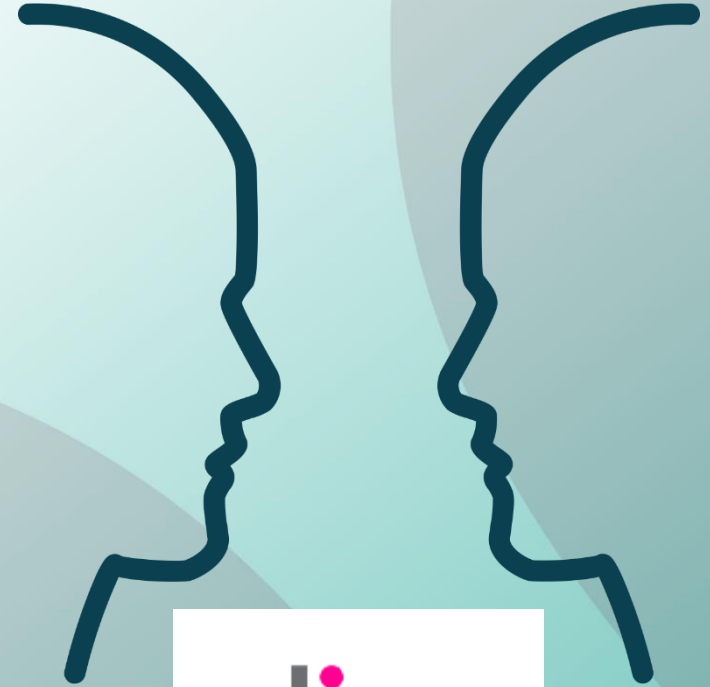


# Survey Methodology: To broadly follow the methodology of previous surveys to allow for trend analysis.

DJS Research were commissioned to complete the 2024 Leicester Health and Wellbeing Survey.

## It was a face-to-face household survey:

- Fieldwork took place between 17 April 2024 and 2 October 2024. A total of 2,100 interviews were completed.
- A number of sampling points were randomly selected within each Leicester ward. Quotas (using 2021 Census) were set based on age, gender, ethnicity, economic status and disability to ensure a representative sample.
- 20 minute survey with sensitive questions self-complete unless assistance is requested.
- The majority of surveys were complete in English, but some were complete in another language.



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# Contents

- 03 [Background and methodology](#)
- 07 [Executive summary](#)
- 10 [General Health](#)
- 22 [Mental health and wellbeing](#)
- 34 [Diet](#)
- 37 [Exercise/physical activity](#)
- 43 [Smoking](#)
- 51 [Alcohol consumption](#)
- 56 [Gambling](#)
- 59 [Financial](#)
- 69 [Caring and caring responsibilities](#)
- 72 [Sexual health services](#)
- 75 [Place and volunteering](#)
- 79 [Housing](#)
- 84 [Digital inclusion](#)
- 87 [Groups of interest](#)
- 101 [Appendix 1: Profile of the sample](#)
- 106 [Appendix 2: AuditC calculation](#)
- 108 [Appendix 3: Detailed background & methodology](#)





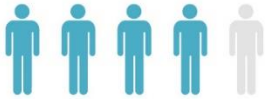


# Health & wellbeing survey 2024

In 2024, Leicester City Council commissioned a health and wellbeing survey to provide a high-quality snapshot of behaviours and attitudes among Leicester's adult population. The research explores residents' views on their local area, access to services, and health and wellbeing, with results informing the delivery of services across the city. Below are the key findings.

## Top five positives:

**Four in five** residents rate their general health as **very good** or **good**



There has been a decline of **4% points** in those who smoke cigarettes compared to 2018 (16% cf. 20%)



**Three in four** residents use parks, waterways and other green spaces **at least monthly**



Most residents feel they have a **support network** they can rely on in difficult times

Ranging from 67% to 87% depending on the scenario



**Four in five** residents say they tend to bounce back quickly after hard times



## Top five challenges:

**Nearly a quarter** of residents have faced difficulties paying their food and energy bills in 2024, more than double the 2018 figure (23% cf. 10%)



Residents **face challenges in accessing medical services**, particularly for NHS dentists and GPs



**One in 14** residents with children under 16 living at home say that they smoke in the house



**One in seven** have an alcohol consumption classification of 'increasing risk' or higher for harmful drinking



**One in 20** households report the presence of damp and mould in the home

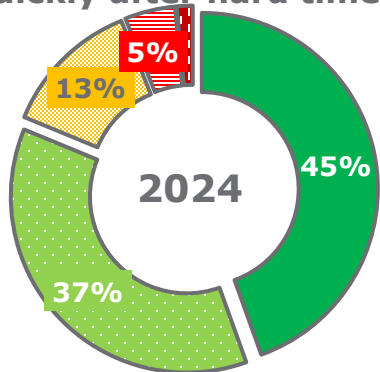




# Resilience

Four in five residents believe that they bounce back quickly after hard times (81%), while 13% are neutral and 6% disagree. These results represent a significant improvement on 2018, with the percentage who agree with this statement having increased by 17% points (64% in 2018).

“I tend to bounce back quickly after hard times”



- Strongly agree
- Tend to agree
- Neither
- Tend to disagree
- Strongly disagree

	2024	2018
Agree	81%	64%
Disagree	6%	17%

## Key differences:

The percentage who agree that they bounce back quickly decreases slightly with age. Around 85% of the three youngest age groups (16-29, 30-39 and 40-49) agree, but this drops to around 75% for the three older age groups (50-59; 60-69; 70+).

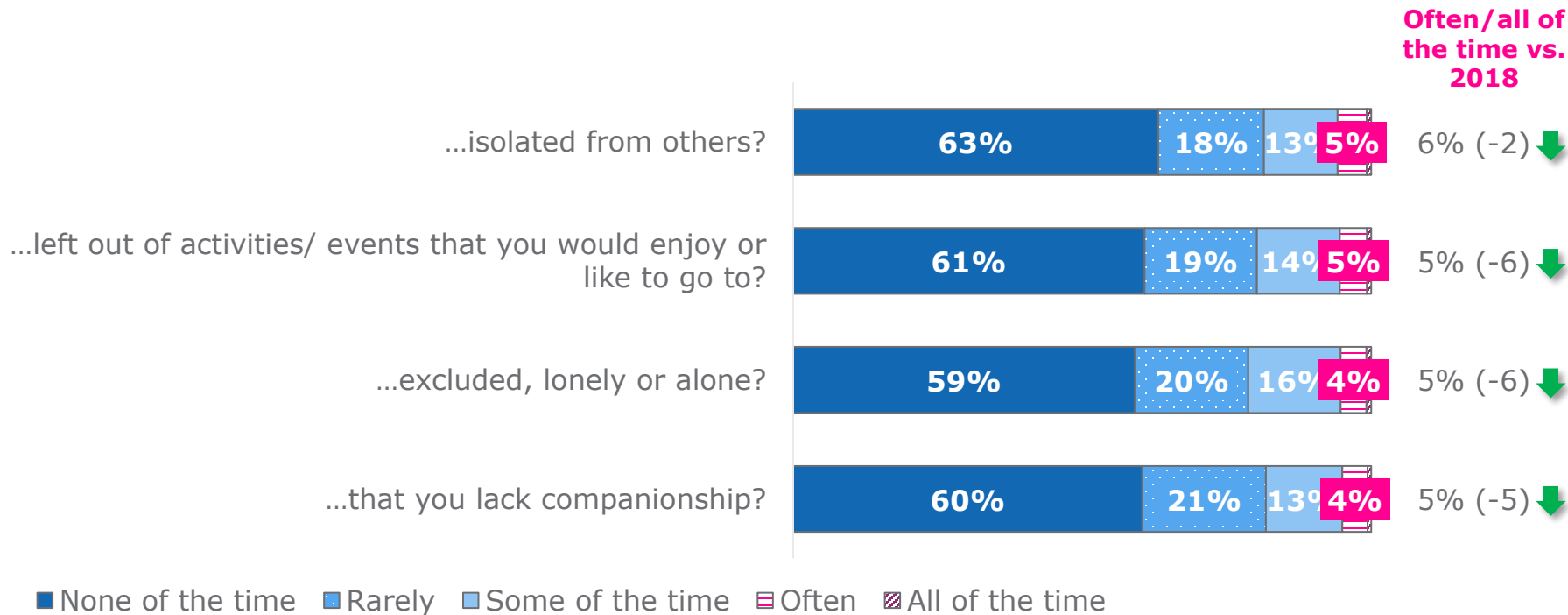
Men are significantly more likely than women to agree that they bounce back quickly (84% v 79%).

So too are those who have no long-term health conditions (86%) compared to those who have one long-term health condition (69%), or multiple (55%).



# How often residents feel...

Encouragingly, the percentage of residents who often/always feel isolated, left out, excluded or that they are lacking companionship has fallen significantly compared to 2018.

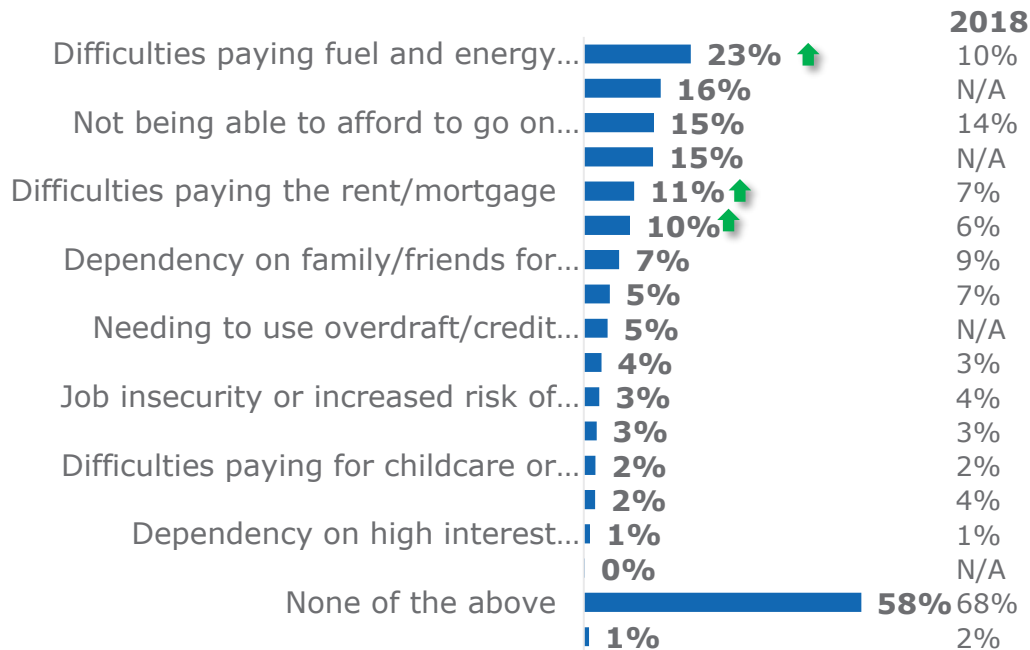






# Financial difficulties

The landscape has shifted since 2018 in terms of the struggles of Leicester residents. In 2018, the most commonly cited difficulty was not being able to afford to go on holiday, but in 2024 it is difficulties paying fuel and energy bills (23%). Indeed, this figure has more than doubled since 2018 and reflects the economic challenges experienced over the past few years.

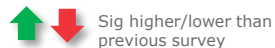


	2024	2018
<b>Basic living costs*</b>	31%	14%
<b>Employment**</b>	5%	7%

## Key differences:

Older generations are least likely to have experienced any of these issues, with 82% of those aged 70+ stating they've been affected by none of the above. In contrast, those with conditions that limit their ability to carry out day-to-day tasks, those in the North West and social renters are all significantly more likely to have experienced at least one of these difficulties.

**Q017.** Have you been affected by any of the following in the last 12 months? **Base:** All respondents (2,100)  
Note: new codes added in 2024 which means these results are not directly comparable.  
\*Basic living costs include codes relating to difficulties in paying: rent/mortgage, fuel/energy, council tax, water bill, food, and interest on loans. \*\*Employment includes: job insecurity and loss of jobs/redundancy.





## Further analysis available by:

- Gender
- Age
- Ethnicity
- Religion
- Long term illness/disability
- Employment status
- Deprivation
- Languages
- Qualifications/Education
- Housing tenure/Occupancy
- Lower level geographies
- Children present in household



For more information

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The **full report** can be found on the Leicester City Council webpage:

<https://www.leicester.gov.uk/your-council/policies-plans-and-strategies/health-and-social-care/data-reports-information/leicester-health-and-wellbeing-surveys/>