



Version FINAL | Client use only

# Leicester Health & Wellbeing Survey 2015

Health Scrutiny Commission

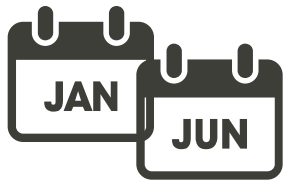
28<sup>th</sup> September 2015

24/09/2015

- Purpose of the survey
- How the survey was carried out
- Key messages from the survey



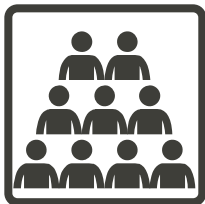
**Ipsos MORI undertook a face-to-face survey of 2,321 residents in Leicester aged 16+. Interviews were conducted in the home using Computer Assisted Personal Interviewing (CAPI)**



**Fieldwork took place between 26 January and 7 June 2015**



**Respondents were selected for interview randomly in pre-assigned sample points across Leicester**



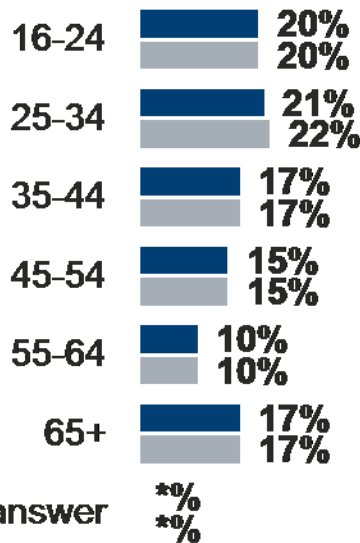
**Quotas set by age, gender, ethnicity and work status to ensure demographic representativeness, with data weighted to the known profile of the Leicester adult population to mitigate non-response bias**

# Leicester profile: younger and more ethnically diverse

## Gender



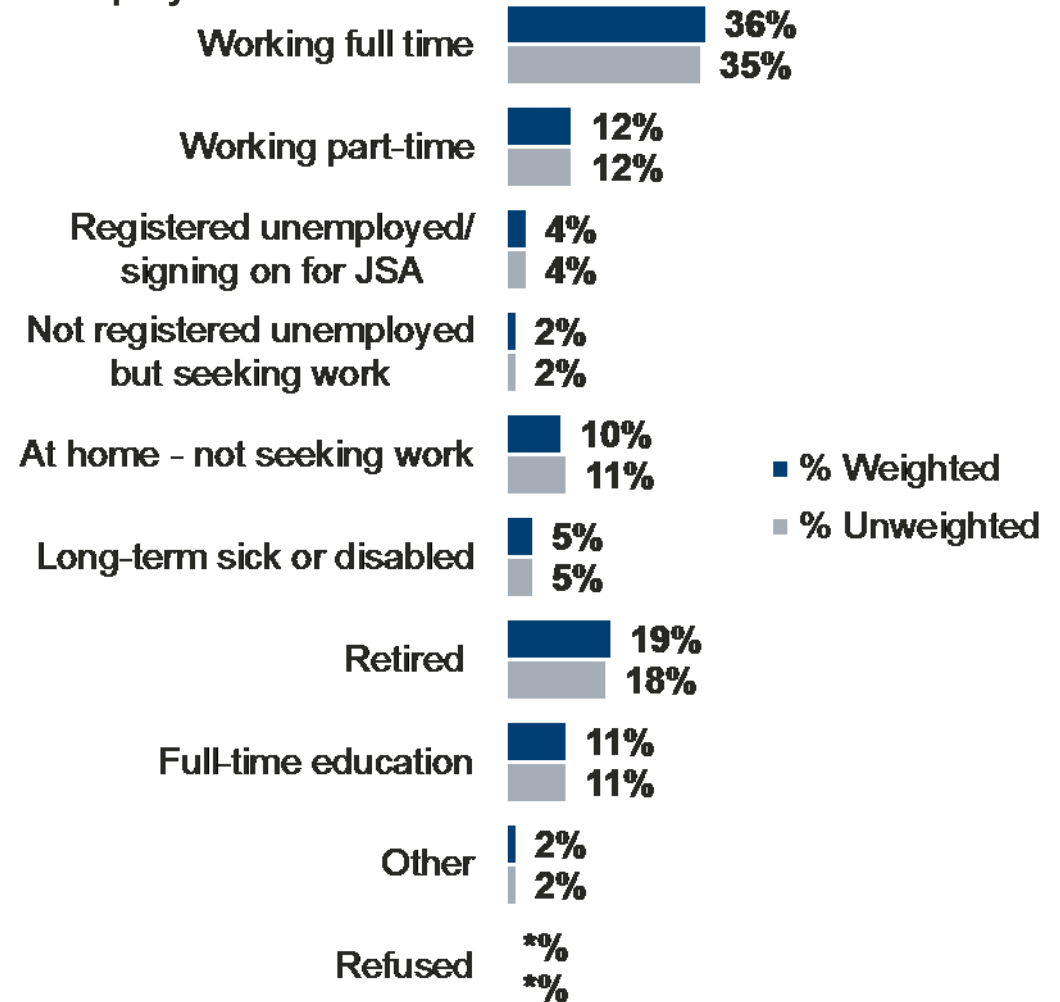
## Age



## Ethnicity



## Employment status



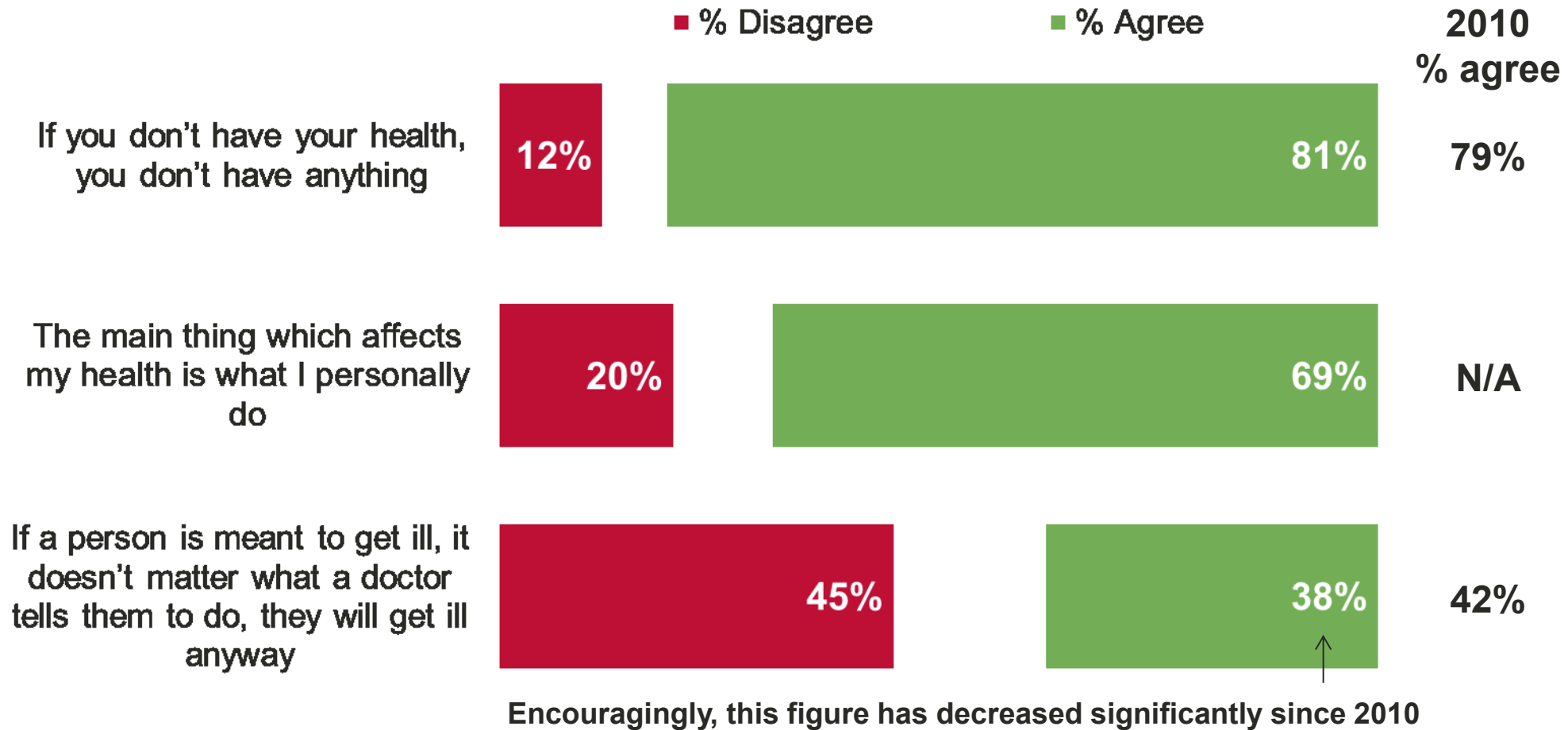
Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI



# Most Leicester residents feel strongly about their personal health (and their responsibility), but not all

*Q11. I am going to read out some things that people have said about health in general. Please could you tell me how much you agree or disagree with each one?*



Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

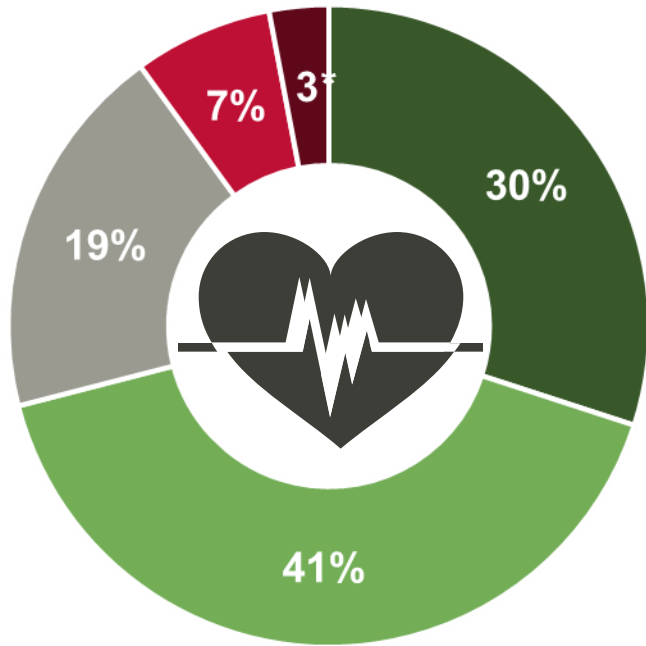
Source: Ipsos MORI

# Health in general – seven in ten say theirs is good, in line with five years ago. Age a crucial factor



## Q1. How is your health in general? Would you say it is...?

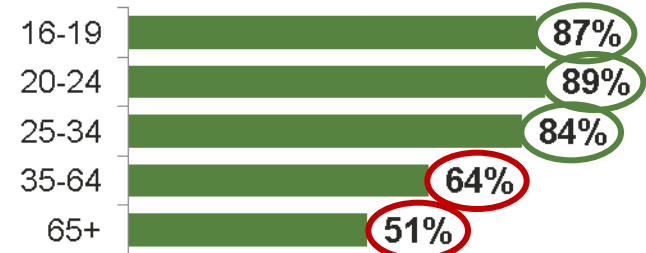
- Very good
- Good
- Fair
- Bad
- Very bad
- Don't know



	2015	2010
Good	71%	72%
Bad	10%	7%

### Age

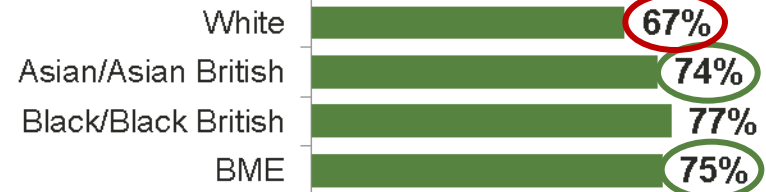
### % Good



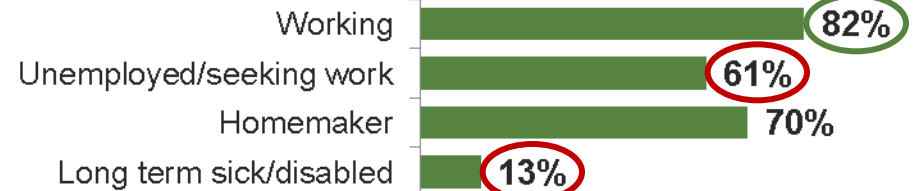
### Gender



### Ethnicity



### Employment status



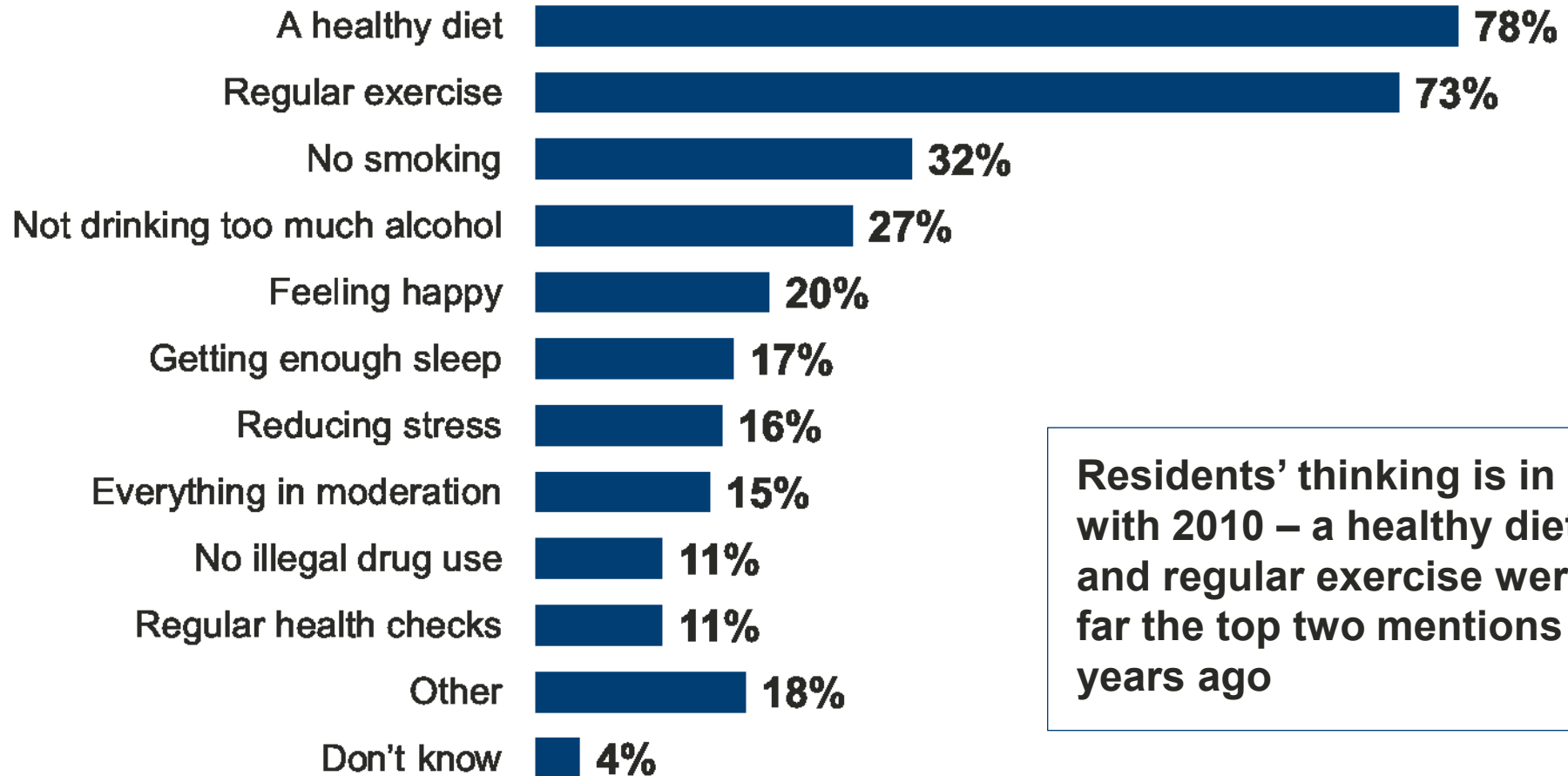
Base: All valid responses (2321) : Fieldwork dates : 26<sup>th</sup> January – 7<sup>th</sup> June 2015

Source: Ipsos MORI

# But what does living healthily mean to residents?



*Q12. Thinking generally, how would you personally describe a 'healthy lifestyle'?*



**Residents' thinking is in line with 2010 – a healthy diet and regular exercise were by far the top two mentions five years ago**

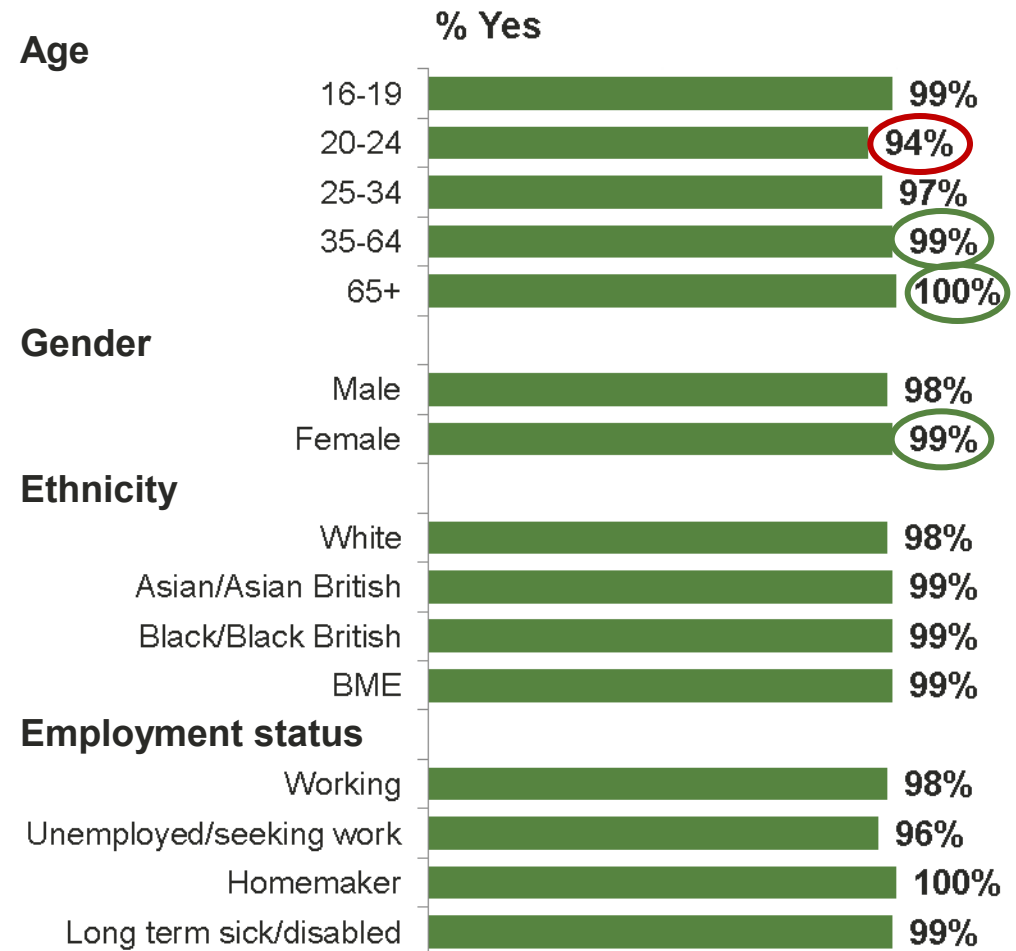
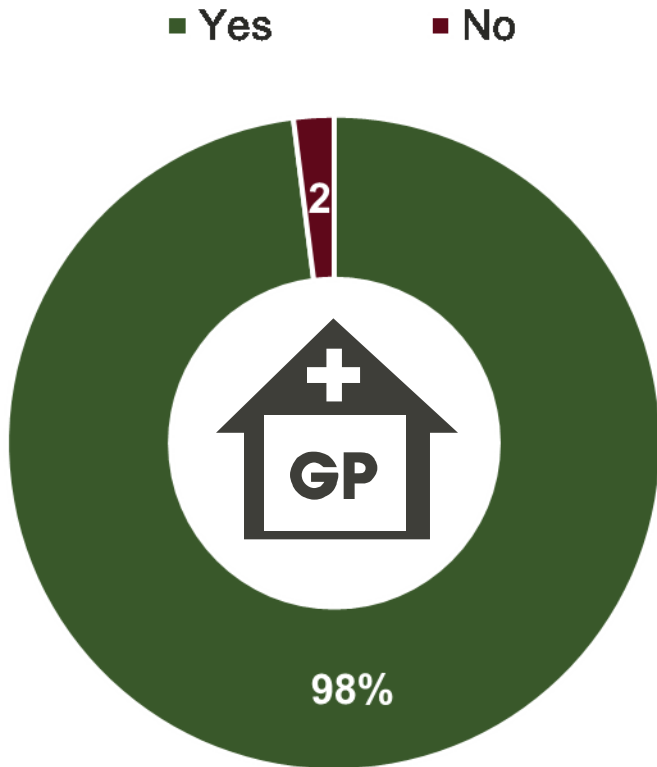
Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

# 98% are registered with a GP, family doctor or health centre. Non-registration higher amongst those aged 20-24



Q2. Are you personally registered with a GP, family doctor or health centre?



Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

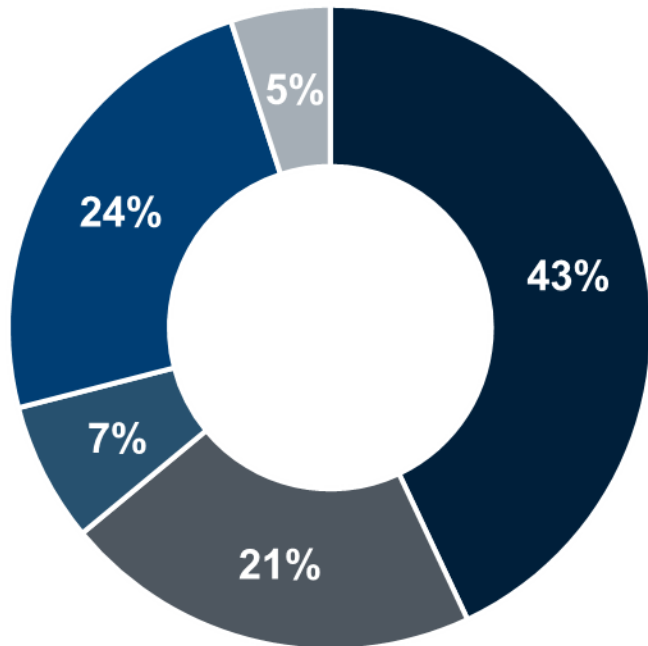


# 64% visit the dentist at least once a year. Groups less likely to visit this often are men, those aged 20-24 and those aged 65+



## Q3. On average, how often do you go to the dentist?

- Once every six months
- Once every two years
- Don't know
- Once a year
- Less than once every two years



<b>At least once a year</b>	<b>64%</b>
<b>Less than once a year</b>	<b>31%</b>

### Age

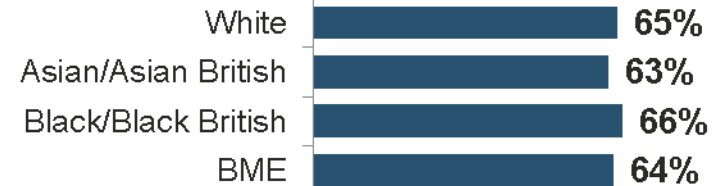
### % At least once a year



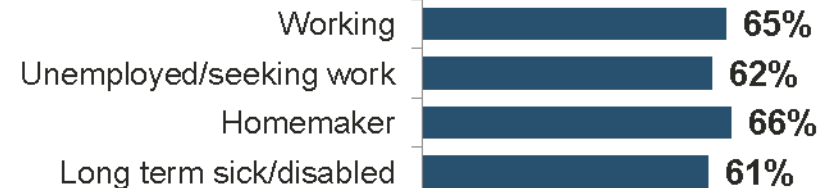
### Gender



### Ethnicity



### Employment status



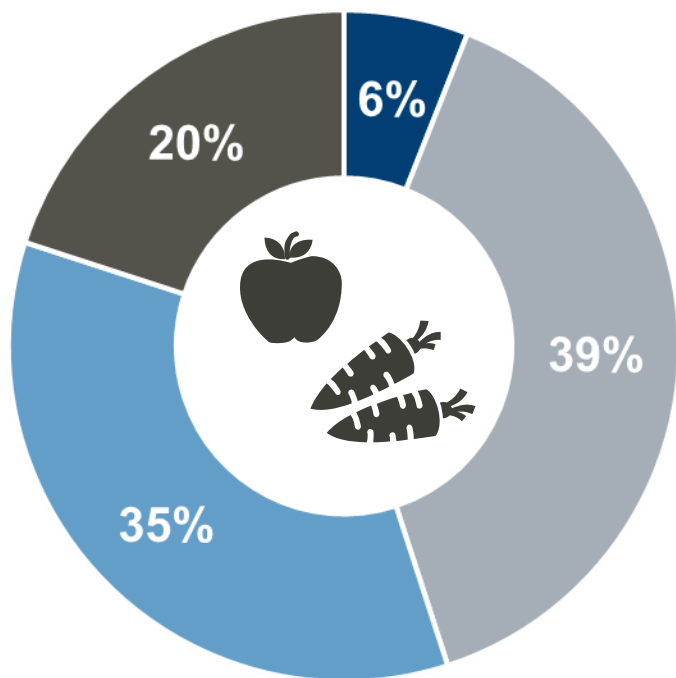
Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

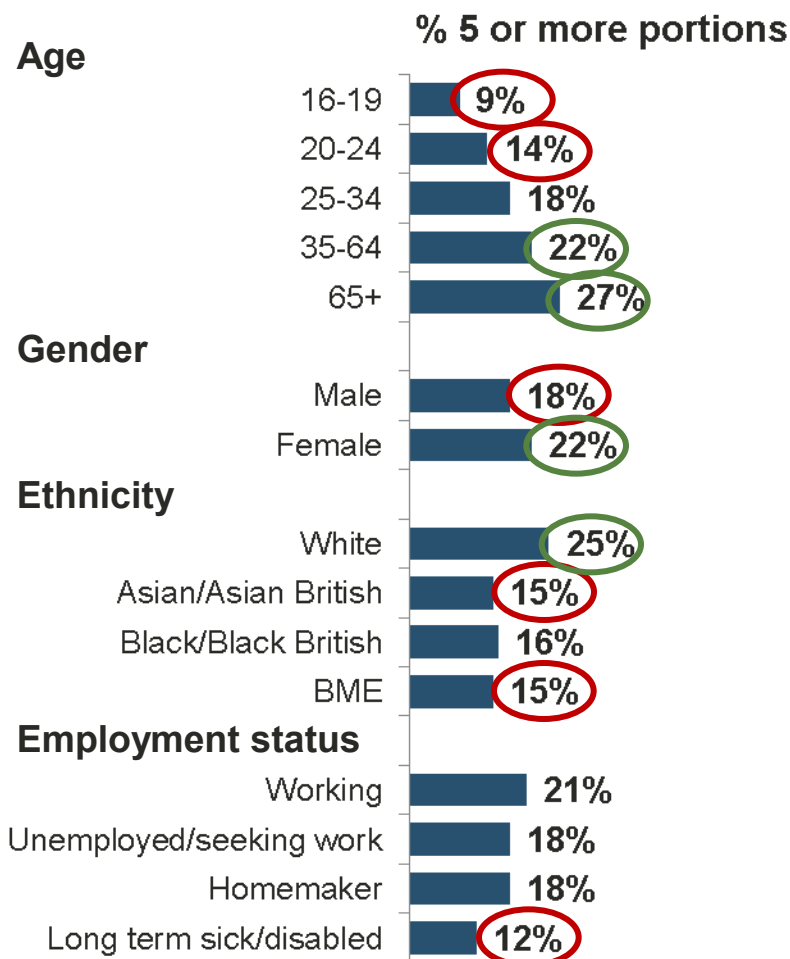
# Just one in five eat five portions of fruit/veg per day – fewer than in 2010...

Q17. How many portions of fresh, tinned, frozen or dried fruit and vegetables do you eat on average in a day?

- None
- 1-2 portions
- 3-4 portions
- 5 or more portions



	2015	2010
5 or more portions	20%	23%



Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

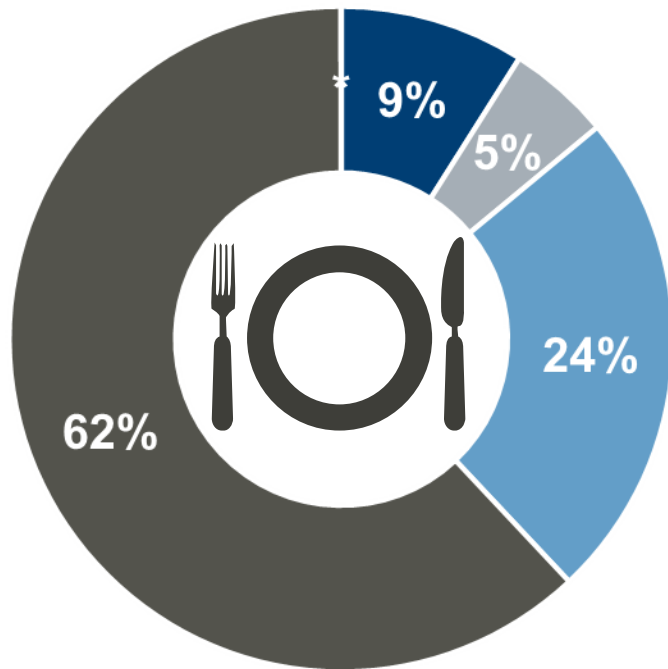
Source: Ipsos MORI

# ...despite the majority preparing meals for themselves / their family regularly



**Q18. How often do you cook or prepare a meal from basic ingredients for yourself or your family / household?**

- Never
- 1 to 4 times a week
- Don't know
- Less than once a week
- 5 or more times a week



**At least once a week 86%**

## Age

### % At least once a week



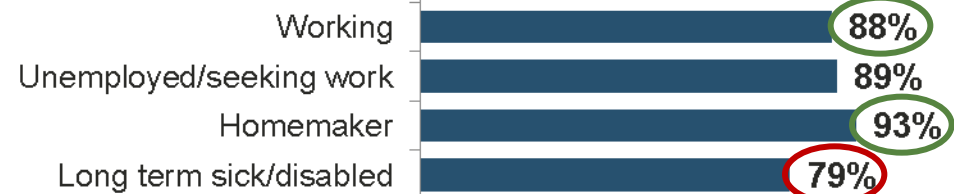
## Gender



## Ethnicity



## Employment status



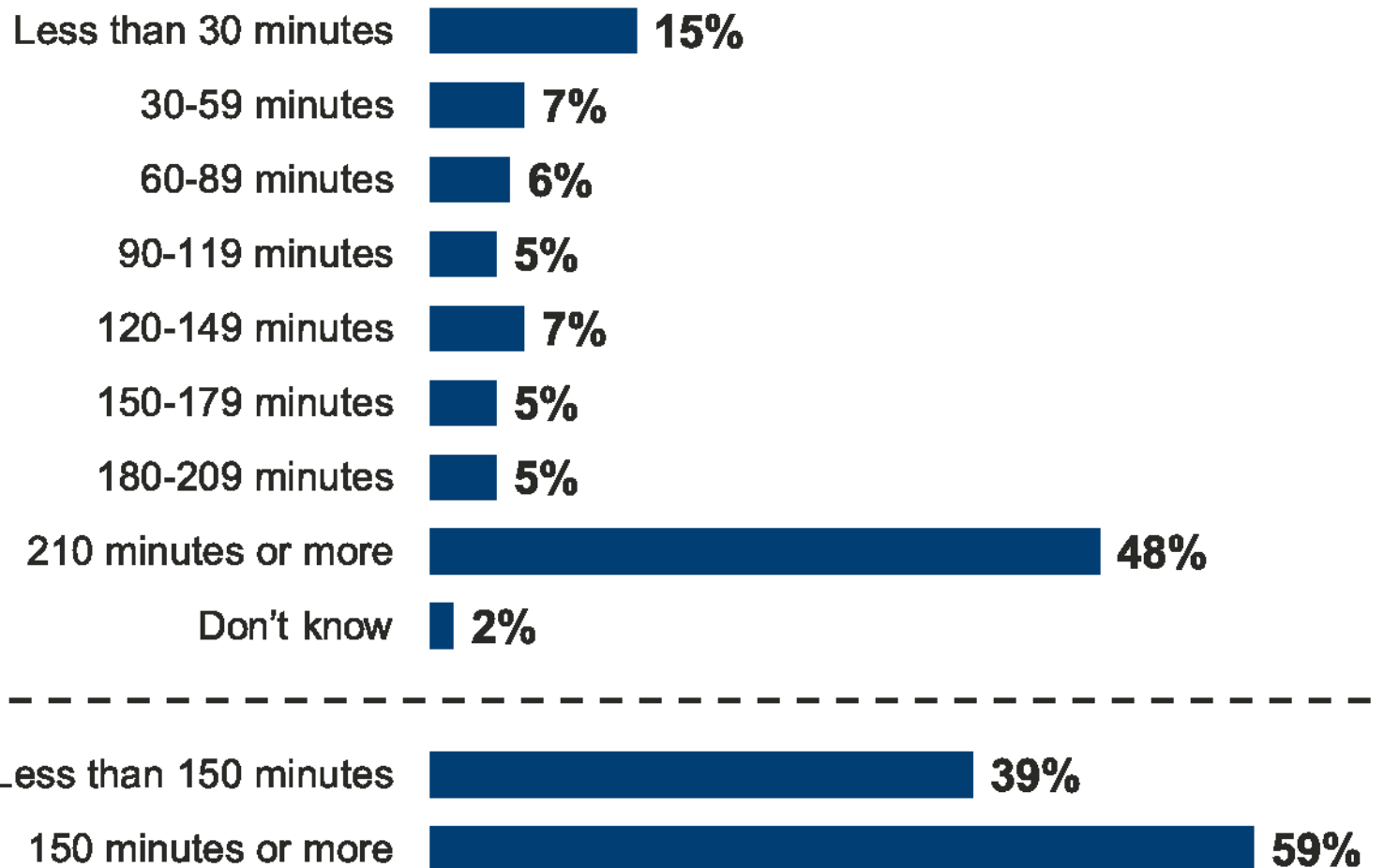
Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

# Three in five residents get the recommended 150 minutes or more of moderate physical activity per week



*Q21. How many minutes or hours would you say you do a week?*



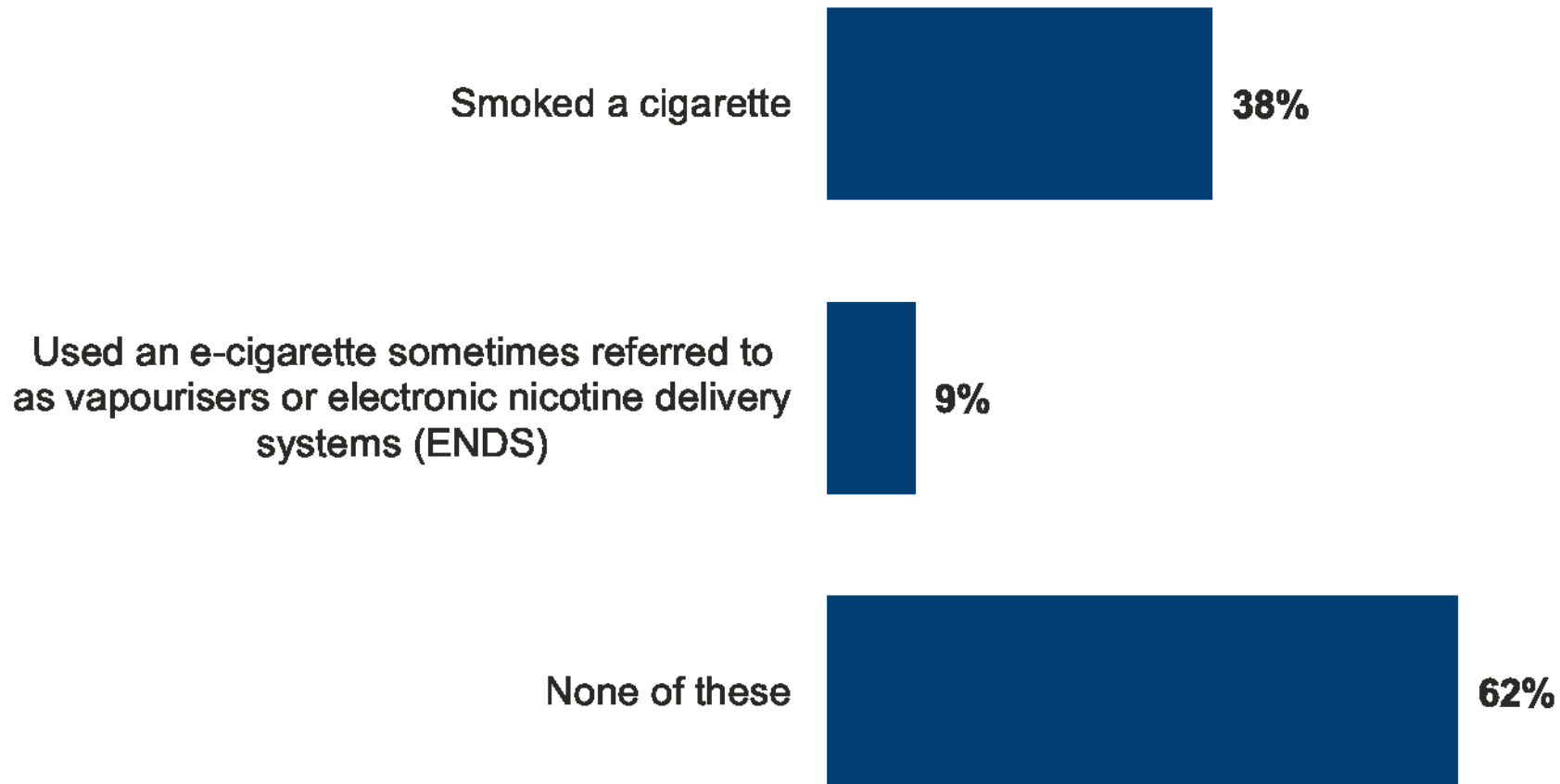
Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI



# 38% have ever smoked a cigarette, while 9% have smoked an e-cigarette. Three in five have smoked neither of these

*Q29. Have you ever done any of the following?*



Base: Q29. All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

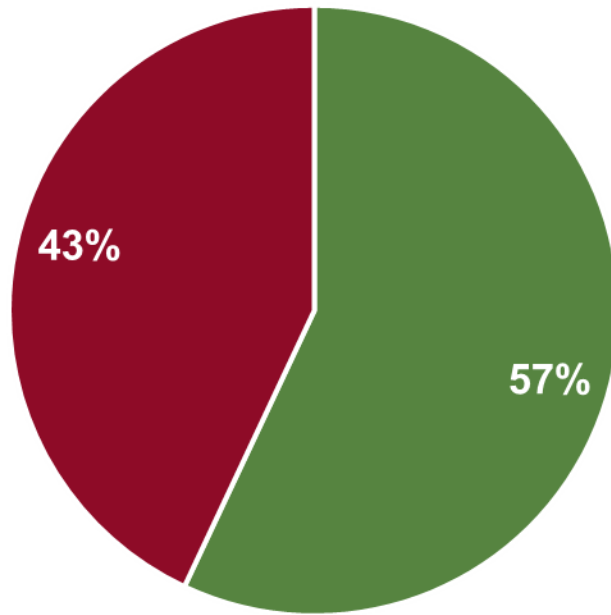


# 57% of those who have ever had a cigarette still smoke them, which is 21% of Leicester residents overall

Q30. Do you smoke cigarettes at all nowadays?

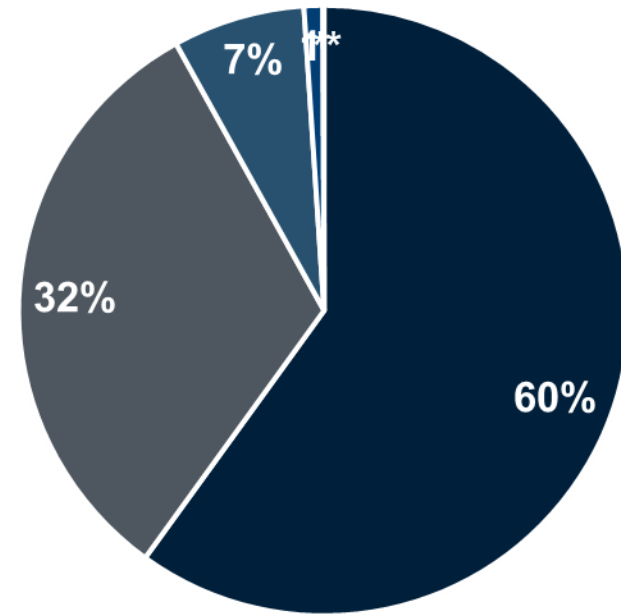
Q31. On average, how many cigarettes or hand rolled cigarettes do you usually smoke a day?

### Smoke nowadays?



■ Yes ■ No longer smoke

### How many cigarettes smoked per day?



■ 1-10      ■ 11-20  
 ■ 21+      ■ None  
 ■ Don't know      ■ Prefer not to answer

Base: Q30. All valid responses who have ever smoked a cigarette (881); Q31. All valid responses who smoke cigarettes nowadays (500)

Fieldwork dates : 26th January – 7th June 2015

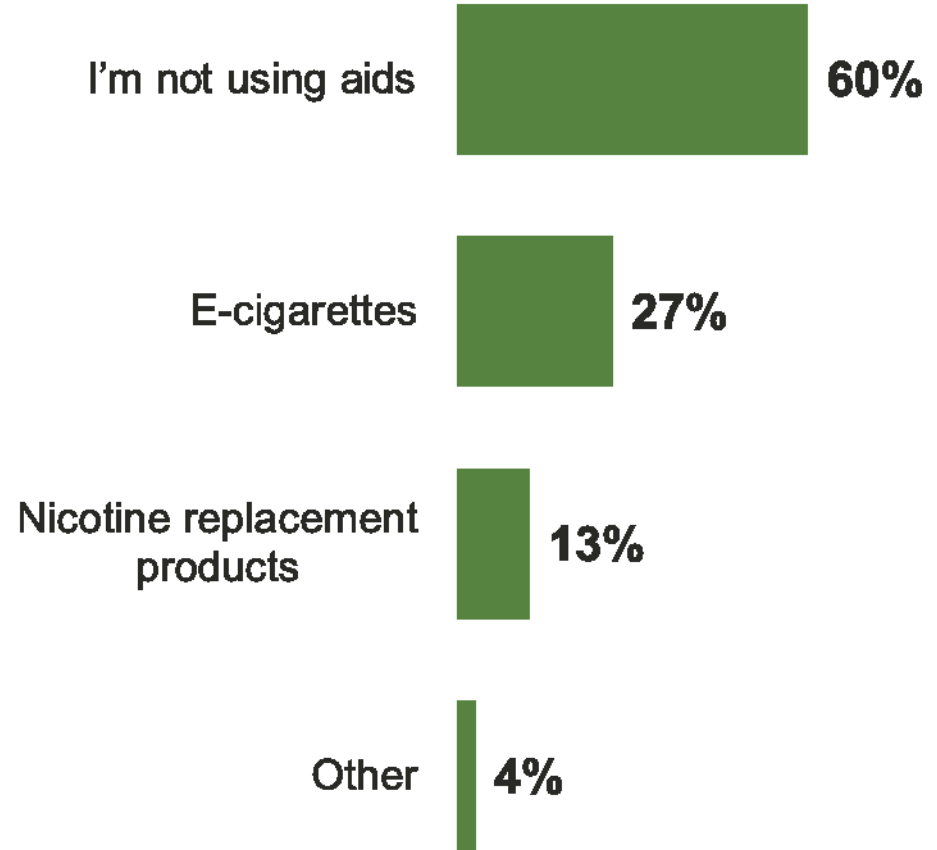
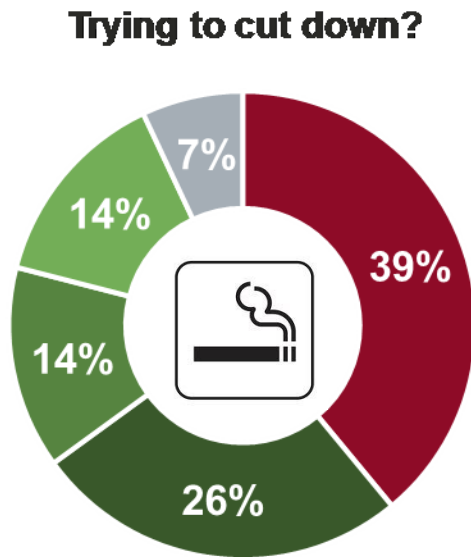
Source: Ipsos MORI

# Most current smokers are either trying to cut down or quit completely. More than a quarter say they're using e-cigarettes



Q39. Which of the following best applies to you?

Q40. If you are trying to cut-down, which, if any, of the following aids are you using to help you cut down?



- I am not trying to cut down
- I am trying to cut down to an extent
- I am seriously trying to cut down
- I am trying to give up smoking completely
- None of these

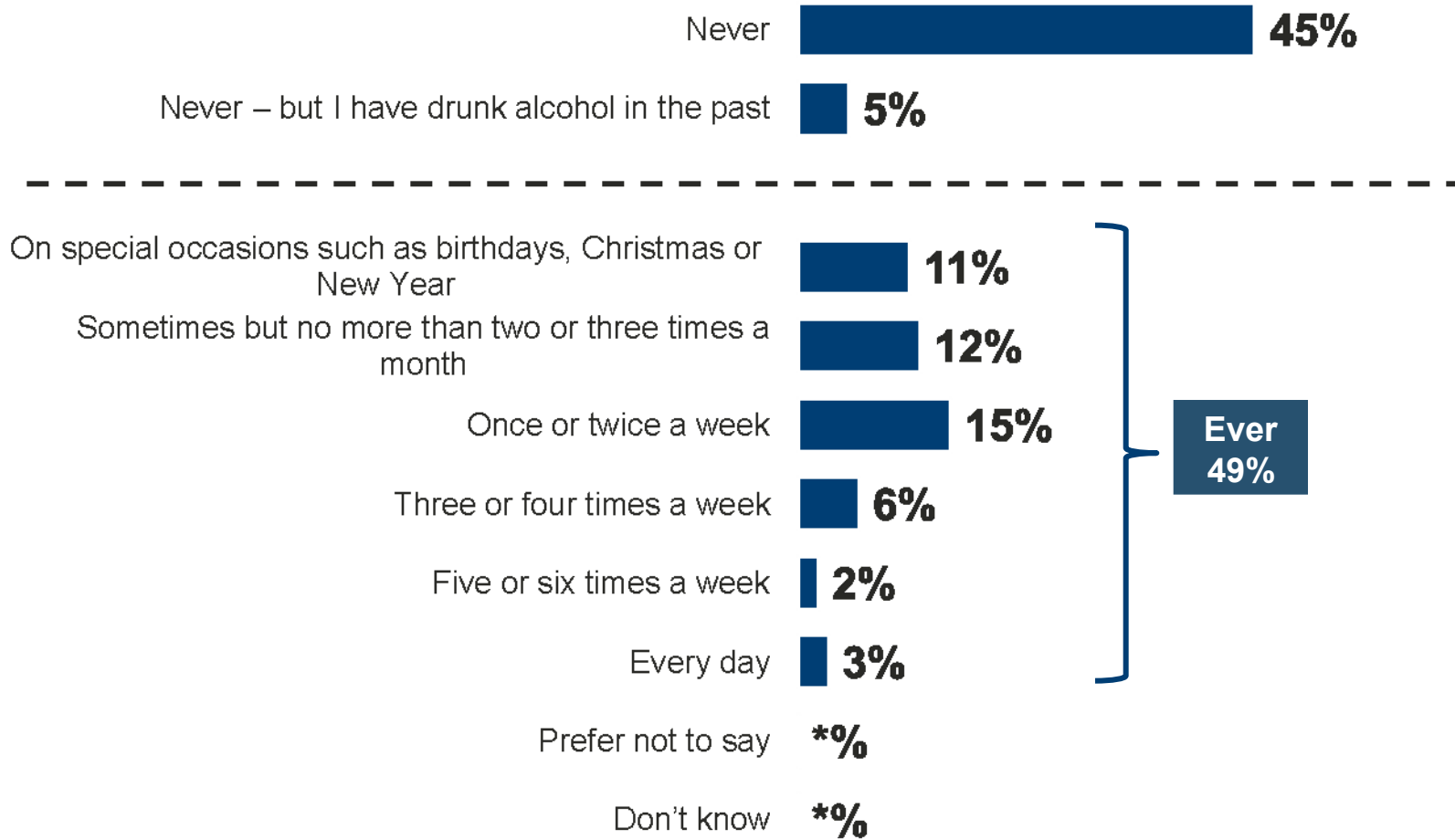
Base: Q39. All valid responses who currently smoke (553); Q40. All valid responses who currently smoke and are trying to cut down (299)  
Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

# 45% of residents say they have never drunk alcohol – a further 5% never drink alcohol nowadays but have done so in the past



## Q48. How often, if at all, do you drink alcohol?



Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

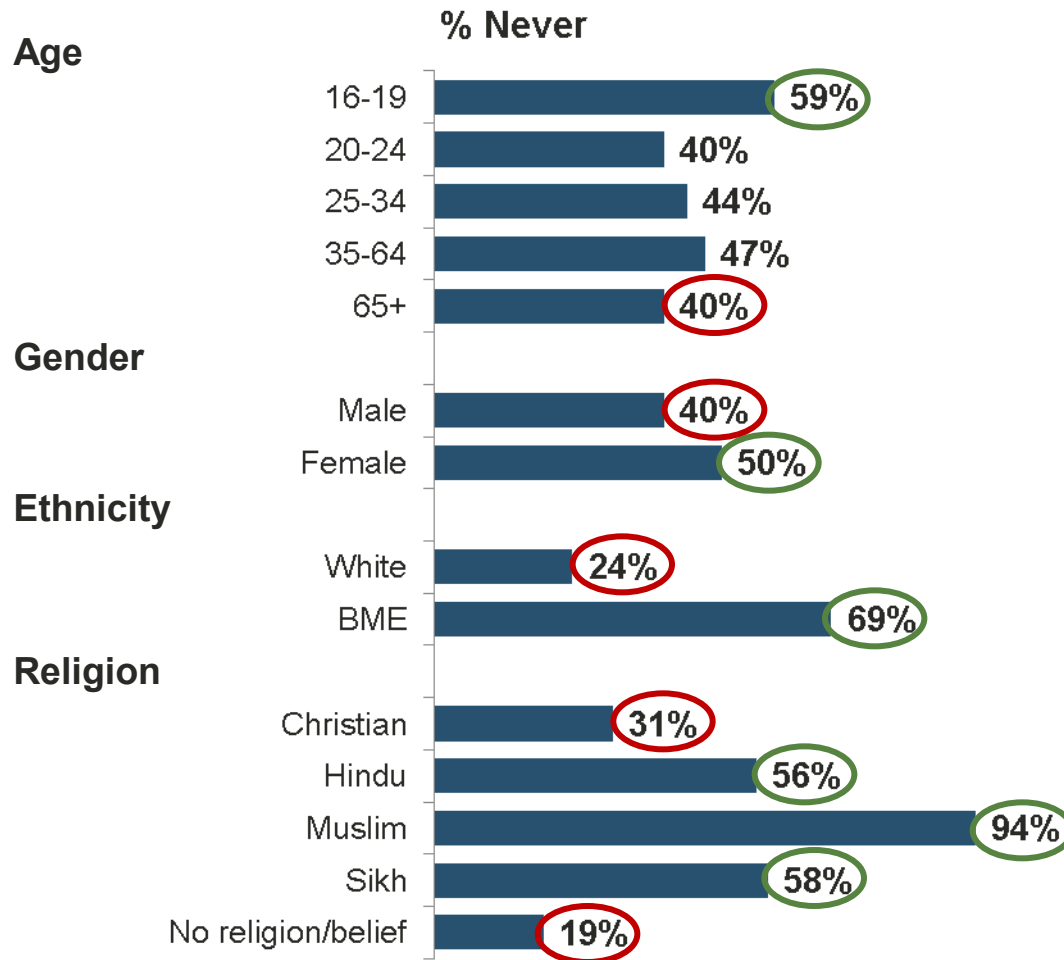
Source: Ipsos MORI



# Muslims, Hindus and Sikhs are more likely say they never drink alcohol compared with Christians and non-religious residents



Q48. How often, if at all, do you drink alcohol?



Work conducted by Ipsos MORI on behalf of Drinkaware suggests **residents in Leicester are far less likely to drink at all than in Great Britain generally.**

While 45% of Leicester residents say they have never drunk alcohol, the equivalent figure from this national telephone survey is 11%.

Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015 / Drinkaware: Adults 18-75 (2294 – By Telephone) : Fieldwork dates : 17th November – 10th December 2014.

Source: Ipsos MORI

# Certain groups of people are more likely to drink over the recommended limit



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19

*Q50. Number of units drunk in a typical week*



Among those most likely to drink over the recommended limit are...

- **Smokers** (15%)
- Those who report having a **disability** or limiting condition (15%)
- **Men** (13%)
- Those **out of work** (13%)
- Those with **no religion/belief** (13%)
- **White residents** (12%)
- Those **without children in the household** (12%)

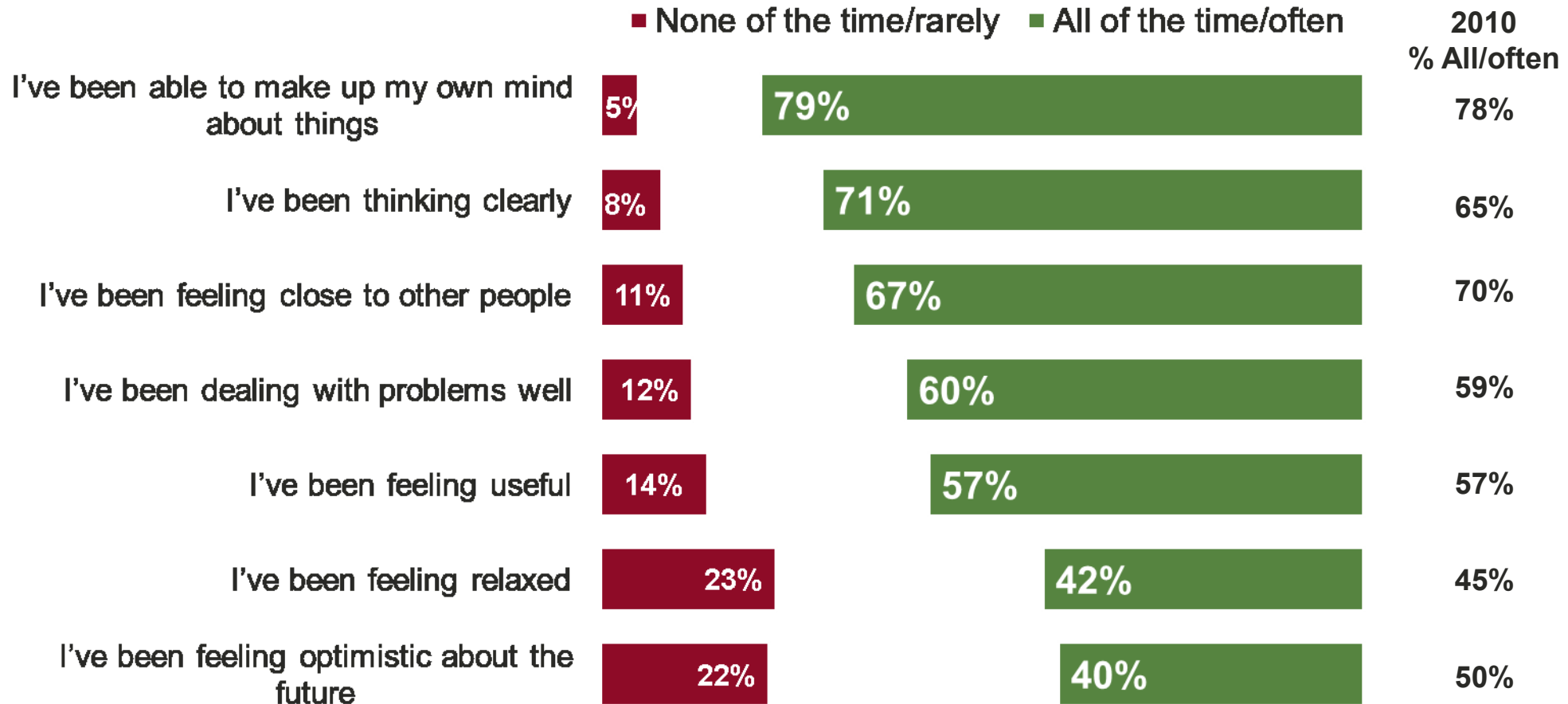
Base: All valid responses who ever drink alcohol and name a drink at Q49 (1077) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

# Residents are less likely than in 2010 to say they feel optimistic about the future often or all of the time



**Q44. Here are some statements about feelings and thoughts. Which best describes your experience of each over the last 2 weeks?**

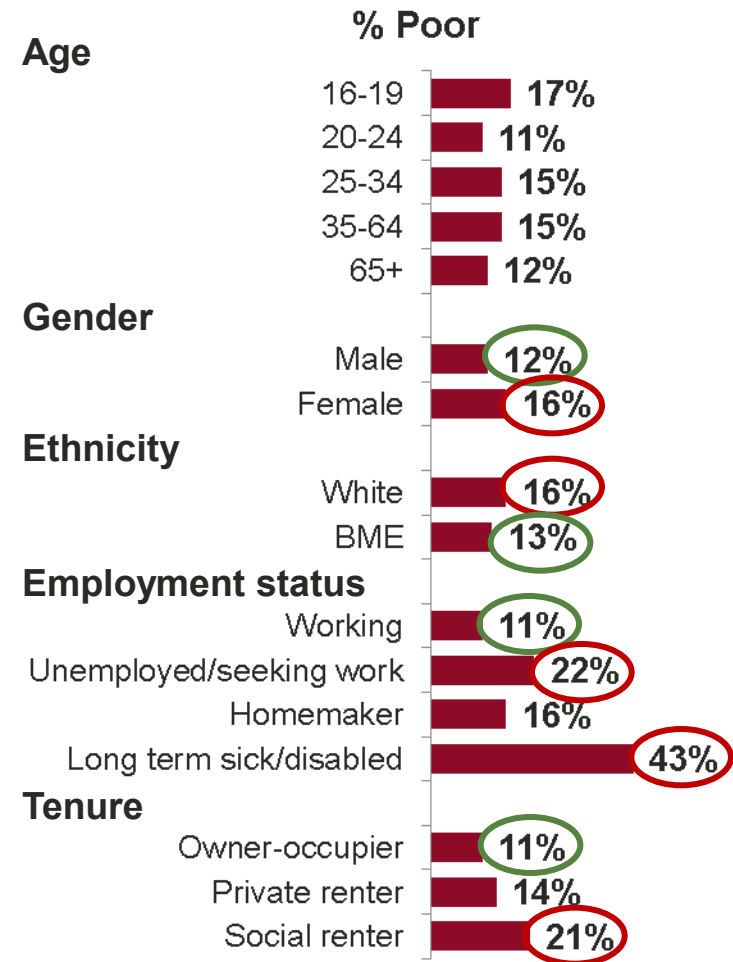
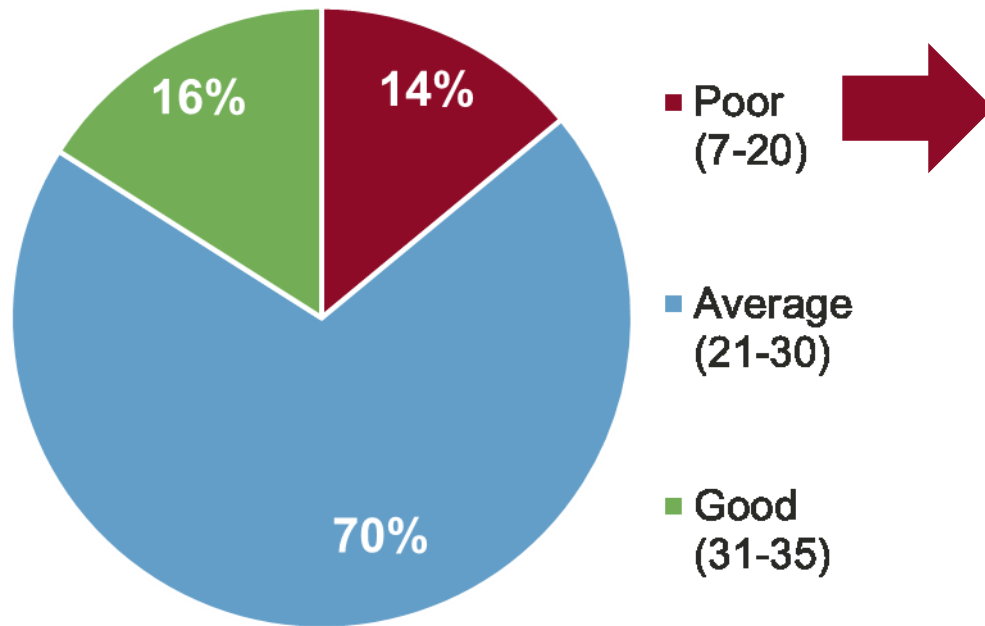


Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

# Groups more likely to have a poor mental wellbeing score include those with a disability, unemployed residents and social renters

*Mental health and wellbeing – mean calculations*



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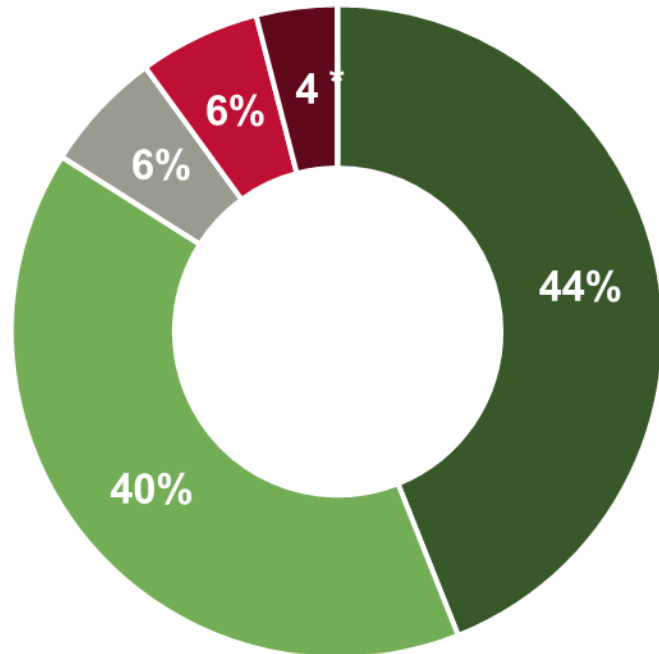
Source: Ipsos MORI

# Satisfaction with the local area as a place to live is high



## Q24. Overall, how satisfied or dissatisfied are you with your local area as a place to live?

- Very satisfied
- Fairly satisfied
- Neither satisfied nor dissatisfied
- Fairly dissatisfied
- Very dissatisfied
- Don't know



<b>Satisfied</b>	<b>84%</b>
<b>Dissatisfied</b>	<b>10%</b>

### Age

### % Satisfied



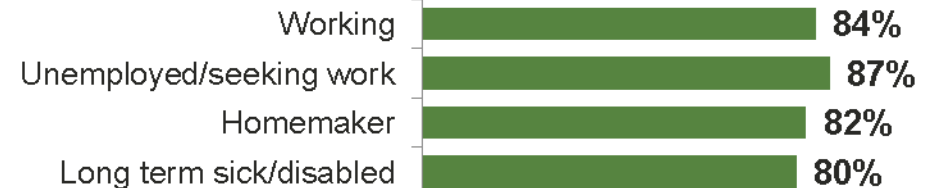
### Gender



### Ethnicity



### Employment status



Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI



# Thank you

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