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

December 2024

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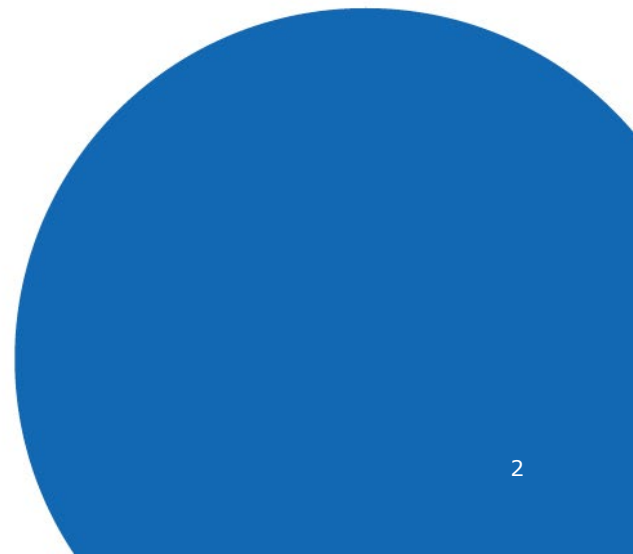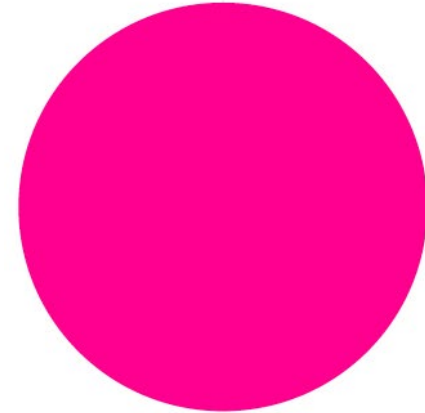jlawson@djsresearch.com

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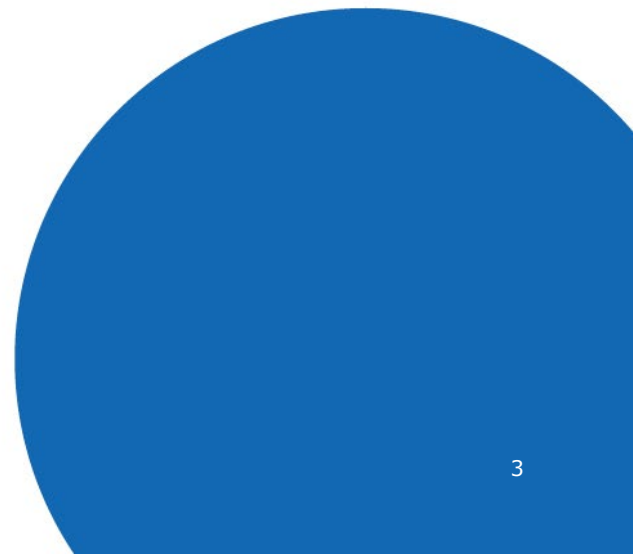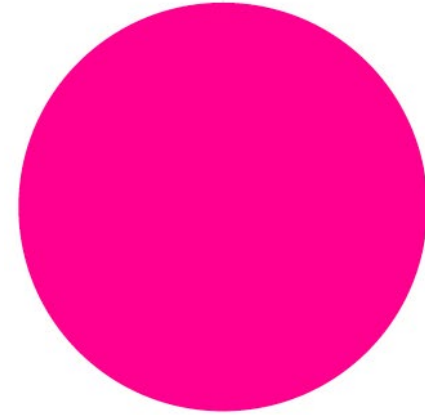gurjeet.rajania@leicester.gov.uk

Contents

Background, methodology and understanding the report

Background & methodology

DJS Research were commissioned by Leicester City Council to conduct a face-to-face (CAPI) survey of residents in Leicester aged 16+.

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. Interviewers went door-to-door within these sampling points to gather interviews.

Quotas were set based by age, gender, ethnicity, economic status and disability at a ward level. Corrective weights were applied as necessary to ensure that results are representative.

Geographical areas

To aid with analysis, Leicester has been divided into six geographical areas, as was the case in previous health and wellbeing surveys. These areas are defined solely for analysis purposes and have no other significance.

- Central
- East
- North
- North West
- South
- South West

Findings for smaller geographies (e.g. Ward) can be found in the full dataset but are not presented in this report.
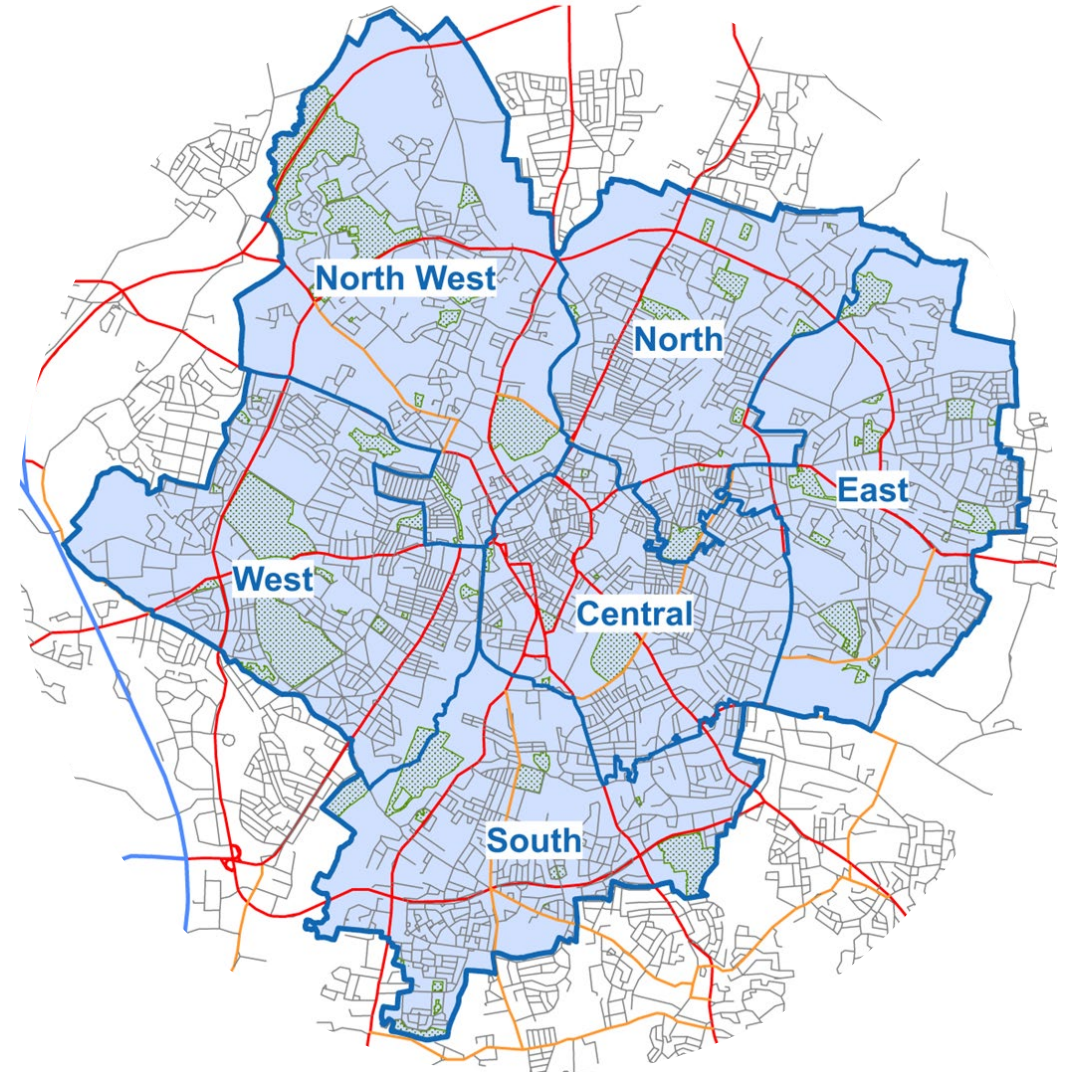
Understanding the report

Rounding

Throughout the report, the results are presented as whole numbers for ease of interpretation, with rounding performed at the final stage of processing for maximum accuracy. Due to rounding, there may be instances where the results do not add up to 100%. In such instances, the difference should not be more than 1% point either way – so 99% or 101%.

Significance Testing

Chi-squared testing has been used to compare subgroups against all residents not in a given subgroup. These comparisons are denoted in the report using an outline around figures. T-testing has been employed to test individual subgroups against each other and to compare the results for 2018 and 2024. All statistical tests are conducted using a 95% confidence interval.

Self-completion

All respondents were given the option to self-complete Q027-Q042 to enhance respondent privacy and reduce social desirability bias. 1,570 respondents out of 2,100 opted for the self-complete option.

Executive Summary
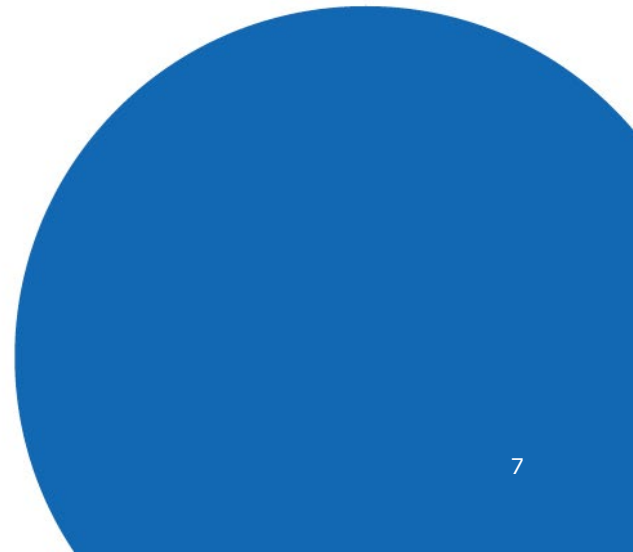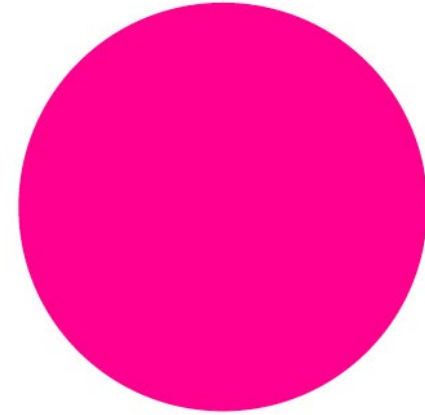
Executive summary - positives

Four in five residents **rate their general health as very good or good**. This is a new high across the four waves of the survey and a 4% point increase compared to 2018 (79% cf. 75%).

A **strong majority** of residents **report very high/high personal wellbeing scores** in terms of life satisfaction (84%), feelings of worthwhile (84%) and happiness (73%).

Resilience among residents is strong, with around **four in five** saying that they tend to **bounce back quickly after hard times**.

Residents are **less likely to feel isolated, left out, excluded or that they lack companionship compared to 2018** (now around 1 in 20 cf. around 1 in 10 in 2018).

Most residents feel that they **have a support network** that they can rely on in times of difficulty (ranging from 67% to 87% depending on the scenario).

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

Around **one in six** say that they tend to **walk or cycle** to the city centre.

More than **half of residents say that they never drink alcohol**, a rise of 4% points compared to 2018 (55% cf. 51%).

The proportion who claim to typically **eat at least five portions of fruit and vegetables** a day **has increased** from two in ten (21%) **to three in ten** (29%).

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

Executive summary - challenges

Residents face clear **challenges in accessing medical services,** particularly in relation to NHS dentists and GPs.

One in five residents report experiencing a **high level of anxiety.**

E-cigarette use has more than doubled since 2018 from 4% to 9%. There remains great uncertainty among the public about whether these products are a safer alternative to smoking than traditional smoking/tobacco products.

One in seven residents have an **AuditC* alcohol classification of 'increasing risk' or higher.**

One in twelve Leicester residents report being **affected by gambling to some degree.**

One in 14 (7%) residents with children under 16 living at home say that they smoke in the house**.**

Takeaway consumption has increased in Leicester. Now **one in five** say that they have **takeaway more than once a week**, up from one in eight in 2018.

While **confidence as an internet user is generally strong** (82%), there is a clear **lack of confidence among those aged 70+** (35%)**.**

Nearly a **quarter of residents** report that they have **faced difficulties paying their food and energy bills** in the past year. This is **more than double** the **2018** figure. Moreover, around one in seven say that they have faced difficulties paying their council tax, and one in ten in paying the rent/mortgage or for food.

A **quarter of residents** report that they **live in a house that is potentially overcrowded** (24%).

*The AUDIT-C is a brief alcohol screening tool with three questions that assess drinking frequency, quantity, and binge drinking. Scores range from 0–12, with higher scores indicating increasing levels of risk, from low-risk drinking (0–4) to potential alcohol dependence (11–12).

General health

- A majority of residents rate their health positively, with 79% describing it as good or very good, an increase of 4% points since 2018. Perceptions vary, with lower ratings among white British residents and those aged 50+.

- In Leicester, 23% report a long-term health condition, though this has decreased by 5% points since 2018.

- Over half of residents have had COVID-19, with a small fraction experiencing prolonged symptoms.

- Access to GPs and NHS dentists remains a concern, with registration issues and costs being significant barriers to accessing the latter.

General health overall

A majority of residents are positive about their health in general, with four in five rating it very good or good (79%). This is a significant increase of 4% points from 2018. Meanwhile, around one in twelve (8%) say that their health is very bad/bad.
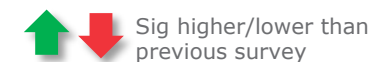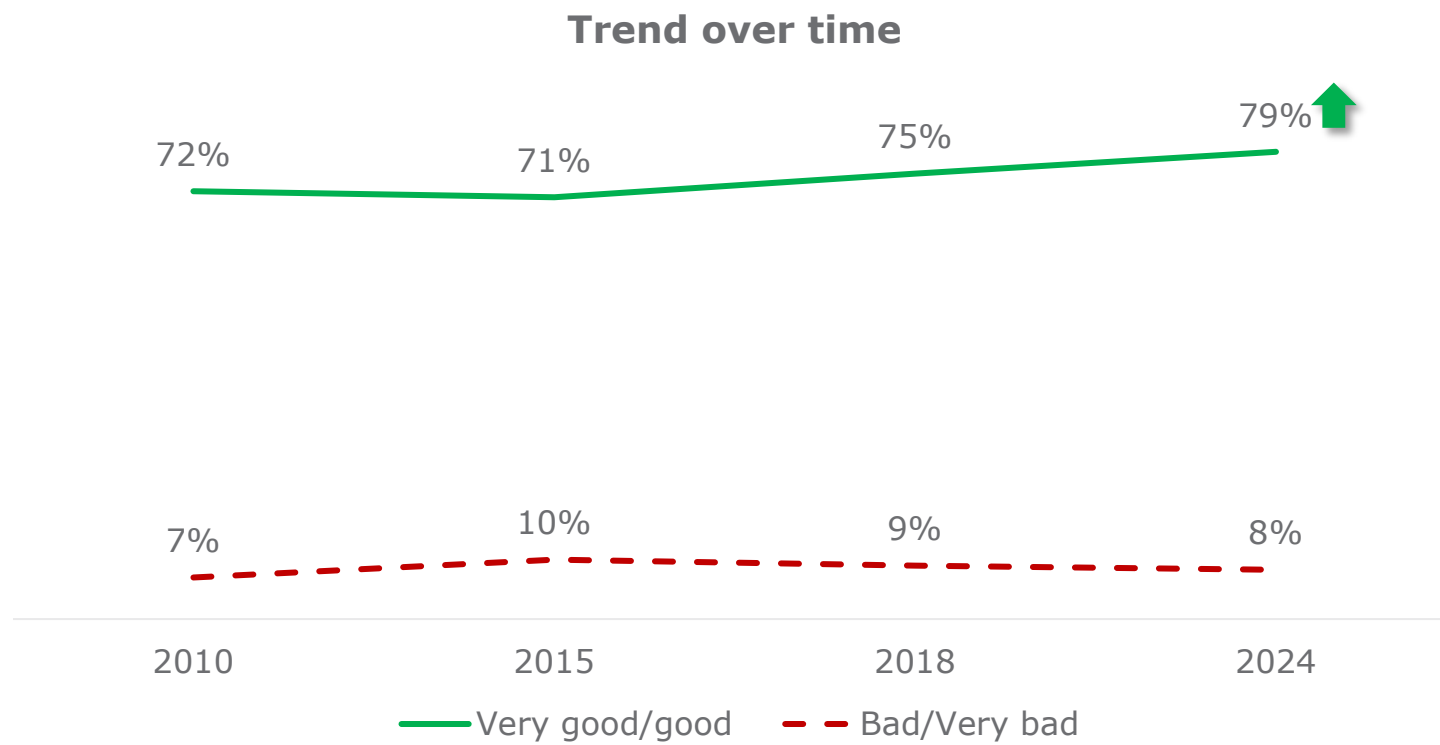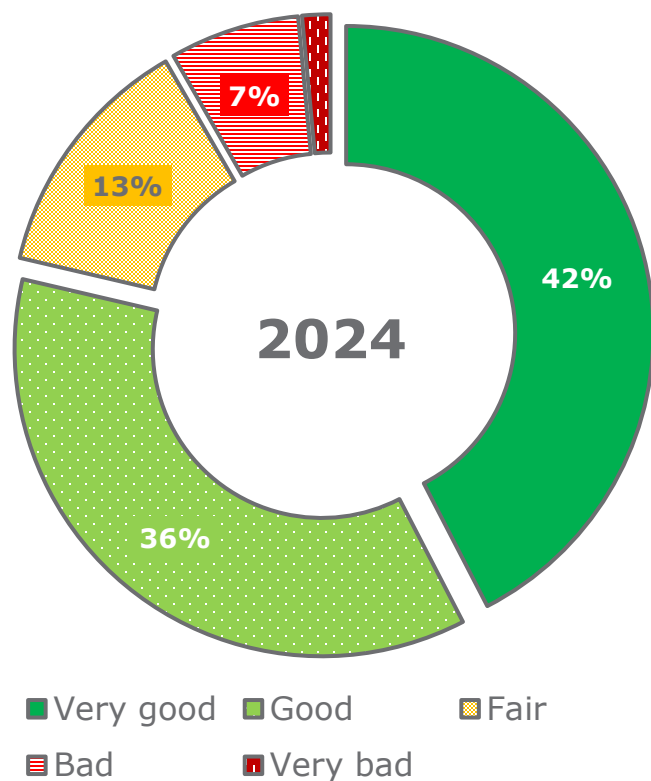
2024

- ■ Very good
- ■ Good
- ▨ Fair
- ▤ Bad
- ▨ Very bad

42%
36%
13%
7%

Trend over time

72%   71%   75%   79%

7%   10%   9%   8%

2010   2015   2018   2024

— Very good/good   - - Bad/Very bad

Sig higher/lower than previous survey

General health (% very good/good) demographic breakdown

An uplift in perceptions of general health is visible across all age bands, apart from those aged 70+ where this figure has declined (non-significantly) by 5% points. Moreover, residents who are white British (68%) report significantly lower levels of good/very good general health than other ethnicities; this is, at least in-part, due to the older age profile of this ethnic group in comparison to others.

Age

Age	2024	2018
16-29	94%	89%
30-39	89%	88%
40-49	83%	75%
50-59	71%	63%
60-69	59%	57%
70+	38%	43%

■ 2024
■ 2018

Ethnicity

Ethnicity	2024	2018
White British	68%	68%
White other	86%	88%
Asian/Asian British	84%	78%
Black/Black British	82%	82%
Multiple Heritage	85%	80%
Other Ethnicity	89%	98%

Gender

Gender	2024	2018
Male	80%	76%
Female	78%	74%

Economic status

Economic status	2024	2018
Economically active (excl. students)	91%	84%
Economically inactive (excl. students)	52%	51%
Full-time education	95%	91%

Q01. How is your health in general? Would you say it is…? **Base:** All respondents (2,100).

Significantly higher than all other residents

Significantly lower than all other residents

Sig higher/lower than previous survey

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General health (% very good/good) geographic breakdown

Perceptions of general health are significantly higher in IMD group 4 compared to other residents. By region, perceptions are most positive in the North West and least positive in the South.

79%
overall

Leicester IMD quintile*

75%	78%	82%	82%	76%
1 - Most deprived	2	3	4	5 - Least deprived

North West 86%

North 80%

West 74%

East 75%

Central 82%

South 74%

Significantly higher than all other residents

Significantly lower than all other residents
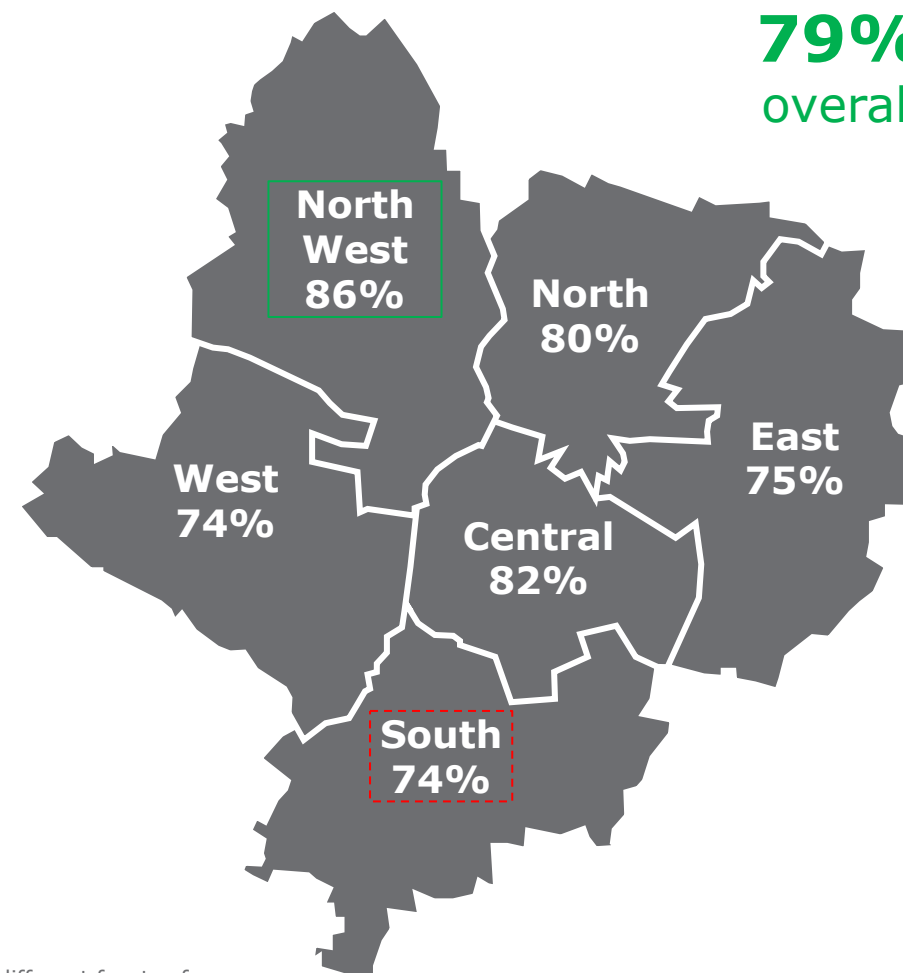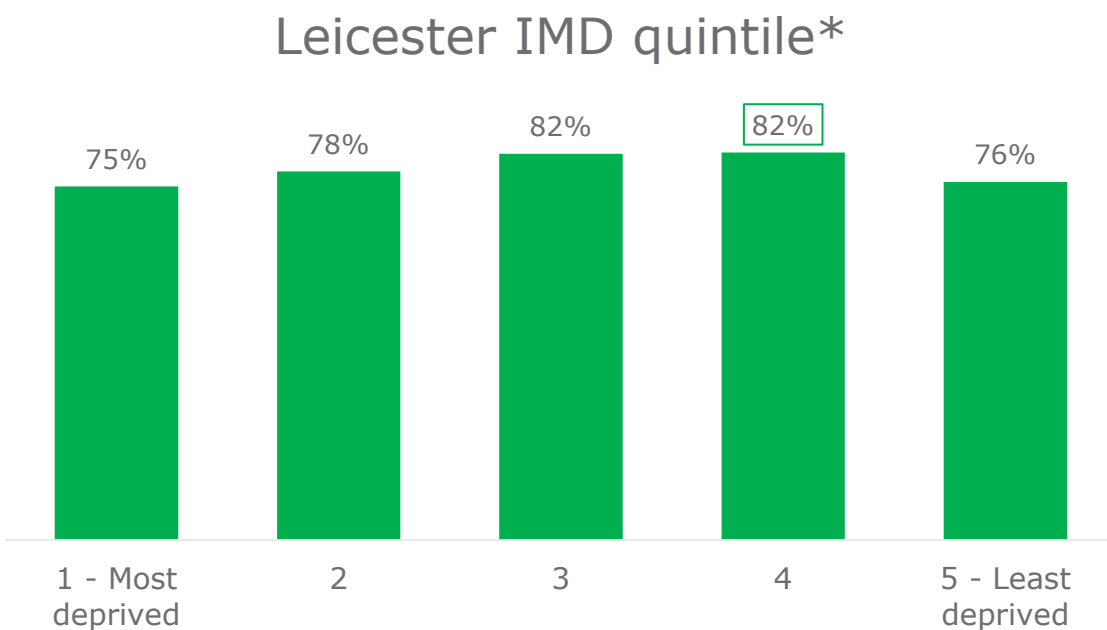
Q01. How is your health in general? Would you say it is…? **Base:** All respondents (2,100).
*The Indices of Deprivation (IMD) is a measure of relative deprivation at a small local area level. The IMD is based on seven different facets of deprivation: Income; Employment; Education, Skills and Training; Health and Disability; Crime; Barriers to Housing and Services and Living Environment. Levels of IMD are split into quintiles (1 to 5), with 1 being most deprived and 5 being least deprived. National IMD scores have been used to calculate deprivation quintiles specifically for Leicester.

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Long-term illness and conditions

23% of Leicester residents report having a physical or mental health condition lasting or expecting to last 12 months or more. Of these residents, 79% state that it impacts their ability to carry out day-to-day activities, and two in five say it impacts them a lot (38%). The percentage who say that they have a condition or illness lasting 12 months or more has declined by 5% points from 2018, reaching a new low*.

Conditions/illnesses lasting 12 months or more
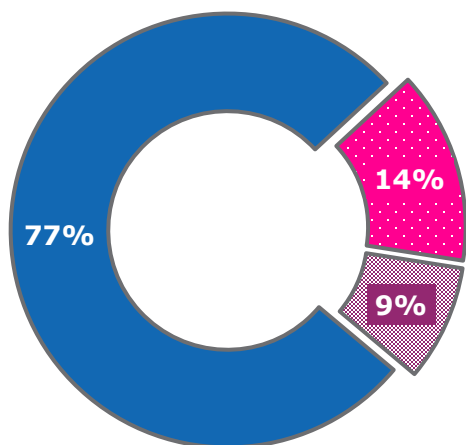
77% No
14% Yes – one condition
9% Yes – multiple conditions

NET: Yes
23%

Affects ability to carry out day-to-day activities

41%
21%
38%
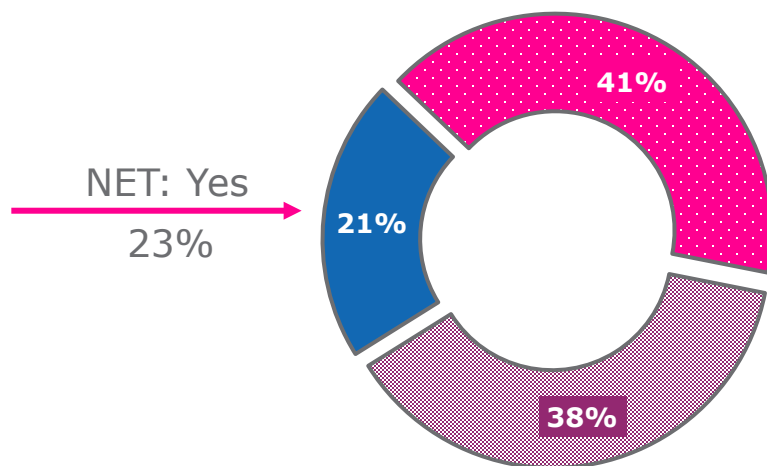
No
Yes, a little
Yes, a lot

Trends

29% 31% 28% 23%
20% 20% 18% 18%

2010 2015 2018 2024
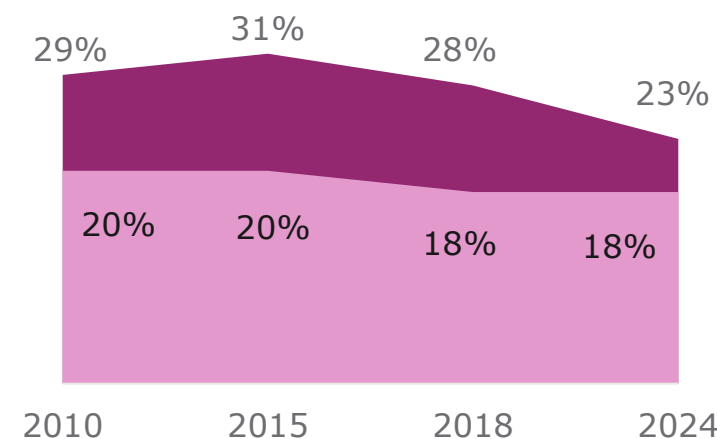
Yes: condition or illness lasting 12 months or more

Yes: affects ability to carry out day-to-day activites (% of total)*

Q04. Do you have any physical or mental health conditions or illnesses lasting or expected to last 12 months or more? **Base:** All respondents (2,100).*
Q05. Do any of your conditions or illnesses reduce your ability to carry out day-to-day activities? **Base:** All respondents with a physical or mental health condition (489)
*Please note: the question wording has changed since 2018 which means comparisons are indicative only.

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Long-term illness and conditions geographic breakdown

Residents in Central (18%) are significantly less likely to report a long-term illness or condition.
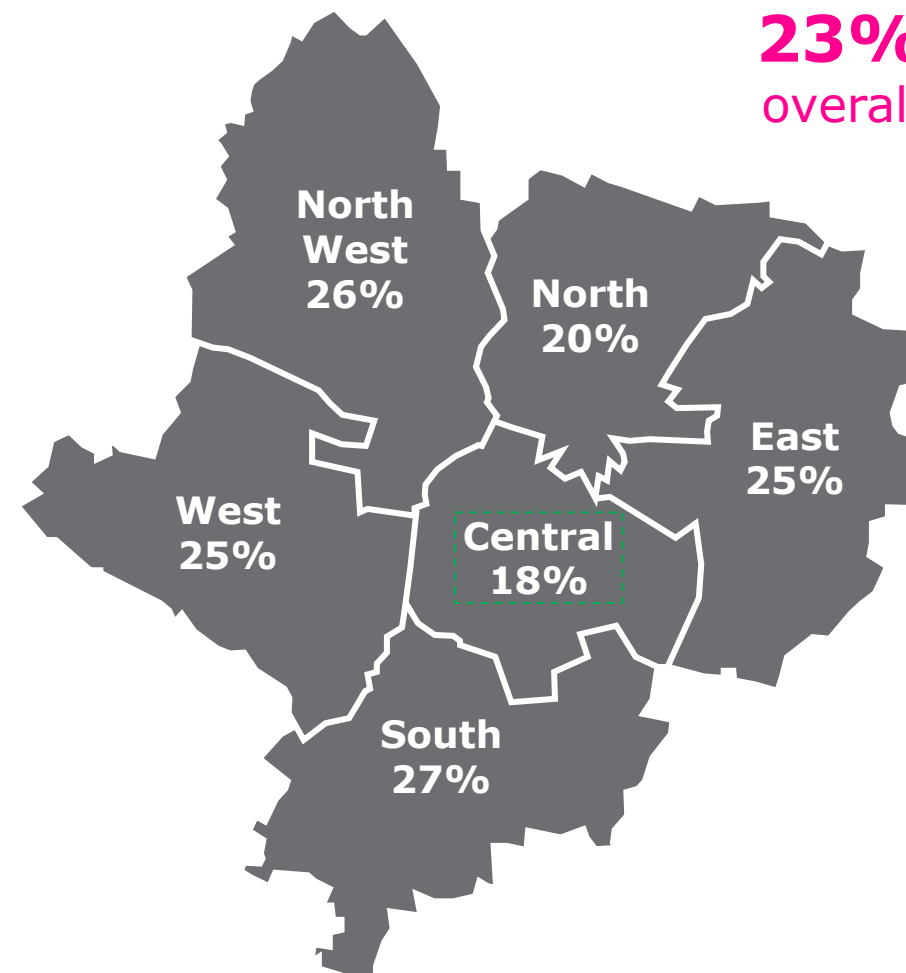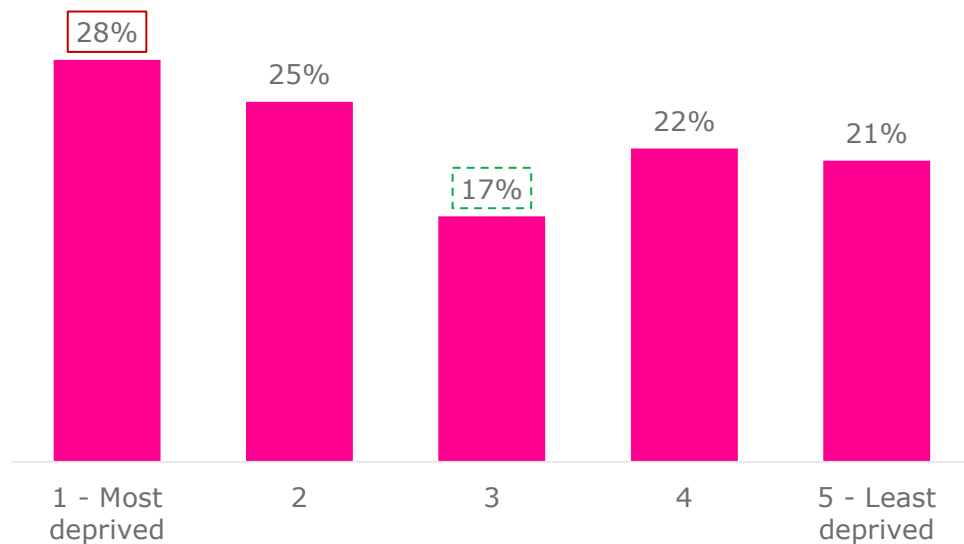
23% overall

Leicester IMD quintile

1 - Most deprived	2	3	4	5 - Least deprived
28%	25%	17%	22%	21%

North West 26%

North 20%

East 25%

West 25%

Central 18%

South 27%

Q04. Do you have any physical or mental health conditions or illnesses lasting or expected to last 12 months or more? **Base:** All respondents (2,100)

Significantly higher than all other residents

Significantly lower than all other residents

Multiple health conditions demographic breakdown

Older residents and those who are economically inactive are significantly more likely to have multiple health conditions/illnesses.

9% overall
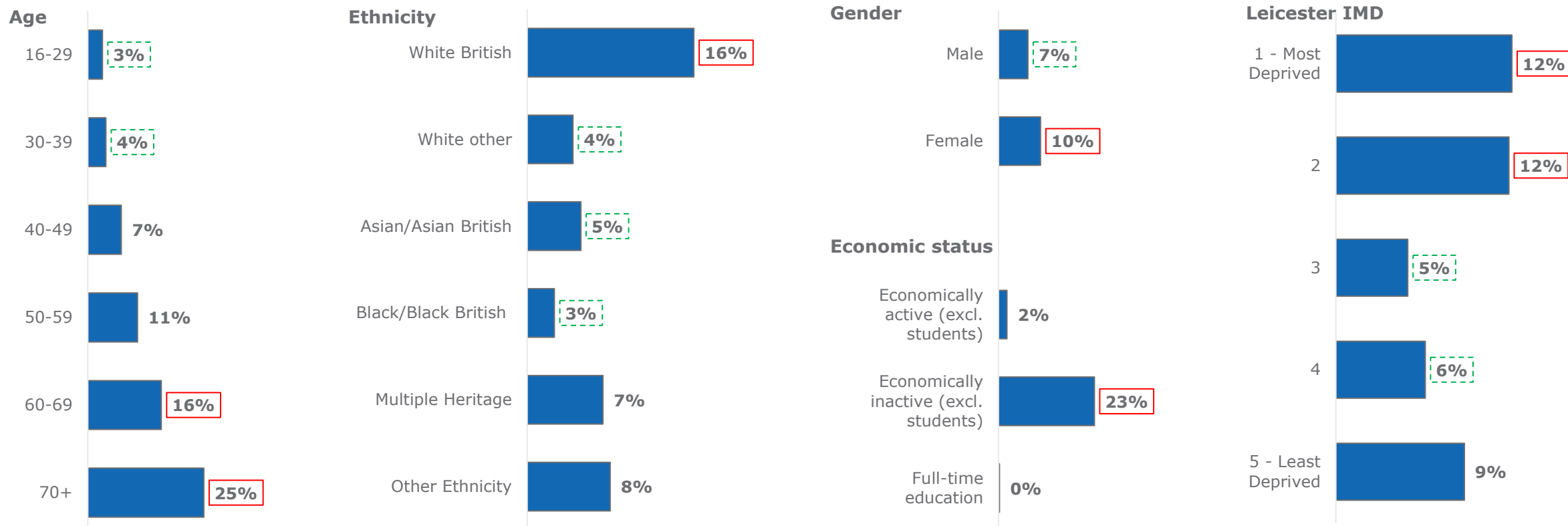
Age

16-29	3%
30-39	4%
40-49	7%
50-59	11%
60-69	16%
70+	25%

Ethnicity

White British	16%
White other	4%
Asian/Asian British	5%
Black/Black British	3%
Multiple Heritage	7%
Other Ethnicity	8%

Gender

Male	7%
Female	10%

Economic status

Economically active (excl. students)	2%
Economically inactive (excl. students)	23%
Full-time education	0%

Leicester IMD

1 - Most Deprived	12%
2	12%
3	5%
4	6%
5 - Least Deprived	9%

Q04. Do you have any physical or mental health conditions or illnesses lasting or expected to last 12 months or more?
Base: All respondents (2,100)

Significantly higher than all other residents

Significantly lower than all other residents

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COVID-19

Just over half of residents have had covid-19 (52%). Of that 52%, 7% had symptoms lasting more than three months but have now fully recovered, whilst 1% are still experiencing symptoms more than three months later.

47%

44%

7%
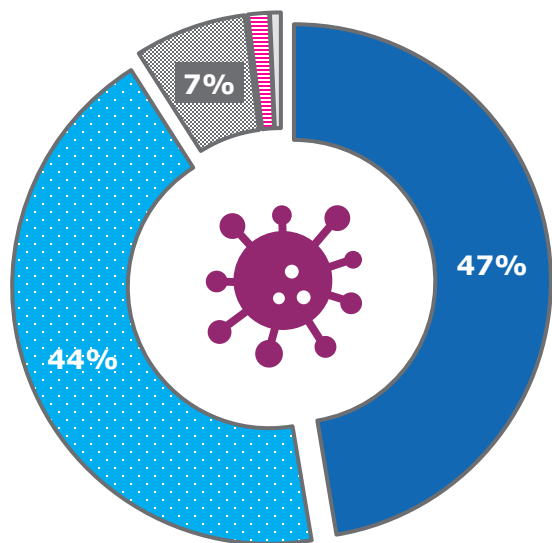
- Never had covid
- Had covid but no symptoms lasting more than 3 months
- Had covid with symptoms lasting 3 months or more but now fully recovered
- Had covid and still experiencing symptoms which have lasted 3 months or more
- Don't know

% Had longer-lasting COVID-19 symptoms (3 months +)

Group	%
16-29	6%
30-39	7%
40-49	8%
50-59	13%
60-69	10%
70+	11%
Male	8%
Female	9%
White British	11%
White other	9%
Asian/Asian British	6%
Black/Black British	8%
Multiple Heritage	8%
Other Ethnicity	4%
Economically active	8%
Economically inactive	9%

Significantly higher than all other residents

Significantly lower than all other residents
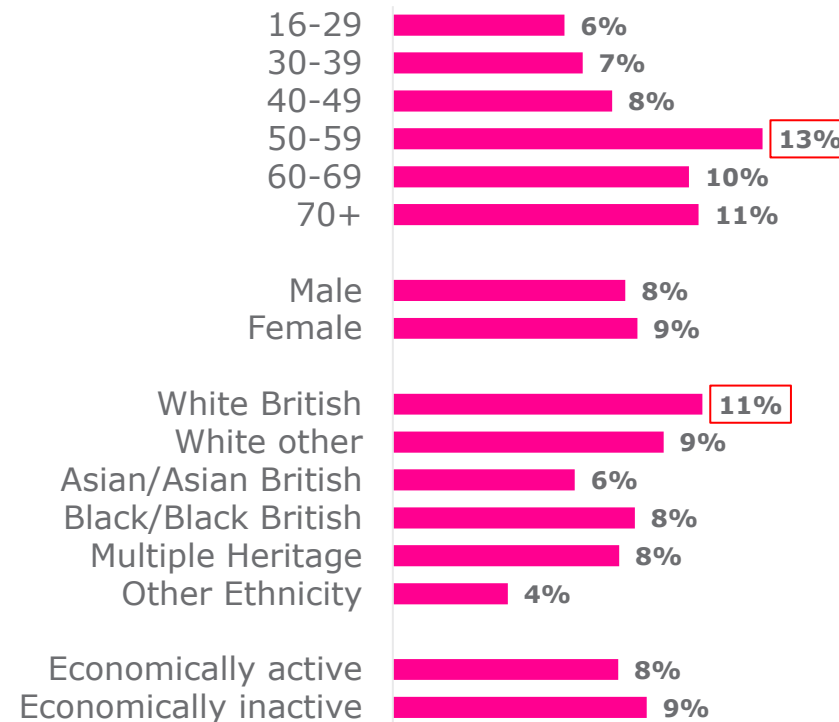
Q05b. Have you ever had COVID-19? **Base:** All respondents (2,100). Data labels <5% removed from pie chart for neatness.

Accessing health services

GPs, family doctors or health centres (93%), and pharmacies (91%) are the most commonly accessed medical services, while adult social care (36%) and sexual health clinics (25%) are the least common.

Service	Percentage
A GP, family doctor or health centre	93%
A pharmacy	91%
An NHS dentist	78%
An optician	77%
The NHS 111 service	68%
Accident & Emergency	62%
Leicester City Council Adult Social Care Service	36%
A sexual health clinic	25%
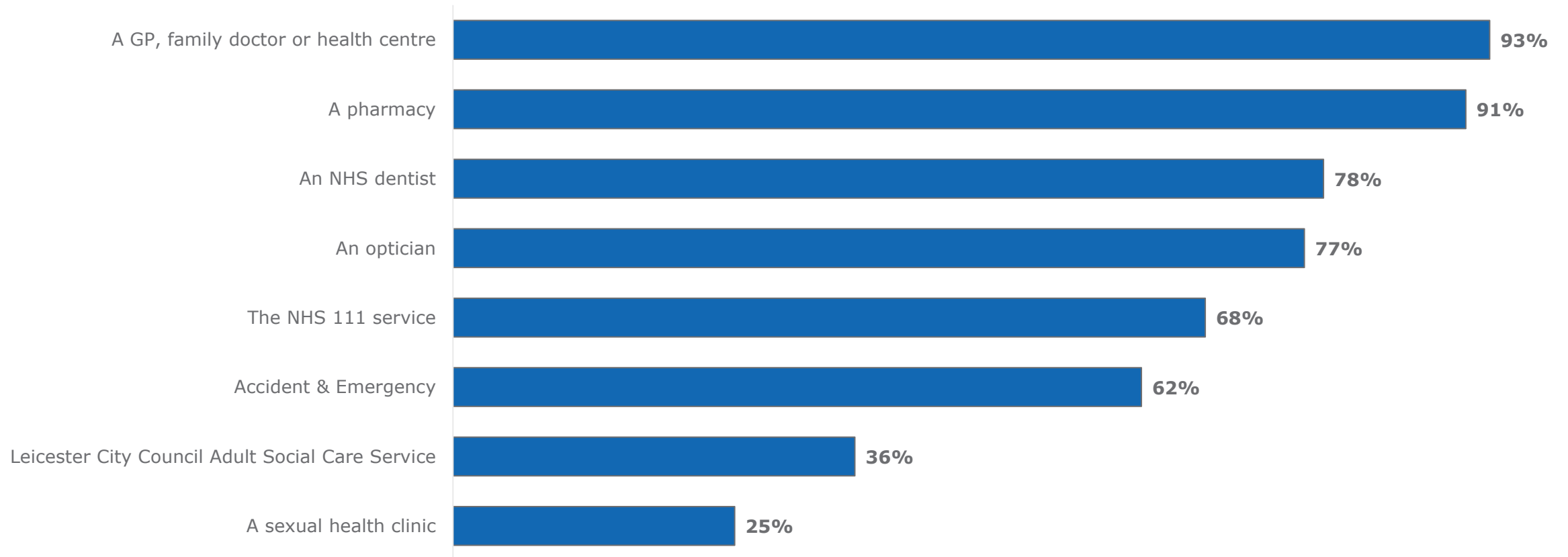
Q02. To what extent have you found it easy or difficult to access the following in the last year? **Base:** All respondents (2,100).
Note: results calculated based on the percentage who gave a rating for how easy or difficult it has been accessing a given service. Results are indicative only, as it assumed here that those who reported difficulty were ultimately able to access the service – the full question did allow residents to tell us that they did not access the service.

Ease of accessing health services

Nearly three in ten residents who gave a rating say that they have found accessing a GP fairly or very difficult, and just over a quarter report the same for an NHS dentist. Less difficulty is reported in relation to pharmacies and opticians.

Service	Very easy/fairly easy	Neither easy nor difficult	Fairly difficult/very difficult
A pharmacy	93%		
An optician	90%		
The NHS 111 service	79%	10%	10%
A sexual health clinic	71%	17%	12%
Accident & Emergency	67%	17%	16%
Leicester City Council Adult Social Care Service	65%	17%	19%
An NHS dentist	62%	11%	27%
A GP, family doctor or health centre	59%	10%	31%

■ Very easy/fairly easy   ■ Neither easy nor difficult   ■ Fairly difficult/very difficult

Barriers to accessing NHS dental services (I)

Of the 21% of residents who have found it difficult to access NHS dental services, more than half say that they can't sign-up (53%). This is also the most common reason or the 3% of residents who say that they haven't been able to access an NHS dentist.

Ease of accessing an NHS dentist

| 49% | 8% | 21% | 18% | 3% |

■ Very easy/fairly easy ■ Neither easy nor difficult ■ Fairly difficult/very difficult ⊟ I haven't tried to access this ⊠ I haven't been able to access this ⊡ Can't remember

Top reasons for finding it difficult to access an NHS dentist

I can't sign-up with an NHS dentist	53%
Financial constraints/too expensive	26%
There are no dentists nearby/I live too far away	20%
The waiting time for an appointment is too long	14%
There haven't been enough appointment slots	12%
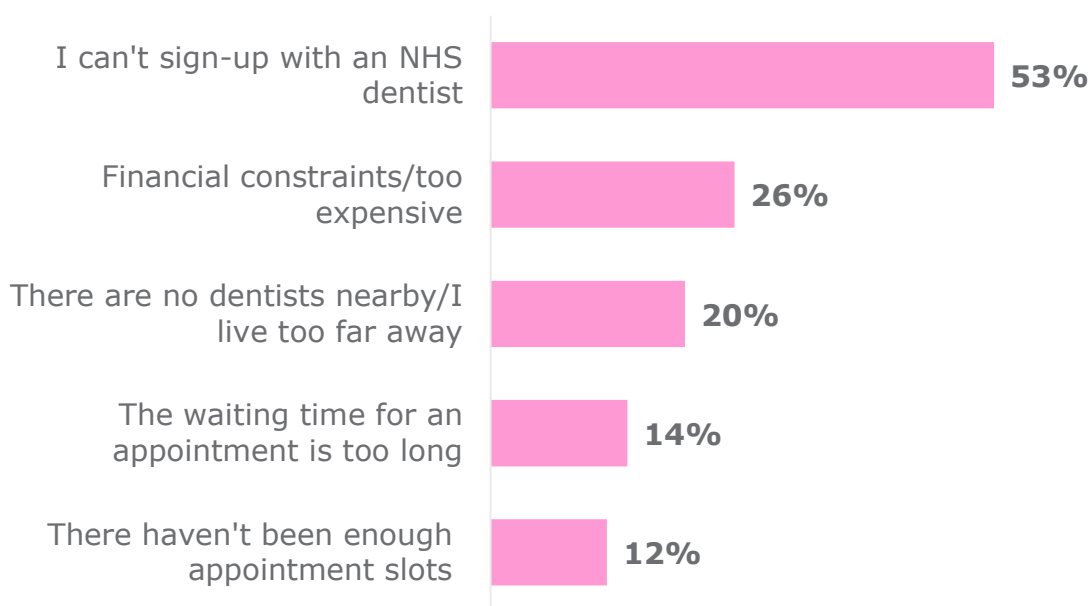
Top reasons residents have not been able to access an NHS dentist

I can't sign-up with an NHS dentist	47%
I do not need to access a dentist	18%
There are no dentists nearby	14%
I have been too busy	9%
The waiting time for an appointment is too long	4%
There haven't been enough appointment slots available that meet my needs	4%
Financial constraints/too expensive	4%
I have not been able to make contact with my dental practice	4%
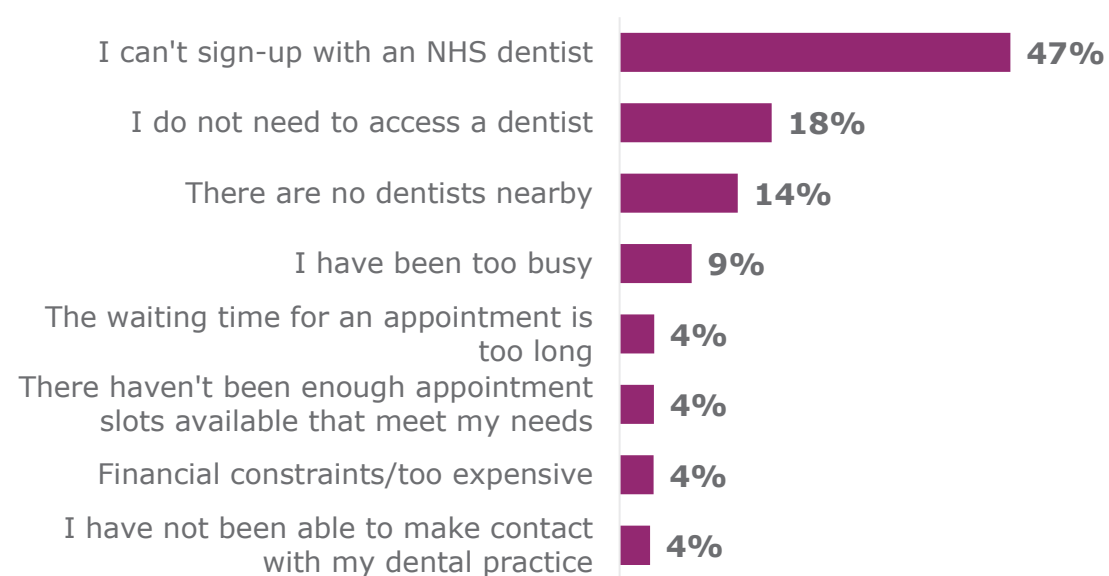
Q3. What were the main reasons for you finding it difficult to access an NHS dentist? **Base:** All respondents who found it difficult to access an NHS dentist (445).
Q3_2. Why have you not been able to access an NHS dentist? **Base:** All respondents who have not been able to access an NHS dentist (57).

Barriers to accessing NHS dental services (II)

The main reason for not trying to access NHS dental services is a lack of need (47%), being unable to sign-up (14%) and private provision (11%).

Ease of accessing an NHS dentist	49%	8%	21%	18%	3%

■ Very easy/fairly easy ■ Neither easy nor difficult ■ Fairly difficult/very difficult ▤ I haven't tried to access this ▨ I haven't been able to access this ▦ Can't remember

Top 5 reasons residents have not tried to access an NHS dentist

I do not need to access a dentist	**47%**
I can't sign-up with an NHS dentist	**14%**
Private provision	**11%**
There are no dentists nearby/I live too far away	**6%**
Financial constraints/too expensive	**5%**

Q3_1. Why have you not tried to access an NHS dentist? **Base:** All respondents who have not tried to access an NHS dentist (394).

21
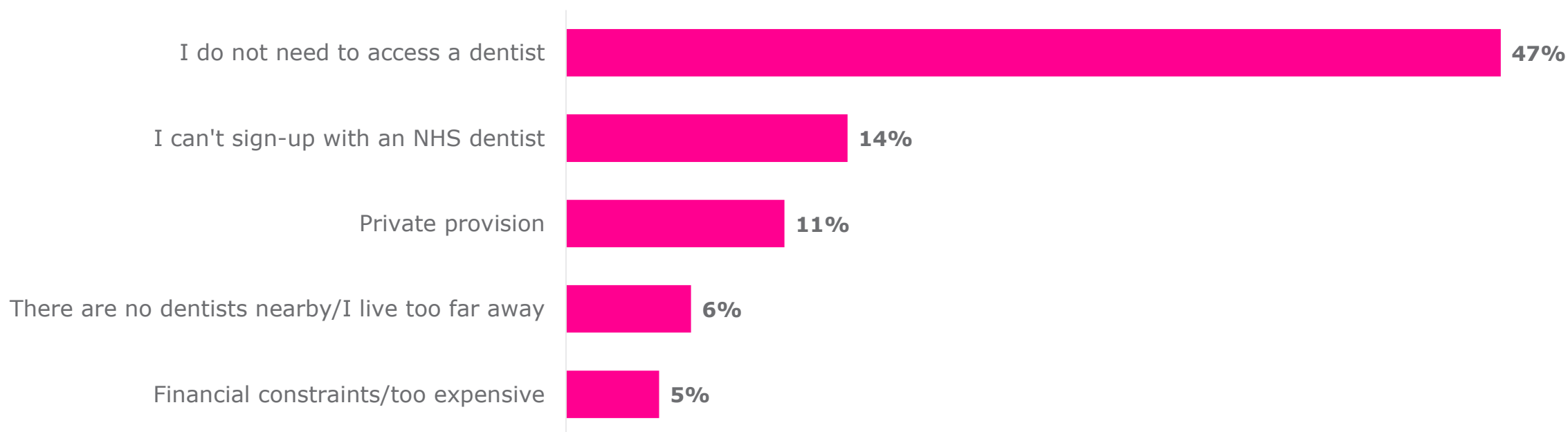
Mental health and wellbeing

- Four in five agree that they bounce back after hard times. This is an improvement from just more than three in five in 2018.

- Scores for life satisfaction, life worthwhile and happiness are strong, with the vast majority reporting high or very high scores. Less positively, 19% report high anxiety.

- 75% feel safe outdoors during the day. However, feelings of safety at night are lower (50%).

- Willingness to seek support in crises has risen, with 62% indicating that they would definitely reach out for help.
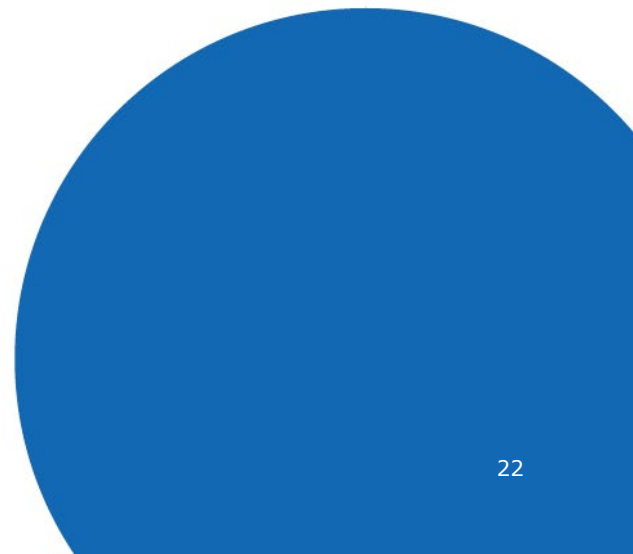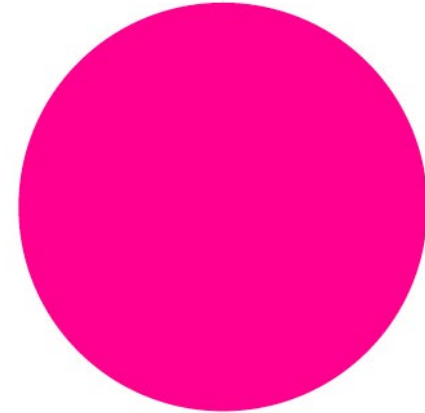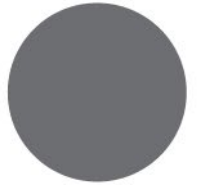
Resilience

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"

Donut chart (2024):
- 45% Strongly agree
- 37% Tend to agree
- 13% Neither
- 5% Strongly disagree
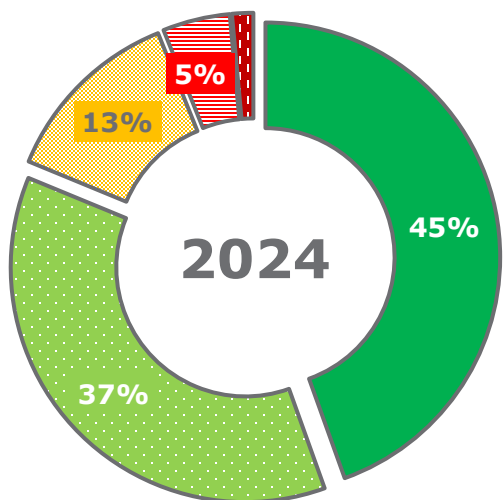
Legend:
- ■ Strongly agree
- ■ Tend to agree
- ■ Neither
- ■ Tend to disagree
- ■ Strongly disagree

	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 ager 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%).

Life satisfaction

Life satisfaction in Leicester is generally high, with 45% reporting a very high level and 39% a high level.

ONS results 22/23	Leicester	England
Low	8%	6%
Medium	18%	16%
High	45%	54%
Very high	29%	24%

Low 4%

Medium 11%

High 39%

Very high 45%

Chart values:
- 0 - not at all satisfied: 0%
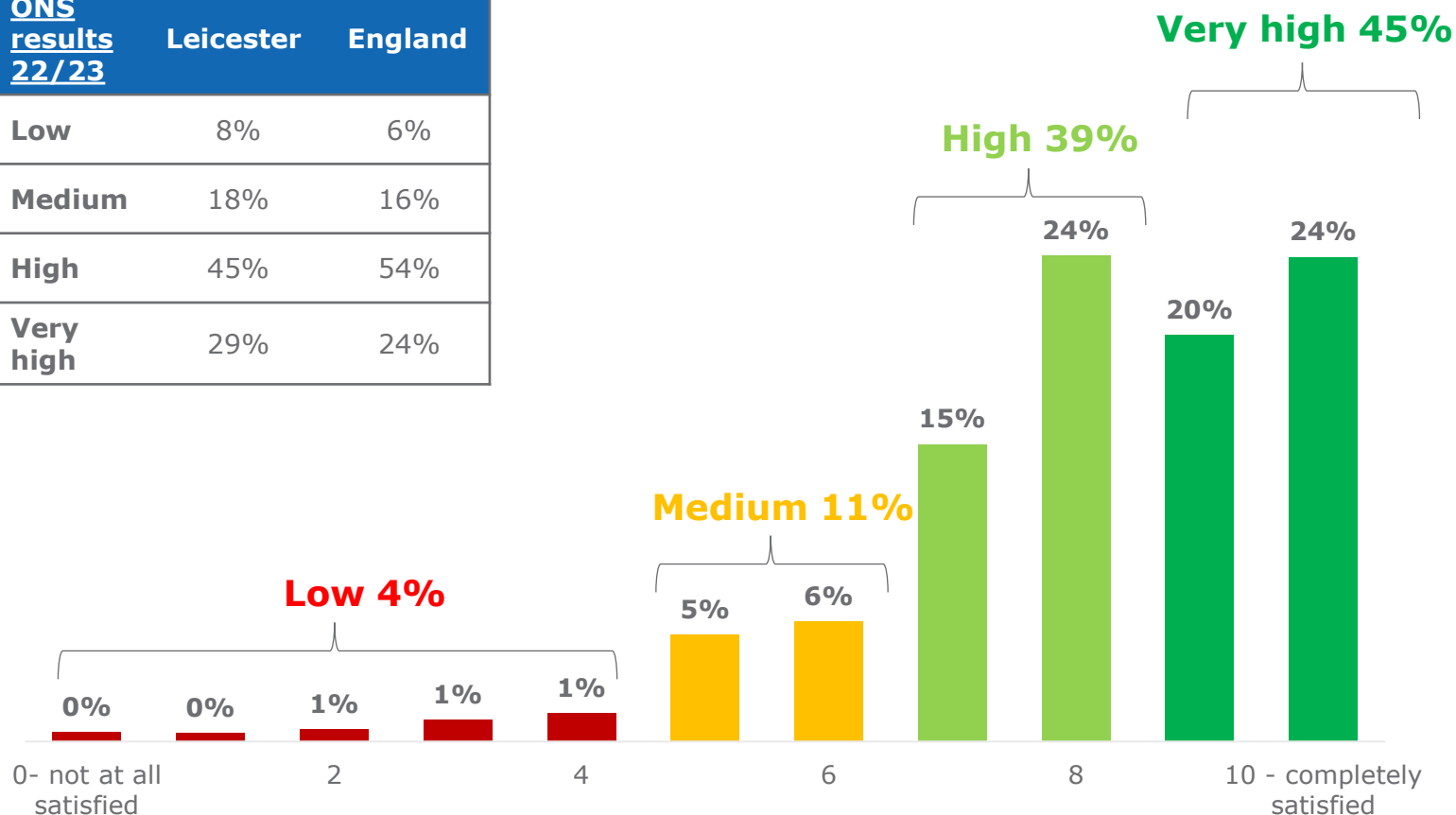- 1: 0%
- 2: 1%
- 3: 1%
- 4: 1%
- 5: 5%
- 6: 6%
- 7: 15%
- 8: 24%
- 9: 20%
- 10 - completely satisfied: 24%

Key differences:

Proportions of residents rating their satisfaction with life as high or greater is highest in Wycliffe (95% v 84% total). Conversely, residents in Eyres Monsell are least likely to give a positive score (71%).

In terms of ethnicity, life satisfaction is highest amongst those of multiple heritage (91% high/very high).

Those in social housing give significantly lower proportions of high/very high scores (73%) than those who own their houses (88%) or rent privately (83%).

Satisfaction is also higher amongst those who don't have any long-term health conditions (89% high/very high) compared to 76% of those with one condition, and just 50% of those with multiple conditions.

Q032. Overall, how satisfied are you with your life nowadays? **Base:** All respondents (2,100).
Note: ONS annual wellbeing estimates figures accessed 4/11/24. Please note comparisons are indicative only due to methodological differences.

Feeling that things done in life are worthwhile

Results for feeling things done are worthwhile are similarly positive, with 44% reporting a very high level and 41% a high level.

ONS results 22/23	Leicester	England
Low	6%	4%
Medium	16%	14%
High	47%	50%
Very high	31%	32%

Very high 44%

High 41%

Medium 12%

Low 3%

30%

25%

16%

13%

8%

4%

0% 0% 1% 1% 1%

0- not at all worthwhile   2   4   6   8   10 - completely worthwhile
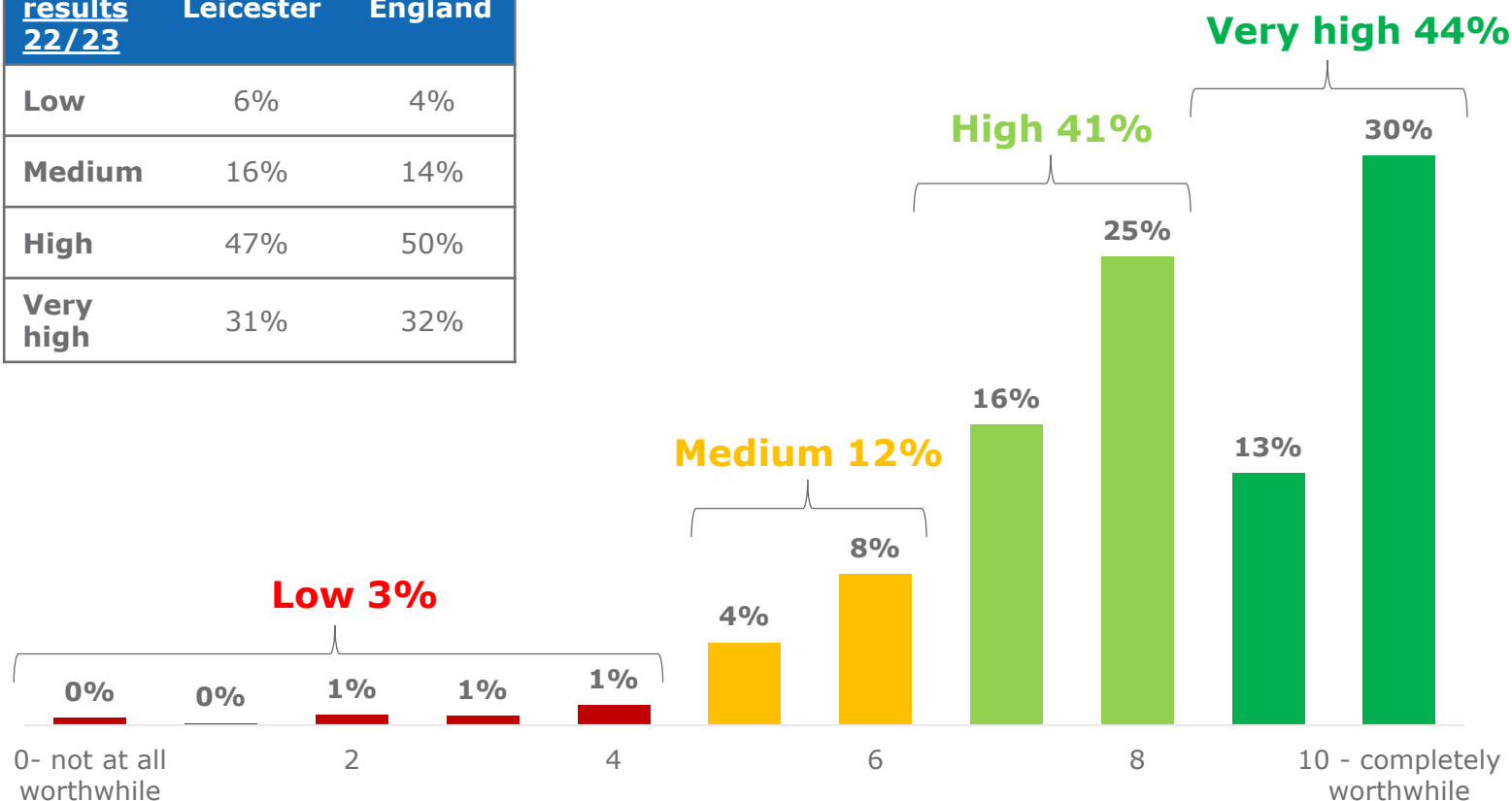
Key differences:

94% of residents in Abbey give high/very high scores with reference to feeling that things done in their life are worthwhile.

Black/Black British residents are the most likely out of all ethnic groupings to give a high score (89%), whereas White British and White Other residents are least likely (both 81%).

Those with no formal educational qualifications are 13% points less likely to give high/very high scores than those with A-levels (77% v 90%).
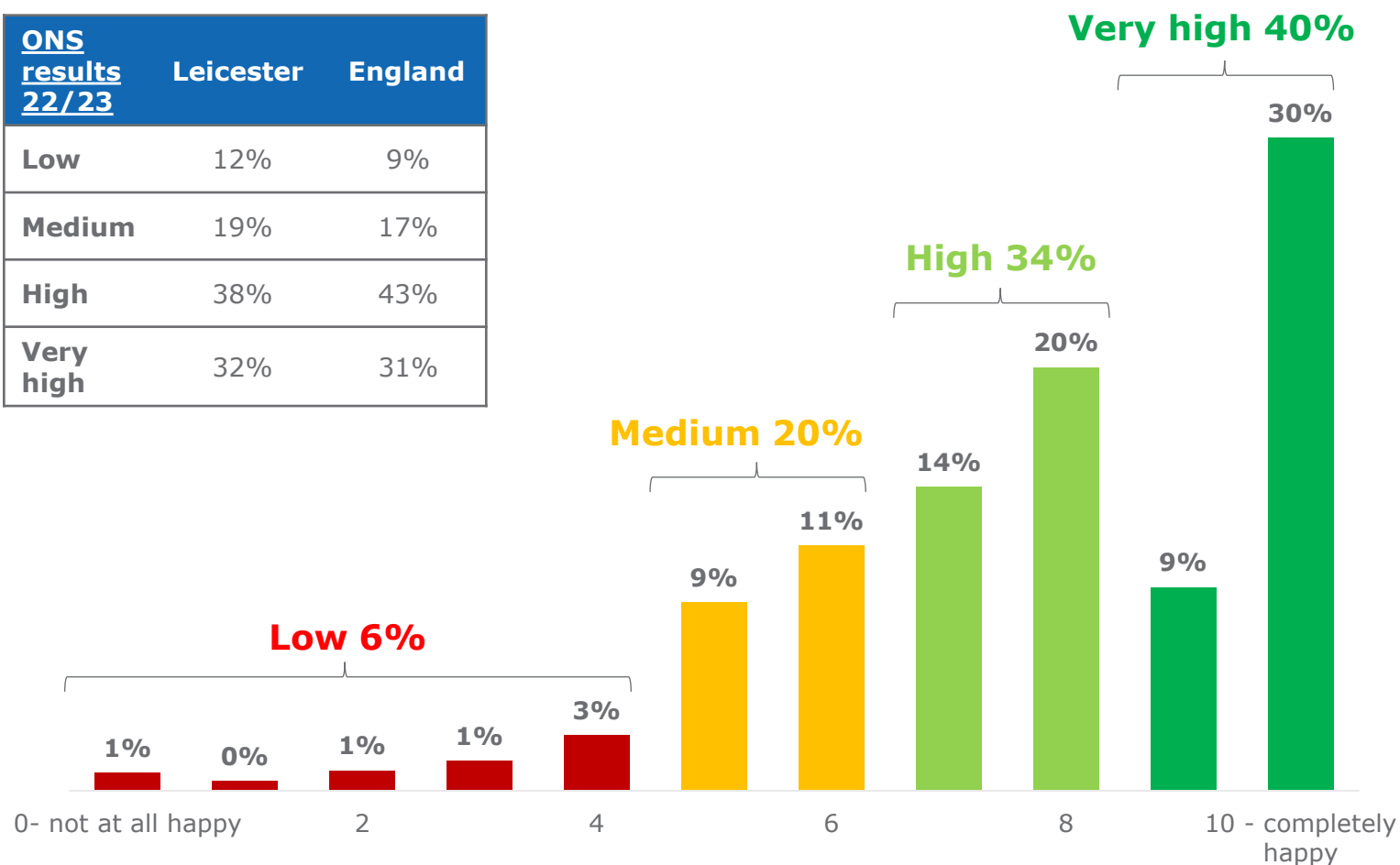
Residents showing indications of social isolation are also 33% points less likely to give a high/very high score (52%).

Q033. Overall, to what extent do you feel that the things you do in your life are worthwhile? **Base:** All respondents (2,100).
Note: ONS annual wellbeing estimates figures accessed 4/11/24. Please note comparisons are indicative only due to methodological differences.

Happiness felt yesterday

Four in ten residents report very high levels of happiness and more than three in ten have high levels.

ONS results 22/23	Leicester	England
Low	12%	9%
Medium	19%	17%
High	38%	43%
Very high	32%	31%

Low 6%

1% 0% 1% 1% 3%

Medium 20%

9% 11%

High 34%

14% 20%

Very high 40%

9% 30%

0- not at all happy   2   4   6   8   10 - completely happy

Key differences:

Older residents show lower levels of happiness, with 67% of those aged 70+ giving a high/very high score, compared to 73% of the total sample.

Eight in ten Black/Black British residents and those of multiple heritage give high scores for happiness (both 81%).

Conversely, there are significantly lower proportions of high scores amongst the economically inactive (66%), those living in social housing (67%) and those with 'higher risk' Audit C scores (59%).

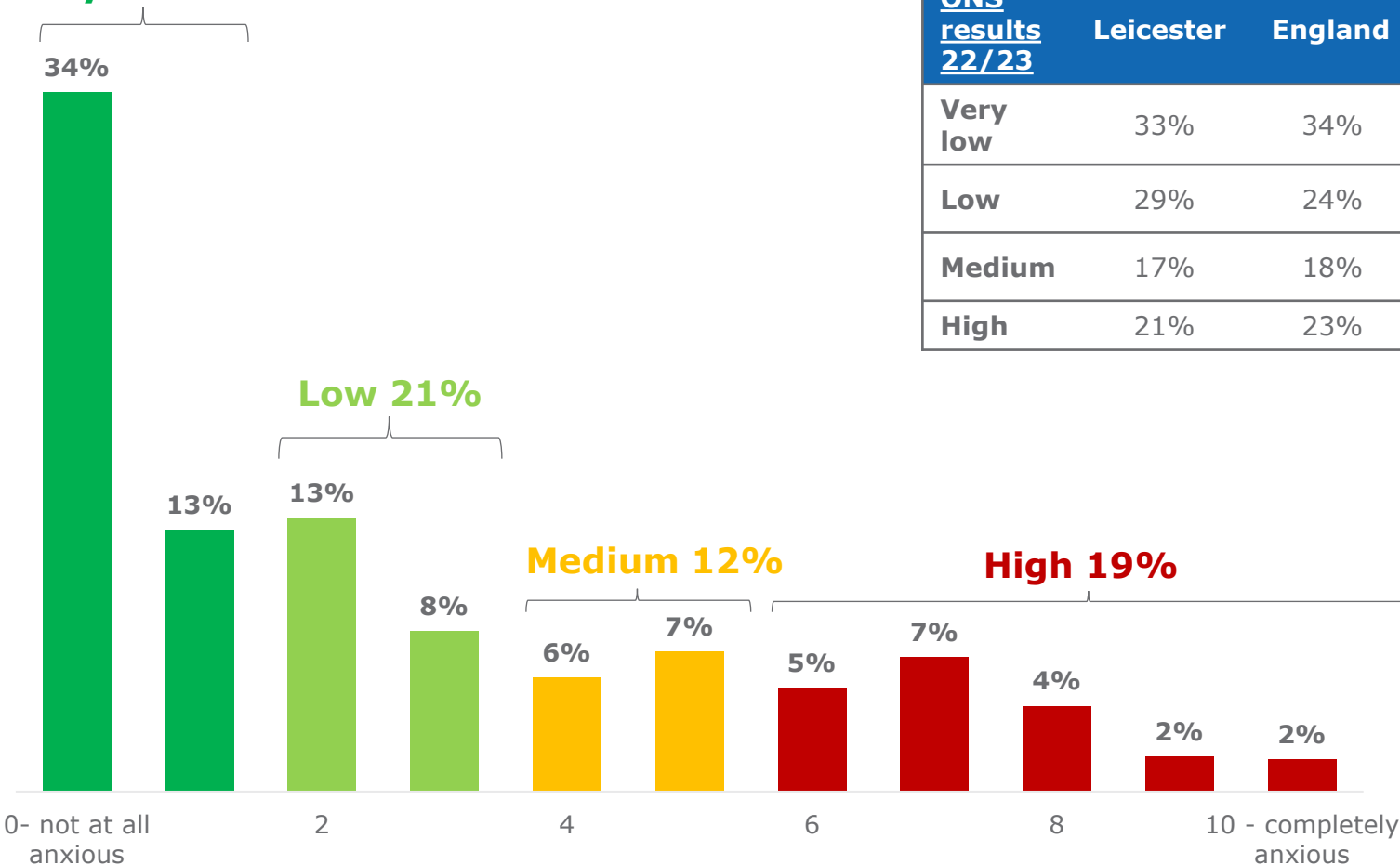**Q034.** Overall, how happy did you feel yesterday? **Base:** All respondents (2,100).
Note: ONS annual wellbeing estimates figures accessed 4/11/24. Please note comparisons are indicative only due to methodological differences.

Anxiety felt yesterday

Less positively, nearly one in five report feeling a high level of anxiety (19%).

Very low 47%

Low 21%

Medium 12%

High 19%

34%
13%
13%
8%
6%
7%
5%
7%
4%
2%
2%

| 0- not at all anxious | | 2 | | 4 | | 6 | | 8 | | 10 - completely anxious |

ONS results 22/23	Leicester	England
Very low	33%	34%
Low	29%	24%
Medium	17%	18%
High	21%	23%

Key differences:

Residents aged 50-59 are 12% points less likely to give low/very low scores for anxiety than those aged 16-29 (60% v 72%).

Over eight in ten residents in Spinney Hills and Wycliffe give low anxiety scores (both 83%). In contrast, two in five residents in Beaumont Leys report high levels of anxiety (39%).

Females are 6% points more likely to report high levels of anxiety than males (22% v 16%).

One quarter of White British residents report high levels of anxiety (24%), whereas just 15% of Asian/Asian British residents say the same.

Q035. On a scale where 0 is 'not at all anxious' and 10 is 'completely anxious', overall, how anxious did you feel yesterday? **Base:** All respondents (2,100).
Note: ONS annual wellbeing estimates figures accessed 4/11/24. Please note comparisons are indicative only due to methodological differences.

Self-reported wellbeing summary

Self-reported wellbeing is stronger than the latest <u>ONS figures</u> for each of the four measures.

Average scores

Life satisfaction: 8.0, 7.4, 7.4
Worthwhile: 8.2, 7.6, 7.7
Happiness: 7.7, 7.4, 7.2
Anxiety: 2.6, 3.2, 3.2

■ 2024 Health and wellbeing survey   ■ ONS Leicester 22/23   ▣ ONS England 22/23

See previous slides for question wording and bases.
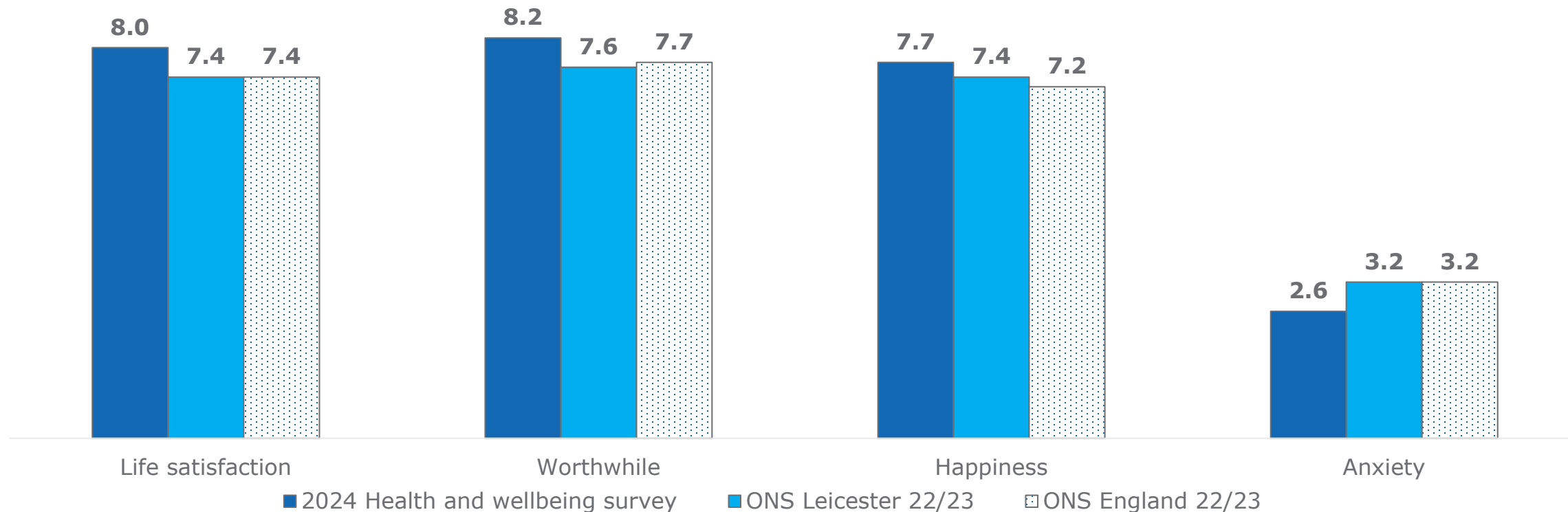
How often residents feel...

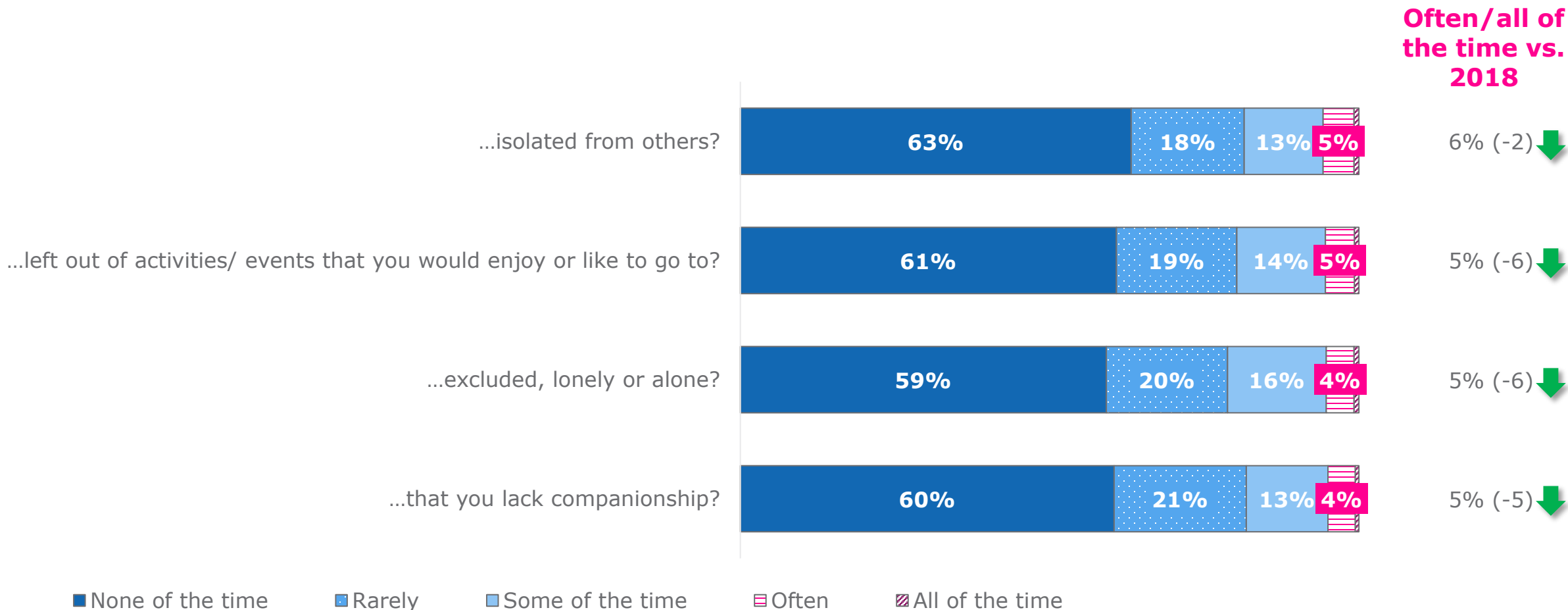Encouragingly, the percentage of residents who often/always feel isolated, left out, excluded or that they are lacking companionship has fallen significantly compared to 2018.

Often/all of the time vs. 2018

	None of the time	Rarely	Some of the time	Often		
...isolated from others?	63%	18%	13%	5%		6% (-2) ⬇
...left out of activities/ events that you would enjoy or like to go to?	61%	19%	14%	5%		5% (-6) ⬇
...excluded, lonely or alone?	59%	20%	16%	4%		5% (-6) ⬇
...that you lack companionship?	60%	21%	13%	4%		5% (-5) ⬇

■ None of the time   ■ Rarely   ■ Some of the time   ⊟ Often   ▨ All of the time

Q030. Which of these best describes how often you feel...? **Base:** All respondents (2,100). *New statement for 2024. Data labels <4% removed for neatness.

⬇ ⬆ Sig higher/lower than overall

Isolated from others: demographic breakdown

General anxiety is an indicator of feeling safe after dark, with 29% of those reporting a high anxiety score also never/rarely feeling safe in their area at night.

Groups more likely to feel isolated (often/all the time)

North West: 12%

General health (very bad/bad): 17%

Leicester IMD quintile 1 (most deprived): 10%

Feel affected by gambling: 28%

Low life satisfaction: 35%

Groups less likely to feel isolated (never/rarely)

Central: 86% | North: 87% | East: 87%

Asian/Asian British: 88%

Economically active (excl. students): 84%

Home owner: 86% | Private renter: 85%

Physically active: 91%

How often residents feel… (II)

One-quarter (75%) of residents say that they often/always feel safe when outside in their local area during the day, but this drops to half (50%) when outside after dark. These two results are in line with the 2018 figures.
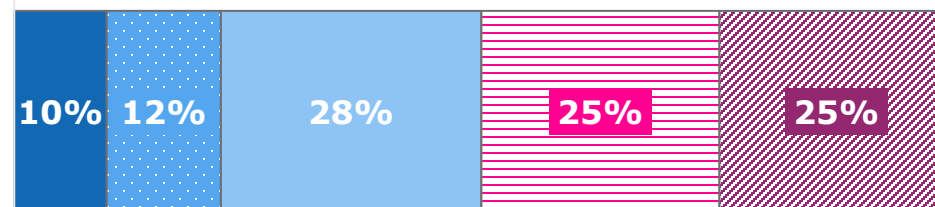
Often/all of the time vs. 2018

…safe when outside in your local area during the day?*

None of the time	Rarely	Some of the time	Often	All of the time
9%	6%	10%	27%	48%
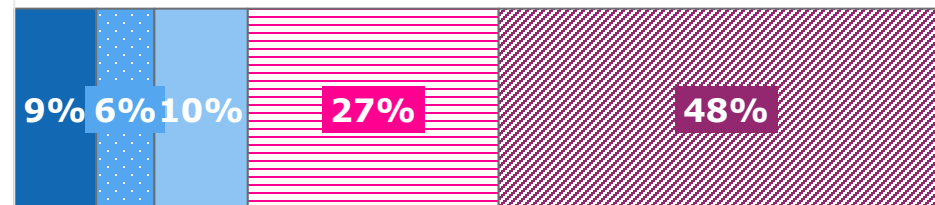
75% (-1)

…safe when outside in your local area after dark?*

None of the time	Rarely	Some of the time	Often	All of the time
10%	12%	28%	25%	25%

50% (-1)

■ None of the time ■ Rarely ■ Some of the time ⊟ Often ⊠ All of the time

Q030. Which of these best describes how often you feel…? **Base:** All respondents (2,100). *New statement for 2024. Data labels <5% removed for neatness.

Sig higher/lower than overall

31

Feelings of safety after dark: demographic breakdown

General anxiety is an indicator of feeling safe after dark, with 29% of those reporting a high anxiety score also never/rarely feeling safe in their area at night.

Groups more likely to feel safe (often/all the time)

Physically active: 64%

Male: 57%

Black/Black British: 61%

Degree/Master's/PhD/NVQ4 and above: 58%

Very low anxiety score: 60%

Groups more likely to feel unsafe (never/rarely)

Economically inactive: 26%

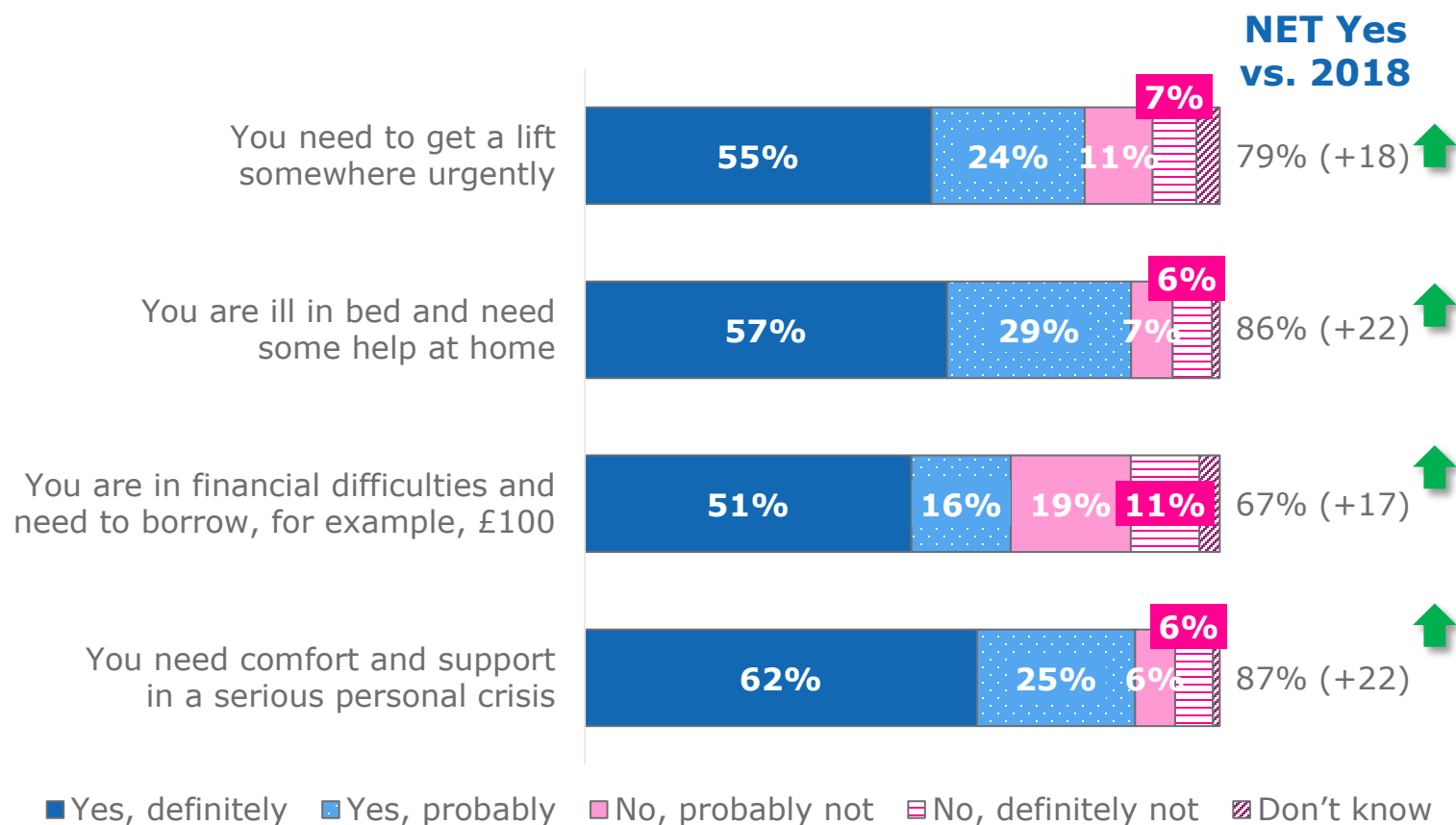White British: 24%

Female: 25%

Act as carer: 31%

High anxiety score: 29%

Help/support

The percentage of Leicester residents who would feel willing to reach out for help or support has increased vastly since 2018. People feel particularly sure that they would be willing to reach out to others if they need comfort and support in a serious personal crisis (62% definitely).

NET Yes vs. 2018

You need to get a lift somewhere urgently
55% | 24% | 11% | 7%
79% (+18) ⬆

You are ill in bed and need some help at home
57% | 29% | 7% | 6%
86% (+22) ⬆

You are in financial difficulties and need to borrow, for example, £100
51% | 16% | 19% | 11%
67% (+17) ⬆

You need comfort and support in a serious personal crisis
62% | 25% | 6% | 6%
87% (+22) ⬆

■ Yes, definitely ■ Yes, probably ▨ No, probably not ▨ No, definitely not ▨ Don't know

Key differences:

Anxiety seems to play a key part in residents' willingness to ask for support. Those reporting high levels of anxiety are 4% points more likely than average to say they would not ask for help if they needed a lift (22% v 18% total), 5% points more likely to say they would not ask for help if they were ill (18% v 13% total), and 6% points more likely to say they would not ask for help if they needed comfort in a crisis (18% v 12% total).
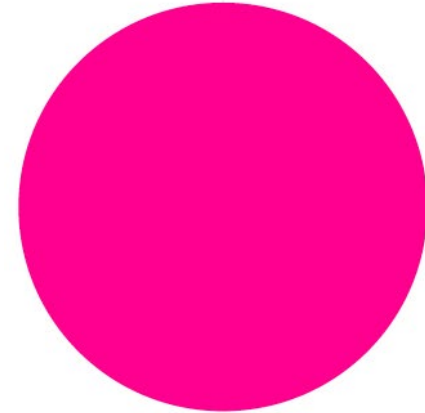
Those with restricting disabilities/ health conditions are also significantly more likely than those without to say that they would not reach out for support in any of the situations outlined.

Q031. We want to get an understanding of people's willingness to ask for support in different situations. For each situation, please tell us whether you'd be willing or not to ask anyone for help. **Base:** All respondents (2,100). Data labels <5% removed for neatness.

⬆⬇ Sig higher/lower than previous survey

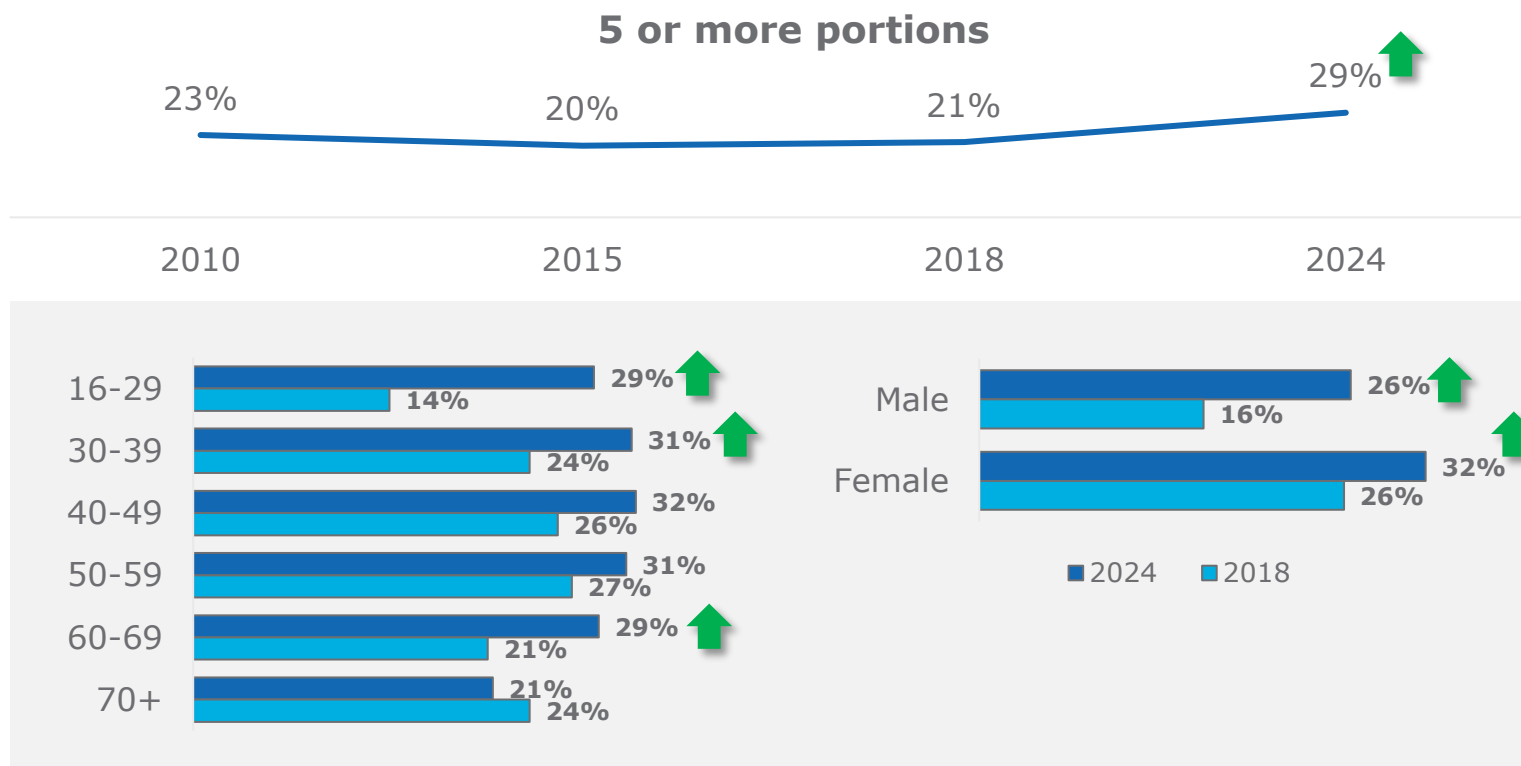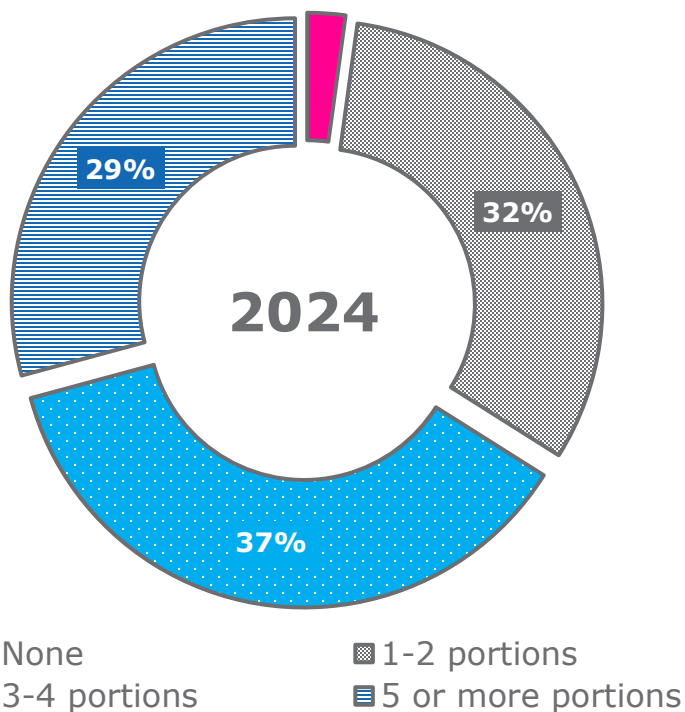33

Diet

- The percentage of residents eating five or more portions of fruit and vegetables daily has risen significantly by 8% points to 29%, with increases across genders and several age groups.

- However, takeaway consumption has also grown, with one in five residents now eating takeaways more than once a week, reflecting a broader trend since in consumer behaviour following the pandemic.
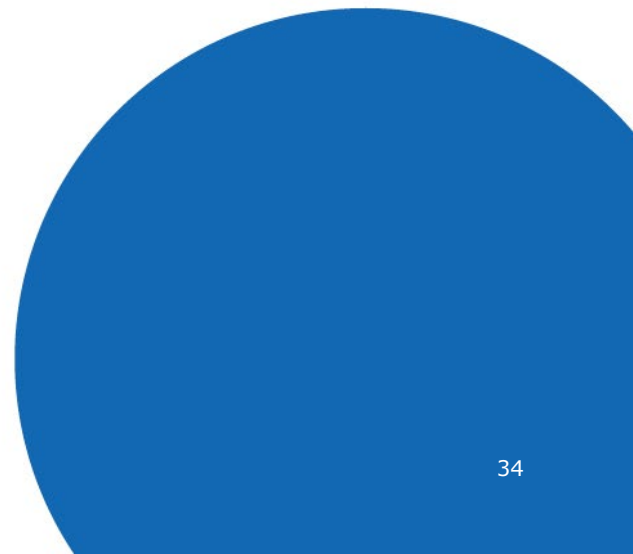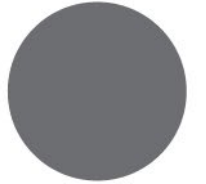
Fruit and vegetable portions consumed per day

Encouragingly, the percentage of residents who claim to eat five or more portions of fruit and vegetables per day has increased significantly by 8% points to 29%. Significant wave-on-wave increases can be seen in both males and females, as well as in a variety of age groups including those aged 16-29, 30-39 and 60-69.

2024 (donut chart)

- 29% — 5 or more portions
- 32% — 1-2 portions
- 37% — 3-4 portions
- (None)

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

5 or more portions

Year	2010	2015	2018	2024
%	23%	20%	21%	29% ↑

By age group

Age	2024	2018
16-29	29% ↑	14%
30-39	31% ↑	24%
40-49	32%	26%
50-59	31%	27%
60-69	29% ↑	21%
70+	21%	24%

By gender

	2024	2018
Male	26% ↑	16%
Female	32% ↑	26%

Legend: ■ 2024 ■ 2018

↑ ↓ Sig higher/lower than previous survey

Q08. How many portions of fresh, tinned, frozen or dried fruit and vegetables do you eat on average in a day? **Base:** All respondents (2,100). Data labels <5% removed for neatness.
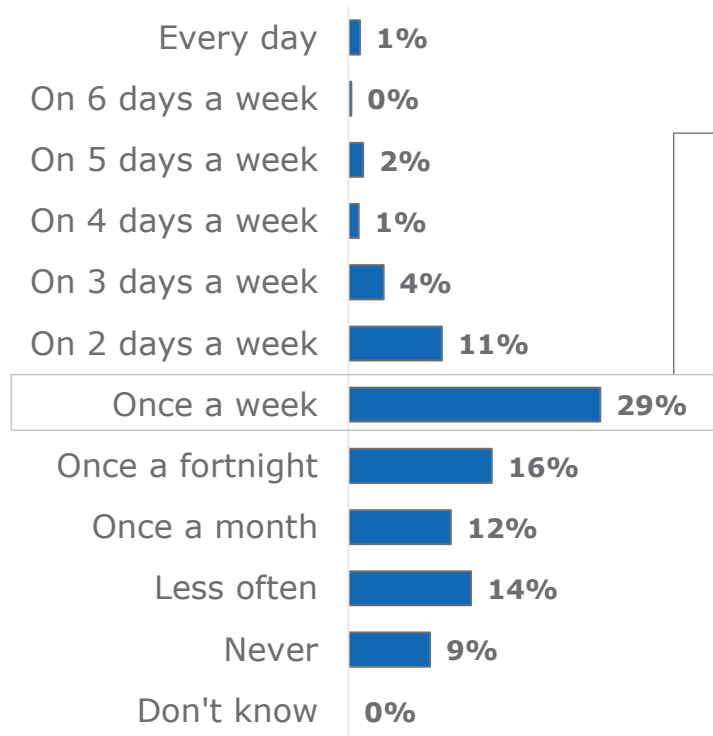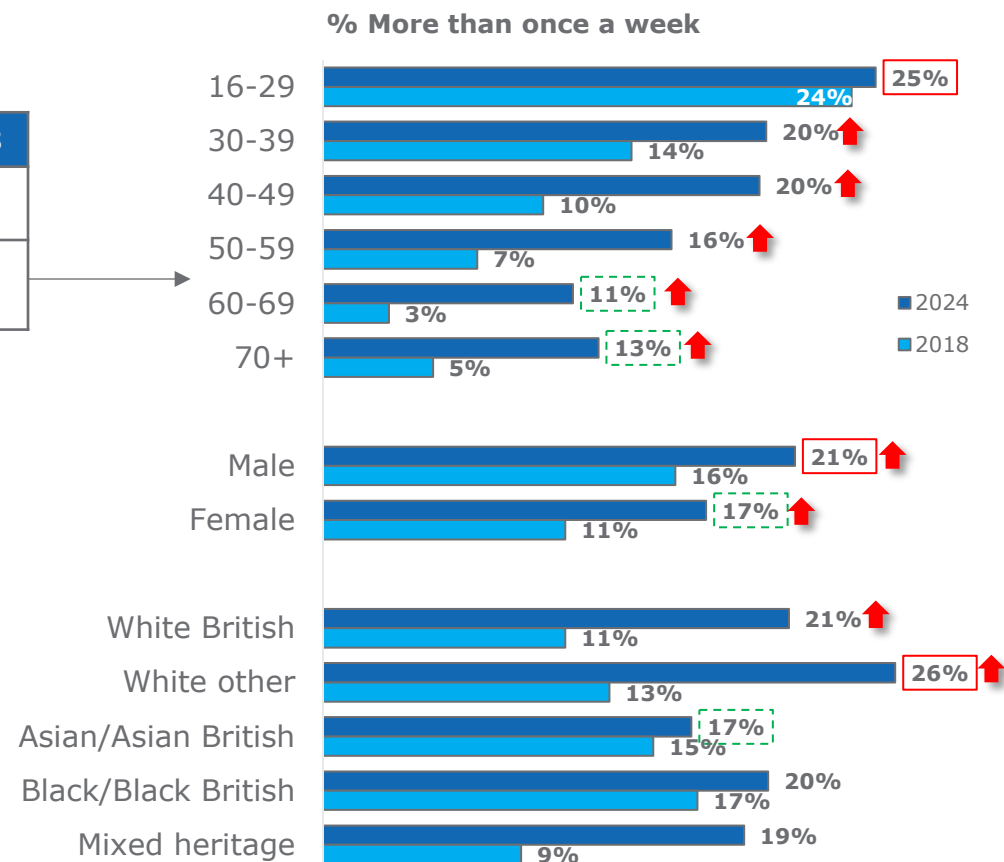
Takeaway consumption

Takeaway consumption has increased, with the percentage who eat this more than once a week rising significantly by 6% points to one in five residents, and the percentage who eat this once a week rising by 3% points to three in ten residents. This increase reflects a trend seen in recent analysis by the IFS which revealed that takeaway and meal delivery has grown by 50% since the pandemic, as people have substituted coffee shop and pub and restaurant out-of-home calories with takeaways.

Every day — 1%
On 6 days a week — 0%
On 5 days a week — 2%
On 4 days a week — 1%
On 3 days a week — 4%
On 2 days a week — 11%
Once a week — 29%
Once a fortnight — 16%
Once a month — 12%
Less often — 14%
Never — 9%
Don't know — 0%

	2024	2018
Once a week	29% ↑	26%
More than once a week	19% ↑	13%

% More than once a week

	2024	2018
16-29	25%	24%
30-39	20% ↑	14%
40-49	20% ↑	10%
50-59	16% ↑	7%
60-69	11% ↑	3%
70+	13% ↑	5%
Male	21% ↑	16%
Female	17% ↑	11%
White British	21% ↑	11%
White other	26% ↑	13%
Asian/Asian British	17%	15%
Black/Black British	20%	17%
Mixed heritage	19%	9%

■ 2024
■ 2018

Q010. Can you tell me how frequently, if at all, you eat hot food from a take-away or through a delivery service (Deliveroo/Uber Eats), such as kebab, curry, Chinese, pizza, fried fish, chicken, chips or a burger? **Base:** All respondents (2,100).
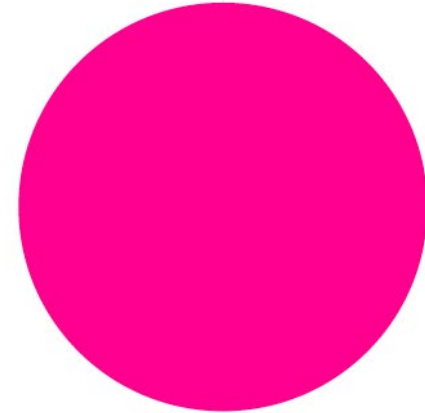
Significantly higher than all other residents
Significantly lower than all other residents
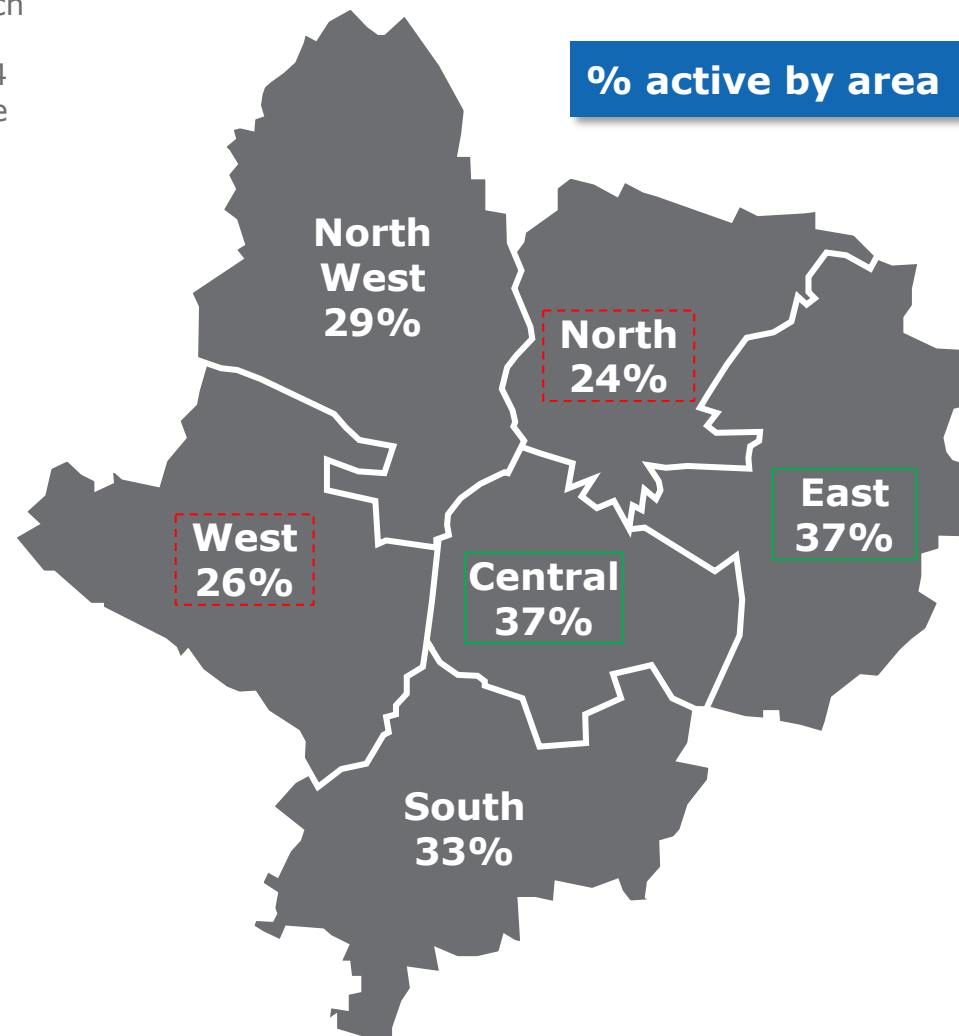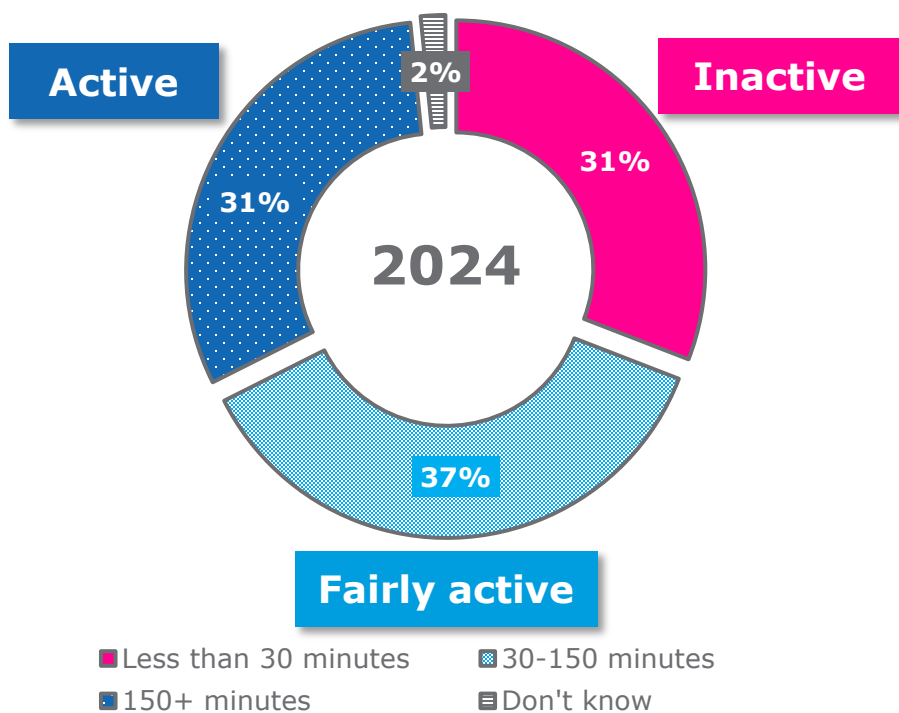Sig higher/lower than previous survey

Exercise/physical activity

- 31% of residents self-report that they tend to exercise less than 30 minutes per week.

- Weekly visits to parks and council sports facilities have declined since 2018

- While the most popular mode of transport to the city centre is car, about one in five walk or cycle to the city.
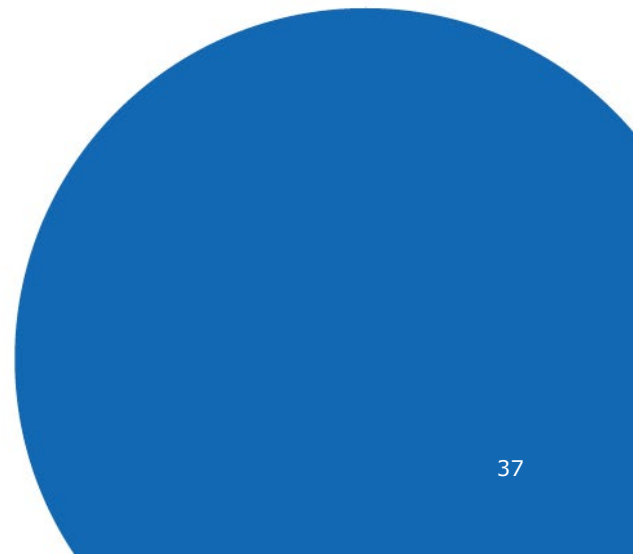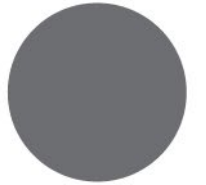
Weekly physical activity

Three in ten (31%) report that they do less than 30 minutes per week of exercise, which is in line with the latest (22/23) Active Lives survey from Sports England (30%). There is, however, a clear divergence in the percentage who self-classify as 'active'. The 2024 Leicester figure is around half of the Sport England Leicester figure (31% cf. 59%), due to a much higher proportion who are classified as 'fairly active' (37% cf. 12%).

Active

Inactive

2024

31%

2%

31%

37%

Fairly active

- Less than 30 minutes
- 30-150 minutes
- 150+ minutes
- Don't know

% active by area

North West 29%

North 24%

West 26%

Central 37%

East 37%

South 33%

Q011. How many minutes or hours of at least moderate activity would you say you do a week? **Base:** all respondents (2,100).

Significantly higher than all other residents

Significantly lower than all other residents

Weekly physical activity: demographic breakdown

Almost nine in ten individuals with a disability that limits their day-to-day activities do less than 150 minutes of exercise per week. 81% of those aged 70+ say the same. Conversely, half of those in full time education do over 150 minutes of exercise per week.

Groups more likely to do less than 150 minutes exercise a week

Limiting disability: **87%**

70+: **81%**

Acts as carer in household: **76%**

No formal education: **77%**

In social housing: **76%**

North: **75%** | West: **73%**

Groups more likely to do at least 150 minutes a week

In full-time education: **49%**

16-29: **38%**

Male: **37%**

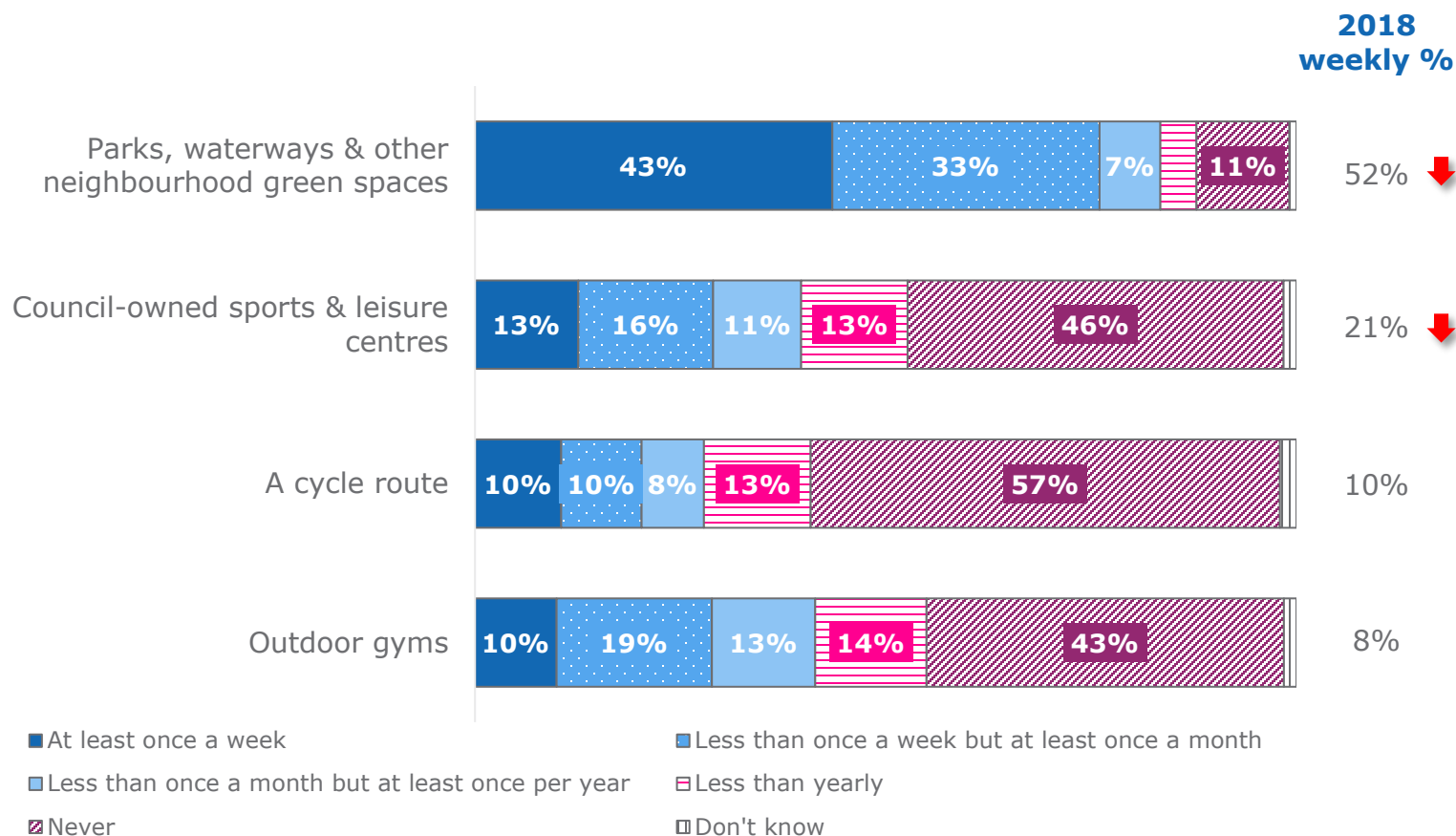Central: **37%** | East: **37%**

Not disabled: **35%**

Home owners: **34%**

Use of fitness facilities in Leicester

Over two in five residents visit parks, waterways or other green spaces in Leicester at least once a week (43%). However, this has decreased by 9% points since 2018 (52%). Likewise, there has been a fall in weekly attendance to council-owned sports and leisure centres (13% in 2024 cf. 21% in 2018).

2018 weekly %

Facility	At least once a week	Less than once a week but at least once a month	Less than once a month but at least once per year	Less than yearly	Never	2018 weekly %
Parks, waterways & other neighbourhood green spaces	43%	33%	7%		11%	52% ↓
Council-owned sports & leisure centres	13%	16%	11%	13%	46%	21% ↓
A cycle route	10%	10%	8%	13%	57%	10%
Outdoor gyms	10%	19%	13%	14%	43%	8%

Legend:
- ■ At least once a week
- ■ Less than once a week but at least once a month
- ■ Less than once a month but at least once per year
- ▦ Less than yearly
- ▨ Never
- ▢ Don't know

Key differences:

The youngest of the residents surveyed are significantly more likely than all other age groups to have used outdoor gyms at least weekly (13%). So too are Asian/Asian British residents (12%), compared to all other ethnicities.

Residents in the North and West are more likely than those in all other regions to visit a council-owned sports and leisure centre weekly (15% and 17% respectively).

Over half of White Other individuals state that they visit parks, waterways and green spaces weekly, whereas just 35% of White British individuals say the same. White British residents are the least likely of all ethnicities to use these amenities weekly.
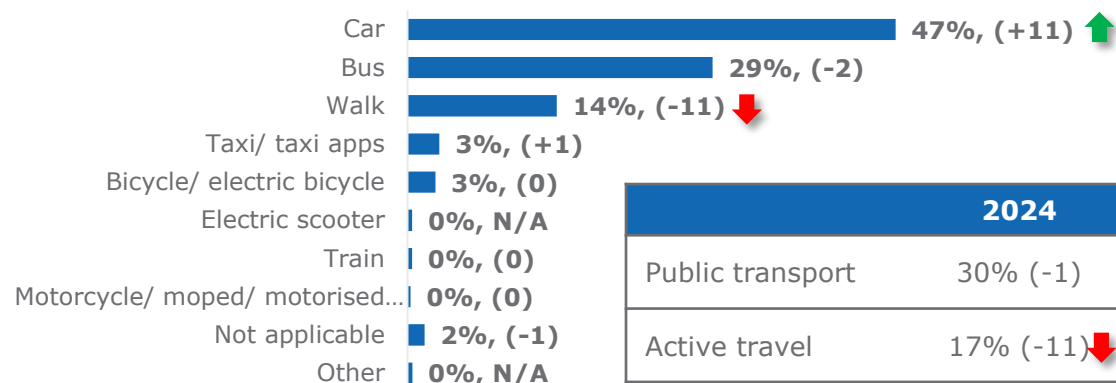
↑ ↓ Sig higher/lower than previous survey
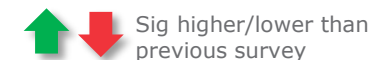
Active travel (I)

Overall, travel by car is the most popular form of transportation in and around Leicester. Indeed, more residents now say that they travel to Leicester by car compared to 2018 (+11 % points) while walking has declined (-11% points). This may partly be driven by changes in behaviour following the covid-19 pandemic.

Travelling to Leicester City Centre

Car	**47%, (+11)** ⬆	
Bus	**29%, (-2)**	
Walk	**14%, (-11)** ⬇	
Taxi/ taxi apps	**3%, (+1)**	
Bicycle/ electric bicycle	**3%, (0)**	
Electric scooter	**0%, N/A**	
Train	**0%, (0)**	
Motorcycle/ moped/ motorised...	**0%, (0)**	
Not applicable	**2%, (-1)**	
Other	**0%, N/A**	

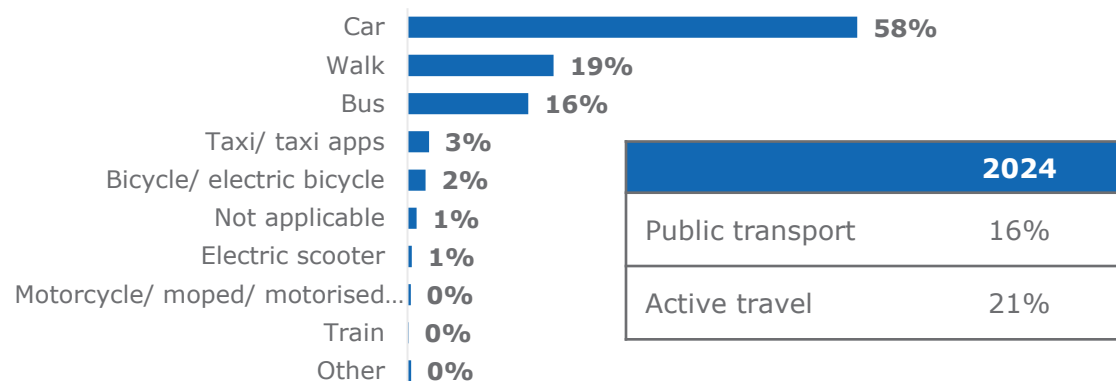|	**2024**
Public transport	30% (-1)
Active travel	17% (-11) ⬇

Key differences:

The youngest age group are significantly more likely than other age groups to travel by bus (36%) or to walk (23%) and are less likely to take the car (33%).

The car is the most common form of transport for both males (51%) and females (44%), but females are 7% points more likely to use the bus compared to males (26%). Moreover, females are twice as likely as males to say that they use taxis (4% cf. 2%).

Travelling to the supermarket

Car	**58%**
Walk	**19%**
Bus	**16%**
Taxi/ taxi apps	**3%**
Bicycle/ electric bicycle	**2%**
Not applicable	**1%**
Electric scooter	**1%**
Motorcycle/ moped/ motorised...	**0%**
Train	**0%**
Other	**0%**

	2024
Public transport	16%
Active travel	21%

Key differences:

Younger residents are significantly more likely than average to travel to the supermarket via public transport (21% v 16% total), or active travel (33% v 21% total). This may be because they are students and haven't brought their car with them to university.

Again, those living in Central Leicester are significantly more likely than average to go to the supermarket via active travel (28% v 21% total).
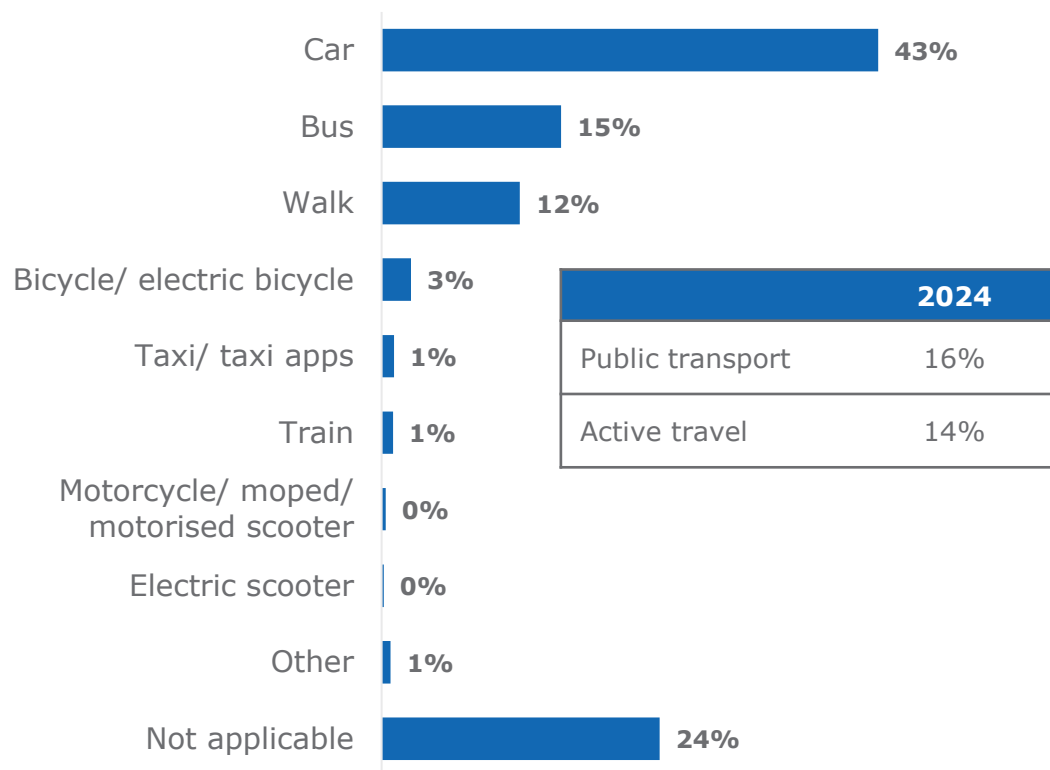
Q013. Which mode of transport do you tend to use most often when travelling to the following? **Base:** All respondents (2,100). Comparisons to 2018 shown in brackets. "Travelling to supermarket" was not asked in 2018.
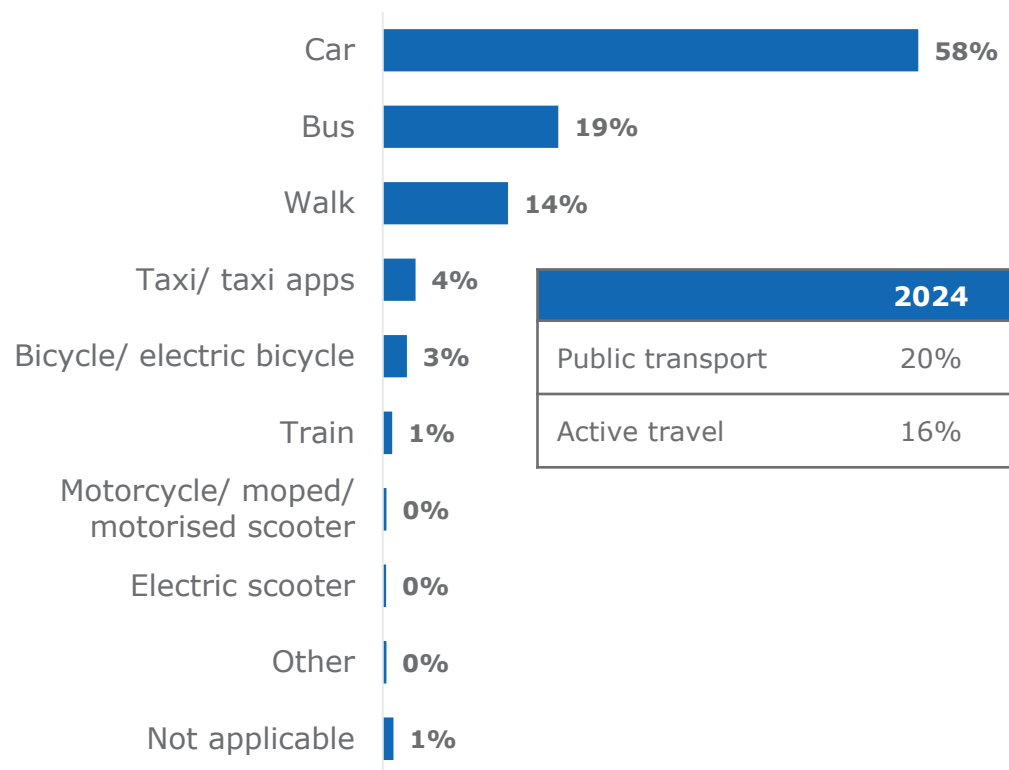
⬆ ⬇ Sig higher/lower than previous survey

Active travel (II)

The car is also the most popular form of transport for going to a place of work/education or for leisure.

Travelling to place of work or education

Car	43%
Bus	15%
Walk	12%
Bicycle/ electric bicycle	3%
Taxi/ taxi apps	1%
Train	1%
Motorcycle/ moped/ motorised scooter	0%
Electric scooter	0%
Other	1%
Not applicable	24%

	2024
Public transport	16%
Active travel	14%

Travelling for social or leisure purposes like seeing family/ friends

Car	58%
Bus	19%
Walk	14%
Taxi/ taxi apps	4%
Bicycle/ electric bicycle	3%
Train	1%
Motorcycle/ moped/ motorised scooter	0%
Electric scooter	0%
Other	0%
Not applicable	1%

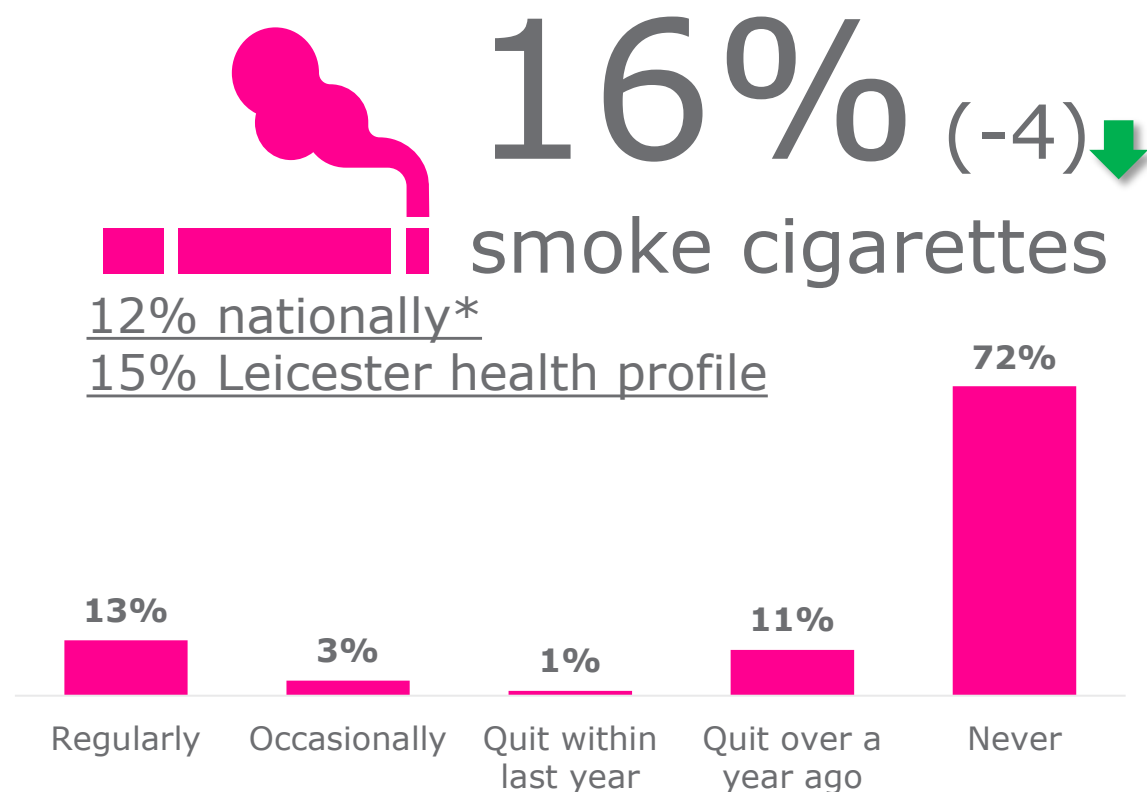|	2024
Public transport	20%
Active travel	16%

Smoking and vaping

- 13% of residents smoke regularly, with an additional 3% smoking occasionally. A majority (72%) have never smoked, and 1% have quit within the past year.

- Vaping is less common, with 5% vaping regularly and 4% occasionally, while 87% have never vaped.

- Only 49% of current smokers or tobacco users wish to quit, and 42% of vapers feel the same.

- Opinions on e-cigarette safety are mixed: 48% disagree that vaping is safer than smoking, while 18% agree, 12% are neutral, and 21% remain unsure.

- The use of other tobacco products is minimal.

Smoking: cigarettes

13% report that they currently smoke cigarettes regularly, and 3% smoke occasionally. A small proportion of residents (1%) have quit smoking within the last year, while 11% quit over a year ago. The majority, however, (72%) state that they have never smoked.

16% (-4)⬇

smoke cigarettes

12% nationally*
15% Leicester health profile

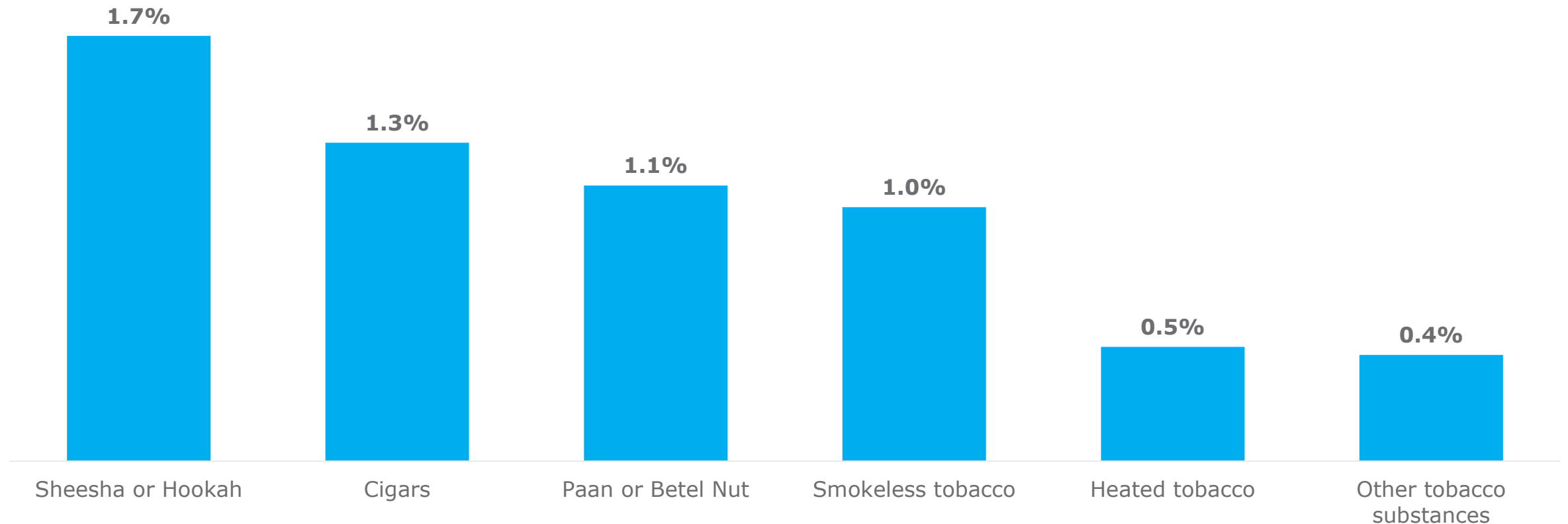| Regularly	Occasionally	Quit within last year	Quit over a year ago	Never
13%	3%	1%	11%	72%

Groups more likely to smoke cigarettes

Aged 50-59: 20%

Male: 19%

Western: 32% | Beaumont Leys: 25%

White Other: 34%

O level/GCSE/CSE/NVQ level 1-2: 23%

Low ratings of happiness: 36%

Q021. Have you ever smoked or used any of the following? Base: All respondents (2,100). 2018 data in brackets. *Based on latest public health profile data from Public Health England. **Based on Health Survey for England 2022

⬆ ⬇ Sig higher/lower than previous survey

Current use of other tobacco products

Usage of other tobacco products is very low, though of all other options, sheesha/hookah is most popular (2%). 16–29-year-olds and those who identify as Asian/Asian British are most likely to use sheesha/hookah.

| Sheesha or Hookah	Cigars	Paan or Betel Nut	Smokeless tobacco	Heated tobacco	Other tobacco substances
1.7%	1.3%	1.1%	1.0%	0.5%	0.4%

Q021. Have you ever smoked or used any of the following? **Base:** All respondents (2,100). 2018 data in brackets.

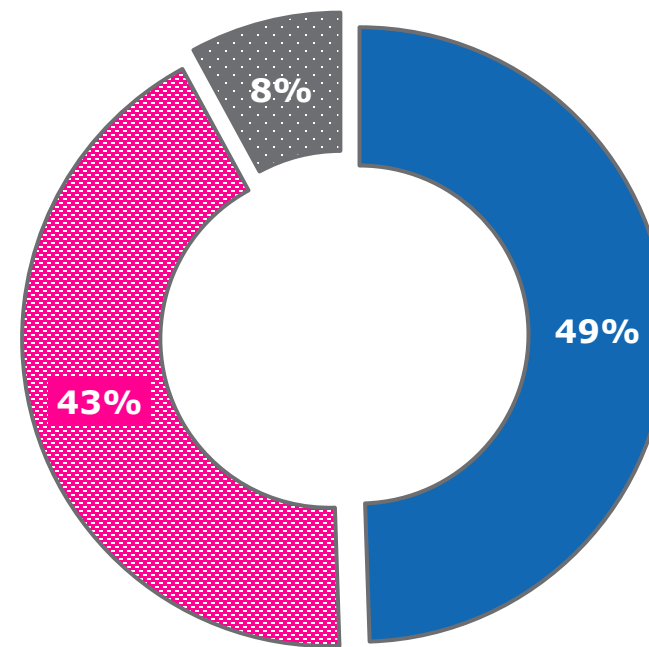# Giving up smoking

Though 61% of current smokers have tried to stop smoking in the past, just 49% of those who smoke or use tobacco products (excluding vapes) state that they would now like to quit, while 43% do not want to quit.

Ever tried to stop smoking/using tobacco in the past?

39%
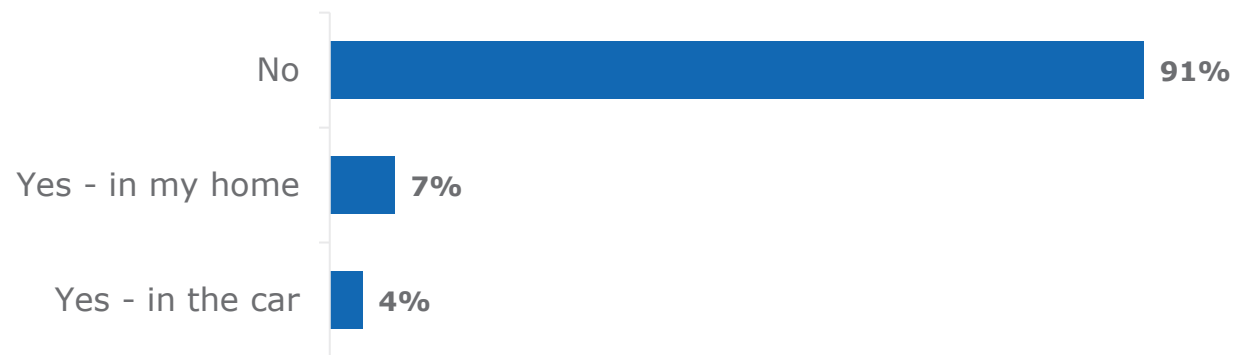
61%
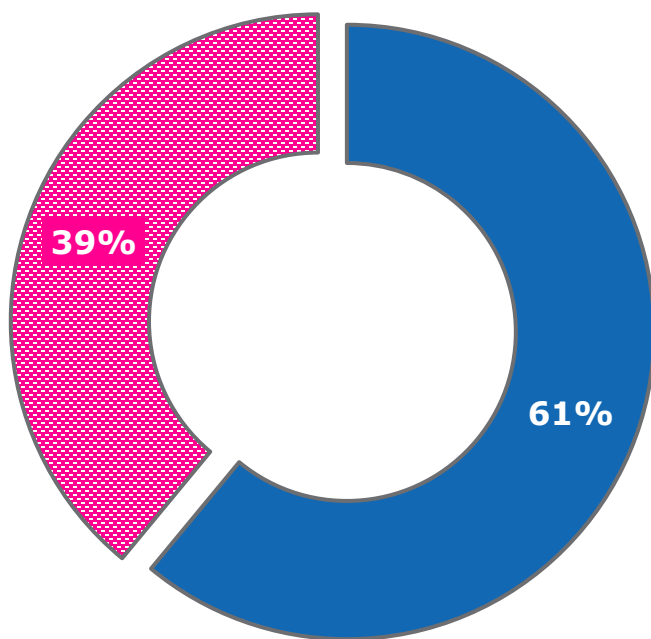
■ Yes   ■ No

Give up smoking/ using tobacco?

8%

49%

43%

■ Yes   ■ No   ■ Don't know

Smoking at home/in the car

The vast majority of Leicester residents do not smoke in their car or home (91%). Nevertheless, smoking in the home is more common than smoking in the car.

Does anyone smoke in your home/car on most days (excluding e-cigs)

- No **91%**
- Yes - in my home **7%**
- Yes - in the car **4%**

Someone smokes in home

31%
17%
15%
7%

2010
2015
2018
2024

Key differences:

Residents aged 60-69 are 5% points higher than average to say that they smoke in their home (12%).

A similar proportion living in the West of the city smoke at home (13%). This is significantly higher than those in Central Leicester (2%) and the North (1%).

Prevalence rises even further for those without any formal educational qualifications (16%).

There are no significant differences in in-home smoking habits between those with young children in the house and those without (both 7%).

Q026. Does anyone smoke inside your home or car on most days? We are referring to tobacco cigarettes, not e-cigarettes or other vaping devices. **Base:** All respondents (2,100).

Sig higher/lower than previous survey

Vaping: e-cigarettes

5% of residents currently vape regularly, and 4% vape occasionally. Only 1% have quit vaping within the past year, and 2% have quit for over a year. Notably, 87% report that they have never vaped. Usage of other tobacco products is very low (<2%).

9% (+5) ↑
use e-cigarettes

9% nationally**

87%	Never
5%	Regularly
4%	Occasionally
1%	Quit within last year
2%	Quit over a year ago
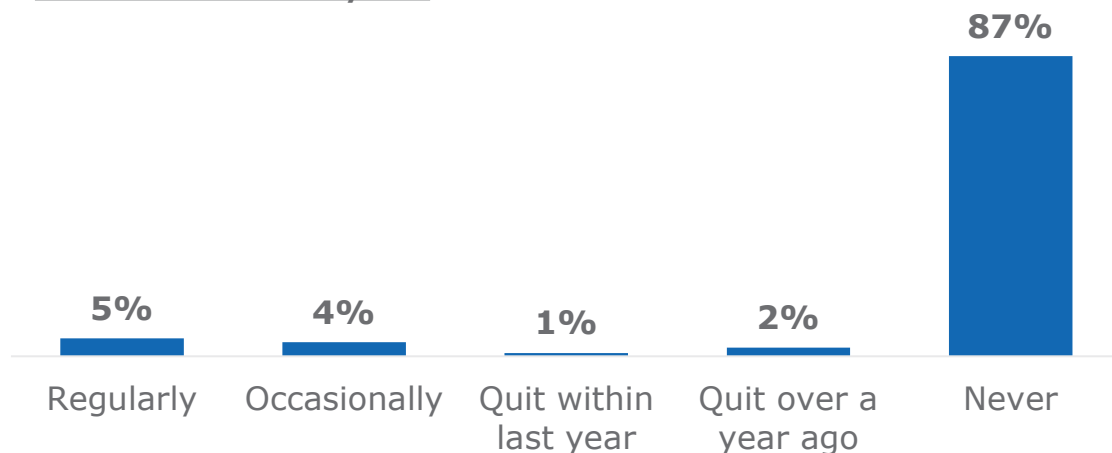
Groups more likely to use e-cigarettes

Feel affected by gambling: **28%**

White Other: **21%**

Socially isolated: **20%**

In social housing: **16%**

Aged 30-39: **13%**

Q021. Have you ever smoked or used any of the following? **Base:** All respondents (2,100). 2018 data in brackets.
*Based on latest public health profile data from Public Health England. **Based on Health Survey for England 2022

↑↓ Sig higher/lower than previous survey

Giving up vaping

Amongst those who vape, 50% show no interest in giving up. Just over two in five want to quit (42%).

8%

42%

50%

■ Yes   ■ No   ■ Don't know

Q023. Would you like to give up e-cigarettes (vaping)? **Base:** All current vapers (187).

Safety of e-cigarettes

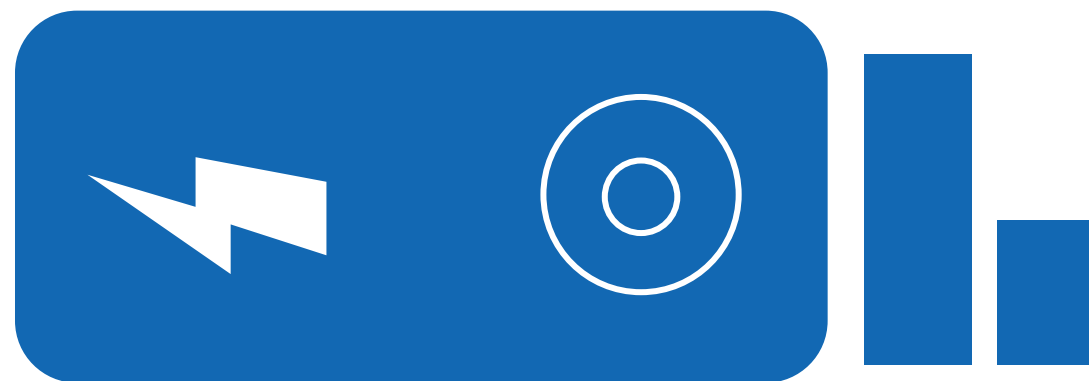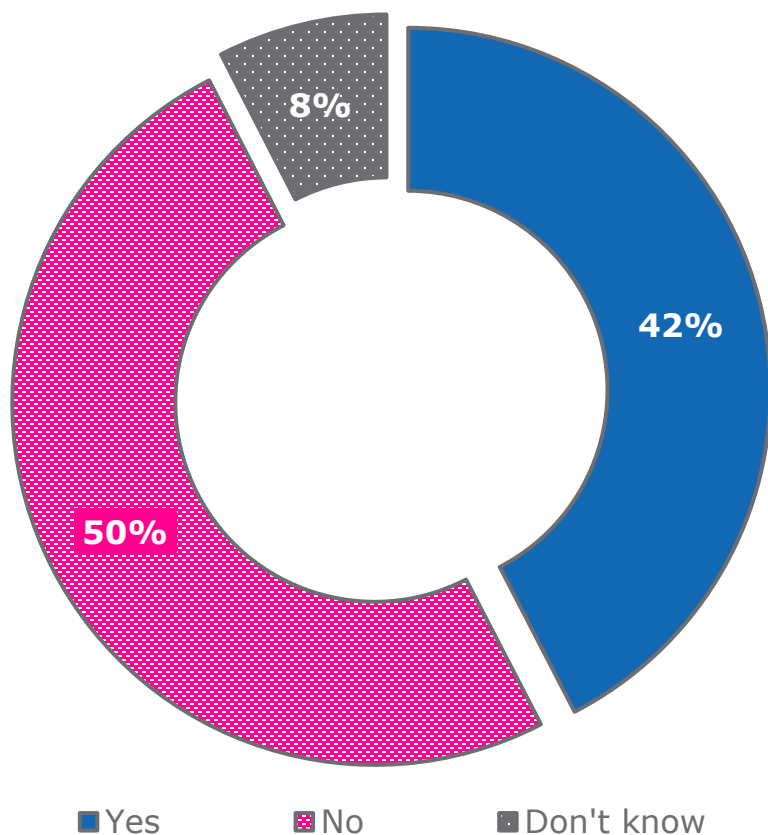A plurality of Leicester residents disagree that using e-cigarettes is a safer alternative to smoking than traditional cigarettes or tobacco products (48%). Of the remainder, around one in five agree (18%), while 12% are neutral. However, there is a fair amount of uncertainty as one in five residents (21%) say that they don't know. The level of agreement with this statement rises threefold amongst those who currently vape (56%).

Agreement that using e-cigarettes (vaping) is a safer alternative to smoking traditional cigarettes/ tobacco products

NET agree
18%

NET disagree
48%

| 5% | 13% | 12% | 13% | 35% | | 21% |
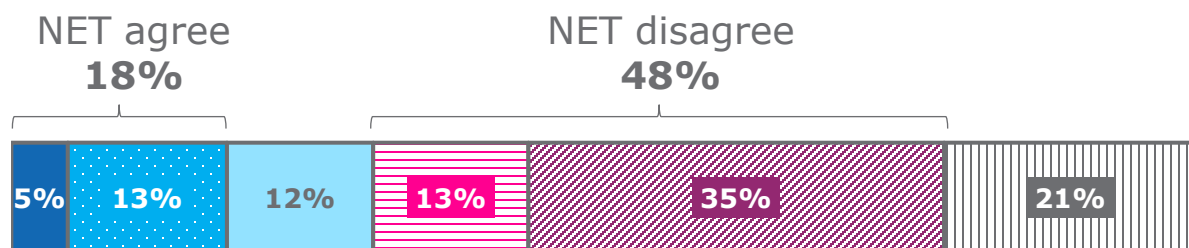
- ■ Strongly agree
- ■ Neither agree/ disagree
- ■ Strongly disagree
- ▦ Tend to agree
- ▦ Tend to disagree
- ▥ Don't know

Key differences:

Residents in the North West of the city are significantly more likely to agree that e-cigarettes are safer (40% v 18% total). Conversely, those living in Central Leicester are significantly more likely to express the opposite (54% disagree v 48% total).

Those of multiple heritage are also more likely than residents of any other ethnicity to disagree with the statement (64%), along with active individuals (53%) and those with low Audit C scores (50%).

Q025. To what extent do you agree or disagree that using e-cigarettes (vaping) is a safer alternative to smoking traditional cigarettes or tobacco products? **Base:** All respondents 2,100).

Alcohol consumption

- 55% of residents abstain from alcohol. This is well above the national average of 19% and is also up 4% since 2018.

- Among those who drink, most consume only 0-2 units per session (45%), with 16% drinking 5+ units and 2% drinking 10+ units. Weekly binge drinking is reported by 9% of men and 5% of women.

- An Audit C* assessment found 86% of residents are at low risk of alcohol dependence, 12% at increasing risk, and just 1% at higher risk. Less than 0.5% have scores indicating possible alcohol dependence.

*The AUDIT-C Test (Alcohol Use Disorders Identification Test - Consumption) is a simple screening tool used to identify individuals with risky or harmful drinking behaviours. See appendix for more detail.

Frequency of drinking alcohol (I)

Abstinence continues to grow in Leicester, with more than half of residents saying that they never drink (55%), which is 4% points higher than in 2018. This is far higher than the national average (19%) as per the Health Survey for England.

% Never

	2024	2018
16-29	55%	52%
30-39	59%	54%
40-49	57%	52%
50-59	48%	45%
60-69	55%	47%
70+	54%	55%
Male	50%	47%
Female	60%	56%
White British	29%	31%
White other	28%	37%
Asian/Asian British	79%	73%
Black/Black British	55%	72%
Multiple Heritage	44%	32%
Other Ethnicity	92%	82%

2024
- Never: 55%
- Monthly or less: 18%
- 2-4 times per month: 15%
- 2-3 times per week: 9%

2018
- Never: 51%
- Monthly or less: 18%
- 2-4 times per month: 12%
- 2-3 times per week: 12%
- 4 or more times per week: 6%

- ■ Never
- ■ Monthly or less
- ■ 2-4 times per month
- ■ 2-3 times per week
- ▨ 4 or more times per week
- ▥ Prefer not to say

Q038. How often do you have a drink containing alcohol? **Base:** All respondents (2,100).
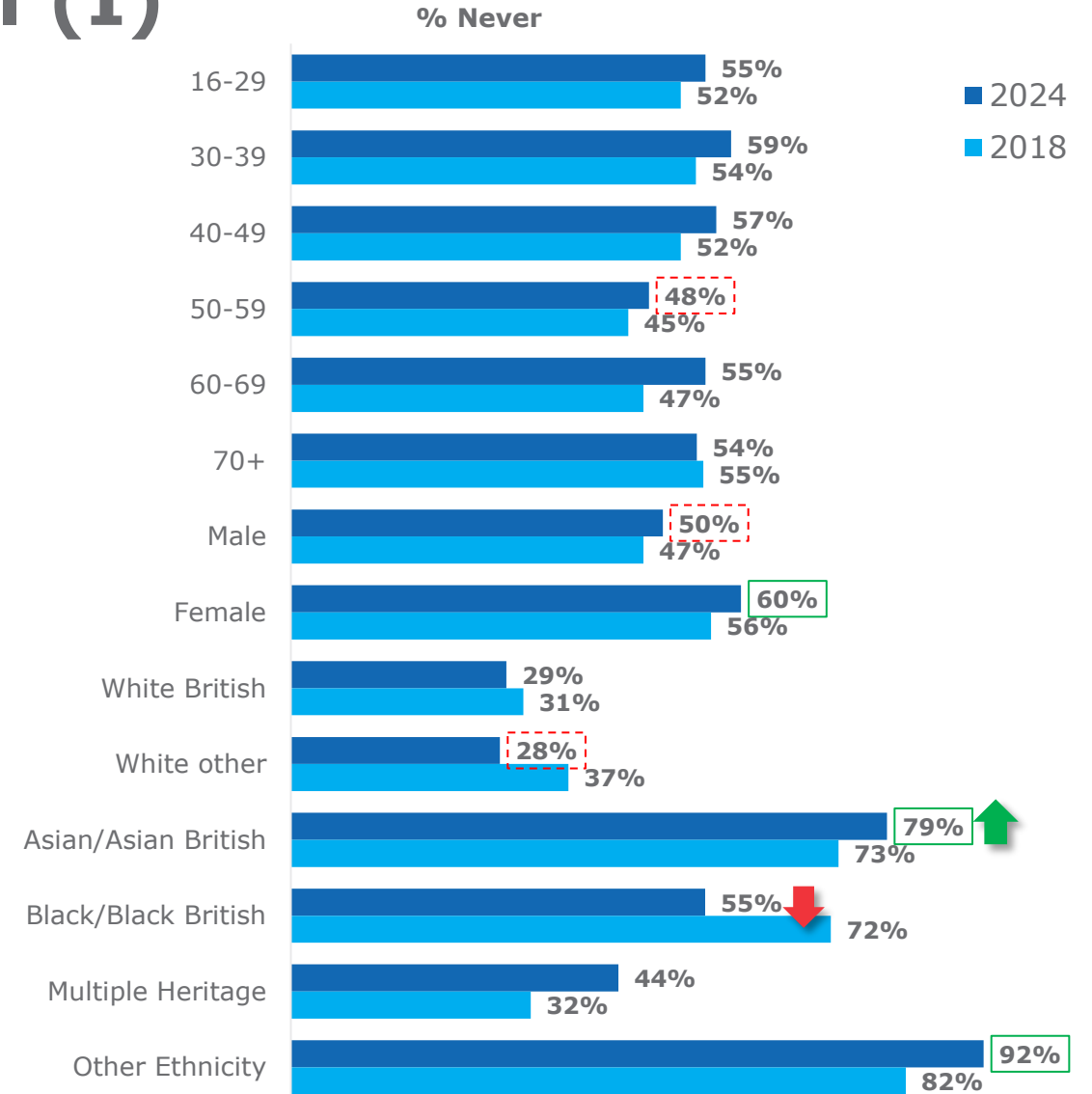
- Significantly higher than all other residents
- Significantly lower than all other residents
- Sig higher/lower than previous survey

52

Frequency of drinking alcohol (II)

Of those who do drink alcohol, most only drink 0-2 units on a typical day when they are drinking (45%). Just 16% consume 5 or more units and 2% have 10+ units, typically. 10% of men who drink alcohol have more than 8 units on a single occasion at least weekly. In comparison, 5% of women report drinking 6+ units at least weekly.
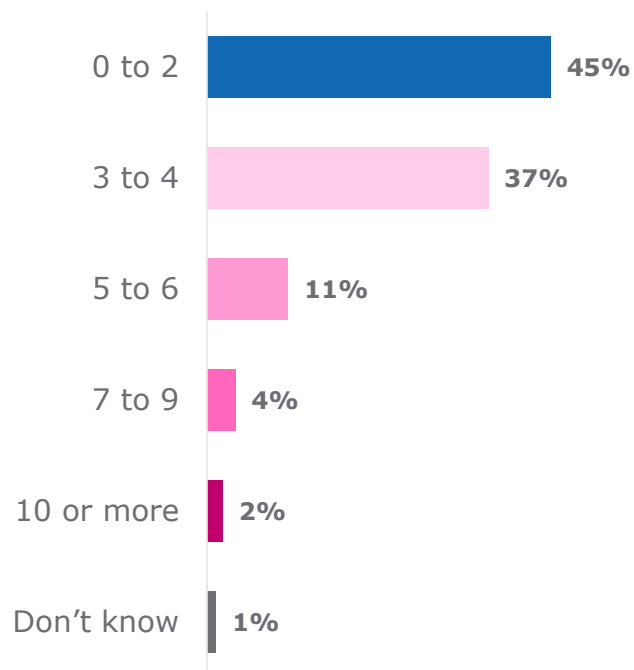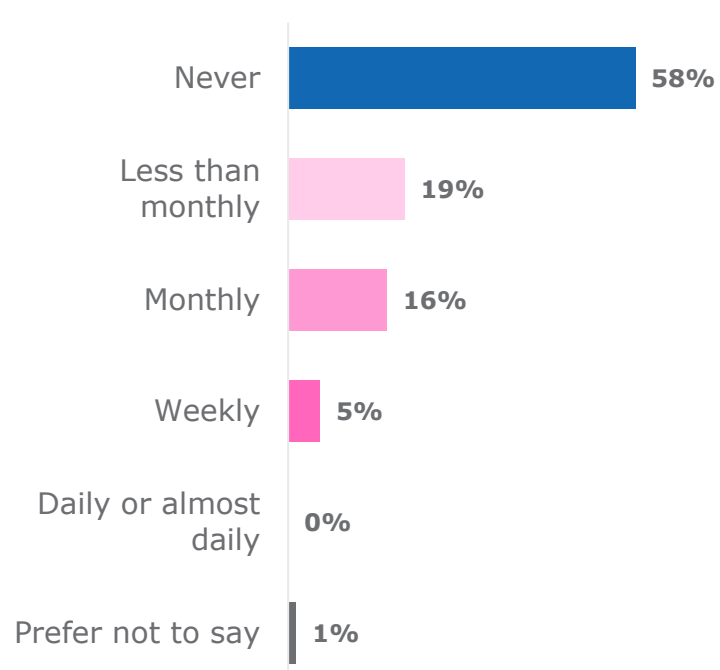
Alcohol units consumed on a typical day when drinking

0 to 2	45%
3 to 4	37%
5 to 6	11%
7 to 9	4%
10 or more	2%
Don't know	1%

Females: frequency of consuming ≥ 6 units of alcohol

Never	58%
Less than monthly	19%
Monthly	16%
Weekly	5%
Daily or almost daily	0%
Prefer not to say	1%

Males: frequency of consuming ≥8 units of alcohol
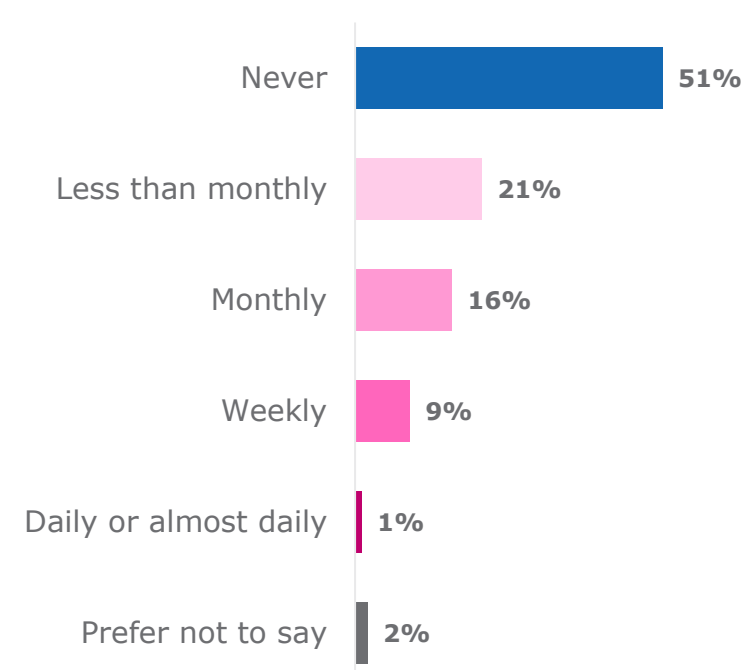
Never	51%
Less than monthly	21%
Monthly	16%
Weekly	9%
Daily or almost daily	1%
Prefer not to say	2%

Q039. How many units of alcohol do you drink on a typical day when you are drinking? **Base:** Those who drink alcohol (927)
Q040. How often have you had 6 or more units of alcohol on a single occasion in the last year? **Base:** Females who drink alcohol (422)
Q041. How often have you had 8 or more units of alcohol on a single occasion in the last year? **Base: M**ales who drink alcohol (504)

AuditC Score

Using the previous questions, an AuditC score was calculated for each respondent who gave a valid answer to the previous questions (n=2,051) to gauge possible alcohol dependence. 86% of these residents register as low-risk, 12% have a score indicating increasing risk, 1% are higher risk, and <0.5% have scores indicating possible alcohol dependence.

% Increasing risk

Audit C Score

Low risk (0-4 score)	86%
Increasing risk (5-7 score)	12%
Higher risk (8-10 score)	1%
Possible dependence (11-12 score)	<0.5%

Map labels:
- North West 29%
- North 5%
- East 7%
- West 21%
- Central 10%
- South 15%

Significantly higher than all other residents

Significantly lower than all other residents

Q039. How many units of alcohol do you drink on a typical day when you are drinking? **Base:** Those who drink alcohol (927)
Q040. How often have you had 6 or more units of alcohol on a single occasion in the last year? **Base:** Females who drink alcohol (422)
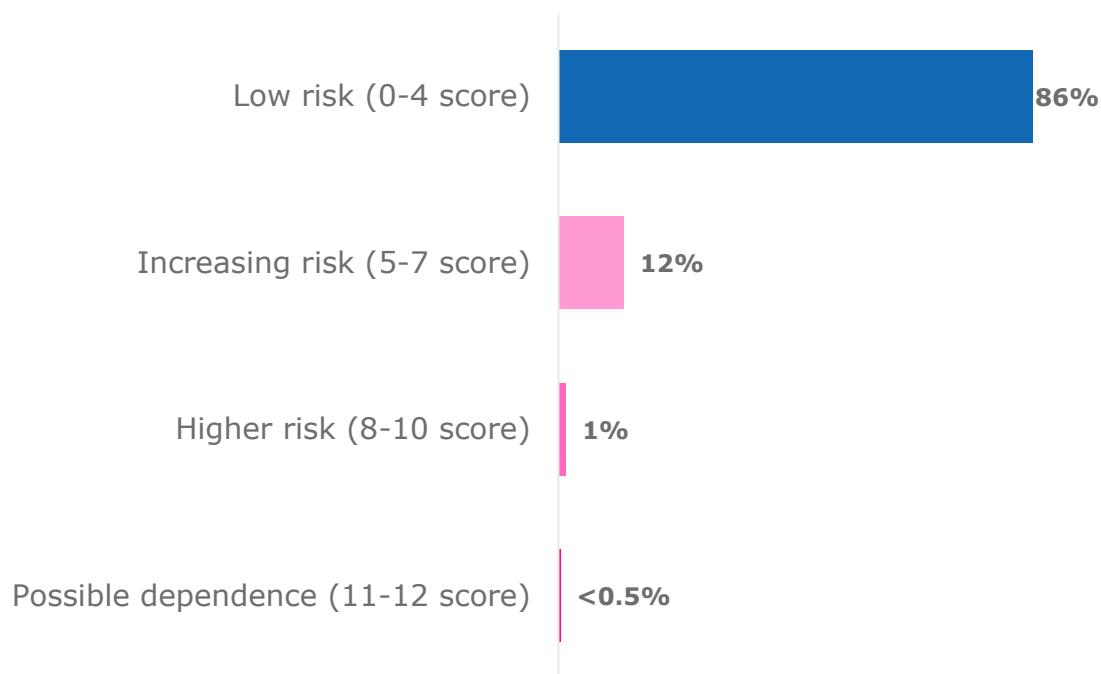**Q041.** How often have you had 8 or more units of alcohol on a single occasion in the last year? **Base:** Males who drink alcohol (504)
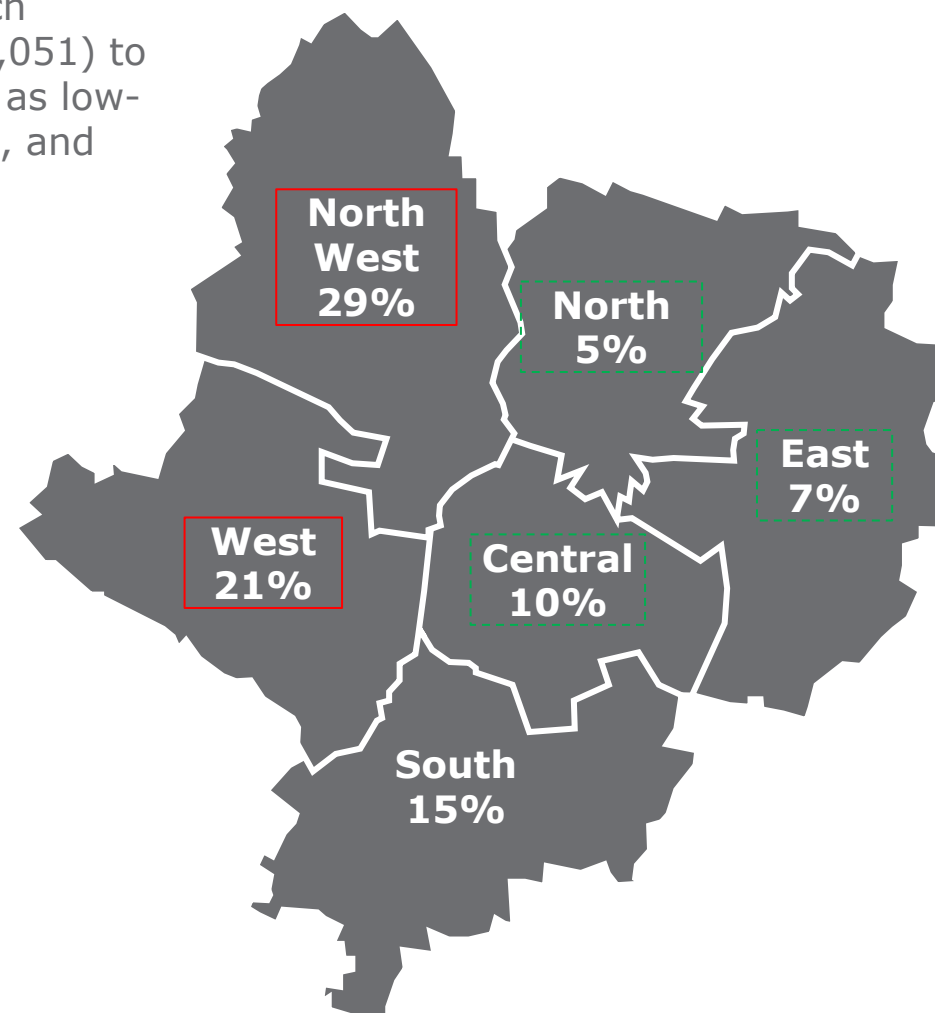
AuditC score by demographic

50–59-year-olds are the age group with the highest proportion scoring increasing risk or higher. In terms of ethnicity, those who are white British or white other have a higher risk profile. So too do males (+8% points compared to females).

Bar chart showing:

- 16-29: 12%, 1%
- 30-39: 15%, 1%
- 40-49: 11%, 1%
- 50-59: 15%, 3%
- 60-69: 8%
- 70+: 5%

- Male: 15%, 2%
- Female: 9%

- White British: 21%, 3%
- White other: 25%
- Asian/Asian British
- Black/Black British: 10%
- Multiple Heritage: 14%
- Other Ethnicity: 6%

- Economically active: 14%, 2%
- Economically inactive: 9%

Legend: ■ Increasing risk (5-7 score) □ Higher risk (8-10 score) ▨ Possible dependence (11-12 score)
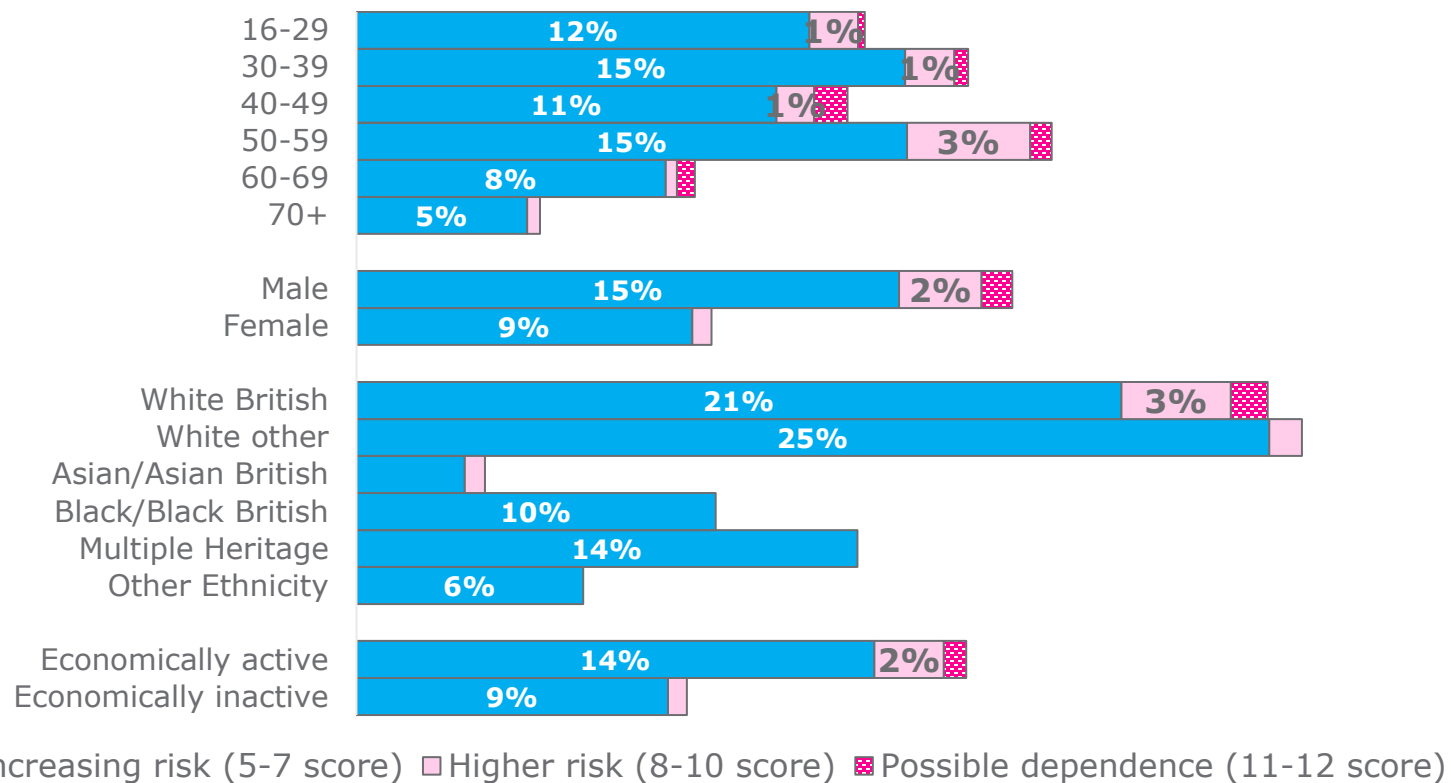
Group	% Increasing risk or higher
16-29	14%
30-39	17%
40-49	13%
50-59	19%
60-69	9%
70+	5%
Male	18%
Female	10%
White British	25%
White other	26%
Asian/Asian British	4%
Black/Black British	10%
Multiple Heritage	14%
Other Ethnicity	6%
Economically active	17%
Economically inactive	9%

Q038. How often do you have a drink containing alcohol? **Base:** All respondents (2051). Data labels <1% removed for neatness.

55

Sig higher/lower than previous survey

Gambling

- 8% of residents feel affected by gambling, with males (10%) and White other residents (12%) reporting higher rates, while Asian/Asian British residents are least affected (5%).

- The lottery (24%) and scratchcards (12%) are the most popular forms of gambling, but seven in ten of the population do not gamble at all.

- Gambling is more common among males (33% vs. 26% females), and White British residents (47%). Those in social housing (36%) and residents who consume alcohol (47%) are also more likely to gamble.

- Notably, 75% of those affected by gambling participate in it themselves.

Feeling affected by gambling

One in twelve feel affected by gambling at least sometimes (8%). This rises to 10% for males, and further still to 12% for White other residents. In contrast, Asian/Asian British residents are least affected (5%).

% affected at least sometimes

Age	16-29	**9%**
	30-39	**10%**
	40-49	**8%**
	50-59	**10%**
	60-69	**6%**
	70+	**5%**
Gender	Male	**10%**
	Female	**7%**
Ethnicity	White British	**11%**
	White other	**12%**
	Asian/Asian British	**5%**
	Black/Black British	**11%**
	Multiple Heritage	**10%**
	Other Ethnicity	**6%**
Working status	Economically active	**9%**
	Economically inactive	**6%**

Always/most of the time/sometimes →

8%

91%

7%
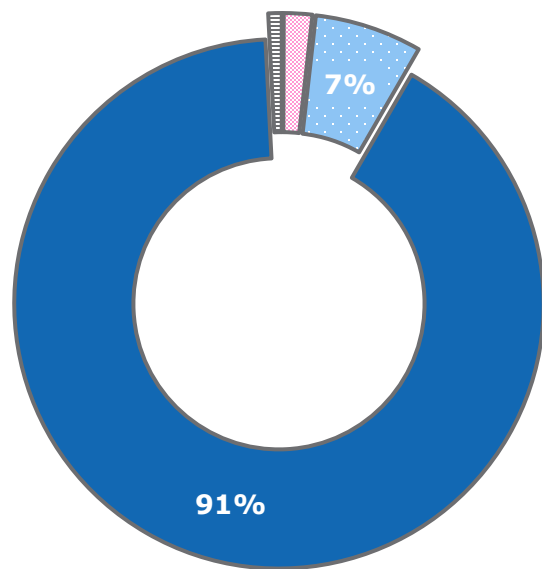
- ▨ Always
- ▨ Most of the time
- ▨ Sometimes
- ◼ Never
- ▤ Prefer not to say
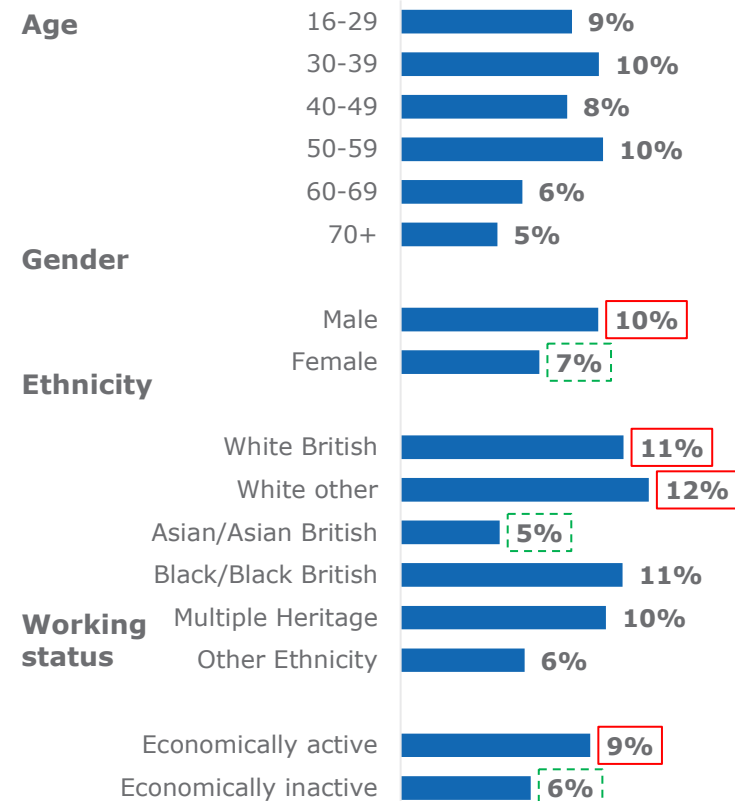
Q037. Do you feel you are affected by any gambling, either your own or someone else's? **Base:** All respondents (2,100). Data labels <5% removed for neatness.

Significantly higher than all other residents

Significantly lower than all other residents

Sig higher/lower than previous survey

57

Types of gambling

While the vast majority of residents (69%) have not spent their money on any form of gambling within the last month, one-quarter report taking part in the lottery (24%) while 12% have purchased scratchcards.

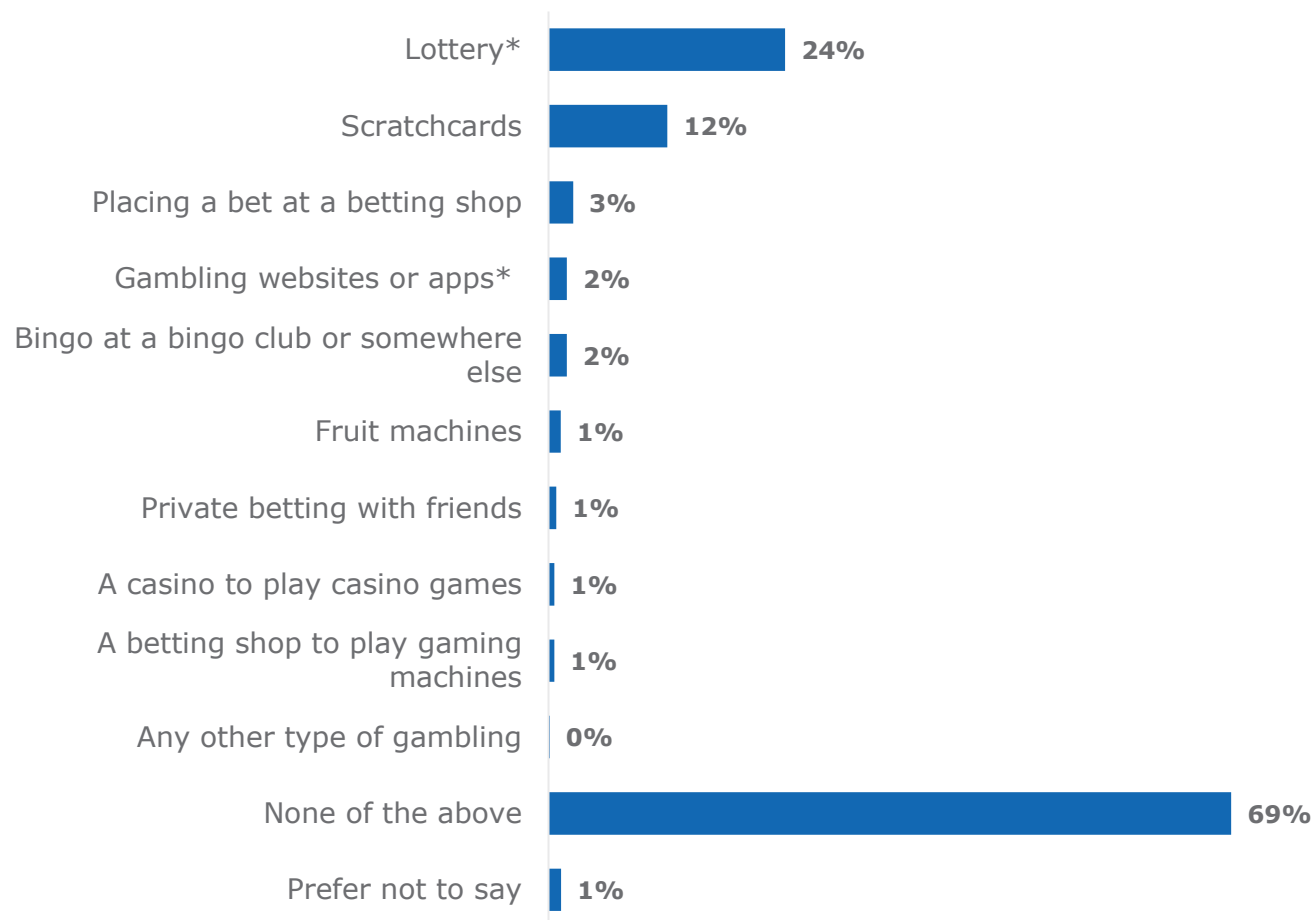| Category	Percentage
Lottery*	24%
Scratchcards	12%
Placing a bet at a betting shop	3%
Gambling websites or apps*	2%
Bingo at a bingo club or somewhere else	2%
Fruit machines	1%
Private betting with friends	1%
A casino to play casino games	1%
A betting shop to play gaming machines	1%
Any other type of gambling	0%
None of the above	69%
Prefer not to say	1%

Key differences:

Those aged 50-59 or 60-69 are significantly more likely than all other age groups to take part in any type of gambling (42% and 37% respectively). In contrast, just 21% of those aged 16-29 report that they gambled.

Males are 7% points more likely to report that they have gambled compared to females (33% cf. 26%).

47% of White British residents gamble in some way which is the most of any ethnic grouping. Conversely, just 16% of the Asian/Asian British community and 9% who identify as an Other ethnicity gamble.

Over one-third of residents in social housing engage in gambling of some sort (36%), with almost one quarter buying scratchcards (23% v 12% total).

Those who drink alcohol are significantly more likely than those who do not to also gamble (47% v 15% respectively).

Notably, 37% of residents who feel that their financial status has gotten worse over the past 12 months gamble in some way. This is significantly higher than the figure for those who feel better off, or about the same (both 25%).

Finally, around three-quarters of those who feel affected by gambling have participated themselves.

Q036. Have you spent any of YOUR money on any of the following in the last month?
Base: All respondents (2,100). *Full code descriptions in notes.

Financial

- In Leicester, 38% of residents have run out of money at least occasionally in the past year, with 14% experiencing this frequently.

- Difficulties in paying bills or buying groceries affect 32% of residents, with 23% struggling with energy costs, a rise of 13% points from 2018.

- While 53% feel financially stable compared to last year, only 11% feel better off, down 14% points.

- Food insecurity impacts just under two in ten residents.

- Support service usage is lower, with Citizen's Advice accessed by 7% annually.

Run out of money

As may be expected given recent inflationary pressures, financial vulnerability has increased, with the percentage who say that they hardly ever/never run out of money falling from seven in ten (69%) to six in ten (61%) residents. This is driven by an increase 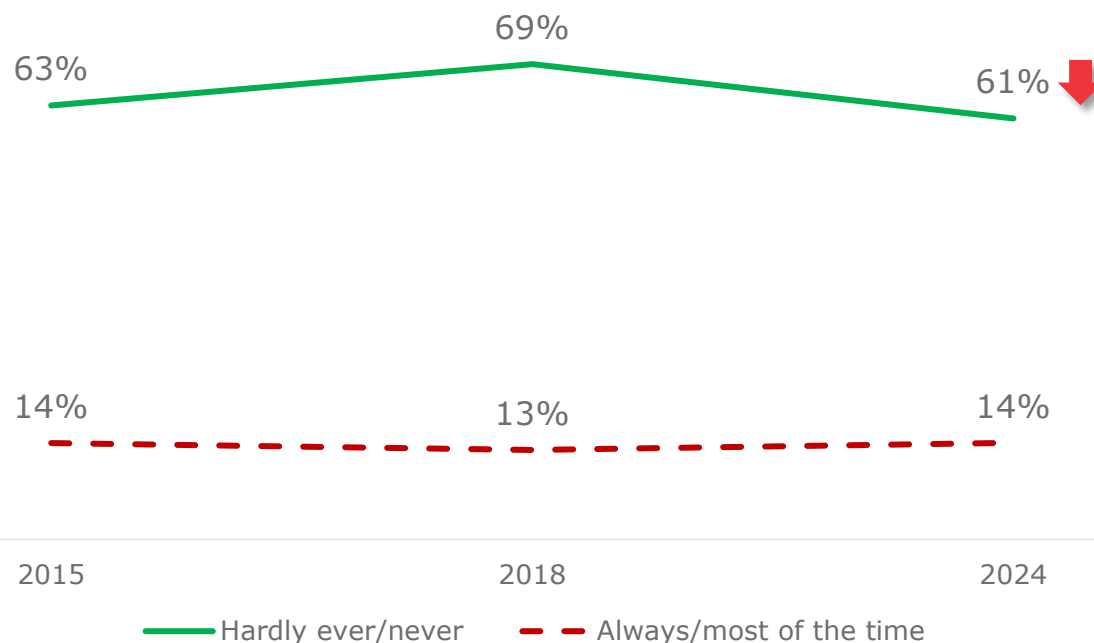in the percentage who say that they sometimes run out of money (+7% points), as the percentage who run out of money most of the time/always has remained stable (14%).

2024

- 51%
- 10%
- 24%
- 10%
- 4%
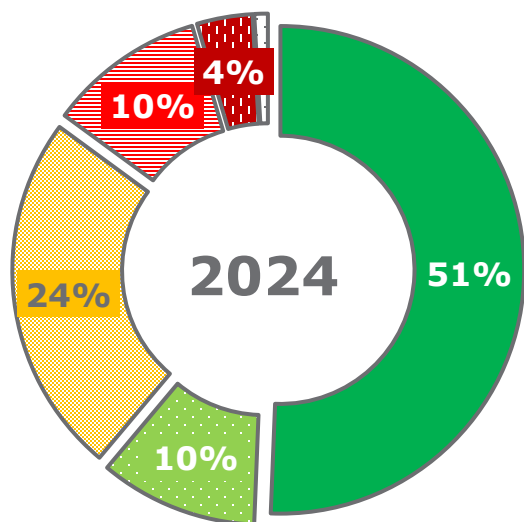
- ■ Never
- ■ Hardly ever
- ▦ Sometimes
- ▤ Most of the time
- ◪ Always
- □ Don't know/prefer not to say

Trend over time

Hardly ever/never: 63% (2015), 69% (2018), 61% (2024) ▼

Always/most of the time: 14% (2015), 13% (2018), 14% (2024)

2015   2018   2024

— Hardly ever/never   - - - Always/most of the time

Q016. In the past 12 months, how often, if at all, have you run out of money before the end of the week or month? **Base:** All respondents (2,100). Data labels <4% removed for neatness.

Sig higher/lower than overall   60

Run out of money (% most of the time/always): demographic breakdown

Those aged 30-39 are more likely than all other age groups to say that they run out of money most of the time/always. Wave-on-wave the results by age are largely stable, but the percentage of 60-69 and 70+ year-olds who report running out of money this often has doubled. This may be due to the more fixed nature of income within these age bands, as many will be retired and as such will have had a more limited ability to take on extra hours/change jobs to offset increases to the cost of living.

Age

Age	2024	2018
16-29	13%	13%
30-39	17%	13%
40-49	16%	19%
50-59	15%	16%
60-69	15% ↑	7%
70+	8% ↑	3%

■ 2024
■ 2018

Ethnicity

Ethnicity	2024	2018
White British	17%	15%
White other	16% ↑	8%
Asian/Asian British	10%	10%
Black/Black British	18%	16%
Multiple Heritage	18%	23%
Other Ethnicity	16%	0%

Gender

Gender	2024	2018
Male	13% ↑	10%
Female	15%	15%

Economic status

Economic status	2024	2018
Economically active (excl. students)	14%	14%
Economically inactive (excl. students)	14%	12%
Full-time education	14% ↑	8%

Children

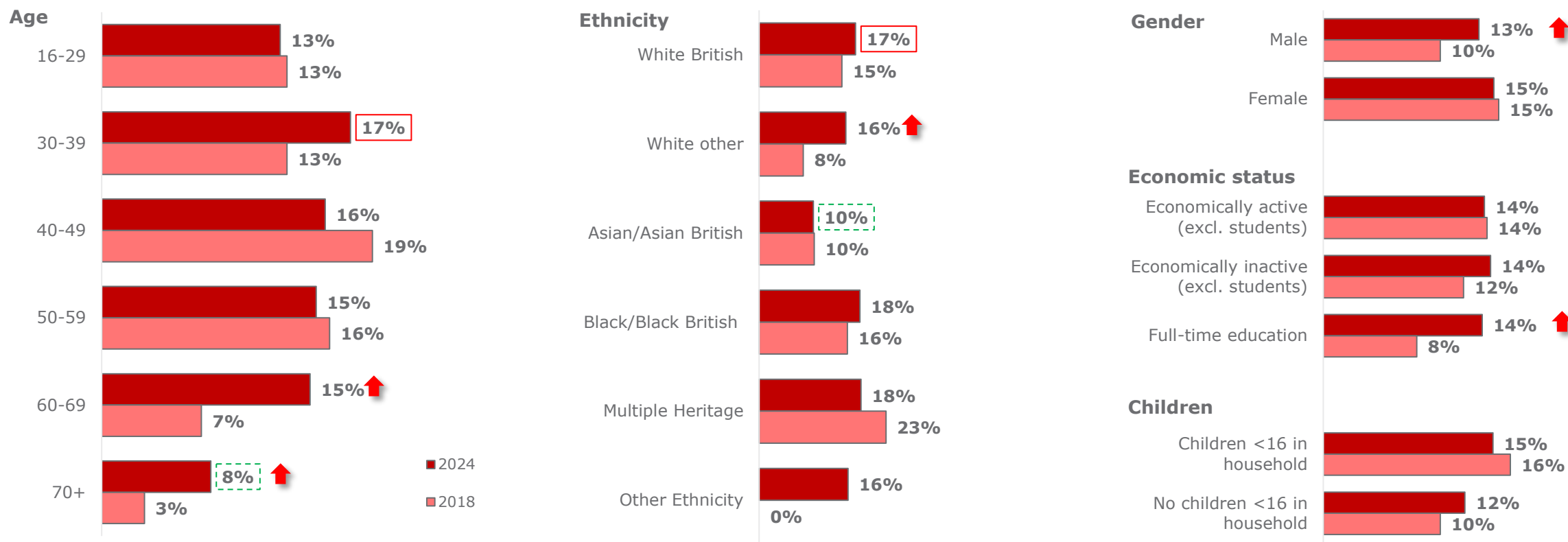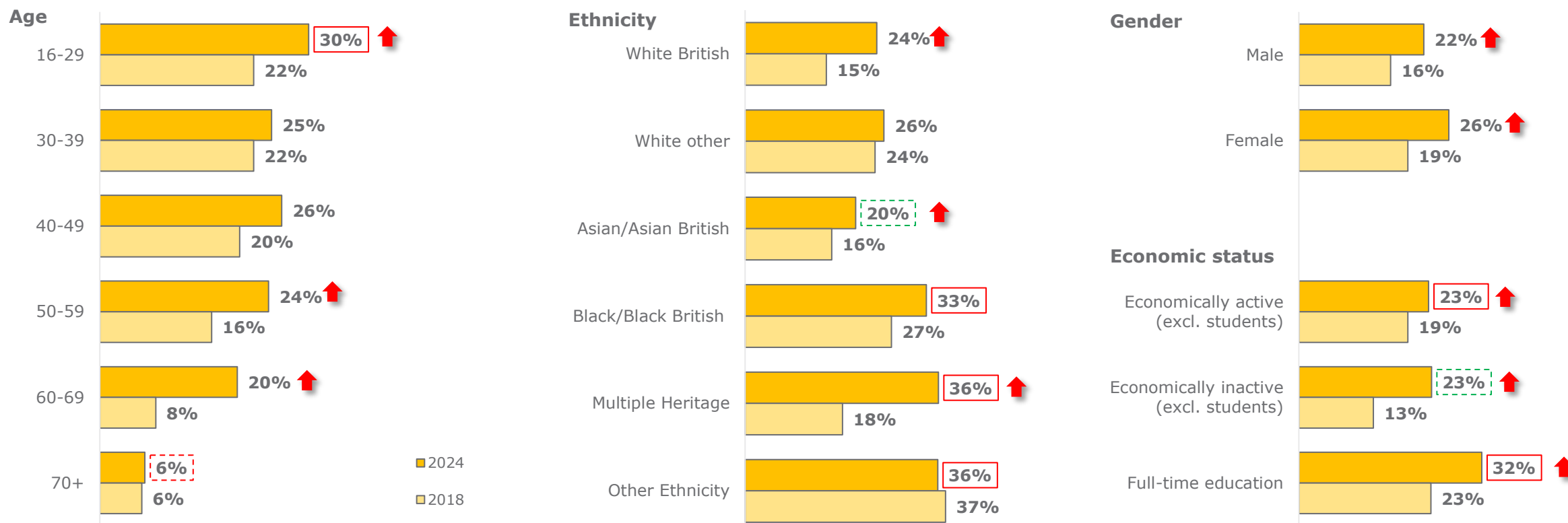| Children	2024	2018
Children <16 in household	15%	16%
No children <16 in household	12%	10%

Q016. In the past 12 months, how often, if at all, have you run out of money before the end of the week or month? **Base:** All respondents (2,100).
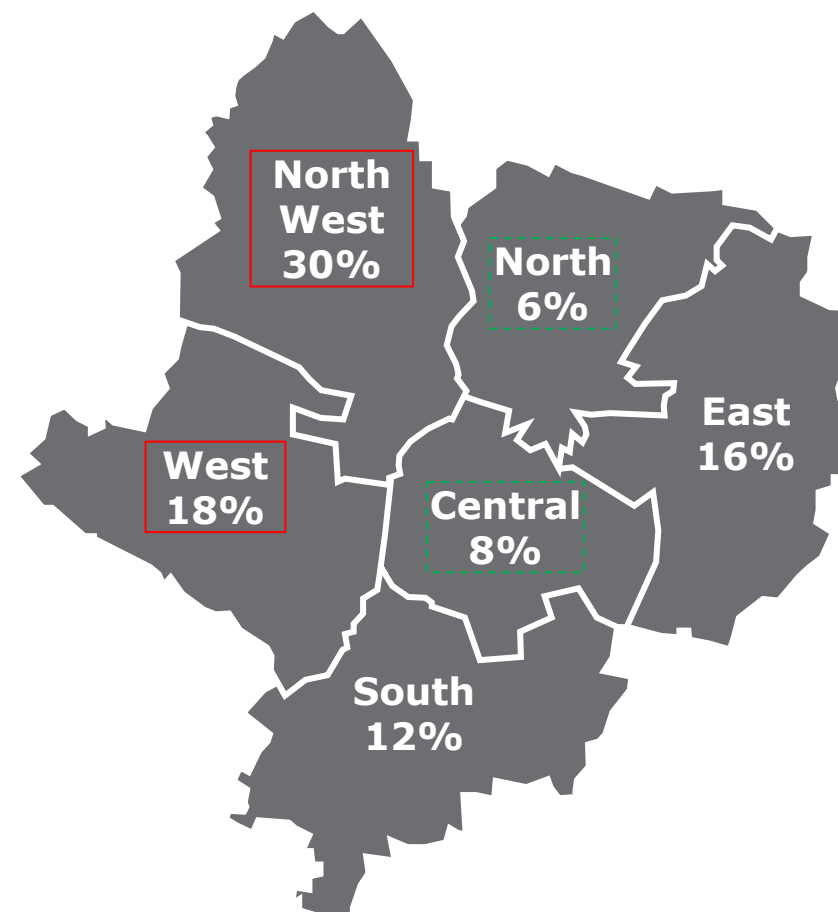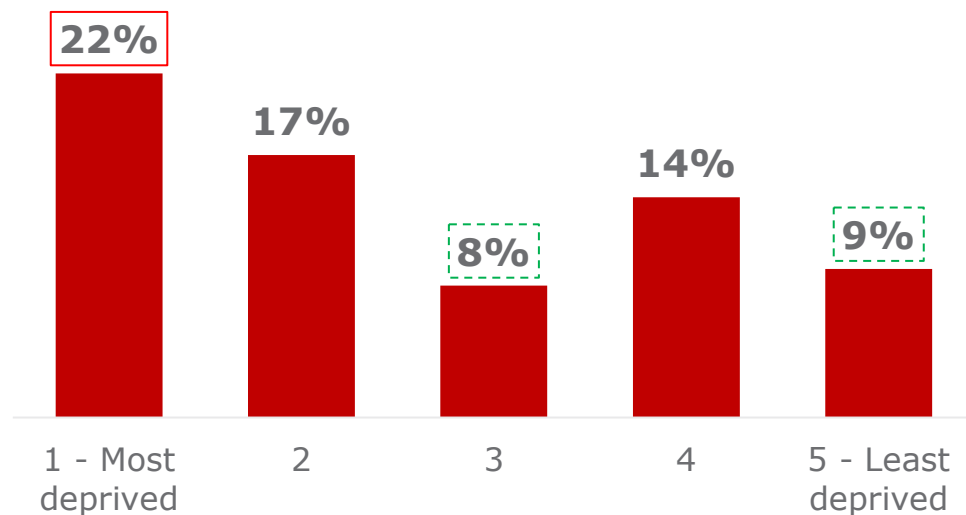
61

☐ Significantly higher than all other residents

☐ Significantly lower than all other residents

↑↓ Sig higher/lower than previous survey

Run out of money (% sometimes): demographic breakdown

The growth in the percentage who 'sometimes' run out of money is primarily driven by the youngest age group, along with 50-59 and 60-69 year-olds. There is also a substantial increase in this figure among those who are White British. It is, however, black, multiple heritage and those who identify as an 'other' ethnicity who are significantly more likely than other ethnicities to run out of money sometimes.

Age

Age	2024	2018
16-29	30% ▲	22%
30-39	25%	22%
40-49	26%	20%
50-59	24% ▲	16%
60-69	20% ▲	8%
70+	6%	6%

Ethnicity

Ethnicity	2024	2018
White British	24% ▲	15%
White other	26% ▲	24%
Asian/Asian British	20% ▲	16%
Black/Black British	33%	27%
Multiple Heritage	36% ▲	18%
Other Ethnicity	36%	37%

Gender

Gender	2024	2018
Male	22% ▲	16%
Female	26% ▲	19%

Economic status

Economic status	2024	2018
Economically active (excl. students)	23% ▲	19%
Economically inactive (excl. students)	23% ▲	13%
Full-time education	32% ▲	23%

■ 2024 ■ 2018

Significantly higher than all other residents

Significantly lower than all other residents

Sig higher/lower than previous survey

Run out of money (% most of the time/always) demographic breakdown

There are clear disparities in financial vulnerability by region, with those in the North West (30%) being five times more likely to say that they run out of money compared to those in the North (6%).
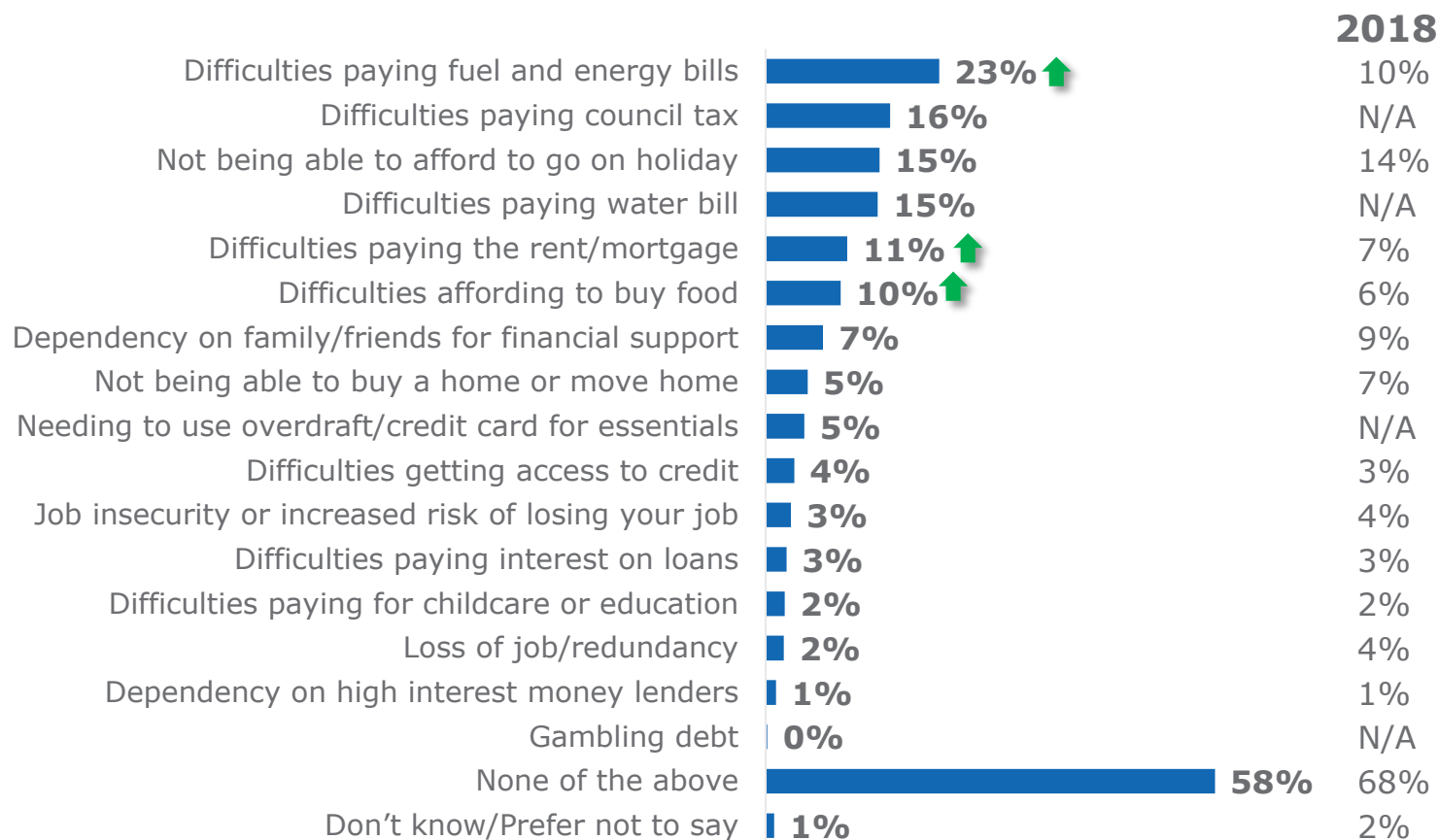
Leicester IMD quintile

22%	17%	8%	14%	9%
1 - Most deprived	2	3	4	5 - Least deprived

North West 30%

North 6%

East 16%

West 18%

Central 8%

South 12%

Significantly higher than all other residents

Significantly lower than all other residents

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**
Difficulties paying fuel and energy bills	**23%** ⬆	10%
Difficulties paying council tax	**16%**	N/A
Not being able to afford to go on holiday	**15%**	14%
Difficulties paying water bill	**15%**	N/A
Difficulties paying the rent/mortgage	**11%** ⬆	7%
Difficulties affording to buy food	**10%** ⬆	6%
Dependency on family/friends for financial support	**7%**	9%
Not being able to buy a home or move home	**5%**	7%
Needing to use overdraft/credit card for essentials	**5%**	N/A
Difficulties getting access to credit	**4%**	3%
Job insecurity or increased risk of losing your job	**3%**	4%
Difficulties paying interest on loans	**3%**	3%
Difficulties paying for childcare or education	**2%**	2%
Loss of job/redundancy	**2%**	4%
Dependency on high interest money lenders	**1%**	1%
Gambling debt	**0%**	N/A
None of the above	**58%**	68%
Don't know/Prefer not to say	**1%**	2%

	2024	**2018**
Basic living costs*	31%	14%
Employment*	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.

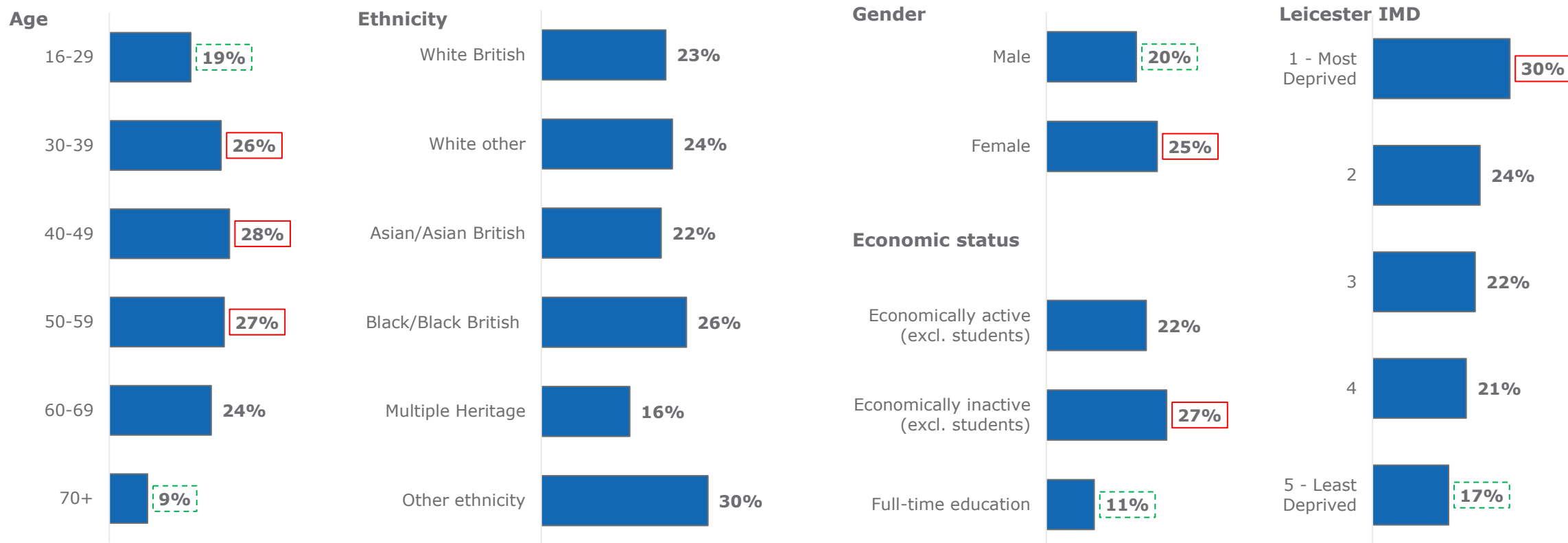⬆ ⬇ Sig higher/lower than previous survey
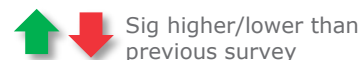
Difficulties paying for fuel and energy bills: demographic breakdown

Residents who are economically inactive are substantially more likely to report difficulties in paying for fuel and energy bills. 30-59 year olds, the most deprived residents, and women are also more likely to report this.

23% overall

Age

16-29	19%
30-39	26%
40-49	28%
50-59	27%
60-69	24%
70+	9%

Ethnicity

White British	23%
White other	24%
Asian/Asian British	22%
Black/Black British	26%
Multiple Heritage	16%
Other ethnicity	30%

Gender

Male	20%
Female	25%

Economic status

Economically active (excl. students)	22%
Economically inactive (excl. students)	27%
Full-time education	11%

Leicester IMD

1 - Most Deprived	30%
2	24%
3	22%
4	21%
5 - Least Deprived	17%

Q017. Have you been affected by any of the following in the last 12 months? **Base:** All respondents (2,100) Charts based on those stating that they have difficulties paying for fuel and energy bills (474)

Significantly higher than all other residents

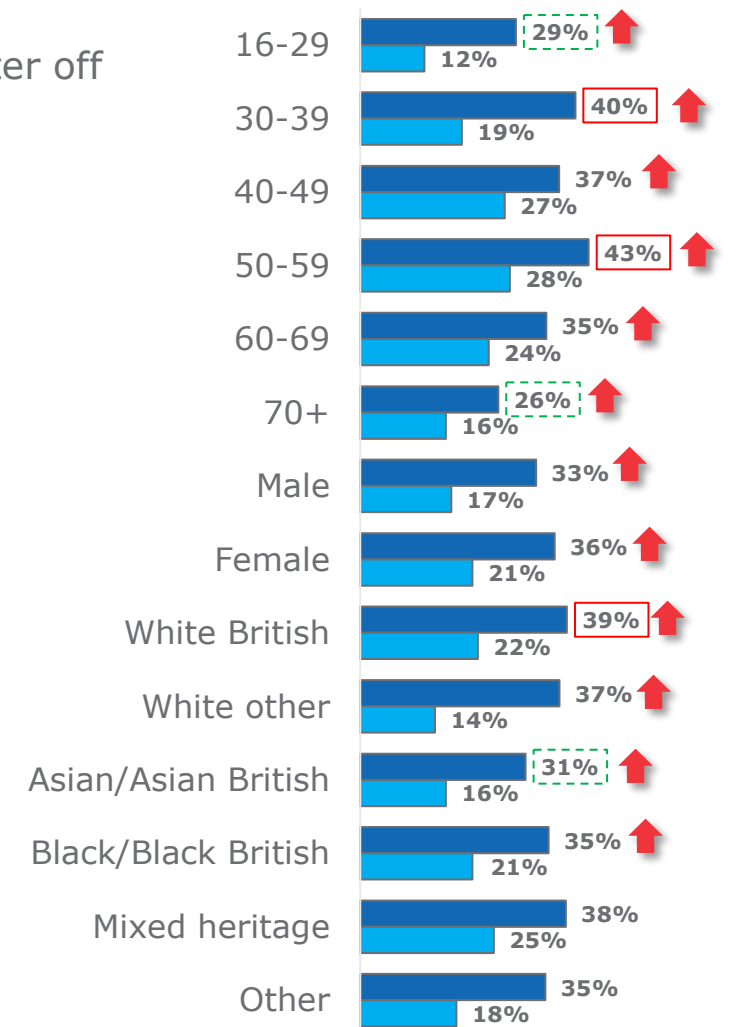Significantly lower than all other residents

65

Financial situation

Responses are decisively less positive compared to 2018, laying bare the challenging economic climate of the post-covid era. The percentage who report that they are better off financially compared to 2018 has more than halved compared to 2018, while the percentage who say they are worse off has near doubled.

- 1%
- 11%
- 35%
- 53%
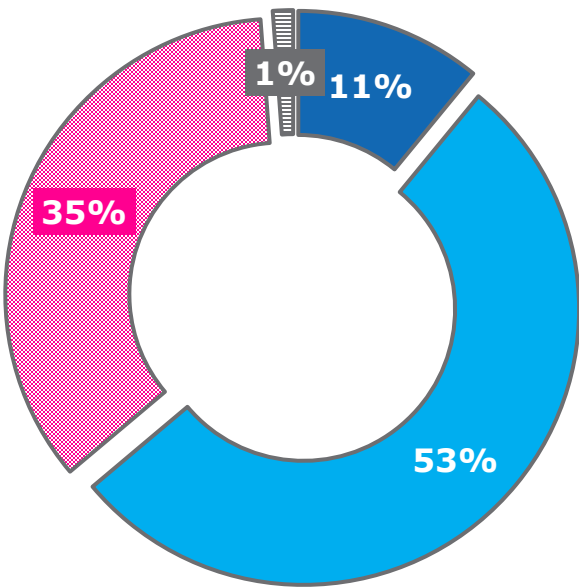
■ Better off   ■ About the same
▦ Worse off   ▤ Don't know

	2024	2018
Better off	11%	25%
About the same	53%	54%
Worse off	35%	19%

% Worse off   ■2024 ■2018

	2024	2018
16-29	29%	12%
30-39	40%	19%
40-49	37%	27%
50-59	43%	28%
60-69	35%	24%
70+	26%	16%
Male	33%	17%
Female	36%	21%
White British	39%	22%
White other	37%	14%
Asian/Asian British	31%	16%
Black/Black British	35%	21%
Mixed heritage	38%	25%
Other	35%	18%

Q018. Do you feel better off, worse off, or about the same financially than you did 12 months ago?
Base: All respondents (2,100).

Significantly higher than all other residents
Significantly lower than all other residents
Sig higher/lower than previous survey

66

Food insecurity

Due to a lack of money or other resources, one in five had to limit the types of food they ate – 12% were unable to eat healthy foods, and 8% had to limit the variety in their diet. One in twenty say that they were worried about not having enough food.
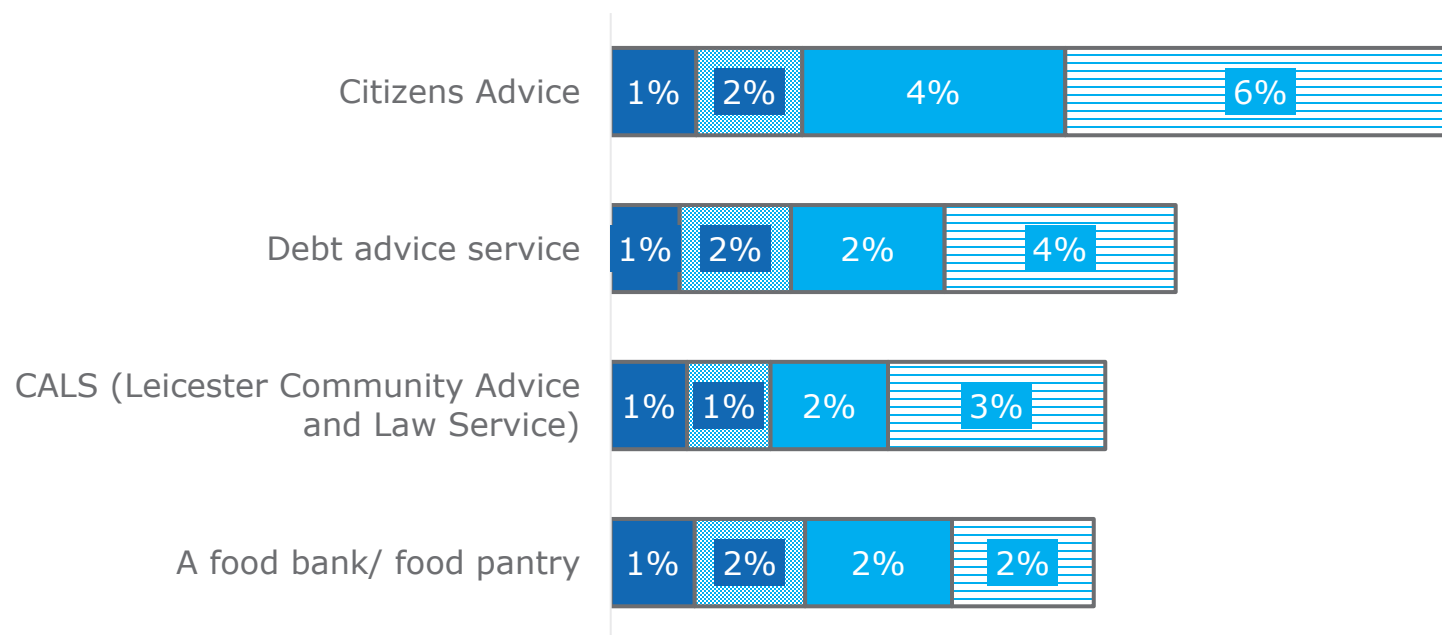
You were unable to eat healthy and nutritious food	**12%**
You ate only a few kinds of foods	**8%**
You were worried you would not have enough food…	**5%**
You ate less than you thought you should	**4%**
You had to skip a meal	**4%**
You were hungry but did not eat	**2%**
Your household ran out of food	**2%**
You went without eating for a whole day	**1%**
Prefer not to say	**1%**
None of the above	**79%**
Summary: Any of the above	**19%**

Key differences:

Around 20% of each age group say that they have experienced at least one of these things, apart from those aged 70+ where it drops to 8%.

Those who are white British (24%) or of multiple heritage (34%) are more likely to have experienced any of these also, along with carers (27%), those who have a health condition or disability that reduces their ability to carry our day-to-day tasks (33%) and social (29%) and private (22%) renters.

Use of support services

Use of support services in Leicester is limited. The most commonly used service is Citizens Advice, with 13% reporting using it, although around half report using it less frequently than yearly. 1% report relying on a food bank at least once a week and 2% at least once a month.

Citizens Advice: 1% | 2% | 4% | 6%

Debt advice service: 1% | 2% | 2% | 4%

CALS (Leicester Community Advice and Law Service): 1% | 1% | 2% | 3%

A food bank/ food pantry: 1% | 2% | 2% | 2%

- ■ At least once a week
- ▒ Less than once a week but at least once a month
- ■ Less than once a month but at least once per year
- ⊟ Less than yearly

Key differences:

Residents in the North West of the city are more likely to use a food bank/pantry, with 19% having used one at some point (compared to 8% of the total sample). Likewise, 23% of North West residents have accessed debt advice services, compared to 9% of the total sample.

Those who are socially renting are significantly more likely to have accessed debt advice services (20% cf. 5% owned and 7% privately rented).

Q20. How often, if at all, have you used the following in Leicester? **Base:** All respondents (2,100).

Caring and caring responsibilities

- In Leicester, 11% of residents provide care for someone with long-term health conditions. This represents a fall of 2% points since 2018 (13%).

- 68% of these carers live with the person they support.
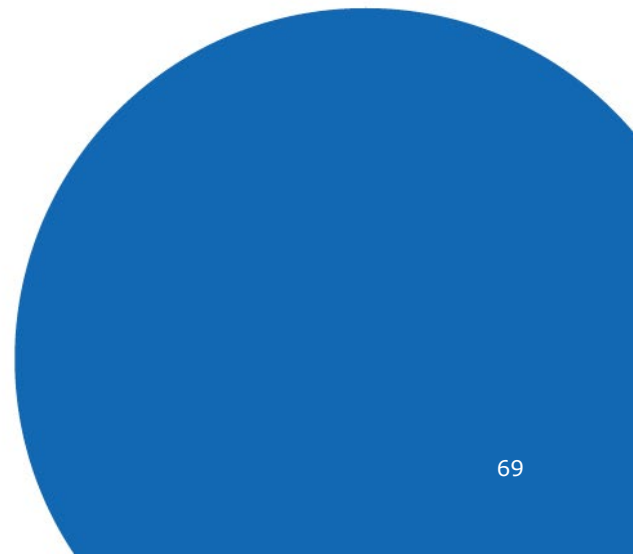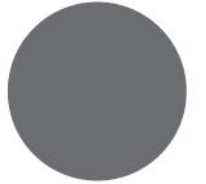
Caring and caring responsibilities (I)

One in ten (11%) residents state that they look after or give help/support to someone because they have long-term, physical or mental health conditions or illnesses, or problems related to old age. Of those who act as carers, over two-thirds report that the person they care for lives with them (68%). Caring is particularly prevalent among 40-69 year-olds and those who are White British.
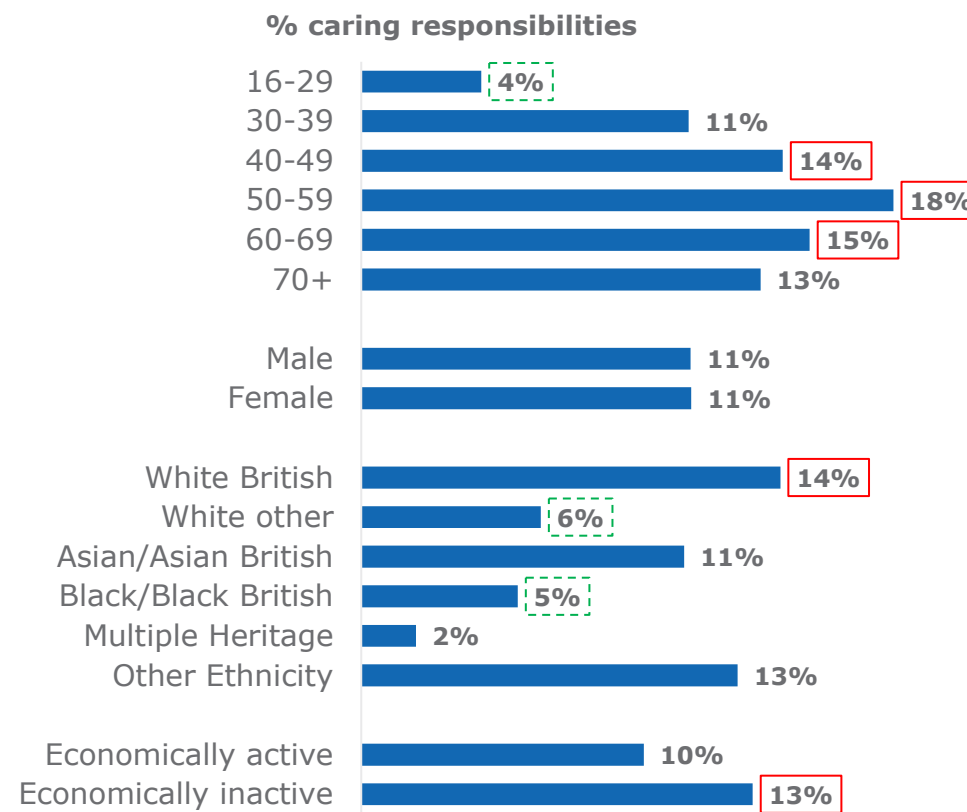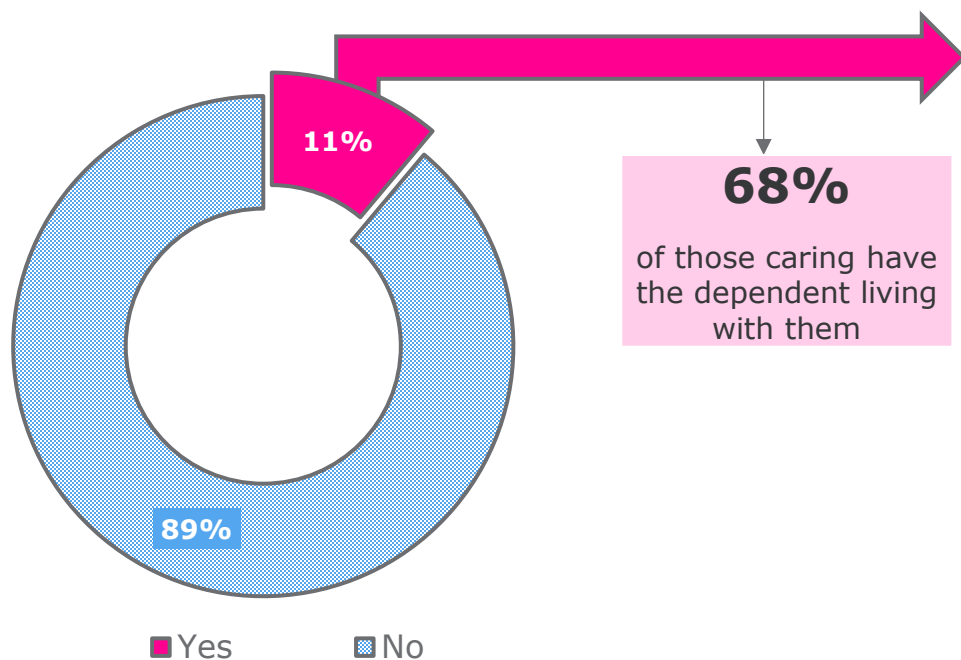
11%

89%

68%

of those caring have the dependent living with them

■ Yes   ▨ No

% caring responsibilities

16-29	4%
30-39	11%
40-49	14%
50-59	18%
60-69	15%
70+	13%
Male	11%
Female	11%
White British	14%
White other	6%
Asian/Asian British	11%
Black/Black British	5%
Multiple Heritage	2%
Other Ethnicity	13%
Economically active	10%
Economically inactive	13%

Q06. Do you look after or give any help or support to anyone because they have long-term, physical or mental health conditions or illnesses, or problems related to old age? Exclude anything you do as part of your paid employment. **Base:** All respondents (2,100).
Q07. Does this person live with you? **Base:** All respondents who give help or support (242).

▭ Significantly higher than all other residents
┄ Significantly lower than all other residents

Caring and caring responsibilities (II)

The percentage of residents with caring responsibilities is highest in the North West (17%) and East (15%) of Leicester, and lowest in Central Leicester (8%).
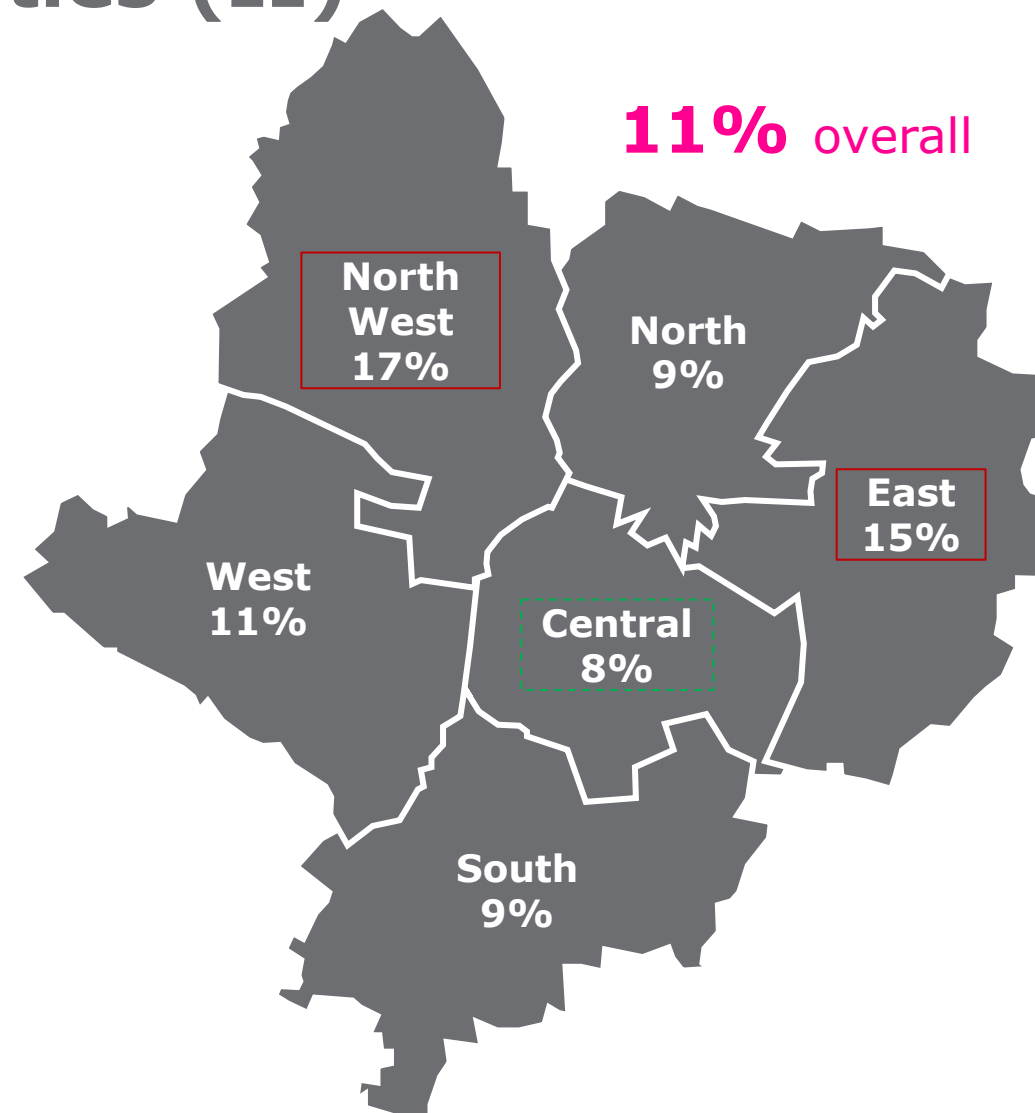
11% overall

North West 17%

North 9%

East 15%

West 11%

Central 8%

South 9%

Q06. Do you look after or give any help or support to anyone because they have long-term, physical or mental health conditions or illnesses, or problems related to old age? Exclude anything you do as part of your paid employment. **Base:** All respondents (2,100).

71

Significantly higher than all other residents

Significantly lower than all other residents

Sexual health services

- While 72% of residents chose not to disclose their use of sexual health services, 9% have accessed free condoms, and 4% have sought infection testing or treatment.

- Pharmacies are the primary source for condoms (78%), oral contraception (56%), and emergency contraception (83%), with 25% opting to access emergency contraception online.

Use of sexual health services

Though the majority of residents opted not to disclose information about their use of sexual health services (72%), 9% have accessed condoms free of charge, and 4% have had a test or treatment for an infection.
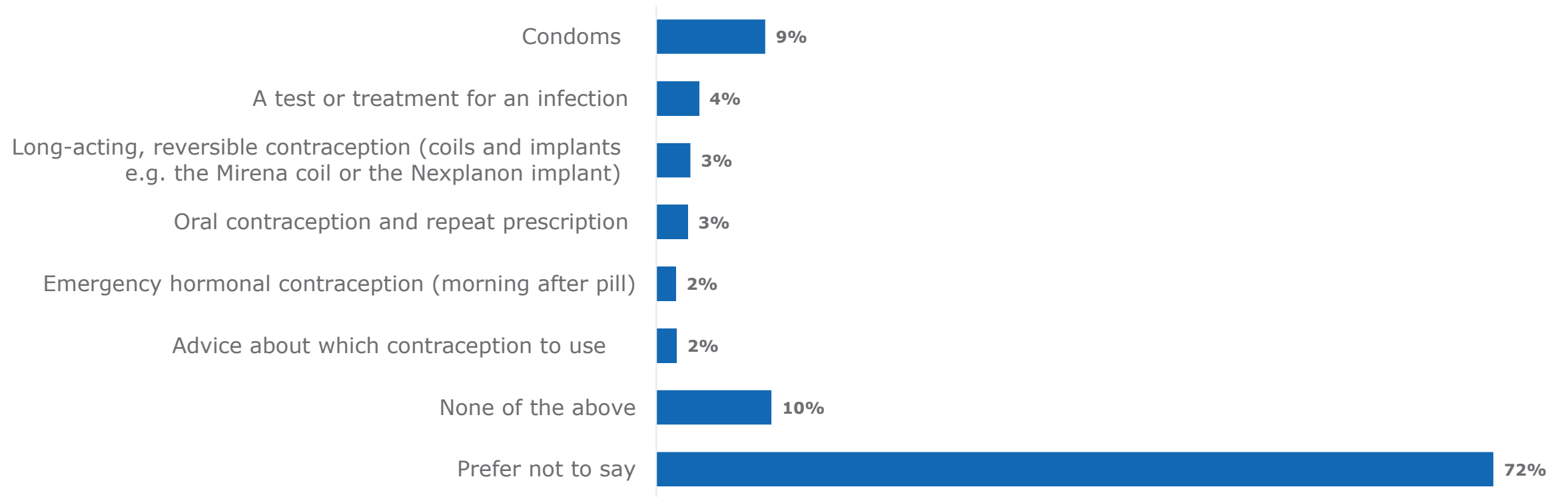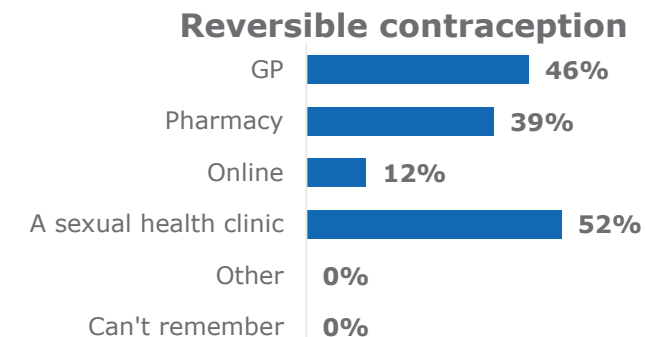

|	
Condoms	9%
A test or treatment for an infection	4%
Long-acting, reversible contraception (coils and implants e.g. the Mirena coil or the Nexplanon implant)	3%
Oral contraception and repeat prescription	3%
Emergency hormonal contraception (morning after pill)	2%
Advice about which contraception to use	2%
None of the above	10%
Prefer not to say	72%

Method of access for sexual health services

Of those who were willing to comment, we see that residents are most likely to visit a pharmacy for access to condoms (78%), oral contraception (56%), and emergency contraception (83%). Interestingly, one-quarter of recipients opted to access emergency contraception online.

Condoms
- GP: **19%**
- Pharmacy: **78%**
- Online: **17%**
- A sexual health clinic: **14%**
- Other: **3%**
- Can't remember: **0%**

Oral contraception
- GP: **44%**
- Pharmacy: **56%**
- Online: **14%**
- A sexual health clinic: **18%**
- Other: **0%**
- Can't remember: **0%**

Reversible contraception
- GP: **46%**
- Pharmacy: **39%**
- Online: **12%**
- A sexual health clinic: **52%**
- Other: **0%**
- Can't remember: **0%**

Test/treatment for infection
- GP: **68%**
- Pharmacy: **30%**
- Online: **9%**
- A sexual health clinic: **18%**
- Other: **1%**
- Can't remember: **2%**

Emergency contraception
- GP: **30%**
- Pharmacy: **83%**
- Online: **25%**
- A sexual health clinic: **45%**
- Other: **0%**
- Can't remember: **2%**

Advice about contraception
- GP: **54%**
- Pharmacy: **29%**
- Online: **18%**
- A sexual health clinic: **25%**
- Other: **6%**
- Can't remember: **0%**

Q042. You say you have accessed [INSERT OPTION FROM Q041]. Where did you access this? **Base:** Those who accessed a given service (base varies).
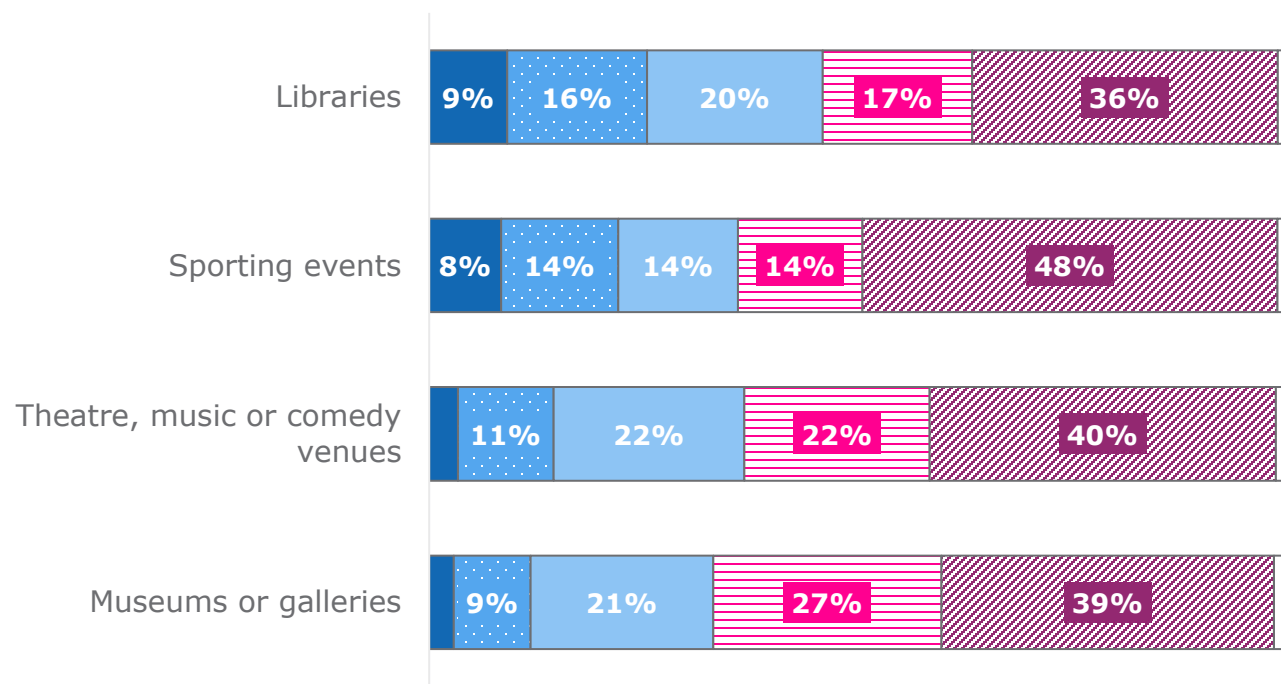
Place and volunteering

- About one in ten residents visit a library once a week, this rises to one in four visits monthly.

- Just over one in three residents attended a Leicester sporting event in the last year.

- Just over one in ten residents provide unpaid help, with 11% supporting a group or organisation and 12% helping an unrelated individual—both lower than in 2018, with a notable 11% point drop in helping others.
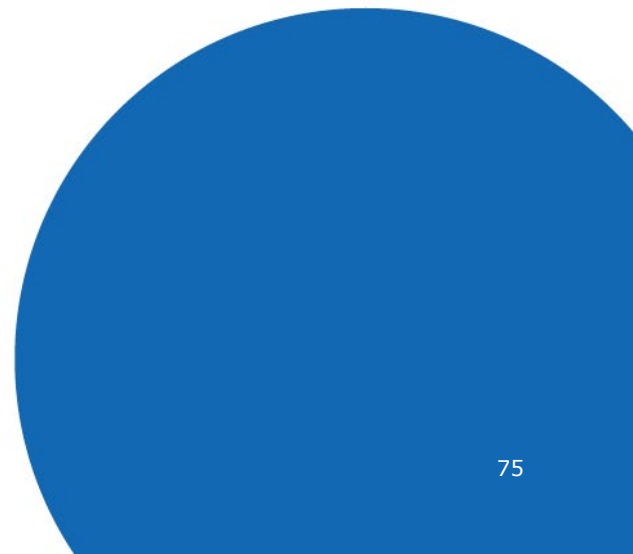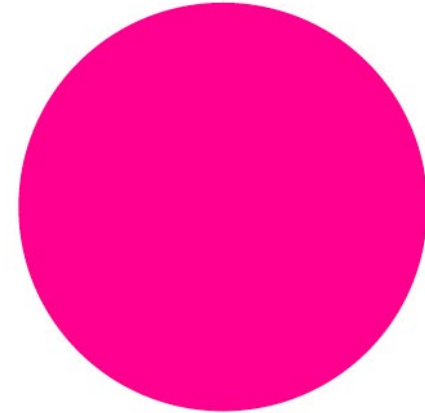
Use of culture-related facilities in Leicester

One quarter of residents visit libraries in Leicester at least once a month (25%). This rises to 45% visiting at least once per year. Whilst 36% of residents attend sporting events in Leicester, half of the population have never attended one (48%).

Facility	At least once a week	Less than once a week but at least once a month	Less than once a month but at least once per year	Less than yearly	Never
Libraries	9%	16%	20%	17%	36%
Sporting events	8%	14%	14%	14%	48%
Theatre, music or comedy venues		11%	22%	22%	40%
Museums or galleries		9%	21%	27%	39%

Legend:
- ■ At least once a week
- ■ Less than once a week but at least once a month
- ■ Less than once a month but at least once per year
- ▤ Less than yearly
- ▨ Never
- ▢ Don't know

Key differences:

'White other' residents are significantly more likely than any other ethnicity group to theatres, music/comedy venues (7%), as well as museums/galleries (8%) and libraries (14%). Black residents are more likely than residents of all other ethnicities to attend sporting events weekly (13%).

Younger residents (16-29) are significantly more likely to have used libraries at least weekly (14%). So too are residents with A-level level education (13%), and those currently in full-time education (28%).

Those aged 16-29 or 30-39 are more likely to attend sporting events at least weekly (11% for both), as well as the economically active (11%) and those who feel affected by gambling (14%).
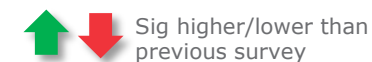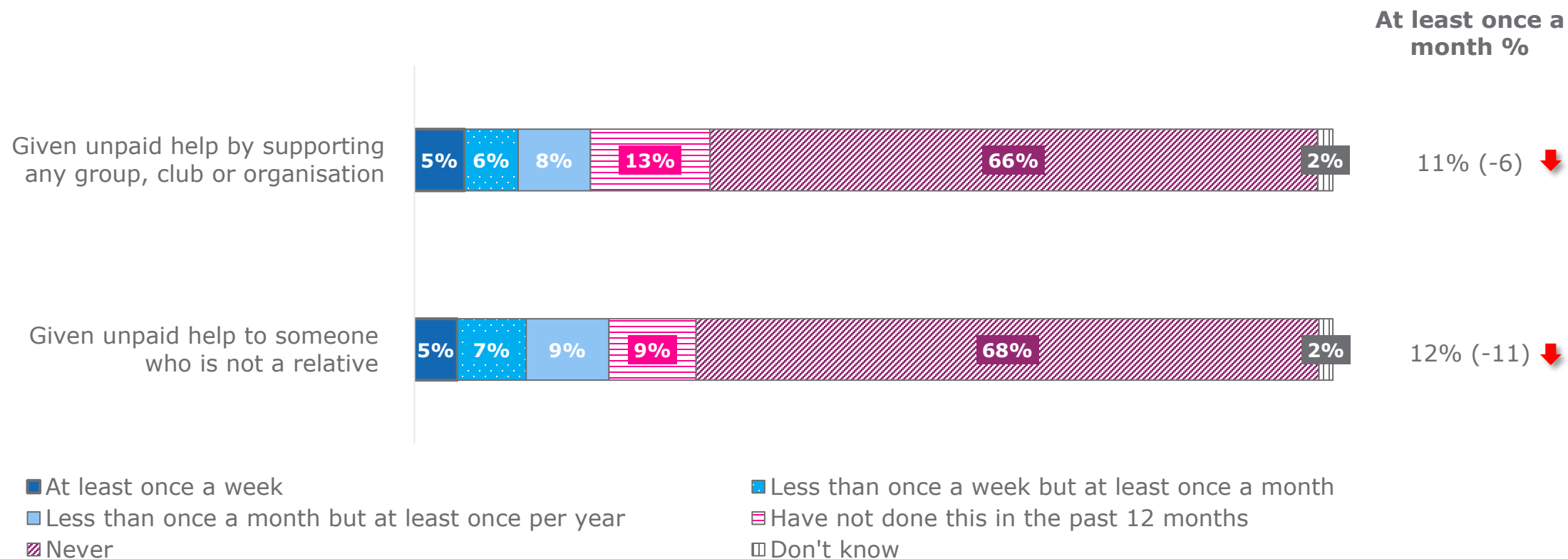
Q012. How often, if at all, do you use the following in Leicester? **Base:** All respondents (2,100).
Note - New statements added for 2024 – comparison to 2018 data is not possible.
Data labels <5% removed for neatness.

Unpaid help (I)

Just over one in ten residents is likely to give unpaid help, either by supporting a group, club or organisation (11%) or to a person who is not related to them (12%) on at least a monthly basis. Both figures are lower than those observed in 2018. In particular, giving help to another person has fallen by 11% points.
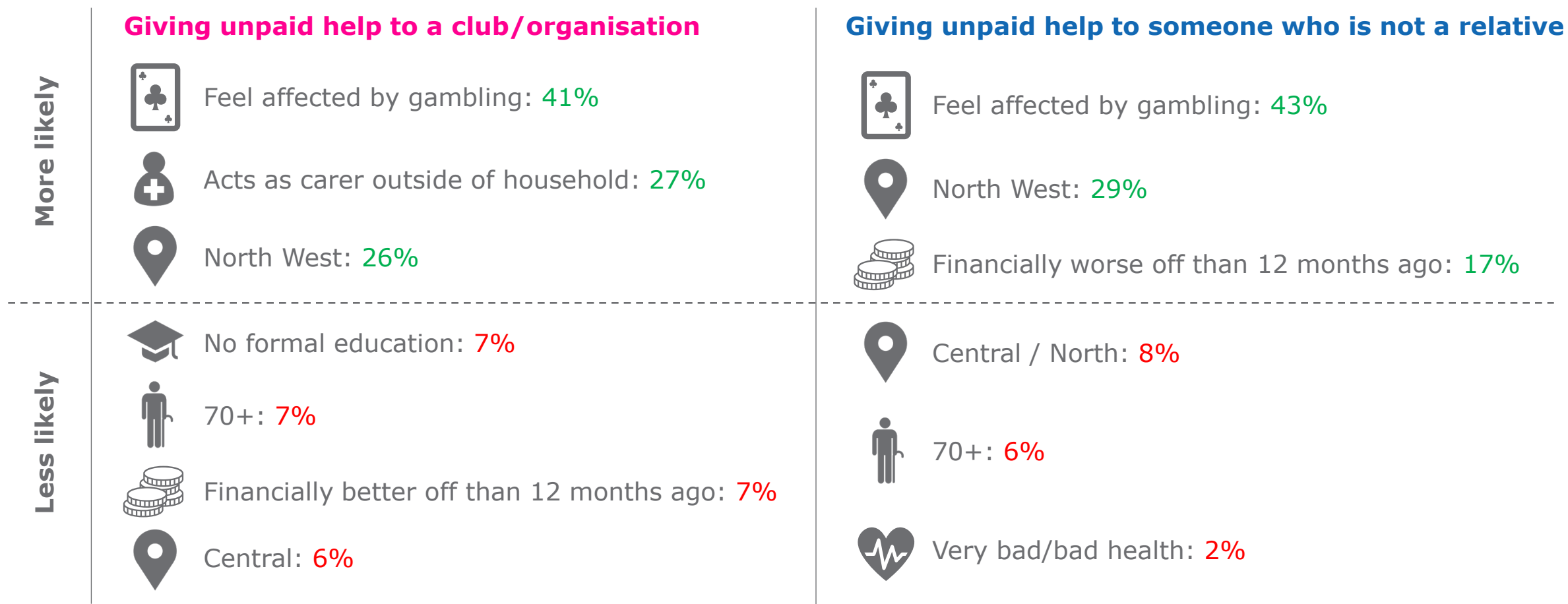
At least once a month %

Given unpaid help by supporting any group, club or organisation
5% | 6% | 8% | 13% | 66% | 2%
11% (-6) ⬇

Given unpaid help to someone who is not a relative
5% | 7% | 9% | 9% | 68% | 2%
12% (-11) ⬇

■ At least once a week
■ Less than once a week but at least once a month
■ Less than once a month but at least once per year
▦ Have not done this in the past 12 months
▨ Never
▢ Don't know

⬆ ⬇ Sig higher/lower than previous survey

Unpaid help (II)

Residents in the North West are 18% points more likely than average to formally give unpaid help (29% v 11% total).

Giving unpaid help to a club/organisation

More likely

Feel affected by gambling: 41%

Acts as carer outside of household: 27%

North West: 26%

Less likely

No formal education: 7%

70+: 7%

Financially better off than 12 months ago: 7%

Central: 6%

Giving unpaid help to someone who is not a relative

More likely

Feel affected by gambling: 43%

North West: 29%

Financially worse off than 12 months ago: 17%

Less likely

Central / North: 8%

70+: 6%

Very bad/bad health: 2%

Housing

- 39% of residents note that they have an issue with their current housing situation. Around one in ten mention that their house is too expensive to heat or that their rent is too expensive (both 9%).

- One-quarter of households show signs of being potentially overcrowded (24%).

- One third of households mention living with children under 16 (35%), while one quarter have elderly people living in their household (26%).
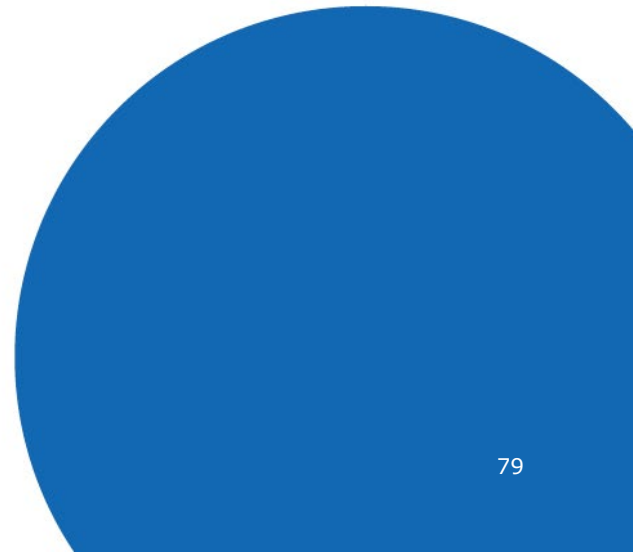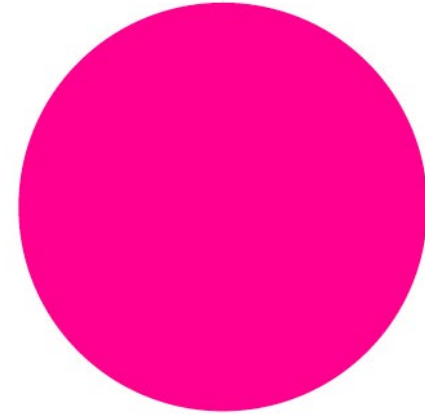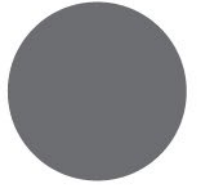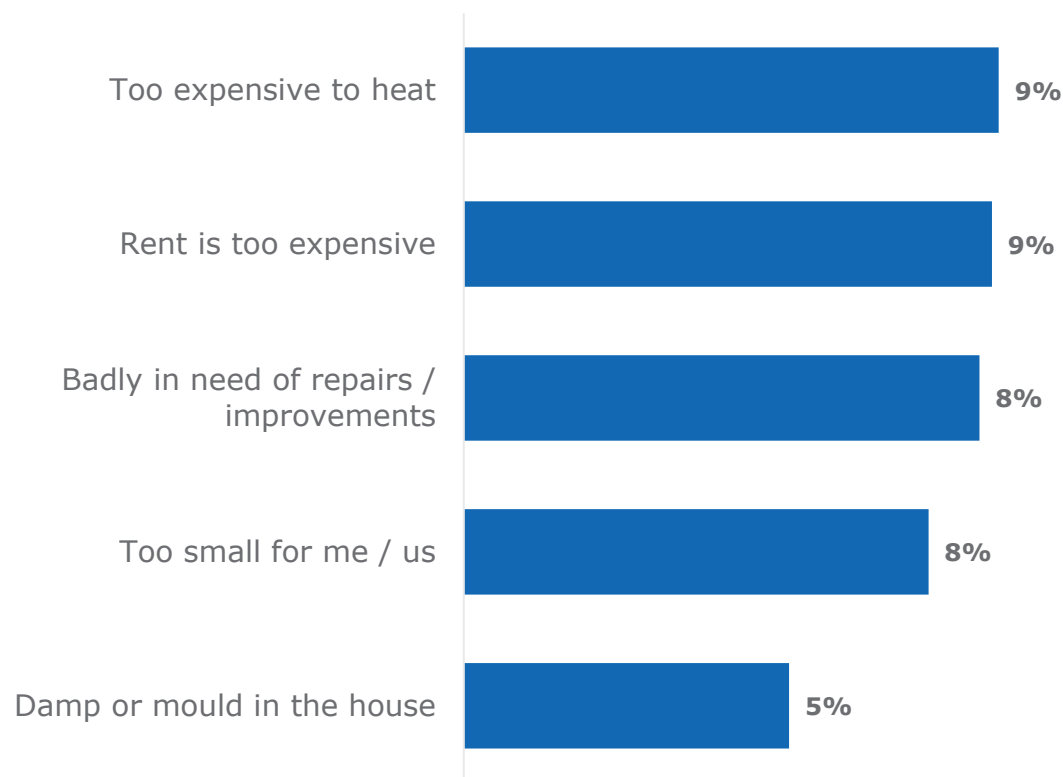
Issues with the home

Almost two-fifths of residents note some sort of issue with their current housing situation (39%). The cost of heating their home currently affects one-tenth of Leicester residents (9%), with the same proportion reporting that their rent is too costly.

Most common issues

Issue	%
Too expensive to heat	9%
Rent is too expensive	9%
Badly in need of repairs / improvements	8%
Too small for me / us	8%
Damp or mould in the house	5%

None: 61%

Key differences:

Residents aged 30-39 are significantly more likely than all other cohorts to mention that one of the issues outlined applies to their home (48% v 39%). This group are 7% points more likely than average to say that their rent is too expensive (16% v 9%).
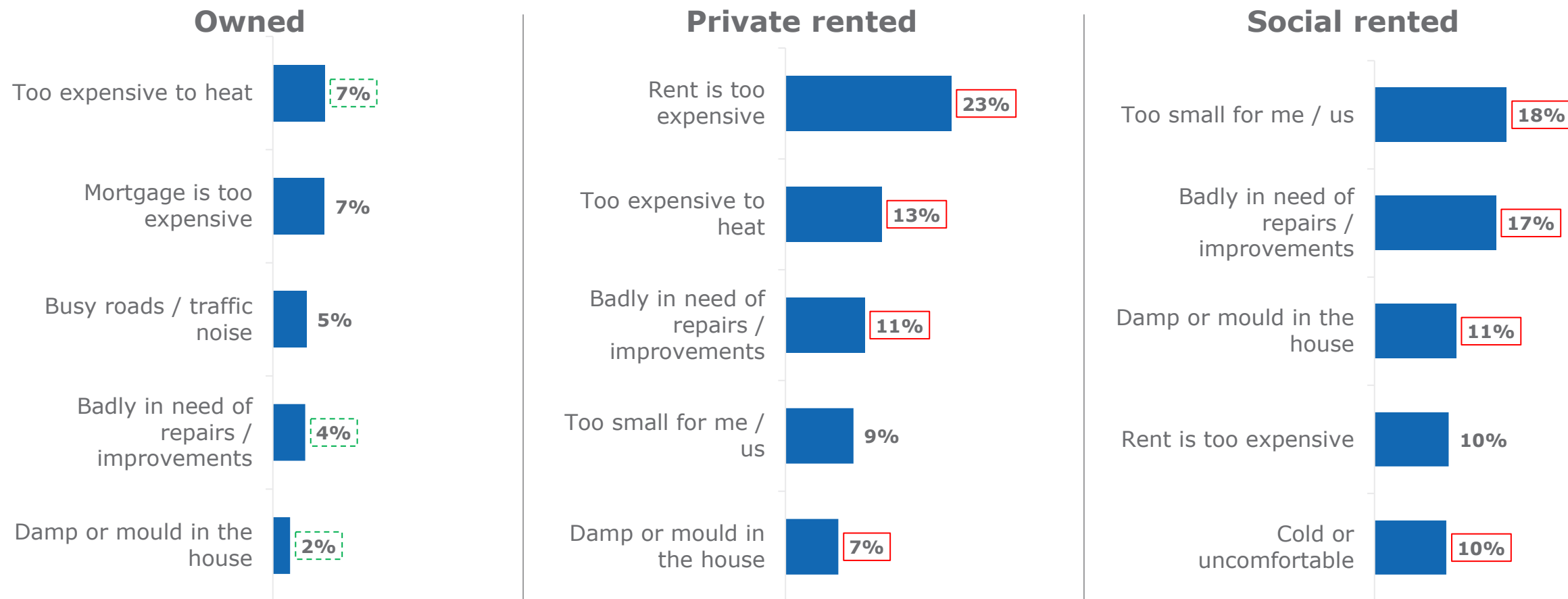
So too are those living in the West of the city (48% v 39%). One in ten feel that their house is not safe/secure enough (9%).

51% of those living in social housing have encountered one of these issues, with almost one-fifth stating that their house is too small for them (18%) and a similar proportion saying that their house is badly in need of repairs (17%).

Issues with the home: tenure breakdown (top 5)

Private renters are more likely to report issues with the expense of heating or their rent, while social tenants are more likely to report problems with the size of their home or the need for repairs/improvements. Both social and private tenants are more likely to say there is a problem with damp or mould in their house.

Owned

Issue	%
Too expensive to heat	7%
Mortgage is too expensive	7%
Busy roads / traffic noise	5%
Badly in need of repairs / improvements	4%
Damp or mould in the house	2%

Private rented

Issue	%
Rent is too expensive	23%
Too expensive to heat	13%
Badly in need of repairs / improvements	11%
Too small for me / us	9%
Damp or mould in the house	7%

Social rented

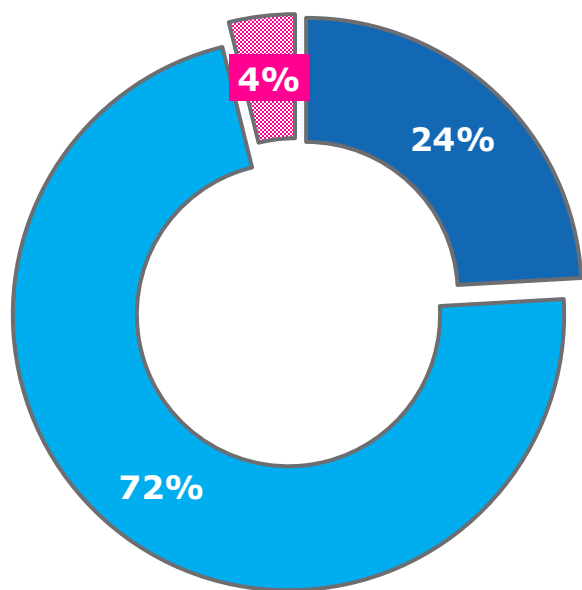| Issue	%
Too small for me / us	18%
Badly in need of repairs / improvements	17%
Damp or mould in the house	11%
Rent is too expensive	10%
Cold or uncomfortable	10%

C06. Which, if any, aspects apply to your present home? **Base:** All respondents (2,100). Only showing codes of 5% or more.

Significantly higher than all other residents
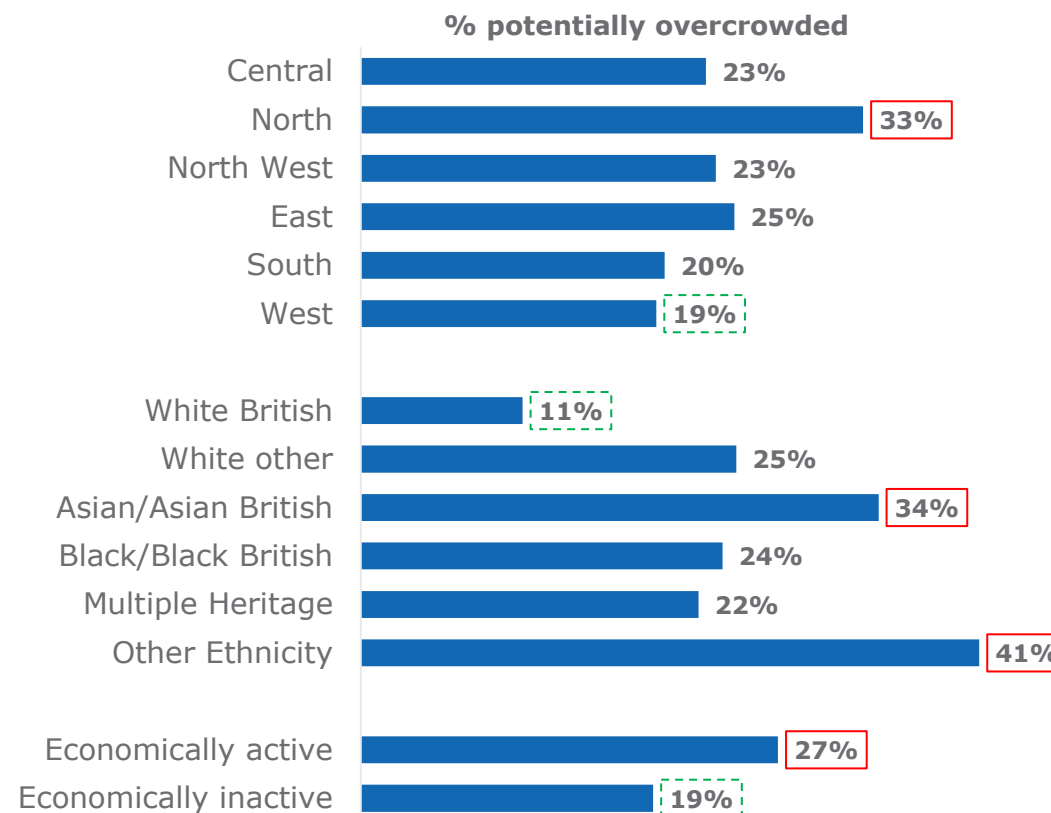Significantly lower than all other residents

Overcrowding

One quarter of households across Leicester are potentially overcrowded (24%). This rises to one third of residents living in the North of Leicester (33%) and those of Asian/Asian British heritage (34%) and is higher still for those of an 'other' ethnicity (41%).
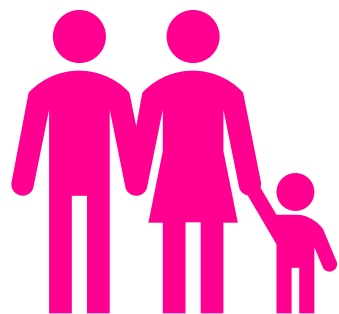
% potentially overcrowded

- 4%
- 24%
- 72%

- Potentially overcrowded household
- Not overcrowded
- Unknown

	%
Central	23%
North	33%
North West	23%
East	25%
South	20%
West	19%
White British	11%
White other	25%
Asian/Asian British	34%
Black/Black British	24%
Multiple Heritage	22%
Other Ethnicity	41%
Economically active	27%
Economically inactive	19%

Significantly higher than all other residents

Significantly lower than all other residents

Household composition

Over one-third of residents have young children living in their household (35%). Another quarter live with people aged 65+ (26%). 4% of households contain both under 16s and those aged over 65.
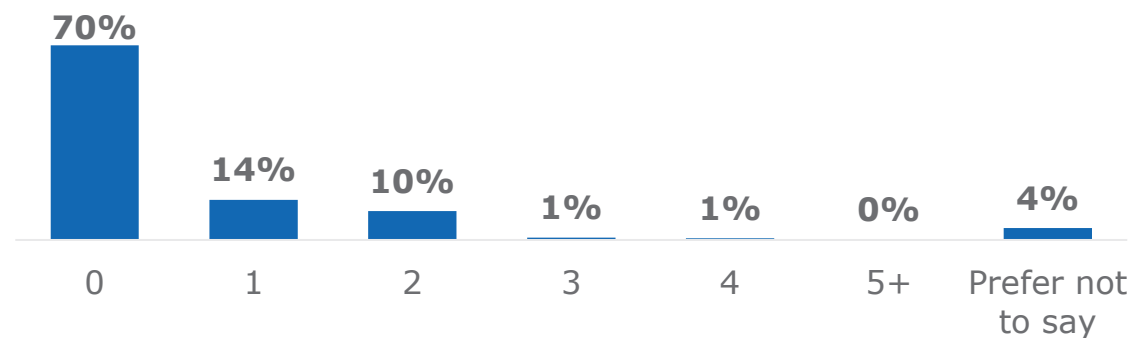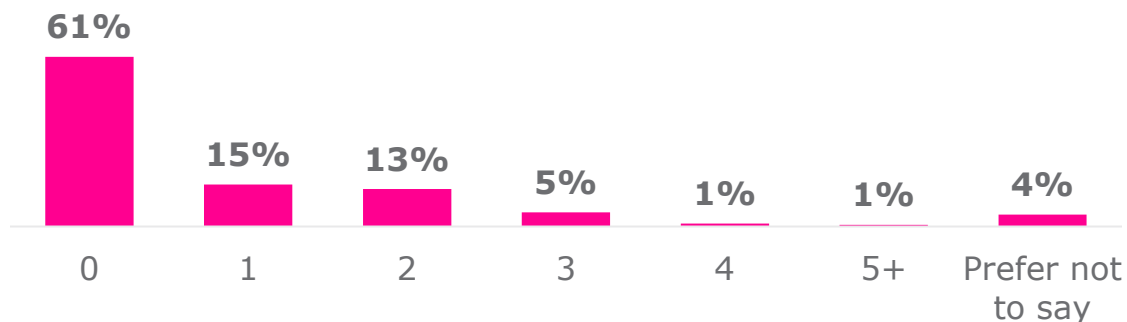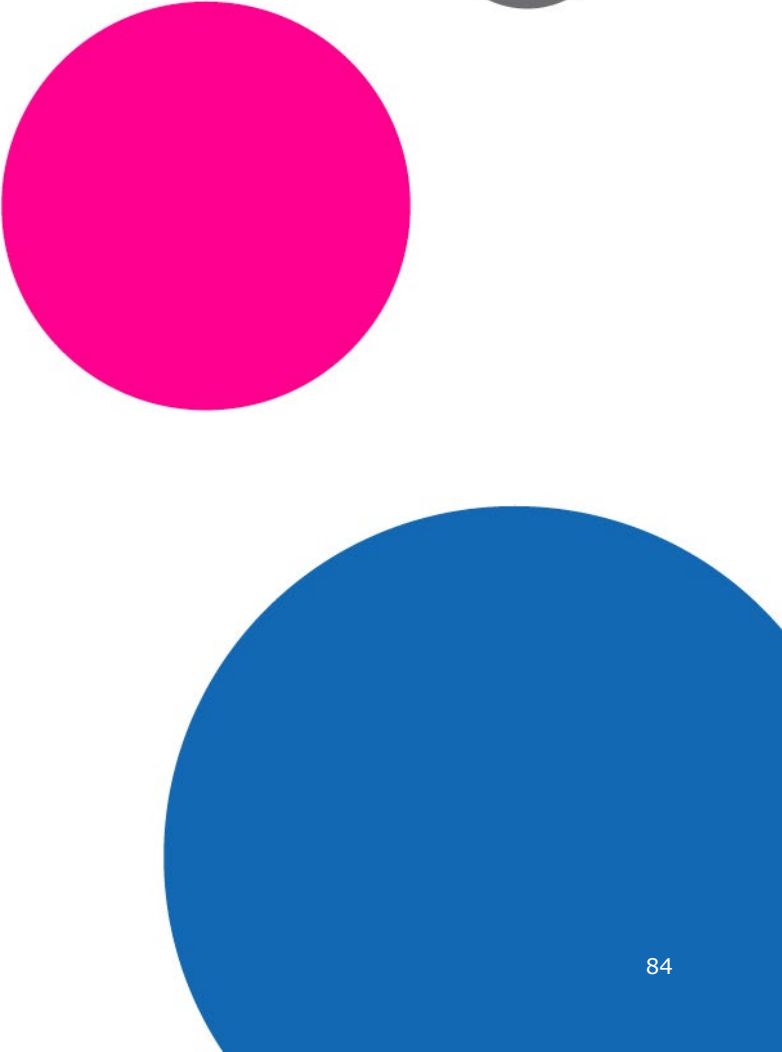
35% have children under 16 living at home

0	1	2	3	4	5+	Prefer not to say
61%	15%	13%	5%	1%	1%	4%

26% have older people (65+) in the household

0	1	2	3	4	5+	Prefer not to say
70%	14%	10%	1%	1%	0%	4%

C09. How many people in the following age ranges are currently living in your house? **Base:** All respondents – excluding some pilot responses (2,062).
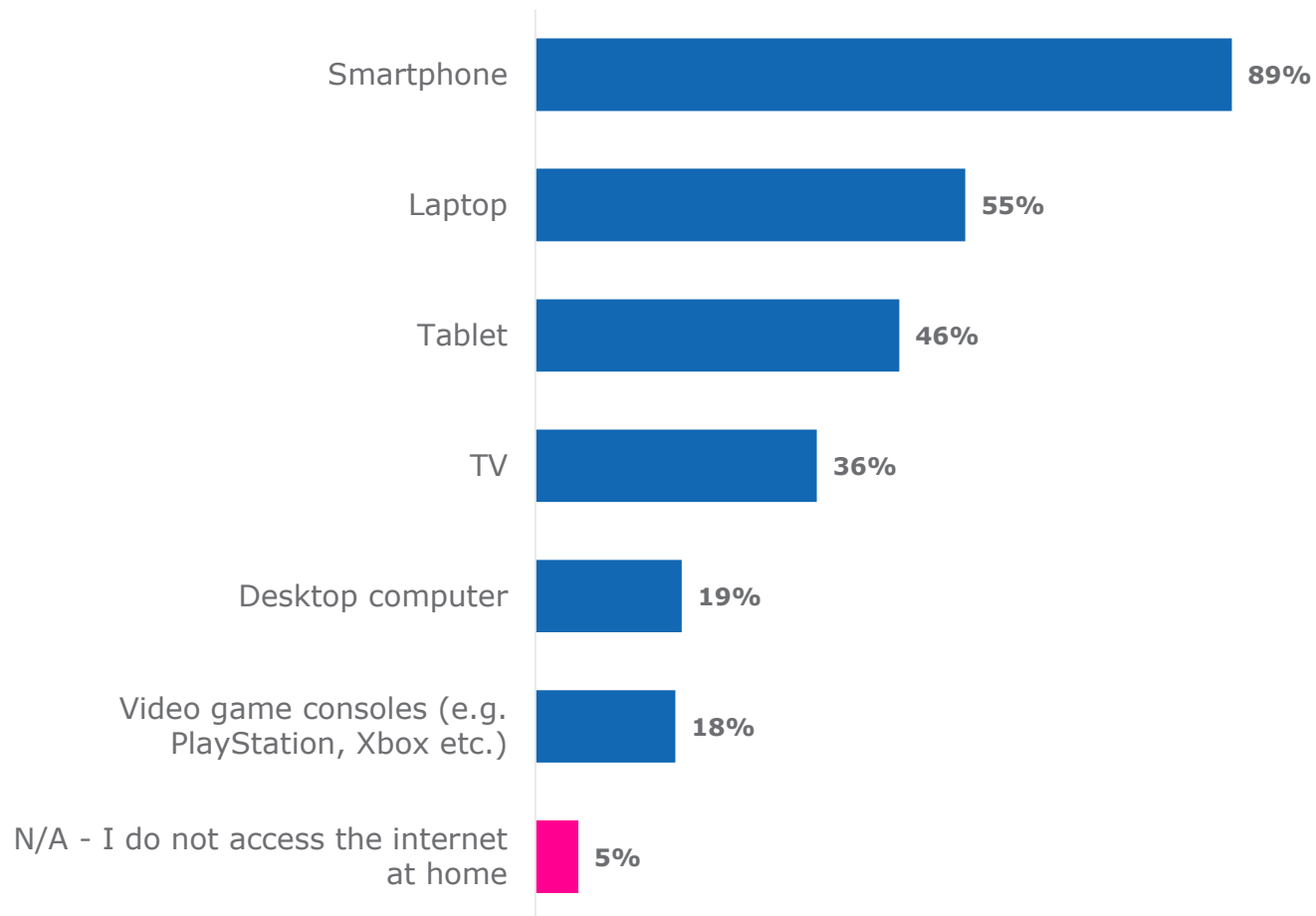
Digital inclusion

- 95% of residents access the internet at home, primarily via smartphones (89%).

- Most residents (82%) feel confident online, though confidence drops with age, with only 35% of those 70+ feeling confident.

- Confidence in assessing online information's truthfulness is slightly lower (76%), and those with lower education levels report the lowest levels of confidence.

Use of digital devices to access the internet

Nearly all residents (95%) access the internet at home in some way. Most commonly this is through a smartphone (89%).

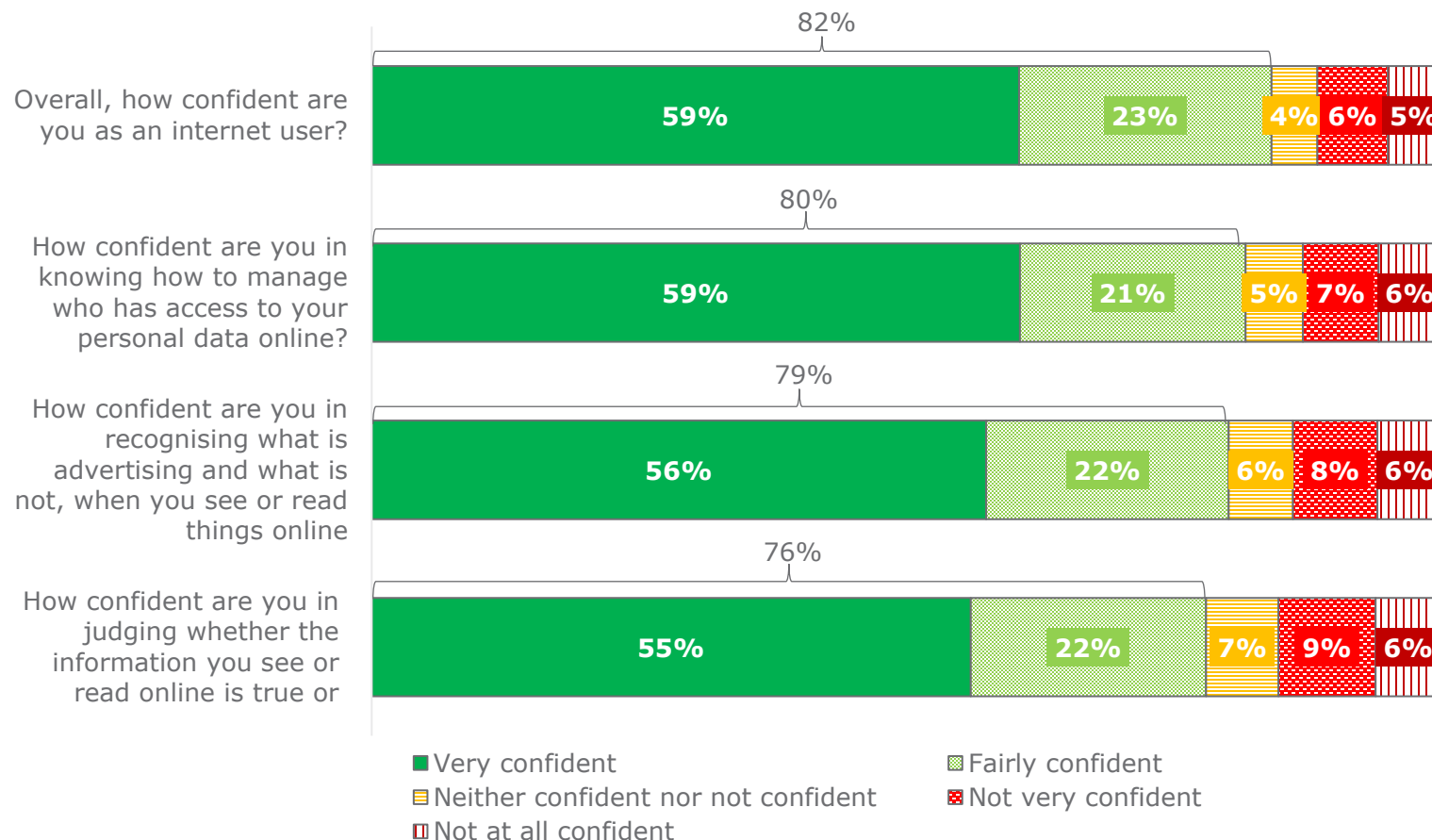| Device	Percentage
Smartphone	89%
Laptop	55%
Tablet	46%
TV	36%
Desktop computer	19%
Video game consoles (e.g. PlayStation, Xbox etc.)	18%
N/A - I do not access the internet at home	5%

Key differences:

The percentage who don't access the internet at home does not exceed 3% for the age groups ranging from 16-29 through to 50-59. This increases sharply to 12% of 60-69-year-olds and then near trebles to 33% of those aged 70+.

Confidence using the internet

82% feel fairly/very confident as an internet user compared to 11% who feel not very/not at all confident. There is marginally less confidence when it comes to judging the truthfulness of online information, although confidence is still high (76%). 15% indicate they do not feel confident doing this.

82%

Overall, how confident are you as an internet user?
| 59% | 23% | 4% | 6% | 5% |

80%

How confident are you in knowing how to manage who has access to your personal data online?
| 59% | 21% | 5% | 7% | 6% |

79%

How confident are you in recognising what is advertising and what is not, when you see or read things online
| 56% | 22% | 6% | 8% | 6% |

76%

How confident are you in judging whether the information you see or read online is true or
| 55% | 22% | 7% | 9% | 6% |

- ■ Very confident
- ▨ Fairly confident
- ▥ Neither confident nor not confident
- ▨ Not very confident
- ▥ Not at all confident

Key differences:

As could be expected, older generations are less likely to feel confident as an internet user – 62% of those aged 60-69 are either fairly or very confident compared to 82% of the total sample. This drops further to just one-third of residents aged 70+ (35%).

Those with lower levels of education are less confident across all areas (with the percentage who are not confident ranging from 41% to 53%). These scores are significantly higher than all other education subgroups.

Q044. Overall, how confident are you...? **Base:** All respondents (2,100).

Groups of interest
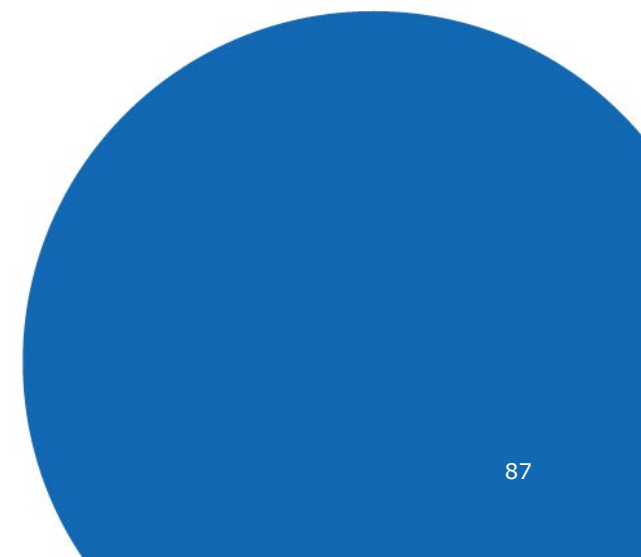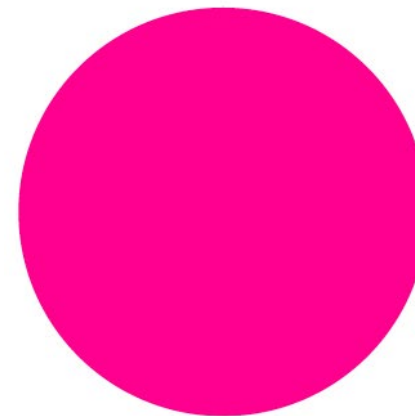
Risk factor Leicester profile

Risk Factor	%	Change since 2018
Currently smoking	16%	Sig. lower
Less than 150 minutes exercise per week	68%	N/A
Alcohol dependence: increased risk or higher	14%	N/A
High anxiety level	19%	N/A
Always/mostly run out of money by end of month	14%	Consistent
Low digital confidence as internet users	11%	N/A
Affected by gambling	8%	N/A
Social isolation (often/all of the time)	6%	Sig. lower

Note: N/A text in the change to 2018 column indicates that a comparison is not available due to this not being asked in the 2018 survey or concerns about comparability.

Groups of interest: children in the household

Risk Factor	%	Compared to all other subgroups*	Change since 2018
Currently smoking	16%	Consistent	Consistent
Less than 150 minutes exercise per week	67%	Higher risk	N/A
Alcohol dependence: increased risk or higher	10%	Reduced risk	N/A
High anxiety level	15%	Reduced risk	N/A
Always/mostly run out of money by end of month	15%	Consistent	Consistent
Low digital confidence as internet users	6%	Reduced risk	N/A
Affected by gambling	5%	Reduced risk	N/A
Social isolation (often/all of the time)	5%	Consistent	Sig. lower

Those with children in the household…

Are significantly more likely to do less than 150 minutes per week of exercise. More positively, they are less likely to report high levels of anxiety, low digital confidence or being affected by gambling.

Changes since 2018:

The percentage reporting feeling socially isolated has fallen.

*The comparator for the following tables is those who **do not** fall within the group of interest. For example, the comparator group for this table is those who do not belong to the children in household group.
Note: N/A text in the change to 2018 column indicates that a comparison is not available due to this not being asked in the 2018 survey or concerns about comparability.

Groups of interest: disability*

Risk Factor	%	Compared to all other subgroups	Change since 2018
Currently smoking	25%	Higher risk	Consistent
Less than 150 minutes exercise per week	87%	Higher risk	N/A
Alcohol dependence: increased risk or higher	12%	Consistent	N/A
High anxiety level	31%	Higher risk	N/A
Always/mostly run out of money by end of month	23%	Higher risk	Consistent
Low digital confidence as internet users	32%	Higher risk	N/A
Affected by gambling	8%	Consistent	N/A
Social isolation (often/all of the time)	13%	Higher risk	Sig. lower

Those with a disability…

Are significantly more likely to be at risk of nearly all these factors. The only factors where this group do not deviate significantly is audit C risk and being affected by gambling.

Changes since 2018:

This group follows the overall trend and is less likely to report that they feel socially isolated.

*Those who have a disability/condition lasting or which is expected to last 12 months or more which limits their ability to carry out day-to-day activities.
Note: N/A text in the change to 2018 column indicates that a comparison is not available due to this not being asked in the 2018 survey or concerns about comparability.

Groups of interest: carers

Risk Factor	%	Compared to all other subgroups	Change since 2018
Currently smoking	22%	Higher risk	Consistent
Less than 150 minutes exercise per week	69%	Consistent	N/A
Alcohol dependence: increased risk or higher	16%	Consistent	N/A
High anxiety level	25%	Higher risk	N/A
Always/mostly run out of money by end of month	22%	Higher risk	Consistent
Low digital confidence as internet users	14%	Consistent	N/A
Affected by gambling	10%	Consistent	N/A
Social isolation (often/all of the time)	7%	Consistent	Consistent

Carers...

Are significantly more likely to report smoking, having a high anxiety level and being in a financially precarious situation.

Changes since 2018:

Results are consistent with 2018.

Note: N/A text in the change to 2018 column indicates that a comparison is not available due to this not being asked in the 2018 survey or concerns about comparability.

Groups of interest: 16-29 years of age*

Risk Factor	%	Compared to all other subgroups	Change since 2018
Currently smoking	13%	Reduced risk	Sig. lower
Less than 150 minutes exercise per week	60%	Reduced risk	N/A
Alcohol dependence: increased risk or higher	14%	Consistent	N/A
High anxiety level	20%	Consistent	N/A
Always/mostly run out of money by end of month	13%	Consistent	Consistent
Low digital confidence as internet users	2%	Reduced risk	N/A
Affected by gambling	9%	Consistent	N/A
Social isolation (often/all of the time)	5%	Consistent	Consistent

16-29-year-olds…

Are significantly less likely to report that they smoke, do less than 150 minutes exercise per week or have low confidence as an internet user.

Changes since 2018:

There has been a significant decline in the percentage of this age group who smoke compared to 2018.

*39% of 16-29-year-olds are in full-time education.
Note: N/A text in the change to 2018 column indicates that a comparison is not available due to this not being asked in the 2018 survey or concerns about comparability.

Groups of interest: 70+ years of age

Risk Factor	%	Compared to all other subgroups	Change since 2018
Currently smoking	9%	Reduced risk	Consistent
Less than 150 minutes exercise per week	81%	Higher risk	N/A
Alcohol dependence: increased risk or higher	5%	Reduced risk	N/A
High anxiety level	13%	Reduced risk	N/A
Always/mostly run out of money by end of month	8%	Reduced risk	Sig. higher
Low digital confidence as internet users	47%	Higher risk	N/A
Affected by gambling	5%	Consistent	N/A
Social isolation (often/all of the time)	3%	Consistent	Consistent

70+-year-olds...

Are significantly less likely to smoke, have a level of alcohol use that puts them at risk, have a high anxiety level or be consistently in a financially vulnerable position at the end of each month. They are, however, more likely to do less than 150 minutes of exercise per week and have low confidence as internet users.

Changes since 2018:

While this group has fared better relative to others, they have nonetheless experienced a significant uptick in the percentage who always/mostly run out of money by the end of the month.

Note: N/A text in the change to 2018 column indicates that a comparison is not available due to this not being asked in the 2018 survey or concerns about comparability.

Groups of interest: economically inactive (excluding students)

Risk Factor	%	Compared to all other subgroups	Change since 2018
Currently smoking	17%	Consistent	Consistent
Less than 150 minutes exercise per week	80%	Higher risk	N/A
Alcohol dependence: increased risk or higher	8%	Reduced risk	N/A
High anxiety level	21%	Consistent	N/A
Always/mostly run out of money by end of month	14%	Consistent	Consistent
Low digital confidence as internet users	28%	Higher risk	N/A
Affected by gambling	7%	Consistent	N/A
Social isolation (often/all of the time)	8%	Higher risk	Sig. lower

Those who are economically inactive…

Are significantly more likely to do less than 150 minutes of exercise per week, have low digital confidence and report feeling socially isolated often/all of the time.

Changes since 2018:

This group are less likely to report feeling socially isolated frequently.

Note: N/A text in the change to 2018 column indicates that a comparison is not available due to this not being asked in the 2018 survey or concerns about comparability.

Groups of interest: social tenants

Risk Factor	%	Compared to all other subgroups	Change since 2018
Currently smoking	30%	Higher risk	Consistent
Less than 150 minutes exercise per week	76%	Higher risk	N/A
Alcohol dependence: increased risk or higher	18%	Higher risk	N/A
High anxiety level	24%	Higher risk	N/A
Always/mostly run out of money by end of month	22%	Higher risk	Consistent
Low digital confidence as internet users	17%	Higher risk	N/A
Affected by gambling	13%	Higher risk	N/A
Social isolation (often/all of the time)	10%	Higher risk	Consistent

Social tenants...

Show a higher risk level for all of these factors.

Changes since 2018:

Results are consistent with 2018.

Note: N/A text in the change to 2018 column indicates that a comparison is not available due to this not being asked in the 2018 survey or concerns about comparability.

Groups of interest: private renters (excluding students)

Risk Factor	%	Compared to all other subgroups	Change since 2018
Currently smoking	17%	Consistent	Sig. lower
Less than 150 minutes exercise per week	66%	Consistent	N/A
Alcohol dependence: increased risk or higher	11%	Consistent	N/A
High anxiety level	19%	Consistent	N/A
Always/mostly run out of money by end of month	5%	Consistent	Consistent
Low digital confidence as internet users	6%	Reduced risk	N/A
Affected by gambling	6%	Reduced risk	N/A
Social isolation (often/all of the time)	5%	Consistent	Sig. lower

Those who are private renters (excluding students)…

Are significantly less likely to have low digital confidence or be affected by gambling.

Changes since 2018:

This group are less likely to smoke or to feel socially isolated compared to 2018.

Note: N/A text in the change to 2018 column indicates that a comparison is not available due to this not being asked in the 2018 survey or concerns about comparability.

Groups of interest: ethnicity (white British)

Risk Factor	%	Compared to all other subgroups	Change since 2018
Currently smoking	24%	Higher risk	Consistent
Less than 150 minutes exercise per week	68%	Consistent	N/A
Alcohol dependence: increased risk or higher	25%	Higher risk	N/A
High anxiety level	24%	Higher risk	N/A
Always/mostly run out of money by end of month	17%	Higher risk	Consistent
Low digital confidence as internet users	16%	Higher risk	N/A
Affected by gambling	11%	Higher risk	N/A
Social isolation (often/all of the time)	8%	Higher risk	Consistent

White British residents...

Show a higher risk level for all of these factors, apart from exercise level.

Changes since 2018:

Results are consistent with 2018.

Note: N/A text in the change to 2018 column indicates that a comparison is not available due to this not being asked in the 2018 survey or concerns about comparability.

Groups of interest: ethnicity (white other)

Risk Factor	%	Compared to all other subgroups	Change since 2018
Currently smoking	34%	Higher risk	Consistent
Less than 150 minutes exercise per week	66%	Consistent	N/A
Alcohol dependence: increased risk or higher	26%	Higher risk	N/A
High anxiety level	21%	Consistent	N/A
Always/mostly run out of money by end of month	16%	Consistent	Sig. higher
Low digital confidence as internet users	5%	Reduced risk	N/A
Affected by gambling	12%	Higher risk	N/A
Social isolation (often/all of the time)	6%	Consistent	Consistent

White other residents...

Display higher levels of smoking, drinking and being affected by gambling compared to other groups. They are, however, less likely to suffer from low digital confidence.

Changes since 2018:

This group are more likely to find themselves in a financially precarious position at the end of the month compared to 2018.

Note: N/A text in the change to 2018 column indicates that a comparison is not available due to this not being asked in the 2018 survey or concerns about comparability.

Groups of interest: ethnicity (black/black British)

Risk Factor	%	Compared to all other subgroups	Change since 2018
Currently smoking	15%	Consistent	Consistent
Less than 150 minutes exercise per week	66%	Consistent	N/A
Alcohol dependence: increased risk or higher	10%	Consistent	N/A
High anxiety level	16%	Consistent	N/A
Always/mostly run out of money by end of month	18%	Consistent	Consistent
Low digital confidence as internet users	7%	Consistent	N/A
Affected by gambling	11%	Consistent	N/A
Social isolation (often/all of the time)	5%	Consistent	Consistent

White other residents...

Do not deviate significantly from the average of other groups.

Changes since 2018:

Results are consistent with 2018.

Note: N/A text in the change to 2018 column indicates that a comparison is not available due to this not being asked in the 2018 survey or concerns about comparability.
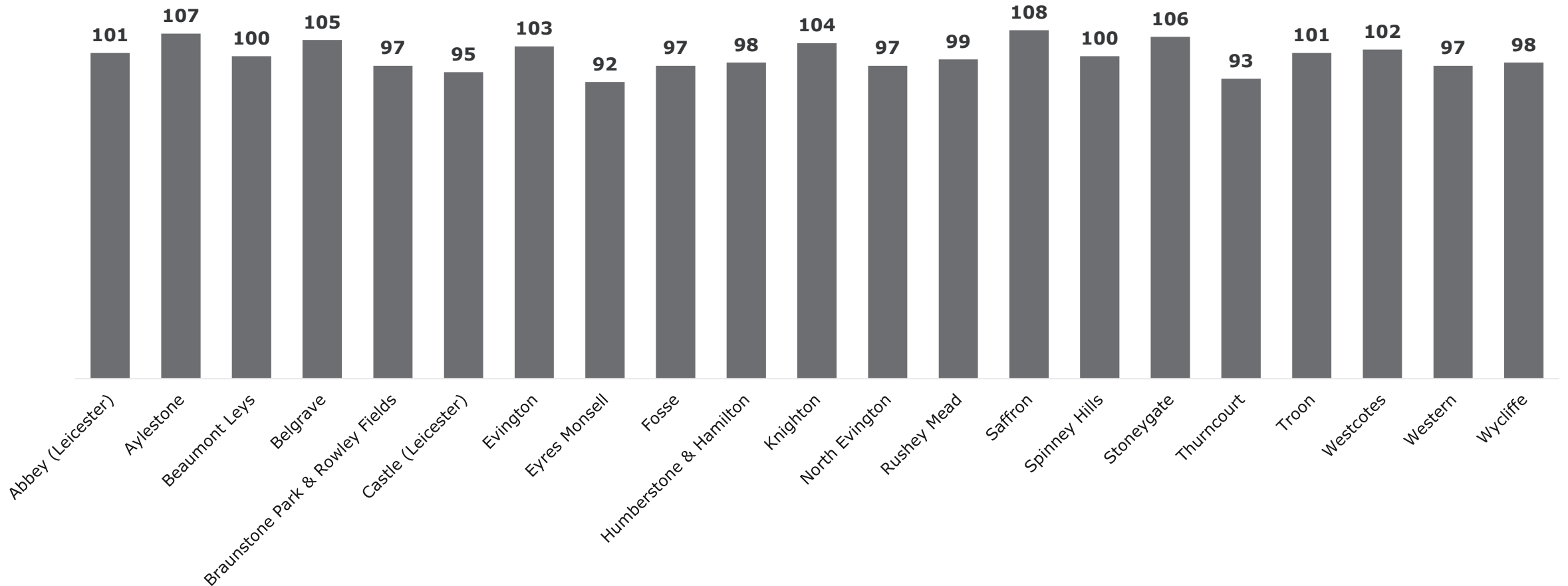
Groups of interest: ethnicity (Asian/Asian British)

Risk Factor	%	Compared to all other subgroups	Change since 2018
Currently smoking	7%	Reduced risk	Sig. lower
Less than 150 minutes exercise per week	68%	Consistent	N/A
Alcohol dependence: increased risk or higher	4%	Reduced risk	N/A
High anxiety level	15%	Reduced risk	N/A
Always/mostly run out of money by end of month	10%	Reduced risk	Consistent
Low digital confidence as internet users	10%	Consistent	N/A
Affected by gambling	5%	Reduced risk	N/A
Social isolation (often/all of the time)	4%	Reduced risk	Consistent

Asian/Asian British residents…

Display a reduced rate of risk across all factors except for levels of exercise and low digital confidence.

Changes since 2018:

There has been a significant decline in the percentage of this population who smoke.

Note: N/A text in the change to 2018 column indicates that a comparison is not available due to this not being asked in the 2018 survey or concerns about comparability.

Appendix 1: Profile of the sample
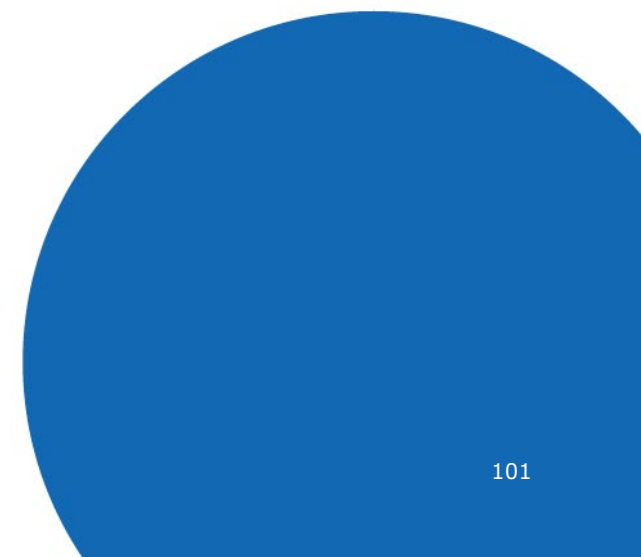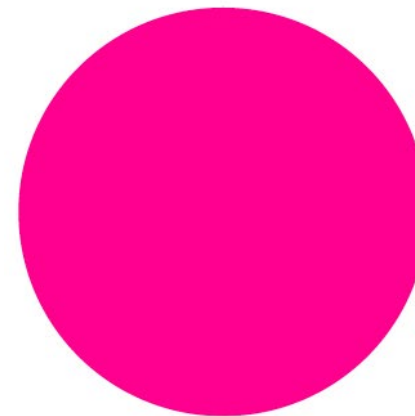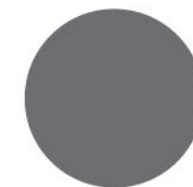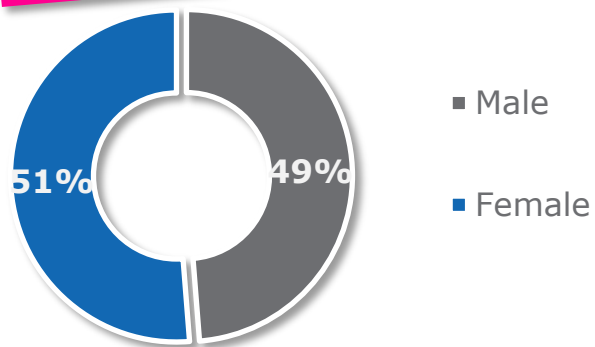
Number of responses by ward

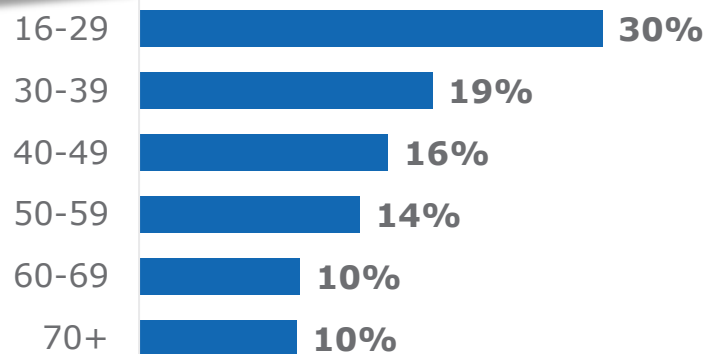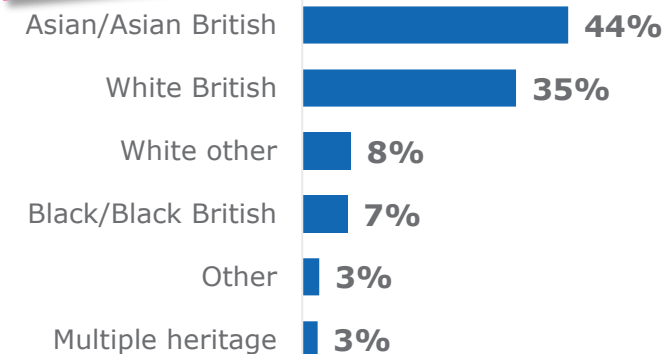The number of responses by ward ranges between 92 and 108.

Ward	Responses
Abbey (Leicester)	101
Aylestone	107
Beaumont Leys	100
Belgrave	105
Braunstone Park & Rowley Fields	97
Castle (Leicester)	95
Evington	103
Eyres Monsell	92
Fosse	97
Humberstone & Hamilton	98
Knighton	104
North Evington	97
Rushey Mead	99
Saffron	108
Spinney Hills	100
Stoneygate	106
Thurncourt	93
Troon	101
Westcotes	102
Western	97
Wycliffe	98

Weighted profile (I)

Gender

- Male
- Female

51% / 49%

Age group

16-29	30%
30-39	19%
40-49	16%
50-59	14%
60-69	10%
70+	10%

Ethnicity

Asian/Asian British	44%
White British	35%
White other	8%
Black/Black British	7%
Other	3%
Multiple heritage	3%

Disability

- Yes
- No
- Prefer not to say

23% / 75%

Education

No formal educational qualifications	10%
O level/GCSE/CSE/NVQ level 1-2	30%
A level/AS level/NVQ level 3/BTEC	29%
Degree/Master's/PhD/NVQ4 and above/HND or…	28%
Prefer not to say	3%

Area

Central	23%
North	19%
West	17%
East	15%
South	13%
North West	13%

Weighted figures displayed

103

Weighted Profile (II)

Employee in full-time job (30 hours plus per week) **39%**

Retired whether receiving a pension or not **15%**

Looking after the home or family **11%**

Full-time education or training and not in employment **8%**

Employee in part-time job (Under 30 hours per week) **7%**

Long term sick/disabled **6%**

Unemployed but looking for work **4%**

Full-time education or training and in employment **4%**

Self-employed - full or part time **4%**

Doing something else **1%**

Economic activity

40% **59%**

- Economically Active
- Economically Inactive

Weighted figures displayed. *Note, bars for those on zero hour contracts and those who would prefer not to say have been hidden as figures are <1%.

Profile (III)

Language spoken
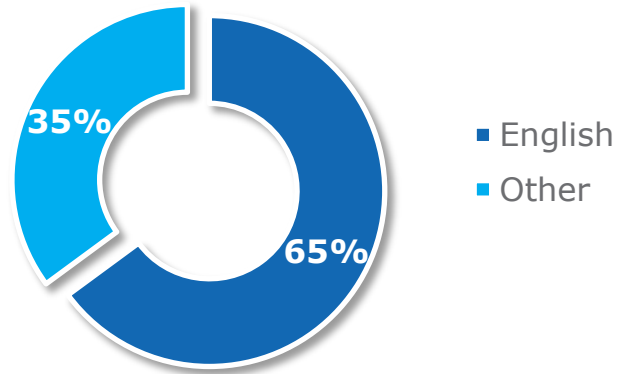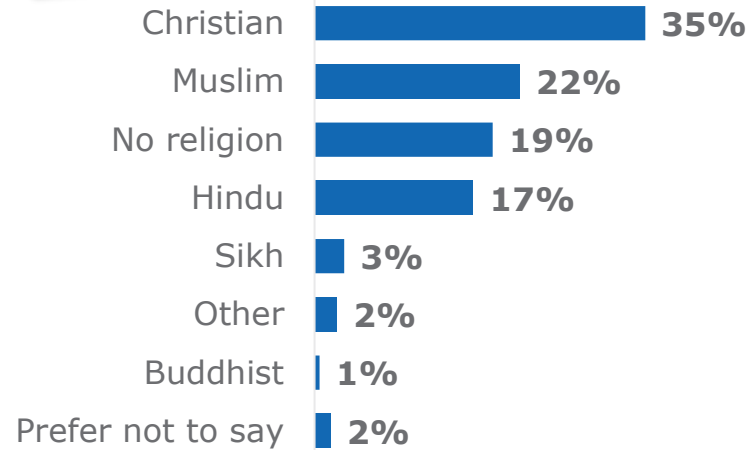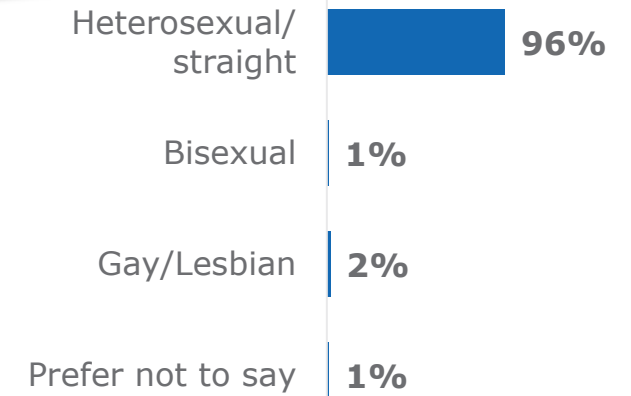
- English
- Other

Other **35%**
English **65%**

Religion

Christian	35%
Muslim	22%
No religion	19%
Hindu	17%
Sikh	3%
Other	2%
Buddhist	1%
Prefer not to say	2%

Sexual orientation

Heterosexual/straight	96%
Bisexual	1%
Gay/Lesbian	2%
Prefer not to say	1%

Home ownership

Own	44%
Private rent	28%
Social rent	18%
Live with family…	5%
Other arrangement	1%
Don't know	1%
Prefer not to say	4%

Household composition

|	
Over 65 in household	26%
Children in household	35%

Identify as Trans*

Prefer not to say 1%
Yes 1%
No 98%
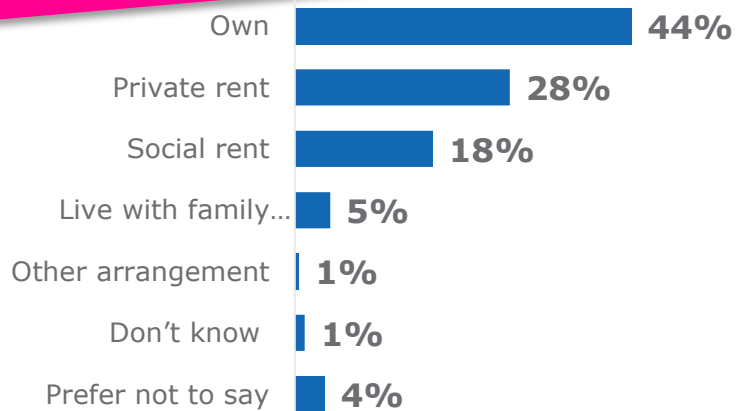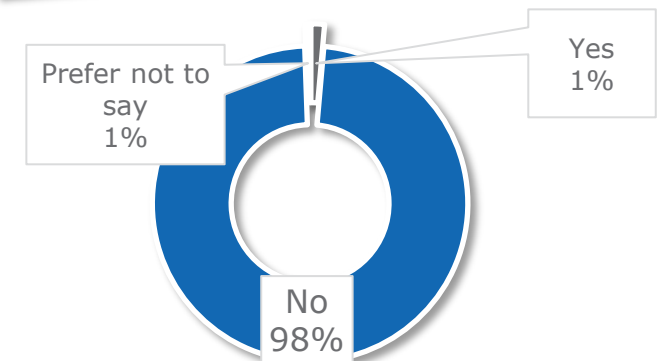
Weighted figures displayed. *Note: this figure is likely an overestimate as a disproportionate number of respondents identified as trans in Beaumont Leys (13%) and Rushey Mead (9%). The question wording was taken from the 2021 Census to ensure comparability, but in September 2024 the ONS downgraded its gender identity question from 'official statistic' to 'official statistic in development' as concerns came to light about certain groups, particularly those with lower English skills, potentially misinterpreting the question (see notes for the ONS letter to the OSR regarding this)..

Appendix 2: AuditC calculation
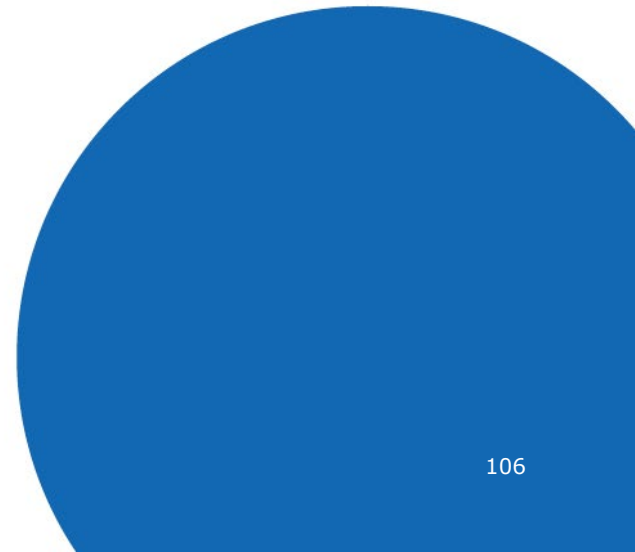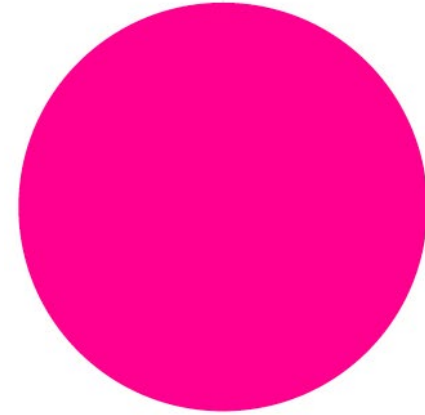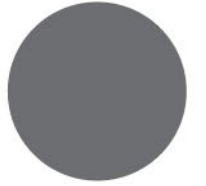
AuditC calculations

The **AUDIT-C Test** (Alcohol Use Disorders Identification Test - Consumption) is a simple screening tool used to identify individuals with risky or harmful drinking behaviours. It's a shorter version of the full AUDIT (10-item) test, focusing on the first three questions that pertain directly to alcohol consumption.

The AUDIT-C consists of three questions about alcohol consumption:

1. How often do you have a drink containing alcohol?

2. How many drinks containing alcohol do you have on a typical day when you are drinking?

3. How often do you have six or more drinks on one occasion?

Each question is scored from **0 to 4 points**, giving a possible range of **0 to 12 points**.

The scores for each of the three questions are added together to get a total AUDIT-C score. This total score determines the level of concern and possible intervention needs.
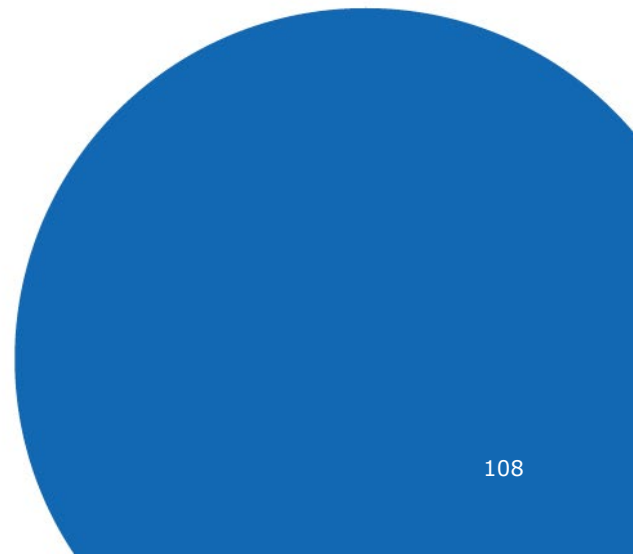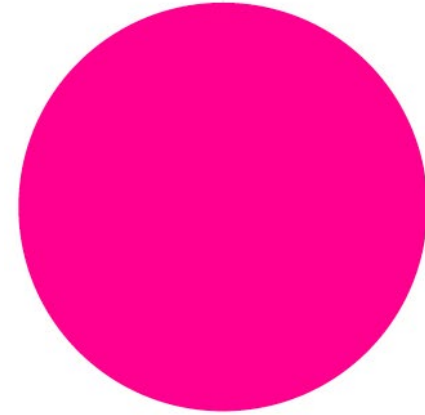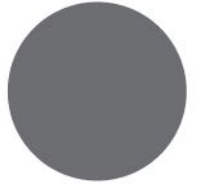
Score 0-4: Lower-risk of drinking or abstinence.

Score 5-7: Increasing risk.

Score 8-10: Higher-risk.

Score 11-12: Potential for alcohol dependence.

Appendix 3: detailed background & methodology

Background & methodology (detailed)

DJS Research were commissioned by Leicester City Council to conduct a face-to-face (CAPI) survey of residents in Leicester aged 16+. This is the fourth iteration of Leicester's Health & Wellbeing Survey, with previous waves being carried out in 2010, 2015 and 2018.

The 2024 survey took approximately 15 minutes to complete and, like in previous years, covered a range of health-related topics including: general health and wellbeing, diet, exercise and physical activity, place and volunteering, finances, smoking and tobacco use, mental health and wellbeing, gambling, alcohol consumption, access to sexual health services, and digital inclusion.

Fieldwork took place between 17 April 2024 and 2 October 2024. Circa 100 interviews were conducted in each of Leicester's 21 wards to ensure a good level of representation across the city and adequate base sizes for ward-level analysis. Within each ward, census output areas were stratified by index of multiple deprivation (IMD) score and randomly selected as sampling points. Interviewers had a target number of interviews to achieve within each sampling point, with quotas based on each ward's…

…demographic profile (i.e. sex, age, ethnicity, disability and economic status). To correct for any imbalances in each ward's sample population, a corrective weight has been applied, along with weighting which corrects for the over and under sampling of wards relative to the population of Leicester as a whole. Further details on the profile of respondents can be found in the appendix.

Statistical reliability

A sample size of 2,100 gives a confidence interval of +/-2.1% based on a statistic of 50% at the 95% confidence interval.

This means we can be 95% confident that this figure lies between 47.9% and 52.1% had we interviewed every resident in the city.

For more information

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