

# Hyndburn health behaviours and lifestyle findings

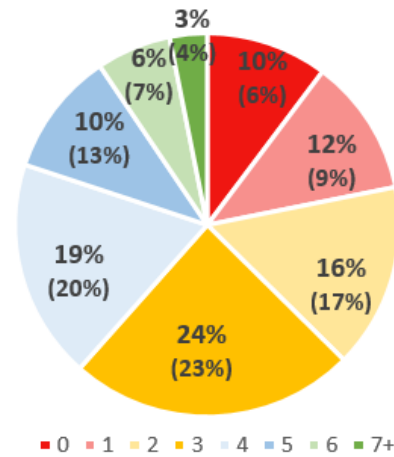
## General view of life

Overall how would you rate your...

	Life satisfaction	Happiness	Life as worthwhile	Anxiety
Low	<b>19%</b> ★ <i>14%</i>	<b>22%</b> 🧑 <i>17%</i>	<b>18%</b> 💎 <i>13%</i>	Very low <b>31%</b> 🧑 <i>35%</i>
Medium	<b>22%</b> ★ <i>20%</i>	<b>19%</b> 🧑 <i>19%</i>	<b>18%</b> 💎 <i>18%</i>	Low <b>25%</b> 🧑 <i>24%</i>
High	<b>39%</b> ★ <i>44%</i>	<b>33%</b> 🧑 <i>36%</i>	<b>39%</b> 💎 <i>40%</i>	Medium <b>20%</b> 🧑 <i>17%</i>
Very high	<b>20%</b> ★ <i>22%</i>	<b>26%</b> 🧑 <i>29%</i>	<b>25%</b> 💎 <i>30%</i>	High <b>24%</b> 🧑 <i>25%</i>

## Healthy eating and nutrition

How many portions of fruit and vegetables did you consume yesterday?

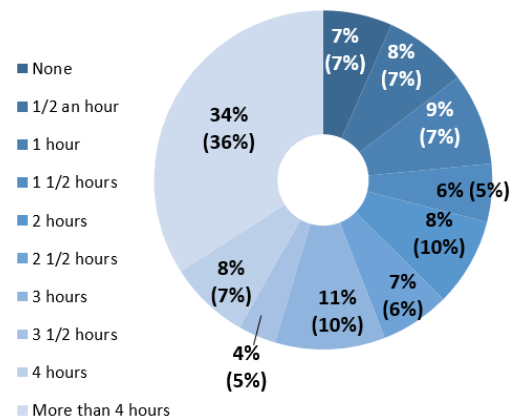


How often do you have fizzy drinks or soft drinks like squash, excluding diet or sugar-free drinks?

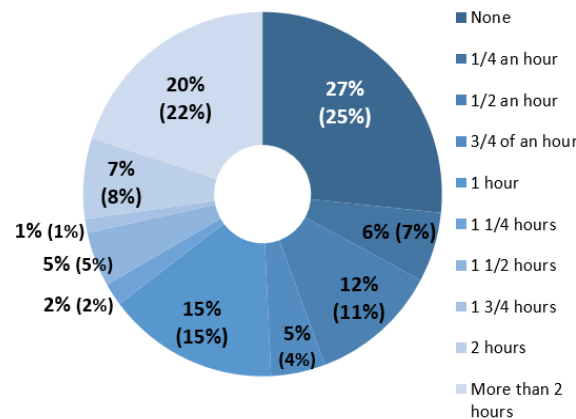
6 or more times a week	<b>12%</b> 🍷	<b>12%</b>
3-5 times a week	<b>13%</b> 🍷	<b>12%</b>
1-2 times a week	<b>15%</b> 🍷	<b>15%</b>
Less than once a week	<b>15%</b> 🍷	<b>16%</b>
Rarely or never	<b>45%</b> 🍷	<b>45%</b>
Don't know	<b>0%</b> 🍷	<b>0%</b>

## Physical activity

In a typical week, including time spent at a paid job, how much moderate intensity activity would you normally do to the nearest half hour? Up to...



In a typical week, including time spent at a paid job, how much vigorous intensity activity would you normally do to the nearest quarter of an hour? Up to...



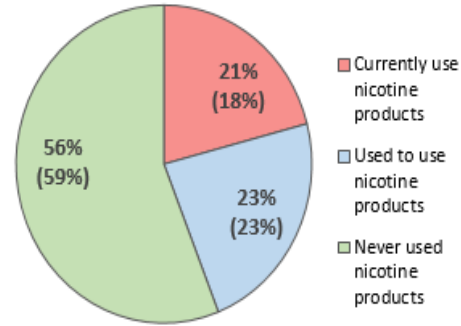
How often do you in a week...

	eat takeaways/fast food	eat a meal with family/other members of your household	cook/prepare a meal from basic ingredients for yourself, family or household?	eat out (excl. fast food and takeaways)
Never	<b>15%</b> ★ <i>17%</i>	<b>12%</b> ★ <i>9%</i>	<b>8%</b> ★ <i>6%</i>	<b>24%</b> ★ <i>16%</i>
Less than once	<b>66%</b> ★ <i>66%</i>	<b>12%</b> ★ <i>13%</i>	<b>11%</b> ★ <i>10%</i>	<b>67%</b> ★ <i>70%</i>
1-4 times	<b>17%</b> ★ <i>16%</i>	<b>23%</b> ★ <i>24%</i>	<b>40%</b> ★ <i>38%</i>	<b>9%</b> ★ <i>14%</i>
5 times or more	<b>2%</b> ★ <i>1%</i>	<b>52%</b> ★ <i>54%</i>	<b>42%</b> ★ <i>46%</i>	<b>0%</b> ★ <i>0%</i>

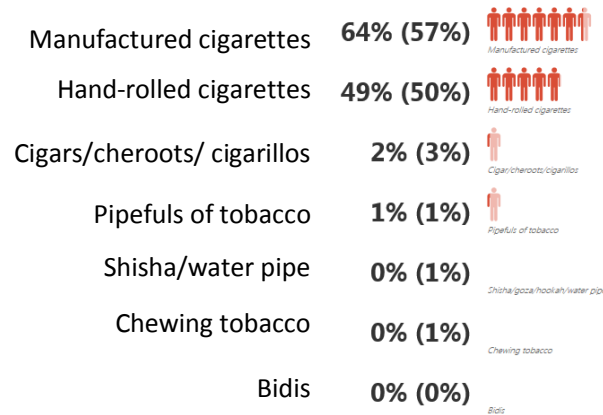
(Lancashire figures in grey or brackets)

## Tobacco

Do you use nicotine products (including tobacco and e-cigs)?



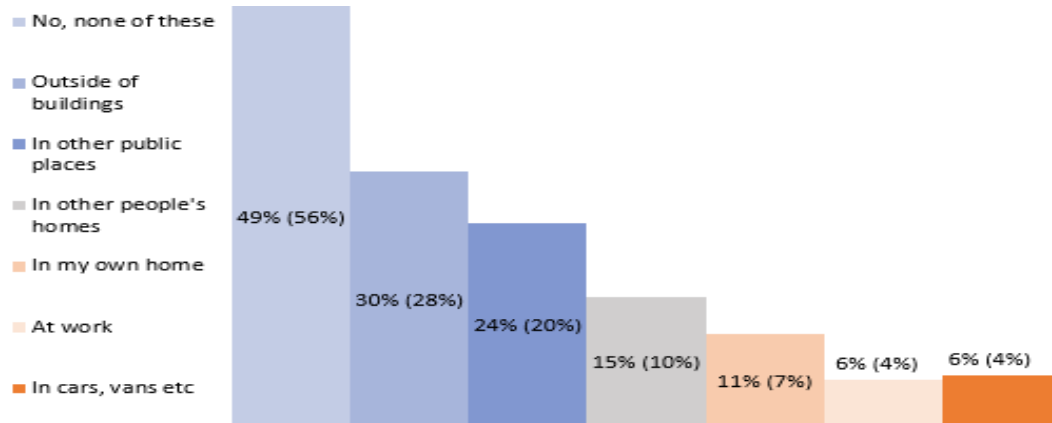
Which of the following items do you currently use?



Which of the following products do you use?

Have never used tobacco	58% (61%)	I've never used an e-cig	85% (89%)
Use tobacco daily	16% (11%)	I use e-cigs daily	3% (3%)
Used to use tobacco daily, but do not use it at all now	16% (15%)	I used to use e-cigs daily but do not now	4% (2%)
Use tobacco occasionally, but not every day	2% (4%)	I use e-cigs occasionally, but not daily	3% (3%)
Used tobacco occasionally, but do not use it at all now	9% (8%)	I used e-cigs occasionally, but not at all now	5% (3%)
Never smoked but have tried e-cigs	3% (6%)	Have smoked and tried e-cigs	97% (94%)

Are you exposed to other people's smoke in any of these places?



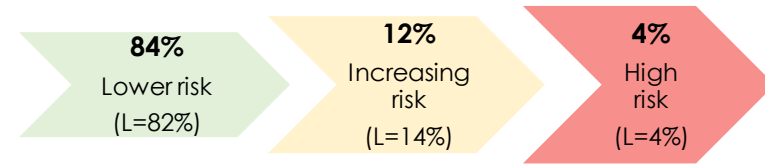
## Alcohol

Do you drink alcohol nowadays, including drinks you make or brew at home?

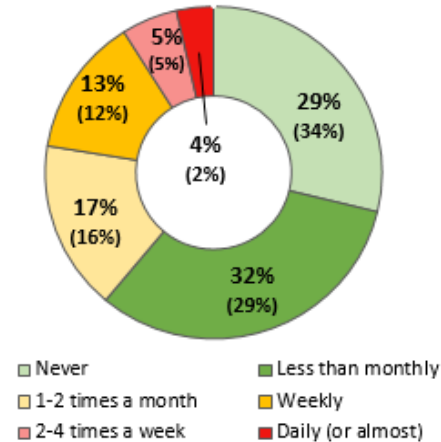
Yes **60%** (68%)  
No **40%** (32%)



Proportion of drinkers who are...



How often do you have 6 or more units (females), or 8 or more units (males), in one session?

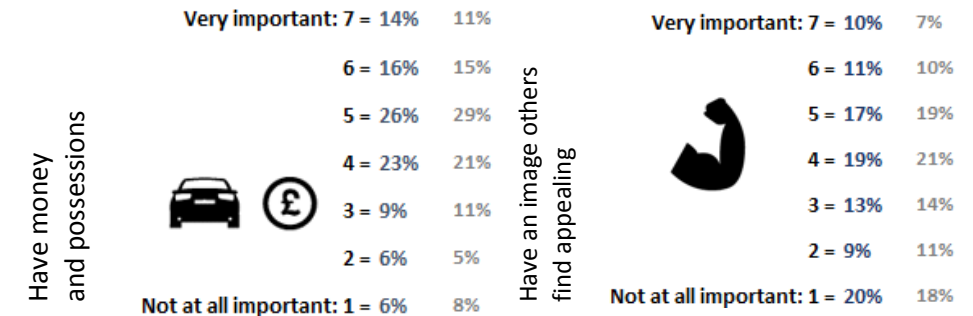


Of those respondents who drink...



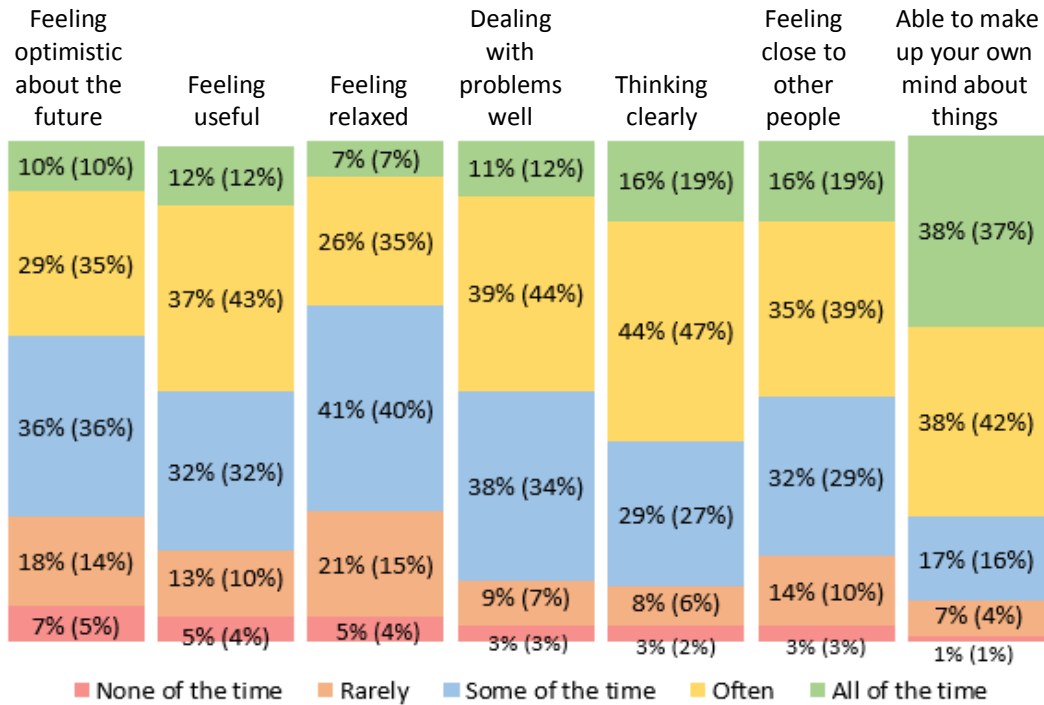
## Your values

How important is it to you personally to...



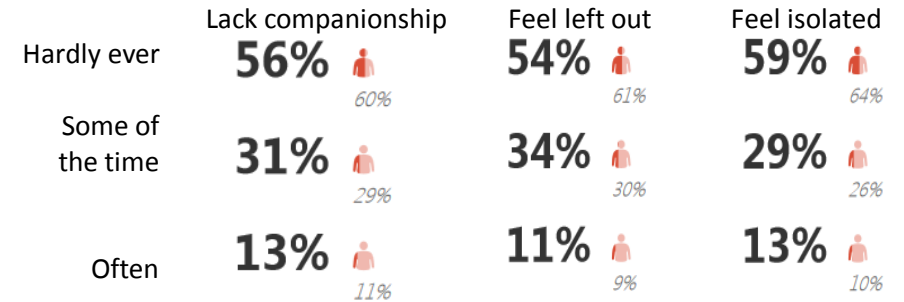
## Wellbeing

How often have you been...



## Social inclusion

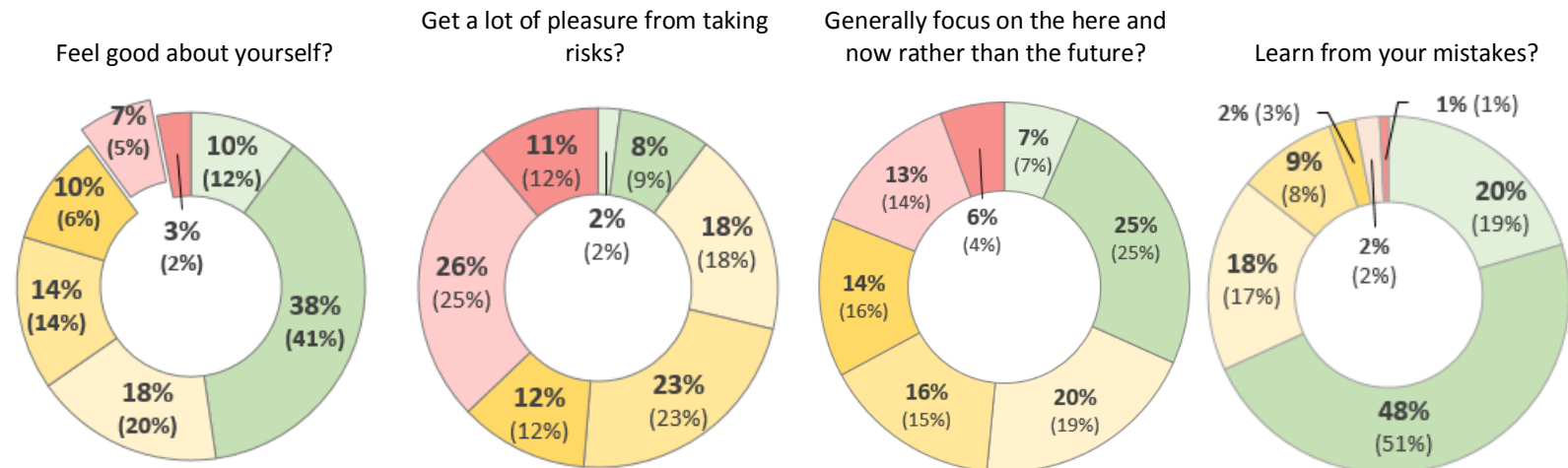
How often do you...



Click [here](#) for further information around social capital, social networks and support, and social participation.

## Your outlook on life

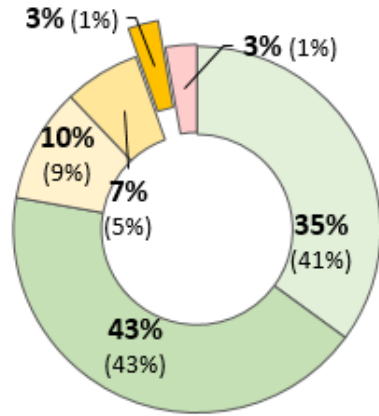
Do you...



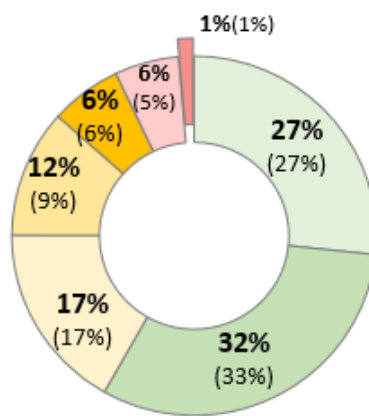
# Your health beliefs

To what extent do you agree with the following...

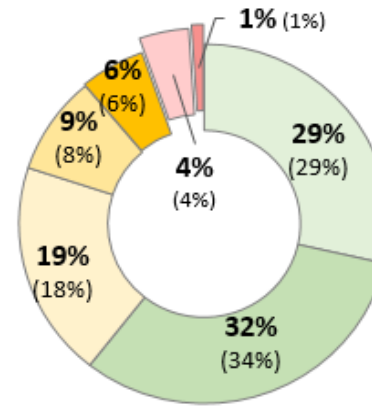
- Agree strongly
- Agree
- Agree slightly
- Neither agree/disagree
- Disagree slightly
- Disagree
- Disagree strongly



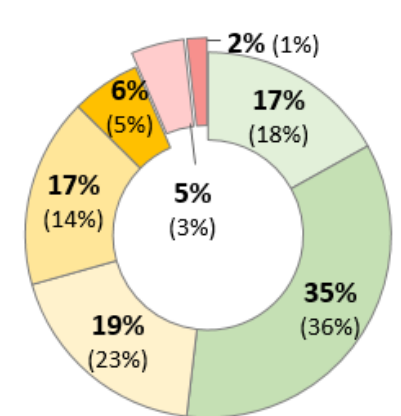
A healthy lifestyle is an effective way to reduce your chances of becoming ill (no respondents disagree strongly for Hyndburn or Lancashire)



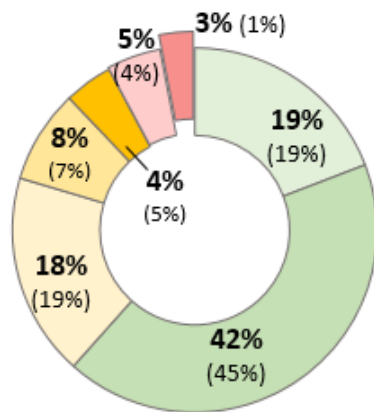
If you don't have your health, you don't have anything



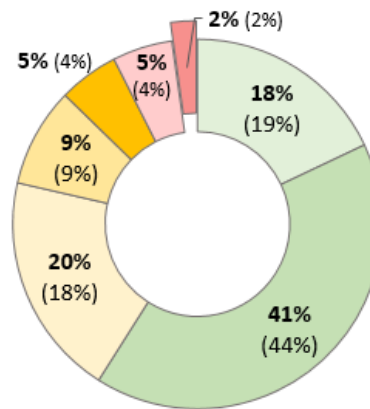
There is nothing more important than good health



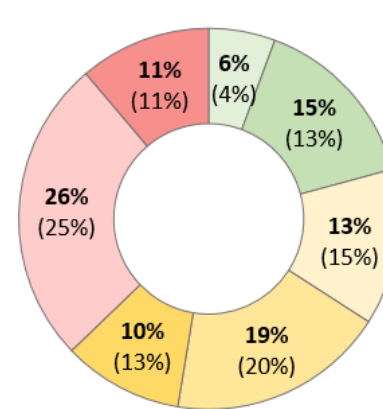
I'm very involved in my health



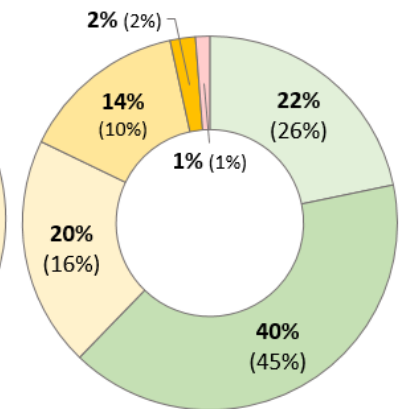
I am in control of my own health



The main thing which affects my health is what I personally do



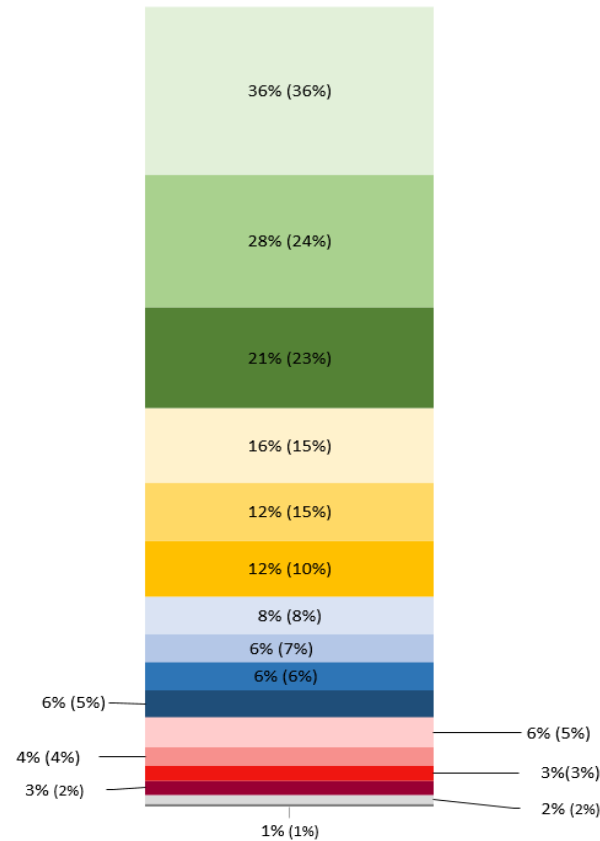
If a person is meant to get ill, it doesn't matter what a doctor tells them to do, they will get ill anyway



I intend to lead a healthy lifestyle over the next 12 months

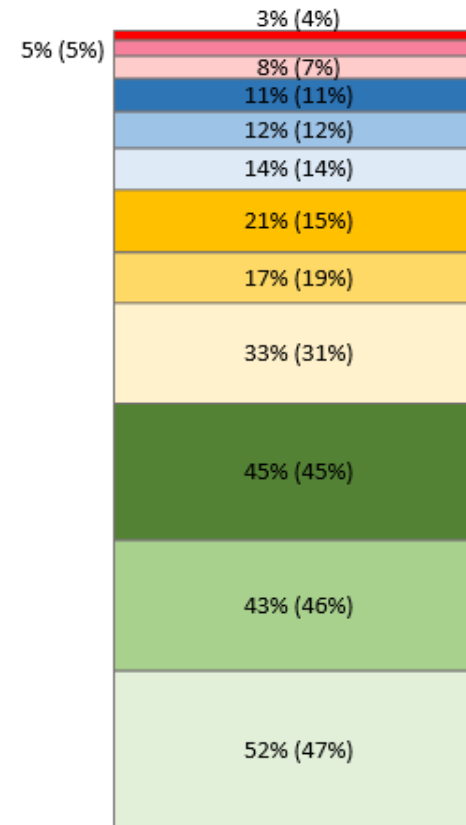
## Your health and lifestyle

Has a doctor or nurse ever told you that you have any of the following?



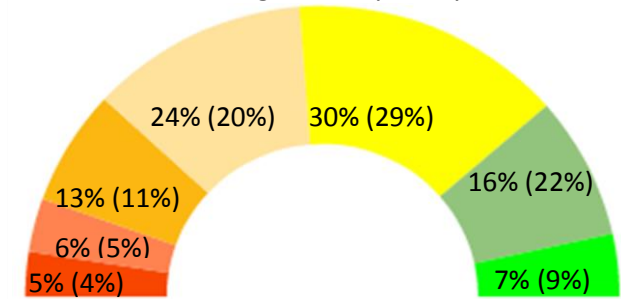
- None of these
- Depression, anxiety or other mental health condition
- High blood pressure
- Sciatica, lumbago or recurring backache
- Asthma (using an inhaler)
- Other
- Long-term pain (lasting more than 3 months) not including backache
- Diabetes
- Heart disease
- Continenence problems (leakage of your bladder or bowel)
- Short-term pain (lasting less than 3 months) not including backache
- Cancer
- Chronic pulmonary (lung) disease (eg emphysema, chronic bronchitis)
- Neurological condition (eg Parkinson's, MS, epilepsy)
- Stroke
- Hepatitis B, hepatitis C, HIV or any other blood borne virus

Where would you go to get health information/support to make lifestyle changes?



- Other
- No one/without support from others
- TV
- Dentist
- Pharmacist
- I don't need to make changes
- Support service eg weight loss support group, stop smoking service, Alcoholics Anonymous
- Books and magazines
- Leisure centre or gym
- Friends or family
- Internet
- GP surgery

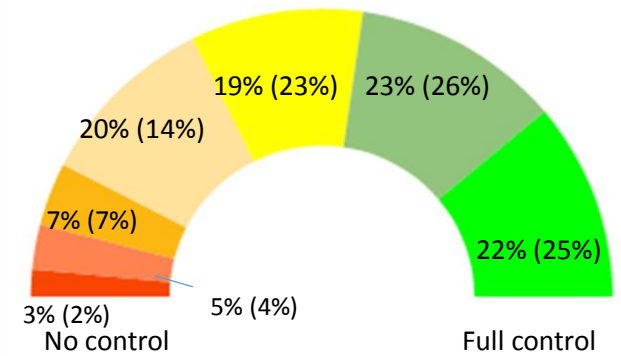
Would leading a healthy lifestyle be...



Extremely difficult

Extremely easy

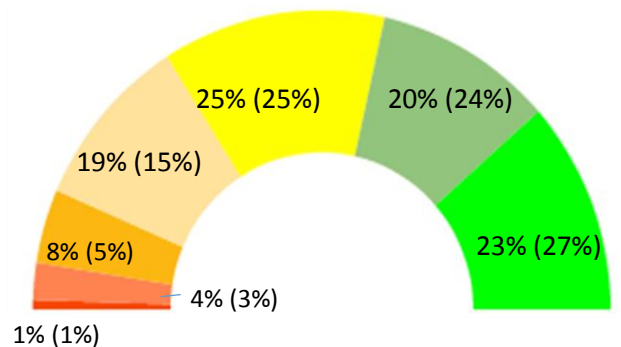
How much control do you have over whether you lead a healthy lifestyle...



No control

Full control

Would leading a healthy lifestyle be...

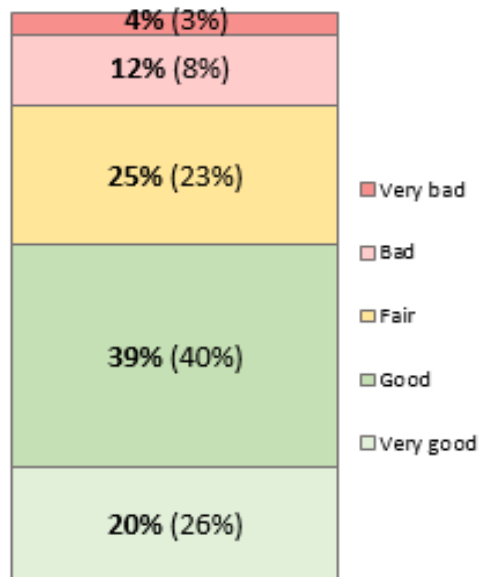


Not enjoyable

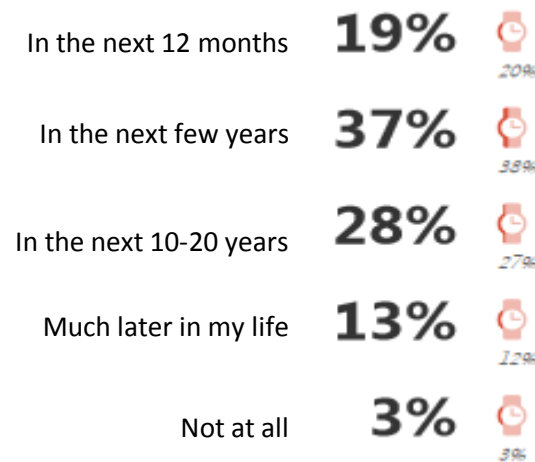
Very enjoyable

## Your health and lifestyle

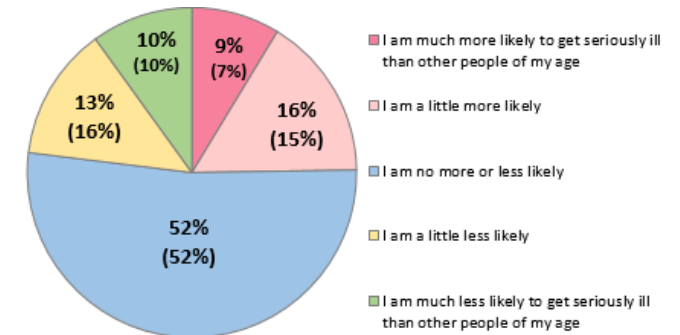
Over the last 12 months would you say that on the whole your health has been?



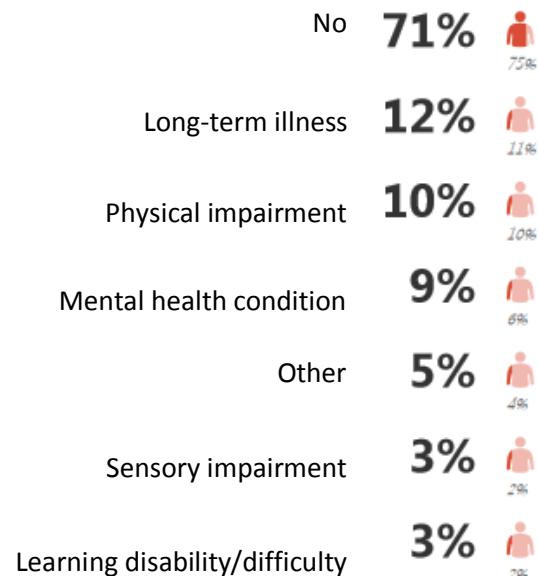
If you don't lead a healthy lifestyle your health could be at risk...



Compared with other people your age, how likely do you think it is that you will get seriously ill at some point over the next few years?

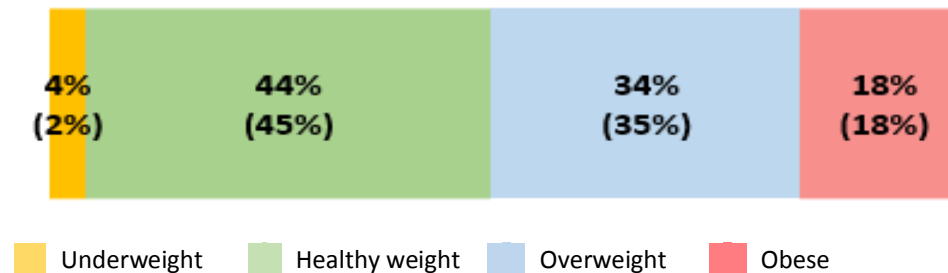


Do you consider yourself to have a disability?

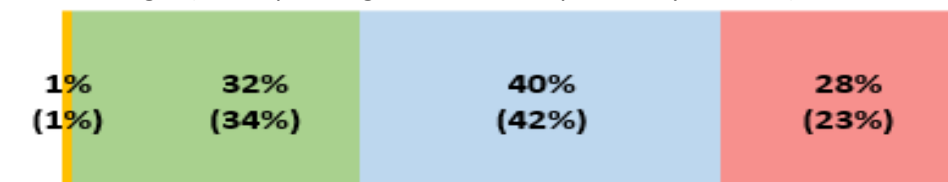


## Your weight

Self-reported weight (from lifestyle questionnaire)



Adult weight (from Sport England Active People Survey 2012-13)

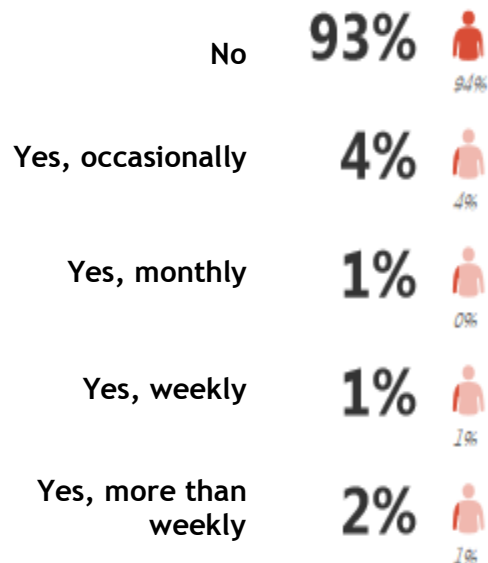


Full details of the Sport England Active People Survey (2012-13) can be found in the secondary data analysis report, available [here](#), or by clicking on the following link:

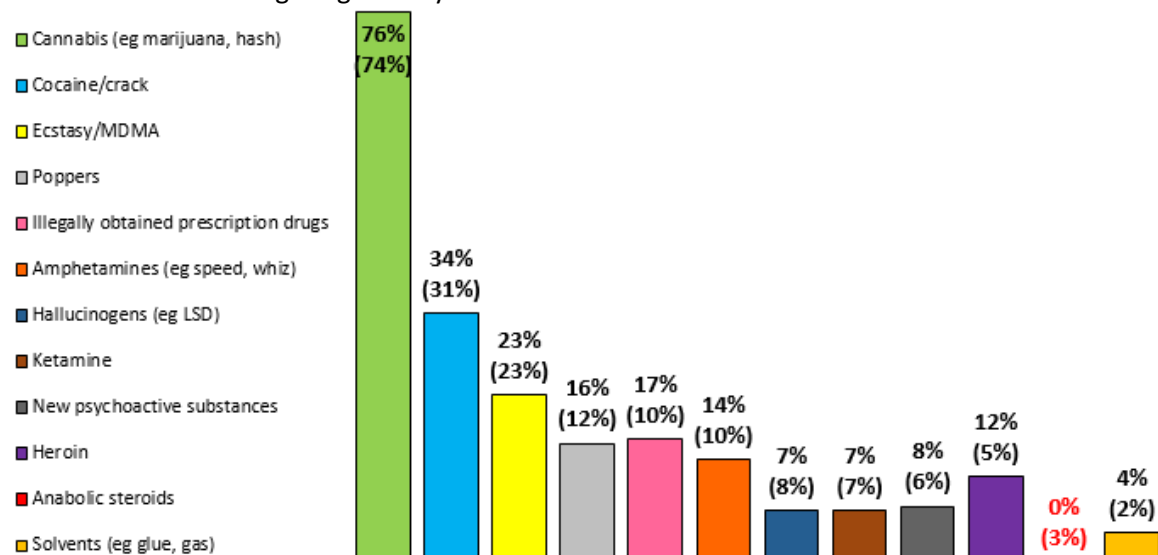
<http://www3.lancashire.gov.uk/corporate/web/viewdoc.aspx?id=120620>

## Drug/substance use

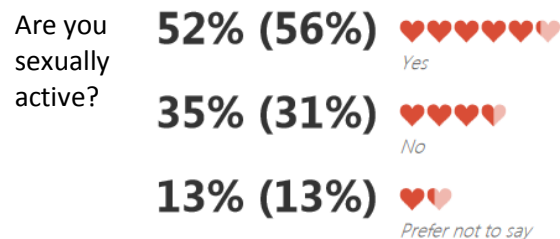
Have you used drugs other than those required for medical reasons in the last twelve months?



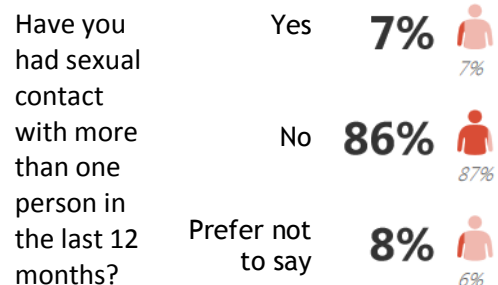
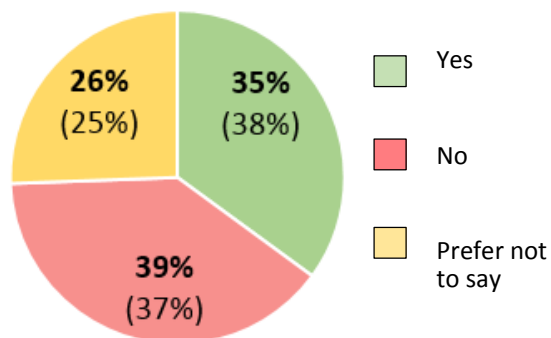
## Which of the following drugs have you used in the last 12 months?



## Sexual activity and sexual health



Last time you had sexual contact with a new person for the first time, did you use a condom?



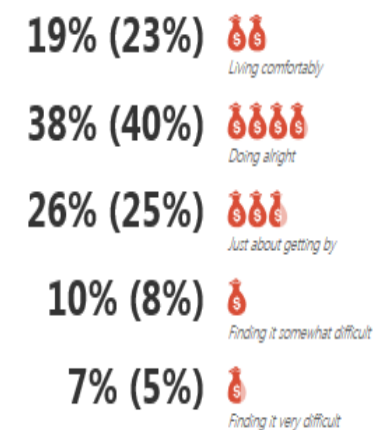
Sexual health risk\*

**Not at risk: 96% (97%) At risk: 4% (3%)**

\*sexual contact with more than one person in 12-month period and do not use a condom with a new partner (excludes respondents identifying as lesbian)

## Financial

How well do you feel that you are managing financially?



For further information on the health behaviours JSNA please visit our [health behaviours webpage](#) or click on the following link: <http://www3.lancashire.gov.uk/corporate/web/?siteid=6117&paged=46082&e=e>

For further information, please contact the JSNA team [ocejsna@lancashire.gov.uk](mailto:ocejsna@lancashire.gov.uk)