

# Health behaviours JSNA - 2015

## Lancashire North CCG health behaviours and lifestyle findings

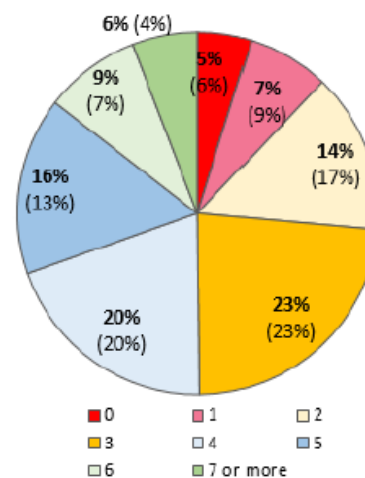
### General view of life

Overall how would you rate your...

	Life satisfaction	Happiness	Life as worthwhile	Anxiety
Low	<b>11%</b> ★ <i>14%</i>	<b>15%</b> 🧑 <i>17%</i>	<b>10%</b> 💎 <i>13%</i>	Very low <b>36%</b> 🧑 <i>35%</i>
Medium	<b>19%</b> ★ <i>20%</i>	<b>17%</b> 🧑 <i>19%</i>	<b>17%</b> 💎 <i>18%</i>	Low <b>24%</b> 🧑 <i>24%</i>
High	<b>43%</b> ★ <i>44%</i>	<b>37%</b> 🧑 <i>36%</i>	<b>39%</b> 💎 <i>40%</i>	Medium <b>16%</b> 🧑 <i>17%</i>
Very high	<b>26%</b> ★ <i>22%</i>	<b>31%</b> 🧑 <i>29%</i>	<b>33%</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?

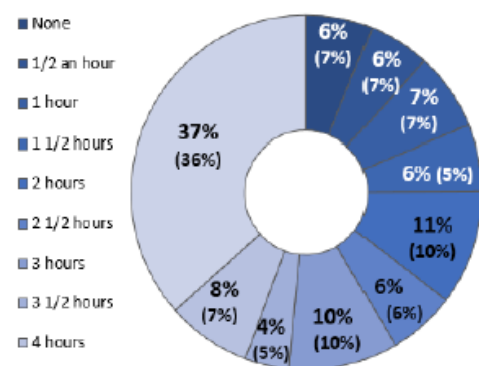


How often do you have fizzy drinks or soft drinks like squash, excluding diet or sugar-free drinks?

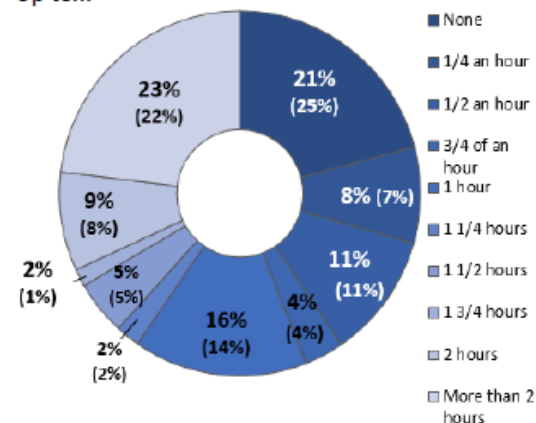
6 or more times a week	<b>9%</b> 🍷	<b>12%</b>
3-5 times a week	<b>10%</b> 🍷	<b>12%</b>
1-2 times a week	<b>13%</b> 🍷	<b>15%</b>
Less than once a week	<b>19%</b> 🍷	<b>16%</b>
Rarely or never	<b>49%</b> 🍷	<b>45%</b>
Don't know	<b>1%</b> 🍷	<b>0%</b>

### 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...

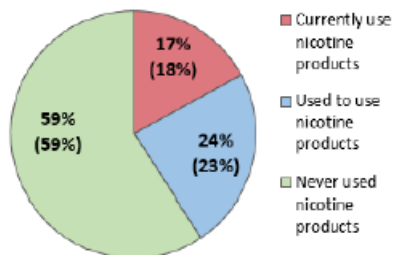
	eat takeaways/fast food	eat a meal with family/other members of your household	cook/prepare a meal from basic ingredients for yourself, family or household?	eat out (excl. fast food and takeaways)
Never	<b>18%</b> ★ <i>17%</i>	<b>9%</b> ★ <i>9%</i>	<b>5%</b> ★ <i>6%</i>	<b>16%</b> ★ <i>16%</i>
Less than once	<b>70%</b> ★ <i>66%</i>	<b>15%</b> ★ <i>13%</i>	<b>9%</b> ★ <i>10%</i>	<b>71%</b> ★ <i>70%</i>
1-4 times	<b>12%</b> ★ <i>16%</i>	<b>22%</b> ★ <i>24%</i>	<b>35%</b> ★ <i>38%</i>	<b>13%</b> ★ <i>14%</i>
5 times or more	<b>0%</b> ★ <i>1%</i>	<b>54%</b> ★ <i>54%</i>	<b>51%</b> ★ <i>46%</i>	<b>0%</b> ★ <i>0%</i>

(Lancashire figures in grey or brackets)

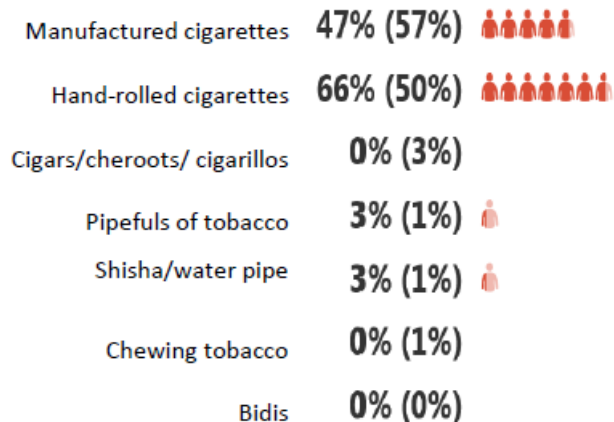
975 responses were received from residences in this CCG

## Tobacco

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



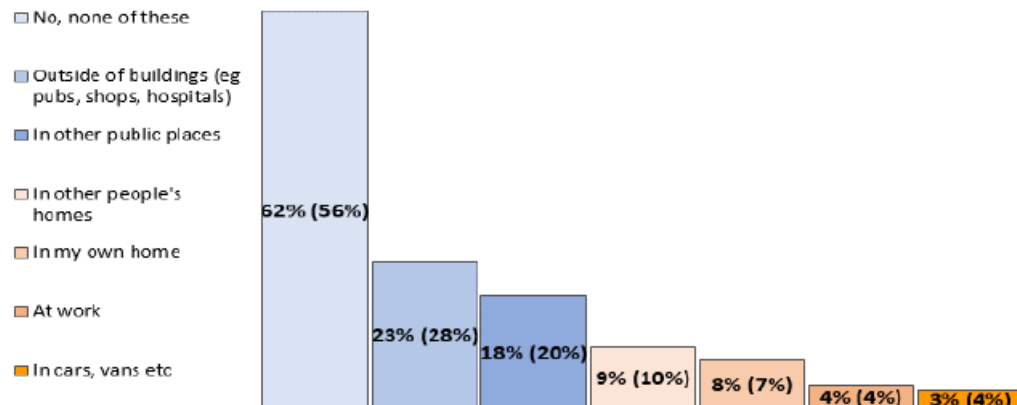
Which of the following items do you currently use?



Which of the following products do you use?

I have never used tobacco	60% (61%)	I have e never used an e-cig	91% (89%)
I use tobacco daily	11% (11%)	I use e-cigs daily	2% (3%)
I used to use tobacco daily, but do not use it at all now	15% (15%)	I used to use e-cigs daily but do not now	2% (2%)
I use tobacco occasionally, but not every day	4% (4%)	I use e-cigs occasionally, but not daily	3% (3%)
I used tobacco occasionally, but do not use it at all now	10% (8%)	I used e-cigs occasionally, but not at all now	3% (3%)
I have never smoked but have tried e-cigs	4% (6%)	I have smoked and tried e-cigs	96% (94%)

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

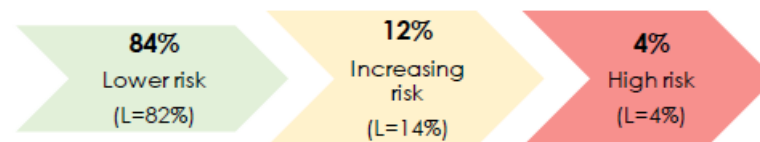


## Alcohol

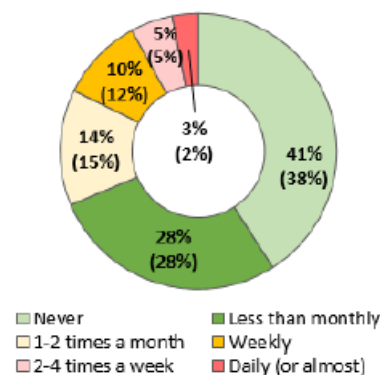
Do you drink alcohol nowadays, including drinks you make or brew at home?



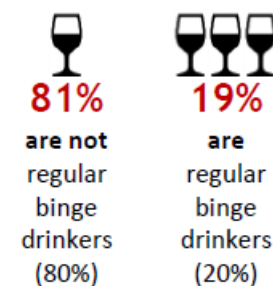
Proportion of drinkers who are...



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

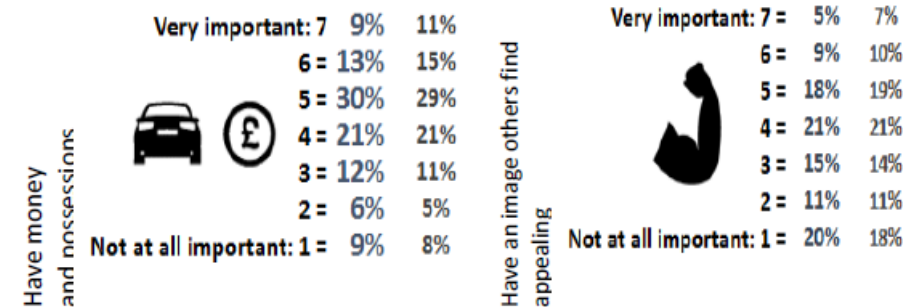


Of those respondents who drink...



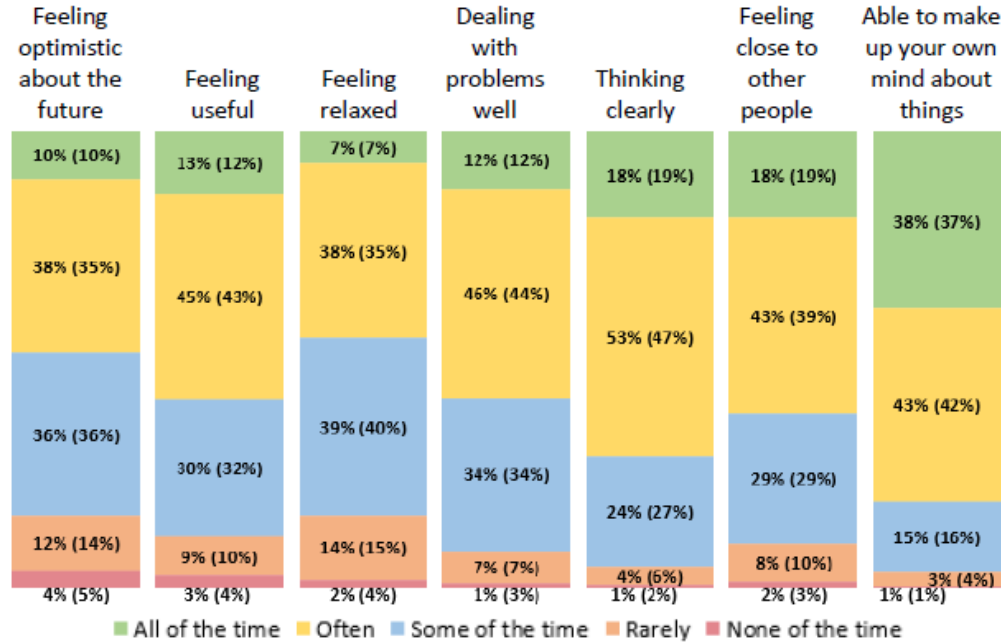
## Your values

How important is it to you personally to...



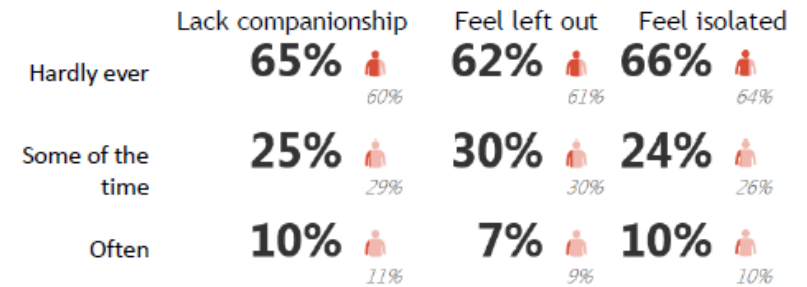
## Wellbeing

How often have you been...



## Social inclusion

How often do you...



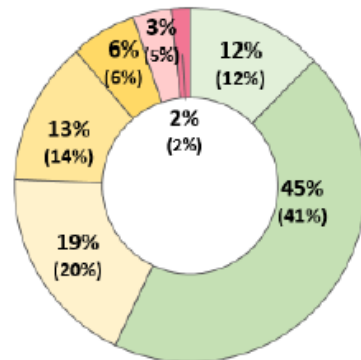
Click [here](#) for further information around social participation and social networks

## Your outlook on life

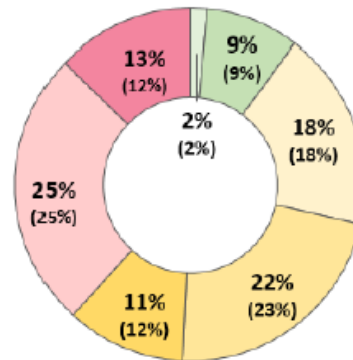
Do you...



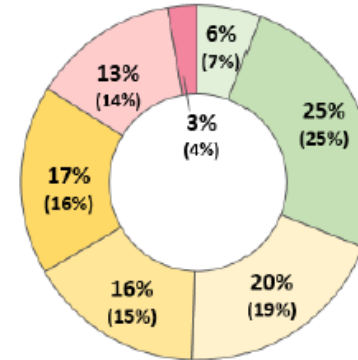
Feel good about yourself?



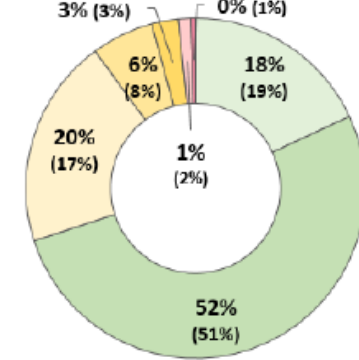
Get a lot of pleasure from taking risks?



Generally focus on the here and now rather than the future?

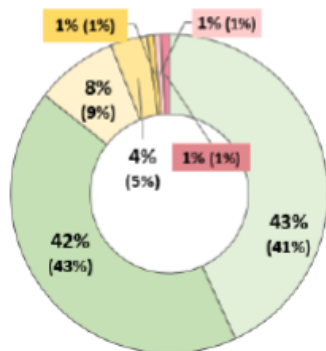


Learn from your mistakes?

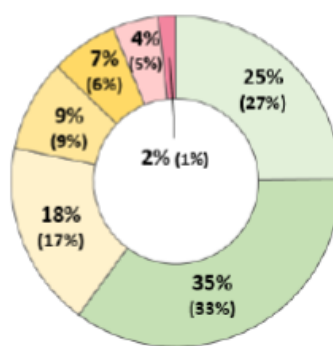


## Your health beliefs

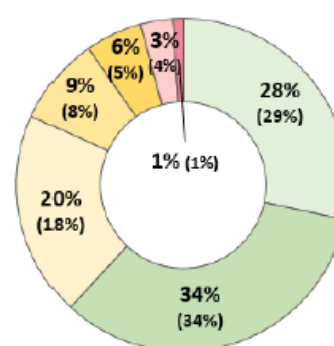
To what extent do you agree with the following...



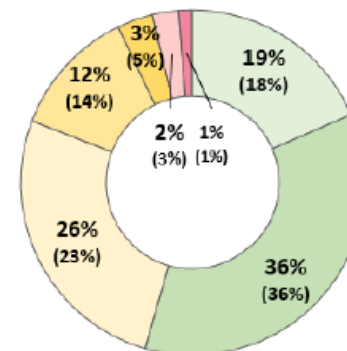
A healthy lifestyle is an effective way to reduce your chances of becoming ill



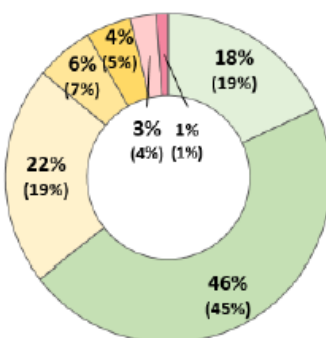
If you don't have your health, you don't have anything



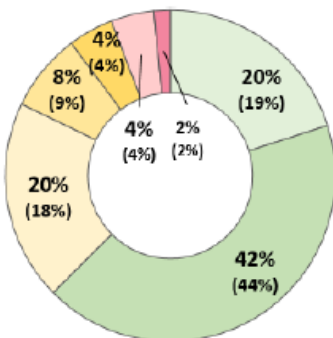
There is nothing more important than good health



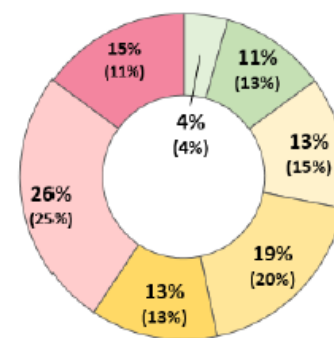
I'm very involved in my health



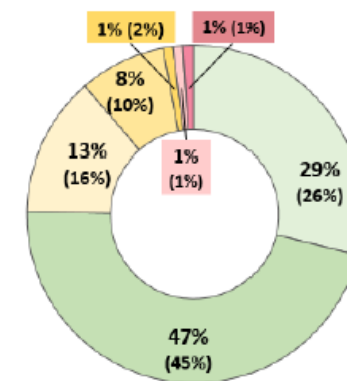
I am in control of my own health



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



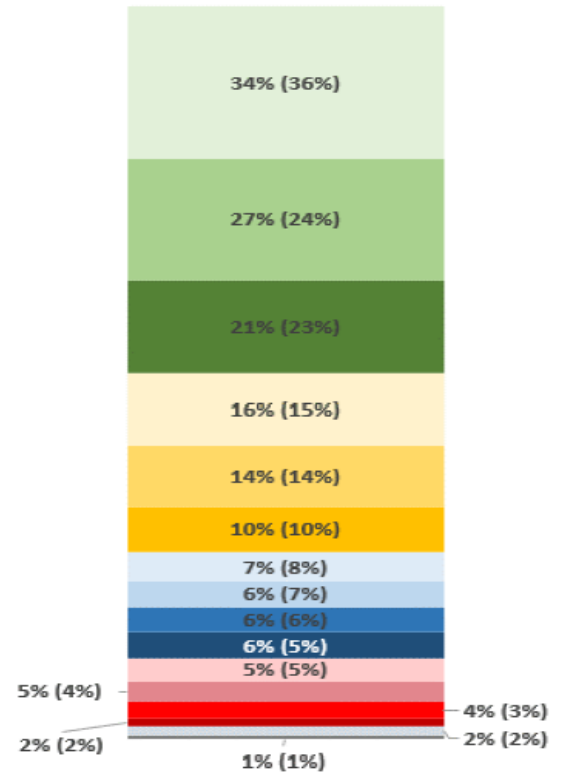
If a person is meant to get ill, it doesn't matter what a doctor tells them to do, they will get ill anyway



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

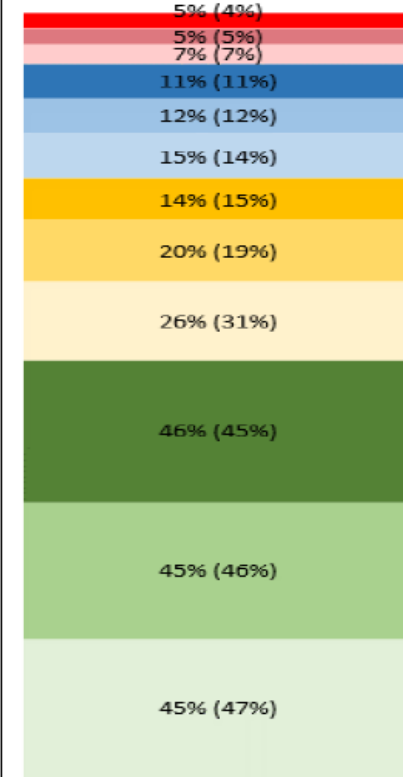
## Your health and lifestyle

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



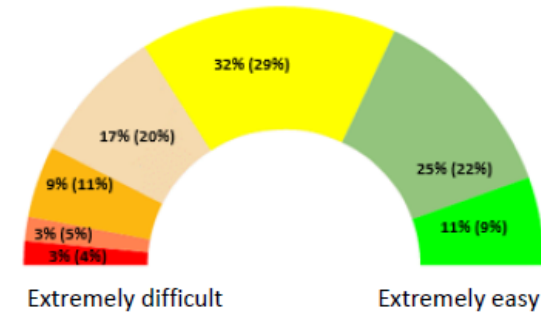
- None of these
- Depression, anxiety or other mental health condition
- High blood pressure
- Sciatica, lumbago or recurring backache
- Asthma (using an inhaler)
- Other
- Long-term pain (lasting more than 3 months) not including backache
- Diabetes
- Heart disease
- Continece problems (leakage of your 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?

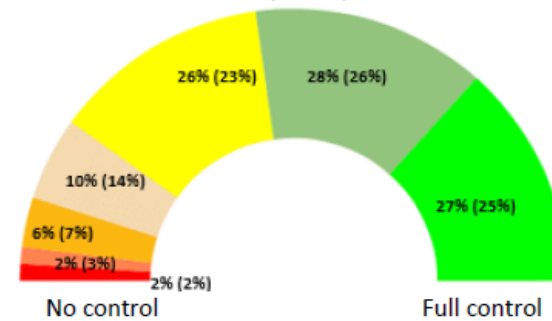


- Other
- No one/without support from others
- TV
- Dentist
- Pharmacist
- I don't need to make changes
- Support service eg weight loss support group, stop smoking service, Alcoholics Anonymous
- Books and magazines
- Lecture centre or gym
- Friends or family
- Internet
- GP surgery

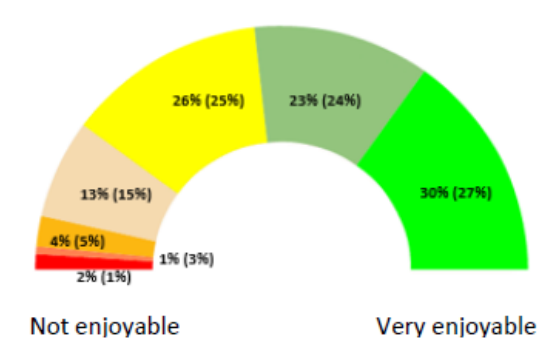
Would leading a healthy lifestyle be...



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



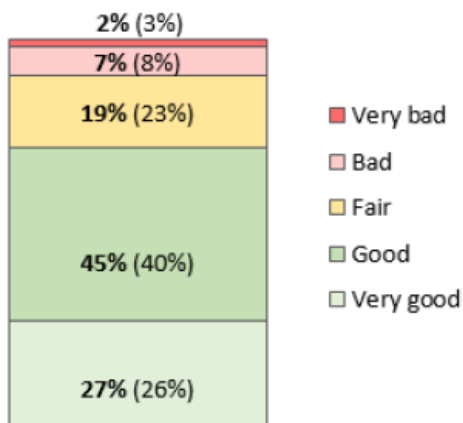
Would leading a healthy lifestyle be...



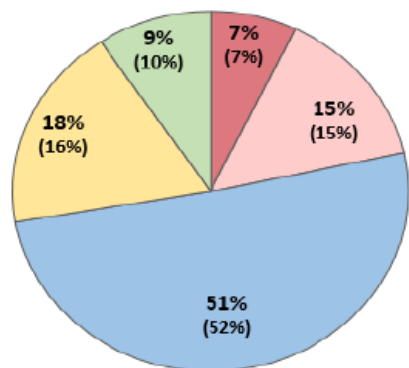


### Your health and lifestyle

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

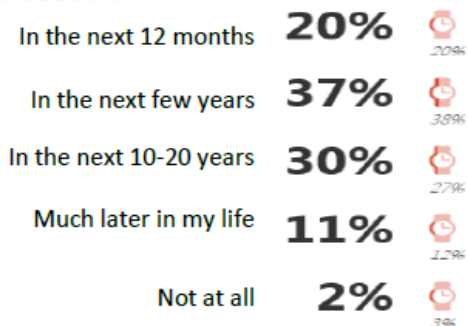


Compared with other people your age, how likely do you think it is that you will get seriously ill at some point over the next few years?

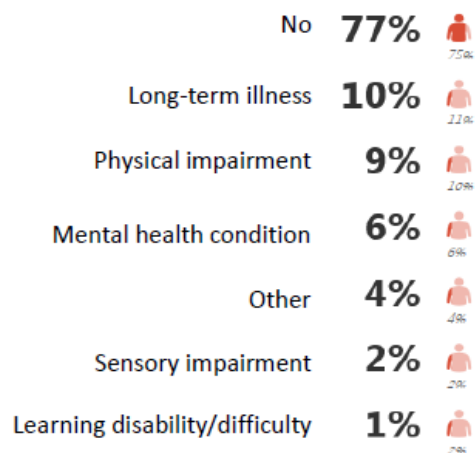


- I am much more likely to get seriously ill than other people of my age
- I am a little more likely
- I am no more or less likely
- I am a little less likely
- I am much less likely to get seriously ill than other people of my age

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

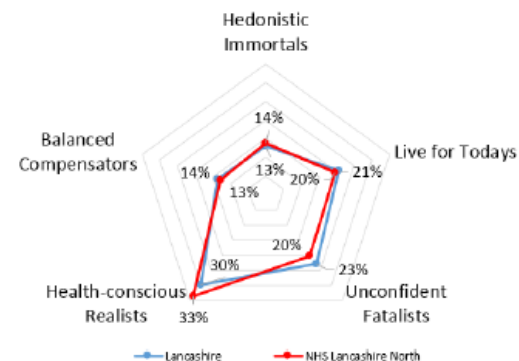


Do you consider yourself to have a disability?



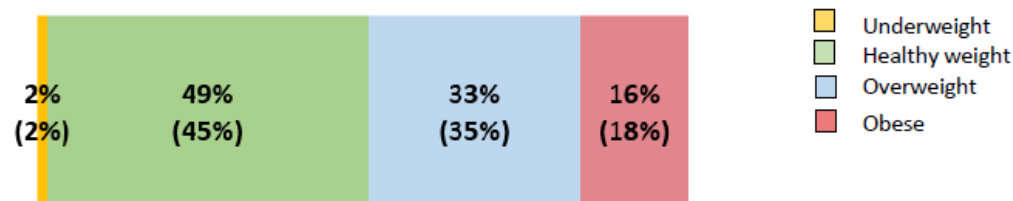
The questionnaire covered a wide range of topics around health behaviours and incorporated the [healthy foundations](#) segmentation tool.

Segmentation tools can be used to inform bespoke local health improvement activities. They provide insight for social marketing around health policies, campaigns and targeted interventions, allowing us to identify the motivation levels and the potential for behaviour change among the different groups.

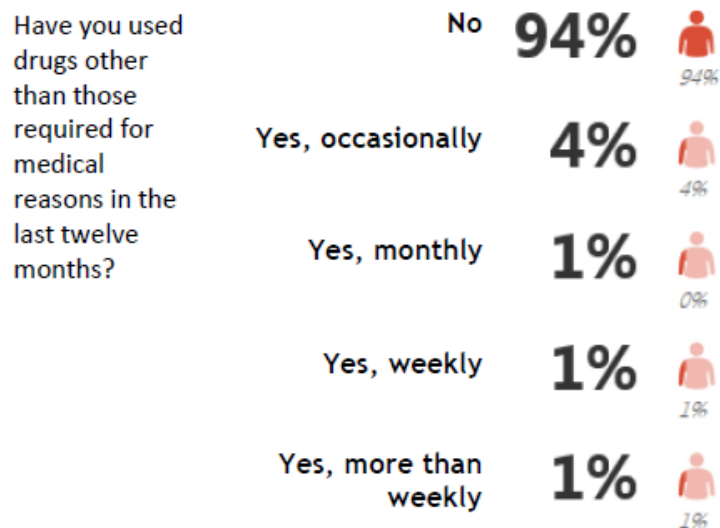


For Lancashire North CCG more respondents are classed as 'health-conscious realists' when compared to Lancashire. There are similar rates for 'balanced compensators', 'live for todays' and 'hedonistic immortals', but slightly fewer 'unconfident fatalists'.

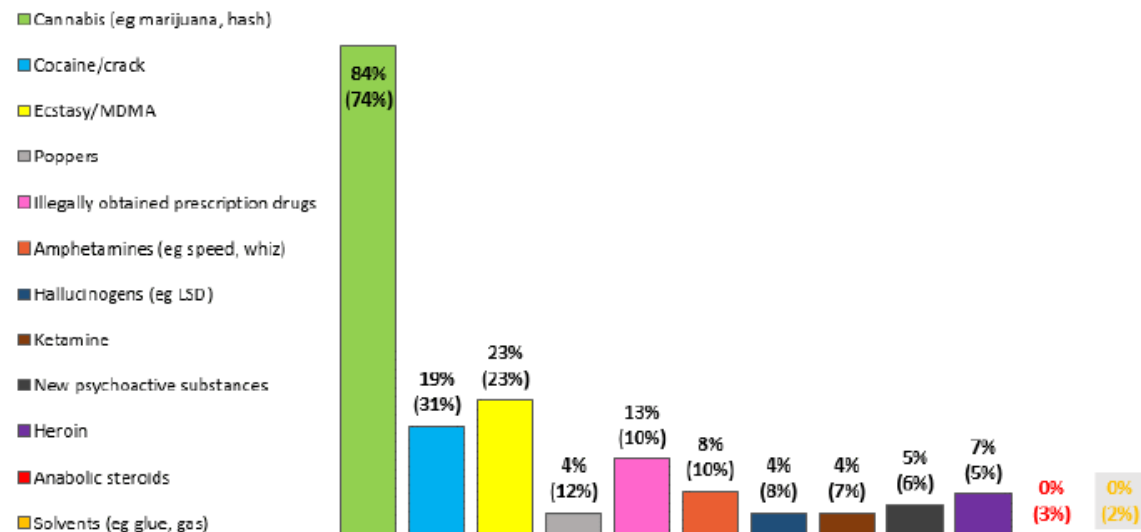
### Your weight Self-reported weight



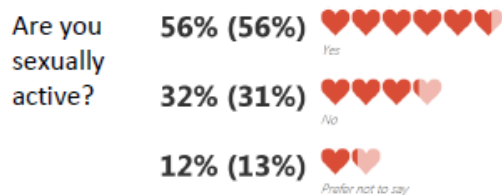
## Drug/substance use



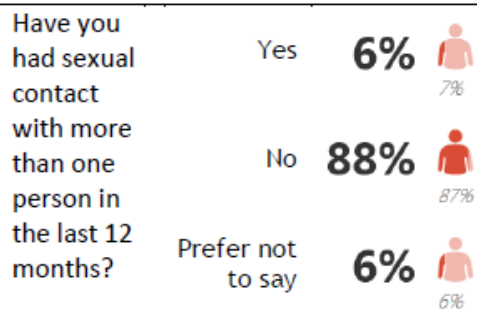
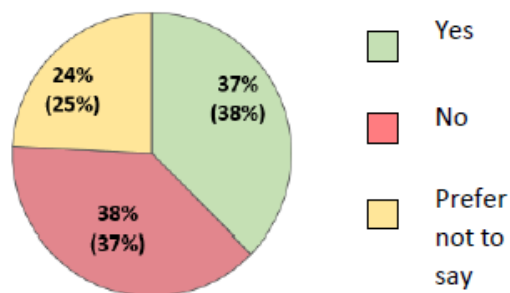
## Which of the following drugs have you used in the last 12 months?



## Sexual activity and sexual health



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



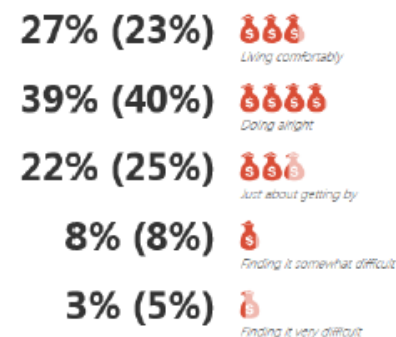
Sexual health risk\*

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 [publications](http://www.lancashire.gov.uk/publications) webpage or click on the following link:  
<http://www.lancashire.gov.uk/lancashire-insight/jsna-publications.aspx>

For general JSNA intelligence, please visit our [Lancashire Insight](http://www.lancashire.gov.uk/lancashire-insight.aspx) pages  
<http://www.lancashire.gov.uk/lancashire-insight.aspx>

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[insight@lancashire.gov.uk](mailto:insight@lancashire.gov.uk)