Fylde health behaviours and lifestyle findings

### General view of life
Overall how would you rate your...

<table>
<thead>
<tr>
<th>Life satisfaction</th>
<th>Happiness</th>
<th>Life as worthwhile</th>
<th>Anxiety</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>12%</td>
<td>13%</td>
<td>10%</td>
</tr>
<tr>
<td>Medium</td>
<td>20%</td>
<td>18%</td>
<td>19%</td>
</tr>
<tr>
<td>High</td>
<td>45%</td>
<td>40%</td>
<td>40%</td>
</tr>
<tr>
<td>Very high</td>
<td>24%</td>
<td>29%</td>
<td>32%</td>
</tr>
</tbody>
</table>

### Healthy eating and nutrition
How many portions of fruit and vegetables did you consume yesterday?

- Very high: 47%
- High: 22%
- Medium: 27%
- Low: 7%
- Very low: 5%

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

- 6 or more times a week: 9%
- 3-5 times a week: 10%
- 1-2 times a week: 16%
- Less than once a week: 18%
- Rarely or never: 47%

### 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...

- None: 35% (36%)
- 1/2 an hour: 7% (7%)
- 1 hour: 11% (10%)
- 1 1/2 hours: 5% (5%)
- 2 hours: 10% (10%)
- 2 1/2 hours: 6% (6%)
- 3 hours: 5% (6%)
- 3 1/2 hours: 8% (7%)
- 4 hours: 0% (1%)
- More than 4 hours: 0% (1%)

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...

- None: 30% (25%)
- 1/4 an hour: 7% (7%)
- 1/2 an hour: 20% (22%)
- 3/4 of an hour: 17% (15%)
- 1 hour: 4% (4%)
- 1 1/4 hours: 9% (9%)
- 1 1/2 hours: 6% (7%)
- 2 hours: 0% (0%)
- More than 2 hours: 0% (0%)

(Lancashire figures in grey or brackets)
Wellbeing
How often have you been...

- Feeling optimistic about the future
  - Hardly ever: 14% (12%)
  - Some of the time: 35% (33%)
  - Often: 45% (43%)

- Feeling useful
  - Hardly ever: 4% (10%)
  - Some of the time: 14% (12%)
  - Often: 45% (43%)

- Feeling relaxed
  - Hardly ever: 8% (10%)
  - Some of the time: 11% (15%)
  - Often: 45% (40%)

- Dealing with problems well
  - Hardly ever: 2% (4%)
  - Some of the time: 6% (7%)
  - Often: 45% (44%)

- Thinking clearly
  - Hardly ever: 2% (3%)
  - Some of the time: 5% (6%)
  - Often: 49% (47%)

- Feeling close to other people
  - Hardly ever: 1% (2%)
  - Some of the time: 10% (10%)
  - Often: 42% (39%)

- Able to make up your own mind about things
  - Hardly ever: 4% (4%)
  - Some of the time: 14% (16%)
  - Often: 35% (37%)

Social inclusion
How often do you...

- Lack companionship
  - Hardly ever: 64% (60%)
  - Some of the time: 27% (29%)
  - Often: 10% (11%)

- Feel left out
  - Hardly ever: 66% (61%)
  - Some of the time: 26% (30%)
  - Often: 8% (9%)

- Feel isolated
  - Hardly ever: 66% (61%)
  - Some of the time: 26% (30%)
  - Often: 8% (9%)

- Generally focus on the here and now rather than the future?
  - Agree strongly: 11% (9%)
  - Agree: 18% (17%)
  - Agree slightly: 23% (25%)
  - Neither agree/disagree: 3% (2%)
  - Disagree slightly: 15% (14%)
  - Disagree: 4% (41%)

- Learn from your mistakes?
  - Agree strongly: 15% (16%)
  - Agree: 23% (18%)
  - Agree slightly: 16% (15%)
  - Neither agree/disagree: 24% (25%)
  - Disagree slightly: 22% (19%)
  - Disagree: 8% (8%)
  - Disagree strongly: 53% (51%)
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**
  - Agree strongly: 1% (1%)
  - Agree: 8% (9%)
  - Agree slightly: 15% (17%)
  - Neither agree/disagree: 37% (33%)
  - Disagree slightly: 15% (18%)
  - Disagree: 30% (29%)
  - Disagree strongly: 4% (5%)

- **If you don't have your health, you don't have anything**
  - Agree strongly: 0% (1%)
  - Agree: 4% (6%)
  - Agree slightly: 5% (7%)
  - Neither agree/disagree: 37% (33%)
  - Disagree slightly: 15% (18%)
  - Disagree: 4% (5%)
  - Disagree strongly: 41% (36%)

- **There is nothing more important than good health**
  - Agree strongly: 0% (1%)
  - Agree: 3% (5%)
  - Agree slightly: 17% (18%)
  - Neither agree/disagree: 22% (23%)
  - Disagree slightly: 22% (23%)
  - Disagree: 14% (14%)
  - Disagree strongly: 3% (3%)

- **I'm very involved in my health**
  - Agree strongly: 1% (1%)
  - Agree: 4% (5%)
  - Agree slightly: 21% (19%)
  - Neither agree/disagree: 45% (45%)
  - Disagree slightly: 4% (5%)
  - Disagree: 6% (7%)
  - Disagree strongly: 6% (7%)

- **I am in control of my own health**
  - Agree strongly: 1% (1%)
  - Agree: 20% (19%)
  - Agree slightly: 3% (4%)
  - Neither agree/disagree: 45% (45%)
  - Disagree slightly: 17% (15%)
  - Disagree: 8% (7%)
  - Disagree strongly: 8% (7%)

- **The main thing which affects my health is what I personally do**
  - Agree strongly: 1% (1%)
  - Agree: 21% (15%)
  - Agree slightly: 11% (11%)
  - Neither agree/disagree: 45% (45%)
  - Disagree slightly: 12% (13%)
  - Disagree: 5% (4%)
  - Disagree strongly: 11% (13%)

- **If a person is meant to get ill, it doesn't matter what a doctor tells them to do, they will get ill anyway**
  - Agree strongly: 15% (16%)
  - Agree: 10% (10%)
  - Agree slightly: 28% (25%)
  - Neither agree/disagree: 0% (1%)
  - Disagree slightly: 14% (15%)
  - Disagree: 19% (20%)
  - Disagree strongly: 15% (16%)

- **I intend to lead a healthy lifestyle over the next 12 months**
  - Agree strongly: 1% (1%)
  - Agree: 28% (26%)
  - Agree slightly: 15% (16%)
  - Neither agree/disagree: 45% (45%)
  - Disagree slightly: 10% (10%)
  - Disagree: 1% (1%)
  - Disagree strongly: 1% (1%)
Your health and lifestyle

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

- 36% (36%)
- 24% (24%)
- 25% (23%)
- 15% (15%)
- 14% (15%)
- 8% (10%)
- 7% (8%)
- 6% (7%)
- 6% (6%)
- 5% (4%)
- 2% (2%)
- 1% (1%)

- Heart disease
- Depression, anxiety or other mental health condition
- High blood pressure
- Scoliosis, lumbago or recurring backache
- Asthma (using an inhaler)
- Other
- Long-term pain (lasting more than 3 months) not including backache
- Diabetes

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

- 2% (4%)
- 7% (7%)
- 10% (11%)
- 13% (12%)
- 15% (14%)
- 14% (15%)
- 19% (19%)
- 26% (31%)
- 45% (45%)
- 47% (46%)
- 44% (47%)
- 3% (3%)

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?

- Very bad: 2% (3%)
- Bad: 7% (8%)
- Fair: 24% (23%)
- Good: 37% (40%)
- Very good: 30% (26%)

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

- In the next 12 months: 24% (20%)
- In the next few years: 39% (28%)
- In the next 10-20 years: 21% (27%)
- Much later in my life: 14% (12%)
- Not at all: 3% (2%)

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: 11% (10%)
- I am a little more likely: 4% (7%)
- I am no more or less likely: 15% (15%)
- I am a little less likely: 15% (15%)
- I am much less likely to get seriously ill than other people of my age: 55% (52%)

Do you consider yourself to have a disability?

- No: 74% (73%)
- Long-term illness: 11% (11%)
- Physical impairment: 11% (11%)
- Mental health condition: 5% (6%)
- Other: 3% (3%)
- Sensory impairment: 2% (2%)
- Learning disability/difficulty: 2% (2%)

Your weight

Self-reported weight (from lifestyle questionnaire)

- Underweight: 1% (2%)
- Healthy weight: 48% (45%)
- Overweight: 36% (35%)
- Obese: 16% (18%)

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

- Underweight: 2% (1%)
- Healthy weight: 29% (34%)
- Overweight: 48% (42%)
- Obese: 21% (23%)

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.asp?id=120620
Drug/substance use

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

- No: 95%
- Yes, occasionally: 3%
- Yes, monthly: 1%
- Yes, weekly: 0%
- Yes, more than weekly: 1%

Sexual activity and sexual health

Are you sexually active?

- Yes: 50% (56%)
- No: 37% (31%)
- Prefer not to say: 14% (13%)

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

- Yes: 36% (37%)
- No: 38% (38%)
- Prefer not to say: 27% (25%)

Have you had sexual contact with more than one person in the last 12 months?

- Yes: 6%
- No: 89%
- Prefer not to say: 5%

Sexual health risk*

- Not at risk: 97% (97%)
- At risk: 3% (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?

- Yes: 28% (23%)
- No: 39% (40%)
- Prefer not to say: 22% (25%)

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&pageid=46082&e=e

For general JSNA intelligence, please visit www.lancashire.gov.uk/jsna

For further information, please contact the JSNA team ocejhsna@lancashire.gov.uk