Hyndburn 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>19%</td>
<td>22%</td>
<td>Very low</td>
</tr>
<tr>
<td>Medium</td>
<td>22%</td>
<td>19%</td>
<td>Low</td>
</tr>
<tr>
<td>High</td>
<td>39%</td>
<td>33%</td>
<td>Medium</td>
</tr>
<tr>
<td>Very high</td>
<td>20%</td>
<td>26%</td>
<td>High</td>
</tr>
</tbody>
</table>

Life satisfaction: Low 19%, Medium 22%, High 39%, Very high 20%
Happiness: Low 19%, Medium 19%, High 33%, Very high 26%
Life as worthwhile: Low 18%, Medium 18%, High 39%, Very high 25%
Anxiety: Very low 31%, Low 25%, Medium 20%, High 24%

Healthy eating and nutrition

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

- 6 or more times a week: 6%, 12%
- 3-5 times a week: 13%, 12%
- 1-2 times a week: 15%, 15%
- Less than once a week: 15%, 16%
- Rarely or never: 45%, 45%
- Don’t know: 0%, 0%

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

- 6 or more times a week: 12%, 12%
- 3-5 times a week: 13%, 12%
- 1-2 times a week: 15%, 15%
- Less than once a week: 15%, 16%
- Rarely or never: 45%, 45%
- Don’t know: 0%, 0%

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: 15%, 34%
- 1/4 an hour: 20%, 12%
- 1/2 an hour: 9%, 7%
- 1 hour: 6%, 8%
- 1 1/2 hours: 5%, 8%
- 2 hours: 2%, 1%
- 3 hours: 1%, 11%
- 3 1/2 hours: 2%, 1%
- 4 hours: 5%, 6%
- More than 4 hours: 7%, 6%

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: 15%, 6%
- 1/4 an hour: 12%, 17%
- 1/2 an hour: 9%, 9%
- 1 hour: 6%, 12%
- 1 1/4 hours: 2%, 1%
- 1 1/2 hours: 5%, 16%
- 2 hours: 3%, 1%
- 3/4 of an hour: 15%, 10%
- 3 hours: 15%, 11%
- 3 1/2 hours: 5%, 10%
- More than 2 hours: 6%, 7%

(Lancashire figures in grey or brackets)
### Alcohol

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

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proportion</td>
<td>60% (68%)</td>
<td>40% (32%)</td>
</tr>
</tbody>
</table>

**Proportion of drinkers who are...**

- **Lower risk** (L=82%)
- **Increasing risk** (L=14%)
- **High risk** (L=4%)

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

- Of those respondents who drink:
  - 78% are not regular binge drinkers (80%)
  - 22% are regular binge drinkers (20%)
### Wellbeing

<table>
<thead>
<tr>
<th>How often have you been...</th>
<th>Feeling optimistic about the future</th>
<th>Feeling useful</th>
<th>Feeling relaxed</th>
<th>Dealing with problems well</th>
<th>Thinking clearly</th>
<th>Feeling close to other people</th>
<th>Able to make up your own mind about things</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10% (10%)</td>
<td>12% (12%)</td>
<td>7% (7%)</td>
<td>11% (12%)</td>
<td>16% (19%)</td>
<td>16% (19%)</td>
<td>38% (37%)</td>
</tr>
<tr>
<td></td>
<td>29% (35%)</td>
<td>37% (43%)</td>
<td>26% (35%)</td>
<td>39% (44%)</td>
<td>44% (47%)</td>
<td>35% (39%)</td>
<td>38% (42%)</td>
</tr>
<tr>
<td></td>
<td>36% (36%)</td>
<td>32% (32%)</td>
<td>41% (40%)</td>
<td>38% (34%)</td>
<td>29% (27%)</td>
<td>32% (29%)</td>
<td>17% (16%)</td>
</tr>
<tr>
<td></td>
<td>18% (14%)</td>
<td>13% (10%)</td>
<td>21% (15%)</td>
<td>9% (7%)</td>
<td>8% (6%)</td>
<td>14% (10%)</td>
<td>7% (4%)</td>
</tr>
<tr>
<td></td>
<td>7% (5%)</td>
<td>5% (4%)</td>
<td>5% (4%)</td>
<td>3% (3%)</td>
<td>3% (3%)</td>
<td>3% (3%)</td>
<td>1% (1%)</td>
</tr>
</tbody>
</table>

### Social Inclusion

<table>
<thead>
<tr>
<th>How often do you...</th>
<th>Lack companionship</th>
<th>Feel left out</th>
<th>Feel isolated</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hardly ever</td>
<td>56%</td>
<td>54%</td>
<td>59%</td>
</tr>
<tr>
<td>Some of the time</td>
<td>31%</td>
<td>34%</td>
<td>29%</td>
</tr>
<tr>
<td>Often</td>
<td>13%</td>
<td>11%</td>
<td>13%</td>
</tr>
</tbody>
</table>

### 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?

*Click [here](#) for further information around social capital, social networks and support, and social participation.*
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 (no respondents disagree strongly for Hyndburn or Lancashire)**
  - Agree strongly: 3% (1%)
  - Agree: 35% (41%)
  - Agree slightly: 10% (9%)
  - Neither agree/disagree: 43% (43%)
  - Disagree slightly: 6% (5%)
  - Disagree: 6% (9%)
  - Disagree strongly: 1% (1%)

- **If you don’t have your health, you don’t have anything**
  - Agree strongly: 27% (27%)
  - Agree: 6% (9%)
  - Agree slightly: 12% (17%)
  - Neither agree/disagree: 32% (34%)
  - Disagree slightly: 9% (8%
  - Disagree: 4% (4%)
  - Disagree strongly: 1% (1%)

- **There is nothing more important than good health**
  - Agree strongly: 32% (36%)
  - Agree: 17% (14%)
  - Agree slightly: 19% (18%)
  - Neither agree/disagree: 5% (3%)
  - Disagree slightly: 6% (5%)
  - Disagree: 17% (18%)
  - Disagree strongly: 2% (1%)

- **I’m very involved in my health**
  - Agree strongly: 17% (18%)
  - Agree: 5% (3%)
  - Agree slightly: 19% (36%)
  - Neither agree/disagree: 35% (35%)
  - Disagree slightly: 14% (10%)
  - Disagree: 2% (2%)
  - Disagree strongly: 1% (1%)

- **I am in control of my own health**
  - Agree strongly: 5% (4%)
  - Agree: 19% (15%)
  - Agree slightly: 8% (7%)
  - Neither agree/disagree: 42% (45%)
  - Disagree slightly: 5% (4%)
  - Disagree: 2% (2%)
  - Disagree strongly: 3% (1%)

- **The main thing which affects my health is what I personally do**
  - Agree strongly: 9% (9%)
  - Agree: 20% (18%)
  - Agree slightly: 18% (11%)
  - Neither agree/disagree: 41% (25%)
  - Disagree slightly: 6% (4%)
  - Disagree: 11% (13%)
  - Disagree strongly: 6% (4%)

- **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: 26% (25%)
  - Agree: 19% (20%)
  - Agree slightly: 13% (15%)
  - Neither agree/disagree: 41% (44%)
  - Disagree slightly: 10% (13%)
  - Disagree: 19% (20%)
  - Disagree strongly: 2% (2%)

- **I intend to lead a healthy lifestyle over the next 12 months**
  - Agree strongly: 22% (26%)
  - Agree: 40% (45%)
  - Agree slightly: 20% (16%)
  - Neither agree/disagree: 14% (10%)
  - Disagree slightly: 2% (2%)
  - Disagree: 1% (1%)
Your health and lifestyle
Has a doctor or nurse ever told you that you have any of the following?

- Heart disease
- 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

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

- Extremely difficult:
  - 3% (4%)
  - 8% (7%)
  - 11% (11%)
  - 12% (12%)
  - 14% (14%)
  - 21% (15%)
  - 17% (19%)
  - 33% (31%)
  - 52% (47%)

- Extremely easy:
  - 24% (20%)
  - 30% (29%)
  - 16% (22%)
  - 7% (9%)

Would leading a healthy lifestyle be...

- Extremely difficult:
  - 13% (11%)
  - 6% (5%)
  - 5% (4%)

- Extremely easy:
  - 2% (20%)

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

- No control:
  - 3% (2%)

- Full control:
  - 22% (25%)

Would leading a healthy lifestyle be...

- Not enjoyable:
  - 19% (15%)

- Very enjoyable:
  - 23% (27%)
Your health and lifestyle
Over the last 12 months would you say that on the whole your health has been?

<table>
<thead>
<tr>
<th></th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very bad</td>
<td>4% (3%)</td>
</tr>
<tr>
<td>Bad</td>
<td>12% (8%)</td>
</tr>
<tr>
<td>Fair</td>
<td>25% (23%)</td>
</tr>
<tr>
<td>Good</td>
<td>39% (40%)</td>
</tr>
<tr>
<td>Very good</td>
<td>20% (26%)</td>
</tr>
</tbody>
</table>

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

- In the next 12 months: 19%
- In the next few years: 37%
- In the next 10-20 years: 28%
- Much later in my life: 13%
- Not at all: 3%

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?

- Much later in my life: 13% (16%)
- Not at all: 52% (52%)
- In the next 10-20 years: 28% (15%)
- In the next few years: 9% (7%)
- In the next 12 months: 10% (10%)

Do you consider yourself to have a disability?

- No: 71%
- Long-term illness: 12%
- Physical impairment: 10%
- Mental health condition: 9%
- Other: 5%
- Sensory impairment: 3%
- Learning disability/difficulty: 3%

Your weight
Self-reported weight (from lifestyle questionnaire)

- Underweight: 4% (2%)
- Healthy weight: 44% (45%)
- Overweight: 34% (35%)
- Obese: 18% (18%)

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

- Underweight: 1% (1%)
- Healthy weight: 32% (34%)
- Overweight: 40% (42%)
- Obese: 28% (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**: 93% (74%)
- **Yes, occasionally**: 4% (31%)
- **Yes, monthly**: 1% (12%)
- **Yes, weekly**: 1% (10%)
- **Yes, more than weekly**: 2% (23%)

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

- Cannabis (e.g. marijuana, hash)
- Cocaine/crack
- Ecstasy/MDMA
- Poppers
- Illegally obtained prescription drugs
- Amphetamines (e.g. speed, white)
- Hallucinogens (e.g. LSD)
- Ketamine
- New psychoactive substances
- Heroin
- Anabolic steroids
- Solvents (e.g. glue, gas)

Sexual activity and sexual health

- **Are you sexually active?**
  - Yes: 52% (56%)
  - No: 35% (31%)
  - Prefer not to say: 13% (13%)

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

  - Yes: 26% (25%)
  - No: 35% (38%)
  - Prefer not to say: 39% (37%)

  **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?**
  - Yes: 19% (23%)
  - No: 38% (40%)
  - Prefer not to say: 26% (25%)

  **Sexual health risk**

  - 10% (8%)
  - 7% (5%)

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

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