Preston 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>16%</td>
<td>19%</td>
<td>Very low 31%</td>
</tr>
<tr>
<td>Medium</td>
<td>21%</td>
<td>18%</td>
<td>Low 24%</td>
</tr>
<tr>
<td>High</td>
<td>43%</td>
<td>36%</td>
<td>Medium 18%</td>
</tr>
<tr>
<td>Very high</td>
<td>21%</td>
<td>27%</td>
<td>High 28%</td>
</tr>
</tbody>
</table>

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

- 6 or more times a week: 13% (3% of low, 7% of medium, 13% of high, 19% of very high)
- 3-5 times a week: 11% (3% of low, 7% of medium, 13% of high, 45% of very high)
- 1-2 times a week: 13% (3% of low, 7% of medium, 13% of high, 45% of very high)
- Less than once a week: 18% (3% of low, 7% of medium, 13% of high, 45% of very high)
- Rarely or never: 45% (3% of low, 7% of medium, 13% of high, 45% of very high)
- Don't know: 1% (3% of low, 7% of medium, 13% of high, 45% of very high)

**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: 34% (36% of low, 34% of medium, 36% of high, 34% of very high)
- 1/4 an hour: 10% (10% of low, 10% of medium, 10% of high, 10% of very high)
- 1/2 an hour: 8% (7% of low, 7% of medium, 7% of high, 7% of very high)
- 3/4 of an hour: 4% (5% of low, 5% of medium, 5% of high, 5% of very high)
- 1 hour: 10% (10% of low, 10% of medium, 10% of high, 10% of very high)
- 1 1/4 hours: 8% (8% of low, 8% of medium, 8% of high, 8% of very high)
- 1 1/2 hours: 2% (2% of low, 2% of medium, 2% of high, 2% of very high)
- 2 hours: 1% (1% of low, 1% of medium, 1% of high, 1% of very high)
- More than 2 hours: 1% (1% of low, 1% of medium, 1% of high, 1% of very high)

How often do you in a week...

- Takeaways/fast food: 17% (17% of low, 17% of medium, 17% of high, 17% of very high)
- Eat a meal with family/other members of your household: 10% (10% of low, 10% of medium, 10% of high, 10% of very high)
- Cook/prepare a meal from basic ingredients for yourself, family or household: 7% (7% of low, 7% of medium, 7% of high, 7% of very high)
- Eat out (excl. fast food and takeaways): 19% (19% of low, 19% of medium, 19% of high, 19% of very high)

(Lancashire figures in grey or brackets)
**Tobacco**

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

- Currently use nicotine products: 62% (59%)
- Used to use nicotine products: 18% (23%)
- Never used nicotine products: 20% (18%)

Which of the following items do you currently use?

- Manufactured cigarettes: 57% (57%)
- Hand-rolled cigarettes: 52% (50%)
- Cigars/cheroots/cigarillos: 3% (3%)
- Pipefuls of tobacco: 2% (1%)
- Shisha/water pipe: 5% (1%)
- Chewing tobacco: 0% (1%)
- Bidis: 0% (0%)

Which of the following products do you use?

- I have never used tobacco: 64% (61%)
- I've never used an e-cig: 87% (89%)
- I use tobacco daily: 12% (11%)
- I use e-cigs daily: 2% (3%)
- I used to use tobacco daily, but do not use it at all now: 11% (15%)
- I used to use e-cigs daily but do not now: 4% (2%)
- I use tobacco occasionally, but not every day: 6% (4%)
- I use e-cigs occasionally, but not daily: 4% (3%)
- I used tobacco occasionally, but do not use it at all now: 7% (8%)
- I used e-cigs occasionally, but not at all now: 4% (3%)
- I have never smoked but have tried e-cigs: 10% (6%)
- I have smoked and tried e-cigs: 90% (94%)

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

- No, none of these: 52% (56%)
- Outside of buildings: 31% (28%)
- In other public places: 23% (20%)
- In other people's homes: 11% (10%)
- In my own home: 59% (7%)
- At work: 7% (4%)
- In cars, vans etc: 5% (4%)

**Alcohol**

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

- Yes: 62% (68%)
- No: 38% (32%)

Proportion of drinkers who are...

- 83% Lower risk (L=82%)
- 14% Increasing risk (L=14%)
- 3% High risk (L=4%)

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

- Never: 33% (29%)
- Less than monthly: 16% (16%)
- Weekly: 12% (12%)
- 1-2 times a month: 5% (5%)
- 2-4 times a week: 3% (3%)
- Daily (or almost): 32% (29%)

Of those respondents who drink...

- 80% are not regular binge drinkers (80%)
- 20% are regular binge drinkers (20%)

**Your values**

How important is it to you personally to...

- Have money and possessions
  - Very important: 7 = 13% 6 = 17% 5 = 28% 4 = 17% 3 = 10% 2 = 6% 1 = 8%
- Have an image others find appealing
  - Very important: 7 = 7% 6 = 11% 5 = 19% 4 = 19% 3 = 14% 2 = 10% 1 = 19%
Wellbeing
How often have you been...

- Feeling optimistic about the future
  - Rarely: 14% (12%)
  - Some of the time: 35% (36%)
  - Often: 35% (36%)
  - All of the time: 6% (5%)
- Feeling useful
  - Rarely: 7% (7%)
  - Some of the time: 35% (35%)
  - Often: 42% (43%)
  - All of the time: 4% (4%)
- Feeling relaxed
  - Rarely: 7% (7%)
  - Some of the time: 33% (34%)
  - Often: 33% (34%)
  - All of the time: 16% (15%)
- Dealing with problems well
  - Rarely: 20% (19%)
  - Some of the time: 20% (19%)
  - Often: 47% (47%)
  - All of the time: 38% (37%)
- Thinking clearly
  - Rarely: 5% (6%)
  - Some of the time: 26% (27%)
  - Often: 27% (29%)
  - All of the time: 11% (10%)
- Feeling close to other people
  - Rarely: 7% (7%)
  - Some of the time: 5% (6%)
  - Often: 11% (10%)
  - All of the time: 4% (4%)
- Able to make up your own mind about things
  - Rarely: 20% (19%)
  - Some of the time: 20% (19%)
  - Often: 40% (42%)
  - All of the time: 36% (37%)

Social inclusion
How often do you...

- Lack companionship
  - Rarely: 57% (60%)
  - Some of the time: 32% (31%)
  - Often: 11% (10%)
- Feel left out
  - Rarely: 59% (61%)
  - Some of the time: 31% (30%)
  - Often: 10% (9%)
- Feel isolated
  - Rarely: 61% (64%)
  - Some of the time: 28% (26%)
  - Often: 11% (10%)

Is there anyone who can help you out in a crisis?
- 6% no one
- 20% one person
- 74% more than one person

Click here for further information around social capital, social networks and support, and social participation.

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?

Options: Agree strongly, Agree, Agree slightly, Neither agree/disagree, Disagree slightly, Disagree, Disagree strongly
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 Preston 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?

- Heart disease (26%)
- Depression, anxiety or other mental health condition (23%)
- High blood pressure (15%)
- Sciatica, lumbago or recurrent backache (15%)
- Asthma (using an inhaler) (10%)
- Other (5%)
- Long-term pain (lasting more than 3 months) not including backache (5%)
- Diabetes (4%)
- None of these (2%)

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

- Heart disease (4%)
- Depression, anxiety or other mental health condition (5%)
- High blood pressure (7%)
- Sciatica, lumbago or recurrent backache (10%)
- Asthma (using an inhaler) (14%)
- Other (19%)
- Long-term pain (lasting more than 3 months) not including backache (32%)
- Diabetes (44%)
- None of these (48%)

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

- No control (43%)
- Full control (47%)

Would leading a healthy lifestyle be...

- Extremely difficult (12%)
- Extremely easy (9%)
- Very enjoyable (25%)
- Not enjoyable (7%)

- Support service eg weight loss support group, stop smoking service, Alcoholics Anonymous (16%)
- Books and magazines (25%)
- Leisure centre or gym (27%)
- Friends or family (24%)
- Internet (25%)
- GP surgery (25%)
Your health and lifestyle

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

- Very bad: 3% (3%)
- Bad: 9% (8%)
- Fair: 24% (23%)
- Good: 37% (40%)
- Very good: 26% (26%)

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

- In the next 12 months: 21% (20%)
- In the next few years: 39% (38%)
- In the next 10-20 years: 27% (27%)
- Much later in my life: 12% (12%)
- Not at all: 2% (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: 12% (10%)
- I am a little more likely: 18% (16%)
- I am no more or less likely: 46% (52%)
- I am a little less likely: 15% (15%)
- I am much less likely to get seriously ill than other people of my age: 9% (7%)

Do you consider yourself to have a disability?

- No: 76% (75%)
- Long-term illness: 10% (10%)
- Physical impairment: 10% (9%)
- Mental health condition: 7% (6%)
- Other: 4% (4%)
- Sensory impairment: 3% (2%)
- Learning disability/difficulty: 3% (3%)

Your weight

Self-reported weight (from lifestyle questionnaire)

- Underweight: 3% (1%)
- Healthy weight: 47% (34%)
- Overweight: 34% (35%)
- Obese: 16% (18%)

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

- Underweight: 3% (1%)
- Healthy weight: 41% (34%)
- Overweight: 33% (42%)
- Obese: 23% (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 92% [94%]
- Yes, occasionally 5% [4%]
- Yes, monthly 0% [6%]
- Yes, weekly 0% [2%]
- Yes, more than weekly 1% [1%]

Sexual activity and sexual health

Are you sexually active?

- Yes 57% (56%) [6]
- No 27% (31%) [8]
- Prefer not to say 16% (13%) [1]

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

- Yes 28% (25%) [3]
- No 33% (37%) [5]
- Prefer not to say 38% (38%) [3]

Sexual health risk*

Not at risk: 98% (97%) At risk: 2% (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 23% (23%) [1]
- No 37% (40%) [6]
- Prefer not to say 28% (25%) [1]
- Just getting by 7% (8%) [1]
- Struggling somewhat 5% (5%) [1]

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&e=e) 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](http://www.lancashire.gov.uk/jsna)

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