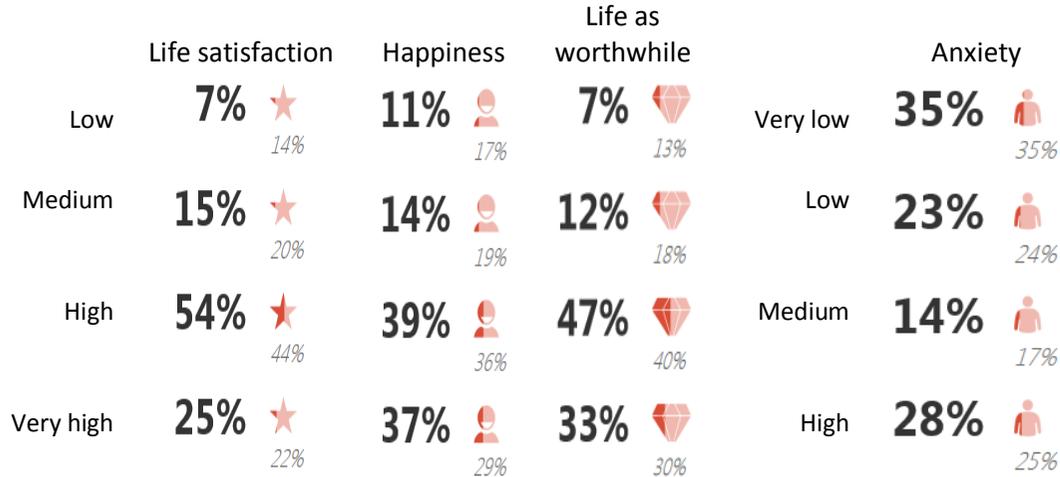


Ribble Valley health behaviours and lifestyle findings

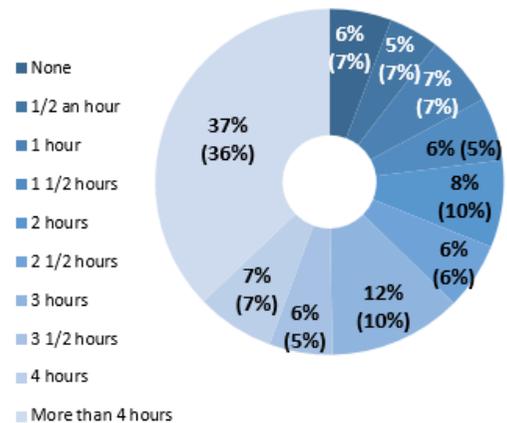
General view of life

Overall how would you rate your...

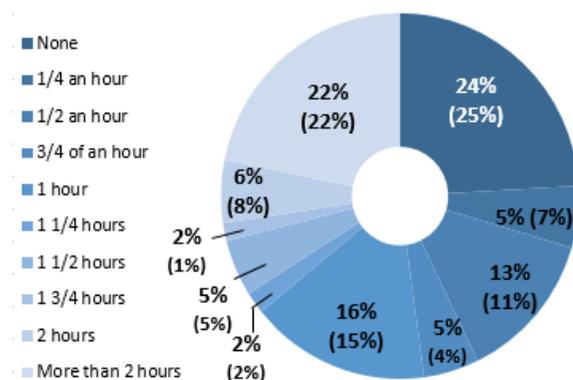


Physical activity

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...



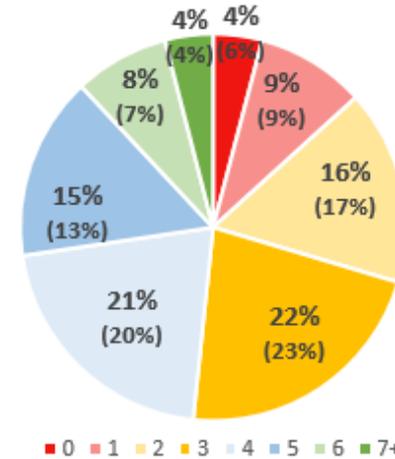
In a typical week, including time spent at a paid job, how much vigorous intensity activity would you normally do to the nearest quarter of an hour? Up to...



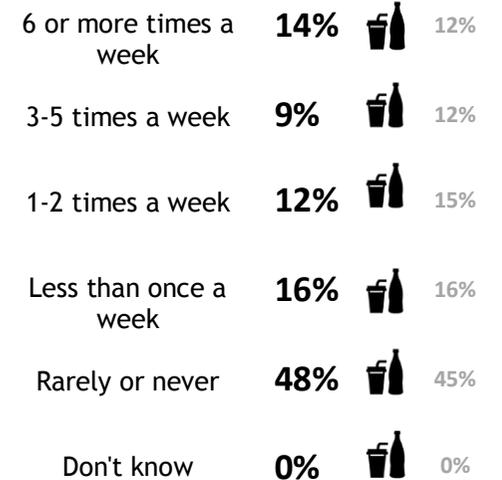
(Lancashire figures in grey or brackets)

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?

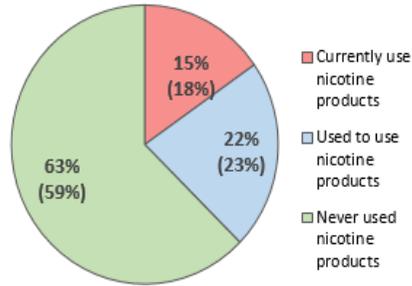


How often do you in a week...

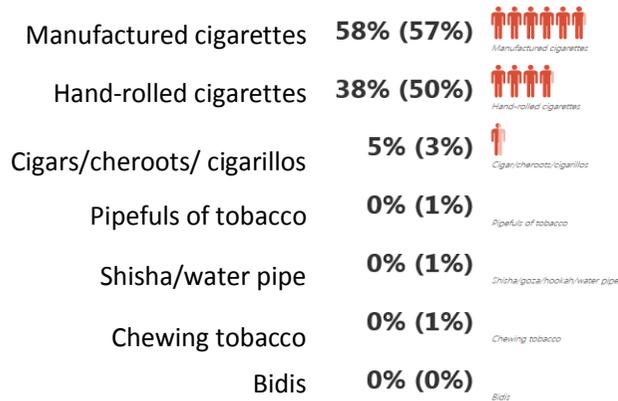


Tobacco

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



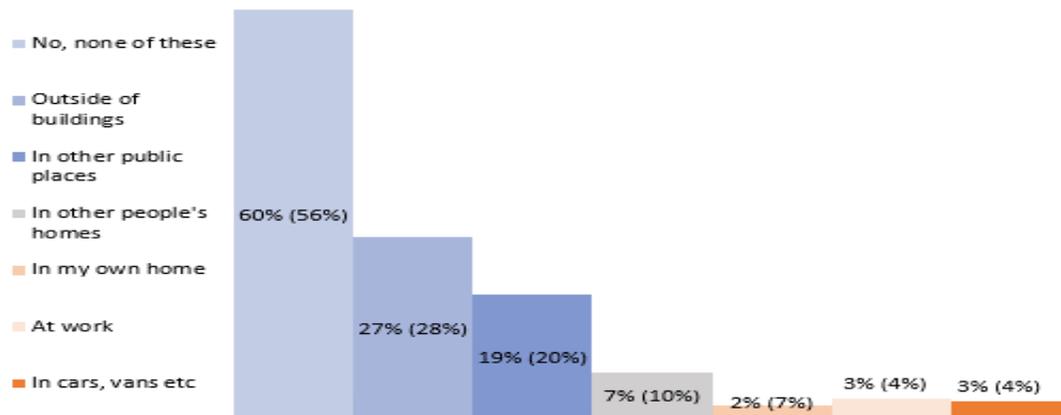
Which of the following items do you currently use?



Which of the following products do you use?

I have never used tobacco	64% (61%)	I've never used an e-cig	91% (89%)
I use tobacco daily	9% (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	8% (8%)	I used e-cigs occasionally, but not at all now	2% (3%)
I have never smoked, but have tried e-cigs	3% (6%)	I have smoked and tried e-cigs	97% (94%)

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



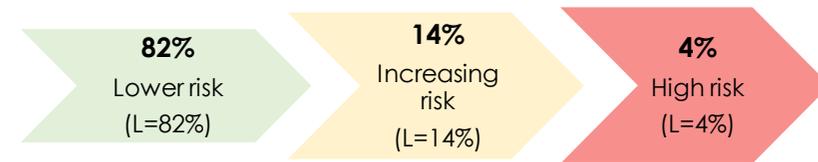
Alcohol

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

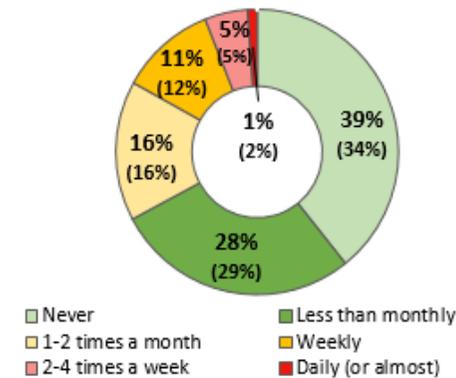
Yes **77%** (68%)
No **23%** (32%)



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...

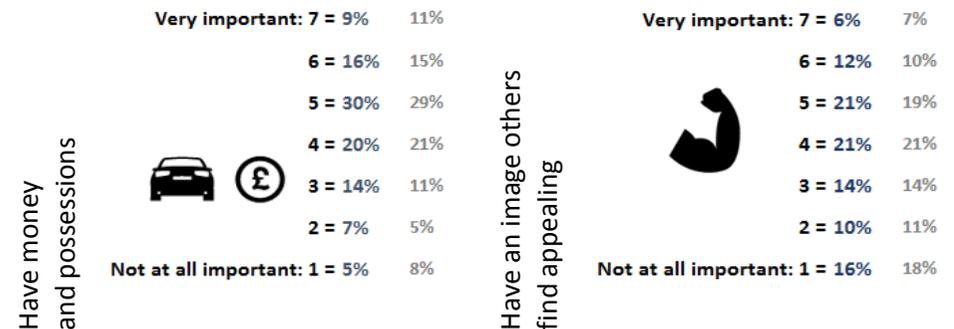


83% are not regular binge drinkers (80%)

17% are regular binge drinkers (20%)

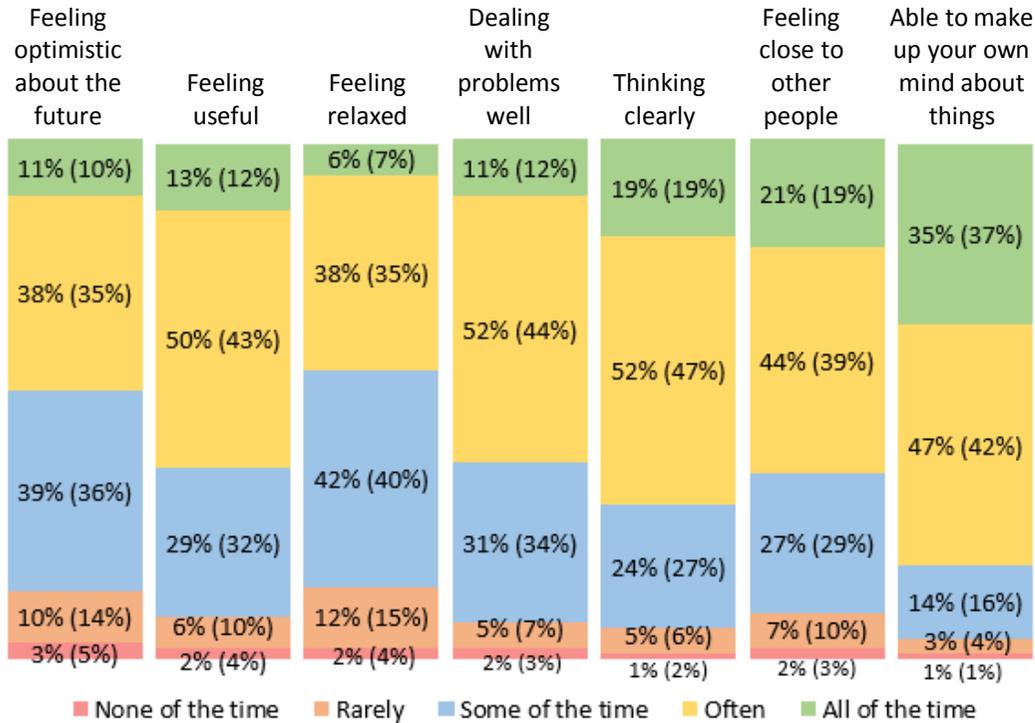
Your values

How important is it to you personally to...



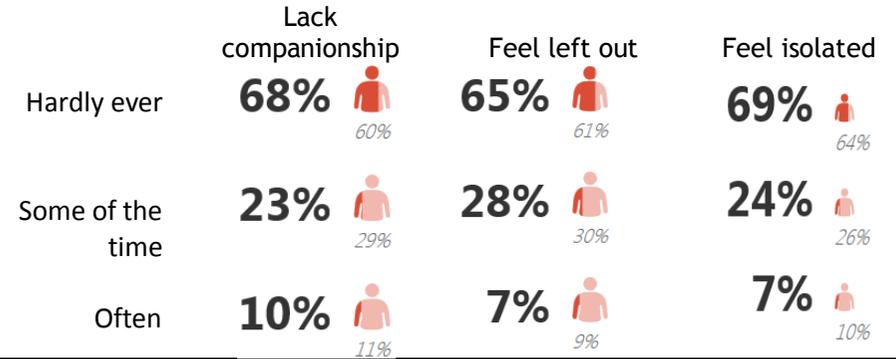
Wellbeing

How often have you been...



Social inclusion

How often do you...



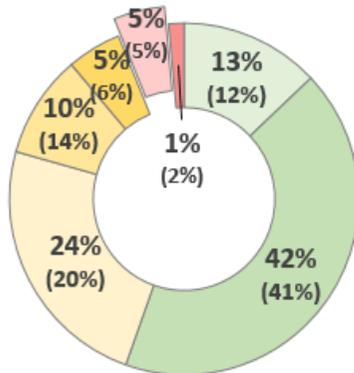
Click [here](#) for further information around social capital, social networks and support, and social participation.

Your outlook on life

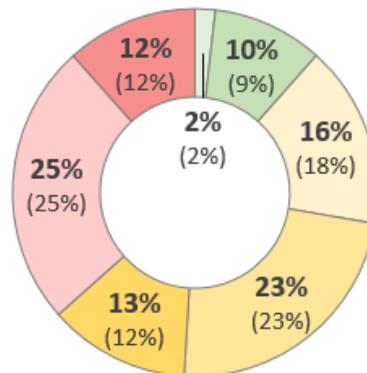
Do you...



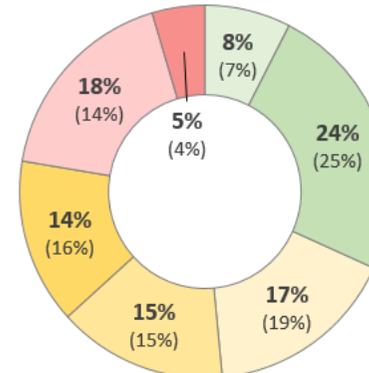
Feel good about yourself?



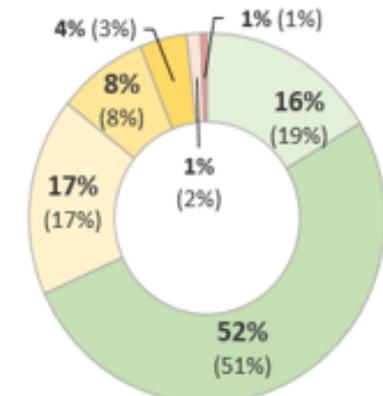
Get a lot of pleasure from taking risks?



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

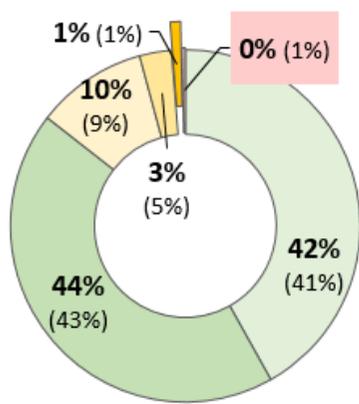
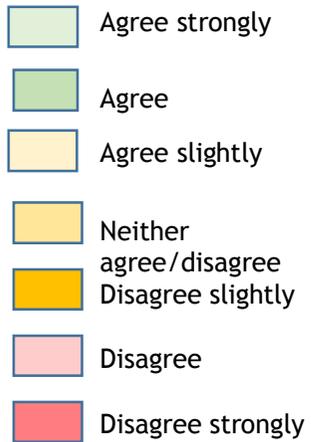


Learn from your mistakes?

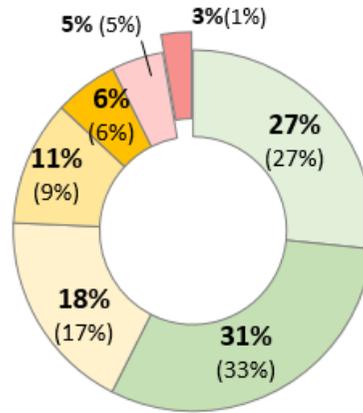


Your health beliefs

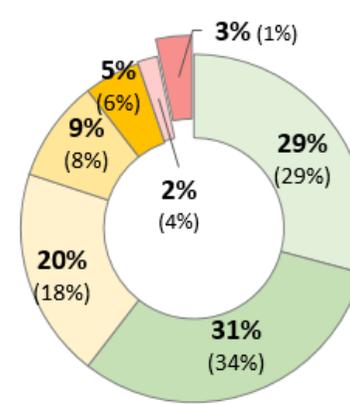
To what extent do you agree with the following...



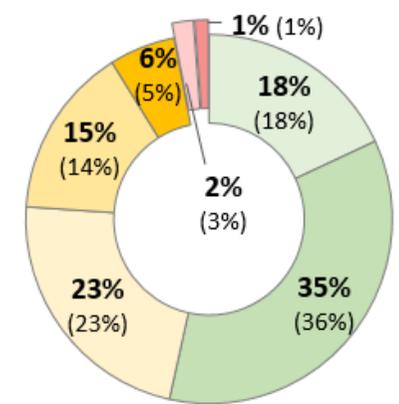
A healthy lifestyle is an effective way to reduce your chances of becoming ill (no respondents disagree strongly for Ribble Valley or Lancashire)



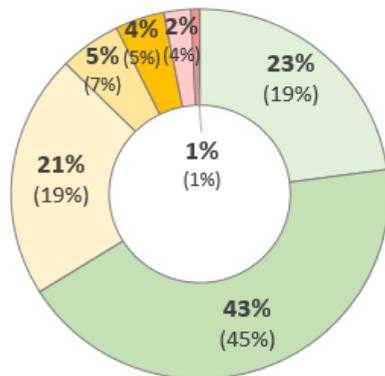
If you don't have your health, you don't have anything



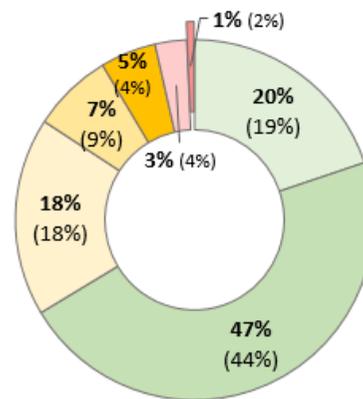
There is nothing more important than good health



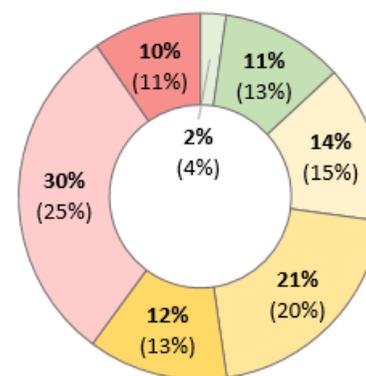
I'm very involved in my health



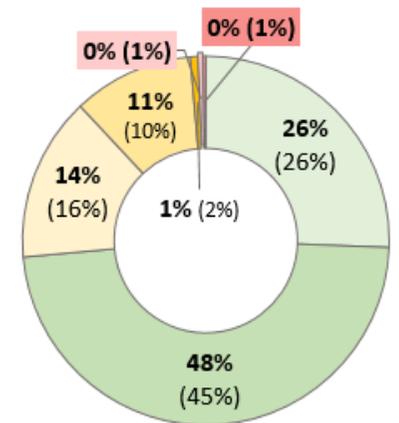
I am in control of my own health



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



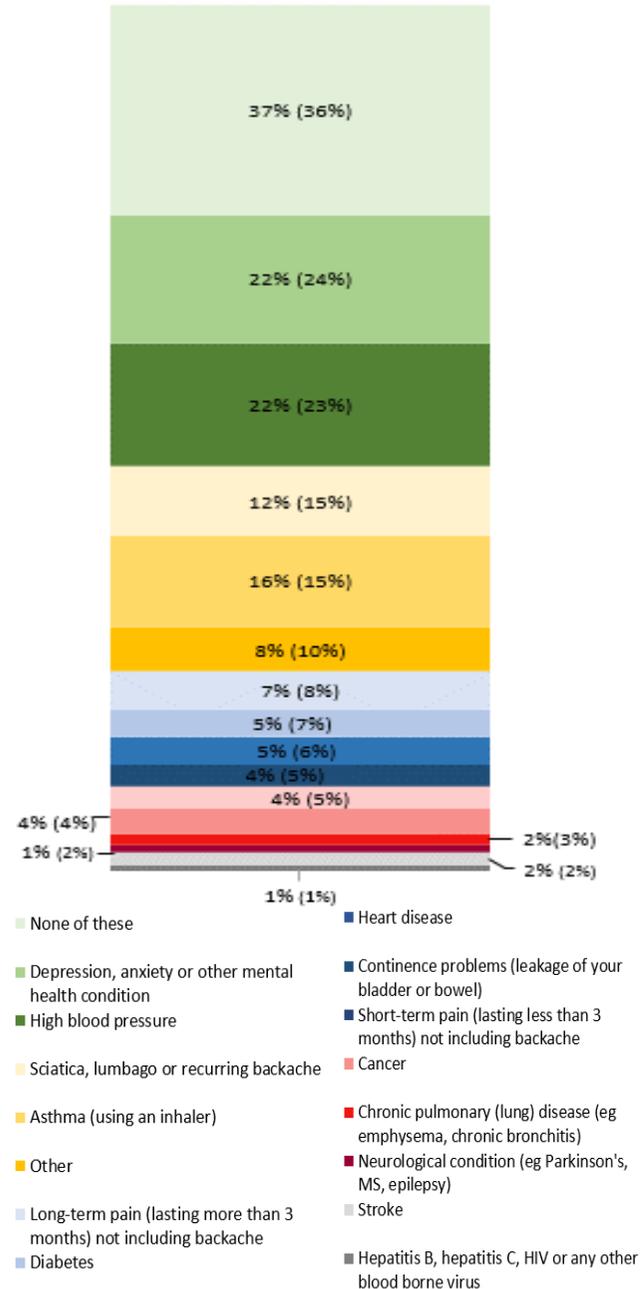
If a person is meant to get ill, it doesn't matter what a doctor tells them to do, they will get ill anyway



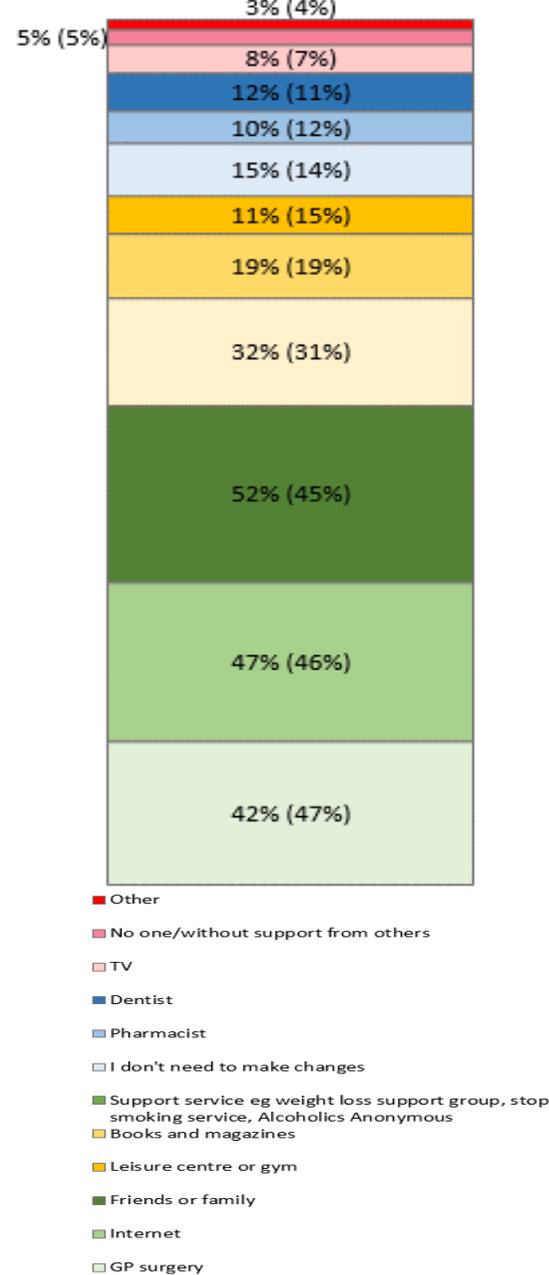
I intend to lead a healthy lifestyle over the next 12 months

Your health and lifestyle

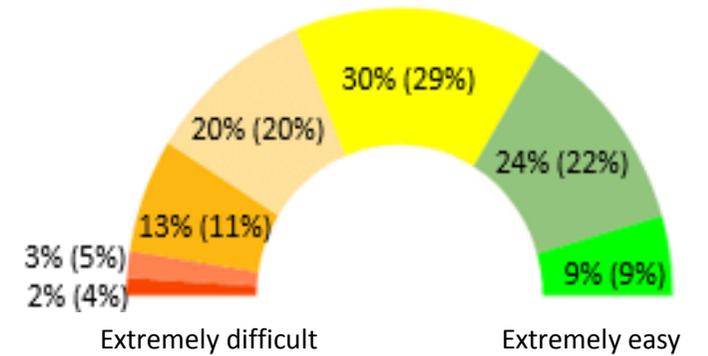
Has a doctor or nurse ever told you that you have any of the following?



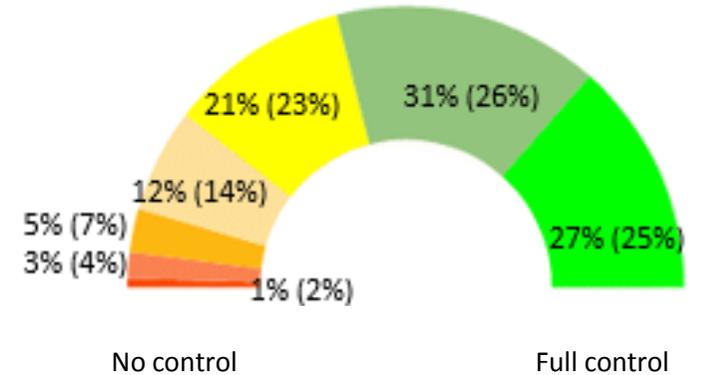
Where would you go to get health information/support to make lifestyle changes?



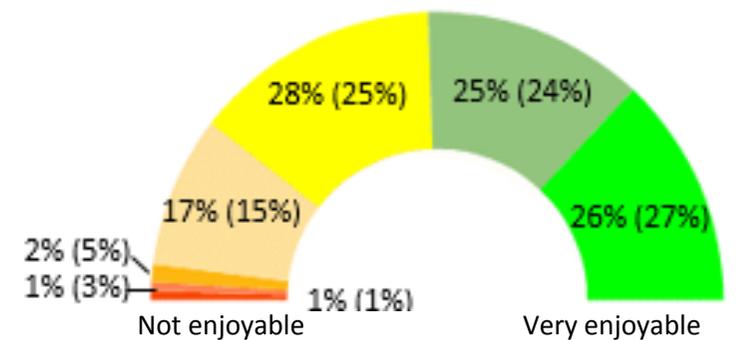
Would leading a healthy lifestyle be...



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

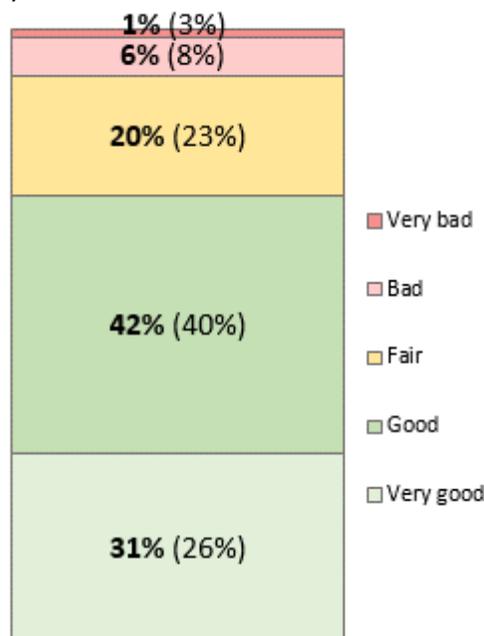


Would leading a healthy lifestyle be...

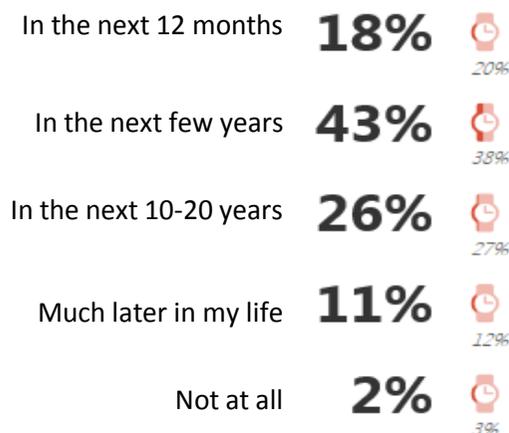


Your health and lifestyle

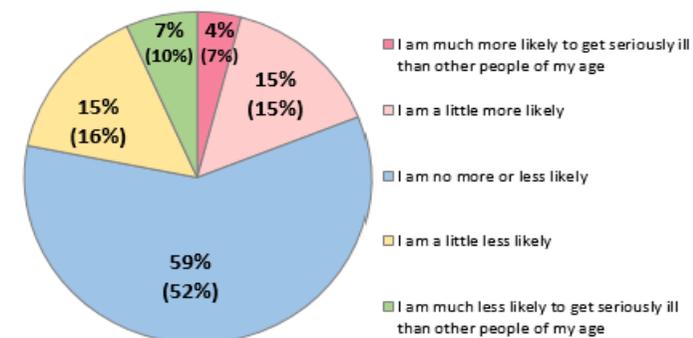
Over the last 12 months would you say that on the whole your health has been?



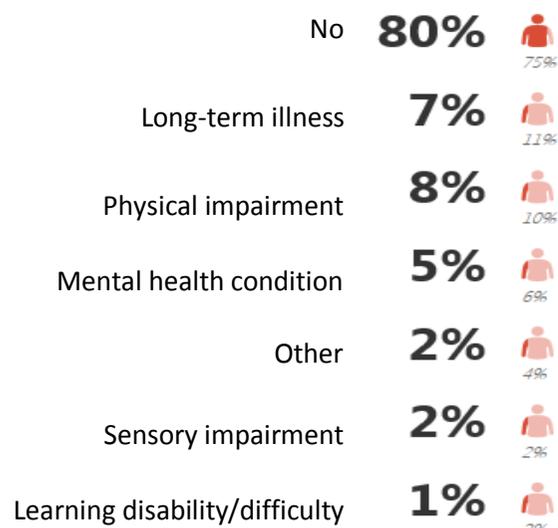
If you don't lead a healthy lifestyle your health could be at risk...



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?

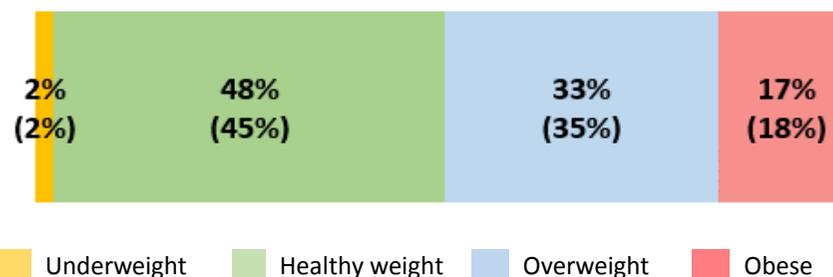


Do you consider yourself to have a disability?



Your weight

Self-reported weight (from lifestyle questionnaire)



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



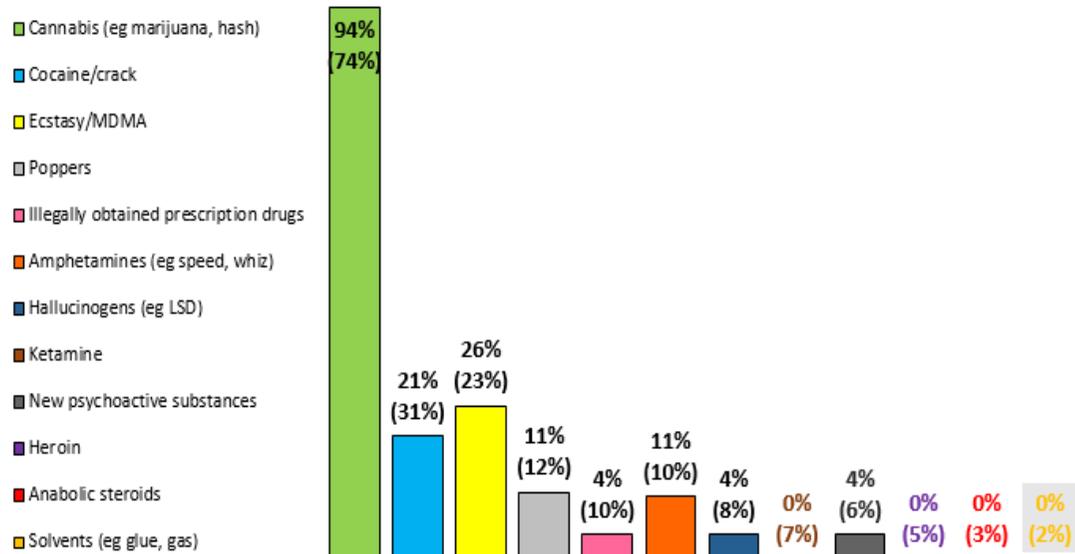
Full details of the Sport England Active People Survey (2012-13) can be found in the secondary data analysis report, available [here](#), or by clicking on the following link:

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

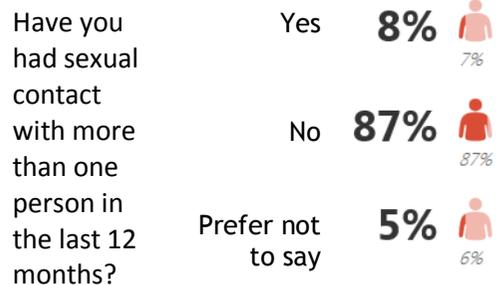
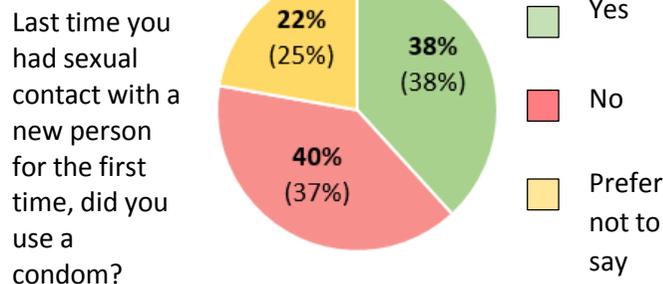
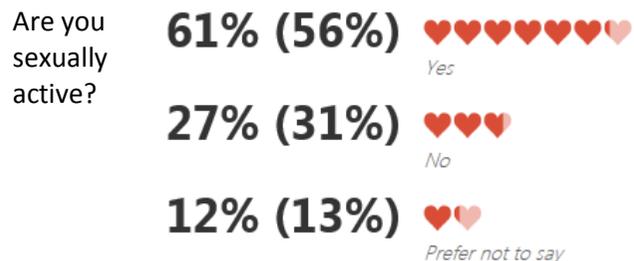
Drug/substance use



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



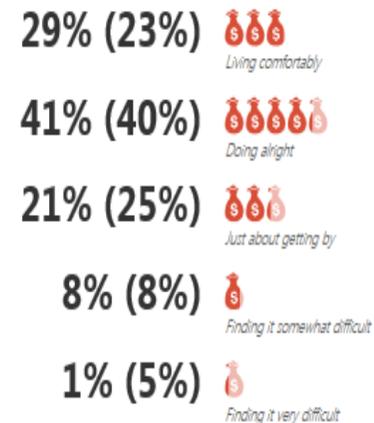
Sexual activity and sexual health



Sexual health risk*
Not at risk: 94% (97%) At risk: 6% (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](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

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