Ribble Valley 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>7%</td>
<td>11%</td>
<td>Very low 35%</td>
</tr>
<tr>
<td>Medium</td>
<td>15%</td>
<td>14%</td>
<td>Low 23%</td>
</tr>
<tr>
<td>High</td>
<td>54%</td>
<td>39%</td>
<td>Medium 14%</td>
</tr>
<tr>
<td>Very high</td>
<td>25%</td>
<td>37%</td>
<td>High 28%</td>
</tr>
</tbody>
</table>

Life satisfaction:
- Low: 7%
- Medium: 15%
- High: 54%
- Very high: 25%

Happiness:
- Low: 11%
- Medium: 14%
- High: 39%

Life as worthwhile:
- Very low: 7%
- Low: 14%
- Medium: 47%
- High: 33%

Anxiety:
- Very low: 35%
- Low: 23%
- Medium: 14%
- High: 28%

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: 37% (36%)
- 1/2 an hour: 12% (10%)
- 1 hour: 6% (5%)
- 1 1/2 hours: 6% (5%)
- 2 hours: 5% (7%)
- More than 2 hours: 5% (7%)

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: 22% (25%)
- 1/4 an hour: 16% (13%)
- 1/2 an hour: 5% (8%)
- 1 hour: 6% (5%)
- 1 1/4 hours: 16% (15%)
- 1 1/2 hours: 5% (4%)
- 2 hours: 13% (11%)
- More than 2 hours: 16% (15%)

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

- 0 4% (6%)
- 1 4% (6%)
- 2 8% (9%)
- 3 9% (11%)
- 4 16% (17%)
- 5 16% (17%)
- 6 22% (23%)
- 7+ 21% (20%)

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

- 6 or more times a week: 14% (12%)
- 3-5 times a week: 9% (12%)
- 1-2 times a week: 12% (15%)
- Less than once a week: 16% (16%)
- Rarely or never: 48% (45%)
- Don't know: 0% (0%)

How often do you in a week...

- eat takeaways/fast food: 17% (16%)
- eat a meal with family/other members of your household: 9% (6%)
- cook/prepare a meal from basic ingredients for yourself, family or household: 13% (10%)
- eat out (exclusive of fast food and takeaways): 74% (70%)

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

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

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...

- Have money and possessions
- Have an image others find appealing

**Tobacco**

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

- Currently use nicotine products
- Used to use nicotine products
- Never used nicotine products

Which of the following items do you currently use?

- Manufactured cigarettes: 58% (57%)
- Hand-rolled cigarettes: 38% (50%)
- Cigars/cheroots/cigarillos: 5% (3%)
- Pipefuls of tobacco: 0% (1%)
- Shisha/water pipe: 0% (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: 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?

- No, none of these: 60% (50%)
- Outside of buildings: 27% (28%)
- In other public places: 19% (20%)
- In other people's homes: 7% (20%)
- In my own home: 2% (7%)
- At work: 3% (4%)
- In cars, vans etc: 3% (4%)

Have you ever had an e-cig before?

- I have never used e-cigs: 91% (89%)
- I've never used an e-cig: 64% (61%)

Have you ever smoked e-cigs daily?

- I used to use e-cigs daily, but do not use it at all now: 2% (3%)
- I used to use e-cigs occasionally, but not daily: 3% (3%)
- I used e-cigs occasionally, but do not at all now: 8% (8%)
- I have never smoked, but have tried e-cigs: 97% (94%)

- I have never used e-cigs: 91% (89%)
- I've never used an e-cig: 64% (61%)

How important is it to you personally to...

- Have money and possessions
- Have an image others find appealing
Wellbeing

How often have you been...

- Feeling optimistic about the future: 11% (10%), 38% (35%), 39% (36%), 10% (14%), 3% (5%)
- Feeling useful: 13% (12%), 50% (43%), 29% (32%), 6% (10%), 2% (4%)
- Feeling relaxed: 6% (7%), 38% (35%), 42% (40%), 12% (15%), 2% (4%)
- Dealing with problems well: 11% (12%), 52% (44%), 31% (34%), 5% (7%), 2% (3%)
- Thinking clearly: 19% (19%), 52% (47%), 24% (27%), 5% (6%), 1% (2%)
- Feeling close to other people: 21% (19%), 44% (39%), 27% (29%), 7% (10%), 2% (3%)
- Able to make up your own mind about things: 35% (37%), 47% (42%), 14% (16%), 3% (4%), 1% (1%)

Social inclusion

How often do you...

- Lack companionship
  - Hardly ever: 68% (60%)
  - Some of the time: 23% (29%)
  - Often: 10% (11%)

- Feel left out
  - Hardly ever: 65% (61%)
  - Some of the time: 28% (30%)
  - Often: 7% (9%)

- Feel isolated
  - Hardly ever: 69% (64%)
  - Some of the time: 24% (26%)
  - Often: 7% (10%)

Is there anyone who can help you out in a crisis?

- 1% no one (6%)
- 13% one person (18%)
- 86% more than one person (77%)

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?

- 3.7% (36%)
- 2.2% (24%)
- 2.2% (23%)
- 1.2% (15%)
- 1.6% (15%)
- 8% (10%)
- 7% (8%)
- 5% (6%)
- 4% (5%)
- 4% (4%)
- 1% (1%)

- None of these
- 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
- Continence 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?

- 3% (49%)
- 8% (75%)
- 12% (111%)
- 10% (122%)
- 15% (144%)
- 11% (155%)
- 19% (199%)
- 32% (311%)
- 52% (455%)
- 47% (466%)

- Extremely difficult
- Extremely easy

Would leading a healthy lifestyle be...

- Not enjoyable
- Very enjoyable

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?

<table>
<thead>
<tr>
<th></th>
<th>Poor</th>
<th>Very poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>1%</td>
<td>(3%)</td>
<td></td>
</tr>
<tr>
<td>6%</td>
<td>(8%)</td>
<td></td>
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<tr>
<td>20%</td>
<td>(23%)</td>
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<td>31%</td>
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Do you consider yourself to have a disability?

- No 80%
- Long-term illness 7%
- Physical impairment 8%
- Mental health condition 5%
- Other 2%
- Sensory impairment 2%
- Learning disability/difficulty 1%

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

- In the next 12 months 18%
- In the next few years 43%
- In the next 10-20 years 26%
- Much later in my life 11%
- Not at all 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 (7%)
- I am a little more likely (15%)
- I am no more or less likely (15%)
- I am a little less likely (15%)
- I am much less likely to get seriously ill than other people of my age (38%)

Your weight

Self-reported weight (from lifestyle questionnaire)

- Underweight 2% (2%)
- Healthy weight 48% (45%)
- Overweight 33% (35%)
- Obese 17% (18%)

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

- Underweight 1% (1%)
- Healthy weight 35% (34%)
- Overweight 46% (42%)
- Obese 19% (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:

Drug/substance use

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

- No 96% (24%)
- Yes, occasionally 3% (4%)
- Yes, monthly 0% (6%)
- Yes, weekly 0% (1%)
- Yes, more than weekly 0% (1%)

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

- Cannabis (e.g., marijuana, hash) 94% (74%)
- Cocaine/crack 26% (23%)
- Ecstasy/MDMA 11% (12%)
- Poppers 11% (10%)
- Illegally obtained prescription drugs 11% (8%)
- Amphetamines (e.g., speed, whizz) 4% (6%)
- Hallucinogens (e.g., LSD) 4% (5%)
- Ketamine 0% (3%)
- New psychoactive substances 0% (2%)
- Heroin 0% (1%)
- Anabolic steroids 0% (2%)
- Solvents (e.g., glue, gas) 0% (1%)

Sexual activity and sexual health

Are you sexually active?

- Yes 61% (56%) (125%)
- No 27% (31%)
- Prefer not to say 12% (13%)

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

- Yes 22% (25%)
- No 38% (38%)
- Prefer not to say 40% (37%)

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

- Yes 8% (7%)
- No 87% (87%)
- Prefer not to say 5% (6%)

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?

- Living comfortably 29% (23%)
- Going alright 41% (40%)
- Just about getting by 21% (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 ocejnsa@lancashire.gov.uk