Rossendale health behaviours and lifestyle findings

**General view of life**

Overall how would you rate your...

<table>
<thead>
<tr>
<th></th>
<th>Life satisfaction</th>
<th>Happiness</th>
<th>Life as worthwhile</th>
<th>Anxiety</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>17%</td>
<td>17%</td>
<td>14%</td>
<td>Very low 38%</td>
</tr>
<tr>
<td>Medium</td>
<td>18%</td>
<td>17%</td>
<td>18%</td>
<td>Low 25%</td>
</tr>
<tr>
<td>High</td>
<td>46%</td>
<td>37%</td>
<td>39%</td>
<td>Medium 17%</td>
</tr>
<tr>
<td>Very high</td>
<td>20%</td>
<td>29%</td>
<td>29%</td>
<td>High 20%</td>
</tr>
</tbody>
</table>

**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...

<table>
<thead>
<tr>
<th></th>
<th>None</th>
<th>1/2 an hour</th>
<th>1 hour</th>
<th>1 1/2 hours</th>
<th>2 hours</th>
<th>3 hours</th>
<th>5 1/2 hours</th>
<th>4 hours</th>
<th>More than 4 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderate intensity</td>
<td>38%</td>
<td>7%</td>
<td>11%</td>
<td>6%</td>
<td>6%</td>
<td>7%</td>
<td>7%</td>
<td>4%</td>
<td>22%</td>
</tr>
</tbody>
</table>

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...

<table>
<thead>
<tr>
<th></th>
<th>None</th>
<th>1/4 an hour</th>
<th>1/2 an hour</th>
<th>5/6 of an hour</th>
<th>1 hour</th>
<th>1 1/4 hours</th>
<th>1 1/2 hours</th>
<th>2 hours</th>
<th>More than 2 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vigorous intensity</td>
<td>2%</td>
<td>9%</td>
<td>6%</td>
<td>5%</td>
<td>4%</td>
<td>2%</td>
<td>4%</td>
<td>3%</td>
<td>3%</td>
</tr>
</tbody>
</table>

**Healthy eating and nutrition**

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

- 0 1 2 3 4 5 6 7+%

- 6 or more times a week 12% 12%
- 3-5 times a week 13% 12%
- 1-2 times a week 17% 15%
- Less than once a week 15% 16%
- Rarely or never 43% 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 17% 15%
- Less than once a week 15% 16%
- Rarely or never 43% 45%
- Don't know 0% 0%

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

Do you use nicotine products (including tobacco and nicotine)?

<table>
<thead>
<tr>
<th>Currently use nicotine products</th>
<th>Used to use nicotine products</th>
<th>Never used nicotine products</th>
</tr>
</thead>
<tbody>
<tr>
<td>58% (59%)</td>
<td>18% (23%)</td>
<td>23% (18%)</td>
</tr>
</tbody>
</table>

Which of the following items do you currently use?

- Manufactured cigarettes: 55% (57%)
- Hand-rolled cigarettes: 59% (50%)
- Cigars/cheroots/cigarillos: 3% (3%)
- Pipefuls of tobacco: 1% (1%)
- Shisha/water pipe: 0% (1%)
- Chewing tobacco: 2% (1%)
- Bidis: 0% (0%)

**Alcohol**

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

- Yes 68% (68%)
- No 32% (32%)

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 (female), or 8 or more units (male), in one session?

- Of those respondents who drink...

<table>
<thead>
<tr>
<th>Never</th>
<th>1-2 times a month</th>
<th>2-4 times a week</th>
<th>Daily (or almost)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2%</td>
<td>32%</td>
<td>19%</td>
<td>4%</td>
</tr>
</tbody>
</table>

**Your values**

How important is it to you personally to...

- Have an image others find appealing: Very important: 7 = 6% 7%
- Have money and possessions:
  - Very important: 7 = 11% 11%
  - 6 = 15% 15%
  - 5 = 33% 29%
  - 4 = 19% 21%
  - 3 = 10% 11%
  - 2 = 5% 5%
  - Not at all important: 1 = 19% 18%

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

- No, none of these: 52% (56%)
- Outside of buildings: 30% (28%)
- In other public places: 21% (20%)
- In other people's homes: 14% (10%)
- In my own home: 9% (7%)
- At work: 7% (4%)
- In cars, vans etc: 5% (4%)
**Wellbeing**

How often have you been...

- Feeling optimistic about the future
- Feeling useful
- Feeling relaxed
- Dealing with problems well
- Thinking clearly
- Feeling close to other people
- Able to make up your own mind about things

**Social inclusion**

How often do you...

- Lack companionship
- Feel left out
- Feel isolated

- Hardly ever
- Some of the time
- Often

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

- 7% no one
- 17% one person
- 86% 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?
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
- 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?

- None of these 3% (4%)
- Depression, anxiety or other mental health condition 4% (2%)
- High blood pressure 10% (10%)
- Sciatica, lumbar or recurring backache 2% (3%)
- Asthma (using an inhaler) 4% (2%)
- Other 3% (4%)

- Heart disease 2% (3%)
- Conti...
Your health and lifestyle
Over the last 12 months would you say that on the whole your health has been?

<table>
<thead>
<tr>
<th>Health Status</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very bad</td>
<td>43% (33%)</td>
</tr>
<tr>
<td>Bad</td>
<td>7% (8%)</td>
</tr>
<tr>
<td>Fair</td>
<td>22% (23%)</td>
</tr>
<tr>
<td>Good</td>
<td>41% (40%)</td>
</tr>
<tr>
<td>Very good</td>
<td>27% (26%)</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Timeframe</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the next 12 months</td>
<td>17% (20%)</td>
</tr>
<tr>
<td>In the next few years</td>
<td>35% (35%)</td>
</tr>
<tr>
<td>In the next 10-20 years</td>
<td>29% (29%)</td>
</tr>
<tr>
<td>Much later in my life</td>
<td>16% (15%)</td>
</tr>
<tr>
<td>Not at all</td>
<td>3% (3%)</td>
</tr>
</tbody>
</table>

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 my age: 11% (10%)
- I am a little more likely: 14% (16%)
- I am no more or less likely: 55% (52%)
- I am a little less likely: 8% (7%)
- I am much less likely to get seriously ill than other people my age: 13% (15%)

Do you consider yourself to have a disability?

<table>
<thead>
<tr>
<th>Disability Type</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>76%</td>
</tr>
<tr>
<td>Long-term illness</td>
<td>12%</td>
</tr>
<tr>
<td>Physical impairment</td>
<td>11%</td>
</tr>
<tr>
<td>Mental health condition</td>
<td>4%</td>
</tr>
<tr>
<td>Other</td>
<td>3%</td>
</tr>
<tr>
<td>Sensory impairment</td>
<td>3%</td>
</tr>
<tr>
<td>Learning disability/difficulty</td>
<td>1%</td>
</tr>
</tbody>
</table>

Self-reported weight (from lifestyle questionnaire)

<table>
<thead>
<tr>
<th>Weight Status</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>2% (2%)</td>
</tr>
<tr>
<td>Healthy weight</td>
<td>44% (45%)</td>
</tr>
<tr>
<td>Overweight</td>
<td>36% (35%)</td>
</tr>
<tr>
<td>Obese</td>
<td>18% (18%)</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Weight Status</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>1% (1%)</td>
</tr>
<tr>
<td>Healthy weight</td>
<td>30% (34%)</td>
</tr>
<tr>
<td>Overweight</td>
<td>44% (42%)</td>
</tr>
<tr>
<td>Obese</td>
<td>26% (23%)</td>
</tr>
</tbody>
</table>

Full details of the Sport England Active People Survey (2012-13) can be found in the secondary data analysis report, available [here](http://www3.lancashire.gov.uk/corporate/web/viewdoc.asp?id=120620), 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?

<table>
<thead>
<tr>
<th>Option</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>93%</td>
</tr>
<tr>
<td>Yes, occasionally</td>
<td>5%</td>
</tr>
<tr>
<td>Yes, monthly</td>
<td>0%</td>
</tr>
<tr>
<td>Yes, weekly</td>
<td>0%</td>
</tr>
<tr>
<td>Yes, more than weekly</td>
<td>1%</td>
</tr>
</tbody>
</table>

### Sexual activity and sexual health

#### Are you sexually active?

- Yes: **63%** (56%)
- No: **27%** (31%)
- Prefer not to say: **10%** (13%)

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

- Yes: **21%** (25%)
- No: **42%** (38%)
- Prefer not to say: **37%** (37%)

### Financial

How well do you feel that you are managing financially?

- Doing comfortably: **19%** (23%)
- Doing alright: **42%** (40%)
- Just about getting by: **26%** (25%)
- Finding it somewhat difficult: **8%** (8%)
- Finding it very difficult: **5%** (5%)

### Drug/substance use

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

- Cannabis (e.g., marijuana, hash): **80%**
- Cocaine/crack: **74%**
- Ecstasy/MDMA: **25%**
- Poppers: **9%**
- Illegally obtained prescription drugs: **16%**
- Amphetamines (e.g., speed, whiz): **8%**
- Hallucinogens (e.g., LSD): **8%**
- Ketamine: **8%**
- New psychoactive substances: **4%**
- Heroin: **4%**
- Anabolic steroids: **5%**
- Solvents (e.g., glue, gas): **5%**

*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)