West Lancashire health behaviours and lifestyle findings

**General view of life**
Overall how would you rate your...

<table>
<thead>
<tr>
<th>Level</th>
<th>Life satisfaction</th>
<th>Happiness</th>
<th>Life as worthwhile</th>
<th>Anxiety</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>15%</td>
<td>16%</td>
<td>12%</td>
<td>Very low 38%</td>
</tr>
<tr>
<td>Medium</td>
<td>19%</td>
<td>20%</td>
<td>17%</td>
<td>Low 20%</td>
</tr>
<tr>
<td>High</td>
<td>42%</td>
<td>35%</td>
<td>39%</td>
<td>Medium 15%</td>
</tr>
<tr>
<td>Very high</td>
<td>24%</td>
<td>30%</td>
<td>32%</td>
<td>High 27%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Percentage</th>
<th>Lancashire figures in grey or brackets</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 or more times a week</td>
<td>11%</td>
<td>12%</td>
</tr>
<tr>
<td>3-5 times a week</td>
<td>11%</td>
<td>12%</td>
</tr>
<tr>
<td>1-2 times a week</td>
<td>16%</td>
<td>15%</td>
</tr>
<tr>
<td>Less than once a week</td>
<td>16%</td>
<td>16%</td>
</tr>
<tr>
<td>Rarely or never</td>
<td>45%</td>
<td>45%</td>
</tr>
<tr>
<td>Don't know</td>
<td>0%</td>
<td>0%</td>
</tr>
</tbody>
</table>

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

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</tr>
<tr>
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<td>0%</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...

- None
- 1/2 an hour
- 1 hour
- 1 1/2 hours
- 2 hours
- 2 1/2 hours
- 3 hours
- 3 1/2 hours
- 4 hours
- More than 4 hours

- 32% (36%)
- 8% (7%)
- 12% (10%)
- 7% (7%)
- 10% (10%)
- 8% (6%)
- 6% (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
- 1/4 an hour
- 1/2 an hour
- 3/4 of an hour
- 1 hour
- 1 1/4 hours
- 1 1/2 hours
- 1 3/4 hours
- 2 hours
- More than 2 hours

- 23% (22%)
- 24% (25%)
- 4% (4%)
- 6% (7%)
- 13% (15%)
- 13% (13%)
- 6% (6%)
- 3% (3%)
- 1% (2%)

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

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

- **Yes**: 72% (68%)
- **No**: 28% (32%)

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

- **Lower risk** (L=82%): 81%
- **Increasing risk** (L=14%): 17%
- **High risk** (L=4%): 2%

How often do you have six or more units if you’re female, or eight or more units if you’re male, in one session?

- **Of those respondent 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 = 10% (11%)
  - Very important: 6 = 15% (15%)
  - Very important: 5 = 30% (20%)
  - Very important: 4 = 22% (21%)
  - Very important: 3 = 12% (11%)
  - Very important: 2 = 4% (5%)
- **Have an image others find appealing**
  - Not at all important: 1 = 7% (8%)
  - Not at all important: 1 = 17% (18%)
**Wellbeing**

How often have you been...

<table>
<thead>
<tr>
<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>11% (10%)</td>
<td>36% (35%)</td>
<td>32% (32%)</td>
<td>12% (12%)</td>
<td>20% (19%)</td>
<td>21% (15%)</td>
<td>38% (37%)</td>
</tr>
<tr>
<td>12% (12%)</td>
<td>45% (43%)</td>
<td>41% (40%)</td>
<td>12% (12%)</td>
<td>46% (47%)</td>
<td>40% (35%)</td>
<td>42% (42%)</td>
</tr>
<tr>
<td>7% (7%)</td>
<td>37% (35%)</td>
<td>7% (7%)</td>
<td>2% (3%)</td>
<td>5% (5%)</td>
<td>5% (10%)</td>
<td>4% (4%)</td>
</tr>
<tr>
<td>5% (5%)</td>
<td>32% (32%)</td>
<td>5% (5%)</td>
<td>0% (0%)</td>
<td>7% (7%)</td>
<td>1% (3%)</td>
<td>4% (4%)</td>
</tr>
</tbody>
</table>

**Social inclusion**

How often do you...

<table>
<thead>
<tr>
<th>Lack companionship</th>
<th>Feel left out</th>
<th>Feel isolated</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hardly ever</td>
<td>61%</td>
<td>63%</td>
</tr>
<tr>
<td>Some of the time</td>
<td>29%</td>
<td>29%</td>
</tr>
<tr>
<td>Often</td>
<td>9%</td>
<td>8%</td>
</tr>
</tbody>
</table>

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

- 4% no one (6%)
- 17% one person (18%)
- 78% more than one person (77%)

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?

- 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 West Lancashire 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?

- 14% (15%)
- 22% (21%)
- 14% (15%)
- 27% (24%)
- 44% (36%)

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

- 4% (4%)
- 5% (7%)
- 13% (11%)
- 12% (12%)
- 15% (14%)
- 14% (15%)
- 20% (19%)
- 32% (31%)
- 46% (45%)
- 44% (46%)
- 46% (47%)

Would leading a healthy lifestyle be...

- 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

Others: Other, No one/without support from others, TV, Dentist, Pharmacist, I don't need to make changes, Support service eg weight loss support group, stop smoking service, Alcoholics Anonymous, Books and magazines, Leisure centre or gym, Friends or family, Internet, GP surgery

- Heart disease
- Constipation problems e.g. leakage of your bladder or bowel
- Short-term pain (lasting less than 3 months) not including backache
- Cancer
- Chronic pulmonary (lung) disease e.g. emphysema, chronic bronchitis
- Neurological condition e.g. Parkinson's, MS, epilepsy
- Stroke
- Hepatitis B, hepatitis C, HIV or any other blood borne virus
- Long-term pain (lasting more than 3 months) not including backache
- Diabetes
- Depression, anxiety or other mental health condition
- High blood pressure
- Sciatica, lumbar or recurring backache
- Asthma (using an inhaler)
- Other
Your health and lifestyle
Over the last 12 months would you say that on the whole your health has been?

- Very bad
- Bad
- Fair
- Good
- Very good

- 1% (3%)
- 7% (8%)
- 21% (23%)
- 39% (40%)
- 31% (26%)

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: 36%
- In the next 10-20 years: 29%
- Much later in my life: 12%
- Not at all: 4%

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 year?

- I am much more likely to get seriously ill than other people of my age: 12% (10%)
- I am a little more likely: 7% (7%)
- I am no more or less likely: 13% (15%)
- I am a little less likely: 15% (16%)
- I am much less likely to get seriously ill than other people of my age: 54% (52%)

Do you consider yourself to have a disability?

- No: 77%
- Long-term illness: 11%
- Physical impairment: 10%
- Mental health condition: 3%
- Other: 4%
- Sensory impairment: 2%
- Learning disability/difficulty: 1%

Your weight
Self-reported weight (from lifestyle questionnaire)

- Underweight: 3% (2%)
- Healthy weight: 44% (45%)
- Overweight: 37% (35%)
- Obese: 17% (18%)

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

- Underweight: 1% (1%)
- Healthy weight: 36% (34%)
- Overweight: 41% (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 96% (94%)
- Yes, occasionally 3% (4%)
- Yes, monthly 1% (0%)
- 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)
- Cocaine/crack
- Ecstasy/MDMA
- Poppers
- Illegally obtained prescription drugs
- Amphetamines (e.g., speed, whiz)
- Hallucinogens (e.g., LSD)
- Ketamine
- New psychoactive substances
- Heroin
- Anabolic steroids
- Solvents (e.g., glue, gas)

Financial
How well do you feel that you are managing financially?

- Not at risk: 97% (97%)
- At risk: 3% (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)