Wyre 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>13%</td>
<td>16%</td>
<td>12%</td>
</tr>
<tr>
<td>Medium</td>
<td>22%</td>
<td>18%</td>
<td>19%</td>
</tr>
<tr>
<td>High</td>
<td>43%</td>
<td>36%</td>
<td>38%</td>
</tr>
<tr>
<td>Very high</td>
<td>22%</td>
<td>31%</td>
<td>31%</td>
</tr>
</tbody>
</table>

Life satisfaction: Low 13% Very low 36%
Happiness: Low 13% Medium 16%
Life as worthwhile: Low 26% Medium 18%
Anxiety: Low 26% Medium 18%

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...

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

<table>
<thead>
<tr>
<th>How often do you have fizzy drinks or soft drinks like squash, excluding diet or sugar-free drinks?</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 or more times a week</td>
</tr>
<tr>
<td>3-5 times a week</td>
</tr>
<tr>
<td>1-2 times a week</td>
</tr>
<tr>
<td>Less than once a week</td>
</tr>
<tr>
<td>Rarely or never</td>
</tr>
<tr>
<td>Don’t know</td>
</tr>
</tbody>
</table>

Healthy eating and nutrition

Physical activity
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)
### Alcohol

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

- **Yes**: 70% (68%)
- **No**: 30% (32%)

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

- **Lower risk** (L=82%): 80%
- **Increasing risk** (L=14%): 15%
- **High risk** (L=4%): 5%

### Tobacco

**Which of the following items do you currently use?**

- Manufactured cigarettes: 66% (57%)
- Hand-rolled cigarettes: 45% (50%)
- Cigars/cheroots/ cigarillos: 3% (3%)
- Pipefuls of tobacco: 1% (1%)
- Shisha/water pipe: 0% (1%)
- Chewing tobacco: 0% (1%)
- Bidis: 0% (0%)

**How often do you have 6 or more units (female), or 8 or more units (male), in one session?**

- Never: 59% (61%)
- Less than monthly: 17% (15%)
- 1-2 times a month: 25% (20%)
- Weekly: 25% (20%)
- 2-4 times a week: 17% (16%)
- Daily (or almost): 2% (2%)

**Of those respondents who drink...**

- **82%** are not regular binge drinkers (80%)
- **18%** are regular binge drinkers (20%)

### Your values

**How important is it to you personally to...**

- **Have money and possessions**
  - Very important: 7 = 9% 11%
  - 6 = 18% 15%
  - 5 = 26% 20%
  - 4 = 22% 21%
  - 3 = 10% 11%
  - 2 = 5% 5%
  - 1 = 10% 8%
- **Have an image others find appealing**
  - Very important: 7 = 8% 7%
  - 6 = 9% 10%
  - 5 = 19% 19%
  - 4 = 19% 21%
  - 3 = 13% 14%
  - 2 = 12% 11%
  - 1 = 20% 18%

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

- No, none of these: 61% (56%)
- Outside of buildings: 24% (28%)
- In other public places: 15% (20%)
- In other people's homes: 9% (10%)
- In my own home: 6% (7%)
- At work: 3% (4%)
- In cars, vans etc: 3% (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

<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>Rarely</td>
<td>10% (10%)</td>
<td>33% (35%)</td>
<td>44% (40%)</td>
<td>36% (36%)</td>
<td>28% (29%)</td>
<td>45% (42%)</td>
</tr>
<tr>
<td>Some of the time</td>
<td>12% (12%)</td>
<td>35% (43%)</td>
<td>45% (44%)</td>
<td>34% (35%)</td>
<td>28% (27%)</td>
<td>41% (39%)</td>
</tr>
<tr>
<td>Often</td>
<td>14% (14%)</td>
<td>32% (41%)</td>
<td>36% (34%)</td>
<td>45% (44%)</td>
<td>31% (30%)</td>
<td>36% (37%)</td>
</tr>
<tr>
<td>All of the time</td>
<td>5% (5%)</td>
<td>4% (4%)</td>
<td>3% (4%)</td>
<td>1% (3%)</td>
<td>2% (3%)</td>
<td>1% (3%)</td>
</tr>
</tbody>
</table>

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

**Social inclusion**

How often do you...

- Lack companionship
- Feel left out
- Feel isolated

<table>
<thead>
<tr>
<th>Hardly ever</th>
<th>Some of the time</th>
<th>Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>63%</td>
<td>26%</td>
<td>11%</td>
</tr>
<tr>
<td>60%</td>
<td>29%</td>
<td>11%</td>
</tr>
<tr>
<td>61%</td>
<td>30%</td>
<td>9%</td>
</tr>
<tr>
<td>64%</td>
<td>29%</td>
<td>9%</td>
</tr>
</tbody>
</table>

- Agree strongly
- Agree
- Agree slightly
- Neither agree/disagree
- Disagree slightly
- Disagree
- Disagree strongly

**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?

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

- 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
- None of these

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

- 3% (4%)
- 5% (7%)
- 11% (11%)
- 11% (12%)
- 13% (14%)
- 12% (15%)
- 18% (19%)
- 28% (31%)

Would leading a healthy lifestyle be...

- Extremely difficult
- Extremely easy

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

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
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>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very bad</td>
<td>2% (3%)</td>
<td></td>
</tr>
<tr>
<td>Bad</td>
<td>9% (8%)</td>
<td></td>
</tr>
<tr>
<td>Fair</td>
<td>26% (23%)</td>
<td></td>
</tr>
<tr>
<td>Good</td>
<td>39% (40%)</td>
<td></td>
</tr>
<tr>
<td>Very good</td>
<td>24% (26%)</td>
<td></td>
</tr>
</tbody>
</table>

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

- In the next 12 months: 23%
- In the next few years: 41%
- In the next 10-20 years: 25%
- Much later in my life: 9%
- 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: 9% (16%)
- I am a little more likely: 6% (7%)
- I am no more or less likely: 18% (15%)
- I am a little less likely: 16% (16%)
- I am much less likely to get seriously ill than other people of my age: 50% (52%)

Do you consider yourself to have a disability?

- No: 70%
- Long-term illness: 14%
- Physical impairment: 14%
- Mental health condition: 5%
- Other: 3%
- Sensory impairment: 3%
- Learning disability/difficulty: 2%

Your weight
Self-reported weight (from lifestyle questionnaire)

- Underweight: 2% (2%)
- Healthy weight: 45% (45%)
- Overweight: 33% (35%)
- Obese: 20% (18%)

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

- Underweight: 0% (1%)
- Healthy weight: 29% (34%)
- Overweight: 43% (42%)
- Obese: 28% (23%)

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: [here](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: 95% (31%)
- Yes, occasionally: 4% (14%)
- Yes, monthly: 1% (4%)
- Yes, weekly: 0% (1%)
- Yes, more than weekly: 1% (1%)

Which of the following drugs have you used in the last 12 months?
- Cannabis (e.g. marijuana, hash): 59% (74%)
- Cocaine/crack: 49% (74%)
- Ecstasy/MDMA: 49% (74%)
- Poppers: 49% (74%)
- Illegally obtained prescription drugs: 49% (74%)
- Amphetamines (e.g. speed, whiz): 49% (74%)
- Hallucinogens (e.g. LSD): 49% (74%)
- Ketamine: 49% (74%)
- New psychoactive substances: 49% (74%)
- Heroin: 49% (74%)
- Anabolic steroids: 49% (74%)
- Solvents (e.g. glue, gas): 49% (74%)

Sexual activity and sexual health

Are you sexually active?
- Yes: 51% (56%)
- No: 37% (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: 26% (25%)
- No: 34% (38%)
- Prefer not to say: 40% (37%)

Sexual health risk*
- 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)

Financial

How well do you feel that you are managing financially?
- Yes: 24% (23%)
- No: 39% (40%)
- Prefer not to say: 26% (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: ocejlsna@lancashire.gov.uk