



# JSNA lifestyle survey

**Pen portraits**

*April 2015*

[www.lancashire.gov.uk](http://www.lancashire.gov.uk)

## **Acknowledgements**

This report has been compiled and edited by the research and consultation team, part of Lancashire County Council's business intelligence function.

The questionnaire was compiled by a wider joint working group of analysts and professionals:

Mike Walker – corporate research and intelligence manager, LCC

Peter Lobmayer – head of knowledge and intelligence for public health, LCC

Rebecca Robinson – principal research and consultation officer, LCC

Saulo Cwerner – equality and cohesion manager, LCC

Stephen Boydell – senior public health analyst, Blackpool Council

Lewis Turner – project manager, Lancashire LGBT

Anne Cunningham – public health intelligence specialist, Blackburn with Darwen Borough Council

## Contents

Pen portraits.....	
<i>April 2015</i> .....	
<b>1. INTRODUCTION.....</b>	<b>4</b>
<b>2. METHODOLOGY.....</b>	<b>5</b>
2.1 Limitations .....	6
<b>3. PEN PORTRAITS .....</b>	<b>7</b>
3.1 Respondents with a mental health condition .....	7
3.2 Respondents with a physical impairment .....	9
3.3 Respondents with a learning disability/difficulty .....	9
3.4 Respondents with a long term illness .....	10
3.5 16-24 year olds.....	11
3.6 BME respondents.....	12
3.7 LGB respondents.....	12
3.8 Respondents who are not in work .....	13
3.9 Respondents who rent their accommodation.....	14
3.10 Respondents who are underweight .....	14
3.11 Respondents who are obese .....	15
3.12 Respondents who are finding it very difficult financially.....	15
3.13 Respondents living in the most deprived areas .....	17
3.14 Respondents who don't meet physical activity guidelines .....	18
3.15 Respondents who are increasing or high risk drinkers .....	18
3.16 Respondents who use tobacco.....	19
3.17 Respondents who use drugs .....	20
<b>4. APPENDIX 1.....</b>	<b>22</b>

## 1. Introduction

Healthy behaviours such as sensible drinking of alcohol, being physically active, eating well and managing stress are known to prevent a wide range of health problems across the life course. Behaviours such as smoking tobacco, misusing drugs and alcohol and unsafe sex put people at particular risk of ill health.

The Health and Wellbeing Board agreed a joint strategic needs assessment (JSNA) on health behaviours as part of the JSNA work programme. This thematic analysis requires detailed, robust and reliable evidence of actual behaviours, lifestyles, needs and assets.

In Lancashire there is very limited information about the prevalence of different health behaviours across population groups or the characteristics of people with different health behaviours. We don't know what assets there are in our communities that enable and support healthy behaviours. Neither do we know how many people participate in more than one risk taking behaviour or the scale of the various combinations of unhealthy behaviours.

The limited information that we do have on health behaviours comes from:

- previous surveys from different parts of the county delivered in various years to variable standards and using different methodologies; or
- services, and is therefore a limited indicator of need or assets.

To address this, the health behaviours JSNA included a lifestyle survey to ask people about their own health behaviour. This report provides the headline results from the survey.

The survey provides access to a sufficiently large sample of the population so that reliable results can be reported at a countywide and district level. It also provides data at a number of sub-area and sub-group levels.

This report provides pen portraits of a number of demographic groups.

## 2. Methodology

The lifestyle survey was sent to 55,970 households across Lancashire on 10 September 2014. A reminder was sent on 22 October, with a final closing date of 7 November 2014. Late responses were included until the data processing was completed.

The survey was conducted through a 12 page postal questionnaire and an online version of the same questionnaire. Respondents could choose to complete either the online version or the postal version – where multiple responses were received from the same household, the latest received response was discarded.

Stratified random sampling was used to select households from the Ordnance Survey Address Base product. The sample was designed to deliver an equal number of responses from each district based on response rate to previous surveys of this kind.

In total, 13,646 questionnaires were returned, giving an overall response rate of 24%. The breakdown of this figure by district is given in appendix 1.

The survey was carried out in partnership with Blackpool Council. A single version of the questionnaire was issued showing both Blackpool Council and Lancashire County Council logos. Recipients in Lancashire County Council received the survey with a Lancashire County Council branded cover letter signed by Dr Sakthi Karunanithi, director of public health. This report refers only to the responses from Lancashire County Council area.

The data set has been weighted by age, gender, ethnicity and district to reflect the Lancashire overall population, and figures are based on all respondents unless otherwise stated. The weighted responses have been scaled to match the effective response of 7,817, which is the equivalent size of the data if it had not been weighted and was a perfect random sample.

## 2.1 Limitations

The table below shows the sample tolerances that apply to the results in this survey. Sampling tolerances vary with the size of the sample as well as the percentage results.

Number of respondents	50/50 + / -	30/70 + / -	10/90 + / -
500	4%	4%	3%
1,000	3%	3%	2%
1,500	3%	2%	2%
5,000	1%	1%	1%
13,000	1%	1%	1%

On a question where 50% of the people in a sample of 13,000 respond with a particular answer, the chances are 95 out of 100 that the answer would be between 49% and 51% (ie +/- 1%), versus a complete coverage of the entire Lancashire population using the same procedure.

The following table shows some examples of what the percentage differences between two samples on a statistic must be greater than, to be statistically significant.

Size of sample A	Size of sample B	50/50 + / -	30/70 + / -	10/90 + / -
1,000	1,000	4%	4%	3%
5,000	1,000	3%	3%	2%
8,000	5,000	2%	2%	1%
13,000	13,000	1%	1%	1%

(Confidence interval at 95% certainty for a comparison of two samples)

For example, where the size of sample A and sample B is 13,000 responses in each and the percentage result in each group you are comparing is around 50% in each category, the difference in the results needs to be more than 1% to be statistically significant. This is to say that the difference in the results of the two groups of people is not due to chance alone and is a statistically valid difference.

### 3. Pen portraits

For each sub-group, findings from the survey are given. In each case, the sub-group has been compared to the overall Lancashire sample.

The percentage in brackets for each finding is the percentage of that sub-group that the statement applies to. For example, 'respondents with a mental health condition are more likely to rate their health as very bad or bad (46%)' means that 46% of respondents who have a mental health condition rate their health as very bad or bad and the proportion is significantly greater than the proportion of the overall Lancashire sample (in this case, 11% of the overall Lancashire sample rate their health as very bad or bad).

Tables for each sub-group are provided in appendix 1 giving the sample size, confidence interval and comparison data.

Please note that the findings do not necessarily imply causation – it is not possible to say, for example, that respondents with a mental health condition are more likely to rate their health as very bad or bad because they have a mental health condition.

#### 3.1 Respondents with a mental health condition

Respondents with a mental health condition are:

- **more likely** to rate their health as very bad or bad (46%);
- **more likely** to rate their satisfaction with life nowadays as low (51%);
- **more likely** to rate the extent to which they feel the things they do in life are worthwhile as low (46%);
- **more likely** to rate their happiness on the previous day as low (57%);
- **more likely** to rate their anxiousness on the previous day as high (38%);
- **less likely** to have had at least five portions of fruit and vegetables on the previous day (18%);
- **more likely** to eat fast food or take away meals at least once a week (27%);
- **less likely** to eat a meal with their family/other members of their household at least once a week (55%);
- **less likely** to cook/prepare a meal from basic ingredients for themselves or their family/household at least once a week (63%);
- **more likely** to drink fizzy drinks or soft drinks six or more times a week (22%);
- **more likely** to be high risk drinkers (13%);
- **more likely** to binge drink at least once a week (35%);
- **more likely** to use tobacco at least occasionally (40%);
- **more likely** to use hand-rolled cigarettes (72%);
- **less likely** to say they are not exposed to other people's tobacco smoke in any of the listed places (32%);

- **more likely** to use e-cigarettes at least occasionally (11%);
- **more likely** to currently use nicotine products (43%);
- **more likely** to often feel that they lack companionship (36%);
- **more likely** to often feel left out (39%);
- **more likely** to often feel isolated from others (44%);
- have a significantly lower mean SWEMWBS score than the Lancashire mean (18.27 compared to 22.94 for Lancashire overall);
- **more likely** to say they have no one they can really count on in a crisis (19%);
- **less likely** to agree at least slightly that they feel good about themselves (30%);
- **less likely** to agree at least slightly that they learn from their mistakes (66%);
- **less likely** to agree at least slightly that they are very involved in their health (58%);
- **less likely** to agree at least slightly that they are in control of their own health (56%);
- **less likely** to agree at least slightly that the main thing which affects their health is what they personally do (57%);
- **less likely** to agree at least slightly that they intend to lead a healthy lifestyle over the next 12 months (65%);
- **more likely** to feel that it would be difficult for them to lead a healthy lifestyle (52%);
- **more likely** to say they don't feel in control of whether or not they lead a healthy lifestyle over the following year (40%);
- **more likely** to give a rating of 3 or below indicating they would not find leading a healthy lifestyle enjoyable (22%);
- **more likely** to feel that they are more likely than other people of their age to get seriously ill over the next few years (52%);
- **more likely** to be Unconfident Fatalists (63%) and **less likely** to be Health-conscious Realists (14%) or Balanced Compensators (3%);
- **more likely** to have used drugs at least occasionally in the last 12 months (20%);
- **more likely** to say they didn't use a condom the last time they had sexual contact with a new person for the first time (45%);
- **more likely** to be obese (30%);
- **more likely** to be finding it very difficult financially (22%); and
- **more likely** to have two or more health compromising behaviours (62%).



### 3.2 Respondents with a physical impairment

Respondents with a physical impairment are:

- **more likely** to rate their health as very bad or bad (42%);
- **less likely** to eat a meal with their family/other members of their household at least once a week (59%);
- **more likely** to do less than the recommended amount of moderate intensity activity<sup>1</sup> in a typical week (66%);
- **more likely** to do less than the recommended amount of vigorous intensity activity<sup>2</sup> in a typical week (84%);
- **more likely** to not meet NHS guidelines for physical activity in a typical week (54%);
- **more likely** to feel that their health could be at risk in the next few years or sooner if they don't lead a healthy lifestyle (80%);
- **more likely** to feel that their chances of getting seriously ill over the next few years are greater than those of other people of the same age (52%);
- **more likely** to say they didn't use a condom the last time they had sexual contact with a new person for the first time (47%); and
- **more likely** to be obese (30%).

### 3.3 Respondents with a learning disability/difficulty

Respondents with a learning disability/difficulty are:

- **more likely** to rate their level of happiness on the day before the completed the questionnaire as low (41%);
- **more likely** to rate their level of anxiousness on the day before they completed the questionnaire as high (41%);
- **less likely** to cook/prepare a meal from basic ingredients for themselves or their family/household at least once a week (65%);
- **more likely** to binge drink at least once a week (36%);
- **more likely** to use tobacco at least occasionally (27%);
- **more likely** to often feel that they lack companionship (29%);
- **more likely** to often feel left out (28%);
- have a significantly lower mean SWEMWBS score than the Lancashire mean (20.26 compared to 22.94 for Lancashire overall);
- **more likely** to say they have no one they can really count on in a crisis (16%);
- **less likely** to agree at least slightly that there is nothing more important than good health (63%);
- **more likely** to give a rating of 3 or below indicating they would not find leading a healthy lifestyle enjoyable (20%);

<sup>1</sup> Recommended amount of moderate intensity activity in a week is over 2½ hours.

<sup>2</sup> Recommended amount of vigorous intensity activity in a week is over 1¼ hours.

- **more likely** to have used drugs at least occasionally in the last 12 months (14%);
- **more likely** to have had sexual contact with more than one person in the last 12 months (19%); and
- **more likely** to be finding it very difficult financially (23%).

### 3.4 Respondents with a long term illness

Respondents with a long term illness are:

- **more likely** to rate their health as very bad or bad (50%);
- **more likely** to rate their satisfaction with life nowadays as low (36%);
- **more likely** to rate the extent to which they feel the things they do in life are worthwhile as low (33%);
- **more likely** to rate their happiness on the previous day as low (40%);
- **less likely** to eat a meal with their family/other members of their household at least once a week (60%);
- **less likely** to cook/prepare a meal from basic ingredients for themselves or their family/household at least once a week (70%);
- **more likely** to do less than the recommended amount of moderate intensity activity in a typical week (67%);
- **more likely** to do less than the recommended amount of vigorous intensity activity in a typical week (84%);
- **more likely** to not meet NHS guidelines for physical activity in a typical week (53%);
- **more likely** to use tobacco at least occasionally (22%);
- **more likely** to currently use nicotine products (26%);
- **more likely** to often feel that they lack companionship (23%);
- **more likely** to often feel left out (23%);
- **more likely** to often feel isolated from others (25%);
- have a significantly lower mean SWEMWBS score than the Lancashire mean (21.01 compared to 22.94 for Lancashire overall);
- **more likely** to say they have no one they can really count on in a crisis (13%);
- **less likely** to agree at least slightly that they feel good about themselves (49%);
- **less likely** to agree at least slightly that they are in control of their own health (56%);
- **less likely** to agree at least slightly that the main thing which affects their health is what they personally do (57%);
- **more likely** to agree at least slightly that if a person is meant to get ill then it doesn't matter what a doctor tells them to do, they will get ill anyway (43%);

- **more likely** to feel that it would be difficult for them to lead a healthy lifestyle (48%);
- **more likely** to say they don't feel in control of whether or not they lead a healthy lifestyle over the following year (40%);
- **more likely** to feel that their health could be at risk in the next few years or sooner if they don't lead a healthy lifestyle (80%);
- **more likely** to feel that they are more likely than other people of their age to get seriously ill over the next few years (67%);
- **more likely** to be Unconfident Fatalists (60%) and **less likely** to be Balanced Compensators (2%);
- **more likely** to be obese (32%); and
- **more likely** to have two or more health compromising behaviours (57%).

### 3.5 16-24 year olds

16-24 year old respondents are:

- **less likely** to have had at least five portions of fruit and vegetables on the day before they completed the questionnaire (18%);
- **more likely** to drink fizzy drinks or soft drinks six or more times a week (29%);
- **more likely** to use tobacco at least occasionally (22%);
- **less likely** to say they are not exposed to other people's tobacco smoke in any of the listed places (35%);
- **more likely** to feel it is important to have money, wealth and possessions (72%);
- **more likely** to feel it is important to have an image that others find appealing (48%);
- **less likely** to agree at least slightly that if you don't have your health, you don't have anything (56%);
- **less likely** to agree at least slightly that there is nothing more important than good health (61%);
- **less likely** to agree at least slightly that they are very involved in their health (65%);
- **more likely** to be Hedonistic Immortals (27%) and **less likely** to be Health-conscious Realists (15%);
- **more likely** to have used drugs at least occasionally in the last 12 months (12%);
- **more likely** to be sexually active (68%);
- **more likely** to have had sexual contact with more than one person in the last 12 months (19%); and
- **more likely** to have risk taking sexual behaviour (9%).

### 3.6 BME respondents

BME respondents are:

- **more likely** to rate their happiness on the previous day as low (23%);
- **less likely** to have had at least five portions of fruit and vegetables on the previous day (19%);
- **more likely** to do less than the recommended amount of moderate intensity activity in a typical week (60%);
- **more likely** to do less than the recommended amount of vigorous intensity activity in a typical week (73%);
- **more likely** to not meet NHS guidelines for physical activity in a typical week (39%);
- **more likely** to say they have no one they can really count on in a crisis (15%);
- **more likely** to feel it is important to have an image that others find appealing (47%);
- **more likely** to agree at least slightly that if a person is meant to get ill then it doesn't matter what a doctor tells them to do, they will get ill anyway (45%);
- **less likely** to be Hedonistic Immortals (5%) and **more likely** to be Balanced Compensators (22%); and
- **more likely** to have two or more health compromising behaviours (44%).

### 3.7 LGB respondents

LGB respondents are:

- **more likely** to rate their satisfaction with life nowadays as low (25%);
- **more likely** to rate the extent to which they feel the things they do in life are worthwhile as low (24%);
- **more likely** to rate their happiness on the previous day as low (27%);
- **more likely** to eat fast food or take away meals at least once a week (26%);
- **less likely** to eat a meal with their family/other members of their household at least once a week (67%);
- **less likely** to cook/prepare a meal from basic ingredients for themselves or their family/household at least once a week (74%);
- **more likely** to not meet NHS guidelines for physical activity in a typical week (32%);
- **more likely** to use tobacco at least occasionally (29%);
- **more likely** to use hand-rolled cigarettes (76%);
- **more likely** to currently use nicotine products (32%);
- **more likely** to often feel that they lack companionship (20%);

- **more likely** to feel it is important to an image that others find appealing (49%);
- **less likely** to agree at least slightly that there is nothing more important than good health (68%);
- **less likely** to agree at least slightly that they are very involved in their health (67%);
- **more likely** to have used drugs at least occasionally in the last 12 months (20%);
- **more likely** to be sexually active (66%);
- **more likely** to have had sexual contact with more than one person in the last 12 months (32%);
- **more likely** to have risk taking sexual behaviour (13% - excluding lesbians/gay women);
- **more likely** to have a mental health condition (14%);
- **more likely** to have been told by a doctor or nurse that they have depression, anxiety or another mental health condition (41%); and
- **more likely** to have two or more health compromising behaviours (57%).

### 3.8 Respondents who are not in work

Respondents who are not in work (but not yet retired) are:

- **more likely** to rate their health as very bad or bad (26%);
- **more likely** to rate their satisfaction with life nowadays as low (30%);
- **more likely** to rate the extent to which they feel the things they do in life are worthwhile as low (26%);
- **more likely** to rate their level of happiness on the day before they completed the questionnaire as low (32%);
- **less likely** to have had at least five portions of fruit and vegetables on the day before they completed the questionnaire (19%);
- **more likely** to use tobacco at least occasionally (28%);
- **more likely** to use hand-rolled cigarettes (64%);
- **more likely** to currently use nicotine products (30%);
- **more likely** to often feel left out (20%);
- **more likely** to often feel isolated from others (24%);
- have a significantly lower mean SWEMWBS score than the Lancashire mean (20.90 compared to 22.94 for Lancashire overall);
- **more likely** to feel that it would be difficult for them to lead a healthy lifestyle (34%);
- **more likely** to say they don't feel in control of whether or not they lead a healthy lifestyle over the following year (23%);
- **more likely** to feel that their chances of getting seriously ill over the next few years are greater than those of other people of the same age (36%);

- **more likely** to have been told they have depression, anxiety or another mental health condition (44%);
- **more likely** to be finding it very difficult financially (15%); and
- **more likely** to have two or more health compromising behaviours (45%).

### 3.9 Respondents who rent their accommodation

Respondents who rent their accommodation are:

- **more likely** to rate their satisfaction with life nowadays as low (24%);
- **more likely** to rate the extent to which they feel the things they do in life are worthwhile as low (21%);
- **more likely** to rate their level of happiness on the day before they completed the questionnaire as low (27%);
- **less likely** to have had at least five portions of fruit and vegetables on the day before they completed the questionnaire (18%);
- **less likely** to eat a meal with their family/other members of their household at least once a week (66%);
- **more likely** to use tobacco at least occasionally (30%);
- **more likely** to currently use nicotine products (34%);
- **more likely** to often feel that they lack companionship (20%);
- **more likely** to often feel isolated from others (20%);
- have a significantly lower mean SWEMWBS score than the Lancashire mean (21.62 compared to 22.94 for Lancashire overall);
- **more likely** to have a mental health condition (13%); and
- **more likely** to have two or more health compromising behaviours (48%).

### 3.10 Respondents who are underweight

Respondents who are underweight are:

- **more likely** to rate their health as very bad or bad (20%);
- **more likely** to rate their happiness on the previous day as low (28%);
- **more likely** to rate their anxiousness on the previous day as high (39%);
- **less likely** to eat a meal with their family/other members of their household at least once a week (67%);
- **less likely** to cook/prepare a meal from basic ingredients for themselves or their family/household at least once a week (72%);
- **more likely** to use tobacco at least occasionally (27%);
- **more likely** to currently use nicotine products (28%);
- **more likely** to have had sexual contact with more than one person in the last 12 months (15%); and
- **more likely** to have risk taking sexual behaviour (9%).

### 3.11 Respondents who are obese

Respondents who are obese are:

- **more likely** to rate their health as very bad or bad (18%);
- **more likely** to rate their satisfaction with life nowadays as low (19%);
- **more likely** to rate the extent to which they feel the things they do in life are worthwhile as low (18%);
- **more likely** to rate their happiness on the previous day as low (23%);
- **less likely** to have had at least five portions of fruit and vegetables on the previous day (19%);
- **more likely** to eat fast food or take away meals at least once a week (22%);
- **more likely** to do less than the recommended amount of moderate intensity activity in a typical week (53%);
- **more likely** to do less than the recommended amount of vigorous intensity activity in a typical week (77%);
- **more likely** to not meet NHS guidelines for physical activity in a typical week (34%);
- **more likely** to feel that it would be difficult for them to lead a healthy lifestyle (34%);
- **more likely** to feel that they are more likely than other people of their age to get seriously ill over the next few years (38%);
- **less likely** to be Balanced Compensators (5%); and
- **more likely** to have been told by a doctor or nurse that they have high blood pressure (37%).

### 3.12 Respondents who are finding it very difficult financially

Respondents who are finding it very difficult financially are:

- **more likely** to rate their health as very bad or bad (37%);
- **more likely** to rate their satisfaction with life nowadays as low (57%);
- **more likely** to rate the extent to which they feel the things they do in life are worthwhile as low (49%);
- **more likely** to rate their happiness on the previous day as low (59%);
- **less likely** to have had at least five portions of fruit and vegetables on the previous day (18%);
- **less likely** to eat a meal with their family/other members of their household at least once a week (56%);
- **less likely** to cook/prepare a meal from basic ingredients for themselves or their family/household at least once a week (65%);
- **more likely** to drink fizzy drinks or soft drinks six or more times a week (20%);

- **more likely** to do less than the recommended amount of moderate intensity activity in a typical week (52%);
- **more likely** to not meet NHS guidelines for physical activity in a typical week (35%);
- **more likely** to be high risk drinkers (13%);
- **more likely** to binge drink at least once a week (39%);
- **more likely** to use tobacco at least occasionally (44%);
- **less likely** to say they are not exposed to other people's tobacco smoke in any of the listed places (36%);
- **more likely** to say they are exposed to other people's tobacco smoke at work (11%);
- **more likely** to use e-cigarettes at least occasionally (11%);
- **more likely** to currently use nicotine products (49%);
- **more likely** to often feel that they lack companionship (36%);
- **more likely** to often feel left out (39%);
- **more likely** to often feel isolated from others (42%);
- have a significantly lower mean SWEMWBS score than the Lancashire mean (18.58 compared to 22.94 for Lancashire overall);
- **more likely** to say they have no one they can really count on in a crisis (27%);
- **less likely** to agree at least slightly that they feel good about themselves (35%);
- **less likely** to agree at least slightly that they learn from their mistakes (69%);
- **less likely** to agree at least slightly that following a healthy lifestyle is an effective way to reduce their chances of becoming ill (76%);
- **less likely** to agree at least slightly that there is nothing more important than good health (67%);
- **less likely** to agree at least slightly that they are very involved in their health (54%);
- **less likely** to agree at least slightly that they are in control of their own health (53%);
- **less likely** to agree at least slightly that the main thing which affects their health is what they personally do (63%);
- **less likely** to agree at least slightly that they intend to lead a healthy lifestyle over the next 12 months (64%);
- **more likely** to feel that it would be difficult for them to lead a healthy lifestyle (57%);
- **more likely** to say they don't feel in control of whether or not they lead a healthy lifestyle over the following year (46%);
- **more likely** to give a rating of 3 or below indicating they would not find leading a healthy lifestyle enjoyable (21%);
- **more likely** to feel that they are more likely than other people of their age to get seriously ill over the next few years (44%);



- **more likely** to be Unconfident Fatalists (56%) and **less likely** to be Health-conscious Realists (9%);
- **more likely** to have used drugs at least occasionally in the last 12 months (19%);
- **more likely** to use amphetamines (28%) and legal highs (19%);
- **more likely** to have had sexual contact with more than one person in the last 12 months (17%);
- **more likely** to say they didn't use a condom the last time they had sexual contact with a new person for the first time (47%);
- **more likely** to have risk taking sexual behaviour (11%);
- **more likely** to have a long term illness (22%);
- **more likely** to have a mental health condition (26%);
- **more likely** to have a learning disability or difficulty (8%);
- **more likely** to have been told by a doctor or nurse that they have depression, anxiety or another mental health condition (57%); and
- **more likely** to have two or more health compromising behaviours (63%).

### 3.13 Respondents living in the most deprived areas

Respondents who are living in the most deprived areas are:

- **more likely** to rate their health as very bad or bad (19%);
- **more likely** to rate their satisfaction with life nowadays as low (23%);
- **more likely** to rate the extent to which they feel the things they do in life are worthwhile as low (21%);
- **more likely** to rate their happiness on the previous day as low (26%);
- **less likely** to have had at least five portions of fruit and vegetables on the previous day (17%);
- **less likely** to eat a meal with their family/other members of their household at least once a week (70%);
- **more likely** to not meet NHS guidelines for physical activity in a typical week (32%);
- **more likely** to use tobacco at least occasionally (27%);
- **more likely** to use hand-rolled cigarettes (64%);
- **more likely** to currently use nicotine products (31%);
- **more likely** to be Unconfident Fatalists (31%); and
- **more likely** to have two or more health compromising behaviours (49%).

### 3.14 Respondents who don't meet physical activity guidelines

Respondents who don't meet physical activity guidelines are:

- **more likely** to rate their satisfaction with life nowadays as low (21%);
- **more likely** to rate the extent to which they feel the things they do in life are worthwhile as low (20%);
- **more likely** to rate their happiness on the previous day as low (25%);
- **less likely** to have had at least five portions of fruit and vegetables on the previous day (18%);
- **less likely** to cook/prepare a meal from basic ingredients for themselves or their family/household at least once a week (72%);
- **less likely** to agree at least slightly that they are very involved in their health (67%);
- **more likely** to feel that it would be difficult for them to lead a healthy lifestyle (34%);
- **more likely** to say they don't feel in control of whether or not they lead a healthy lifestyle over the following year (24%);
- **more likely** to feel that they are more likely than other people of their age to get seriously ill over the next few years (32%); and
- **more likely** to be Unconfident Fatalists (34%).

### 3.15 Respondents who are increasing or high risk drinkers

Respondents who are increasing or high risk drinkers are:

- **more likely** to eat fast food or take away meals at least once a week (22%);
- **more likely** to binge drink at least once a week (53%);
- **more likely** to use tobacco at least occasionally (24%);
- **more likely** to currently use nicotine products (27%);
- **more likely** to have used drugs at least occasionally in the last 12 months (12%);
- **more likely** to be sexually active (66%); and
- **more likely** to say they didn't use a condom the last time they had sexual contact with a new person for the first time (48%).

### 3.16 Respondents who use tobacco

Respondents who currently use tobacco are:

- **more likely** to rate their health as very bad or bad (19%);
- **more likely** to rate their satisfaction with life nowadays as low (27%);
- **more likely** to rate the extent to which they feel the things they do in life are worthwhile as low (24%);
- **more likely** to rate their happiness on the previous day as low (30%);
- **less likely** to have had at least five portions of fruit and vegetables on the previous day (12%);
- **more likely** to eat fast food or take away meals at least once a week (23%);
- **less likely** to eat a meal with their family/other members of their household at least once a week (68%);
- **more likely** to be increasing risk drinkers (19%);
- **more likely** to binge drink at least once a week (36%);
- **less likely** to say they are not exposed to other people's tobacco smoke in any of the listed places (36%);
- **more likely** to use e-cigarettes at least occasionally (21%);
- **more likely** to often feel that they lack companionship (20%);
- **more likely** to often feel isolated from others (20%);
- **less likely** to agree at least slightly that they are very involved in their health (61%);
- **more likely** to agree at least slightly that if a person is meant to get ill then it doesn't matter what a doctor tells them to do, they will get ill anyway (40%);
- **more likely** to say they don't feel in control of whether or not they lead a healthy lifestyle over the following year (22%);
- **more likely** to feel that they are more likely than other people of their age to get seriously ill over the next few years (34%);
- **more likely** to be Unconfident Fatalists (34%) and **less likely** to be Health-conscious Realists (18%);
- **more likely** to have used drugs at least occasionally in the last 12 months (22%);
- **more likely** to say they didn't use a condom the last time they had sexual contact with a new person for the first time (48%);
- **more likely** to have risk taking sexual behaviour (9%);
- **more likely** to have a mental health condition (15%); and
- **more likely** to have been told by a doctor or nurse that they have depression, anxiety or another mental health condition (41%).

### 3.17 Respondents who use drugs

Respondents who currently use drugs are:

- **more likely** to rate their health as very bad or bad (19%);
- **more likely** to rate their satisfaction with life nowadays as low (28%);
- **more likely** to rate the extent to which they feel the things they do in life are worthwhile as low (25%);
- **more likely** to rate their happiness on the previous day as low (30%);
- **less likely** to have had at least five portions of fruit and vegetables on the previous day (15%);
- **more likely** to eat fast food or take away meals at least once a week (36%);
- **less likely** to eat a meal with their family/other members of their household at least once a week (68%);
- **less likely** to cook/prepare a meal from basic ingredients for themselves or their family/household at least once a week (73%);
- **more likely** to drink fizzy drinks or soft drinks six or more times a week (22%);
- **more likely** to be high risk drinkers (13%);
- **more likely** to binge drink at least once a week (40%);
- **more likely** to use tobacco at least occasionally (62%);
- **more likely** to use hand-rolled cigarettes (73%);
- **less likely** to say they are not exposed to other people's tobacco smoke in any of the listed places (34%);
- **more likely** to use e-cigarettes at least occasionally (13%);
- **more likely** to currently use nicotine products (65%);
- **more likely** to often feel that they lack companionship (22%);
- **more likely** to often feel isolated from others (22%);
- have a significantly lower mean SWEMWBS score than the Lancashire mean (21.05 compared to 22.94 for Lancashire overall);
- **more likely** to agree at least slightly that they get a lot of pleasure from taking risks (44%);
- **less likely** to agree at least slightly that they learn from their mistakes (78%);
- **more likely** to feel it is important to an image that others find appealing (46%);
- **less likely** to agree at least slightly that if you don't have your health, you don't have anything (66%);
- **less likely** to agree at least slightly that there is nothing more important than good health (67%);
- **less likely** to agree at least slightly that they are very involved in their health (60%);
- **more likely** to feel that it would be difficult for them to lead a healthy lifestyle (34%);

- **more likely** to say they don't feel in control of whether or not they lead a healthy lifestyle over the following year (23%);
- **more likely** to be Unconfident Fatalists (37%);
- **more likely** to be sexually active (73%);
- **more likely** to have had sexual contact with more than one person in the last 12 months (27%);
- **more likely** to say they didn't use a condom the last time they had sexual contact with a new person for the first time (53%)
- **more likely** to have risk taking sexual behaviour (16%);
- **more likely** to have a mental health condition (20%);
- **more likely** to have been told by a doctor or nurse that they have depression, anxiety or another mental health condition (47%); and
- **more likely** to be finding it very difficult financially (17%).

## 4. Appendix 1

<b>Respondents with a mental health condition</b>						
Statement	MH %	MH sample	CI (95%)	Overall %	Overall sample	CI (95%)
More likely to rate their health as very bad or bad	<b>46%</b>	602	4%	<b>11%</b>	13330	1%
More likely to rate their satisfaction with life nowadays as low	<b>51%</b>	611	4%	<b>14%</b>	13504	1%
More likely to rate the extent to which they feel the things they do in life are worthwhile as low	<b>46%</b>	609	4%	<b>13%</b>	13469	1%
More likely to rate their happiness on the previous day as low	<b>57%</b>	612	4%	<b>17%</b>	13506	1%
More likely to rate their anxiousness on the previous day as high	<b>38%</b>	606	4%	<b>25%</b>	13445	1%
Less likely to have had at least five portions of fruit and vegetables on the previous day	<b>18%</b>	603	3%	<b>25%</b>	13310	1%
More likely to eat fast food or take away meals at least once a week	<b>27%</b>	598	4%	<b>17%</b>	13313	1%
Less likely to eat a meal with their family/other members of their household at least once a week	<b>55%</b>	588	4%	<b>78%</b>	13066	1%
Less likely to cook/prepare a meal from basic ingredients for themselves or their family/household at least once a week	<b>63%</b>	590	4%	<b>84%</b>	13260	1%
More likely to drink fizzy drinks or soft drinks six or more times a week	<b>22%</b>	605	3%	<b>12%</b>	13437	1%
More likely to be high risk drinkers	<b>13%</b>	302	3%	<b>4%</b>	8798	1%
More likely to binge drink at least once a week	<b>35%</b>	308	5%	<b>20%</b>	9106	1%
More likely to use tobacco at least occasionally	<b>40%</b>	584	4%	<b>15%</b>	13185	1%
More likely to use hand-rolled cigarettes	<b>72%</b>	213	6%	<b>50%</b>	1717	2%
Less likely to say they are not exposed to other people's tobacco smoke in any of the listed places	<b>32%</b>	595	4%	<b>56%</b>	13186	1%
More likely to use e-cigarettes at least occasionally	<b>11%</b>	576	2%	<b>5%</b>	12861	1%
More likely to currently use nicotine products	<b>43%</b>	565	4%	<b>18%</b>	12659	1%
More likely to often feel that they lack companionship	<b>36%</b>	601	4%	<b>11%</b>	13401	1%
More likely to often feel left out	<b>39%</b>	592	4%	<b>9%</b>	13092	1%
More likely to often feel isolated from others	<b>44%</b>	595	4%	<b>10%</b>	13129	1%
More likely to say they have no one they can really count on in a crisis	<b>19%</b>	601	3%	<b>6%</b>	13507	1%
Less likely to agree at least slightly that they feel good about themselves	<b>30%</b>	596	4%	<b>73%</b>	13220	1%
Less likely to agree at least slightly that they learn from their mistakes	<b>66%</b>	593	4%	<b>87%</b>	13202	1%
Less likely to agree at least slightly that they are very involved in their health	<b>58%</b>	599	4%	<b>77%</b>	13276	1%
Less likely to agree at least slightly that they are in control of their own health	<b>56%</b>	604	4%	<b>84%</b>	13354	1%

Less likely to agree at least slightly that the main thing which affects their health is what they personally do	<b>57%</b>	593	4%	<b>81%</b>	13266	1%
Less likely to agree at least slightly that they intend to lead a healthy lifestyle over the next 12 months	<b>65%</b>	599	4%	<b>87%</b>	13314	1%
More likely to feel that it would be difficult for them to lead a healthy lifestyle	<b>52%</b>	612	4%	<b>20%</b>	13460	1%
More likely to say they don't feel in control of whether or not they lead a healthy lifestyle over the following year	<b>40%</b>	608	4%	<b>12%</b>	13460	1%
More likely to give a rating of 3 or below indicating they would not find leading a healthy lifestyle enjoyable	<b>22%</b>	610	3%	<b>9%</b>	13450	1%
More likely to feel that they are more likely than other people of their age to get seriously ill over the next few years	<b>52%</b>	591	4%	<b>22%</b>	13251	1%
More likely to be Unconfident Fatalists	<b>63%</b>	515	4%	<b>23%</b>	11765	1%
Less likely to be Health-conscious Realists	<b>14%</b>	515	3%	<b>30%</b>	11765	1%
Less likely to be Balanced Compensators	<b>3%</b>	515	1%	<b>14%</b>	11765	1%
More likely to have used drugs at least occasionally in the last 12 months	<b>20%</b>	601	3%	<b>6%</b>	13291	1%
More likely to say they didn't use a condom the last time they had sexual contact with a new person for the first time	<b>45%</b>	527	4%	<b>37%</b>	10889	1%
More likely to be obese	<b>30%</b>	535	4%	<b>18%</b>	12480	1%
More likely to be finding it very difficult financially	<b>22%</b>	605	3%	<b>5%</b>	13396	1%
More likely to have two or more health compromising behaviours	<b>62%</b>	553	4%	<b>36%</b>	12350	1%

<b>Respondents with a physical impairment</b>						
Statement	PI %	PI sample	CI (95%)	Overall %	Overall sample	CI (95%)
More likely to rate their health as very bad or bad	<b>42%</b>	1760	2%	<b>11%</b>	13330	1%
Less likely to eat a meal with their family/other members of their household at least once a week	<b>59%</b>	1730	2%	<b>78%</b>	13066	1%
More likely to do less than the recommended amount of moderate intensity activity in a typical week	<b>66%</b>	1760	2%	<b>42%</b>	13298	1%
More likely to do less than the recommended amount of vigorous intensity activity in a typical week	<b>84%</b>	1752	2%	<b>64%</b>	13215	1%
More likely to not meet NHS guidelines for physical activity in a typical week	<b>54%</b>	1791	2%	<b>23%</b>	8746	1%
More likely to feel that their health could be at risk in the next few years or sooner if they don't lead a healthy lifestyle	<b>80%</b>	1772	2%	<b>58%</b>	13309	1%
More likely to feel that they are more likely than other people of their age to get seriously ill over the next few years	<b>52%</b>	1757	2%	<b>22%</b>	13251	1%
More likely to say they didn't use a condom the last time they had sexual contact with a new person for the first time	<b>47%</b>	1374	3%	<b>37%</b>	10889	1%
More likely to be obese	<b>30%</b>	1651	2%	<b>18%</b>	12480	1%



<b>Respondents with a learning disability/difficulty</b>						
Statement	LD %	LD sample	CI (95%)	Overall %	Overall sample	CI (95%)
More likely to rate their happiness on the previous day as low	<b>41%</b>	150	8%	<b>17%</b>	13506	1%
More likely to rate their anxiousness on the previous day as high	<b>41%</b>	148	8%	<b>25%</b>	13445	1%
Less likely to cook/prepare a meal from basic ingredients for themselves or their family/household at least once a week	<b>65%</b>	148	8%	<b>84%</b>	13260	1%
More likely to binge drink at least once a week	<b>36%</b>	70	11%	<b>20%</b>	9106	1%
More likely to use tobacco at least occasionally	<b>27%</b>	142	8%	<b>15%</b>	13185	1%
More likely to often feel that they lack companionship	<b>29%</b>	144	8%	<b>11%</b>	13401	1%
More likely to often feel left out	<b>28%</b>	143	8%	<b>9%</b>	13092	1%
More likely to say they have no one they can really count on in a crisis	<b>16%</b>	150	6%	<b>6%</b>	13507	1%
Less likely to agree at least slightly that there is nothing more important than good health	<b>63%</b>	148	8%	<b>81%</b>	13361	1%
More likely to give a rating of 3 or below indicating they would not find leading a healthy lifestyle enjoyable	<b>20%</b>	150	6%	<b>9%</b>	13450	1%
More likely to have used drugs at least occasionally in the last 12 months	<b>14%</b>	146	6%	<b>6%</b>	13291	1%
More likely to have had sexual contact with more than one person in the last 12 months	<b>19%</b>	148	6%	<b>7%</b>	13272	1%
More likely to be finding it very difficult financially	<b>23%</b>	145	7%	<b>5%</b>	13396	1%

<b>Respondents with a long term illness</b>						
Statement	LTI %	LTI sample	CI (95%)	Overall %	Overall sample	CI (95%)
More likely to rate their health as very bad or bad	<b>50%</b>	1803	2%	<b>11%</b>	13330	1%
More likely to rate their satisfaction with life nowadays as low	<b>36%</b>	1831	2%	<b>14%</b>	13504	1%
More likely to rate the extent to which they feel the things they do in life are worthwhile as low	<b>33%</b>	1817	2%	<b>13%</b>	13469	1%
More likely to rate their happiness on the previous day as low	<b>40%</b>	1833	2%	<b>17%</b>	13506	1%
Less likely to eat a meal with their family/other members of their household at least once a week	<b>60%</b>	1769	2%	<b>78%</b>	13066	1%
Less likely to cook/prepare a meal from basic ingredients for themselves or their family/household at least once a week	<b>70%</b>	1793	2%	<b>84%</b>	13260	1%
More likely to do less than the recommended amount of moderate intensity activity in a typical week	<b>67%</b>	1786	2%	<b>42%</b>	13298	1%
More likely to do less than the recommended amount of vigorous intensity activity in a typical week	<b>84%</b>	1765	2%	<b>64%</b>	13215	1%
More likely to not meet NHS guidelines for physical activity in a typical week	<b>53%</b>	1815	2%	<b>23%</b>	8746	1%

More likely to use tobacco at least occasionally	<b>22%</b>	1760	2%	<b>15%</b>	13185	1%
More likely to currently use nicotine products	<b>26%</b>	1674	2%	<b>18%</b>	12659	1%
More likely to often feel that they lack companionship	<b>23%</b>	1798	2%	<b>11%</b>	13401	1%
More likely to often feel left out	<b>23%</b>	1736	2%	<b>9%</b>	13092	1%
More likely to often feel isolated from others	<b>25%</b>	1742	2%	<b>10%</b>	13129	1%
More likely to say they have no one they can really count on in a crisis	<b>13%</b>	1834	2%	<b>6%</b>	13507	1%
Less likely to agree at least slightly that they feel good about themselves	<b>49%</b>	1761	2%	<b>73%</b>	13220	1%
Less likely to agree at least slightly that they are in control of their own health	<b>56%</b>	1796	2%	<b>84%</b>	13354	1%
Less likely to agree at least slightly that the main thing which affects their health is what they personally do	<b>57%</b>	1776	2%	<b>81%</b>	13266	1%
More likely to agree at least slightly that if a person is meant to get ill then it doesn't matter what a doctor tells them to do, they will get ill anyway	<b>43%</b>	1782	2%	<b>32%</b>	13277	1%
More likely to feel that it would be difficult for them to lead a healthy lifestyle	<b>48%</b>	1813	2%	<b>20%</b>	13460	1%
More likely to say they don't feel in control of whether or not they lead a healthy lifestyle over the following year	<b>40%</b>	1811	2%	<b>12%</b>	13460	1%
More likely to feel that their health could be at risk in the next few years or sooner if they don't lead a healthy lifestyle	<b>80%</b>	1786	2%	<b>58%</b>	13309	1%
More likely to feel that they are more likely than other people of their age to get seriously ill over the next few years	<b>67%</b>	1772	2%	<b>22%</b>	13251	1%
More likely to be Unconfident Fatalists	<b>60%</b>	1497	2%	<b>23%</b>	11765	1%
Less likely to be Balanced Compensators	<b>2%</b>	1497	2%	<b>14%</b>	11765	1%
More likely to be obese	<b>32%</b>	1692	2%	<b>18%</b>	12480	1%
More likely to have two or more health compromising behaviours	<b>57%</b>	1594	2%	<b>36%</b>	12350	1%

<b>Respondents aged 16-24</b>						
Statement	<b>16-24 %</b>	16-24 sample	CI (95%)	<b>Overall %</b>	Overall sample	CI (95%)
Less likely to have had at least five portions of fruit and vegetables on the previous day	<b>18%</b>	289	5%	<b>25%</b>	13310	1%
More likely to drink fizzy drinks or soft drinks six or more times a week	<b>29%</b>	290	5%	<b>12%</b>	13437	1%
More likely to use tobacco at least occasionally	<b>22%</b>	283	5%	<b>15%</b>	13185	1%
Less likely to say they are not exposed to other people's tobacco smoke in any of the listed places	<b>35%</b>	290	6%	<b>56%</b>	13186	1%
More likely to feel it is important to have money, wealth and possessions	<b>72%</b>	290	5%	<b>56%</b>	13346	1%
More likely to feel it is important to have an image that others find appealing	<b>48%</b>	290	6%	<b>37%</b>	13216	1%
Less likely to agree at least slightly that if you don't have your health you don't have anything	<b>56%</b>	288	6%	<b>78%</b>	13337	1%
Less likely to agree at least slightly that there is nothing more important than good health	<b>61%</b>	288	6%	<b>81%</b>	13361	1%
Less likely to agree at least slightly that they are very involved in their health	<b>65%</b>	287	6%	<b>77%</b>	13276	1%
More likely to be Hedonistic Immortals	<b>27%</b>	268	6%	<b>13%</b>	11765	1%
Less likely to be Health-conscious Realists	<b>15%</b>	268	4%	<b>30%</b>	11765	1%
More likely to have used drugs at least occasionally in the last 12 months	<b>12%</b>	289	3%	<b>6%</b>	13291	1%
More likely to be sexually active	<b>68%</b>	291	5%	<b>56%</b>	13317	1%
More likely to have had sexual contact with more than one person in the last 12 months	<b>19%</b>	288	5%	<b>7%</b>	13272	1%
More likely to have risk taking sexual behaviour	<b>9%</b>	255	4%	<b>3%</b>	12036	1%

<b>BME respondents</b>						
Statement	<b>BME%</b>	BME sample	CI (95%)	<b>Overall %</b>	Overall sample	CI (95%)
More likely to rate their happiness on the previous day as low	<b>23%</b>	404	4%	<b>17%</b>	13506	1%
More likely to do less than the recommended amount of moderate intensity activity in a typical week	<b>60%</b>	396	5%	<b>42%</b>	13298	1%
More likely to do less than the recommended amount of vigorous intensity activity in a typical week	<b>73%</b>	397	4%	<b>64%</b>	13215	1%
More likely to not meet NHS guidelines for physical activity in a typical week	<b>39%</b>	408	5%	<b>23%</b>	8746	1%
More likely to say they have no one they can really count on in a crisis	<b>15%</b>	405	3%	<b>6%</b>	13507	1%
More likely to feel it is important to have an image that others find appealing	<b>47%</b>	386	5%	<b>37%</b>	13216	1%
More likely to agree at least slightly that if a person is meant to get ill then it doesn't matter what a doctor tells them to do, they will get ill anyway	<b>45%</b>	397	5%	<b>32%</b>	13277	1%
Less likely to be Hedonistic Immortals	<b>5%</b>	324	2%	<b>13%</b>	11765	1%
More likely to be Balanced Compensators	<b>22%</b>	324	4%	<b>14%</b>	11765	1%
More likely to have two or more health compromising behaviours	<b>44%</b>	372	5%	<b>36%</b>	12350	1%

<b>LGB respondents</b>						
Statement	<b>LGB %</b>	LGB sample	CI (95%)	<b>Overall %</b>	Overall sample	CI (95%)
More likely to rate their satisfaction with life nowadays as low	<b>25%</b>	259	5%	<b>14%</b>	13504	1%
More likely to rate the extent to which they feel the things they do in life are worthwhile as low	<b>24%</b>	259	5%	<b>13%</b>	13469	1%
More likely to rate their happiness on the previous day as low	<b>27%</b>	260	5%	<b>17%</b>	13506	1%
More likely to eat fast food or take away meals at least once a week	<b>26%</b>	253	5%	<b>17%</b>	13313	1%
Less likely to eat a meal with their family/other members of their household at least once a week	<b>67%</b>	248	6%	<b>78%</b>	13066	1%
Less likely to cook/prepare a meal from basic ingredients for themselves or their family/household at least once a week	<b>74%</b>	252	5%	<b>84%</b>	13260	1%
More likely to not meet NHS guidelines for physical activity in a typical week	<b>32%</b>	258	6%	<b>23%</b>	8746	1%
More likely to use tobacco at least occasionally	<b>29%</b>	246	6%	<b>15%</b>	13185	1%
More likely to use hand-rolled cigarettes	<b>76%</b>	54	12%	<b>50%</b>	1717	2%
More likely to currently use nicotine products	<b>32%</b>	243	6%	<b>18%</b>	12659	1%
More likely to often feel that they lack companionship	<b>20%</b>	254	5%	<b>11%</b>	13401	1%
More likely to feel it is important to have an image that others find appealing	<b>49%</b>	254	6%	<b>37%</b>	13216	1%
Less likely to agree at least slightly that there is nothing more important than good health	<b>68%</b>	255	6%	<b>81%</b>	13361	1%
Less likely to agree at least slightly that they are very involved in their health	<b>67%</b>	252	6%	<b>77%</b>	13276	1%
More likely to have used drugs at least occasionally in the last 12 months	<b>20%</b>	253	5%	<b>6%</b>	13291	1%
More likely to be sexually active	<b>66%</b>	254	6%	<b>56%</b>	13317	1%
More likely to have had sexual contact with more than one person in the last 12 months	<b>32%</b>	254	6%	<b>7%</b>	13272	1%
More likely to have risk taking sexual behaviour (excluding lesbians/gay women)	<b>13%</b>	197	5%	<b>3%</b>	12036	1%
More likely to have a mental health condition	<b>41%</b>	250	6%	<b>6%</b>	13267	1%
More likely to have been told by a doctor or nurse that they have depression, anxiety or another mental health condition	<b>41%</b>	251	6%	<b>24%</b>	13220	1%
More likely to have two or more health compromising behaviours	<b>57%</b>	229	6%	<b>36%</b>	12350	1%

<b>Respondents who are not in work (but not yet retired)</b>						
Statement	<b>NIW %</b>	NIW sample	CI (95%)	<b>Overall %</b>	Overall sample	CI (95%)
More likely to rate their health as very bad or bad	<b>26%</b>	1538	2%	<b>11%</b>	13330	1%
More likely to rate their satisfaction with life nowadays as low	<b>30%</b>	1560	2%	<b>14%</b>	13504	1%
More likely to rate the extent to which they feel the things they do in life are worthwhile as low	<b>26%</b>	1552	2%	<b>13%</b>	13469	1%
More likely to rate their happiness on the previous day as low	<b>32%</b>	1556	2%	<b>17%</b>	13506	1%
Less likely to have had at least five portions of fruit and vegetables on the previous day	<b>19%</b>	1539	2%	<b>25%</b>	13310	1%
More likely to use tobacco at least occasionally	<b>28%</b>	1508	2%	<b>15%</b>	13185	1%
More likely to use hand-rolled cigarettes	<b>64%</b>	427	5%	<b>50%</b>	1717	2%
More likely to currently use nicotine products	<b>30%</b>	1465	2%	<b>18%</b>	12659	1%
More likely to often feel left out	<b>20%</b>	1515	2%	<b>9%</b>	13092	1%
More likely to often feel isolated from others	<b>24%</b>	1521	2%	<b>10%</b>	13129	1%
More likely to feel that it would be difficult for them to lead a healthy lifestyle	<b>34%</b>	1549	2%	<b>20%</b>	13460	1%
More likely to say they don't feel in control of whether or not they lead a healthy lifestyle over the following year	<b>23%</b>	1549	2%	<b>12%</b>	13460	1%
More likely to feel that they are more likely than other people of their age to get seriously ill over the next few years	<b>36%</b>	1525	2%	<b>22%</b>	13251	1%
More likely to have been told by a doctor or nurse that they have depression, anxiety or another mental health condition	<b>44%</b>	1533	2%	<b>24%</b>	13220	1%
More likely to be finding it very difficult financially	<b>15%</b>	1544	2%	<b>5%</b>	13396	1%
More likely to have two or more health compromising behaviours	<b>45%</b>	1418	3%	<b>36%</b>	12350	1%

<b>Respondents who rent their accommodation</b>						
Statement	Rent %	Rent sample	CI (95%)	Overall %	Overall sample	CI (95%)
More likely to rate their satisfaction with life nowadays as low	<b>24%</b>	2638	2%	<b>14%</b>	13504	1%
More likely to rate the extent to which they feel the things they do in life are worthwhile as low	<b>21%</b>	2622	2%	<b>13%</b>	13469	1%
More likely to rate their happiness on the previous day as low	<b>27%</b>	2648	2%	<b>17%</b>	13506	1%
Less likely to have had at least five portions of fruit and vegetables on the previous day	<b>18%</b>	2598	2%	<b>25%</b>	13310	1%
Less likely to eat a meal with their family/other members of their household at least once a week	<b>66%</b>	2543	2%	<b>78%</b>	13066	1%
More likely to use tobacco at least occasionally	<b>30%</b>	2518	2%	<b>15%</b>	13185	1%
More likely to currently use nicotine products	<b>34%</b>	2415	2%	<b>18%</b>	12659	1%
More likely to often feel that they lack companionship	<b>20%</b>	2605	2%	<b>11%</b>	13401	1%
More likely to often feel isolated from others	<b>20%</b>	2535	2%	<b>10%</b>	13129	1%
More likely to have a mental health condition	<b>13%</b>	2580	1%	<b>6%</b>	13267	1%
More likely to have two or more health compromising behaviours	<b>48%</b>	2303	2%	<b>36%</b>	12350	1%

<b>Respondents who are underweight</b>						
Statement	UW %	UW sample	CI (95%)	Overall %	Overall sample	CI (95%)
More likely to rate their health as very bad or bad	<b>20%</b>	231	5%	<b>11%</b>	13330	1%
More likely to rate their happiness on the previous day as low	<b>28%</b>	229	6%	<b>17%</b>	13506	1%
More likely to rate their anxiousness on the previous day as high	<b>39%</b>	228	6%	<b>25%</b>	13445	1%
Less likely to eat a meal with their family/other members of their household at least once a week	<b>67%</b>	220	6%	<b>78%</b>	13066	1%
Less likely to cook/prepare a meal from basic ingredients for themselves or their family/household at least once a week	<b>72%</b>	220	6%	<b>84%</b>	13260	1%
More likely to use tobacco at least occasionally	<b>27%</b>	226	6%	<b>15%</b>	13185	1%
More likely to currently use nicotine products	<b>28%</b>	219	6%	<b>18%</b>	12659	1%
More likely to have had sexual contact with more than one person in the last 12 months	<b>15%</b>	231	5%	<b>7%</b>	13272	1%
More likely to have risk taking sexual behaviour	<b>9%</b>	201	4%	<b>3%</b>	12036	1%

<b>Respondents who are obese</b>						
Statement	<b>O %</b>	O sample	CI (95%)	<b>Overall %</b>	Overall sample	CI (95%)
More likely to rate their health as very bad or bad	<b>18%</b>	2384	2%	<b>11%</b>	13330	1%
More likely to rate their satisfaction with life nowadays as low	<b>19%</b>	2418	2%	<b>14%</b>	13504	1%
More likely to rate the extent to which they feel the things they do in life are worthwhile as low	<b>18%</b>	2408	2%	<b>13%</b>	13469	1%
More likely to rate their happiness on the previous day as low	<b>23%</b>	2415	2%	<b>17%</b>	13506	1%
Less likely to have had at least five portions of fruit and vegetables on the previous day	<b>19%</b>	2390	2%	<b>25%</b>	13310	1%
More likely to eat fast food or take away meals at least once a week	<b>22%</b>	2395	2%	<b>17%</b>	13313	1%
More likely to do less than the recommended amount of moderate intensity activity in a typical week	<b>53%</b>	2386	2%	<b>42%</b>	13298	1%
More likely to do less than the recommended amount of vigorous intensity activity in a typical week	<b>77%</b>	2378	2%	<b>64%</b>	13215	1%
More likely to not meet NHS guidelines for physical activity in a typical week	<b>34%</b>	2413	2%	<b>23%</b>	8746	1%
More likely to feel that it would be difficult for them to lead a healthy lifestyle	<b>34%</b>	2408	2%	<b>20%</b>	13460	1%
More likely to feel that they are more likely than other people of their age to get seriously ill over the next few years	<b>38%</b>	2392	2%	<b>22%</b>	13251	1%
Less likely to be Balanced Compensators	<b>5%</b>	2158	1%	<b>14%</b>	11765	1%
More likely to have been told by a doctor or nurse that they have high blood pressure	<b>37%</b>	2396	2%	<b>23%</b>	13220	1%



<b>Respondents who are finding it very difficult financially</b>						
Statement	FIVDF %	FIVDF sample	CI (95%)	Overall %	Overall sample	CI (95%)
More likely to rate their health as very bad or bad	<b>37%</b>	462	4%	<b>11%</b>	13330	1%
More likely to rate their satisfaction with life nowadays as low	<b>57%</b>	469	5%	<b>14%</b>	13504	1%
More likely to rate the extent to which they feel the things they do in life are worthwhile as low	<b>49%</b>	466	5%	<b>13%</b>	13469	1%
More likely to rate their happiness on the previous day as low	<b>59%</b>	471	4%	<b>17%</b>	13506	1%
Less likely to have had at least five portions of fruit and vegetables on the previous day	<b>18%</b>	463	4%	<b>25%</b>	13310	1%
Less likely to eat a meal with their family/other members of their household at least once a week	<b>56%</b>	455	5%	<b>78%</b>	13066	1%
Less likely to cook/prepare a meal from basic ingredients for themselves or their family/household at least once a week	<b>65%</b>	457	4%	<b>84%</b>	13260	1%
More likely to drink fizzy drinks or soft drinks six or more times a week	<b>20%</b>	465	4%	<b>12%</b>	13437	1%
More likely to do less than the recommended amount of moderate intensity activity in a typical week	<b>52%</b>	462	5%	<b>42%</b>	13298	1%
More likely to not meet NHS guidelines for physical activity in a typical week	<b>35%</b>	471	4%	<b>23%</b>	8746	1%
More likely to be high risk drinkers	<b>13%</b>	232	5%	<b>4%</b>	8798	1%
More likely to binge drink at least once a week	<b>39%</b>	243	6%	<b>20%</b>	9106	1%
More likely to use tobacco at least occasionally	<b>44%</b>	440	5%	<b>15%</b>	13185	1%
Less likely to say they are not exposed to other people's tobacco smoke in any of the listed places	<b>36%</b>	457	4%	<b>56%</b>	13186	1%
More likely to say they are exposed to other people's tobacco smoke at work	<b>11%</b>	457	3%	<b>4%</b>	13186	1%
More likely to use e-cigarettes at least occasionally	<b>11%</b>	447	3%	<b>5%</b>	12861	1%
More likely to currently use nicotine products	<b>49%</b>	437	5%	<b>18%</b>	12659	1%
More likely to often feel that they lack companionship	<b>36%</b>	457	4%	<b>11%</b>	13401	1%
More likely to often feel left out	<b>39%</b>	446	5%	<b>9%</b>	13092	1%
More likely to often feel isolated from others	<b>42%</b>	452	5%	<b>10%</b>	13129	1%
More likely to say they have no one they can really count on in a crisis	<b>27%</b>	466	4%	<b>6%</b>	13507	1%
Less likely to agree at least slightly that they feel good about themselves	<b>35%</b>	460	4%	<b>73%</b>	13220	1%
Less likely to agree at least slightly that they learn from their mistakes	<b>69%</b>	461	4%	<b>87%</b>	13202	1%
Less likely to agree at least slightly that following a healthy lifestyle is an effective way to reduce their chances of becoming ill	<b>76%</b>	459	4%	<b>93%</b>	13361	1%
Less likely to agree at least slightly that there is nothing more important than good health	<b>67%</b>	462	4%	<b>81%</b>	13361	1%

Less likely to agree at least slightly that they are very involved in their health	<b>54%</b>	462	5%	<b>77%</b>	13276	1%
Less likely to agree at least slightly that they are in control of their own health	<b>53%</b>	468	5%	<b>84%</b>	13354	1%
Less likely to agree at least slightly that the main thing which affects their health is what they personally do	<b>63%</b>	459	4%	<b>81%</b>	13266	1%
Less likely to agree at least slightly that they intend to lead a healthy lifestyle over the next 12 months	<b>64%</b>	463	4%	<b>87%</b>	13314	1%
More likely to feel that it would be difficult for them to lead a healthy lifestyle	<b>57%</b>	468	5%	<b>20%</b>	13460	1%
More likely to say they don't feel in control of whether or not they lead a healthy lifestyle over the following year	<b>46%</b>	467	5%	<b>12%</b>	13460	1%
More likely to give a rating of 3 or below indicating they would not find leading a healthy lifestyle enjoyable	<b>21%</b>	468	4%	<b>9%</b>	13450	1%
More likely to feel that they are more likely than other people of their age to get seriously ill over the next few years	<b>44%</b>	459	5%	<b>22%</b>	13251	1%
More likely to be Unconfident Fatalists	<b>56%</b>	403	5%	<b>23%</b>	11765	1%
Less likely to be Health-conscious Realists	<b>9%</b>	403	3%	<b>30%</b>	11765	1%
More likely to have used drugs at least occasionally in the last 12 months	<b>19%</b>	460	4%	<b>6%</b>	13291	1%
More likely to use amphetamines	<b>28%</b>	59	12%	<b>10%</b>	354	3%
More likely to use legal highs	<b>19%</b>	59	10%	<b>6%</b>	354	2%
More likely to have had sexual contact with more than one person in the last 12 months	<b>17%</b>	456	3%	<b>7%</b>	13272	1%
More likely to say they didn't use a condom the last time they had sexual contact with a new person for the first time	<b>47%</b>	409	5%	<b>37%</b>	10889	1%
More likely to have risk taking sexual behaviour	<b>11%</b>	412	3%	<b>3%</b>	12036	1%
More likely to have a long term illness	<b>22%</b>	463	4%	<b>11%</b>	13267	1%
More likely to have a mental health condition	<b>26%</b>	463	4%	<b>6%</b>	13267	1%
More likely to have a learning disability/difficulty	<b>8%</b>	463	2%	<b>2%</b>	13267	1%
More likely to have been told by a doctor or nurse that they have depression, anxiety or another mental health condition	<b>57%</b>	463	5%	<b>24%</b>	13220	1%
More likely to have two or more health compromising behaviours	<b>63%</b>	410	5%	<b>36%</b>	12350	1%

<b>Respondents who are living in the most deprived areas</b>						
Statement	Dep %	Dep sample	CI (95%)	Overall %	Overall sample	CI (95%)
More likely to rate their health as very bad or bad	<b>19%</b>	2282	2%	<b>11%</b>	13330	1%
More likely to rate their satisfaction with life nowadays as low	<b>23%</b>	2313	2%	<b>14%</b>	13504	1%
More likely to rate the extent to which they feel the things they do in life are worthwhile as low	<b>21%</b>	2302	2%	<b>13%</b>	13469	1%
More likely to rate their happiness on the previous day as low	<b>26%</b>	2317	2%	<b>17%</b>	13506	1%
Less likely to have had at least five portions of fruit and vegetables on the previous day	<b>17%</b>	2275	2%	<b>25%</b>	13310	1%
Less likely to eat a meal with their family/other members of their household at least once a week	<b>70%</b>	2224	2%	<b>78%</b>	13066	1%
More likely to not meet NHS guidelines for physical activity in a typical week	<b>32%</b>	2301	2%	<b>23%</b>	8746	1%
More likely to use tobacco at least occasionally	<b>27%</b>	2224	2%	<b>15%</b>	13185	1%
More likely to use hand-rolled cigarettes	<b>64%</b>	556	4%	<b>50%</b>	1717	2%
More likely to currently use nicotine products	<b>31%</b>	2121	2%	<b>18%</b>	12659	1%
More likely to be Unconfident Fatalists	<b>31%</b>	1910	2%	<b>23%</b>	11765	1%
More likely to have two or more health compromising behaviours	<b>49%</b>	2043	2%	<b>36%</b>	12350	1%

<b>Respondents who don't meet physical activity guidelines</b>						
Statement	PA %	PA sample	CI (95%)	Overall %	Overall sample	CI (95%)
More likely to rate their satisfaction with life nowadays as low	<b>21%</b>	2505	2%	<b>14%</b>	13504	1%
More likely to rate the extent to which they feel the things they do in life are worthwhile as low	<b>20%</b>	2484	2%	<b>13%</b>	13469	1%
More likely to rate their happiness on the previous day as low	<b>25%</b>	2506	2%	<b>17%</b>	13506	1%
Less likely to have had at least five portions of fruit and vegetables on the previous day	<b>18%</b>	2462	2%	<b>25%</b>	13310	1%
Less likely to cook/prepare a meal from basic ingredients for themselves or their family/household at least once a week	<b>72%</b>	2456	2%	<b>84%</b>	13260	1%
Less likely to agree at least slightly that they are very involved in their health	<b>67%</b>	2421	2%	<b>77%</b>	13276	1%
More likely to feel that it would be difficult for them to lead a healthy lifestyle	<b>34%</b>	2491	2%	<b>20%</b>	13460	1%
More likely to say they don't feel in control of whether or not they lead a healthy lifestyle over the following year	<b>24%</b>	2495	2%	<b>12%</b>	13460	1%
More likely to feel that they are more likely than other people of their age to get seriously ill over the next few years	<b>32%</b>	2434	2%	<b>22%</b>	13251	1%
More likely to be Unconfident Fatalists	<b>34%</b>	2027	2%	<b>23%</b>	11765	1%

<b>Respondents who are increasing or high risk drinkers</b>						
Statement	<b>Alc %</b>	Alc sample	CI (95%)	<b>Overall %</b>	Overall sample	CI (95%)
More likely to eat fast food or take away meals at least once a week	<b>22%</b>	1648	2%	<b>17%</b>	13313	1%
More likely to binge drink at least once a week	<b>53%</b>	1648	2%	<b>20%</b>	9106	1%
More likely to use tobacco at least occasionally	<b>24%</b>	1624	2%	<b>15%</b>	13185	1%
More likely to currently use nicotine products	<b>27%</b>	1593	2%	<b>18%</b>	12659	1%
More likely to have used drugs at least occasionally in the last 12 months	<b>12%</b>	1641	2%	<b>6%</b>	13291	1%
More likely to be sexually active	<b>66%</b>	1649	2%	<b>56%</b>	13317	1%
More likely to say they didn't use a condom the last time they had sexual contact with a new person for the first time	<b>48%</b>	1405	3%	<b>37%</b>	10889	1%

<b>Respondents who currently use tobacco</b>						
Statement	<b>Tob %</b>	Tob sample	CI (95%)	<b>Overall %</b>	Overall sample	CI (95%)
More likely to rate their health as very bad or bad	<b>19%</b>	1668	2%	<b>11%</b>	13330	1%
More likely to rate their satisfaction with life nowadays as low	<b>27%</b>	1694	2%	<b>14%</b>	13504	1%
More likely to rate the extent to which they feel the things they do in life are worthwhile as low	<b>24%</b>	1688	2%	<b>13%</b>	13469	1%
More likely to rate their happiness on the previous day as low	<b>30%</b>	1697	2%	<b>17%</b>	13506	1%
Less likely to have had at least five portions of fruit and vegetables on the previous day	<b>12%</b>	1670	2%	<b>25%</b>	13310	1%
More likely to eat fast food or take away meals at least once a week	<b>23%</b>	1667	2%	<b>17%</b>	13313	1%
Less likely to eat a meal with their family/other members of their household at least once a week	<b>68%</b>	1631	2%	<b>78%</b>	13066	1%
More likely to be increasing risk drinkers	<b>19%</b>	1061	2%	<b>14%</b>	8798	1%
More likely to binge drink at least once a week	<b>36%</b>	1101	3%	<b>20%</b>	9106	1%
Less likely to say they are not exposed to other people's tobacco smoke in any of the listed places	<b>36%</b>	1676	2%	<b>56%</b>	13186	1%
More likely to use e-cigarettes at least occasionally	<b>21%</b>	1677	2%	<b>5%</b>	12861	1%
More likely to often feel that they lack companionship	<b>20%</b>	1673	2%	<b>11%</b>	13401	1%
More likely to often feel isolated from others	<b>20%</b>	1635	2%	<b>10%</b>	13129	1%
Less likely to agree at least slightly that they are very involved in their health	<b>61%</b>	1657	2%	<b>77%</b>	13276	1%
More likely to agree at least slightly that if a person is meant to get ill then it doesn't matter what a doctor tells them to do, they will get ill anyway	<b>40%</b>	1656	2%	<b>32%</b>	13277	1%
More likely to say they don't feel in control of whether or not they lead a healthy lifestyle over the following year	<b>22%</b>	1649	2%	<b>12%</b>	13460	1%
More likely to feel that they are more likely than other people of their age to get seriously ill over the next few years	<b>34%</b>	1671	2%	<b>22%</b>	13251	1%
More likely to be Unconfident Fatalists	<b>34%</b>	1466	2%	<b>23%</b>	11765	1%
Less likely to be Health-conscious Realists	<b>18%</b>	1466	2%	<b>30%</b>	11765	1%
More likely to have used drugs at least occasionally in the last 12 months	<b>22%</b>	1662	2%	<b>6%</b>	13291	1%
More likely to say they didn't use a condom the last time they had sexual contact with a new person for the first time	<b>48%</b>	1442	3%	<b>37%</b>	10889	1%
More likely to have risk taking sexual behaviour	<b>9%</b>	1510	2%	<b>3%</b>	12036	1%
More likely to have a mental health condition	<b>15%</b>	1661	2%	<b>6%</b>	13267	1%
More likely to have been told by a doctor or nurse that they have depression, anxiety or another mental health condition	<b>41%</b>	1655	2%	<b>24%</b>	13220	1%

<b>Respondents who currently use drugs</b>						
Statement	Drugs %	Drugs sample	CI (95%)	Overall %	Overall sample	CI (95%)
More likely to rate their health as very bad or bad	<b>19%</b>	392	4%	<b>11%</b>	13330	1%
More likely to rate their satisfaction with life nowadays as low	<b>28%</b>	394	5%	<b>14%</b>	13504	1%
More likely to rate the extent to which they feel the things they do in life are worthwhile as low	<b>25%</b>	390	4%	<b>13%</b>	13469	1%
More likely to rate their happiness on the previous day as low	<b>30%</b>	396	5%	<b>17%</b>	13506	1%
Less likely to have had at least five portions of fruit and vegetables on the previous day	<b>15%</b>	391	4%	<b>25%</b>	13310	1%
More likely to eat fast food or take away meals at least once a week	<b>36%</b>	389	5%	<b>17%</b>	13313	1%
Less likely to eat a meal with their family/other members of their household at least once a week	<b>68%</b>	376	5%	<b>78%</b>	13066	1%
Less likely to cook/prepare a meal from basic ingredients for themselves or their family/household at least once a week	<b>73%</b>	381	4%	<b>84%</b>	13260	1%
More likely to drink fizzy drinks or soft drinks six or more times a week	<b>22%</b>	393	4%	<b>12%</b>	13437	1%
More likely to be high risk drinkers	<b>13%</b>	274	4%	<b>4%</b>	8798	1%
More likely to binge drink at least once a week	<b>40%</b>	289	6%	<b>20%</b>	9106	1%
More likely to use tobacco at least occasionally	<b>62%</b>	374	5%	<b>15%</b>	13185	1%
More likely to use hand-rolled cigarettes	<b>73%</b>	223	6%	<b>50%</b>	1717	2%
Less likely to say they are not exposed to other people's tobacco smoke in any of the listed places	<b>34%</b>	379	5%	<b>56%</b>	13186	1%
More likely to use e-cigarettes at least occasionally	<b>13%</b>	379	3%	<b>5%</b>	12861	1%
More likely to currently use nicotine products	<b>65%</b>	369	5%	<b>18%</b>	12659	1%
More likely to often feel that they lack companionship	<b>22%</b>	386	4%	<b>11%</b>	13401	1%
More likely to often feel isolated from others	<b>22%</b>	381	4%	<b>10%</b>	13129	1%
More likely to agree at least slightly that they get a lot of pleasure from taking risks	<b>44%</b>	386	5%	<b>29%</b>	13159	1%
Less likely to agree at least slightly that they learn from their mistakes	<b>78%</b>	380	4%	<b>87%</b>	13202	1%
More likely to feel it is important to have an image that others find appealing	<b>46%</b>	381	5%	<b>37%</b>	13216	1%
Less likely to agree at least slightly that if you don't have your health you don't have anything	<b>66%</b>	381	5%	<b>78%</b>	13337	1%
Less likely to agree at least slightly that there is nothing more important than good health	<b>67%</b>	383	5%	<b>81%</b>	13361	1%
Less likely to agree at least slightly that they are very involved in their health	<b>60%</b>	385	5%	<b>77%</b>	13276	1%
More likely to feel that it would be difficult for them to lead a healthy lifestyle	<b>34%</b>	395	5%	<b>20%</b>	13460	1%

More likely to say they don't feel in control of whether or not they lead a healthy lifestyle over the following year	<b>23%</b>	394	4%	<b>12%</b>	13460	1%
More likely to be Unconfident Fatalists	<b>37%</b>	342	5%	<b>23%</b>	11765	1%
More likely to be sexually active	<b>73%</b>	398	4%	<b>56%</b>	13317	1%
More likely to have had sexual contact with more than one person in the last 12 months	<b>27%</b>	397	4%	<b>7%</b>	13272	1%
More likely to say they didn't use a condom the last time they had sexual contact with a new person for the first time	<b>53%</b>	354	5%	<b>37%</b>	10889	1%
More likely to have risk taking sexual behaviour	<b>16%</b>	356	4%	<b>3%</b>	12036	1%
More likely to have a mental health condition	<b>20%</b>	391	4%	<b>6%</b>	13267	1%
More likely to have been told by a doctor or nurse that they have depression, anxiety or another mental health condition	<b>47%</b>	388	5%	<b>24%</b>	13220	1%
More likely to be finding it very difficult financially	<b>17%</b>	387	4%	<b>5%</b>	13396	1%