Health behaviours JSNA - 2015
West Lancashire CCG health behaviours and lifestyle findings

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

<table>
<thead>
<tr>
<th></th>
<th>Life satisfaction</th>
<th>Happiness</th>
<th>Life as worthwhile</th>
<th>Anxiety</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low</td>
<td>15%</td>
<td>16%</td>
<td>12%</td>
<td>38%</td>
</tr>
<tr>
<td>Medium</td>
<td>19%</td>
<td>20%</td>
<td>17%</td>
<td>20%</td>
</tr>
<tr>
<td>High</td>
<td>42%</td>
<td>34%</td>
<td>39%</td>
<td>15%</td>
</tr>
<tr>
<td>Very high</td>
<td>24%</td>
<td>30%</td>
<td>32%</td>
<td>27%</td>
</tr>
</tbody>
</table>

### Physical activity
In a typical week, including time spent at a paid job, how much moderate intensity activity would you normally do to the nearest half hour? Up to...

<table>
<thead>
<tr>
<th></th>
<th>None</th>
<th>1/2 an hour</th>
<th>1 hour</th>
<th>1 1/2 hours</th>
<th>2 hours</th>
<th>2 1/2 hours</th>
<th>3 hours</th>
<th>3 1/2 hours</th>
<th>4 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lancashire</td>
<td>32%</td>
<td>10%</td>
<td>6%</td>
<td>8%</td>
<td>7%</td>
<td>5%</td>
<td>1%</td>
<td>6%</td>
<td>1%</td>
</tr>
</tbody>
</table>

In a typical week, including time spent at a paid job, how much vigorous intensity activity would you normally do to the nearest quarter of an hour? Up to...

<table>
<thead>
<tr>
<th></th>
<th>None</th>
<th>1/4 an hour</th>
<th>1/2 an hour</th>
<th>3/4 of an hour</th>
<th>1 hour</th>
<th>1 1/4 hours</th>
<th>1 1/2 hours</th>
<th>2 hours</th>
<th>More than 2 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lancashire</td>
<td>24%</td>
<td>13%</td>
<td>13%</td>
<td>13%</td>
<td>13%</td>
<td>13%</td>
<td>13%</td>
<td>13%</td>
<td>13%</td>
</tr>
</tbody>
</table>

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

- 0: 15% (4%)
- 1: 6% (6%)
- 2: 9% (7%)
- 3: 15% (13%)
- 4: 15% (13%)
- 5: 21% (20%)
- 6: 24% (25%)
- 7 or more: 21% (20%)
- Don't know: 0% (0%)

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

- 6 or more times a week: 11% (12%)
- 3-5 times a week: 11% (12%)
- 1-2 times a week: 16% (15%)
- Less than once a week: 16% (16%)
- Rarely or never: 45% (45%)
- Don't know: 0% (0%)

How often do you in a week...

- eat takeaways/fast food: 17% (17%)
- eat a meal together with family or other members of your household: 8% (9%)
- cook/prepare meal basic ingredients for yourself, family or household 5% (7%)
- eat out (excl. fast food/takeaways): 13% (16%)
- Less than once 69% (65%)
- 1-4 times 14% (16%)
- 5 times or more 1% (1%)

708 responses were received from residences in this CCG.
**Tobacco**

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

- 64% (57%) Currently use nicotine products
- 22% (28%) Use to use nicotine products
- 14% (18%) Never used nicotine products

Which of the following items do you currently use?

- Manufactured cigarettes: 64% (57%)
- Hand-rolled cigarettes: 40% (50%)
- Cigars/cheroots/cigarillos: 6% (3%)
- Pipefuls of tobacco: 1% (1%)
- Shisha/water pipe: 4% (1%)
- Chewing tobacco: 0% (1%)
- Bidis: 0% (0%)

**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...

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

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

- Never
- 1-2 times a month
- Less than monthly
- Weekly
- 2-4 times a week
- Daily (or almost)

Of those respondents who drink...

- 80% are not regular binge drinkers (80%)
- 20% are regular binge drinkers (20%)

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

- No, none of these
- Outside of buildings (eg pubs, shops, hospitals)
- In other public places
- In other people’s homes
- In my own home
- At work
- In cars, vans etc

- 58% (56%)
- 28% (28%)
- 35% (7%)
- 22% (20%)
- 9% (10%)
Click here for further information around social participation and social networks.
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
  - Agree strongly: 2% (15%)
  - Agree: 43% (48%)
  - Agree slightly: 19% (17%)
  - Neither agree/disagree: 6% (5%)
  - Disagree slightly: 4% (9%)
  - Disagree: 5% (15%)
  - Disagree strongly: 2% (15%)

- If you don't have your health, you don't have anything
  - Agree strongly: 26% (27%)
  - Agree: 34% (33%)
  - Agree slightly: 7% (18%)
  - Neither agree/disagree: 1% (1%)
  - Disagree slightly: 1% (1%)
  - Disagree: 5% (14%)
  - Disagree strongly: 0% (1%)

- There is nothing more important than good health
  - Agree strongly: 27% (29%)
  - Agree: 37% (34%)
  - Agree slightly: 17% (18%)
  - Neither agree/disagree: 1% (1%)
  - Disagree slightly: 5% (9%)
  - Disagree: 11% (14%)
  - Disagree strongly: 18% (15%)

- I'm very involved in my health
  - Agree strongly: 11% (11%)
  - Agree: 14% (13%)
  - Agree slightly: 47% (48%)
  - Neither agree/disagree: 2% (4%)
  - Disagree slightly: 5% (10%)
  - Disagree: 18% (16%)
  - Disagree strongly: 42% (45%)

- I am in control of my own health
  - Agree strongly: 0% (1%)
  - Agree: 15% (18%)
  - Agree slightly: 47% (44%)
  - Neither agree/disagree: 4% (3%)
  - Disagree slightly: 1% (2%)
  - Disagree: 15% (15%)
  - Disagree strongly: 19% (16%)

- The main thing which affects my health is what I personally do
  - Agree strongly: 2% (4%)
  - Agree: 47% (48%)
  - Agree slightly: 19% (19%)
  - Neither agree/disagree: 4% (3%)
  - Disagree slightly: 1% (2%)
  - Disagree: 14% (13%)
  - Disagree strongly: 4% (3%)

- If a person is meant to get ill, it doesn't matter what a doctor tells them to do, they will get ill anyway
  - Agree strongly: 0% (1%)
  - Agree: 14% (16%)
  - Agree slightly: 15% (15%)
  - Neither agree/disagree: 14% (13%)
  - Disagree slightly: 24% (25%)
  - Disagree: 19% (18%)
  - Disagree strongly: 42% (45%)

- I intend to lead a healthy lifestyle over the next 12 months
  - Agree strongly: 0% (1%)
  - Agree: 27% (26%)
  - Agree slightly: 1% (2%)
  - Neither agree/disagree: 1% (2%)
  - Disagree slightly: 1% (2%)
  - Disagree: 5% (15%)
  - Disagree strongly: 25% (33%)
The questionnaire covered a wide range of topics around health behaviours and incorporated the healthy foundations segmentation tool. Segmentation tools can be used to inform bespoke local health improvement activities. They provide insight for social marketing around health policies, campaigns and targeted interventions, allowing us to identify the motivation levels and the potential for behaviour change among the different groups.

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**: 15% (16%)
- **I am a little more likely**: 7% (7%)
- **I am no more or less likely**: 12% (15%)
- **I am a little less likely**: 12% (30%)
- **I am much less likely to get seriously ill than other people of my age**: 54% (52%)

**Your health and lifestyle**

Over the last 12 months would you say that on the whole your health has been?

- **Very bad**: 1% (3%)
- **Bad**: 7% (8%)
- **Fair**: 21% (23%)
- **Good**: 39% (40%)
- **Very good**: 31% (26%)

- **In the next 12 months**: 19% (20%)
- **In the next few years**: 36% (20%)
- **In the next 10-20 years**: 29% (20%)
- **Much later in my life**: 12% (20%)
- **Not at all**: 4% (10%)

**Do you consider yourself to have a disability?**

- **No**: 77% (75%)
- **Long-term illness**: 11% (12%)
- **Physical impairment**: 10% (11%)
- **Mental health condition**: 3% (2%)
- **Other**: 4% (3%)
- **Sensory impairment**: 2% (2%)
- **Learning disability/difficulty**: 1% (2%)

**Your weight**

Self-reported weight

- **Underweight**: 3% (2%)
- **Healthy weight**: 44% (45%)
- **Overweight**: 37% (35%)
- **Obese**: 17% (18%)
For further information on the health behaviours JSNA please visit our publications webpage or click on the following link: http://www.lancashire.gov.uk/lancashire-insight/jsna-publications.aspx

For general JSNA intelligence, please visit our Lancashire Insight pages http://www.lancashire.gov.uk/lancashire-insight.aspx

For further information please contact the Lancashire Insight team: