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Leicester Health & Wellbeing Survey 2015

Report of Findings













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v.2 23/10/2015

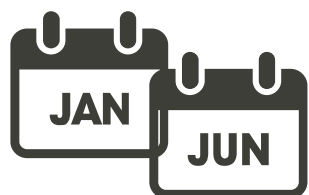


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Health in general	
Attitudes to health	
Diet & BMI	
Physical activity	
Smoking	
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Mental health and wellbeing	
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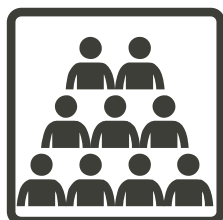
Ipsos MORI were commissioned by Leicester City Council, (Division of Public Health) to undertake a face-to-face survey of 2,321 residents in Leicester aged 16+. Interviews were conducted in the home using Computer Assisted Personal Interviewing (CAPI)



Fieldwork took place between 26 January and 7 June 2015



Respondents were selected for interview randomly in pre-assigned sample points across Leicester



Quotas set by age, gender, ethnicity and work status to ensure demographic representativeness, with data weighted to the known profile of the Leicester adult population to mitigate non-response bias



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- For the purpose of analysing the findings, the city has been split into six geographical areas:
 - Central
 - East
 - North
 - North West
 - South
 - West
- These areas have no significance other than showing how the findings vary across the city.
- Selected findings for individual wards are provided in a separate appendix.

- Where results do not sum to 100, this may be due to multiple responses, computer rounding or the exclusion of don't knows/not stated.
- An asterisk (*) represents a value of less than one half or one percent, but not zero.
- “Net” figures represent the balance of opinion on attitudinal questions and provides a useful means of comparing the data for a number of variables. For example, in the case of a “net agree” figure, this represents the percentage who agree about a particular issue, minus the percentage who disagree. So if 80% of residents are satisfied with their local area, and 6% are dissatisfied, the “net satisfied” figure is +74.
- Where figures are circled, this denotes a significant difference from the overall result in Leicester, or where applicable a significant difference from the 2010 result.
- Questions 44 to 62 were asked using Computer-Assisted Self-Interviewing, or CASI. These questions were completed without the interviewer administering the questions to the respondent in order to include questions on more sensitive topics and to help elicit more honest answers. For these questions, the interviewer turned around the computer screen for the respondent to input their answers directly.

- The variation between the sample results and the “true” values (the findings that would have been obtained if everyone in the city had been interviewed) can be predicted from knowledge of the sample sizes on which the results are based and the number of times that a particular answer is given.
- For example, on a question where 50% of the people respond with a particular answer, the chances are 95 in 100 that this result would not vary, plus or minus, by more than 2 percentage points.
- *NB: Strictly speaking the tolerances shown here apply only to random samples; in practice good quality quota sampling has been found to be as accurate.*

Approximate sampling tolerances applicable to percentages at or near these levels

	10% or 90%	30% or 70%	50%
	±	±	±
Size of sample which survey result is based (2,321)	1.2	1.9	2.0

Comparison of survey results with Leicester PH profiles

PH Profile	Eng	Leic
Smoking prevalence (among adults aged 18+)	18	24
% physically active adults (150+ 'equivalent' mins of 'equivalent' moderate physical activity per week)	56	48
Obese adults	23	20
Excess weight in adults (classified as overweight or obese)	64	57

Survey	Notes
21	(Q30/32): Calculated based on those who currently smoke (any tobacco product)
59	(Q20/21): 150 mins +, but modal effect means results differ (question prompted on a range of activities, did not ask 'moderate' or define this)
20	(Q46/47 - BMI): All obese/very obese
55	(Q46/47 - BMI): All overweight/obese

Leicester PH profile %s are colour-coded against the average for England. Cells are coloured green where the result is better, yellow where it is similar, and red where it is worse).



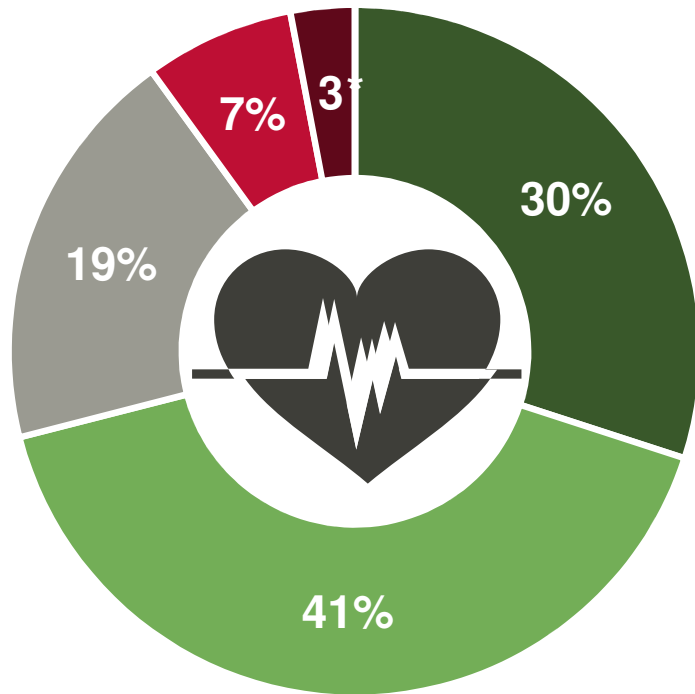
- Most residents say their health is good or very good, in line with the Leicester Lifestyle Survey 2010. Older people and those who are unemployed or long-term sick or disabled are less likely to report good health.
- There is variation across the city: those in central Leicester are more likely to report good health than those in North and West parts of the city.
- Three in ten report having a long-standing illness, disability or infirmity (65% of whom say it limits their day-to-day activities).
- GP registration is almost universal, and the vast majority of residents have accessed a health service in the past year.
- Just under two-thirds say they visit the dentist at least once a year.

Health in general

Seven in ten (71%) say their health is good or very good, in line with the findings from the 2010 survey (70%). Those with lower levels of self-reported health are those aged 35+, those who are unemployed or long-term sick/disabled, and white residents.

Q1. How is your health in general? Would you say it is...?

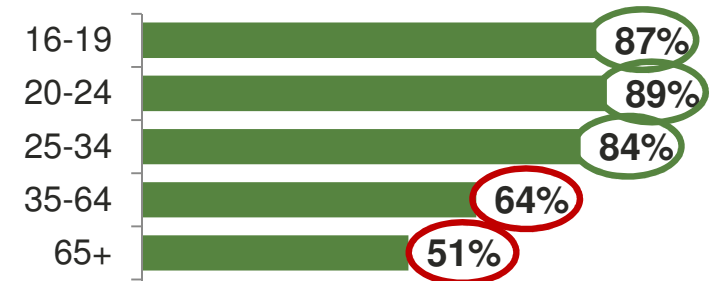
- Very good
- Good
- Fair
- Bad
- Very bad
- Don't know



	2015	2010
Good	71%	72%
Bad	10%	7%

Age

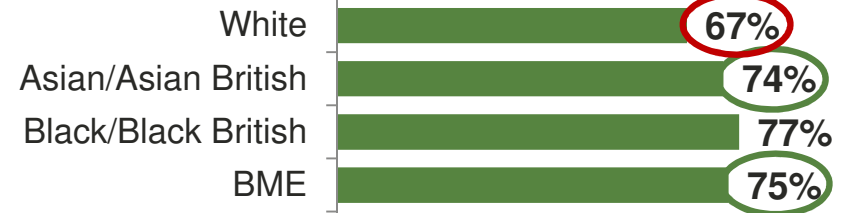
% Good



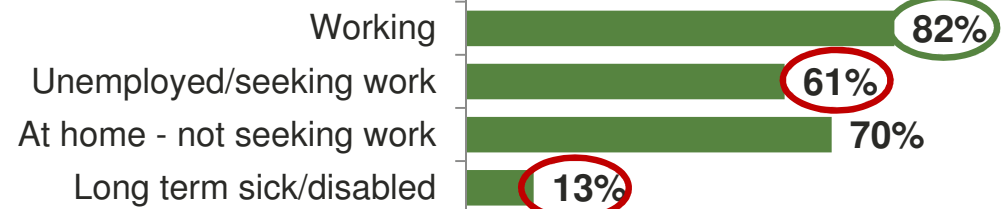
Gender



Ethnicity



Employment status

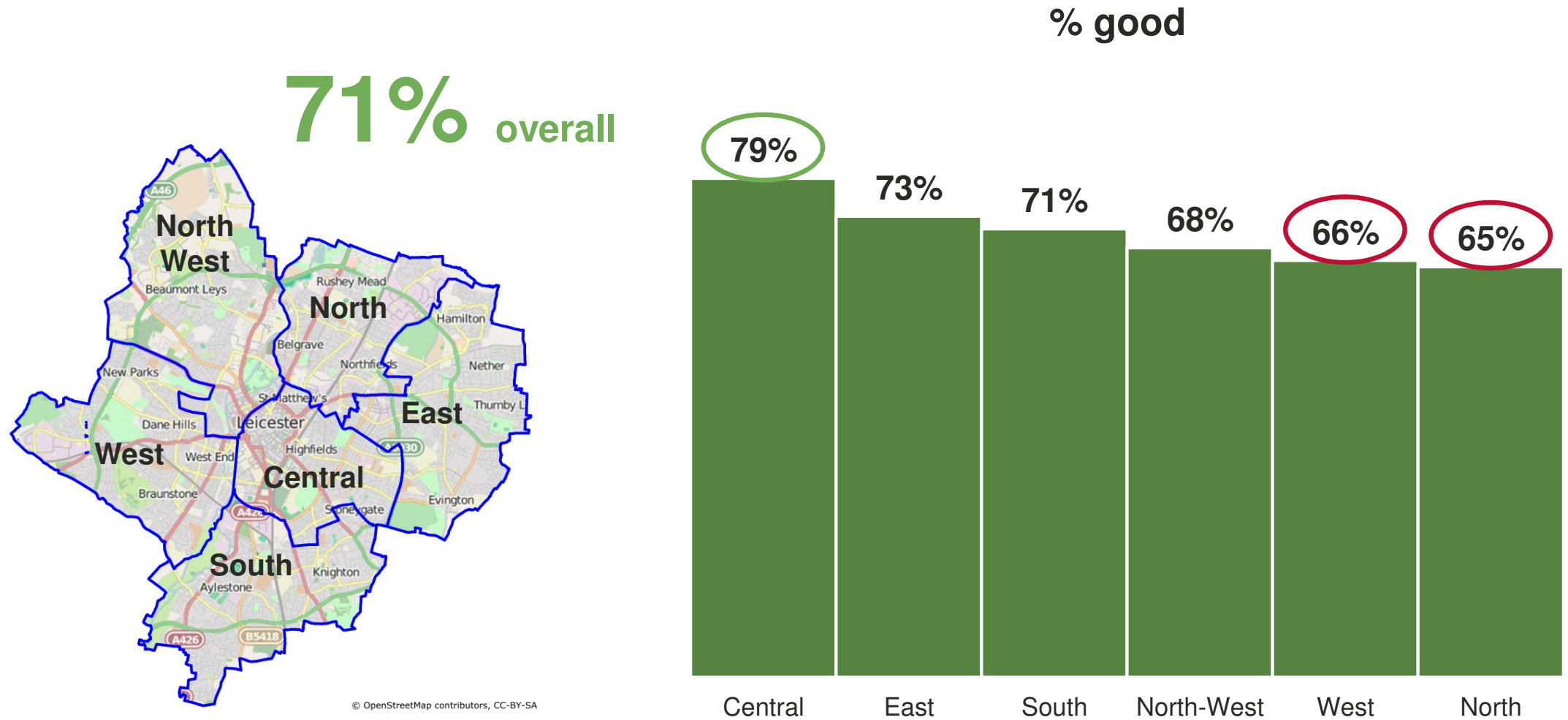


Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Some geographical variation within Leicester, with those in the North and West of the city less likely to report good health overall.

Q1 . How is your health in general? Would you say it is...?



Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI



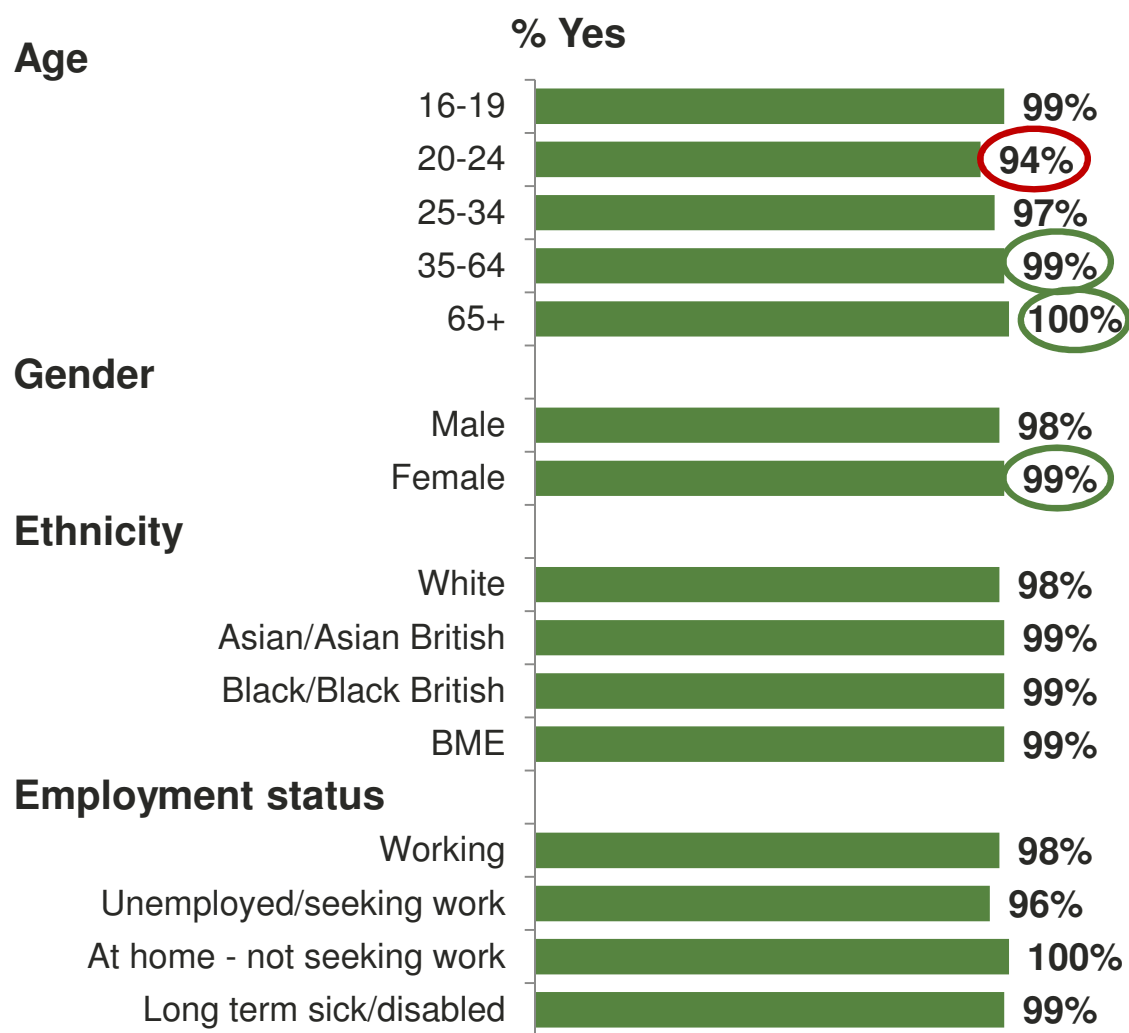
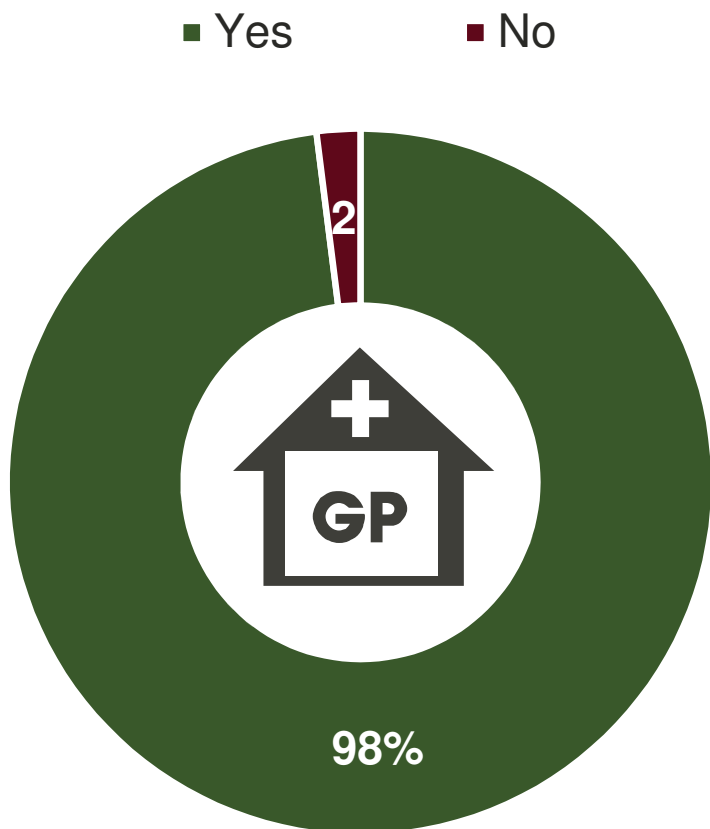
=significantly higher than the overall



=significantly lower than the overall

98% of residents are registered with a GP, family doctor or health centre. Non-registration is higher amongst those aged 20-24 (6%), private renters (5%) and those who have lived in the area for 2 years or fewer (6%) – most likely the student population.

Q2. Are you personally registered with a GP, family doctor or health centre?



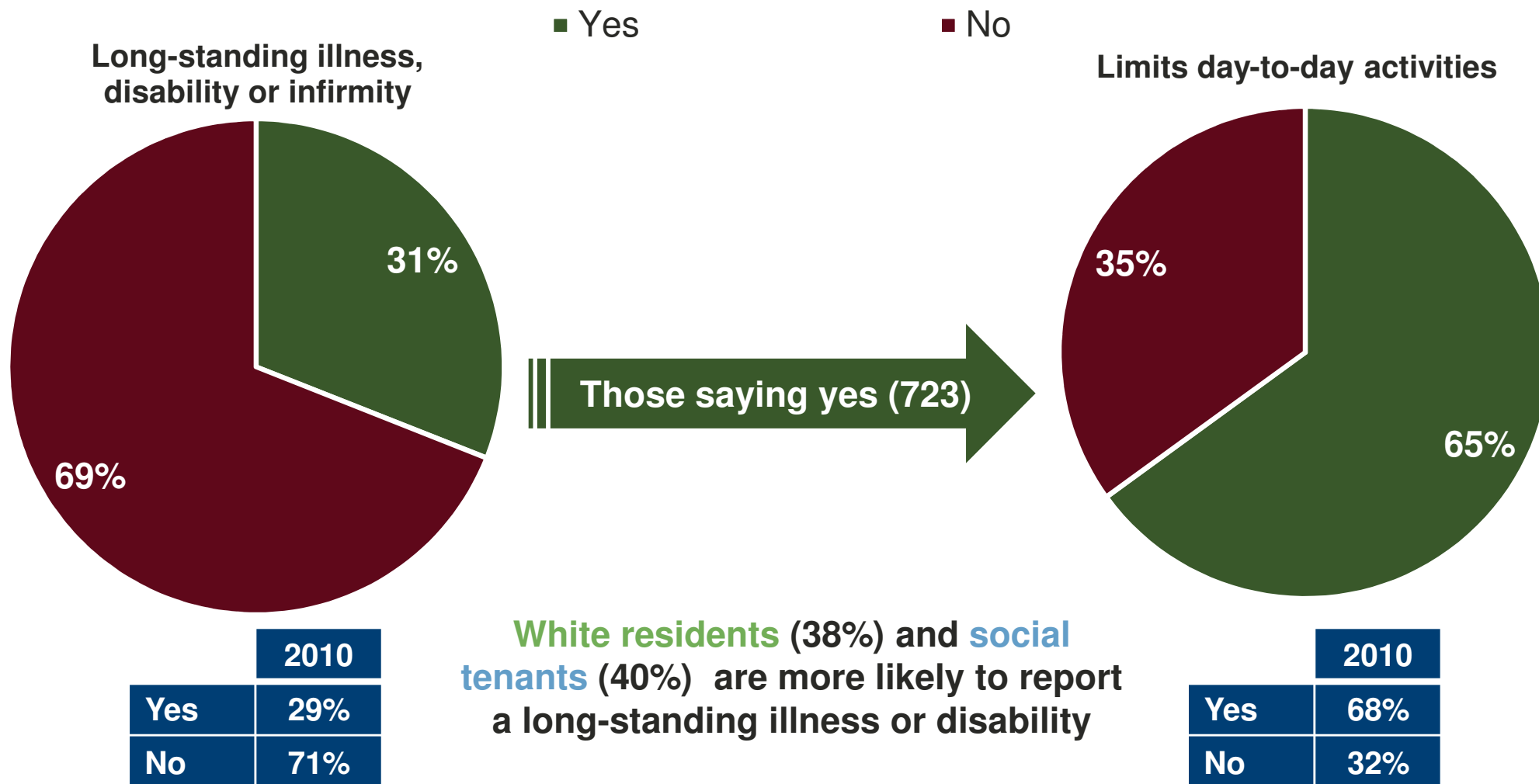
Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Three in ten residents (31%) have a long-standing illness or disability. Of these, two thirds (65%) say this limits their day-to-day activities in some way. These figures are in line with the equivalent findings from the 2010 survey.

Q6. Do you have any long-standing illness, disability or infirmity?

Q7. Does this illness or disability limit your day-to-day activities in any way?

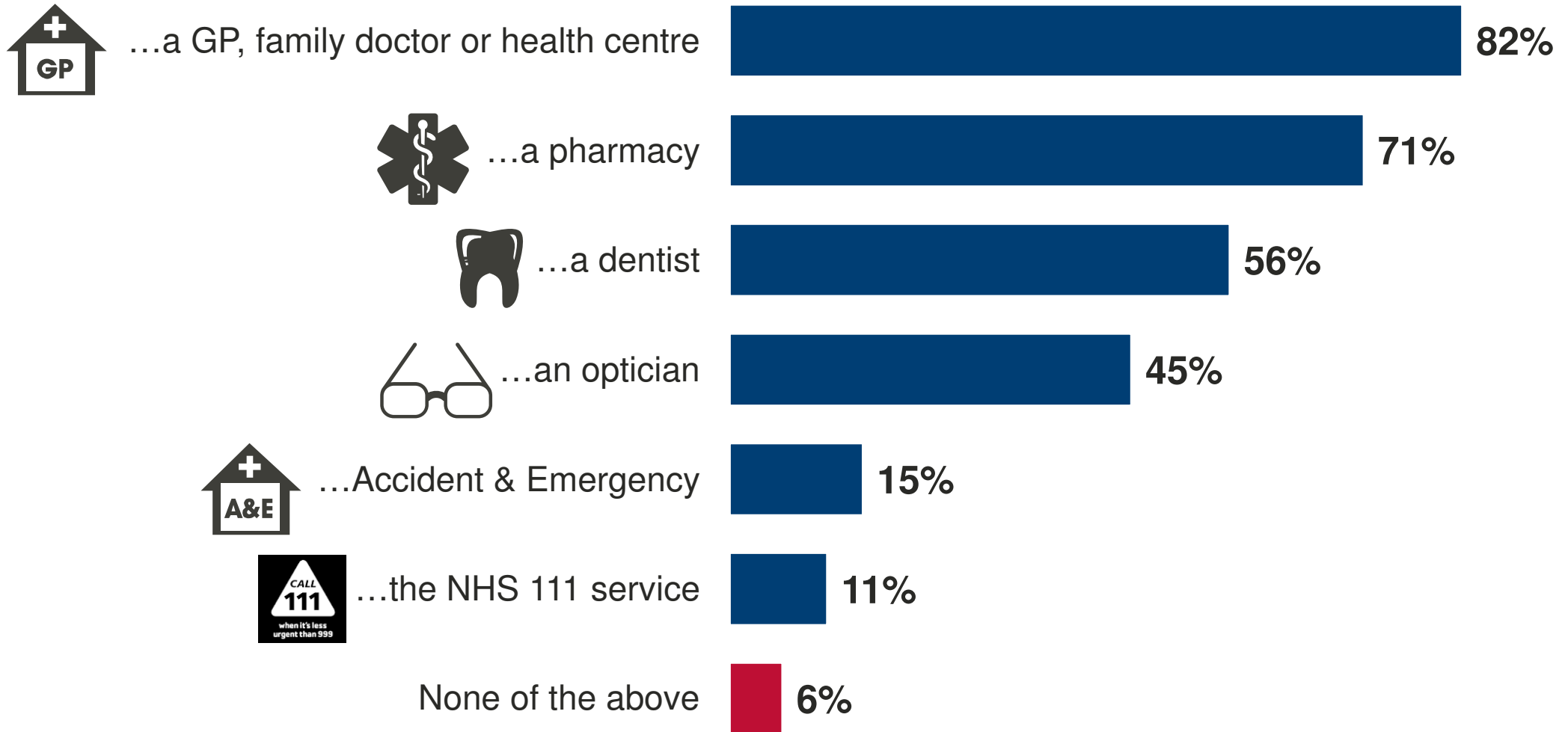


Base: Q6. All valid responses (2321); Q7. All valid responses who have a long standing illness, disability or infirmity (723)
Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Women are more likely to have used all of the health services below in the last year. Those aged 25-34 are more likely than average to have used the NHS 111 service (14%), while those aged 35+ are more likely to have visited pharmacies (77%) and opticians (53%)...

Q4. Have you visited any of the following in the last year?

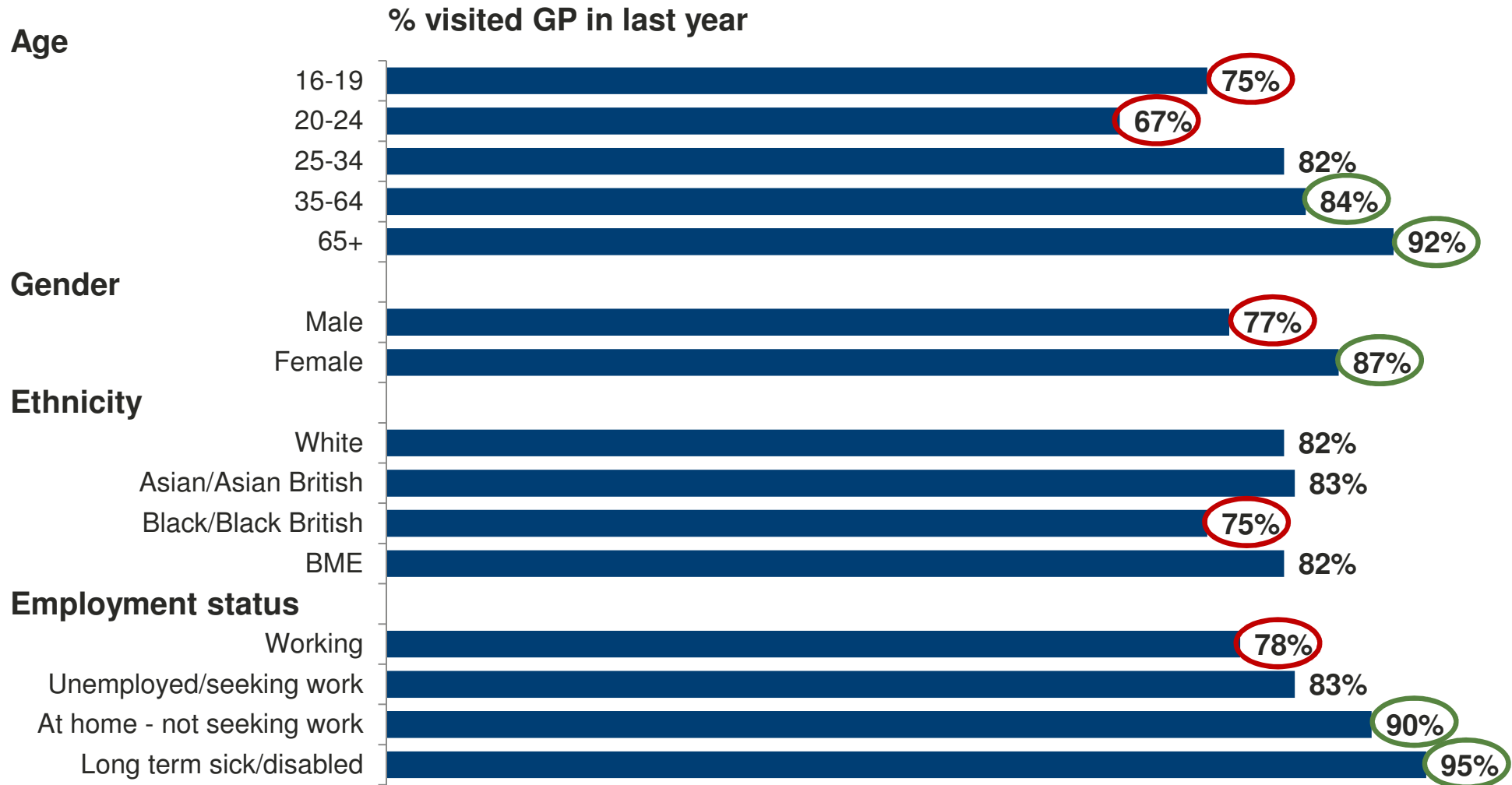


Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Four in five residents (82%) have visited their GP in the last year. Groups more likely to have done so include those aged 35+, female residents, those at home – not seeking work, and those who are long-term sick or disabled. Black residents are significantly *less* likely to have done so.

Q4. Have you visited any of the following in the last year?



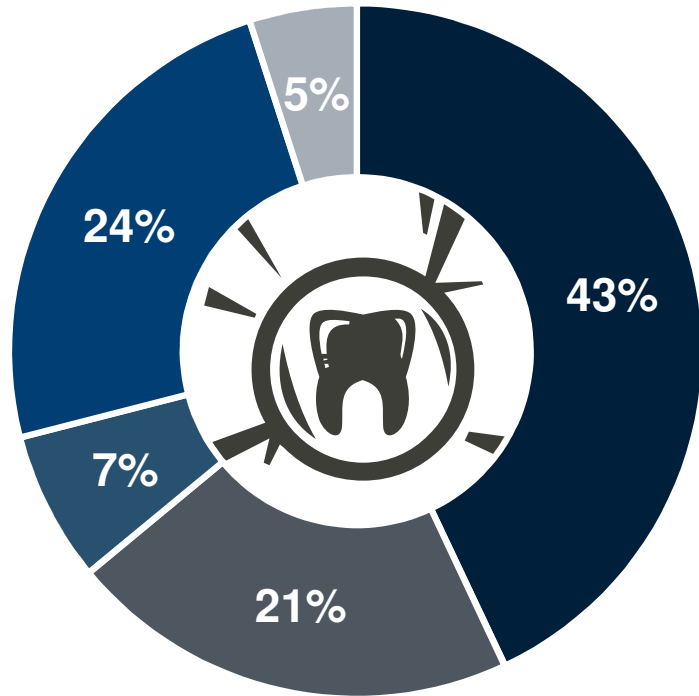
Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

56% say they have visited the dentist in the last year. On average, however, 64% say they do so at least once a year. Those who are less likely to visit with this regularity include men, those aged 20-24 and 65+, smokers and those who frequently run out of money.

Q3. On average, how often do you go to the dentist?

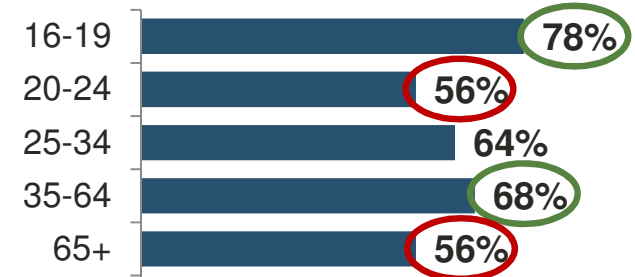
- Once every six months
- Once every two years
- Don't know
- Once a year
- Less than once every two years



At least once a year	64%
Less than once a year	31%

Age

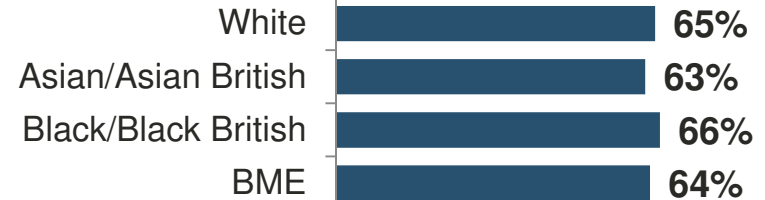
% At least once a year



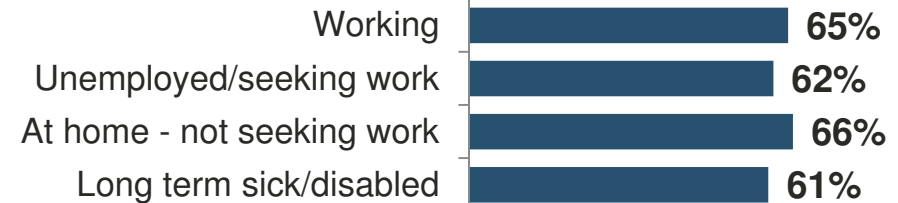
Gender



Ethnicity



Employment status

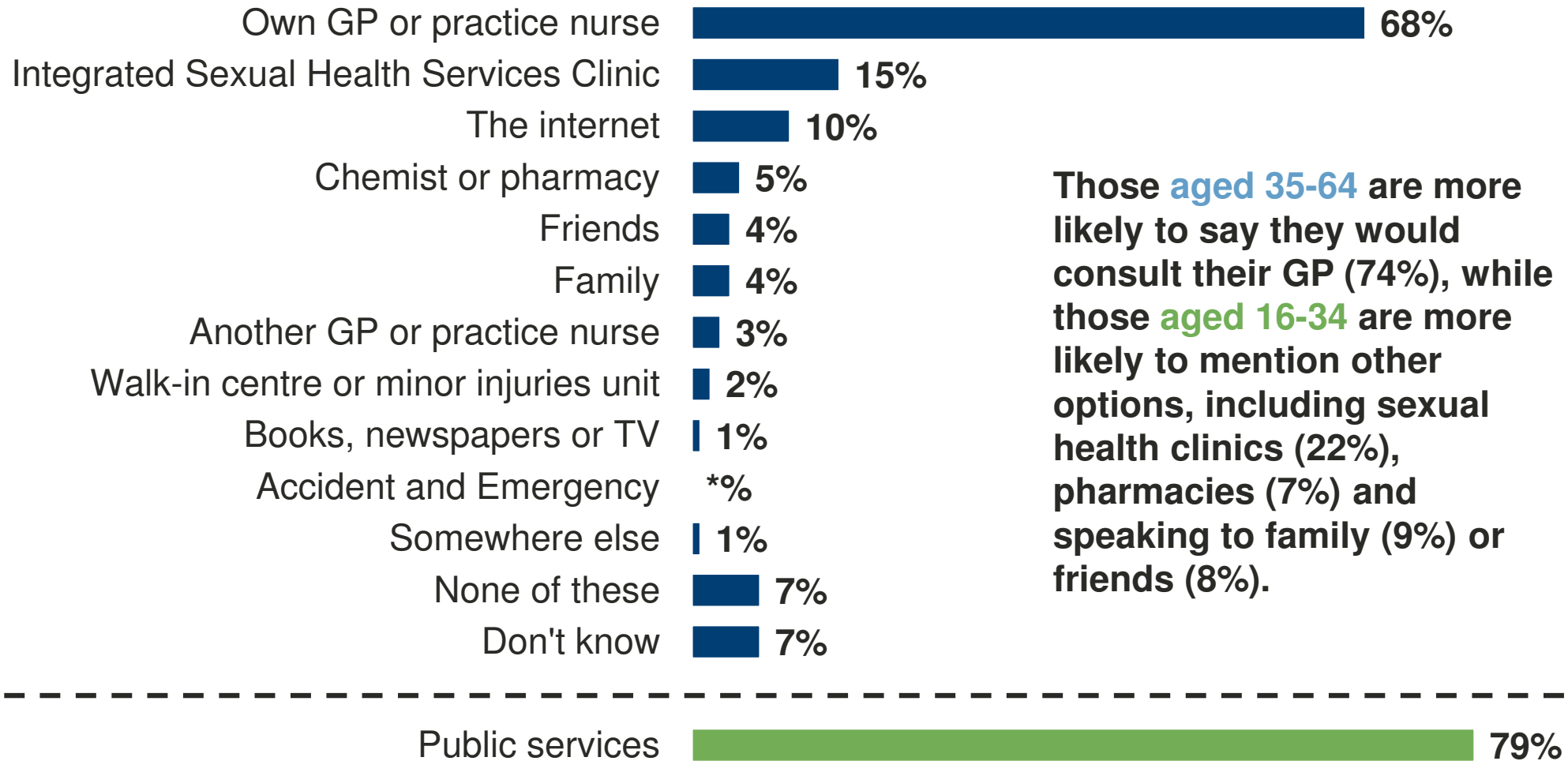


Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

In terms of sexual health, four in five (79%) would look to public services in the first instance if they needed advice or treatment (mostly from their GP). Men (12%) and those aged 16-34 (17%) are more likely than average to look to the Internet for advice.

Q58. Where would you go to obtain sexual health advice or treatment (including contraception and sexually transmitted infections)?



Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

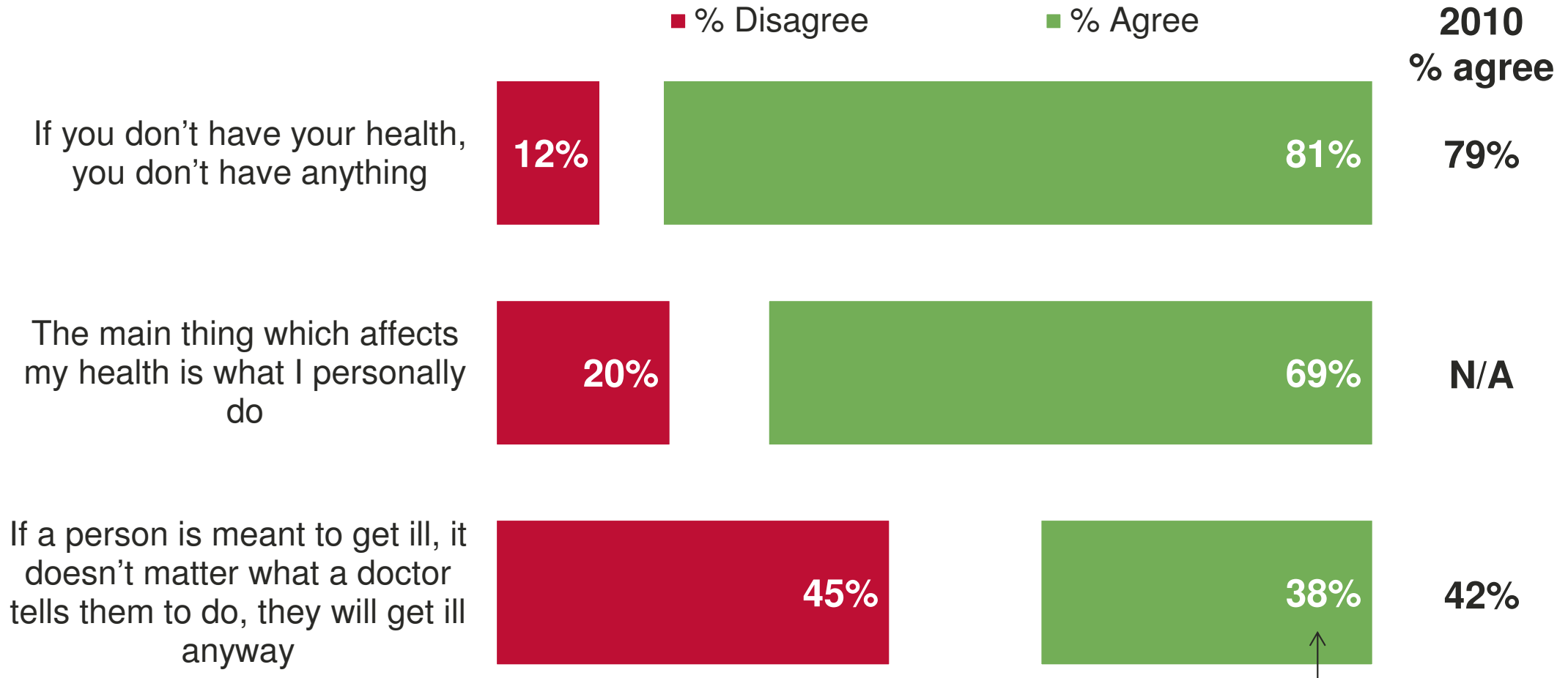


- Most residents recognise both the importance of their health and their responsibility in maintaining it.
- Residents are less likely to agree now that 'if a person is meant to get ill, it doesn't matter what a doctor tells them to do, they will get ill anyway' compared with 2010, but some 38% still do (compared with 42% five years ago).
- As in 2010, residents are overwhelmingly most likely to regard a healthy diet and regular exercise as the top two aspects of a 'healthy lifestyle'.
- Residents are significantly more likely to say they plan to eat more healthily over the next six months than they were in 2010.

Attitudes to health

Most residents feel strongly about their personal health (and their responsibility), but not all. Female residents and those in older age groups are more likely to have a fatalistic view of health, agreeing that if a person is meant to get ill, they will get ill anyway regardless of medical advice.

Q11. I am going to read out some things that people have said about health in general. Please could you tell me how much you agree or disagree with each one?



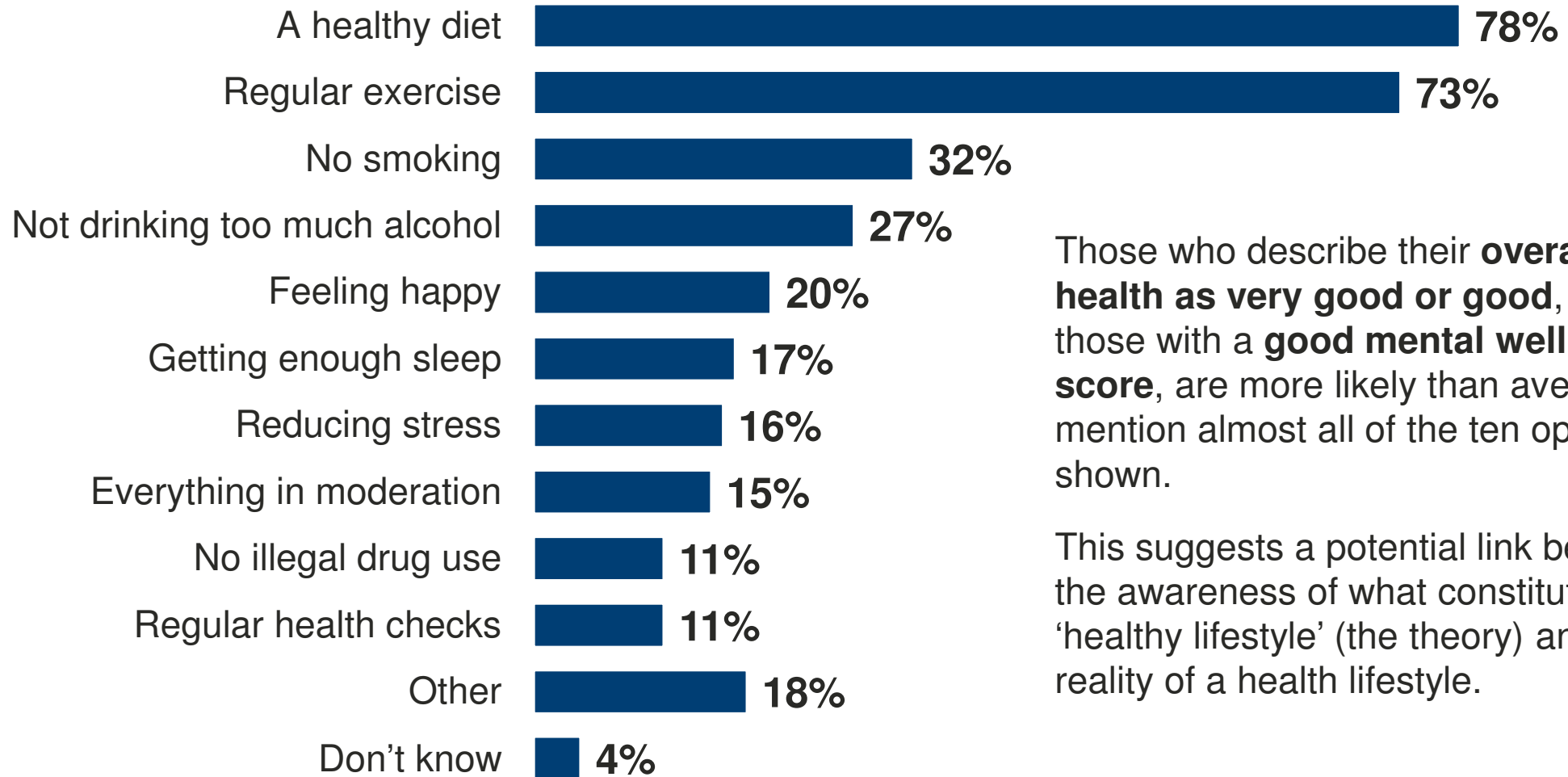
Encouragingly, this figure has decreased significantly since 2010

Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

As in 2010, a healthy diet and regular exercise are seen as the top two aspects of a 'healthy lifestyle'. Women are more likely than men to mention feeling happy (23%) and reducing stress (17%), while those aged 65+ are more likely to mention 'everything in moderation' (21%).

Q12. Thinking generally, how would you personally describe a 'healthy lifestyle'?

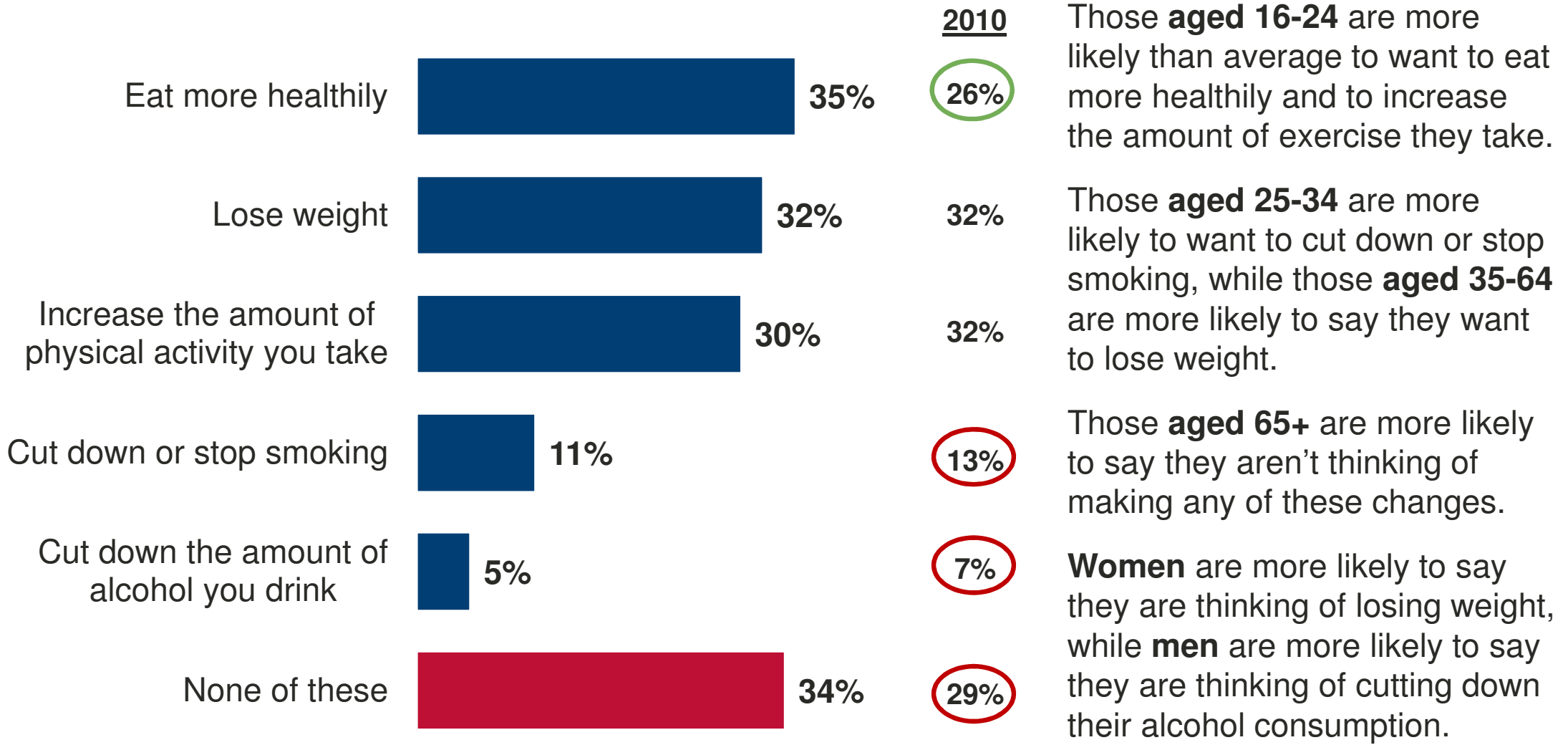


Those who describe their **overall health as very good or good**, and those with a **good mental wellbeing score**, are more likely than average to mention almost all of the ten options shown.

This suggests a potential link between the awareness of what constitutes a 'healthy lifestyle' (the theory) and the reality of a health lifestyle.

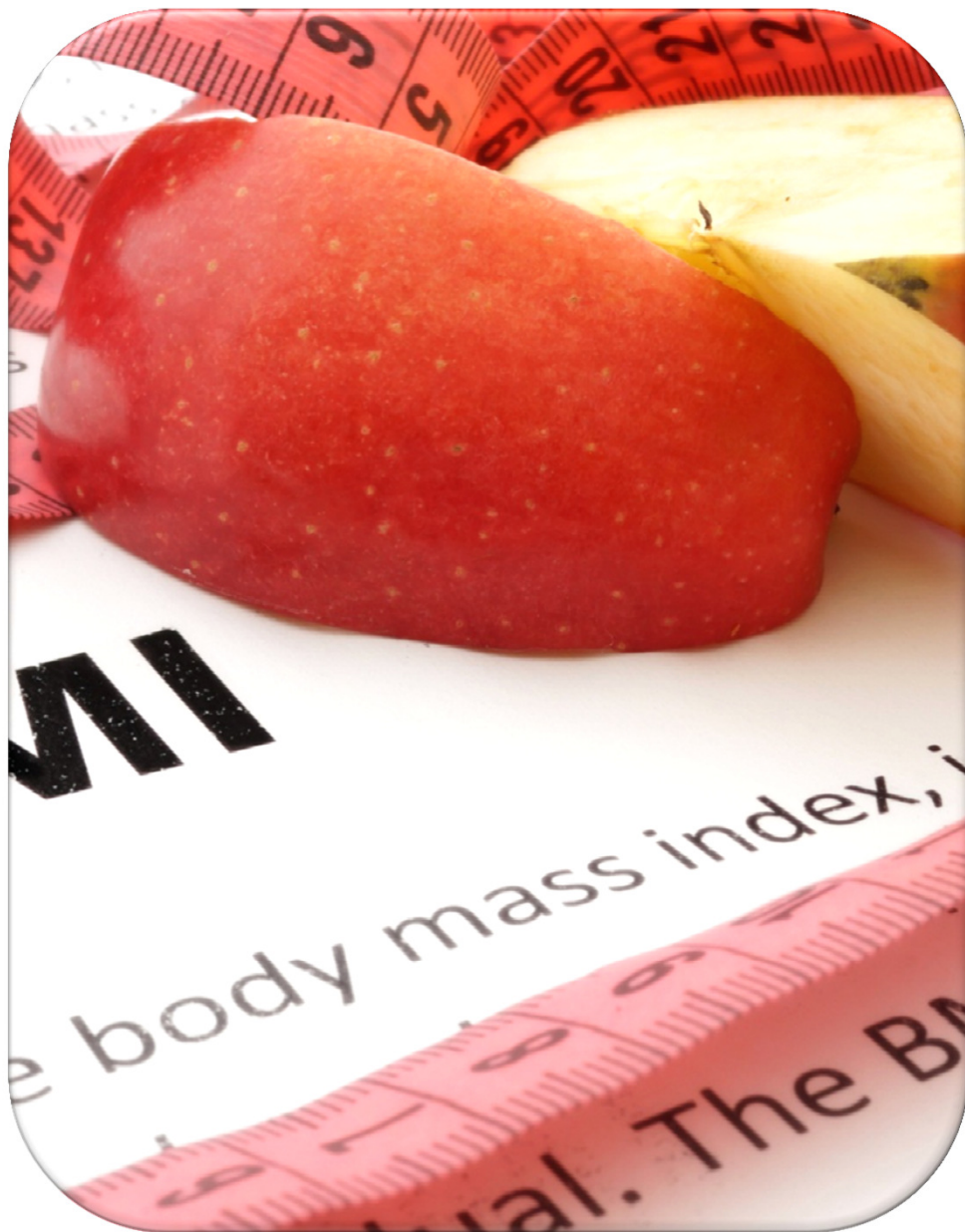
Around a third (35%) say they are planning to eat more healthily in the next 6 months, significantly higher than in 2010 (26%). A similar proportion are thinking of trying to lose weight (32%), while three in ten want to increase the amount of exercise they do (30%).

Q13. Which, if any, of these changes to your lifestyle are you thinking of making in the next 6 months?



Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

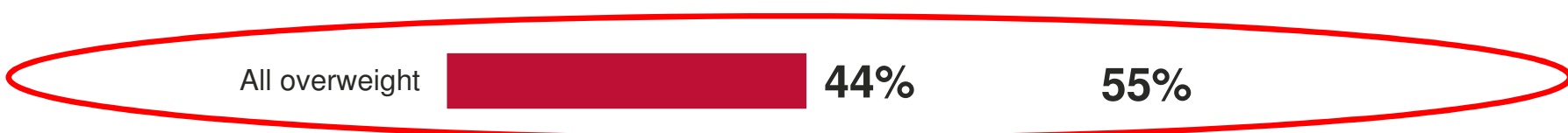
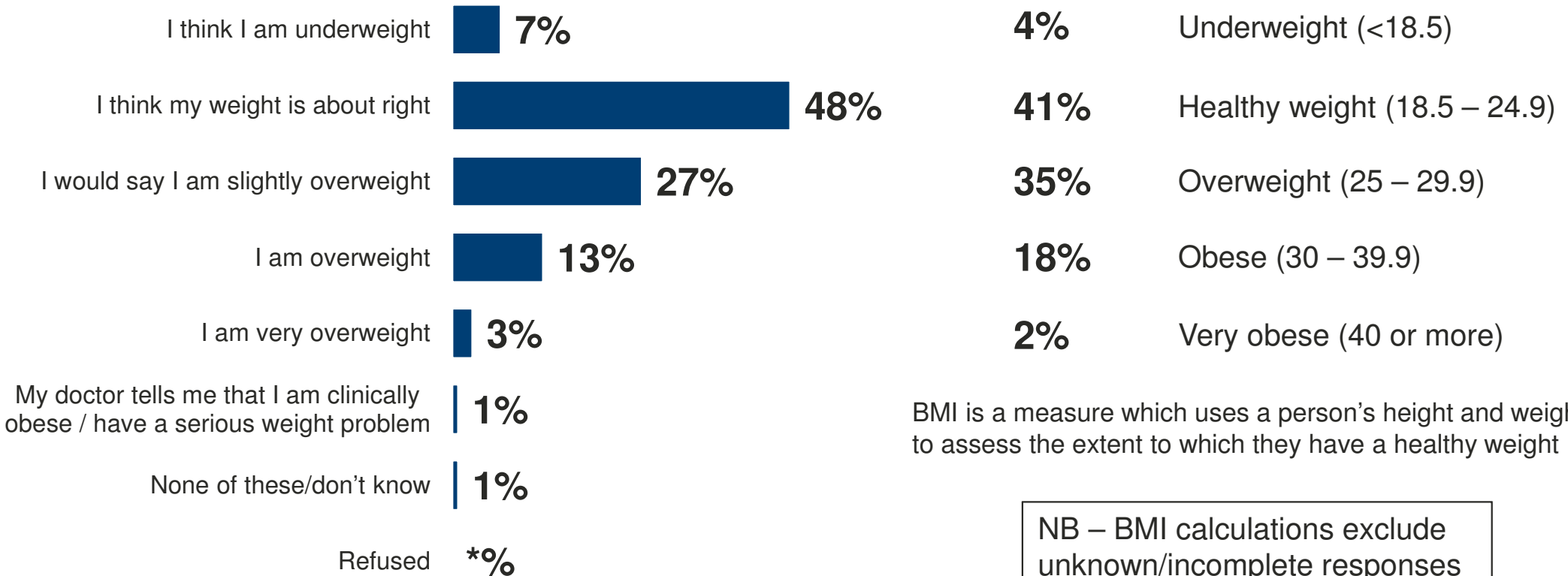


- Over half (55%) of Leicester residents have an overweight BMI, more than the 44% who describe themselves as overweight.
- Men are more likely than women to think their weight is 'about right', but also more likely to have an overweight BMI score.
- Fewer residents in 2015 eat five or more portions of fruit or veg per day than in 2010.
- This despite 86% preparing a meal themselves from basic ingredients at least once a week.
- Among those thinking about eating more healthily, the most cited barriers are a lack of willpower, the (perceived) cost of healthy food, and time.

Diet & Healthy Weight

Half of residents (48%) describe their weight as ‘about right’ – however, only 41% have a healthy BMI score when asked for their height and weight details. While 44% describe themselves as overweight, 55% have an overweight BMI score.

Q16. Which of the following statements best describes you? / Q46/47 – Body Mass Index (BMI)



Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Perception vs. reality - 27% of those with an 'overweight' BMI score think their weight is 'about right'.



Q16. Which of the following statements best describes you? / Q46/47 – Body Mass Index (BMI)

- **Men** are more likely to think their weight is 'about right' (53% vs. 43% of women), while **women** are more likely to think they are overweight (49% vs. 38% of men).
- When considered against the height and weight measurement provided by respondents, **men** are more likely than women to be overweight generally (59% vs. 52% of women) – although **women** are more likely to be obese (23% vs. 18% of men).
- **Women** are also more likely to have 'underweight' BMI scores (5% vs. 2% of men).
- In terms of ethnicity, **white residents** are more likely to have obese BMI scores (23% vs. 18% of BME residents).
- Those who get **150 minutes or more of physical activity per week** are more likely to have a healthy weight based on BMI scores (43% vs. 41% overall).
- Those with a **poor mental wellbeing score** are more likely to have an 'underweight' BMI score (8% vs. 4% overall).
- Those with **bad or very bad levels of self-reported health** are more likely to have an overweight BMI score (68% vs. 55% overall).

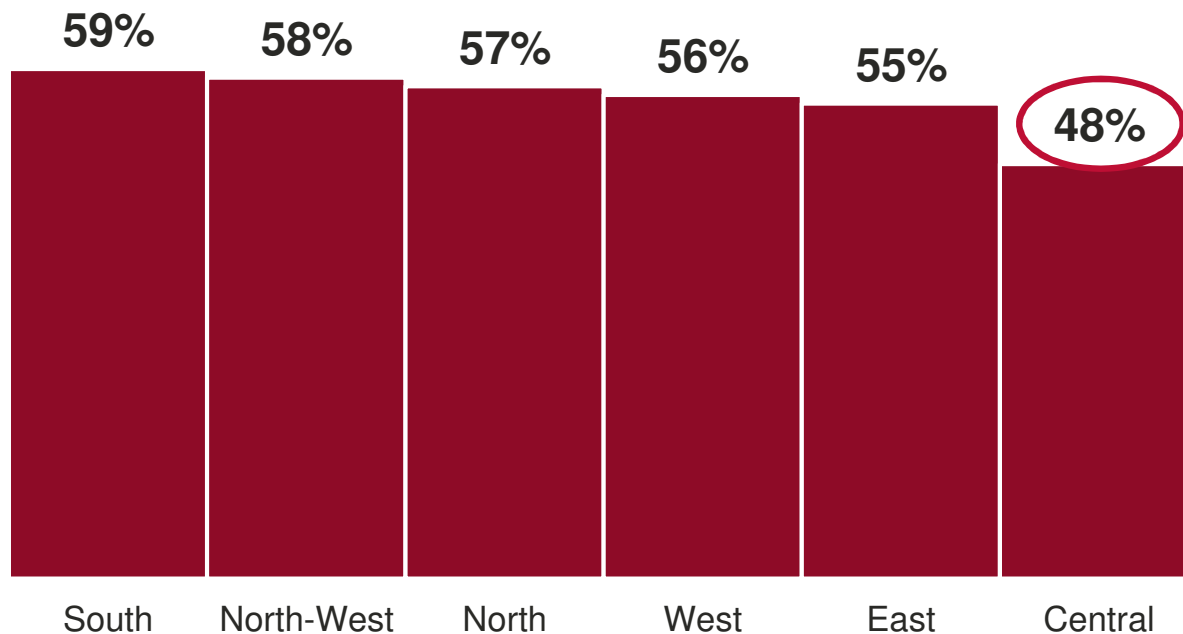
Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

There are relatively few differences by geography in Leicester, with the exception of Central Leicester where comparatively fewer residents have an overweight BMI.

Q46/47 – Body Mass Index (BMI)

% overweight/obese

55% overall



Base: All valid responses who provided both height and weight (1891) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI



=significantly higher than the overall

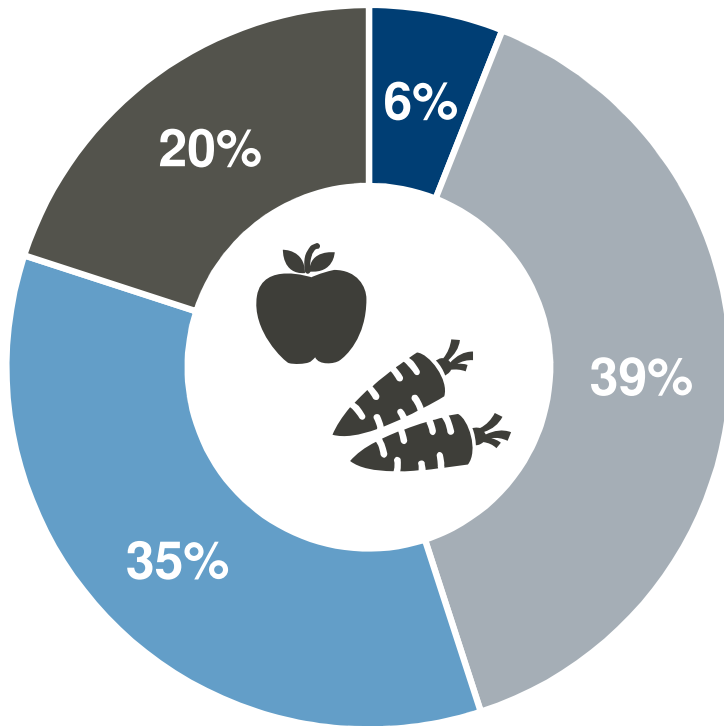


=significantly lower than the overall

One in five residents eat five or more portions of fruit and veg per day, fewer than in 2010. Amongst those who are likely to get 5 or more portions of fruit/veg a day are residents who engage in 150 minutes or more of exercise a week (24%) and ex-smokers (25%).

Q17. How many portions of fresh, tinned, frozen or dried fruit and vegetables do you eat on average in a day?

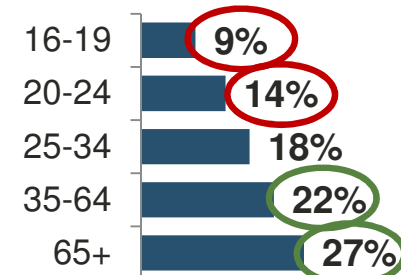
- None
- 1-2 portions
- 3-4 portions
- 5 or more portions



	2015	2010
5 or more portions	20%	23%

Age

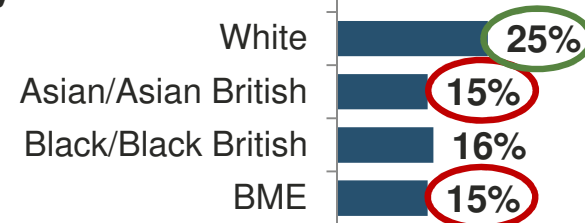
% 5 or more portions



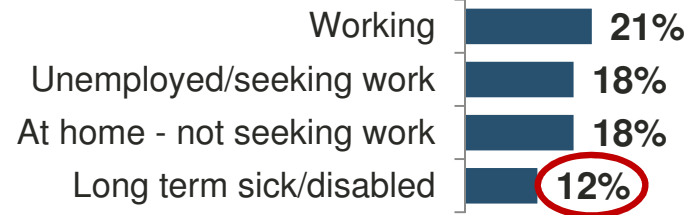
Gender



Ethnicity



Employment status



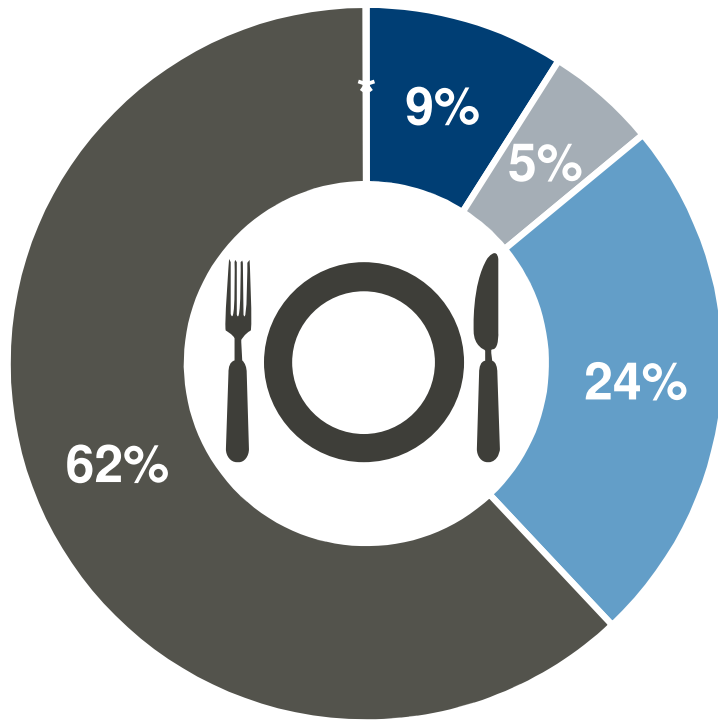
Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Despite the majority preparing meals for themselves/their family regularly, women are significantly more likely than men to prepare a meal themselves at least once a week.

Q18. How often do you cook or prepare a meal from basic ingredients for yourself or your family / household?

- Never
- 1 to 4 times a week
- Don't know
- Less than once a week
- 5 or more times a week



At least once a week 86%

Age

% At least once a week



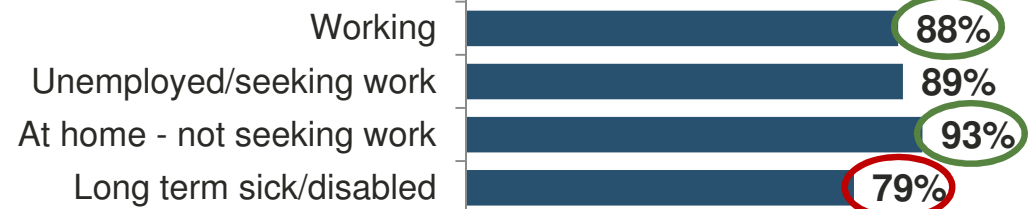
Gender



Ethnicity



Employment status

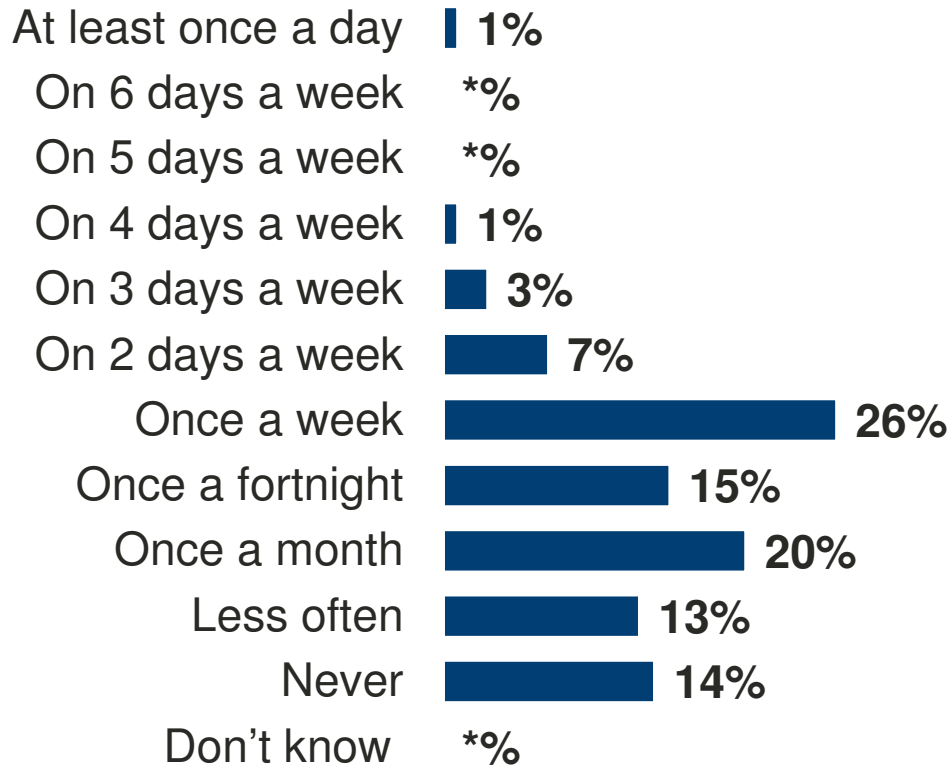


Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Close to two in five residents eat takeaway food at least once a week. Almost one in ten younger residents aged 16-34 eat takeaway food at least three times a week (9%).

Q19. Can you tell me how frequently, if at all, you eat food from a take-away such as a kebab, curry, Chinese, pizza, fried fish, chicken, chips or a burger?



At least once a week 38%

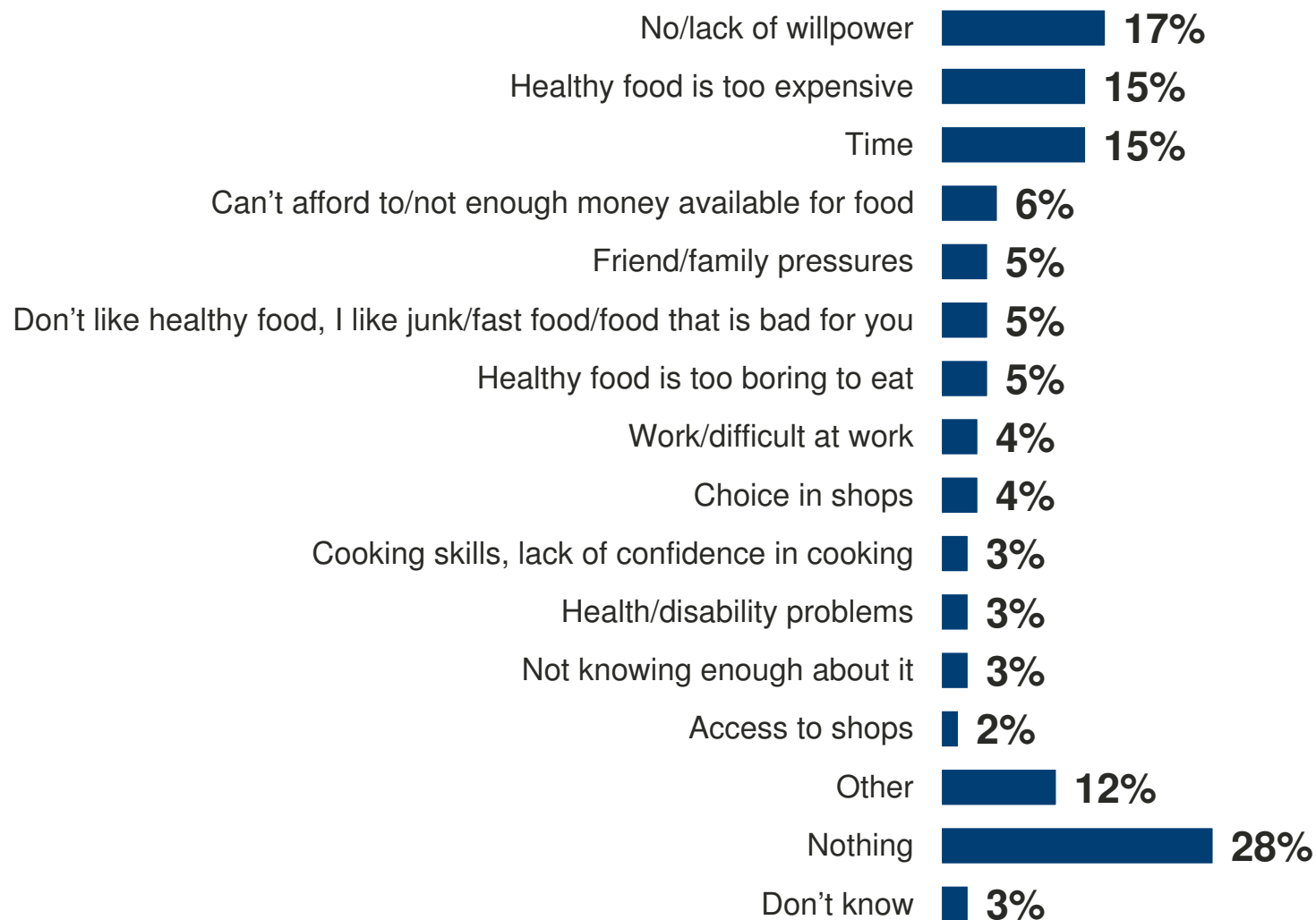
At least three times a week 5%

Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Amongst those who say they want to eat more healthily in the next six months, lack of willpower is thought to be the largest barrier (mentioned by 17%). Other factors include the price of healthy food (15%) and having time to prepare it (15%).

Q15. What, if anything, might stop you from eating more healthily?



Those **aged 16-34** are more likely to mention lack of time and not liking healthy food. Those **aged 65+** are more likely to mention lack of willpower and health/disability problems.

Muslim residents and **Sikh residents** in particular are more likely to mention friend/family pressures.

Those **in work** are more likely to mention willpower/time, while those who are **unemployed** are more likely to mention price/affordability issues.

Base: All valid responses thinking about eating more healthily in the next 6 months (799)
Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

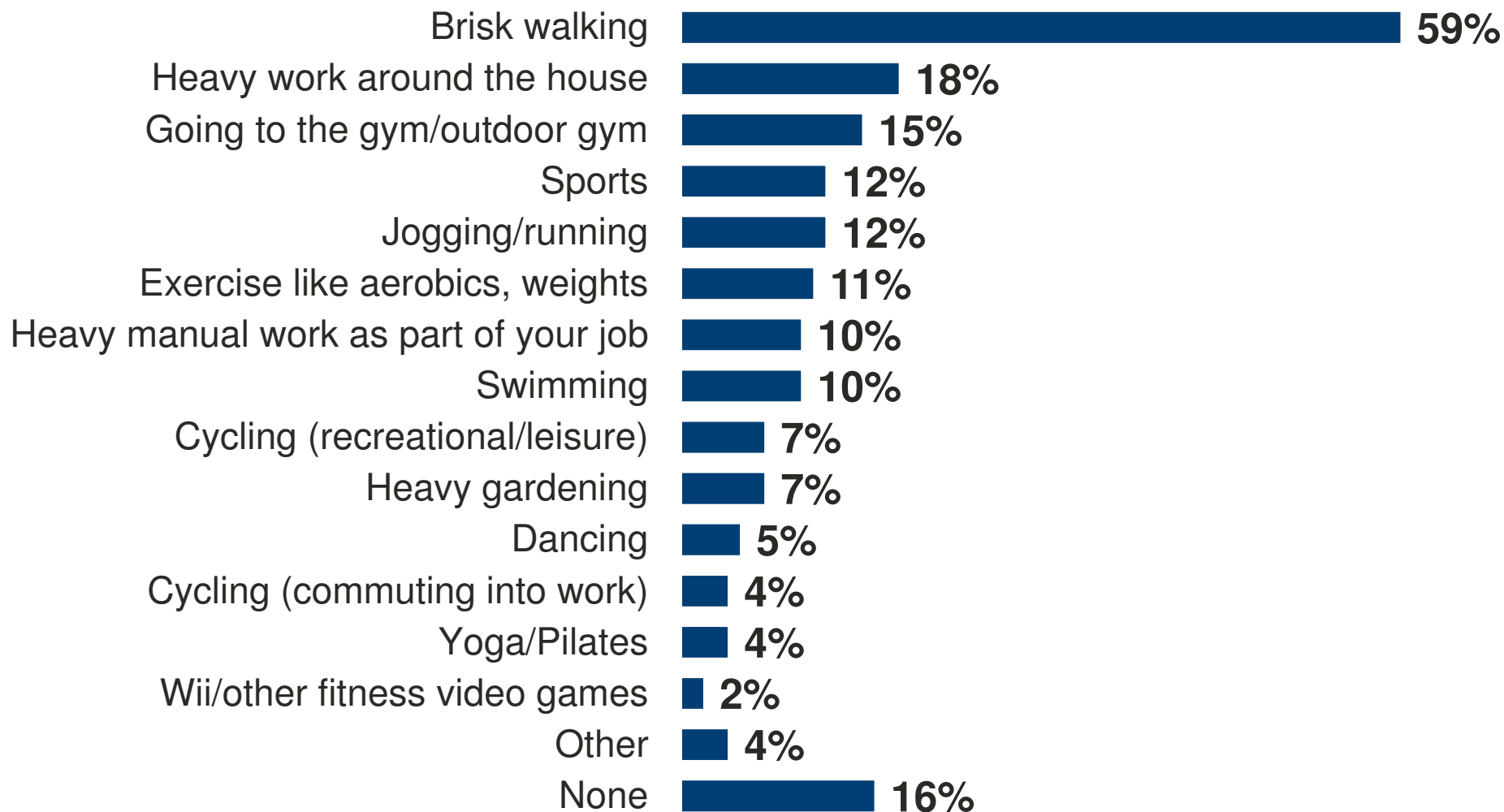


- Close to three in five Leicester residents say they get the recommended 150 or more minutes of moderate intensity exercise per week
- When asked what stops them from exercising more, younger residents aged 16-34 are most likely to cite being busy, work commitments and/or laziness as barriers.
- Older residents aged 65+ are more likely to cite ill-health, disability and old age.

Physical activity

The most popular form of physical activity is brisk walking, which 59% say they do in a normal week. Others include heavy housework (18%), going to the gym (15%), playing sports (12%) and jogging/running (12%).

Q20. In a normal week, which of these activities do you do?



Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

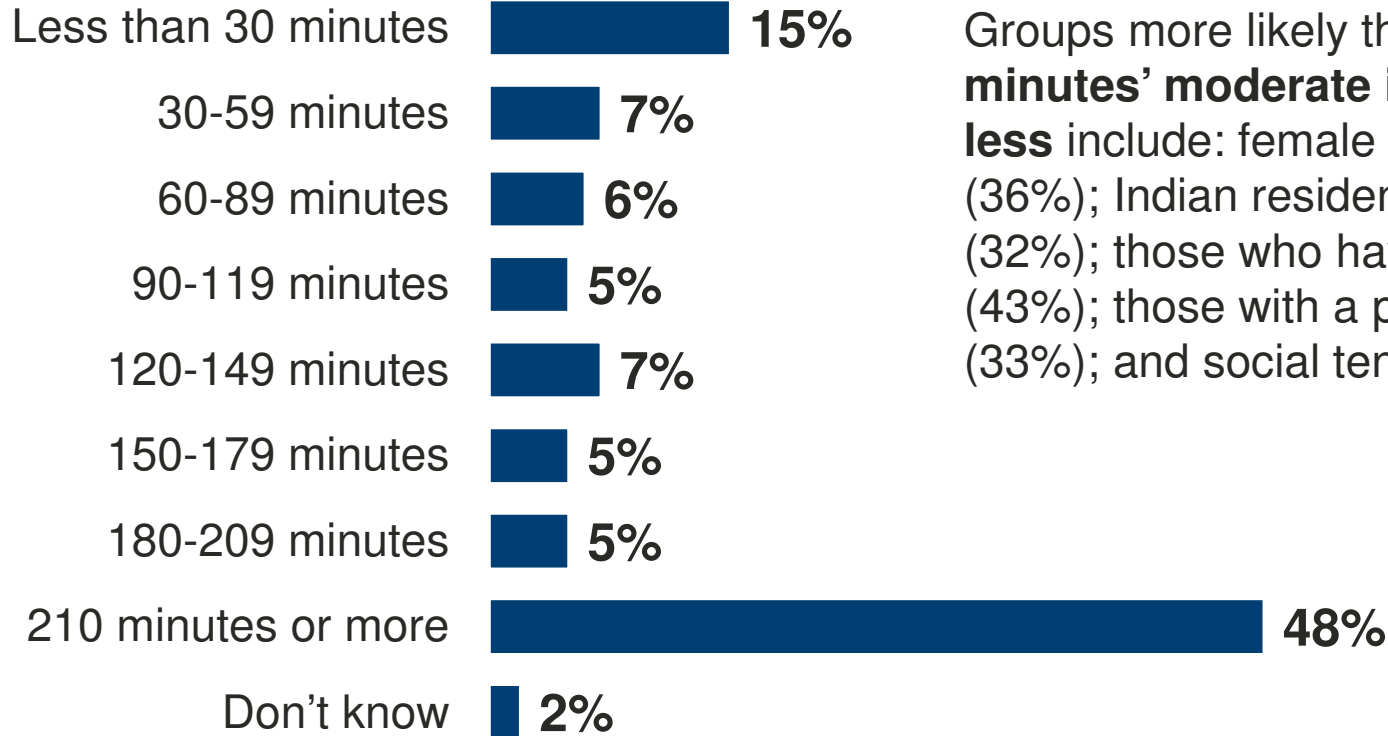
Q20. In a normal week, which of these activities do you do?

- **Women** are more likely to do brisk walking, heavy work around the house, dancing, yoga/pilates and Wii/fitness games.
- **Men** are more likely to mention going to the gym, playing sports, jogging/running, exercise like aerobics/weights, heavy manual work as part of their job and cycling (either commuting into work or just for recreation/leisure).
- Those **aged 16-34** are more likely to mention most of the activities listed, reflecting the higher levels of exercise reported by this group at the next question. However, those **aged 35-64** are more likely than average to say they do heavy work around the house or manual work as part of their job, while those **aged 65+** are more likely to mention heavy gardening.
- A number of groups are more likely than average to say they do **none of the listed activities**, including: those aged 65+; those with a disability; those with very obese BMI scores; those with a poor mental wellbeing score; and social tenants.

Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Three in five residents (59%) get the recommended 150 minutes or more of moderate physical activity per week. One in five gets less than 60 minutes (21%), and one in seven gets less than 30 minutes (15%).

Q21. How many minutes or hours would you say you do a week?



Groups more likely than average (21%) to get **60 minutes' moderate intensity exercise per week or less** include: female residents (25%); those aged 65+ (36%); Indian residents (25%); those with a disability (32%); those who have a very obese BMI score (43%); those with a poor mental wellbeing score (33%); and social tenants (25%).



Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

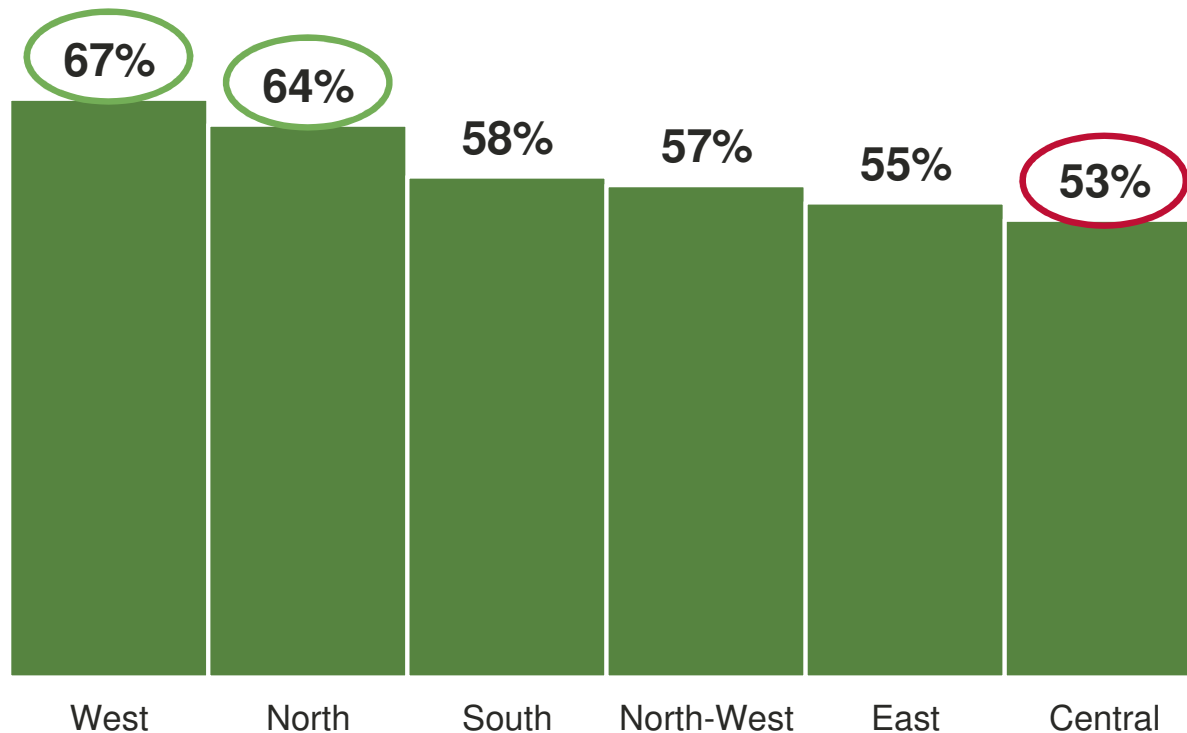
Source: Ipsos MORI

Results vary by geography in Leicester – those in the North and West of the city more likely to say they exercise at least 150 minutes per week. Those in Central Leicester are less likely to do so.

Q21. How many minutes or hours would you say you do a week?

% 150 minutes or more

59% overall



Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI



=significantly higher than the overall



=significantly lower than the overall

Amongst those who say they want to increase the amount of exercise they do in the next 6 months, the most common barriers are too busy/no time (42%), ill-health, work commitments (both 17%), laziness (16%) and willpower/motivation (10%).

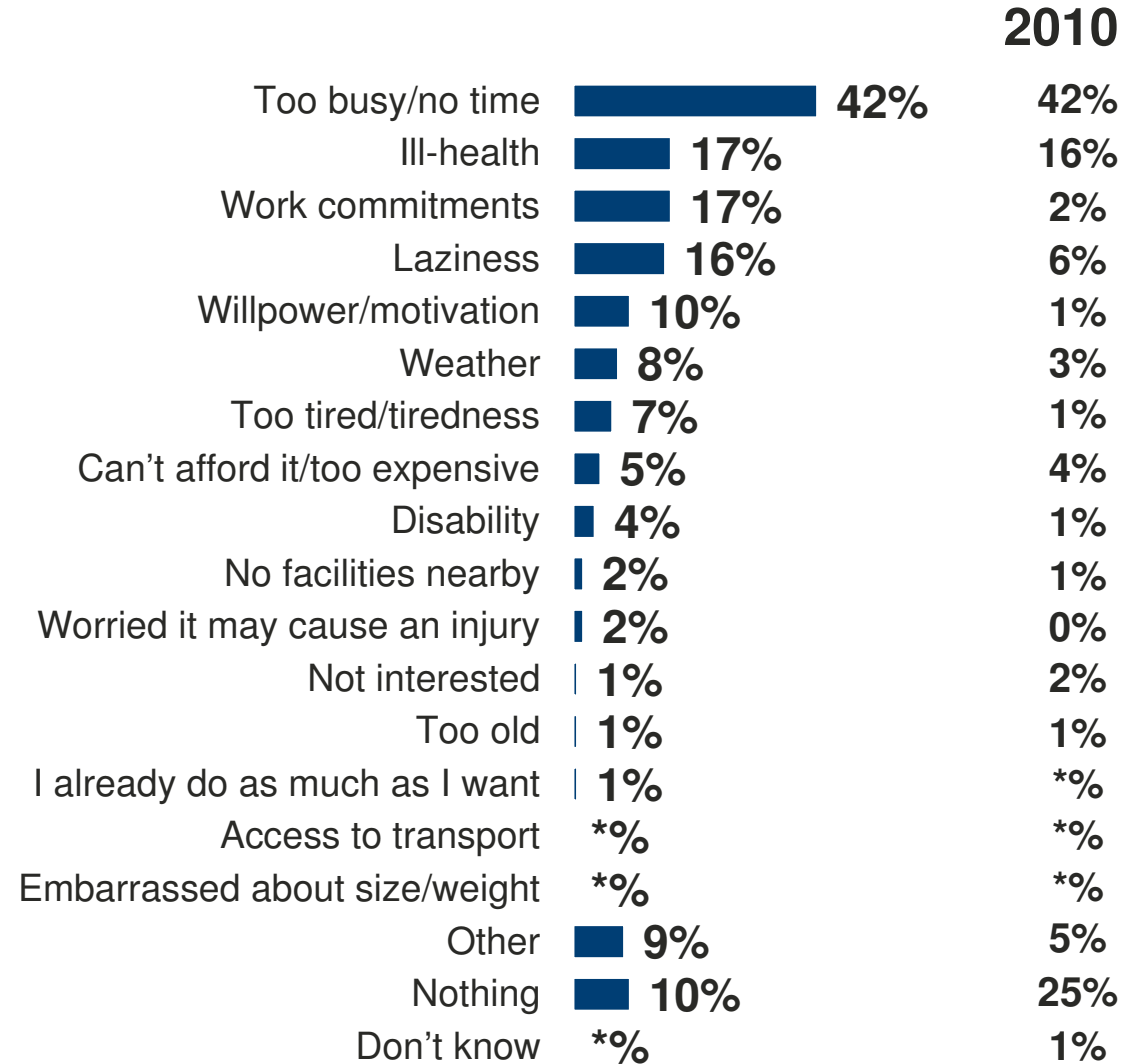
Q14. What, if anything, might stop you from increasing the amount of physical activity you take?

As with the barriers preventing residents from eating more healthily, there are a number of differences by age group.

Younger residents (aged 16-34) are more likely to cite lack of time, work commitments and laziness as barriers to doing more exercise.

Older residents (aged 65+) are more likely to mention ill-health, disability and old age.

Those not getting the **recommended 150 minutes or more of exercise per week** are more likely than average to mention laziness and willpower/motivation.



Base: All valid responses thinking about increasing the amount of physical activity in the next 6 months (702)
Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI



- 21% of Leicester residents are currently cigarette smokers (tobacco use rises to 24% if you include other tobacco products).
- The majority of cigarette smokers say they smoke ten or fewer cigarettes per day
- Most current smokers would like to give up (61%), motivated largely to improve their general health and/or save money. Three-quarters of current smokers have tried to give up previously, mostly without help.
- Attitudes towards smoking in the home are increasingly negative: few allow it, and most of those who do restrict it to certain parts of the home.

Smoking

Four in ten (38%) have ever smoked a cigarette; this proportion is higher amongst men (41%) white residents (53%), unemployed residents (47%) and the long-term sick/disabled (51%). 9% have ever smoked an e-cigarette, particularly those in work (10%), aged 16-34 (11%) and white residents (12%).

Q29. Have you ever done any of the following?

Smoked a cigarette



38%

Used an e-cigarette sometimes referred to as vapourisers or electronic nicotine delivery systems (ENDS)



9%

None of these



62%

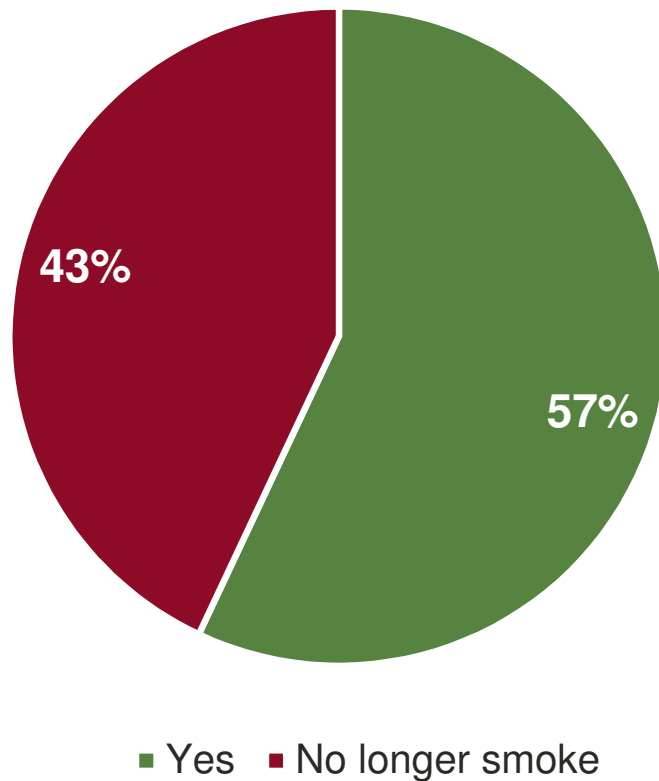
The proportion who have smoked neither a cigarette nor an e-cigarette is highest amongst **females** (66%), those **aged 16-24** (69%), **BME residents** (79%), and **Hindus** (82%), **Muslims** (80%) or **Sikhs** (85%)

57% of those who have ever had a cigarette still smoke nowadays. This proportion is higher amongst those aged 16-34, BME residents and Hindus. Of the overall Leicester population, 21% are currently cigarette smokers. Most of these (60%) tend to smoke 10 or fewer per day.

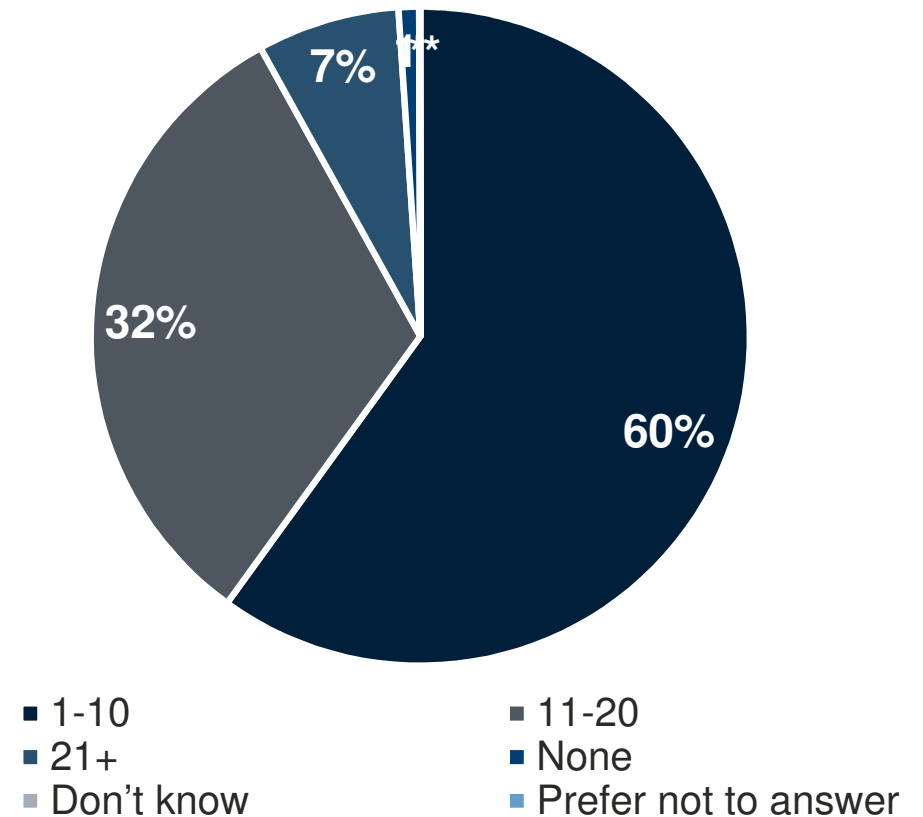
Q30. Do you smoke cigarettes at all nowadays?

Q31. On average, how many cigarettes or hand rolled cigarettes do you usually smoke a day?

Smoke nowadays?



How many cigarettes smoked per day?



Base: Q30. All valid responses who have ever smoked a cigarette (881); Q31. All valid responses who smoke cigarettes nowadays (500)
Fieldwork dates : 26th January – 7th June 2015

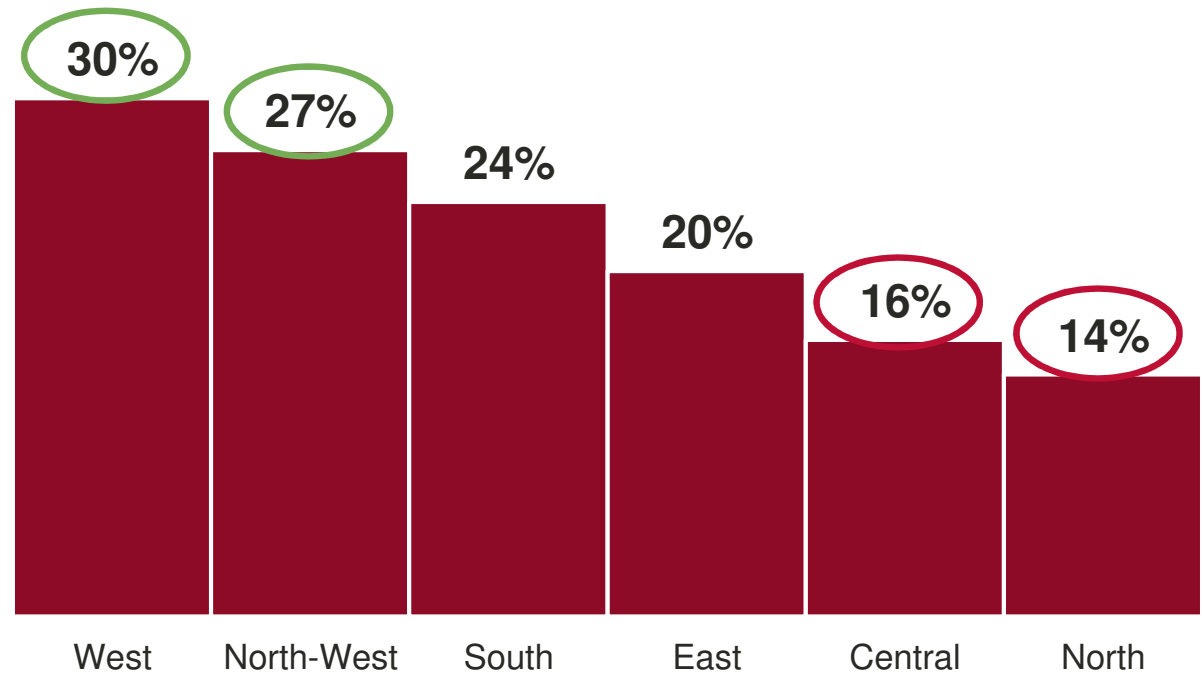
Source: Ipsos MORI

A high degree of variation in prevalence of smokers by geography in Leicester: those in the West more than twice as likely to smoke as those in the North.

Q30. Do you smoke cigarettes at all nowadays?

% smoke nowadays

21% overall




Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

**Only a small number of residents use other tobacco products nowadays.
The vast majority (95%) have used none of the products listed below.**

Q32. Do you smoke or use any of these other tobacco products nowadays?

	%	
Sheesha or Hookah	2	2% of residents report using Sheesha or Hookah – these products are more popular than average amongst younger residents, aged 16-34 (5%), BME residents (3%) or Muslim residents (5%).
Cigars	1	
Other tobacco substances	1	
Paan without tobacco	*	
Pipe	*	24 residents (1%) say they smoke cigars nowadays – the proportion is highest amongst male residents (2%).
Paan masala (e.g. Paan Parag, Pan bahar)	*	
Other chewing tobacco	*	
Paan with tobacco (zarda)	*	
Gutka	*	
Bidi	*	
None of these	 95	

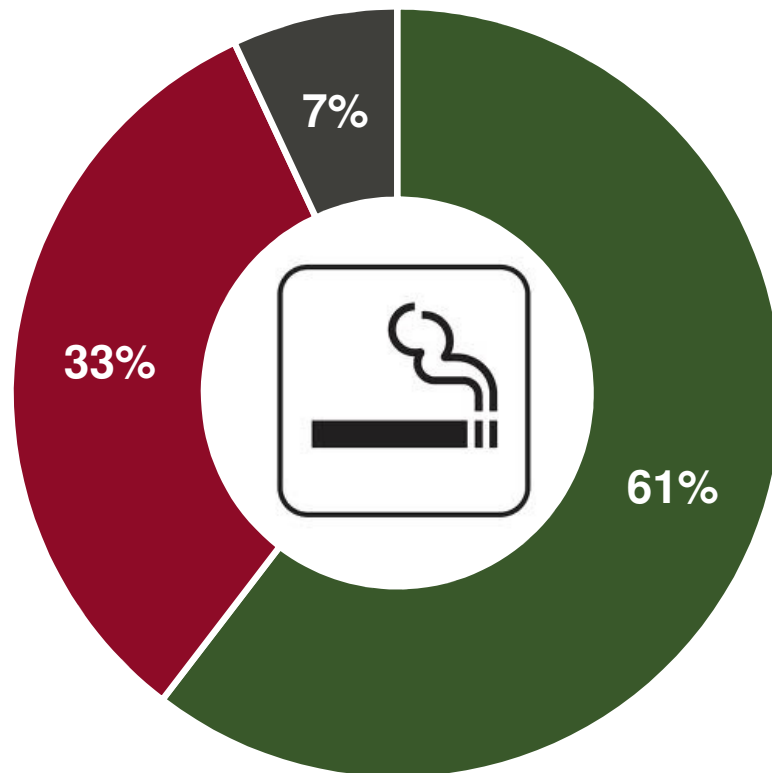
Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Three in five smokers (61%) say they would like to give up completely. This is significantly lower than in 2010 (67%). However, the 2015 figure comes from a lower base, and therefore one potential explanation for the difference is that some smokers have already given up since 2010.

Q33. Would you like to give up smoking altogether?

■ Yes ■ No ■ Don't know

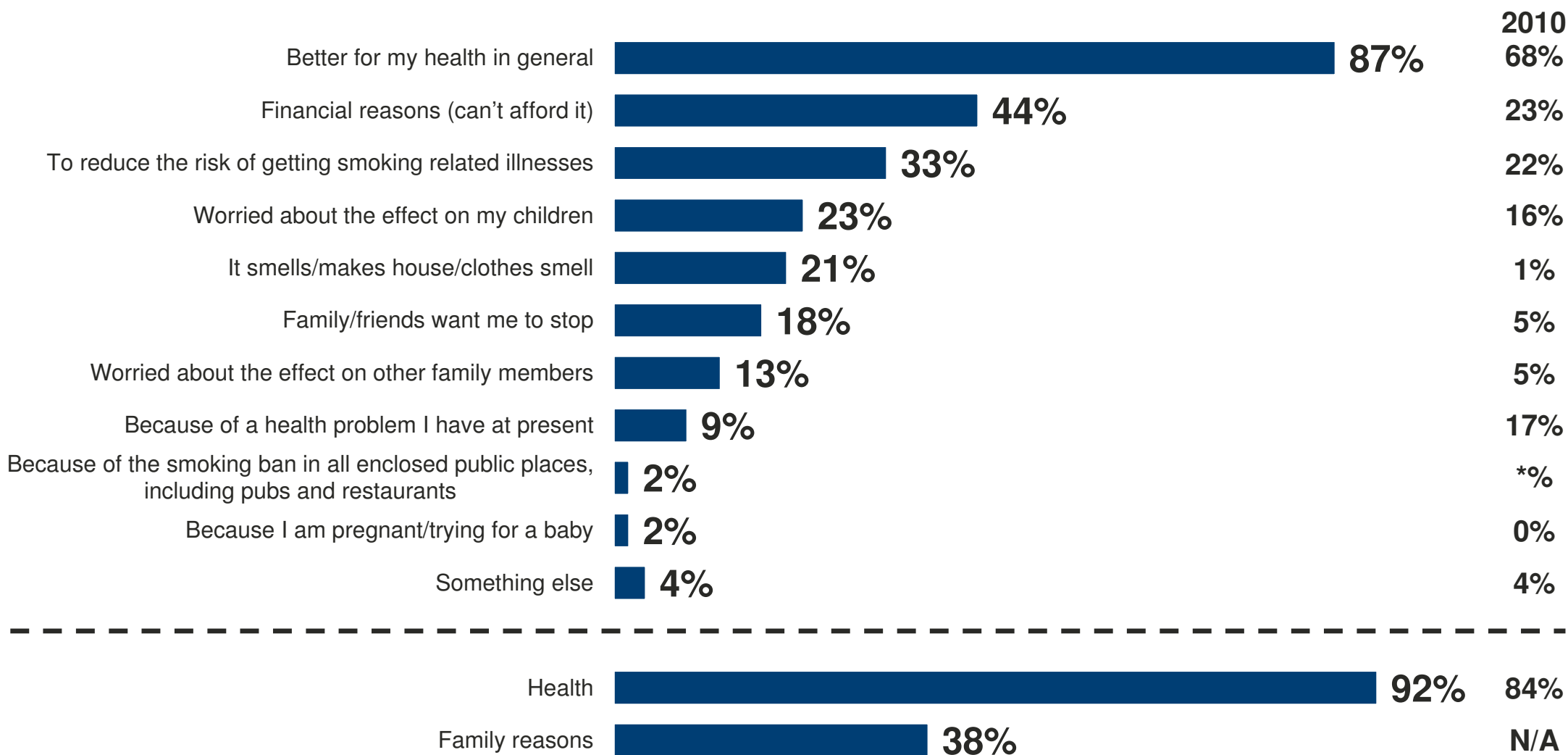


The proportion wanting to give up is significantly higher amongst those **aged 25-54** (68%), **BME residents** (67%), those with **children in the household** (66%) and those **working full-time** (68%).

	2010
Yes	67%
No	30%
Don't know	3%

Most smokers who want to give up are doing so for better general health, though financial reasons are also important, particularly for those who are not in work (52%) and/or often run out of money (60%).

Q34. What are your main reasons for wanting to give up?



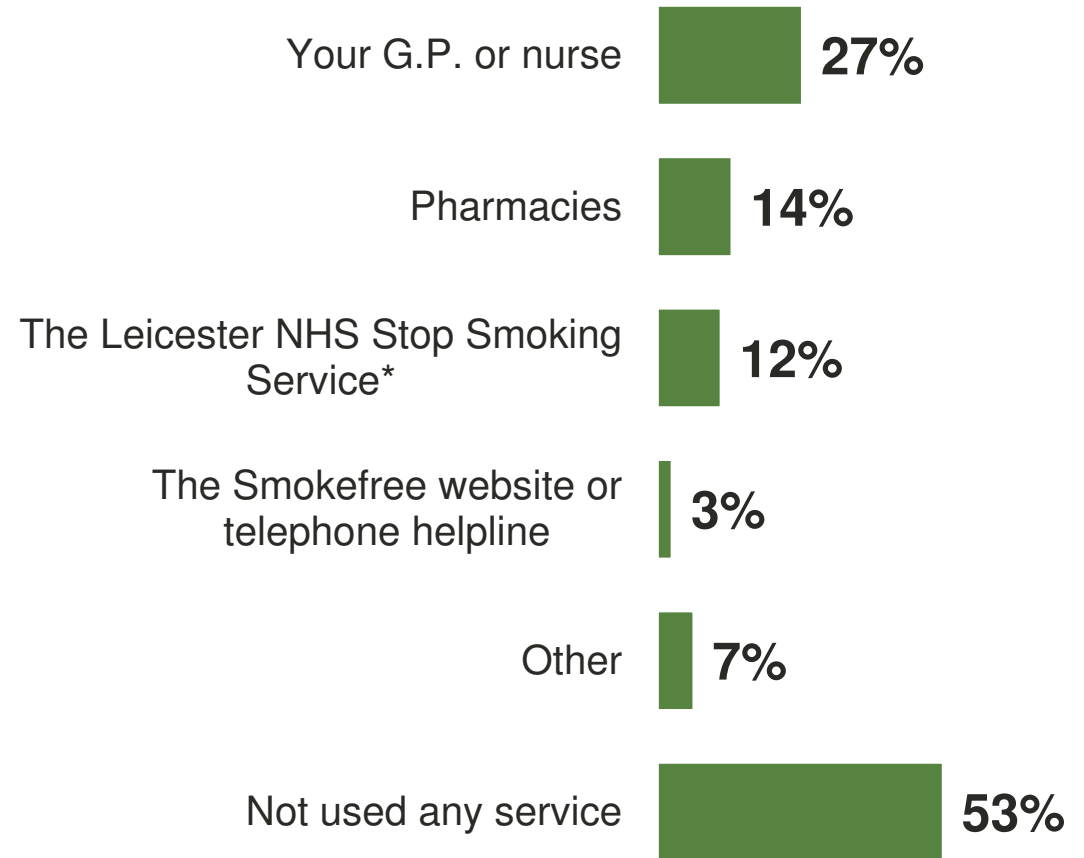
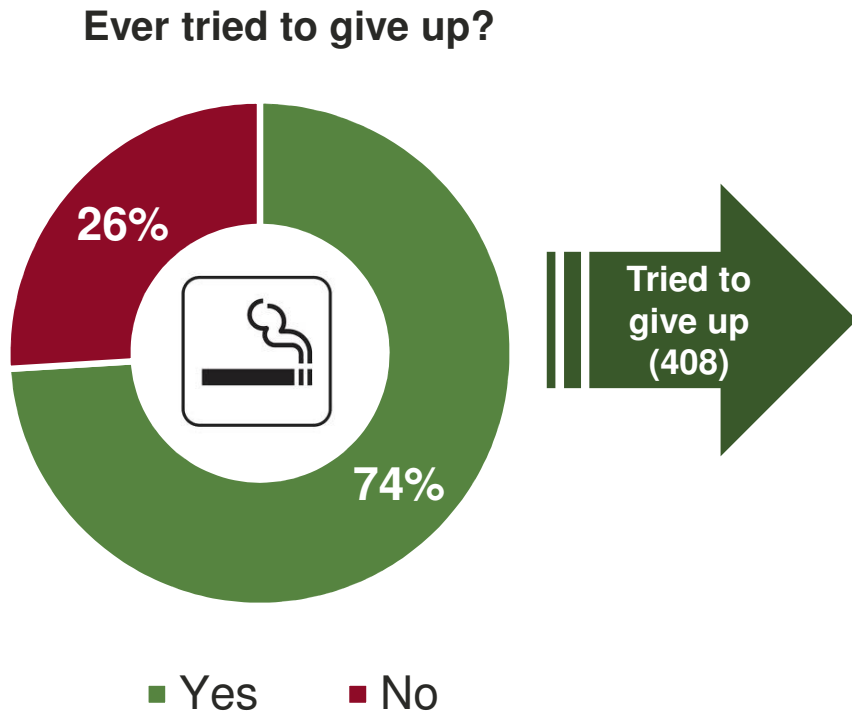
Base: All valid responses who currently smoke and would like to give up smoking (335) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Most of those who currently smoke have tried to give up, especially middle aged smokers (between 35 and 54) and those in work. Most have tried to do so without any services or support...

Q35. Have you ever tried to stop smoking?

Q36. Which, if any, of the following stop smoking services have you used?



* Please note that this service can be accessed via other services (such as through a GP or pharmacist), and is therefore not mutually exclusive

Base: Q35. All valid responses who currently smoke (553); Q36. All valid responses who currently smoke and have ever tried to stop smoking (408) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

...though the majority of ex-smokers said they did so without using an aid.

Q38. When you last tried to quit smoking tobacco, which, if any, of the following did you use as an aid?

I quit/tried to quit unaided



74%

Nicotine replacement products bought from a supermarket, local shop or pharmacy



9%

E-cigarettes



8%

Medication prescribed by your GP



4%

Support from the NHS STOP Smoking service



4%

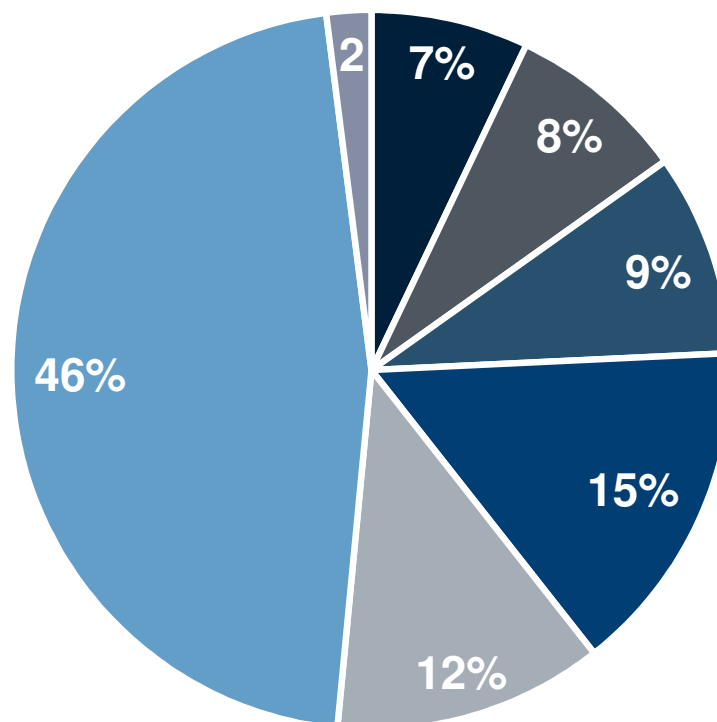
Base: All valid responses who are ex-smokers (381) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Most ex-smokers quit over five years ago, though 15% have stopped in the last year.

Q37. How long ago did you stop smoking cigarettes?

- Less than six months ago
- 6 months but less than a year
- 1 year but less than 2 years
- Two years but less than 5 years
- Five years but less than 10 years
- Ten years ago or more
- Don't know



Younger ex-smokers **aged 16-34** are most likely to have given up in the last year (28%).

Three quarters (75%) of smokers **aged 65+** quit ten or more years ago

	2015	2010
Less than a year ago	15%	13%
1-5 years ago	25%	22%
5 years+ ago	59%	65%

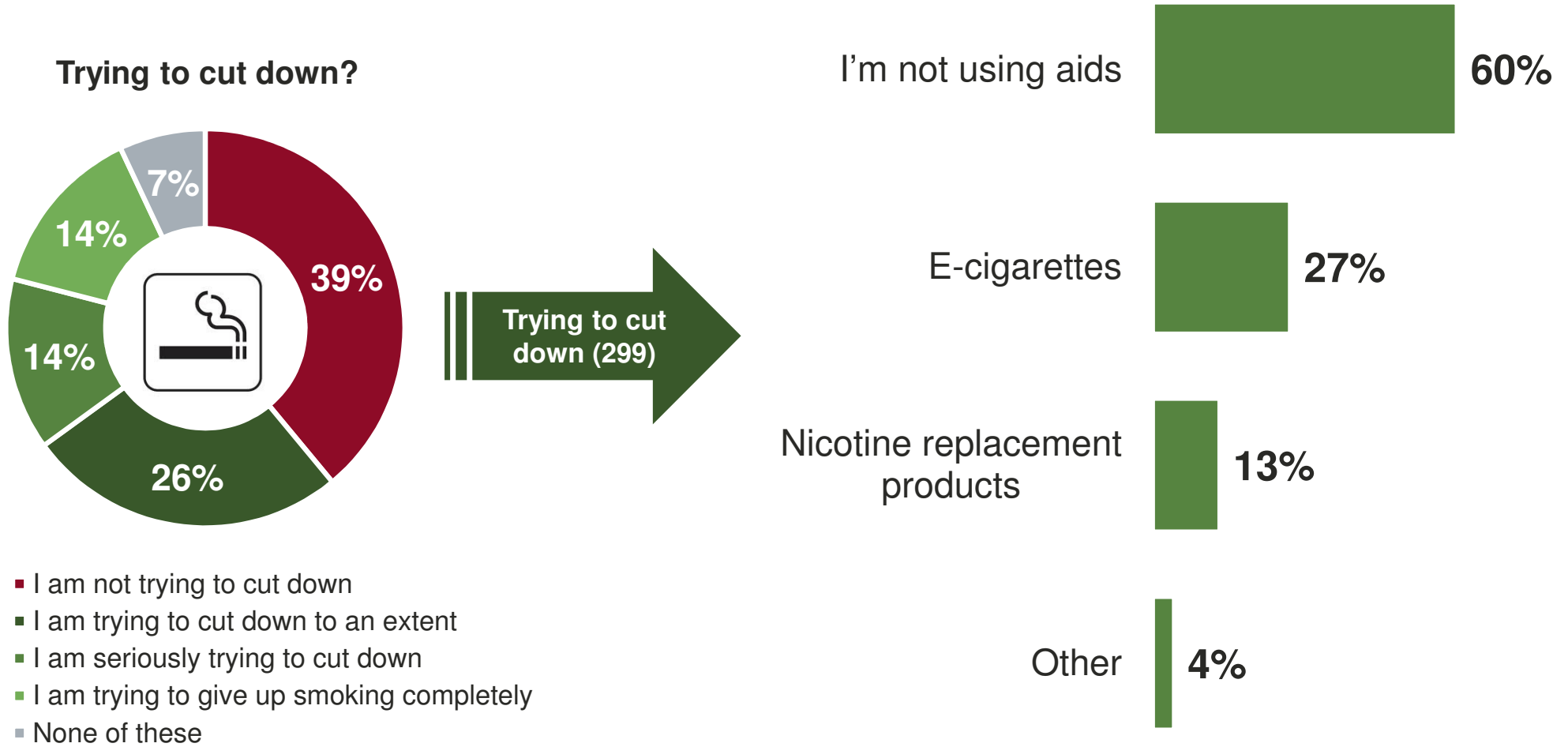
Base: All valid responses who are ex-smokers (381) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Most current smokers are either trying to cut down or quit completely. Relatively few are using aids, but more than a quarter say they're using e-cigarettes to help cut down/quit.

Q39. Which of the following best applies to you?

Q40. If you are trying to cut-down, which, if any, of the following aids are you using to help you cut down?

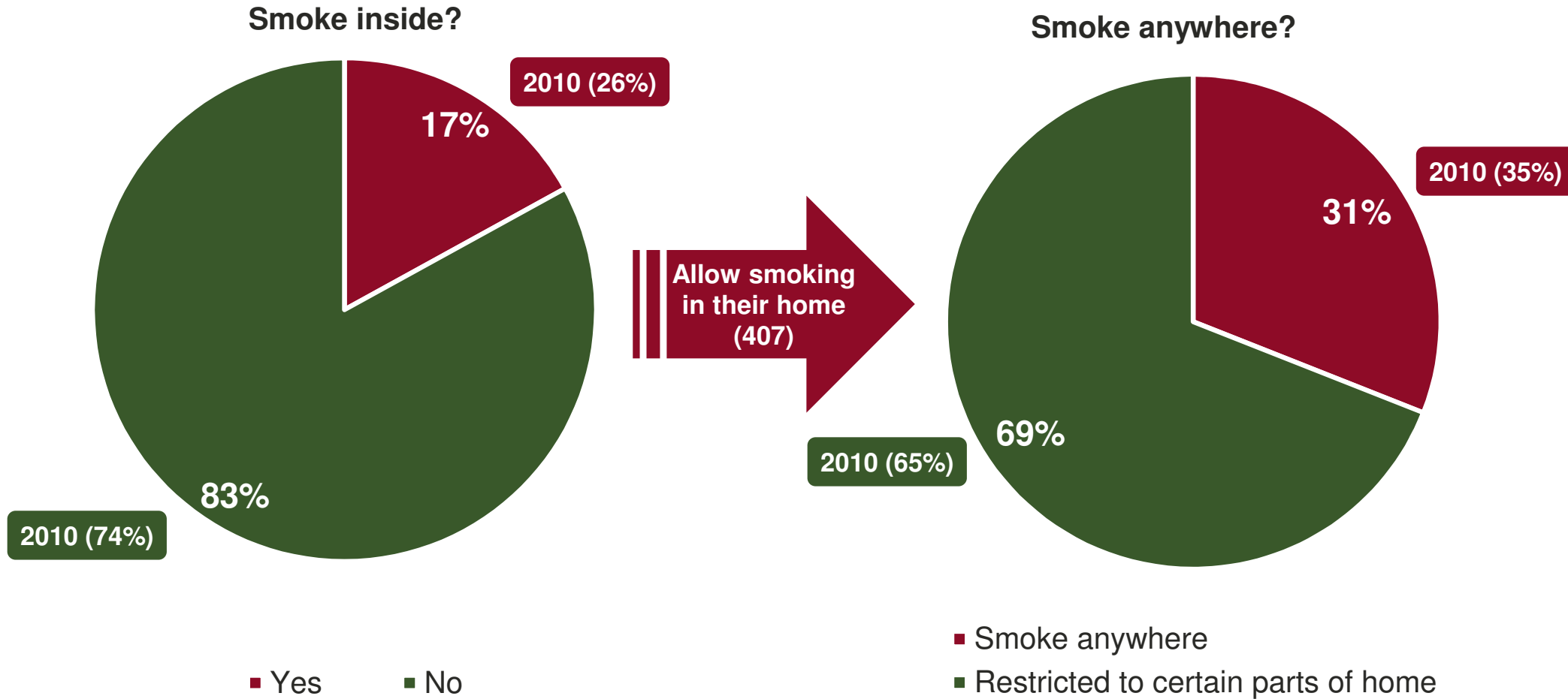


Base: Q39. All valid responses who currently smoke (553); Q40. All valid responses who currently smoke and are trying to cut down (299)
Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

More widely, survey results suggest growing disapproval of smoking in the home, particularly among ex-smokers (89% of whom do not allow smoking inside their home)...

Q41. Can I just check, does anyone ever smoke inside your home nowadays, including your own family or visitors?
Q42. Can people smoke anywhere they want here or is it restricted to certain parts of the home?



Base: Q41. All valid responses (2321); Q42. All valid responses who allow smoking in their home (407)
Fieldwork dates : 26th January – 7th June 2015

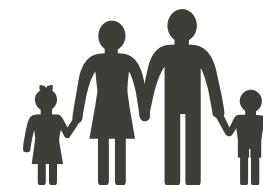
Source: Ipsos MORI

Attitudes to smoking in the home by sub-group: some interesting generational differences.

Q41. Can I just check, does anyone ever smoke inside your home nowadays, including your own family or visitors?

Q42. Can people smoke anywhere they want here or is it restricted to certain parts of the home?

- Younger adults **aged 16-34** are more likely to allow smoking in their home. However, those who do are also more likely to restrict it to certain areas of the home
- In contrast, older residents (**65+**) who allow smoking in their home tend to be a little more relaxed about where people smoke
- Those **with children** in the household are less likely to allow smoking in their household (14% compared with 20% of those without children). However, more than four in five (81%) restrict smoking to certain parts of the home compared with 69% overall
- **Ex-smokers** are significantly less likely than average to allow smoking in their house at all (11% vs. 17%)



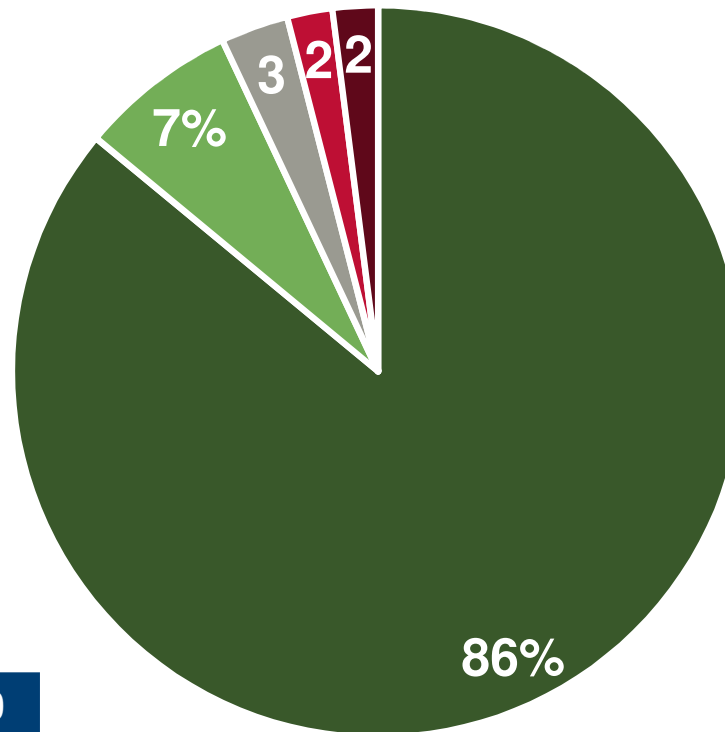
Base: Q41. All valid responses (2321); Q42. All valid responses who allow smoking in their home (407)
Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Residents are (still) overwhelmingly confident about asking people not to smoke in their home.

Q43. If you did not want visitors to smoke in your home, how confident would you feel about asking them not to? Would you say you would be...?

- ...very confident
- ...fairly confident
- ...not very confident
- ...not at all confident
- Don't know



While still a relative picture, younger people aged **16-19** are the most likely age group to say they are not confident about asking people not to smoke in their home (9% vs. 5% overall)

	2015	2010
Confident	93%	93%
Not confident	5%	6%

Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

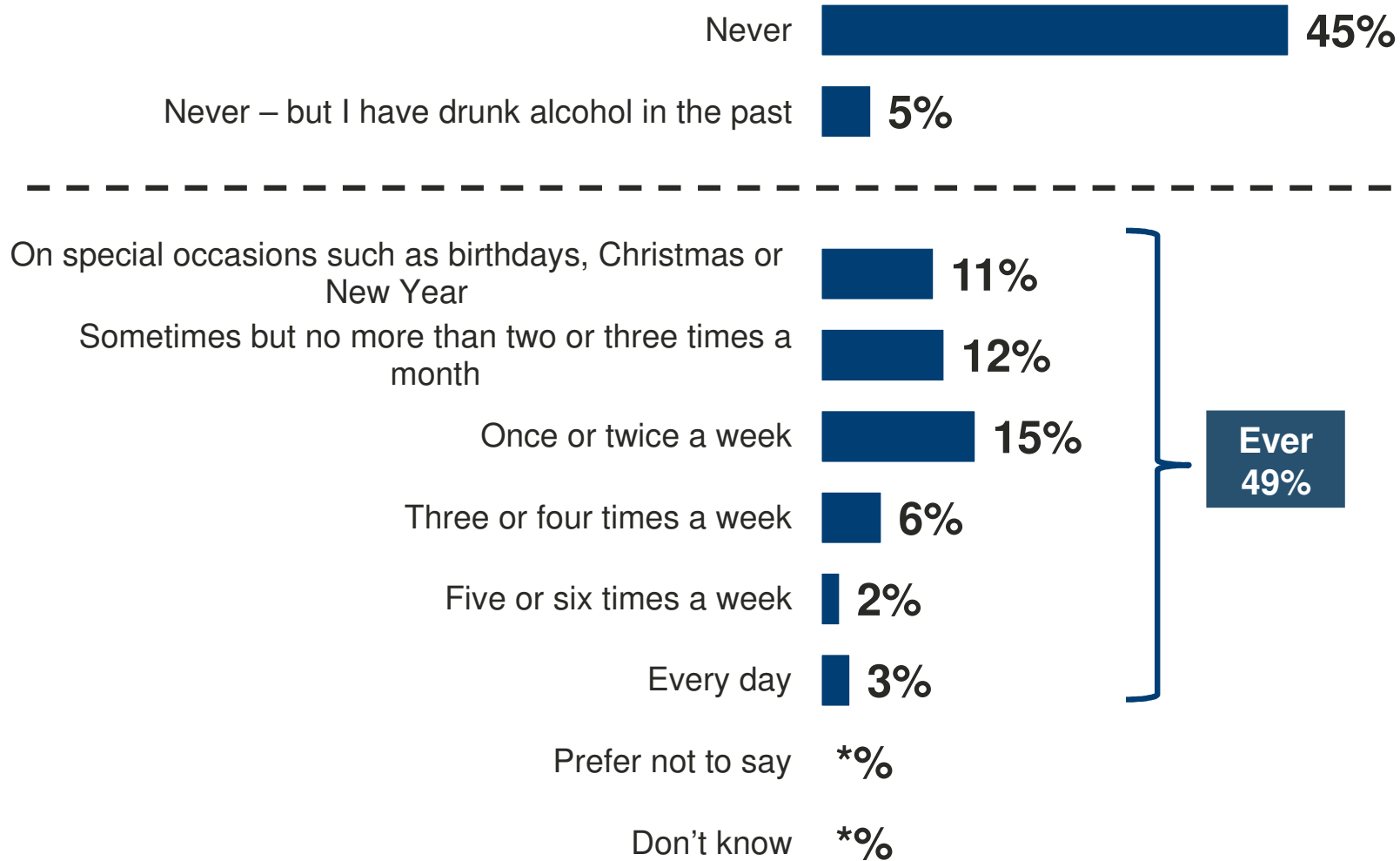


- Drinking habits in Leicester are overwhelmingly influenced by cultural and religious background.
- A sizeable proportion of residents say they have never drunk alcohol, far more than in Great Britain generally. Almost all Muslims, and the majority of Hindu and Sikh residents, report never having drunk alcohol.
- However, 10% of residents say they drink over the recommended maximum limit. Smokers and those out of work are among those more likely to do so.
- A small minority of residents say they have taken illegal drugs in the past 12 months (4%), and fewer still have used 'legal highs' (1%).

Alcohol and illegal drug use

Cultural and religious backgrounds are an important feature of drinking habits in Leicester: Muslims, Hindus and Sikhs are significantly more likely never to drink alcohol compared with Christian and non-religious residents.

Q48. How often, if at all, do you drink alcohol?

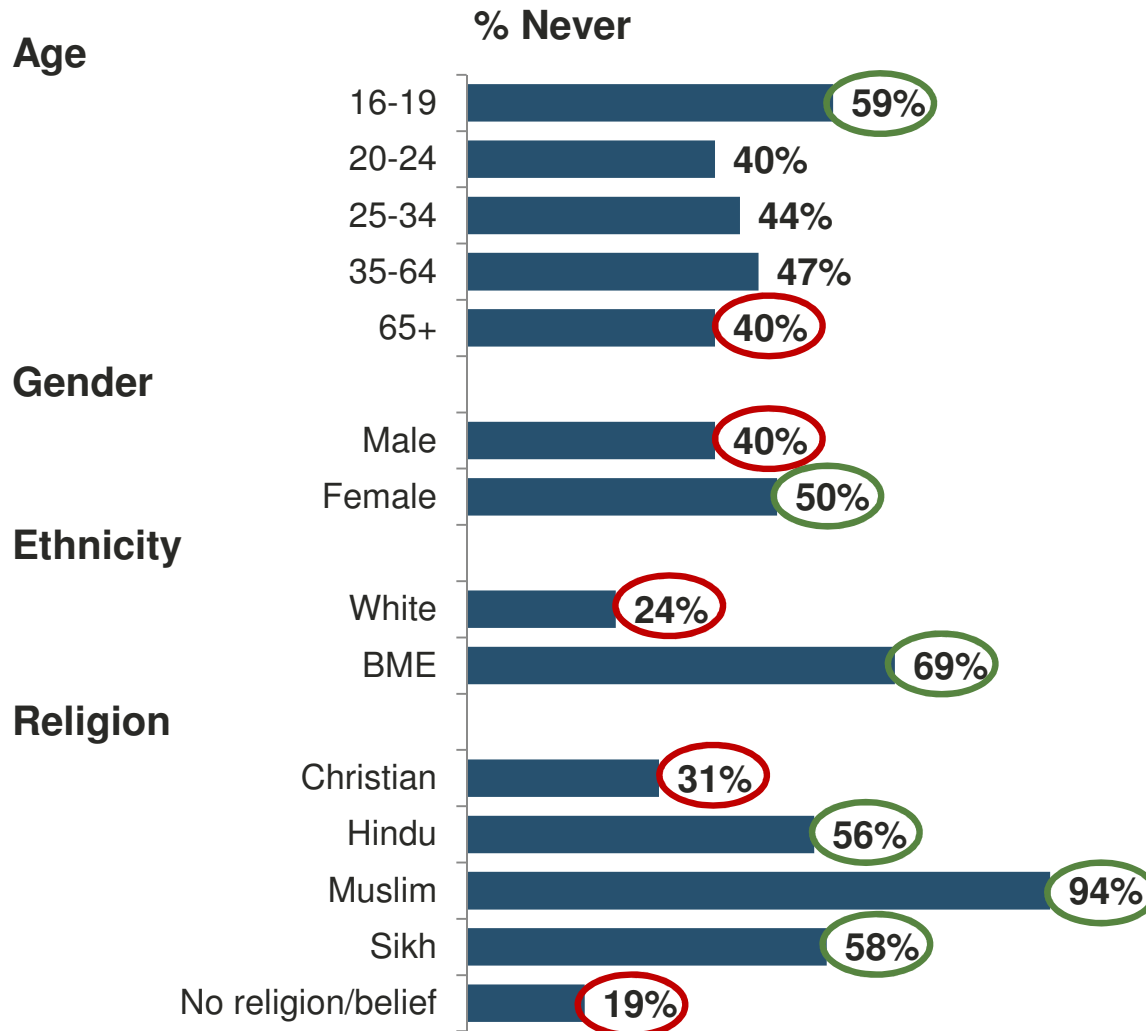


Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Cultural and religious backgrounds are an important feature of drinking habits in Leicester: Muslims, Hindus and Sikhs are significantly more likely never to drink alcohol compared with Christian and non-religious residents.

Q48. How often, if at all, do you drink alcohol?



Work conducted by Ipsos MORI on behalf of Drinkaware suggests **residents in Leicester are far less likely to drink at all than in Great Britain generally.**

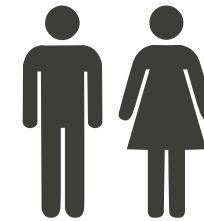
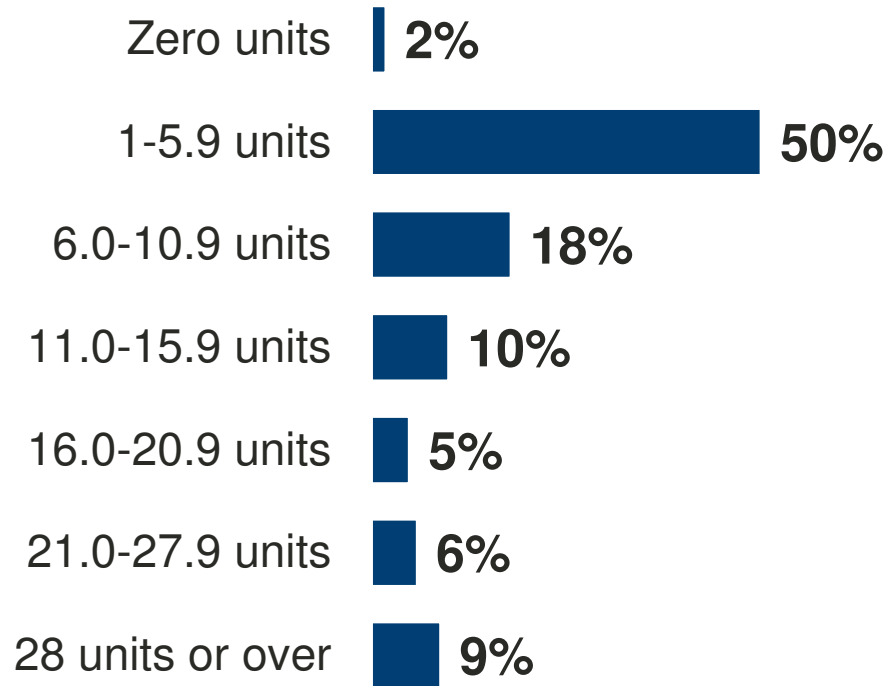
While 45% of Leicester residents say they have never drunk alcohol, the equivalent figure from this national telephone survey is 11%.

Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015 / Drinkaware: Adults 18-75 (2294 – By Telephone) : Fieldwork dates : 17th November – 10th December 2014.

Source: Ipsos MORI

Among those who do drink alcohol, the vast majority say they do so within the recommended maximum limits.

Q50. Number of units drunk in a typical week



13% of men drink over the recommended maximum limit, compared with **7% of women**



Base: All valid responses who ever drink alcohol and name a drink at Q49 (1077) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Q50. Number of units drunk in a typical week



Among those most likely to drink over the recommended limit are...

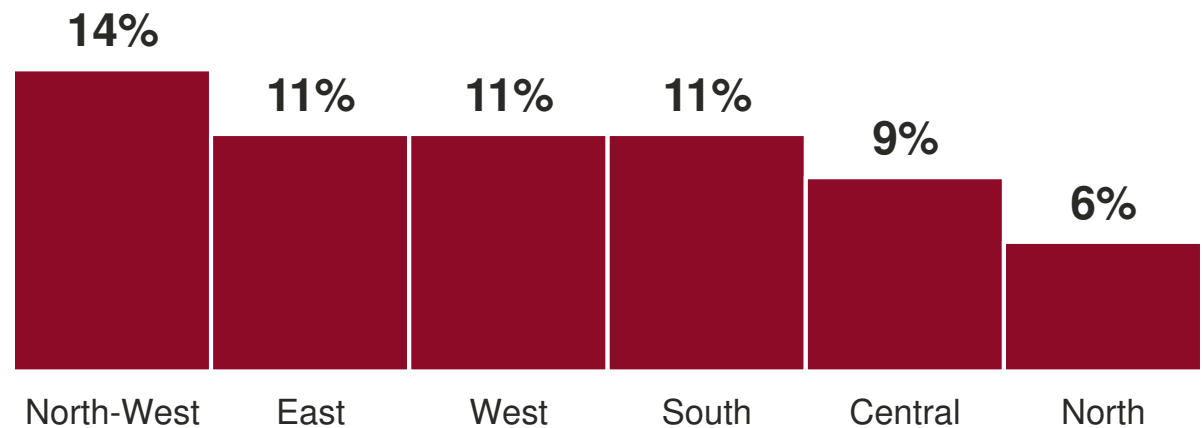
- **Smokers** (15%)
- Those who report having a **disability** or limiting condition (15%)
- **Men** (13%)
- Those **out of work** (13%)
- Those with **no religion/belief** (13%)
- **White residents** (12%)
- Those **without children in the household** (12%)

Differences by geography in terms of drinking over the recommended maximum limit do not differ significantly.

Q50. Number of units drunk in a typical week

% drink over recommended max limit

10% overall



Base: All valid responses who ever drink alcohol and name a drink at Q49 (1077) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI



=significantly higher than the overall

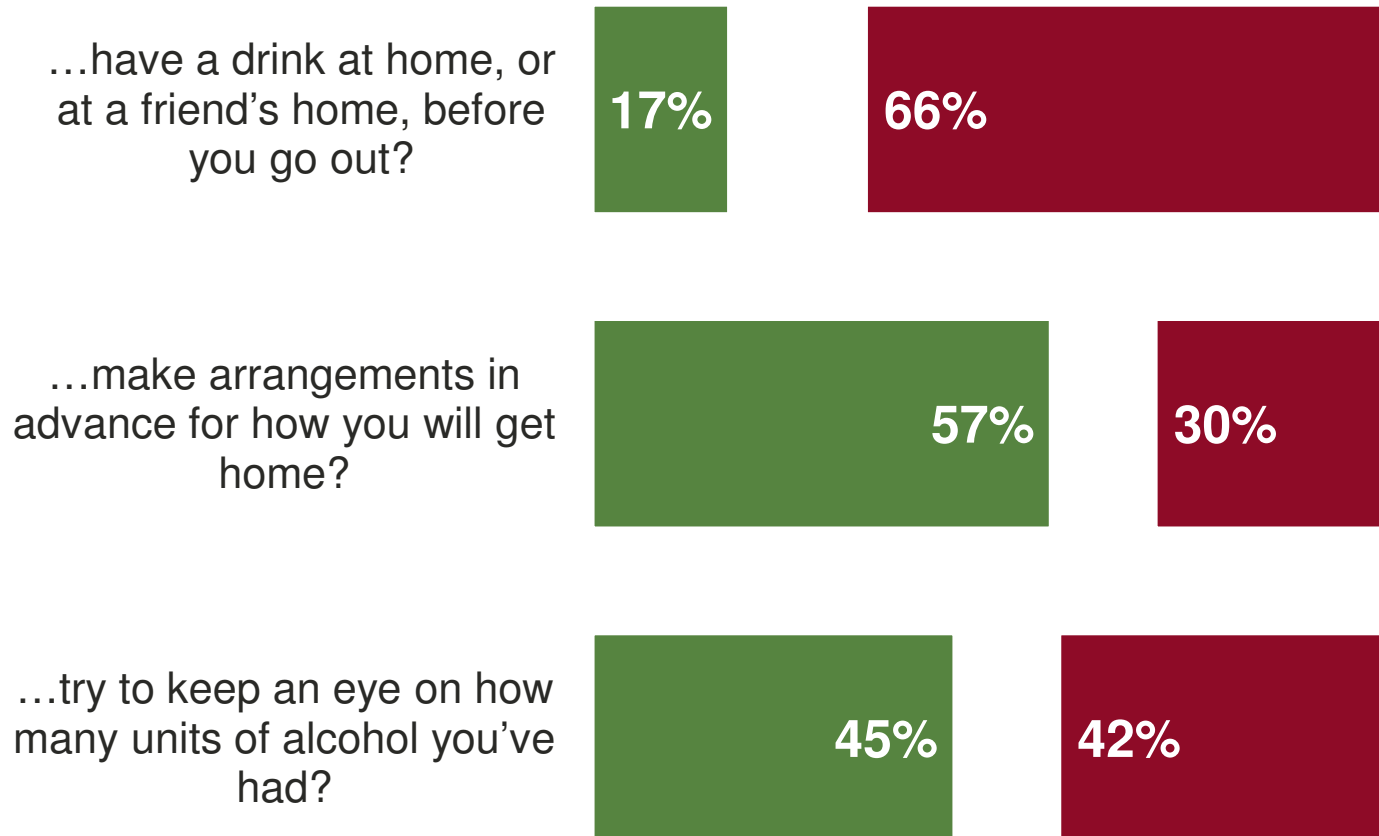


=significantly lower than the overall

More than two in five admit they do not try to keep an eye on how many units they have had, though the majority of drinkers in Leicester do make arrangements in advance for how they will get home.

Q52. If you are going out drinking, how often, if at all, do you...?

■ Always/usually ■ Rarely/never

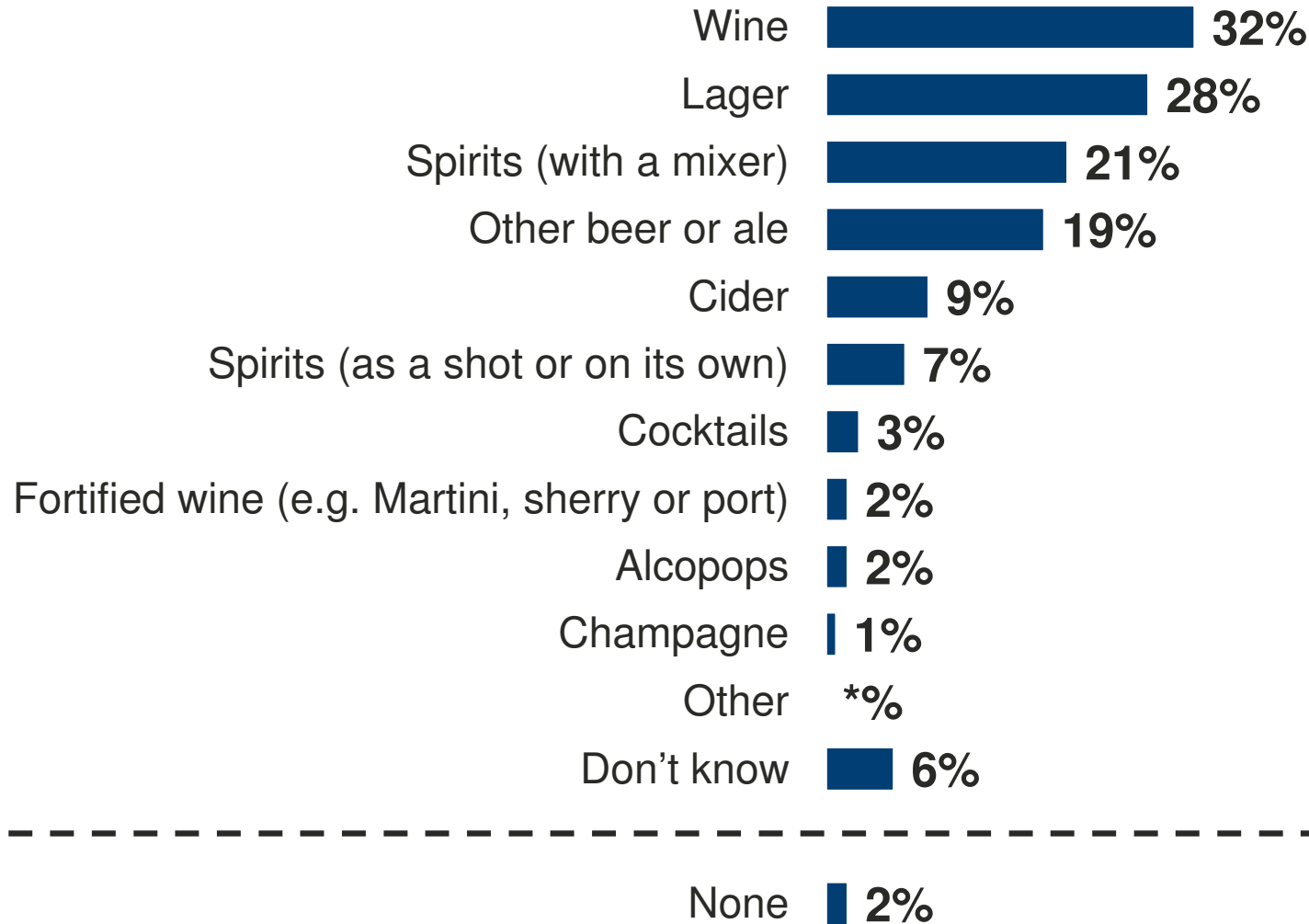


Younger drinkers aged 16-34 are significantly more likely to say they always or usually drink at home or at a friend's home before they go out (29%).

Those who **drink above the recommended maximum limit** are even more likely to do so (36%).

Wine, lager and spirits are the most common drinks normally chosen by those who drink alcohol.

Q49. During a typical week, which of the following would you normally drink?

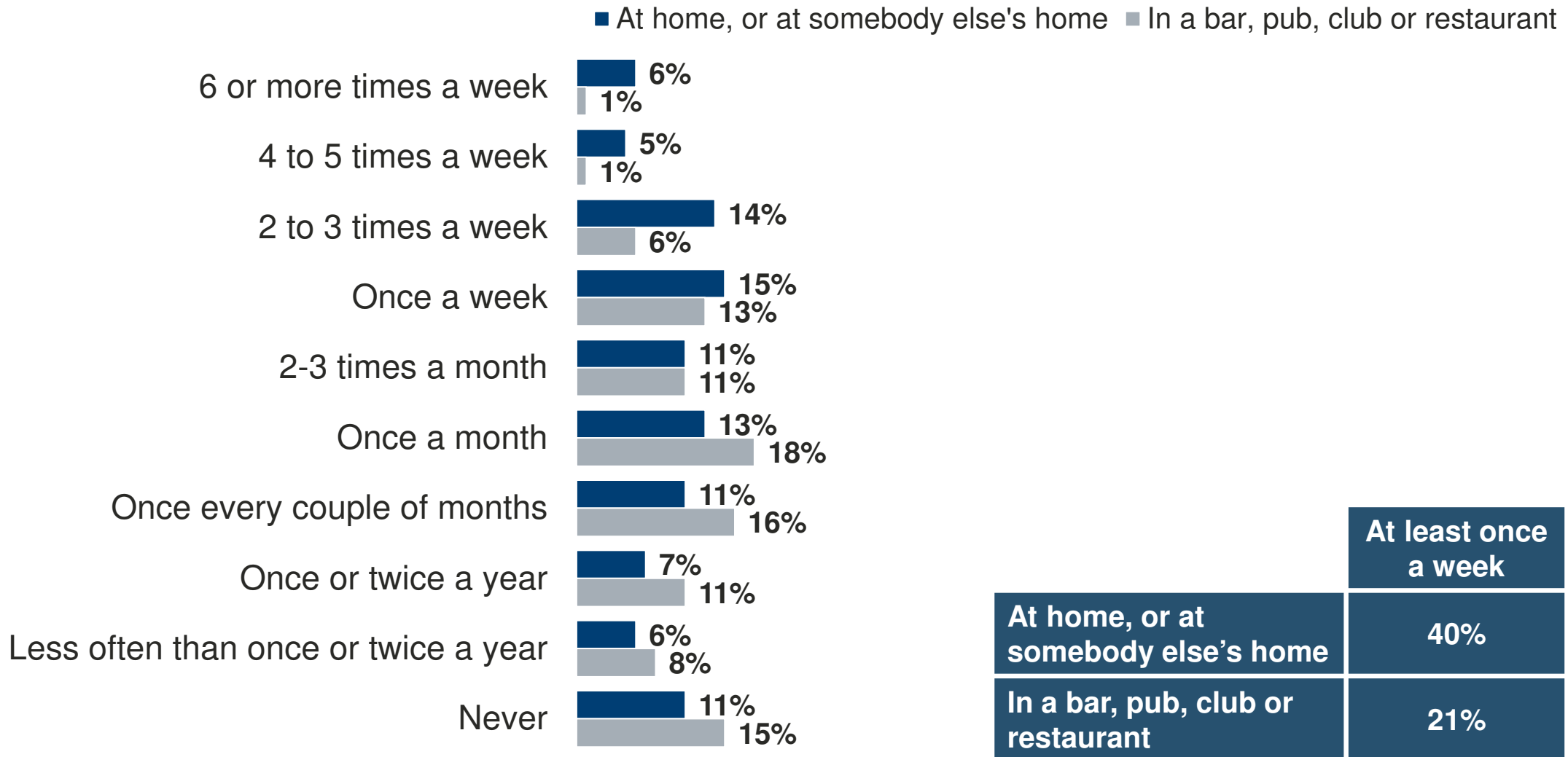


Those drinking over the maximum recommended limit are most likely to drink lager (51%), wine (39%) or other beer or ale (30%).

They are more than twice as likely than Leicester drinkers in general to drink spirits on their own or as a shot (15%).

The frequency with which drinkers in Leicester drink at home or in a bar, pub, club or restaurant varies, though two in five say they drink at home (or at somebody else's home) at least once a week.

Q51. How often, if at all, do you have an alcoholic drink in the following places?

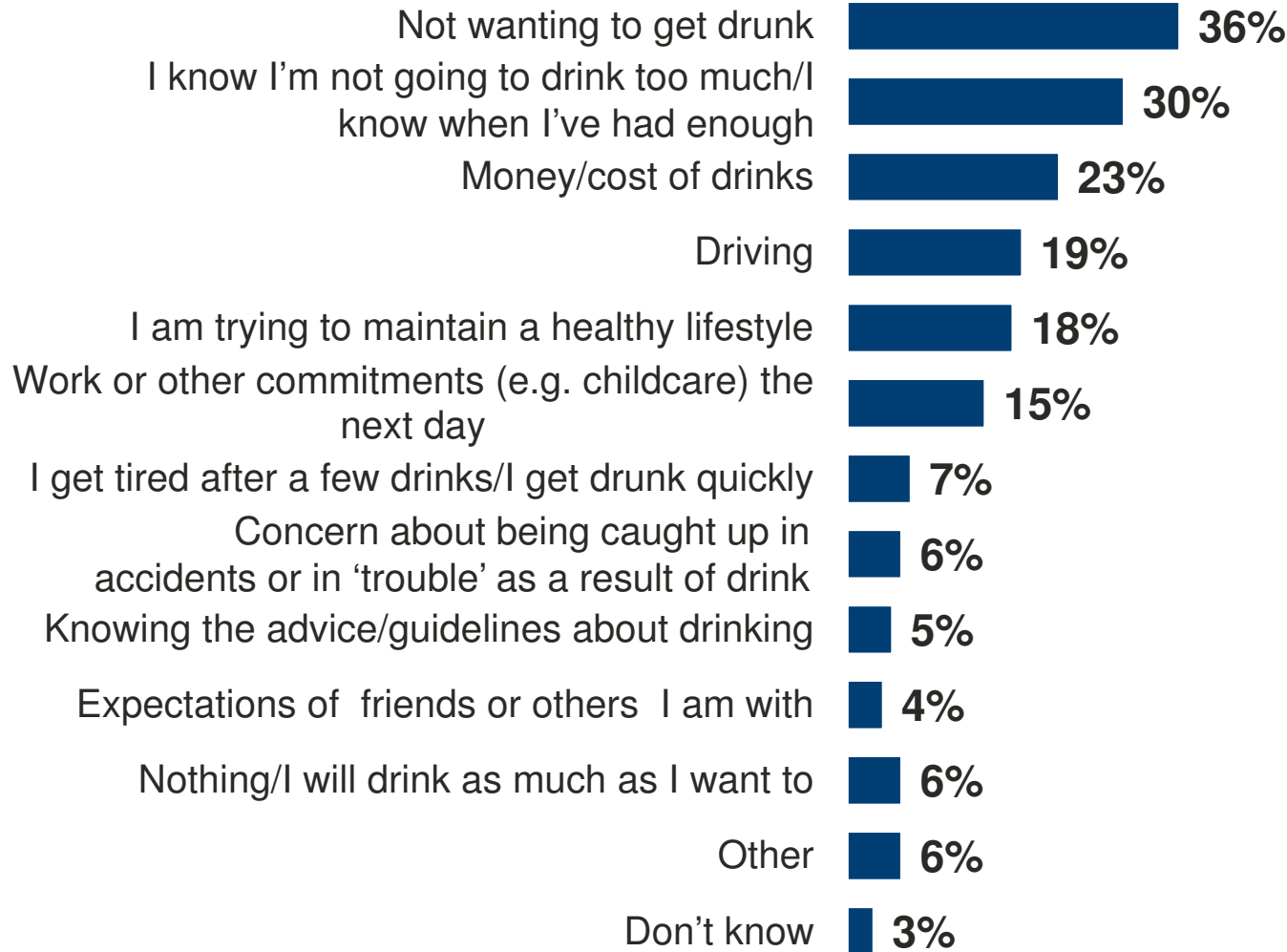


Base: All valid responses who ever drink alcohol (1144) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Differences in factors limiting the amount of alcohol drunk affected both by lifestage and lifestyle.

Q53. What are the main factors that limit the amount of alcohol you drink when out?

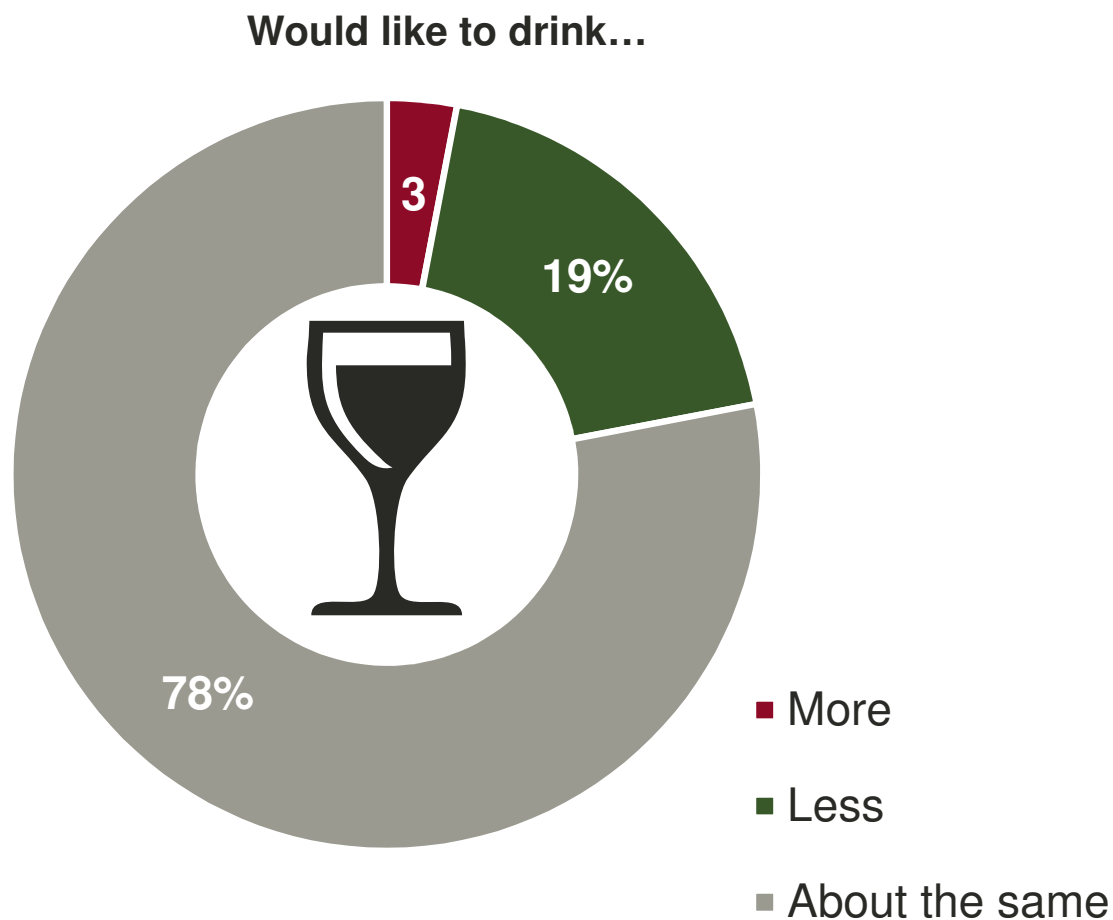


For **younger drinkers aged 16-34**, knowing they've had enough (34%), the cost of drinks (31%) and work or other commitments (20%) are, relatively speaking, more likely to limit the amount they drink when out.

The cost of drinking is also a more important factor for drinkers who also **smoke** (30%) and those who have **taken drugs in the last 12 months** (43%).

Close to four in five drinkers in Leicester want to continue drinking the same amount that they do now.

Q54. Would you like to drink less than, more than or about the same amount of alcohol as you do at the moment?



Many drinkers who drink **over the recommended maximum limit** say they would like to cut down (32%). However, the majority – 65% – would like to continue drinking the same amount as they do at the moment.

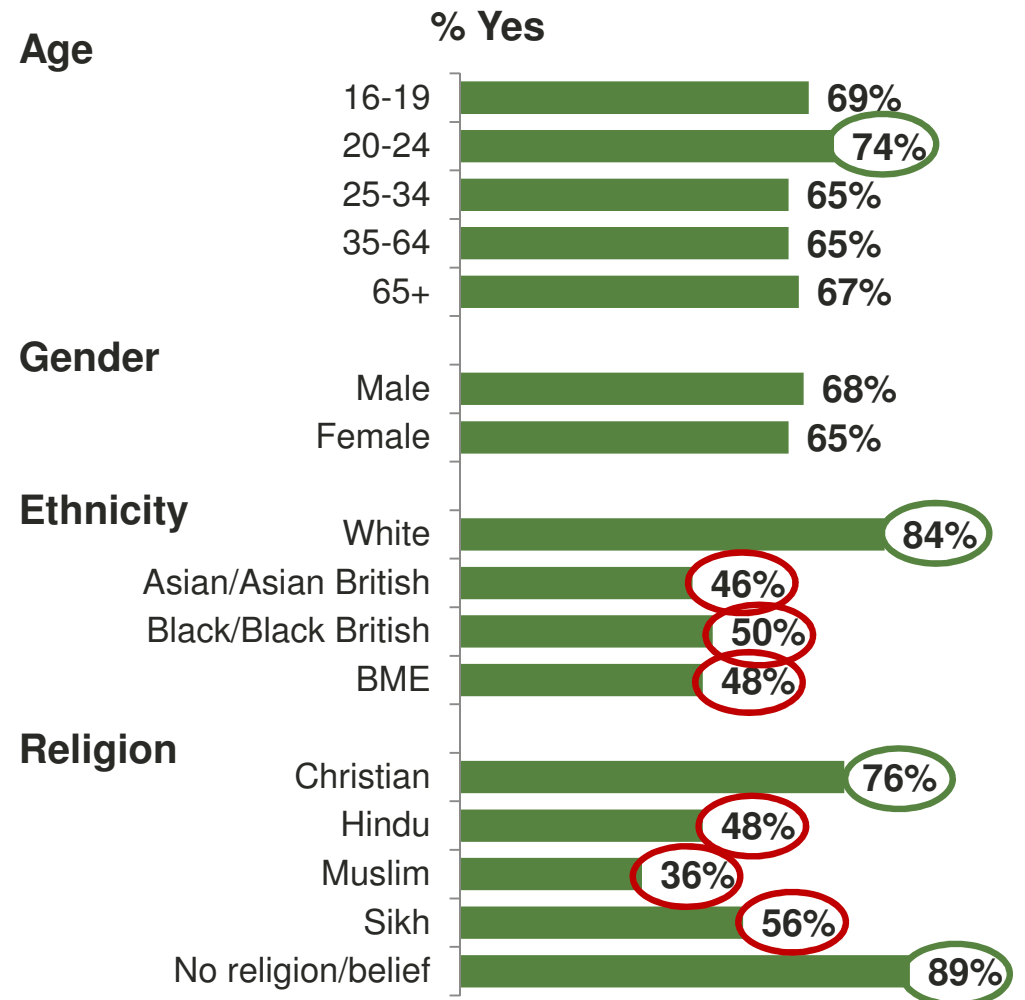
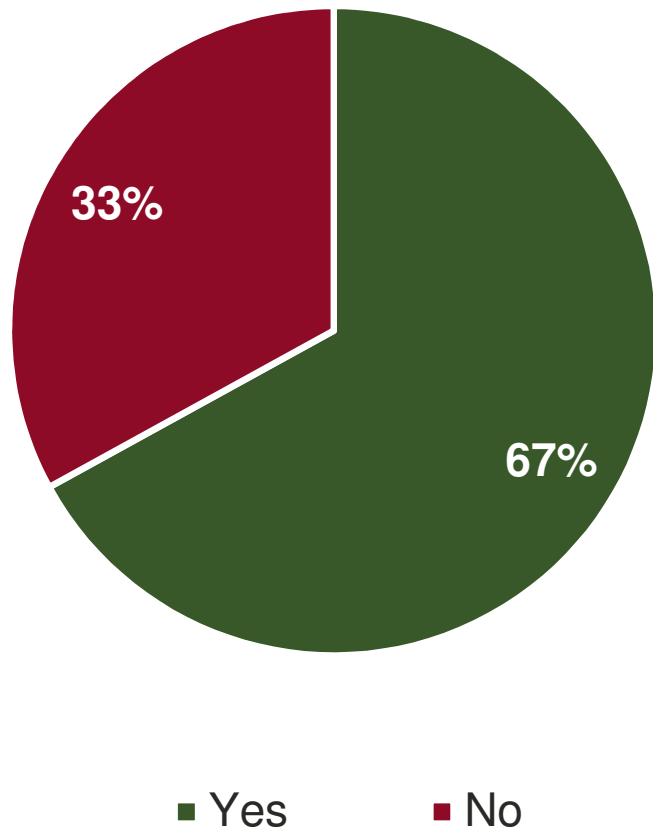
Drinkers who are **overweight** are no more likely than drinkers in Leicester in general to want to drink less than they do now.

There appears to be a link to finance too, with those who **always/mostly run out of money at the end of the month** more likely than those who hardly ever/never do to say they want to drink less (24% vs. 17%)

The same cultural and religious groups who are less likely to drink are also less likely to have heard of units of alcohol.

Q55. Have you heard of units of alcohol?

Heard of units of alcohol?



Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

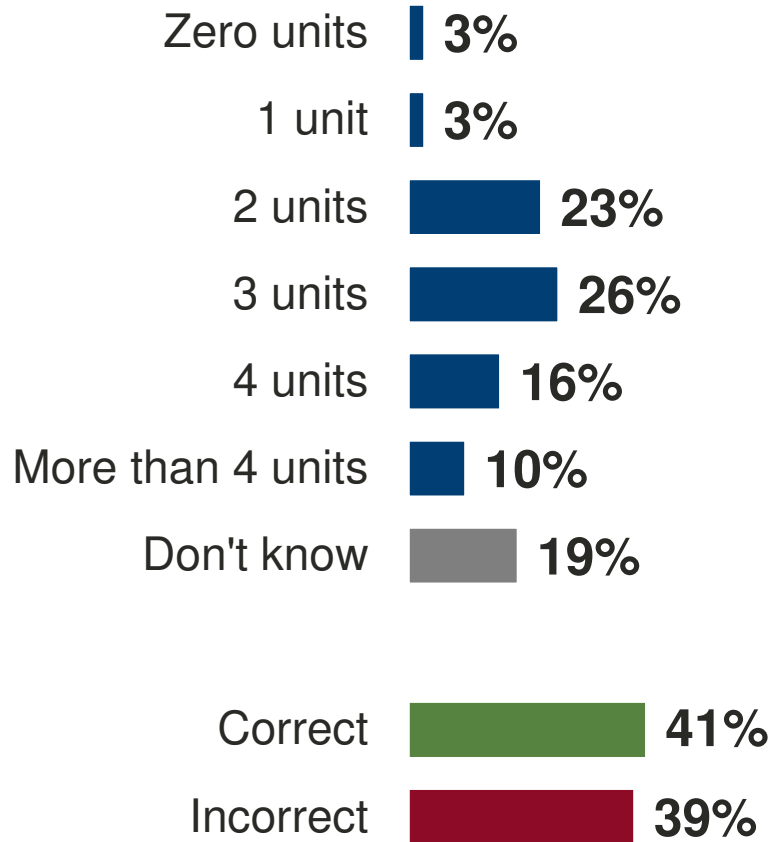
Ipsos MORI

Women are more accurate than men when asked about the official recommended maximum number of units they can drink per day.

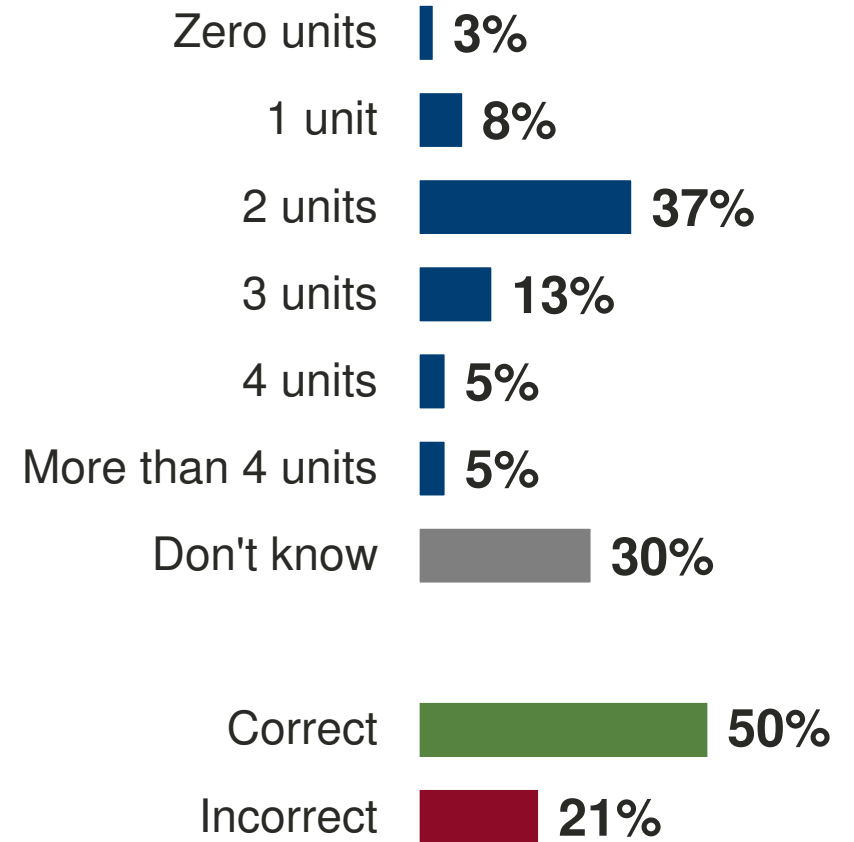
Q56/7. What do you think is the current official recommended maximum number of units per day for men/women?



Recommended guidelines – maximum 3-4 units per day



Recommended guidelines – maximum 2-3 units per day



Base: All males (771) and females (782) who have heard of units of alcohol : Fieldwork dates : 26th January – 7th June 2015

Ipsos MORI

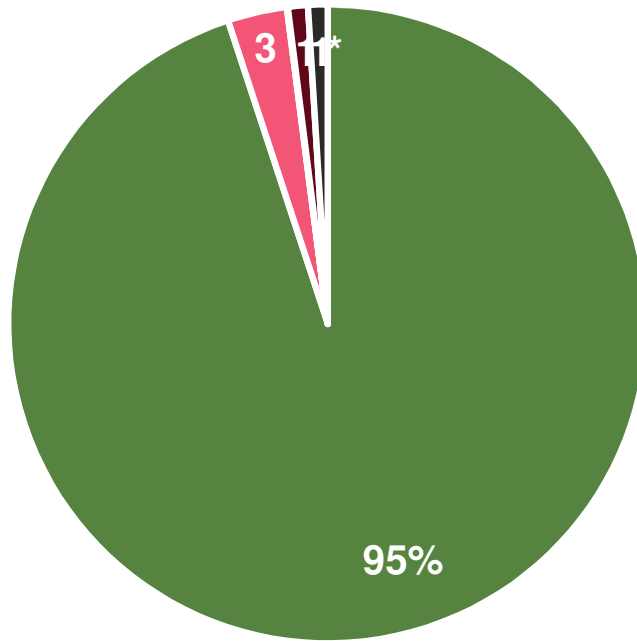
Most residents say they haven't used illegal drugs or legal highs in the last 12 months. Younger people aged 16-34 are more likely to say they've taken illegal drugs in the last 12 months (6%), as are those who drink above the recommended alcohol limit (12%).

Q59. Have you used illegal drugs in the last 12 months?

Q60. And have you used any 'legal highs' in the last 12 months, such as MCAT or miaow?

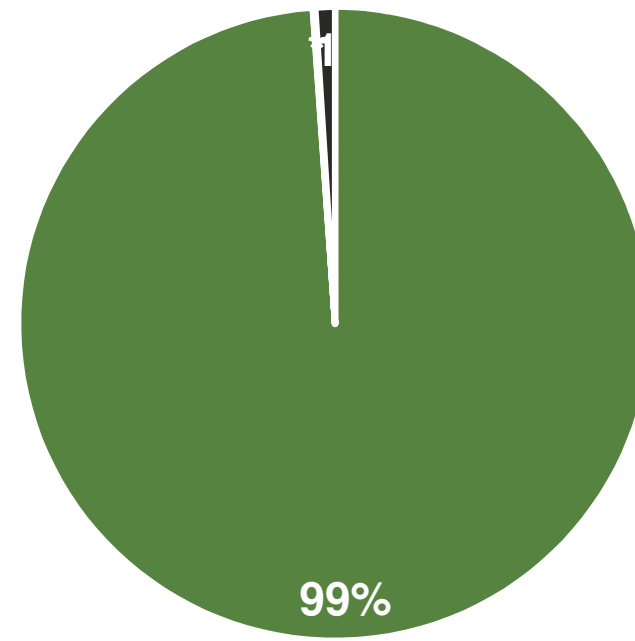
- No
- Yes, weekly
- Yes, occasionally
- Yes, more than weekly
- Yes, monthly
- Prefer not to say

Use illegal drugs?



Yes 4%

Used 'legal highs'?



Yes 1%

Base: Q59: All valid responses (2321); Q60: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

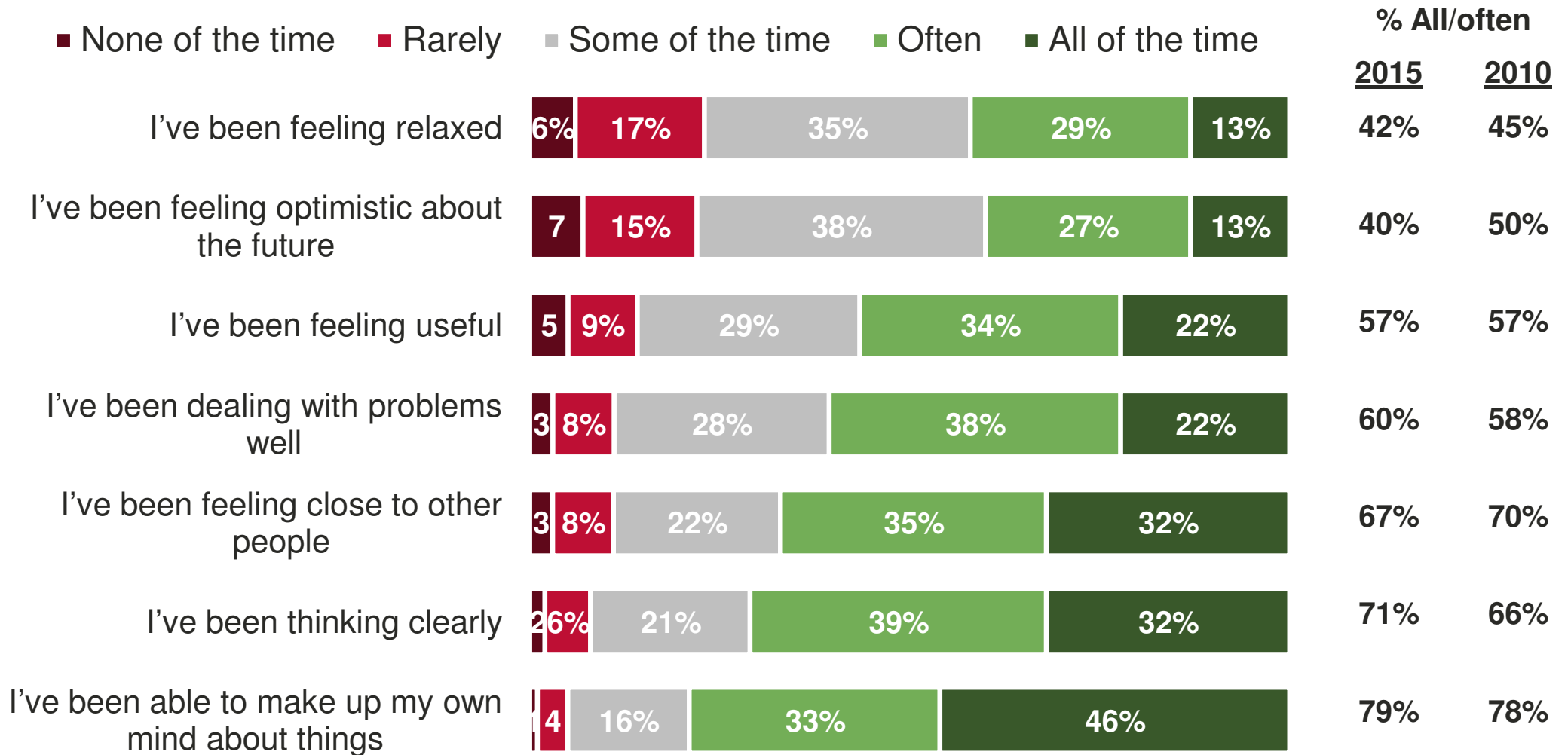


- When thinking about the past two weeks, residents are less likely to feel optimistic often or all of the time in 2015 than in 2010.
- However, a greater proportion say they have been thinking clearly.
- Those who are unemployed or have a disability or limiting condition are more likely to report 'poor' mental health and wellbeing.
- They are also more likely to feel isolated from others, as are residents aged between 35 and 64 and those with caring responsibilities.
- Results appear to show a link between poor mental health and wellbeing and social isolation.

Mental health and wellbeing

Residents are less likely to say they feel optimistic often/all of the time than in 2010, but more likely to say that they have been thinking clearly. Close to four in five say that they have been able to make up their own mind about things.

Q44. Here are some statements about feelings and thoughts. Which best describes your experience of each over the last 2 weeks?



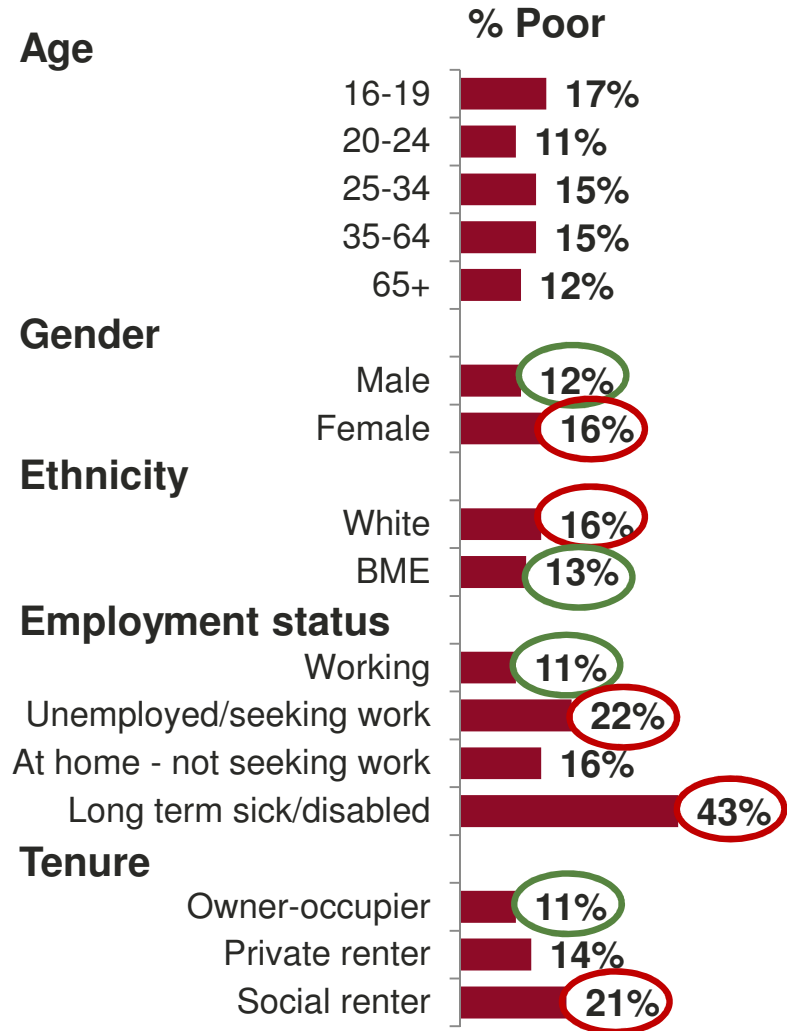
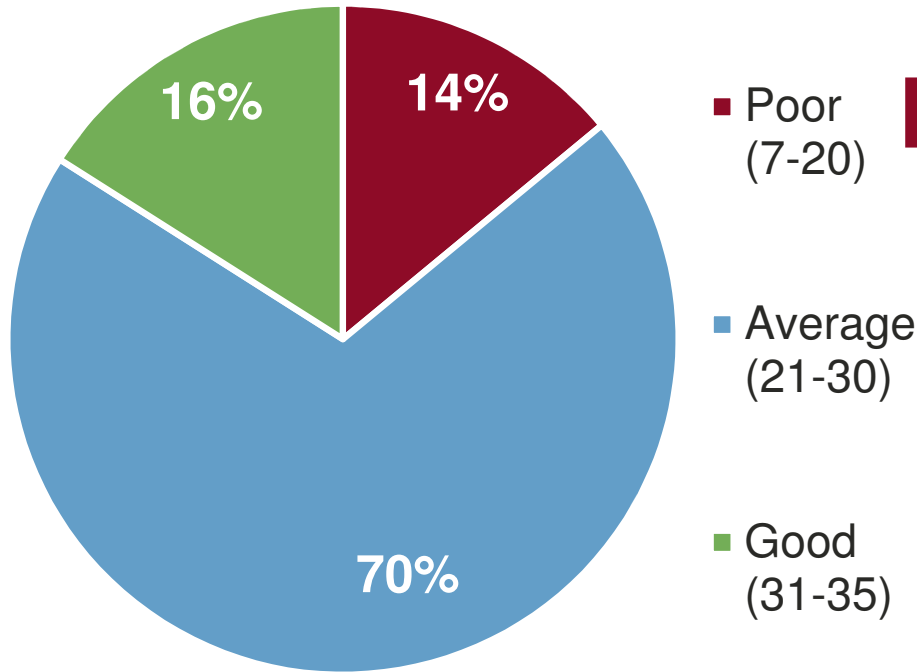
Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Wellbeing varies by a number of factors, but not huge differentiation by age.



Mental health and wellbeing – mean calculations



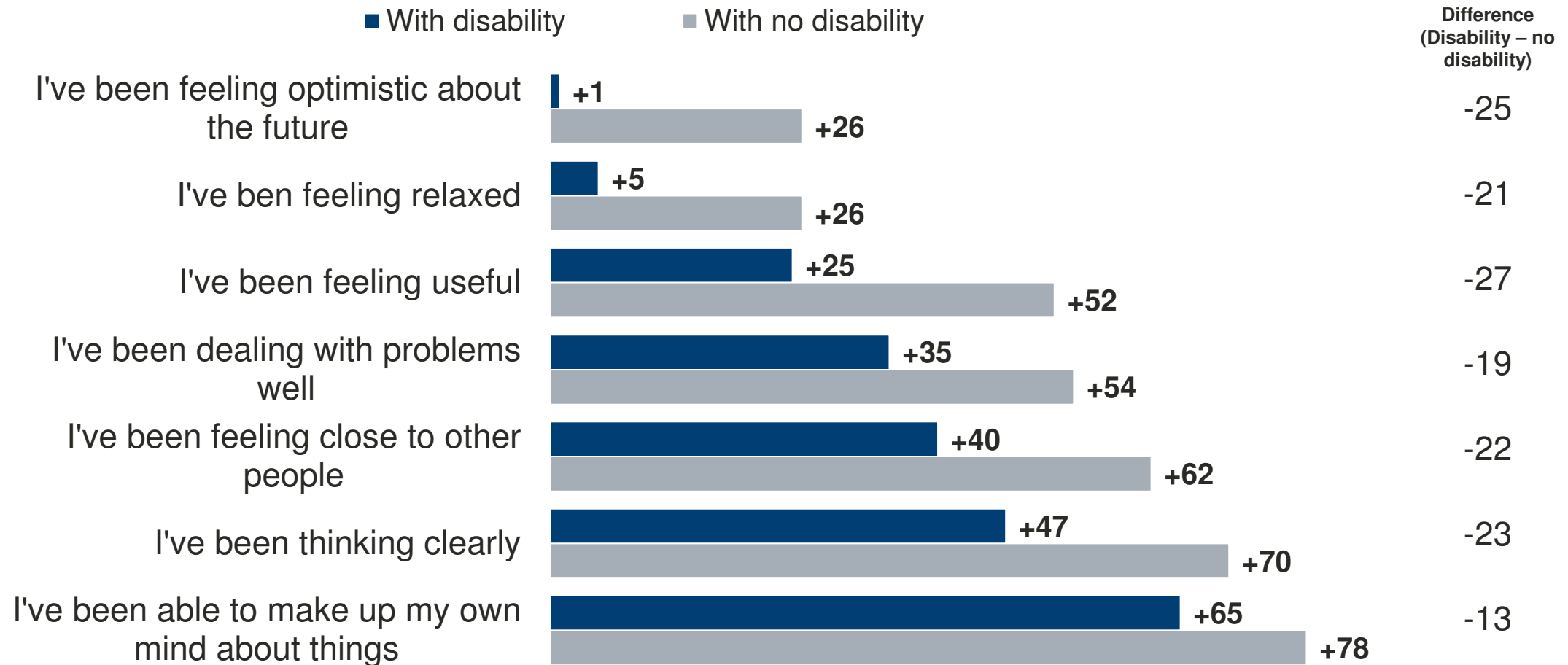
Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Those with a disability are significantly more likely to have a 'poor' level of mental health and well-being (24% vs. 10%) compared to those without a disability.

Q44. Here are some statements about feelings and thoughts. Which best describes your experience of each over the last 2 weeks?

Showing 'net' mental health and wellbeing figures (% all the time / often minus % none of the time / rarely for each attribute)



Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

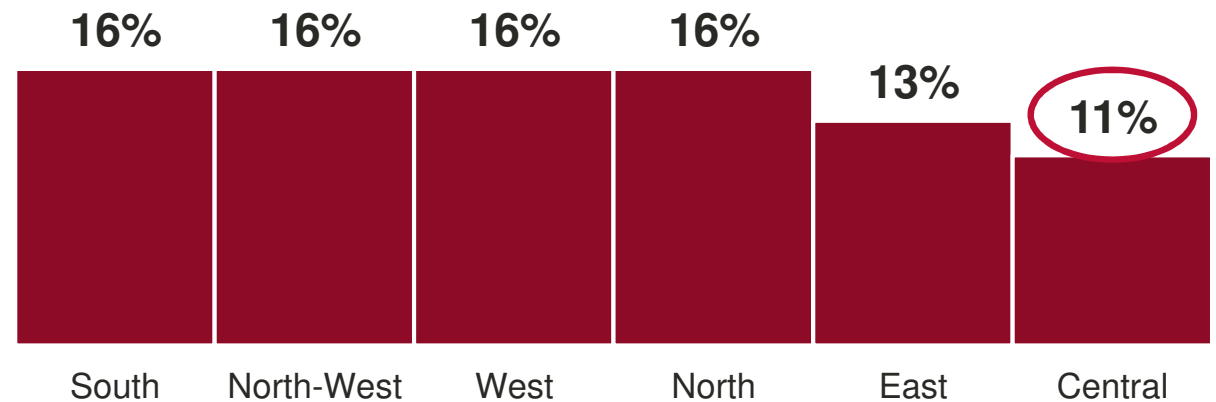
Source: Ipsos MORI

Results by geography: reporting of 'poor' mental health less likely among residents in Central Leicester.

Mental health and wellbeing – mean calculations

% poor

14% overall



Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI



=significantly higher than the overall

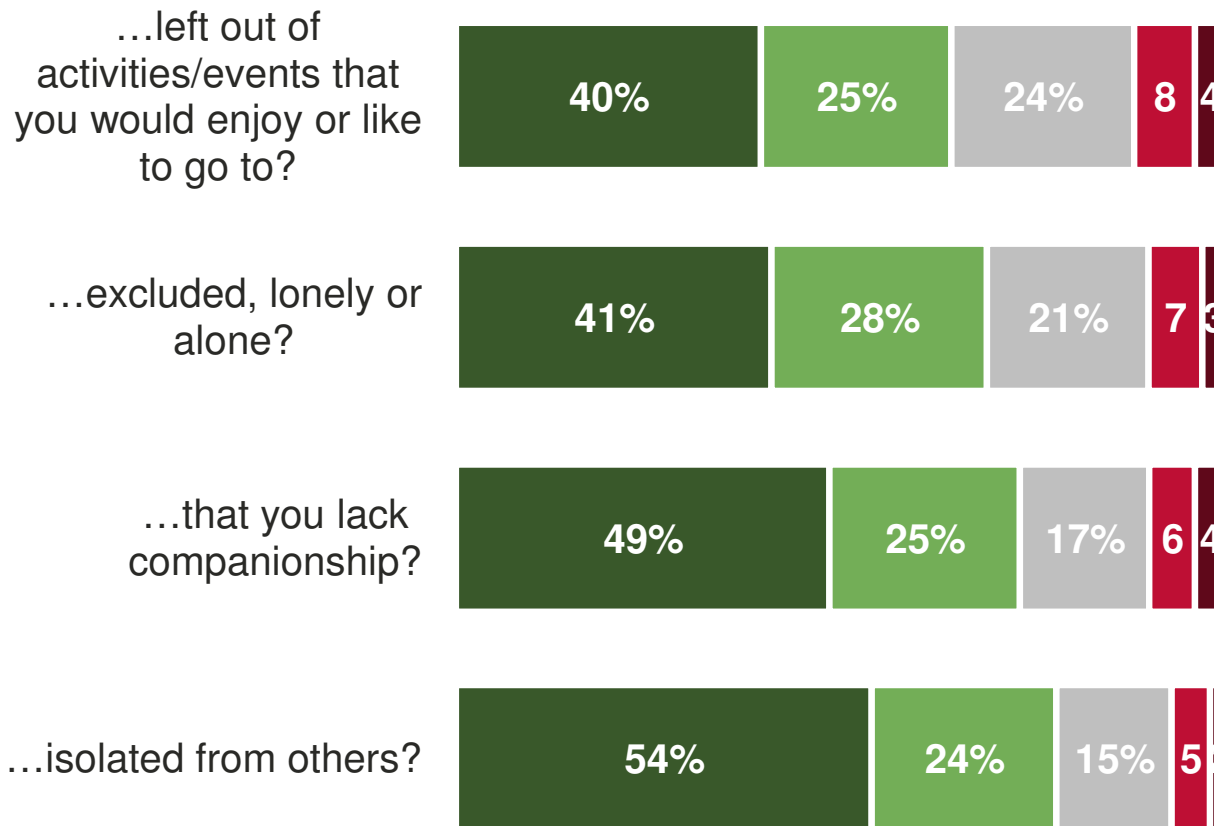


=significantly lower than the overall

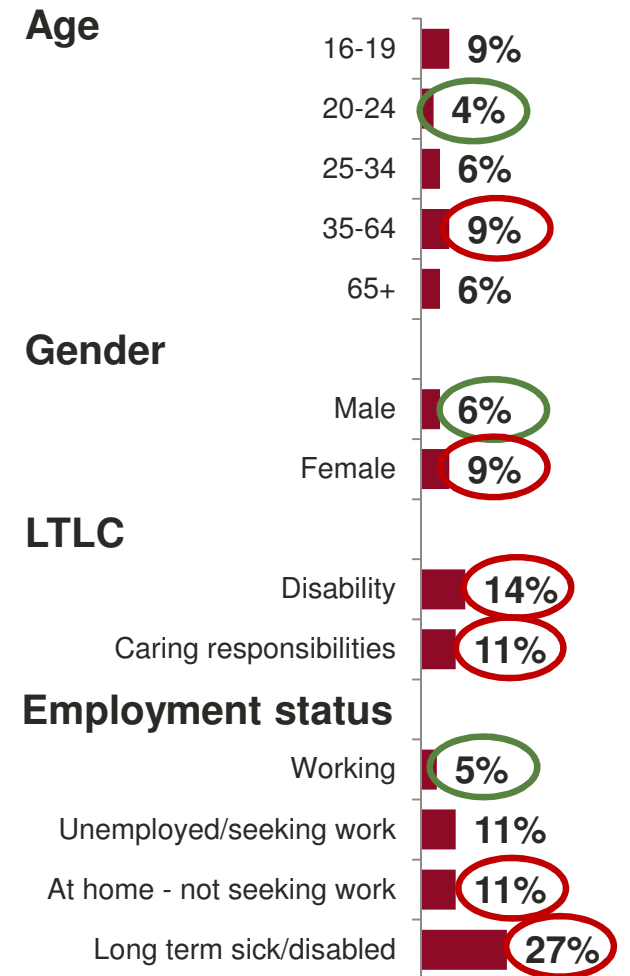
Social isolation: low-levels of isolation across Leicester, but higher among long-term sick/disabled.

Q45. Which best describes how often you feel...?

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



% isolated from others often/always (7% overall)



Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

There appears to be a relationship between poor MHWB and social isolation.

Q45. Which best describes how often you feel...?

% often / all of the time:	Poor (7-20)	Average (21-30)	Good (31-35)
...excluded, lonely or alone?	34%	7%	3%
...that you lack companionship?	26%	8%	3%
...left out of activities/events that you would enjoy or like to go to?	27%	10%	5%
...isolated from others?	27%	5%	2%

Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI



=significantly lower than the overall



=significantly higher than the overall

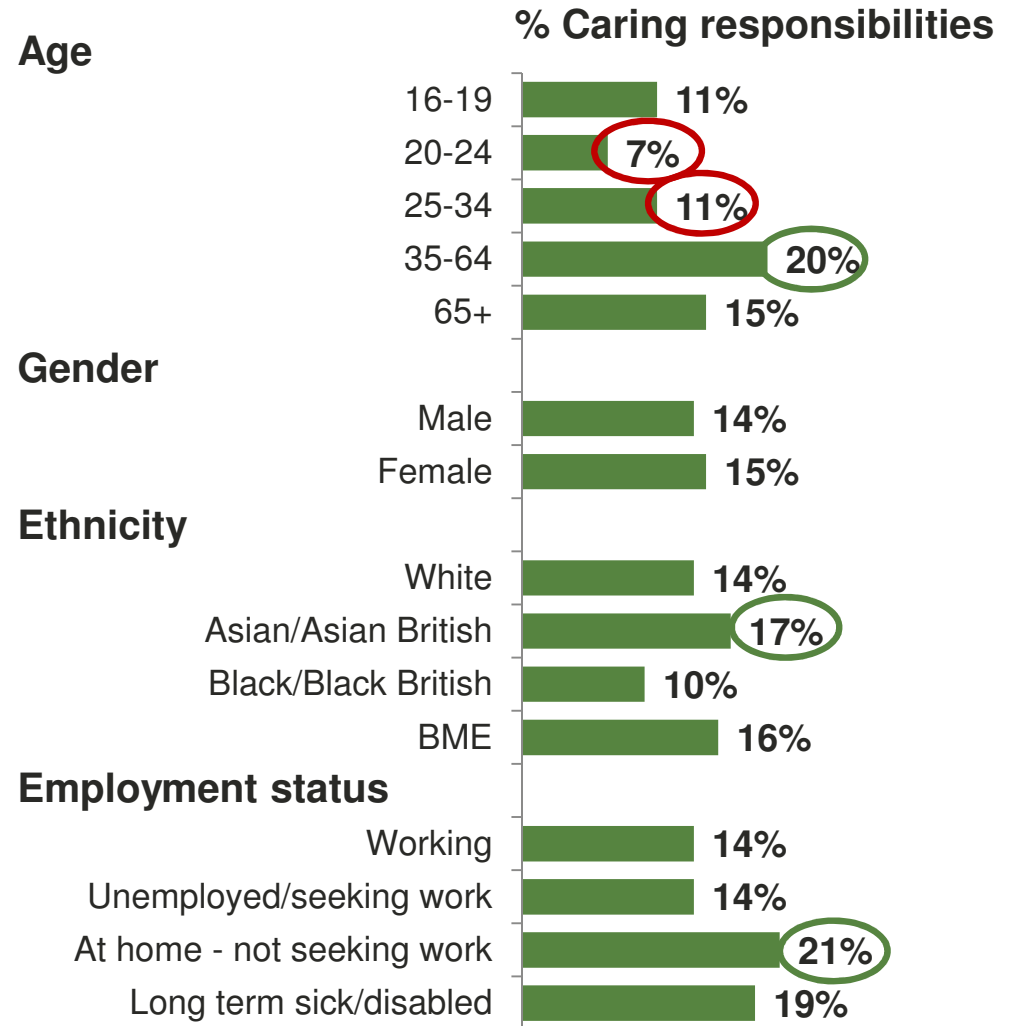
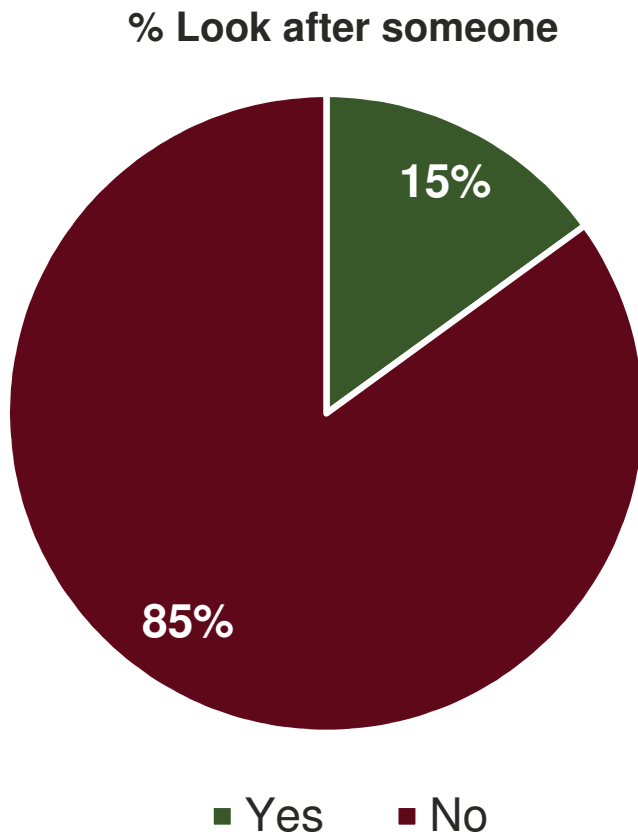


- Some 15% of residents look after a family member, partner or friend who needs help because of their illness, frailty or disability.
- Residents aged between 35 and 64, Asian/Asian British residents and those at home-not seeking work are among those most likely to have caring responsibilities.
- Residents with caring responsibilities mostly live with the person they care for
- Findings suggest that carers are less likely than those without caring responsibilities to say they have been feeling relaxed or optimistic about the future over the past two weeks.

Carers and caring responsibilities

Residents with caring responsibilities mostly live with the person they care for, and carers tend to be older...

Q8. Do you look after a family member, partner or friend who needs help because of their illness, frailty or disability?



Base: All valid responses (2321) ; Fieldwork dates : 26th January – 7th June 2015

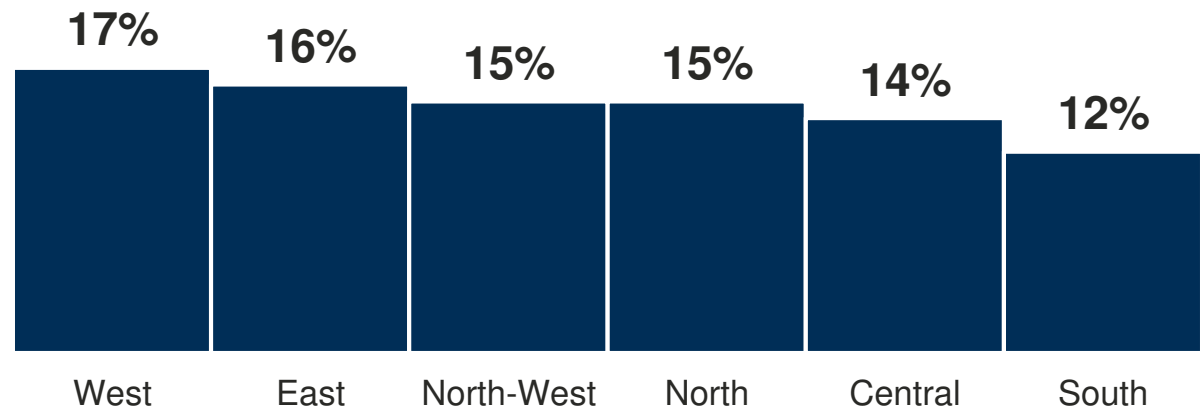
Source: Ipsos MORI

...though there is not a huge degree of difference by geography across Leicester

Q8. Do you look after a family member, partner or friend who needs help because of their illness, frailty or disability?

% yes

15% overall



Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI



=significantly higher than the overall



=significantly lower than the overall

There appears to be a relationship between those with caring responsibilities and certain aspects of their mental health and wellbeing.

Q44. Here are some statements about feelings and thoughts. Which best describes your experience of each over the last 2 weeks?

% None of the time/rarely	Caring responsibilities	No caring responsibilities
I've been feeling relaxed	31%	21%
I've been feeling optimistic about the future	29%	21%
I've been feeling useful	14%	14%
I've been feeling close to other people	14%	11%
I've been dealing with problems well	12%	12%
I've been thinking clearly	8%	8%
I've been able to make up my own mind about things	6%	5%

There is no significant difference in the overall mental health and wellbeing score between those with caring responsibilities and those without.

However, those with no caring responsibilities are more likely to feel optimistic about the future all the time or often than those with caring responsibilities (43% vs. 28%).

Similarly those with caring responsibilities are more likely to feel relaxed none of the time / rarely (31% vs. 21%).

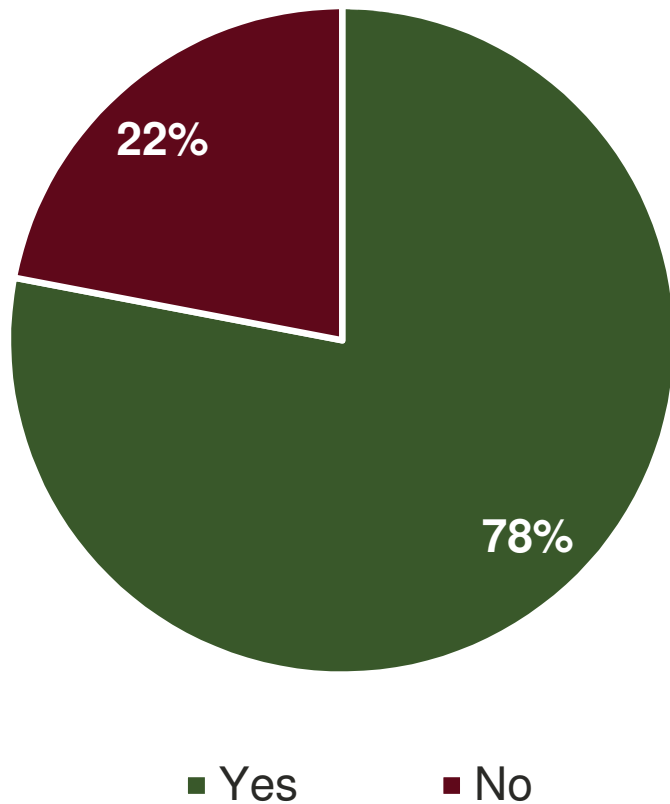
Base: All valid responses who look after a family member, partner or friend (340) and those who do not (1981)
: Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

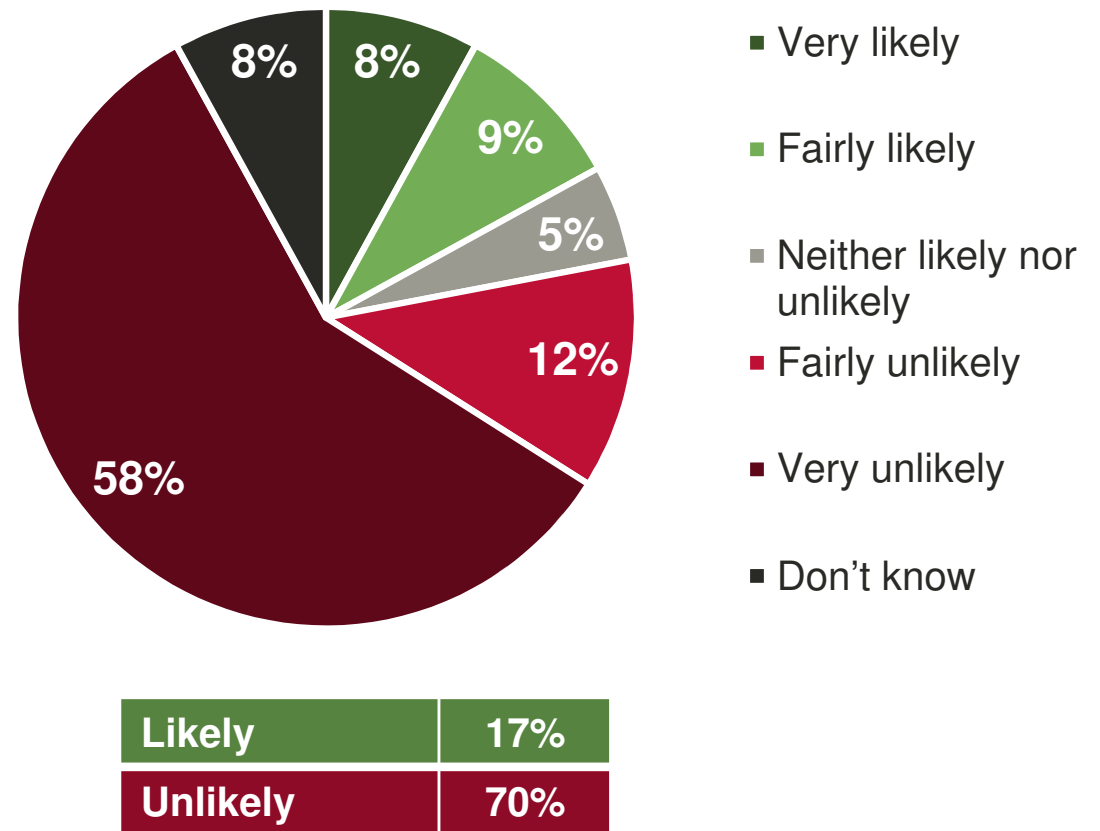
But relatively few think it likely that this person will need to move somewhere else as a result.

Q9. Does the person [you care for] live with you? Q10. How likely, if at all, do you think it is that this person will need to move to different accommodation as a result of age or disability in the next five years?

Person lives with you



Likelihood of person moving elsewhere in next five years



Base: Q9. All valid responses who look after a family member, partner or friend (340). Q10. All valid responses who look after a family member, partner or friend who lives with them (266) Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI



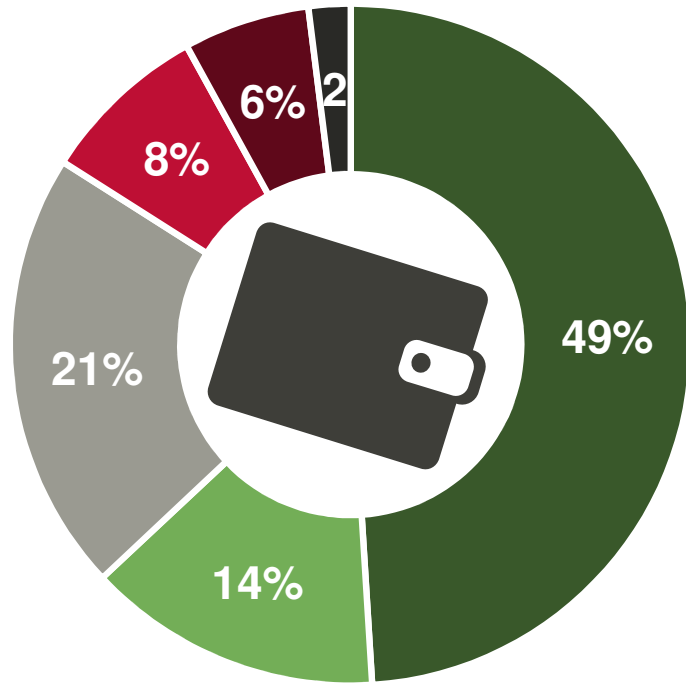
- Most residents report good financial health: 63% hardly ever or never run out of money before the end of the week or month.
- Those who run out of money most or all of the time are more likely to be unemployed and/or disabled.
- Those with 'good' mental health and wellbeing are nearly twice as likely as those with 'poor' mental health and wellbeing to say they have not been affected by various negative aspects of the current economic climate.
- On balance, residents are just as likely to feel better off as worse off financially compared with 12 months ago.

Financial

Three fifths of respondents hardly ever, or never run out of money. Those who are not in work are more likely to run out of money always or most of the time.

Q26. In the past 12 months, how often, if at all, have you run out of money before the end of the week or month?

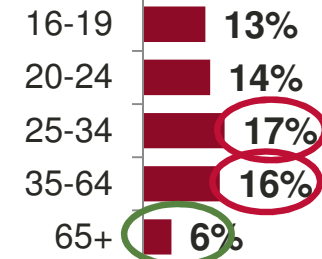
- Never
- Hardly ever
- Sometimes
- Most of the time
- Always
- Don't know



Always/most of the time	14%
Hardly ever/never	63%

Age

% Always/most of the time



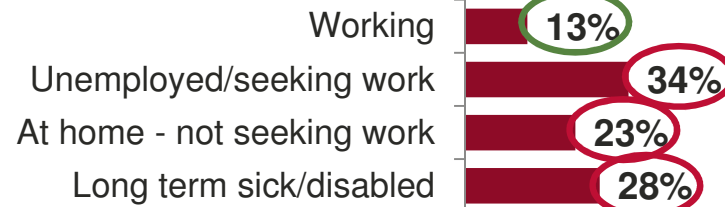
Gender



Ethnicity



Employment status



Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Residents in North-West and West Leicester more likely to run out of money frequently than those in Central or East.



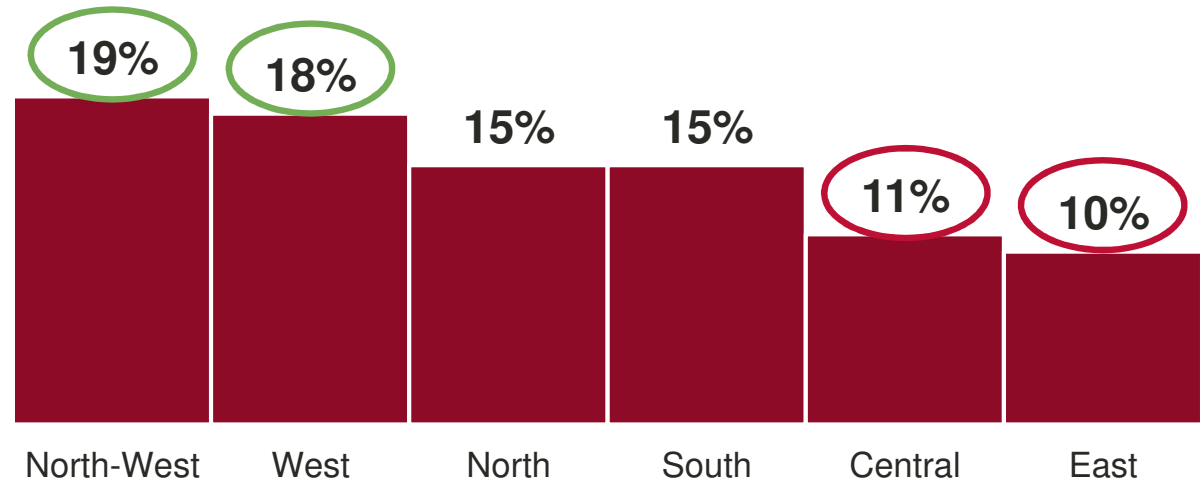
Q26. In the past 12 months, how often, if at all, have you run out of money before the end of the week or month?

% run out of money by end of the week or month

14% overall



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Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI



=significantly higher than the overall

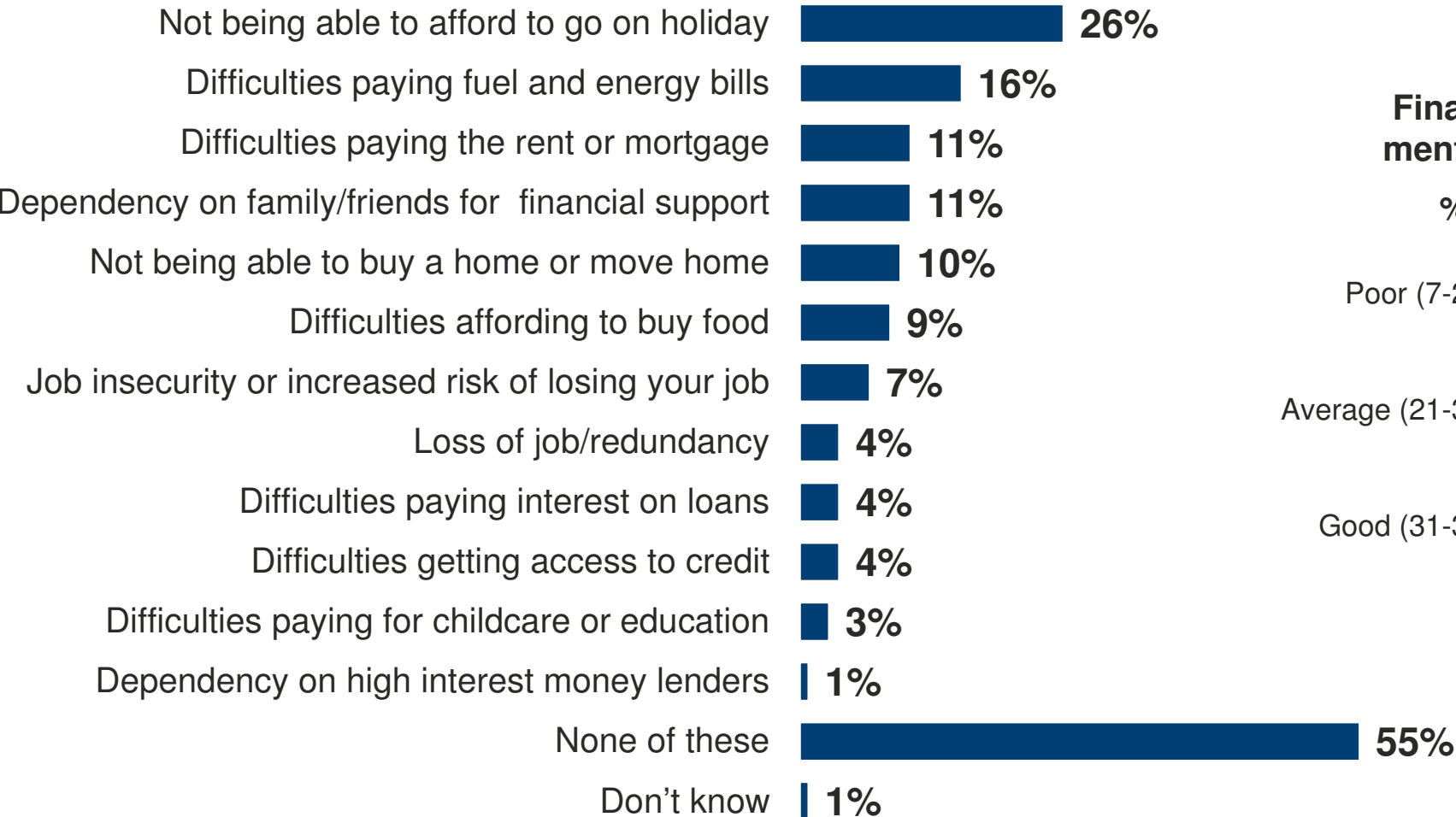


=significantly lower than the overall

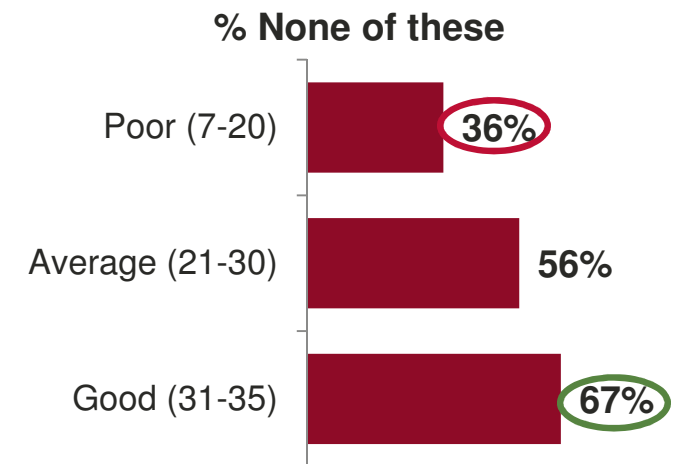


There seems to be a relationship between poor mental health and wellbeing and experiencing financial difficulties.

Q27. Thinking of the current economic climate, have you been affected by any of the following in the last 12 months?



Financial difficulties by mental wellbeing scores



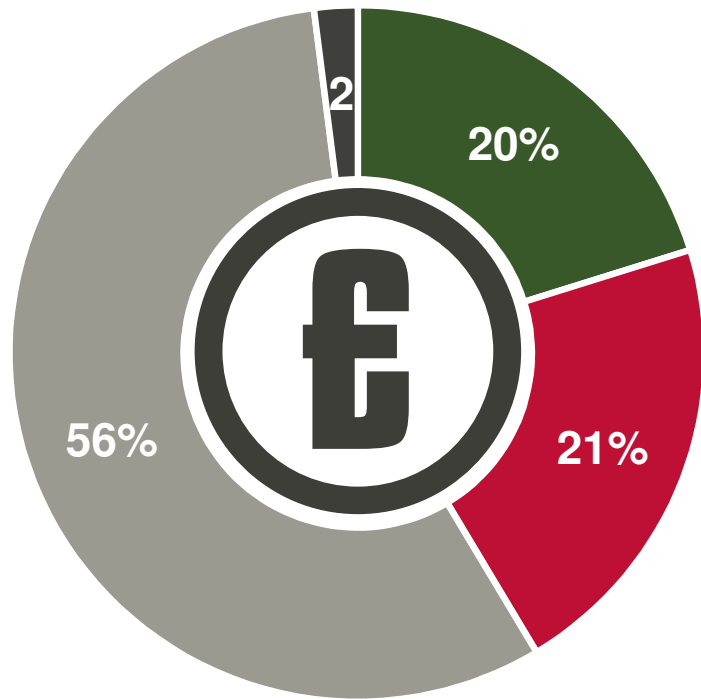
Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

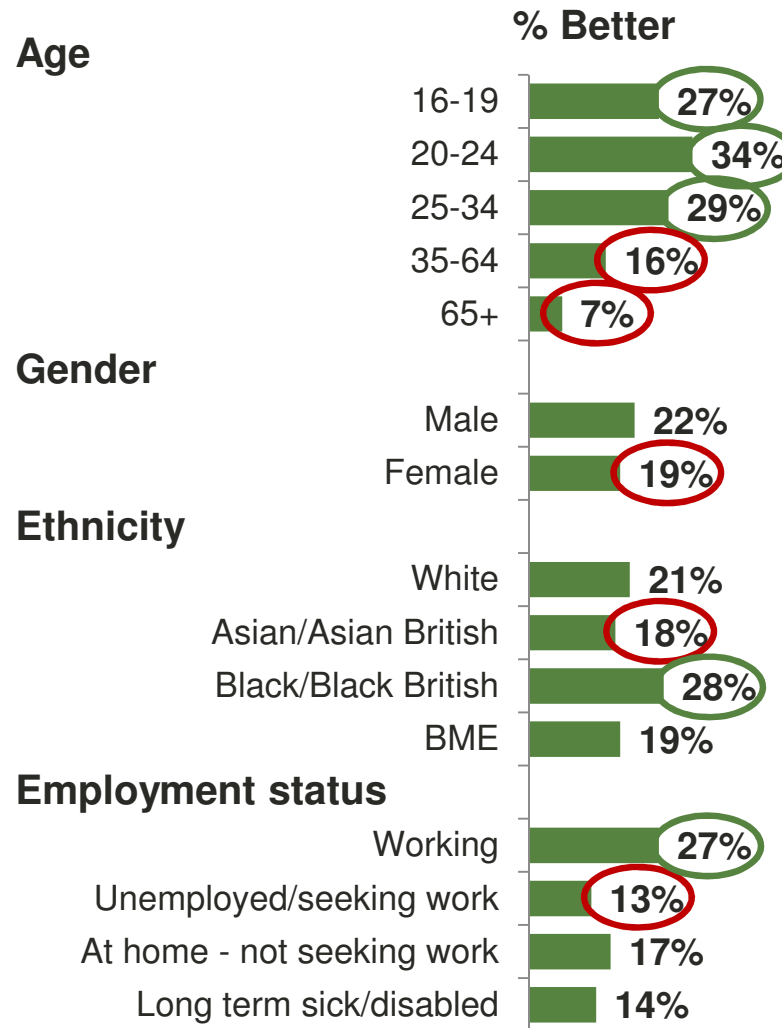
The majority of respondents feel about the same as last year. Those aged 16-34 are more likely to feel better off than those aged 35+.

Q28. Do you feel better off, worse off, or about the same financially than you did 12 months ago?

■ Better off ■ Worse off ■ About the same ■ Don't know



Net better -1%



Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI



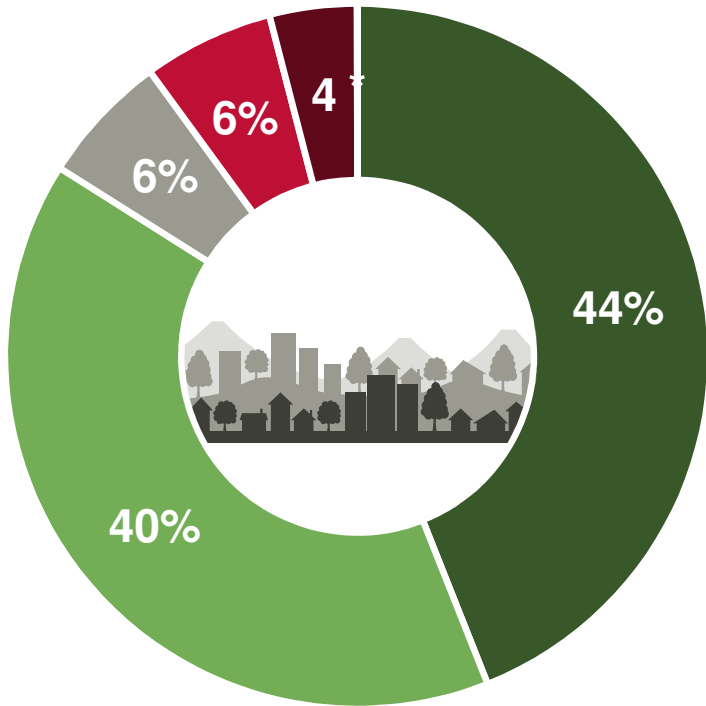
- The vast majority of residents are satisfied with their local area as a place to live. BME residents are particularly satisfied, as well as those aged between 35 and 64.
- Satisfaction varies by geography. Those in the South of Leicester are more likely than those in the North-West to feel satisfied.
- Satisfaction varies even more by ward, ranging between 97% and 74%.
- Over half of residents surveyed have lived in Leicester for 11 or more years. One in five (20%) have been in Leicester for two years or fewer.

Local area

Satisfaction with the local area is high, particularly among for BME respondents and those aged 35-64.

Q24. Overall, how satisfied or dissatisfied are you with your local area as a place to live?

- Very satisfied
- Fairly satisfied
- Neither satisfied nor dissatisfied
- Fairly dissatisfied
- Very dissatisfied
- Don't know



Satisfied	84%
Dissatisfied	10%

Age

% Satisfied



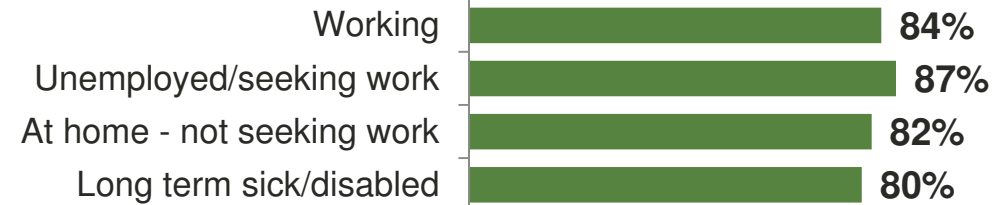
Gender



Ethnicity



Employment status

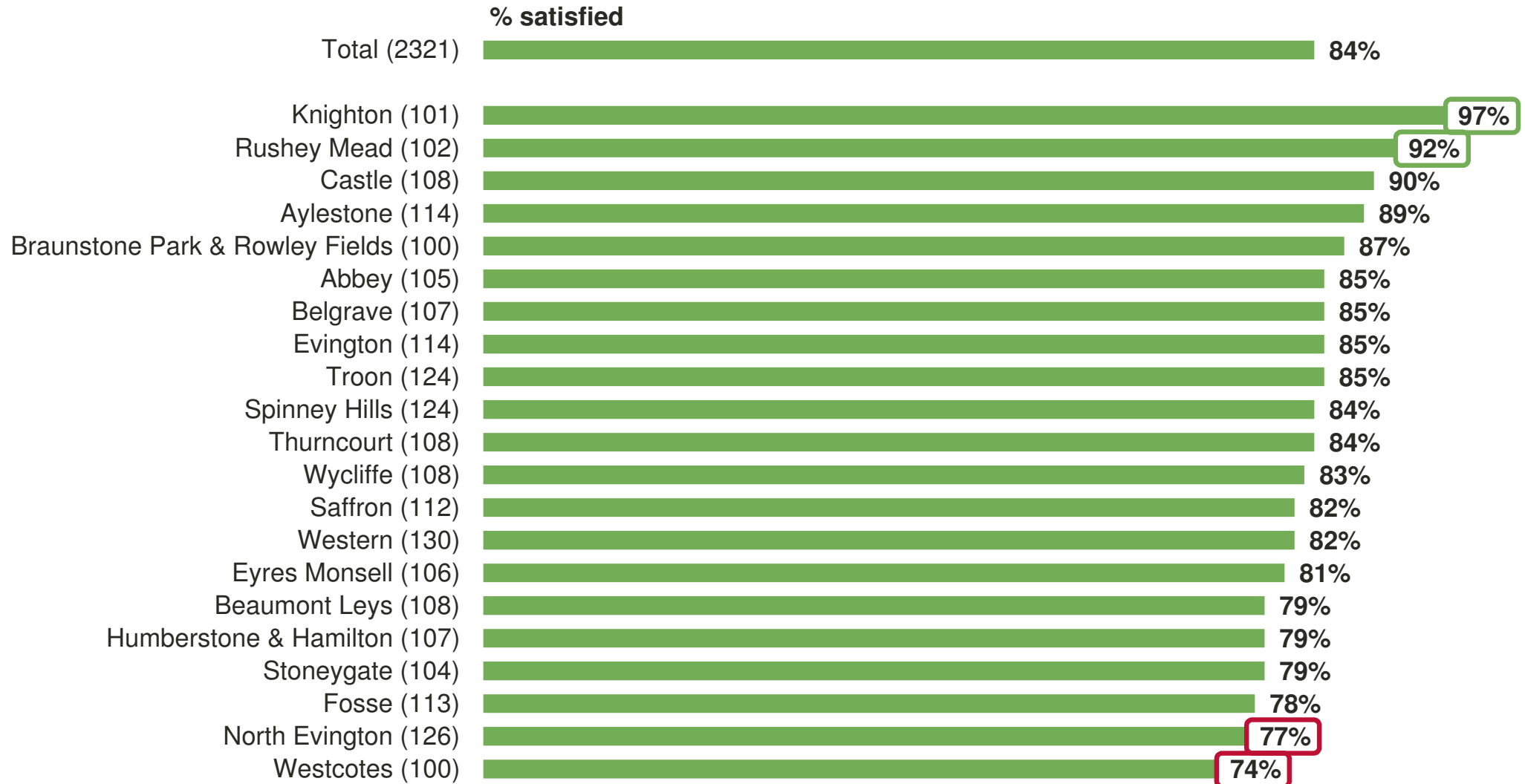


Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

High degree of variation in attitudes towards the local area by ward.

Q24. Overall, how satisfied or dissatisfied are you with your local area as a place to live?



Base: All valid responses (see above) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

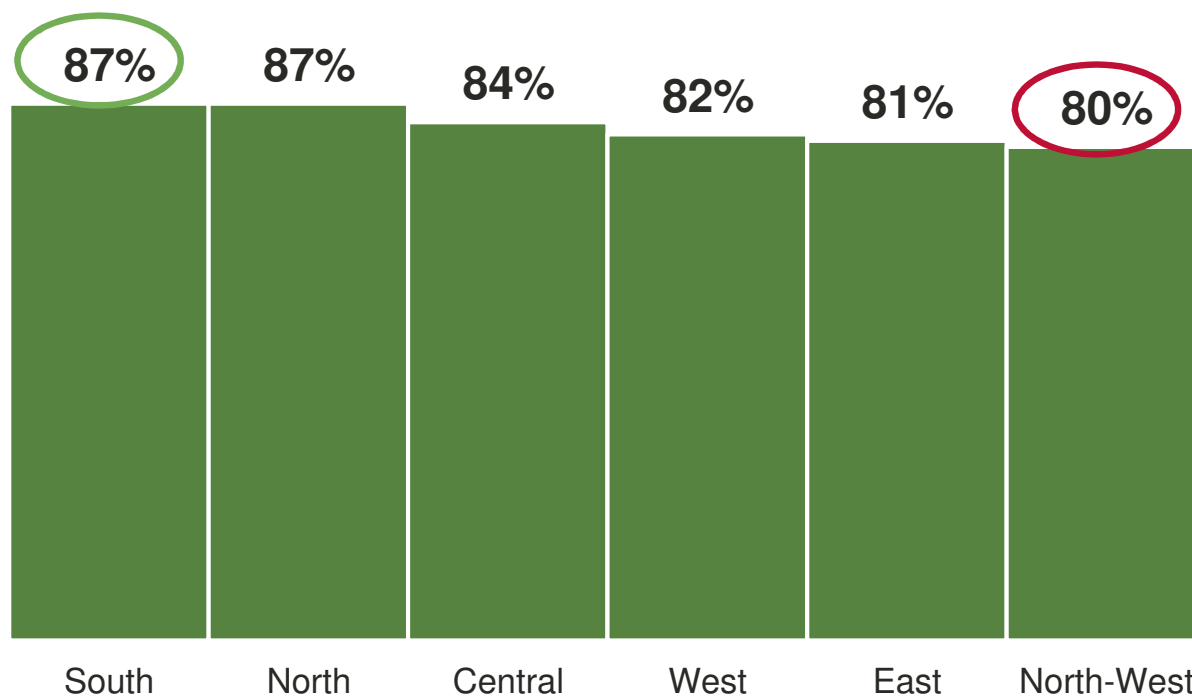


Results by geography: satisfaction with the local area.

Q24. Overall, how satisfied or dissatisfied are you with your local area as a place to live?

% satisfied with the local area

84% overall



Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI



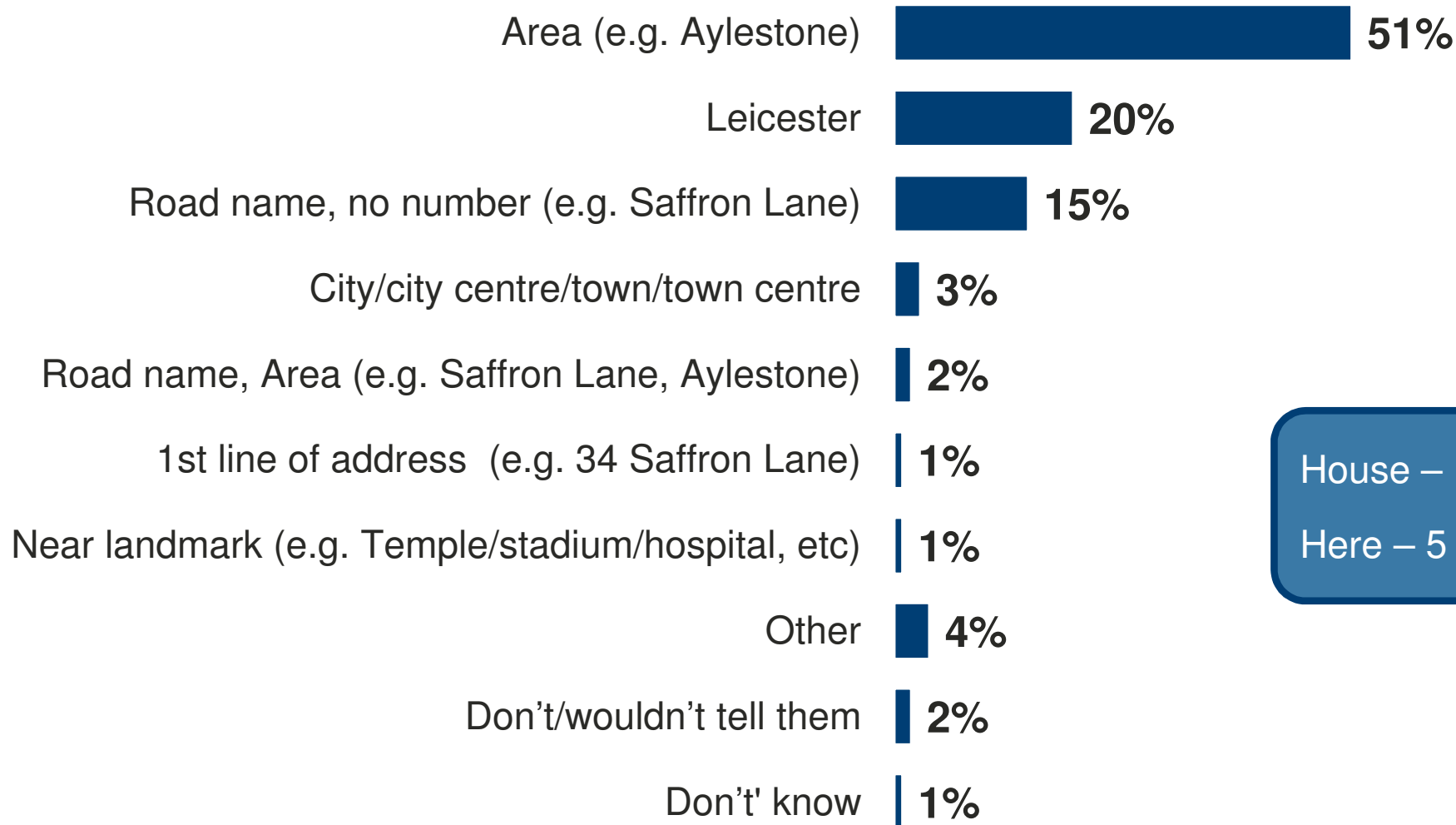
=significantly higher than the overall



=significantly lower than the overall

Residents are more likely to think of their local area than the wider city when asked to describe where they live.

Q22. If someone from Leicester asked you where you live, what would you say?



House – 10 respondents
Here – 5 respondents

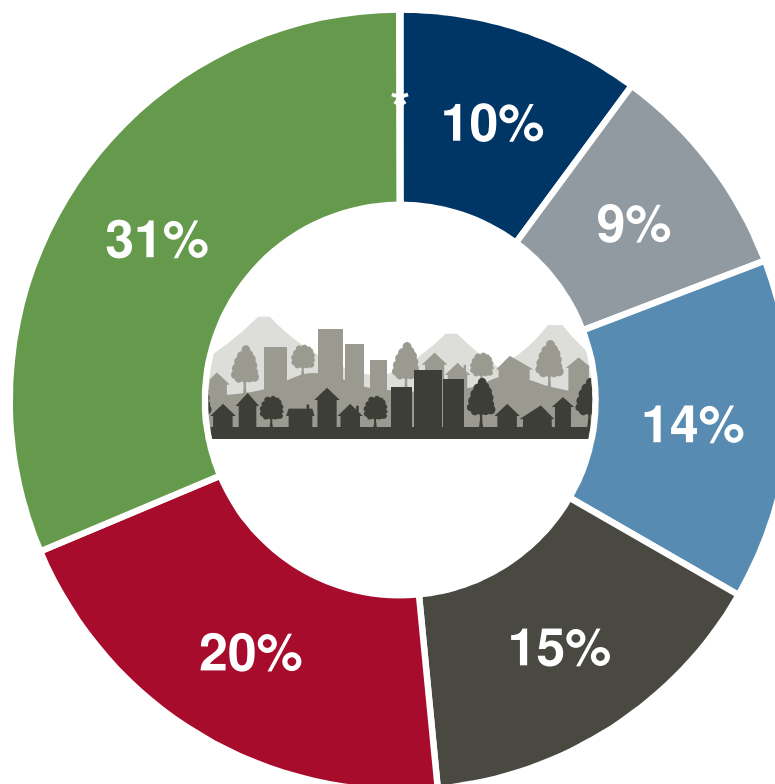
Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

More than half of residents have lived in Leicester for 11 or more years; one in five less than two years.

Q23. *Approximately how long have you been living in your local area?*

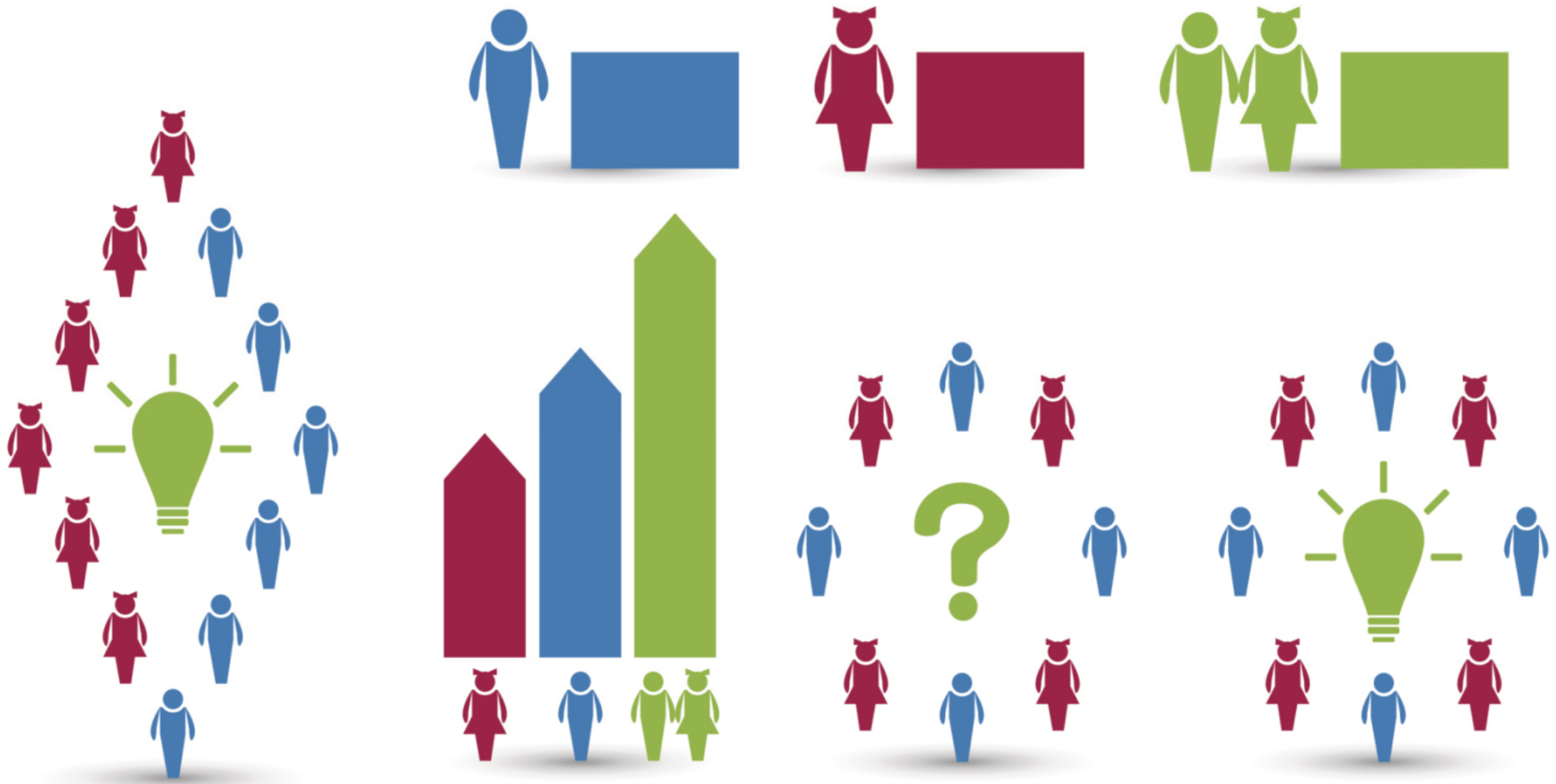
- Less than 1 year
- 1-2 years
- 3-5 years
- 6-10 years
- 11-20 years
- 21 years or longer
- Don't know/can't remember



2 years or less	20%
3-10 years	29%
11+ years	51%

Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI



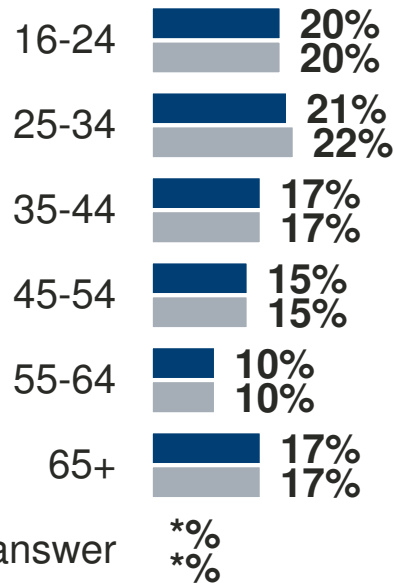
Demographics

Profile of Leicester residents aged 16+ by key demographic characteristics (1)

Gender



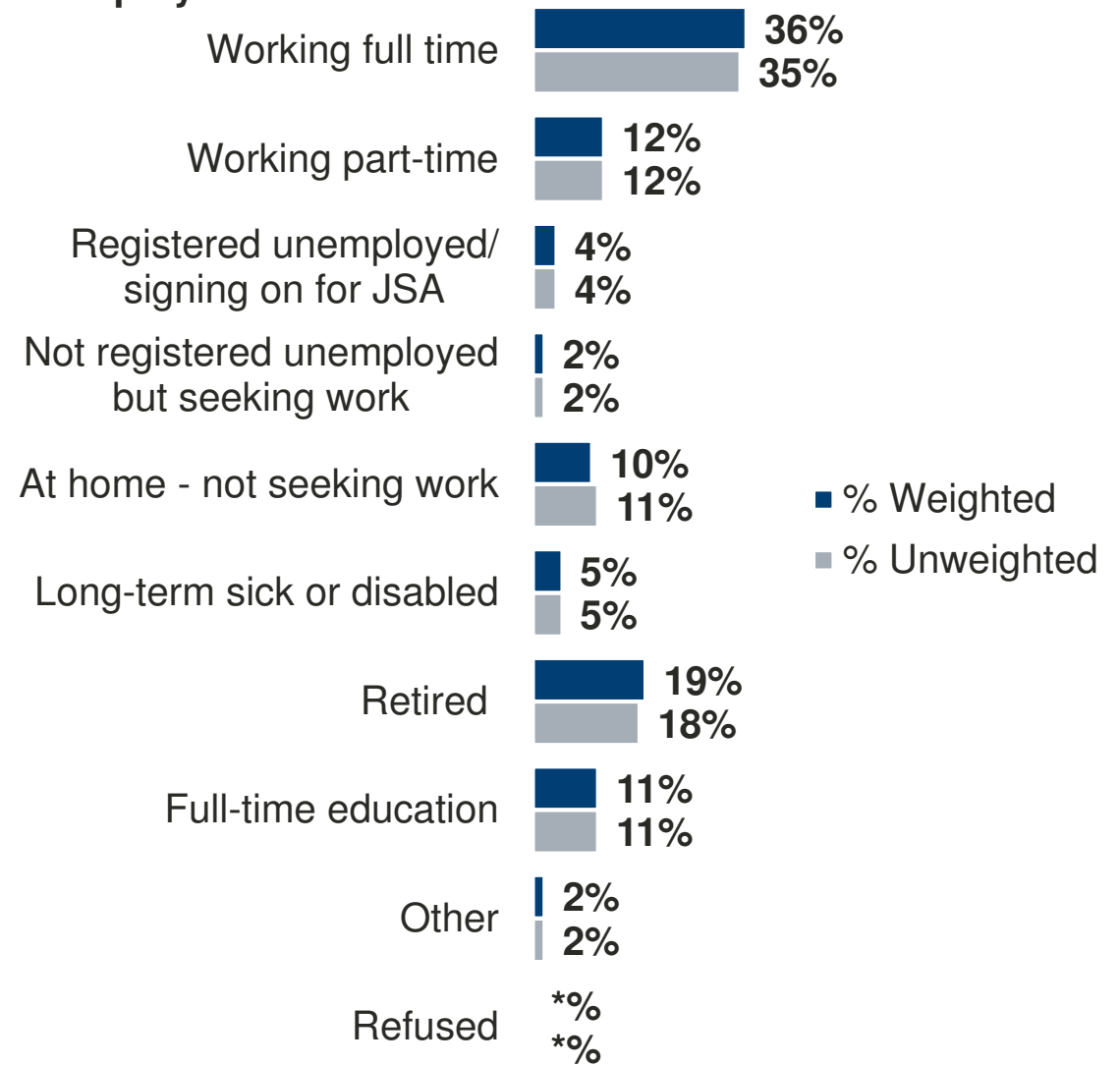
Age



Ethnicity



Employment status

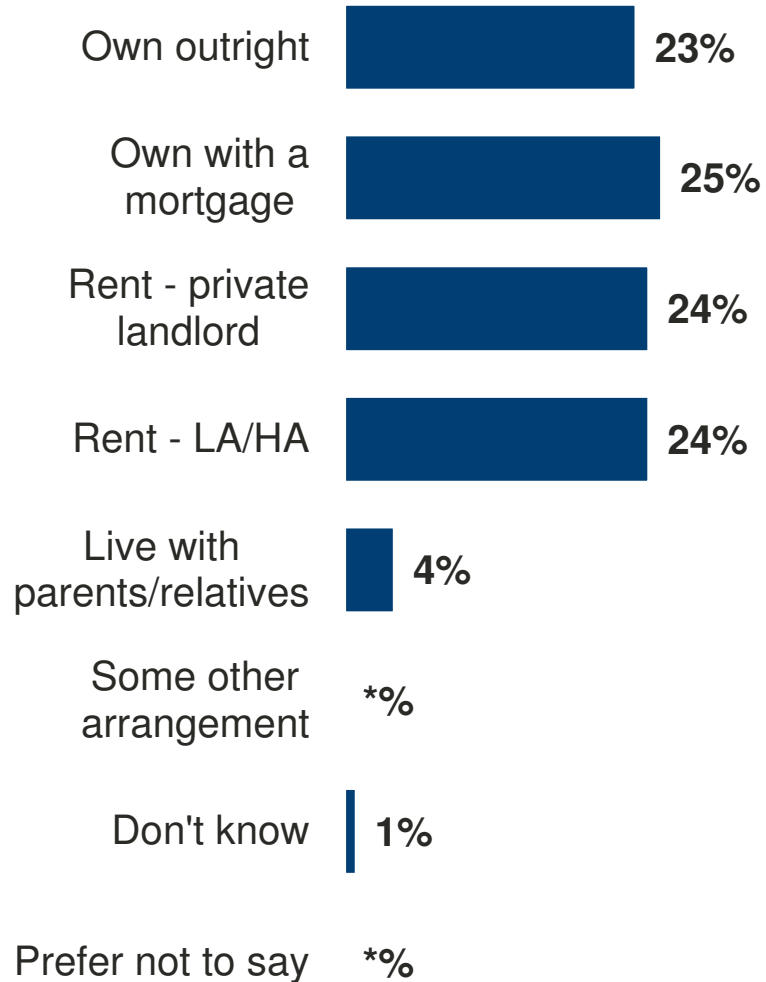


Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

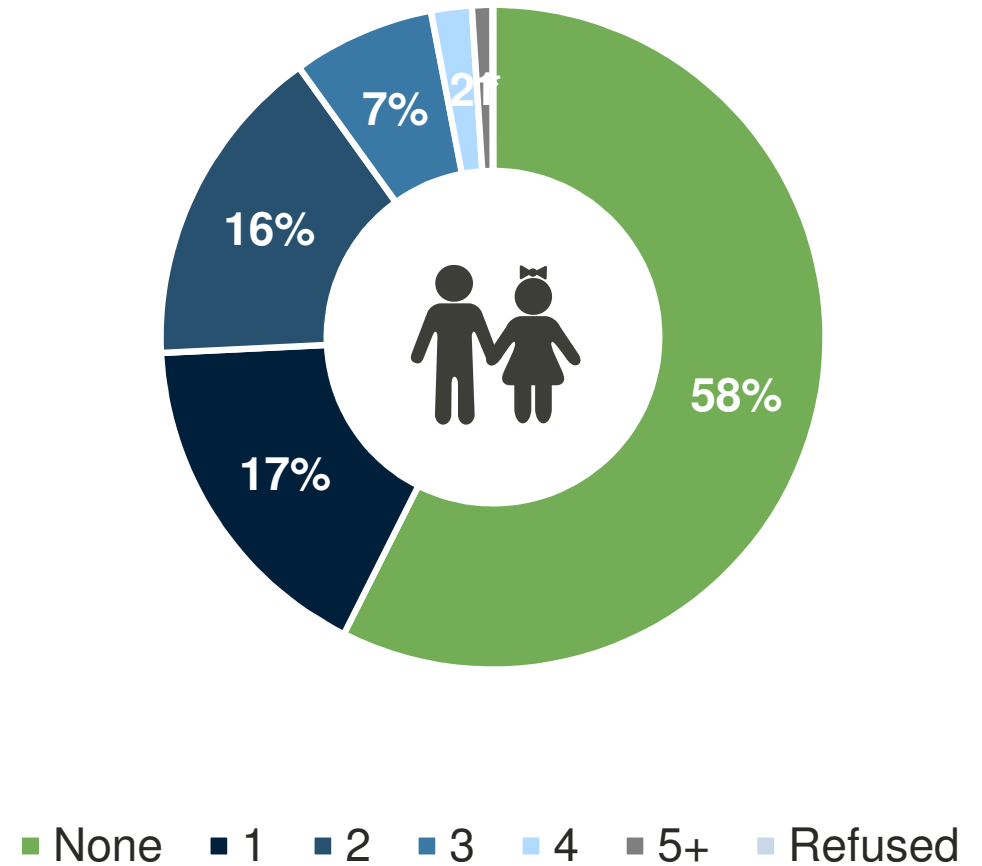
Source: Ipsos MORI

Profile of Leicester residents aged 16+ by key demographic characteristics (2)

Tenure



Children in household

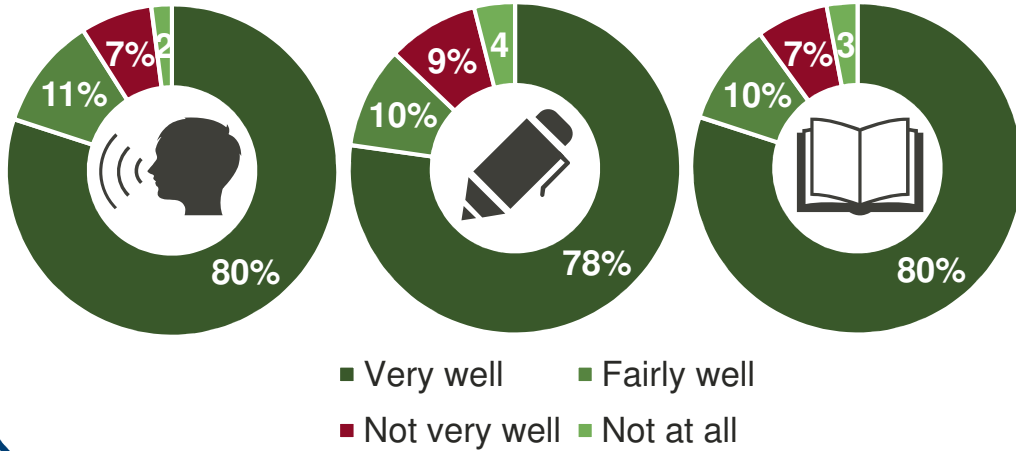


Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Profile of Leicester residents aged 16+ by key demographic characteristics (3)

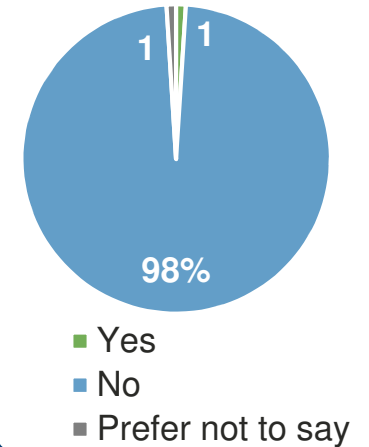
Speak, write, read English?



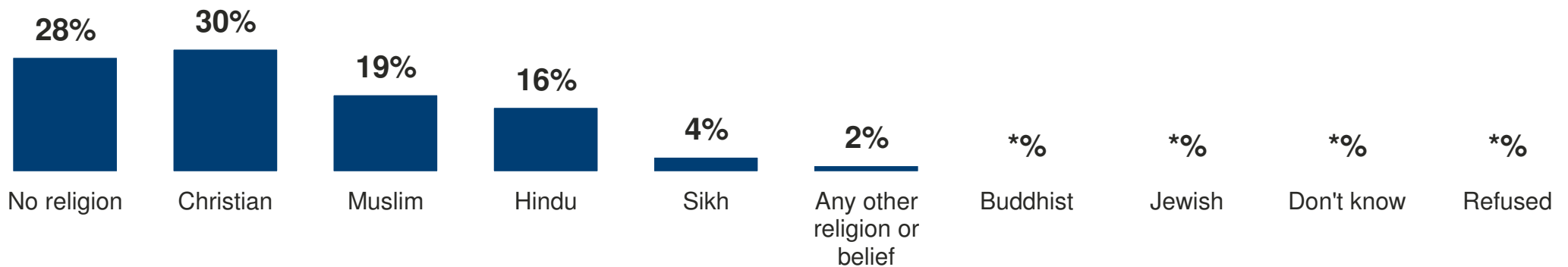
Sexual Orientation*



Transgender



Religion



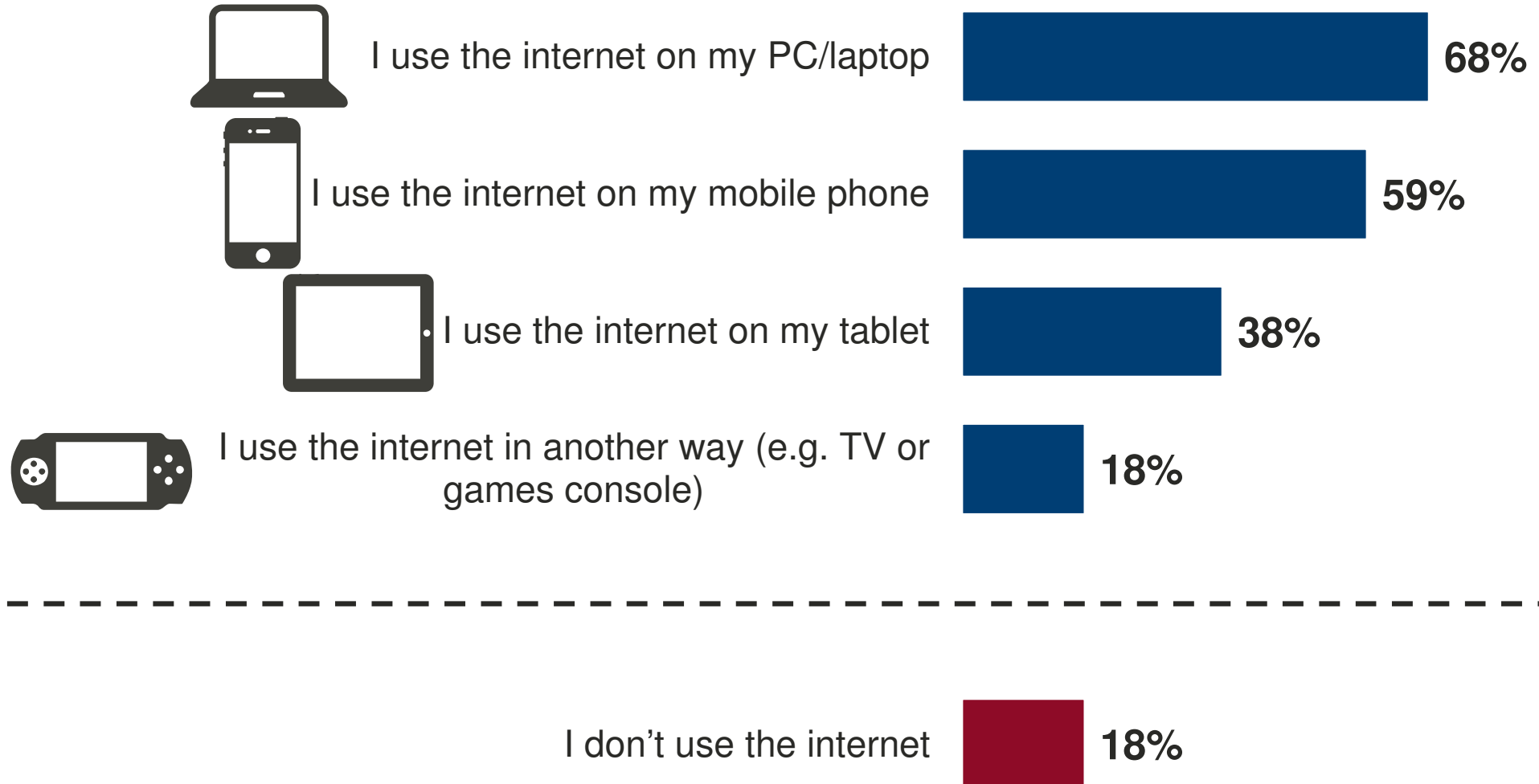
* Please note that 5% of respondents preferred not to state their sexual orientation. This question was asked as part of the self-completion module. The ONS Integrated Household Survey state that 1.5% of British adults identify as gay or lesbian, though other estimates suggest that this may be a result of under-reporting in surveys.

Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015.

Source: Ipsos MORI

More than four in five residents have access to the internet, mostly through a PC or laptop. Almost all 16-34 year olds (97%) have internet access, compared with 43% of those aged 65+.

Q67. Which of the following applies to you?



Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI



Summary tables

Table 1: Highlighting 'vulnerable' demographic groups based on certain aspects of wellbeing

	Hardship (Always/mostly run out of money end of week/month)	Poor mental wellbeing	Isolated from others	No internet access
Male	●	●	●	
Female	●	●	●	
16-19				●
20-24			●	●
25-34	●			●
35-64	●		●	
65+	●			●
White	●	●		
BME	●	●		
Working	●	●	●	●
Not working	●	●	●	●
No children in HH	●		●	●
LTLC	●	●	●	●
Caring responsibilities	●		●	



Denotes **reduced** risk / likelihood of associations



Denotes **increased** risk / likelihood of associations

Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Table 2: Risk factors by demographic group

	Current smoker	Allow smoking in home	High BMI (overweight/obese)	<150 mins exercise per week	Drink alcohol > rec. limit	Drugs in last year	Always/ mostly run out of £ by end month	Poor mental wellbeing	Long term Limiting Condition	Caring resp.
Male			●	●	●	●	●	●	●	
Female			●	●	●	●	●	●	●	
16-19		●	●							
20-24			●							●
25-34	●		●	●	●	●	●			●
35-64			●				●			●
65+	●		●	●		●	●			
White	●	●			●	●	●	●		
BME	●	●			●	●	●	●		
Working		●		●	●		●	●	●	
Not working		●	●	●	●		●	●	●	
No children in HH	●	●		●	●		●			
LTLC	●	●	●	●	●		●	●		●
Caring resp.	●		●				●			



Denotes **reduced** risk / likelihood of associations



Denotes **increased** risk / likelihood of associations

Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Table 3: Risk factors by attitude/behaviour

	Current smoker	Allow smoking in home	High BMI (overweight/ obese)	<150 mins exercise per week	Drink alcohol > rec. limit	Drugs in last year	Always/ mostly run out of £ by end month	Poor mental wellbeing	Long term Limiting Condition	Caring resp.
Current smoker		●	●			●	●	●	●	●
High BMI (overweight/ obese)	●			●		●			●	●
Drink alcohol > rec. limit	●	●				●			●	
Eat 2 or < portions fruit/veg	●	●		●		●	●	●		
Poor mental wellbeing	●	●		●		●	●		●	
Always/mostly run out of money end of week/month	●	●				●		●	●	●
Internet access				●		●			●	
Social renter	●	●				●	●	●	●	●

● Denotes **reduced** risk / likelihood of associations

● Denotes **increased** risk / likelihood of associations

Base: All valid responses (2321) : Fieldwork dates : 26th January – 7th June 2015

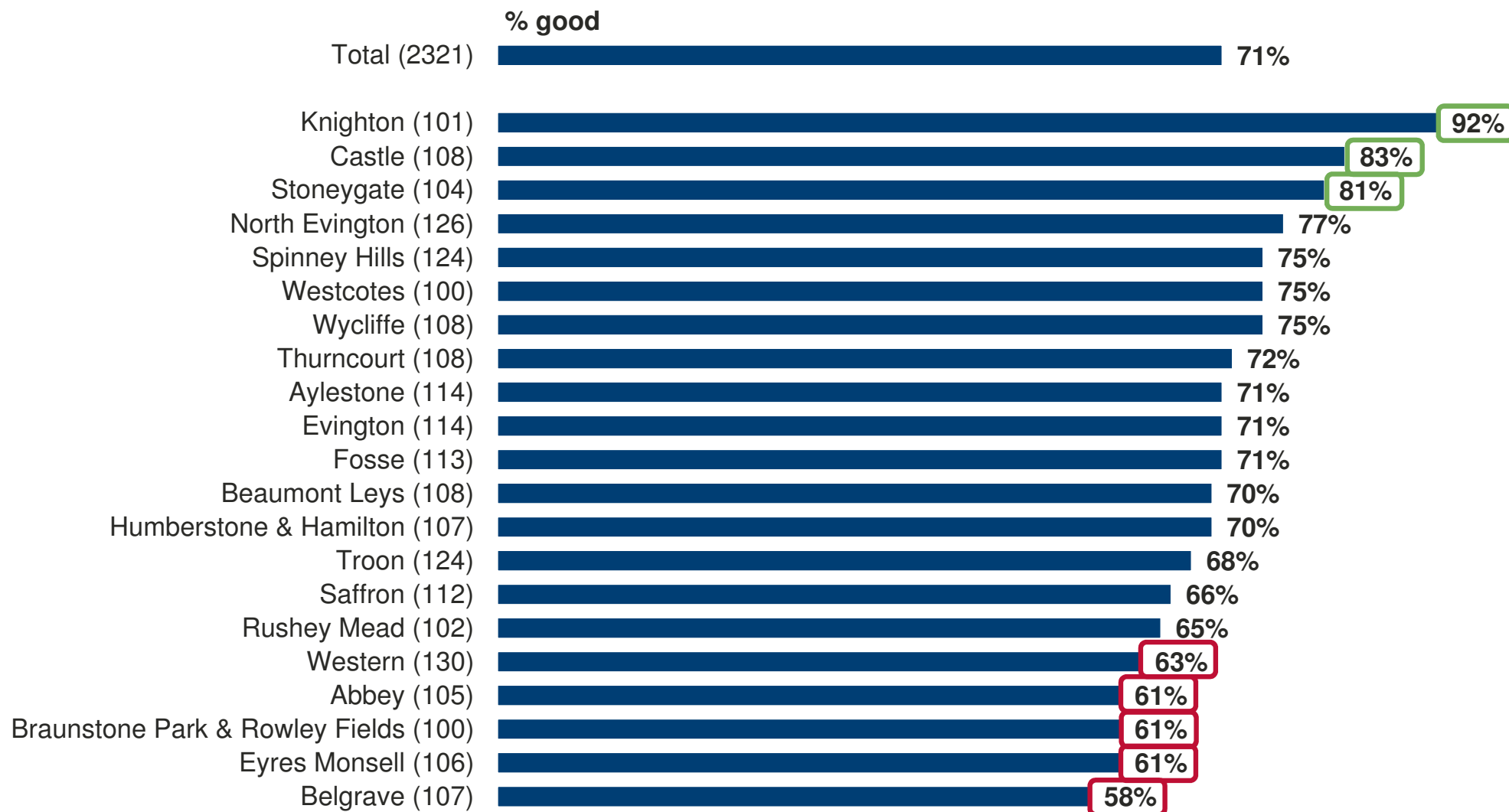
Source: Ipsos MORI



Ward results

Self-reported health in general

Q1. How is your health in general? Would you say it is...?

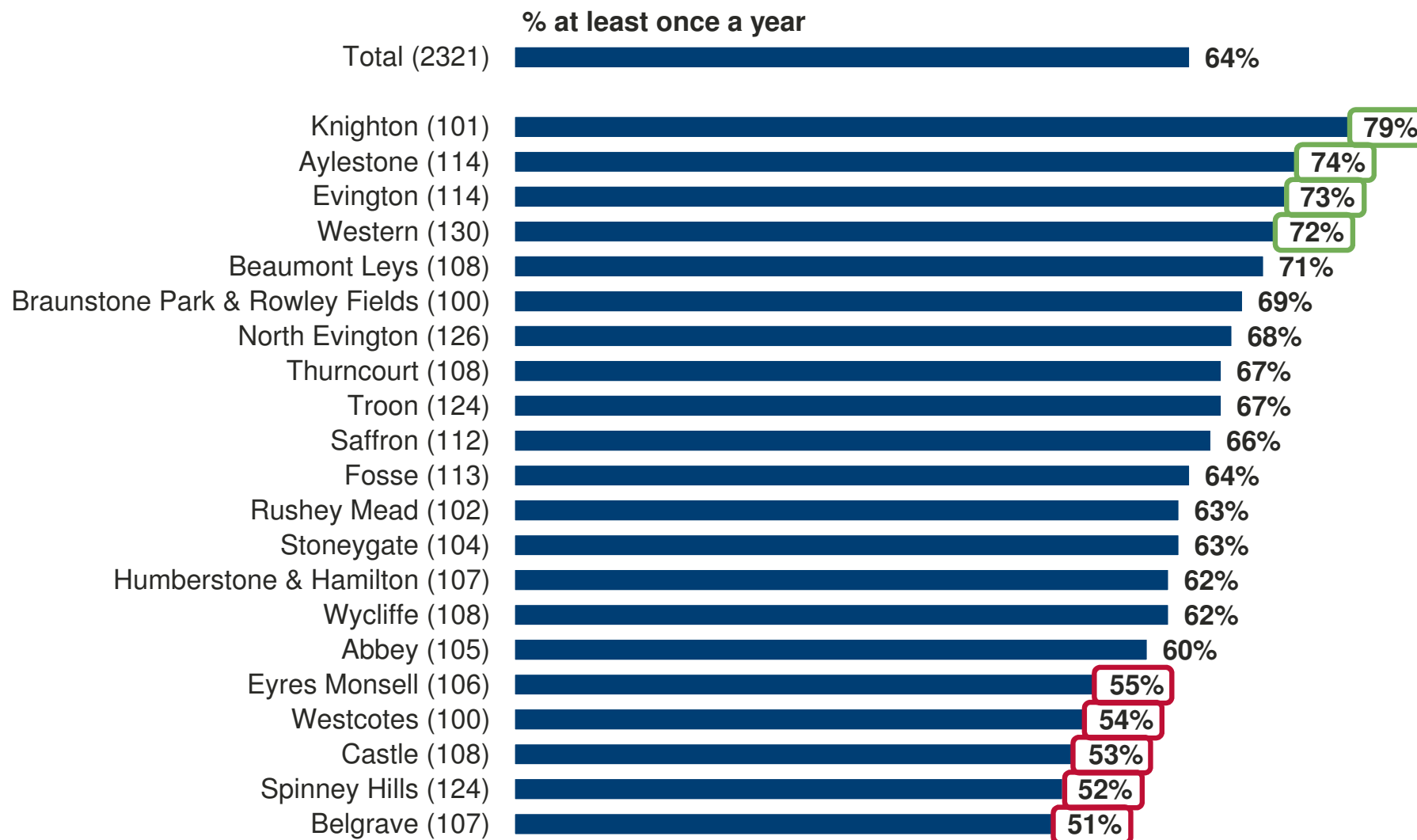


Base: All valid responses (see above) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Frequency of visiting the dentist

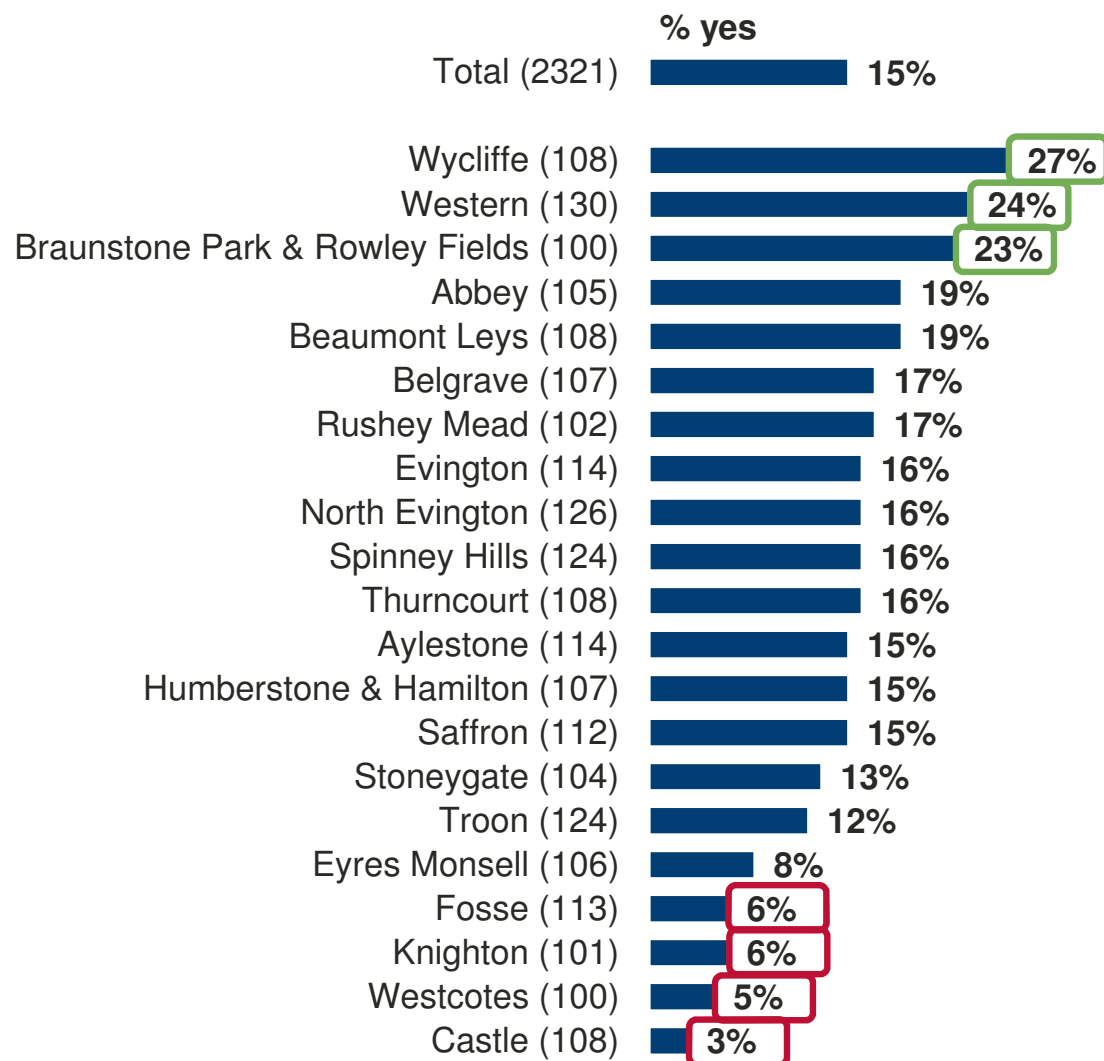
Q3. On average, how often do you go to the dentist?



Base: All valid responses (see above) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Q8. Do you look after a family member, partner or friend who needs help because of their illness, frailty or disability?

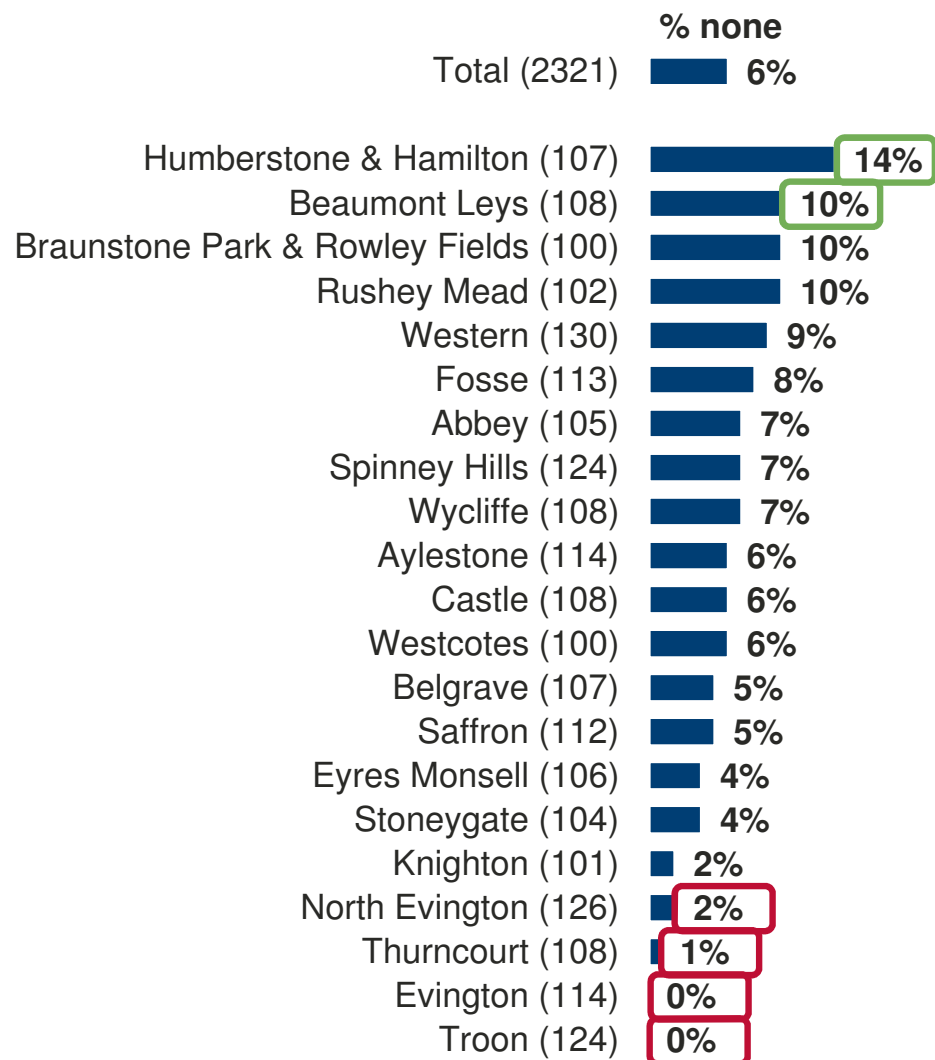


Base: All valid responses (see above) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Fresh, tinned, frozen or dried fruit and vegetables eaten on average in a day

Q17. How many portions of fresh, tinned, frozen or dried fruit and vegetables do you eat on average in a day?



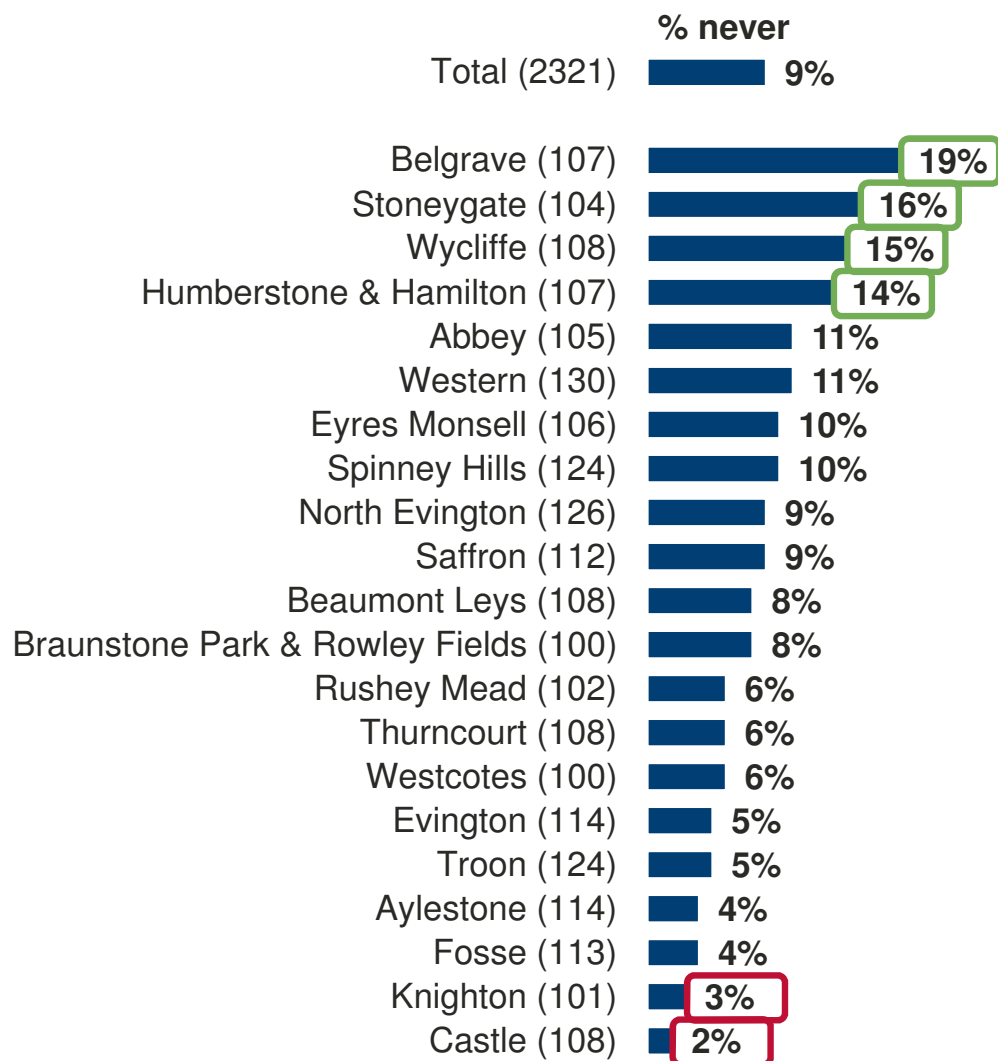
Base: All valid responses (see above) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI



Frequency of cooking or preparing a meal from basic ingredients for yourself / family / household

Q18. How often do you cook or prepare a meal from basic ingredients for yourself or your family / household?

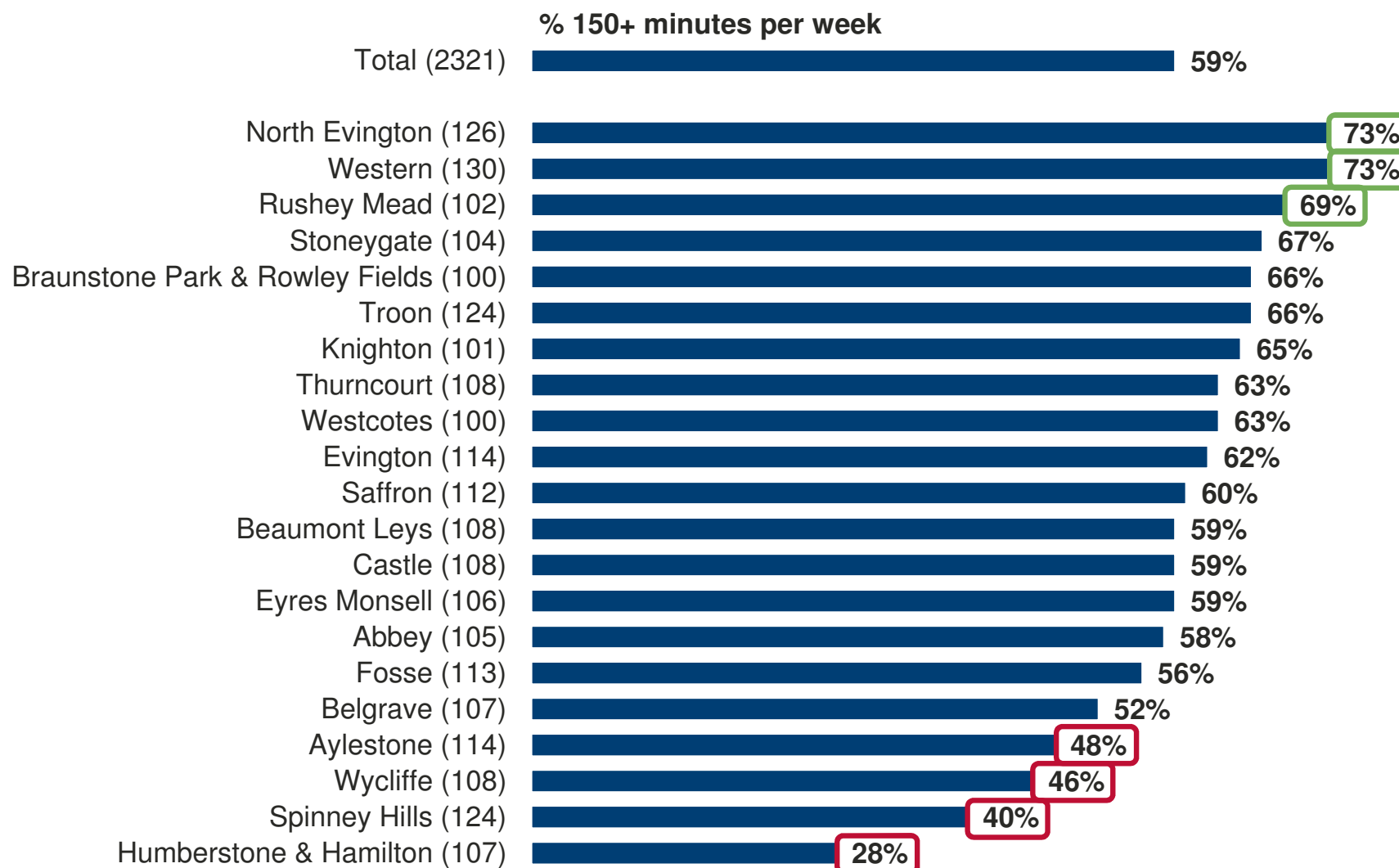


Base: All valid responses (see above) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Amount of exercise in a week

Q21. How many minutes or hours would you say you do a week?



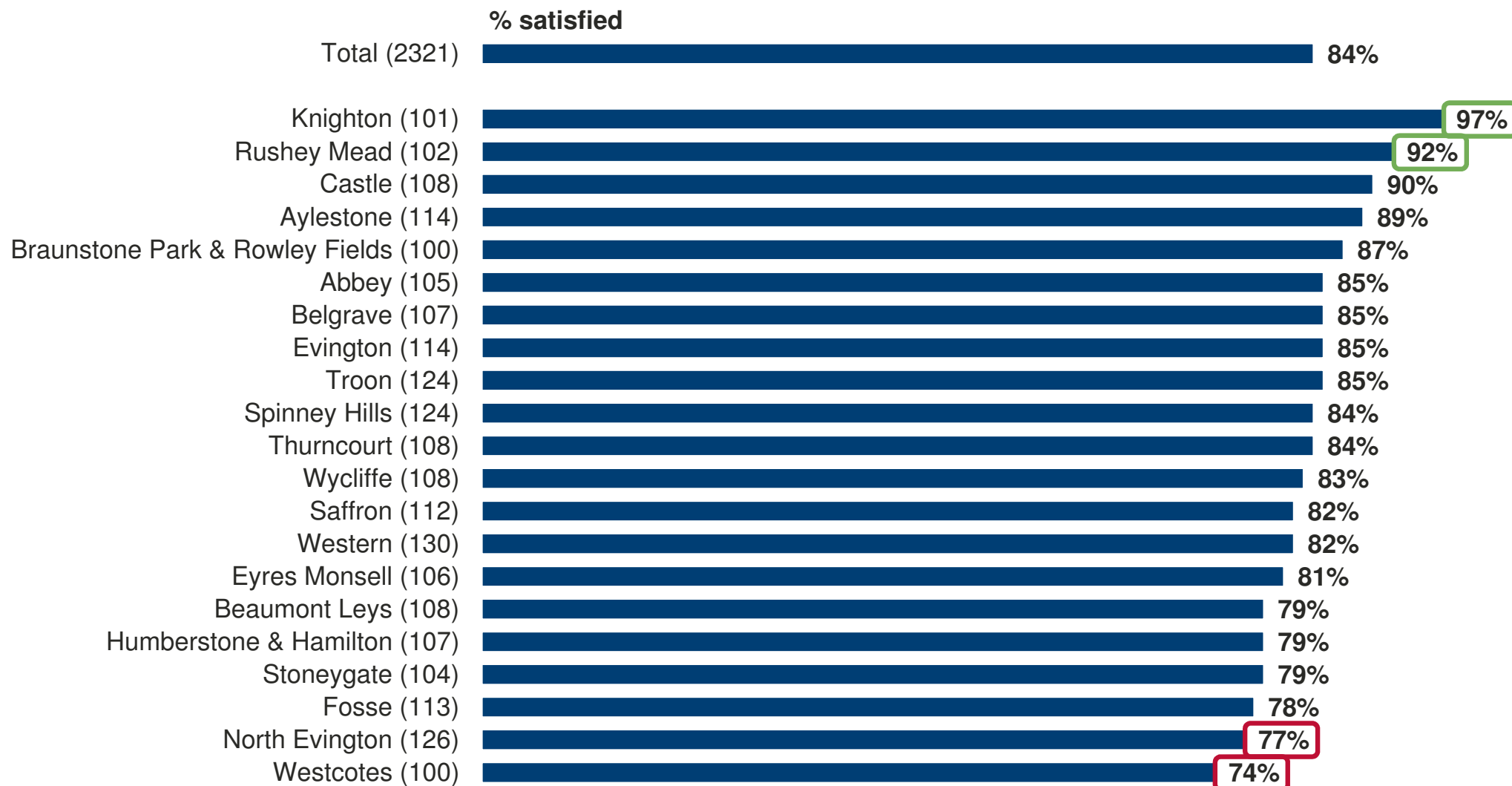
Base: All valid responses (see above) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI



Satisfaction with local area as a place to live

Q24. Overall, how satisfied or dissatisfied are you with your local area as a place to live?

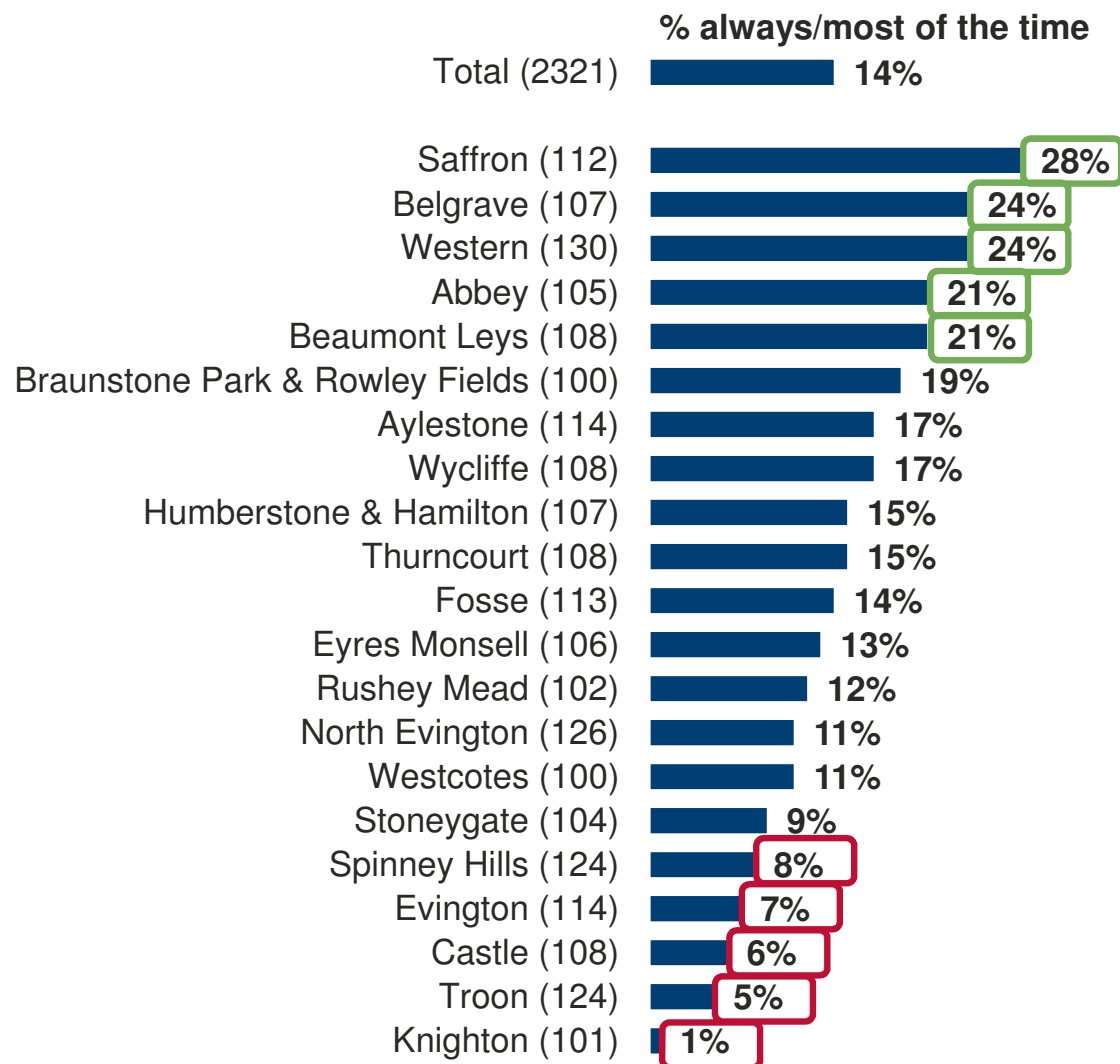


Base: All valid responses (see above) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Run out of money before the end of the week/month in the past 12 months

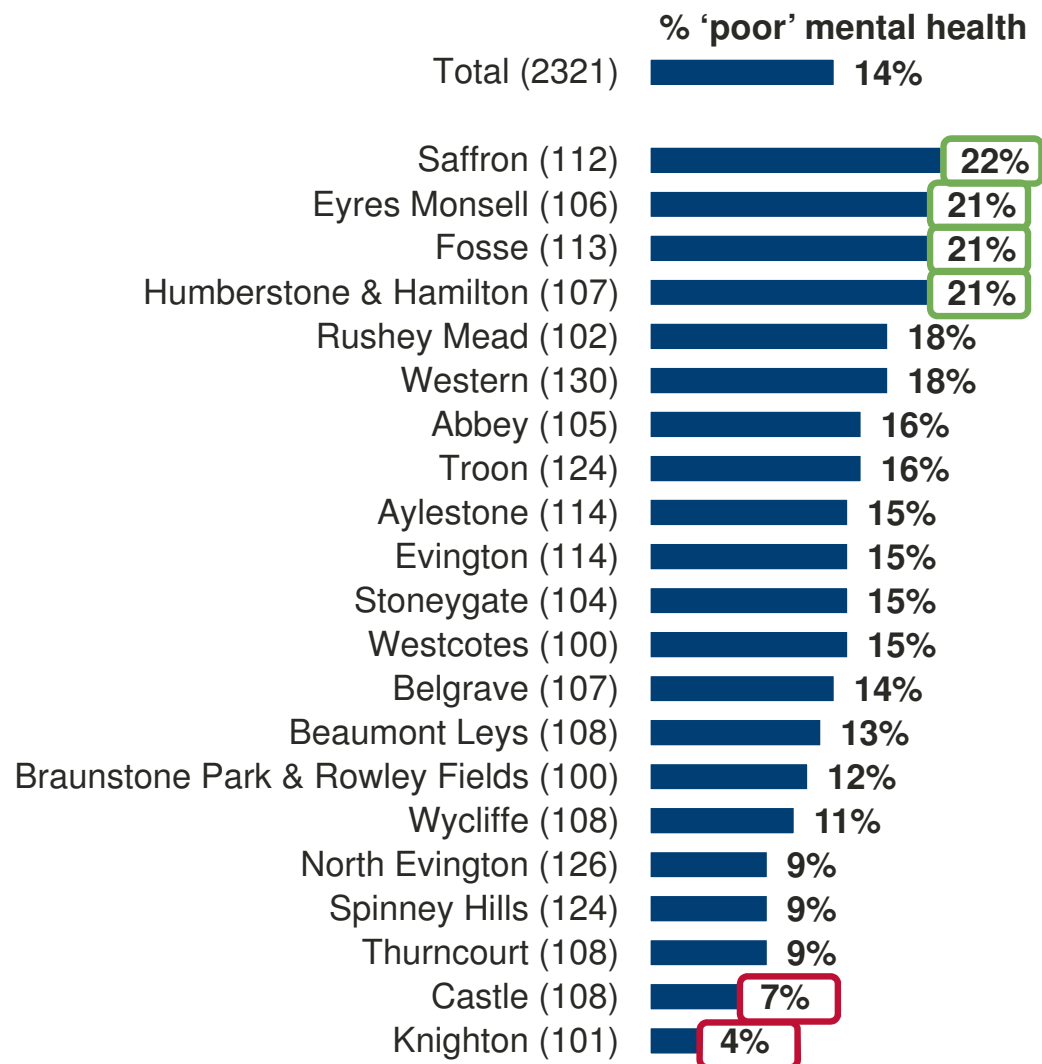
Q26. In the past 12 months, how often, if at all, have you run out of money before the end of the week or month?



Base: All valid responses (see above) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Q44. Mental health and wellbeing

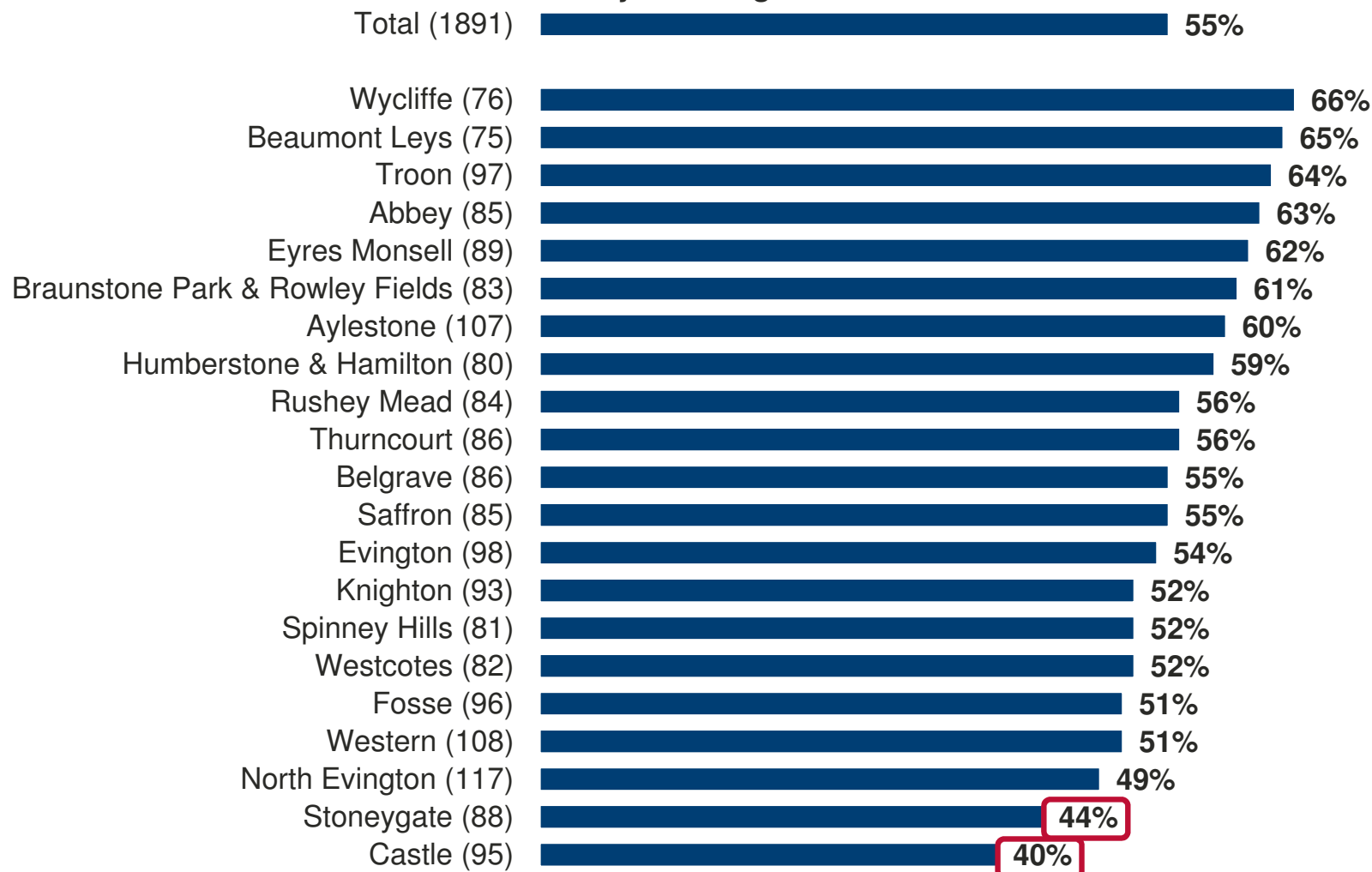


Base: All valid responses (see above) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

Q46/Q47. Body Mass Index (BMI)

% any overweight/obese



Base: All valid responses who provided both height and weight (see above) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI



Indicates a figure which is significantly higher than the total

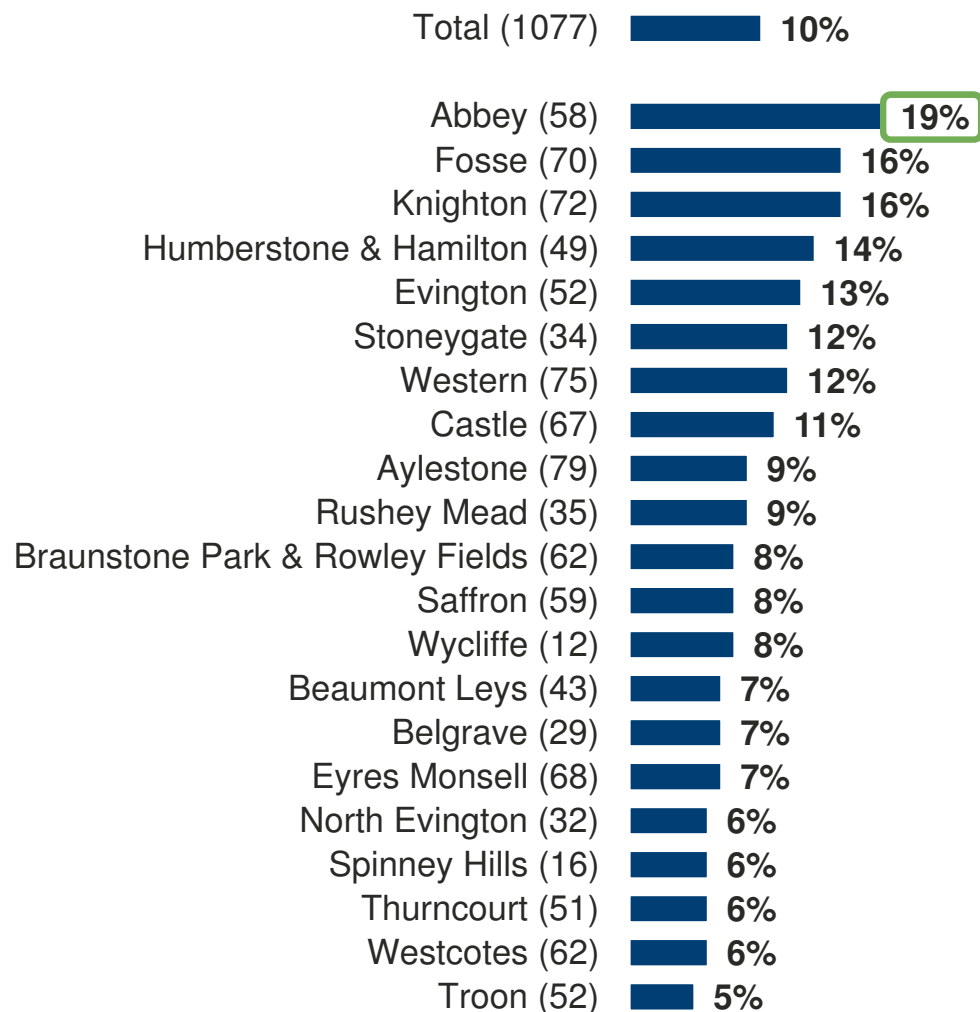


Indicates a figure which is significantly lower than the total

Number of units drunk in a typical week

Q50. For each of the drinks you've just chosen, please indicate how many of these you would drink in a typical week. Firstly...

% drink over recommended guidelines



Base: All valid responses who ever drink alcohol and name a drink (see above) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI

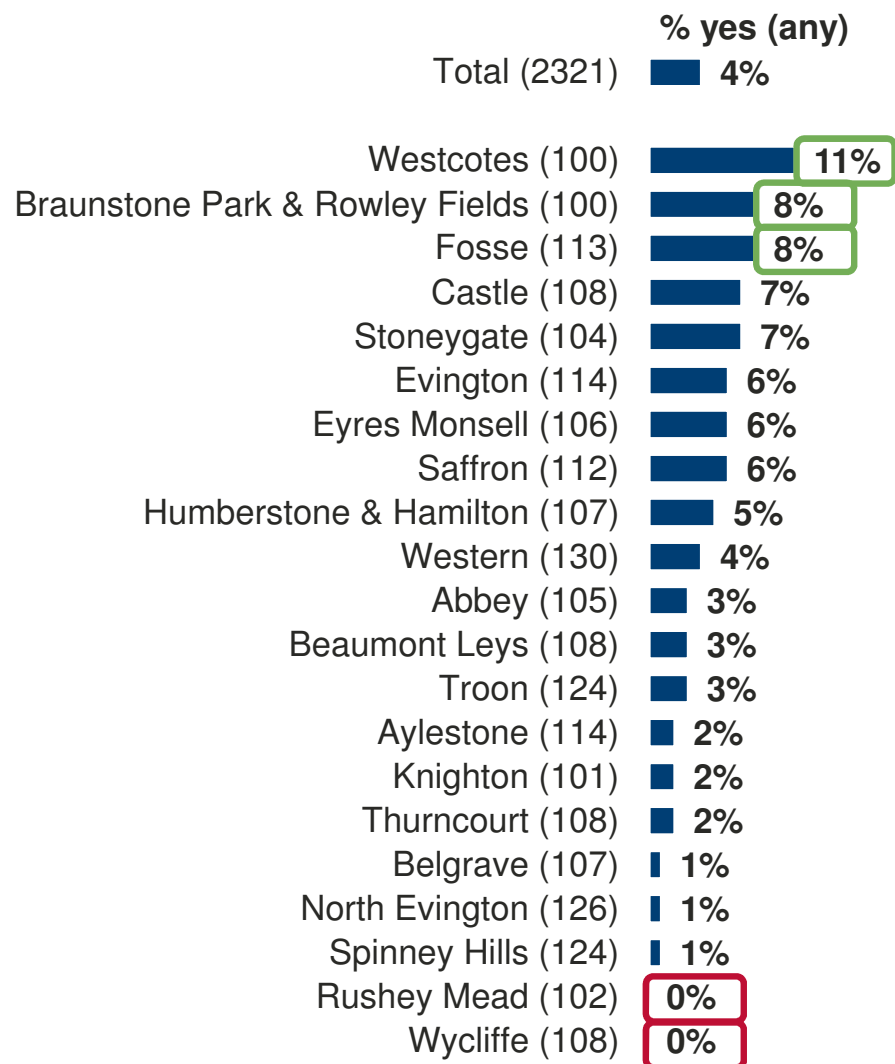


Indicates a figure which is significantly higher than the total



Indicates a figure which is significantly lower than the total

Q59. Have you used illegal drugs in the last 12 months?

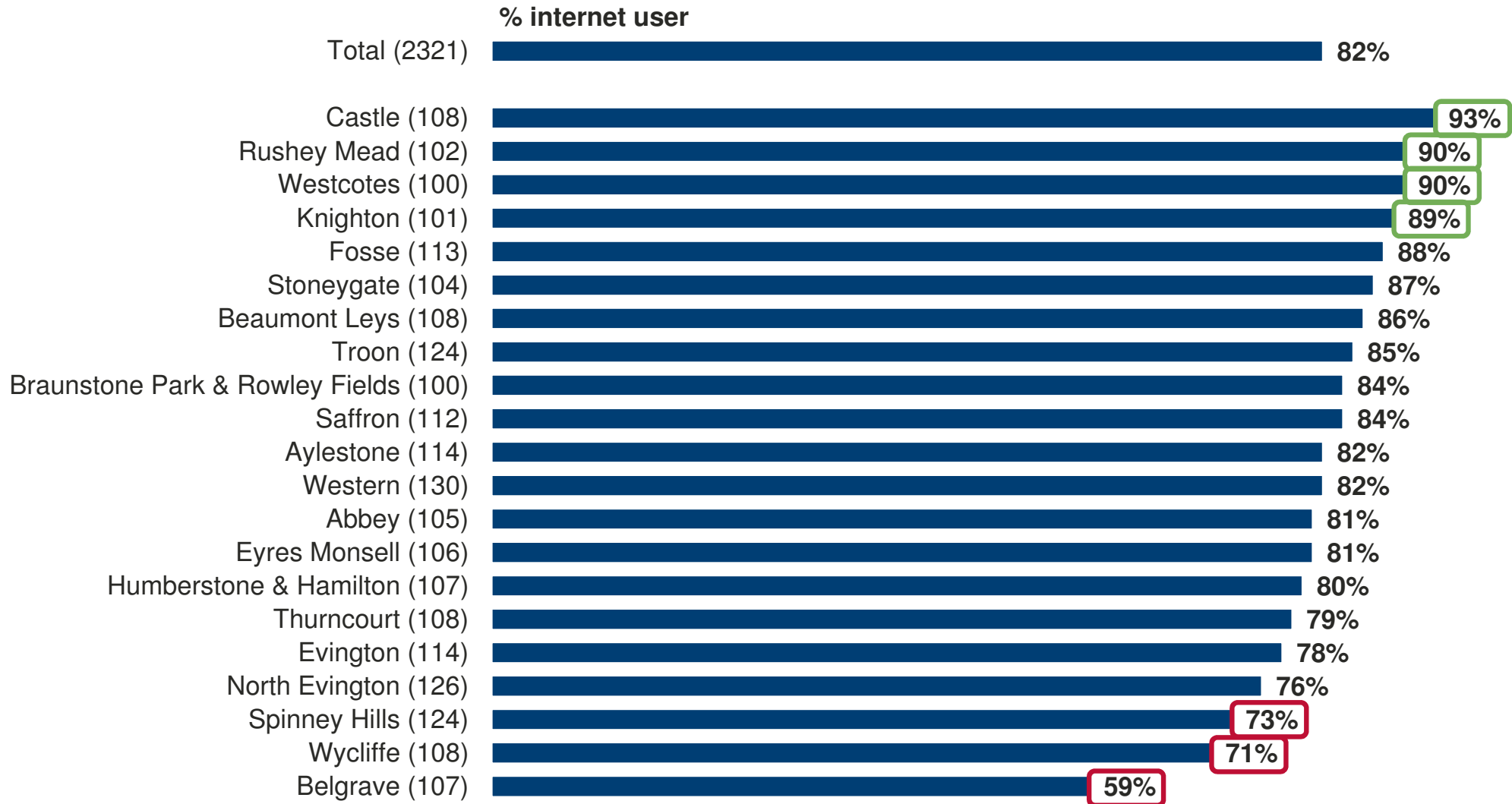


Base: All valid responses (see above) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI



Q67. Which of the following applies to you?



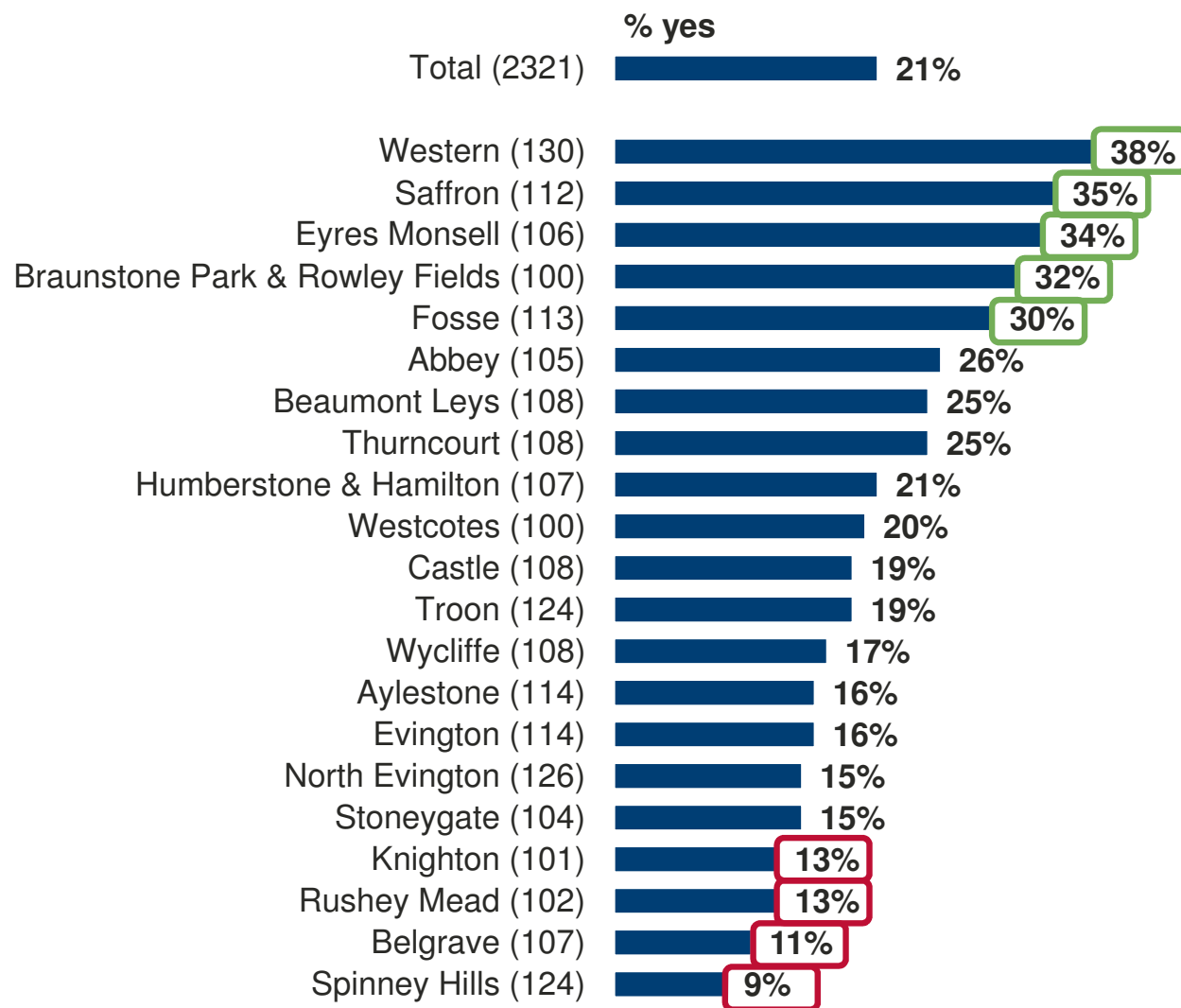
Base: All valid responses (see above) : Fieldwork dates : 26th January – 7th June 2015

Source: Ipsos MORI



Smoke cigarettes nowadays

Q30. Do you smoke cigarettes nowadays?*



Base: All valid responses (see above) : Fieldwork dates : 26th January – 7th June 2015

*Rebased to show current cigarette smokers as a proportion of the total in each ward

Source: Ipsos MORI



The information in this report can be freely used within reports and presentations concerned with improving health and wellbeing in Leicester. We ask that such use be acknowledged and referenced as follows:

The Leicester Health and Wellbeing Survey 2015, Leicester City Council, September 2015.

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