

Leicester Health & Wellbeing Survey 2018



Prepared for Leicester City Council

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This work was carried out in accordance with the requirements of the international quality standard for market research, ISO 20252

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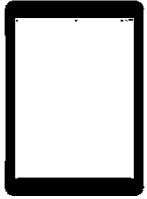
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Leicester Health & Wellbeing Survey 2018



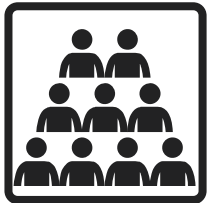
Ipsos MORI were commissioned by Leicester City Council to undertake a face-to-face survey of residents in Leicester aged 16+. Interviews were conducted in the home using Computer Assisted Personal Interviewing (CAPI).



Fieldwork took place between 5 March and 25 July 2018 and 2,224 interviews were completed.



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



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

Geographical areas



- For the purpose of analysing the findings, Leicester 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 small geographies are available in the full dataset.

Technical information

- 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 of 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, whereas arrows (up or down) represent significant differences from the 2015 survey. Where possible, trends are shown for the 2010 survey separately.
- Questions 34 to 43 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.

Guide to statistical reliability

- 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 (2,224)	1.2	1.9	2.1

Comparison of survey results with Leicester Public

Health profiles

PH Profile	Eng	Leic
Smoking prevalence (among adults aged 18+)	15%	18%
Physically active adults (150+ 'equivalent' mins of 'equivalent' moderate physical activity per week)	66%	60%
Excess weight in adults (classified as overweight or obese)	61%	56%

Survey	Notes
20%	(Q29/31): Calculated based on those who currently smoke (any tobacco product)
58%	(Q18): also based on 150 mins+ moderate physical activity
50%	(Q37/38 – BMI): All overweight/obese

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

Executive Summary – what is going well?

Since 2015, residents are more likely to rate their health as good, make healthy lifestyle changes, and accept personal responsibility for their health.

Residents indicate high satisfaction with their home, local area and local parks, waterways and green spaces.

Half of city residents use parks, waterways and neighbourhood spaces at least once a week and a quarter of residents' main method of travel to the city centre is walking.

Compared to 2015 fewer residents have a long-term illness or disability.

Most would try a fitness tracker or health app if recommended by a health professional.

Since 2015, there are fewer residents who are physically inactive and more who are walking and cycling frequently.

West Leicester reported the highest smoking rates in the city in previous surveys, 2018 data shows there has been a significant reduction in smoking in this area.

Residents are more positive about their financial position compared to 2015.

Most residents are able to ask for support if they had personal or financial worries.

Executive Summary – what are the challenges?

Since 2015, the proportion of Leicester residents with a poor mental wellbeing score has increased. This group are more at risk of poor health and wellbeing.

Half of Leicester residents are classed as overweight or obese, and a quarter of these perceive their weight is about right.

The majority of residents have a perception that what they usually eat is healthy, only a fifth get their 'five a day' similar to 2015.

About one in five currently smoke and rates are still higher amongst the most deprived.

The majority of residents have not used a cycle route, however seven in ten Leicester residents do not have access to a bike.

One in eight run out of money regularly, those with a long term limiting condition are more likely to run out of money by the end of the week/month.

Since 2015, there are fewer residents visiting the GP and more attending A&E.

Half of Leicester residents are concerned with air quality.

One in five report living in overcrowded conditions. This rate is higher in central and east areas of the city.

Groups of interest – Long-term limiting condition





Residents with long-term limiting conditions...

are more likely to present with almost all of the risk factors compared to Leicester overall. The exception is alcohol consumption where this group are as likely as others to drink above the recommended limit.

Changes since 2015...

There has been a significant decrease in the proportion of residents with a disability who are overweight/obese.

Risk factor	Compared to Leicester overall	Changes since 2015
Currently smoking	●	
Less than 150 mins exercise per week	●	
High BMI (overweight/obese)	●	↓
Drink alcohol more than recommended limit		Not applicable
Poor mental wellbeing	●	
Always/mostly run out of money be end of month	●	

-   = Significant **increase/decrease** from previous survey
-  = Denotes **reduced** risk / likelihood of associations
-  = Denotes **increased** risk / likelihood of associations
- blank* = Denotes **no significant differences/changes**

Groups of interest - Carers





Carers...

are a group more likely to have a significantly higher proportion stating that they currently smoke, do less than 150 minutes of exercise per week or that they always/mostly run out of money by the end of the month compared to Leicester residents overall.

Changes since 2015...

There has been a reduction in the proportion stating that they do less than the recommended amount of exercise per week.

Risk factor	Compared to Leicester overall	Changes since 2015
Currently smoking	●	
Less than 150 mins exercise per week	●	↓
High BMI (overweight/obese)		
Drink alcohol more than recommended limit		Not applicable
Poor mental wellbeing		
Always/mostly run out of money be end of month	●	

-   = Significant **increase/decrease** from previous survey
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-  = Denotes **increased** risk / likelihood of associations
- blank* = Denotes **no significant differences/changes**

Groups of interest – Children in the household





Residents with children aged under 16 years in the household...

is a group which has a higher proportion of people who are overweight/obese and are a group more likely to run out of money before the end of the month compared to Leicester overall.

Changes since 2015...

There has been a reduction in the proportion of residents who smoke or state that they do less than 150 minutes of exercise per week.

Risk factor	Compared to Leicester overall	Changes since 2015
Currently smoking		↓
Less than 150 mins exercise per week		↓
High BMI (overweight/obese)	●	
Drink alcohol more than recommended limit		Not applicable
Poor mental wellbeing		
Always/mostly run out of money be end of month	●	

-   = Significant **increase/decrease** from previous survey
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-  = Denotes **increased** risk / likelihood of associations
- blank* = Denotes **no significant differences/changes**




Groups of interest – 16-24 years of age





Residents aged 16-24 years...

are significantly less likely to be overweight or obese when compared to Leicester residents overall.

Changes since 2015...

include an increase in the proportion of young people who have a poor mental health and wellbeing score and a fall in the proportion who state that they always or mostly run out of money by the end of the month.

Risk factor	Compared to Leicester overall	Changes since 2015
Currently smoking		
Less than 150 mins exercise per week		
High BMI (overweight/obese)		
Drink alcohol more than recommended limit		Not applicable
Poor mental wellbeing		
Always/mostly run out of money by end of month		

-   = Significant **increase/decrease** from previous survey
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-  = Denotes **increased** risk / likelihood of associations
- blank* = Denotes **no significant differences/changes**








Groups of interest – 65+ years of age





Residents aged 65+ years...

have more positive results compared to Leicester residents overall with regard to smoking, poor mental health and wellbeing and having sufficient money by the end of the month. They score less well with regard to undertaking the recommended amount of moderate exercise, being overweight/obese or drinking within the recommended alcohol limit.

Changes since 2015...

There has been a decrease in the proportion who state that they always/mostly run out of money by the end of the week.

Risk factor	Compared to Leicester overall	Changes since 2015
Currently smoking		
Less than 150 mins exercise per week		
High BMI (overweight/obese)		
Drink alcohol more than recommended limit		Not applicable
Poor mental wellbeing		
Always/mostly run out of money by end of month		

-   = Significant **increase/decrease** from previous survey
-  = Denotes **reduced** risk / likelihood of associations
-  = Denotes **increased** risk / likelihood of associations
- blank* = Denotes **no significant differences/changes**





Groups of interest - Unemployed





Unemployed residents...

are more likely to currently smoke, or run out of money before the end of the month compared to Leicester residents overall.

Changes since 2015...

include a reduction in the proportion of unemployed residents who have a poor mental health and wellbeing score and a fall in the proportion who state that they always or mostly run out of money by the end of the month.

Risk factor	Compared to Leicester overall	Changes since 2015
Currently smoking		
Less than 150 mins exercise per week		
High BMI (overweight/obese)		
Drink alcohol more than recommended limit		Not applicable
Poor mental wellbeing		
Always/mostly run out of money be end of month		

-   = Significant **increase/decrease** from previous survey
-  = Denotes **reduced** risk / likelihood of associations
-  = Denotes **increased** risk / likelihood of associations
- blank* = Denotes **no significant differences/changes**

Groups of interest – Social tenants





Social tenants...

are more likely to state that they have poor mental health and wellbeing or that they always/mostly run out of money by the end of the month when compared to Leicester overall. This group also has a significantly higher proportion of people who currently smoke and a higher proportion of people who are classified as overweight/obese.

Changes since 2015...

There are no significant changes in behaviour since 2015.

Risk factor	Compared to Leicester overall	Changes since 2015
Currently smoking	●	
Less than 150 mins exercise per week		
High BMI (overweight/obese)	●	
Drink alcohol more than recommended limit		Not applicable
Poor mental wellbeing	●	
Always/mostly run out of money by end of month	●	

-   = Significant **increase/decrease** from previous survey
-  = Denotes **reduced** risk / likelihood of associations
-  = Denotes **increased** risk / likelihood of associations
- blank* = Denotes **no significant differences/changes**

Groups of interest – Ethnicity

White British residents...

are more likely to smoke, be overweight/obese, drink more than the recommended amount of alcohol and always/mostly run out of money by the end of the month.

White other residents...

are significantly more likely to smoke.

Asian/Asian British residents ...

are less likely compared to Leicester residents overall to run out of money by the end of the month or to smoke cigarettes.





Black/black British residents...

are significantly less likely to smoke.

Changes since 2015...

Black/black British residents are less likely now to state that they run out of money. There has also been a reduction in the proportion of Asian/Asian British residents who are overweight/obese.

Risk factor	White British	White other	Asian/Asian British	Black/black British
Currently smoking	●	●	●	●
Less than 150 mins exercise per week				
High BMI (overweight/obese)	●		↓	
Drink alcohol more than recommended limit	●			
Poor mental wellbeing				
Always/mostly run out of money by end of month	●		●	↓

- 
 = Significant **increase/decrease** from previous survey
-  = Denotes **reduced** risk / likelihood of associations
-  = Denotes **increased** risk / likelihood of associations

Health in general

- Three quarters of Leicester residents rate their health as good – a significant increase from the 2015 survey.
- Three in ten residents have a long-term illness or disability, while seven in ten do not.
- Of those who do suffer with a long term illness or disability, the majority say it limits their daily activities - in line with previous surveys.
- A lower proportion of residents are visiting the GP – three quarters have done so in the past year. Calls to the NHS 111 service and A&E visits have increased on the other hand.

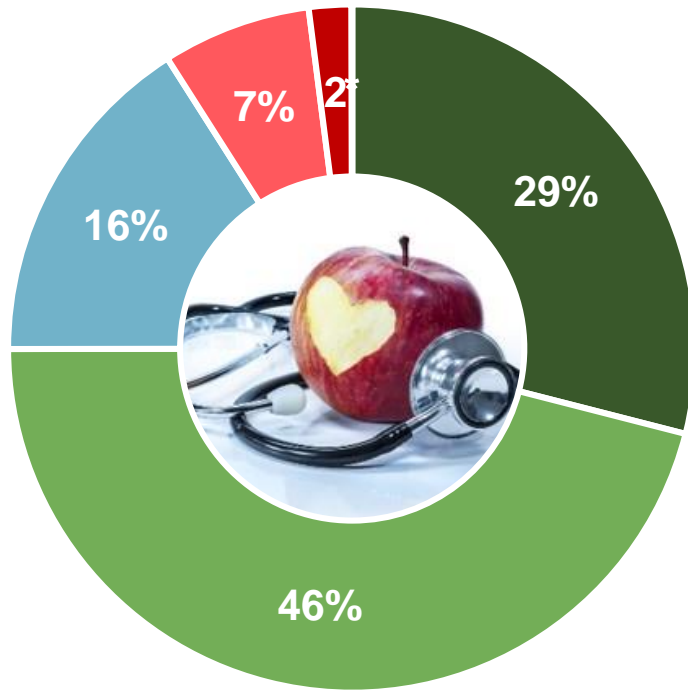


Three quarters of Leicester residents rate their health as good

There has been a significant increase in the proportion of residents who rate their health as good compared to the 2015 survey (75% vs. 71% in 2015). This proportion is broadly in line with the national picture*. Less than one in ten (9%) think they are in bad health. Young people are more likely to describe themselves as healthy. While there are differences between employed and unemployed residents this gap has closed – with a significantly higher proportion of those who are workless reporting good health this year (67% vs 61% in 2015).

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

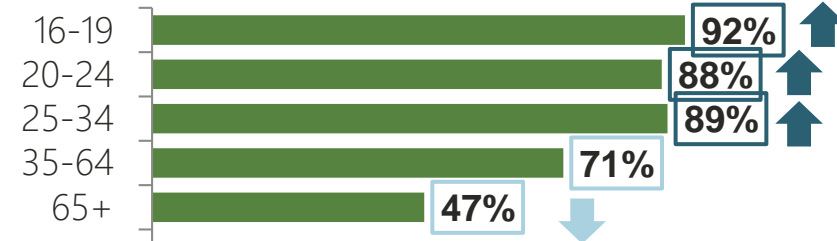
■ Very good ■ Good ■ Fair ■ Bad ■ Very bad ■ Don't know



	2018	2015	2010
Good	75%	71%	72%
Bad	9%	10%	7%

Age

% Good



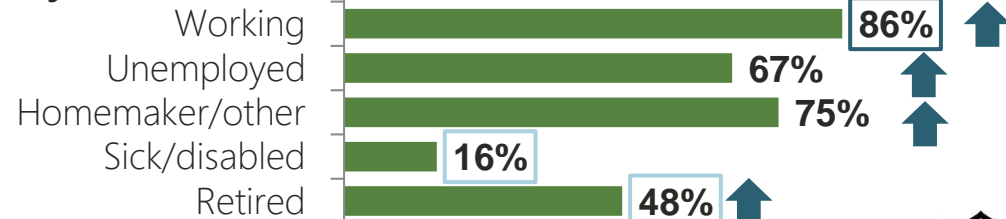
Gender



Ethnicity



Employment status



□ = significantly higher than the overall □ = significantly lower than the overall

↑ ↓ = significant increase/decrease from previous survey

Source: Ipsos MORI

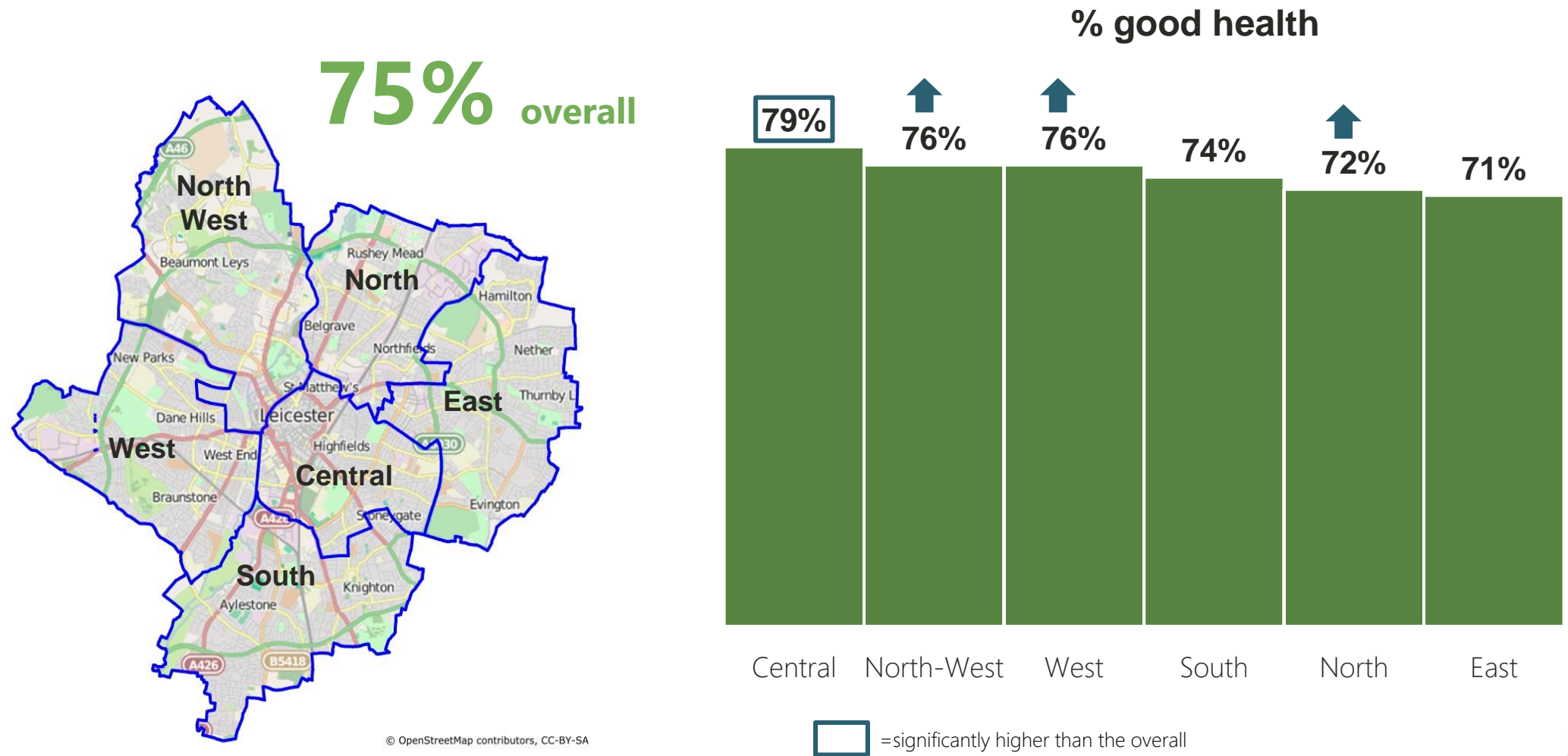
Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

*Source: National Health Survey for England, 2016. Based on 8008 UK adults aged 16+

Residents describing their health as good by geographical area

With perceived good health rising across the City as a whole, the evidence suggests that this perception is more evenly distributed geographically than in previous years. Whilst those in the Central area of the city continue to be the most likely to think they are in good health, those in the North West (76% vs. 68% in 2015), West (76% vs. 66%) and in the North (72% vs. 65%) are all more likely to deem themselves healthier than they were three years ago.

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



Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

79% = significantly higher than the overall

↑ = significant increase from previous survey

Source: Ipsos MORI



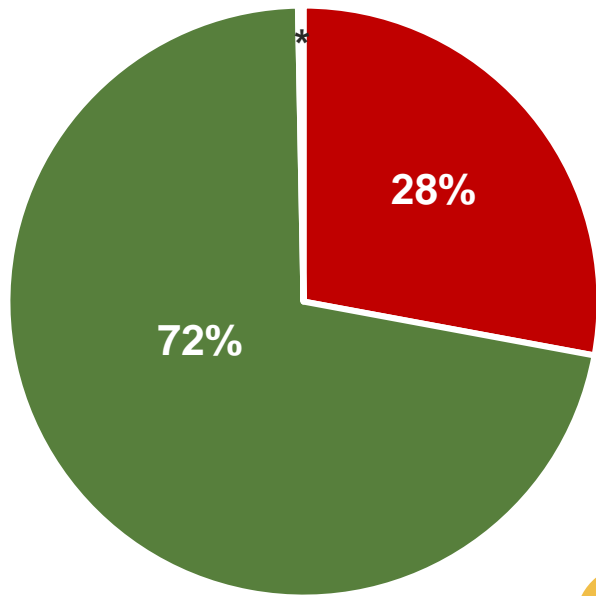
Fewer residents consider themselves to have a long-term illness or a disability

Significantly fewer Leicester residents have a disability or long-term health condition than in 2015 (28% vs. 31%). Of those people, 66% say that their illness or disability limits them in daily life, as was the case in 2010 & 2015. This is about one in five (18%) of the total population with an illness that limits their daily life.

Q3. Do you have any long-standing illness, disability or infirmity?

Q4. Does this illness or disability limit your day-to-day activities in any way?

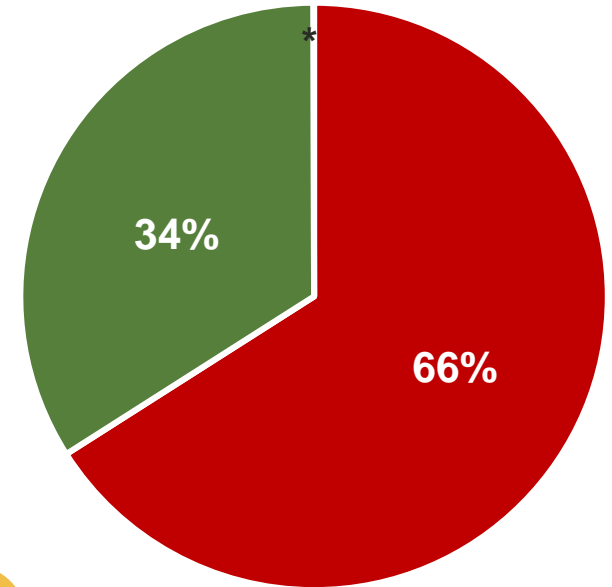
Long standing illness, disability or infirmity



■ Yes
■ No



Limits day-to-day activities



% of total

	2018	2015	2010
Yes	18%	20%	20%
No	82%	80%	80%

	2018	2015	2010
Yes	28%	31%	29%
No	72%	69%	71%

Groups more likely to report an illness/disability:
White British residents (38%)
social tenants (40%), and those living alone (52%)

Base: Q3. All valid responses (2224); Q4. All valid responses who have a long standing illness, disability or infirmity (666)
 Fieldwork dates : 5th March – 25th July 2018

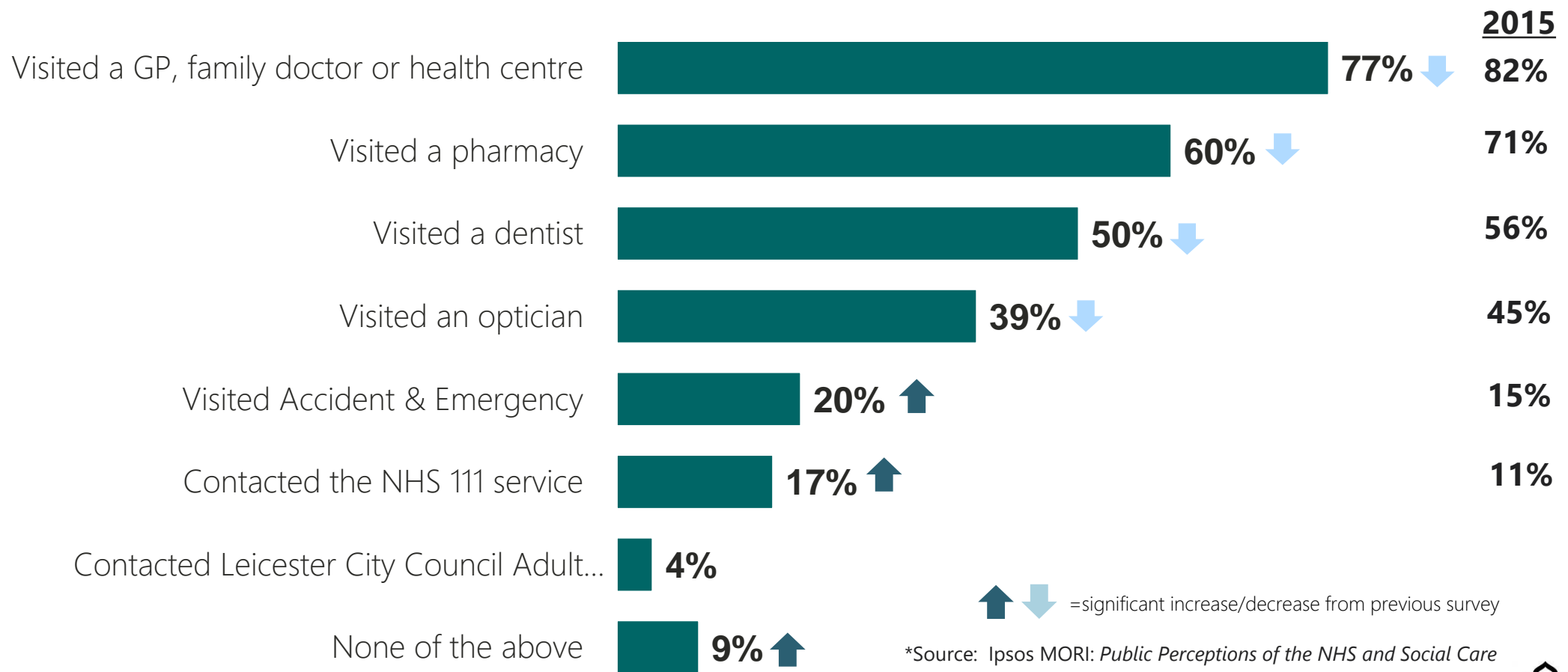
Source: Ipsos MORI



Visits to the GP, pharmacies and dentists has dropped overall, but trips to A&E are up

Despite the drop, over three quarters have still visited the doctor in the past year (77% - in line with the national rate*). A possible cause behind this drop may be that more people are utilising the NHS 111 service (17% vs 11% in 2015), reducing the demand for face-to-face consultations. Emergency visits to the hospital have risen however; with one in five saying they have visited A&E in the past year – possibly indicating that more residents may be going straight to emergency care rather than the GP as their first port of call. This year we asked residents about contacting Leicester Adult Social Care Services, and 4% say they have done so.

Q2. Have you done any of the following in the last year?



Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

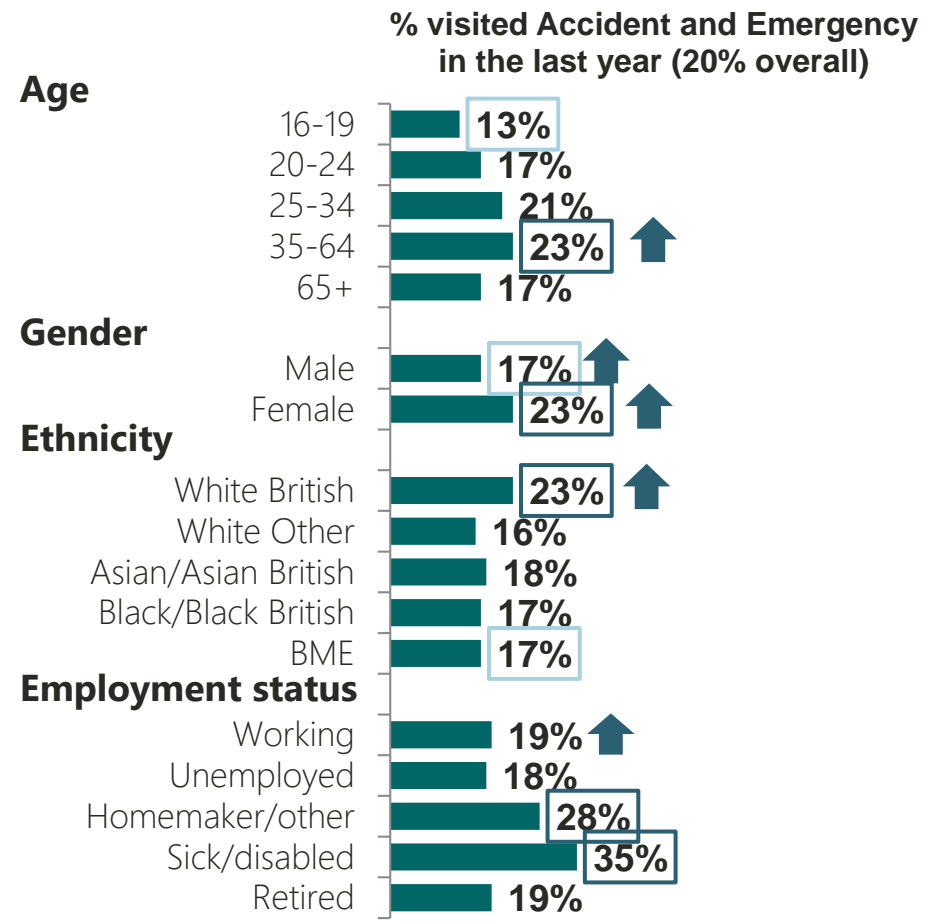
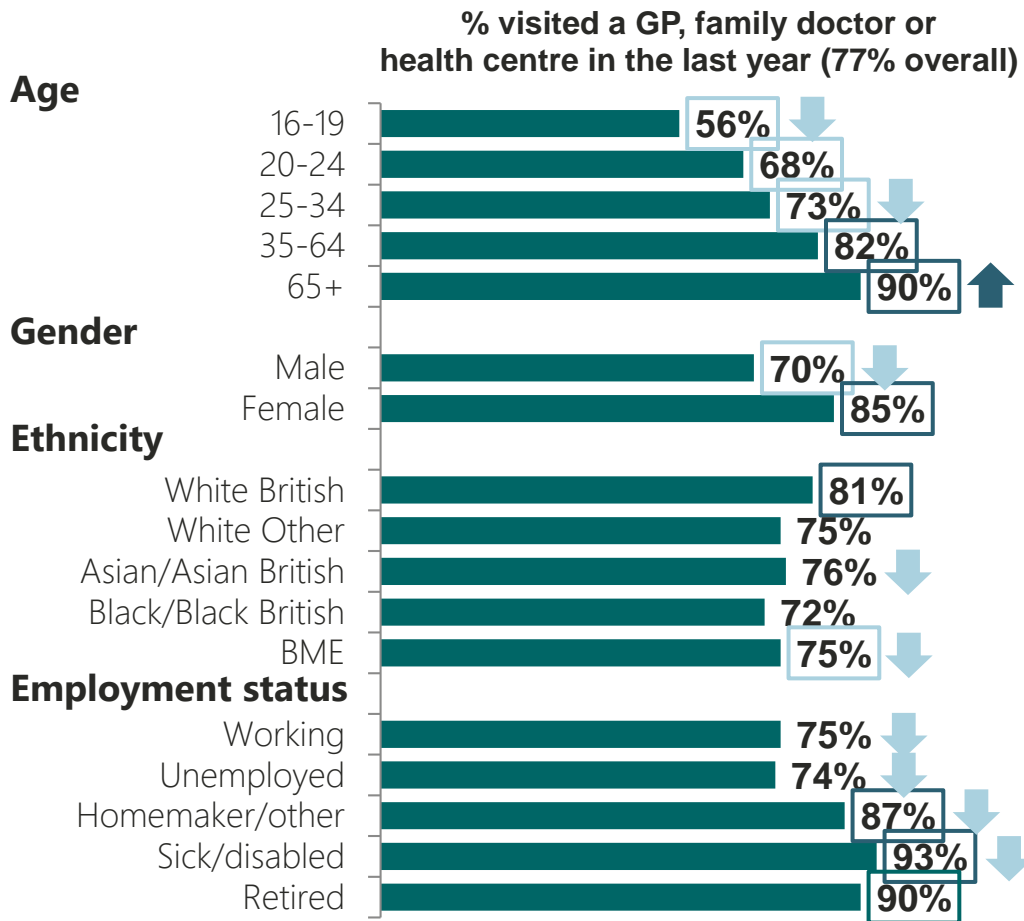
Source: Ipsos MORI



GP vs A&E visits by demographic groups

Those aged 35 and above are more likely to have visited the GP and those aged 35-64 are significantly more likely to have visited A&E in the past year. White British residents are significantly more likely than other ethnicities to have visited the doctor and A&E in the past year – reflecting the higher incidence of illness/disability and lower perceived health of this group, and their higher than average age.

Q2. Have you done any of the following in the last year?



↑ ↓ = significant increase/decrease from previous survey
 = significantly higher than the overall = significantly lower than the overall

Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI



Attitudes to health

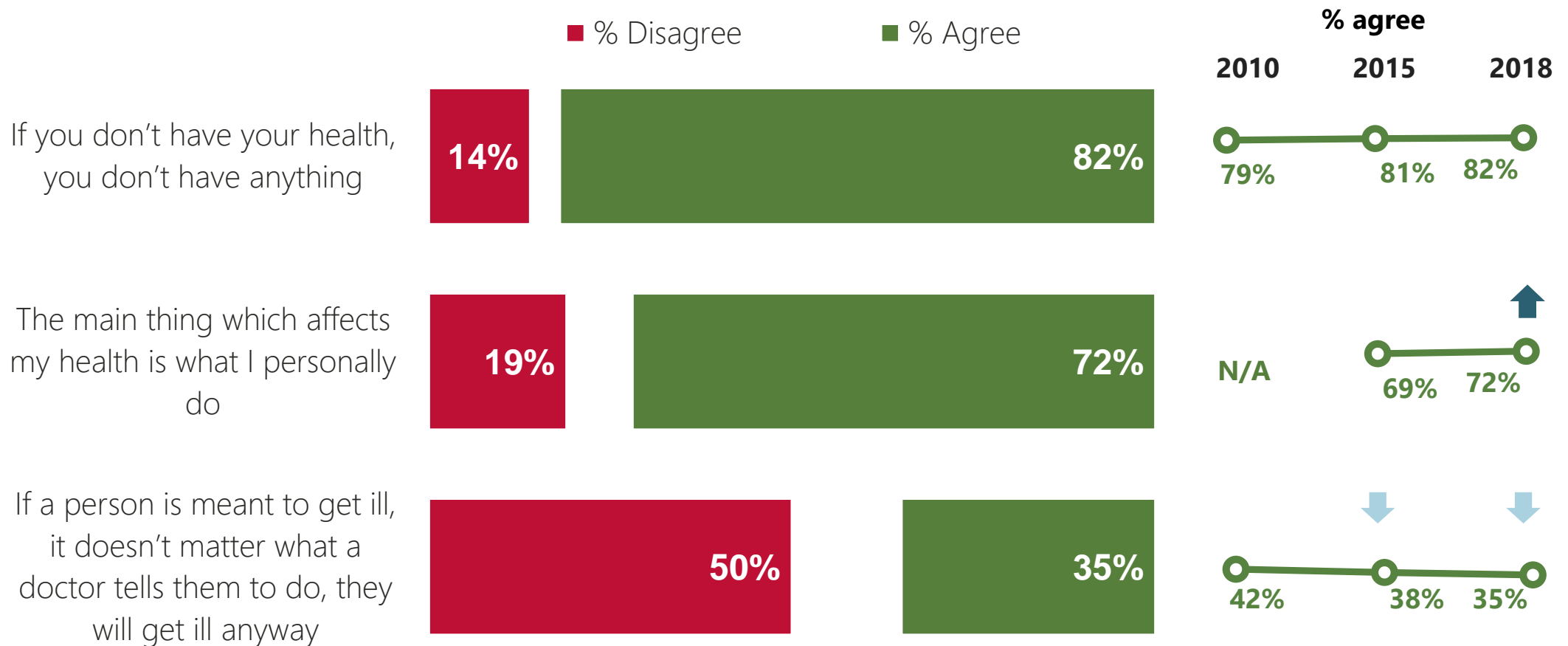
- Leicester residents place great importance on their personal health – with four in five agreeing that you do not have anything without health.
- Residents express positive attitudes towards their own health – with an increase in those who feel they can influence their health through personal actions, and fewer echoing fatalistic sentiments about getting ill.
- This positive attitude is reflected in residents' intentions for the future – with a greater proportion planning to eat more healthily and do more exercise than in 2015.
- Seven in ten residents do not recall any health campaigns , although this drops to a quarter when prompted with campaign logo images.
- A quarter use an app on their phone to track their health, while 15% use a fitness tracker – and a considerable proportion of Leicester residents would be open to trying it.



The majority feel health is the most important thing in life; while a greater proportion feel more in control of their own destiny than in 2015

82% of Leicester residents agree that you don't have anything without your health. A greater proportion of residents feel they can personally affect their own health through what they do (72% vs 69% in 2015). This is in line with a reduction in those who are fatalistic about their health – i.e. agreement that if someone is meant to get ill they will do regardless of the doctors' advice (35% this year down from 42% in 2010).

Q8. 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?



Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

↑ ↓ =significant increase/decrease from previous survey

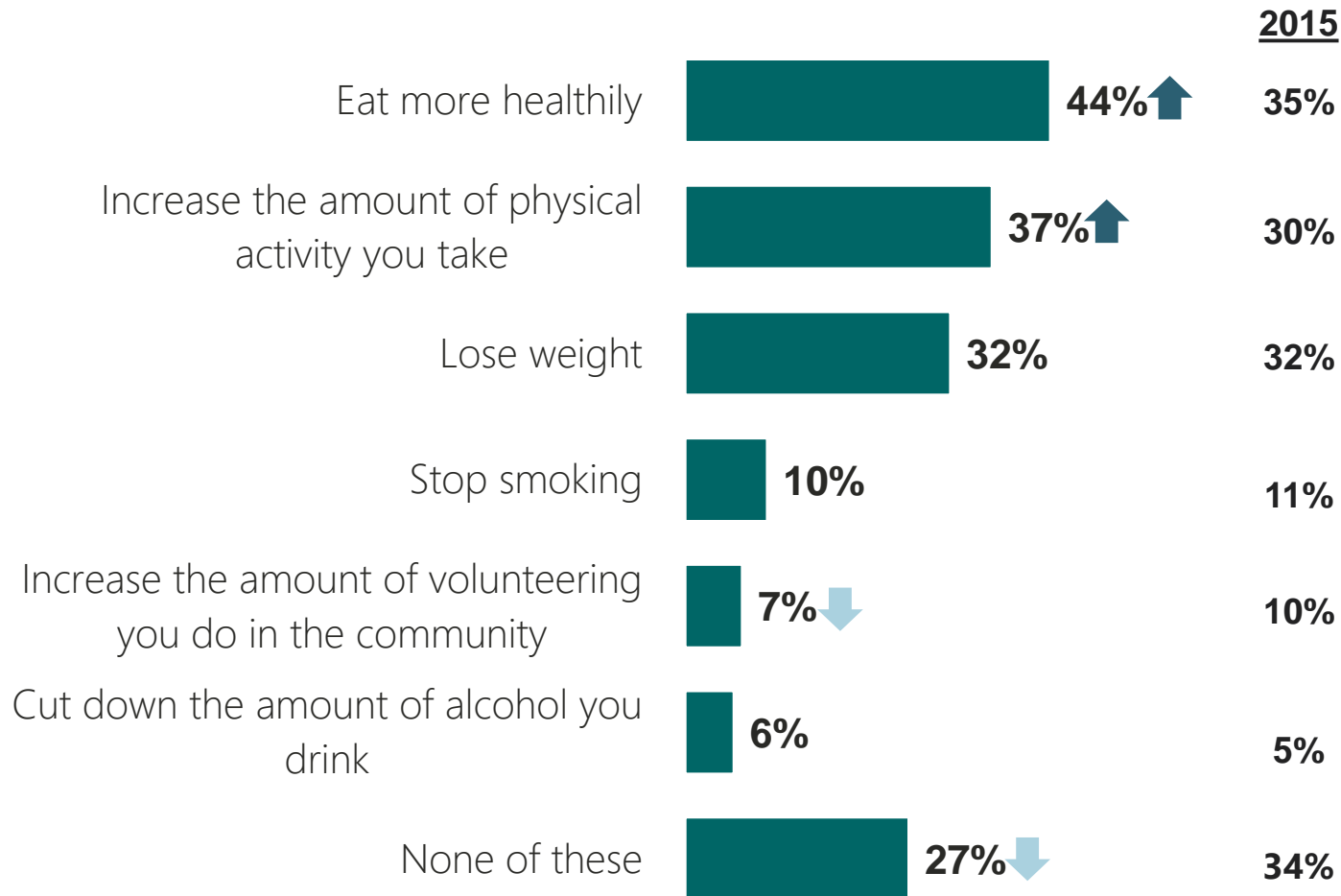
Source: Ipsos MORI



Compared to the previous survey, a higher proportion plan to eat healthily and exercise more

Leicester residents are more likely to aspire to having a better diet, and increasing the amount of physical activity they do in the next 6 months, although significantly fewer residents plan to do more volunteering in the community. Fewer state that they plan to make none of the changes from the list provided (27% vs. 34% in 2015).

Q9. Which, if any, of these changes to your lifestyle are you thinking of making in the next 6 months?



Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

↑ ↓ = significant increase/decrease from previous survey







Source: Ipsos MORI



Healthy lifestyle changes are being planned by a range of different population groups

The following table shows a diverse range of groups are planning to make healthy lifestyle changes in the near future:

Q9. Which, if any, of these changes to your lifestyle are you thinking of making in the next 6 months?

	Lifestyle change	Population groups more likely to plan to:
	Eat more healthily (44% overall)	<ul style="list-style-type: none"> • Those aged 16-34 (53%) • BME residents (51%) • Private renters (49%)
	Increase amount of exercise (37% overall)	<ul style="list-style-type: none"> • Females (40%) • Those aged 16-34 (42%) • Those who are working (40%) • Those with children (39%) • Social renters (38%)
	Lose weight (32% overall)	<ul style="list-style-type: none"> • Females (39%) • Those aged 35-64 (39%) • Off work sick/disabled (44%) • Those with children (39%) • Social renters (38%) • Those with a low mental health score (40%)
	Stop smoking (10% overall)	<ul style="list-style-type: none"> • Males (11%) • Those aged 16-34 (12%) • White British (12%) • Current smokers (41%) and e-cigarette users (40%) • Those with a low mental health score (15%)
	Increase volunteering (7% overall)	<ul style="list-style-type: none"> • Those in the Central area (9%)
	Cut down on drinking (6% overall)	<ul style="list-style-type: none"> • Males (9%) • Those who are working (8%) • White British residents (8%)

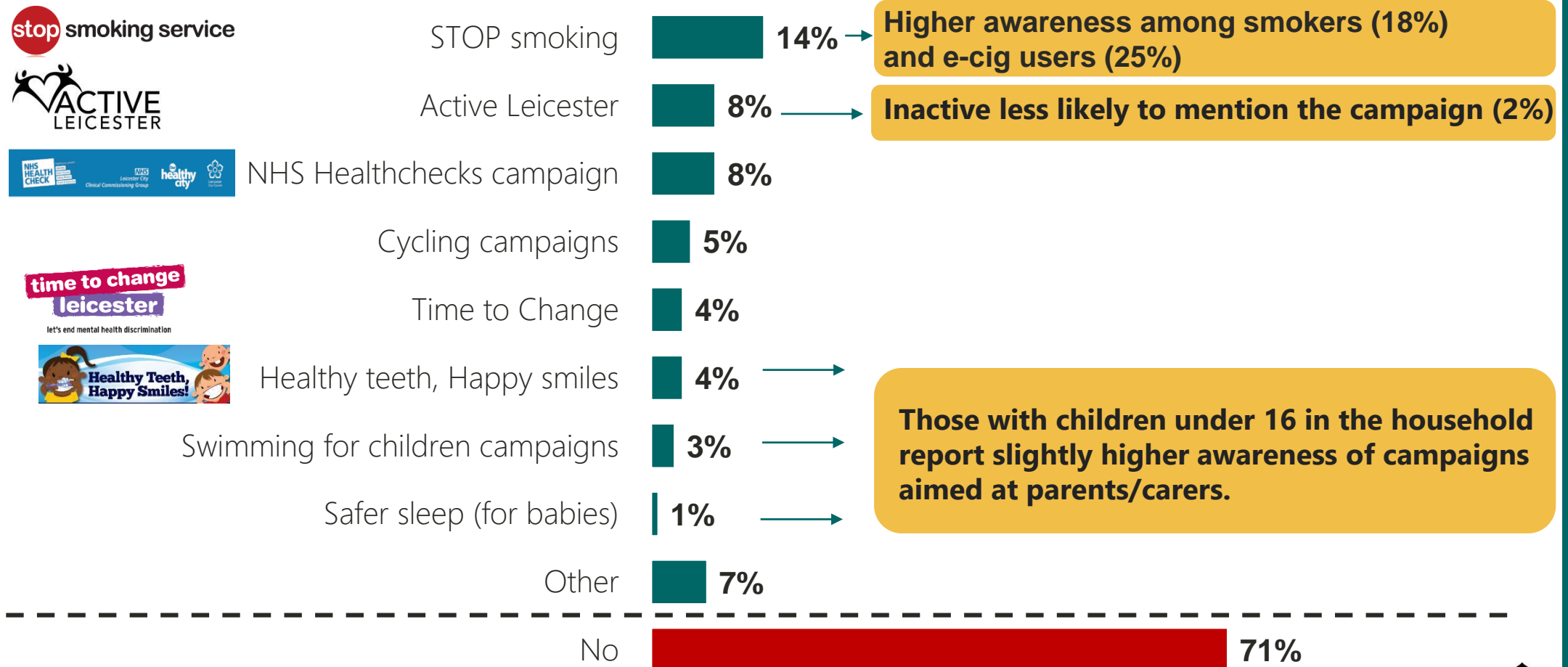
Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI

Unprompted, there is low awareness of Leicester health campaigns

Seven in ten (71%) Leicester residents do not recall any campaigns in Leicester about health and wellbeing. Of those who did recall a campaign, STOP smoking was most frequently mentioned (14%), followed by Active Leicester and NHS Healthchecks (both 8%). Current tobacco smokers (18% vs. 14% overall) and e-cigarette users (25%) are more likely than the average to have heard of the STOP smoking campaign.

Q10a. Have you heard of any campaigns in Leicester about health and wellbeing?



Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI



Overall awareness of health campaigns

When asked, three in five residents said they had heard of the national Change 4 Life campaign* – particularly those with children (70% vs. 60% overall), and those who get their five a day (67%). While there was relatively low spontaneous awareness of local health campaigns, this rises to a quarter for Active Leicester (27%) when combined with the campaign logo. The same can be said for the NHS Healthchecks (25% combined awareness) and Time to Change (17%), while just over a quarter (27%) do not recognise any local campaigns either spontaneously or prompted.

Q10a/b. Awareness of campaigns (combined awareness)



Change 4 Life (prompted only)



Active Leicester



NHS Healthchecks campaign



Time to Change



None of these



*Note that Change 4 life is a national campaign and did not feature at 10a - so is prompted awareness only

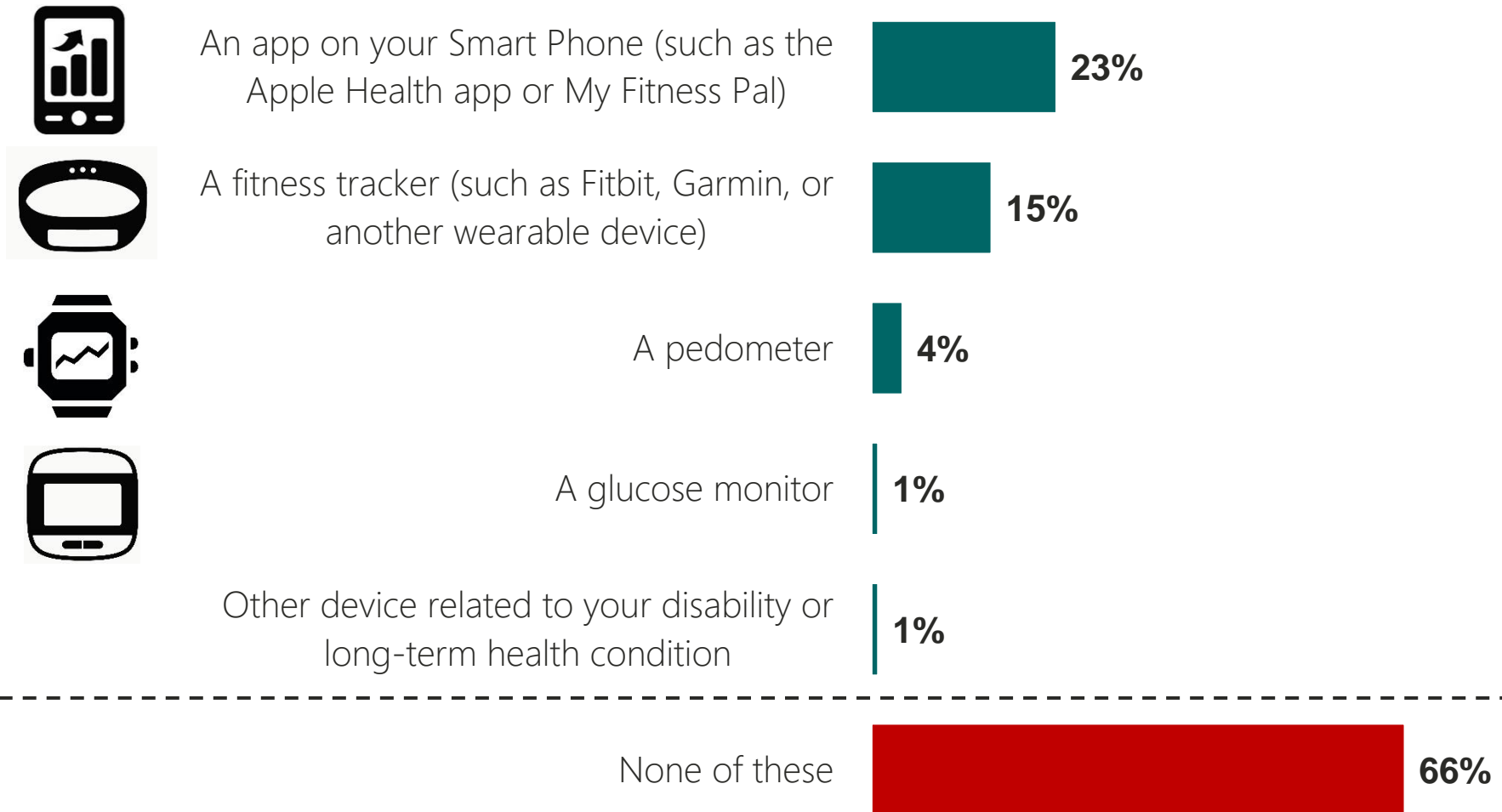
Base: All valid responses (2224), : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI

A fifth (23%) of Leicester residents use an app and 15% use a fitness tracker to monitor their health

From the list provided, the majority (66%) say they do not use any types of technology to monitor their health, but 23% do use an app, and 15% use a fitness tracker. Younger residents aged 16-34 are more likely to use health and fitness tech. Those who agree that personal actions are the main factor for good health are also more likely to use tech (24% use apps and 16% use a tracker).

Q54. Do you regularly use any of the following types of technology to monitor or improve your health?



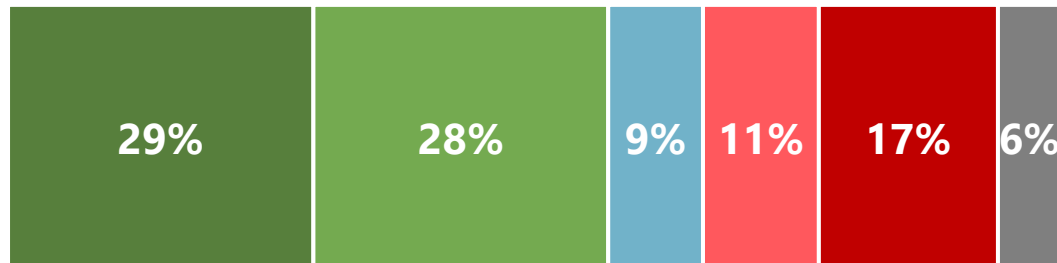
While the majority do not use health tech, a notable proportion would consider trying it

Among those who do not use health tech, 58% agree that, if it was recommended by a GP or health professional, they would consider trying a health app, while half (49%) would feel this way about a fitness tracker. Older residents are least likely to use tech – and are the most reluctant about trying it, with 38% saying they would not consider an app.

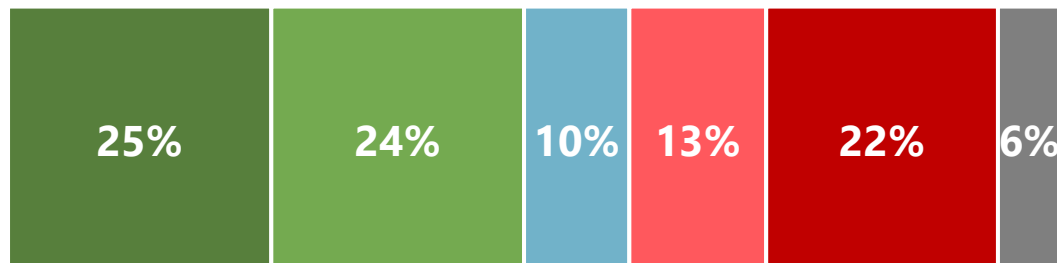
Q55. To what extent do you agree or disagree with the following statements?

- Strongly agree
- Tend to agree
- Neither/nor
- Tend to disagree
- Strongly disagree
- Don't know

I would consider using a health app if they were recommended to me by a GP or health or care professional



I would consider a fitness tracker if they were recommended to me by a GP or health or care professional



Groups who are less willing to follow GP recommendations of health apps or a tracker include: **those aged 65+, White British residents, those living on their own, current smokers and those with a disability.**

Diet & Healthy Weight

- Half of Leicester residents are classed as overweight or obese according to their BMI score.
- Residents are fairly realistic about their weight – with people most likely to think they are overweight generally scoring a higher BMI.
- Nine in ten think what they eat is generally healthy, although Leicester residents are less likely than the national rate to eat their five a day.
- Seven in ten eat freshly cooked food six times a week.
- Two in five have fast food at least once a week. Those who eat fast food do so for a treat, or to save time.

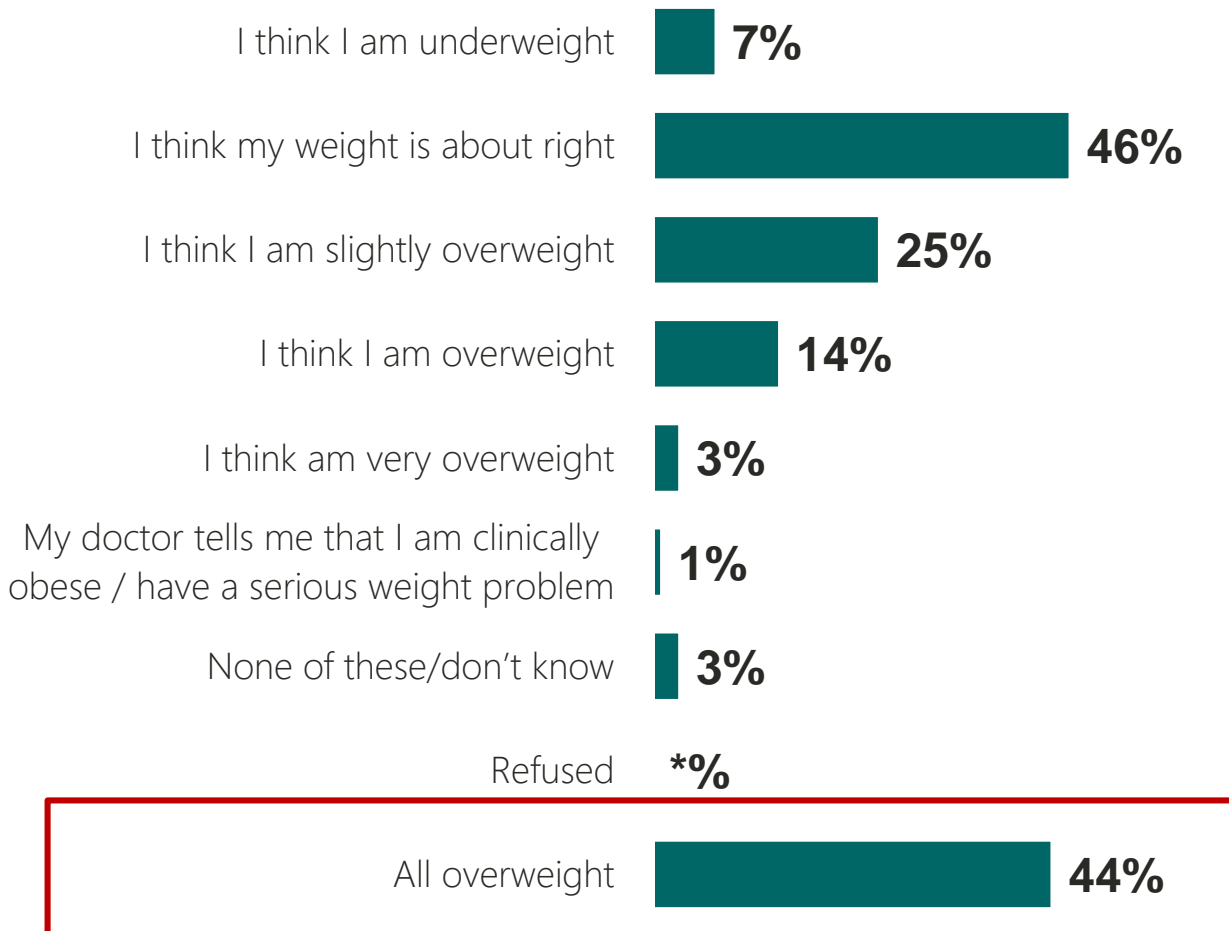


Self perceived weight and Body Mass Index (BMI): perceptions vs. reality

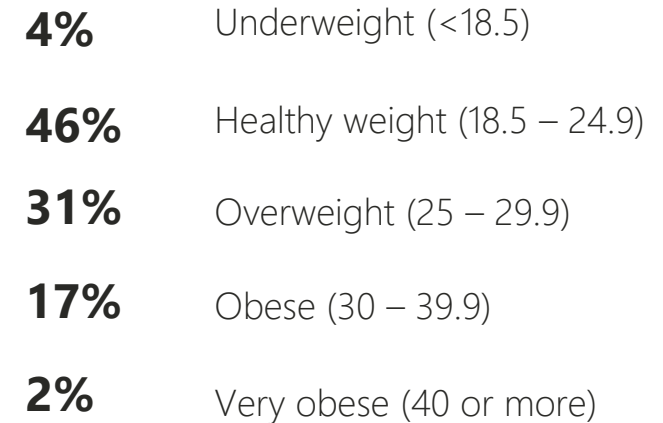
Just under half of Leicester residents feel their weight is about right (46%), and the same percentage have a healthy (self-reported) BMI score. 44% describe themselves as overweight compared to 50% who are classed as overweight using BMI scores*. 26% of those with a overweight or obese BMI think their weight is about right. 9% of those with an underweight BMI perceive themselves as overweight.

Q11. Which of the following statements best describes you? / Q37/38 – Body Mass Index (BMI)

Self-perceived weight



Calculated BMI



BMI calculations reveal:

- 50% are overweight
- Leicester mean BMI is 26.2
- National mean BMI** is 27.3

*BMI findings are based on height and weight given by the participant in the CASI element of the survey, and may not be truly accurate measures. Base: All valid responses (2224); all valid responses who gave their height and weight (1693). Fieldwork dates : 5th March – 25th July 2018.

** Source: National Health Survey for England, based on 8008 adult aged 16+

Source: Ipsos MORI



Weight by demographic groups: perception vs. reality

In 2015 we observed some differences between population groups when comparing perceived weight and BMI score. Some groups are more likely to have a misperception of their own weight. For example 37% of males think they are overweight however 49% have a overweight BMI score. 38% of males are self-describing their weight has lower than their actual BMI weight, this is significantly higher than females where 30% underestimate their weight.

Q11. Which of the following statements best describes you? / Q37/38 – Body Mass Index (BMI)

Demographic Groups	Excess weight (overweight or obese)	Under estimate their weight	Correctly estimate their weight	Over estimate their weight
Overall	50%	34%	55%	11%
Males	49%	38%	53%	10%
Females	51%	30%	57%	13%
White British	53%	34%	56%	10%
Asian British	47%	32%	55%	13%
Black British	55%	47%	40%	12%
Off work sick/disabled	68%	48%	44%	8%
Owner occupied	49%	31%	58%	11%
Social renter	61%	43%	48%	10%



=significantly higher than the overall



=significantly lower than the overall

Base: Valid responses who gave their height and weight and self described their weight (1651) Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI

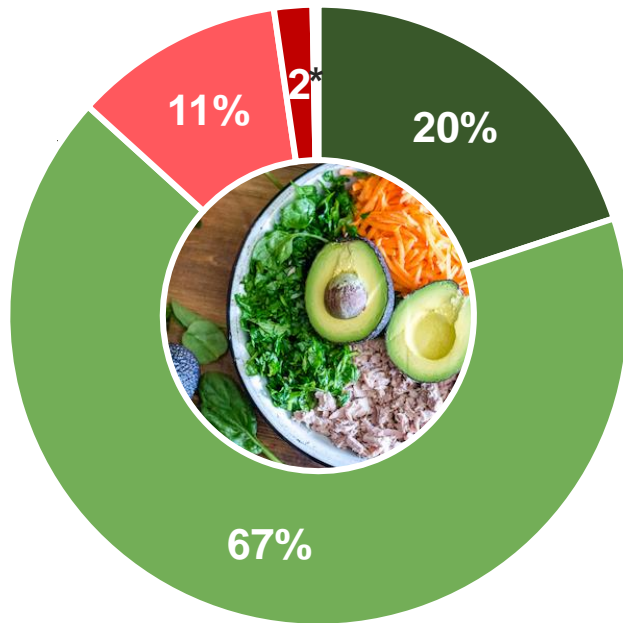


Nine in ten Leicester residents think that what they usually eat is healthy

One in five residents think they have a very healthy diet, whilst 13% think they generally eat unhealthy food. It appears a healthy diet increases as people get older – 83% of 16–34 year olds say they have a healthy diet compared to 93% of those aged 65 and over. However young people are also more likely to want to do something about it (53% of 16-34 year olds would like to eat more healthily).

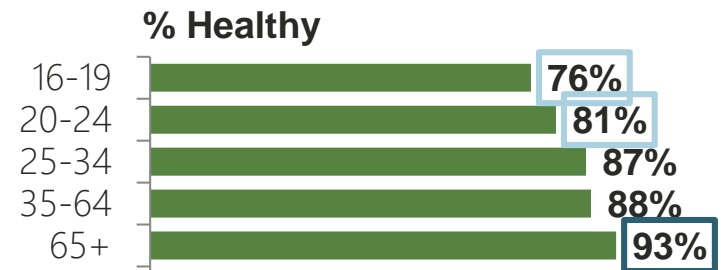
Q12. Overall, would you say that what you usually eat is...?

- Very healthy
- Fairly healthy
- Fairly unhealthy
- Very unhealthy
- Don't know



	2018
Healthy	87%
Unhealthy	13%

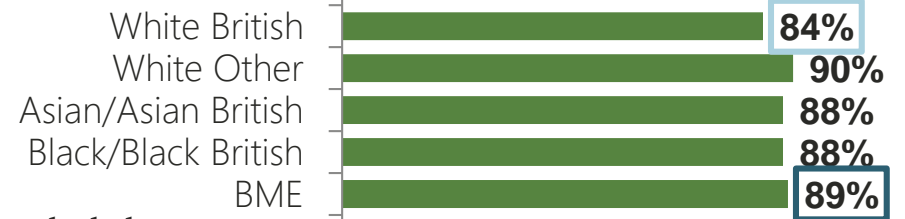
Age



Gender



Ethnicity



Employment status



 =significantly higher than the overall

 =significantly lower than the overall

Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI

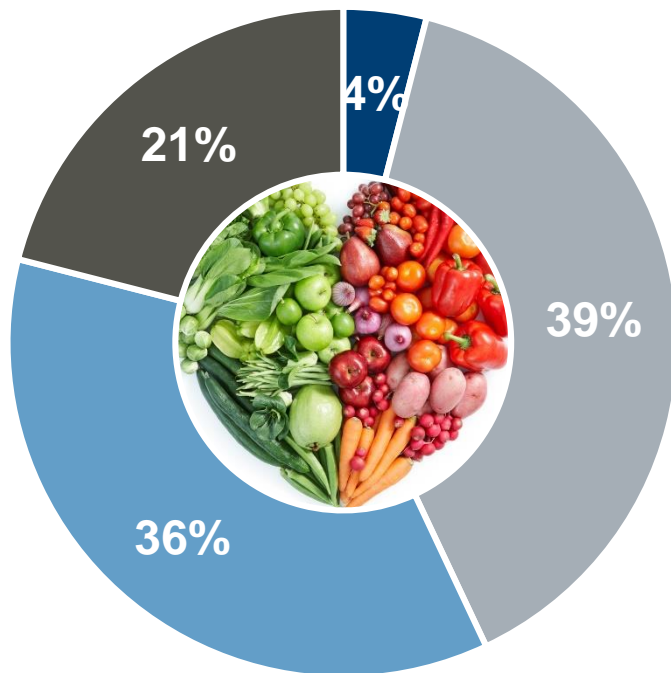


One in five Leicester residents get their five a day; as in the previous survey

Although most people think they eat a healthy diet, 21% of Leicester residents say they eat 5 or more portions of fruit and veg per day - lower than the national rate of 26%. Younger people are least likely to eat the recommended amount of fruit and veg; with just 7% of 16-19 year olds eating five. Residents who are active (do 150+ minutes exercise per week), and homeowners are amongst those most likely to get their five a day.

Q13. 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



	2018	2015	2010
5 or more portions	21%	20%	23%

Age



Gender



Ethnicity



Employment status



- =significantly higher than the overall
- =significantly lower than the overall

Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018
 Source: National Health Survey for England, 2016. Based on 8008 UK adults aged 16+

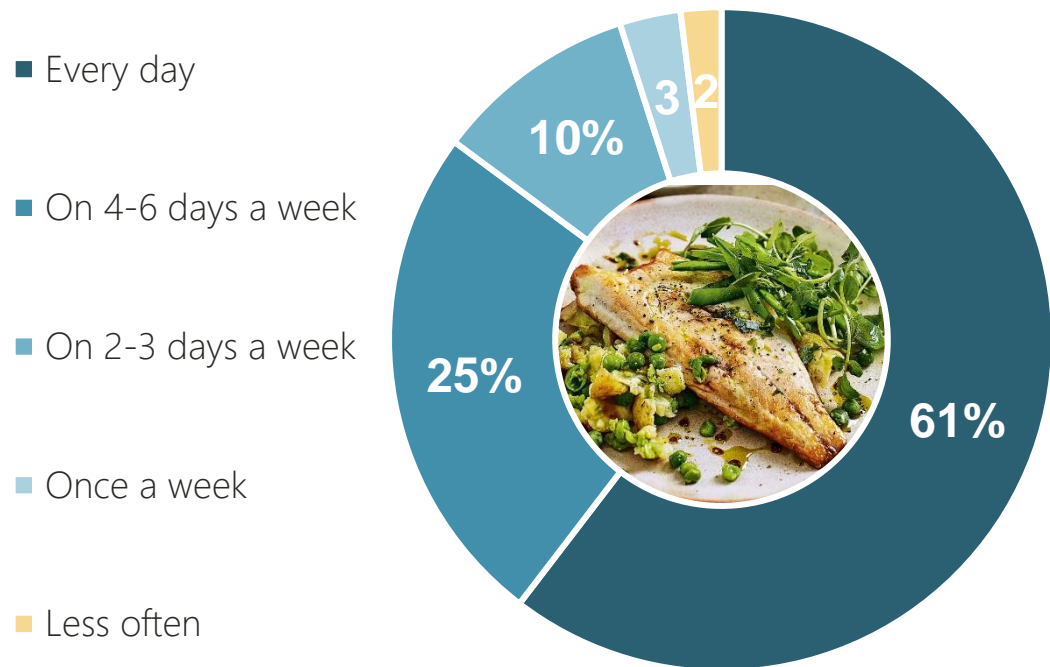
Source: Ipsos MORI



Seven in ten Leicester residents eat home-cooked food at least six times a week

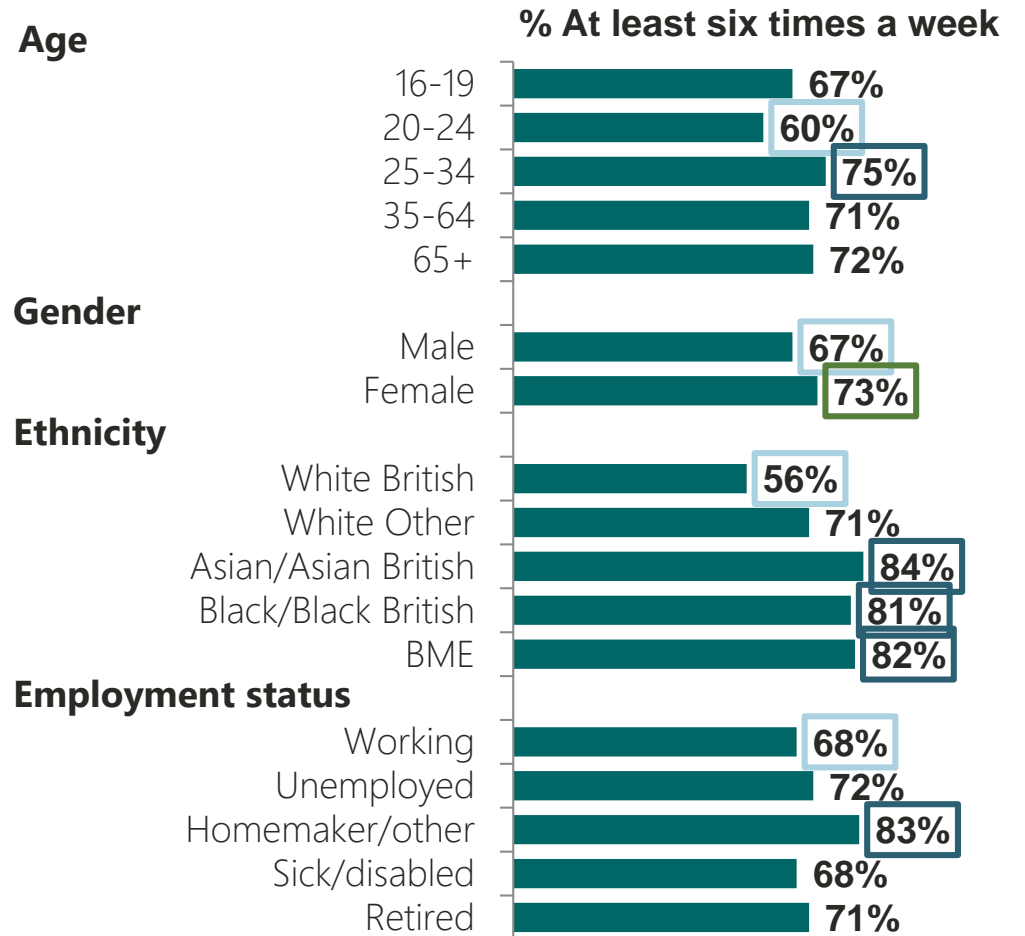
Three in five (61%) eat freshly prepared meals every single day, and just 2% do this less than once a week. Some groups such as White British residents, and those not working due to a disability are less likely than the average to regularly eat home-cooked food.

Q14. How often do you eat home-cooked food prepared from basic ingredients as your main meal?



	2018
At least once a week	98%
At least six times a week	71%

Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018



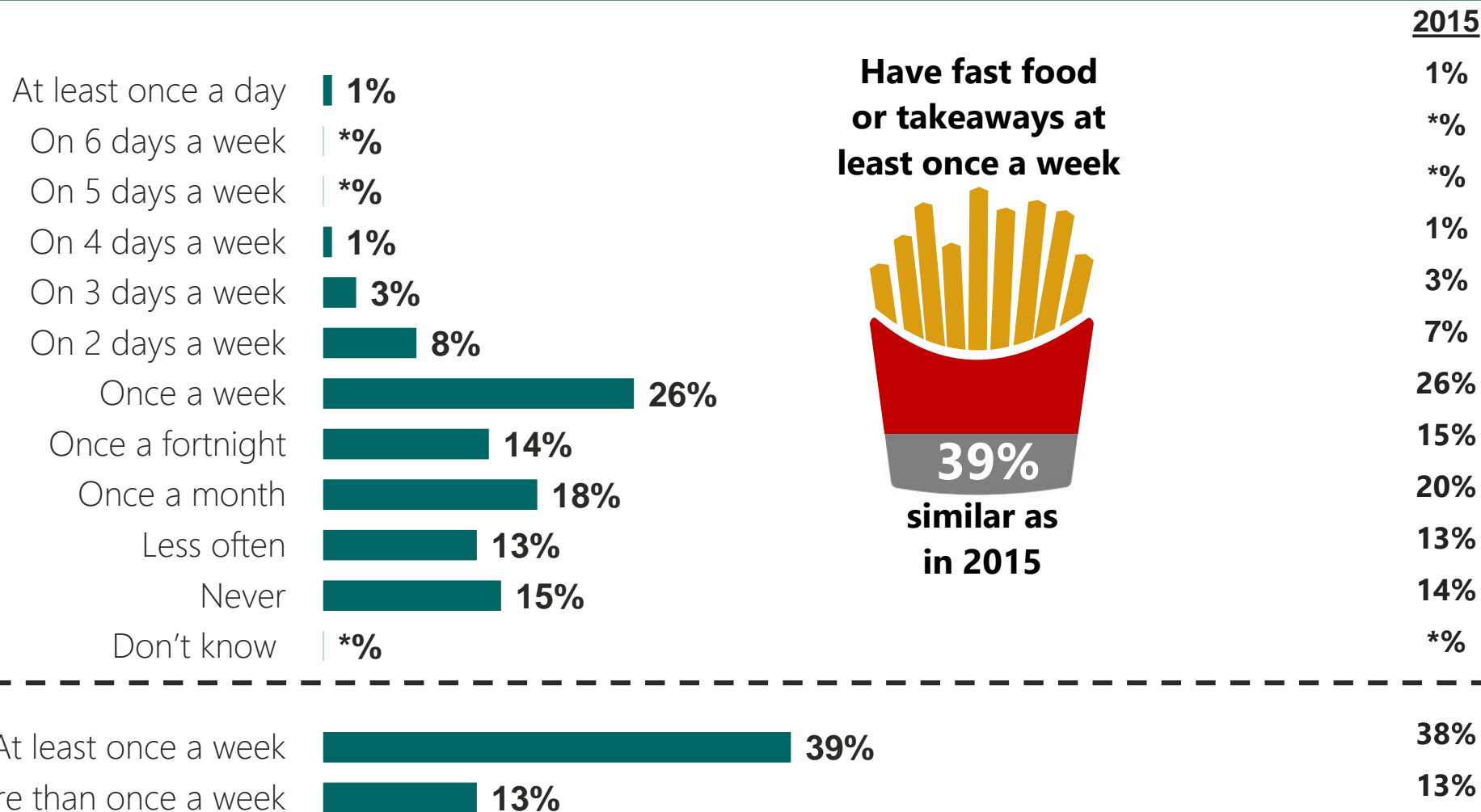
 = significantly higher than the overall = significantly lower than the overall

Source: Ipsos MORI

Two in five Leicester residents eat fast food at least once a week – as in 2015

While 39% eat a takeaway every week, the majority of those people only have it on one day a week (13% have it more than once). Those who are workless sick/disabled, BME, and aged between 16-34 are all more likely to eat fast food more than once a week, as are those with a poor mental health and wellbeing score.

Q15. Can you tell me how frequently, if at all, you eat hot food from a take-away such as a kebab, curry, Chinese food, pizza, fried fish, chicken, chips or a burger?



Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

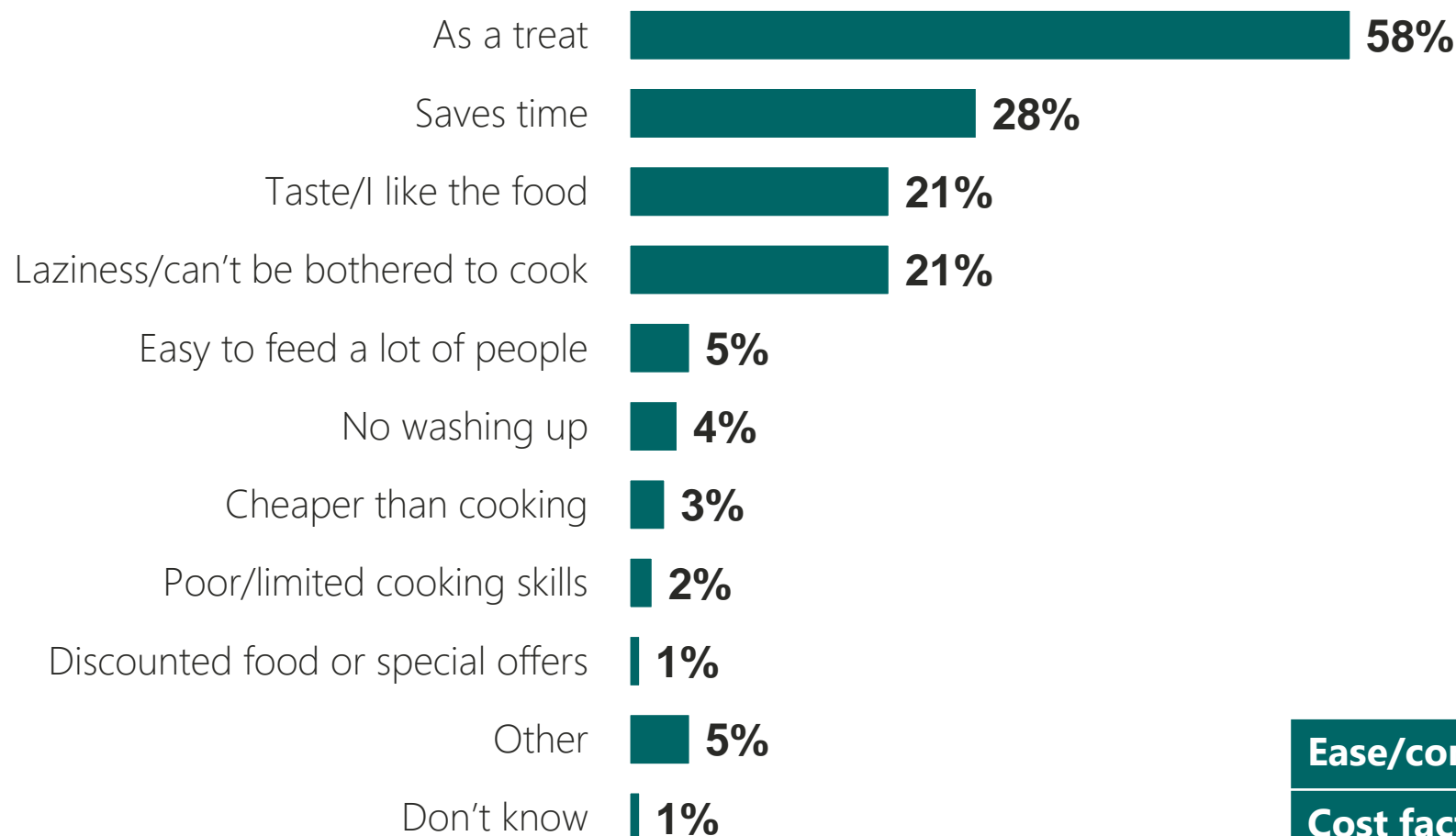
Source: Ipsos MORI



Leicester residents who eat fast food have it for a treat, and to save time

Of those who ever have a take-away, 58% do so as a treat and 47% have one to save time or because they can't be bothered to cook. Very few choose a takeaway for cost reasons - although those who run out of money frequently are more likely to have fast food at least once a week (44% vs. 36% of those who hardly/never run out of money).

Q16. What are the main reasons that would make you decide to have a takeaway?



Ease/convenience factors	47%
Cost factors	4%

Physical activity

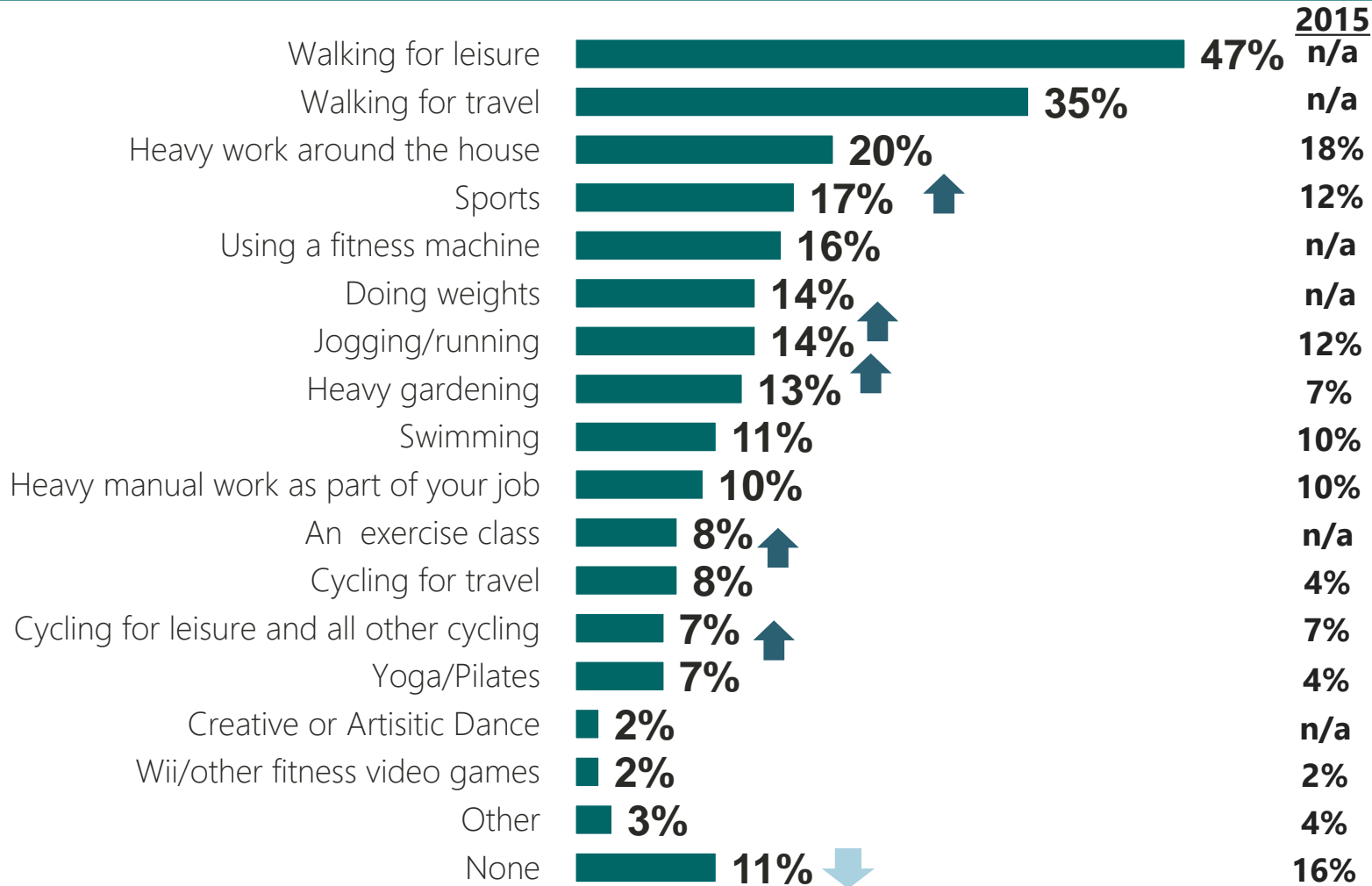
- The proportion of Leicester residents who do no physical activity has decreased. Participation in physical activities such as gardening, walking to work and yoga has increased.
- Almost three in five Leicester residents do the recommended 150+ minutes of moderate intensity exercise, consistent with the 2015 findings. There are fewer residents who do less than 30 minutes.
- The proportion of residents who get the recommended amount of exercise differs across Leicester; with residents in West and South more likely to complete the recommend amount of exercise whereas residents in the East and North are doing less.
- Two in five Leicester residents actively travel in a normal week. The rate is significantly higher in the west of the city and significantly lower in the east.
- One fifth of Leicester residents use a bike. Most residents do not have access to a bike.



Participation in physical activity has increased

Walking for leisure (47%) and travel (35%) are the most popular forms of physical activity. A fifth name heavy housework (20%) and a sixth refer to sports (17%). There has been an increase in people doing different types of physical activity, including: sports, jogging/running, heavy gardening, cycling for travel, and yoga/Pilates. The proportion who say they do no physical activity has decreased to 11%.

Q17. In a normal week, which of these activities do you do?



Groups more likely to participate in physical activities are:

- resident in West
- aged 16-34

Groups less likely to participate in physical activities are:

- unemployed;
- aged 65+;
- disabled;
- in bad health;
- no formal qualifications;
- social renters.



=significant increase/decrease from previous survey

Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI



Active travel by geographical area

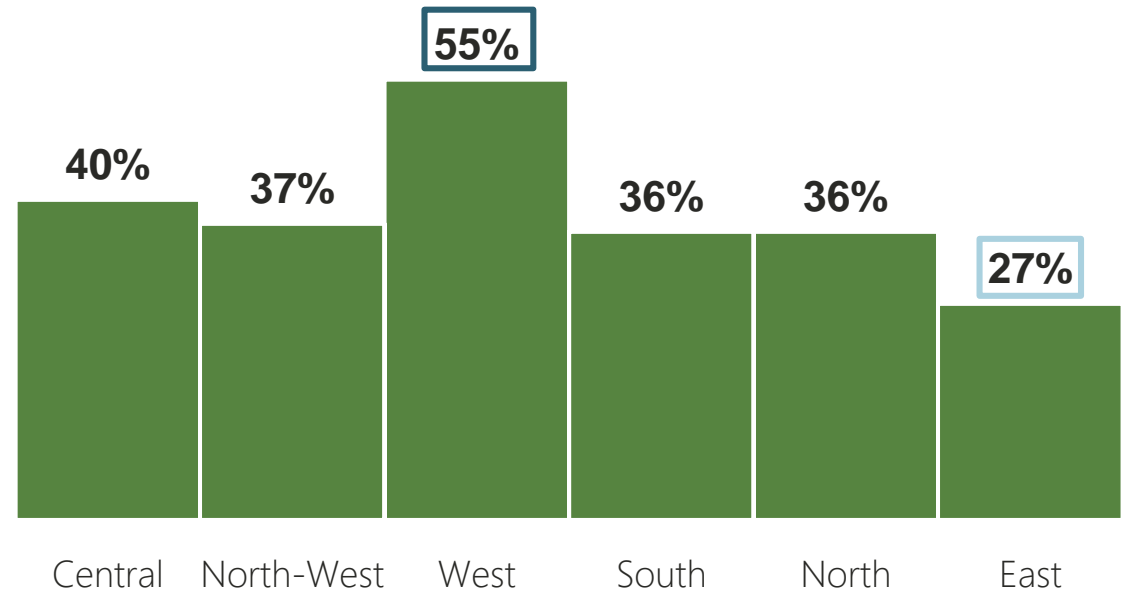
There are differences across the city when it comes to active travel. As shown below, two in five residents use some form of active travel (either walking or cycling as a means of transport). Those in the West are more likely than those in other areas of the city to actively travel, whereas those residents living in the East are least likely to do so.

Q17. In a normal week, which of these activities do you do? Walking for travel & cycling for travel (combined)



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% Active travel (walking or cycling)



39% overall

- = significantly higher than the overall
- = significantly lower than the overall

Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

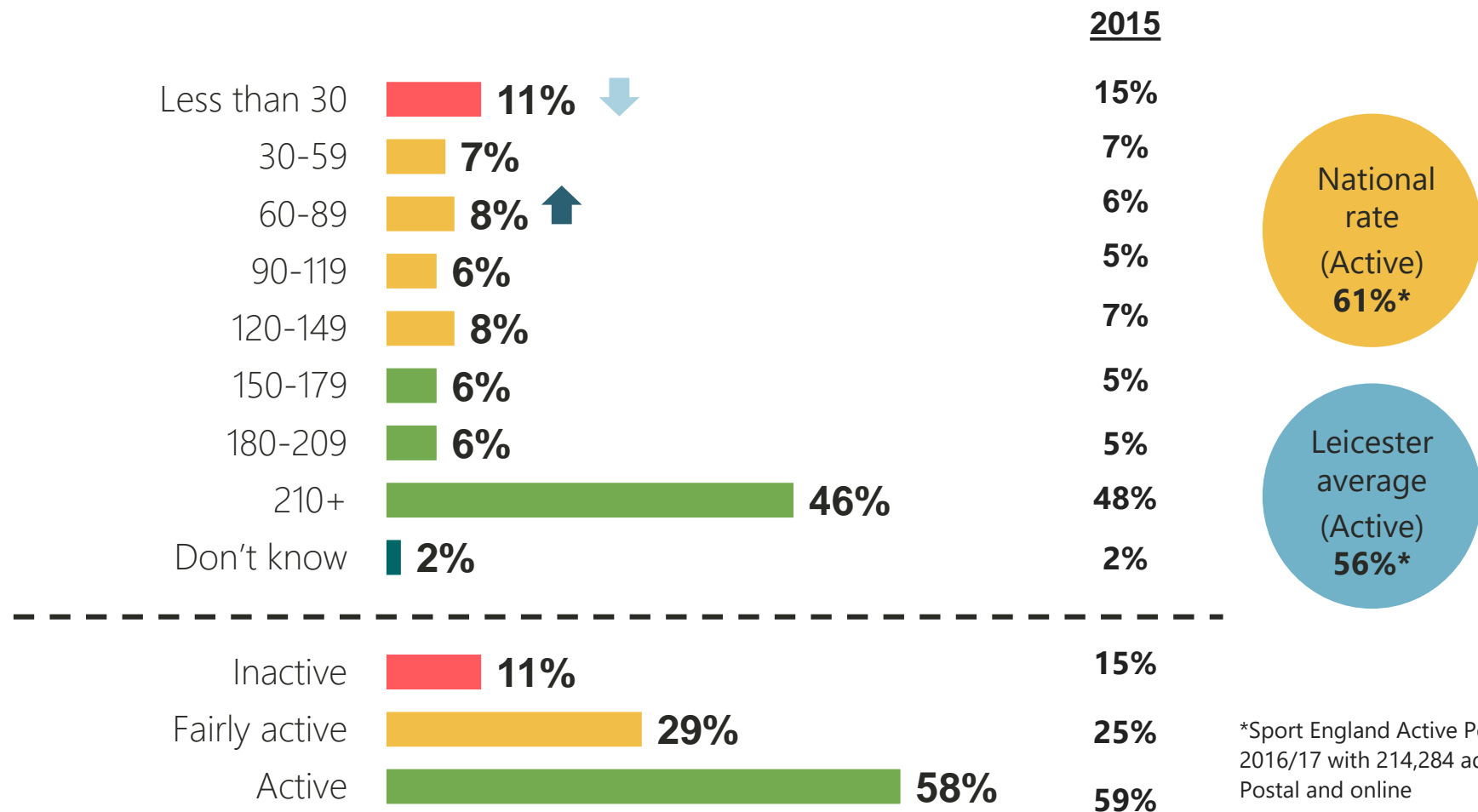
Source: Ipsos MORI



There are fewer physically inactive residents in 2018 compared to 2015.

Almost three in five residents (58%) get the recommended 150 minutes or more of moderate physical activity per week. The proportion who get less than 30 minutes has decreased significantly (11% from 15%). The proportion of Leicester residents who do 150 minutes exercise or more (58%) is just below the national rate (61%), according to the Sport England Active People Survey*.

Q18. How many minutes or hours of at least moderate activity would you say you do a week? (Minutes)



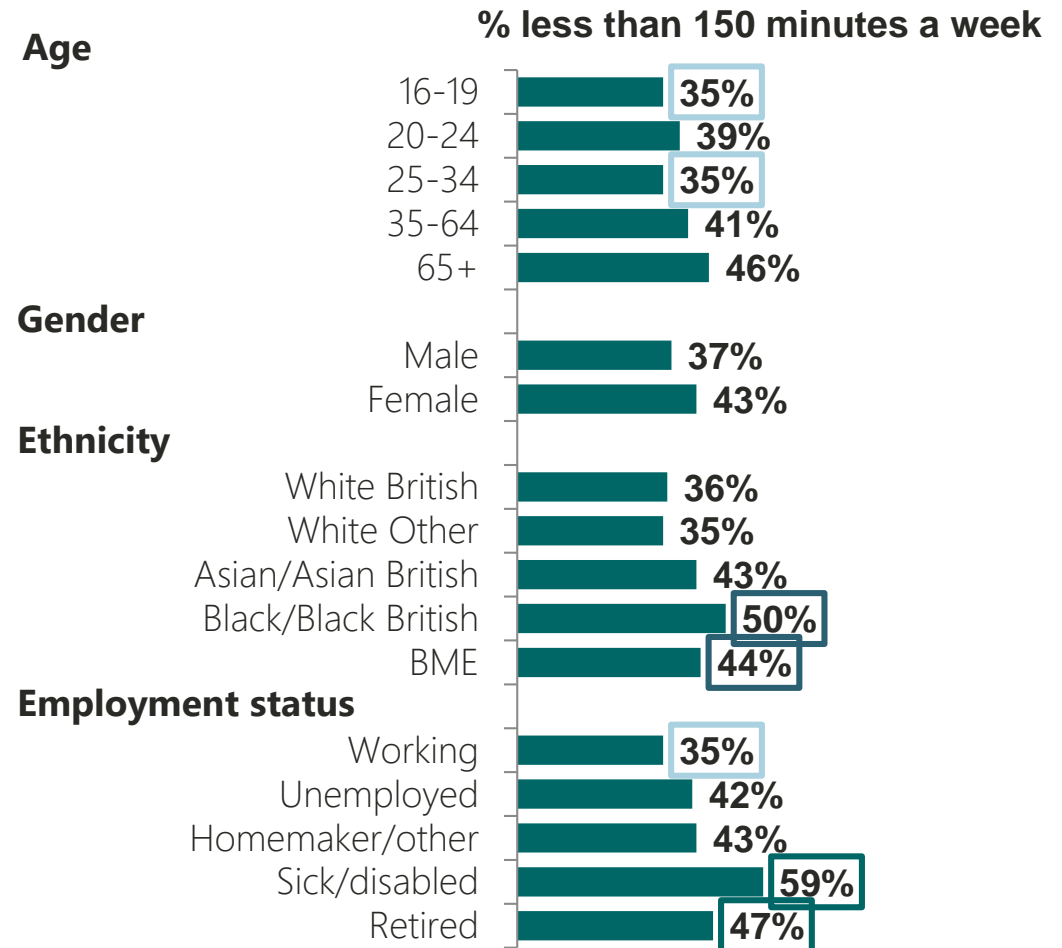
*Sport England Active People Survey 2016/17 with 214,284 adults aged 16+. Postal and online

Two in five complete less than the recommended amount of physical activity a week.

Some demographic groups are more likely to complete less than the recommended 150 minutes of physical activity a week. There are also particular vulnerable groups who are physically inactive (completing less than 30 minutes of exercise a week). For example, nearly a third of those who describe themselves in bad health are physically inactive.

Q18. How many minutes or hours of at least moderate activity would you say you do a week?

Residents...	% inactive (overall 11%)
...in bad health	31%
...with no formal qualifications	20%
...disabled	19%
...in poor mental health	18%
...aged 65+	18%
...Black or Black British	16%
...in East Leicester	17%
...in a single person household	15%
...who are non-drinkers	14%
...who are social renters	14%
...who are not working	13%



=significantly higher than the overall



=significantly lower than the overall

Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

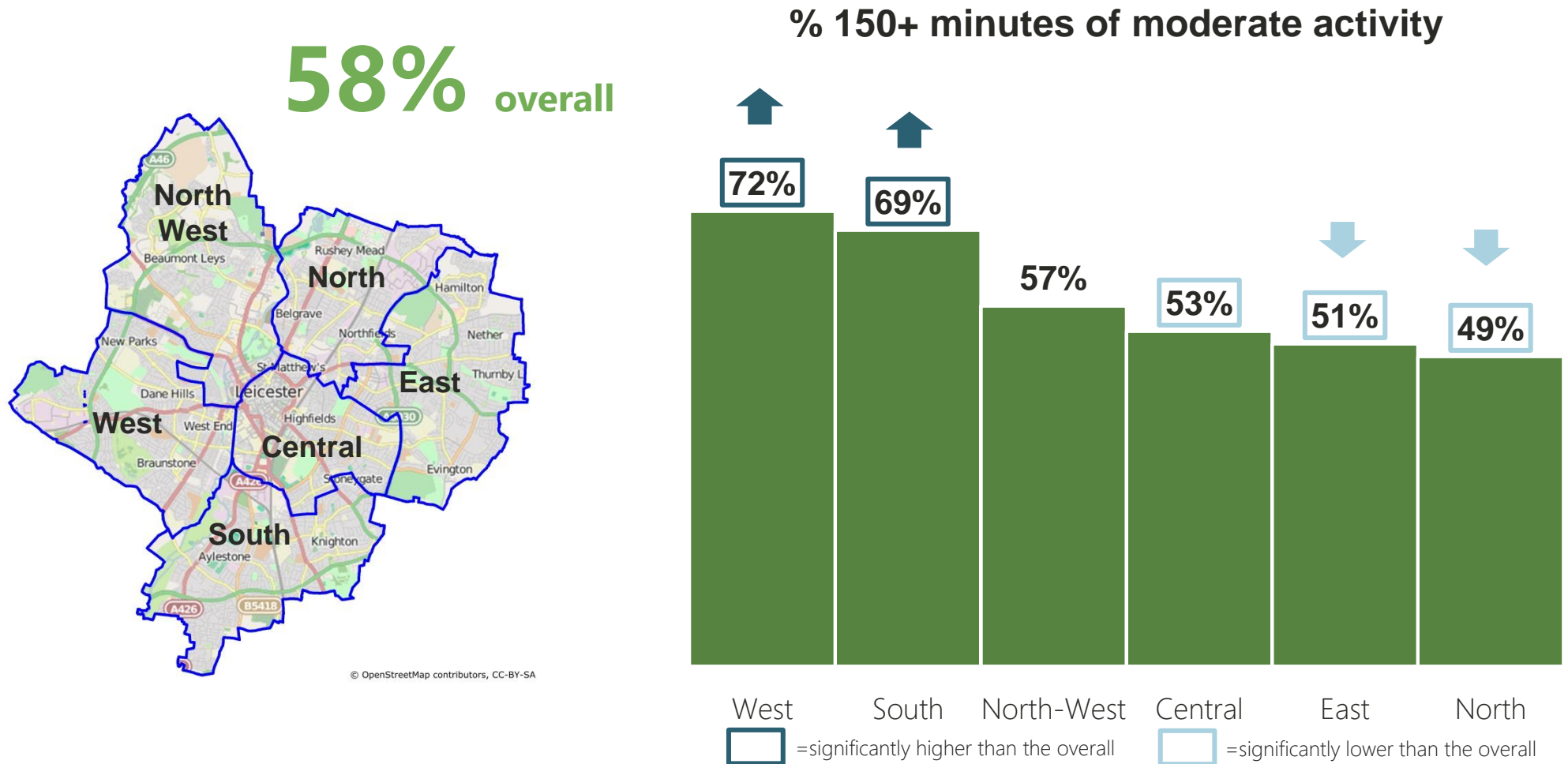
Source: Ipsos MORI



Changes in physical activity levels across Leicester

There are differences in the amount of physical activity residents do per week across Leicester. The proportion of residents in West and South Leicester who get the recommended amount has increased significantly since 2015 (from 67% to 72% and from 58% to 69% respectively). However, the opposite trend has been seen in East and North Leicester, where the proportion who get 150 minutes or more of exercise a week has decreased significantly (from 55% to 51% and from 64% to 49% respectively).

Q18. How many minutes or hours of at least moderate activity would you say you do a week?



Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

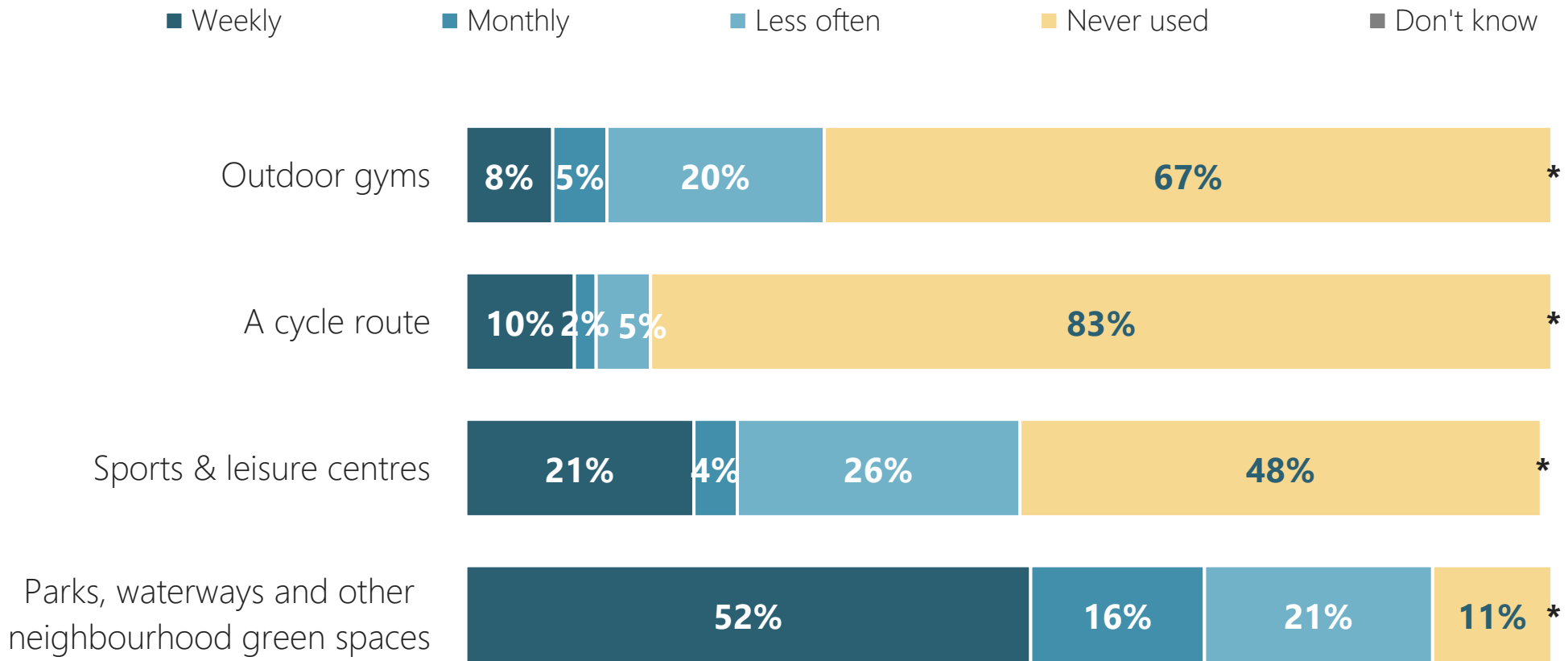
Source: Ipsos MORI



More than half of residents use green spaces at least once a week

More than half of Leicester residents use parks, waterways and other neighbourhood green spaces at least once a week (52%), with almost 7 in 10 (68%) using them at least once a month. A quarter (26%) use sports and leisure centres at least once a month, but almost half (48%) never use them. 13% use outdoor gyms at least once a month, with two thirds (67%) never using them. One in ten (10%) Leicester residents cycle along a cycle route at least once a week.

Q20c. How often, if at all, have you used the following in Leicester?



Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI



Weekly use of outdoor gyms, cycle routes, leisure centres and green spaces by population group

Men are significantly more likely than women to use all of these facilities. Use of these facilities is also higher among residents in West Leicester, private renters, those in good health and non-disabled residents. Households with children are significantly more likely to use parks, waterways and other neighbourhood green spaces.

Q20c. How often, if at all, have you used the following in Leicester?

Groups significantly more likely to use these facilities <u>at least once a week</u>	Outdoor gyms (8%)	Of those who cycle... used a cycle route (45%)	Sports and leisure centres (21%)	Parks, waterways and other neighbourhood green spaces (52%)
Men	9%	51%	25%	55%
16-19 year olds	13%			
16-34 year olds			29%	57%
Private renters	11%		25%	60%
Households with children	11%			61%
Single person household		63%		
North Leicester	10%			
West Leicester		57%	26%	59%
Central Leicester			26%	
Those in good health	9%		25%	57%
Those in good mental health				58%
Non-disabled residents	9%		25%	57%

% = Groups more likely to use these facilities

blank = Denotes no significant differences/changes

Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI

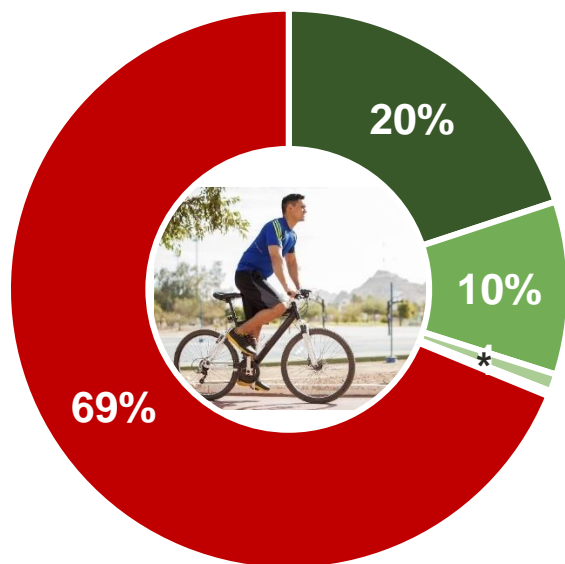


Seven in ten residents do not have access to a bicycle

Just under a third of Leicester residents (31%) have access to a bicycle, with a fifth (20%) using their own bike. The proportion of residents who borrow a bike or hire and rent a bike is very small (1%). The majority of Leicester residents (69%) do not have access to a bike.

Q19 Please tell me which of these statements applies to you. .

- I own a bicycle and use it
- I own a bicycle but I do not use it
- I borrow a bicycle from a friend or family member
- I hire or rent a bicycle
- I do not have access to a bicycle



Those who are more likely to use a bike include: **white other** (37%); **those in education** (31%); **men** (29%); **working residents** (27%); **16-34 year olds** (26%); **households with children** (26%); **those in good health** (25%).

Those most likely to have no access to a bike include; **females** (77%), **those aged 65+** (87%), **BME residents** (75%), **those who are inactive** (85%) and **those in bad health** (74%).

	2018
Have access to a bicycle	31%
Use a bicycle	21%

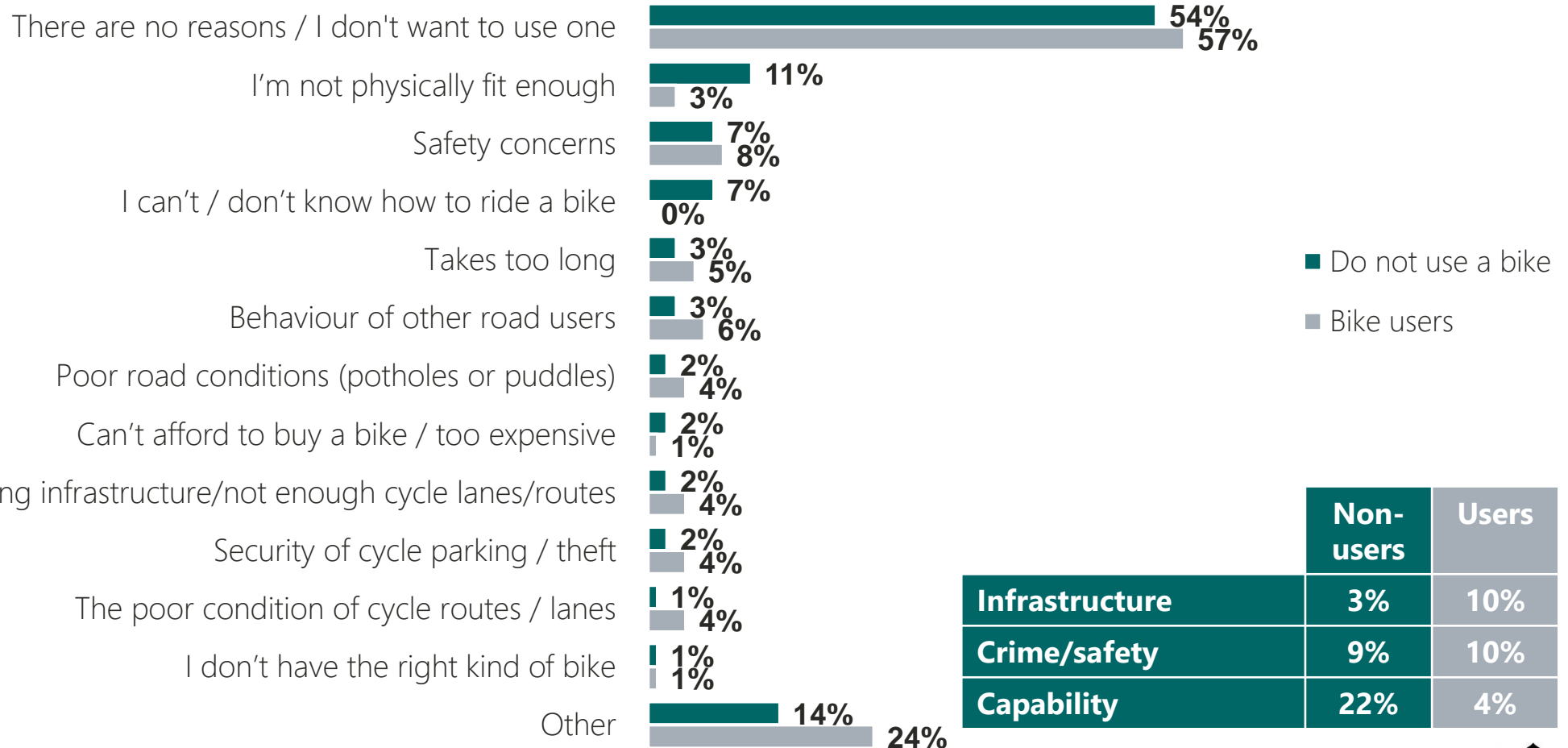
Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI

There is no one major barrier to cycling

For those that don't cycle, the main reason for not using a bike is a lack of interest (54%). A further 11% think they are not physically fit enough. Smaller numbers of residents mention safety concerns (7%), as well as safety on the roads, poor road conditions, and a lack of cycling infrastructure (bike lanes & secure bicycle parks for example). An additional 7% cannot ride a bike. Among those who do cycle, 57% say there are no particular reasons why they don't do so more often.

Q20a. What are the reasons that you don't use a bicycle? / Q20b What are the reasons, if any, that prevent you from using your bike more often?



	Non-users	Users
Infrastructure	3%	10%
Crime/safety	9%	10%
Capability	22%	4%

Base: All valid responses who do not use a bicycle (1769) : Fieldwork dates : 5th March – 25th July 2018

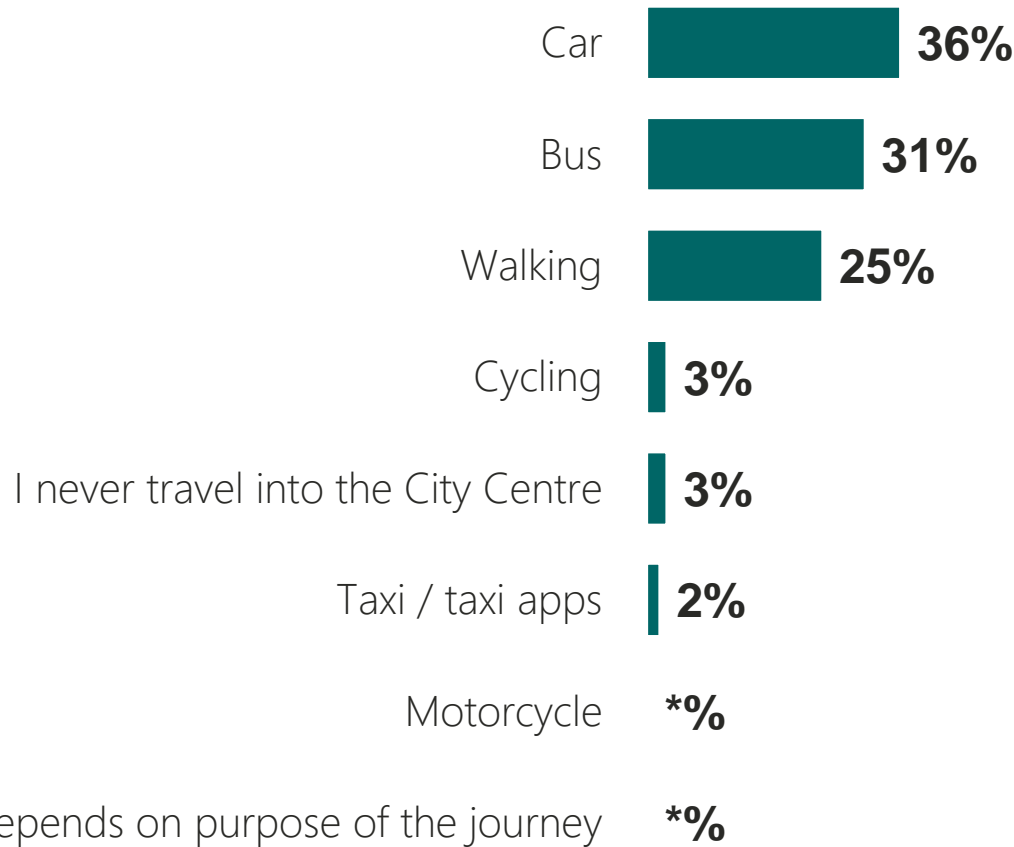
Source: Ipsos MORI



The car is the most common means of reaching the city centre; a quarter walk

Leicester residents most commonly drive into the city centre (36%). A further 31% take the bus, an additional quarter walk (25%), and 3% cycle. There is a greater usage of the car in East (51%), South (44%) and North Leicester (42%). Residents in South and West Leicester are more likely to walk (53% and 32% respectively). Men are more likely to walk (28%) or cycle (5%) whereas women are more likely to take the bus (34%).

Q21. When you travel into the City Centre, which mode of transport do you tend to use most often?



Public transport	31%
Active travel	28%
Personal transport*	38%

Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

* Personal transport refers to usage of car, taxi and motorcycles combined

Source: Ipsos MORI

Smoking

- One in five Leicester residents currently smoke, which is slightly higher than the national rate.
- Of those who do smoke, nearly three quarters have attempted to quit at some point in their lives – in line with the 2015 survey.
- Despite this, we have observed a downward trend of smokers who say they want to give up; although there are fewer smokers overall than there were in 2010.
- Few residents allow others to smoke inside their homes these days – down to 15% from 31% in 2010.



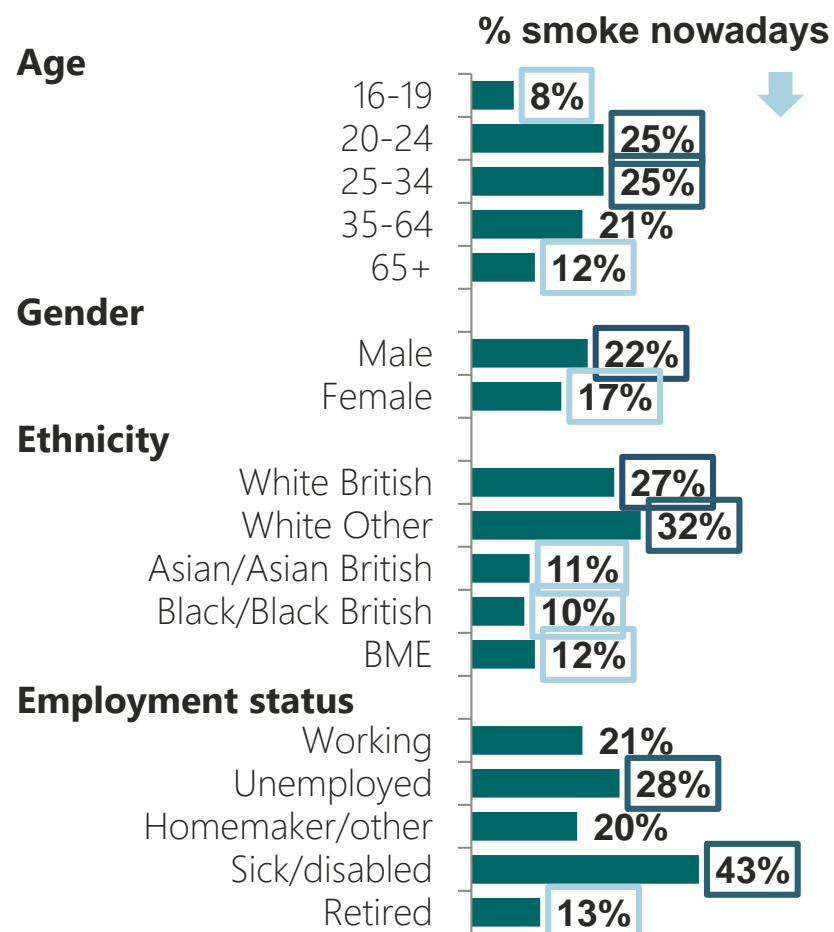
One in five Leicester residents currently smoke cigarettes, about a third have tried cigarettes

Fewer residents say they have ever smoked (34%) compared to the 2015 survey (38%). One in five (20%) currently smoke this falls in line with the 2015 survey (21%) but remains higher than the national rate (18%).* Groups significantly more likely to smoke include males, 20-34 year olds, White ethnic groups, and unemployed. 16-19 year olds are less likely than Leicester adults overall to smoke (8% vs. 20% overall) and this is a significant reduction since 2015.

Q29. Do you smoke cigarettes at all nowadays?



	2018	2015	2010
Yes	20%	21%	26%
No longer smoke	14%	16%	23%
Never smoked	66%	63%	51%



↑ ↓ = significant increase/decrease from previous survey

☐ = significantly higher than the overall

☐ = significantly lower than the overall

Base: Q29. All valid responses (2224): Fieldwork dates : 5th March – 25th July 2018

*Source: National Health Survey for England, 2016. Based on 8008 UK adults aged 16+

Source: Ipsos MORI



Smoking prevalence by broad area

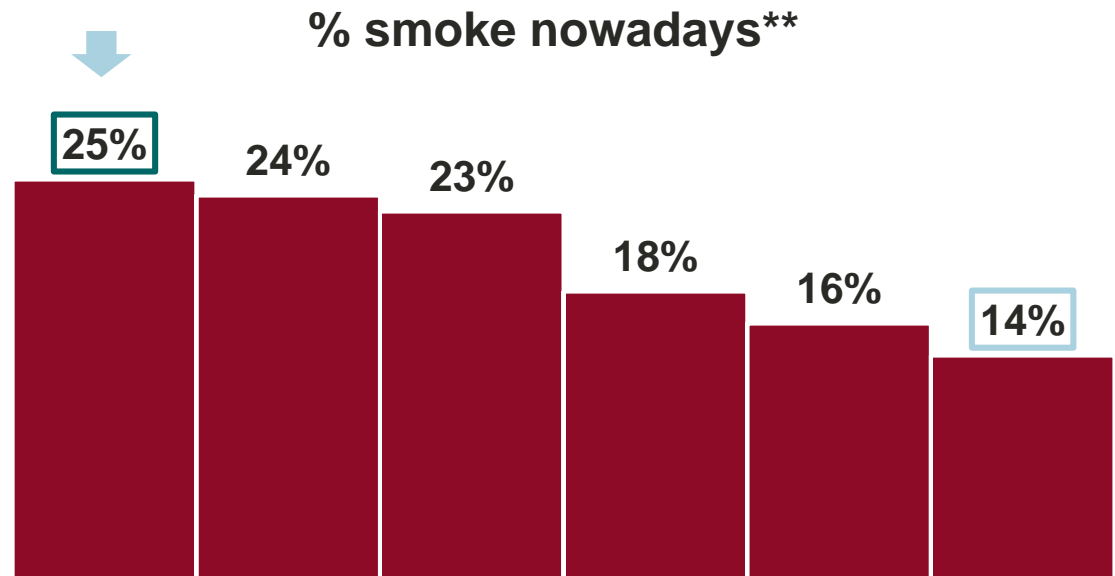
Consistent with 2015, there are differences in smoking prevalence across Leicester – with those in the West again most likely to smoke nowadays (25% vs 14% in the North). However the gap has closed, and despite still being the area of highest smoking prevalence, smoking in the West has dropped significantly from 30% in 2015.

Q29. Do you smoke cigarettes at all nowadays?

20% overall*



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West South North-West Central East North

 =significantly higher than the overall =significantly lower than the overall

↓ =significant decrease from 2015 survey

Source: Ipsos MORI



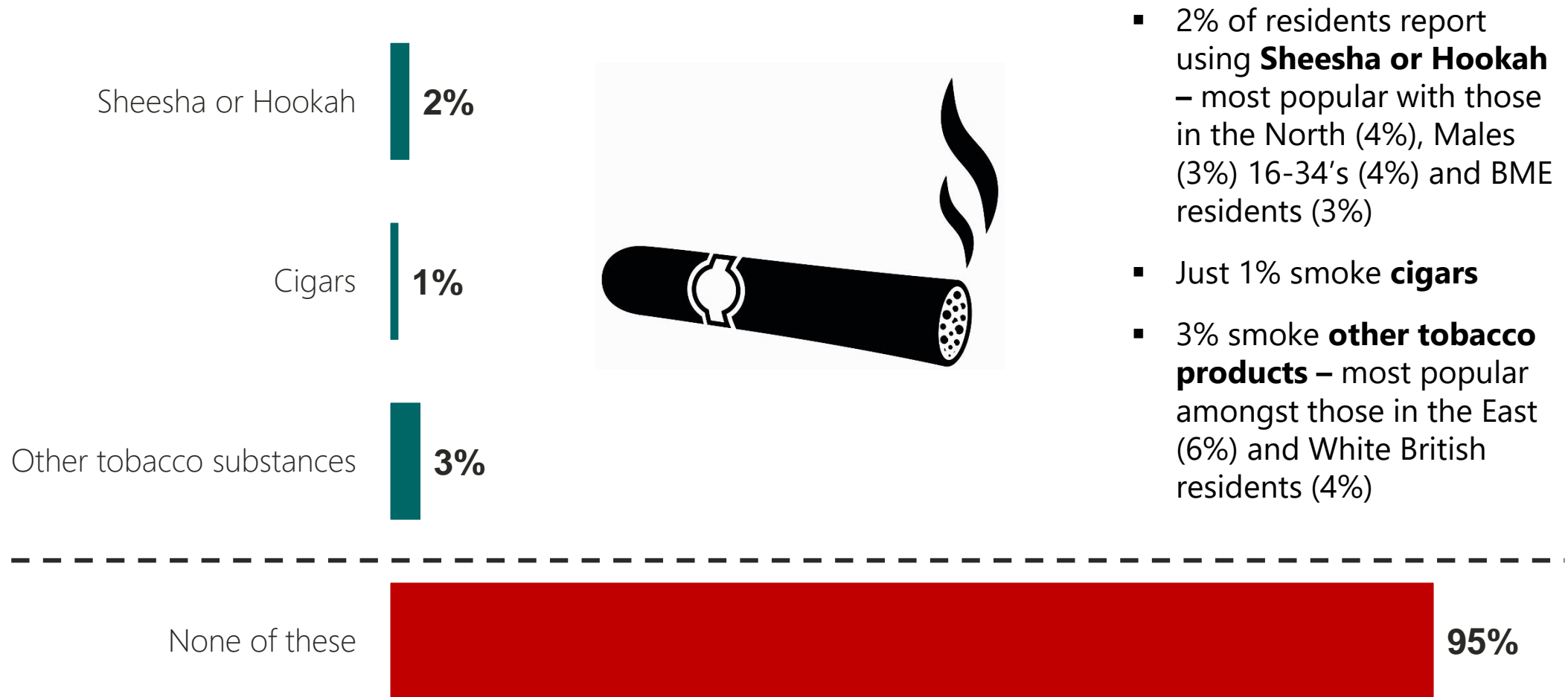
*Base: All valid responses 2224 : Fieldwork dates : 5th March – 25th July 2018

**Please note: based as a percentage of the total sample

Usage of alternative tobacco products remains low

In line with 2015, cigarette smoking accounts for the vast majority of tobacco usage with few residents using other tobacco products nowadays. Most residents (95%) use none of the products listed below.

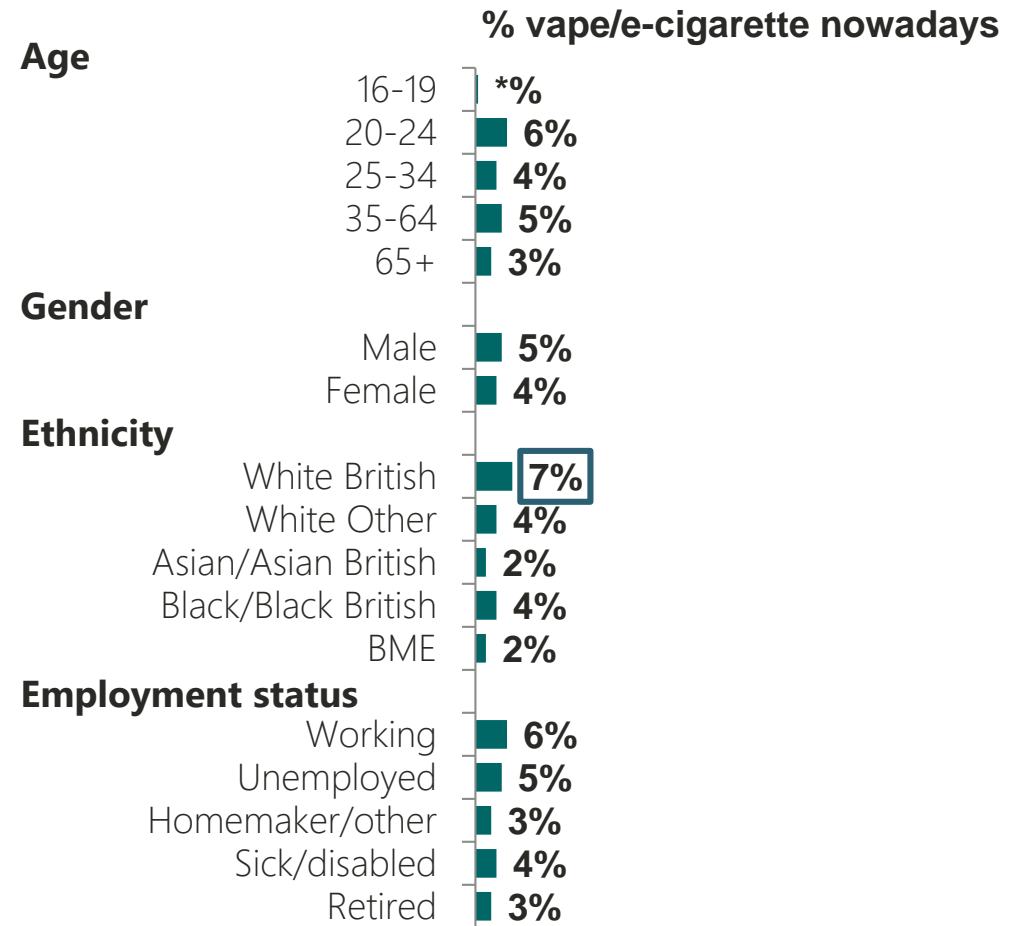
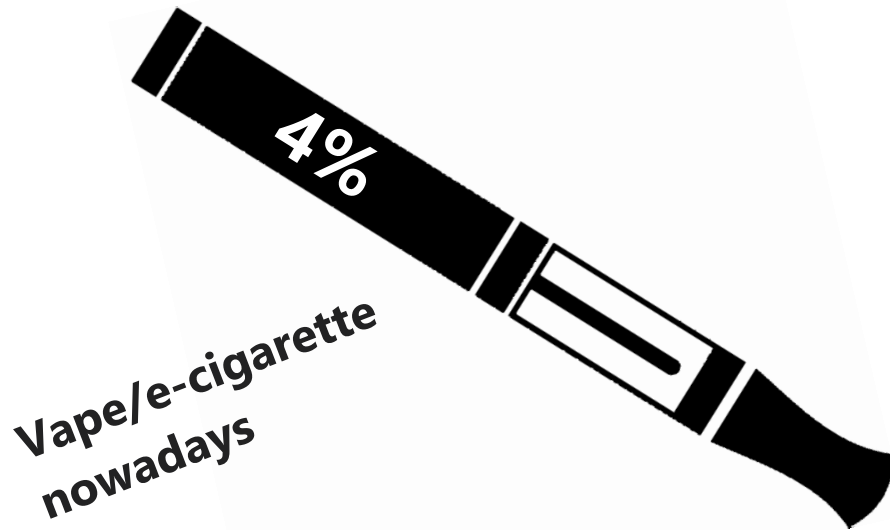
Q31. Do you smoke or use any of these other tobacco products nowadays?



Just under one in ten Leicester residents have used an e-cigarette – in line with 2015

While there is a greater prevalence of e-cigarette or vape usage nationally in recent years*, Leicester residents are no more likely to have tried one than they were in 2015 (9%). This year we measured current e-cigarette usage amongst those who have tried it – and just under half (46%) regularly use them nowadays accounting for 4% of the population. Current tobacco smokers are significantly more likely than the average to have tried an e-cigarette (26% vs. 9% overall).

Q30. Do you ever vape/use e-cigarettes at all nowadays?



 =significantly higher than the overall

 =significantly lower than the overall

Base: Q30. All valid responses (2224): Fieldwork dates : 5th March – 25th July 2018

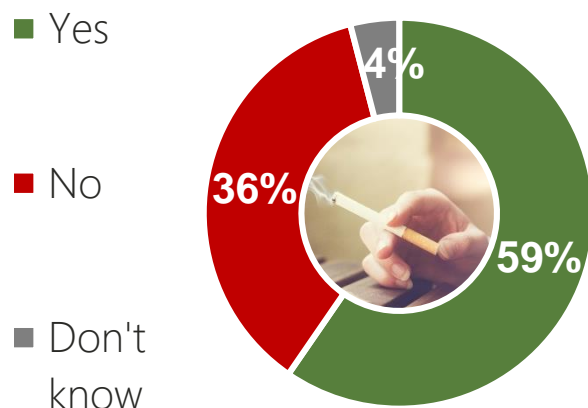
*Source: ONS data on E-cigarette usage 2014-17, based on all adults aged 16+

Source: Ipsos MORI

Three in five would like to give up smoking altogether

While the result remains statistically similar to 2015, the direction of travel continues to decrease in those who say they would like to give up smoking (59% from 67% in 2010). We have also observed lower bases each time the survey is conducted, implying that those who want to give up are increasingly doing so, which could leave a higher percentage of current smokers who are reluctant to quit.

Q32. Would you like to give up smoking altogether?



	2018	2015	2010
Yes	59%	61%	67%
No	36%	33%	30%
Don't know	4%	7%	3%



The proportion wanting to give up is significantly higher amongst those in the **West** (78%) and **current e-cigarette users** (72%).



The proportion who are reluctant to give up is significantly higher amongst those in the **South** (51%), those who are **retired** (47%), **living alone** (51%), and **social renters** (47%).

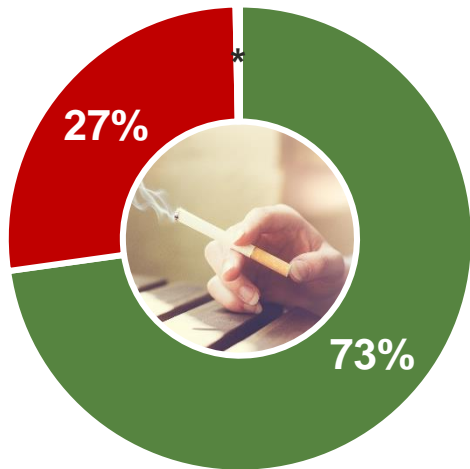
Just under three quarters have tried to give up smoking

Of those who currently smoke, 73% have tried to give up at some point in their lives, in line with the 2015 survey. Almost two in five of those who tried to give up (37%) did so without aid, while the majority continued to use nicotine – either through e-cigarettes (27%) or nicotine replacement products (26%).

Q33. Have you ever tried to stop smoking?

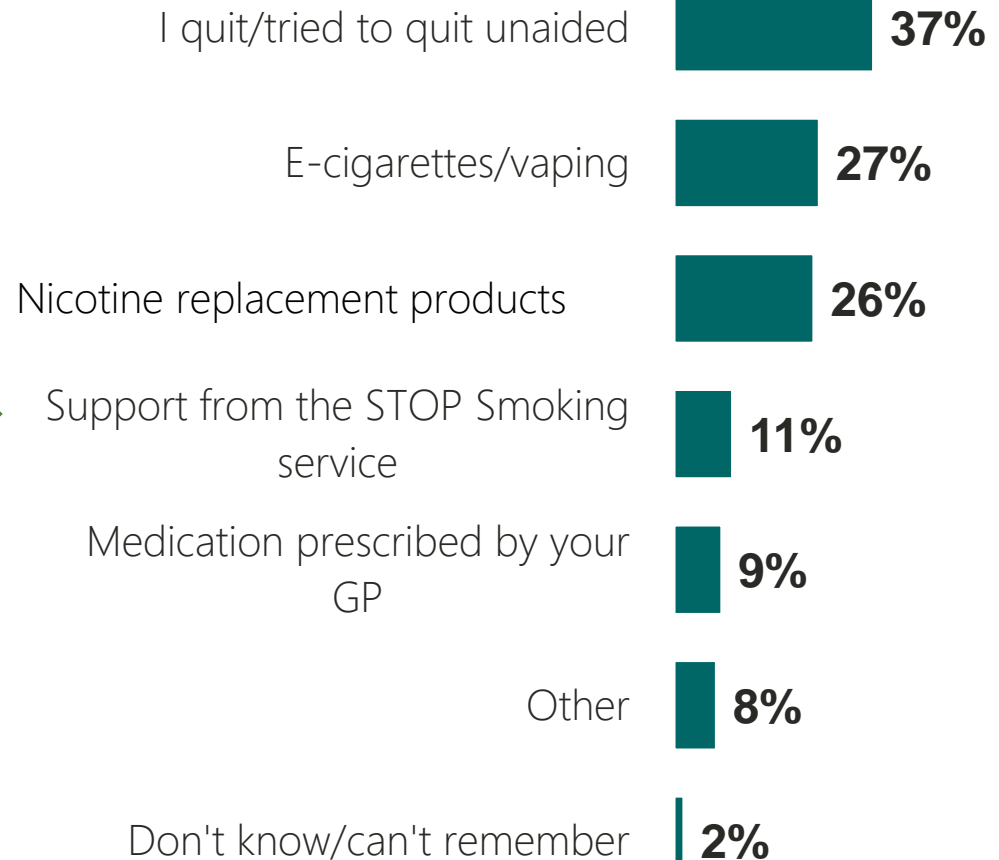
Q33a. When you last tried to quit smoking tobacco, which, if any, of the following did you use as an aid?

Ever tried to stop smoking?



- Yes
- No
- Refused

Tried to stop smoking (342)



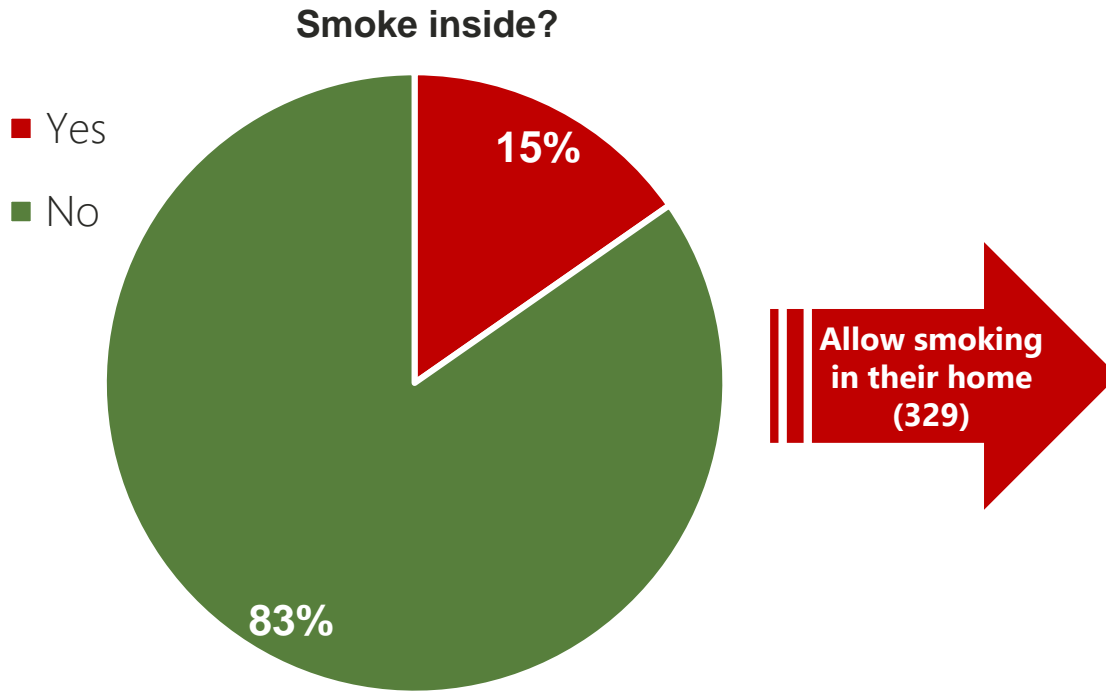
Base: Q33. All valid responses who currently smoke cigarettes or other tobacco products (479); Q33a. All valid responses who currently smoke but have tried to quit smoking (354) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI

Acceptability of smoking in the home is decreasing over time

In 2010, three in ten Leicester residents allowed smoking in their home – this has more than halved in 2018, pointing to a trend of decreasing acceptability of exposing others to smoke.

Q33b. Can I just check, does anyone ever smoke inside your home nowadays, including your own family or visitors?



- Younger adults **aged 16-34** are more likely to allow smoking in their home (18%)
- In contrast, older residents (**65+**) are most likely to ban smoking in their household (89%)
- Unsurprisingly, **current tobacco smokers** are more likely to allow smoking in the home, (36% vs 15% overall) and **non-smokers** are significantly less likely than average to allow smoking in their house at all (11%)

	2018	2015	2010
Yes	15%	17%	31%
No	85%	83%	69%

Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI



Alcohol use

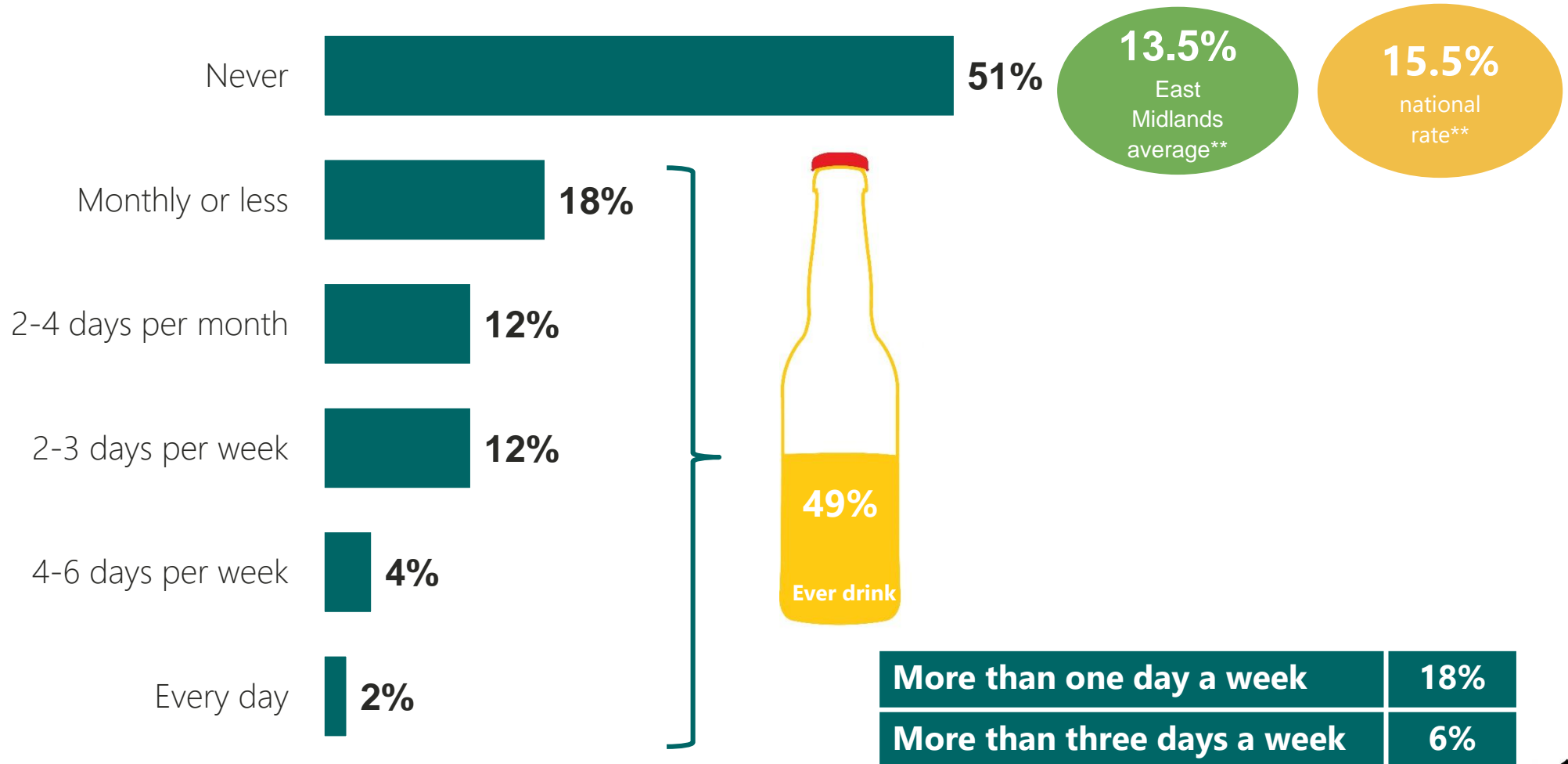
- The ethnic and religious profile of Leicester means alcohol use is lower than the national rate – with over half abstaining from drinking alcohol.
- Certain religious groups are more likely to never drink (i.e. Muslims and Hindus).
- Of those who do drink – two in five do so more than once a week, and 6% drink more than three days a week
- One in ten of those who drink exceed the recommended limit.
- Males are more likely than females to exceed the weekly limit – but there are fewer differences when it comes to binge drinking.



Over half of Leicester residents never drink – a significant rise since 2015

More residents in Leicester profess to never drink alcohol than the previous survey (51% never vs. 45% in 2015)*. One in five (18%) residents drink more than once a week. Public Health England figures suggest Leicester is a standout when it comes to such high abstinence of alcohol** – and this is reflected by the data collected in this survey.

Q39. How often do you have a drink containing alcohol?



Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

*Caution: 5% of residents said 'Never, but I have in the past' in 2015 – this was not an answer code this year

**Public Health England Report on Alcohol Consumption 2011-2015

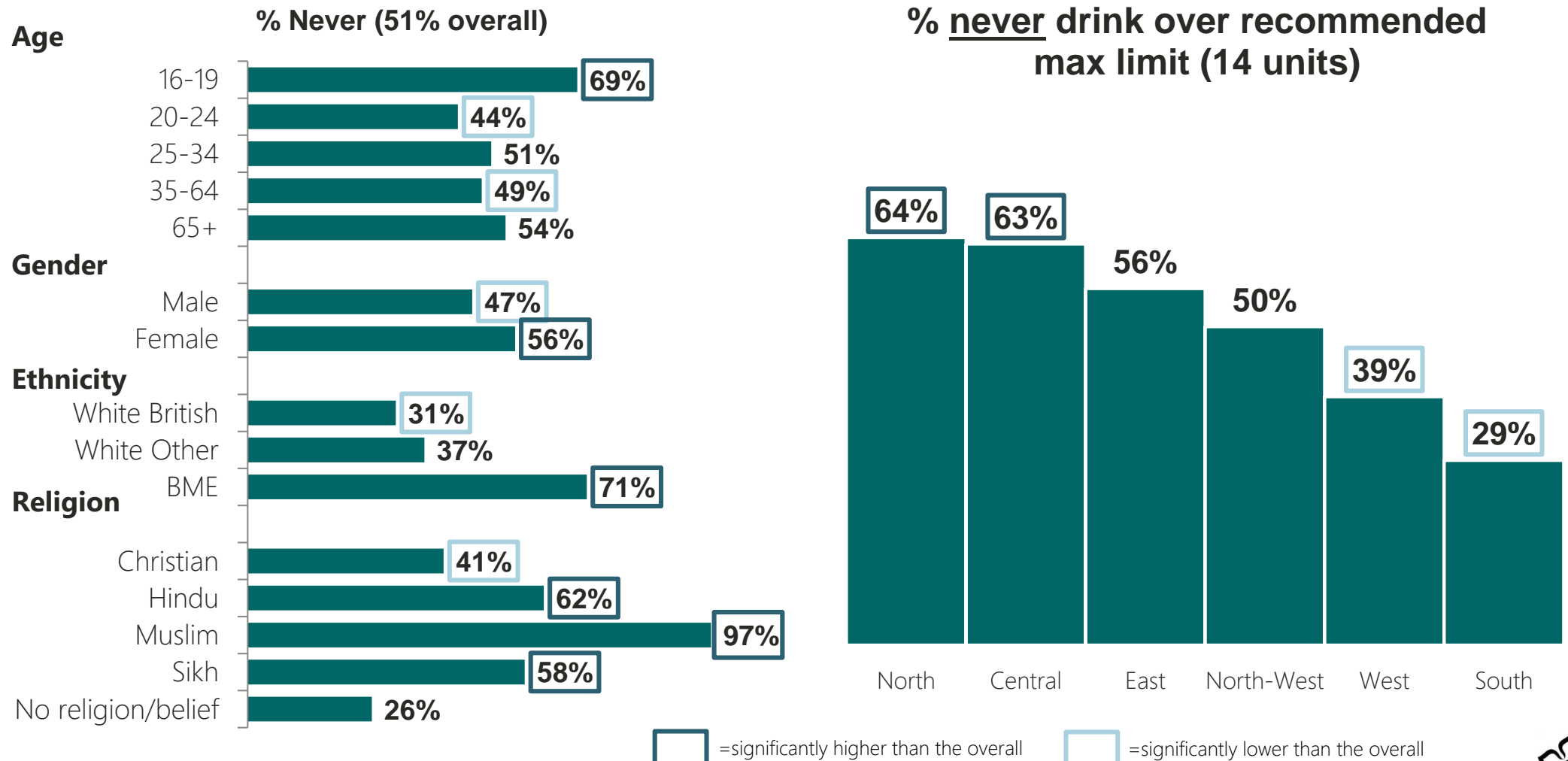
Source: Ipsos MORI



Alcohol abstinence by demography and local area

Leicester's demographic make-up may well constitute a large part of the reason that there is such high abstinence – with BME residents and those of Hindu and Muslim faith more likely to never drink. Those in the Central and North areas are more likely to abstain – in line with the fact there are high populations of Muslim, Hindu and BME residents in these areas.

Q39. How often do you have a drink containing alcohol?



Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018.

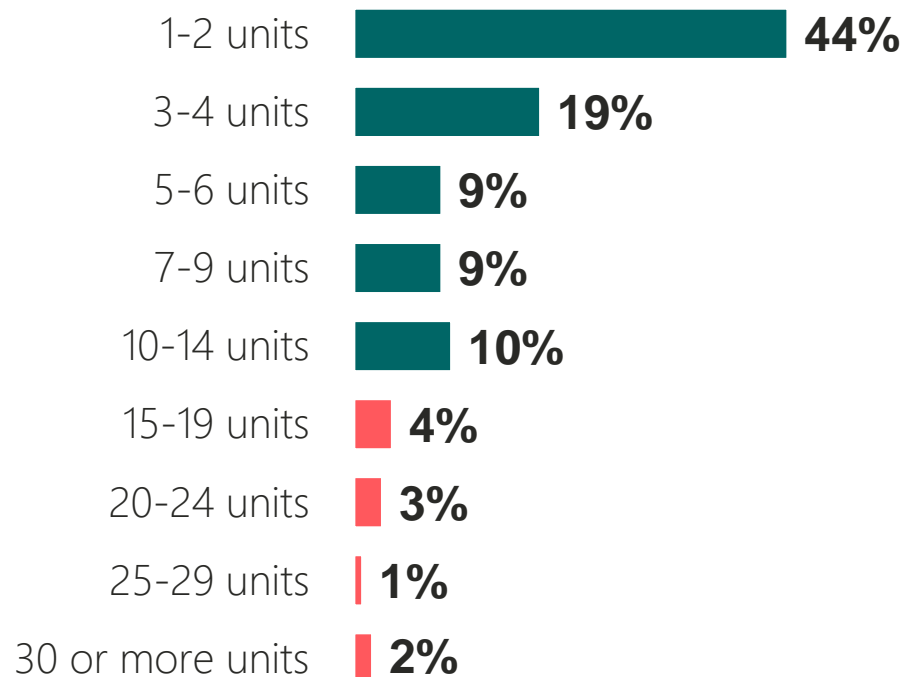
Source: Ipsos MORI



Nine in ten Leicester residents typically drink a safe amount of alcohol

Of those who do have a drink, the great majority do so within the recommended guidelines (14 units per week) set by the Chief Medical Officers (CMO). One in ten (9%) exceed this limit in a typical week that they are drinking. Males are more likely than females to drink more than the recommended 14 units per week (13% vs. 5%) – as in 2015*.

Q40. How many units of alcohol do you drink in a typical week?



13% of men drink over the recommended maximum limit, compared with **5% of women**



Base: All valid responses who drink (1076) : Fieldwork dates : 5th March – 25th July 2018

* Note that drinking guidelines in 2015 advised that men could safely drink up to 21 units per week, and women 14 units.

Source: Ipsos MORI



Groups more likely to drink over the recommended limit

Listed below are the groups most likely to drink more than 14 units per week or drink more than three days a week. Prominent drinking habits seem to fall in line with the 2015 survey and are closely associated with groups displaying other “risk behaviours.” Those who drink above the recommended limit are more likely to do so over three days a week (53%) – and this rings true for many of the sub-groups, as shown in the table below.

Q40. How many units of alcohol do you drink in a typical week?

Among those most likely to drink <u>over</u> the recommended limit are those... (9% overall)	Among those most likely to drink more than three days a week are those... (6% overall)
Who are men (13%)	
Aged 65+ (14%)	Aged 65+ (13%)
Not working (12%)	Who are retired (12%)
White British residents (11%)	White British residents (10%)
Who report to be in poor health (18%)	
Off work long-term sick/disabled (18%)	

'Binge' drinking by gender

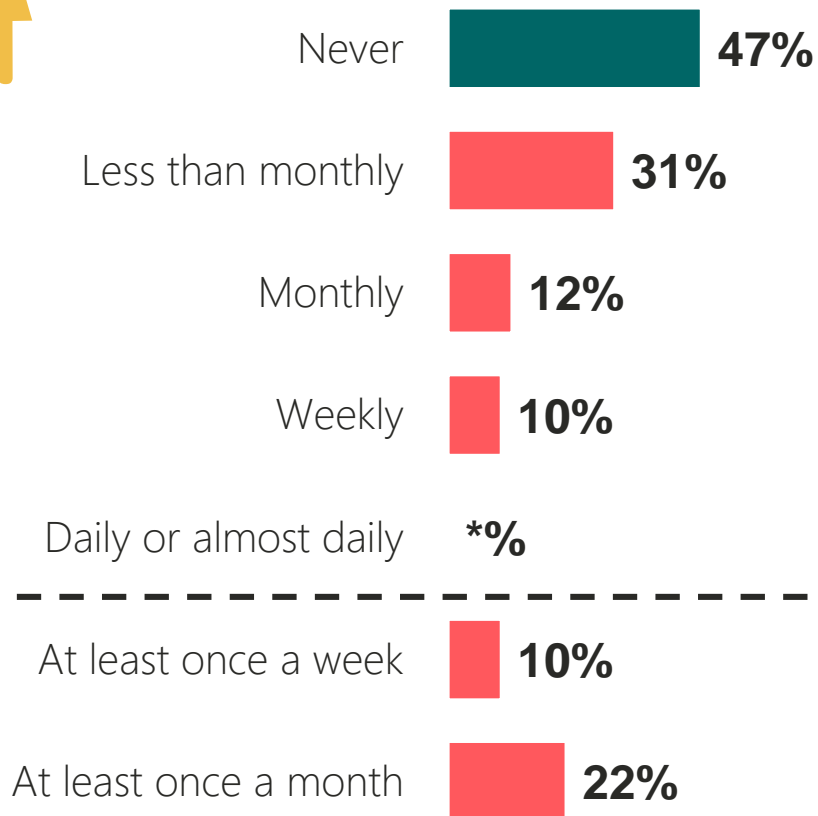
We have observed that men are more likely than women to exceed their limit in a typical week, but there are few gender differences when it comes to 'binge drinking' (i.e. single occasions where someone drinks more than 6 or 8 units dependent on their gender). Women are more likely to never do this (47% vs. 42% of men) but those who do follow similar behaviour patterns to men – with one in ten binge drinking weekly.

Q41a. How often have you had 6 or more units of alcohol on a single occasion in the last year?

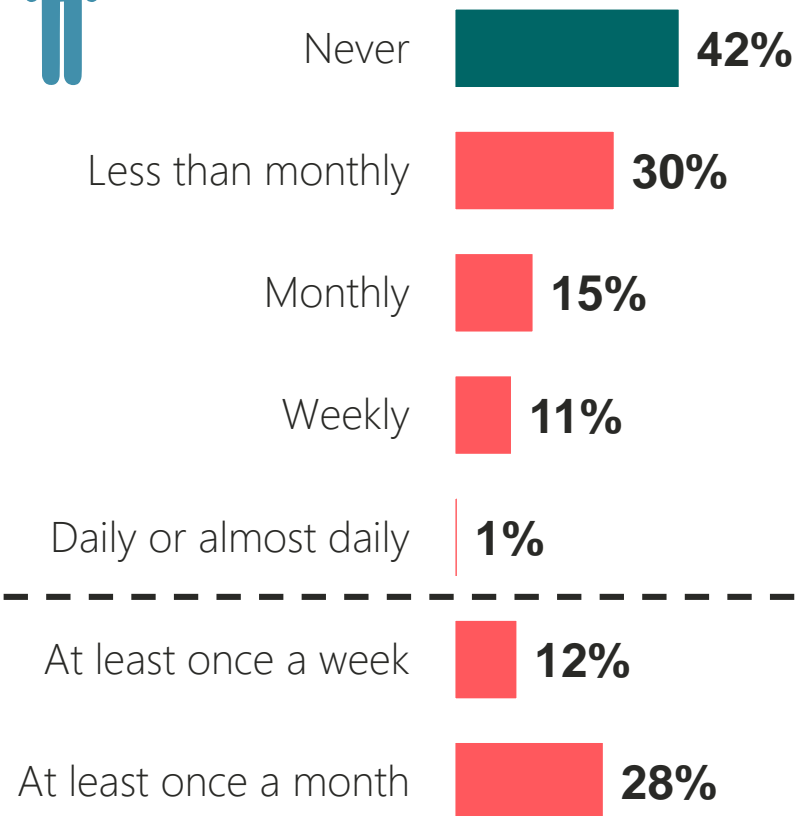
Q41b. How often have you had 8 or more units of alcohol on a single occasion in the last year?



6 or more units of alcohol



8 or more units of alcohol



Alcohol consumption by geographic area

In 2015 we observed no differences by geography in those who exceed the alcohol limit. Similarly this year the range is quite narrow – with the exception of those in the North-West, who are significantly less likely to drink over the limit (5% vs. 9% overall).

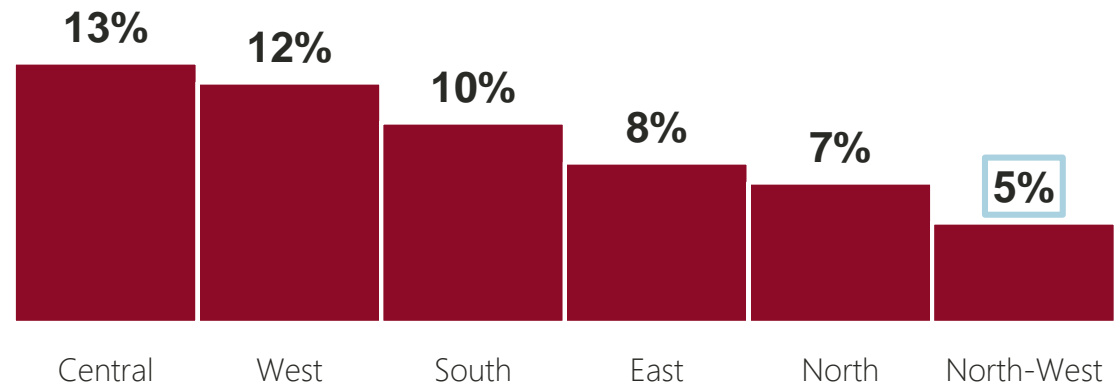
Q40. How many units of alcohol do you drink in a typical week?

% drink over recommended max limit

9% overall



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5% = significantly lower than the overall

Base: All valid responses who drink (1076) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI



Mental health and wellbeing

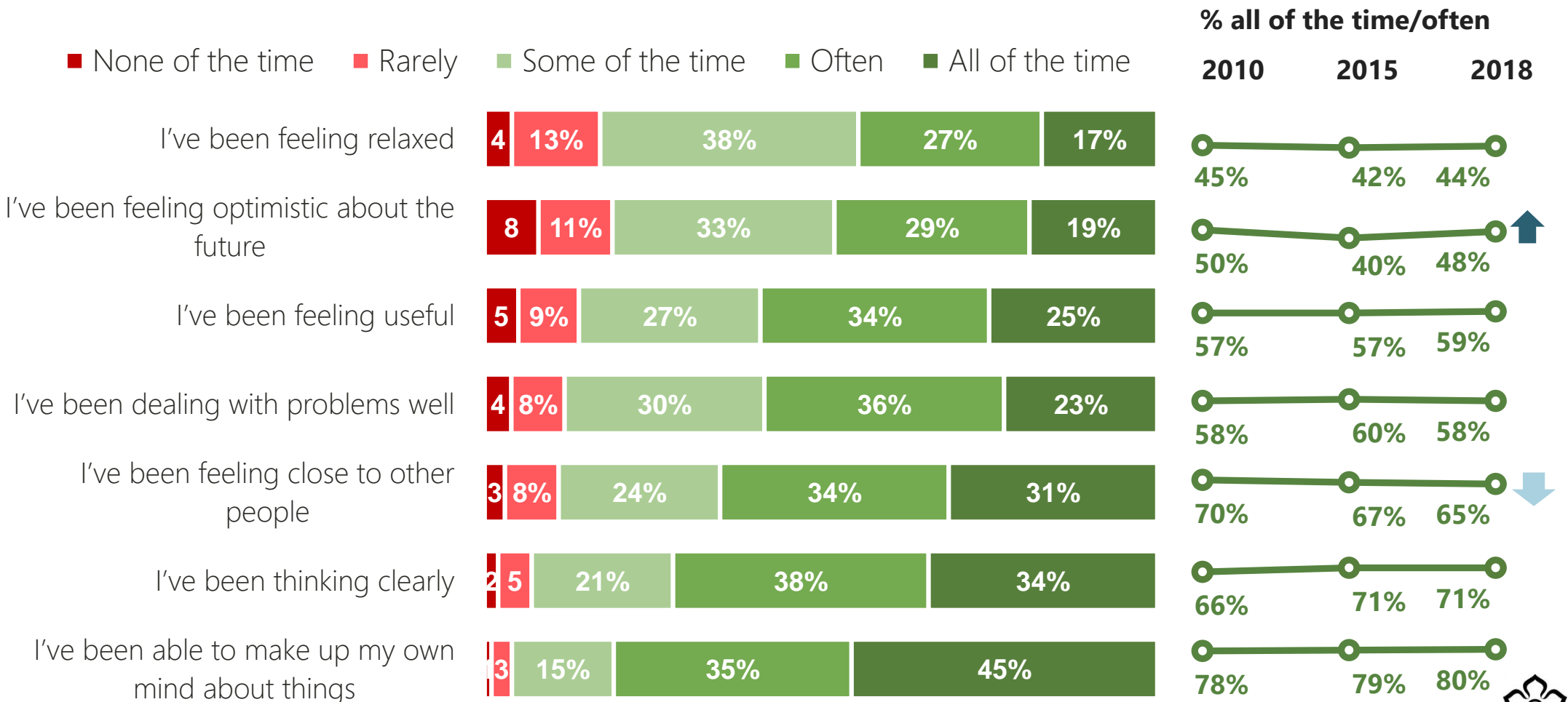
- There has been a significant increase in the proportion of residents with 'poor' mental health and wellbeing.
- Disabled residents are more than twice as likely to have 'poor' mental health as non-disabled residents.
- There are generally low levels of isolation, with some exceptions, for example three in ten residents with a disability state that they feel isolated from others.
- Those with poor mental health and wellbeing are more likely to feel isolated and less able to ask for help from people around them.
- Most residents are able to ask for practical and emotional support when faced with a personal or financial crisis.



More residents feeling optimistic about the future; fewer feeling close to others

Leicester residents were questioned using the Warwick-Edinburgh Mental Wellbeing 7 Item Scale. Although generally the findings are consistent with 2015, there continues to be a significant decrease in the proportion of Leicester residents who have been feeling close to other people often or all of the time (from 70% in 2010 to 65% this year). Residents who are more likely to feel isolated are those in bad health, in poor mental health, disabled residents, those who live in a single person household, social renters and residents who always/mostly run out of money.

Q34. Here are some statements about feelings and thoughts. Which best describes your experience of each over the last 2 weeks?



Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

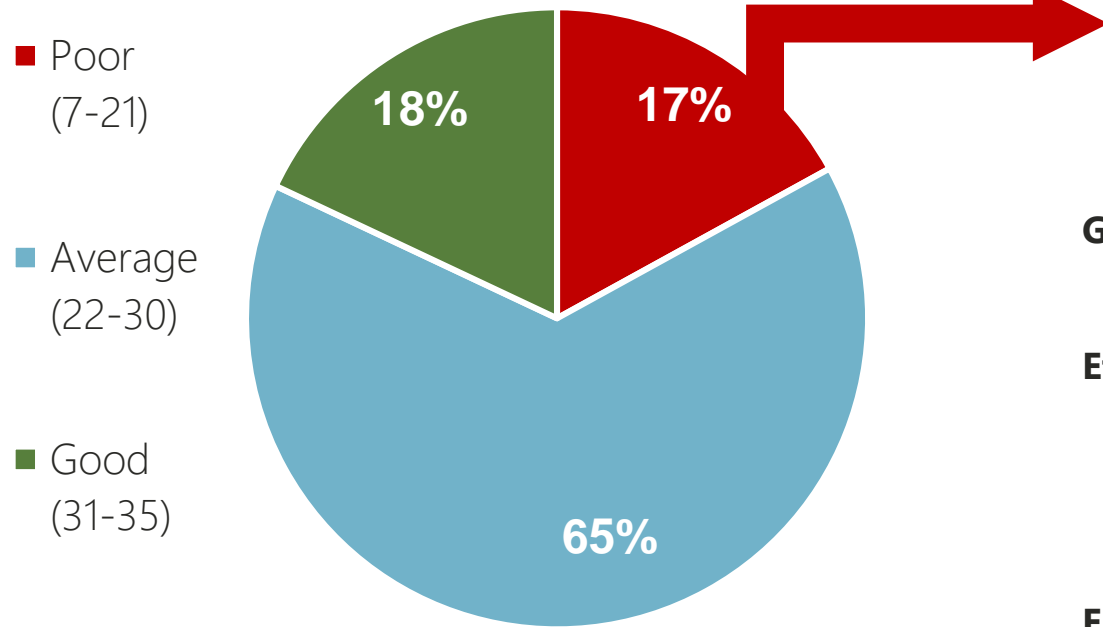
↑ ↓ = significant increase/decrease from previous survey

Increase in 'poor' mental health and wellbeing score since 2015, from 14% to 17%

There has been a significant increase since 2015 in the proportion of Leicester residents who have a poor mental health and wellbeing score. This increase can be seen in certain groups: 20-24 and 25-34 year olds, men, BME residents, working residents, and those who do not work as they are sick/disabled. However, the proportion of unemployed residents with a poor mental health and wellbeing score has decreased significantly since the previous survey.

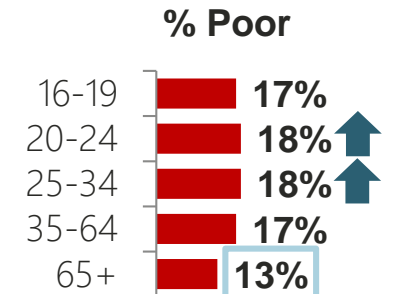
Mental health and wellbeing (MHWB)

MHWB Score



	2018	2015
Poor	17%	14%
Average	65%	70%
Good	18%	16%

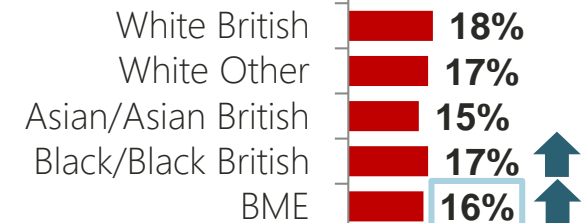
Age



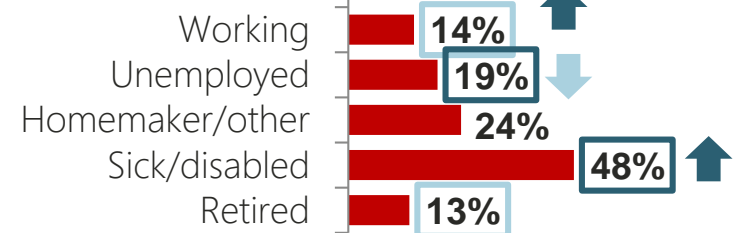
Gender



Ethnicity



Employment status



↑ ↓ = significant increase/decrease from previous survey

□ = significantly lower than the overall

□ = significantly higher than the overall

Base: All valid responses (2159) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI

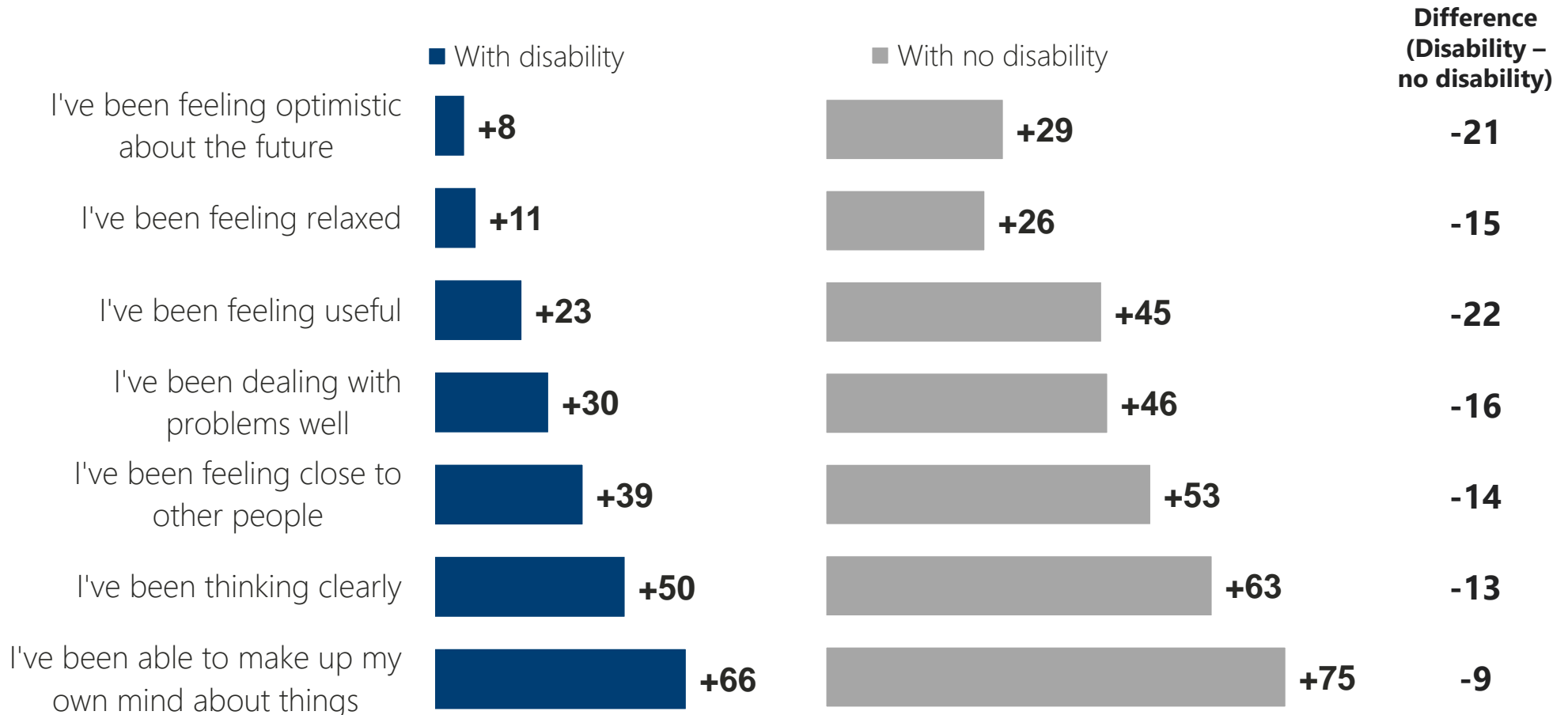


Residents with a disability are more than 2x more likely to have poor mental health

Disabled residents are significantly more likely to have a 'poor' level of mental health and well-being than non-disabled residents (28% vs 13%). When the questions are broken down, the largest difference between respondents with and without a disability is feeling useful: 45% of residents without a disability have been feeling useful all of the time/often whereas less than a quarter (23%) of disabled residents have been feeling useful.

Q34. 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 (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI



Some areas of the city have experienced significant increases in 'poor mental health'.

There has been a significant increase in the proportion of residents in North West Leicester who report 'poor' mental health (from 16% to 23%). The proportion of residents in East Leicester who report 'poor' mental health has also increased significantly since 2015, from 13% to 16%. Consistent with 2015, residents in Central Leicester are significantly less likely to report 'poor' mental health, but the proportion has increased since 2015 when it was 11%.

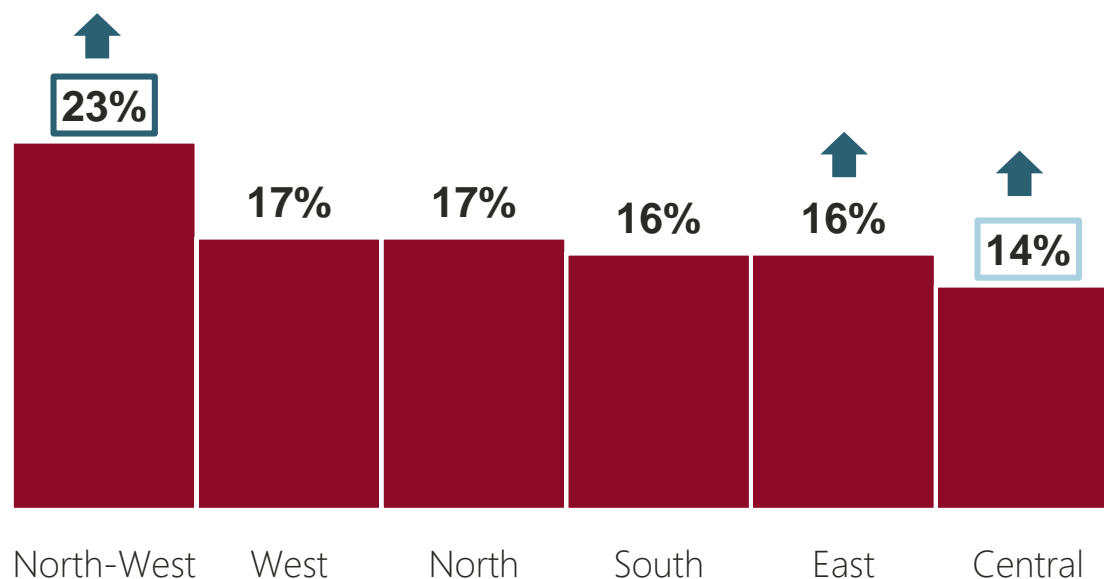
Mental health and wellbeing (MHWB)

% poor mental health and wellbeing score

17% overall



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□ = significantly lower than the overall □ = significantly higher than the overall

↑ = significant increase/decrease from previous survey

Base: All valid responses (2159) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI

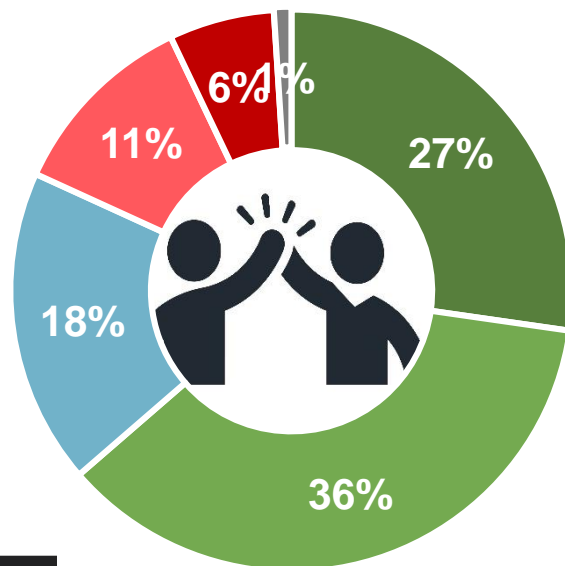


Almost two thirds of residents agree they bounce back quickly after hard times

The majority (64%) of Leicester residents agree that they tend to bounce back quickly after hard times. Poor resilience is reported by less than a fifth (17%) of residents who disagree with the statement. Residents in East Leicester are significantly more likely to disagree (21%), an area which has seen a significant increase in poor mental health.

Q35. To what extent do you agree or disagree with the following statement? 'I tend to bounce back quickly after hard times'

- Strongly agree
- Tend to agree
- Neither/nor
- Tend to disagree
- Strongly disagree
- Prefer not to say



	2018
Agree	64%
Disagree	17%

Groups more likely to agree include;

- **Retired residents** (68%)
- **Black/Black British residents** (74%)

Groups more likely to disagree include;

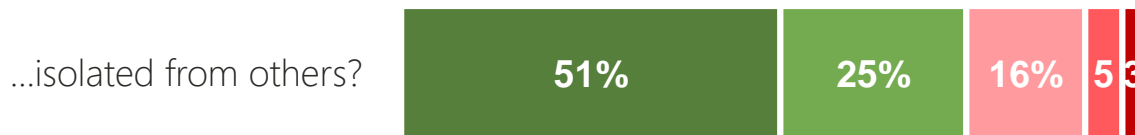
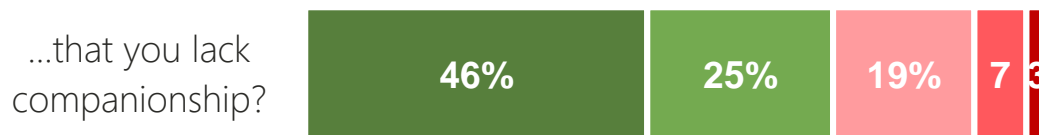
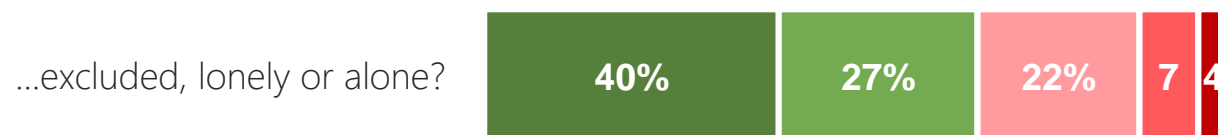
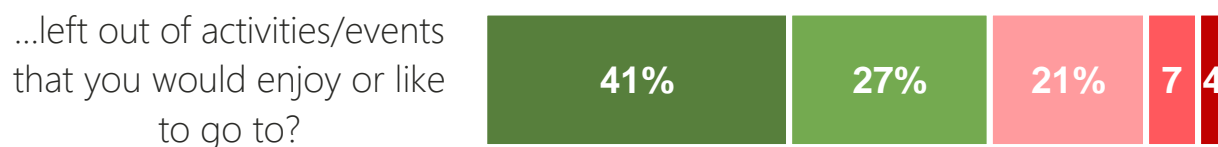
- **Residents in bad health** (30%)
- **Disabled residents** (21%)
- **Carers** (21%)

Around one in ten residents feel lonely or isolated often or all of the time

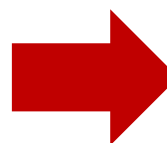
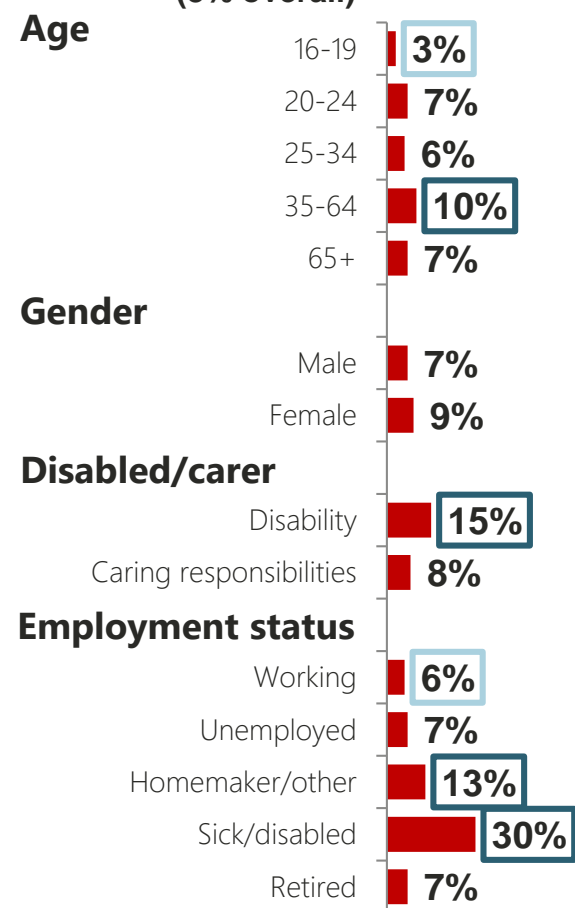
Levels of social isolation in Leicester are generally very low, however 8% state that they feel isolated from others and 11% feel excluded or lonely often or all of the time. Those off work sick/disabled and residents with a limiting long term health condition are significantly more likely to experience social isolation than other groups of residents, being more likely to select often/all of the time on all four statements.

Q35a. Which of these 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 (8% overall)



□ = significantly lower than the overall

□ = significantly higher than the overall

Source: Ipsos MORI

Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Relationship between poor mental health and wellbeing, and social isolation

Those with poor mental health and wellbeing are significantly more likely to say they often/always feel socially isolated, on all four statements. They are most likely to feel excluded, lonely or alone. A fraction of residents with good mental health and wellbeing feel socially isolated.

Q35a. 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?	30%	8%	5%
...that you lack companionship?	21%	9%	3%
...left out of activities/events that you would enjoy or like to go to?	22%	9%	5%
...isolated from others?	22%	5%	3%



=significantly higher than the overall



=significantly lower than the overall

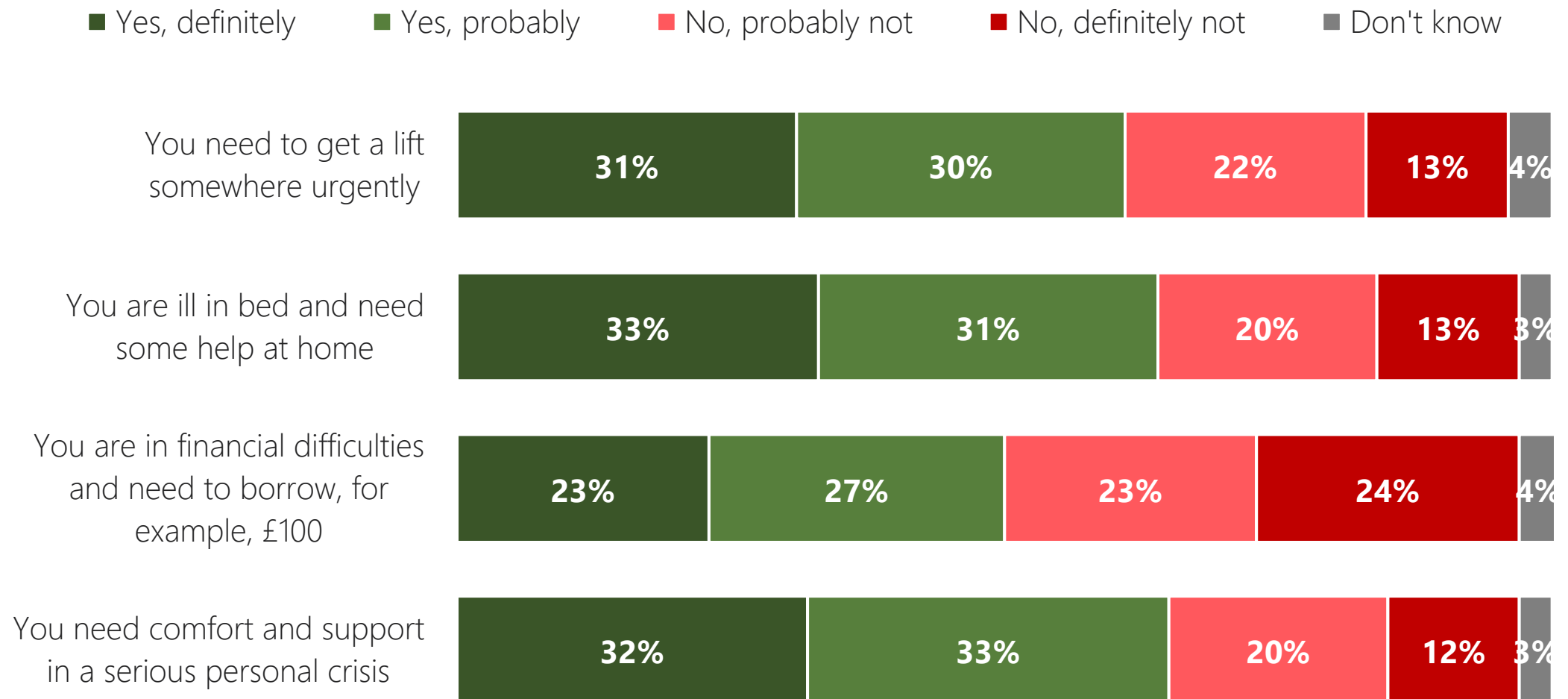


=no significant difference

Around three fifths of residents are able to ask for practical and emotional support

More than three in five feel able to ask for a lift urgently, ask for help at home when ill, or get comfort and support in a serious crisis. Half of residents would be able to borrow money from someone they know. Again, there is a relationship between poor mental health and wellbeing and asking for support: those with poor mental health are significantly more likely to say they are unable to ask for support.

Q36. We want to get an understanding of people's willingness to ask for support in different situations. For each situation, please tell us whether you'd be willing or not to ask anyone for help.



Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI



Carers and caring responsibilities

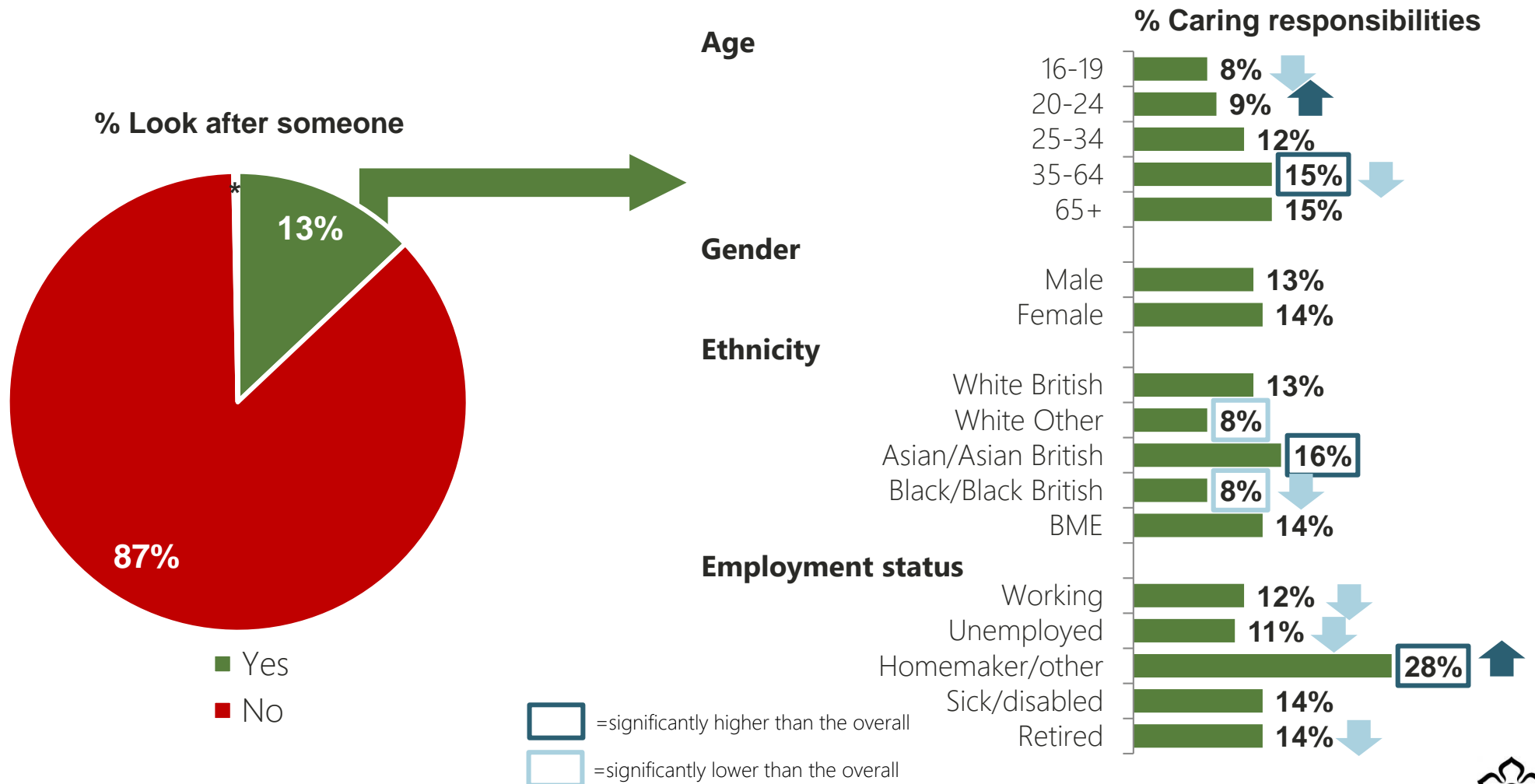
- In total 13% of Leicester residents have caring responsibilities.
- Residents aged between 35 and 64, Asian/Asian British residents and homemakers are groups that most commonly have caring responsibilities.
- There have been significant shifts since 2015 in the proportion of carers in 4 of the 5 areas in Leicester.
- Carers are less likely to say they have been feeling relaxed or optimistic about the future over the past two weeks.
- Residents generally live with those they care for, and do not foresee the person they care for moving in the next five years as a result of need.



Decrease in proportion of 35-64 year olds with caring responsibilities

The majority of Leicester residents do not have caring responsibilities, with 13% looking after a family, a partner or a friend. This is in-line with 2015. Although those who are aged 35-64 are more likely to have caring responsibilities, the proportion has decreased significantly since 2015, from 20% to 15%. There are also significant differences within different ethnic groups; Asian/Asian British residents are more likely to be carers (16%).

Q5. Do you look after a family member, partner or friend who needs help because of their illness, frailty or disability?



Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

= significant increase/decrease from 2015 survey

Source: Ipsos MORI

Decrease in proportion of carers in North-West, West and Central Leicester

Carer responsibility is relatively evenly split across the city with just the North showing a significantly higher rate. However, there has been a significant amount of movement since 2015. The proportion of carers in East Leicester has increased while in the North-West, West and Central Leicester, the proportion of carers has decreased significantly.

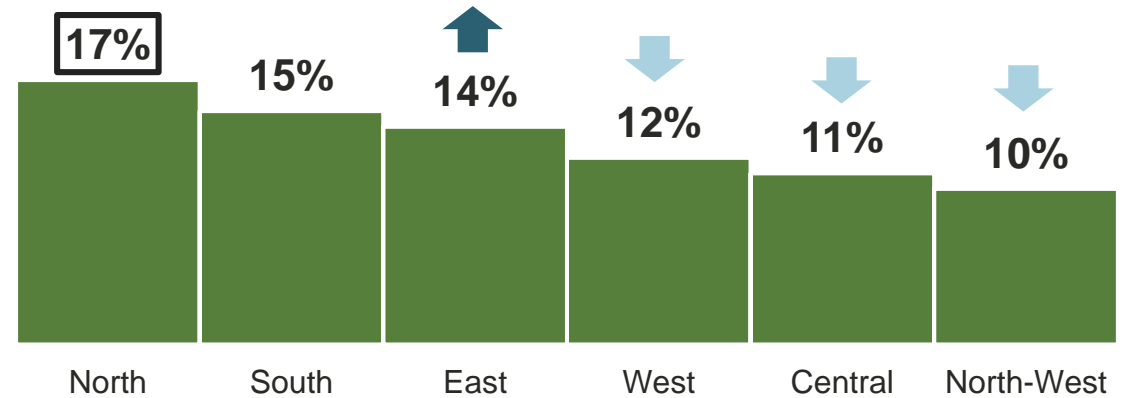
Q5. Do you look after a family member, partner or friend who needs help because of their illness, frailty or disability?

% who are carers

13% overall



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 = significantly higher/lower than the overall

↑ ↓ = significant increase/decrease from 2015 survey Source: Ipsos MORI

Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

There is little evidence of linkages between caring responsibilities and mental wellbeing

There is no significant difference between the mental wellbeing scores of residents with and without caring responsibilities. Responses to the mental wellbeing statements are similar, with the exception of residents with caring responsibilities are significantly more likely to have problems feeling relaxed and optimistic about the future.

Q34. 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
	26%	16%
I've been feeling relaxed		
	23%	18%
I've been feeling optimistic about the future		
	12%	14%
I've been feeling useful		
	14%	10%
I've been feeling close to other people		
	11%	12%
I've been dealing with problems well		
	8%	7%
I've been thinking clearly		
	3%	5%
I've been able to make up my own mind about things		

Carer wellbeing score
25.7

Non-carer wellbeing score
26.2

 =significantly lower than the overall  =significantly higher than the overall

Base: All valid responses who look after a family member, partner or friend (303) and those who do not (1914) :
Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI

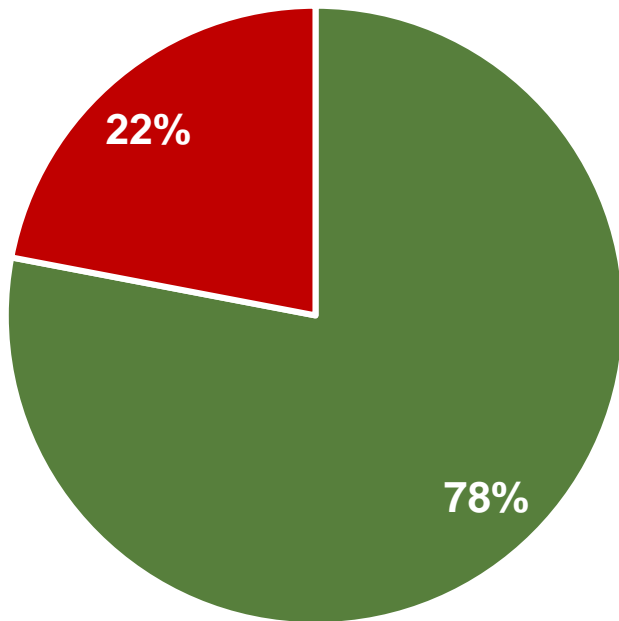
Eight in ten carers live with the person they care for

The majority of residents who look after a family member, partner or friend live with the person they care for (78%). Of these residents, most think it unlikely that the person they care for will have to move in the next five years (70%). As a percentage of the total population 10% of residents care for a person they live.

Q6. Does the person [you care for] live with you?

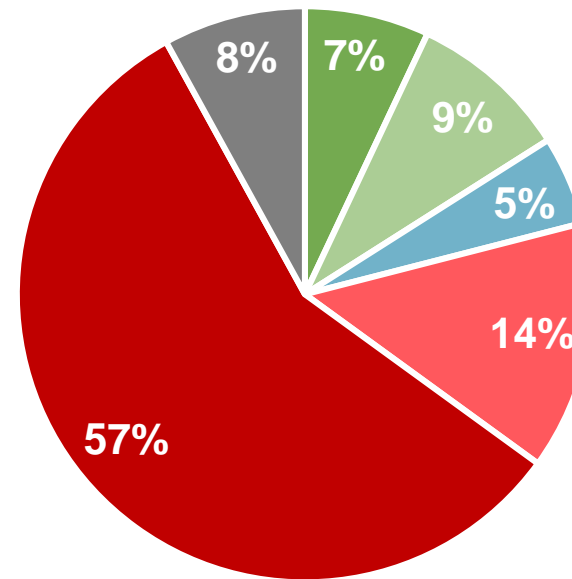
Q7. How likely, if at all, do you think it is that this person will need to move to different accommodation as a result of age or disability in the next five years?

Person lives with you



- Yes
- No

Likelihood of person moving elsewhere in next five years



- Very likely
- Fairly likely
- Neither likely nor unlikely
- Fairly unlikely
- Very unlikely
- Don't know

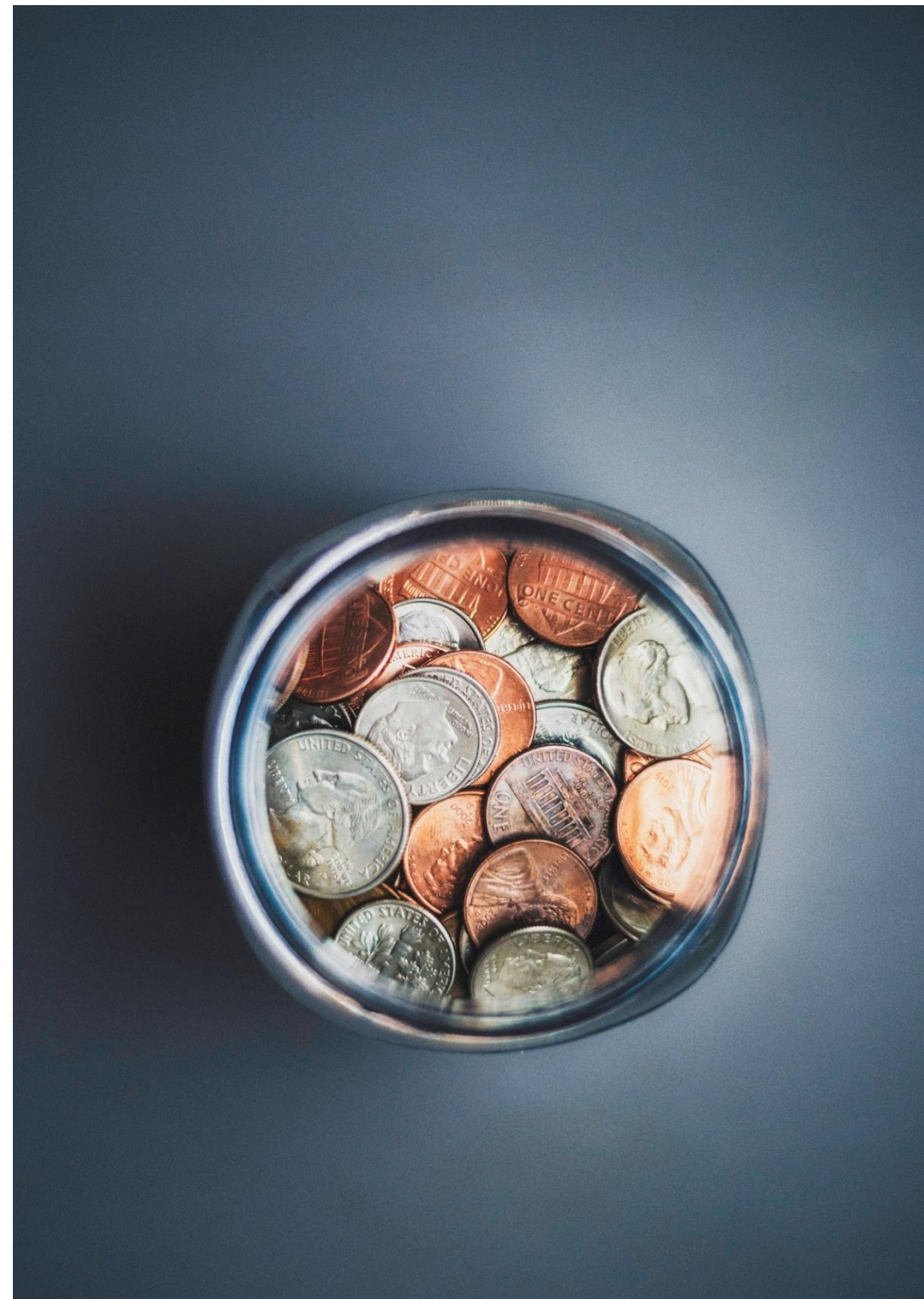
	2018	2015
Likely	16%	17%
Unlikely	71%	70%

Base: Q6. All valid responses who look after a family member, partner or friend (303); Q7. All valid responses who look after a family member, partner or friend who lives with them (235) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI

Financial

- Financial health in Leicester has increased: the proportion who say they hardly ever or never run out of money has increased from the previous survey.
- Since 2015, Leicester residents are less likely to be affected by several economic factors relating to living costs, employment and financial dependency.
- There have also been improvements since 2015 regarding how well off Leicester residents feel - a quarter feel better off than 12 months ago.
- However, these financial improvements are not experienced by all with some groups more likely to experience financial difficulties.
- Residents who believe that their health is poor are more likely than others to state that they run out of money.

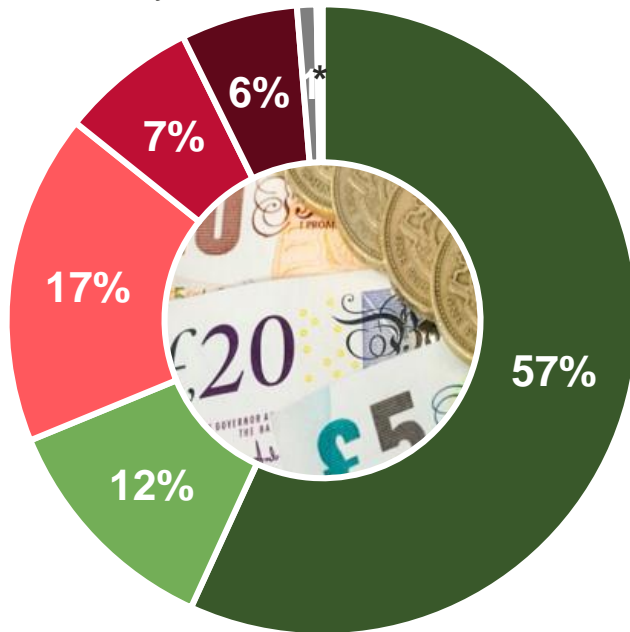


Significant increase in financial stability

The proportion of financially stable residents in Leicester has increased significantly since 2015, with 69% saying they hardly ever or never run out of money vs 63% in 2015. The improvement in financial circumstances is seen across most groups, however the proportion of residents who do not work because they are sick/disabled and who run out of money most or all of the time has increased significantly, from 28% in 2015 to 39%.

Q25. In the past 12 months, how often, if at all, have you run out of money before the end of the week or month?

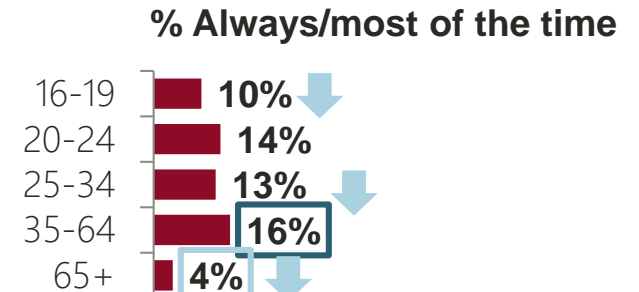
- Never
- Hardly ever
- Sometimes
- Most of the time
- Always
- Don't know
- Prefer not to say



	2018	2015
Always/most of the time	13%	14%
Hardly ever/never	69%	63%

↑ ↓ = significantly higher/ lower than 2015

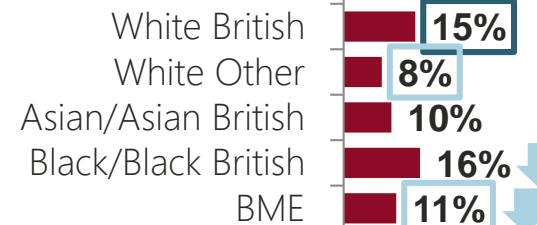
Age



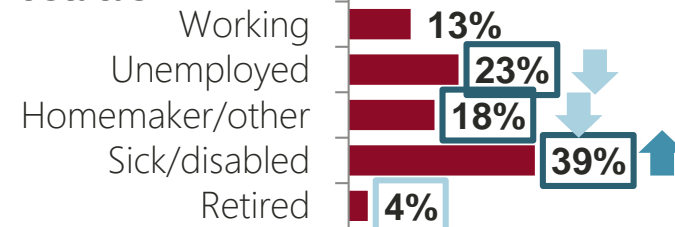
Gender



Ethnicity



Employment status



□ = significantly lower than the overall

□ = significantly higher than the overall Source: Ipsos MORI

Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Decrease in proportion of residents running out of money frequently in NW, North, Central Leicester

West Leicester residents are more likely to run out of money often or all of the time, compared to the average (17% vs 13%). There have been positive shifts in the North West, North, and Central Leicester. There has been a significant increase in residents running out of money in East Leicester.

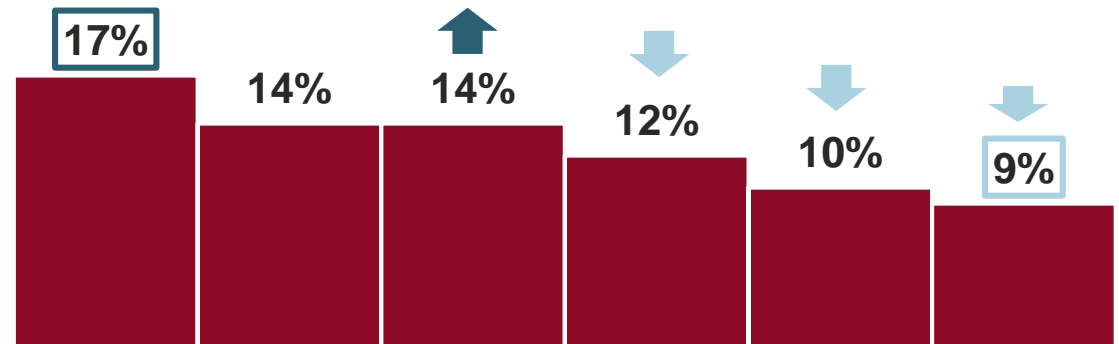
Q25. In the past 12 months, how often, if at all, have you run out of money before the end of the week or month?

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

13% overall



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West South East North-West North Central

 = significantly lower than the overall = significantly higher than the overall

↑ ↓ = significant increase/decrease from 2015 survey

Source: Ipsos MORI



Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Link between poor health and financial instability

The table below shows there is a link between those who report poor physical and mental health, and their likelihood to run out of money. A quarter (26%) of those reporting being in bad health run out of money frequently, and this is similar for those reporting being in poor mental health (27%).

Q25. 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 always/ most of the time	Overall	Health in general			Mental health and wellbeing		
		Good	Fair	Bad	Poor	Average	Good
	13%	10%	16%	26%	27%	11%	6%



=significantly lower than the overall

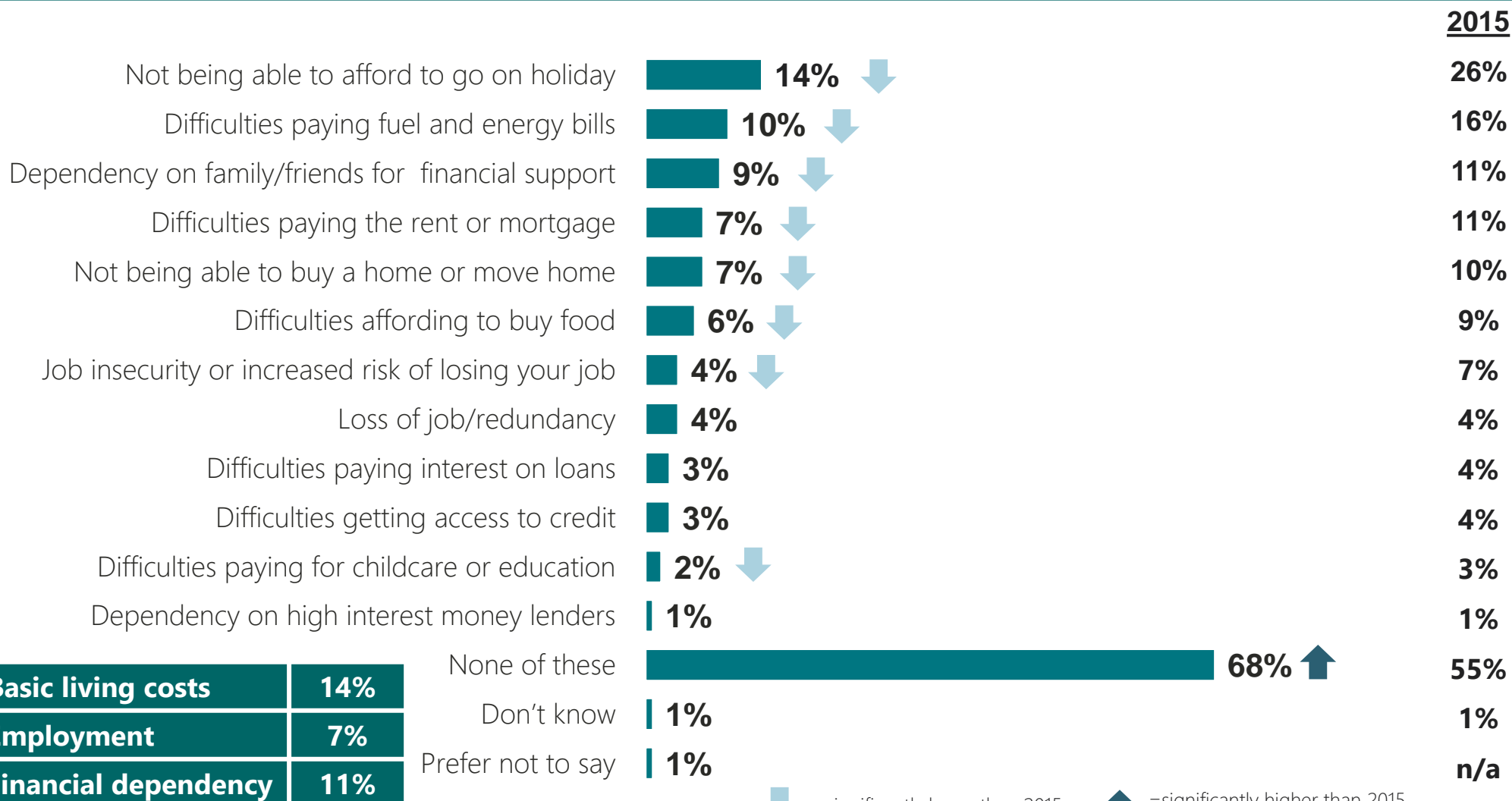


=significantly higher than the overall

Significant improvements relating to economic security since 2015

Reflecting the improved financial stability, there have been significant positive shifts since 2015 on factors relating to affording living costs, employment and financial dependency. Leicester residents are less likely to be affected by not being able to afford a holiday, energy bills, the rent, food and childcare, and are also less likely to be dependent on others for financial support.

Q26. Have you been affected by any of the following in the last 12 months?



↓ =significantly lower than 2015 ↑ =significantly higher than 2015

Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI

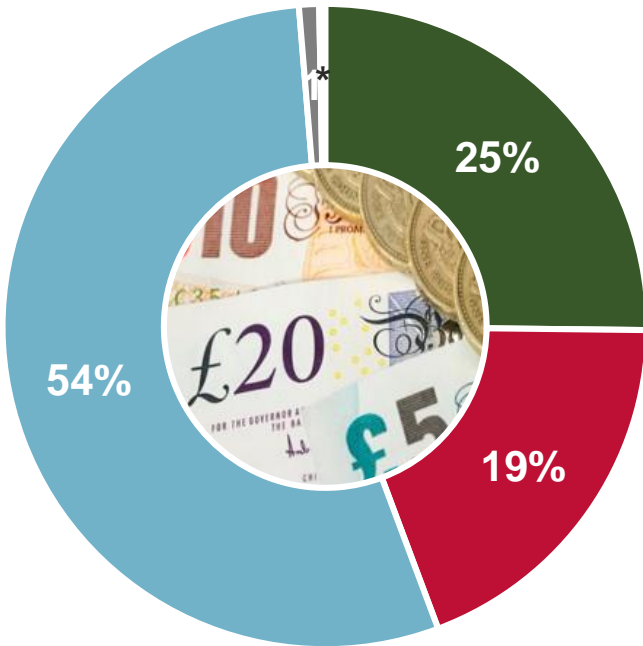


Leicester residents are more likely to feel better off financially than 12 months ago

A quarter of Leicester residents feel better off than they did 12 months ago, a significant increase on a fifth in 2015 (20%). More than half feel about the same financially. Residents under the age of 35 are significantly more likely to feel better off, whereas those aged 35+ are more likely to feel worse off. Consistent with the finding that White British residents are more likely to run out of money, they are also less likely to feel better off financially.

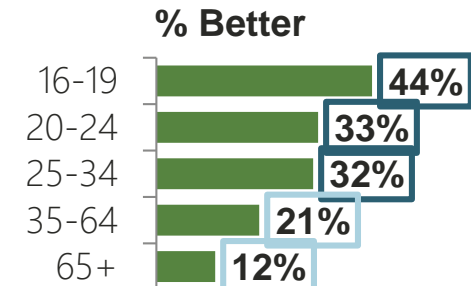
Q27. Do you feel better off, worse off, or about the same financially than you did 12 months ago?

- Better off
- Worse off
- About the same
- Don't know
- Prefer not to say



	2018	2015
Net better	+6	-1%

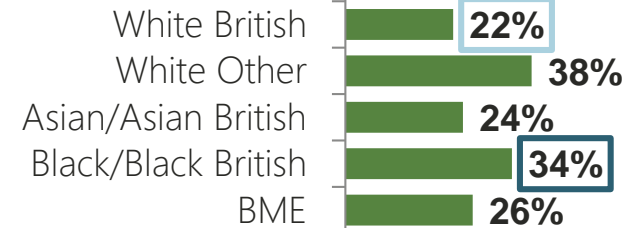
Age



Gender



Ethnicity



Employment status



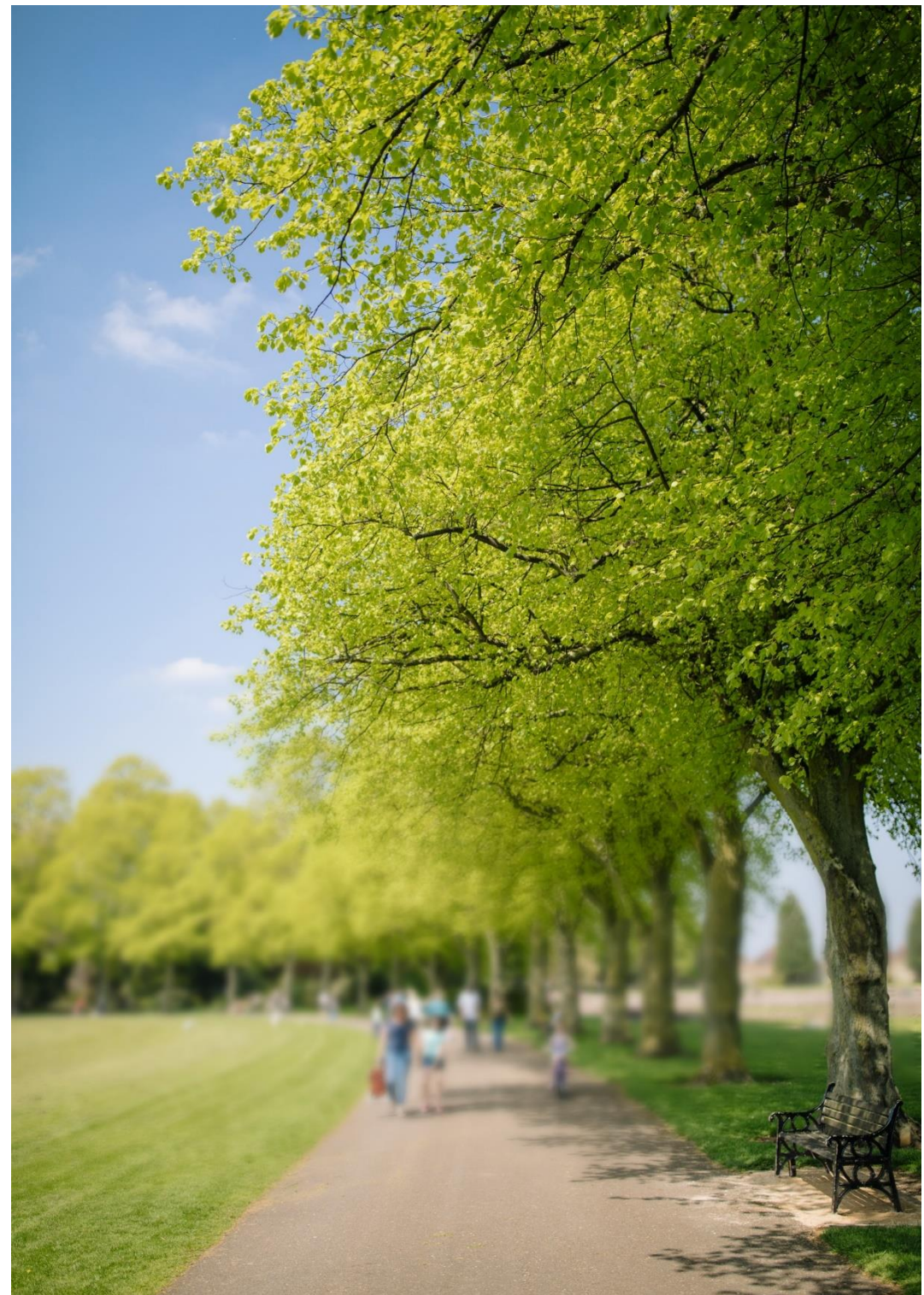
□ = significantly higher than the overall
 □ = significantly lower than the overall

Source: Ipsos MORI

Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Local area

- Resident satisfaction with their local area remains high at 83%, which is significantly higher than the national rate.
- It is residents in the North West of the city who are significantly less satisfied both at an overall level and specifically with the quality of green space and perceptions of safety after dark.
- Volunteering on a formal and informal basis is lower in Leicester than the national rate. It is generally more vulnerable groups such as older people, those with an illness/disability or poor mental health, those with lower educational attainment, social tenants and those with limited internet access who are least likely to volunteer.
- Half of residents are concerned about the air quality in Leicester with concern highest in the West and Central parts of the city.

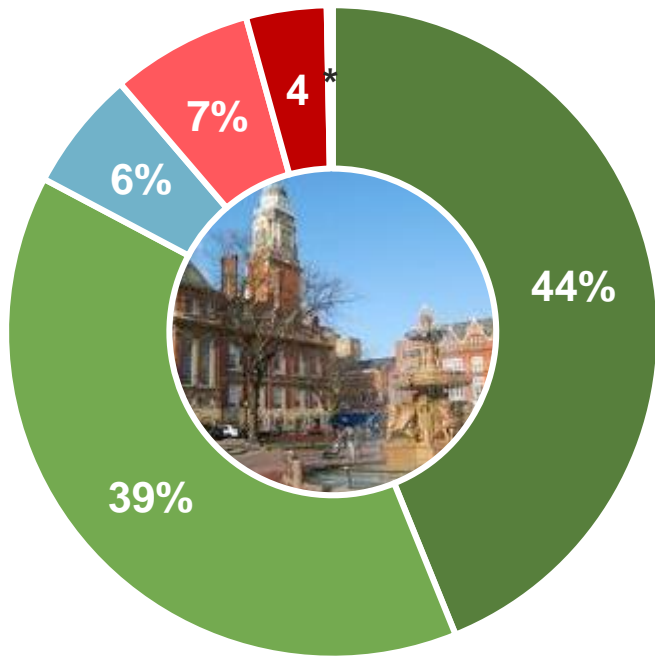


Local area satisfaction remains high and in line with 2015 results

In total, 83% of residents are satisfied with their local area, 44% are very satisfied. This is significantly more positive than the national rate* of 77%. One in ten (11%) residents are dissatisfied with where they live. There are no differences in perception by age or gender but BME residents are significantly more satisfied (86%) and White British residents are significantly less so (80%).

Q22. 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



	2018	2015
Satisfied	83%	84%
Dissatisfied	11%	10%

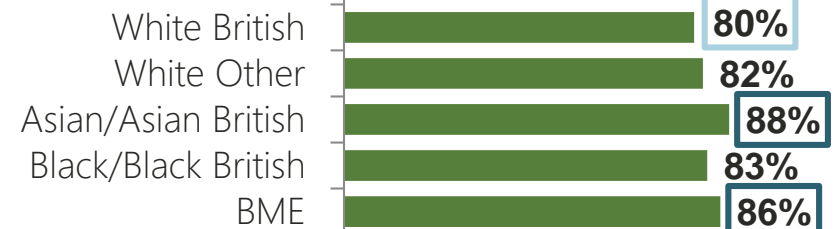
Age



Gender



Ethnicity



Employment status



 =significantly higher than the overall

 =significantly lower than the overall

Source: Ipsos MORI

*Community Life Survey 2017/2018 – National online/paper survey (10,217 responses) on behalf of DCMS

Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Once again it is residents in the North West who are least satisfied

It is those residents in the North-West of the city who are significantly less likely to state that they are satisfied with where they live (76%). This is an area with a higher proportion of social housing and we know that owner occupiers tend to be more satisfied than those who rent their property from the Council or a housing association. In total, 17% of North West residents state that they are dissatisfied compared to 11% overall.

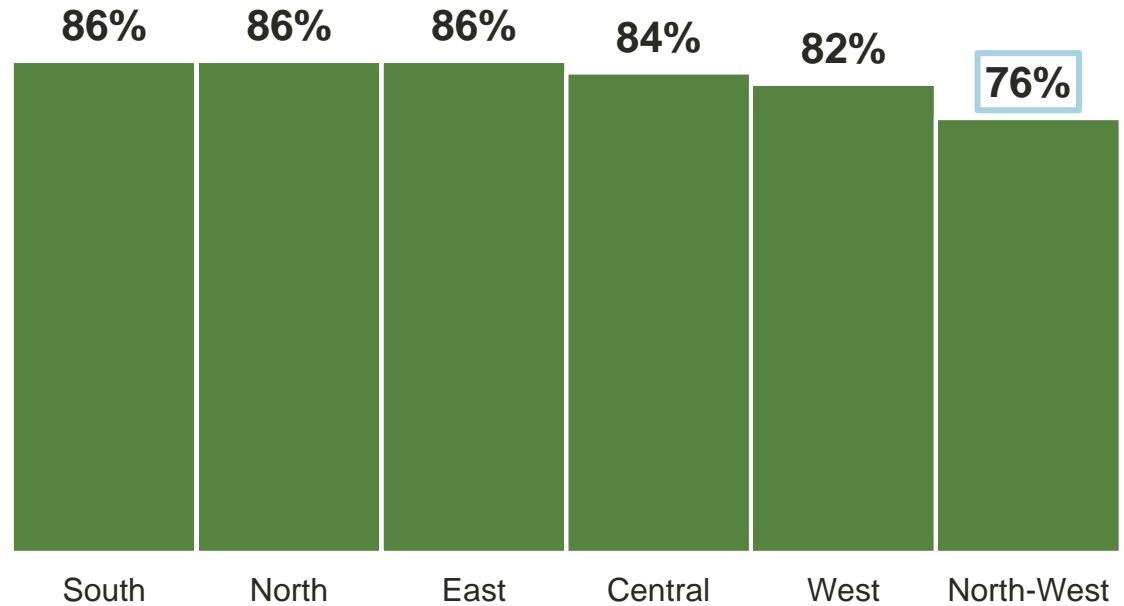
Q22. Overall, how satisfied or dissatisfied are you with your local area as a place to live?

% satisfied with the local area

83% overall



© OpenStreetMap contributors, CC-BY-SA



76% = significantly lower than the overall

Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

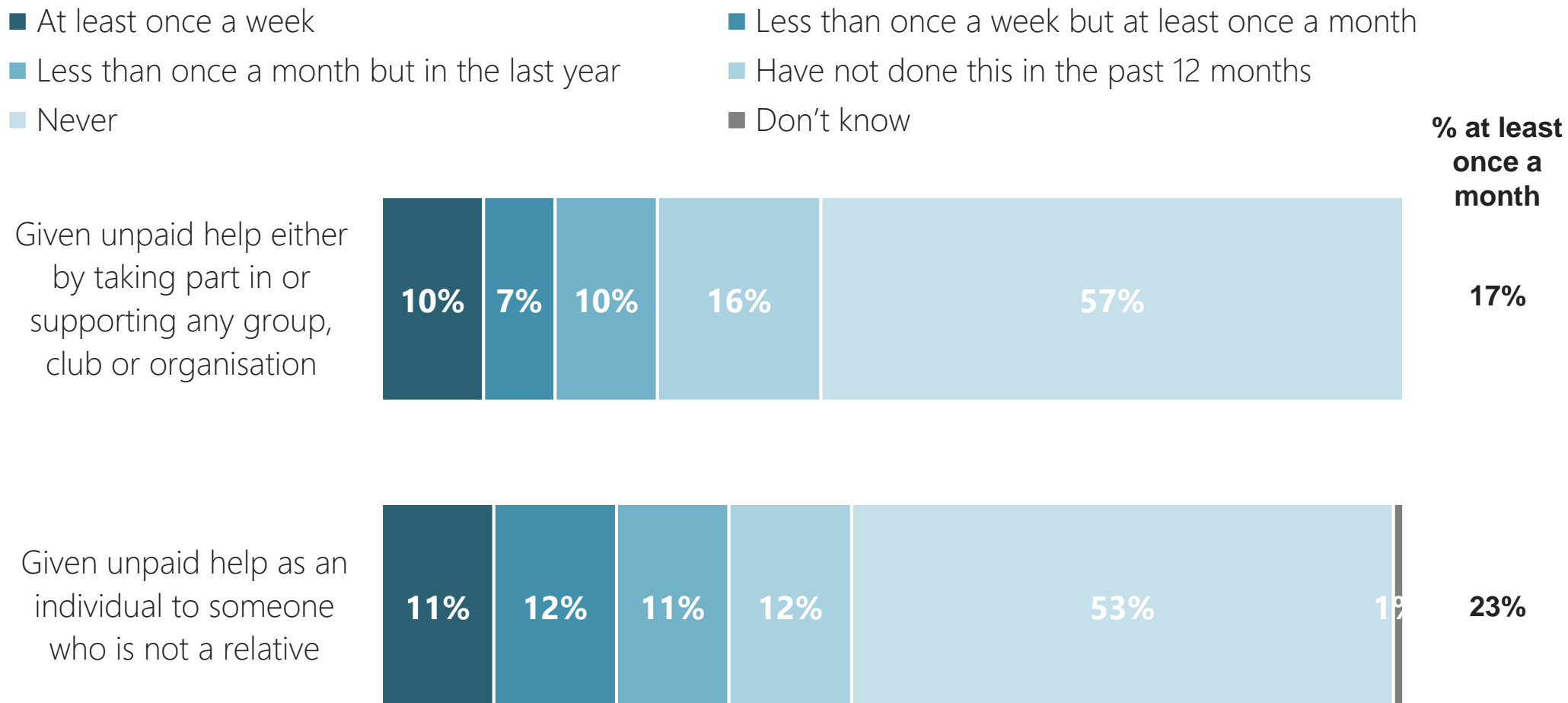
Source: Ipsos MORI



Volunteering is below the national rate

In total, 17% of residents are formal volunteers who have taken part in an organised activity at least once a month and 23% are informal volunteers in that they give unpaid help to an individual. Compared to National data* (22% formal and 27% informal volunteering) fewer residents in Leicester are volunteers.

Q24. How often, if at all, have you given unpaid help in the following ways?



*Community Life Survey 2017/2018 – National online/paper survey (10,217 responses) on behalf of DCMS

Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI



Incidence of volunteering varies dependent upon respondent type

The table below highlights the groups of respondents who are significantly more likely to state that they never volunteer compared to the average.

Q24. How often, if at all, have you given unpaid help in the following ways?

Population group	Never volunteer	
	Formally (Total 57%)	Informally (Total 53%)
Aged 35 - 64	59%	
65+ years	62%	59%
Not working due to sickness/disability	66%	
Homemaker/other	70%	
White Other	68%	
Asian or Asian British	61%	59%
Poor mental health & well-being	64%	60%
Lower level of education <level 3	68%	
No formal qualifications		69%
Social renter	65%	
Do not use the Internet	71%	66%



Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI

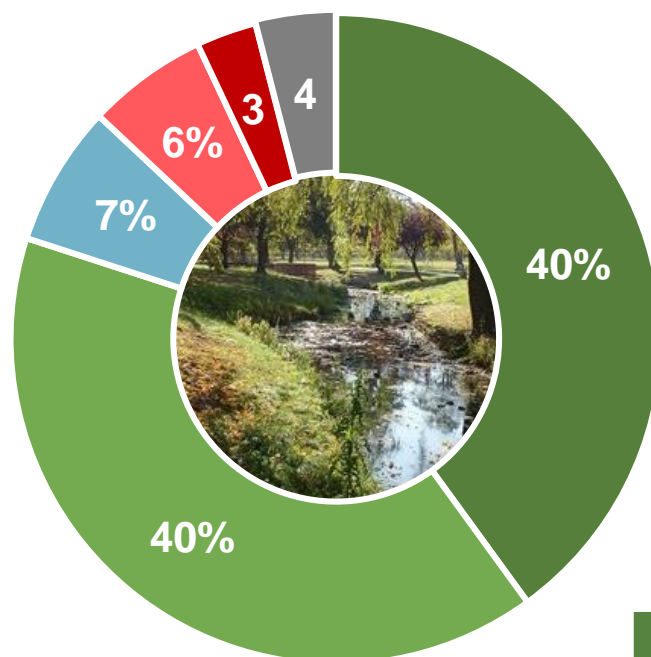


Satisfaction with the quality of green space is high

Four in five residents are satisfied with the quality of green space in their local area, 40% are very satisfied. Satisfaction is greatest in the Central (84% satisfied) and West of the city (85%). Lower satisfaction is reported in the North-West and South (both 76% satisfied). Those who are satisfied with their local area are also more positive in this regard (86% are satisfied with the green space vs. 51% of those who are dissatisfied with their area).

Q22a. Overall, how satisfied or dissatisfied are you with the quality of parks, waterways and other green neighbourhood spaces in your local area?

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



Satisfaction is fairly consistent among residents, although **those with a disability** are less positive (70% are satisfied vs. 84% of non-disabled residents) as are **those with poor mental health and well-being** (71% with a poor score vs. 87% with a good score).

	2018
Satisfied	80%
Dissatisfied	9%

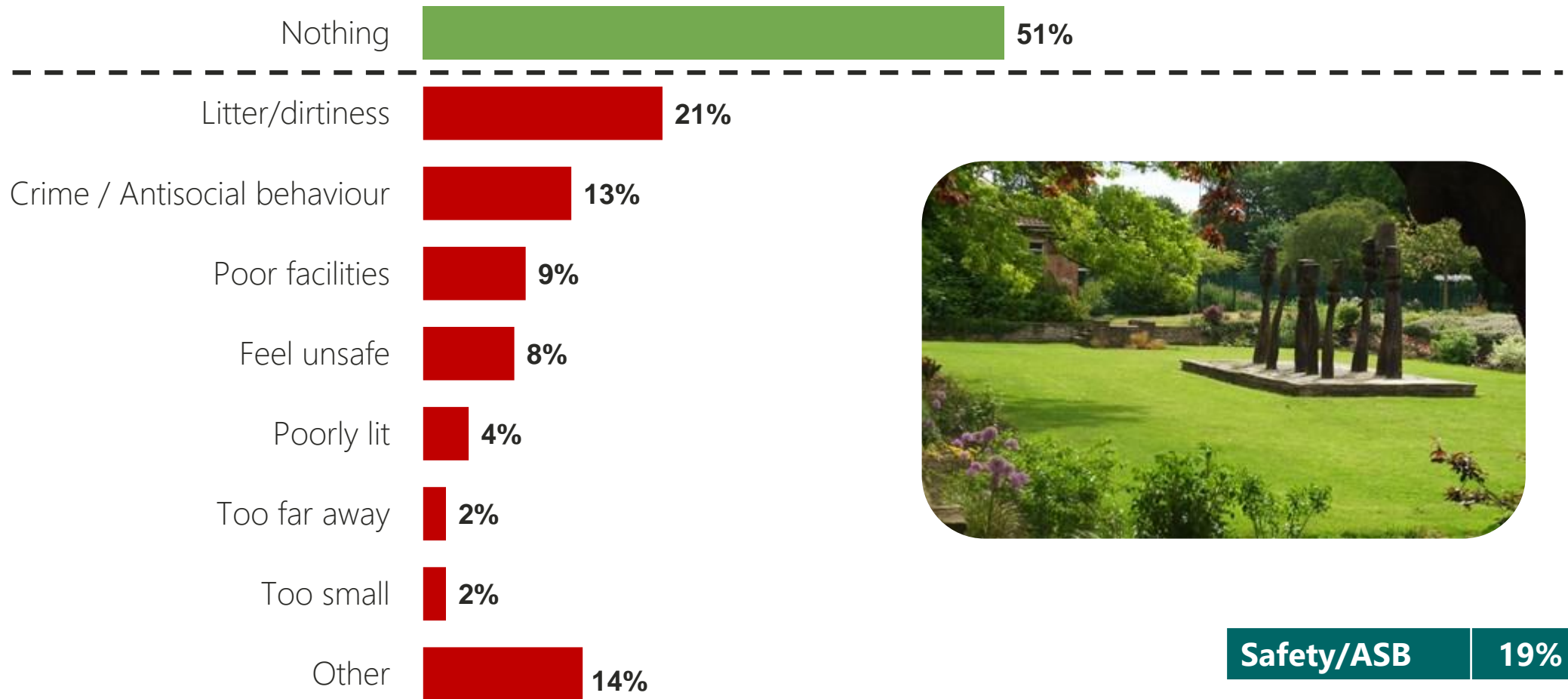
Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI

Half of residents do not want to improve anything in their parks, waterways or green space

One fifth of residents stated that litter and general dirtiness was the issue they would like addressed in their green spaces, particularly in the North (26%) and North-West of the city (27%). A further 19% mentioned safety/anti-social behaviour, a proportion which increases to 23% in the Central area. It is those with children in the household who are most likely to state that facilities are poor (14% vs. 9% overall).

Q22b. What, if anything, do you dislike about the parks, waterways and other green neighbourhood spaces in your local areas?



Half of residents feel safe in their local area after dark

In total, 76% of residents feel safe in their local area all of the time/often when they are out during the day, a proportion which falls to 52% after dark. Residents in the North-West feel least safe (46% after dark) as do social tenants (47% vs. 53% of owner occupiers). Looking at key demographics, it is women (42% vs. 62% of men), those with a disability (46% vs. 54% of non-disabled respondents) and those with a poor mental health and well-being score (35% vs. 70% with a good score) who feel least safe after dark.

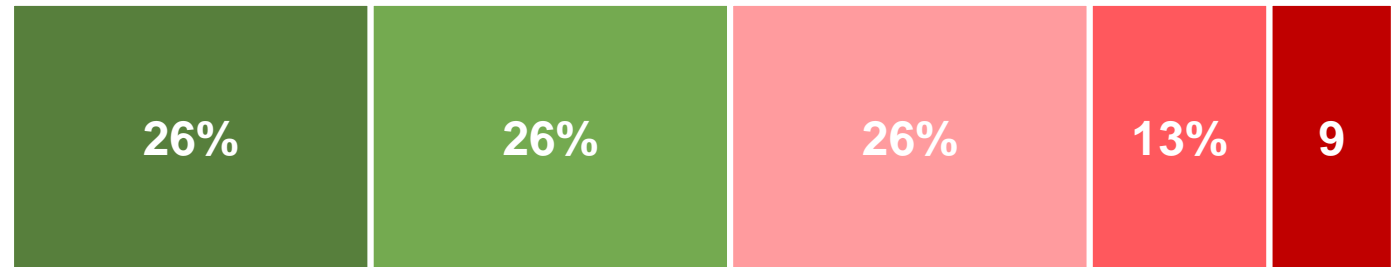
Q35a. Which of these best describes how often you feel...?

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

...safe when outside in your local area during the day?



...safe when outside in your local area after dark?

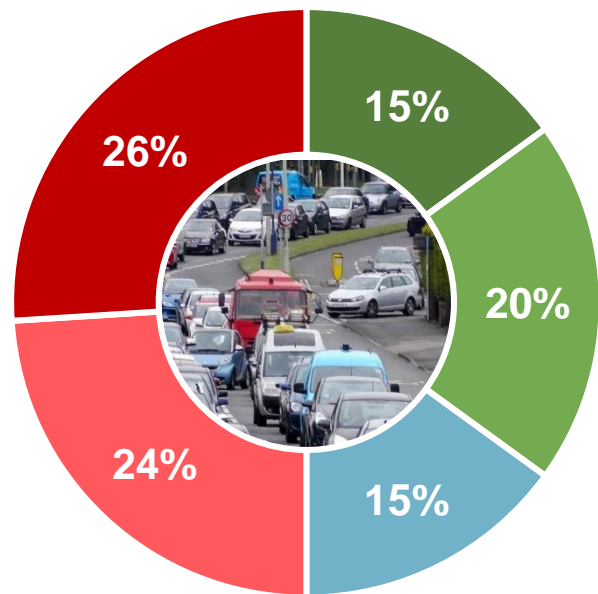


Around half of residents are concerned with air quality

This question was introduced this year to measure residents' concern with the air quality in Leicester. Half of residents are concerned, 26% are very concerned. Concern is highest among residents in the Central (60%) and West (58%) of the city and among residents aged 35+ years (54%). It is interesting to note that concern is highest among residents without children in the household (52% vs. 45% of those with children) and ex-tobacco smokers (58% vs. 45% of smokers and 49% of non-smokers).

Q23. To what extent do you agree or disagree with the following statement? The level of air quality is a concern to me

■ Strongly disagree
 ■ Tend to disagree
 ■ Neither/nor
 ■ Tend to disagree
 ■ Strongly agree



	2018
Agree	50%
Disagree	35%

Your home

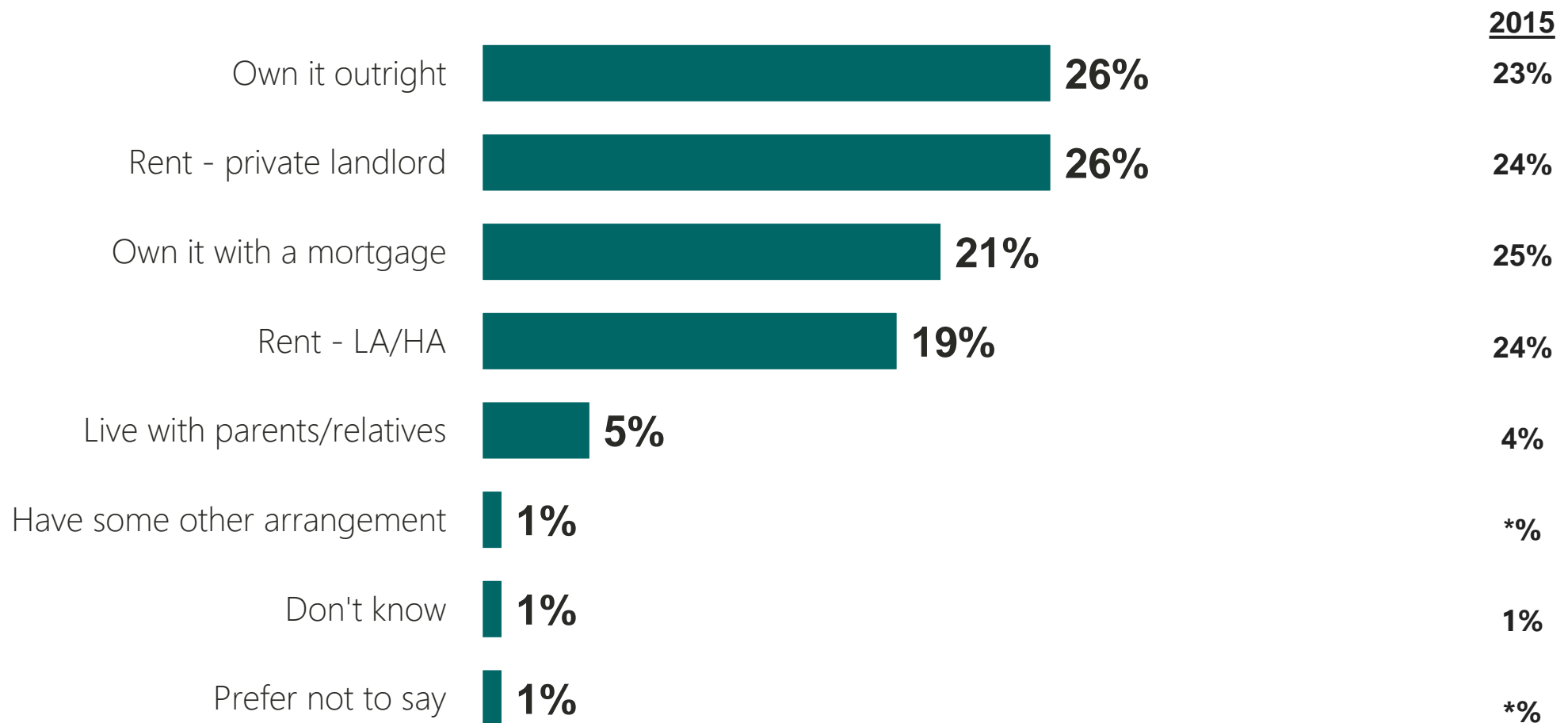
- Housing tenure is almost evenly split between home owners and renters with those over the age of 55 much more likely to be owners than those who are younger.
- People who are satisfied with their local area are more likely to own than those dissatisfied with their local area.
- Nine in ten people in Leicester say their home meets their current needs.
- One in five however live in accommodation that is considered to be overcrowded.
- Young people and private renters are more likely to reside in overcrowded accommodation.



Housing tenure in Leicester is split between ownership (47%) and renting (46%)

Those in the North and South are most likely to own their homes (56% and 55% respectively) as are people aged 65 and above (73%). One in five (20%) who identify as Black or Black British own their home compared to 53% of Asian/British Asians and 51% of White British individuals.

Q48. In which of these ways does your household occupy your current home?



Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI



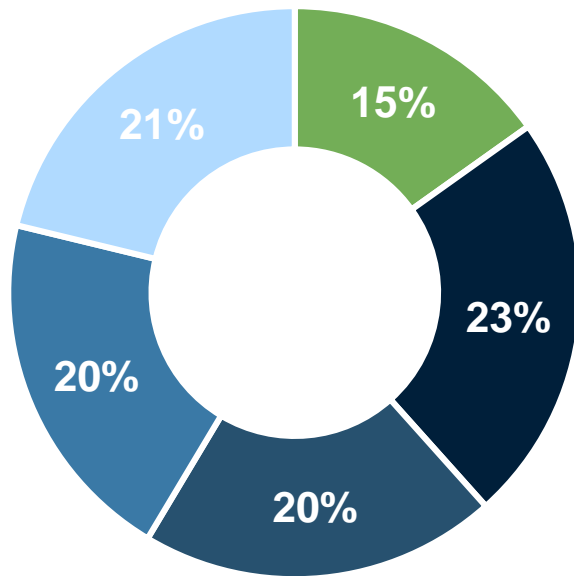
Two in five Leicester households have children

85% of Leicester households are multiple occupancy while two in five (39%) live with children. Young people (16-34) are more likely to live in households of more than one person - 94% live in a house with 2 or more people and just 6% live alone. Three in five older people (65+) live in a house with two or more people and 42% live alone.

Q52. In total, how many people live in your household, including yourself?

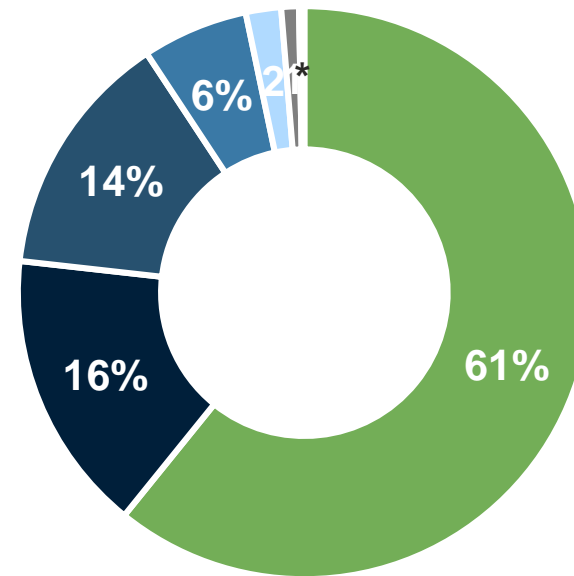
Q52a. How many, if any, children under 16 are there in your household?

Total people in household



■ 1 ■ 2 ■ 3 ■ 4 ■ 5+

Children in household



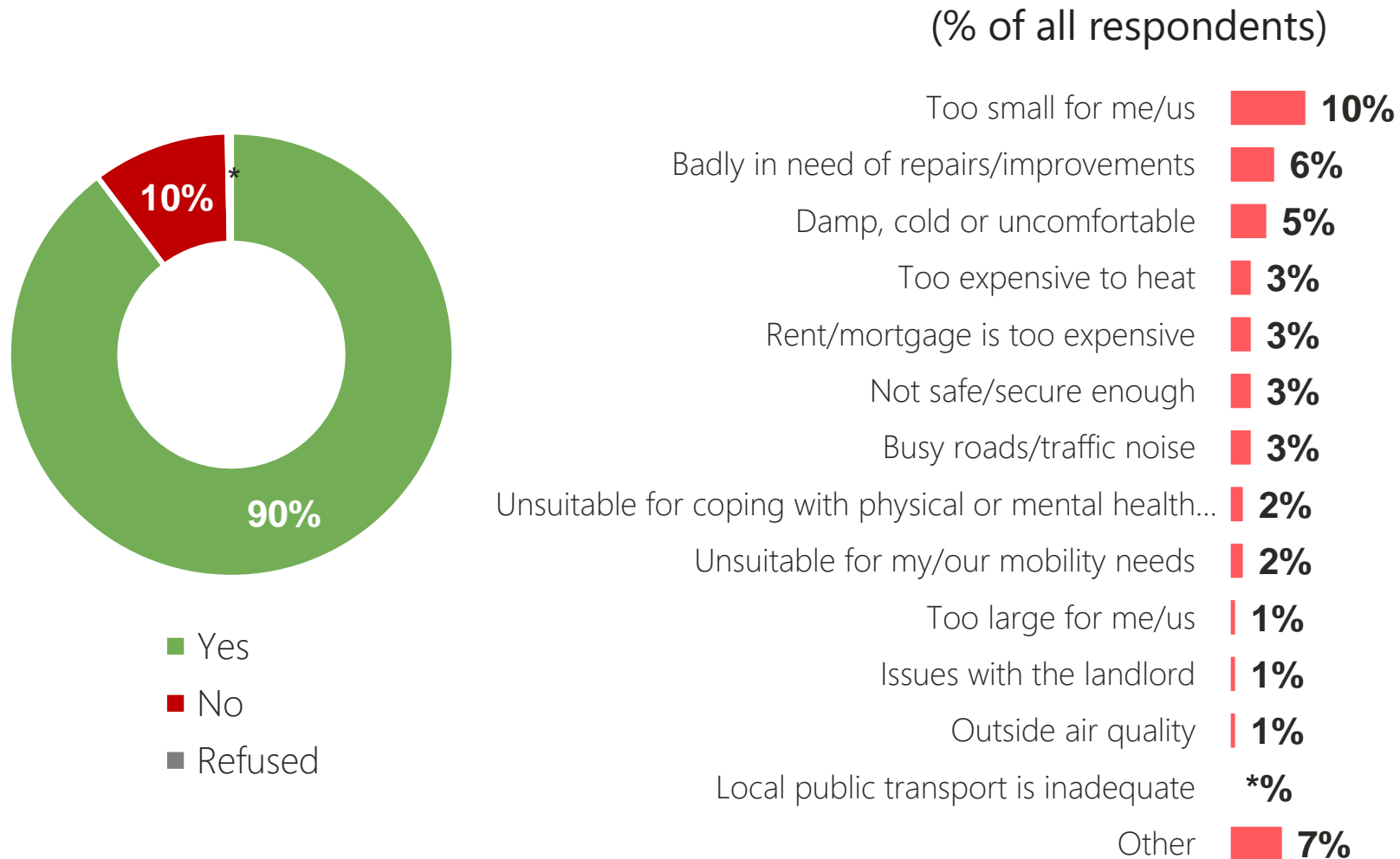
■ None ■ 1 ■ 2 ■ 3 ■ 4 ■ 5+ ■ Refused

A strong majority of those in Leicester feel their house meets their needs

Nine in ten (90%) say their home is suitable for their household's needs, a proportion which increases to 94% among owner occupiers and falls to 87% among private renters and 83% among social tenants. Disabled residents are significantly more likely to be negative as are those who have caring responsibilities. The top reason for one's home not meeting their needs is that it is too small (10%) followed by being in need of repairs (6%) and being too cold or damp (5%).

Q49. Overall, would you say your present home is suitable for the needs of your household?

Q50. Which, if any, aspects of your home are not suitable?



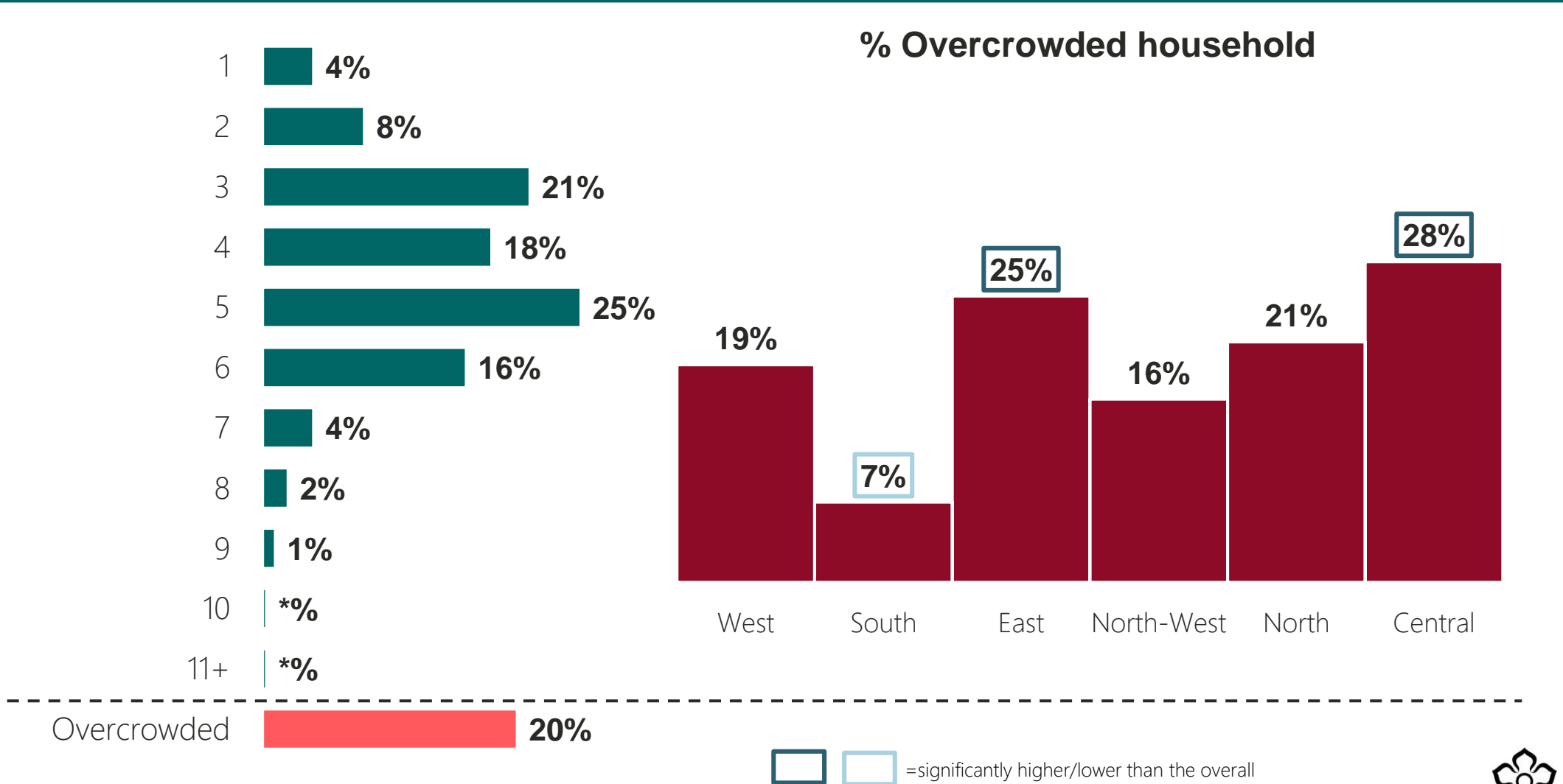
Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI

Around one in five households in Leicester live in overcrowded accommodation

Overcrowded housing is higher in the central and east areas. More than a quarter (27%) of young people (16-34) are considered to live in overcrowded accommodation - as are 35% of those who are unemployed and 28% of all private renters. The results of this survey are slightly higher than Leicester rate recorded in the last census (15.2% overcrowded households).*

Q51. How many rooms do you have for use by your household only? (Do not count bathrooms, toilets, halls or landings.)



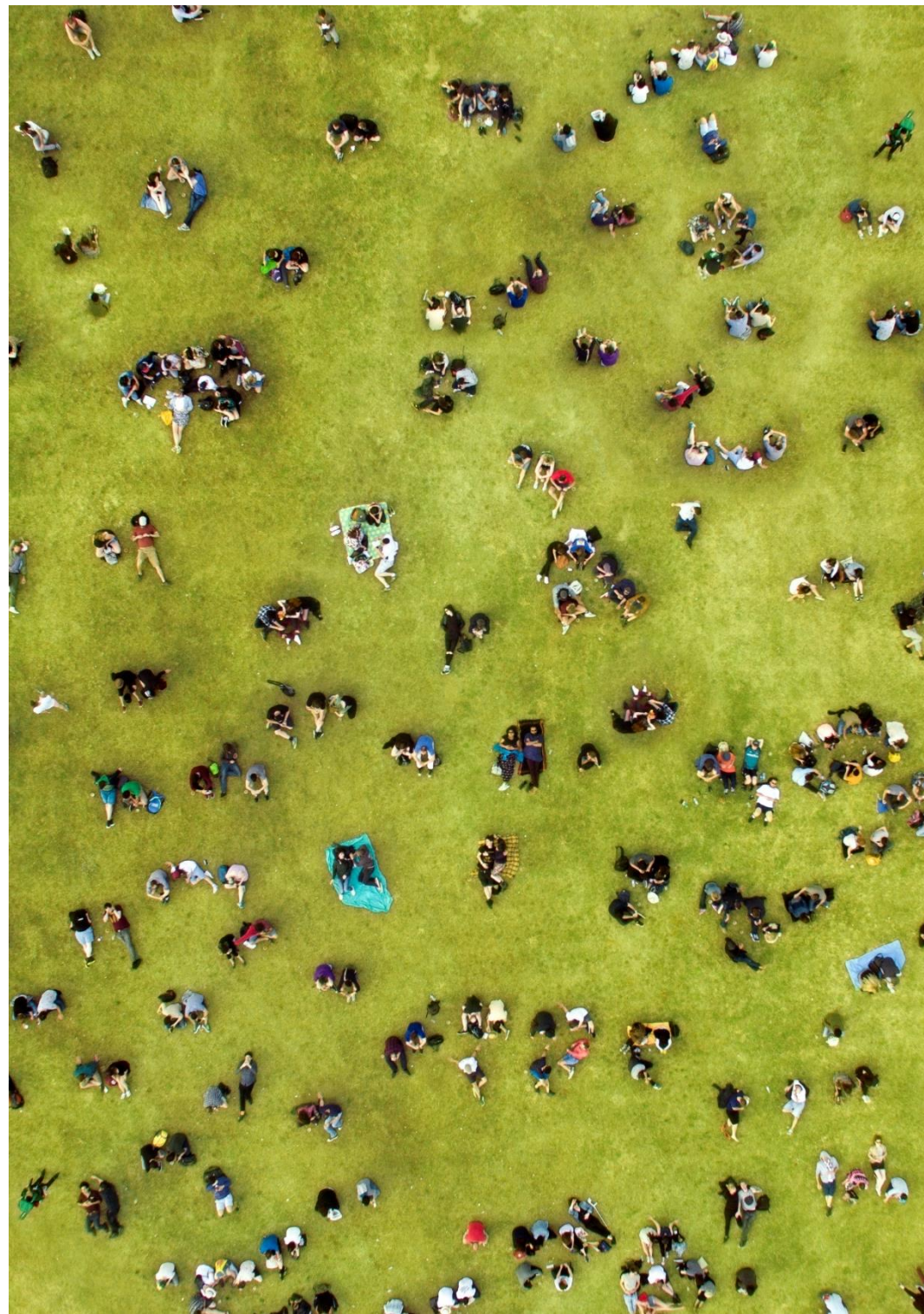
Base: All valid responses (2,224) : Fieldwork dates : 5th March – 25th July 2018

* Census data on overcrowded Leicester households, 2011.

Source: Ipsos MORI



Demographics

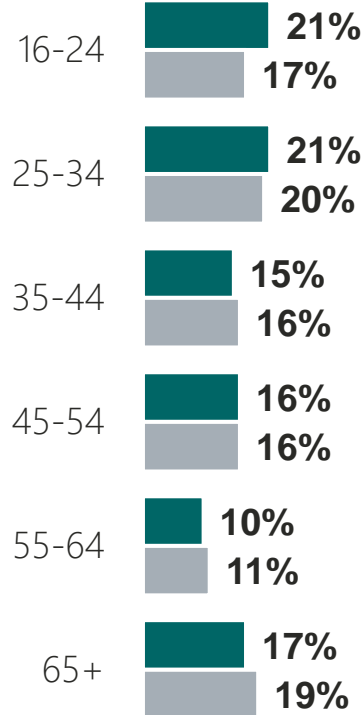


Profile of Leicester residents aged 16+ by key demographic characteristics (1)

Gender

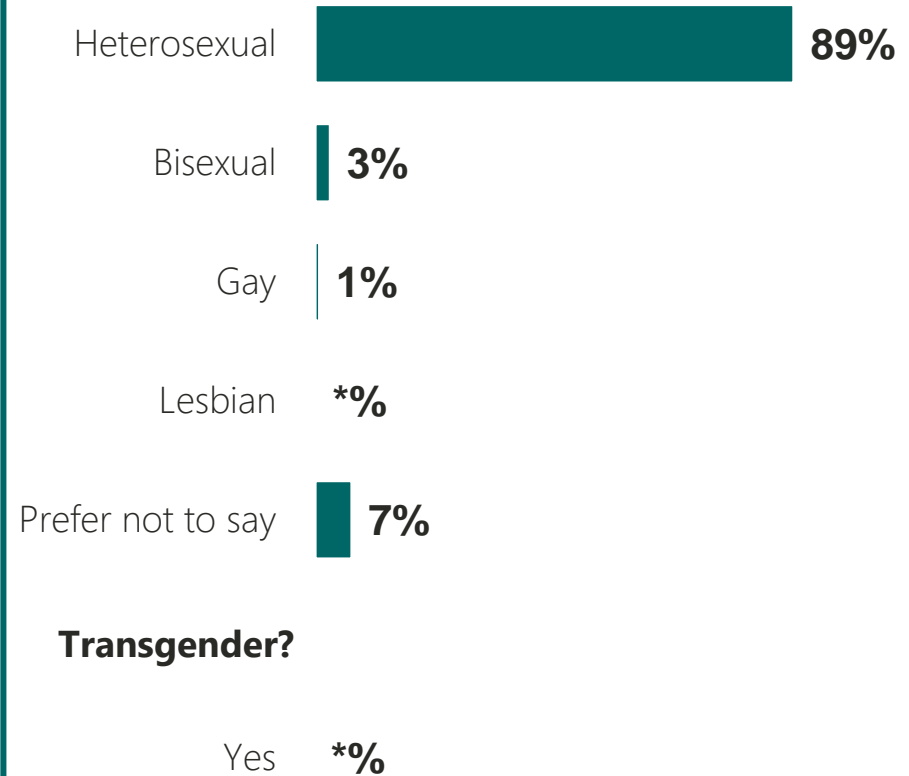


Age



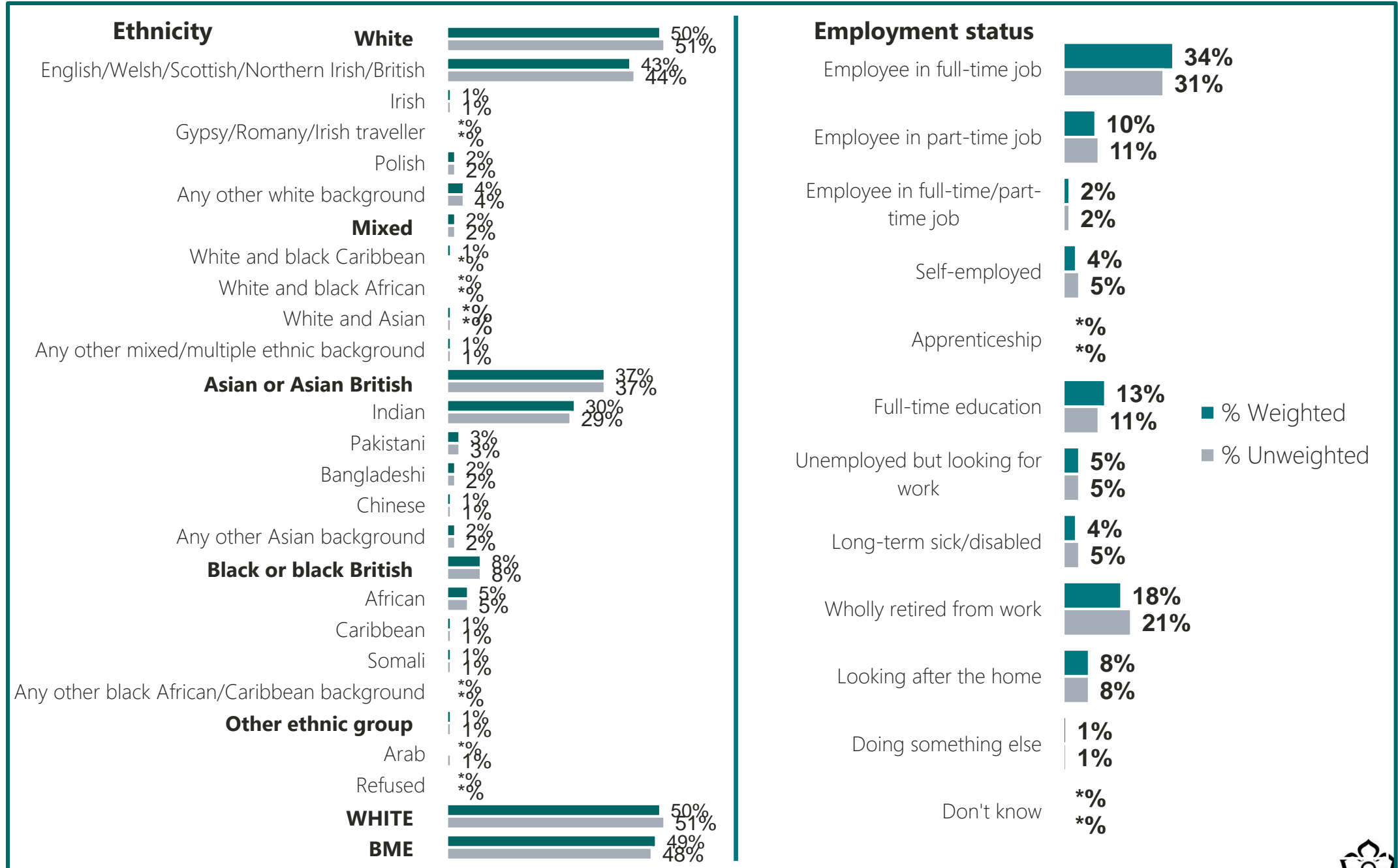
Prefer not to answer *%
 *% ■ % Weighted
 *% ■ % Unweighted

Sexual Orientation*



* Please note that 7% 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.

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



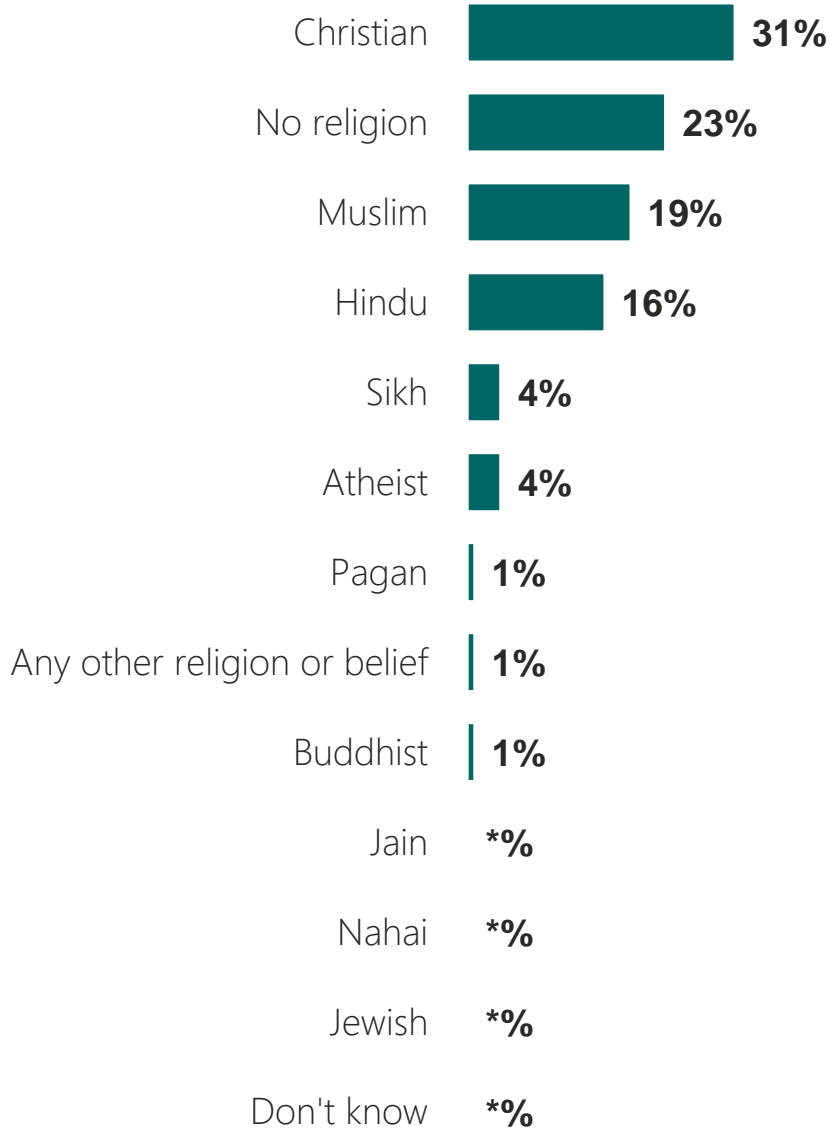
Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI

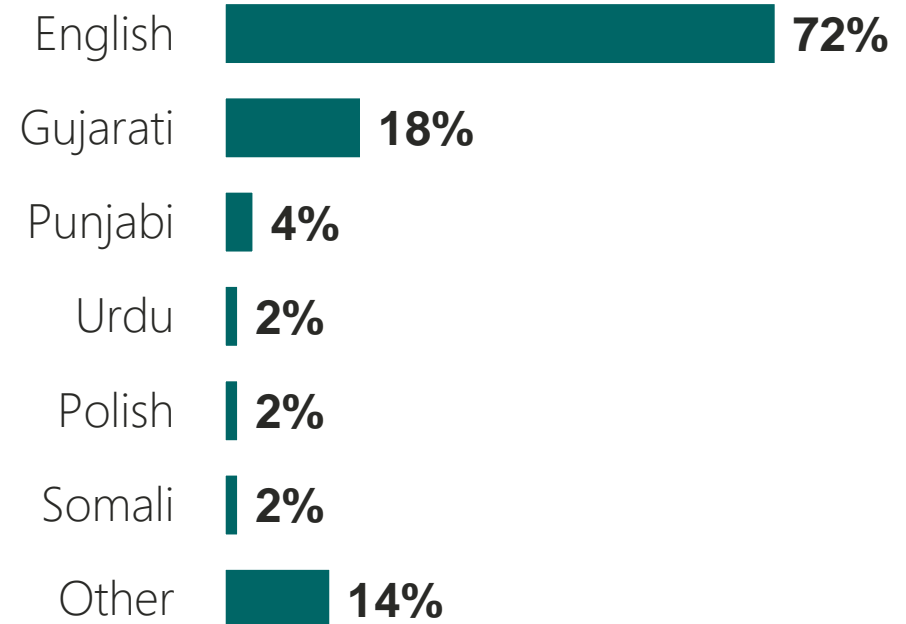


Profile of Leicester residents aged 16+ by key demographic characteristics (3)

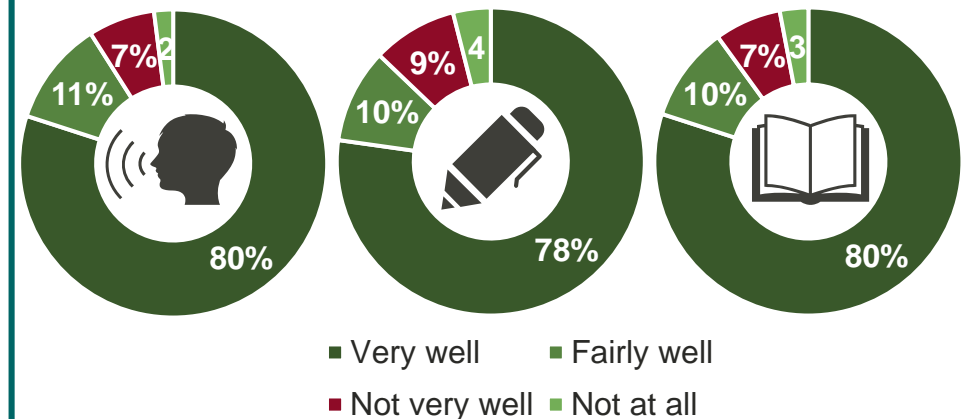
Religion



Language spoken most often



Speak, write or read English?



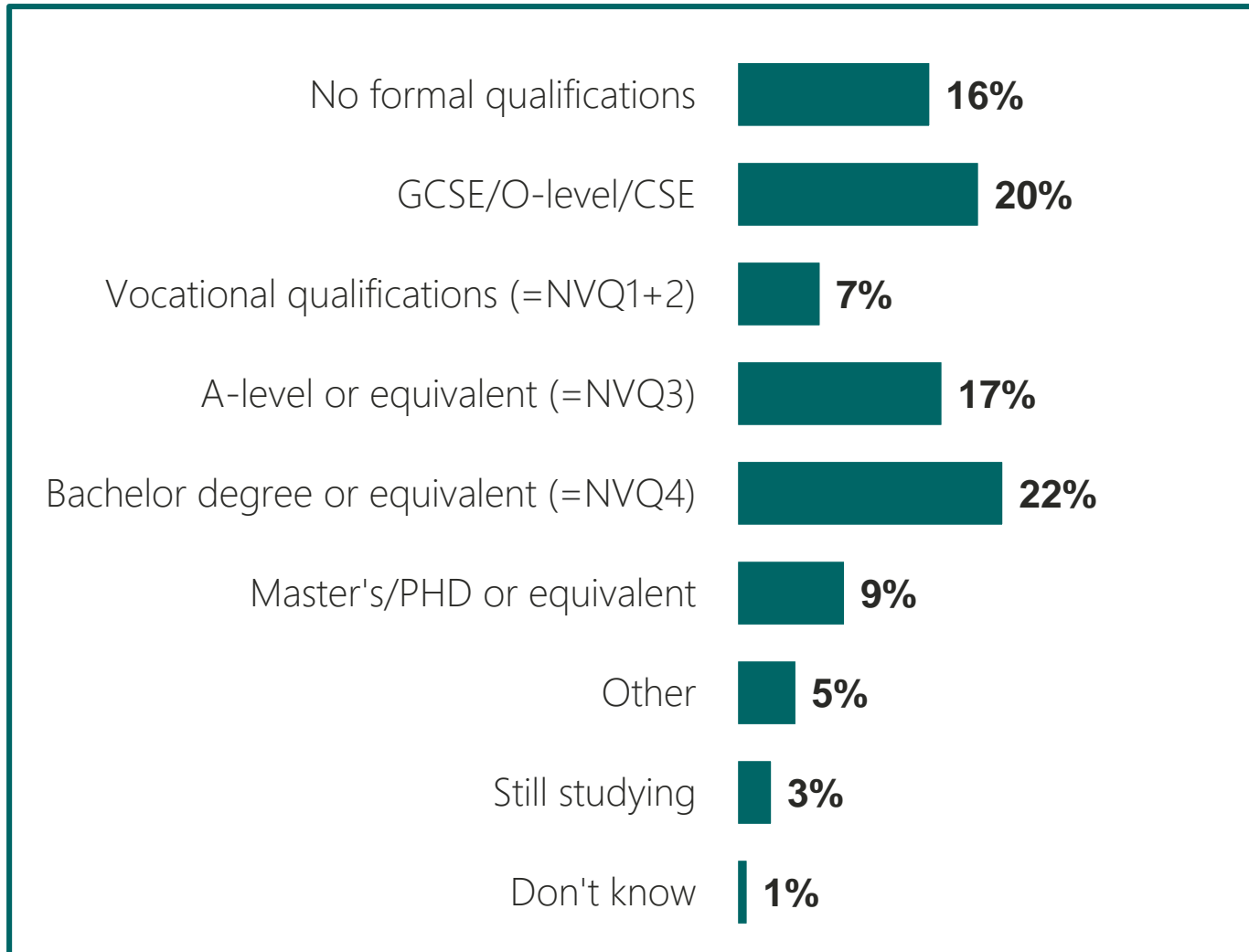
Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI

Education and qualifications

84% of Leicester residents have some form of qualification or level of education – while a fifth of Leicester residents are degree educated (22%). Amongst those most likely to have no formal qualifications are those in the East (20% vs. 16%), those aged 65+ (40%), those who are not working (23%), social tenants (28%), and those with a long-term disability or health condition (26%).

Q47. Which, if any, is the highest educational or vocational qualification you have obtained?



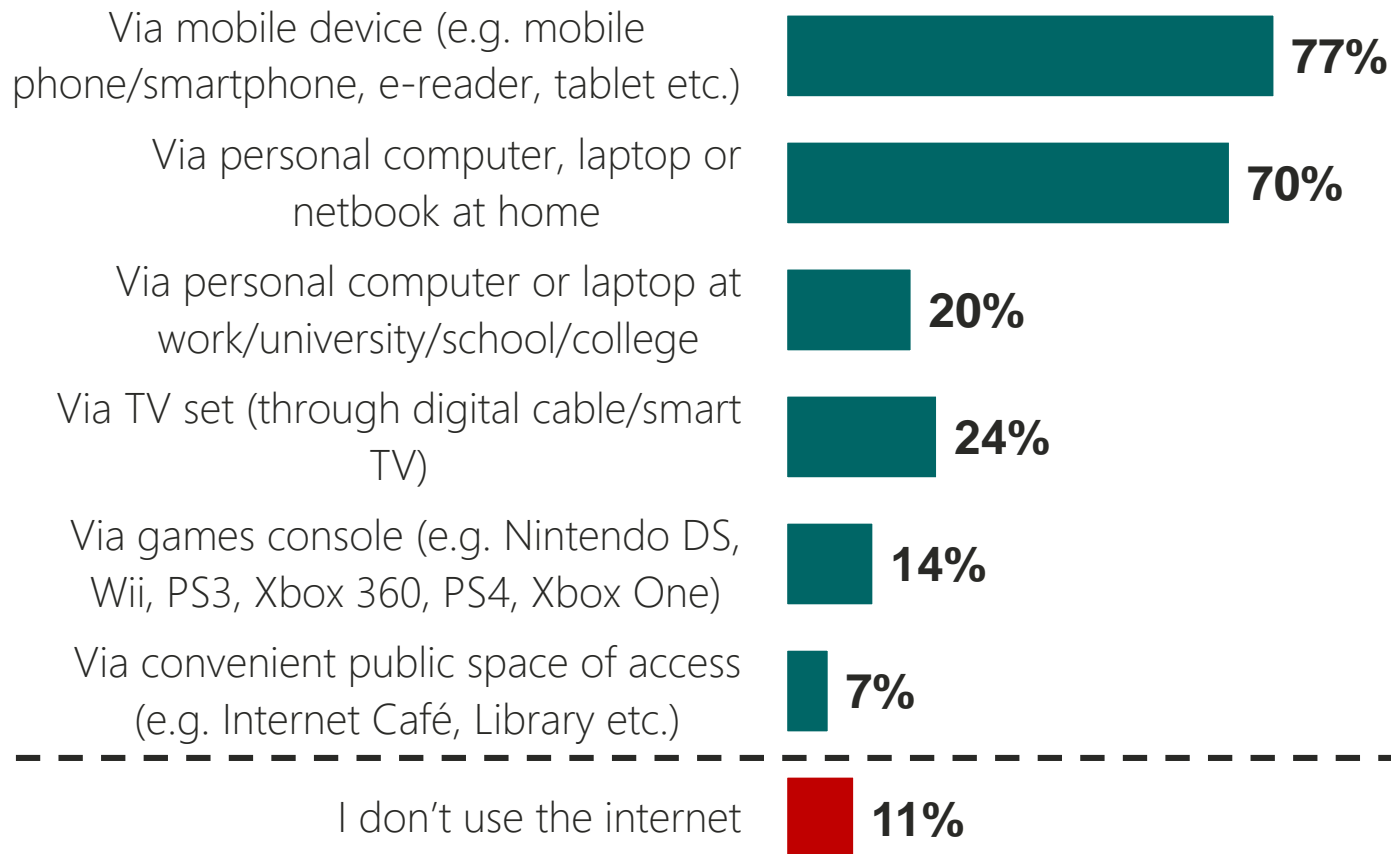
Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI

The majority of Leicester residents use the internet – in line with the national picture

89% of Leicester residents use the internet, consistent with the national figure derived from the Ipsos MORI Technology Tracker (91%).* One in ten do not use the internet at all – a significant fall from 2015 (18%). Also reflecting changes in behaviour nationally, the most popular way of using the internet is through a mobile device – with over three quarters of Leicester residents doing so (77%). 65+ year olds are significantly more likely to not use the internet (46% vs 11% overall) – although this figure has dropped since 2015 (59%) – reflecting a closing generational gap.

Q53. In which of the following ways, if any, do you access the internet?



Groups most likely to not have access to the internet include; **those aged 65+** (46%), **those off work sick/disabled** (22%), **those who are retired** (43%), **White British residents** (15%), and **those in single person households** (31%)

Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

*Source: Ipsos MORI Tech Tracker, Q3 2018: f2f survey based on 1000 UK adults aged 15+

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	No internet access
Male	●		●
Female	●		●
16-19			
20-24			
25-34			
35-64			
65+			
White	●		●
BME	●		●
Working		●	●
Not working	●	●	
LTLC	●	●	●
Caring responsibilities	●		



Denotes **reduced** risk / likelihood of associations



Denotes **increased** risk / likelihood of associations

Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI



Table 2: Risk factors by demographic group

	Current smoker	High BMI (overweight/obese)	<150 mins exercise per week	Drink alcohol > rec. limit	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 Household				●	●		●	
LTLC	●	●	●		●	●		●
Caring resp.	●		●		●		●	



Denotes **reduced** risk / likelihood of associations



Denotes **increased** risk / likelihood of associations

Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI

Table 3: Risk factors by attitude/behaviour

	Current smoker	High BMI (overweight/obese)	<150 mins exercise per week	Drink alcohol > rec. limit	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 (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI



Table 4: IMD and risk/non-risk behaviour correlation

The table below shows some of the “groups and behaviours” and their correlation with areas of high and low deprivation.

Deprivation Quintile (where 1 is 20% most deprived area nationally)	Self- reported poor health	Long term Limiting Condition	<150 mins exercise per week	Less than 5 fruit/veg portions a day	Current smoker	Poor mental wellbeing	Drink alcohol > rec. limit	High BMI (overweight / obese)
1 Most deprived	●	●			●	●		●
2				●			●	
3					●			
4				●				
5* (least deprived)	●		●	●				



Denotes **reduced** risk / likelihood of associations



Denotes **increased** risk / likelihood of associations

***Caution: given that there is a small proportion of Leicester residents who live in the least deprived quintile (5) – the base is very low (48) and should therefore comparisons drawn should be treated indicatively.**

Base: All valid responses (2224) : Fieldwork dates : 5th March – 25th July 2018

Source: Ipsos MORI



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