

# Health and Wellbeing Survey, Hull 2009



**Public Health Intelligence, Hull City Council**

**October 2010**

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**Note to Readers**

Readers should interpret the results from this survey with caution. It was expected that this survey would be repeated in order to give a trajectory of prevalence over a period of time. Statisticians would expect the resultant trajectory to exhibit a certain amount of variation from one year to another around an underlying trend. This would be attributable to statistical variation due to sampling variation and random factors. We would normally expect to combine data from annual surveys in order to give a 'smoothed' line of prevalence over time.

In particular, it would be inappropriate to use as an indicator of performance of commissioning or provider organisations due to the amount of variability within a single year.

We urge people reading this report to consider these factors and invite them to contact us if they would like further information:

[publichealthintelligence@hullcc.gov.uk](mailto:publichealthintelligence@hullcc.gov.uk)

# 1 Executive Summary

**Background:** In 2009 an adult (18+ years) Health and Wellbeing Survey was commissioned by the Public Health Intelligence team within Hull City Council (who were in Hull Teaching Primary Care Trust (PCT) at the time of this survey). The survey had a target of 1,750 respondents, with the aim to examine health status and health related behaviour in a representative sample of Hull's adult population.

**Health:** Around three quarters of respondents (76.5% of men and 73.9% of women) reported having excellent, very good or good health, whilst reporting of poor health roughly doubled between 2007 and 2009 (from 4.6% to 9.7%). Over a fifth of survey respondents reported that their activities were limited in some way by long-term illness or disability (22.1% of men and 20.6% of women). A higher percentage of respondents in the most deprived quintile had a low mental health index (29.6%), denoting poor mental health, compared to those in the least deprived quintile (16.5%).

**Diet:** Over three-quarters of respondents said they ate a healthy diet, a higher percentage of women (82.5%) compared to men (76.1%). 5-A-DAY fruits and vegetables consumption was lower for men but higher for women compared to England (22% of men and 31% of women for Hull compared to 25% of men and 29% of women for England). Fruits and vegetables consumption was lowest in those aged 18-24 years (14.3%) and highest in those aged 65-74 years (34.3%).

**Alcohol:** Around a quarter of survey respondents never drink alcohol, a lower percentage of men (17.1%) compared to women (31.0%). A higher proportion of male drinkers binge drink (33%) compared to England (26%), with the percentage binge drinking and staying within the recommended weekly guidelines over double the percentage for England. The percentage of female drinkers binge drinking was lower (18%) compared to England (22%), although the percentage drinking within the recommended weekly limits and binge drinking was higher (11%) compared to England (9%).

**Smoking:** The prevalence of smoking among respondents is considerably higher compared to England (38% of men and 32% of women for Hull compared to 24% of men and 20% of women for England). There was an 11% increase in smoking prevalence between 2007 and 2009, with over half of survey respondents in the most deprived quintile smoking (53.7%), compared to a fifth (20.1%) in the least deprived quintile. Of those survey respondents who smoked cigarettes, 31.2% were heavy smokers, smoking on average at least 20 cigarettes per day. However, due to smaller sample size and random variation inherent in all survey samples, it is not known if the increase is real or due to random variation.

**Exercise:** Exercise levels are lower among respondents compared to England (36% of men and 26% of women exercise to national guideline levels compared to 39% of men and 29% of women for England). 7.6% of men and 6.2% of women never exercise. West locality had the highest percentage of residents that exercised to guideline levels (34.9%) compared to East (28.6%) and North (26.5%) localities.

**Obesity:** The proportion of male respondents that are overweight or obese has stayed virtually the same between 2007 and 2009 (66.9% and 67.0% respectively), but marginally above England (65.9%). Among women the overall percentage overweight or obese saw a 6.6% increase to 59.5% between 2007 and 2009, again above England (56.9%). A similar percentage of men (24.2%) and women (24.6%) were obese, virtually the same for men and women compared to England (24.1% and 24.9% respectively).

**Employment:** The percentage of respondents of working age in employment was 60.4%, a decrease of 11.2% between 2003 and 2009, below the Yorkshire and Humber Region (73.0%) and England (72.7%). The percentage of working age men economically inactive due to long-term sickness or disability was the same as the UK (34%), whilst for women the percentage was lower (16% compared to 19% for the UK).

## 2 Introduction

The aim of the 2009 Health and Wellbeing Survey was to examine health status and health related behaviour in a representative sample of Hull's adult (18 years and over) population. A number of surveys have been undertaken in Hull so that results can be compared over time. However, the current survey undertaken in 2009 involved a much smaller questionnaire and just focused on a small number of questions concentrating on health status and the prevalence of key public health risk factors for poor health. As a result, it has been also referred to as a Prevalence Survey. Differences between various demographic, socio-economic and lifestyle factors can be examined. Any differences can be quantified, and the results will be used to help improve/redefine services to reduce the impact of any inequalities, and to improve services for all. The Public Health Intelligence team within at the Hull Teaching Primary Care Trust (now at Hull City Council) undertook all aspects of the survey with the exception of the fieldwork and data entry which were completed by Information by Design (lbyD). For further information on these surveys visit [www.hulljsna.com](http://www.hulljsna.com).

## 3 Methods

### 3.1 *Survey sample*

In 2009 an adult (18+ years) Health and Wellbeing Survey was commissioned by the Public Health Intelligence team at Hull Teaching Primary Care Trust (PCT). The survey had a target of 1,750 respondents, each being a Hull resident. Interviews were completed through interviewers knocking on doors. Quota<sup>1</sup> sampling was used so that the resulting sample was broadly representative of Hull's overall population.

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<sup>1</sup> Quota sampling involves calculating the numbers for each age, gender, geographical group in Hull's population and fixing a number of people to the survey for each group for the company doing the fieldwork, so the number surveyed for each group is the same proportion to Hull's population.

### **3.2 Survey methodology**

Using quota sampling for the Health and Wellbeing Survey meant that the resulting sample was similar to Hull's overall population in terms of age, gender and geographic structure. For the quota, 10-year age bands (18-24, 25-34, 35-44, 45-54, 55-64, 65-74 and 75+ years) and nine geographical areas were used. The areas used were based on the seven Area Committee Areas used by the Hull City Council, with Bransholme East and Bransholme West separated from King's Park in the North Carr Area, and Drypool ward examined separately as whilst it was in the Riverside Area, it was in East Locality (area used by NHS Hull). The quota also involved employment status, so that people from the whole range of employment groups were included in the survey. Survey respondents were targeted through interviewers knocking on doors in specific geographical areas to obtain the sample.

### **3.3 Data Considerations**

#### **3.3.1 Questionnaire content**

The questionnaire was divided into two sections. Section 1 related to general health. This section included questions enabling the production of several measures of health status, including the SF-36 mental health index (MHI), as well as risk factor information on diet, alcohol, smoking and exercise. Section 2 collected information about the survey respondents. This included demographic information, as well as ethnicity and employment status.

#### **3.3.2 Measures of health status**

A range of measures of health status were used in the questionnaire. Question 2 (illness or disability which has lasted more than a month, and has limited activities in any way) is the same question used in the 2001 Census, and the responses from the survey responders can be compared with the results from the Census for residents in Hull.

The Mental Health Index (MHI) measures "general mental health, including depression, anxiety, behavioural-emotional control, general positive affect" and is part of another health-related scoring measure (the SF36). The MHI ranges from 5 to 25 or from 0 to 100 for the transformed MHI with a high score denoting better mental health.



### 3.3.3 Alcohol

Question 7 asked for the number of alcoholic drinks consumed in the last 7 days by type of drink. These were later converted to units (**Table 3.1**).

**Table 3.1: Units of alcohol assumed for each type of alcoholic drink**

Type of drink	Size of drink	Units
Ordinary beer, lager or cider	Pint (568ml)	2
Ordinary beer, lager or cider	Standard can (440ml)	1.5
Ordinary beer, lager or cider	Small can (330ml)	1.1
Strong beer, lager or cider	Pint (568ml)	4
Strong beer, lager or cider	Standard can (440ml)	3
Strong beer, lager or cider	Small can (330ml)	2.3
Wine	Glass-pub measure	2
Wine	Large glass	3
Wine	Bottle	9
Sherry/Spirits	Glass-pub measure (50ml)	1
Sherry/Spirits	Glass-home measure (50ml)	1.4
Alcopops	Bottle	1.5

### 3.3.4 Height, weight and body mass index (BMI)

Information collected on height and weight was self-reported rather than measured by researchers (as is the case for the Health Survey for England data). From research<sup>2</sup>, it is well known that both men and women, in general, overestimate their height and under estimate their weight. Therefore it is difficult to compare the percentage of people classified as overweight or obese locally with those in England, because of these differences in the data collection method. In order to enable a more valid comparison, the self-reported heights and weights have been adjusted<sup>3</sup> to give an adjusted BMI figure for each survey respondent. Unadjusted self-reported heights and weights are available on request.

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<sup>2</sup> A survey of 4,808 British men and women aged 35-76 which compared self-reported and measured height and weight (Spencer et al. 2002), found that height was overestimated by on average 1.23cm for men and 0.60cm for women, but the extent of the overestimation was greater in older men and women, shorter men and heavier women. They also found that weight was underestimated by on average 1.85kg for men and 1.40kg for women and the extent of the underestimation was greater in heavier men and women, but did not vary with age or height (Jalkanen et al. 1987; Kuczmarski et al. 2001).

<sup>3</sup> For simplicity same differences applied to all men and women as even though it is known to differ depending on age, gender and weight the exact information was not given in the article abstract so could not be applied to the local data.

The effect of these changes is to increase the percentage of overweight and obese people in the local survey from 34.9% and 19.9% respectively to 38.9% and 24.4% respectively (**Table 3.2**). Of the 631 respondents who self-reported they were desirable weight, 142 (23%) were overweight following the adjustment. This shows even a relatively small adjustment of 1-2cm and 1-2kg can make a considerable difference to the prevalence of overweight and obesity. In the rest of this report the Adjusted BMI figures will be used unless otherwise stated; 83 respondents' heights and weights were not given and therefore excluded from the BMI analysis.

**Table 3.2: Adjustment of body mass index to take into account that height is overestimated and weight is underestimated when self-reported – changes in BMI categorisation**

		Body mass index (adjusted)				
		Under-weight	Desirable weight	Over-weight	Obese	Total
Body mass index (self-reported)	Under-weight	75	47	0	0	122
	Desirable weight	0	489	142	0	631
	Over-weight	0	0	507	75	582
	Obese	0	0	0	332	332
	Total	75	536	649	407	1,667

## Geography

Each survey respondent was assigned to a ward, Area Committee Area and locality within Hull on the basis of their postcode. Five postcodes provided did not match to any records in the current postcode lookup table, but were assigned to a ward from information recorded by Information by Design interviewers. None of the five records with non matching postcodes had a deprivation quintile assigned, as this needs a full and valid postcode.

## 4 Demographics

### 4.1 Age and gender

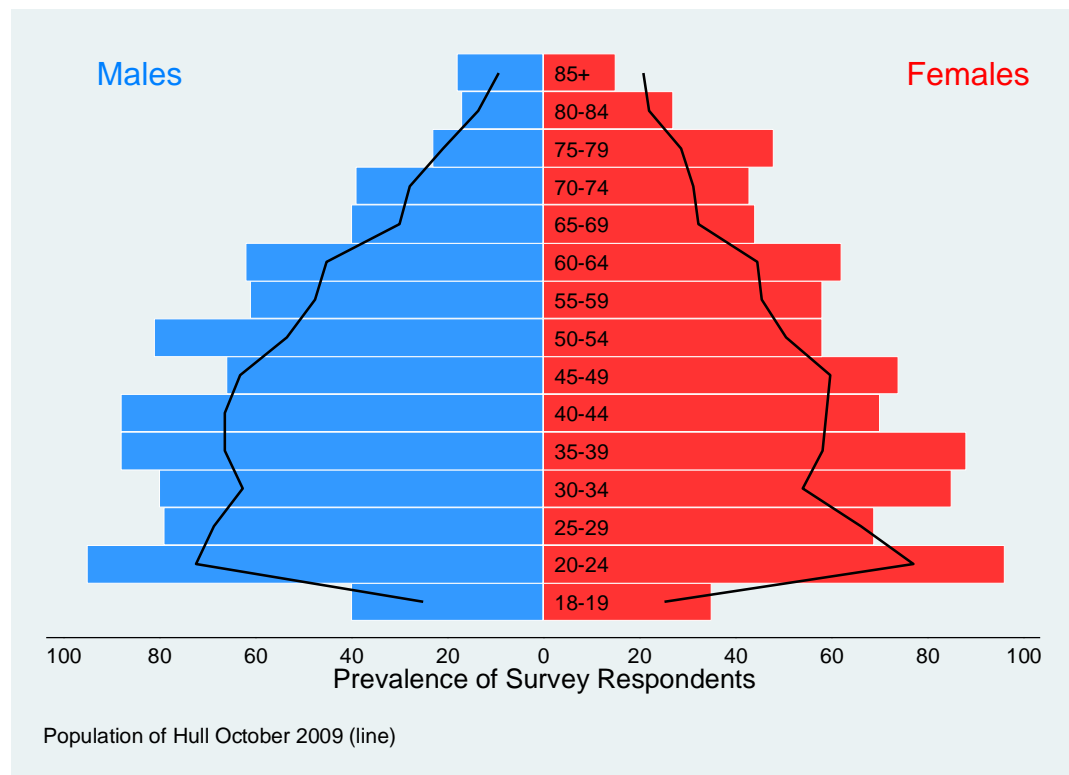
**Table 4.1** displays the population structure of survey respondents. Males make up 50.1% of the survey population compared to 50.6% of the Hull October 2009 adult population. Females make up 49.9% of the survey population compared to 49.4% of the Hull October 2009 adult population. Survey under-representation (an absolute difference of more than 1% to the Hull adult population) was seen in ages 25-29 years and 45-49 years, with no over-representation in any age band.

**Table 4.1: Age and gender of survey respondents, with proportions in each age group (persons) for survey and Hull (October 2009)**

Age (years)	Gender				All	
	Males		Females		Survey	Hull
	n	%	n	%	%	%
18-19	40	4.6	35	4.0	4.3	3.7
20-24	95	10.8	96	11.0	10.9	11.1
25-29	79	9.0	69	7.9	8.5	10.0
30-34	80	9.1	85	9.7	9.4	8.7
35-39	88	10.0	88	10.1	10.1	9.3
40-44	88	10.0	70	8.0	9.0	9.3
45-49	66	7.5	74	8.5	8.0	9.1
50-54	81	9.2	58	6.6	7.9	7.7
55-59	61	7.0	58	6.6	6.8	6.9
60-64	62	7.1	62	7.1	7.1	6.6
65-69	40	4.6	44	5.0	4.8	4.6
70-74	39	4.4	43	4.9	4.7	4.4
75-79	23	2.6	48	5.5	4.1	3.7
80-84	17	1.9	27	3.1	2.5	2.6
85+	18	2.1	15	1.7	1.9	2.2
Age missing			1	0.1	0.1	-
<b>Totals</b>						
<b>Survey</b>	<b>877</b>	<b>50.1</b>	<b>873</b>	<b>49.9</b>	<b>1750</b>	<b>-</b>
<b>Hull</b>	<b>104,797</b>	<b>50.6</b>	<b>102,257</b>	<b>49.4</b>	<b>-</b>	<b>207,054</b>

**Figure 4.1** displays the population pyramid of survey respondents with a population line representing the Hull adult population (October 2009). The population line is broadly similar to the pyramid for males and females.

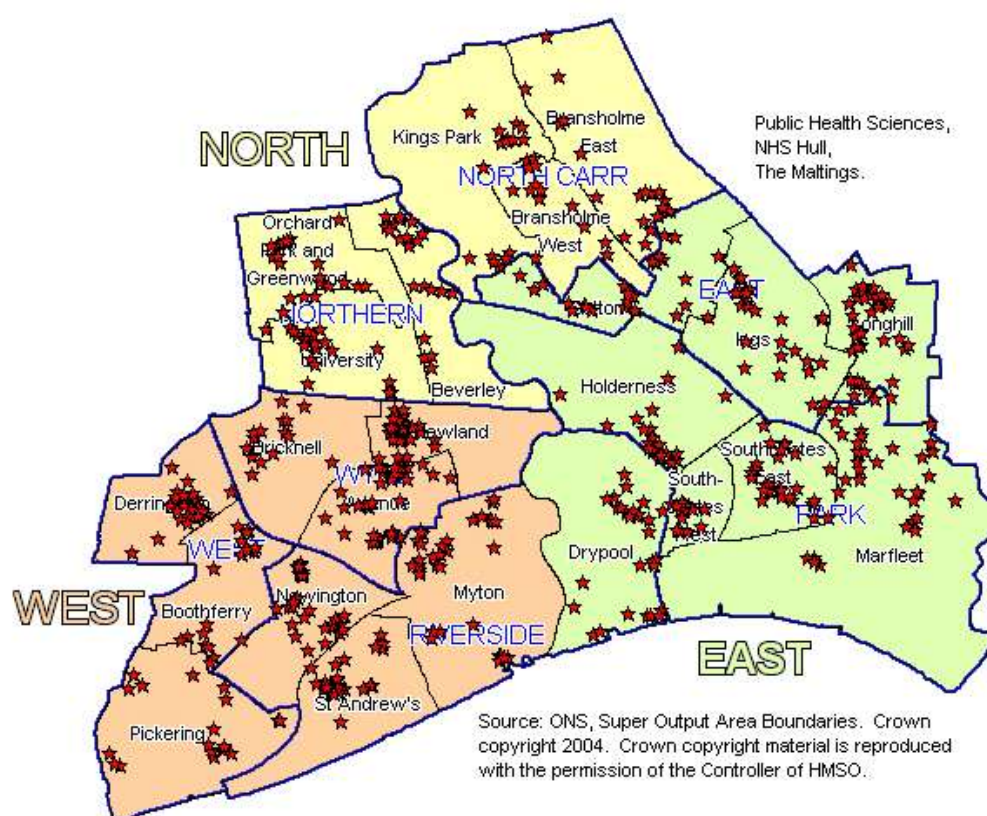
**Figure 4.1: Main survey respondents and Hull adult population (October 2009) population pyramid**



## 4.2 Geographical distribution

**Figure 4.2** illustrates the geographical distribution of survey respondents. Respondents were found from each ward (and therefore Area Committee Area and locality) in Hull, as expected given that geography was included in the quota. There appears to be a reasonable distribution of survey respondents across Hull, with a limited number of survey respondents around Marfleet because of the industrial area and no residents up through the river. The points are plotted in relation to postcode (midpoint of the postcode area), with the possibility of more than one survey responder at any particular postcode.

**Figure 4.2: Geographical spread of survey respondents**



Looking at a breakdown by area, and comparing this with the Hull adult population (**Table 4.2**) the percentage of respondents by area was similar for survey respondents and the Hull adult population. There was no significant (an absolute difference of more than 1% to the Hull adult population) survey under or over representation by locality. Wyke Area Committee Area was over represented in the survey (14.5% compared to 13.2% for Hull).

**Table 4.2: Area Committee Area and locality of survey respondents and Hull adult population (October 2009)**

Area Committee Area/locality	Number	Proportion	
		Survey	Hull
North Carr	167	9.5	10.2
Northern	225	12.9	12.8
<b>North Locality</b>	<b>392</b>	<b>22.4</b>	<b>22.9</b>
East	255	14.6	14.5
Park	295	16.9	16.2
Riverside (East)	84	4.8	4.9
<b>East Locality</b>	<b>634</b>	<b>36.2</b>	<b>35.7</b>
Riverside (West)	243	13.9	14.2
West	228	13.0	14.0
Wyke	253	14.5	13.2
<b>West Locality</b>	<b>724</b>	<b>41.4</b>	<b>41.4</b>
<b>Hull</b>	<b>1750</b>	<b>-</b>	<b>-</b>

A similar comparison of local deprivation quintiles (**Table 4.3**) shows that four out of the five deprivation quintiles (based on local quintiles of the IMD2007<sup>4</sup>) were under-represented, with the fourth deprivation quintile over represented (27.3% compared to 19.6% for Hull).

**Table 4.3: Deprivation quintile (Hull) of survey respondents**

Deprivation quintile	Number of respondents	Proportion	
		Survey	Hull
Most deprived	307	17.5	19.3
2	331	18.9	19.8
3	321	18.3	20.6
4	477	27.3	19.6
Least deprived	309	17.7	20.6
Missing <sup>5</sup>	5	0.0	-

<sup>4</sup> Communities and Local Government (2007). Local quintiles used because all Hull wards are in the 2 most deprived quintiles nationally.

<sup>5</sup> Missing due to incorrect or missing postcodes.

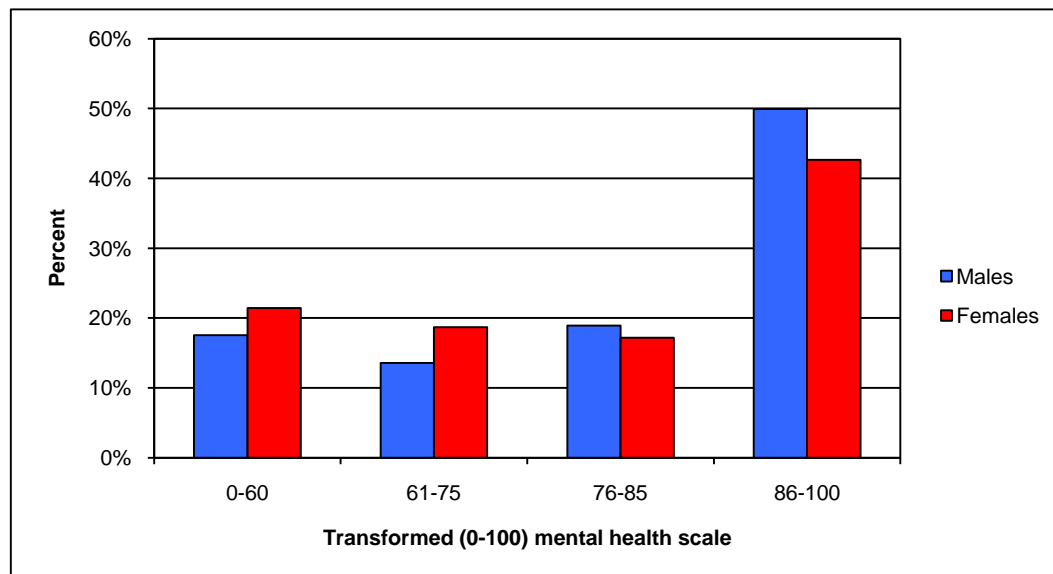
## 5 Results

### 5.1 Health

#### 5.1.1 Mental health Index

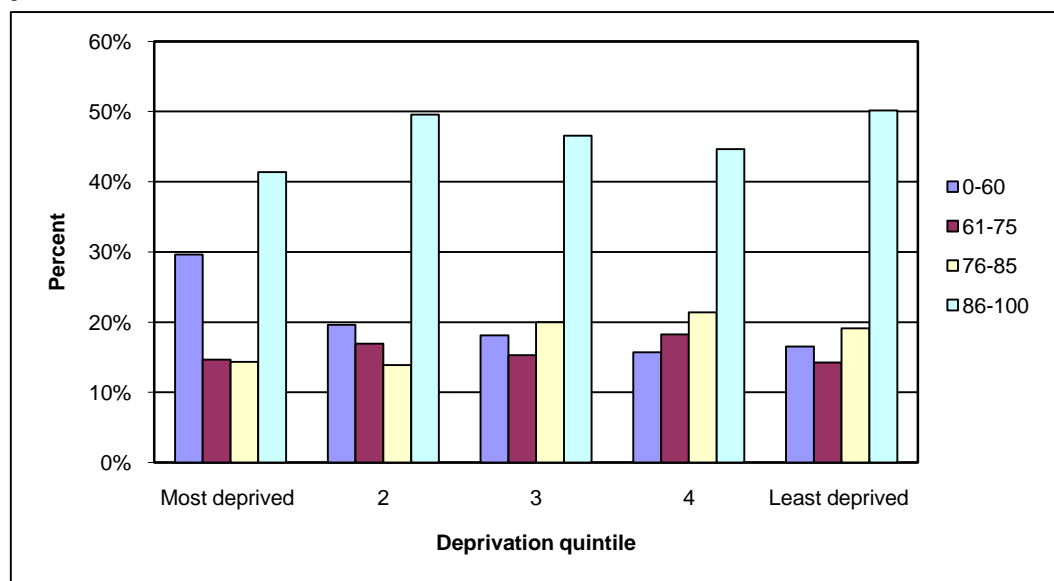
**Figure 5.1** shows a larger percentage of men have a mental health transformed score of 86-100 (49.9%) compared to women (42.7%). The overall median mental health transformed score was 85, although higher in men (90). 21.4% of women scored 0-60, compared with 17.6% of men. Those aged 25-44 years had the highest percentage of respondents (50.1%) with a score of 86-100, whilst respondents over 75 years had the lowest score (38.5%). Those aged 18-24 years had the lowest median score of 80, whilst ages 45-64 years had the highest median score of 90.

**Figure 5.1: Mental health transformed (0-100) scale gender**



North locality had the highest percentage of respondents with a score of 0-60 (21.2%), compared with East (19.7%) and West localities (18.4%). All three localities had a similar percentage of respondents with a score of 86-100. The median score was the same by locality (85). Four Area Committee Areas had a different median score from the Hull median, including North Carr, Riverside (East) and West, all with a higher median score of 90. Northern Area Committee Area had a lower median score of 80. By deprivation quintile (**Figure 5.2**) the most deprived quintile had the lowest percentage of respondents with a score of 86-100 (41.4%) and largest percentage scoring 0-60 (29.6%), with the lowest overall median score of 80. The least deprived quintile had the highest percentage of respondents scoring 86-100 (50.2%), with 16.5% scoring 0-60 and an overall median score of 90. This could explain the higher percentage of respondents in North locality with poor mental health, as 45.4% of respondents in North locality are in the two most deprived quintiles, compared to 36.1% and 32.2% in East and West localities respectively.

**Figure 5.2: Mental health transformed (0-100) scale by deprivation quintile**



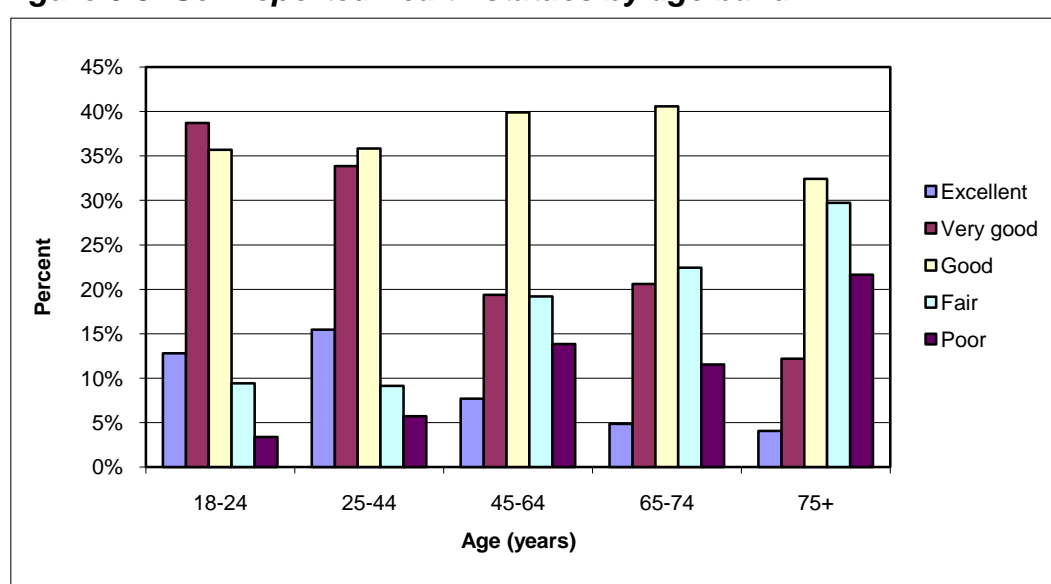
Tables of the mental health transformed (0-100) scale broken down by gender, age, locality, Area Committee Area and deprivation quintile can be found in **section 6.4 on page 76**.



## 5.1.2 Self-reported health status

A larger percentage of men reported excellent health (12.1%) compared to women (9.4%), with a similar percentage of males and females reporting very good or good health. The percentage of respondents reporting excellent or very good health decreased in those aged over 44 years (see **Figure 5.3**), with 15.5% and 33.8% of those aged 25-44 years reporting excellent or very good health respectively, compared to 4.1% and 12.2% respectively of those aged over 75 years. Conversely, the percentage of respondents reporting fair or poor health increased with increasing age.

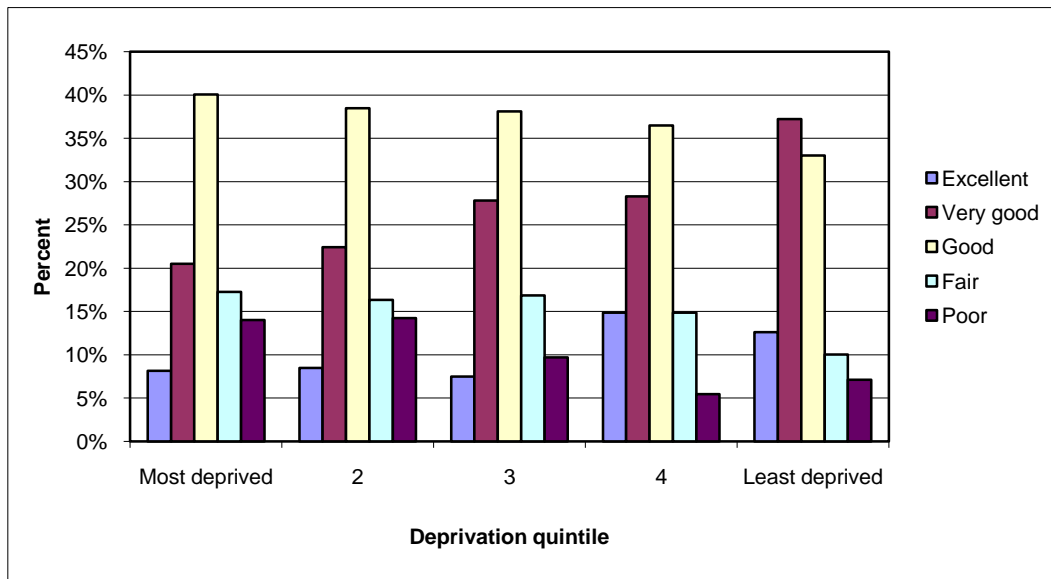
**Figure 5.3: Self-reported health statues by age band**



West locality had the highest percentage of residents reporting excellent health (11.9%), whilst North locality had the highest percentage reporting very good health (29.8%). East locality had the highest percentage of respondents reporting fair or poor health (16.6% and 10.9% respectively). A potential explanation for this is that East locality has an older population, with 19.4% of residents aged over 64 years compared to 17.7% and 16.1% of residents in West and North localities respectively.

The percentage of respondents reporting excellent or very good health increased as deprivation decreased (see **Figure 5.4**), from 8.1% and 20.5% respectively in the most deprived quintile to 12.6% and 37.2% respectively in the least deprived quintile. The percentage of respondents reporting fair or poor health decreased with decreasing deprivation, from 17.3% and 14.0% respectively in the most deprived quintile to 10.0% and 7.1% respectively in the least deprived quintile.

**Figure 5.4: Self-reported health status by deprivation quintile**



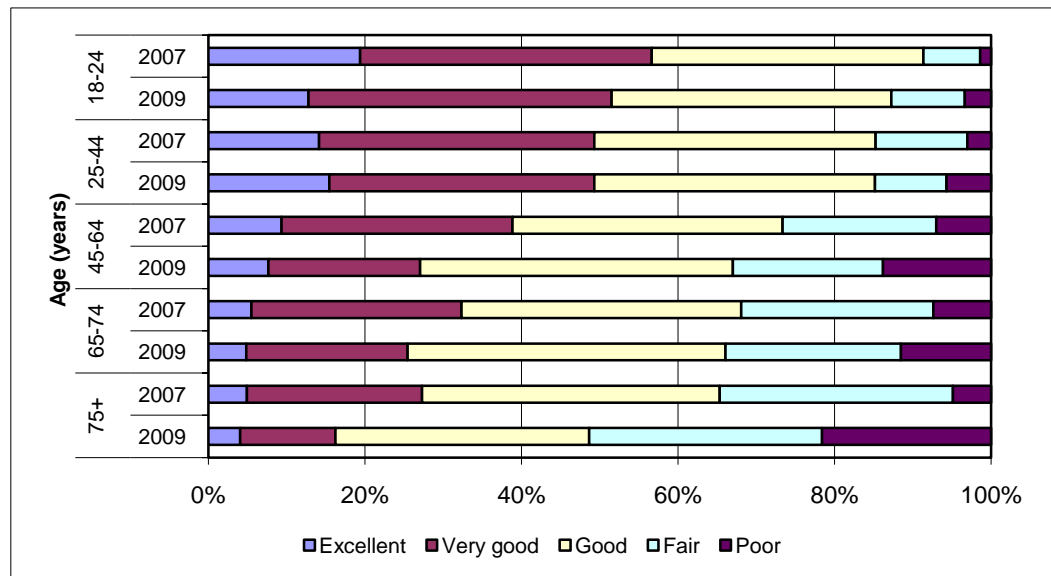
**Table 5.1** displays the changes in self-reported health status between the 2007 and 2009 Health and Wellbeing Surveys. The percentage of men reporting excellent health in 2007 (13.1%) was higher compared to 2009 (12.1%), similarly for women a higher percentage reported excellent health in 2007 (10.3%) compared to 2009 (9.4%). The percentage of respondents reporting poor health roughly doubles for males and females between 2007 and 2009. The rise in reporting of poor health could be the consequence of sampling and random variation, however if the decline in health is a genuine reflection of the Hull population, one possible explanation could be the change in economic climate between surveys.

**Table 5.1: Self-reported health status by gender, comparisons with 2007 Health and Wellbeing Survey**

Gender and survey	Number of respondents	Self-reported health status (%)				
		Excellent	Very good	Good	Fair	Poor
Males						
2007	1,932	13.1	31.6	35.5	14.8	5.0
2009	877	12.1	27.3	37.0	14.2	9.4
Females						
2007	2,067	10.3	31.7	35.6	18.0	4.4
2009	873	9.4	27.1	37.3	16.2	10.0

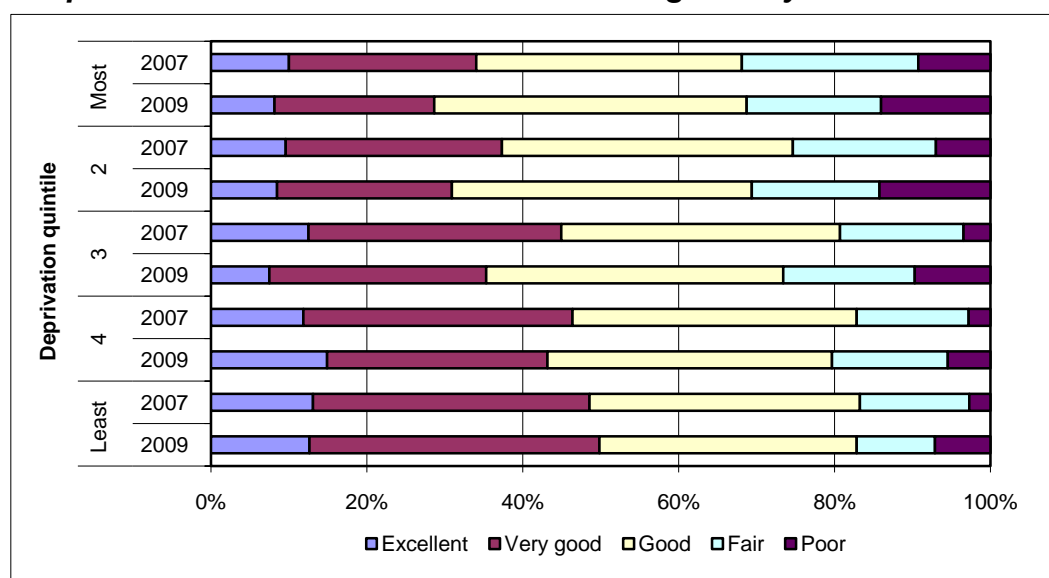
The percentage of respondents reporting poor health has increased across all ages between 2007 and 2009 (see **Figure 5.5**), the largest increase in those aged over 75 years. For ages 25-44 years there has been an increase in the percentage reporting excellent health, accompanied by an increase in ages 18-24 years reporting good health. However there are decreases in all remaining age bands for excellent and good health.

**Figure 5.5: Self-reported health status by age band, comparisons with 2007 Health and Wellbeing Survey**



**Figure 5.6** shows a decrease between 2007 and 2009 in four out of the five deprivation quintiles for the percentage of respondents reporting excellent health, the second least deprived quintile being the exception. Reporting of good health decreased in four out of the five quintiles, with the least deprived quintile being the exception. This is reflected with an increase in the reporting of poor health across all deprivation quintiles for 2009.

**Figure 5.6: Self-reported health status by deprivation quintile, comparisons with 2007 Health and Wellbeing Survey**

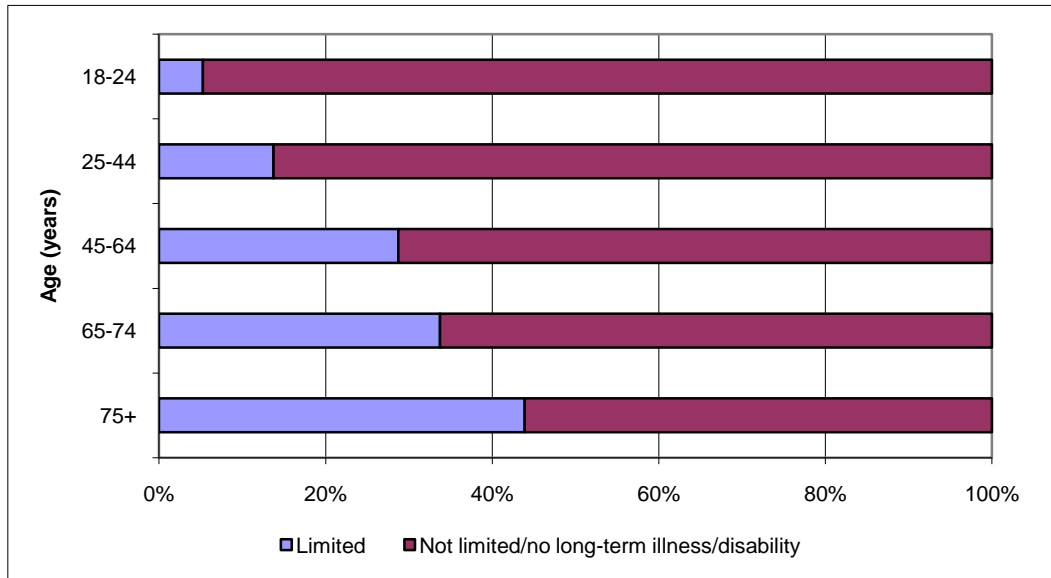


Tables of self-reported health status broken down by gender, age, locality, Area Committee Area and deprivation quintile can be found in **section 6.1** on **page 71**.

### 5.1.3 Long-term illness and disability

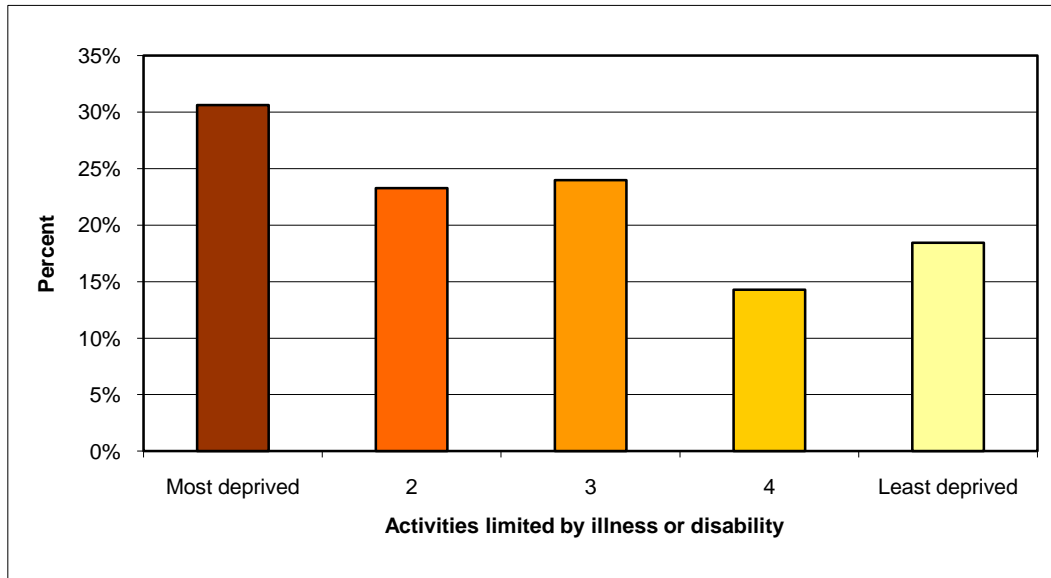
Over a fifth of all survey respondents reported that their activities were limited in some way by long-term illness or disability (22.1% of men and 20.6% of women). There was a strong association between limiting of activities due to long-term illness or disability and age (see **Figure 5.7**), with 5.3% of those aged 18-24 years having activities limited by long-term illness or disability, compared to 43.9% of those aged over 75 years.

**Figure 5.7: Percentage of respondents with activities limited by long-term illness or disability by age band**



As a proportion of all respondents North locality had the highest percentage of respondents with activities limited by long-term illness or disability (24.5%), followed by East (20.8%) and West (20.2%). By Area Committee Area percentages ranged from 11.5% of residents in Wyke Area Committee Area limited by long-term illness or disability, to 28.8% in Riverside (West) Area Committee Area. **Figure 5.8** indicates association between long-term illness or disability and deprivation, 30.6% of respondents in the most deprived quintile had activities limited by long-term illness or disability, compared to 18.4% in the least deprived quintile. 23.3% and 24.0% in the second most deprived and middle quintile respectively had activities limited by long-term illness or disability. As North locality is the most deprived locality within Hull this could explain the higher percentage of residents with activities limited by long-term illness or disability.

**Figure 5.8: Percentage of respondents with activities limited by long-term illness or disability by deprivation quintile**



Comparing the 2007 and 2009 Health and Wellbeing Surveys (**Table 5.2**) the overall percentage of respondents reporting activities limited by long-term illness or disability decreased between 2007 and 2009. This decrease is attributable to female respondents, with males seeing a 2% increase, whilst females saw an 18% decrease. Ages 18-44 years saw an increase between 2007 and 2009, whilst ages over 45 years saw a decrease. All deprivation quintiles saw a decrease between 2007 and 2009 (with the exception of the middle quintile) in the percentage of respondents reporting activities limited by long-term illness or disability. The most deprived and second most deprived quintiles had the smallest decreases (7% and 5% respectively), with the second least and least deprived quintiles having the largest decreases (32% and 16% respectively). Interestingly the reporting of poor health has increased between 2007 and 2009, whilst reporting of activities limited by long term illness or disability has fallen.

**Table 5.2: Percentage of respondents with activities limited by long-term illness or disability, by sub groups, comparisons with 2007 Health and Wellbeing Survey**

Subgroup	Number of respondents		Activities limited by long-term illness or disability (%)	
	2007	2009	2007	2009
<b>Gender</b>				
Males	1,965	877	21.6	22.1
Females	2,054	872	25.2	20.6
<b>Age band</b>				
18-24 years	558	265	4.7	5.3
25-44 years	1,480	647	12.3	13.8
45-64 years	1,134	522	32.1	28.7
65-74 years	467	166	42.6	33.7
75+ years	356	148	47.2	43.9
<b>Deprivation</b>				
Most deprived quintile	656	307	32.9	30.6
Quintile 2	519	331	24.5	23.3
Quintile 3	747	321	20.2	24.0
Quintile 4	1,037	476	20.9	14.3
Least deprived quintile	881	309	21.9	18.4
<b>Locality</b>				
North	816	392	27.7	24.5
East	1,539	634	21.8	20.8
West	1,664	723	22.8	20.2
<b>Hull</b>	<b>4,019</b>	<b>1749</b>	<b>23.4</b>	<b>21.4</b>

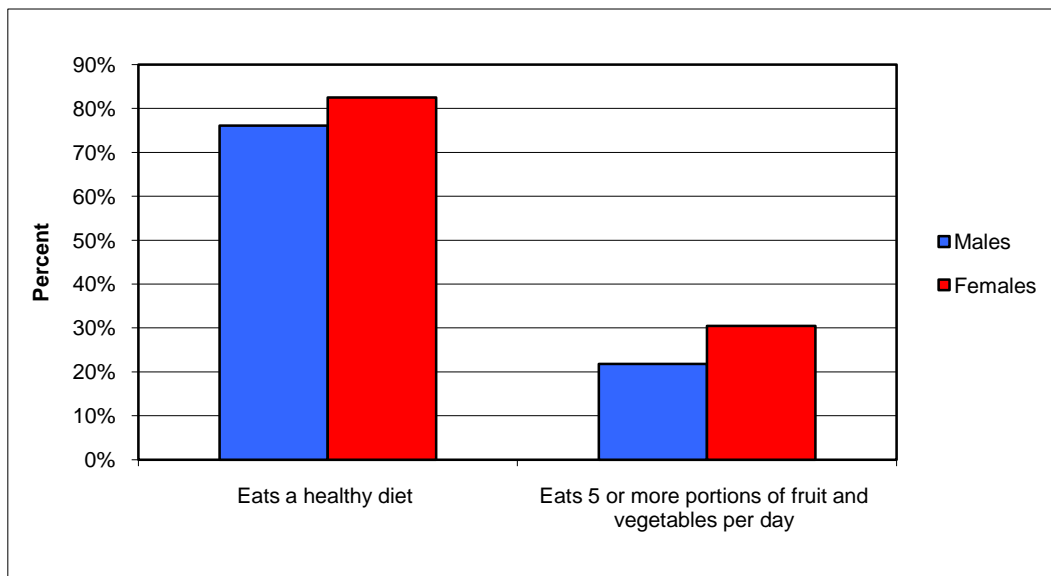
Tables of respondents with long term illness and activities limited by long-term illness or disability broken down by gender, age, locality, Area Committee Area and deprivation quintile can be found in **sections 6.2 and 6.3 on pages 72 and 74.**

## 5.2 Diet

### 5.2.1 Healthy diet and 5-A-DAY fruits and vegetables guidelines

Over three-quarters of respondents said they ate a healthy diet (**Figure 5.9**), a higher percentage of women (82.5%) compared to men (76.1%). 2.2% of respondents did not know if they had a healthy diet and 0.5% did not know what a healthy diet is. Roughly a quarter of respondents ate five or more portions of fruits and vegetables per day (26.1%), again with a higher percentage of women (30.5%) compared to men (21.8%).

**Figure 5.9: Healthy diet eaten and 5-A-DAY target met, by gender**



Comparing the 2007 and 2009 Health and Wellbeing Surveys (**Table 5.3**), the percentage of men eating a healthy diet has increased by 9% to 76.1% between 2007 and 2009, among women there was a 4% increase to 82.5%. It is encouraging that the percentage of men not knowing what constituted a healthy diet decreased from 2.5% to 0.6% between 2007 and 2009, with women also seeing a decrease from 1.1% to 0.5%. The percentage of respondents not knowing if they eat a healthy diet fell from 6.8% to 2.1% for men, and 4.7% to 2.4% for women.



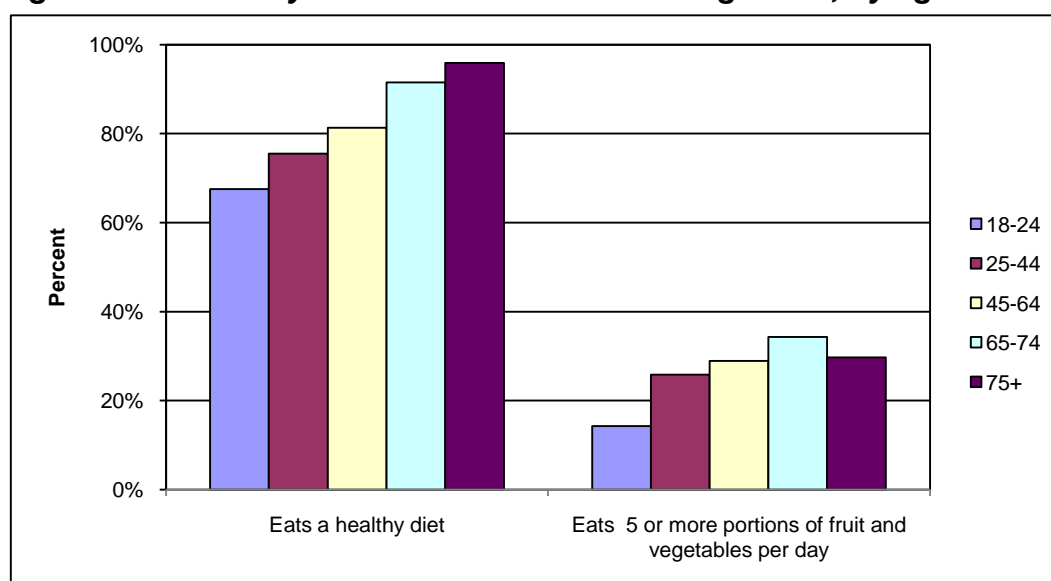
**Table 5.3: Healthy diet by gender, comparisons with 2007 Health and Wellbeing Survey**

Wenbing Survey

Gender	Number of respondents	Eat a healthy diet (%)			
		Yes	No	Don't know <sup>6</sup>	Don't know <sup>7</sup>
Males					
2007	1,981	69.9	20.8	2.5	6.8
2009	875	76.1	21.3	0.6	2.1
Females					
2007	2,084	79.3	15.0	1.1	4.7
2009	868	82.5	14.6	0.5	2.4

**Figure 5.10** shows the percentage of respondents by age band that eat a healthy diet and eat at least five portions of fruits and vegetables a day. The percentage eating a healthy diet increased as age increased, those aged 18-24 years had the lowest percentage of respondents who eat a healthy diet (67.5%), whilst those aged over 75 years had the highest (95.9%). Those aged 18-24 years were the most likely not to know what a healthy diet was (0.8%), although this is a small percentage and a similar number to the majority of the age bands. Ages 18-24 years were also the most likely to not know whether they had a healthy diet (3.8%), whilst ages 65-74 years were the most unlikely (0.6%). Fruit and vegetable consumption was lowest in those aged 18-24 years (14.3%) and highest in those aged 65-74 years (34.3%), showing a similar trend to respondents who eat a healthy diet, increasing with increasing age, with the exception of respondents aged over 75 years.

**Figure 5.10: Healthy diet eaten and 5-A-DAY target met, by age band**



<sup>6</sup> Don't know what a healthy diet is

<sup>7</sup> Don't know if I eat a healthy diet

**Table 5.4** compares the 2009 Health and Wellbeing Survey with the 2008 Health Survey for England by percentage of respondents who consume 5 or more portions of fruits and vegetables a day. The percentage of men eating 5 or more portions of fruits and vegetables a day was lower (22%) compared to England (25%). The percentage of women eating five or more portions of fruits and vegetables a day was higher (31%) compared to England (29%). It should be noted the Health Survey for England includes those aged 16-17 years in their youngest age group, which can bias comparisons slightly.

**Table 5.4: Portions of fruits and vegetables per day by gender, comparisons with 2008 Health Survey for England<sup>8</sup>**

Gender	5 or more portions of fruits and vegetables per day (%)							Total
	Age band							
	18-24	25-34	35-44	45-54	55-64	65-74	75+	
Males								
England 2008	18	26	23	26	32	30	23	25
Hull 2009	12	17	26	24	28	25	19	22
Females								
England 2008	21	28	30	33	36	29	24	29
Hull 2009	17	31	30	32	32	43	37	31

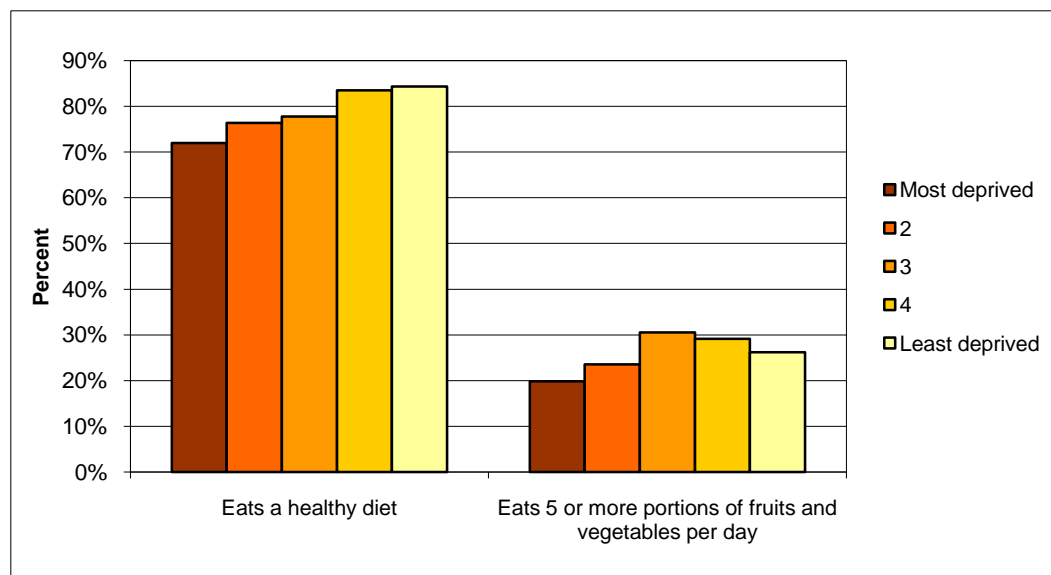
By locality of residence, West locality (81.3%) had the highest percentage of residents that eat a healthy diet, compared with North (78.1%) and East (77.7%) localities. All localities had a similar percentage of respondents who didn't know what a healthy diet is. North locality had the highest percentage of residents not knowing if they eat a healthy diet (2.8%), with West locality having the lowest (1.8%). By Area Committee Area percentages ranged from 86.8% in West Area Committee Area, to 73.8% in Riverside (East) Area Committee Area. Fruit and vegetable consumption was greatest in West locality with 27.8% of residents eating five or more portions of fruits and vegetables a day, compared to 25.4% in East locality and 24.2% in North locality. 32.9% of residents in West Area Committee Area ate five or more portions of fruits and vegetables a day compared to 22.0% in Park Area Committee Area. A possible explanation for the difference in diet between localities could be differing levels of deprivation, with West locality the least deprived out of the three localities. Another possible explanation could be the greater ethnic diversity within West locality (see **page 69**), allowing for greater consumption of and access to fresh foods.

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<sup>8</sup> The Information Centre (2009)

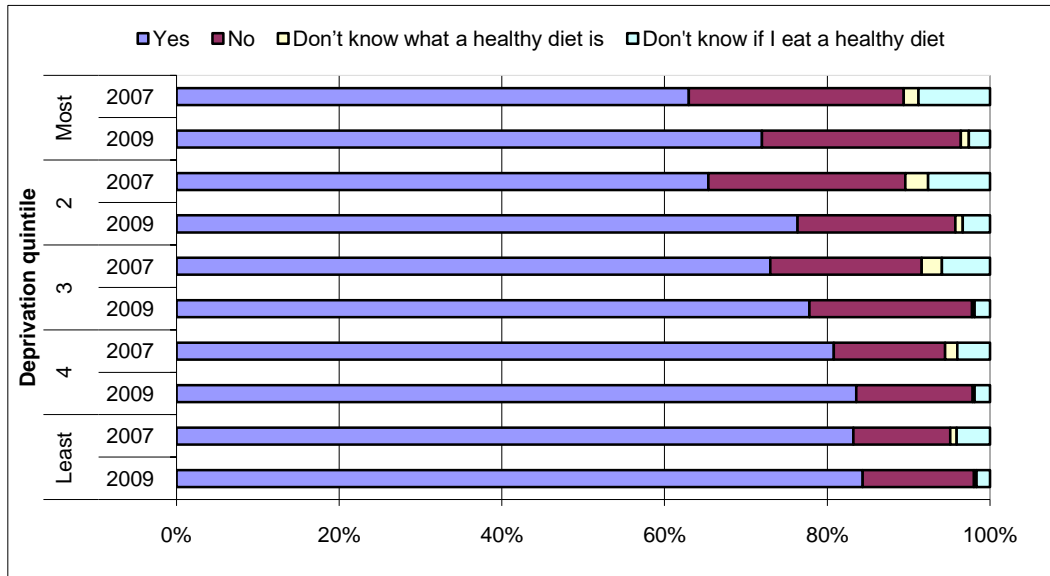
**Figure 5.11** shows the percentage of respondents by deprivation quintiles that eat a healthy diet and at least five portions of fruits and vegetables. The percentage of respondents who eat a healthy diet increases as deprivation decreases, with 72.0% in the most deprived quintile eating a healthy diet compared to 84.4% in the least deprived quintile. The percentage of respondents who do not know if they have a healthy diet is highest in the second most deprived quintile (3.3%) and lowest in the least deprived quintile (1.6%). Fruit and vegetable consumption was lowest in the most deprived quintiles, with 21.8% of respondents in the two most deprived quintiles combined eating five or more portions of fruits and vegetables compared to 28.7% of respondents in quintiles three, four and five combined.

**Figure 5.11: Healthy diet eaten and 5-A-DAY target met, by deprivation quintile**



Comparing diet in the 2007 and 2009 Health and Wellbeing Surveys (**Figure 5.12**) by deprivation, there was an increase in the percentage of respondents eating a healthy diet between 2007 and 2009 across all quintiles. Encouragingly the largest increases are seen in the second most (16.9%) and most (14.3%) deprived quintiles, with the smallest increase in the least deprived quintile (1.4%). There was a decrease across all deprivation quintiles in 2009 for the percentage of respondents that don't know what a healthy diet is, and percentage of respondents that don't know if they eat a healthy diet.

**Figure 5.12: Healthy diet by deprivation quintile, comparisons with 2007 Health and Wellbeing Survey**



The results of the 2009 Health and Wellbeing Survey and 2009 Social Capital Survey<sup>9</sup> (which included questions on risk factors amongst other questions) are combined (see **Table 5.5**) in order to give a greater degree of precision due to the larger sample size, with a total of 5,757 respondents. This process means that the 2009 surveys can be reliably compared both with the results from the 2007 Health and Wellbeing Survey as well as with the most recent Health Survey for England. The percentage of adults reporting eating 5-A-DAY fruits and vegetables increased in 2009. The percentage among Hull men equalled that for England, while in women it was 10% higher than England.

**Table 5.5: 5-A-DAY target met from Hull's 2009 surveys with comparisons to the 2007 Health and Wellbeing Survey and 2008 Health Survey for England<sup>10</sup>, adjusted for age**

Survey	Age-adjusted percentages		
	Men	Women	All
Hull 2007	21%	25%	23%
Hull 2009	25%	32%	28%
England 2008	25%	29%	27%

Tables of respondents who eat a healthy diet and portions of fruits and vegetables consumed broken down by gender, age, locality, Area Committee Area and deprivation quintile can be found in **sections 7.1 and 7.2 on pages 79 and 81.**

<sup>9</sup> 2009 Social Capital Survey available at [www.hulljsna.com](http://www.hulljsna.com)

<sup>10</sup> The Information Centre (2009)

## 5.3 Alcohol

### 5.3.1 Frequency of alcohol consumption

Around a quarter of survey respondents never drink alcohol (24.1%), with a significantly lower percentage of men (17.1%) never drinking alcohol compared to women (31.0%). This is reflected with a higher percentage of men drinking regularly compared to women, with 9.1% of men compared to 3.4% of women drinking everyday and 7.1% of men compared to 2.2% of women drinking 4-6 days a week. This data is presented in **Table 5.6**, alongside data from the 2007 Health and Wellbeing Survey and national data from the 2008 General Household Survey. It should be noted the General Household Survey includes those aged 16-17 years in their youngest age group, which can bias comparisons slightly.

**Table 5.6: Frequency of alcohol consumption by gender, comparisons with 2007 Health and Wellbeing Survey and 2008 General Household Survey<sup>11</sup>**

Gender	How often do you (on how many days last week did you) drink alcohol? (%)					
	Everyday (7 days)	4-6 dpw <sup>12</sup> (4-6days)	1-3 dpw (1-3days)	1-3 dpm <sup>13</sup>	<1 dpm	Never
<b>Males</b>						
Hull 2007	9	10	34	17	13	17
Hull 2009	9	7	41	14	11	17
England 2008*	11	17	44	-	-	29
<b>Females</b>						
Hull 2007	2	5	26	20	22	25
Hull 2009	3	2	29	16	18	31
England 2008*	6	10	39	-	-	44

\*General Household Survey defines those that drink less than one day per month as never drinking.

<sup>11</sup> The Information Centre (2010)

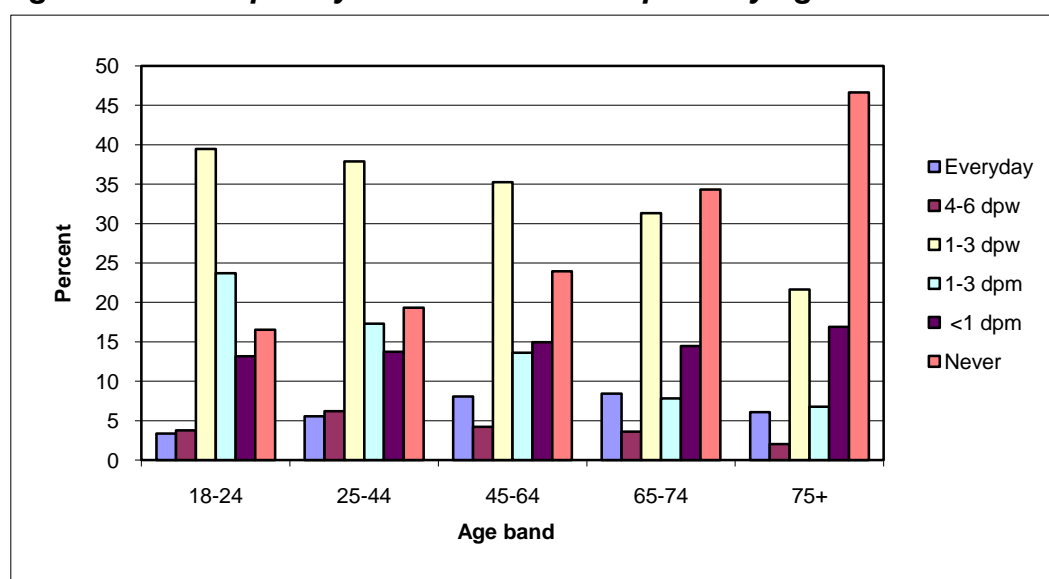
<sup>12</sup> Days per week

<sup>13</sup> Days per month

Between 2007 and 2009 the percentage of respondents drinking everyday remained the same for males (9%), but increased for females from 2% to 3%, both percentages below those reported for England in 2008. The percentage of frequent drinkers (4-6 days per week) has fallen for males and females between 2007 and 2009, less than half of males and a fifth of females reported for England in 2008. Respondents from the 2009 Health and Wellbeing Survey that drink less than one day per month and those that never drink were combined to get an approximation equivalent to those that drank zero days in the last week from the 2008 General Household Survey. 28% of men from the 2009 Health and Wellbeing Survey drank zero days compared to 29% for England, with 49% of women from the 2009 Health and Wellbeing Survey drinking zero days compared to 44% for England.

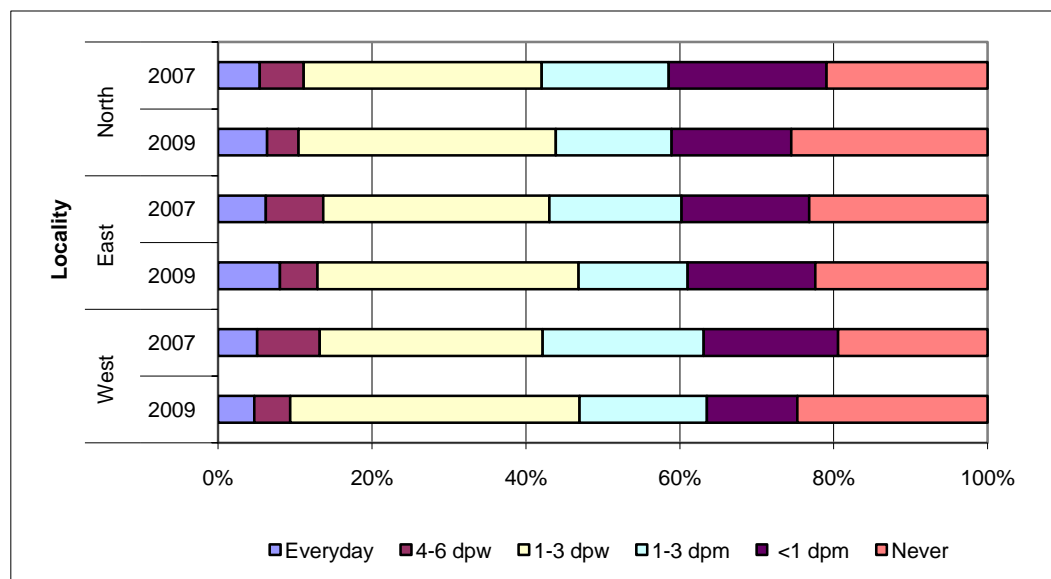
The percentage of respondents drinking daily increases with increasing age, peaking at those aged 65-74 years (see **Figure 5.13**). The percentage drinking 4-6 days per week was highest in those aged 25-44 years (6.2%), decreasing to 2.0% for those aged over 75 years. The percentage drinking 1-3 days per week was highest in those aged 18-24 years (39.5%), decreasing with increasing age to 21.6% for those aged over 75 years. The percentage of respondents that never drink alcohol increases with increasing age, with 20.5% of respondents aged under 65 years never drinking alcohol, compared to 40.1% of those aged over 65 years.

**Figure 5.13: Frequency of alcohol consumption by age band**



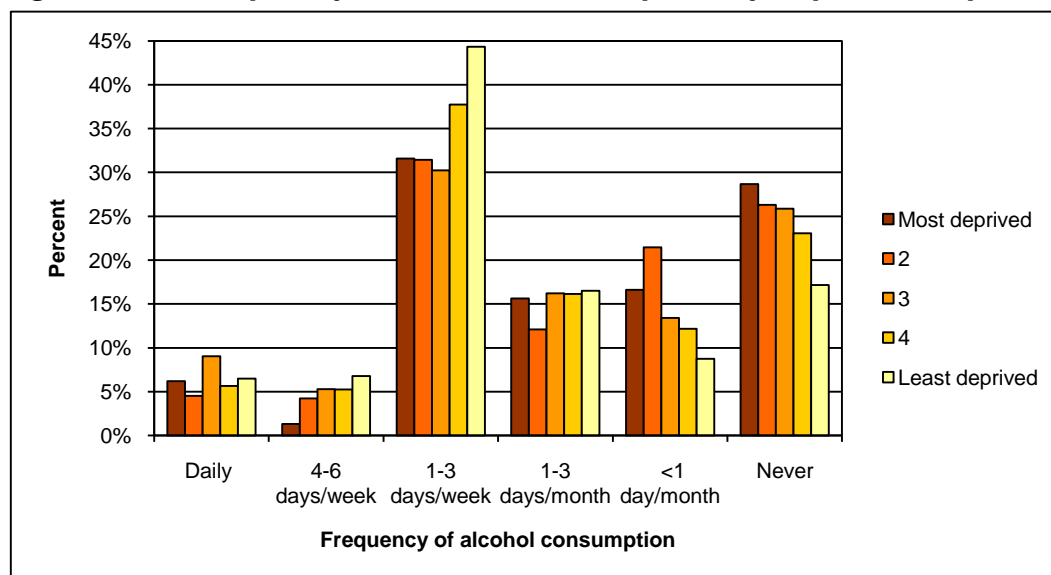
East locality had the highest percentage of residents who drank everyday (8.0%) compared to North (6.4%) and West localities (4.7%). There was little difference between the localities in the percentage of residents drinking 4-6 days a week. West locality had the highest percentage of residents that drink 1-3 days a week (37.6%) in comparison to East (33.9%) and North (33.4%) localities. Comparing the 2007 and 2009 Health and Wellbeing Surveys by frequency of alcohol consumption (**Figure 5.14**), West locality sees a decrease in the percentage of residents that drink every day and 4-6 days per week between 2007 and 2009. East and North localities see a rise in the percentage of residents drinking everyday accompanied with decreases in the percentage of people drinking 4-6 days a week.

**Figure 5.14: Frequency of alcohol consumption by locality, comparisons with 2007 Health and Wellbeing Survey**



**Figure 5.15** displays a trend with deprivation and the percentage of respondents never drinking, with 28.7% in the most deprived quintile never drinking compared to 17.2% in the least deprived quintile, possibly reflecting a choice by respondents in the most deprived quintile to spend any disposable income on cigarettes rather than alcohol (see **page 47**). A similar trend was found in the 2007 Hull Health and Lifestyle Alcohol Report<sup>14</sup>. There was variation between the deprivation quintiles in percentage of daily drinkers, with the middle quintile having the largest percentage of daily drinkers (9.0%), and the second most deprived quintile the lowest (4.5%). The percentage of respondents drinking 4-6 days a week increased overall by deprivation from 1.3% in the most deprived quintile to 6.8% in the least deprived quintile. The percentage of respondents drinking 1-3 days a week increased overall by deprivation from 15.5% in the most deprived quintile to 16.5% in the least deprived quintile. The percentage of respondents that drank 1-3 days per week increased as deprivation decreased, from 31.6% in the most deprived quintile to 44.3% in the least deprived quintile. The percentage of respondents that drank 1-3 days per week increased as deprivation decreased, from 31.6% in the most deprived quintile to 44.3% in the least deprived quintile.

**Figure 5.15: Frequency of alcohol consumption by deprivation quintile**



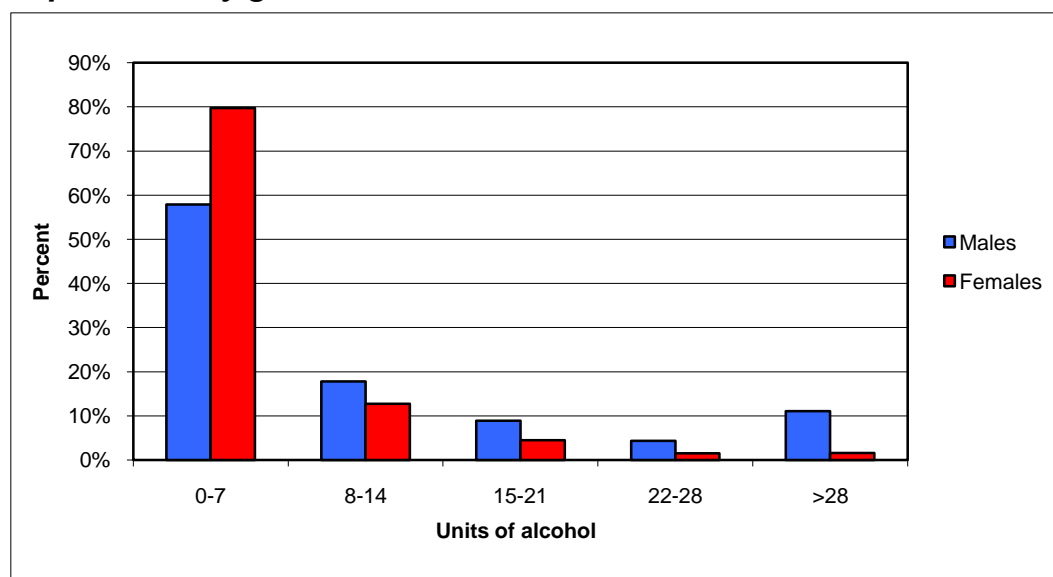
<sup>14</sup> See 2007 Hull Health and Wellbeing Alcohol Report for in-depth analysis of alcohol consumption in Hull, available on request.



### 5.3.2 Number of units of alcohol consumed

The median number of units consumed by those who had drunk alcohol over the previous 7 days was 10 for men and 7.6 for women. **Figure 5.16** highlights the difference in alcohol consumption for all respondents between men and women, with a higher percentage of men (43.0%) drinking more than 7 units of alcohol in the last week compared to women (20.6%). The government guidelines on sensible drinking recommend that men should not consume more than 21 units of alcohol per week, and women no more than 14 units per week. Among all respondents 15.5% of men and 7.6% of women exceeded these guidelines. It should be noted that self reporting can under-estimate the amount of units an individual consumes<sup>15</sup>.

**Figure 5.16: Level of alcohol consumption over the last 7 days for all respondents by gender**



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<sup>15</sup> Analysis carried out by Liverpool John Moores University found the discrepancy between alcohol surveys calculating consumption and actual alcohol sales equals 430 million units a week in the UK. This is the equivalent of a bottle of wine per adult drinker per week going unaccounted for in the UK.

Data on consumption of alcohol in the last week for all respondents is presented in **Table 5.7**, alongside data from the 2007 Health and Wellbeing Survey<sup>16</sup> and national data from the 2008 General Household Survey. The percentage of men drinking 22-50 units fell by 20% to 12% between 2007 and 2009, below England in 2008. The percentage of men drinking more than 50 units fell from 7% in 2007 to 4% in 2009, below England in 2008. Conversely the percentage of men drinking 1-21 units rose from 39% to 46% in 2009, with the percentage of male non drinkers remaining the same. The percentage of women drinking 15-35 units remained the same between 2007 and 2009 at 7% (**Table 5.7**), below England in 2008. The percentage of women drinking more than 35 units also remained the same at 1%, below England in 2008. The percentage of women drinking 1-14 units fell in 2009 to 33%, due to a 7% increase to 59% of women not drinking alcohol.

One possible explanation for the fall in alcohol consumption could be the current economic climate, with less people willing to spend money in bars and restaurants, preferring to drink at home. Underestimation may be even greater when recalling alcohol consumption at home. The fall could also be attributed to the introduction of the smoking ban, again causing people to drink at home. It should be noted the General Household Survey includes those aged 16-17 years in their youngest age group, which can bias comparisons slightly.

**Table 5.7: Number of units consumed for all respondents over the last 7 days by gender, comparisons with 2007 Health and Wellbeing Survey and 2008 General Household Survey<sup>17</sup>**

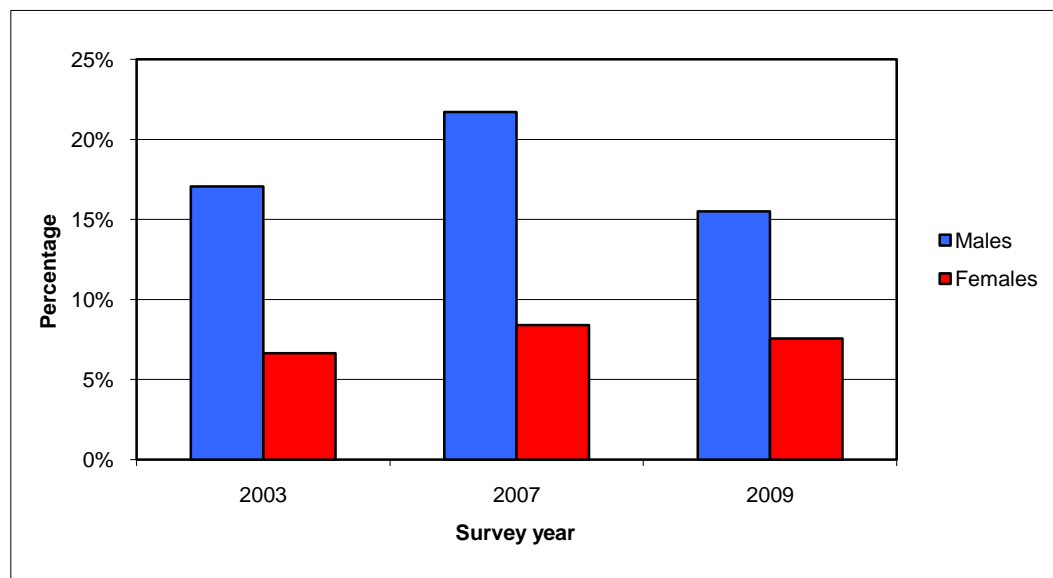
Gender	Number of units consumed (%)			
	None (includes <1)	(M: 1-21; F: 1-14)	(M: 22-50; F: 15-35)	(M: 51+; F: 36+)
<b>Males</b>				
Hull 2007	39	39	15	7
Hull 2009	39	46	12	4
England 2008	19	53	20	7
<b>Females</b>				
Hull 2007	55	37	7	1
Hull 2009	59	33	7	1
England 2008	33	47	15	5

<sup>16</sup> The 2007 Health and Wellbeing Survey defined units consumed by risk status.

<sup>17</sup> The Information Centre (2010)

**Figure 5.17** displays the percentage of all respondents exceeding the recommended weekly alcohol limits, with data from the 2003 and 2007 Health and Wellbeing Surveys. There is variation between the surveys in the percentage of men exceeding the recommended 21 units of alcohol per week and results should be interpreted with caution due to different sample sizes. Positively the survey with the lowest percentage of men drinking over the recommended weekly guidelines was found in 2009 (15.5%), followed by 2003 (17.1%) and 2007 (21.7%). There is less variation across the surveys for women, with the lowest percentage of women drinking over the recommended guidelines found in 2003 (6.7%), followed by 2009 (7.6%) and 2007 (8.4%). The percentage of men exceeding the recommended weekly guidelines is consistently higher than women across all three surveys.

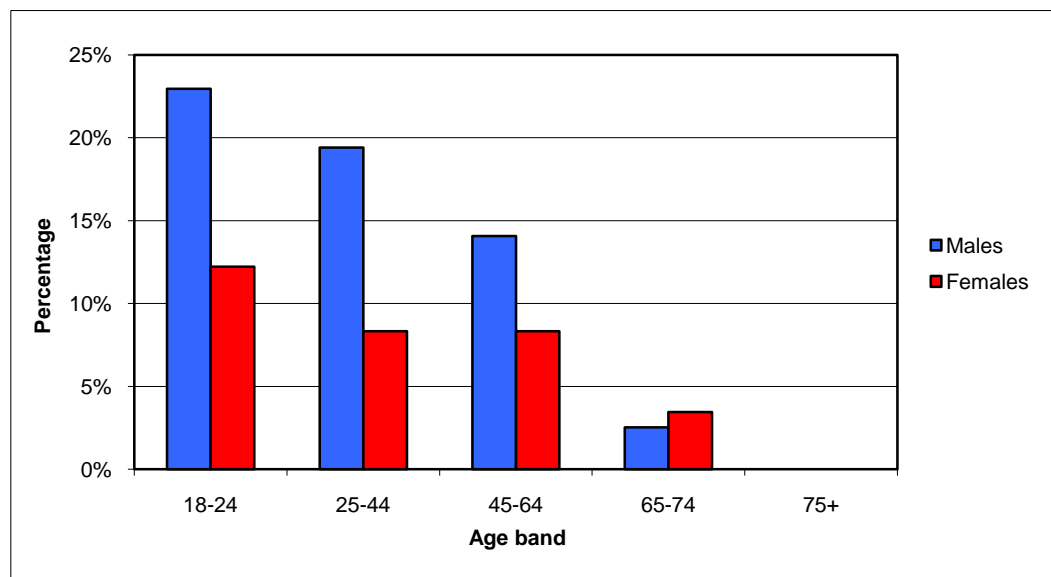
**Figure 5.17: Percentage of all respondents exceeding recommended alcohol consumption (21 units men; 14 units women) over last 7 days by survey and gender**



The percentage of men that drink 22-50 units and women that drink 15-35 units over the last 7 days decreases with increasing age. The percentage of men aged under 65 years that drink 22-50 units was 13.8% compared to 0.7% of men aged over 65 years, with 4.3% of men aged under 65 years drinking over 50 units compared to 0.7% of men aged over 65 years. Among women, 7.8% aged under 65 years drink 15-35 units compared to 1.7% of women aged over 65 years, with 1.3% drinking over 35 units compared to 0% for women aged over 65 years.

The percentage of all respondents exceeding the recommended weekly guidelines decreases with increasing age (see **Figure 5.18**), with no men or women aged over 75 years exceeding the recommended weekly guidelines. The percentage of men aged under 65 years drinking alcohol above the recommended weekly guidelines was 18.1%, compared with 9.1% of females. However, for ages 65-74 years, 3.4% of women drank over the recommended weekly guidelines, compared to 2.5% of men.

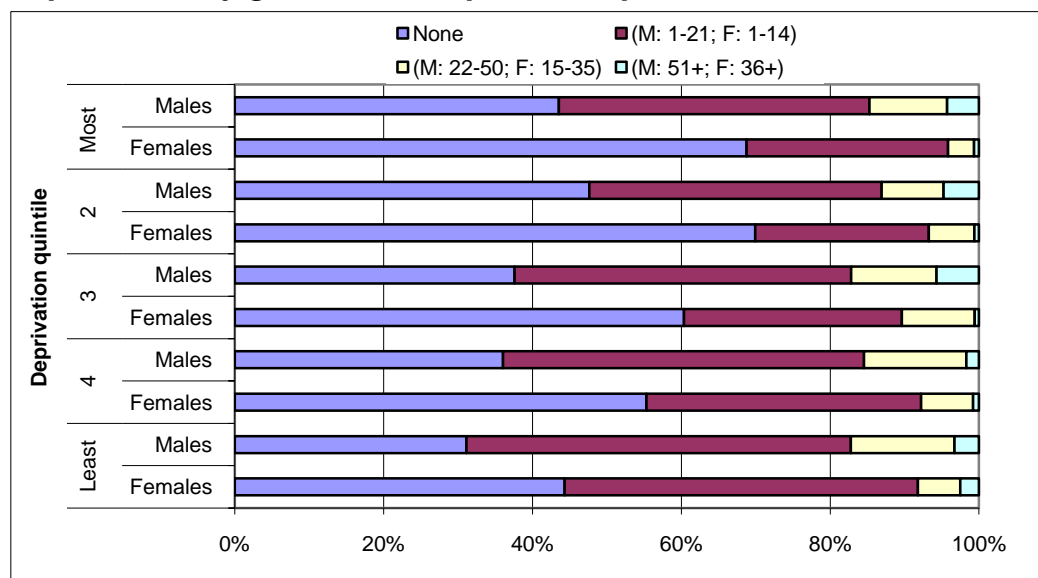
**Figure 5.18: Percentage of all respondents exceeding recommended alcohol consumption (21 units men; 14 units women) over last 7 days by gender and age band**



There is little difference by locality in the amount of units consumed by all respondents in the last 7 days, West locality had the highest percentage of men drinking 22-50 units and women 15-35 units (10.4%). East locality had the highest percentage of men drinking over 50 units and women over 35 units (2.7%), with North locality having the highest percentage of non drinkers (50.8%). West locality had the highest percentage of men drinking over the recommended weekly guidelines (16.8%) in comparison to East (13.1%) and North (13.0%) localities. This is repeated for females, with 8.7% of women in West locality drinking over the recommended weekly guidelines compared to 7.5% in North locality and 6.3% in East locality. West locality has a large student population, which may explain the higher percentage of residents drinking over the recommended weekly guidelines. West locality residents also have better access to bars and restaurants compared with North and East localities.

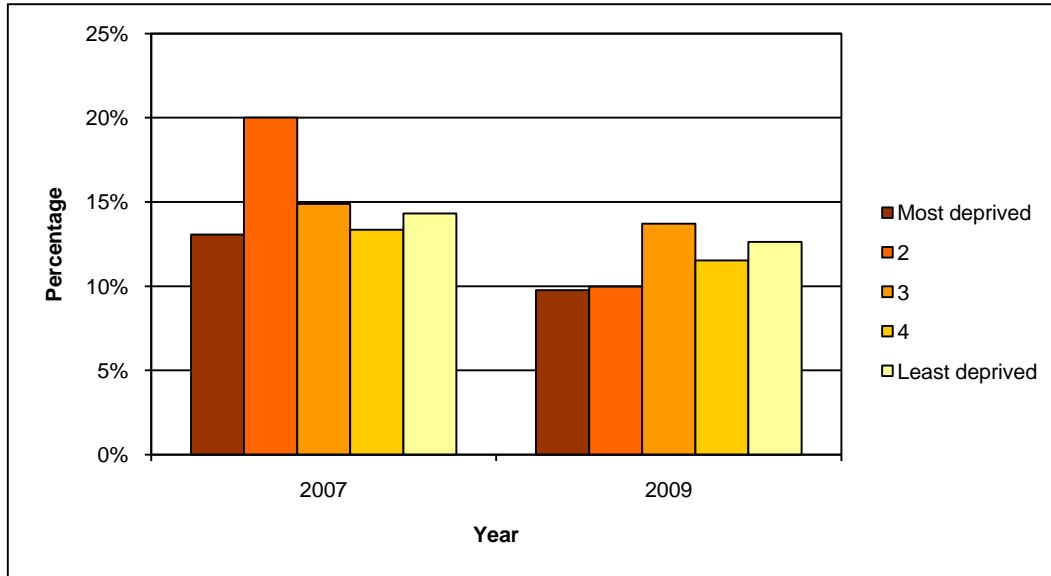
Looking at unit consumption in the last 7 days for all respondents by deprivation quintile (**Figure 5.19**), the percentage of men drinking 22-50 units was highest in the least deprived quintile (13.9%), and lowest in the second most deprived quintile (8.3%). The percentage of men drinking over 50 units in the two most deprived quintiles combined was 4.5%, compared to 2.3% in the two least deprived quintiles combined. The highest percentage of women drinking 15-35 units was in the middle quintile (9.8%), compared to the lowest percentage in the most deprived quintile (3.5%). The percentage of women drinking over 35 units was highest in the least deprived quintile (2.5%), with the remaining quintiles ranging from 0.7% to 0.8%. Combining the two most deprived quintiles, 9.9% of respondents drank over the recommended weekly guidelines in the last week (21 units men; 14 units women) compared to 12.5% of the remaining quintiles combined.

**Figure 5.19: Alcohol consumption over the last 7 days for all respondents by gender and deprivation quintile**



**Figure 5.20** compares alcohol consumption by deprivation quintile between the 2007 and 2009 Health and Wellbeing Surveys. Each quintile in 2007 had a higher percentage of respondents exceeding the recommended weekly alcohol consumption level compared with 2009. The two surveys follow a similar trend by deprivation quintile, with the exception of the second most deprived quintile, which had double the percentage of respondents exceeding the weekly guidelines in 2007 compared with 2009.

**Figure 5.20: Percentage of all respondents exceeding recommended alcohol consumption (21 units men; 14 units women) over last 7 days by deprivation, comparisons with 2007 Health and Wellbeing Survey**



The results of the 2009 Health and Wellbeing Survey and 2009 Social Capital Survey<sup>18</sup> (which included questions on risk factors amongst other questions) are combined (see **Table 5.8**) in order to give a greater degree of precision due to the larger sample size, with a total of 5,757 respondents. This process means that the 2009 surveys can be reliably compared both with the results from the 2007 Health and Wellbeing Survey as well as with the most recent Health Survey for England. The percentage of men drinking more than 21 units of alcohol per week decreased in 2009, while the percentage of women drinking more than 14 units of alcohol per week increased. Percentages remained lower than for England among both men (32% lower) and women (42% lower).

**Table 5.8: Percentage of all respondents exceeding recommended alcohol consumption (21 units men; 14 units women) over last 7 days from Hull's 2009 surveys with comparisons to the 2007 Health and Wellbeing Survey and 2008 General Household Survey<sup>19</sup>, adjusted for age**

Survey	Age-adjusted percentages		
	Men	Women	All
Hull 2007	22%	9%	15%
Hull 2009	19%	11%	15%
England 2008	28%	19%	23%

<sup>18</sup> 2009 Social Capital Survey available at [www.hulljsna.com](http://www.hulljsna.com)

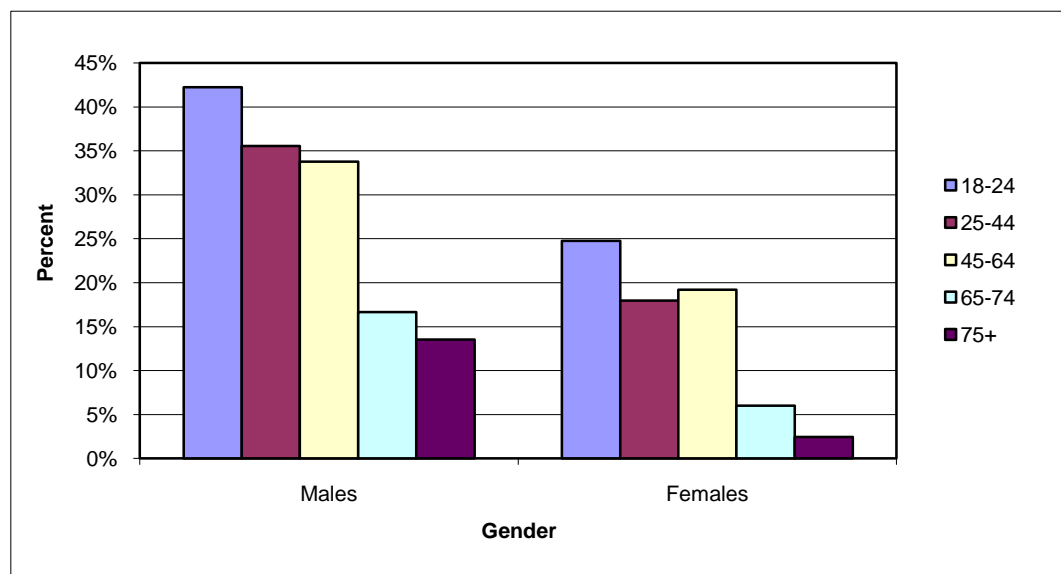
<sup>19</sup> The Information Centre (2010)

### 5.3.3 Binge drinking

Binge drinking is defined as the consumption on a single day of 8 or more units of alcohol by men, or 6 or more units of alcohol in women, twice the recommended daily limits (2-3 units for women; 3-4 units for men). This section analyses 75.8% of survey respondents that both drink alcohol and provided answers to the binge drinking questions (questions 8a for men and 8b for women). 26.1% of respondents that drink alcohol were classified as binge drinking on at least 1 day per week 33.4% of men and 17.4% of women). Only 32.3% of drinkers (27.6% of men and 38.0% of women) reported they never binge drink.

Young male respondents (aged 18-24 years) who drink have the highest proportion of binge drinkers (see **Figure 5.21**), with 42.2% binge drinking on at least one day a week (2.6% everyday). The percentage of drinkers that binge drink at least one day a week decreased with increasing age to 13.5% of men aged over 75 years, with 75.7% of men aged over 75 years never binge drinking. The majority of male binge drinkers do so 1-3 days a week. Females aged 18-24 years who drink have the highest proportion of binge drinkers (see **Figure 5.21**), with 24.8% binge drinking on at least one day a week (0.0% everyday). The percentage of women drinkers that binge drink at least one day a week decreased with increasing age to 2.4% of women aged over 75 years, with 85.4% of women aged over 75 years never binge drinking. In contrast to men, the majority of women who binge drink do so less than once a month.

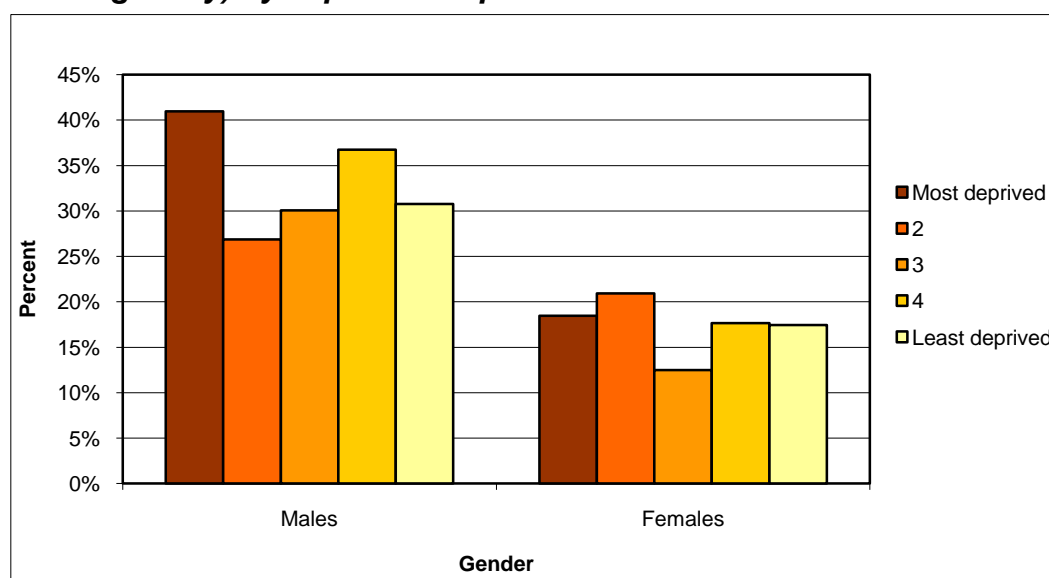
**Figure 5.21: Percentage of regular (at least one day per week) binge drinkers (males exceeding 8 units, females exceeding 6 units, of alcohol in a single day) by age band and gender**



East locality had the highest percentage of frequent male binge drinkers, with 35.0% of men binge drinking at least once a week (including 4.1% on a daily basis) compared to 33.6% and 30.4% in West and North localities respectively. North locality had the highest percentage of frequent female binge drinkers, with 20.0% of women binge drinking at least once a week (including 0.7% on a daily basis) compared to 17.4% and 16.0% in East and West localities respectively. The percentage of men binge drinking at least once a week by Area Committee Area ranged from 25.9% in Northern Area Committee Area, to 38.5% in Riverside (West) Area Committee Area, and ranged from 8.1% in West Area Committee Area, to 25.0% in Riverside (East) Area Committee Area for women.

There is variation across deprivation quintiles in the percentage of respondents who binge drink on at least one day per week (see **Figure 5.22**). Males in the most deprived quintile had the highest percentage of binge drinkers (40.9%), with the second most deprived quintile the lowest (26.9%). Females in the second most deprived quintile had the highest percentage of binge drinkers (20.9%), with the middle quintile the lowest (12.5%). Combining the two most deprived quintiles, 5.0% of men binge drink every day compared to 2.1% in the two least deprived quintiles, with 1.0% of women from the two most deprived quintiles binge drinking every day compared to 0.0% in the two least deprived quintiles. Interestingly respondents from the most deprived quintiles are more likely to never drink, but when they do drink are more likely to binge drink.

**Figure 5.22: Percentage of regular (at least one day per week) binge drinkers (males exceeding 8 units, females exceeding 6 units, of alcohol in a single day) by deprivation quintile**





**Table 5.9** combines those who drink more than the recommended weekly amount with those that regularly binge drink (at least once a week). Numbers and percentages here will differ from those above, as not everybody who answered the question on binge drinking answered the question on number of alcoholic drinks. A larger percentage of men drink above the recommended weekly limits and binge drink (14%) compared to women (7%). A larger percentage of men drink within the recommended weekly limits and binge drink (19%) compared to women (11%).

A lower percentage of respondents drink beyond the recommended weekly guidelines (19% of men and 11% of women) compared to England (34% of men and 29% of women). A higher percentage of men binge drink (33%) compared to England (26%), with the percentage of men in Hull binge drinking but staying within the recommended weekly guidelines double the percentage for England. The percentage of women binge drinking was lower (18%) compared with England (22%), although the percentage drinking within the recommended weekly limits and binge drinking was higher (11%) compared to England (9%). It should be noted the General Household Survey includes those aged 16-17 years in their youngest age group, which can bias comparisons slightly.

**Table 5.9: Percentage binge drinking (8+ units men, 6+ units women) at least one day per week or drinking above weekly recommended limits (21 units men, 14 units women) by age and gender comparisons with 2008 General Household Survey<sup>20</sup>**

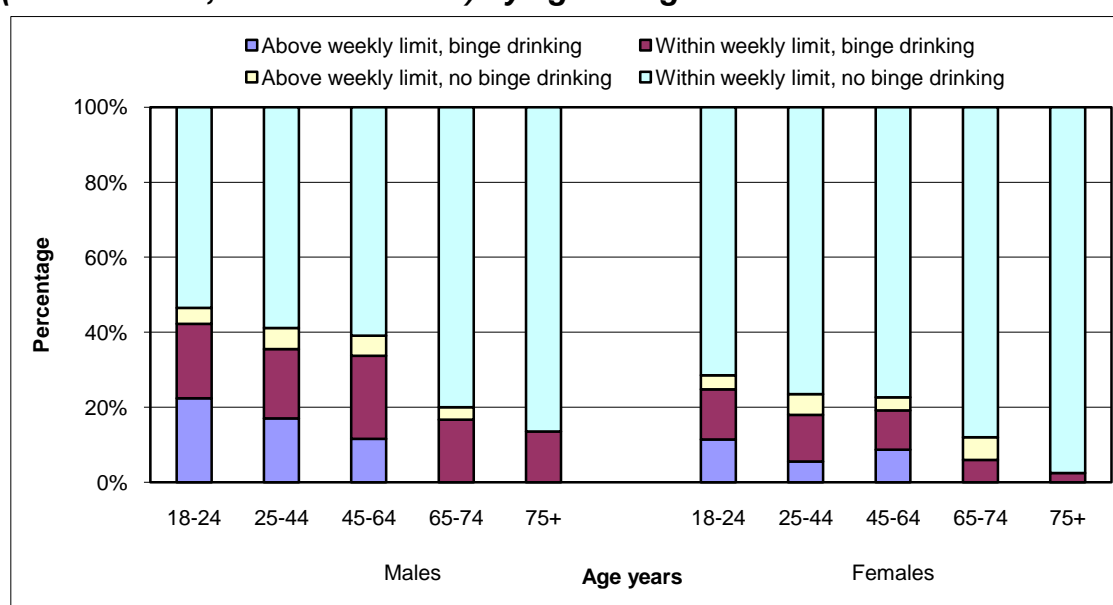
Gender	Binge drinking and weekly guidelines (%)			
	Within weekly guidelines		Above weekly guidelines	
	Binge drinking		Binge drinking	
	Yes	No	Yes	No
<b>Males</b>				
Hull 2009	19	62	14	5
England 2008	9	57	17	17
<b>Females</b>				
Hull 2009	11	78	7	4
England 2008	9	63	13	16

**Figure 5.23** shows men aged 18-24 years had the highest percentage of binge drinkers exceeding the recommended weekly limit (22.4%), decreasing with increasing age to 0% for men aged over 64 years. The percentage of men who were binge drinkers but kept within the weekly limit was highest in those aged 45-64 years (22.2%). The percentage of male drinkers that did not binge drink and were within the weekly limit increased with age from 53.4% in those aged 18-24 years to 86.5% in those aged over 75 years.

<sup>20</sup> Information Centre (2010)

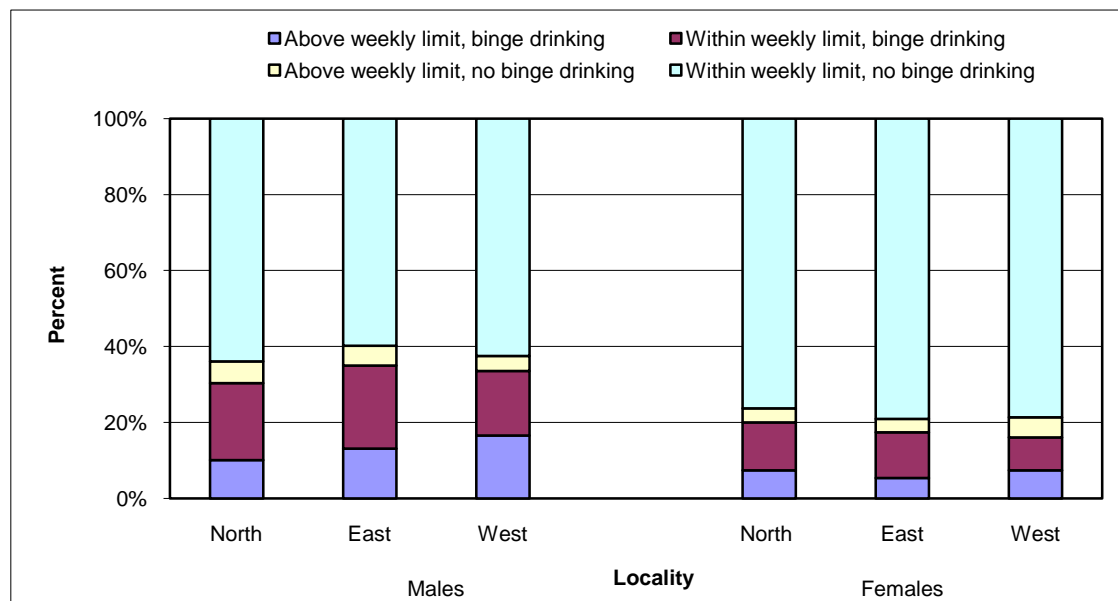
Similar trends in women binge drinkers was seen (see **Figure 5.23**), with women aged 18-24 years having the highest percentage of respondents who binge drink and exceed the recommended weekly limits (11.4%), with no women aged over 64 years falling into the same category. The percentage of women drinkers that did not binge drink and were within the weekly limit ranged from 71.4% in those aged between 18-24 years, to 97.6% in those aged over 75 years.

**Figure 5.23: Percentage binge drinking (8+ units men, 6+ units women) at least one day per week or drinking above weekly recommended limits (21 units men, 14 units women) by age and gender**



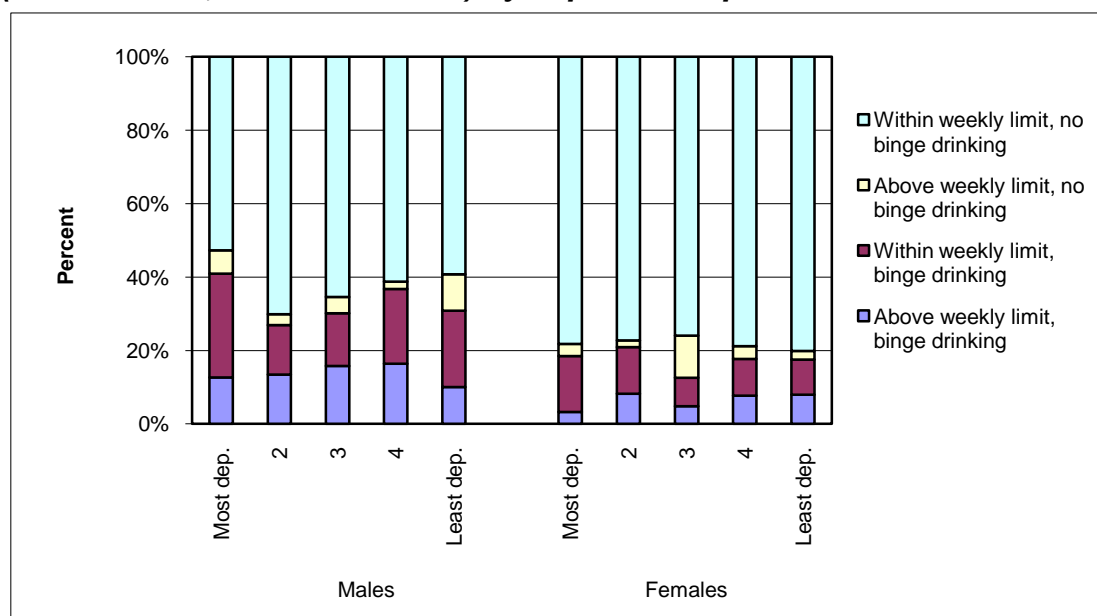
By residence (see **Figure 5.24**), West locality had the highest percentage of men who binge drink and exceed recommended weekly limits (16.6%), with East locality having the highest percentage of men that binge drink within the recommended weekly limits (21.8%). Among women, North and West localities had the highest percentage of binge drinkers exceeding recommended weekly limits (7.4%), with North locality having the highest percentage of women that binge drink within the recommended weekly limits (12.6%).

**Figure 5.24: Percentage binge drinking (8+ units men, 6+ units women) at least one day per week or drinking above weekly recommended limits (21 units men, 14 units women) by locality of residence and gender**



There was variation across deprivation quintiles in the percentage of respondents binge drinking and exceeding the recommended weekly limits (see **Figure 5.25**). The percentage of men both binge drinking and exceeding the weekly limit was highest in the second least deprived quintile (16.3%) and lowest in the least deprived quintile (10.0%). The percentage of men who binge drink within the recommended weekly limit was highest in the most deprived quintile (28.3%) and lowest in the second most deprived quintile (13.4%). For women the percentage both binge drinking and exceeding the weekly limit was highest in the second most deprived quintile (8.2%) and lowest in the most deprived quintile (3.3%). The percentage of women who drink within the recommended weekly limits and binge drink was highest in the most deprived quintile (15.2%) and lowest in the middle quintile (7.7%).

**Figure 5.25: Percentage binge drinking (8+ units men, 6+ units women) at least one day per week or drinking above weekly recommended limits (21 units men, 14 units women) by deprivation quintile**



The age-adjusted percentages of binge drinkers from the 2009 Health and Wellbeing Survey and 2009 Social Capital Survey<sup>21</sup> combined are presented in **Table 5.10**. The percentages of adults that were binge drinking decreased slightly since 2007 in both men and women. Percentages in Hull in 2009 were 12% higher than England among men and 20% lower among women.

**Table 5.10: Percentage binge drinking (8+ units men, 6+ units women) at least one day per week from Hull's 2009 surveys with comparisons to the 2007 Health and Wellbeing Survey and 2008 General Household Survey<sup>22</sup>, adjusted for age**

Survey	Age-adjusted percentages		
	Men	Women	All
Hull 2007	29%	14%	21%
Hull 2009	27%	12%	19%
England 2008	24%	15%	20%

Tables of data relating to alcohol consumption, the frequency and amount, binge drinking and type of alcohol consumed broken down by gender, age, locality, Area Committee Area and deprivation quintile can be found in **section 8** on **page 84**.

<sup>21</sup> 2009 Social Capital Survey available at [www.hulljsna.com](http://www.hulljsna.com)

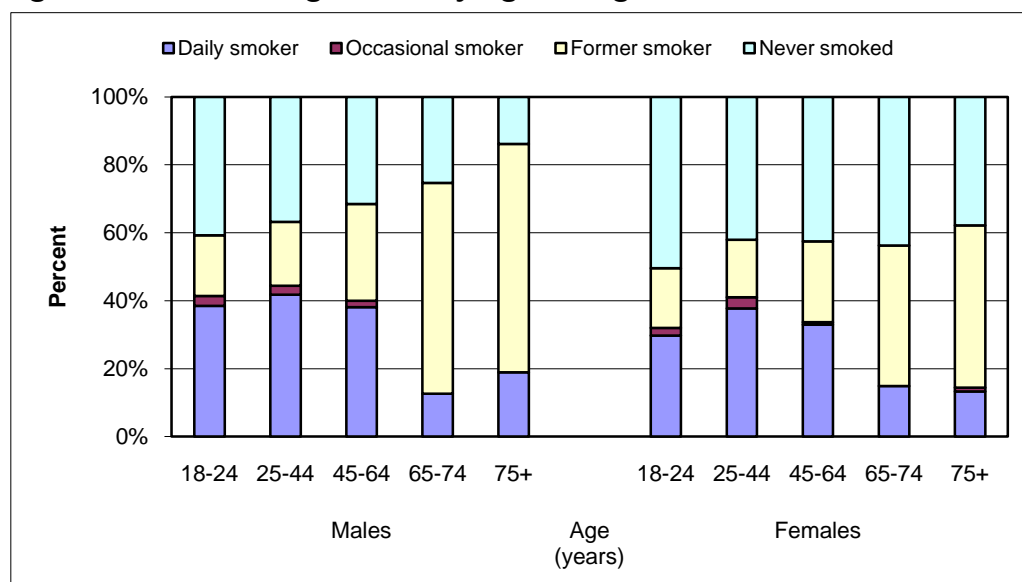
<sup>22</sup> The Information Centre (2010)

## 5.4 Smoking

### 5.4.1 Smoking prevalence

Smoking prevalence among survey respondents was 35.1%, higher among men (38.1%) than women (32.2%). The 2008 Health Survey for England<sup>23</sup> reports smoking prevalence at 24% for men and 20% for women. It should be noted the Health Survey for England includes those aged 16-17 years in their youngest age group, which can bias comparisons slightly. **Figure 5.26** shows men aged 25-44 years had the highest percentage of daily smokers (41.8%), with those aged 65-74 years the lowest (12.7%). Among women ages 25-44 years also had the highest percentage of daily smokers (37.8%), with those aged over 75 years the lowest (13.3%). Smoking patterns by age were broadly similar for men and women, however the percentage of those that have never smoked is largest among women aged over 45 years, possibly reflecting the different historical smoking patterns for men and women, when fewer women than men smoked.

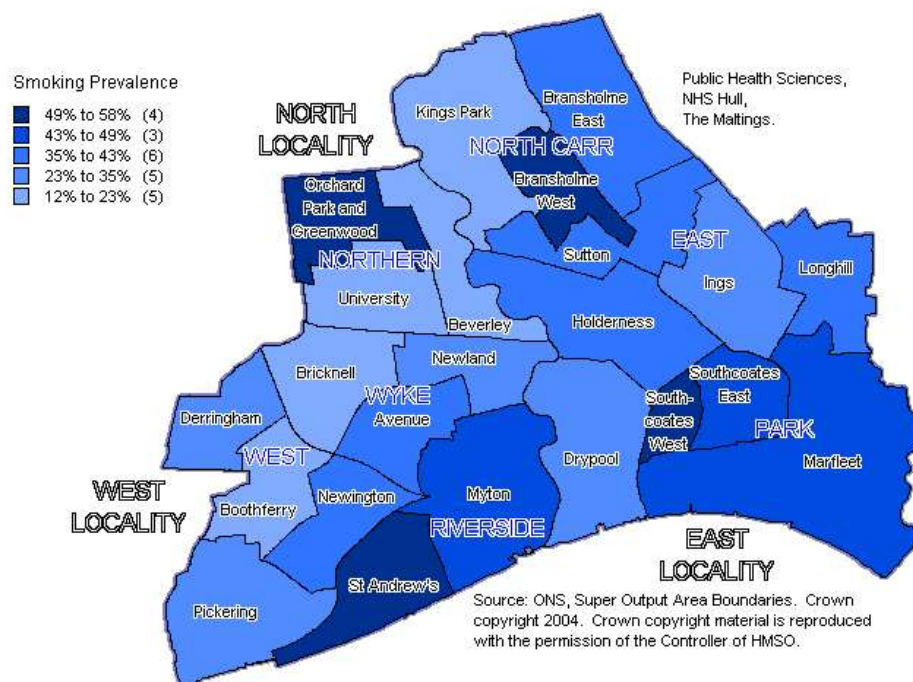
**Figure 5.26: Smoking habits by age and gender**



<sup>23</sup> The Information Centre (2009)

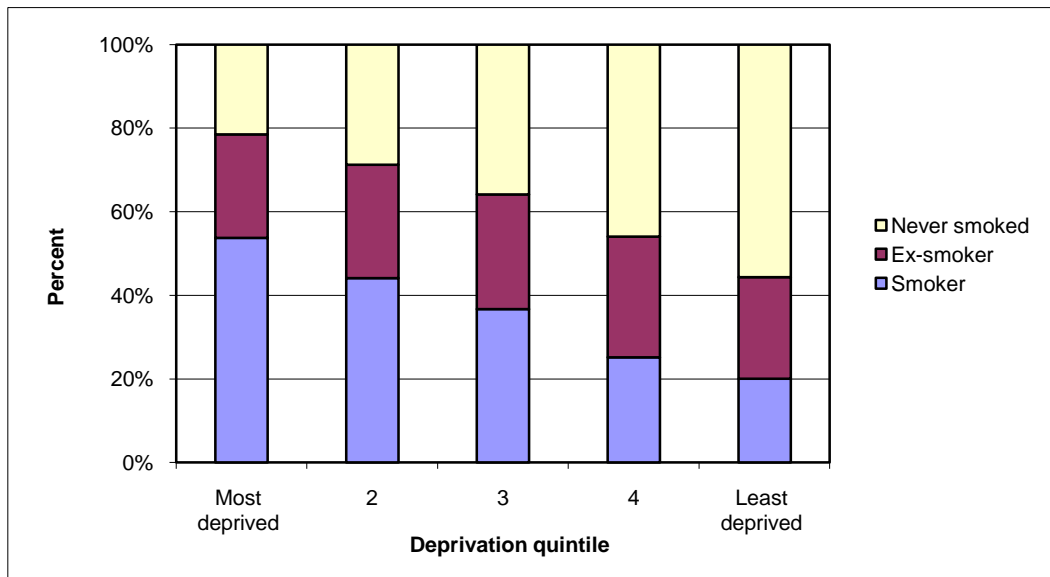
**Figure 5.27** maps smoking prevalence by ward across Hull for males and females combined. East locality had the highest percentage of residents who smoke (38.0%), whilst North locality had the lowest (32.4%). North locality also had the highest percentage of residents that had never smoked (42.3%). Smoking prevalence by Area Committee Area ranged from 47.3% in Riverside (West) Area Committee Area, to 26.3% in West Area Committee Area.

**Figure 5.27: Smoking prevalence by ward**



Over half of respondents in the most deprived quintile smoked (53.7%), decreasing with decreasing deprivation to 20.1% in the least deprived quintile (**Figure 5.28**), indicating a relationship between deprivation and smoking prevalence. The least deprived quintile was the only quintile in which a majority had never smoked (55.7%).

**Figure 5.28: Smoking status by deprivation quintile**



**Table 5.11** compares smoking prevalence in the 2009 Health and Wellbeing Survey against previous surveys conducted in Hull, and latest national data from the 2008 Health Survey for England. The 2003 Health and Wellbeing Survey and 2004 Social Capital Survey are combined because the prevalence rates derived from these two surveys were very different, and it is not clear which estimate is the most reliable, so a weighted average is presented, and will be used for comparisons with the 2009 Health and Wellbeing Survey data. The smoking prevalence for men increased between 2007 and 2009 by 12%, with the highest increase seen in those aged 45-54 years (33%). Decreases were seen in those aged 18-24 years (5%) and 65-74 years (43%). Smoking prevalence decreased by 7% between 2003/2004 and 2009, with the largest decrease (21%) seen in ages 18-24 years.

Smoking prevalence among men in 2009 was 58% higher compared with England in 2008, higher in each age band with the exception of those aged 65-74 years. Differences ranged from 38% higher in men aged 25-34 years to over three times higher for ages over 75 years. Although smoking prevalence is significantly higher in Hull compared to England, these numbers could underestimate the differences as the England survey took place one year earlier, and smoking rates may have fallen since 2008. The Health Survey for England also includes those aged 16-17 years in their youngest age group, which can bias comparisons slightly.

The smoking prevalence among women increased by 7% between 2007 and 2009, increases ranged from 3% in those aged 45-54 years to 21% in those aged 55-64 years. Those aged 18-24 years and 65-74 years saw decreases of 6% and 32% respectively. Between 2003/2004 and 2009 there was an 11% decrease in smoking prevalence, with the highest decrease seen in those aged 18-24 years (35%). Smoking prevalence among women in 2009 was 60% higher than for England in 2008, differences ranging from 15% higher in those aged 65-74 years to over double for those aged 55-64 years (although with the same caveats outlined earlier).

**Table 5.11: Smoking prevalence by gender and age, comparisons with weighted average 2003 Health and Wellbeing Survey/2004 social capital survey, 2007 Health and Wellbeing Survey and 2008 Health Survey for England<sup>24</sup>**

Age (years)	Smoking prevalence (%)			
	Hull			England
	Weighted average 2003, 2004	2007	2009	2008
<b>Males</b>				
18-24	52	43	41	28
25-34	46	38	47	34
35-44	43	39	43	30
45-54	46	33	44	22
55-64	38	29	35	18
65-74	32	23	13	13
75+	21	18	19	6
All	41	34	38	24
<b>Females</b>				
18-24	49	34	32	25
25-34	39	37	43	25
35-44	37	34	39	25
45-54	39	32	33	20
55-64	35	29	35	16
65-74	22	22	15	13
75+	21	13	14	8
All	36	30	32	20

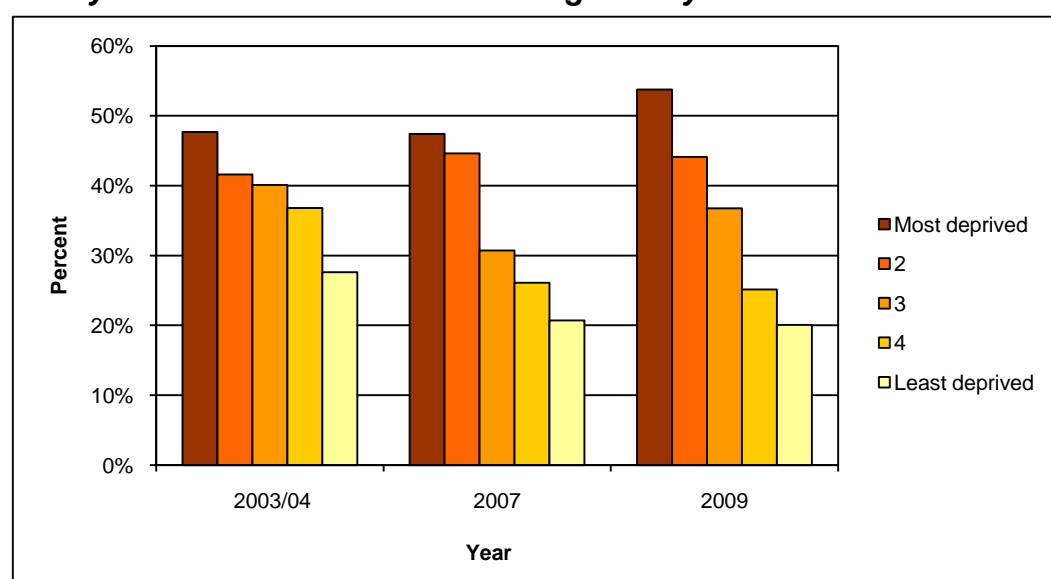
<sup>24</sup> The Information Centre (2009)



There was an 11% increase (from 31.7% to 35.1%) in smoking prevalence between 2007 and 2009. Looking at this increase by deprivation (see **Figure 5.29**), increases are seen in the most deprived quintile (13%) and middle quintile (20%), with the remaining quintiles decreasing between 1% and 4%. Between 2003/04 and 2007 smoking prevalence remained virtually the same in the most deprived quintile, increased in the second most deprived quintile by 7%, with the remaining quintiles all seeing decreases of between 23% and 29%.

Comparing 2003/04 and 2009 the most deprived and second most deprived quintiles saw an increase of 13% and 6% respectively in the prevalence of smokers. The remaining quintiles all saw decreases, with the second least deprived and least deprived quintiles seeing decreases of 32% and 27% respectively. As reported in the 2007 Health and Wellbeing Survey<sup>25</sup> this would suggest that smoking cessation services and health education messages are not reaching these groups. It may be that a greater segmentation of the Hull population is required in order to target and influence these hard to reach groups.

**Figure 5.29: Smoking prevalence by deprivation, comparisons with 2003 weighted average Health and Wellbeing Survey/2004 social capital survey and 2007 Health and Wellbeing Survey**



All estimates within this survey are subject to random variation, with different groups of people being surveyed. Therefore, even though rates appear to have increased marginally between 2007 and 2009 this does not necessarily mean that the true underlying trend in the overall Hull population has increased. A slightly different group of people may have been asked if they smoked in 2009, which by chance have a larger proportion of smokers.

<sup>25</sup> See 2007 Hull Health and Wellbeing Survey, available at [www.hulljsna.com](http://www.hulljsna.com)

The results of the 2009 Health and Wellbeing Survey and 2009 Social Capital Survey<sup>26</sup> (which included questions on risk factors amongst other questions) are combined (see **Table 5.12**) in order to give a greater degree of precision due to the larger sample size, with a total of 5,757 respondents. This process means that the 2009 surveys can be reliably compared both with the results from the 2007 Health and Wellbeing Survey as well as with the most recent Health Survey for England. The percentage of adults in Hull who smoke increased slightly in women, remaining unchanged in men. Smoking rates in Hull in 2009 were 43% higher than England among men and 68% higher among women.

**Table 5.12: Smoking prevalence from Hull's 2009 surveys with comparisons to the 2007 Health and Wellbeing Survey and 2008 Health Survey for England<sup>27</sup>, adjusted for age**

Survey	Age-adjusted percentages		
	Men	Women	All
Hull 2007	33%	29%	31%
Hull 2009	33%	32%	33%
England 2008	23%	19%	21%

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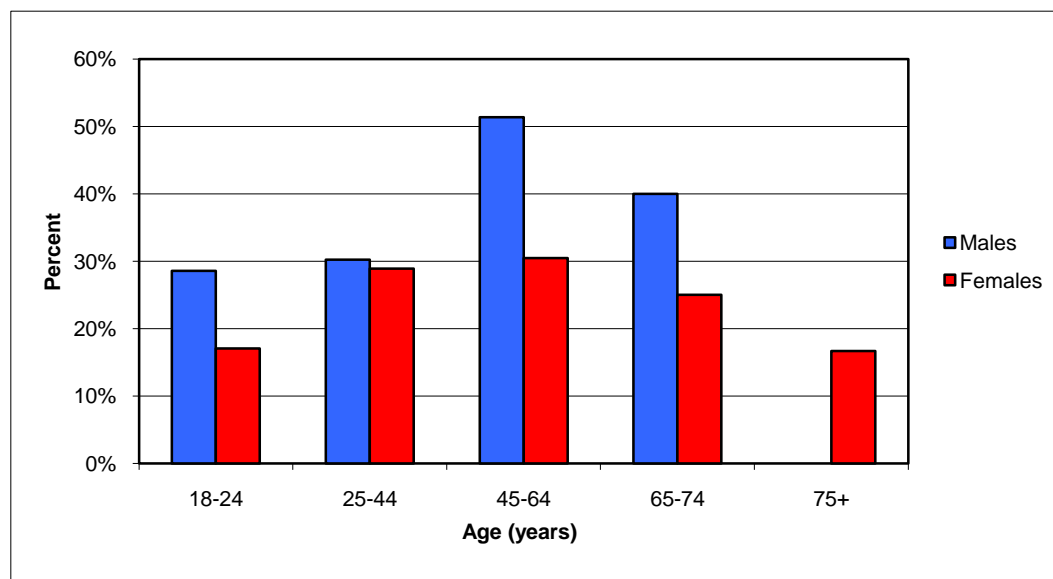
<sup>26</sup> 2009 Social Capital Survey available at [www.hulljsna.com](http://www.hulljsna.com)

<sup>27</sup> The Information Centre (2009)

### 5.4.2 Heavy smokers

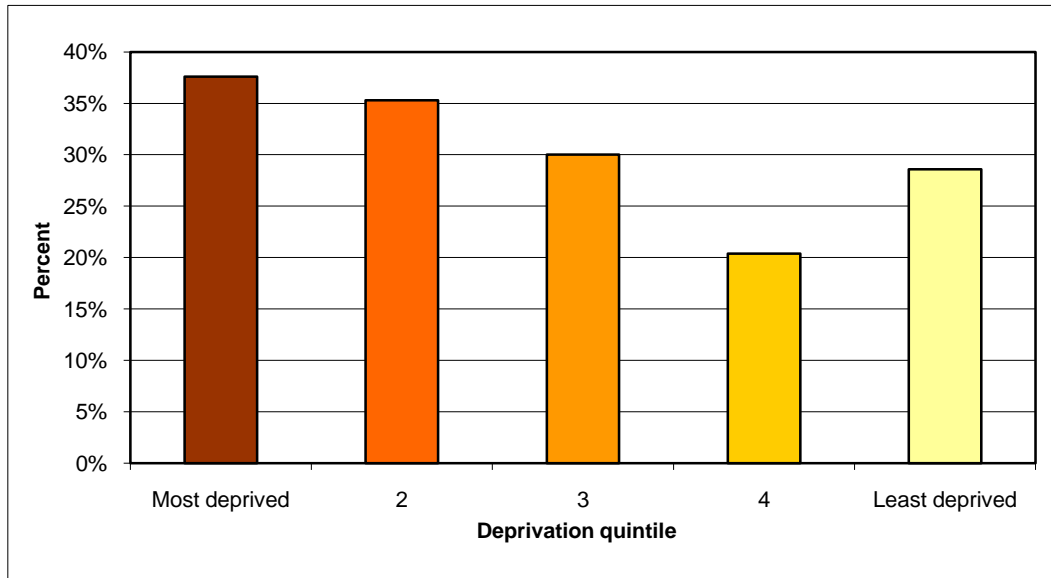
Of those survey respondents who smoked cigarettes, 31.2% were heavy smokers, smoking on average at least 20 cigarettes per day. A higher percentage of men (35.9%) were heavy smokers compared to women (26.9%). Those aged 45-64 years had the highest percentage of heavy smokers, 51.4% of men and 30.5% of women (see **Figure 5.30**). No heavy smokers were found in men aged over 75 years, whilst women aged over 75 years had the lowest percentage of heavy smokers (16.7%).

**Figure 5.30: Percentage of heavy smokers amongst cigarette smokers by gender and age**



West locality had the highest percentage of residents who were heavy smokers (32.7%), compared with East (30.4%) and North (29.9%) localities. At Area Committee Area the percentage of heavy smokers ranged from 13.0% in Riverside (East) to 40.2% in Riverside (West). **Figure 5.31** displays heavy cigarette smoking by deprivation quintile, highlighting a trend between heavy smoking and deprivation, with the percentage of heavy smokers decreasing with decreasing deprivation (with the exception of the least deprived quintile). A higher percentage of heavy cigarette smokers were found in the two most deprived quintiles combined (36.5%), compared to the two least deprived quintiles combined (23.2%).

**Figure 5.31: Percentage of heavy smokers amongst cigarette smokers by deprivation quintile**



**Table 5.13** compares the average number of cigarettes smoked per day (percentage of all cigarette smokers) in the 2009 Hull Health and Wellbeing Survey against the 2007 Hull Health and Wellbeing Survey and 2008 Health Survey for England. The Health Survey for England includes those aged 16-17 years in their youngest age group, which can bias comparisons slightly.

**Table 5.13: Average number of cigarettes smoked per day, (percentage of all cigarette smokers) by gender and age, comparisons with 2007 Health and Wellbeing Survey and 2008 Health Survey for England<sup>28</sup>**

	Average number of cigarettes smoked per day (%)		
	Light (1-9)	Medium (10-19)	Heavy (20+)
<b>Males</b>			
2007 Hull	26	39	35
2009 Hull	22	42	36
2008 England	31	40	29
<b>Females</b>			
2007 Hull	23	45	32
2009 Hull	26	47	27
2008 England	36	43	21

<sup>28</sup> The Information Centre (2009)

The percentage of men smoking 20 or more cigarettes per day on average increased between 2007 and 2009 by 3% to 36%, above England in 2008 (29%). The percentage of men smoking fewer than 10 a day decreased by 15% to 22% between 2007 and 2009, below England in 2008 (31%). The percentage of women who smoked 20 or more cigarettes per day decreased by 16% to 27% between 2007 and 2009, above England in 2008 (21%). The percentage of women smoking less than 10 a day increased by 13% to 26% between 2007 and 2009, but still below England in 2008 (36%).

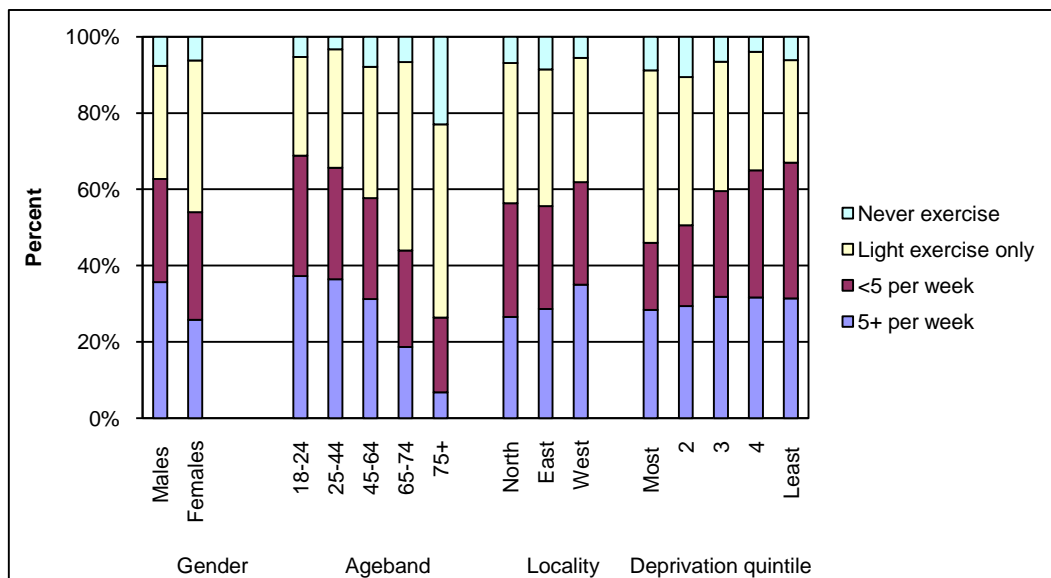
Tables of data relating to smoking prevalence, current smoking habits and consumption broken down by gender, age, locality, Area Committee Area and deprivation quintile can be found in **section 9** on **page 107**.

## 5.5 Exercise

Based on the national recommendation of exercising moderately or vigorously for at least 30 minutes on at least 5 occasions per week, under a third of survey respondents undertook sufficient exercise (30.8%). **Figure 5.32** displays the percentage of respondents taking various levels of exercise, by subgroup. A larger percentage of men exercised to national recommended levels (35.7%) compared to women (25.8%), with a larger percentage of women exercising lightly (39.8%) compared to men (29.6%). 7.6% of men and 6.2% of women never exercised. Those aged 18-24 years had the highest percentage of respondents undertaking sufficient exercise (37.2%); decreasing with increasing age to 6.8% in those aged over 75 years. The percentage of respondents never exercising ranged from 3.3% to 7.9% in those aged under 75 years, with 23.0% of those aged over 75 years never exercising.

West locality had the highest percentage of residents that exercised to national recommendations (34.9%) compared to East (28.6%) and North (26.5%) localities. East locality had the highest percentage of residents that never exercised (8.5%) compared to the lowest percentage in West locality (5.5%). The higher levels of exercise in West locality may be due to the high student population and/or more opportunities to exercise because of city centre location. By deprivation, combining the two least deprived quintiles, 31.6% of respondents undertook sufficient exercise compared to 28.9% in the two most deprived quintiles combined. 9.7% in the two most deprived quintiles never exercised compared to 4.8% in the two least deprived quintiles combined.

**Figure 5.32: Percentage taking moderate or vigorous exercise of at least 30 minutes duration, by subgroup**



**Table 5.14** displays percentage of respondents undertaking sufficient exercise (based on national recommended guidelines) by age and gender, with the 2007 Health and Wellbeing Survey and national data from the 2008 Health Survey for England. A lower percentage of men in 2009 undertook sufficient exercise (36%) compared to England in 2008 (39%). All age bands for England had higher exercise levels with the exception of those aged 65-74 years (35% higher compared to England, with an absolute difference of 7%). Men aged 18-24 years undertaking sufficient exercise was 19% lower than England, an absolute difference of 10%.

A lower percentage of women in 2009 undertook sufficient exercise (26%) compared to England in 2008 (29%). The majority of age bands for England had higher exercise levels in women, with the exception of ages 45-54 years and over 75 years (absolute differences of 4% and 2% respectively). Women aged 35-44 years undertaking sufficient exercise levels was 26%, lower than England, with an absolute difference of 9%. The Health Survey for England includes those aged 16-17 years in their youngest age group, which can bias comparisons slightly.

**Table 5.14: Percentage taking moderate or vigorous exercise of at least 30 minutes duration on at least 5 occasions per week by gender and age, comparisons with Health Survey for England 2008<sup>29</sup>**

Gender	Percentage taking moderate or vigorous exercise lasting at least 30 minutes on at least 5 days per week							
	Age band							Total
	18-24	25-34	35-44	45-54	55-64	65-74	75+	
Males								
England 2008	53	49	44	41	32	20	9	39
Hull 2007	47	41	35	23	17	12	5	29
Hull 2009	43	42	43	37	28	27	5	36
Females								
England 2008	35	36	34	32	28	17	6	29
Hull 2007	32	35	30	24	17	11	7	24
Hull 2009	31	35	25	36	22	11	8	26

<sup>29</sup> The Information Centre (2009)

There has been a 24% increase between 2007 and 2009 in the percentage of men undertaking sufficient exercise. All age bands saw an increase between 2007 and 2009, with the exception of those aged 18-24 years, which saw a 9% decrease to 43%. The largest increases seen in 45-74 year olds. Among women there was an 8% increase between 2007 and 2009 in the percentage undertaking sufficient exercise. Those aged under 45 years saw a decrease, whilst ages 45-54 years saw a 50% increase. Different methods of measurement for exercise levels were used in the 2007 and 2009 Hull surveys which may affect numbers and bias comparisons slightly.

The results of the 2009 Health and Wellbeing Survey and 2009 Social Capital Survey<sup>30</sup> (which included questions on risk factors amongst other questions) are combined (see **Table 5.15**) in order to give a greater degree of precision due to the larger sample size, with a total of 5,757 respondents. This process means that the 2009 surveys can be reliably compared both with the results from the 2007 Health and Wellbeing Survey as well as with the most recent Health Survey for England. The percentage of men and women in Hull achieving the amount of exercise recommended for good health (30 minutes of moderate or vigorous exercise at least 5 times per week) increased in both men and women, but remained about 10% below the all-England percentages.

**Table 5.15: Percentage taking moderate or vigorous exercise of at least 30 minutes duration on at least 5 occasions per week from Hull's 2009 surveys with comparisons to the 2007 Health and Wellbeing Survey and 2008 Health Survey for England<sup>31</sup>, adjusted for age**

Survey	Age-adjusted percentages		
	Men	Women	All
Hull 2007	28%	23%	26%
Hull 2009	35%	25%	30%
England 2008	39%	28%	33%

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<sup>30</sup> 2009 Social Capital Survey available at [www.hulljsna.com](http://www.hulljsna.com).

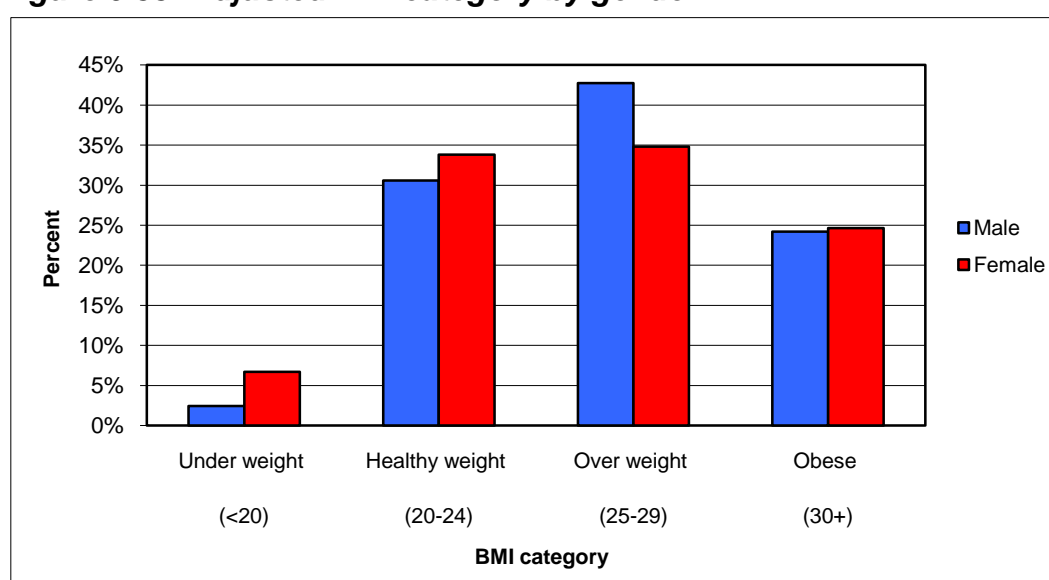
<sup>31</sup> The Information Centre (2009)



## 5.6 Obesity

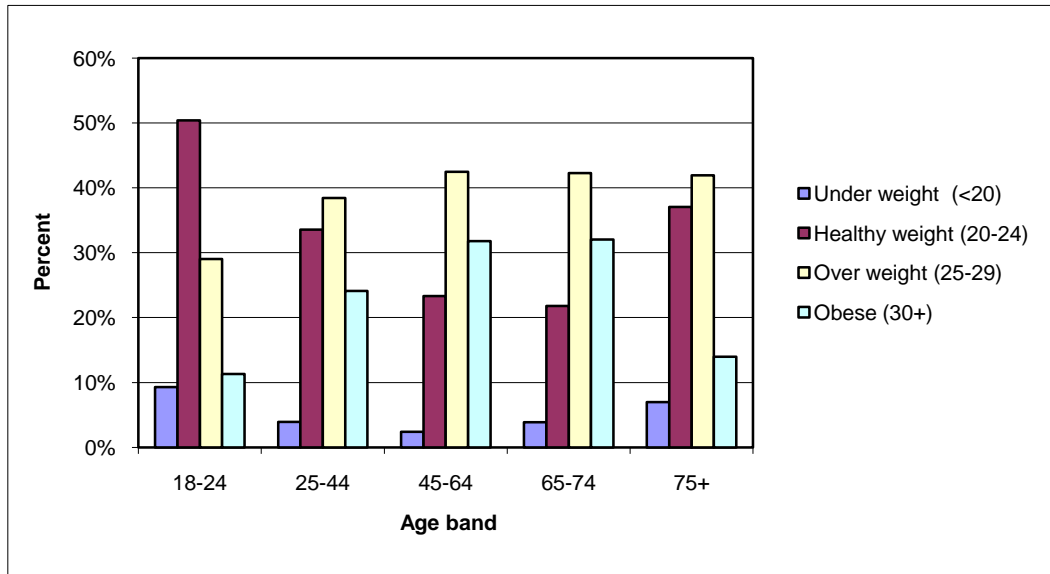
Respondents are categorised into underweight, healthy weight, overweight and obese by their body mass index (BMI). The BMI of each respondent has been adjusted to take into account the under-estimation of weight and over-estimation of height (see **page 9**). Overall 63.3% of survey respondents were overweight or obese, a larger percentage of men (67.0%) compared to women (59.5%). A similar percentage of men (24.2%) and women (24.6%) were obese, whilst 6.7% of women were underweight, compared to 2.4% of men (see **Figure 5.33**). Looking at the difference between men and women in proportion overweight, it is interesting that a higher proportion of women eat a healthy diet and a higher proportion of men exercise to sufficient levels, but a lower proportion of women are overweight.

**Figure 5.33: Adjusted BMI category by gender**



Those aged 45-64 years and 65-74 years had the highest percentage of overweight or obese respondents (74.3% and 74.4% respectively), with the highest percentage of obese respondents in those aged 45-64 years and 65-74 years (31.8% and 32.1% respectively). Around half of those aged 18-24 years (50.4%) were a healthy weight, with 9.3% underweight (see **Figure 5.34**).

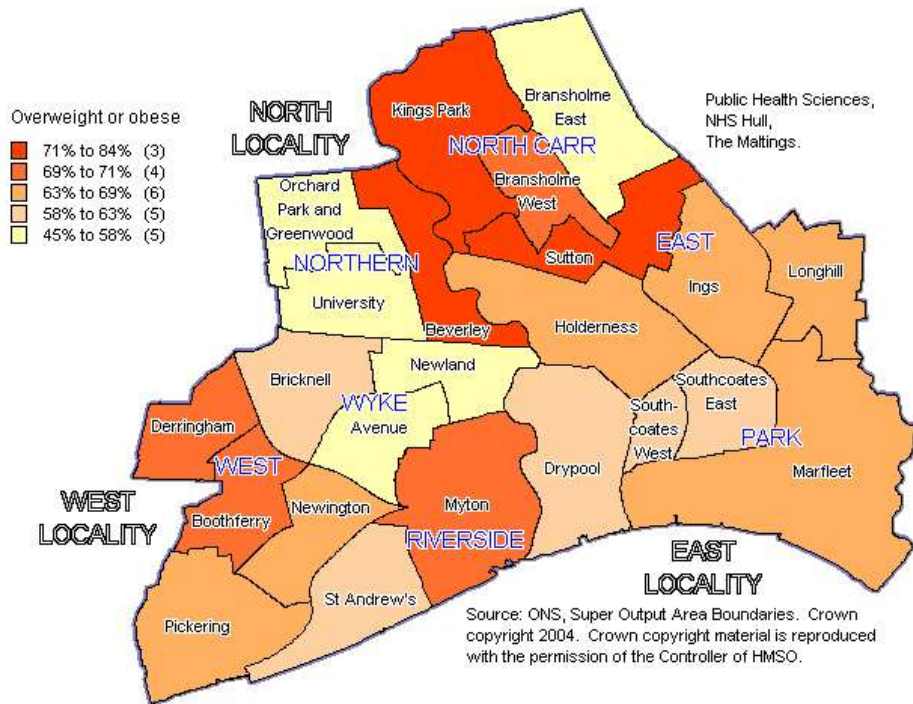
**Figure 5.34: Adjusted BMI category by age band**



The percentage of respondents overweight or obese was highest in East locality (64.8%), compared with North (64.2) and West (61.6%) localities. The percentage obese varied a little more by locality, with East locality having the highest percentage of obese residents (27.9%), compared with North (26.0%) and West (20.5%) localities. North Carr Area Committee Area had the highest percentage of overweight or obese residents (69.6%), with the highest mean adjusted BMI (27.8). Wyke Area Committee Area had the highest percentage of residents with a healthy weight (42.4%) and highest percentage underweight (6.9%), with the lowest mean adjusted BMI (25.7).

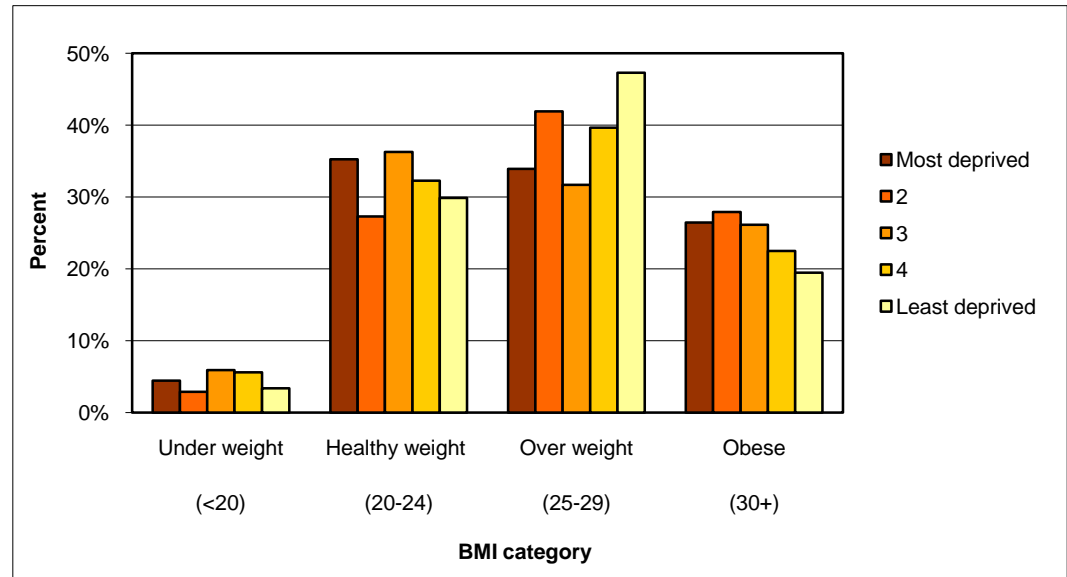
The larger student (consequently younger) population may explain West locality having a low proportion of overweight or obese residents. Another possible explanation is East and West localities are more remote in terms of access to sports facilities, providing a barrier to exercise because of travel. The percentage of overweight or obese respondents by ward is presented in **Figure 5.35**. Interestingly Kings Park and Beverley have high percentages of overweight or obese residents even though they are slightly more affluent areas and have a relatively young population compared to other wards within Hull.

**Figure 5.35: Percentage of respondents overweight or obese by ward**



Overweight and obesity varied across deprivation quintiles (see **Figure 5.36**), with the highest percentage of overweight or obese respondents in the second most deprived quintile (69.8%), the lowest in the middle quintile (57.8%), and 66.8% in the least deprived quintile. The highest percentage of obese respondents were in the second most deprived quintile (27.9%), with the lowest percentage in the least deprived quintile (19.5%). Combining the two most deprived quintiles, 27.2% of respondents were obese compared to 21.3% in the two least deprived quintiles combined.

**Figure 5.36: Adjusted BMI category by deprivation quintile**



**Table 5.16** presents data on the percentage of overweight or obese respondents from the 2007 and 2009 Health and Wellbeing Surveys and 2008 Health Survey for England. It should be noted that given the rising levels of overweight and obesity in England, the comparisons between England 2008 and Hull 2009 could be biased, as the 2008 data is likely to underestimate the 2009 levels of overweight or obesity. The Health Survey for England also includes those aged 16-17 years in their youngest age group, which can also bias comparisons slightly.

**Table 5.16: Prevalence of overweight and obese adults by gender and age, comparison with 2007 Health and Wellbeing Survey and 2008 Health Survey for England<sup>32</sup>**

Survey for England

Gender	Overweight or obese (%)							Total
	Age band							
	18-24	25-34	35-44	45-54	55-64	65-74	75+	
Overweight								
Males								
England 2008	25.0	40.6	46.5	43.7	44.3	49.9	49.4	41.8
Hull 2007	37.5	46.4	50.3	49.8	52.7	52.5	55.3	48.6
Hull 2009	34.1	40.9	44.4	46.9	43.4	44.7	48.3	42.8
Females								
England 2008	20.3	26.5	31.2	35.1	37.7	38.5	39.8	32.0
Hull 2007	20.1	26.5	29.3	37.2	36.8	41.5	41.7	32.7
Hull 2009	23.3	32.6	34.3	44.8	33.3	40.0	37.6	34.8
Obese								
Males								
England 2008	7.8	17.6	26.1	30.8	33.9	33.0	22.7	24.1
Hull 2007	8.4	13.4	18.1	25.6	26.6	25.1	12.9	18.3
Hull 2009	9.8	19.5	26.9	33.1	32.8	28.9	15.5	24.2
Females								
England 2008	13.9	18.8	25.2	28.9	31.0	33.3	25.8	24.9
Hull 2007	14.8	25.5	29.7	34.0	28.4	16.7	23.2	23.1
Hull 2009	12.9	25.0	25.0	32.8	28.1	35.0	12.9	24.6
Overweight or obese								
Males								
England 2008	32.8	58.2	72.6	74.5	78.3	82.9	72.1	65.9
Hull 2007	46.0	59.8	68.4	75.5	79.3	77.6	68.2	66.9
Hull 2009	43.9	60.4	71.3	80.0	76.2	73.7	63.8	67.0
Females								
England 2008	34.2	45.3	56.4	64.0	68.6	71.8	65.7	56.9
Hull 2007	41.3	54.8	66.9	70.8	69.9	58.3	55.8	55.8
Hull 2009	36.2	57.6	59.3	77.6	61.4	75.0	50.6	59.5

<sup>32</sup> The Information Centre (2009)

The percentage of men that are overweight or obese has stayed virtually the same between 2007 and 2009 (66.9% and 67.0% respectively), but above England in 2008 (65.9%). The percentage of overweight or obese males aged 18-24 years decreased between 2007 and 2009 to 43.9%, but still higher than England in 2008 (32.8%). All men aged over 54 years saw a decrease between 2007 and 2009, the largest decrease in those aged over 75 years, falling by 6% to 63.8%, below England in 2008 (72.1%).

Among women the overall percentage overweight or obese saw an increase of 7% to 59.5% between 2007 and 2009, higher than England in 2008 (56.9%). The percentage of overweight or obese women age 18-24 years saw the largest decrease between 2007 and 2009, falling by 12% to 36.2%, but still above England in 2008 (34.2%). The largest increase was seen in women aged 65-74 years, rising by 29% to 75.0%, again above England in 2008 (71.8%).

The percentage of obese men in 2009 was 24.2%, an increase of 32% on 2007, but virtually the same as England in 2008. There was an increase across all age bands between 2007 and 2009, the largest increase in those aged 35-44 years (an increase of 49%). All men aged between 18-54 years had a higher percentage obese compared to England in 2008, the largest difference in ages 18-24 years (26% higher compared to England). All men aged over 54 years had a lower percentage obese compared to England in 2008, the largest difference in ages over 75 years (32% lower compared to England).

The percentage of obese women in 2009 was 24.6%, an increase of 6% between 2007 and 2009, marginally lower than England in 2008 (24.9%). The only increase seen in women between 2007 and 2009 was in those aged 65-74 years, which more than doubled from 16.7% in 2007 to 35.0% in 2009, higher than England in 2008 (33.3%). The remaining age bands all saw a decrease in the percentage of women obese, the largest decrease in those aged over 75 years (44%). Women aged 25-34 years, 45-54 years and 65-74 years had a higher percentage of obese women compared to England in 2009, the largest difference in ages 25-34 years (33% higher than England).

The results of the 2009 Health and Wellbeing Survey and 2009 Social Capital Survey<sup>33</sup> (which included questions on risk factors amongst other questions) are combined (see **Table 5.17**) in order to give a greater degree of precision due to the larger sample size, with a total of 5,757 respondents. This process means that the 2009 surveys can be reliably compared both with the results from the 2007 Health and Wellbeing Survey as well as with the most recent Health Survey for England. The percentage of adults recorded as obese increased in 2009, with 4% more Hull men and women obese in 2009 than in England 2008. The percentage of adults overweight or obese also increased in Hull, with 3% more men and women in Hull in 2009 recorded as overweight or obese than in England 2008.

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<sup>33</sup> 2009 Social Capital Survey available at [www.hulljsna.com](http://www.hulljsna.com).

**Table 5.17: Prevalence of overweight and obese adults from Hull's 2009 surveys with comparisons to the 2007 Health and Wellbeing Survey and 2008 Health Survey for England<sup>34</sup>, adjusted for age**

Risk factor	Survey	Age-adjusted percentages		
		Men	Women	All
Percentage of adults obese	Hull 2007	19%	23%	21%
	Hull 2009	26%	26%	26%
	England 2008	25%	25%	25%
Percentage of adults overweight or obese	Hull 2007	68%	56%	62%
	Hull 2009	69%	60%	64%
	England 2008	67%	58%	62%

Tables of data relating to exercise levels and the BMI of respondents broken down by gender, age, locality, Area Committee Area and deprivation quintile can be found in **sections 10** and **11** on **pages 120** and **128**.

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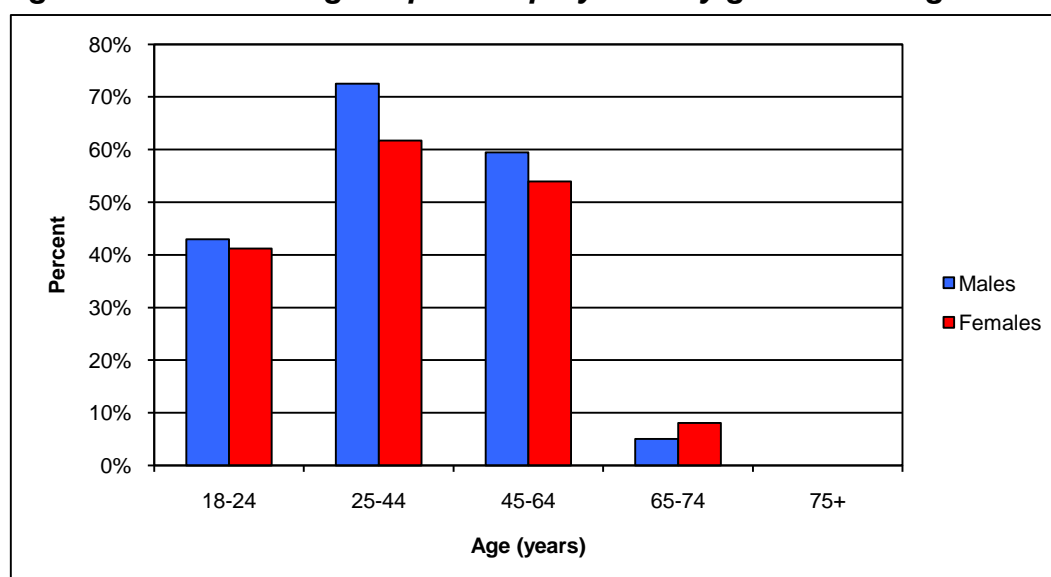
<sup>34</sup> The Information Centre (2009)

## 5.7 Employment

### 5.7.1 Paid employment

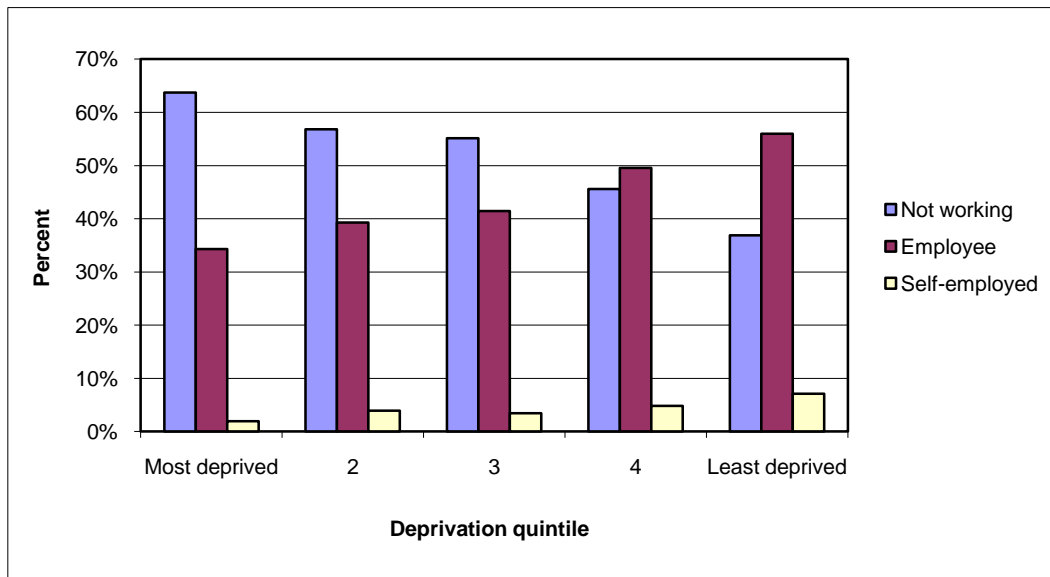
Just under half of all survey respondents were in paid employment (48.9%), a higher percentage of men (53.1%) compared to women (44.6%). **Figure 5.37** highlights those aged 25-44 years had the highest percentage in paid employment (72.5% of men and 61.7% of women), compared with ages 18-24 years (43.0% of men and 41.2% of women). Low employment is expected for ages 18-24 years as some will be in full-time education.

**Figure 5.37: Percentage in paid employment by gender and age band**



West locality had the highest percentage of residents in paid employment (49.4%), compared with North (49.0%) and East localities (48.1%). By Area Committee Area North Carr Area Committee Area had the highest percentage of residents in paid employment (57.5%), compared to Riverside (West) Area Committee Area with the lowest (39.7%). By deprivation (see **Figure 5.38**), the most deprived quintile had the highest percentage not working (63.7%), decreasing with decreasing deprivation, with 36.9% of respondents not working in the least deprived quintile. Conversely the highest percentage of respondents in paid employment was in the least deprived quintile (63.1%).

**Figure 5.38: Percentage in paid employment by deprivation quintile**



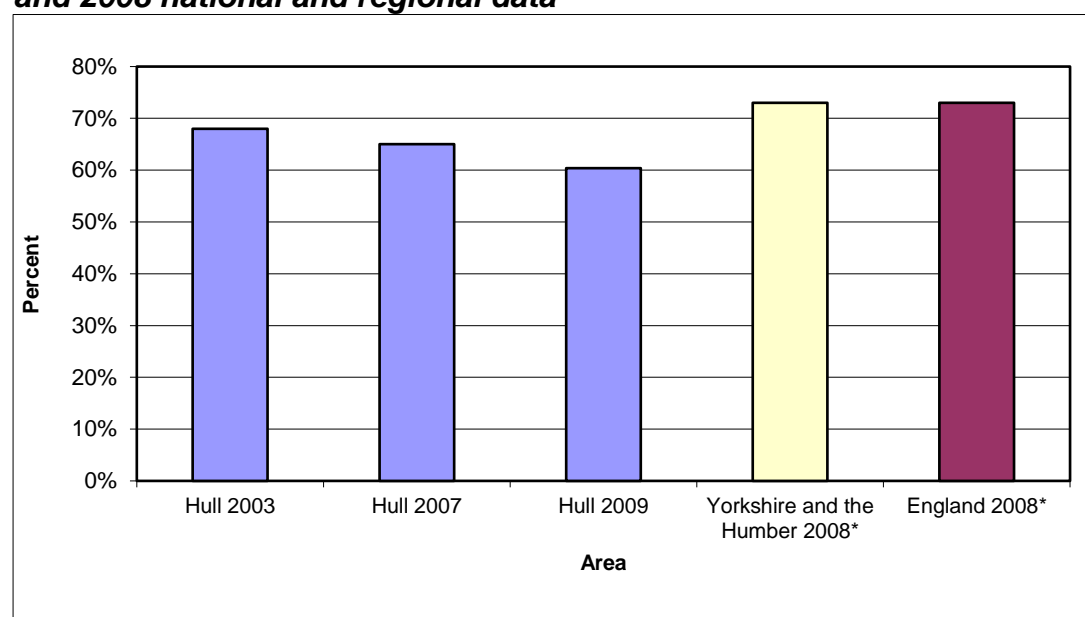
The percentage of respondents of working age in employment for 2009 was 60.4%, a decrease of 11.2% on 2003 (see **Figure 5.39**). In comparison to national and regional data published in Social Trends 40<sup>35</sup>, the percentage of respondents of working age in employment is below both the Yorkshire and Humber Government Office Region for 2008 (73.0%) and England for 2008 (72.7%). Social Trends 40 reported Hull having the lowest employment rate within the region for 2008 (62.3%). It should be noted Social Trends 40 includes those aged 16-17 years within working age, which can bias comparisons slightly.

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<sup>35</sup> Office for National Statistics (2010)



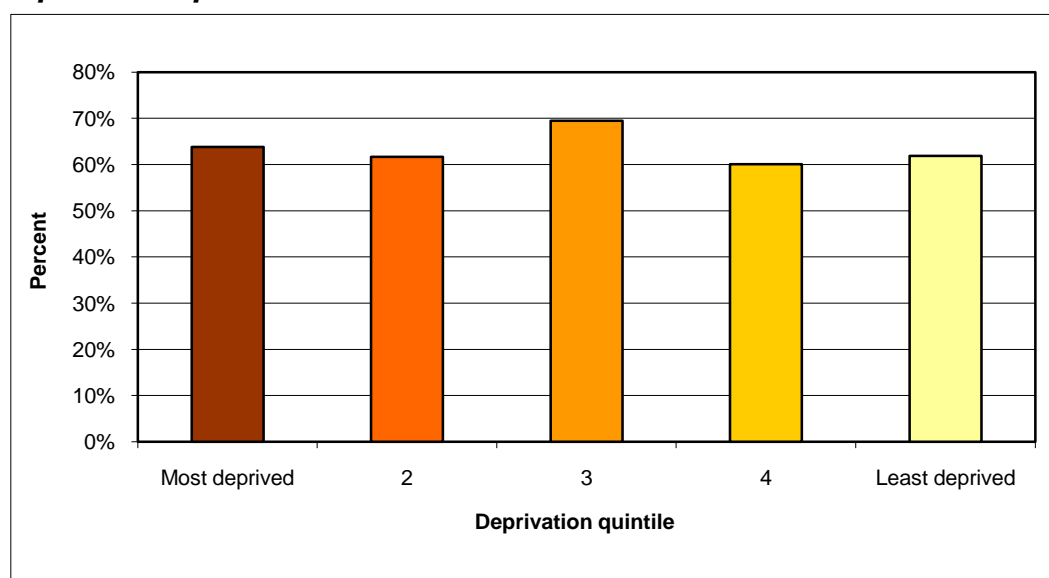
**Figure 5.39: Employment rates among respondents of working age (males 18-64; females 18-59), comparisons with previous local surveys and 2008 national and regional data**



\*Social trends 40 (males 16-64; Females 16-59)

Overall 62.9% of respondents in paid employment worked full-time, a larger percentage of men (84.3%) compared to women (37.5%). Those aged 45-64 years had the highest percentage of full-time workers (68.2%), with those aged 18-24 years the lowest (45.0%). North locality had the highest percentage of residents in paid employment working full-time (67.6%), compared with East (63.4%) and West (60.1%) localities. The percentage of respondents in paid employment by Area Committee Area ranged from 56.9% in West Area Committee Area, to 72.3% in North Carr Area Committee Area. A similar percentage of respondents worked full-time across deprivation quintiles (see **Figure 5.40**). The middle quintile had the highest percentage of respondents working full-time (69.5%), with the second least deprived quintile the lowest (60.1%).

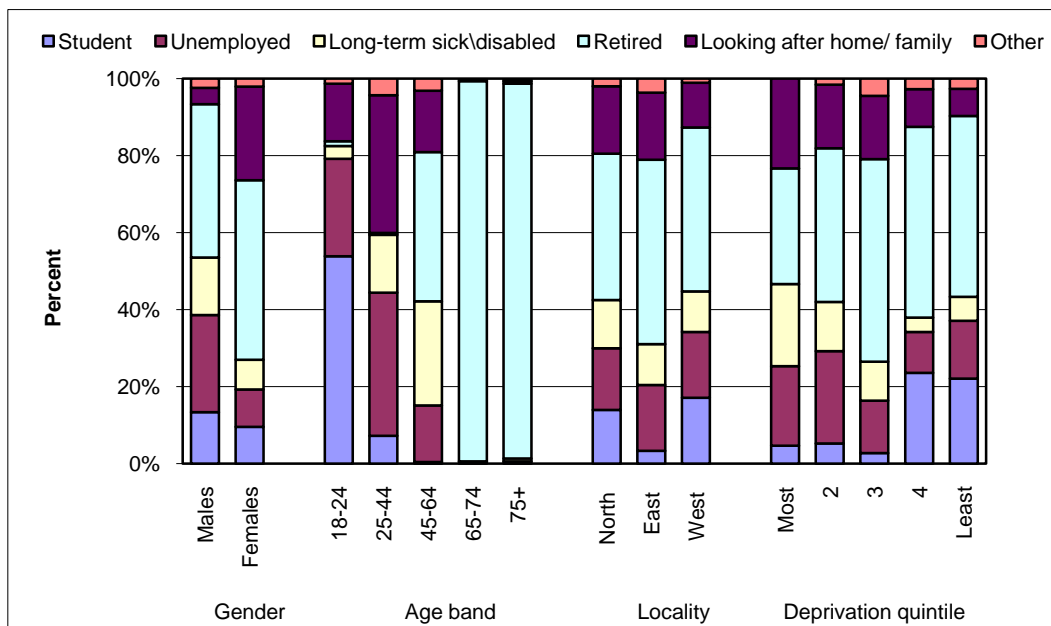
**Figure 5.40: Percentage of full-time workers among those that work by deprivation quintile**



## 5.7.2 Reasons for not working

**Figure 5.41** displays the reasons for not working (if not in paid employment) by sub groups. Women were much more likely to be looking after the home or family (24.3%) compared to men (4.2%), while men were much more likely to be unemployed and looking for a job (25.2%) compared to women (9.8%). A larger percentage of men were not working due to long-term sickness or disability (14.9%) compared to women (7.7%). 43.5% of respondents were not working due to retirement (39.9% of men and 46.6% of women). There were no respondents in government training schemes.

**Figure 5.41: Reasons for not working by sub groups**



The majority of those aged 18-24 years and not working were in full-time education (53.9%), with 25.3% unemployed. Those aged 25-44 years had the highest percentage of respondents unemployed (37.2%), with 35.7% looking after the home or family. Those aged 45-64 years had the highest percentage of respondents not working due to long-term sickness or disability (27.1%). East and West localities had the same percentage of respondents unemployed and looking for a job (17.1%), whilst North locality had the lowest percentage of unemployed residents (16.0%). North locality had the highest percentage of residents not working due to long-term sickness or disability (12.5%), with East locality having the highest percentage retired (47.9%). West locality had the largest student population, with 17.1% of residents in full-time education. There was considerable difference between deprivation quintiles in the percentage of respondents in full-time education, with 4.3% classed as students in the two most deprived quintiles combined, compared to 23.1% in the remaining quintiles.

**Table 5.18** presents data from the 2007 and 2009 Health and Wellbeing Surveys with national data from Social Trends 40<sup>36</sup> on reasons for not working (defined as economically inactive – that is they are not working, nor actively seeking work). The national data includes those aged 16-17 years, which can bias comparisons slightly. The percentage of working age men in 2009 economically inactive due to long-term sickness or disability was the same as the UK in 2009 (34%), a decrease of 24% between 2007 and 2009. 16% of women in 2009 were economically inactive due to long-term sickness or disability, lower than the UK in 2009 (19%), with a 20% decrease between 2007 and 2009.

<sup>36</sup> Office for National Statistics (2010)

The fall in percentage not working due to long-term sickness or disability is large and surprising that it is the same or lower compared to the UK. One explanation may be a shift in policy over illness and disability benefits, with the government trying to get more people working through a change in procedures for claiming benefits. Another possible explanation is that as the percentage retired is higher in Hull compared to England respondents may have retired early due to illness or disability and answered they were not working due to retirement rather than illness or disability.

**Table 5.18: Reasons for economic inactivity by age and gender comparisons with the United Kingdom 2008**

	Reasons for economic inactivity (%)					
	Males (Hull: 18-64;UK 16-64)			Females (Hull: 18-59; UK 16-59)		
	Hull 2007	Hull 2009	UK 2009	Hull 2007	Hull 2009	UK 2009
Long-term sick/disabled	45	34	34	20	16	19
Looking after family/home	8	9	6	55	53	45
Student	17	31	33	16	21	22
Retired	24	20	13	6	6	3
Other	6	5	11	3	4	9

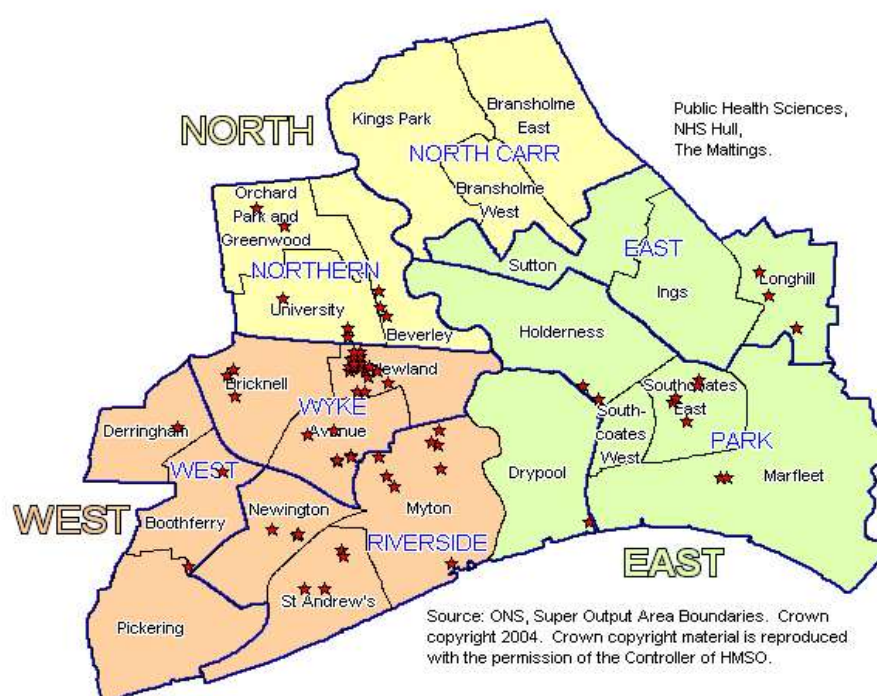
Among men the percentage of students has nearly doubled between 2007 and 2009 to 31%, to just under the UK in 2009 (33%). There was a higher percentage of men looking after the family/home in 2009 (9%) and retired (20%) compared to the UK in 2009 (6% and 13% respectively). The percentage of women looking after the family/home has remained relatively the same between 2007 and 2009 (53%), higher than the UK in 2009 (45%). The percentage of female students has increased between 2007 and 2009 by 31% to 21%, just below the UK in 2009 (22%). The percentage of women retired has remained the same between 2007 and 2009 (6%), but still higher than the UK in 2009 (3%). The significant rise in people going into full-time education could be related to a lack of employment opportunities, indicated by a fall in employment rates.

Tables of data relating to paid employment, employment rates among those of working age and reasons for unemployment broken down by gender, age, locality, Area Committee Area and deprivation quintile can be found in **section 12 on page 130**.

## 5.8 Ethnicity

The majority of survey respondents were White British (93.5%), with 2.1% White but not British and 4.5% non-White, compared to 11.8% in the UK classified as non-White for 2007<sup>37</sup>. A higher percentage of men (5.1%) compared to women (3.8%) were non-White. Those aged 18-24 years and 25-44 years had the highest percentage of non-White respondents (14.3% and 4.6% respectively) compared with those aged over 65 years (0%). For categories of ethnicity see **section 13.1** on **page 138**.

**Figure 5.42: Geographical spread of respondents who were not White British**

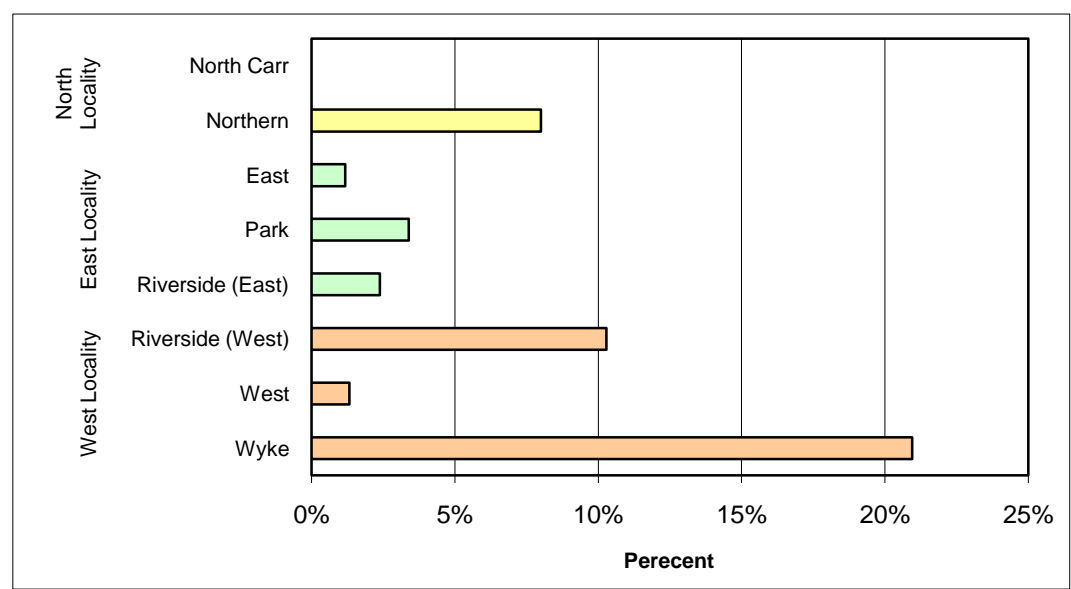


**Figure 5.42** displays the geographical spread of respondents who were not White British. West locality was the most ethnically diverse locality, with 11.2% of residents not white British, including 8.6% non-white. East locality was the least ethnically diverse locality, with 2.4% of residents non-white British (1.1% non-white). Wyke Area Committee Area was the most ethnically diverse Area Committee Area (see **Figure 5.43**) with 20.9% of residents not White British (17.8% non-white). North Carr Area Committee Area was the least ethnically diverse, with 100% of respondents White British. By deprivation, the second least deprived quintile was the most ethnically diverse quintile with 10.5% not White British and 9.0% non-White respondents, whilst the middle quintile was

<sup>37</sup> Office for National Statistics (2008) population estimates by ethnic group (experimental).

the least ethnically diverse, with 3.7% of respondents not White British and 1.6% respondents non-White.

**Figure 5.43: Percentage of respondents who were not White British by Area Committee Area**



Tables of ethnicity of respondents broken down by gender, age, locality, Area Committee Area and deprivation quintile can be found in **section 13** on **page 138**.

## 6 Tables: General health

### 6.1 Self-reported health status

**Table 6.1: Self-reported health status (Q1) by gender**

Gender	Number of respondents	Self-reported health status (%)					
		Excellent	Very good	Good	Fair	Poor	Don't know
Males	877	12.1	27.3	36.9	14.1	9.4	0.2
Females	873	9.4	27.1	37.3	16.2	10.0	0.0
All	1750	10.7	27.2	37.1	15.1	9.7	0.1

**Table 6.2: Self-reported health status (Q1) by age band**

Age (years)	Number of respondents	Self-reported health status (%)					
		Excellent	Very good	Good	Fair	Poor	Don't know
18-24	266	12.8	38.7	35.7	9.4	3.4	0.0
25-44	647	15.5	33.8	35.9	9.1	5.7	0.0
45-64	522	7.7	19.3	39.8	19.2	13.8	0.2
65-74	166	4.8	20.5	40.4	22.3	11.4	0.6
75+	148	4.1	12.2	32.4	29.7	21.6	0.0

**Table 6.3: Self-reported health status (Q1) by gender and age band**

Age (years)	Number of respondents	Self-reported health status (%)					
		Excellent	Very good	Good	Fair	Poor	Don't know
Males							
18-24	135	16.3	40.7	33.3	7.4	2.2	0.0
25-44	335	18.2	33.7	35.8	8.1	4.2	0.0
45-64	270	6.7	18.5	42.2	18.5	13.7	0.4
65-74	79	2.5	24.1	30.4	25.3	16.5	1.3
75+	58	5.2	3.4	36.2	29.3	25.9	0.0
Females							
18-24	131	9.2	36.6	38.2	11.5	4.6	0
25-44	312	12.5	34.0	35.9	10.3	7.4	0
45-64	252	8.7	20.2	37.3	19.8	13.9	0
65-74	87	6.9	17.2	49.4	19.5	6.9	0
75+	90	3.3	17.8	30.0	30.0	18.9	0

**Table 6.4: Self-reported health status (Q1) by Area Committee Area and locality**

Area Committee Area/locality	Number of respondents	Self-reported health status (%)					
		Excellent	Very good	Good	Fair	Poor	Don't know
North Carr	167	9.0	28.1	34.7	16.2	12.0	0.0
Northern	225	6.2	31.1	41.8	12.4	8.0	0.4
<b>North Locality</b>	<b>392</b>	<b>7.4</b>	<b>29.8</b>	<b>38.8</b>	<b>14.0</b>	<b>9.7</b>	<b>0.3</b>
East	255	10.2	24.7	35.7	17.6	11.4	0.4
Park	295	12.2	22.0	36.9	18.0	10.8	0.0
Riverside (East)	84	13.1	35.7	33.3	8.3	9.5	0.0
<b>East Locality</b>	<b>634</b>	<b>11.5</b>	<b>24.9</b>	<b>36.0</b>	<b>16.6</b>	<b>10.9</b>	<b>0.2</b>
Riverside (West)	243	8.6	20.6	40.7	17.3	12.8	0.0
West	228	11.8	28.1	34.6	15.8	9.6	0.0
Wyke	253	15.0	34.4	36.4	10.7	3.6	0.0
<b>West Locality</b>	<b>724</b>	<b>11.9</b>	<b>27.8</b>	<b>37.3</b>	<b>14.5</b>	<b>8.6</b>	<b>0.0</b>
<b>Hull</b>	<b>1750</b>	<b>10.7</b>	<b>27.2</b>	<b>37.1</b>	<b>15.1</b>	<b>9.7</b>	<b>0.1</b>

**Table 6.5: Self-reported health status (Q1) by deprivation quintile (Hull)**

Deprivation quintile	Number of respondents	Self-reported health status (%)					
		Excellent	Very good	Good	Fair	Poor	Don't know
Most deprived	307	8.1	20.5	40.1	17.3	14.0	0.0
2	331	8.5	22.4	38.4	16.3	14.2	0.3
3	321	7.5	27.7	38.0	16.8	9.7	0.3
4	477	14.9	28.3	36.5	14.9	5.5	0.0
Least deprived	309	12.6	37.2	33.0	10.0	7.1	0.0

## 6.2 Long-term illness

**Table 6.6: Proportion with illness or disability lasting long than a month (Q2) by age band**

Gender	Number of respondents	Illness or disability lasting longer than a month (%)	
		Yes	No
Males	877	33.3	66.7
Females	872	30.4	69.6
All	1749	31.8	68.2



**Table 6.7: Proportion with illness or disability lasting long than a month (Q2) by age band**

Age (years)	Number of respondents	Illness or disability lasting longer than a month (%)	
		Yes	No
18-24	265	9.1	90.9
25-44	647	22.4	77.6
45-64	522	39.1	60.9
65-74	166	57.2	42.8
75+	148	60.1	39.9

**Table 6.8: Proportion with illness or disability lasting long than a month (Q2) by gender and age band**

Age (years)	Number of respondents	Illness or disability lasting longer than a month (%)	
		Yes	No
Males			
18-24	135	9.6	90.4
25-44	335	22.4	77.6
45-64	270	41.1	58.9
65-74	79	64.6	35.4
75+	58	72.4	27.6
Females			
18-24	130	8.5	91.5
25-44	312	22.4	77.6
45-64	252	36.9	63.1
65-74	87	50.6	49.4
75+	90	52.2	47.8

**Table 6.9: Proportion with illness or disability lasting long than a month (Q2) by Area Committee Area and locality**

Area Committee Area/locality	Number of respondents	Illness or disability lasting longer than a month (%)	
		Yes	No
North Carr	167	35.9	64.1
Northern	225	32.0	68.0
<b>North Locality</b>	<b>392</b>	<b>33.7</b>	<b>66.3</b>
East	255	36.9	63.1
Park	295	31.5	68.5
Riverside (East)	84	23.8	76.2
<b>East Locality</b>	<b>634</b>	<b>32.6</b>	<b>67.4</b>
Riverside (West)	243	37.9	62.1
West	228	31.6	68.4
Wyke	252	21.4	78.6
<b>West Locality</b>	<b>723</b>	<b>30.2</b>	<b>69.8</b>
<b>Hull</b>	<b>1749</b>	<b>31.8</b>	<b>68.2</b>

**Table 6.10: Proportion with illness or disability lasting long than a month (Q2) by deprivation quintile (Hull)**

Deprivation quintile	Number of respondents	Illness or disability lasting longer than a month (%)	
		Yes	No
Most deprived	307	40.1	59.9
2	331	34.1	65.9
3	321	33.0	67.0
4	476	28.2	71.8
Least deprived	309	25.6	74.4

### 6.3 Activities limited by long-term illness

**Table 6.11: Proportion with activities limited by long-term illness or disabilities (Q2a) by gender**

Gender	Number of respondents	Activities limited by long term illness or disability (%)	
		Yes	No
Male	877	22.1	77.9
Female	872	20.6	79.4
All	1,749	21.4	78.6

**Table 6.12: Proportion with activities limited by long-term illness or disabilities (Q2a) by gender**

Age (years)	Number of respondents	Activities limited by long term illness or disability (%)	
		Yes	No
18-24	265	5.3	94.7
25-44	647	13.8	86.2
45-64	522	28.7	71.3
65-74	166	33.7	66.3
75+	148	43.9	56.1

**Table 6.13: Proportion with activities limited by long-term illness or disabilities (Q2a) by gender and age band**

Age (years)	Number of respondents	Activities limited by long term illness or disability (%)	
		Yes	No
Males			
18-24	135	6	94
25-44	335	13	87
45-64	270	31	69
65-74	79	35	65
75+	58	55	45
Females			
18-24	130	5	95
25-44	312	15	85
45-64	252	26	74
65-74	87	32	68
75+	90	37	63

**Table 6.14: Proportion with activities limited by long-term illness or disabilities (Q2a) by Area Committee Area and locality**

Area Committee Area/locality	Number of respondents	Activities limited by long term illness or disability (%)	
		Yes	No
North Carr	167	26.9	73.1
Northern	225	22.7	77.3
<b>North Locality</b>	<b>392</b>	<b>24.5</b>	<b>75.5</b>
East	255	25.1	74.9
Park	295	18.0	82.0
Riverside (East)	84	17.9	82.1
<b>East Locality</b>	<b>634</b>	<b>20.8</b>	<b>79.2</b>
Riverside (West)	243	28.8	71.2
West	228	20.6	79.4
Wyke	252	11.5	88.5
<b>West Locality</b>	<b>723</b>	<b>20.2</b>	<b>79.8</b>
<b>Hull</b>	<b>1749</b>	<b>21.4</b>	<b>78.6</b>

**Table 6.15: Proportion with activities limited by long-term illness or disabilities (Q2a) by deprivation quintile (Hull)**

Deprivation quintile	Number of respondents	Activities limited by long term illness or disability (%)	
		Yes	No
Most deprived	307	30.6	69.4
2	331	23.3	76.7
3	321	24.0	76.0
4	476	14.3	85.7
Least deprived	309	18.4	81.6

#### **6.4 Mental health index (SF-36 mental health transformed (0-100) scale)**

**Table 6.16: Mental health index (Q3) by gender**

Gender	Number of respondents	Mental health index score (%)				
		0-60	61-75	76-85	86-100	Median
Males	877	17.6	13.6	18.9	49.9	90
Females	872	21.4	18.7	17.2	42.7	85
All	1749	19.5	16.1	18.1	46.3	85

**Table 6.17: Mental health index (Q3) by age band**

Age (years)	Number of respondents	Mental health index score (%)				
		0-60	61-75	76-85	86-100	Median
18-24	266	12.4	18.4	22.9	46.2	80
25-44	647	18.2	15.1	16.5	50.1	85
45-64	521	22.8	15.0	17.3	44.9	90
65-74	166	19.9	13.9	22.9	43.4	85
75+	148	25.0	23.0	13.5	38.5	85

**Table 6.18: Mental health index (Q3) by gender and age band**

Age (years)	Number of respondents	Mental health index score (%)				
		0-60	61-75	76-85	86-100	Median
Males						
18-24	135	9.6	14.1	28.9	47.4	85
25-44	335	15.8	12.5	17.0	54.6	90
45-64	270	21.1	14.8	17.0	47.0	85
65-74	79	22.8	6.3	19.0	51.9	90
75+	58	22.4	22.4	15.5	39.7	85
Females						
18-24	131	15.3	22.9	16.8	45.0	85
25-44	312	20.8	17.9	16.0	45.2	85
45-64	251	24.7	15.1	17.5	42.6	85
65-74	87	17.2	20.7	26.4	35.6	85
75+	90	26.7	23.3	12.2	37.8	77.5

**Table 6.19: Mental health index (Q3) by Area Committee Area and locality**

Area Committee Area/locality	Number of respondents	Mental health index score (%)				
		0-60	61-75	76-85	86-100	Median
North Carr	167	16.2	12.6	16.8	54.5	90
Northern	225	24.9	17.8	16.4	40.9	80
<b>North Locality</b>	<b>392</b>	<b>21.2</b>	<b>15.6</b>	<b>16.6</b>	<b>46.7</b>	<b>85</b>
East	254	18.5	18.1	19.3	44.1	85
Park	295	21.4	15.3	17.6	45.8	85
Riverside (East)	84	17.9	13.1	11.9	57.1	90
<b>East Locality</b>	<b>633</b>	<b>19.7</b>	<b>16.1</b>	<b>17.5</b>	<b>46.6</b>	<b>85</b>
Riverside (West)	243	25.5	14.4	16.0	44.0	85
West	228	15.8	13.2	18.9	52.2	90
Wyke	253	13.8	21.3	22.9	41.9	85
<b>West Locality</b>	<b>724</b>	<b>18.4</b>	<b>16.4</b>	<b>19.3</b>	<b>45.9</b>	<b>85</b>
<b>Hull</b>	<b>1749</b>	<b>19.5</b>	<b>16.1</b>	<b>18.1</b>	<b>46.3</b>	<b>85</b>

**Table 6.20: Mental health index (Q3) by deprivation quintile (Hull)**

Deprivation quintile	Number of respondents	Mental health index score (%)				
		0-60	61-75	76-85	86-100	Median
Most deprived	307	29.6	14.7	14.3	41.4	80
2	331	19.6	16.9	13.9	49.5	85
3	320	18.1	15.3	20.0	46.6	85
4	477	15.7	18.2	21.4	44.7	85
Least deprived	309	16.5	14.2	19.1	50.2	90

## 7 Tables: Diet

### 7.1 Healthy diet eaten

**Table 7.1: Do you think you have a healthy diet (Q4) by gender**

Gender	Number of respondents	Do you think you have a healthy diet? (%)			
		Yes	No	Don't know <sup>38</sup>	Don't know <sup>39</sup>
Male	875	76.1	21.3	0.6	2.1
Female	868	82.5	14.6	0.5	2.4
All	1743	79.3	18.0	0.5	2.2

**Table 7.2: Do you think you have a healthy diet (Q4) by age band**

Age (years)	Number of respondents	Do you think you have a healthy diet? (%)			
		Yes	No	Don't know <sup>26</sup>	Don't know <sup>27</sup>
18-24	265	67.5	27.9	0.8	3.8
25-44	645	75.5	21.2	0.6	2.6
45-64	520	81.3	16.3	0.4	1.9
65-74	165	91.5	7.3	0.6	0.6
75+	147	95.9	3.4	0.0	0.7

**Table 7.3: Do you think you have a healthy diet (Q4) by gender and age band**

age band

Age (years)	Number of respondents	Do you think you have a healthy diet? (%)			
		Yes	No	Don't know <sup>26</sup>	Don't know <sup>27</sup>
Males					
18-24	134	67.2	28.4	0.7	3.7
25-44	334	71.6	25.4	0.6	2.4
45-64	270	78.1	19.6	0.7	1.5
65-74	79	88.6	10.1	0.0	1.3
75+	58	96.6	3.4	0.0	0.0
Females					
18-24	131	67.9	27.5	0.8	3.8
25-44	311	79.7	16.7	0.6	2.9
45-64	250	84.8	12.8	0.0	2.4
65-74	86	94.2	4.7	1.2	0.0
75+	89	95.5	3.4	0.0	1.1

<sup>38</sup> Don't know what a healthy diet is

<sup>39</sup> Don't know if I eat a healthy diet

**Table 7.4: Do you think you have a healthy diet (Q4) by Area Committee Area and locality**

Area Committee Area/locality	Number of respondents	Do you think you have a healthy diet? (%)			
		Yes	No	Don't know <sup>40</sup>	Don't know <sup>41</sup>
North Carr	167	74.9	19.8	1.2	4.2
Northern	225	80.4	17.8	0.0	1.8
<b>North Locality</b>	<b>392</b>	<b>78.1</b>	<b>18.6</b>	<b>0.5</b>	<b>2.8</b>
East	252	79.8	17.1	0.4	2.8
Park	293	77.1	20.1	0.3	2.4
Riverside (East)	84	73.8	23.8	1.2	1.2
<b>East Locality</b>	<b>629</b>	<b>77.7</b>	<b>19.4</b>	<b>0.5</b>	<b>2.4</b>
Riverside (West)	243	74.5	23.9	0.8	0.8
West	227	86.8	9.3	0.4	3.5
Wyke	252	82.9	15.5	0.4	1.2
<b>West Locality</b>	<b>722</b>	<b>81.3</b>	<b>16.3</b>	<b>0.6</b>	<b>1.8</b>
<b>Hull</b>	<b>1743</b>	<b>79.3</b>	<b>18.0</b>	<b>0.5</b>	<b>2.2</b>

**Table 7.5: Do you think you have a healthy diet (Q4) by deprivation quintile (Hull)**

Deprivation quintile	Number of respondents	Do you think you have a healthy diet ? (%)			
		Yes	No	Don't know <sup>28</sup>	Don't know <sup>29</sup>
Most deprived	307	72.0	24.4	1.0	2.6
2	330	76.4	19.4	0.9	3.3
3	320	77.8	20.0	0.3	1.9
4	474	83.5	14.3	0.2	1.9
Least deprived	307	84.4	13.7	0.3	1.6

<sup>40</sup> Don't know what a healthy diet is

<sup>41</sup> Don't know if I eat a healthy diet



## 7.2 Daily portions of fruit and vegetables

**Table 7.6: Government 5-A-DAY fruits and vegetables guideline met (Q5) by age band**

Gender	Number of respondents	5-A-DAY guideline met (%)	
		Yes	No
Males	877	21.8	78.2
Females	873	30.5	69.5
All	1,750	26.1	73.9

**Table 7.7: Usual portions of fruits and vegetables per day (Q5) by gender**

Gender	Number of respondents	Daily portions of fruits and vegetables (%)							
		0	1	2	3	4	5	6	7+
Males	877	10.0	12.1	19.6	24.2	12.3	17.0	2.4	2.4
Females	873	5.0	7.8	15.2	25.5	15.9	25.0	2.2	3.3
All	1750	7.5	9.9	17.4	24.9	14.1	21.0	2.3	2.9

**Table 7.8: Government 5-A-DAY fruits and vegetables guideline met (Q5) by age band**

Age (years)	Number of respondents	5-A-DAY guideline met (%)	
		Yes	No
18-24	266	14.3	85.7
25-44	647	25.8	74.2
45-64	522	28.9	71.1
65-74	166	34.3	65.7
75+	148	29.7	70.3

**Table 7.9: Usual portions of fruits and vegetables per day (Q5) by age band**

Age (years)	Number of respondents	Daily portions of fruits and vegetables (%)							
		0	1	2	3	4	5	6	7+
18-24	266	13.9	12.4	23.3	27.4	8.6	11.3	1.1	1.9
25-44	647	6.6	12.4	17.3	23.5	14.4	20.2	2.5	3.1
45-64	522	7.5	7.1	16.5	24.1	15.9	23.2	2.1	3.6
65-74	166	3.6	8.4	10.2	25.9	17.5	28.9	3.6	1.8
75+	148	4.7	6.8	18.9	27.0	12.8	25.0	2.7	2.0

**Table 7.10: Government 5-A-DAY fruits and vegetables guideline met (Q5) by gender and age band**

Gender and age band			
Age (years)	Number of respondents	5-A-DAY guideline met (%)	
		Yes	No
Males			
18-24	135	11.9	88.1
25-44	335	21.8	78.2
45-64	270	26.3	73.7
65-74	79	25.3	74.7
75+	58	19.0	81.0
Females			
18-24	131	16.8	83.2
25-44	312	30.1	69.9
45-64	252	31.7	68.3
65-74	87	42.5	57.5
75+	90	36.7	63.3

**Table 7.11: Usual portions of fruits and vegetables per day (Q5) by gender and age band**

and age band

Age (years)	Number of respondents	Daily portions of fruits and vegetables (%)							
		0	1	2	3	4	5	6	7+
Males									
18-24	135	18.5	12.6	24.4	25.2	7.4	8.9	1.5	1.5
25-44	335	8.4	14.3	20.3	23.3	11.9	16.1	3.0	2.7
45-64	270	10.4	8.9	17.0	22.6	14.8	21.5	1.5	3.3
65-74	79	2.5	13.9	17.7	25.3	15.2	20.3	3.8	1.3
75+	58	8.6	10.3	19.0	32.8	10.3	15.5	3.4	0.0
Females									
18-24	131	9.2	12.2	22.1	29.8	9.9	13.7	0.8	2.3
25-44	312	4.8	10.3	14.1	23.7	17.0	24.7	1.9	3.5
45-64	252	4.4	5.2	15.9	25.8	17.1	25.0	2.8	4.0
65-74	87	4.6	3.4	3.4	26.4	19.5	36.8	3.4	2.3
75+	90	2.2	4.4	18.9	23.3	14.4	31.1	2.2	3.3

**Table 7.12: Government 5-A-DAY fruits and vegetables guideline met (Q5) by Area Committee Area and locality**

Area Committee Area/locality	Number of respondents	5-A-DAY guideline met (%)	
		Yes	No
North Carr	167	24.6	75.4
Northern	225	24.0	76.0
<b>North Locality</b>	<b>392</b>	<b>24.2</b>	<b>75.8</b>
East	255	29.4	70.6
Park	295	22.0	78.0
Riverside (East)	84	25.0	75.0
<b>East Locality</b>	<b>634</b>	<b>25.4</b>	<b>74.6</b>
Riverside (West)	243	23.0	77.0
West	228	32.9	67.1
Wyke	253	27.7	72.3
<b>West Locality</b>	<b>724</b>	<b>27.8</b>	<b>72.2</b>
<b>Hull</b>	<b>1750</b>	<b>26.1</b>	<b>73.9</b>

**Table 7.13: Usual portions of fruits and vegetables per day (Q5) by Area Committee Area and locality**

Area Committee Area/locality	Number of respondents	Daily portions of fruits and vegetables (%)							
		0	1	2	3	4	5	6	7+
North Carr	167	8.4	9.6	16.8	27.5	13.2	23.4	1.2	0.0
Northern	225	8.9	7.1	16.4	28.0	15.6	18.7	3.1	2.2
<b>North Locality</b>	<b>392</b>	<b>8.7</b>	<b>8.2</b>	<b>16.6</b>	<b>27.8</b>	<b>14.5</b>	<b>20.7</b>	<b>2.3</b>	<b>1.3</b>
East	255	7.8	8.2	15.7	22.7	16.1	25.9	2.0	1.6
Park	295	10.2	11.5	18.6	22.7	14.9	18.0	2.0	2.0
Riverside (East)	84	8.3	7.1	14.3	23.8	21.4	20.2	2.4	2.4
<b>East Locality</b>	<b>634</b>	<b>9.0</b>	<b>9.6</b>	<b>16.9</b>	<b>22.9</b>	<b>16.2</b>	<b>21.5</b>	<b>2.1</b>	<b>1.9</b>
Riverside (West)	243	9.9	13.6	19.3	23.5	10.7	19.8	1.2	2.1
West	228	2.2	7.9	21.1	23.2	12.7	24.1	1.8	7.0
Wyke	253	4.7	11.9	15.0	28.1	12.6	18.6	4.3	4.7
<b>West Locality</b>	<b>724</b>	<b>5.7</b>	<b>11.2</b>	<b>18.4</b>	<b>25.0</b>	<b>12.0</b>	<b>20.7</b>	<b>2.5</b>	<b>4.6</b>
<b>Hull</b>	<b>1750</b>	<b>7.5</b>	<b>9.9</b>	<b>17.4</b>	<b>24.9</b>	<b>14.1</b>	<b>21.0</b>	<b>2.3</b>	<b>2.9</b>

**Table 7.14: Government 5-A-DAY fruits and vegetables guideline met (Q5) by deprivation quintile (Hull)**

Deprivation quintile	Number of respondents	5-A-DAY guideline met (%)	
		Yes	No
Most deprived	307	19.9	80.1
2	331	23.6	76.4
3	321	30.5	69.5
4	477	29.1	70.9
Least deprived	309	26.2	73.8

**Table 7.15: Usual portions of fruits and vegetables per day (Q5) by deprivation quintile (Hull)**

Deprivation quintile	Number of respondents	Daily portions of fruits and vegetables (%)							
		0	1	2	3	4	5	6	7+
Most deprived	307	12.7	13.7	19.2	21.5	13.0	17.3	1.6	1.0
2	331	10.6	9.1	16.0	26.6	14.2	18.7	2.7	2.1
3	321	6.5	9.7	16.5	26.8	10.0	25.2	2.5	2.8
4	477	5.7	9.2	15.5	25.8	14.7	22.6	1.9	4.6
Least deprived	309	3.2	8.4	21.0	23.0	18.1	20.4	2.9	2.9

## 8 Tables: Alcohol

### 8.1 How often do you drink alcohol?

**Table 8.1: How often do you drink alcohol (Q6) by gender**

Gender	Number of respondents	How often do you drink alcohol? (%)					
		Everyday	4-6 dpw <sup>42</sup>	1-3 dpw	1-3 dpm <sup>43</sup>	<1 dpm	Never
Males	877	9.1	7.1	41.4	14.4	10.9	17.1
Females	873	3.4	2.2	29.2	16.4	17.8	31.0
All	1750	6.3	4.6	35.3	15.4	14.3	24.1

**Table 8.2: How often do you drink alcohol (Q6) by age band**

Age (years)	Number of respondents	How often do you drink alcohol? (%)					
		Everyday	4-6 dpw	1-3 dpw	1-3 dpm	<1 dpm	Never
18-24	266	3.4	3.8	39.5	23.7	13.2	16.5
25-44	647	5.6	6.2	37.9	17.3	13.8	19.3
45-64	522	8.0	4.2	35.2	13.6	14.9	23.9
65-74	166	8.4	3.6	31.3	7.8	14.5	34.3
75+	148	6.1	2.0	21.6	6.8	16.9	46.6

<sup>42</sup> Days per week

<sup>43</sup> Days per month

**Table 8.3: How often do you drink alcohol (Q6) by gender and age band**

Age (years)	Number of respondents	How often do you drink alcohol? (%)					
		Everyday	4-6 dpw	1-3 dpw	1-3 dpm	<1 dpm	Never
Males							
18-24	135	5.2	5.2	44.4	19.3	11.9	14.1
25-44	335	9.0	9.9	43.6	15.5	8.1	14.0
45-64	270	11.1	5.9	39.6	14.1	12.6	16.7
65-74	79	10.1	3.8	43.0	6.3	12.7	24.1
75+	58	8.6	5.2	27.6	8.6	15.5	34.5
Females							
18-24	131	1.5	2.3	34.4	28.2	14.5	19.1
25-44	312	1.9	2.2	31.7	19.2	19.9	25.0
45-64	252	4.8	2.4	30.6	13.1	17.5	31.7
65-74	87	6.9	3.4	20.7	9.2	16.1	43.7
75+	90	4.4	0.0	17.8	5.6	17.8	54.4

**Table 8.4: How often do you drink alcohol (Q6) by Area Committee Area and locality**

Area Committee Area/locality	Number of respondents	How often do you drink alcohol? (%)					
		Everyday	4-6 dpw	1-3 dpw	1-3 dpm	<1 dpm	Never
North Carr	167	9.0	4.8	33.5	15.6	14.4	22.8
Northern	225	4.4	3.6	33.3	14.7	16.4	27.6
<b>North Locality</b>	<b>392</b>	<b>6.4</b>	<b>4.1</b>	<b>33.4</b>	<b>15.1</b>	<b>15.6</b>	<b>25.5</b>
East	255	8.2	5.5	32.2	13.3	16.1	24.7
Park	295	7.8	4.7	32.2	16.9	17.3	21.0
Riverside (East)	84	8.3	3.6	45.2	7.1	15.5	20.2
<b>East locality</b>	<b>634</b>	<b>8.0</b>	<b>4.9</b>	<b>33.9</b>	<b>14.2</b>	<b>16.6</b>	<b>22.4</b>
Riverside (West)	243	5.3	3.3	33.7	14.8	13.2	29.6
West	228	4.4	3.9	38.2	19.7	11.8	21.9
Wyke	253	4.3	6.7	40.7	15.4	10.3	22.5
<b>West Locality</b>	<b>724</b>	<b>4.7</b>	<b>4.7</b>	<b>37.6</b>	<b>16.6</b>	<b>11.7</b>	<b>24.7</b>
<b>Hull</b>	<b>1750</b>	<b>6.3</b>	<b>4.6</b>	<b>35.3</b>	<b>15.4</b>	<b>14.3</b>	<b>24.1</b>

**Table 8.5: How often do you drink alcohol (Q6) by deprivation quintile (Hull)**

Deprivation quintile	Number of respondents	How often do you drink alcohol? (%)					
		Every day	4-6 dpw	1-3 dpw	1-3 dpm	<1 dpm	Never
Most deprived	307	6.2	1.3	31.6	15.6	16.6	28.7
2	331	4.5	4.2	31.4	12.1	21.5	26.3
3	321	9.0	5.3	30.2	16.2	13.4	25.9
4	477	5.7	5.2	37.7	16.1	12.2	23.1
Least deprived	309	6.5	6.8	44.3	16.5	8.7	17.2

## 8.2 Any alcohol consumed over last 7 days?

**Table 8.6: Did you drink alcohol over the last 7 days (Q7) by gender (excluding those that never drink)**

Gender	Number of respondents	Did you drink any alcohol in the last 7 days? (%)	
		Yes	No
Males	727	73.6	26.4
Females	602	59.8	40.2
All	1329	67.3	32.7

**Table 8.7: Did you drink alcohol over the last 7 days (Q7) by age group (excluding those that never drink)**

Age (years)	Number of respondents	Did you drink any alcohol in the last 7 days? (%)	
		Yes	No
18-24	222	60.8	39.2
25-44	522	68.8	31.2
45-64	397	69.8	30.2
65-74	109	70.6	29.4
75+	79	59.5	40.5

**Table 8.8: Did you drink alcohol over the last 7 days (Q7) by gender and age group (excluding those that never drink)**

Age (years)	Number of respondents	Did you drink any alcohol in the last 7 days? (%)	
		Yes	No
Males			
18-24	116	65.5	34.5
25-44	288	74.7	25.3
45-65	225	76.9	23.1
65-75	60	75.0	25.0
75+	38	68.4	31.6
Females			
18-24	106	55.7	44.3
25-44	234	61.5	38.5
45-65	172	60.5	39.5
65-75	49	65.3	34.7
75+	41	51.2	48.8

**Table 8.9: Did you drink alcohol over the last 7 days (Q7) by area committee area and locality (excluding those that never drink)**

Area Committee Area/locality	Number of respondents	Did you drink any alcohol in the last 7 days? (%)	
		Yes	No
North Carr	129	62.8	37.2
Northern	163	68.7	31.3
<b>North Locality</b>	<b>292</b>	<b>66.1</b>	<b>33.9</b>
East	192	66.7	33.3
Park	233	63.5	36.5
Riverside (East)	67	73.1	26.9
<b>East Locality</b>	<b>492</b>	<b>66.1</b>	<b>33.9</b>
Riverside (West)	171	65.5	34.5
West	178	66.3	33.7
Wyke	196	75.0	25.0
<b>West Locality</b>	<b>545</b>	<b>69.2</b>	<b>30.8</b>
<b>Hull</b>	<b>1329</b>	<b>67.3</b>	<b>32.7</b>

**Table 8.10: Did you drink alcohol over the last 7 days (Q7) by deprivation quintile (excluding those that never drink)**

Deprivation quintile	Number of respondents	Did you drink any alcohol in the last 7 days? (%)	
		Yes	No
Most deprived	219	62.6	37.4
2	244	56.1	43.9
3	238	68.5	31.5
4	367	70.8	29.2
Least deprived	256	75.8	24.2

### 8.3 Total units of alcohol consumed over last 7 days

**Table 8.11: Total units of alcohol consumed in last 7 days (Q7) by gender**

Gender	Number of respondents	Total units consumed in the last 7 days (%)					
		0-7	8-14	15-21	22-28	>28	Median
Males	877	57.0	18.6	8.9	4.3	11.2	10
Females	873	79.4	13.1	4.1	1.7	1.7	7.6
All	1750	68.2	15.8	6.5	3.0	6.5	9

**Table 8.12: Total units of alcohol consumed in last 7 days (Q7) by age band**

Age (years)	Number of respondents	Total units consumed in the last 7 days (%)					
		0-7	8-14	15-21	22-28	>28	Median
18-24	266	65.4	13.9	5.3	3.8	11.7	11
25-44	647	62.8	16.8	8.8	3.9	7.7	10
45-64	522	68.4	15.9	6.7	3.3	5.7	9
65-74	166	73.5	21.7	3.0	0.6	1.2	8
75+	148	89.9	8.1	2.0	0.0	0.0	4



**Table 8.13: Total units of alcohol consumed in last 7 days (Q7) by age band**

Age (years)	Number of respondents	Total units consumed in the last 7 days (%)					
		0-7	8-14	15-21	22-28	>28	Median
Males							
18-24	135	57.8	13.3	5.9	3.7	19.3	16.5
25-44	335	51.6	16.7	12.2	6.3	13.1	14
45-64	270	55.9	21.5	8.5	4.4	9.6	10
65-74	79	65.8	27.8	3.8	0.0	2.5	8
75+	58	79.3	15.5	5.2	0.0	0.0	6
Females							
18-24	131	73.3	14.5	4.6	3.8	3.8	9
25-44	312	74.7	17.0	5.1	1.3	1.9	8
45-64	252	81.7	9.9	4.8	2.0	1.6	6
65-74	87	80.5	16.1	2.3	1.1	0.0	8
75+	90	96.7	3.3	0.0	0.0	0.0	2.2

**Table 8.14: Total units of alcohol consumed in last 7 days (Q7) by area committee area and locality**

Area Committee Area/locality	Number of respondents	Total units consumed in the last 7 days (%)					
		0-7	8-14	15-21	22-28	>28	Median
Males							
North Carr	86	59.3	17.4	9.3	3.5	10.5	10
Northern	106	62.3	18.9	6.6	2.8	9.4	8.5
North Locality	192	60.9	18.2	7.8	3.1	9.9	9
East	126	53.2	16.7	11.1	3.2	15.9	12
Park	146	56.2	21.9	9.6	4.1	8.2	10
Riverside (East)	45	46.7	24.4	13.3	4.4	11.1	12.8
East Locality	317	53.6	20.2	10.7	3.8	11.7	12
Riverside (West)	127	57.5	16.5	7.1	6.3	12.6	13.5
West	106	54.7	25.5	4.7	4.7	10.4	9
Wyke	135	60.7	11.9	11.1	5.2	11.1	10
West Locality	368	57.9	17.4	7.9	5.4	11.4	11.8
Hull	877	57.0	18.6	8.9	4.3	11.2	10
Females							
North Carr	81	76.5	16.0	4.9	1.2	1.2	9
Northern	119	80.7	11.8	2.5	3.4	1.7	6
North Locality	200	79.0	13.5	3.5	2.5	1.5	7.75
East	129	80.6	12.4	3.1	0.8	3.1	8
Park	149	81.9	12.8	3.4	1.3	0.7	7
Riverside (East)	39	69.2	23.1	5.1	2.6	0.0	8.5
East Locality	317	79.8	13.9	3.5	1.3	1.6	8
Riverside (West)	116	84.5	9.5	2.6	0.9	2.6	6
West	122	84.4	9.8	4.1	1.6	0.0	6
Wyke	118	68.6	16.9	8.5	2.5	3.4	9
West Locality	356	79.2	12.1	5.1	1.7	2.0	7
Hull	873	79.4	13.1	4.1	1.7	1.7	7.6

**Table 8.15: Total units of alcohol consumed in last 7 days (Q7) by deprivation**

Deprivation

Deprivation quintile	Number of respondents	Total units consumed in the last 7 days (%)					
		0-7	8-14	15-21	22-28	>28	Median
Males							
Most deprived	163	59.5	19.0	6.7	3.1	11.7	10
2	168	60.7	20.2	6.0	3.0	10.1	10
3	157	56.1	17.2	9.6	5.1	12.1	10.4
4	233	58.4	16.7	9.4	5.6	9.9	10
Least deprived	151	49.7	19.9	13.2	4.6	12.6	12
Females							
Most deprived	144	84.7	11.1	2.1	0.7	1.4	6
2	163	85.3	8.0	2.5	3.1	1.2	7
3	164	78.7	11.0	6.1	3.0	1.2	8
4	244	77.0	15.2	5.3	0.4	2.0	8
Least deprived	158	72.8	19.0	3.8	1.9	2.5	7

#### 8.4 Type of alcohol drunk over the last 7 days

**Table 8.16: Type of alcohol consumed (percentage of all alcohol units consumed, Q7) by gender**

Gender	Type of alcohol consumed (percentage of all alcohol units consumed)				
	Ordinary beer, larger or cider	Strong beer, larger or cider	Wine	Sherry or Spirits	Alcopops
Males	71.5	8.1	13.5	6.3	0.6
Females	28.1	5.2	48.4	16.7	1.7
All	60.1	7.3	22.6	9.0	0.9

**Table 8.17: Type of alcohol consumed (percentage of all alcohol units consumed, Q7) by age band**

Age (years)	Type of alcohol consumed (percentage of all alcohol units consumed)				
	Ordinary beer, larger or cider	Strong beer, larger or cider	Wine	Sherry or Spirits	Alcopops
18-24	57.4	16.9	7.9	14.8	3.0
25-44	58.7	6.2	27.0	7.6	0.5
45-64	65.2	3.8	26.3	4.4	0.2
65-74	58.5	0.0	27.5	14.0	0.0
75+	43.7	0.0	18.8	37.4	0.0

**Table 8.18: Type of alcohol consumed (percentage of all alcohol units consumed, Q7) by gender and age band**

Age (years)	Type of alcohol consumed (percentage of all alcohol units consumed)				
	Ordinary beer, larger or cider	Strong beer, larger cider	Wine	Sherry or Spirits	Alcopops
<b>Males</b>					
18-24	69.3	18.8	1.6	8.3	2.0
25-44	70.1	7.4	16.7	5.5	0.2
45-64	75.4	3.3	17.8	3.3	0.3
65-74	74.3	0.0	10.5	15.3	0.0
75+	57.3	0.0	12.0	30.7	0.0
<b>Females</b>					
18-24	25.2	11.8	25.3	32.3	5.5
25-44	25.9	2.5	56.9	13.5	1.2
45-64	33.8	5.6	52.8	7.7	0.1
65-74	31.5	0.0	56.8	11.8	0.0
75+	14.2	0.0	33.7	52.1	0.0

**Table 8.19: Type of alcohol consumed (percentage of all alcohol units consumed, Q7) by Area Committee Area and locality**

Area Committee Area/locality	Type of alcohol consumed (percentage of all alcohol units consumed)				
	Ordinary beer, larger or cider	Strong beer, larger cider	Wine	Sherry or Spirits	Alcopops
<b>Males</b>					
North Carr	77.8	7.5	6.4	8.3	0.0
Northern	65.1	13.6	16.6	4.6	0.0
<b>North Locality</b>	<b>72.0</b>	<b>10.3</b>	<b>11.1</b>	<b>6.6</b>	<b>0.0</b>
East	67.6	11.5	12.6	7.8	0.5
Park	81.1	0.5	11.9	4.7	1.9
Riverside (East)	76.7	0.0	16.4	5.9	1.0
<b>East Locality</b>	<b>74.0</b>	<b>5.7</b>	<b>12.9</b>	<b>6.4</b>	<b>1.1</b>
Riverside (West)	77.9	6.5	9.9	5.5	0.2
West	61.7	18.6	15.3	4.3	0.1
Wyke	64.6	4.7	21.1	8.4	1.1
<b>West Locality</b>	<b>69.0</b>	<b>9.3</b>	<b>15.2</b>	<b>6.1</b>	<b>0.5</b>
<b>Hull</b>	<b>71.5</b>	<b>8.1</b>	<b>13.5</b>	<b>6.3</b>	<b>0.6</b>
<b>Females</b>					
North Carr	26.8	2.2	56.7	13.1	1.3
Northern	42.0	6.2	30.0	18.9	2.9
<b>North Locality</b>	<b>36.3</b>	<b>4.7</b>	<b>40.1</b>	<b>16.7</b>	<b>2.3</b>
East	29.0	7.2	55.8	7.5	0.4
Park	32.4	5.4	38.2	21.1	2.9
Riverside (East)	29.7	0.0	56.3	14.0	0.0
<b>East Locality</b>	<b>30.5</b>	<b>5.3</b>	<b>48.5</b>	<b>14.2</b>	<b>1.4</b>
Riverside (West)	21.8	11.3	40.1	25.6	1.2
West	26.9	6.2	56.9	8.5	1.5
Wyke	17.8	1.0	58.8	20.5	2.0
<b>West Locality</b>	<b>21.3</b>	<b>5.3</b>	<b>53.0</b>	<b>18.7</b>	<b>1.6</b>
<b>Hull</b>	<b>28.1</b>	<b>5.2</b>	<b>48.4</b>	<b>16.7</b>	<b>1.7</b>

**Table 8.20: Type of alcohol consumed (percentage of all alcohol units consumed, Q7) by deprivation quintile**

Deprivation quintile	Type of alcohol consumed (percentage of all alcohol units consumed)				
	Ordinary beer, larger or cider	Strong beer, larger cider	Wine	Sherry or Spirits	Alcopops
<b>Males</b>					
Most deprived	78.9	2.6	12.8	5.4	0.4
2	55.2	22.0	14.1	7.3	1.3
3	82.0	2.9	9.3	5.0	0.8
4	73.1	5.4	11.9	8.9	0.6
Least deprived	67.9	9.0	19.3	3.8	0.1
<b>Females</b>					
Most deprived	46.1	5.4	31.2	17.0	0.3
2	25.8	11.0	42.6	18.1	2.5
3	29.6	0.3	47.7	20.4	2.0
4	26.5	6.2	50.3	14.1	2.9
Least deprived	22.0	4.1	57.7	16.0	0.2

## 8.5 Frequency of binge drinking

**8.21: Table: How often do you drink 8 units or more (men) or 6 units or more (women) of alcohol on a single day (Q8) by gender (excluding those that never drink)**

Gender	Number of respondents	Frequency of drinking 8+ units (men) or 6+ units (women) (%)					
		Every day	4-6 dpw	1-3 dpw	1-3 dpm	<1 dpm	Never
Males	725	3.6	1.7	28.1	20.0	19.0	27.6
Females	602	0.5	1.0	15.9	16.4	28.1	38.0
All	1327	2.2	1.4	22.6	18.4	23.1	32.3

**Table 8.22: How often do you drink 8 units or more (men) or 6 units or more (women) of alcohol on a single day (Q8) by age (excluding those that never drink)**

Drinking

Age (years)	Number of respondents	Frequency of drinking 8+ units (men) or 6+ units (women) (%)					
		Every day	4-6 dpw	1-3 dpw	1-3 dpm	<1 dpm	Never
Males							
18-24	116	2.6	0.0	39.7	30.2	16.4	11.2
25-44	287	4.2	3.5	27.9	23.7	23.0	17.8
45-64	225	4.0	0.9	28.9	16.4	18.7	31.1
65-74	60	1.7	0.0	15.0	8.3	11.7	63.3
75	37	2.7	0.0	10.8	0.0	10.8	75.7
Females							
18-24	105	0.0	1.0	23.8	26.7	31.4	17.1
25-44	234	0.4	0.9	16.7	20.1	36.8	25.2
45-64	172	1.2	1.2	16.9	11.0	23.3	46.5
65-74	50	0.0	2.0	4.0	8.0	12.0	74.0
75	41	0.0	0.0	2.4	2.4	9.8	85.4



**Table 8.23: Table: How often do you drink 8 units or more (men) or 6 units or more (women) of alcohol on a single day (Q8) by Area Committee Area and locality (excluding those that never drink)**

Area Committee Area/locality	Number of respondents	Frequency of drinking 8+ units (men) or 6+ units (women) (%)					
		Every day	4-6 dpw	1-3 dpw	1-3 dpm	<1 dpm	Never
Males							
North Carr	73	6.8	0.0	28.8	19.2	21.9	23.3
Northern	85	1.2	2.4	22.4	21.2	20.0	32.9
North Locality	158	3.8	1.3	25.3	20.3	20.9	28.5
East	101	5.9	2.0	28.7	16.8	18.8	27.7
Park	126	3.2	0.8	30.2	12.7	19.8	33.3
Riverside (East)	39	2.6	0.0	30.8	20.5	23.1	23.1
East Locality	266	4.1	1.1	29.7	15.4	19.9	29.7
Riverside (West)	96	5.2	2.1	31.3	25.0	17.7	18.8
West	92	2.2	2.2	25.0	18.5	19.6	32.6
Wyke	113	1.8	2.7	28.3	27.4	15.0	24.8
West Locality	301	3.0	2.3	28.2	23.9	17.3	25.2
Hull	725	3.6	1.7	28.1	20.0	19.0	27.6
Females							
North Carr	57	1.8	0.0	17.5	28.1	24.6	28.1
Northern	78	0.0	1.3	19.2	15.4	28.2	35.9
North Locality	135	0.7	0.7	18.5	20.7	26.7	32.6
East	89	0.0	3.4	12.4	13.5	33.7	37.1
Park	107	0.9	0.0	15.9	16.8	30.8	35.5
Riverside (East)	28	0.0	0.0	25.0	7.1	25.0	42.9
East Locality	224	0.4	1.3	15.6	14.3	31.3	37.1
Riverside (West)	74	1.4	2.7	17.6	17.6	36.5	24.3
West	86	0.0	0.0	8.1	12.8	27.9	51.2
Wyke	83	0.0	0.0	19.3	18.1	14.5	48.2
West Locality	243	0.4	0.8	14.8	16.0	25.9	42.0
Hull	602	0.5	1.0	15.9	16.4	28.1	38.0

**Table 8.24: How often do you drink 8 units or more (men) or 6 units or more (women) of alcohol on a single day (Q8) by deprivation quintile (Hull, excluding those that never drink)**

Excluding those that never drink							
Deprivation quintile	Number of respondents	Frequency of drinking 8+ units (men) or 6+ units (women) (%)					
		Every day	4-6 dpw	1-3 dpw	1-3 dpm	<1 dpm	Never
Males							
Most deprived	127	6.3	3.1	31.5	15.0	17.3	26.8
2	134	3.7	0.7	22.4	19.4	23.1	30.6
3	133	4.5	1.5	24.1	21.8	19.5	28.6
4	196	2.6	1.5	32.7	19.9	16.8	26.5
Least deprived	130	1.5	1.5	27.7	23.8	20.0	25.4
Females							
Most deprived	92	1.1	0.0	17.4	15.2	38.0	28.3
2	110	0.9	1.8	18.2	13.6	27.3	38.2
3	104	1.0	1.0	10.6	20.2	26.9	40.4
4	170	0.0	1.2	16.5	17.1	26.5	38.8
Least deprived	126	0.0	0.8	16.7	15.9	24.6	42.1

## 8.6 Weekly consumption greater than recommended units

**Table 8.25: Weekly alcohol units greater than recommended (14 units for women, 21 units for men) by gender**

Gender	Number of respondents	Weekly alcohol consumption >14 women, >21 men (%)	
		Yes	No
Males	877	15.5	84.5
Females	873	7.6	92.4
All	1750	11.5	88.5

**Table 8.26: Weekly alcohol units greater than recommended (14 units for women, 21 units for men, Q7) by age band**

Women, 21 units for men, 21) by age band			
Age (years)	Number of respondents	Weekly alcohol consumption >14 women, >21 men (%)	
		Yes	No
Males			
18-24	135	23.0	77.0
25-44	335	19.4	80.6
45-64	270	14.1	85.9
65-74	79	2.5	97.5
75+	58	0.0	100.0
Females			
18-24	131	12.2	87.8
25-44	312	8.3	91.7
45-64	252	8.3	91.7
65-74	87	3.4	96.6
75+	90	0.0	100.0

**Table 8.27: Weekly alcohol units greater than recommended (14 units for women, 21 units for men, Q7) by Area Committee Area and locality**

Area Committee Area/locality	Number of respondents	Weekly alcohol consumption >14 women, >21 men (%)	
		Yes	No
<b>Males</b>			
North Carr	86	14.0	86.0
Northern	106	12.3	87.7
<b>North Locality</b>	<b>192</b>	<b>13.0</b>	<b>87.0</b>
East	126	19.0	81.0
Park	146	12.3	87.7
Riverside (East)	45	15.6	84.4
<b>East Locality</b>	<b>191</b>	<b>13.1</b>	<b>86.9</b>
Riverside (West)	127	18.9	81.1
West	106	15.1	84.9
Wyke	135	16.3	83.7
<b>West Locality</b>	<b>368</b>	<b>16.8</b>	<b>83.2</b>
<b>Hull</b>	<b>751</b>	<b>14.9</b>	<b>85.1</b>
<b>Females</b>			
North Carr	81	7.4	92.6
Northern	119	7.6	92.4
<b>North Locality</b>	<b>200</b>	<b>7.5</b>	<b>92.5</b>
East	129	7.0	93.0
Park	149	5.4	94.6
Riverside (East)	39	7.7	92.3
<b>East Locality</b>	<b>317</b>	<b>6.3</b>	<b>93.7</b>
Riverside (West)	116	6.0	94.0
West	122	5.7	94.3
Wyke	118	14.4	85.6
<b>West Locality</b>	<b>356</b>	<b>8.7</b>	<b>91.3</b>
<b>Hull</b>	<b>873</b>	<b>7.6</b>	<b>92.4</b>

**Table 8.28: Weekly alcohol units greater than recommended (14 units for women, 21 units for men, Q7) by deprivation quintile (Hull)**

Deprivation quintile	Number of respondents	Weekly alcohol consumption >14 women, >21 men (%)	
		Yes	No
Males			
Most deprived	163	14.7	85.3
2	168	13.1	86.9
3	157	17.2	82.8
4	233	15.5	84.5
Least deprived	151	17.2	82.8
Females			
Most deprived	144	4.2	95.8
2	163	6.7	93.3
3	164	10.4	89.6
4	244	7.8	92.2
Least deprived	158	8.2	91.8

## 8.7 Number of units consumed

**Table 8.29: Number of units consumed over the last 7 days (Q7) by gender**

Gender	Number of respondents	Number of units (%)			
		None (includes <1)	(M: 1-21; F: 1-14)	(M: 22-50; F: 15-35)	(M: 51+; F: 36+)
Males	877	39.0	45.5	11.7	3.8
Females	873	59.2	33.2	6.5	1.0
All	1750	49.1	39.4	9.1	2.4

**Table 8.30: Number of units consumed over the last 7 days (Q7) by age band**

band

Age (years)	Number of respondents	Number of units (%)			
		None (includes <1)	(M: 1-21; F: 1-14)	(M: 22-50; F: 15-35)	(M: 51+; F: 36+)
Males					
18-24	135	43.7	33.3	17.0	5.9
25-44	335	35.8	44.8	16.4	3.0
45-64	270	35.9	50.0	8.9	5.2
65-74	79	43.0	54.4	1.3	1.3
75+	58	55.2	44.8	0.0	0.0
Females					
18-24	131	55.0	32.8	10.7	1.5
25-44	312	53.8	37.8	7.1	1.3
45-64	252	59.5	32.1	7.1	1.2
65-74	87	65.5	31.0	3.4	0.0
75+	90	76.7	23.3	0.0	0.0

**Table 8.31: Number of units consumed over the last 7 days (Q7) by Area Committee Area and locality**

Area Committee Area/locality	Number of respondents	Number of units (%)			
		None (includes <1)	(M: 1-21; F: 1-14)	(M: 22-50; F: 15-35)	(M: 51+; F: 36+)
Males					
North Carr	86	43.0	43.0	9.3	4.7
Northern	106	41.5	46.2	12.3	0.0
North locality	192	42.2	44.8	10.9	2.1
East	126	35.7	45.2	13.5	5.6
Park	146	37.7	50.0	10.3	2.1
Riverside (East)	45	40.0	44.4	8.9	6.7
East locality	317	37.2	47.3	11.4	4.1
Riverside(West)	127	44.9	36.2	11.8	7.1
West	106	36.8	48.1	9.4	5.7
Wyke	135	34.8	48.9	15.6	0.7
West locality	368	38.9	44.3	12.5	4.3
Hull	877	39.0	45.5	11.7	3.8
Females					
North Carr	81	60.5	32.1	6.2	1.2
Northern	119	58.0	34.5	5.9	1.7
North locality	200	59.0	33.5	6.0	1.5
East	129	64.3	28.7	3.9	3.1
Park	149	63.1	31.5	5.4	0.0
Riverside (East)	39	43.6	48.7	7.7	0.0
East locality	317	61.2	32.5	5.0	1.3
Riverside(West)	116	63.8	30.2	5.2	0.9
West	122	58.2	36.1	5.7	0.0
Wyke	118	50.8	34.7	13.6	0.8
West locality	356	57.6	33.7	8.1	0.6
Hull	873	59.2	33.2	6.5	1.0

**Table 8.32: Number of units consumed over the last 7 days (Q7) by deprivation quintile (Hull)**

Deprivation quintile	Number of respondents	Number of units (%)			
		None (includes <1)	(M: 1-21; F: 1-14)	(M: 22-50; F: 15-35)	(M: 51+; F: 36+)
Males					
Most deprived	163	43.6	41.7	10.4	4.3
2	168	47.6	39.3	8.3	4.8
3	157	37.6	45.2	11.5	5.7
4	233	36.1	48.5	13.7	1.7
Least deprived	151	31.1	51.7	13.9	3.3
Females					
Most deprived	144	68.8	27.1	3.5	0.7
2	163	69.9	23.3	6.1	0.6
3	164	60.4	29.3	9.8	0.6
4	244	55.3	36.9	7.0	0.8
Least deprived	158	44.3	47.5	5.7	2.5

## 8.8 Alcohol consumption within recommended limits and binge drinking

### 8.33: Alcohol consumption within recommended limits and binge drinking by gender

Gender	Number of respondents	Alcohol consumption and binge drinking (%)				
		Never drink alcohol	Within weekly guidelines		Above weekly guidelines	
			Binge drinking		Binge drinking	
			Yes	No	Yes	No
Male	877	17.3	16.1	51.1	11.5	4.0
Female	873	31.0	7.4	54.0	4.6	3.0
All	1750	24.2	11.8	52.5	8.1	3.5



**8.34: Alcohol consumption within recommended limits and binge drinking by gender and age band**

Age (years)	Number of respondents	Alcohol consumption and binge drinking (%)				
		Never drink alcohol	Within weekly guidelines		Above weekly guidelines	
			Binge drinking		Binge drinking	
			Yes	No	Yes	No
Males						
18-24	135	14.1	17.0	45.9	19.3	3.7
25-44	335	14.3	15.8	50.4	14.6	4.8
45-64	270	16.7	18.5	50.7	9.6	4.4
65-74	79	24.1	12.7	60.8	0.0	2.5
75+	58	36.2	8.6	55.2	0.0	0.0
Females						
18-24	131	19.8	10.7	57.3	9.2	3.1
25-44	312	25.0	9.3	57.4	4.2	4.2
45-64	252	31.7	7.1	52.8	6.0	2.4
65-74	87	42.5	3.4	50.6	0.0	3.4
75+	90	54.4	1.1	44.4	0.0	0.0

**8.35: Alcohol consumption within recommended limits and binge drinking by Area Committee Area and locality**

Area Committee Area/locality	Number of respondents	Alcohol consumption and binge drinking (%)				
		Never drink alcohol	Within weekly guidelines		Above weekly guidelines	
			Binge drinking		Binge drinking	
			Yes	No	Yes	No
Males						
North Carr	86	15.1	19.8	51.2	10.5	3.5
Northern	106	19.8	14.2	53.8	6.6	5.7
North Locality	192	17.7	16.7	52.6	8.3	4.7
East	126	19.8	16.7	44.4	12.7	6.3
Park	146	13.7	19.9	54.1	9.6	2.7
Riverside (East)	45	13.3	17.8	53.3	11.1	4.4
East Locality	317	16.1	18.3	50.2	11.0	4.4
Riverside (West)	127	24.4	15.0	41.7	14.2	4.7
West	106	13.2	13.2	58.5	12.3	2.8
Wyke	135	16.3	13.3	54.1	14.1	2.2
West Locality	368	18.2	13.9	51.1	13.6	3.3
Hull	877	17.3	16.1	51.1	11.5	4.0
Females						
North Carr	81	29.6	8.6	54.3	4.9	2.5
Northern	119	34.5	8.4	49.6	5.0	2.5
North Locality	200	32.5	8.5	51.5	5.0	2.5
East	129	31.0	7.0	55.0	3.9	3.1
Park	149	28.2	9.4	57.0	2.7	2.7
Riverside (East)	39	28.2	10.3	53.8	7.7	0.0
East Locality	317	29.3	8.5	55.8	3.8	2.5
Riverside (West)	116	36.2	8.6	49.1	5.2	0.9
West	122	29.5	3.3	61.5	2.5	3.3
Wyke	118	29.7	5.9	50.0	7.6	6.8
West Locality	356	31.7	5.9	53.7	5.1	3.7
Hull	873	31.0	7.4	54.0	4.6	3.0

**8.36: Alcohol consumption within recommended limits and binge drinking by deprivation quintile (Hull)**

Area Committee Area/locality	Number of respondents	Alcohol consumption and binge drinking (%)				
		Never drink alcohol	Within weekly guidelines		Above weekly guidelines	
			Binge drinking		Binge drinking	
			Yes	No	Yes	No
<b>Males</b>						
Most deprived	163	22.1	22.1	41.1	9.8	4.9
2	168	20.2	10.7	56.0	10.7	2.4
3	157	15.3	12.1	55.4	13.4	3.8
4	233	15.9	17.2	51.5	13.7	1.7
Least deprived	151	13.9	17.9	51.0	8.6	8.6
<b>Females</b>						
Most deprived	144	36.1	9.7	50.0	2.1	2.1
2	163	32.5	8.6	52.1	5.5	1.2
3	164	36.6	4.9	48.2	3.0	7.3
4	244	30.3	7.0	54.9	5.3	2.5
Least deprived	158	20.3	7.6	63.9	6.3	1.9

## 9 Tables: Smoking

### 9.1 Any tobacco smoked in the last 7 days

**Table 9.1: Have you smoked tobacco in the last 7 days (Q9) by gender**

Gender	Number of respondents	Have you smoked tobacco in the last 7 days? (%)	
		Yes	No
Males	877	38.5	61.5
Females	873	32.4	67.6
All	1750	35.5	64.5

**Table 9.2: Have you smoked tobacco in the last 7 days (Q9) by age group**

Age (years)	Number of respondents	Have you smoked tobacco in the last 7 days? (%)	
		Yes	No
18-24	266	36.5	63.5
25-44	647	42.8	57.2
45-64	522	37.2	62.8
65-74	166	15.1	84.9
75+	148	18.9	81.1

**Table 9.3: Have you smoked tobacco in the last 7 days (Q9) by gender and age group**

Age (years)	Number of respondents	Have you smoked tobacco in the last 7 days? (%)	
		Yes	No
Males			
18-24	135	40.7	59.3
25-44	335	44.5	55.5
45-64	270	40.7	59.3
65-74	79	13.9	86.1
75+	58	22.4	77.6
Females			
18-24	131	32.1	67.9
25-44	312	41.0	59.0
45-64	252	33.3	66.7
65-74	87	16.1	83.9
75+	90	16.7	83.3

**Table 9.4: Have you smoked tobacco in the last 7 days (Q9) by Area Committee Area and locality**

Area Committee Area/locality	Number of respondents	Have you smoked tobacco in the last 7 days? (%)	
		Yes	No
North Carr	167	34.1	65.9
Northern	225	32.4	67.6
<b>North Locality</b>	<b>392</b>	<b>33.2</b>	<b>66.8</b>
East	255	34.1	65.9
Park	295	44.1	55.9
Riverside (East)	84	29.8	70.2
<b>East Locality</b>	<b>634</b>	<b>38.2</b>	<b>61.8</b>
Riverside (West)	243	47.3	52.7
West	228	27.2	72.8
Wyke	253	28.5	71.5
<b>West Locality</b>	<b>724</b>	<b>34.4</b>	<b>65.6</b>
<b>Hull</b>	<b>1750</b>	<b>35.5</b>	<b>64.5</b>

**Table 9.5: Have you smoked tobacco in the last 7 days (Q9) by deprivation quintile (Hull)**

Deprivation quintile	Number of respondents	Have you smoked tobacco in the last 7 days? (%)	
		Yes	No
Most deprived	307	53.4	46.6
2	331	44.7	55.3
3	321	38.0	62.0
4	477	24.9	75.1
Least deprived	309	20.7	79.3

## 9.2 How often do you smoke?

**9.6: How often do you smoke (Q10) by gender**

Gender	Number of respondents	How often do you smoke? (%)			
		Smoke daily	Smoke, not daily	Used to smoke	Never smoked
Males	877	36.0	2.1	28.7	33.2
Females	873	30.4	1.8	24.7	43.1
All	1750	33.2	1.9	26.7	38.1

**Table 9.7: How often do you smoke (Q10) by age band**

Age (years)	Number of respondents	How often do you smoke? (%)			
		Smoke daily	Smoke, not daily	Used to smoke	Never smoked
18-24	266	34.2	2.6	17.7	45.5
25-44	647	39.9	2.9	17.9	39.3
45-64	522	35.6	1.3	26.2	36.8
65-74	166	13.9	0.0	51.2	34.9
75+	148	15.5	0.7	55.4	28.4

**Table 9.8: How often do you smoke (Q10) by gender and age band**

Age (years)	Number of respondents	How often do you smoke? (%)			
		Smoke daily	Smoke, not daily	Used to smoke	Never smoked
Males					
18-24	135	38.5	3.0	17.8	40.7
25-44	335	41.8	2.7	18.8	36.7
45-64	270	38.1	1.9	28.5	31.5
65-74	79	12.7	0.0	62.0	25.3
75+	58	19.0	0.0	67.2	13.8
Females					
18-24	131	29.8	2.3	17.6	50.4
25-44	312	37.8	3.2	17.0	42.0
45-64	252	32.9	0.8	23.8	42.5
65-74	87	14.9	0.0	41.4	43.7
75+	90	13.3	1.1	47.8	37.8

**Table 9.9: How often do you smoke (Q10) by Area Committee Area and locality**

Area Committee Area/locality	Number of respondents	How often do you smoke? (%)			
		Smoke daily	Smoke, not daily	Used to smoke	Never smoked
North Carr	167	32.9	1.2	26.9	38.9
Northern	225	29.8	1.3	24.0	44.9
<b>North Locality</b>	<b>392</b>	<b>31.1</b>	<b>1.3</b>	<b>25.3</b>	<b>42.3</b>
East	255	32.5	1.6	25.5	40.4
Park	295	41.0	2.7	27.8	28.5
Riverside (East)	84	28.6	1.2	28.6	41.7
<b>East Locality</b>	<b>634</b>	<b>36.0</b>	<b>2.1</b>	<b>27.0</b>	<b>35.0</b>
Riverside (West)	243	45.7	1.6	22.6	30.0
West	228	24.6	1.8	31.1	42.5
Wyke	253	25.3	3.2	28.5	43.1
<b>West Locality</b>	<b>724</b>	<b>31.9</b>	<b>2.2</b>	<b>27.3</b>	<b>38.5</b>
<b>Hull</b>	<b>1750</b>	<b>33.2</b>	<b>1.9</b>	<b>26.7</b>	<b>38.1</b>

**Table 9.10: How often do you smoke (Q10) by deprivation quintile (Hull)**

Deprivation quintile	Number of respondents	How often do you smoke? (%)			
		Smoke daily	Smoke, not daily	Used to smoke	Never smoked
Most deprived	307	52.8	1.0	24.8	21.5
2	331	41.7	2.4	27.2	28.7
3	321	35.5	1.2	27.4	35.8
4	477	22.6	2.5	28.9	45.9
Least deprived	309	18.1	1.9	24.3	55.7

### 9.3 Smoking prevalence

**Table 9.11: Smoking status (Q10 regrouped) by gender**

Gender	Number of respondents	What is your smoking status? (%)		
		Current smoker	Former smoker	Never smoked
Male	877	38.1	28.7	33.2
Female	873	32.2	24.7	43.1
All	1750	35.1	26.7	38.1

**Table 9.12: Smoking status (Q10 regrouped) by age band**

Age (years)	Number of respondents	What is your smoking status? (%)		
		Current smoker	Former smoker	Never smoked
18-24	266	36.8	17.7	45.5
25-44	647	42.8	17.9	39.3
45-64	522	37.0	26.2	36.8
65-74	166	13.9	51.2	34.9
75+	148	16.2	55.4	28.4

**Table 9.13: Smoking status (Q10 regrouped) by gender and age band**

Age (years)	Number of respondents	What is your smoking status? (%)		
		Current smoker	Former smoker	Never smoked
Males				
18-24	135	41.5	17.8	40.7
25-44	335	44.5	18.8	36.7
45-64	270	40.0	28.5	31.5
65-74	79	12.7	62.0	25.3
75+	58	19.0	67.2	13.8
Females				
18-24	131	32.1	17.6	50.4
25-44	312	41.0	17.0	42.0
45-64	252	33.7	23.8	42.5
65-74	87	14.9	41.4	43.7
75+	90	14.4	47.8	37.8



**Table 9.14: Smoking status (Q10 regrouped) by Area Committee Area and locality**

Area Committee Area/locality	Number of respondents	What is your smoking status? (%)		
		Current smoker	Former smoker	Never smoked
North Carr	167	34.1	26.9	38.9
Northern	225	31.1	24.0	44.9
<b>North Locality</b>	<b>392</b>	<b>32.4</b>	<b>25.3</b>	<b>42.3</b>
East	255	34.1	25.5	40.4
Park	295	43.7	27.8	28.5
Riverside (East)	84	29.8	28.6	41.7
<b>East Locality</b>	<b>634</b>	<b>38.0</b>	<b>27.0</b>	<b>35.0</b>
Riverside (West)	243	47.3	22.6	30.0
West	228	26.3	31.1	42.5
Wyke	253	28.5	28.5	43.1
<b>West Locality</b>	<b>724</b>	<b>34.1</b>	<b>27.3</b>	<b>38.5</b>
<b>Hull</b>	<b>1750</b>	<b>35.1</b>	<b>26.7</b>	<b>38.1</b>

**Table 9.15: Smoking status (Q10 regrouped) by deprivation quintile (Hull)**

Deprivation quintile	Number of respondents	What is your smoking status? (%)		
		Current smoker	Former smoker	Never smoked
Most deprived	307	53.7	24.8	21.5
2	331	44.1	27.2	28.7
3	321	36.8	27.4	35.8
4	477	25.2	28.9	45.9
Least deprived	309	20.1	24.3	55.7

#### **9.4 Current smoking patterns**

**Table 9.16: Current smoking patterns (Q10) by gender**

Gender	Number of respondents	Current smoking pattern (%)			
		Smoke daily	Smoke, not daily	Used to smoke	Never smoked
Male	877	36.0	2.1	28.7	33.2
Female	873	30.4	1.8	24.7	43.1
All	1750	33.2	1.9	26.7	38.1

**Table 9.17: Current smoking patterns (Q10) by age band**

Age (years)	Number of respondents	Current smoking pattern (%)			
		Smoke daily	Smoke, not daily	Used to smoke	Never smoked
18-24	266	34.2	2.6	17.7	45.5
25-44	647	39.9	2.9	17.9	39.3
45-64	522	35.6	1.3	26.2	36.8
65-74	166	13.9	0.0	51.2	34.9
75+	148	15.5	0.7	55.4	28.4

**Table 9.18: Current smoking patterns (Q10) by gender and age band**

Age (years)	Number of respondents	Current smoking pattern (%)			
		Smoke daily	Smoke, not daily	Used to smoke	Never smoked
Males					
18-24	135	38.5	3.0	17.8	40.7
25-44	335	41.8	2.7	18.8	36.7
45-64	270	38.1	1.9	28.5	31.5
65-74	79	12.7	0.0	62.0	25.3
75+	58	19.0	0.0	67.2	13.8
Females					
18-24	131	29.8	2.3	17.6	50.4
25-44	312	37.8	3.2	17.0	42.0
45-64	252	32.9	0.8	23.8	42.5
65-74	87	14.9	0.0	41.4	43.7
75+	90	13.3	1.1	47.8	37.8

**Table 9.19: Current smoking patterns (Q10) by Area Committee Area and locality**

Area Committee Area/locality	Number of respondents	Current smoking pattern (%)			
		Smoke daily	Smoke, not daily	Used to smoke	Never smoked
North Carr	167	32.9	1.2	26.9	38.9
Northern	225	29.8	1.3	24.0	44.9
<b>North Locality</b>	<b>392</b>	<b>31.1</b>	<b>1.3</b>	<b>25.3</b>	<b>42.3</b>
East	255	32.5	1.6	25.5	40.4
Park	295	41.0	2.7	27.8	28.5
Riverside (East)	84	28.6	1.2	28.6	41.7
<b>East Locality</b>	<b>634</b>	<b>36.0</b>	<b>2.1</b>	<b>27.0</b>	<b>35.0</b>
Riverside (West)	243	45.7	1.6	22.6	30.0
West	228	24.6	1.8	31.1	42.5
Wyke	253	25.3	3.2	28.5	43.1
<b>West Locality</b>	<b>724</b>	<b>31.9</b>	<b>2.2</b>	<b>27.3</b>	<b>38.5</b>
<b>Hull</b>	<b>1750</b>	<b>33.2</b>	<b>1.9</b>	<b>26.7</b>	<b>38.1</b>

**Table 9.20: Current smoking patterns (Q10) by Area Committee Area and locality**

Deprivation quintile	Number of respondents	Current smoking pattern (%)			
		Smoke daily	Smoke, not daily	Used to smoke	Never smoked
Most deprived	307	52.8	1.0	24.8	21.5
2	331	41.7	2.4	27.2	28.7
3	321	35.5	1.2	27.4	35.8
4	477	22.6	2.5	28.9	45.9
Least deprived	309	18.1	1.9	24.3	55.7

## 9.5 Number of cigarettes smoked per day

**Table 9.21: Number of cigarettes smoked per day by all current cigarette smokers (Q11) by gender**

Gender	Number of respondents	How many cigarettes do you normally smoke in a day? (%)					
		1-5	6-10	11-15	16-20	21-25	26+
Males	251	14.7	31.5	15.9	22.7	4.4	10.8
Females	268	16.0	35.1	20.5	22.0	1.5	4.9
All	519	15.4	33.3	18.3	22.4	2.9	7.7

**Table 9.22: Number of cigarettes smoked per day by all current cigarette smokers (Q11) by age band**

Age (years)	Number of respondents	How many cigarettes do you normally smoke in a day? (%)					
		1-5	6-10	11-15	16-20	21-25	26+
18-24	90	14.4	43.3	17.8	15.6	3.3	5.6
25-44	240	19.6	30.0	18.8	21.7	1.7	8.3
45-64	156	8.3	32.1	17.9	28.2	4.5	9.0
65-74	17	0.0	52.9	17.6	17.6	5.9	5.9
75+	16	43.8	18.8	18.8	18.8	0.0	0.0

**Table 9.23: Number of cigarettes smoked per day by all current cigarette smokers (Q11) by age band**

Age (years)	Number of respondents	How many cigarettes do you normally smoke in a day? (%)					
		1-5	6-10	11-15	16-20	21-25	26+
Males							
18-24	49	14.3	36.7	18.4	16.3	6.1	8.2
25-44	119	16.8	33.6	16.0	22.7	1.7	9.2
45-64	74	9.5	27.0	12.2	28.4	6.8	16.2
65-74	5	0.0	20.0	40.0	20.0	20.0	0.0
75+	4	75.0	0.0	25.0	0.0	0.0	0.0
Females							
18-24	41	14.6	51.2	17.1	14.6	0.0	2.4
25-44	121	22.3	26.4	21.5	20.7	1.7	7.4
45-64	82	7.3	36.6	23.2	28.0	2.4	2.4
65-74	12	0.0	66.7	8.3	16.7	0.0	8.3
75+	12	33.3	25.0	16.7	25.0	0.0	0.0

**Table 9.24: Number of cigarettes smoked per day by all current cigarette smokers (Q11) by Area Committee Area and locality**

Area Committee Area/locality	Number of respondents	How many cigarettes do you normally smoke in a day? (%)					
		1-5	6-10	11-15	16-20	21-25	26+
North Carr	46	17.4	28.3	23.9	17.4	2.2	10.9
Northern	61	9.8	31.1	24.6	19.7	3.3	11.5
<b>North Locality</b>	<b>107</b>	<b>13.1</b>	<b>29.9</b>	<b>24.3</b>	<b>18.7</b>	<b>2.8</b>	<b>11.2</b>
East	76	15.8	28.9	22.4	26.3	1.3	5.3
Park	108	17.6	31.5	15.7	24.1	0.9	10.2
Riverside (East)	23	8.7	47.8	26.1	8.7	4.3	4.3
<b>East Locality</b>	<b>207</b>	<b>15.9</b>	<b>32.4</b>	<b>19.3</b>	<b>23.2</b>	<b>1.4</b>	<b>7.7</b>
Riverside (West)	92	9.8	32.6	16.3	28.3	4.3	8.7
West	53	18.9	43.4	13.2	17.0	5.7	1.9
Wyke	60	23.3	35.0	11.7	21.7	3.3	5.0
<b>West Locality</b>	<b>205</b>	<b>16.1</b>	<b>36.1</b>	<b>14.1</b>	<b>23.4</b>	<b>4.4</b>	<b>5.9</b>
<b>Hull</b>	<b>519</b>	<b>15.4</b>	<b>33.3</b>	<b>18.3</b>	<b>22.4</b>	<b>2.9</b>	<b>7.7</b>

**Table 9.25: Number of cigarettes smoked per day by all current cigarette smokers (Q11) by deprivation quintile (Hull)**

Deprivation quintile	Number of respondents	How many cigarettes do you normally smoke in a day? (%)					
		1-5	6-10	11-15	16-20	21-25	26+
Most deprived	133	7.5	32.3	20.3	25.6	3.0	11.3
2	119	11.8	35.3	14.3	21.8	5.0	11.8
3	100	19.0	35.0	16.0	21.0	2.0	7.0
4	108	24.1	31.5	22.2	18.5	0.9	2.8
Least deprived	56	17.9	33.9	19.6	25.0	1.8	1.8

**Table 9.26: Ounces of tobacco smoked by current smokers (Q11)**

Number of respondents	How many ounces of tobacco do you normally smoke in a day? (%)			
	<1	1-2	3-4	5+
94	81.9	12.8	3.2	2.1

## 9.6 Heavy smokers (cigarettes only)

**Table 9.27: Proportion of heavy smokers (20+ cigarettes per day) (Q11) by gender (cigarette smokers only)**

Gender	Number of respondents	20+ cigarettes smoked per day (%)	
		Yes	No
Males	251	35.9	64.1
Females	268	26.9	73.1
All	519	31.2	68.8

**Table 9.28: Proportion of heavy smokers (20+ cigarettes per day) (Q11) by age band (cigarette smokers only)**

Age (years)	Number of respondents	20+ cigarettes smoked per day (%)	
		Yes	No
18-24	90	23.3	76.7
25-44	240	29.6	70.4
45-64	156	40.4	59.6
65-74	17	29.4	70.6
75+	16	12.5	87.5

**Table 9.29: Proportion of heavy smokers (20+ cigarettes per day) (Q11) by gender and age band (cigarette smokers only)**

Gender and age band (cigarette smokers only)			
Age (years)	Number of respondents	20+ cigarettes smoked per day (%)	
		Yes	No
Males			
18-24	49	28.6	71.4
25-44	119	30.3	69.7
45-64	74	51.4	48.6
65-74	5	40.0	60.0
75+	4	0.0	100.0
Females			
18-24	41	17.1	82.9
25-44	121	28.9	71.1
45-64	82	30.5	69.5
65-74	12	25.0	75.0
75+	12	16.7	83.3

**Table 9.30: Proportion of heavy smokers (20+ cigarettes per day) (Q11) by Area Committee Area and locality (cigarette smokers only)**

Area Committee Area/locality	Number of respondents	20+ cigarettes smoked per day (%)	
		Yes	No
North Carr	46	30.4	69.6
Northern	61	29.5	70.5
<b>North Locality</b>	<b>107</b>	<b>29.9</b>	<b>70.1</b>
East	76	31.6	68.4
Park	108	33.3	66.7
Riverside (East)	23	13.0	87.0
<b>East Locality</b>	<b>207</b>	<b>30.4</b>	<b>69.6</b>
Riverside (West)	92	40.2	59.8
West	53	24.5	75.5
Wyke	60	28.3	71.7
<b>West Locality</b>	<b>205</b>	<b>32.7</b>	<b>67.3</b>
<b>Hull</b>	<b>519</b>	<b>31.2</b>	<b>68.8</b>

**Table 9.31: Proportion of heavy smokers (20+ cigarettes per day) (Q11) by deprivation quintile (cigarette smokers only)**

Deprivation quintile	Number of respondents	20+ cigarettes smoked per day (%)	
		Yes	No
Most deprived	133	37.6	62.4
2	119	35.3	64.7
3	100	30.0	70.0
4	108	20.4	79.6
Least deprived	56	28.6	71.4

## 10 Tables: Exercise

### 10.1 Frequency of moderate or vigorous exercise lasting at least 30 minutes

**Table 10.1: Frequency of moderate or vigorous exercise lasting at least 30 minutes (Q12) by gender**

Gender	Number of respondents	Frequency of moderate or vigorous exercise lasting at least 30 minutes (%)			
		5+ per week	<5 per week	Light exercise only	Never exercise
Males	877	35.7	27.0	29.6	7.6
Females	872	25.8	28.2	39.8	6.2
All	1749	30.8	27.6	34.7	6.9

**Table 10.2: Frequency of moderate or vigorous exercise lasting at least 30 minutes (Q12) by age band**

Age (years)	Number of respondents	Frequency of moderate or vigorous exercise lasting at least 30 minutes (%)			
		5+ per week	<5 per week	Light exercise only	Never exercise
18-24	266	37.2	31.6	25.9	5.3
25-44	646	36.4	29.3	31.1	3.3
45-64	522	31.2	26.4	34.5	7.9
65-74	166	18.7	25.3	49.4	6.6
75+	148	6.8	19.6	50.7	23.0



**Table 10.3: Frequency of moderate or vigorous exercise lasting at least 30 minutes duration (Q12) by gender and age band**

Age (years)	Number of respondents	Frequency of moderate or vigorous exercise lasting at least 30 minutes (%)			
		5+ per week	<5 per week	Light exercise only	Never exercise
Males					
18-24	135	43.0	35.6	17.0	4.4
25-44	335	42.4	28.4	26.3	3.0
45-64	270	33.0	25.2	31.5	10.4
65-74	79	26.6	22.8	41.8	8.9
75+	58	5.2	13.8	53.4	27.6
Females					
18-24	131	31.3	27.5	35.1	6.1
25-44	311	29.9	30.2	36.3	3.5
45-64	252	29.4	27.8	37.7	5.2
65-74	87	11.5	27.6	56.3	4.6
75+	90	7.8	23.3	48.9	20.0

**Table 10.4: Frequency of moderate or vigorous exercise lasting at least 30 minutes duration (Q12) by Area Committee Area and locality**

Area Committee Area/locality	Number of respondents	Frequency of moderate or vigorous exercise lasting at least 30 minutes (%)			
		5+ per week	<5 per week	Light exercise only	Never exercise
North Carr	167	22.2	29.3	39.5	9.0
Northern	225	29.8	30.2	34.7	5.3
<b>North Locality</b>	<b>392</b>	<b>26.5</b>	<b>29.8</b>	<b>36.7</b>	<b>6.9</b>
East	254	27.6	28.3	32.7	11.4
Park	295	29.8	26.8	36.9	6.4
Riverside (East)	84	27.4	23.8	41.7	7.1
<b>East Locality</b>	<b>633</b>	<b>28.6</b>	<b>27.0</b>	<b>35.9</b>	<b>8.5</b>
Riverside (West)	243	32.5	18.9	42.0	6.6
West	228	33.8	32.0	28.5	5.7
Wyke	253	38.3	30.0	27.3	4.3
<b>West Locality</b>	<b>724</b>	<b>34.9</b>	<b>26.9</b>	<b>32.6</b>	<b>5.5</b>
<b>Hull</b>	<b>1,749</b>	<b>30.8</b>	<b>27.6</b>	<b>34.7</b>	<b>6.9</b>

**Table 10.5: Frequency of moderate or vigorous exercise lasting at least 30 minutes duration (Q12) by deprivation quintile (Hull)**

Deprivation quintile	Number of respondents	Frequency of moderate or vigorous exercise lasting at least 30 minutes (%)			
		5+ per week	<5 per week	Light exercise only	Never exercise
Most deprived	307	28.3	17.6	45.3	8.8
2	330	29.4	21.2	38.8	10.6
3	321	31.8	27.7	34.0	6.5
4	477	31.7	33.3	31.0	4.0
Least deprived	309	31.4	35.6	26.9	6.1

## 10.2 Vigorous exercise frequency

**Table 10.6: Weekly frequency of vigorous exercise of at least 30 minutes duration by gender**

Gender	Number of respondents	In a usual week, how often do you exercise vigorously for at least 30 minutes? (%)			
		Never	1-2 times	3-4 times	5+ times
Males	877	63.1	13.0	9.8	14.1
Females	872	77.2	10.7	6.8	5.4
All	1749	70.1	11.8	8.3	9.8

**Table 10.7: Weekly frequency of vigorous exercise of at least 30 minutes duration (Q12) by age band**

Age (years)	Number of respondents	In a usual week, how often do you exercise vigorously for at least 30 minutes? (%)			
		Never	1-2 times	3-4 times	5+ times
18-24	266	51.1	23.7	12.0	13.2
25-44	646	62.1	13.2	11.8	13.0
45-64	522	77.6	8.2	5.9	8.2
65-74	166	86.7	7.2	2.4	3.6
75+	148	93.9	2.7	1.4	2.0

**Table 10.8: Weekly frequency of vigorous exercise of at least 30 minutes duration (Q12) by gender and age band**

Age (years)	Number of respondents	In a usual week, how often do you exercise vigorously for at least 30 minutes? (%)			
		Never	1-2 times	3-4 times	5+ times
Males					
18-24	135	37.8	27.4	14.8	20.0
25-44	335	53.1	14.3	14.0	18.5
45-64	270	74.4	9.3	5.9	10.4
65-74	79	84.8	5.1	3.8	6.3
75+	58	96.6	0.0	0.0	3.4
Females					
18-24	131	64.9	19.8	9.2	6.1
25-44	311	71.7	11.9	9.3	7.1
45-64	252	81.0	7.1	6.0	6.0
65-74	87	88.5	9.2	1.1	1.1
75+	90	92.2	4.4	2.2	1.1

**Table 10.9: Weekly frequency of vigorous exercise of at least 30 minutes duration (Q12) by Area Committee Area and locality**

Area Committee Area/locality	Number of respondents	In a usual week, how often do you exercise vigorously for at least 30 minutes? (%)			
		Never	1-2 times	3-4 times	5+ times
North Carr	167	70.1	11.4	10.8	7.8
Northern	225	71.1	9.8	9.3	9.8
<b>North Locality</b>	<b>392</b>	<b>70.7</b>	<b>10.5</b>	<b>9.9</b>	<b>8.9</b>
East	254	72.0	11.4	7.1	9.4
Park	295	71.9	10.5	5.4	12.2
Riverside (East)	84	73.8	8.3	10.7	7.1
<b>East Locality</b>	<b>633</b>	<b>72.2</b>	<b>10.6</b>	<b>6.8</b>	<b>10.4</b>
Riverside (West)	243	78.6	8.2	4.5	8.6
West	228	62.7	14.9	11.4	11.0
Wyke	253	62.5	17.8	10.3	9.5
<b>West Locality</b>	<b>724</b>	<b>68.0</b>	<b>13.7</b>	<b>8.7</b>	<b>9.7</b>
<b>Hull</b>	<b>1749</b>	<b>70.1</b>	<b>11.8</b>	<b>8.3</b>	<b>9.8</b>

**Table 10.10: Weekly frequency of vigorous exercise of at least 30 minutes duration (Q12) by deprivation quintile**

Deprivation quintile	Number of respondents	In a usual week, how often do you exercise vigorously for at least 30 minutes? (%)			
		Never	1-2 times	3-4 times	5+ times
Most deprived	307	78.8	9.1	4.2	7.8
2	330	78.8	7.6	4.8	8.8
3	321	70.4	9.0	8.1	12.5
4	477	65.6	17.6	9.2	7.5
Least deprived	309	59.5	13.3	13.9	13.3

### 10.3 Moderate exercise frequency

**Table 10.11: Weekly frequency of moderate exercise of at least 30 minutes duration (Q12) by gender**

Gender	Number of respondents	In a usual week, how often do you exercise moderately for at least 30 minutes? (%)			
		Never	1-2 times	3-4 times	5+ times
Males	877	49.1	15.6	10.7	24.5
Females	872	53.0	14.6	12.2	20.3
All	1749	51.1	15.1	11.4	22.4

**Table 10.12: Weekly frequency of moderate exercise of at least 30 minutes duration (Q12) by age band**

Age (years)	Number of respondents	In a usual week, how often do you exercise moderately for at least 30 minutes? (%)			
		Never	1-2 times	3-4 times	5+ times
18-24	148	76.4	10.1	8.1	5.4
25-44	266	44.7	19.9	10.5	24.8
45-64	646	46.9	13.0	14.9	25.2
65-74	522	49.4	16.9	9.4	24.3
75+	166	60.2	14.5	8.4	16.9

**Table 10.13: Weekly frequency of moderate exercise of at least 30 minutes duration (Q12) by gender and age band**

Age (years)	Number of respondents	In a usual week, how often do you exercise moderately for at least 30 minutes? (%)			
		Never	1-2 times	3-4 times	5+ times
Males					
18-24	135	43.0	22.2	7.4	27.4
25-44	335	44.2	11.9	16.1	27.8
45-64	270	49.3	18.9	7.4	24.4
65-74	79	54.4	15.2	7.6	22.8
75+	58	84.5	6.9	6.9	1.7
Females					
18-24	131	46.6	17.6	13.7	22.1
25-44	311	49.8	14.1	13.5	22.5
45-64	252	49.6	14.7	11.5	24.2
65-74	87	65.5	13.8	9.2	11.5
75+	90	71.1	12.2	8.9	7.8

**Table 10.14: Weekly frequency of moderate exercise of at least 30 minutes duration (q12) by Area Committee Area and locality**

Area Committee Area/locality	Number of respondents	In a usual week, how often do you exercise moderately for at least 30 minutes? (%)			
		Never	1-2 times	3-4 times	5+ times
North Carr	167	60.5	10.8	10.8	18.0
Northern	225	48.9	16.0	11.1	24.0
<b>North Locality</b>	<b>392</b>	<b>53.8</b>	<b>13.8</b>	<b>11.0</b>	<b>21.4</b>
East	254	55.9	14.2	11.4	18.5
Park	295	51.9	14.9	11.5	21.7
Riverside (East)	84	56.0	7.1	17.9	19.0
<b>East Locality</b>	<b>633</b>	<b>54.0</b>	<b>13.6</b>	<b>12.3</b>	<b>20.1</b>
Riverside (West)	243	54.7	12.8	6.6	25.9
West	228	44.3	19.7	12.7	23.2
Wyke	253	41.9	19.0	13.4	25.7
<b>West Locality</b>	<b>724</b>	<b>47.0</b>	<b>17.1</b>	<b>10.9</b>	<b>25.0</b>
<b>Hull</b>	<b>1749</b>	<b>51.1</b>	<b>15.1</b>	<b>11.4</b>	<b>22.4</b>

**Table 10.15: Weekly frequency of moderate exercise of at least 30 minutes duration (Q12) by deprivation quintile**

Deprivation quintile	Number of respondents	In a usual week, how often do you exercise moderately for at least 30 minutes? (%)			
		Never	1-2 times	3-4 times	5+ times
Most deprived	307	59.6	11.7	6.2	22.5
2	330	55.2	7.9	13.3	23.6
3	321	48.9	15.9	10.9	24.3
4	477	45.3	19.9	11.9	22.9
Least deprived	309	49.8	18.1	14.6	17.5

#### 10.4 Light exercise frequency

**Table 10.16: Weekly frequency of light exercise of at least 30 minutes duration (Q12) by gender**

Gender	Number of respondents	In a usual week, how often do you exercise lightly for at least 30 minutes? (%)			
		Never	1-2 times	3-4 times	5+ times
Males	877	20.3	11.5	7.2	61.0
Females	872	12.3	10.8	6.8	70.2
All	1749	16.3	11.1	7.0	65.6

**Table 10.17: Weekly frequency of light exercise of at least 30 minutes duration (Q12) by age band**

Age (years)	Number of respondents	In a usual week, how often do you exercise lightly for at least 30 minutes? (%)			
		Never	1-2 times	3-4 times	5+ times
18-24	266	18.0	10.5	5.3	66.2
25-44	646	13.9	10.1	5.7	70.3
45-64	522	17.6	10.9	7.7	63.8
65-74	166	11.4	13.3	9.6	65.7
75+	148	24.3	15.5	10.1	50.0

**Table 10.18: Weekly frequency of light exercise of at least 30 minutes duration (Q12) by gender and age band**

Age (years)	Number of respondents	In a usual week, how often do you exercise lightly for at least 30 minutes? (%)			
		Never	1-2 times	3-4 times	5+ times
Males					
18-24	135	23.0	11.1	6.7	59.3
25-44	335	16.7	9.6	5.4	68.4
45-64	270	23.3	13.3	8.5	54.8
65-74	79	15.2	12.7	8.9	63.3
75+	58	27.6	13.8	10.3	48.3
Females					
18-24	131	13.0	9.9	3.8	73.3
25-44	311	10.9	10.6	6.1	72.3
45-64	252	11.5	8.3	6.7	73.4
65-74	87	8.0	13.8	10.3	67.8
75+	90	22.2	16.7	10.0	51.1

**Table 10.19: Weekly frequency of light exercise of at least 30 minutes duration (Q12) by Area Committee Area and locality**

Area Committee Area/locality	Number of respondents	In a usual week, how often do you exercise lightly for at least 30 minutes? (%)			
		Never	1-2 times	3-4 times	5+ times
North Carr	167	18.6	6.0	1.2	74.3
Northern	225	13.3	13.8	9.3	63.6
<b>North Locality</b>	<b>392</b>	<b>15.6</b>	<b>10.5</b>	<b>5.9</b>	<b>68.1</b>
East	254	20.9	11.4	5.5	62.2
Park	295	16.6	10.2	5.4	67.8
Riverside (East)	84	15.5	11.9	11.9	60.7
<b>East Locality</b>	<b>633</b>	<b>18.2</b>	<b>10.9</b>	<b>6.3</b>	<b>64.6</b>
Riverside (West)	243	17.7	9.1	5.3	67.9
West	228	13.2	15.8	10.5	60.5
Wyke	253	14.2	10.7	8.7	66.4
<b>West Locality</b>	<b>724</b>	<b>15.1</b>	<b>11.7</b>	<b>8.1</b>	<b>65.1</b>
<b>Hull</b>	<b>1749</b>	<b>16.3</b>	<b>11.1</b>	<b>7.0</b>	<b>65.6</b>

**Table 10.20: Weekly frequency of light exercise of at least 30 minutes duration (Q12) by deprivation quintile**

Deprivation quintile	Number of respondents	In a usual week, how often do you exercise lightly for at least 30 minutes? (%)			
		Never	1-2 times	3-4 times	5+ times
Most deprived	307	16.3	9.8	6.2	67.8
2	330	20.0	7.3	7.6	65.2
3	321	14.3	12.8	4.7	68.2
4	477	15.3	13.4	6.9	64.4
Least deprived	309	15.9	11.7	9.7	62.8

## 11 Tables: Body Mass Index (BMI)

### 11.1 Adjusted BMI

**Table 11.1: Body mass index by gender, adjusted to take into account under estimation of weight, and over estimation of height**

Gender	Number of respondents	Body mass index (%)					
		Under weight <20	Healthy weight 20-24	Over weight 25-29	Obese 30-39	Morbidly obese 40+	Mean BMI
Males	863	2.4	30.6	42.8	22.6	1.6	26.89
Females	804	6.7	33.8	34.8	22.1	2.5	26.43
All	1667	4.5	32.2	38.9	22.4	2.0	26.67

**Table 11.2: Body mass index by age band, adjusted to take into account under estimation of weight, and over estimation of height**

Age (years)	Number of respondents	Body mass index (%)					
		Under weight <20	Healthy weight 20-24	Over weight 25-29	Obese 30-39	Morbidly obese 40+	Mean BMI
18-24	248	9.3	50.4	29.0	10.5	0.8	24.25
25-44	614	3.9	33.6	38.4	22.0	2.1	26.67
45-64	506	2.4	23.3	42.5	29.2	2.6	27.82
65-74	156	3.8	21.8	42.3	28.2	3.8	28.06
75+	143	7.0	37.1	42.0	14.0	0.0	25.28



**Table 11.3: Body mass index by gender and age band, adjusted to take into account under estimation of weight, and over estimation of height**

Age (years)	Number of respondents	Body mass index (%)					
		Under weight <20	Healthy weight 20-24	Over weight 25-29	Obese 30-39	Morbidly obese 40+	Mean BMI
Males							
18-24	132	4.5	51.5	34.1	9.8	0.0	24.47
25-44	330	3.6	30.3	42.7	22.1	1.2	26.79
45-64	267	0.7	21.0	45.3	30.0	3.0	28.11
65-74	76	1.3	25.0	44.7	26.3	2.6	27.88
75+	58	0.0	36.2	48.3	15.5	0.0	26.03
Females							
18-24	116	14.7	49.1	23.3	11.2	1.7	23.99
25-44	284	4.2	37.3	33.5	21.8	3.2	26.53
45-64	239	4.2	25.9	39.3	28.5	2.1	27.49
65-74	80	6.3	18.8	40.0	30.0	5.0	28.23
75+	85	11.8	37.6	37.6	12.9	0.0	24.76

**Table 11.4: Body mass index by Area Committee Area and locality, adjusted to take into account under estimation of weight, and over estimation of height**

Area Committee Area/locality	Number of respondents	Body mass index (%)					
		Under weight <20	Healthy weight 20-24	Over weight 25-29	Obese 30-39	Morbidly obese 40+	Mean BMI
North Carr	158	3.8	26.6	42.4	24.7	2.5	27.79
Northern	208	5.8	34.1	35.1	23.1	1.9	27.19
<b>North Locality</b>	<b>366</b>	<b>4.9</b>	<b>30.9</b>	<b>38.3</b>	<b>23.8</b>	<b>2.2</b>	<b>27.45</b>
East	245	2.0	29.8	40.4	25.7	2.0	27.66
Park	285	3.2	33.7	34.4	25.6	3.2	27.43
Riverside (East)	83	2.4	37.3	34.9	22.9	2.4	27.15
<b>East Locality</b>	<b>613</b>	<b>2.6</b>	<b>32.6</b>	<b>36.9</b>	<b>25.3</b>	<b>2.6</b>	<b>27.48</b>
Riverside (West)	233	4.3	29.2	41.6	22.7	2.1	27.28
West	210	6.7	24.3	47.6	21.0	0.5	27.11
Wyke	245	6.9	42.4	35.1	13.9	1.6	25.72
<b>West Locality</b>	<b>688</b>	<b>6.0</b>	<b>32.4</b>	<b>41.1</b>	<b>19.0</b>	<b>1.5</b>	<b>26.67</b>
<b>Hull</b>	<b>1667</b>	<b>4.5</b>	<b>32.2</b>	<b>38.9</b>	<b>22.4</b>	<b>2.0</b>	<b>27.14</b>

**Table 11.5: Body mass index by deprivation quintile (Hull), adjusted to take into account under estimation of weight, and over estimation of height**

Deprivation quintile	Number of respondents	Body mass index (%)					
		Under weight <20	Healthy weight 20-24	Over weight 25-29	Obese 30-39	Morbidly obese 40+	Mean BMI
Most deprived	295	4.4	35.3	33.9	23.7	2.7	26.91
2	315	2.9	27.3	41.9	24.8	3.2	27.28
3	306	5.9	36.3	31.7	22.9	3.3	26.38
4	449	5.6	32.3	39.6	21.8	0.7	26.38
Least deprived	298	3.4	29.9	47.3	18.5	1.0	26.48

## 12 Tables: Employment

### 12.1 Paid employment

**Table 12.1: Are you currently in paid employment (Q18) by gender**

Gender	Number of respondents	Currently in paid employment (%)		
		Not working	Employee	Self-employed
Male	876	46.9	46.2	6.8
Female	872	55.4	42.9	1.7
All	1748	51.1	44.6	4.3

**Table 12.2: Are you currently in paid employment (Q18) by age band**

Age (years)	Number of respondents	Currently in paid employment (%)		
		Not working	Employee	Self-employed
18-24	266	57.9	40.6	1.5
25-44	646	32.7	61.8	5.6
45-64	521	43.2	50.3	6.5
65-74	166	93.4	6.0	0.6
75+	148	100.0	0.0	0.0

**Table 12.3: Are you currently in paid employment (Q18) by gender and age band**

Age (years)	Number of respondents	Currently in paid employment (%)		
		Not working	Employee	Self- employed
Males				
18-24	135	57.0	40.7	2.2
25-44	335	27.5	63.9	8.7
45-64	269	40.5	49.1	10.4
65-74	79	94.9	5.1	0.0
75+	58	100.0	0.0	0.0
Females				
18-24	131	58.8	40.5	0.8
25-44	311	38.3	59.5	2.3
45-64	252	46.0	51.6	2.4
65-74	87	92.0	6.9	1.1
75+	90	100.0	0.0	0.0

**Table 12.4: Are you currently in paid employment (Q18) by Area Committee Area locality**

Area Committee Area/locality	Number of respondents	Currently in paid employment (%)		
		Not working	Employee	Self-employed
North Carr	167	42.5	54.5	3.0
Northern	225	57.3	39.6	3.1
<b>North Locality</b>	<b>392</b>	<b>51.0</b>	<b>45.9</b>	<b>3.1</b>
East	255	54.9	41.2	3.9
Park	295	51.5	44.4	4.1
Riverside (East)	84	44.0	48.8	7.1
<b>East Locality</b>	<b>634</b>	<b>51.9</b>	<b>43.7</b>	<b>4.4</b>
Riverside (West)	242	60.3	36.4	3.3
West	228	45.2	50.0	4.8
Wyke	252	46.0	47.6	6.3
<b>West Locality</b>	<b>722</b>	<b>50.6</b>	<b>44.6</b>	<b>4.8</b>
<b>Hull</b>	<b>1748</b>	<b>51.1</b>	<b>44.6</b>	<b>4.3</b>

**Table 12.5: Are you currently in paid employment (Q18) by deprivation quintile**

Deprivation quintile	Number of respondents	Currently in paid employment (%)		
		Not working	Employee	Self-employed
Most deprived	306	63.7	34.3	2.0
2	331	56.8	39.3	3.9
3	321	55.1	41.4	3.4
4	476	45.6	49.6	4.8
Least deprived	309	36.9	56.0	7.1

## 12.2 Full-time employment

**Table 12.6: Full- or part- time working, those in paid employment only, where working hours are given (Q18), by gender**

Gender	Number of respondents	Full-time or part-time work (%)	
		Full-time	Part-time
Males	452	84.3	15.7
Females	379	37.5	62.5
All	831	62.9	37.1

**Table 12.7: Full- or part- time working, those in paid employment only, where working hours are given (Q18), by age band**

Age (years)	Number of respondents	Full-time or part-time work (%)	
		Full-time	Part-time
18-24	109	45.0	55.0
25-44	425	64.5	35.5
45-64	286	68.2	31.8
65-74	11	45.5	54.5
75+	0	0	0

**Table 12.8: Full- or part- time working, those in paid employment only, where working hours are given (Q18), by gender and age band**

Age (years)	Number of respondents	Full-time or part-time work (%)	
		Full-time	Part-time
Males			
18-24	55	56.4	43.6
25-44	238	87.8	12.2
45-64	155	89.0	11.0
Females			
18-24	54	33.3	66.7
25-44	187	34.8	65.2
45-64	131	43.5	56.5

**Table 12.9: Full- or part- time working, those in paid employment only, where working hours are given (Q18), by Area Committee Area locality**

Area Committee Area/locality	Number of respondents	Full-time or part-time work (%)	
		Full-time	Part-time
North Carr	94	72.3	27.7
Northern	91	62.6	37.4
<b>North Locality</b>	<b>185</b>	<b>67.6</b>	<b>32.4</b>
East	109	64.2	35.8
Park	139	63.3	36.7
Riverside (East)	47	61.7	38.3
<b>East Locality</b>	<b>295</b>	<b>63.4</b>	<b>36.6</b>
Riverside (West)	93	68.8	31.2
West	123	56.9	43.1
Wyke	135	57.0	43.0
<b>West Locality</b>	<b>351</b>	<b>60.1</b>	<b>39.9</b>
<b>Hull</b>	<b>831</b>	<b>62.9</b>	<b>37.1</b>

**Table 12.10: Full- or part- time working, those in paid employment only, where working hours are given (Q18), by deprivation quintile (Hull)**

Deprivation quintile	Number of respondents	Full-time or part-time work (%)	
		Full-time	Part-time
Most deprived	105	63.8	36.2
2	141	61.7	38.3
3	141	69.5	30.5
4	253	60.1	39.9
Least deprived	189	61.9	38.1

### 12.3 Table: Reasons for not working in those not in paid employment

**Table 12.11: Reasons for not working in those not in paid employment (Q19) by gender**

Gender	Number of respondents	Reasons for not working, if not in paid employment (%)						
		Full time education	Govt. training scheme	Unemployed and looking for a job	Long-term sick\disabled	Retired	Looking after home/ family	Other
Males	409	13.4	0.0	25.2	14.9	39.9	4.2	2.4
Females	481	9.6	0.0	9.8	7.7	46.6	24.3	2.1
All	890	11.3	0.0	16.9	11.0	43.5	15.1	2.2

**Table 12.12: Reasons for not working in those not in paid employment (Q19) by age**

Age (years)	Number of respondents	Reasons for not working, if not in paid employment (%)						
		Full time education	Govt. training scheme	Unemployed and looking for a job	Long-term sick\disabled	Retired	Looking after home/ family	Other
18-24	154	53.9	0.0	25.3	3.2	1.3 <sup>44</sup>	14.9	1.3
25-44	207	7.2	0.0	37.2	15.0	0.5	35.7	4.3
45-64	225	0.4	0.0	14.7	27.1	38.7	16.0	3.1
65-74	155	0.6	0.0	0.0	0.0	98.7	0.0	0.6
75+	148	0.0	0.0	0.7	0.7	97.3	0.7	0.7

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<sup>44</sup> These 2 cases are likely to be incorrect but were chosen by respondent

**Table 12.13: Reasons for not working in those not in paid employment (Q19) by gender and age group**

Age (years)	Number of respondents	Reasons for not working, if not in paid employment (%)						
		Full time education	Govt. training scheme	Unemployed and looking for a job	Long-term sick\disabled	Retired	Looking after home/ family	Other
Males								
18-24	77	57.1	0.0	35.1	5.2	0.0	2.6	0.0
25-44	90	10.0	0.0	60.0	17.8	0.0	6.7	5.6
45-64	109	0.9	0.0	19.3	36.7	32.1	7.3	3.7
65-74	75	1.3	0.0	0.0	0.0	98.7	0.0	0.0
75+	58	0.0	0.0	1.7	1.7	93.1	1.7	1.7
Females								
18-24	77	50.6	0.0	15.6	1.3	2.6 <sup>45</sup>	27.3	2.6
25-44	117	5.1	0.0	19.7	12.8	0.9	58.1	3.4
45-64	116	0.0	0.0	10.3	18.1	44.8	24.1	2.6
65-74	80	0.0	0.0	0.0	0.0	98.8	0.0	1.3
75+	90	0.0	0.0	0.0	0.0	100.0	0.0	0.0

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<sup>45</sup> These 2 cases are likely to be incorrect but were chosen by respondent

**Table 12.14: Reasons for not working in those not in paid employment (Q19) by Area Committee Area and locality**

Area Committee Area/locality	Number of respondents	Reasons for not working, if not in paid employment (%)						
		Full time education	Govt. training scheme	Unemployed and looking for a job	Long-term sick\disabled	Retired	Looking after home/ family	Other
North Carr	71	2.8	0.0	21.1	18.3	39.4	15.5	2.8
Northern	129	20.2	0.0	13.2	9.3	37.2	18.6	1.6
<b>North Locality</b>	<b>200</b>	<b>14.0</b>	<b>0.0</b>	<b>16.0</b>	<b>12.5</b>	<b>38.0</b>	<b>17.5</b>	<b>2.0</b>
East	140	0.7	0.0	15.7	10.0	49.3	17.9	6.4
Park	151	6.0	0.0	18.5	9.9	45.7	18.5	1.3
Riverside (East)	37	2.7	0.0	16.2	16.2	51.4	10.8	2.7
<b>East Locality</b>	<b>328</b>	<b>3.4</b>	<b>0.0</b>	<b>17.1</b>	<b>10.7</b>	<b>47.9</b>	<b>17.4</b>	<b>3.7</b>
Riverside (West)	144	4.9	0.0	23.6	18.1	33.3	20.1	0.0
West	102	2.9	0.0	21.6	9.8	61.8	2.9	1.0
Wyke	116	44.8	0.0	5.2	1.7	37.1	8.6	2.6
<b>West Locality</b>	<b>362</b>	<b>17.1</b>	<b>0.0</b>	<b>17.1</b>	<b>10.5</b>	<b>42.5</b>	<b>11.6</b>	<b>1.1</b>
<b>Hull</b>	<b>890</b>	<b>11.3</b>	<b>0.0</b>	<b>16.9</b>	<b>11.0</b>	<b>43.5</b>	<b>15.1</b>	<b>2.2</b>



**Table 12.15: Reasons for not working in those not in paid employment (Q19) by deprivation quintile (Hull)**

Deprivation quintile	Number of respondents	Reasons for not working, if not in paid employment (%)						
		Full time education	Govt. training scheme	Unemployed and looking for a job	Long-term sick\disabled	Retired	Looking after home/ family	Other
Most deprived	193	4.7	0.0	20.7	21.2	30.1	23.3	0.0
2	188	5.3	0.0	23.9	12.8	39.9	16.5	1.6
3	177	2.8	0.0	13.6	10.2	52.5	16.4	4.5
4	216	23.6	0.0	10.6	3.7	49.5	9.7	2.8
Least deprived	113	22.1	0.0	15.0	6.2	46.9	7.1	2.7

## 13 Tables: Ethnicity

### 13.1 Ethnic Group

**Table 13.1: Ethnic group (Q20)**

Ethnic group	Number	Proportion
White British	1,636	93.49
White Irish	3	0.17
Any other White background	33	1.89
Mixed White & Black Caribbean	1	0.06
Mixed White & Black African	5	0.29
Mixed White & Asian	3	0.17
Any other mixed background	3	0.17
Asian or Asian British Indian	9	0.51
Asian or Asian British Bangladeshi	2	0.11
Asian or Asian British Pakistani	4	0.23
Any other Asian background	14	0.80
Black or Black British Caribbean	2	0.11
Black or Black British African	8	0.46
Any other Black background	1	0.06
Chinese	21	1.20
Other ethnic group	5	0.29
Don't know	0	0.0

### 13.2 Percentage white British

**Table 13.2: Percentage of white British respondents (Q20) by gender**

Gender	Number of respondents	White British (%)	
		Yes	No
Males	877	92.9	7.1
Females	873	94.0	6.0
All	1750	93.5	6.5

**Table 13.3: Percentage of white British respondents (Q20) by age group**

Age (years)	Number of respondents	White British (%)	
		Yes	No
18-24	266	81.2	18.8
25-44	647	92.3	7.7
45-64	522	97.7	2.3
65-74	166	100.0	0.0
75+	148	99.3	0.7

**Table 13.4: Percentage of white British respondents (Q20) by gender and age group**

Age (years)	Number of respondents	White British (%)	
		Yes	No
Males			
18-24	135	83.0	17.0
25-44	335	90.7	9.3
45-64	270	97.4	2.6
65-74	79	100.0	0.0
75+	58	98.3	1.7
Females			
18-24	131	79.4	20.6
25-44	312	93.9	6.1
45-64	252	98.0	2.0
65-74	87	100.0	0.0
75+	90	100.0	0.0

**Table 13.5: Percentage of white British respondents (Q20) by Area Committee Area and locality**

Area Committee Area/ locality	Number of respondents	White British (%)	
		Yes	No
North Carr	167	100.0	0.0
Northern	225	92.0	8.0
<b>North Locality</b>	<b>392</b>	<b>95.4</b>	<b>4.6</b>
East	255	98.8	1.2
Park	295	96.6	3.4
Riverside (East)	84	97.6	2.4
<b>East Locality</b>	<b>634</b>	<b>97.6</b>	<b>2.4</b>
Riverside (West)	243	89.7	10.3
West	228	98.7	1.3
Wyke	253	79.1	20.9
<b>West Locality</b>	<b>724</b>	<b>88.8</b>	<b>11.2</b>
<b>Hull</b>	<b>1750</b>	<b>93.5</b>	<b>6.5</b>

**Table 13.6: Percentage of white British respondents (Q20) by deprivation quintile**

Deprivation quintile	Number of respondents	White British (%)	
		Yes	No
Most deprived	307	94.1	5.9
2	331	95.8	4.2
3	321	96.3	3.7
4	477	89.5	10.5
Least deprived	309	93.9	6.1

### 13.3 Broad ethnic group

**Table 13.7: Ethnic group (broad categories) by gender (derived from Q20)**

Gender	Number of respondents	Broad ethnic category (%)					
		White	Mixed	Asian	Black	Chinese /Other	Don't know
Males	877	94.9	1.0	1.9	0.6	1.6	0.0
Females	873	96.2	0.3	1.4	0.7	1.4	0.0
All	1750	95.5	0.7	1.7	0.6	1.5	0.0

**Table 13.8: Ethnic group (broad categories) by age group (derived from Q20)**

Age (years)	Number of respondents	Broad ethnic category (%)					
		White	Mixed	Asian	Black	Chinese/ Other	Don't know
18-24	266	85.7	1.5	4.1	1.5	7.1	0.0
25-44	647	95.4	0.5	2.3	0.8	1.1	0.0
45-64	522	98.3	1.0	0.6	0.2	0.0	0.0
65-74	166	100.0	0.0	0.0	0.0	0.0	0.0
75+	148	100.0	0.0	0.0	0.0	0.0	0.0

**Table 13.9: Ethnic group (broad categories) by gender and age group (derived from Q20)**

Age (years)	Number of respondents	Broad ethnic category (%)					
		White	Mixed	Asian	Black	Chinese /Other	Don't know
Males							
18-24	135	85.2	2.2	4.4	0.7	7.4	0.0
25-44	335	94.3	0.9	2.7	0.9	1.2	0.0
45-64	270	97.8	1.1	0.7	0.4	0.0	0.0
65-74	79	100.0	0.0	0.0	0.0	0.0	0.0
75+	58	100.0	0.0	0.0	0.0	0.0	0.0
Females							
18-24	131	86.3	0.8	3.8	2.3	6.9	0.0
25-44	312	96.5	0.0	1.9	0.6	1.0	0.0
45-64	252	98.8	0.8	0.4	0.0	0.0	0.0
65-74	87	100.0	0.0	0.0	0.0	0.0	0.0
75+	90	100.0	0.0	0.0	0.0	0.0	0.0

**Table 13.10: Ethnic group (broad categories) by Area Committee Area and locality (derived from Q20)**

Area Committee Area/locality	Number of respondents	Broad ethnic category (%)					
		White	Mixed	Asian	Black	Chinese /Other	Don't know
North Carr	167	100	0.0	0.0	0.0	0.0	0.0
Northern	225	96.0	0.4	0.9	1.3	1.3	0.0
<b>North Locality</b>	<b>392</b>	<b>97.7</b>	<b>0.3</b>	<b>0.5</b>	<b>0.8</b>	<b>0.8</b>	<b>0.0</b>
East	255	99.2	0.4	0.0	0.4	0.0	0.0
Park	295	98.6	0.0	1.0	0.0	0.3	0.0
Riverside (East)	84	98.8	0.0	0.0	0.0	1.2	0.0
<b>East Locality</b>	<b>634</b>	<b>98.9</b>	<b>0.2</b>	<b>0.5</b>	<b>0.2</b>	<b>0.3</b>	<b>0.0</b>
Riverside (West)	243	93.8	1.2	4.1	0.4	0.4	0.0
West	228	99.1	0.0	0.0	0.0	0.9	0.0
Wyke	253	82.2	2.8	5.5	2.4	7.1	0.0
<b>West Locality</b>	<b>724</b>	<b>91.4</b>	<b>1.4</b>	<b>3.3</b>	<b>1.0</b>	<b>2.9</b>	<b>0.0</b>
<b>Hull</b>	<b>1750</b>	<b>95.5</b>	<b>0.7</b>	<b>1.7</b>	<b>0.6</b>	<b>1.5</b>	<b>0.0</b>

**Table 13.11: Ethnic group (broad categories) by deprivation quintile (derived from Q20)**

Deprivation quintile	Number of respondents	Broad ethnic category (%)					
		White	Mixed	Asian	Black	Chinese /Other	Don't know
Most deprived	307	96.7	0.3	2.0	0.7	0.3	0.0
2	331	97.0	0.9	1.5	0.6	0.0	0.0
3	321	98.4	0.0	0.9	0.0	0.6	0.0
4	477	91.0	1.5	2.5	1.3	3.8	0.0
Least deprived	309	97.1	0.3	1.0	0.0	1.6	0.0

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## 15 Further information

For further information on this survey and other surveys, and more information about Hull and health inequalities, as well as other publications and documents produced by the Public Health Intelligence team at Hull City Council (was at Hull Teaching Primary Care Trust at the time of this survey), please contact us at [publichealthintelligence@hullcc.gov.uk](mailto:publichealthintelligence@hullcc.gov.uk) and further information can also be found on our website at [www.hulljsna.com](http://www.hulljsna.com).



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