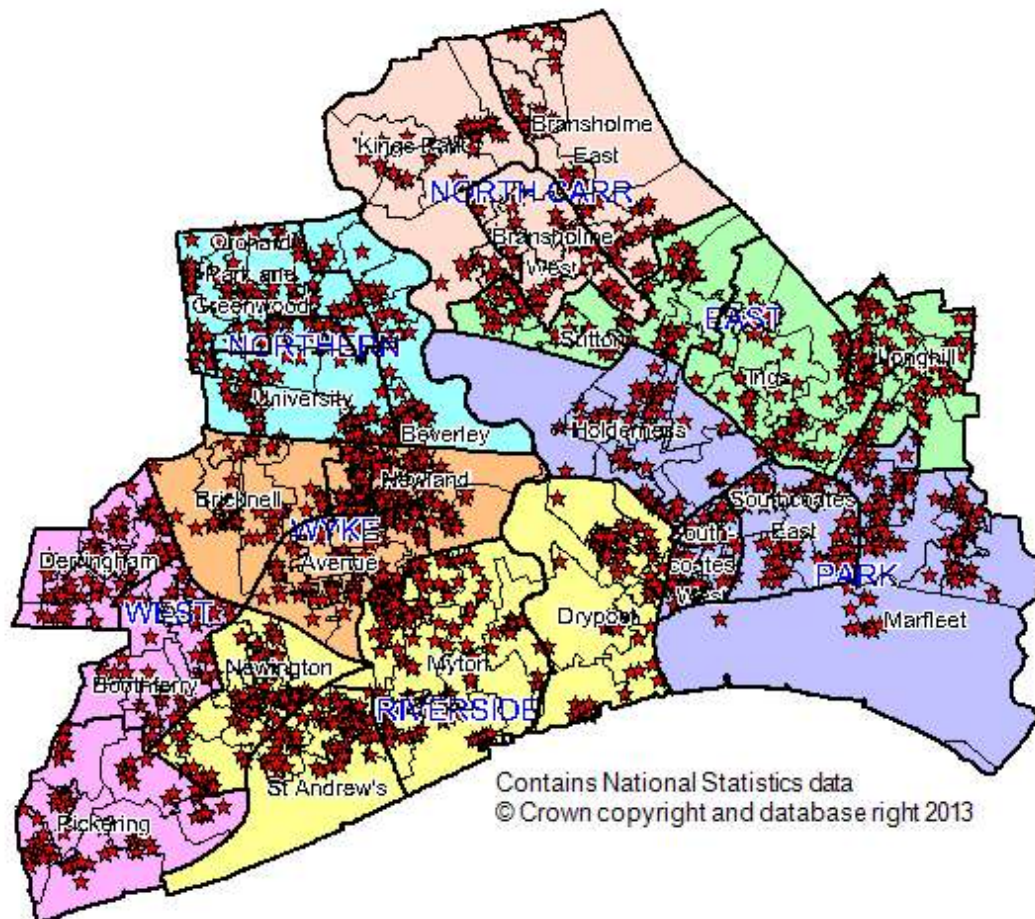


Hull's Adult Health and Wellbeing Survey 2014



Public Health Intelligence team, Hull City Council

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Version 2 – Includes additions to alcohol section following changes to alcohol guidelines in January 2016 and detailed tables includes additional information split by both age and gender

Hull's Adult Health and Wellbeing Survey 2014

This aim of this document is to report on the latest prevalence of health status, and behavioural and lifestyle risk factors in a representative sample of Hull's adult (16 years and older) population. This Health and Wellbeing Survey is a 'mini' survey as it includes a relatively small number of questions, and only focuses on providing updates on the prevalence estimates of behavioural and lifestyle risk factors, and as a result this survey has also been referred to as the Prevalence Survey 2014. Any differences in health, and lifestyle and behavioural risk factors will be examined by gender, age, deprivation and geography within this report.

A number of previous surveys have been conducted in Hull over a number of years examining both Health and Lifestyle and Social Capital, with the Health and Wellbeing Surveys having been completed among different groups such as adult, secondary school pupils, Black and Minority Ethnic groups, Gypsy and Travellers, and Veterans. Trends over time will also be examined in this report by comparing the results of this survey with these previously conducted surveys.

The intention is that commissioners can use the findings to help improve health, services and reduce inequalities for the people of Hull.

This report informs the local Joint Strategic Needs Assessment (JSNA). This document and all other survey reports and JSNA documents are all available on www.hulljsna.com.

For further information or queries, please contact the Public Health Intelligence team: publichealthintelligence@hullcc.gov.uk.

KEY POINTS

- **SURVEY BACKGROUND:** A total of 5,334 questionnaires were completed among Hull residents aged 16+ years (2.6% of 208,443 estimated population) between September and December 2014, predominantly using a 'Knock-and-Drop' approach. A quota sampling method was used to ensure the sample was broadly representative of Hull's population in terms of age, gender, area, deprivation and employment.
- **AGE, GENDER AND DEPRIVATION:** There was a strong association between the factors examined in the survey and both age and deprivation, and generally differences between the genders. Older people and people living in more deprived areas were more likely to have poor health. Younger people and people living in the most deprived areas were more likely to have a higher prevalence of behavioural and lifestyle risk factors for poor health with the exception of alcohol consumption.
- **ETHNICITY:** Black and Minority Ethnic (BME) groups were slightly under-represented within the survey although differences were not substantial. Overall, 91% of survey responders were White British, 4.0% other White, and 5.0% other BME groups. BME survey responders tended to be younger than the White British survey responders.
- **EMPLOYMENT AND STUDYING:** Overall, 44% of survey responders were working (7.5% fewer than 20 hours a week, 8.6% 20+ hours but fewer than 35 hours per week and 23% 35+ hours with 4.7% not specifying their hours). Ten percent were full-time students (and not working), 21% were retired, 8.1% were looking after the home or family, 6.5% were unemployed, 7.6% were not working due to long-term illness or disability and 1.9% were not working but did not specify a reason. Overall, 15% and 4.5% were full-time and part-time students respectively (with some working).
- **HEALTH AND WELLBEING:** Overall, 9.1% rated their health as 'excellent', 28% as 'very good', 35% as 'good', 19% as 'fair' and 8.7% as 'poor'. Overall 28% of survey responders had an illness or disability which had lasted longer than one month which limited their activities. It is estimated that 58,000 people aged 16+ years in Hull have a limiting long-term illness or disability.
- **DIET:** Overall, 69% stated that they ate a healthy diet, 24% stated they did not and the remaining 7.2% stated that they didn't know what a healthy diet was or didn't know if they had a healthy diet. One fifth (19%) of people reported eating five or more portions of fruit and vegetables (5-A-DAY). Almost 80,000 people aged 16+ years in Hull usually only eat 0-2 portions of fruit and vegetables each day.
- **ALCOHOL CONSUMPTION:** Overall 24% of survey responders never drank alcohol and a further 29% had not drunk alcohol during the previous week. Based on the 1995 alcohol guidelines (in existence until December 2015), 34% drank within acceptable safe limits, 9.3% drank excessively and a further 2.3% dangerous levels. One-quarter of all survey responders were defined as binge drinkers (32% of men and 19% of women). In summary, 28% had exceeded the recommended weekly alcohol during the previous week and/or usually binge drink weekly (35% of men and 22% of women) increasing to 30% (39% of men) following introduction of the 2016 guidelines which reduced men's maximum weekly suggested intake. It is estimated that around 60,000 people in Hull drink too much alcohol and/or binge drink weekly, which includes 4,700 who drink too much (at dangerous levels) increasing to 61,600 and 7,700 respectively with the 2016 guidelines. Men drank alcohol more frequently and at higher levels than women, and women were more likely to never drink alcohol. People in their middle years and people living in less deprived areas were more likely to drink too much over

the week (small difference in binge drinking). The prevalence of drinking excessively and/or binge drinking decreased between 2007 (26%) and both 2009 (24%) and 2011-12 (22%), but increased in 2014 (28%). This was predominantly due to increases in binge drinking rather than changes in those drinking excessively, and mainly due to changes for middle and older age groups and those living in the least deprived areas. Based on 2016 guidelines, the percentages are 29%, 25%, 25% and 30% for 2007, 2009, 2011-12 and 2014 respectively.

- **PHYSICAL ACTIVITY:** Overall, 44.4% fulfilled the '150 minute' component of the 2012 national physical activity guidelines and a similar percentage (43.5%) were 'inactive' (undertaking fewer than 30 minutes of moderate physical activity).
- **SMOKING:** The prevalence of smoking is 31%, and 27% were former smokers and 42% had never smoked (although this was 54% among those aged 16-24 who would have been 9-17 years on the 1st July 2007 when the ban on smoking in public places was introduced to England) having increased from 37% in 2003-4 and around 50% in 2007, 2009 and 2011-12. It is estimated that there are over 63,000 current smokers aged 16+ years who live in Hull with almost half living in the wards with the highest smoking prevalence (which are also the eight most deprived wards in Hull). From the local surveys, it was estimated that the prevalence of smoking was 39% in 2003 and 2004 (two surveys combined). The estimated prevalence fell to 32% in 2007, but increased to 33% and 34% for the 2009 and 2011 surveys. However, in the current survey the estimated prevalence is now 31% which is considerably lower than a decade ago but nevertheless still around 50% higher than England.
- **E-CIGARETTES:** Overall, 8.4% of survey responders currently used e-cigarettes daily (3.7%) or less than daily (4.7%) predominantly to quit or cut down smoking tobacco/cigarettes. All except one person were current or former smokers.

OVERWEIGHT AND OBESITY: Overall, 3.1% of survey responders were morbidly obese, a further 23% were obese and a further 37% were overweight with only 5.0% underweight. Women were more likely to be obese, but men were more likely to be overweight (or overweight and obese combined). The prevalence of overweight and obesity differed markedly with age. It is estimated that 132,496 people aged 16+ years in Hull are overweight or obese (55,246 obese). Over the period 2003-04 to 2014, the prevalence of obesity increased in Hull by 0.59 percentage points per year (larger than England increase of 0.27). From the local surveys, the prevalence was 21.7% in 2003, 20.7% in 2007, 25.7% in 2009, 27.8% in 2011 and 26.5% in 2014. Whilst the prevalence of overweight alone decreased in Hull, the prevalence of overweight and obesity combined increased (by 0.20 percentage points per year) which was larger than the increase for England (0.14 percentage points per year). If the current trend continues, then it is projected that the prevalence of overweight and obesity in Hull will be 65.6% by 2020.

COMMUNITY SAFETY: Nine in ten felt 'very safe' or 'fairly safe' when walking alone in their area during the daytime, but this fell to 55% after dark with considerable differences by gender (71% for men and 42% for women), age and deprivation. Some of these responses were based on anticipated feelings of safety as almost half of those aged 75+ years never went out after dark. Overall, 87.4% felt 'very safe' or 'fairly safe' when alone in their own home at night.

SOCIAL ISOLATION: Overall, 9.0% of survey responders lived alone and did not speak to family, friends or neighbours daily, and were therefore potentially socially isolated, but this was 13.4% among those aged 65+ years.

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Hull's Adult Health and Wellbeing Survey 2014

1 SUMMARY

Survey Background

A total of 5,334 questionnaires were completed among Hull residents aged 16+ years (2.6% of population) between September and December 2014, predominantly using a 'Knock-and-Drop' approach where teams of interviewers called on residents in their own homes, and sought people residents' agreement to complete the questionnaire, and the interviewer then called back at an agreed time to collect it. Help to complete the questionnaire was provided if necessary. A quota sampling method was used to ensure the resulting sample was broadly representative of Hull's population in terms of age, gender, area, deprivation and employment. Approximately 80% of the questionnaires handed out were completed and returned.

Ethnicity

Black and Minority Ethnic (BME) groups were slightly under-represented within the survey although differences were not substantial. Overall, 91.1% of survey responders were White British, 4.0% other White, and 5.0% other BME groups. These figures were 89.7%, 4.4% and 5.9% from the 2011 Census. BME survey responders tended to be younger than the White British survey responders.

Employment and Studying

Overall, 44.1% of survey responders were working either as employees or self-employed with 23.3% of all survey responders working full-time with 7.5% working fewer than 20 hours per week. These figures differed among males (49.1%, 35.6% and 4.2% respectively) and females (39.9%, 13.0% and 10.3% respectively). Six times as many women looked after the family and/or home compared to men (13.2% versus 2.1%) and slightly more men were unemployed compared to women (7.8% versus 5.3%). Overall, 15% of survey responders were full-time students and a further 4.5% were studying part-time. As expected employment status and studying differed considerably across the ages and by deprivation.

General Health Status

Overall, almost one in ten of survey responders (9.1%) rated their health as 'excellent' with an additional 27.6% rating it as 'very good', just over one-third (35.4%) rated their health as 'good', 18.9% as 'fair' and 8.7% as 'poor'. Women rated their health slightly worse than men. As expected, there was a clear association with general health status and age. Almost half of 16-24 year olds rated their health as 'very good' or 'excellent' (48.1%), but this fell for each successive ten year age band to only 18.5% for those

aged 75+ years. As expected this was matched by an increase in the percentage reporting 'fair' or 'poor' health which increased from 14.8% among 16-24 year olds to 55.7% among those aged 75+ years. There was also a relatively strong association between general health status and deprivation with 30.1% reporting 'very good' or 'excellent' health in the most deprived fifth compared to 45.4% for the least deprived fifth. This was also matched by a change in the percentage reporting 'fair' or 'poor' health which reduced from 34.8% among those in the most deprived fifth to 19.1% for the least deprived fifth.

Overall, it is estimated that around 18,000 people aged 16+ years in Hull have poor health with over 1,000 living in each of the wards of Bransholme East, Orchard Park and Greenwood, Longhill, Marfleet, Drypool, Myton and Newington.

Long-term Illness or Disability That Limits Activities

Overall 27.7% of survey responders had an illness or disability which limited their activities (and a further 0.6% had an illness or disability but did not specify whether it limited their activities or not). Females were slightly more likely to report a limiting long-term illness or disability that affected daily activities (29.4%) compared to men (25.7%), and unsurprisingly the percentages increased with age from 11.0% among those aged 16-24 years to 58.0% for those aged 75+ years. There was also a strong trend with deprivation with 34.0% reporting a limiting long-term illness or disability among those who lived in the most deprived fifth of areas decreasing to 20.4% for those living in the least deprived fifth of areas. The percentages across the Areas were not too dissimilar, but slightly lower in Wyke (25.0%) and Northern (25.7%) which tended to have slightly younger populations increasing to 28.0% for East and 28.4% for West and a slightly higher percentage for Riverside (32.7%).

It is estimated that there are around 58,000 people in Hull with a long-term illness or disability which limits their activities with the highest numbers – between 3,000 and 3,400 – in the wards of Orchard Park and Greenwood, Sutton, Marfleet, Drypool and Newington, and the highest number in Myton which has an estimated 4,500 people with limiting long-term illness or disability.

Wellbeing

Four wellbeing measures relating to satisfaction with life, life being worthwhile, happiness yesterday and anxiety yesterday was scored on a scale of 0 ("not at all") to 10 ("completely"). The average satisfaction score was 7.09 with 11.2% having a poor level of satisfaction (scoring 0-4), the average worthwhile score was 7.37 with 9.2% having a poor level of worthwhile (scoring 0-4), and the average happiness score was 7.07 with 14.0% having a low happiness score (scoring 0-4). The average anxiety score was 3.51 with 27.3% having a high anxiety score (scoring 6-10).

Satisfaction with life, life being worthwhile and happiness yesterday followed a similar pattern in relation to age, with the youngest having the best levels which gradually reduced with working age, and improved greatly immediately after retirement (aged 65-74 years) and then reduced slightly in the oldest (75+ year) age group. The pattern of the anxiety scores followed a slightly different pattern with age, with those in retirement

age (65+ years) having the highest percentages with high anxiety. The percentage with high anxiety scores fell slightly from ages 16-24 years to 25-34 years and then increased with age until 45-54 years, reduced in the 55-64 year age group and then increased by a fifth for the 65-74 year age group then reducing slightly among the 75+ year age group. Survey responders living in the most deprived areas, those living in Riverside and who were looking after the family or home, unemployed or not working due to long-term illness or disability had the highest percentages with low satisfaction, low worthwhile, low happiness and high anxiety scores compared to those who lived in the least deprived areas and those who were working. There was also a strong association between these measures of wellbeing and health status and the presence of limiting long-term illness or disability.

These four measures are Public Health Outcomes Framework indicators, and the data for Hull for 2012/13 are 8.2% for a low satisfaction score (England 5.8%), 4.8% for a low worthwhile score (England 4.4%), 11.6% for a low happiness score (England 10.4%) and 21.8% for a high anxiety score (England 21.0%) whereas the percentages from this survey are 11.2%, 9.2%, 7.1% and 27.3% respectively, so there was a considerable difference in the indicators between the PHOF and the local survey.

Diet

Diet – Healthy Eating

Overall, 68.9% stated that they ate a healthy diet, 23.9% stated they did not and the remaining 7.2% stated that they didn't know what a healthy diet was or didn't know if they had a healthy diet. Women were more likely to have a healthy diet compared to men (71.6% versus 65.7%) as were older people (55.8% among those aged 16-24 years compared to 83.3% among those aged 75+ years). There was a strong association between having a healthy diet or not and lack of knowledge about what constituted a healthy diet, and deprivation. Six in ten (60.9%) of people in the most deprived fifth of areas of Hull reported eating a healthy diet compared almost eight in ten (77.2%) among those living in the least deprived fifth of areas. One in ten (10.7%) of those living in the most deprived tenth of areas reported a lack of knowledge as to what constituted a healthy diet (7.9% in second most deprived tenth so 9.3% for those living in most deprived fifth) compared to 4.7% among those living in the second least deprived fifth and 6.4% living in the least deprived fifth.

Full-time students (13.6%) and the unemployed (10.5%) were the most likely to lack knowledge about what constituted a healthy diet whereas those working part-time were the least likely to report this (around 4%). People who were retired were the most likely to report eating a healthy diet (84.0%) whereas those who were full-time students (52.8%), unemployed (53.1%) and not working due to long-term illness or disability (52.4%) were the least likely to report eating a healthy diet.

More than one in ten Chinese (17.2%), Arabs (12.5%) and Mixed BME groups (11.1%) reported a lack of knowledge about what constituted a healthy diet. Arabs were the least likely to report eating a healthy diet (41.7%) although there were relatively few survey responders, and Asians and Asian British were the most likely to report eating a healthy diet (70.7%) although the percentage was only marginally higher than the White British (69.8%).

There was also an association with health status with 81.6% reporting eating a healthy diet among those with 'excellent' health compared to only 58.6% among those with 'poor' health. Around half of those with poor wellbeing scores (0-4) for satisfaction with life, life feeling worthwhile and happiness reported eating a healthy diet compared to three-quarters of those with the highest scores (8-10) for these measures.

Unsurprisingly, there was a strong association with whether or not the survey responder reported eating five or more portions of fruit and vegetables daily (5-A-DAY) with 92.7% of those who ate 5-A-DAY reported eating a healthy diet and 2.4% reporting a lack of knowledge about what constituted a healthy diet compared to only 64.1% of those not eating 5-A-DAY reporting that they had a healthy diet with 7.5% reporting that they lacked knowledge about a healthy diet.

If people reported eating healthily, then their other lifestyle and behavioural habits were generally healthy. People were more likely to report eating healthily if they never drank alcohol or only in safe quantities, undertook physical activities, were former or never smokers (or light smokers – fewer than 20 cigarettes per day – if they did smoke), and were not obese.

It is estimated that around 50,000 people (aged 16+ years) in Hull do not have a healthy diet and a further 15,000 do not know what constitutes a healthy diet.

In 2004, 61.6% reported that they ate a healthy diet and this increased to 74.7% in 2007 and 79.3% in 2009, but decreased to 71.8% in 2011-12 and to 68.9% for the current 2014 survey.

Diet – 5-A-DAY

Overall, 19.2% of people reported eating five or more portions of fruit and vegetables (5-A-DAY), although the percentages were slightly higher among women (20.5%) compared to men (17.6%). The average number of portions was 3.11 overall (2.94 for men and 3.25 for women) so well below the recommended five. Only 12% of those aged 16-24 years reported eating 5-A-DAY compared to one-third of those aged 65-74 years and one-quarter of those aged 55-64 years and 75+ years. More than half of the 16-24 year olds surveyed had zero, one or two portions of fruit and vegetables daily, whereas this was fewer than one-quarter for those aged 65+ years.

There was also a strong association with deprivation and 5-A-DAY with 15.7% of survey responders living in the most deprived fifth of areas in Hull eating 5-A-DAY compared to 22.7% among those in the least deprived fifth. Among those living in the most deprived fifth of areas, 43.9% ate zero, one or two portions of fruit and vegetables daily compared to 30.5% for the least deprived fifth.

Survey responders in Myton were the least likely to eat 5-A-DAY with only 13.2% reporting that they ate five or more portions of fruit and vegetables daily, eating an average of 2.67 portions daily and almost half of Myton survey responders ate zero, one or two portions daily (49.3%). In contrast, Holderness had the highest percentages eating 5-A-DAY at 27.4% with an average of 3.63 portions eaten, and less than one-quarter eating zero, one or two portions (24.2%). The difference between these wards

is not particularly surprising as Myton tends to have a young deprived population whereas the population of Holderness is older and less deprived.

None of the Chinese reported eating 5-A-DAY with 64.3% eating zero, one or two portions of fruit and vegetables daily. Whilst the number of Arabs surveyed was relatively low (and subject to random variation), the percentages were similar to the Chinese (4.8% and 61.9% respectively). White British (19.7%) and Black and Black British (20.7%) had the highest percentages eating 5-A-DAY.

People who reported better health and wellbeing were much more likely to eat 5-A-DAY, and this was despite the fact that older people whose health tended to be worse also were more likely to eat 5-A-DAY. People who reported eating 5-A-DAY tended to have other lifestyle and behavioural habits were generally healthy.

It is estimated that approximately 14,000 people in Hull usually eat no fruit and vegetables, 25,800 usually eat only one portion of fruit and vegetables daily, 39,400 eat two portions, 53,500 eat three portions, 25,900 eat four portions and 40,000 eat five or more portions of fruit and vegetables daily.

The percentage eating 5-A-DAY was 23.0% in the 2007 survey which increased to 27.5% in the 2009 survey and fell to 20.2% in the 2011-12 survey and then to 19.2% in the current 2014 survey. The trend for England increased between 2002 and 2006 (from 23.9% to 29.7%) and has since decreased to 2010 (26.0%) although there was a slight increase between 2010 and 2011 (26.6%) which was the latest year for which data is available for England.

Alcohol Consumption

Alcohol Consumption – National Alcohol Guidelines

When this initial survey report was published in July 2015, the latest national alcohol recommendations were the 1995 guidelines. In January 2016, new national alcohol recommendations were published. The fundamental change to the guidelines is that there are no safe levels of alcohol consumption, and the main change to impact on the information presented in the initial survey report is a change to the maximum recommended weekly units for men. This updated (version 2) report presents additional information which defines excessive weekly alcohol consumption using the new 2016 guidelines (also additional information for the summary alcohol information relating to excessive weekly alcohol consumption or usually binge drinks at least weekly).

Alcohol Consumption – Using 1995 Guidelines (in place until December 2015)

Based on the 1995 national alcohol guidelines, 26% of survey responders never drank alcohol and a further 29% had not drunk alcohol during the previous week, 34% drank within acceptable safe limits, 9.3% drank excessively and a further 2.3% drank dangerous levels of alcohol. One-quarter of all survey responders were defined as binge drinkers as they usually exceeded twice the recommended daily units at least once a week (32% of men and 19% of women). In summary, 28% had exceeded the recommended weekly alcohol during the previous week and/or usually binge drink weekly (35% of men and 22% of women). It is estimated that around 60,000 people in

Hull drink too much alcohol and/or binge drink weekly, which includes 4,700 who drink too much (at dangerous levels). Men drank alcohol more frequently and at higher levels than women, and women were more likely to never drink alcohol. People in their middle years and people living in less deprived areas were more likely to drink too much over the week (small difference in binge drinking). The prevalence of drinking excessively and/or binge drinking decreased between 2007 (26%) and 2011-12 (22%), but increased in 2014 (28%). This was predominantly due to increases in binge drinking rather than changes in those drinking excessively, and mainly due to changes for middle and older age groups and those living in the least deprived areas.

Overall, it is estimate that around 60,000 people in Hull drink too much alcohol and/or binge drink weekly with the highest numbers in Myton, Newland, Holderness, Ings, King's Park, Avenue and Marfleet. This includes over 4,700 people in Hull who drink too much at dangerous levels (>50 units per week for men and >35 units per week for women).

The prevalence of excessive weekly units the previous week and/or binge drinking at least weekly in Hull was 26.2% for 2007 decreasing to 23.8% in 2009 and 22.5% in 2011, but since increasing to 27.8% in 2014. Comparable data is not available for England.

Alcohol Consumption – Comparison to England (binge drinking)

The only national information on the prevalence of alcohol consumption relates to the number of units consumed on the 'heaviest' drinking day the previous week, and the percentages exceeding eight units for men and six units for women are reported, whereas the local surveys uses eight or more units and six or more units respectively. Between 2005 and 2012, the prevalence of binge drinking using this definition decreased from just under 20% to around 15%. This is lower than Hull, but not surprisingly as Hull will include men who drink exactly eight units on a single day once a week or more and women who drink exactly six units on a single day once a week or more. The prevalence of binge drinking in Hull using the definition used in the survey was 22.0% for 2007 decreasing to 19.9% in 2009 and 18.6% in 2011, but since increasing to 25.1% in 2014.

Alcohol Consumption – Using 2016 Guidelines

The change to the national alcohol guidelines had no impact on the information presented on women as the definition of excessive weekly alcohol consumption remained the same. The prevalence of harmful drinking either drinking excessively over the week or usually binge drinking at least once a week increased by 1.7 percentage points overall from 27.8% to 29.5% (and for males by 3.7 percentage points from 35.1% to 38.9%). The absolute increase in the prevalence of harmful drinking increased with age from 1.4 percentage points among those aged 16-24 years to 3.0 percentage points among those aged 55-64 years with smaller increases for the oldest age groups (1.4 and 1.0 percentage point increases for those aged 65-74 and 75+ years respectively).

Based on the 2016 national alcohol guidelines, 26% of survey responders never drank alcohol 45% drank low levels of alcohol and did not usually binge drink weekly, 14% drank low levels of alcohol but usually undertook binge drink weekly, 5.1% drank more than 14 units of alcohol the previous week but did not usually binge drink at least once

a week, and 10.8% had both drunk excessively the previous week and usually binge drink weekly. Thus 29.5% had either exceeded the weekly recommended units or usually binge drink weekly, or both (38.9% of men and 21.6% of women).

Based on the 2016 alcohol guidelines, it is estimated that 61,600 people in Hull drink too much alcohol and/or binge drink weekly with the highest numbers (more than 3,000 each) in Newland, Myton, Holderness, Ings and Marfleet.. This includes over 7,700 people in Hull who drink too much at dangerous levels (more than 35 units). This represents a considerable increase (from 4,700) based on the 1995 alcohol guidelines as there were around 3,000 men who drank between 36 and 50 units of alcohol last week who were previously in the 'excessive but not dangerous' category who have now moved to the 'dangerous' category following the change in the alcohol guidelines.

Using the 2016 alcohol guidelines, the prevalence of excessive weekly units the previous week and/or binge drinking at least weekly in Hull was 29.3% for 2007 decreasing to 25.3% in 2009 and 25.1% in 2011, but since increasing to 29.5% in 2014.

Physical Activity

Physical Activity – National Physical Activity Guidelines

The national guidelines for physical activity have changed over time, although in general adults are still recommended to undertake 30 minutes or more of vigorous or moderate physical activity on at least five days a week. The previous guidelines (2011 and prior to that) stated that the physical activity undertaken in the day needed to last at least 30 minutes, but new guidelines, which were updated in 2012, state that the quantity of physical activity in the day should sum to least 30 minutes but can be made up of 'bouts of physical activity' of 10 minutes or more. For comparability with previous local surveys, a question was included on the frequency of undertaking physical activity for at least 30 minutes for different levels of physical activity separately (vigorous, moderate and light) with examples of some types of physical activity for the different levels of physical activity. This means that the trends over time can be examined (in relation to 2011 national guidelines). An additional question in this 2014 Health and Wellbeing Survey asked the survey responders to state separately for vigorous and moderate physical activity levels, the number of minutes of physical activity for each day over the previous seven days. From this question, the percentages fulfilling the '150 minute' component of the current 2012 national physical activity guidelines can be estimated, although not the full 2012 national physical activity guidelines as this includes an additional requirement that muscle-strengthening physical activity should be undertaken on two or more occasions per week (and the survey did not ask about types of physical activity so this cannot be examined in the current survey).

Physical Activity – Fulfilling 2011 National Physical Activity Guidelines

Overall, the percentage fulfilling the 2011 national physical activity guidelines (undertakes five or more sessions of 30+ minutes of vigorous or moderate intensity physical activity per week) was 33.5% in Hull. A further 36.3% undertake 30+ minute sessions of vigorous or moderate intensity physical activity but fewer than five times a week, 22.9% undertake 30+ minute sessions of light intensity physical activity (may undertake vigorous or moderate intensity physical activity but it will be for fewer than 30

minutes at a time), and the remaining 7.2% never undertook any physical activity for 30 minutes or more (they may undertake some light, moderate or vigorous physical activity but for fewer than 30 minutes at a time).

Whilst reasonably similar percentages never undertook physical activity among males (6.6%) and females (7.7%), males were much more likely to fulfil the 2011 national physical activity guidelines (39.5%) compared to women (28.5%). There was a strong association between exercising and age. Around 2.5% of those aged 16-34 years never undertook physical activity, but the percentage almost doubled to 4.7% among those aged 35-44 years then increased to 7.3% among those aged 45-54 years, to 11.5% and 10.3% among those aged 55-64 and 65-74 years respectively, with the percentage almost doubling again to 20.5% among those aged 75+ years. Almost half (48.0%) of those aged 16-24 years fulfilled the 2011 national physical activity guidelines, but this gradually decreased with increasing age so the percentages was almost half that among those aged 55-64 years, which decreased further so that it was around one-quarter of that of the youngest age among those aged 75+ years (11.1%).

Whilst there was little variation in the percentages fulfilling the 2011 national physical activity guidelines among the five deprivation fifths (range 31.5% to 34.7%), the percentage who never undertook any physical activity was twice as high in the most deprived fifth (9.9%) compared to the least deprived fifth (4.7%). The percentage undertaking light intensity physical activity only was also 35% higher among the most deprived compared to least deprived fifths (25.9% versus 19.1%).

There was considerable variation in the percentage never exercising among the seven Areas (5.2% in Wyke compared to 9.1% in West), as well as in the percentage fulfilling the 2011 national physical activity guidelines (28.9% in East compared to 37.0% in Northern). Some of these differences will likely be associated with the difference in the age distributions among the different Areas.

Overall, the percentage exercising to different levels was similar in the 2007 and 2011 surveys, and higher percentages undertook physical activity in 2014. This pattern did not differ substantially by gender, age or deprivation. There were only three real exceptions to this. Firstly, the increase in the prevalence fulfilling the national 2011 physical activity guidelines between 2011 and 2014 increased more among the men (from 29% to 40%) compared to the women (from 24% to 29%). Secondly, the percentage never exercising decreased between 2011 and 2014, and the decrease was greater among men (from 9.5% to 6.6%) compared to women (from 8.8% to 7.7%). Thirdly, among those aged 45+ years, the prevalence of fulfilling the 2011 national physical activity guidelines increased between 2007 and 2011 and between 2011 and 2014, but in the younger age groups whilst there was an increase between 2011 and 2014, there was no increase between 2007 and 2011 (similar levels in 2007 and 2011 for those aged 16-24 years but a decrease between 2007 and 2011 among those aged 25-44 years).

From the previous surveys, it was estimated that 26.3% of survey responders in 2007 undertook 30 minutes or more of moderate or vigorous physical activity on five or more occasions during the week, increasing to 26.7% in 2011 and 33.5% in 2014. So the prevalence fulfilling the 2011 national physical activity guidelines has increased over time. The prevalence was 30.3% in England for 2003 which increased to 37.6% in 2012.

Physical Activity – Fulfilling ‘150 Minute’ Component 2012 National Physical Activity Guidelines

Overall, 44.4% fulfilled the ‘150 minute’ component of the 2012 national physical activity guidelines and a similar percentage (43.5%) were classified as ‘inactive’ as they undertook fewer than 30 minutes of moderate physical activity. Men were more likely to fulfil the guidelines compared to women (50.5% versus 39.1%). Thus, women were more likely to be classified as inactive (47.5% versus 38.8%).

There was a strong association with age, with almost six in ten people aged 16-24 years fulfilling the national guidelines which fell consistently with age to 14.8% among those aged 75+ years. In contrast, unsurprisingly, the percentage who were classified as inactive increased from 27.3% among those aged 16-24 years to 79.2% among those aged 75+ years.

There was an association with deprivation with lower levels of physical activity among those living in the most deprived fifth of areas of Hull. Just over half (51.5%) of survey responders living in the least deprived fifth of areas of Hull fulfilled the ‘150 minute’ component of the 2012 national physical activity guidelines compared to 38.0% of those living in the most deprived fifth of areas of Hull. The percentages were almost reversed for those who were inactive with 52.0% of those in the most deprived fifth of areas being inactive compared to 34.9% of those living in the least deprived fifth of areas of Hull.

There were also differences among the Areas of Hull. Survey responders in Wyke were the most active (51.1% fulfilled guidelines and 33.4% inactive), and survey responders in Riverside were the least active (39.0% fulfilled guidelines and 51.1% inactive). These percentages will be influenced by the age, gender and deprivation distribution within the Areas. Wyke and Northern Areas tend to have a younger age population with a relatively high proportion of University students living in the Area, whose physical activity levels tend to be higher than the general population. The age distribution of Riverside is also relatively young, but physical activity levels are lower, although some of this might be explained by deprivation.

There were considerable differences across the wards in the percentage of survey responders who were physically inactive and active. Survey responders in St Andrew’s, Myton and Newington were the most likely to be physically inactive undertaking 30 minutes or fewer of physical activity last week with over 52% inactive, and survey responders in Newland, Southcoates West and University were the least likely to be inactive with just over 30% inactive. Survey responders in Southcoates West, University and Boothferry were the most likely to be physically active (over 54%) and survey responders in St Andrew’s, Derringham and Pickering were the least likely to be physically active (just over 35%).

There were differences in physical activity by ethnicity, and unsurprisingly differences by working status, health status and obesity. People who had healthier diets and were non-smokers were more likely to be physically active. However, higher levels of physical activity was not associated with all other healthy lifestyle behaviours. The percentage who were physically active among those who drank excessively or undertook binge drinking was high (around 50% or more) compared to those who never drank alcohol (31.4%).

Out of the estimated 208,433 adults (16+ years) living in Hull (mid-2013), it is estimated that 90,743 of them are physically inactive and 92,434 of them are physically active.

Whilst information on the trends over time was not available from the local surveys in relation to fulfilling the '150 minute' component of the 2012 national physical activity guidelines, it was available from the Public Health Outcomes Framework. In 2013, it was estimated that 49.4% (95% confidence interval 45.2% to 53.7%) fulfilled the '150 minute' component of the 2012 national physical activity guidelines having decreased from 43.8% (CI 39.1% to 48.5%) from 2012. The percentage in Hull is currently statistically significantly lower than England (55.6%). The estimate in the current survey is similar to the 2012 and 2013 estimates for Hull at 44.4% (95% CI 42.9% to 45.8%).

In 2013, it was estimated that 34.4% (95% confidence interval 30.4% to 38.5%) of adults in Hull were physically inactive undertaking fewer than 30 minutes of moderate physical activity per week having decreased slightly from 36.1% (CI 31.5% to 40.6%) from 2012. The percentage in Hull is currently statistically significantly higher than England (28.7%). The estimate in the current survey is higher still at 43.5% (95% CI 42.1% to 45.0%). The reason for this is unclear, but could be associated with the differing survey methods used and survey bias. It is possible that the local survey represents a more realistic estimate given the quota sampling used.

Smoking

Smoking – Current Smoking Status

The prevalence of smoking is 30.7% with slightly more males smoking compared to females (32.4% versus 29.3%). Overall, 27.0% were former smokers and 42.2% had never smoked. Smoking prevalence was highest among those aged 25-34 years (37.8%), 35-44 years (35.7%) and 16-24 years (35.1%) and then decreased with age (34.1%, 24.4%, 21.1% and 13.5% for those aged 45-54, 55-64, 65-74 and 75+ years respectively). Among those aged 25+ years, 39.7% had never smoked but this was statistically significantly higher at 54.1% among those aged 16-24 years (who would have been aged around 9-17 years on the 1st July 2007 when the ban on smoking in public places was introduced to England).

There was a strong association with deprivation with 43.9% smoking among survey responders living in the most deprived fifth of areas of Hull compared to 16.5% among those living in the least deprived fifth of areas. A higher percentage in the least deprived areas had also never smoked (52.6%) compared to the most deprived fifth (31.3%). Smoking prevalence was highest in Riverside (40.8%) and North Carr (34.5%) and lowest in East (27.3%), Wyke (27.9%) and West (23.1%).

It is estimated that there are over 63,000 current smokers aged 16+ years who live in Hull with almost half living in the wards with the highest smoking prevalence (which are also the eight most deprived wards in Hull). The prevalence in these wards is more than one-third and considerably higher than the ward with the 9th highest prevalence (Longhill at 31.6%). The eight wards with the highest prevalence are St Andrew's (48.4%), Bransholme East (45.8%), Newington (45.1%), Orchard Park and Greenwood

(43.9%), Myton (43.6%), Bransholme West (41.8%), Marfleet (38.5%) and Southcoates East (37.4%).

From the local surveys, it was estimated that the prevalence of smoking was 38.6% in 2003 and 2004 (two surveys combined). The estimated prevalence fell to 31.7% in 2007, but increased to 33.5% and 34.0% for the 2009 and 2011 surveys. However, in the current survey the estimated prevalence is now 30.7% which is considerably lower than a decade ago but nevertheless still around 50% higher than England.

Based on the linear regression model, the prevalence of smoking decreased by 0.57 percentage points per year between 2003-4 and 2014, and if the current trends continue then it is predicted that the prevalence of smoking in Hull will be 27.4% by 2020. Smoking prevalence in England has reduced at a slightly faster rate (0.60 percentage points per year) and it is predicted that the prevalence in England by 2020 will be 14.7%.

Smoking – Smoked Last Week

Almost five percent (4.9%; 78 out of 1,595) of current smokers (answering both questions) had not smoked the previous week. This was slightly higher among those who usually smoked fewer than ten cigarettes per week (16 out of 362; 4.4%) and 10-19 cigarettes per week (24 out of 583; 4.1%) compared to those who smoked 20+ cigarettes per week (10 out of 333; 3.0%).

Smoking – Usual Number of Cigarettes Smoked Daily

Of the current smokers, 28.2% usually smoked 0-9 cigarettes per day, 45.6% smoked 10-19 cigarettes per day and 26.1% smoked 20+ cigarettes per day. Male smokers were more likely to smoke heavily, with 30.6% smoking 20+ cigarettes per day compared to 22.5% of female smokers, but female smokers were more likely to smoke 10-19 cigarettes per day compared to men (48.8% versus 41.8%) as there were similar percentages who smoked 0-9 cigarettes per day (27.7% and 28.7% for men and women respectively). Smokers aged 16-24 years were the most likely to smoke 0-9 cigarettes per day (41.3%) compared to all other age groups (range 32.6% for 65-74 year to 17.6% for 45-54 year age groups). The percentages of smokers who smoked heavily (20+ cigarettes per day) increased from 17.4% among those aged 16-24 years to 39.7% of those aged 55-64 years before falling in the oldest age groups to 24.7% among those aged 65-74 years and 20.0% among those aged 75+ years. Smokers in their middle years were the most likely to be moderate or heavy smokers (10+ cigarettes per day).

There was also a strong association with deprivation and quantity smoked with 28.9% and 33.2% of smokers living in the most deprived and second most deprived fifth of areas of Hull smoking heavily compared to 18.6% and 19.2% for those living in the second least deprived and least deprived fifth of areas of Hull. Smokers who lived in Riverside were the most likely to smoke heavily (34.0%) with lower percentages in Park (27.2%) and Northern (26.4%) and the lowest percentages for West (19.9%) and Wyke (19.1%).

The percentage of smokers who usually smoke 20+ cigarettes per day has decreased over time in Hull and this has been particularly the case for women and older age groups. In the 2003 and 2007 Health and Wellbeing Surveys as well as the 2009 Prevalence and 2009 Social Capital Surveys combined, around one-third of current

smokers were heavy smokers (32.3%, 33.7% and 22.3% respectively) but this has decreased to just over one-quarter of current smokers for the two most recent surveys (26.6% in 2011 Health and Wellbeing Survey and 26.2% in current survey).

E-Cigarettes

E-Cigarettes – Current Smoking Status

Overall, 8.4% of survey responders currently used e-cigarettes daily (3.7%) or less than daily (4.7%) and use was similar for men (8.2%) and women (8.6%). Around one in ten survey responders aged 35-64 years were current users of e-cigarettes and this was slightly lower among those aged 16-25 years (7-8%) and lowest among the older age groups (6.3% among those aged 65-74 years and 3.6% among those aged 75+ years). The youngest survey responders were the most likely to have used e-cigarettes in the past and no longer use them (17.5% in the 16-24 year age group) compared to the oldest age groups (6-7% in the 55+ age groups). Current older e-cigarette users were more likely to use them daily (two-thirds of those aged 75+ years) than current younger users (around one in five of those aged 16-24 years).

Of current tobacco/cigarette smokers, 16.8% used e-cigarettes daily (4.9%) or less than daily (11.9%) and a further 28.5% had tried e-cigarettes but no longer used them. Whilst fewer former tobacco/cigarette smokers used e-cigarettes at all (10.8%), they were much more likely to use them daily (7.7%) rather than not daily (3.1%), although the eight in ten (81.9%) had never used them. Very few survey responders who had never smoked tobacco/cigarettes. On initial examination it appeared that two survey responders who had never smoked used e-cigarettes daily and a further one used e-cigarettes occasionally. However, the two daily e-cigarette users used them to quit smoking so it is likely they were former tobacco/cigarette smokers rather than having never smoked. A further 14 (0.7%) of survey responders who had never smoked said they had tried e-cigarettes but no longer used them. Only current e-cigarette users were asked why they used them so it is not known if any of these survey responders were former smokers rather than never smokers.

Of current tobacco/cigarette smokers, there was not a great deal of difference in the use of e-cigarettes among light smokers (who smoked fewer than 10 cigarettes per day; 17.9%), moderate smokers (10-19 cigarettes per day; 15.0%) and heavy smokers (20+ cigarettes per day; 16.3%). Similar percentages used them daily (26-29% of the users). Survey responders who were moderate or heavy current smokers were more likely to have tried e-cigarettes but not longer used them (31-34%) compared to light smokers (21%). There was not substantial differences in the percentages of daily users of e-cigarettes among the deprivation fifths (4.3% in most deprived fifth compared to 3.2% in least deprived fifth), but there were differences for occasional use with twice as many in the most deprived fifth of areas using e-cigarettes than those in the least deprived fifth of areas (5.8% versus 3.0%). Due to this differences between daily and occasional use, survey responders who lived in the least deprived areas were more likely to use them daily (51.7%) compared to those living in the most deprived areas (42.9%). Survey responders from Riverside were more likely to use e-cigarettes (11.6%). More than one in ten survey responders from Drypool, Myton, Newington and St Andrew's used e-cigarettes, with lowest use in Pickering (4.2%) and Beverley (4.8%).

E-Cigarettes – Reasons for Using E-Cigarettes

Overall, 60% stated that they used e-cigarettes to quit smoking tobacco/cigarettes and around 50% stated they used e-cigarettes to cut down smoking tobacco/cigarettes (with some stating both of these reasons). Just under one-third were using them to prevent re-starting smoking tobacco/cigarettes. Less than one-fifth were using them to 'use something like tobacco in a public place where smoking tobacco/cigarettes was banned'. Around one-quarter were using them to stop the affecting others with their smoking tobacco/cigarettes. One-third or more were using them as they were cleaner, cheaper and/or healthier. The same percentage of survey responders aged 16-24 years were using e-cigarettes to quit smoking tobacco/cigarettes as were using them to cut down smoking tobacco/cigarettes. For the other age groups, with the exception of those aged 75+ years, survey responders were more likely to use e-cigarettes to quit smoking rather than to cut down. The greatest difference was in the 35-44 year age group where 72.6% were using them to quit whereas 41.1% were using them to cut down. In contrast, among those aged 75+ years, 36.4% were using them to quit whereas 72.7% were using them to cut down.

Three-quarters of those who used e-cigarettes in North Carr were using them to quit smoking compared to half of those in East. Those in the East were also less likely to be using e-cigarettes to cut down smoking (38.9%) compared to 43-44% in West and Wyke and 52-54% in the other areas.

E-cigarette users in 'excellent' health were more likely to be using e-cigarettes to prevent re-starting smoking again and were more likely to think e-cigarettes were cleaner, cheaper and healthier than those with 'poor' health.

Overweight and Obesity

An adjustment was made to height and weight to attempt to compensate for the fact that people tend to overestimate their height and underestimate their weight. Using body mass index to determine weight classification, 3.1% of survey responders were morbidly obese, a further 23.4% were obese and a further 37.1% were overweight with only 5.0% underweight. The percentages differed slightly among the genders with slightly more women morbidly obese (3.7% versus 2.5%) and obese (23.8% versus 22.8%) compared to men, but men were more likely to be overweight (41.3% versus 33.3%). There was a marked difference in the percentages across the age groups with the prevalence of obesity and the prevalence of overweight and obesity combined increasing markedly between 16-24 years and 25-34 years, before increasing less markedly for each successive decade with the highest prevalence among those aged 55-64 years, before decreasing in the oldest 65-74 and 75 years age groups.

There were relatively small differences among the prevalence of overweight and obesity among the deprivation fifths, although the prevalence differed across the wards and Areas. Whilst there may be differences across the wards, part of these differences will be explained by differences in the age structures across the wards. Wards with generally younger population, such as wards in Newland, Bransholme East, Orchard Park and Greenwood and University tend to have lower prevalence of overweight and obesity. Wards with a generally older population such as Ings, Beverley, Bricknell and Pickering tend to have a higher prevalence of overweight and obesity. Nevertheless,

after adjusting for differences in the age and gender structures of the wards, there was a statistically significant association between the prevalence of overweight and obesity combined across the wards (logistic regression, $p=0.0158$) and the prevalence of obesity across the wards (logistic regression, $p=0.0181$). Around half of survey responders in University (49.2%), St Andrew's (51.1%) and Newland (51.8%) were overweight or obese compared to around seven in ten for Bransholme West (70.0%) and Bricknell (69.6%). The prevalence of obesity ranged from 14.2% in St Andrew's to 33.5% in Newington. It is estimated that out of the total population of 208,443 aged 16+ years, 132,496 are overweight or obese, with 55,246 of them obese.

There were also differences in the prevalence of obesity and overweight and obesity combined among the different ethnic groups. Whilst these differences in prevalence are associated with differences in the age structures among the different ethnic groups, even after adjusting for the differences in age structures there was a statistically significant difference in the prevalence of overweight and obesity combined (but not for obesity).

There was a marked difference in the prevalence of overweight and obesity in relation to health status which is not surprising given the association with both overweight and health status with age. The differences in the prevalence of overweight and obesity were not as large in relation to most lifestyle and behavioural risk factors, although there were a few exceptions. Around one-quarter of those who reported eating a healthy diet (23.7%) or expressed a lack of knowledge about what constituted a healthy diet (25.9%) were obese compared to over one-third (34.8%) of those who reported that they did not eat a healthy diet. Just over one in five (22.0%) of those who drank alcohol most days were obese compared to just under one-third (31.4%) of those who never drank alcohol, and 27.1% of those who had not drunk alcohol the previous week were obese compared to 23.4% of those who had drunk dangerous levels the previous week. This could be associated with age. There was a strong association between the prevalence of obesity and overweight and obese combined in relation to physical activity undertaken. Whilst the prevalence was lower among those who undertook physical activity more frequently and/or at higher physical activity levels, part of the association between the prevalence and physical activity will be associated with the differences in the age structures of the population. Current smokers were less likely to overweight or obese (55.0%) or obese (20.9%) compared to former smokers (73.6% and 32.8% respectively) or never smokers (63.5% and 26.7% respectively), and part of this association could be due to differences in the age structures of current, former and never smokers.

Over the period 2003-04 to 2014, the prevalence of obesity has increased in Hull by 0.59 percentage points per year which is a larger increase than England (0.27 percentage points). From the local surveys, the prevalence was 21.7% in 2003, 20.7% in 2007, 25.7% in 2009, 27.8% in 2011 and 26.5% in 2014. The prevalence in England was 22.5% in 2002 increasing to 24.7% in 2012. If the current trend continues in Hull, then the prevalence is projected to be 31.1% by 2020 (and 27.3% in England).

In contrast, over the same period, the percentage of survey responders who were overweight but not obese BMI 25+ but less than 30) decreased in Hull by -0.39 percentage points per year which is a larger decrease than England (-0.13 percentage points). From the local surveys, the prevalence of overweight was 40.9% in 2003 decreasing to 40.6% in 2007, 27.8% in 2009, 37.7% in 2011 and 37.1% in 2011. If the current trend continues then the prevalence is projected to be could be approximately

34.4% by 2020 (35.8% for England). The prevalence in England has also decreased from 37.9% in 2003 to 37.1% in 2012.

In summary, the prevalence of overweight and obesity combined increased in Hull by 0.20 percentage points per year which is a larger increase than England (0.14 percentage points). In Hull, the prevalence was 62.6% in 2003, 61.4% in 2007, 63.5% in 2009, 65.5% in 2011 and 63.6% in 2014. In England, the prevalence was 60.6% in 2002 increasing to 61.9% in 2012. If the current trend continues, then it is projected that the prevalence in Hull will be 65.6% by 2020 (63.2% for England).

Community Safety

Community Safety – Feelings of Safety When Alone in Area During Daytime

Overall, 90.3% felt ‘very safe’ or ‘fairly safe’ when walking alone in their area during the daytime (with relatively small differences by gender and age although feelings of safety increased slightly with reduced deprivation).

Community Safety – Feelings of Safety When Alone in Area After Dark

One in eight said they never went out alone in their area after dark (5.6% for men, 17.4% for women, ranging from 3.6% for those aged 16-24 years to 46.7% for those aged 75+ years). Including those who never went out (who were asked to report anticipated feelings of safety), 55.1% felt ‘very safe’ or ‘fairly safe’ when walking alone in their area after dark (70.6% for men, 41.9% for women, ranging from 42.4% among those aged 75+ years to 59.4% among those aged 35-44 years, and ranging from 47.0% for those living in second most deprived fifth of areas to 66.8% for those living in least deprived fifth of areas).

Community Safety – Feelings of Safety When Alone in Home at Night

With regard to feelings of safety when alone in their home at night, 5.9% said they were never alone in their home at night (3.8% for men, 7.6% for women, increasing from 3.0% for those aged 16-24 years to 13.5% of those aged 65-74 years and falling slightly to 10.4% among those aged 75+ years, and ranging from 4.5% in second least deprived fifth to 7.6% in most deprived fifth). Including those who were never alone in their home at night (who were asked to report anticipated feelings of safety), 87.4% felt ‘very safe’ or ‘fairly safe’ when alone in their own home at night (93.1% for men, 82.6% for women, increasing from 84.7% among those aged 16-24 years to 90.8% among those aged 45-54 years and falling to 87.9% among those aged 75+ years, and ranging from 82.9% for those living in the second most deprived fifth of areas to 93.4% for those living in least deprived fifth of areas).

Social Isolation

Survey responders were asked how many adults lived in their household and how frequently they spoke to family, friends and neighbours. Survey responders who were the only adult in the household and did not speak to family, friends or neighbours at least daily were considered to be potentially socially isolated. It is possible that some

people will feel socially isolated even if they live with another adult and/or speak to family, friends or neighbours daily, and others may not have much social interaction but not feel socially isolated. However, without asking directly, this measure represents a measure that can give an indication of social isolation, and can be used to look at trends over time in Hull as these questions have been used in previous local surveys.

Overall 9% of survey responders lived alone and did not speak to family, friends or neighbours daily with the percentage very slightly higher among women (9.2% versus 8.7%) which could be due to age as there were differences by ages. Less than one in twenty (4.5%) of those aged 16-24 years lived alone and did not speak to family, friends or neighbours daily, but this percentage gradually increased with age (although it did fall from 9.7% among those aged 35-44 years to 8.8% for those aged 45-54 years before increasing again to 9.7% among those aged 55-64 years) to 10.2% among those aged 65-74 years and to 17.8% among those aged 75+ years. Overall, among those aged 65+ years, it was estimated that 13.4% are potentially socially isolated. There were only small differences in the percentage potentially socially isolated among the four most deprivation fifths (range 9.6% to 10.2%), but the percentage was lower at 5.6% among those survey responders who lived in the least deprived fifth of areas. Potential social isolation was lowest in Park (7.3%) and highest in Riverside (11.0%).

Among those who had poor levels of satisfaction with their life, 17.8% were potentially socially isolated in that they lived alone and did not speak to family, friends or neighbours daily compared to 5.9% among those who had high levels of satisfaction. A similar situation occurred for feeling life was worthwhile (16.9% versus 6.1%) and feeling happy (14.5% versus 6.1%). Those with intermediate scores for these three measures had intermediate percentages who were potentially socially isolated. The pattern in the differences were slightly different for anxiety as those with high anxiety poor scores (11.9%) and intermediate scores (10.0%) for anxiety had percentages that were not too dissimilar, but the percentage was slightly lower among those with the best scores and lowest anxiety (6.8%).

It is estimated that there are around 18,748 people who living in Hull aged 16+ years who are potentially socially isolated, and it is estimated that there are around 5,046 people aged 65+ years who were potentially socially isolated.

Multiple risk factors

The lifestyle and behavioural risk factors examined in combination are as follows:

- **Smoking:** smoking daily or occasionally;
- **Alcohol:** exceeding the weekly recommended alcohol units in the week prior to the survey (14 units for both men and women) and/or binge drinking usually at least once a week (exceeding twice the daily recommended alcohol units, i.e. exceeding 8 units for men and 6 units for women on a single day) – using the 2016 national alcohol guidelines;
- **Physical activity:** not undertaking the recommended weekly guidelines for exercise, i.e. not undertaking at least 2.5 hours of moderate physical activity per week;
- **Obesity:** defined as obese on the basis of having a body mass index or 30 or more;
- **5-A-DAY:** less than five portions of fruit and vegetables usually eaten each day.

To some extent, the risk factors tended to balance out across the genders, age groups and deprivation fifths. Males are slightly more likely to be current smokers, exceed alcohol recommendations and not eat 5-A-DAY, but they are more likely to be physically active and not obese (although the situation is slightly different with regard to overweight). Across the age groups, the highest prevalence of smoking occurs for younger age groups, excessive alcohol consumption across the middle years, physical inactivity is more prevalent for the older age groups as is obesity, but the younger age groups are more likely to not eat 5-A-DAY. Across the deprivation fifths, there is a strong or relatively strong association with the prevalence of the risk factor and deprivation for all of the risk factors. People living in the most deprived areas of Hull are more likely to have each of the risk factors compare to people living in the least deprived area of Hull with the exception of alcohol where the reverse is true.

The percentage of people who had all five of the lifestyle and behavioural risk factors was small varying between zero for those aged 75+ years to 1.6% for those aged 55-64 years, with similar percentages of males and females having all five risk factors (1.2% and 0.9% respectively). When examining the prevalence of all five risk factors by both age and gender, males aged 55-64 years had the highest percentage (2.0%) with all five risk factors followed by females aged 35-44 years (1.9%) and males aged 65-74 years (1.8%). All the other gender and ten-year age band combinations had 1.5% or fewer with all five risk factors including males aged 75+ years, females aged 16-24 years and females aged 65+ years who had no-one with all five risk factors.

Overall, 9.4% of survey responders had four or more risk factors (11.5% of males and 7.4% of females) with the highest percentages among those in the middle years and lowest percentages among the youngest and oldest. Examining age and gender in combination, the highest percentages (over 10%) were among men aged 35-74 years (all four ten-year age bands with the highest percentage at 17.0% among those aged 45-54 years) and women aged 45-54 years.

Just over one in every twenty (6.0%) of survey responders had none of the five risk factors and this percentage was relatively similar for males (5.4%) and females (6.5%), varying from 4.0% (aged 35-44 years) to 8.8% (aged 65-74 years) across the seven ten-year age bands.

There was an association between the number of risk factors and deprivation which was evident for both males and females. In general, survey responders living in the most deprived areas tended to have the most risk factors, although the percentage with all five risk factors was very similar for the four most deprived fifths (range 1.1% to 1.4%) but lower among those living in the least deprived fifth of areas (0.6%).

There was a clearer trend with deprivation for the percentages with four or more behavioural and lifestyle risk factors with 11.8% and 12.3% having four or more among those living in the most and second most deprived fifth of areas of Hull respectively falling to 8.4% in the middle deprivation fifth and to 7.4% in both the second least and least deprived fifths. There was a considerable difference in the percentages with three or more risk factors which ranged from 44.5% for survey responders living in the most deprived fifth of areas to 25.9% for those living in the least deprived fifth of areas. A similar but less pronounced pattern occurred for two or more risk factors (ranged from 77.2% to 61.5% for the most and least deprived fifths respectively).

Overall, 3.2% and 2.5% of survey responders living in the most and second most deprived fifths of areas respectively had none of the risk factors compared to 6.4% for the middle fifth, 8.9% for the second least deprived fifth and 8.3% for the least deprived fifth.

When examining males and females separately, there were similar percentages of men and women living in the most deprived areas of Hull with 4+ risk factors (11.7% and 11.8% respectively), 3+ risk factors (45.6% and 43.4% respectively), 2+ risk factors (78.7% and 75.8% respectively), one risk factor only (18.6% and 20.6% respectively) and no risk factors (2.7% and 3.6% respectively). The greatest relative difference between men and women living in the most deprived areas occurred in the percentage with all five risk factors (0.8% of men and 1.3% of women). Among the men and women living in the least deprived fifth of areas, the differences between men and women tended to be greater for the prevalence of all five risk factors (0.7% and 0.5% respectively), 4+ risk factors (11.0% and 3.8% respectively), and 3+ risk factors (28.7% and 23.1% respectively). Among those living in the least deprived fifth of areas, the percentages with two risk factors (32.3% and 38.9% respectively), one risk factor (29.8% and 30.5% respectively) and none of the risk factors (9.2% and 7.5% respectively) was relatively similar between men and women. Thus, women living in the least deprived fifth of areas of Hull were considerably less likely to have four or five of the risk factors compared to men, whereas among women living in the most deprived areas similar percentages had four risk factors compared to men and a higher percentage of women had all five of the risk factors compared to men.

Hull's Adult Health and Wellbeing Survey 2014

2 INTRODUCTION

This aim of this document is to report on the latest prevalence of health status, and behavioural and lifestyle risk factors in a representative sample of Hull's adult (16 years and older) population. This Health and Wellbeing Survey is a 'mini' survey as it includes a relatively small number of questions, and only focuses on providing updates on the prevalence estimates of behavioural and lifestyle risk factors, and as a result this survey has also been referred to as the Prevalence Survey 2014. Any differences in health, and lifestyle and behavioural risk factors will be examined by gender, age, deprivation and geography within this report.

A number of previous surveys have been conducted in Hull over a number of years examining both Health and Lifestyle and Social Capital, with the Health and Wellbeing Surveys having been completed among different groups such as adult, secondary school pupils, Black and Minority Ethnic groups, Gypsy and Travellers, and Veterans. Trends over time will also be examined in this report by comparing the results of this survey with these previously conducted surveys.

The intention is that commissioners can use the findings to help improve health, services and reduce inequalities for the people of Hull.

This report informs the Joint Strategic Needs Assessment documents (JSNA).

The Public Health Intelligence team within 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 (IbyD).

The current key indicators for public health are those specified in the Public Health Outcomes Framework (PHOF) which was published in January 2012 (Department of Health 2012; Department of Health 2012). Questions from this survey informs local analysis undertaken on these indicators.

This report comprises of two main 'results' sections with the first part comprising of tables, figures and text explaining the main points for each topic (see **section 4**) and the second part comprising of individual 'reference' tables with each survey question tabulated against gender, age group, deprivation and geography (see **section 5**).

The first part reports the prevalence of each behaviour and lifestyle risk factor in relation to gender, age and deprivation, with some information provided for different groups such as employment status or smoking status.

The second part reports the prevalence of each risk factor in relation to all other questions within the survey. However, it should be noted that some of the differences observed will be due to confounding factors. This is a very important point to consider

when interpreting the data. For instance, physical health status is associated with age, gender and deprivation, as well as risk factors for poor health such as smoking, poor diet, lack of physical activity, alcohol consumption and obesity. Therefore, one group might appear to have better health than another group, but that might just be because they are younger or live in a less deprived area, e.g. retired people tend to have worse health, but this could be due to the fact that they are older and not necessarily due to retirement itself. People living in more deprived areas tend to smoke more and have more poor health, but smoking can also cause poor health, so the relationship with risk factors and physical health status is complex. The associations between physical health status and age, gender, deprivation and other factors such as mental health, smoking and obesity should be borne in mind.

3 **METHODS**

3.1 ***Survey Methodology***

3.1.1 ***Background***

Regular Health and Wellbeing Surveys have been undertaken by the Public Health Intelligence team¹. Adult Health and Wellbeing Surveys have been completed in 2002, 2007, 2009 and 2011-12. Young People Health and Wellbeing Surveys have been completed in 2003, 2008 and 2012. Social Capital Surveys were also completed in 2004 and 2009, but the later Health and Wellbeing Surveys also included elements of social capital in the questionnaire. Other Health and Wellbeing Surveys involving Black and Minority Ethnic (BME) groups, and Gypsy and Travellers were also completed in 2007 and 2011-12, and a Veterans Health and Wellbeing Survey in 2009. All survey except the first one in 2002 (which was a postal survey), have used quota sampling and similar survey methodology. This survey and the one completed in 2009 used a shorter questionnaire so essentially are 'mini' Health and Wellbeing Surveys. This survey focuses on estimating the prevalence of the key lifestyle and behavioural risk factors of smoking, alcohol, overweight and obesity, physical activity and diet, with additional questions on health status, ethnicity and employment status. All survey reports are available on www.hulljsna.com.

¹ The Public Health Intelligence team were within NHS Hull (Hull Primary Care Trust) prior to 31st March 2013, and following the major re-organisation of the NHS, in line with other Public Health staff across England moved into the local authority on the 1st April 2013.

3.1.2 Survey Specification

During spring and early summer 2014, a request for quote tender process was completed through YORtender with the intention of commissioning this Health and Wellbeing Survey. The tender brief requested that a minimum of 3,500 completed questionnaires should be obtained from adults aged 16 and over who lived in Hull. Quota sampling (see **section 3.1.3**) was to be used so that the most representative sample was obtained. It was suggested that a similar method was employed to previous surveys, such as the 'knock and drop' method, which was ultimately used, and is described in **section 3.1.5**. The questionnaire was due to be similar to the questionnaire used in Hull's previous mini Health and Wellbeing Survey 2009 with additional questions for e-cigarettes, community safety and social isolation. The contract started in August, with quotas derived and finalising the questionnaire. Piloting of the questionnaire was undertaken in August and September, and fieldwork was undertaken between September and December 2014. The successful company was Information by Design (IbyD) who agreed to obtain a minimum of 5,000 completed questionnaires.

3.1.3 Quota Sampling

Quotas were set to achieve a sample similar to the overall population of Hull setting quotas using 368 cell grid broken down by eight age groups (16-24, 25-34, 35-44, 45-54, 55-64, 65-74, 75-84 and 85+ years), two genders and 23 ward. Further quotas at lower layer super output area², employment status and ethnicity were also produced, so that coverage across the wards was maintained rather than a focus on specific points within wards thereby minimising clustering where possible and reducing survey bias. Towards the end of the survey, the age groups 75-84 years and 75+ years were combined, and it was agreed that the achieved sample should be within 15% quota set for each age, gender and ward, although if there were fewer than two individuals to find to fulfil that the 15% target then this was relaxed. Additional questionnaires were obtained over and above those specified by the set quota, and the data from these individuals was included in the survey.

Comparison of the set quota and the achieved quota is given in **APPENDIX A**.

3.1.4 Questionnaire and Piloting

The questionnaire used was similar to that used for the Health and Wellbeing Survey 2009 but additional questions were included on wellbeing, e-cigarettes, community safety and social isolation. Changes were also made to the physical activity questions.

² LLSOAs were developed nationally following the 2001 Census with the aim of reporting on the 2001 Census findings for geographical areas that were more uniform in size relative to wards. LLSOAs contain a mean of 1,500 residents (minimum of 1,000 residents). There are over 32,000 across the country, and were 163 LLSOAs in Hull following the 2001 Census, but with population changes there have been minor changes to Hull's LLSOAs and there are now 166 following the 2011 Census. LLSOAs are the geographical units used for the Index of Multiple Deprivation.

The questions on wellbeing and e-cigarettes had not been used in any of Hull's previous surveys, but the questions on community safety and social isolation had been used in the previous Social Capital Surveys and the most recent Health and Wellbeing Surveys conducted during 2007 and 2011-12. There were a number of revisions to the questionnaire predominantly the questions on exercising and on e-cigarettes.

3.1.5 *Fieldwork*

Fieldwork was completed between September and December 2014. The survey was conducted primarily using an assisted self-completion technique, also known as 'Knock-and-Drop'. In this:

- Teams of fieldwork staff worked across the geographical area defined for the survey calling on residents in their own homes in specific geographical areas.
- Where residents were at home, team members introduced themselves, described the purpose of the research, sought residents' agreement to complete the questionnaire, and called back at an agreed time to collect it.
- The individuals in the household asked to complete the questionnaire were selected at random, with the person who answered the door being asked to complete the questionnaire, unless quotas for that age/gender had been met, in which case the person who answered the door would be asked if another person was available.
- Where residents had difficulty in completing the questionnaire (for example, due to age, poor eyesight or language difficulties) then assistance was provided by the fieldwork team.
- Of the questionnaires handed out, around 80% were completed and returned.

In relation to response and non-response bias, some groups are harder to reach with household surveys, for example young people and working age men and those in employment. To achieve the required number of surveys with groups who were harder to reach, these groups were targeted by using venues such as shopping centres, health centres, pubs and bookmakers. Approximately 900 questionnaires were completed by targeting harder to reach groups, on 41 occasions over 21 venues. Interviews were conducted across all days of the week, including weekends, using a trained and experienced team of staff to minimise non-response.

3.1.6 *Numbers of People Surveyed*

Ultimately, 5,334 questionnaires were completed. It is estimated that there are 208,443 residents of Hull aged 16+ years (mid-year Office for National Statistics resident population estimates for 2013) so a sample of 5,334 represents 2.6% of the adult population.

3.2 *Definitions and Data Considerations*

3.2.1 *Questionnaire Content*

The questionnaire included the following health status questions:

- Overall rating of usual health
- Limiting long-term illness or disability which has lasted longer than a month.
- Four wellbeing questions used as by Public Health England's Fingertips set of Public Health Outcomes Framework indicators.
- Mental Health Index which is part of the SF-36 questionnaire.

A number of questions as detailed below were also included on the following lifestyle and behavioural risk factors:

- **Diet**
 - Do you have a healthy diet?
 - Usual portions of 5-A-DAY
- **Alcohol**
 - Frequency of drinking alcohol
 - Alcoholic drinks consumed in the previous week
 - Frequency of drinking twice recommended daily units on a single day (binge drinking)
- **Physical activity**
 - Frequency of undertaking vigorous, moderate and light physical activity for at least 30 minutes.
 - Number of minutes in total per day on each of last seven days of vigorous and moderate physical activity.
- **Cigarettes**
 - Smoking status
 - Cigarettes in previous week
 - Number of cigarettes or ounces of tobacco usually smoked
- **E-cigarettes**
 - E-cigarette smoking status
 - Reasons for using e-cigarettes
- **Overweight and obesity**
 - Height
 - Weight

Additional questions were also asked on community safety, social isolation and general questions about the individual.

- **Individual**
 - Gender
 - Age
 - Full postcode to determine ward/area of residence and deprivation score of their geographical area
 - Employment status
 - Ethnicity
- **Feelings of safety whilst alone in local area and at home**
 - Safety during daytime
 - Safety after dark
 - At home
- **Social isolation**
 - Number of adults (18+ years) living in household
 - Frequency of speaking to family, friends and neighbours

Survey responders were also asked if they wanted to be entered into a prize draw (top prize £50 and two second prizes of £25 payable in high street store vouchers), and if they were willing to become members of Hull's People's Panel. Contact details were requested for these two purposes, but the final dataset sent to the Public Health Intelligence team did not include these details. Contact details of those interested in becoming members of the People's Panel were sent by IbyD directly to the Customer Insight team at Hull City Council, and IbyD randomly selected the names of the winners of the prize draws and contacted them directly.

The full questionnaire is given in **APPENDIX B**.

3.2.2 Overall Health Status

The question relating to overall health status "Overall, how would you rate your usual health: excellent, very good, good, fair or poor?" has been used in the previous local surveys so trends over time can be examined.

3.2.3 Limiting Long-Term Illness and Disability

There were two questions relating to long-term illnesses and disabilities that limit daily activities. These are identical to the questions that have been used in previous local surveys so trends over time can be examined. However, the local survey question refers to illnesses or disabilities that have lasted for longer than a month, whereas the question used in the 2011 Census refers to illnesses or disabilities that have lasted or expected to last for longer than a year. So comparable national data for this question is not available.

3.2.4 *Wellbeing Questions from Public Health Outcomes Framework*

Four new questions on wellbeing from the Public Health England's Fingertips set of Public Health Outcomes Framework indicators were included that have not been included in previous local surveys. The questions ask about how satisfied people are with their life, to what extent they feel things they do in their life are worthwhile, how happy they felt yesterday and how anxious they felt yesterday. All questions are scored from 0 "not at all satisfied / worthwhile / happy / anxious" to 10 "completely satisfied / worthwhile / happy / anxious". Thus for the first three questions higher score denote better wellbeing, and the reverse is true for the fourth question.

Individuals were classified as not satisfied / worthwhile / happy if they scored 0-4 and anxious if they scored 6-10 on the 11 point scales.

3.2.5 *Mental Health Index*

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 SF-36™). People are asked how frequently they felt nervous, down in the dumps that nothing could cheer you up, calm and peaceful, downhearted and low, and happy in the last four weeks. In line with the scoring rules for the SF-36™, one response was imputed from the remaining four non-missing responses if a person completed only four out of the five questions. Following imputation of the missing responders were possible, the scoring (frequencies) are changed so that they are all in the same direction (low denoting poor mental health) and are then summed. The MHI ranges from 5 to 25 or from 0 to 100 for the transformed MHI with a high score denoting better mental health. Within the previous Health and Wellbeing Survey 2011-12, unfortunately, the fifth question was inadvertently omitted from the final version of the questionnaire, so cannot be directly compared when examining trends over time.

3.2.6 *Diet*

Survey responders were asked if, generally speaking, they thought they had a healthy diet with response options: 'yes', 'no', 'don't know what a healthy diet is', and 'don't know if I have a healthy diet'. In general, all responses are reported as it is useful to know the percentage who state they don't have a healthy diet as well as those who have a lack of understanding of what constitutes a healthy diet.

Individuals were also asked about the number of portions of fruit and vegetables they generally consumed each day. Examples of what constituted a portion were also provided (see questionnaire in **APPENDIX B**). The numbers eating 5-A-DAY were calculated, as well as the numbers eating fewer than 5-A-DAY.

3.2.7 Alcohol Consumption

Survey responders were asked about the frequency of drinking alcohol, and those that drank alcohol were asked about the number of drinks of different types of alcohol and the different quantities they had drank in the previous week. Men and women who drank alcohol were also asked about the frequency of drinking 8 or more units and 6 or more units respectively on a single day. Examples of number and size of drinks which were classified as 8 or 6 units were given (see questionnaire in **APPENDIX B**). The total number of alcohol units consumed for each type of drink and each quantity of drink were summed by assuming the number of alcohol units for each type and size of drink given in **Table 1**.

Table 1: Units of alcohol assumed for each type of alcoholic drink

Type of drink	Size of drink	Units
Ordinary beer, lager or cider	Pint/500ml bottle or can	2
Ordinary beer, lager or cider	Standard 440ml can	1.5
Ordinary beer, lager or cider	Small 330ml can/bottle	1.1
Strong beer, lager or cider	Pint/500ml bottle or can	4
Strong beer, lager or cider	Standard 440ml can	3
Strong beer, lager or cider	Small 330ml can/bottle	2.3
Wine	Glass (pub measure)	2
Wine	Large glass	3
Wine	Bottle	9
Sherry/fortified wine/shots	Glass (pub measure)	1
Sherry/fortified wine/shots	Glass (home measure)	1.4
Alcopops	Bottle	1.5

The 1995 government guidelines on sensible drinking recommend that men should not consume more than 21 units of alcohol per week, and women not more than 14 units per week. Drinking 'dangerously' was also defined as drinking more than 50 and 35 units per week for men and women respectively. These guidelines were in use until December 2015.

In January 2016, the government released new guidelines on drinking alcohol to update the 1995 guidelines. The fundamental change to the guidelines is that there are no safe levels of alcohol consumption, and the main change to impact on the information presented in this report is a change to the maximum recommended weekly units for men.

In January 2016, the weekly recommended maximum number of units was changed to 14 for men, so now for both sexes excessively weekly alcohol consumption is defined as drinking more than 14 units per week. Additional information was added to this report in January 2016 which defined excessive drinking as drinking more than 14 units in the last week for both men and women, and defines drinking more than 35 units per week as 'dangerous' drinking for both men and women.

Furthermore, there are national alcohol recommendations on the number of alcohol units consumed in a single day. It is recommended that men do not drink in excess of four units of alcohol and women do not drink in excess of three units of alcohol on a single day. In the local survey, binge drinking is defined as drinking eight or more

alcohol units for men or drinking six or more alcohol units for women at least once a week.

3.2.8 *Physical Activity*

The national guidelines for physical activity have changed over time, although in general adults are still recommended to undertake 30 minutes or more of vigorous or moderate physical activity on at least five days a week. The previous guidelines (2011 and prior to that) stated that the physical activity undertaken in the day needed to last at least 30 minutes, but new guidelines, which were updated in 2012, state that the quantity of physical activity in the day should sum to least 30 minutes but can be made up of 'bouts of physical activity' of 10 minutes or more. For the new 2012 guidelines the '150 minutes' refers to moderate activity, and the vigorous activity can count as twice the 'time' as moderate physical activity. Furthermore, for the 2012 guidelines, it is also recommended that adults undertake muscle-strengthening physical activity on two or more occasions per week, and this aspect is not covered in this 2014 Health and Wellbeing Survey. For comparability with previous local surveys (albeit with slight problems due to inconsistent physical activity questions used in the 2009 Health and Wellbeing Survey), a question was included on the frequency of undertaking physical activity for at least 30 minutes for different levels of physical activity separately (vigorous, moderate and light) with examples of some types of physical activity for the different levels of physical activity (see questionnaire in **APPENDIX B**). The 2007 and 2011-12 Health and Wellbeing Surveys both asked about the frequency of these physical activity levels with response categories: never, once or twice a week, three or four times a week, and five or more times a week, but the 2009 Health and Wellbeing Survey asked for survey responders to write in the number of times per week. So the question is not comparable and analysis of trends over time will not include results from the 2009 Health and Wellbeing Survey. For the 2007 and 2011-12 Health and Wellbeing Surveys, it was assumed that people who undertook physical activity 'once or twice a week' or 'three or four times a week' undertook physical activity 1.5 and 3.5 times per week. The total number of times per week was summed over vigorous physical activity and moderate physical activity to give an estimate of the number of times per week vigorous or moderate physical activity was undertaken. Individuals were then classified into four groups: (i) fulfils 2011 national physical activity guidelines (vigorous or moderate physical activity of 30 minutes or more, five or more times a week); (ii) vigorous or moderate physical activity of 30 minutes or more but fewer than five times a week; (iii) light physical activity only; and (iv) never undertakes physical activity. Those classified as 'light physical activity only' and 'never undertake physical activity' could undertake some vigorous or moderate physical activity (or light physical activity in the case of those who never undertake physical activity) but the sessions of their physical activity periods might not last for 30 minutes or more.

A further question in this 2014 Health and Wellbeing Survey asked the survey responders to state separately for vigorous and moderate physical activity levels, the number of minutes of physical activity for each day over the previous seven days. From this question, it is hoped that an estimate of the numbers fulfilling the '150 minute' component of the 2012 national physical activity guidelines can be estimated (again albeit with a slightly different definition as our survey does not – for simplicity reasons – mention physical activity in 'bouts of 10 minutes or more'). However, it is a relatively

complex question including in the local survey so, as anticipated prior to the survey (in piloting), there is some missing data. The total number of minutes of moderate and vigorous physical activity was summed separately over the seven days the previous week to estimate the total number of minutes of physical activity the previous week. The number of minutes of vigorous physical activity was doubled and added to the number of minutes of moderate physical activity to give the total number of minutes of 'moderate' physical activity the previous week. The number of minutes were then categorised into groups. Anyone undertaking fewer than 30 minutes of physical activity the previous week were classified as 'inactive' and anyone undertaking 150 minutes (2.5 hours) or more were classified as 'active' using the same time cut-off values as used in Public Health England Fingertips set of the Public Health Outcomes Framework indicators (Department of Health 2010; Department of Health 2012; Department of Health 2012; Public Health England 2015). For example, a person undertaking 75 minutes or more of vigorous physical activity, another undertaking 30 minutes of vigorous physical activity and 90 minutes of moderate physical activity, and another undertaking 150 minutes of moderate physical activity would all fulfil the '150 minute' component of the 2012 national physical activity guidelines.

Given that this 2014 Health and Wellbeing Survey does not include information on muscle-strengthening activities, the percentage fulfilling all requirements of the 2012 national physical activities guidelines will definitely be lower in Hull than the figures quoted below in this section as it is only one component and to satisfy national recommendations both components need to be satisfied. It is not known how many of the survey responders who do fulfil the '150 minutes' component additionally fulfil the 'muscle-strengthening' component of the guidelines, but if the proportion is small then the percentage fulfilling the 2012 national physical activity guidelines in Hull could be much lower than the percentages quoted below. However, the official figures for England (such as those reported in the Public Health Outcomes Framework) only includes the '150 minute' component of the 2012 guidelines and not the muscle-strengthening component. So for England as a whole, the percentage of people fulfilling the current (2012) national physical activity guidelines is unknown (only the percentage fulfilling the '150 minute' component).

For the additional 'total hours per week' question, 554 people specified the hours of vigorous physical activity for each day or ticked the box to say "no vigorous physical activity in week" but failed to give the hours for of moderate physical activity for each day or tick the box to say "no moderate physical activity in week" (364 of whom had undertaken no vigorous physical activity in the week and 190 had undertaken some vigorous physical activity in the week). The reverse was true for 344 people who specified their moderate physical activity hours but not their vigorous physical activity hours (of whom 78 had undertaken no moderate physical activity in the week and 266 had undertaken some moderate physical activity in the week). For these individuals, it was assumed that they did no physical activity of the type that was missing, i.e. it was assumed that the 554 did no moderate physical activity in the week and the 344 did no vigorous physical activity in the week.

3.2.9 Smoking and E-Cigarettes

E-cigarettes are being used since the previous 2011-12 survey, so it was felt useful to collect information on usage locally as well as the reasons why local people were using e-cigarettes. There was a concern that people who were using e-cigarettes (and prior to the survey local prevalence was unknown) might include them if the existing (cigarette) smoking questions that had been used in previous surveys were used. So the questions that had previously been used were modified from “What statement suits you best?” to “Which statement suits you best in relation to tobacco / cigarettes (not including e-cigarettes)?”. A similar question was added about e-cigarettes (“Which statement suits you best in relation to e-cigarettes?”). Survey responders were also asked to ‘tick all that apply’ to a list of reasons they used e-cigarettes (see questionnaire in **APPENDIX B**).

3.2.10 Overweight and Obesity

Height and weight were collected as part of the local Health and Wellbeing Surveys. However, it is well known that self-reported height tends to be overestimated and self-reported weight tends to be underestimated compared to measured height and weight.

A survey of 4,808 British men and women aged 35-76 which compared self-reported and measured height and weight (Spencer, Appleby 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 (although other studies in the other parts of the world have found that the elderly particularly underestimate their weight (Jalkanen, Tuomilehto et al. 1987; Kuczmarski, Kuczmarski et al. 2001)). These differences reported by Spencer *et al* (Spencer, Appleby et al. 2002) were added or subtracted to the self-reported height and weight to try to obtain a more realistic estimate of actual height and weight.

Definitions of underweight, desirable or healthy weight, overweight and obesity are defined on the basis of the body mass index (BMI) which is a measure of the weight to height ratio. It was calculated by taking the adjusted weight (in kilograms) and dividing it by the square of adjusted height (in metres). In adults, the cut-off values for BMI vary for defining underweight and desirable weight, with some defining underweight as having a BMI of less than 18.5 whereas others define underweight as having a BMI of less than 20. For the purposes of the analysis below the local data uses underweight defined as having a BMI of less than 20. In practice, differences in the definitions of underweight are not of particular concern within this report as the focus is on presenting information on overweight and obesity. Desirable weight is defined as having a BMI more than (18.5 or) 20 but less than 25, overweight as having a BMI of 25 or more but less than 30, and obesity is defined as having a BMI of 30 or more. Within this latter category, morbidly obese is defined as having a BMI of 40 or more.

Health Survey for England uses height and weight that is measured by researchers so it is more accurate and reliable. It is not known how accurate and reliable the locally

applied adjustment to the heights and weights are, in particular as there is more awareness of the problems of overweight and obesity since by Spencer *et al* (Spencer, Appleby *et al.* 2002) published their findings in 2002, so people may underestimate their weight and/or overestimate their height even more than suggested by Spencer *et al* (Spencer, Appleby *et al.* 2002).

The effect of the adjustment is illustrated in **Table 2**. Of the 1,791 who self-reported they were of desirable weight, 393 (21.9%) 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.

Table 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

Number of respondents		Body mass index (adjusted)				
		Under-weight	Desirable weight	Over-weight	Obese	Total
Body mass index (self-reported)	Underweight	242	110	0	0	352
	Desirable weight	0	1,398	393	0	1,791
	Overweight	0	0	1,388	206	1,594
	Obese	0	0	0	1,067	1,067
	Total	242	1,508	1,781	1,273	4,804

3.2.11 Community Safety

Survey responders were asked how safe they felt walking alone in their local area (defined as within a 15-20 minute walk or a 5-10 minute drive from home) during the daytime and after dark. Response options were ‘very safe’, ‘fairly safe’, ‘a bit unsafe’, ‘very unsafe’, and ‘never goes out’. They were also asked about their feelings of safety when alone in their home at night with similar options (final response option changed to ‘never alone at night’). These were comparable to questions used in previous local surveys. However, since some of Public Health England Fingertips set of Public Health Outcomes Framework indicators were around older people’s community safety, and does not have the final option of ‘never goes out’ or ‘never alone at night’, additional questions were asked without these response options with the precursor “If you stated you ‘never went out’ or were ‘never alone in your home at night’, how safe do you think you would feel?”. Whilst the adjustment does not make it identical to the PHOF indicator, it makes it more comparable and means that local trends can also be compared. However, this indicator has now been removed from PHOF.

3.2.12 Social Networks and Social Isolation

It is difficult to measure social isolation without asking a number of detailed potentially invasive questions. It is recognised that due to the way in which society is changing and people living longer that there could be increasing numbers of older people who

feel socially isolated. No specific definition exists to define social isolation. However, information on the number of adults (aged 18+ years) in the household and the frequency of speaking to non-household family, friends and neighbours have all been collected from previous local surveys. The information from these four questions was used to produce a measure of social isolation. Survey responders who were the only adult in the household and did not speak to family, friends or neighbours daily were classified as potentially socially isolated. The intention at the time of the surveys was not to measure social isolation (but social networks and other measures of social capital), and as a result it is not an ideal measure of social isolation. It can only be used as a guide to potential social isolation. It does not take into account the quality or quantity of the 'conversations' to others, and more importantly, it does not consider the opinions or feelings of the survey responder, i.e. their satisfaction with the quality and quantity of the social interactions with others. It also assumes that people who live with other adults speak daily to each other, and they do not feel socially isolated because they live with another adult. Some people living with other adults may feel socially isolated if the other adults are not at home or they are not involved in their lives very much. Among those who do live alone, some adults could speak to others daily but may feel socially isolated, whereas others who do not usually speak to others daily may not necessarily feel socially isolated. However, as well as giving an indication of levels of social isolation in Hull using this local standard definition, trends over time can also be assessed by applying the definition to results from previous local surveys.

This measure is predominately important in the older age groups (65+ years) and in the 2011-12 survey, it was found that a relatively high proportion of survey responders aged 65+ years did not completed the "how many adults live in your household" question with a relatively high number of missing responses. Values for the missing responses were imputed using statistical methods³ so as to lessen the effect of this non-response bias. As the number of people who did not answer the "how many adults live in your household" question in this 2014 Health and Wellbeing Survey is relatively small across the age groups (between 1.0% and 2.0% except 2.7% for 16-24 year olds) and as a result the missing values were not imputed.

3.2.13 *Employment Status and Studying*

Survey responders were asked if they were currently in paid employment, either working for someone or self-employed, and how many hours per week. Survey responders who were not working were also asked to describe their employment situation with response options: 'at school or in other full time education (and not working)'; 'unemployed and looking for a job'; 'unable to work because of long term sickness or disability'; 'retired'; 'looking after the home or family'; or 'other' with the request that they specify what the other option was. These questions have been previously used in the other local surveys although the response option 'on a government training scheme' that had been previously used was removed in the current survey. All survey

³ All individuals were assigned a random number (from 0 to 1, e.g. 0.20874), and the percentage who lived alone was calculated for all combinations of gender, age group and ward (for those who did answer the question). For individuals with missing responses, if the individual's random number was lower than that percentage for their group (same gender, age group and ward) then they were assigned to the 'lived alone' group otherwise to the 'does not live alone' group.

responders were also asked an additional question related to if they were “doing any studying at all” and to specify the number of hours of per week.

3.2.14 Geographical Location

Each survey respondent was assigned to specific geographical locations based on their postcode using the NHS Postcode Lookup File. Different geographical locations were used for different analyses. Survey responders were assigned to lower layer super output areas which are nationally derived geographical areas on which the Index of Multiple Deprivation is based. By assigning each individual to a LLSOA, the average IMD 2010 score for their LLSOA geographical area can be assigned, and the results of the survey can be examined in relation to deprivation. As the IMD 2010 measures deprivation on a geographical basis, it is not measuring each individual and each individual in the survey cannot be assigned a socio-economic group. Individuals within each LLSOA will not all be equally ‘deprived’ and it can only act as a guide at the population level to examine characteristics in this way. Survey responders were also assigned to their electoral ward. Information on wards was collected by IbyD as wards were one element of the quotas (see **section 3.1.3** and **APPENDIX A**). However, for consistency, the LLSOA or ward was used based on the person’s stated postcode where available using the NHS Postcode Lookup File. For cases, where postcode was not available, the LLSOA or ward assigned by IbyD was used in the analysis. Hull City Council has seven Area Committee Areas defined on the basis of grouping individual wards (**Figure 1**) and these have been used in the analyses.

Figure 1: Wards and Area Committee Areas in Hull



3.2.15 Deprivation

Unemployment, poor housing, lack of qualifications, debt, low income, crime and many other social and environmental factors all indirectly affect the health of the population. Increased deprivation means that there is poorer health, but this is compounded as poor health also affects other measures such as employment and motivation to improve employment, education and the person's environment such as housing. In addition, those who live in the most deprived area are more likely to have risk factors for ill health such as smoking, poor diet, lack of physical activity, etc. It is also generally more difficult to change lifestyle behaviour if the environment is more stressful resulting from poorer employment prospects and housing, increased debt, relationship problems, etc. Therefore, it is invaluable when examining health status and the prevalence of behavioural and lifestyle risk factors to report the findings for different groups based on their deprivation.

A deprivation score was assigned to each individual based on the geographical area (lower layer super output area) they lived (see **footnote 2**). The Index of Multiple Deprivation (IMD) 2010 (Communities and Local Government 2011) score is a measure of deprivation derived for this geographical level. The IMD 2010 were produced November 2010 and are currently the latest estimates. The IMD 2010 index is based on seven domains which are weighted according to their relative importance in relation to the overall score (weights in brackets): (i) income deprivation (22.5%); (ii) employment deprivation (22.5%); (iii) health deprivation and disability (13.5%); (iv) education, skills and training deprivation (13.5%); (v) barriers to housing and services (9.3%); (vi) living environment deprivation (9.3%); and (vii) crime (9.3%). The IMD 2010 score measures deprivation, but is not such a good measure of affluence. As it is applied to a geographical area, it relates to average levels of deprivation within an area. Therefore, there may be some residents of the area who are very much more deprived than the average and some very much better-off relative to the average. Using the IMD 2010 score, Hull is ranked as the 10th most deprived local authority out of 326 (bottom 4%). It is possible to divide all the scores in Hull (across the 166 LLSOAs) into five or ten groups, and then compare the 'most deprived fifth of Hull' against the 'least deprived fifth of Hull', or the 'most deprived tenth of Hull' against the 'least deprived tenth of Hull'. Since health need tends to be greatest in the most deprived groups, this report examined deprivation in six groups (the 'fifths' groups but dividing the most deprived group in half): (i) most deprived tenth; (ii) second most deprived tenth; (iii) second most deprived fifth; (iv) middle deprivation fifth; (v) second least deprived fifth; and (vi) least deprived fifth.

3.2.16 Missing Data

With the exception of the Mental Health Index mentioned in **section 3.2.5**, responses were not imputed, and survey responders who did not answer the specific question are excluded from the analysis. Some missing values were imputed for 'no other adults on household' for the 2011-12 Health and Wellbeing Survey, but not for this 2014 Health and Wellbeing Survey (see **section 3.2.12**). In some cases, the responses were not applicable to that person, for instance, they did not provide alcohol units drank in the previous week because they 'never' drink alcohol. In these cases, the reporting used all individuals answering the question and in other cases included all individuals and

made assumptions about the responses based on previous responses (e.g. that zero usual cigarettes were smoked among those who have 'never smoked'). For further details on the 'questionnaire routing', see **APPENDIX B**.

3.2.17 Trends Over Time

A number of previous health and wellbeing Surveys and social capital surveys have been undertaken in Hull since 2003, so trends over time can be examined. With the exception of the 2003 Health and Wellbeing Survey, the methodology used for the different surveys was sufficiently similar to allow trends over time to be examined. Health and Wellbeing Surveys were conducted in 2003, 2007 and 2011-12, smaller 'mini' Health and Wellbeing Surveys were conducted in 2004 and 2009 and Social Capital Surveys were conducted in 2004 and 2009.

The 2003 Health and Wellbeing Survey completed in-house and was a postal survey, and a random selection of patients registered with Hull general practices were sent questionnaires and asked to complete them and return them in a pre-paid envelope. Around half of the questionnaires sent were returned. All the other surveys involved different methodology. An external company was asked to undertake the survey on behalf of the Public Health Intelligence team. Quota sampling was used, and individuals were approached by the company interviewers knocking on doors and inviting people to complete the questionnaire. Some of the surveys (the 2004 and 2009 Social Capital Surveys and 2009 Health and Wellbeing Survey) were conducted through interview, but for the rest of the surveys the questionnaire was left with the householder and the interviewer returned to collect the completed questionnaire at a later agreed date). For both the Social Capital Surveys and the 2009 Health and Wellbeing Survey, survey responders were interviewed. In all other surveys, questionnaires were self-completed, so that could influence the findings and comparison of trends over time. It is likely that bias resulting from interviews is less than bias resulting from a biased sample of individuals, and the quota sampling used for all later surveys would reduce the bias from this latter source. Some of the surveys have been combined in the 'trends over time' analyses below (2003 and 2004 surveys, and 2009 surveys).

The larger Health and Wellbeing Surveys in 2007 and 2011 were examined a number of aspects of health and lifestyle, whereas the 'mini' Health and Wellbeing Surveys in 2009 and 2014 involved a limited number of questions focusing on a small number of key measures around health status and just the main lifestyle and behavioural aspects of smoking, obesity, physical activity, diet and alcohol consumption, as well as key information such as gender, age, geographical area of residence, working status and ethnicity. Not all the surveys included the same questions, but in general the same question was used throughout for consistency (where it was included at all). There was a slight difference in the physical activity question included in the 2009 Health and Wellbeing Survey which may influence trends over time.

Social capital examines feelings of safety when walking around after dark in the community, civic engagement, neighbourliness, social networks and social support. It is argued that improved social capital can have a positive influence on the mental health and well-being of the people living in the community. However, it should also be noted that there can sometimes be a negative effect with improved social capital such as social

networks which, for example, lead to easier access to smuggled tobacco or drugs, peer-pressure to continue smoking or eating a poor diet. There are different types of social capital. Bonding social capital is narrow and more internal, and relates to immediate families, close friends and neighbours. Bridging social capital is wider and more external, and relates to looser ties, associated with more diverse relationships such as those with colleagues, acquaintances and other communities. The 2004 Social Capital Survey included questions on health but only asked about smoking behaviour, whereas the 2009 Social Capital Survey included questions on more lifestyle and behavioural factors. The later Health and Wellbeing Surveys conducted during 2007 and 2011-12 also included some of the key questions around social capital.

A survey report was completed for each survey which gives further details on the methodology used and the survey results.

All these reports are available at www.hulljsna.com.

4 RESULTS

4.1 *Comparison with General Population (Representativeness)*

4.1.1 *Gender and Age*

Comparison of the mid-year 2013 resident population estimates for Hull produced by the Office for National Statistics and the survey responders by age and gender is given in **Table 3**. The proportion of males as estimated by ONS is generally higher than for the survey and vice versa for females, suggesting that proportionately more women participated in the survey compared to men. It is well known that people who are younger, male, working and who are less interested in health are less likely to participate in such a survey so it is not surprising that fewer men have participated in the survey. More detailed examination of the distributions of the survey responders relative to the quota is given in **section 7.3** (in **APPENDIX A**).

Table 3: Age and gender distribution of survey responders compared with national population estimates

Age (yrs)	Number (%) of survey responders			ONS's estimated distribution 2013 (%)		
	Male	Female	Total	Male	Female	Total
16-19	267 (5.0)	202 (3.8)	469 (8.8)	3.2	3.1	6.2
20-24	219 (4.1)	279 (5.3)	498 (9.4)	6.0	5.6	11.6
25-29	206 (3.9)	245 (4.6)	451 (8.5)	5.1	5.0	10.1
30-34	209 (3.9)	259 (4.9)	468 (8.8)	4.4	4.3	8.7
35-39	181 (3.4)	217 (4.1)	398 (7.5)	4.0	3.6	7.6
40-44	188 (3.5)	227 (4.3)	415 (7.8)	4.2	4.0	8.3
45-49	204 (3.8)	249 (4.7)	453 (8.5)	4.3	4.1	8.4
50-54	198 (3.7)	210 (4.0)	408 (7.7)	4.1	4.0	8.1
55-59	168 (3.2)	199 (3.7)	367 (6.9)	3.4	3.4	6.8
60-64	146 (2.7)	159 (3.0)	305 (5.7)	3.1	3.1	6.2
65-69	167 (3.1)	216 (4.1)	383 (7.2)	2.8	2.8	5.6
70-74	94 (1.8)	148 (2.8)	242 (4.6)	1.9	2.1	4.0
75-79	82 (1.5)	132 (2.5)	214 (4.0)	1.6	1.9	3.5
80-84	62 (1.2)	91 (1.7)	153 (2.9)	1.1	1.6	2.6
85+	34 (0.6)	54 (1.0)	88 (1.7)	0.8	1.5	2.3
Total	2,425 (45.7)	2887 (54.3)	5,312 (100.0)	49.8	50.2	100.0

4.1.2 *Geography*

Comparison of the mid-year 2013 resident population estimates for Hull produced by the Office for National Statistics (at ward level) and the survey responders by ward and gender is given in **Table 4** for those aged 16+ years. Whilst there are slightly more women who participated in the survey compared to men, due to the quota sampling

these differences are reasonably consistent across the wards. More detailed examination of the distributions of the survey responders relative to the quota (for wards and lower layer super output areas) is given in **section 7.3** (in **APPENDIX A**).

Table 4: Ward and gender distribution of survey responders compared with national population estimates (aged 16+ years)

Ward, Area, Locality	Number (%) of survey responders		ONS's estimated distribution 2013 (%)	
	Male	Female	Male	Female
Bransholme East	95 (1.8)	123 (2.3)	1.7	2.0
Bransholme West	67 (1.3)	75 (1.4)	1.5	1.6
Kings Park	88 (1.7)	117 (2.2)	2.1	2.1
Area: North Carr	250 (4.7)	315 (5.9)	5.2	5.7
Beverley	81 (1.5)	96 (1.8)	1.7	1.8
Orchard Park & Greenwood	125 (2.3)	173 (3.2)	2.3	2.6
University	120 (2.3)	169 (3.2)	2.0	2.1
Area: Northern	326 (6.1)	438 (8.2)	6.0	6.4
North Hull	576 (10.8)	753 (14.1)	11.2	12.1
Ings	102 (1.9)	124 (2.3)	2.3	2.5
Longhill	103 (1.9)	125 (2.3)	2.1	2.4
Sutton	114 (2.1)	150 (2.8)	2.4	2.5
Area: East	319 (6.0)	399 (7.5)	6.7	7.4
Holderness	123 (2.3)	131 (2.5)	2.6	2.6
Marfleet	116 (2.2)	131 (2.5)	2.6	2.5
Southcoates East	78 (1.5)	110 (2.1)	1.4	1.6
Southcoates West	66 (1.2)	66 (1.2)	1.5	1.5
Area: Park	383 (7.2)	438 (8.2)	8.1	8.3
Drypool	115 (2.2)	136 (2.6)	2.6	2.5
East Hull	817 (15.3)	973 (18.2)	17.5	18.1
Myton	182 (3.4)	140 (2.6)	3.8	2.7
Newington	101 (1.9)	149 (2.8)	2.2	2.1
St Andrew's	84 (1.6)	73 (1.4)	1.6	1.5
Area: Riverside	482 (9.0)	498 (9.3)	10.2	8.9
Boothferry	98 (1.8)	107 (2.0)	2.3	2.5
Derringham	106 (2.0)	136 (2.6)	2.2	2.3
Pickering	113 (2.1)	167 (3.1)	2.1	2.3
Area: West	317 (5.9)	410 (7.7)	6.6	7.1
Avenue	126 (2.4)	150 (2.8)	2.8	2.5
Bricknell	72 (1.4)	106 (2.0)	1.6	1.7
Newland	155 (2.9)	149 (2.8)	2.6	2.3
Area: Wyke	353 (6.6)	405 (7.6)	7.0	6.5
West Hull	1,037 (19.4)	1,177 (22.1)	21.2	20.0
HULL	2,430 (45.6)	2,903 (54.4)	49.8	50.2

4.1.3 Deprivation

Comparison of the mid-year 2013 resident population estimates for Hull produced by the Office for National Statistics (at lower layer super output are geographical level) and the survey responders is given in **Table 5**. The distribution is approximately as anticipated with around 10% in the ‘tenth’ population groups and around 20% in the ‘fifth’ deprivation groups, although there are slightly fewer than anticipated survey responders in the middle deprivation group for men and slightly more women in the most deprived fifth. Males in the second most deprived tenth group makes up 4.7% of the survey responders, which is slightly lower than the anticipated 5% if it really represented a tenth of the population (with females also making up 5%). However, from estimated produced by ONS, it is anticipated that this group makes up only 4.4% of the population. So rather than being underestimated as might have been assumed if only the 4.7% figure had been examined, it might be that that group within the survey is slightly overestimated. This is important as in order to reduce inequalities in Hull, it is necessary to know more information about the people living in the most deprived areas of Hull, so it is beneficial that this group is not under-represented in the survey.

Table 5: Distribution of deprivation fifths/tenths of survey responders compared with national population estimates

Deprivation	Number (%) of survey responders			ONS's estimated distribution 2013 (%)		
	Male	Female	Total	M	F	T
Most deprived tenth	270 (5.1)	300 (5.6)	10.7	5.4	5.2	10.6
Second most deprived tenth	253 (4.7)	301 (5.6)	10.4	4.4	4.8	9.2
Most deprived fifth	523 (9.8)	601 (11.3)	21.1	9.9	9.9	19.8
Second most deprived fifth	485 (9.1)	564 (10.6)	19.7	9.5	9.5	19.0
Middle deprivation fifth	421 (7.9)	578 (10.8)	18.7	10.4	10.3	20.7
Second least deprived fifth	491 (9.2)	582 (10.9)	20.1	9.8	10.1	20.0
Least deprived fifth	510 (9.6)	578 (10.8)	20.4	10.2	10.3	20.5
Total	2,430 (45.6)	2,903 (54.4)	100.0	49.8	50.2	100.0

4.1.4 Ethnicity

Comparison of the distribution of the Black and Minority Ethnic (BME) groups from the 2011 Census and the survey responders is given in **Table 6**. There are similar percentages across the broad BME groups for the survey and the 2011 Census, albeit slightly over-represented White British in the survey. This is not particularly surprising, as one would expect the response rate to be lower among the BME population. More detailed examination of the distributions of the survey responders relative to the quota is given in **section 7.3** (in **APPENDIX A**).

Table 6: Ethnicity distribution of survey responders compared with national population estimates

Black and Minority Ethnic group	Number (%) of survey responders	Distribution from 2011 Census (%)
White British	4,747 (91.1)	89.7
White Other	207 (4.0)	4.4
Mixed	45 (0.9)	1.3
Asian/Asian British	105 (2.0)	2.5
Black/Black British	61 (1.2)	1.2
Arab or Other	48 (0.9)	0.8
Total	5,213 (100.0)	100.0

4.1.5 Employment Status

The percentages of people by employment status for Hull is not available nationally for Hull or by local authority in a way where the frequency distribution can be compared against the results from the local survey. For instance, whilst employment status is available on the official labour force website (www.nomisweb.co.uk), unemployment is a modelled estimate rather than an actual count, the employment categories differ from those used in the local survey (less detailed and not available separate for males and females) and more important there are differences in the numerator and denominator which make it difficult to apply the national figures to the local population⁴. As a result, a comparison is not made here. An estimate of employment was calculated for the purposes of the quota sampling, but as it included numerous assumptions it is possible it is not a true reflection of the overall population, as a result a comparison is not made here, but more detailed examination of the distributions of the survey responders relative to the quota is given in **section 7.3** (in **APPENDIX A**).

4.1.6 Summary

The difference in percentage distribution between the Office for National Statistics population estimates and the survey responders illustrated above, and the differences between the target quota and the actual number of survey responders as illustrated in **section 7.3** (in **APPENDIX A**) are not substantial. Whilst it is straightforward to weight the prevalence estimates by the overall population, this has not been undertaken in the analyses of the previous surveys as all analyses need to be weighted and there can be problems with weighted estimates if the numbers surveyed are too small in particular weighting cells. It is more straightforward to analyse the data and present the data if it is not weighted. However, some standardised estimates may be used for comparison purposes. Calculation of age-sex or age standardised prevalence estimates for some

⁴ For instance, in the national figures many of the numerators include all people who are working whereas the denominators include all people of working age. As it is not known how many people are working but are not working-age, the percentage of the population working cannot be easily calculated.

of the key measures revealed relatively small differences between the crude⁵ prevalence estimated and the standardised⁶ estimate. Comparing the crude and standardised rates for males and females separately for a number of factors⁷ gave a maximum difference of 0.50 percentage points, and for males and females combined the difference was slightly higher at 0.68 percentage points. This is not such a large difference to suggest that weighting or standardisation should be used.

4.2 Age and Gender

The numbers and percentages of survey responders for the different main questions in the survey are tabulated by gender, age, deprivation and geography as well as other factors in **section 5**. Since for most of the questions in the survey, the response distributions differ across the two genders, the age groups and across the deprivation fifths and tenths, it is useful to examine the percentage of males/females, average age and average deprivation scores over the main question responses. So the effects of gender, age and deprivation can be considered in relation to the responses to the questions. **Table 7** gives the percentage of males, average age and average deprivation (Index of Multiple Deprivation) scores for the responses to the main survey questions. A higher IMD score denotes an increased level / more deprivation.

The national guidelines and recommendations for alcohol consumption changed in January 2016 (see **section 0** for further information) so information is presented in relation to the 1995 guidelines which were in existence until December 2015, and the new 2016 guidelines.

Over all survey responders, 45.6% were male, the average age was 45.3 years and the average IMD score was 37.5. Older survey responders were more likely to be female. Survey responders who were looking after the family/home, unemployed, not working due to long-term illness or disability or not working for other reasons but did not provide a reason had much higher average deprivation scores, denoting more deprivation, compared to survey responders who were working, were full-time students or were retired. Men and older age groups drank alcohol the most frequently, and men were more likely to drink excessively or binge drink. Men and younger age groups were more likely to fulfil the national physical activity guidelines. Former smokers tended to be older, and the average deprivation score of current smokers was higher than those who had never smoked. Considering only the current smokers, men, older age groups and people living in more deprived areas were more likely to smoke heavily (20+ cigarettes a day) rather than fewer than 10 cigarettes a day. Men were more likely to be overweight, but women were more likely to be obese, and the average age of people who were overweight or obesity was higher than those who were underweight or a

⁵ A crude estimate is simply the total numbers with the factor of interest out of the sampled population, for example, the crude smoking prevalence is the total number of smokers divided by the total number of survey responders who answered the smoking question.

⁶ Involves applying the age/gender specific proportions of the measure of interest observed in the survey to a 'standard' population. The standard population used here is the Office for National Statistics population estimates for Hull.

⁷ Examined percentage in fair or poor health, with limiting long-term illness, healthy diet, eating 5-A-DAY, excess alcohol units over week, binge drinking at least weekly, fulfilling national exercise guidelines (based on continuous session of 30 minutes which agrees with definition used in previous surveys), current smoker and obese.

desirable weight. The average age of survey responders who lived in a household where they were the only adult was higher than those who lived with other adults, and the average deprivation scores were higher (although this could be associated with the type of accommodation available in specific areas of high deprivation). Women, older age groups and those living in the more deprived areas were more likely to feel 'a bit unsafe' or 'very unsafe' when walking alone in their area during the daytime or after dark, or alone at home at night. Women spoke to family more frequently than men, but men tended to speak to friends more frequently than women. Older people tended to speak to friends less frequently, but spoke to neighbours more frequently. A higher proportion of men compared to women spoke to family, friends or neighbours rarely, and the average age of those people who might be socially isolated was higher than those who were probably not socially isolated.

Table 7: Percentage male, average age and average deprivation for the responses to the main survey questions

Question/response category	N*	Male (%)	Average age	Average IMD score
Hull	5,326	45.6	45.3	37.5
Male	2,428		44.1	37.4
Female	2,895		46.2	37.6
16-24	967	50.3		37.6
25-34	919	45.2		39.8
35-44	813	45.4		36.5
45-54	861	46.7		36.7
55-64	672	46.7		37.5
65-74	625	41.8		36.6
75+	455	39.1		37.3
Males aged 16-24	486		19.4	36.4
Males aged 25-34	415		29.4	39.6
Males aged 35-44	369		39.6	37.6
Males aged 45-54	402		49.6	37.1
Males aged 55-64	314		59.1	38.1
Males aged 65-74	261		68.7	36.2
Males aged 75+	178		80.5	36.0
Females aged 16-24	481		20.2	38.8
Females aged 25-34	504		29.6	39.9
Females aged 35-44	444		39.4	35.6
Females aged 45-54	459		49.2	36.4
Females aged 55-64	358		59.4	37.0
Females aged 65-74	364		68.9	36.9
Females aged 75+	277		80.7	38.2
Most deprived tenth	569	47.4	45.8	70.1
Second most deprived tenth	553	45.7	43.9	59.1
Most deprived fifth	1,122	46.5	44.9	64.7
Second most deprived fifth	1,048	46.2	43.3	51.0
Middle deprivation fifth	998	42.1	46.0	36.3
Second least deprived fifth	1,072	45.8	46.0	21.6

Question/response category	N*	Male (%)	Average age	Average IMD score
Least deprived fifth	1,086	46.9	46.0	13.3
North Carr	564	44.2	44.3	37.5
Northern	762	42.7	41.3	41.4
East	718	44.4	49.0	32.7
Park	820	46.7	46.1	37.1
Riverside	979	49.2	44.0	53.7
West	726	43.6	49.9	28.0
Wyke	757	46.6	42.6	26.8
Bransholme East	218	43.6	43.9	49.7
Bransholme West	142	47.2	44.5	52.4
Kings Park	205	42.9	44.8	14.2
Beverley	177	45.8	47.4	16.7
Orchard Park & Greenwood	298	41.9	42.9	67.3
University	289	41.5	35.8	29.9
Ings	226	45.1	51.3	28.2
Longhill	228	45.2	46.8	41.6
Sutton	264	43.2	48.9	29.0
Holderness	254	48.4	47.3	14.8
Marfleet	247	47.0	44.7	52.5
Southcoates East	188	41.5	47.8	52.6
Southcoates West	132	50.0	44.1	28.8
Drypool	251	45.8	42.4	39.7
Myton	322	56.5	43.1	61.1
Newington	250	40.4	46.4	49.5
St Andrew's	157	53.5	44.5	67.6
Boothferry	205	47.8	47.5	22.7
Derringham	242	43.8	50.7	24.9
Pickering	280	40.4	51.0	34.6
Avenue	276	45.7	45.7	29.6
Bricknell	178	40.4	49.6	15.2
Newland	304	51.0	35.7	31.0
Working <20 hours	377	25.7	36.0	35.8
Working 20-<35	435	25.3	41.3	33.8
Working 35+ hours	1,172	69.7	40.2	33.6
Working hours not specified	235	44.3	39.2	33.4
Full-time student	518	56.8	20.7	35.9
Retired	1,078	40.8	72.0	35.9
Looking after family/home	408	11.7	37.2	45.4
Unemployed/not allowed to work	324	55.4	36.7	47.8
Long-term sick or disabled	385	44.9	47.4	47.2
Not working for other reason or no reason given	97	36.1	53.6	47.3
White British	4,742	44.7	46.4	37.2
White Other	207	47.3	33.4	44.3

Question/response category	N*	Male (%)	Average age	Average IMD score
Mixed	45	53.3	28.1	40.3
Asian/Asian British	76	52.6	32.8	31.4
Black/Black British	61	49.2	30.7	42.8
Chinese	29	55.2	26.2	22.5
Arab	25	72.0	33.5	41.6
Other	23	87.0	31.1	49.2
Excellent health	495	54.0	36.2	34.9
Very good health	1,463	45.5	41.4	34.2
Good health	1,873	46.6	43.9	37.6
Fair health	1,002	40.2	52.7	40.2
Poor health	463	44.7	55.7	44.5
No illness/disability	3,317	48.1	39.4	36.1
Illness/disability but does not limit activities	487	39.8	52.8	36.6
Illness/disability and limits activities	1,474	42.4	55.6	40.9
Illness/disability (don't know if limits activities)	33	30.3	53.5	43.8
Healthy diet	3,620	43.4	47.5	35.7
Not healthy diet	1,257	49.8	39.0	41.5
Lack of knowledge about healthy diet	376	51.7	41.8	41.2
5-A-DAY	971	41.8	51.0	33.8
Not 5-A-DAY	4,092	46.5	43.8	37.8
Alcohol most days	189	74.6	50.4	37.2
Alcohol 1-3 days a week	245	62.0	49.0	31.6
Alcohol 1-3 days a month	1,381	57.0	44.0	33.5
Alcohol less than once a month	1,016	44.9	39.9	37.3
Never drinks alcohol	1,177	33.5	44.7	39.0
No alcohol in last week	1,461	38.4	43.1	39.0
Safe alcohol units last week#	1,741	54.4	44.7	33.9
Excessive alcohol units last week#	469	53.4	42.6	31.9
Dangerous alcohol units last week#	117	68.4	43.1	38.3
Low alcohol units last week##	1,517	47.9	44.9	33.8
Excessive alcohol units last week###	619	64.5	42.8	32.6
Dangerous alcohol units last week###	188	80.3	43.5	36.9
Usually binge drinks more than once a week	1,305	58.8	43.5	37.4
Usually binge drinks less than once a week	3,899	41.4	45.7	37.4
Acceptable weekly units and no binge drinking#	2,332	43.6	43.9	35.5
Acceptable weekly units but binge drinking#	813	59.0	43.9	38.0
Excessive weekly units but no binge drinking#	171	47.4	41.5	29.1
Excessive weekly units and binge drinking#	408	60.9	43.0	34.8
Low weekly units and no binge drinking##	2,245	41.4	43.9	35.5
Low weekly units but binge drinking##	680	51.0	44.2	38.7
Excessive weekly units but no binge drinking##	258	64.7	43.0	30.8
Excessive weekly units and binge drinking##	541	70.5	42.8	34.9
Exercise 30+ min sessions 5+ times per week	1,767	53.6	38.8	37.2

Question/response category	N*	Male (%)	Average age	Average IMD score
Exercise 30+ min sessions <5 times per week	1,910	41.6	42.7	35.6
Light exercise only (no 30+ mins mod/vig)	1,207	40.8	54.5	39.0
Never exercise (no 30+ mins light/mod/vig)	380	41.7	58.3	42.6
Moderate+2*vigorous less 30 minutes in week	2,036	41.0	52.0	40.2
Moderate+2*vigorous 30+ mins but <2.5 hours	567	40.5	42.8	35.3
Moderate+2*vigorous 2.5 hours or more	2,077	52.3	39.6	35.2
Current smoker	1,615	47.9	40.9	43.8
Former smoker	1,422	45.3	53.3	36.5
Never smoker	2,222	43.7	43.3	33.4
Current light smokers (<10 cigs/day)	363	44.4	37.5	39.5
Current moderate smokers (10-19 cigs/day)	584	41.5	40.1	43.7
Current heavy smokers (20+ cigs/day)	336	53.0	42.7	46.7
E-cigarette current user	389	45.4	42.9	40.6
E-cigarette former user or never used	4,239	46.7	44.4	37.2
Underweight or desirable weight	1,750	43.1	40.4	37.0
Overweight	1,779	52.6	48.5	36.3
Obese	1,272	45.1	50.2	38.3
Only adult in household	1,440	40.0	51.2	42.0
Two adults in household	2,600	46.3	45.9	36.3
Three or more adults in household	1,193	50.0	37.0	34.2
Very/fairly safe in area in day	4,779	46.8	45.1	36.6
A bit/very unsafe in area in day	511	35.0	46.8	45.6
Very/fairly safe in area after dark	2,866	58.9	43.9	34.9
A bit/very unsafe in area after dark	2,339	30.1	46.2	40.5
Very/fairly safe alone in home at night	4,601	48.6	45.5	36.5
A bit/very unsafe alone in home at night	663	24.8	43.3	43.7
Very/fairly safe in area in day (65+)	961	42.0	73.7	35.9
A bit/very unsafe in area in day (65+)	118	32.5	74.7	45.6
Very/fairly safe in area after dark (65+)	479	57.7	73.0	33.1
A bit/very unsafe in area after dark (65+)	547	27.9	74.2	40.2
Very/fairly safe alone in home at night (65+)	933	43.5	73.7	36.2
A bit/very unsafe alone in home at night (65+)	135	21.8	74.2	41.7
Speak daily to family	2,377	36.7	45.8	39.4
Speak 3-6 days/week to family	1,248	46.6	46.3	35.2
Speak 1-2days/week to family	1,084	54.9	44.2	34.3
Speak <1day/week to family	531	61.3	42.2	40.2
Speak daily to friends	2,226	49.3	40.6	38.5
Speak 3-6 days/week to friends	1,425	43.4	46.1	35.7
Speak 1-2days/week to friends	1,057	42.4	50.8	36.7
Speak <1day/week to friends	517	40.4	50.5	39.9
Speak daily to neighbours	928	45.2	50.7	41.6
Speak 3-6 days/week to neighbours	1,268	41.7	49.3	36.5
Speak 1-2days/week to neighbours	1,659	45.0	45.4	36.7

Question/response category	N*	Male (%)	Average age	Average IMD score
Speak <1day/week to neighbours	1,365	49.4	37.2	36.7
Speak daily to others	3,493	43.6	44.3	38.3
Speak 3-6 days/week to others	1,258	47.7	47.0	35.2
Speak 1-2days/week to others	433	50.9	47.8	36.8
Speak <1day/week to others	66	54.5	43.2	40.4
Potentially socially isolated	473	43.9	51.4	39.9
Not potentially socially isolated	4,790	45.6	44.6	37.2
Potentially socially isolated (65+)	143	31.7	75.3	37.6
Not potentially socially isolated (65+)	921	41.6	73.5	36.9

#Based on 1995 national alcohol guidelines which were in existence until December 2015.

##Based on 2016 national alcohol guidelines introduced January 2016.

4.3 Ethnicity

The numbers and percentages of survey responders for these questions are tabulated by gender, age, deprivation, geography and student status in **section 5.1**.

The full distribution of the Black and Minority Ethnic (BME) groups from the survey is given in **Table 8**. Overall, 91.1% were White British with a further 4.0% White, and 5.0% other BME groups. So there is a higher percentage of White British in the survey compared to Hull's overall population.

Table 8: Ethnicity distribution of survey responders

Black and Minority Ethnic group	Number of survey responders	Percentage of survey responders
White British	4,747	91.06
White Irish	14	0.27
White Gypsy or Traveller	7	0.13
White Other	186	3.57
Mixed White & Black Caribbean	10	0.19
Mixed White & Black African	10	0.19
Mixed White & Asian	12	0.23
Mixed Other	13	0.25
Asian/Asian British Indian	26	0.50
Asian/Asian British Bangladeshi	10	0.19
Asian/Asian British Pakistani	20	0.38
Asian/Asian British Chinese	29	0.56
Asian/Asian British Other	20	0.38
Black/Black British Caribbean	5	0.10
Black/Black British African	53	1.02
Black/Black British other	3	0.06
Arab	25	0.48
Any other ethnic group	23	0.44
Total	5,213	100.00

The gender and age distributions of the different BME groups in the survey differs (**Table 9**). The majority of the different BME groups with the exception of White Other and Black / Black British are male. They also tend to be younger than the White British population. This is not particularly surprising as Hull's BME population has increased dramatically over the last decade or so and there has been a tendency for younger people and males coming to Hull. There is also a relatively high percentage of people from different BME backgrounds studying at the University, and these students tend to be younger. The average age of the White British population is statistically significantly older than all the other BME groups. **Table 9** also gives the quartiles for age which are the values for which age is ordered and divided into four groups. For instance, one-quarter of the survey responders in the White British group were 30 years or younger compared to one-quarter of the survey responders for most of the other BME groups being in their late teens or early twenties and mid-twenties for White Other and Arab. Half of survey responders in the White British group were aged 46 years or younger, but half of all survey responders in all the other BME groups were aged 32 years or younger (with half of the Mixed BME group being aged 21.5 or younger. Although there were some older people in the other BME groups as well as one-quarter of survey responders in these BME groups were older than their late thirties (for most groups except Chinese where one-quarter were 26.5 years or older). Given the findings of previous local surveys and recent changes to the BME population, these findings are not surprising, but they are important when interpreting later information. Young people tend to have different a general health status and different prevalence estimates of behavioural and lifestyle risk factors for poor health such as smoking and alcohol consumption relative to older people, and for these factors of interest there is often a difference between males and females. Thus if these factors also differ by ethnicity, it might be expected as most of the BME groups surveyed have a relatively high proportion of males and tend to have a younger age profile. So their health might be expected to be better than the White British group who tend to be older, and the BME groups could higher levels of smoking and physical activity as these behaviours are more common in the young.

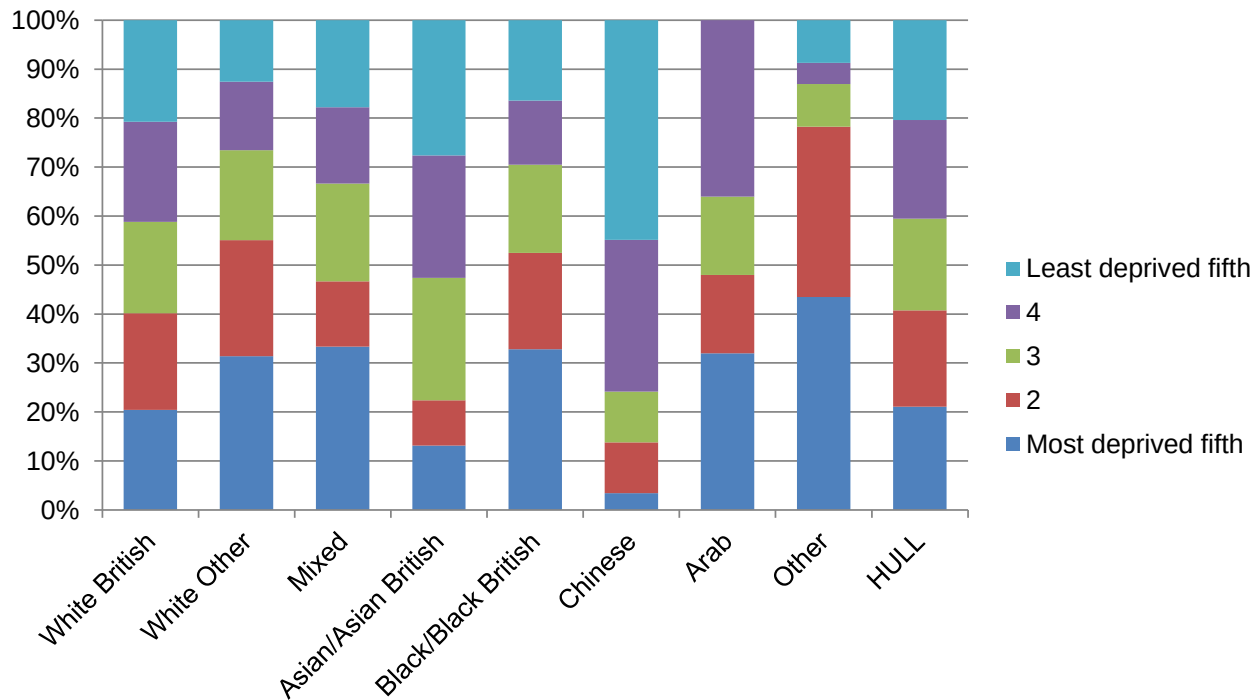
Table 9: Percentage male and age distribution of survey responders by ethnicity

BME group	Gender and age distributions				
	Male (%)	Average age (95% CI)	Lower quartile	Median	Upper quartile
White British	44.7	46.4 (45.8, 47.0)	30.0	46.0	62.0
White Other	47.3	33.4 (31.6, 35.2)	24.0	31.0	39.0
Mixed	53.3	28.1 (23.8, 32.5)	19.0	21.5	34.0
Asian/Asian British	52.6	32.8 (30.1, 35.5)	21.3	31.5	38.8
Black/Black British	49.2	30.7 (27.7, 33.8)	20.0	29.0	36.0
Chinese	55.2	26.2 (22.7, 29.6)	21.0	23.0	26.5
Arab	72.0	33.5 (29.2, 37.8)	25.0	32.0	41.5
Other	87.0	31.1 (27.0, 35.2)	23.3	30.5	37.0

The cumulative distribution of the survey responders living in the each of the local deprivation fifths are given in **Figure 2**. The distribution of the White British is as expected with around 20% living in each of the five geographical areas defined on the basis of deprivation. However, it can be seen that around one-third of White Other,

Mixed, Black / Black British and Arabs live in the most deprived fifth of Hull with the percentage even higher for those who stated their ethnicity as 'Other'. The exception was for the Chinese who were surveyed as very few lived in the most deprived fifth of areas (3.5%) and almost half living in the least deprived fifth of Hull (44.8%). It should be noted here that the numbers are relatively low for most of these BME groups.

Figure 2: Ethnicity (by deprivation)



4.4 Employment and Studying

4.4.1 Employment Status

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age, deprivation and geography in **section 5.2.1**.

Figure 3 and **Figure 4** illustrate the frequency distribution of employment status among the 5,034 survey responders who answered the employment questions (300 missing responses). Survey responders were asked if they were working (employee or self-employed). If they were working, they were then asked how many hours they usually worked per week. Survey responders who stated they did not work were asked to describe their employment situation and could select the following responses: full-time student, unemployed, unable to work due to long-term sickness or disability, retired, looking after the home or family, and other (and asked to specify). Survey responders were separately asked if they were studying (see **section 4.4.2**). Thus working took priority over being a student in the employment status, so the number or percentage of full-time students does not reflect the number or percentage of full-time students in the

survey within this section. Further details can be obtained by examining the questionnaire (**APPENDIX B**).

The pattern of the distributions is as expected with higher proportions of males and people aged 25-64 years employed compared to females or people aged under 24 years and 65+ years. There were high proportions of people aged 16-24 years who were not working as they were full-time students, and increasing proportions of those aged 55-64, 65-74 and 75+ years were retired. There were higher levels of unemployment, people who were not working due to long-term sickness and disability, and people looking after the home and/or family among people living in the most deprived areas of Hull.

Overall, 44.1% of survey responders were working either as employees or self-employed with 23.3% of all survey responders working full-time with 7.5% working fewer than 20 hours per week. Although these figures differed among males (49.1%, 35.6% and 4.2% respectively) and females (39.9%, 13.0% and 10.3% respectively). Six times as many women looked after the family and/or home compared to men (13.2% versus 2.1%) and slightly more men were unemployed compared to women (7.8% versus 5.3%).

Just over 30% of those aged 16-24 years worked, but the just over 50% for those aged 25-34 years worked increasing to just over 60% in the 45-54 year age group before falling in the 55-64, 65-74 and 75+ year age groups.

Among survey responders living in the most deprived tenth and second most deprived tenth of areas of Hull around one-third worked, but the percentage increased as deprived lowered increasing to 38%, 42%, 52% and 55% for the second most deprived, middle, second least and least deprived fifths respectively. Around 2.5% of survey responders in the least deprived fifth were not working due to long term sickness and disability but this increased for each deprivation fifth to 12.6% for the most deprived fifth. Unsurprisingly, unemployment was also much higher in the most deprived group (11.6% in the most deprived tenth and 9.7% in the second most deprived tenth) compared to 1.6% in the least deprived fifth. More people in the most deprived areas also looked after family and/or the home increasing from around 4% for the least deprived fifth to 11% for the most deprived fifth.

Levels of deprivation and the age structure of the population differ across the seven Areas of Hull, so the frequency distribution of employment status also differed across the Areas. Around one in five survey responders in Northern (20%) and Wyke (18%) were full-time students, with West having the lowest proportion of students at 4% (see **section 4.4.2** for more information about students and **APPENDIX B** for questionnaire and specific wording questions). Around three in ten of survey responders in East (28%) and West (31%) were retired compared to around 17% for North Carr, Northern and Riverside. Unemployment was lowest among survey responders in East (4.5%) and highest in Riverside (10.0%), and the percentage not working due to long term sickness or disability was around 5-7% for most Areas except North Carr (9.5%) and Riverside (13.3%). The percentage working was highest for North Carr and Park (both 50%) and lowest for Northern (36%) and Riverside (37%).

Figure 3: Employment status (overall, and by gender and age group)

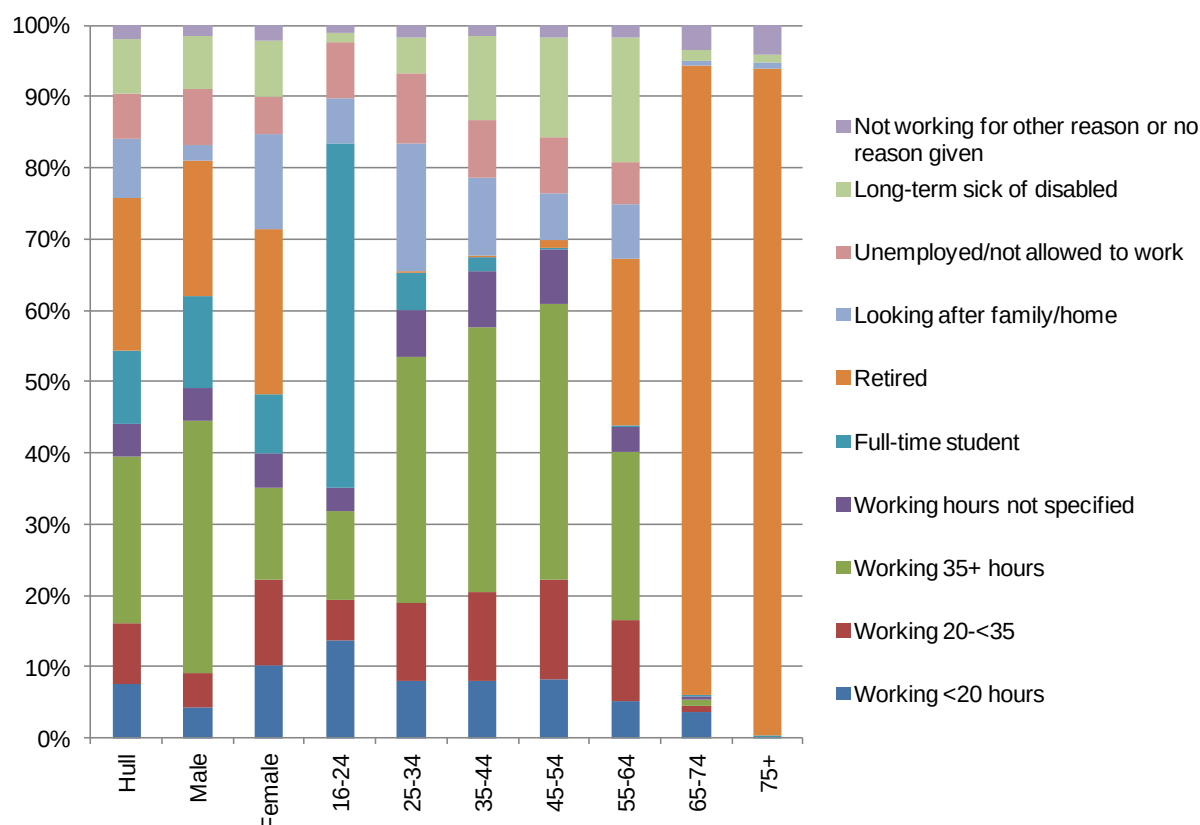
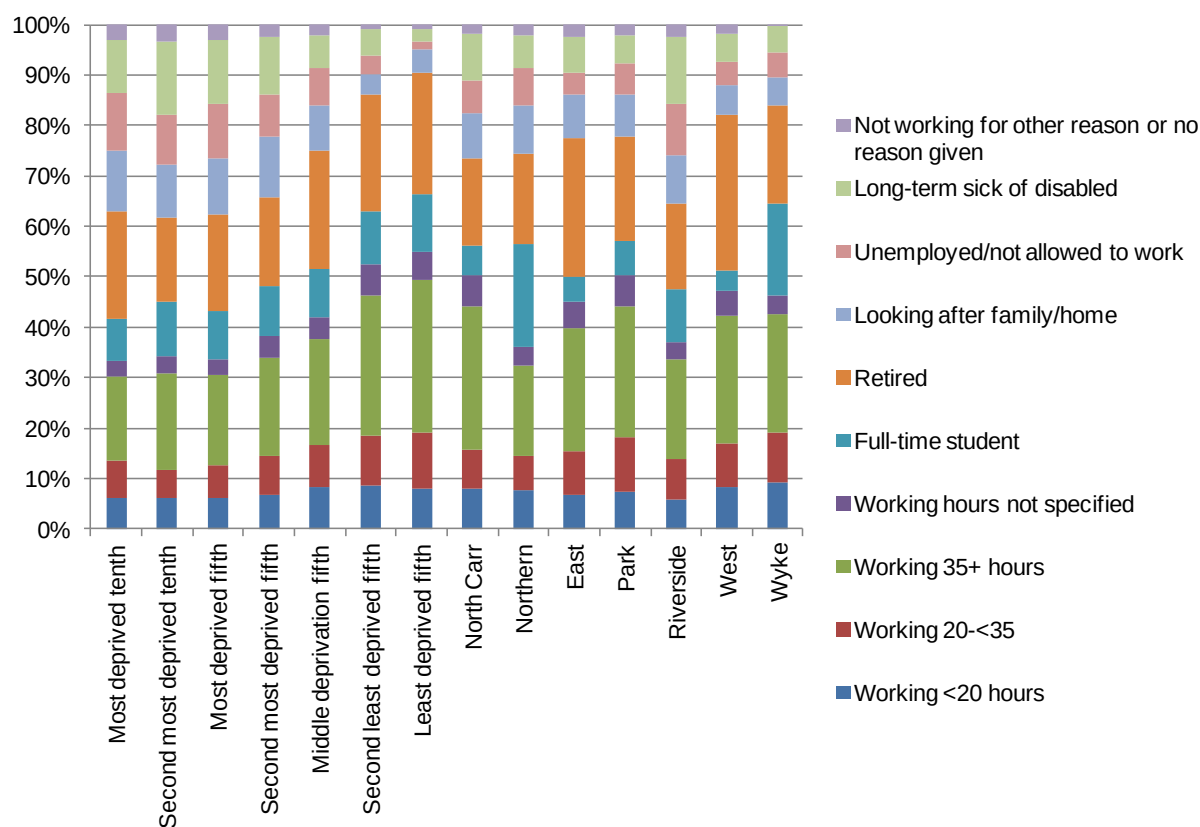


Figure 4: Employment status (by deprivation and Area)

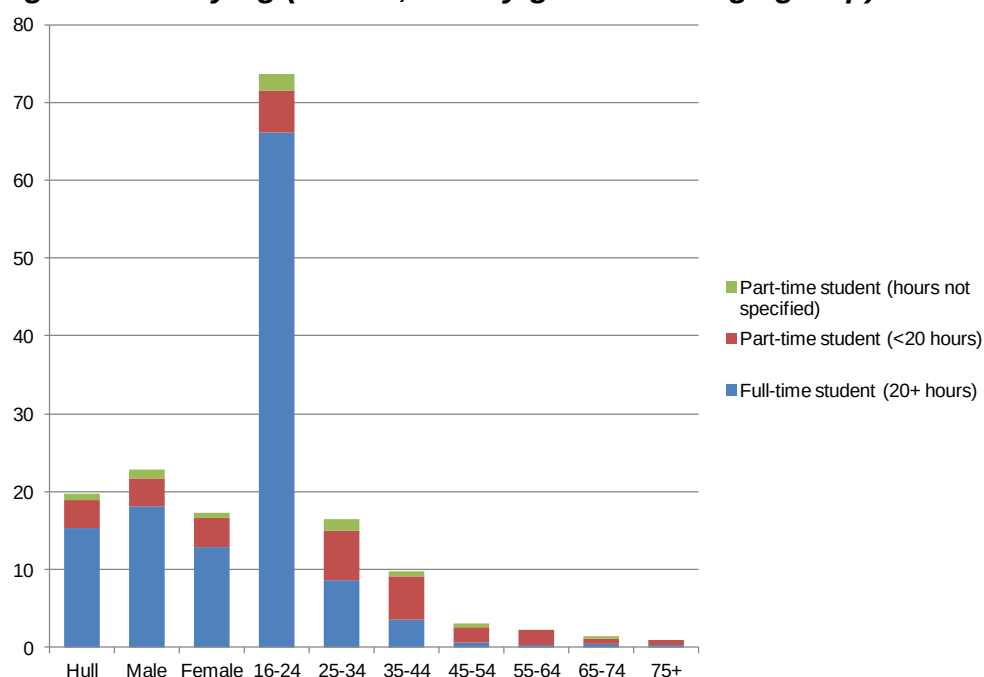


4.4.2 Studying

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography, employment status and ethnicity in **section 5.2.2**.

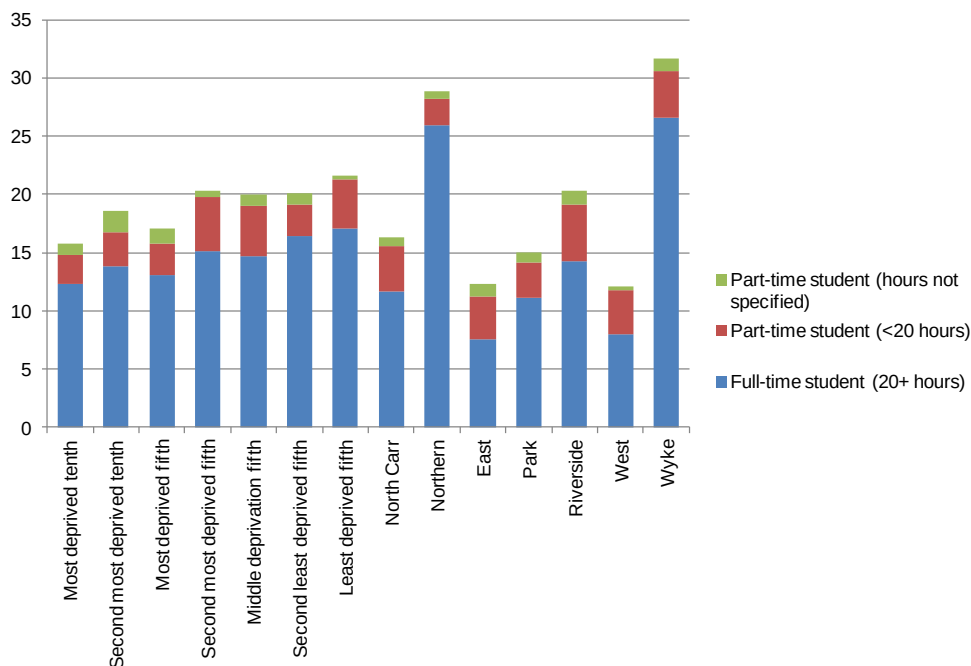
Overall, 15% of survey responders were full-time students (with the survey responders defined themselves as full-time or specifying their number of hours per week as 20 or more) with a further 4.5% of survey responders studying part-time (**Figure 5** and **Figure 6**). It has previously been mentioned in **section 4.4.1** that the percentage of full-time students differed substantially for the 16-24 year age group compared to other age groups. However, the figures in **section 4.4.1** differ from the figures when examining full-time students examining the separate “studying” question as all full-time students were classified as working if they were working at least part-time (see **APPENDIX B** for questionnaire wording). Overall, two-thirds of people aged 16-24 years were full-time students (and a further 7.4% were part-time students), but only 50% were classified as full-time students based on their self-reported employment status (see **section 5.2.1**) as some were also working. Among those in the 25-34 year age group 16.5% were studying with quite an even split between full-time and part-time students, whereas 10% of those in the 35-44 year age group were students mainly part-time, and around 3% or less of the survey responders were students in the 45+ age groups and were mainly part-time students.

Figure 5: Studying (overall, and by gender and age group)



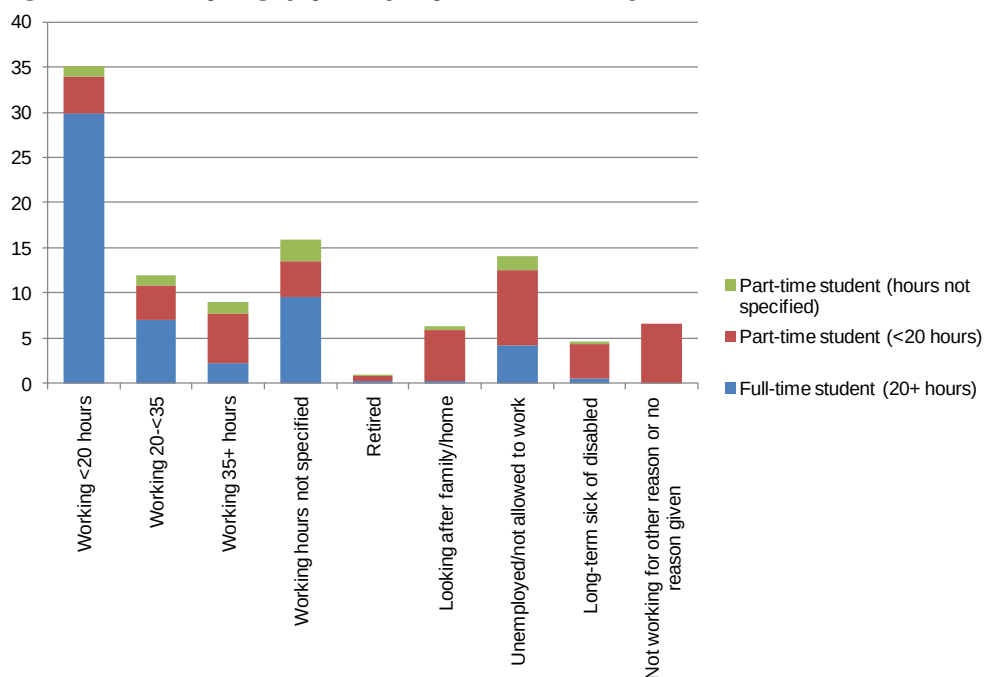
There was a trend across the deprivation groups with 15.7% studying in the most deprived tenth areas compared to 21.6% in the least deprived fifth of areas. The percentages studying part-time ranged from 2.9% in Northern and 3.9% in Park to 6.1% in Riverside, but the percentages studying full-time differed more substantially from 8% in East and West, 11% in North Carr and Park and 14% in Riverside to 26% in Northern and Wyke. This is not surprising given the general geographical areas where students attending the main University tend to live.

Figure 6: Studying (by deprivation and Area)



Over one-third of survey responders who were working fewer than 20 hours per week were also studying either full-time or part-time (**Figure 7**) with 30% studying full-time and a further 5% studying part-time. Among those working 20+ hours but fewer than 35 hours per week, 7.1% were full-time student and a further 4.8% were part-time students. Of the survey responders who stated they were working but did not specify the number of hours they worked, around 15% were also studying with two-thirds of them studying full-time. There was also a relatively high proportion of those who were unemployed who were studying, with almost 15% studying either full-time (4.3%) or part-time (9.8%).

Figure 7: Studying (by employment status)



4.5 Health and Wellbeing

The numbers and percentages of survey responders for these questions are tabulated by gender, age, deprivation, geography and other characteristics in **section 5.3**.

4.5.1 General Health Status

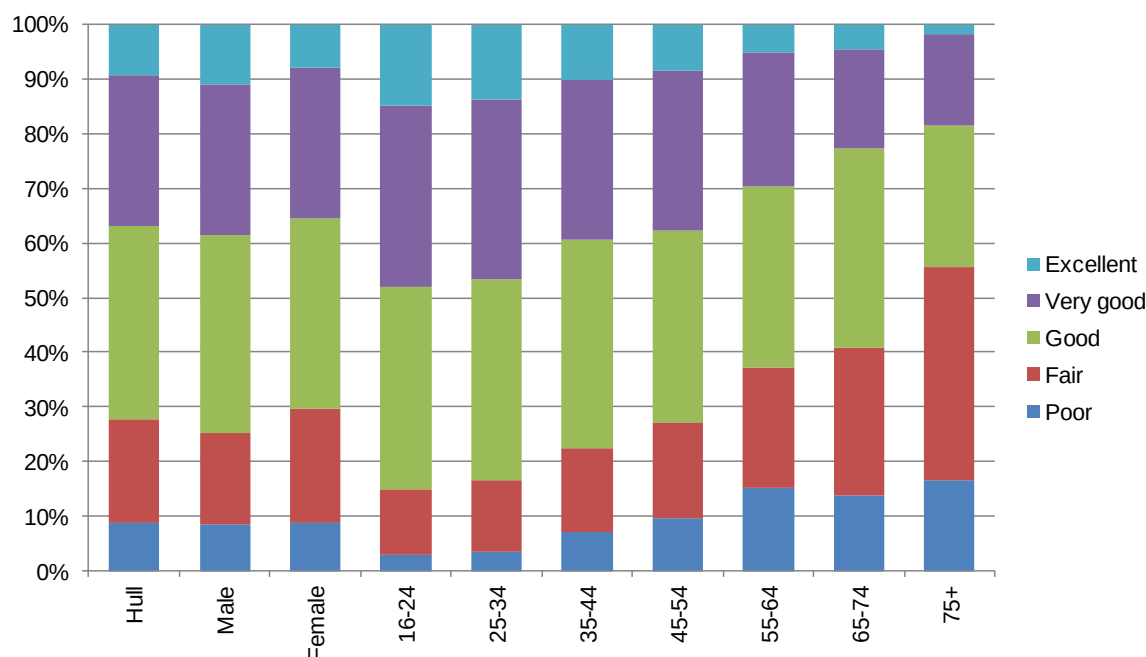
4.5.1.1 Current Levels

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.3.1**.

Overall, almost one in ten of survey responders (9.1%) rated their health as 'excellent' with an additional 27.6% rating it as 'very good', just over one-third (35.4%) rated their health as 'good', 18.9% as 'fair' and 8.7% as 'poor' (**Figure 8**). On average, women rated their health slightly worse than men with 35.6% rating their health as 'very good' or 'excellent' compared to 38.6% of men, and 29.7% of women rated their health as 'fair' or 'poor' compared to 25.2% of men.

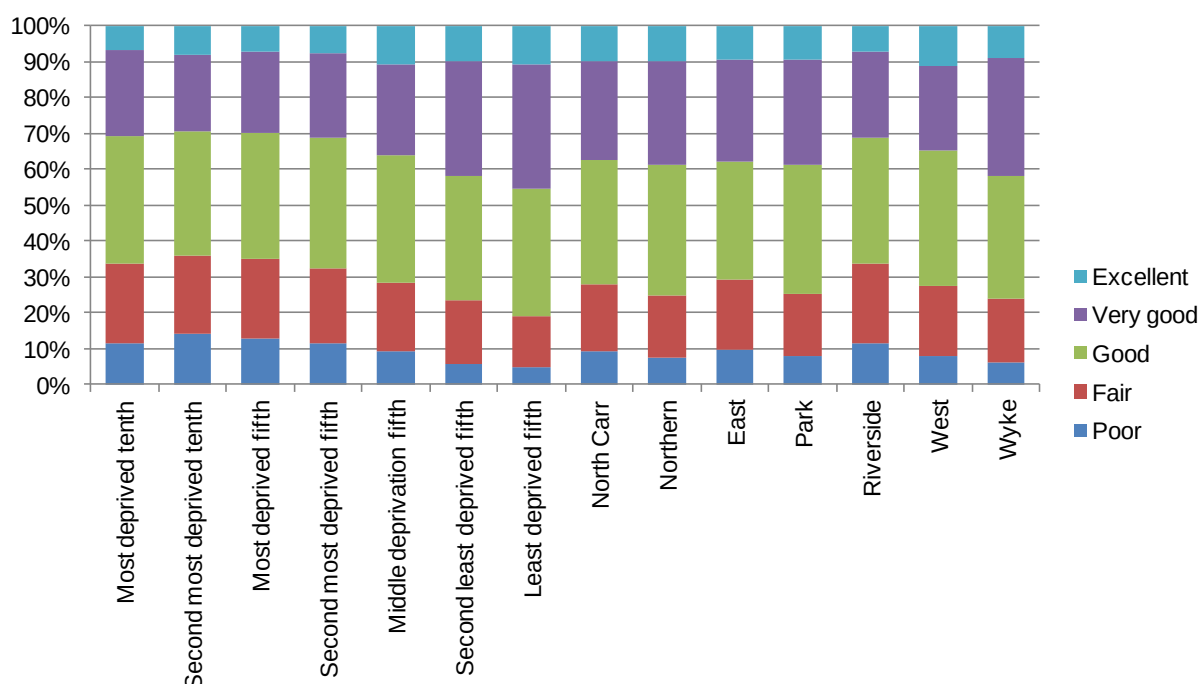
As expected, there was a clear association with general health status and age. Almost half of 16-24 year olds rated their health as 'very good' or 'excellent' (48.1%), but this fell for each successive ten year age band to only 18.5% for those aged 75+ years. As expected this was matched by an increase in the percentage reporting 'fair' or 'poor' health which increased from 14.8% among 16-24 year olds to 55.7% among those aged 75+ years.

Figure 8: General health status (overall, and by gender and age group)



There was also a relatively strong association between general health status and deprivation with 30.1% reporting 'very good' or 'excellent' health in the most deprived fifth compared to 45.4% for the least deprived fifth as illustrated in **Figure 9**. This was also matched by a change in the percentage reporting 'fair' or 'poor' health which reduced from 34.8% among those in the most deprived fifth to 19.1% for the least deprived fifth. There were also differences among the seven different Areas with survey responders in Riverside reporting the worse levels of health with 33.7% reporting 'fair' or 'poor' health followed by East (29.3%) with the lowest percentages in Wyke (24.0%) and Northern (24.8%). However, some of these differences will be due to differences in the deprivation and age distribution among these Areas.

Figure 9: General health status (by deprivation and Area)



More than one in ten survey responders reported in 'poor' health were in the wards of Newington (15.3%), Bransholme East (14.3%), Orchard Park and Greenwood (12.2%), Marfleet (11.4%), Longhill (11.0%), Derringham (10.4%), Southcoates East (10.8%), St Andrew's (10.8%) and Myton (10.2%) as illustrated in **Table 10**. Whereas fewer than one in twenty survey responders reported 'poor' health in the wards of King's Park (3.9%), Beverley (4.0%), Southcoates East (4.6%) and Holderness (4.7%).

The estimated population aged 16+ years is presented (from the Office for National Statistics mid-year 2013 estimates) in **Table 11** together with an estimate of the number of people in each ward who have excellent, very good, good, fair and poor health. Overall, it is estimated that around 18,000 people aged 16+ years in Hull have poor health with over 1,000 living in each of the wards of Bransholme East, Orchard Park and Greenwood, Longhill, Marfleet, Drypool, Myton and Newington.

Table 10: General health status (by ward) – prevalence estimates

Area	Number of survey responders	Excellent	Very good	Good	Fair	Poor
Bransholme East	217	9.2 (6.0, 13.8)	24.0 (18.8, 30.1)	34.6 (28.6, 41.1)	18.0 (13.4, 23.6)	14.3 (10.3, 19.6)
Bransholme West	141	7.8 (4.4, 13.4)	21.3 (15.3, 28.7)	34.8 (27.4, 42.9)	26.2 (19.7, 34.1)	9.9 (6.0, 16.0)
Kings Park	204	12.3 (8.4, 17.5)	35.3 (29.1, 42.1)	34.8 (28.6, 41.6)	13.7 (9.7, 19.1)	3.9 (2.0, 7.5)
Area: North Carr	562	10.0 (7.8, 12.7)	27.4 (23.9, 31.2)	34.7 (30.9, 38.7)	18.5 (15.5, 21.9)	9.4 (7.3, 12.1)
Beverley	176	12.5 (8.4, 18.2)	38.1 (31.2, 45.4)	31.3 (24.9, 38.4)	14.2 (9.8, 20.1)	4.0 (1.9, 8.0)
Orchard Park & Greenwood	295	7.5 (5.0, 11.0)	21.0 (16.8, 26.0)	39.3 (33.9, 45.0)	20.0 (15.8, 24.9)	12.2 (8.9, 16.4)
University	288	10.4 (7.4, 14.5)	31.3 (26.2, 36.8)	37.2 (31.8, 42.9)	16.0 (12.2, 20.6)	5.2 (3.2, 8.4)
Area: Northern	759	9.7 (7.8, 12.1)	28.9 (25.7, 32.2)	36.6 (33.3, 40.1)	17.1 (14.6, 20.0)	7.6 (6.0, 9.8)
North Hull	1321	9.8 (8.3, 11.6)	28.2 (25.9, 30.7)	35.8 (33.3, 38.4)	17.7 (15.7, 19.9)	8.4 (7.0, 10.0)
Ings	226	8.0 (5.1, 12.2)	34.1 (28.2, 40.5)	32.3 (26.5, 38.6)	16.4 (12.1, 21.8)	9.3 (6.2, 13.8)
Longhill	227	9.7 (6.5, 14.2)	23.8 (18.7, 29.7)	33.0 (27.2, 39.4)	22.5 (17.5, 28.3)	11.0 (7.6, 15.8)
Sutton	263	10.3 (7.2, 14.5)	27.4 (22.3, 33.1)	33.5 (28.0, 39.4)	19.8 (15.4, 25.0)	9.1 (6.2, 13.2)
Area: East	716	9.4 (7.4, 11.7)	28.4 (25.2, 31.8)	33.0 (29.6, 36.5)	19.6 (16.8, 22.6)	9.8 (7.8, 12.2)
Holderness	254	10.2 (7.1, 14.6)	32.3 (26.8, 38.3)	37.4 (31.7, 43.5)	15.4 (11.4, 20.3)	4.7 (2.7, 8.1)
Marfleet	246	6.9 (4.4, 10.8)	26.4 (21.3, 32.3)	36.6 (30.8, 42.8)	18.7 (14.3, 24.0)	11.4 (8.0, 16.0)
Southcoates East	185	8.6 (5.4, 13.6)	30.8 (24.6, 37.8)	33.0 (26.6, 40.0)	16.8 (12.1, 22.8)	10.8 (7.1, 16.1)
Southcoates West	131	13.0 (8.3, 19.8)	26.7 (19.9, 34.9)	38.2 (30.3, 46.7)	17.6 (12.0, 25.0)	4.6 (2.1, 9.6)
Area: Park	816	9.3 (7.5, 11.5)	29.3 (26.3, 32.5)	36.3 (33.0, 39.6)	17.0 (14.6, 19.8)	8.1 (6.4, 10.2)
Drypool	250	7.6 (4.9, 11.6)	25.6 (20.6, 31.4)	34.8 (29.2, 40.9)	22.0 (17.3, 27.5)	10.0 (6.9, 14.3)
East Hull	1,782	9.1 (7.8, 10.5)	28.4 (26.3, 30.5)	34.7 (32.6, 37.0)	18.7 (17.0, 20.6)	9.0 (7.8, 10.5)
Myton	322	8.1 (5.6, 11.6)	24.8 (20.4, 29.8)	34.8 (29.8, 40.1)	22.0 (17.9, 26.9)	10.2 (7.4, 14.0)
Newington	249	6.8 (4.3, 10.7)	22.5 (17.7, 28.1)	33.7 (28.1, 39.8)	21.7 (17.0, 27.2)	15.3 (11.3, 20.3)
St Andrew's	157	6.4 (3.5, 11.3)	21.0 (15.4, 28.0)	38.2 (31.0, 46.0)	23.6 (17.6, 30.8)	10.8 (6.9, 16.7)

Area	Number of survey responders	Excellent	Very good	Good	Fair	Poor
Area: Riverside	978	7.4 (5.9, 9.2)	23.8 (21.3, 26.6)	35.1 (32.1, 38.1)	22.2 (19.7, 24.9)	11.6 (9.7, 13.7)
Boothferry	204	12.3 (8.4, 17.5)	27.5 (21.8, 33.9)	36.8 (30.4, 43.6)	17.6 (13.0, 23.5)	5.9 (3.4, 10.0)
Derringham	240	10.0 (6.8, 14.4)	20.4 (15.8, 26.0)	38.3 (32.4, 44.6)	20.8 (16.2, 26.4)	10.4 (7.2, 14.9)
Pickering	277	11.9 (8.6, 16.3)	23.1 (18.5, 28.4)	38.3 (32.7, 44.1)	19.5 (15.3, 24.6)	7.2 (4.7, 10.9)
Area: West	721	11.4 (9.3, 13.9)	23.4 (20.5, 26.7)	37.9 (34.4, 41.5)	19.4 (16.7, 22.5)	7.9 (6.2, 10.1)
Avenue	273	8.1 (5.4, 11.9)	33.3 (28.0, 39.1)	35.5 (30.1, 41.4)	17.9 (13.9, 22.9)	5.1 (3.1, 8.4)
Bricknell	175	6.9 (4.0, 11.6)	30.9 (24.5, 38.1)	36.6 (29.8, 43.9)	19.4 (14.2, 25.9)	6.3 (3.5, 10.9)
Newland	303	11.6 (8.4, 15.6)	33.7 (28.6, 39.2)	31.0 (26.1, 36.4)	16.8 (13.0, 21.5)	6.9 (4.6, 10.4)
Area: Wyke	751	9.2 (7.3, 11.5)	32.9 (29.6, 36.3)	34.0 (30.7, 37.4)	17.8 (15.3, 20.7)	6.1 (4.6, 8.1)
West Hull	2,200	9.3 (8.1, 10.6)	26.6 (24.8, 28.5)	35.6 (33.7, 37.7)	19.8 (18.2, 21.5)	8.7 (7.6, 9.9)
HULL	5,304	9.4 (8.6, 10.2)	27.6 (26.4, 28.8)	35.4 (34.1, 36.7)	18.9 (17.9, 20.0)	8.7 (8.0, 9.5)

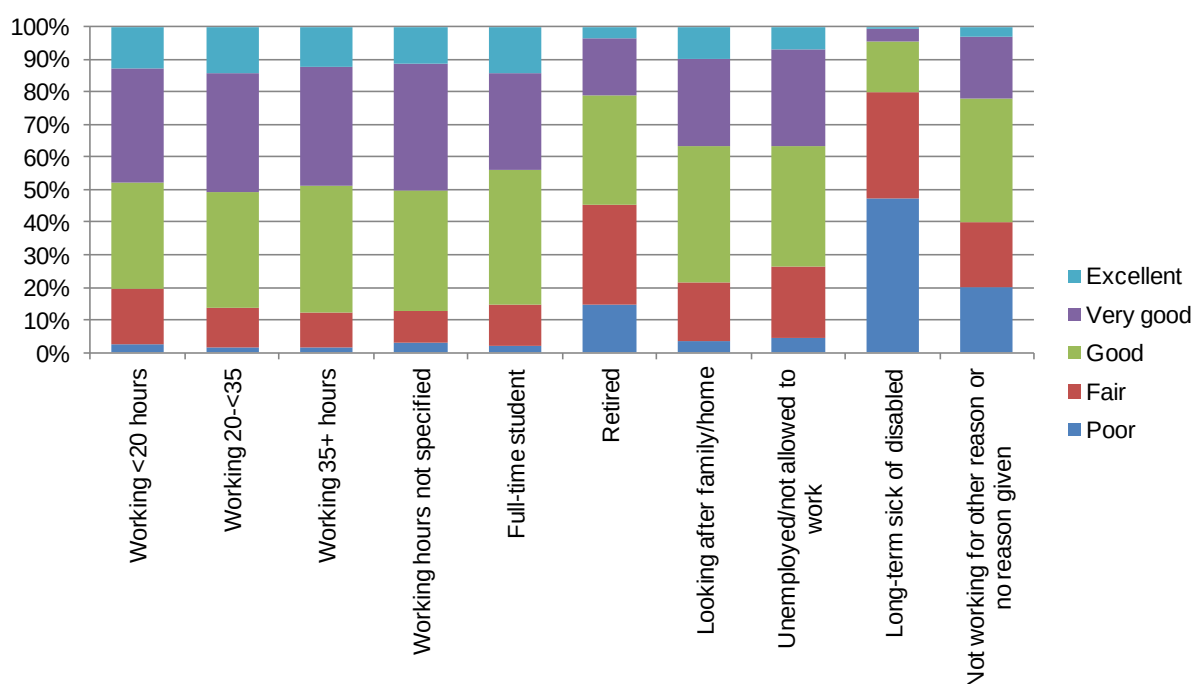
Table 11: General health status (by ward) – estimated total numbers in Hull

Area	Estimated total number of people aged 16+ years in ward (mid-year 2013 population)					
	Total in ward/area	Excellent	Very good	Good	Fair	Poor
Bransholme East	7,681	708	1,841	2,655	1,380	1,097
Bransholme West	6,423	501	1,367	2,232	1,685	638
Kings Park	8,637	1,058	3,048	3,006	1,185	339
Area: North Carr	22,741	2,267	6,256	7,893	4,251	2,074
Beverley	7,268	909	2,767	2,271	1,032	289
Orchard Pk & Grnwd	10,141	756	2,131	3,988	2,028	1,238
University	8,396	875	2,624	3,119	1,341	437
Area: Northern	25,805	2,539	7,522	9,378	4,402	1,964
North Hull	48,546	4,807	13,777	17,271	8,653	4,038
Ings	9,917	790	3,379	3,203	1,624	921
Longhill	9,261	898	2,203	3,060	2,081	1,020
Sutton	10,172	1,044	2,785	3,404	2,011	928
Area: East	29,350	2,732	8,367	9,667	5,715	2,870
Holderness	10,734	1,099	3,465	4,015	1,648	507
Marfleet	10,605	733	2,802	3,880	1,983	1,207
Southcoates East	6,365	550	1,961	2,099	1,067	688
Southcoates West	6,419	833	1,715	2,450	1,127	294
Area: Park	34,123	3,215	9,944	12,443	5,825	2,696
Drypool	10,676	811	2,733	3,715	2,349	1,068
East Hull	74,149	6,758	21,043	25,825	13,889	6,634
Myton	13,561	1,095	3,369	4,717	2,990	1,390
Newington	8,940	610	2,011	3,016	1,939	1,364
St Andrew's	6,572	419	1,381	2,512	1,549	712
Area: Riverside	39,749	2,935	9,494	13,960	8,826	4,533
Boothferry	9,879	1,211	2,712	3,632	1,743	581
Derringham	9,369	937	1,913	3,591	1,952	976
Pickering	9,279	1,105	2,144	3,551	1,809	670
Area: West	28,527	3,253	6,769	10,774	5,504	2,227
Avenue	11,074	892	3,691	3,935	1,988	568
Bricknell	6,794	466	2,096	2,485	1,320	427
Newland	10,280	1,187	3,461	3,189	1,730	712
Area: Wyke	28,148	2,546	9,248	9,609	5,038	1,707
West Hull	85,748	7,923	22,778	30,627	17,020	7,400
HULL	208,443	19,488	57,599	73,723	39,562	18,071

The highest levels of 'very good' or 'excellent' health were reported for those who were working with around 50% stating at least 'very good' health (**Figure 10**). The percentage

was slightly lower for full-time students (44.2%). Just over one-third of those who were looking after the family or home, or were unemployed reported 'very good' or 'excellent' health (both 36.6%), compared to one in five among those who had retired. Despite not working due to long-term illness or disability, 4.7% reported 'very good' or 'excellent' health among that group, although the majority reported 'fair' or 'poor' health (79.8%). Around one-quarter of those who were unemployed and just under half (45.4%) of those who had retired reported 'fair' or 'poor' health. There will clearly be an association between working status and health with younger people and people who are able to work having better health than older people who have retired or those who are not able to work due to illness and disability. So these findings are not surprising.

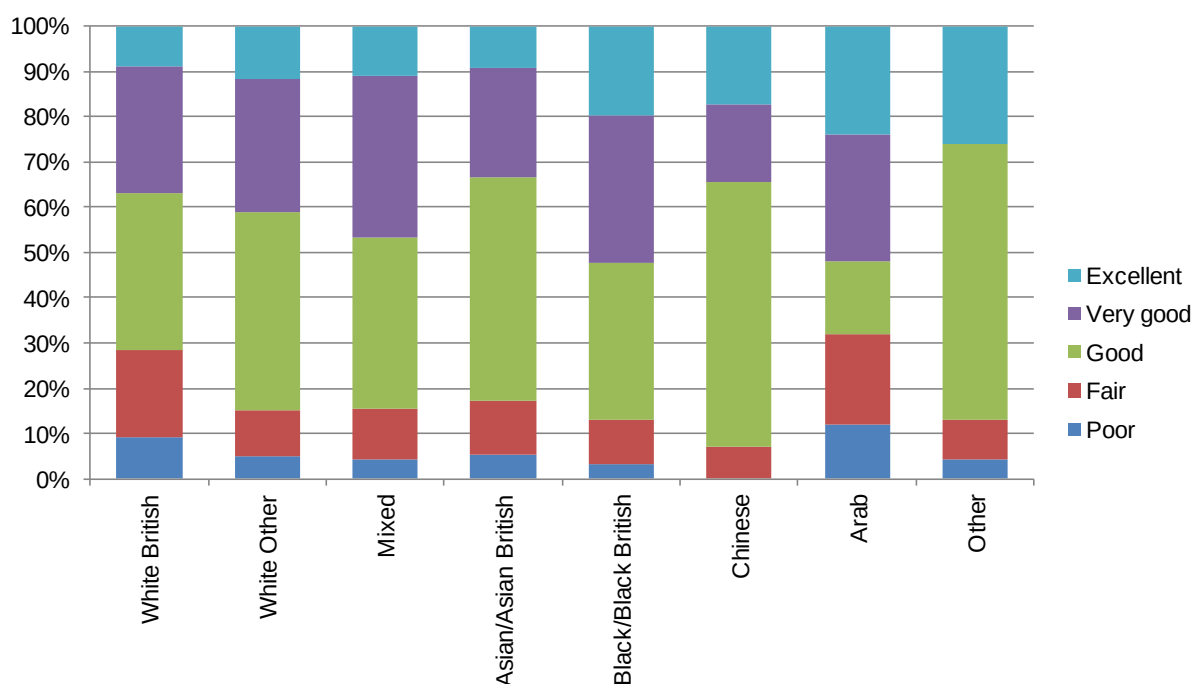
Figure 10: General health status (by employment status)



The highest percentages with 'very good' or 'excellent' health were for Black / Black British and Arabs (52%), Mixed (46.7%) and White Other (41.0%) whereas the lowest percentages were for Asian / Asian British (33.3%), Chinese (34.5%) and White British (36.8%). People of differing backgrounds and ethnic groups may have differing opinions about what constitutes 'poor' or 'excellent' health, and this may explain some of the differences illustrated in **Figure 11**. However, another factor is the age and gender distribution of these groups. It has been previously shown there are generally more males and young survey responders among those in the other BME groups relative to White British (**Table 9**), and this is another factor which will influence self-reported health status. Deprivation may also be an influential factor (**Figure 2**). However, despite Arabs having one of the highest percentages with 'very good' or 'excellent' health, they also had the highest percentages reporting 'fair' or 'poor' health (32.0%). So this was very mixed for Arabs, and it could be associated both with their relatively young age and the high levels of deprivation. The next highest percentages with 'fair' or 'poor' health was for the White British where 28.6% reported 'fair' or 'poor' health, but the next highest percentage was considerably lower at 17.3% for Asian / Asian British. It is not surprising that the White British reported relatively high levels of poor health as

their average age is considerably higher than for the other BME groups, and there is a strong association between older age and poorer health.

Figure 11: General health status (by BME group)



The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.3.1**.

4.5.1.2 Trends Over Time

Health status was also collected as part of previous local surveys (see **section 3.2.17**), and trends over time are examined in **Figure 12** among the seven ten year age bands. There is some variability over time, but there is a general trend of higher percentage of survey responders reporting poorer health (although for the older age groups survey responders from the first health and wellbeing Survey conducted in 2003 reported the worst health but this could be associated with the different survey methods used). It is possible that the worsening levels of health in the older age group could be associated with a difference in the age distribution of the people completing the surveys.

The trends over time have been examined over the local deprivation fifths (**Figure 13**). These were defined on the basis the person's postcode defining the fifth based on the Index of Multiple Deprivation 2010 scores for the 2011 lower layer super output area (the geographical area on which the IMD is based – see **section 3.2.15**). There has been consistently worse health in the most deprived areas compared to the least deprived areas, and there is a general slight tendency for worse health in the more recent surveys with the exception of the 2003 survey, although the percentage of people reporting poor health has remained relatively consistent over time within each of the five deprivation fifths, and the slight trend in worse health is not evident in the least deprived

fifth group. As mentioned previously, the different methodology used in the 2003 surveys could explain the findings found in that survey. If there is a general slight trend of worse health among the more deprived fifths and no such trend in the least deprived fifth, this would suggest that the inequalities gap is increasing in Hull.

Figure 12: General health status (by age, trends over time)

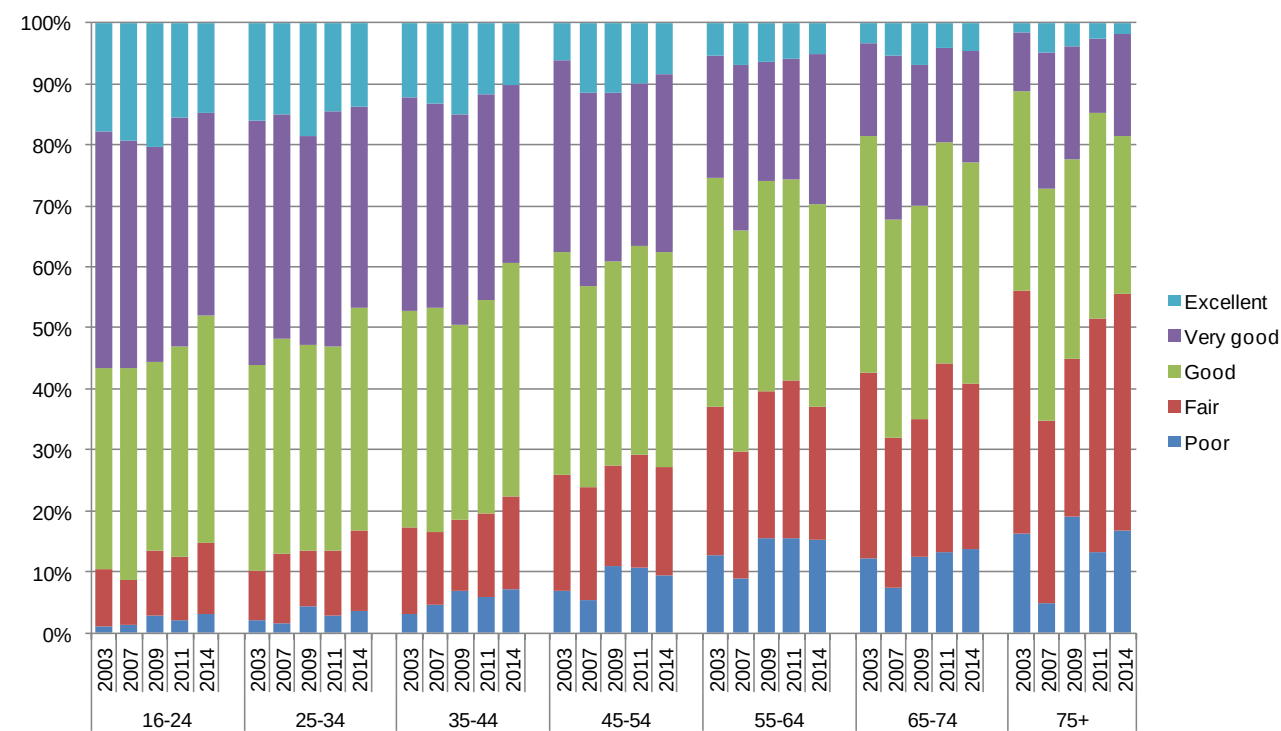
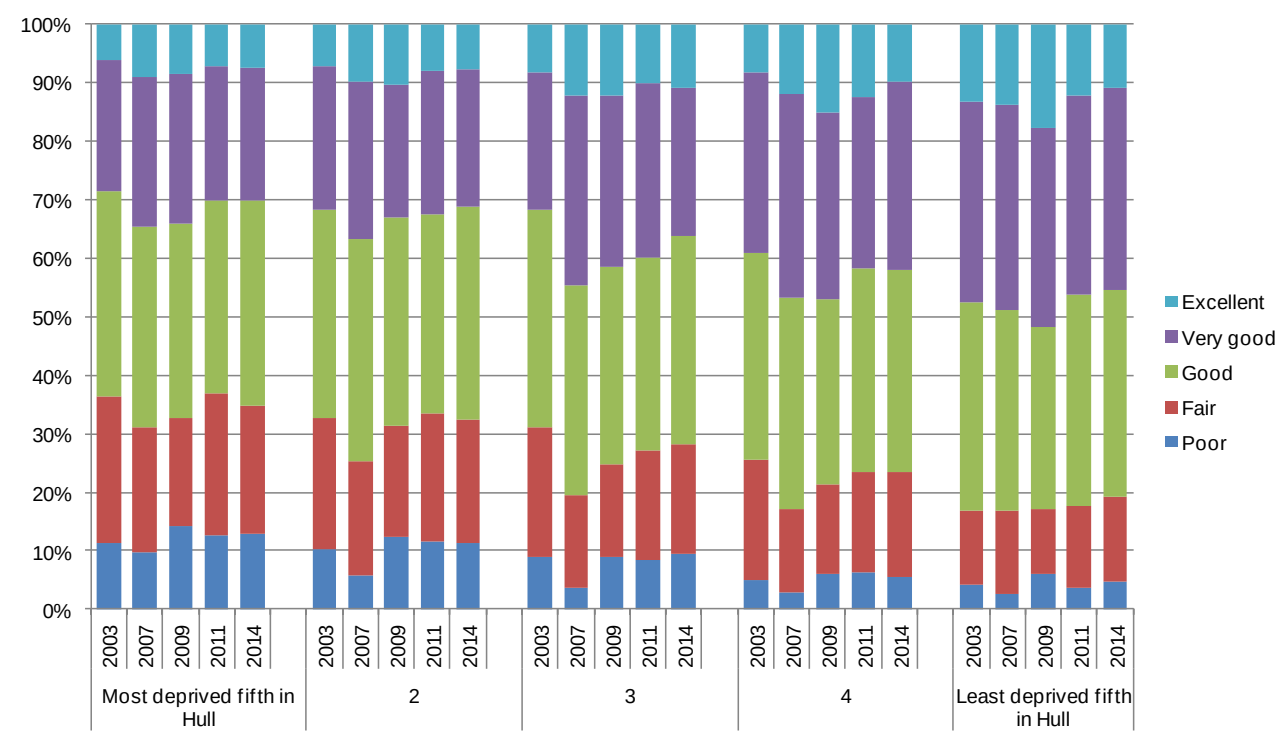


Figure 13: General health status (by deprivation fifths, trends over time)



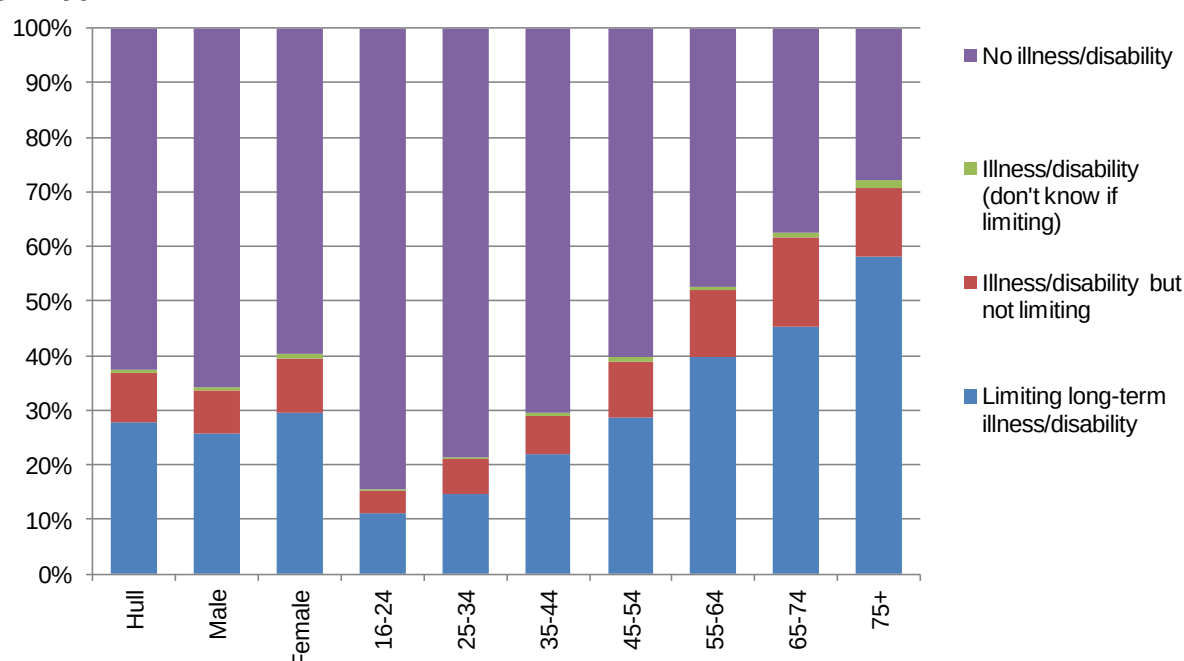
4.5.2 Long Term Disability or Illness That Limits Activities

4.5.2.1 Current Levels

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.3.2**.

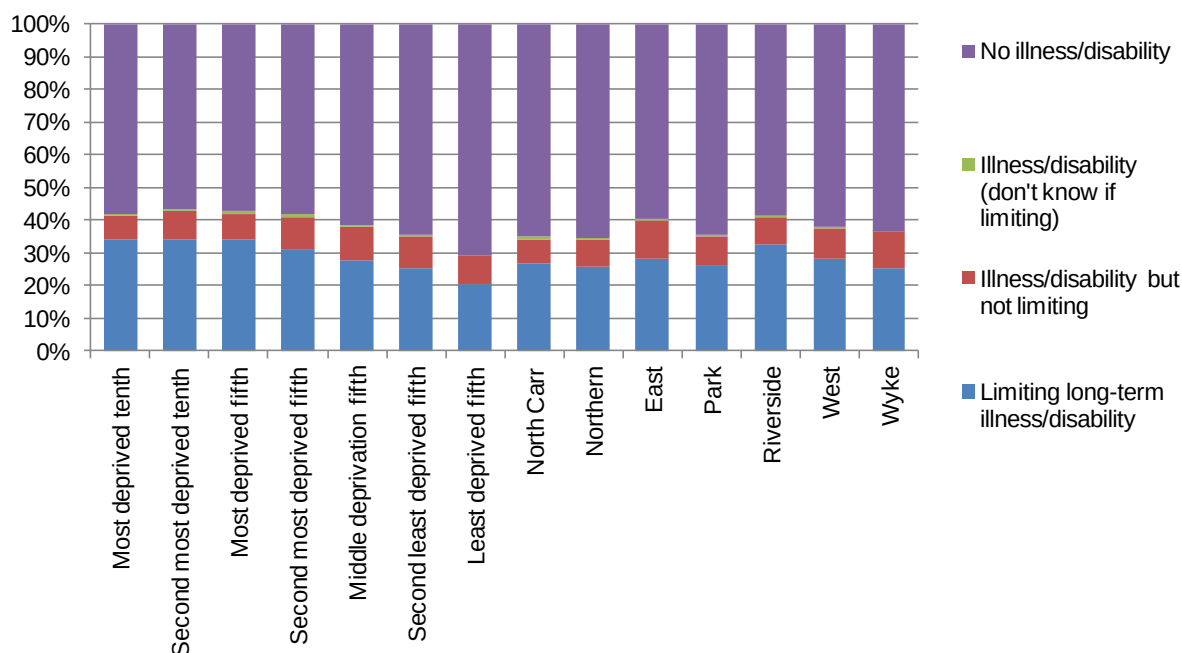
In total, 37.5% of survey responders stated they had a long-term illness or disability which had lasted longer than one month (**Figure 14**). Note that this not the same definition used in the 2011 Census. Almost three-quarters of these survey responders reported that the illness or disability limited their activities, so overall 27.7% of survey responders had an illness or disability which limited their activities (and a further 0.6% had an illness or disability but did not specify whether it limited their activities or not). Females were slightly more likely to report a limiting long-term illness or disability that affected daily activities (29.4%) compared to men (25.7%), and unsurprisingly the percentages increased with age from 11.0% among those aged 16-24 years to 58.0% for those aged 75+ years.

Figure 14: Limiting long-term illness or disability (overall, and by gender and age group)



There was also a strong trend with deprivation with 34.0% reporting a limiting long-term illness or disability among those who lived in the most deprived fifth of areas decreasing to 20.4% for those living in the least deprived fifth of areas (**Figure 15**). The percentages across the Areas were not too dissimilar, but slightly lower in Wyke (25.0%) and Northern (25.7%) which tended to have slightly younger populations increasing to 28.0% for East and 28.4% for West and a slightly higher percentage for Riverside (32.7%).

Figure 15: Limiting long-term illness or disability (by deprivation and Area)



The percentage of survey responders with limiting long-term illness or disability is given at ward level in **Table 12**. Only King's Park (17.2%) and University (19.9%) had fewer than one in five survey responders reporting a long-term illness or disability that affected their activities. Newington had the highest percentage reporting a limiting long-term illness or disability at 36.0%.

As some of the numbers surveyed within each ward are relatively small, there will be some random variation associated with the estimate (that is, if another survey was completed immediately following the current survey slightly different estimates would be obtained as slightly different people would have been surveyed even though there would have been not true or real change in the underlying prevalence for that ward). A range of values (95% confidence intervals⁸) have been given as well as the estimate of the prevalence for each ward. If these ranges do not overlap then the difference in the prevalence estimates will be statistically significant. Thus, for example, there is a significant difference in the percentage with limiting long-term illness or disability between King's Park and Newington as there is no overlap in the sets of confidence intervals.

The estimated population aged 16+ years is presented (from the Office for National Statistics mid-year 2013 estimates) together with an estimate of the number of people in each ward who have a limiting long-term illness or disability.

It is estimated that there are around 58,000 people in Hull with a long-term illness or disability which limits their activities with the highest numbers – between 3,000 and 3,400 – in the wards of Orchard Park and Greenwood, Sutton, Marfleet, Drypool and

⁸ The 95% confidence intervals have been calculated using statistical methods to give a range of likely values for the prevalence. We are 95% confident that the interval obtained (from the survey sample) will contain the true underlying prevalence for that ward. If the CI is wide then there is a degree of uncertainty around the prevalence, and caution should be used when interpreting the findings.

Newington, and the highest number in Myton which has an estimated 4,500 people with limiting long-term illness or disability.

Table 12: Limiting long-term illness or disability (by ward)

Area	Number of survey responders	Percentage with a limiting long-term illness or disability (95% CI)	ONS estimated population, mid-year 2013	
			Total	With LLI
Bransholme East	214	32.2 (26.3, 38.8)	7,681	2,477
Bransholme West	142	32.4 (25.2, 40.5)	6,423	2,081
Kings Park	203	17.2 (12.7, 23.0)	8,637	1,489
Area: North Carr	559	26.8 (23.3, 30.7)	22,741	6,046
Beverley	175	23.4 (17.8, 30.2)	7,268	1,703
Orchard Park & Greenwood	296	33.1 (28.0, 38.7)	10,141	3,357
University	286	19.9 (15.7, 24.9)	8,396	1,673
Area: Northern	757	25.9 (22.9, 29.1)	25,805	6,734
North Hull	1,316	26.3 (24.0, 28.7)	48,546	12,780
Ings	223	25.6 (20.3, 31.7)	9,917	2,535
Longhill	226	29.2 (23.7, 35.4)	9,261	2,705
Sutton	263	29.7 (24.5, 35.4)	10,172	3,017
Area: East	712	28.2 (25.0, 31.6)	29,350	8,256
Holderness	254	20.1 (15.6, 25.4)	10,734	2,155
Marfleet	243	30.0 (24.6, 36.1)	10,605	3,186
Southcoates East	186	29.6 (23.5, 36.5)	6,365	1,882
Southcoates West	129	27.1 (20.2, 35.4)	6,419	1,742
Area: Park	812	26.4 (23.4, 29.5)	34,123	8,965
Drypool	249	29.3 (24.0, 35.3)	10,676	3,130
East Hull	1,773	27.5 (25.5, 29.6)	74,149	20,351
Myton	319	33.2 (28.3, 38.6)	13,561	4,506
Newington	247	36.0 (30.3, 42.2)	8,940	3,221
St Andrew's	156	32.7 (25.8, 40.4)	6,572	2,149
Area: Riverside	971	32.9 (30.0, 35.9)	39,749	13,006
Boothferry	205	26.3 (20.8, 32.8)	9,879	2,602
Derringham	240	30.0 (24.6, 36.1)	9,369	2,811
Pickering	276	29.0 (24.0, 34.6)	9,279	2,690
Area: West	721	28.6 (25.4, 32.0)	28,527	8,103
Avenue	274	25.5 (20.7, 31.0)	11,074	2,829
Bricknell	175	25.1 (19.3, 32.1)	6,794	1,708
Newland	304	24.7 (20.2, 29.8)	10,280	2,536
Area: Wyke	753	25.1 (22.1, 28.3)	28,148	7,074
West Hull	2,196	29.2 (27.3, 31.1)	85,748	25,052
HULL	5,286	27.9 (26.7, 29.1)	208,443	58,183

There were also differences in relation to working status (**Figure 16**). Approximately 12% of full-time students, those who worked 20 or more hours but fewer than 35 hours, and those who worked 35+ hours per week reporting limiting long-term illness or disability. Those who worked fewer than 20 hours per week (14.6%), looked after the family or home (19.2%) or were unemployed (19.2%) were more likely to report limiting long-term illness or disability. However, unsurprisingly, half of survey responders who were retired reported limiting long-term illness or disability, and nine in ten people who were not working due to long-term illness or disability reported limiting long-term illness or disability. One in twenty who stated they could not or were not working due to a long-term illness or disability did not state they had any long-term illness or disability that had lasted longer than one month, and a further 3.1% reported an illness or disability but stated that it did not affect their activities (the remaining 1.6% reported they had an illness or disability but did not specify if it affected their activities or not).

The White British group had the highest percentages with 29.2% reporting limiting long-term illness or disability (**Figure 17**) which is not particularly surprising given that their average age is considerably higher (**Table 9**) than the other BME groups. Twenty percent of Arabs and 3.4% of Chinese reported limiting long-term illness or disability, but for the other BME groups the percentages were between 11% and 14%.

There was also a relatively strong association between reported health status and limiting long-term illness or disability, but there was considerable variation. Nine in ten (91.3%) of those in 'excellent' health stated they had no long-term illness or disability, 4.6% did but it did not limit activities and 3.8% had an illness or disability which did limit activities. The percentage who did not have a long-term illness or disability gradually increased to 85.6%, 69.4%, 28.4% and 5.4% for those with 'very good', 'good', 'fair' and 'poor' health respectively. In contrast, the percentage who did have a limiting long-term illness or disability increased to 6.9%, 18.3%, 58.7% and 89.4% for those with 'very good', 'good', 'fair' and 'poor' health respectively.

Figure 16: Limiting long-term illness or disability (by employment status)

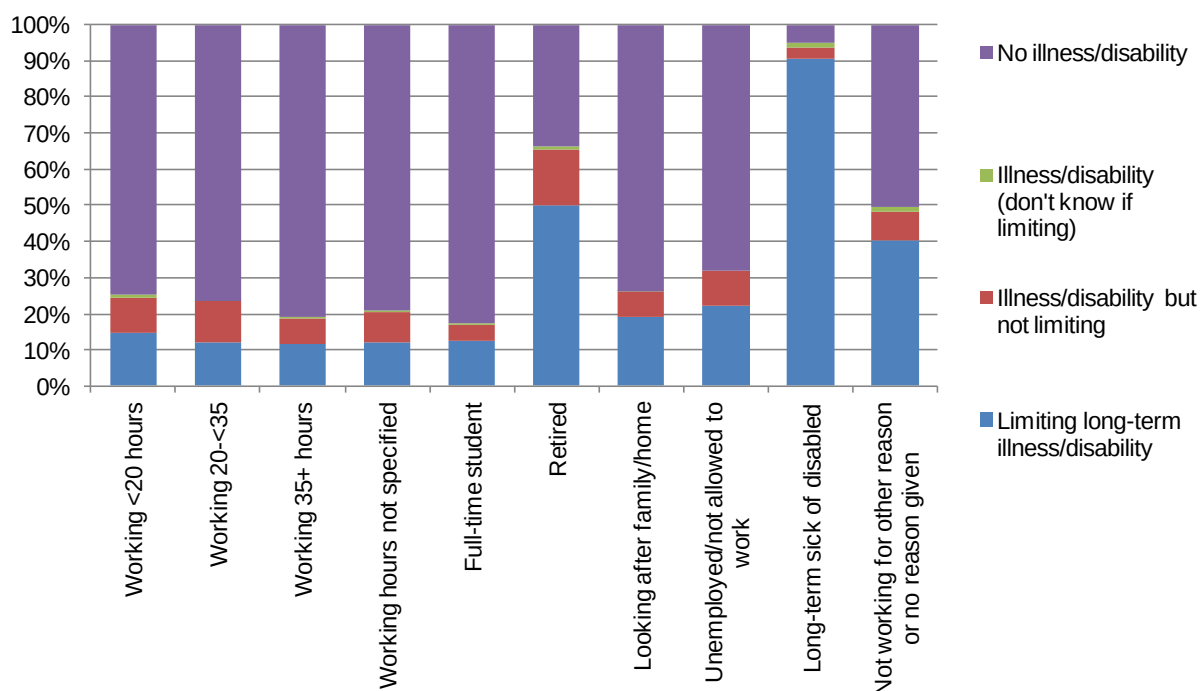
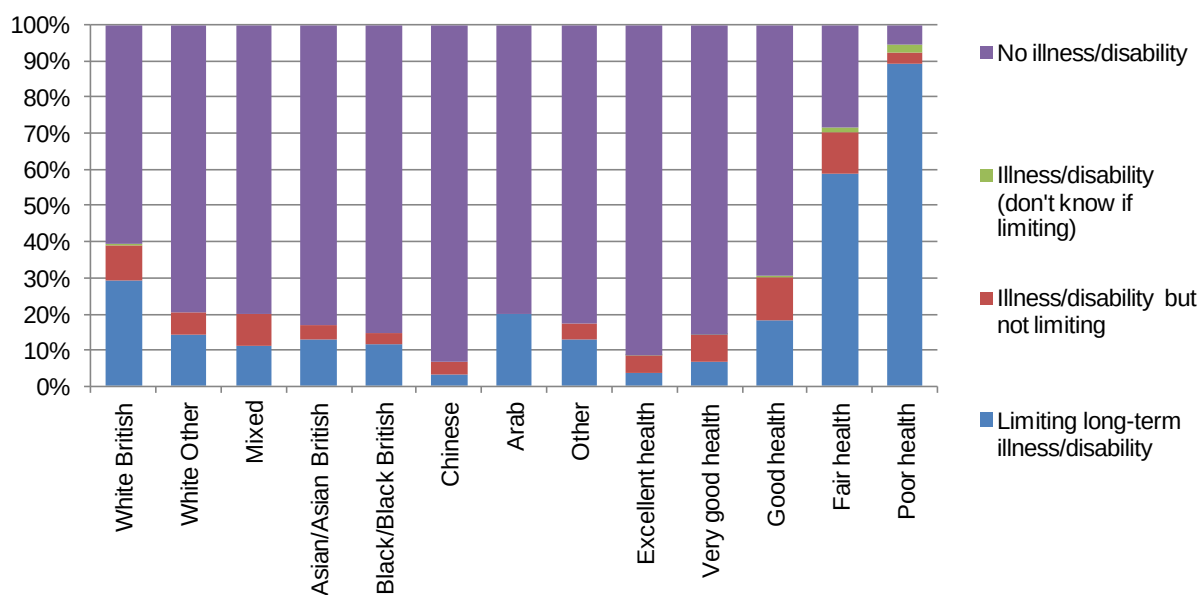


Figure 17: Limiting long-term illness or disability (by BME group and health status)



The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.3.2**.

4.5.2.2 Trends Over Time

Limiting long-term illness and disability was also collected as part of previous local surveys (see **section 3.2.17**), and trends over time can be examined (**Figure 18**). The percentage reporting a limiting long-term illness or disability was relatively high among men and among women aged 16-24 years and women aged 75+ years for the 2003 Health and Wellbeing Survey, and this could be associated with the different methodology used in this survey. Among women, there appears to be an increasing trend in the percentage reporting a limiting long-term illness or disability. However, such a trend among the men is less evident and indeed the percentage with a limiting long-term illness or disability among men aged 55-74 years has decreased between the 2009 Prevalence and 2009 Social Capital surveys combined and the 2014 Health and Wellbeing Survey. There are at least 100 survey responders in each survey for each gender and 10 year age band so a small number of survey responders is not a particular problem, although as with any survey there will be biases within each survey as not everybody who is asked to participate in the survey will do so.

Figure 19 gives the trends over time in relation to the local deprivation fifths. These were defined on the basis the person's postcode defining the fifth based on the Index of Multiple Deprivation 2010 scores for the 2011 lower layer super output area (the geographical area on which the IMD is based – see **section 3.2.15**). The percentage reporting a limiting long-term illness or disability was highest in the 2003 Health and Wellbeing Survey with the exception of the least deprived fifth of areas in Hull, and this as mentioned previously could be associated with the survey methodology. Since the 2007 survey, there has been a higher percentage of survey responders reporting a limiting long-term illness or disability with a slight decrease in the 2014 Health and Wellbeing Survey for the four most deprived deprivation fifths. The pattern was slightly different in the least deprived fifth with similar percentages in the 2003, 2007 and 2009 surveys followed by a slight decrease in the percentages and similar percentages for the 2011 and 2014 surveys.

Figure 18: Limiting long-term illness or disability (by age and gender, trends over time)

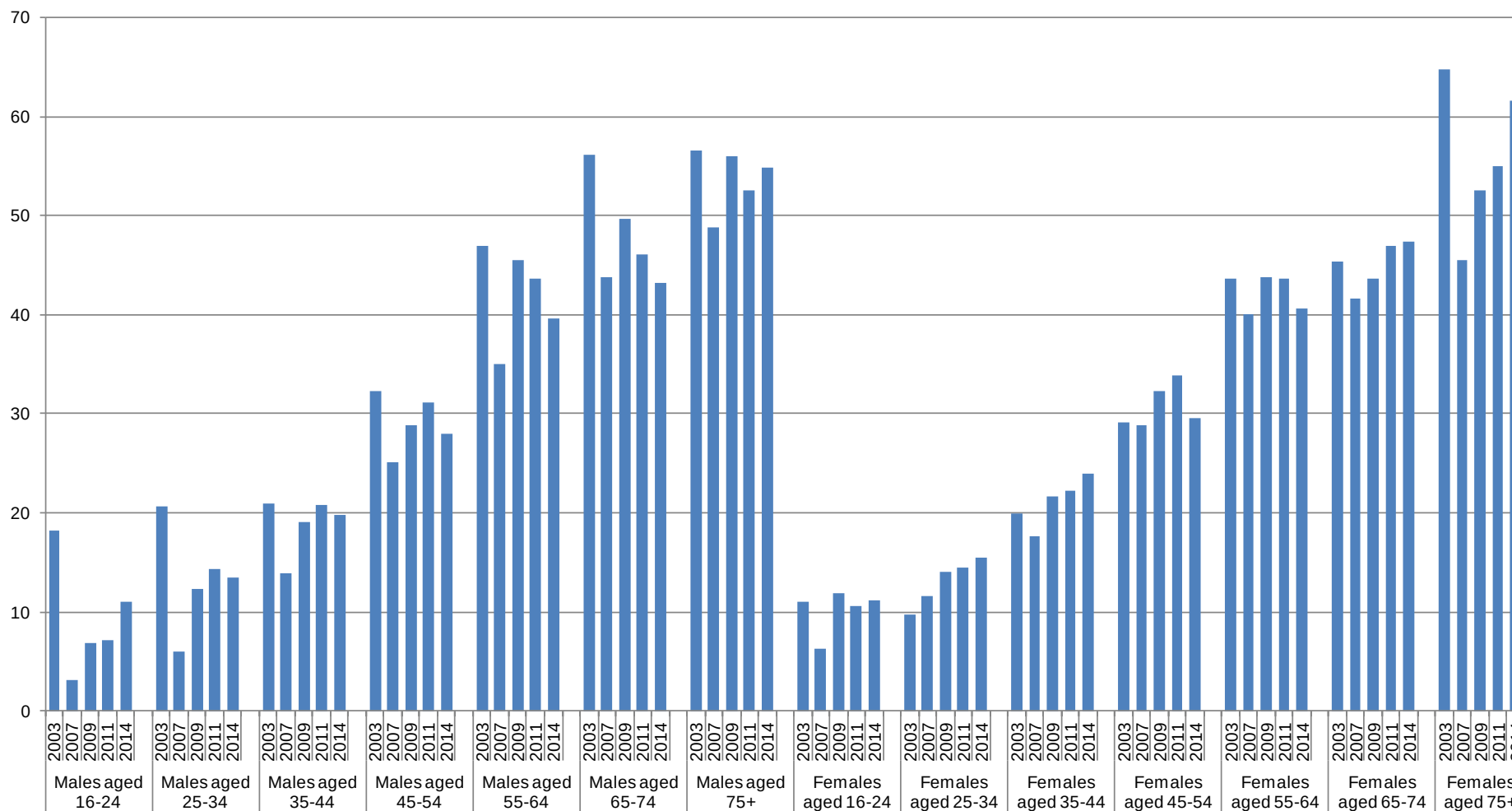
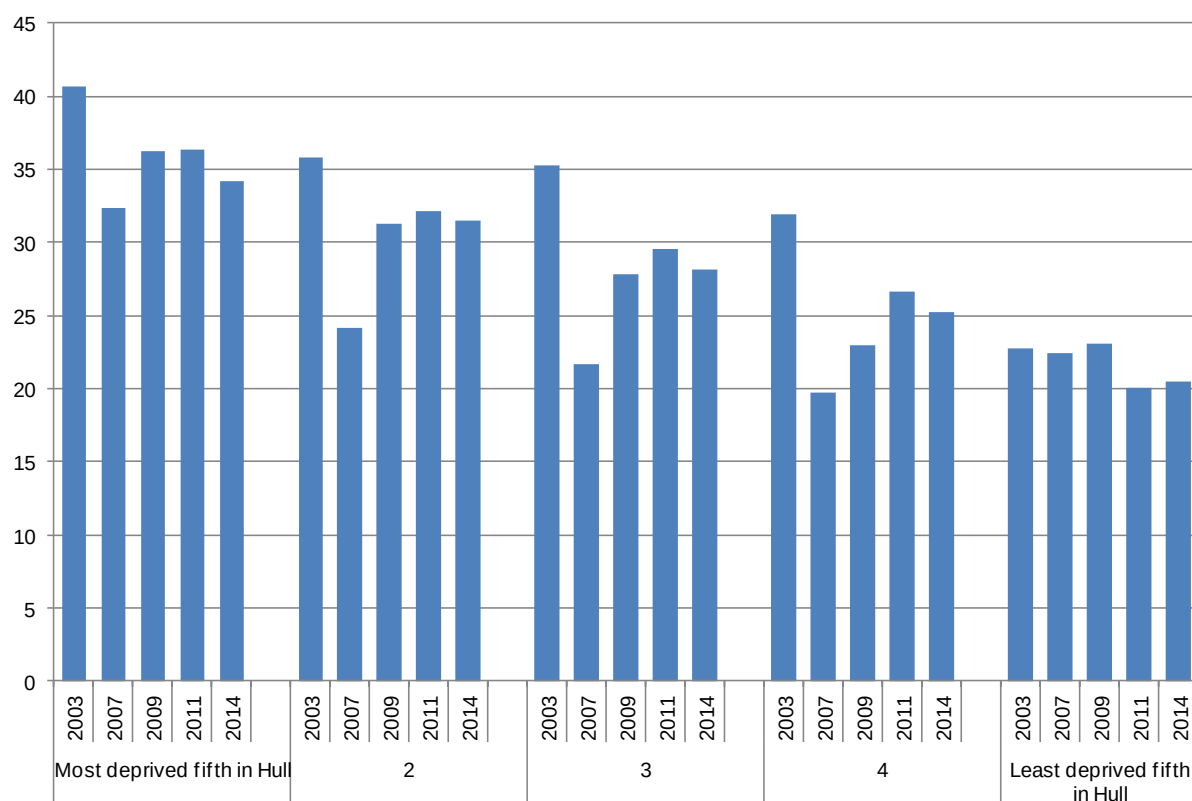


Figure 19: Limiting long-term illness or disability (by deprivation, trends over time)



4.5.3 Wellbeing

Four questions were asked in wellbeing in terms of how satisfied people are with their life, to what extent they feel things they do in their life are worthwhile, how happy they felt yesterday and how anxious they felt yesterday. All questions are scored from 0 “not at all satisfied / worthwhile / happy / anxious” to 10 “completely satisfied / worthwhile / happy / anxious”. Thus for the first three questions higher score denote better wellbeing, and the reverse is true for the fourth question.

Individuals were classified as not satisfied / worthwhile / happy if they scored 0-4 and anxious if they scored 6-10 on the 11 point scales (based on the definitions used in the Public Health Outcomes Framework from Public Health England Fingertips).

The remaining six response categories (5-10 and 0-5) have been arbitrarily divided into two groups for ease of presentation.

4.5.3.1 Satisfied With Life

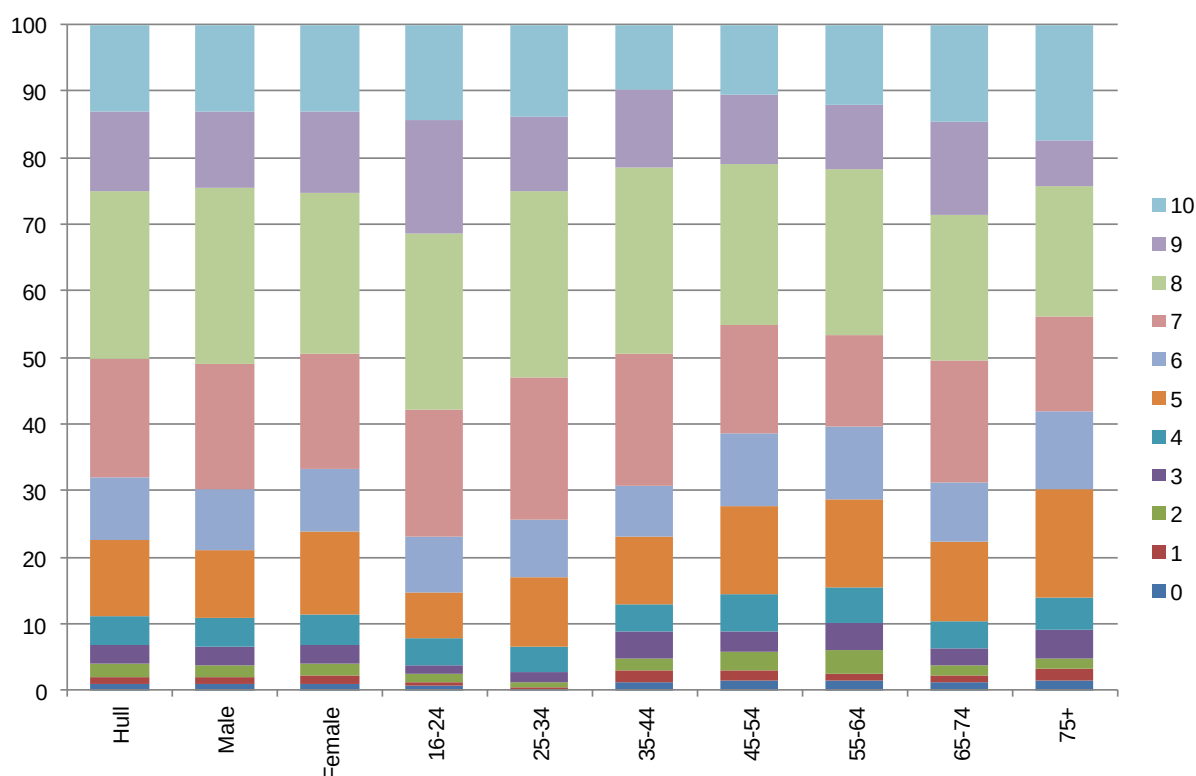
4.5.3.1.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.3.3**. The average scores are also presented.

Figure 20 gives the scores in relation to satisfaction with life with a lower score denoting less satisfaction. It can be seen that the distribution in the scores for males and females are very similar. The overall average satisfaction score is 7.09 (7.13 among male and 7.05 among females). However, there is more of a difference in the scores between the different age groups. The youngest age groups (aged 16-24 and 25-34 years) tend to be the most satisfied with life and percentage giving lower scores (less satisfaction) gradually increases with age although there is a 'dip' in this trend at ages 65-74 which coincides with the usual retirement age. So it appears that satisfaction decreases with each successive ten year age group until the end of usual working-age and then improves considerably at the start of retirement (to the levels observed for the 35-44 year age group), and then decreases for the next age group (75+ years) to similar levels observed for the 55-64 year age group. This pattern was reflected in the average scores, which decreased from 7.50 among those aged 16-24 years to 7.38, 6.96, 6.77 and 6.76 for those aged 25-34, 35-44, 45-54 and 55-64 years respectively, and then increased to 7.16 among those aged 65-74 years and decreased again to 6.81 among those aged 75+ years.

The Public Health Outcomes Framework indicator relates to the percentage of people scoring 0-4, and the pattern in relation to these percentages is similar to the pattern described above. Overall, 11.2% have a score of 0-4 and this is similar for men (11.0%) and women (11.4%). Less than 10% of 16-24 year olds (7.8%) and 25-34 year olds (6.5%) have a score of 0-4, but this percentage gradually increases with age to 12.9%, 14.5% and 15.5% among those aged 35-44, 45-54 and 55-65 years respectively, reducing to 10.3% among those aged 65-74 years and increasing again to 14.0% among those aged 75+ years.

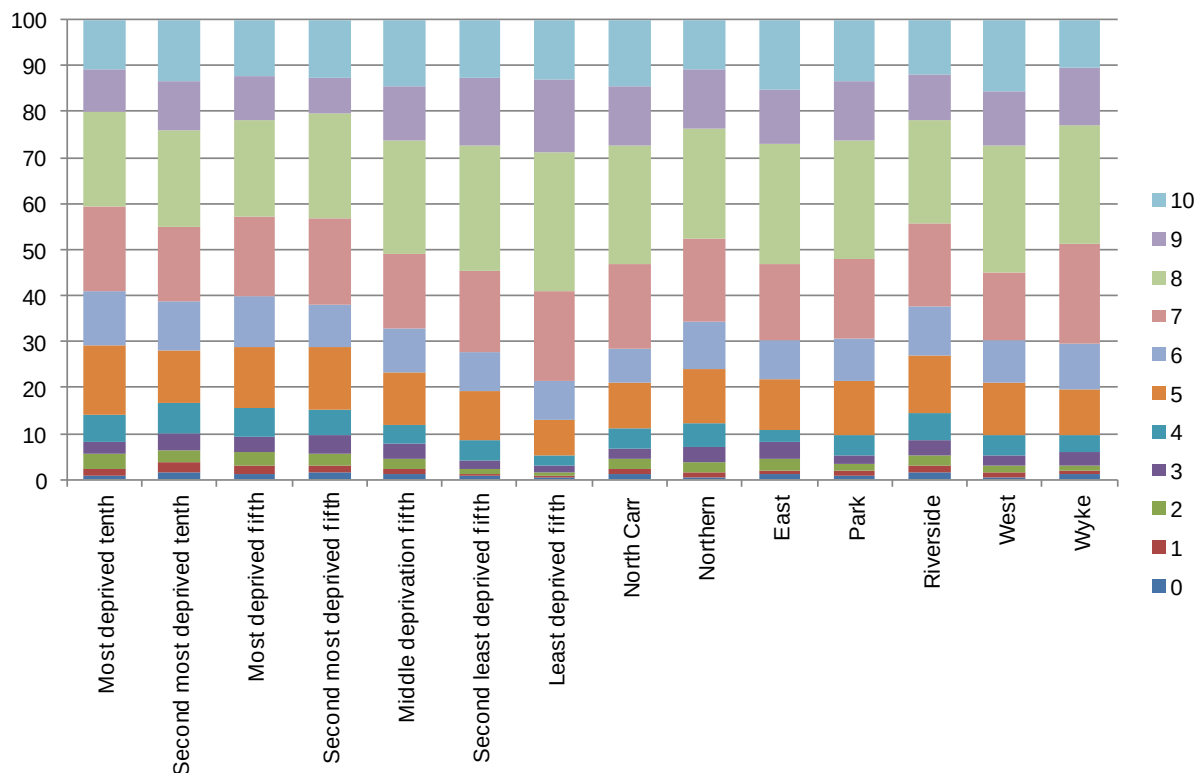
Figure 20: Satisfied with life (overall, and by gender and age)



There is not a great deal of difference in the satisfaction scores between people living in the most deprived and the second most deprived fifth of areas, but the percentages with low scores denoting less satisfaction decrease with reducing deprivation (**Figure 21**). Around 15% of people living in the most deprived (15.4%) and second most deprived (15.1%) fifth of areas have a score of 0-4, but this decreases to 11.7%, 8.5% and 5.3% among those living in the middle deprivation fifth, second least deprived fifth and least deprived fifth of areas respectively. The average scores follow a similar pattern with the lowest averages among those living in the most deprived (6.74) and second most deprived (6.75) fifth of areas, increasing to 7.08, 7.31 and 7.55 for those in the middle deprivation fifth, second least deprived fifth and least deprived fifth of areas respectively. There was no difference when the most deprived fifth was divided into two groups (of tenths) with those in the second most deprived tenth group having slightly lower (worse) scores compared to the most deprived tenth.

Ten percent of people surveyed in West, Wyke (both 9.7%) and Park (9.8%) have a score of 0-4, and this is slightly higher in East (10.9%), North Carr (11.0%) and Northern (12.2%) with the highest percentage in Riverside where 14.4% report a score of 0-4. The average scores range from 6.81 in Riverside to 7.26 in West.

Figure 21: Satisfied with life (by deprivation and Area)



Orchard Park and Greenwood ward had the lowest average score for feeling satisfied with life (6.61) and the average was highest in King's Park (7.60) as illustrated in **section 5.3.3**. Eighteen percent of survey responders had a poor score in Myton compared to 3.4% in King's Park, so there were substantial differences across the wards in Hull (**Table 13**). Despite the relatively wide confidence intervals for the majority of the percentages with poor scores, there are statistically significant differences across the wards. In particular, the percentages in King's Park and Beverley are significantly lower than those for Bransholme East, Orchard Park and Greenwood, and Myton wards.

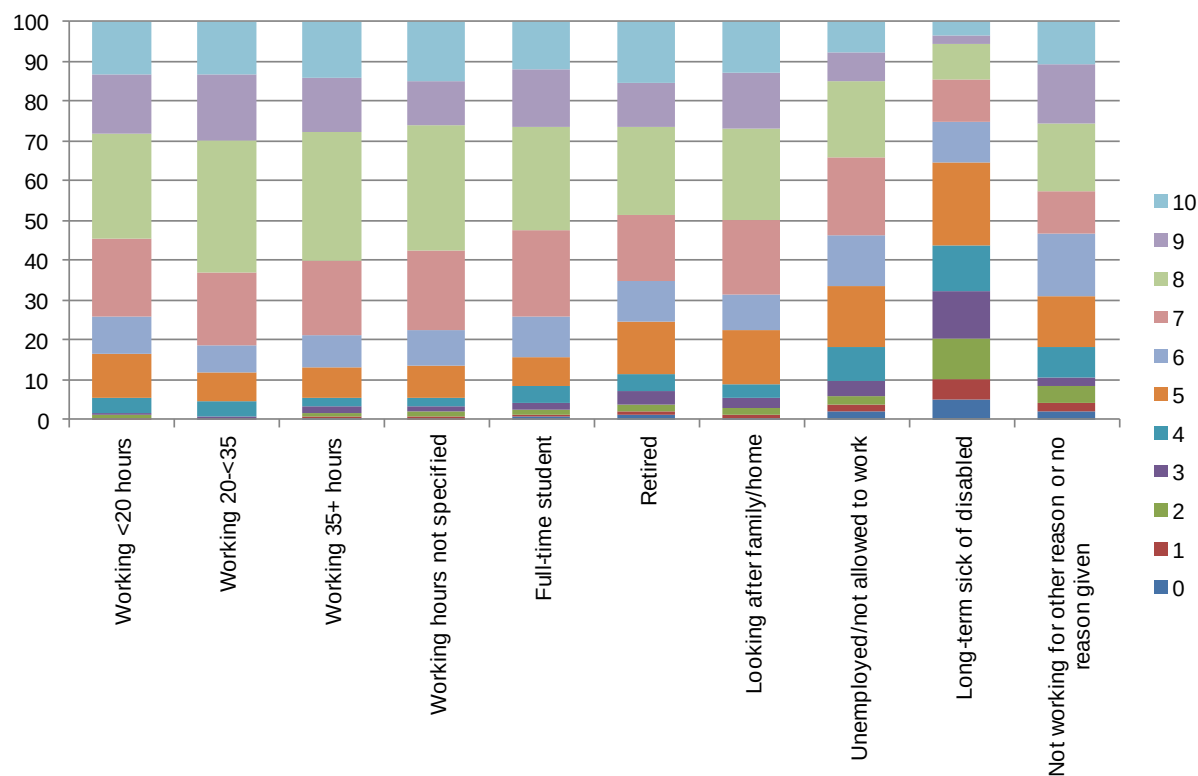
Table 13: Satisfied with life – scores across the wards in Hull

Area	Number of survey responders	Percentage (95% confidence interval)			Total population (mid-2013) aged 16+ years and estimated number with different scores			
		Poor (0-4)	Score 5-7	Score 8-10	Total	Poor (0-4)	Score 5-7	Score 8-10
Bransholme East	217	16.6 (12.2, 22.1)	32.7 (26.8, 39.2)	50.7 (44.1, 57.3)	7,681	1,274	2,513	3,894
Bransholme West	141	13.5 (8.8, 20.1)	39.7 (32.0, 48.0)	46.8 (38.8, 55.0)	6,423	866	2,551	3,007
Kings Park	205	3.4 (1.7, 6.9)	36.6 (30.3, 43.4)	60.0 (53.2, 66.5)	8,637	295	3,160	5,182
Area: North Carr	563	11.0 (8.7, 13.9)	35.9 (32.0, 39.9)	53.1 (49.0, 57.2)	22,741	2,504	8,159	12,077
Beverley	177	6.2 (3.5, 10.8)	38.4 (31.6, 45.8)	55.4 (48.0, 62.5)	7,268	452	2,792	4,024
Orchard Park & Greenwood	298	15.1 (11.5, 19.6)	46.6 (41.1, 52.3)	38.3 (32.9, 43.9)	10,141	1,531	4,730	3,879
University	289	12.8 (9.4, 17.1)	34.9 (29.7, 40.6)	52.2 (46.5, 57.9)	8,396	1,075	2,934	4,387
Area: Northern	764	12.2 (10.0, 14.7)	40.3 (36.9, 43.8)	47.5 (44.0, 51.1)	25,805	3,141	10,403	12,261
North Hull	1,327	11.7 (10.1, 13.5)	38.4 (35.9, 41.1)	49.9 (47.2, 52.6)	48,546	5,670	18,657	24,218
Ings	224	10.7 (7.3, 15.4)	28.1 (22.6, 34.3)	61.2 (54.6, 67.3)	9,917	1,063	2,789	6,065
Longhill	225	10.7 (7.3, 15.4)	40.9 (34.7, 47.4)	48.4 (42.0, 54.9)	9,261	988	3,787	4,486
Sutton	264	11.4 (8.1, 15.8)	38.6 (33.0, 44.6)	50.0 (44.0, 56.0)	10,172	1,156	3,930	5,086
Area: East	713	10.9 (8.9, 13.4)	36.0 (32.6, 39.6)	53.0 (49.3, 56.7)	29,350	3,211	10,579	15,560
Holderness	253	7.9 (5.2, 11.9)	32.0 (26.6, 38.0)	60.1 (53.9, 65.9)	10,734	849	3,437	6,449
Marfleet	247	13.0 (9.3, 17.7)	38.5 (32.6, 44.7)	48.6 (42.4, 54.8)	10,605	1,374	4,079	5,152
Southcoates East	185	10.8 (7.1, 16.1)	41.6 (34.8, 48.8)	47.6 (40.5, 54.7)	6,365	688	2,649	3,028
Southcoates West	131	6.1 (3.1, 11.6)	43.5 (35.3, 52.1)	50.4 (41.9, 58.8)	6,419	392	2,793	3,234
Area: Park	816	9.8 (7.9, 12.0)	38.0 (34.7, 41.4)	52.2 (48.8, 55.6)	34,123	3,345	12,963	17,814
Drypool	247	13.0 (9.3, 17.7)	40.9 (34.9, 47.1)	46.2 (40.0, 52.4)	10,676	1,383	4,365	4,927
East Hull	1,776	10.7 (9.3, 12.2)	37.6 (35.4, 39.9)	51.7 (49.4, 54.0)	74,149	7,933	27,889	38,327
Myton	317	18.0 (14.1, 22.6)	40.1 (34.8, 45.5)	42.0 (36.7, 47.5)	13,561	2,438	5,433	5,690
Newington	248	12.1 (8.6, 16.7)	43.5 (37.5, 49.8)	44.4 (38.3, 50.6)	8,940	1,081	3,893	3,965

Area	Number of survey responders	Percentage (95% confidence interval)			Total population (mid-2013) aged 16+ years and estimated number with different scores			
		Poor (0-4)	Score 5-7	Score 8-10	Total	Poor (0-4)	Score 5-7	Score 8-10
St Andrew's	156	12.8 (8.5, 19.0)	41.0 (33.6, 48.9)	46.2 (38.5, 54.0)	6,572	843	2,696	3,033
Area: Riverside	968	14.4 (12.3, 16.7)	41.3 (38.3, 44.5)	44.3 (41.2, 47.5)	39,749	5,708	16,425	17,616
Boothferry	205	6.3 (3.7, 10.5)	36.6 (30.3, 43.4)	57.1 (50.2, 63.7)	9,879	626	3,614	5,638
Derringham	242	13.6 (9.9, 18.5)	33.1 (27.4, 39.2)	53.3 (47.0, 59.5)	9,369	1,278	3,097	4,994
Pickering	276	8.7 (5.9, 12.6)	36.6 (31.1, 42.4)	54.7 (48.8, 60.5)	9,279	807	3,396	5,077
Area: West	723	9.7 (7.7, 12.1)	35.4 (32.0, 39.0)	54.9 (51.3, 58.5)	28,527	2,762	10,101	15,664
Avenue	275	9.5 (6.5, 13.5)	41.5 (35.8, 47.4)	49.1 (43.2, 55.0)	11,074	1,047	4,591	5,436
Bricknell	177	7.3 (4.3, 12.2)	44.1 (37.0, 51.4)	48.6 (41.3, 55.9)	6,794	499	2,994	3,301
Newland	304	11.2 (8.1, 15.2)	40.8 (35.4, 46.4)	48.0 (42.5, 53.6)	10,280	1,150	4,193	4,937
Area: Wyke	756	9.7 (7.8, 12.0)	41.8 (38.3, 45.3)	48.5 (45.0, 52.1)	28,148	2,718	11,766	13,664
West Hull	2,200	11.4 (10.1, 12.8)	39.6 (37.6, 41.7)	49.0 (47.0, 51.1)	85,748	9,744	33,948	42,055
HULL	5,304	11.2 (10.4, 12.1)	38.6 (37.3, 39.9)	50.2 (48.8, 51.5)	208,443	23,383	80,524	104,536

There was also an association with employment status (**Figure 22**). Around 5-6% of people working had a poor satisfaction score (0-4), and the percentage was slightly higher for those who were full-time students (8.5%) and looking after the home or family (9.1%), and 11.4% had a poor satisfaction score among those who were retired, but this increased for those who were unemployed (18.3%) and not working due to long-term illness or disability (43.6%).

Figure 22: Satisfied with life (by employment status)



Unsurprisingly there was also a strong association with satisfaction and health status, with 2.8% of people who had ‘excellent’ health having a poor satisfaction score (0-4) compared to more than half (52.0%) of those with ‘poor’ health. Around one-quarter (26.6%) of those with a long-term illness and disability that limits activities had poor satisfaction compared to only 5.2% of those without a long-term illness and disability that limits activities.

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.3.3**. The average scores are also presented.

4.5.3.1.2 Public Health Outcomes Framework

This indicator is included within the Public Health Outcomes Framework (Department of Health 2012) and the national data from the PHOF tool (Public Health England 2015) is available for Hull and was summarised locally in **Figure 23**.

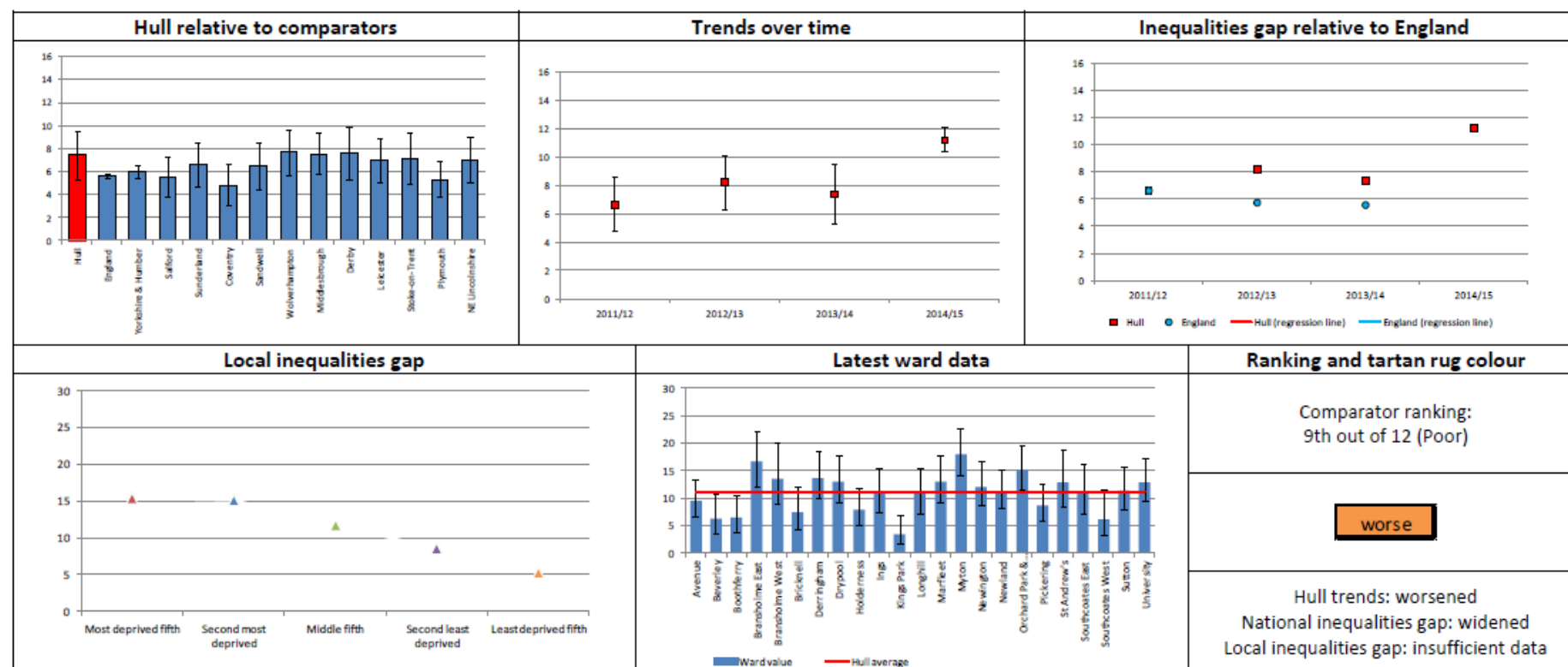
Local analysis of this Public Health Outcomes Framework indicator reveals that for 2013/14, Hull is ranked 9th worst among 12 comparator areas, but there is no statistically significant difference with England. There is a strong association with deprivation and differences across the wards (as mentioned in **section 4.5.3.1.1**). Further discussion on the trends over time and comparison with England is given in **section 4.5.3.1.3**.

There is a relatively large difference between the national Public Health Outcomes Framework prevalence trends (6-8%) and the local prevalence from this survey (11.2%). The reason for this is unclear, but could be associated with the differing survey methods used and survey bias. It is possible that the local survey represents a more realistic estimate given the quota sampling used.

Figure 23: Low satisfaction with life score – Public Health Outcomes Framework (national data for Hull – indicator 2.23i)

2.23i Self-reported well-being - people with a low satisfaction score

The percentage of respondents scoring 0-4 to the question "Overall, how satisfied are you with your life nowadays" on a scale of 0-10 (0="not at all satisfied" and 10 is "completely satisfied").



Key points:

The baseline percentage with low satisfaction score in Hull is 6.7% (95% confidence interval: 4.8% to 8.6%)

The latest percentage with low satisfaction score in Hull is 7.4% (95% confidence interval: 5.3% to 9.5%)

The percentage with low satisfaction score has worsened from 6.7% in 2011/12 to 11.2% in 2014/15

The national inequalities gap (Hull minus England) has widened from 0.0 percentage points in 2011/12 to 1.8 percentage points in 2013/14

The local inequalities gap (most minus least deprived fifths) was 10.1 percentage points in 2014/15

The percentage with low satisfaction score ranges from 3.4% in Kings Park to 18.0% in Myton, a difference of 14.6 percentage points

Data points:

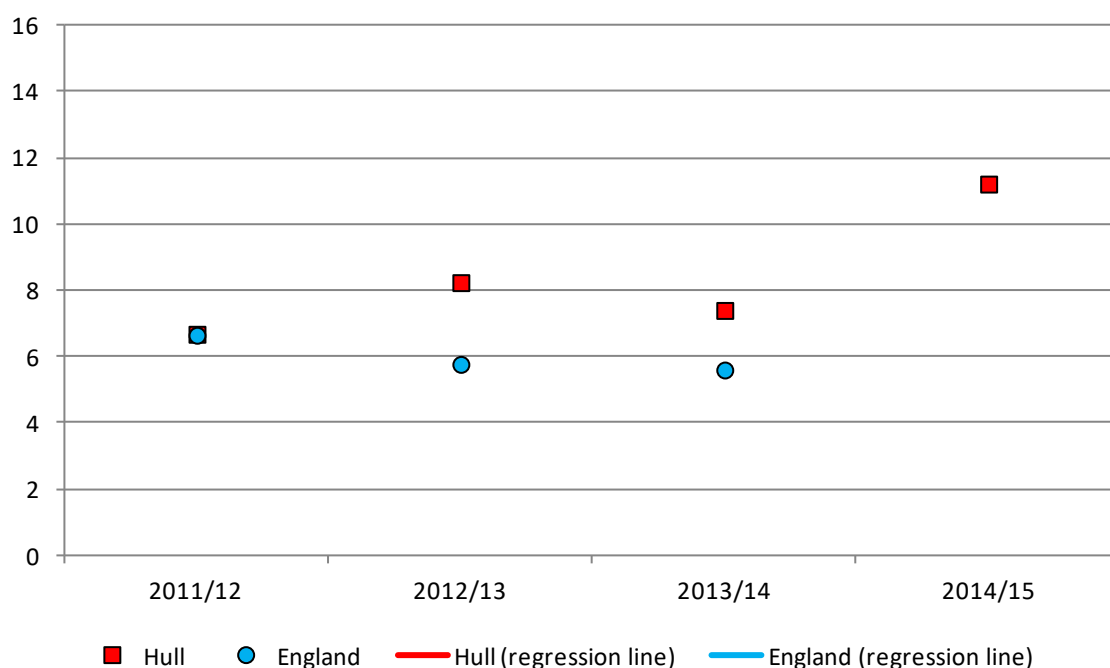
Source: Annual Population Survey (APS), Office for National Statistics. Baseline period: 2011/12. Latest data: 2013/14. Data for Hull for 2014/15 is from 2014 Prevalence Survey (as different survey and survey methodology results differ from national data for Hull)
The page was last updated on 06/07/2015

4.5.3.1.3 Trends Over Time and Comparison With England

The percentage reporting a low satisfaction score for England has decreased over time (**Figure 24**), but due to small numbers the trend over time is less clear for Hull and considerably different than the results in this local survey (as mentioned in **section 4.5.3.1.2** in relation to **Figure 23**).

The national baseline data (2011/12) for Hull was 6.7% (95% confidence interval 4.8% to 8.6%) and this increased to 8.2% (95% CI 6.3% to 10.2%) in 2012/13, but has decreased slightly to 7.4% (95% CI 5.3% to 9.5%) for the latest period (2013/14). In contrast, the baseline percentage for England was similar to Hull's (at 6.7%), but has decreased to 5.8% and 5.6% for 2012/13 and 2013/14. Whilst the latest national (2013/14) values are higher in Hull compared to England, the difference is not statistically significant, although there is a statistically significant difference between the percentage in England for 2013/14 and the current survey where the percentage is considerably higher in Hull at 11.2% (95% CI 10.4% to 12.1%).

Figure 24: Low satisfaction with life score (trends over time and comparison with England)



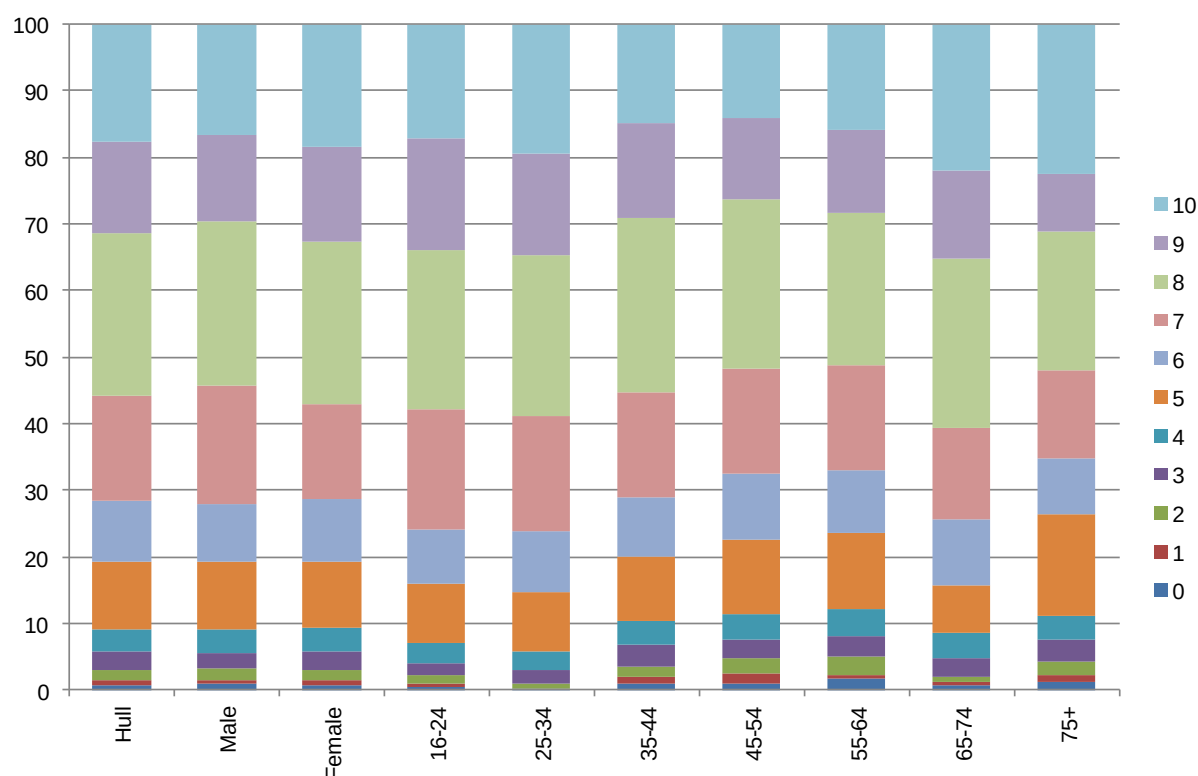
4.5.3.2 Life Worthwhile

4.5.3.2.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.3.4**. The average scores are also presented.

The percentage reporting a poor score in relation to life being worthwhile was very similar for males (9.1%) and females (9.3%) with 9.2% overall (**Figure 25**). The overall mean score was 7.37 with a slightly higher (better) score for women (7.40) compared to men (7.33). The percentage with a poor score (0-4) was 7.1% among survey responders aged 16-24 years and slightly decreased to 5.9% for those aged 25-34 years, and then increased throughout the working-age to 10.4%, 11.3% and 12.1% for those aged 35-44, 45-54 and 55-64 years, and the percentage fell slightly to 8.5% among those aged 65-74 years and then increased to 11.3% among those aged 75+ years. Unsurprisingly, it therefore followed a similar pattern to satisfaction of life with higher percentages feeling that their life was not worthwhile as age increased which then fell at early retirement and then increased again among the oldest age group of 75+ years.

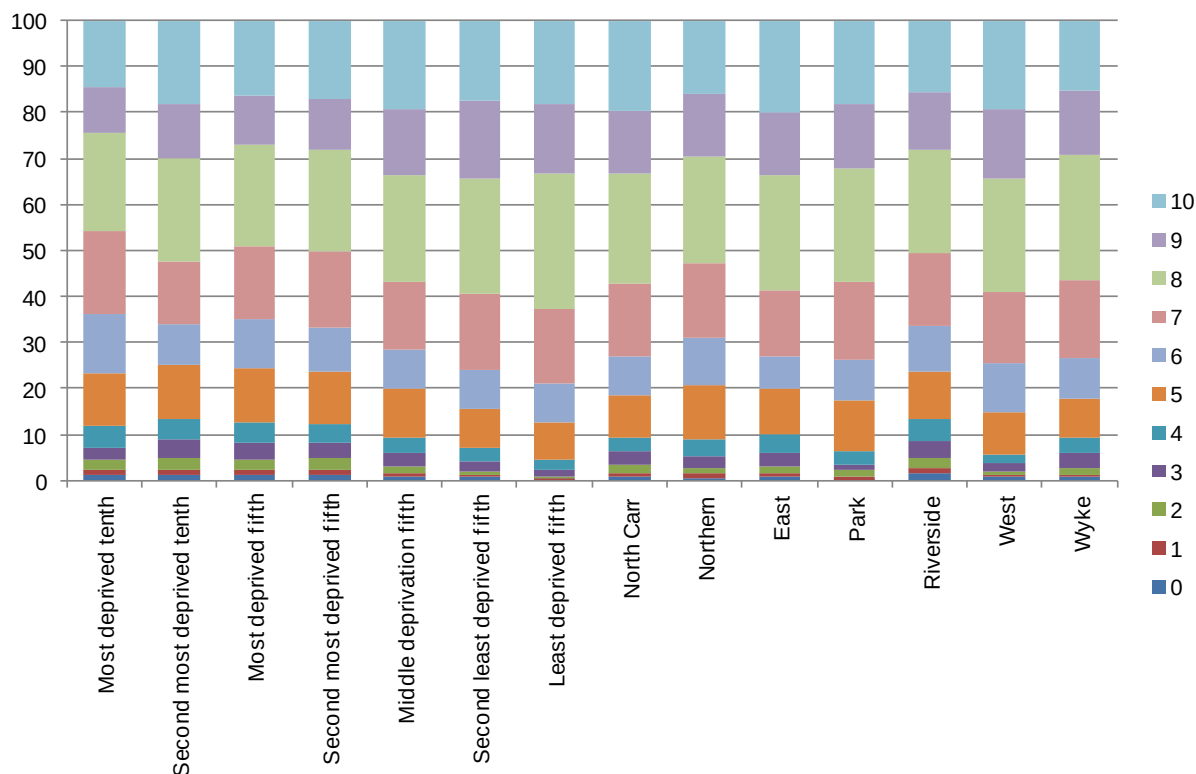
Figure 25: Life worthwhile (overall, and by gender and age)



There was also a relatively strong association between life being worthwhile and deprivation (**Figure 26**), with 12.7% of survey responders living in the most deprived

fifth of areas feeling that their life was not worthwhile (score 0-4) compared to 4.6% living in the least deprived fifth of areas. The mean score was 7.04 for those living in the most deprived fifth of areas and increased to 7.72 for those living in the least deprived fifth of areas. West and Park had the lowest percentages with a poor score (5.8% and 6.4% respectively) and around 9-10% for the remaining areas with the exception of Riverside where 13.5% had a poor score.

Figure 26: Life worthwhile (by deprivation and Area)



Myton had the lowest average score for feeling life was worthwhile (6.92) and the average was highest in King's Park (7.77) as illustrated in **section 5.3.4**. Sixteen percent of survey responders had a poor score in Myton compared to only 0.8% in Southcoates West (**Table 14**). Despite the relatively wide confidence intervals for the majority of the percentages with poor scores, there are statistically significant differences across the wards. In particular, the percentages in King's Park, Beverley and Southcoates West are significantly lower than those for Bransholme West, Myton and St Andrew's wards.

Table 14: Feeling life is worthwhile – scores across the wards in Hull

Area	Number of survey responders	Percentage (95% confidence interval)			Total population (mid-2013) aged 16+ years and estimated number with different scores			
		Poor (0-4)	Score 5-7	Score 8-10	Total	Poor (0-4)	Score 5-7	Score 8-10
Bransholme East	218	11.0 (7.5, 15.9)	32.6 (26.7, 39.0)	56.4 (49.8, 62.8)	7,681	846	2,502	4,334
Bransholme West	140	14.3 (9.4, 21.0)	33.6 (26.3, 41.7)	52.1 (43.9, 60.2)	6,423	918	2,156	3,349
Kings Park	205	3.9 (2.0, 7.5)	34.6 (28.5, 41.4)	61.5 (54.6, 67.9)	8,637	337	2,991	5,309
Area: North Carr	563	9.2 (7.1, 11.9)	33.6 (29.8, 37.6)	57.2 (53.1, 61.2)	22,741	2,100	7,634	13,006
Beverley	177	4.5 (2.3, 8.7)	32.2 (25.8, 39.4)	63.3 (56.0, 70.0)	7,268	328	2,341	4,599
Orchard Park & Greenwood	298	10.4 (7.4, 14.4)	43.3 (37.8, 49.0)	46.3 (40.7, 52.0)	10,141	1,055	4,390	4,696
University	288	10.4 (7.4, 14.5)	36.8 (31.4, 42.5)	52.8 (47.0, 58.5)	8,396	875	3,090	4,431
Area: Northern	763	9.0 (7.2, 11.3)	38.3 (34.9, 41.8)	52.7 (49.1, 56.2)	25,805	2,334	9,876	13,596
North Hull	1,326	9.1 (7.7, 10.8)	36.3 (33.7, 38.9)	54.6 (51.9, 57.3)	48,546	4,430	17,610	26,506
Ings	225	9.8 (6.5, 14.4)	26.7 (21.3, 32.8)	63.6 (57.1, 69.6)	9,917	970	2,645	6,303
Longhill	227	7.9 (5.1, 12.2)	37.4 (31.4, 43.9)	54.6 (48.1, 61.0)	9,261	734	3,468	5,059
Sutton	264	11.7 (8.4, 16.2)	30.3 (25.1, 36.1)	58.0 (51.9, 63.8)	10,172	1,194	3,082	5,895
Area: East	716	9.9 (7.9, 12.3)	31.4 (28.1, 34.9)	58.7 (55.0, 62.2)	29,350	2,910	9,223	17,216
Holderness	251	6.4 (4.0, 10.1)	30.7 (25.3, 36.6)	62.9 (56.8, 68.7)	10,734	684	3,293	6,757
Marfleet	245	8.2 (5.3, 12.3)	35.5 (29.8, 41.7)	56.3 (50.1, 62.4)	10,605	866	3,766	5,973
Southcoates East	184	8.2 (5.0, 13.0)	43.5 (36.5, 50.7)	48.4 (41.3, 55.5)	6,365	519	2,767	3,079
Southcoates West	131	0.8 (0.1, 4.2)	40.5 (32.4, 49.0)	58.8 (50.2, 66.8)	6,419	49	2,597	3,773
Area: Park	811	6.4 (4.9, 8.3)	36.6 (33.4, 40.0)	57.0 (53.5, 60.3)	34,123	2,188	12,496	19,439
Drypool	248	11.3 (7.9, 15.8)	34.7 (29.0, 40.8)	54.0 (47.8, 60.1)	10,676	1,205	3,702	5,768
East Hull	1,775	8.5 (7.3, 9.9)	34.3 (32.1, 36.5)	57.2 (54.9, 59.5)	74,149	6,308	25,399	42,442
Myton	318	16.0 (12.4, 20.5)	35.2 (30.2, 40.6)	48.7 (43.3, 54.2)	13,561	2,175	4,776	6,610
Newington	244	12.3 (8.7, 17.0)	37.3 (31.5, 43.5)	50.4 (44.2, 56.6)	8,940	1,099	3,334	4,507

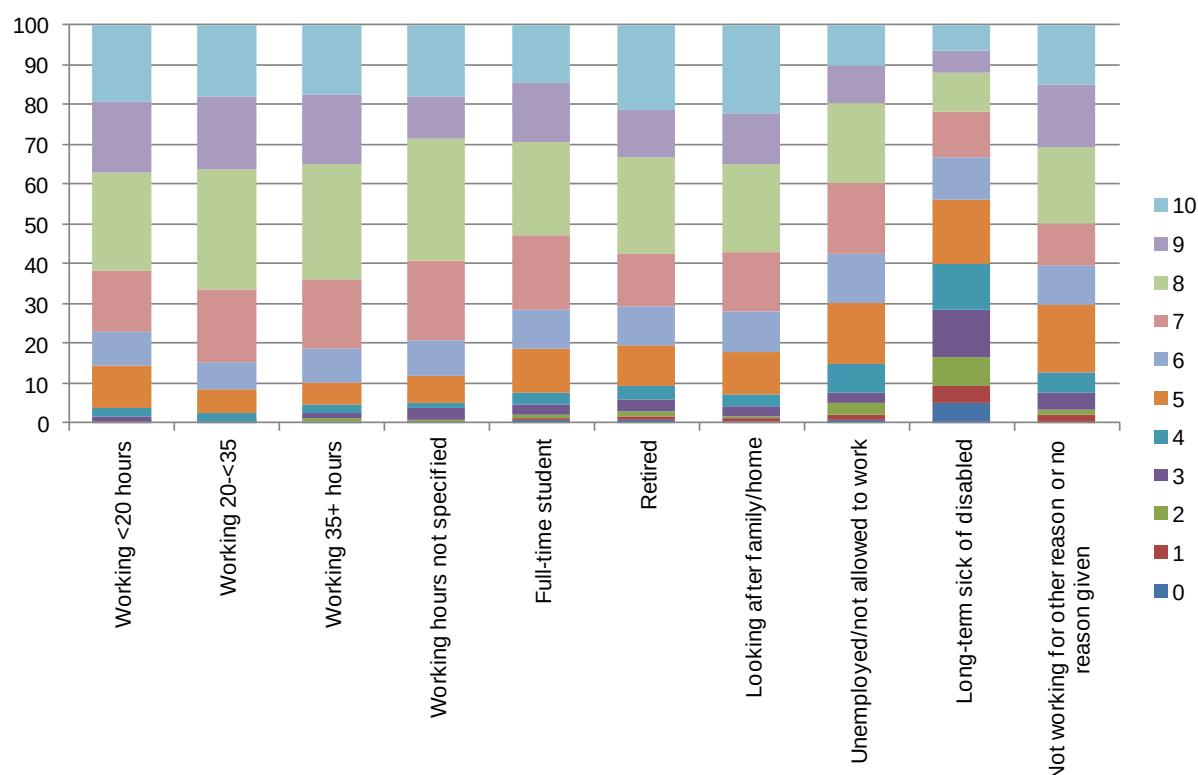
Area	Number of survey responders	Percentage (95% confidence interval)			Total population (mid-2013) aged 16+ years and estimated number with different scores			
		Poor (0-4)	Score 5-7	Score 8-10	Total	Poor (0-4)	Score 5-7	Score 8-10
St Andrew's	156	13.5 (9.0, 19.7)	36.5 (29.4, 44.3)	50.0 (42.2, 57.8)	6,572	885	2,401	3,286
Area: Riverside	966	13.5 (11.4, 15.8)	35.8 (32.9, 38.9)	50.7 (47.6, 53.9)	39,749	5,349	14,237	20,163
Boothferry	204	2.9 (1.4, 6.3)	35.8 (29.5, 42.6)	61.3 (54.4, 67.7)	9,879	291	3,535	6,053
Derringham	242	7.9 (5.1, 11.9)	33.9 (28.2, 40.1)	58.3 (52.0, 64.3)	9,369	736	3,175	5,459
Pickering	278	6.1 (3.9, 9.6)	36.0 (30.6, 41.8)	57.9 (52.0, 63.6)	9,279	567	3,338	5,374
Area: West	724	5.8 (4.3, 7.7)	35.2 (31.8, 38.8)	59.0 (55.4, 62.5)	28,527	1,655	10,047	16,825
Avenue	274	8.4 (5.7, 12.3)	33.6 (28.2, 39.4)	58.0 (52.1, 63.7)	11,074	930	3,718	6,426
Bricknell	177	7.9 (4.8, 12.8)	33.9 (27.3, 41.1)	58.2 (50.8, 65.2)	6,794	537	2,303	3,954
Newland	303	11.2 (8.1, 15.3)	34.7 (29.5, 40.2)	54.1 (48.5, 59.6)	10,280	1,154	3,562	5,564
Area: Wyke	754	9.4 (7.5, 11.7)	34.1 (30.8, 37.5)	56.5 (52.9, 60.0)	28,148	2,651	9,594	15,903
West Hull	2,196	9.8 (8.6, 11.1)	35.2 (33.2, 37.2)	55.1 (53.0, 57.1)	85,748	8,395	30,145	47,208
HULL	5,298	9.2 (8.4, 10.0)	35.1 (33.9, 36.4)	55.7 (54.3, 57.0)	208,443	19,160	73,219	116,064

Around 4-5% of people who were working had a low worthwhile score except those working 20 or more hours but fewer than 35 hours per week where only 2.5% had a poor score (**Figure 27**). Slightly higher percentages of full-time students (7.6%), people looking after the home or family (7.1%) and retired (9.3%) had a low score, but 14.8% of those who were unemployed and 39.8% of those who were not working due to long-term illness or disability had a poor score. These latter two groups had a mean score of 6.66 and 5.19 respectively compared to over 7.3 for the other employment groups (range 7.34 for full-time students to 7.93 among those working 20-34.9 hours per week).

Whilst the numbers surveyed were relatively low for some of the Black and Minority Ethnic (BME) groups, five (20.8%) of 24 Arabs reported a poor worthwhile score compared to only one (1.7%) of the 60 Black and Black British people, and five (11.4%) of 44 people in the Mixed BME group reported a poor score.

There was also an anticipated association between the health and how worthwhile people felt their lives were, with 2.2% of people with 'excellent' health reporting a poor worthwhile score compared to 14.4% of those with 'fair' health and 39.8% of those with 'poor health'. Less than 5% reported a poor worthwhile score among those who did not have a limiting long-term illness or disability compared to 21.7% among those who did have a limiting long-term illness or disability.

Figure 27: Life worthwhile (by employment status)



The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.3.4**. The average scores are also presented.

4.5.3.2.2 Public Health Outcomes Framework

This indicator is included within the Public Health Outcomes Framework (Department of Health 2012) and the national data from the PHOF tool (Public Health England 2015) is available for Hull and was been summarised locally in **Figure 28**.

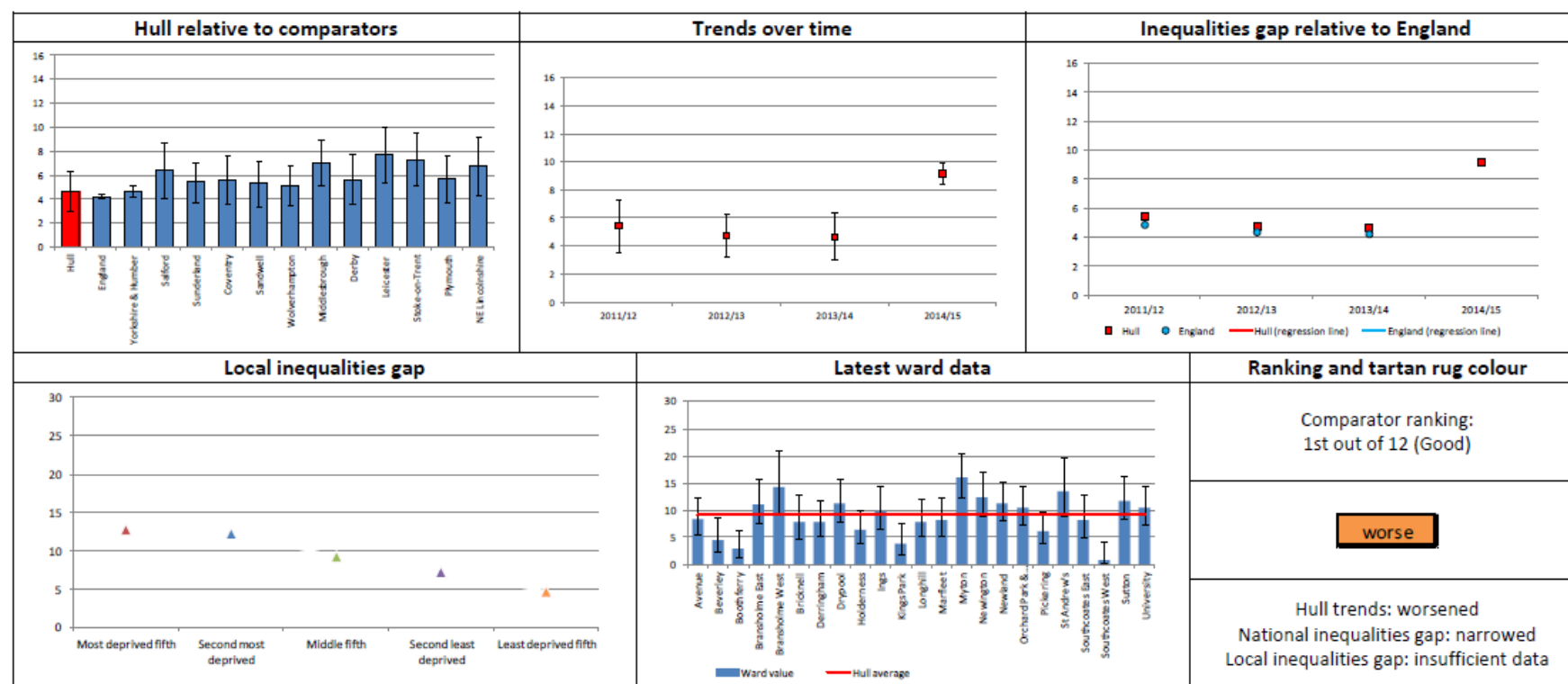
Local analysis of this Public Health Outcomes Framework indicator reveals that for 2013/14, Hull is ranked best among 12 comparator areas, and there is no statistically significant difference in relation to England. There is also a strong association with deprivation and differences across the wards (as mentioned in **section 4.5.3.2.1**). Further discussion on the trends over time and comparison with England is given in **section 4.5.3.2.3**.

There is a relatively large difference between the national Public Health Outcomes Framework prevalence trends (4-6%) and the local prevalence from this survey (9.2%). The reason for this is unclear, but could be associated with the differing survey methods used and survey bias. It is possible that the local survey represents a more realistic estimate given the quota sampling used.

Figure 28: Low score for life worthwhile – Public Health Outcomes Framework (national data for Hull – indicator 2.23ii)

2.23ii Self-reported well-being - people with a low worthwhile score

The percentage of respondents scoring 0-4 to the question "Overall, to what extent do you feel the things you do in your life are worthwhile?" on a scale of 0-10 (0="not at all worthwhile" and 10 is "completely worthwhile").



Key points:

The baseline percentage with low worthwhile score in Hull is 5.5% (95% confidence interval: 3.6% to 7.4%)

The latest percentage with low worthwhile score in Hull is 4.8% (95% confidence interval: 3.3% to 6.3%)

The percentage with low worthwhile score has worsened from 5.5% in 2011/12 to 9.2% in 2014/15

The national inequalities gap (Hull minus England) has narrowed from 0.6 percentage points in 2011/12 to 0.4 percentage points in 2013/14

The local inequalities gap (most minus least deprived fifths) was 8.1 percentage points in 2014/15

The percentage with low worthwhile score ranges from 0.8% in Southcoates West to 16.0% in Myton, a difference of 15.3 percentage

points

Data points:

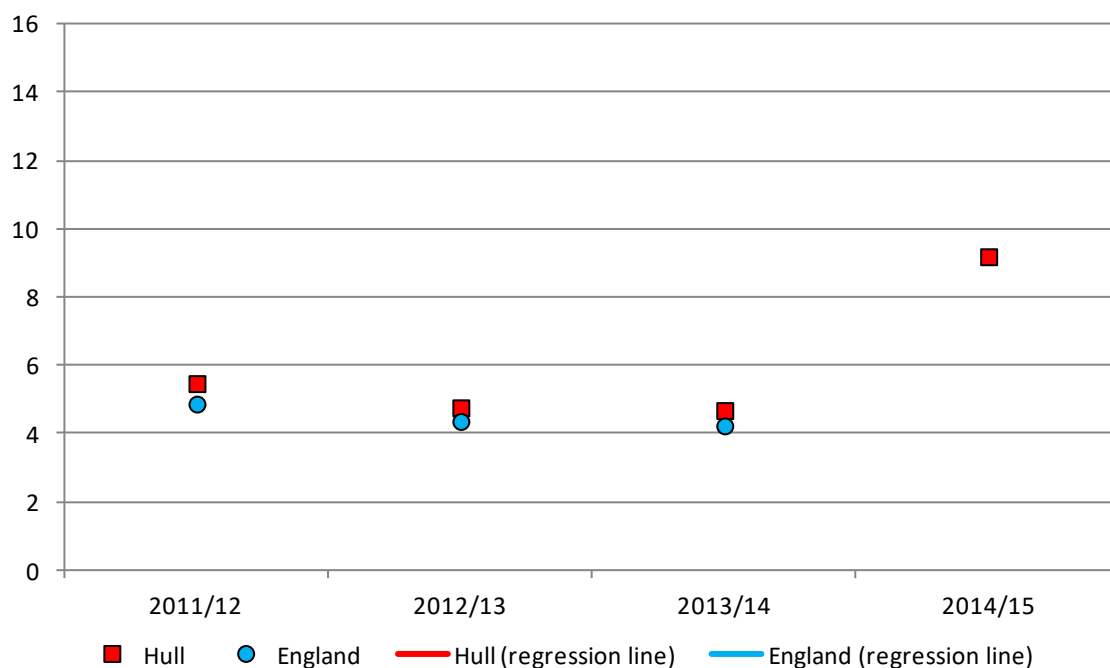
Source: Annual Population Survey (APS), Office for National Statistics. Baseline period: 2011/12. Latest data: 2013/14. Data for Hull for 2014/15 is from 2014 Prevalence Survey (as different survey and survey methodology results differ from national data for Hull)
The page was last updated on 06/07/2015

4.5.3.2.3 Trends Over Time and Comparison With England

There has been a general decreasing trend for both England and Hull in the percentage reporting a low score for feeling life is worthwhile between 2011/12 and 2013/14 (**Figure 29**), although as mentioned in **section 4.5.3.2.2** in relation to **Figure 28**, the percentage with a low worthwhile score from the survey (at 9.2%) is much higher than the trend reported from the Public Health Outcomes Framework for Hull (around 4-5%).

The national baseline data (2011/12) for Hull was 5.5% (95% confidence interval 3.6% to 7.4%) and this decreased to 4.8% (95% CI 3.3% to 6.3%) in 2012/13 and has further decreased slightly to 4.7% (95% CI 3.0% to 6.4%) for the latest period (2013/14). There has also been a decreasing trend for England from 4.9% in 2011/12 to 4.4% in 2012/13 and 4.2% in 2013/14. Whilst the latest national (2013/14) values are higher in Hull compared to England, the difference is not statistically significant, although there is a statistically significant difference between the percentage in England for 2013/14 and the current survey where the percentage is considerably higher in Hull at 9.2% (95% CI 8.4% to 10.0%).

Figure 29: Low score for life worthwhile (trends over time and comparison with England)



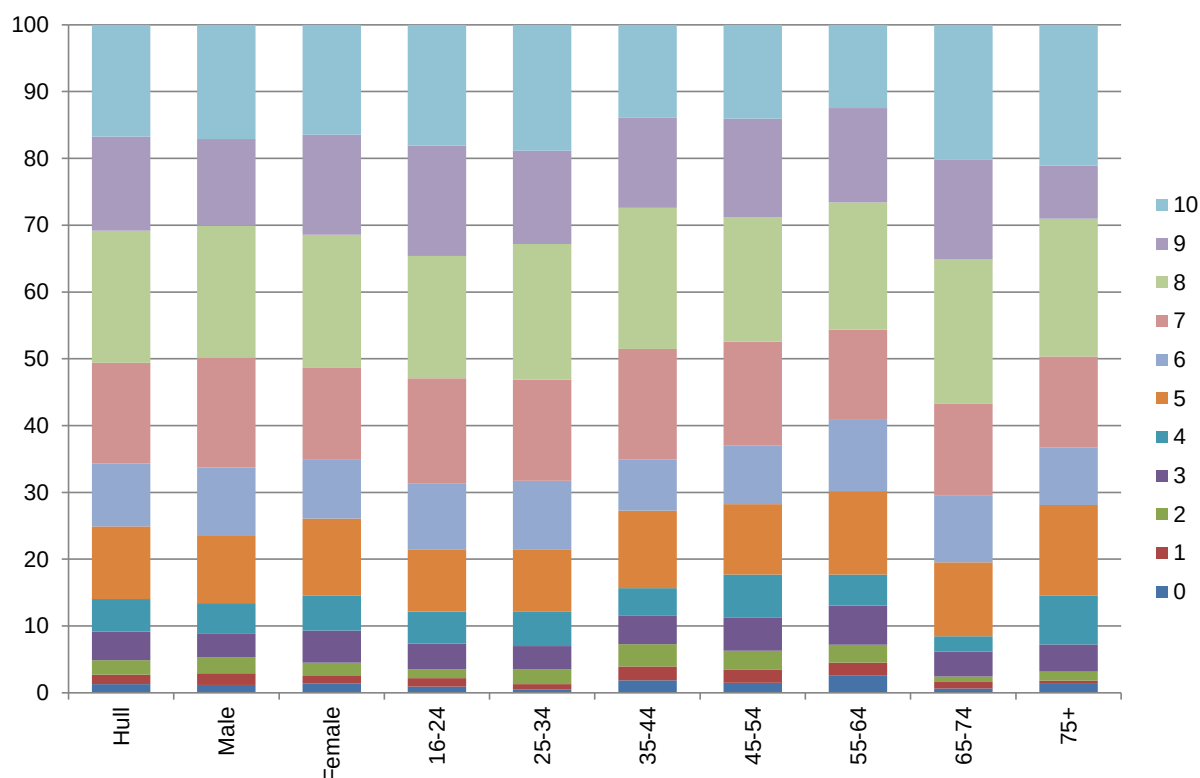
4.5.3.3 Happiness Yesterday

4.5.3.3.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.3.5**. The average scores are also presented.

Figure 30 illustrates the happiness scores overall and by gender and by age group with the higher scores denoting higher levels of happiness yesterday. There were relatively small differences between men and women, although a slightly higher percentage of women reported the lower scores compared to men. Overall, 14.0% reported poor scores (0-4) with the percentage slightly higher among women (14.5%) compared to men (13.4%). The mean happiness score was 7.07 overall and 7.08 for men and 7.06 for women. The pattern in relation to age was similar to that previously noted for satisfaction of life and life being worthwhile in that the percentages increased with age throughout working age, fell in early retirement and then increased again among the oldest 75+ year age group. The percentages reporting a poor happiness score (0-4) was 12% among those aged 16-34 years increasing to 16% among those aged 35-44 years and increasing to 18% among those aged 45-64 years, then falling to 8% among those aged 65-74 years, then increasing to 15% among those aged 75+ years.

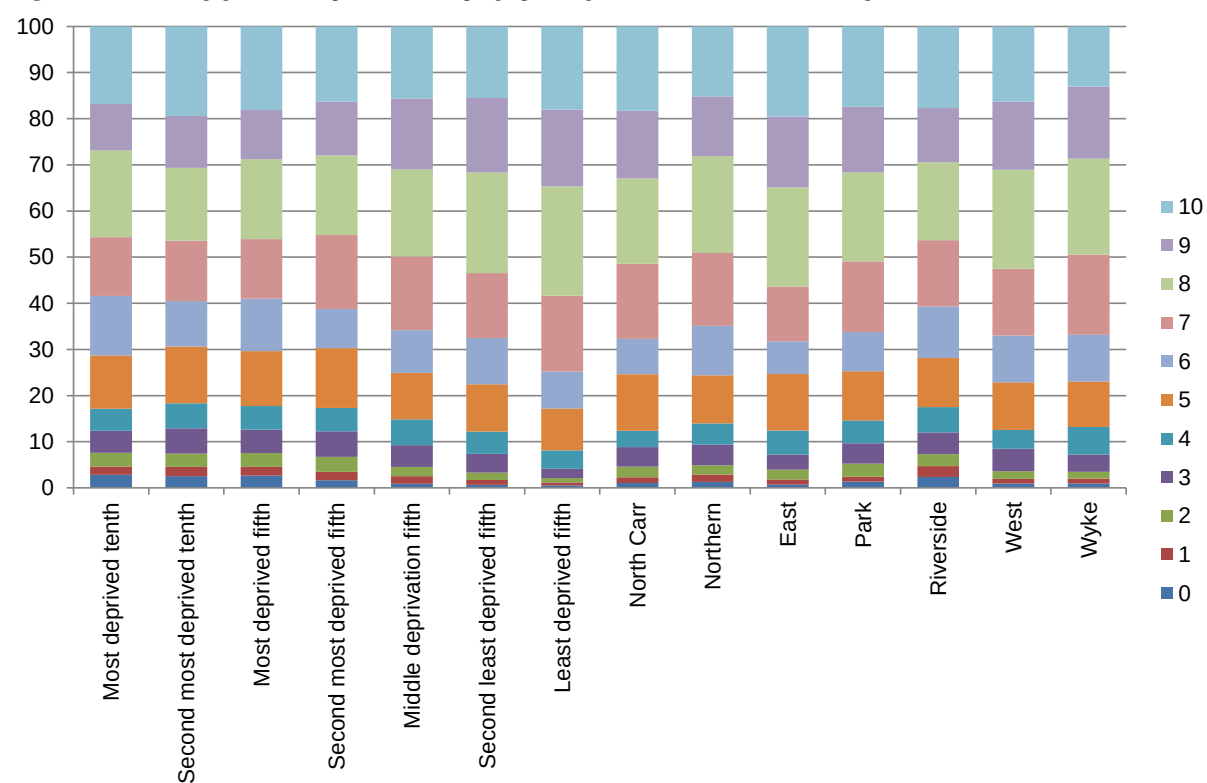
Figure 30: Happiness yesterday (overall, and by gender and age)



As deprivation increases, the levels of happiness fell (**Figure 31**). The percentages with a low happiness score (0-4) were 17.7%, 17.4%, 14.8%, 12.2% and 8.1% among the

five deprivation fifths respectively from the most deprived fifth to the least deprived fifth. Thus, twice as many survey responders who lived in the most deprived fifth of areas had a low happiness score relative to those living in the least deprived fifth of areas. The mean scores increased from 6.8 in the most deprived fifth and second most deprived fifth to 7.5 among those living in the least deprived fifth of areas. Riverside had the lowest average and the highest percentage of people with a low happiness score (17.5%) whereas East had the highest average happiness score of 7.28, and North Carr and East had the lowest percentage of survey responders with a low happiness score (12.4%).

Figure 31: Happiness yesterday (by deprivation and Area)



Survey responders in Bransholme West has the lowest average happiness cores (6.49) whereas survey responders in King’s Park had the highest average (7.72) as illustrated in **section 5.3.5**. One in five of Bransholme West survey responders (20.4%) had a low happiness score compared to only 3.4% in King’s Park (**Table 15**). Despite the relatively wide confidence intervals for the majority of the percentages with poor scores, there are statistically significant differences across the wards. In particular, the percentages in King’s Park is significantly lower than all other wards. The percentage in Myton is also significantly higher than those for Ings and Holderness wards.

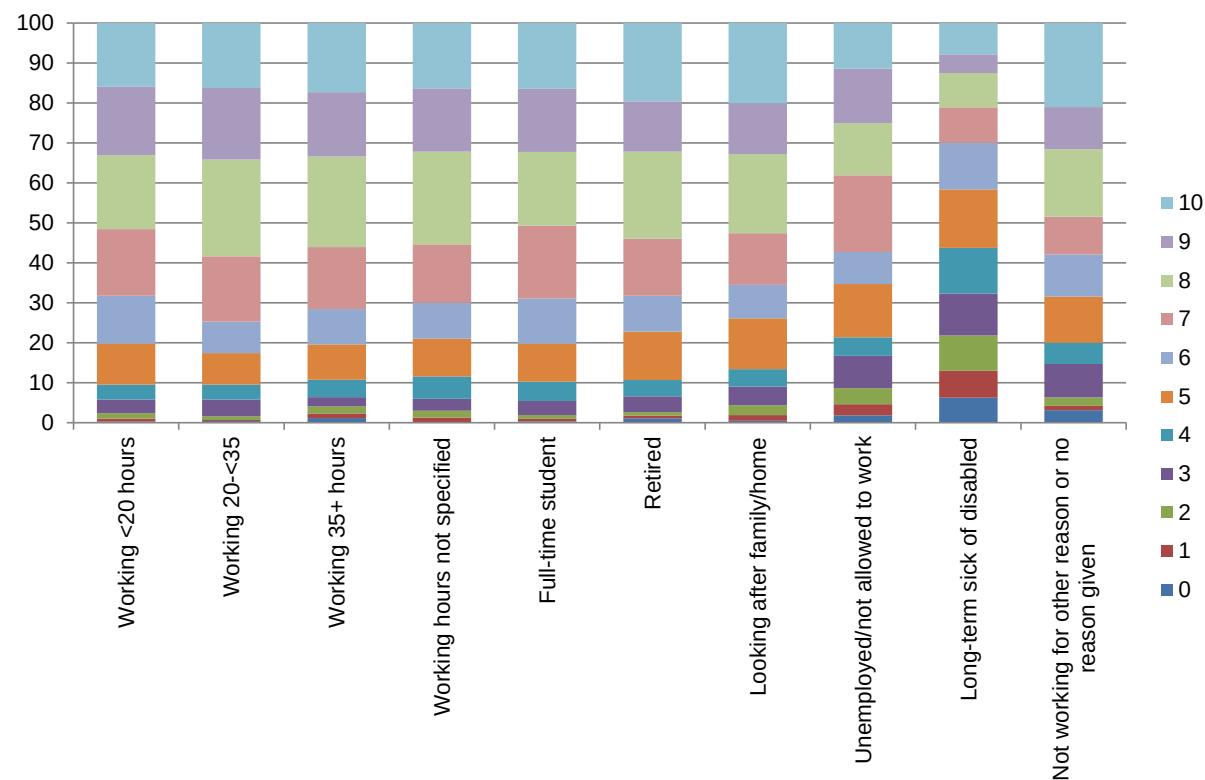
Table 15: Happiness – scores across the wards in Hull

Area	Number of survey responders	Percentage (95% confidence interval)			Total population (mid-2013) aged 16+ years and estimated number with different scores			
		Poor (0-4)	Score 5-7	Score 8-10	Total	Poor (0-4)	Score 5-7	Score 8-10
Bransholme East	217	15.7 (11.4, 21.1)	33.6 (27.7, 40.2)	50.7 (44.1, 57.3)	7,681	1,203	2,584	3,894
Bransholme West	142	20.4 (14.6, 27.8)	39.4 (31.8, 47.7)	40.1 (32.4, 48.4)	6,423	1,312	2,533	2,578
Kings Park	205	3.4 (1.7, 6.9)	36.6 (30.3, 43.4)	60.0 (53.2, 66.5)	8,637	295	3,160	5,182
Area: North Carr	564	12.4 (9.9, 15.4)	36.2 (32.3, 40.2)	51.4 (47.3, 55.5)	22,741	2,822	8,225	11,693
Beverley	176	13.6 (9.3, 19.5)	31.3 (24.9, 38.4)	55.1 (47.7, 62.3)	7,268	991	2,271	4,006
Orchard Park & Greenwood	295	15.9 (12.2, 20.5)	36.6 (31.3, 42.2)	47.5 (41.8, 53.2)	10,141	1,616	3,713	4,813
University	287	12.2 (8.9, 16.5)	40.8 (35.2, 46.5)	47.0 (41.3, 52.8)	8,396	1,024	3,423	3,949
Area: Northern	758	14.0 (11.7, 16.6)	36.9 (33.6, 40.4)	49.1 (45.5, 52.6)	25,805	3,609	9,532	12,664
North Hull	1,322	13.3 (11.6, 15.3)	36.6 (34.1, 39.2)	50.1 (47.4, 52.8)	48,546	6,463	17,773	24,310
Ings	220	10.9 (7.4, 15.7)	24.5 (19.3, 30.6)	64.5 (58.0, 70.6)	9,917	1,082	2,434	6,401
Longhill	226	11.9 (8.3, 16.8)	35.8 (29.9, 42.3)	52.2 (45.7, 58.6)	9,261	1,106	3,319	4,835
Sutton	262	14.1 (10.4, 18.9)	32.8 (27.4, 38.7)	53.1 (47.0, 59.0)	10,172	1,437	3,339	5,397
Area: East	708	12.4 (10.2, 15.1)	31.2 (27.9, 34.7)	56.4 (52.7, 60.0)	29,350	3,648	9,162	16,540
Holderness	254	11.0 (7.7, 15.5)	28.7 (23.5, 34.6)	60.2 (54.1, 66.1)	10,734	1,183	3,085	6,466
Marfleet	245	17.6 (13.3, 22.8)	38.0 (32.1, 44.2)	44.5 (38.4, 50.8)	10,605	1,861	4,026	4,718
Southcoates East	185	15.7 (11.1, 21.6)	38.4 (31.7, 45.6)	45.9 (38.9, 53.1)	6,365	998	2,443	2,924
Southcoates West	131	14.5 (9.5, 21.5)	33.6 (26.1, 42.0)	51.9 (43.4, 60.3)	6,419	931	2,156	3,332
Area: Park	815	14.6 (12.3, 17.2)	34.5 (31.3, 37.8)	50.9 (47.5, 54.3)	34,123	4,982	11,765	17,376
Drypool	249	15.7 (11.7, 20.7)	39.4 (33.5, 45.5)	45.0 (38.9, 51.2)	10,676	1,672	4,202	4,802
East Hull	1,772	13.9 (12.4, 15.6)	33.9 (31.7, 36.1)	52.3 (49.9, 54.6)	74,149	10,294	25,107	38,748
Myton	322	19.9 (15.9, 24.6)	34.8 (29.8, 40.1)	45.3 (40.0, 50.8)	13,561	2,695	4,717	6,149
Newington	247	17.0 (12.8, 22.2)	33.6 (28.0, 39.7)	49.4 (43.2, 55.6)	8,940	1,520	3,004	4,416

Area	Number of survey responders	Percentage (95% confidence interval)			Total population (mid-2013) aged 16+ years and estimated number with different scores			
		Poor (0-4)	Score 5-7	Score 8-10	Total	Poor (0-4)	Score 5-7	Score 8-10
St Andrew's	154	16.2 (11.2, 22.9)	38.3 (31.0, 46.2)	45.5 (37.8, 53.3)	6,572	1,067	2,518	2,987
Area: Riverside	972	17.5 (15.2, 20.0)	36.2 (33.3, 39.3)	46.3 (43.2, 49.4)	39,749	6,952	14,395	18,402
Boothferry	203	12.3 (8.5, 17.5)	34.5 (28.3, 41.3)	53.2 (46.3, 59.9)	9,879	1,217	3,407	5,256
Derringham	238	12.6 (9.0, 17.4)	34.9 (29.1, 41.1)	52.5 (46.2, 58.8)	9,369	1,181	3,267	4,921
Pickering	277	12.6 (9.2, 17.1)	35.4 (30.0, 41.2)	52.0 (46.1, 57.8)	9,279	1,172	3,283	4,824
Area: West	718	12.5 (10.3, 15.2)	35.0 (31.6, 38.5)	52.5 (48.9, 56.1)	28,527	3,576	9,973	14,979
Avenue	268	13.1 (9.5, 17.6)	41.8 (36.0, 47.8)	45.1 (39.3, 51.1)	11,074	1,446	4,628	5,000
Bricknell	178	12.4 (8.3, 18.0)	30.3 (24.1, 37.4)	57.3 (50.0, 64.3)	6,794	840	2,061	3,893
Newland	304	13.8 (10.4, 18.1)	37.5 (32.2, 43.1)	48.7 (43.1, 54.3)	10,280	1,420	3,855	5,005
Area: Wyke	750	13.2 (11.0, 15.8)	37.3 (33.9, 40.9)	49.5 (45.9, 53.0)	28,148	3,716	10,509	13,924
West Hull	2,191	14.6 (13.2, 16.1)	35.8 (33.8, 37.9)	49.6 (47.5, 51.7)	85,748	12,524	30,722	42,502
HULL	5,286	14.0 (13.1, 15.0)	35.4 (34.1, 36.7)	50.6 (49.3, 52.0)	208,443	29,259	73,700	105,483

The lowest percentages with a low happiness scores (0-4) were among those working part-time (**Figure 32**) with less than 10% having a low happiness score, although there was relatively small differences among those working full-time, full-time students and retired. The percentages were slightly higher among those looking after the family or home (13.4%), higher for those who were unemployed (21.4%) and much higher among those who were not working due to long-term illness or disability (43.8%).

Figure 32: Happiness yesterday (by employment status)



Between 11% and 15% of survey responders had low happiness scores over the different BME groups, but this was lower among the Asian and Asian British (6.8%) and whilst numbers were small it was higher among Arabs (32.0%).

Unsurprisingly, there was a strong association between happiness and health status, limiting long-term illness or disability, being satisfied with life, feeling life was worthwhile and anxiety.

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.3.5**. The average scores are also presented.

4.5.3.3.2 Public Health Outcomes Framework

This indicator is included within the Public Health Outcomes Framework (Department of Health 2012) and the national data from the PHOF tool (Public Health England 2015) is available for Hull and was been summarised locally in **Figure 33**.

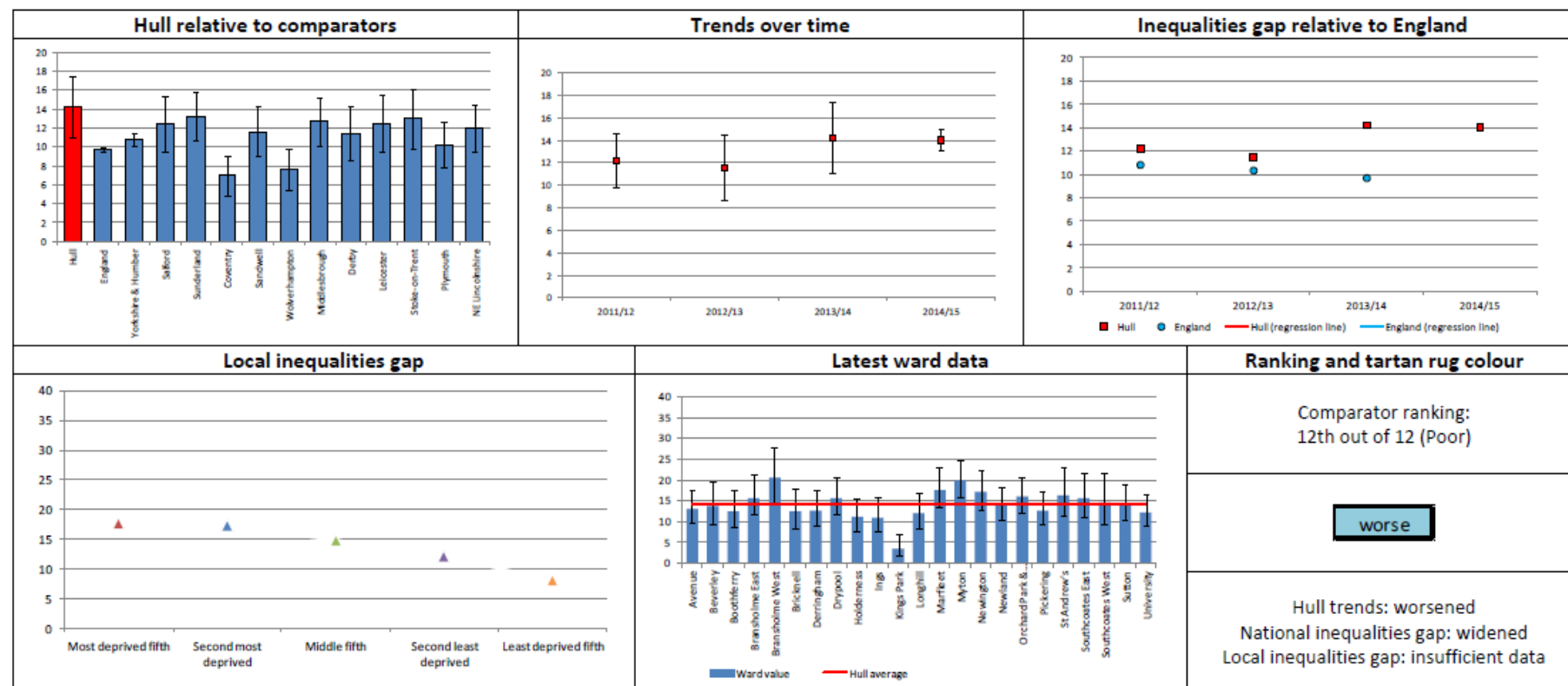
Local analysis of this Public Health Outcomes Framework indicator reveals that for 2013/14, Hull is ranked worst among 12 comparator areas, and is statistically significantly lower than England. There is also a strong association with deprivation and differences across the wards (as mentioned in **section 4.5.3.3.1**). Further discussion on the trends over time and comparison with England is given in **section 4.5.3.3.3**.

In contrast to satisfaction with life and feeling life was worthwhile, the national Public Health Outcomes Framework prevalence trends (11-14%) is similar to the local prevalence from this survey (14.1%).

Figure 33: Low happiness score – Public Health Outcomes Framework (national data for Hull – indicator 2.23iii)

2.23iii Self-reported well-being - people with a low happiness score

The percentage of respondents scoring 0-4 to the question "Overall, how happy did you feel yesterday?" on a scale of 0-10 (0="not at all happy" and 10 is "completely happy").



Key points:

The baseline percentage with low happiness score in Hull is 12.2% (95% confidence interval: 9.8% to 14.6%)

The latest percentage with low happiness score in Hull is 14.3% (95% confidence interval: 11.1% to 17.4%)

The percentage with low happiness score has worsened from 12.2% in 2011/12 to 14.0% in 2014/15

The national inequalities gap (Hull minus England) has widened from 1.4 percentage points in 2011/12 to 4.6 percentage points in 2013/14

The local inequalities gap (most minus least deprived fifths) was 9.6 percentage points in 2014/15

The percentage with low happiness score ranges from 3.4% in Kings Park to 20.4% in Bransholme West, a difference of 17.0 percentage points

Data points:

Source: Annual Population Survey (APS), Office for National Statistics. Baseline period: 2011/12. Latest data: 2013/14. Data for Hull for 2014/15 is from 2014 Prevalence Survey (as different survey and survey methodology results differ from national data for Hull)

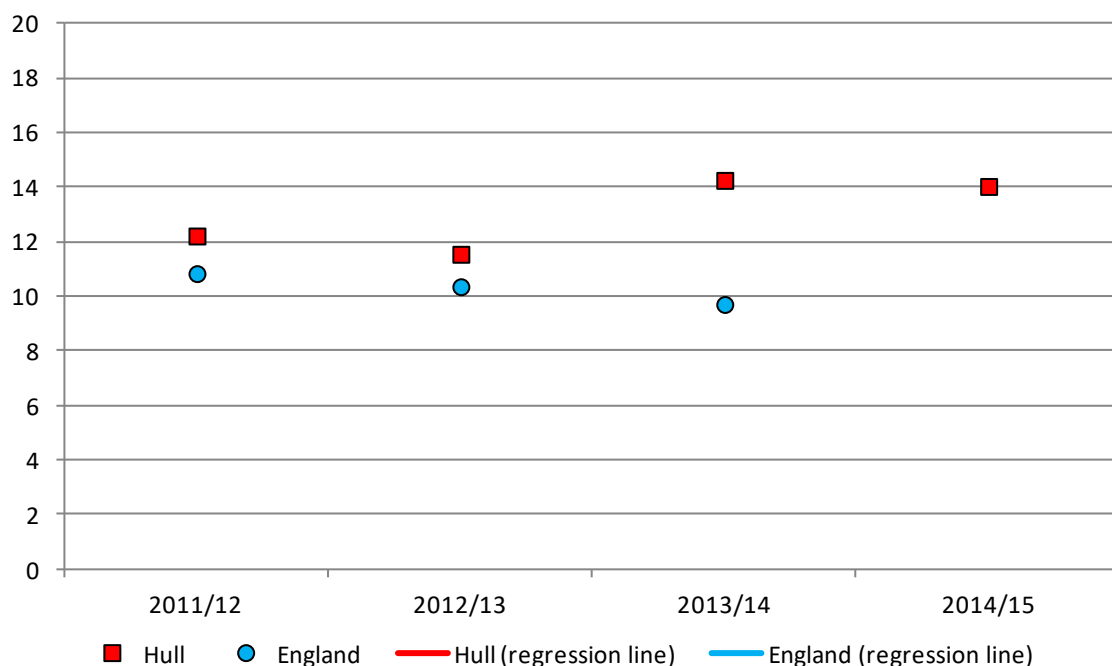
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4.5.3.3.3 Trends Over Time and Comparison With England

Whilst there was a decreasing trend for England between 2011/12 and 2013/14 and for Hull for the first year, the percentage in Hull has increased between 2012/13 and 2013/14 with a similar percentage reporting a low happiness score in the current survey as for the national dataset in 2013/14 (**Figure 34**).

The national baseline data (2011/12) for Hull was 12.2% (95% confidence interval 9.8% to 14.6%), and this decreased to 11.6% (95% CI 8.6% to 14.5%) for 2012/13, but had since increased to 14.3% (95% CI 11.1% to 17.4%) in 2013/14, which is close to the estimate from this survey (14.1%, 95% CI 13.1 to 15.0%). In contrast, the percentage reporting a low happiness score in England has decreased from 10.8% in 2011/12 to 10.4% in 2012/13 and to 9.7% in 2013/14. For the latest period (2013/14) where national data is available, Hull was ranked lowest out of 12 comparator areas and was statistically significantly lower than England. This is also true in relation to the estimate from the current survey with a relatively substantial difference between the percentages for Hull and England.

Figure 34: Low happiness score (trends over time and comparison with England)



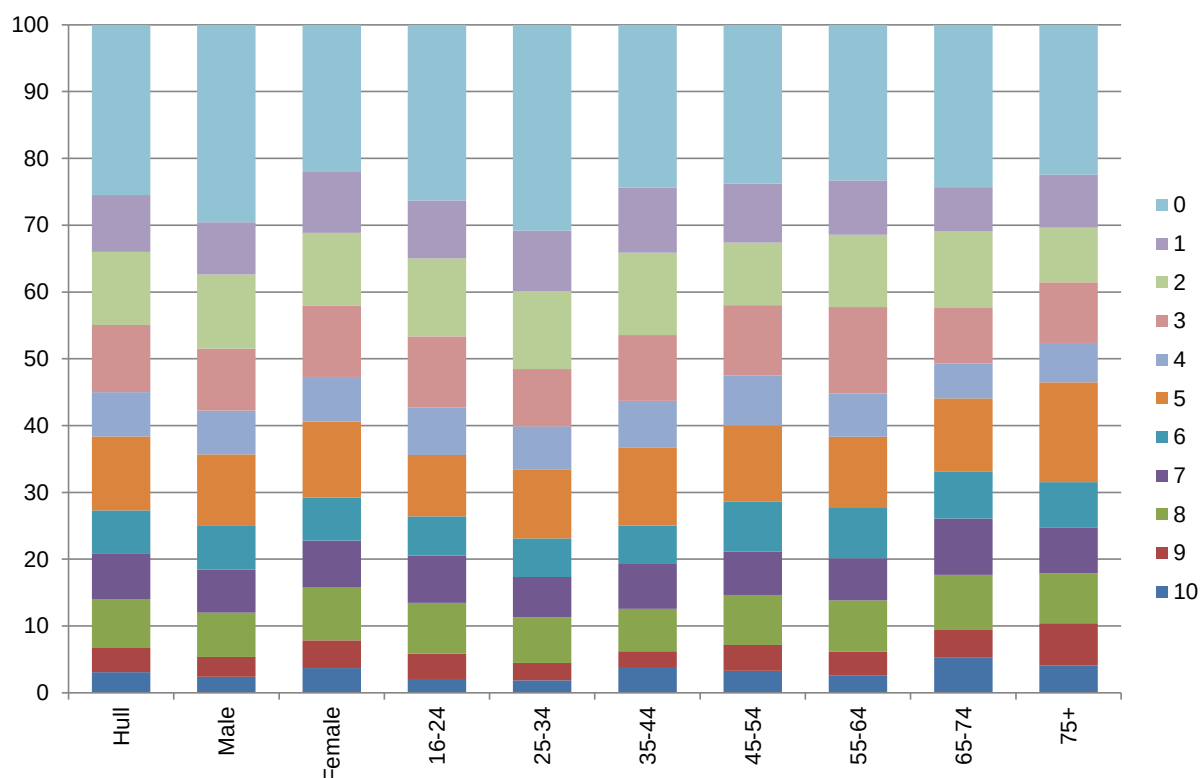
4.5.3.4 Anxiety Yesterday

4.5.3.4.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.3.6**. The average scores are also presented.

Overall, 27.3% had a high anxiety score (6-10), and the percentage was slightly higher among women (29.2%) compared to men (25.0%) as illustrated in **Figure 35**. The overall mean anxiety score was 3.51 (3.26 for men and 3.72 for women). The pattern of anxiety scores was different compared to the other measures of wellbeing of feelings of satisfaction with life, feelings of life being worthwhile and happiness where there was deterioration with age, improvement in early retirement and then a decrease in the final oldest age group. In contrast, the percentage with a high anxiety score was highest among those in the early retirement age (65-74 years). Over one-quarter (26.4%) of those aged 16-24 years had a high anxiety score which fell to 23.1% among those aged 25-34 years increasing to 28.6% among those aged 45-54 years, falling slightly to 27.7% among those aged 55-64 years and then increasing to 33.1% among those aged 65-74 years, with those aged 75+ years also having a relatively high percentage with high anxiety scores (31.5%).

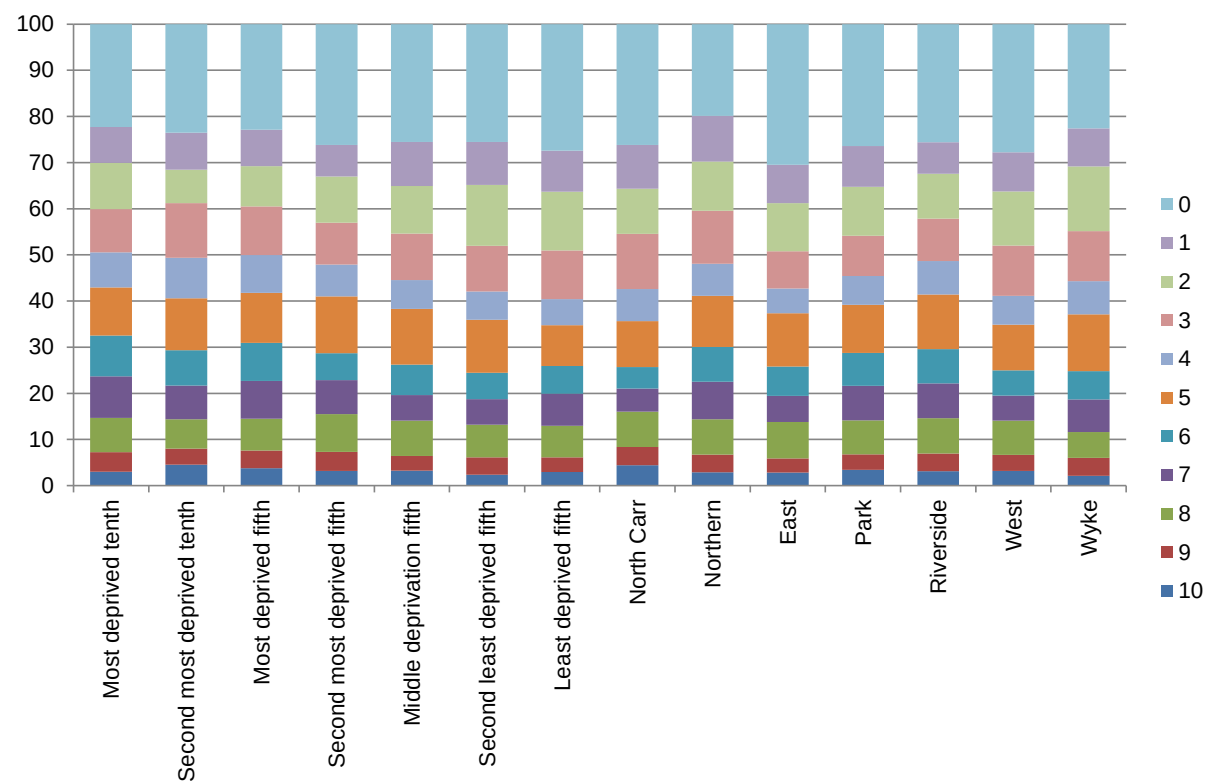
Figure 35: Anxiety yesterday (overall, and by gender and age)



There was also a relatively strong association between anxiety and deprivation (**Figure 36**). Almost one-third of survey responders who lived in the most deprived tenth of

areas had a high anxiety score (32.5%) which fell to 26.0% among those living in the least deprived fifth of areas. The mean anxiety score was 3.82 among those living in the most deprived tenth of areas compared to 3.30 among those in the least deprived fifth of areas. People living in Northern (30.0%) and Riverside (29.6%) had the highest percentages with high anxiety scores.

Figure 36: Anxiety yesterday (by deprivation and Area)



Survey responders in Ings ward had the lowest mean anxiety score (2.93) whereas people in Bransholme West (3.95) had the highest mean anxiety score (**section 5.3.6**). Survey responders in Newland had the lowest percentage with high anxiety scores (22.2%) and survey responders in Marfleet the highest (34.6%). Despite the relatively wide confidence intervals for the majority of the percentages with poor scores, there are statistically significant differences across the wards. In particular, the percentages in Marfleet are significantly higher than those for King’s Park, Ings and Newland (**Table 16**).

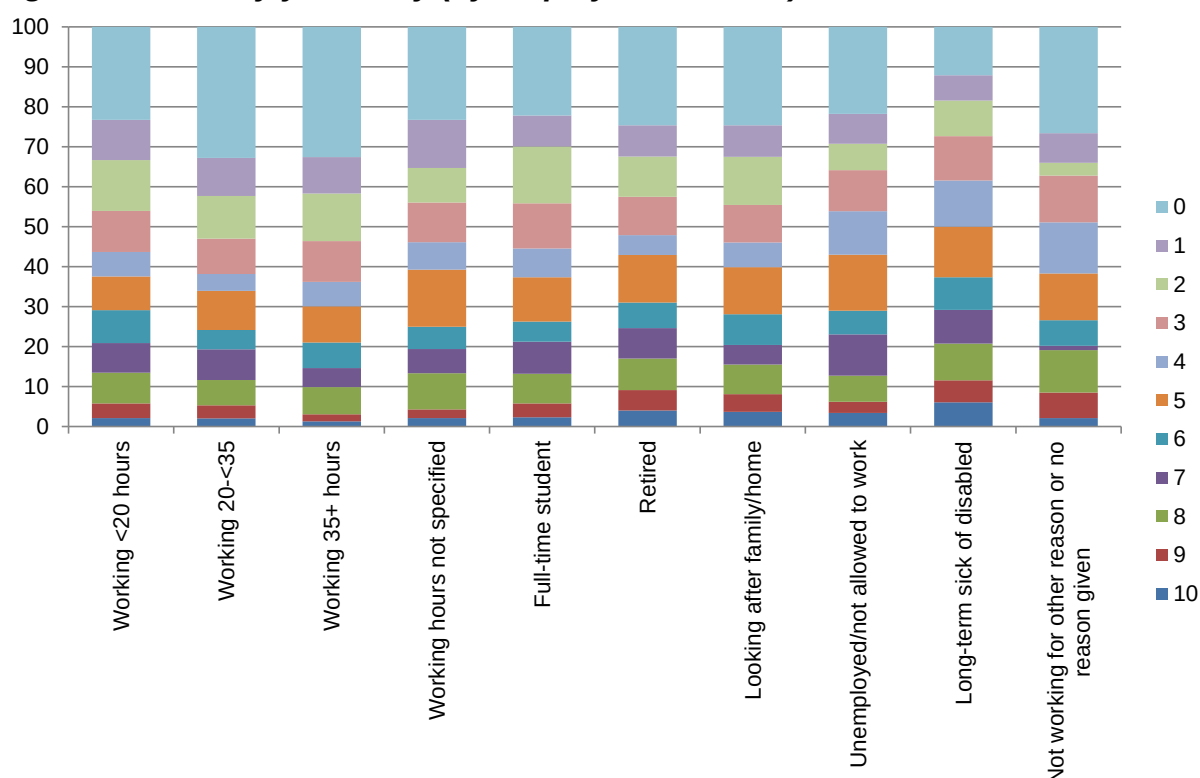
Table 16: Anxiety – scores across the wards in Hull

Area	Number of survey responders	Percentage (95% confidence interval)			Total population (mid-2013) aged 16+ years and estimated number with different scores			
		Poor (6-10)	Score 3-5	Score 0-2	Total	Poor (6-10)	Score 3-5	Score 0-2
Bransholme East	217	27.6 (22.1, 34.0)	30.0 (24.3, 36.4)	42.4 (36.0, 49.0)	7,681	2,124	2,301	3,256
Bransholme West	139	27.3 (20.6, 35.3)	36.7 (29.1, 45.0)	36.0 (28.5, 44.2)	6,423	1,756	2,357	2,310
Kings Park	205	22.4 (17.3, 28.6)	22.4 (17.3, 28.6)	55.1 (48.3, 61.8)	8,637	1,938	1,938	4,761
Area: North Carr	561	25.7 (22.2, 29.4)	28.9 (25.3, 32.8)	45.5 (41.4, 49.6)	22,741	5,837	6,567	10,337
Beverley	176	25.6 (19.7, 32.5)	28.4 (22.3, 35.5)	46.0 (38.8, 53.4)	7,268	1,858	2,065	3,345
Orchard Park & Greenwood	296	30.1 (25.1, 35.5)	31.4 (26.4, 36.9)	38.5 (33.2, 44.2)	10,141	3,049	3,186	3,906
University	287	32.8 (27.6, 38.4)	28.2 (23.3, 33.7)	39.0 (33.6, 44.8)	8,396	2,750	2,370	3,276
Area: Northern	759	30.0 (26.9, 33.4)	29.5 (26.4, 32.9)	40.4 (37.0, 44.0)	25,805	7,752	7,616	10,438
North Hull	1,320	28.2 (25.8, 30.7)	29.2 (26.9, 31.8)	42.6 (39.9, 45.3)	48,546	13,681	14,196	20,669
Ings	223	22.4 (17.4, 28.3)	22.0 (17.0, 27.9)	55.6 (49.0, 62.0)	9,917	2,224	2,179	5,514
Longhill	224	28.6 (23.1, 34.8)	28.1 (22.6, 34.3)	43.3 (37.0, 49.9)	9,261	2,646	2,605	4,010
Sutton	262	26.3 (21.4, 32.0)	24.8 (20.0, 30.4)	48.9 (42.9, 54.9)	10,172	2,679	2,524	4,970
Area: East	709	25.8 (22.7, 29.2)	25.0 (21.9, 28.3)	49.2 (45.6, 52.9)	29,350	7,576	7,327	14,447
Holderness	253	24.1 (19.3, 29.7)	25.3 (20.3, 31.0)	50.6 (44.5, 56.7)	10,734	2,588	2,715	5,431
Marfleet	243	34.6 (28.9, 40.7)	24.7 (19.7, 30.5)	40.7 (34.8, 47.0)	10,605	3,666	2,619	4,321
Southcoates East	186	29.6 (23.5, 36.5)	25.8 (20.1, 32.5)	44.6 (37.7, 51.8)	6,365	1,882	1,643	2,840
Southcoates West	132	25.8 (19.1, 33.8)	26.5 (19.7, 34.6)	47.7 (39.4, 56.2)	6,419	1,653	1,702	3,064
Area: Park	814	28.7 (25.7, 32.0)	25.4 (22.6, 28.5)	45.8 (42.4, 49.3)	34,123	9,809	8,677	15,636
Drypool	247	27.1 (22.0, 33.0)	32.0 (26.5, 38.0)	40.9 (34.9, 47.1)	10,676	2,896	3,415	4,365
East Hull	1,770	27.3 (25.3, 29.5)	26.2 (24.2, 28.3)	46.5 (44.2, 48.8)	74,149	20,276	19,396	34,477
Myton	322	31.4 (26.5, 36.6)	29.5 (24.8, 34.7)	39.1 (34.0, 44.6)	13,561	4,254	4,001	5,306
Newington	243	31.7 (26.2, 37.8)	25.5 (20.4, 31.3)	42.8 (36.7, 49.1)	8,940	2,833	2,281	3,826

Area	Number of survey responders	Percentage (95% confidence interval)			Total population (mid-2013) aged 16+ years and estimated number with different scores			
		Poor (6-10)	Score 3-5	Score 0-2	Total	Poor (6-10)	Score 3-5	Score 0-2
St Andrew's	154	26.6 (20.3, 34.1)	24.0 (18.0, 31.4)	49.4 (41.6, 57.2)	6,572	1,750	1,579	3,243
Area: Riverside	966	29.6 (26.8, 32.6)	28.3 (25.5, 31.2)	42.1 (39.1, 45.3)	39,749	11,768	11,233	16,747
Boothferry	203	22.7 (17.4, 28.9)	26.6 (21.0, 33.1)	50.7 (43.9, 57.5)	9,879	2,239	2,628	5,012
Derringham	239	27.6 (22.3, 33.6)	27.6 (22.3, 33.6)	44.8 (38.6, 51.1)	9,369	2,587	2,587	4,194
Pickering	275	24.4 (19.7, 29.8)	26.9 (22.0, 32.4)	48.7 (42.9, 54.6)	9,279	2,261	2,497	4,521
Area: West	717	25.0 (21.9, 28.3)	27.1 (23.9, 30.4)	48.0 (44.3, 51.6)	28,527	7,122	7,719	13,687
Avenue	270	26.7 (21.7, 32.2)	29.6 (24.5, 35.3)	43.7 (37.9, 49.7)	11,074	2,953	3,281	4,840
Bricknell	177	26.6 (20.6, 33.5)	27.1 (21.1, 34.1)	46.3 (39.1, 53.7)	6,794	1,804	1,842	3,148
Newland	302	22.2 (17.9, 27.2)	32.8 (27.7, 38.3)	45.0 (39.5, 50.7)	10,280	2,281	3,370	4,629
Area: Wyke	749	24.8 (21.9, 28.1)	30.3 (27.1, 33.7)	44.9 (41.3, 48.4)	28,148	6,990	8,531	12,627
West Hull	2,185	26.7 (24.9, 28.6)	28.1 (26.3, 30.1)	45.1 (43.0, 47.2)	85,748	22,918	24,135	38,695
HULL	5,276	27.3 (26.1, 28.5)	27.7 (26.6, 29.0)	45.0 (43.6, 46.3)	208,443	56,891	57,839	93,712

As expected given the higher percentage of people with a high anxiety score among those aged 65+ years, the percentage of retired people with a high anxiety score was among the highest at 31.0%, although it was even higher (37.4%) among those who were not working due to a long-term illness or disability (**Figure 37**). More than one-quarter of all the other survey responders had a high anxiety score except those working 20 or more hours but fewer than 35 hours (24.2%) and full-time workers (21.0%).

Figure 37: Anxiety yesterday (by employment status)



The percentages differed among the different BME groups being lowest among White Other (25.9%) and White British (27.0%) despite the higher average age of the White British. One-third of Arabs reported high anxiety levels, 35.6% of Asian and Asian British, 39.3% of Black and Black British and 41.4% of Chinese.

As expected there was also an association between high anxiety and health with 21.1% of those in 'excellent' health reporting high anxiety compared to 38.1% of those in 'poor' health. Just under one-quarter (24.1%) of those with no limiting long-term illness or disability reported high levels of anxiety compared to 36.0% of those with a limiting long-term illness or disability. Between 20% and 23% of people with good (high) scores (8-10) for satisfaction with life, life being worthwhile and happiness reported high levels of anxiety compared to between 34% and 35% among those with poor (low) scores (0-4) for these three measures.

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.3.6**. The average scores are also presented.

4.5.3.4.2 Public Health Outcomes Framework

This indicator is included within the Public Health Outcomes Framework (Department of Health 2012) and the national data from the PHOF tool (Public Health England 2015) is available for Hull and was been summarised locally in **Figure 38**.

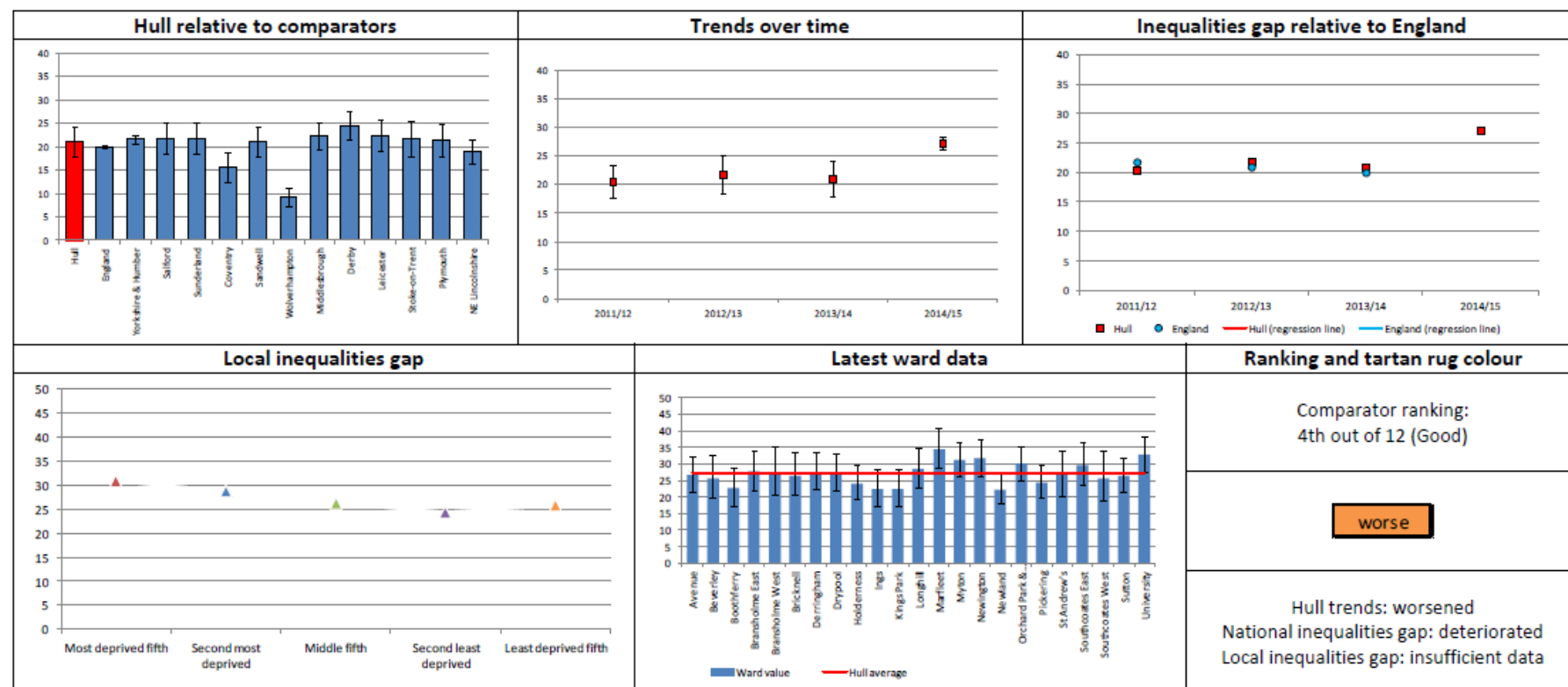
Local analysis of this Public Health Outcomes Framework indicator reveals that for 2013/14, Hull is ranked 4th worst among 12 comparator areas, and there is no statistically significant difference in relation to England. There is also an association with deprivation and differences across the wards (as mentioned in **section 4.5.3.4.1**), although the differences are much less marked than those noted for the other well-being measures of satisfied with life, feeling life is worthwhile and happiness. Further discussion on the trends over time and comparison with England is given in **section 4.5.3.4.3**.

There is a relatively large difference between the national Public Health Outcomes Framework prevalence trends (around 21%) and the local prevalence from this survey (27.3%). The reason for this is unclear, but could be associated with the differing survey methods used and survey bias. It is possible that the local survey represents a more realistic estimate given the quota sampling used.

Figure 38: High anxiety score – Public Health Outcomes Framework (national data for Hull – indicator 2.23iv)

2.23iv Self-reported well-being - people with a high anxiety score

The percentage of respondents scoring 6-10 to the question "Overall, how anxious did you feel yesterday?" on a scale of 0-10 (0="not at all anxious" and 10 is "completely anxious").



Key points:

The baseline percentage with high anxiety score in Hull is 20.5% (95% confidence interval: 17.7% to 23.4%)

The latest percentage with high anxiety score in Hull is 21.0% (95% confidence interval: 17.9% to 24.1%)

The percentage with high anxiety score has worsened from 20.5% in 2011/12 to 27.3% in 2014/15

The national inequalities gap (Hull minus England) has deteriorated from -1.3 percentage points in 2011/12 to 1.0 percentage points in 2013/14

The local inequalities gap (most minus least deprived fifths) was 5.0 percentage points in 2014/15

The percentage with high anxiety score ranges from 22.2% in Newland to 34.6% in Marfleet, a difference of 12.4 percentage points

Data points:

Source: Annual Population Survey (APS), Office for National Statistics. Baseline period: 2011/12. Latest data: 2013/14. Data for Hull for 2014/15 is from 2014 Prevalence Survey (as different survey and survey methodology results differ from national data for Hull)
The page was last updated on 06/07/2015

4.5.3.4.3 Trends Over Time and Comparison With England

There percentages reporting a high anxiety score in Hull and England have remained relatively unchanged between 2011/12 and 2013/14, and the percentage in Hull has been similar to that of England (**Figure 39**), although as mentioned in **section 4.5.3.4.2** in relation to **Figure 38**, the percentage with a high anxiety score from the survey (at 27.3%) is much higher than the trend reported from the Public Health Outcomes Framework for Hull (around 21%).

The national baseline data (2011/12) for Hull was 20.5% (95% confidence interval 17.7% to 23.4%) and this has increased slightly to 21.8% (95% CI 18.3% to 25.3%) for 2012/13 and reduced slightly to 21.0% (95% CI 17.9% to 24.1%) for the latest period (2013/14). So has been consistently around 21% in the national Public Health Outcomes Framework dataset, and similar to the percentage for England. Whilst the latest national (2013/14) values are higher in Hull compared to England, the difference is not statistically significant, although there is a statistically significant difference between the percentage in England for 2013/14 and the current survey where the percentage is considerably higher in Hull at 27.3% (95% CI 26.1% to 28.5%).

Figure 39: High anxiety score (trends over time and comparison with England)



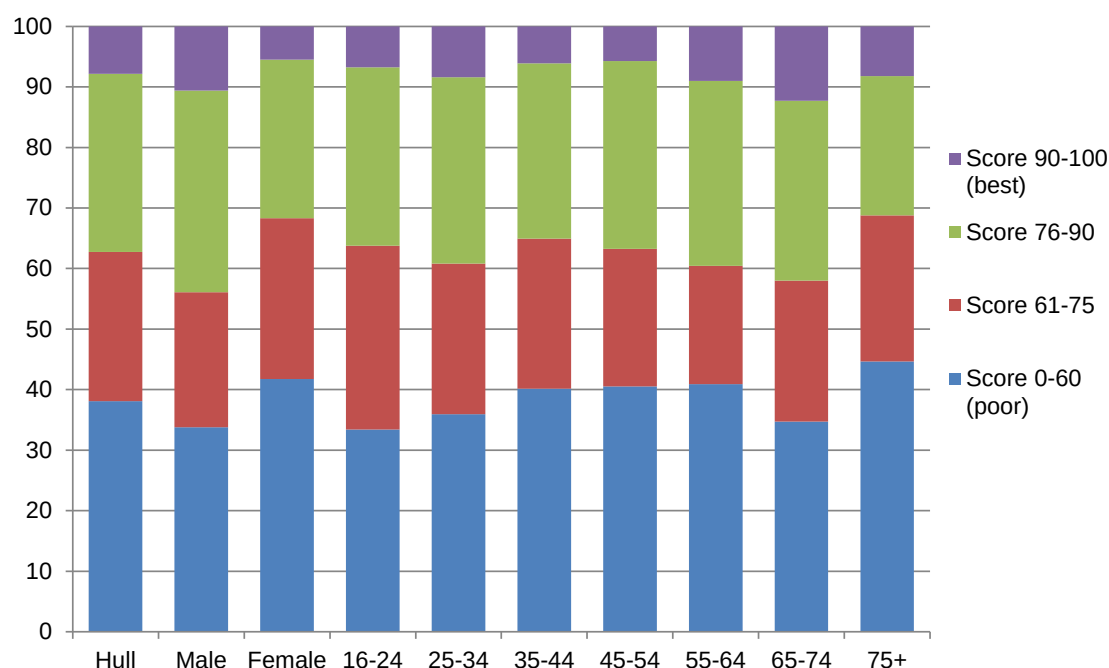
4.5.4 Mental Health Index

4.5.4.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.3.7**. The average scores are also presented.

The average Mental Health Index was 67.3 and was slightly higher for men (69.9) compared to women (65.2). The highest scores denoting the best mental health were for those aged 65-74 years followed by those aged 16-24 and 25-34 years, and those aged 35-44 and 45-54 years had the lowest (worst) average scores, however, the differences in the average scores were not particularly large (only 5 points on a 100 point scale). Arbitrarily, a score of 0-60 was used to denote relatively poor mental health, and 38.1% of the survey responders had such a score (33.8% of men and 41.7% of women) as illustrated in **Figure 40**. Around a third or just over had a score of 0-60 for those aged 16-34 years and 65-74 years, and the highest percentage having a 0-60 score was among those aged 75+ years.

Figure 40: Mental Health Index (overall, and by gender and age)

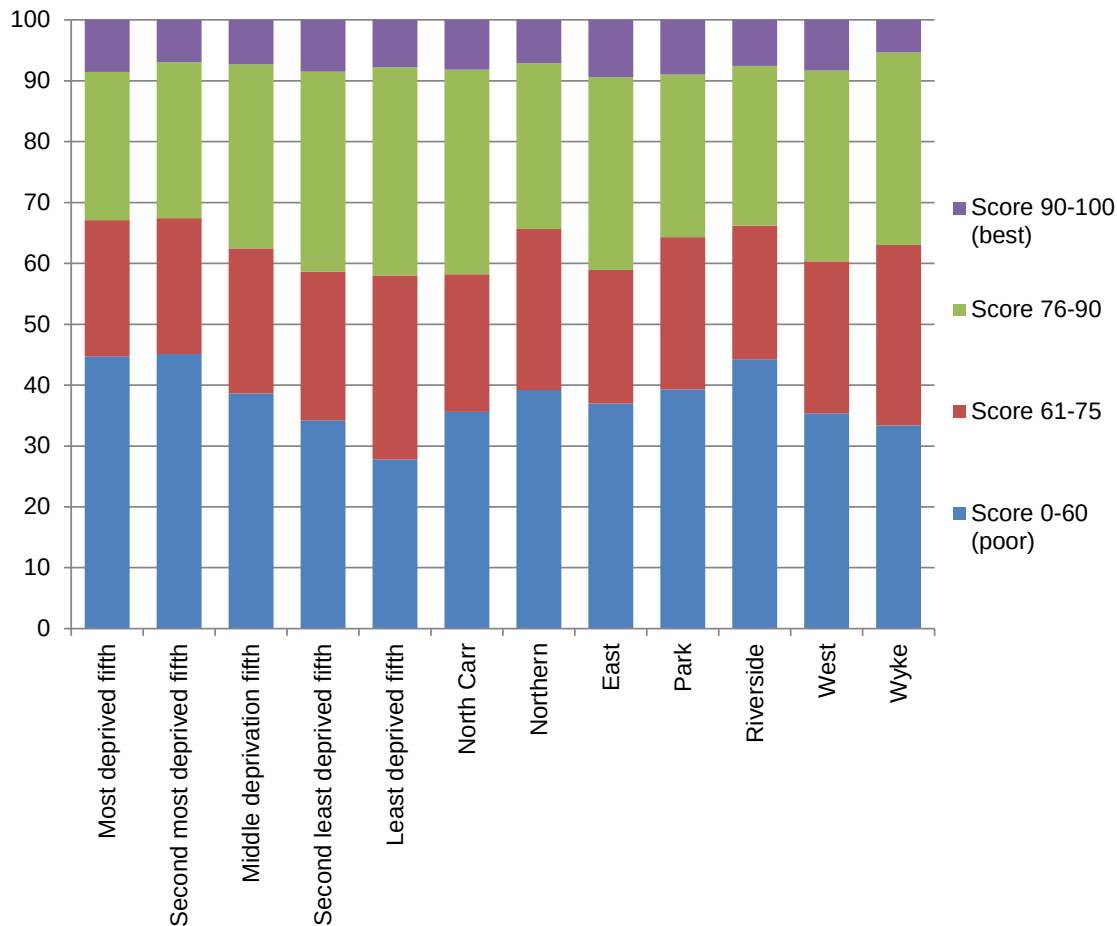


A higher percentage of survey responders who lived in the most deprived fifth of areas had a poor (0-60) score on the Mental Health Index (44.7%) compared to those living in the least deprived areas (27.8%) as illustrated in **Figure 41**. Around one-quarter has a score between 90 and 100 inclusive (again arbitrarily defined which denoted good mental health) of those living in the most and second most deprived fifths compared to around a third of those living in the least and second least deprived fifths of areas. There was also considerable difference in the percentages reporting poor (0-60) mental health

among the areas with the lowest percentage for Wyke (33.4%) and the highest percentage for Riverside (44.3%).

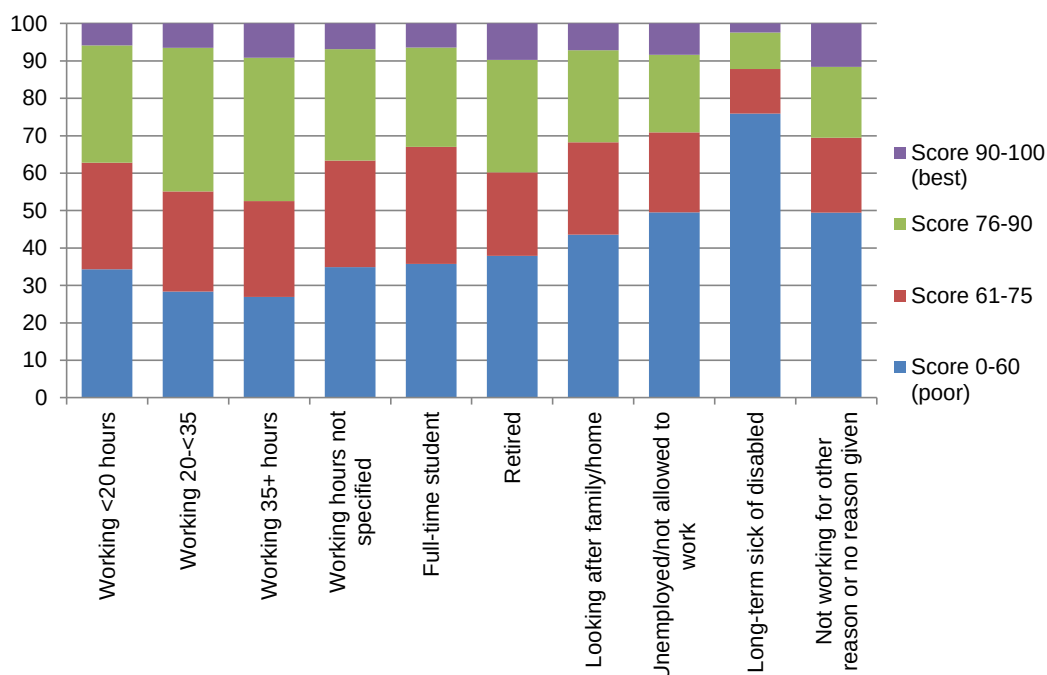
Marfleet ward survey responders have the highest percentage with a poor mental health score (0-60) with almost half reporting a poor score (48.8%) and also the lowest average score of 62.9 (see **section 5.3.7**). King’s Park had the lowest percentage with a low score not quite half that of Marfleet (25.9%) and the highest average score (73.0).

Figure 41: Mental Health Index (by deprivation and Area)



The Mental Health Index scores followed a similar pattern to those already noted for health and wellbeing in relation to employment status (**Figure 42**). People who were working full-time tended to have the lowest percentages with a poor (0-60) score (26.9%) followed by those working part-time (28.4% who were working 20+ but fewer than 35 hours per week and 34.3% for those who were working fewer than 20 hours per week) and full-time students (35.7%), with slightly higher percentages with poor mental health among those who were retired (37.9%). People who were looking after the family or home had a slightly higher percentage with poor scores (43.6%), and those who were unemployed where just under half had a score 0-60 compared to three-quarters (75.9%) of those who were not working due to long-term illness or disability.

Figure 42: Mental Health Index (by employment status)



Among the BME groups, White British, White Other and Mixed BME groups has similar percentages scoring 0-60 (38-39%), but the percentages were lower for Asian and Asian British (35.1%), Chinese (31.0%) and Black and Black British (26.2%), and were higher among Arab survey responders (43.5%). There was a strong association between health status (19.3% scoring 0-60 among those with 'excellent' health compared to 76.2% for those with 'poor' health), limiting long-term illness and disability (60.1% and 29.7% with and without LLI), and the wellbeing measures. Around eight in ten of those who had a poor (0-4) satisfaction with life, feeling life was worthwhile and happiness score had a poor Mental Health Index score (0-60) compared to around two in ten among those with a score of 8-10 for these three measures. Over half of those with high anxiety score (6-10) and moderate anxiety score (3-5) had a poor Mental Health Index score (0-60) compared to 16.6% of those who had a low anxiety score (0-2).

Around half of those survey responders (48.7%) who were the only adult in their household had a poor Mental Health Index (0-60) score compared to around one-third of those who lived with one or more other adults in the household. Survey responders who felt 'a bit unsafe' or 'very unsafe' walking alone in their area during the day or after dark or when alone in their own home at night were more likely to have a poor mental health score compared to those who felt 'very safe' or 'fairly safe', although other factors will be confounders (associated with this and influence the results) such as age, gender and deprivation.

Unsurprisingly, survey responders who speak more frequently to family, friends and neighbours were less likely to have a poor mental health score than those who spoke to others less frequently or rarely. Over half (55.7%) of those who were potentially socially isolated (lived alone and did not speak to family, friends or neighbours daily) had a poor mental health score (0-60) compared to 36.2% of those who lived with others and/or spoke to family, friends or neighbours daily.

4.6 Diet

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.4**.

4.6.1 Healthy Diet

4.6.1.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, deprivation, geography and other characteristics in **section 5.4.1**.

Survey responders were asked “generally speaking, do you think you have a healthy diet?”. Response options were ‘yes’, ‘no’, ‘don’t know what a healthy diet is’ or ‘don’t know if I have a healthy diet’. The latter two response options were combined for most of the analyses.

Overall, 68.9% stated that they ate a healthy diet, 23.9% stated they did not and the remaining 7.2% stated that they didn’t know what a healthy diet was or didn’t know if they had a healthy diet (**Figure 43**). Women were more likely to have a healthy diet compared to men (71.6% versus 65.7%) as were older people (55.8% among those aged 16-24 years compared to 83.3% among those aged 75+ years). Males were slightly more likely to report lacking knowledge to what constituted a healthy diet compared to women (8.1% versus 6.4%). Around 5% of most of the 10-year age groups reported a lack of knowledge about healthy diets, but this was slightly higher among the youngest (11.2% among those aged 16-24 years and 7.3% among those aged 25-34 years) and oldest age groups (8.0% among those aged 75+ years) as well as among those aged 55-64 years (6.7%).

There was a strong association between having a healthy diet or not and lack of knowledge about what constituted a healthy diet, and deprivation (**Figure 44**). Six in ten (60.9%) of people in the most deprived fifth of areas of Hull reported eating a healthy diet compared almost eight in ten (77.2%) among those living in the least deprived fifth of areas. One in ten (10.7%) of those living in the most deprived tenth of areas reported a lack of knowledge as to what constituted a healthy diet (7.9% in second most deprived tenth so 9.3% for those living in most deprived fifth) compared to 4.7% among those living in the second least deprived fifth and 6.4% living in the least deprived fifth. Survey responders in Riverside were more likely to report a lack of knowledge about what constituted a healthy diet (8.8%) compared to other areas and they were also the most likely to report not eating a healthy diet (28.3%). People living in West were least likely to report not eating a healthy diet (19.4%).

Figure 43: Healthy diet (overall, and by gender and age)

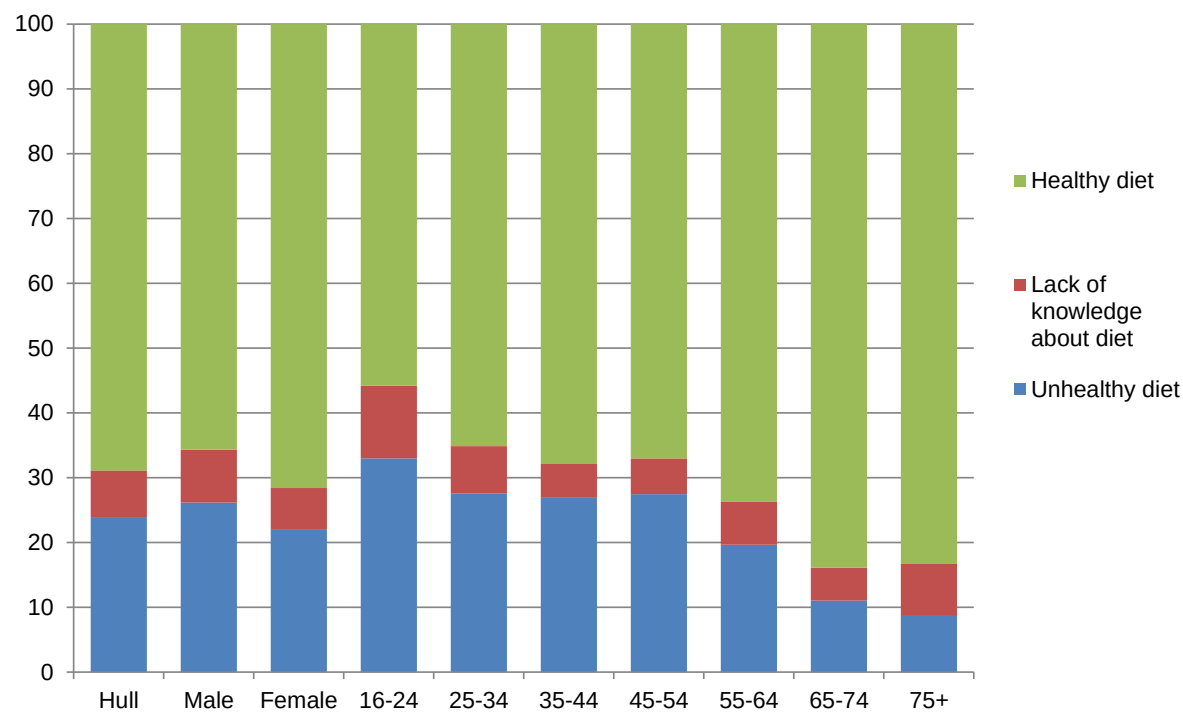


Figure 44: Healthy diet (by deprivation and Area)

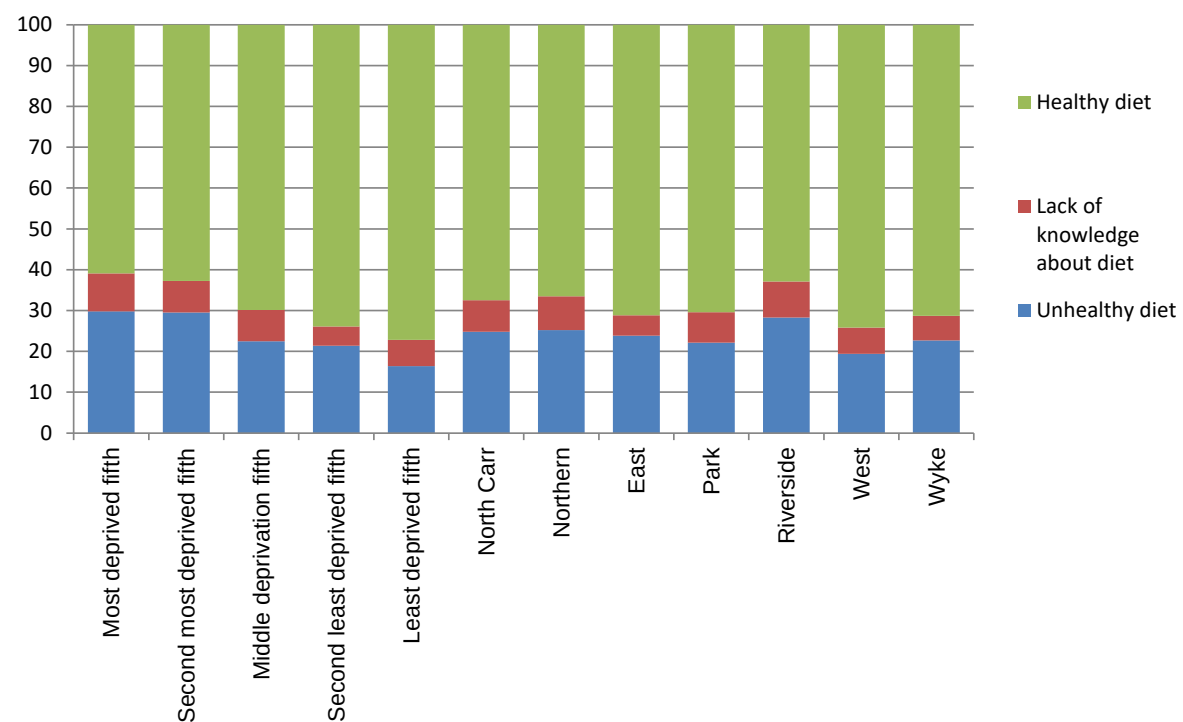


Table 24 gives the percentage with stating they have and do not have a healthy diet and the percentage reporting a lack of knowledge about what constitutes a healthy diet across the 23 wards in Hull. As some of the numbers surveyed within each ward are relatively small, there will be some random variation associated with the estimate (that is, if another survey was completed immediately following the current survey slightly different estimates would be obtained as slightly different people would have been surveyed even though there would have been not true or real change in the underlying prevalence for that ward). A range of values (95% confidence intervals⁹) have been given as well as the estimate of the prevalence for each ward. If these ranges do not overlap then the difference in the prevalence estimates will be statistically significant. Thus, for example, the prevalence of eating a healthy diet in St Andrew's is statistically significantly lower than that for Pickering as there is no overlap in the sets of confidence intervals.

The estimated population aged 16+ years is presented (from the Office for National Statistics mid-year 2013 estimates) together with an estimate of the number of people in each ward who have do and do not have a healthy diet and report a lack of knowledge. It is estimated that around 50,000 people in Hull do not have a healthy diet and a further 15,000 do not know what constitutes a healthy diet.

The highest percentages of survey responders reporting that they ate a healthy diet were from Beverley ward (81.1%) and the lowest was for Myton (57.5%). Over 30% of survey responders from Bransholme West, and Orchard Park and Greenwood wards report eating an unhealthy diet. Orchard Park and Greenwood, together with Myton, also report the highest percentages (over 10%) having a lack of knowledge about what constitutes a healthy diet. Over 3,000 adult residents in each of Orchard Park and Greenwood, Marfleet, Myton and Newland are estimated to have an unhealthy diet, and another further 1,000 residents each living in Orchard Park and Greenwood ward and Marfleet ward report having a lack of knowledge about diet.

⁹ The 95% confidence intervals have been calculated using statistical methods to give a range of likely values for the prevalence. We are 95% confident that the interval obtained (from the survey sample) will contain the true underlying prevalence for that ward. If the CI is wide then there is a degree of uncertainty around the prevalence, and caution should be used when interpreting the findings.

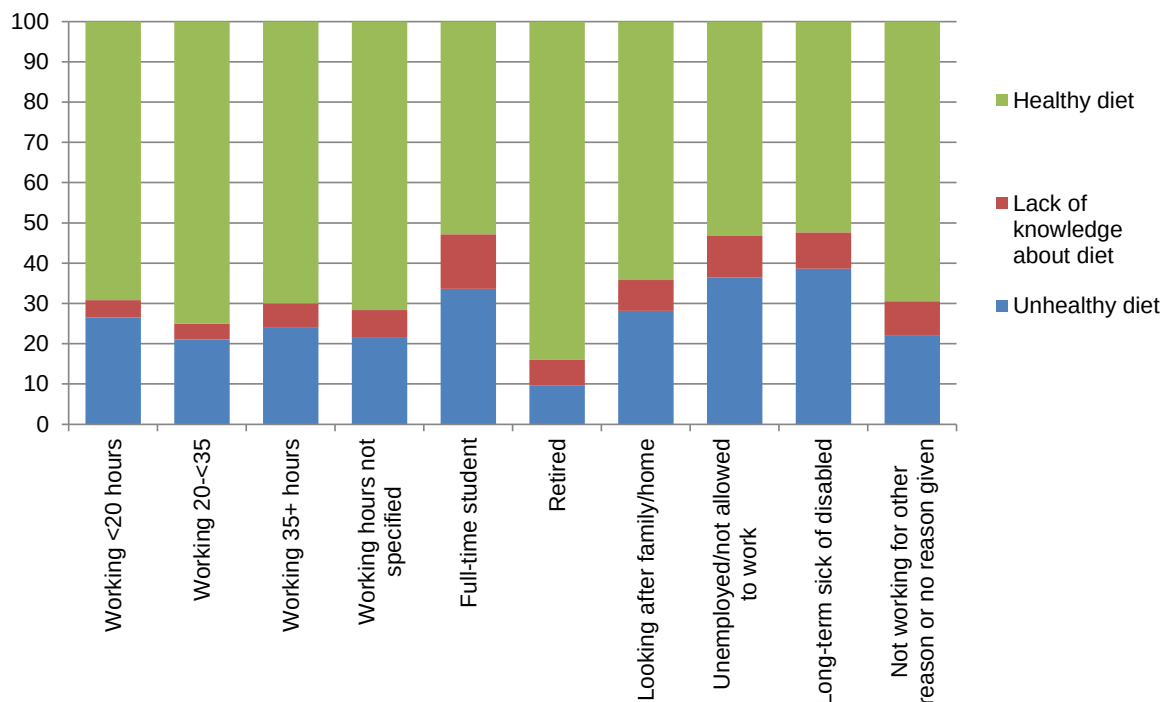
Table 17: Healthy diet or not across the wards in Hull

Area	Number of survey responders	Prevalence (95% confidence interval)			Total estimated population aged 16+ years			
		Healthy diet	Not a healthy diet	Lack of knowledge about diet	Total	Estimated with		
						Healthy diet	Not a healthy diet	Lack of knowledge about diet
Bransholme East	214	65.4 (58.8, 71.5)	25.2 (19.9, 31.5)	9.3 (6.1, 14.0)	7,681	5,025	1,938	718
Bransholme West	141	60.3 (52.0, 68.0)	31.9 (24.8, 40.0)	7.8 (4.4, 13.4)	6,423	3,872	2,050	501
Kings Park	201	74.6 (68.2, 80.1)	19.4 (14.5, 25.4)	6.0 (3.4, 10.1)	8,637	6,446	1,676	516
Area: North Carr	556	67.4 (63.4, 71.2)	24.8 (21.4, 28.6)	7.7 (5.8, 10.3)	22,741	15,342	5,664	1,735
Beverley	175	81.1 (74.7, 86.2)	14.3 (9.9, 20.2)	4.6 (2.3, 8.8)	7,268	5,897	1,038	332
Orchard Park & Greenwood	295	58.3 (52.6, 63.8)	31.5 (26.5, 37.0)	10.2 (7.2, 14.1)	10,141	5,913	3,197	1,031
University	288	66.0 (60.3, 71.2)	25.3 (20.7, 30.7)	8.7 (5.9, 12.5)	8,396	5,539	2,128	729
Area: Northern	758	66.5 (63.1, 69.8)	25.2 (22.2, 28.4)	8.3 (6.6, 10.5)	25,805	17,349	6,363	2,092
North Hull	1,314	66.9 (64.3, 69.4)	25.0 (22.8, 27.5)	8.1 (6.7, 9.7)	48,546	32,692	12,027	3,827
Ings	224	74.1 (68.0, 79.4)	21.0 (16.2, 26.8)	4.9 (2.8, 8.6)	9,917	7,349	2,081	487
Longhill	225	67.1 (60.7, 72.9)	26.2 (20.9, 32.3)	6.7 (4.1, 10.7)	9,261	6,215	2,428	617
Sutton	259	72.2 (66.5, 77.3)	24.3 (19.5, 29.9)	3.5 (1.8, 6.5)	10,172	7,344	2,474	353
Area: East	708	71.2 (67.7, 74.4)	23.9 (20.9, 27.1)	4.9 (3.6, 6.8)	29,350	20,909	6,984	1,458
Holderness	251	80.5 (75.1, 84.9)	14.7 (10.9, 19.7)	4.8 (2.8, 8.2)	10,734	8,639	1,582	513
Marfleet	244	61.5 (55.2, 67.4)	28.7 (23.4, 34.7)	9.8 (6.7, 14.2)	10,605	6,519	3,042	1,043
Southcoates East	182	65.4 (58.2, 71.9)	26.4 (20.5, 33.2)	8.2 (5.1, 13.2)	6,365	4,162	1,679	525
Southcoates West	131	74.8 (66.7, 81.5)	18.3 (12.6, 25.8)	6.9 (3.7, 12.5)	6,419	4,802	1,176	441
Area: Park	808	70.4 (67.2, 73.5)	22.2 (19.4, 25.1)	7.4 (5.8, 9.4)	34,123	24,122	7,479	2,522
Drypool	247	67.6 (61.5, 73.1)	27.5 (22.3, 33.4)	4.9 (2.8, 8.3)	10,676	7,218	2,939	519
East Hull	1,763	70.3 (68.2, 72.4)	23.6 (21.7, 25.6)	6.1 (5.0, 7.3)	74,149	52,249	17,402	4,498
Myton	318	57.5 (52.1, 62.9)	29.9 (25.1, 35.1)	12.6 (9.4, 16.7)	13,561	7,804	4,051	1,706
Newington	243	65.4 (59.3, 71.1)	25.9 (20.8, 31.8)	8.6 (5.7, 12.8)	8,940	5,850	2,318	773

Area	Number of survey responders	Prevalence (95% confidence interval)			Total estimated population aged 16+ years			
		Healthy diet	Not a healthy diet	Lack of knowledge about diet	Total	Estimated with		
						Healthy diet	Not a healthy diet	Lack of knowledge about diet
St Andrew's	157	62.4 (54.6, 69.6)	29.9 (23.3, 37.5)	7.6 (4.4, 12.9)	6,572	4,102	1,967	502
Area: Riverside	965	62.9 (59.8, 65.9)	28.3 (25.5, 31.2)	8.8 (7.2, 10.8)	39,749	24,974	11,276	3,499
Boothferry	203	72.9 (66.4, 78.6)	20.7 (15.7, 26.8)	6.4 (3.8, 10.6)	9,879	7,202	2,044	633
Derringham	237	71.7 (65.7, 77.1)	20.7 (16.0, 26.3)	7.6 (4.9, 11.7)	9,369	6,720	1,937	712
Pickering	276	77.2 (71.9, 81.7)	17.4 (13.4, 22.3)	5.4 (3.3, 8.8)	9,279	7,161	1,614	504
Area: West	716	74.2 (70.8, 77.2)	19.4 (16.7, 22.5)	6.4 (4.9, 8.5)	28,527	21,084	5,595	1,849
Avenue	269	75.1 (69.6, 79.9)	20.8 (16.4, 26.1)	4.1 (2.3, 7.2)	11,074	8,316	2,305	453
Bricknell	177	78.5 (71.9, 83.9)	14.1 (9.8, 20.0)	7.3 (4.3, 12.2)	6,794	5,335	960	499
Newland	303	63.7 (58.1, 68.9)	29.4 (24.5, 34.7)	6.9 (4.6, 10.4)	10,280	6,548	3,020	712
Area: Wyke	749	71.3 (68.0, 74.4)	22.7 (19.8, 25.8)	6.0 (4.5, 7.9)	28,148	20,199	6,285	1,664
West Hull	2,183	68.9 (67.0, 70.8)	23.5 (21.8, 25.4)	7.5 (6.5, 8.7)	85,748	59,039	20,216	6,494
HULL	5,261	68.9 (67.6, 70.1)	23.9 (22.8, 25.1)	7.2 (6.5, 7.9)	208,443	143,979	49,645	14,819

Full-time students (13.6%) and the unemployed (10.5%) were the most likely to lack knowledge about what constituted a healthy diet whereas those working part-time were the least likely to report this (around 4%) as illustrated in **Figure 45**. People who were retired were the most likely to report eating a healthy diet (84.0%) whereas those who were full-time students (52.8%), unemployed (53.1%) and not working due to long-term illness or disability (52.4%) were the least likely to report eating a healthy diet.

Figure 45: Healthy diet (by employment status)



More than one in ten Chinese (17.2%), Arabs (12.5%) and Mixed BME groups (11.1%) reported a lack of knowledge about what constituted a healthy diet. Arabs were the least likely to report eating a healthy diet (41.7%) although there were relatively few survey responders, and Asians and Asian British were the most likely to report eating a healthy diet (70.7%) although the percentage was only marginally higher than the White British (69.8%).

There was also an association with health status with 81.6% reporting eating a healthy diet among those with 'excellent' health compared to only 58.6% among those with 'poor' health. Around half of those with poor wellbeing scores (0-4) for satisfaction with life, life feeling worthwhile and happiness reported eating a healthy diet compared to three-quarters of those with the highest scores (8-10) for these measures.

Unsurprisingly, there was a strong association with whether or not the survey responder reported eating five or more portions of fruit and vegetables daily (5-A-DAY) with 92.7% of those who ate 5-A-DAY reported eating a healthy diet and 2.4% reporting a lack of knowledge about what constituted a healthy diet compared to only 64.1% of those not eating 5-A-DAY reporting that they had a healthy diet with 7.5% reporting that they lacked knowledge about a healthy diet.

If people reported eating healthily, then their other lifestyle and behavioural habits were generally healthy. People were more likely to report eating healthily if they never drank

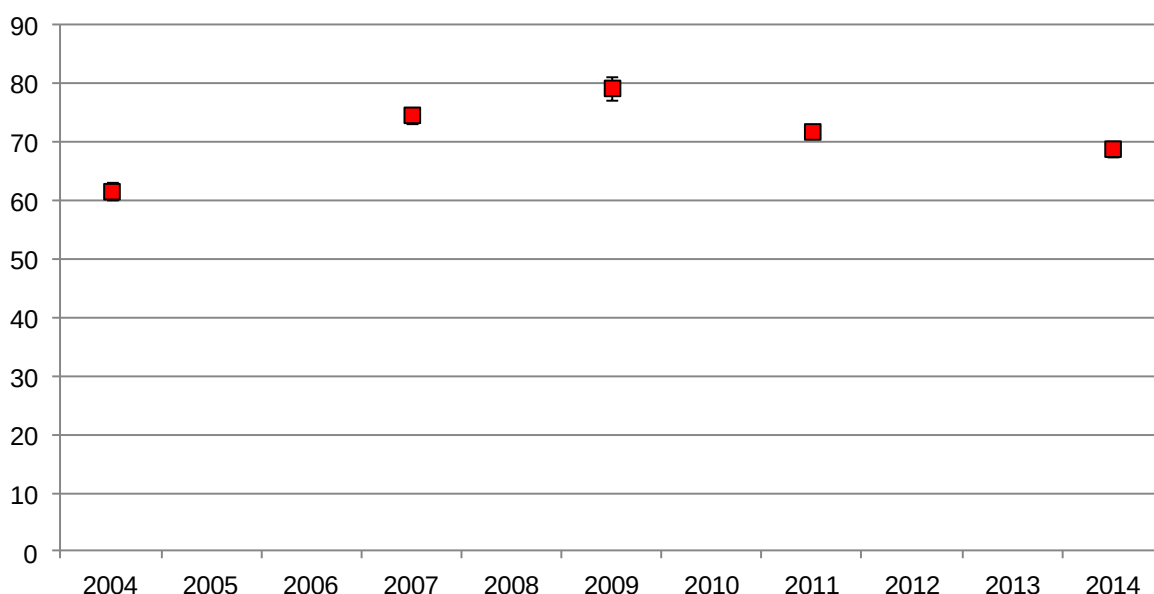
alcohol or only in safe quantities, undertook physical activity, were former or never smokers (or light smokers – fewer than 20 cigarettes per day – if they did smoke), and were not obese.

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.4**.

4.6.1.2 Trends Over Time

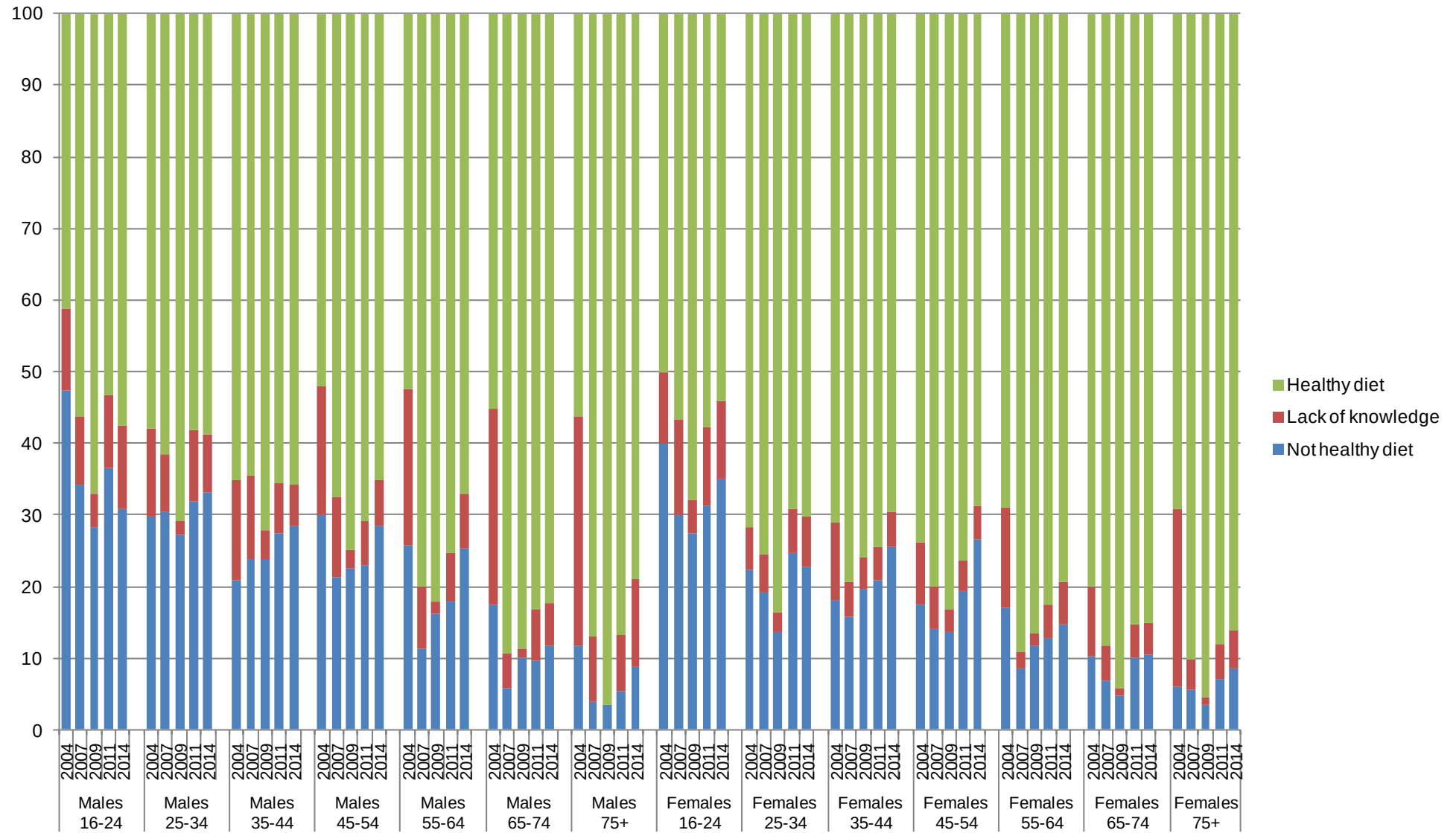
Healthy diet was also collected as part of previous local surveys (see **section 3.2.17**), and trends over time can be examined (**Figure 46**). In 2004, 61.6% reported that they ate a healthy diet and this increased to 74.7% in 2007 and 79.3% in 2009, but decreased to 71.8% in 2011-12 and to 68.9% for the current 2014 survey.

Figure 46: Healthy diet (overall trends over time)



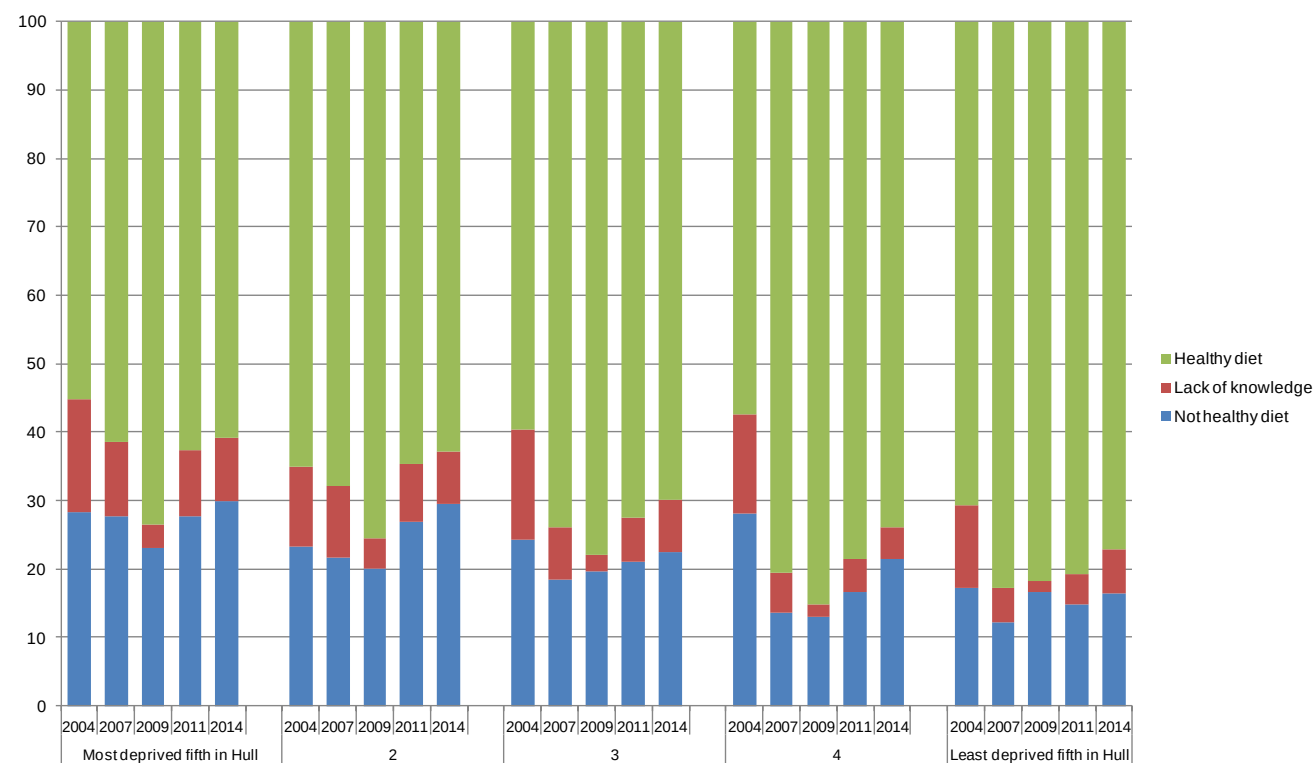
The percentage of survey responders who state that they, generally speaking, do not eat a healthy diet has tended to decrease between the 2004 and 2009 surveys and then increase between 2009 and 2014 for most age groups for both men and women (**Figure 47**). This could be associated with an increase of awareness of what constitutes a healthy diet. Survey responders in the 2009 Health and Wellbeing Survey were interviewed and a particularly small percentage reported a lack of knowledge about what constituted a healthy diet, perhaps because they did not want to admit this to the interviewer. With this exception, the trends in the percentages reporting they either “don’t know what a healthy diet is” or “don’t know if I have a healthy diet” has not changed a great deal among the surveys completed over the last decade with the exception of men aged 35+ years and women aged 75+ years where the percentage reporting a lack of knowledge about what constituted a healthy diet has decreased considerably. Almost one-third of men aged 75+ years in the 2004 survey said they lacked knowledge about what constituted a healthy diet, but this decreased to 12.3% in the 2014 survey, with the decrease for women aged 75+ years falling from 24.8% to 5.2% over the same period.

Figure 47: Healthy diet (by age and gender, trends over time)



A similarly shaped U-shaped distribution in percentages not eating a healthy diet was evident across the deprivation fifths, although this was less the case among the least deprived fifths (**Figure 48**). As mentioned previously, a relatively low percentage of survey responders reported a lack of knowledge of what constituted a healthy diet in the 2009 survey, and for the remaining years there was a reduction in the percentage reporting a lack of knowledge. However, there were relatively small changes in these percentages between 2004 and 2014 among those living in the most deprived fifths (43% decrease from 16.4% to 9.3%) and second most deprived fifths (34% decrease from 11.6% to 7.7%), and much larger differences in the middle deprivation fifth (52% decrease from 16.2% to 7.7%) and second least deprived fifth (67% decrease to 14.5% to 4.7%) with intermediate reductions for those living in the least deprived fifth of areas (47% decrease from 12.2% to 6.4%).

Figure 48: Healthy diet (by deprivation, trends over time)



4.6.2 5-A-DAY

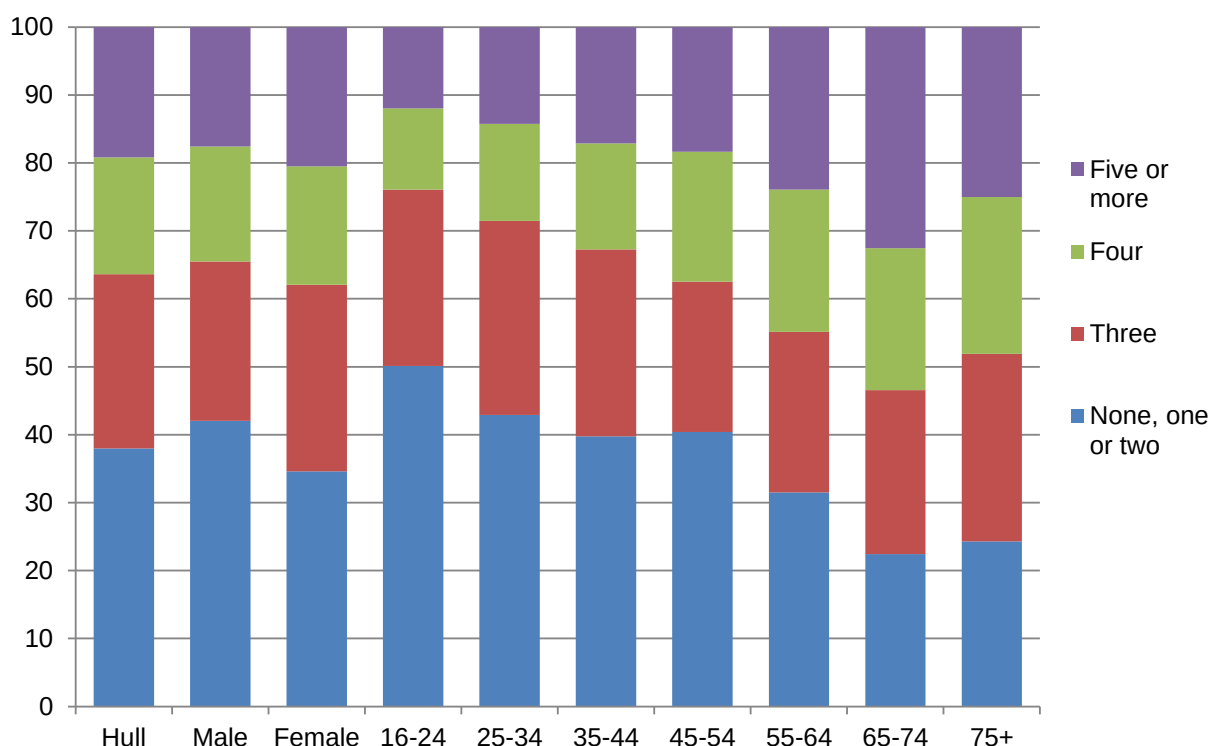
4.6.2.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.4.2**.

People were asked how many portions of fruit or vegetables they generally ate each day, and were given further instructions not to include potatoes, to count pure fruit juice as one portion regardless of the amount, and some examples of what constituted a portion. The average number of portions eating was also calculated, although the mean is influenced by high numbers (the maximum number of portions reported was 24).

Overall, 19.2% of people reported eating five or more portions of fruit and vegetables (**Figure 54**), although the percentages were slightly higher among women (20.5%) compared to men (17.6%). The average number of portions was 3.11 overall (2.94 for men and 3.25 for women) so well below the recommended five. Only 12% of those aged 16-24 years reported eating 5-A-DAY compared to one-third of those aged 65-74 years and one-quarter of those aged 55-64 years and 75+ years. More than half of the 16-24 year olds surveyed had zero, one or two portions of fruit and vegetables daily, whereas this was fewer than one-quarter for those aged 65+ years.

Figure 49: Usual daily number of portions of fruit and vegetables (overall, and by gender and age)



There was also a strong association with deprivation and 5-a-DAY with 15.7% of survey responders living in the most deprived fifth of areas in Hull eating 5-A-DAY compared to 22.7% among those in the least deprived fifth. The average number of portions of fruit and vegetables eaten daily was 2.83 among the most deprived fifth compared to 3.39 among the least deprived fifth. Among those living in the most deprived fifth of areas, 43.9% ate zero, one or two portions of fruit and vegetables daily compared to 30.5% for the least deprived fifth. People in Riverside were the least likely to eat 5-A-DAY (15.2%) whereas people in West were the most likely (23.7%).

Survey responders in Myton were the least likely to eat 5-A-DAY with only 13.2% reporting that they ate five or more portions of fruit and vegetables daily, eating an average of 2.67 portions daily and almost half of Myton survey responders ate zero, one or two portions daily (49.3%) as illustrated in **section 5.4.2**. In contrast, Holderness had a the highest percentages eating 5-A-DAY at 27.4% with an average of 3.63 portions eaten, and less than one-quarter eating zero, one or two portions (24.2%). Age and deprivation are confounders as older residents tend to eat 5-A-DAY as do people living in less deprived areas of Hull, and Myton tends to have a young deprived population whereas the population of Holderness is older and less deprived.

Figure 50: Usual daily number of portions of fruit and vegetables (by deprivation and Area)

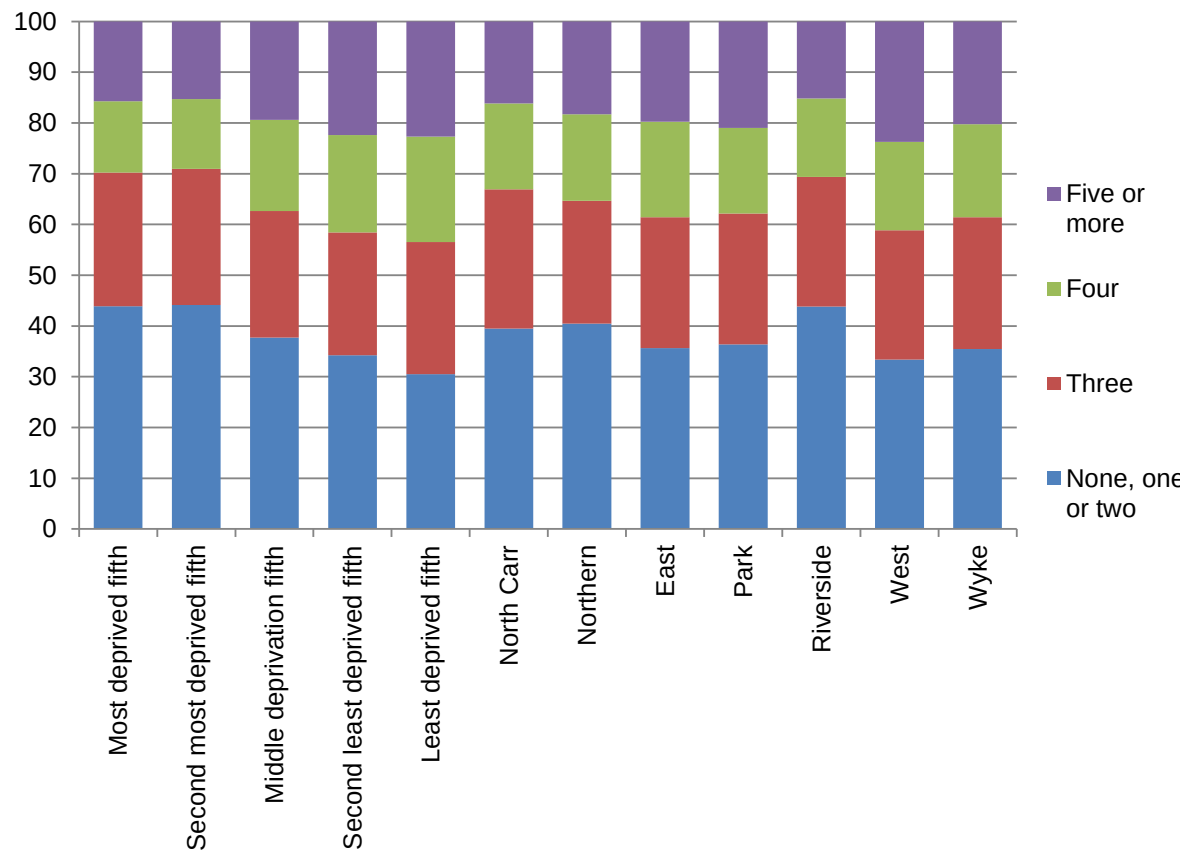


Table 18 gives the percentage eating 0-2, 3, 4 and 5+ portions of fruit and vegetables each day across the 23 wards in Hull. As some of the numbers surveyed within each ward are relatively small, there will be some random variation associated with the estimate (that is, if another survey was completed immediately following the current survey slightly different estimates would be obtained as slightly different people would

have been surveyed even though there would have been not true or real change in the underlying prevalence for that ward). A range of values (95% confidence intervals¹⁰) have been given as well as the estimate of the prevalence for each ward. If these ranges do not overlap then the difference in the prevalence estimates will be statistically significant. Thus, for example, the prevalence of eating 5-A-DAY in Orchard Park and Greenwood is statistically significantly lower than that for Beverley as there is no overlap in the sets of confidence intervals.

Fewer than 15% of survey responders report eating 5-A-DAY in Bransholme East, Bransholme West, Orchard Park and Greenwood, Marfleet, Myton and Newington wards compare to 27% or more in Beverley and Holderness.

The estimated population aged 16+ years is presented (from the Office for National Statistics mid-year 2013 estimates) together with an estimate of the number of people in each ward who eat 0-2 and 5+ portions of fruit and vegetables each day.

It is estimated that approximately 14,000 people in Hull usually eat no fruit and vegetables, 25,800 usually eat only one portion of fruit and vegetables daily, 39,400 eat two portions, 53,500 eat three portions, 25,900 eat four portions and 40,000 eat five or more portions of fruit and vegetables daily.

¹⁰ The 95% confidence intervals have been calculated using statistical methods to give a range of likely values for the prevalence. We are 95% confident that the interval obtained (from the survey sample) will contain the true underlying prevalence for that ward. If the CI is wide then there is a degree of uncertainty around the prevalence, and caution should be used when interpreting the findings.

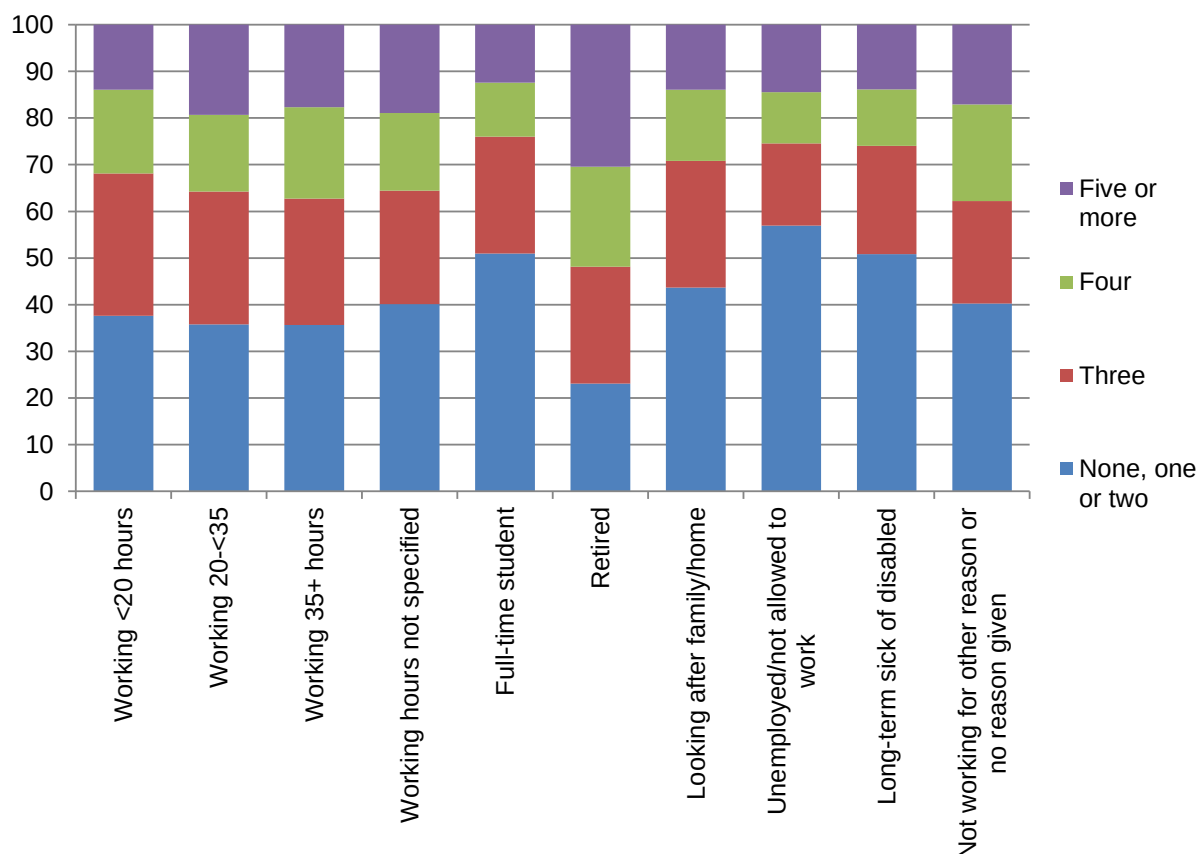
Table 18: Daily portions of fruit and vegetables across the wards in Hull

Area	Number of survey responders	Prevalence (95% confidence interval)				Total estimated population aged 16+ years eating	
		Zero, one or two portions	Three portions	Four portions	Five or more portions	Zero, one or two portions	Five or more portions
Bransholme East	208	41.3 (34.9, 48.1)	30.8 (24.9, 37.3)	13.5 (9.5, 18.8)	14.4 (10.3, 19.8)	3,176	1,108
Bransholme West	136	47.8 (39.6, 56.1)	21.3 (15.3, 28.9)	16.2 (10.9, 23.3)	14.7 (9.7, 21.6)	3,070	945
Kings Park	200	32.0 (25.9, 38.8)	28.0 (22.2, 34.6)	21.0 (15.9, 27.2)	19.0 (14.2, 25.0)	2,764	1,641
Area: North Carr	544	39.5 (35.5, 43.7)	27.4 (23.8, 31.3)	16.9 (14.0, 20.3)	16.2 (13.3, 19.5)	9,009	3,693
Beverley	174	27.6 (21.5, 34.7)	21.3 (15.8, 27.9)	24.1 (18.4, 31.0)	27.0 (21.0, 34.1)	2,005	1,963
Orchard Park & Greenwood	273	47.6 (41.8, 53.5)	24.2 (19.5, 29.6)	13.6 (10.0, 18.1)	14.7 (10.9, 19.3)	4,829	1,486
University	280	41.4 (35.8, 47.3)	26.1 (21.3, 31.5)	16.1 (12.2, 20.8)	16.4 (12.5, 21.2)	3,478	1,379
Area: Northern	727	40.4 (36.9, 44.0)	24.2 (21.2, 27.5)	17.1 (14.5, 20.0)	18.3 (15.7, 21.3)	10,312	4,828
North Hull	1,271	40.0 (37.4, 42.8)	25.6 (23.2, 28.0)	17.0 (15.0, 19.2)	17.4 (15.4, 19.6)	19,322	8,522
Ings	215	33.0 (27.1, 39.6)	24.2 (18.9, 30.3)	21.9 (16.9, 27.9)	20.9 (16.0, 26.9)	3,275	2,076
Longhill	215	37.2 (31.0, 43.8)	27.4 (21.9, 33.8)	13.0 (9.2, 18.2)	22.3 (17.3, 28.4)	3,446	2,068
Sutton	254	36.6 (30.9, 42.7)	25.6 (20.6, 31.3)	21.3 (16.7, 26.7)	16.5 (12.5, 21.6)	3,724	1,682
Area: East	684	35.7 (32.2, 39.3)	25.7 (22.6, 29.1)	18.9 (16.1, 22.0)	19.7 (16.9, 22.9)	10,445	5,825
Holderness	248	24.2 (19.3, 29.9)	27.0 (21.9, 32.9)	21.4 (16.7, 26.9)	27.4 (22.2, 33.3)	2,597	2,943
Marfleet	224	45.1 (38.7, 51.6)	27.7 (22.2, 33.9)	13.8 (9.9, 19.0)	13.4 (9.5, 18.5)	4,782	1,420
Southcoates East	174	39.7 (32.7, 47.1)	23.6 (17.9, 30.4)	14.9 (10.4, 21.0)	21.8 (16.3, 28.6)	2,524	1,390
Southcoates West	126	40.5 (32.3, 49.2)	23.0 (16.5, 31.1)	15.9 (10.5, 23.2)	20.6 (14.5, 28.5)	2,598	1,325
Area: Park	772	36.4 (33.1, 39.9)	25.8 (22.8, 29.0)	16.8 (14.4, 19.6)	21.0 (18.3, 24.0)	12,501	7,078
Drypool	237	41.4 (35.3, 47.7)	23.6 (18.7, 29.4)	17.7 (13.4, 23.1)	17.3 (13.0, 22.6)	4,415	1,847

Area	Number of survey responders	Prevalence (95% confidence interval)				Total estimated population aged 16+ years eating	
		Zero, one or two portions	Three portions	Four portions	Five or more portions	Zero, one or two portions	Five or more portions
East Hull	1,693	36.8 (34.5, 39.1)	25.5 (23.4, 27.6)	17.8 (16.0, 19.7)	20.0 (18.1, 21.9)	27,361	14,750
Myton	302	49.3 (43.7, 54.9)	24.2 (19.7, 29.3)	13.2 (9.9, 17.5)	13.2 (9.9, 17.5)	6,691	1,796
Newington	227	42.7 (36.5, 49.2)	27.8 (22.3, 33.9)	15.4 (11.3, 20.7)	14.1 (10.2, 19.2)	3,820	1,260
St Andrew's	144	38.2 (30.7, 46.3)	27.8 (21.1, 35.6)	16.7 (11.5, 23.6)	17.4 (12.0, 24.4)	2,510	1,141
Area: Riverside	910	43.8 (40.7, 47.1)	25.5 (22.8, 28.4)	15.5 (13.3, 18.0)	15.2 (13.0, 17.6)	17,436	6,044
Boothferry	197	33.0 (26.8, 39.8)	22.8 (17.5, 29.2)	19.8 (14.8, 25.9)	24.4 (18.9, 30.8)	3,260	2,407
Derringham	229	36.2 (30.3, 42.7)	24.5 (19.3, 30.4)	17.9 (13.5, 23.4)	21.4 (16.6, 27.2)	3,396	2,005
Pickering	269	31.2 (26.0, 37.0)	28.3 (23.2, 33.9)	15.2 (11.4, 20.0)	25.3 (20.5, 30.8)	2,898	2,346
Area: West	695	33.4 (30.0, 37.0)	25.5 (22.4, 28.8)	17.4 (14.8, 20.4)	23.7 (20.7, 27.0)	9,553	6,757
Avenue	267	31.1 (25.8, 36.9)	25.8 (21.0, 31.4)	18.4 (14.2, 23.4)	24.7 (19.9, 30.2)	3,442	2,737
Bricknell	176	29.5 (23.3, 36.7)	28.4 (22.3, 35.5)	19.9 (14.7, 26.4)	22.2 (16.7, 28.9)	2,007	1,505
Newland	293	43.0 (37.5, 48.7)	24.6 (20.0, 29.8)	17.4 (13.5, 22.2)	15.0 (11.4, 19.6)	4,421	1,544
Area: Wyke	736	35.5 (32.1, 39.0)	26.0 (22.9, 29.2)	18.3 (15.7, 21.3)	20.2 (17.5, 23.3)	9,871	5,787
West Hull	2,104	37.7 (35.7, 39.8)	25.9 (24.0, 27.8)	16.9 (15.3, 18.5)	19.5 (17.9, 21.3)	32,444	16,741
HULL	5,069	38.0 (36.7, 39.3)	25.6 (24.5, 26.9)	17.2 (16.2, 18.3)	19.2 (18.1, 20.3)	79,127	40,013

Given the differences in 5-A-DAY among the age groups, it is not surprising to find that people who had retired had the highest percentage eating 5-A-DAY (30.4%) and that full-time students had the lowest percentage eating 5-A-DAY (12.4%), although this was only marginally lower than people who were not working due to long-term illness and disability (13.8%), people who worked fewer than 20 hours per week (13.9%), people who were looking after the family or home (14.0%), and people who were unemployed (14.5%).

Figure 51: Usual daily number of portions of fruit and vegetables (by employment status)



None of the Chinese reported eating 5-A-DAY with 64.3% eating zero, one or two portions of fruit and vegetables daily. Whilst the number of Arabs surveyed was relatively low (and subject to random variation), the percentages were similar to the Chinese (4.8% and 61.9% respectively). White British (19.7%) and Black and Black British (20.7%) had the highest percentages eating 5-A-DAY.

People who reported better health and wellbeing were much more likely to eat 5-A-DAY, and this was despite the fact that older people whose health tended to be worse also were more likely to eat 5-A-DAY.

Similar to eating healthily reported above, if people reported eating 5-A-DAY, then their other lifestyle and behavioural habits were generally healthy. People were more likely to report eat 5-A-DAY if they never drank alcohol or only in safe quantities, undertook physical activity, and were former or never smokers (or light smokers – fewer than 20 cigarettes per day – if they did smoke). However, people who were overweight (21.8%)

were slightly more likely to eat 5-A-DAY (21.8%) compared to those who were obese (18.3%) or underweight or a desirable weight (17.6%), but this could be associated with the fact that older people were more likely to be overweight or obese and also more likely to eat 5-A-DAY (age a confounder).

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.4.2**.

4.6.2.2 Public Health Outcomes Framework

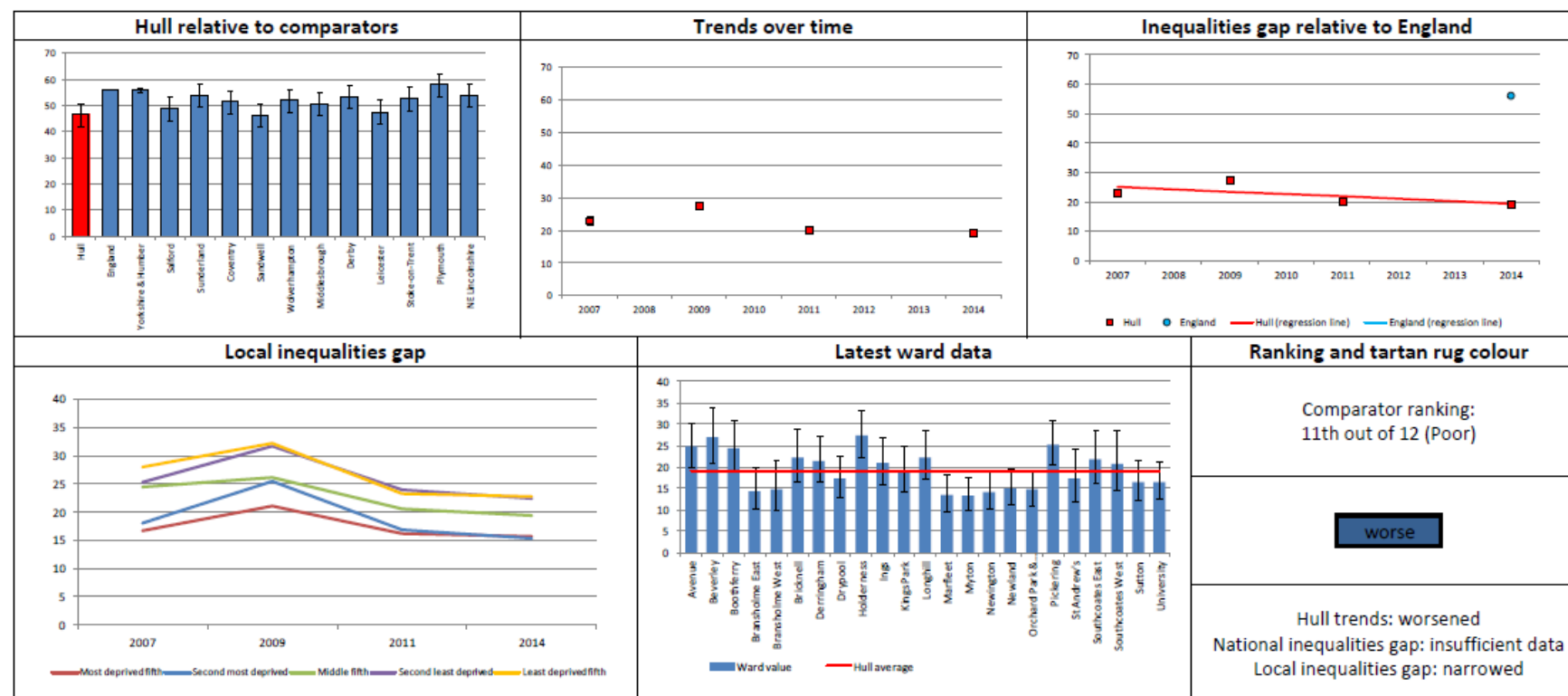
This indicator is included within the Public Health Outcomes Framework (Department of Health 2012) and the national data from the PHOF tool (Public Health England 2015) is available for Hull and was been summarised locally in **Figure 52**.

The prevalence in Hull was second lowest among 12 comparators as estimated in 2014 from the Sport England's Active People Survey at 46.6% (95% confidence interval 42.1% to 51.0%) and significantly lower than England (at 56.3%). However, these estimates are considerably higher than estimates from local surveys which have been consistently around 20% (although the 2009 Health and Wellbeing Survey estimate was 27.5% which might be associated with differences in the way in which the questionnaires was administered – interview rather than self-completion). The latest estimates from this survey at 19.2% (95% CI 18.1% to 20.3%) is more than half that of the national estimate for Hull. It is not known why the estimates differ substantially. However, prior the reporting of this information from the Active People Survey, the prevalence of 5-A-DAY was available for England from other national surveys, and this was generally just above the local survey estimates for Hull which were believable. For instance, the Health Survey for England in 2011 reported that 24% of men and 29% of women (27% overall) ate 5-A-DAY, and this was relatively consistent between 2003 and 2011 varying from 24% to 30%.

The local analysis of the Public Health Outcomes Framework indicator has used the local data to examine the trends and report on differences between the deprivation fifths and wards (which were observed within **section 4.6.2.1**).

Figure 52: Percentage eating 5-A-DAY – Public Health Outcomes Framework (national data for Hull – indicator 2.11)
2.11i Five or more portions of fruit and vegetables previous day

Proportion of the population who, when surveyed, reported that they had eaten the recommended five portions of fruit and vegetables on the previous day.



Key points

The baseline proportion of population eating 5-A-DAY in Hull is 46.6% (95% confidence interval: 42.1% to 51.0%)

The latest proportion of population eating 5-A-DAY in Hull is 46.6% (95% confidence interval: 42.1% to 51.0%)

The proportion of the population eating 5-A-DAY has worsened from 23.0% in 2007 to 19.2% in 2014

The national inequalities gap (England minus Hull) was 9.7 percentage points in 2014

The local inequalities gap (least minus most deprived fifths) has narrowed from 11.3 percentage points in 2007 to 7.0 percentage points in 2014

The proportion of the population eating 5-A-DAY ranges from 13.2% in Myton to 27.4% in Holderness, a difference of 14.2 percentage points

Data points:

Source: Sport England Active People Survey. Baseline period: 2014. Latest data: 2014. Local trends over time, by deprivation and ward are from local surveys, and results differ from national data for Hull (reason unknown)

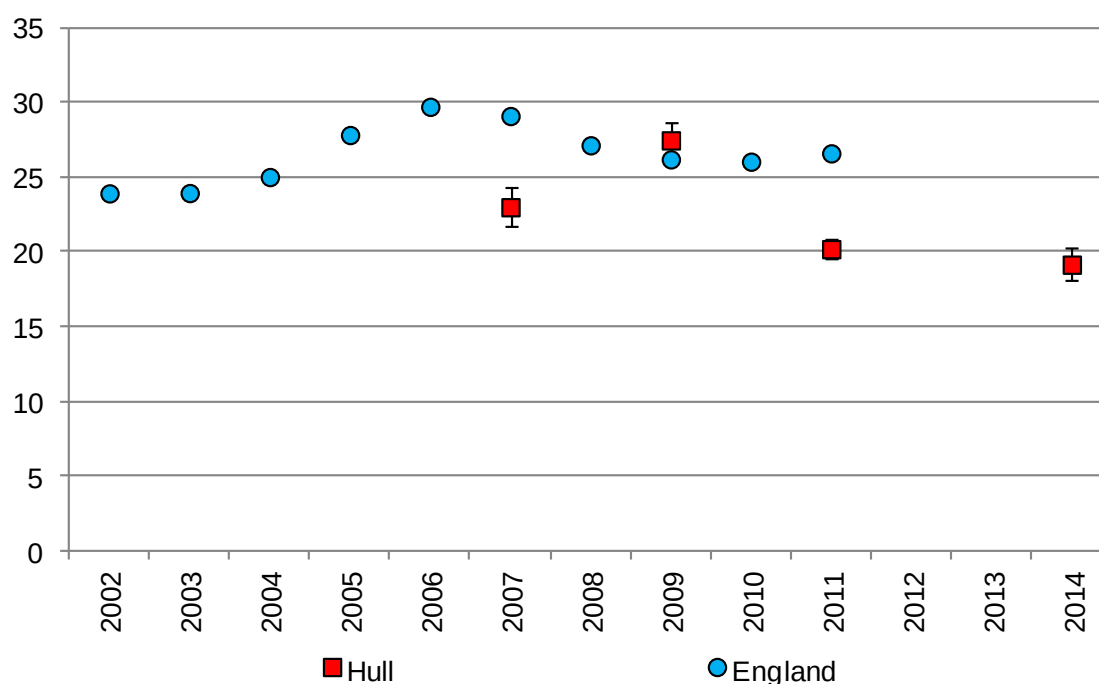
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4.6.2.3 Trends Over Time and Comparison With England

Fruit and vegetable consumption was also collected as part of previous local surveys (see **section 3.2.17**), and trends over time in the percentage who, in general, eat five or more portions of fruit and vegetables each day can be examined (**Figure 53**). The percentage eating 5-A-DAY was 23.0% in the 2007 survey which increased to 27.5% in the 2009 survey and fell to 20.2% in the 2011-12 survey and then to 19.2% in the current 2014 survey. The trend for England increased between 2002 and 2006 (from 23.9% to 29.7%) and has since decreased to 2010 (26.0%) although there was a slight increase between 2010 and 2011 (26.6%) which was the latest year for which data is available for England. However, as mentioned in **section 4.6.2.2**, information was reported nationally for all local authorities from the Sport England's Active People Survey, and gave an estimate of 46.6% for Hull and an estimate of 56.3% for England. The latest estimates from this survey at 19.2% (95% CI 18.1% to 20.3%) is more than half that of the national estimate for Hull. It is not known why the estimates differ substantially. However, prior to the reporting of this information from the Active People Survey, the prevalence of 5-A-DAY was available for England from other national surveys, and this was generally just above the local survey estimates for Hull which were believable. For instance, the Health Survey for England in 2011 reported that 24% of men and 29% of women (27% overall) ate 5-A-DAY, and this was relatively consistent between 2003 and 2011 varying from 24% to 30%.

Locally, the estimated percentage eating 5-A-DAY was 23.0% in Hull in 2007 (95% confidence interval 21.7% to 24.3%). This increased to 27.5% (95% CI 26.3% to 28.6%) in 2009 which may be partially due to the fact that the questionnaire was completed through interview rather than self-completion. However, since then the percentage has decreased to 20.2% (95% CI 19.5% to 20.9%) in 2011-12 and to 19.2% (95% CI 18.1% to 20.3%) in the current survey.

Figure 53: Trends in the prevalence of 5-A-DAY, Hull versus England



There is considerable variation in the percentages who stated they eat 5-A-DAY over the surveys among the different age groups for both males and females (**Figure 54**). The percentage is relatively high in the 2009 Health and Wellbeing Survey the working-age population, and the percentage is also relatively high for the 2007 Health and Wellbeing Survey among men (with the exception of the 45-54 year age group). For most age groups, the percentage generally eating 5-A-DAY remained similar or fell between 2011 and 2014 except for men aged 16-24 years and women aged 65-74 years. The general decreasing trend in the percentage reporting a lack of knowledge about what constitutes a healthy diet (illustrated in **Figure 47**) particularly among the older men and the oldest women, and possibly increased awareness of diet, could influence the reporting of 5-A-DAY in relation to knowledge about what constitutes a portion.

Whilst the overall percentage of survey responders eating 5-A-DAY differed across the deprivation fifths, the general pattern in the trend over time was similar with an increase in the percentage between 2004 and 2007 followed by a decrease (**Figure 55**). The percentages eating 5-A-DAY did not differ greatly between 2011 and 2014 with the biggest difference for the second most deprived quintile which reduced by 9.5% from 16.9% in 2011 to 15.3% in 2014.

Figure 54: Eating 5-A-DAY (by age and gender, trends over time)

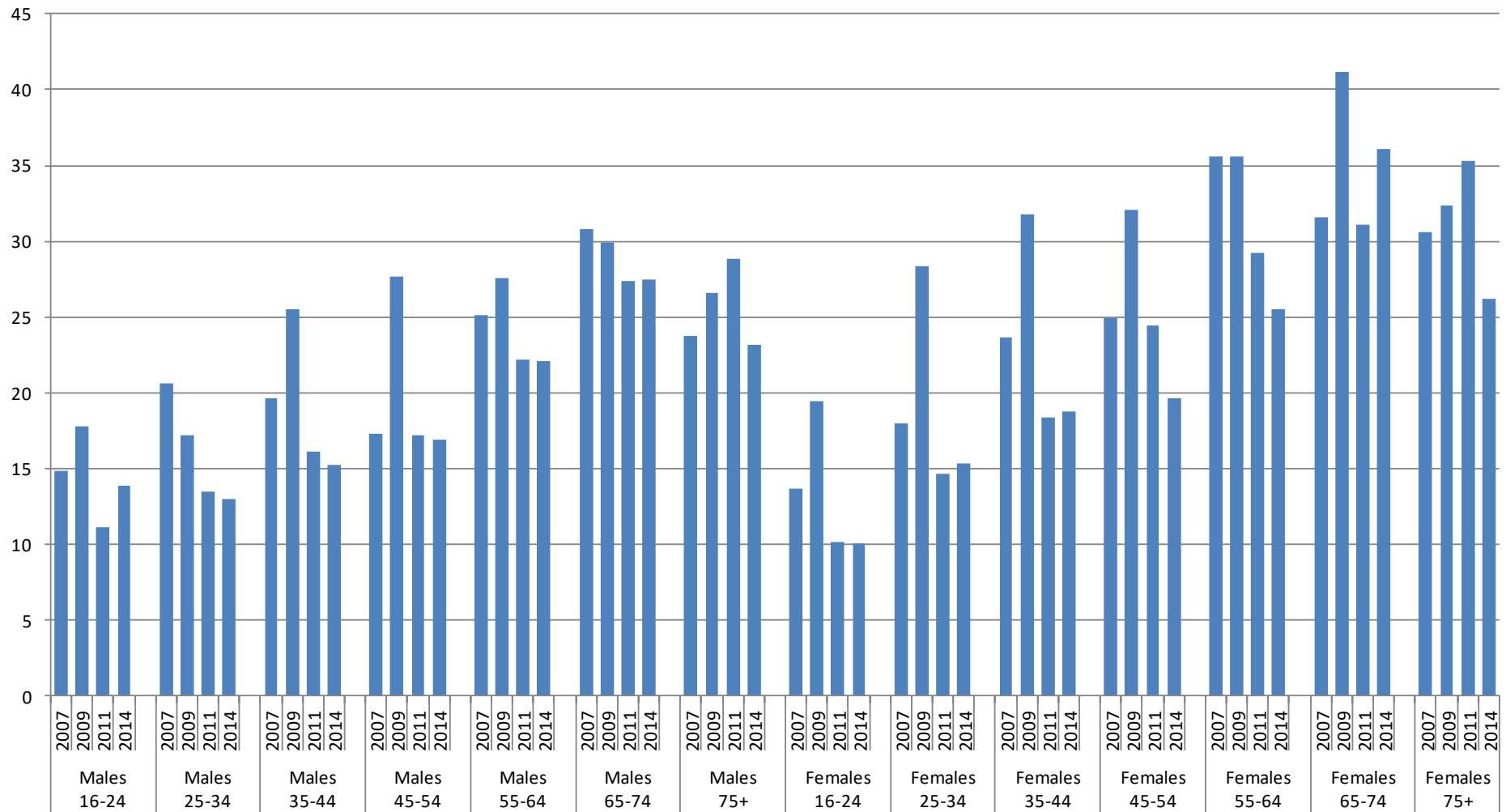
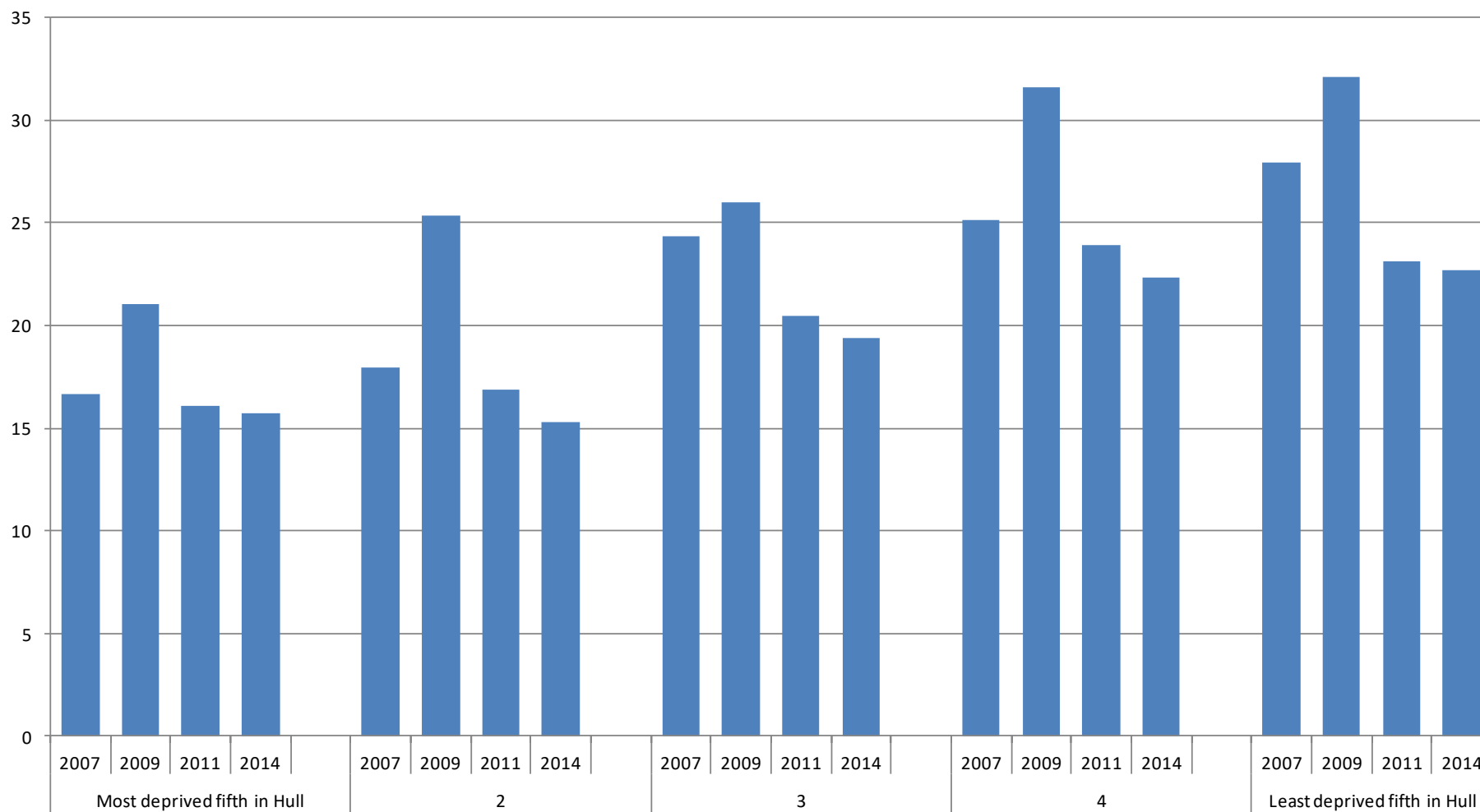


Figure 55: Eating 5-A-DAY (by deprivation fifth, trends over time)



4.7 Alcohol Consumption

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.5**.

The national guidelines and recommendations for alcohol consumption changed in January 2016 (see **section 0** for further information). The information in the original version of this report which was published July 2015 remains virtually unchanged and relates to the 1995 guidelines which applied until December 2015. This 'version 2' of the report includes additional information on alcohol consumption in relation to the guidelines which were introduced in January 2016. The additional information can be found in the section relating to the number of alcohol units consumed (**section 4.7.3**) and the section summarising alcohol consumption levels in relation to excessively weekly alcohol consumption and/or binge drinking (**section 4.7.7**). Further detailed tables have been added to **section 5.5**.

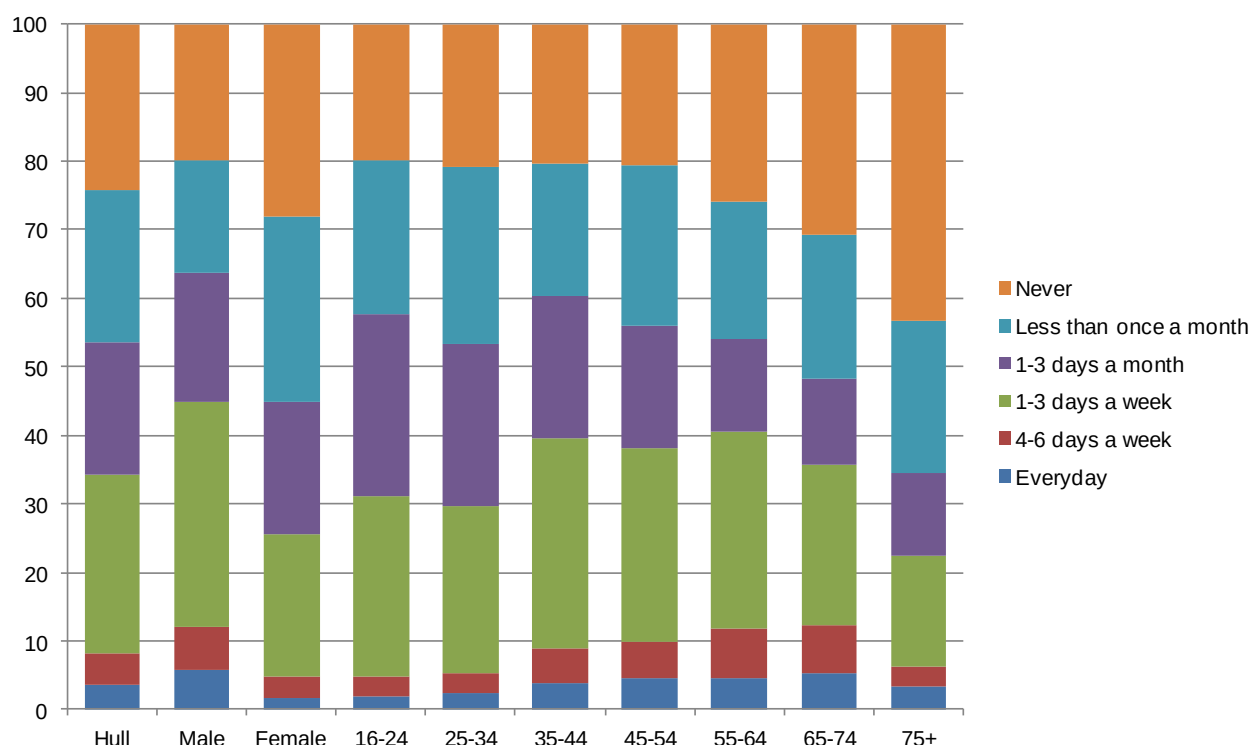
4.7.1 Frequency of Alcohol Consumption

4.7.1.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.5.1**.

Overall, 3.6% drank alcohol every day (5.8% of men and 1.7% of women), 4.6% drank 4-6 days a week, 26.1% drank 1-3 days a week, 19.2% drank 1-3 days a month, 22.3% drank less than once a month and 24.3% never drank alcohol (**Figure 56**). Men drank alcohol more frequently than women, and women were more likely to never drink alcohol (28.0%) compared to men (19.9%). Except those aged 75+ years, older people were more likely to drink alcohol every day or most days with 4.9% of those aged 16-24 years drinking alcohol four or more days a week compared to 12.3% of those aged 65-74 years. With the exception of those aged 65-74 and 75+ years, older people were more likely to drink alcohol once a week with 31.0% of 16-24 year olds drinking alcohol weekly compared to 40.6% of 55-64 year olds. Around 20% of those aged 16-54 years never drank alcohol, and this increased slightly in the older age groups to 25.9%, 30.6% and 43.2% for those aged 55-64, 65-74 and 75+ years respectively.

Figure 56: Frequency of alcohol consumption (overall, and by gender and age)

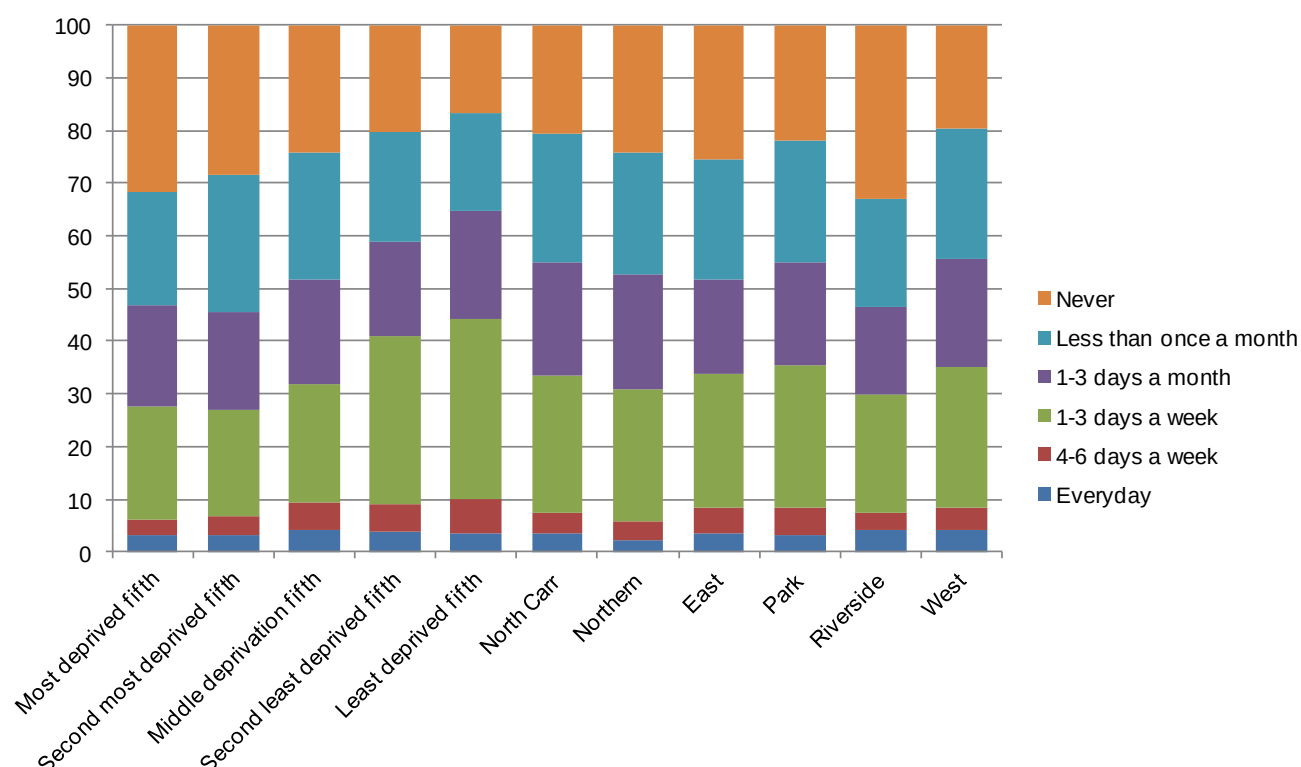


Whilst similar percentages (range 3.2% to 4.1%) drank alcohol every day across the five deprivation fifths, people living in the least deprived areas were more likely to drink alcohol 4-6 days a week and 1-3 days a week, and they were also less likely to never drink alcohol (**Figure 57**). Twice as many survey responders living in the least deprived areas drank alcohol 4-6 days a week compared to those living in the most deprived areas (6.7% versus 2.8%) and half as many again drank alcohol 1-3 days a week (33.9% versus 21.5%). Just under one-third of people (31.7%) living in the most deprived fifth of areas of Hull never drank alcohol compared to 16.6% among those living in the least deprived fifth of areas.

Survey responders in West (4.0%) and Riverside (4.1%) were more likely to drink alcohol everyday compared to those in Northern (2.1%), although survey responders in Riverside were also the most likely to never drink alcohol (33.0%) which was considerably higher than all other areas (range 20.6% for North Carr to 25.4% for East).

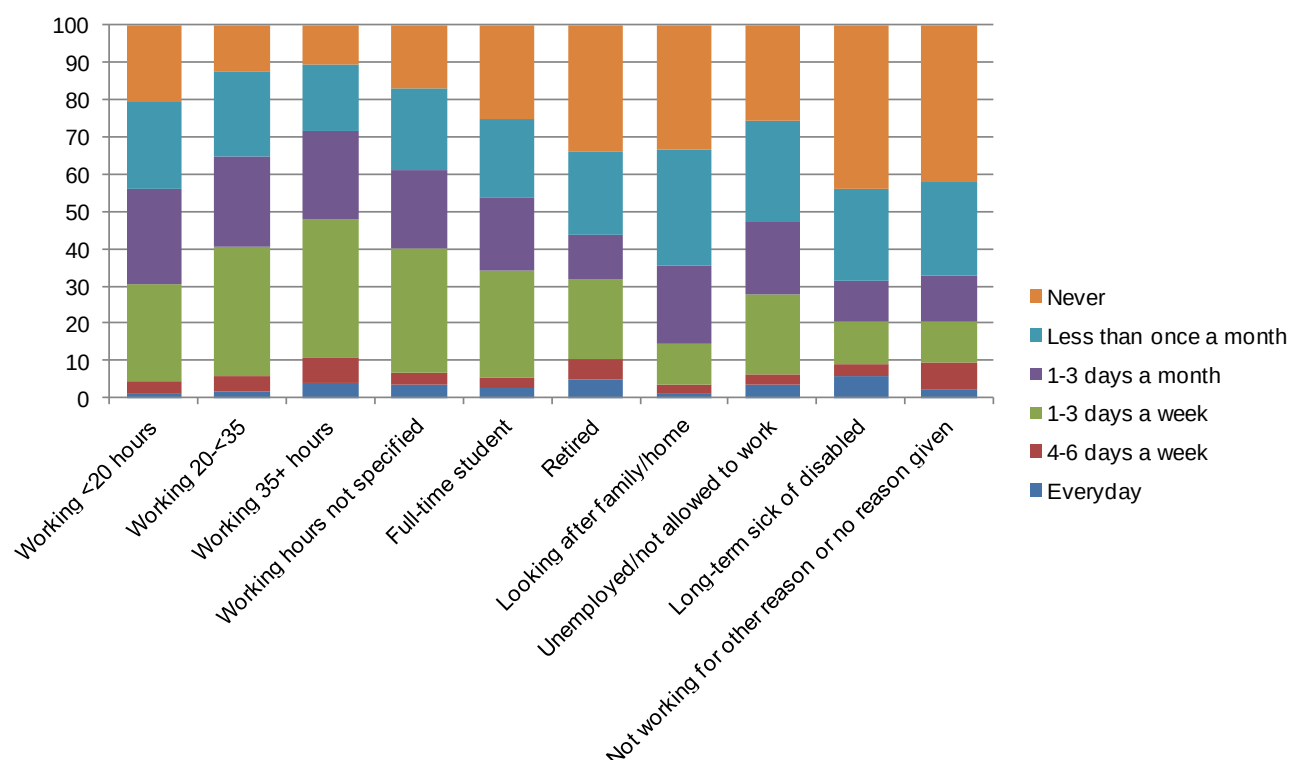
Survey responders in King's Park (4.4%), Ings (4.9%), Longhill (4.9%), St Andrew's (6.4%), Derringham (4.6%) and Newland (5.3%) were the most likely to drink everyday with more than one in ten drinking most days in Holderness and all the wards in Wyke Area (Avenue, Bricknell and Newland). Residents of Myton (34.4%), Newington (36.0%) and St Andrew's (31.8%) were the most likely to never drink alcohol. Further information is provided within the detailed tabulations in **section 5.5.1**.

Figure 57: Frequency of alcohol consumption (by deprivation and Area)



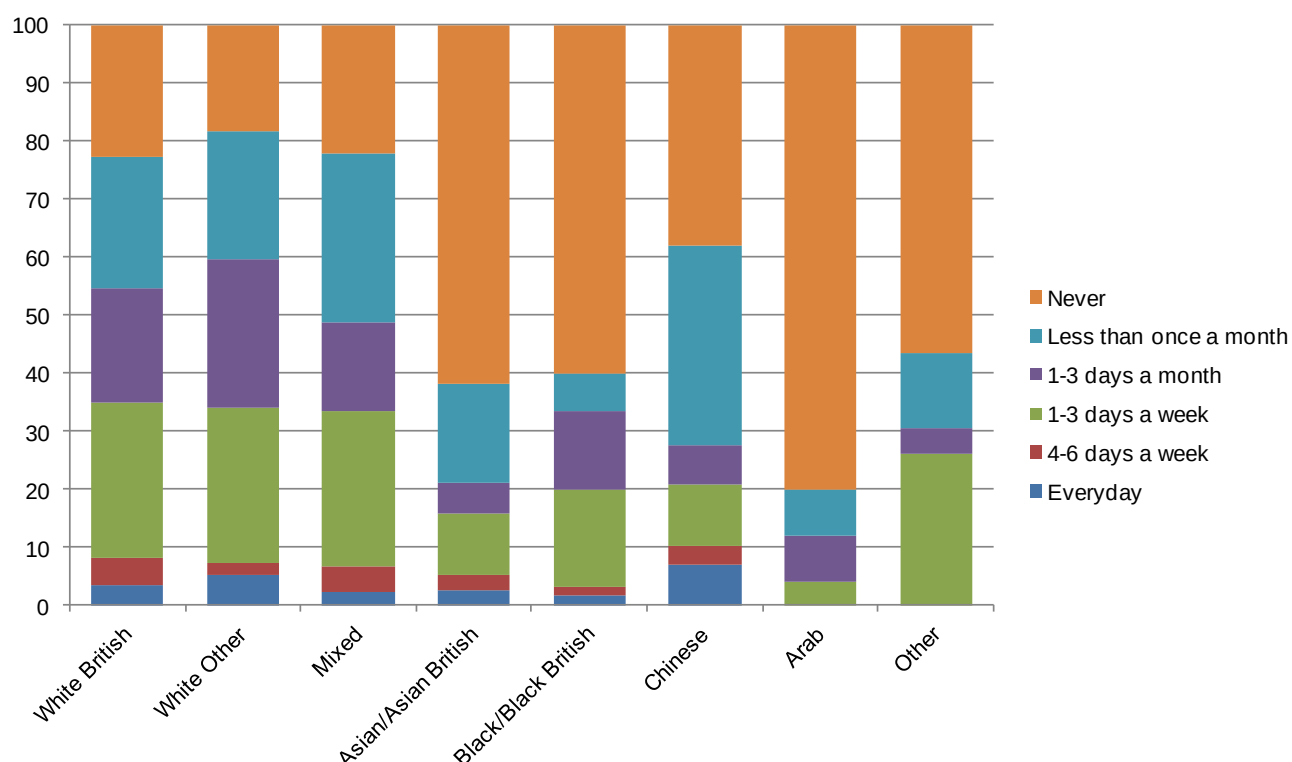
Survey responders who were working full-time (4.2%), retired (4.9%) or not working due to long-term illness or disability (6.0%) were the most likely to drink alcohol every day, and slightly over 10% of all survey responders who were working full-time or retired drank alcohol most days (4-7 days) as illustrated in **Figure 58**. Only 10.9% of full-time workers and 12.6% of those who worked 20-34 hours per week never drank alcohol compared to around 20% of those working who worked less than 20 hours per week or did not specify how many hours they worked. One-quarter of unemployed survey responders never drank alcohol as did around one-third of those who were retired or looking after the home and 44% of those who were not working due to long-term illness or disability.

Figure 58: Frequency of alcohol consumption (by employment status)



The frequency of drinking alcohol differed considerably by ethnicity as illustrated in **Figure 59**. Non-British White (5.3%) and Chinese (6.9%) survey responders were the most likely to drink every day, and none of the Arabs or Other BME groups drank alcohol most days (4-7 days a week). Around one-third of the White groups and Mixed drank alcohol weekly compared to one in five Chinese and Black or Black British, 16% of Asians or Asian British and 4% of Arabs. Around 20% of White and Mixed survey responders never drank alcohol compared to 38% of Chinese, 60% of Asian or Asian British and Black or Black British, and 80% of Arabs.

Figure 59: Frequency of alcohol consumption (by ethnicity)



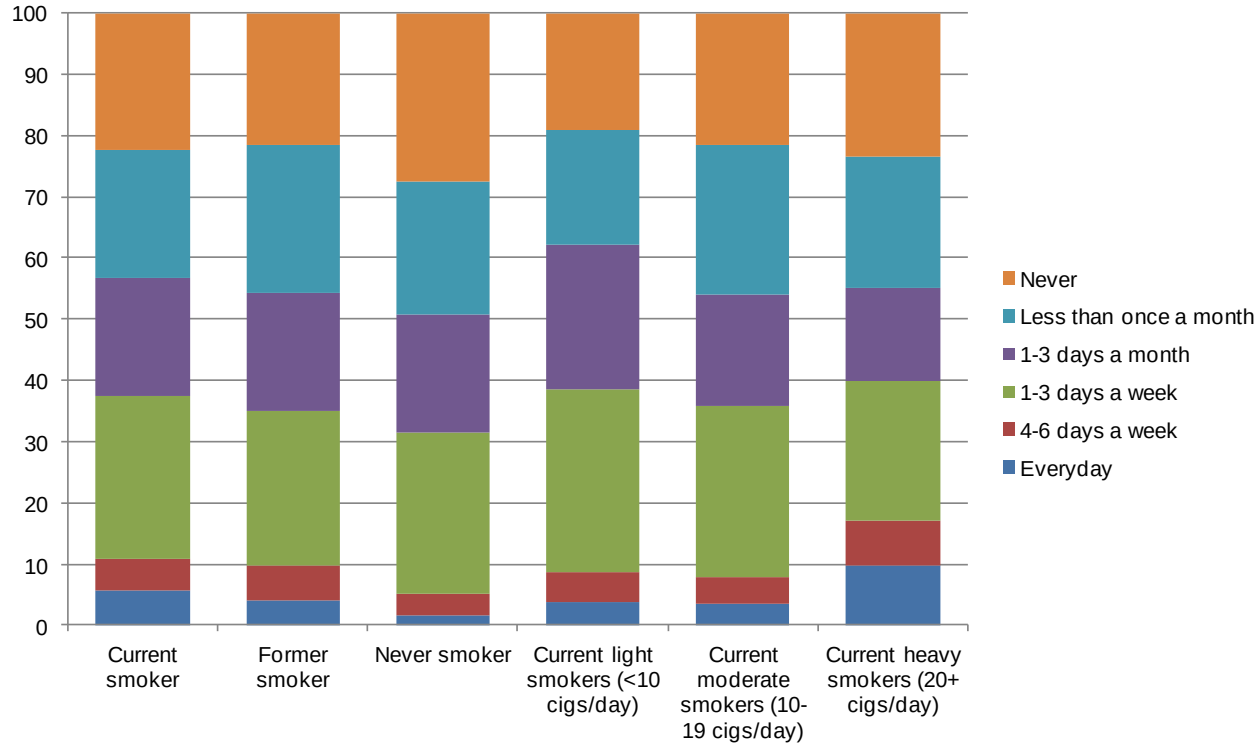
Survey responders in poor health (6.8%) and excellent health (4.0%) were the most likely to drink alcohol everyday with over 10% of those with poor health drinking alcohol most days of the week. However, survey responders in poor health were the most likely to never drink (47.2%) which was considerably higher than the percentages never drinking alcohol who were in good, very good or excellent health (around 20%). People who were less satisfied with life, felt their life was less worthwhile and were unhappy were the most likely to drink alcohol everyday but also more likely to never drink alcohol compared to those who were more satisfied, felt more worthwhile and were happy.

Survey responders who did not have a healthy diet, did not eat 5-A-DAY, never undertook physical activity, were current smokers or smoked 20+ cigarettes per day were more likely to drink alcohol every day. There were relatively small differences in the percentages drinking alcohol most days or weekly between different behaviours relating to diet, but this was not the case for physical activity or smoking. Whilst around 8% of survey responders drank alcohol most days regardless of what physical activity levels they had undertaken, the percentages who drank alcohol weekly differed quite substantially with 37.4% of those who fulfilled the 2011 national physical activity guidelines drinking alcohol weekly compared to 22.6% of those who never undertook physical activity (unsurprisingly the reverse pattern occurred in relation to never drinking alcohol with percentages 20.6% and 43.7% respectively).

Current smokers drank alcohol more frequently than former smokers, and former smokers drank alcohol more frequently than those who had never smoked (**Figure 60**). However, there were only small differences in the percentages who never drank alcohol between current smokers (22.3%) and former smokers (21.5%) but those who had never smoked were more likely to never drink alcohol (27.4%). Eleven percent of

current smokers drank alcohol most days (5.7% everyday) compared to 9.8% of former smokers (4.0% everyday) and 5.2% of never smokers (1.7% everyday). Smokers who smoked heavily (20+ cigarettes per day) were more likely to drink everyday (9.9%) compared to smokers who smoked 0-19 cigarettes per day (under 4%). They were also more likely to drink most days (17% versus 8%), but there were relatively small differences in the percentages who drank weekly.

Figure 60: Frequency of alcohol consumption (by smoking status)



People who were overweight were the most likely to drink alcohol every day, most days and weekly, and the least likely to never drink alcohol. Survey responders who were obese were the least likely to drink alcohol every day, most days and weekly, and the most likely to never drink alcohol.

Survey responders who lived with other adults in their home were slightly more likely to drink alcohol more frequently, and those who felt safe walking alone in their local area or alone in their home at night were more likely to drink alcohol every day, most days and weekly and least likely to never drink alcohol. This could be associated with deprivation with people living in the least deprived areas both being more likely to feel safe in their local area and more likely to drink alcohol. This pattern was evident for all ages and for those just aged 65+ years.

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.5.1**.

4.7.1.2 Trends Over Time

Frequency of alcohol consumption was also collected as part of previous local surveys (see **section 3.2.17**), and trends over time can be examined.

Figure 61 shows that there has been a general reduction in the frequency of alcohol consumption for both men and women, and **Figure 62** shows that this decrease has tended to be been greater for younger age groups, and for people living in the most deprived areas (**Figure 63**).

Figure 61: Frequency of alcohol consumption (by gender, trends over time)



Figure 62: Frequency of alcohol consumption (by age, trends over time)

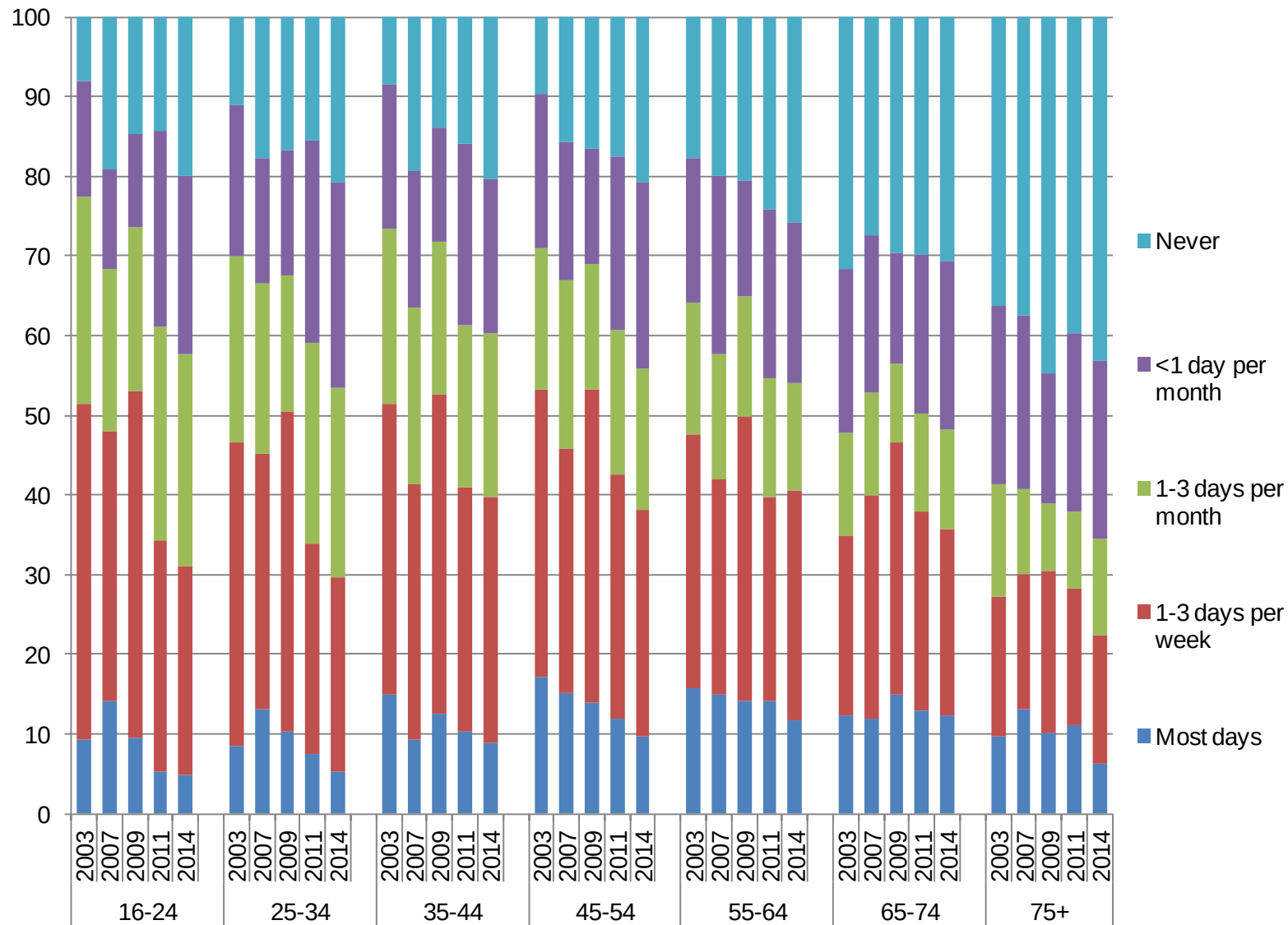
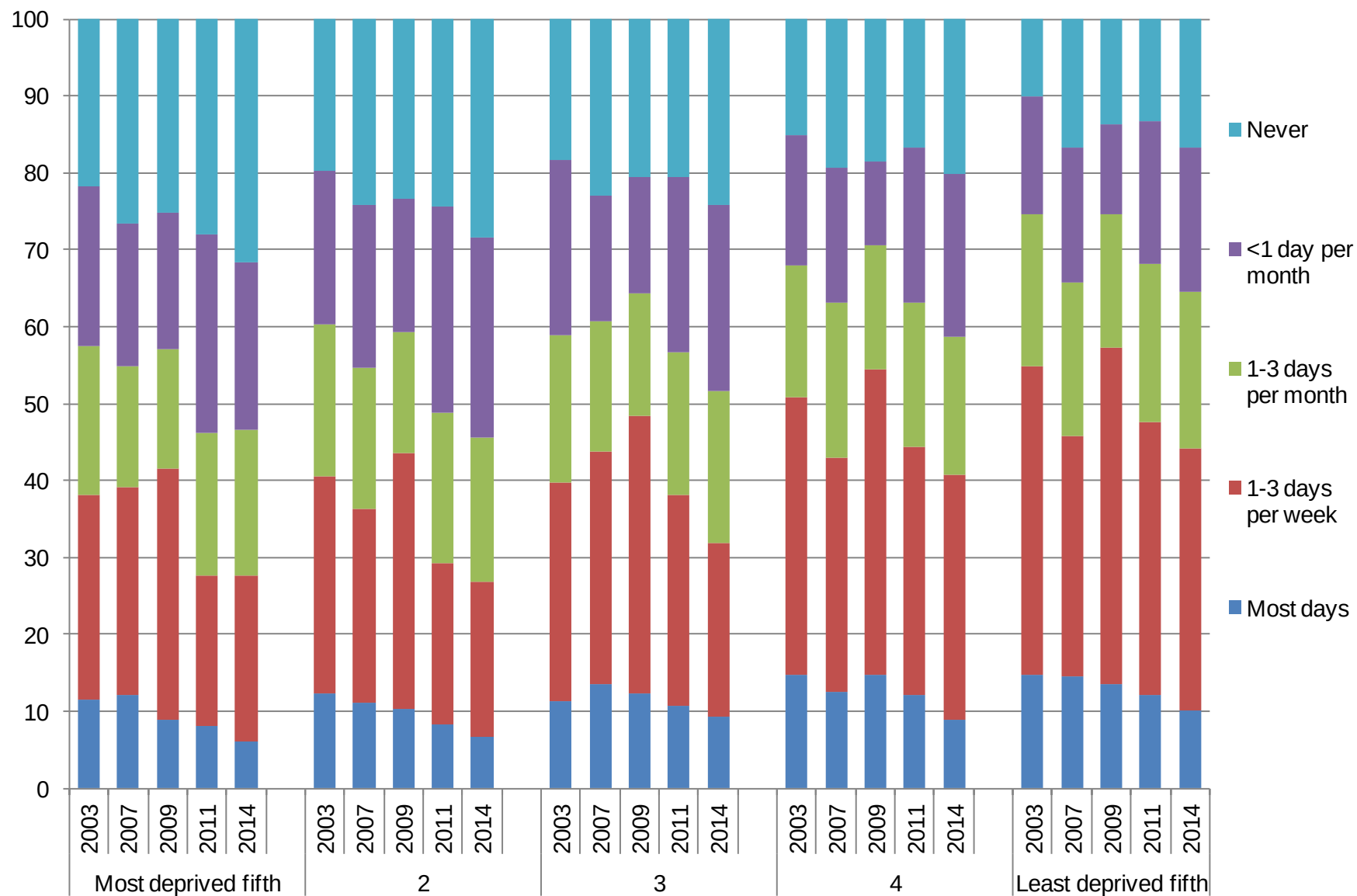


Figure 63: Frequency of alcohol consumption (by deprivation, trends over time)



4.7.2 Units in Previous Week (Based on 1995 Guidelines which were in Existence until December 2015)

As mentioned in **section 0**, the recommended guidelines for alcohol consumption changed in January 2016. Prior to that the 1995 recommendations were the latest guidelines for alcohol consumption and were used in the original report when it was published in July 2015. This current (version 2) report has been adjusted following this change, although the original information using the 1995 guidelines has been retained with new information presented following the change in 2016. The fundamental change to the guidelines is that there are no safe levels of alcohol consumption, and the change that impacts on this report is that the recommended maximum number of units for men is now 14 units per week. Thus the limit of 14 units per week now applies to both men and women. Excessive alcohol consumption is defined as drinking 15-35 units and dangerous drinking is defined as drinking 36+ units per week.

This section relates to the 1995 guidelines and the additional information relating to the 2016 guidelines can be found in **section 4.7.3**. Information relating to the impact of the 2016 guidelines in terms of the absolute change in the percentage drinking excessively or dangerously is given in **section 4.7.4**.

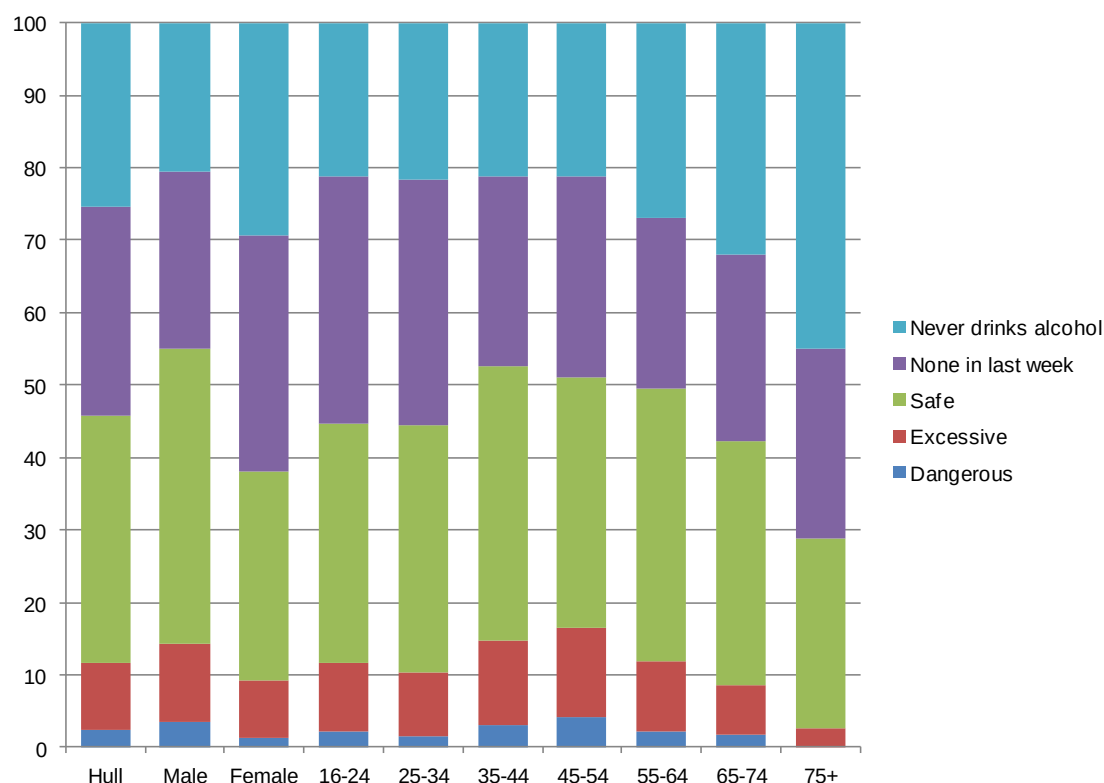
4.7.2.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.5.2**.

As mentioned earlier, around one-quarter (24.3%) of survey responders never drank alcohol. When examining frequency of drinking and the number of units survey responders had drunk the previous week, due to the differences in the number of people who answered the questions, there was a slight difference in the percentage of people who never drank alcohol with 25.3% never drinking alcohol. A further 28.8% had not drunk alcohol during the previous week, 34.3% drank within acceptable safe limits, 9.3% drank excessively and a further 2.3% drank dangerous levels of alcohol (11.6% excessive or dangerous levels) as illustrated in **Figure 64**. Men were more likely to drink too much alcohol compared to women with 10.8% of men drinking excessively and a further 3.4% drinking dangerous levels compared to 7.9% and 1.3% for women respectively.

Just over one-quarter of those aged 35+ years had had no alcohol in the previous week (although figure was slightly lower at 23.5% among those aged 55-64 years) compared to around one-third of those aged 16-34 years. People in their middle years were more likely to drink excessively or dangerously, with 16.5% of those aged 45-54 years drinking too much (12.5% excessively and 4.1% dangerously) and 14.7% of those aged 35-44 years (11.6% excessively and 3.1% dangerously). Between 10% and 12% of those aged 16-24, 25-34 and 55-64 years drank too much (2.2% or lower drinking dangerously). Older people were less likely to drink too much (8.6% among those aged 65-74 years and 2.6% among those aged 75+ years).

Figure 64: Units of alcohol consumed in previous week using 1995 alcohol guidelines which were in place until December 2015 (overall, and by gender and age)

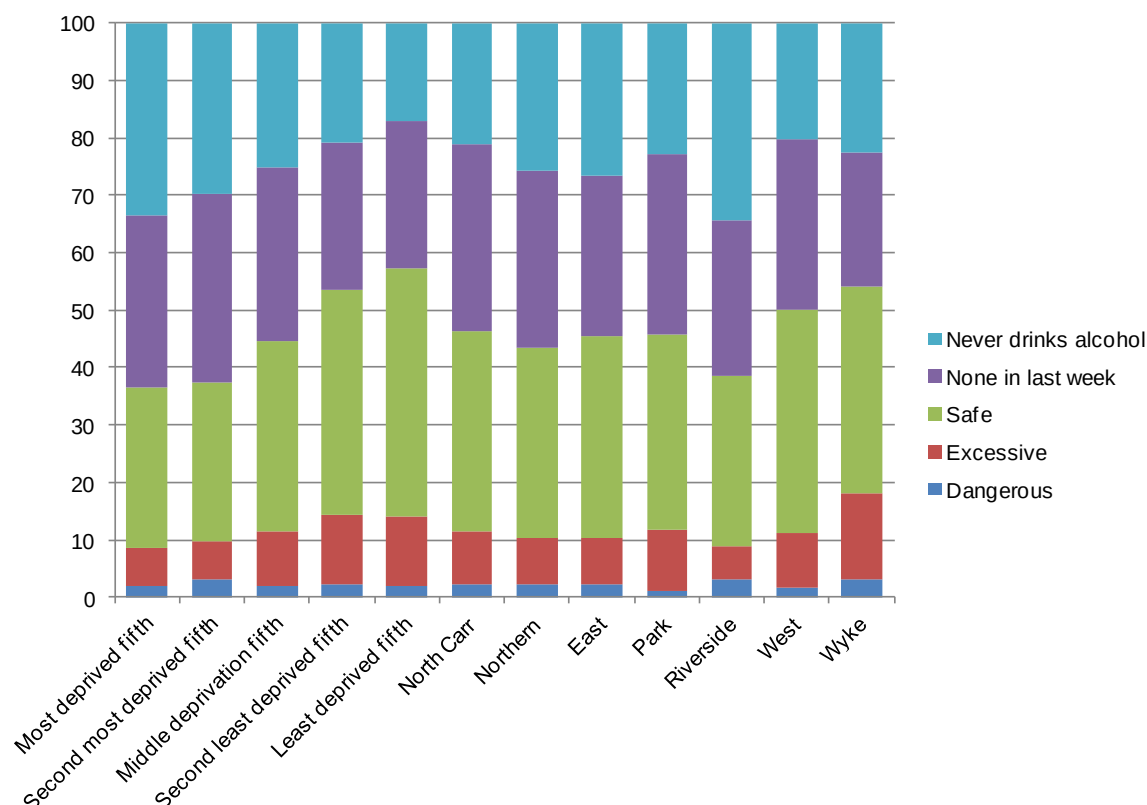


There was a relatively strong association with deprivation with people living in the least deprived and second least deprived fifth of areas more likely to drink too much (14.0% and 14.2% respectively) compared to those in the most and second most deprived fifths of areas (8.5% and 9.7% respectively) as illustrated in **Figure 65**. Similar percentages had drunk dangerous levels of alcohol units in the previous week (between 2.0% and 2.2% for four of the five deprivation groups and 3.2% among those in the second most deprived fifth), so the difference was in the percentage drinking excessive alcohol units (but not to dangerous levels).

Survey responders in Wyke were the most likely to drink too much with 3.2% drinking dangerous levels and a further 14.8% drinking excessive levels (total 18.0%). This was much higher than other Areas (range 10.2% to 11.7% for all except Riverside). Whilst Riverside had a relatively high percentage of survey responders who drank dangerous levels (3.0%), survey responders from Riverside were the least likely to drink too much (8.9%) as Riverside had the lowest percentage drinking excessively.

Survey responders in King's Park (16.0%), Newland (19.3%) and Bricknell (22.9%) were the most likely to have drunk too much alcohol the previous week exceeding weekly guidelines, and survey responders in Newington (6.5%) and Bransholme West (7.2%) were the least likely to have done so. Survey responders in Bricknell (5.3%), Myton (3.9%), St Andrew's (3.4%) and Newington (3.0%) were the most likely to have drunk alcohol to dangerous levels during the previous week (see **section 5.5.2** for more information).

Figure 65: Units of alcohol consumed in previous week using 1995 alcohol guidelines which were in place until December 2015 (by deprivation and Area)



Around 15% of those who were working more than 20 hours per week drank excessive or dangerous levels of alcohol with 3.5% of those working full-time drinking dangerous levels. Thirteen percent of full-time students had drunk too much the previous week 12.1% of those working part-time (fewer than 20 hours per week) and 10.4% for those who were unemployed.

Around 10% or more of White British (11.9%), White Other (9.8%) and Mixed (12.2%) BME survey responders had drunk too much the previous week with 2.3%, 1.6% and 4.9% of drinking dangerous levels respectively.

Survey responders who were in better health and without limiting long-term illness or disability were more likely to drink excessively or dangerously, which is likely associated with age and deprivation, although there were relatively small differences in the percentages for differing levels of wellbeing. Examining excessive and dangerous drinking separately, survey responders who had poor levels of feeling satisfied with life (3.8%), feeling their life was worthwhile (3.5%) and were unhappy (4.4%) were more likely to drink dangerous levels of alcohol compared to those who had higher / better levels of satisfaction (2.2% and 2.1% for better/higher scores of 5-7 and 8-10), feelings of life being worthwhile (2.8% and 1.8% for scores 5-7 and 8-10 respectively) and happiness (2.2% and 1.8% for scores 5-7 and 8-10 respectively). Survey responders with a poor / high anxiety scores were also slightly more likely to drink to dangerous levels (2.8% versus 1.9% and 2.3% for better/lower scores 3-5 and 0-2 respectively), although survey responders with the least anxiety (score 0-2) were the most likely to drink excessively or dangerously (this could be associated with deprivation).

People who ate a less healthy diet were more likely to drink dangerously and excessively or dangerously combined, as were those who fulfilled recommended physical activity levels. Thirteen percent of those who undertook physical activity to 2011 physical activity guidelines drank excessively (11.0%) or dangerously (2.4%). Whilst the survey responders who never undertook physical activity were the least likely to drink excessively or dangerously, they had the highest percentage drinking dangerously (2.8% drank dangerously with further 4.5% drinking excessively).

It was noted earlier that current and former smokers drank alcohol more frequently than never smokers, so it is not surprising that higher percentages exceeded the recommended weekly limits. Sixteen percent of current smokers drank too much (12.2% excessively and 3.9% dangerously), compared to 11.3% of former smokers (9.3% excessively and 2.0% dangerously) and 8.3% of never smokers (6.9% excessively and 1.4% dangerously). Smokers who smoked fewer than 10 cigarettes per day were the most likely to drink excessively (14.0%), but smokers who smoked 20+ cigarettes per day were the most likely to drink to dangerous levels (6.5%). As a result smokers who smoked 10-19 cigarettes per week were the least likely to drink either excessively or dangerously (14.1%) compared to both light smokers (17.2%) and heavy smokers (19.1%). People who were overweight were more likely to drink to dangerous levels (3.0%) compared to those who were underweight / desirable weight or obese (both 2.1%) and those overweight were also more likely to drink excessively or dangerously (13.9%) compared to those who were underweight or desirable weight (11.6%) or obese (10.4%). Those who lived with other adults in the household were more likely to drink dangerously or excessively, as were those who felt a bit or very unsafe in their local area.

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.5.2**.

4.7.2.2 Trends Over Time

Units in the previous week were also collected as part of previous local surveys (see **section 3.2.17**), and trends over time can be examined.

For both men and women, the percentage of survey responders who did not drink alcohol during the previous week (including those who never drink) has increased, but in contrast the numbers drinking excessively or dangerously for women has increased over time (**Figure 66**). The increase in the percentage who had not drunk during the previous week was evident for all ages with the reduction greatest among those aged 16-24 and 25-34 years (**Figure 67**). For these younger age groups, there also was a general reduction in the percentages exceeding the weekly recommended units although there was variability across the surveys. There were fewer differences among the older age groups with an increasing trend over time among those aged 65-74 years. Among survey responders living in the most deprived and second most deprived fifth of areas of Hull, the percentage of survey responders who had not drunk alcohol during the previous week increased between 2003 and 2014, and the percentage exceeding

the weekly recommended alcohol units reduced (**Figure 68**). However, among the other three deprivation groups, there were fewer differences in the trends over time.

Figure 66: Units of alcohol consumed in previous week using 1995 alcohol guidelines which were in place until December 2015 (by gender, trends over time)

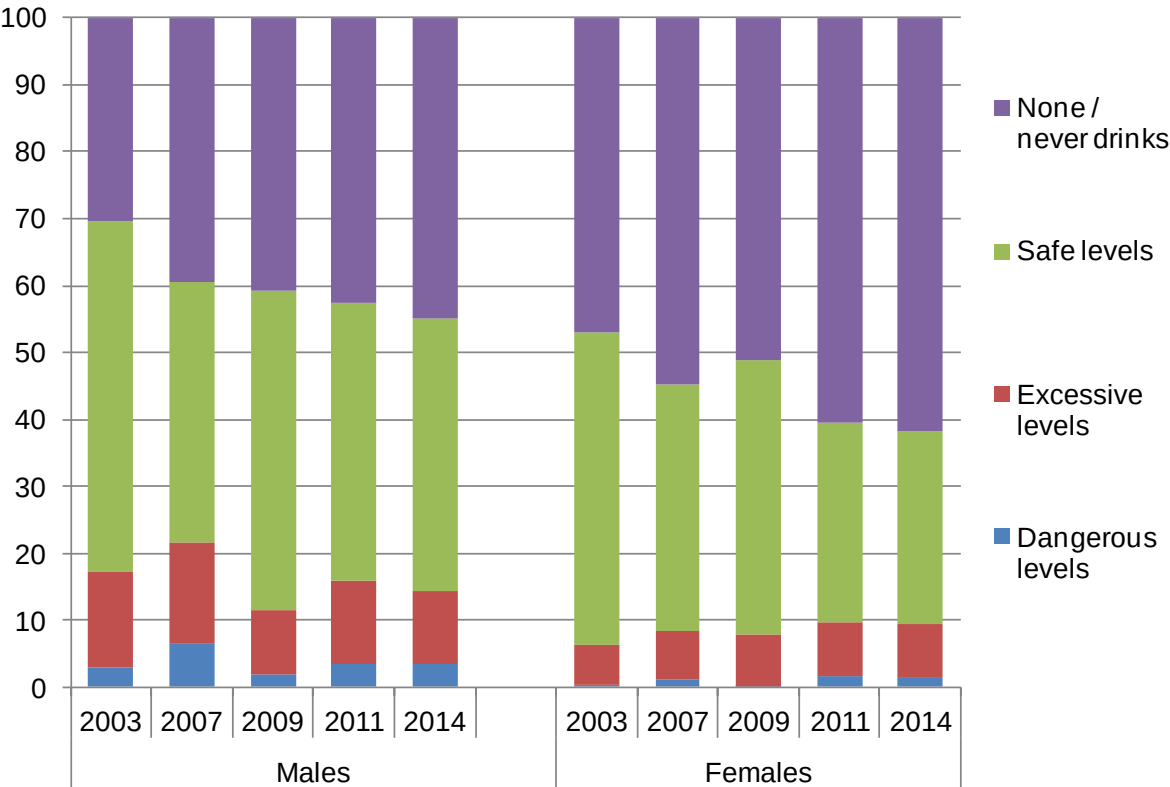


Figure 67: Units of alcohol consumed in previous week using 1995 alcohol guidelines which were in place until December 2015 (by age, trends over time)

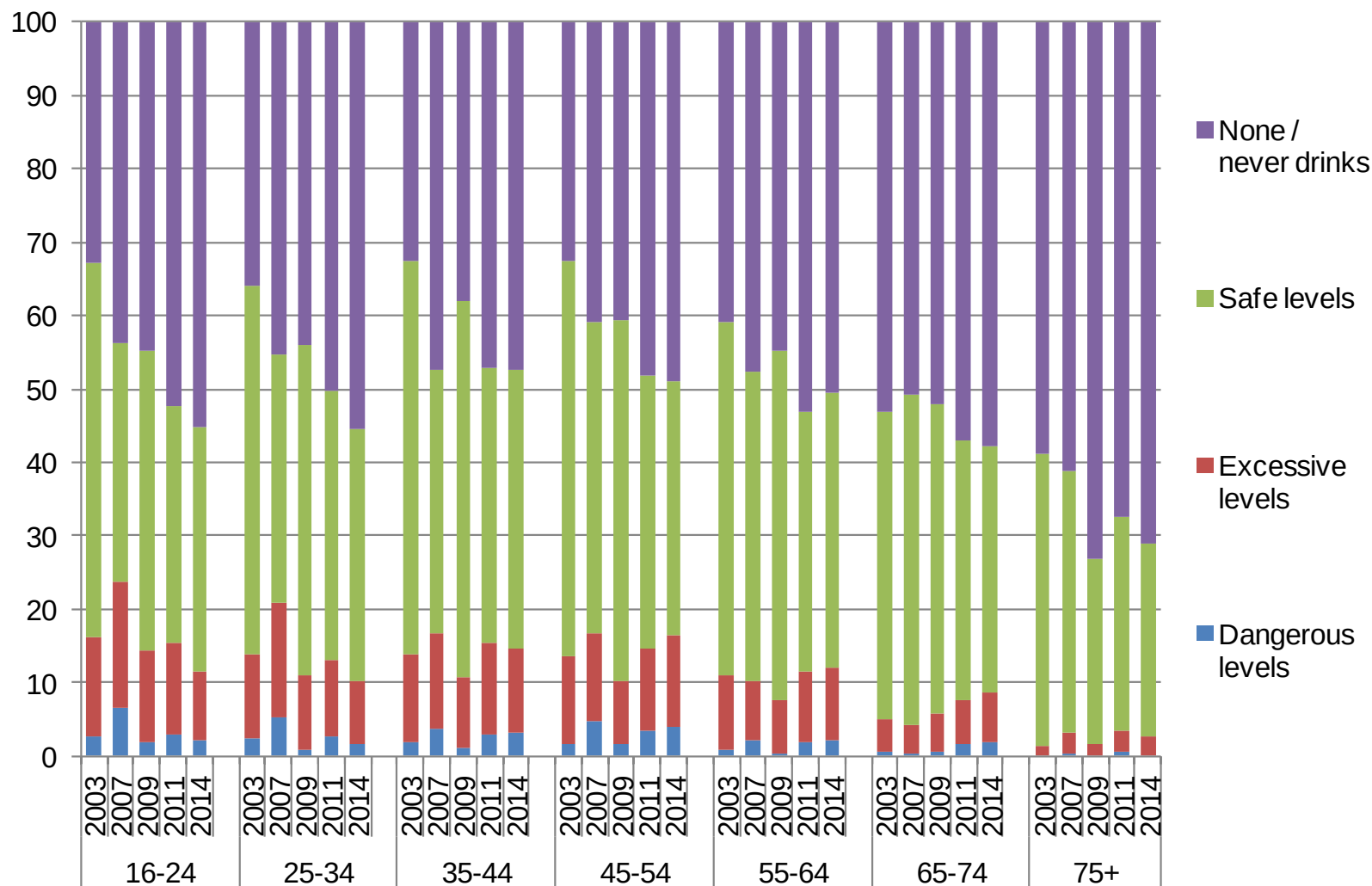
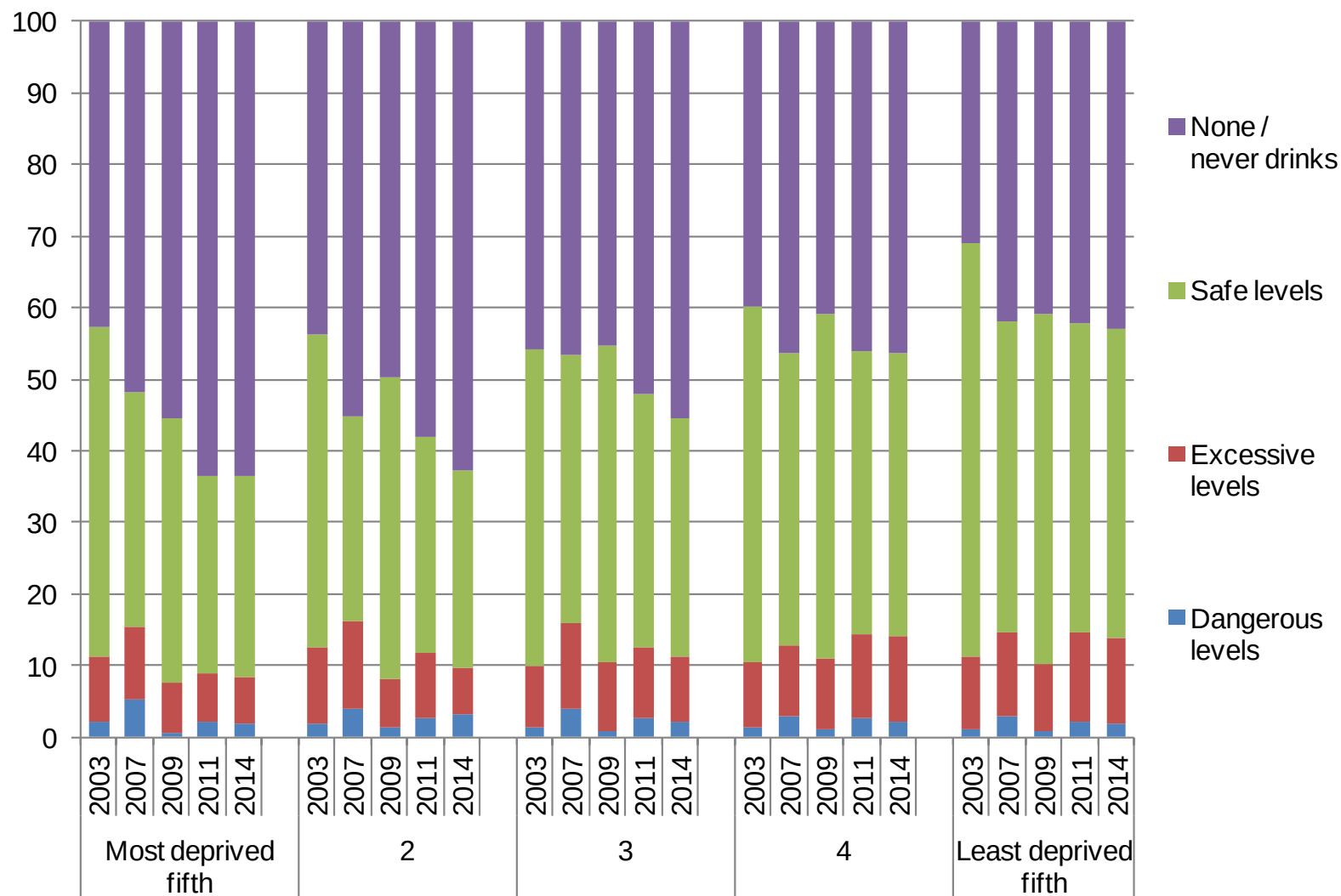


Figure 68: Units of alcohol consumed in previous week using 1995 alcohol guidelines which were in place until December 2015 (by deprivation, trends over time)



4.7.3 Units in Previous Week (Based on 2016 Guidelines)

As mentioned in **section 0**, the recommended guidelines for alcohol consumption changed in January 2016. Prior to that the 1995 recommendations were the latest guidelines for alcohol consumption and were used in the original report when it was published in July 2015. This current (version 2) report has been adjusted following this change, although the original information using the 1995 guidelines has been retained with new information presented following the change in 2016. The fundamental change to the guidelines is that there are no safe levels of alcohol consumption, and the change that impacts on this report is that the recommended maximum number of units for men is now 14 units per week. Thus the limit of 14 units per week now applies to both men and women. Excessive alcohol consumption is defined as drinking 15-35 units and dangerous drinking is defined as drinking 36+ units per week.

This new section relates to the 2016 guidelines (information relating to the 1995 guidelines can be found in **section 4.7.2**). The impact is only on males, so the data in **section 4.7.2** relating to females only remains unchanged in this section. Information relating to the impact of the 2016 guidelines in terms of the absolute change in the percentage drinking excessively or dangerously is given in **section 4.7.4**.

4.7.3.1 Current Prevalence

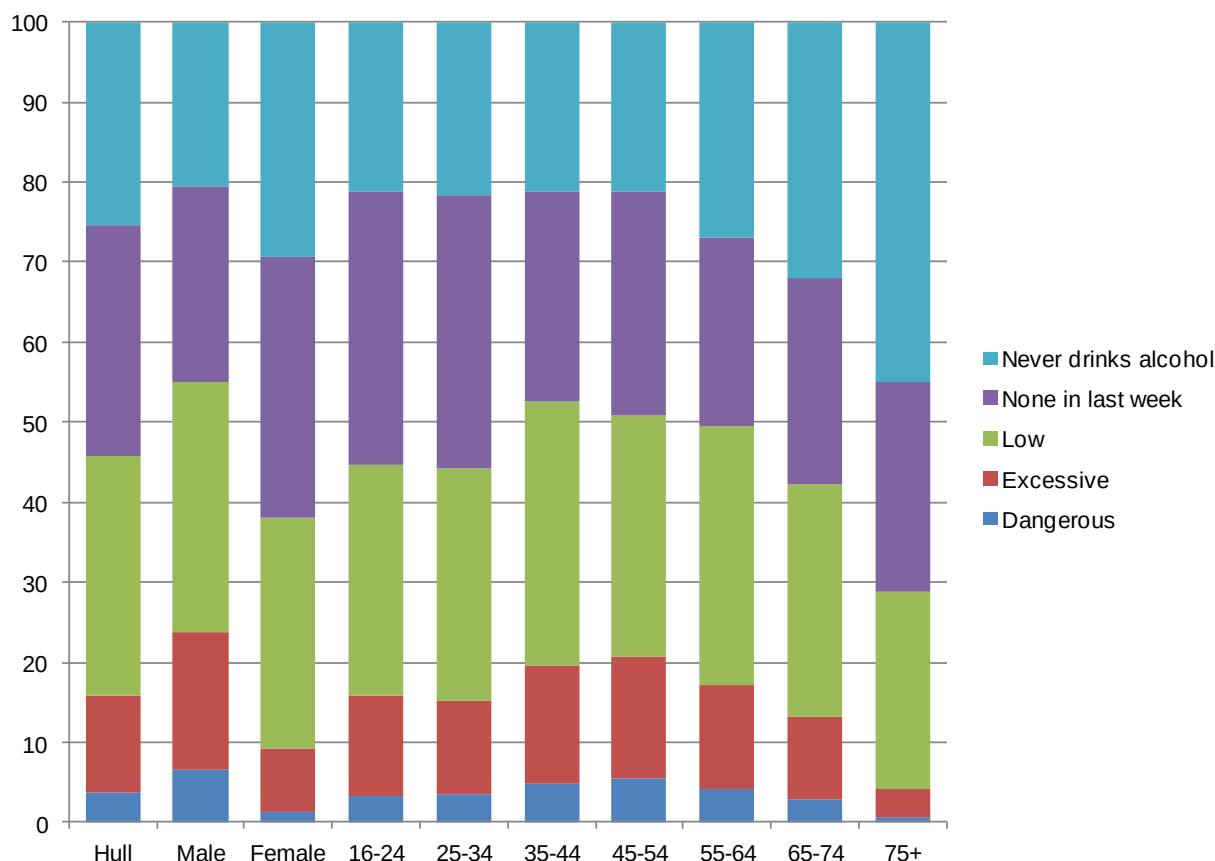
The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.5.3**.

As mentioned earlier, 25.3% of survey responders never drank alcohol and a further 28.8% had not drunk alcohol during the previous week. Based on the new 2016 alcohol guidelines, 29.9% drank low levels of alcohol (14 or fewer units last week), 12.2% drank excessively (14-35 units last week) and a further 3.7% drank dangerous levels of alcohol (more than 35 units last week), so 15.9% drank excessive or dangerous levels as illustrated in **Figure 69**. Based on the 1995 guidelines, men were more likely to drink too much alcohol compared to women (10.8% of men drinking excessively and a further 3.4% drinking dangerous levels compared to 7.9% and 1.3% for women respectively) and this was magnified following the reduction in the number of units classified as excessive and dangerous for men. Based on the 2016 guidelines, 17.2% men drank excessively and a further 6.5% drank at dangerous levels giving a total of 23.8% drinking too much alcohol (compared to 9.3% for women – same percentages as those presented earlier in relation to 1995 guidelines).

People in their middle years were more likely to drink excessively or dangerously, with 20.6% of those aged 45-54 years drinking too much (15.2% at excessive and 5.4% at dangerous levels), 19.6% among those aged 35-44 years (14.8% at excessive and 4.8% at dangerous levels) and 17.3% among those aged 55-64 years (13.0% at excessive and 4.2% at dangerous levels). Among the younger age groups, 15.7% of those aged 16-24 years and 15.1% of those aged 25-34 years drank too much (around 12-13% at excessive and 3% at dangerous levels). The percentages were lowest among the older age groups at 13.2% for those aged 65-74 years (10.3% at excessive

and 2.9% at dangerous levels) and 4.2% for those aged 75+ years (3.4% at excessive and 0.7% at dangerous levels).

Figure 69: Units of alcohol consumed in previous week using 2016 alcohol guidelines (overall, and by gender and age)



There was a relatively strong association with deprivation with people living in the least deprived and second least deprived fifth of areas more likely to drink too much (19.0% and 19.2% respectively) compared to those in the most deprived fifths of areas (12.0%) as illustrated in **Figure 70**. The change in the percentages following the change in the recommended alcohol units across the deprivation fifths was similar increasing by around 5 percentage points for each of the deprivation fifths.

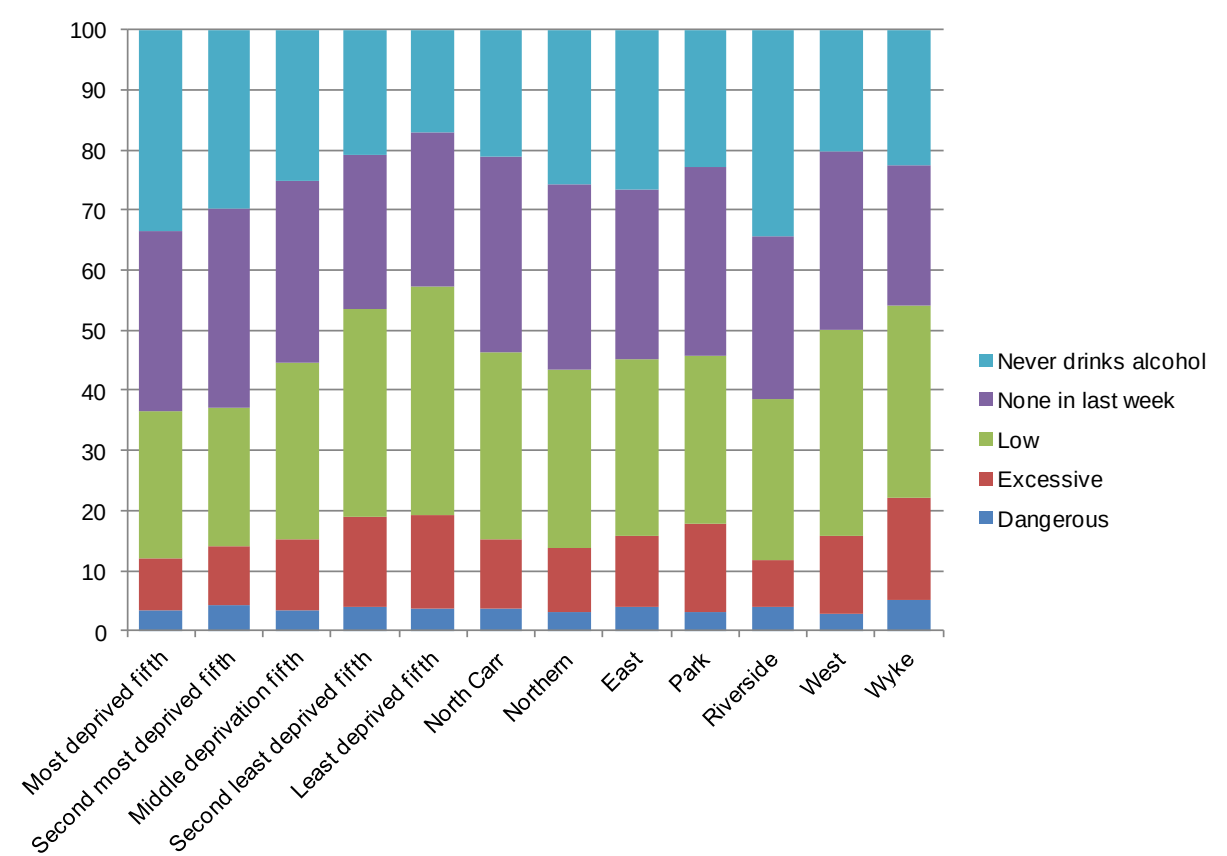
Based on the 1995 alcohol guideline limits, between 2.0% and 2.2% for four of the five deprivation groups and 3.2% among those in the second most deprived fifth had drunk at dangerous levels the previous week, but there was a greater difference among the deprivation fifths with the 2016 guidelines, although no clear pattern with deprivation. Based on the 2016 guidelines, the percentages drinking at dangerous levels (more than 35 units previous week) were 3.3%, 4.1%, 3.5%, 3.9% and 3.7% for the most, second most, middle, second least and least deprived fifths respectively.

Survey responders in Wyke were the most likely to drink too much with 5.2% drinking dangerous levels and a further 17.0% drinking excessive levels (total 22.2%). This was higher than Park (17.7%) and the other Areas (range 11.8% to 15.7% for remaining five Areas). Whilst Riverside had a relatively high percentage of survey responders who

drunk dangerous levels (4.1%), survey responders from Riverside were the least likely to drink too much (11.8%) as Riverside had the lowest percentage drinking excessively (7.7%).

Survey responders in Bricknell (27.6%), Newland (25.5%) and King’s Park (20.0%) were the most likely to have drunk too much alcohol the previous week exceeding weekly guidelines (more than 14 units previous week), and survey responders in Newington (9.5%), Drypool (11.6%) and Orchard Park and Greenwood (11.7%) were the least likely to have done so. Survey responders in Newland (6.2%), Bricknell (5.9%), Myton (5.5%), St Andrew’s (5.4%) and King’s Park (5.0%) were the most likely to have drunk alcohol to dangerous levels (more than 35 units previous week) during the previous week (see **section 5.5.3** for more information).

Figure 70: Units of alcohol consumed in previous week using 2016 alcohol guidelines (by deprivation and Area)



The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.5.3**.

4.7.3.2 Trends Over Time

Whilst the actual percentages differ (are higher), the general trend over time in the percentages drinking at excessive or dangerously levels weekly remain relatively unchanged using the 2016 guidelines to define excess (**Figure 71**) from those observed in **Figure 66** (no change to women as recommended limits remain unchanged). The same can be said (higher levels but same general trend pattern) when examining the trends over time in relation to age (**Figure 72**) and deprivation (**Figure 73**).

Figure 71: Units of alcohol consumed in previous week using 2016 alcohol guidelines (by gender, trends over time)

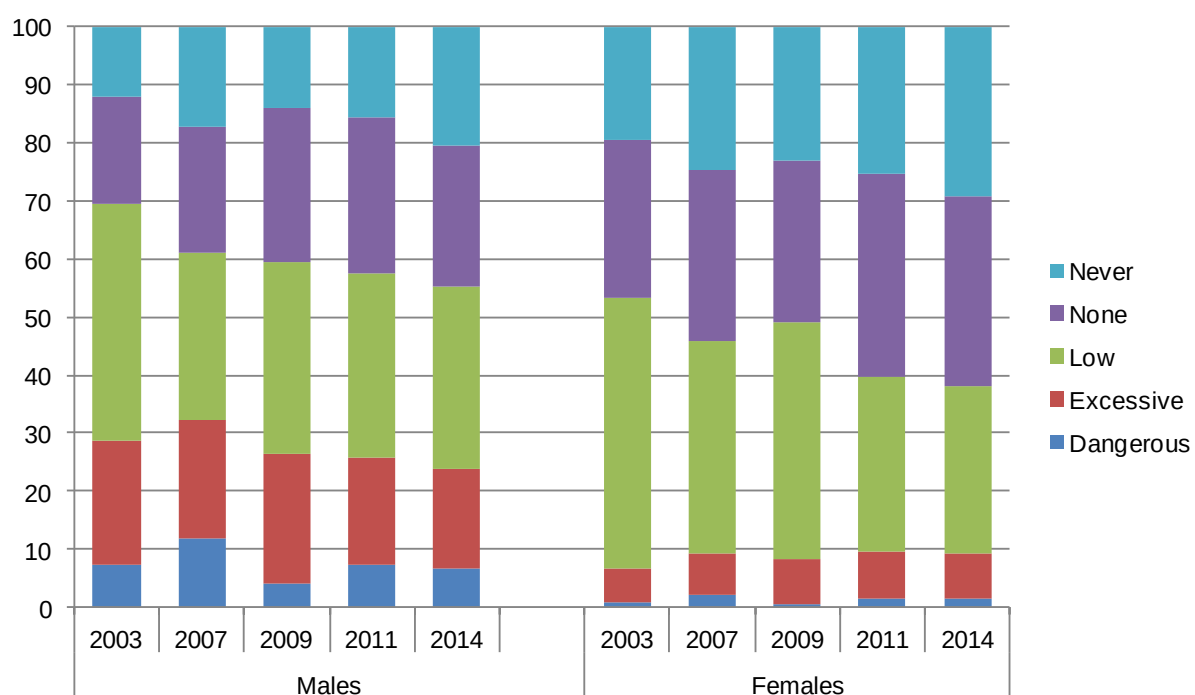


Figure 72: Units of alcohol consumed in previous week using 2016 alcohol guidelines (by age, trends over time)

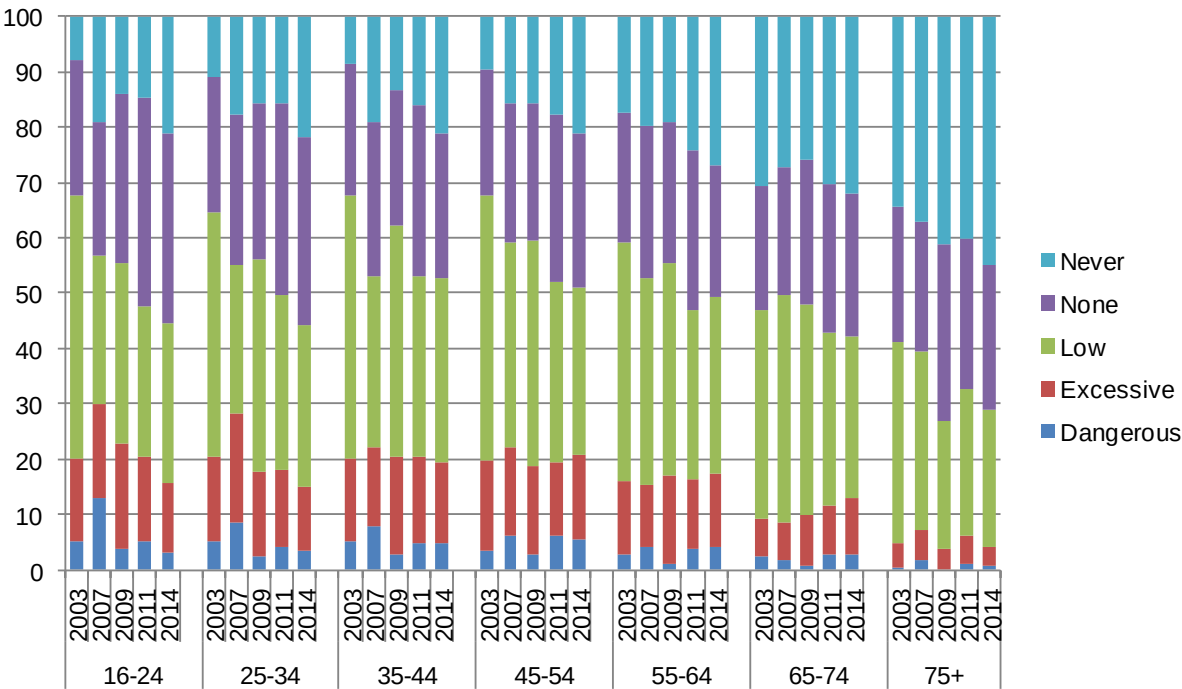
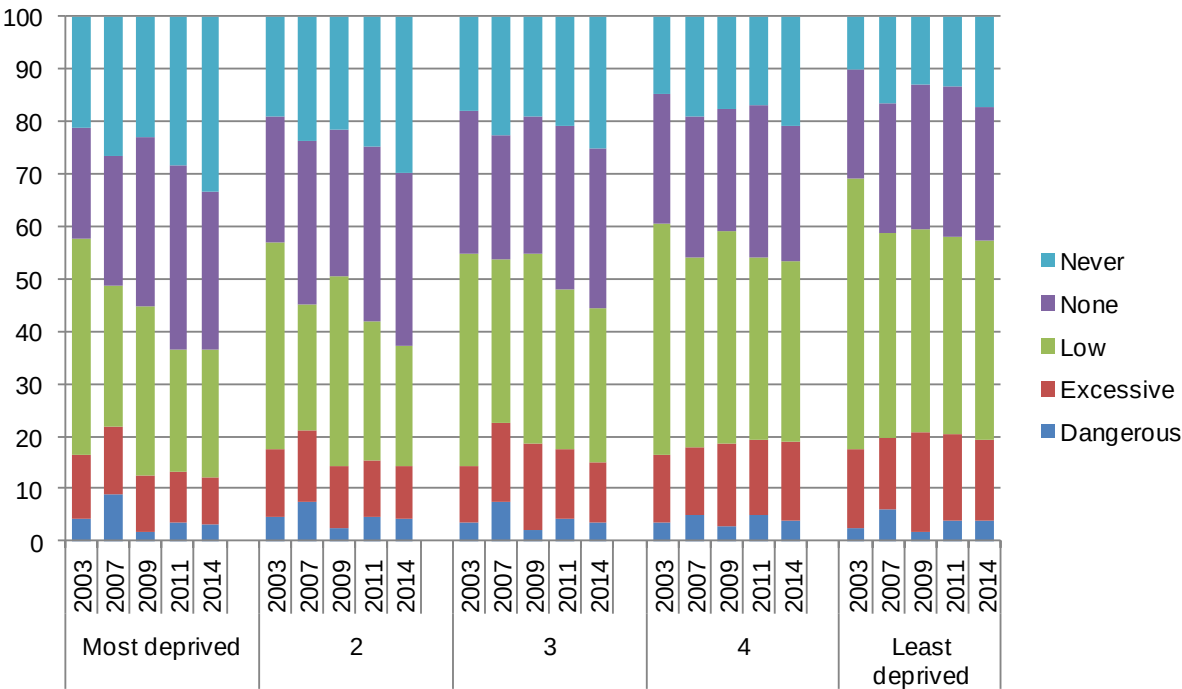


Figure 73: Units of alcohol consumed in previous week using 2016 alcohol guidelines (by deprivation, trends over time)



4.7.4 Units in Previous Week (Impact of Change to Alcohol Guidelines)

As mentioned in **section 0**, the recommended guidelines for alcohol consumption changed in January 2016. Prior to that the 1995 recommendations were the latest guidelines for alcohol consumption and were used in the original report when it was published in July 2015. This current (version 2) report has been adjusted following this change, although the original information using the 1995 guidelines has been retained with new information presented following the change in 2016. The fundamental change to the guidelines is that there are no safe levels of alcohol consumption, and the change that impacts on this report is that the recommended maximum number of units for men is now 14 units per week. Thus the limit of 14 units per week now applies to both men and women. Excessive alcohol consumption is defined as drinking 15-35 units and dangerous drinking is defined as drinking 36+ units per week.

This new section provides additional information on the impact of the 2016 guidelines in terms of the absolute change in the percentage drinking excessively or dangerously. The percentages drinking excessively are given in **section 4.7.2** in relation to the 1995 guidelines and in **section 4.7.3** in relation to the 2016 guidelines.

4.7.4.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.5.4**.

Figure 74 illustrates the absolute difference (increase) in prevalence of drinking excessively or dangerously or both following the change to the alcohol guidelines. It can be seen that the increase in prevalence of excessive only drinking is around 3 percentage points overall (from 9.3% to 12.2%) and across most of the age groups with the exception of the oldest age group where the increase in prevalence is 0.9 percentage points. Although not all the older age groups have small increases as the 65-74 year age group has the highest increase of all the ten-year age bands at 3.5 percentage points. The increase in prevalence among the men is 6.4 percentage points (increasing from 10.8% to 17.2%).

The increase in the prevalence of dangerous drinking does differ more over the age groups and is 1.4 percentage points overall (men and women combined increasing from 2.3% to 3.7%), and 3.1 percentage points for men (increasing from 3.4% to 6.5%). Across the age groups, the increase in the prevalence ranges from 0.7 to 2.0 percentage points with the youngest and oldest age groups tending to have the smallest increases and those aged 55-64 years having the largest increases.

Overall, the percentages drinking excessively or dangerously increased from 11.6% to 15.9% an increase of 4.4 percentage points with an increase of 9.5 percentage points for men increasing by 14.3% to 23.8%. Across the age groups, the increases were around 5 percentage points – slightly lower for those aged 45-54 years and 16-24 years (4.1 and 4.2 percentage points respectively), lowest for those aged 75+ years (1.6

percentage points) and slightly higher for those aged 55-64 years (5.3 percentage points).

Figure 74: Absolute change in percentage drinking excessively and/or dangerously following change to alcohol guidelines in 2016 (overall, and by gender and age)

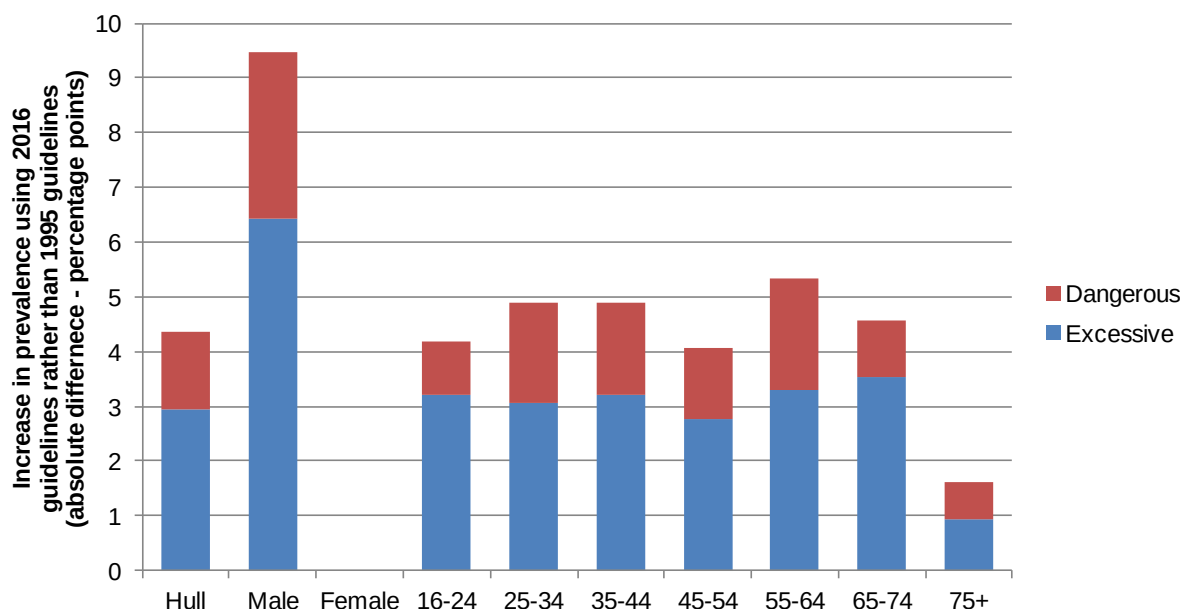
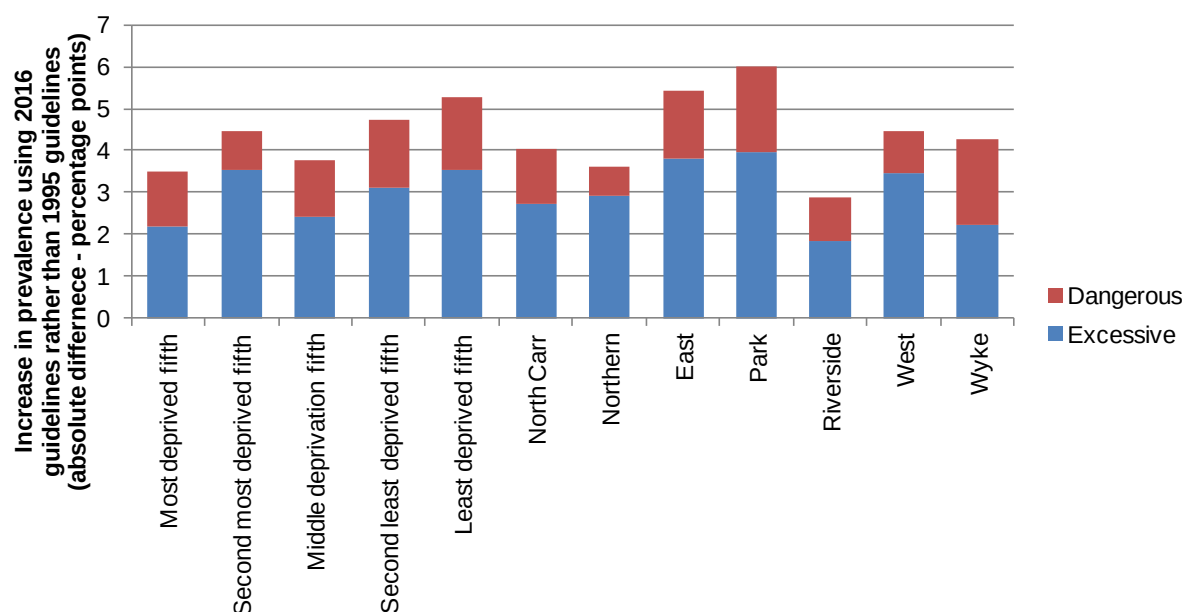


Figure 75 illustrates the increase in prevalence by each of the deprivation fifths and Areas. The increase in prevalence of excessive or dangerous drinking is highest among the least deprived areas with an increase of 3.5 percentage points (from 8.5% to 12.0%) among those living in the most deprived fifth of areas compared to an increase of 5.3 percentage points (from 14.0% to 19.2%) among those living in the least deprived fifth of areas. There were relatively large differences in the increases among the Areas. The increase in prevalence of excessive or dangerous drinking were lowest in Riverside (2.9 percentage points increasing from 8.9% to 11.8%) and highest in Park (6.0 percentage points increasing from 11.7% to 17.7%).

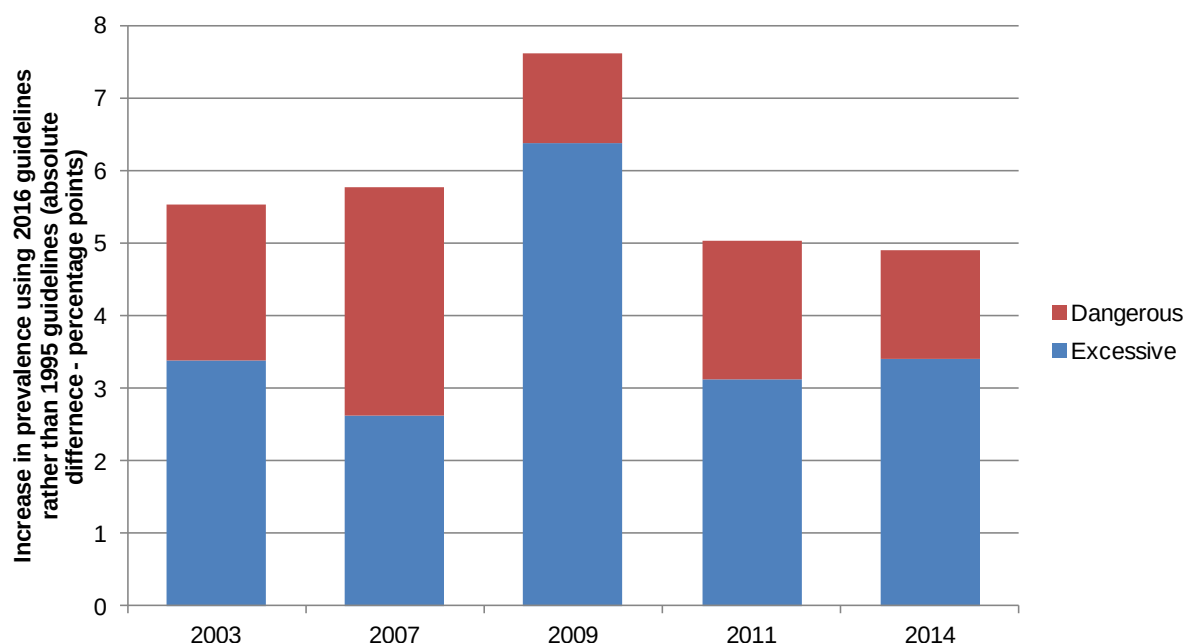
Figure 75: Absolute change in percentage drinking excessively and/or dangerously following change to alcohol guidelines in 2016 (by deprivation and Area)



4.7.4.2 Trends Over Time

Figure 76 illustrates the increase in prevalence over time. The absolute increase in the prevalence of excessive and dangerous weekly drinking does differ across the different local survey time periods, and the reason for this is not clear. It could be associated with the surveys or slightly differences in the composition of the survey responders within those surveys in terms of age, gender, deprivation and Areas which have shown above to influence the increase in the prevalence (although quota sampling was used in all but the 2003 surveys so the general composition of the survey responders was similar to the Hull population with respect to these four characteristics). Thus there was no real trend of pattern in relation to time, that is, the increase in prevalence has not increased or decreased over time following the change to the alcohol guidelines.

Figure 76: Absolute change in percentage drinking excessively and/or dangerously following change to alcohol guidelines in 2016 (trends over time)



4.7.5 *Binge Drinking*

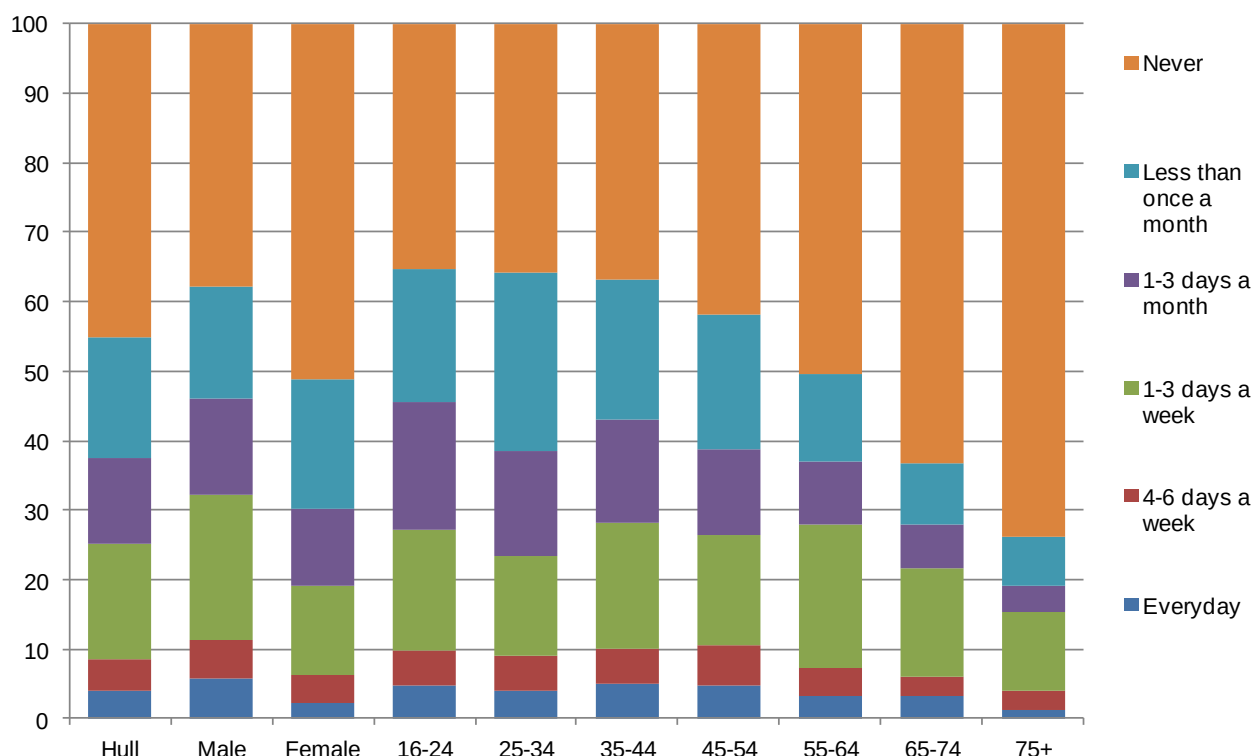
4.7.5.1 *Current Prevalence*

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.5.5**.

Forty-five percent of all survey responders never binge drink (37.9% of men and 51.2% of women) as illustrated in **Figure 77**. A further 17.4% binge drink less frequently than once a month and 12.4% binge drink 1-3 days a month. Overall, 25.1% of all survey responders were defined as binge drinkers as they usually exceeded twice the recommended daily units at least once a week (32.2% of men and 19.1% of women).

Just over one-third of all survey responders aged 16-34 years never binge drink compared to almost three-quarters of those aged 75+ years. Similar percentages, just over one-quarter of all survey responders, were defined as binge drinkers among those aged under 65 years (range 26.5% to 28.2% although slightly lower at 23.5% among those aged 25-34 years), but the percentages were slightly lower among those aged 65-74 years (21.7%) and 75+ years (15.3%).

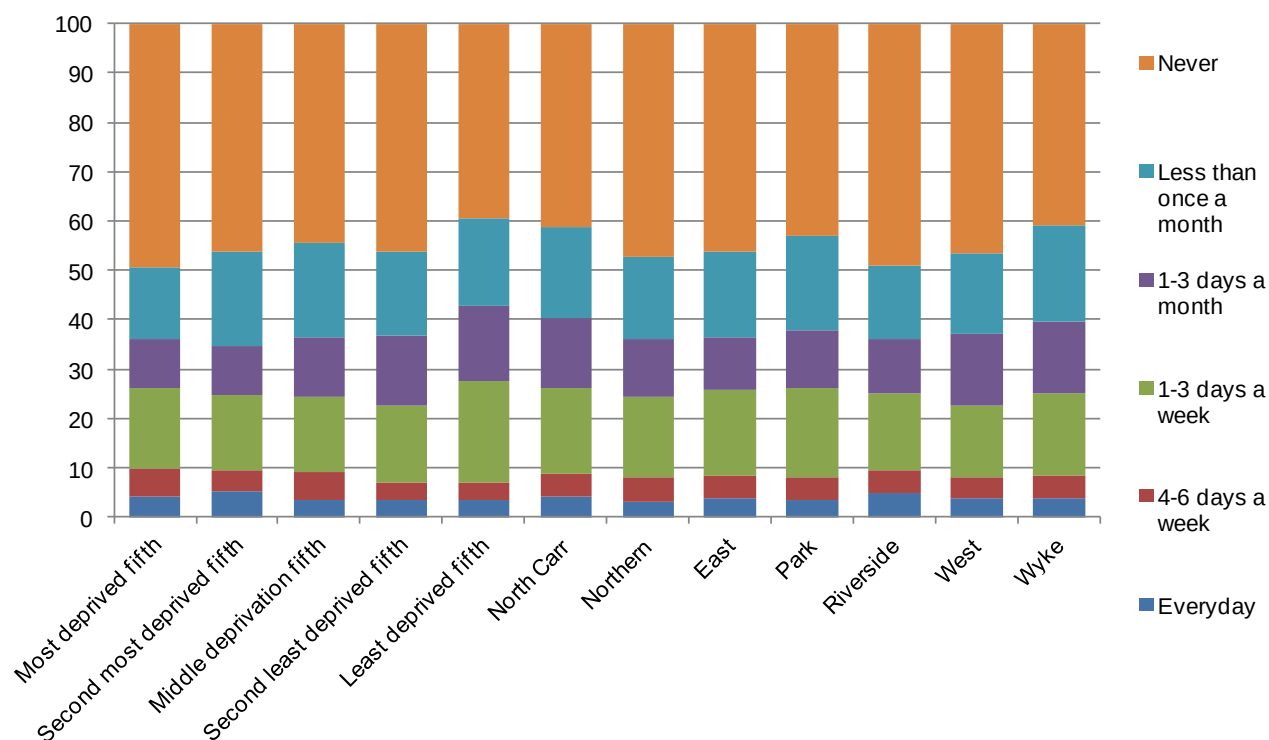
Figure 77: Frequency of binge drinking (overall, and by gender and age)



There was a relatively small difference in the percentage of binge drinkers among the five deprivation fifths (**Figure 78**). There was a trend across the most deprived four groups with the lowest prevalence among those living in the second least deprived fifth of areas (22.5%) and the highest among those living in the most deprived fifth of areas (26.0%), but the trend was not linear across all five deprivation groups as those living in the least deprived areas had the highest prevalence of binge drinking (27.6%). So overall, the prevalence of binge drinking across the deprivation fifths is not entirely straightforward.

Similar percentages of survey responders were classified as binge drinkers across the different Areas (range 24.3% to 26.3%), although the percentage was slightly lower for West (22.8%). Similar percentages exceeded twice the recommended daily units 4-6 days a week across the Areas (range 4.2% to 4.9%) but – although percentages were small – there were slight differences in the percentages exceeding this every day (range 3.2% in Northern to 5.0% in Riverside).

Figure 78: Frequency of binge drinking (by deprivation and Area)



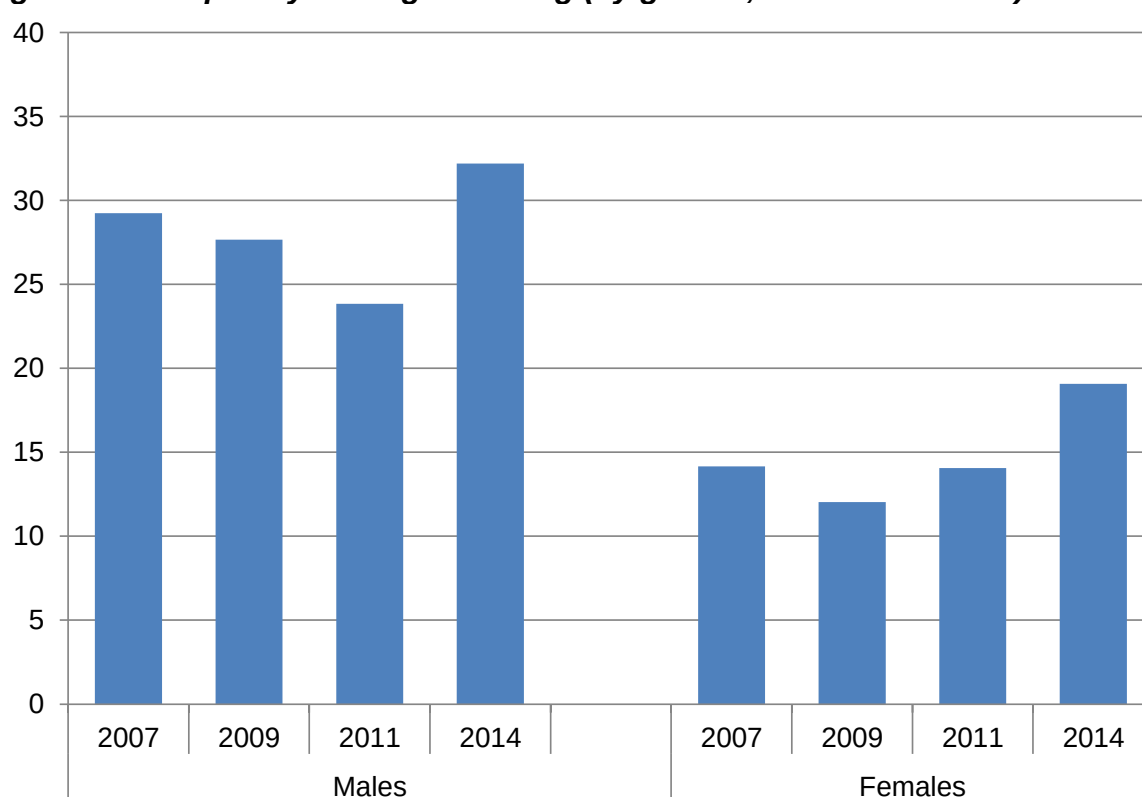
The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.5.5**.

4.7.5.2 Trends Over Time and Comparison With England

Binge drinking was also collected as part of previous local surveys (see **section 3.2.17**), and trends over time can be examined.

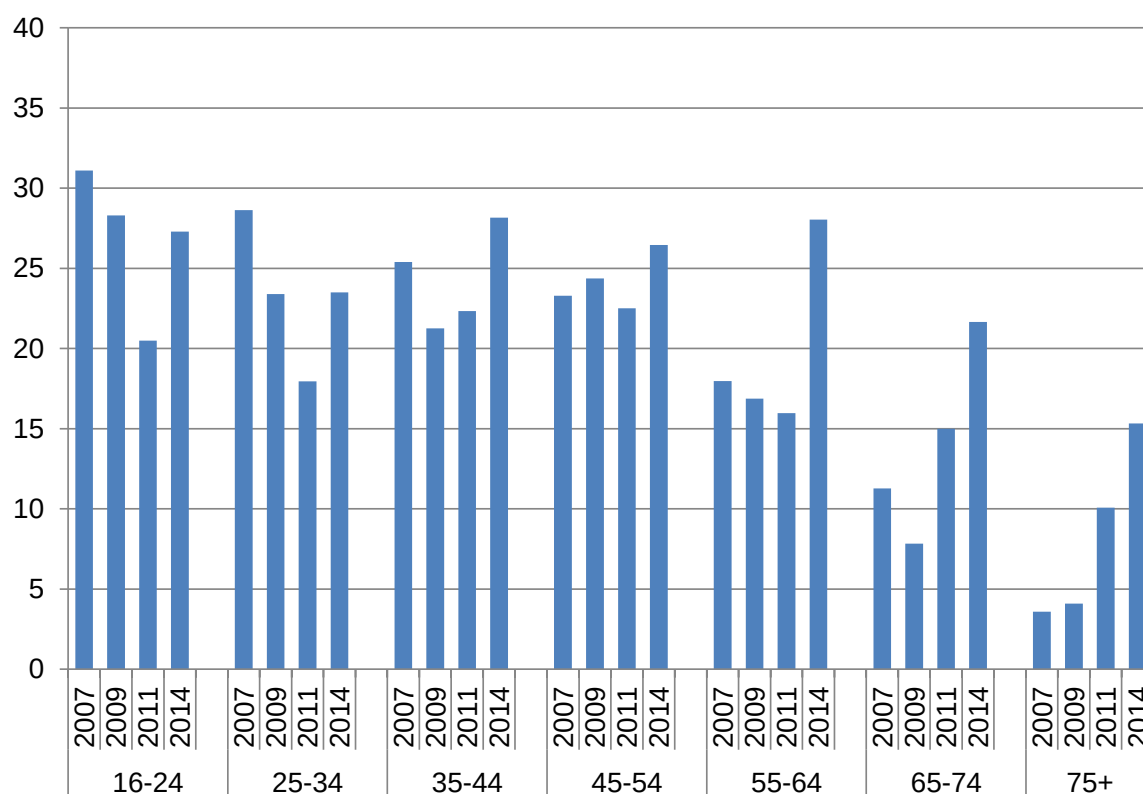
Figure 79 illustrates the trends over time by gender. The prevalence of binge drinking (exceeding twice daily limits usually once a week or more frequently) decreased among men from 29.2% in 2007 to 27.7% in 2009 and further to 23.8% in 2011, but is the highest in the current survey at 32.2%. For women, the prevalence was 14.2% in 2007 decreasing to 12.0% in 2009 before increasing to 14.1% in 2011 and 19.1% in the most recent survey.

Figure 79: Frequency of binge drinking (by gender, trends over time)



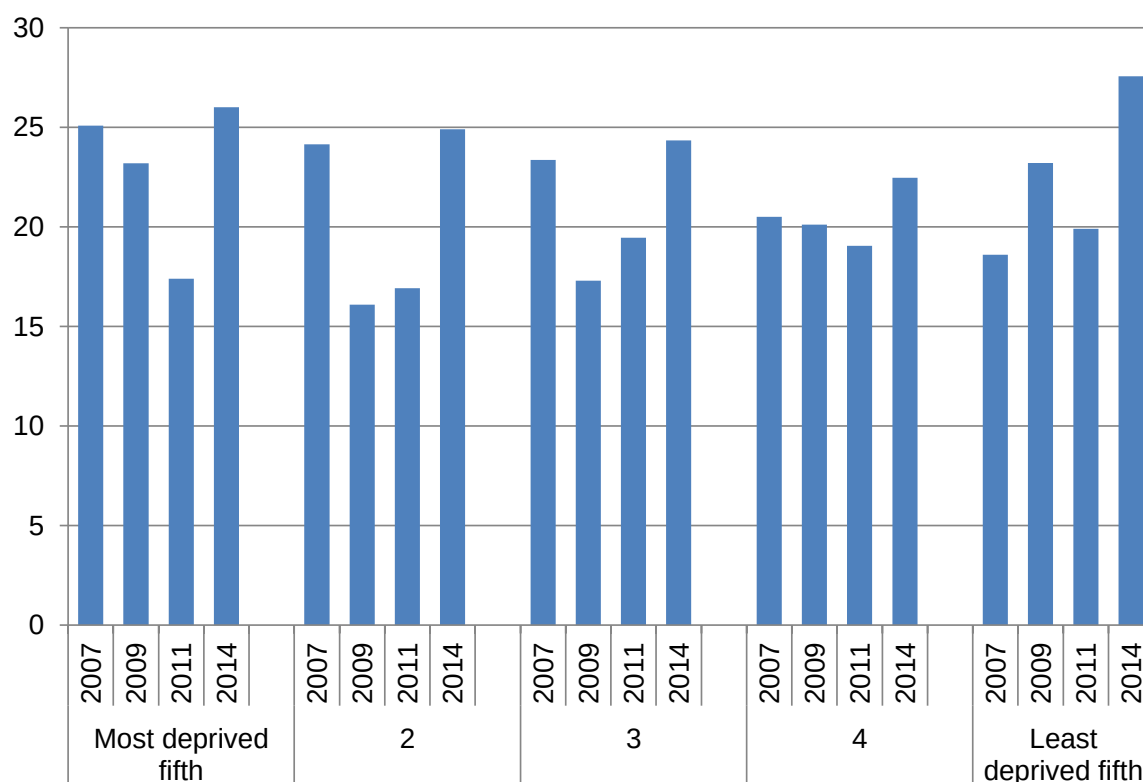
For those aged 16-24 and 25-34 years, the prevalence of binge drinking decreased between 2007 and 2011 and increased again in 2014, but not to the highest levels associated with 2007 (**Figure 80**). A similar pattern occurred for those aged 35-44 years except that the increase for the most recent survey increased the prevalence to its highest over the period. There was relatively small changes or decreases in prevalence between 2007 and 2011 for those aged 45-54 and 55-64 years, followed by an increase for the most recent year 2014, and in the case of those aged 55-64 years the increase in the most recent year was particularly large. The prevalence of binge drinking has been consistently lower among those aged 65-74 years and 75+ years, but there has been an increase in the prevalence for these age groups between 2007 and 2014, particularly among those aged 75+ years.

Figure 80: Frequency of binge drinking (by age, trends over time)



The prevalence of binge drinking among survey responders living in the most deprived fifth of areas decreased from 25.1% in 2007 to 17.4% in 2011 but increased markedly to 26.0% for the most recent survey (**Figure 81**). For people living in the second most deprived and middle deprivation fifth of areas there was a decrease in the prevalence of binge drinking between 2007 and 2009 (from around 24% to 17%), followed by an increase in 2011 and 2014 (to 24.9% and 24.3% for the second most and middle deprivation fifths respectively). For those living in the second least deprived fifth of areas, the prevalence decreased between 2007 and 2011 (20.5% to 19.1%), and then increased in 2014 (22.5%). An increase in prevalence between 2007 and 2014 from 28.6% to 25.6% also occurred for those living in the least deprived fifth of areas. For all five deprivation fifths, the highest prevalence of binge drinking is for the most recent 2014 survey.

Figure 81: Frequency of binge drinking (by deprivation, trends over time)



Details of alcohol consumption over a week were collected in national surveys, but more recent surveys just collected information on the number of alcohol units drank on the 'heaviest' drinking day the previous week. Thus comparison of local trends in alcohol consumption with England is difficult.

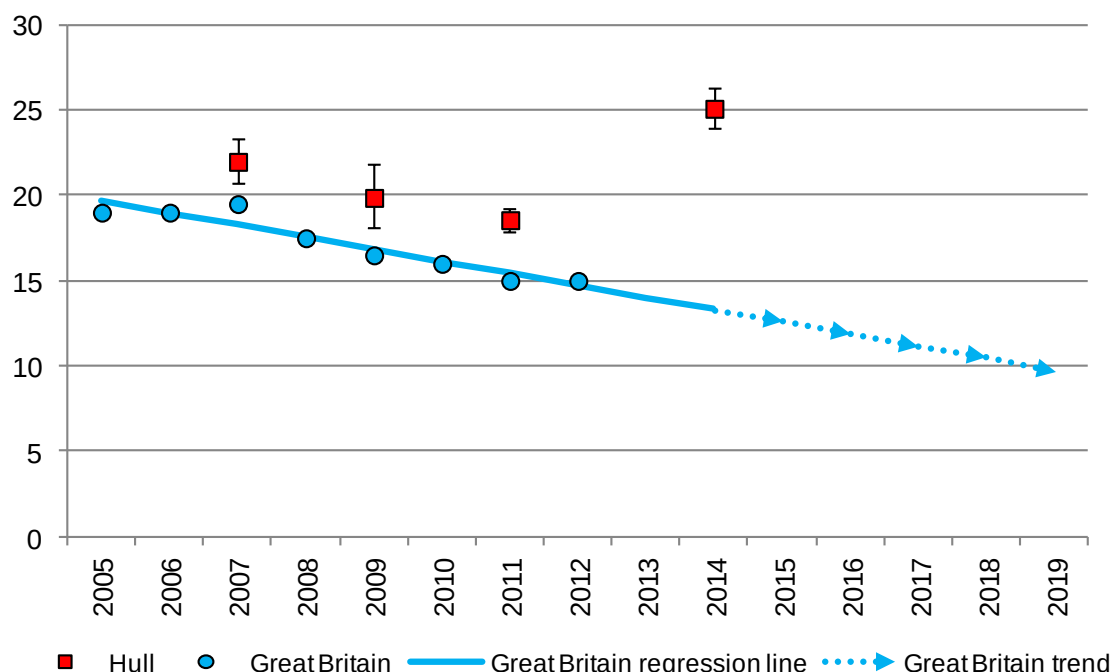
Whilst the definitions used are slightly different in the local and national surveys, as the national data examines units on the 'heaviest' drinking day last week and also presents the information on the percentage of men and women exceeding eight and six units of alcohol (whereas the local survey includes these number of units, i.e. uses eight or more units and six or more units respectively), it is possible to obtain an indication in the prevalence of binge drinking trends in Hull compared to Great Britain.

Figure 82 illustrates the trends over time in the prevalence of binge drinking in Hull from the local surveys and compares the trend with the prevalence of binge drinking (with this slightly different definition of binge drinking) in Great Britain. It is not surprising that the prevalence in Hull is higher than Great Britain as consuming exactly eight and six alcohol units on a single day for men and women respectively is classified as binge drinking locally whereas it is not for the definition for Great Britain. The prevalence of binge drinking in Hull was 22.0% for 2007 decreasing to 19.9% in 2009 and 18.6% in 2011, but since increasing to 25.1% in 2014.

A projection of the future prevalence of binge drinking, if current trends continue at the same rate, is also given for Great Britain. The linear regression line for Hull has not been added to the figure as the trend is non-linear, and there are only four data points which is too few to predict future projections for Hull. There appears to be a decreasing trend in Hull between 2007 and 2011 followed by an increase in 2014. However, with

so few data points, it is difficult to assess what the pattern in the trend really is in Hull even though the 95% confidence interval limits illustrate a statistically significant increase in the prevalence for 2014.

Figure 82: Trends in the prevalence of binge drinking and future predictions, Hull versus Great Britain (slightly different definitions used in Hull compared to GB)



4.7.6 Harmful Drinking (Excessive Weekly Alcohol Consumption and/or Binge Drinking Based on 1995 Guidelines which were in Existence until December 2015)

As mentioned in **section 0**, the recommended guidelines for alcohol consumption changed in January 2016. Prior to that the 1995 recommendations were the latest guidelines for alcohol consumption and were used in the original report when it was published in July 2015. This current (version 2) report has been adjusted following this change, although the original information using the 1995 guidelines has been retained with new information presented following the change in 2016. The fundamental change to the guidelines is that there are no safe levels of alcohol consumption, and the change that impacts on this report is that the recommended maximum number of units for men is now 14 units per week. Thus the limit of 14 units per week now applies to both men and women. Excessive alcohol consumption is defined as drinking 15-35 units and dangerous drinking is defined as drinking 36+ units per week.

This section relates to the 1995 guidelines and the additional information relating to the 2016 guidelines can be found in **section 4.7.7**.

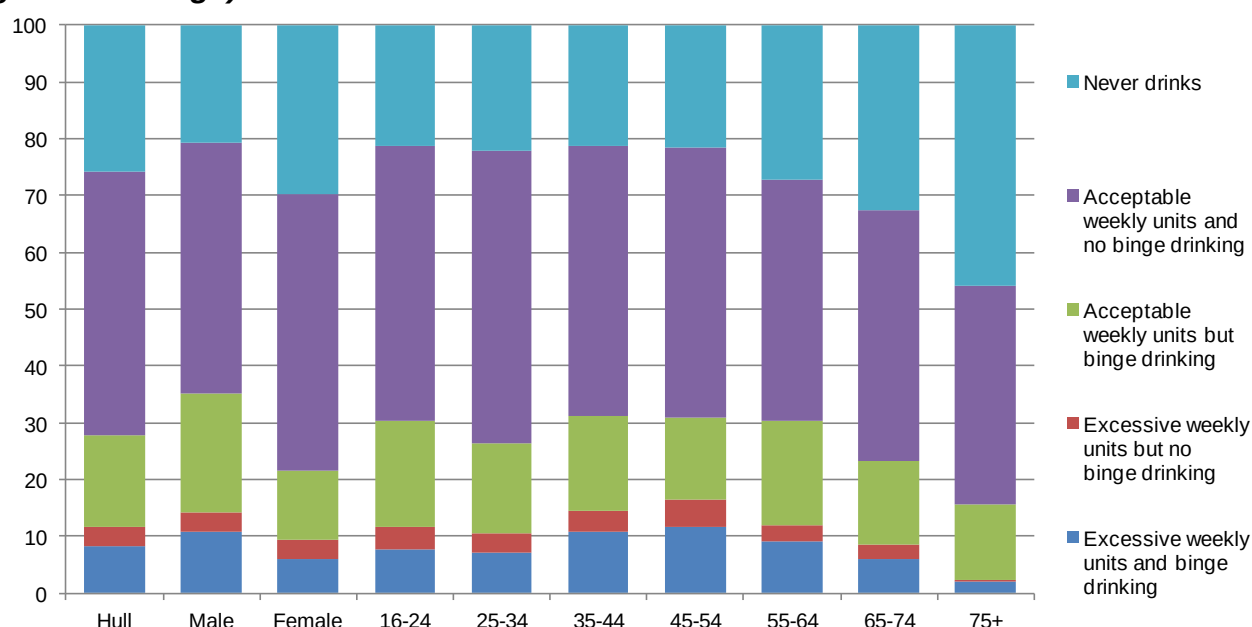
4.7.6.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.5.6**.

The overall prevalence of harmful alcohol consumption is given in **Figure 83**. Overall, 27.8% had exceeded the recommended weekly alcohol during the previous week and/or usually binge drink at least once a week (35.1% of men and 21.6% of women). Overall, 16.2% had drunk within the acceptable safe weekly alcohol units limits the previous week but did usually binge drink at least once a week, 3.4% had exceeded the weekly units the previous week but did not usually binge drink weekly, and 8.2% both exceed the weekly recommended units and usually binge drink weekly.

Around 30% of those aged 16-64 years had drunk too much alcohol the previous week and/or usually binge drink weekly (slightly lower at 26.4% for 25-34 year olds), but older people were less likely to do so (23.4% among those aged 65-74 years and 15.7% among those aged 75+ years). Survey responders aged 35-44 years (10.7%) and 45-54 years (11.7%) were the most likely to have both exceeded the recommended weekly alcohol units the previous week and usually binge drink at least once a week. The percentage was slightly lower for those aged 55-64 years (9.0%), 16-24 years (7.5%) and 25-34 years (7.2%), and lowest among those aged 65-74 years (5.8%) and 75+ years (1.9%).

Figure 83: Summary of alcohol consumption and harmful drinking using 1995 alcohol guidelines which were in place until December 2015 (overall, and by gender and age)



Just over one-quarter (range 25.8% to 27.6%) of all survey responders had exceeded the weekly alcohol units the previous week and/or usually binge drink weekly for the four most deprived deprivation fifths, but almost one-third (31.8%) of survey responders

had done so among those living in the least deprived fifth of areas (**Figure 84**). There was a linear trend in the percentage of survey responders who both exceed the weekly units and/or usually binge drink weekly from 7.0% among those living in the most deprived areas to 9.7% among those living in the most deprived areas.

Almost one-third (31.3%) of survey responders from Wyke drank excessively or undertook binge drinking weekly compared to one-quarter of those from Northern and Riverside. The difference was predominately due to survey responders in Wyke drinking excessively with 18% drinking too much over the week (11.4% with binge drinking and 6.5% without binge drinking) as the percentages binge drinking in Wyke (24.8%) was comparable to other Areas (range 23.4% to 26.2%) despite the highest percentage who both drank excessively and undertook binge drinking (11.4%) which was higher than all other Areas (range 6.8% to 8.3%).

Figure 84: Summary of alcohol consumption and harmful drinking using 1995 alcohol guidelines which were in place until December 2015 (by deprivation and Area)

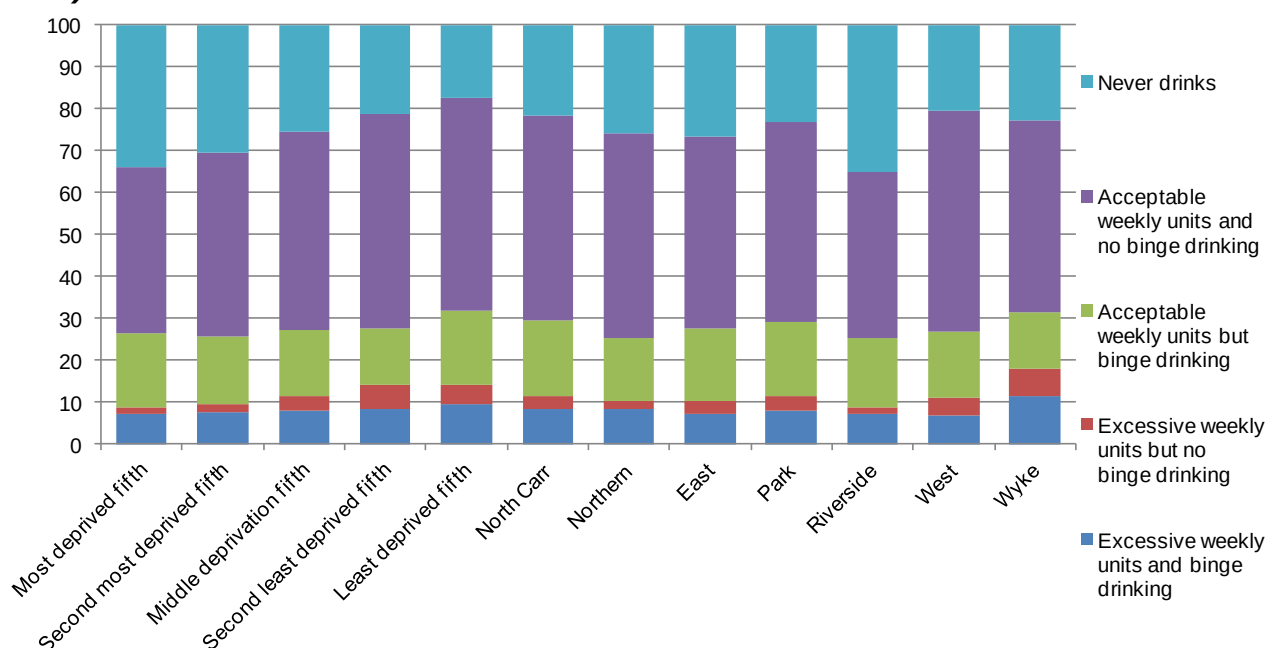


Table 19 gives the prevalence of alcohol consumption across the wards in Hull. As some of the numbers surveyed within each ward are relatively small, there will be some random variation associated with the estimate (that is, if another survey was completed immediately following the current survey slightly different estimates would be obtained as slightly different people would have been surveyed even though there would have been not true or real change in the underlying prevalence for that ward). A range of values (95% confidence intervals¹¹) have been given as well as the estimate of the prevalence for each ward. If these ranges do not overlap then the difference in the prevalence estimates will be statistically significant. Thus, for example, the prevalence

¹¹ The 95% confidence intervals have been calculated using statistical methods to give a range of likely values for the prevalence. We are 95% confident that the interval obtained (from the survey sample) will contain the true underlying prevalence for that ward. If the CI is wide then there is a degree of uncertainty around the prevalence, and caution should be used when interpreting the findings.

of excessive weekly units and/or binge drinking in Newland which has the highest prevalence of 35.3% is significantly higher than the prevalence in Newington which has the lowest prevalence of 21.3%.

Newland (35.3%), King's Park and Bricknell (both 33.3%) and Holderness (32.2%) all have a prevalence of excessive alcohol consumption and/or binge drinking in excess of 30%. These wards are the 14th, 23rd, 22nd and 21st least deprived wards in Hull (out of 23) so there is a clear association with increased prevalence of harmful alcohol consumption among the least deprived wards in Hull. Newland ward has a high proportion of people aged 18-24 years due to its proximity to the University, and this factor will be influential in its high prevalence.

Note that the percentages who exceed the weekly units and who binge drink in Hull estimated from **Table 19** if estimated by summing two of the percentages in the table will be slightly different to those quoted earlier (in **section 4.7.2.1** and **section 4.7.5.1**). The percentages in the table are based on a slightly lower number of survey responders as they are only included in the table if they have answered both questions (alcohol units previous week and binge drinking frequency) whereas in **section 4.7.2.1** on alcohol units survey responders were included if they answered the questions on alcohol consumed during the previous week but missed out the question on binge drinking. Similarly, in **section 4.7.5.1** survey responders were included if they answered the question on binge drinking but missed out the questions on alcohol consumed the previous week.

The estimated population aged 16+ years is presented (from the Office for National Statistics mid-year 2013 estimates) together with an estimate of the number of people in each ward with different alcohol consumption behaviours is given in **Table 20**. The first six 'behaviour' columns give the numbers based on the prevalence estimates in **Table 19**. The final three columns present the estimated numbers of those who drink excessively and dangerously in terms of their units of alcohol in the previous week (ignoring binge drinking) and the estimated numbers of those who binge drink (ignoring units in the previous week).

Overall, it is estimate that around 60,000 people in Hull drink too much alcohol and/or binge drink weekly with the highest numbers in Myton, Newland, Holderness, Ings, King's Park, Avenue and Marfleet.

This includes over 4,700 people in Hull who drink too much at dangerous levels (>50 units per week for men and >35 units per week for women). It is estimated that over 500 people drink to this level in Myton, around 360 in Bricknell and over 280 in Newland. Due to the type of accommodation available in Myton such as hostels, it is not surprising that this ward has the highest number of survey responders drinking to this level.

Table 19: Summary of alcohol consumption and harmful drinking across the wards in Hull using 1995 alcohol guidelines which were in place until December 2015

Area	Number of survey responders	Percentage (95% confidence interval)					
		Never drinks	Acceptable weekly units and no binge drinking	Acceptable weekly units but binge drinking	Excessive weekly units but no binge drinking	Excessive weekly units and binge drinking	Excessive weekly units and/or binge drinking
Bransholme East	203	30.0 (24.2, 36.7)	40.4 (33.9, 47.3)	19.7 (14.8, 25.7)	4.4 (2.3, 8.2)	5.4 (3.1, 9.4)	29.6 (23.7, 36.2)
Bransholme West	137	24.1 (17.7, 31.9)	51.8 (43.5, 60.0)	16.8 (11.5, 23.9)	0.7 (0.1, 4.0)	6.6 (3.5, 12.0)	24.1 (17.7, 31.9)
Kings Park	198	11.1 (7.5, 16.2)	55.6 (48.6, 62.3)	17.2 (12.6, 23.0)	4.0 (2.1, 7.8)	12.1 (8.3, 17.4)	33.3 (27.1, 40.2)
Area: North Carr	538	21.6 (18.3, 25.2)	48.9 (44.7, 53.1)	18.0 (15.0, 21.5)	3.3 (2.1, 5.2)	8.2 (6.1, 10.8)	29.6 (25.9, 33.5)
Beverley	169	12.4 (8.3, 18.2)	58.6 (51.0, 65.7)	18.9 (13.7, 25.5)	1.8 (0.6, 5.1)	8.3 (5.0, 13.4)	29.0 (22.7, 36.2)
Orchrd Pk & Grnwd	270	31.9 (26.6, 37.6)	43.3 (37.6, 49.3)	17.0 (13.0, 22.0)	0.7 (0.2, 2.7)	7.0 (4.6, 10.7)	24.8 (20.0, 30.3)
University	269	28.6 (23.6, 34.3)	48.0 (42.1, 53.9)	10.8 (7.6, 15.1)	3.0 (1.5, 5.8)	9.7 (6.7, 13.8)	23.4 (18.8, 28.8)
Area: Northern	708	26.0 (22.9, 29.3)	48.7 (45.1, 52.4)	15.1 (12.7, 17.9)	1.8 (1.1, 3.1)	8.3 (6.5, 10.6)	25.3 (22.2, 28.6)
North Hull	1,246	24.1 (21.8, 26.5)	48.8 (46.0, 51.6)	16.4 (14.4, 18.5)	2.5 (1.8, 3.5)	8.3 (6.9, 9.9)	27.1 (24.7, 29.7)
Ings	218	24.3 (19.1, 30.4)	46.3 (39.8, 53.0)	17.0 (12.6, 22.5)	3.7 (1.9, 7.1)	8.7 (5.7, 13.2)	29.4 (23.7, 35.7)
Longhill	212	27.8 (22.2, 34.2)	43.9 (37.4, 50.6)	18.4 (13.8, 24.2)	1.4 (0.5, 4.1)	8.5 (5.4, 13.0)	28.3 (22.7, 34.7)
Sutton	247	27.9 (22.7, 33.8)	46.2 (40.0, 52.4)	17.0 (12.8, 22.2)	3.6 (1.9, 6.8)	5.3 (3.1, 8.8)	25.9 (20.8, 31.7)
Area: East	677	26.7 (23.5, 30.2)	45.5 (41.8, 49.3)	17.4 (14.8, 20.5)	3.0 (1.9, 4.5)	7.4 (5.6, 9.6)	27.8 (24.5, 31.3)
Holderness	239	19.7 (15.1, 25.2)	48.1 (41.9, 54.4)	18.0 (13.6, 23.4)	5.4 (3.2, 9.1)	8.8 (5.8, 13.1)	32.2 (26.6, 38.4)
Marfleet	232	26.7 (21.4, 32.8)	46.6 (40.2, 53.0)	17.2 (12.9, 22.6)	3.0 (1.5, 6.1)	6.5 (4.0, 10.4)	26.7 (21.4, 32.8)
Southcoates East	173	26.0 (20.0, 33.0)	45.1 (37.9, 52.5)	18.5 (13.4, 24.9)	2.9 (1.2, 6.6)	7.5 (4.4, 12.4)	28.9 (22.7, 36.1)
Southcoates West	126	19.0 (13.1, 26.8)	52.4 (43.7, 60.9)	16.7 (11.2, 24.1)	3.2 (1.2, 7.9)	8.7 (4.9, 15.0)	28.6 (21.4, 37.0)
Area: Park	770	23.1 (20.3, 26.2)	47.7 (44.2, 51.2)	17.7 (15.1, 20.5)	3.8 (2.6, 5.4)	7.8 (6.1, 9.9)	29.2 (26.1, 32.5)
Drypool	233	30.9 (25.3, 37.1)	44.2 (38.0, 50.6)	16.7 (12.5, 22.1)	3.0 (1.5, 6.1)	5.2 (3.0, 8.8)	24.9 (19.8, 30.8)
East Hull	1,680	25.7 (23.6, 27.8)	46.3 (43.9, 48.7)	17.4 (15.7, 19.3)	3.3 (2.6, 4.3)	7.3 (6.1, 8.6)	28.0 (25.9, 30.2)
Myton	306	35.9 (30.8, 41.5)	37.3 (32.0, 42.8)	16.7 (12.9, 21.3)	2.0 (0.9, 4.2)	8.2 (5.6, 11.8)	26.8 (22.1, 32.0)

Area	Number of survey responders	Percentage (95% confidence interval)					
		Never drinks	Acceptable weekly units and no binge drinking	Acceptable weekly units but binge drinking	Excessive weekly units but no binge drinking	Excessive weekly units and binge drinking	Excessive weekly units and/or binge drinking
Newington	230	38.7 (32.6, 45.1)	40.0 (33.9, 46.4)	14.8 (10.8, 19.9)	0.4 (0.1, 2.4)	6.1 (3.7, 10.0)	21.3 (16.5, 27.0)
St Andrew's	144	34.7 (27.4, 42.8)	35.4 (28.1, 43.5)	18.8 (13.2, 25.9)	0.0 (0.0, 2.6)	11.1 (7.0, 17.3)	29.9 (23.0, 37.8)
Area: Riverside	913	35.2 (32.1, 38.3)	39.4 (36.3, 42.6)	16.5 (14.3, 19.1)	1.5 (0.9, 2.6)	7.3 (5.8, 9.2)	25.4 (22.7, 28.3)
Boothferry	196	17.3 (12.7, 23.3)	56.6 (49.6, 63.4)	13.8 (9.6, 19.3)	5.1 (2.8, 9.1)	7.1 (4.3, 11.6)	26.0 (20.4, 32.6)
Derringham	223	19.7 (15.0, 25.4)	53.4 (46.8, 59.8)	16.1 (11.9, 21.5)	4.0 (2.1, 7.5)	6.7 (4.1, 10.8)	26.9 (21.5, 33.1)
Pickering	270	23.3 (18.7, 28.7)	48.9 (43.0, 54.8)	17.0 (13.0, 22.0)	4.1 (2.3, 7.1)	6.7 (4.3, 10.3)	27.8 (22.8, 33.4)
Area: West	689	20.5 (17.6, 23.6)	52.5 (48.8, 56.2)	15.8 (13.3, 18.7)	4.4 (3.1, 6.1)	6.8 (5.2, 9.0)	27.0 (23.8, 30.4)
Avenue	261	26.4 (21.5, 32.1)	47.9 (41.9, 53.9)	12.3 (8.8, 16.8)	6.5 (4.1, 10.2)	6.9 (4.4, 10.6)	25.7 (20.8, 31.3)
Bricknell	168	19.0 (13.8, 25.7)	47.6 (40.2, 55.1)	10.7 (6.9, 16.3)	6.5 (3.7, 11.3)	16.1 (11.3, 22.4)	33.3 (26.6, 40.8)
Newland	289	21.8 (17.4, 26.9)	42.9 (37.3, 48.7)	15.9 (12.2, 20.6)	6.6 (4.2, 10.0)	12.8 (9.4, 17.1)	35.3 (30.0, 41.0)
Area: Wyke	718	22.8 (19.9, 26.1)	45.8 (42.2, 49.5)	13.4 (11.1, 16.1)	6.5 (5.0, 8.6)	11.4 (9.3, 14.0)	31.3 (28.1, 34.8)
West Hull	2,087	26.5 (24.7, 28.5)	45.4 (43.3, 47.6)	15.2 (13.7, 16.8)	4.0 (3.3, 5.0)	8.8 (7.7, 10.1)	28.0 (26.1, 30.0)
HULL	5,014	25.6 (24.5, 26.9)	46.5 (45.2, 47.9)	16.2 (15.2, 17.3)	3.4 (2.9, 3.9)	8.2 (7.4, 8.9)	27.8 (26.6, 29.1)

Table 20: Estimated total number of people in Hull with different alcohol consumption behaviours using 1995 alcohol guidelines which were in place until December 2015

Area	Population aged 16+ years	Never drinks	Acceptable weekly units and no binge drinking	Acceptable weekly units but binge drinking	Excessive weekly units but no binge drinking	Excessive weekly units and binge drinking	Excessive and/or binge	Excessive (not dangerous)	Dangerous	Binge drinker
Bransholme East	7,681	2,308	3,103	1,513	341	416	2,270	588	147	1,939
Bransholme West	6,423	1,547	3,329	1,078	47	422	1,547	279	186	1,514
Kings Park	8,637	960	4,798	1,483	349	1,047	2,879	1,166	216	2,510
Area: North Carr	22,741	4,815	11,230	4,075	736	1,885	6,696	2,033	549	5,963
Beverley	7,268	903	4,258	1,376	129	602	2,107	595	128	2,059
Orchard Pk & Grnwd	10,141	3,230	4,394	1,728	75	714	2,516	592	222	2,518
University	8,396	2,403	4,026	905	250	812	1,966	803	247	1,780
Area: Northern	25,805	6,537	12,678	4,009	454	2,127	6,590	1,990	597	6,356
North Hull	48,546	11,351	23,908	8,084	1,190	4,012	13,287	4,023	1,146	12,319
Ings	9,917	2,411	4,595	1,683	364	864	2,911	992	225	2,579
Longhill	9,261	2,577	4,063	1,704	131	786	2,621	692	216	2,568
Sutton	10,172	2,842	4,695	1,730	371	535	2,636	656	246	2,426
Area: East	29,350	7,830	13,352	5,116	866	2,186	8,168	2,340	688	7,573
Holderness	10,734	2,111	5,165	1,931	584	943	3,458	1,396	131	2,880
Marfleet	10,605	2,834	4,937	1,828	320	686	2,834	861	136	2,629
Southcoates East	6,365	1,656	2,870	1,177	184	478	1,840	655	36	1,714
Southcoates West	6,419	1,223	3,362	1,070	204	560	1,834	713	51	1,751
Area: Park	34,123	7,823	16,334	6,007	1,292	2,668	9,966	3,625	354	8,973
Drypool	10,676	3,299	4,719	1,787	321	550	2,658	753	177	2,481
East Hull	74,149	18,952	34,405	12,910	2,478	5,403	20,792	6,719	1,219	19,027
Myton	13,561	4,875	5,052	2,260	266	1,108	3,634	828	523	3,487

Area	Population aged 16+ years	Never drinks	Acceptable weekly units and no binge drinking	Acceptable weekly units but binge drinking	Excessive weekly units but no binge drinking	Excessive weekly units and binge drinking	Excessive and/or binge	Excessive (not dangerous)	Dangerous	Binge drinker
Newington	8,940	3,459	3,576	1,322	39	544	1,905	308	270	1,995
St Andrew's	6,572	2,282	2,328	1,232	0	730	1,962	492	224	2,091
Area: Riverside	39,749	13,915	15,675	6,601	626	2,932	10,159	2,382	1,194	10,054
Boothferry	9,879	1,714	5,595	1,361	504	706	2,571	1,103	150	2,163
Derringham	9,369	1,849	5,000	1,512	378	630	2,521	825	165	2,122
Pickering	9,279	2,165	4,536	1,581	378	619	2,578	822	171	2,185
Area: West	28,527	5,727	15,131	4,454	1,260	1,954	7,669	2,750	487	6,470
Avenue	11,074	2,928	5,304	1,358	721	764	2,843	1,216	252	2,174
Bricknell	6,794	1,294	3,235	728	445	1,092	2,265	1,199	360	1,825
Newland	10,280	2,241	4,411	1,636	676	1,316	3,628	1,702	284	2,995
Area: Wyke	28,148	6,463	12,950	3,722	1,842	3,172	8,736	4,117	895	6,994
West Hull	85,748	22,806	39,036	12,990	3,407	7,509	23,906	8,496	2,398	21,037
HULL	208,443	53,110	97,349	33,984	7,075	16,924	57,984	19,238	4,763	52,383

Survey responders who were working full-time were the most likely to exceed the weekly recommended units and/or binge drink (34.6%) although the percentages were only marginally lower for workers who did not specify their working hours (32.4%) and full-time students (31.7%). Full-time workers (11.4%) and workers who did not specify their hours (11.9%) were also the most likely to both drink excessively and binge drink. Survey responders who were looking after the home or family were the least likely to drink excessively and/or binge drink with 18.3% doing this (and undertake both of these together with 3.2% doing this).

Almost one-third of non-British White (32.8%) and just under 30% of White British (28.0%) and Mixed (28.2%) BME groups drank excessively and/or undertook binge drinking weekly compared to 21.7% of Chinese, 15.3% of Asian or Asian British, 14.0% of Black or Black British, and 4.5% of Arabs. Over one-quarter of those in other BME groups exceeded the limits or undertook binge drinking but the overall number of survey responders were small so findings might not be representative, and it is difficult to examine this group as it could be made up of a number of very different people in terms of ethnicity and their alcohol profile.

People in better health and with better wellbeing were more likely to drink excessively and/or binge drink (and also more likely to do both of these in relation to health although this was not the case necessarily the case for the wellbeing measures) and this was perhaps associated with deprivation with survey responders living in the least deprived areas tending to drink more and have better health.

People who reported that their diet was not healthy and who did not eat 5-A-DAY were more likely to participate in harmful drinking behaviours as were those who undertook more physical activity. There was a strong association with smoking with 35.7% of smokers drinking excessively and/or binge drinking compared to 27.3% of former smokers and 22.2% of never smokers. Current smokers were also more likely to both drink excessively and binge drink (12.1%) compared to former smokers (7.9%) and never smokers (5.4%). Current e-cigarette users were also more likely to undertake either of these harmful alcohol behaviours compared to former or never users of e-cigarettes (37.4% versus 26.9%) and also more likely to undertake both of these (11.0% and 8.1% respectively). People who overweight were also more likely undertake either (30.0%) or both (9.8%) of these harmful alcohol behaviours compared to those who were underweight or a desirable weight (28.7% and 8.2% respectively) and those who were obese (25.8% and 7.5% respectively).

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.5.6**.

4.7.6.2 Trends Over Time

Excessive weekly alcohol consumption and binge drinking was also collected as part of previous local surveys (see **section 3.2.17**), and trends over time can be examined.

Figure 85 summaries the trends over time in alcohol consumption by gender. The prevalence of excessive and/or binge drinking among men and women decreased between 2007 and 2011 (for men) and between 2007 and 2009 (for women) and has subsequently increased in 2014. Whilst there was a decrease in the prevalence of excessive and binge drinking (both) among men there was little difference over time among women although the prevalence of both excessive and binge drinking among women was one half to one third of that of men, standing around 5.9% for women for 2014 compared to 10.8% for men for 2014. A similar pattern across the genders occurred for those drinking above the weekly units but not binge drinking weekly where the prevalence decreased for men, and relatively unchanged in the most recent years for women. Thus the increase in the prevalence of excessive and/or binge drinking for the most recent 2014 year occurred because of an increase in the prevalence of drinking within the weekly units last week but usually binge drinking at least weekly. For men, this prevalence increased from 13.4% in 2007 to 20.8% in 2014, and for women this prevalence increased from 8.4% in 2007 to 12.3% in 2014.

Figure 85: Summary of alcohol consumption and harmful drinking using 1995 alcohol guidelines which were in place until December 2015 (by gender, trends over time)



Figure 86 summaries the trends over time in alcohol consumption by age. In the younger age groups, the prevalence of both excessive weekly drinking and regular binge drinking decreased considerably from 17% in 2007 to 7% in 2014 for those aged 16-24 and 25-34 years, and the prevalence of excessive alcohol consumption with no regular binge drinking reduced slightly between 2007 and 2014. Whilst the prevalence of keeping within the weekly alcohol units and weekly binge drinking increased for both

those aged 16-24 years (from 14.0% in 2007 to 18.7% in 2014) and those aged 25-34 years (from 11.6% in 2007 to 16.0% in 2014), the prevalence of exceeding the weekly limits and/or binge drinking reduced in these both age groups. This measure of harmful drinking decreased from 37.1% in 2007 to 30.4% in 2014 among those aged 16-24 years and from 33.4% in 2007 to 26.4% in 2014 among those aged 25-34 years.

Among those aged 35-44 and 45-54 years, the summary measure of harmful drinking (excessively weekly units week before and/or usually binge drinking at least weekly) remained relatively unchanged between 2007 and 2014. For both ages, the prevalence of keeping within the weekly units but regular binge drinking increased from 12% in 2007 to 16.5% in 2014 for those aged 35-44 years and to 14.4% in 2014 for those aged 45-54 years.

The prevalence of harmful drinking increased more markedly with age among those aged 55+ years. The prevalence remained similar between 2007 and 2009, then for 2011 remained the same (for those aged 55-64 years) or increased (for those aged 65+ years), and then increased in the most recent survey of 2014. Among those aged 55-64 years, the prevalence of harmful drinking increased from 22.2% in 2007 to 30.3% in 2014. This prevalence increased from 13.2% in 2007 to 23.4% in 2014 among those aged 65-74 years, and increased from 5.1% in 2007 to 15.7% in 2014 among those aged 75+ years.

This increase was predominately due to an increase in the percentages who usually stated that they binge drink (drink twice recommended daily units once a week or more) both among those who had kept within weekly recommended units the week before and among those who had exceeded the recommended weekly units.

Figure 86: Summary of alcohol consumption and harmful drinking using 1995 alcohol guidelines which were in place until December 2015 (by age, trends over time)

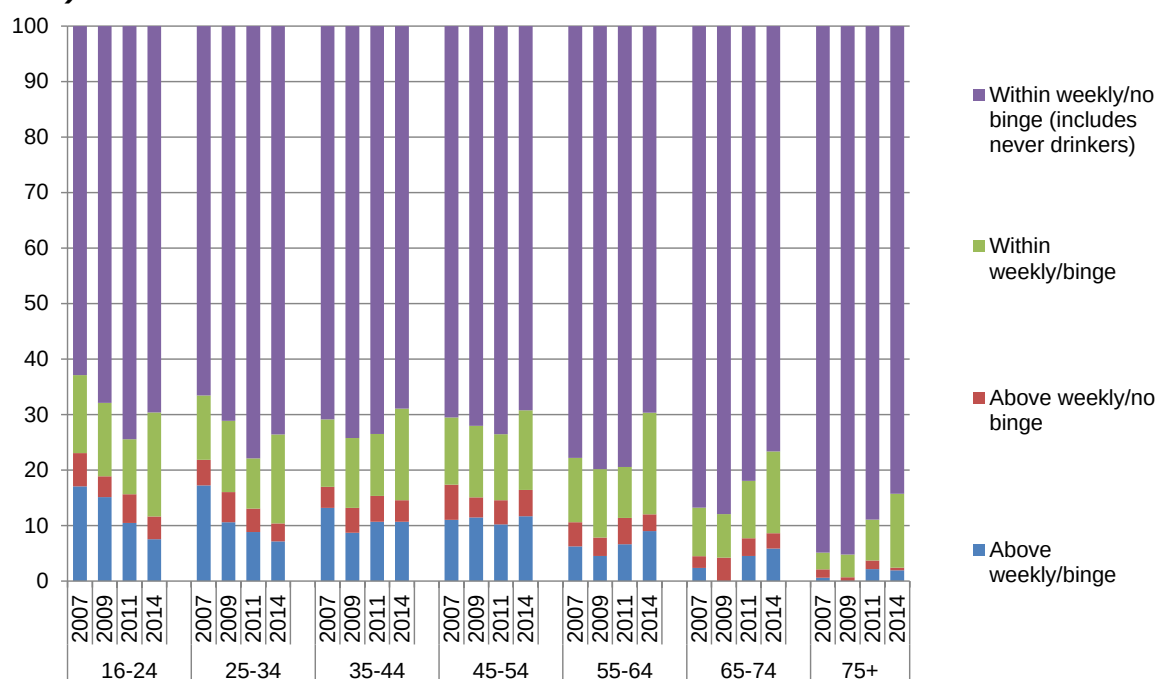
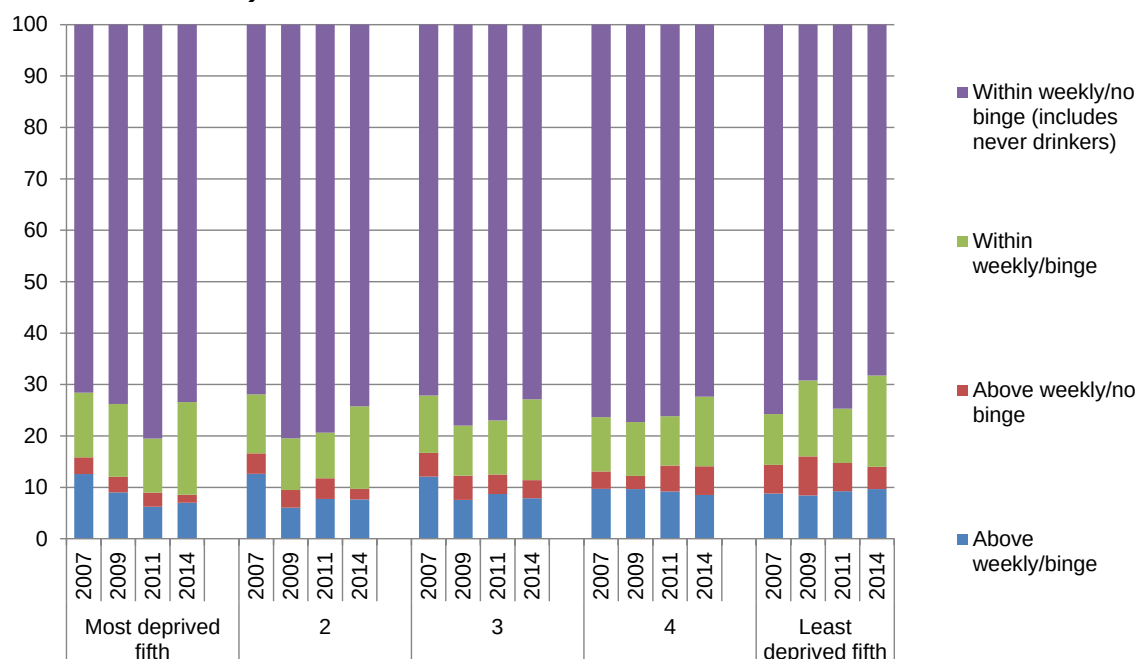


Figure 87 summaries the trends over time in alcohol consumption by deprivation. The prevalence of harmful drinking (excessive and/or binge drinking) decreased slightly among survey responders living in the most deprived and second most deprived fifth of areas (from 28% in 2007 to 26% in 2014), remained the same among those living in the middle deprivation areas, and increased for those living in the second least deprived (from 23.7% in 2007 to 27.6% in 2014) and the least deprived fifth of areas (from 24.3% in 2007 to 31.8% in 2014). The prevalence of both exceeding the weekly units and binge drinking decreased among those living in the three most deprived fifth of areas (from around 12% in 2007 to 8% in 2014) and second least deprived (from 9.7% in 2007 to 8.5% in 2014), but increased slightly among those living in the least deprived fifth of areas (from 8.8% in 2007 to 9.7% in 2014). The prevalence of drinking above the weekly units during the previous week and not regularly binge drinking increased slightly for all except the second least deprived fifth.

For all deprivation fifths, the prevalence of keeping within the recommended weekly units during the previous week but regularly binge drinking increased between 2007 and 2014. From 12.6% to 18.0% among those living in the most deprived fifth, from 11.5% to 16.1% among those living in the second most deprived fifth, from 10.6% to 15.7% among those living in the middle deprivation fifth, from 10.6% to 13.5% among those living in the second least deprived fifth, and from 9.9% to 17.8% among those living in the least deprived fifth.

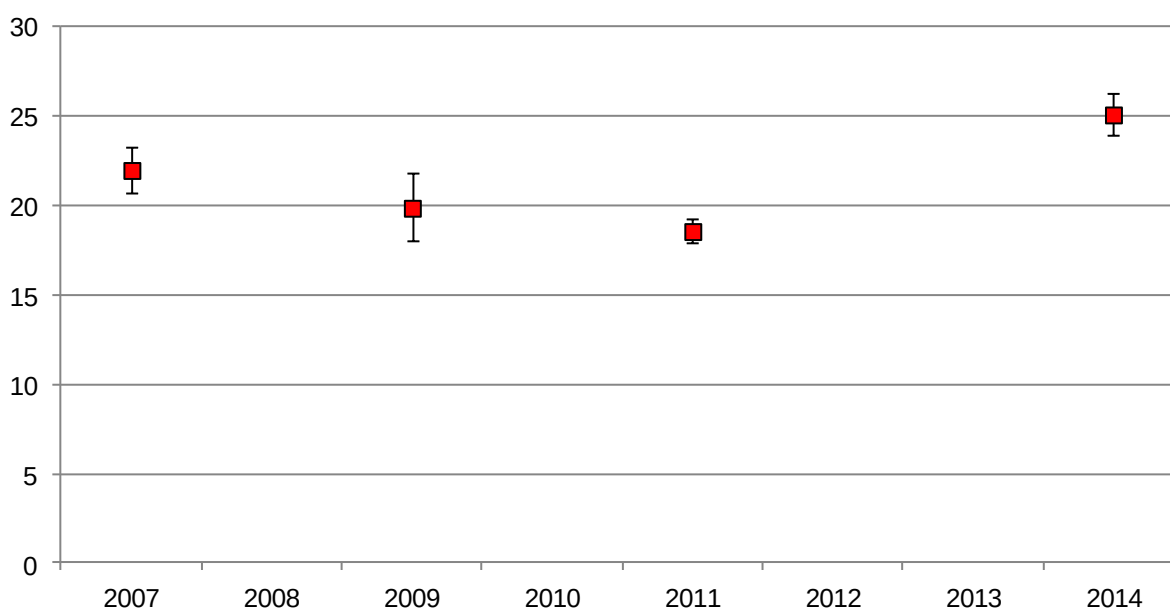
Figure 87: Summary of alcohol consumption and harmful drinking using 1995 alcohol guidelines which were in place until December 2015 (by deprivation, trends over time)



Whilst it is not possible to compare harmful drinking (excessive weekly units last week and/or usually binge drinks at least weekly) with Great Britain or England (as there is no national survey which collects information on the number of weekly alcohol units consumed), it is possible to examine the trends in Hull over time (**Figure 88**). As trend is non-linear with only four data points it is not possible to predict future projections

(more than four data points would be necessary to model non-linear trends). The same pattern occurs as **Figure 82**, in that there appears to be a decreasing trend in Hull between 2007 and 2011 followed by an increase in 2014. However, with so few data points, it is difficult to assess what the pattern in the trend really is in Hull even though the 95% confidence interval limits illustrate a statistically significant increase in the prevalence between 2009 or 2011 and 2014. The prevalence of excessive weekly units the previous week and/or binge drinking at least weekly in Hull was 26.2% for 2007 decreasing to 23.8% in 2009 and 22.5% in 2011, but since increasing to 27.8% in 2014.

Figure 88: Trends in the prevalence of harmful drinking using 1995 alcohol guidelines which were in place until December 2015 (excessive weekly units last week and/or usually binge drinks once a week), Hull



4.7.7 Harmful Drinking (Excessive Weekly Alcohol Consumption and/or Binge Drinking Based on 2016 Guidelines)

As mentioned in **section 0**, the recommended guidelines for alcohol consumption changed in January 2016. Prior to that the 1995 recommendations were the latest guidelines for alcohol consumption and were used in the original report when it was published in July 2015. This current (version 2) report has been adjusted following this change, although the original information using the 1995 guidelines has been retained with new information presented following the change in 2016. The fundamental change to the guidelines is that there are no safe levels of alcohol consumption, and the change that impacts on this report is that the recommended maximum number of units for men is now 14 units per week. Thus the limit of 14 units per week now applies to both men and women. Excessive alcohol consumption is defined as drinking 15-35 units and dangerous drinking is defined as drinking 36+ units per week.

This new section relates to the 2016 guidelines (information relating to the 1995 guidelines can be found in **section 4.7.6**). The impact is only on males, so the data in **section 4.7.6** relating to females only remains unchanged in this section.

4.7.7.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.5.7**.

The overall prevalence of harmful alcohol consumption is given in **Figure 89**. Overall, 29.5% had exceeded the recommended weekly alcohol during the previous week and/or usually binge drink at least once a week (38.9% of men and 21.6% of women) which represents an increase from 29.5% (35.1% of men) based on the 1995 guidelines. Overall, 25.6% never drank alcohol, 44.8% had drunk at low weekly levels with no weekly binge drinking, 13.6% had drunk at low weekly levels but usually binge drink weekly, 5.1% had drunk excessively over the week but did not usually binge drink weekly, and 10.8% had both drunk excessively over the week and usually binge drink weekly.

As mentioned above, men were almost twice as likely to drink excessively and/or binge drink than women based on the new alcohol guidelines. However, this difference was not evenly spread across the different risk groups. Men were only slightly more likely to drink low levels over the week and binge drink weekly compared to women (15.0% versus 12.3%), but they were twice as likely than women to drink excessively with no weekly binge drinking (7.2% versus 3.4%) and almost three times more likely to both drink excessively over the week and binge drink weekly (16.6% versus 5.9%). Almost one-quarter of men (23.8%) drink too much over the week compared to one in eleven women (9.3%) and almost one-third of men (31.6%) drank twice the recommended daily number of units at least once a week (binge drinking) compared to fewer than one in five women (18.2%).

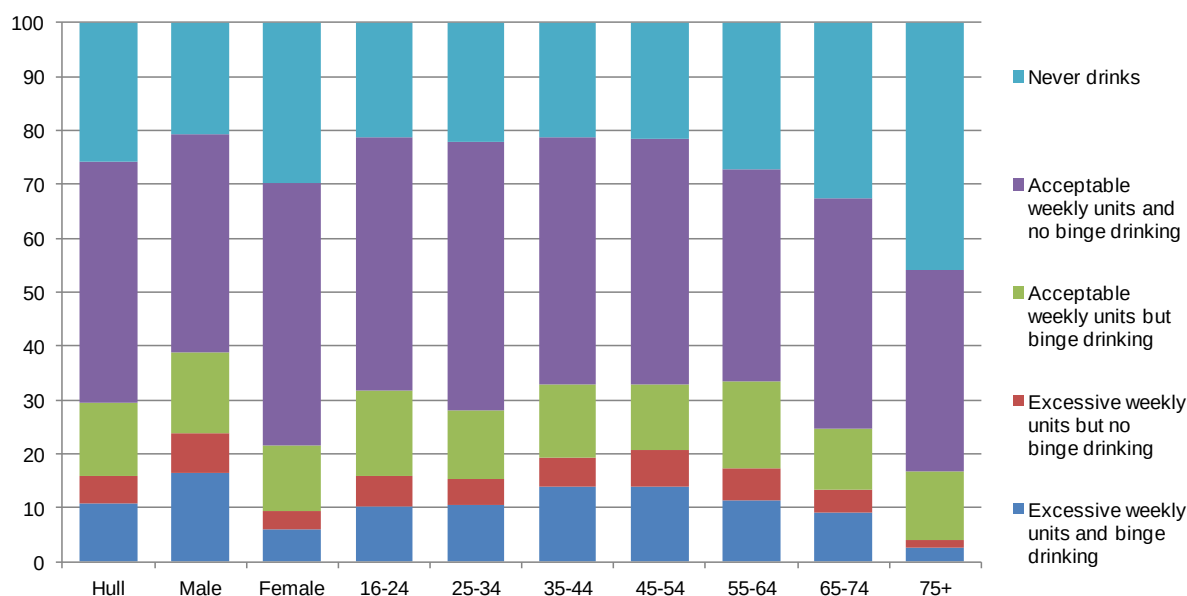
Drinking too much over the week was more common in the middle age groups with around one in five or just having drunk more than 14 units of alcohol the previous week (45-54s 20.6%, 35-44s 19.4% and 55-64s 17.4%) compared to around 15% of those in the younger age groups (16-24s 15.9% and 25-34s 15.3%). Drinking too much over the week was less common among men and women who had retired (65-74s 13.2%) and much less common among the oldest age group (75+ 4.0%).

Between 26.0% and 27.3% of those aged 16-64 years (depending on the age group) usually binge drink weekly although the percentage was slightly lower among those aged 25-34 years (23.2%). The percentages among the retired (20.6%) and oldest age group (15.2%) were lower.

The pattern in the percentages of men and women who had drunk excessively over the week and/or usually binge drink weekly across the age groups was very similar to that of binge drinking, but slightly higher. One third or just under of those aged 16-64 years (range 31.8% to 33.3% except those aged 25-34 years where percentage was slightly lower at 28.0%) had drunk excessively the week before the survey and/or usually binge drink weekly. The pattern in the percentages who both drank excessively and binge drink weekly over the age groups followed a similar pattern to that of drinking excessively. The higher percentages of people who drank excessively and binge drink

weekly was among those aged 35-44 years (13.8%) and 45-54 years (13.9%) followed by those aged 55-64 years (11.4%) and by the younger age groups (25-34 years 10.5% and 16-24 years 10.3%) with those who had just retired (9.1%) and who were in the oldest age group (2.6%) the least likely to do both of these alcohol behaviours.

Figure 89: Summary of alcohol consumption and harmful drinking using 2016 alcohol guidelines (overall, and by gender and age)



As mentioned earlier, there was a marked trend across the deprivation fifths in the percentage who never drank alcohol which ranged from 34.1% among those living in the most deprived fifth of areas of Hull to 17.4% of those living in the least deprived fifth of areas of Hull (**Figure 90**). People living in the least deprived areas were more likely to drink too much over the week with the percentage increasing from 12.1% among those living in the most deprived areas to 19.3% among those living in the least deprived fifth of areas. Furthermore, the percentage of men and women living in the least deprived fifth of areas who undertook binge drinking weekly was also the highest at 27.4%, although there was no linear trend across the age groups with the most deprived fifth having the next highest percentage binge drinking (25.0%) compared to between 22.1% and 23.7% among people living in the middle deprivation fifth of areas.

People living in the least deprived areas were more likely to both drink too much over the week and binge drink weekly compared to people living in the most deprived areas (13.3% versus 9.3%) and much more likely to drink too much over the week but not binge drink weekly (6.0% versus 2.8%), although there was less of a difference in the percentages who drink low levels over the week but undertook binge drinking weekly with the percentage higher in the most deprived fifth (14.1% versus 15.7%). Overall, 27.8% of people living in the most deprived fifth of areas had drunk too much the previously week and/or binge drink weekly compared to 33.2% among those living in the least deprived fifth of areas.

The percentages drinking low levels of alcohol during the week but who usually undertook binge drinking weekly ranged from 11.3% in Wyke to 15.4% in North Carr.

Drinking too much over the week but not usually binge drinking weekly was much more common in Wyke (8.8%) than Riverside (2.5%). The percentages who had both drunk too much the previous week and usually binge drink weekly was not too dissimilar across most of the areas (range 9.3% in Riverside to 11.7% in Park) but slightly higher in Wyke (13.5%).

The percentage who had drunk too much over the week and/or usually binge drink weekly was lowest in Northern and Riverside (both 26.4%), slightly higher in West (28.9%), East (30.1%), North Carr (21.0%) and Park (31.4%), and highest in Wyke (33.6%).

Figure 90: Summary of alcohol consumption and harmful drinking using 2016 alcohol guidelines (by deprivation and Area)

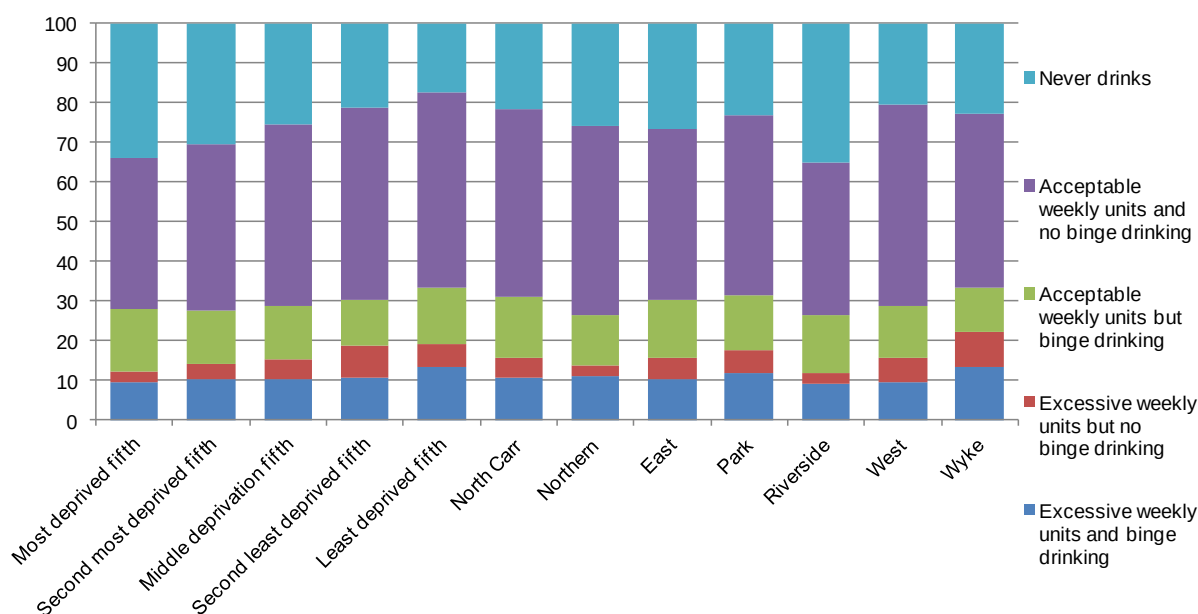


Table 21 gives the prevalence of alcohol consumption across the wards in Hull. As some of the numbers surveyed within each ward are relatively small, there will be some random variation associated with the estimate (that is, if another survey was completed immediately following the current survey slightly different estimates would be obtained as slightly different people would have been surveyed even though there would have been not true or real change in the underlying prevalence for that ward). A range of values (95% confidence intervals¹²) have been given as well as the estimate of the prevalence for each ward. If these ranges do not overlap then the difference in the prevalence estimates will be statistically significant. Thus, for example, the prevalence of excessive weekly units and/or binge drinking in Newland which has the highest prevalence of 38.8% is significantly higher than the prevalence in Newington which has the lowest prevalence of 21.7%.

¹² The 95% confidence intervals have been calculated using statistical methods to give a range of likely values for the prevalence. We are 95% confident that the interval obtained (from the survey sample) will contain the true underlying prevalence for that ward. If the CI is wide then there is a degree of uncertainty around the prevalence, and caution should be used when interpreting the findings.

Newland (38.8%), Bricknell (35.1%), and King's Park and Holderness (both 34.3%) all have a prevalence of excessive alcohol consumption and/or binge drinking in excess of one-third (33%). These wards are the 14th, 22nd, 23rd, and 21st least deprived wards in Hull (out of 23) so there is a clear association with increased prevalence of harmful alcohol consumption among the least deprived wards in Hull. Newland ward has a high proportion of people aged 18-24 years due to its proximity to the University, and this factor will be influential in its high prevalence.

The percentages who had both drunk excessively over the week and usually binge drink weekly was also highest in these was and was highest in Bricknell (19.0%), Newland (15.6%), King's Park (15.2%), Southcoates West (13.5%), Holderness (12.6%) and St Andrew's (12.5%). The percentages were lowest in Avenue (7.7%), Drypool (7.3%) and Bransholme East (6.9%). There was a statistically significant difference between the prevalence in these three wards and the two wards with the highest prevalence of both alcohol behaviours (Bricknell and Newland).

Note that the percentages who exceed the weekly units and who binge drink in Hull estimated from **Table 21** if estimated by summing two of the percentages in the table will be slightly different to those quoted earlier (in **section 4.7.3.1** and **section 4.7.5.1**). The percentages in the table are based on a slightly lower number of survey responders as they are only included in the table if they have answered both questions (alcohol units previous week and binge drinking frequency) whereas in **section 4.7.3.1** on alcohol units survey responders were included if they answered the questions on alcohol consumed during the previous week but missed out the question on binge drinking. Similarly, in **section 4.7.5.1** survey responders were included if they answered the question on binge drinking but missed out the questions on alcohol consumed the previous week.

The estimated population aged 16+ years is presented (from the Office for National Statistics mid-year 2013 estimates) together with an estimate of the number of people in each ward with different alcohol consumption behaviours is given in **Table 22**. The first six 'behaviour' columns give the numbers based on the prevalence estimates in **Table 21**. The final three columns present the estimated numbers of those who drink excessively and dangerously in terms of their units of alcohol in the previous week (ignoring binge drinking) and the estimated numbers of those who binge drink (ignoring units in the previous week).

Overall, it is estimate that around 61,600 people in Hull drink too much alcohol and/or binge drink weekly with more than 3,000 in each of the wards of Newland, Myton, Holderness, Ings and Marfleet.

This includes over 7,700 people in Hull who drink too much at dangerous levels (more than 35 units for men and women). This represents a considerably increase using the new 2016 guidelines as the estimated numbers using the 1995 alcohol guidelines was 4,700 people (based on more than 50 units per week for men and more than 35 units per week for women). It is estimated that around 750 people in Myton and around 600 people in Newland drink to this level. Due to the type of accommodation available in Myton such as hostels, it is not surprising that this ward has the highest number of survey responders drinking to this level.

It is estimated that over 22,500 adults in Hull both drink excessively and binge drink weekly, with the highest numbers in Newland (1,601), Holderness (1,347), Myton (1,330) and King's Park (1,309).

Table 21: Summary of alcohol consumption and harmful drinking across the wards in Hull using 2016 alcohol guidelines

Area	Number of survey responders	Percentage (95% confidence interval)					
		Never drinks	Low weekly units and no binge drinking	Low weekly units but binge drinking	Excessive weekly units but no binge drinking	Excessive weekly units and binge drinking	Excessive weekly units and/or binge drinking
Bransholme East	203	30.0 (24.2, 36.7)	38.9 (32.5, 45.8)	18.2 (13.5, 24.1)	5.9 (3.4, 10.0)	6.9 (4.2, 11.2)	31.0 (25.1, 37.7)
Bransholme West	137	24.1 (17.7, 31.9)	49.6 (41.4, 57.9)	13.1 (8.5, 19.8)	2.9 (1.1, 7.3)	10.2 (6.2, 16.4)	26.3 (19.6, 34.2)
Kings Park	198	11.1 (7.5, 16.2)	54.5 (47.6, 61.3)	14.1 (10.0, 19.7)	5.1 (2.8, 9.0)	15.2 (10.8, 20.8)	34.3 (28.1, 41.2)
Area: North Carr	538	21.6 (18.3, 25.2)	47.4 (43.2, 51.6)	15.4 (12.6, 18.7)	4.8 (3.3, 7.0)	10.8 (8.4, 13.7)	31.0 (27.3, 35.1)
Beverley	169	12.4 (8.3, 18.2)	56.2 (48.7, 63.5)	16.6 (11.7, 22.9)	4.1 (2.0, 8.3)	10.7 (6.8, 16.2)	31.4 (24.8, 38.7)
Orchrd Pk & Grnwd	270	31.9 (26.6, 37.6)	42.6 (36.8, 48.6)	14.1 (10.4, 18.7)	1.5 (0.6, 3.7)	10.0 (7.0, 14.2)	25.6 (20.7, 31.1)
University	269	28.6 (23.6, 34.3)	47.2 (41.3, 53.2)	8.6 (5.8, 12.5)	3.7 (2.0, 6.7)	11.9 (8.6, 16.3)	24.2 (19.4, 29.6)
Area: Northern	708	26.0 (22.9, 29.3)	47.6 (43.9, 51.3)	12.6 (10.3, 15.2)	3.0 (1.9, 4.5)	10.9 (8.8, 13.4)	26.4 (23.3, 29.8)
North Hull	1246	24.1 (21.8, 26.5)	47.5 (44.8, 50.3)	13.8 (12.0, 15.8)	3.8 (2.8, 5.0)	10.8 (9.2, 12.7)	28.4 (26.0, 31.0)
Ings	218	24.3 (19.1, 30.4)	42.7 (36.3, 49.3)	13.8 (9.8, 19.0)	7.3 (4.6, 11.6)	11.9 (8.3, 16.9)	33.0 (27.1, 39.5)
Longhill	212	27.8 (22.2, 34.2)	41.5 (35.1, 48.2)	17.0 (12.5, 22.6)	3.8 (1.9, 7.3)	9.9 (6.6, 14.7)	30.7 (24.8, 37.2)
Sutton	247	27.9 (22.7, 33.8)	44.9 (38.9, 51.2)	13.0 (9.3, 17.7)	4.9 (2.8, 8.3)	9.3 (6.3, 13.6)	27.1 (22.0, 33.0)
Area: East	677	26.7 (23.5, 30.2)	43.1 (39.4, 46.9)	14.5 (12.0, 17.3)	5.3 (3.9, 7.3)	10.3 (8.3, 12.9)	30.1 (26.8, 33.7)
Holderness	239	19.7 (15.1, 25.2)	46.0 (39.8, 52.4)	14.2 (10.4, 19.2)	7.5 (4.8, 11.6)	12.6 (8.9, 17.4)	34.3 (28.6, 40.5)
Marfleet	232	26.7 (21.4, 32.8)	44.8 (38.6, 51.3)	12.1 (8.5, 16.9)	4.7 (2.7, 8.3)	11.6 (8.1, 16.4)	28.4 (23.0, 34.6)
Southcoates East	173	26.0 (20.0, 33.0)	42.2 (35.1, 49.6)	16.8 (11.9, 23.0)	5.8 (3.2, 10.3)	9.2 (5.8, 14.5)	31.8 (25.3, 39.1)
Southcoates West	126	19.0 (13.1, 26.8)	50.0 (41.4, 58.6)	11.9 (7.3, 18.7)	5.6 (2.7, 11.0)	13.5 (8.6, 20.5)	31.0 (23.5, 39.5)
Area: Park	770	23.1 (20.3, 26.2)	45.5 (42.0, 49.0)	13.8 (11.5, 16.4)	6.0 (4.5, 7.9)	11.7 (9.6, 14.2)	31.4 (28.2, 34.8)
Drypool	233	30.9 (25.3, 37.1)	43.3 (37.1, 49.8)	14.6 (10.6, 19.7)	3.9 (2.0, 7.2)	7.3 (4.6, 11.4)	25.8 (20.6, 31.7)
East Hull	1,680	25.7 (23.6, 27.8)	44.2 (41.9, 46.6)	14.2 (12.6, 15.9)	5.4 (4.4, 6.6)	10.5 (9.2, 12.1)	30.1 (28.0, 32.4)
Myton	306	35.9 (30.8, 41.5)	35.9 (30.8, 41.5)	15.0 (11.5, 19.5)	3.3 (1.8, 5.9)	9.8 (7.0, 13.7)	28.1 (23.4, 33.4)
Newington	230	38.7 (32.6, 45.1)	39.6 (33.5, 46.0)	12.2 (8.6, 17.0)	0.9 (0.2, 3.1)	8.7 (5.7, 13.0)	21.7 (16.9, 27.5)

Area	Number of survey responders	Percentage (95% confidence interval)					
		Never drinks	Low weekly units and no binge drinking	Low weekly units but binge drinking	Excessive weekly units but no binge drinking	Excessive weekly units and binge drinking	Excessive weekly units and/or binge drinking
St Andrew's	144	34.7 (27.4, 42.8)	34.0 (26.8, 42.1)	17.4 (12.0, 24.4)	1.4 (0.4, 4.9)	12.5 (8.1, 18.9)	31.3 (24.2, 39.2)
Area: Riverside	913	35.2 (32.1, 38.3)	38.4 (35.3, 41.6)	14.6 (12.4, 17.0)	2.5 (1.7, 3.8)	9.3 (7.6, 11.4)	26.4 (23.6, 29.4)
Boothferry	196	17.3 (12.7, 23.3)	54.1 (47.1, 60.9)	10.7 (7.1, 15.8)	7.7 (4.7, 12.2)	10.2 (6.7, 15.2)	28.6 (22.7, 35.3)
Derringham	223	19.7 (15.0, 25.4)	51.6 (45.0, 58.0)	13.9 (10.0, 19.1)	5.8 (3.4, 9.7)	9.0 (5.9, 13.4)	28.7 (23.2, 35.0)
Pickering	270	23.3 (18.7, 28.7)	47.4 (41.5, 53.4)	14.4 (10.7, 19.1)	5.6 (3.4, 9.0)	9.3 (6.4, 13.3)	29.3 (24.2, 34.9)
Area: West	689	20.5 (17.6, 23.6)	50.7 (46.9, 54.4)	13.2 (10.9, 15.9)	6.2 (4.7, 8.3)	9.4 (7.5, 11.8)	28.9 (25.6, 32.4)
Avenue	261	26.4 (21.5, 32.1)	46.7 (40.8, 52.8)	11.5 (8.2, 15.9)	7.7 (5.0, 11.5)	7.7 (5.0, 11.5)	26.8 (21.8, 32.5)
Bricknell	168	19.0 (13.8, 25.7)	45.8 (38.5, 53.4)	7.7 (4.6, 12.8)	8.3 (5.0, 13.5)	19.0 (13.8, 25.7)	35.1 (28.3, 42.6)
Newland	289	21.8 (17.4, 26.9)	39.4 (34.0, 45.2)	13.1 (9.7, 17.5)	10.0 (7.1, 14.0)	15.6 (11.8, 20.2)	38.8 (33.3, 44.5)
Area: Wyke	718	22.8 (19.9, 26.1)	43.6 (40.0, 47.2)	11.3 (9.2, 13.8)	8.8 (6.9, 11.1)	13.5 (11.2, 16.2)	33.6 (30.2, 37.1)
West Hull	2,087	26.5 (24.7, 28.5)	43.7 (41.6, 45.8)	13.0 (11.6, 14.5)	5.7 (4.8, 6.8)	11.0 (9.7, 12.4)	29.8 (27.8, 31.8)
HULL	5,014	25.6 (24.5, 26.9)	44.8 (43.4, 46.2)	13.6 (12.7, 14.6)	5.1 (4.6, 5.8)	10.8 (10.0, 11.7)	29.5 (28.3, 30.8)

Table 22: Estimated total number of people in Hull with different alcohol consumption behaviours using 2016 alcohol guidelines

Area	Population aged 16+ years	Never drinks	Low weekly units and no binge drinking	Low weekly units but binge drinking	Excessive weekly units but no binge drinking	Excessive weekly units and binge drinking	Excessive and/or binge	Excessive (not dangerous)	Dangerous	Binge drinker
Bransholme East	7,681	2,308	2,989	1,400	454	530	2,384	772	184	1,939
Bransholme West	6,423	1,547	3,188	844	188	656	1,688	605	233	1,514
Kings Park	8,637	960	4,711	1,221	436	1,309	2,966	1,296	432	2,510
Area: North Carr	22,741	4,815	10,888	3,465	1,078	2,495	7,038	2,672	848	5,963
Beverley	7,268	903	4,086	1,204	301	774	2,279	893	170	2,059
Orchard Pk & Grnwd	10,141	3,230	4,319	1,427	150	1,014	2,592	851	333	2,518
University	8,396	2,403	3,964	718	312	999	2,029	1,019	278	1,780
Area: Northern	25,805	6,537	12,369	3,349	763	2,787	6,900	2,762	781	6,356
North Hull	48,546	11,351	23,257	6,815	1,841	5,282	13,937	5,435	1,629	12,319
Ings	9,917	2,411	4,231	1,365	728	1,183	3,275	1,488	406	2,579
Longhill	9,261	2,577	3,844	1,573	349	917	2,839	866	389	2,568
Sutton	10,172	2,842	4,571	1,318	494	947	2,759	1,107	369	2,426
Area: East	29,350	7,830	12,646	4,255	1,572	3,047	8,874	3,460	1,164	7,573
Holderness	10,734	2,111	4,940	1,527	808	1,347	3,683	1,658	480	2,880
Marfleet	10,605	2,834	4,754	1,280	503	1,234	3,017	1,496	227	2,629
Southcoates East	6,365	1,656	2,686	1,067	368	589	2,024	800	182	1,714
Southcoates West	6,419	1,223	3,210	764	357	866	1,987	1,070	153	1,751
Area: Park	34,123	7,823	15,590	4,638	2,036	4,036	10,710	5,024	1,041	8,973
Drypool	10,676	3,299	4,628	1,558	412	779	2,749	975	266	2,481
East Hull	74,149	18,952	32,863	10,451	4,020	7,863	22,333	9,459	2,471	19,027
Myton	13,561	4,875	4,875	2,039	443	1,330	3,811	1,003	741	3,487

Area	Population aged 16+ years	Never drinks	Low weekly units and no binge drinking	Low weekly units but binge drinking	Excessive weekly units but no binge drinking	Excessive weekly units and binge drinking	Excessive and/or binge	Excessive (not dangerous)	Dangerous	Binge drinker
Newington	8,940	3,459	3,537	1,088	78	777	1,943	578	270	1,995
St Andrew's	6,572	2,282	2,236	1,141	91	822	2,054	536	358	2,091
Area: Riverside	39,749	13,915	15,276	5,826	1,025	3,707	10,558	3,092	1,634	10,054
Boothferry	9,879	1,714	5,343	1,058	756	1,008	2,823	1,504	301	2,163
Derringham	9,369	1,849	4,832	1,302	546	840	2,689	1,197	165	2,122
Pickering	9,279	2,165	4,399	1,340	516	859	2,715	1,061	308	2,185
Area: West	28,527	5,727	14,573	3,701	1,818	2,707	8,226	3,763	774	6,470
Avenue	11,074	2,928	5,176	1,273	849	849	2,970	1,258	419	2,174
Bricknell	6,794	1,294	3,114	526	566	1,294	2,386	1,479	400	1,825
Newland	10,280	2,241	4,055	1,352	1,032	1,601	3,984	1,985	638	2,995
Area: Wyke	28,148	6,463	12,345	3,150	2,446	3,743	9,340	4,722	1,457	6,994
West Hull	85,748	22,806	37,567	11,119	4,876	9,379	25,375	10,602	3,600	21,037
HULL	208,443	53,110	93,687	28,385	10,737	22,524	61,646	25,496	7,701	52,383

Survey responders who were working full-time were the most likely to exceed the weekly recommended units and/or binge drink (38.3%) although the percentages were only marginally lower for workers who did not specify their working hours (34.7%) and full-time students (33.0%). Full-time workers (15.8%) and workers who did not specify their hours (15.5%) were also the most likely to both drink excessively and binge drink. Survey responders who were looking after the home or family were the least likely to drink excessively and/or binge drink with 18.3% doing this (and undertake both of these together with 4.0% doing this).

Just over one in three of non-British White (34.4%) and just under 30% of White British (29.8%) and Mixed (28.2%) BME groups drank excessively and/or undertook binge drinking weekly compared to 21.7% of Chinese, 15.3% of Asian or Asian British, 14.0% of Black or Black British, and 4.5% of Arabs. Over one-quarter of those in other BME groups exceeded the limits or undertook binge drinking but the overall number of survey responders were small so findings might not be representative, and it is difficult to examine this group as it could be made up of a number of very different people in terms of ethnicity and their alcohol profile.

People in better health and with better wellbeing were more likely to drink excessively and/or binge drink (and also more likely to do both of these in relation to health although this was not the case necessarily the case for the wellbeing measures) and this was perhaps associated with deprivation with survey responders living in the least deprived areas tending to drink more and have better health. This pattern remains unchanged following the change to the alcohol guidelines.

People who reported that their diet was not healthy and who did not eat 5-A-DAY were more likely to participate in harmful drinking behaviours as were those who undertook more physical activity (which will be associated with age and gender). There was a strong association with smoking with 37.4% of smokers drinking excessively and/or binge drinking compared to 29.3% of former smokers and 23.9% of never smokers. Current smokers were also more likely to both drink excessively and binge drink (15.2%) compared to former smokers (10.1%) and never smokers (8.0%). Current heavy smokers who smoked 20 or more cigarettes per week were slightly more likely to drink excessively and/or binge drink weekly (41.0%) compared to current smokers who smoked fewer than 10 cigarettes per week (39.0%) and current moderate smokers who smoked more than 10 but fewer than 20 cigarettes per week (34.2%), but current heavy smokers were also more likely to both drink excessively and binge drink weekly (19.0%) compared to light (13.8%) and moderate (13.1%) smokers. Current e-cigarette users were also more likely to undertake either of these harmful alcohol behaviours compared to former or never users of e-cigarettes (39.4% versus 28.7%) and also more likely to undertake both of these (15.0% and 10.6% respectively). Age, gender and deprivation are also associated with these factors and with alcohol consumption, so could be potential reasons for the differences in the prevalence of alcohol consumption between these groups.

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.5.7**.

4.7.7.2 Trends Over Time

Excessive weekly alcohol consumption and binge drinking was also collected as part of previous local surveys (see **section 3.2.17**), and trends over time can be examined.

Figure 91 summaries the trends over time in alcohol consumption by gender based on the new 2016 national alcohol guidelines.

Overall, perhaps unsurprisingly, a similar pattern to that observed in **section 4.7.6.2** with a higher percentage of men and women drinking too much and binge drinking weekly in 2007 and 2014 compared to 2009 and 2011, although the percentages were slightly higher. Based on the 2016 guidelines, 29.3% would have been classified as drinking too much and/or binge drinking weekly in 2007, decreasing to 25.3% and 25.1% in 2009 and 2011 respectively, and then increasing to 29.5% in 2014 (compared to 26.2%, 23.8%, 22.5% and 27.8% respectively based on the 1995 alcohol guidelines).

The same pattern over time occurred among men, with 40.9% having drunk too much alcohol the previous week (more than 14 units) in 2007 decreasing to 35.4% and 34.2% in 2009 and 2011 and increasing to 38.9% in 2014. The pattern was slightly different among women with similar levels in 2007 (16.8%), 2009 (15.1%) and 2011 (17.4%) and a higher percentage in 2014 (21.6%). As there were no changes to the definitions of excessively weekly alcohol consumption or binge drinking among women, these figures are identical to those reported in **section 4.7.6.2**.

Figure 91: Summary of alcohol consumption and harmful drinking using 2016 alcohol guidelines (by gender, trends over time)

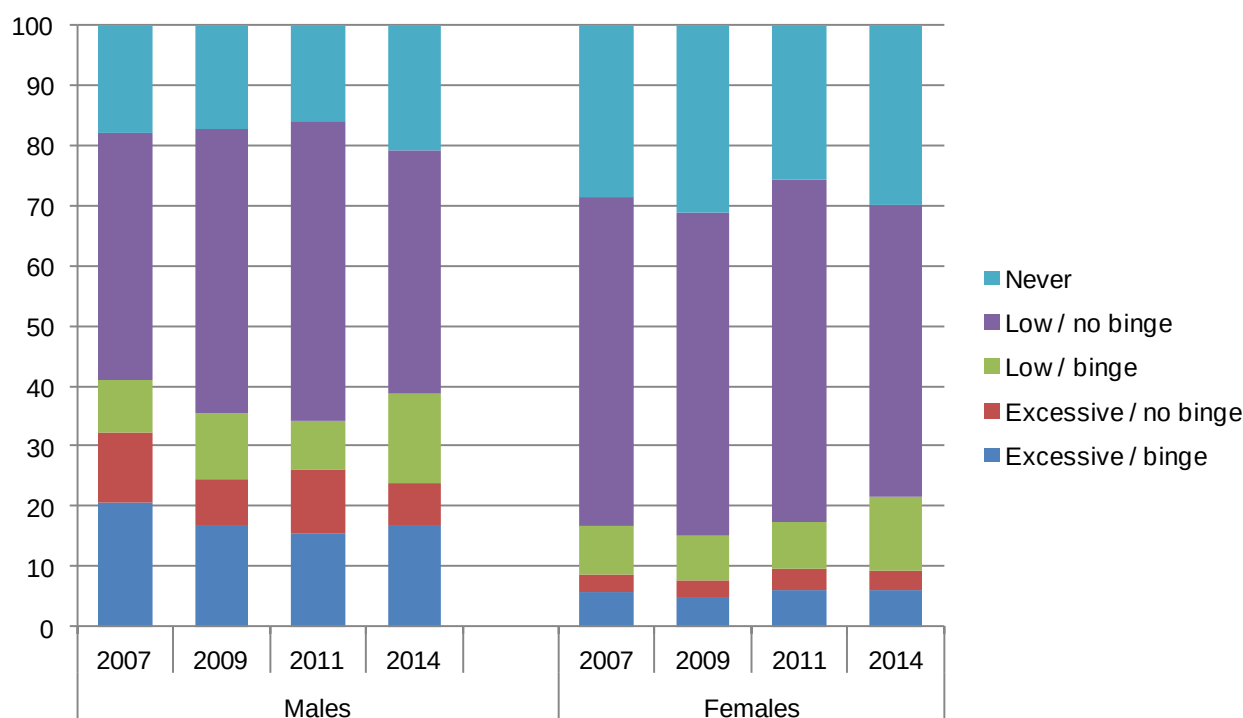
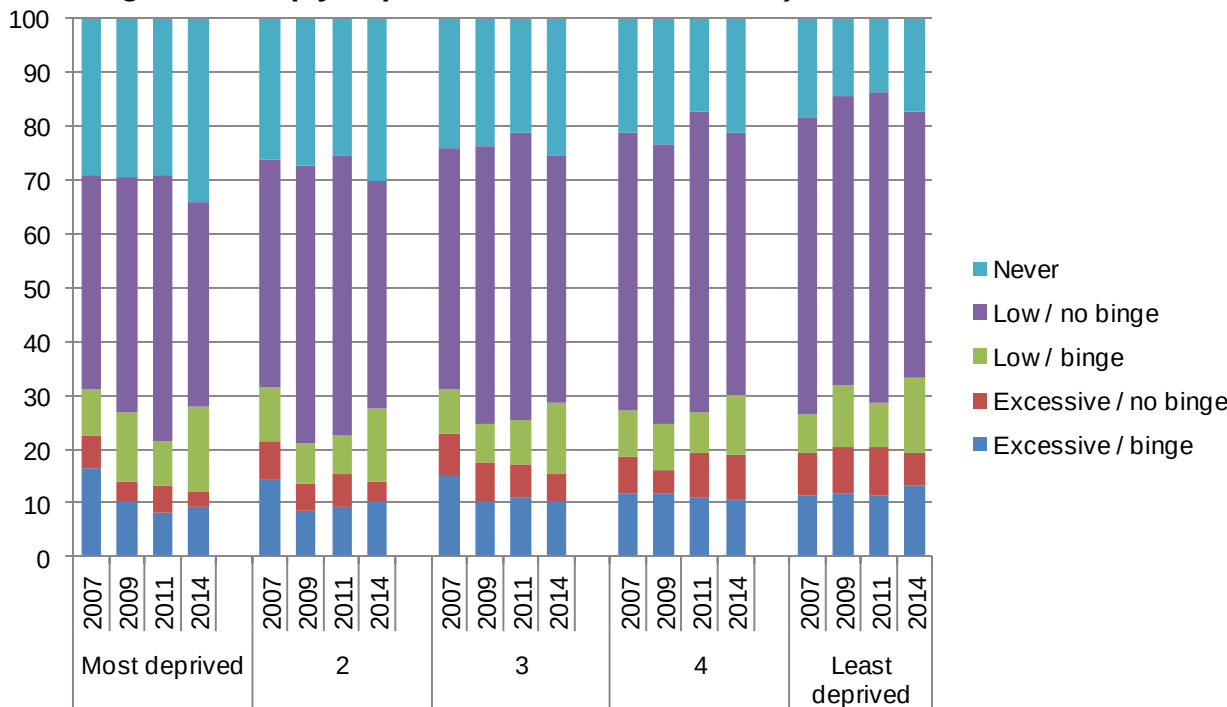


Figure 92 and **Figure 93** summarise the trends over time in alcohol consumption by age and by deprivation based on the 2016 guidelines. The patterns over time across the different groups was similar to those observed based on the 1995 alcohol guidelines (**Figure 86** and **Figure 87**).

Figure 92: Summary of alcohol consumption and harmful drinking using 2016 alcohol guidelines (by age, trends over time)



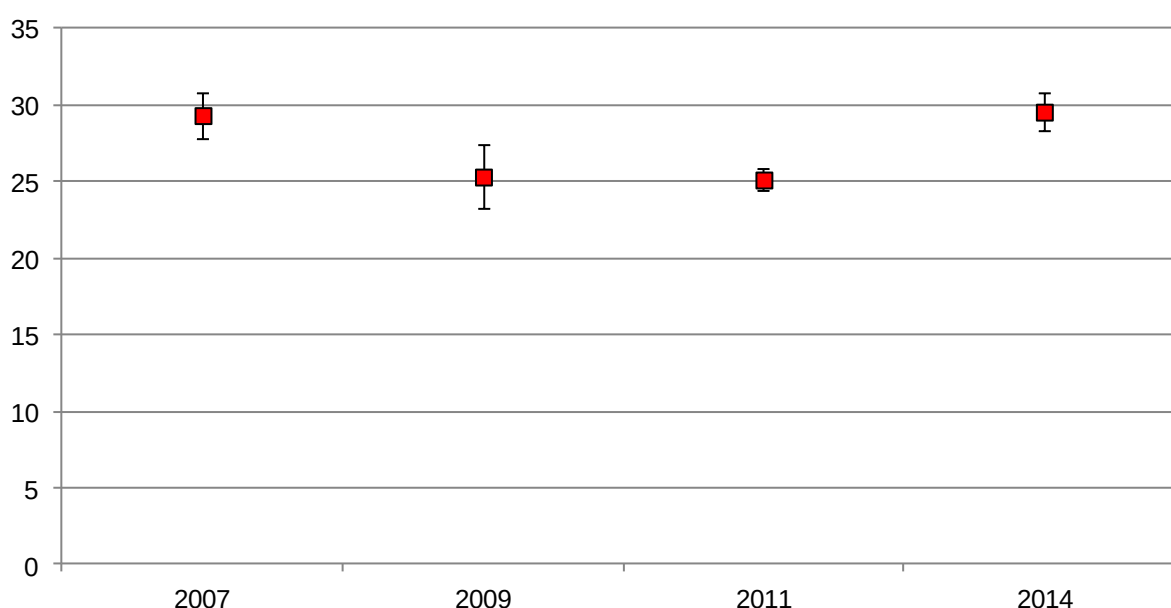
Figure 93: Summary of alcohol consumption and harmful drinking using 2016 alcohol guidelines (by deprivation, trends over time)



Whilst it is not possible to compare harmful drinking (excessive weekly units last week and/or usually binge drinks at least weekly) with Great Britain or England (as there is no national survey which collects information on the number of weekly alcohol units consumed), it is possible to examine the trends in Hull over time (**Figure 94**). As trend is non-linear with only four data points it is not possible to predict future projections.

Based on the 2016 guidelines, the prevalence of excessive weekly units the previous week and/or binge drinking at least weekly in Hull was 29.3% for 2007 decreasing to 25.3% in 2009 and 25.1% in 2011, but since increasing to 29.5% in 2014.

Figure 94: Trends in the prevalence of harmful drinking using 2016 alcohol guidelines (excessive weekly units last week and/or usually binge drinks once a week), Hull



4.7.8 Harmful Drinking (Excessive Weekly Alcohol Consumption and/or Binge Drinking – Impact of Change to Alcohol Guidelines)

As mentioned in **section 0**, the recommended guidelines for alcohol consumption changed in January 2016. Prior to that the 1995 recommendations were the latest guidelines for alcohol consumption and were used in the original report when it was published in July 2015. This current (version 2) report has been adjusted following this change, although the original information using the 1995 guidelines has been retained with new information presented following the change in 2016. The fundamental change to the guidelines is that there are no safe levels of alcohol consumption, and the change that impacts on this report is that the recommended maximum number of units for men is now 14 units per week. Thus the limit of 14 units per week now applies to both men and women. Excessive alcohol consumption is defined as drinking 15-35 units and dangerous drinking is defined as drinking 36+ units per week.

This new section provides additional information on the impact of the 2016 guidelines in terms of the absolute change in the percentage drinking excessively or dangerously. The percentages drinking excessively are given in **section 4.7.2** in relation to the 1995 guidelines and in **section 4.7.3** in relation to the 2016 guidelines.

4.7.8.1 *Current Prevalence*

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.5.8**.

Figure 95 illustrates the increase in prevalence of undertaking either or both of excessive weekly units and weekly binge drinking overall, for males and by age. Following the change to the alcohol guidelines, overall, the prevalence increased for excessive drinking and binge drinking increased by 2.7 percentage points from 8.2% to 10.8%, and the percentage of excessive drinking and/or binge drinking increased by 1.7 percentage points from 27.8% to 29.5%. For men, these increases were 5.8 percentage points and 3.7 percentage points respectively.

The increases in prevalence for excessive and binge drinking was around 3 percentage points for the younger age groups (16-44 years), slightly less than this for the 45-64 year age groups at 2.2 to 2.4 percentage points and lowest among those aged 75+ years at 0.7 percentage points. The largest increase in prevalence occurred for those aged 25-34 years and 65-74 years (both having an increase of 3.3 percentage points).

In terms of excessive and/or binge drinking, the prevalence increased by the smallest amount for the oldest age groups (1.0 percentage points and 1.4 percentage points for those aged 75+ and 65-74 years respectively), slightly larger increases for the youngest age groups (1.4, 1.6, 1.7 and 1.9 percentage points for those aged 16-24, 25-34, 35-44 and 45-54 years respectively) and by the largest amount for those aged 55-64 years (by 3.0 percentage points).

Figure 95: Absolute change in percentage drinking excessively and/or dangerously following change to alcohol guidelines in 2016 (overall, and by gender and age)

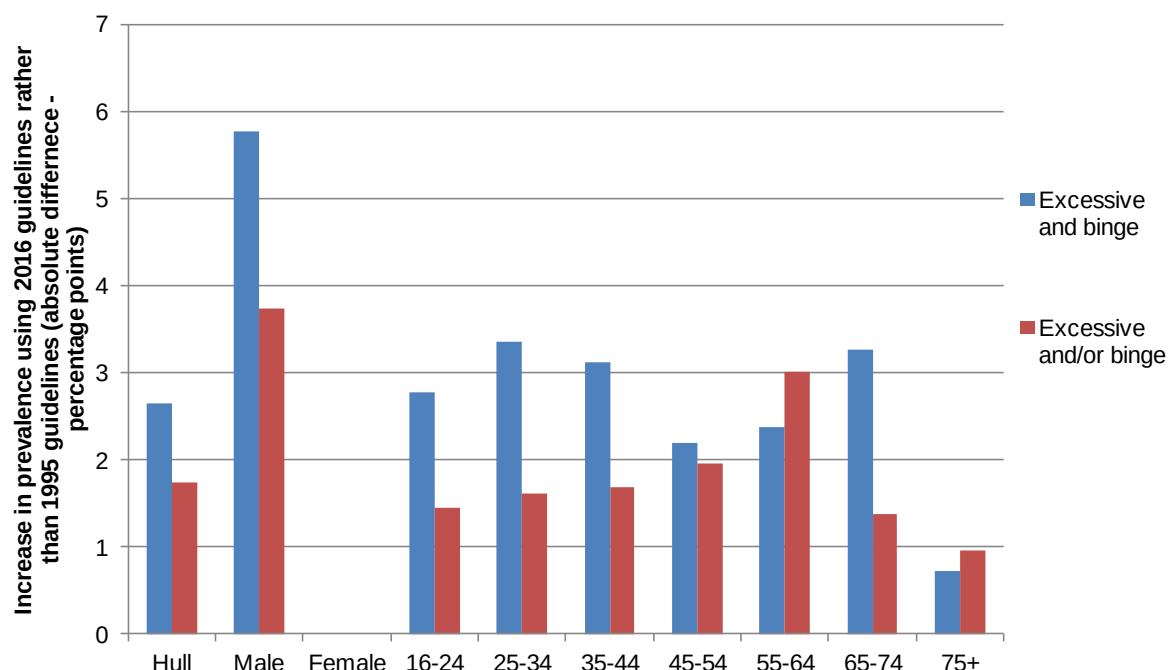
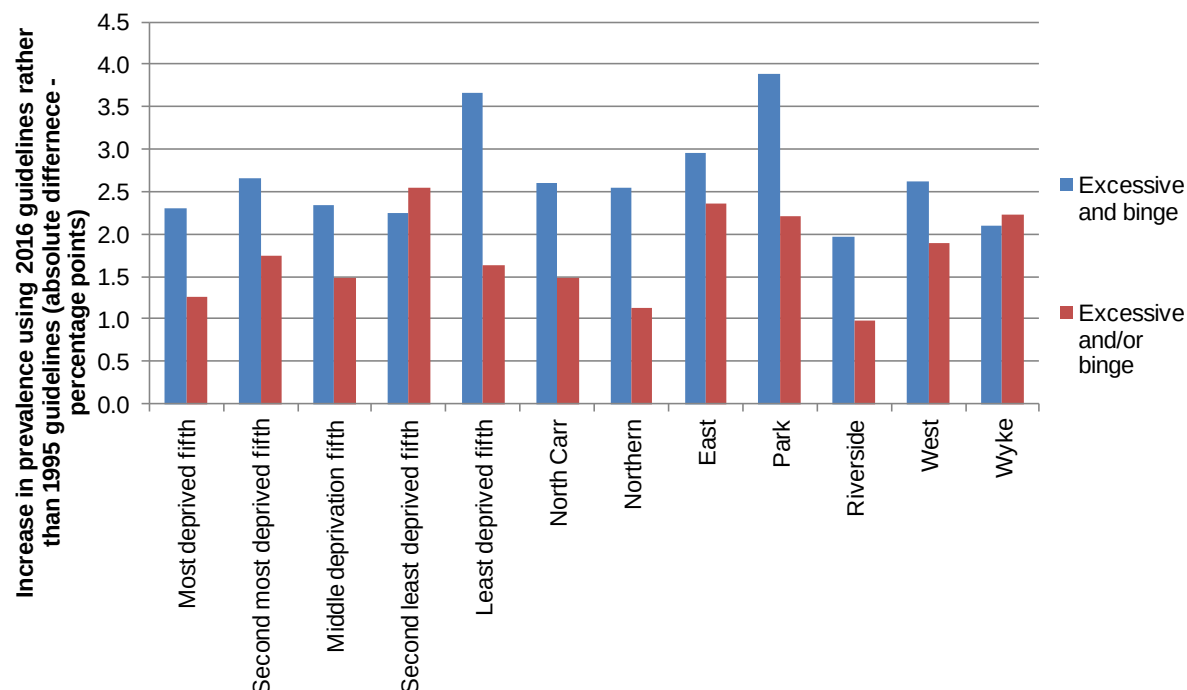


Figure 96 illustrates the increase in prevalence of undertaking either or both of excessive weekly units and weekly binge drinking by deprivation fifths and for each Area. Following the change to the alcohol guidelines, overall, the prevalence increased for excessive drinking and binge drinking was relatively similar between the four most deprived fifths (2.3 percentage points for three of the fifths and 2.7 percentage point increase for the second most deprived fifth) but was considerably higher among people living in the least deprived fifth of Hull where there was an increase of 3.7 percentage points from 9.7% to 13.3%. Across the deprivation fifths, there was a similar increase in the prevalence of excessive and/or binge drinking across three of the five deprivation fifths (range 1.5 to 1.7 percentage points) with the increase slightly lower among those living in the most deprived areas (1.3 percentage point increase) and slightly higher among those living in the second least deprived fifth of areas (2.5 percentage point increase).

Park had the highest increase in prevalence of excessive and binge drinking following the change to the alcohol guidelines with the prevalence increasing by 3.9 percentage points (from 7.8% to 11.7%) whereas people living in Riverside had the lowest increase in prevalence of 2.0 percentage points. Park together with Wyke (both 2.2 percentage points increase) and East (2.4 percentage point increase) also showed the highest percentage increase in the prevalence of excessive and/or binge drinking. Riverside showed the smallest increase in the prevalence with a 1.0 percentage point increase with Northern (1.1 percentage point increase) also having a small increase in prevalence of excessive and/or binge drinking.

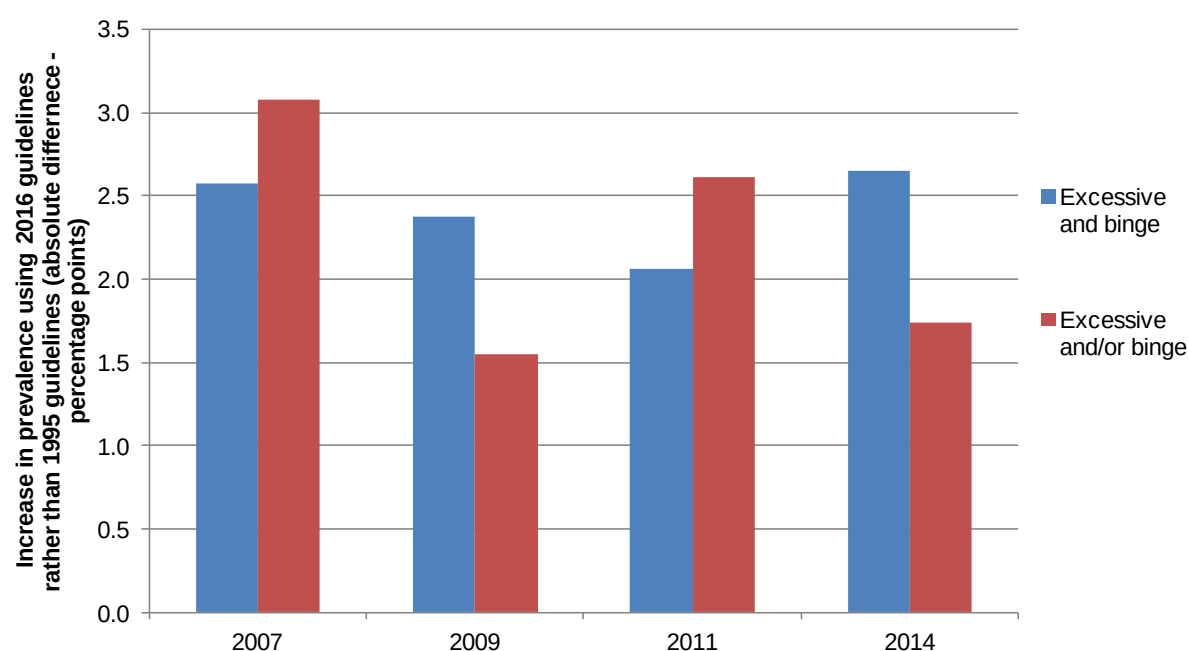
Figure 96: Absolute change in percentage drinking excessively and/or dangerously following change to alcohol guidelines in 2016 (by deprivation and Area)



4.7.8.2 Trends Over Time

Figure 97 illustrates the increase in prevalence of undertaking either or both of excessive weekly units and weekly binge drinking across the different local survey time periods. Following the change to the alcohol guidelines, overall, the prevalence increased for excessive drinking and binge drinking increased by between 2.1 and 2.7 percentage points over the survey years with the highest increase for the most recent survey. The prevalence of excessive and/or binge drinking was highest among those surveyed in 2007 (3.1 percentage point increase) and 2011 (2.6 percentage point increase) and lowest among those surveyed in 2009 (1.5 percentage point increase) and 2014 (1.7 percentage point increase). Thus there was no real trend of pattern in relation to time. Thus there was no real trend of pattern in relation to time, that is, the increase in prevalence has not increased or decreased over time following the change to the alcohol guidelines.

Figure 97: Absolute change in percentage drinking excessively and/or dangerously following change to alcohol guidelines in 2016 (trends over time)



4.8 Physical Activity

The national guidelines for physical activity have changed over time, although in general adults are still recommended to undertake 30 minutes or more of vigorous or moderate physical activity on at least five days a week. The previous guidelines (2011 and prior to that) stated that the physical activity undertaken in the day needed to last at least 30 minutes, but new guidelines, which were updated in 2012, state that the quantity of physical activity in the day should sum to least 30 minutes but can be made up of ‘bouts of physical activity’ of 10 minutes or more. For comparability with previous local surveys (albeit with slight problems due to inconsistent physical activity questions), a question was included on the frequency of undertaking physical activity for at least 30 minutes for different levels of physical activity separately (vigorous, moderate and light) with examples of some types of physical activity for the different levels of physical activity. This means that the trends over time can be examined (in relation to 2011 national guidelines). An additional question in this 2014 Health and Wellbeing Survey asked the survey responders to state separately for vigorous and moderate physical activity levels, the number of minutes of physical activity for each day over the previous seven days. From this question, it is hoped that an estimate of the numbers fulfilling the national physical activity guidelines can be estimated (again albeit with a slightly different definition as our survey does not – for simplicity reasons – mention physical activity in ‘bouts of 10 minutes or more’). Further information is given within **section 3.2.8**.

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.6**.

4.8.1 *Frequency of 30+ Minutes of Physical Activity in Week at Different Intensity Levels (2011 National Guidelines)*

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.6.1**, **section 5.6.2** and **section 5.6.3** for vigorous, moderate and light physical activity levels, which is summarised in **section 5.6.4**.

This section includes the summarised information which combines the levels of physical activity into four different categories: (1) Fulfils 2011 national physical activity guidelines (undertakes moderate or vigorous physical activity lasting 30 minutes or more on five or more occasions during the week); (2) undertakes moderate or vigorous physical activity lasting 30 minutes or more but fewer than five times per week; (3) light physical activity for 30 minutes or more only (no moderate or vigorous physical activity lasting 30 minutes or more); and (4) never undertakes physical activity (no light, moderate or vigorous physical activity that lasts for 30 minutes or more).

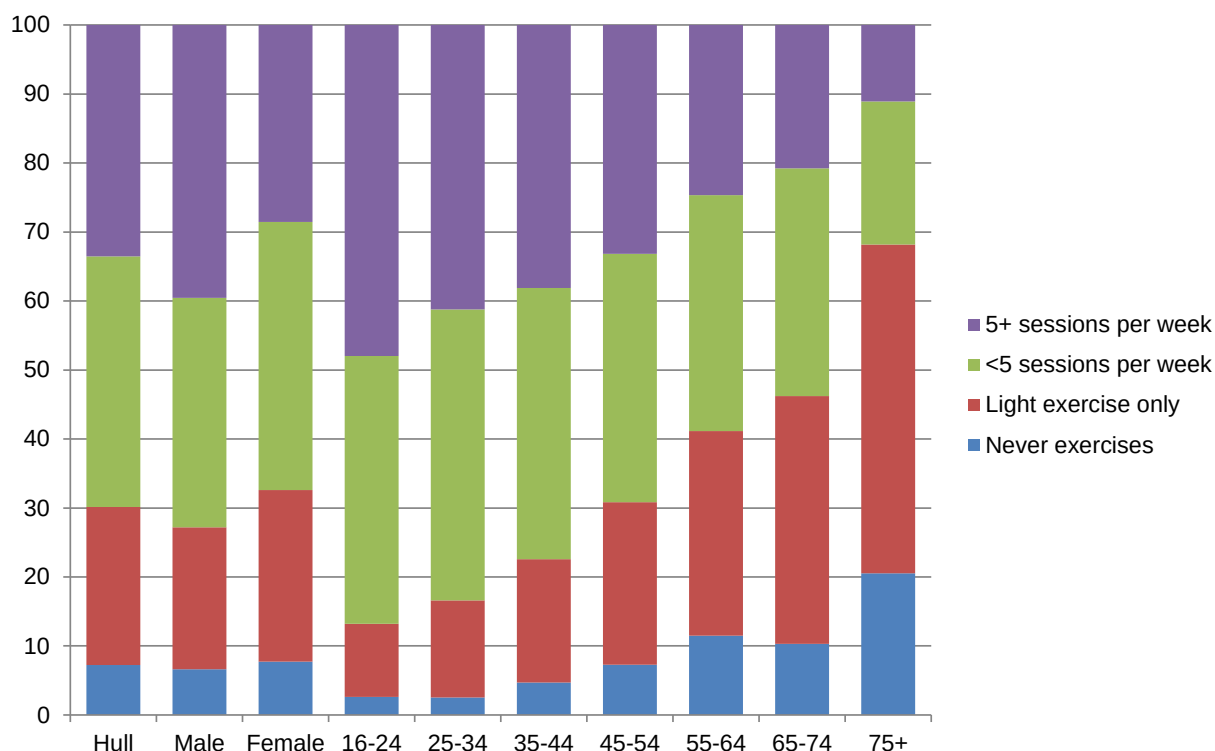
4.8.1.1 *Current Prevalence*

Overall, the percentage fulfilling the 2011 national physical activity guidelines (undertakes five or more sessions of 30+ minutes of vigorous or moderate intensity physical activity per week) was 33.5% in Hull. A further 36.3% undertake 30+ minute sessions of vigorous or moderate intensity physical activity but fewer than five times a week, 22.9% undertake 30+ minute sessions of light intensity physical activity (may undertake vigorous or moderate intensity physical activity but it will be for fewer than 30 minutes at a time), and the remaining 7.2% never undertook physical activity for 30 minutes or more (they may undertake some light, moderate or vigorous physical activity but for fewer than 30 minutes at a time).

Whilst reasonably similar percentages never undertook physical activity among males (6.6%) and females (7.7%), males were much more likely to fulfil the 2011 national physical activity guidelines (39.5%) compared to women (28.5%) as illustrated in **Figure 98**.

There was a strong association between exercising and age. Around 2.5% of those aged 16-34 years never undertook physical activity, but the percentage almost doubled to 4.7% among those aged 35-44 years then increased to 7.3% among those aged 45-54 years, to 11.5% and 10.3% among those aged 55-64 and 65-74 years respectively, with the percentage almost doubling again to 20.5% among those aged 75+ years. Almost half (48.0%) of those aged 16-24 years fulfilled the 2011 national physical activity guidelines, but this gradually decreased with increasing age so the percentages was almost half that among those aged 55-64 years, which decreased further so that it was around one-quarter of that of the youngest age among those aged 75+ years (11.1%).

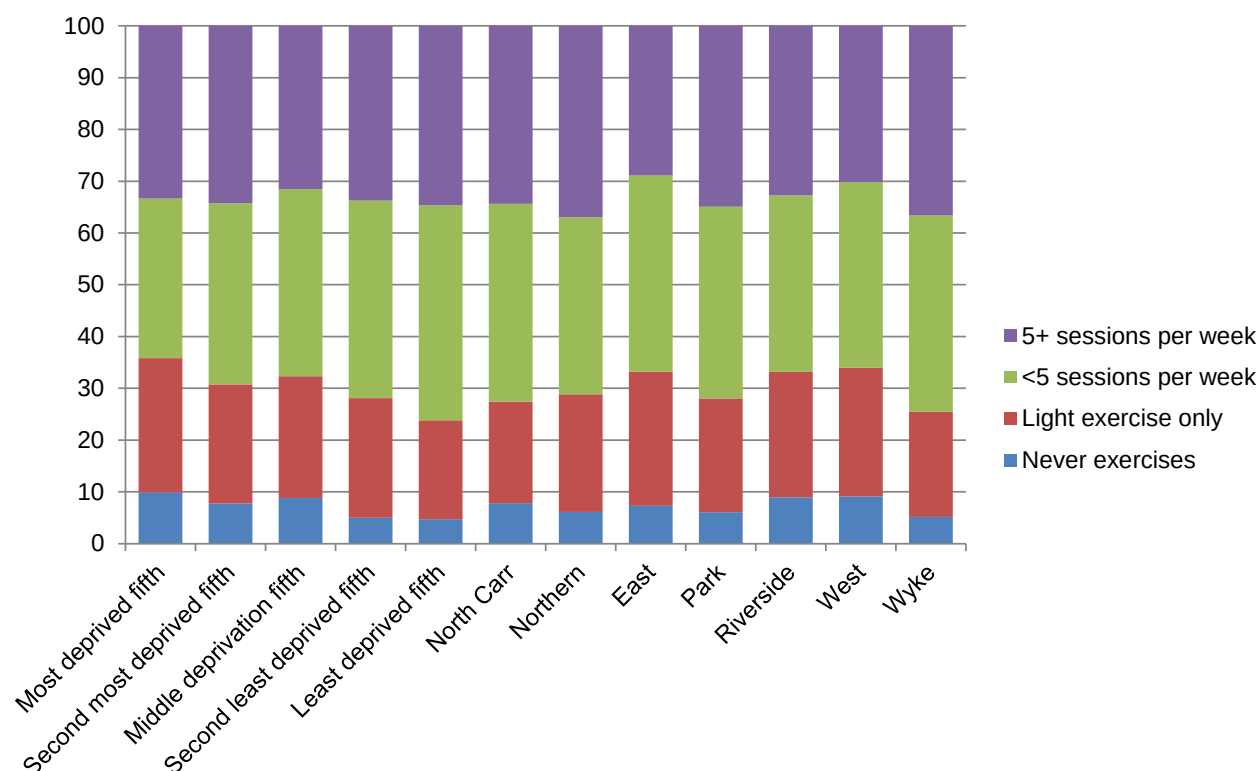
Figure 98: Summary of frequency of 30+ minute sessions of vigorous or moderate physical activity (overall, and by gender and age)



Whilst there was little variation in the percentages fulfilling the 2011 national physical activity guidelines among the five deprivation fifths (range 31.5% to 34.7%), the percentage who never undertook physical activity was twice as high in the most deprived fifth (9.9%) compared to the least deprived fifth (4.7%) as illustrated in **Figure 99**. The percentage undertaking light intensity physical activity only was also 35% higher among the most deprived compared to least deprived fifths (25.9% versus 19.1%).

There was considerable variation in the percentage never exercising among the seven Areas (5.2% in Wyke compared to 9.1% in West), as well as in the percentage fulfilling the 2011 national physical activity guidelines (28.9% in East compared to 37.0% in Northern). Some of these differences will likely be associated with the difference in the age distributions among the different Areas.

Figure 99: Summary of frequency of 30+ minute sessions of vigorous or moderate physical activity (by deprivation and Area)



The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.6.4**.

4.8.1.2 Trends Over Time

Information on physical activity levels was also collected as part of previous local surveys (see **section 3.2.17**), and trends over time can be examined. In the 2009 surveys, the physical activity question was asked in a slightly different way, and the survey was completed by interview rather than self-completion (see **section 3.2.8**). These factors have likely influenced the responses as the prevalence fulfilling the 2011 national guidelines from the 2009 survey was high relative to the 2007 and 2011 surveys. As a result, the findings from the 2009 survey have not been presented below.

Figure 100 gives the trends over time by gender. It can be seen that the pattern of change over time is similar for men and women except the increase in the percentage fulfilling the 2011 national physical activity guidelines between 2007/2011 and 2014 is higher among men (from around 29% to 39.5%) compared to women (from around 24% to 28.5%), and the percentage of men never exercising fell from around 9.5% to 6.6% between 2007/2011 to 2014 whereas among the women the percentage increased (from 7.4% in 2007 to 8.8% in 2011) and then decreased (to 7.7% in 2014).

Figure 100: Fulfilling national (2011) physical activity guidelines (by gender, trends over time)



The trends over time across the different age groups was also similar, although the overall prevalence for each age group was considerably different (**Figure 101**). The only real exception was that among those aged 45+ years, the prevalence of fulfilling the 2011 national physical activity guidelines increased between 2007 and 2011 and between 2011 and 2014, but in the younger age groups whilst there was an increase between 2011 and 2014, there was no increase between 2007 and 2011 (similar levels in 2007 and 2011 for those aged 16-24 years but a decrease between 2007 and 2011 among those aged 25-44 years).

Whilst the overall prevalence differed among the deprivation fifths, the pattern in the percentages and trends over time did not differ substantially (**Figure 102**).

Figure 101: Fulfilling national (2011) physical activity guidelines (by age, trends over time)

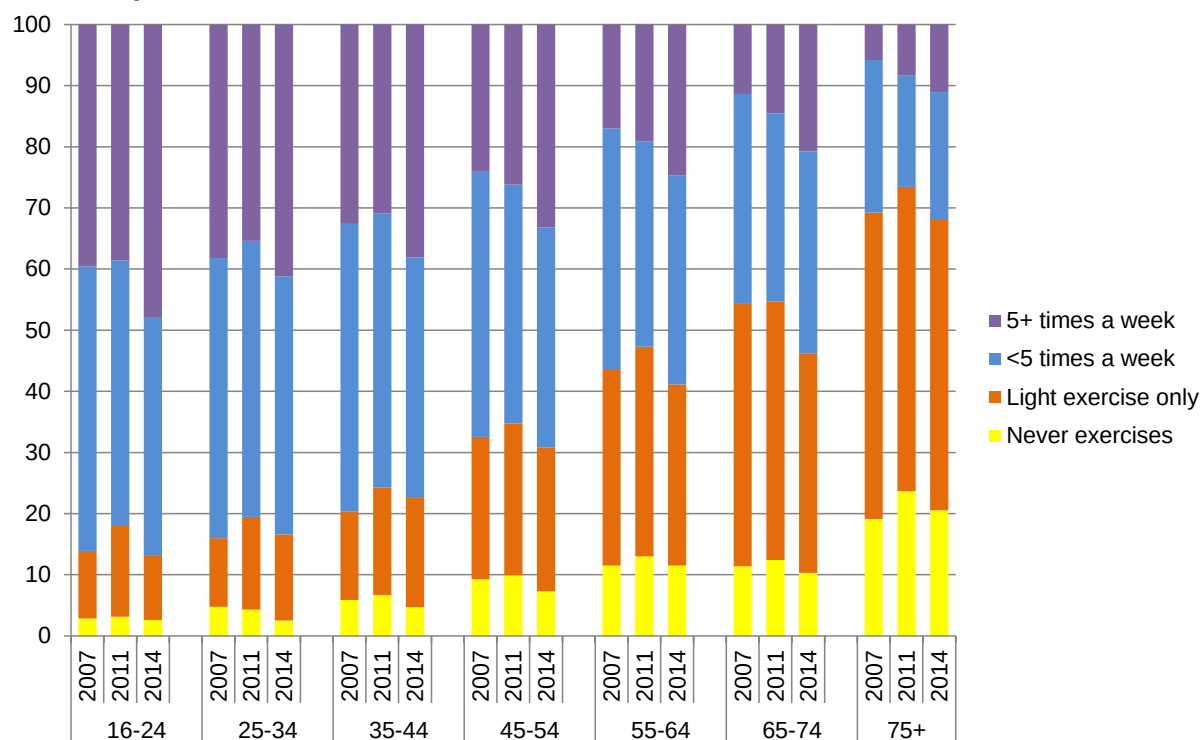
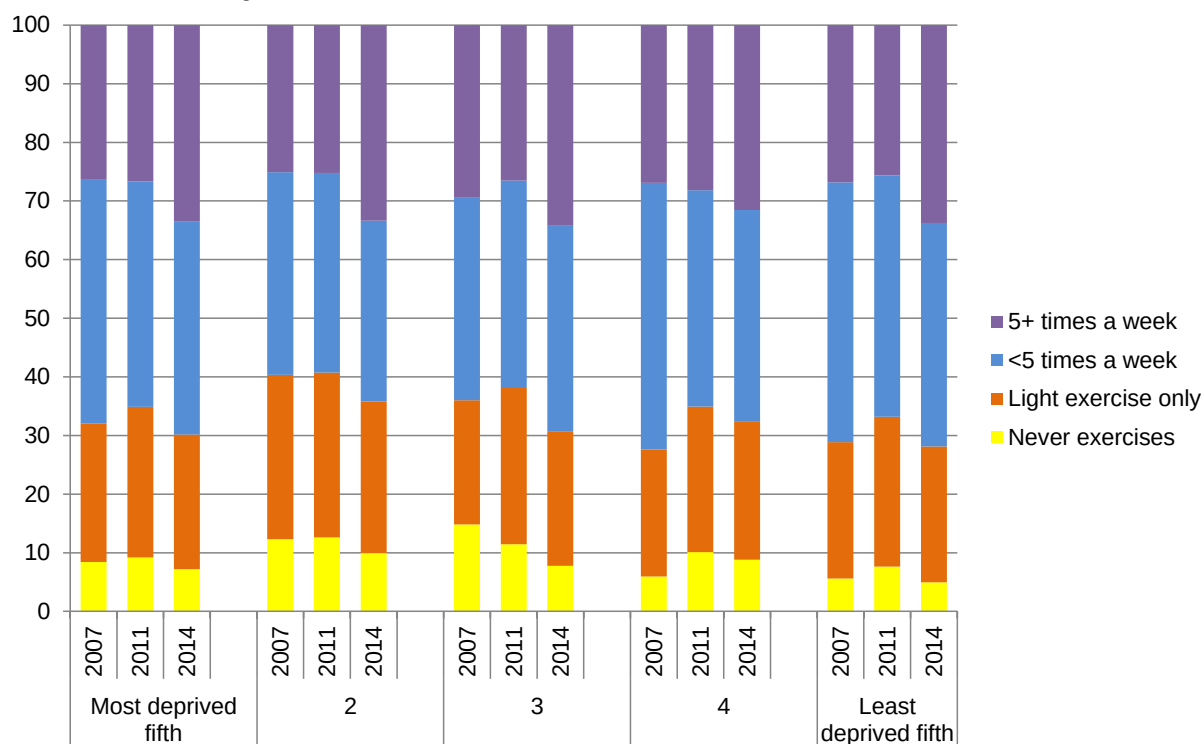
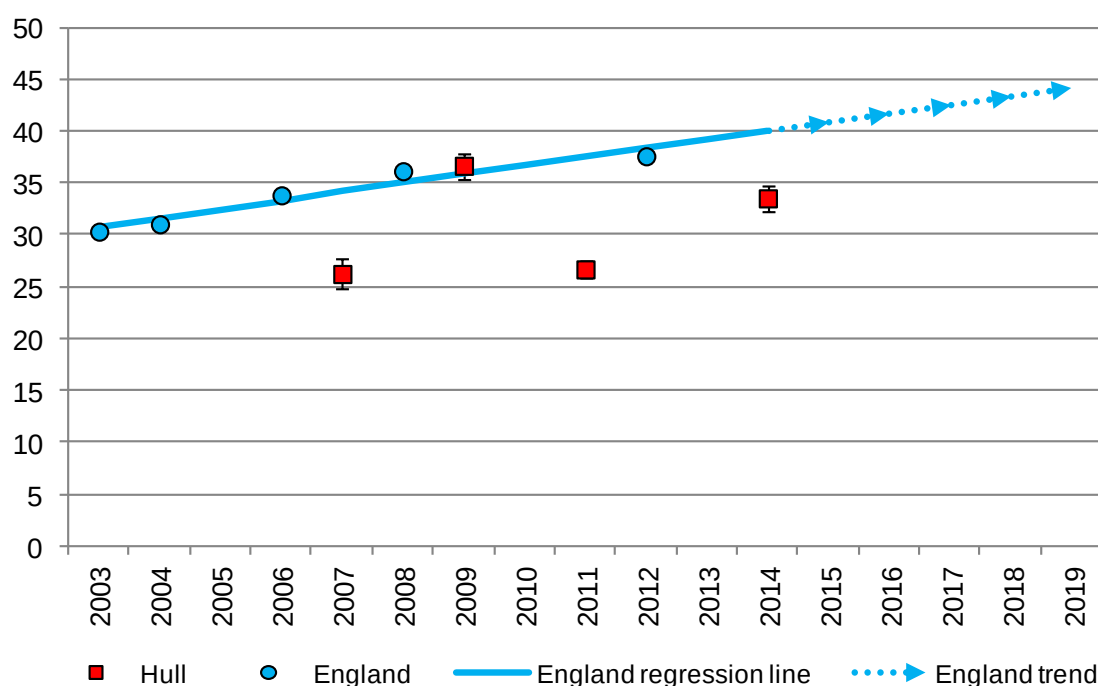


Figure 102: Fulfilling national (2011) physical activity guidelines (by deprivation, trends over time)



From the previous surveys, it was estimated that 26.3% of survey responders in 2007 undertook 30 minutes or more of moderate or vigorous physical activity on five or more occasions during the week, increasing to 26.7% in 2011 and 33.5% in 2014 as illustrated in **Figure 103**. The estimate in 2009 was 36.7% but this high prevalence could be due to the way in which the question was asked and the fact that the survey was completed by interview rather than self-completion. The prevalence was 30.3% in England for 2003 which increased to 37.6% in 2012. It is not possible to examine the trends over time in relation to the 2012 recommendations (which are based on bout of physical activity of ten minutes or more rather than 30+ minute sessions). However, nationally it is estimated that 59% in 2008 and 60% in 2012 fulfilled the 2012 physical activity recommendations, compared to only 41% in Hull for 2014.

Figure 103: Trends in the prevalence of the (2011) national physical activity guidelines and future projections for England, Hull versus England



4.8.2 Total Number of Minutes of Physical Activity Last Week at Vigorous or Moderate Levels ('150 Minute' Component of 2012 National Guidelines)

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.6.5** for vigorous physical activity, **section 5.6.6** for moderate physical activity, and summarised in **section 5.6.7**.

The latter summary provides an estimate of the percentage fulfilling the '150 minute' component of the 2012 national physical activity guidelines the previous week. However, the definition is slightly different as locally it is not known if each 'session' or 'bout' of physical activity lasts ten minutes or more, and the survey asked about physical

activity undertaken the previous week and it is not known if this is their usual levels of physical activity or not. Furthermore, this only partially fulfils the physical activity guidelines as additionally it is recommended that adults undertake muscle-strengthening activities on two or more days a week that work all major muscle groups. As the 2014 Health and Wellbeing Survey does not include information on muscle-strengthening activities, the percentage fulfilling all requirements of the 2012 national physical activity guidelines will definitely be lower in Hull than the figures quoted below in this section as it is only one component and to satisfy national recommendations both components need to be satisfied. However, having said this, official information for England such as output published in Public Health England Fingertips within the Public Health Outcomes Framework indicators, only presents the '150 minute' component of the guidelines. Therefore, it is not just Hull where it is not known how many people fulfil the full 2012 national physical activity guidelines or not. Further discussion on this issue is given in **section 3.2.8**.

4.8.2.1 *Current Prevalence*

Figure 104 presents the percentage of survey responders who had undertaken moderate or vigorous physical activity in the last week for each gender and by age.

Overall, 44.4% fulfilled the '150 minute' component of the 2012 national physical activity guidelines and a similar percentage (43.5%) were classified as 'inactive' as they undertook fewer than 30 minutes of moderate physical activity.

Men were more likely to fulfil the guidelines compared to women (50.5% versus 39.1%). Thus, women were more likely to be classified as inactive (47.5% versus 38.8%).

There was a strong association with age, with almost six in ten people aged 16-24 years fulfilling the national guidelines which fell consistently with age to 14.8% among those aged 75+ years. In contrast, unsurprisingly, the percentage who were classified as inactive increased from 27.3% among those aged 16-24 years to 79.2% among those aged 75+ years.

Figure 104: Number of minutes of moderate and vigorous physical activity during the previous week (overall, and by gender and age)

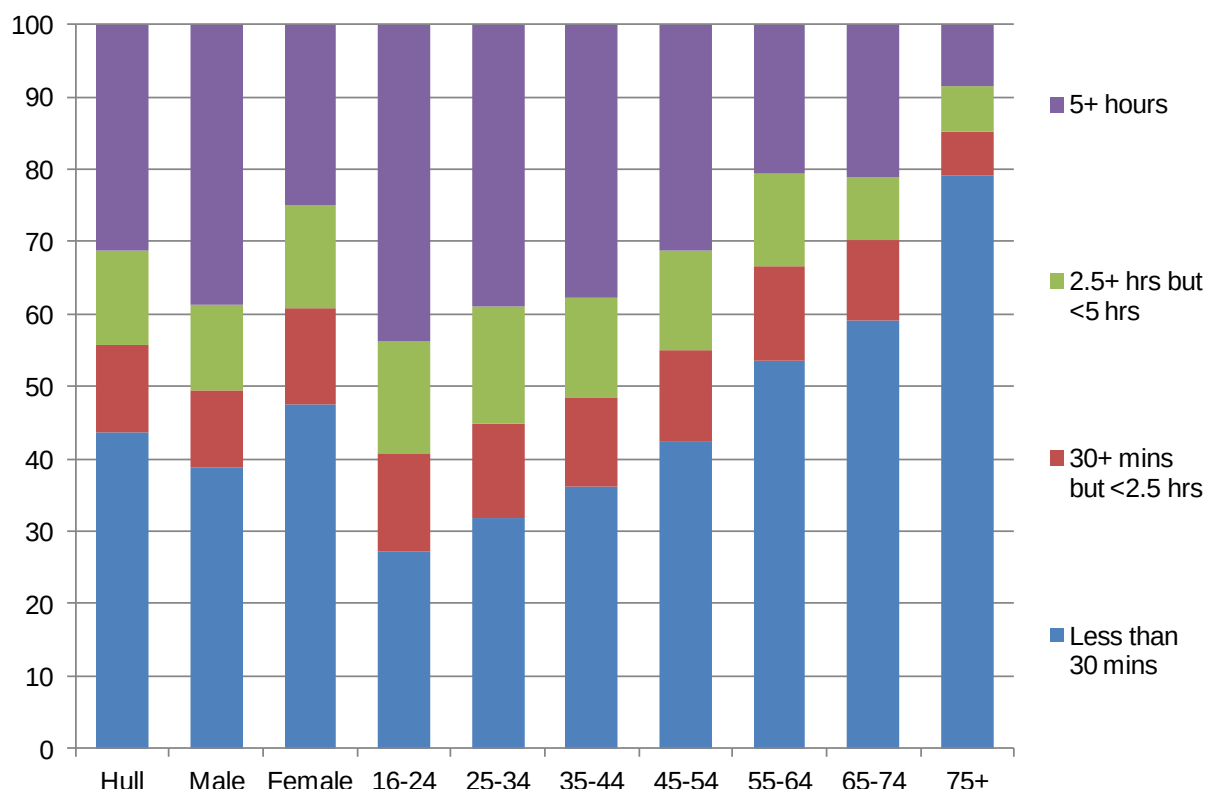
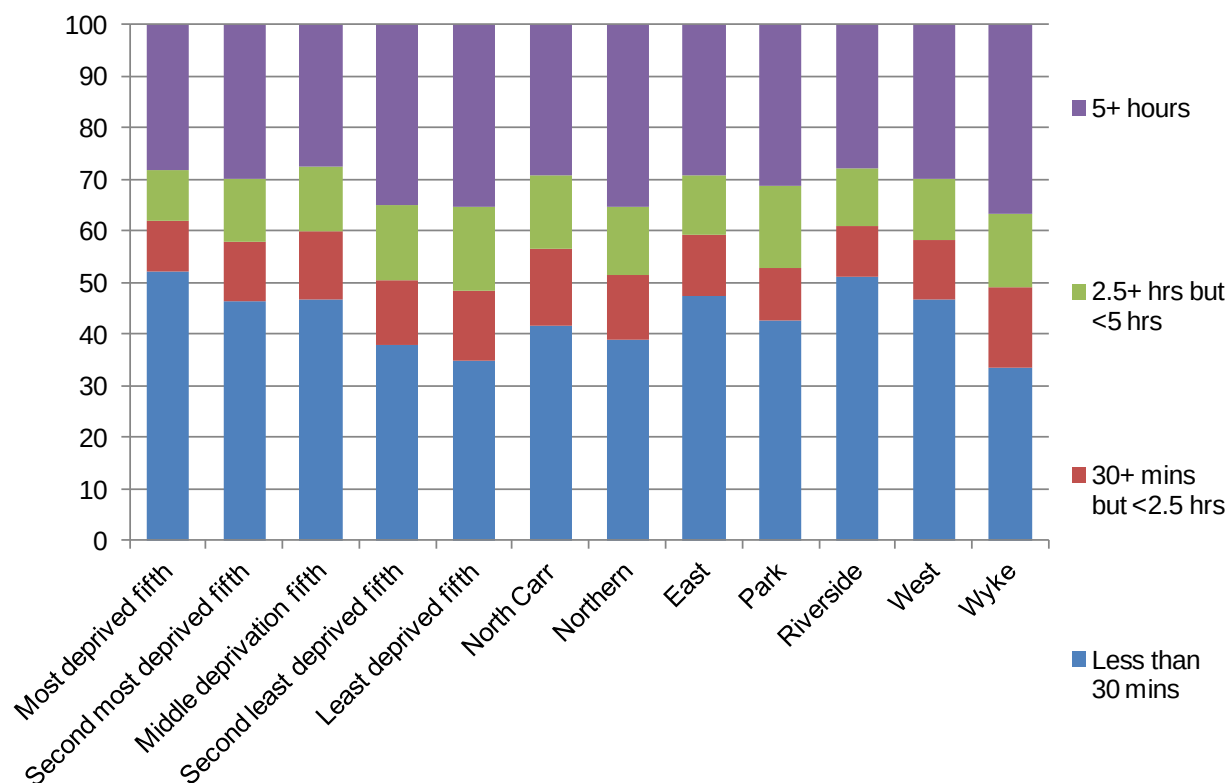


Figure 105 presents the percentage of survey responders who had undertaken moderate or vigorous physical activity in the last week for each deprivation and Area. There was an association with deprivation with lower levels of physical activity among those living in the most deprived fifth of areas of Hull. Just over half (51.5%) of survey responders living in the least deprived fifth of areas of Hull fulfilled the '150 minute' component of the 2012 national physical activity guidelines compared to 38.0% of those living in the most deprived fifth of areas of Hull. The percentages were almost reversed for those who were inactive with 52.0% of those in the most deprived fifth of areas being inactive compared to 34.9% of those living in the least deprived fifth of areas of Hull.

There were also differences among the Areas of Hull. Survey responders in Wyke were the most active (51.1% fulfilled guidelines and 33.4% inactive), and survey responders in Riverside were the least active (39.0% fulfilled guidelines and 51.1% inactive). These percentages will be influenced by the age, gender and deprivation distribution within the Areas. Wyke and Northern Areas tend to have a younger age population with a relatively high proportion of University students living in the Area, whose physical activity levels tend to be higher than the general population. The age distribution of Riverside is also relatively young, but physical activity levels are lower, although some of this might be explained by deprivation.

Figure 105: Number of minutes of moderate and vigorous physical activity during the previous week (by deprivation and Area)



There were considerable differences across the wards in the percentage of survey responders who were physically inactive and active (**Table 23**).

Survey responders in St Andrew's, Myton and Newington were the most likely to be physically inactive undertaking 30 minutes or fewer of physical activity last week with over 52% inactive, and survey responders in Newland, Southcoates West and University were the least likely to be inactive with just over 30% inactive.

Survey responders in Southcoates West, University and Boothferry were the most likely to be physically active (over 54%) and survey responders in St Andrew's, Derringham and Pickering were the least likely to be physically active (just over 35%).

Table 23: Percentage of physical 'inactive' and 'active' survey responders across the Hull wards and estimated total number of people who are physically 'inactive' and 'active'

Area	Number of survey responders	Percentage (95% confidence interval) who are physically:		Total population		
		Inactive	Active	Aged 16+ years	Estimated to be inactive	Estimated to be active
Bransholme East	191	48.2 (41.2, 55.2)	37.7 (31.1, 44.7)	7,681	3,700	2,895
Bransholme West	131	44.3 (36.1, 52.8)	42.0 (33.9, 50.5)	6,423	2,844	2,697
Kings Park	194	33.0 (26.8, 39.9)	50.5 (43.5, 57.5)	8,637	2,849	4,363
Area: North Carr	516	41.5 (37.3, 45.8)	43.6 (39.4, 47.9)	22,741	9,431	9,916
Beverley	159	38.4 (31.2, 46.1)	47.2 (39.6, 54.9)	7,268	2,788	3,428
Orchard Park & Greenwood	249	47.8 (41.7, 54.0)	42.6 (36.6, 48.8)	10,141	4,847	4,317
University	236	30.1 (24.6, 36.2)	55.9 (49.6, 62.1)	8,396	2,526	4,696
Area: Northern	644	39.0 (35.3, 42.8)	48.6 (44.8, 52.5)	25,805	10,058	12,542
North Hull	1,160	40.1 (37.3, 42.9)	46.4 (43.5, 49.3)	48,546	19,460	22,515
Ings	213	49.8 (43.1, 56.4)	39.4 (33.1, 46.1)	9,917	4,935	3,911
Longhill	215	48.4 (41.8, 55.0)	38.6 (32.4, 45.3)	9,261	4,480	3,575
Sutton	235	44.7 (38.5, 51.1)	43.8 (37.6, 50.2)	10,172	4,545	4,458
Area: East	663	47.5 (43.7, 51.3)	40.7 (37.0, 44.5)	29,350	13,945	11,952
Holderness	214	37.4 (31.2, 44.0)	53.7 (47.1, 60.3)	10,734	4,013	5,768
Marfleet	215	49.8 (43.1, 56.4)	38.1 (31.9, 44.8)	10,605	5,278	4,045
Southcoates East	172	48.3 (40.9, 55.7)	41.9 (34.7, 49.3)	6,365	3,071	2,664
Southcoates West	121	30.6 (23.1, 39.3)	59.5 (50.6, 67.8)	6,419	1,963	3,820
Area: Park	722	42.5 (39.0, 46.2)	47.2 (43.6, 50.9)	34,123	14,509	16,116
Drypool	217	45.2 (38.7, 51.8)	44.2 (37.8, 50.9)	10,676	4,821	4,723
East Hull	1,602	44.9 (42.5, 47.4)	44.1 (41.7, 46.6)	74,149	33,325	32,724
Myton	278	52.2 (46.3, 58.0)	37.8 (32.3, 43.6)	13,561	7,073	5,122

Area	Number of survey responders	Percentage (95% confidence interval) who are physically:		Total population		
		Inactive	Active	Aged 16+ years	Estimated to be inactive	Estimated to be active
Newington	221	52.0 (45.5, 58.5)	37.6 (31.4, 44.1)	8,940	4,652	3,358
St Andrew's	136	56.6 (48.2, 64.7)	35.3 (27.8, 43.6)	6,572	3,721	2,320
Area: Riverside	852	51.1 (47.7, 54.4)	39.0 (35.7, 42.3)	39,749	20,294	15,489
Boothferry	192	35.9 (29.5, 42.9)	54.7 (47.6, 61.6)	9,879	3,550	5,403
Derringham	213	51.6 (45.0, 58.3)	35.7 (29.6, 42.3)	9,369	4,838	3,343
Pickering	252	50.8 (44.7, 56.9)	36.9 (31.2, 43.0)	9,279	4,713	3,424
Area: West	657	46.7 (42.9, 50.6)	41.7 (38.0, 45.5)	28,527	13,330	11,897
Avenue	211	35.5 (29.4, 42.2)	49.3 (42.6, 56.0)	11,074	3,936	5,458
Bricknell	139	33.8 (26.5, 42.0)	50.4 (42.2, 58.5)	6,794	2,297	3,421
Newland	282	31.6 (26.4, 37.2)	52.8 (47.0, 58.6)	10,280	3,244	5,432
Area: Wyke	632	33.4 (29.8, 37.2)	51.1 (47.2, 55.0)	28,148	9,398	14,386
West Hull	1,924	44.4 (42.2, 46.7)	43.3 (41.1, 45.5)	85,748	38,105	37,125
HULL	4,686	43.5 (42.1, 44.9)	44.4 (42.9, 45.8)	208,443	90,743	92,434

Full-time students (58.0%) and survey responders who were working (over 50%) were the most likely to be physically active, and the highest percentage among those who were working were among those who worked for 35+ hours per week. This is not surprising as younger people tend to be more physically active as do males and males are more likely to work full-time compared to women. Nevertheless, around 30% of these survey responders were inactive. People who were not working due to long-term illness or disability (18.7%) and retired (26.4%) were the least likely to be physically active.

There were also differences in physical activity by ethnicity. Black and Black British, Chinese, Arabs and people from other ethnic groups were less active compared to White British, other White ethnicity groups, Mixed, and Asian and Asian British.

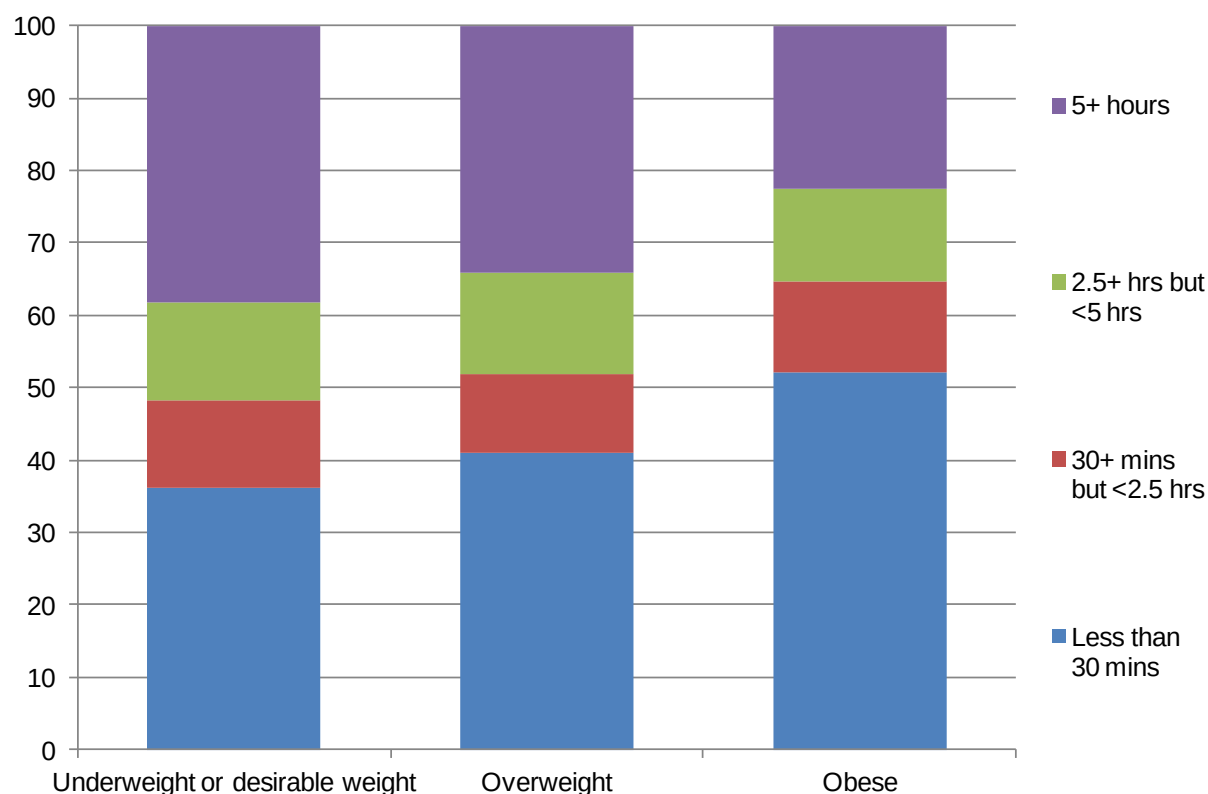
As health deteriorates with age and ability to undertake physical activity decreases with worsen health, it is not surprising that there was a strong association between health and physical activity. Around 60% of those with excellent or very good health were active compared to 11.4% of those with poor health, and 52.7% of those with no long-term illness or disability that limited daily activities were active compared to 24.0% of those with such an illness or disability.

Well-being also influence physical activity levels, around 24% of those who had poor satisfaction with life or scored poorly in relation to feeling their life was worthwhile were physically active compared to just over half among those who had the highest well-being scores for these two measures. Around one-third of those who had a low happiness score were physically active compared to just under a half of those who had a high happiness score. For the anxiety well-being measure, the percentage who were active was similar between those with poor and moderate scores (around 40%) but higher among those with the (best) lowest levels of anxiety (just under half).

People who had healthier diets and were non-smokers were more likely to be physically active. Almost a half (49.3%) were physically active among those who reported they ate a healthy diet compared to 33.9% among those who state they did not, and 55.8% among those who ate 5-A-DAY compared to 43.0% among those who did not. Non-smokers were also more likely to be physically active (49.3%) compared to current or former smokers (both 41%), and among current smokers, those who smoked the fewest were more likely to be physically active (49.2% among those who smoked fewer than 10 cigarettes per day, 42.1% among those who smoked 10+ but fewer than 20 cigarettes per day and 37.5% among those who smoked 20+ cigarettes per day). However, this was not true of all lifestyle behaviours. The percentage who were physically active among those who drank excessively or undertook binge drinking was high (around 50% or more) compared to those who never drank alcohol (31.4%). Some of these differences will be influenced by gender, age and deprivation.

Not surprisingly, there was also a strong association with physical activity and obesity (**Figure 106**). Just over one-third of people who were obese were physically active compared to around a half of people who were overweight or who were underweight or a desirable weight. More than a half of survey responders who were obese were inactive compared to 40.9% of those who were overweight and 36.1% of those who were underweight or a desirable weight.

Figure 106: Number of minutes of moderate and vigorous physical activity during the previous week (by weight classification)



The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.6.7**.

4.8.2.2 Public Health Outcomes Framework

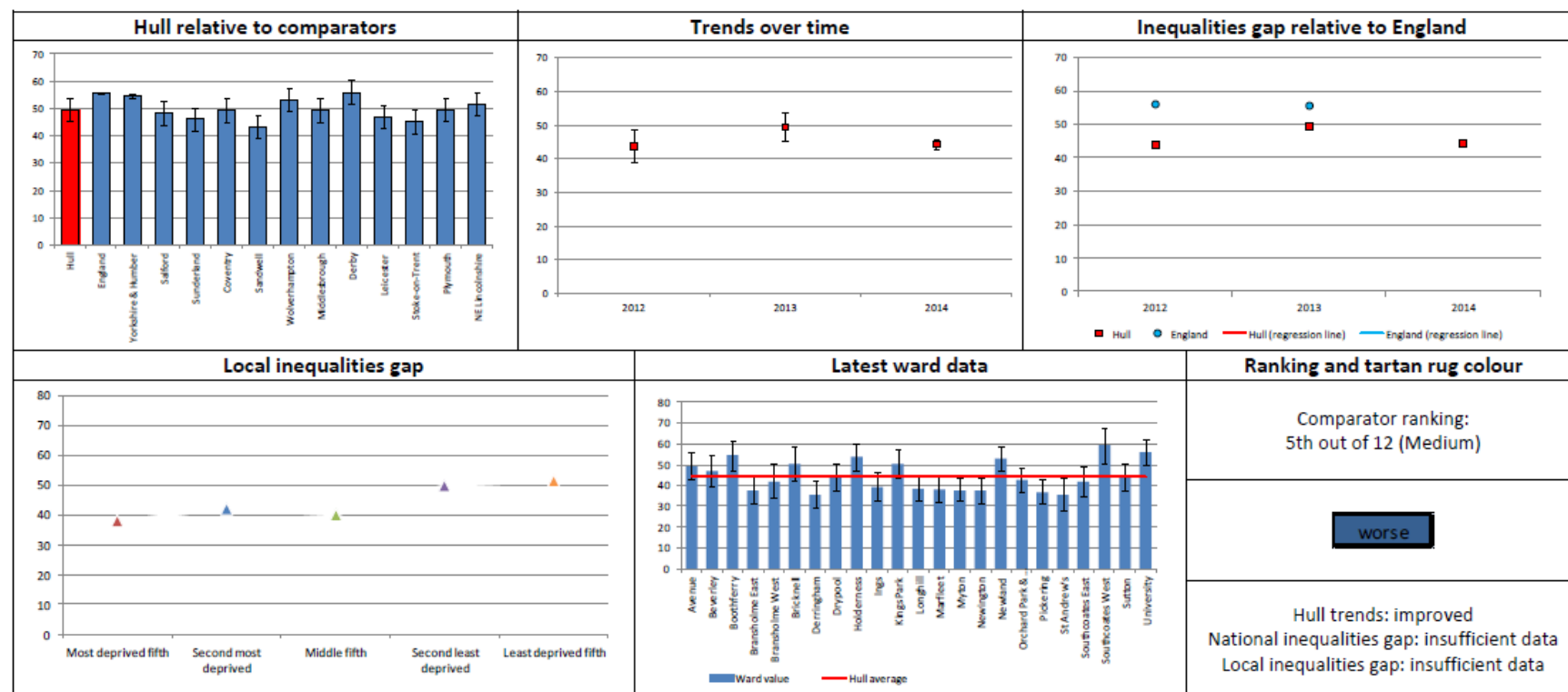
Indicators relating to physical activity are included within the Public Health Outcomes Framework (Department of Health 2012) and the national data from the PHOF tool (Public Health England 2015) is available for Hull and was been summarised locally in **Figure 107** and **Figure 108** for the percentages undertaking 150 minutes or more and fewer than 30 minutes of physical activity respectively.

The percentage of physically active adults in Hull is 5th worst out of 12 comparators areas, and the rank for physically inactive adults in Hull was 6th worst. The local analysis of these Public Health Outcomes Framework indicators reveal the differences across the local deprivation fifths and wards as noted **in section 4.8.2.1**. Information on the trends over time and comparison with England are given in **section 4.8.2.3**.

Figure 107: Percentage of active adults aged 16+ years (undertaking '150 minute' component of 2012 physical activity national guidelines) – Public Health Outcomes Framework (national data for Hull – indicator 2.13i)

2.13i Percentage of physically active and inactive adults - active adults

The number of respondents aged 16 and over, with valid responses to questions on physical activity, doing at least 150 "equivalent" minutes of at least moderate intensity physical activity per week in bouts of 10 minutes or more in the previous 28 days expressed as a percentage of the total number of respondents aged 16.



Key points:

The baseline percentage of physically active adults in Hull is 43.8% (95% confidence interval: 39.1% to 48.5%)
The latest percentage of physically active adults in Hull is 49.4% (95% confidence interval: 45.2% to 53.7%)
The percentage of physically active adults has improved from 43.8% in 2012 to 44.4% in 2014
The national inequalities gap (England minus Hull) has narrowed from 12.3 percentage points in 2012 to 6.1 percentage points in 2013
The local inequalities gap (least minus most deprived fifths) was 13.5 percentage points in 2014
The percentage of physically active adults ranges from 35.3% in St Andrew's to 59.5% in Southcoates West, a difference of 24.2 percentage points

Data points:

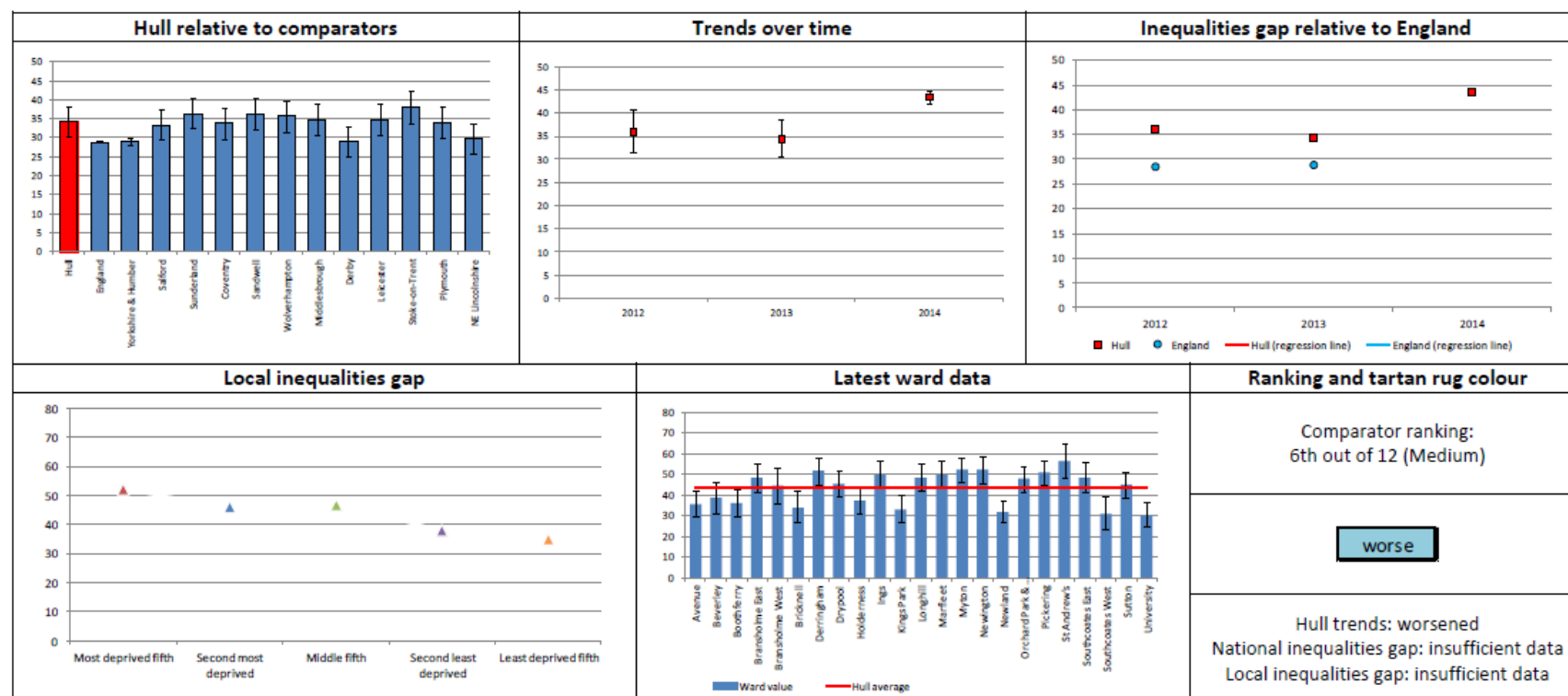
Source: Active People Survey, Sport England. Baseline period: 2012. Latest data: 2013. Local deprivation and ward data comes from the 2014 Prevalence Survey (survey methods differ so values differ from national data for Hull).

The page was last updated on 06/07/2015

Figure 108: Percentage of inactive adults aged 16+ years (undertaking fewer than 30 minutes of moderate physical activity per week) – Public Health Outcomes Framework (national data for Hull – indicator 2.13ii)

2.13ii Percentage of active and inactive adults - inactive adults

The number of respondents aged 16 and over, with valid responses to questions on physical activity, doing less than 30 “equivalent” minutes of at least moderate intensity physical activity per week in bouts of 10 minutes or more in the previous 28 days expressed as a percentage of the total number of respondents aged 16.



Key points:

The baseline percentage of physically inactive adults in Hull is 36.1% (95% confidence interval: 31.5% to 40.6%)
 The latest percentage of physically inactive adults in Hull is 34.4% (95% confidence interval: 30.4% to 38.5%)
 The percentage of physically inactive adults has worsened from 36.1% in 2012 to 43.5% in 2014
 The national inequalities gap (Hull minus England) has narrowed from 7.6 percentage points in 2012 to 5.6 percentage points in 2013
 The local inequalities gap (most minus least deprived fifths) was 17.2 percentage points in 2014
 The percentage of physically inactive adults ranges from 30.1% in University to 56.6% in St Andrew's, a difference of 26.5 percentage points

Data points:

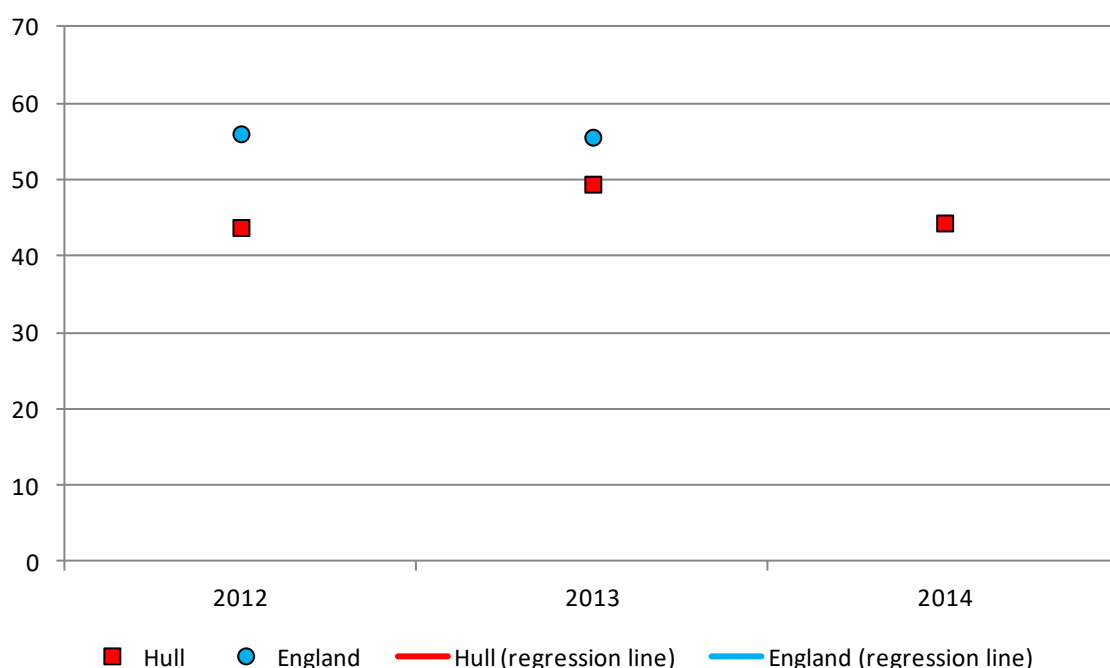
Source: Active People Survey, Sport England. Baseline period: 2012. Latest data: 2013. Local deprivation and ward data comes from the 2014 Prevalence Survey (survey methods differ so values differ from national data for Hull).
 The page was last updated on 06/07/2015

4.8.2.3 Trends Over Time and Comparison With England

As noted earlier in **section 3.2.8**, information on the trends over time in relation to fulfilling the '150 minute' component of the 2012 national physical activity guidelines is not available from the local surveys. However, from national data sources, information on the percentage of active and inactive adults in Hull is published within the Public Health Outcomes Framework. Active adults fulfil the '150 minute' component of the 2012 national physical activity guidelines undertaking 2.5 hours or more of moderate physical activity (or comparable physical activity, for example, no moderate physical activity but 75 minutes of vigorous physical activity) per week in the 28 day period before the completion of the survey. Inactive adults undertake fewer than 30 minutes of moderate physical activity per week in the same period.

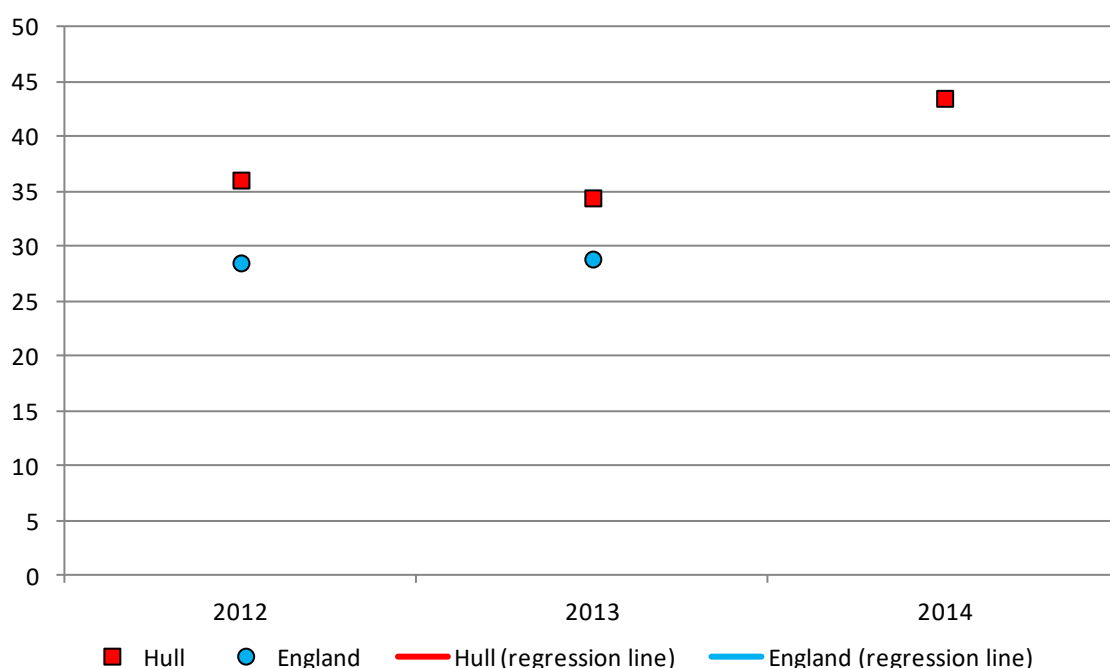
In 2013, it was estimated that 49.4% (95% confidence interval 45.2% to 53.7%) fulfilled the '150 minute' component of the 2012 national physical activity guidelines having decreased from 43.8% (CI 39.1% to 48.5%) from 2012 (**Figure 109**). The percentage in Hull is currently statistically significantly lower than England (55.6%). The estimate in the current survey is similar to the 2012 and 2013 estimates for Hull at 44.4% (95% CI 42.9% to 45.8%).

Figure 109: Trends in the percentage of physically active adults (fulfilling the '150 minute' component of the 2012 national physical activity guidelines), Hull versus England (2012 and 2013 data from Public Health Outcomes Framework for Hull)



In 2013, it was estimated that 34.4% (95% confidence interval 30.4% to 38.5%) of adults in Hull were physically inactive undertaking fewer than 30 minutes of moderate physical activity per week having decreased slightly from 36.1% (CI 31.5% to 40.6%) from 2012 (**Figure 110**). The percentage in Hull is currently statistically significantly higher than England (28.7%). The estimate in the current survey is higher still at 43.5% (95% CI 42.1% to 45.0%). The reason for this is unclear, but could be associated with the differing survey methods used and survey bias. It is possible that the local survey represents a more realistic estimate given the quota sampling used.

Figure 110: Trends in the percentage of physically inactive adults (undertaking fewer than 30 minutes of moderate physical activity per week), Hull versus England (2012 and 2013 data from Public Health Outcomes Framework for Hull)



4.9 Smoking

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.7**.

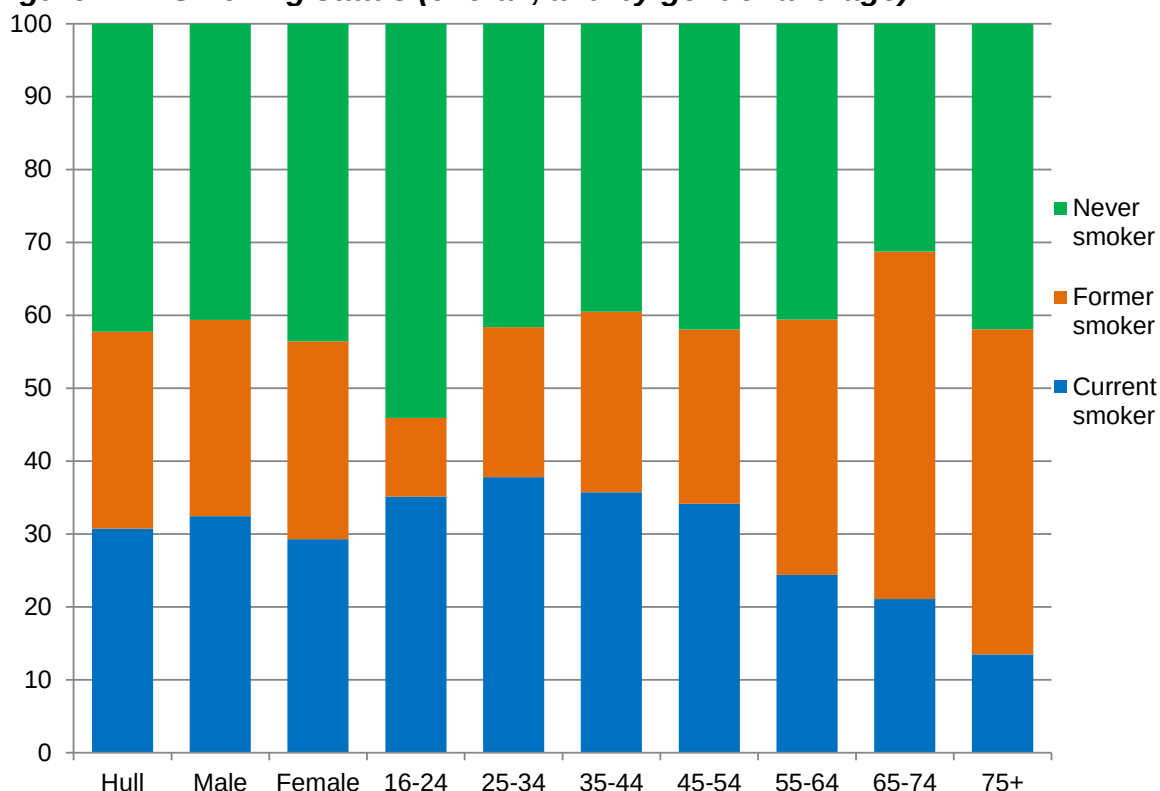
4.9.1 Usual Smoking Status

4.9.1.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.7.1**.

The prevalence of smoking is 30.7% with slightly more males smoking compared to females (32.4% versus 29.3%) as illustrated in **Figure 111**. Overall, 27.0% were former smokers and 42.2% had never smoked. Slightly more women had never smoked (43.6% versus 40.6%) and similar percentages of men and women were former smokers (26.9% and 27.1% respectively). Smoking prevalence was highest among those aged 25-34 years (37.8%), 35-44 years (35.7%) and 16-24 years (35.1%) and then decreased with age (34.1%, 24.4%, 21.1% and 13.5% for those aged 45-54, 55-64, 65-74 and 75+ years respectively). Among those aged 25+ years, 39.7% had never smoked but this was statistically significantly higher at 54.1% among those aged 16-24 years (who would have been aged around 9-17 years on the 1st July 2007 when the ban on smoking in public places was introduced to England). It is not unexpected that the percentage is higher in this age group, as some may become smokers later in their lives. However, this percentage has increased from 37% in 2003-4 and around 50% in 2007, 2009 and 2011-12 (previous surveys).

Figure 111: Smoking status (overall, and by gender and age)



There was a strong association with deprivation with 43.9% smoking among survey responders living in the most deprived fifth of areas of Hull compared to 16.5% among

those living in the least deprived fifth of areas (**Figure 112**). A higher percentage in the least deprived areas had also never smoked (52.6%) compared to the most deprived fifth (31.3%). Smoking prevalence was highest in Riverside (40.8%) and North Carr (34.5%) and lowest in East (27.3%), Wyke (27.9%) and West (23.1%).

Figure 112: Smoking status (by deprivation and Area)

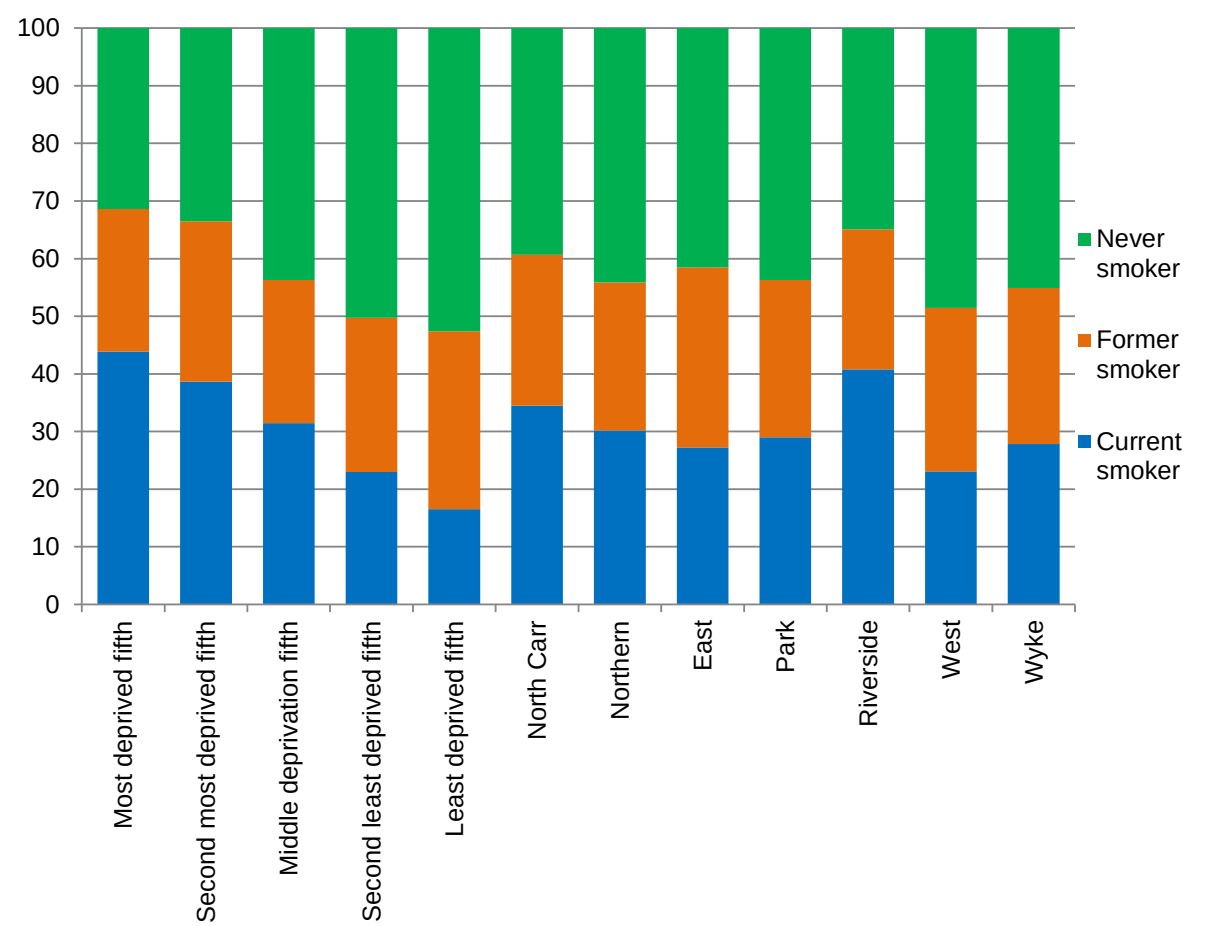


Table 24 gives the prevalence of smoking across the wards in Hull. As some of the numbers surveyed within each ward are relatively small, there will be some random variation associated with the estimate (that is, if another survey was completed immediately following the current survey slightly different estimates would be obtained as slightly different people would have been surveyed even though there would have been not true or real change in the underlying prevalence for that ward). A range of values (95% confidence intervals¹³) have been given as well as the estimate of the prevalence for each ward. If these ranges do not overlap then the difference in the prevalence estimates will be statistically significant. Thus, for example, the prevalence of smoking in King’s Park is statistically significantly lower than that for Bransholme East and Bransholme West as there is no overlap in the sets of confidence intervals.

¹³ The 95% confidence intervals have been calculated using statistical methods to give a range of likely values for the prevalence. We are 95% confident that the interval obtained (from the survey sample) will contain the true underlying prevalence for that ward. If the CI is wide then there is a degree of uncertainty around the prevalence, and caution should be used when interpreting the findings.

The estimated population aged 16+ years is presented (from the Office for National Statistics mid-year 2013 estimates) together with an estimate of the number of smokers in each ward. The total estimate for Hull is over 63,000 with almost half living in the wards with the highest smoking prevalence (which are also the eight most deprived wards in Hull). The prevalence in these wards is more than one-third and considerably higher than the ward with the 9th highest prevalence (Longhill at 31.6%). The eight wards with the highest prevalence are St Andrew's (48.4%), Bransholme East (45.8%), Newington (45.1%), Orchard Park and Greenwood (43.9%), Myton (43.6%), Bransholme West (41.8%), Marfleet (38.5%) and Southcoates East (37.4%).

Table 24: Prevalence of smoking across the wards in Hull

Area	Number of survey responders	Prevalence of smoking (95% confidence interval)	Population aged 16+ years	Estimated number of smokers aged 16+ years
Bransholme East	216	45.8 (39.3, 52.5)	7,681	3,520
Bransholme West	141	41.8 (34.0, 50.1)	6,423	2,688
Kings Park	205	17.6 (13.0, 23.4)	8,637	1,517
Area: North Carr	562	34.5 (30.7, 38.5)	22,741	7,725
Beverley	175	14.3 (9.9, 20.2)	7,268	1,038
Orchard Park & Greenwood	290	44.1 (38.5, 49.9)	10,141	4,456
University	288	26.0 (21.3, 31.4)	8,396	2,186
Area: Northern	753	30.3 (27.1, 33.7)	25,805	7,681
North Hull	1,315	32.1 (29.6, 34.7)	48,546	15,406
Ings	224	20.1 (15.4, 25.8)	9,917	1,992
Longhill	225	31.6 (25.8, 37.9)	9,261	2,922
Sutton	259	29.7 (24.5, 35.6)	10,172	3,024
Area: East	708	27.3 (24.1, 30.7)	29,350	7,939
Holderness	247	15.8 (11.8, 20.9)	10,734	1,695
Marfleet	244	38.5 (32.6, 44.8)	10,605	4,086
Southcoates East	187	37.4 (30.8, 44.6)	6,365	2,383
Southcoates West	132	24.2 (17.7, 32.2)	6,419	1,556
Area: Park	810	29.0 (26.0, 32.2)	34,123	9,719
Drypool	243	28.0 (22.7, 33.9)	10,676	2,988
East Hull	1,761	28.2 (26.1, 30.3)	74,149	20,645
Myton	321	43.6 (38.3, 49.1)	13,561	5,914
Newington	246	45.1 (39.0, 51.4)	8,940	4,034
St Andrew's	153	48.4 (40.6, 56.2)	6,572	3,179
Area: Riverside	963	40.8 (37.7, 43.9)	39,749	16,114
Boothferry	204	20.1 (15.2, 26.1)	9,879	1,985
Derringham	236	23.7 (18.7, 29.6)	9,369	2,223
Pickering	275	24.7 (20.0, 30.2)	9,279	2,294
Area: West	715	23.1 (20.1, 26.3)	28,527	6,503
Avenue	275	27.6 (22.7, 33.2)	11,074	3,060
Bricknell	177	22.0 (16.6, 28.7)	6,794	1,497

Area	Number of survey responders	Prevalence of smoking (95% confidence interval)	Population aged 16+ years	Estimated number of smokers aged 16+ years
Newland	302	31.5 (26.5, 36.9)	10,280	3,234
Area: Wyke	754	27.9 (24.8, 31.2)	28,148	7,791
West Hull	2,189	32.0 (30.1, 34.0)	85,748	27,421
HULL	5,265	30.7 (29.5, 32.0)	208,443	63,473

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.7.1**.

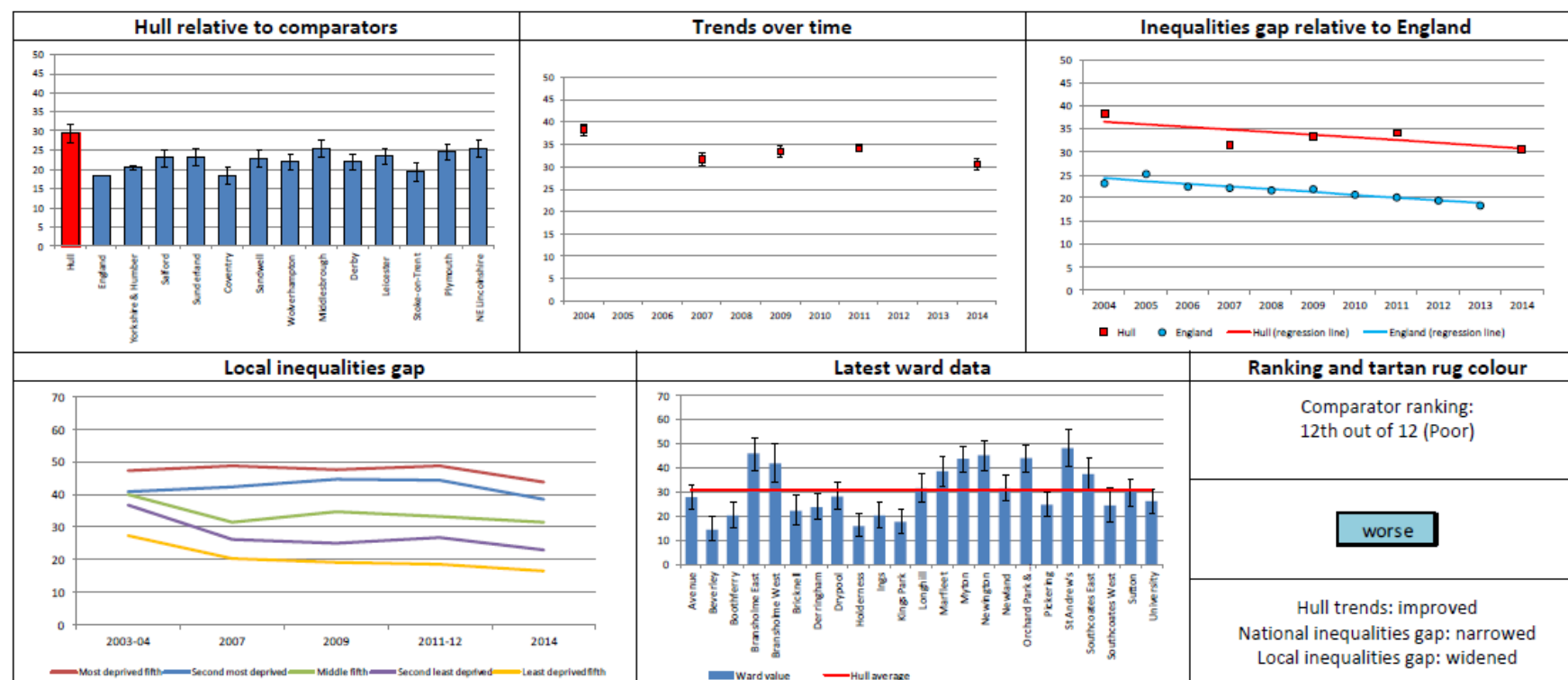
4.9.1.2 Public Health Outcomes Framework

This indicator is included within the Public Health Outcomes Framework (Department of Health 2012) and the national data from the PHOF tool (Public Health England 2015) is available for Hull and was been summarised locally in **Figure 113**.

The smoking prevalence in Hull was estimated to be 27.3% (95% confidence interval 25.2% to 29.3%) for the baseline year of 2010 in the Public Health Outcomes Framework and increased to 29.4% (95% CI 27.0% to 31.8%) for the last year of 2013. This is slightly lower than the current survey estimate of 30.7%. The local analysis of the Public Health Outcomes Framework indicator illustrates the strong association with smoking prevalence and deprivation, and the differences across the wards in Hull as noted in **section 4.9.1.1**. Based on the 29.4% prevalence estimate, Hull has the highest prevalence of the 12 comparator areas, indeed it is the highest of all 152 upper tier local authorities (unitary and counties) and second highest of all the 324 local authorities (two local authorities do not have estimates due to their small populations). The trends over time and comparison with England are discussed in **section 4.9.1.3**.

Figure 113: Percentage of smokers – Public Health Outcomes Framework (national data for Hull – indicator 2.14)
2.14 Smoking prevalence of adults (over 18s)

Prevalence of smoking among persons aged 18 years and over.



Key points:

The baseline nationally estimated smoking prevalence among adults in Hull is 27.3% (95% confidence interval: 25.2% to 29.3%)
 The latest nationally estimated smoking prevalence among adults in Hull is 29.4% (95% confidence interval: 27.0% to 31.8%)
 The more accurate locally estimated smoking prevalence among adults has improved from 38.4% in 2004 to 30.7% in 2014
 The national inequalities gap (Hull minus England) has narrowed from 15.1 percentage points in 2004 to 14.0 percentage points in 2011
 The local inequalities gap (most minus least deprived fifths) has widened from 20.1 percentage points in 2003-04 to 27.3 percentage points in 2014
 The more accurate locally estimated smoking prevalence among adults ranges from 14.3% in Beverley to 48.4% in St Andrew's, a difference of 34.1 percentage points

Data points:

Source: Integrated Household Survey. Analysed by Department of Health and published by London Health Observatory. Baseline period: 2010. Latest data: 2013. National estimates differ widely from local Health and Lifestyle Surveys, the latter being much more consistent and therefore accurate. Some of the local surveys have been combined.
 The page was last updated on 06/07/2015

4.9.1.3 Trends Over Time and Comparison With England

The smoking prevalence in 2003-04 (two surveys combined) was relatively high, so it appears that smoking prevalence has decreased for most gender and age groups relative to 2003-04. However, if the change is examined in relation to the pattern of a fall between 2003-04 and 2007 and an increase between 2007 and 2011 followed by a reduction in 2014, individual groups can be examined, and the percentage change between 2003-04 and 2014 can be examined to assess which groups have had the largest decreases in smoking prevalence. Between 2003-04 and 2014, the smoking prevalence decreased by 22% among men and 19% among women (**Figure 114**). These decreases were 30%, 11%, 11%, 19%, 33%, 21% and 35% for those aged 16-24, 25-34, 35-44, 45-54, 55-64, 65-74 and 75+ years respectively. In relation to the overall pattern for Hull, the trends in smoking prevalence were slightly different in the 16-24 year age group (with an earlier decrease in prevalence occurring between 2009 and 2011) and among the 75+ year age group which decreased over time albeit a slight increase for the current final year 2014.

Among the deprivation fifths, there was a similar pattern across the four most deprived groups with a tendency for the prevalence to decrease from 2003-04 to 2007 and then increase to 2011, followed by a decrease 2014 (although there were slight variations in the exact pattern). However, among people living in the least deprived fifth of areas in Hull, there was a decrease in the prevalence of smoking over time for each local survey (**Figure 115**).

Figure 114: Smoking status (by age and gender, trends over time)

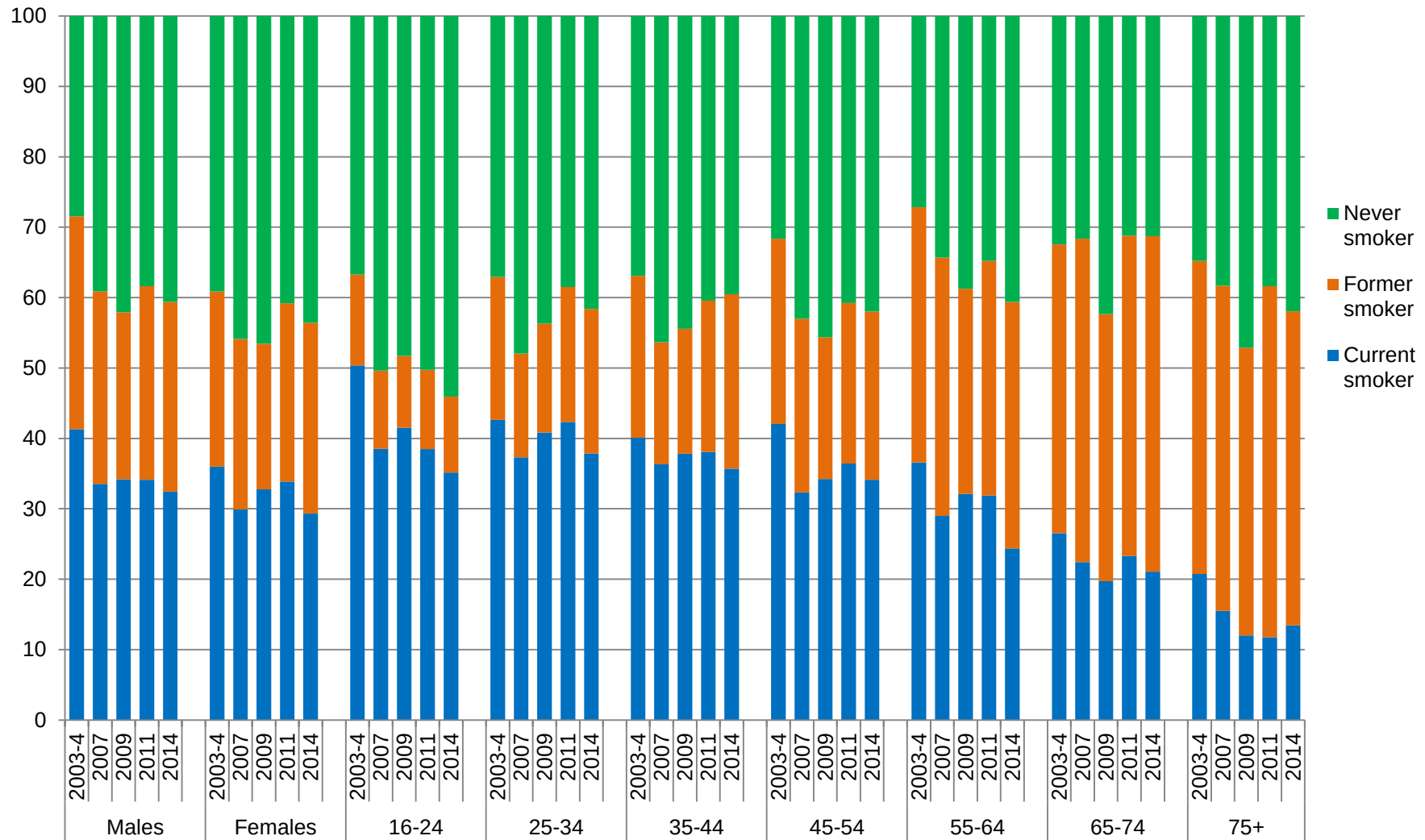


Figure 115: Smoking status (by deprivation, trends over time)

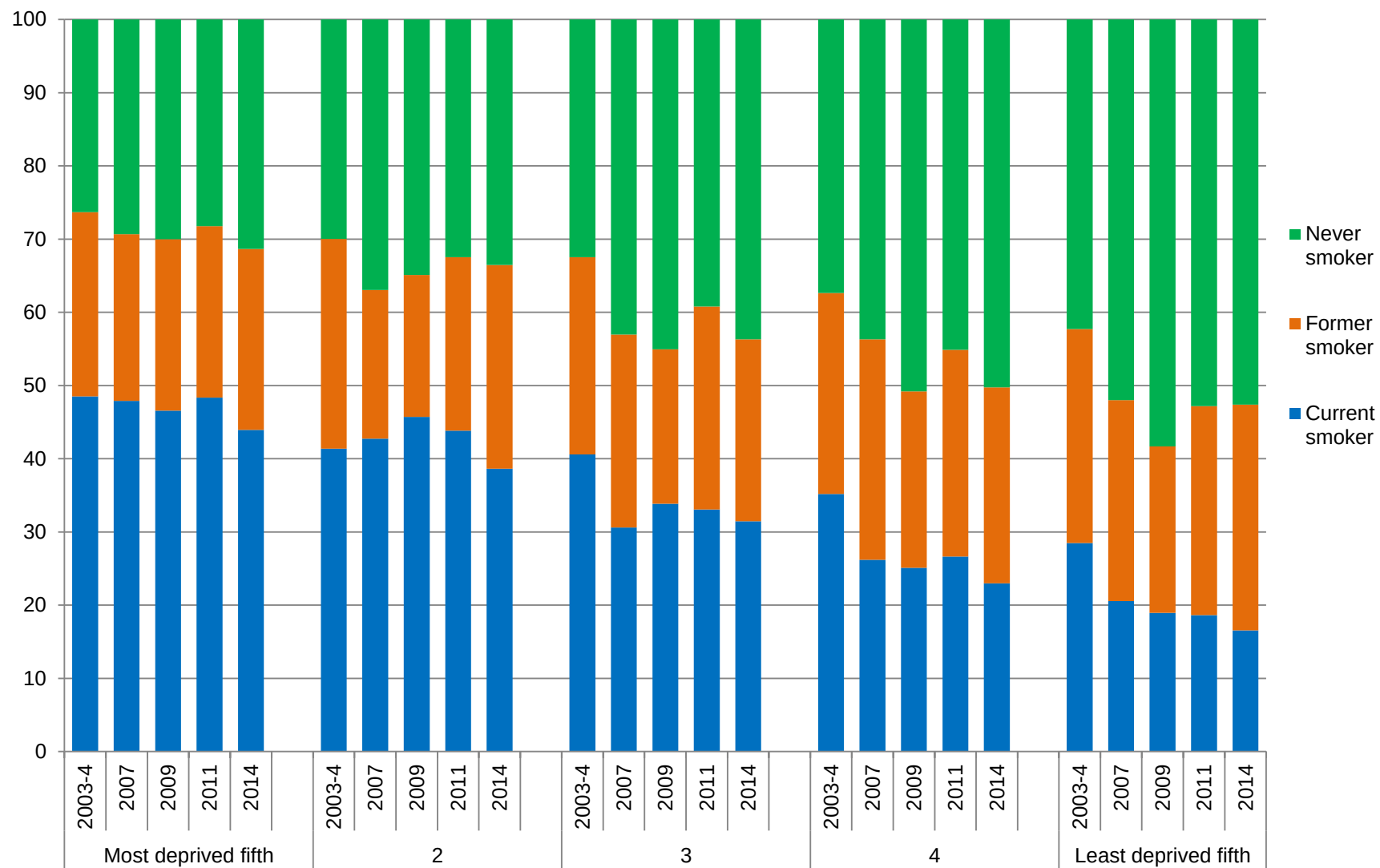
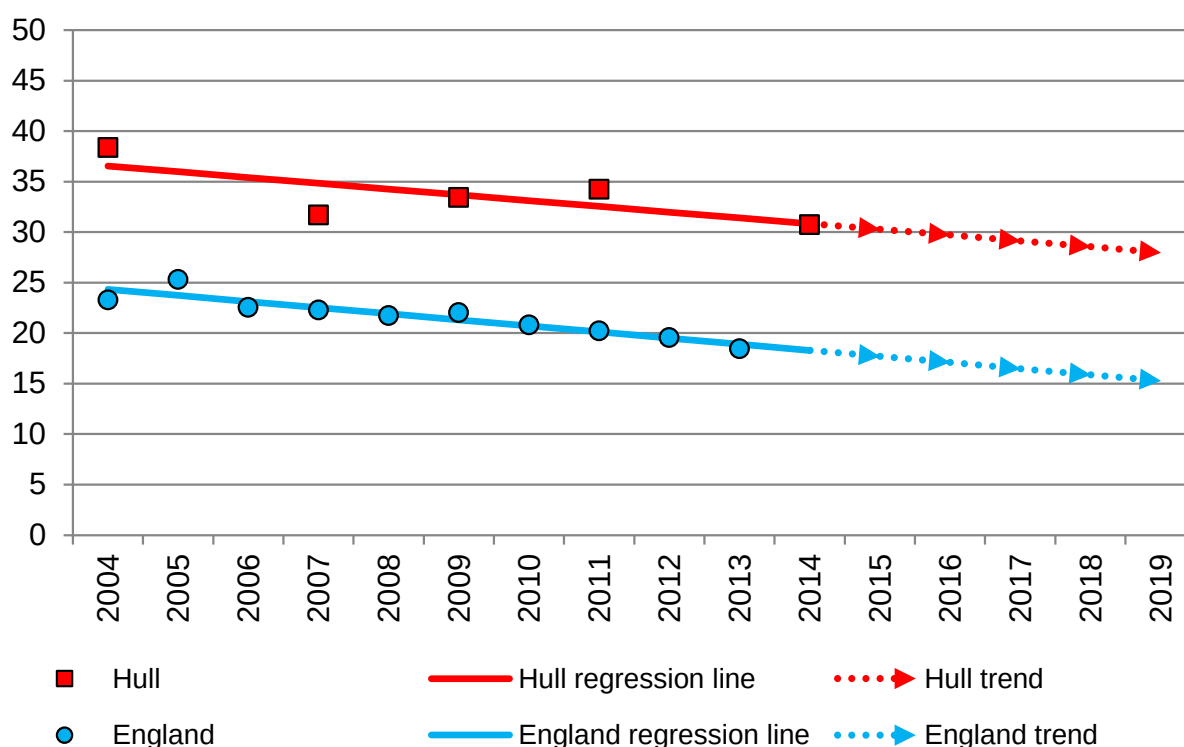


Figure 116 illustrates the trends over time in the prevalence of smoking in Hull from the local surveys (see **section 3.2.17**), and compares the trend with the prevalence of smoking in England. Projections of the future prevalence of smoking, if current trends continue at the same rate, are also given.

From the local surveys, it was estimated that the prevalence of smoking was 38.6% in 2003 and 2004 (two surveys combined). The estimated prevalence fell to 31.7% in 2007, but increased to 33.5% and 34.0% for the 2009 and 2011 surveys. However, in the current survey the estimated prevalence is now 30.7% which is considerably lower than a decade ago but nevertheless still around 50% higher than England.

Based on the linear regression model, the prevalence of smoking decreased by 0.57 percentage points per year between 2003-4 and 2014, and if the current trends continue then it is predicted that the prevalence of smoking in Hull will be 27.4% by 2020. Smoking prevalence in England has reduced at a slightly faster rate (0.60 percentage points per year) and it is predicted that the prevalence in England by 2020 will be 14.7%.

Figure 116: Trends in the prevalence of smoking and future predictions, Hull versus England



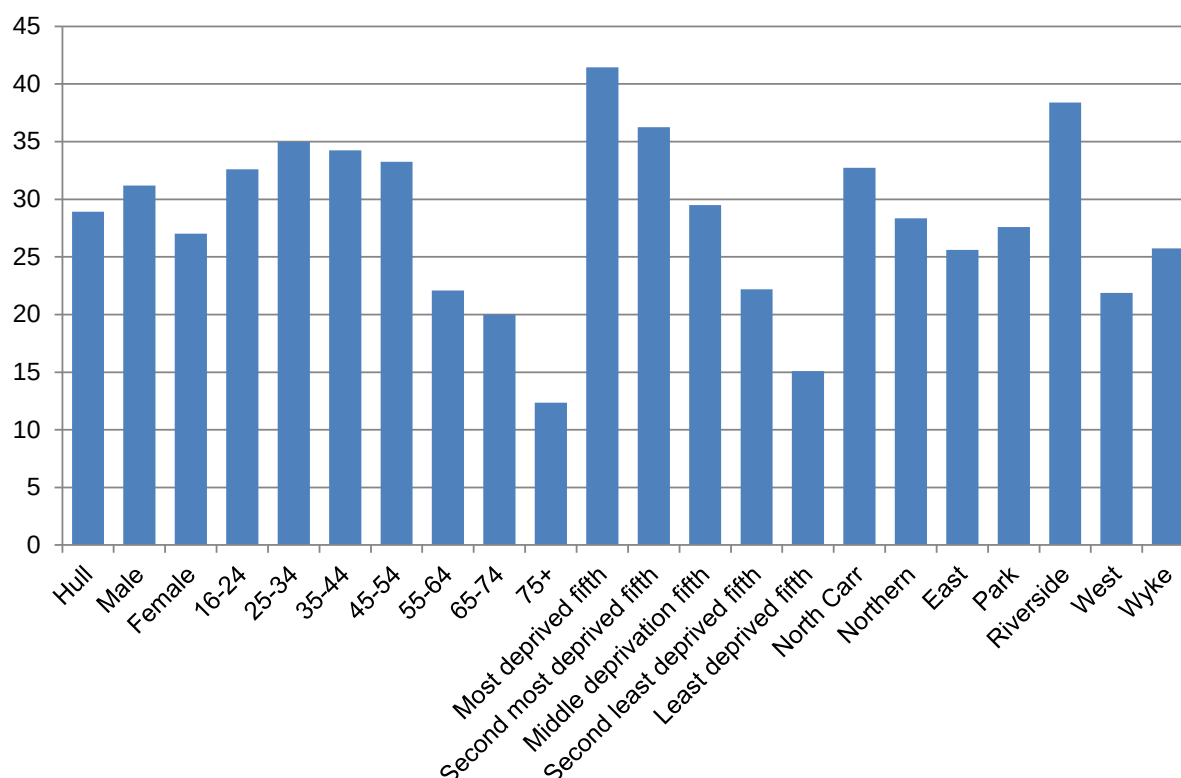
4.9.2 Smoked in Last Week

4.9.2.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.7.2**.

Overall, 28.9% of survey responders had smoked in the last week, slightly more men than women (31.2% versus 27.0%) as illustrated in **Figure 117**. A similar pattern occurred with age as with the percentage of current smokers. Around one-third of those aged 16-54 years had smoked within the previous week compared to around one-fifth of those aged 55-74 years and one-eighth of those aged 75+ years. Over four in ten (41.4%) of survey responders living in the most deprived fifth of areas had smoked within the last week compared to half that among those living in the least deprived fifth of areas (22.2%).

Figure 117: Smoked in last week (overall, and by gender, age, deprivation and Area)



Almost five percent (4.9%; 78 out of 1,595) of current smokers (answering both questions) had not smoked the previous week. This was slightly higher among those who usually smoked fewer than ten cigarettes per week (16 out of 362; 4.4%) and 10-19 cigarettes per week (24 out of 583; 4.1%) compared to those who smoked 20+ cigarettes per week (10 out of 333; 3.0%).

4.9.3 Quantity Smoked by Current Smokers

Survey responders who smoked were asked the quantity they usually smoked (of cigarettes and ounces of tobacco). The quantity of tobacco smoked varied dramatically and it appeared that some survey responders were reporting the number of tobacco roll-ups they were smoking rather than ounces of tobacco. The information relating to quantity smoked just uses the number of cigarettes smoked (and ignores the ounces of tobacco), so might not include certain types of smoker. Of the 1,617 current smokers, the table below illustrates the responses from the 1,285 current smokers who answered the “how many cigarettes do you usually smoke in a day” question (273 daily smokers out of the 1,397 total, and 60 occasional smokers out of the 220 total did not answer the quantity question).

4.9.3.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.7.3**.

Of the current smokers, 28.2% usually smoked 0-9 cigarettes per day, 45.6% smoked 10-19 cigarettes per day and 26.1% smoked 20+ cigarettes per day (**Figure 118**). Male smokers were more likely to smoke heavily, with 30.6% smoking 20+ cigarettes per day compared to 22.5% of female smokers, but female smokers were more likely to smoke 10-19 cigarettes per day compared to men (48.8% versus 41.8%) as there were similar percentages who smoked 0-9 cigarettes per day (27.7% and 28.7% for men and women respectively). Smokers aged 16-24 years were the most likely to smoke 0-9 cigarettes per day (41.3%) compared to all other age groups (range 32.6% for 65-74 year to 17.6% for 45-54 year age groups). The percentages of smokers who smoked heavily (20+ cigarettes per day) increased from 17.4% among those aged 16-24 years to 39.7% of those aged 55-64 years before falling in the oldest age groups to 24.7% among those aged 65-74 years and 20.0% among those aged 75+ years. Smokers in their middle years were the most likely to be moderate or heavy smokers (10+ cigarettes per day).

There was also a strong association with deprivation and quantity smoked with 28.9% and 33.2% of smokers living in the most deprived and second most deprived fifth of areas of Hull smoking heavily compared to 18.6% and 19.2% for those living in the second least deprived and least deprived fifth of areas of Hull (**Figure 119**). Smokers who lived in Riverside were the most likely to smoke heavily (34.0%) with lower percentages in Park (27.2%) and Northern (26.4%) and the lowest percentages for West (19.9%) and Wyke (19.1%).

Figure 118: Quantity usually smoked by current smokers (overall, and by gender, age)

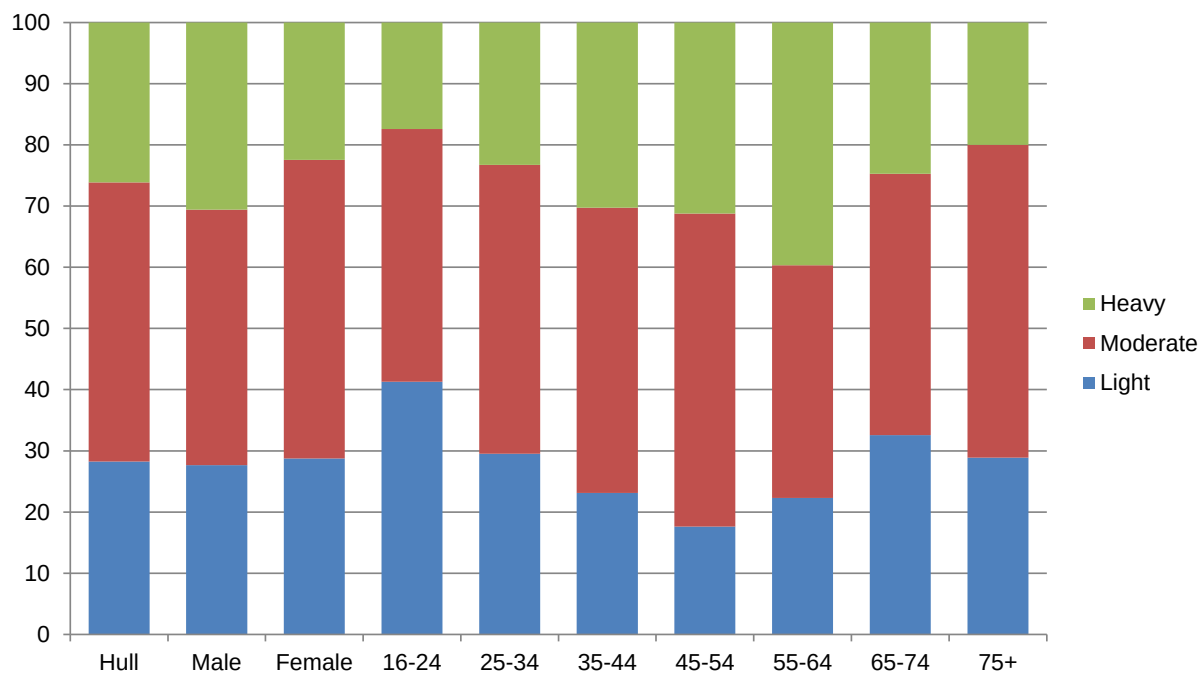
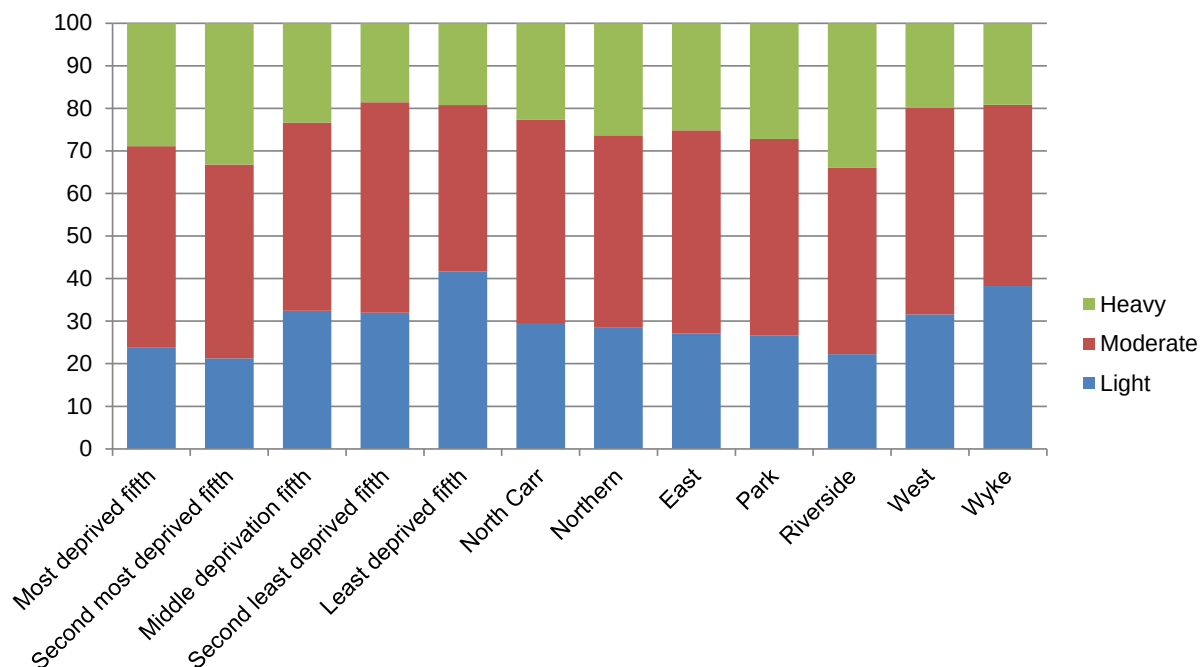


Figure 119: Quantity usually smoked by current smokers (by deprivation and Area)

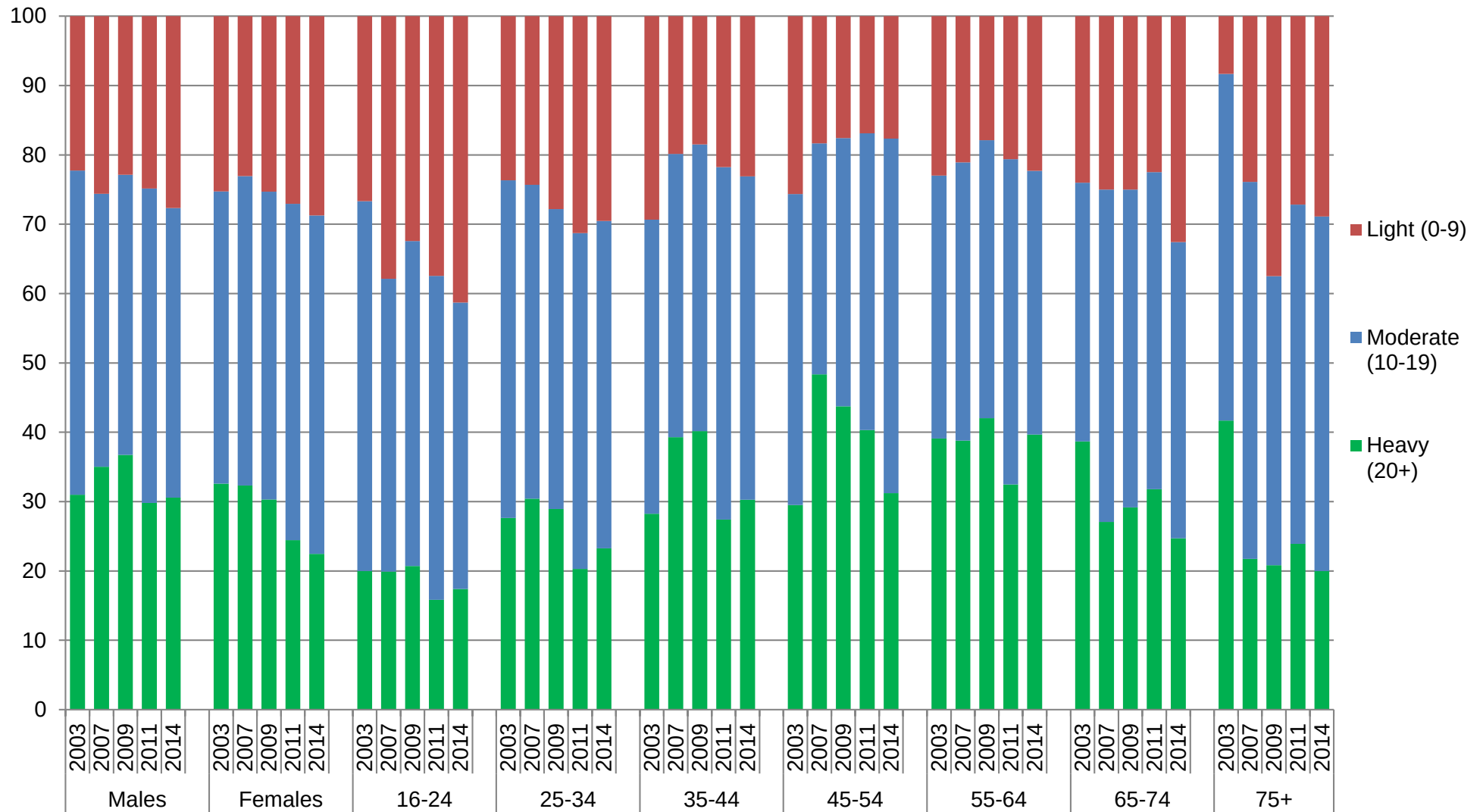


4.9.3.2 *Trends Over Time*

The quantity of cigarettes smoked was also collected as part of previous local surveys (see **section 3.2.17**), and trends over time can be examined.

The percentage of smokers who usually smoke 20+ cigarettes per day has decreased over time in Hull and this has been particularly the case for women and older age groups (**Figure 120**). In the 2003 and 2007 Health and Wellbeing Surveys as well as the 2009 Prevalence and 2009 Social Capital Surveys combined, around one-third of current smokers were heavy smokers (32.3%, 33.7% and 22.3% respectively) but this has decreased to just over one-quarter of current smokers for the two most recent surveys (26.6% in 2011 Health and Wellbeing Survey and 26.2% in current survey).

Figure 120: Quantity usually smoked by current smokers (by age and gender, trends over time)



4.10 E-cigarettes

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.8**.

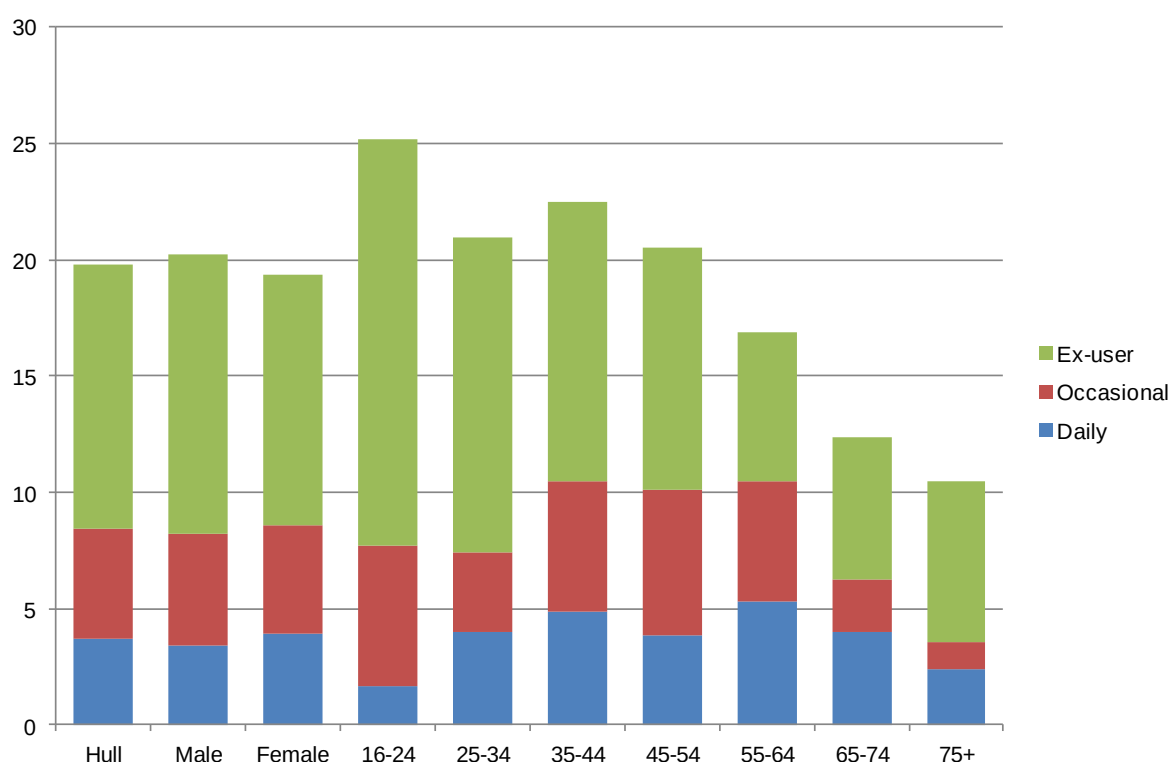
4.10.1 Use of e-cigarettes

4.10.1.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.8.1**.

Overall, 8.4% of survey responders currently used e-cigarettes daily (3.7%) or less than daily (4.7%) and use was similar for men (8.2%) and women (8.6%). Around one in ten survey responders aged 35-64 years were current users of e-cigarettes and this was slightly lower among those aged 16-25 years (7-8%) and lowest among the older age groups (6.3% among those aged 65-74 years and 3.6% among those aged 75+ years). The youngest survey responders were the most likely to have used e-cigarettes in the past and no longer use them (17.5% in the 16-24 year age group) compared to the oldest age groups (6-7% in the 55+ age groups). Current older e-cigarette users were more likely to use them daily (two-thirds of those aged 75+ years) than current younger users (around one in five of those aged 16-24 years).

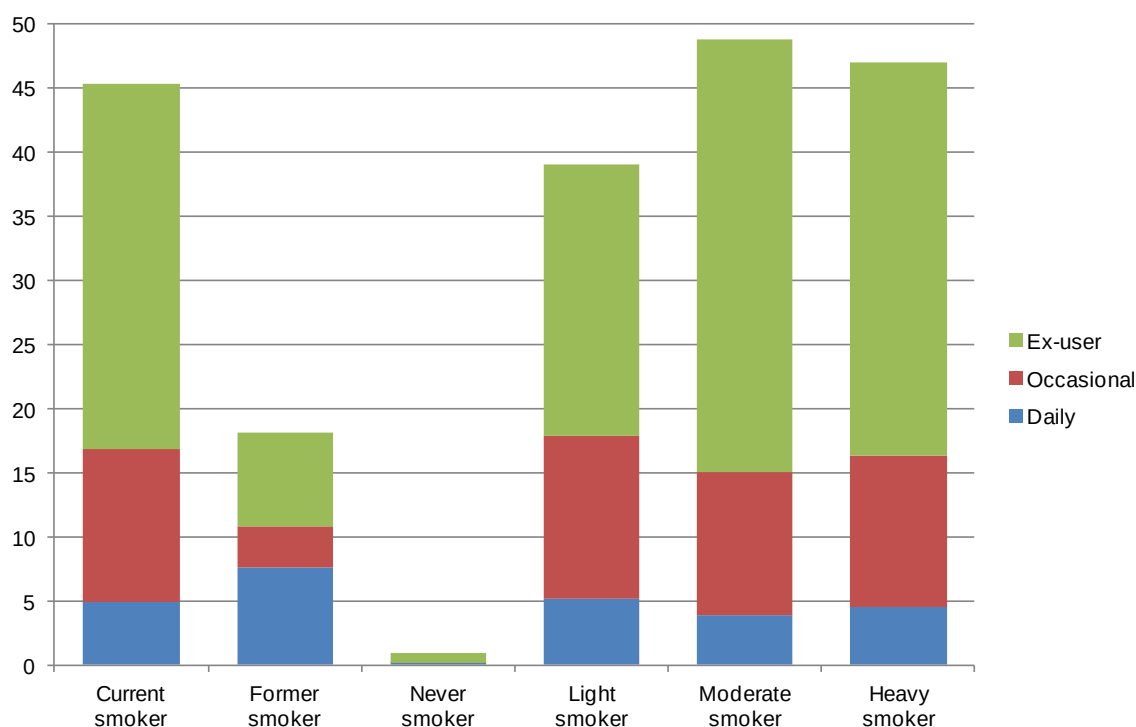
Figure 121: Use of e-cigarettes (overall, and by gender and age)



Of current tobacco/cigarette smokers, 16.8% used e-cigarettes daily (4.9%) or less than daily (11.9%) and a further 28.5% had tried e-cigarettes but no longer used them. Whilst fewer former tobacco/cigarette smokers used e-cigarettes at all (10.8%), they were much more likely to use them daily (7.7%) rather than not daily (3.1%), although the eight in ten (81.9%) had never used them. Very few survey responders who had never smoked tobacco/cigarettes. Two survey responders were current e-cigarette users and a further survey responder used them but not daily (out of the 1,894 people who stated they had never smoked and answered the e-cigarette question), although an additional 14 (0.7%) having tried e-cigarettes but no longer used them at all. However, examining the reasons why people used e-cigarettes the one occasional users said 'none of the above' (see questionnaire for further details of other response options), but both of the daily e-cigarette users appeared to be former tobacco smokers despite stating they had 'never' smoked tobacco/cigarettes. One stated they used e-cigarettes to try to quit smoking tobacco/cigarettes, and the other gave multiple reasons why they used e-cigarettes which included to try to quit smoking, to cut down smoking, to prevent re-starting smoking again, to use something like tobacco in a public place and because they are healthier.

Of current tobacco/cigarette smokers, there was not a great deal of difference in the use of e-cigarettes among light smokers (who smoked fewer than 10 cigarettes per day; 17.9%), moderate smokers (10-19 cigarettes per day; 15.0%) and heavy smokers (20+ cigarettes per day; 16.3%). Similar percentages used them daily (26-29% of the users). Survey responders who were moderate or heavy current smokers were more likely to have tried e-cigarettes but not longer used them (31-34%) compared to light smokers (21%).

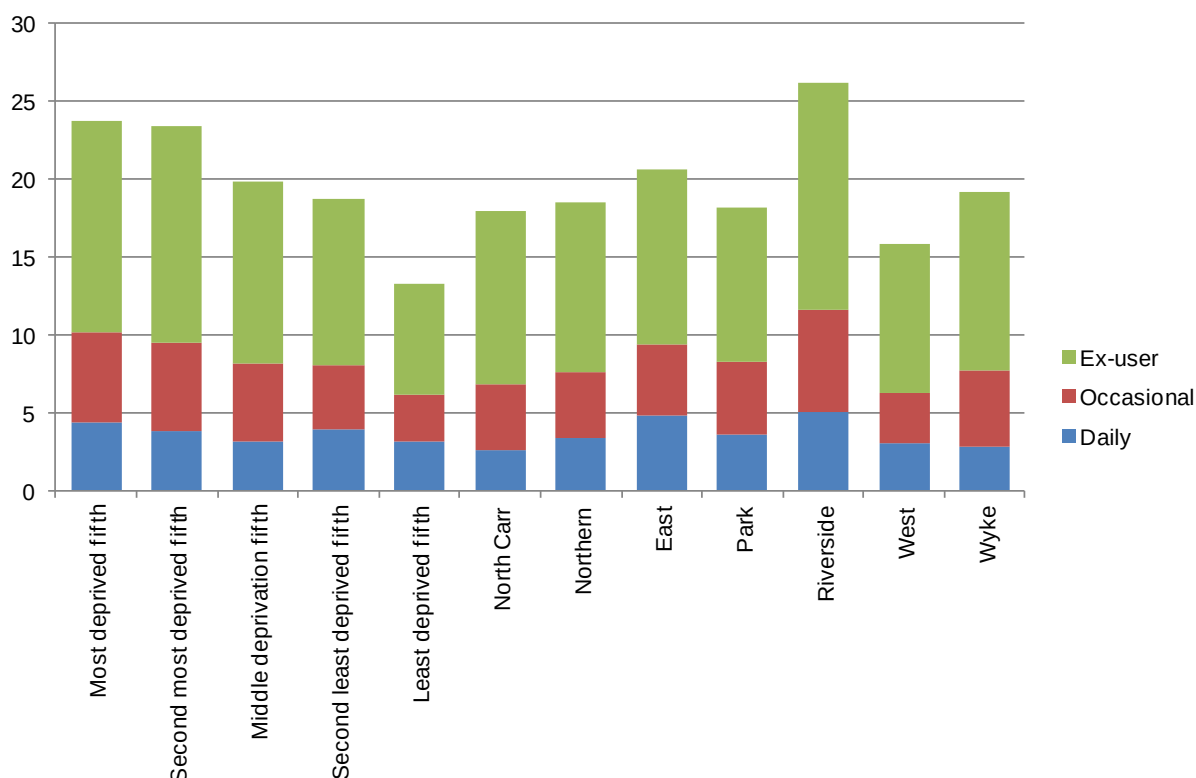
Figure 122: Use of e-cigarettes (by tobacco/cigarette smoking status)



As use of e-cigarettes was strongly associated with current or former tobacco/cigarette smoking, there was a strong association with use of e-cigarettes and deprivation. One in ten survey responders used e-cigarettes (11.5% of those living in the most deprived tenth of areas and 8.8% of those living in the second most deprived tenth of areas) compared to 6.2% of those living in the least deprived fifth of areas. However, there was not substantial differences in the percentages of daily users of e-cigarettes (4.3% in most deprived fifth compared to 3.2% in least deprived fifth) and the differences were greater for occasional use with twice as many in the most deprived fifth of areas used e-cigarettes than those in the least deprived fifth of areas (5.8% versus 3.0%). Due to this differences between daily and occasional use, survey responders who lived in the least deprived areas were more likely to use them daily (51.7%) compared to those living in the most deprived areas (42.9%). Survey responders from Riverside were more likely to use e-cigarettes (11.6%).

More than one in ten survey responders from Drypool, Myton, Newington and St Andrew's used e-cigarettes, with lowest use in Pickering (4.2%) and Beverley (4.8%).

Figure 123: Use of e-cigarettes (by deprivation and Area)



As there was an association between deprivation and smoking tobacco/cigarettes, survey responders who tended to have the worst health and unhealthiest lifestyles were slightly more likely to use e-cigarettes.

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.8.1**.

4.10.1.2 Comparison With England

Action on Smoking and Health (Action on Smoking and Health 2014) estimate that there are around 2.6 million adults (18+ years) in Great Britain who currently use e-cigarettes (equating to a prevalence of around 5%). Their research revealed that nearly two out of every five users are ex-smokers and three out of five are current smokers. The main reason given for use by smokers who currently use e-cigarettes is to reduce the amount they smoke while ex-smokers report using e-cigarettes to help them stop smoking. These were the main reasons found in the current survey (see **section 4.10.2**). Given that current smokers and ex-smokers are more likely to use e-cigarettes, it is not surprising that the prevalence of e-cigarettes usage was slightly higher at 8.4%.

4.10.2 Reasons for Using E-Cigarettes

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography, health status and smoking status in the survey in **section 5.8.2**.

Survey responders were asked why they used e-cigarettes, and most responses were phrased in relation to tobacco/cigarette smoking (see questionnaire in **APPENDIX B** for more details). The response options were to try to quit, to cut down, to prevent starting smoking again, to use something like tobacco in public places where smoking is banned, to stop affecting others around me, or because they are cleaner, cheaper or healthier than tobacco/cigarettes. Survey responders were also given the option to select 'none of the above' and specify another reason.

Many current e-cigarette users gave a number of reasons why they used e-cigarettes, so it is more complex to present the findings easily. **Figure 124** displays the percentages who stated 'yes' for each reason for males and females separately, and **Table 25** displays the main reasons combining multiple responses (the full details are available in **section 5.8.3**). Overall, 60% stated that they used e-cigarettes to quit smoking tobacco/cigarettes and around 50% stated they used e-cigarettes to cut down smoking tobacco/cigarettes (with some stating both of these reasons). Just under one-third were using them to prevent re-starting smoking tobacco/cigarettes. Fewer than one-fifth were using them to 'use something like tobacco in a public place where smoking tobacco/cigarettes was banned'. Around one-quarter were using them to stop the affecting others with their smoking tobacco/cigarettes. One-third or more were using them as they were cleaner, cheaper and/or healthier.

Figure 124: Use of e-cigarettes (responses for each reason by gender)

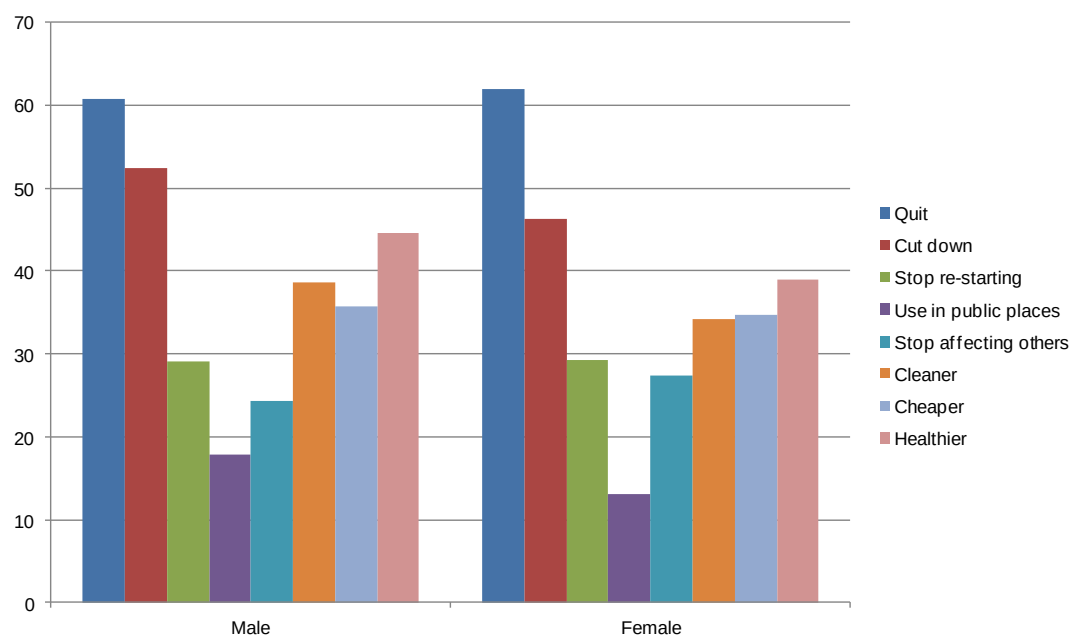


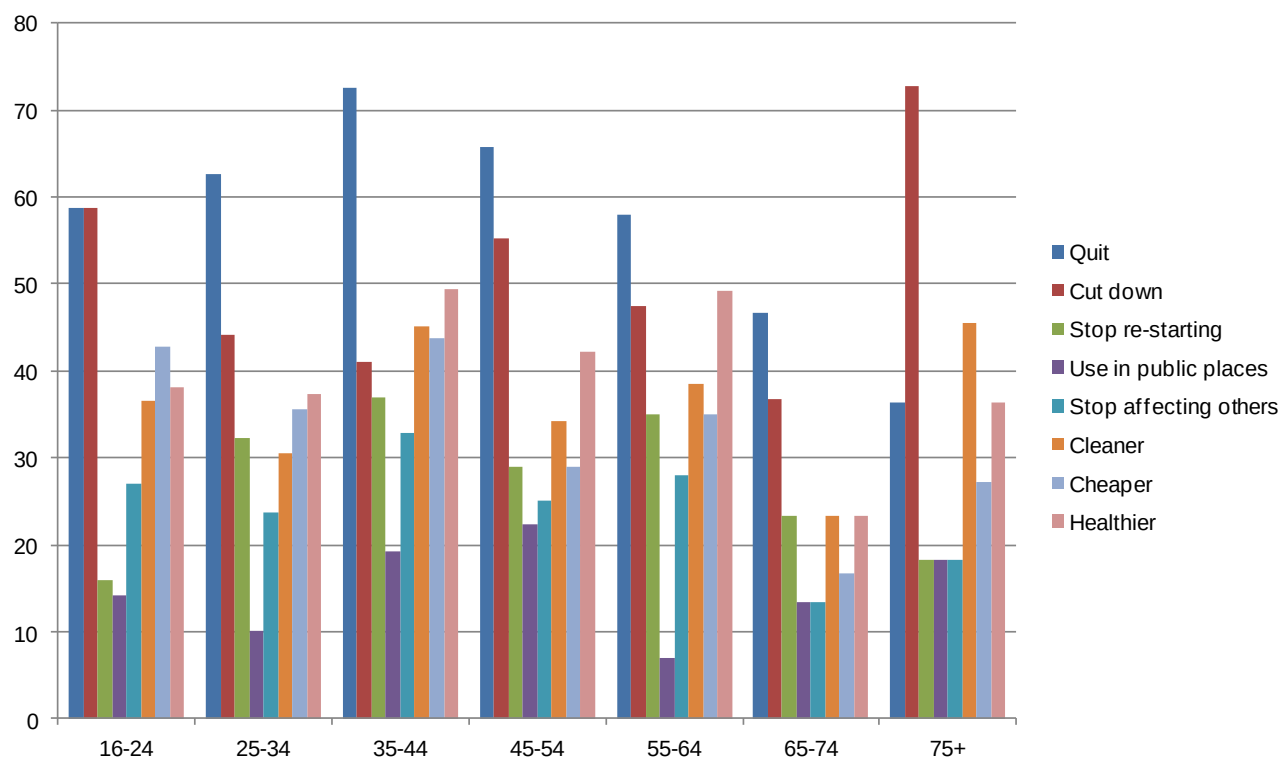
Table 25: Use of e-cigarettes (multiple/combined responses)

Combination of reasons	Number of current users	Percentage of current users	Cumulative percentage of current users
To try to quit	59	15.8	15.8
To try to cut down	41	11.0	26.8
To try to both quit and cut down	21	5.6	32.4
To prevent starting smoking again	11	2.9	35.4
To try to both quit and cut down, but also as cleaner, cheaper and healthier	10	2.7	38.1
All eight reasons (except none of above and other)	8	2.1	40.2
None of above	8	2.1	42.4
Quit, prevent starting smoking again, stop affecting others, cleaner, cheaper and healthier.	6	1.6	44.0
Quit, prevent starting smoking again, cleaner, cheaper, healthier	6	1.6	45.6
Quit and prevent starting smoking again	6	1.6	47.2
Other combinations*	191	51.2	100.0
Total current users answering questions	373		

*Too numerous to summarise here – see **section 5.8.3**.

The reasons given by survey responders for using e-cigarettes did differ across the age groups (**Figure 125**). The same percentage of survey responders aged 16-24 years were using e-cigarettes to quit smoking tobacco/cigarettes as were using them to cut down smoking tobacco/cigarettes, the other age groups with the exception of those aged 75+ years were more likely to use e-cigarettes to quit smoking tobacco/cigarettes rather than cut down smoking tobacco/cigarettes. The greatest difference was in the 35-44 year age group where 72.6% were using them to quit whereas 41.1% were using them to cut down. In contrast, among those aged 75+ years, 36.4% were using them to quit whereas 72.7% were using them to cut down.

Figure 125: Use of e-cigarettes (responses for each reason by age)



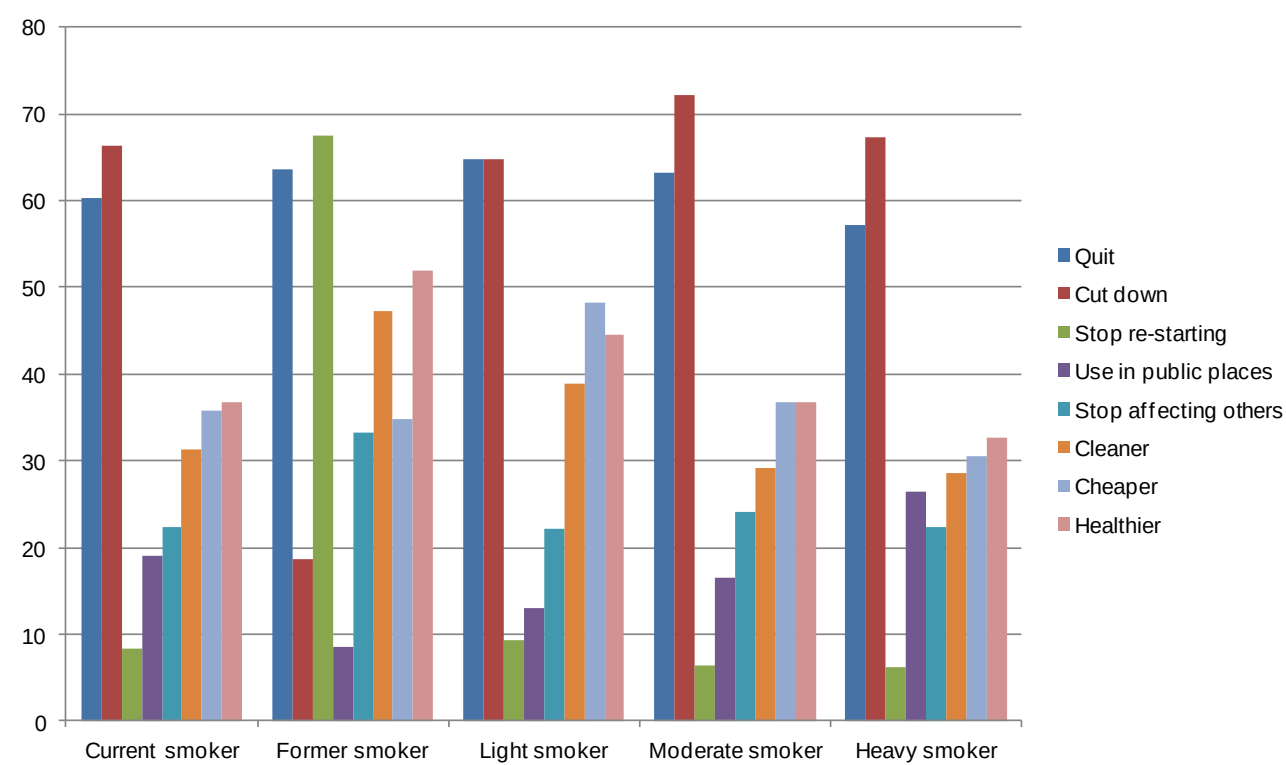
There was little difference in the percentages using e-cigarettes to quit smoking across the deprivation fifths (range 60.8% to 62.1%), but survey responders in the most deprived fifth of areas were slightly more likely to use e-cigarettes to cut down compared to those in the least deprived fifth of areas (53.3% versus 48.3%) as illustrated in **section 5.8.2**. Three-quarters of those who used e-cigarettes in North Carr were using them to quit smoking compared to half of those in East. Those in the East were also less likely to be using e-cigarettes to cut down smoking (38.9%) compared to 43-44% in West and Wyke and 52-54% in the other areas.

E-cigarette users in 'excellent' health were more likely to be using e-cigarettes to prevent re-starting smoking again and were more likely to think e-cigarettes were cleaner, cheaper and healthier than those with 'poor' health.

Unsurprisingly, former tobacco/cigarette smokers were more likely to state they were using e-cigarettes to prevent re-starting smoking compared to current smokers (**Figure 126**). Slightly higher percentages of heavy (20+ cigarettes per day) and moderate (10-

19 cigarettes per day) smokers were using e-cigarettes to cut down rather than quit smoking tobacco/cigarettes compared to light (<10 cigarettes per day) smokers (who were using e-cigarettes to quit and cut down to the same degree).

Figure 126: Use of e-cigarettes (responses for each reason by smoking status)



The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography, health status and smoking status in the survey in **section 5.8.2**.

4.11 Overweight and Obesity

Height and weight were collected as part of the Health and Wellbeing Survey, and as it is well-known that people tend to overestimate their self-reported height and underestimate their self-reported weight, an adjustment was made to height and weight to try to obtain a more realistic estimate of actual height and weight. Definitions of underweight, desirable or healthy weight, overweight and obesity are defined on the basis of the body mass index (BMI) which is a measure of the weight to height ratio. It was calculated by taking the adjusted weight (in kilograms) and dividing it by the square of adjusted height (in metres). Further details about the adjustment and how overweight and obesity were defined using the BMI are given in **section 3.2.10** on **page 39**.

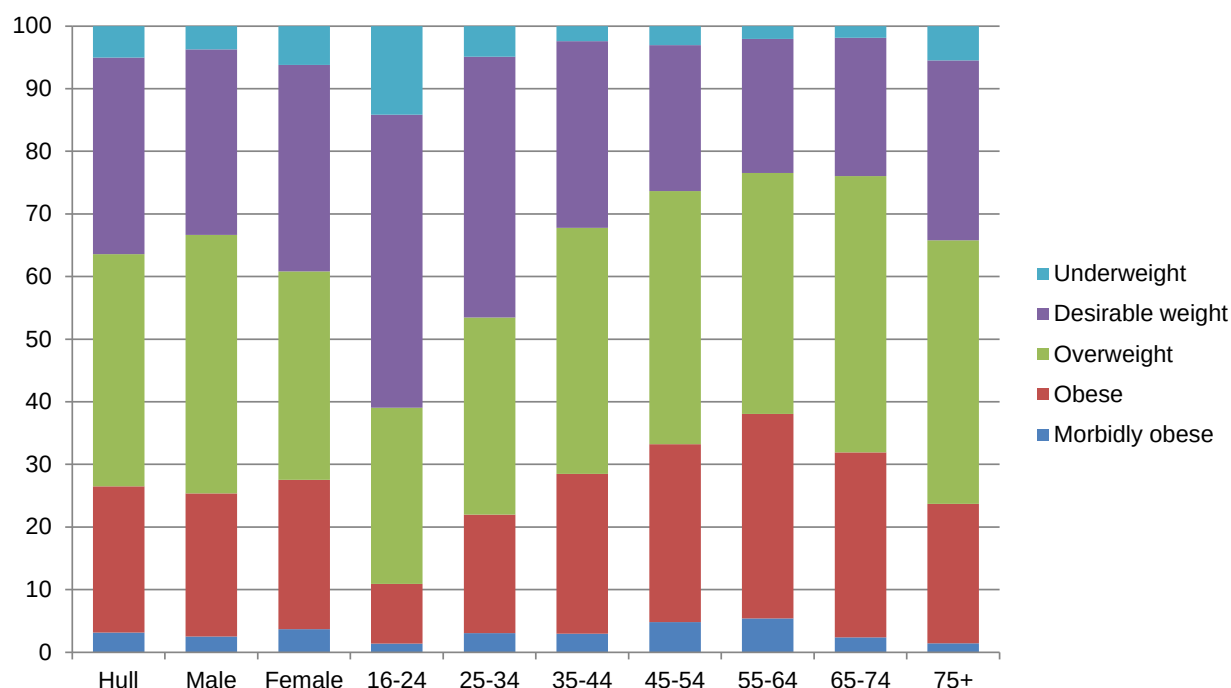
4.11.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.9**.

Overall, 3.1% of survey responders were morbidly obese, a further 23.4% were obese and a further 37.1% were overweight with only 5.0% underweight (**Figure 127**). The percentages differed slightly among the genders (with slightly more women morbidly obese 3.7% versus 2.5% and obese 23.8% versus 22.8% compared to men, but men were more likely to be overweight 41.3% versus 33.3%).

There was a marked difference in the percentages across the age groups with the prevalence of obesity and the prevalence of overweight and obesity combined increasing markedly between 16-24 years and 25-34 years, before increasing less markedly for each successive decade with the highest prevalence among those aged 55-64 years, before decreasing in the oldest 65-74 and 75 years age groups. Overall, the prevalence of obesity doubled from 10.9% among those aged 16-24 years to 22.0% among those aged 25-34 years increasing to 28.5%, 33.2% and 38.0% for those aged 35-44, 45-54 and 55-64 years, decreasing to 31.9% and 23.7% among those aged 65-74 and 75+ years. The equivalent percentages for overweight and obesity combined were 39.0%, 53.5%, 67.8%, 73.6%, 76.5%, 76.1% and 65.8% respectively. Whilst 14.1% of those aged 16-24 years were underweight, the percentages were lower than half this for all other age groups with 4.9% of those aged 25-34 years and 5.5% of those aged 75+ years underweight and 3.0% or lower for the remaining age groups.

Figure 127: Overweight and obesity (overall, and by gender and age)



There were relatively small differences among the prevalence of overweight and obesity among the deprivation fifths (**Figure 128**). There was a slightly higher prevalence of morbidly obese (range 3.3% to 3.6%) and obesity (range 23.6% to 25.2%) among the three most deprived fifths compared to the two least deprived fifths (2.5-2.9% for morbidly obese and 20.6-22.8% for obesity), but the prevalence of overweight was higher for the two least deprived fifths (38.7-39.8%) compared to the three most deprived fifths (34.5-36.4%).

Overall, after adjusting for the differences in the gender and age structure of the populations, there was a statistically significant difference in the prevalence of obesity among the five deprivation fifths (logistic regression, $p=0.0141$), although not for overweight and obesity combined (logistic regression, $p=0.65$). Despite this, it is not clear whether the differences are clinically significant or important. Whilst the prevalence was highest at 28.5% in the second most deprived fifth, even in the second least deprivation fifth where it was lowest at 23.5%, the prevalence was sufficiently high to require action.

The prevalence of overweight ranged from 58.3% in Wyke to 67.1% in East, and the prevalence of obesity ranged from 22.7% in Wyke to 29.6% in North Carr. However, since the prevalence of obesity differed by age, and the age structure of the population differs across the Areas, it is not surprising that the prevalence of overweight and obesity differs slightly across the areas. The slight differences in prevalence by deprivation might also be accounted for differences in the age structure.

Figure 128: Overweight and obesity (by deprivation and Area)

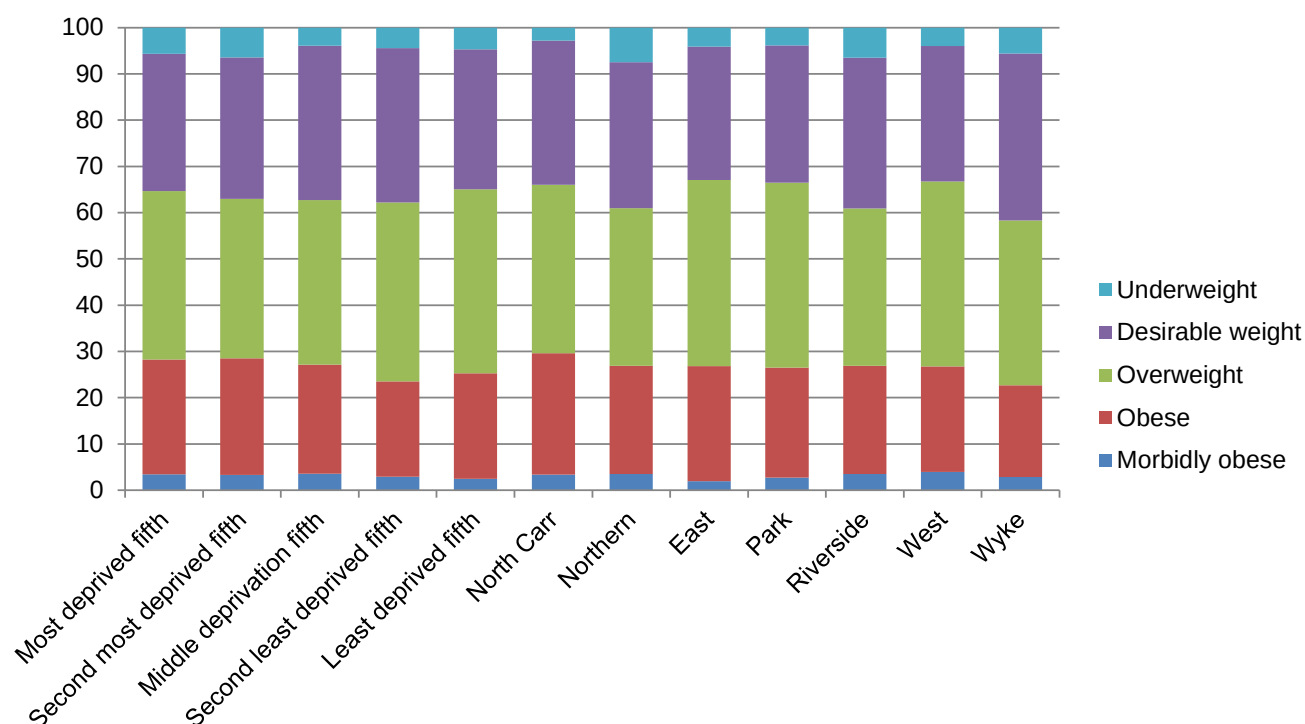


Table 26 gives the percentage overweight, obese and overweight and obese combined across the 23 wards in Hull. As some of the numbers surveyed within each ward are relatively small, there will be some random variation associated with the estimate (that is, if another survey was completed immediately following the current survey slightly different estimates would be obtained as slightly different people would have been surveyed even though there would have been not true or real change in the underlying prevalence for that ward). A range of values (95% confidence intervals¹⁴) have been given as well as the estimate of the prevalence for each ward. If these ranges do not overlap then the difference in the prevalence estimates will be statistically significant. Thus, for example, the prevalence of overweight in University is statistically significantly lower than that for Bricknell as there is no overlap in the sets of confidence intervals.

Whilst statistically significant, there was not a great deal of difference in the prevalence of obesity by deprivation, and there was no association between overweight and obesity combined across the deprivation fifths. Therefore, the main influential factor in relation to the prevalence of overweight and obesity across the wards will be the age structure of the populations. Wards with generally younger population, such as wards in Newland, Bransholme East, Orchard Park and Greenwood and University tend to have lower prevalence of overweight and obesity. Wards with a generally older population such as Ings, Beverley, Bricknell and Pickering tend to have a higher prevalence of overweight and obesity.

¹⁴ The 95% confidence intervals have been calculated using statistical methods to give a range of likely values for the prevalence. We are 95% confident that the interval obtained (from the survey sample) will contain the true underlying prevalence for that ward. If the CI is wide then there is a degree of uncertainty around the prevalence, and caution should be used when interpreting the findings.

Nevertheless, after adjusting for differences in the age and gender structures of the wards, there was a statistically significant association between the prevalence of overweight and obesity combined across the wards (logistic regression, $p=0.0158$) and the prevalence of obesity across the wards (logistic regression, $p=0.0181$).

Around half of survey responders in University (49.2%), St Andrew's (51.1%) and Newland (51.8%) were overweight or obese compared to around seven in ten for Bransholme West (70.0%) and Bricknell (69.6%). The prevalence of obesity ranged from 14.2% in St Andrew's to 33.5% in Newington.

It is estimated that out of the total population of 208,443 aged 16+ years, 132,496 are overweight or obese, with 55,246 of them obese.

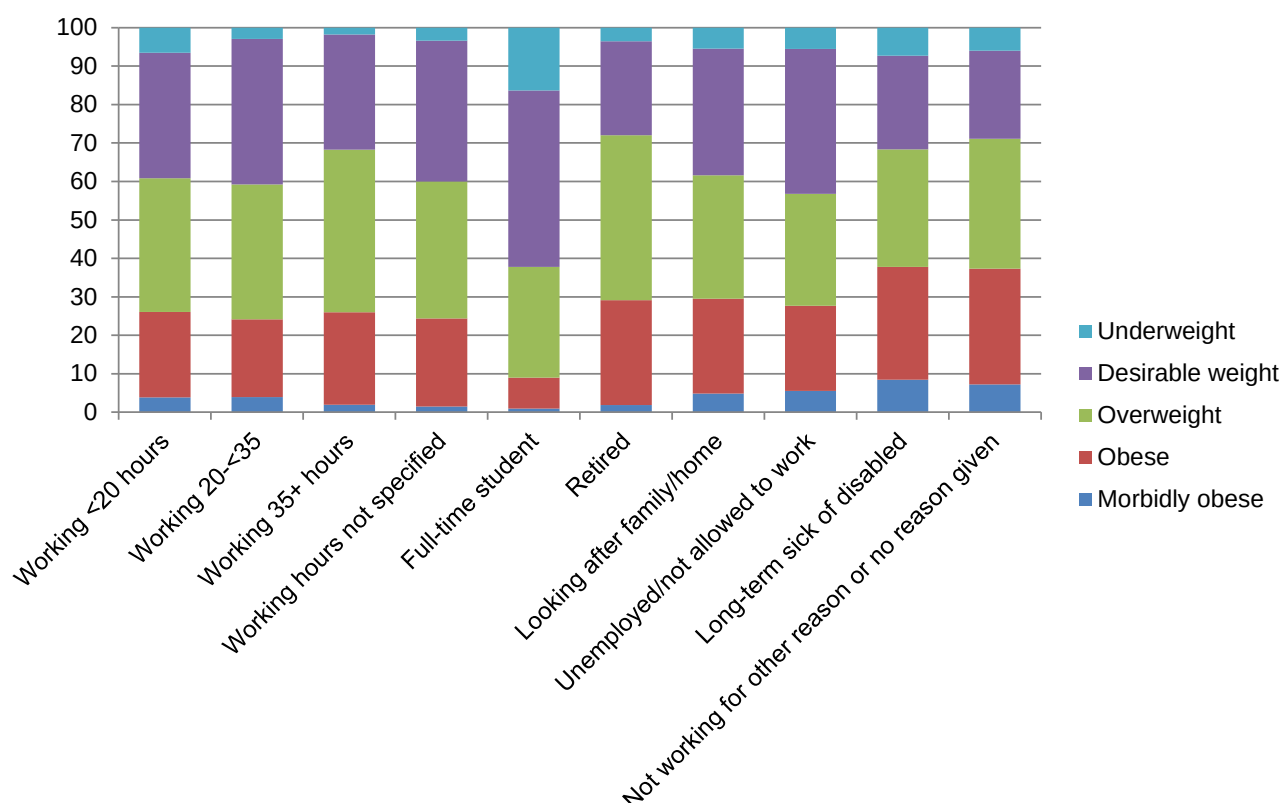
Table 26: Prevalence of overweight and obesity and estimated total number of adults who are overweight and obese across the wards in Hull

Area	Number of survey responders	Prevalence (%)			Population aged 16+ years	Estimated numbers aged 16+ in ward		
		Overweight	Obese	Overweight or obese		Overweight	Obese	Overweight or obese
Bransholme East	182	37.4 (30.7, 44.6)	28.0 (22.0, 34.9)	65.4 (58.2, 71.9)	7,681	2,870	2,152	5,022
Bransholme West	130	36.9 (29.1, 45.5)	33.1 (25.6, 41.5)	70.0 (61.6, 77.2)	6,423	2,372	2,125	4,496
Kings Park	191	35.1 (28.7, 42.1)	28.8 (22.8, 35.6)	63.9 (56.9, 70.4)	8,637	3,030	2,487	5,517
Area: North Carr	503	36.4 (32.3, 40.7)	29.6 (25.8, 33.8)	66.0 (61.8, 70.0)	22,741	8,274	6,736	15,010
Beverley	160	41.3 (33.9, 49.0)	26.9 (20.6, 34.2)	68.1 (60.6, 74.8)	7,268	2,998	1,953	4,951
Orchard Pk & Grnwd	266	35.7 (30.2, 41.6)	32.3 (27.0, 38.2)	68.0 (62.2, 73.4)	10,141	3,622	3,279	6,900
University	258	27.9 (22.8, 33.7)	21.3 (16.8, 26.7)	49.2 (43.2, 55.3)	8,396	2,343	1,790	4,133
Area: Northern	717	31.0 (27.7, 34.4)	33.2 (29.8, 36.7)	64.2 (60.6, 67.6)	25,805	8,790	6,942	15,732
North Hull	1,187	35.0 (32.4, 37.8)	28.1 (25.6, 30.7)	63.1 (60.3, 65.8)	48,546	17,014	13,619	30,633
Ings	211	40.8 (34.4, 47.5)	27.5 (21.9, 33.9)	68.2 (61.7, 74.2)	9,917	4,042	2,726	6,768
Longhill	206	38.8 (32.4, 45.6)	28.2 (22.5, 34.7)	67.0 (60.3, 73.0)	9,261	3,597	2,607	6,204
Sutton	242	40.9 (34.9, 47.2)	25.2 (20.2, 31.0)	66.1 (59.9, 71.8)	10,172	4,161	2,564	6,725
Area: East	682	28.0 (24.8, 31.5)	35.2 (31.7, 38.8)	63.2 (59.5, 66.7)	29,350	11,802	7,883	19,685
Holderness	237	41.4 (35.3, 47.7)	24.9 (19.8, 30.8)	66.2 (60.0, 72.0)	10,734	4,439	2,672	7,111
Marfleet	212	35.8 (29.7, 42.5)	28.3 (22.7, 34.7)	64.2 (57.5, 70.3)	10,605	3,802	3,001	6,803
Southcoates East	162	40.1 (32.9, 47.8)	26.5 (20.3, 33.8)	66.7 (59.1, 73.5)	6,365	2,554	1,689	4,243
Southcoates West	120	44.2 (35.6, 53.1)	26.7 (19.6, 35.2)	70.8 (62.2, 78.2)	6,419	2,835	1,712	4,547
Area: Park	781	31.4 (28.2, 34.7)	34.2 (30.9, 37.6)	65.6 (62.2, 68.8)	34,123	13,631	9,056	22,686
Drypool	228	36.8 (30.8, 43.3)	27.2 (21.8, 33.3)	64.0 (57.6, 70.0)	10,676	3,933	2,903	6,836
East Hull	1,618	39.6 (37.3, 42.0)	26.8 (24.7, 29.0)	66.4 (64.0, 68.6)	74,149	29,375	19,843	49,219
Myton	287	32.4 (27.3, 38.0)	27.9 (23.0, 33.3)	60.3 (54.5, 65.8)	13,561	4,394	3,780	8,174
Newington	221	31.2 (25.5, 37.6)	33.5 (27.6, 39.9)	64.7 (58.2, 70.7)	8,940	2,791	2,993	5,785
St Andrew's	141	36.9 (29.4, 45.1)	14.2 (9.4, 20.9)	51.1 (42.9, 59.2)	6,572	2,424	932	3,356

Area	Number of survey responders	Prevalence (%)			Population aged 16+ years	Estimated numbers aged 16+ in ward		
		Overweight	Obese	Overweight or obese		Overweight	Obese	Overweight or obese
Area: Riverside	931	27.0 (24.2, 29.9)	29.6 (26.8, 32.7)	56.6 (53.4, 59.8)	39,749	13,507	10,696	24,203
Boothferry	186	38.7 (32.0, 45.9)	24.7 (19.1, 31.4)	63.4 (56.3, 70.0)	9,879	3,824	2,443	6,267
Derringham	223	39.9 (33.7, 46.5)	28.3 (22.7, 34.5)	68.2 (61.8, 73.9)	9,369	3,739	2,647	6,386
Pickering	244	41.0 (35.0, 47.2)	27.0 (21.9, 32.9)	68.0 (61.9, 73.6)	9,279	3,803	2,510	6,313
Area: West	695	29.8 (26.5, 33.3)	38.7 (35.2, 42.4)	68.5 (64.9, 71.8)	28,527	11,402	7,645	19,047
Avenue	259	38.2 (32.5, 44.3)	20.1 (15.7, 25.4)	58.3 (52.2, 64.1)	11,074	4,233	2,223	6,456
Bricknell	161	43.5 (36.1, 51.2)	26.1 (19.9, 33.4)	69.6 (62.1, 76.1)	6,794	2,954	1,772	4,726
Newland	276	28.6 (23.6, 34.2)	23.2 (18.6, 28.5)	51.8 (45.9, 57.6)	10,280	2,942	2,384	5,326
Area: Wyke	724	23.3 (20.4, 26.6)	36.0 (32.6, 39.6)	59.4 (55.8, 62.9)	28,148	10,030	6,390	16,420
West Hull	1,998	36.2 (34.1, 38.3)	25.4 (23.5, 27.3)	61.6 (59.4, 63.7)	85,748	31,029	21,759	52,788
HULL	4,804	37.1 (35.7, 38.4)	26.5 (25.3, 27.8)	63.6 (62.2, 64.9)	208,443	77,249	55,246	132,496

As the prevalence of overweight and obesity differed across the age groups, the prevalence also differed by working status as illustrated in **Figure 129**. Full-time students had the lowest prevalence with 9.0% obese and 37.8% either overweight or obese. The highest prevalence of obesity was among those who were not working due to long-term illness or disability (37.8%) or not working but had not supplied a reason why they were not working (37.3%). These two groups also had the highest prevalence of overweight and obesity combined (68.3% and 71.1% respectively) together with those who were retired (72.1%).

Figure 129: Overweight and obesity (by working status)

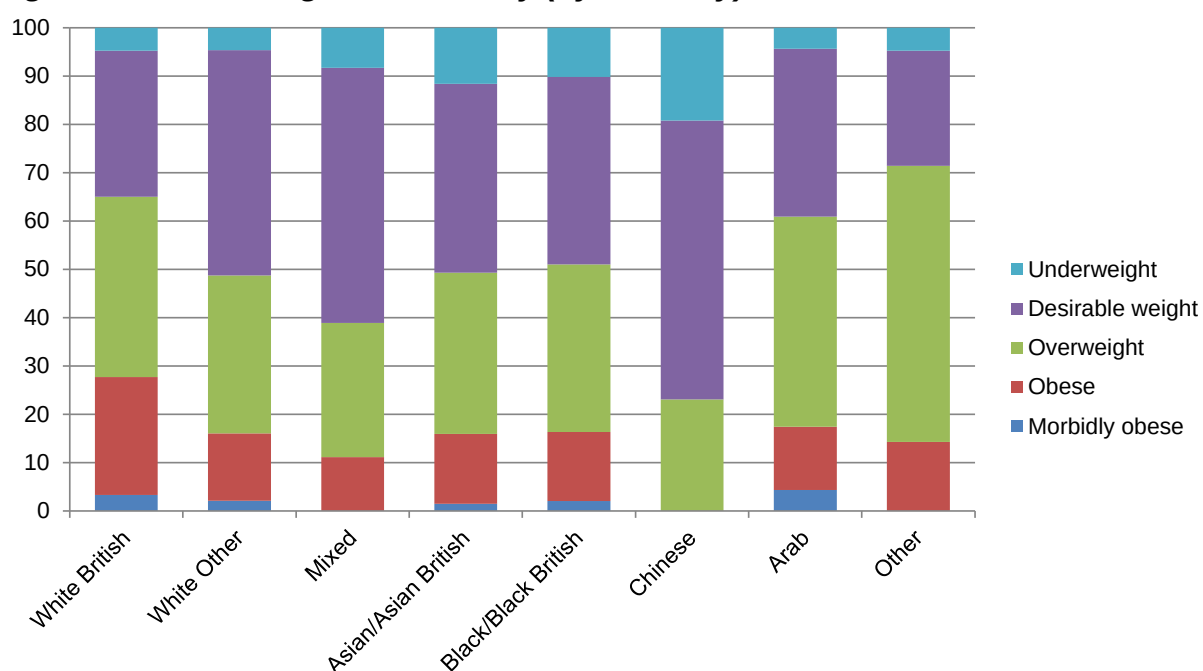


There was also an association between the prevalence of overweight and obesity and ethnicity, although this is partly associated with the difference in the age structures among the different ethnic groups (**Figure 130**).

In terms of obesity, none of the Chinese were obese and between 11.1% and 17.4% of the other ethnic groups were obese, compared to 27.7% for the White British. Despite these relatively large differences, there was no statistically significant difference in the prevalence of obesity across the different ethnic groups after the differences in the age and gender structures were taken into account (logistic regression, $p=0.0774$). The reason there was no statistically significant difference will be partly due to the relatively large difference in the average age of the White British group compared to the other ethnic groups (see **Table 9**). It is possible that there is a real difference in the prevalence and the numbers surveyed were too small among the other ethnic groups to pick up and detect the difference, or it is possible that there really is no difference in the prevalence.

For overweight and obesity combined, there was a statistically significant difference in the prevalence across the ethnic groups after adjusting for the age and gender differences in the population (logistic regression, $p=0.0095$). The prevalence of overweight and obesity combined was lowest among the Chinese (23.1%) and Mixed (38.9%) survey responders, was around half for White Other (48.7%), Asian and Asian British (49.3%) and Black and Black British (51.0%) and the highest for Arabs (60.9%), White British (65.0%) and among those who were other ethnic groups (71.4%). Whilst these differences might have been significant after adjusting for the age structures of the population, these overall percentages were not adjusted for age, and thus the differences will appear larger than they actually are for ethnicity alone. In fact, the only statistically significant difference in the prevalence of overweight and obesity combined among the different ethnic groups was between the White British and the White Other with the latter having just over one-third (0.366) the likelihood (odds) of being overweight or obese compared to the White British group. Whilst some of the difference in the prevalence of overweight and obesity combined were greater for some of the other ethnic groups in relation to the White British, after taking into account the differences in the age and the number of survey responders, these differences were not statistically significant. For most ethnic groups, there was either no statistically significant association between the prevalence and ethnicity or the numbers of survey responders were too low to detect a significant association.

Figure 130: Overweight and obesity (by ethnicity)



There was a marked difference in the prevalence of overweight and obesity in relation to health status which is not surprising given the association with both overweight and health status with age. The differences in the prevalence of overweight and obesity were not as large in relation to most lifestyle and behavioural risk factors, although there were a few exceptions. Around one-quarter of those who reported eating a healthy diet (23.7%) or expressed a lack of knowledge about what constituted a healthy diet (25.9%) were obese compared to over one-third (34.8%) of those who reported that they did not eat a healthy diet. Just over one in five (22.0%) of those who drank alcohol most days were obese compared to just under one-third (31.4%) of those who never drank alcohol,

and 27.1% of those who had not drank alcohol the previous week were obese compared to 23.4% of those who had drank dangerous levels the previous week. This could be associated with age. There was a strong association between the prevalence of obesity and overweight and obese combined in relation to physical activity undertaken. Whilst the prevalence was lower among those who undertook physical activity more frequently and/or at higher physical activity levels, part of the association between the prevalence and physical activity will be associated with the differences in the age structures of the population. Current smokers were less likely to overweight or obese (55.0%) or obese (20.9%) compared to former smokers (73.6% and 32.8% respectively) or never smokers (63.5% and 26.7% respectively), and part of this association could be due to differences in the age structures of current, former and never smokers.

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.9**.

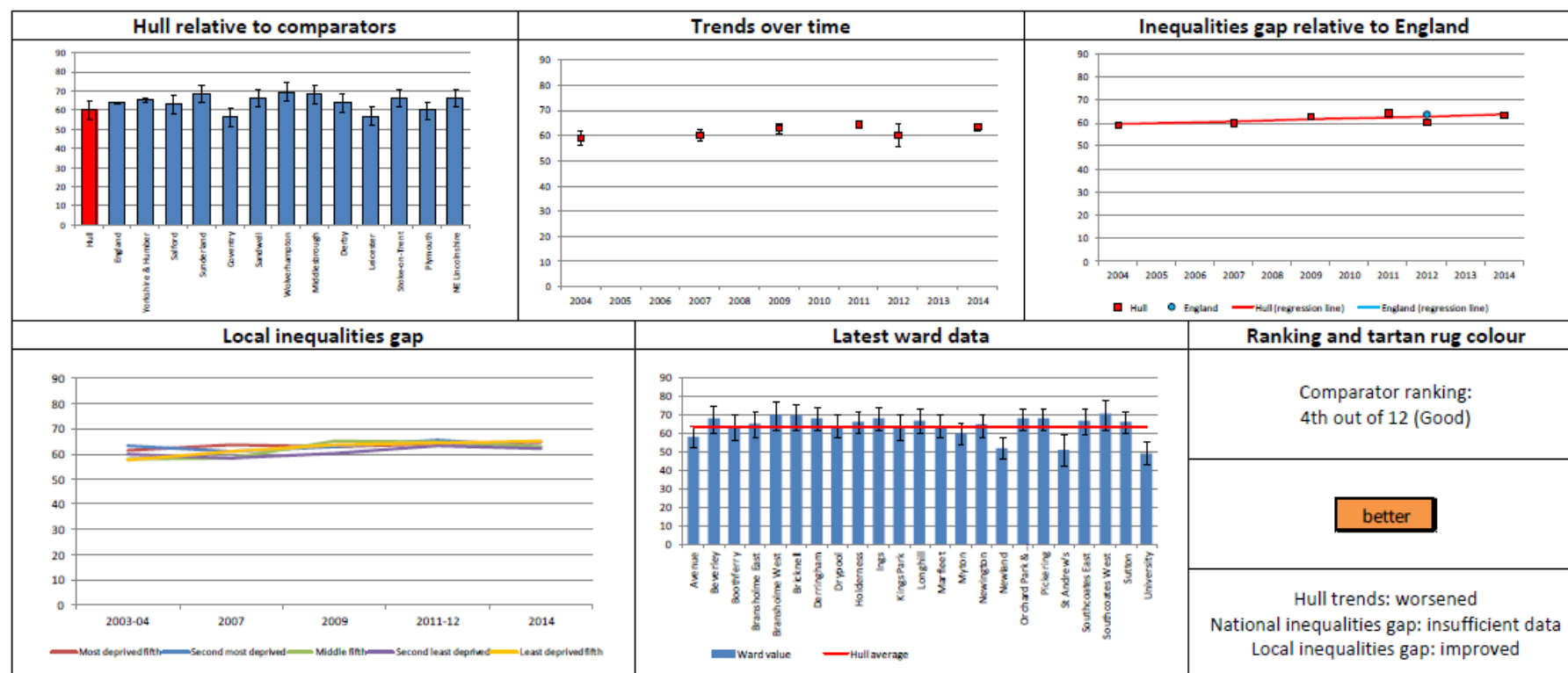
4.11.2 Public Health Outcomes Framework

This indicator is included within the Public Health Outcomes Framework (Department of Health 2012) and the national data from the PHOF tool (Public Health England 2015) is available for Hull and was been summarised locally in **Figure 131**.

The prevalence of overweight and obesity in Hull was estimated to be 60.2% (95% confidence interval 55.3% to 65.1%) from the Public Health Outcomes Framework. Hull was ranked as 4th worst out of 12 comparator areas and had a lower prevalence compared to England for 2012, although from combining the results from the PHOF and local surveys, it is possible that the trends in Hull are increasing or remaining similar over time. Further comparisons over time and comparison with England are given in **section 4.11.3**. Local analysis of the Public Health Outcomes Framework indicator revealed relatively small differences among the deprivation fifths as discussed in **section 4.11.1**. Whilst there were differences across the wards (also discussed in **section 4.11.1**), the majority of the wards had a similar prevalence of overweight and obesity with only Newland, St Andrew's and University having a lower prevalence compared to Hull overall and the other wards. This is also likely associated with the age distribution of the survey responders in these wards and that there will be a relatively large proportion of student survey responders in the survey from Newland and University wards.

Figure 131: Percentage overweight or obese – Public Health Outcomes Framework (national data for Hull – indicator 2.12)
2.12 Excess weight in adults

Percentage of adults classified as overweight or obese (body mass index greater or equal to 25kg/m² calculated from adjusted height and weight among those aged 16+ years).



Key points

The baseline percentage of overweight adults in Hull is 60.2% (95% confidence interval: 55.3% to 65.1%)
 The latest percentage of overweight adults in Hull is 60.2% (95% confidence interval: 55.3% to 65.1%)
 The percentage of overweight adults has worsened from 59.0% in 2004 to 63.6% in 2014
 The national inequalities gap (Hull minus England) was 0.6 percentage points in 2012
 The local inequalities gap (most minus least deprived fifths) has improved from 3.8 percentage points in 2003-04 to -0.4 percentage points in 2014
 The percentage of overweight adults ranges from 49.2% in University to 70.8% in Southcoates West, a difference of 21.6 percentage points

Data points:

Source: Active People Survey, Sport England. Baseline period: 2012. Latest data: 2012. The local trend, deprivation and ward figures are from the local surveys, and differ from the national estimates for Hull (latest local data is for 2014).

The page was last updated on 06/07/2015

4.11.3 Trends Over Time and Comparison With England

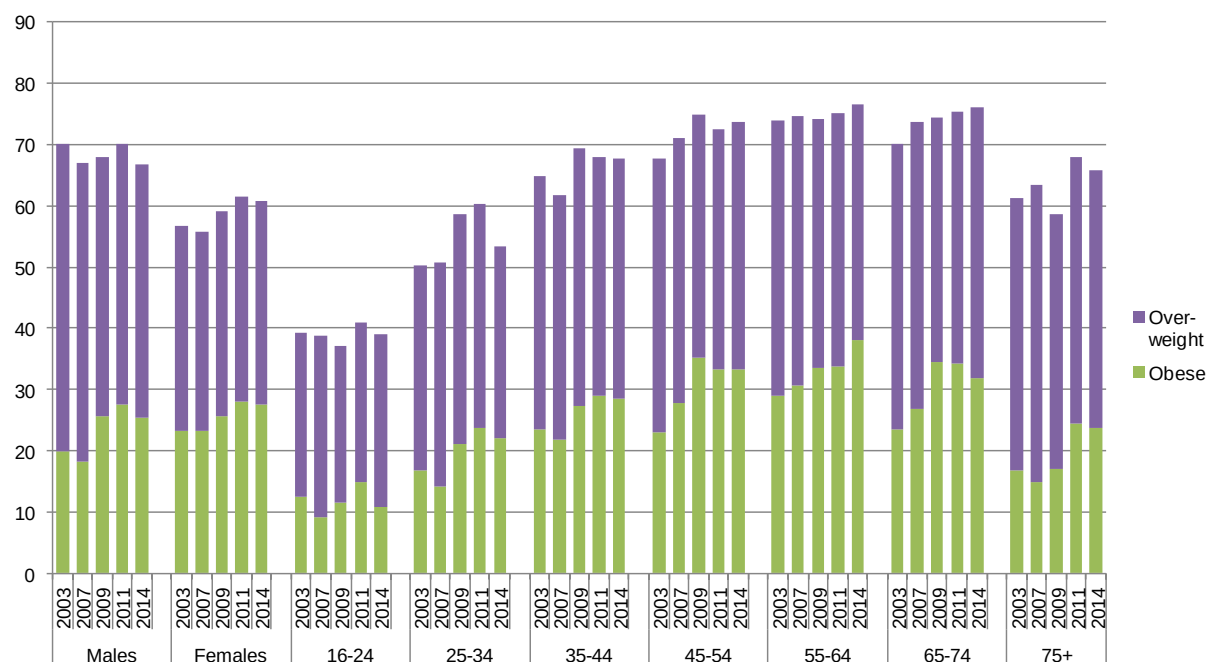
Overweight and obesity were also collected as part of previous local surveys (see **section 3.2.17**), and trends over time can be examined.

Amongst men, the prevalence of overweight and obesity has remained relatively unchanged between 2003 and 2014 ranging from 66.9% to 70.1% (**Figure 132**). However, there has been a change in the prevalence of overweight alone and obesity alone with the prevalence of overweight decreasing from 50.2% in 2003 to 41.3% in 2014, compared to an increase in the prevalence of obesity from 19.8% in 2003 to 25.3% in 2014 (with the highest prevalence in 2011-12 at 27.5%).

A similar pattern is also observed amongst the women with the prevalence of overweight varying between 32.7% and 33.5% between 2003 and 2014, compared to an increase in the prevalence of obesity from 23.2% in 2003 to 27.5% in 2014 (and similar to men, the highest prevalence was in 2011-12 at 28.1%). Overall, the increase in the prevalence of obesity has resulted in an increase in the prevalence of overweight and obese combined from 56.7% in 2003 to 60.8% in 2014.

In general, whilst there has been some random year-on-year variability, there has been an increase in the prevalence of obesity and an increase in the prevalence of overweight and obese combined among the different ten-year age bands with the exception of the 16-24 year olds where the prevalence has remained relatively unchanged, and among those aged 25-34 years, there has been a reduction in the prevalence in 2014. The largest relative increases in the prevalence of overweight and obesity combined have occurred among those aged 45-54 years (increasing by 8.9% between 2003 and 2014) and among those aged 65-74 years (increasing by 8.6%). For obesity, the largest relative changes have occurred among those aged 45-54 years (increase of 44%) and aged 75+ years (increase of 41%). The smallest increase occurred for those aged 35-44 years where a 21% increase was observed between 2003 and 2014. Only among the youngest age group was a decrease in the prevalence of obesity observed (decreasing by 13%).

Figure 132: Percentage overweight or obese (by age and gender, trends over time)



In general, there was an increase in the prevalence of obesity among all five deprivation fifths ranging from an increase of 8.7% among those living in the second most deprived fifths of areas and 7.9% among those living in the second least deprived fifth of areas to 32% among those in the middle deprivation fifth and 48% among those in the least deprived fifth of areas (**Figure 133**). Between 2003 and 2014, the prevalence of overweight alone decreased in all deprivation fifths except among the most deprived where the prevalence increased from 34% in both 2009 and 2011-14 to 36.4% in 2014, although between 2003 and 2014 the prevalence of overweight alone decreased for all deprivation fifths by between 5% and 14%.

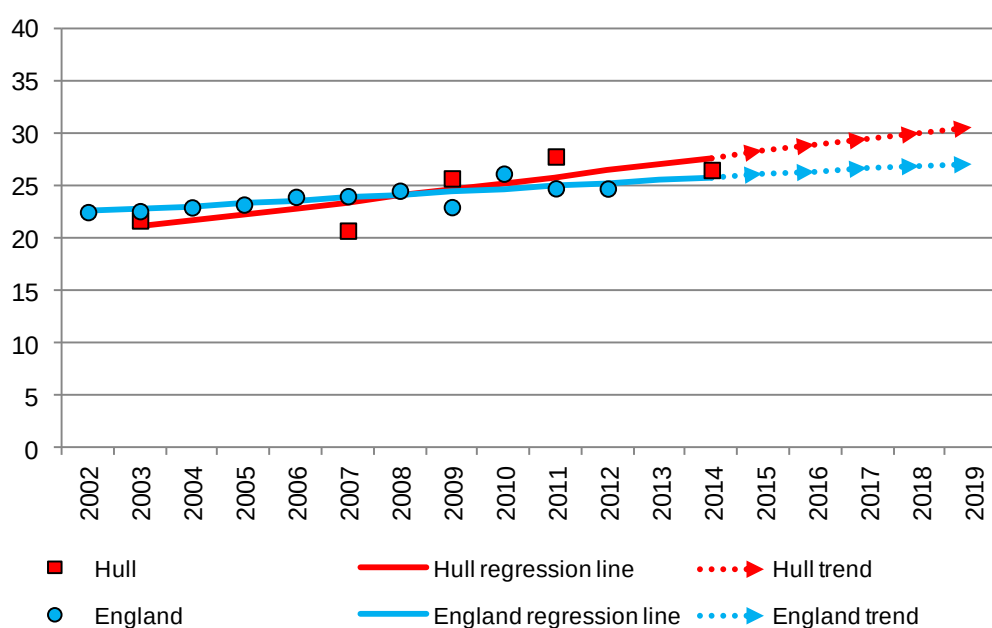
The increases in the prevalence of obesity were almost counter-balanced by the decrease in the prevalence of overweight. With the exception of the least deprived fifth, where there was an increase in the prevalence of overweight and obese combined from 61.1% in 2003 to 65.1% in 2014 (an increase of 6.5%), the prevalence of overweight and obesity combined remained relatively unchanged among the deprivation fifths (ranging from an decrease of 1.7% to an increase of 2.4%).

Figure 133: Percentage overweight or obese (by deprivation, trends over time)



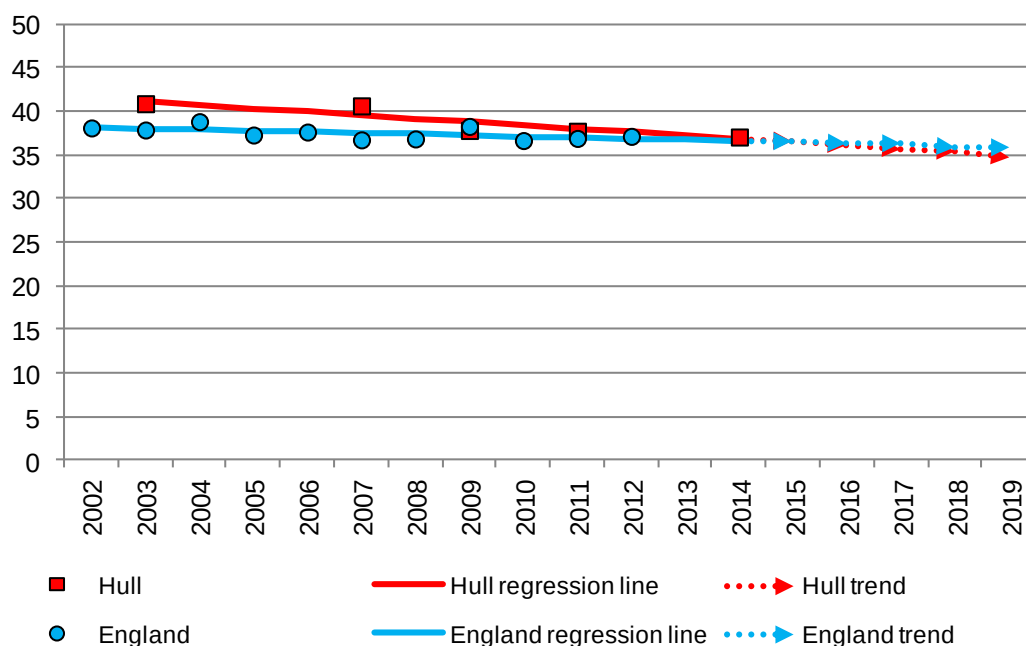
Over the period 2003-04 to 2014, the prevalence of obesity has increased in Hull by 0.59 percentage points per year which is a larger increase than England (0.27 percentage points) as illustrated in **Figure 134**. From the local surveys, the prevalence was 21.7% in 2003, 20.7% in 2007, 25.7% in 2009, 27.8% in 2011 and 26.5% in 2014. The prevalence in England was 22.5% in 2002 increasing to 24.7% in 2012. If the current trend continues in Hull, then the prevalence is projected to be 31.1% by 2020 (and 27.3% in England).

Figure 134: Trends in the prevalence of obesity and future projections, Hull versus England



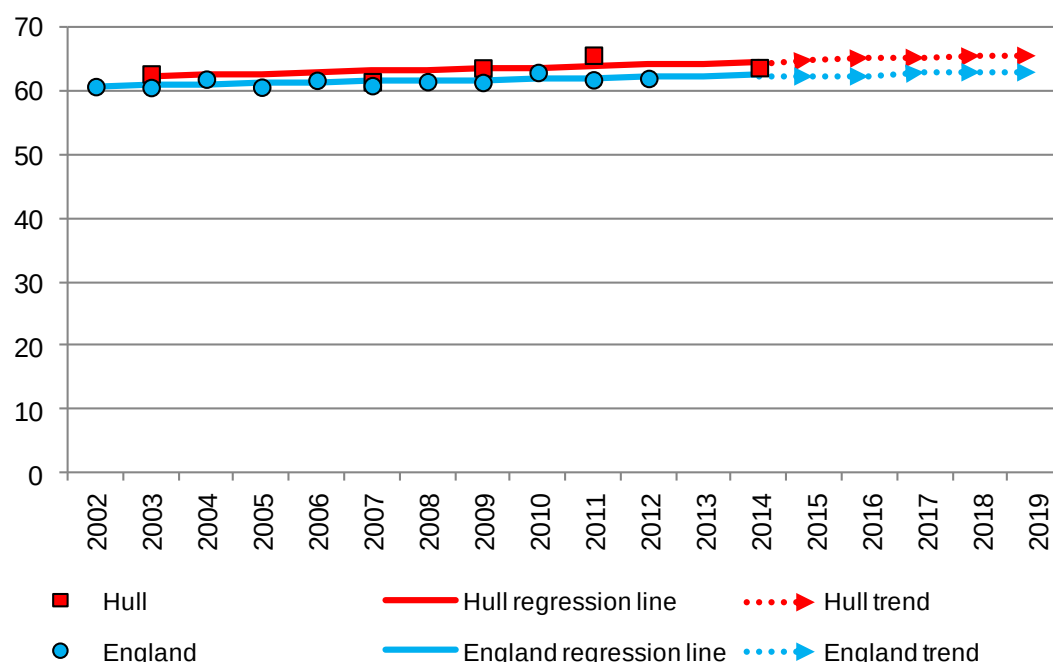
In contrast, over the same period, the percentage of survey responders who were overweight but not obese BMI 25+ but less than 30) decreased in Hull by -0.39 percentage points per year which is a larger decrease than England (-0.13 percentage points) as illustrated in **Figure 135**. From the local surveys, the prevalence of overweight was 40.9% in 2003 decreasing to 40.6% in 2007, 27.8% in 2009, 37.7% in 2011 and 37.1% in 2011. If the current trend continues then the prevalence is projected to be could be approximately 34.4% by 2020 (35.8% for England). The prevalence in England has also decreased from 37.9% in 2003 to 37.1% in 2012.

Figure 135: Trends in the prevalence of overweight and future projections, Hull versus England



In summary, the prevalence of overweight and obesity combined increased in Hull by 0.20 percentage points per year which is a larger increase than England (0.14 percentage points) as illustrated in **Figure 136**. In Hull, the prevalence was 62.6% in 2003, 61.4% in 2007, 63.5% in 2009, 65.5% in 2011 and 63.6% in 2014. In England, the prevalence was 60.6% in 2002 increasing to 61.9% in 2012. If the current trend continues, then it is projected that the prevalence in Hull will be 65.6% by 2020 (63.2% for England).

Figure 136: Trends in the prevalence of overweight and obesity combined and future projections, Hull versus England



4.12 Community Safety

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.10**.

People were asked about their feelings of safety when walking alone in their area during the day and after dark, and when they were alone in their home at night. The question included the response option ‘never goes out’ or ‘never alone in home at night’. Public Health England Fingertips within the Public Health Outcomes Framework (PHOF) included indicators which were very similar to these questions, although these response options were not included. In order to compare trends over time with Hull’s previous surveys, the response option ‘never goes out’ and ‘never alone in home at night’ was retained, but in an attempt to make the question more comparable to the question from the PHOF an additional question was asked along the lines of “if you stated you never went out/never were alone at home at night, how safe do you think you would feel?”. Therefore, there are two sets of information to present, one which includes the ‘never goes out’ or ‘never alone in own home at night’ and the other which does not include this option. These indicators have now been removed from PHOF.

4.12.1 Feelings of Safety During Day

4.12.1.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.10.1**.

Perhaps not surprisingly, males felt safer than females when walking alone in their area during the daytime (**Figure 137**). Overall, 2.0% of survey responders reported that they never went out (1.2% for males and 2.6% for females), 2.2% felt very unsafe when walking alone in their area during the daytime (1.8% for males and 2.6% for females), 6.4% felt a bit unsafe (5.0% for males and 7.6% for females), 41.0% felt fairly safe (36.6% for males and 44.8% for females) and 48.3% felt very safe (55.4% for males and 42.4% for females). Overall, 89.4% felt fairly safe or very safe. More than nine in ten (range 90.6% to 91.1%) of those aged 16-24, 25-34 and 35-44 felt fairly or very safe in their area during the daytime and this fell very slightly among those aged 45-54, 55-64 and 65-74 years to around 88-89% and was lowest among those aged 75+ years (85.2%). Fewer than 1% of those aged under 35 years stated that they never went out, just over 1% among those aged 35-54 years, 2.7% of those aged 55-64 years, 3.2% of those aged 65-74 years and 7.1% of those aged 75+ years.

When the people who stated that they 'never go out' were asked how safe they thought they might feel if they did go out, then the percentages who felt fairly or very safe increased slightly as did most of the other percentages as well (**Figure 138**). Therefore, the responses from those who 'never go out' were distributed over each of the four response categories. Overall, 2.7% felt very unsafe (2.1% for males and 3.2% for females), 7.0% felt a bit unsafe (5.3% for males and 8.4% for females), 41.6% felt fairly safe (37.0% for males and 45.5% for females) and 48.7% felt very safe (55.6% for males and 43.0% for females). So overall, 90.3% felt fairly safe or very safe.

The percentages who felt very unsafe varied from 2.0% to 3.4% across the seven decade age groups. The percentages were lowest among those aged under 35 years and highest among the 45-54 year age group. The percentages who felt fairly safe or very safe varied from 88.7% to 91.5% across the seven age groups, so there were only very small differences among the age groups.

Figure 137: Feeling of safety during the day includes ‘never goes out’ (overall, and by gender and age)

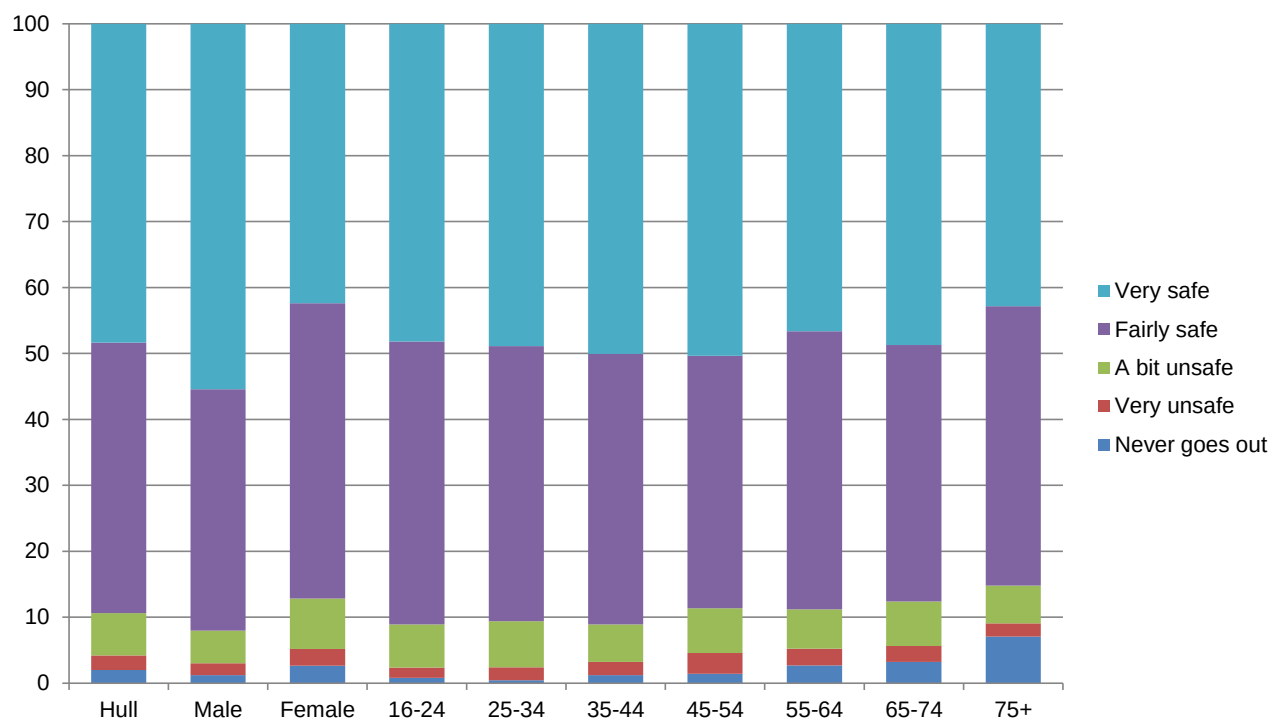
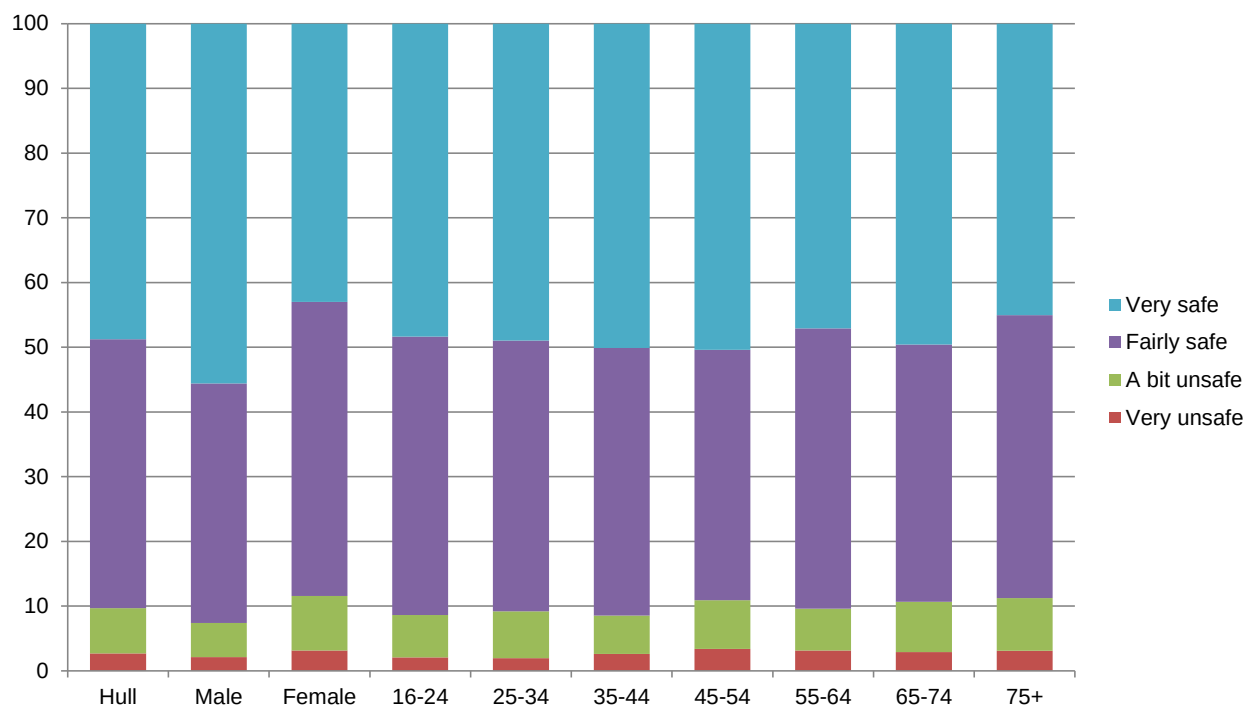


Figure 138: Feeling of safety during the day and anticipated feelings for safety among those who ‘never go out’ (overall, and by gender and age)



Perhaps unsurprisingly, the feelings of safety when walking alone in the area during the daytime did differ across the deprivation fifths (**Figure 139**). A higher percentage of people living in the most deprived fifth of area never went out (3.0%) compared to the other fifths (range 1.1% to 1.7% and 2.7% for middle fifth). More than an additional 3% felt very unsafe in the most deprived and second most deprived fifth of areas compared to 0.7% in the least deprived fifth of areas. Among those living in the most and second most deprived fifths of areas of Hull, 85.2% felt fairly or very safe compared to 95.4% among those living in the least deprived fifth of areas.

The percentages who stated that they 'never go out' varied from 1.2% in Wyke to 2.9% in Northern, the percentage who felt very unsafe varied from 0.8% in East to 4.5% in Riverside, and the percentages who felt fairly or very safe varied from 84.8% in Riverside to 91.7% in both East and West. Some of these differences could be associated with differences found between feelings of safety and both age and deprivation.

When the people who stated that they 'never go out' were asked how safe they thought they might feel if they did go out, all the percentages increased slightly as the responses were distributed over all four response categories as previously described above in relation to age (**Figure 140**). The percentage who felt very unsafe was around 4% among those living in the most deprived and second most deprived fifth compared to 1.2% among those living in the least deprived fifth. Just over four in ten (41.8%) felt very safe among those living in the most deprived fifth compared to almost six in ten (59.6%) among those living in the least deprived fifth of areas of Hull. There was a ten percentage point difference in the percentage feeling fairly or very safe between the most and least deprived fifth of areas of Hull (86.5% versus 96.1%).

The percentages who stated that they felt very unsafe varied from 1.3% in East to 4.9% in Riverside, and the percentages who felt fairly or very safe varied from 85.5% in Riverside to 93.2% in West.

Figure 139: Feeling of safety during the day includes 'never goes out' (by deprivation and Area)

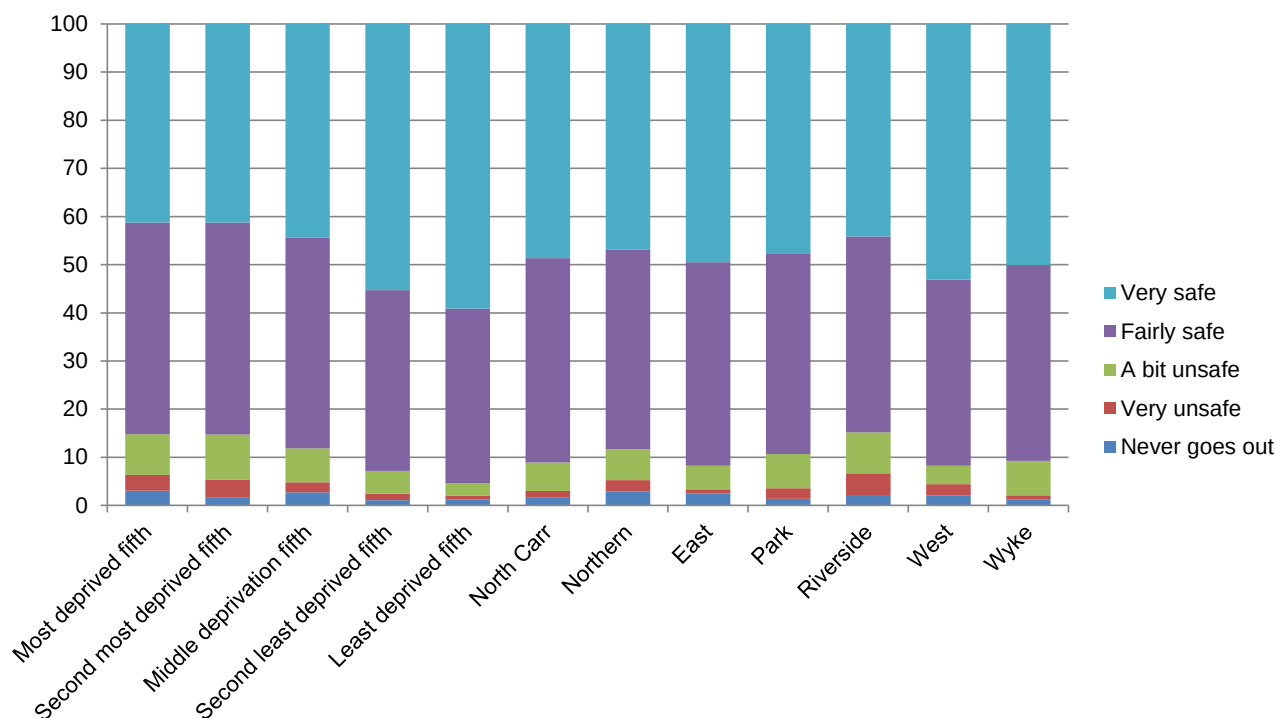


Figure 140: Feeling of safety during the day and anticipated feelings for safety among those who 'never go out' (by deprivation and Area)

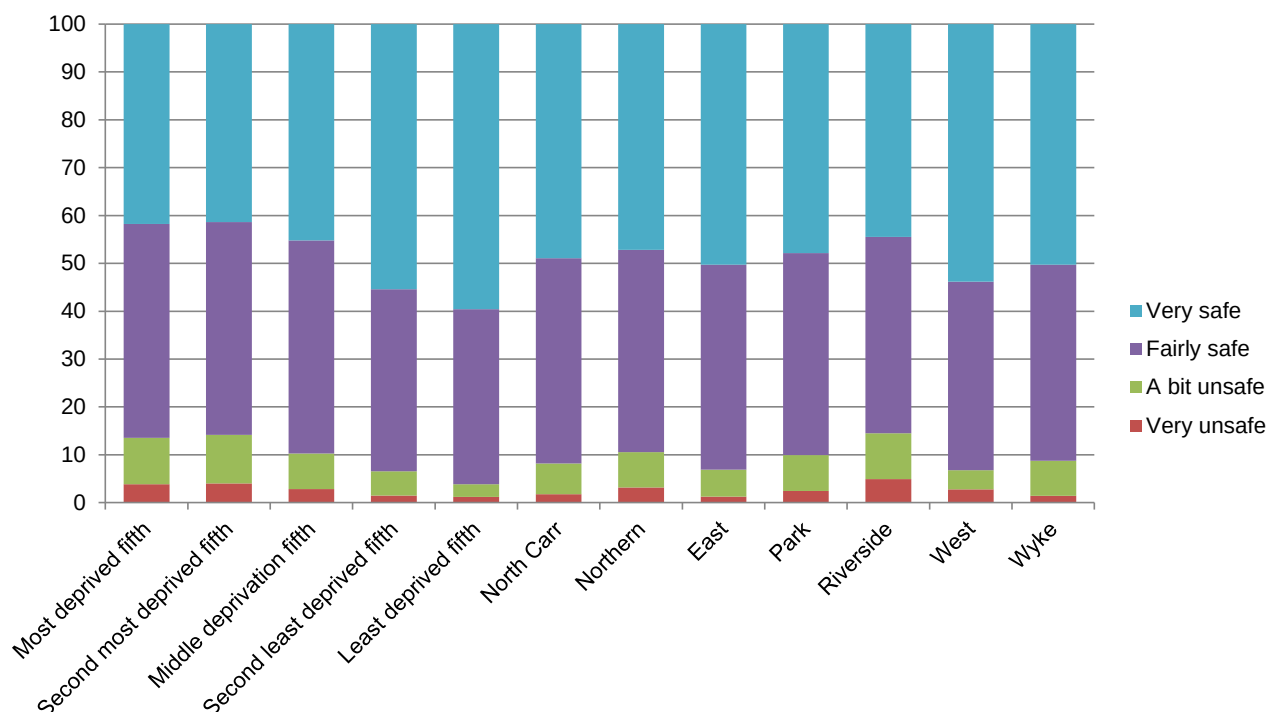


Table 27 gives the percentages who do and do not feel safe when walking alone in their area during the daytime across the 23 wards in Hull. The first columns give the response to the first question which includes the response option 'never goes out', and

the final column gives the response to the first and second questions combined (i.e. including the responses from those who stated they 'never go out' who were asked for their anticipated feelings of safety). As some of the numbers surveyed within each ward are relatively small, there will be some random variation associated with the estimate (that is, if another survey was completed immediately following the current survey slightly different estimates would be obtained as slightly different people would have been surveyed even though there would have been not true or real change in the underlying prevalence for that ward). A range of values (95% confidence intervals¹⁵) have been given as well as the estimate of the prevalence for each ward. If these ranges do not overlap then the difference in the prevalence estimates will be statistically significant. Thus, for example, the prevalence of feeling very or fairly safe (final column) in Drypool is statistically significantly higher than that for Myton as there is no overlap in the sets of confidence intervals.

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.10.1**.

¹⁵ The 95% confidence intervals have been calculated using statistical methods to give a range of likely values for the prevalence. We are 95% confident that the interval obtained (from the survey sample) will contain the true underlying prevalence for that ward. If the CI is wide then there is a degree of uncertainty around the prevalence, and caution should be used when interpreting the findings.

Table 27: Prevalence of feeling safe when walking alone in area during daytime across the wards in Hull

Area	Number of survey responders	Percentage (95% confidence interval)					
		Very safe	Fairly safe	A bit unsafe	Very unsafe	Never goes out	Very or fairly safe*
Bransholme East	218	40 (34, 47)	50 (44, 57)	6.4 (3.9, 10.5)	1.4 (0.5, 4.0)	1.4 (0.5, 4.0)	91.7 (87.3, 94.7)
Bransholme West	138	40 (32, 48)	47 (39, 55)	8.0 (4.5, 13.7)	2.9 (1.1, 7.2)	2.2 (0.7, 6.2)	87.7 (81.2, 92.2)
Kings Park	205	63 (57, 70)	31 (25, 37)	3.9 (2.0, 7.5)	0.5 (0.1, 2.7)	1.5 (0.5, 4.2)	94.6 (90.6, 97.0)
Area: North Carr	561	49 (45, 53)	42 (38, 47)	5.9 (4.2, 8.1)	1.4 (0.7, 2.8)	1.6 (0.8, 3.0)	91.8 (89.2, 93.8)
Beverley	177	48 (41, 55)	46 (39, 54)	3.4 (1.6, 7.2)	1.1 (0.3, 4.0)	1.1 (0.3, 4.0)	94.4 (89.9, 96.9)
Orchard Pk & Grnwd	297	42 (36, 47)	42 (36, 47)	7.4 (4.9, 11.0)	3.7 (2.1, 6.5)	5.4 (3.3, 8.6)	85.8 (81.3, 89.3)
University	288	51 (46, 57)	38 (33, 44)	7.3 (4.8, 10.9)	1.7 (0.7, 4.0)	1.4 (0.5, 3.5)	90.2 (86.3, 93.2)
Area: Northern	762	47 (43, 50)	41 (38, 45)	6.4 (4.9, 8.4)	2.4 (1.5, 3.7)	2.9 (1.9, 4.3)	89.5 (87.1, 91.4)
North Hull	1,323	48 (45, 50)	42 (39, 45)	6.2 (5.0, 7.6)	2.0 (1.3, 2.9)	2.3 (1.7, 3.3)	90.4 (88.7, 91.9)
Ings	226	58 (52, 65)	35 (29, 41)	3.5 (1.8, 6.8)	0.0 (0.0, 1.7)	3.1 (1.5, 6.3)	95.1 (91.5, 97.3)
Longhill	227	42 (36, 48)	49 (42, 55)	5.3 (3.0, 9.0)	0.9 (0.2, 3.2)	3.1 (1.5, 6.2)	92.5 (88.3, 95.3)
Sutton	260	48 (42, 55)	43 (37, 49)	5.8 (3.5, 9.3)	1.5 (0.6, 3.9)	1.5 (0.6, 3.9)	91.9 (87.9, 94.6)
Area: East	713	50 (46, 53)	42 (39, 46)	4.9 (3.6, 6.8)	0.8 (0.4, 1.8)	2.5 (1.6, 4.0)	93.1 (91.0, 94.8)
Holderness	253	60 (54, 66)	35 (29, 41)	3.2 (1.6, 6.1)	1.2 (0.4, 3.4)	0.8 (0.2, 2.8)	95.3 (91.9, 97.3)
Marfleet	244	41 (35, 47)	45 (39, 51)	9.8 (6.7, 14.2)	2.5 (1.1, 5.3)	2.0 (0.9, 4.7)	86.5 (81.6, 90.2)
Southcoates East	186	42 (36, 50)	45 (38, 52)	8.1 (4.9, 12.9)	2.7 (1.2, 6.1)	2.2 (0.8, 5.4)	88.7 (83.4, 92.5)
Southcoates West	132	43 (35, 52)	45 (37, 54)	8.3 (4.7, 14.3)	3.0 (1.2, 7.5)	0.0 (0.0, 2.8)	88.6 (82.1, 93.0)
Area: Park	815	48 (44, 51)	42 (38, 45)	7.1 (5.5, 9.1)	2.2 (1.4, 3.5)	1.3 (0.8, 2.4)	90.1 (87.8, 91.9)
Drypool	250	48 (42, 55)	40 (35, 47)	7.2 (4.6, 11.1)	2.4 (1.1, 5.1)	1.6 (0.6, 4.0)	89.2 (84.7, 92.4)
East Hull	1,778	48 (46, 51)	42 (39, 44)	6.2 (5.2, 7.5)	1.7 (1.2, 2.4)	1.9 (1.3, 2.6)	91.2 (89.7, 92.4)
Myton	319	39 (34, 44)	41 (36, 47)	13.5 (10.2, 17.7)	4.1 (2.4, 6.8)	2.5 (1.3, 4.9)	80.6 (75.9, 84.5)
Newington	248	46 (40, 53)	38 (32, 44)	6.0 (3.7, 9.7)	7.3 (4.6, 11.2)	2.4 (1.1, 5.2)	85.5 (80.6, 89.3)
St Andrew's	157	45 (37, 52)	45 (37, 52)	4.5 (2.2, 8.9)	4.5 (2.2, 8.9)	1.9 (0.7, 5.5)	89.8 (84.1, 93.6)

Area	Number of survey responders	Percentage (95% confidence interval)					
		Very safe	Fairly safe	A bit unsafe	Very unsafe	Never goes out	Very or fairly safe*
Area: Riverside	974	44 (41, 47)	41 (38, 44)	8.5 (6.9, 10.4)	4.5 (3.4, 6.0)	2.2 (1.4, 3.3)	85.5 (83.2, 87.6)
Boothferry	205	55 (48, 62)	39 (32, 45)	2.0 (0.8, 4.9)	3.9 (2.0, 7.5)	0.5 (0.1, 2.7)	94.1 (90.0, 96.6)
Derringham	242	56 (49, 62)	36 (30, 42)	3.7 (2.0, 6.9)	2.1 (0.9, 4.7)	2.5 (1.1, 5.3)	93.4 (89.5, 95.9)
Pickering	278	49 (43, 55)	41 (35, 47)	5.4 (3.3, 8.7)	1.4 (0.6, 3.6)	2.9 (1.5, 5.6)	92.4 (88.6, 95.0)
Area: West	725	53 (49, 57)	39 (35, 42)	3.9 (2.7, 5.5)	2.3 (1.5, 3.7)	2.1 (1.3, 3.4)	93.2 (91.2, 94.8)
Avenue	275	59 (53, 64)	33 (28, 39)	6.9 (4.5, 10.5)	1.1 (0.4, 3.2)	0.4 (0.1, 2.0)	91.6 (87.8, 94.4)
Bricknell	177	54 (47, 61)	40 (33, 47)	3.4 (1.6, 7.2)	0.6 (0.1, 3.1)	2.3 (0.9, 5.7)	95.5 (91.3, 97.7)
Newland	303	40 (35, 46)	48 (43, 54)	9.6 (6.7, 13.4)	1.0 (0.3, 2.9)	1.3 (0.5, 3.3)	88.4 (84.3, 91.5)
Area: Wyke	755	50 (47, 54)	41 (37, 44)	7.2 (5.5, 9.2)	0.9 (0.4, 1.9)	1.2 (0.6, 2.2)	91.2 (89.0, 93.1)
West Hull	2,204	49 (47, 51)	40 (38, 42)	6.7 (5.7, 7.8)	2.8 (2.2, 3.6)	1.9 (1.4, 2.5)	89.6 (88.3, 90.8)
HULL	5,306	48 (47, 50)	41 (40, 42)	6.4 (5.8, 7.1)	2.2 (1.9, 2.7)	2.0 (1.6, 2.4)	90.3 (89.5, 91.1)

*Includes anticipated feelings of safety among all survey responders (who answered the questions) including those who stated that they 'never go out'.

4.12.1.2 Public Health Outcomes Framework

This indicator is included within the Public Health Outcomes Framework (Department of Health 2012) and the national data from the PHOF tool (Public Health England 2015) is available for Hull and was been summarised locally in **Figure 141**. The PHOF indicator is just for those aged 65+ years, so the numbers in the local surveys are relatively small and there are relatively wide confidence limits for the estimates at ward level. Differences in the feelings of safety during the day are observed among the different deprivation fifths and across the wards in Hull as illustrated and discussed in **section 4.12.1.1**.

Information on this PHOF indicator is not collected at local authority, and is only available from PHOF for England. Thus, comparison with similar geographical areas is not possible, but in relation to England, the percentage of people aged 65+ years who feel very or fairly safe in Hull is statistically significantly lower (89.1% in 2014 survey compared to 96.9% for England for 2013/14).

Feelings of safety was also collected as part of previous local surveys (see **section 3.2.17**), and trends over time can be examined. Previous surveys included a 'never goes out' option, so the estimates have been adjusted to ensure the results are more comparable to England. Survey responders who specified the 'never goes out' option in the current survey were asked a further question "If you did go out, how safe do you think you would feel?" (see questionnaire in **section 8**). Using these responses from the current survey, the survey responders in earlier surveys were adjusted assuming that the same proportions felt safe among those who stated that they 'never go out'. This ensured that the questions were more comparable to the Public Health Outcomes Framework indicator (see **section 4.12.1.2**).

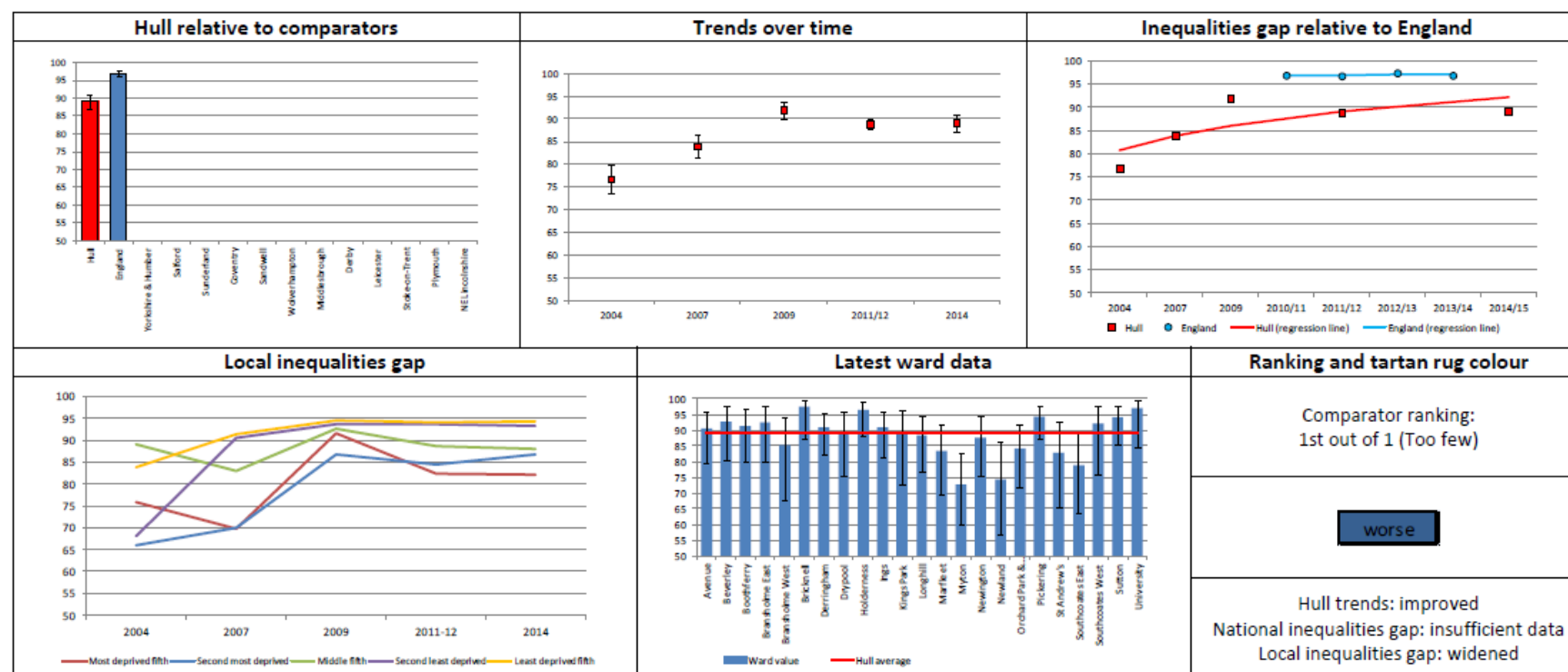
In the 2004, 76.8% reported that they felt very or fairly safe when walking alone in their area during the daytime (including the adjustment mentioned above for those who stated they 'never goes out') and this has increased to 88.9% in 2011-12 and 89.1% in the 2014 survey. The percentage in the 2009 survey was slightly higher (92.1%) but this could be associated with the fact that the survey responders were interviewed rather than self-completed questionnaires for the other surveys. The percentage in 2007 was slightly lower at 84.0% and the reason for this is unknown. Between 2010/11 and 2013/14, the percentage for England has remained relatively unchanged ranging from 96.8% and 97.5%.

The trends over time and comparison with England are discussed in more detail in **section 4.12.1.3** for all survey responders aged 16+ years.

Figure 141: Percentage of people aged 65+ years feeling safe when walking alone in local area during daytime – Public Health Outcomes Framework (national data for Hull – indicator 1.19i)

1.19i Older people's perception of community safety - safe in local area during the day

The percent of adults aged 65 and over who felt very safe or fairly safe walking alone in their local area during the day.



Key points:

The baseline percentage of adults 65+ feeling safe in local area during the day in Hull is 88.9% (95% confidence interval: 87.6% to 90.0%)
 The latest percentage of adults 65+ feeling safe in local area during the day in Hull is 89.1% (95% confidence interval: 87.1% to 90.8%)
 The percentage of 65+ feeling safe during the day has improved from 76.8% in 2004 to 89.1% in 2014
 The national inequalities gap (England minus Hull) was 8.0 percentage points in 2011/12
 The local inequalities gap (least minus most deprived fifths) has widened from 8.1 percentage points in 2004 to 12.2 percentage points in 2014
 The percentage of 65+ feeling safe during the day ranges from 72.7% in Myton to 97.6% in Bricknell, a difference of 24.8 percentage points

Data points:

Source: Crime Survey for England and Wales - Office for National Statistics (ONS). Baseline period: 2010/11. Latest data: 2013/14. Local analysis adjusted slightly as response options differed. Baseline data for Hull is from 2011-12 survey. Latest data for Hull is from 2014 survey.
 The page was last updated on 28/07/2015

4.12.1.3 Trends Over Time and Comparison With England

Feelings of safety was also collected as part of previous local surveys (see **section 3.2.17**), and trends over time can be examined. Survey responders in the 2009 Health and Wellbeing Survey were interviewed rather than self-completed questionnaires, and this could have influenced the responses as a much higher percentage stated they felt 'very safe'.

The percentages feeling very or fairly safe has increased slightly for men, but remained similar for women over time (**Figure 142**). There has been a greater difference among the age groups with a decrease in the percentage feeling very or fairly safe among those aged under 55 years, but an increase among those aged 55+ years most notably among those aged 65-74 years and 75+ years.

Among those living in the three most deprived fifth of areas, there has been a relatively small change in the percentages feeling very or fairly safe over time, but a slight increase for those living in the two least deprived fifth of areas in particular those living in the least deprived fifth (**Figure 143**).

For both the 2011 and current 2014 surveys, survey responders who stated they 'never go out' were asked for the anticipated feelings for safety if they did go out. The previous surveys did not include this additional question. Using these responses from the current survey, the survey responders in earlier surveys were adjusted assuming that the same proportions felt safe among those who stated that they 'never go out'. This makes it possible to examine the trends over time in safety without the 'never goes out' option. The trends over time with this adjustment are examined in **Figure 144** and **Figure 145** by gender and age, and by deprivation respectively.

The trends over time and comparison with England are discussed in more detail in **section 4.12.1.2** for survey responders aged 65+ years.

Figure 142: Feeling of safety during the day includes 'never goes out' (trends over time, by gender and age)

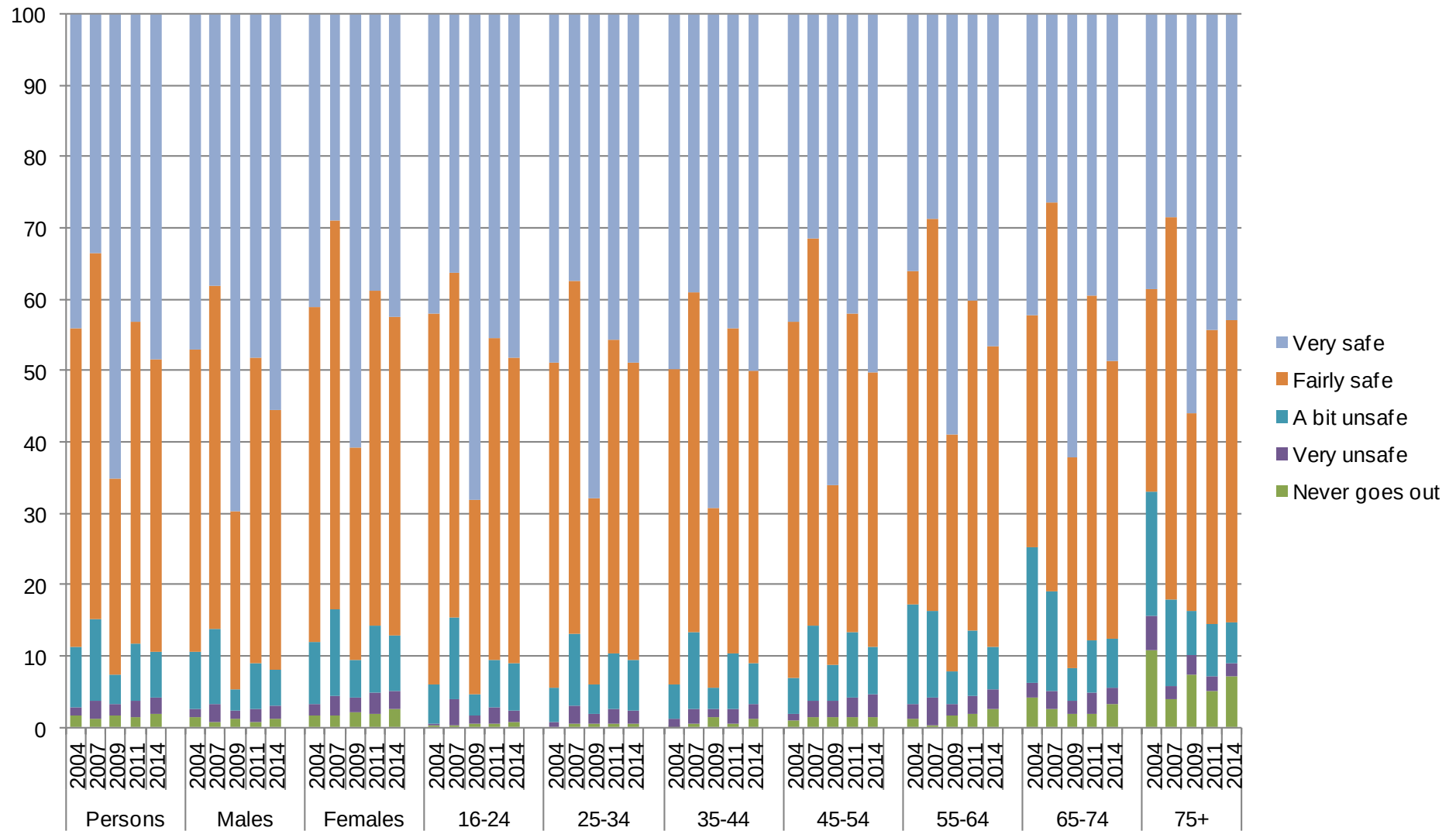


Figure 143: Feeling of safety during the day includes 'never goes out' (trends over time, by deprivation)

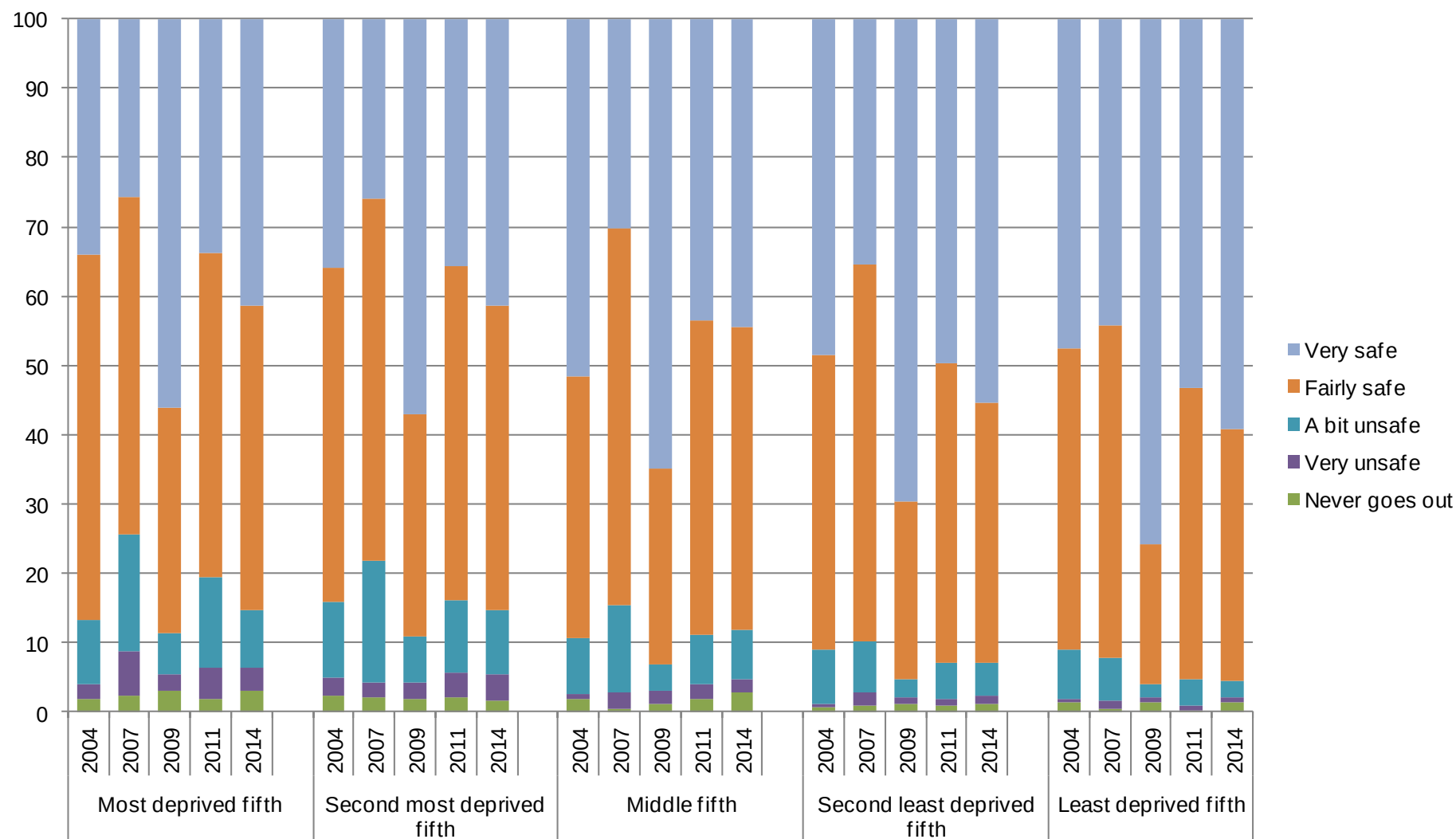


Figure 144: Feeling of safety during the day and anticipated feelings for safety among those who ‘never go out’ for 2011-2014 surveys and assumed/adjusted anticipated feelings for 2004-2009 surveys (trends over time, by gender and age)

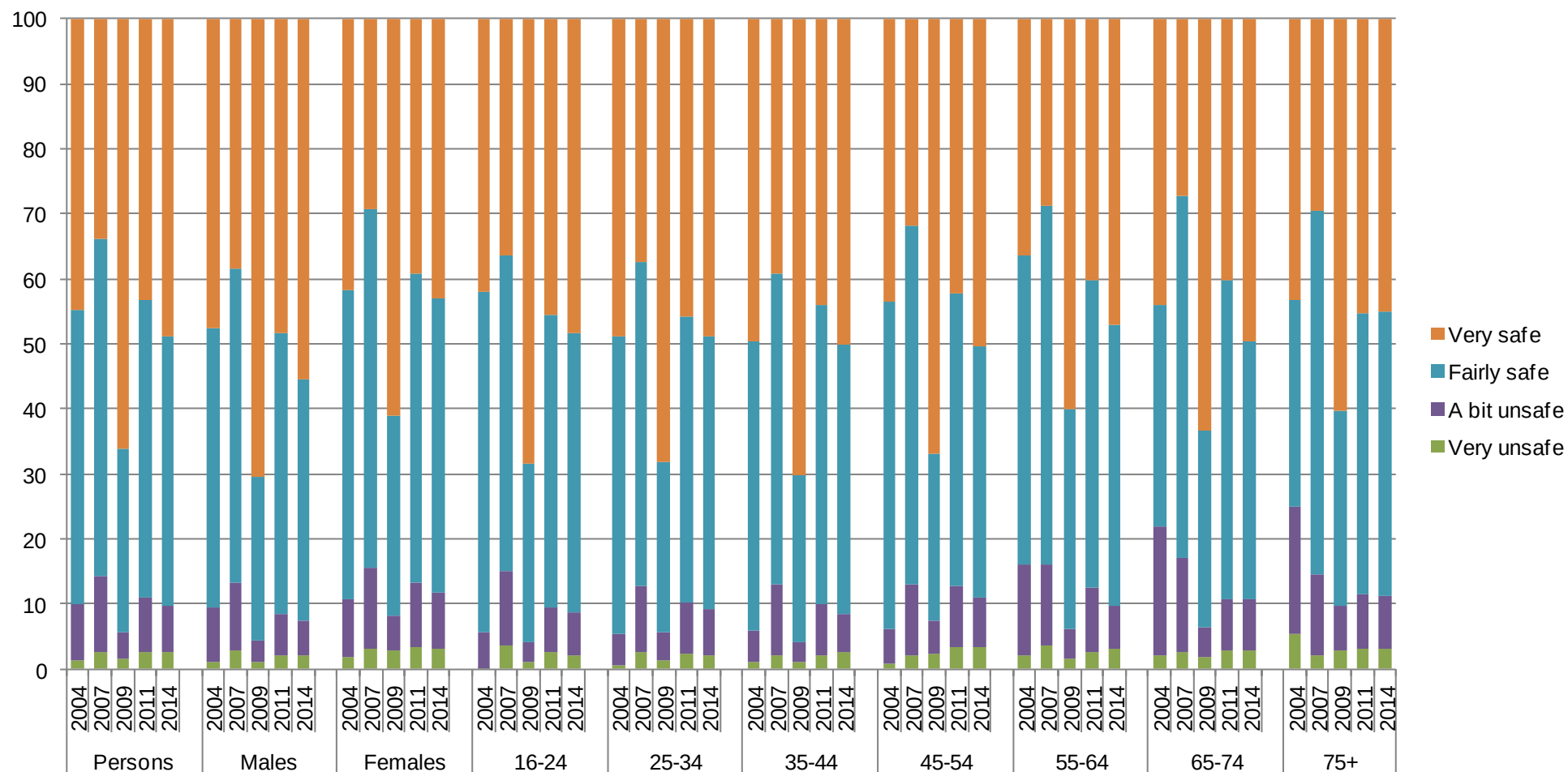
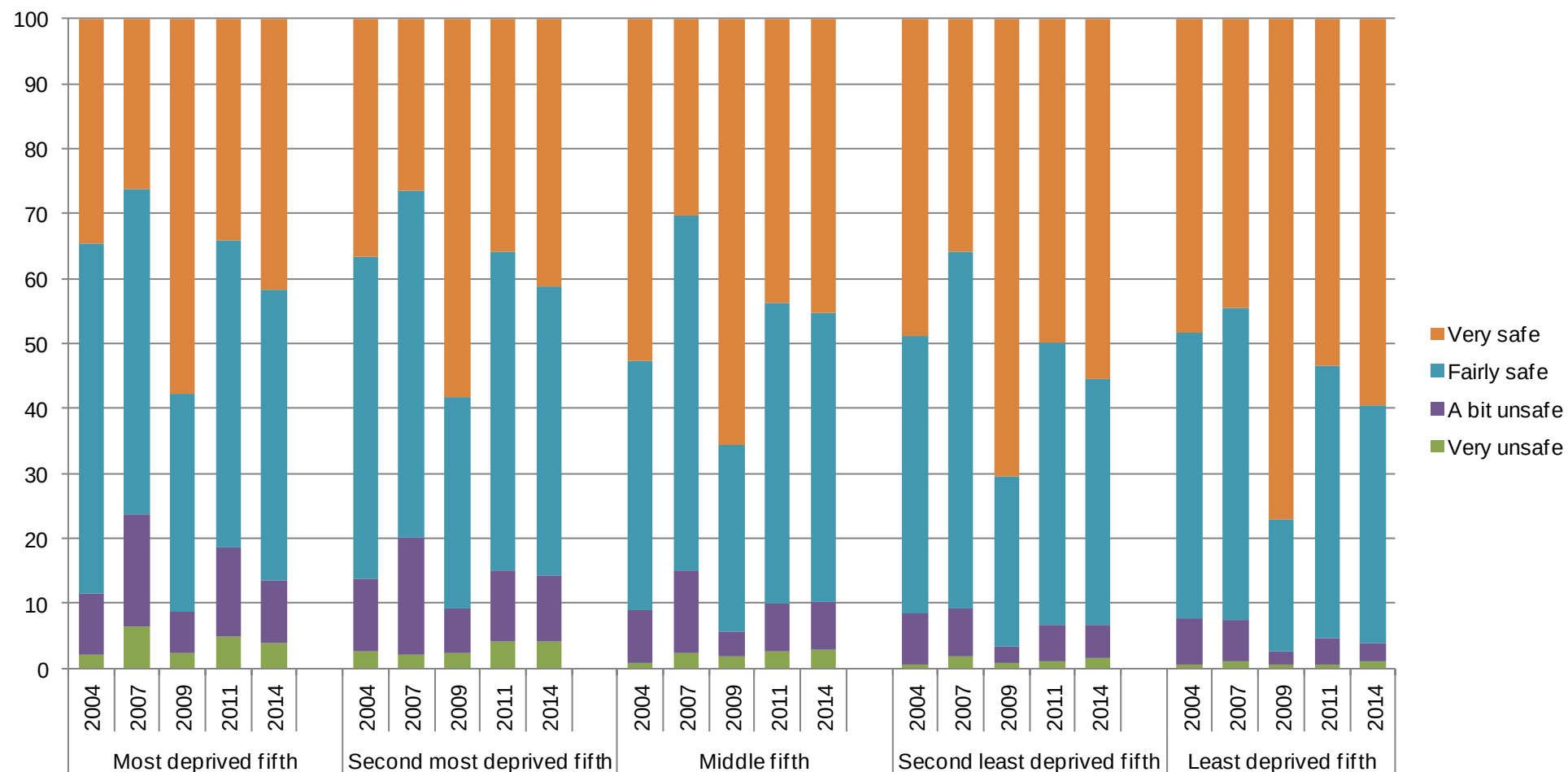


Figure 145: Feeling of safety during the day and anticipated feelings for safety among those who 'never go out' for 2011-2014 surveys and assumed/adjusted anticipated feelings for 2004-2009 surveys (trends over time, by deprivation)



4.12.2 Feelings of Safety After Dark

4.12.2.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.10.2**.

Whilst there were slight differences in feelings of safety during the daytime by gender and across the age groups, the differences were very marked for feelings of safety after dark (**Figure 146**). There were also large differences in the percentages reporting that they never went out after dark.

One in eight (12.1%) said they 'never go out' after dark, but there was a three-fold differences between men and women (5.6% versus 17.4%) and extremely large differences across the age groups. Only 3.6% of those aged 16-24 years said they never went out but this increased gradually with age to 6.9% among those aged 45-54 years and then increased at a more marked rate among the older age groups with 14.4%, 23.2% and 46.7% of those aged 55-64, 65-74 and 75+ years respectively stating they never went out after dark.

Just over half (52.4%) felt very or fairly safe when walking alone in their area after dark but there were large differences among men and women (68.7% versus 38.9%) and across the age groups (57-58% among those aged 25-54 years, 53.7% for those aged 16-24 years, 44.0% for those aged 65-74 years and 32.1% for those aged 75+ years).

One in ten felt very unsafe when walking alone in their area after dark (6.5% of men and 13.5% of women). The percentage who felt very unsafe was lowest among the oldest age group (6.9% in 75+ year age group) and highest among the youngest age group (13.6% in the 16-24 year age group). However, as so many older people (almost half of those aged 75+ years) stated they never went out, the percentages feeling very unsafe are not a true reflection of their feelings.

When the people who stated that they 'never go out' were asked how safe they thought they might feel if they did go out, then the percentages who felt fairly or very safe increased slightly as did most of the other percentages but the percentages feeling very unsafe increased more substantially particularly among the oldest age groups (**Figure 147**).

Just over half (55.1%) felt very or fairly safe when walking alone in their area after dark but there were large differences among men and women (70.6% versus 41.9%) and across the age groups (57-59% among those aged 25-54 years, 54.3% for those aged 16-24 years, 49.5% for those aged 65-74 years and 42.4% for those aged 75+ years).

Almost one in six (15.8%) felt very unsafe when walking alone in their area after dark (8.3% of men and 22.3% of women). The percentage who felt very unsafe was lowest among those aged 25-54 years (range 12.3% to 13.6%) and slightly higher among those aged 16-24 and 55-64 years (15.8% and 15.4% respectively) and highest for the oldest age groups (18.8% for those aged 65-74 years and 29.3% for those aged 75+ years).

Figure 146: Feeling of safety after dark includes 'never goes out' (overall, and by gender and age)

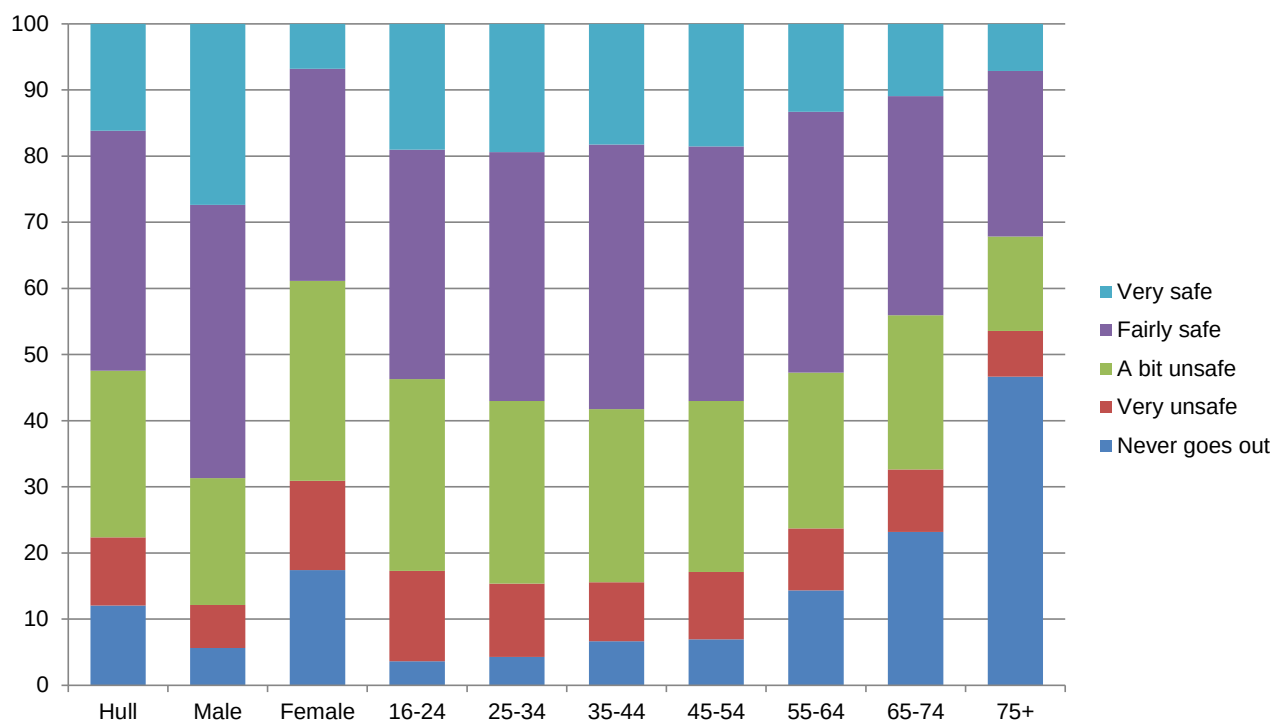
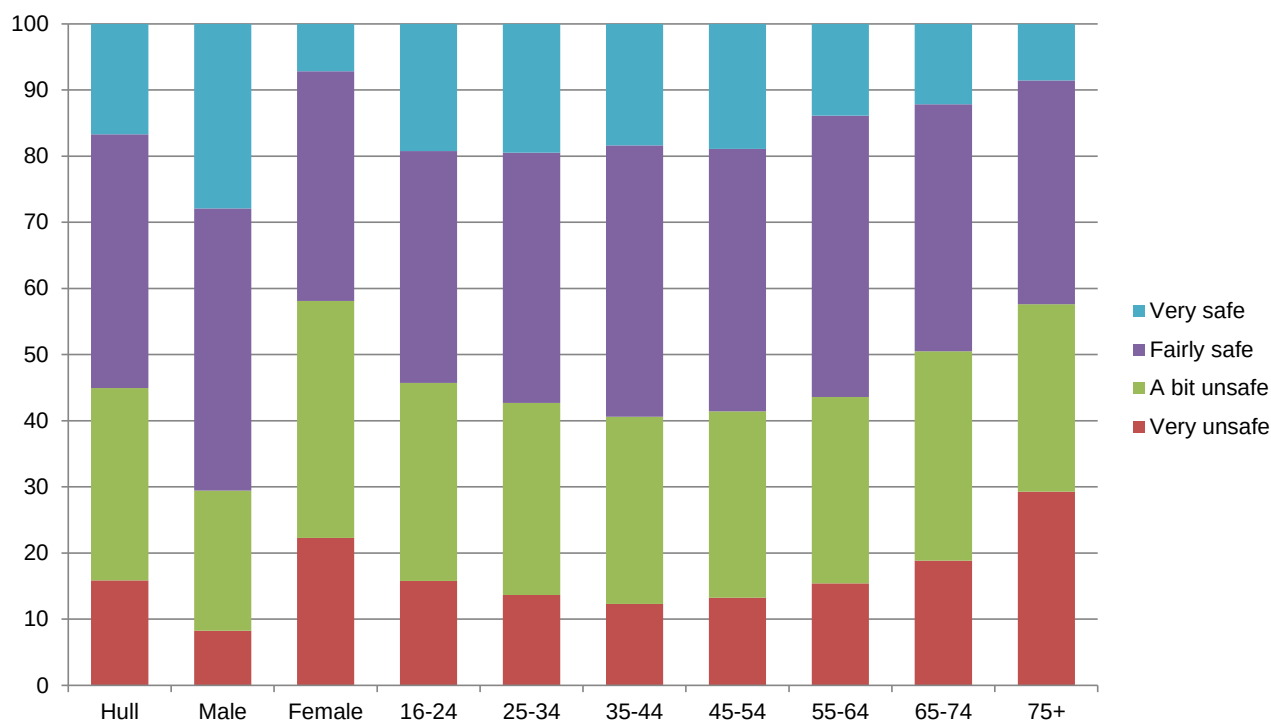


Figure 147: Feeling of safety after dark and anticipated feelings for safety among those who 'never go out' (overall, and by gender and age)



Perhaps unsurprisingly, the feelings of safety when walking alone in the area after dark did differ across the deprivation fifths (**Figure 148**). Around 15% who lived in the most deprived fifth of areas never went out and a further 15.5% felt very unsafe, compared

to 8.8% never going out and 4.7% feeling very unsafe for those living in the least deprived fifth of areas. Less than half of those in the most deprived (46.9%) and second most deprived (44.9%) fifth of area felt fairly or very safe when walking alone in their area after dark compared to 64.2% of those living in the least deprived fifth of areas.

People living in Wyke were the least likeliest to never go out (8.6%) and people living in Riverside were the most likely to never go out (14.8%), Riverside also had the highest percentage who felt very unsafe (14.8%) with people in West having the lowest percentage (5.4%). Fewer than half (48.0%) of people in Riverside felt fairly or very safe compared to 58.7% in West.

When the people who stated that they 'never go out' were asked how safe they thought they might feel if they did go out, then the percentages who felt fairly or very safe increased slightly as did most of the other percentages but the percentages feeling very unsafe increased more substantially (**Figure 149**).

Overall almost one-quarter of survey responders living in the most deprived fifth of areas felt very unsafe (22.6%) compared to only 7.1% of those living in the least deprived fifth of areas. Under half of those in the most deprived (49.7%) and second most deprived (47.0%) felt fairly or very safe when walking alone in their area after dark compared to almost two-thirds (66.8%) of those living in the least deprived fifth of areas.

Between 12.4% and 16.8% of people felt very unsafe in most Areas except for Riverside where it was slightly higher at 23.2% and West where it was slightly lower (10.6%). Around half (or just over) of people felt fairly or very safe (range 50.0% to 55.3%) except for East (60.2%) and West (62.9%) where more people felt fairly or very safe.

Figure 148: Feeling of safety after dark includes 'never goes out' (by deprivation and Area)

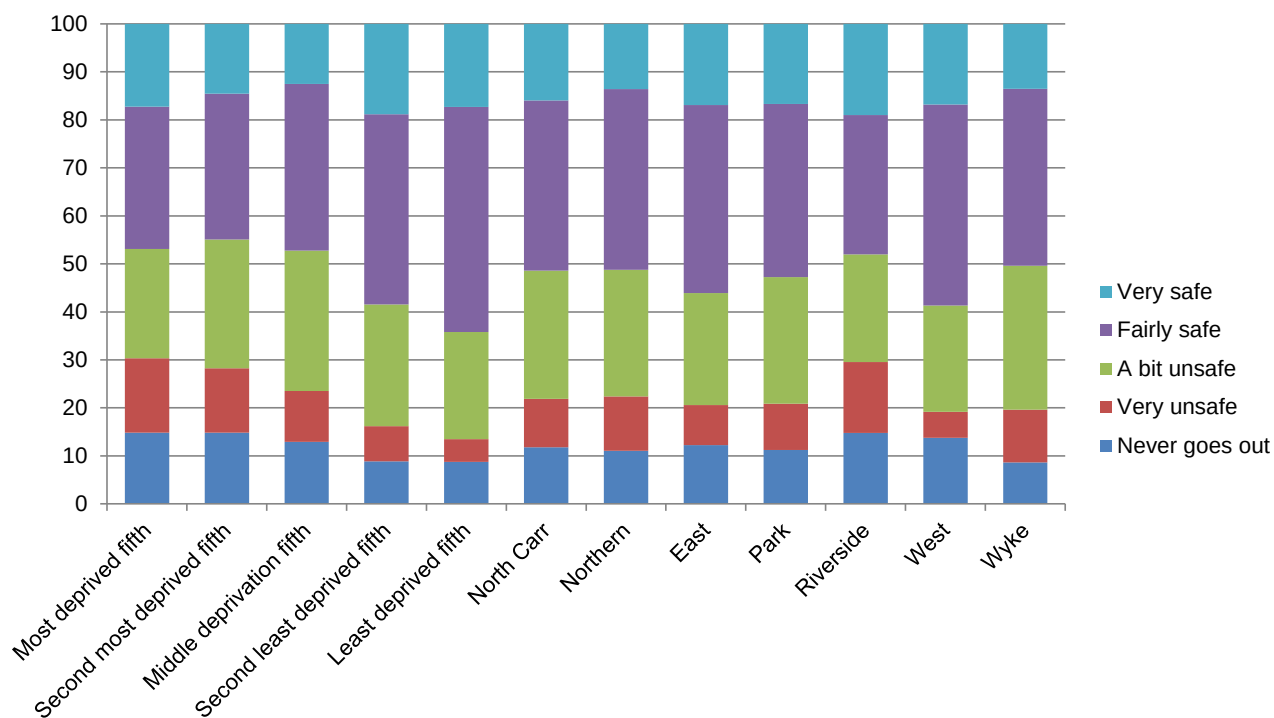


Figure 149: Feeling of safety after dark and anticipated feelings for safety among those who 'never go out' (by deprivation and Area)

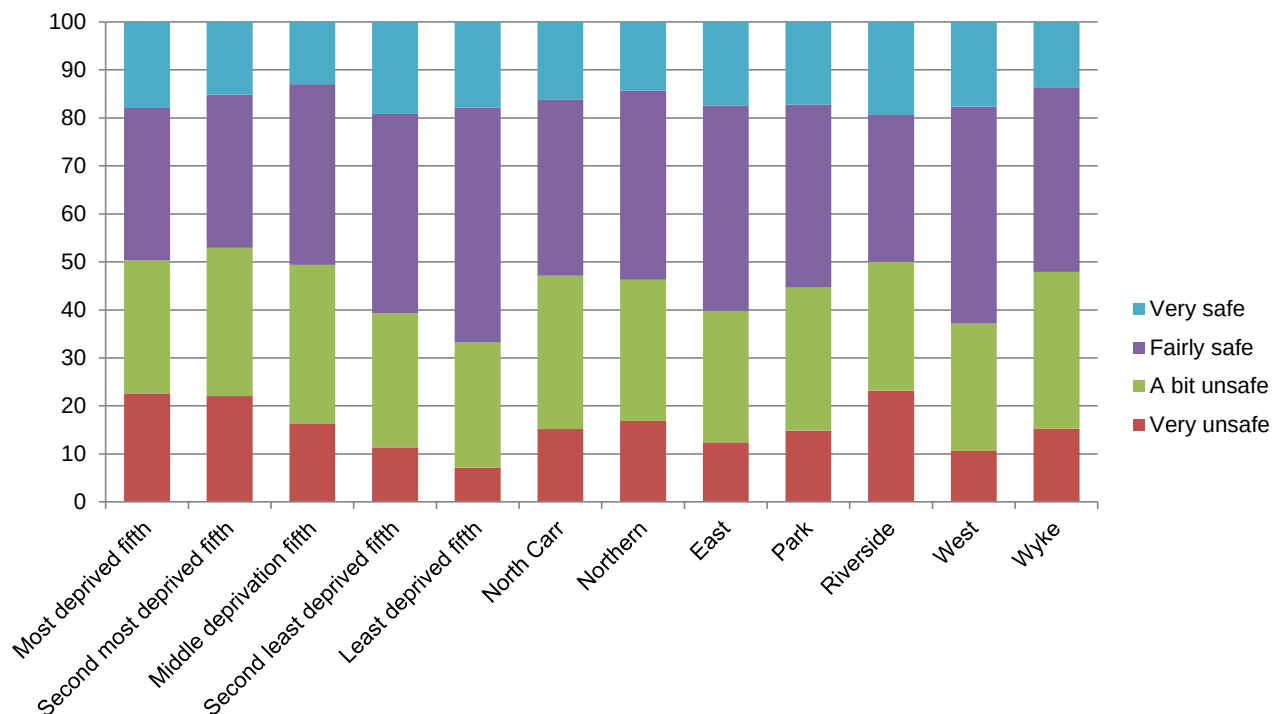


Table 27 gives the percentages who do and do not feel safe when walking alone in their area after dark across the 23 wards in Hull. The first columns give the response to the first question which includes the response option 'never goes out', and the final column gives the response to the first and second questions combined (i.e. including the responses from those who stated they 'never go out' who were asked for their anticipated feelings of safety). As some of the numbers surveyed within each ward are relatively small, there will be some random variation associated with the estimate (that is, if another survey was completed immediately following the current survey slightly different estimates would be obtained as slightly different people would have been surveyed even though there would have been not true or real change in the underlying prevalence for that ward). A range of values (95% confidence intervals¹⁶) have been given as well as the estimate of the prevalence for each ward. If these ranges do not overlap then the difference in the prevalence estimates will be statistically significant. Thus, for example, the prevalence of feeling very or fairly safe (final column) in Boothferry is statistically significantly higher than that for Myton as there is no overlap in the sets of confidence intervals. A further example can be shown in relation to the percentage who never go out, where the percentage in King's Park is statistically significantly lower than that of Bransholme East and Bransholme West.

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.10.2**.

¹⁶ The 95% confidence intervals have been calculated using statistical methods to give a range of likely values for the prevalence. We are 95% confident that the interval obtained (from the survey sample) will contain the true underlying prevalence for that ward. If the CI is wide then there is a degree of uncertainty around the prevalence, and caution should be used when interpreting the findings.

Table 28: Prevalence of feeling safe when walking alone in area after dark across the wards in Hull

Area	Number of survey responders	Percentage (95% confidence interval)					
		Very safe	Fairly safe	A bit unsafe	Very unsafe	Never goes out	Very or fairly safe*
Bransholme East	216	12 (8, 17)	37 (30, 43)	26 (21, 32)	12.5 (8.7, 17.6)	13.4 (9.5, 18.6)	50.5 (43.8, 57.1)
Bransholme West	138	19 (13, 26)	21 (15, 29)	28 (21, 36)	12.3 (7.8, 18.8)	19.6 (13.8, 27.0)	41.2 (33.3, 49.6)
Kings Park	204	19 (14, 25)	44 (37, 51)	26 (21, 33)	5.9 (3.4, 10.0)	4.9 (2.7, 8.8)	63.2 (56.4, 69.6)
Area: North Carr	558	16 (13, 19)	35 (32, 40)	27 (23, 31)	10.0 (7.8, 12.8)	11.8 (9.4, 14.8)	52.9 (48.7, 57.0)
Beverley	177	12 (8, 17)	45 (38, 53)	27 (21, 34)	7.3 (4.3, 12.2)	9.0 (5.6, 14.2)	58.9 (51.5, 65.9)
Orchard Pk & Grnwd	295	15 (12, 20)	29 (25, 35)	22 (18, 27)	16.3 (12.5, 20.9)	16.6 (12.8, 21.3)	48.3 (42.6, 54.0)
University	287	13 (9, 17)	41 (36, 47)	30 (25, 36)	8.7 (6.0, 12.5)	6.6 (4.3, 10.1)	56.2 (50.4, 61.8)
Area: Northern	759	14 (11, 16)	38 (34, 41)	26 (23, 30)	11.3 (9.3, 13.8)	11.1 (9.0, 13.5)	53.7 (50.2, 57.3)
North Hull	1,317	15 (13, 17)	37 (34, 39)	26 (24, 29)	10.8 (9.2, 12.6)	11.4 (9.8, 13.2)	53.4 (50.7, 56.1)
Ings	226	19 (15, 25)	36 (30, 43)	25 (20, 31)	7.1 (4.4, 11.2)	12.4 (8.7, 17.3)	59.4 (52.8, 65.6)
Longhill	226	14 (10, 19)	43 (37, 50)	24 (19, 30)	7.5 (4.7, 11.7)	11.1 (7.6, 15.8)	61.7 (55.2, 67.9)
Sutton	258	17 (13, 23)	38 (32, 44)	21 (17, 27)	10.1 (7.0, 14.4)	13.2 (9.6, 17.9)	59.6 (53.5, 65.4)
Area: East	710	17 (14, 20)	39 (36, 43)	23 (20, 27)	8.3 (6.5, 10.6)	12.3 (10.0, 14.9)	60.2 (56.5, 63.8)
Holderness	251	22 (17, 27)	48 (42, 54)	18 (13, 23)	4.4 (2.5, 7.7)	8.4 (5.5, 12.5)	72.1 (66.2, 77.3)
Marfleet	242	13 (10, 18)	30 (24, 36)	30 (25, 36)	13.2 (9.5, 18.1)	13.6 (9.9, 18.5)	46.8 (40.6, 53.2)
Southcoates East	184	16 (12, 22)	30 (24, 37)	31 (25, 38)	9.8 (6.3, 14.9)	12.5 (8.5, 18.1)	48.4 (41.2, 55.6)
Southcoates West	132	14 (9, 21)	33 (25, 41)	30 (22, 38)	12.9 (8.2, 19.7)	10.6 (6.4, 17.0)	48.8 (40.4, 57.4)
Area: Park	809	17 (14, 19)	36 (33, 39)	26 (23, 29)	9.6 (7.8, 11.9)	11.2 (9.3, 13.6)	55.3 (51.9, 58.8)
Drypool	248	17 (13, 23)	37 (31, 43)	23 (18, 28)	10.9 (7.6, 15.4)	12.1 (8.6, 16.7)	55.9 (49.7, 62.0)
East Hull	1,767	17 (15, 19)	37 (35, 40)	25 (23, 27)	9.3 (8.0, 10.7)	11.8 (10.4, 13.4)	57.4 (55.0, 59.7)
Myton	319	19 (15, 24)	26 (22, 31)	24 (19, 28)	17.2 (13.5, 21.8)	14.1 (10.7, 18.4)	46.3 (40.9, 51.9)
Newington	245	16 (12, 21)	29 (24, 35)	20 (16, 26)	14.3 (10.5, 19.2)	20.4 (15.8, 25.9)	47.3 (41.1, 53.6)
St Andrew's	156	26 (20, 34)	22 (17, 30)	23 (17, 30)	16.7 (11.6, 23.3)	11.5 (7.4, 17.5)	52.3 (44.4, 60.0)

Area	Number of survey responders	Percentage (95% confidence interval)					
		Very safe	Fairly safe	A bit unsafe	Very unsafe	Never goes out	Very or fairly safe*
Area: Riverside	968	19 (17, 22)	29 (26, 32)	22 (20, 25)	14.8 (12.7, 17.1)	14.8 (12.7, 17.1)	50.0 (46.8, 53.2)
Boothferry	202	17 (13, 23)	45 (38, 51)	20 (15, 26)	7.4 (4.6, 11.9)	10.9 (7.3, 15.9)	64.5 (57.6, 70.8)
Derringham	241	17 (13, 23)	39 (33, 45)	25 (20, 31)	4.6 (2.6, 8.0)	14.5 (10.6, 19.5)	60.0 (53.7, 66.0)
Pickering	276	16 (12, 21)	43 (37, 49)	21 (17, 27)	4.7 (2.8, 7.9)	15.2 (11.5, 19.9)	64.2 (58.3, 69.7)
Area: West	719	17 (14, 20)	42 (38, 46)	22 (19, 25)	5.4 (4.0, 7.3)	13.8 (11.4, 16.5)	62.9 (59.2, 66.3)
Avenue	274	16 (13, 21)	38 (32, 44)	30 (24, 35)	9.1 (6.3, 13.1)	6.9 (4.5, 10.6)	55.5 (49.6, 61.3)
Bricknell	177	11 (7, 16)	46 (39, 54)	25 (19, 32)	6.8 (3.9, 11.5)	11.3 (7.4, 16.8)	60.8 (53.4, 67.7)
Newland	303	13 (9, 17)	30 (25, 36)	33 (28, 39)	15.2 (11.6, 19.7)	8.6 (5.9, 12.3)	43.8 (38.3, 49.5)
Area: Wyke	754	14 (11, 16)	37 (34, 40)	30 (27, 33)	11.0 (9.0, 13.4)	8.6 (6.8, 10.8)	52.1 (48.5, 55.6)
West Hull	2,193	17 (15, 18)	35 (33, 37)	25 (23, 27)	10.9 (9.6, 12.2)	12.6 (11.3, 14.1)	54.2 (52.1, 56.3)
HULL	5,278	16 (15, 17)	36 (35, 38)	25 (24, 26)	10.3 (9.5, 11.2)	12.1 (11.2, 13.0)	55.1 (53.7, 56.4)

*Includes anticipated feelings of safety among all survey responders (who answered the questions) including those who stated that they 'never go out'.

4.12.2.2 Public Health Outcomes Framework

This indicator is included within the Public Health Outcomes Framework (Department of Health 2012) and the national data from the PHOF tool (Public Health England 2015) is available for Hull and was been summarised locally in **Figure 150**. The PHOF indicator is just for those aged 65+ years, so the numbers in the local surveys are relatively small and there are relatively wide confidence limits for the estimates at ward level. Differences in the feelings of safety during the day are observed among the different deprivation fifths and across the wards in Hull as illustrated and discussed in **section 4.12.2.1**.

Information on this PHOF indicator is not collected at local authority, and is only available from PHOF for England. Thus, comparison with similar geographical areas is not possible, but in relation to England, the percentage of people aged 65+ years who feel very or fairly safe in Hull is statistically significantly lower (46.4% in 2014 survey compared to 62.8% for England for 2013/14).

Feelings of safety was also collected as part of previous local surveys (see **section 3.2.17**), and trends over time can be examined. Previous surveys included a 'never goes out' option, so the estimates have been adjusted to ensure the results are more comparable to England. Survey responders who specified the 'never goes out' option in the current survey were asked a further question "If you did go out, how safe do you think you would feel?" (see questionnaire in **section 8**). Using these responses from the current survey, the survey responders in earlier surveys were adjusted assuming that the same proportions felt safe among those who stated that they 'never go out'. This ensured that the questions were more comparable to the Public Health Outcomes Framework indicator (see **section 4.12.2.2**).

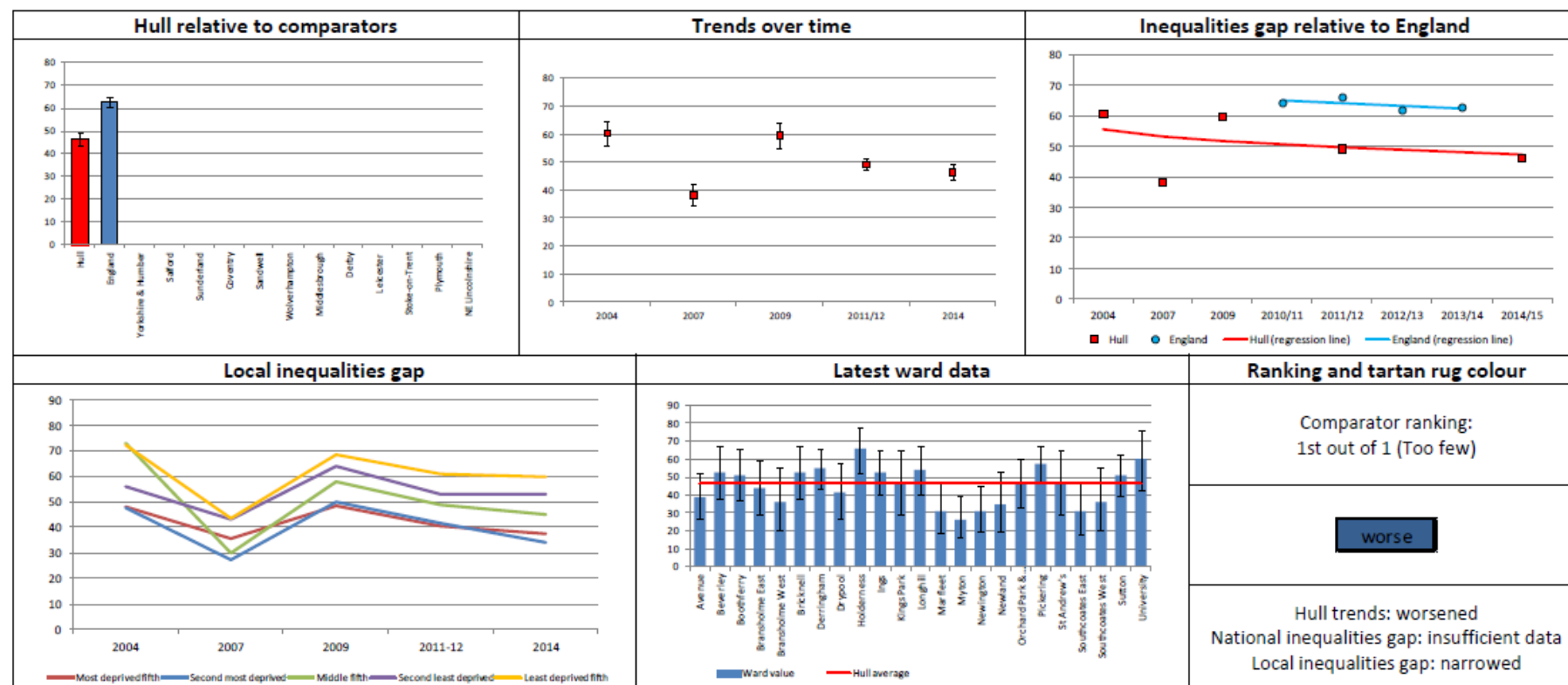
In the 2004, 60.5% reported that they felt very or fairly safe when walking alone in their area after dark (including the adjustment mentioned above for those who stated they 'never goes out') and the percentage was relatively high for the 2009 survey as well at 59.7%. However, the other three surveys in 2007, 2011-12 and the current survey in 2014 the percentages have been much lower (38.3%, 49.3% and 46.4% respectively). The local estimates for 2004 and 2009 were comparable to England where the percentages have ranged from 61.9% to 66.1% over the period 2010/11 to 2013/14.

The trends over time and comparison with England are discussed in more detail in **section 4.12.2.3** for all survey responders aged 16+ years.

Figure 150: Percentage of people aged 65+ years feeling safe when walking alone in local area after dark – Public Health Outcomes Framework (national data for Hull – indicator 1.19ii)

1.19ii Older people's perception of community safety - safe in local area after dark

The percent of adults aged 65 and over who felt very safe or fairly safe walking alone in their local area after dark.



Key points:

The baseline percentage of adults 65+ feeling safe in local area after dark in Hull is 49.3% (95% confidence interval: 47.3% to 51.2%)
The latest percentage of adults 65+ feeling safe in local area after dark in Hull is 46.4% (95% confidence interval: 43.4% to 49.5%)
The percentage of 65+ feeling safe after dark has worsened from 60.5% in 2004 to 46.4% in 2014
The national inequalities gap (England minus Hull) was 16.8 percentage points in 2011/12
The local inequalities gap (least minus most deprived fifths) has narrowed from 24.4 percentage points in 2004 to 22.3 percentage points in 2014
The percentage of 65+ feeling safe after dark ranges from 25.9% in Myton to 66.0% in Holderness, a difference of 40.1 percentage points

Data points:

Source: Crime Survey for England and Wales - Office for National Statistics (ONS). Baseline period: 2010/11. Latest data: 2013/14. Local analysis adjusted slightly as response options differed. Baseline data for Hull is from 2011-12 survey. Latest data for Hull is from 2014 survey.
The page was last updated on 28/07/2015

4.12.2.3 Trends Over Time and Comparison With England

Feelings of safety was also collected as part of previous local surveys (see **section 3.2.17**), and trends over time can be examined. Survey responders in the 2009 Health and Wellbeing Survey were interviewed rather than self-completed questionnaires, and this could have influenced the responses as a much higher percentage stated they felt 'very safe'.

The percentage feeling very or fairly safe when walking alone in their area after dark was particularly high in 2004 and low in 2007 and increased between 2007 and 2009, and then has remained relatively unchanged between 2009 and 2014 (**Figure 142**). However, this pattern is strongly influenced by the trends among women, as with the exception of the 2007 survey, the percentages have remained relatively unchanged for men over the period 2004 to 2014. A similar pattern of change that occurred among women also occurred for the age groups under 55 years. Among those aged 55+ years, with the exception of the 2007 survey (and to a less degree in the 2009 survey) where the percentage feeling very or fairly safe was relatively low then there has been relatively small changes in the percentages feeling very or fairly safe.

A relatively high percentage of survey responders in the 2009 survey stated they never went out, and the reason for this is unknown, although the questionnaire was administered by interview rather than self-completion (as was the 2004 survey) and this could be an influential factor. Excluding the 2009 survey, there has been a general tendency for the percentage who stated they never went out to increase among women and overall and for those aged under 55 years, and to decrease slightly among men. Among those aged 55+ years, the percentages have tended to decrease although the percentage among those aged 75+ years has increased between 2011-12 and 2014.

Whilst there are differences in the percentages who report they never go out and the percentages who feel very or fairly safe walking alone in their area after dark, there was relatively small changes in the pattern of change over time among the deprivation fifths (**Figure 143**).

For both the 2011 and current 2014 surveys, survey responders who stated they 'never go out' were asked for the anticipated feelings for safety if they did go out. The previous surveys did not include this additional question. Using these responses from the current survey, the survey responders in earlier surveys were adjusted assuming that the same proportions felt safe among those who stated that they 'never go out'. This makes it possible to examine the trends over time in safety without the 'never goes out' option. The trends over time with this adjustment are examined in **Figure 144** and **Figure 145** by gender and age, and by deprivation respectively. There has been a general tendency for the percentage feeling very or fairly safe to decrease over time for the different age and deprivation groups except among men and those aged 55-64 years.

The trends over time and comparison with England are discussed in more detail in **section 4.12.2.2** for survey responders aged 65+ years.

Figure 151: Feeling of safety after dark includes ‘never goes out’ (trends over time, by gender and age)

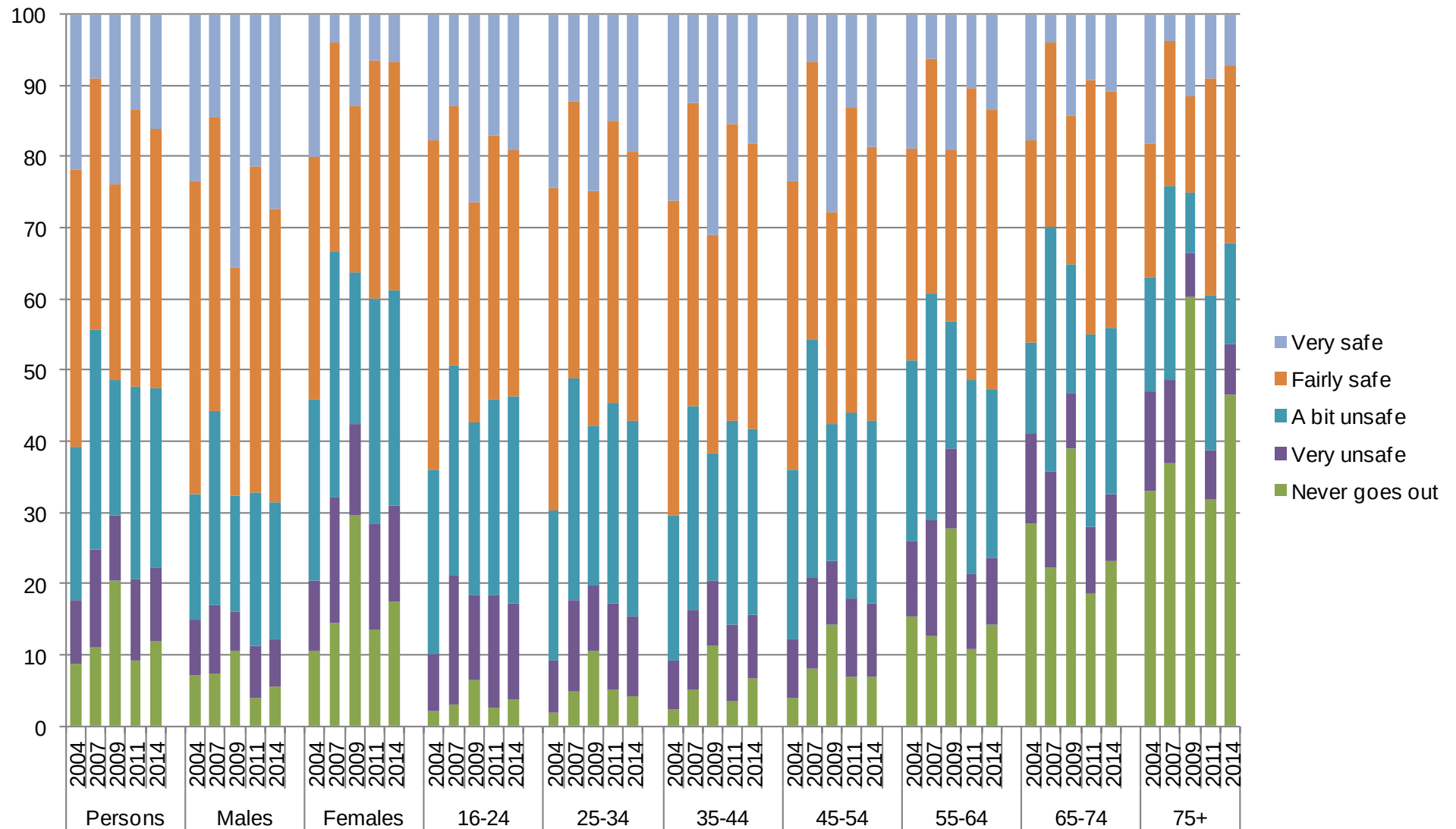


Figure 152: Feeling of safety after dark includes ‘never goes out’ (trends over time, by deprivation)

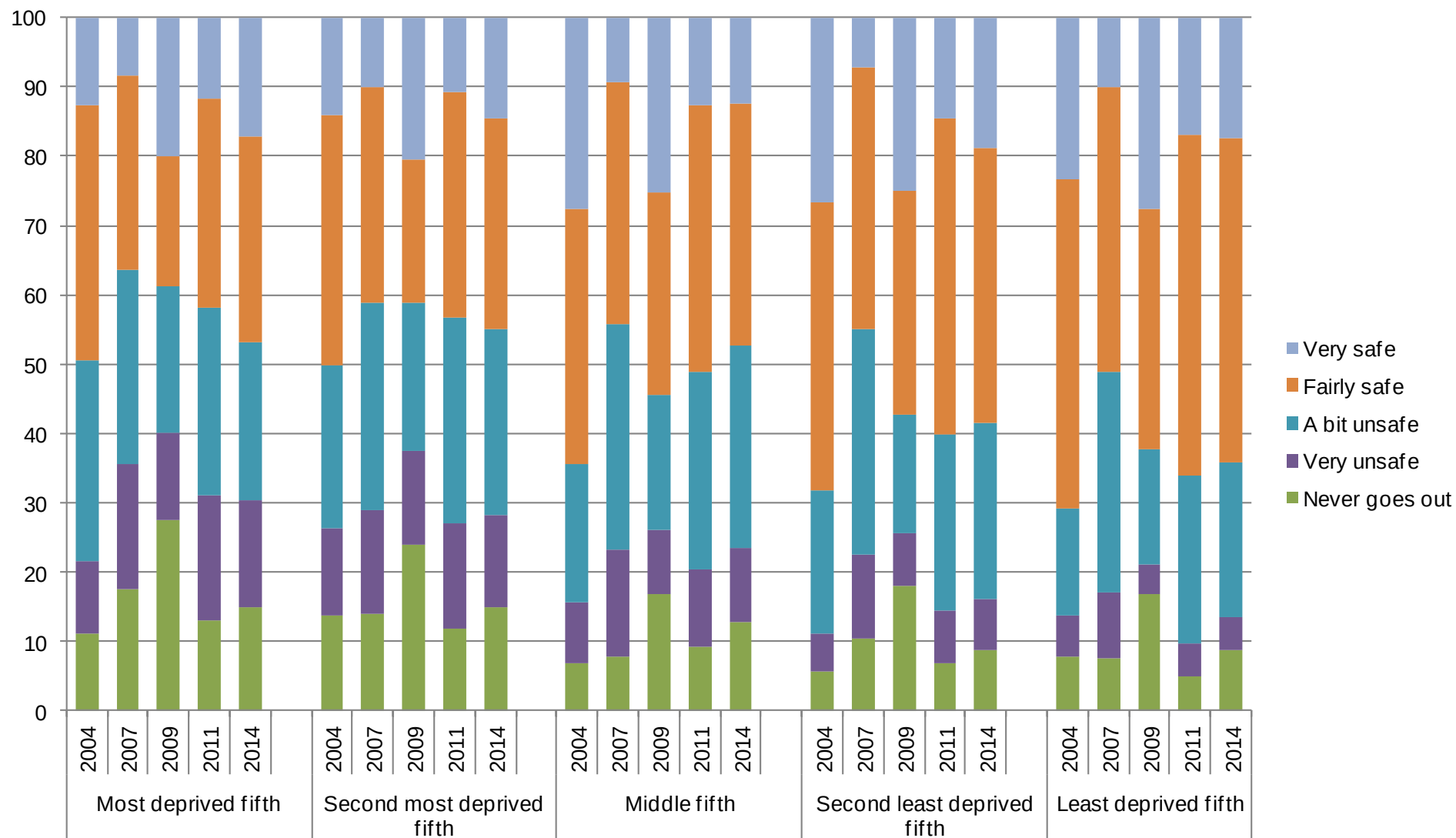


Figure 153: Feeling of safety after dark and anticipated feelings for safety among those who ‘never go out’ for 2011-2014 surveys and assumed/adjusted anticipated feelings for 2004-2009 surveys (trends over time, by gender and age)

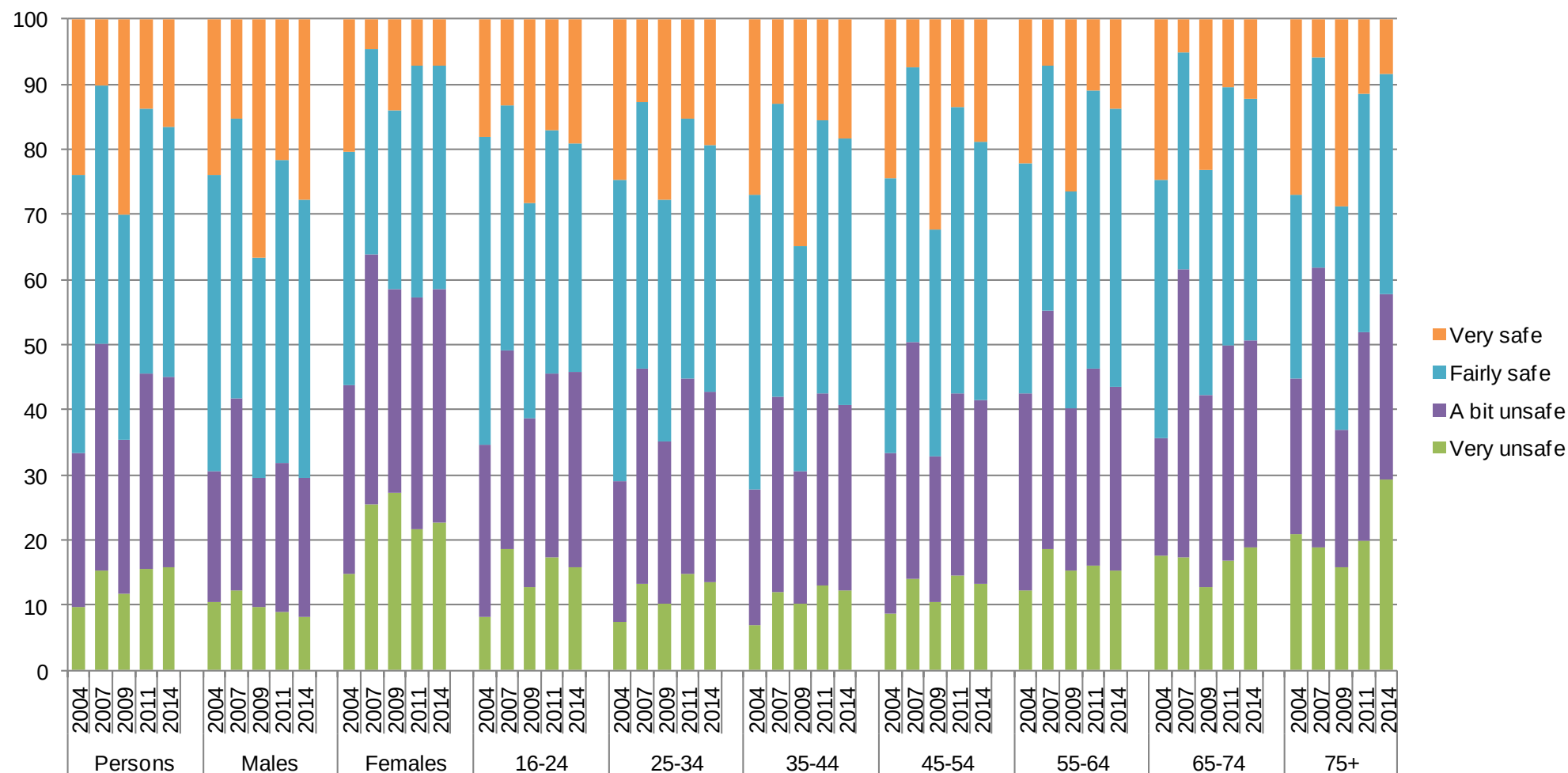
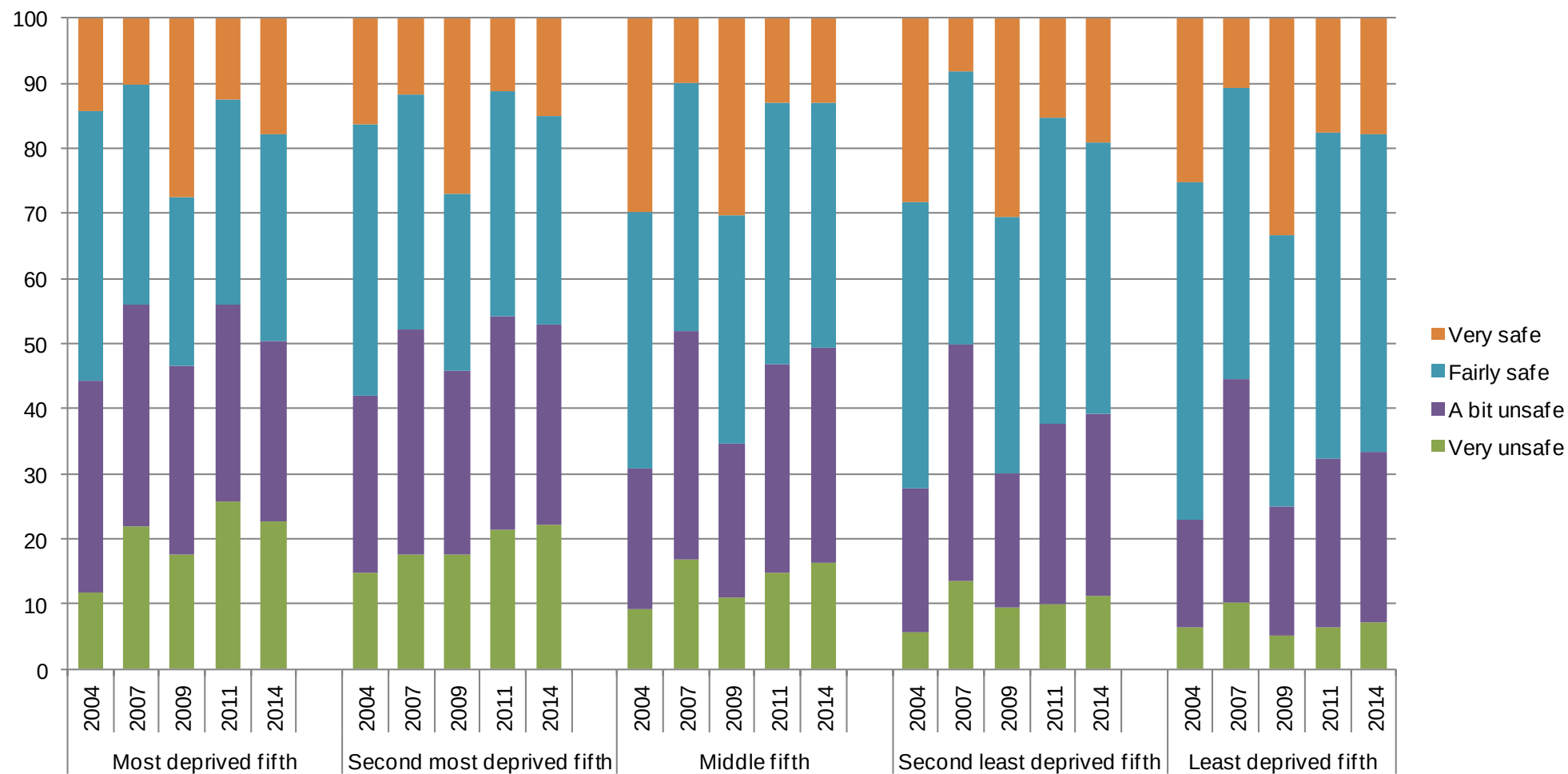


Figure 154: Feeling of safety after dark and anticipated feelings for safety among those who 'never go out' for 2011-2014 surveys and assumed/adjusted anticipated feelings for 2004-2009 surveys (trends over time, by deprivation)



4.12.3 *Feelings of Safety at Home at Night*

4.12.3.1 *Current Prevalence*

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.10.3**.

There were slight differences in feelings of safety when alone at home at night by gender and across the age groups (**Figure 155**). Overall, 5.9% were never alone in the home at night, 2.5% felt very unsafe, 7.9% felt a bit unsafe, 36.1% felt fairly safe and 47.7% felt very safe. Thus, 83.8% felt fairly or very safe, and this was slightly higher among men (90.2%) compared to women (78.4%). As the higher percentage who were never alone in own home at night in the older age groups was partially balanced out by the reduced percentages who felt very unsafe and a bit unsafe among the older age groups, the percentages who felt fairly or very safe alone at home at night were quite similar across the age groups ranging from 78.3% among those aged 65-74 years to 88.1% among those aged 35-44 years.

Overall, 3.0% of those aged 16-24 years and 25-34 years were never alone in their home at night which increased gradually to 4.0% among those aged 45-54 years, and then increased more rapidly to 7.9%, 13.5% and 10.4% among those aged 55-64, 65-74 and 75+ years. Among those aged 16-24 years, 3.7% felt very unsafe and a further 9.7% felt a bit unsafe compared to 1.8% and 6.2% feeling very unsafe and a bit unsafe respectively among those aged 75+ years.

When the people who stated that they were 'never alone at home at night' were asked how safe they thought they might feel if they were alone, then the percentages who felt fairly or very safe increased slightly as did most of the other percentages but the percentages feeling very unsafe increased more substantially particularly among the oldest age groups although the percentages were relatively small to start with (**Figure 156**).

Overall, 3.5% felt very unsafe, 9.1% felt a bit unsafe, 38.3% felt fairly safe and the final 49.1% felt very safe when alone in their home at night. Women were more likely to feel very unsafe (5.0% versus 1.8%) and less likely to feel fairly or very safe (82.6% versus 93.1%). Among those aged 16-24 years, 84.7% felt fairly or very safe and this increased gradually to 90.8% among those aged 45-54 years then fell slightly to 87.9% among those aged 75+ years.

Figure 155: Feeling of safety when alone at home includes 'never alone at home at night' (overall, and by gender and age)

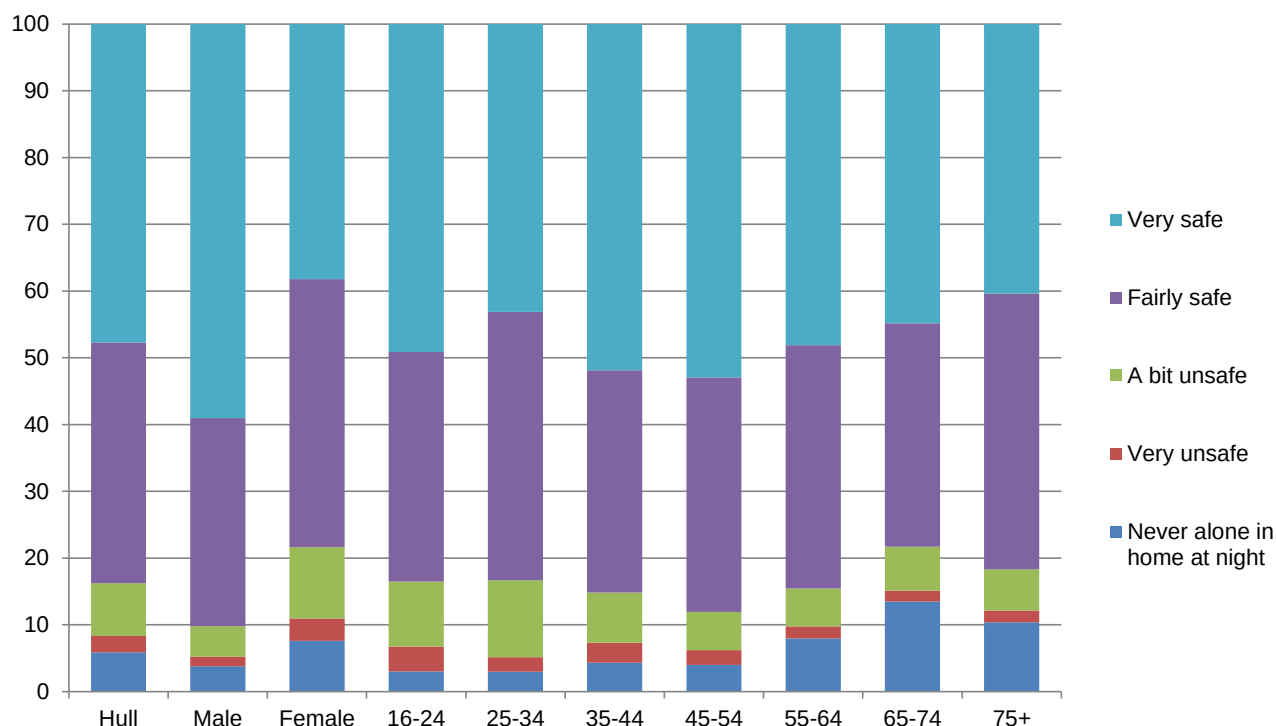
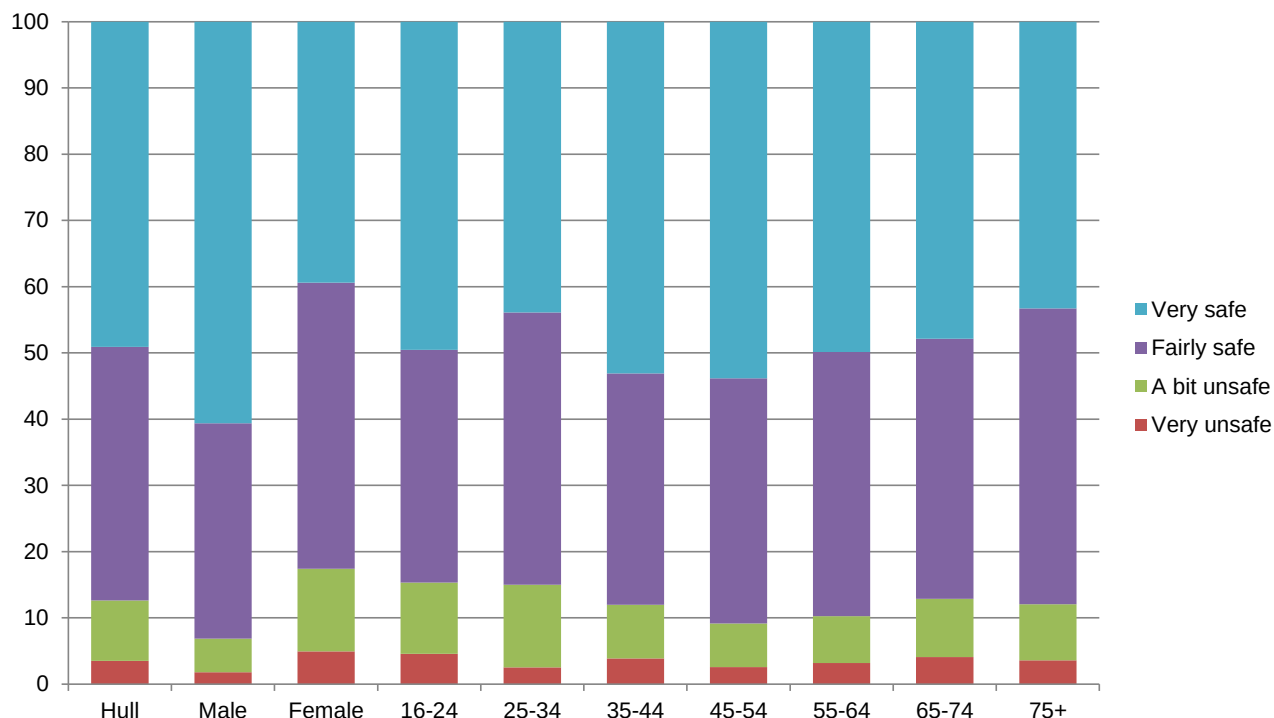


Figure 156: Feeling of safety when alone at home and anticipated feelings for safety among those who 'never alone' (overall, and by gender and age)



There was a ten percentage point difference in the percentage who felt fairly or very safe alone in their home at night across the deprivation fifths, with 79.2% of those living in the most deprived fifth of areas feeling safe compared with 89.3% among those living

in the least deprived areas (**Figure 157**). People living in the least deprived areas were slightly less likely to never be alone in their home at night (around 5%) compared to those living in the most deprived fifth of areas (7.6%). Similar percentages felt fairly or very safe alone in their home at night across the seven Areas of Hull (range 80.2% in Riverside to 86.5% in West).

When the people who stated that they were ‘never alone at home at night’ were asked how safe they thought they might feel if they were alone, then the percentages who felt fairly or very safe increased slightly as did most of the other percentages (**Figure 158**). Around one in a hundred (1.1%) of those living in the least deprived fifth of areas felt very unsafe alone at home at night compared to 4.5% and 6.2% of those living in the most and second most deprived areas respectively. A further 12.2% and 10.9% in these latter areas respectively felt a bit unsafe compared to 5.5% of those in the least deprived fifth of areas. Although more than eight in ten felt fairly or very safe for all deprivation fifths although it was over nine in ten for those living in the least deprived fifth of areas. Four percent or fewer felt very unsafe across the Areas except for Riverside where 6.1% felt very unsafe alone in their home at night. The percentages who felt fairly or very safe alone in their home at night varied from 82.9% in Riverside to 90.8% in West.

Figure 157: Feeling of safety when alone at home includes ‘never alone at home at night’ (by deprivation and Area)

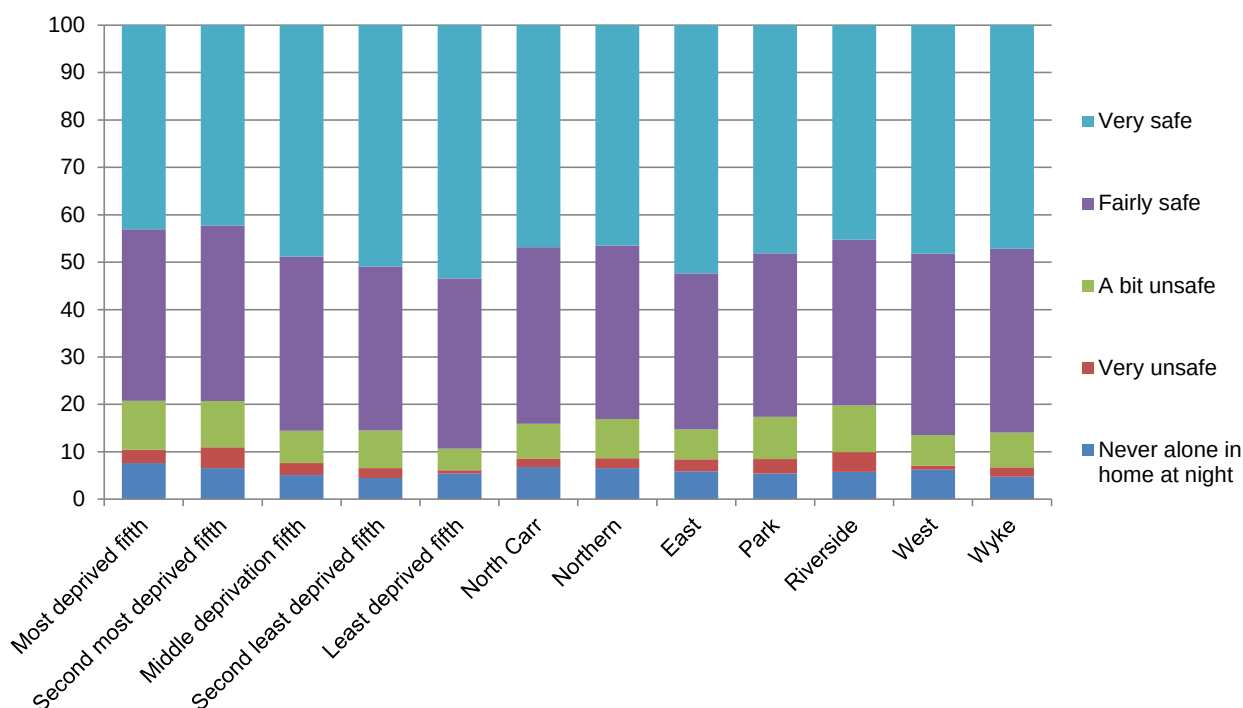


Figure 158: Feeling of safety when alone at home and anticipated feelings for safety among those who ‘never alone’ (by deprivation and Area)

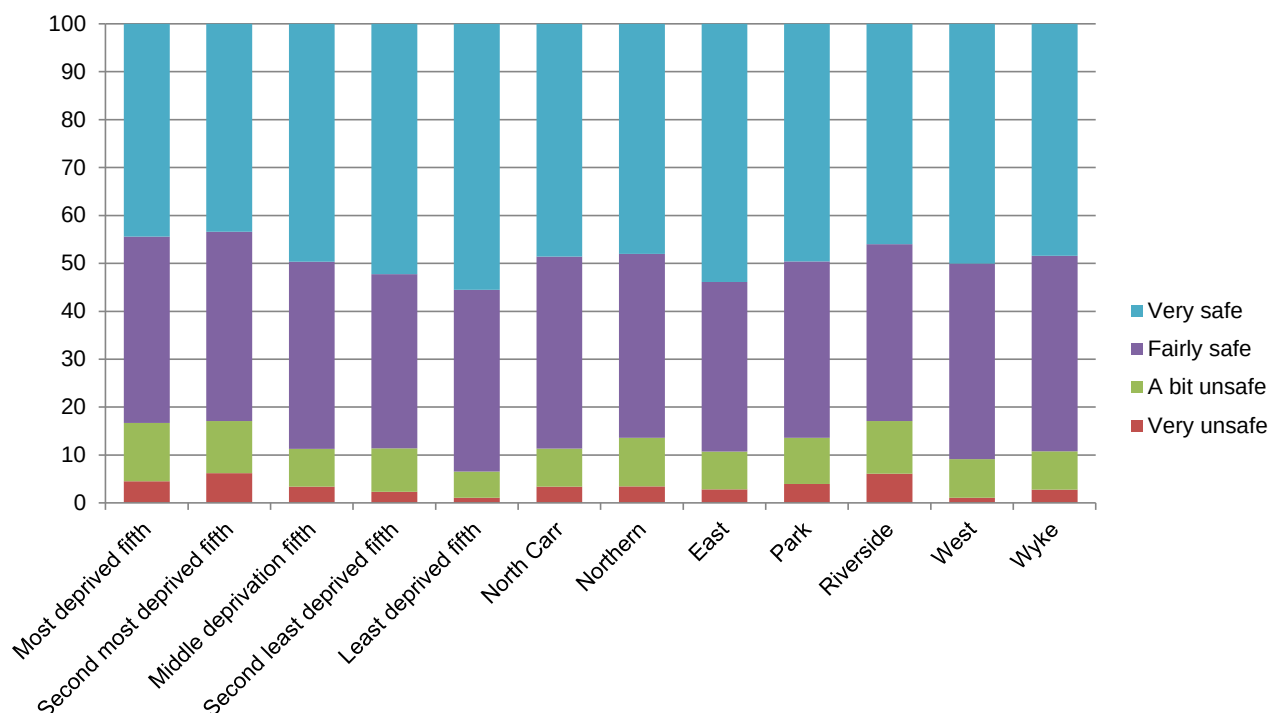


Table 27 gives the percentages who do and do not feel safe when alone in their home at night across the 23 wards in Hull. The first columns give the response to the first question which includes the response option ‘never alone in home at night’, and the final column gives the response to the first and second questions combined (i.e. including the responses from those who stated they ‘never alone in home at night’ who were asked for their anticipated feelings of safety). As some of the numbers surveyed within each ward are relatively small, there will be some random variation associated with the estimate (that is, if another survey was completed immediately following the current survey slightly different estimates would be obtained as slightly different people would have been surveyed even though there would have been not true or real change in the underlying prevalence for that ward). A range of values (95% confidence intervals¹⁷) have been given as well as the estimate of the prevalence for each ward. If these ranges do not overlap then the difference in the prevalence estimates will be statistically significant. Thus, for example, the prevalence of feeling very or fairly safe (final column) in Bricknell is statistically significantly higher than that for Myton as there is no overlap in the sets of confidence intervals.

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.10.3**.

¹⁷ The 95% confidence intervals have been calculated using statistical methods to give a range of likely values for the prevalence. We are 95% confident that the interval obtained (from the survey sample) will contain the true underlying prevalence for that ward. If the CI is wide then there is a degree of uncertainty around the prevalence, and caution should be used when interpreting the findings.

Table 29: Prevalence of feeling safe when alone at home at night across the wards in Hull

Area	Number of survey responders	Percentage (95% confidence interval)					
		Very safe	Fairly safe	A bit unsafe	Very unsafe	Never alone in home at night	Very or fairly safe*
Bransholme East	217	41 (35, 48)	39 (32, 45)	12.0 (8.3, 17.0)	2.3 (1.0, 5.3)	5.5 (3.2, 9.4)	83.8 (78.3, 88.1)
Bransholme West	138	41 (33, 49)	40 (32, 48)	5.8 (3.0, 11.0)	3.6 (1.6, 8.2)	10.1 (6.1, 16.3)	86.1 (79.4, 90.9)
Kings Park	204	57 (50, 63)	34 (28, 41)	3.4 (1.7, 6.9)	0.0 (0.0, 1.8)	5.9 (3.4, 10.0)	95.6 (91.8, 97.7)
Area: North Carr	559	47 (43, 51)	37 (33, 41)	7.3 (5.5, 9.8)	1.8 (1.0, 3.3)	6.8 (5.0, 9.2)	88.7 (85.8, 91.0)
Beverley	177	50 (43, 58)	35 (28, 42)	9.0 (5.6, 14.2)	2.8 (1.2, 6.4)	2.8 (1.2, 6.4)	87.0 (81.3, 91.2)
Orchard Pk & Grnwd	296	43 (37, 49)	34 (29, 40)	10.8 (7.8, 14.9)	2.7 (1.4, 5.2)	9.1 (6.3, 12.9)	81.9 (77.1, 85.9)
University	288	48 (42, 54)	40 (34, 45)	5.2 (3.2, 8.4)	1.0 (0.4, 3.0)	6.3 (4.0, 9.7)	90.6 (86.6, 93.4)
Area: Northern	761	47 (43, 50)	37 (33, 40)	8.3 (6.5, 10.5)	2.1 (1.3, 3.4)	6.6 (5.0, 8.6)	86.4 (83.7, 88.6)
North Hull	1,320	47 (44, 49)	37 (34, 39)	7.9 (6.5, 9.5)	2.0 (1.3, 2.9)	6.7 (5.4, 8.1)	87.3 (85.4, 89.0)
Ings	225	55 (49, 61)	35 (29, 41)	3.6 (1.8, 6.9)	1.3 (0.5, 3.8)	5.3 (3.1, 9.1)	93.7 (89.7, 96.2)
Longhill	227	50 (44, 57)	33 (28, 40)	7.9 (5.1, 12.2)	3.5 (1.8, 6.8)	4.8 (2.7, 8.5)	88.1 (83.2, 91.7)
Sutton	262	52 (46, 58)	31 (26, 37)	7.3 (4.7, 11.0)	2.7 (1.3, 5.4)	7.3 (4.7, 11.0)	86.6 (81.9, 90.2)
Area: East	714	52 (49, 56)	33 (30, 36)	6.3 (4.7, 8.3)	2.5 (1.6, 3.9)	5.9 (4.4, 7.9)	89.3 (86.8, 91.3)
Holderness	252	57 (51, 63)	33 (27, 39)	4.0 (2.2, 7.1)	2.0 (0.9, 4.6)	4.4 (2.5, 7.6)	93.3 (89.5, 95.7)
Marfleet	245	37 (31, 43)	41 (35, 47)	13.5 (9.8, 18.3)	3.7 (1.9, 6.8)	5.3 (3.1, 8.9)	81.5 (76.1, 85.9)
Southcoates East	184	49 (42, 56)	30 (24, 37)	10.9 (7.1, 16.2)	2.2 (0.8, 5.5)	8.2 (5.0, 13.0)	83.6 (77.6, 88.3)
Southcoates West	131	51 (43, 60)	33 (25, 41)	6.9 (3.7, 12.5)	5.3 (2.6, 10.6)	3.8 (1.6, 8.6)	86.2 (79.2, 91.1)
Area: Park	812	48 (45, 52)	34 (31, 38)	8.9 (7.1, 11.0)	3.1 (2.1, 4.5)	5.4 (4.1, 7.2)	86.4 (83.8, 88.6)
Drypool	250	47 (41, 53)	38 (32, 44)	7.6 (4.9, 11.6)	4.0 (2.2, 7.2)	3.6 (1.9, 6.7)	86.4 (81.6, 90.1)
East Hull	1,776	50 (47, 52)	34 (32, 37)	7.7 (6.5, 9.0)	3.0 (2.3, 3.9)	5.3 (4.4, 6.5)	87.5 (85.9, 89.0)
Myton	319	42 (37, 48)	35 (30, 41)	11.6 (8.5, 15.6)	3.8 (2.2, 6.5)	6.9 (4.6, 10.2)	80.4 (75.7, 84.4)
Newington	248	45 (39, 51)	33 (27, 39)	10.1 (6.9, 14.5)	5.2 (3.1, 8.8)	7.3 (4.6, 11.2)	81.4 (76.1, 85.7)
St Andrew's	157	49 (41, 57)	33 (26, 41)	9.6 (5.9, 15.2)	3.8 (1.8, 8.1)	4.5 (2.2, 8.9)	84.6 (78.1, 89.4)

Area	Number of survey responders	Percentage (95% confidence interval)					
		Very safe	Fairly safe	A bit unsafe	Very unsafe	Never alone in home at night	Very or fairly safe*
Area: Riverside	974	45 (42, 48)	35 (32, 38)	9.9 (8.1, 11.9)	4.2 (3.1, 5.7)	5.7 (4.5, 7.4)	82.9 (80.4, 85.1)
Boothferry	205	50 (43, 57)	37 (31, 44)	7.3 (4.5, 11.7)	0.5 (0.1, 2.7)	5.4 (3.0, 9.4)	91.2 (86.5, 94.3)
Derringham	242	44 (38, 50)	40 (34, 46)	7.9 (5.1, 11.9)	1.7 (0.6, 4.2)	7.0 (4.4, 11.0)	88.4 (83.8, 91.9)
Pickering	277	51 (45, 57)	38 (32, 44)	4.7 (2.8, 7.9)	0.4 (0.1, 2.0)	6.1 (3.9, 9.6)	92.7 (89.0, 95.2)
Area: West	724	48 (45, 52)	38 (35, 42)	6.5 (4.9, 8.5)	0.8 (0.4, 1.8)	6.2 (4.7, 8.2)	90.8 (88.5, 92.7)
Avenue	275	53 (47, 59)	36 (31, 42)	5.8 (3.6, 9.2)	1.1 (0.4, 3.2)	4.0 (2.2, 7.0)	90.9 (86.9, 93.7)
Bricknell	177	50 (42, 57)	38 (31, 45)	5.1 (2.7, 9.4)	0.6 (0.1, 3.1)	6.8 (3.9, 11.5)	94.3 (89.9, 96.9)
Newland	303	40 (35, 46)	42 (36, 48)	9.9 (7.0, 13.8)	3.6 (2.0, 6.4)	4.3 (2.5, 7.2)	84.7 (80.2, 88.3)
Area: Wyke	755	47 (44, 51)	39 (35, 42)	7.3 (5.6, 9.4)	2.0 (1.2, 3.3)	4.8 (3.5, 6.5)	89.2 (86.8, 91.2)
West Hull	2,203	47 (45, 49)	37 (35, 39)	8.1 (7.1, 9.3)	2.4 (1.8, 3.1)	5.8 (4.9, 6.9)	87.3 (85.8, 88.6)
HULL	5,300	48 (46, 49)	36 (35, 37)	7.9 (7.2, 8.7)	2.5 (2.1, 2.9)	5.9 (5.3, 6.5)	87.4 (86.5, 88.3)

*Includes anticipated feelings of safety among all survey responders (who answered the questions) including those who stated that they were 'never alone at home at night'.

4.12.3.2 Public Health Outcomes Framework

This indicator is included within the Public Health Outcomes Framework (Department of Health 2012) and the national data from the PHOF tool (Public Health England 2015) is available for Hull and was been summarised locally in **Figure 159**. The PHOF indicator is just for those aged 65+ years, so the numbers in the local surveys are relatively small and there are relatively wide confidence limits for the estimates at ward level. Differences in the feelings of safety during the day are observed among the different deprivation fifths and across the wards in Hull as illustrated and discussed in **section 4.12.3.1**.

Information on this PHOF indicator is not collected at local authority, and is only available from PHOF for England. Thus, comparison with similar geographical areas is not possible, but in relation to England, the percentage of people aged 65+ years who feel very or fairly safe in Hull is statistically significantly lower (87.4% in 2014 survey compared to 93.3% for England for 2013/14).

Feelings of safety was also collected as part of previous local surveys (see **section 3.2.17**), and trends over time can be examined. Previous surveys included a 'never goes out' option, so the estimates have been adjusted to ensure the results are more comparable to England. Survey responders who specified the 'never goes out' option in the current survey were asked a further question "If you did go out, how safe do you think you would feel?" (see questionnaire in **section 8**). Using these responses from the current survey, the survey responders in earlier surveys were adjusted assuming that the same proportions felt safe among those who stated that they 'never go out'. This ensured that the questions were more comparable to the Public Health Outcomes Framework indicator (see **section 4.12.3.2**).

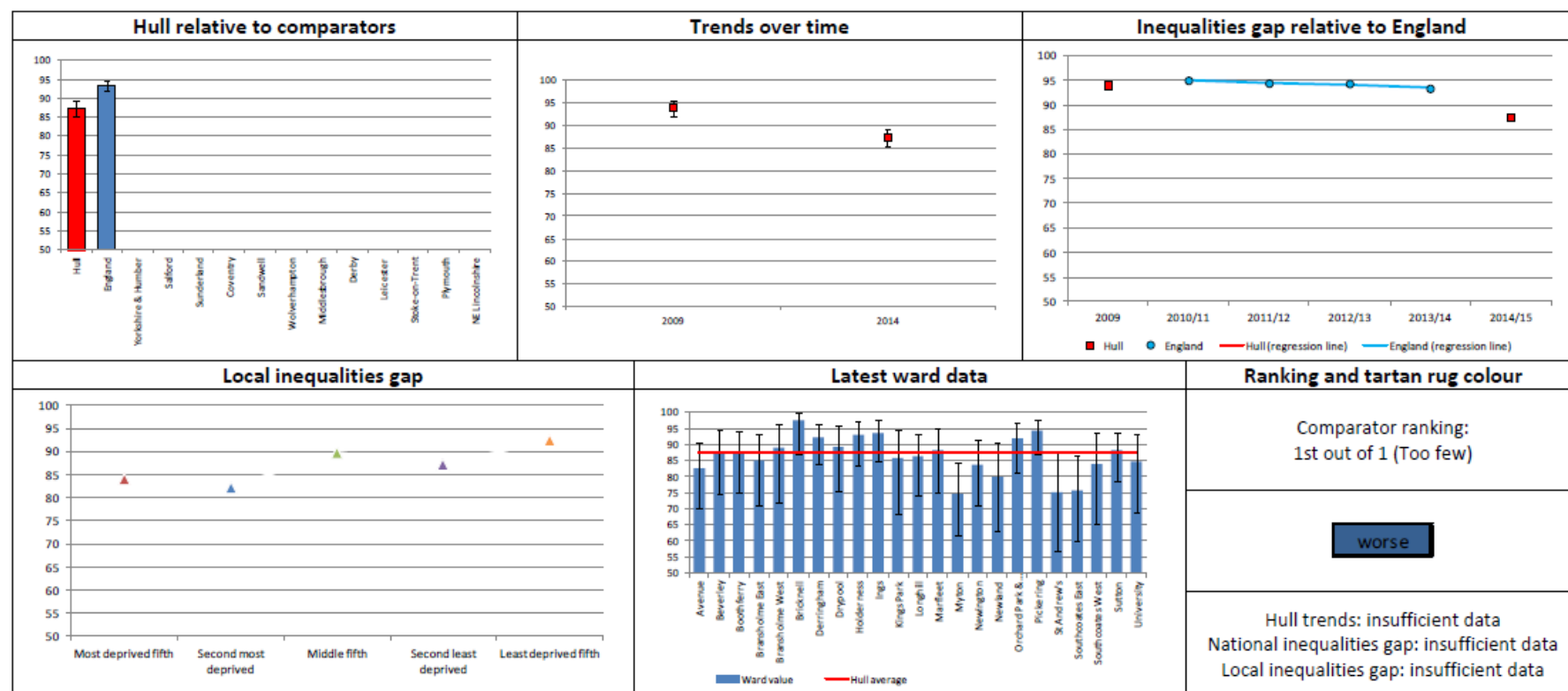
The local surveys have only included the question relating to feelings of safety in the home only twice, in the 2009 survey and the current 2014 survey. In 2009, 94.0% reported that they felt very or fairly safe when alone in their own home at night (including the adjustment mentioned above for those who stated they 'never alone'). For the current survey, the percentage has decreased to 87.4%. The percentage feeling very or fairly safe when alone in their own home at night for England has also decreased over time, but the change has been relatively small falling from 95.0% in 2010/11 to 93.3% in 2013/14.

The trends over time and comparison with England are discussed in more detail in **section 4.12.3.3** for all survey responders aged 16+ years.

Figure 159: Percentage of people aged 65+ years feeling safe when alone in own home at night – Public Health Outcomes Framework (national data for Hull – indicator 1.19iii)

1.19iii Older people's perception of community safety - safe in own home at night

The percent of adults aged 65 and over who felt very safe or fairly safe alone in their own home at night.



Key points:

The baseline percentage of adults 65+ feeling safe in their home at night in Hull is 94.0% (95% confidence interval: 92.1% to 95.5%)

The latest percentage of adults 65+ feeling safe in their home at night in Hull is 87.4% (95% confidence interval: 85.3% to 89.3%)

The percentage of 65+ feeling safe in their home has worsened from 94.0% in 2009 to 87.4% in 2014

The local inequalities gap (least minus most deprived fifths) has widened from 5.9 percentage points in 2009 to 8.3 percentage points in 2014

The percentage of 65+ feeling safe in their home ranges from 74.5% in Myton to 97.5% in Bricknell, a difference of 23.0 percentage points

Data points:

Source: Crime Survey for England and Wales - Office for National Statistics (ONS). Baseline period: 2010/11. Latest data: 2013/14. Local analysis adjusted slightly as response options differed. Baseline data for Hull is from 2009 survey. Latest data for Hull is from 2014 survey.

The page was last updated on 28/07/2015

4.12.3.3 Trends Over Time and Comparison With England

Feelings of safety was also collected as part of previous local surveys (see **section 3.2.17**), and trends over time can be examined. Survey responders in the 2009 Health and Wellbeing Survey were interviewed rather than self-completed questionnaires, and this could have influenced the responses as a much higher percentage stated they felt 'very safe'.

The percentages feeling very or fairly safe reduced for males and females and for each age group between 2009 and 2014, and the percentage who stated they were never alone in their own home increased between 2009 and 2014 (**Figure 160**).

Between 2009 and 2014, the percentage feeling very or fairly safe decreased and the percentage who stated they were never alone in their own home increased for each of the five deprivation fifths (**Figure 161**).

For the current 2014 surveys, survey responders who stated they were 'never alone at night' were asked for the anticipated feelings for safety if they were alone. The previous survey did not include this additional question. Using these responses from the current survey, the survey responders in earlier survey were adjusted assuming that the same proportions felt safe among those who stated that they were 'never alone at night'. This makes it possible to compare the feelings of safety between 2009 and 2014 without the 'never alone at night' option. The trends over time with this adjustment are examined in **Figure 162** and **Figure 163** by gender and age, and by deprivation respectively.

The trends over time and comparison with England are discussed in more detail in **section 4.12.3.2** for survey responders aged 65+ years.

Figure 160: Feeling of safety alone in own home at night includes ‘never alone at night’ (trends over time, by gender and age)

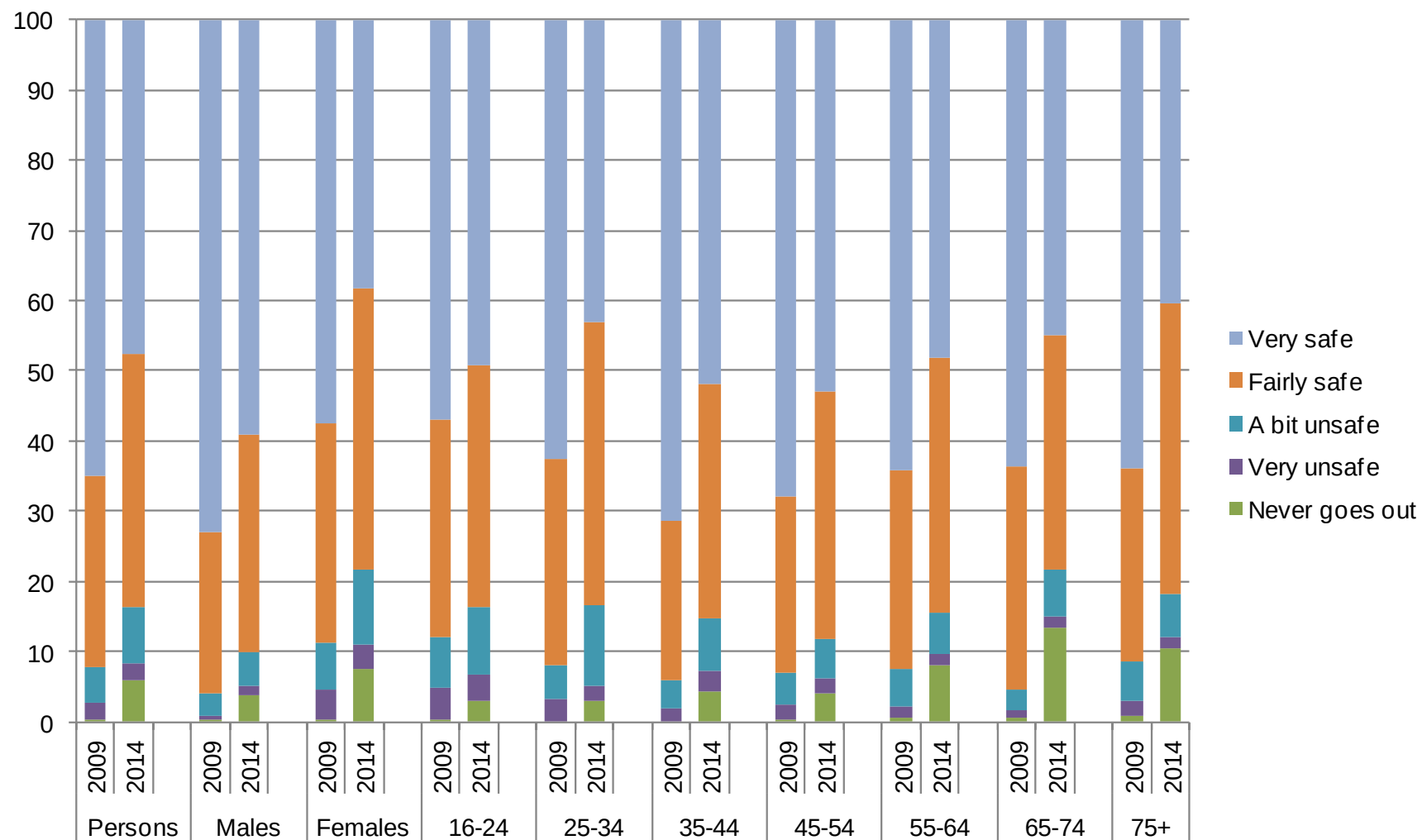


Figure 161: Feeling of safety alone in own home at night includes 'never alone at night' (trends over time, by deprivation)

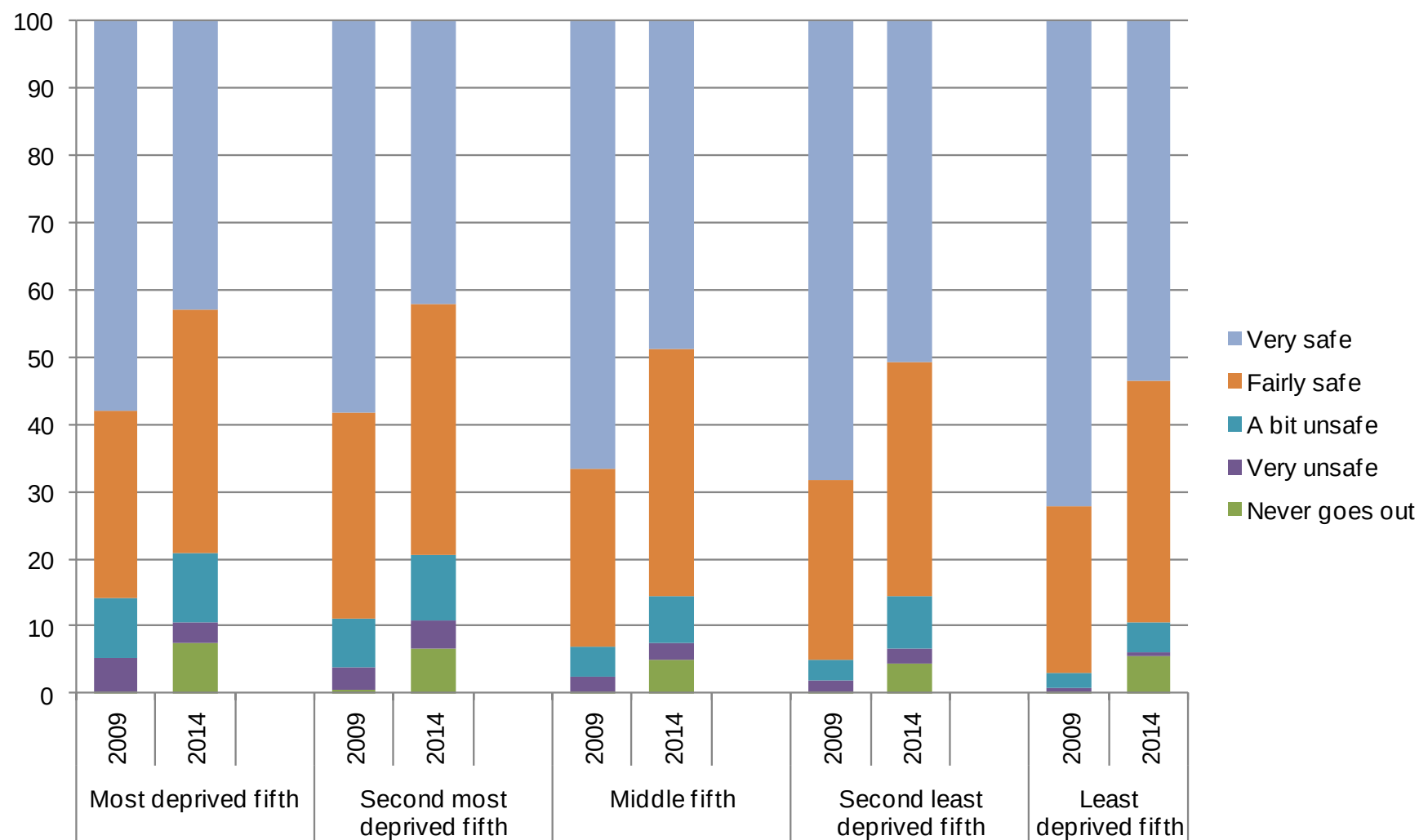


Figure 162: Feeling of safety alone in own home at night and anticipated feelings for safety among those who were 'never alone' for 2014 survey and assumed/adjusted anticipated feelings for 2009 survey (trends over time, by gender and age)

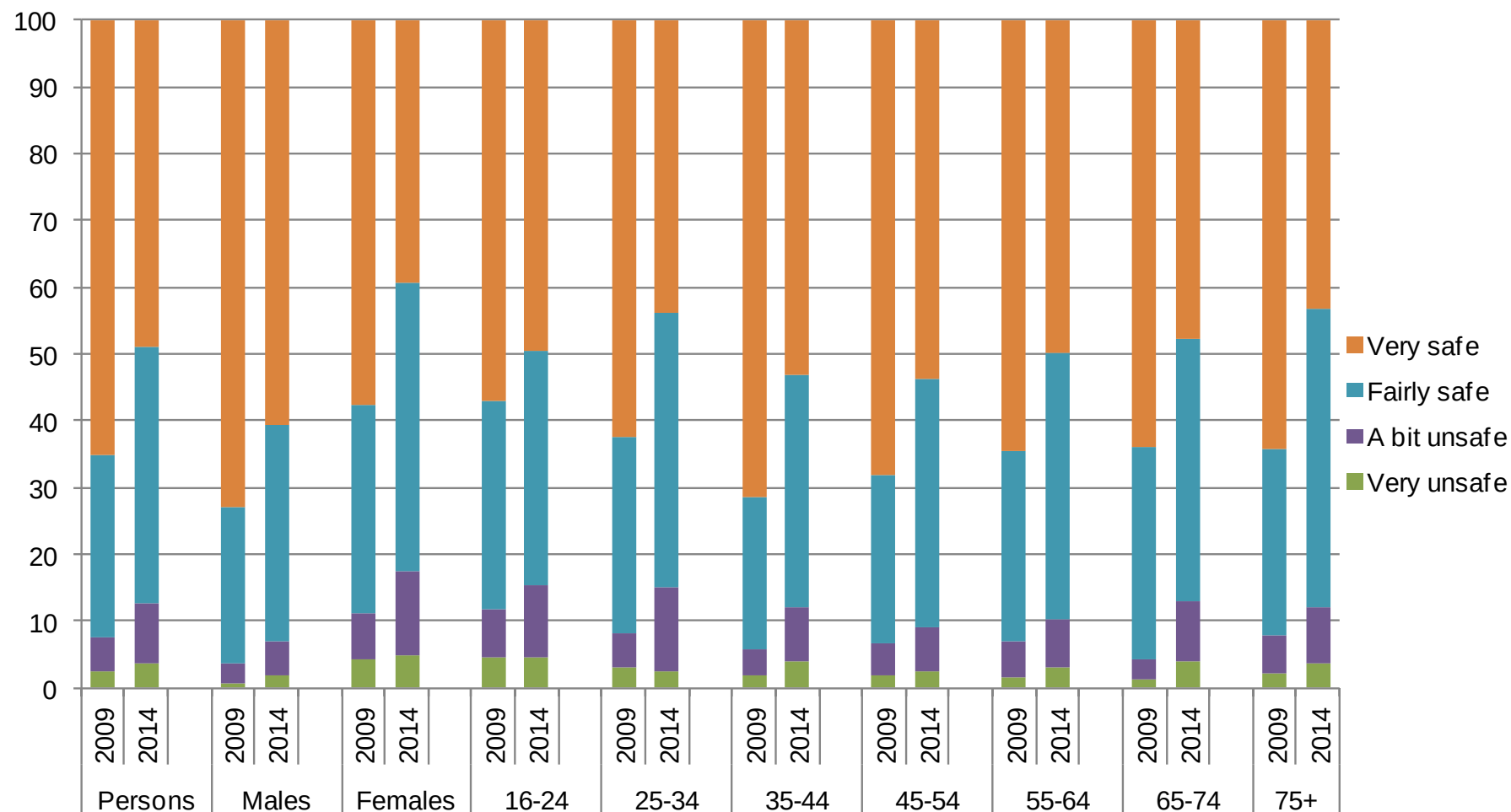
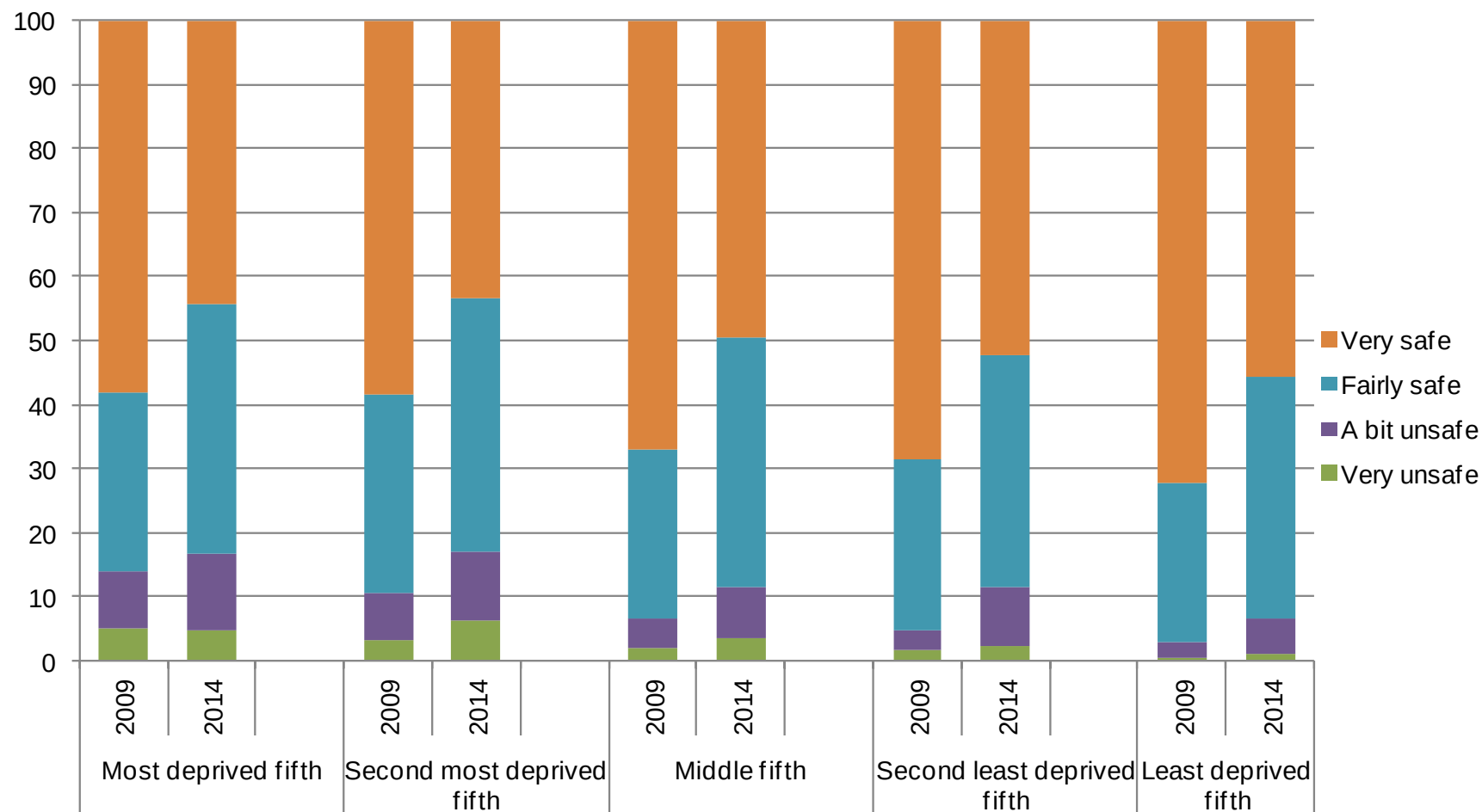


Figure 163: Feeling of safety alone in own home at night and anticipated feelings for safety among those who were 'never alone' for 2014 survey and assumed/adjusted anticipated feelings for 2009 survey (trends over time, by deprivation)



4.13 Social Networks

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.11**.

4.13.1 Number of Adults in Household

4.13.1.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.11.1**.

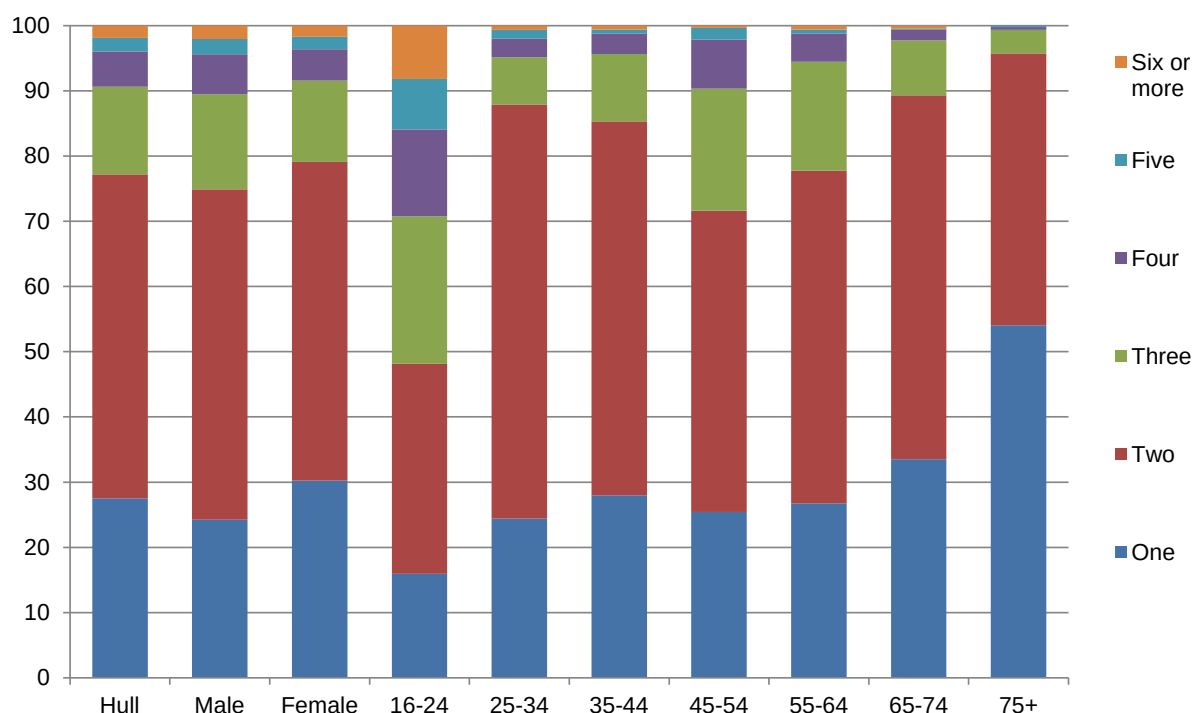
Just over one-quarter (27.5%) of the survey responders (who were aged 16+ years) were the only adult in the household and just under one half (49.7%) lived with another adult, 13.4% lived with two other adults, 5.4% lived with three other adults, 2.1% lived with four other adults and 1.9% lived with five or more other adults (**Figure 164**).

Fewer than 2.2% of those aged 25+ years lived in households with five or more adults in total, but 7.8% of those aged 16-24 years lived in households with five adults and a further 8.2% lived in households with six or more adults. Some of these multi-adult households could be households with parents and their adult children, but a relatively high proportion of these households will be young people, often students, living with friends in large shared households.

Men were slightly more likely to live within households with three or more adults perhaps because there were more young men and more men from different black and minority ethnic groups (see **Table 9**), and they both these groups are generally likely to live in larger households.

Among those aged 16-24 years, 15.9% were the only adult in the household, but this percentage increased to around one-quarter or just over (range 24.4% to 28.0%) among those aged 25-64 years with the highest percentages for those aged 65-74 years (33.5%) and 75+ years (54.0%). Just under one-third (32.2%) of those aged 16-24 years lived within one other adult and this almost doubled to 63.5% among the 25-34 year age group, although the percentage was lower for all the other older age groups. The percentages living in households with a total of three adults (two other adults) was highest among those aged 16-24 years (51.9%) and then fell to one-quarter of this (to 12.1%) among those aged 25-34 years (14.7% for those aged 45-44 years). The percentage increased to 28.4% and 22.3% among those aged 45-54 and 55-64 years respectively presumably due to survey responder parents who still have their adult children living at home. Around one in ten (10.7%) of those aged 65-74 years lived in households with two or more other adults and fewer than one in five (4.3%) among those aged 75+ years.

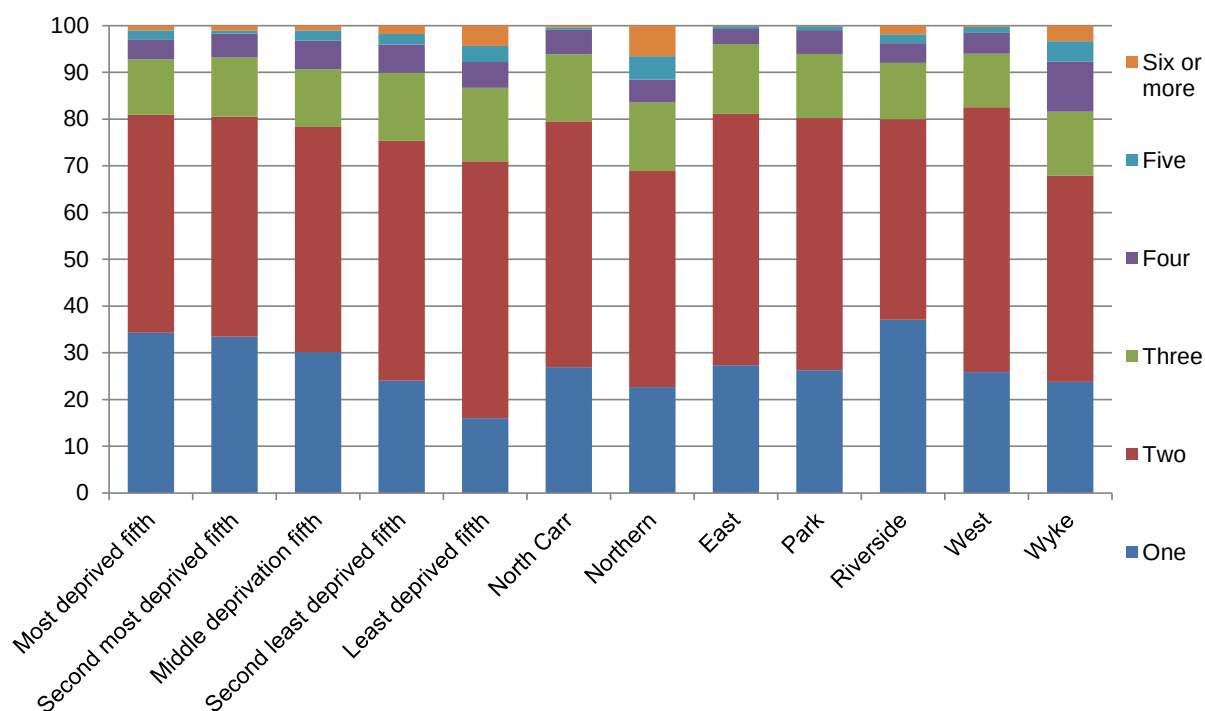
Figure 164: Total number of adults in household (overall, and by gender and age)



People living in the most deprived fifth of areas were much more likely to be the only adult in the household compared to those living in the least deprived fifth of areas (34.3% versus 16.0%), although they were slightly less likely to live with one other adult (46.6% versus 54.9%) as illustrated in **Figure 165**.

Around one-quarter of survey responders were the only adult in the household across six of the seven Areas (range 22.7% to 27.3%) except Riverside where 37.1% lived in a household where they were the only adult (**Figure 165**). Around a half of survey responders lived in two-adult households although this varied by more than ten percentage points from 42.9% in Riverside to 56.7% in West. Between 18.9% (East) and 20.5% (North Carr) survey responders lived in households where there were three or more adults (themselves plus two or more other adults), but this was 31.1% in Northern and 32.0% in Wyke as these are areas where relatively high proportions of students and young working people live.

Figure 165: Total number of adults in household (by deprivation and Area)

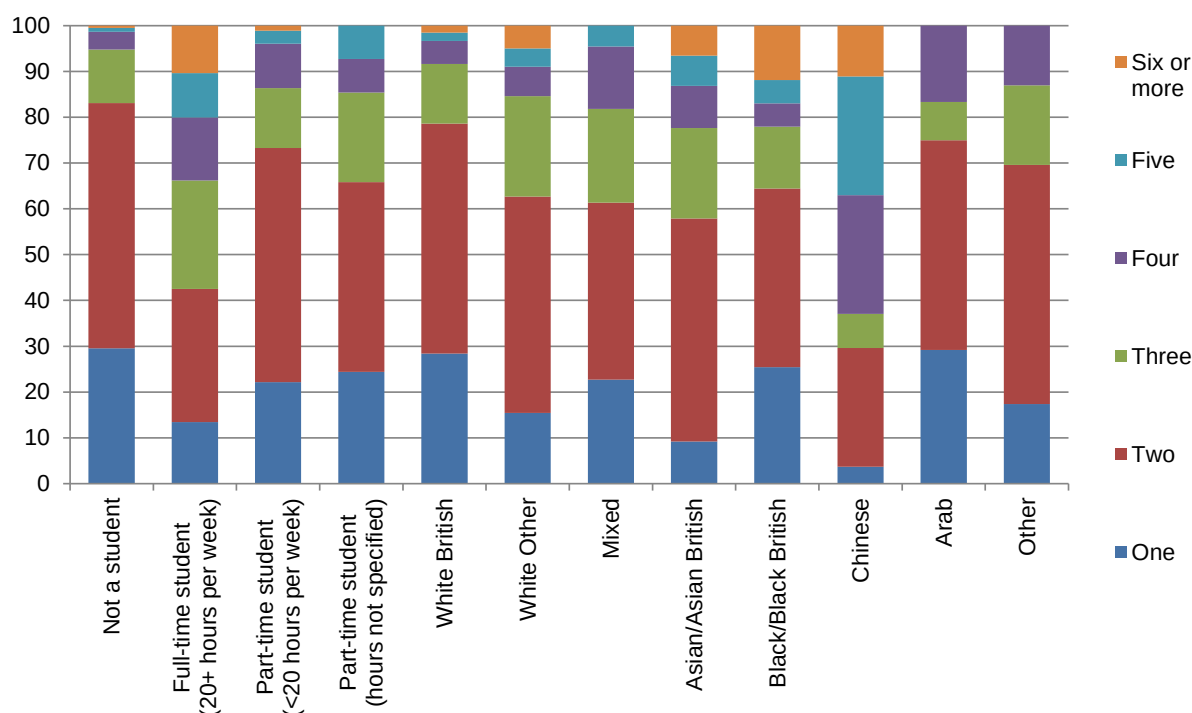


As students and the young were much more likely to be from different black and minority ethnic (BME) groups, there was a strong association with ethnicity and the number of adults in the household (**Figure 166**). In total, 17.4% of White British survey responders were studying either full-time or part-time, but this ranged from 33.7% among those who were White British to 72.4% of those who were Chinese (see **Table 34**). However, this might not be a true reflection of studying and ethnicity across Hull as it is possible that more students were surveyed compared to the general population in Hull due the survey methodology used.

Around one in six (16.9%) survey responders who were not studying lived in a household with three or more adults in total (two others) compared to more than three times this among survey responders who were full-time students or were part-time students who were studying for 20+ hours (57.5%). Part-time students (26.7%) and part-time students who did not specify their hours (34.1%) were less likely to live in households with three or more adults.

The number of adults in the households differed substantially across the different BME groups although the numbers of survey responders were relatively low for the majority of the different BME groups. The percentages of survey responders who were the only adult in the household varied from 3.7% for the Chinese to 29.2% for the Arabs. More than one in ten Black and Black British and Chinese lived in households with five or more other adults, and a further 25.9% of Chinese lived in households with four other adults (this percentage ranged from zero to 6.6% for the other BME groups), and another 25.9% of Chinese lived in households with three other adults (range was 5.0% to 16.7% for all other BME groups).

Figure 166: Total number of adults in household (by student status and ethnicity)



The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.11.1**.

4.13.1.2 Trends Over Time

The number of adults in household was also collected as part of previous local surveys (see **section 3.2.17**), and trends over time can be examined.

The difference in the percentage of people living in households with a total number of one, two and three or more adults is given in **Figure 167**. There are variations across time so distinguishing specific patterns is not straightforward, but there has been a tendency for a higher proportion of people aged 75+ years to live in one-adult households and of people aged 16-24 years to live in households with three or more adults.

Figure 167: Total number of adults in household (trends over time, by gender and age)



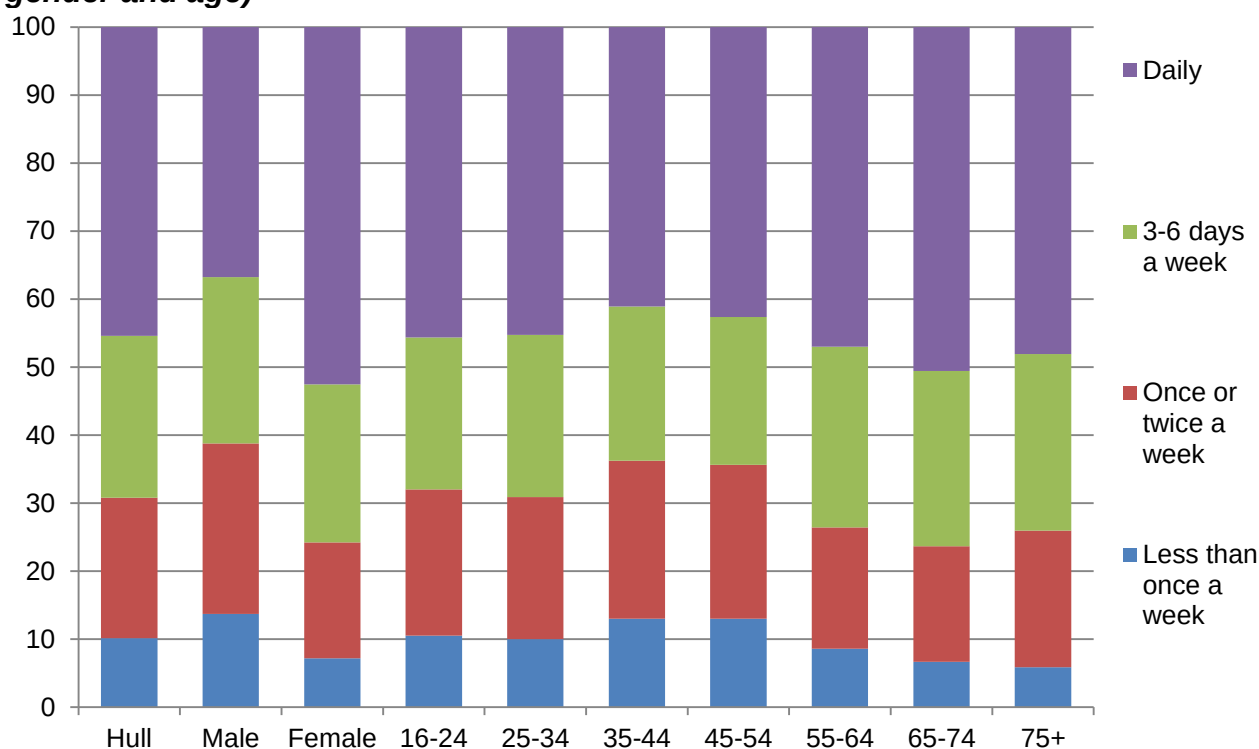
4.13.2 Frequency of Talking to Family

4.13.2.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.11.2** for frequency of speaking to family, **section 5.11.3** for frequency of speaking to friends, **section 5.11.4** for frequency of speaking to neighbours, and **section 5.11.5** in relation to speaking to all three of these groups.

Nine in ten (89.9%) spoke to non-household family at least once a week with almost a half (45.4%) of survey responders speaking daily (**Figure 168**), although women spoken more frequently to non-household family with 52.5% speaking to them daily. There were slight differences between the different age groups. Around 45% of those aged 16-34 years spoke to non-household family daily, and this fell to 41.1% and 42.6% among those aged 35-44 and 45-54 years, but then increased to 47.0%, 50.6% and 48.1% for those aged 55-64, 65-74 and 75+ years. People aged 16-34 years (around 10%) and 35-54 years (around 13%) were more likely to speak to them less than once a week than those aged 55+ years (8.6%, 6.7% and 5.9% among those aged 55-64, 65-74 and 75+ years respectively).

Figure 168: Frequency of speaking to non-household family (overall, and by gender and age)

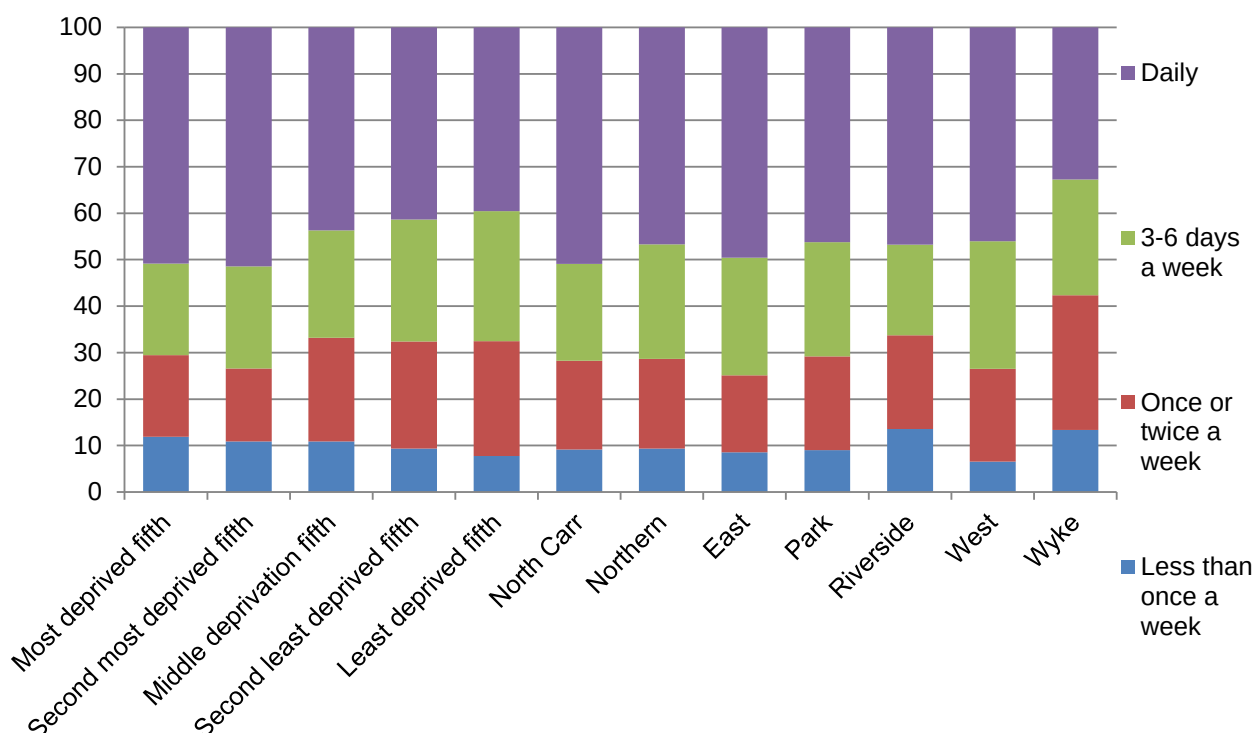


People living in the most deprived areas were more likely to speak to non-household family daily (around 51% for most deprived two fifths compared to around 40% for least deprived two fifths), although conversely they were also slightly more likely to speak to

non-household family less than once a week (around 11.9% for most deprived fifth, 10.9% for both second most deprived and middle deprivation groups, 9.3% for second least deprived fifth and 7.7% for least deprived fifth) as illustrated in **Figure 169**.

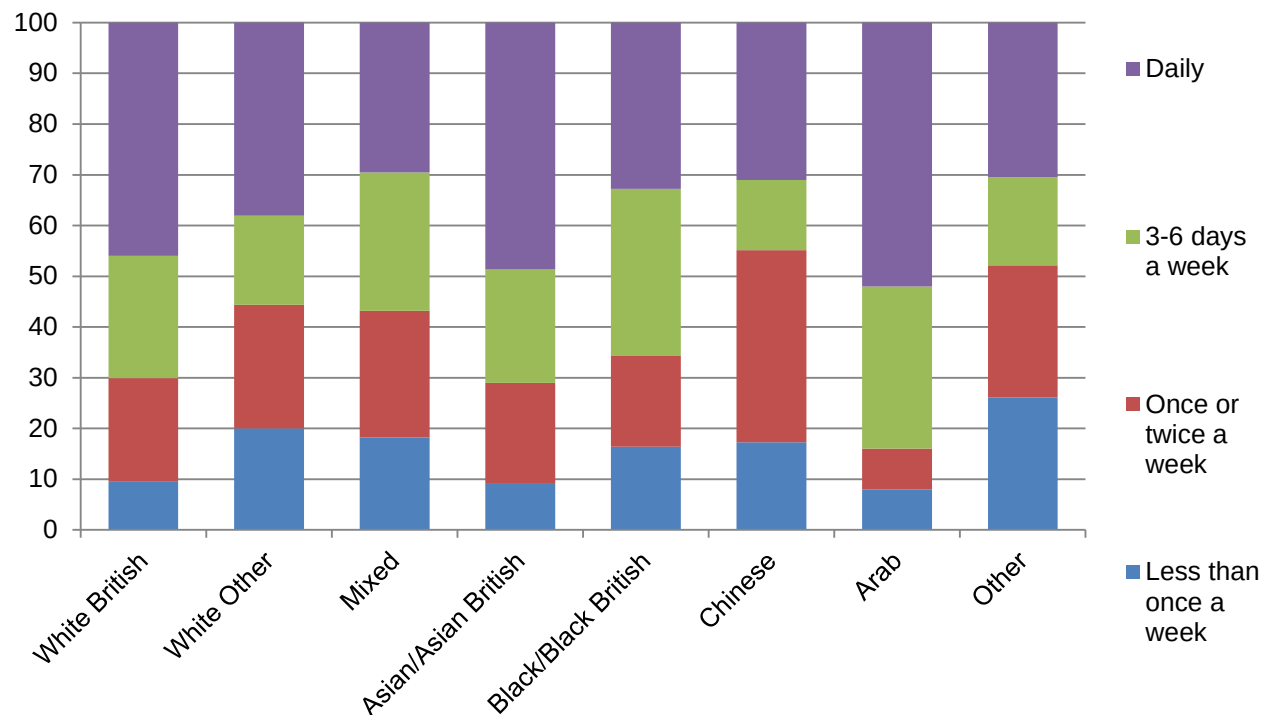
Survey responders in North Carr (50.9%) and East (49.6%) were the most likely to speak to non-household family daily compared to most of the other areas (range 46.0% to 46.8%) with Wyke survey responders (32.7%) the least likely to speak to non-household family. Survey responders in Riverside (13.6%) and Wyke (13.4%) were the most likely to speak to non-household family less than once a week. This will be influenced by the age structure of the population, and may be influenced by the proximity of the survey responders' families to some extent. For example, if their families are abroad which might be the case of some students and BME survey responders, they may speak less frequently. This could explain the findings to some extent in Riverside and Wyke.

Figure 169: Frequency of speaking to non-household family (by deprivation and Area)



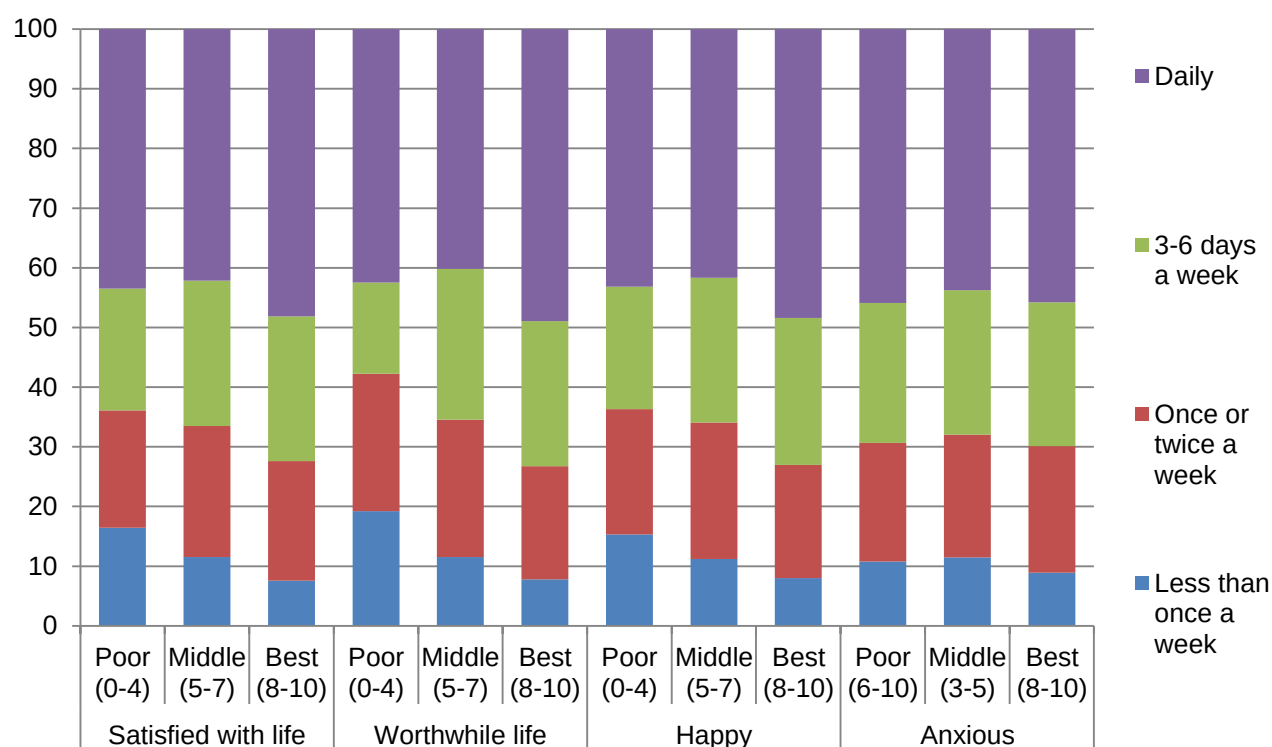
Arabs (52.0%) and Asian and Asian British (48.7%) were slightly more likely to speak to non-household family daily compared to the White British (46.0%), but all other BME groups were less likely to speak daily (around 30% for all BME groups except White Other where it was 38%) as illustrated in **Figure 170**. Less than one in ten spoke to non-household family less than once a week for White British (9.5%), Asian and Asian British (9.2%) and Arabs (8.0%), but this was around 16% to 20% for other BME groups and 26.1% for survey responders who specified an "Other" group.

Figure 170: Frequency of speaking to non-household family (by ethnicity)



People who were more satisfied with life, thought their lives were more worthwhile and were happy were more likely to speak to non-household family daily (around 43% for poor satisfaction, feeling worthwhile and happy compared to around 48% for those with highest (best) scores) as illustrated in **Figure 171**. They were also less likely to speak to non-household family less than once a week (7.6% versus 16.4% for satisfaction with life, 7.8% versus 19.2% for feeling life is worthwhile, and 8.0% versus 15.3% for feeling happy). People who had the less anxiety (best anxiety scores) were also slightly less likely to speak to family less than once a week (8.9%) compared to those with the poorest, worst anxiety scores (10.8%) or who had scores in the middle range (11.5%). There was no substantial difference in the percentages who spoke to non-household family daily across the three anxiety groups (range 43.8% to 45.9%). Any explanations of why this is the case could be complex.

Figure 171: Frequency of speaking to non-household family (by wellbeing)



The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.11.2**.

4.13.2.2 Trends Over Time

Frequency of talking to family, friends and neighbours was also collected as part of previous local surveys (see **section 3.2.17**), and trends over time can be examined.

It is possible that, because the 2004 survey was interview-based rather than a self-completed questionnaire, that the percentage of survey responders reporting that they spoke to non-household family daily or weekly was relatively low, however, the 2009 survey was also interview-based rather than self-completion, so this cannot be the entire explanation (**Figure 172**). In contrast, the 2009 survey has a relatively high percentage of survey responders speaking frequently to non-household family. Even if the percentage speaking frequently to family was not estimated very well in the 2004 survey, there does appear to be a general increase in the percentage of survey responders speaking daily or weekly to non-household family, and a slight decrease since 2009 if the 2009 survey is representative. The pattern in the percentages over time is relatively consistent for both men and women and across the different age groups. Furthermore, a similar pattern occurred across the deprivation fifths (**Figure 173**). It is possible that the general trend of increased 'communication' with non-household family could be associated with more access to technology, smart phones and social media, although if this was the case, it might be anticipated that the effect would be more apparent among the younger ages.

Figure 172: Frequency of speaking to non-household family (trends over time by gender and age)

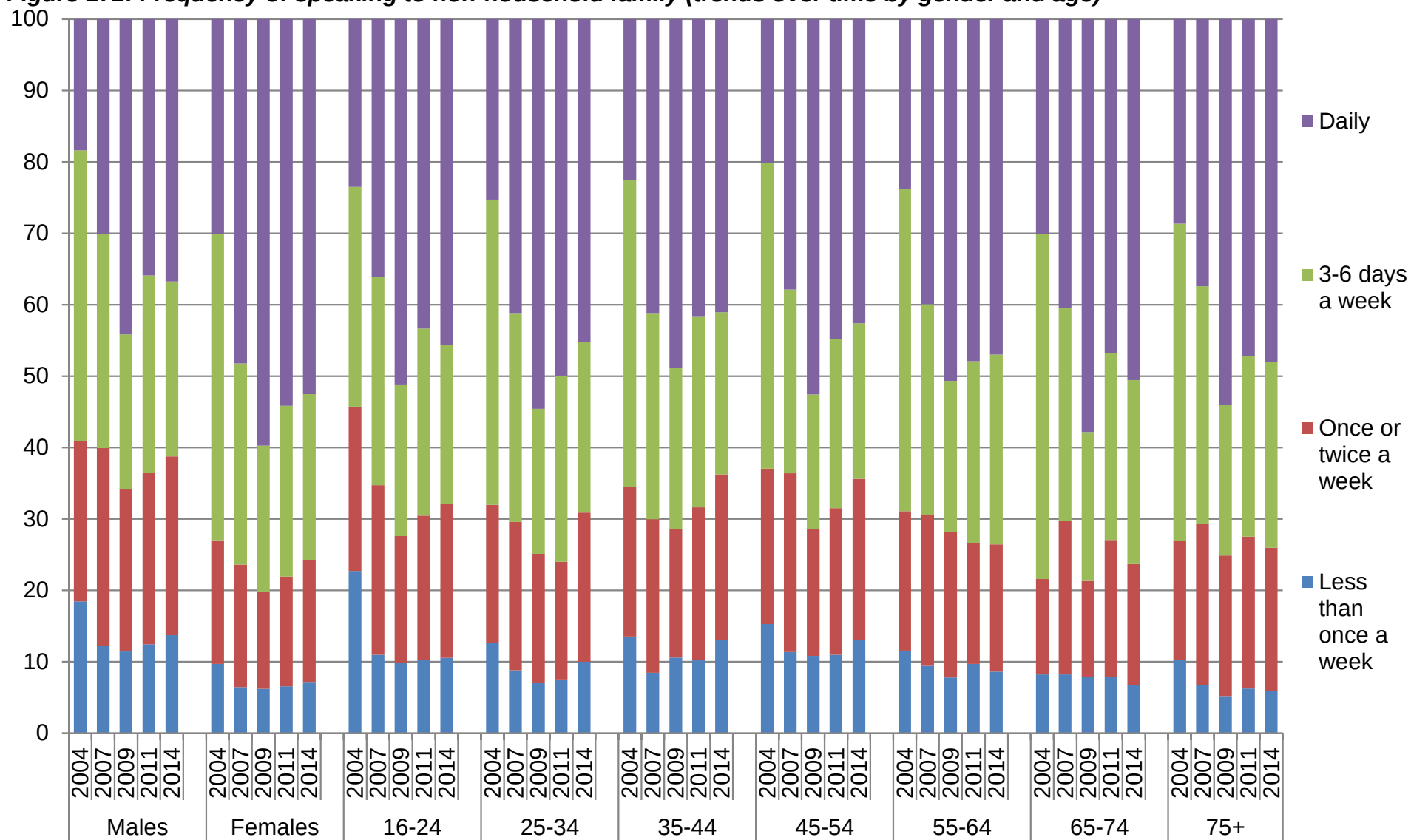
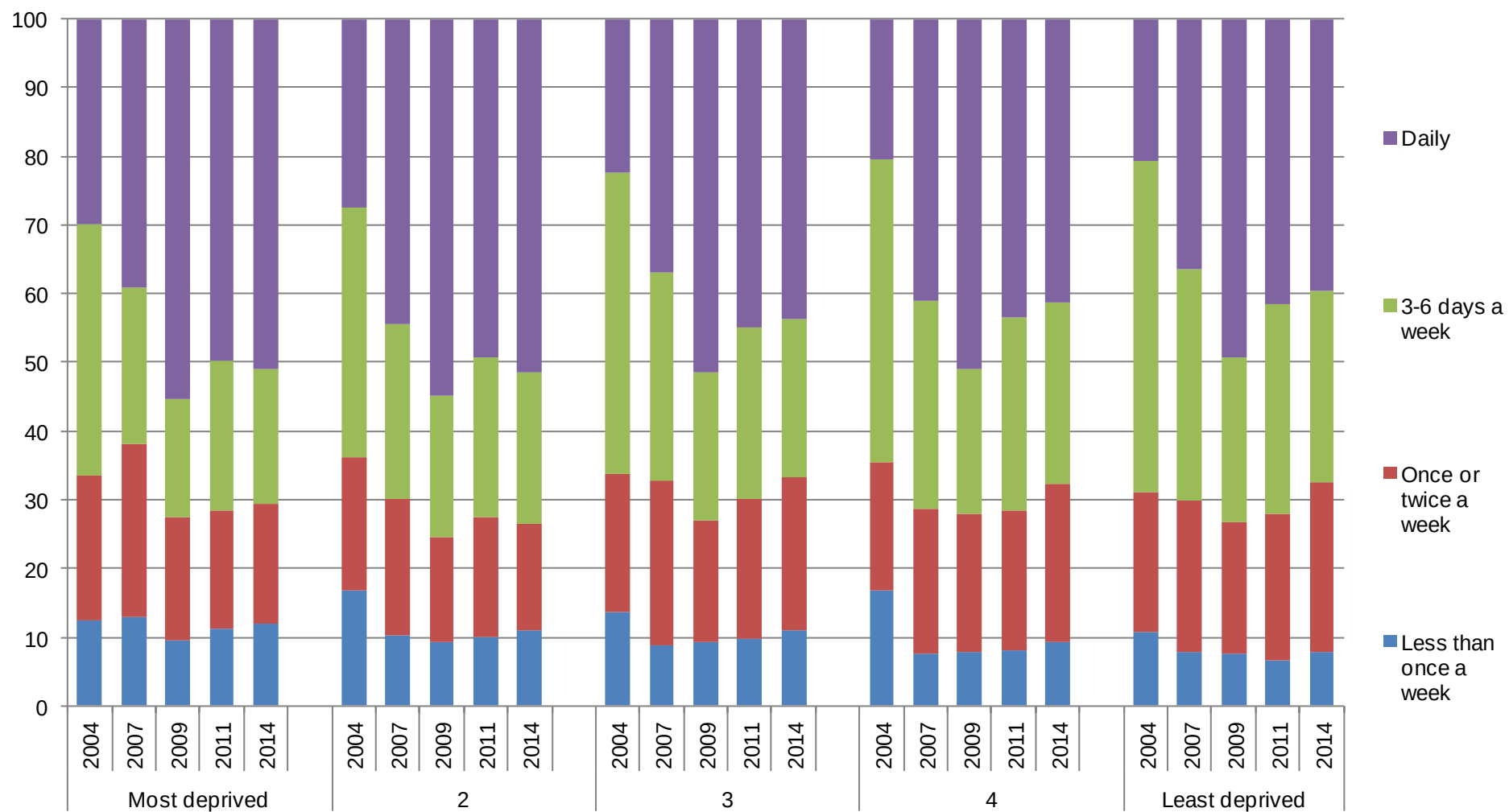


Figure 173: Frequency of speaking to non-household family (trends over time by deprivation)



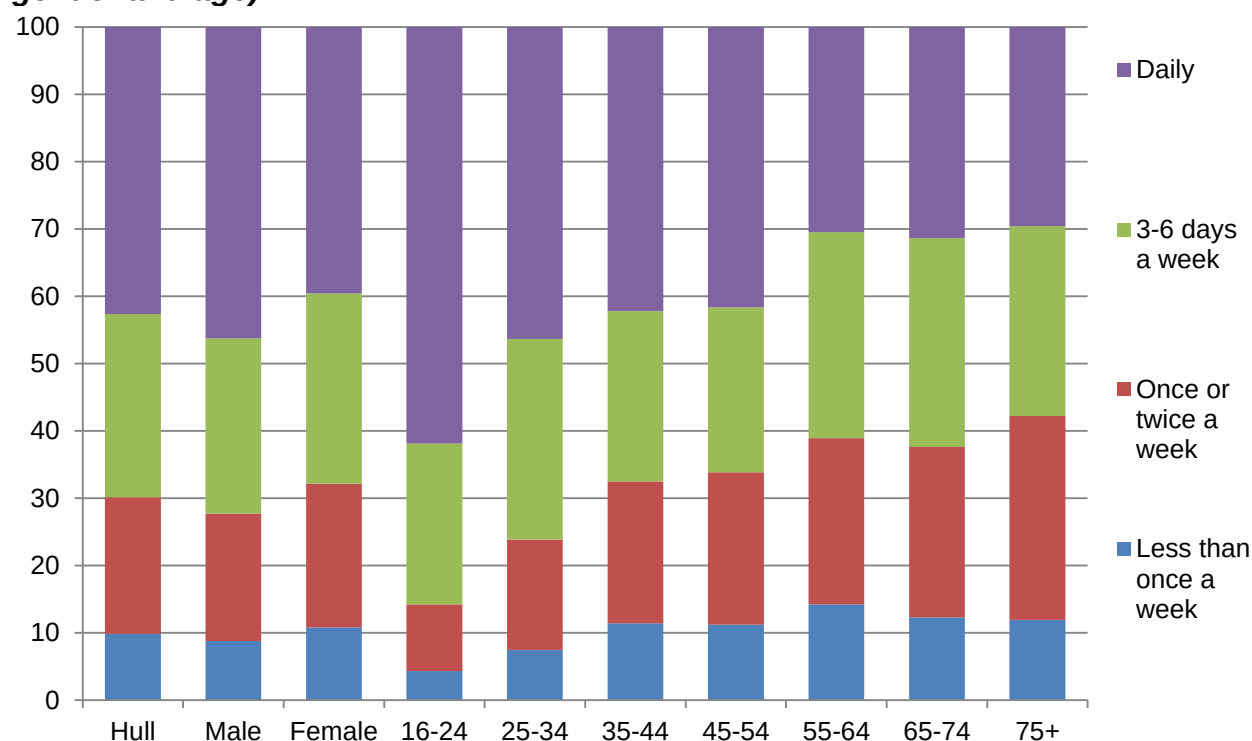
4.13.3 Frequency of Talking to Friends

4.13.3.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.11.2** for frequency of speaking to family, **section 5.11.3** for frequency of speaking to friends, **section 5.11.4** for frequency of speaking to neighbours, and **section 5.11.5** in relation to speaking to all three of these groups.

The frequency of speaking to non-household friends (who were not family) by gender and age is illustrated in **Figure 174**. Overall, 42.6% spoke to friends daily, 27.3% spoke 3-6 days a week, 20.2% spoke once or twice a week and 9.9% spoke to friends less than once a week. Women spoke to friends less frequently than men with 39.6% speaking to friends daily compared to 46.3% for men. Younger survey responders were much more likely to speak to friends daily with 61.9% of 16-24 year olds speaking to friends daily compared to 29.6% of those aged 75+ years. Fewer than one in twenty (4.3%) of those aged 16-24 years spoke to friends less than once a week compared to 11.9% of those aged 75+ years, although those aged 55-64 years were the most likely to speak to friends less than once a week with 14.2% doing so.

Figure 174: Frequency of speaking to non-household friends (overall, and by gender and age)

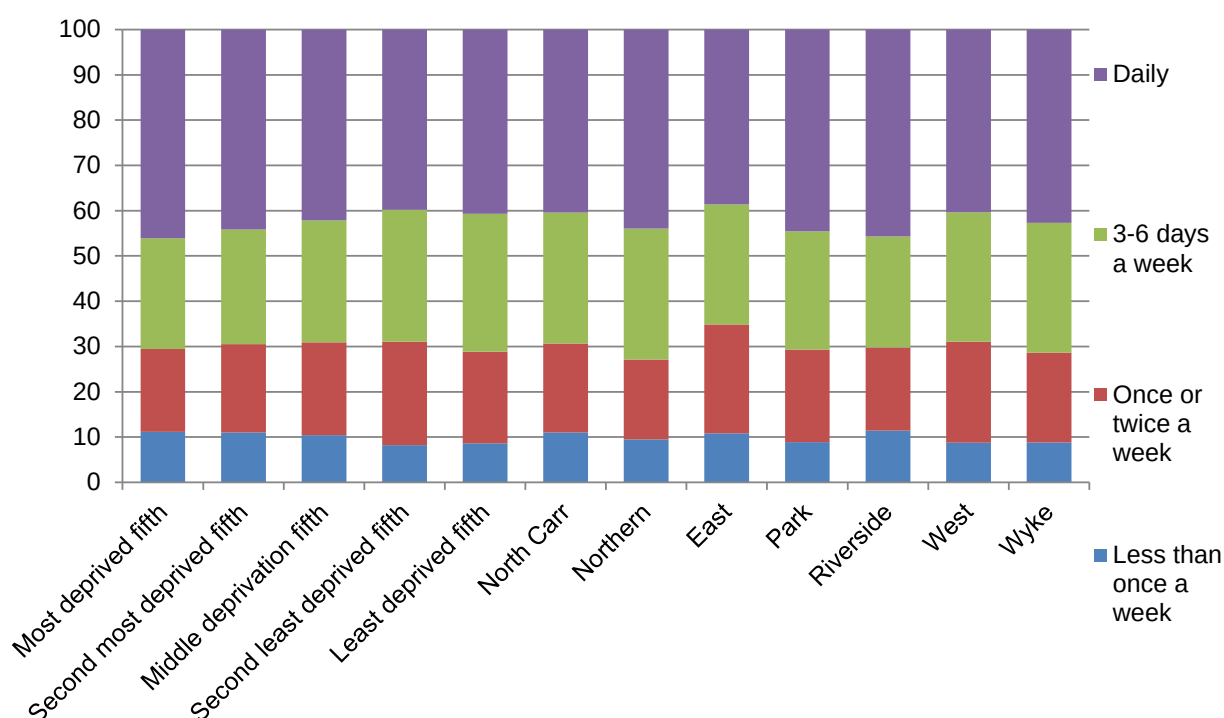


There were relatively small difference in the frequency of speaking to friends among the deprivation fifths although compared to the least deprived fifth, people in the most deprived fifth were slightly more likely to speak to friends daily (46.1% versus 40.7%)

but also slightly more likely to speak to friends less than once a week (11.2% versus 8.6%) as illustrated in **Figure 175**. People living in the least deprived fifth were the most likely to speak to friends and family 3-6 days a week (30.5%) compared to those living in the most deprived fifth (24.5%).

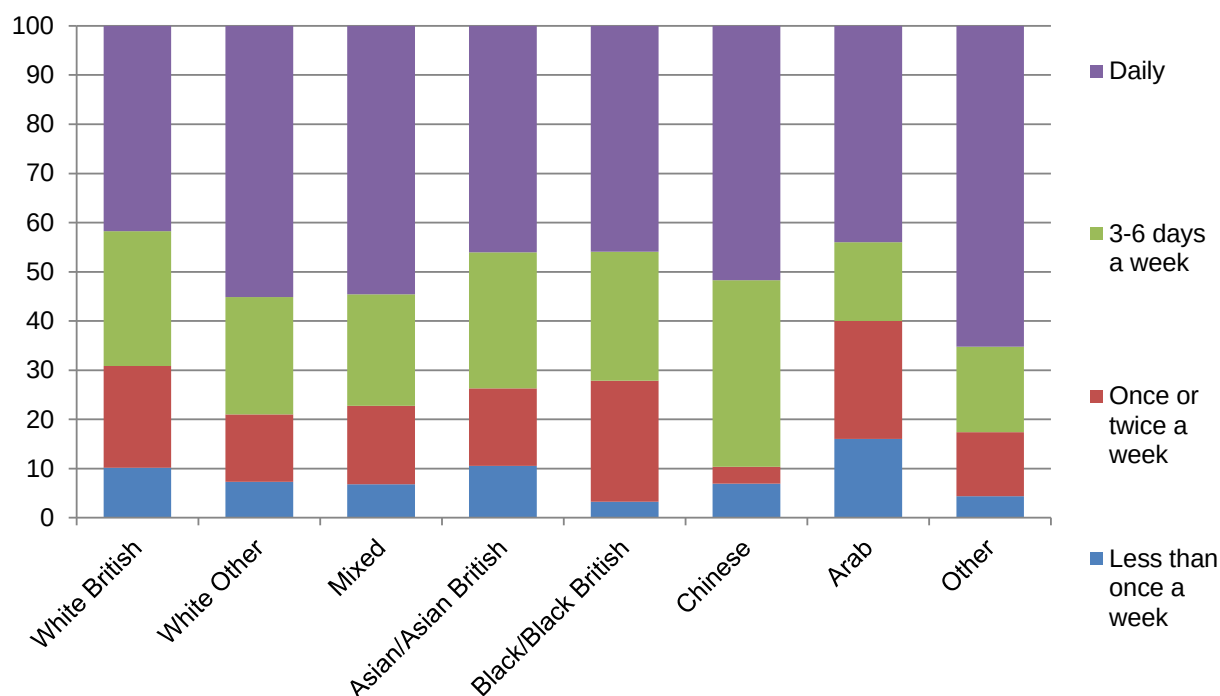
People living in Riverside (45.7%), Park (44.6%) and Northern (44.0%) were slightly more likely to speak to friends daily compared to those living in West and North Carr (both 40.4%) and East (38.6%), although this could be associated with the age structures of the populations.

Figure 175: Frequency of speaking to non-household friends (by deprivation and Area)



There was a difference in the frequency of speaking to friends among the different BME groups as illustrated in **Figure 176**. White British (41.7%) were the least likely to speak to friends daily and survey responders from Other BME groups (65.2%) were the most likely to speak to friends daily. Arabs were the most likely to speak to friends less than once a week (16.0%) which was 50% higher than the next highest group at 10.5% which was Asian and Asian British and 10.1% for White British. So it appears that Arabs and Asian and Asian British tend to speak to family rather than friends daily (**Figure 170**).

Figure 176: Frequency of speaking to non-household friends (by ethnicity)

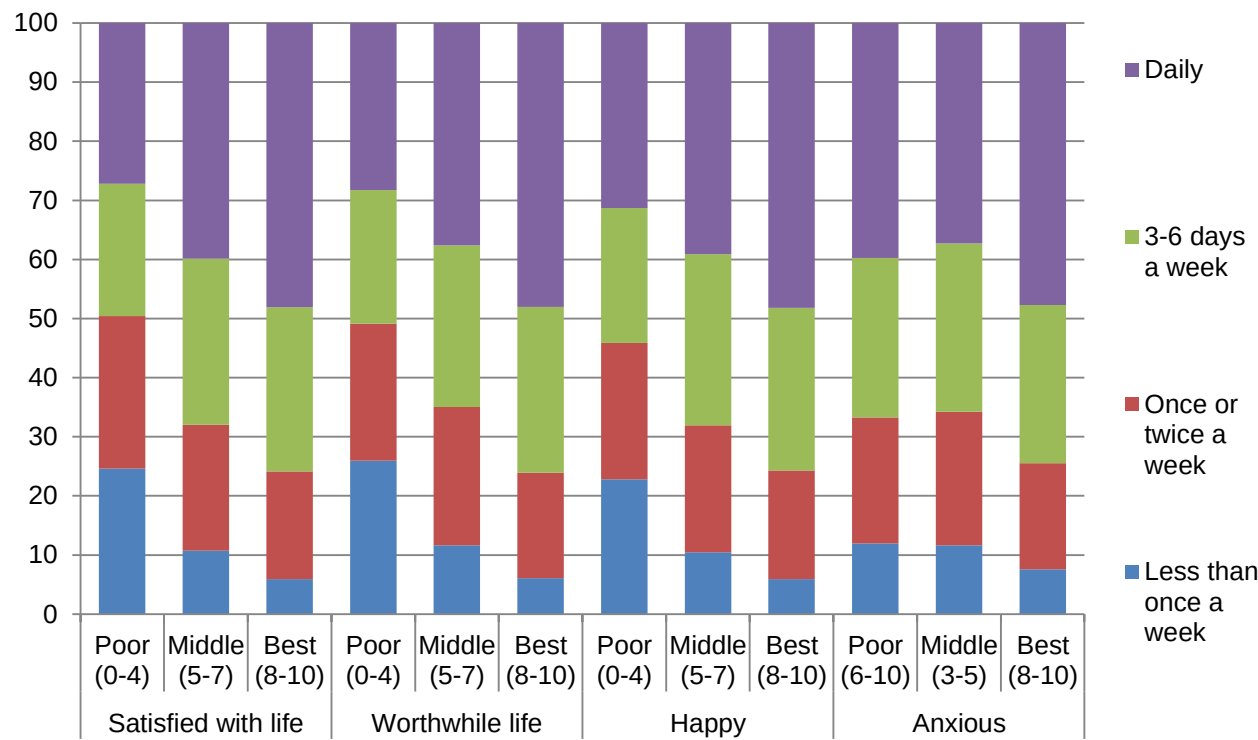


For some particular groups, it appears that some tend to speak to family more frequently than friends, for example, women, younger people, Arabs and Asian and Asian British. However, in contrast to this, people who have poor satisfaction with life, feel life is not worthwhile and are not as happy were found to speak to non-household family less frequently than those who are better higher well-being scores (**Figure 171**), and this is also the case for speaking to non-household friends (**Figure 177**). Thus, people with the poorer well-being scores appear to speak to both non-household family and friends less frequently than those with better well-being scores. In fact, the findings were much more noticeable among the three well-being categories for friends than they had been for family.

Almost half (range 48.0% to 48.2%) of those who had the best scores (8-10) for satisfaction with life, feeling life was worthwhile and happiness spoke to friends daily compared to around three in ten among those with poor (0-4) scores (27.2%, 28.2% and 31.3% for satisfaction with life, feeling life was worthwhile and happiness respectively). The figures were intermediate (around 40%) for those with middle (5-7) scores for these three measures of well-being. Furthermore, a higher percentage of people with the middle and best scores (around 28%) spoke to friends 3-6 days a week compared to those with poor scores (around 23%). Therefore, unsurprisingly, there was a large difference in the percentages who spoke to friends less than once a week. Four times as many people with poor satisfaction (24.6%), worthwhile (25.9%) and happiness (22.8%) scores spoke to friends less than once a week compared to those with the best satisfaction (5.9%), worthwhile (6.1%) and happiness (5.9%) scores. Whilst the pattern in the percentages between the poor and best scores for anxiety followed a similar pattern to that for the other three measures of well-being, those with the middle anxiety scores had a similar pattern of frequency of speaking to friends as those with the poor scores. Overall, 39.7% and 37.3% of those with poor and middling anxiety scores spoke

to friends daily compared to 47.7% of those with the best scores who there the least anxious. Around one in eight (12%) of those with poor and middle anxiety scores spoke to friends less than once a week compared to one in thirteen (7.6%) among those with the least anxiety.

Figure 177: Frequency of speaking to non-household friends (by wellbeing)



The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.11.3**.

4.13.3.2 Trends Over Time

Frequency of talking to family, friends and neighbours was also collected as part of previous local surveys (see **section 3.2.17**), and trends over time can be examined.

Figure 178 illustrates the trends over time in the frequency of speaking to non-household friends by gender and age, and **Figure 179** illustrates the trends by deprivation. A similar pattern occurred as for the frequency of speaking to non-household family, in that the percentage of survey responders speaking frequently (daily and weekly) increased between 2004 and 2009, and then has decreased slightly. It is possible that the percentages were unduly low for the 2004 survey for some reason. This survey was interview-based rather than self-completion, but so was the 2009 survey so this cannot explain the differences observed. As mentioned in **section 4.13.2.2** in relation to speaking to family, it is possible that increased use of technology in terms of communication (increased use of smart phones and social media, etc), could explain some of the increase in the frequency of speaking to non-household friends, however, it might be anticipated that this effect would be less apparent in the older age groups, and this is not the case. It is possible that the majority of younger people did frequently speak to non-household friends anyway and perhaps were more frequent users of technology to keep in touch with their friends, so increasing access and use of technology perhaps in other age groups was more noticeable and among young age groups, there was less potential for there to be an increase or change.

Figure 178: Frequency of speaking to non-household friends (trends over time by gender and age)

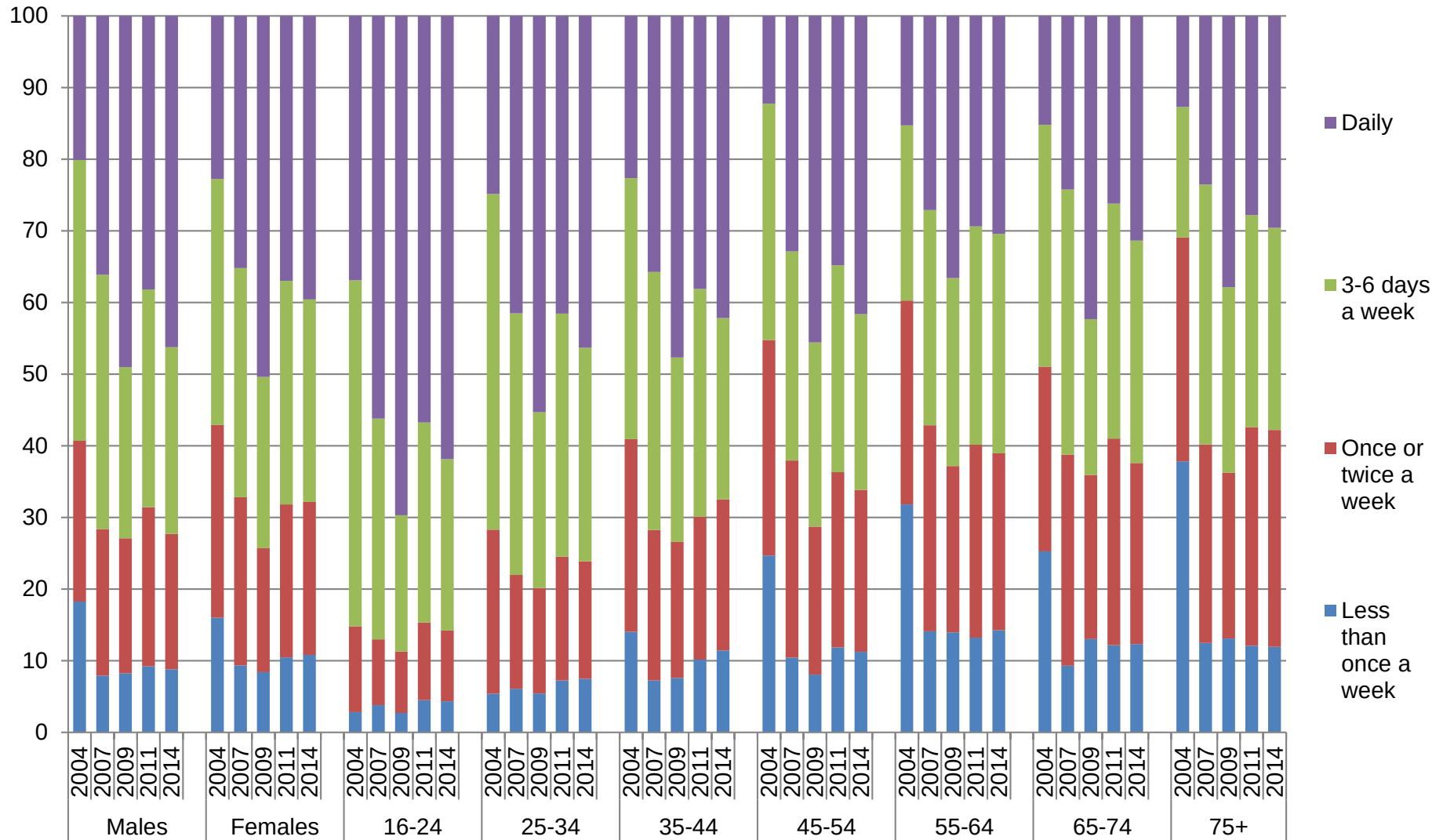
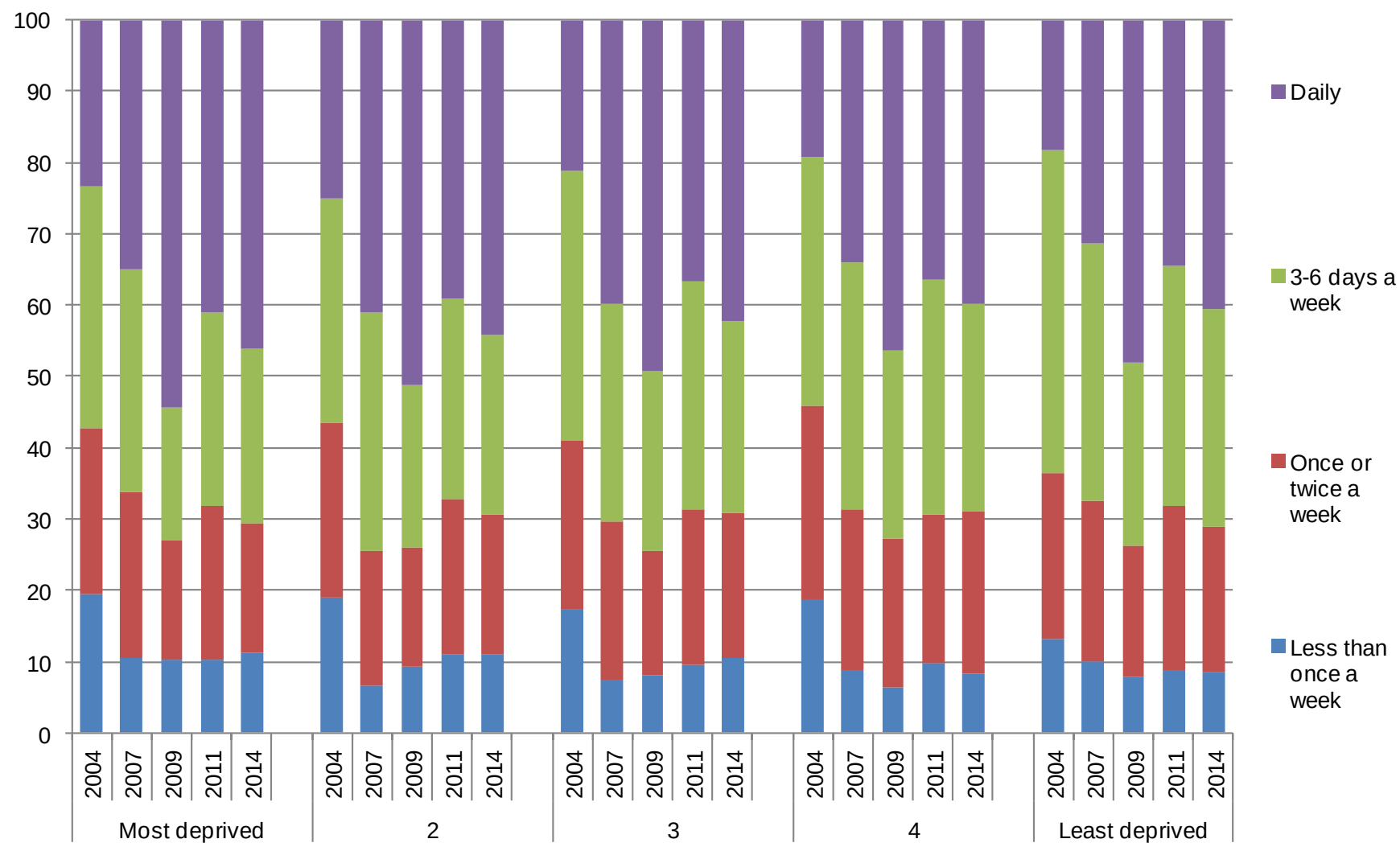


Figure 179: Frequency of speaking to non-household friends (trends over time by deprivation)



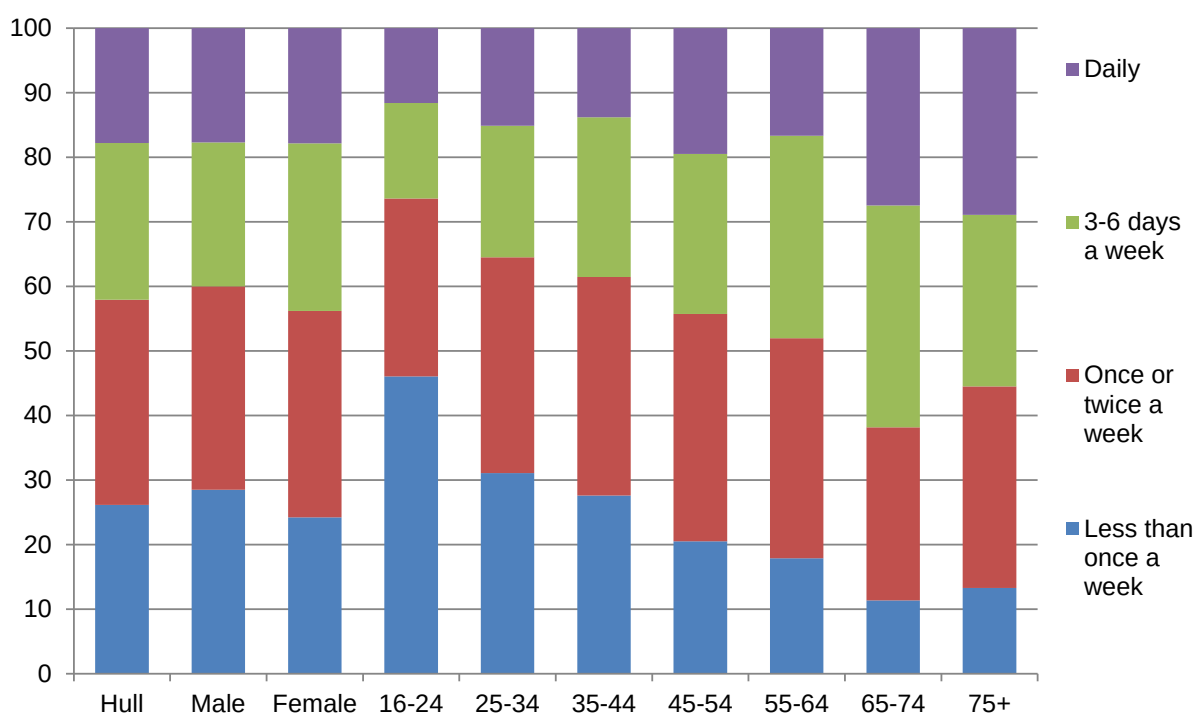
4.13.4 Frequency of Talking to Neighbours

4.13.4.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.11.2** for frequency of speaking to family, **section 5.11.3** for frequency of speaking to friends, **section 5.11.4** for frequency of speaking to neighbours, and **section 5.11.5** in relation to speaking to all three of these groups.

Overall, 17.8% spoke to neighbours daily, 24.3% spoke 3-6 days a week, 31.8% spoke once or twice a week and 26.2% spoken less than once a week (**Figure 180**). There were only small differences between men and women, but the younger age groups were much more likely to speak to neighbours less frequently. Among those aged 16-24 years, 11.6% spoke to neighbours daily and 46.0% spoke less than once a week compared to 28.9% and 13.3% respectively for those aged 75+ years.

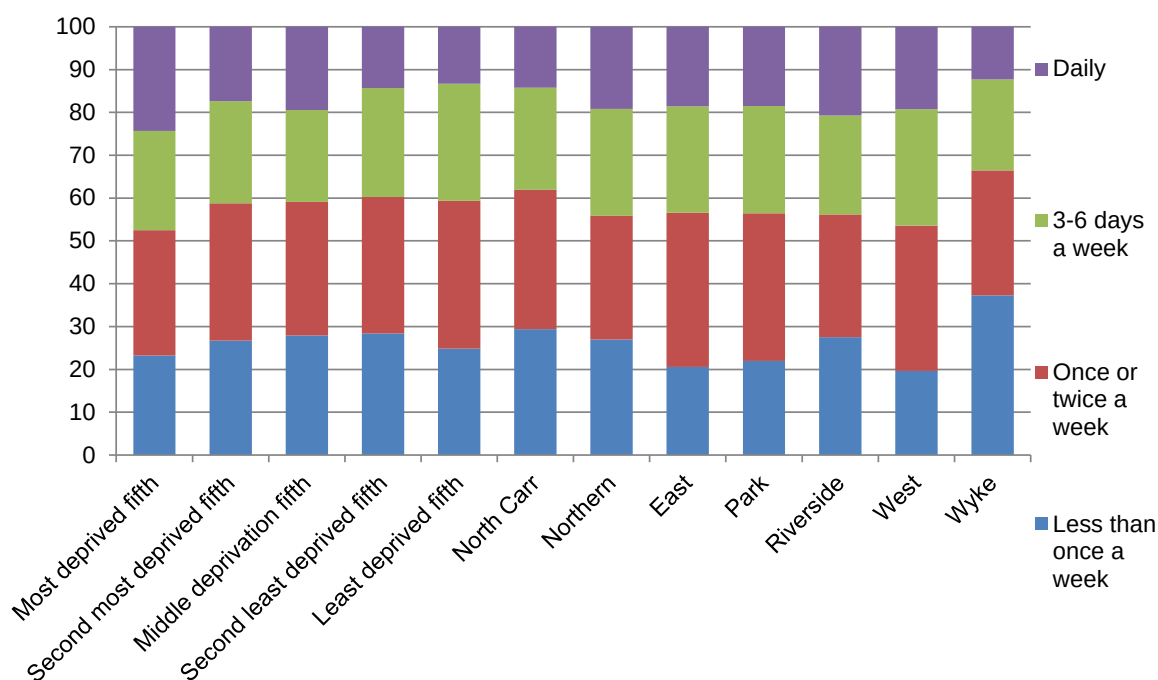
Figure 180: Frequency of speaking to neighbours (overall, and by gender and age)



People living in the most deprived fifth of areas, as well as speaking more frequently to family and friends, were also more likely to speak to neighbours daily as illustrated in **Figure 181**. Just under one-quarter (24.3%) of survey responders living in the most deprived fifth of areas spoke to neighbours daily compared to 13.3% among those living in the least deprived fifth of areas, though there were smaller differences in the percentages speaking to neighbours less than once a week (23.3% for most deprived fifth gradually increasing to 28.4% among second least deprived fifth before falling to 24.9% for most deprived fifth).

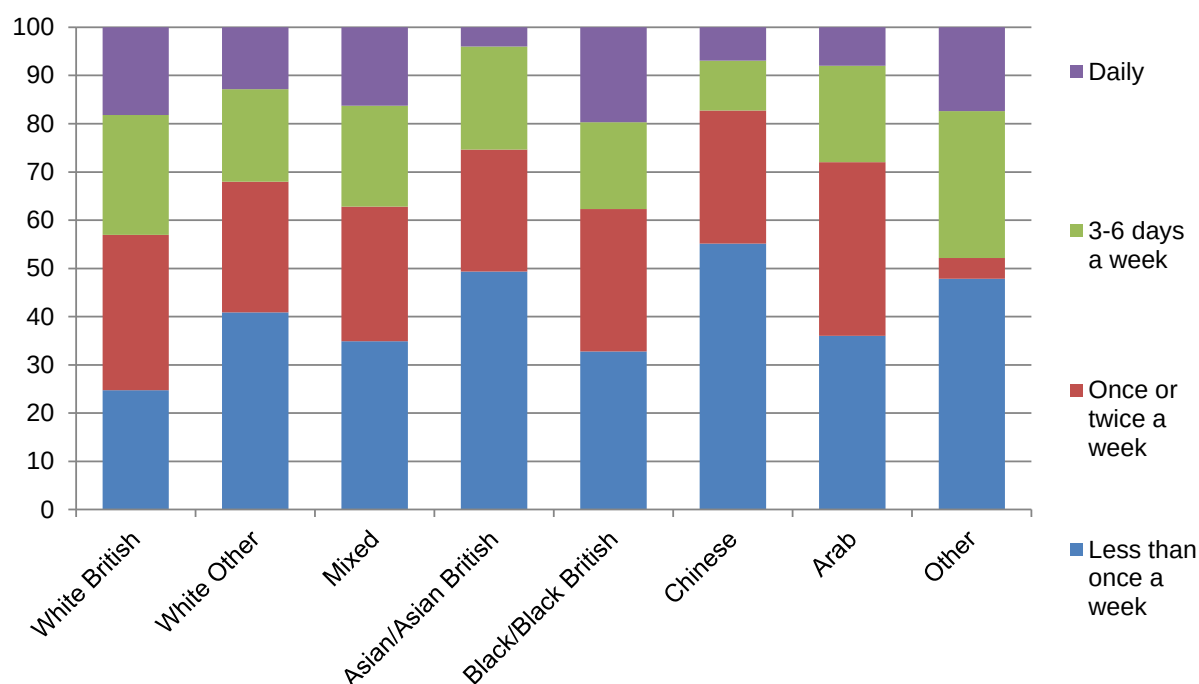
There were also some differences across the seven Areas. Survey responders in Wkye (12.0%) and North Carr (14.3%) were less likely to speak to neighbours daily with the highest percentages in Riverside (20.7%). There were also some relatively large differences in the percentages who spoke to neighbours less than once a week with West (19.6%) and East (20.6%) residents having the lowest percentages who spoke to neighbours less than once a week, and Northern (27.0%), Riverside (27.5%), North Carr (29.4%) and Wyke (37.3%) having the highest percentages who speak to neighbours less than once a week. As there is a strong association between the frequency of speaking to neighbours among the different age groups and to a lesser extent across the deprivation fifths, the differences in the Areas will be, in part, explained by age and deprivation.

Figure 181: Frequency of speaking to neighbours (by deprivation and Area)



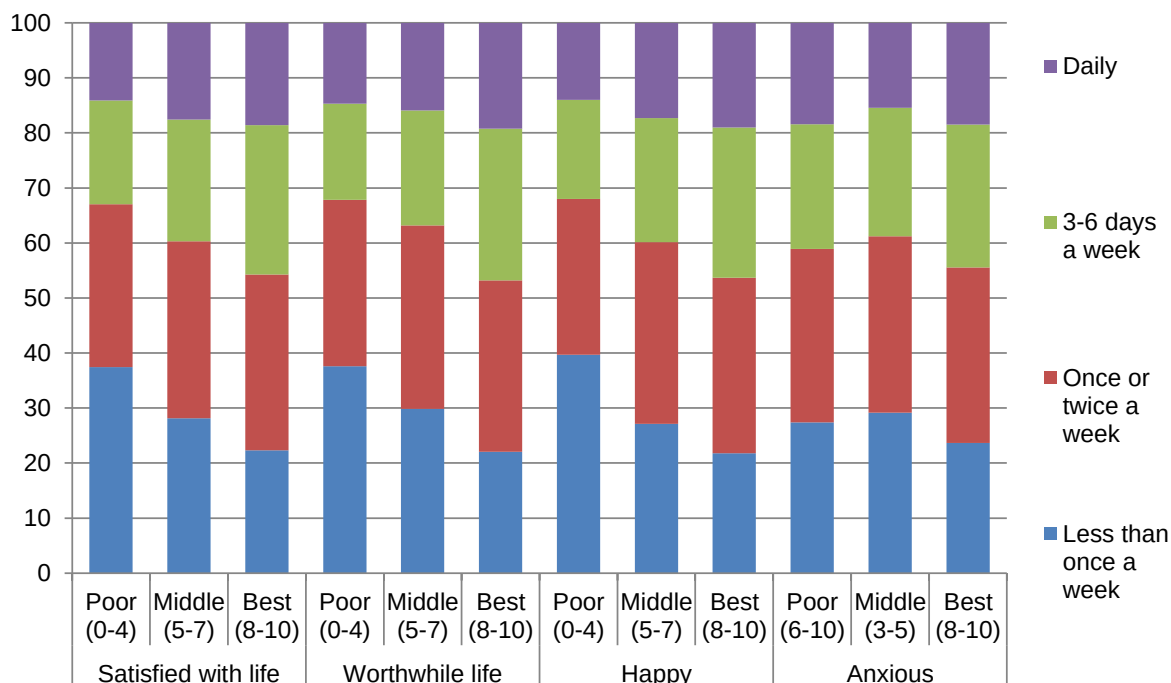
There were relatively large differences in the frequency of speaking to neighbours among the different BME groups (**Figure 182**). Among the White British, 18.2% spoke to neighbours daily and a similar percentage did so for Mixed (16.3%), Black and Black British (19.7%) and Other BME groups (17.4%), but the percentages were lower among Asian and Asian British (4.0%), Chinese (6.9%), Arabs (8.0%) and White Other (12.8%). Around one-quarter (24.8%) of White British spoke to neighbours less than once a week, but this was considerably higher for all other BME groups (range 32.8% for Black and Black British to 55.2% for Chinese). Again some of these findings will be associated with age, as survey responders from different BME groups tended to be younger, and therefore less likely to speak to neighbours frequently.

Figure 182: Frequency of speaking to neighbours (by ethnicity)



Whilst the differences in the percentages between a poor and a high score for satisfaction with life, worthwhile life and happiness were not as pronounced as they were with speaking to family and friends daily, there were still differences between those with a poor and high score in relation to speaking to neighbours daily (**Figure 183**). Around 14% of those with a poor score spoke to neighbours daily compared to around 19% of those with a high score. There was a greater difference in the percentage speaking to neighbours less than once a week though. Just under four in ten of those with poor scores spoke to neighbours less than once a week compared to just over two in ten among those with the best scores. The differences were less marked between those with poor and high scores for anxiety with 18.5% of those with poor and the best scores speaking to daily to neighbours compared to 15.5% in the middle category, and 27.4%, 29.2% and 23.6% speaking to neighbours less than once a week among those with poor (high anxiety), medium and the best (lowest anxiety) scores for anxiety.

Figure 183: Frequency of speaking to neighbours (by wellbeing)



The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.11.4**.

4.13.4.2 Trends Over Time

Frequency of talking to family, friends and neighbours was also collected as part of previous local surveys (see **section 3.2.17**), and trends over time can be examined.

Figure 184 illustrates the trends over time in the frequency of speaking to neighbours by gender and age. For the frequency of speaking to non-household family (**section 4.13.2.2**) and non-household friends (**section 4.13.3.2**), the percentage speaking daily and weekly were relatively low in 2004, however this is not the case in relation to the frequency of speaking to neighbours, although the percentage speaking to neighbours frequently was relatively high in 2009. Both the 2004 and 2009 surveys were interview-based rather than self-completed questionnaires, and this could have influenced the responses. Ignoring the 2009 survey, where the responses appear to be an outlier, then it appears that the percentage speaking to neighbours daily has increased, but the percentage speaking infrequently has also increased, although this latter effect is less apparent among the older ages.

Figure 185 illustrates the trends over time in the frequency of speaking to neighbours by deprivation. For each of the deprivation fifths, the percentage speaking to neighbours less than once a week (and once or twice a week or less frequently) has increased and this is particularly the case among the most deprived fifths. There are relatively small changes in the percentages speaking to neighbours daily over time among the deprivation fifths (with the exception of the 2009 survey).

Figure 184: Frequency of speaking to neighbours (trends over time by gender and age)

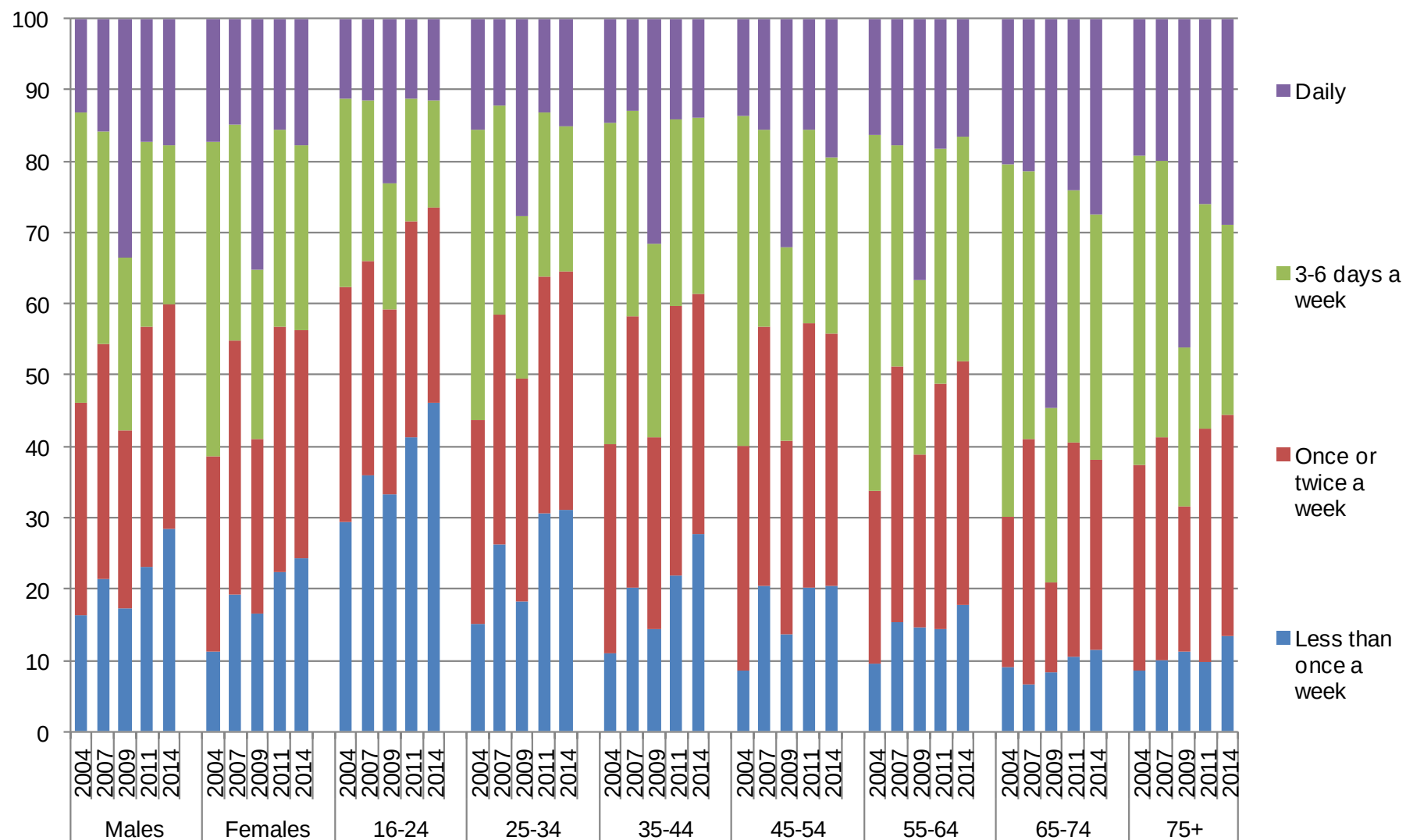
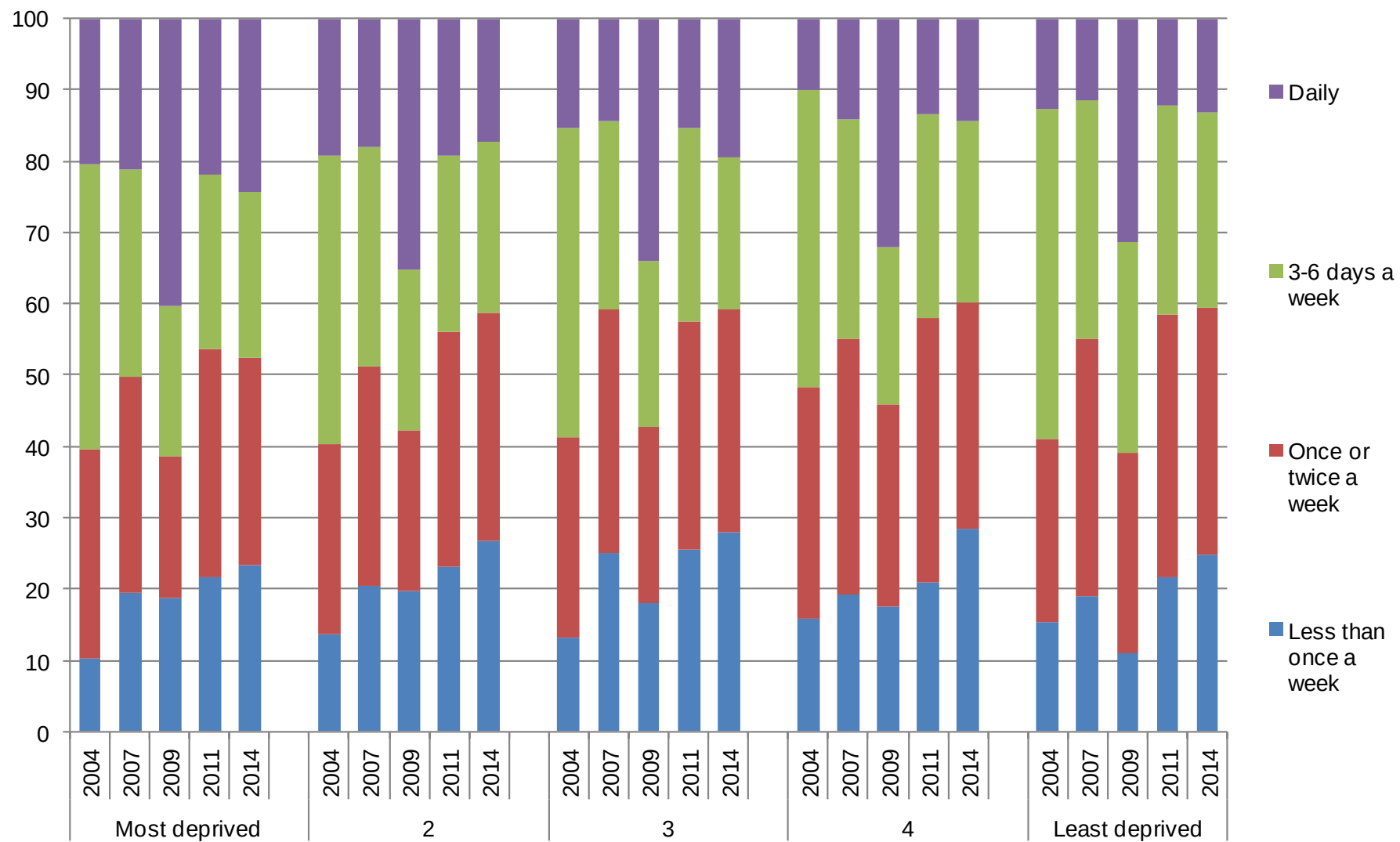


Figure 185: Frequency of speaking to neighbours (trends over time by deprivation)



4.13.5 Frequency of Talking to Family, Friends and/or Neighbours

This section gives the percentage of survey responders by their frequency of speaking to others (non-household family, friends or neighbours). The most frequently category is recorded. For example, if a survey responder speaks to non-household family 3-6 days a week, speaks to friends once or twice a week and speak to neighbours once or twice a week, the person will be classified as speaking to others 3-6 days a week.

4.13.5.1 Current Prevalence

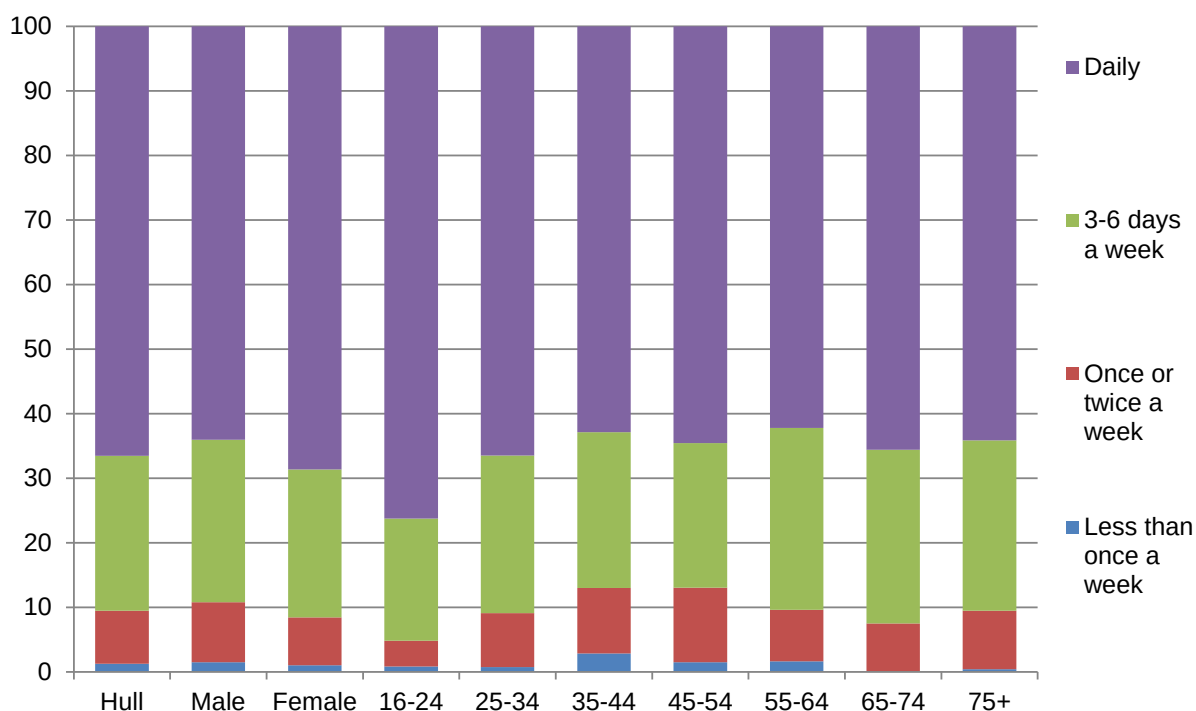
The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.11.2** for frequency of speaking to family, **section 5.11.3** for frequency of speaking to friends, **section 5.11.4** for frequency of speaking to neighbours, and **section 5.11.5** in relation to speaking to all three of these groups.

Around two-thirds (66.5%) of all survey responders spoke to non-household family, friends or neighbours daily, 23.9% spoke 3-6 days a week and a further 8.3% spoke to non-household family, friends or neighbours once or twice a week (**Figure 186**). Only 1.3% reported that they spoke to non-household family, friends or neighbours less than once a week. Some of these survey responders will live with other adults (see **section 0**).

Men were slightly more likely to speak less frequently but the differences were small with 1.5% of men speaking to non-household family, friends or neighbours less than once a week and 9.3% speaking only once or twice a week compared to 1.0% and 7.4% respectively for women. Women were slightly more likely to speak to non-household family, friends or neighbours daily (64.0% versus 68.6%).

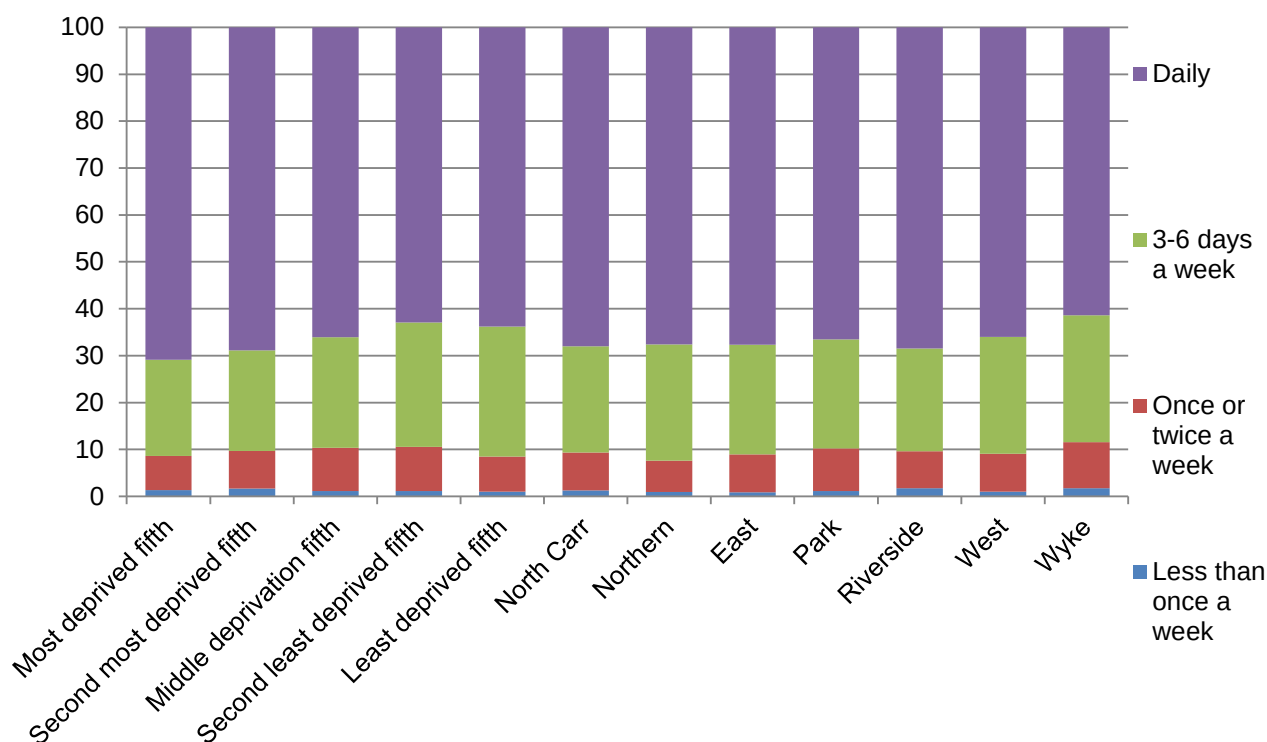
Among those aged 25+ years there were relatively small differences among the percentages with just under two-thirds speaking to non-household family, friends or neighbours daily (range 62.2% to 66.5%) with the percentages slightly higher for those aged 16-24 years at 76.2%. To some extent this was counter-balanced as 16-24 year olds had the lowest percentages speaking to non-household family, friends or neighbours 3-6 days a week (18.9% versus range 22.1% to 28.2% for other age groups). It was the middle age groups who spoke to non-household family, friends or neighbours the least frequently with 10.1% of those aged 35-44 years and 11.5% of those aged 45-54 years speaking to them once or twice a week and an additional 2.8% of those aged 35-44 years and 1.5% of those aged 45-54 years speaking to them less than once a week. Among those aged 75+ years, these figures were 9.0% and 0.5% for once or twice a week and less than once a week respectively. Those aged 16-24 years were the least likely to speak to non-household family, friends or neighbours once or twice a week (4.0%) and less than once a week (0.8%).

Figure 186: Frequency of speaking to non-household family, friends and/or neighbours (overall, and by gender and age)



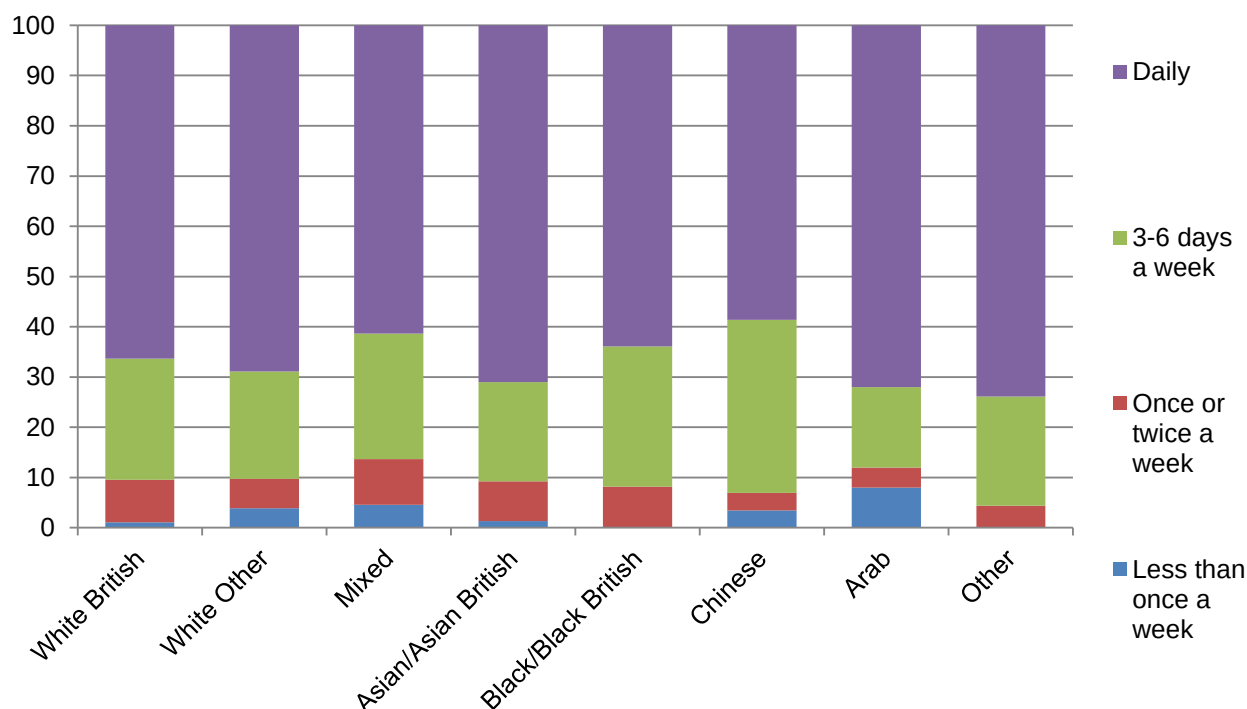
People living in the most deprived fifth of areas were the most likely to speak to non-household family, friends or neighbours daily (70.9%) and this percentage gradually decreased to 62.9% and 63.8% among those in the second least and least deprived fifths respectively (**Figure 187**), although this was counter-balanced as people in the most deprived fifth of areas had the lowest percentage who spoke to non-household family, friends or neighbours 3-6 days a week at 20.5% compared to 27.7% for those living in the least deprived fifth of areas. Two-thirds of survey responders spoke to non-household family, friends or neighbours daily in all Areas except Wyke where only 61.4% spoke to them daily, although they did have the highest percentage who spoke 3-6 days a week. One percent or lower spoke to non-household family, friends or neighbours less than once a week in Northern, East and West, compared to 1.7% in Wyke and 1.8% in Riverside.

Figure 187: Frequency of speaking to non-household family, friends and/or neighbours (by deprivation and Area)



There were some differences in the percentages speaking to non-household family, friends or neighbours daily (**Figure 188**) with the Chinese having the lowest percentages speaking to them daily (58.6%) and the percentages were relatively low for Mixed (61.4%) and Black and Black British (63.9%). The percentages were highest for Asian and Asian British (71.1%), Arabs (72.0%) and Other BME groups (73.9%). None of the Black and Black British and survey responders from Other BME groups spoke less than once a week, around 1% for White British (1.1%) and Asian and Asian British (1.3%), around 4% for Chinese (3.4%), White Other (3.9%) and Mixed (4.5%) and the percentage was highest among the Arabs (8.0%).

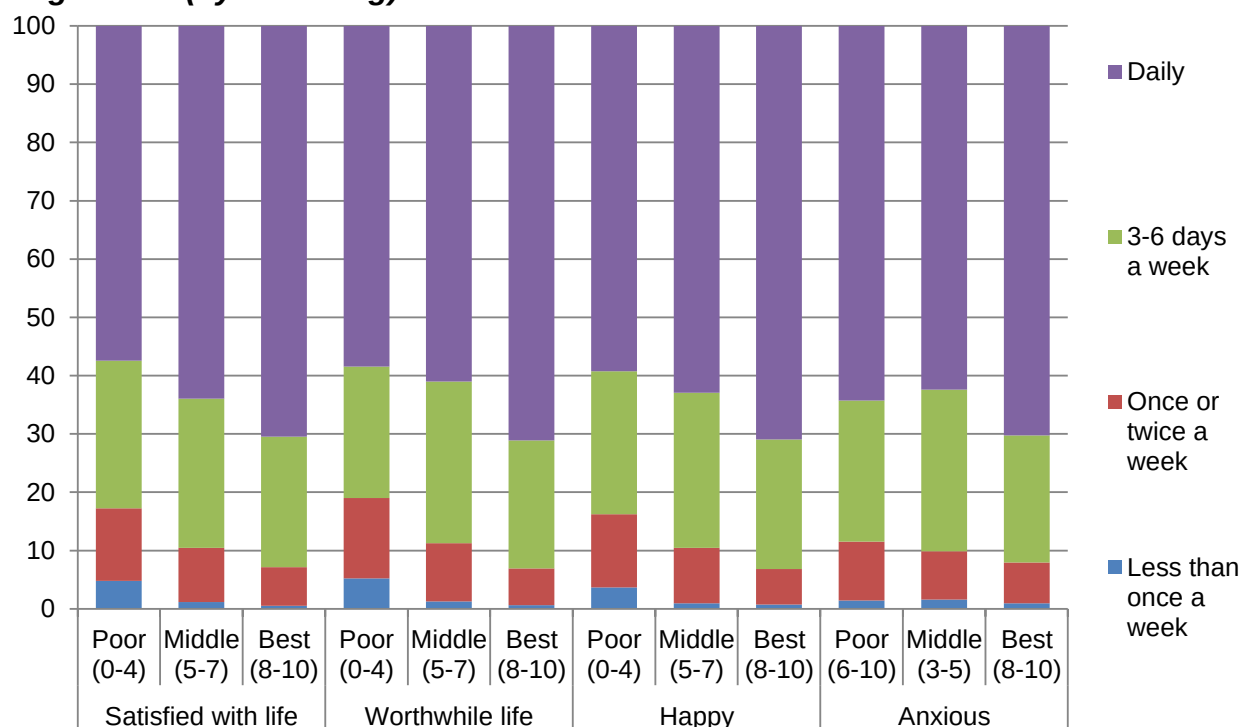
Figure 188: Frequency of speaking to non-household family, friends and/or neighbours (by ethnicity)



Just under 60% of survey responders with poor scores for satisfaction with life (57.4%), feeling life is worthwhile (58.5%) and happiness (59.3%) spoke to non-household family, friends and neighbours daily compared to just over 70% among those who had high scores for satisfaction (70.5%), feeling worthwhile (71.1%) and happiness (71.0%) with just over 60% of the survey responders who had intermediate scores speaking to them daily (**Figure 189**). For anxiety, there were small differences between the percentages who spoke to family, friends or neighbours daily between those with poor scores (64.3%) and intermediate scores (62.4%), with a slightly higher percentage speaking daily among those who had lower levels of anxiety (70.2%).

Fewer than 1% of survey responders with high levels of satisfaction, feeling worthwhile and happiness spoke to family, friends and neighbours less than once a week with around 6% speaking to them once or twice a week compared to 4-5% and 13-14% speaking less than once a week and once or twice a week respectively among those with poor scores.

Figure 189: Frequency of speaking to non-household family, friends and/or neighbours (by wellbeing)



The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.11.5**.

4.13.5.2 Trends Over Time

Frequency of talking to family, friends and neighbours was also collected as part of previous local surveys (see **section 3.2.17**), and trends over time can be examined.

Figure 190 illustrates the trends over time in the frequency of speaking to neighbours by gender and age, and **Figure 191** the trends by deprivation. The overall change in the percentages over time is similar for males and females, across the age groups and across the deprivation fifths. There were relatively small changes in the percentages speaking to family, friends and/or neighbours less than once a week, or once or twice a week or less frequently. However, with the exception of the 2009 survey (which was interview-based as was the 2004 survey), there was an increasing percentage of survey responders who reported speaking to family, friends or neighbours daily. Whilst there was a slight increase in the percentages speaking to neighbours daily among males and females and across the age groups, although no real difference between deprivation fifths (as discussed in **section 4.13.4.2**), the main reason for the increase was an increase in the percentages speaking to non-household family (**section 4.13.2.2**) and non-household friends (**section 4.13.3.2**). It is possible that increased use of technology (cheaper smart phones and use of social media, etc) could be at least a partial explanation for this.

Figure 190: Frequency of speaking to non-household family, friends and/or neighbours (trends over time by gender and age)

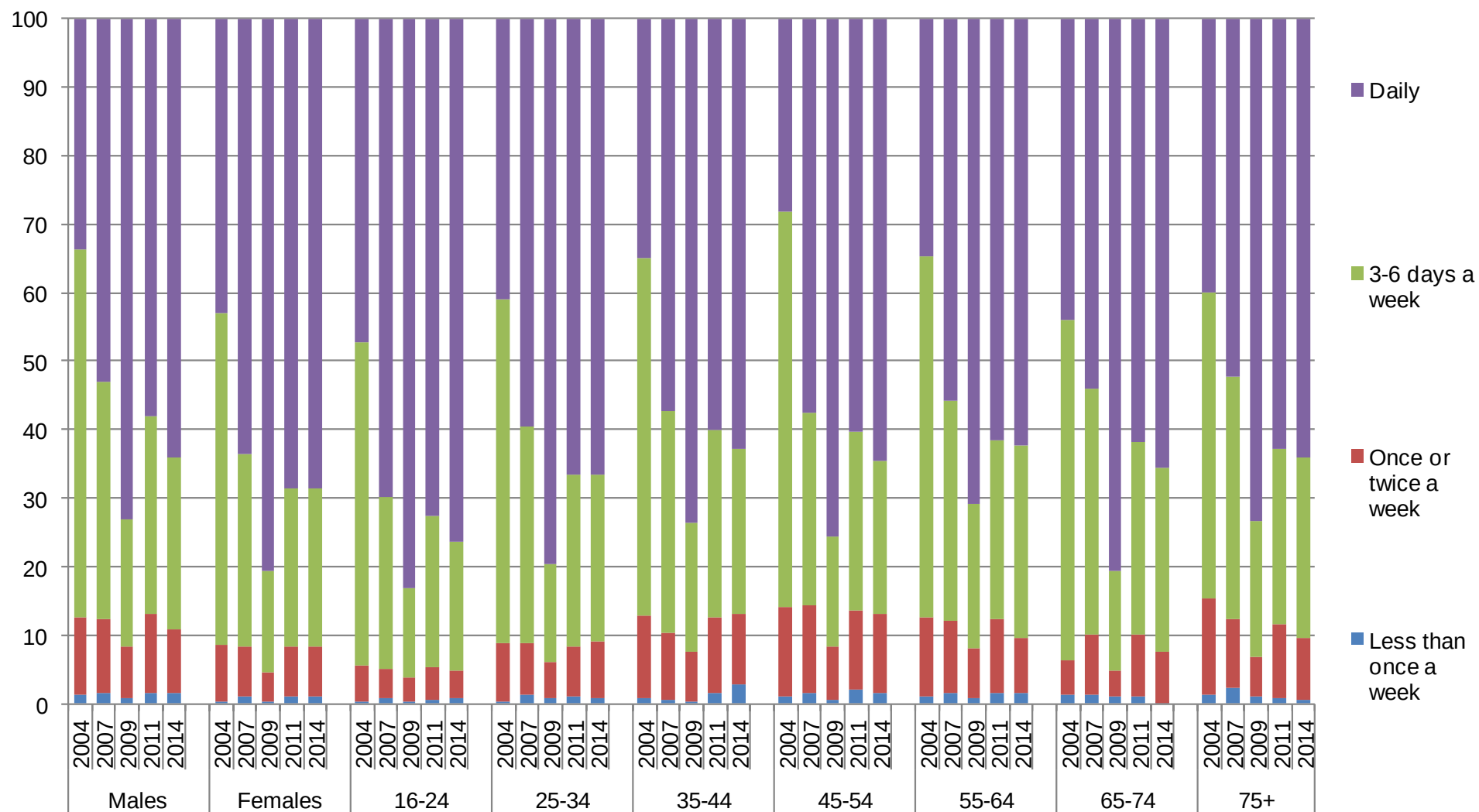


Figure 191: Frequency of speaking to non-household family, friends and/or neighbours (trends over time by deprivation)



4.13.6 Potentially Socially Isolated

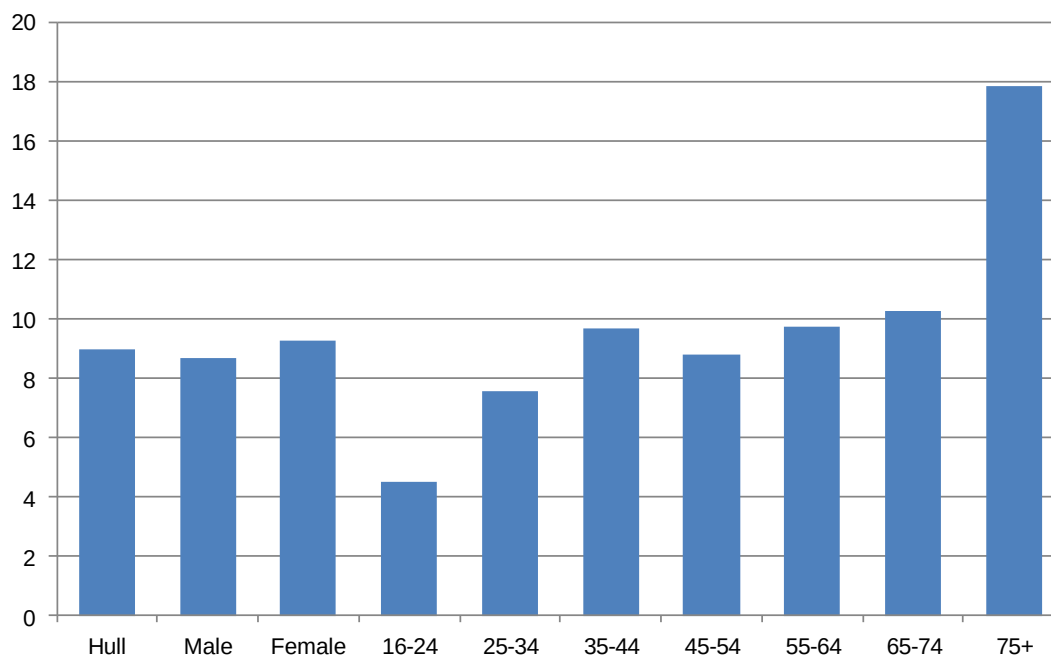
This section presents the percentages of survey responders who might be socially isolated. Information on the number of adults in the household and the frequency of speaking to non-household family, friends and neighbours have all been collected from previous local surveys. The information from these four questions was used to produce a measure of social isolation. Survey responders who were the only adult in the household and did not speak to family, friends or neighbours daily were classified as potentially socially isolated. The intention at the time of the surveys was not to measure social isolation (but social networks and other measures of social capital), and as a result it is not an ideal measure of social isolation. It can only be used as a guide to potential social isolation. It does not take into account the quality or quantity of the 'conversations' to others, and more importantly, it does not consider the opinions or feelings of the survey responder, i.e. their satisfaction with the quality and quantity of the social interactions with others. Some people living with other adults and some adults who live alone but do speak to others daily may feel socially isolated, whereas other people who live alone and do not usually speak to others daily may not necessarily feel socially isolated. More information on how the local indicator was defined is given in **section 3.2.12** on **page 40**.

4.13.6.1 Current Prevalence

The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.11.6**.

Overall 9% of survey responders lived alone and did not speak to family, friends or neighbours daily with the percentage very slightly higher among women (9.2% versus 8.7%) which could be due to age as there were differences by ages (**Figure 192**). Less than one in twenty (4.5%) of those aged 16-24 years lived alone and did not speak to family, friends or neighbours daily, but this percentage gradually increased with age (although it did fall from 9.7% among those aged 35-44 years to 8.8% for those aged 45-54 years before increasing again to 9.7% among those aged 55-64 years) to 10.2% among those aged 65-74 years and to 17.8% among those aged 75+ years.

Figure 192: Percentage potentially socially isolated (overall, and by gender and age)



There were only small differences in the percentage potentially socially isolated among the four most deprivation fifths (range 9.6% to 10.2%), but the percentage was lower at 5.6% among those survey responders who lived in the least deprived fifth of areas as illustrated in **Figure 193**. Potential social isolation was lowest in Park (7.3%) and highest in Riverside (11.0%).

Figure 193: Percentage potentially socially isolated (by deprivation and Area)

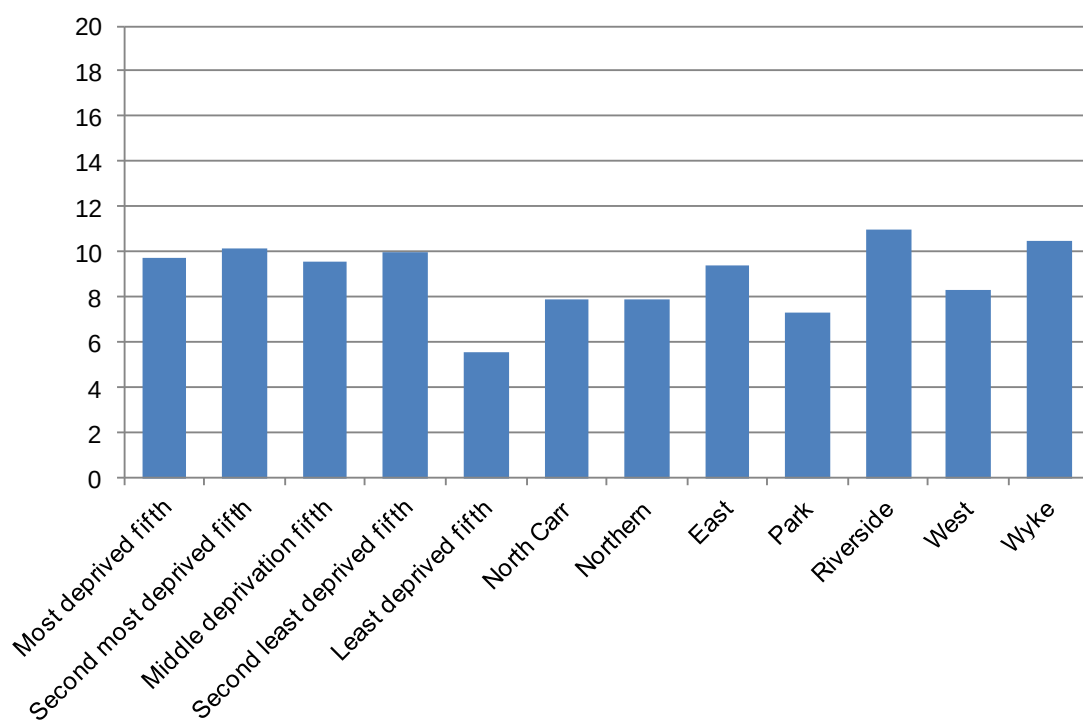


Table 30 gives the percentages who live alone and do not speak to family, friends or neighbours daily across the 23 wards in Hull for all ages and among those aged 65+ years. As some of the numbers surveyed within each ward are relatively small, there will be some random variation associated with the estimate (that is, if another survey was completed immediately following the current survey slightly different estimates would be obtained as slightly different people would have been surveyed even though there would have been not true or real change in the underlying prevalence for that ward). A range of values (95% confidence intervals¹⁸) have been given as well as the estimate of the prevalence for each ward. If these ranges do not overlap then the difference in the prevalence estimates will be statistically significant. Thus, for example, among all ages, the percentage potentially socially isolated in University is statistically significantly higher than that for Myton as there is no overlap in the sets of confidence intervals. There are no statistically significant differences in the percentages among the wards for those aged 65+ years as the numbers surveyed are much smaller and the confidence intervals are much wider.

The estimated population aged 16+ years and aged 65+ years is presented (from the Office for National Statistics mid-year 2013 estimates) together with an estimate of the total numbers potentially socially isolated. As these numbers are based on the percentages, the figures for the 65+ year age group should be used as a very rough guide only as there is considerable variation.

The percentages potentially socially isolated among those aged 65+ years should be used as a very approximate guide only. The numbers surveyed are small, and the confidence intervals are very wide.

Even for all ages, the confidence intervals are relatively wide. For instance, in Southcoates West where only 131 people were surveyed it is estimated that 9.9% are potentially socially isolated but the estimate could actually range from 5.9% to 16.2%. Among those aged 65+ years from Southcoates West there were only 26 survey responders and it is estimated that 19.2% are potentially isolated but the actual percentage could range from 8.5% to 37.9%. Thus the estimated number of people aged 65+ years who are potentially socially isolated ranges from 100 to 445 people (a considerable difference) with the best estimate being 226 people.

¹⁸ The 95% confidence intervals have been calculated using statistical methods to give a range of likely values for the prevalence. We are 95% confident that the interval obtained (from the survey sample) will contain the true underlying prevalence for that ward. If the CI is wide then there is a degree of uncertainty around the prevalence, and caution should be used when interpreting the findings.

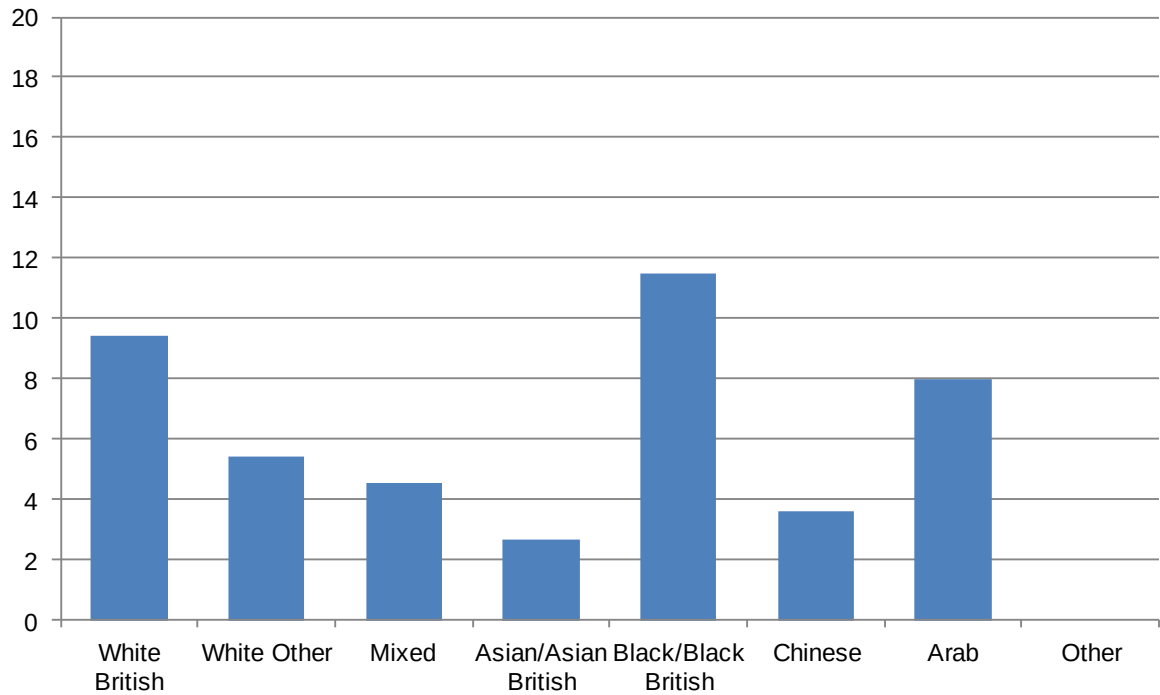
Table 30: Percentage potentially socially isolated across the wards in Hull

Area	All ages				Aged 65+ years			
	Number of survey responders	Percentage (95% CI)	Total estimated population	Number potentially socially isolated	Number of survey responders	Percentage (95% CI)	Total estimated population	Range potentially socially isolated
Bransholme East	214	7.9 (5.0, 12.4)	7,681	610	40	7.5 (2.6, 19.9)	1,001	26 to 199
Bransholme West	140	8.6 (5.0, 14.4)	6,423	551	25	16.0 (6.4, 34.7)	1,330	85 to 461
Kings Park	203	7.4 (4.5, 11.8)	8,637	638	28	10.7 (3.7, 27.2)	907	34 to 247
Area: North Carr	557	7.9 (5.9, 10.4)	22,741	1,796	93	10.8 (5.9, 18.7)	3,238	193 to 605
Beverley	174	6.9 (4.0, 11.7)	7,268	501	39	15.4 (7.2, 29.7)	1,778	129 to 529
Orchard Pk & Grnwd	291	9.6 (6.7, 13.6)	10,141	976	50	24.0 (14.3, 37.4)	1,684	241 to 630
University	285	6.7 (4.3, 10.2)	8,396	560	33	6.1 (1.7, 19.6)	1,317	22 to 258
Area: Northern	750	7.9 (6.1, 10.0)	25,805	2,030	122	16.4 (10.9, 24.0)	4,779	519 to 1,145
North Hull	1,307	7.9 (6.5, 9.5)	48,546	3,826	215	14.0 (10.0, 19.2)	8,017	798 to 1,541
Ings	225	8.4 (5.5, 12.8)	9,917	837	64	10.9 (5.4, 20.9)	2,738	148 to 572
Longhill	226	10.2 (6.9, 14.8)	9,261	942	51	15.7 (8.2, 28.0)	2,118	173 to 593
Sutton	261	9.6 (6.6, 13.8)	10,172	974	67	14.9 (8.3, 25.3)	2,096	174 to 531
Area: East	712	9.4 (7.5, 11.8)	29,350	2,762	182	13.7 (9.5, 19.5)	6,952	659 to 1,355
Holderness	251	6.8 (4.3, 10.6)	10,734	727	55	14.5 (7.6, 26.2)	2,015	152 to 527
Marfleet	244	7.4 (4.7, 11.4)	10,605	782	41	7.3 (2.5, 19.4)	1,859	47 to 361
Southcoates East	185	5.9 (3.4, 10.3)	6,365	378	37	16.2 (7.7, 31.1)	1,190	91 to 371
Southcoates West	131	9.9 (5.9, 16.2)	6,419	637	25	20.0 (8.9, 39.1)	1,176	104 to 460
Area: Park	811	7.3 (5.7, 9.3)	34,123	2,482	158	13.9 (9.4, 20.2)	6,240	585 to 1,259
Drypool	248	9.7 (6.6, 14.0)	10,676	1,033	36	16.7 (7.9, 31.9)	1,745	137 to 556
East Hull	1,771	8.5 (7.3, 9.9)	74,149	6,280	376	14.1 (10.9, 18.0)	14,937	1,634 to 2,685
Myton	320	13.8 (10.4, 18.0)	13,561	1,865	55	12.7 (6.3, 24.0)	1,918	121 to 461
Newington	242	9.1 (6.1, 13.4)	8,940	813	48	6.3 (2.1, 16.8)	1,344	29 to 226

Area	All ages				Aged 65+ years			
	Number of survey responders	Percentage (95% CI)	Total estimated population	Number potentially socially isolated	Number of survey responders	Percentage (95% CI)	Total estimated population	Range potentially socially isolated
St Andrew's	154	10.4 (6.5, 16.2)	6,572	683	28	14.3 (5.7, 31.5)	1,031	59 to 325
Area: Riverside	964	11.0 (9.2, 13.1)	39,749	4,371	167	12.0 (7.9, 17.8)	6,038	476 to 1,073
Boothferry	203	7.9 (4.9, 12.4)	9,879	779	46	13.0 (6.1, 25.7)	2,186	134 to 561
Derringham	241	7.1 (4.5, 11.0)	9,369	661	76	7.9 (3.7, 16.2)	2,130	78 to 344
Pickering	277	9.7 (6.8, 13.8)	9,279	904	87	13.8 (8.1, 22.6)	2,284	184 to 516
Area: West	721	8.3 (6.5, 10.6)	28,527	2,374	209	11.5 (7.8, 16.5)	6,600	517 to 1,090
Avenue	276	12.3 (9.0, 16.7)	11,074	1,364	54	11.1 (5.2, 22.2)	1,432	74 to 318
Bricknell	177	10.7 (7.0, 16.2)	6,794	729	41	24.4 (13.8, 39.3)	1,562	216 to 615
Newland	301	8.6 (6.0, 12.4)	10,280	888	31	16.1 (7.1, 32.6)	821	58 to 268
Area: Wyke	754	10.5 (8.5, 12.9)	28,148	2,949	126	16.7 (11.2, 24.1)	3,815	426 to 921
West Hull	2,191	10.1 (8.9, 11.4)	85,748	8,649	466	12.7 (9.9, 16.0)	14,708	1,463 to 2,352
HULL	5,270	9.0 (8.3, 9.8)	208,443	18,748	1,058	13.4 (11.5, 15.6)	37,662	4,331 to 5,878

Black and Black British were the most likely to live alone and not speak to family, friends and neighbours daily (11.5%), although it was not substantially higher than for White British (9.4%). Arabs also had relatively high percentages who lived alone and did not speak to family, friends and neighbours daily (8.0%), but for all other BME groups the percentage ranged from no-one for Other BME groups and 2.6% for Asian and Asian British to 4.5% for Mixed and 5.4% for White Other (**Figure 194**).

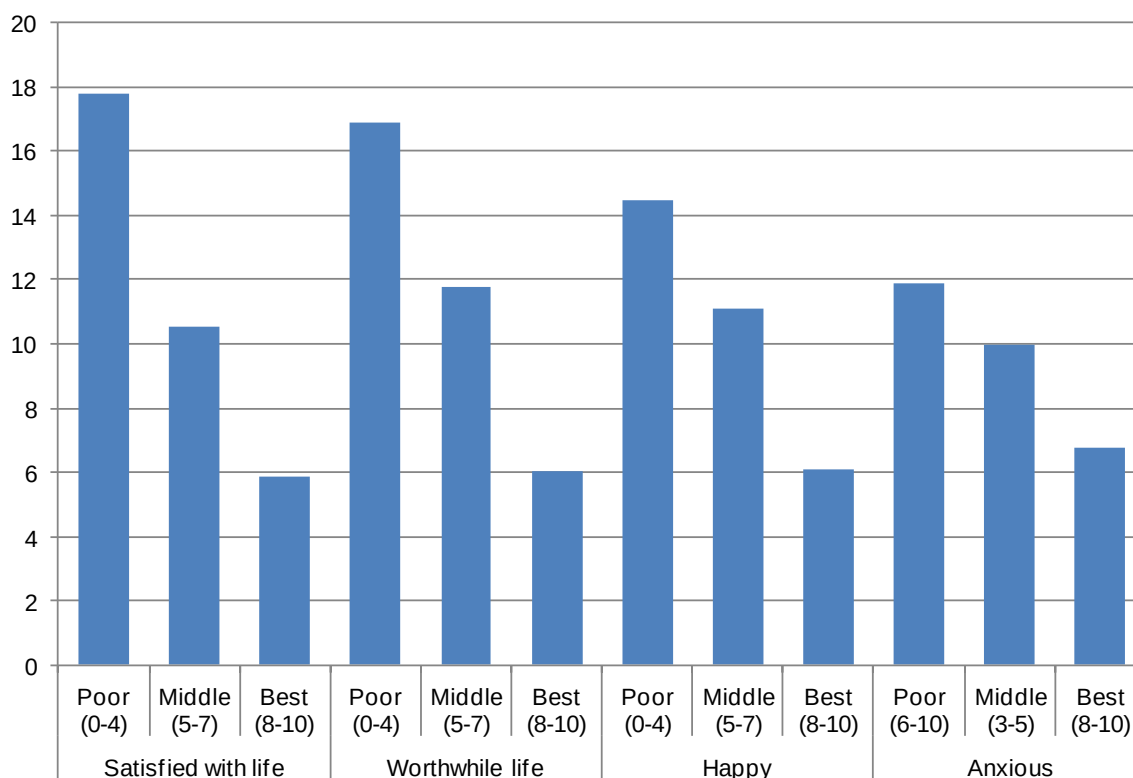
Figure 194: Percentage potentially socially isolated (by ethnicity)



Perhaps not surprisingly given the differences in the percentages of survey responders speaking daily to family (**section 4.13.2**), friends (**section 4.13.3**) and neighbours (**section 4.13.4**) between those who had high and low levels of wellbeing, there are differences in the percentages potentially socially isolated (**Figure 195**).

Among those who had poor levels of satisfaction with their life, 17.8% were potentially socially isolated in that they lived alone and did not speak to family, friends or neighbours daily compared to 5.9% among those who had high levels of satisfaction. A similar situation occurred for feeling life was worthwhile (16.9% versus 6.1%) and feeling happy (14.5% versus 6.1%). Those with intermediate scores for these three measures had intermediate percentages who were potentially socially isolated. The pattern in the differences were slightly different for anxiety as those with high anxiety poor scores (11.9%) and intermediate scores (10.0%) for anxiety had percentages that were not too dissimilar, but the percentage was slightly lower among those with the best scores and lowest anxiety (6.8%).

Figure 195: Percentage potentially socially isolated (by wellbeing)



The numbers and percentages of survey responders for these questions are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.11.6**.

4.13.6.2 Trends Over Time

Number of adults in the household and frequency of talking to family, friends and neighbours were also collected as part of previous local surveys (see **section 3.2.17**), and trends over time can be examined.

Whilst the same questions were asked, the percentages potentially socially isolated are considerably different over the different local surveys. The 2004 and 2009 surveys were face-to-face interviews whereas the 2007, 2011-12 and 2014 surveys used the 'knock and drop' approach (see **section 3.1.5**), so this could have influenced the findings. For the genders and most of the five year band age groups, there is a U-shaped distribution with the percentage potentially socially isolated falling between 2004 and 2009 and then increasing from 2009 to 2014 (**Figure 196**). This pattern is also evident across the deprivation fifths with the exception of the least deprived fifth where the percentage feeling potentially isolated has only increased slightly between 2009 and 2014 (**Figure 197**).

Specifically, among those aged 65+ years, the percentages potentially socially isolated were high in the 2004 survey at 24.5% and decreased to 15.4% in 2007 and to 10.4% in 2009. The percentage was 13.9% in 2011-12 and is 13.4% in the latest 2014 survey. So the general trend is of a decreasing percentage over time (although the lowest percentage was for the 2009 survey).

Figure 196: Percentage potentially socially isolated (trends over time by age and gender)

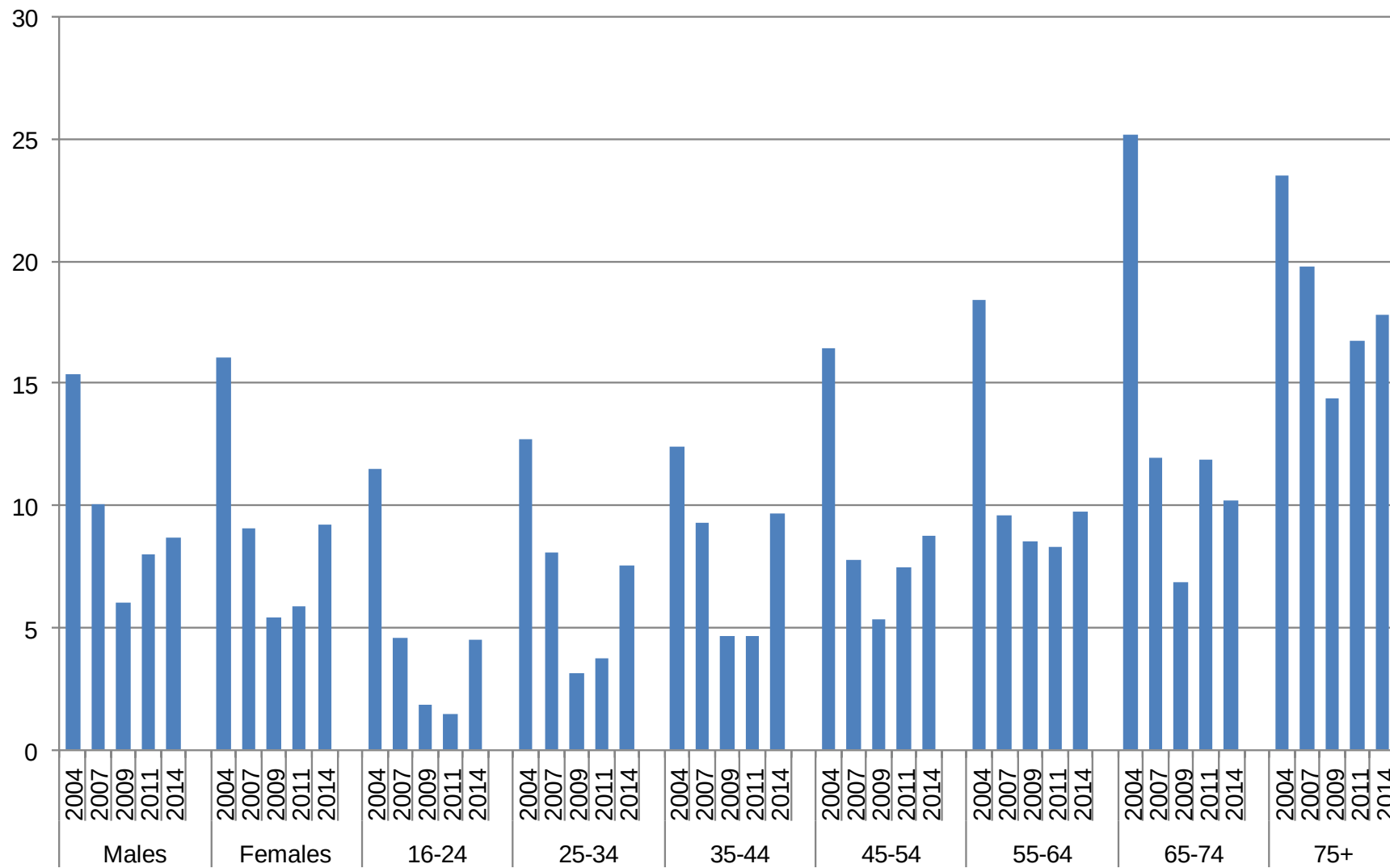
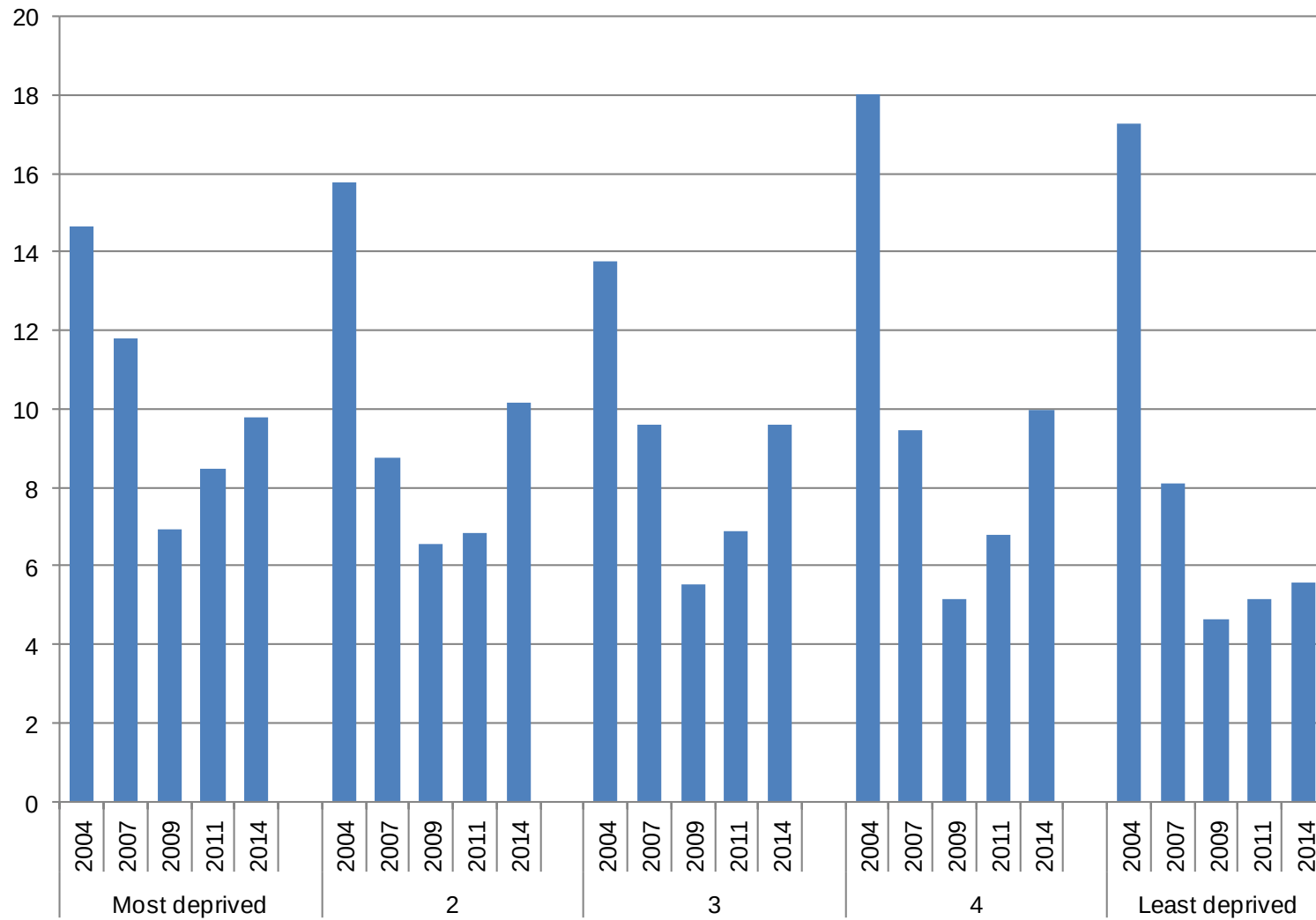


Figure 197: Percentage potentially socially isolated (trends over time by deprivation)



4.14 Multiple Risk Factors

It is possible to examine the prevalence of multiple risk factors using information from the survey. The combination of two or more lifestyle and behavioural risk factors can be higher or lower than the single risk factors added together. For instance, the risk of cancer of the mouth, throat, voice box and oesophagus is increased with drinking and smoking together far more than the effects of either drinking or smoking alone. It is useful to examine the prevalence of multiple risk factors, as in general, people with a higher number of lifestyle and behavioural risk factors will be at a greater risk of disease and ill health compared to other people with fewer lifestyle and behavioural risk factors.

The national guidelines and recommendations for alcohol consumption changed in January 2016 (see **section 0** for further information) so information is presented in relation to the 1995 guidelines which were in existence until December 2015 and the new 2016 guidelines.

The lifestyle and behavioural risk factors examined in combination are as follows:

- **Smoking:** smoking daily or occasionally;
- **Alcohol:** exceeding the weekly recommended alcohol units in the week prior to the survey and/or binge drinking usually at least once a week (exceeding twice the daily recommended alcohol units, i.e. exceeding 8 units for men and 6 units for women on a single day) with exceeding weekly recommended alcohol units in week prior to survey defined as exceeding 21 units for men and exceeding 14 units for women for 1995 guidelines and exceeding 14 units for both men and women for 2016 guidelines;
- **Physical activity:** not undertaking the recommended weekly guidelines for exercise, i.e. not undertaking at least 2.5 hours of moderate physical activity per week;
- **Obesity:** defined as obese on the basis of having a body mass index of 30 or more;
- **5-A-DAY:** less than five portions of fruit and vegetables usually eaten each day.

To some extent, the risk factors tended to balance out across the genders, age groups and deprivation fifths as illustrated in **Table 31**.

For instance, males are slightly more likely to be current smokers, exceed alcohol recommendations and not eat 5-A-DAY, but they are more likely to be physically active and not obese (although the situation is slightly different with regard to overweight). Across the age groups, the highest prevalence of smoking occurs for younger age groups, excessive alcohol consumption across the middle years, physical inactivity is more prevalent for the older age groups as is obesity, but the younger age groups are more likely to not eat 5-A-DAY. Across the deprivation fifths, there is a strong or relatively strong association with the prevalence of the risk factor and deprivation for all of the risk factors. People living in the most deprived areas of Hull are more likely to have each of the risk factors compared to people living in the least deprived area of Hull with the exception of alcohol where the reverse is true.

Table 31: Prevalence of risk factors by gender, age and deprivation

Group	Prevalence of risk factor (%)					
	Smoking ¹	Alcohol (1995) ²	Alcohol (2016) ³	Physical activity ⁴	Obesity ⁵	Not 5-A-DAY ⁶
Overall	30.7	27.8	29.5	55.6	26.5	80.8
Male	32.4	35.1	38.9	49.5	25.3	82.4
Female	29.3	21.6	21.6	60.9	27.5	79.5
16-24	35.1	30.4	31.8	40.8	10.9	88.0
25-34	37.8	26.4	28.0	45.0	22.0	85.7
35-44	35.7	31.1	32.8	48.5	28.5	82.9
45-54	34.1	30.8	32.7	54.9	33.2	81.6
55-64	24.4	30.3	33.3	66.6	38.0	76.1
65-74	21.1	23.4	24.7	70.2	31.9	67.5
75+	13.5	15.7	16.7	85.2	23.7	75.0
Males aged 16-24	34.0	33.0	35.9	34.1	9.5	86.1
Males aged 25-34	43.2	34.7	38.0	41.3	20.2	87.0
Males aged 35-44	42.3	37.3	41.0	39.0	27.4	84.7
Males aged 45-54	33.0	37.1	41.2	50.1	32.5	83.1
Males aged 55-64	23.9	38.9	45.2	64.5	38.7	77.9
Males aged 65-74	21.4	36.8	39.9	66.0	32.9	72.5
Males aged 75+	11.0	23.3	25.8	79.9	20.6	76.9
Females aged 16-24	36.3	27.7	27.7	47.4	12.4	90.0
Females aged 25-34	33.3	19.6	19.8	48.0	23.7	84.6
Females aged 35-44	30.2	25.8	25.8	56.8	29.4	81.3
Females aged 45-54	35.1	25.1	25.1	59.2	33.9	80.3
Females aged 55-64	24.7	22.6	22.6	68.4	37.4	74.5
Females aged 65-74	20.8	13.1	13.1	73.4	31.1	63.9
Females aged 75+	15.0	10.9	10.9	88.6	25.7	73.8
Most deprived fifth	43.9	26.6	27.8	62.0	28.3	84.3
Second most deprived fifth	38.6	25.8	27.5	57.8	28.5	84.7
Middle deprivation fifth	31.4	27.1	28.6	59.9	27.2	80.6
Second least deprived fifth	23.0	27.6	30.2	50.3	23.5	77.6
Least deprived fifth	16.5	31.8	33.4	48.5	25.2	77.3

¹Current smoker.²Drinks more than recommended limits (weekly units and/or binge drinks weekly using 1995 alcohol guidelines around weekly limits which were in existence until December 2015 and in existence at the time of writing the initial survey report in July 2015).³Drinks more than recommended limits (weekly units and/or binge drinks weekly using 2016 alcohol guidelines introduced January 2016).⁴Does not fulfil national 2012 physical activity guidelines (<2.5 hours moderate physical activity per week).⁵Obese (body mass index is 30 or more).⁶Does not usually eat five portions of fruit and/or vegetables daily.

4.14.1 Based on 1995 Alcohol Guidelines which were in Existence until December 2015

The numbers and percentages of survey responders in relation to the number of risk factors present (0-5) are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.12.1**.

Figure 198 illustrates the prevalence of multiple risk factors with alcohol based on the 1995 national alcohol guidelines which were in existence until December 2015 (the initial survey report was published July 2015). There were a total of 3,894 survey responders who provided responses to all five sets of questions to examine the prevalence of multiple risk factors.

The percentage of people who had all five of the lifestyle and behavioural risk factors was small varying between zero for those aged 75+ years to 1.6% for those aged 55-64 years, with similar percentages of males and females having all five risk factors (1.1% and 0.9% respectively). When examining the prevalence of all five risk factors by both age and gender (**Figure 199**), males aged 55-64 years had the highest percentage (2.0%) with all five risk factors followed by females aged 35-44 years (1.9%) and males aged 65-74 years (1.8%). All the other gender and ten-year age band combinations had 1.5% or fewer with all five risk factors including males aged 75+ years, females aged 16-24 years and females aged 65+ years who had no-one with all five risk factors.

Overall, 9.0% of survey responders had four or more risk factors (10.7% of males and 7.4% of females) with the highest percentages among those aged 45-54 years (13.4%), 55-64 years (10.9%) and 35-44 years (10.0%) and the lowest percentages among those aged 75+ years (5.7%), 16-24 years (6.1%), 25-34 years (6.6%) and 65-74 years (8.8%). The highest percentages (over 10%) were among men aged 35-74 years (all four ten-year age bands with the highest percentage at 16.4% among those aged 45-54 years) and women aged 45-54 years.

Overall, 34.2% had three or more of the risk factors (35.8% of men and 32.7% of women) with the highest percentages among those aged 35-64 years. When examining age and gender in combination, the highest percentage was for males aged 45-74 years where over 40% for each ten-year age band had three or more risk factors. The lowest percentages occurred for men and women aged 75+ years (28.3% and 32.8% respectively) and men and women aged 16-24 years (24.0% and 25.4% respectively).

Around seven in every ten survey responders (69.2%) had two or more risk factors and there were relatively small differences between the genders (70.2% for men and 68.2% for women) although there was more of a difference across the age ten-year age bands (range 61.0% to 74.9%).

Just over one in every twenty (6.2%) of survey responders had none of the five risk factors and this percentage was relatively similar for males (5.9%) and females (6.5%), varying from 4.2% (aged 35-44 years) to 8.8% (aged 65-74 years) across the seven ten-year age bands.

Figure 198: Prevalence of multiple risk factors (overall, and by gender and age using 1995 alcohol guidelines which were in existence until December 2015)

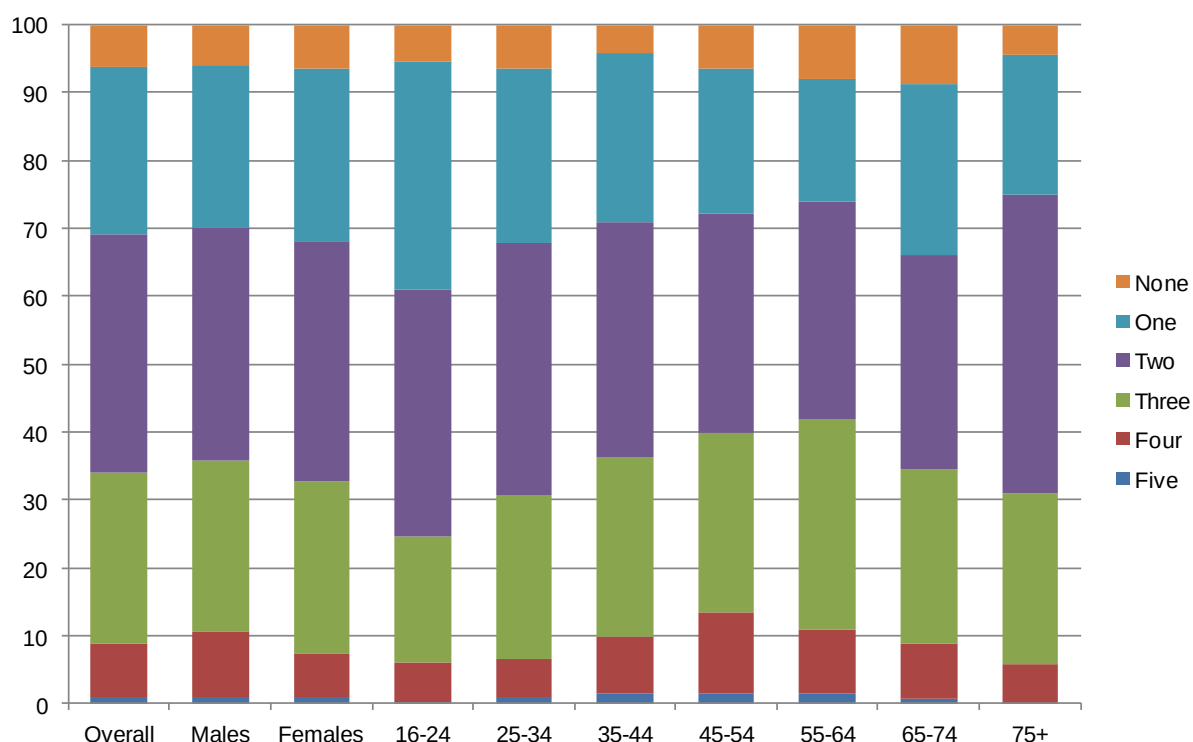
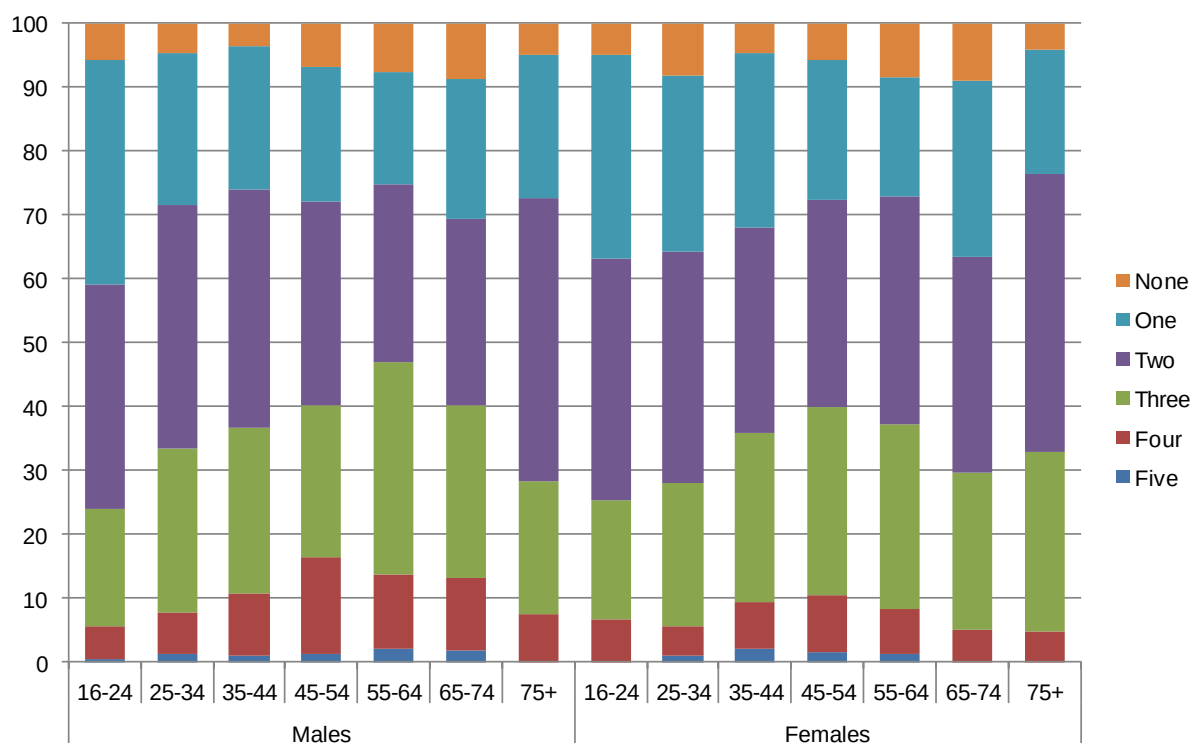


Figure 199: Prevalence of multiple risk factors (by gender and age using 1995 alcohol guidelines which were in existence until December 2015)



There was an association between the number of risk factors and deprivation which was evident for both males and females (**Figure 200**).

In general, survey responders living in the most deprived areas tended to have the most risk factors, although the percentage with all five risk factors was very similar for the four most deprived fifths (range 1.1% to 1.2%) but lower among those living in the least deprived fifth of areas (0.6%).

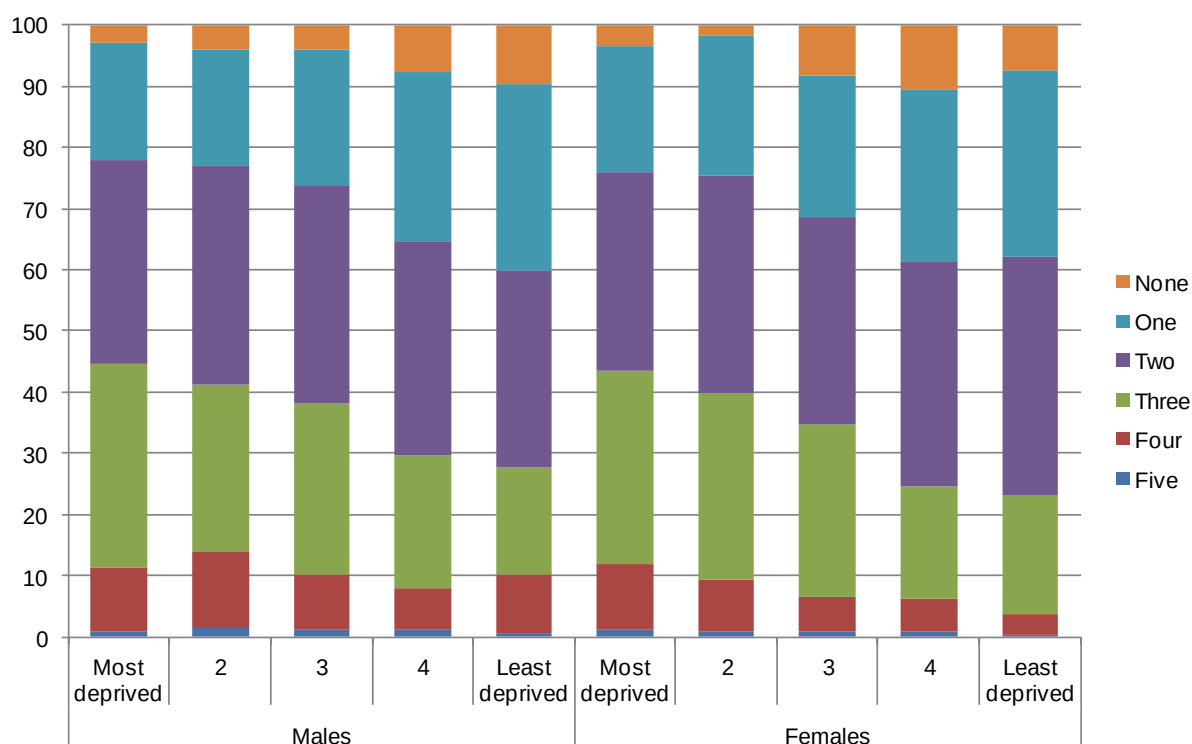
There was a clearer trend with deprivation for the percentages with four or more behavioural and lifestyle risk factors with 11.7% having four or more among those living in the most deprived fifth of areas of Hull falling to 8.2% in the middle deprivation fifth to 6.9% in the least deprived fifth.

There was a considerable difference in the percentages with three or more risk factors which ranged from 44.0% for survey responders living in the most deprived fifth of areas to 25.4% for those living in the least deprived fifth of areas. A similar but less pronounced pattern occurred for two or more risk factors (ranged from 76.8% to 60.9% for the most and least deprived fifths respectively).

Overall, 3.3% and 2.9% of survey responders living in the most and second most deprived fifths of areas respectively had none of the risk factors compared to 6.5% for the middle fifth, 9.2% for the second least deprived fifth and 8.5% for the least deprived fifth.

When examining males and females separately, there were similar percentages of men and women living in the most deprived areas of Hull with 4+ risk factors (11.5% and 11.8% respectively), 3+ risk factors (44.5% and 43.4% respectively), 2+ risk factors (77.9% and 75.8% respectively), one risk factor only (19.1% and 20.6% respectively) and no risk factors (3.0% and 3.6% respectively). The greatest relative difference between men and women living in the most deprived areas occurred in the percentage with all five risk factors (0.8% of men and 1.3% of women). Among the men and women living in the least deprived fifth of areas, the differences between men and women tended to be greater for the prevalence of all five risk factors (0.7% and 0.5% respectively), 4+ risk factors (10.1% and 3.8% respectively), and 3+ risk factors (27.8% and 23.1% respectively). Among those living in the least deprived fifth of areas, the percentages with two risk factors (32.1% and 38.9% respectively), one risk factor (both 30.5%) and none of the risk factors (9.6% and 7.5% respectively) was relatively similar between men and women. Thus, women living in the least deprived fifth of areas of Hull were considerably less likely to have four or five of the risk factors compared to men, whereas among women living in the most deprived areas similar percentages had four risk factors compared to men and a higher percentage of women had all five of the risk factors compared to men.

Figure 200: Prevalence of multiple risk factors (by gender and deprivation using 1995 alcohol guidelines which were in existence until December 2015)



4.14.2 Based on 2016 Alcohol Guidelines

The numbers and percentages of survey responders in relation to the number of risk factors present (0-5) are tabulated by gender, age, both gender and age combined, deprivation, geography and all other characteristics collected in the survey in **section 5.12.2**.

Figure 201 illustrates the prevalence of multiple risk factors with alcohol based on the 2016 national alcohol guidelines. The difference between **Figure 198** which is based on defined alcohol risk using the 1995 national alcohol guidelines which were in existence until December 2015 and **Figure 201** is relatively small, with less than one percentage point difference in the percentages for all categories none to five for each of the groups (overall, males, females and for each age group). The difference to the alcohol recommendations only affects the data for the males, so the percentages for women only will be identical to those presented in **section 4.14.1**.

The percentage of people who had all five of the lifestyle and behavioural risk factors was small varying between zero for those aged 75+ years to 1.6% for those aged 55-64 years, with similar percentages of males and females having all five risk factors (1.2% and 0.9% respectively). When examining the prevalence of all five risk factors by both age and gender (**Figure 202**), males aged 55-64 years had the highest percentage (2.0%) with all five risk factors followed by females aged 35-44 years (1.9%) and males

aged 65-74 years (1.8%). All the other gender and ten-year age band combinations had 1.5% or fewer with all five risk factors including males aged 75+ years, females aged 16-24 years and females aged 65+ years who had no-one with all five risk factors.

Overall, 9.4% of survey responders had four or more risk factors (11.5% of males and 7.4% of females) with the highest percentages among those aged 45-54 years (13.8%), 55-64 years (11.7%) and 35-44 years (10.6%) and the lowest percentages among those aged 75+ years (5.7%), 16-24 years (6.2%), 25-34 years (6.9%) and 65-74 years (9.2%). For age and gender combinations, the highest percentages (over 10%) were among men aged 35-74 years (all four ten-year age bands with the highest percentage at 17.0% among those aged 45-54 years) and women aged 45-54 years.

Overall, 34.8% had three or more of the risk factors (37.1% of men and 32.7% of women) with the highest percentages among those aged 35-64 years (over 35%). When examining age and gender in combination, the highest percentage was for males aged 45-74 years where over 40% for each ten-year age band had three or more risk factors. The lowest percentages occurred for men and women aged 75+ years (29.2% and 32.8% respectively) and men and women aged 16-24 years (24.6% and 25.4% respectively).

Around seven in every ten survey responders (69.7%) had two or more risk factors and there were relatively small differences between the genders (71.4% for men and 68.2% for women) although there was more of a difference across the age ten-year age bands (range 61.8% to 75.6%).

Just over one in every twenty (6.0%) of survey responders had none of the five risk factors and this percentage was relatively similar for males (5.4%) and females (6.5%), varying from 4.0% (aged 35-44 years) to 8.8% (aged 65-74 years) across the seven ten-year age bands.

Figure 201: Prevalence of multiple risk factors (overall, and by gender and age using 2016 alcohol guidelines)

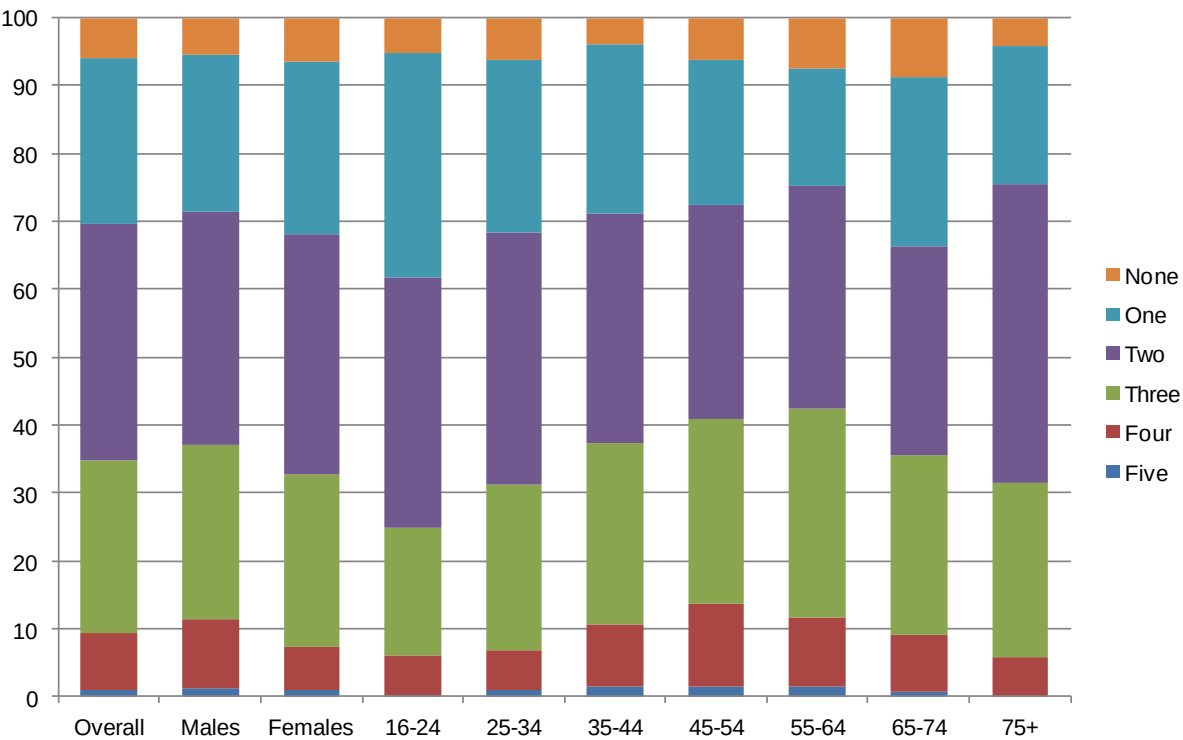
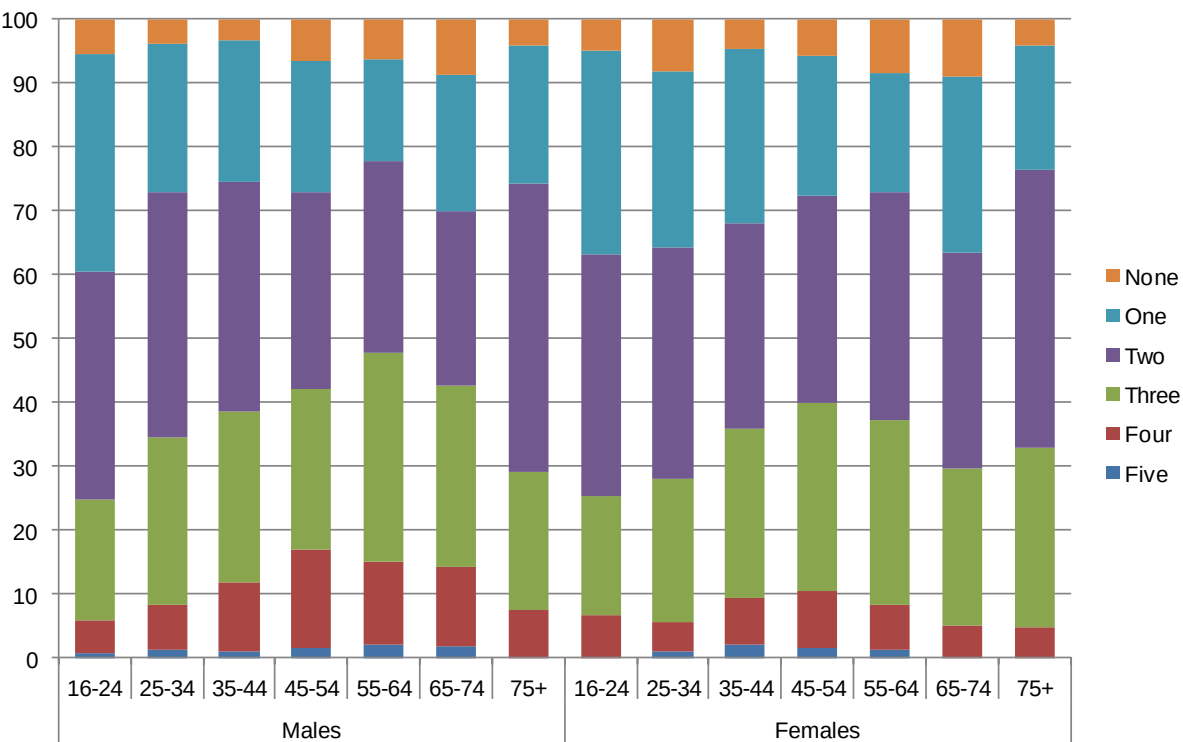


Figure 202: Prevalence of multiple risk factors (by gender and age using 2016 alcohol guidelines)



There was an association between the number of risk factors and deprivation which was evident for both males and females (**Figure 203**).

In general, survey responders living in the most deprived areas tended to have the most risk factors, although the percentage with all five risk factors was very similar for the four most deprived fifths (range 1.1% to 1.4%) but lower among those living in the least deprived fifth of areas (0.6%).

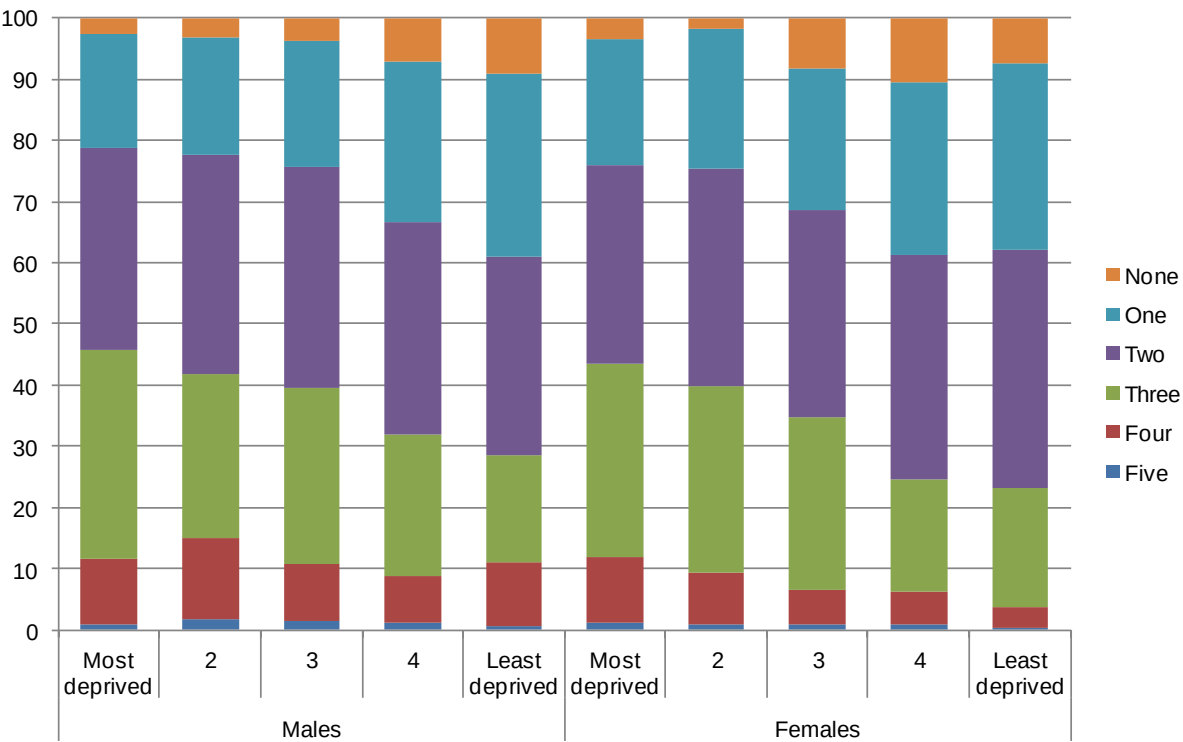
There was a clearer trend with deprivation for the percentages with four or more behavioural and lifestyle risk factors with 11.8% and 12.3% having four or more among those living in the most and second most deprived fifth of areas of Hull respectively falling to 8.4% in the middle deprivation fifth and to 7.4% in both the second least and least deprived fifths.

There was a considerable difference in the percentages with three or more risk factors which ranged from 44.5% for survey responders living in the most deprived fifth of areas to 25.9% for those living in the least deprived fifth of areas. A similar but less pronounced pattern occurred for two or more risk factors (ranged from 77.2% to 61.5% for the most and least deprived fifths respectively).

Overall, 3.2% and 2.5% of survey responders living in the most and second most deprived fifths of areas respectively had none of the risk factors compared to 6.4% for the middle fifth, 8.9% for the second least deprived fifth and 8.3% for the least deprived fifth.

When examining males and females separately, there were similar percentages of men and women living in the most deprived areas of Hull with 4+ risk factors (11.7% and 11.8% respectively), 3+ risk factors (45.6% and 43.4% respectively), 2+ risk factors (78.7% and 75.8% respectively), one risk factor only (18.6% and 20.6% respectively) and no risk factors (2.7% and 3.6% respectively). The greatest relative difference between men and women living in the most deprived areas occurred in the percentage with all five risk factors (0.8% of men and 1.3% of women). Among the men and women living in the least deprived fifth of areas, the differences between men and women tended to be greater for the prevalence of all five risk factors (0.7% and 0.5% respectively), 4+ risk factors (11.0% and 3.8% respectively), and 3+ risk factors (28.7% and 23.1% respectively). Among those living in the least deprived fifth of areas, the percentages with two risk factors (32.3% and 38.9% respectively), one risk factor (29.8% and 30.5% respectively) and none of the risk factors (9.2% and 7.5% respectively) was relatively similar between men and women. Thus, women living in the least deprived fifth of areas of Hull were considerably less likely to have four or five of the risk factors compared to men, whereas among women living in the most deprived areas similar percentages had four risk factors compared to men and a higher percentage of women had all five of the risk factors compared to men.

Figure 203: Prevalence of multiple risk factors (by gender and deprivation using 2016 alcohol guidelines)



5 DETAILED TABULATIONS

This section presents the number of survey responders (number answering the question) and the percentage giving each specific response for all the survey questions for all survey responders (“Hull”), and for each gender, age group, deprivation tenth/fifth and area or ward. For some questions, additional tabulations are also provided.

5.1 *Ethnicity*

Note that this is the distribution of self-reported Black or Minority Ethnic group as stated by the survey responders. It is not necessarily a reflection of the number or percentages of different BME groups for the different gender, age, deprivation or geographical areas. This is because it is likely that the survey response rate differs among different BME groups, and it is likely that they are less likely to participate in a Health and Wellbeing Survey. There may also be further barriers to participation such as language. It does appear that the BME distribution in the survey is reasonably representative of Hull’s BME population (see **section 4.1.4** and **APPENDIX A**), but if requiring information on the BME distribution of Hull, it is probably better to use information from the 2011 Census rather than the information below. The information below is presented to provide further information about the type of survey responders.

Table 32: Detailed tabulations: ethnicity

Group	Number of survey responders	White British	White Other	Mixed	Asian / Asian British	Black / Black British	Chinese	Arab	Other
Hull	5,213	91.1	4.0	0.9	1.5	1.2	0.6	0.5	0.4
Male	2,367	89.6	4.1	1.0	1.7	1.3	0.7	0.8	0.8
Female	2,846	92.3	3.8	0.7	1.3	1.1	0.5	0.2	0.1
16-24	954	84.5	5.6	2.5	2.1	2.3	1.9	0.5	0.6
25-34	907	82.8	8.5	1.1	3.0	2.2	0.7	0.9	0.9
35-44	795	87.9	5.2	0.6	2.5	1.4	0.5	1.1	0.8
45-54	840	95.6	2.3	0.4	0.5	0.8	0.0	0.2	0.2
55-64	657	97.7	1.4	0.0	0.6	0.0	0.2	0.2	0.0

Group	Number of survey responders	White British	White Other	Mixed	Asian / Asian British	Black / Black British	Chinese	Arab	Other
65-74	604	99.5	0.5	0.0	0.0	0.0	0.0	0.0	0.0
75+	438	98.2	0.9	0.5	0.2	0.2	0.0	0.0	0.0
Males aged 16-24	476	82.4	6.3	3.6	1.5	2.1	2.5	0.8	0.8
Males aged 25-34	408	81.1	7.4	1.0	3.9	2.7	0.7	1.2	2.0
Males aged 35-44	361	87.0	4.7	0.3	4.2	0.8	0.0	1.7	1.4
Males aged 45-54	391	94.1	3.6	0.0	0.0	1.3	0.0	0.5	0.5
Males aged 55-64	305	97.7	1.0	0.0	0.7	0.0	0.3	0.3	0.0
Males aged 65-74	251	99.6	0.4	0.0	0.0	0.0	0.0	0.0	0.0
Males aged 75+	171	97.1	1.2	1.2	0.0	0.6	0.0	0.0	0.0
Females aged 16-24	478	86.6	4.8	1.5	2.7	2.5	1.3	0.2	0.4
Females aged 25-34	499	84.2	9.4	1.2	2.2	1.8	0.6	0.6	0.0
Females aged 35-44	434	88.7	5.5	0.9	1.2	1.8	0.9	0.7	0.2
Females aged 45-54	449	96.9	1.1	0.7	0.9	0.4	0.0	0.0	0.0
Females aged 55-64	352	97.7	1.7	0.0	0.6	0.0	0.0	0.0	0.0
Females aged 65-74	353	99.4	0.6	0.0	0.0	0.0	0.0	0.0	0.0
Females aged 75+	267	98.9	0.7	0.0	0.4	0.0	0.0	0.0	0.0
Most deprived tenth	557	86.2	7.5	1.4	1.1	2.3	0.2	0.4	0.9
Second most deprived tenth	541	90.4	4.3	1.3	0.7	1.3	0.0	1.1	0.9
Most deprived fifth	1,098	88.3	5.9	1.4	0.9	1.8	0.1	0.7	0.9
Second most deprived fifth	1,025	91.3	4.8	0.6	0.7	1.2	0.3	0.4	0.8
Middle deprivation fifth	973	91.2	3.9	0.9	2.0	1.1	0.3	0.4	0.2
Second least deprived fifth	1,052	92.2	2.8	0.7	1.8	0.8	0.9	0.9	0.1
Least deprived fifth	1,064	92.5	2.4	0.8	2.0	0.9	1.2	0.0	0.2
North Carr	551	98.4	0.7	0.2	0.4	0.4	0.0	0.0	0.0
Northern	752	88.3	4.4	1.2	1.5	1.9	2.3	0.3	0.3
East	701	97.7	1.1	0.3	0.4	0.3	0.0	0.0	0.1

Group	Number of survey responders	White British	White Other	Mixed	Asian / Asian British	Black / Black British	Chinese	Arab	Other
Park	803	96.3	2.2	0.4	0.1	0.7	0.0	0.1	0.1
Riverside	956	81.9	8.5	1.2	2.9	2.9	0.1	1.0	1.5
West	709	96.5	1.6	0.3	1.0	0.3	0.0	0.3	0.1
Wyke	740	83.1	7.0	2.3	3.2	0.9	1.5	1.4	0.5
Not a student	3,816	93.8	3.3	0.5	1.0	0.7	0.2	0.3	0.3
Student (20+hrs/wk)	730	77.7	6.4	3.3	3.6	3.7	2.9	1.8	0.7
Student (<20hrs/wk)	177	88.7	5.1	0.6	2.3	2.3	0.0	0.6	0.6
Student (unknown hours)	41	68.3	19.5	0.0	0.0	4.9	0.0	0.0	7.3

5.2 Employment Status and Studying

5.2.1 Employment Status

Note that this table includes all except 300 survey responders who did not answer the employment questions. The remaining 5,034 did not necessarily answer all parts, for instance the table below includes 235 (4.7%) survey responders who stated they worked (either as an employee or self-employed) but they did not specify the number of hours they worked. A further 97 (1.9%) stated that they were not working but either did not specify a reason (n=86) or specified that the reason was not one of the standard response options and stated 'other' reason¹⁹ (n=11).

Table 33: Detailed tabulations: employment status

Group	Number of survey responders	Working <20 hours	Working 20-<35	Working 35+ hours	Working but hours not specified	Full-time student	Retired	Looking after family/home	Unemployed/not allowed to work	Long-term sick of disabled	Not working for other reason or no reason given
Hull	5,034	7.5	8.6	23.3	4.7	10.3	21.4	8.1	6.5	7.6	1.9
Male	2,299	4.2	4.8	35.6	4.5	12.8	19.1	2.1	7.8	7.5	1.5
Female	2,735	10.3	11.9	13.0	4.8	8.2	23.4	13.2	5.3	7.8	2.3
16-24	928	13.6	5.7	12.5	3.3	48.4	0.0	6.3	7.8	1.5	1.0
25-34	871	7.9	10.9	34.7	6.4	5.4	0.2	17.8	9.9	5.1	1.7
35-44	778	8.0	12.5	37.1	7.8	2.1	0.1	11.1	8.1	11.8	1.4
45-54	798	8.3	14.0	38.6	7.6	0.3	1.0	6.5	8.0	14.0	1.6
55-64	628	5.1	11.5	23.6	3.5	0.2	23.4	7.6	6.1	17.4	1.8
65-74	592	3.5	0.8	1.0	0.5	0.2	88.2	0.7	0.0	1.7	3.4

¹⁹ Career break (1), volunteer (2), bereavement allowance (1), short-term sickness (2), part-time student (4) and "unemployable" (1).

Group	Number of survey responders	Working <20 hours	Working 20-<35	Working 35+ hours	Working but hours not specified	Full-time student	Retired	Looking after family/home	Unemployed/not allowed to work	Long-term sick of disabled	Not working for other reason or no reason given
75+	425	0.0	0.0	0.0	0.0	0.2	93.6	0.9	0.0	0.9	4.2
Males aged 16-24	463	9.7	5.8	17.5	2.6	54.4	0.0	0.6	7.3	1.3	0.6
Males aged 25-34	392	4.3	5.9	54.6	5.9	6.6	0.3	2.3	12.5	7.1	0.5
Males aged 35-44	355	1.4	4.8	55.5	9.3	3.9	0.0	2.8	9.6	11.3	1.4
Males aged 45-54	379	4.5	5.0	56.2	5.5	0.3	0.5	3.4	10.0	12.9	1.6
Males aged 55-64	296	1.7	6.8	36.1	5.1	0.0	20.9	4.1	8.1	15.2	2.0
Males aged 65-74	244	2.9	1.6	1.6	0.0	0.4	88.9	0.0	0.0	1.6	2.9
Males aged 75+	166	0.0	0.0	0.0	0.0	0.0	95.2	0.6	0.0	0.6	3.6
Females aged 16-24	465	17.4	5.6	7.5	4.1	42.4	0.0	11.8	8.2	1.7	1.3
Females aged 25-34	479	10.9	15.0	18.4	6.9	4.4	0.2	30.5	7.7	3.3	2.7
Females aged 35-44	423	13.5	18.9	21.7	6.6	0.5	0.2	18.0	6.9	12.3	1.4
Females aged 45-54	419	11.7	22.2	22.7	9.5	0.2	1.4	9.3	6.2	15.0	1.7
Females aged 55-64	332	8.1	15.7	12.3	2.1	0.3	25.6	10.8	4.2	19.3	1.5
Females aged 65-74	348	4.0	0.3	0.6	0.9	0.0	87.6	1.1	0.0	1.7	3.7
Females aged 75+	259	0.0	0.0	0.0	0.0	0.4	92.7	1.2	0.0	1.2	4.6
Most deprived tenth	545	6.2	7.2	16.9	3.1	8.3	21.3	11.9	11.6	10.6	2.9
Second most deprived tenth	534	6.2	5.4	19.1	3.4	10.9	16.9	10.5	9.7	14.6	3.4
Most deprived fifth	1,079	6.2	6.3	18.0	3.2	9.5	19.1	11.2	10.7	12.6	3.2
Second most deprived fifth	984	6.6	7.8	19.5	4.2	10.2	17.5	12.0	8.5	11.3	2.4
Middle deprivation fifth	944	8.2	8.4	21.1	4.3	9.5	23.4	9.0	7.4	6.5	2.2
Second least deprived fifth	1,013	8.6	9.8	27.8	6.2	10.7	23.1	3.8	3.9	5.1	0.9
Least deprived fifth	1,013	8.1	11.1	30.2	5.4	11.5	24.2	4.5	1.6	2.5	0.9

Group	Number of survey responders	Working <20 hours	Working 20-<35	Working 35+ hours	Working but hours not specified	Full-time student	Retired	Looking after family/home	Unemployed/not allowed to work	Long-term sick of disabled	Not working for other reason or no reason given
North Carr	536	8.0	7.6	28.4	6.3	5.8	17.4	9.0	6.3	9.5	1.7
Northern	723	7.7	6.6	18.0	3.9	20.3	17.8	9.5	7.5	6.4	2.2
East	672	6.7	8.6	24.6	5.1	4.9	27.7	8.5	4.5	7.0	2.5
Park	765	7.5	10.8	25.9	6.1	6.7	20.8	8.4	6.0	5.8	2.1
Riverside	931	5.9	8.1	19.7	3.4	10.3	17.1	9.8	10.0	13.3	2.5
West	688	8.1	8.7	25.4	4.8	4.2	31.0	5.8	4.7	5.4	1.9
Wyke	718	9.2	9.7	23.7	3.8	18.2	19.4	5.6	5.0	5.0	0.4

5.2.2 Studying

Table 34: Detailed tabulations: studying

Group	Number of survey responders	Not a student	Full-time student (20+ hours)	Part-time student (<20 hours)	Part-time student (hours not specified)
Hull	4,802	80.2	15.2	3.7	0.9
Male	2,189	77.1	18.1	3.7	1.1
Female	2,613	82.8	12.9	3.7	0.6
16-24	935	26.4	66.2	5.3	2.0
25-34	867	83.5	8.7	6.3	1.5
35-44	732	90.3	3.6	5.5	0.7
45-54	773	97.0	0.6	1.9	0.4
55-64	604	97.8	0.3	1.8	0.0

Group	Number of survey responders	Not a student	Full-time student (20+ hours)	Part-time student (<20 hours)	Part-time student (hours not specified)
65-74	520	98.7	0.4	0.8	0.2
75+	356	99.2	0.3	0.6	0.0
Males aged 16-24	464	18.8	71.3	6.9	3.0
Males aged 25-34	388	82.2	11.6	4.6	1.5
Males aged 35-44	324	89.2	4.6	5.6	0.6
Males aged 45-54	360	97.2	0.3	1.7	0.8
Males aged 55-64	276	97.8	0.4	1.8	0.0
Males aged 65-74	229	98.7	0.9	0.4	0.0
Males aged 75+	145	100.0	0.0	0.0	0.0
Females aged 16-24	471	34.0	61.1	3.8	1.1
Females aged 25-34	479	84.6	6.3	7.7	1.5
Females aged 35-44	408	91.2	2.7	5.4	0.7
Females aged 45-54	413	96.9	1.0	2.2	0.0
Females aged 55-64	328	97.9	0.3	1.8	0.0
Females aged 65-74	291	98.6	0.0	1.0	0.3
Females aged 75+	211	98.6	0.5	0.9	0.0
Most deprived tenth	521	84.3	12.3	2.5	1.0
Second most deprived tenth	491	81.5	13.8	2.9	1.8
Most deprived fifth	1,012	82.9	13.0	2.7	1.4
Second most deprived fifth	932	79.7	15.1	4.6	0.5
Middle deprivation fifth	902	80.0	14.6	4.3	1.0
Second least deprived fifth	981	79.9	16.4	2.8	0.9
Least deprived fifth	975	78.4	17.0	4.2	0.4
North Carr	496	83.7	11.7	3.8	0.8
Northern	698	71.2	25.9	2.3	0.6
East	648	87.7	7.6	3.7	1.1

Group	Number of survey responders	Not a student	Full-time student (20+ hours)	Part-time student (<20 hours)	Part-time student (hours not specified)
Park	740	85.0	11.1	3.1	0.8
Riverside	885	79.7	14.2	4.9	1.2
West	639	87.9	8.0	3.8	0.3
Wyke	696	68.4	26.6	4.0	1.0
Working <20 hours	362	64.9	29.8	4.1	1.1
Working 20-<35 hours	395	88.1	7.1	3.8	1.0
Working 35+ hours	1,070	90.9	2.2	5.5	1.3
Working hours not specified	208	84.1	9.6	3.8	2.4
Full-time student	518	0.0	100.0	0.0	0.0
Retired	920	99.0	0.2	0.7	0.1
Looking after family/home	394	93.7	0.3	5.6	0.5
Unemployed/not allowed to work	305	85.9	4.3	8.2	1.6
Long-term sick of disabled	364	95.3	0.5	3.8	0.3
Not working for other reason or no reason given	76	93.4	0.0	6.6	0.0
White British	4,330	82.6	13.1	3.6	0.6
White Other	190	66.3	24.7	4.7	4.2
Mixed	43	41.9	55.8	2.3	0.0
Asian/Asian British	69	56.5	37.7	5.8	0.0
Black/Black British	59	44.1	45.8	6.8	3.4
Chinese	29	27.6	72.4	0.0	0.0
Arab	24	41.7	54.2	4.2	0.0
Other	20	55.0	25.0	5.0	15.0

5.3 General Health Status

5.3.1 General Health Status

Note that physical health status is associated with age, gender and deprivation, as well as risk factors for poor health such as smoking, poor diet, lack of physical activity, alcohol consumption and obesity. Therefore, one group might appear to have better health than another group, but that might just be because they are younger or live in a less deprived area, e.g. retired people tend to have worse health, but this could be due to the fact that they are older and not necessarily due to retirement itself. People living in more deprived areas tend to smoke more and have more poor health, but smoking can also cause poor health, so the relationship with risk factors and physical health status is complex. The associations between physical health status and age, gender, deprivation and other factors such as mental health, smoking and obesity should be borne in mind.

Table 35: Detailed tabulations: general health status

Group	Number of survey responders	Excellent	Very good	Good	Fair	Poor
Hull	5,304	9.4	27.6	35.4	18.9	8.7
Male	2,420	11.1	27.5	36.2	16.7	8.6
Female	2,884	7.9	27.7	34.7	20.8	8.9
16-24	963	14.8	33.2	37.1	11.8	3.0
25-34	918	13.7	32.9	36.7	13.2	3.5
35-44	810	10.1	29.3	38.1	15.3	7.2
45-54	859	8.4	29.2	35.3	17.6	9.5
55-64	665	5.3	24.5	33.1	22.0	15.2
65-74	619	4.5	18.3	36.3	27.1	13.7
75+	449	1.8	16.7	25.8	39.0	16.7
Males aged 16-24	484	19.8	33.7	33.5	10.3	2.7
Males aged 25-34	415	14.7	30.4	38.6	12.3	4.1
Males aged 35-44	366	8.7	29.0	43.2	13.1	6.0

Group	Number of survey responders	Excellent	Very good	Good	Fair	Poor
Males aged 45-54	402	11.2	27.1	34.6	16.2	10.9
Males aged 55-64	311	6.8	24.8	32.8	20.6	15.1
Males aged 65-74	260	3.1	19.2	38.8	23.8	15.0
Males aged 75+	178	2.8	19.1	28.7	35.4	14.0
Females aged 16-24	479	9.8	32.8	40.7	13.4	3.3
Females aged 25-34	503	12.9	35.0	35.2	13.9	3.0
Females aged 35-44	444	11.3	29.5	34.0	17.1	8.1
Females aged 45-54	457	5.9	31.1	35.9	18.8	8.3
Females aged 55-64	354	4.0	24.3	33.3	23.2	15.3
Females aged 65-74	359	5.6	17.5	34.5	29.5	12.8
Females aged 75+	271	1.1	15.1	24.0	41.3	18.5
Most deprived tenth	567	6.9	23.8	35.6	22.2	11.5
Second most deprived tenth	547	8.0	21.4	34.6	21.8	14.3
Most deprived fifth	1,114	7.5	22.6	35.1	22.0	12.8
Second most deprived fifth	1,046	7.8	23.3	36.3	21.2	11.3
Middle deprivation fifth	993	10.9	25.3	35.6	18.8	9.4
Second least deprived fifth	1,069	9.9	32.1	34.4	18.1	5.5
Least deprived fifth	1,081	10.8	34.6	35.4	14.5	4.6
North Carr	562	10.0	27.4	34.7	18.5	9.4
Northern	759	9.7	28.9	36.6	17.1	7.6
East	716	9.4	28.4	33.0	19.6	9.8
Park	816	9.3	29.3	36.3	17.0	8.1
Riverside	978	7.4	23.8	35.1	22.2	11.6
West	721	11.4	23.4	37.9	19.4	7.9
Wyke	751	9.2	32.9	34.0	17.8	6.1
Bransholme East	217	9.2	24.0	34.6	18.0	14.3

Group	Number of survey responders	Excellent	Very good	Good	Fair	Poor
Bransholme West	141	7.8	21.3	34.8	26.2	9.9
Kings Park	204	12.3	35.3	34.8	13.7	3.9
Beverley	176	12.5	38.1	31.3	14.2	4.0
Orchard Park & Greenwood	295	7.5	21.0	39.3	20.0	12.2
University	288	10.4	31.3	37.2	16.0	5.2
Ings	226	8.0	34.1	32.3	16.4	9.3
Longhill	227	9.7	23.8	33.0	22.5	11.0
Sutton	263	10.3	27.4	33.5	19.8	9.1
Holderness	254	10.2	32.3	37.4	15.4	4.7
Marfleet	246	6.9	26.4	36.6	18.7	11.4
Southcoates East	185	8.6	30.8	33.0	16.8	10.8
Southcoates West	131	13.0	26.7	38.2	17.6	4.6
Drypool	250	7.6	25.6	34.8	22.0	10.0
Myton	322	8.1	24.8	34.8	22.0	10.2
Newington	249	6.8	22.5	33.7	21.7	15.3
St Andrews	157	6.4	21.0	38.2	23.6	10.8
Boothferry	204	12.3	27.5	36.8	17.6	5.9
Derringham	240	10.0	20.4	38.3	20.8	10.4
Pickering	277	11.9	23.1	38.3	19.5	7.2
Avenue	273	8.1	33.3	35.5	17.9	5.1
Bricknell	175	6.9	30.9	36.6	19.4	6.3
Newland	303	11.6	33.7	31.0	16.8	6.9
Working <20 hours	376	12.8	34.8	32.7	17.0	2.7
Working 20-<35 hours	434	14.5	36.4	35.5	12.2	1.4
Working 35+ hours	1,169	12.5	36.3	38.8	10.6	1.8
Working hours not specified	235	11.5	38.7	37.0	9.8	3.0

Group	Number of survey responders	Excellent	Very good	Good	Fair	Poor
Full-time student	516	14.5	29.7	40.9	13.0	1.9
Retired	1,068	3.4	17.9	33.3	30.7	14.7
Looking after family/home	407	9.8	26.8	41.8	17.9	3.7
Unemployed/not allowed to work	325	6.8	29.8	36.9	22.2	4.3
Long-term sick of disabled	382	0.8	3.9	15.4	32.5	47.4
Not working for other reason or no reason given	95	3.2	18.9	37.9	20.0	20.0
White British	4,722	9.0	27.7	34.6	19.5	9.1
White Other	205	11.7	29.3	43.9	10.2	4.9
Mixed	45	11.1	35.6	37.8	11.1	4.4
Asian/Asian British	75	9.3	24.0	49.3	12.0	5.3
Black/Black British	61	19.7	32.8	34.4	9.8	3.3
Chinese	29	17.2	17.2	58.6	6.9	0.0
Arab	25	24.0	28.0	16.0	20.0	12.0
Other	23	26.1	0.0	60.9	8.7	4.3
No long-term illness/disability	3,310	13.7	37.8	39.2	8.6	0.8
Illness/disability but does not limit activities	485	4.7	22.1	46.0	24.3	2.9
Illness/disability and limits activities	1,464	1.3	6.9	23.4	40.2	28.3
Illness/disability (don't know if limits activities)	31	3.2	6.5	22.6	35.5	32.3
Limiting long-term illness/disability	1,464	1.3	6.9	23.4	40.2	28.3
No limiting long-term illness/disability	3,795	12.5	35.8	40.0	10.6	1.0
Well-being - satisfied - poor (0-4)	591	2.4	8.6	16.6	32.0	40.4
Well-being - satisfied - score 5-7	2,036	4.2	17.4	41.5	29.2	7.7
Well-being - satisfied - score 8-10	2,649	15.0	39.7	34.9	7.9	2.5
Well-being - worthwhile - poor (0-4)	483	2.3	10.6	20.1	29.6	37.5
Well-being - worthwhile - score 5-7	1,853	4.6	19.4	38.8	27.5	9.7
Well-being - worthwhile - score 8-10	2,933	13.6	35.7	35.8	11.6	3.2

Group	Number of survey responders	Excellent	Very good	Good	Fair	Poor
Well-being - happy - poor (0-4)	736	4.3	13.7	26.1	28.7	27.2
Well-being - happy - score 5-7	1,859	4.0	22.1	39.2	25.3	9.4
Well-being - happy - score 8-10	2,662	14.5	35.3	35.3	11.7	3.2
Well-being - anxious - poor (6-10)	1,429	7.3	22.6	35.3	22.7	12.2
Well-being - anxious - score 3-5	1,459	5.3	21.2	35.9	25.8	11.7
Well-being - anxious - score 0-2	2,359	13.2	34.6	35.1	12.3	4.7
Healthy diet	3,605	11.2	31.1	34.7	15.9	7.1
Not healthy diet	1,253	5.4	19.2	37.5	24.7	13.2
Lack of knowledge about healthy diet	374	6.1	23.8	35.3	25.7	9.1
Alcohol most days	433	8.8	22.6	38.8	18.2	11.5
Alcohol 1-3 days a week	1,380	10.4	33.4	39.2	12.9	4.1
Alcohol 1-3 days a month	1,012	9.5	32.8	36.5	16.9	4.3
Alcohol less than once a month	1,171	9.1	26.9	36.2	20.0	7.9
Never drinks alcohol	1,273	8.6	19.6	28.7	26.2	17.0
No alcohol in last week	1,451	8.5	29.3	37.6	17.9	6.6
Safe alcohol units last week#	1,742	9.7	32.2	37.9	15.0	5.2
Excessive alcohol units last week#	468	12.0	31.6	35.7	16.0	4.7
Dangerous alcohol units last week#	117	6.0	16.2	48.7	17.1	12.0
Usually binge drinks more than once a week	1,305	9.2	27.3	37.9	17.7	7.9
Usually binge drinks less than once a week	3,877	9.4	27.8	34.4	19.3	9.0
Acceptable weekly units and no binge drinking#	2,323	9.4	32.2	37.6	15.8	5.0
Acceptable weekly units but binge drinking#	813	8.7	27.7	38.3	17.5	7.9
Excessive weekly units but no binge drinking#	169	12.4	30.2	36.1	17.8	3.6
Excessive weekly units and binge drinking#	409	10.0	27.4	39.4	15.9	7.3
Exercise 30+ min sessions 5+ times per week	1,763	13.8	37.0	34.8	11.6	2.8
Exercise 30+ min sessions <5 times per week	1,905	8.9	29.3	40.4	16.5	4.8

Group	Number of survey responders	Excellent	Very good	Good	Fair	Poor
Light exercise only (no 30+ mins mod/vig)	1,198	5.3	17.2	32.9	30.1	14.5
Never exercise (no 30+ mins light/mod/vig)	379	4.5	9.2	18.5	30.9	36.9
Moderate+2*vigorous < 30 minutes in week	2,027	5.6	17.3	31.6	28.2	17.4
Moderate+2*vigorous 30+ mins but <2.5 hrs	563	10.1	29.3	40.1	16.7	3.7
Moderate+2*vigorous 2.5+ hours in week	2,071	12.9	36.2	36.9	11.6	2.3
Current smoker	1,605	6.1	22.4	38.6	20.9	12.0
Former smoker	1,414	7.0	27.0	31.8	23.6	10.7
Never smoker	2,216	13.0	32.0	35.0	14.7	5.3
Current light smokers (<10 cigs/day)	362	4.4	28.5	39.5	19.6	8.0
Current moderate smokers (10-19 cigs/day)	581	7.2	24.1	39.2	19.6	9.8
Current heavy smokers (20+ cigs/day)	335	6.6	17.3	39.4	21.2	15.5
E-cigarette current user	386	8.3	21.2	39.6	17.6	13.2
E-cigarette former user or never used	4,221	9.5	28.5	35.3	18.5	8.2
Underweight or desirable weight	1,741	11.8	32.8	33.7	15.0	6.7
Overweight	1,772	9.4	28.7	37.0	16.9	8.0
Obese	1,270	5.3	20.5	35.2	26.1	12.9
Only adult in household	1,431	6.8	23.0	31.5	25.1	13.6
Two adults in household	2,586	9.7	28.3	37.8	16.7	7.5
Three or more adults in household	1,193	11.5	31.3	35.1	16.3	5.8
Very/fairly safe in area in day	4,760	9.6	29.0	36.2	17.9	7.2
A bit/very unsafe in area in day	507	5.9	15.4	28.6	27.6	22.5
Very/fairly safe in area after dark	2,859	11.6	31.9	36.9	14.0	5.6
A bit/very unsafe in area after dark	2,323	6.7	22.7	34.1	24.3	12.3
Very/fairly safe alone in home at night	4,582	9.9	29.2	36.0	17.9	7.0
A bit/very unsafe alone in home at night	659	5.8	17.8	31.0	25.9	19.6
Very/fairly safe in area in day (65+)	944	3.4	18.8	33.8	31.5	12.6

Group	Number of survey responders	Excellent	Very good	Good	Fair	Poor
A bit/very unsafe in area in day (65+)	116	0.9	8.6	19.0	37.1	34.5
Very/fairly safe in area after dark (65+)	470	5.3	25.5	34.3	25.1	9.8
A bit/very unsafe in area after dark (65+)	538	1.5	11.2	30.5	37.4	19.5
Very/fairly safe alone in home at night (65+)	919	3.6	19.3	33.1	31.8	12.3
A bit/very unsafe alone in home at night (65+)	131	0.8	6.9	24.4	36.6	31.3
Speak daily to family	2,361	10.3	26.2	35.0	19.0	9.4
Speak 3-6 days/week to family	1,247	9.9	30.6	35.0	17.8	6.7
Speak 1-2days/week to family	1,082	7.7	29.7	38.0	17.3	7.4
Speak <1day/week to family	529	7.6	23.4	32.3	23.8	12.9
Speak daily to friends	2,214	12.2	30.2	36.0	15.9	5.6
Speak 3-6 days/week to friends	1,420	8.9	29.8	36.7	17.6	7.0
Speak 1-2days/week to friends	1,055	6.3	24.7	35.4	23.2	10.4
Speak <1day/week to friends	513	5.5	17.0	28.7	25.9	23.0
Speak daily to neighbours	919	9.4	24.3	34.7	21.1	10.6
Speak 3-6 days/week to neighbours	1,262	6.8	30.7	37.7	17.5	7.2
Speak 1-2days/week to neighbours	1,654	10.9	27.7	35.1	18.9	7.4
Speak <1day/week to neighbours	1,364	9.8	27.2	33.8	18.7	10.5
Speak daily to others	3,476	10.5	27.9	35.1	18.2	8.3
Speak 3-6 days/week to others	1,255	7.6	29.2	36.6	18.7	7.9
Speak 1-2days/week to others	431	6.0	23.0	35.7	23.7	11.6
Speak <1day/week to others	66	4.5	18.2	24.2	27.3	25.8
Potentially socially isolated	472	4.4	23.1	32.0	25.2	15.3
Not potentially socially isolated	4,770	9.9	28.0	35.8	18.3	8.1
Potentially socially isolated (65+)	141	0.7	12.8	22.7	46.1	17.7
Not potentially socially isolated (65+)	905	3.8	18.2	33.4	30.1	14.6
2003 survey	3,333	8.9	27.6	35.8	20.1	7.7

Group	Number of survey responders	Excellent	Very good	Good	Fair	Poor
2007 survey	3,999	11.7	31.7	35.6	16.5	4.7
2009 survey	4,047	13.9	29.6	31.2	16.2	9.1
2011 survey	13,442	10.1	28.1	34.2	19.2	8.5
2014 survey	5,304	9.4	27.6	35.4	18.9	8.7

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.3.2 Long Term Disability or Illness That Limits Daily Activities

Note that physical health status is associated with age, gender and deprivation, as well as risk factors for poor health such as smoking, poor diet, lack of physical activity, alcohol consumption and obesity. Therefore, one group might appear to have better health than another group, but that might just be because they are younger or live in a less deprived area, e.g. retired people tend to have worse health, but this could be due to the fact that they are older and not necessarily due to retirement itself. People living in more deprived areas tend to smoke more and have more poor health, but smoking can also cause poor health, so the relationship with risk factors and physical health status is complex. The associations between physical health status and age, gender, deprivation and other factors such as mental health, smoking and obesity should be borne in mind.

Use the two final columns when summarising the numbers with and without a limiting long-term illness or disability. The first four percentages are just of interest to know how many survey responders do and do not have an illness or disability which then does or does not limit their activities. Note that the number of survey responders (second column “number of survey responders”) is given for the first four columns of percentages and does not apply to the final two columns. The number of survey responders for the final two columns will be slightly lower. For example, for Hull, a total of 5,319 survey responders answered one or both questions (see questionnaire in **APPENDIX B**) out of 5,334 survey responders, although 33 of these survey responders stated they had an illness or disability but then did not state whether or not it limited their activities or not (a further eight survey responders did not answer the first question about having an illness or disability but answered the second question so it was assumed that they did have an illness or disability). The 33 individuals who did not answer the second question are included in the final column for the first four responses

(“long-term illness or disability but don’t know if it limits activities”) but not included in the numbers for the final two response columns. For the final two columns for Hull overall, a total of 5,286 survey responders are included (5,319 less 33).

LI = Long-term illness or disability

LLI = Long-term illness or disability that limits activities

Table 36: Detailed tabulations: long-term disability and illness that limits daily activities

Group	Number of survey responders	No LI	LI but does not limit activities	LLI	LI but don't know if it limits activities	Summary#	
						LLI	No LLI
Hull	5,319	62.5	9.2	27.7	0.6	27.9	72.1
Male	2,428	65.9	8.0	25.7	0.4	25.8	74.2
Female	2,891	59.6	10.2	29.4	0.8	29.6	70.4
16-24	964	84.5	4.1	11.0	0.3	11.0	89.0
25-34	917	78.7	6.4	14.5	0.3	14.6	85.4
35-44	812	70.6	7.0	21.9	0.5	22.0	78.0
45-54	861	60.4	10.3	28.6	0.7	28.8	71.2
55-64	670	47.3	12.2	39.9	0.6	40.1	59.9
65-74	623	37.6	16.4	45.3	0.8	45.6	54.4
75+	450	27.8	12.7	58.0	1.6	58.9	41.1
Males aged 16-24	486	85.2	3.5	10.9	0.4	11.0	89.0
Males aged 25-34	415	81.0	5.5	13.5	0.0	13.5	86.5
Males aged 35-44	369	74.8	5.4	19.8	0.0	19.8	80.2
Males aged 45-54	402	62.7	9.2	27.9	0.2	27.9	72.1
Males aged 55-64	313	50.2	9.9	39.3	0.6	39.5	60.5
Males aged 65-74	260	40.8	15.4	42.7	1.2	43.2	56.8
Males aged 75+	178	30.3	14.6	54.5	0.6	54.8	45.2
Females aged 16-24	478	83.9	4.8	11.1	0.2	11.1	88.9

Group	Number of survey responders	No LI	LI but does not limit activities	LLI	LI but don't know if it limits activities	Summary#	
						LLI	No LLI
Females aged 25-34	502	76.9	7.2	15.3	0.6	15.4	84.6
Females aged 35-44	443	67.0	8.4	23.7	0.9	23.9	76.1
Females aged 45-54	459	58.4	11.3	29.2	1.1	29.5	70.5
Females aged 55-64	357	44.8	14.3	40.3	0.6	40.6	59.4
Females aged 65-74	363	35.3	17.1	47.1	0.6	47.4	52.6
Females aged 75+	272	26.1	11.4	60.3	2.2	61.7	38.3
Most deprived tenth	568	58.1	7.4	33.8	0.7	34.0	66.0
Second most deprived tenth	553	56.8	8.5	34.2	0.5	34.4	65.6
Most deprived fifth	1,121	57.4	7.9	34.0	0.6	34.2	65.8
Second most deprived fifth	1,047	58.0	9.8	31.1	1.1	31.5	68.5
Middle deprivation fifth	996	61.5	9.8	27.9	0.7	28.1	71.9
Second least deprived fifth	1,072	64.6	9.9	25.1	0.4	25.2	74.8
Least deprived fifth	1,082	70.7	8.5	20.4	0.4	20.5	79.5
North Carr	563	65.2	7.5	26.6	0.7	26.8	73.2
Northern	763	65.4	8.1	25.7	0.8	25.9	74.1
East	718	59.5	11.7	28.0	0.8	28.2	71.8
Park	817	64.4	8.8	26.2	0.6	26.4	73.6
Riverside	976	58.7	8.1	32.7	0.5	32.9	67.1
West	726	62.1	8.8	28.4	0.7	28.6	71.4
Wyke	755	63.4	11.3	25.0	0.3	25.1	74.9
Bransholme East	218	58.7	7.8	31.7	1.8	32.2	67.8
Bransholme West	142	59.2	8.5	32.4	0.0	32.4	67.6
Kings Park	203	76.4	6.4	17.2	0.0	17.2	82.8
Beverley	177	66.7	9.0	23.2	1.1	23.4	76.6
Orchard Park & Greenwood	298	59.7	6.7	32.9	0.7	33.1	66.9

Group	Number of survey responders	No LI	LI but does not limit activities	LLI	LI but don't know if it limits activities	Summary#	
						LLI	No LLI
University	288	70.5	9.0	19.8	0.7	19.9	80.1
Ings	226	65.9	7.5	25.2	1.3	25.6	74.4
Longhill	228	54.8	15.4	28.9	0.9	29.2	70.8
Sutton	264	58.0	12.1	29.5	0.4	29.7	70.3
Holderness	254	68.9	11.0	20.1	0.0	20.1	79.9
Marfleet	244	61.9	7.8	29.9	0.4	30.0	70.0
Southcoates East	188	61.7	8.0	29.3	1.1	29.6	70.4
Southcoates West	131	64.1	7.6	26.7	1.5	27.1	72.9
Drypool	251	61.4	8.8	29.1	0.8	29.3	70.7
Myton	319	60.8	6.0	33.2	0.0	33.2	66.8
Newington	249	53.4	10.0	35.7	0.8	36.0	64.0
St Andrews	157	58.6	8.3	32.5	0.6	32.7	67.3
Boothferry	205	64.9	8.8	26.3	0.0	26.3	73.7
Derringham	241	61.4	8.3	29.9	0.4	30.0	70.0
Pickering	280	60.7	9.3	28.6	1.4	29.0	71.0
Avenue	275	61.5	12.7	25.5	0.4	25.5	74.5
Bricknell	176	63.1	11.4	25.0	0.6	25.1	74.9
Newland	304	65.5	9.9	24.7	0.0	24.7	75.3
Working <20 hours	378	74.6	10.1	14.6	0.8	14.7	85.3
Working 20-<35	434	76.3	11.3	12.2	0.2	12.2	87.8
Working 35+ hours	1,172	80.7	7.1	11.8	0.4	11.8	88.2
Working hours not specified	235	79.1	8.5	11.9	0.4	12.0	88.0
Full-time student	516	82.8	4.7	12.4	0.2	12.4	87.6
Retired	1,071	33.5	15.7	49.9	0.9	50.3	49.7
Looking after family/home	407	73.7	6.9	19.2	0.2	19.2	80.8

Group	Number of survey responders	No LI	LI but does not limit activities	LLI	LI but don't know if it limits activities	Summary#	
						LLI	No LLI
Unemployed/not allowed to work	324	68.2	9.6	22.2	0.0	22.2	77.8
Long-term sick or disabled	385	4.9	3.1	90.4	1.6	91.8	8.2
Not working for other reason or no reason given	97	50.5	8.2	40.2	1.0	40.6	59.4
White British	4,734	60.6	9.6	29.2	0.6	29.3	70.7
White Other	206	79.6	6.3	14.1	0.0	14.1	85.9
Mixed	45	80.0	8.9	11.1	0.0	11.1	88.9
Asian/Asian British	76	82.9	3.9	13.2	0.0	13.2	86.8
Black/Black British	61	85.2	3.3	11.5	0.0	11.5	88.5
Chinese	29	93.1	3.4	3.4	0.0	3.4	96.6
Arab	25	80.0	0.0	20.0	0.0	20.0	80.0
Other	23	82.6	4.3	13.0	0.0	13.0	87.0
Excellent health	496	91.3	4.6	3.8	0.2	3.8	96.2
Very good health	1,461	85.6	7.3	6.9	0.1	6.9	93.1
Good health	1,868	69.4	11.9	18.3	0.4	18.4	81.6
Fair health	1,002	28.4	11.8	58.7	1.1	59.3	40.7
Poor health	463	5.4	3.0	89.4	2.2	91.4	8.6
Well-being - satisfied - poor (0-4)	595	27.9	5.5	65.4	1.2	66.2	33.8
Well-being - satisfied - score 5-7	2,044	55.5	9.7	34.0	0.8	34.3	65.7
Well-being - satisfied - score 8-10	2,651	75.9	9.5	14.3	0.3	14.3	85.7
Well-being - worthwhile - poor (0-4)	487	27.9	5.7	64.9	1.4	65.8	34.2
Well-being - worthwhile - score 5-7	1,858	57.7	9.0	32.6	0.7	32.8	67.2
Well-being - worthwhile - score 8-10	2,939	71.5	9.9	18.2	0.4	18.3	81.7
Well-being - happy - poor (0-4)	741	40.8	6.3	51.8	1.1	52.4	47.6
Well-being - happy - score 5-7	1,865	57.0	9.5	32.8	0.7	33.0	67.0
Well-being - happy - score 8-10	2,666	72.5	9.7	17.4	0.3	17.5	82.5

Group	Number of survey responders	No LI	LI but does not limit activities	LLI	LI but don't know if it limits activities	Summary#	
						LLI	No LLI
Well-being - anxious - poor (6-10)	1,436	54.1	9.3	36.1	0.4	36.3	63.7
Well-being - anxious - score 3-5	1,461	56.0	7.6	35.6	0.8	35.9	64.1
Well-being - anxious - score 0-2	2,365	71.8	10.0	17.7	0.5	17.8	82.2
Healthy diet	3,613	63.0	10.0	26.5	0.4	26.7	73.3
Not healthy diet	1,259	61.9	7.5	29.9	0.6	30.1	69.9
Lack of knowledge about healthy diet	376	62.0	6.4	30.3	1.3	30.7	69.3
5-A-DAY	968	59.2	11.8	28.6	0.4	28.7	71.3
Not 5-A-DAY	4,087	63.5	8.7	27.2	0.6	27.3	72.7
Alcohol most days	433	63.5	8.1	27.7	0.7	27.9	72.1
Alcohol 1-3 days a week	1,380	72.1	9.7	17.8	0.4	17.9	82.1
Alcohol 1-3 days a month	1,015	70.8	8.6	20.3	0.3	20.4	79.6
Alcohol less than once a month	1,174	60.5	9.3	29.6	0.7	29.8	70.2
Never drinks alcohol	1,282	47.5	9.2	42.3	1.0	42.7	57.3
No alcohol in last week	1,282	47.5	9.2	42.3	1.0	42.7	57.3
Safe alcohol units last week#	1,458	63.3	9.3	26.8	0.5	27.0	73.0
Excessive alcohol units last week#	1,739	70.7	8.9	20.1	0.4	20.2	79.8
Dangerous alcohol units last week#	469	67.6	10.4	21.5	0.4	21.6	78.4
Usually binge drinks more than once a week	1,306	69.4	7.4	22.8	0.5	22.9	77.1
Usually binge drinks less than once a week	3,891	60.1	9.9	29.3	0.6	29.5	70.5
Acceptable weekly units and no binge drinking#	2,327	66.4	10.1	23.0	0.5	23.1	76.9
Acceptable weekly units but binge drinking#	813	70.5	6.3	22.8	0.5	22.9	77.1
Excessive weekly units but no binge drinking#	170	62.9	14.1	22.9	0.0	22.9	77.1
Excessive weekly units and binge drinking#	409	67.2	9.5	22.7	0.5	22.9	77.1
Exercise 30+ min sessions 5+ times per week	1,766	73.7	9.2	16.8	0.4	16.8	83.2
Exercise 30+ min sessions <5 times per week	1,909	70.0	9.4	20.1	0.5	20.2	79.8

Group	Number of survey responders	No LI	LI but does not limit activities	LLI	LI but don't know if it limits activities	Summary#	
						LLI	No LLI
Light exercise only (no 30+ mins mod/vig)	1,205	45.1	10.0	43.7	1.2	44.2	55.8
Never exercise (no 30+ mins light/mod/vig)	380	28.2	4.7	66.6	0.5	66.9	33.1
Moderate+2*vigorous < 30 minutes in week	2,035	46.6	8.8	43.8	0.8	44.2	55.8
Moderate+2*vigorous 30+ mins but <2.5 hrs	568	69.0	8.8	21.7	0.5	21.8	78.2
Moderate+2*vigorous 2.5+ hours in week	2,075	74.1	10.0	15.4	0.5	15.5	84.5
Current smoker	1,617	61.3	8.1	29.9	0.6	30.1	69.9
Former smoker	1,416	53.2	11.2	34.9	0.8	35.2	64.8
Never smoker	2,217	69.0	8.7	21.8	0.5	22.0	78.0
Current light smokers (<10 cigs/day)	362	68.0	7.5	24.0	0.6	24.2	75.8
Current moderate smokers (10-19 cigs/day)	586	64.7	8.5	26.1	0.7	26.3	73.7
Current heavy smokers (20+ cigs/day)	336	57.7	7.7	33.9	0.6	34.1	65.9
E-cigarette current user	390	59.5	9.0	30.8	0.8	31.0	69.0
E-cigarette former user or never used	4,232	63.4	9.1	26.8	0.6	27.0	73.0
Underweight or desirable weight	1,746	69.9	7.7	22.2	0.2	22.2	77.8
Overweight	1,778	62.5	10.3	26.4	0.8	26.6	73.4
Obese	1,270	50.6	10.6	38.2	0.6	38.4	61.6
Only adult in household	1,437	51.8	9.5	37.9	0.8	38.2	61.8
Two adults in household	2,594	64.1	9.6	25.6	0.6	25.8	74.2
Three or more adults in household	1,193	71.0	8.2	20.6	0.2	20.7	79.3
Very/fairly safe in area in day	4,772	64.4	9.5	25.4	0.6	25.6	74.4
A bit/very unsafe in area in day	510	44.5	6.3	48.4	0.8	48.8	51.2
Very/fairly safe in area after dark	2,865	69.8	9.0	20.9	0.3	21.0	79.0
A bit/very unsafe in area after dark	2,332	54.3	9.6	35.1	1.0	35.4	64.6
Very/fairly safe alone in home at night	4,595	64.5	9.7	25.3	0.5	25.4	74.6
A bit/very unsafe alone in home at night	662	49.8	5.6	43.5	1.1	44.0	56.0

Group	Number of survey responders	No LI	LI but does not limit activities	LLI	LI but don't know if it limits activities	Summary#	
						LLI	No LLI
Very/fairly safe in area in day (65+)	949	35.0	16.0	47.8	1.2	48.4	51.6
A bit/very unsafe in area in day (65+)	116	20.7	5.2	73.3	0.9	73.9	26.1
Very/fairly safe in area after dark (65+)	472	41.7	16.5	41.3	0.4	41.5	58.5
A bit/very unsafe in area after dark (65+)	541	26.1	13.9	58.2	1.8	59.3	40.7
Very/fairly safe alone in home at night (65+)	924	36.1	15.8	47.0	1.1	47.5	52.5
A bit/very unsafe alone in home at night (65+)	131	15.3	8.4	74.8	1.5	76.0	24.0
Speak daily to family	2,372	62.1	9.3	28.1	0.5	28.2	71.8
Speak 3-6 days/week to family	1,249	63.9	9.2	26.1	0.8	26.3	73.7
Speak 1-2days/week to family	1,079	62.8	9.1	27.9	0.2	27.9	72.1
Speak <1day/week to family	532	59.8	9.0	30.1	1.1	30.4	69.6
Speak daily to friends	2,220	70.5	8.6	20.5	0.5	20.6	79.4
Speak 3-6 days/week to friends	1,423	62.4	10.3	27.1	0.3	27.1	72.9
Speak 1-2days/week to friends	1,057	55.8	9.7	33.3	1.1	33.7	66.3
Speak <1day/week to friends	516	42.2	7.6	49.6	0.6	49.9	50.1
Speak daily to neighbours	923	57.1	9.1	32.7	1.1	33.1	66.9
Speak 3-6 days/week to neighbours	1,269	59.7	11.8	28.0	0.5	28.1	71.9
Speak 1-2days/week to neighbours	1,653	65.5	9.2	24.7	0.5	24.9	75.1
Speak <1day/week to neighbours	1,367	64.9	6.7	27.9	0.4	28.1	71.9
Speak daily to others	3,485	64.2	9.2	26.1	0.6	26.2	73.8
Speak 3-6 days/week to others	1,258	60.5	9.8	29.3	0.5	29.4	70.6
Speak 1-2days/week to others	433	56.1	7.6	35.3	0.9	35.7	64.3
Speak <1day/week to others	66	48.5	7.6	42.4	1.5	43.1	56.9
Potentially socially isolated	474	47.7	10.1	41.4	0.8	41.7	58.3
Not potentially socially isolated	4,781	63.9	9.2	26.4	0.6	26.5	73.5
Potentially socially isolated (65+)	142	21.8	14.1	62.7	1.4	63.6	36.4

Group	Number of survey responders	No LI	LI but does not limit activities	LLI	LI but don't know if it limits activities	Summary#	
						LLI	No LLI
Not potentially socially isolated (65+)	909	34.8	15.2	49.0	1.1	49.5	50.5
2003 survey	3,287					32.6	
2007 survey	4,019					23.4	
2009 survey	4,053					30.7	
2011 survey	13,251					28.9	
2014 survey	2,868					27.9	

#Number of survey responders is fewer than that stated in first numerical column as it excludes those who have long-term illness or disability but who did not specify whether it limited their activities or not.

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.3.3 Wellbeing – Feeling Satisfied With Life

Note that mental health is associated with age, gender and deprivation. Therefore, one group might appear to have better mental health than another group, but that might just be because they are younger, e.g. retired people tend to have worse mental health or people who are obese, but this could be due to the fact that they are older not necessarily due to retirement or obesity. It is not clear what the reasons behind an association might be, but the associations with age, gender and deprivation and other factors such as physical health status should be borne in mind.

The scale ranges from 0 to 10 with 0 “not at all satisfied” and 10 “completely satisfied”. The Public Health Outcomes Framework combines the responses 0-4, and the remaining responses have been divided into two additional categories here. A high average score denotes greater satisfaction.

Table 37: Detailed tabulations: wellbeing – feeling satisfied with life

Group	Number of survey responders	Poor (0-4)	Score 5-7	Score 8-10	Average score
Hull	5,304	11.2	38.6	50.2	7.09
Male	2,420	11.0	38.0	51.1	7.13
Female	2,884	11.4	39.2	49.4	7.05
16-24	966	7.8	34.4	57.9	7.50
25-34	919	6.5	40.5	53.0	7.38
35-44	809	12.9	37.8	49.3	6.96
45-54	856	14.5	40.3	45.2	6.77
55-64	669	15.5	37.8	46.6	6.76
65-74	622	10.3	39.2	50.5	7.16
75+	442	14.0	42.1	43.9	6.81
Males aged 16-24	486	7.6	34.0	58.4	7.51
Males aged 25-34	415	8.0	40.0	52.0	7.33
Males aged 35-44	367	11.7	36.5	51.8	7.09
Males aged 45-54	401	14.7	38.7	46.6	6.82
Males aged 55-64	313	13.4	40.3	46.3	6.86
Males aged 65-74	260	11.5	36.5	51.9	7.13
Males aged 75+	173	11.6	44.5	43.9	6.88
Females aged 16-24	480	7.9	34.8	57.3	7.49
Females aged 25-34	504	5.4	40.9	53.8	7.42
Females aged 35-44	442	13.8	38.9	47.3	6.85
Females aged 45-54	455	14.3	41.8	44.0	6.73
Females aged 55-64	356	17.4	35.7	46.9	6.68
Females aged 65-74	362	9.4	41.2	49.4	7.18
Females aged 75+	269	15.6	40.5	43.9	6.76
Most deprived tenth	567	14.1	45.1	40.7	6.70

Group	Number of survey responders	Poor (0-4)	Score 5-7	Score 8-10	Average score
Second most deprived tenth	549	16.8	38.1	45.2	6.77
Most deprived fifth	1,116	15.4	41.7	42.9	6.74
Second most deprived fifth	1,038	15.1	41.8	43.1	6.75
Middle deprivation fifth	996	11.7	37.4	50.8	7.08
Second least deprived fifth	1,067	8.5	36.7	54.7	7.31
Least deprived fifth	1,086	5.3	35.5	59.2	7.55
North Carr	563	11.0	35.9	53.1	7.19
Northern	764	12.2	40.3	47.5	6.99
East	713	10.9	36.0	53.0	7.17
Park	816	9.8	38.0	52.2	7.19
Riverside	968	14.4	41.3	44.3	6.81
West	723	9.7	35.4	54.9	7.26
Wyke	756	9.7	41.8	48.5	7.11
Bransholme East	217	16.6	32.7	50.7	6.99
Bransholme West	141	13.5	39.7	46.8	6.91
Kings Park	205	3.4	36.6	60.0	7.60
Beverley	177	6.2	38.4	55.4	7.47
Orchard Park & Greenwood	298	15.1	46.6	38.3	6.61
University	289	12.8	34.9	52.2	7.08
Ings	224	10.7	28.1	61.2	7.37
Longhill	225	10.7	40.9	48.4	7.07
Sutton	264	11.4	38.6	50.0	7.07
Holderness	253	7.9	32.0	60.1	7.55
Marfleet	247	13.0	38.5	48.6	6.94
Southcoates East	185	10.8	41.6	47.6	6.98
Southcoates West	131	6.1	43.5	50.4	7.24

Group	Number of survey responders	Poor (0-4)	Score 5-7	Score 8-10	Average score
Drypool	247	13.0	40.9	46.2	6.85
Myton	317	18.0	40.1	42.0	6.62
Newington	248	12.1	43.5	44.4	6.92
St Andrews	156	12.8	41.0	46.2	6.94
Boothferry	205	6.3	36.6	57.1	7.52
Derringham	242	13.6	33.1	53.3	7.10
Pickering	276	8.7	36.6	54.7	7.21
Avenue	275	9.5	41.5	49.1	7.11
Bricknell	177	7.3	44.1	48.6	7.19
Newland	304	11.2	40.8	48.0	7.06
Working <20 hours	377	5.3	40.1	54.6	7.46
Working 20-<35	434	4.8	32.3	62.9	7.70
Working 35+ hours	1,173	5.7	34.2	60.1	7.55
Working hours not specified	234	5.6	36.8	57.7	7.50
Full-time student	517	8.5	38.9	52.6	7.32
Retired	1,067	11.4	40.0	48.5	7.05
Looking after family/home	408	9.1	40.9	50.0	7.17
Unemployed/not allowed to work	323	18.3	47.7	34.1	6.37
Long-term sick of disabled	381	43.6	41.7	14.7	4.73
Not working for other reason or no reason given	94	18.1	39.4	42.6	6.57
White British	4,722	11.4	38.1	50.5	7.08
White Other	207	9.2	44.9	45.9	7.04
Mixed	45	11.1	37.8	51.1	7.11
Asian/Asian British	76	5.3	40.8	53.9	7.59
Black/Black British	60	6.7	45.0	48.3	7.35
Chinese	29	3.4	58.6	37.9	7.07

Group	Number of survey responders	Poor (0-4)	Score 5-7	Score 8-10	Average score
Arab	25	24.0	28.0	48.0	6.92
Other	22	4.5	27.3	68.2	7.59
Excellent health	496	2.8	17.1	80.0	8.52
Very good health	1,458	3.5	24.3	72.2	8.00
Good health	1,868	5.2	45.2	49.5	7.25
Fair health	994	19.0	59.9	21.1	5.99
Poor health	460	52.0	33.9	14.1	4.34
Limiting long-term illness or disability	1,463	26.6	47.5	25.9	5.76
No limiting long-term illness or disability	3,796	5.2	35.1	59.6	7.60
Well-being - worthwhile - poor (0-4)	484	72.1	22.9	5.0	3.52
Well-being - worthwhile - score 5-7	1,854	10.3	72.7	17.0	6.18
Well-being - worthwhile - score 8-10	2,946	1.6	19.8	78.5	8.26
Well-being - happy - poor (0-4)	740	46.5	42.7	10.8	4.56
Well-being - happy - score 5-7	1,858	10.2	61.1	28.7	6.46
Well-being - happy - score 8-10	2,665	2.2	21.8	76.0	8.22
Well-being - anxious - poor (6-10)	1,436	14.5	45.2	40.3	6.73
Well-being - anxious - score 3-5	1,453	16.3	53.8	29.9	6.25
Well-being - anxious - score 0-2	2,362	6.1	25.3	68.7	7.83
Healthy diet	3,606	8.0	35.5	56.5	7.40
Not healthy diet	1,254	19.1	45.6	35.2	6.34
Lack of knowledge about healthy diet	374	15.2	42.8	42.0	6.69
5-A-DAY	966	7.8	33.2	59.0	7.45
Not 5-A-DAY	4,082	11.7	39.5	48.8	7.02
Alcohol most days	432	13.7	36.8	49.5	6.97
Alcohol 1-3 days a week	1,379	7.0	35.5	57.6	7.45
Alcohol 1-3 days a month	1,011	9.3	38.2	52.5	7.20

Group	Number of survey responders	Poor (0-4)	Score 5-7	Score 8-10	Average score
Alcohol less than once a month	1,172	10.9	40.4	48.6	7.08
Never drinks alcohol	1,276	16.8	40.5	42.6	6.67
No alcohol in last week	1,453	10.2	39.6	50.2	7.11
Safe alcohol units last week#	1,737	7.4	37.6	55.0	7.37
Excessive alcohol units last week#	468	10.3	34.2	55.6	7.28
Dangerous alcohol units last week#	117	17.9	36.8	45.3	6.62
Usually binge drinks more than once a week	1,304	10.7	38.1	51.2	7.14
Usually binge drinks less than once a week	3,880	11.4	38.8	49.8	7.06
Acceptable weekly units and no binge drinking#	2,322	8.3	38.4	53.4	7.27
Acceptable weekly units but binge drinking#	812	9.7	39.4	50.9	7.17
Excessive weekly units but no binge drinking#	170	11.8	34.1	54.1	7.19
Excessive weekly units and binge drinking#	408	11.8	35.3	52.9	7.13
Exercise 30+ min sessions 5+ times per week	1,762	7.2	35.6	57.2	7.45
Exercise 30+ min sessions <5 times per week	1,908	8.2	38.9	52.9	7.26
Light exercise only (no 30+ mins mod/vig)	1,199	14.8	42.8	42.4	6.74
Never exercise (no 30+ mins light/mod/vig)	374	34.0	38.5	27.5	5.59
Moderate+2*vigorous < 30 minutes in week	2,021	18.2	41.6	40.2	6.51
Moderate+2*vigorous 30+ mins but <2.5 hrs	567	7.1	41.8	51.1	7.33
Moderate+2*vigorous 2.5+ hours in week	2,074	6.0	35.2	58.8	7.53
Current smoker	1,613	16.0	42.4	41.6	6.67
Former smoker	1,410	11.7	39.9	48.4	6.98
Never smoker	2,212	7.5	35.3	57.1	7.44
Current light smokers (<10 cigs/day)	362	11.9	45.9	42.3	6.82
Current moderate smokers (10-19 cigs/day)	585	12.8	41.9	45.3	6.92
Current heavy smokers (20+ cigs/day)	335	19.4	38.8	41.8	6.47
E-cigarette current user	390	13.8	42.8	43.3	6.78

Group	Number of survey responders	Poor (0-4)	Score 5-7	Score 8-10	Average score
E-cigarette former user or never used	4,223	11.0	38.4	50.6	7.10
Underweight or desirable weight	1,742	9.7	37.1	53.2	7.25
Overweight	1,771	8.8	38.3	53.0	7.23
Obese	1,266	16.1	41.2	42.7	6.68
Only adult in household	1,429	16.5	42.6	40.9	6.58
Two adults in household	2,589	8.8	37.7	53.5	7.28
Three or more adults in household	1,192	9.5	35.9	54.6	7.29
Very/fairly safe in area in day	4,760	9.5	38.1	52.4	7.23
A bit/very unsafe in area in day	508	27.0	43.3	29.7	5.78
Very/fairly safe in area after dark	2,858	7.4	35.3	57.3	7.48
A bit/very unsafe in area after dark	2,326	15.6	42.7	41.6	6.63
Very/fairly safe alone in home at night	4,581	9.3	38.1	52.6	7.23
A bit/very unsafe alone in home at night	661	23.8	43.0	33.3	6.09
Very/fairly safe in area in day (65+)	941	9.6	40.4	50.1	7.18
A bit/very unsafe in area in day (65+)	115	29.6	42.6	27.8	5.70
Very/fairly safe in area after dark (65+)	468	6.4	34.4	59.2	7.57
A bit/very unsafe in area after dark (65+)	537	16.2	46.7	37.1	6.52
Very/fairly safe alone in home at night (65+)	913	9.4	40.4	50.2	7.18
A bit/very unsafe alone in home at night (65+)	133	27.1	42.9	30.1	5.92
Speak daily to family	2,364	10.7	35.9	53.3	7.19
Speak 3-6 days/week to family	1,245	9.6	39.4	51.0	7.19
Speak 1-2days/week to family	1,083	10.6	40.9	48.5	7.05
Speak <1day/week to family	527	18.2	44.0	37.8	6.49
Speak daily to friends	2,215	7.1	36.2	56.7	7.45
Speak 3-6 days/week to friends	1,420	9.2	39.7	51.1	7.17
Speak 1-2days/week to friends	1,054	14.2	40.6	45.2	6.83

Group	Number of survey responders	Poor (0-4)	Score 5-7	Score 8-10	Average score
Speak <1day/week to friends	514	27.8	42.0	30.2	5.84
Speak daily to neighbours	920	8.9	38.5	52.6	7.28
Speak 3-6 days/week to neighbours	1,263	8.7	35.2	56.1	7.31
Speak 1-2days/week to neighbours	1,652	10.4	39.2	50.4	7.09
Speak <1day/week to neighbours	1,365	16.0	41.5	42.6	6.74
Speak daily to others	3,477	9.7	37.2	53.2	7.24
Speak 3-6 days/week to others	1,253	11.8	41.3	46.8	6.97
Speak 1-2days/week to others	433	16.9	43.2	40.0	6.49
Speak <1day/week to others	66	42.4	36.4	21.2	5.18
Potentially socially isolated	471	22.1	45.2	32.7	6.09
Not potentially socially isolated	4,771	10.1	38.0	51.9	7.18
Potentially socially isolated (65+)	140	15.0	58.6	26.4	6.11
Not potentially socially isolated (65+)	903	11.3	37.7	51.1	7.14

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.3.4 Wellbeing – Feeling Life is Worthwhile

Note that mental health is associated with age, gender and deprivation. Therefore, one group might appear to have better mental health than another group, but that might just be because they are younger, e.g. retired people tend to have worse mental health or people who are obese, but this could be due to the fact that they are older not necessarily due to retirement or obesity. It is not clear what the reasons behind an association might be, but the associations with age, gender and deprivation and other factors such as physical health status should be borne in mind.

The scale ranges from 0 to 10 with 0 “not at all worthwhile” and 10 “completely worthwhile”. The Public Health Outcomes Framework combines the responses 0-4, and the remaining responses have been divided into two additional categories here. A high average score denotes greater feeling that life is worthwhile.

Table 38: Detailed tabulations: wellbeing – feeling life is worthwhile

Group	Number of survey responders	Poor (0-4)	Score 5-7	Score 8-10	Average score
Hull	5,298	9.2	35.1	55.7	7.37
Male	2,415	9.1	36.8	54.2	7.33
Female	2,883	9.3	33.7	57.0	7.40
16-24	963	7.1	35.1	57.8	7.54
25-34	917	5.9	35.3	58.8	7.64
35-44	809	10.4	34.4	55.3	7.26
45-54	856	11.3	36.9	51.8	7.10
55-64	667	12.1	36.6	51.3	7.10
65-74	621	8.5	30.8	60.7	7.59
75+	444	11.3	36.7	52.0	7.18
Males aged 16-24	482	6.8	37.6	55.6	7.48
Males aged 25-34	415	7.0	37.3	55.7	7.50
Males aged 35-44	366	9.6	33.6	56.8	7.30
Males aged 45-54	401	11.7	38.7	49.6	7.01
Males aged 55-64	313	11.5	39.6	48.9	7.08
Males aged 65-74	259	10.0	30.9	59.1	7.48
Males aged 75+	174	7.5	39.7	52.9	7.43
Females aged 16-24	481	7.3	32.6	60.1	7.59
Females aged 25-34	502	5.0	33.7	61.4	7.76
Females aged 35-44	443	11.1	35.0	54.0	7.23
Females aged 45-54	455	11.0	35.4	53.6	7.18
Females aged 55-64	354	12.7	33.9	53.4	7.11
Females aged 65-74	362	7.5	30.7	61.9	7.67
Females aged 75+	270	13.7	34.8	51.5	7.02
Most deprived tenth	568	12.0	42.1	46.0	6.98

Group	Number of survey responders	Poor (0-4)	Score 5-7	Score 8-10	Average score
Second most deprived tenth	551	13.4	34.3	52.3	7.10
Most deprived fifth	1,119	12.7	38.2	49.1	7.04
Second most deprived fifth	1,034	12.3	37.4	50.3	7.10
Middle deprivation fifth	990	9.2	33.8	57.0	7.41
Second least deprived fifth	1,070	7.2	33.3	59.5	7.56
Least deprived fifth	1,084	4.6	32.7	62.6	7.72
North Carr	563	9.2	33.6	57.2	7.43
Northern	763	9.0	38.3	52.7	7.28
East	716	9.9	31.4	58.7	7.45
Park	811	6.4	36.6	57.0	7.50
Riverside	966	13.5	35.8	50.7	7.06
West	724	5.8	35.2	59.0	7.59
Wyke	754	9.4	34.1	56.5	7.36
Bransholme East	218	11.0	32.6	56.4	7.39
Bransholme West	140	14.3	33.6	52.1	7.01
Kings Park	205	3.9	34.6	61.5	7.77
Beverley	177	4.5	32.2	63.3	7.70
Orchard Park & Greenwood	298	10.4	43.3	46.3	7.04
University	288	10.4	36.8	52.8	7.26
Ings	225	9.8	26.7	63.6	7.64
Longhill	227	7.9	37.4	54.6	7.42
Sutton	264	11.7	30.3	58.0	7.30
Holderness	251	6.4	30.7	62.9	7.72
Marfleet	245	8.2	35.5	56.3	7.33
Southcoates East	184	8.2	43.5	48.4	7.27
Southcoates West	131	0.8	40.5	58.8	7.73

Group	Number of survey responders	Poor (0-4)	Score 5-7	Score 8-10	Average score
Drypool	248	11.3	34.7	54.0	7.16
Myton	318	16.0	35.2	48.7	6.92
Newington	244	12.3	37.3	50.4	7.15
St Andrews	156	13.5	36.5	50.0	7.03
Boothferry	204	2.9	35.8	61.3	7.75
Derringham	242	7.9	33.9	58.3	7.52
Pickering	278	6.1	36.0	57.9	7.54
Avenue	274	8.4	33.6	58.0	7.42
Bricknell	177	7.9	33.9	58.2	7.43
Newland	303	11.2	34.7	54.1	7.27
Working <20 hours	376	4.0	34.3	61.7	7.74
Working 20-<35	433	2.5	31.2	66.3	7.93
Working 35+ hours	1,171	4.6	31.4	64.0	7.78
Working hours not specified	234	5.1	35.5	59.4	7.63
Full-time student	514	7.6	39.5	52.9	7.34
Retired	1,067	9.3	33.3	57.5	7.43
Looking after family/home	407	7.1	35.6	57.2	7.54
Unemployed/not allowed to work	324	14.8	45.7	39.5	6.66
Long-term sick of disabled	382	39.8	38.2	22.0	5.19
Not working for other reason or no reason given	94	12.8	37.2	50.0	7.01
White British	4,721	9.3	34.6	56.1	7.37
White Other	203	8.9	41.4	49.8	7.17
Mixed	44	11.4	38.6	50.0	7.23
Asian/Asian British	75	5.3	32.0	62.7	7.72
Black/Black British	60	1.7	41.7	56.7	7.68
Chinese	29	6.9	48.3	44.8	7.07

Group	Number of survey responders	Poor (0-4)	Score 5-7	Score 8-10	Average score
Arab	24	20.8	29.2	50.0	7.17
Other	23	4.3	39.1	56.5	7.35
Excellent health	496	2.2	17.1	80.6	8.65
Very good health	1,459	3.5	24.7	71.8	8.07
Good health	1,866	5.2	38.5	56.3	7.48
Fair health	993	14.4	51.4	34.2	6.53
Poor health	455	39.8	39.3	20.9	5.08
Limiting long-term illness or disability	1,458	21.7	41.6	36.8	6.30
No limiting long-term illness or disability	3,794	4.3	32.7	63.0	7.78
Well-being - satisfied - poor (0-4)	588	59.4	32.5	8.2	4.09
Well-being - satisfied - score 5-7	2,042	5.4	66.0	28.6	6.68
Well-being - satisfied - score 8-10	2,654	0.9	11.9	87.2	8.63
Well-being - happy - poor (0-4)	735	41.8	43.3	15.0	4.89
Well-being - happy - score 5-7	1,860	6.8	56.6	36.6	6.84
Well-being - happy - score 8-10	2,659	1.8	17.8	80.4	8.42
Well-being - anxious - poor (6-10)	1,435	11.8	41.0	47.2	7.02
Well-being - anxious - score 3-5	1,453	13.0	50.0	37.0	6.61
Well-being - anxious - score 0-2	2,360	5.1	22.4	72.5	8.05
Healthy diet	3,607	6.4	31.2	62.4	7.70
Not healthy diet	1,251	16.1	43.8	40.1	6.57
Lack of knowledge about healthy diet	372	11.8	42.5	45.7	6.87
5-A-DAY	969	6.5	29.3	64.2	7.75
Not 5-A-DAY	4,075	9.4	36.3	54.2	7.30
Alcohol most days	433	11.8	34.9	53.3	7.12
Alcohol 1-3 days a week	1,380	5.9	33.3	60.8	7.63
Alcohol 1-3 days a month	1,008	7.2	34.8	57.9	7.50

Group	Number of survey responders	Poor (0-4)	Score 5-7	Score 8-10	Average score
Alcohol less than once a month	1,172	9.4	34.4	56.2	7.42
Never drinks alcohol	1,272	13.3	37.6	49.1	7.01
No alcohol in last week	1,450	8.6	33.3	58.1	7.45
Safe alcohol units last week#	1,741	6.7	33.9	59.4	7.59
Excessive alcohol units last week#	468	6.8	33.5	59.6	7.50
Dangerous alcohol units last week#	117	13.7	42.7	43.6	6.72
Usually binge drinks more than once a week	1,304	8.8	35.4	55.8	7.31
Usually binge drinks less than once a week	3,873	9.2	35.2	55.6	7.38
Acceptable weekly units and no binge drinking#	2,323	7.1	33.6	59.4	7.58
Acceptable weekly units but binge drinking#	812	8.5	35.0	56.5	7.36
Excessive weekly units but no binge drinking#	170	6.5	35.3	58.2	7.52
Excessive weekly units and binge drinking#	408	8.8	35.8	55.4	7.26
Exercise 30+ min sessions 5+ times per week	1,763	6.4	31.3	62.3	7.69
Exercise 30+ min sessions <5 times per week	1,907	7.1	35.8	57.1	7.47
Light exercise only (no 30+ mins mod/vig)	1,196	10.9	37.7	51.4	7.16
Never exercise (no 30+ mins light/mod/vig)	373	28.2	40.2	31.6	5.91
Moderate+2*vigorous < 30 minutes in week	2,017	14.5	39.4	46.2	6.87
Moderate+2*vigorous 30+ mins but <2.5 hrs	568	7.2	35.0	57.7	7.48
Moderate+2*vigorous 2.5+ hours in week	2,074	5.1	31.2	63.7	7.76
Current smoker	1,612	13.2	37.9	48.9	6.98
Former smoker	1,411	9.5	35.6	54.9	7.32
Never smoker	2,206	6.2	32.9	60.9	7.66
Current light smokers (<10 cigs/day)	362	11.3	40.1	48.6	7.05
Current moderate smokers (10-19 cigs/day)	584	11.6	34.2	54.1	7.21
Current heavy smokers (20+ cigs/day)	335	16.1	37.6	46.3	6.76
E-cigarette current user	390	11.8	41.8	46.4	7.00

Group	Number of survey responders	Poor (0-4)	Score 5-7	Score 8-10	Average score
E-cigarette former user or never used	4,216	8.8	35.2	56.0	7.38
Underweight or desirable weight	1,737	8.2	34.1	57.7	7.46
Overweight	1,772	7.4	33.2	59.4	7.51
Obese	1,264	12.4	38.6	49.0	7.05
Only adult in household	1,431	14.4	38.8	46.8	6.89
Two adults in household	2,585	7.2	32.5	60.3	7.59
Three or more adults in household	1,189	7.4	35.5	57.1	7.44
Very/fairly safe in area in day	4,756	7.3	34.4	58.2	7.51
A bit/very unsafe in area in day	506	24.9	42.1	33.0	6.06
Very/fairly safe in area after dark	2,856	6.1	31.9	62.0	7.68
A bit/very unsafe in area after dark	2,324	12.6	39.1	48.3	7.00
Very/fairly safe alone in home at night	4,576	7.3	34.6	58.1	7.51
A bit/very unsafe alone in home at night	660	21.7	39.4	38.9	6.40
Very/fairly safe in area in day (65+)	942	7.4	32.5	60.1	7.61
A bit/very unsafe in area in day (65+)	115	26.1	41.7	32.2	5.97
Very/fairly safe in area after dark (65+)	470	4.9	30.4	64.7	7.87
A bit/very unsafe in area after dark (65+)	537	13.4	36.7	49.9	7.02
Very/fairly safe alone in home at night (65+)	916	7.9	32.8	59.4	7.57
A bit/very unsafe alone in home at night (65+)	131	22.1	38.9	38.9	6.39
Speak daily to family	2,361	8.6	31.0	60.4	7.55
Speak 3-6 days/week to family	1,242	5.9	37.1	57.0	7.51
Speak 1-2days/week to family	1,082	10.2	38.8	51.0	7.16
Speak <1day/week to family	529	17.4	39.7	42.9	6.67
Speak daily to friends	2,213	6.1	30.9	63.0	7.72
Speak 3-6 days/week to friends	1,420	7.6	35.0	57.4	7.48
Speak 1-2days/week to friends	1,053	10.5	40.4	49.1	7.15

Group	Number of survey responders	Poor (0-4)	Score 5-7	Score 8-10	Average score
Speak <1day/week to friends	512	24.2	41.2	34.6	6.04
Speak daily to neighbours	918	7.6	31.6	60.8	7.62
Speak 3-6 days/week to neighbours	1,262	6.6	30.1	63.3	7.69
Speak 1-2days/week to neighbours	1,653	8.7	36.7	54.6	7.37
Speak <1day/week to neighbours	1,362	13.1	39.9	46.9	6.91
Speak daily to others	3,469	8.1	32.1	59.8	7.55
Speak 3-6 days/week to others	1,255	8.6	40.4	51.0	7.22
Speak 1-2days/week to others	433	15.2	42.3	42.5	6.70
Speak <1day/week to others	66	37.9	34.8	27.3	5.32
Potentially socially isolated	473	17.1	45.5	37.4	6.46
Not potentially socially isolated	4,762	8.4	33.9	57.7	7.46
Potentially socially isolated (65+)	142	16.2	49.3	34.5	6.44
Not potentially socially isolated (65+)	901	8.7	30.4	60.9	7.58

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.3.5 Wellbeing – Happiness Yesterday

Note that mental health is associated with age, gender and deprivation. Therefore, one group might appear to have better mental health than another group, but that might just be because they are younger, e.g. retired people tend to have worse mental health or people who are obese, but this could be due to the fact that they are older not necessarily due to retirement or obesity. It is not clear what the reasons behind an association might be, but the associations with age, gender and deprivation and other factors such as physical health status should be borne in mind.

The scale ranges from 0 to 10 with 0 “not at all happy” and 10 “completely happy”. The Public Health Outcomes Framework combines the responses 0-4, and the remaining responses have been divided into two additional categories here. A high average score denotes greater happiness.

Table 39: Detailed tabulations: wellbeing – happiness yesterday

Group	Number of survey responders	Poor (0-4)	Score 5-7	Score 8-10	Average score
Hull	5,286	14.0	35.4	50.6	7.07
Male	2,410	13.4	36.8	49.8	7.08
Female	2,876	14.5	34.2	51.3	7.06
16-24	962	12.2	34.9	52.9	7.27
25-34	917	12.1	34.8	53.1	7.27
35-44	810	15.7	35.8	48.5	6.87
45-54	854	17.7	34.9	47.4	6.85
55-64	666	17.7	36.6	45.6	6.69
65-74	615	8.5	34.8	56.7	7.44
75+	441	14.5	35.8	49.7	7.07
Males aged 16-24	483	11.4	36.4	52.2	7.29
Males aged 25-34	415	13.0	33.3	53.7	7.30
Males aged 35-44	368	15.2	36.1	48.6	6.93
Males aged 45-54	400	18.8	35.3	46.0	6.74
Males aged 55-64	311	14.1	44.1	41.8	6.76
Males aged 65-74	256	8.6	36.3	55.1	7.34
Males aged 75+	173	10.4	38.2	51.4	7.25
Females aged 16-24	479	12.9	33.4	53.7	7.24
Females aged 25-34	502	11.4	36.1	52.6	7.25
Females aged 35-44	442	16.1	35.5	48.4	6.82
Females aged 45-54	454	16.7	34.6	48.7	6.94
Females aged 55-64	355	20.8	30.1	49.0	6.62
Females aged 65-74	359	8.4	33.7	57.9	7.50
Females aged 75+	268	17.2	34.3	48.5	6.95
Most deprived tenth	565	17.2	37.2	45.7	6.75

Group	Number of survey responders	Poor (0-4)	Score 5-7	Score 8-10	Average score
Second most deprived tenth	551	18.3	35.2	46.5	6.80
Most deprived fifth	1,116	17.7	36.2	46.1	6.77
Second most deprived fifth	1,037	17.4	37.4	45.2	6.79
Middle deprivation fifth	991	14.8	35.3	49.8	7.05
Second least deprived fifth	1,059	12.2	34.4	53.4	7.20
Least deprived fifth	1,082	8.1	33.5	58.3	7.52
North Carr	564	12.4	36.2	51.4	7.16
Northern	758	14.0	36.9	49.1	7.00
East	708	12.4	31.2	56.4	7.28
Park	815	14.6	34.5	50.9	7.08
Riverside	972	17.5	36.2	46.3	6.82
West	718	12.5	35.0	52.5	7.16
Wyke	750	13.2	37.3	49.5	7.08
Bransholme East	217	15.7	33.6	50.7	7.08
Bransholme West	142	20.4	39.4	40.1	6.49
Kings Park	205	3.4	36.6	60.0	7.72
Beverley	176	13.6	31.3	55.1	7.34
Orchard Park & Greenwood	295	15.9	36.6	47.5	6.80
University	287	12.2	40.8	47.0	7.00
Ings	220	10.9	24.5	64.5	7.66
Longhill	226	11.9	35.8	52.2	7.15
Sutton	262	14.1	32.8	53.1	7.08
Holderness	254	11.0	28.7	60.2	7.50
Marfleet	245	17.6	38.0	44.5	6.79
Southcoates East	185	15.7	38.4	45.9	6.83
Southcoates West	131	14.5	33.6	51.9	7.13

Group	Number of survey responders	Poor (0-4)	Score 5-7	Score 8-10	Average score
Drypool	249	15.7	39.4	45.0	6.84
Myton	322	19.9	34.8	45.3	6.71
Newington	247	17.0	33.6	49.4	6.93
St Andrews	154	16.2	38.3	45.5	6.83
Boothferry	203	12.3	34.5	53.2	7.16
Derringham	238	12.6	34.9	52.5	7.13
Pickering	277	12.6	35.4	52.0	7.20
Avenue	268	13.1	41.8	45.1	6.99
Bricknell	178	12.4	30.3	57.3	7.24
Newland	304	13.8	37.5	48.7	7.07
Working <20 hours	378	9.5	38.9	51.6	7.30
Working 20-<35	430	9.5	32.1	58.4	7.48
Working 35+ hours	1,167	10.8	33.2	56.0	7.34
Working hours not specified	233	11.6	33.0	55.4	7.31
Full-time student	515	10.3	39.0	50.7	7.30
Retired	1,057	10.7	35.4	53.9	7.28
Looking after family/home	409	13.4	34.0	52.6	7.15
Unemployed/not allowed to work	323	21.4	40.6	38.1	6.44
Long-term sick of disabled	384	43.8	35.2	21.1	4.96
Not working for other reason or no reason given	95	20.0	31.6	48.4	6.79
White British	4,705	14.1	34.9	51.0	7.07
White Other	207	15.0	39.6	45.4	7.04
Mixed	44	11.4	38.6	50.0	7.18
Asian/Asian British	74	6.8	37.8	55.4	7.43
Black/Black British	61	14.8	37.7	47.5	7.20
Chinese	29	13.8	51.7	34.5	6.55

Group	Number of survey responders	Poor (0-4)	Score 5-7	Score 8-10	Average score
Arab	25	32.0	28.0	40.0	6.20
Other	23	8.7	39.1	52.2	7.39
Excellent health	494	6.5	15.2	78.3	8.40
Very good health	1,450	7.0	28.3	64.8	7.80
Good health	1,860	10.3	39.1	50.5	7.17
Fair health	993	21.2	47.4	31.3	6.20
Poor health	460	43.5	38.0	18.5	4.82
Limiting long-term illness or disability	1,460	26.3	41.8	31.8	6.01
No limiting long-term illness or disability	3,782	9.2	32.8	58.0	7.48
Well-being - satisfied - poor (0-4)	591	58.2	32.0	9.8	4.07
Well-being - satisfied - score 5-7	2,032	15.6	55.9	28.6	6.33
Well-being - satisfied - score 8-10	2,640	3.0	20.2	76.7	8.31
Well-being - worthwhile - poor (0-4)	482	63.7	26.3	10.0	3.87
Well-being - worthwhile - score 5-7	1,843	17.3	57.1	25.6	6.18
Well-being - worthwhile - score 8-10	2,929	3.8	23.2	73.0	8.16
Well-being - anxious - poor (6-10)	1,429	17.4	44.6	38.1	6.54
Well-being - anxious - score 3-5	1,459	21.0	52.1	26.9	6.02
Well-being - anxious - score 0-2	2,368	7.6	19.7	72.7	8.04
Healthy diet	3,604	10.2	33.6	56.2	7.39
Not healthy diet	1,254	23.0	39.9	37.1	6.29
Lack of knowledge about healthy diet	373	20.4	36.7	42.9	6.61
5-A-DAY	963	10.2	30.9	58.9	7.45
Not 5-A-DAY	4,080	14.7	36.6	48.8	6.99
Alcohol most days	433	15.9	37.0	47.1	6.86
Alcohol 1-3 days a week	1,376	10.0	35.1	54.9	7.35
Alcohol 1-3 days a month	1,010	13.5	36.9	49.6	7.07

Group	Number of survey responders	Poor (0-4)	Score 5-7	Score 8-10	Average score
Alcohol less than once a month	1,174	14.6	34.6	50.9	7.05
Never drinks alcohol	1,272	17.7	34.3	48.0	6.87
No alcohol in last week	1,451	13.8	36.5	49.8	7.04
Safe alcohol units last week#	1,736	11.2	35.5	53.3	7.28
Excessive alcohol units last week#	468	10.5	35.5	54.1	7.24
Dangerous alcohol units last week#	117	26.5	33.3	40.2	6.18
Usually binge drinks more than once a week	1,301	13.9	36.2	49.9	7.06
Usually binge drinks less than once a week	3,877	14.1	35.2	50.7	7.07
Acceptable weekly units and no binge drinking#	2,321	12.2	35.9	51.8	7.17
Acceptable weekly units but binge drinking#	811	12.8	36.4	50.8	7.16
Excessive weekly units but no binge drinking#	171	12.3	31.6	56.1	7.23
Excessive weekly units and binge drinking#	407	14.5	36.9	48.6	6.92
Exercise 30+ min sessions 5+ times per week	1,756	11.6	33.9	54.5	7.30
Exercise 30+ min sessions <5 times per week	1,899	11.3	36.8	52.0	7.22
Light exercise only (no 30+ mins mod/vig)	1,197	16.6	35.2	48.2	6.89
Never exercise (no 30+ mins light/mod/vig)	374	31.3	35.8	32.9	5.77
Moderate+2*vigorous < 30 minutes in week	2,018	19.4	37.2	43.4	6.63
Moderate+2*vigorous 30+ mins but <2.5 hrs	563	10.8	37.3	51.9	7.25
Moderate+2*vigorous 2.5+ hours in week	2,070	10.4	34.0	55.7	7.37
Current smoker	1,606	19.6	36.5	44.0	6.66
Former smoker	1,407	12.7	37.5	49.8	7.03
Never smoker	2,205	10.8	33.5	55.7	7.38
Current light smokers (<10 cigs/day)	358	17.6	36.0	46.4	6.84
Current moderate smokers (10-19 cigs/day)	584	17.1	36.1	46.7	6.83
Current heavy smokers (20+ cigs/day)	335	24.2	36.7	39.1	6.35
E-cigarette current user	388	16.2	38.9	44.8	6.71

Group	Number of survey responders	Poor (0-4)	Score 5-7	Score 8-10	Average score
E-cigarette former user or never used	4,208	13.6	36.0	50.4	7.08
Underweight or desirable weight	1,733	13.1	34.7	52.2	7.14
Overweight	1,767	11.5	36.6	51.8	7.20
Obese	1,266	18.2	35.5	46.3	6.79
Only adult in household	1,426	18.8	37.8	43.4	6.63
Two adults in household	2,585	12.6	33.9	53.5	7.22
Three or more adults in household	1,187	11.7	35.2	53.1	7.24
Very/fairly safe in area in day	4,748	12.2	35.0	52.9	7.22
A bit/very unsafe in area in day	504	31.0	39.3	29.8	5.69
Very/fairly safe in area after dark	2,852	9.8	33.0	57.2	7.46
A bit/very unsafe in area after dark	2,318	18.9	38.4	42.7	6.61
Very/fairly safe alone in home at night	4,572	12.1	34.6	53.3	7.23
A bit/very unsafe alone in home at night	655	27.5	40.9	31.6	5.93
Very/fairly safe in area in day (65+)	937	8.6	34.8	56.6	7.46
A bit/very unsafe in area in day (65+)	113	31.0	38.9	30.1	5.75
Very/fairly safe in area after dark (65+)	467	5.8	32.3	61.9	7.75
A bit/very unsafe in area after dark (65+)	534	15.4	38.6	46.1	6.87
Very/fairly safe alone in home at night (65+)	912	8.8	34.4	56.8	7.45
A bit/very unsafe alone in home at night (65+)	128	26.6	42.2	31.3	6.04
Speak daily to family	2,357	13.4	32.5	54.1	7.22
Speak 3-6 days/week to family	1,244	12.1	35.9	52.0	7.14
Speak 1-2days/week to family	1,074	14.3	39.2	46.5	6.95
Speak <1day/week to family	529	21.2	38.9	39.9	6.43
Speak daily to friends	2,211	10.3	32.6	57.1	7.46
Speak 3-6 days/week to friends	1,419	11.7	37.5	50.8	7.12
Speak 1-2days/week to friends	1,046	16.1	37.9	46.1	6.83

Group	Number of survey responders	Poor (0-4)	Score 5-7	Score 8-10	Average score
Speak <1day/week to friends	513	32.4	37.4	30.2	5.70
Speak daily to neighbours	919	11.1	34.6	54.3	7.35
Speak 3-6 days/week to neighbours	1,260	10.4	32.9	56.7	7.39
Speak 1-2days/week to neighbours	1,648	12.5	36.8	50.7	7.10
Speak <1day/week to neighbours	1,358	21.3	36.7	42.0	6.52
Speak daily to others	3,466	12.6	33.5	54.0	7.24
Speak 3-6 days/week to others	1,256	14.3	39.1	46.6	6.90
Speak 1-2days/week to others	427	21.5	41.0	37.5	6.38
Speak <1day/week to others	65	41.5	27.7	30.8	5.26
Potentially socially isolated	473	22.4	43.3	34.2	6.16
Not potentially socially isolated	4,755	13.2	34.5	52.3	7.16
Potentially socially isolated (65+)	142	16.2	49.3	34.5	6.34
Not potentially socially isolated (65+)	895	9.9	33.1	57.0	7.44

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.3.6 Wellbeing – Anxious Yesterday

Note that mental health is associated with age, gender and deprivation. Therefore, one group might appear to have better mental health than another group, but that might just be because they are younger, e.g. retired people tend to have worse mental health or people who are obese, but this could be due to the fact that they are older not necessarily due to retirement or obesity. It is not clear what the reasons behind an association might be, but the associations with age, gender and deprivation and other factors such as physical health status should be borne in mind.

The scale ranges from 0 to 10 with 0 “not at all anxious” and 10 “completely anxious”. The Public Health Outcomes Framework combines the responses 6-10, and the remaining responses have been divided into two additional categories here. A high average score denotes greater anxiety.

Table 40: Detailed tabulations: wellbeing – anxious yesterday

Group	Number of survey responders	Poor (6-10)	Score 3-5	Score 0-2	Average score
Hull	5,276	27.3	24.3	14.0	3.51
Male	2,405	25.0	23.7	12.0	3.26
Female	2,871	29.2	24.9	15.7	3.72
16-24	958	26.4	22.1	13.5	3.39
25-34	918	23.1	22.1	11.3	3.09
35-44	803	25.0	24.2	12.6	3.42
45-54	853	28.6	25.3	14.7	3.64
55-64	665	27.7	24.5	13.8	3.57
65-74	617	33.1	26.4	17.7	3.87
75+	441	31.5	28.6	17.9	3.96
Males aged 16-24	480	23.5	20.8	11.5	3.18
Males aged 25-34	415	21.4	21.0	10.4	2.85
Males aged 35-44	366	23.2	23.0	11.2	3.08
Males aged 45-54	398	28.4	24.1	14.1	3.52
Males aged 55-64	312	25.0	26.6	9.9	3.31
Males aged 65-74	258	28.7	27.1	13.2	3.51
Males aged 75+	172	28.5	27.3	16.9	3.76
Females aged 16-24	478	29.3	23.4	15.5	3.60
Females aged 25-34	503	24.5	23.1	12.1	3.29
Females aged 35-44	437	26.5	25.2	13.7	3.71
Females aged 45-54	455	28.8	26.4	15.2	3.74
Females aged 55-64	353	30.0	22.7	17.3	3.79
Females aged 65-74	359	36.2	25.9	20.9	4.13
Females aged 75+	269	33.5	29.4	18.6	4.09
Most deprived tenth	566	32.5	28.3	14.7	3.82

Group	Number of survey responders	Poor (6-10)	Score 3-5	Score 0-2	Average score
Second most deprived tenth	549	29.3	26.2	14.4	3.74
Most deprived fifth	1,115	30.9	27.3	14.5	3.78
Second most deprived fifth	1,027	28.7	25.5	15.5	3.64
Middle deprivation fifth	992	26.2	24.2	14.1	3.47
Second least deprived fifth	1,062	24.5	22.8	13.2	3.35
Least deprived fifth	1,079	25.9	21.8	13.0	3.30
North Carr	561	25.7	19.6	16.0	3.47
Northern	759	30.0	26.7	14.4	3.76
East	709	25.8	23.6	13.8	3.29
Park	814	28.7	25.1	14.1	3.52
Riverside	966	29.6	26.8	14.6	3.66
West	717	25.0	20.8	14.1	3.32
Wyke	749	24.8	25.5	11.6	3.46
Bransholme East	217	27.6	18.9	18.9	3.62
Bransholme West	139	27.3	25.9	18.7	3.95
Kings Park	205	22.4	16.1	11.2	2.98
Beverley	176	25.6	21.0	13.6	3.45
Orchard Park & Greenwood	296	30.1	28.0	14.2	3.76
University	287	32.8	28.9	15.0	3.93
Ings	223	22.4	20.6	12.1	2.93
Longhill	224	28.6	29.0	13.8	3.57
Sutton	262	26.3	21.4	15.3	3.37
Holderness	253	24.1	19.4	16.2	3.27
Marfleet	243	34.6	28.8	14.0	3.86
Southcoates East	186	29.6	30.6	11.8	3.58
Southcoates West	132	25.8	21.2	13.6	3.27

Group	Number of survey responders	Poor (6-10)	Score 3-5	Score 0-2	Average score
Drypool	247	27.1	27.1	13.8	3.62
Myton	322	31.4	27.3	14.6	3.79
Newington	243	31.7	26.7	17.7	3.78
St Andrews	154	26.6	25.3	11.0	3.27
Boothferry	203	22.7	20.2	11.8	3.12
Derringham	239	27.6	23.4	16.7	3.62
Pickering	275	24.4	18.9	13.5	3.22
Avenue	270	26.7	27.4	10.7	3.61
Bricknell	177	26.6	23.7	14.7	3.46
Newland	302	22.2	24.8	10.6	3.34
Working <20 hours	378	29.1	24.1	13.5	3.50
Working 20-<35	430	24.2	22.3	11.6	3.07
Working 35+ hours	1,166	21.0	20.2	9.9	2.88
Working hours not specified	232	25.0	25.9	13.4	3.47
Full-time student	514	26.3	24.1	13.2	3.54
Retired	1,063	31.0	25.9	17.0	3.77
Looking after family/home	406	28.1	24.4	15.5	3.60
Unemployed/not allowed to work	321	29.0	30.2	12.8	3.84
Long-term sick of disabled	380	37.4	29.2	20.8	4.59
Not working for other reason or no reason given	94	26.6	19.1	19.1	3.68
White British	4,702	27.0	23.7	14.0	3.47
White Other	205	25.9	28.3	11.7	3.51
Mixed	44	31.8	27.3	18.2	3.98
Asian/Asian British	73	35.6	46.6	9.6	4.07
Black/Black British	61	39.3	23.0	21.3	4.10
Chinese	29	41.4	44.8	13.8	4.93

Group	Number of survey responders	Poor (6-10)	Score 3-5	Score 0-2	Average score
Arab	24	33.3	37.5	16.7	4.42
Other	22	27.3	27.3	13.6	3.32
Excellent health	492	21.1	13.0	13.4	2.58
Very good health	1,449	22.3	16.8	13.2	2.96
Good health	1,857	27.1	25.6	12.5	3.47
Fair health	992	32.7	36.1	14.2	4.23
Poor health	457	38.1	29.3	22.8	4.81
Limiting long-term illness or disability	1,458	35.6	33.0	17.8	4.40
No limiting long-term illness or disability	3,774	24.1	20.9	12.7	3.17
Well-being - satisfied - poor (0-4)	588	35.4	27.6	22.1	4.69
Well-being - satisfied - score 5-7	2,027	32.0	36.8	11.9	4.16
Well-being - satisfied - score 8-10	2,636	22.0	13.9	13.8	2.74
Well-being - worthwhile - poor (0-4)	479	35.3	23.6	24.0	4.69
Well-being - worthwhile - score 5-7	1,843	31.9	37.2	11.5	4.18
Well-being - worthwhile - score 8-10	2,926	23.2	16.3	14.0	2.90
Well-being - happy - poor (0-4)	734	33.8	22.3	21.4	4.60
Well-being - happy - score 5-7	1,863	34.2	44.9	10.0	4.36
Well-being - happy - score 8-10	2,659	20.5	10.3	14.7	2.60
Healthy diet	3,599	25.8	22.1	13.5	3.32
Not healthy diet	1,252	29.6	29.5	14.2	3.86
Lack of knowledge about healthy diet	372	32.0	27.4	17.5	4.03
5-A-DAY	966	25.7	18.9	15.1	3.24
Not 5-A-DAY	4,074	27.0	25.3	13.3	3.51
Alcohol most days	433	25.4	22.4	12.9	3.30
Alcohol 1-3 days a week	1,378	26.6	22.2	13.9	3.34
Alcohol 1-3 days a month	1,004	27.2	24.8	14.1	3.56

Group	Number of survey responders	Poor (6-10)	Score 3-5	Score 0-2	Average score
Alcohol less than once a month	1,173	26.9	26.8	12.3	3.47
Never drinks alcohol	1,268	28.9	24.4	16.2	3.75
No alcohol in last week	1,449	27.3	26.1	13.0	3.50
Safe alcohol units last week#	1,736	25.3	23.2	12.7	3.31
Excessive alcohol units last week#	469	26.4	23.9	11.9	3.27
Dangerous alcohol units last week#	117	32.5	17.9	22.2	3.83
Usually binge drinks more than once a week	1,296	27.5	24.2	13.9	3.49
Usually binge drinks less than once a week	3,872	27.0	24.2	14.0	3.50
Acceptable weekly units and no binge drinking#	2,323	25.7	24.2	12.5	3.35
Acceptable weekly units but binge drinking#	806	27.2	25.3	13.2	3.45
Excessive weekly units but no binge drinking#	171	29.2	25.1	12.9	3.35
Excessive weekly units and binge drinking#	408	27.0	21.3	14.5	3.40
Exercise 30+ min sessions 5+ times per week	1,753	25.7	22.2	13.9	3.31
Exercise 30+ min sessions <5 times per week	1,901	27.7	24.1	13.7	3.52
Light exercise only (no 30+ mins mod/vig)	1,191	27.7	26.6	13.6	3.55
Never exercise (no 30+ mins light/mod/vig)	372	31.2	28.2	18.8	4.31
Moderate+2*vigorous < 30 minutes in week	2,012	28.7	27.0	14.6	3.76
Moderate+2*vigorous 30+ mins but <2.5 hrs	565	26.9	23.4	12.4	3.31
Moderate+2*vigorous 2.5+ hours in week	2,068	24.8	21.8	12.8	3.22
Current smoker	1,597	30.6	27.1	15.6	3.77
Former smoker	1,408	25.5	24.4	13.3	3.45
Never smoker	2,204	26.0	22.5	13.4	3.36
Current light smokers (<10 cigs/day)	358	33.5	28.8	15.1	3.84
Current moderate smokers (10-19 cigs/day)	582	28.7	26.6	16.2	3.70
Current heavy smokers (20+ cigs/day)	332	29.8	25.6	15.1	3.70
E-cigarette current user	386	29.0	26.9	14.0	3.68

Group	Number of survey responders	Poor (6-10)	Score 3-5	Score 0-2	Average score
E-cigarette former user or never used	4,207	26.8	24.2	13.5	3.46
Underweight or desirable weight	1,733	28.3	24.3	15.2	3.55
Overweight	1,766	24.8	23.2	12.1	3.28
Obese	1,266	30.1	26.5	15.0	3.76
Only adult in household	1,425	32.5	27.4	16.6	3.91
Two adults in household	2,581	25.6	23.4	13.0	3.36
Three or more adults in household	1,185	24.8	22.7	13.1	3.36
Very/fairly safe in area in day	4,741	26.1	23.6	13.4	3.40
A bit/very unsafe in area in day	502	39.0	32.1	20.3	4.57
Very/fairly safe in area after dark	2,846	24.9	20.9	13.0	3.17
A bit/very unsafe in area after dark	2,313	30.0	28.4	15.1	3.90
Very/fairly safe alone in home at night	4,561	25.9	23.3	13.2	3.37
A bit/very unsafe alone in home at night	657	37.1	31.4	19.9	4.47
Very/fairly safe in area in day (65+)	939	31.5	26.2	17.7	3.82
A bit/very unsafe in area in day (65+)	112	40.2	35.7	18.8	4.67
Very/fairly safe in area after dark (65+)	467	28.9	22.1	17.1	3.50
A bit/very unsafe in area after dark (65+)	534	35.0	31.6	18.4	4.25
Very/fairly safe alone in home at night (65+)	911	30.5	26.1	17.1	3.76
A bit/very unsafe alone in home at night (65+)	130	46.2	36.9	23.1	5.08
Speak daily to family	2,351	27.7	23.7	15.0	3.51
Speak 3-6 days/week to family	1,244	26.8	23.2	13.5	3.47
Speak 1-2days/week to family	1,074	26.3	26.3	11.5	3.40
Speak <1day/week to family	526	29.1	26.0	15.8	3.76
Speak daily to friends	2,209	25.4	21.4	13.9	3.23
Speak 3-6 days/week to friends	1,414	26.9	26.3	12.3	3.50
Speak 1-2days/week to friends	1,043	28.9	26.7	14.0	3.75

Group	Number of survey responders	Poor (6-10)	Score 3-5	Score 0-2	Average score
Speak <1day/week to friends	513	32.9	27.5	18.7	4.16
Speak daily to neighbours	914	28.6	23.4	15.9	3.45
Speak 3-6 days/week to neighbours	1,259	25.4	23.6	12.3	3.30
Speak 1-2days/week to neighbours	1,649	27.0	26.0	13.1	3.50
Speak <1day/week to neighbours	1,356	28.5	24.0	15.3	3.72
Speak daily to others	3,457	26.4	22.8	14.0	3.37
Speak 3-6 days/week to others	1,254	27.4	27.3	12.7	3.65
Speak 1-2days/week to others	428	33.6	29.0	16.1	4.01
Speak <1day/week to others	65	30.8	23.1	23.1	4.34
Potentially socially isolated	472	35.8	33.3	16.5	4.25
Not potentially socially isolated	4,747	26.4	23.5	13.7	3.43
Potentially socially isolated (65+)	141	34.0	39.7	12.1	4.11
Not potentially socially isolated (65+)	898	31.8	25.6	18.2	3.84

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.3.7 *Mental Health Index*

Note that mental health is associated with age, gender and deprivation. Therefore, one group might appear to have better mental health than another group, but that might just be because they are younger, e.g. retired people tend to have worse mental health or people who are obese, but this could be due to the fact that they are older not necessarily due to retirement or obesity. It is not clear what the reasons behind an association might be, but the associations with age, gender and deprivation and other factors such as physical health status should be borne in mind.

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 SF-36™). People are asked how frequently they felt nervous,

down in the dumps that nothing could cheer you up, calm and peaceful, downhearted and low, and happy in the last four weeks. In line with the scoring rules for the SF-36™, one response was imputed from the remaining four non-missing responses if a person completed only four out of the five questions. Following imputation of the missing responders were possible, the scoring (frequencies) are changed so that they are all in the same direction (low denoting poor mental health) and are then summed. The MHI ranges from 5 to 25 or from 0 to 100 for the transformed MHI with a high score denoting better mental health. Arbitrarily, the MHI has been classified into four groups (same arbitrary grouping used in analyses of other local survey results).

Table 41: Detailed tabulations: Mental Health Index (transformed after imputing some values)

Group	Number of survey responders	Score 0-60 (worst)	Score 61-75	Score 76-90	Score 90-100 (best)	Average score
Hull	5,278	38.1	24.6	29.4	7.8	67.3
Male	2,407	33.8	22.3	33.3	10.6	69.9
Female	2,871	41.7	26.6	26.2	5.5	65.2
16-24	961	33.4	30.4	29.4	6.8	68.4
25-34	916	35.9	24.9	30.8	8.4	68.3
35-44	804	40.2	24.8	29.0	6.1	65.5
45-54	854	40.5	22.7	31.0	5.7	65.5
55-64	665	40.9	19.5	30.5	9.0	66.8
65-74	619	34.7	23.3	29.7	12.3	70.5
75+	439	44.6	24.1	23.0	8.2	66.6
Males aged 16-24	481	27.9	27.7	35.6	8.9	71.4
Males aged 25-34	414	32.1	21.0	34.5	12.3	70.9
Males aged 35-44	367	33.5	22.6	36.2	7.6	68.9
Males aged 45-54	399	36.1	22.6	34.3	7.0	66.9
Males aged 55-64	311	37.6	19.3	29.3	13.8	69.4
Males aged 65-74	258	33.7	18.2	32.6	15.5	72.0
Males aged 75+	173	42.8	20.8	24.3	12.1	69.1
Females aged 16-24	480	39.0	33.1	23.3	4.6	65.3
Females aged 25-34	502	39.0	28.1	27.7	5.2	66.2

Group	Number of survey responders	Score 0-60 (worst)	Score 61-75	Score 76-90	Score 90-100 (best)	Average score
Females aged 35-44	437	45.8	26.5	22.9	4.8	62.7
Females aged 45-54	455	44.4	22.9	28.1	4.6	64.2
Females aged 55-64	354	43.8	19.8	31.6	4.8	64.5
Females aged 65-74	361	35.5	26.9	27.7	10.0	69.5
Females aged 75+	266	45.9	26.3	22.2	5.6	65.1
Most deprived tenth	565	43.7	22.3	25.5	8.5	64.8
Second most deprived tenth	548	45.8	22.4	23.2	8.6	64.3
Most deprived fifth	1,113	44.7	22.4	24.3	8.5	64.6
Second most deprived fifth	1,037	45.1	22.3	25.7	6.9	64.2
Middle deprivation fifth	991	38.6	23.8	30.3	7.3	67.1
Second least deprived fifth	1,057	34.2	24.4	32.8	8.5	69.4
Least deprived fifth	1,079	27.8	30.2	34.2	7.8	71.4
North Carr	562	35.6	22.6	33.6	8.2	68.4
Northern	755	39.2	26.5	27.2	7.2	66.2
East	711	37.0	21.9	31.6	9.4	69.0
Park	812	39.3	25.0	26.7	9.0	67.1
Riverside	967	44.3	21.9	26.3	7.5	64.5
West	721	35.4	25.0	31.3	8.3	69.2
Wyke	749	33.4	29.6	31.6	5.3	68.3
Bransholme East	217	39.2	18.0	34.6	8.3	67.0
Bransholme West	140	44.3	23.6	22.9	9.3	63.9
Kings Park	205	25.9	26.8	40.0	7.3	73.0
Beverley	174	27.6	27.0	36.2	9.2	71.0
Orchard Park & Greenwood	293	45.4	23.2	22.9	8.5	63.8
University	288	39.9	29.5	26.0	4.5	65.7
Ings	224	33.0	19.6	36.6	10.7	71.5

Group	Number of survey responders	Score 0-60 (worst)	Score 61-75	Score 76-90	Score 90-100 (best)	Average score
Longhill	226	41.2	23.0	28.8	7.1	67.1
Sutton	261	36.8	23.0	29.9	10.3	68.6
Holderness	251	31.9	25.9	31.1	11.2	70.7
Marfleet	244	48.8	25.0	18.9	7.4	62.9
Southcoates East	186	39.2	22.6	29.6	8.6	66.7
Southcoates West	131	35.9	26.7	29.0	8.4	68.4
Drypool	248	45.2	23.8	25.4	5.6	63.2
Myton	318	47.2	20.8	25.8	6.3	63.4
Newington	245	42.4	20.8	27.8	9.0	65.8
St Andrews	156	39.7	23.1	26.3	10.9	67.0
Boothferry	204	32.4	21.1	38.7	7.8	70.9
Derringham	239	37.2	24.3	28.0	10.5	68.8
Pickering	278	36.0	28.4	28.8	6.8	68.2
Avenue	269	34.2	29.7	32.3	3.7	67.3
Bricknell	177	32.2	29.9	32.2	5.6	69.8
Newland	303	33.3	29.4	30.7	6.6	68.2
Working <20 hours	376	34.3	28.5	31.4	5.9	68.4
Working 20-<35	430	28.4	26.7	38.4	6.5	71.7
Working 35+ hours	1,170	26.9	25.6	38.3	9.1	72.4
Working hours not specified	232	34.9	28.4	29.7	6.9	69.3
Full-time student	515	35.7	31.3	26.6	6.4	67.7
Retired	1,061	37.9	22.3	30.1	9.7	69.3
Looking after family/home	406	43.6	24.6	24.6	7.1	64.1
Unemployed/not allowed to work	323	49.5	21.4	20.7	8.4	62.9
Long-term sick of disabled	378	75.9	11.9	9.8	2.4	47.3
Not working for other reason or no reason given	95	49.5	20.0	18.9	11.6	61.1

Group	Number of survey responders	Score 0-60 (worst)	Score 61-75	Score 76-90	Score 90-100 (best)	Average score
White British	4,699	38.2	23.9	30.0	8.0	67.4
White Other	207	39.1	30.9	23.2	6.8	65.7
Mixed	45	37.8	40.0	20.0	2.2	64.9
Asian/Asian British	74	35.1	29.7	27.0	8.1	69.2
Black/Black British	61	26.2	39.3	27.9	6.6	70.8
Chinese	29	31.0	37.9	27.6	3.4	66.2
Arab	23	43.5	26.1	21.7	8.7	64.1
Other	23	39.1	13.0	30.4	17.4	68.2
Excellent health	493	19.3	21.3	40.8	18.7	77.9
Very good health	1,452	22.5	29.0	38.8	9.7	73.8
Good health	1,862	35.9	26.3	30.6	7.2	68.7
Fair health	990	56.6	23.0	16.7	3.7	59.6
Poor health	454	76.2	11.9	10.4	1.5	47.4
Limiting long-term illness or disability	1,448	60.1	18.9	16.7	4.4	56.6
No limiting long-term illness or disability	3,786	29.7	26.7	34.4	9.2	71.5
Well-being - satisfied - poor (0-4)	579	81.9	10.9	6.0	1.2	44.2
Well-being - satisfied - score 5-7	2,030	51.1	28.2	18.2	2.4	61.5
Well-being - satisfied - score 8-10	2,644	18.5	24.9	43.2	13.5	77.0
Well-being - worthwhile - poor (0-4)	473	81.6	10.1	7.2	1.1	43.0
Well-being - worthwhile - score 5-7	1,846	52.7	26.0	19.0	2.3	60.8
Well-being - worthwhile - score 8-10	2,929	21.8	26.1	39.7	12.4	75.5
Well-being - happy - poor (0-4)	726	79.5	13.8	5.9	0.8	44.7
Well-being - happy - score 5-7	1,860	50.5	28.1	19.2	2.1	62.0
Well-being - happy - score 8-10	2,665	18.1	25.1	43.1	13.7	77.4
Well-being - anxious - poor (6-10)	1,426	56.9	25.8	14.4	2.9	58.4
Well-being - anxious - score 3-5	1,457	54.5	27.3	17.0	1.2	59.6

Group	Number of survey responders	Score 0-60 (worst)	Score 61-75	Score 76-90	Score 90-100 (best)	Average score
Well-being - anxious - score 0-2	2,361	16.6	22.2	46.4	14.8	77.6
Healthy diet	3,599	32.3	25.0	33.8	8.9	70.4
Not healthy diet	1,250	50.3	23.9	20.0	5.8	60.6
Lack of knowledge about healthy diet	375	51.2	23.2	21.3	4.3	61.4
5-A-DAY	962	30.9	22.7	35.9	10.6	71.4
Not 5-A-DAY	4,075	39.0	25.0	28.9	7.1	66.7
Alcohol most days	431	39.7	20.6	32.0	7.7	66.6
Alcohol 1-3 days a week	1,378	31.3	26.1	33.5	9.1	70.6
Alcohol 1-3 days a month	1,013	34.5	27.9	31.7	5.9	68.4
Alcohol less than once a month	1,171	39.5	25.4	27.8	7.3	66.6
Never drinks alcohol	1,264	46.3	21.4	23.7	8.6	64.0
No alcohol in last week	1,454	38.2	25.7	29.4	6.7	67.3
Safe alcohol units last week#	1,739	31.5	25.9	34.7	7.9	70.3
Excessive alcohol units last week#	468	34.4	26.9	30.6	8.1	68.5
Dangerous alcohol units last week#	114	43.9	21.9	23.7	10.5	61.5
Usually binge drinks more than once a week	1,297	37.5	25.1	29.1	8.2	67.5
Usually binge drinks less than once a week	3,875	38.1	24.7	29.4	7.8	67.4
Acceptable weekly units and no binge drinking#	2,329	34.0	25.9	32.7	7.4	69.2
Acceptable weekly units but binge drinking#	810	35.4	25.8	31.2	7.5	68.6
Excessive weekly units but no binge drinking#	170	33.5	28.8	32.4	5.3	68.1
Excessive weekly units and binge drinking#	405	37.5	24.9	27.4	10.1	66.5
Exercise 30+ min sessions 5+ times per week	1,749	34.6	25.8	30.6	9.0	69.0
Exercise 30+ min sessions <5 times per week	1,908	35.1	26.5	32.7	5.7	68.4
Light exercise only (no 30+ mins mod/vig)	1,191	40.7	22.2	26.7	10.4	66.6
Never exercise (no 30+ mins light/mod/vig)	373	61.7	18.0	15.5	4.8	56.3
Moderate+2*vigorous < 30 minutes in week	2,013	46.7	22.5	23.1	7.6	63.6

Group	Number of survey responders	Score 0-60 (worst)	Score 61-75	Score 76-90	Score 90-100 (best)	Average score
Moderate+2*vigorous 30+ mins but <2.5 hrs	565	30.6	27.6	35.8	6.0	69.7
Moderate+2*vigorous 2.5+ hours in week	2,069	31.5	25.6	34.8	8.1	70.4
Current smoker	1,599	47.0	21.3	24.8	7.0	63.1
Former smoker	1,407	37.7	25.3	29.2	7.7	67.6
Never smoker	2,204	32.3	26.6	32.8	8.3	70.1
Current light smokers (<10 cigs/day)	360	44.7	25.3	25.0	5.0	63.6
Current moderate smokers (10-19 cigs/day)	581	45.3	20.3	26.2	8.3	64.3
Current heavy smokers (20+ cigs/day)	332	48.8	21.4	24.1	5.7	61.9
E-cigarette current user	388	44.6	26.3	21.9	7.2	63.5
E-cigarette former user or never used	4,201	37.4	24.2	30.8	7.7	67.6
Underweight or desirable weight	1,726	35.7	26.3	30.9	7.1	67.9
Overweight	1,767	35.1	24.6	32.0	8.3	68.8
Obese	1,266	43.0	22.6	26.0	8.4	65.3
Only adult in household	1,426	48.7	22.6	22.8	5.9	62.1
Two adults in household	2,578	34.1	24.7	32.5	8.7	69.5
Three or more adults in household	1,185	33.3	27.3	31.2	8.2	69.4
Very/fairly safe in area in day	4,746	34.9	25.4	31.5	8.2	69.0
A bit/very unsafe in area in day	498	67.9	18.3	10.0	3.8	52.1
Very/fairly safe in area after dark	2,850	29.6	24.3	35.9	10.2	71.7
A bit/very unsafe in area after dark	2,312	48.2	24.7	22.1	4.9	62.2
Very/fairly safe alone in home at night	4,570	34.7	25.1	31.9	8.4	69.3
A bit/very unsafe alone in home at night	649	61.2	22.3	13.1	3.4	54.6
Very/fairly safe in area in day (65+)	936	35.4	24.3	29.4	11.0	70.7
A bit/very unsafe in area in day (65+)	115	67.0	20.0	7.0	6.1	54.3
Very/fairly safe in area after dark (65+)	468	31.8	20.3	34.2	13.7	73.3
A bit/very unsafe in area after dark (65+)	534	45.9	24.7	21.7	7.7	65.2

Group	Number of survey responders	Score 0-60 (worst)	Score 61-75	Score 76-90	Score 90-100 (best)	Average score
Very/fairly safe alone in home at night (65+)	911	36.6	23.6	29.0	10.9	70.3
A bit/very unsafe alone in home at night (65+)	130	55.4	23.8	14.6	6.2	59.1
Speak daily to family	2,353	37.8	24.7	28.5	9.0	68.0
Speak 3-6 days/week to family	1,239	34.5	27.2	31.8	6.5	68.4
Speak 1-2days/week to family	1,074	38.3	22.5	31.8	7.4	67.5
Speak <1day/week to family	530	47.5	22.6	23.4	6.4	61.7
Speak daily to friends	2,209	32.1	25.8	31.7	10.3	70.5
Speak 3-6 days/week to friends	1,419	36.2	25.2	31.7	6.8	68.4
Speak 1-2days/week to friends	1,046	42.7	24.5	27.3	5.4	65.5
Speak <1day/week to friends	506	59.1	18.0	18.2	4.7	55.2
Speak daily to neighbours	913	37.0	21.5	30.0	11.5	69.0
Speak 3-6 days/week to neighbours	1,262	32.1	25.2	33.9	8.8	70.6
Speak 1-2days/week to neighbours	1,650	37.3	26.4	29.6	6.7	67.4
Speak <1day/week to neighbours	1,352	45.4	24.0	24.6	5.9	63.1
Speak daily to others	3,463	35.5	25.2	30.1	9.2	68.7
Speak 3-6 days/week to others	1,252	39.7	24.8	30.1	5.4	66.5
Speak 1-2days/week to others	427	49.9	21.3	25.3	3.5	61.1
Speak <1day/week to others	64	67.2	15.6	10.9	6.3	49.8
Potentially socially isolated	472	55.7	19.9	20.6	3.8	58.6
Not potentially socially isolated	4,748	36.2	25.2	30.3	8.2	68.2
Potentially socially isolated (65+)	142	50.7	20.4	23.9	4.9	63.3
Not potentially socially isolated (65+)	896	36.6	24.1	27.8	11.5	69.9

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.4 Diet

5.4.1 Healthy Diet

Note that the prevalence of healthy diet and lack of knowledge about what constitutes a healthy diet are both associated with age, gender and deprivation. Therefore, one group might appear to eat healthier than another group, but that might just be because they are older or are more likely to be live in less deprived areas, e.g. people who have retired tend to have better diets compared to those who are working, but this could be because they are older rather than it being due to the retirement itself, and people who smoke are more likely to live in more deprived areas, so they might also be more likely to have a poor diet. This could be because they are living in a more deprived areas, but there could also be an association with the characteristics of smokers as well. It is possible that smokers do not appreciate their health as much as non-smokers or are more likely to struggle with quitting smoking and also struggle with eating healthier. It is not known if this is the case or not, but it illustrates that the associations could be potentially complex, and that definite associations and such potential associations should be considered when interpreting the information.

Survey responders were asked “generally speaking, do you think you have a healthy diet?”. Response options were ‘yes’, ‘no’, ‘don’t know what a healthy diet is’ or ‘don’t know if I have a healthy diet’. The latter two response options were combined in the table below.

Table 42: Detailed tabulations: self-reported healthy diet

Group	Number of survey responders	Eats a healthy diet	Does not eat healthy diet	Lack of knowledge about what constitutes a healthy diet
Hull	5,261	68.9	23.9	7.2
Male	2,397	65.7	26.2	8.1
Female	2,864	71.6	22.1	6.4
16-24	962	55.8	33.0	11.2
25-34	912	65.1	27.5	7.3
35-44	807	67.9	26.9	5.2
45-54	852	67.0	27.5	5.5
55-64	661	73.7	19.7	6.7
65-74	608	83.9	11.0	5.1

Group	Number of survey responders	Eats a healthy diet	Does not eat healthy diet	Lack of knowledge about what constitutes a healthy diet
75+	438	83.3	8.7	8.0
Males aged 16-24	482	57.5	30.9	11.6
Males aged 25-34	413	58.8	33.2	8.0
Males aged 35-44	366	65.8	28.4	5.7
Males aged 45-54	399	65.2	28.6	6.3
Males aged 55-64	307	67.1	25.4	7.5
Males aged 65-74	255	82.4	11.8	5.9
Males aged 75+	171	78.9	8.8	12.3
Females aged 16-24	480	54.2	35.0	10.8
Females aged 25-34	499	70.3	22.8	6.8
Females aged 35-44	441	69.6	25.6	4.8
Females aged 45-54	453	68.7	26.5	4.9
Females aged 55-64	354	79.4	14.7	5.9
Females aged 65-74	353	85.0	10.5	4.5
Females aged 75+	267	86.1	8.6	5.2
Most deprived tenth	563	59.5	29.8	10.7
Second most deprived tenth	547	62.3	29.8	7.9
Most deprived fifth	1,110	60.9	29.8	9.3
Second most deprived fifth	1,029	62.8	29.5	7.7
Middle deprivation fifth	988	69.8	22.5	7.7
Second least deprived fifth	1,058	73.9	21.4	4.7
Least deprived fifth	1,075	77.2	16.4	6.4
North Carr	556	67.4	24.8	7.7
Northern	758	66.5	25.2	8.3
East	708	71.2	23.9	4.9
Park	808	70.4	22.2	7.4

Group	Number of survey responders	Eats a healthy diet	Does not eat healthy diet	Lack of knowledge about what constitutes a healthy diet
Riverside	965	62.9	28.3	8.8
West	716	74.2	19.4	6.4
Wyke	749	71.3	22.7	6.0
Bransholme East	214	65.4	25.2	9.3
Bransholme West	141	60.3	31.9	7.8
Kings Park	201	74.6	19.4	6.0
Beverley	175	81.1	14.3	4.6
Orchard Park & Greenwood	295	58.3	31.5	10.2
University	288	66.0	25.3	8.7
Ings	224	74.1	21.0	4.9
Longhill	225	67.1	26.2	6.7
Sutton	259	72.2	24.3	3.5
Holderness	251	80.5	14.7	4.8
Marfleet	244	61.5	28.7	9.8
Southcoates East	182	65.4	26.4	8.2
Southcoates West	131	74.8	18.3	6.9
Drypool	247	67.6	27.5	4.9
Myton	318	57.5	29.9	12.6
Newington	243	65.4	25.9	8.6
St Andrews	157	62.4	29.9	7.6
Boothferry	203	72.9	20.7	6.4
Derringham	237	71.7	20.7	7.6
Pickering	276	77.2	17.4	5.4
Avenue	269	75.1	20.8	4.1
Bricknell	177	78.5	14.1	7.3
Newland	303	63.7	29.4	6.9

Group	Number of survey responders	Eats a healthy diet	Does not eat healthy diet	Lack of knowledge about what constitutes a healthy diet
Working <20 hours	373	69.2	26.5	4.3
Working 20-<35	432	75.0	21.1	3.9
Working 35+ hours	1,164	70.0	24.1	5.8
Working hours not specified	233	71.7	21.5	6.9
Full-time student	515	52.8	33.6	13.6
Retired	1,051	84.0	9.7	6.3
Looking after family/home	405	64.2	28.1	7.7
Unemployed/not allowed to work	324	53.1	36.4	10.5
Long-term sick of disabled	378	52.4	38.6	9.0
Not working for other reason or no reason given	95	69.5	22.1	8.4
White British	4,683	69.8	23.4	6.8
White Other	207	57.0	33.3	9.7
Mixed	45	57.8	31.1	11.1
Asian/Asian British	75	70.7	20.0	9.3
Black/Black British	61	67.2	23.0	9.8
Chinese	29	62.1	20.7	17.2
Arab	24	41.7	45.8	12.5
Other	23	43.5	43.5	13.0
Excellent health	495	81.6	13.7	4.6
Very good health	1,451	77.3	16.6	6.1
Good health	1,853	67.5	25.4	7.1
Fair health	978	58.6	31.6	9.8
Poor health	455	56.3	36.3	7.5
Limiting long-term illness or disability	1,450	66.1	26.0	7.9
No limiting long-term illness or disability	3,769	70.0	23.2	6.8
Well-being - satisfied - poor (0-4)	585	49.2	41.0	9.7

Group	Number of survey responders	Eats a healthy diet	Does not eat healthy diet	Lack of knowledge about what constitutes a healthy diet
Well-being - satisfied - score 5-7	2,013	63.6	28.4	7.9
Well-being - satisfied - score 8-10	2,636	77.3	16.8	6.0
Well-being - worthwhile - poor (0-4)	477	48.6	42.1	9.2
Well-being - worthwhile - score 5-7	1,832	61.5	29.9	8.6
Well-being - worthwhile - score 8-10	2,921	77.0	17.2	5.8
Well-being - happy - poor (0-4)	732	50.1	39.5	10.4
Well-being - happy - score 5-7	1,849	65.5	27.0	7.4
Well-being - happy - score 8-10	2,650	76.4	17.5	6.0
Well-being - anxious - poor (6-10)	1,419	65.5	26.1	8.4
Well-being - anxious - score 3-5	1,446	63.9	27.9	8.2
Well-being - anxious - score 0-2	2,358	74.0	20.3	5.7
5-A-DAY	965	92.7	4.9	2.4
Not 5-A-DAY	4,067	64.1	28.4	7.5
Alcohol most days	429	65.0	28.4	6.5
Alcohol 1-3 days a week	1,374	72.1	21.2	6.7
Alcohol 1-3 days a month	1,003	69.3	23.2	7.5
Alcohol less than once a month	1,164	68.7	24.8	6.4
Never drinks alcohol	1,269	66.7	25.0	8.4
No alcohol in last week	1,446	68.1	24.6	7.3
Safe alcohol units last week#	1,729	73.3	21.0	5.7
Excessive alcohol units last week#	466	67.0	26.6	6.4
Dangerous alcohol units last week#	116	50.9	39.7	9.5
Usually binge drinks more than once a week	1,295	64.6	28.0	7.5
Usually binge drinks less than once a week	3,863	70.4	22.5	7.0
Acceptable weekly units and no binge drinking#	2,315	72.7	21.3	6.0
Acceptable weekly units but binge drinking#	808	66.3	26.5	7.2

Group	Number of survey responders	Eats a healthy diet	Does not eat healthy diet	Lack of knowledge about what constitutes a healthy diet
Excessive weekly units but no binge drinking#	170	65.9	25.9	8.2
Excessive weekly units and binge drinking#	405	62.5	30.9	6.7
Exercise 30+ min sessions 5+ times per week	1,753	75.6	17.6	6.8
Exercise 30+ min sessions <5 times per week	1,885	68.1	25.5	6.4
Light exercise only (no 30+ mins mod/vig)	1,192	63.8	27.8	8.4
Never exercise (no 30+ mins light/mod/vig)	373	57.6	34.0	8.3
Moderate+2*vigorous < 30 minutes in week	2,004	60.3	30.7	8.9
Moderate+2*vigorous 30+ mins but <2.5 hrs	562	70.1	25.8	4.1
Moderate+2*vigorous 2.5+ hours in week	2,063	75.5	19.0	5.5
Current smoker	1,594	57.2	33.1	9.8
Former smoker	1,400	74.8	19.6	5.6
Never smoker	2,200	73.6	20.2	6.2
Current light smokers (<10 cigs/day)	356	65.4	23.6	11.0
Current moderate smokers (10-19 cigs/day)	578	58.5	31.1	10.4
Current heavy smokers (20+ cigs/day)	334	49.1	43.7	7.2
E-cigarette current user	381	64.8	26.0	9.2
E-cigarette former user or never used	4,194	68.4	24.7	7.0
Underweight or desirable weight	1,733	71.2	22.2	6.6
Overweight	1,760	74.2	19.3	6.5
Obese	1,256	62.8	30.8	6.4
Only adult in household	1,412	67.8	25.3	6.9
Two adults in household	2,575	71.7	21.9	6.4
Three or more adults in household	1,187	65.0	26.6	8.4
Very/fairly safe in area in day	4,722	70.4	23.0	6.6
A bit/very unsafe in area in day	505	54.7	33.1	12.3
Very/fairly safe in area after dark	2,840	71.8	22.0	6.2

Group	Number of survey responders	Eats a healthy diet	Does not eat healthy diet	Lack of knowledge about what constitutes a healthy diet
A bit/very unsafe in area after dark	2,310	65.0	26.5	8.5
Very/fairly safe alone in home at night	4,551	71.0	22.4	6.6
A bit/very unsafe alone in home at night	650	54.0	35.2	10.8
Very/fairly safe in area in day (65+)	924	85.4	9.1	5.5
A bit/very unsafe in area in day (65+)	115	69.6	18.3	12.2
Very/fairly safe in area after dark (65+)	465	87.7	7.3	4.9
A bit/very unsafe in area after dark (65+)	528	79.5	12.7	7.8
Very/fairly safe alone in home at night (65+)	906	85.5	9.1	5.4
A bit/very unsafe alone in home at night (65+)	123	70.7	17.1	12.2
Speak daily to family	2,349	70.2	22.7	7.1
Speak 3-6 days/week to family	1,237	72.4	21.3	6.4
Speak 1-2days/week to family	1,067	69.1	24.0	6.9
Speak <1day/week to family	529	55.8	35.5	8.7
Speak daily to friends	2,202	67.0	26.0	7.0
Speak 3-6 days/week to friends	1,407	74.2	19.5	6.3
Speak 1-2days/week to friends	1,044	70.9	21.2	8.0
Speak <1day/week to friends	513	59.6	32.7	7.6
Speak daily to neighbours	915	72.8	20.9	6.3
Speak 3-6 days/week to neighbours	1,253	73.2	19.6	7.3
Speak 1-2days/week to neighbours	1,639	69.8	23.4	6.8
Speak <1day/week to neighbours	1,355	61.4	30.7	7.9
Speak daily to others	3,457	69.2	23.7	7.1
Speak 3-6 days/week to others	1,243	71.5	21.8	6.7
Speak 1-2days/week to others	425	63.3	28.9	7.8
Speak <1day/week to others	65	47.7	44.6	7.7
Potentially socially isolated	462	64.9	26.6	8.4

Group	Number of survey responders	Eats a healthy diet	Does not eat healthy diet	Lack of knowledge about what constitutes a healthy diet
Not potentially socially isolated	4,740	69.4	23.6	7.0
Potentially socially isolated (65+)	134	74.6	15.7	9.7
Not potentially socially isolated (65+)	891	85.3	9.0	5.7
2004 survey	3,852	61.6	24.2	14.1
2007 survey	4,065	74.7	17.8	7.5
2011 survey	13,284	71.8	21.4	6.8
2014 survey	5,261	68.9	23.9	7.2

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.4.2 5-A-DAY

Note that the prevalence of healthy diet and lack of knowledge about what constitutes a healthy diet are both associated with age, gender and deprivation. Therefore, one group might appear to eat healthier than another group, but that might just be because they are older or are more likely to be live in less deprived areas, e.g. people who have retired tend to have better diets compared to those who are working, but this could be because they are older rather than it being due to the retirement itself, and people who smoke are more likely to live in more deprived areas, so they might also be more likely to have a poor diet. This could be because they are living in a more deprived areas, but there could also be an association with the characteristics of smokers as well. It is possible that smokers do not appreciate their health as much as non-smokers or are more likely to struggle with quitting smoking and also struggle with eating healthier. It is not known if this is the case or not, but it illustrates that the associations could be potentially complex, and that definite associations and such potential associations should be considered when interpreting the information.

People were asked how many portions of fruit or vegetables they generally ate each day, and were given further instructions not to include potatoes, to count pure fruit juice as one portion regardless of the amount, and some examples of what constituted a portion. The average number of portions eaten is also given, although the mean is influenced by high numbers (the maximum number of portions reported was 24).

Table 43: Detailed tabulations: usual daily portions of fruit and vegetables

Group	Number of survey responders	None, one or two	Three	Four	Five or more	Average portions
Hull	5,069	38.0	25.6	17.2	19.2	3.11
Male	2,310	42.0	23.5	16.9	17.6	2.94
Female	2,759	34.6	27.5	17.4	20.5	3.25
16-24	912	50.1	26.0	12.0	12.0	2.74
25-34	883	42.9	28.5	14.3	14.3	2.86
35-44	782	39.8	27.5	15.6	17.1	3.00
45-54	822	40.4	22.1	19.1	18.4	3.06
55-64	644	31.5	23.6	21.0	23.9	3.33
65-74	593	22.4	24.1	20.9	32.5	3.76
75+	416	24.3	27.6	23.1	25.0	3.52
Males aged 16-24	453	48.3	24.5	13.2	13.9	2.79
Males aged 25-34	401	47.6	26.9	12.5	13.0	2.62
Males aged 35-44	360	47.8	23.3	13.6	15.3	2.73
Males aged 45-54	385	43.9	19.5	19.7	16.9	2.87
Males aged 55-64	303	34.0	22.8	21.1	22.1	3.24
Males aged 65-74	244	28.7	23.8	20.1	27.5	3.50
Males aged 75+	160	28.8	21.9	26.3	23.1	3.41
Females aged 16-24	459	51.9	27.5	10.7	10.0	2.70
Females aged 25-34	482	39.0	29.9	15.8	15.4	3.05
Females aged 35-44	422	32.9	31.0	17.3	18.7	3.23
Females aged 45-54	437	37.3	24.5	18.5	19.7	3.23
Females aged 55-64	341	29.3	24.3	20.8	25.5	3.40
Females aged 65-74	349	18.1	24.4	21.5	36.1	3.95
Females aged 75+	256	21.5	31.3	21.1	26.2	3.58
Most deprived tenth	521	46.1	25.0	13.2	15.7	2.80
Second most deprived tenth	509	41.7	27.7	14.9	15.7	2.87

Group	Number of survey responders	None, one or two	Three	Four	Five or more	Average portions
Most deprived fifth	1,030	43.9	26.3	14.1	15.7	2.83
Second most deprived fifth	988	44.1	26.8	13.8	15.3	2.86
Middle deprivation fifth	955	37.7	24.9	18.0	19.4	3.13
Second least deprived fifth	1,037	34.2	24.2	19.2	22.4	3.31
Least deprived fifth	1,058	30.5	26.0	20.8	22.7	3.39
North Carr	544	39.5	27.4	16.9	16.2	2.99
Northern	727	40.4	24.2	17.1	18.3	3.05
East	684	35.7	25.7	18.9	19.7	3.20
Park	772	36.4	25.8	16.8	21.0	3.18
Riverside	910	43.8	25.5	15.5	15.2	2.83
West	695	33.4	25.5	17.4	23.7	3.31
Wyke	736	35.5	26.0	18.3	20.2	3.25
Bransholme East	208	41.3	30.8	13.5	14.4	2.81
Bransholme West	136	47.8	21.3	16.2	14.7	2.75
Kings Park	200	32.0	28.0	21.0	19.0	3.33
Beverley	174	27.6	21.3	24.1	27.0	3.57
Orchard Park & Greenwood	273	47.6	24.2	13.6	14.7	2.76
University	280	41.4	26.1	16.1	16.4	3.01
Ings	215	33.0	24.2	21.9	20.9	3.32
Longhill	215	37.2	27.4	13.0	22.3	3.17
Sutton	254	36.6	25.6	21.3	16.5	3.11
Holderness	248	24.2	27.0	21.4	27.4	3.63
Marfleet	224	45.1	27.7	13.8	13.4	2.82
Southcoates East	174	39.7	23.6	14.9	21.8	3.01
Southcoates West	126	40.5	23.0	15.9	20.6	3.20
Drypool	237	41.4	23.6	17.7	17.3	2.92

Group	Number of survey responders	None, one or two	Three	Four	Five or more	Average portions
Myton	302	49.3	24.2	13.2	13.2	2.67
Newington	227	42.7	27.8	15.4	14.1	2.85
St Andrews	144	38.2	27.8	16.7	17.4	2.97
Boothferry	197	33.0	22.8	19.8	24.4	3.31
Derringham	229	36.2	24.5	17.9	21.4	3.23
Pickering	269	31.2	28.3	15.2	25.3	3.36
Avenue	267	31.1	25.8	18.4	24.7	3.42
Bricknell	176	29.5	28.4	19.9	22.2	3.38
Newland	293	43.0	24.6	17.4	15.0	3.01
Working <20 hours	367	37.6	30.5	18.0	13.9	3.03
Working 20-<35	425	35.8	28.5	16.5	19.3	3.19
Working 35+ hours	1,144	35.7	27.1	19.6	17.7	3.15
Working hours not specified	222	40.1	24.3	16.7	18.9	3.05
Full-time student	483	50.9	25.1	11.6	12.4	2.72
Retired	1,022	23.1	25.0	21.4	30.4	3.71
Looking after family/home	387	43.7	27.1	15.2	14.0	2.90
Unemployed/not allowed to work	311	56.9	17.7	10.9	14.5	2.48
Long-term sick of disabled	354	50.8	23.2	12.1	13.8	2.45
Not working for other reason or no reason given	82	40.2	22.0	20.7	17.1	2.99
White British	4,529	36.9	25.7	17.7	19.7	3.14
White Other	203	44.8	28.1	13.3	13.8	2.83
Mixed	40	45.0	25.0	12.5	17.5	3.50
Asian/Asian British	70	50.0	21.4	14.3	14.3	2.66
Black/Black British	58	50.0	20.7	8.6	20.7	3.17
Chinese	28	64.3	14.3	21.4	0.0	2.14
Arab	21	61.9	14.3	19.0	4.8	2.12

Group	Number of survey responders	None, one or two	Three	Four	Five or more	Average portions
Other	21	52.4	23.8	9.5	14.3	2.48
Excellent health	468	29.3	26.9	17.9	25.9	3.60
Very good health	1,404	32.5	26.6	19.4	21.5	3.32
Good health	1,809	39.4	26.5	16.5	17.5	3.04
Fair health	932	44.0	23.7	16.0	16.3	2.85
Poor health	427	46.8	21.5	14.8	16.9	2.69
Limiting long-term illness or disability	1,388	39.3	22.4	18.4	20.0	3.02
No limiting long-term illness or disability	3,639	37.5	26.8	16.8	18.9	3.14
Well-being - satisfied - poor (0-4)	553	55.3	18.8	12.3	13.6	2.48
Well-being - satisfied - score 5-7	1,935	41.3	25.6	16.5	16.6	2.96
Well-being - satisfied - score 8-10	2,560	31.8	27.1	18.9	22.3	3.36
Well-being - worthwhile - poor (0-4)	448	53.3	19.6	12.9	14.1	2.53
Well-being - worthwhile - score 5-7	1,764	44.4	24.4	15.0	16.1	2.87
Well-being - worthwhile - score 8-10	2,832	31.5	27.3	19.2	22.0	3.35
Well-being - happy - poor (0-4)	696	53.7	20.7	11.5	14.1	2.55
Well-being - happy - score 5-7	1,790	40.8	26.0	16.5	16.6	2.95
Well-being - happy - score 8-10	2,557	31.8	26.8	19.2	22.2	3.36
Well-being - anxious - poor (6-10)	1,350	40.2	25.7	15.7	18.4	3.00
Well-being - anxious - score 3-5	1,391	43.1	24.7	15.8	16.3	2.90
Well-being - anxious - score 0-2	2,299	33.6	26.2	18.8	21.4	3.30
Healthy diet	3,502	23.2	29.2	22.1	25.6	3.65
Not healthy diet	1,201	73.8	17.5	4.8	3.9	1.78
Lack of knowledge about healthy diet	329	63.2	18.8	10.9	7.0	2.22
Alcohol most days	417	38.8	23.3	18.7	19.2	3.04
Alcohol 1-3 days a week	1,343	35.4	26.2	18.5	19.9	3.17
Alcohol 1-3 days a month	974	37.9	27.2	19.3	15.6	3.05

Group	Number of survey responders	None, one or two	Three	Four	Five or more	Average portions
Alcohol less than once a month	1,124	37.2	26.3	16.4	20.1	3.15
Never drinks alcohol	1,192	41.0	24.1	14.5	20.4	3.09
No alcohol in last week	1,401	37.4	26.6	17.2	18.8	3.12
Safe alcohol units last week#	1,699	34.5	26.6	19.8	19.0	3.18
Excessive alcohol units last week#	457	39.6	24.7	17.3	18.4	3.09
Dangerous alcohol units last week#	115	47.8	23.5	13.0	15.7	2.66
Usually binge drinks more than once a week	1,251	41.2	25.5	17.5	15.8	2.91
Usually binge drinks less than once a week	3,723	36.6	25.8	17.2	20.4	3.19
Acceptable weekly units and no binge drinking#	2,267	34.2	27.3	18.5	20.0	3.23
Acceptable weekly units but binge drinking#	784	40.1	24.9	19.3	15.8	2.95
Excessive weekly units but no binge drinking#	169	37.9	18.3	20.1	23.7	3.33
Excessive weekly units and binge drinking#	397	42.6	27.2	14.9	15.4	2.87
Exercise 30+ min sessions 5+ times per week	1,691	32.1	25.1	19.2	23.6	3.42
Exercise 30+ min sessions <5 times per week	1,837	37.5	28.0	17.3	17.2	3.09
Light exercise only (no 30+ mins mod/vig)	1,154	42.7	24.6	15.3	17.3	2.85
Never exercise (no 30+ mins light/mod/vig)	333	53.2	19.5	13.2	14.1	2.52
Moderate+2*vigorous < 30 minutes in week	1,894	45.8	24.0	15.6	14.7	2.74
Moderate+2*vigorous 30+ mins but <2.5 hrs	553	37.8	29.1	16.8	16.3	3.04
Moderate+2*vigorous 2.5+ hours in week	2,033	32.7	25.9	18.6	22.8	3.38
Current smoker	1,509	51.7	23.0	13.0	12.3	2.59
Former smoker	1,359	31.4	27.1	18.5	23.0	3.35
Never smoker	2,144	32.5	26.6	19.3	21.6	3.33
Current light smokers (<10 cigs/day)	342	42.4	26.9	14.3	16.4	3.03
Current moderate smokers (10-19 cigs/day)	554	49.1	26.4	13.5	11.0	2.55
Current heavy smokers (20+ cigs/day)	315	65.4	15.2	10.8	8.6	2.14
E-cigarette current user	356	45.5	25.0	13.5	16.0	2.79

Group	Number of survey responders	None, one or two	Three	Four	Five or more	Average portions
E-cigarette former user or never used	4,077	37.8	26.1	17.3	18.7	3.10
Underweight or desirable weight	1,666	41.6	25.3	15.4	17.6	2.97
Overweight	1,719	33.3	26.2	18.8	21.8	3.29
Obese	1,221	37.8	25.5	18.3	18.3	3.12
Only adult in household	1,361	41.7	24.9	15.1	18.4	2.94
Two adults in household	2,498	34.5	25.5	18.8	21.2	3.26
Three or more adults in household	1,144	41.2	26.7	16.9	15.3	2.96
Very/fairly safe in area in day	4,575	37.2	26.0	17.4	19.4	3.14
A bit/very unsafe in area in day	464	46.1	21.6	15.3	17.0	2.83
Very/fairly safe in area after dark	2,740	36.4	25.6	17.7	20.3	3.17
A bit/very unsafe in area after dark	2,228	40.1	25.7	16.7	17.6	3.03
Very/fairly safe alone in home at night	4,400	36.5	26.3	17.5	19.8	3.16
A bit/very unsafe alone in home at night	616	49.7	21.4	14.3	14.6	2.71
Very/fairly safe in area in day (65+)	902	22.5	25.2	22.1	30.3	3.70
A bit/very unsafe in area in day (65+)	101	30.7	27.7	19.8	21.8	3.28
Very/fairly safe in area after dark (65+)	449	21.8	24.5	22.5	31.2	3.74
A bit/very unsafe in area after dark (65+)	512	25.0	26.2	21.5	27.3	3.57
Very/fairly safe alone in home at night (65+)	872	22.6	25.5	21.9	30.0	3.69
A bit/very unsafe alone in home at night (65+)	123	29.3	26.8	19.5	24.4	3.39
Speak daily to family	2,249	37.2	26.3	16.5	20.0	3.15
Speak 3-6 days/week to family	1,204	33.0	27.2	18.7	21.1	3.25
Speak 1-2days/week to family	1,048	38.7	25.1	18.9	17.3	3.08
Speak <1day/week to family	503	51.5	19.3	14.3	14.9	2.66
Speak daily to friends	2,119	37.3	26.7	16.8	19.3	3.12
Speak 3-6 days/week to friends	1,370	33.4	25.8	19.3	21.5	3.30
Speak 1-2days/week to friends	1,011	40.0	25.8	16.5	17.7	3.02

Group	Number of survey responders	None, one or two	Three	Four	Five or more	Average portions
Speak <1day/week to friends	487	48.5	20.9	16.0	14.6	2.72
Speak daily to neighbours	864	34.0	23.7	18.2	24.1	3.29
Speak 3-6 days/week to neighbours	1,228	31.8	27.1	19.4	21.7	3.30
Speak 1-2days/week to neighbours	1,582	37.8	25.3	18.1	18.8	3.08
Speak <1day/week to neighbours	1,313	46.3	25.9	13.9	13.9	2.84
Speak daily to others	3,316	37.3	25.9	16.8	19.9	3.14
Speak 3-6 days/week to others	1,220	36.1	26.1	18.9	18.8	3.15
Speak 1-2days/week to others	417	45.3	22.1	16.5	16.1	2.85
Speak <1day/week to others	60	55.0	25.0	13.3	6.7	2.28
Potentially socially isolated	458	42.8	26.0	16.2	15.1	2.83
Not potentially socially isolated	4,564	37.4	25.7	17.4	19.5	3.14
Potentially socially isolated (65+)	138	27.5	28.3	18.1	26.1	3.45
Not potentially socially isolated (65+)	853	22.4	25.0	22.4	30.2	3.71
2004 survey	3,987				23.0	
2007 survey	5,788				27.5	
2011 survey	12,800				20.2	
2014 survey	5,069	38.0	25.6	17.2	19.2	3.11

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.5 Alcohol Consumption

The national guidelines and recommendations for alcohol consumption changed in January 2016 (see **section 0** for further information). Two sets of tables are included within this section where applicable, the first table relate to alcohol consumption relative to the 1995 guidelines which applied until December 2015, and the second table relates to alcohol consumption relative to the guidelines introduced in January 2016.

5.5.1 Frequency of Alcohol Consumption

Note that alcohol consumption is associated with age, gender and deprivation. Therefore, one group might appear to drink more alcohol, but that might just be because they are of a specific age (middle years) or live in less deprived areas. For example, people living in more deprived areas are more likely to be smokers and there is also an association between smoking and drinking alcohol (with smokers more likely to drink), but this might be counter-balanced to some extent as people living in more deprived areas are less likely to drink alcohol. So the 'pattern' can be complex with many confounding and effect modification factors. Such associations should be considered when interpreting the information.

Table 44: Detailed tabulations: Frequency of drinking alcohol

Group	Number of survey responders	Everyday	4-6 days a week	1-3 days a week	1-3 days a month	Less than once a month	Never
Hull	5,298	3.6	4.6	26.1	19.2	22.3	24.3
Male	2,412	5.8	6.3	32.7	18.9	16.4	19.9
Female	2,886	1.7	3.2	20.6	19.4	27.2	28.0
16-24	963	2.0	2.9	26.2	26.6	22.4	19.9
25-34	917	2.3	3.1	24.3	23.8	25.7	20.8
35-44	809	3.8	5.1	30.8	20.6	19.4	20.3
45-54	857	4.7	5.1	28.2	17.9	23.5	20.7
55-64	665	4.5	7.2	28.9	13.5	20.0	25.9
65-74	620	5.3	6.9	23.5	12.4	21.1	30.6
75+	447	3.4	2.9	16.1	12.1	22.4	43.2
Males aged 16-24	482	3.1	4.4	30.1	25.1	17.6	19.7
Males aged 25-34	414	4.1	3.4	34.8	20.5	16.2	21.0
Males aged 35-44	367	6.3	6.3	37.3	18.5	13.6	18.0
Males aged 45-54	399	7.5	6.8	33.1	18.3	17.5	16.8
Males aged 55-64	312	7.4	10.9	34.9	14.1	13.1	19.6

Group	Number of survey responders	Everyday	4-6 days a week	1-3 days a week	1-3 days a month	Less than once a month	Never
Males aged 65-74	259	8.1	8.5	31.7	14.7	16.6	20.5
Males aged 75+	175	6.9	6.3	22.3	15.4	22.3	26.9
Females aged 16-24	481	0.8	1.5	22.2	28.1	27.2	20.2
Females aged 25-34	503	0.8	2.8	15.7	26.4	33.6	20.7
Females aged 35-44	442	1.8	4.1	25.3	22.4	24.2	22.2
Females aged 45-54	458	2.2	3.7	24.0	17.5	28.6	24.0
Females aged 55-64	353	2.0	4.0	23.5	13.0	26.1	31.4
Females aged 65-74	361	3.3	5.8	17.7	10.8	24.4	38.0
Females aged 75+	272	1.1	0.7	12.1	9.9	22.4	53.7
Most deprived tenth	565	4.8	2.7	22.5	18.6	22.7	28.8
Second most deprived tenth	551	1.8	2.9	20.5	19.6	20.5	34.7
Most deprived fifth	1,116	3.3	2.8	21.5	19.1	21.6	31.7
Second most deprived fifth	1,041	3.2	3.5	20.3	18.6	26.0	28.4
Middle deprivation fifth	993	4.1	5.1	22.7	19.7	24.2	24.2
Second least deprived fifth	1,065	3.8	5.1	31.9	17.9	21.0	20.2
Least deprived fifth	1,082	3.4	6.7	33.9	20.5	18.8	16.6
North Carr	563	3.4	3.9	26.3	21.5	24.3	20.6
Northern	759	2.1	3.8	24.9	21.7	23.2	24.2
East	712	3.7	4.9	25.1	18.1	22.8	25.4
Park	816	3.2	5.1	27.1	19.5	23.3	21.8
Riverside	973	4.1	3.3	22.5	16.5	20.6	33.0
West	721	4.0	4.3	26.8	20.5	24.8	19.6
Wyke	753	4.4	7.2	31.1	17.7	17.9	21.8
Bransholme East	217	2.3	3.2	22.1	20.3	24.0	28.1
Bransholme West	141	3.5	2.8	22.7	17.7	29.8	23.4
Kings Park	205	4.4	5.4	33.2	25.4	21.0	10.7

Group	Number of survey responders	Everyday	4-6 days a week	1-3 days a week	1-3 days a month	Less than once a month	Never
Beverley	176	2.8	3.4	36.9	22.2	22.7	11.9
Orchard Park & Greenwood	295	2.7	3.4	18.6	20.0	26.1	29.2
University	288	1.0	4.5	24.0	23.3	20.5	26.7
Ings	224	4.9	4.9	29.0	17.4	20.1	23.7
Longhill	225	4.9	4.9	20.4	17.8	25.8	26.2
Sutton	263	1.5	4.9	25.9	19.0	22.4	26.2
Holderness	252	4.0	6.3	34.5	18.7	17.9	18.7
Marfleet	246	3.7	3.7	22.8	19.9	24.8	25.2
Southcoates East	186	2.7	5.4	21.5	19.4	26.9	24.2
Southcoates West	132	1.5	5.3	28.8	20.5	25.8	18.2
Drypool	249	2.8	4.4	26.5	16.5	20.9	28.9
Myton	320	3.4	3.1	25.0	16.6	17.5	34.4
Newington	247	4.9	3.2	12.6	17.0	26.3	36.0
St Andrews	157	6.4	1.9	26.8	15.9	17.2	31.8
Boothferry	203	3.9	4.4	31.0	19.7	24.1	16.7
Derringham	240	4.6	3.8	25.4	18.3	29.6	18.3
Pickering	278	3.6	4.7	24.8	23.0	21.2	22.7
Avenue	272	3.7	7.0	26.1	18.8	19.1	25.4
Bricknell	178	3.9	9.6	33.7	19.1	15.7	18.0
Newland	303	5.3	5.9	34.0	15.8	18.2	20.8
Working <20 hours	376	1.3	3.2	26.1	25.3	23.7	20.5
Working 20-<35	430	1.9	4.0	34.9	24.2	22.6	12.6
Working 35+ hours	1,170	4.2	6.7	37.0	23.5	17.8	10.9
Working hours not specified	234	3.4	3.4	33.3	20.9	21.8	17.1
Full-time student	516	2.7	2.7	28.5	20.0	20.7	25.4
Retired	1,068	4.9	5.7	21.2	12.1	22.4	33.8

Group	Number of survey responders	Everyday	4-6 days a week	1-3 days a week	1-3 days a month	Less than once a month	Never
Looking after family/home	408	1.2	2.2	11.0	20.8	31.1	33.6
Unemployed/not allowed to work	322	3.4	3.1	21.4	19.3	27.0	25.8
Long-term sick of disabled	383	6.0	2.9	11.7	10.7	24.5	44.1
Not working for other reason or no reason given	97	2.1	7.2	11.3	12.4	24.7	42.3
White British	4,717	3.4	4.8	26.8	19.5	22.7	22.8
White Other	206	5.3	1.9	26.7	25.7	21.8	18.4
Mixed	45	2.2	4.4	26.7	15.6	28.9	22.2
Asian/Asian British	76	2.6	2.6	10.5	5.3	17.1	61.8
Black/Black British	60	1.7	1.7	16.7	13.3	6.7	60.0
Chinese	29	6.9	3.4	10.3	6.9	34.5	37.9
Arab	25	0.0	0.0	4.0	8.0	8.0	80.0
Other	23	0.0	0.0	26.1	4.3	13.0	56.5
Excellent health	494	4.0	3.6	29.1	19.4	21.5	22.3
Very good health	1,455	1.9	4.8	31.7	22.8	21.6	17.1
Good health	1,867	3.9	5.1	29.0	19.8	22.7	19.6
Fair health	995	3.6	4.3	17.9	17.2	23.5	33.5
Poor health	458	6.8	4.1	12.2	9.6	20.1	47.2
Limiting long-term illness or disability	1,461	4.5	3.7	16.8	14.1	23.8	37.1
No limiting long-term illness or disability	3,791	3.2	4.9	29.8	21.3	21.6	19.2
Well-being - satisfied - poor (0-4)	592	6.4	3.5	16.2	15.9	21.6	36.3
Well-being - satisfied - score 5-7	2,025	3.0	4.8	24.1	19.1	23.4	25.5
Well-being - satisfied - score 8-10	2,653	3.4	4.7	29.9	20.0	21.5	20.5
Well-being - worthwhile - poor (0-4)	485	7.4	3.1	16.9	15.1	22.7	34.8
Well-being - worthwhile - score 5-7	1,842	3.2	5.0	24.9	19.1	21.9	26.0
Well-being - worthwhile - score 8-10	2,938	3.2	4.7	28.6	19.9	22.4	21.3
Well-being - happy - poor (0-4)	739	5.4	3.9	18.7	18.4	23.1	30.4

Group	Number of survey responders	Everyday	4-6 days a week	1-3 days a week	1-3 days a month	Less than once a month	Never
Well-being - happy - score 5-7	1,858	3.5	5.1	26.0	20.1	21.9	23.5
Well-being - happy - score 8-10	2,668	3.1	4.5	28.3	18.8	22.4	22.9
Well-being - anxious - poor (6-10)	1,433	3.7	4.0	25.6	19.1	22.1	25.6
Well-being - anxious - score 3-5	1,457	3.4	4.7	22.9	19.2	22.6	27.2
Well-being - anxious - score 0-2	2,366	3.7	5.0	28.6	19.1	22.3	21.3
Healthy diet	3,611	3.0	4.7	27.4	19.2	22.2	23.4
Not healthy diet	1,252	5.3	4.5	23.2	18.6	23.1	25.3
Lack of knowledge about healthy diet	376	2.9	4.5	24.5	19.9	19.9	28.2
5-A-DAY	968	3.2	5.1	27.6	15.7	23.3	25.1
Not 5-A-DAY	4,082	3.6	4.6	26.4	20.1	22.0	23.2
No alcohol in last week	1,456	0.2	0.5	7.4	29.1	62.8	0.0
Safe alcohol units last week#	1,739	3.7	5.2	52.0	28.8	10.3	0.0
Excessive alcohol units last week*#	467	12.0	21.2	57.4	7.7	1.7	0.0
Dangerous alcohol units last week*#	117	41.9	27.4	28.2	1.7	0.9	0.0
Low alcohol units last week##	1,515	3.6	4.1	49.0	32.1	11.2	0.0
Excessive alcohol units last week*##	618	7.8	16.8	65.4	7.4	2.6	0.0
Dangerous alcohol units last week*##	187	35.8	29.9	30.5	3.2	0.5	0.0
Usually binge drinks more than once a week*	1,304	10.8	10.4	54.8	11.1	12.9	0.0
Usually binge drinks less than once a week	3,894	1.1	2.7	16.6	21.4	25.1	33.0
Acceptable weekly units and no binge drinking#	2,327	1.1	2.7	23.5	33.0	39.8	0.0
Acceptable weekly units but binge drinking*#	813	4.9	4.2	56.0	16.2	18.7	0.0
Excessive weekly units but no binge drinking*#	170	9.4	22.9	45.3	18.2	4.1	0.0
Excessive weekly units and binge drinking*#	408	21.8	22.3	53.7	1.7	0.5	0.0
Low weekly units and no binge drinking##	2,240	0.8	2.1	22.4	33.7	41.0	0.0
Low weekly units but binge drinking*##	680	5.3	3.1	50.3	19.1	22.2	0.0
Excessive weekly units but no binge drinking*##	257	8.6	21.4	47.9	16.7	5.4	0.0

Group	Number of survey responders	Everyday	4-6 days a week	1-3 days a week	1-3 days a month	Less than once a month	Never
Excessive weekly units and binge drinking*##	541	17.2	19.2	61.4	1.7	0.6	0.0
Exercise 30+ min sessions 5+ times per week	1,759	3.8	4.5	29.1	21.1	20.9	20.6
Exercise 30+ min sessions <5 times per week	1,903	2.6	5.4	28.8	21.3	21.9	20.0
Light exercise only (no 30+ mins mod/vig)	1,198	4.1	4.3	21.5	14.8	24.8	30.6
Never exercise (no 30+ mins light/mod/vig)	380	5.8	2.6	14.2	13.2	20.5	43.7
Moderate+2*vigorous < 30 minutes in week	2,023	4.5	3.9	19.9	15.5	23.7	32.4
Moderate+2*vigorous 30+ mins but <2.5 hrs	566	2.3	5.3	28.6	24.6	20.7	18.6
Moderate+2*vigorous 2.5+ hours in week	2,069	3.4	5.2	31.8	21.6	21.2	16.9
Current smoker	1,604	5.7	5.3	26.6	19.1	21.1	22.3
Former smoker	1,412	4.0	5.7	25.2	19.3	24.2	21.5
Never smoker	2,216	1.7	3.5	26.3	19.2	21.9	27.4
Current light smokers (<10 cigs/day)	360	3.9	4.7	30.0	23.6	18.6	19.2
Current moderate smokers (10-19 cigs/day)	582	3.6	4.1	28.0	18.2	24.4	21.6
Current heavy smokers (20+ cigs/day)	334	9.9	7.2	22.8	15.3	21.6	23.4
E-cigarette current user	389	5.1	4.1	28.3	21.1	22.6	18.8
E-cigarette former user or never used	4,216	3.6	4.6	26.1	19.2	22.5	23.9
Underweight or desirable weight	1,736	3.6	4.8	26.5	20.6	21.5	23.0
Overweight	1,771	4.7	5.3	29.7	18.8	20.4	21.1
Obese	1,270	2.6	4.6	24.1	17.7	23.1	27.9
Only adult in household	1,430	4.1	3.5	22.2	17.7	22.9	29.6
Two adults in household	2,592	3.4	4.8	27.9	19.5	22.3	22.1
Three or more adults in household	1,186	3.5	5.7	27.9	20.2	21.1	21.6
Very/fairly safe in area in day	4,759	3.7	4.7	27.1	19.6	22.0	22.9
A bit/very unsafe in area in day	506	3.0	4.0	16.2	16.0	24.9	36.0
Very/fairly safe in area after dark	2,847	4.2	5.8	30.5	20.6	19.1	19.8
A bit/very unsafe in area after dark	2,333	2.9	3.4	21.2	17.9	25.9	28.7

Group	Number of survey responders	Everyday	4-6 days a week	1-3 days a week	1-3 days a month	Less than once a month	Never
Very/fairly safe alone in home at night	4,577	3.7	5.0	27.5	19.6	21.6	22.7
A bit/very unsafe alone in home at night	662	2.6	2.7	17.4	16.5	27.2	33.7
Very/fairly safe in area in day (65+)	947	4.5	5.6	21.2	12.4	22.4	33.9
A bit/very unsafe in area in day (65+)	113	4.4	2.7	13.3	12.4	15.9	51.3
Very/fairly safe in area after dark (65+)	467	4.7	7.5	26.3	13.7	21.0	26.8
A bit/very unsafe in area after dark (65+)	541	4.8	3.7	16.3	11.5	21.8	42.0
Very/fairly safe alone in home at night (65+)	918	4.7	6.0	21.8	12.0	22.3	33.2
A bit/very unsafe alone in home at night (65+)	132	3.8	0.8	12.9	13.6	18.2	50.8
Speak daily to family	2,367	3.2	3.7	23.2	18.0	24.2	27.8
Speak 3-6 days/week to family	1,245	3.1	6.2	31.3	19.9	20.0	19.4
Speak 1-2days/week to family	1,073	3.8	5.1	28.6	21.7	20.6	20.1
Speak <1day/week to family	530	5.5	4.3	22.1	17.9	22.6	27.5
Speak daily to friends	2,214	4.1	4.6	27.6	20.2	21.1	22.4
Speak 3-6 days/week to friends	1,420	3.5	5.0	27.5	21.2	22.3	20.5
Speak 1-2days/week to friends	1,052	2.6	3.7	26.8	16.4	24.6	25.9
Speak <1day/week to friends	513	3.1	5.8	15.0	15.0	23.6	37.4
Speak daily to neighbours	917	4.9	3.8	22.8	14.8	22.4	31.3
Speak 3-6 days/week to neighbours	1,262	3.4	5.7	28.5	18.3	22.5	21.6
Speak 1-2days/week to neighbours	1,654	2.6	4.5	26.2	21.6	23.7	21.4
Speak <1day/week to neighbours	1,362	4.0	4.4	26.5	19.9	20.6	24.7
Speak daily to others	3,476	3.7	4.2	25.4	19.2	22.2	25.3
Speak 3-6 days/week to others	1,254	3.1	6.0	29.2	19.1	22.6	20.0
Speak 1-2days/week to others	430	3.5	4.0	25.1	19.8	23.5	24.2
Speak <1day/week to others	65	6.2	4.6	15.4	15.4	16.9	41.5
Potentially socially isolated	470	4.9	3.8	21.1	18.5	24.9	26.8
Not potentially socially isolated	4,768	3.5	4.7	26.7	19.2	22.0	23.9

Group	Number of survey responders	Everyday	4-6 days a week	1-3 days a week	1-3 days a month	Less than once a month	Never
Potentially socially isolated (65+)	140	5.7	2.9	17.9	16.4	23.6	33.6
Not potentially socially isolated (65+)	907	4.3	5.6	20.6	11.7	21.4	36.4
2003 survey	3,284	13.1		32.5	19.0	18.9	16.5
2007 survey	4,066	13.0		29.5	18.6	17.8	21.2
2009 survey	5,443	12.1		37.4	16.1	14.4	20.0
2011 survey	13,354	10.2		27.2	19.2	22.8	20.5
2014 survey	5,298	8.2		26.1	19.2	22.3	24.3

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

##Based on new alcohol guidelines introduced January 2016.

5.5.2 Units in Previous Week (1995 Guidelines in Existence until December 2015)

Note that alcohol consumption is associated with age, gender and deprivation. Therefore, one group might appear to drink more alcohol, but that might just be because they are of a specific age (middle years) or live in less deprived areas. For example, people living in more deprived areas are more likely to be smokers and there is also an association between smoking and drinking alcohol (with smokers more likely to drink), but this might be counter-balanced to some extent as people living in more deprived areas are less likely to drink alcohol. So the 'pattern' can be complex with many confounding and effect modification factors. Such associations should be considered when interpreting the information.

The national guidelines and recommendations for alcohol consumption changed in January 2016 (see **section 0** for further information). Three sets of tables are included within this section where applicable, the first table relates to alcohol consumption relative to the 1995 guidelines which applied until December 2015, the second table relates to alcohol consumption relative to the guidelines introduced in January 2016 and the third gives the absolute difference in the percentage of survey responders in that category/group following the change in the alcohol guidelines (only affects males or persons).

Units were estimated from the number and quantities of alcoholic drinks consumed in the previous week (see questionnaire in **APPENDIX B**). Using the 1995 alcohol guidelines that were in existence to December 2015, 'safe' levels of consumption were defined as up to and including 21 and 14 units for men and women respectively. 'Excessive' levels were defined as over 21 units but 50 units or fewer for men and over 14 units but 35 units or fewer for women. 'Dangerous' levels were defined as more than 50 units and more than 35 units for men and women respectively.

Table 45: Detailed tabulations: Units of alcohol in the previous week (1995 guidelines in existence until December 2015)

Group	Number of survey responders	Never drinks alcohol	None in last week	Safe levels last week	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
Hull	5,078	25.3	28.8	34.3	9.3	2.3	11.6
Male	2,320	20.6	24.2	40.9	10.8	3.4	14.3
Female	2,758	29.3	32.6	28.8	7.9	1.3	9.3
16-24	908	21.1	34.1	33.1	9.4	2.2	11.6
25-34	880	21.7	33.9	34.2	8.6	1.6	10.2
35-44	777	21.1	26.3	38.0	11.6	3.1	14.7
45-54	834	21.2	27.7	34.5	12.5	4.1	16.5
55-64	637	27.0	23.5	37.5	9.7	2.2	11.9
65-74	593	32.0	25.6	33.7	6.7	1.9	8.6
75+	430	44.9	26.3	26.3	2.6	0.0	2.6
Males aged 16-24	451	21.1	30.6	35.5	9.8	3.1	12.9
Males aged 25-34	397	21.9	24.7	41.1	10.1	2.3	12.3
Males aged 35-44	357	18.5	21.6	42.9	12.9	4.2	17.1
Males aged 45-54	389	17.2	23.9	39.8	12.3	6.7	19.0
Males aged 55-64	302	20.2	18.5	45.0	13.6	2.6	16.2
Males aged 65-74	255	20.8	22.4	44.7	9.0	3.1	12.2
Males aged 75+	165	28.5	26.1	40.0	5.5	0.0	5.5
Females aged 16-24	457	21.2	37.6	30.9	9.0	1.3	10.3
Females aged 25-34	483	21.5	41.4	28.6	7.5	1.0	8.5
Females aged 35-44	420	23.3	30.2	33.8	10.5	2.1	12.6

Group	Number of survey responders	Never drinks alcohol	None in last week	Safe levels last week	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
Females aged 45-54	445	24.7	31.0	29.9	12.6	1.8	14.4
Females aged 55-64	335	33.1	28.1	30.7	6.3	1.8	8.1
Females aged 65-74	338	40.5	28.1	25.4	5.0	0.9	5.9
Females aged 75+	265	55.1	26.4	17.7	0.8	0.0	0.8
Most deprived tenth	529	30.8	31.6	28.5	6.2	2.8	9.1
Second most deprived tenth	528	36.2	28.2	27.7	6.8	1.1	8.0
Most deprived fifth	1,057	33.5	29.9	28.1	6.5	2.0	8.5
Second most deprived fifth	990	29.9	32.8	27.6	6.5	3.2	9.7
Middle deprivation fifth	951	25.2	30.3	33.1	9.3	2.1	11.4
Second least deprived fifth	1,034	20.8	25.6	39.4	12.0	2.2	14.2
Least deprived fifth	1,045	17.2	25.6	43.2	12.0	2.0	14.0
North Carr	547	21.2	32.4	35.1	9.0	2.4	11.3
Northern	717	25.7	31.0	33.2	7.8	2.4	10.2
East	682	26.5	28.0	35.2	7.9	2.3	10.3
Park	781	22.8	31.4	34.2	10.6	1.0	11.7
Riverside	931	34.5	27.0	29.6	5.9	3.0	8.9
West	695	20.3	29.8	38.7	9.5	1.7	11.2
Wyke	724	22.7	23.3	36.0	14.8	3.2	18.0
Bransholme East	209	29.2	33.5	27.8	7.7	1.9	9.6
Bransholme West	138	23.9	37.7	31.2	4.3	2.9	7.2
Kings Park	200	11.0	27.5	45.5	13.5	2.5	16.0
Beverley	171	12.3	29.8	48.0	8.2	1.8	9.9
Orchard Park & Greenwood	274	31.4	34.7	25.9	5.8	2.2	8.0
University	272	28.3	27.9	31.3	9.6	2.9	12.5
Ings	220	24.1	25.9	37.7	10.0	2.3	12.3
Longhill	214	27.6	29.4	33.2	7.5	2.3	9.8
Sutton	248	27.8	28.6	34.7	6.5	2.4	8.9

Group	Number of survey responders	Never drinks alcohol	None in last week	Safe levels last week	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
Holderness	246	19.1	27.6	39.0	13.0	1.2	14.2
Marfleet	234	26.5	34.6	29.5	8.1	1.3	9.4
Southcoates East	175	25.7	32.6	30.9	10.3	0.6	10.9
Southcoates West	126	19.0	31.0	38.1	11.1	0.8	11.9
Drypool	241	29.9	26.1	35.3	7.1	1.7	8.7
Myton	311	35.4	25.1	29.6	6.1	3.9	10.0
Newington	232	38.4	31.5	23.7	3.4	3.0	6.5
St Andrews	147	34.0	25.2	29.9	7.5	3.4	10.9
Boothferry	197	17.3	31.0	39.1	11.2	1.5	12.7
Derringham	227	19.4	31.7	38.3	8.8	1.8	10.6
Pickering	271	23.2	27.3	38.7	8.9	1.8	10.7
Avenue	264	26.1	24.6	36.0	11.0	2.3	13.3
Bricknell	170	18.8	20.6	37.6	17.6	5.3	22.9
Newland	290	21.7	23.8	35.2	16.6	2.8	19.3
Working <20 hours	364	21.2	29.1	37.6	10.2	1.9	12.1
Working 20-<35	419	12.9	30.5	41.3	13.4	1.9	15.3
Working 35+ hours	1,141	11.1	27.2	46.3	11.9	3.5	15.4
Working hours not specified	221	18.1	30.3	36.2	12.7	2.7	15.4
Full-time student	477	27.5	29.1	30.4	10.3	2.7	13.0
Retired	1,024	35.3	25.8	31.8	5.9	1.3	7.1
Looking after family/home	383	35.8	34.2	25.3	4.2	0.5	4.7
Unemployed/not allowed to work	308	26.9	34.7	27.9	7.1	3.2	10.4
Long-term sick of disabled	370	45.7	28.4	16.5	6.5	3.0	9.5
Not working for other reason or no reason given	91	45.1	31.9	16.5	6.6	0.0	6.6
White British	4,537	23.7	29.3	35.1	9.6	2.3	11.9
White Other	193	19.7	33.7	36.8	8.3	1.6	9.8
Mixed	41	24.4	29.3	34.1	7.3	4.9	12.2

Group	Number of survey responders	Never drinks alcohol	None in last week	Safe levels last week	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
Asian/Asian British	72	65.3	19.4	12.5	2.8	0.0	2.8
Black/Black British	59	61.0	10.2	25.4	1.7	1.7	3.4
Chinese	23	47.8	17.4	26.1	8.7	0.0	8.7
Arab	22	90.9	0.0	9.1	0.0	0.0	0.0
Other	22	59.1	22.7	13.6	0.0	4.5	4.5
Excellent health	466	23.6	26.6	36.3	12.0	1.5	13.5
Very good health	1,402	17.8	30.3	40.0	10.6	1.4	11.9
Good health	1,795	20.3	30.4	36.8	9.3	3.2	12.5
Fair health	949	35.1	27.4	27.5	7.9	2.1	10.0
Poor health	439	49.2	21.9	20.7	5.0	3.2	8.2
Limiting long-term illness or disability	1,415	38.3	27.6	24.7	7.1	2.3	9.4
No limiting long-term illness or disability	3,620	20.1	29.3	38.2	10.1	2.3	12.5
Well-being - satisfied - poor (0-4)	560	38.4	26.4	22.9	8.6	3.8	12.3
Well-being - satisfied - score 5-7	1,948	26.5	29.5	33.5	8.2	2.2	10.4
Well-being - satisfied - score 8-10	2,543	21.4	28.7	37.6	10.2	2.1	12.3
Well-being - worthwhile - poor (0-4)	458	36.9	27.3	25.3	7.0	3.5	10.5
Well-being - worthwhile - score 5-7	1,758	27.2	27.5	33.6	8.9	2.8	11.8
Well-being - worthwhile - score 8-10	2,832	22.1	29.7	36.5	9.9	1.8	11.7
Well-being - happy - poor (0-4)	699	32.2	28.6	27.8	7.0	4.4	11.4
Well-being - happy - score 5-7	1,787	24.4	29.6	34.5	9.3	2.2	11.5
Well-being - happy - score 8-10	2,558	23.9	28.2	36.2	9.9	1.8	11.7
Well-being - anxious - poor (6-10)	1,365	26.9	29.0	32.2	9.1	2.8	11.9
Well-being - anxious - score 3-5	1,392	28.4	28.4	33.0	8.2	1.9	10.1
Well-being - anxious - score 0-2	2,282	22.1	28.8	36.7	10.1	2.3	12.4
Healthy diet	3,470	24.4	28.4	36.5	9.0	1.7	10.7
Not healthy diet	1,206	26.3	29.5	30.1	10.3	3.8	14.1
Lack of knowledge about healthy diet	350	30.3	30.0	28.0	8.6	3.1	11.7

Group	Number of survey responders	Never drinks alcohol	None in last week	Safe levels last week	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
5-A-DAY	932	26.1	28.3	34.7	9.0	1.9	10.9
Not 5-A-DAY	3,932	24.1	28.9	35.0	9.5	2.5	12.0
Alcohol most days	401	0.0	2.5	38.7	38.7	20.2	58.9
Alcohol 1-3 days a week	1,313	0.0	8.2	68.8	20.4	2.5	22.9
Alcohol 1-3 days a month	962	0.0	44.0	52.1	3.7	0.2	4.0
Alcohol less than once a month	1,103	0.0	83.0	16.2	0.7	0.1	0.8
Never drinks alcohol	1,286	100.0	0.0	0.0	0.0	0.0	0.0
Low alcohol units last week###	1,465	0.0	99.8	0.2	0.0	0.0	0.0
Excessive alcohol units last week*###	1,519	0.0	0.0	100.0	0.0	0.0	0.0
Dangerous alcohol units last week*###	620	0.0	0.0	35.6	64.4	0.0	64.4
Usually binge drinks more than once a week*	1,223	0.0	18.3	48.2	24.6	8.8	33.4
Usually binge drinks less than once a week	3,791	33.9	31.9	29.6	4.3	0.2	4.5
Acceptable weekly units and no binge drinking#	2,334	0.0	51.9	48.1	0.0	0.0	0.0
Acceptable weekly units but binge drinking*#	814	0.0	27.5	72.5	0.0	0.0	0.0
Excessive weekly units but no binge drinking*#	171	0.0	0.0	0.0	94.7	5.3	100.0
Excessive weekly units and binge drinking*#	409	0.0	0.0	0.0	73.6	26.4	100.0
Low weekly units and no binge drinking##	2,247	0.0	53.9	46.1	0.0	0.0	0.0
Low weekly units but binge drinking*##	681	0.0	32.9	67.1	0.0	0.0	0.0
Excessive weekly units but no binge drinking*##	258	0.0	0.0	33.7	62.8	3.5	66.3
Excessive weekly units and binge drinking*##	542	0.0	0.0	24.5	55.5	19.9	75.5
Exercise 30+ min sessions 5+ times per week	1,692	21.4	29.5	35.7	11.0	2.4	13.4
Exercise 30+ min sessions <5 times per week	1,827	20.8	29.0	37.6	10.2	2.4	12.6
Light exercise only (no 30+ mins mod/vig)	1,152	31.8	28.8	30.8	6.7	1.9	8.6
Never exercise (no 30+ mins light/mod/vig)	358	46.4	23.5	22.9	4.5	2.8	7.3
Moderate+2*vigorous < 30 minutes in week	1,936	33.9	29.2	28.3	6.6	2.1	8.7
Moderate+2*vigorous 30+ mins but <2.5 hrs	550	19.1	29.5	38.5	10.4	2.5	12.9
Moderate+2*vigorous 2.5+ hours in week	2,013	17.3	27.7	40.5	11.6	2.8	14.4

Group	Number of survey responders	Never drinks alcohol	None in last week	Safe levels last week	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
Current smoker	1,530	23.4	28.4	32.1	12.2	3.9	16.1
Former smoker	1,363	22.3	30.2	36.2	9.3	2.0	11.3
Never smoker	2,131	28.5	28.2	35.0	6.9	1.4	8.3
Current light smokers (<10 cigs/day)	343	20.1	26.8	35.9	14.0	3.2	17.2
Current moderate smokers (10-19 cigs/day)	553	22.8	32.4	30.7	11.2	2.9	14.1
Current heavy smokers (20+ cigs/day)	324	24.1	26.5	30.2	12.7	6.5	19.1
E-cigarette current user	360	20.3	29.7	35.3	12.5	2.2	14.7
E-cigarette former user or never used	4,074	24.7	29.3	34.4	9.1	2.5	11.6
Underweight or desirable weight	1,650	24.2	28.1	36.1	9.6	2.1	11.6
Overweight	1,711	21.8	27.9	36.4	10.9	3.0	13.9
Obese	1,231	28.8	28.4	32.5	8.3	2.1	10.4
Only adult in household	1,375	30.8	29.1	30.5	7.0	2.7	9.7
Two adults in household	2,488	23.0	28.5	37.2	9.3	2.0	11.3
Three or more adults in household	1,136	22.5	28.9	33.7	12.4	2.5	14.9
Very/fairly safe in area in day	4,565	23.9	28.8	35.2	9.8	2.3	12.2
A bit/very unsafe in area in day	481	37.8	28.7	27.2	4.2	2.1	6.2
Very/fairly safe in area after dark	2,736	20.7	26.5	38.7	11.2	2.9	14.1
A bit/very unsafe in area after dark	2,234	29.9	31.4	29.9	7.1	1.7	8.7
Very/fairly safe alone in home at night	4,398	23.6	28.4	35.9	9.8	2.3	12.1
A bit/very unsafe alone in home at night	625	35.7	31.8	23.7	6.2	2.6	8.8
Very/fairly safe in area in day (65+)	902	35.6	26.5	31.5	5.2	1.2	6.4
A bit/very unsafe in area in day (65+)	113	51.3	21.2	24.8	2.7	0.0	2.7
Very/fairly safe in area after dark (65+)	441	28.3	25.6	37.0	7.3	1.8	9.1
A bit/very unsafe in area after dark (65+)	524	43.3	25.8	27.1	3.2	0.6	3.8
Very/fairly safe alone in home at night (65+)	877	34.8	26.8	31.9	5.4	1.1	6.5
A bit/very unsafe alone in home at night (65+)	128	52.3	21.9	21.9	3.1	0.8	3.9
Speak daily to family	2,251	29.2	30.5	30.4	8.1	1.8	9.9

Group	Number of survey responders	Never drinks alcohol	None in last week	Safe levels last week	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
Speak 3-6 days/week to family	1,204	20.1	27.2	39.2	11.0	2.4	13.5
Speak 1-2days/week to family	1,041	20.7	27.7	38.2	10.5	2.9	13.4
Speak <1day/week to family	506	28.9	27.3	32.6	7.9	3.4	11.3
Speak daily to friends	2,106	23.6	29.4	34.0	10.2	2.8	13.0
Speak 3-6 days/week to friends	1,380	21.1	29.5	37.7	9.6	2.1	11.7
Speak 1-2days/week to friends	1,011	26.9	28.8	34.7	8.2	1.4	9.6
Speak <1day/week to friends	489	39.3	24.7	26.4	7.2	2.5	9.6
Speak daily to neighbours	879	32.7	29.2	27.2	8.8	2.2	10.9
Speak 3-6 days/week to neighbours	1,204	22.6	29.5	37.2	8.5	2.2	10.7
Speak 1-2days/week to neighbours	1,587	22.3	28.7	37.4	9.4	2.2	11.6
Speak <1day/week to neighbours	1,313	25.6	28.0	33.4	10.4	2.7	13.0
Speak daily to others	3,320	26.5	29.3	32.7	9.3	2.2	11.5
Speak 3-6 days/week to others	1,214	20.7	28.8	38.3	9.6	2.6	12.2
Speak 1-2days/week to others	415	25.1	27.0	36.9	8.9	2.2	11.1
Speak <1day/week to others	61	44.3	13.1	32.8	4.9	4.9	9.8
Potentially socially isolated	456	27.6	28.7	32.5	7.5	3.7	11.2
Not potentially socially isolated	4,568	25.0	28.7	34.6	9.5	2.2	11.7
Potentially socially isolated (65+)	136	34.6	27.9	33.1	2.9	1.5	4.4
Not potentially socially isolated (65+)	869	38.0	25.5	30.0	5.4	1.0	6.4
2003 survey	3,318	16.3	23.8	48.9	9.5	1.5	11.0
2007 survey	4,049	21.3	26.0	37.8	11.2	3.7	14.9
2009 survey	5,790	18.8	27.3	44.4	8.5	1.0	9.5
2011 survey	13,134	20.9	31.3	35.3	10.0	2.5	12.5
2014 survey	5,078	25.3	28.8	34.3	9.3	2.3	11.6

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

##Based on new alcohol guidelines introduced January 2016.

5.5.3 Units in Previous Week (2016 Guidelines)

Note that alcohol consumption is associated with age, gender and deprivation. Therefore, one group might appear to drink more alcohol, but that might just be because they of a specific age (middle years) or live in less deprived areas. For example, people living in more deprived areas are more likely to be smokers and there is also an association between smoking and drinking alcohol (with smokers more likely to drink), but this might be counter-balanced to some extent as people living in more deprived areas are less likely to drink alcohol. So the 'pattern' can be complex with many confounding and effect modifications factors. Such associations should be considered when interpreting the information.

The national guidelines and recommendations for alcohol consumption changed in January 2016 (see **section 0** for further information). Three sets of tables are included within this section where applicable, the first table relate to alcohol consumption relative to the 1995 guidelines which applied until December 2015, the second table relates to alcohol consumption relative to the guidelines introduced in January 2016 and the third gives the absolute difference in the percentage of survey responders in that category/group following the change the alcohol guidelines (only affects males or persons).

Units were estimated from the number and quantities of alcoholic drinks consumed in the previous week (see questionnaire in **APPENDIX B**). Using the 2016 guidelines, low levels of alcohol consumption was defined as drinking 1-14 units last week, excessive alcohol consumption as 15-35 units last week and dangerous drinking as more than 35 units last week (for both men and women).

Table 46: Detailed tabulations: Units of alcohol in the previous week (2016 guidelines)

Group	Number of survey responders	Never drinks alcohol	None in last week	Low levels last week	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
Hull	5,078	25.3	28.8	29.9	12.2	3.7	15.9
Male	2,320	20.6	24.3	31.3	17.2	6.5	23.8
Female	2,758	29.3	32.7	28.7	8.0	1.3	9.3
16-24	908	21.1	34.1	29.0	12.6	3.2	15.7
25-34	880	21.7	34.0	29.2	11.7	3.4	15.1
35-44	777	21.1	26.3	33.1	14.8	4.8	19.6
45-54	834	21.2	27.9	30.2	15.2	5.4	20.6
55-64	637	27.0	23.5	32.2	13.0	4.2	17.3

Group	Number of survey responders	Never drinks alcohol	None in last week	Low levels last week	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
65-74	593	32.0	25.6	29.2	10.3	2.9	13.2
75+	430	44.9	26.3	24.7	3.5	0.7	4.2
Males aged 16-24	451	21.1	30.6	27.1	16.2	5.1	21.3
Males aged 25-34	397	21.9	24.9	30.2	16.6	6.3	22.9
Males aged 35-44	357	18.5	21.6	32.2	19.9	7.8	27.7
Males aged 45-54	389	17.2	23.9	31.1	18.3	9.5	27.8
Males aged 55-64	302	20.2	18.5	33.8	20.5	7.0	27.5
Males aged 65-74	255	20.8	22.4	34.1	17.3	5.5	22.7
Males aged 75+	165	28.5	26.1	35.8	7.9	1.8	9.7
Females aged 16-24	457	21.2	37.6	30.9	9.0	1.3	10.3
Females aged 25-34	483	21.5	41.4	28.4	7.7	1.0	8.7
Females aged 35-44	420	23.3	30.2	33.8	10.5	2.1	12.6
Females aged 45-54	445	24.7	31.5	29.4	12.6	1.8	14.4
Females aged 55-64	335	33.1	28.1	30.7	6.3	1.8	8.1
Females aged 65-74	338	40.5	28.1	25.4	5.0	0.9	5.9
Females aged 75+	265	55.1	26.4	17.7	0.8	0.0	0.8
Most deprived tenth	529	30.8	31.6	26.1	6.8	4.7	11.5
Second most deprived tenth	528	36.2	28.2	23.1	10.6	1.9	12.5
Most deprived fifth	1,057	33.5	29.9	24.6	8.7	3.3	12.0
Second most deprived fifth	990	29.9	33.0	22.9	10.0	4.1	14.1
Middle deprivation fifth	951	25.2	30.3	29.3	11.7	3.5	15.1
Second least deprived fifth	1,034	20.8	25.7	34.5	15.1	3.9	19.0
Least deprived fifth	1,045	17.2	25.6	37.9	15.5	3.7	19.2
North Carr	547	21.2	32.5	30.9	11.7	3.7	15.4
Northern	717	25.7	31.0	29.6	10.7	3.1	13.8
East	682	26.5	28.2	29.6	11.7	4.0	15.7
Park	781	22.8	31.5	28.0	14.6	3.1	17.7

Group	Number of survey responders	Never drinks alcohol	None in last week	Low levels last week	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
Riverside	931	34.5	27.0	26.7	7.7	4.1	11.8
West	695	20.3	29.8	34.2	12.9	2.7	15.7
Wyke	724	22.7	23.3	31.8	17.0	5.2	22.2
Bransholme East	209	29.2	33.5	24.9	10.0	2.4	12.4
Bransholme West	138	23.9	38.4	24.6	9.4	3.6	13.0
Kings Park	200	11.0	27.5	41.5	15.0	5.0	20.0
Beverley	171	12.3	29.8	43.3	12.3	2.3	14.6
Orchard Park & Greenwood	274	31.4	34.7	22.3	8.4	3.3	11.7
University	272	28.3	27.9	28.3	12.1	3.3	15.4
Ings	220	24.1	26.4	30.5	15.0	4.1	19.1
Longhill	214	27.6	29.4	29.4	9.3	4.2	13.6
Sutton	248	27.8	28.6	29.0	10.9	3.6	14.5
Holderness	246	19.1	27.6	33.3	15.4	4.5	19.9
Marfleet	234	26.5	34.6	22.6	14.1	2.1	16.2
Southcoates East	175	25.7	33.1	25.7	12.6	2.9	15.4
Southcoates West	126	19.0	31.0	31.0	16.7	2.4	19.0
Drypool	241	29.9	26.1	32.4	9.1	2.5	11.6
Myton	311	35.4	25.1	26.7	7.4	5.5	12.9
Newington	232	38.4	31.5	20.7	6.5	3.0	9.5
St Andrews	147	34.0	25.2	27.2	8.2	5.4	13.6
Boothferry	197	17.3	31.0	33.5	15.2	3.0	18.3
Derringham	227	19.4	31.7	34.4	12.8	1.8	14.5
Pickering	271	23.2	27.3	34.7	11.4	3.3	14.8
Avenue	264	26.1	24.6	34.1	11.4	3.8	15.2
Bricknell	170	18.8	20.6	32.9	21.8	5.9	27.6
Newland	290	21.7	23.8	29.0	19.3	6.2	25.5
Working <20 hours	364	21.2	29.1	35.7	11.8	2.2	14.0

Group	Number of survey responders	Never drinks alcohol	None in last week	Low levels last week	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
Working 20-<35	419	12.9	30.5	38.9	15.3	2.4	17.7
Working 35+ hours	1,141	11.1	27.3	37.9	17.2	6.4	23.6
Working hours not specified	221	18.1	30.3	30.3	17.6	3.6	21.3
Full-time student	477	27.5	29.1	25.8	13.6	4.0	17.6
Retired	1,024	35.3	25.8	28.4	8.2	2.3	10.5
Looking after family/home	383	35.8	34.2	24.5	4.7	0.8	5.5
Unemployed/not allowed to work	308	26.9	34.7	25.0	8.1	5.2	13.3
Long-term sick or disabled	370	45.7	28.6	14.9	6.2	4.6	10.8
Not working for other reason or no reason given	91	45.1	31.9	15.4	6.6	1.1	7.7
White British	4,537	23.7	29.3	30.5	12.7	3.8	16.5
White Other	193	19.7	33.7	33.2	10.9	2.6	13.5
Mixed	41	24.4	29.3	34.1	7.3	4.9	12.2
Asian/Asian British	72	65.3	19.4	12.5	2.8	0.0	2.8
Black/Black British	59	61.0	10.2	23.7	3.4	1.7	5.1
Chinese	23	47.8	17.4	26.1	4.3	4.3	8.7
Arab	22	90.9	0.0	9.1	0.0	0.0	0.0
Other	22	59.1	22.7	13.6	0.0	4.5	4.5
Excellent health	466	23.6	26.6	31.3	14.8	3.6	18.5
Very good health	1,402	17.8	30.4	35.3	14.3	2.3	16.5
Good health	1,795	20.3	30.5	31.3	13.5	4.4	17.9
Fair health	949	35.1	27.4	24.7	8.7	4.1	12.9
Poor health	439	49.2	22.1	18.7	5.2	4.8	10.0
Limiting long-term illness or disability	1,415	38.3	27.7	22.0	7.8	4.2	12.0
No limiting long-term illness or disability	3,620	20.1	29.3	33.1	14.0	3.6	17.5
Well-being - satisfied - poor (0-4)	560	38.4	26.6	20.4	8.6	6.1	14.6
Well-being - satisfied - score 5-7	1,948	26.5	29.6	28.6	11.9	3.4	15.2
Well-being - satisfied - score 8-10	2,543	21.4	28.7	33.1	13.4	3.4	16.8

Group	Number of survey responders	Never drinks alcohol	None in last week	Low levels last week	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
Well-being - worthwhile - poor (0-4)	458	36.9	27.5	22.3	7.9	5.5	13.3
Well-being - worthwhile - score 5-7	1,758	27.2	27.5	28.8	12.3	4.2	16.5
Well-being - worthwhile - score 8-10	2,832	22.1	29.8	32.1	13.0	3.1	16.1
Well-being - happy - poor (0-4)	699	32.2	28.8	24.2	8.9	6.0	14.9
Well-being - happy - score 5-7	1,787	24.4	29.7	30.0	12.0	4.0	15.9
Well-being - happy - score 8-10	2,558	23.9	28.3	31.5	13.4	2.9	16.3
Well-being - anxious - poor (6-10)	1,365	26.9	29.0	29.2	10.5	4.4	14.9
Well-being - anxious - score 3-5	1,392	28.4	28.5	28.4	11.4	3.3	14.7
Well-being - anxious - score 0-2	2,282	22.1	28.9	31.5	13.9	3.5	17.5
Healthy diet	3,470	24.4	28.4	32.0	12.3	2.8	15.1
Not healthy diet	1,206	26.3	29.6	25.5	12.7	5.9	18.6
Lack of knowledge about healthy diet	350	30.3	30.0	24.3	10.6	4.9	15.4
5-A-DAY	932	26.1	28.4	30.4	12.1	3.0	15.1
Not 5-A-DAY	3,932	24.1	29.0	30.5	12.4	4.0	16.4
Alcohol most days	401	0.0	2.5	28.9	37.9	30.7	68.6
Alcohol 1-3 days a week	1,313	0.0	8.3	56.6	30.8	4.3	35.1
Alcohol 1-3 days a month	962	0.0	44.1	50.5	4.8	0.6	5.4
Alcohol less than once a month	1,103	0.0	83.0	15.4	1.5	0.1	1.5
Never drinks alcohol	1,286	100.0	0.0	0.0	0.0	0.0	0.0
No alcohol units last week#	1,462	0.0	100.0	0.0	0.0	0.0	0.0
Safe alcohol units last week#	1,743	0.0	0.2	87.1	12.7	0.0	12.7
Excessive alcohol units last week*#	470	0.0	0.0	0.0	84.9	15.1	100.0
Dangerous alcohol units last week*#	117	0.0	0.0	0.0	0.0	100.0	100.0
Usually binge drinks more than once a week*	1,223	0.0	18.3	37.4	31.2	13.1	44.3
Usually binge drinks less than once a week	3,791	33.9	32.0	27.2	6.1	0.7	6.8
Acceptable weekly units and no binge drinking#	2,334	0.0	52.0	44.3	3.7	0.0	3.7
Acceptable weekly units but binge drinking*#	814	0.0	27.5	56.1	16.3	0.0	16.3

Group	Number of survey responders	Never drinks alcohol	None in last week	Low levels last week	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
Excessive weekly units but no binge drinking*#	171	0.0	0.0	0.0	84.2	15.8	100.0
Excessive weekly units and binge drinking*#	409	0.0	0.0	0.0	60.9	39.1	100.0
Low weekly units and no binge drinking##	2,247	0.0	54.0	46.0	0.0	0.0	0.0
Low weekly units but binge drinking*##	681	0.0	32.9	67.1	0.0	0.0	0.0
Excessive weekly units but no binge drinking*##	258	0.0	0.0	0.0	89.5	10.5	100.0
Excessive weekly units and binge drinking*##	542	0.0	0.0	0.0	70.5	29.5	100.0
Exercise 30+ min sessions 5+ times per week	1,692	21.4	29.6	30.5	14.3	4.3	18.6
Exercise 30+ min sessions <5 times per week	1,827	20.8	29.1	32.8	13.6	3.7	17.3
Light exercise only (no 30+ mins mod/vig)	1,152	31.8	28.9	27.2	9.3	2.9	12.2
Never exercise (no 30+ mins light/mod/vig)	358	46.4	23.5	21.2	5.3	3.6	8.9
Moderate+2*vigorous < 30 minutes in week	1,936	33.9	29.2	24.3	9.6	3.0	12.6
Moderate+2*vigorous 30+ mins but <2.5 hrs	550	19.1	29.6	35.6	11.1	4.5	15.6
Moderate+2*vigorous 2.5+ hours in week	2,013	17.3	27.8	34.8	15.5	4.6	20.1
Current smoker	1,530	23.4	28.6	27.3	14.9	5.9	20.8
Former smoker	1,363	22.3	30.2	31.9	12.3	3.2	15.6
Never smoker	2,131	28.5	28.2	30.7	10.1	2.4	12.5
Current light smokers (<10 cigs/day)	343	20.1	26.8	31.5	16.9	4.7	21.6
Current moderate smokers (10-19 cigs/day)	553	22.8	32.4	26.8	13.7	4.3	18.1
Current heavy smokers (20+ cigs/day)	324	24.1	27.2	24.4	14.8	9.6	24.4
E-cigarette current user	360	20.3	30.0	29.2	17.2	3.3	20.6
E-cigarette former user or never used	4,074	24.7	29.4	30.0	12.0	3.9	15.9
Underweight or desirable weight	1,650	24.2	28.1	32.2	11.9	3.6	15.5
Overweight	1,711	21.8	27.9	31.0	14.8	4.5	19.3
Obese	1,231	28.8	28.5	28.0	11.1	3.6	14.7
Only adult in household	1,375	30.8	29.2	26.9	9.2	4.0	13.2
Two adults in household	2,488	23.0	28.6	32.3	12.6	3.6	16.2
Three or more adults in household	1,136	22.5	28.9	29.2	15.6	3.8	19.4

Group	Number of survey responders	Never drinks alcohol	None in last week	Low levels last week	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
Very/fairly safe in area in day	4,565	23.9	28.9	30.6	12.8	3.9	16.6
A bit/very unsafe in area in day	481	37.8	28.9	23.7	7.1	2.5	9.6
Very/fairly safe in area after dark	2,736	20.7	26.6	33.1	14.8	4.9	19.6
A bit/very unsafe in area after dark	2,234	29.9	31.5	26.8	9.4	2.4	11.8
Very/fairly safe alone in home at night	4,398	23.6	28.5	31.2	12.9	3.9	16.8
A bit/very unsafe alone in home at night	625	35.7	32.0	21.8	7.7	2.9	10.6
Very/fairly safe in area in day (65+)	902	35.6	26.5	27.9	7.9	2.1	10.0
A bit/very unsafe in area in day (65+)	113	51.3	21.2	23.0	3.5	0.9	4.4
Very/fairly safe in area after dark (65+)	441	28.3	25.6	31.1	12.0	2.9	15.0
A bit/very unsafe in area after dark (65+)	524	43.3	25.8	25.6	4.0	1.3	5.3
Very/fairly safe alone in home at night (65+)	877	34.8	26.8	28.2	8.2	2.1	10.3
A bit/very unsafe alone in home at night (65+)	128	52.3	21.9	21.1	3.1	1.6	4.7
Speak daily to family	2,251	29.2	30.6	27.1	10.4	2.8	13.1
Speak 3-6 days/week to family	1,204	20.1	27.3	33.8	14.7	4.1	18.8
Speak 1-2days/week to family	1,041	20.7	27.7	32.6	14.7	4.3	19.0
Speak <1day/week to family	506	28.9	27.3	29.4	8.7	5.7	14.4
Speak daily to friends	2,106	23.6	29.5	29.2	13.3	4.3	17.7
Speak 3-6 days/week to friends	1,380	21.1	29.5	32.7	12.9	3.8	16.7
Speak 1-2days/week to friends	1,011	26.9	28.9	31.2	10.5	2.6	13.1
Speak <1day/week to friends	489	39.3	24.7	24.3	8.6	3.1	11.7
Speak daily to neighbours	879	32.7	29.2	24.6	10.1	3.4	13.5
Speak 3-6 days/week to neighbours	1,204	22.6	29.6	31.5	12.9	3.5	16.4
Speak 1-2days/week to neighbours	1,587	22.3	28.7	32.7	12.6	3.7	16.3
Speak <1day/week to neighbours	1,313	25.6	28.2	29.6	12.5	4.2	16.7
Speak daily to others	3,320	26.5	29.4	28.7	12.0	3.5	15.4
Speak 3-6 days/week to others	1,214	20.7	28.9	32.5	13.5	4.4	18.0
Speak 1-2days/week to others	415	25.1	27.0	34.0	10.6	3.4	14.0

Group	Number of survey responders	Never drinks alcohol	None in last week	Low levels last week	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
Speak <1day/week to others	61	44.3	13.1	31.1	6.6	4.9	11.5
Potentially socially isolated	456	27.6	28.7	29.8	8.8	5.0	13.8
Not potentially socially isolated	4,568	25.0	28.8	30.0	12.7	3.6	16.2
Potentially socially isolated (65+)	136	34.6	27.9	30.1	5.1	2.2	7.4
Not potentially socially isolated (65+)	869	38.0	25.5	26.7	7.8	2.0	9.8
2003 survey	3,345	16.2	23.6	43.8	12.8	3.6	16.4
2007 survey	4,086	21.1	25.8	32.6	13.8	6.8	20.5
2009 survey	5,803	18.7	27.2	36.9	14.9	2.2	17.1
2011 survey	13,134	20.9	31.3	30.7	12.8	4.3	17.1
2014 survey	5,078	25.3	28.8	29.9	12.2	3.7	15.9

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

##Based on new alcohol guidelines introduced January 2016.

5.5.4 Units in Previous Week (Impact of Change to Alcohol Guidelines)

Note that alcohol consumption is associated with age, gender and deprivation. Therefore, one group might appear to drink more alcohol, but that might just be because they are of a specific age (middle years) or live in less deprived areas. For example, people living in more deprived areas are more likely to be smokers and there is also an association between smoking and drinking alcohol (with smokers more likely to drink), but this might be counter-balanced to some extent as people living in more deprived areas are less likely to drink alcohol. So the 'pattern' can be complex with many confounding and effect modification factors. Such associations should be considered when interpreting the information.

The national guidelines and recommendations for alcohol consumption changed in January 2016 (see **section 0** for further information). Three sets of tables are included within this section where applicable, the first table relates to alcohol consumption relative to the 1995 guidelines which applied until December 2015, the second table relates to alcohol consumption relative to the guidelines

introduced in January 2016 and the third gives the absolute difference in the percentage of survey responders in that category/group following the change the alcohol guidelines (only affects males or persons).

Units were estimated from the number and quantities of alcoholic drinks consumed in the previous week (see questionnaire in **APPENDIX B**). Among men, using the 1995 alcohol guidelines that were in existence to December 2015, 'excessive' levels were defined as over 21 units but 50 units or fewer for men, and 'dangerous' levels were defined as more than 50 units for men. Using the 2016 guidelines, excessive alcohol consumption as 15-35 units last week and dangerous drinking as more than 35 units last week (for both men and women). Following the introduction of the 2016 guidelines, any man drinking 15-21 units of alcohol last week will now be defined as drinking at 'excessive' levels rather than at 'safe' levels, and any man drinking 36-50 units of alcohol last week will now be defined as drinking at 'dangerous' levels rather than 'excessive' levels.

A positive value in the table below denotes an increase in the percentage of drinking excessively. For example, overall the percentage drinking at excessive or dangerous levels based on the 1995 alcohol guidelines was 11.6% and this increased to 15.9% which was 4.4 percentage point increase. Most of the changes in percentage points are positive denoting an increase in the prevalence, but there are exceptions. For instance, the two Chinese people were classified as drinking at excessive levels (but not at dangerous levels) based on the 1995 alcohol guidelines, but following the introduction of the 2016 guidelines one of them would now be classified as drinking at dangerously levels. Thus the percentage drinking at excessive but not dangerous levels has decreased. In all cases, the percentage drinking at dangerous levels will remain the same or increase, and the percentage drinking too much (excessively or dangerously) will remain the same or increase. In a small number of cases, the percentages who are drinking at excessive but not at dangerous levels could reduce, but in most cases will tend to increase. A reduction in this case, does not denote an improvement in behaviours as it will represent a shift into the dangerous category. It is also likely to occur when there are a small number of people within that group who have been surveyed.

Table 47: Detailed tabulations: Units of alcohol in the previous week (impact of change to alcohol guidelines)

Group	Number of survey responders	Percentage (1995)			Percentage (2016)			Following alcohol guideline change, absolute change in the percentages drinking at		
		Excessive levels last week	Dangerous levels last week	Excessive or dangerous	Excessive levels last week	Dangerous levels last week	Excessive or dangerous	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
Hull	5,078	9.3	2.3	11.6	12.2	3.7	15.9	3.0	1.4	4.4
Male	2,320	10.8	3.4	14.3	17.2	6.5	23.8	6.4	3.1	9.5
16-24	908	9.4	2.2	11.6	12.6	3.2	15.7	3.2	1.0	4.2
25-34	880	8.6	1.6	10.2	11.7	3.4	15.1	3.1	1.8	4.9
35-44	777	11.6	3.1	14.7	14.8	4.8	19.6	3.2	1.7	4.9
45-54	834	12.5	4.1	16.5	15.2	5.4	20.6	2.8	1.3	4.1
55-64	637	9.7	2.2	11.9	13.0	4.2	17.3	3.3	2.0	5.3
65-74	593	6.7	1.9	8.6	10.3	2.9	13.2	3.5	1.0	4.6
75+	430	2.6	0.0	2.6	3.5	0.7	4.2	0.9	0.7	1.6
Most deprived tenth	529	6.2	2.8	9.1	6.8	4.7	11.5	0.6	1.9	2.5
Second most deprived tenth	528	6.8	1.1	8.0	10.6	1.9	12.5	3.8	0.8	4.5
Most deprived fifth	1,057	6.5	2.0	8.5	8.7	3.3	12.0	2.2	1.3	3.5
Second most deprived fifth	990	6.5	3.2	9.7	10.0	4.1	14.1	3.5	0.9	4.4
Middle deprivation fifth	951	9.3	2.1	11.4	11.7	3.5	15.1	2.4	1.4	3.8
Second least deprived fifth	1,034	12.0	2.2	14.2	15.1	3.9	19.0	3.1	1.6	4.7

Group	Number of survey responders	Percentage (1995)			Percentage (2016)			Following alcohol guideline change, absolute change in the percentages drinking at		
		Excessive levels last week	Dangerous levels last week	Excessive or dangerous	Excessive levels last week	Dangerous levels last week	Excessive or dangerous	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
Least deprived fifth	1,045	12.0	2.0	14.0	15.5	3.7	19.2	3.5	1.7	5.3
North Carr	547	9.0	2.4	11.3	11.7	3.7	15.4	2.7	1.3	4.0
Northern	717	7.8	2.4	10.2	10.7	3.1	13.8	2.9	0.7	3.6
East	682	7.9	2.3	10.3	11.7	4.0	15.7	3.8	1.6	5.4
Park	781	10.6	1.0	11.7	14.6	3.1	17.7	4.0	2.0	6.0
Riverside	931	5.9	3.0	8.9	7.7	4.1	11.8	1.8	1.1	2.9
West	695	9.5	1.7	11.2	12.9	2.7	15.7	3.5	1.0	4.5
Wyke	724	14.8	3.2	18.0	17.0	5.2	22.2	2.2	2.1	4.3
Bransholme East	209	7.7	1.9	9.6	10.0	2.4	12.4	2.4	0.5	2.9
Bransholme West	138	4.3	2.9	7.2	9.4	3.6	13.0	5.1	0.7	5.8
Kings Park	200	13.5	2.5	16.0	15.0	5.0	20.0	1.5	2.5	4.0
Beverley	171	8.2	1.8	9.9	12.3	2.3	14.6	4.1	0.6	4.7
Orchard Park & Greenwood	274	5.8	2.2	8.0	8.4	3.3	11.7	2.6	1.1	3.6
University	272	9.6	2.9	12.5	12.1	3.3	15.4	2.6	0.4	2.9
Ings	220	10.0	2.3	12.3	15.0	4.1	19.1	5.0	1.8	6.8
Longhill	214	7.5	2.3	9.8	9.3	4.2	13.6	1.9	1.9	3.7
Sutton	248	6.5	2.4	8.9	10.9	3.6	14.5	4.4	1.2	5.6

Group	Number of survey responders	Percentage (1995)			Percentage (2016)			Following alcohol guideline change, absolute change in the percentages drinking at		
		Excessive levels last week	Dangerous levels last week	Excessive or dangerous	Excessive levels last week	Dangerous levels last week	Excessive or dangerous	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
Holderness	246	13.0	1.2	14.2	15.4	4.5	19.9	2.4	3.3	5.7
Marfleet	234	8.1	1.3	9.4	14.1	2.1	16.2	6.0	0.9	6.8
Southcoates East	175	10.3	0.6	10.9	12.6	2.9	15.4	2.3	2.3	4.6
Southcoates West	126	11.1	0.8	11.9	16.7	2.4	19.0	5.6	1.6	7.1
Drypool	241	7.1	1.7	8.7	9.1	2.5	11.6	2.1	0.8	2.9
Myton	311	6.1	3.9	10.0	7.4	5.5	12.9	1.3	1.6	2.9
Newington	232	3.4	3.0	6.5	6.5	3.0	9.5	3.0	0.0	3.0
St Andrews	147	7.5	3.4	10.9	8.2	5.4	13.6	0.7	2.0	2.7
Boothferry	197	11.2	1.5	12.7	15.2	3.0	18.3	4.1	1.5	5.6
Derringham	227	8.8	1.8	10.6	12.8	1.8	14.5	4.0	0.0	4.0
Pickering	271	8.9	1.8	10.7	11.4	3.3	14.8	2.6	1.5	4.1
Avenue	264	11.0	2.3	13.3	11.4	3.8	15.2	0.4	1.5	1.9
Bricknell	170	17.6	5.3	22.9	21.8	5.9	27.6	4.1	0.6	4.7
Newland	290	16.6	2.8	19.3	19.3	6.2	25.5	2.8	3.4	6.2
Working <20 hours	364	10.2	1.9	12.1	11.8	2.2	14.0	1.6	0.3	1.9
Working 20-<35	419	13.4	1.9	15.3	15.3	2.4	17.7	1.9	0.5	2.4
Working 35+ hours	1,141	11.9	3.5	15.4	17.2	6.4	23.6	5.3	2.9	8.2

Group	Number of survey responders	Percentage (1995)			Percentage (2016)			Following alcohol guideline change, absolute change in the percentages drinking at		
		Excessive levels last week	Dangerous levels last week	Excessive or dangerous	Excessive levels last week	Dangerous levels last week	Excessive or dangerous	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
Working hours not specified	221	12.7	2.7	15.4	17.6	3.6	21.3	5.0	0.9	5.9
Full-time student	477	10.3	2.7	13.0	13.6	4.0	17.6	3.4	1.3	4.6
Retired	1,024	5.9	1.3	7.1	8.2	2.3	10.5	2.3	1.1	3.4
Looking after family/home	383	4.2	0.5	4.7	4.7	0.8	5.5	0.5	0.3	0.8
Unemployed/not allowed to work	308	7.1	3.2	10.4	8.1	5.2	13.3	1.0	1.9	2.9
Long-term sick or disabled	370	6.5	3.0	9.5	6.2	4.6	10.8	-0.3	1.6	1.4
Not working for other reason or no reason given	91	6.6	0.0	6.6	6.6	1.1	7.7	0.0	1.1	1.1
White British	4,537	9.6	2.3	11.9	12.7	3.8	16.5	3.1	1.5	4.5
White Other	193	8.3	1.6	9.8	10.9	2.6	13.5	2.6	1.0	3.6
Mixed	41	7.3	4.9	12.2	7.3	4.9	12.2	0.0	0.0	0.0
Asian/Asian British	72	2.8	0.0	2.8	2.8	0.0	2.8	0.0	0.0	0.0
Black/Black British	59	1.7	1.7	3.4	3.4	1.7	5.1	1.7	0.0	1.7
Chinese	23	8.7	0.0	8.7	4.3	4.3	8.7	-4.3	4.3	0.0
Arab	22	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Other	22	0.0	4.5	4.5	0.0	4.5	4.5	0.0	0.0	0.0
Excellent health	466	12.0	1.5	13.5	14.8	3.6	18.5	2.8	2.1	4.9
Very good health	1,402	10.6	1.4	11.9	14.3	2.3	16.5	3.7	0.9	4.6

Group	Number of survey responders	Percentage (1995)			Percentage (2016)			Following alcohol guideline change, absolute change in the percentages drinking at		
		Excessive levels last week	Dangerous levels last week	Excessive or dangerous	Excessive levels last week	Dangerous levels last week	Excessive or dangerous	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
Good health	1,795	9.3	3.2	12.5	13.5	4.4	17.9	4.2	1.2	5.5
Fair health	949	7.9	2.1	10.0	8.7	4.1	12.9	0.8	2.0	2.8
Poor health	439	5.0	3.2	8.2	5.2	4.8	10.0	0.2	1.6	1.8
Limiting long-term illness or disability	1,415	7.1	2.3	9.4	7.8	4.2	12.0	0.7	1.9	2.6
No limiting long-term illness or disability	3,620	10.1	2.3	12.5	14.0	3.6	17.5	3.8	1.2	5.1
Well-being - satisfied - poor (0-4)	560	8.6	3.8	12.3	8.6	6.1	14.6	0.0	2.3	2.3
Well-being - satisfied - score 5-7	1,948	8.2	2.2	10.4	11.9	3.4	15.2	3.6	1.2	4.8
Well-being - satisfied - score 8-10	2,543	10.2	2.1	12.3	13.4	3.4	16.8	3.1	1.3	4.5
Well-being - worthwhile - poor (0-4)	458	7.0	3.5	10.5	7.9	5.5	13.3	0.9	2.0	2.8
Well-being - worthwhile - score 5-7	1,758	8.9	2.8	11.8	12.3	4.2	16.5	3.4	1.4	4.7
Well-being - worthwhile - score 8-10	2,832	9.9	1.8	11.7	13.0	3.1	16.1	3.1	1.3	4.4
Well-being - happy - poor (0-4)	699	7.0	4.4	11.4	8.9	6.0	14.9	1.9	1.6	3.4
Well-being - happy - score 5-7	1,787	9.3	2.2	11.5	12.0	4.0	15.9	2.7	1.8	4.5
Well-being - happy - score 8-10	2,558	9.9	1.8	11.7	13.4	2.9	16.3	3.5	1.1	4.6
Well-being - anxious - poor (6-10)	1,365	9.1	2.8	11.9	10.5	4.4	14.9	1.5	1.6	3.1
Well-being - anxious - score 3-5	1,392	8.2	1.9	10.1	11.4	3.3	14.7	3.2	1.4	4.5
Well-being - anxious - score 0-2	2,282	10.1	2.3	12.4	13.9	3.5	17.5	3.8	1.3	5.1

Group	Number of survey responders	Percentage (1995)			Percentage (2016)			Following alcohol guideline change, absolute change in the percentages drinking at		
		Excessive levels last week	Dangerous levels last week	Excessive or dangerous	Excessive levels last week	Dangerous levels last week	Excessive or dangerous	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
Healthy diet	3,470	9.0	1.7	10.7	12.3	2.8	15.1	3.3	1.1	4.4
Not healthy diet	1,206	10.3	3.8	14.1	12.7	5.9	18.6	2.4	2.1	4.5
Lack of knowledge about healthy diet	350	8.6	3.1	11.7	10.6	4.9	15.4	2.0	1.7	3.7
5-A-DAY	932	9.0	1.9	10.9	12.1	3.0	15.1	3.1	1.1	4.2
Not 5-A-DAY	3,932	9.5	2.5	12.0	12.4	4.0	16.4	2.9	1.6	4.5
Exercise 30 min sessions 5+ times per week	1,692	11.0	2.4	13.4	14.3	4.3	18.6	3.3	1.8	5.1
Exercise 30 min sessions <5 times per week	1,827	10.2	2.4	12.6	13.6	3.7	17.3	3.4	1.3	4.7
Light exercise only (not moderate/vigorous)	1,152	6.7	1.9	8.6	9.3	2.9	12.2	2.6	1.0	3.6
Never exercise	358	4.5	2.8	7.3	5.3	3.6	8.9	0.8	0.8	1.7
Moderate+2*vigorous < 30 minutes in week	1,936	6.6	2.1	8.7	9.6	3.0	12.6	2.9	0.9	3.9
Moderate+2*vigorous 30+ mins but <2.5 hrs	550	10.4	2.5	12.9	11.1	4.5	15.6	0.7	2.0	2.7
Moderate+2*vigorous 2.5+ hours in week	2,013	11.6	2.8	14.4	15.5	4.6	20.1	3.9	1.8	5.7
Current smoker	1,530	12.2	3.9	16.1	14.9	5.9	20.8	2.7	2.0	4.7
Former smoker	1,363	9.3	2.0	11.3	12.3	3.2	15.6	3.0	1.2	4.3
Never smoker	2,131	6.9	1.4	8.3	10.1	2.4	12.5	3.2	1.0	4.2
Current light smokers (<10 cigs/day)	343	14.0	3.2	17.2	16.9	4.7	21.6	2.9	1.5	4.4
Current moderate smokers (10-19 cigs/day)	553	11.2	2.9	14.1	13.7	4.3	18.1	2.5	1.4	4.0

Group	Number of survey responders	Percentage (1995)			Percentage (2016)			Following alcohol guideline change, absolute change in the percentages drinking at		
		Excessive levels last week	Dangerous levels last week	Excessive or dangerous	Excessive levels last week	Dangerous levels last week	Excessive or dangerous	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
Current heavy smokers (20+ cigs/day)	324	12.7	6.5	19.1	14.8	9.6	24.4	2.2	3.1	5.2
E-cigarette current user	360	12.5	2.2	14.7	17.2	3.3	20.6	4.7	1.1	5.8
E-cigarette former user or never used	4,074	9.1	2.5	11.6	12.0	3.9	15.9	2.8	1.5	4.3
Underweight or desirable weight	1,650	9.6	2.1	11.6	11.9	3.6	15.5	2.4	1.5	3.9
Overweight	1,711	10.9	3.0	13.9	14.8	4.5	19.3	3.9	1.5	5.4
Obese	1,231	8.3	2.1	10.4	11.1	3.6	14.7	2.8	1.5	4.3
Only adult in household	1,375	7.0	2.7	9.7	9.2	4.0	13.2	2.2	1.3	3.5
Two adults in household	2,488	9.3	2.0	11.3	12.6	3.6	16.2	3.3	1.5	4.8
Three or more adults in household	1,136	12.4	2.5	14.9	15.6	3.8	19.4	3.2	1.3	4.5
Very/fairly safe in area in day	4,565	9.8	2.3	12.2	12.8	3.9	16.6	3.0	1.5	4.5
A bit/very unsafe in area in day	481	4.2	2.1	6.2	7.1	2.5	9.6	2.9	0.4	3.3
Very/fairly safe in area after dark	2,736	11.2	2.9	14.1	14.8	4.9	19.6	3.5	2.0	5.5
A bit/very unsafe in area after dark	2,234	7.1	1.7	8.7	9.4	2.4	11.8	2.3	0.8	3.1
Very/fairly safe alone in home at night	4,398	9.8	2.3	12.1	12.9	3.9	16.8	3.2	1.6	4.7
A bit/very unsafe alone in home at night	625	6.2	2.6	8.8	7.7	2.9	10.6	1.4	0.3	1.8
Very/fairly safe in area in day (65+)	902	5.2	1.2	6.4	7.9	2.1	10.0	2.7	0.9	3.5
A bit/very unsafe in area in day (65+)	113	2.7	0.0	2.7	3.5	0.9	4.4	0.9	0.9	1.8

Group	Number of survey responders	Percentage (1995)			Percentage (2016)			Following alcohol guideline change, absolute change in the percentages drinking at		
		Excessive levels last week	Dangerous levels last week	Excessive or dangerous	Excessive levels last week	Dangerous levels last week	Excessive or dangerous	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
Very/fairly safe in area after dark (65+)	441	7.3	1.8	9.1	12.0	2.9	15.0	4.8	1.1	5.9
A bit/very unsafe in area after dark (65+)	524	3.2	0.6	3.8	4.0	1.3	5.3	0.8	0.8	1.5
Very/fairly safe alone in home at night (65+)	877	5.4	1.1	6.5	8.2	2.1	10.3	2.9	0.9	3.8
A bit/very unsafe alone in home at night (65+)	128	3.1	0.8	3.9	3.1	1.6	4.7	0.0	0.8	0.8
Speak daily to family	2,251	8.1	1.8	9.9	10.4	2.8	13.1	2.2	1.0	3.2
Speak 3-6 days/week to family	1,204	11.0	2.4	13.5	14.7	4.1	18.8	3.7	1.7	5.3
Speak 1-2days/week to family	1,041	10.5	2.9	13.4	14.7	4.3	19.0	4.2	1.4	5.7
Speak <1day/week to family	506	7.9	3.4	11.3	8.7	5.7	14.4	0.8	2.4	3.2
Speak daily to friends	2,106	10.2	2.8	13.0	13.3	4.3	17.7	3.2	1.5	4.7
Speak 3-6 days/week to friends	1,380	9.6	2.1	11.7	12.9	3.8	16.7	3.3	1.7	5.0
Speak 1-2days/week to friends	1,011	8.2	1.4	9.6	10.5	2.6	13.1	2.3	1.2	3.5
Speak <1day/week to friends	489	7.2	2.5	9.6	8.6	3.1	11.7	1.4	0.6	2.0
Speak daily to neighbours	879	8.8	2.2	10.9	10.1	3.4	13.5	1.4	1.3	2.6
Speak 3-6 days/week to neighbours	1,204	8.5	2.2	10.7	12.9	3.5	16.4	4.4	1.2	5.6
Speak 1-2days/week to neighbours	1,587	9.4	2.2	11.6	12.6	3.7	16.3	3.2	1.4	4.7
Speak <1day/week to neighbours	1,313	10.4	2.7	13.0	12.5	4.2	16.7	2.1	1.5	3.7
Speak daily to others	3,320	9.3	2.2	11.5	12.0	3.5	15.4	2.7	1.3	3.9

Group	Number of survey responders	Percentage (1995)			Percentage (2016)			Following alcohol guideline change, absolute change in the percentages drinking at		
		Excessive levels last week	Dangerous levels last week	Excessive or dangerous	Excessive levels last week	Dangerous levels last week	Excessive or dangerous	Excessive levels last week	Dangerous levels last week	Excessive or dangerous
Speak 3-6 days/week to others	1,214	9.6	2.6	12.2	13.5	4.4	18.0	3.9	1.9	5.8
Speak 1-2days/week to others	415	8.9	2.2	11.1	10.6	3.4	14.0	1.7	1.2	2.9
Speak <1day/week to others	61	4.9	4.9	9.8	6.6	4.9	11.5	1.6	0.0	1.6
Potentially socially isolated	456	7.5	3.7	11.2	8.8	5.0	13.8	1.3	1.3	2.6
Not potentially socially isolated	4,568	9.5	2.2	11.7	12.7	3.6	16.2	3.1	1.4	4.5
Potentially socially isolated (65+)	136	2.9	1.5	4.4	5.1	2.2	7.4	2.2	0.7	2.9
Not potentially socially isolated (65+)	869	5.4	1.0	6.4	7.8	2.0	9.8	2.4	0.9	3.3

5.5.5 *Binge drinking*

Note that alcohol consumption is associated with age, gender and deprivation. Therefore, one group might appear to drink more alcohol, but that might just be because they of a specific age (middle years) or live in less deprived areas. For example, people living in more deprived areas are more likely to be smokers and there is also an association between smoking and drinking alcohol (with smokers more likely to drink), but this might be counter-balanced to some extent as people living in more deprived areas are less likely to drink alcohol. So the 'pattern' can be complex with many confounding and effect modifications factors. Such associations should be considered when interpreting the information.

The national guidelines and recommendations for alcohol consumption changed in January 2016 (see **section 0** for further information).

It is recommended that men do not exceed 3-4 units daily and women do not exceed 2-3 units daily. For the purposes of the survey, binge drinking is defined as usually drinking eight or more units of alcohol for men and drinking six or more units of alcohol for women once a week or more frequently (see questionnaire in **APPENDIX B**).

Table 48: Detailed tabulations: Frequency of binge drinking

Group	Number of survey responders	4-7 days a week	1-3 days a week	1-3 days a month	Less than once a month	Never	Once a week or more
Hull	5,211	8.5	16.5	12.4	17.4	45.1	25.1
Male	2,385	11.2	21.0	13.8	16.1	37.9	32.2
Female	2,826	6.3	12.8	11.2	18.5	51.2	19.1
16-24	949	9.9	17.4	18.2	19.2	35.3	27.3
25-34	898	9.0	14.5	15.0	25.7	35.7	23.5
35-44	799	10.0	18.1	14.9	20.0	36.9	28.2
45-54	843	10.4	16.0	12.2	19.6	41.8	26.5
55-64	660	7.3	20.8	8.9	12.6	50.5	28.0
65-74	605	6.1	15.5	6.3	8.8	63.3	21.7
75+	437	3.9	11.4	3.9	6.9	73.9	15.3
Males aged 16-24	477	10.5	19.9	18.2	17.8	33.5	30.4
Males aged 25-34	408	12.5	19.1	15.7	20.1	32.6	31.6
Males aged 35-44	362	11.9	22.1	16.9	18.0	31.2	34.0
Males aged 45-54	398	14.6	19.1	13.8	17.8	34.7	33.7
Males aged 55-64	309	10.4	25.2	11.3	13.3	39.8	35.6
Males aged 65-74	256	9.8	24.6	7.4	8.2	50.0	34.4
Males aged 75+	171	5.3	17.0	4.1	11.1	62.6	22.2
Females aged 16-24	472	9.3	14.8	18.2	20.6	37.1	24.2

Group	Number of survey responders	4-7 days a week	1-3 days a week	1-3 days a month	Less than once a month	Never	Once a week or more
Females aged 25-34	490	6.1	10.6	14.5	30.4	38.4	16.7
Females aged 35-44	437	8.5	14.9	13.3	21.7	41.6	23.3
Females aged 45-54	445	6.7	13.3	10.8	21.1	48.1	20.0
Females aged 55-64	351	4.6	16.8	6.8	12.0	59.8	21.4
Females aged 65-74	349	3.4	8.9	5.4	9.2	73.1	12.3
Females aged 75+	266	3.0	7.9	3.8	4.1	81.2	10.9
Most deprived tenth	554	12.1	16.2	10.6	15.7	45.3	28.3
Second most deprived tenth	538	7.2	16.4	9.9	13.2	53.3	23.6
Most deprived fifth	1,092	9.7	16.3	10.3	14.5	49.3	26.0
Second most deprived fifth	1,020	9.5	15.4	9.9	19.0	46.2	24.9
Middle deprivation fifth	982	9.3	15.1	12.0	19.2	44.4	24.3
Second least deprived fifth	1,046	7.2	15.3	14.2	17.0	46.3	22.5
Least deprived fifth	1,070	7.1	20.5	15.3	17.7	39.4	27.6
North Carr	553	8.7	17.5	14.3	18.3	41.2	26.2
Northern	742	8.1	16.2	11.7	16.8	47.2	24.3
East	703	8.5	17.2	10.5	17.5	46.2	25.7
Park	802	8.1	18.2	11.5	19.1	43.1	26.3
Riverside	952	9.6	15.7	10.8	14.9	49.1	25.2
West	711	8.2	14.6	14.3	16.5	46.4	22.8
Wyke	747	8.4	16.7	14.3	19.7	40.8	25.2
Bransholme East	210	11.4	13.8	12.9	15.7	46.2	25.2
Bransholme West	140	7.1	16.4	11.4	20.7	44.3	23.6
Kings Park	203	6.9	22.2	17.7	19.2	34.0	29.1
Beverley	173	7.5	20.8	12.1	16.8	42.8	28.3
Orchard Park & Greenwood	286	10.8	14.0	8.7	16.8	49.7	24.8
University	283	5.7	15.5	14.5	17.0	47.3	21.2

Group	Number of survey responders	4-7 days a week	1-3 days a week	1-3 days a month	Less than once a month	Never	Once a week or more
Ings	223	9.4	16.6	9.9	15.7	48.4	26.0
Longhill	220	7.7	20.0	8.6	21.4	42.3	27.7
Sutton	260	8.5	15.4	12.7	15.8	47.7	23.8
Holderness	246	6.5	20.3	15.4	19.9	37.8	26.8
Marfleet	242	8.3	16.5	9.1	20.2	45.9	24.8
Southcoates East	182	9.3	17.6	7.1	18.7	47.3	26.9
Southcoates West	132	9.1	18.2	14.4	15.9	42.4	27.3
Drypool	241	6.2	17.0	12.9	17.8	46.1	23.2
Myton	315	10.2	15.6	10.2	14.3	49.8	25.7
Newington	242	10.7	11.6	10.7	13.6	53.3	22.3
St Andrews	154	11.7	20.1	9.1	13.6	45.5	31.8
Boothferry	201	4.5	17.4	18.4	15.9	43.8	21.9
Derringham	234	9.4	13.2	9.8	17.9	49.6	22.6
Pickering	276	9.8	13.8	15.2	15.6	45.7	23.6
Avenue	270	8.1	11.5	10.7	23.7	45.9	19.6
Bricknell	175	7.4	19.4	13.7	17.7	41.7	26.9
Newland	302	9.3	19.9	17.9	17.2	35.8	29.1
Working <20 hours	374	7.2	15.0	17.6	18.7	41.4	22.2
Working 20-<35	423	5.2	19.9	15.8	23.6	35.5	25.1
Working 35+ hours	1,158	10.4	20.4	18.5	23.7	27.1	30.7
Working hours not specified	230	11.3	17.8	13.5	25.7	31.7	29.1
Full-time student	505	8.9	19.8	15.2	15.6	40.4	28.7
Retired	1,045	5.7	13.8	5.6	8.8	66.1	19.5
Looking after family/home	396	7.8	10.1	9.8	16.7	55.6	17.9
Unemployed/not allowed to work	316	10.4	16.1	12.0	19.3	42.1	26.6
Long-term sick of disabled	377	10.1	11.7	5.0	11.4	61.8	21.8

Group	Number of survey responders	4-7 days a week	1-3 days a week	1-3 days a month	Less than once a month	Never	Once a week or more
Not working for other reason or no reason given	97	5.2	10.3	11.3	14.4	58.8	15.5
White British	4,643	8.2	17.0	12.8	18.0	44.0	25.2
White Other	200	16.0	13.0	12.5	18.5	40.0	29.0
Mixed	43	9.3	9.3	16.3	20.9	44.2	18.6
Asian/Asian British	75	6.7	9.3	5.3	4.0	74.7	16.0
Black/Black British	59	3.4	11.9	3.4	6.8	74.6	15.3
Chinese	28	0.0	14.3	7.1	17.9	60.7	14.3
Arab	25	4.0	4.0	4.0	8.0	80.0	8.0
Other	23	4.3	26.1	4.3	0.0	65.2	30.4
Excellent health	486	8.4	16.3	14.6	21.0	39.7	24.7
Very good health	1,434	7.9	16.9	15.1	22.3	37.7	24.8
Good health	1,830	8.6	18.5	12.6	18.3	42.1	27.0
Fair health	981	8.6	15.0	10.0	10.8	55.7	23.5
Poor health	451	10.6	12.2	5.5	8.6	63.0	22.8
Limiting long-term illness or disability	1,440	7.8	12.8	7.7	12.3	59.3	20.7
No limiting long-term illness or disability	3,726	8.8	18.1	14.3	19.4	39.4	26.9
Well-being - satisfied - poor (0-4)	584	11.0	13.0	9.1	13.5	53.4	24.0
Well-being - satisfied - score 5-7	2,002	8.2	16.6	12.4	16.8	46.0	24.8
Well-being - satisfied - score 8-10	2,598	8.3	17.4	13.1	18.9	42.3	25.7
Well-being - worthwhile - poor (0-4)	472	11.0	13.3	8.3	14.4	53.0	24.4
Well-being - worthwhile - score 5-7	1,824	8.9	16.4	13.2	15.7	45.8	25.3
Well-being - worthwhile - score 8-10	2,881	7.9	17.3	12.6	19.0	43.2	25.2
Well-being - happy - poor (0-4)	729	10.4	14.4	9.6	16.5	49.1	24.8
Well-being - happy - score 5-7	1,836	9.2	16.5	13.8	17.6	42.9	25.7
Well-being - happy - score 8-10	2,613	7.7	17.2	12.1	17.7	45.4	24.8
Well-being - anxious - poor (6-10)	1,403	9.2	16.2	12.1	15.5	47.0	25.4

Group	Number of survey responders	4-7 days a week	1-3 days a week	1-3 days a month	Less than once a month	Never	Once a week or more
Well-being - anxious - score 3-5	1,436	8.6	15.7	11.6	18.5	45.6	24.3
Well-being - anxious - score 0-2	2,329	8.1	17.3	13.1	18.0	43.5	25.4
Healthy diet	3,556	7.1	16.5	12.6	17.4	46.5	23.5
Not healthy diet	1,233	12.6	16.8	12.1	17.5	41.0	29.4
Lack of knowledge about healthy diet	369	9.5	16.8	11.7	17.3	44.7	26.3
5-A-DAY	957	6.2	14.5	10.6	15.7	53.1	20.7
Not 5-A-DAY	4,017	8.9	17.4	13.0	17.9	42.9	26.2
Alcohol most days	426	36.4	28.4	12.2	7.3	15.7	64.8
Alcohol 1-3 days a week	1,363	7.6	44.8	20.7	12.2	14.7	52.5
Alcohol 1-3 days a month	978	10.9	3.9	30.4	29.1	25.7	14.8
Alcohol less than once a month	1,145	6.8	7.9	1.0	36.9	47.3	14.7
Never drinks alcohol	1,286	0.0	0.0	0.0	0.0	100.0	0.0
No alcohol in last week	1,435	7.2	8.4	11.1	34.0	39.2	15.6
Safe alcohol units last week#	1,713	9.9	24.6	20.4	20.3	24.9	34.4
Excessive alcohol units last week*#	463	14.5	50.5	22.2	6.9	5.8	65.0
Dangerous alcohol units last week*#	117	53.0	39.3	5.1	1.7	0.9	92.3
Low alcohol units last week##	1,490	9.5	21.2	20.3	22.1	26.9	30.7
Excessive alcohol units last week*##	613	12.9	49.4	22.5	7.5	7.7	62.3
Dangerous alcohol units last week*##	187	41.7	43.9	9.1	3.2	2.1	85.6
Usually binge drinks more than once a week*	1,307	34.0	66.0	0.0	0.0	0.0	100.0
Usually binge drinks less than once a week*	3,904	0.0	0.0	16.5	23.3	60.2	0.0
Acceptable weekly units and no binge drinking*#	2,334	0.0	0.0	21.8	35.8	42.4	0.0
Acceptable weekly units but binge drinking*#	814	33.5	66.5	0.0	0.0	0.0	100.0
Excessive weekly units but no binge drinking*#	171	0.0	0.0	63.7	19.9	16.4	0.0
Excessive weekly units and binge drinking*#	409	31.5	68.5	0.0	0.0	0.0	100.0
Low weekly units and no binge drinking*##	2,247	0.0	0.0	20.6	36.4	43.0	0.0

Group	Number of survey responders	4-7 days a week	1-3 days a week	1-3 days a month	Less than once a month	Never	Once a week or more
Low weekly units but binge drinking*##	681	36.0	64.0	0.0	0.0	0.0	100.0
Excessive weekly units but no binge drinking*##	258	0.0	0.0	60.1	20.2	19.8	0.0
Excessive weekly units and binge drinking*##	542	29.0	71.0	0.0	0.0	0.0	100.0
Exercise 30+ min sessions 5+ times per week	1,736	9.2	18.0	14.6	20.2	38.1	27.2
Exercise 30+ min sessions <5 times per week	1,867	8.8	17.0	14.0	19.5	40.7	25.8
Light exercise only (no 30+ mins mod/vig)	1,179	7.0	15.4	8.3	12.7	56.7	22.3
Never exercise (no 30+ mins light/mod/vig)	373	9.1	11.0	7.5	9.7	62.7	20.1
Moderate+2*vigorous < 30 minutes in week	1,994	9.0	14.4	8.9	14.0	53.7	23.4
Moderate+2*vigorous 30+ mins but <2.5 hrs	559	6.4	18.8	13.1	19.3	42.4	25.2
Moderate+2*vigorous 2.5+ hours in week	2,048	8.4	18.1	16.2	20.5	36.9	26.5
Current smoker	1,580	12.8	19.7	13.2	17.0	37.2	32.6
Former smoker	1,389	7.6	16.3	11.4	17.6	46.9	24.0
Never smoker	2,181	5.8	14.2	12.5	17.7	49.8	20.0
Current light smokers (<10 cigs/day)	358	10.9	20.7	15.1	16.5	36.9	31.6
Current moderate smokers (10-19 cigs/day)	571	11.2	18.7	13.7	21.0	35.4	29.9
Current heavy smokers (20+ cigs/day)	325	16.6	20.0	9.8	13.8	39.7	36.6
E-cigarette current user	379	12.9	21.9	14.8	16.9	33.5	34.8
E-cigarette former user or never used	4,164	7.9	16.1	12.5	17.9	45.6	24.0
Underweight or desirable weight	1,712	9.6	16.6	12.9	17.2	43.7	26.2
Overweight	1,747	8.1	18.1	14.1	16.9	42.8	26.3
Obese	1,250	7.8	15.8	9.8	17.6	48.9	23.7
Only adult in household	1,402	9.4	15.3	10.0	15.8	49.4	24.8
Two adults in household	2,551	8.3	16.3	12.2	18.8	44.3	24.7
Three or more adults in household	1,172	7.9	18.8	15.6	16.6	41.1	26.7
Very/fairly safe in area in day	4,689	8.3	17.0	12.8	17.6	44.2	25.4
A bit/very unsafe in area in day	491	10.6	11.8	8.6	16.1	53.0	22.4

Group	Number of survey responders	4-7 days a week	1-3 days a week	1-3 days a month	Less than once a month	Never	Once a week or more
Very/fairly safe in area after dark	2,815	9.4	18.6	14.4	18.1	39.5	28.0
A bit/very unsafe in area after dark	2,284	7.7	14.4	9.9	17.1	51.0	22.1
Very/fairly safe alone in home at night	4,513	8.5	17.0	12.9	17.6	44.0	25.5
A bit/very unsafe alone in home at night	642	8.3	14.3	9.3	16.4	51.7	22.6
Very/fairly safe in area in day (65+)	923	5.3	14.3	5.3	7.8	67.3	19.6
A bit/very unsafe in area in day (65+)	113	4.4	9.7	5.3	8.8	71.7	14.2
Very/fairly safe in area after dark (65+)	460	6.3	15.9	6.5	9.3	62.0	22.2
A bit/very unsafe in area after dark (65+)	528	4.7	13.3	4.0	6.6	71.4	18.0
Very/fairly safe alone in home at night (65+)	898	5.5	14.3	5.6	8.2	66.5	19.7
A bit/very unsafe alone in home at night (65+)	127	3.9	11.0	3.9	5.5	75.6	15.0
Speak daily to family	2,324	7.4	15.0	11.2	16.4	50.0	22.4
Speak 3-6 days/week to family	1,229	9.0	18.6	15.5	18.2	38.7	27.6
Speak 1-2days/week to family	1,059	9.3	18.1	12.4	18.7	41.5	27.5
Speak <1day/week to family	519	9.8	14.8	10.6	19.3	45.5	24.7
Speak daily to friends	2,179	9.8	17.9	13.7	17.6	41.1	27.7
Speak 3-6 days/week to friends	1,399	8.2	15.9	14.0	19.7	42.2	24.1
Speak 1-2days/week to friends	1,032	6.1	17.3	10.4	16.5	49.7	23.4
Speak <1day/week to friends	506	7.9	10.9	6.9	14.8	59.5	18.8
Speak daily to neighbours	896	9.2	12.8	9.3	14.7	54.0	22.0
Speak 3-6 days/week to neighbours	1,241	8.2	18.4	10.8	18.2	44.4	26.6
Speak 1-2days/week to neighbours	1,633	8.3	17.0	14.0	17.5	43.2	25.2
Speak <1day/week to neighbours	1,342	8.6	16.7	13.9	19.1	41.7	25.3
Speak daily to others	3,416	8.4	16.0	12.5	16.9	46.2	24.4
Speak 3-6 days/week to others	1,239	8.8	18.6	13.2	19.0	40.4	27.4
Speak 1-2days/week to others	421	6.9	16.4	9.5	19.2	48.0	23.3
Speak <1day/week to others	64	14.1	3.1	12.5	15.6	54.7	17.2

Group	Number of survey responders	4-7 days a week	1-3 days a week	1-3 days a month	Less than once a month	Never	Once a week or more
Potentially socially isolated	461	9.3	17.4	9.1	16.7	47.5	26.7
Not potentially socially isolated	4,691	8.4	16.4	12.7	17.6	44.9	24.8
Potentially socially isolated (65+)	136	5.1	15.4	6.6	6.6	66.2	20.6
Not potentially socially isolated (65+)	886	5.2	13.0	5.1	8.4	68.4	18.2
2007 survey	3,736	22.0		78.0			22.0
2009 survey	1,747	19.9		80.1			19.9
2011 survey	13,169	18.6		81.4			18.6
2014 survey	5,211	25.1		74.9			25.1

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

##Based on new alcohol guidelines introduced January 2016.

5.5.6 Excessive Weekly Alcohol Consumption and/or Binge Drinking (Alcohol Summary using 1995 Guidelines in Existence until December 2015)

Note that alcohol consumption is associated with age, gender and deprivation. Therefore, one group might appear to drink more alcohol, but that might just be because they are of a specific age (middle years) or live in less deprived areas. For example, people living in more deprived areas are more likely to be smokers and there is also an association between smoking and drinking alcohol (with smokers more likely to drink), but this might be counter-balanced to some extent as people living in more deprived areas are less likely to drink alcohol. So the 'pattern' can be complex with many confounding and effect modification factors. Such associations should be considered when interpreting the information.

The national guidelines and recommendations for alcohol consumption changed in January 2016 (see **section 0** for further information). Three sets of tables are included within this section where applicable, the first table relates to alcohol consumption relative to the 1995 guidelines which applied until December 2015, the second table relates to alcohol consumption relative to the guidelines introduced in January 2016 and the third gives the absolute difference in the percentage of survey responders in that category/group following the change in the alcohol guidelines (only affects males or persons).

Units were estimated from the number and quantities of alcoholic drinks consumed in the previous week (see questionnaire in **APPENDIX B**). Using the 1995 alcohol guidelines that were in existence to December 2015, excessive alcohol consumption was defined as over 21 units but 50 units or fewer for men and over 14 units but 35 units or fewer for women. Binge drinking is defined as drinking more than twice the recommended daily units of alcohol on a single day. It is recommended that men do not exceed 3-4 units daily and women do not exceed 2-3 units daily. For the purposes of the survey, binge drinking is defined as usually drinking eight or more units of alcohol for men and drinking six or more units of alcohol for women once a week or more frequently.

Table 49: Detailed tabulations: Alcohol summary based on weekly units and frequency of binge drinking (1995 guidelines)

Group	Number of survey responders	Never drinks	None/safe weekly units		Excessive weekly units		Excessive weekly units and/or binge drinking
			No binge drinking	Binge drinking	No binge drinking	Binge drinking	
Hull	5,014	25.6	46.5	16.2	3.4	8.2	27.8
Male	2,306	20.8	44.1	20.8	3.5	10.8	35.1
Female	2,708	29.8	48.6	12.3	3.3	5.9	21.6
16-24	902	21.3	48.3	18.7	4.1	7.5	30.4
25-34	867	22.0	51.6	16.0	3.2	7.2	26.4
35-44	769	21.3	47.6	16.5	3.9	10.7	31.1
45-54	822	21.5	47.7	14.4	4.7	11.7	30.8
55-64	633	27.2	42.5	18.3	3.0	9.0	30.3
65-74	582	32.6	44.0	14.8	2.7	5.8	23.4
75+	420	46.0	38.3	13.3	0.5	1.9	15.7
Males aged 16-24	451	21.1	45.9	20.2	3.8	9.1	33.0
Males aged 25-34	392	22.2	43.1	22.2	3.6	8.9	34.7
Males aged 35-44	354	18.6	44.1	20.3	4.0	13.0	37.3
Males aged 45-54	388	17.3	45.6	18.0	4.1	14.9	37.1
Males aged 55-64	301	20.3	40.9	22.6	3.7	12.6	38.9
Males aged 65-74	253	20.9	42.3	24.5	2.8	9.5	36.8

Group	Number of survey responders	Never drinks	None/safe weekly units		Excessive weekly units		Excessive weekly units and/or binge drinking
			No binge drinking	Binge drinking	No binge drinking	Binge drinking	
Males aged 75+	163	28.8	47.9	17.8	1.2	4.3	23.3
Females aged 16-24	451	21.5	50.8	17.3	4.4	6.0	27.7
Females aged 25-34	475	21.9	58.5	10.9	2.9	5.7	19.6
Females aged 35-44	415	23.6	50.6	13.3	3.9	8.7	25.8
Females aged 45-54	434	25.3	49.5	11.1	5.3	8.8	25.1
Females aged 55-64	332	33.4	44.0	14.5	2.4	5.7	22.6
Females aged 65-74	329	41.6	45.3	7.3	2.7	3.0	13.1
Females aged 75+	257	56.8	32.3	10.5	0.0	0.4	10.9
Most deprived tenth	521	31.3	41.3	18.4	0.4	8.6	27.4
Second most deprived tenth	518	36.9	37.5	17.6	2.7	5.4	25.7
Most deprived fifth	1,039	34.1	39.4	18.0	1.5	7.0	26.6
Second most deprived fifth	978	30.3	44.0	16.1	2.0	7.7	25.8
Middle deprivation fifth	940	25.5	47.3	15.7	3.5	7.9	27.1
Second least deprived fifth	1,020	21.1	51.3	13.5	5.6	8.5	27.6
Least deprived fifth	1,036	17.4	50.9	17.8	4.3	9.7	31.8
North Carr	538	21.6	48.9	18.0	3.3	8.2	29.6
Northern	708	26.0	48.7	15.1	1.8	8.3	25.3
East	677	26.7	45.5	17.4	3.0	7.4	27.8
Park	770	23.1	47.7	17.7	3.8	7.8	29.2
Riverside	913	35.2	39.4	16.5	1.5	7.3	25.4
West	689	20.5	52.5	15.8	4.4	6.8	27.0
Wyke	718	22.8	45.8	13.4	6.5	11.4	31.3
Bransholme East	203	30.0	40.4	19.7	4.4	5.4	29.6
Bransholme West	137	24.1	51.8	16.8	0.7	6.6	24.1

Group	Number of survey responders	Never drinks	None/safe weekly units		Excessive weekly units		Excessive weekly units and/or binge drinking
			No binge drinking	Binge drinking	No binge drinking	Binge drinking	
Kings Park	198	11.1	55.6	17.2	4.0	12.1	33.3
Beverley	169	12.4	58.6	18.9	1.8	8.3	29.0
Orchard Park & Greenwood	270	31.9	43.3	17.0	0.7	7.0	24.8
University	269	28.6	48.0	10.8	3.0	9.7	23.4
Ings	218	24.3	46.3	17.0	3.7	8.7	29.4
Longhill	212	27.8	43.9	18.4	1.4	8.5	28.3
Sutton	247	27.9	46.2	17.0	3.6	5.3	25.9
Holderness	239	19.7	48.1	18.0	5.4	8.8	32.2
Marfleet	232	26.7	46.6	17.2	3.0	6.5	26.7
Southcoates East	173	26.0	45.1	18.5	2.9	7.5	28.9
Southcoates West	126	19.0	52.4	16.7	3.2	8.7	28.6
Drypool	233	30.9	44.2	16.7	3.0	5.2	24.9
Myton	306	35.9	37.3	16.7	2.0	8.2	26.8
Newington	230	38.7	40.0	14.8	0.4	6.1	21.3
St Andrews	144	34.7	35.4	18.8	0.0	11.1	29.9
Boothferry	196	17.3	56.6	13.8	5.1	7.1	26.0
Derringham	223	19.7	53.4	16.1	4.0	6.7	26.9
Pickering	270	23.3	48.9	17.0	4.1	6.7	27.8
Avenue	261	26.4	47.9	12.3	6.5	6.9	25.7
Bricknell	168	19.0	47.6	10.7	6.5	16.1	33.3
Newland	289	21.8	42.9	15.9	6.6	12.8	35.3
Working <20 hours	362	21.3	52.2	14.4	4.7	7.5	26.5
Working 20-<35	411	13.1	57.4	14.8	4.9	9.7	29.4
Working 35+ hours	1,132	11.2	54.2	19.1	4.2	11.4	34.6

Group	Number of survey responders	Never drinks	None/safe weekly units		Excessive weekly units		Excessive weekly units and/or binge drinking
			No binge drinking	Binge drinking	No binge drinking	Binge drinking	
Working hours not specified	219	18.3	49.3	16.9	3.7	11.9	32.4
Full-time student	473	27.7	40.6	18.6	4.2	8.9	31.7
Retired	1,005	35.9	43.2	13.7	2.2	5.0	20.9
Looking after family/home	378	36.2	45.5	13.5	1.6	3.2	18.3
Unemployed/not allowed to work	302	27.5	43.7	18.5	3.0	7.3	28.8
Long-term sick or disabled	364	46.4	31.0	12.9	1.6	8.0	22.5
Not working for other reason or no reason given	91	45.1	37.4	11.0	2.2	4.4	17.6
White British	4,482	24.0	48.0	16.0	3.5	8.5	28.0
White Other	189	20.1	47.1	22.8	3.7	6.3	32.8
Mixed	39	25.6	46.2	15.4	7.7	5.1	28.2
Asian/Asian British	72	65.3	19.4	12.5	0.0	2.8	15.3
Black/Black British	57	63.2	22.8	10.5	1.8	1.8	14.0
Chinese	23	47.8	30.4	13.0	8.7	0.0	21.7
Arab	22	90.9	4.5	4.5	0.0	0.0	4.5
Other	22	59.1	13.6	22.7	0.0	4.5	27.3
Excellent health	462	23.8	47.4	15.4	4.5	8.9	28.8
Very good health	1,385	18.0	54.0	16.2	3.7	8.1	28.0
Good health	1,771	20.6	49.3	17.6	3.4	9.1	30.1
Fair health	938	35.5	39.2	15.1	3.2	6.9	25.3
Poor health	431	50.1	26.7	14.8	1.4	7.0	23.2
Limiting long-term illness or disability	1,395	38.9	38.4	13.3	2.8	6.7	22.7
No limiting long-term illness or disability	3,576	20.3	49.8	17.4	3.7	8.8	29.9
Well-being - satisfied - poor (0-4)	554	38.8	34.7	14.3	3.6	8.7	26.5
Well-being - satisfied - score 5-7	1,930	26.8	46.2	16.6	3.0	7.5	27.0

Group	Number of survey responders	Never drinks	None/safe weekly units		Excessive weekly units		Excessive weekly units and/or binge drinking
			No binge drinking	Binge drinking	No binge drinking	Binge drinking	
Well-being - satisfied - score 8-10	2,504	21.7	49.5	16.5	3.7	8.6	28.8
Well-being - worthwhile - poor (0-4)	449	37.6	36.5	15.4	2.4	8.0	25.8
Well-being - worthwhile - score 5-7	1,748	27.3	44.6	16.2	3.4	8.4	28.0
Well-being - worthwhile - score 8-10	2,788	22.4	49.5	16.5	3.6	8.1	28.1
Well-being - happy - poor (0-4)	693	32.5	41.0	15.0	3.0	8.5	26.6
Well-being - happy - score 5-7	1,769	24.6	47.1	16.7	3.1	8.5	28.2
Well-being - happy - score 8-10	2,520	24.2	47.7	16.3	3.8	7.9	28.0
Well-being - anxious - poor (6-10)	1,342	27.3	44.4	16.3	3.7	8.2	28.2
Well-being - anxious - score 3-5	1,377	28.8	45.4	15.8	2.5	7.6	25.9
Well-being - anxious - score 0-2	2,257	22.4	48.8	16.4	3.9	8.6	28.8
Healthy diet	3,430	24.7	49.1	15.6	3.3	7.4	26.3
Not healthy diet	1,192	26.6	41.3	18.0	3.7	10.5	32.1
Lack of knowledge about healthy diet	345	30.7	40.6	16.8	4.1	7.8	28.7
5-A-DAY	922	26.4	49.2	13.4	4.3	6.6	24.4
Not 5-A-DAY	3,887	24.4	46.6	17.0	3.3	8.6	28.9
Alcohol most days	397	0.0	22.2	18.6	13.9	45.3	77.8
Alcohol 1-3 days a week	1,298	0.0	42.1	35.1	5.9	16.9	57.9
Alcohol 1-3 days a month	937	0.0	81.9	14.1	3.3	0.7	18.1
Alcohol less than once a month	1,086	0.0	85.2	14.0	0.6	0.2	14.8
Never drinks alcohol	1,286	100.0	0.0	0.0	0.0	0.0	0.0
No alcohol in last week	1,435	0.0	84.4	15.6	0.0	0.0	15.6
Safe alcohol units last week#	1,713	0.0	65.6	34.4	0.0	0.0	34.4
Excessive alcohol units last week#	463	0.0	0.0	0.0	35.0	65.0	100.0
Dangerous alcohol units last week#	117	0.0	0.0	0.0	7.7	92.3	100.0

Group	Number of survey responders	Never drinks	None/safe weekly units		Excessive weekly units		Excessive weekly units and/or binge drinking
			No binge drinking	Binge drinking	No binge drinking	Binge drinking	
Low alcohol units last week##	1,490	0.0	69.3	30.7	0.0	0.0	30.7
Excessive alcohol units last week##	613	0.0	14.2	21.7	23.5	40.6	85.8
Dangerous alcohol units last week##	187	0.0	0.0	0.0	14.4	85.6	100.0
Usually binge drinks more than once a week	1,223	0.0	0.0	66.6	0.0	33.4	100.0
Usually binge drinks less than once a week	3,791	33.9	61.6	0.0	4.5	0.0	4.5
Low weekly units and no binge drinking##	2,247	0.0	100.0	0.0	0.0	0.0	0.0
Low weekly units but binge drinking##	681	0.0	0.0	100.0	0.0	0.0	100.0
Excessive weekly units but no binge drinking##	258	0.0	33.7	0.0	66.3	0.0	66.3
Excessive weekly units and binge drinking##	542	0.0	0.0	24.5	0.0	75.5	100.0
Exercise 30+ min sessions 5+ times per week	1,674	21.6	48.2	16.7	3.8	9.7	30.2
Exercise 30+ min sessions <5 times per week	1,802	21.1	49.6	16.7	4.0	8.6	29.3
Light exercise only (no 30+ mins mod/vig)	1,137	32.2	43.4	15.7	2.6	6.1	24.4
Never exercise (no 30+ mins light/mod/vig)	353	47.0	33.1	12.5	1.4	5.9	19.8
Moderate+2*vigorous < 30 minutes in week	1,911	34.3	41.0	16.0	2.3	6.4	24.6
Moderate+2*vigorous 30+ mins but <2.5 hrs	543	19.3	51.9	15.7	4.1	9.0	28.7
Moderate+2*vigorous 2.5+ hours in week	1,999	17.5	51.8	16.4	4.5	9.9	30.7
Current smoker	1,507	23.8	40.5	19.5	4.0	12.1	35.7
Former smoker	1,346	22.6	50.1	15.9	3.5	7.9	27.3
Never smoker	2,108	28.8	49.0	14.0	2.9	5.4	22.2
Current light smokers (<10 cigs/day)	341	20.2	42.8	19.6	5.9	11.4	37.0
Current moderate smokers (10-19 cigs/day)	544	23.2	43.8	18.9	3.9	10.3	33.1
Current heavy smokers (20+ cigs/day)	315	24.8	36.5	19.4	3.5	15.9	38.7
E-cigarette current user	353	20.7	41.9	22.7	3.7	11.0	37.4
E-cigarette former user or never used	4,037	24.9	48.2	15.3	3.5	8.1	26.9

Group	Number of survey responders	Never drinks	None/safe weekly units		Excessive weekly units		Excessive weekly units and/or binge drinking
			No binge drinking	Binge drinking	No binge drinking	Binge drinking	
Underweight or desirable weight	1,632	24.4	46.9	17.2	3.3	8.2	28.7
Overweight	1,690	22.1	47.9	16.1	4.1	9.8	30.0
Obese	1,216	29.1	45.1	15.3	3.0	7.5	25.8
Only adult in household	1,349	31.4	42.1	16.8	2.1	7.6	26.5
Two adults in household	2,460	23.3	49.3	16.0	3.5	7.9	27.4
Three or more adults in household	1,129	22.7	46.4	16.2	5.0	9.7	30.9
Very/fairly safe in area in day	4,518	24.1	47.5	16.2	3.6	8.5	28.4
A bit/very unsafe in area in day	466	39.1	38.6	16.3	1.3	4.7	22.3
Very/fairly safe in area after dark	2,712	20.8	47.2	17.8	4.4	9.7	32.0
A bit/very unsafe in area after dark	2,199	30.4	46.1	14.7	2.2	6.5	23.5
Very/fairly safe alone in home at night	4,351	23.9	47.6	16.5	3.6	8.5	28.5
A bit/very unsafe alone in home at night	609	36.6	40.1	14.4	2.3	6.6	23.3
Very/fairly safe in area in day (65+)	886	36.2	42.8	14.6	2.0	4.4	21.0
A bit/very unsafe in area in day (65+)	110	52.7	33.6	11.8	0.0	1.8	13.6
Very/fairly safe in area after dark (65+)	436	28.7	47.0	15.1	3.0	6.2	24.3
A bit/very unsafe in area after dark (65+)	513	44.2	37.2	14.8	1.0	2.7	18.5
Very/fairly safe alone in home at night (65+)	862	35.4	43.5	14.6	2.1	4.4	21.1
A bit/very unsafe alone in home at night (65+)	123	54.5	30.9	11.4	0.0	3.3	14.6
Speak daily to family	2,220	29.6	46.0	14.5	2.9	7.0	24.4
Speak 3-6 days/week to family	1,191	20.3	48.2	18.1	4.5	8.8	31.5
Speak 1-2days/week to family	1,030	21.0	47.9	17.8	4.1	9.3	31.2
Speak <1day/week to family	497	29.4	44.7	14.5	1.8	9.7	26.0
Speak daily to friends	2,079	23.9	46.3	16.8	3.1	10.0	29.9
Speak 3-6 days/week to friends	1,365	21.3	50.8	16.3	4.2	7.4	27.9

Group	Number of survey responders	Never drinks	None/safe weekly units		Excessive weekly units		Excessive weekly units and/or binge drinking
			No binge drinking	Binge drinking	No binge drinking	Binge drinking	
Speak 1-2days/week to friends	998	27.3	46.6	16.4	2.9	6.8	26.2
Speak <1day/week to friends	481	39.9	38.9	11.6	3.7	5.8	21.2
Speak daily to neighbours	862	33.3	42.3	13.5	3.1	7.8	24.4
Speak 3-6 days/week to neighbours	1,188	22.9	48.6	17.9	3.0	7.6	28.5
Speak 1-2days/week to neighbours	1,571	22.5	49.3	16.5	3.4	8.2	28.2
Speak <1day/week to neighbours	1,298	25.9	45.3	15.7	3.9	9.2	28.8
Speak daily to others	3,276	26.9	46.3	15.3	3.3	8.2	26.8
Speak 3-6 days/week to others	1,202	20.9	48.6	18.5	3.5	8.6	30.5
Speak 1-2days/week to others	408	25.5	47.5	15.7	3.9	7.4	27.0
Speak <1day/week to others	60	45.0	33.3	11.7	5.0	5.0	21.7
Potentially socially isolated	448	28.1	43.3	17.2	2.2	9.2	28.6
Not potentially socially isolated	4,512	25.3	47.0	16.0	3.6	8.1	27.7
Potentially socially isolated (65+)	133	35.3	42.9	17.3	0.8	3.8	21.8
Not potentially socially isolated (65+)	851	38.8	41.7	13.2	2.0	4.3	19.5
2007 survey	3,720	23.1	50.6	11.0	4.3	10.9	26.2
2009 survey	1,747	24.1	52.1	11.6	3.9	8.3	23.8
2011 survey	12,880	21.3	56.2	10.0	4.2	8.3	22.5
2014 survey	5,014	25.6	46.5	16.2	3.4	8.2	27.8

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

##Based on new alcohol guidelines introduced January 2016.

5.5.7 Excessive Weekly Alcohol Consumption and/or Binge Drinking (Alcohol Summary using 2016 Guidelines)

Note that alcohol consumption is associated with age, gender and deprivation. Therefore, one group might appear to drink more alcohol, but that might just be because they of a specific age (middle years) or live in less deprived areas. For example, people living in more deprived areas are more likely to be smokers and there is also an association between smoking and drinking alcohol (with smokers more likely to drink), but this might be counter-balanced to some extent as people living in more deprived areas are less likely to drink alcohol. So the 'pattern' can be complex with many confounding and effect modifications factors. Such associations should be considered when interpreting the information.

The national guidelines and recommendations for alcohol consumption changed in January 2016 (see **section 0** for further information). Three sets of tables are included within this section where applicable, the first table relate to alcohol consumption relative to the 1995 guidelines which applied until December 2015, the second table relates to alcohol consumption relative to the guidelines introduced in January 2016 and the third gives the absolute difference in the percentage of survey responders in that category/group following the change the alcohol guidelines (only affects males or persons).

Units were estimated from the number and quantities of alcoholic drinks consumed in the previous week (see questionnaire in **APPENDIX B**). Using the 2016 guidelines, low levels of alcohol consumption was defined as drinking 1-14 units last week, and excessive or dangerous drinking was defined as drinking 15 or more units last week (for both men and women). Binge drinking is defined as drinking more than twice the recommended daily units of alcohol on a single day. It is recommended that men do not exceed 3-4 units daily and women do not exceed 2-3 units daily. For the purposes of the survey, binge drinking is defined as usually drinking eight or more units of alcohol for men and drinking six or more units of alcohol for women once a week or more frequently.

Table 50: Detailed tabulations: Alcohol summary based on weekly units and frequency of binge drinking (2016 guidelines)

Group	Number of survey responders	Never drinks	None/low number of weekly units (0-14)		Excessive weekly units (15+)		Excessive weekly units and/or binge drinking
			No binge drinking	Binge drinking	No binge drinking	Binge drinking	
Hull	5,014	25.6	44.8	13.6	5.1	10.8	29.5
Male	2,306	20.8	40.4	15.0	7.2	16.6	38.9

Group	Number of survey responders	Never drinks	None/low number of weekly units (0-14)		Excessive weekly units (15+)		Excessive weekly units and/or binge drinking
			No binge drinking	Binge drinking	No binge drinking	Binge drinking	
Female	2,708	29.8	48.6	12.3	3.4	5.9	21.6
16-24	902	21.3	46.9	16.0	5.5	10.3	31.8
25-34	867	22.0	49.9	12.7	4.8	10.5	28.0
35-44	769	21.3	45.9	13.4	5.6	13.8	32.8
45-54	822	21.5	45.7	12.2	6.7	13.9	32.7
55-64	633	27.2	39.5	16.0	6.0	11.4	33.3
65-74	582	32.6	42.6	11.5	4.1	9.1	24.7
75+	420	46.0	37.4	12.6	1.4	2.6	16.7
Males aged 16-24	451	21.1	43.0	14.6	6.7	14.6	35.9
Males aged 25-34	392	22.2	39.8	14.8	6.9	16.3	38.0
Males aged 35-44	354	18.6	40.4	13.6	7.6	19.8	41.0
Males aged 45-54	388	17.3	41.5	13.4	8.2	19.6	41.2
Males aged 55-64	301	20.3	34.6	17.6	10.0	17.6	45.2
Males aged 65-74	253	20.9	39.1	17.0	5.9	17.0	39.9
Males aged 75+	163	28.8	45.4	16.0	3.7	6.1	25.8
Females aged 16-24	451	21.5	50.8	17.3	4.4	6.0	27.7
Females aged 25-34	475	21.9	58.3	10.9	3.2	5.7	19.8
Females aged 35-44	415	23.6	50.6	13.3	3.9	8.7	25.8
Females aged 45-54	434	25.3	49.5	11.1	5.3	8.8	25.1
Females aged 55-64	332	33.4	44.0	14.5	2.4	5.7	22.6
Females aged 65-74	329	41.6	45.3	7.3	2.7	3.0	13.1
Females aged 75+	257	56.8	32.3	10.5	0.0	0.4	10.9
Most deprived tenth	521	31.3	40.5	16.7	1.2	10.4	28.2
Second most deprived tenth	518	36.9	35.7	14.7	4.4	8.3	27.4

Group	Number of survey responders	Never drinks	None/low number of weekly units (0-14)		Excessive weekly units (15+)		Excessive weekly units and/or binge drinking
			No binge drinking	Binge drinking	No binge drinking	Binge drinking	
Most deprived fifth	1,039	34.1	38.1	15.7	2.8	9.3	27.8
Second most deprived fifth	978	30.3	42.2	13.4	3.8	10.3	27.5
Middle deprivation fifth	940	25.5	45.9	13.4	5.0	10.2	28.6
Second least deprived fifth	1,020	21.1	48.7	11.3	8.1	10.8	30.2
Least deprived fifth	1,036	17.4	49.2	14.1	6.0	13.3	33.4
North Carr	538	21.6	47.4	15.4	4.8	10.8	31.0
Northern	708	26.0	47.6	12.6	3.0	10.9	26.4
East	677	26.7	43.1	14.5	5.3	10.3	30.1
Park	770	23.1	45.5	13.8	6.0	11.7	31.4
Riverside	913	35.2	38.4	14.6	2.5	9.3	26.4
West	689	20.5	50.7	13.2	6.2	9.4	28.9
Wyke	718	22.8	43.6	11.3	8.8	13.5	33.6
Bransholme East	203	30.0	38.9	18.2	5.9	6.9	31.0
Bransholme West	137	24.1	49.6	13.1	2.9	10.2	26.3
Kings Park	198	11.1	54.5	14.1	5.1	15.2	34.3
Beverley	169	12.4	56.2	16.6	4.1	10.7	31.4
Orchard Park & Greenwood	270	31.9	42.6	14.1	1.5	10.0	25.6
University	269	28.6	47.2	8.6	3.7	11.9	24.2
Ings	218	24.3	42.7	13.8	7.3	11.9	33.0
Longhill	212	27.8	41.5	17.0	3.8	9.9	30.7
Sutton	247	27.9	44.9	13.0	4.9	9.3	27.1
Holderness	239	19.7	46.0	14.2	7.5	12.6	34.3
Marfleet	232	26.7	44.8	12.1	4.7	11.6	28.4
Southcoates East	173	26.0	42.2	16.8	5.8	9.2	31.8

Group	Number of survey responders	Never drinks	None/low number of weekly units (0-14)		Excessive weekly units (15+)		Excessive weekly units and/or binge drinking
			No binge drinking	Binge drinking	No binge drinking	Binge drinking	
Southcoates West	126	19.0	50.0	11.9	5.6	13.5	31.0
Drypool	233	30.9	43.3	14.6	3.9	7.3	25.8
Myton	306	35.9	35.9	15.0	3.3	9.8	28.1
Newington	230	38.7	39.6	12.2	0.9	8.7	21.7
St Andrews	144	34.7	34.0	17.4	1.4	12.5	31.3
Boothferry	196	17.3	54.1	10.7	7.7	10.2	28.6
Derringham	223	19.7	51.6	13.9	5.8	9.0	28.7
Pickering	270	23.3	47.4	14.4	5.6	9.3	29.3
Avenue	261	26.4	46.7	11.5	7.7	7.7	26.8
Bricknell	168	19.0	45.8	7.7	8.3	19.0	35.1
Newland	289	21.8	39.4	13.1	10.0	15.6	38.8
Working <20 hours	362	21.3	51.1	13.5	5.8	8.3	27.6
Working 20-<35	411	13.1	55.5	14.4	6.8	10.2	31.4
Working 35+ hours	1,132	11.2	50.4	14.7	7.9	15.8	38.3
Working hours not specified	219	18.3	47.0	13.2	5.9	15.5	34.7
Full-time student	473	27.7	39.3	15.2	5.5	12.3	33.0
Retired	1,005	35.9	41.8	11.6	3.6	7.1	22.3
Looking after family/home	378	36.2	45.5	12.7	1.6	4.0	18.3
Unemployed/not allowed to work	302	27.5	43.4	15.9	3.3	9.9	29.1
Long-term sick of disabled	364	46.4	30.8	11.8	1.9	9.1	22.8
Not working for other reason or no reason given	91	45.1	37.4	9.9	2.2	5.5	17.6
White British	4,482	24.0	46.2	13.3	5.3	11.2	29.8
White Other	189	20.1	45.5	20.6	5.3	8.5	34.4
Mixed	39	25.6	46.2	15.4	7.7	5.1	28.2

Group	Number of survey responders	Never drinks	None/low number of weekly units (0-14)		Excessive weekly units (15+)		Excessive weekly units and/or binge drinking
			No binge drinking	Binge drinking	No binge drinking	Binge drinking	
Asian/Asian British	72	65.3	19.4	12.5	0.0	2.8	15.3
Black/Black British	57	63.2	22.8	8.8	1.8	3.5	14.0
Chinese	23	47.8	30.4	13.0	8.7	0.0	21.7
Arab	22	90.9	4.5	4.5	0.0	0.0	4.5
Other	22	59.1	13.6	22.7	0.0	4.5	27.3
Excellent health	462	23.8	45.2	12.6	6.7	11.7	31.0
Very good health	1,385	18.0	52.1	13.6	5.6	10.8	30.0
Good health	1,771	20.6	47.2	14.1	5.5	12.5	32.2
Fair health	938	35.5	38.2	13.3	4.3	8.7	26.3
Poor health	431	50.1	26.0	13.7	2.1	8.1	23.9
Limiting long-term illness or disability	1,395	38.9	37.4	11.6	3.8	8.3	23.7
No limiting long-term illness or disability	3,576	20.3	47.7	14.4	5.7	11.8	31.9
Well-being - satisfied - poor (0-4)	554	38.8	34.3	12.3	4.0	10.6	26.9
Well-being - satisfied - score 5-7	1,930	26.8	44.1	13.7	5.0	10.3	29.1
Well-being - satisfied - score 8-10	2,504	21.7	47.6	13.8	5.5	11.3	30.6
Well-being - worthwhile - poor (0-4)	449	37.6	35.2	13.8	3.8	9.6	27.2
Well-being - worthwhile - score 5-7	1,748	27.3	42.5	13.6	5.5	11.0	30.1
Well-being - worthwhile - score 8-10	2,788	22.4	47.9	13.6	5.1	11.0	29.7
Well-being - happy - poor (0-4)	693	32.5	39.5	13.0	4.5	10.5	28.0
Well-being - happy - score 5-7	1,769	24.6	45.2	14.1	5.0	11.0	30.2
Well-being - happy - score 8-10	2,520	24.2	46.1	13.4	5.5	10.8	29.7
Well-being - anxious - poor (6-10)	1,342	27.3	43.0	14.6	5.1	9.9	29.7
Well-being - anxious - score 3-5	1,377	28.8	43.3	13.3	4.6	10.1	28.0
Well-being - anxious - score 0-2	2,257	22.4	47.1	13.0	5.6	11.9	30.5

Group	Number of survey responders	Never drinks	None/low number of weekly units (0-14)		Excessive weekly units (15+)		Excessive weekly units and/or binge drinking
			No binge drinking	Binge drinking	No binge drinking	Binge drinking	
Healthy diet	3,430	24.7	47.3	12.9	5.0	10.1	28.0
Not healthy diet	1,192	26.6	39.4	15.3	5.5	13.2	34.0
Lack of knowledge about healthy diet	345	30.7	39.1	14.5	5.5	10.1	30.1
5-A-DAY	922	26.4	47.5	11.0	6.1	9.1	26.1
Not 5-A-DAY	3,887	24.4	44.9	14.3	5.1	11.3	30.7
Alcohol most days	397	0.0	16.6	14.4	19.4	49.6	83.4
Alcohol 1-3 days a week	1,298	0.0	38.6	26.3	9.5	25.6	61.4
Alcohol 1-3 days a month	937	0.0	80.6	13.9	4.6	1.0	19.4
Alcohol less than once a month	1,086	0.0	84.5	13.9	1.3	0.3	15.5
Never drinks alcohol	1,286	100.0	0.0	0.0	0.0	0.0	0.0
No alcohol in last week	1,435	0.0	84.4	15.6	0.0	0.0	15.6
Safe alcohol units last week#	1,713	0.0	60.5	26.7	5.1	7.8	39.5
Excessive alcohol units last week#	463	0.0	0.0	0.0	35.0	65.0	100.0
Dangerous alcohol units last week#	117	0.0	0.0	0.0	7.7	92.3	100.0
Low alcohol units last week##	1,490	0.0	69.3	30.7	0.0	0.0	30.7
Excessive alcohol units last week*##	613	0.0	0.0	0.0	37.7	62.3	100.0
Dangerous alcohol units last week*##	187	0.0	0.0	0.0	14.4	85.6	100.0
Acceptable weekly units and no binge drinking#	2,334	0.0	96.3	0.0	3.7	0.0	3.7
Acceptable weekly units but binge drinking#	814	0.0	0.0	83.7	0.0	16.3	100.0
Excessive weekly units but no binge drinking#	171	0.0	0.0	0.0	100.0	0.0	100.0
Excessive weekly units and binge drinking#	409	0.0	0.0	0.0	0.0	100.0	100.0
Exercise 30+ min sessions 5+ times per week	1,674	21.6	46.2	13.5	5.7	12.9	32.1
Exercise 30+ min sessions <5 times per week	1,802	21.1	47.6	14.0	6.0	11.3	31.4
Light exercise only (no 30+ mins mod/vig)	1,137	32.2	42.2	13.4	3.8	8.4	25.6

Group	Number of survey responders	Never drinks	None/low number of weekly units (0-14)		Excessive weekly units (15+)		Excessive weekly units and/or binge drinking
			No binge drinking	Binge drinking	No binge drinking	Binge drinking	
Never exercise (no 30+ mins light/mod/vig)	353	47.0	32.3	11.6	2.3	6.8	20.7
Moderate+2*vigorous < 30 minutes in week	1,911	34.3	39.7	13.4	3.7	8.9	26.0
Moderate+2*vigorous 30+ mins but <2.5 hrs	543	19.3	50.5	14.4	5.5	10.3	30.2
Moderate+2*vigorous 2.5+ hours in week	1,999	17.5	49.5	13.0	6.8	13.3	33.1
Current smoker	1,507	23.8	38.9	16.5	5.7	15.2	37.4
Former smoker	1,346	22.6	48.1	13.7	5.6	10.1	29.3
Never smoker	2,108	28.8	47.3	11.3	4.5	8.0	23.9
Current light smokers (<10 cigs/day)	341	20.2	40.8	17.3	7.9	13.8	39.0
Current moderate smokers (10-19 cigs/day)	544	23.2	42.6	16.2	5.0	13.1	34.2
Current heavy smokers (20+ cigs/day)	315	24.8	34.3	16.2	5.7	19.0	41.0
E-cigarette current user	353	20.7	39.9	18.7	5.7	15.0	39.4
E-cigarette former user or never used	4,037	24.9	46.3	12.8	5.3	10.6	28.7
Underweight or desirable weight	1,632	24.4	45.6	14.6	4.6	10.8	30.0
Overweight	1,690	22.1	45.7	12.8	6.3	13.0	32.2
Obese	1,216	29.1	43.2	12.8	4.9	10.0	27.7
Only adult in household	1,349	31.4	40.5	14.9	3.8	9.5	28.2
Two adults in household	2,460	23.3	47.7	12.8	5.1	11.1	29.1
Three or more adults in household	1,129	22.7	44.4	13.7	7.0	12.2	32.9
Very/fairly safe in area in day	4,518	24.1	45.6	13.6	5.5	11.2	30.3
A bit/very unsafe in area in day	466	39.1	38.0	13.5	1.9	7.5	23.0
Very/fairly safe in area after dark	2,712	20.8	44.9	14.6	6.7	12.9	34.3
A bit/very unsafe in area after dark	2,199	30.4	45.0	12.7	3.3	8.5	24.6
Very/fairly safe alone in home at night	4,351	23.9	45.7	13.7	5.5	11.3	30.5
A bit/very unsafe alone in home at night	609	36.6	39.7	13.0	2.6	8.0	23.6

Group	Number of survey responders	Never drinks	None/low number of weekly units (0-14)		Excessive weekly units (15+)		Excessive weekly units and/or binge drinking
			No binge drinking	Binge drinking	No binge drinking	Binge drinking	
Very/fairly safe in area in day (65+)	886	36.2	41.4	12.3	3.4	6.7	22.3
A bit/very unsafe in area in day (65+)	110	52.7	33.6	10.0	0.0	3.6	13.6
Very/fairly safe in area after dark (65+)	436	28.7	44.5	11.7	5.5	9.6	26.8
A bit/very unsafe in area after dark (65+)	513	44.2	37.0	13.5	1.2	4.1	18.7
Very/fairly safe alone in home at night (65+)	862	35.4	42.1	12.2	3.5	6.8	22.5
A bit/very unsafe alone in home at night (65+)	123	54.5	30.9	10.6	0.0	4.1	14.6
Speak daily to family	2,220	29.6	44.6	12.6	4.3	8.9	25.8
Speak 3-6 days/week to family	1,191	20.3	46.3	14.7	6.5	12.3	33.4
Speak 1-2days/week to family	1,030	21.0	45.5	14.4	6.4	12.7	33.5
Speak <1day/week to family	497	29.4	43.5	12.5	3.0	11.7	27.2
Speak daily to friends	2,079	23.9	44.4	13.9	5.0	12.8	31.7
Speak 3-6 days/week to friends	1,365	21.3	48.4	13.7	6.6	10.0	30.3
Speak 1-2days/week to friends	998	27.3	45.6	13.9	3.9	9.3	27.2
Speak <1day/week to friends	481	39.9	38.0	10.4	4.6	7.1	22.0
Speak daily to neighbours	862	33.3	41.8	11.4	3.7	9.9	24.9
Speak 3-6 days/week to neighbours	1,188	22.9	46.4	14.4	5.2	11.1	30.7
Speak 1-2days/week to neighbours	1,571	22.5	47.0	14.1	5.7	10.6	30.5
Speak <1day/week to neighbours	1,298	25.9	43.9	13.5	5.3	11.4	30.2
Speak daily to others	3,276	26.9	44.7	12.9	4.9	10.6	28.4
Speak 3-6 days/week to others	1,202	20.9	46.3	15.0	5.8	12.1	32.9
Speak 1-2days/week to others	408	25.5	46.6	13.7	4.9	9.3	27.9
Speak <1day/week to others	60	45.0	31.7	11.7	6.7	5.0	23.3
Potentially socially isolated	448	28.1	42.0	15.8	3.6	10.5	29.9
Not potentially socially isolated	4,512	25.3	45.2	13.2	5.4	10.9	29.5

Group	Number of survey responders	Never drinks	None/low number of weekly units (0-14)		Excessive weekly units (15+)		Excessive weekly units and/or binge drinking
			No binge drinking	Binge drinking	No binge drinking	Binge drinking	
Potentially socially isolated (65+)	133	35.3	41.4	15.8	2.3	5.3	23.3
Not potentially socially isolated (65+)	851	38.8	40.5	10.9	3.2	6.6	20.7
2007 survey	3,736	23.0	47.6	8.5	7.3	13.5	29.3
2009 survey	1,743	24.2	50.5	9.2	5.4	10.7	25.3
2011 survey	12,880	21.3	53.6	8.0	6.8	10.3	25.1
2014 survey	5,014	25.6	44.8	13.6	5.1	10.8	29.5

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

##Based on new alcohol guidelines introduced January 2016.

5.5.8 Excessive Weekly Alcohol Consumption and/or Binge Drinking (Alcohol Summary – Impact of Change to Alcohol Guidelines)

Note that alcohol consumption is associated with age, gender and deprivation. Therefore, one group might appear to drink more alcohol, but that might just be because they are of a specific age (middle years) or live in less deprived areas. For example, people living in more deprived areas are more likely to be smokers and there is also an association between smoking and drinking alcohol (with smokers more likely to drink), but this might be counter-balanced to some extent as people living in more deprived areas are less likely to drink alcohol. So the 'pattern' can be complex with many confounding and effect modification factors. Such associations should be considered when interpreting the information.

The national guidelines and recommendations for alcohol consumption changed in January 2016 (see **section 0** for further information). Three sets of tables are included within this section where applicable, the first table relates to alcohol consumption relative to the 1995 guidelines which applied until December 2015, the second table relates to alcohol consumption relative to the guidelines

introduced in January 2016 and the third gives the absolute difference in the percentage of survey responders in that category/group following the change the alcohol guidelines (only affects males or persons).

Units were estimated from the number and quantities of alcoholic drinks consumed in the previous week (see questionnaire in **APPENDIX B**). Among men, using the 1995 alcohol guidelines that were in existence to December 2015, 'excessive' levels were defined as over 21 units but 50 units or fewer for men, and 'dangerous' levels were defined as more than 50 units for men. Using the 2016 guidelines, excessive alcohol consumption as 15-35 units last week and dangerous drinking as more than 35 units last week (for both men and women). Following the introduction of the 2016 guidelines, any man drinking 15-21 units of alcohol last week will now be defined as drinking at 'excessive' levels rather than at 'safe' levels, and any man drinking 36-50 units of alcohol last week will now be defined as drinking at 'dangerous' levels rather than 'excessive' levels.

Binge drinking is defined as drinking more than twice the recommended daily units of alcohol on a single day. It is recommended that men do not exceed 3-4 units daily and women do not exceed 2-3 units daily. For the purposes of the survey, binge drinking is defined as usually drinking eight or more units of alcohol for men and drinking six or more units of alcohol for women once a week or more frequently.

A positive value in the table below denotes an increase in the percentage of drinking excessively and/or binge drinking. For example, overall the percentage drinking at too much alcohol over the week and/or usually binge drinking weekly was 27.8% based on the 1995 alcohol guidelines but increased to 29.5% using the 2016 alcohol guidelines, which was an increase of 1.7 percentage points.

Table 51: Detailed tabulations: Alcohol summary based on weekly units and frequency of binge drinking (impact of change to alcohol guidelines)

Group	Number of survey responders	Percentage (1995)		Percentage (2016)		Following alcohol guideline change, absolute change in the percentages	
		Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking	Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking	Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking
Hull	5,014	8.2	27.8	10.8	29.5	2.7	1.7
Male	2,306	10.8	35.1	16.6	38.9	5.8	3.7
Female	2,708	5.9	21.6	5.9	21.6	0.0	0.0
16-24	902	7.5	30.4	10.3	31.8	2.8	1.4
25-34	867	7.2	26.4	10.5	28.0	3.3	1.6
35-44	769	10.7	31.1	13.8	32.8	3.1	1.7
45-54	822	11.7	30.8	13.9	32.7	2.2	1.9
55-64	633	9.0	30.3	11.4	33.3	2.4	3.0
65-74	582	5.8	23.4	9.1	24.7	3.3	1.4
75+	420	1.9	15.7	2.6	16.7	0.7	1.0
Most deprived tenth	521	8.6	27.4	10.4	28.2	1.7	0.8
Second most deprived tenth	518	5.4	25.7	8.3	27.4	2.9	1.7
Most deprived fifth	1,039	7.0	26.6	9.3	27.8	2.3	1.3
Second most deprived fifth	978	7.7	25.8	10.3	27.5	2.7	1.7
Middle deprivation fifth	940	7.9	27.1	10.2	28.6	2.3	1.5

Group	Number of survey responders	Percentage (1995)		Percentage (2016)		Following alcohol guideline change, absolute change in the percentages	
		Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking	Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking	Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking
Second least deprived fifth	1,020	8.5	27.6	10.8	30.2	2.3	2.5
Least deprived fifth	1,036	9.7	31.8	13.3	33.4	3.7	1.6
North Carr	538	8.2	29.6	10.8	31.0	2.6	1.5
Northern	708	8.3	25.3	10.9	26.4	2.5	1.1
East	677	7.4	27.8	10.3	30.1	3.0	2.4
Park	770	7.8	29.2	11.7	31.4	3.9	2.2
Riverside	913	7.3	25.4	9.3	26.4	2.0	1.0
West	689	6.8	27.0	9.4	28.9	2.6	1.9
Wyke	718	11.4	31.3	13.5	33.6	2.1	2.2
Bransholme East	203	5.4	29.6	6.9	31.0	1.5	1.5
Bransholme West	137	6.6	24.1	10.2	26.3	3.6	2.2
Kings Park	198	12.1	33.3	15.2	34.3	3.0	1.0
Beverley	169	8.3	29.0	10.7	31.4	2.4	2.4
Orchard Park & Greenwood	270	7.0	24.8	10.0	25.6	3.0	0.7
University	269	9.7	23.4	11.9	24.2	2.2	0.7
Ings	218	8.7	29.4	11.9	33.0	3.2	3.7
Longhill	212	8.5	28.3	9.9	30.7	1.4	2.4
Sutton	247	5.3	25.9	9.3	27.1	4.0	1.2

Group	Number of survey responders	Percentage (1995)		Percentage (2016)		Following alcohol guideline change, absolute change in the percentages	
		Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking	Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking	Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking
Holderness	239	8.8	32.2	12.6	34.3	3.8	2.1
Marfleet	232	6.5	26.7	11.6	28.4	5.2	1.7
Southcoates East	173	7.5	28.9	9.2	31.8	1.7	2.9
Southcoates West	126	8.7	28.6	13.5	31.0	4.8	2.4
Drypool	233	5.2	24.9	7.3	25.8	2.1	0.9
Myton	306	8.2	26.8	9.8	28.1	1.6	1.3
Newington	230	6.1	21.3	8.7	21.7	2.6	0.4
St Andrews	144	11.1	29.9	12.5	31.3	1.4	1.4
Boothferry	196	7.1	26.0	10.2	28.6	3.1	2.6
Derringham	223	6.7	26.9	9.0	28.7	2.2	1.8
Pickering	270	6.7	27.8	9.3	29.3	2.6	1.5
Avenue	261	6.9	25.7	7.7	26.8	0.8	1.1
Bricknell	168	16.1	33.3	19.0	35.1	3.0	1.8
Newland	289	12.8	35.3	15.6	38.8	2.8	3.5
Working <20 hours	362	7.5	26.5	8.3	27.6	0.8	1.1
Working 20-<35	411	9.7	29.4	10.2	31.4	0.5	1.9
Working 35+ hours	1,132	11.4	34.6	15.8	38.3	4.4	3.7
Working hours not specified	219	11.9	32.4	15.5	34.7	3.7	2.3

Group	Number of survey responders	Percentage (1995)		Percentage (2016)		Following alcohol guideline change, absolute change in the percentages	
		Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking	Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking	Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking
Full-time student	473	8.9	31.7	12.3	33.0	3.4	1.3
Retired	1,005	5.0	20.9	7.1	22.3	2.1	1.4
Looking after family/home	378	3.2	18.3	4.0	18.3	0.8	0.0
Unemployed/not allowed to work	302	7.3	28.8	9.9	29.1	2.6	0.3
Long-term sick of disabled	364	8.0	22.5	9.1	22.8	1.1	0.3
Not working for other reason or no reason given	91	4.4	17.6	5.5	17.6	1.1	0.0
White British	4,482	8.5	28.0	11.2	29.8	2.7	1.8
White Other	189	6.3	32.8	8.5	34.4	2.1	1.6
Mixed	39	5.1	28.2	5.1	28.2	0.0	0.0
Asian/Asian British	72	2.8	15.3	2.8	15.3	0.0	0.0
Black/Black British	57	1.8	14.0	3.5	14.0	1.8	0.0
Chinese	23	0.0	21.7	0.0	21.7	0.0	0.0
Arab	22	0.0	4.5	0.0	4.5	0.0	0.0
Other	22	4.5	27.3	4.5	27.3	0.0	0.0
Excellent health	462	8.9	28.8	11.7	31.0	2.8	2.2
Very good health	1,385	8.1	28.0	10.8	30.0	2.7	1.9
Good health	1,771	9.1	30.1	12.5	32.2	3.4	2.1
Fair health	938	6.9	25.3	8.7	26.3	1.8	1.1

Group	Number of survey responders	Percentage (1995)		Percentage (2016)		Following alcohol guideline change, absolute change in the percentages	
		Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking	Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking	Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking
Poor health	431	7.0	23.2	8.1	23.9	1.2	0.7
Limiting long-term illness or disability	1,395	6.7	22.7	8.3	23.7	1.6	1.0
No limiting long-term illness or disability	3,576	8.8	29.9	11.8	31.9	3.0	2.0
Well-being - satisfied - poor (0-4)	554	8.7	26.5	10.6	26.9	2.0	0.4
Well-being - satisfied - score 5-7	1,930	7.5	27.0	10.3	29.1	2.8	2.0
Well-being - satisfied - score 8-10	2,504	8.6	28.8	11.3	30.6	2.7	1.8
Well-being - worthwhile - poor (0-4)	449	8.0	25.8	9.6	27.2	1.6	1.3
Well-being - worthwhile - score 5-7	1,748	8.4	28.0	11.0	30.1	2.6	2.1
Well-being - worthwhile - score 8-10	2,788	8.1	28.1	11.0	29.7	2.9	1.6
Well-being - happy - poor (0-4)	693	8.5	26.6	10.5	28.0	2.0	1.4
Well-being - happy - score 5-7	1,769	8.5	28.2	11.0	30.2	2.5	2.0
Well-being - happy - score 8-10	2,520	7.9	28.0	10.8	29.7	2.9	1.7
Well-being - anxious - poor (6-10)	1,342	8.2	28.2	9.9	29.7	1.7	1.4
Well-being - anxious - score 3-5	1,377	7.6	25.9	10.1	28.0	2.5	2.1
Well-being - anxious - score 0-2	2,257	8.6	28.8	11.9	30.5	3.4	1.7
Healthy diet	3,430	7.4	26.3	10.1	28.0	2.7	1.7
Not healthy diet	1,192	10.5	32.1	13.2	34.0	2.7	1.8
Lack of knowledge about healthy diet	345	7.8	28.7	10.1	30.1	2.3	1.4

Group	Number of survey responders	Percentage (1995)		Percentage (2016)		Following alcohol guideline change, absolute change in the percentages	
		Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking	Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking	Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking
5-A-DAY	922	6.6	24.4	9.1	26.1	2.5	1.7
Not 5-A-DAY	3,887	8.6	28.9	11.3	30.7	2.7	1.8
Exercise 30 min sessions 5+ times per week	1,674	9.7	30.2	12.9	32.1	3.2	2.0
Exercise 30 min sessions <5 times per week	1,802	8.6	29.3	11.3	31.4	2.7	2.1
Light exercise only (not moderate/vigorous)	1,137	6.1	24.4	8.4	25.6	2.4	1.2
Never exercise	353	5.9	19.8	6.8	20.7	0.8	0.8
Moderate+2*vigorous < 30 minutes in week	1,911	6.4	24.6	8.9	26.0	2.6	1.4
Moderate+2*vigorous 30+ mins but <2.5 hrs	543	9.0	28.7	10.3	30.2	1.3	1.5
Moderate+2*vigorous 2.5+ hours in week	1,999	9.9	30.7	13.3	33.1	3.4	2.4
Current smoker	1,507	12.1	35.7	15.2	37.4	3.1	1.7
Former smoker	1,346	7.9	27.3	10.1	29.3	2.2	2.1
Never smoker	2,108	5.4	22.2	8.0	23.9	2.7	1.6
Current light smokers (<10 cigs/day)	341	11.4	37.0	13.8	39.0	2.3	2.1
Current moderate smokers (10-19 cigs/day)	544	10.3	33.1	13.1	34.2	2.8	1.1
Current heavy smokers (20+ cigs/day)	315	15.9	38.7	19.0	41.0	3.2	2.2
E-cigarette current user	353	11.0	37.4	15.0	39.4	4.0	2.0
E-cigarette former user or never used	4,037	8.1	26.9	10.6	28.7	2.5	1.8
Underweight or desirable weight	1,632	8.2	28.7	10.8	30.0	2.6	1.3

Group	Number of survey responders	Percentage (1995)		Percentage (2016)		Following alcohol guideline change, absolute change in the percentages	
		Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking	Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking	Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking
Overweight	1,690	9.8	30.0	13.0	32.2	3.3	2.2
Obese	1,216	7.5	25.8	10.0	27.7	2.5	1.9
Only adult in household	1,349	7.6	26.5	9.5	28.2	1.9	1.6
Two adults in household	2,460	7.9	27.4	11.1	29.1	3.2	1.7
Three or more adults in household	1,129	9.7	30.9	12.2	32.9	2.5	2.0
Very/fairly safe in area in day	4,518	8.5	28.4	11.2	30.3	2.6	1.9
A bit/very unsafe in area in day	466	4.7	22.3	7.5	23.0	2.8	0.6
Very/fairly safe in area after dark	2,712	9.7	32.0	12.9	34.3	3.2	2.3
A bit/very unsafe in area after dark	2,199	6.5	23.5	8.5	24.6	2.0	1.1
Very/fairly safe alone in home at night	4,351	8.5	28.5	11.3	30.5	2.8	2.0
A bit/very unsafe alone in home at night	609	6.6	23.3	8.0	23.6	1.5	0.3
Very/fairly safe in area in day (65+)	886	4.4	21.0	6.7	22.3	2.3	1.4
A bit/very unsafe in area in day (65+)	110	1.8	13.6	3.6	13.6	1.8	0.0
Very/fairly safe in area after dark (65+)	436	6.2	24.3	9.6	26.8	3.4	2.5
A bit/very unsafe in area after dark (65+)	513	2.7	18.5	4.1	18.7	1.4	0.2
Very/fairly safe alone in home at night (65+)	862	4.4	21.1	6.8	22.5	2.4	1.4
A bit/very unsafe alone in home at night (65+)	123	3.3	14.6	4.1	14.6	0.8	0.0
Speak daily to family	2,220	7.0	24.4	8.9	25.8	1.8	1.4

Group	Number of survey responders	Percentage (1995)		Percentage (2016)		Following alcohol guideline change, absolute change in the percentages	
		Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking	Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking	Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking
Speak 3-6 days/week to family	1,191	8.8	31.5	12.3	33.4	3.4	1.9
Speak 1-2days/week to family	1,030	9.3	31.2	12.7	33.5	3.4	2.3
Speak <1day/week to family	497	9.7	26.0	11.7	27.2	2.0	1.2
Speak daily to friends	2,079	10.0	29.9	12.8	31.7	2.8	1.8
Speak 3-6 days/week to friends	1,365	7.4	27.9	10.0	30.3	2.6	2.4
Speak 1-2days/week to friends	998	6.8	26.2	9.3	27.2	2.5	1.0
Speak <1day/week to friends	481	5.8	21.2	7.1	22.0	1.2	0.8
Speak daily to neighbours	862	7.8	24.4	9.9	24.9	2.1	0.6
Speak 3-6 days/week to neighbours	1,188	7.6	28.5	11.1	30.7	3.5	2.2
Speak 1-2days/week to neighbours	1,571	8.2	28.2	10.6	30.5	2.4	2.3
Speak <1day/week to neighbours	1,298	9.2	28.8	11.4	30.2	2.2	1.4
Speak daily to others	3,276	8.2	26.8	10.6	28.4	2.4	1.6
Speak 3-6 days/week to others	1,202	8.6	30.5	12.1	32.9	3.5	2.3
Speak 1-2days/week to others	408	7.4	27.0	9.3	27.9	2.0	1.0
Speak <1day/week to others	60	5.0	21.7	5.0	23.3	0.0	1.7
Potentially socially isolated	448	9.2	28.6	10.5	29.9	1.3	1.3
Not potentially socially isolated	4,512	8.1	27.7	10.9	29.5	2.8	1.8
Potentially socially isolated (65+)	133	3.8	21.8	5.3	23.3	1.5	1.5

Group	Number of survey responders	Percentage (1995)		Percentage (2016)		Following alcohol guideline change, absolute change in the percentages	
		Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking	Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking	Both too much alcohol over week and binge drinking	Too much alcohol over week and/or binge drinking
Not potentially socially isolated (65+)	851	4.3	19.5	6.6	20.7	2.2	1.2

5.6 Physical Activity

5.6.1 Frequency of 30+ Minutes of Physical Activity in Week at Vigorous Level (used in relation to 2011 guidelines)

There are relatively high proportions of survey responders who did not answer these questions in particular among the older age groups, and in particular in relation to vigorous and moderate physical activity levels (fewer people did not answer the 'light' physical activity levels) which suggests that these estimates could be an underestimate of actual levels especially in relation to vigorous and moderate physical activity levels.

Note that the level of physical activity undertaken is associated with age, gender and deprivation. Therefore, one group might appear to undertake physical activity more frequently or at higher intensity compared to another group, but that might just be because they are younger, male or live in less deprived areas as younger people, males and people living in less deprived areas tend to undertake physical activity more than older people, females and those living in the most deprived areas. For example, people who are retired tend to undertake physical activity less than those who are working but this is likely to be associated with age rather than retirement specifically. People who are obese tend to undertake physical activity less, and this could also be associated with age although it

could also be associated with obesity as well. Lack of historical physical activity has resulted in a person becoming overweight or being overweight limits their physical activity. People living in more deprived areas are more likely to be current smokers, and as deprivation and physical activity are associated, it could be that smokers are less likely to undertake physical activity. This could be due to deprivation, or it could be due to differences in the attitudes of smokers in relation to healthy living, or a combination of both of these. It is not known, other than to say associations are complex and associated factors should be considered when interpreting the information.

Table 52: Detailed tabulations: Frequency of undertaking 30 minutes or more of vigorous intensity physical activity

Group	Number of survey responders	Never	Once or twice a week	Three or four times a week	Five or more times a week
Hull	4,503	56.5	22.0	13.9	7.6
Male	2,127	48.2	22.7	17.8	11.3
Female	2,376	63.9	21.4	10.4	4.3
16-24	890	34.9	30.3	22.5	12.2
25-34	836	46.3	29.7	16.0	8.0
35-44	701	53.1	24.1	15.4	7.4
45-54	720	61.7	21.1	9.9	7.4
55-64	532	72.0	13.5	8.1	6.4
65-74	469	74.2	11.1	10.4	4.3
75+	335	86.0	6.3	6.0	1.8
Males aged 16-24	450	23.3	28.7	28.0	20.0
Males aged 25-34	390	38.2	29.2	20.8	11.8
Males aged 35-44	334	45.8	24.6	19.5	10.2
Males aged 45-54	353	55.0	22.7	13.3	9.1
Males aged 55-64	260	66.2	16.5	8.8	8.5
Males aged 65-74	206	70.9	10.2	12.6	6.3
Males aged 75+	129	80.6	8.5	8.5	2.3
Females aged 16-24	440	46.8	32.0	16.8	4.3
Females aged 25-34	446	53.4	30.0	11.9	4.7

Group	Number of survey responders	Never	Once or twice a week	Three or four times a week	Five or more times a week
Females aged 35-44	367	59.7	23.7	11.7	4.9
Females aged 45-54	367	68.1	19.6	6.5	5.7
Females aged 55-64	272	77.6	10.7	7.4	4.4
Females aged 65-74	263	76.8	11.8	8.7	2.7
Females aged 75+	206	89.3	4.9	4.4	1.5
Most deprived tenth	489	60.5	17.8	13.5	8.2
Second most deprived tenth	472	62.7	18.2	11.0	8.1
Most deprived fifth	961	61.6	18.0	12.3	8.1
Second most deprived fifth	872	56.9	22.1	13.0	8.0
Middle deprivation fifth	847	60.2	21.7	11.7	6.4
Second least deprived fifth	901	53.3	24.5	14.9	7.3
Least deprived fifth	922	50.7	23.8	17.7	7.9
North Carr	489	56.6	24.3	12.1	7.0
Northern	652	51.7	25.3	15.2	7.8
East	589	64.9	18.2	11.5	5.4
Park	683	55.9	20.4	14.9	8.8
Riverside	840	58.6	19.9	13.3	8.2
West	604	57.3	21.4	12.9	8.4
Wyke	646	50.9	25.4	16.9	6.8
Bransholme East	185	62.2	22.2	10.8	4.9
Bransholme West	123	57.7	24.4	9.8	8.1
Kings Park	181	50.3	26.5	14.9	8.3
Beverley	147	46.9	24.5	19.0	9.5
Orchard Park & Greenwood	251	59.8	22.3	11.6	6.4
University	254	46.5	28.7	16.5	8.3
Ings	190	68.4	19.5	7.9	4.2

Group	Number of survey responders	Never	Once or twice a week	Three or four times a week	Five or more times a week
Longhill	191	61.3	18.8	12.6	7.3
Sutton	208	64.9	16.3	13.9	4.8
Holderness	213	51.6	21.6	16.9	9.9
Marfleet	204	61.8	15.7	14.2	8.3
Southcoates East	155	59.4	20.6	11.0	9.0
Southcoates West	111	48.6	26.1	18.0	7.2
Drypool	210	54.8	24.3	14.8	6.2
Myton	277	55.2	19.9	13.7	11.2
Newington	213	63.4	18.8	11.7	6.1
St Andrews	140	63.6	15.0	12.9	8.6
Boothferry	176	54.5	22.2	15.3	8.0
Derringham	201	60.2	18.4	12.4	9.0
Pickering	227	56.8	23.3	11.5	8.4
Avenue	234	54.7	22.2	15.8	7.3
Bricknell	146	58.9	21.9	13.7	5.5
Newland	266	43.2	30.1	19.5	7.1
Working <20 hours	320	49.7	27.5	16.6	6.3
Working 20-<35	362	56.1	23.8	14.6	5.5
Working 35+ hours	1,040	46.3	27.1	15.4	11.2
Working hours not specified	193	40.9	30.1	18.1	10.9
Full-time student	480	33.5	32.1	23.3	11.0
Retired	810	78.8	9.5	8.4	3.3
Looking after family/home	352	63.6	21.3	10.5	4.5
Unemployed/not allowed to work	283	55.5	24.0	13.1	7.4
Long-term sick of disabled	334	79.3	9.6	4.5	6.6
Not working for other reason or no reason given	79	65.8	21.5	6.3	6.3

Group	Number of survey responders	Never	Once or twice a week	Three or four times a week	Five or more times a week
White British	3,997	57.3	21.5	13.7	7.6
White Other	180	48.3	27.8	16.1	7.8
Mixed	41	46.3	31.7	14.6	7.3
Asian/Asian British	60	50.0	23.3	20.0	6.7
Black/Black British	59	50.8	27.1	16.9	5.1
Chinese	25	40.0	24.0	28.0	8.0
Arab	23	39.1	43.5	17.4	0.0
Other	22	63.6	18.2	13.6	4.5
Excellent health	438	34.2	25.8	21.7	18.3
Very good health	1,253	43.0	28.3	20.0	8.8
Good health	1,552	56.0	23.6	13.9	6.5
Fair health	840	74.6	14.6	6.5	4.2
Poor health	402	86.3	7.2	3.0	3.5
Limiting long-term illness or disability	1,230	76.9	12.5	6.3	4.2
No limiting long-term illness or disability	3,238	48.8	25.4	16.8	8.9
Well-being - satisfied - poor (0-4)	517	75.0	14.3	5.8	4.8
Well-being - satisfied - score 5-7	1,735	59.7	20.8	13.5	6.0
Well-being - satisfied - score 8-10	2,226	49.6	24.8	16.2	9.4
Well-being - worthwhile - poor (0-4)	431	73.5	14.4	7.0	5.1
Well-being - worthwhile - score 5-7	1,597	60.4	20.7	11.8	7.1
Well-being - worthwhile - score 8-10	2,448	50.8	24.3	16.5	8.4
Well-being - happy - poor (0-4)	644	68.0	16.3	9.0	6.7
Well-being - happy - score 5-7	1,593	56.8	23.5	13.6	6.0
Well-being - happy - score 8-10	2,224	53.1	22.5	15.5	8.9
Well-being - anxious - poor (6-10)	1,190	59.2	20.8	12.6	7.4
Well-being - anxious - score 3-5	1,266	59.5	22.0	12.3	6.2

Group	Number of survey responders	Never	Once or twice a week	Three or four times a week	Five or more times a week
Well-being - anxious - score 0-2	2,003	53.3	22.6	15.5	8.6
Healthy diet	3,011	51.9	22.5	16.5	9.1
Not healthy diet	1,112	68.2	20.2	8.0	3.6
Lack of knowledge about healthy diet	322	58.4	24.5	10.2	6.8
5-A-DAY	779	49.0	20.3	17.5	13.2
Not 5-A-DAY	3,497	58.0	22.6	13.1	6.3
Alcohol most days	371	61.5	17.0	14.8	6.7
Alcohol 1-3 days a week	1,160	49.2	25.5	16.6	8.6
Alcohol 1-3 days a month	870	48.7	27.9	15.7	7.6
Alcohol less than once a month	969	57.8	22.1	13.4	6.7
Never drinks alcohol	1,104	67.6	15.2	9.7	7.5
No alcohol in last week	1,219	53.6	25.0	14.6	6.8
Safe alcohol units last week#	1,483	52.9	24.6	15.4	7.1
Excessive alcohol units last week#	391	48.8	21.7	18.4	11.0
Dangerous alcohol units last week#	107	62.6	18.7	10.3	8.4
Usually binge drinks more than once a week	1,112	52.2	22.6	16.2	9.0
Usually binge drinks less than once a week	3,295	58.0	21.9	13.1	7.0
Acceptable weekly units and no binge drinking#	1,960	53.5	24.8	15.1	6.6
Acceptable weekly units but binge drinking#	696	52.4	24.7	15.2	7.6
Excessive weekly units but no binge drinking#	146	53.4	26.7	11.6	8.2
Excessive weekly units and binge drinking#	347	51.3	19.0	18.2	11.5
Moderate+2*vigorous < 30 minutes in week	1,760	88.5	7.4	3.2	0.9
Moderate+2*vigorous 30+ mins but <2.5 hrs	474	66.5	27.6	4.9	1.1
Moderate+2*vigorous 2.5+ hours in week	1,861	32.8	29.0	23.9	14.2
Current smoker	1,396	60.0	21.4	10.5	8.1
Former smoker	1,178	61.5	19.1	13.8	5.6

Group	Number of survey responders	Never	Once or twice a week	Three or four times a week	Five or more times a week
Never smoker	1,897	51.0	24.2	16.4	8.3
Current light smokers (<10 cigs/day)	318	50.6	25.5	16.0	7.9
Current moderate smokers (10-19 cigs/day)	499	59.1	24.0	7.6	9.2
Current heavy smokers (20+ cigs/day)	302	67.5	14.2	8.6	9.6
E-cigarette current user	334	56.9	23.1	14.1	6.0
E-cigarette former user or never used	3,644	56.1	22.2	13.9	7.8
Underweight or desirable weight	1,493	49.8	24.5	16.4	9.3
Overweight	1,496	54.7	22.1	14.4	8.8
Obese	1,080	67.3	18.3	10.0	4.4
Only adult in household	1,202	62.9	18.6	11.1	7.5
Two adults in household	2,189	58.2	21.9	13.3	6.6
Three or more adults in household	1,029	46.0	25.9	18.3	9.8
Very/fairly safe in area in day	4,036	56.2	21.9	14.3	7.6
A bit/very unsafe in area in day	436	58.7	23.9	10.6	6.9
Very/fairly safe in area after dark	2,443	52.3	22.8	15.6	9.3
A bit/very unsafe in area after dark	1,962	60.8	21.7	12.1	5.5
Very/fairly safe alone in home at night	3,883	55.9	22.1	14.3	7.6
A bit/very unsafe alone in home at night	569	59.4	22.0	11.2	7.4
Very/fairly safe in area in day (65+)	704	78.4	8.9	9.4	3.3
A bit/very unsafe in area in day (65+)	93	83.9	10.8	2.2	3.2
Very/fairly safe in area after dark (65+)	348	77.9	10.6	9.2	2.3
A bit/very unsafe in area after dark (65+)	411	79.6	8.0	8.5	3.9
Very/fairly safe alone in home at night (65+)	693	79.2	8.8	9.2	2.7
A bit/very unsafe alone in home at night (65+)	98	78.6	10.2	4.1	7.1
Speak daily to family	1,987	57.4	21.8	13.3	7.4
Speak 3-6 days/week to family	1,058	54.9	23.3	14.8	7.0

Group	Number of survey responders	Never	Once or twice a week	Three or four times a week	Five or more times a week
Speak 1-2days/week to family	924	56.4	20.9	14.9	7.8
Speak <1day/week to family	466	56.7	22.1	12.7	8.6
Speak daily to friends	1,914	48.0	24.3	16.9	10.8
Speak 3-6 days/week to friends	1,195	55.0	25.1	13.9	6.0
Speak 1-2days/week to friends	867	66.6	17.8	11.1	4.6
Speak <1day/week to friends	448	76.6	12.5	7.6	3.3
Speak daily to neighbours	777	57.3	19.0	14.8	8.9
Speak 3-6 days/week to neighbours	1,048	58.4	22.6	13.3	5.7
Speak 1-2days/week to neighbours	1,386	56.6	23.4	12.3	7.6
Speak <1day/week to neighbours	1,207	54.4	21.9	15.8	7.9
Speak daily to others	2,967	54.5	22.4	14.7	8.4
Speak 3-6 days/week to others	1,050	57.4	22.9	13.6	6.1
Speak 1-2days/week to others	365	67.4	17.8	10.4	4.4
Speak <1day/week to others	61	70.5	11.5	8.2	9.8
Potentially socially isolated	397	64.5	20.4	9.3	5.8
Not potentially socially isolated	4,053	55.7	22.1	14.4	7.7
Potentially socially isolated (65+)	108	86.1	9.3	3.7	0.9
Not potentially socially isolated (65+)	681	78.3	9.0	9.4	3.4

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.6.2 Frequency of 30+ Minutes of Physical Activity in Week at Moderate Level (used in relation to 2011 guidelines)

There are relatively high proportions of survey responders who did not answer these questions in particular among the older age groups, and in particular in relation to vigorous and moderate physical activity levels (fewer people did not answer the 'light' physical activity levels) which suggests that these estimates could be an underestimate of actual levels especially in relation to vigorous and moderate physical activity levels.

Note that the level of physical activity undertaken is associated with age, gender and deprivation. Therefore, one group might appear to undertake physical activity more frequently or at higher intensity compared to another group, but that might just be because they are younger, male or live in less deprived areas as younger people, males and people living in less deprived areas tend to undertake physical activity more than older people, females and those living in the most deprived areas. For example, people who are retired tend to undertake physical activity less than those who are working but this is likely to be associated with age rather than retirement specifically. People who are obese tend to undertake physical activity less, and this could also be associated with age although it could also be associated with obesity as well. Lack of historical physical activity has resulted in a person becoming overweight or being overweight limits their physical activity. People living in more deprived areas are more likely to be current smokers, and as deprivation and physical activity are associated, it could be that smokers are less likely to undertake physical activity. This could be due to deprivation, or it could be due to differences in the attitudes of smokers in relation to healthy living, or a combination of both of these. It is not known, other than to say associations are complex and associated factors should be considered when interpreting the information.

Table 53: Detailed tabulations: Frequency of undertaking 30 minutes or more of moderate intensity physical activity

Group	Number of survey responders	Never	Once or twice a week	Three or four times a week	Five or more times a week
Hull	4,537	26.5	31.0	21.4	21.0
Male	2,086	27.7	28.1	21.0	23.2
Female	2,451	25.5	33.5	21.7	19.2
16-24	861	16.6	34.7	23.9	24.7
25-34	848	18.6	35.5	23.1	22.8
35-44	722	21.5	35.0	19.9	23.5

Group	Number of survey responders	Never	Once or twice a week	Three or four times a week	Five or more times a week
45-54	743	26.4	30.3	21.0	22.3
55-64	547	34.0	28.0	19.9	18.1
65-74	476	35.1	23.7	24.4	16.8
75+	321	60.4	16.8	13.1	9.7
Males aged 16-24	424	16.5	31.1	24.3	28.1
Males aged 25-34	378	25.4	31.7	20.6	22.2
Males aged 35-44	335	23.9	30.4	19.7	26.0
Males aged 45-54	354	28.5	27.1	20.9	23.4
Males aged 55-64	263	35.0	25.1	19.0	20.9
Males aged 65-74	200	35.0	23.0	21.0	21.0
Males aged 75+	127	53.5	16.5	19.7	10.2
Females aged 16-24	437	16.7	38.2	23.6	21.5
Females aged 25-34	470	13.2	38.5	25.1	23.2
Females aged 35-44	387	19.4	39.0	20.2	21.4
Females aged 45-54	389	24.4	33.2	21.1	21.3
Females aged 55-64	284	33.1	30.6	20.8	15.5
Females aged 65-74	276	35.1	24.3	26.8	13.8
Females aged 75+	194	64.9	17.0	8.8	9.3
Most deprived tenth	489	33.5	26.4	16.8	23.3
Second most deprived tenth	476	33.4	25.8	18.5	22.3
Most deprived fifth	965	33.5	26.1	17.6	22.8
Second most deprived fifth	897	26.1	28.7	22.4	22.9
Middle deprivation fifth	849	27.3	31.9	20.7	20.0
Second least deprived fifth	905	24.2	33.3	21.4	21.1
Least deprived fifth	920	21.3	35.4	25.0	18.3
North Carr	492	23.8	32.3	21.5	22.4

Group	Number of survey responders	Never	Once or twice a week	Three or four times a week	Five or more times a week
Northern	649	25.7	32.2	21.7	20.3
East	594	26.6	30.3	22.6	20.5
Park	703	23.5	33.0	20.8	22.8
Riverside	853	32.2	26.4	21.1	20.3
West	590	29.7	32.5	19.2	18.6
Wyke	655	22.4	32.1	23.1	22.4
Bransholme East	188	24.5	33.5	19.7	22.3
Bransholme West	125	29.6	24.0	17.6	28.8
Kings Park	179	19.0	36.9	26.3	17.9
Beverley	150	19.3	34.7	28.7	17.3
Orchard Park & Greenwood	250	30.4	25.6	18.0	26.0
University	249	24.9	37.3	21.3	16.5
Ings	195	30.8	29.2	22.1	17.9
Longhill	184	24.5	28.3	26.1	21.2
Sutton	215	24.7	33.0	20.0	22.3
Holderness	218	22.0	34.9	20.6	22.5
Marfleet	211	28.9	32.2	18.5	20.4
Southcoates East	164	24.4	31.1	20.7	23.8
Southcoates West	110	14.5	33.6	25.5	26.4
Drypool	216	29.6	29.6	26.9	13.9
Myton	287	31.7	25.8	18.8	23.7
Newington	211	31.3	28.4	21.8	18.5
St Andrews	139	38.8	19.4	15.8	25.9
Boothferry	166	24.1	35.5	18.1	22.3
Derringham	200	34.0	30.0	20.0	16.0
Pickering	224	29.9	32.6	19.2	18.3

Group	Number of survey responders	Never	Once or twice a week	Three or four times a week	Five or more times a week
Avenue	243	21.0	30.0	21.4	27.6
Bricknell	150	24.7	36.0	22.0	17.3
Newland	262	22.5	31.7	25.2	20.6
Working <20 hours	331	15.7	34.4	25.7	24.2
Working 20-<35	383	13.6	37.6	26.1	22.7
Working 35+ hours	1,044	20.8	32.6	22.2	24.4
Working hours not specified	196	13.3	39.8	25.0	21.9
Full-time student	462	18.2	34.6	24.5	22.7
Retired	813	42.4	23.6	20.2	13.8
Looking after family/home	365	14.5	33.4	21.9	30.1
Unemployed/not allowed to work	287	27.9	31.4	19.9	20.9
Long-term sick of disabled	331	60.7	18.7	9.4	11.2
Not working for other reason or no reason given	79	39.2	26.6	13.9	20.3
White British	4,025	26.1	30.9	21.3	21.7
White Other	186	29.0	32.8	21.5	16.7
Mixed	42	28.6	21.4	28.6	21.4
Asian/Asian British	64	20.3	32.8	28.1	18.8
Black/Black British	55	18.2	36.4	34.5	10.9
Chinese	25	44.0	28.0	16.0	12.0
Arab	23	34.8	47.8	8.7	8.7
Other	23	39.1	30.4	17.4	13.0
Excellent health	420	16.9	35.2	20.0	27.9
Very good health	1,275	13.5	32.2	29.4	24.9
Good health	1,605	21.3	33.8	22.9	22.0
Fair health	832	42.7	27.4	14.2	15.7
Poor health	384	66.9	18.5	6.5	8.1

Group	Number of survey responders	Never	Once or twice a week	Three or four times a week	Five or more times a week
Limiting long-term illness or disability	1,223	48.5	22.3	13.5	15.7
No limiting long-term illness or disability	3,281	18.3	34.3	24.3	23.1
Well-being - satisfied - poor (0-4)	522	49.8	23.0	11.7	15.5
Well-being - satisfied - score 5-7	1,734	28.2	31.9	20.5	19.4
Well-being - satisfied - score 8-10	2,262	19.8	32.3	24.3	23.7
Well-being - worthwhile - poor (0-4)	444	48.2	22.5	11.9	17.3
Well-being - worthwhile - score 5-7	1,585	30.0	32.2	19.3	18.5
Well-being - worthwhile - score 8-10	2,484	20.2	31.8	24.4	23.5
Well-being - happy - poor (0-4)	649	40.7	27.6	15.4	16.3
Well-being - happy - score 5-7	1,609	26.7	32.1	21.6	19.6
Well-being - happy - score 8-10	2,246	22.2	31.3	23.0	23.5
Well-being - anxious - poor (6-10)	1,221	26.7	31.9	21.9	19.4
Well-being - anxious - score 3-5	1,264	30.8	30.5	19.9	18.8
Well-being - anxious - score 0-2	2,016	23.7	31.0	21.9	23.5
Healthy diet	3,024	22.1	30.7	24.9	22.3
Not healthy diet	1,138	36.9	32.4	12.3	18.4
Lack of knowledge about healthy diet	320	31.3	27.8	20.6	20.3
5-A-DAY	791	18.0	28.8	25.4	27.8
Not 5-A-DAY	3,534	27.9	31.8	20.6	19.7
Alcohol most days	387	30.2	24.8	23.0	22.0
Alcohol 1-3 days a week	1,164	19.8	34.6	23.5	22.2
Alcohol 1-3 days a month	877	20.5	35.0	23.3	21.2
Alcohol less than once a month	991	25.7	31.5	22.8	20.0
Never drinks alcohol	1,094	37.8	25.9	15.9	20.4
No alcohol in last week	1,256	23.7	32.1	24.0	20.1
Safe alcohol units last week#	1,477	22.3	33.5	22.8	21.3

Group	Number of survey responders	Never	Once or twice a week	Three or four times a week	Five or more times a week
Excessive alcohol units last week#	404	17.8	33.4	25.5	23.3
Dangerous alcohol units last week#	110	32.7	25.5	17.3	24.5
Usually binge drinks more than once a week	1,099	23.6	31.4	22.7	22.4
Usually binge drinks less than once a week	3,343	27.4	30.9	21.0	20.7
Acceptable weekly units and no binge drinking#	2,010	22.3	33.4	23.6	20.7
Acceptable weekly units but binge drinking#	677	24.4	31.8	22.7	21.1
Excessive weekly units but no binge drinking#	153	19.6	32.7	24.8	22.9
Excessive weekly units and binge drinking#	356	21.6	31.2	23.0	24.2
Moderate+2*vigorous < 30 minutes in week	1,712	59.3	22.5	10.0	8.1
Moderate+2*vigorous 30+ mins but <2.5 hrs	507	9.1	58.6	21.1	11.2
Moderate+2*vigorous 2.5+ hours in week	1,867	6.3	30.3	29.4	34.1
Current smoker	1,410	29.6	27.9	17.9	24.5
Former smoker	1,212	29.0	29.0	23.5	18.4
Never smoker	1,886	22.9	34.6	22.4	20.1
Current light smokers (<10 cigs/day)	321	21.8	32.1	21.2	24.9
Current moderate smokers (10-19 cigs/day)	510	27.6	29.4	17.5	25.5
Current heavy smokers (20+ cigs/day)	305	36.4	23.3	14.4	25.9
E-cigarette current user	333	27.3	32.4	18.9	21.3
E-cigarette former user or never used	3,670	26.4	31.2	21.6	20.8
Underweight or desirable weight	1,511	22.2	29.3	22.7	25.8
Overweight	1,495	25.3	29.7	23.9	21.1
Obese	1,088	33.9	33.4	17.5	15.3
Only adult in household	1,202	33.9	26.9	18.9	20.3
Two adults in household	2,228	24.0	33.6	21.8	20.6
Three or more adults in household	1,031	22.6	30.1	24.1	23.3
Very/fairly safe in area in day	4,074	25.6	31.6	21.7	21.1

Group	Number of survey responders	Never	Once or twice a week	Three or four times a week	Five or more times a week
A bit/very unsafe in area in day	435	34.5	26.0	19.3	20.2
Very/fairly safe in area after dark	2,456	23.7	31.6	21.9	22.8
A bit/very unsafe in area after dark	1,996	28.8	30.7	21.4	19.1
Very/fairly safe alone in home at night	3,912	25.6	31.6	21.9	20.9
A bit/very unsafe alone in home at night	576	32.3	26.7	19.3	21.7
Very/fairly safe in area in day (65+)	701	43.2	22.0	21.0	13.8
A bit/very unsafe in area in day (65+)	91	59.3	13.2	12.1	15.4
Very/fairly safe in area after dark (65+)	350	39.1	20.9	26.3	13.7
A bit/very unsafe in area after dark (65+)	410	47.8	21.5	15.9	14.9
Very/fairly safe alone in home at night (65+)	685	43.6	21.6	21.5	13.3
A bit/very unsafe alone in home at night (65+)	101	57.4	13.9	9.9	18.8
Speak daily to family	2,009	27.0	29.6	20.1	23.3
Speak 3-6 days/week to family	1,070	22.5	34.4	25.6	17.5
Speak 1-2days/week to family	929	26.2	31.6	22.7	19.5
Speak <1day/week to family	466	32.4	28.3	15.9	23.4
Speak daily to friends	1,909	22.7	29.0	22.5	25.7
Speak 3-6 days/week to friends	1,223	21.7	34.7	24.3	19.3
Speak 1-2days/week to friends	882	30.7	33.2	20.0	16.1
Speak <1day/week to friends	449	44.3	26.1	13.8	15.8
Speak daily to neighbours	776	26.7	26.0	19.6	27.7
Speak 3-6 days/week to neighbours	1,072	22.1	32.3	25.7	19.9
Speak 1-2days/week to neighbours	1,403	26.5	32.2	21.0	20.2
Speak <1day/week to neighbours	1,208	29.3	31.6	19.9	19.2
Speak daily to others	2,978	26.1	29.5	20.8	23.6
Speak 3-6 days/week to others	1,078	23.0	35.3	26.1	15.6
Speak 1-2days/week to others	366	35.5	32.0	16.7	15.8

Group	Number of survey responders	Never	Once or twice a week	Three or four times a week	Five or more times a week
Speak <1day/week to others	59	40.7	25.4	6.8	27.1
Potentially socially isolated	395	34.7	28.9	20.3	16.2
Not potentially socially isolated	4,095	25.4	31.3	21.7	21.6
Potentially socially isolated (65+)	111	59.5	13.5	18.0	9.0
Not potentially socially isolated (65+)	674	42.6	22.4	20.3	14.7

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.6.3 *Frequency of 30+ Minutes of Physical Activity in Week at Light Level (used in relation to 2011 guidelines)*

There are relatively high proportions of survey responders who did not answer these questions in particular among the older age groups, and in particular in relation to vigorous and moderate physical activity levels (fewer people did not answer the 'light' physical activity levels) which suggests that these estimates could be an underestimate of actual levels especially in relation to vigorous and moderate physical activity levels.

Note that the level of physical activity undertaken is associated with age, gender and deprivation. Therefore, one group might appear to undertake physical activity more frequently or at higher intensity compared to another group, but that might just be because they are younger, male or live in less deprived areas as younger people, males and people living in less deprived areas tend to undertake physical activity more than older people, females and those living in the most deprived areas. For example, people who are retired tend to undertake physical activity less than those who are working but this is likely to be associated with age rather than retirement specifically. People who are obese tend to undertake physical activity less, and this could also be associated with age although it could also be associated with obesity as well. Lack of historical physical activity has resulted in a person becoming overweight or being overweight limits their physical activity. People living in more deprived areas are more likely to be current smokers, and as deprivation and physical activity are associated, it could be that smokers are less likely to undertake physical activity. This could be due to deprivation, or it could be due to differences in the attitudes of smokers in relation to healthy living, or a combination of both of these. It is not known, other than to say associations are complex and associated factors should be considered when interpreting the information.

Table 54: Detailed tabulations: Frequency of undertaking 30 minutes or more of light intensity physical activity

Group	Number of survey responders	Never	Once or twice a week	Three or four times a week	Five or more times a week
Hull	4,759	9.6	20.9	22.1	47.3
Male	2,135	10.2	20.5	20.2	49.1
Female	2,624	9.2	21.3	23.7	45.8
16-24	858	7.5	18.5	19.2	54.8
25-34	835	5.4	19.2	18.9	56.5
35-44	717	6.8	18.8	22.3	52.0
45-54	760	9.1	22.5	21.4	47.0
55-64	599	13.2	22.2	25.4	39.2
65-74	553	10.5	21.9	28.9	38.7
75+	417	22.3	25.7	22.3	29.7
Males aged 16-24	419	8.1	18.4	18.4	55.1
Males aged 25-34	370	8.1	18.4	18.1	55.4
Males aged 35-44	321	8.4	17.8	15.9	57.9
Males aged 45-54	357	9.5	22.1	20.2	48.2
Males aged 55-64	276	14.5	23.2	22.1	40.2
Males aged 65-74	229	11.8	22.3	29.3	36.7
Males aged 75+	158	16.5	25.3	22.2	36.1
Females aged 16-24	439	6.8	18.7	20.0	54.4
Females aged 25-34	465	3.2	19.8	19.6	57.4
Females aged 35-44	396	5.6	19.7	27.5	47.2
Females aged 45-54	403	8.7	22.8	22.6	45.9
Females aged 55-64	323	12.1	21.4	28.2	38.4
Females aged 65-74	324	9.6	21.6	28.7	40.1
Females aged 75+	259	25.9	25.9	22.4	25.9
Most deprived tenth	515	11.5	21.7	18.6	48.2
Second most deprived tenth	502	13.7	17.3	19.1	49.8

Group	Number of survey responders	Never	Once or twice a week	Three or four times a week	Five or more times a week
Most deprived fifth	1,017	12.6	19.6	18.9	49.0
Second most deprived fifth	941	10.2	20.7	19.0	50.1
Middle deprivation fifth	889	11.0	22.4	23.5	43.1
Second least deprived fifth	952	7.2	20.2	25.6	47.0
Least deprived fifth	960	7.1	22.0	24.0	47.0
North Carr	512	10.0	20.7	21.5	47.9
Northern	688	8.4	19.8	21.7	50.1
East	632	8.9	20.4	24.1	46.7
Park	738	9.5	21.5	21.0	48.0
Riverside	873	11.9	21.4	20.0	46.6
West	643	11.2	23.5	22.6	42.8
Wyke	673	7.1	19.0	25.0	48.9
Bransholme East	196	13.3	17.9	21.9	46.9
Bransholme West	135	10.4	17.8	19.3	52.6
Kings Park	181	6.1	26.0	22.7	45.3
Beverley	158	5.1	21.5	27.8	45.6
Orchard Park & Greenwood	267	10.5	19.9	16.1	53.6
University	263	8.4	18.6	23.6	49.4
Ings	198	9.6	21.2	24.2	44.9
Longhill	199	9.5	21.1	19.1	50.3
Sutton	235	7.7	19.1	28.1	45.1
Holderness	224	6.3	21.4	23.7	48.7
Marfleet	225	13.8	20.4	20.4	45.3
Southcoates East	172	11.0	24.4	22.1	42.4
Southcoates West	117	5.1	19.7	15.4	59.8
Drypool	218	11.0	27.1	20.2	41.7

Group	Number of survey responders	Never	Once or twice a week	Three or four times a week	Five or more times a week
Myton	293	11.3	20.1	20.5	48.1
Newington	217	12.9	21.2	20.7	45.2
St Andrews	145	13.1	15.9	17.9	53.1
Boothferry	176	9.7	22.2	19.9	48.3
Derringham	216	13.0	19.0	26.4	41.7
Pickering	251	10.8	28.3	21.1	39.8
Avenue	250	6.0	18.4	27.6	48.0
Bricknell	153	8.5	23.5	25.5	42.5
Newland	270	7.4	17.0	22.2	53.3
Working <20 hours	339	3.8	21.8	20.6	53.7
Working 20-<35	387	3.6	19.9	25.8	50.6
Working 35+ hours	1,015	6.8	19.8	20.0	53.4
Working hours not specified	199	6.5	25.6	22.1	45.7
Full-time student	458	8.1	17.7	20.3	53.9
Retired	974	13.9	23.1	27.3	35.7
Looking after family/home	390	4.9	15.4	20.5	59.2
Unemployed/not allowed to work	293	7.2	19.8	22.5	50.5
Long-term sick of disabled	360	25.8	23.1	17.2	33.9
Not working for other reason or no reason given	86	17.4	24.4	17.4	40.7
White British	4,237	9.6	20.7	22.2	47.5
White Other	183	7.1	23.0	20.8	49.2
Mixed	40	10.0	25.0	20.0	45.0
Asian/Asian British	66	4.5	27.3	21.2	47.0
Black/Black British	56	7.1	25.0	28.6	39.3
Chinese	27	11.1	29.6	14.8	44.4
Arab	25	24.0	16.0	24.0	36.0

Group	Number of survey responders	Never	Once or twice a week	Three or four times a week	Five or more times a week
Other	21	14.3	9.5	19.0	57.1
Excellent health	421	6.2	20.0	16.9	57.0
Very good health	1,282	4.4	17.3	24.2	54.1
Good health	1,658	6.2	20.1	23.8	49.9
Fair health	936	13.8	24.9	22.4	38.9
Poor health	438	32.6	26.7	14.6	26.0
Limiting long-term illness or disability	1,388	18.8	24.3	19.6	37.3
No limiting long-term illness or disability	3,328	5.9	19.5	23.0	51.6
Well-being - satisfied - poor (0-4)	557	24.1	25.3	14.7	35.9
Well-being - satisfied - score 5-7	1,846	9.5	23.4	23.5	43.6
Well-being - satisfied - score 8-10	2,329	6.1	17.9	22.8	53.2
Well-being - worthwhile - poor (0-4)	456	25.7	24.3	12.5	37.5
Well-being - worthwhile - score 5-7	1,682	10.6	24.1	23.6	41.6
Well-being - worthwhile - score 8-10	2,591	6.0	18.2	22.7	53.1
Well-being - happy - poor (0-4)	692	19.9	24.7	16.6	38.7
Well-being - happy - score 5-7	1,682	9.5	22.3	23.5	44.8
Well-being - happy - score 8-10	2,344	6.7	19.0	22.6	51.7
Well-being - anxious - poor (6-10)	1,287	10.6	23.5	21.8	44.1
Well-being - anxious - score 3-5	1,318	12.4	23.5	22.4	41.7
Well-being - anxious - score 0-2	2,105	7.3	17.7	21.9	53.1
Healthy diet	3,196	7.9	19.5	23.6	49.1
Not healthy diet	1,157	13.7	23.9	18.2	44.3
Lack of knowledge about healthy diet	346	12.4	23.4	20.2	43.9
5-A-DAY	852	7.6	18.4	21.0	52.9
Not 5-A-DAY	3,675	9.3	21.1	22.6	47.0
Alcohol most days	383	9.7	16.2	20.1	54.0

Group	Number of survey responders	Never	Once or twice a week	Three or four times a week	Five or more times a week
Alcohol 1-3 days a week	1,191	6.5	19.9	24.1	49.5
Alcohol 1-3 days a month	897	7.8	20.5	22.4	49.3
Alcohol less than once a month	1,071	9.1	22.3	22.2	46.4
Never drinks alcohol	1,188	14.9	22.3	20.4	42.4
No alcohol in last week	1,336	8.1	21.3	22.2	48.4
Safe alcohol units last week#	1,522	7.2	20.5	24.0	48.4
Excessive alcohol units last week#	392	6.4	18.4	20.4	54.8
Dangerous alcohol units last week#	106	9.4	10.4	18.9	61.3
Usually binge drinks more than once a week	1,123	9.2	21.2	20.6	49.1
Usually binge drinks less than once a week	3,534	9.8	20.7	22.6	46.9
Acceptable weekly units and no binge drinking#	2,097	7.2	20.0	23.2	49.6
Acceptable weekly units but binge drinking#	711	8.4	23.8	22.6	45.1
Excessive weekly units but no binge drinking#	153	3.3	18.3	24.2	54.2
Excessive weekly units and binge drinking#	341	8.8	15.2	18.2	57.8
Moderate+2*vigorous < 30 minutes in week	1,964	19.1	26.4	20.2	34.3
Moderate+2*vigorous 30+ mins but <2.5 hrs	502	2.6	22.1	33.5	41.8
Moderate+2*vigorous 2.5+ hours in week	1,785	3.0	13.9	20.8	62.2
Current smoker	1,472	10.5	19.3	20.2	50.1
Former smoker	1,274	12.4	21.2	23.4	43.0
Never smoker	1,985	7.2	21.9	22.8	48.1
Current light smokers (<10 cigs/day)	321	7.8	19.3	23.4	49.5
Current moderate smokers (10-19 cigs/day)	541	9.6	17.2	19.6	53.6
Current heavy smokers (20+ cigs/day)	308	12.3	19.8	20.8	47.1
E-cigarette current user	342	11.1	22.8	23.7	42.4
E-cigarette former user or never used	3,838	9.1	20.1	21.8	49.0
Underweight or desirable weight	1,546	7.6	17.9	21.2	53.4

Group	Number of survey responders	Never	Once or twice a week	Three or four times a week	Five or more times a week
Overweight	1,580	8.4	18.9	22.5	50.2
Obese	1,155	13.1	25.3	22.6	39.0
Only adult in household	1,298	12.6	21.5	21.5	44.5
Two adults in household	2,323	8.3	21.4	22.9	47.5
Three or more adults in household	1,057	7.7	19.6	21.1	51.7
Very/fairly safe in area in day	4,260	8.5	20.5	22.7	48.3
A bit/very unsafe in area in day	468	18.2	25.2	17.1	39.5
Very/fairly safe in area after dark	2,523	8.6	20.0	21.2	50.1
A bit/very unsafe in area after dark	2,132	10.1	22.0	23.6	44.3
Very/fairly safe alone in home at night	4,092	8.8	20.5	22.8	47.9
A bit/very unsafe alone in home at night	610	14.6	24.3	18.5	42.6
Very/fairly safe in area in day (65+)	856	13.6	23.0	26.9	36.6
A bit/very unsafe in area in day (65+)	106	30.2	28.3	18.9	22.6
Very/fairly safe in area after dark (65+)	419	13.4	21.5	26.5	38.7
A bit/very unsafe in area after dark (65+)	499	16.6	25.3	26.9	31.3
Very/fairly safe alone in home at night (65+)	833	14.6	23.0	25.6	36.7
A bit/very unsafe alone in home at night (65+)	119	21.8	28.6	30.3	19.3
Speak daily to family	2,114	9.6	20.1	21.4	48.9
Speak 3-6 days/week to family	1,125	8.2	20.8	24.2	46.8
Speak 1-2days/week to family	963	9.1	23.3	23.8	43.8
Speak <1day/week to family	485	12.0	20.0	18.6	49.5
Speak daily to friends	1,949	7.8	17.9	19.9	54.5
Speak 3-6 days/week to friends	1,290	7.0	20.2	26.5	46.3
Speak 1-2days/week to friends	950	10.9	26.4	23.1	39.6
Speak <1day/week to friends	481	18.5	24.7	20.0	36.8
Speak daily to neighbours	823	11.4	18.7	20.4	49.5

Group	Number of survey responders	Never	Once or twice a week	Three or four times a week	Five or more times a week
Speak 3-6 days/week to neighbours	1,145	6.0	18.7	25.7	49.6
Speak 1-2days/week to neighbours	1,468	9.1	22.7	22.5	45.7
Speak <1day/week to neighbours	1,232	11.4	22.0	20.1	46.4
Speak daily to others	3,102	9.3	19.5	21.1	50.1
Speak 3-6 days/week to others	1,142	7.4	23.0	25.4	44.2
Speak 1-2days/week to others	387	15.2	24.8	24.8	35.1
Speak <1day/week to others	64	17.2	28.1	12.5	42.2
Potentially socially isolated	433	12.5	23.6	21.7	42.3
Not potentially socially isolated	4,275	9.1	20.7	22.2	48.0
Potentially socially isolated (65+)	134	17.2	26.9	28.4	27.6
Not potentially socially isolated (65+)	820	14.6	23.2	26.0	36.2

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.6.4 *Summary of Frequency of 30+ Minutes of Physical Activity in Week at Different Levels (2011 guidelines)*

Note that the level of physical activity undertaken is associated with age, gender and deprivation. Therefore, one group might appear to undertake physical activity more frequently or at higher intensity compared to another group, but that might just be because they are younger, male or live in less deprived areas as younger people, males and people living in less deprived areas tend to undertake physical activity more than older people, females and those living in the most deprived areas. For example, people who are retired tend to undertake physical activity less than those who are working but this is likely to be associated with age rather than retirement specifically. People who are obese tend to undertake physical activity less, and this could also be associated with age although it could also be associated with obesity as well. Lack of historical physical activity has resulted in a person becoming overweight or being overweight limits their physical activity. People living in more deprived areas are more likely to be current smokers, and as deprivation and physical activity are associated, it could be that smokers are less likely to undertake physical activity. This could be due to deprivation, or it could be due to differences in the attitudes of smokers in relation to healthy living, or a combination of both of

these. It is not known, other than to say associations are complex and associated factors should be considered when interpreting the information.

Table 55: Detailed tabulations: Frequency of undertaking 30 minutes or more of vigorous or moderate intensity physical activity

Group	Number of survey responders	Five or more sessions per week (fulfils 2011 national guidelines)	Fewer than five sessions per week	Light physical activity only*	Never undertakes physical activity**
Hull	5,273	33.5	36.3	22.9	7.2
Male	2,397	39.5	33.2	20.6	6.6
Female	2,876	28.5	38.8	24.9	7.7
16-24	955	48.0	38.8	10.6	2.6
25-34	915	41.2	42.2	14.1	2.5
35-44	806	38.1	39.3	17.9	4.7
45-54	850	33.2	36.0	23.5	7.3
55-64	661	24.7	34.2	29.7	11.5
65-74	621	20.8	33.0	35.9	10.3
75+	443	11.1	20.8	47.6	20.5
Males aged 16-24	478	56.7	34.1	7.7	1.5
Males aged 25-34	414	43.2	38.6	14.7	3.4
Males aged 35-44	366	44.3	35.2	15.3	5.2
Males aged 45-54	398	38.4	31.7	22.6	7.3
Males aged 55-64	306	31.7	29.7	26.5	12.1
Males aged 65-74	258	23.6	31.8	33.7	10.9
Males aged 75+	172	14.0	25.0	46.5	14.5
Females aged 16-24	477	39.2	43.6	13.4	3.8
Females aged 25-34	501	39.5	45.1	13.6	1.8
Females aged 35-44	440	33.0	42.7	20.0	4.3
Females aged 45-54	452	28.5	39.8	24.3	7.3

Group	Number of survey responders	Five or more sessions per week (fulfils 2011 national guidelines)	Fewer than five sessions per week	Light physical activity only*	Never undertakes physical activity**
Females aged 55-64	355	18.6	38.0	32.4	11.0
Females aged 65-74	363	18.7	33.9	37.5	9.9
Females aged 75+	271	9.2	18.1	48.3	24.4
Most deprived tenth	560	35.0	30.4	26.6	8.0
Second most deprived tenth	549	31.7	31.3	25.1	11.8
Most deprived fifth	1,109	33.4	30.8	25.9	9.9
Second most deprived fifth	1,031	34.2	35.0	23.0	7.8
Middle deprivation fifth	986	31.5	36.1	23.5	8.8
Second least deprived fifth	1,067	33.7	38.1	23.1	5.0
Least deprived fifth	1,079	34.7	41.5	19.1	4.7
North Carr	562	34.3	38.3	19.6	7.8
Northern	752	37.0	34.2	22.7	6.1
East	713	28.9	37.9	25.9	7.3
Park	810	34.9	37.0	22.0	6.0
Riverside	965	32.7	34.1	24.2	8.9
West	716	30.2	35.9	24.9	9.1
Wyke	754	36.6	37.9	20.3	5.2
Bransholme East	217	29.0	39.2	20.3	11.5
Bransholme West	141	39.0	28.4	25.5	7.1
Kings Park	204	36.8	44.1	14.7	4.4
Beverley	176	37.5	35.8	22.2	4.5
Orchard Park & Greenwood	290	36.2	29.3	26.6	7.9
University	286	37.4	38.1	19.2	5.2
Ings	225	26.2	39.6	26.7	7.6
Longhill	227	31.3	36.1	24.7	7.9
Sutton	261	29.1	37.9	26.4	6.5

Group	Number of survey responders	Five or more sessions per week (fulfils 2011 national guidelines)	Fewer than five sessions per week	Light physical activity only*	Never undertakes physical activity**
Holderness	250	36.0	40.0	21.2	2.8
Marfleet	243	31.3	35.4	23.5	9.9
Southcoates East	186	37.1	32.3	23.1	7.5
Southcoates West	131	36.6	41.2	19.1	3.1
Drypool	245	27.8	42.4	22.0	7.8
Myton	321	37.1	30.2	24.0	8.7
Newington	244	30.3	35.7	23.0	11.1
St Andrews	155	35.5	26.5	30.3	7.7
Boothferry	203	33.0	39.4	20.2	7.4
Derringham	238	27.7	36.6	26.5	9.2
Pickering	275	30.2	32.7	26.9	10.2
Avenue	275	39.3	34.9	21.5	4.4
Bricknell	177	28.2	42.4	22.6	6.8
Newland	302	39.1	38.1	17.9	5.0
Working <20 hours	377	39.8	41.1	17.5	1.6
Working 20-<35	430	37.0	43.7	17.4	1.9
Working 35+ hours	1,163	42.3	38.5	15.0	4.1
Working hours not specified	232	40.9	40.5	15.9	2.6
Full-time student	511	46.2	40.3	10.6	2.9
Retired	1,067	16.9	30.8	39.4	12.9
Looking after family/home	407	39.8	38.6	18.4	3.2
Unemployed/not allowed to work	320	34.7	36.9	23.8	4.7
Long-term sick or disabled	380	17.4	22.1	36.6	23.9
Not working for other reason or no reason given	94	26.6	26.6	33.0	13.8
White British	4,697	33.6	36.1	23.0	7.3
White Other	204	33.3	41.2	21.1	4.4

Group	Number of survey responders	Five or more sessions per week (fulfils 2011 national guidelines)	Fewer than five sessions per week	Light physical activity only*	Never undertakes physical activity**
Mixed	45	37.8	37.8	17.8	6.7
Asian/Asian British	74	41.9	29.7	24.3	4.1
Black/Black British	61	34.4	45.9	14.8	4.9
Chinese	29	31.0	37.9	24.1	6.9
Arab	25	20.0	52.0	20.0	8.0
Other	23	34.8	26.1	34.8	4.3
Excellent health	493	49.3	34.5	12.8	3.4
Very good health	1,453	44.9	38.5	14.2	2.4
Good health	1,847	33.2	41.7	21.3	3.8
Fair health	997	20.5	31.6	36.2	11.7
Poor health	455	11.0	20.0	38.2	30.8
Limiting long-term illness or disability	1,459	20.3	26.3	36.1	17.3
No limiting long-term illness or disability	3,768	38.8	40.2	17.6	3.3
Well-being - satisfied - poor (0-4)	588	21.6	26.5	30.3	21.6
Well-being - satisfied - score 5-7	2,028	31.0	36.6	25.3	7.1
Well-being - satisfied - score 8-10	2,627	38.3	38.4	19.3	3.9
Well-being - worthwhile - poor (0-4)	483	23.4	28.0	26.9	21.7
Well-being - worthwhile - score 5-7	1,836	30.1	37.2	24.6	8.2
Well-being - worthwhile - score 8-10	2,920	37.6	37.3	21.1	4.0
Well-being - happy - poor (0-4)	734	27.8	29.2	27.1	15.9
Well-being - happy - score 5-7	1,848	32.2	37.8	22.8	7.3
Well-being - happy - score 8-10	2,644	36.2	37.3	21.8	4.7
Well-being - anxious - poor (6-10)	1,424	31.7	37.0	23.2	8.1
Well-being - anxious - score 3-5	1,448	30.5	35.7	24.0	9.9
Well-being - anxious - score 0-2	2,345	36.7	36.5	21.9	4.8
Healthy diet	3,585	37.0	35.8	21.2	6.0

Group	Number of survey responders	Five or more sessions per week (fulfils 2011 national guidelines)	Fewer than five sessions per week	Light physical activity only*	Never undertakes physical activity**
Not healthy diet	1,246	24.7	38.5	26.6	10.2
Lack of knowledge about healthy diet	372	32.3	32.5	26.9	8.3
5-A-DAY	962	41.5	32.8	20.8	4.9
Not 5-A-DAY	4,053	31.9	37.5	23.5	7.1
Alcohol most days	431	33.9	35.3	23.4	7.4
Alcohol 1-3 days a week	1,371	37.3	40.0	18.7	3.9
Alcohol 1-3 days a month	1,004	37.0	40.4	17.6	5.0
Alcohol less than once a month	1,160	31.7	35.9	25.6	6.7
Never drinks alcohol	1,274	28.4	29.8	28.7	13.0
No alcohol in last week	1,445	34.5	36.7	23.0	5.8
Safe alcohol units last week#	1,728	35.0	39.8	20.5	4.7
Excessive alcohol units last week#	466	39.9	40.1	16.5	3.4
Dangerous alcohol units last week#	116	35.3	37.1	19.0	8.6
Usually binge drinks more than once a week	1,292	36.5	37.3	20.4	5.8
Usually binge drinks less than once a week	3,863	32.7	35.9	23.7	7.7
Acceptable weekly units and no binge drinking#	2,312	34.9	38.7	21.4	5.1
Acceptable weekly units but binge drinking#	804	34.8	37.4	22.3	5.5
Excessive weekly units but no binge drinking#	169	37.3	42.6	17.2	3.0
Excessive weekly units and binge drinking#	407	39.8	38.1	17.0	5.2
Moderate+2*vigorous < 30 minutes in week	2,032	9.6	26.9	45.6	17.9
Moderate+2*vigorous 30+ mins but <2.5 hrs	567	16.9	71.3	11.5	0.4
Moderate+2*vigorous 2.5+ hours in week	2,075	57.8	37.4	4.5	0.3
Current smoker	1,607	33.4	34.4	24.1	8.0
Former smoker	1,419	30.7	35.1	24.3	9.9
Never smoker	2,211	35.2	38.5	21.5	4.8
Current light smokers (<10 cigs/day)	362	37.8	39.5	17.1	5.5

Group	Number of survey responders	Five or more sessions per week (fulfils 2011 national guidelines)	Fewer than five sessions per week	Light physical activity only*	Never undertakes physical activity**
Current moderate smokers (10-19 cigs/day)	584	33.0	36.1	24.1	6.7
Current heavy smokers (20+ cigs/day)	333	33.3	28.8	27.9	9.9
E-cigarette current user	387	31.3	38.2	22.2	8.3
E-cigarette former user or never used	4,224	34.1	36.6	22.7	6.7
Underweight or desirable weight	1,725	41.2	34.4	19.5	4.9
Overweight	1,772	34.8	36.2	23.3	5.7
Obese	1,260	23.4	38.4	26.5	11.7
Only adult in household	1,417	30.2	31.1	28.1	10.6
Two adults in household	2,582	32.5	39.2	22.2	6.0
Three or more adults in household	1,182	40.4	36.1	18.8	4.7
Very/fairly safe in area in day	4,733	33.9	36.9	22.9	6.2
A bit/very unsafe in area in day	504	30.2	31.7	23.0	15.1
Very/fairly safe in area after dark	2,841	37.0	37.1	20.1	5.8
A bit/very unsafe in area after dark	2,315	30.2	36.0	25.6	8.2
Very/fairly safe alone in home at night	4,553	33.8	37.0	22.8	6.5
A bit/very unsafe alone in home at night	658	32.2	32.5	23.7	11.6
Very/fairly safe in area in day (65+)	940	17.1	28.8	41.4	12.7
A bit/very unsafe in area in day (65+)	116	14.7	20.7	36.2	28.4
Very/fairly safe in area after dark (65+)	467	16.9	32.1	39.0	12.0
A bit/very unsafe in area after dark (65+)	539	17.6	26.0	40.8	15.6
Very/fairly safe alone in home at night (65+)	914	16.6	29.0	40.5	13.9
A bit/very unsafe alone in home at night (65+)	132	18.2	20.5	42.4	18.9
Speak daily to family	2,348	33.8	34.7	23.9	7.6
Speak 3-6 days/week to family	1,244	33.0	40.0	21.2	5.7
Speak 1-2days/week to family	1,073	33.9	37.7	21.5	6.8
Speak <1day/week to family	530	34.7	32.3	25.1	7.9

Group	Number of survey responders	Five or more sessions per week (fulfils 2011 national guidelines)	Fewer than five sessions per week	Light physical activity only*	Never undertakes physical activity**
Speak daily to friends	2,205	40.7	34.5	19.6	5.2
Speak 3-6 days/week to friends	1,413	34.1	40.4	21.2	4.2
Speak 1-2days/week to friends	1,048	24.2	38.3	28.2	9.3
Speak <1day/week to friends	513	22.4	30.2	30.6	16.8
Speak daily to neighbours	916	36.8	31.2	23.1	8.8
Speak 3-6 days/week to neighbours	1,256	33.0	38.1	24.0	4.9
Speak 1-2days/week to neighbours	1,649	32.4	37.4	23.4	6.9
Speak <1day/week to neighbours	1,354	34.0	37.4	21.0	7.6
Speak daily to others	3,459	35.9	35.0	22.4	6.7
Speak 3-6 days/week to others	1,249	30.9	41.2	22.6	5.4
Speak 1-2days/week to others	430	24.2	36.0	27.2	12.6
Speak <1day/week to others	66	36.4	22.7	25.8	15.2
Potentially socially isolated	468	26.5	33.3	29.5	10.7
Not potentially socially isolated	4,746	34.4	36.7	22.3	6.6
Potentially socially isolated (65+)	140	12.1	21.4	50.0	16.4
Not potentially socially isolated (65+)	904	17.6	29.1	39.7	13.6
2007 survey	4,053	26.3	41.7	23.6	8.4
2009 survey***	5,806	36.7	23.8	32.3	7.2
2011 survey	13,121	26.7	38.4	25.7	9.2
2014 survey	5,273	33.5	36.3	22.9	7.2

*Undertakes 30 minute sessions of light physical activity only with no 30 minute sessions of vigorous or moderate physical activity.

**Does not undertakes any 30 minute sessions of vigorous, moderate or light intensity physical activity.

***There was a slight difference in the way the question was asked in 2009 which could influence the findings (see **section 3.2.8**).

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.6.5 *Number of Minutes of Physical Activity Last Week at Vigorous level (used in relation to 2012 guidelines)*

There are relatively high proportions of survey responders who did not answer these questions in particular among the older age groups, which suggests that these estimates could be an underestimate of physical activity levels.

Note that the level of physical activity undertaken is associated with age, gender and deprivation. Therefore, one group might appear to undertake physical activity more frequently or at higher intensity compared to another group, but that might just be because they are younger, male or live in less deprived areas as younger people, males and people living in less deprived areas tend to undertake physical activity more than older people, females and those living in the most deprived areas. For example, people who are retired tend to undertake physical activity less than those who are working but this is likely to be associated with age rather than retirement specifically. People who are obese tend to undertake physical activity less, and this could also be associated with age although it could also be associated with obesity as well. Lack of historical physical activity has resulted in a person becoming overweight or being overweight limits their physical activity. People living in more deprived areas are more likely to be current smokers, and as deprivation and physical activity are associated, it could be that smokers are less likely to undertake physical activity. This could be due to deprivation, or it could be due to differences in the attitudes of smokers in relation to healthy living, or a combination of both of these. It is not known, other than to say associations are complex and associated factors should be considered when interpreting the information.

If the number of minutes exceeds 2.5 hours of moderate physical activity per week, then the survey responder is deemed to have been fulfilled the '150 minute' component of the 2012 national physical activity guidelines. However, the time component can also be made up of vigorous physical activity entirely (75 minutes) or a combination of moderate and vigorous physical activity (with vigorous physical activity counting as twice the 'time' / level of moderate physical activity). Therefore, it is not possible to estimate the number of people fulfilling the '150 minute' component of the 2012 national physical activity guidelines from this table (as it is necessary to consider the levels of moderate physical activity as well – see **Table 57** in **section 5.6.6**). To examine the percentage of survey responders fulfilling the '150 minute' component of the 2012 national physical activity guidelines, see **Table 58** in **section 5.6.7**. There are additional components to fulfil the entire 2012 physical activity guidelines (see **section 3.2.8** for more information).

As the guidelines are 75 minutes of vigorous physical activity per week ***if only vigorous physical activity undertaken and no moderate physical activity undertaken*** then the total number of minutes of vigorous physical activity in the previous week has been divided into categories: less than half of that recommended, half that recommended or more but less than the recommended level, the recommended level or more but fewer than twice this, and twice the recommended levels or more. The original intention was to have

a separate category for 'none' but the majority in the first 'less than 37.5 minutes' category are mainly all these who have undertaken no vigorous physical activity (only 92 out of the 3,112 people undertaking less than 37.5 minutes did some vigorous physical activity).

Table 56: Detailed tabulations: Total number of minutes of vigorous physical activity during previous week

Group	Number of survey responders	Less than 37.5 mins (0.625 hrs)	37.5 mins or more but less than 75 mins (1.25 hrs)	75 mins or more but less than 150 mins (2.5 hrs)	150 mins or more (2.5 hrs)
Hull	4,343	71.7	4.7	7.2	16.5
Male	2,026	62.6	4.5	8.2	24.6
Female	2,317	79.6	4.8	6.3	9.3
16-24	811	52.9	6.7	10.5	30.0
25-34	766	60.4	7.2	10.3	22.1
35-44	676	66.4	5.5	9.5	18.6
45-54	697	76.5	4.6	5.3	13.6
55-64	539	85.0	2.6	4.3	8.2
65-74	483	87.4	1.9	4.1	6.6
75+	354	96.9	0.6	0.8	1.7
Males aged 16-24	400	39.0	5.8	11.5	43.8
Males aged 25-34	359	50.4	6.4	11.4	31.8
Males aged 35-44	324	57.4	5.2	10.5	26.9
Males aged 45-54	338	68.0	5.3	6.8	19.8
Males aged 55-64	257	80.9	3.1	3.5	12.5
Males aged 65-74	214	84.1	1.4	5.6	8.9
Males aged 75+	130	95.4	0.0	0.8	3.8
Females aged 16-24	411	66.4	7.5	9.5	16.5
Females aged 25-34	407	69.3	7.9	9.3	13.5
Females aged 35-44	352	74.7	5.7	8.5	11.1
Females aged 45-54	359	84.4	3.9	3.9	7.8
Females aged 55-64	282	88.7	2.1	5.0	4.3

Group	Number of survey responders	Less than 37.5 mins (0.625 hrs)	37.5 mins or more but less than 75 mins (1.25 hrs)	75 mins or more but less than 150 mins (2.5 hrs)	150 mins or more (2.5 hrs)
Females aged 65-74	269	90.0	2.2	3.0	4.8
Females aged 75+	224	97.8	0.9	0.9	0.4
Most deprived tenth	454	77.8	2.9	4.2	15.2
Second most deprived tenth	460	76.5	2.6	6.7	14.1
Most deprived fifth	914	77.1	2.7	5.5	14.7
Second most deprived fifth	847	73.9	4.4	6.4	15.3
Middle deprivation fifth	819	75.7	4.9	6.1	13.3
Second least deprived fifth	862	67.9	5.9	7.8	18.4
Least deprived fifth	901	63.9	5.7	10.1	20.3
North Carr	477	71.5	5.9	6.1	16.6
Northern	603	65.8	5.8	8.1	20.2
East	600	78.3	4.0	4.7	13.0
Park	673	70.1	4.8	8.9	16.2
Riverside	798	75.8	3.4	6.8	14.0
West	601	71.4	3.7	7.5	17.5
Wyke	591	67.3	6.1	8.0	18.6
Bransholme East	177	78.5	2.8	5.1	13.6
Bransholme West	121	75.2	8.3	3.3	13.2
Kings Park	179	62.0	7.3	8.9	21.8
Beverley	147	62.6	5.4	10.9	21.1
Orchard Park & Greenwood	232	76.7	4.3	3.9	15.1
University	224	56.7	7.6	10.7	25.0
Ings	197	78.7	5.1	3.0	13.2
Longhill	188	77.1	2.1	6.9	13.8
Sutton	215	79.1	4.7	4.2	12.1
Holderness	198	67.7	3.0	11.6	17.7

Group	Number of survey responders	Less than 37.5 mins (0.625 hrs)	37.5 mins or more but less than 75 mins (1.25 hrs)	75 mins or more but less than 150 mins (2.5 hrs)	150 mins or more (2.5 hrs)
Marfleet	200	73.0	7.0	4.5	15.5
Southcoates East	158	76.6	3.2	7.6	12.7
Southcoates West	117	60.7	6.0	13.7	19.7
Drypool	206	67.5	5.8	11.7	15.0
Myton	263	76.8	2.3	5.3	15.6
Newington	206	80.6	4.4	5.8	9.2
St Andrews	123	79.7	0.0	3.3	17.1
Boothferry	173	61.8	5.2	9.2	23.7
Derringham	200	77.0	1.5	7.5	14.0
Pickering	228	73.7	4.4	6.1	15.8
Avenue	201	75.6	2.5	5.5	16.4
Bricknell	125	72.8	6.4	5.6	15.2
Newland	265	58.5	8.7	10.9	21.9
Working <20 hours	311	65.3	5.8	9.0	19.9
Working 20-<35	345	70.4	5.5	8.1	15.9
Working 35+ hours	1,002	58.4	6.9	10.6	24.2
Working hours not specified	174	62.6	6.3	8.0	23.0
Full-time student	430	50.7	7.9	11.9	29.5
Retired	850	90.2	1.5	2.9	5.3
Looking after family/home	327	82.3	3.7	5.5	8.6
Unemployed/not allowed to work	271	73.1	4.4	6.3	16.2
Long-term sick of disabled	334	91.3	0.9	1.8	6.0
Not working for other reason or no reason given	72	83.3	4.2	5.6	6.9
White British	3,874	72.1	4.5	7.2	16.1
White Other	180	63.9	5.6	6.7	23.9
Mixed	31	58.1	12.9	9.7	19.4

Group	Number of survey responders	Less than 37.5 mins (0.625 hrs)	37.5 mins or more but less than 75 mins (1.25 hrs)	75 mins or more but less than 150 mins (2.5 hrs)	150 mins or more (2.5 hrs)
Asian/Asian British	58	67.2	8.6	5.2	19.0
Black/Black British	48	72.9	2.1	12.5	12.5
Chinese	24	58.3	16.7	4.2	20.8
Arab	18	61.1	5.6	11.1	22.2
Other	21	71.4	4.8	4.8	19.0
Excellent health	405	47.4	4.9	12.1	35.6
Very good health	1,169	59.3	8.3	9.6	22.8
Good health	1,497	71.9	4.2	7.9	16.0
Fair health	840	88.3	2.3	3.3	6.1
Poor health	409	94.9	1.2	1.0	2.9
Limiting long-term illness or disability	1,248	89.2	2.2	2.6	6.0
No limiting long-term illness or disability	3,059	64.4	5.7	9.1	20.9
Well-being - satisfied - poor (0-4)	515	87.8	1.7	3.3	7.2
Well-being - satisfied - score 5-7	1,681	75.0	4.3	6.5	14.2
Well-being - satisfied - score 8-10	2,124	65.0	5.7	8.7	20.6
Well-being - worthwhile - poor (0-4)	415	87.2	2.2	2.7	8.0
Well-being - worthwhile - score 5-7	1,525	75.0	4.3	6.1	14.6
Well-being - worthwhile - score 8-10	2,376	66.5	5.4	8.8	19.3
Well-being - happy - poor (0-4)	635	80.6	2.2	5.4	11.8
Well-being - happy - score 5-7	1,551	72.3	5.3	6.8	15.7
Well-being - happy - score 8-10	2,124	68.5	5.0	8.1	18.5
Well-being - anxious - poor (6-10)	1,139	76.2	4.4	6.1	13.3
Well-being - anxious - score 3-5	1,218	74.0	4.5	7.7	13.8
Well-being - anxious - score 0-2	1,951	67.5	4.9	7.5	20.1
Healthy diet	2,902	67.3	5.2	7.8	19.7
Not healthy diet	1,088	80.8	3.5	6.4	9.3

Group	Number of survey responders	Less than 37.5 mins (0.625 hrs)	37.5 mins or more but less than 75 mins (1.25 hrs)	75 mins or more but less than 150 mins (2.5 hrs)	150 mins or more (2.5 hrs)
Lack of knowledge about healthy diet	296	78.4	4.4	5.4	11.8
5-A-DAY	763	64.5	4.7	8.0	22.8
Not 5-A-DAY	3,386	72.5	4.8	7.2	15.5
Alcohol most days	360	75.8	3.1	5.3	15.8
Alcohol 1-3 days a week	1,118	62.3	7.0	10.7	19.9
Alcohol 1-3 days a month	837	64.3	5.0	9.6	21.1
Alcohol less than once a month	959	74.5	4.5	5.7	15.3
Never drinks alcohol	1,042	83.7	2.5	3.5	10.4
No alcohol in last week	1,193	71.2	5.1	6.5	17.2
Safe alcohol units last week#	1,450	65.3	6.1	10.3	18.3
Excessive alcohol units last week#	387	63.6	4.9	8.0	23.5
Dangerous alcohol units last week#	105	71.4	3.8	4.8	20.0
Usually binge drinks more than once a week	1,056	68.8	4.1	8.0	19.2
Usually binge drinks less than once a week	3,205	72.6	4.9	6.8	15.7
Acceptable weekly units and no binge drinking#	1,940	67.2	6.3	8.2	18.2
Acceptable weekly units but binge drinking#	664	69.6	4.1	9.3	17.0
Excessive weekly units but no binge drinking#	150	67.3	5.3	8.7	18.7
Excessive weekly units and binge drinking#	337	64.7	4.5	6.2	24.6
Exercise 30 min sessions 5+ times per week	1,388	39.8	7.9	11.6	40.6
Exercise 30 min sessions <5 times per week	1,604	75.9	5.7	9.2	9.1
Light exercise only (not moderate/vigorous)	973	99.2	0.2	0.3	0.3
Never exercise	367	99.7	0.0	0.0	0.3
Moderate+2*vigorous < 30 minutes in week	1,957	100.0	0.0	0.0	0.0
Moderate+2*vigorous 30+ mins but <2.5 hrs	478	90.2	9.8	0.0	0.0
Moderate+2*vigorous 2.5+ hours in week	1,908	37.9	8.2	16.4	37.5
Current smoker	1,320	76.0	3.6	5.2	15.2

Group	Number of survey responders	Less than 37.5 mins (0.625 hrs)	37.5 mins or more but less than 75 mins (1.25 hrs)	75 mins or more but less than 150 mins (2.5 hrs)	150 mins or more (2.5 hrs)
Former smoker	1,165	75.2	4.6	6.8	13.4
Never smoker	1,834	66.3	5.6	8.8	19.2
Current light smokers (<10 cigs/day)	299	66.9	5.7	7.0	20.4
Current moderate smokers (10-19 cigs/day)	467	77.5	2.8	4.7	15.0
Current heavy smokers (20+ cigs/day)	284	78.5	1.8	5.3	14.4
E-cigarette current user	314	73.2	5.1	6.7	15.0
E-cigarette former user or never used	3,535	70.6	4.8	7.4	17.3
Underweight or desirable weight	1,406	64.9	5.3	9.0	20.8
Overweight	1,458	69.2	4.8	7.2	18.8
Obese	1,066	80.0	4.3	5.7	9.9
Only adult in household	1,154	78.3	3.6	6.0	12.1
Two adults in household	2,126	72.5	5.3	6.8	15.4
Three or more adults in household	994	61.6	4.7	9.5	24.2
Very/fairly safe in area in day	3,902	70.8	4.7	7.4	17.0
A bit/very unsafe in area in day	415	78.6	4.1	5.5	11.8
Very/fairly safe in area after dark	2,329	66.5	5.0	8.4	20.1
A bit/very unsafe in area after dark	1,912	76.9	4.3	6.1	12.7
Very/fairly safe alone in home at night	3,759	70.5	4.8	7.4	17.3
A bit/very unsafe alone in home at night	537	77.8	4.3	6.0	11.9
Very/fairly safe in area in day (65+)	732	90.7	1.2	3.1	4.9
A bit/very unsafe in area in day (65+)	98	95.9	2.0	0.0	2.0
Very/fairly safe in area after dark (65+)	358	89.4	1.1	4.7	4.7
A bit/very unsafe in area after dark (65+)	426	92.3	1.4	1.4	4.9
Very/fairly safe alone in home at night (65+)	723	90.9	1.4	3.2	4.6
A bit/very unsafe alone in home at night (65+)	99	93.9	1.0	0.0	5.1
Speak daily to family	1,911	74.1	4.1	6.3	15.4

Group	Number of survey responders	Less than 37.5 mins (0.625 hrs)	37.5 mins or more but less than 75 mins (1.25 hrs)	75 mins or more but less than 150 mins (2.5 hrs)	150 mins or more (2.5 hrs)
Speak 3-6 days/week to family	1,032	69.4	4.8	8.8	17.0
Speak 1-2days/week to family	903	68.3	6.1	7.3	18.3
Speak <1day/week to family	438	71.7	4.6	7.1	16.7
Speak daily to friends	1,797	64.4	5.5	8.2	21.9
Speak 3-6 days/week to friends	1,167	70.8	5.2	8.1	15.9
Speak 1-2days/week to friends	860	80.2	3.4	4.8	11.6
Speak <1day/week to friends	448	84.8	3.1	5.4	6.7
Speak daily to neighbours	727	76.3	3.6	5.4	14.7
Speak 3-6 days/week to neighbours	1,025	74.1	3.8	7.7	14.3
Speak 1-2days/week to neighbours	1,359	70.8	5.6	7.3	16.3
Speak <1day/week to neighbours	1,156	67.1	5.2	8.0	19.7
Speak daily to others	2,848	70.4	4.7	7.0	17.9
Speak 3-6 days/week to others	1,036	72.4	4.6	8.2	14.8
Speak 1-2days/week to others	355	77.2	4.8	6.8	11.3
Speak <1day/week to others	52	80.8	5.8	3.8	9.6
Potentially socially isolated	385	77.7	3.9	6.5	11.9
Not potentially socially isolated	3,917	70.9	4.7	7.3	17.1
Potentially socially isolated (65+)	115	93.0	2.6	1.7	2.6
Not potentially socially isolated (65+)	709	91.0	1.1	3.0	4.9

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.6.6 *Number of Minutes of Physical Activity Last Week at Moderate Level (used in relation to 2012 guidelines)*

There are relatively high proportions of survey responders who did not answer these questions in particular among the older age groups, which suggests that these estimates could be an underestimate of physical activity levels.

Note that the level of physical activity undertaken is associated with age, gender and deprivation. Therefore, one group might appear to undertake physical activity more frequently or at higher intensity compared to another group, but that might just be because they are younger, male or live in less deprived areas as younger people, males and people living in less deprived areas tend to undertake physical activity more than older people, females and those living in the most deprived areas. For example, people who are retired tend to undertake physical activity less than those who are working but this is likely to be associated with age rather than retirement specifically. People who are obese tend to undertake physical activity less, and this could also be associated with age although it could also be associated with obesity as well. Lack of historical physical activity has resulted in a person becoming overweight or being overweight limits their physical activity. People living in more deprived areas are more likely to be current smokers, and as deprivation and physical activity are associated, it could be that smokers are less likely to undertake physical activity. This could be due to deprivation, or it could be due to differences in the attitudes of smokers in relation to healthy living, or a combination of both of these. It is not known, other than to say associations are complex and associated factors should be considered when interpreting the information.

If the number of minutes exceeds 2.5 hours of moderate physical activity per week, then the survey responder is deemed to have been fulfilled the '150 minute' component of the 2012 national physical activity guidelines. However, the time component can also be made up of vigorous physical activity entirely (75 minutes) or a combination of moderate and vigorous physical activity (with vigorous physical activity counting as twice the 'time' / level of moderate physical activity). Therefore, it is not possible to estimate the number of people fulfilling the '150 minute' component of the 2012 national physical activity guidelines from this table (as it is necessary to consider the levels of vigorous physical activity as well – see **Table 56** in **section 5.6.5**). To examine the percentage of survey responders fulfilling the '150 minute' component of the 2012 national physical activity guidelines, see **Table 58** in **section 5.6.7**. There are additional components to fulfil the entire 2012 physical activity guidelines (see **section 3.2.8** for more information).

As the guidelines are 150 minutes of moderate physical activity per week ***if only moderate physical activity undertaken and no vigorous physical activity undertaken*** then the total number of minutes of moderate physical activity in the previous week has been divided into no moderate physical activity in the previous week, some but less than half of that recommended, half that recommended

or more but less than the recommended level, the recommended level or more but fewer than twice this, and twice the recommended levels or more.

Table 57: Detailed tabulations: Total number of minutes of moderate physical activity during previous week

Group	Number of survey responders	None	Some but <75 mins (1.25 hrs)	75+ mins but <2.5 hrs	2.5+ hrs but <5 hrs	5+ hrs
Hull	4,130	43.4	10.3	12.1	15.4	18.8
Male	1,908	42.8	10.3	11.5	15.1	20.3
Female	2,222	43.9	10.2	12.6	15.7	17.6
16-24	739	31.3	13.5	15.0	20.3	19.9
25-34	707	32.7	14.7	14.4	17.1	21.1
35-44	630	36.3	9.8	14.8	16.8	22.2
45-54	671	40.7	8.9	11.5	17.6	21.3
55-64	521	51.6	7.9	12.3	12.5	15.7
65-74	482	55.4	7.5	8.7	11.0	17.4
75+	366	77.3	5.5	2.7	6.6	7.9
Males aged 16-24	360	31.4	13.3	12.5	18.6	24.2
Males aged 25-34	326	39.0	15.3	12.9	15.3	17.5
Males aged 35-44	302	36.1	9.3	12.3	15.9	26.5
Males aged 45-54	324	41.4	8.3	11.7	17.9	20.7
Males aged 55-64	241	53.1	8.3	11.6	12.0	14.9
Males aged 65-74	209	50.7	6.2	11.0	11.5	20.6
Males aged 75+	142	69.7	7.0	3.5	8.5	11.3
Females aged 16-24	379	31.1	13.7	17.4	21.9	15.8
Females aged 25-34	381	27.3	14.2	15.7	18.6	24.1
Females aged 35-44	328	36.6	10.4	17.1	17.7	18.3
Females aged 45-54	347	40.1	9.5	11.2	17.3	21.9
Females aged 55-64	280	50.4	7.5	12.9	12.9	16.4
Females aged 65-74	273	59.0	8.4	7.0	10.6	15.0

Group	Number of survey responders	None	Some but <75 mins (1.25 hrs)	75+ mins but <2.5 hrs	2.5+ hrs but <5 hrs	5+ hrs
Females aged 75+	224	82.1	4.5	2.2	5.4	5.8
Most deprived tenth	433	53.8	7.4	7.9	12.2	18.7
Second most deprived tenth	440	50.0	7.3	10.9	13.6	18.2
Most deprived fifth	873	51.9	7.3	9.4	12.9	18.4
Second most deprived fifth	798	46.0	9.8	10.3	13.8	20.2
Middle deprivation fifth	786	45.0	10.7	13.0	12.3	19.0
Second least deprived fifth	831	38.6	11.9	11.9	19.4	18.2
Least deprived fifth	841	35.3	11.8	16.1	18.5	18.3
North Carr	450	40.0	9.3	15.3	17.8	17.6
Northern	580	40.9	10.7	12.8	16.6	19.1
East	574	44.6	7.8	11.1	16.6	19.9
Park	625	42.2	9.9	12.0	16.2	19.7
Riverside	743	51.4	8.2	9.6	12.1	18.7
West	565	46.2	12.9	11.5	13.5	15.9
Wyke	592	35.8	13.3	13.9	16.7	20.3
Bransholme East	167	44.3	7.8	14.4	15.6	18.0
Bransholme West	117	44.4	6.8	10.3	19.7	18.8
Kings Park	166	32.5	12.7	19.9	18.7	16.3
Beverley	141	38.3	13.5	18.4	14.9	14.9
Orchard Park & Greenwood	222	47.7	8.6	5.9	16.2	21.6
University	217	35.5	11.1	16.1	18.0	19.4
Ings	187	47.1	8.0	9.6	17.1	18.2
Longhill	183	44.8	7.1	13.7	14.8	19.7
Sutton	204	42.2	8.3	10.3	17.6	21.6
Holderness	185	39.5	5.9	13.0	17.3	24.3
Marfleet	186	47.8	11.8	11.3	13.4	15.6

Group	Number of survey responders	None	Some but <75 mins (1.25 hrs)	75+ mins but <2.5 hrs	2.5+ hrs but <5 hrs	5+ hrs
Southcoates East	155	49.0	9.0	10.3	14.8	16.8
Southcoates West	99	26.3	15.2	14.1	21.2	23.2
Drypool	187	48.1	9.6	10.7	15.5	16.0
Myton	243	53.5	9.9	7.4	11.5	17.7
Newington	195	49.7	6.2	12.8	10.3	21.0
St Andrews	118	55.1	5.9	6.8	11.0	21.2
Boothferry	167	37.1	12.6	12.6	18.6	19.2
Derringham	177	50.8	14.1	8.5	12.4	14.1
Pickering	221	49.3	12.2	13.1	10.4	14.9
Avenue	197	34.0	13.2	12.2	16.8	23.9
Bricknell	130	36.2	12.3	13.1	15.4	23.1
Newland	265	37.0	14.0	15.5	17.4	16.2
Working <20 hours	298	30.2	12.8	15.1	19.5	22.5
Working 20-<35	342	26.6	14.0	16.1	17.5	25.7
Working 35+ hours	941	32.7	12.0	14.2	18.3	22.7
Working hours not specified	154	35.1	13.6	14.3	18.2	18.8
Full-time student	396	33.8	15.2	15.9	17.9	17.2
Retired	858	60.3	7.2	7.7	10.4	14.5
Looking after family/home	295	33.2	8.1	15.3	20.3	23.1
Unemployed/not allowed to work	257	43.2	10.5	11.3	14.8	20.2
Long-term sick of disabled	321	75.7	3.4	6.9	7.5	6.5
Not working for other reason or no reason given	64	73.4	1.6	6.3	12.5	6.3
White British	3,704	42.8	10.0	12.0	15.6	19.5
White Other	170	43.5	14.1	11.2	15.3	15.9
Mixed	28	53.6	7.1	14.3	14.3	10.7
Asian/Asian British	56	39.3	8.9	23.2	12.5	16.1

Group	Number of survey responders	None	Some but <75 mins (1.25 hrs)	75+ mins but <2.5 hrs	2.5+ hrs but <5 hrs	5+ hrs
Black/Black British	36	33.3	19.4	25.0	13.9	8.3
Chinese	26	57.7	11.5	7.7	11.5	11.5
Arab	17	58.8	17.6	17.6	5.9	0.0
Other	16	56.3	12.5	0.0	25.0	6.3
Excellent health	372	32.3	12.1	17.7	15.6	22.3
Very good health	1,101	26.7	13.4	13.4	23.0	23.5
Good health	1,429	38.0	11.9	13.0	15.7	21.3
Fair health	808	60.9	5.7	10.0	9.8	13.6
Poor health	397	83.6	3.8	3.5	4.8	4.3
Limiting long-term illness or disability	1,226	65.9	5.5	8.1	8.7	11.8
No limiting long-term illness or disability	2,872	33.7	12.4	13.9	18.3	21.8
Well-being - satisfied - poor (0-4)	490	68.6	4.1	7.1	9.2	11.0
Well-being - satisfied - score 5-7	1,592	46.2	11.2	11.9	13.1	17.6
Well-being - satisfied - score 8-10	2,028	34.8	11.1	13.5	18.8	21.7
Well-being - worthwhile - poor (0-4)	404	65.8	5.2	8.4	7.9	12.6
Well-being - worthwhile - score 5-7	1,445	48.5	10.3	11.6	14.0	15.6
Well-being - worthwhile - score 8-10	2,257	35.7	11.3	13.2	17.8	22.0
Well-being - happy - poor (0-4)	601	59.2	8.0	9.0	9.3	14.5
Well-being - happy - score 5-7	1,466	44.5	9.7	12.4	15.1	18.3
Well-being - happy - score 8-10	2,031	37.7	11.4	12.7	17.7	20.5
Well-being - anxious - poor (6-10)	1,090	44.4	9.9	12.8	13.3	19.5
Well-being - anxious - score 3-5	1,149	50.0	9.6	10.0	14.4	16.0
Well-being - anxious - score 0-2	1,855	38.3	11.1	13.0	17.5	20.2
Healthy diet	2,765	37.9	11.0	13.0	17.1	21.1
Not healthy diet	1,043	54.0	9.8	10.7	11.2	14.3
Lack of knowledge about healthy diet	276	56.5	5.1	8.7	15.2	14.5

Group	Number of survey responders	None	Some but <75 mins (1.25 hrs)	75+ mins but <2.5 hrs	2.5+ hrs but <5 hrs	5+ hrs
5-A-DAY	734	33.7	9.0	12.0	18.1	27.2
Not 5-A-DAY	3,240	44.3	10.8	12.4	15.3	17.3
Alcohol most days	351	43.3	4.6	13.1	15.7	23.4
Alcohol 1-3 days a week	1,072	34.1	12.5	14.1	17.5	21.7
Alcohol 1-3 days a month	788	35.5	15.0	14.6	16.9	18.0
Alcohol less than once a month	907	44.7	8.2	12.5	14.9	19.8
Never drinks alcohol	988	58.3	8.1	7.2	12.4	14.0
No alcohol in last week	1,144	44.1	9.6	13.5	14.5	18.3
Safe alcohol units last week#	1,376	34.6	12.6	13.4	18.2	21.2
Excessive alcohol units last week#	368	31.0	12.0	15.8	18.8	22.6
Dangerous alcohol units last week#	101	40.6	5.0	11.9	13.9	28.7
Usually binge drinks more than once a week	992	40.5	9.9	13.0	17.1	19.5
Usually binge drinks less than once a week	3,067	44.0	10.3	11.9	15.1	18.7
Acceptable weekly units and no binge drinking#	1,863	37.4	11.4	14.1	16.2	20.9
Acceptable weekly units but binge drinking#	624	42.5	10.1	12.0	18.1	17.3
Excessive weekly units but no binge drinking#	141	27.7	12.1	14.9	22.0	23.4
Excessive weekly units and binge drinking#	324	35.2	9.6	15.1	16.0	24.1
Exercise 30 min sessions 5+ times per week	1,279	11.7	10.2	15.0	24.9	38.2
Exercise 30 min sessions <5 times per week	1,438	28.2	17.7	18.6	19.2	16.4
Light exercise only (not moderate/vigorous)	1,043	84.4	3.5	3.8	3.8	4.5
Never exercise	359	97.5	1.1	0.0	0.6	0.8
Moderate+2*vigorous < 30 minutes in week	1,676	98.5	1.5	0.0	0.0	0.0
Moderate+2*vigorous 30+ mins but <2.5 hrs	547	5.3	43.9	50.8	0.0	0.0
Moderate+2*vigorous 2.5+ hours in week	1,907	5.9	8.3	11.6	33.4	40.7
Current smoker	1,259	48.1	8.4	10.6	12.6	20.3
Former smoker	1,127	46.9	9.6	11.1	14.3	18.1

Group	Number of survey responders	None	Some but <75 mins (1.25 hrs)	75+ mins but <2.5 hrs	2.5+ hrs but <5 hrs	5+ hrs
Never smoker	1,724	37.8	12.0	13.9	18.2	18.2
Current light smokers (<10 cigs/day)	285	41.4	11.6	10.9	15.1	21.1
Current moderate smokers (10-19 cigs/day)	451	45.5	8.2	10.4	14.6	21.3
Current heavy smokers (20+ cigs/day)	263	54.4	4.9	10.3	10.6	19.8
E-cigarette current user	281	47.0	9.3	10.7	11.4	21.7
E-cigarette former user or never used	3,403	41.8	10.5	12.5	16.2	18.8
Underweight or desirable weight	1,342	37.6	9.8	12.6	17.3	22.7
Overweight	1,396	40.0	10.8	12.9	16.5	19.8
Obese	1,021	52.1	10.0	10.5	13.3	14.1
Only adult in household	1,125	52.2	8.7	9.7	12.5	16.9
Two adults in household	2,005	40.6	11.3	12.5	16.3	19.3
Three or more adults in household	941	37.2	10.2	14.6	17.6	20.4
Very/fairly safe in area in day	3,715	41.7	10.7	12.4	16.0	19.1
A bit/very unsafe in area in day	389	57.8	6.4	10.3	9.3	16.2
Very/fairly safe in area after dark	2,212	39.0	10.8	12.7	16.8	20.8
A bit/very unsafe in area after dark	1,827	47.0	10.1	11.7	14.3	16.9
Very/fairly safe alone in home at night	3,576	41.9	10.4	12.4	16.0	19.2
A bit/very unsafe alone in home at night	505	51.7	9.5	10.3	11.7	16.8
Very/fairly safe in area in day (65+)	750	62.4	7.1	6.5	10.0	14.0
A bit/very unsafe in area in day (65+)	92	82.6	3.3	3.3	2.2	8.7
Very/fairly safe in area after dark (65+)	362	55.5	8.3	8.0	12.7	15.5
A bit/very unsafe in area after dark (65+)	438	69.4	5.7	5.3	7.1	12.6
Very/fairly safe alone in home at night (65+)	728	62.2	6.9	6.9	10.2	13.9
A bit/very unsafe alone in home at night (65+)	103	79.6	5.8	1.9	1.9	10.7
Speak daily to family	1,797	46.6	8.7	10.2	15.5	19.0
Speak 3-6 days/week to family	1,002	38.0	10.7	14.5	16.5	20.4

Group	Number of survey responders	None	Some but <75 mins (1.25 hrs)	75+ mins but <2.5 hrs	2.5+ hrs but <5 hrs	5+ hrs
Speak 1-2days/week to family	863	40.0	13.1	14.4	14.8	17.7
Speak <1day/week to family	414	46.4	10.4	10.6	14.5	18.1
Speak daily to friends	1,669	39.8	10.0	12.2	17.3	20.7
Speak 3-6 days/week to friends	1,141	37.4	11.8	13.5	16.7	20.6
Speak 1-2days/week to friends	829	48.9	9.5	12.2	13.8	15.7
Speak <1day/week to friends	424	58.5	8.7	8.7	9.4	14.6
Speak daily to neighbours	685	51.2	7.7	7.3	15.9	17.8
Speak 3-6 days/week to neighbours	968	40.1	9.9	12.3	16.4	21.3
Speak 1-2days/week to neighbours	1,305	40.8	10.8	13.2	15.3	19.9
Speak <1day/week to neighbours	1,101	43.1	11.5	14.0	14.7	16.7
Speak daily to others	2,684	44.0	9.6	11.2	15.8	19.3
Speak 3-6 days/week to others	1,013	38.4	12.3	14.5	15.2	19.5
Speak 1-2days/week to others	340	47.6	9.7	12.9	14.4	15.3
Speak <1day/week to others	45	57.8	8.9	11.1	13.3	8.9
Potentially socially isolated	378	47.4	9.3	12.4	11.9	19.0
Not potentially socially isolated	3,711	42.6	10.5	12.1	15.9	18.9
Potentially socially isolated (65+)	122	65.6	9.0	7.4	6.6	11.5
Not potentially socially isolated (65+)	711	64.1	6.3	5.9	9.7	13.9

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.6.7 *Total Number of Minutes of Physical Activity Last Week at Vigorous or Moderate Levels (2012 guidelines)*

There are relatively high proportions of survey responders who did not answer these questions in particular among the older age groups, which suggests that these estimates could be an underestimate of physical activity levels.

Note that the level of physical activity undertaken is associated with age, gender and deprivation. Therefore, one group might appear to undertake physical activity more frequently or at higher intensity compared to another group, but that might just be because they are younger, male or live in less deprived areas as younger people, males and people living in less deprived areas tend to undertake physical activity more than older people, females and those living in the most deprived areas. For example, people who are retired tend to undertake physical activity less than those who are working but this is likely to be associated with age rather than retirement specifically. People who are obese tend to undertake physical activity less, and this could also be associated with age although it could also be associated with obesity as well. Lack of historical physical activity has resulted in a person becoming overweight or being overweight limits their physical activity. People living in more deprived areas are more likely to be current smokers, and as deprivation and physical activity are associated, it could be that smokers are less likely to undertake physical activity. This could be due to deprivation, or it could be due to differences in the attitudes of smokers in relation to healthy living, or a combination of both of these. It is not known, other than to say associations are complex and associated factors should be considered when interpreting the information.

This gives a sum of the twice the total number of minutes of vigorous physical activity (**section 5.6.5**) and the total number of minutes of moderate physical activity (**section 5.6.6**) undertaken the previous week. If the number of minutes exceeds 2.5 hours per week, then the survey responder is deemed to have been fulfilled the '150 minute' component of the 2012 national physical activity guidelines, and also deemed to be "active" based on the Public Health Outcomes Framework (PHOF) indicator. If a survey responder undertakes fewer than 30 minutes of moderate or vigorous physical activity the previous week then the person is deemed to be "inactive" based on the PHOF indicator.

It is not known if the person fulfils the 2012 national physical activity guidelines overall as additionally people are recommended to undertake muscle-strengthening physical activity on two or more occasions per week, and this 2014 Health and Wellbeing Survey did not ask for details of types of physical activity undertaken. This would have been too complex for the questionnaire. The '150 minute' component of the 2012 physical activity guidelines states that 150 minutes of moderate physical activity should be undertaken each week, or 75 minutes of vigorous physical activity, or a combination of the two levels. Vigorous physical activity counts as twice moderate physical activity.

Table 58: Detailed tabulations: Total number of minutes of vigorous or moderate physical activity during previous week

Group	Number of survey responders	Less than 30 mins	30+ mins but <2.5 hrs	2.5+ hrs but <5 hours	5+ hours	Inactive*	Active*
Hull	4,687	43.5	12.1	13.0	31.3	43.5	44.4
Male	2,155	38.8	10.7	11.7	38.7	38.8	50.5
Female	2,532	47.5	13.3	14.1	25.0	47.5	39.1
16-24	843	27.3	13.5	15.3	43.9	27.3	59.2
25-34	803	31.8	13.2	16.1	39.0	31.8	55.0
35-44	716	36.0	12.4	13.7	37.8	36.0	51.5
45-54	756	42.5	12.4	13.9	31.2	42.5	45.1
55-64	599	53.6	13.0	12.7	20.7	53.6	33.4
65-74	553	59.1	11.0	8.7	21.2	59.1	29.8
75+	399	79.2	6.0	6.3	8.5	79.2	14.8
Males aged 16-24	417	22.1	12.0	10.6	55.4	22.1	65.9
Males aged 25-34	368	31.0	10.3	13.6	45.1	31.0	58.7
Males aged 35-44	336	29.5	9.5	13.4	47.6	29.5	61.0
Males aged 45-54	359	39.6	10.6	12.8	37.0	39.6	49.9
Males aged 55-64	276	52.2	12.3	12.0	23.6	52.2	35.5
Males aged 65-74	241	55.6	10.4	9.5	24.5	55.6	34.0
Males aged 75+	154	72.1	7.8	7.1	13.0	72.1	20.1
Females aged 16-24	426	32.4	15.0	20.0	32.6	32.4	52.6
Females aged 25-34	435	32.4	15.6	18.2	33.8	32.4	52.0
Females aged 35-44	380	41.8	15.0	13.9	29.2	41.8	43.2
Females aged 45-54	397	45.1	14.1	14.9	25.9	45.1	40.8
Females aged 55-64	323	54.8	13.6	13.3	18.3	54.8	31.6
Females aged 65-74	312	61.9	11.5	8.0	18.6	61.9	26.6
Females aged 75+	245	83.7	4.9	5.7	5.7	83.7	11.4

Group	Number of survey responders	Less than 30 mins	30+ mins but <2.5 hrs	2.5+ hrs but <5 hours	5+ hours	Inactive*	Active*
Most deprived tenth	494	52.0	9.5	10.1	28.3	52.0	38.5
Second most deprived tenth	490	52.0	10.4	9.6	28.0	52.0	37.6
Most deprived fifth	984	52.0	10.0	9.9	28.2	52.0	38.0
Second most deprived fifth	911	46.2	11.6	12.1	30.1	46.2	42.2
Middle deprivation fifth	887	46.7	13.2	12.5	27.6	46.7	40.1
Second least deprived fifth	932	38.0	12.3	14.7	35.0	38.0	49.7
Least deprived fifth	972	34.9	13.6	16.0	35.5	34.9	51.5
North Carr	516	41.5	14.9	14.3	29.3	41.5	43.6
Northern	644	39.0	12.4	13.2	35.4	39.0	48.6
East	663	47.5	11.8	11.5	29.3	47.5	40.7
Park	722	42.5	10.2	16.1	31.2	42.5	47.2
Riverside	852	51.1	10.0	10.9	28.1	51.1	39.0
West	657	46.7	11.6	11.7	30.0	46.7	41.7
Wyke	632	33.4	15.5	14.2	36.9	33.4	51.1
Bransholme East	191	48.2	14.1	13.6	24.1	48.2	37.7
Bransholme West	131	44.3	13.7	13.7	28.2	44.3	42.0
Kings Park	194	33.0	16.5	15.5	35.1	33.0	50.5
Beverley	159	38.4	14.5	13.2	34.0	38.4	47.2
Orchard Park & Greenwood	249	47.8	9.6	11.2	31.3	47.8	42.6
University	236	30.1	14.0	15.3	40.7	30.1	55.9
Ings	213	49.8	10.8	11.3	28.2	49.8	39.4
Longhill	215	48.4	13.0	9.8	28.8	48.4	38.6
Sutton	235	44.7	11.5	13.2	30.6	44.7	43.8
Holderness	214	37.4	8.9	16.4	37.4	37.4	53.7
Marfleet	215	49.8	12.1	13.0	25.1	49.8	38.1
Southcoates East	172	48.3	9.9	14.0	27.9	48.3	41.9

Group	Number of survey responders	Less than 30 mins	30+ mins but <2.5 hrs	2.5+ hrs but <5 hours	5+ hours	Inactive*	Active*
Southcoates West	121	30.6	9.9	24.0	35.5	30.6	59.5
Drypool	217	45.2	10.6	16.1	28.1	45.2	44.2
Myton	278	52.2	10.1	8.6	29.1	52.2	37.8
Newington	221	52.0	10.4	10.9	26.7	52.0	37.6
St Andrews	136	56.6	8.1	7.4	27.9	56.6	35.3
Boothferry	192	35.9	9.4	16.1	38.5	35.9	54.7
Derringham	213	51.6	12.7	10.3	25.4	51.6	35.7
Pickering	252	50.8	12.3	9.5	27.4	50.8	36.9
Avenue	211	35.5	15.2	12.3	37.0	35.5	49.3
Bricknell	139	33.8	15.8	15.8	34.5	33.8	50.4
Newland	282	31.6	15.6	14.9	37.9	31.6	52.8
Working <20 hours	336	31.0	15.8	15.2	38.1	31.0	53.3
Working 20-<35	387	32.0	15.8	15.5	36.7	32.0	52.2
Working 35+ hours	1,055	28.6	13.2	16.0	42.2	28.6	58.2
Working hours not specified	193	36.3	12.4	13.5	37.8	36.3	51.3
Full-time student	443	28.2	13.8	15.3	42.7	28.2	58.0
Retired	962	63.3	10.3	8.7	17.7	63.3	26.4
Looking after family/home	351	41.3	14.0	17.1	27.6	41.3	44.7
Unemployed/not allowed to work	285	43.2	11.9	13.7	31.2	43.2	44.9
Long-term sick or disabled	348	74.1	7.2	6.3	12.4	74.1	18.7
Not working for other reason or no reason given	79	72.2	3.8	11.4	12.7	72.2	24.1
White British	4,199	43.3	11.8	13.1	31.7	43.3	44.9
White Other	184	38.0	14.7	13.6	33.7	38.0	47.3
Mixed	32	46.9	9.4	9.4	34.4	46.9	43.8
Asian/Asian British	61	36.1	21.3	13.1	29.5	36.1	42.6
Black/Black British	49	42.9	20.4	14.3	22.4	42.9	36.7

Group	Number of survey responders	Less than 30 mins	30+ mins but <2.5 hrs	2.5+ hrs but <5 hours	5+ hours	Inactive*	Active*
Chinese	27	44.4	18.5	14.8	22.2	44.4	37.0
Arab	19	57.9	5.3	15.8	21.1	57.9	36.8
Other	21	52.4	14.3	9.5	23.8	52.4	33.3
Excellent health	438	25.8	13.0	13.9	47.3	25.8	61.2
Very good health	1,264	27.7	13.1	17.5	41.8	27.7	59.3
Good health	1,631	39.2	13.9	14.0	32.9	39.2	46.9
Fair health	907	63.1	10.4	8.6	18.0	63.1	26.6
Poor health	421	83.6	5.0	4.3	7.1	83.6	11.4
Limiting long-term illness or disability	1,335	66.8	9.2	7.6	16.3	66.8	24.0
No limiting long-term illness or disability	3,314	34.0	13.3	15.2	37.5	34.0	52.7
Well-being - satisfied - poor (0-4)	533	69.0	7.5	6.0	17.4	69.0	23.5
Well-being - satisfied - score 5-7	1,807	46.5	13.1	11.8	28.6	46.5	40.4
Well-being - satisfied - score 8-10	2,322	35.0	12.5	15.7	36.8	35.0	52.5
Well-being - worthwhile - poor (0-4)	439	66.5	9.3	6.6	17.5	66.5	24.1
Well-being - worthwhile - score 5-7	1,640	48.4	12.1	11.8	27.6	48.4	39.5
Well-being - worthwhile - score 8-10	2,580	36.1	12.7	15.0	36.2	36.1	51.2
Well-being - happy - poor (0-4)	668	58.7	9.1	8.1	24.1	58.7	32.2
Well-being - happy - score 5-7	1,663	45.1	12.6	12.1	30.2	45.1	42.3
Well-being - happy - score 8-10	2,320	37.8	12.6	15.3	34.4	37.8	49.7
Well-being - anxious - poor (6-10)	1,242	46.5	12.2	11.7	29.5	46.5	41.2
Well-being - anxious - score 3-5	1,297	50.2	10.6	12.0	27.2	50.2	39.2
Well-being - anxious - score 0-2	2,106	37.2	13.1	14.6	35.1	37.2	49.8
Healthy diet	3,161	38.2	12.5	13.4	35.8	38.2	49.3
Not healthy diet	1,152	53.5	12.6	12.2	21.7	53.5	33.9
Lack of knowledge about healthy diet	316	56.6	7.3	12.0	24.1	56.6	36.1
5-A-DAY	832	33.4	10.8	14.1	41.7	33.4	55.8

Group	Number of survey responders	Less than 30 mins	30+ mins but <2.5 hrs	2.5+ hrs but <5 hours	5+ hours	Inactive*	Active*
Not 5-A-DAY	3,648	44.3	12.7	13.1	29.9	44.3	43.0
Alcohol most days	393	43.5	10.9	10.9	34.6	43.5	45.5
Alcohol 1-3 days a week	1,222	33.0	13.3	16.0	37.7	33.0	53.8
Alcohol 1-3 days a month	899	34.9	15.5	13.8	35.8	34.9	49.6
Alcohol less than once a month	1,034	46.3	11.3	11.9	30.5	46.3	42.4
Never drinks alcohol	1,110	59.1	9.5	10.7	20.7	59.1	31.4
No alcohol in last week	1,285	44.0	12.6	12.0	31.4	44.0	43.4
Safe alcohol units last week#	1,575	34.7	13.5	15.7	36.1	34.7	51.8
Excessive alcohol units last week#	418	30.6	13.6	14.6	41.1	30.6	55.7
Dangerous alcohol units last week#	111	36.0	12.6	9.0	42.3	36.0	51.4
Usually binge drinks more than once a week	1,149	40.6	12.3	12.6	34.6	40.6	47.2
Usually binge drinks less than once a week	3,452	44.3	12.1	13.2	30.4	44.3	43.6
Acceptable weekly units and no binge drinking#	2,102	37.3	13.4	14.4	34.9	37.3	49.3
Acceptable weekly units but binge drinking#	717	42.5	11.9	13.5	32.1	42.5	45.6
Excessive weekly units but no binge drinking#	155	28.4	14.2	16.1	41.3	28.4	57.4
Excessive weekly units and binge drinking#	369	33.1	13.3	12.2	41.5	33.1	53.7
Exercise 30 min sessions 5+ times per week	1,491	13.1	6.4	14.4	66.0	13.1	80.4
Exercise 30 min sessions <5 times per week	1,726	31.6	23.4	20.2	24.7	31.6	45.0
Light exercise only (not moderate/vigorous)	1,085	85.3	6.0	4.1	4.6	85.3	8.7
Never exercise	372	97.8	0.5	0.5	1.1	97.8	1.6
Current smoker	1,426	48.3	10.8	10.6	30.3	48.3	40.9
Former smoker	1,270	47.6	11.8	11.7	28.9	47.6	40.6
Never smoker	1,963	37.3	13.3	15.7	33.6	37.3	49.3
Current light smokers (<10 cigs/day)	321	39.3	11.5	12.8	36.4	39.3	49.2
Current moderate smokers (10-19 cigs/day)	513	46.8	11.1	12.1	30.0	46.8	42.1
Current heavy smokers (20+ cigs/day)	299	53.2	9.4	7.4	30.1	53.2	37.5

Group	Number of survey responders	Less than 30 mins	30+ mins but <2.5 hrs	2.5+ hrs but <5 hours	5+ hours	Inactive*	Active*
E-cigarette current user	334	47.3	9.9	11.7	31.1	47.3	42.8
E-cigarette former user or never used	3,799	41.3	12.6	13.5	32.6	41.3	46.1
Underweight or desirable weight	1,519	36.1	12.2	13.6	38.2	36.1	51.7
Overweight	1,590	40.9	11.1	14.0	34.0	40.9	48.1
Obese	1,138	52.0	12.7	12.7	22.6	52.0	35.3
Only adult in household	1,257	52.4	10.3	11.2	26.0	52.4	37.2
Two adults in household	2,299	42.4	13.3	13.5	30.9	42.4	44.4
Three or more adults in household	1,059	34.0	12.0	14.7	39.3	34.0	54.0
Very/fairly safe in area in day	4,215	41.6	12.7	13.5	32.1	41.6	45.6
A bit/very unsafe in area in day	445	60.0	7.0	8.5	24.5	60.0	33.0
Very/fairly safe in area after dark	2,523	37.7	12.5	13.9	35.9	37.7	49.8
A bit/very unsafe in area after dark	2,058	48.9	12.1	12.3	26.7	48.9	39.1
Very/fairly safe alone in home at night	4,062	41.9	12.3	13.5	32.3	41.9	45.8
A bit/very unsafe alone in home at night	574	53.5	10.6	10.1	25.8	53.5	35.9
Very/fairly safe in area in day (65+)	836	65.3	9.4	8.4	16.9	65.3	25.2
A bit/very unsafe in area in day (65+)	109	82.6	5.5	2.8	9.2	82.6	11.9
Very/fairly safe in area after dark (65+)	412	60.4	10.9	10.4	18.2	60.4	28.6
A bit/very unsafe in area after dark (65+)	486	70.6	8.2	6.0	15.2	70.6	21.2
Very/fairly safe alone in home at night (65+)	822	65.3	9.5	8.6	16.5	65.3	25.2
A bit/very unsafe alone in home at night (65+)	113	80.5	6.2	0.9	12.4	80.5	13.3
Speak daily to family	2,082	47.0	11.4	12.2	29.4	47.0	41.6
Speak 3-6 days/week to family	1,113	38.5	12.6	14.3	34.6	38.5	48.9
Speak 1-2days/week to family	965	39.0	14.0	14.6	32.4	39.0	47.0
Speak <1day/week to family	464	46.1	10.8	11.2	31.9	46.1	43.1
Speak daily to friends	1,935	38.8	10.9	12.5	37.9	38.8	50.4
Speak 3-6 days/week to friends	1,270	37.6	14.3	16.1	31.9	37.6	48.0

Group	Number of survey responders	Less than 30 mins	30+ mins but <2.5 hrs	2.5+ hrs but <5 hours	5+ hours	Inactive*	Active*
Speak 1-2days/week to friends	935	51.0	12.3	12.4	24.3	51.0	36.7
Speak <1day/week to friends	471	59.7	11.5	8.9	20.0	59.7	28.9
Speak daily to neighbours	788	51.4	9.1	11.4	28.0	51.4	39.5
Speak 3-6 days/week to neighbours	1,116	43.4	11.6	13.4	31.7	43.4	45.1
Speak 1-2days/week to neighbours	1,476	40.4	13.8	13.2	32.7	40.4	45.9
Speak <1day/week to neighbours	1,225	40.9	12.7	14.0	32.4	40.9	46.4
Speak daily to others	3,079	43.8	11.0	12.4	32.7	43.8	45.1
Speak 3-6 days/week to others	1,117	39.1	14.7	15.2	31.0	39.1	46.2
Speak 1-2days/week to others	383	48.0	13.8	12.8	25.3	48.0	38.1
Speak <1day/week to others	52	57.7	11.5	9.6	21.2	57.7	30.8
Potentially socially isolated	412	47.3	12.9	12.1	27.7	47.3	39.8
Not potentially socially isolated	4,231	42.8	12.0	13.2	31.9	42.8	45.1
Potentially socially isolated (65+)	127	66.1	12.6	6.3	15.0	66.1	21.3
Not potentially socially isolated (65+)	810	67.3	8.4	8.0	16.3	67.3	24.3

*"Active" and "inactive" using very similar definitions used in Public Health Outcomes Framework (only difference is that the period of time the 'bouts' of activity last are not specified locally whereas nationally it is stated that they should be 10 minutes or more. Active is defined as undertaking 2.5 hours or more of moderate physical activity during the week, and inactive is defined as undertaking fewer than 30 minutes of moderate physical activity during the week. In both cases vigorous activity is classified as twice the time of that of moderate exercise, thus a person would fulfil the national 2012 physical activity guidelines if they undertook no moderate physical activity and 1.25 hours of vigorous physical activity during the week.

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.7 Smoking

5.7.1 Usual Smoking Status

Note that smoking status is associated with age, gender and deprivation. Therefore, one group might be more likely to be current smokers compared to another group, but that might just be because they are younger or live in more deprived areas. People who are obese tend to be older, but people who are older are less likely to be current smokers, so it is possible that people who are obese are less likely to be smokers (due to the association through deprivation). Such associations should be considered when interpreting the information.

Table 59: Detailed tabulations: Usual smoking status

Group	Number of survey responders	Daily smoker	Occasional smoker	Former smoker	Never smoked	Current smoker
Hull	5,264	26.5	4.2	27.0	42.2	30.7
Male	2,390	28.3	4.1	26.9	40.6	32.4
Female	2,874	25.1	4.2	27.1	43.6	29.3
16-24	945	28.1	7.0	10.8	54.1	35.1
25-34	910	31.6	6.2	20.5	41.6	37.8
35-44	807	32.6	3.1	24.8	39.5	35.7
45-54	853	30.8	3.3	23.9	42.0	34.1
55-64	665	20.6	3.8	35.0	40.6	24.4
65-74	617	18.6	2.4	47.6	31.3	21.1
75+	446	12.8	0.7	44.6	41.9	13.5
Males aged 16-24	471	26.3	7.6	8.7	57.3	34.0
Males aged 25-34	412	36.2	7.0	16.3	40.5	43.2
Males aged 35-44	366	38.8	3.6	21.6	36.1	42.3
Males aged 45-54	397	30.5	2.5	24.2	42.8	33.0
Males aged 55-64	309	22.0	1.9	37.9	38.2	23.9

Group	Number of survey responders	Daily smoker	Occasional smoker	Former smoker	Never smoked	Current smoker
Males aged 65-74	257	19.8	1.6	55.3	23.3	21.4
Males aged 75+	173	10.4	0.6	59.0	30.1	11.0
Females aged 16-24	474	30.0	6.3	12.9	50.8	36.3
Females aged 25-34	498	27.9	5.4	24.1	42.6	33.3
Females aged 35-44	441	27.4	2.7	27.4	42.4	30.2
Females aged 45-54	456	31.1	3.9	23.7	41.2	35.1
Females aged 55-64	356	19.4	5.3	32.6	42.7	24.7
Females aged 65-74	360	17.8	3.1	42.2	36.9	20.8
Females aged 75+	273	14.3	0.7	35.5	49.5	15.0
Most deprived tenth	559	39.4	4.1	25.4	31.1	43.5
Second most deprived tenth	544	41.4	2.9	24.1	31.6	44.3
Most deprived fifth	1,103	40.3	3.5	24.8	31.4	43.9
Second most deprived fifth	1,035	34.9	3.8	27.8	33.5	38.6
Middle deprivation fifth	989	26.0	5.5	24.9	43.7	31.4
Second least deprived fifth	1,061	18.9	4.1	26.8	50.2	23.0
Least deprived fifth	1,076	12.4	4.2	30.9	52.6	16.5
North Carr	562	31.3	3.2	26.2	39.3	34.5
Northern	752	25.7	4.5	25.7	44.1	30.2
East	708	23.3	4.0	31.2	41.5	27.3
Park	810	25.1	4.0	27.3	43.7	29.0
Riverside	963	37.0	3.8	24.3	34.9	40.8
West	715	19.6	3.5	28.4	48.5	23.1
Wyke	754	21.8	6.1	27.1	45.1	27.9
Bransholme East	216	41.7	4.2	21.3	32.9	45.8
Bransholme West	141	39.7	2.1	29.8	28.4	41.8
Kings Park	205	14.6	2.9	28.8	53.7	17.6

Group	Number of survey responders	Daily smoker	Occasional smoker	Former smoker	Never smoked	Current smoker
Beverley	175	9.7	4.6	33.1	52.6	14.3
Orchard Park & Greenwood	289	41.2	2.8	23.9	32.2	43.9
University	288	19.8	6.3	22.9	51.0	26.0
Ings	224	17.0	3.1	28.6	51.3	20.1
Longhill	225	27.6	4.0	32.4	36.0	31.6
Sutton	259	25.1	4.6	32.4	37.8	29.7
Holderness	247	12.1	3.6	29.6	54.7	15.8
Marfleet	244	34.0	4.5	26.6	34.8	38.5
Southcoates East	187	33.7	3.7	26.2	36.4	37.4
Southcoates West	132	20.5	3.8	25.8	50.0	24.2
Drypool	243	25.1	2.9	27.6	44.4	28.0
Myton	321	39.6	4.0	23.7	32.7	43.6
Newington	246	40.2	4.9	24.0	30.9	45.1
St Andrews	153	45.1	3.3	20.9	30.7	48.4
Boothferry	204	16.2	3.9	27.5	52.5	20.1
Derringham	236	19.5	4.2	30.5	45.8	23.7
Pickering	275	22.2	2.5	27.3	48.0	24.7
Avenue	275	22.9	4.7	27.6	44.7	27.6
Bricknell	177	17.5	4.5	33.9	44.1	22.0
Newland	302	23.2	8.3	22.5	46.0	31.5
Working <20 hours	373	23.9	6.4	21.4	48.3	30.3
Working 20-<35	432	22.0	5.1	25.2	47.7	27.1
Working 35+ hours	1,162	25.8	4.1	24.5	45.5	29.9
Working hours not specified	230	24.8	4.3	22.6	48.3	29.1
Full-time student	506	22.3	6.7	11.5	59.5	29.1
Retired	1,068	16.0	1.6	45.7	36.7	17.6

Group	Number of survey responders	Daily smoker	Occasional smoker	Former smoker	Never smoked	Current smoker
Looking after family/home	406	37.2	2.7	25.1	35.0	39.9
Unemployed/not allowed to work	321	44.5	5.3	19.0	31.2	49.8
Long-term sick of disabled	382	47.4	5.0	23.0	24.6	52.4
Not working for other reason or no reason given	95	34.7	1.1	25.3	38.9	35.8
White British	4,688	26.4	3.9	28.0	41.7	30.3
White Other	207	34.8	6.8	23.7	34.8	41.5
Mixed	44	25.0	15.9	15.9	43.2	40.9
Asian/Asian British	76	17.1	3.9	11.8	67.1	21.1
Black/Black British	60	21.7	8.3	11.7	58.3	30.0
Chinese	29	6.9	6.9	3.4	82.8	13.8
Arab	24	29.2	4.2	12.5	54.2	33.3
Other	23	34.8	4.3	13.0	47.8	39.1
Excellent health	485	17.7	2.5	20.4	59.4	20.2
Very good health	1,452	19.9	4.9	26.3	48.9	24.8
Good health	1,843	28.9	4.7	24.4	42.1	33.6
Fair health	994	30.5	3.2	33.5	32.8	33.7
Poor health	460	37.8	3.9	32.8	25.4	41.7
Limiting long-term illness or disability	1,462	29.5	3.6	33.8	33.1	33.1
No limiting long-term illness or disability	3,754	25.5	4.4	24.3	45.8	29.9
Well-being - satisfied - poor (0-4)	590	40.3	3.4	28.0	28.3	43.7
Well-being - satisfied - score 5-7	2,027	28.7	5.0	27.8	38.5	33.7
Well-being - satisfied - score 8-10	2,617	21.9	3.8	26.1	48.3	25.6
Well-being - worthwhile - poor (0-4)	484	39.3	4.8	27.7	28.3	44.0
Well-being - worthwhile - score 5-7	1,839	28.2	5.0	27.4	39.5	33.2
Well-being - worthwhile - score 8-10	2,905	23.5	3.6	26.6	46.2	27.1
Well-being - happy - poor (0-4)	731	37.3	5.6	24.4	32.7	43.0

Group	Number of survey responders	Daily smoker	Occasional smoker	Former smoker	Never smoked	Current smoker
Well-being - happy - score 5-7	1,851	27.0	4.6	28.5	39.9	31.6
Well-being - happy - score 8-10	2,635	23.3	3.5	26.6	46.6	26.8
Well-being - anxious - poor (6-10)	1,421	29.9	4.4	25.3	40.4	34.3
Well-being - anxious - score 3-5	1,449	26.8	4.1	28.8	40.2	30.9
Well-being - anxious - score 0-2	2,338	24.1	4.1	27.0	44.8	28.2
Healthy diet	3,576	21.4	4.1	29.3	45.3	25.4
Not healthy diet	1,246	38.5	3.8	22.1	35.6	42.3
Lack of knowledge about healthy diet	371	35.8	6.2	21.0	36.9	42.0
5-A-DAY	962	15.5	3.8	32.4	48.2	19.3
Not 5-A-DAY	4,049	28.4	4.2	25.9	41.5	32.7
Alcohol most days	429	36.8	4.2	32.2	26.8	41.0
Alcohol 1-3 days a week	1,365	25.2	6.0	26.1	42.7	31.2
Alcohol 1-3 days a month	1,004	25.7	4.8	27.2	42.3	30.5
Alcohol less than once a month	1,165	26.0	3.0	29.3	41.7	29.0
Never drinks alcohol	1,268	25.5	2.7	24.0	47.9	28.2
No alcohol in last week	1,448	26.6	3.5	28.5	41.5	30.0
Safe alcohol units last week#	1,730	23.6	4.8	28.5	43.1	28.4
Excessive alcohol units last week#	461	32.5	8.0	27.5	31.9	40.6
Dangerous alcohol units last week#	116	48.3	2.6	23.3	25.9	50.9
Usually binge drinks more than once a week	1,285	33.9	6.2	25.9	34.0	40.1
Usually binge drinks less than once a week	3,864	24.1	3.5	27.3	45.1	27.5
Acceptable weekly units and no binge drinking#	2,318	22.9	3.5	29.1	44.5	26.4
Acceptable weekly units but binge drinking#	803	30.3	6.4	26.7	36.7	36.6
Excessive weekly units but no binge drinking#	169	27.2	8.9	27.8	36.1	36.1
Excessive weekly units and binge drinking#	402	39.3	6.2	26.4	28.1	45.5
Exercise 30+ min sessions 5+ times per week	1,752	26.0	4.7	24.9	44.5	30.7

Group	Number of survey responders	Daily smoker	Occasional smoker	Former smoker	Never smoked	Current smoker
Exercise 30+ min sessions <5 times per week	1,901	23.9	5.2	26.2	44.8	29.0
Light exercise only (no 30+ mins mod/vig)	1,208	29.6	2.6	28.6	39.3	32.1
Never exercise (no 30+ mins light/mod/vig)	375	32.3	2.1	37.3	28.3	34.4
Moderate+2*vigorous < 30 minutes in week	2,025	31.0	3.0	29.8	36.2	34.0
Moderate+2*vigorous 30+ mins but <2.5 hrs	566	22.8	4.4	26.5	46.3	27.2
Moderate+2*vigorous 2.5+ hours in week	2,067	23.3	4.9	25.0	46.8	28.2
Current light smokers (<10 cigs/day)	363	61.7	38.3	0.0	0.0	100.0
Current moderate smokers (10-19 cigs/day)	585	96.6	3.4	0.0	0.0	100.0
Current heavy smokers (20+ cigs/day)	336	99.7	0.3	0.0	0.0	100.0
E-cigarette current user	386	50.5	14.0	34.7	0.8	64.5
E-cigarette former user or never used	4,227	25.6	3.5	26.2	44.7	29.1
Underweight or desirable weight	1,725	32.4	5.6	20.0	42.0	38.0
Overweight	1,761	24.3	3.9	30.2	41.6	28.2
Obese	1,263	21.2	2.9	34.0	42.0	24.1
Only adult in household	1,422	32.5	4.1	27.4	35.9	36.6
Two adults in household	2,577	23.9	3.5	29.6	43.0	27.4
Three or more adults in household	1,177	25.1	5.8	21.4	47.7	30.8
Very/fairly safe in area in day	4,726	25.6	4.1	27.2	43.1	29.7
A bit/very unsafe in area in day	505	35.0	5.1	25.7	34.1	40.2
Very/fairly safe in area after dark	2,835	26.6	4.1	25.9	43.5	30.7
A bit/very unsafe in area after dark	2,317	26.6	4.2	28.4	40.8	30.8
Very/fairly safe alone in home at night	4,552	25.4	4.1	27.2	43.3	29.5
A bit/very unsafe alone in home at night	654	35.0	4.4	26.6	33.9	39.4
Very/fairly safe in area in day (65+)	939	15.4	1.3	47.0	36.3	16.7
A bit/very unsafe in area in day (65+)	116	23.3	4.3	42.2	30.2	27.6
Very/fairly safe in area after dark (65+)	466	16.3	0.9	47.0	35.8	17.2

Group	Number of survey responders	Daily smoker	Occasional smoker	Former smoker	Never smoked	Current smoker
A bit/very unsafe in area after dark (65+)	540	16.5	2.0	46.7	34.8	18.5
Very/fairly safe alone in home at night (65+)	913	15.4	1.5	46.8	36.3	17.0
A bit/very unsafe alone in home at night (65+)	132	22.7	2.3	44.7	30.3	25.0
Speak daily to family	2,351	28.7	4.3	27.9	39.2	33.0
Speak 3-6 days/week to family	1,239	22.7	3.8	28.3	45.2	26.5
Speak 1-2days/week to family	1,070	23.2	4.8	25.4	46.6	27.9
Speak <1day/week to family	526	32.7	3.2	24.0	40.1	35.9
Speak daily to friends	2,200	30.9	5.0	23.3	40.9	35.9
Speak 3-6 days/week to friends	1,412	21.2	4.0	29.0	45.8	25.2
Speak 1-2days/week to friends	1,046	23.4	3.4	30.7	42.4	26.9
Speak <1day/week to friends	512	28.7	3.1	30.9	37.3	31.8
Speak daily to neighbours	911	34.1	3.5	28.3	34.0	37.7
Speak 3-6 days/week to neighbours	1,256	22.8	3.3	31.1	42.8	26.1
Speak 1-2days/week to neighbours	1,647	24.7	4.1	29.0	42.3	28.8
Speak <1day/week to neighbours	1,353	27.1	5.5	20.3	47.0	32.7
Speak daily to others	3,455	28.7	4.6	26.0	40.7	33.3
Speak 3-6 days/week to others	1,246	20.4	3.4	30.1	46.1	23.8
Speak 1-2days/week to others	429	26.3	3.3	27.5	42.9	29.6
Speak <1day/week to others	65	32.3	1.5	23.1	43.1	33.8
Potentially socially isolated	469	26.0	3.4	31.3	39.2	29.4
Not potentially socially isolated	4,739	26.6	4.3	26.7	42.5	30.9
Potentially socially isolated (65+)	141	15.6	0.7	46.8	36.9	16.3
Not potentially socially isolated (65+)	904	16.3	1.9	46.5	35.4	18.1
2003 survey	3,238	32.3		28.0	39.6	32.3
2007 survey	4,018	31.7		25.8	42.6	31.7
2009 survey	5,802	33.5		22.2	44.4	33.5

Group	Number of survey responders	Daily smoker	Occasional smoker	Former smoker	Never smoked	Current smoker
2011 survey	13,180	34.0		26.3	39.7	34.0
2014 survey	5,265	30.7		27.0	42.2	30.7

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.7.2 Smoked in Last Week

Note that smoking status is associated with age, gender and deprivation. Therefore, one group might be more likely to be current smokers compared to another group, but that might just be because they are younger or live in more deprived areas. People who are obese tend to be older, but people who are older are less likely to be current smokers, so it is possible that people who are obese are less likely to be smokers (due to the association through deprivation). Such associations should be considered when interpreting the information.

Table 60: Detailed tabulations: Smoked in last week

Group	Number of survey responders	Smoked in last week	Did not smoke in last week
Hull	5,265	28.9	71.1
Male	2,396	31.2	68.8
Female	2,869	27.0	73.0
16-24	954	32.6	67.4
25-34	909	35.0	65.0
35-44	806	34.2	65.8
45-54	854	33.3	66.7
55-64	661	22.1	77.9
65-74	615	20.0	80.0
75+	445	12.4	87.6

Group	Number of survey responders	Smoked in last week	Did not smoke in last week
Males aged 16-24	477	31.4	68.6
Males aged 25-34	412	41.3	58.7
Males aged 35-44	365	41.9	58.1
Males aged 45-54	399	32.8	67.2
Males aged 55-64	307	22.1	77.9
Males aged 65-74	257	21.4	78.6
Males aged 75+	174	10.3	89.7
Females aged 16-24	477	33.8	66.2
Females aged 25-34	497	29.8	70.2
Females aged 35-44	441	27.9	72.1
Females aged 45-54	455	33.6	66.4
Females aged 55-64	354	22.0	78.0
Females aged 65-74	358	19.0	81.0
Females aged 75+	271	13.7	86.3
Most deprived tenth	561	40.8	59.2
Second most deprived tenth	542	42.1	57.9
Most deprived fifth	1,103	41.4	58.6
Second most deprived fifth	1,037	36.3	63.7
Middle deprivation fifth	987	29.5	70.5
Second least deprived fifth	1,064	22.2	77.8
Least deprived fifth	1,074	15.1	84.9
North Carr	562	32.7	67.3
Northern	755	28.3	71.7
East	707	25.6	74.4
Park	812	27.6	72.4
Riverside	961	38.4	61.6
West	718	21.9	78.1

Group	Number of survey responders	Smoked in last week	Did not smoke in last week
Wyke	750	25.7	74.3
Bransholme East	216	42.6	57.4
Bransholme West	142	40.1	59.9
Kings Park	204	17.2	82.8
Beverley	175	14.3	85.7
Orchard Park & Greenwood	292	41.1	58.9
University	288	24.0	76.0
Ings	225	18.7	81.3
Longhill	223	28.3	71.7
Sutton	259	29.3	70.7
Holderness	248	14.1	85.9
Marfleet	244	36.9	63.1
Southcoates East	188	35.6	64.4
Southcoates West	132	24.2	75.8
Drypool	244	25.4	74.6
Myton	321	40.8	59.2
Newington	244	42.6	57.4
St Andrews	152	47.4	52.6
Boothferry	203	18.2	81.8
Derringham	237	22.8	77.2
Pickering	278	23.7	76.3
Avenue	274	26.3	73.7
Bricknell	176	19.3	80.7
Newland	300	29.0	71.0
Working <20 hours	375	28.3	71.7
Working 20-<35	432	24.8	75.2
Working 35+ hours	1,162	28.4	71.6

Group	Number of survey responders	Smoked in last week	Did not smoke in last week
Working hours not specified	230	27.0	73.0
Full-time student	511	26.6	73.4
Retired	1,064	16.7	83.3
Looking after family/home	406	37.9	62.1
Unemployed/not allowed to work	321	48.9	51.1
Long-term sick of disabled	380	48.4	51.6
Not working for other reason or no reason given	95	33.7	66.3
White British	4,688	28.7	71.3
White Other	206	36.9	63.1
Mixed	44	36.4	63.6
Asian/Asian British	76	19.7	80.3
Black/Black British	61	29.5	70.5
Chinese	29	10.3	89.7
Arab	24	25.0	75.0
Other	23	30.4	69.6
Excellent health	490	19.6	80.4
Very good health	1,454	23.2	76.8
Good health	1,844	31.4	68.6
Fair health	990	32.2	67.8
Poor health	457	38.9	61.1
Limiting long-term illness or disability	1,460	31.1	68.9
No limiting long-term illness or disability	3,757	28.2	71.8
Well-being - satisfied - poor (0-4)	588	41.3	58.7
Well-being - satisfied - score 5-7	2,022	31.6	68.4
Well-being - satisfied - score 8-10	2,625	24.2	75.8
Well-being - worthwhile - poor (0-4)	484	41.5	58.5
Well-being - worthwhile - score 5-7	1,833	30.9	69.1

Group	Number of survey responders	Smoked in last week	Did not smoke in last week
Well-being - worthwhile - score 8-10	2,912	25.7	74.3
Well-being - happy - poor (0-4)	731	40.1	59.9
Well-being - happy - score 5-7	1,850	29.8	70.2
Well-being - happy - score 8-10	2,637	25.3	74.7
Well-being - anxious - poor (6-10)	1,424	32.2	67.8
Well-being - anxious - score 3-5	1,446	28.5	71.5
Well-being - anxious - score 0-2	2,340	27.0	73.0
Healthy diet	3,582	24.1	75.9
Not healthy diet	1,245	39.8	60.2
Lack of knowledge about healthy diet	367	38.1	61.9
5-A-DAY	960	18.3	81.7
Not 5-A-DAY	4,049	30.7	69.3
Alcohol most days	430	40.0	60.0
Alcohol 1-3 days a week	1,365	29.7	70.3
Alcohol 1-3 days a month	1,003	28.2	71.8
Alcohol less than once a month	1,164	27.5	72.5
Never drinks alcohol	1,270	26.1	73.9
No alcohol in last week	1,445	28.7	71.3
Safe alcohol units last week#	1,729	26.4	73.6
Excessive alcohol units last week#	463	38.4	61.6
Dangerous alcohol units last week#	116	50.9	49.1
Usually binge drinks more than once a week	1,286	38.2	61.8
Usually binge drinks less than once a week	3,861	25.7	74.3
Acceptable weekly units and no binge drinking#	2,315	24.8	75.2
Acceptable weekly units but binge drinking#	802	34.4	65.6
Excessive weekly units but no binge drinking#	169	34.3	65.7
Excessive weekly units and binge drinking#	404	44.1	55.9

Group	Number of survey responders	Smoked in last week	Did not smoke in last week
Exercise 30+ min sessions 5+ times per week	1,760	29.1	70.9
Exercise 30+ min sessions <5 times per week	1,902	27.5	72.5
Light exercise only (no 30+ mins mod/vig)	1,198	29.8	70.2
Never exercise (no 30+ mins light/mod/vig)	375	32.0	68.0
Moderate+2*vigorous < 30 minutes in week	2,017	31.9	68.1
Moderate+2*vigorous 30+ mins but <2.5 hrs	567	25.7	74.3
Moderate+2*vigorous 2.5+ hours in week	2,069	26.6	73.4
Current smoker	1,595	95.1	4.9
Former smoker	1,423	0.0	100.0
Never smoker	2,224	0.0	100.0
Current light smokers (<10 cigs/day)	362	95.6	4.4
Current moderate smokers (10-19 cigs/day)	583	95.9	4.1
Current heavy smokers (20+ cigs/day)	333	97.0	3.0
E-cigarette current user	384	60.9	39.1
E-cigarette former user or never used	4,223	27.4	72.6
Underweight or desirable weight	1,723	35.8	64.2
Overweight	1,764	26.9	73.1
Obese	1,262	22.7	77.3
Only adult in household	1,418	34.8	65.2
Two adults in household	2,577	25.9	74.1
Three or more adults in household	1,179	28.3	71.7
Very/fairly safe in area in day	4,726	28.0	72.0
A bit/very unsafe in area in day	504	37.7	62.3
Very/fairly safe in area after dark	2,841	29.0	71.0
A bit/very unsafe in area after dark	2,310	28.7	71.3
Very/fairly safe alone in home at night	4,552	27.8	72.2
A bit/very unsafe alone in home at night	653	36.8	63.2

Group	Number of survey responders	Smoked in last week	Did not smoke in last week
Very/fairly safe in area in day (65+)	938	15.9	84.1
A bit/very unsafe in area in day (65+)	114	24.6	75.4
Very/fairly safe in area after dark (65+)	465	16.6	83.4
A bit/very unsafe in area after dark (65+)	539	17.3	82.7
Very/fairly safe alone in home at night (65+)	911	15.9	84.1
A bit/very unsafe alone in home at night (65+)	131	23.7	76.3
Speak daily to family	2,346	30.7	69.3
Speak 3-6 days/week to family	1,241	24.9	75.1
Speak 1-2days/week to family	1,071	26.5	73.5
Speak <1day/week to family	527	34.7	65.3
Speak daily to friends	2,200	33.7	66.3
Speak 3-6 days/week to friends	1,412	23.7	76.3
Speak 1-2days/week to friends	1,045	25.6	74.4
Speak <1day/week to friends	512	29.9	70.1
Speak daily to neighbours	913	36.0	64.0
Speak 3-6 days/week to neighbours	1,257	24.5	75.5
Speak 1-2days/week to neighbours	1,646	27.1	72.9
Speak <1day/week to neighbours	1,349	30.4	69.6
Speak daily to others	3,451	31.2	68.8
Speak 3-6 days/week to others	1,248	22.5	77.5
Speak 1-2days/week to others	429	28.4	71.6
Speak <1day/week to others	66	31.8	68.2
Potentially socially isolated	470	28.3	71.7
Not potentially socially isolated	4,738	29.0	71.0
Potentially socially isolated (65+)	142	15.5	84.5
Not potentially socially isolated (65+)	900	17.0	83.0

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.7.3 Quantity Smoked By Current Smokers

Note that smoking status and quantity smoked by smokers are associated with age, gender and deprivation. Therefore, one group might be more likely to be heavy smokers compared to another group, but that might just be because they are a particular age (e.g. late 50s or early 60s) or live in more deprived areas. People who are obese tend to be older (say early 60s), but smokers in their early 60s tend to be heavy smokers, so it is possible that people who are obese are more likely to be heavy smokers (due to the association through deprivation). Such associations should be considered when interpreting the information.

Survey responders who smoked were asked the quantity they usually smoked (of cigarettes and ounces of tobacco). The quantity of tobacco smoked varied dramatically and it appeared that some survey responders were reporting the number of tobacco roll-ups they were smoking rather than ounces of tobacco. The information relating to quantity smoked just uses the number of cigarettes smoked (and ignores the ounces of tobacco), so might not include certain types of smoker. Of the 1,617 current smokers, the table below illustrates the responses from the 1,285 current smokers who answered the “how many cigarettes do you usually smoke in a day” question (273 daily smokers out of the 1,397 total, and 60 occasional smokers out of the 220 total did not answer the quantity question).

Table 61: Detailed tabulations: Quantity of cigarettes smoked (current smokers only)

Group	Number of survey responders	Light (0-9 cigarettes/week)	Moderate (10-19 cigarettes/week)	Heavy (20+ cigarettes/week)
Hull	1,285	28.2	45.6	26.1
Male	582	27.7	41.8	30.6
Female	703	28.7	48.8	22.5
16-24	276	41.3	41.3	17.4
25-34	288	29.5	47.2	23.3
35-44	238	23.1	46.6	30.3
45-54	221	17.6	51.1	31.2
55-64	121	22.3	38.0	39.7

Group	Number of survey responders	Light (0-9 cigarettes/week)	Moderate (10-19 cigarettes/week)	Heavy (20+ cigarettes/week)
65-74	89	32.6	42.7	24.7
75+	45	28.9	51.1	20.0
Males aged 16-24	128	39.1	39.8	21.1
Males aged 25-34	142	31.0	40.8	28.2
Males aged 35-44	124	25.0	42.7	32.3
Males aged 45-54	98	18.4	48.0	33.7
Males aged 55-64	50	14.0	36.0	50.0
Males aged 65-74	25	32.0	32.0	36.0
Males aged 75+	14	21.4	57.1	21.4
Females aged 16-24	148	43.2	42.6	14.2
Females aged 25-34	146	28.1	53.4	18.5
Females aged 35-44	114	21.1	50.9	28.1
Females aged 45-54	123	17.1	53.7	29.3
Females aged 55-64	71	28.2	39.4	32.4
Females aged 65-74	64	32.8	46.9	20.3
Females aged 75+	31	32.3	48.4	19.4
Most deprived tenth	187	24.6	43.9	31.6
Second most deprived tenth	190	23.2	50.5	26.3
Most deprived fifth	377	23.9	47.2	28.9
Second most deprived fifth	310	21.3	45.5	33.2
Middle deprivation fifth	253	32.4	44.3	23.3
Second least deprived fifth	194	32.0	49.5	18.6
Least deprived fifth	151	41.7	39.1	19.2
North Carr	159	29.6	47.8	22.6
Northern	182	28.6	45.1	26.4
East	151	27.2	47.7	25.2

Group	Number of survey responders	Light (0-9 cigarettes/week)	Moderate (10-19 cigarettes/week)	Heavy (20+ cigarettes/week)
Park	180	26.7	46.1	27.2
Riverside	315	22.2	43.8	34.0
West	136	31.6	48.5	19.9
Wyke	162	38.3	42.6	19.1
Bransholme East	73	30.1	50.7	19.2
Bransholme West	51	23.5	43.1	33.3
Kings Park	35	37.1	48.6	14.3
Beverley	20	45.0	35.0	20.0
Orchard Park & Greenwood	102	24.5	51.0	24.5
University	60	30.0	38.3	31.7
Ings	34	26.5	50.0	23.5
Longhill	55	20.0	52.7	27.3
Sutton	62	33.9	41.9	24.2
Holderness	29	31.0	44.8	24.1
Marfleet	75	25.3	53.3	21.3
Southcoates East	54	27.8	38.9	33.3
Southcoates West	22	22.7	40.9	36.4
Drypool	54	29.6	42.6	27.8
Myton	106	25.5	40.6	34.0
Newington	90	20.0	53.3	26.7
St Andrews	65	13.8	36.9	49.2
Boothferry	34	32.4	52.9	14.7
Derringham	47	36.2	44.7	19.1
Pickering	55	27.3	49.1	23.6
Avenue	58	34.5	46.6	19.0
Bricknell	36	50.0	27.8	22.2

Group	Number of survey responders	Light (0-9 cigarettes/week)	Moderate (10-19 cigarettes/week)	Heavy (20+ cigarettes/week)
Newland	68	35.3	47.1	17.6
Working <20 hours	99	36.4	43.4	20.2
Working 20-<35	95	31.6	46.3	22.1
Working 35+ hours	294	26.2	46.9	26.9
Working hours not specified	57	31.6	42.1	26.3
Full-time student	111	35.1	40.5	24.3
Retired	137	28.5	46.7	24.8
Looking after family/home	135	21.5	58.5	20.0
Unemployed/not allowed to work	122	27.9	40.2	32.0
Long-term sick of disabled	142	19.7	47.9	32.4
Not working for other reason or no reason given	26	26.9	34.6	38.5
White British	1,124	27.4	46.5	26.1
White Other	73	27.4	45.2	27.4
Mixed	13	53.8	7.7	38.5
Asian/Asian British	12	50.0	41.7	8.3
Black/Black British	18	50.0	22.2	27.8
Chinese	3	66.7	33.3	0.0
Arab	5	20.0	40.0	40.0
Other	8	25.0	25.0	50.0
Excellent health	80	20.0	52.5	27.5
Very good health	301	34.2	46.5	19.3
Good health	503	28.4	45.3	26.2
Fair health	256	27.7	44.5	27.7
Poor health	138	21.0	41.3	37.7
Limiting long-term illness or disability	354	24.6	43.2	32.2
No limiting long-term illness or disability	922	29.6	46.5	23.9

Group	Number of survey responders	Light (0-9 cigarettes/week)	Moderate (10-19 cigarettes/week)	Heavy (20+ cigarettes/week)
Well-being - satisfied - poor (0-4)	183	23.5	41.0	35.5
Well-being - satisfied - score 5-7	541	30.7	45.3	24.0
Well-being - satisfied - score 8-10	558	27.4	47.5	25.1
Well-being - worthwhile - poor (0-4)	163	25.2	41.7	33.1
Well-being - worthwhile - score 5-7	471	30.8	42.5	26.8
Well-being - worthwhile - score 8-10	647	27.2	48.8	24.0
Well-being - happy - poor (0-4)	244	25.8	41.0	33.2
Well-being - happy - score 5-7	463	27.9	45.6	26.6
Well-being - happy - score 8-10	570	29.1	47.9	23.0
Well-being - anxious - poor (6-10)	386	31.1	43.3	25.6
Well-being - anxious - score 3-5	354	25.7	46.3	28.0
Well-being - anxious - score 0-2	532	27.6	47.2	25.2
Healthy diet	735	31.7	46.0	22.3
Not healthy diet	410	20.5	43.9	35.6
Lack of knowledge about healthy diet	123	31.7	48.8	19.5
5-A-DAY	144	38.9	42.4	18.8
Not 5-A-DAY	1,067	26.8	46.2	27.0
Alcohol most days	133	23.3	33.8	42.9
Alcohol 1-3 days a week	347	31.1	47.0	21.9
Alcohol 1-3 days a month	242	35.1	43.8	21.1
Alcohol less than once a month	281	23.8	50.5	25.6
Never drinks alcohol	273	25.3	46.2	28.6
No alcohol in last week	357	25.8	50.1	24.1
Safe alcohol units last week#	391	31.5	43.5	25.1
Excessive alcohol units last week#	151	31.8	41.1	27.2
Dangerous alcohol units last week#	48	22.9	33.3	43.8

Group	Number of survey responders	Light (0-9 cigarettes/week)	Moderate (10-19 cigarettes/week)	Heavy (20+ cigarettes/week)
Usually binge drinks more than once a week	403	28.0	42.4	29.5
Usually binge drinks less than once a week	851	28.8	47.0	24.2
Acceptable weekly units and no binge drinking#	499	29.3	47.7	23.0
Acceptable weekly units but binge drinking#	231	29.0	44.6	26.4
Excessive weekly units but no binge drinking#	52	38.5	40.4	21.2
Excessive weekly units and binge drinking#	145	26.9	38.6	34.5
Exercise 30+ min sessions 5+ times per week	441	31.1	43.8	25.2
Exercise 30+ min sessions <5 times per week	450	31.8	46.9	21.3
Light exercise only (no 30+ mins mod/vig)	296	20.9	47.6	31.4
Never exercise (no 30+ mins light/mod/vig)	92	21.7	42.4	35.9
Moderate+2*vigorous < 30 minutes in week	525	24.0	45.7	30.3
Moderate+2*vigorous 30+ mins but <2.5 hrs	122	30.3	46.7	23.0
Moderate+2*vigorous 2.5+ hours in week	486	32.5	44.4	23.0
Current smoker	1,285	28.2	45.6	26.1
E-cigarette current user	190	31.1	42.6	26.3
E-cigarette former user or never used	985	27.5	46.5	26.0
Underweight or desirable weight	517	30.8	42.9	26.3
Overweight	406	26.8	47.5	25.6
Obese	239	21.3	49.0	29.7
Only adult in household	409	26.9	43.5	29.6
Two adults in household	579	28.2	48.9	23.0
Three or more adults in household	282	30.1	42.2	27.7
Very/fairly safe in area in day	1,125	28.3	46.0	25.7
A bit/very unsafe in area in day	153	28.8	41.8	29.4
Very/fairly safe in area after dark	687	27.8	46.7	25.5
A bit/very unsafe in area after dark	570	28.8	44.6	26.7

Group	Number of survey responders	Light (0-9 cigarettes/week)	Moderate (10-19 cigarettes/week)	Heavy (20+ cigarettes/week)
Very/fairly safe alone in home at night	1,059	28.2	45.4	26.3
A bit/very unsafe alone in home at night	215	27.9	46.5	25.6
Very/fairly safe in area in day (65+)	112	32.1	48.2	19.6
A bit/very unsafe in area in day (65+)	22	27.3	31.8	40.9
Very/fairly safe in area after dark (65+)	53	26.4	60.4	13.2
A bit/very unsafe in area after dark (65+)	74	32.4	35.1	32.4
Very/fairly safe alone in home at night (65+)	107	32.7	49.5	17.8
A bit/very unsafe alone in home at night (65+)	26	26.9	26.9	46.2
Speak daily to family	631	27.7	46.8	25.5
Speak 3-6 days/week to family	258	29.5	45.3	25.2
Speak 1-2days/week to family	234	29.1	43.6	27.4
Speak <1day/week to family	145	25.5	44.8	29.7
Speak daily to friends	635	29.6	45.0	25.4
Speak 3-6 days/week to friends	289	30.1	49.5	20.4
Speak 1-2days/week to friends	218	26.1	45.9	28.0
Speak <1day/week to friends	122	19.7	39.3	41.0
Speak daily to neighbours	272	23.5	50.7	25.7
Speak 3-6 days/week to neighbours	259	25.5	49.0	25.5
Speak 1-2days/week to neighbours	380	30.3	43.4	26.3
Speak <1day/week to neighbours	353	30.6	42.2	27.2
Speak daily to others	926	29.5	45.9	24.6
Speak 3-6 days/week to others	230	25.7	46.5	27.8
Speak 1-2days/week to others	99	22.2	43.4	34.3
Speak <1day/week to others	16	18.8	37.5	43.8
Potentially socially isolated	105	27.6	39.0	33.3
Not potentially socially isolated	1,172	28.3	46.1	25.6

Group	Number of survey responders	Light (0-9 cigarettes/week)	Moderate (10-19 cigarettes/week)	Heavy (20+ cigarettes/week)
Potentially socially isolated (65+)	16	6.3	68.8	25.0
Not potentially socially isolated (65+)	117	35.0	42.7	22.2
2003 survey	508	23.8	43.9	32.3
2007 survey	1,199	24.4	42.0	33.7
2009 survey	1,708	24.2	42.6	33.3
2011 survey	3,608	26.2	47.2	26.6
2014 survey	1,285	28.2	45.6	26.1

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.8 E-cigarettes

5.8.1 Use

Note that use of e-cigarettes is associated with age, gender, deprivation and current or historical tobacco/cigarette smoking. Therefore, one group might be more likely to be e-cigarette users, but that might just be because they live in more deprived areas or are more likely to be current or ex-smokers. For instance, people who are obese tend to be older, and older people are more likely to be ex-smokers, and ex-smokers are more likely to be e-cigarette users so people who are obese may have a relatively high rate of e-cigarette usage, but it is likely to be associated with age and smoking status, rather than being directly associated with obesity. Such associations should be considered when interpreting the information.

The table below presents the numbers who 'use e-cigarettes daily', 'use e-cigarettes but not every day', 'tried e-cigarettes but no longer use them at all' and 'never used e-cigarettes'. The total number of current users of e-cigarettes is also given (combining those who use them daily and those who use them less than daily). The percentage of daily current e-cigarettes users out of the total current users is also given.

Table 62: Detailed tabulations: use of e-cigarettes

Group	Number of survey responders	Daily users	Users but not daily	Ex-user	Never used	Total users	Daily (%)
Hull	4,634	3.7	4.7	11.4	80.2	8.4	44.1
Male	2,157	3.4	4.8	12.1	79.7	8.2	41.8
Female	2,477	4.0	4.6	10.8	80.6	8.6	46.0
16-24	885	1.7	6.0	17.5	74.8	7.7	22.1
25-34	821	4.0	3.4	13.5	79.0	7.4	54.1
35-44	735	4.9	5.6	12.0	77.6	10.5	46.8
45-54	750	3.9	6.3	10.4	79.5	10.1	38.2
55-64	564	5.3	5.1	6.4	83.2	10.5	50.8
65-74	525	4.0	2.3	6.1	87.6	6.3	63.6
75+	334	2.4	1.2	6.9	89.5	3.6	66.7
Males aged 16-24	443	0.9	7.2	19.0	72.9	8.1	11.1
Males aged 25-34	377	5.3	3.7	15.6	75.3	9.0	58.8
Males aged 35-44	335	4.2	6.3	13.1	76.4	10.4	40.0
Males aged 45-54	353	4.8	4.5	8.5	82.2	9.3	51.5
Males aged 55-64	269	4.5	4.5	7.1	84.0	8.9	50.0
Males aged 65-74	236	2.5	2.1	5.5	89.8	4.7	54.5
Males aged 75+	139	0.7	1.4	6.5	91.4	2.2	33.3
Females aged 16-24	442	2.5	4.8	16.1	76.7	7.2	34.4
Females aged 25-34	444	2.9	3.2	11.7	82.2	6.1	48.1
Females aged 35-44	400	5.5	5.0	11.0	78.5	10.5	52.4
Females aged 45-54	397	3.0	7.8	12.1	77.1	10.8	27.9
Females aged 55-64	295	6.1	5.8	5.8	82.4	11.9	51.4
Females aged 65-74	289	5.2	2.4	6.6	85.8	7.6	68.2
Females aged 75+	195	3.6	1.0	7.2	88.2	4.6	77.8
Most deprived tenth	488	3.9	7.6	11.9	76.6	11.5	33.9
Second most deprived tenth	479	4.8	4.0	15.4	75.8	8.8	54.8

Group	Number of survey responders	Daily users	Users but not daily	Ex-user	Never used	Total users	Daily (%)
Most deprived fifth	967	4.3	5.8	13.7	76.2	10.1	42.9
Second most deprived fifth	907	3.9	5.6	13.9	76.6	9.5	40.7
Middle deprivation fifth	877	3.2	5.0	11.6	80.2	8.2	38.9
Second least deprived fifth	947	3.9	4.1	10.7	81.3	8.0	48.7
Least deprived fifth	936	3.2	3.0	7.1	86.8	6.2	51.7
North Carr	495	2.6	4.2	11.1	82.0	6.9	38.2
Northern	670	3.4	4.2	10.9	81.5	7.6	45.1
East	621	4.8	4.5	11.3	79.4	9.3	51.7
Park	716	3.6	4.6	9.9	81.8	8.2	44.1
Riverside	834	5.0	6.6	14.5	73.9	11.6	43.3
West	626	3.0	3.2	9.6	84.2	6.2	48.7
Wyke	672	2.8	4.9	11.5	80.8	7.7	36.5
Bransholme East	191	2.6	4.2	11.0	82.2	6.8	38.5
Bransholme West	122	3.3	4.9	17.2	74.6	8.2	40.0
Kings Park	182	2.2	3.8	7.1	86.8	6.0	36.4
Beverley	145	4.1	0.7	6.9	88.3	4.8	85.7
Orchard Park & Greenwood	262	3.1	6.9	14.1	76.0	9.9	30.8
University	263	3.4	3.4	9.9	83.3	6.8	50.0
Ings	200	4.5	5.5	9.5	80.5	10.0	45.0
Longhill	202	5.0	5.0	12.4	77.7	9.9	50.0
Sutton	219	5.0	3.2	11.9	79.9	8.2	61.1
Holderness	215	4.7	3.3	8.4	83.7	7.9	58.8
Marfleet	210	3.8	5.2	11.4	79.5	9.0	42.1
Southcoates East	170	3.5	5.3	9.4	81.8	8.8	40.0
Southcoates West	121	1.7	5.0	10.7	82.6	6.6	25.0
Drypool	218	4.1	7.3	8.7	79.8	11.5	36.0

Group	Number of survey responders	Daily users	Users but not daily	Ex-user	Never used	Total users	Daily (%)
Myton	276	4.7	6.9	17.4	71.0	11.6	40.6
Newington	212	6.6	5.7	17.0	70.8	12.3	53.8
St Andrews	128	4.7	6.3	14.1	75.0	10.9	42.9
Boothferry	186	3.8	1.6	9.1	85.5	5.4	70.0
Derringham	202	4.5	5.0	9.9	80.7	9.4	47.4
Pickering	238	1.3	2.9	9.7	86.1	4.2	30.0
Avenue	241	3.3	4.1	12.0	80.5	7.5	44.4
Bricknell	153	2.6	5.9	9.8	81.7	8.5	30.8
Newland	278	2.5	5.0	11.9	80.6	7.6	33.3
Working <20 hours	340	2.9	6.2	12.9	77.9	9.1	32.3
Working 20-<35	384	3.6	6.0	11.5	78.9	9.6	37.8
Working 35+ hours	1,052	4.1	5.3	10.9	79.7	9.4	43.4
Working hours not specified	197	3.6	4.1	11.2	81.2	7.6	46.7
Full-time student	474	2.3	4.4	15.4	77.8	6.8	34.4
Retired	876	3.5	1.9	5.8	88.7	5.5	64.6
Looking after family/home	360	3.1	3.3	14.4	79.2	6.4	47.8
Unemployed/not allowed to work	293	2.7	5.1	17.1	75.1	7.8	34.8
Long-term sick of disabled	344	5.2	7.6	14.2	73.0	12.8	40.9
Not working for other reason or no reason given	73	9.6	4.1	5.5	80.8	13.7	70.0
White British	4,132	3.7	4.7	11.3	80.3	8.4	44.3
White Other	185	3.8	5.9	12.4	77.8	9.7	38.9
Mixed	39	2.6	5.1	23.1	69.2	7.7	33.3
Asian/Asian British	67	4.5	3.0	9.0	83.6	7.5	60.0
Black/Black British	52	1.9	1.9	11.5	84.6	3.8	50.0
Chinese	27	0.0	3.7	7.4	88.9	3.7	0.0
Arab	21	4.8	4.8	0.0	90.5	9.5	50.0

Group	Number of survey responders	Daily users	Users but not daily	Ex-user	Never used	Total users	Daily (%)
Other	21	0.0	4.8	9.5	85.7	4.8	0.0
Excellent health	434	3.2	4.1	5.1	87.6	7.4	43.8
Very good health	1,284	3.0	3.3	9.7	83.9	6.4	47.6
Good health	1,643	4.1	5.2	12.4	78.3	9.3	43.8
Fair health	849	3.4	4.6	14.1	77.9	8.0	42.6
Poor health	397	5.8	7.1	13.6	73.6	12.8	45.1
Limiting long-term illness or disability	1,256	4.1	5.4	11.8	78.7	9.6	43.3
No limiting long-term illness or disability	3,339	3.6	4.4	11.3	80.7	8.0	44.6
Well-being - satisfied - poor (0-4)	519	3.5	6.9	14.3	75.3	10.4	33.3
Well-being - satisfied - score 5-7	1,790	3.9	5.4	13.0	77.7	9.3	41.9
Well-being - satisfied - score 8-10	2,304	3.6	3.7	9.5	83.2	7.3	49.7
Well-being - worthwhile - poor (0-4)	417	4.1	7.0	15.3	73.6	11.0	37.0
Well-being - worthwhile - score 5-7	1,645	3.7	6.2	12.1	78.0	9.9	37.4
Well-being - worthwhile - score 8-10	2,544	3.7	3.4	10.2	82.7	7.1	51.9
Well-being - happy - poor (0-4)	637	3.9	6.0	14.8	75.4	9.9	39.7
Well-being - happy - score 5-7	1,665	3.7	5.3	11.8	79.2	9.1	41.1
Well-being - happy - score 8-10	2,294	3.7	3.9	10.2	82.3	7.6	48.3
Well-being - anxious - poor (6-10)	1,239	3.8	5.2	12.7	78.3	9.0	42.0
Well-being - anxious - score 3-5	1,281	3.7	4.8	13.2	78.3	8.5	44.0
Well-being - anxious - score 0-2	2,073	3.6	4.3	9.5	82.5	8.0	45.5
Healthy diet	3,114	3.5	4.4	8.9	83.1	7.9	44.1
Not healthy diet	1,134	3.9	4.9	17.1	74.2	8.7	44.4
Lack of knowledge about healthy diet	327	3.7	7.0	14.4	74.9	10.7	34.3
5-A-DAY	821	2.8	4.1	7.3	85.7	6.9	40.4
Not 5-A-DAY	3,612	3.7	4.6	12.0	79.7	8.3	44.1
Alcohol most days	384	5.2	4.2	11.5	79.2	9.4	55.6

Group	Number of survey responders	Daily users	Users but not daily	Ex-user	Never used	Total users	Daily (%)
Alcohol 1-3 days a week	1,211	3.6	5.5	11.0	79.9	9.1	40.0
Alcohol 1-3 days a month	893	3.8	5.4	12.2	78.6	9.2	41.5
Alcohol less than once a month	1,038	3.8	4.7	11.4	80.2	8.5	44.3
Never drinks alcohol	1,079	3.2	3.5	11.1	82.1	6.8	47.9
No alcohol in last week	1,302	3.6	4.6	10.8	81.0	8.2	43.9
Safe alcohol units last week#	1,528	3.5	4.8	10.5	81.2	8.3	42.5
Excessive alcohol units last week#	417	4.1	6.7	14.4	74.8	10.8	37.8
Dangerous alcohol units last week#	108	4.6	2.8	19.4	73.1	7.4	62.5
Usually binge drinks more than once a week	1,132	5.3	6.4	13.5	74.8	11.7	45.5
Usually binge drinks less than once a week	3,411	3.1	4.2	10.6	82.2	7.2	42.5
Acceptable weekly units and no binge drinking#	2,092	2.9	4.2	9.9	83.0	7.1	41.2
Acceptable weekly units but binge drinking#	698	5.2	6.3	12.5	76.1	11.5	45.0
Excessive weekly units but no binge drinking#	155	1.9	6.5	14.8	76.8	8.4	23.1
Excessive weekly units and binge drinking#	366	4.9	5.7	15.8	73.5	10.7	46.2
Exercise 30+ min sessions 5+ times per week	1,561	3.1	4.6	13.1	79.2	7.8	40.5
Exercise 30+ min sessions <5 times per week	1,694	3.8	4.9	11.0	80.2	8.7	43.9
Light exercise only (no 30+ mins mod/vig)	1,043	3.5	4.7	9.9	81.9	8.2	43.0
Never exercise (no 30+ mins light/mod/vig)	313	6.1	4.2	9.3	80.5	10.2	59.4
Moderate+2*vigorous < 30 minutes in week	1,728	4.4	4.7	11.3	79.6	9.1	48.1
Moderate+2*vigorous 30+ mins but <2.5 hrs	512	2.9	3.5	9.0	84.6	6.4	45.5
Moderate+2*vigorous 2.5+ hours in week	1,893	3.2	4.3	11.7	80.7	7.6	42.7
Current smoker	1,479	4.9	11.9	28.5	54.7	16.8	29.3
Former smoker	1,241	7.7	3.1	7.3	81.9	10.8	70.9
Never smoker	1,894	0.1	0.1	0.7	99.1	0.2	66.7
Current light smokers (<10 cigs/day)	330	5.2	12.7	21.2	60.9	17.9	28.8
Current moderate smokers (10-19 cigs/day)	539	3.9	11.1	33.8	51.2	15.0	25.9

Group	Number of survey responders	Daily users	Users but not daily	Ex-user	Never used	Total users	Daily (%)
Current heavy smokers (20+ cigs/day)	306	4.6	11.8	30.7	52.9	16.3	28.0
Underweight or desirable weight	1,551	3.2	4.8	13.8	78.1	8.1	40.0
Overweight	1,532	4.0	4.6	10.3	81.1	8.6	46.6
Obese	1,109	4.1	4.5	9.7	81.7	8.6	47.4
Only adult in household	1,235	3.7	4.9	13.4	77.9	8.7	43.0
Two adults in household	2,273	3.8	4.1	10.3	81.8	7.9	48.0
Three or more adults in household	1,052	3.6	5.2	11.2	79.9	8.8	40.9
Very/fairly safe in area in day	4,174	3.7	4.5	11.1	80.7	8.2	45.6
A bit/very unsafe in area in day	432	3.5	7.4	13.9	75.2	10.9	31.9
Very/fairly safe in area after dark	2,520	3.8	4.2	11.1	80.9	8.1	47.8
A bit/very unsafe in area after dark	2,025	3.3	5.4	11.8	79.5	8.7	37.9
Very/fairly safe alone in home at night	4,011	3.8	4.5	11.0	80.8	8.3	45.9
A bit/very unsafe alone in home at night	575	3.3	6.6	14.4	75.7	9.9	33.3
Very/fairly safe in area in day (65+)	760	3.2	1.7	6.2	88.9	4.9	64.9
A bit/very unsafe in area in day (65+)	92	5.4	3.3	7.6	83.7	8.7	62.5
Very/fairly safe in area after dark (65+)	390	2.6	1.3	5.1	91.0	3.8	66.7
A bit/very unsafe in area after dark (65+)	431	3.5	2.6	7.7	86.3	6.0	57.7
Very/fairly safe alone in home at night (65+)	740	3.4	1.6	6.2	88.8	5.0	67.6
A bit/very unsafe alone in home at night (65+)	106	3.8	3.8	7.5	84.9	7.5	50.0
Speak daily to family	2,034	4.6	4.8	12.1	78.5	9.4	49.2
Speak 3-6 days/week to family	1,098	3.5	4.6	11.3	80.6	8.1	42.7
Speak 1-2days/week to family	960	2.2	4.7	9.9	83.2	6.9	31.8
Speak <1day/week to family	482	3.3	4.4	11.0	81.3	7.7	43.2
Speak daily to friends	1,949	4.1	5.2	12.8	77.9	9.3	43.6
Speak 3-6 days/week to friends	1,247	2.9	3.4	9.9	83.8	6.3	46.2
Speak 1-2days/week to friends	907	3.7	5.2	11.2	79.8	8.9	42.0

Group	Number of survey responders	Daily users	Users but not daily	Ex-user	Never used	Total users	Daily (%)
Speak <1day/week to friends	459	3.9	4.8	9.2	82.1	8.7	45.0
Speak daily to neighbours	768	4.0	5.6	11.7	78.6	9.6	41.9
Speak 3-6 days/week to neighbours	1,081	4.0	4.2	9.4	82.4	8.1	48.9
Speak 1-2days/week to neighbours	1,482	4.2	4.8	11.7	79.3	9.0	46.6
Speak <1day/week to neighbours	1,230	2.6	4.6	12.2	80.7	7.2	36.4
Speak daily to others	3,023	4.2	5.0	12.2	78.6	9.2	45.7
Speak 3-6 days/week to others	1,109	2.7	3.2	10.1	83.9	6.0	45.5
Speak 1-2days/week to others	388	2.3	6.7	8.5	82.5	9.0	25.7
Speak <1day/week to others	63	4.8	3.2	7.9	84.1	7.9	60.0
Potentially socially isolated	422	2.1	3.8	12.3	81.8	5.9	36.0
Not potentially socially isolated	4,168	3.9	4.7	11.3	80.1	8.6	45.1
Potentially socially isolated (65+)	121	3.3	1.7	5.8	89.3	5.0	66.7
Not potentially socially isolated (65+)	724	3.5	1.8	6.4	88.4	5.2	65.8

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.8.2 Reasons for Using E-Cigarettes – Single Responses

There were 390 current users of e-cigarettes, but 27 did give any reasons why they used e-cigarettes. More than one reason can be given so the columns sum to more than 100%. Those stating “none of the above” and “other reasons” have not been given in the table below.

Table 63: Detailed tabulations: reasons for using e-cigarettes (single responses)

Group	Number of survey responders	To try to quit smoking	To cut down smoking	Prevent re-starting smoking	Use something like tobacco in public place	Use something to stop my smoking affecting others	Cleaner	Cheaper	Healthier
Hull	373	61.4	49.1	29.2	15.3	26.0	36.2	35.1	41.6
Male	168	60.7	52.4	29.2	17.9	24.4	38.7	35.7	44.6
Female	205	62.0	46.3	29.3	13.2	27.3	34.1	34.6	39.0
16-24	63	58.7	58.7	15.9	14.3	27.0	36.5	42.9	38.1
25-34	59	62.7	44.1	32.2	10.2	23.7	30.5	35.6	37.3
35-44	73	72.6	41.1	37.0	19.2	32.9	45.2	43.8	49.3
45-54	76	65.8	55.3	28.9	22.4	25.0	34.2	28.9	42.1
55-64	57	57.9	47.4	35.1	7.0	28.1	38.6	35.1	49.1
65-74	30	46.7	36.7	23.3	13.3	13.3	23.3	16.7	23.3
75+	11	36.4	72.7	18.2	18.2	18.2	45.5	27.3	36.4
Males aged 16-24	33	57.6	63.6	15.2	12.1	30.3	39.4	39.4	45.5
Males aged 25-34	36	61.1	47.2	38.9	13.9	16.7	36.1	36.1	36.1
Males aged 35-44	35	68.6	42.9	20.0	17.1	17.1	37.1	37.1	48.6
Males aged 45-54	37	59.5	43.2	40.5	24.3	24.3	29.7	29.7	48.6
Males aged 55-64	24	54.2	62.5	25.0	12.5	29.2	29.2	29.2	33.3
Males aged 65-74	12	41.7	41.7	16.7	8.3	16.7	16.7	16.7	25.0

Group	Number of survey responders	To try to quit smoking	To cut down smoking	Prevent re- starting smoking	Use something like tobacco in public place	Use something to stop my smoking affecting others	Cleaner	Cheaper	Healthier
Males aged 75+	4	0.0	75.0	25.0	25.0	25.0	25.0	25.0	25.0
Females aged 16-24	32	56.3	50.0	15.6	15.6	21.9	43.8	43.8	28.1
Females aged 25-34	27	59.3	37.0	22.2	3.7	29.6	29.6	29.6	37.0
Females aged 35-44	44	70.5	36.4	45.5	18.2	40.9	43.2	43.2	43.2
Females aged 45-54	48	64.6	58.3	14.6	16.7	20.8	22.9	22.9	29.2
Females aged 55-64	36	58.3	33.3	38.9	2.8	25.0	36.1	36.1	55.6
Females aged 65-74	23	43.5	34.8	21.7	17.4	8.7	17.4	17.4	17.4
Females aged 75+	13	30.8	53.8	7.7	7.7	7.7	15.4	15.4	30.8
Most deprived tenth	53	60.4	52.8	28.3	22.6	20.8	30.2	37.7	37.7
Second most deprived tenth	37	62.2	54.1	27.0	18.9	29.7	40.5	51.4	48.6
Most deprived fifth	90	61.1	53.3	27.8	21.1	24.4	34.4	43.3	42.2
Second most deprived fifth	81	61.7	54.3	27.2	14.8	22.2	33.3	24.7	35.8
Middle deprivation fifth	70	61.4	45.7	24.3	10.0	21.4	31.4	21.4	35.7
Second least deprived fifth	74	60.8	41.9	37.8	13.5	32.4	37.8	41.9	45.9
Least deprived fifth	58	62.1	48.3	29.3	15.5	31.0	46.6	44.8	50.0
North Carr	32	75.0	53.1	25.0	15.6	18.8	40.6	34.4	43.8
Northern	48	60.4	52.1	33.3	18.8	27.1	41.7	43.8	45.8
East	54	51.9	38.9	42.6	7.4	20.4	31.5	25.9	37.0
Park	59	61.0	54.2	30.5	18.6	30.5	42.4	33.9	40.7
Riverside	90	62.2	54.4	22.2	21.1	22.2	32.2	33.3	36.7
West	39	56.4	43.6	23.1	7.7	25.6	33.3	43.6	46.2
Wyke	51	66.7	43.1	29.4	11.8	37.3	35.3	35.3	47.1
Excellent health	30	66.7	36.7	33.3	16.7	23.3	53.3	46.7	46.7
Very good health	81	59.3	59.3	38.3	17.3	33.3	48.1	43.2	45.7

Group	Number of survey responders	To try to quit smoking	To cut down smoking	Prevent re-starting smoking	Use something like tobacco in public place	Use something to stop my smoking affecting others	Cleaner	Cheaper	Healthier
Good health	144	68.8	47.2	27.8	13.9	26.4	34.7	36.8	46.5
Fair health	64	51.6	46.9	29.7	14.1	23.4	25.0	25.0	34.4
Poor health	50	56.0	48.0	18.0	14.0	20.0	24.0	22.0	26.0
Limiting long-term illness or disability	116	57.8	51.7	23.3	15.5	20.7	27.6	23.3	31.9
No limiting long-term illness or disability	254	63.4	48.4	31.5	14.6	28.3	40.2	40.2	45.7
Current smoker	237	60.3	66.2	8.4	19.0	22.4	31.2	35.9	36.7
Former smoker	129	63.6	18.6	67.4	8.5	33.3	47.3	34.9	51.9
Never smoker	3	66.7	33.3	33.3	33.3	0.0	0.0	0.0	33.3
Current light smokers (<10 cigs/day)	54	64.8	64.8	9.3	13.0	22.2	38.9	48.1	44.4
Current moderate smkrs (10-19cigs/day)	79	63.3	72.2	6.3	16.5	24.1	29.1	36.7	36.7
Current heavy smokers (20+ cigs/day)	49	57.1	67.3	6.1	26.5	22.4	28.6	30.6	32.7

*Despite stating they have never smoked tobacco/cigarettes, it appears that both of the daily e-cigarette users are former smokers (one gave 'to quit smoking' as the reason for using e-cigarettes and the other gave multiple reasons including 'to quit smoking'). The single survey responder who used e-cigarettes but not daily who stated they had never smoked tobacco/cigarettes stated 'none of the above' for a reason they used e-cigarettes).

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.8.3 Reasons for Using E-Cigarettes – Combination of Responses

The number of current e-cigarettes users (final column) is given below in relation to the combination of responses. For example, 59 of the 373 current e-cigarette users who answered the question stated they used e-cigarettes to try to quit smoking tobacco/cigarettes, a further 41 stated they used them to cut down smoking tobacco/cigarettes and a further 21 gave both of these as reasons for using e-cigarettes.

Table 64: Detailed tabulations: reasons for using e-cigarettes (combination of responses)

To try to quit smoking	To cut down smoking	Prevent re-starting smoking	Use something like tobacco in public place	Use something to stop my smoking affecting others	Cleaner	Cheaper	Healthier	'None of the above'	Other reasons	N
Y										59
	Y									41
Y	Y									21
		Y								11
Y	Y				Y	Y	Y			10
Y	Y	Y	Y	Y	Y	Y	Y			8
								Y		8
Y		Y		Y	Y	Y	Y			6
Y		Y			Y	Y	Y			6
Y		Y								6
	Y		Y	Y	Y	Y	Y			6
									Y	6
Y	Y	Y			Y	Y	Y			5
Y	Y			Y	Y	Y	Y			5
Y	Y						Y			5
Y		Y			Y		Y			5

To try to quit smoking	To cut down smoking	Prevent re-starting smoking	Use something like tobacco in public place	Use something to stop my smoking affecting others	Cleaner	Cheaper	Healthier	'None of the above'	Other reasons	N
Y						Y				5
	Y				Y	Y	Y			5
		Y		Y	Y	Y	Y			5
		Y			Y	Y	Y			5
			Y							5
							Y			5
Y	Y	Y		Y	Y	Y	Y			4
		Y					Y			4
Y	Y	Y								3
Y	Y		Y	Y	Y	Y	Y			3
Y	Y		Y							3
Y	Y			Y	Y					3
Y	Y			Y		Y				3
Y	Y				Y		Y			3
Y	Y					Y	Y			3
Y	Y					Y				3
Y		Y	Y	Y	Y	Y	Y			3
Y		Y		Y	Y		Y			3
Y				Y	Y	Y	Y			3
Y					Y	Y	Y			3
	Y			Y	Y	Y				3
	Y						Y			3
					Y		Y			3
Y	Y	Y	Y	Y	Y	Y				2
Y	Y	Y		Y	Y		Y			2

To try to quit smoking	To cut down smoking	Prevent re-starting smoking	Use something like tobacco in public place	Use something to stop my smoking affecting others	Cleaner	Cheaper	Healthier	'None of the above'	Other reasons	N
Y	Y	Y					Y			2
Y	Y		Y	Y	Y		Y			2
Y	Y		Y	Y			Y			2
Y	Y			Y			Y			2
Y		Y		Y			Y			2
Y		Y				Y				2
Y						Y	Y			2
Y							Y			2
	Y		Y							2
	Y			Y	Y	Y	Y			2
	Y					Y				2
			Y	Y						2
				Y						2
Y	Y	Y	Y	Y	Y	Y	Y		Y	1
Y	Y	Y	Y	Y						1
Y	Y	Y	Y		Y		Y			1
Y	Y	Y	Y				Y			1
Y	Y	Y		Y	Y					1
Y	Y	Y		Y						1
Y	Y	Y			Y	Y				1
Y	Y	Y				Y	Y			1
Y	Y		Y	Y	Y	Y				1
Y	Y		Y	Y		Y				1
Y	Y		Y		Y	Y	Y			1
Y	Y		Y		Y	Y				1

To try to quit smoking	To cut down smoking	Prevent re-starting smoking	Use something like tobacco in public place	Use something to stop my smoking affecting others	Cleaner	Cheaper	Healthier	'None of the above'	Other reasons	N
Y	Y			Y	Y		Y			1
Y	Y			Y		Y	Y			1
Y	Y				Y	Y				1
Y	Y				Y					1
Y		Y	Y							1
Y		Y		Y	Y	Y				1
Y		Y		Y	Y					1
Y		Y		Y		Y	Y			1
Y		Y		Y						1
Y		Y			Y	Y				1
Y		Y				Y	Y			1
Y			Y	Y	Y	Y	Y			1
Y			Y							1
Y				Y	Y	Y				1
Y					Y		Y			1
Y					Y					1
	Y	Y	Y	Y	Y				Y	1
	Y	Y			Y	Y	Y			1
	Y	Y			Y		Y			1
	Y		Y	Y						1
	Y		Y		Y	Y	Y			1
	Y		Y			Y				1
	Y		Y				Y			1
	Y			Y			Y			1
	Y					Y	Y			1

To try to quit smoking	To cut down smoking	Prevent re-starting smoking	Use something like tobacco in public place	Use something to stop my smoking affecting others	Cleaner	Cheaper	Healthier	'None of the above'	Other reasons	N
		Y	Y	Y	Y	Y	Y			1
		Y		Y	Y		Y			1
		Y		Y	Y					1
		Y		Y		Y				1
		Y		Y			Y			1
		Y			Y					1
		Y							Y	1
			Y		Y	Y	Y			1
			Y				Y			1
				Y	Y	Y	Y		Y	1
				Y	Y	Y	Y			1
					Y	Y	Y			1
					Y					1
						Y	Y			1
						Y				1
										373

5.9 Overweight and Obesity

Note that overweight and obesity are associated with age, gender and deprivation. Therefore, one group might be more likely to overweight or obese than another group, but this could be because they are older, male or live in a more deprived area. For instance, people who are retired are more likely to be obese, but this could be associated with their age rather than retirement specifically. Such associations should be considered when interpreting the information.

Note that height and weight were adjusted prior to calculating the body mass index to attempt to compensate (somewhat) for people underestimating their weight and overestimating their height (see **section 3.2.10**). The percentages of survey responders who are underweight (with body mass index (BMI) <20), a desirable weight (BMI 20+ but <25), overweight (BMI 25+ but <30), obese (BMI 30+ but <40) and morbidly obese (BMI 40+) are given below. The total number of survey responders who are obese (BMI 30+) and overweight or obese (BMI 25+) are also given in the final two columns.

Table 65: Detailed tabulations: Weight classification (of body mass index)

Group	Number of survey responders	Under-weight	Desirable weight	Over-weight	Obese	Morbidly obese	Over-weight or obese	Obese
Hull	4,804	5.0	31.4	37.1	23.4	3.1	63.6	26.5
Male	2,265	3.7	29.6	41.3	22.8	2.5	66.7	25.3
Female	2,539	6.2	33.0	33.3	23.8	3.7	60.8	27.5
16-24	799	14.1	46.8	28.2	9.5	1.4	39.0	10.9
25-34	819	4.9	41.6	31.5	18.9	3.1	53.5	22.0
35-44	748	2.4	29.8	39.3	25.5	2.9	67.8	28.5
45-54	789	3.0	23.3	40.4	28.4	4.8	73.6	33.2
55-64	631	2.1	21.4	38.5	32.6	5.4	76.5	38.0
65-74	589	1.9	22.1	44.1	29.5	2.4	76.1	31.9
75+	418	5.5	28.7	42.1	22.2	1.4	65.8	23.7
Males aged 16-24	412	12.9	47.3	30.3	8.3	1.2	39.8	9.5
Males aged 25-34	392	3.1	41.8	34.9	17.9	2.3	55.1	20.2
Males aged 35-44	354	1.1	25.4	46.0	25.4	2.0	73.4	27.4
Males aged 45-54	382	1.6	19.9	46.1	28.0	4.5	78.5	32.5
Males aged 55-64	302	0.3	18.5	42.4	33.8	5.0	81.1	38.7
Males aged 65-74	255	0.8	17.6	48.6	32.2	0.8	81.6	32.9
Males aged 75+	165	3.6	27.3	48.5	19.4	1.2	69.1	20.6
Females aged 16-24	387	15.5	46.3	25.8	10.9	1.6	38.2	12.4
Females aged 25-34	427	6.6	41.5	28.3	19.9	3.7	52.0	23.7

Group	Number of survey responders	Under- weight	Desirable weight	Over- weight	Obese	Morbidly obese	Over- weight or obese	Obese
Females aged 35-44	394	3.6	33.8	33.2	25.6	3.8	62.7	29.4
Females aged 45-54	407	4.4	26.5	35.1	28.7	5.2	69.0	33.9
Females aged 55-64	329	3.6	24.0	35.0	31.6	5.8	72.3	37.4
Females aged 65-74	334	2.7	25.4	40.7	27.5	3.6	71.9	31.1
Females aged 75+	253	6.7	29.6	37.9	24.1	1.6	63.6	25.7
Most deprived tenth	505	5.5	29.7	37.6	24.2	3.0	64.8	27.1
Second most deprived tenth	485	5.8	29.7	35.1	25.6	3.9	64.5	29.5
Most deprived fifth	990	5.7	29.7	36.4	24.8	3.4	64.6	28.3
Second most deprived fifth	930	6.5	30.5	34.5	25.2	3.3	63.0	28.5
Middle deprivation fifth	891	3.9	33.3	35.6	23.6	3.6	62.7	27.2
Second least deprived fifth	990	4.4	33.3	38.7	20.6	2.9	62.2	23.5
Least deprived fifth	1,002	4.7	30.2	39.8	22.8	2.5	65.1	25.2
North Carr	503	2.8	31.2	36.4	26.2	3.4	66.0	29.6
Northern	684	7.5	31.6	34.1	23.4	3.5	61.0	26.9
East	659	4.1	28.8	40.2	24.9	2.0	67.1	26.9
Park	731	3.8	29.7	39.9	23.8	2.7	66.5	26.5
Riverside	877	6.5	32.6	34.0	23.4	3.5	60.9	26.9
West	653	4.0	29.2	40.0	22.8	4.0	66.8	26.8
Wyke	696	5.6	36.1	35.6	19.8	2.9	58.3	22.7
Bransholme East	182	3.3	31.3	37.4	22.5	5.5	65.4	28.0
Bransholme West	130	2.3	27.7	36.9	30.0	3.1	70.0	33.1
Kings Park	191	2.6	33.5	35.1	27.2	1.6	63.9	28.8
Beverley	160	3.1	28.8	41.3	23.1	3.8	68.1	26.9
Orchard Park & Greenwood	266	6.8	25.2	35.7	27.1	5.3	68.0	32.3
University	258	10.9	39.9	27.9	19.8	1.6	49.2	21.3
Ings	211	4.3	27.5	40.8	26.5	0.9	68.2	27.5

Group	Number of survey responders	Under-weight	Desirable weight	Over-weight	Obese	Morbidly obese	Over-weight or obese	Obese
Longhill	206	4.4	28.6	38.8	25.7	2.4	67.0	28.2
Sutton	242	3.7	30.2	40.9	22.7	2.5	66.1	25.2
Holderness	237	3.8	30.0	41.4	22.4	2.5	66.2	24.9
Marfleet	212	2.4	33.5	35.8	23.6	4.7	64.2	28.3
Southcoates East	162	5.6	27.8	40.1	24.7	1.9	66.7	26.5
Southcoates West	120	4.2	25.0	44.2	25.8	0.8	70.8	26.7
Drypool	228	8.8	27.2	36.8	23.7	3.5	64.0	27.2
Myton	287	4.9	34.8	32.4	25.1	2.8	60.3	27.9
Newington	221	5.9	29.4	31.2	27.6	5.9	64.7	33.5
St Andrews	141	7.1	41.8	36.9	12.8	1.4	51.1	14.2
Boothferry	186	3.8	32.8	38.7	19.9	4.8	63.4	24.7
Derringham	223	4.0	27.8	39.9	24.7	3.6	68.2	28.3
Pickering	244	4.1	27.9	41.0	23.4	3.7	68.0	27.0
Avenue	259	6.2	35.5	38.2	19.3	0.8	58.3	20.1
Bricknell	161	3.7	26.7	43.5	24.8	1.2	69.6	26.1
Newland	276	6.2	42.0	28.6	17.4	5.8	51.8	23.2
Working <20 hours	337	6.5	32.6	34.7	22.3	3.9	60.8	26.1
Working 20-<35	405	3.0	37.8	35.1	20.2	4.0	59.3	24.2
Working 35+ hours	1,117	1.8	29.9	42.3	24.0	2.0	68.3	26.0
Working hours not specified	205	3.4	36.6	35.6	22.9	1.5	60.0	24.4
Full-time student	410	16.3	45.9	28.8	8.0	1.0	37.8	9.0
Retired	1,009	3.6	24.4	42.9	27.3	1.9	72.1	29.1
Looking after family/home	349	5.4	33.0	32.1	24.6	4.9	61.6	29.5
Unemployed/not allowed to work	289	5.5	37.7	29.1	22.1	5.5	56.7	27.7
Long-term sick of disabled	344	7.3	24.4	30.5	29.4	8.4	68.3	37.8
Not working for other reason or no reason given	83	6.0	22.9	33.7	30.1	7.2	71.1	37.3

Group	Number of survey responders	Under-weight	Desirable weight	Over-weight	Obese	Morbidly obese	Over-weight or obese	Obese
White British	4,289	4.8	30.2	37.3	24.4	3.3	65.0	27.7
White Other	193	4.7	46.6	32.6	14.0	2.1	48.7	16.1
Mixed	36	8.3	52.8	27.8	11.1	0.0	38.9	11.1
Asian/Asian British	69	11.6	39.1	33.3	14.5	1.4	49.3	15.9
Black/Black British	49	10.2	38.8	34.7	14.3	2.0	51.0	16.3
Chinese	26	19.2	57.7	23.1	0.0	0.0	23.1	0.0
Arab	23	4.3	34.8	43.5	13.0	4.3	60.9	17.4
Other	21	4.8	23.8	57.1	14.3	0.0	71.4	14.3
Excellent health	440	4.1	42.7	38.0	13.6	1.6	53.2	15.2
Very good health	1,340	4.5	38.1	38.0	17.8	1.6	57.4	19.4
Good health	1,689	4.6	30.1	38.8	23.9	2.5	65.3	26.5
Fair health	892	5.6	23.7	33.5	31.3	5.9	70.7	37.2
Poor health	422	8.3	19.4	33.4	32.5	6.4	72.3	38.9
Limiting long-term illness or disability	1,341	6.0	22.8	35.0	30.6	5.6	71.1	36.2
No limiting long-term illness or disability	3,427	4.6	34.9	37.8	20.5	2.2	60.5	22.7
Well-being - satisfied - poor (0-4)	528	7.0	25.0	29.4	33.1	5.5	68.0	38.6
Well-being - satisfied - score 5-7	1,846	5.2	29.8	36.7	24.2	4.0	65.0	28.2
Well-being - satisfied - score 8-10	2,405	4.4	34.1	39.0	20.5	2.0	61.5	22.5
Well-being - worthwhile - poor (0-4)	431	7.0	26.2	30.4	30.4	6.0	66.8	36.4
Well-being - worthwhile - score 5-7	1,668	5.2	30.3	35.3	25.7	3.6	64.5	29.3
Well-being - worthwhile - score 8-10	2,674	4.6	32.9	39.4	20.7	2.4	62.5	23.1
Well-being - happy - poor (0-4)	662	6.9	27.3	30.8	29.9	5.0	65.7	34.9
Well-being - happy - score 5-7	1,697	4.9	30.5	38.1	23.2	3.3	64.6	26.5
Well-being - happy - score 8-10	2,407	4.5	33.1	38.1	21.8	2.6	62.4	24.3
Well-being - anxious - poor (6-10)	1,310	5.8	31.7	33.4	25.5	3.6	62.5	29.1
Well-being - anxious - score 3-5	1,308	5.4	29.4	36.5	25.1	3.6	65.2	28.7

Group	Number of survey responders	Under-weight	Desirable weight	Over-weight	Obese	Morbidly obese	Over-weight or obese	Obese
Well-being - anxious - score 0-2	2,147	4.4	32.3	39.6	21.1	2.7	63.3	23.8
Healthy diet	3,329	4.0	33.1	39.2	21.1	2.6	62.9	23.7
Not healthy diet	1,111	7.0	27.6	30.5	29.5	5.3	65.3	34.8
Lack of knowledge about healthy diet	309	8.4	28.5	37.2	23.9	1.9	63.1	25.9
5-A-DAY	892	2.7	30.3	41.9	22.6	2.5	67.0	25.1
Not 5-A-DAY	3,714	5.4	31.5	36.2	23.6	3.3	63.1	26.8
Alcohol most days	414	4.3	30.9	42.8	19.8	2.2	64.7	22.0
Alcohol 1-3 days a week	1,292	3.6	32.0	40.7	21.5	2.2	64.4	23.7
Alcohol 1-3 days a month	916	3.9	35.2	36.4	21.9	2.6	60.9	24.6
Alcohol less than once a month	1,029	5.7	30.5	35.2	23.5	5.1	63.8	28.6
Never drinks alcohol	1,126	7.1	28.3	33.1	28.1	3.4	64.6	31.4
No alcohol in last week	1,290	5.0	31.0	37.0	22.6	4.5	64.0	27.1
Safe alcohol units last week#	1,618	3.6	33.2	38.5	22.4	2.3	63.2	24.7
Excessive alcohol units last week#	447	3.4	32.0	41.8	20.6	2.2	64.7	22.8
Dangerous alcohol units last week#	111	5.4	25.2	45.9	19.8	3.6	69.4	23.4
Usually binge drinks more than once a week	1,204	5.4	31.9	38.1	22.1	2.5	62.7	24.6
Usually binge drinks less than once a week	3,505	4.9	31.1	36.7	23.8	3.4	64.0	27.2
Acceptable weekly units and no binge drinking#	2,123	3.8	32.2	38.2	22.2	3.6	64.0	25.8
Acceptable weekly units but binge drinking#	738	5.3	32.7	36.9	22.8	2.4	62.1	25.2
Excessive weekly units but no binge drinking#	161	1.2	32.3	43.5	21.1	1.9	66.5	23.0
Excessive weekly units and binge drinking#	390	4.9	29.5	42.3	20.5	2.8	65.6	23.3
Exercise 30+ min sessions 5+ times per week	1,622	4.9	38.9	38.0	16.8	1.4	56.2	18.2
Exercise 30+ min sessions <5 times per week	1,719	5.0	29.6	37.3	25.0	3.1	65.4	28.2
Light exercise only (no 30+ mins mod/vig)	1,084	5.4	25.6	38.1	26.4	4.4	68.9	30.8
Never exercise (no 30+ mins light/mod/vig)	332	3.9	21.4	30.4	36.4	7.8	74.7	44.3
Moderate+2*vigorous < 30 minutes in week	1,790	5.5	25.1	36.3	28.5	4.5	69.4	33.1

Group	Number of survey responders	Under-weight	Desirable weight	Over-weight	Obese	Morbidly obese	Over-weight or obese	Obese
Moderate+2*vigorous 30+ mins but <2.5 hrs	505	5.3	31.3	34.9	25.1	3.4	63.4	28.5
Moderate+2*vigorous 2.5+ hours in week	1,952	4.3	36.0	39.1	18.5	2.1	59.7	20.6
Current smoker	1,456	7.3	37.7	34.1	18.9	2.0	55.0	20.9
Former smoker	1,306	2.9	23.5	40.7	28.6	4.2	73.6	32.8
Never smoker	1,988	4.6	31.8	36.9	23.3	3.4	63.5	26.7
Current light smokers (<10 cigs/day)	319	7.2	42.6	34.2	14.1	1.9	50.2	16.0
Current moderate smokers (10-19 cigs/day)	532	4.9	36.8	36.3	20.7	1.3	58.3	22.0
Current heavy smokers (20+ cigs/day)	311	7.7	36.0	33.4	19.6	3.2	56.3	22.8
E-cigarette current user	351	5.7	29.9	37.3	24.8	2.3	64.4	27.1
E-cigarette former user or never used	3,841	5.1	32.0	36.5	23.1	3.3	62.9	26.4
Underweight or desirable weight	1,750	13.8	86.2	0.0	0.0	0.0	0.0	0.0
Overweight	1,781	0.0	0.0	100.0	0.0	0.0	100.0	0.0
Obese	1,273	0.0	0.0	0.0	88.1	11.9	100.0	100.0
Only adult in household	1,315	5.1	30.3	38.8	22.6	3.2	64.6	25.8
Two adults in household	2,391	3.6	29.7	37.9	25.6	3.2	66.7	28.8
Three or more adults in household	1,063	7.9	36.4	33.4	19.4	2.9	55.7	22.3
Very/fairly safe in area in day	4,341	4.9	31.5	37.5	23.0	3.2	63.7	26.2
A bit/very unsafe in area in day	443	6.8	31.4	32.7	26.9	2.3	61.9	29.1
Very/fairly safe in area after dark	2,632	4.3	31.8	38.4	23.1	2.4	64.0	25.5
A bit/very unsafe in area after dark	2,079	5.9	31.0	35.3	23.8	4.0	63.1	27.8
Very/fairly safe alone in home at night	4,188	4.7	31.4	37.9	23.1	2.9	63.9	26.1
A bit/very unsafe alone in home at night	576	7.8	31.6	31.6	24.3	4.7	60.6	29.0
Very/fairly safe in area in day (65+)	895	3.4	24.5	44.0	26.1	2.0	72.2	28.2
A bit/very unsafe in area in day (65+)	107	3.7	28.0	37.4	29.9	0.9	68.2	30.8
Very/fairly safe in area after dark (65+)	449	2.4	25.8	44.5	25.6	1.6	71.7	27.2
A bit/very unsafe in area after dark (65+)	508	4.1	23.2	42.1	28.3	2.2	72.6	30.5

Group	Number of survey responders	Under-weight	Desirable weight	Over-weight	Obese	Morbidly obese	Over-weight or obese	Obese
Very/fairly safe alone in home at night (65+)	870	3.2	24.9	44.0	25.7	2.1	71.8	27.8
A bit/very unsafe alone in home at night (65+)	124	4.8	23.4	38.7	31.5	1.6	71.8	33.1
Speak daily to family	2,094	5.3	31.0	37.2	23.5	3.0	63.8	26.6
Speak 3-6 days/week to family	1,157	4.6	29.1	38.2	25.4	2.7	66.3	28.1
Speak 1-2days/week to family	1,000	4.9	33.8	36.1	21.3	3.9	61.3	25.2
Speak <1day/week to family	496	5.8	32.5	35.9	22.4	3.4	61.7	25.8
Speak daily to friends	2,007	6.1	32.8	36.8	21.9	2.4	61.1	24.3
Speak 3-6 days/week to friends	1,300	4.5	34.2	36.2	22.8	2.3	61.3	25.2
Speak 1-2days/week to friends	962	3.5	27.1	39.9	24.9	4.5	69.3	29.4
Speak <1day/week to friends	467	5.6	25.9	34.0	28.5	6.0	68.5	34.5
Speak daily to neighbours	825	5.2	28.1	38.9	24.6	3.2	66.7	27.8
Speak 3-6 days/week to neighbours	1,153	3.9	27.3	39.5	26.4	2.9	68.8	29.2
Speak 1-2days/week to neighbours	1,521	4.9	31.8	37.3	22.5	3.6	63.4	26.0
Speak <1day/week to neighbours	1,232	6.3	36.8	33.2	20.7	3.0	56.9	23.7
Speak daily to others	3,129	5.3	32.2	36.9	22.9	2.7	62.5	25.6
Speak 3-6 days/week to others	1,168	5.0	30.0	37.4	24.8	2.8	65.1	27.7
Speak 1-2days/week to others	400	3.5	29.3	37.0	23.5	6.8	67.3	30.3
Speak <1day/week to others	57	5.3	29.8	35.1	19.3	10.5	64.9	29.8
Potentially socially isolated	438	4.3	29.0	37.9	23.7	5.0	66.7	28.8
Not potentially socially isolated	4,335	5.1	31.6	37.0	23.3	3.0	63.3	26.3
Potentially socially isolated (65+)	136	5.1	24.3	40.4	26.5	3.7	70.6	30.1
Not potentially socially isolated (65+)	856	3.2	24.9	43.8	26.4	1.8	72.0	28.2
2003 survey	3,111	4.6	32.8	40.9	19.4	2.3	62.6	21.7
2007 survey	3,821	5.5	33.1	40.6	18.2	2.6	61.4	20.7
2009 survey	5,420	4.8	31.6	37.8	23.2	2.5	63.5	25.7
2011 survey	12,267	4.6	29.9	37.7	24.5	3.3	65.5	27.8

Group	Number of survey responders	Under-weight	Desirable weight	Over-weight	Obese	Morbidly obese	Over-weight or obese	Obese
2014 survey	4,804	5.0	31.4	37.1	23.4	3.1	63.6	26.5

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.10 Community Safety

5.10.1 Feelings of Safety During Day

Note that feelings of safety are associated with age, gender and deprivation. Therefore, one group might be more likely to feel unsafe in their local area compared to another group, but this could be because they are older, female or live in a more deprived area. For instance, people who are retired are more likely to feel unsafe, but this could be associated with their age rather than retirement specifically. As smoking is associated with deprivation, and deprivation is associated with safety, so it is possible that smokers feel more unsafe when walking alone in their local area. It is likely that such an association would be associated with deprivation rather than smoking specifically. Such associations should be considered when interpreting the information.

People were asked about their feelings of safety when walking alone in their area during the day. The question included the response option 'never goes out'. The Public Health Outcomes Framework (PHOF) includes an indicator which is very similar to this question, although this response option was not included. In order to compare trends over time with Hull's previous surveys, the response option 'never goes out' was retained, but in an attempt to make the question more comparable to the question from the PHOF an additional question was asked along the lines of "if you stated you never went out, how safe do you think you would feel?". The response in the final column combines the percentages who felt 'very safe' and 'fairly safe' with the percentages who felt 'very safe' and 'fairly safe' among those who stated they 'never go out'. The number of survey responders for this final column is not necessarily the same as the number of survey responders for the first five columns as there are a small number of people who stated they 'never go out' (included in the 'number of survey responders' column) who did not answer the second question about how safe they thought they might feel if they did go out (and are not included in the final column).

Table 66: Detailed tabulations: Feelings of safety when walking alone in area during day

Group	Number of survey responders	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never goes out	Very or fairly safe (includes never goes out*)
Hull	5,306	48.3	41.0	6.4	2.2	2.0	90.3
Male	2,419	55.4	36.6	5.0	1.8	1.2	92.6
Female	2,887	42.4	44.8	7.6	2.6	2.6	88.4
16-24	965	48.2	42.9	6.5	1.6	0.8	91.4
25-34	914	48.9	41.7	7.0	2.0	0.4	90.8
35-44	809	50.1	41.0	5.7	2.0	1.2	91.5
45-54	854	50.4	38.3	6.8	3.2	1.4	89.1
55-64	669	46.6	42.2	6.0	2.5	2.7	90.4
65-74	622	48.7	38.9	6.8	2.4	3.2	89.3
75+	453	42.8	42.4	5.7	2.0	7.1	88.7
Males aged 16-24	485	54.2	40.2	2.7	1.6	1.2	94.8
Males aged 25-34	413	58.4	34.1	5.3	1.9	0.2	92.5
Males aged 35-44	367	59.1	33.8	4.9	1.6	0.5	92.9
Males aged 45-54	399	58.1	32.8	6.3	2.0	0.8	91.2
Males aged 55-64	311	50.5	40.5	5.5	1.3	2.3	92.6
Males aged 65-74	261	55.6	35.6	4.6	1.9	2.3	92.3
Males aged 75+	178	46.6	41.6	7.3	2.2	2.2	89.9
Females aged 16-24	480	42.1	45.6	10.4	1.5	0.4	87.9
Females aged 25-34	501	41.1	47.9	8.4	2.0	0.6	89.4
Females aged 35-44	442	42.5	47.1	6.3	2.3	1.8	90.2
Females aged 45-54	455	43.5	43.1	7.3	4.2	2.0	87.2
Females aged 55-64	358	43.3	43.6	6.4	3.6	3.1	88.5
Females aged 65-74	361	43.8	41.3	8.3	2.8	3.9	87.2
Females aged 75+	275	40.4	42.9	4.7	1.8	10.2	88.0
Most deprived tenth	567	39.5	43.7	9.3	3.7	3.7	84.8
Second most deprived tenth	550	43.1	44.2	7.5	2.9	2.4	88.2

Group	Number of survey responders	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never goes out	Very or fairly safe (includes never goes out*)
Most deprived fifth	1,117	41.3	44.0	8.4	3.3	3.0	86.5
Second most deprived fifth	1,037	41.3	44.0	9.4	3.7	1.7	85.8
Middle deprivation fifth	996	44.4	43.8	7.0	2.1	2.7	89.7
Second least deprived fifth	1,069	55.3	37.5	4.8	1.3	1.1	93.4
Least deprived fifth	1,086	59.1	36.3	2.6	0.7	1.3	96.1
North Carr	561	48.7	42.4	5.9	1.4	1.6	91.8
Northern	762	46.9	41.5	6.4	2.4	2.9	89.5
East	713	49.5	42.2	4.9	0.8	2.5	93.1
Park	815	47.6	41.7	7.1	2.2	1.3	90.1
Riverside	974	44.1	40.7	8.5	4.5	2.2	85.5
West	725	53.1	38.6	3.9	2.3	2.1	93.2
Wyke	755	50.1	40.7	7.2	0.9	1.2	91.2
Bransholme East	218	40.4	50.5	6.4	1.4	1.4	91.7
Bransholme West	138	39.9	47.1	8.0	2.9	2.2	87.7
Kings Park	205	63.4	30.7	3.9	0.5	1.5	94.6
Beverley	177	48.0	46.3	3.4	1.1	1.1	94.4
Orchard Park & Greenwood	297	41.8	41.8	7.4	3.7	5.4	85.8
University	288	51.4	38.2	7.3	1.7	1.4	90.2
Ings	226	58.4	35.0	3.5	0.0	3.1	95.1
Longhill	227	41.9	48.9	5.3	0.9	3.1	92.5
Sutton	260	48.5	42.7	5.8	1.5	1.5	91.9
Holderness	253	60.1	34.8	3.2	1.2	0.8	95.3
Marfleet	244	41.0	44.7	9.8	2.5	2.0	86.5
Southcoates East	186	42.5	44.6	8.1	2.7	2.2	88.7
Southcoates West	132	43.2	45.5	8.3	3.0	0.0	88.6
Drypool	250	48.4	40.4	7.2	2.4	1.6	89.2

Group	Number of survey responders	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never goes out	Very or fairly safe (includes never goes out*)
Myton	319	38.9	41.1	13.5	4.1	2.5	80.6
Newington	248	46.4	37.9	6.0	7.3	2.4	85.5
St Andrews	157	44.6	44.6	4.5	4.5	1.9	89.8
Boothferry	205	55.1	38.5	2.0	3.9	0.5	94.1
Derringham	242	55.8	36.0	3.7	2.1	2.5	93.4
Pickering	278	49.3	41.0	5.4	1.4	2.9	92.4
Avenue	275	58.5	33.1	6.9	1.1	0.4	91.6
Bricknell	177	54.2	39.5	3.4	0.6	2.3	95.5
Newland	303	39.9	48.2	9.6	1.0	1.3	88.4
Working <20 hours	377	50.1	43.5	4.8	0.5	1.1	94.1
Working 20-<35	434	51.2	42.9	4.8	0.9	0.2	94.2
Working 35+ hours	1,167	58.6	35.6	4.8	0.9	0.1	94.3
Working hours not specified	235	49.4	41.7	6.8	2.1	0.0	91.1
Full-time student	516	46.5	44.4	6.2	2.3	0.6	91.1
Retired	1,073	47.6	40.8	5.7	1.7	4.2	90.6
Looking after family/home	407	40.0	48.9	6.9	2.9	1.2	89.4
Unemployed/not allowed to work	323	45.5	41.8	9.9	2.2	0.6	87.3
Long-term sick of disabled	382	31.7	41.1	11.0	7.1	9.2	77.1
Not working for other reason or no reason given	97	42.3	40.2	6.2	5.2	6.2	83.5
White British	4,725	48.4	41.4	6.1	2.1	2.1	90.7
White Other	205	46.8	41.0	8.3	2.9	1.0	87.8
Mixed	45	53.3	40.0	6.7	0.0	0.0	93.3
Asian/Asian British	76	43.4	42.1	10.5	3.9	0.0	85.5
Black/Black British	61	57.4	34.4	6.6	1.6	0.0	91.8
Chinese	28	53.6	32.1	10.7	0.0	3.6	88.9
Arab	25	40.0	40.0	16.0	4.0	0.0	80.0

Group	Number of survey responders	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never goes out	Very or fairly safe (includes never goes out*)
Other	23	69.6	21.7	4.3	4.3	0.0	91.3
Excellent health	492	60.2	32.9	4.5	1.0	1.4	93.9
Very good health	1,458	55.7	38.8	4.5	0.7	0.3	94.7
Good health	1,869	49.7	42.3	6.2	1.4	0.5	92.2
Fair health	997	36.8	47.1	9.2	3.6	3.2	85.9
Poor health	460	31.5	39.3	9.6	8.3	11.3	75.1
Limiting long-term illness or disability	1,468	38.8	41.5	8.9	4.9	5.9	83.1
No limiting long-term illness or disability	3,790	52.2	40.8	5.4	1.2	0.5	93.2
Well-being - satisfied - poor (0-4)	591	30.3	43.8	10.7	7.3	8.0	76.7
Well-being - satisfied - score 5-7	2,040	43.0	45.1	7.8	2.3	1.8	89.2
Well-being - satisfied - score 8-10	2,646	56.4	37.4	4.3	1.1	0.8	94.3
Well-being - worthwhile - poor (0-4)	479	29.4	40.9	11.7	8.4	9.6	73.5
Well-being - worthwhile - score 5-7	1,853	42.0	45.3	8.1	2.5	2.1	88.5
Well-being - worthwhile - score 8-10	2,939	55.5	38.4	4.5	1.0	0.6	94.3
Well-being - happy - poor (0-4)	736	33.4	43.5	9.8	7.1	6.3	78.7
Well-being - happy - score 5-7	1,862	43.0	45.0	7.9	1.9	2.2	89.3
Well-being - happy - score 8-10	2,663	56.5	37.4	4.3	1.1	0.7	94.4
Well-being - anxious - poor (6-10)	1,436	44.2	41.0	9.1	3.1	2.6	86.3
Well-being - anxious - score 3-5	1,456	40.0	47.1	7.6	2.6	2.7	88.6
Well-being - anxious - score 0-2	2,360	56.4	37.1	4.0	1.3	1.1	94.1
Healthy diet	3,606	51.0	40.3	5.3	1.6	1.8	92.3
Not healthy diet	1,256	45.1	40.8	8.8	2.9	2.3	86.7
Lack of knowledge about healthy diet	374	36.6	45.7	9.6	5.1	2.9	83.4
5-A-DAY	967	53.7	37.3	5.7	1.8	1.6	91.8
Not 5-A-DAY	4,080	47.5	42.2	6.3	2.1	1.9	90.5
Alcohol most days	434	52.3	39.2	5.3	1.4	1.8	91.9

Group	Number of survey responders	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never goes out	Very or fairly safe (includes never goes out*)
Alcohol 1-3 days a week	1,378	54.9	38.3	5.2	0.6	0.9	94.0
Alcohol 1-3 days a month	1,013	48.6	43.0	5.2	2.3	0.9	92.0
Alcohol less than once a month	1,175	42.3	46.2	8.0	1.9	1.6	89.3
Never drinks alcohol	1,274	45.2	38.5	7.5	4.5	4.3	85.7
No alcohol in last week	1,457	44.4	45.5	7.2	1.6	1.3	90.5
Safe alcohol units last week#	1,739	52.3	39.5	5.7	1.4	1.1	92.5
Excessive alcohol units last week#	468	54.5	40.6	3.4	0.4	1.1	95.7
Dangerous alcohol units last week#	117	53.8	37.6	5.1	1.7	1.7	91.5
Usually binge drinks more than once a week	1,302	47.7	43.1	6.5	1.2	1.5	91.5
Usually binge drinks less than once a week	3,886	48.9	40.3	6.3	2.4	2.1	90.2
Acceptable weekly units and no binge drinking#	2,329	49.9	41.8	5.8	1.3	1.2	92.3
Acceptable weekly units but binge drinking#	811	46.2	43.8	7.5	1.5	1.0	90.6
Excessive weekly units but no binge drinking#	170	58.8	37.6	2.9	0.6	0.0	96.5
Excessive weekly units and binge drinking#	408	52.9	40.9	3.7	0.7	1.7	94.6
Exercise 30+ min sessions 5+ times per week	1,759	52.0	38.9	6.2	2.0	0.8	91.4
Exercise 30+ min sessions <5 times per week	1,908	48.7	42.6	6.3	1.7	0.7	91.6
Light exercise only (no 30+ mins mod/vig)	1,202	46.8	42.6	6.6	2.0	2.0	90.3
Never exercise (no 30+ mins light/mod/vig)	377	35.3	37.7	7.7	5.8	13.5	79.5
Moderate+2*vigorous < 30 minutes in week	2,029	43.4	41.5	7.7	3.4	3.9	86.8
Moderate+2*vigorous 30+ mins but <2.5 hrs	567	50.1	44.3	4.4	0.9	0.4	94.5
Moderate+2*vigorous 2.5+ hours in week	2,073	53.6	39.0	5.5	1.3	0.6	92.9
Current smoker	1,610	47.1	39.4	8.1	3.4	2.0	87.3
Former smoker	1,418	46.9	42.4	6.1	1.7	3.0	90.8
Never smoker	2,212	50.3	41.3	5.3	1.8	1.3	92.2
Current light smokers (<10 cigs/day)	362	50.3	36.7	8.8	2.2	1.9	87.8
Current moderate smokers (10-19 cigs/day)	582	47.6	40.2	7.4	2.6	2.2	89.0

Group	Number of survey responders	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never goes out	Very or fairly safe (includes never goes out*)
Current heavy smokers (20+ cigs/day)	335	48.1	37.9	7.8	4.2	2.1	86.5
E-cigarette current user	389	47.3	38.8	7.7	3.9	2.3	87.9
E-cigarette former user or never used	4,225	49.1	41.0	6.1	1.9	1.9	90.9
Underweight or desirable weight	1,748	48.9	40.7	6.5	2.3	1.7	90.3
Overweight	1,775	51.5	39.3	5.9	1.6	1.7	91.8
Obese	1,270	45.8	42.5	6.2	2.4	3.1	89.8
Only adult in household	1,436	45.5	41.2	7.5	2.9	2.9	88.0
Two adults in household	2,598	49.5	41.5	5.9	1.5	1.7	91.8
Three or more adults in household	1,190	50.0	39.9	6.3	2.4	1.4	90.8
Very/fairly safe in area after dark	2,870	69.8	28.8	0.5	0.1	0.8	99.4
A bit/very unsafe in area after dark	2,340	22.4	56.3	13.2	4.9	3.2	79.6
Very/fairly safe alone in home at night	4,602	53.2	40.6	4.1	0.9	1.2	94.6
A bit/very unsafe alone in home at night	665	14.4	44.5	22.7	11.4	6.9	60.3
Very/fairly safe in area after dark (65+)	475	69.9	26.5	0.8	0.4	2.3	98.7
A bit/very unsafe in area after dark (65+)	545	26.1	53.2	10.1	4.0	6.6	81.5
Very/fairly safe alone in home at night (65+)	927	51.3	40.1	4.2	0.9	3.5	93.8
A bit/very unsafe alone in home at night (65+)	133	10.5	42.1	21.8	11.3	14.3	55.6
Speak daily to family	2,372	47.6	41.1	6.4	2.6	2.4	89.9
Speak 3-6 days/week to family	1,243	49.7	41.6	6.0	1.3	1.4	91.9
Speak 1-2days/week to family	1,081	49.0	41.6	6.6	1.4	1.4	91.2
Speak <1day/week to family	528	48.9	38.4	6.4	3.6	2.7	88.6
Speak daily to friends	2,222	53.0	38.3	5.8	2.2	0.8	91.6
Speak 3-6 days/week to friends	1,421	48.3	43.8	5.8	1.0	1.2	92.6
Speak 1-2days/week to friends	1,051	44.6	44.8	7.0	1.6	1.9	90.5
Speak <1day/week to friends	513	37.4	39.2	8.4	6.2	8.8	80.2
Speak daily to neighbours	923	53.5	36.9	5.5	2.8	1.2	91.0

Group	Number of survey responders	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never goes out	Very or fairly safe (includes never goes out*)
Speak 3-6 days/week to neighbours	1,269	49.9	42.6	5.1	0.8	1.7	93.4
Speak 1-2days/week to neighbours	1,652	47.6	43.0	6.1	1.8	1.5	91.5
Speak <1day/week to neighbours	1,360	44.6	40.6	8.2	3.4	3.3	86.3
Speak daily to others	3,484	49.8	39.9	6.1	2.3	1.8	90.7
Speak 3-6 days/week to others	1,253	47.2	44.5	5.5	1.1	1.7	92.2
Speak 1-2days/week to others	431	42.2	42.9	9.5	2.8	2.6	86.5
Speak <1day/week to others	65	43.1	27.7	9.2	7.7	12.3	76.2
Potentially socially isolated	471	43.3	45.0	6.4	3.0	2.3	89.6
Not potentially socially isolated	4,779	49.0	40.8	6.3	2.0	1.9	90.7
Potentially socially isolated (65+)	142	40.1	47.2	6.3	3.5	2.8	88.7
Not potentially socially isolated (65+)	912	47.4	39.6	6.1	1.9	5.0	89.5
2004 survey	3,997	44.1	44.6	8.4	1.3	1.6	**
2007 survey	4,017	33.4	51.3	11.4	2.6	1.2	**
2009 survey	4,052	65.1	27.5	4.1	1.6	1.7	**
2011 survey	13,197	43.1	45.1	8.0	2.4	1.4	89.0
2014 survey	5,306	48.3	41.0	6.4	2.2	2.0	90.3

*Survey responders were given the five responses above including 'never goes out', but a further question asked those who stated they 'never go out' how safe they think they would feel if they did go out and the final column includes the responses who thought they would feel 'very safe' or 'fairly safe' in addition to the 'very safe' or 'fairly safe' responses to the main question (see explanation above table).

**Additional question not included (so do not know how those who never go out might feel about their safety).

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.10.2 Feelings of Safety After Dark

Note that feelings of safety are associated with age, gender and deprivation. Therefore, one group might be more likely to feel unsafe in their local area compared to another group, but this could be because they are older, female or live in a more deprived area. For instance, people who are retired are more likely to feel unsafe, but this could be associated with their age rather than retirement specifically. As smoking is associated with deprivation, and deprivation is associated with safety, so it is possible that smokers feel more unsafe when walking alone in their local area. It is likely that such an association would be associated with deprivation rather than smoking specifically. Such associations should be considered when interpreting the information.

People were asked about their feelings of safety when walking alone in their area after dark. The question included the response option 'never goes out'. The Public Health Outcomes Framework (PHOF) includes an indicator which is very similar to this question, although this response option was not included. In order to compare trends over time with Hull's previous surveys, the response option 'never goes out' was retained, but in an attempt to make the question more comparable to the question from the PHOF an additional question was asked along the lines of "if you stated you never went out, how safe do you think you would feel?". The response in the final column combines the percentages who felt 'very safe' and 'fairly safe' with the percentages who felt 'very safe' and 'fairly safe' among those who stated they 'never go out'. The number of survey responders for this final column is not necessarily the same as the number of survey responders for the first five columns as there are a small number of people who stated they 'never go out' (included in the 'number of survey responders' column) who did not answer the second question about how safe they thought they might feel if they did go out (and are not included in the final column).

Table 67: Detailed tabulations: Feelings of safety when walking alone in area after dark

Group	Number of survey responders	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never goes out	Very or fairly safe (includes never goes out*)
Hull	5,278	16.2	36.3	25.2	10.3	12.1	55.1
Male	2,404	27.4	41.3	19.2	6.5	5.6	70.6
Female	2,874	6.8	32.0	30.2	13.5	17.4	41.9
16-24	961	19.0	34.7	29.0	13.6	3.6	54.3
25-34	912	19.4	37.6	27.6	11.1	4.3	57.3
35-44	810	18.3	40.0	26.2	8.9	6.7	59.4
45-54	852	18.5	38.5	25.8	10.2	6.9	58.6

Group	Number of survey responders	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never goes out	Very or fairly safe (includes never goes out*)
55-64	662	13.3	39.4	23.6	9.4	14.4	56.4
65-74	613	10.9	33.1	23.3	9.5	23.2	49.5
75+	448	7.1	25.0	14.3	6.9	46.7	42.4
Males aged 16-24	483	28.4	41.8	21.9	6.6	1.2	70.4
Males aged 25-34	413	34.9	37.3	19.6	7.5	0.7	72.2
Males aged 35-44	367	33.0	40.9	16.9	5.2	4.1	74.6
Males aged 45-54	398	30.4	42.0	18.8	5.8	3.0	73.8
Males aged 55-64	307	21.8	42.0	20.2	6.5	9.4	68.1
Males aged 65-74	257	17.9	45.1	18.3	7.0	11.7	66.7
Males aged 75+	174	12.1	41.4	16.1	7.5	23.0	60.8
Females aged 16-24	478	9.6	27.4	36.2	20.7	6.1	37.8
Females aged 25-34	499	6.6	37.9	34.3	14.0	7.2	45.0
Females aged 35-44	443	6.1	39.3	33.9	12.0	8.8	46.7
Females aged 45-54	454	8.1	35.5	31.9	14.1	10.4	45.1
Females aged 55-64	355	5.9	37.2	26.5	11.8	18.6	46.3
Females aged 65-74	356	5.9	24.4	27.0	11.2	31.5	36.8
Females aged 75+	274	4.0	14.6	13.1	6.6	61.7	29.7
Most deprived tenth	565	18.4	27.6	22.1	16.8	15.0	48.6
Second most deprived tenth	546	16.1	31.7	23.4	14.1	14.7	50.8
Most deprived fifth	1,111	17.3	29.6	22.8	15.5	14.9	49.7
Second most deprived fifth	1,029	14.6	30.3	26.8	13.4	14.9	47.0
Middle deprivation fifth	991	12.5	34.7	29.3	10.6	12.9	50.6
Second least deprived fifth	1,062	18.8	39.6	25.3	7.3	8.9	60.7
Least deprived fifth	1,084	17.3	46.9	22.3	4.7	8.8	66.8
North Carr	558	15.9	35.5	26.7	10.0	11.8	52.9
Northern	759	13.6	37.7	26.4	11.3	11.1	53.7

Group	Number of survey responders	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never goes out	Very or fairly safe (includes never goes out*)
East	710	16.9	39.2	23.4	8.3	12.3	60.2
Park	809	16.7	36.1	26.3	9.6	11.2	55.3
Riverside	968	19.0	29.0	22.4	14.8	14.8	50.0
West	719	16.8	41.9	22.1	5.4	13.8	62.9
Wyke	754	13.5	36.9	30.0	11.0	8.6	52.1
Bransholme East	216	11.6	36.6	25.9	12.5	13.4	50.5
Bransholme West	138	18.8	21.0	28.3	12.3	19.6	41.2
Kings Park	204	18.6	44.1	26.5	5.9	4.9	63.2
Beverley	177	11.9	45.2	26.6	7.3	9.0	58.9
Orchard Park & Greenwood	295	15.3	29.5	22.4	16.3	16.6	48.3
University	287	12.9	41.5	30.3	8.7	6.6	56.2
Ings	226	19.5	36.3	24.8	7.1	12.4	59.4
Longhill	226	13.7	43.4	24.3	7.5	11.1	61.7
Sutton	258	17.4	38.0	21.3	10.1	13.2	59.6
Holderness	251	21.5	48.2	17.5	4.4	8.4	72.1
Marfleet	242	13.2	29.8	30.2	13.2	13.6	46.8
Southcoates East	184	16.3	30.4	31.0	9.8	12.5	48.4
Southcoates West	132	14.4	32.6	29.5	12.9	10.6	48.8
Drypool	248	17.3	37.1	22.6	10.9	12.1	55.9
Myton	319	19.1	26.0	23.5	17.2	14.1	46.3
Newington	245	15.9	29.0	20.4	14.3	20.4	47.3
St Andrews	156	26.3	22.4	23.1	16.7	11.5	52.3
Boothferry	202	17.3	44.6	19.8	7.4	10.9	64.5
Derringham	241	17.4	38.6	24.9	4.6	14.5	60.0
Pickering	276	15.9	42.8	21.4	4.7	15.2	64.2
Avenue	274	16.4	38.0	29.6	9.1	6.9	55.5

Group	Number of survey responders	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never goes out	Very or fairly safe (includes never goes out*)
Bricknell	177	10.7	46.3	24.9	6.8	11.3	60.8
Newland	303	12.5	30.4	33.3	15.2	8.6	43.8
Working <20 hours	377	14.6	38.2	32.1	11.4	3.7	54.5
Working 20-<35	432	11.3	44.4	33.1	7.9	3.2	55.8
Working 35+ hours	1,164	26.2	45.3	20.6	6.1	1.8	71.9
Working hours not specified	234	15.8	47.0	27.4	8.1	1.7	62.8
Full-time student	514	18.3	31.3	32.1	14.6	3.7	50.3
Retired	1,060	10.6	30.6	20.2	8.7	30.0	48.4
Looking after family/home	406	8.6	32.3	31.5	14.5	13.1	41.9
Unemployed/not allowed to work	322	20.5	33.5	24.2	13.7	8.1	55.2
Long-term sick or disabled	380	11.3	21.1	22.9	17.9	26.8	38.3
Not working for other reason or no reason given	96	12.5	34.4	16.7	8.3	28.1	54.3
White British	4,698	15.9	36.6	25.0	10.1	12.4	55.2
White Other	205	17.1	34.6	27.3	14.6	6.3	52.9
Mixed	45	20.0	42.2	24.4	11.1	2.2	62.2
Asian/Asian British	76	18.4	34.2	27.6	10.5	9.2	55.3
Black/Black British	60	23.3	26.7	36.7	10.0	3.3	50.8
Chinese	29	13.8	31.0	41.4	13.8	0.0	44.8
Arab	25	12.0	44.0	28.0	8.0	8.0	56.0
Other	23	39.1	39.1	4.3	8.7	8.7	82.6
Excellent health	491	26.7	40.3	22.4	6.7	3.9	68.0
Very good health	1,451	17.8	44.1	24.9	7.7	5.4	63.4
Good health	1,863	16.6	38.6	26.4	9.9	8.5	57.2
Fair health	989	11.0	26.2	27.3	13.5	21.9	41.5
Poor health	454	9.0	20.5	18.9	17.2	34.4	35.8
Limiting long-term illness or disability	1,455	10.7	26.3	23.3	14.0	25.8	42.3

Group	Number of survey responders	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never goes out	Very or fairly safe (includes never goes out*)
No limiting long-term illness or disability	3,775	18.4	40.3	25.9	8.7	6.6	60.2
Well-being - satisfied - poor (0-4)	584	10.4	22.1	24.7	18.5	24.3	36.7
Well-being - satisfied - score 5-7	2,028	13.2	34.8	28.3	11.5	12.2	50.3
Well-being - satisfied - score 8-10	2,637	19.8	40.7	23.0	7.6	8.9	62.9
Well-being - worthwhile - poor (0-4)	477	9.4	22.9	22.9	17.6	27.3	37.3
Well-being - worthwhile - score 5-7	1,839	13.9	34.0	28.4	11.6	12.1	50.1
Well-being - worthwhile - score 8-10	2,928	18.8	40.0	23.7	8.2	9.3	61.2
Well-being - happy - poor (0-4)	729	12.6	23.0	28.5	16.9	18.9	39.0
Well-being - happy - score 5-7	1,851	13.8	35.3	27.1	11.8	12.0	51.4
Well-being - happy - score 8-10	2,655	19.0	40.6	22.9	7.5	10.1	62.2
Well-being - anxious - poor (6-10)	1,422	13.7	34.1	25.7	12.4	14.1	50.6
Well-being - anxious - score 3-5	1,449	11.3	33.3	29.4	12.3	13.7	47.1
Well-being - anxious - score 0-2	2,353	21.0	39.5	22.3	7.7	9.6	62.9
Healthy diet	3,589	16.1	38.7	24.4	8.9	11.9	57.6
Not healthy diet	1,248	17.1	31.3	26.8	13.4	11.3	50.5
Lack of knowledge about healthy diet	374	15.2	29.7	27.8	13.6	13.6	47.0
5-A-DAY	961	16.6	38.9	22.7	8.9	12.8	58.7
Not 5-A-DAY	4,064	16.1	35.8	26.2	10.4	11.5	54.3
Alcohol most days	431	21.3	41.8	19.7	9.3	7.9	65.8
Alcohol 1-3 days a week	1,372	20.3	41.8	24.1	8.5	5.2	63.7
Alcohol 1-3 days a month	1,011	16.2	40.4	26.6	8.9	7.9	58.5
Alcohol less than once a month	1,168	10.5	34.5	30.0	13.1	11.9	47.4
Never drinks alcohol	1,264	15.2	26.2	22.9	11.3	24.4	45.8
No alcohol in last week	1,453	12.3	36.0	29.2	11.2	11.3	50.8
Safe alcohol units last week#	1,735	17.6	42.3	24.7	8.9	6.5	61.3
Excessive alcohol units last week#	467	21.6	43.3	23.3	8.8	3.0	66.0

Group	Number of survey responders	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never goes out	Very or fairly safe (includes never goes out*)
Dangerous alcohol units last week#	116	29.3	35.3	19.8	8.6	6.9	68.1
Usually binge drinks more than once a week	1,294	20.6	38.7	24.3	9.6	6.7	61.0
Usually binge drinks less than once a week	3,867	14.7	35.7	25.4	10.5	13.8	53.2
Acceptable weekly units and no binge drinking#	2,322	13.9	39.8	27.3	10.1	8.9	55.8
Acceptable weekly units but binge drinking#	810	19.1	39.3	24.8	9.5	7.3	59.9
Excessive weekly units but no binge drinking#	170	22.9	47.6	20.6	6.5	2.4	71.4
Excessive weekly units and binge drinking#	407	23.3	39.3	23.3	9.6	4.4	64.6
Exercise 30+ min sessions 5+ times per week	1,758	22.1	37.3	24.8	10.2	5.6	60.0
Exercise 30+ min sessions <5 times per week	1,899	13.6	40.8	28.3	9.6	7.7	55.8
Light exercise only (no 30+ mins mod/vig)	1,195	13.0	31.0	24.3	11.3	20.4	49.1
Never exercise (no 30+ mins light/mod/vig)	368	12.2	25.0	14.1	11.1	37.5	46.6
Moderate+2*vigorous < 30 minutes in week	2,004	12.9	30.9	22.8	12.3	21.1	48.6
Moderate+2*vigorous 30+ mins but <2.5 hrs	566	12.7	41.7	29.3	8.8	7.4	56.0
Moderate+2*vigorous 2.5+ hours in week	2,071	20.5	39.5	26.1	8.9	5.0	61.0
Current smoker	1,597	20.7	32.2	23.2	12.7	11.2	55.0
Former smoker	1,412	12.5	36.8	24.6	10.4	15.7	52.7
Never smoker	2,207	15.2	38.8	27.1	8.5	10.4	56.6
Current light smokers (<10 cigs/day)	37	183.8	321.6	0.0	235.1	124.3	53.8
Current moderate smokers (10-19 cigs/day)	62	187.1	314.5	0.0	214.5	117.7	55.8
Current heavy smokers (20+ cigs/day)	33	248.5	275.8	0.0	263.6	115.2	53.5
E-cigarette current user	380	14.7	35.3	23.7	14.7	11.6	53.4
E-cigarette former user or never used	4,212	16.8	36.5	25.6	9.9	11.3	55.6
Underweight or desirable weight	1,738	17.0	36.0	25.6	11.1	10.4	55.3
Overweight	1,767	16.9	38.7	24.7	8.9	10.8	58.0
Obese	1,261	16.5	34.3	24.2	9.6	15.5	53.7
Only adult in household	1,425	15.2	31.6	23.5	10.5	19.2	50.6

Group	Number of survey responders	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never goes out	Very or fairly safe (includes never goes out*)
Two adults in household	2,587	15.9	38.0	25.4	9.9	10.8	56.2
Three or more adults in household	1,187	17.9	38.6	26.9	10.7	6.0	58.2
Very/fairly safe in area in day	4,760	17.8	39.9	25.6	6.7	9.9	60.5
A bit/very unsafe in area in day	506	1.0	2.0	22.1	44.1	30.8	3.4
Very/fairly safe alone in home at night	4,583	18.2	40.5	24.5	7.0	9.7	61.6
A bit/very unsafe alone in home at night	657	1.8	7.6	29.1	33.3	28.2	9.7
Very/fairly safe in area in day (65+)	946	10.3	32.9	20.7	6.2	29.9	51.3
A bit/very unsafe in area in day (65+)	112	1.8	2.7	9.8	26.8	58.9	5.6
Very/fairly safe alone in home at night (65+)	917	10.3	33.6	19.5	7.0	29.7	52.6
A bit/very unsafe alone in home at night (65+)	130	1.5	3.1	17.7	19.2	58.5	4.8
Speak daily to family	2,356	17.1	34.3	23.8	11.3	13.6	54.4
Speak 3-6 days/week to family	1,237	13.7	39.5	27.1	9.2	10.5	55.6
Speak 1-2days/week to family	1,080	15.6	38.9	26.5	8.6	10.5	56.6
Speak <1day/week to family	524	19.3	33.6	25.2	11.1	10.9	54.9
Speak daily to friends	2,214	21.6	37.3	22.9	10.3	7.9	60.5
Speak 3-6 days/week to friends	1,413	13.2	38.9	28.0	10.2	9.8	54.7
Speak 1-2days/week to friends	1,043	11.5	35.9	28.4	8.5	15.7	50.6
Speak <1day/week to friends	510	10.6	27.3	22.5	13.3	26.3	42.9
Speak daily to neighbours	914	20.6	34.5	19.9	10.8	14.2	58.3
Speak 3-6 days/week to neighbours	1,265	14.5	40.5	26.2	8.5	10.3	57.6
Speak 1-2days/week to neighbours	1,643	14.7	38.3	26.4	8.7	11.9	55.9
Speak <1day/week to neighbours	1,355	16.4	32.0	27.0	13.1	11.5	50.1
Speak daily to others	3,467	18.1	35.5	24.1	10.8	11.4	56.1
Speak 3-6 days/week to others	1,246	12.0	40.6	27.7	8.4	11.3	55.2
Speak 1-2days/week to others	427	12.4	33.0	29.3	9.4	15.9	48.2
Speak <1day/week to others	65	16.9	24.6	16.9	18.5	23.1	47.5

Group	Number of survey responders	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never goes out	Very or fairly safe (includes never goes out*)
Potentially socially isolated	466	14.2	32.0	26.4	7.7	19.7	50.0
Not potentially socially isolated	4,758	16.4	36.9	25.2	10.4	11.1	55.8
Potentially socially isolated (65+)	141	8.5	26.2	14.9	5.0	45.4	41.5
Not potentially socially isolated (65+)	900	9.4	30.7	20.1	9.0	30.8	47.8
2004 survey	3,996	21.8	39.0	21.5	8.9	8.8	**
2007 survey	3,957	9.0	35.3	30.9	13.7	11.1	**
2009 survey	4,053	23.9	27.5	19.0	9.3	20.4	**
2011 survey	13,062	13.3	39.1	27.0	11.4	9.2	54.6
2014 survey	5,278	16.2	36.3	25.2	10.3	12.1	55.1

*Survey responders were given the five responses above including 'never goes out', but a further question asked those who stated they 'never go out' how safe they think they would feel if they did go out and the final column includes the responses who thought they would feel 'very safe' or 'fairly safe' in addition to the 'very safe' or 'fairly safe' responses to the main question (see explanation above table).

**Additional question not included (so do not know how those who never go out might feel about their safety).

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.10.3 *Feelings of Safety at Home at Night*

Note that feelings of safety are associated with age, gender and deprivation. Therefore, one group might be more likely to feel unsafe in their local area compared to another group, but this could be because they are older, female or live in a more deprived area. For instance, people who are retired are more likely to feel unsafe, but this could be associated with their age rather than retirement specifically. As smoking is associated with deprivation, and deprivation is associated with safety, so it is possible that smokers feel more unsafe when walking alone in their local area. It is likely that such an association would be associated with deprivation rather than smoking specifically. Such associations should be considered when interpreting the information.

People were asked about their feelings of safety when alone in their home at night. The question included the response option 'never alone at night'. The Public Health Outcomes Framework (PHOF) includes an indicator which is very similar to this question, although this response option was not included. In order to compare trends over time with Hull's previous surveys, the response option 'never alone' was retained, but in an attempt to make the question more comparable to the question from the PHOF an additional question was asked along the lines of "if you stated you were never alone, how safe do you think you would feel?". The response in the final column combines the percentages who felt 'very safe' and 'fairly safe' with the percentages who felt 'very safe' and 'fairly safe' among those who stated they 'never alone'. The number of survey responders for this final column is not necessarily the same as the number of survey responders for the first five columns as there are a small number of people who stated they 'never alone' (included in the 'number of survey responders' column) who did not answer the second question about how safe they thought they might feel if they were alone (and are not included in the final column).

Table 68: Detailed tabulations: Feelings of safety alone in home at night

Group	Number of survey responders	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never alone at night	Very or fairly safe (includes never alone at night*)
Hull	5,300	47.7	36.1	7.9	2.5	5.9	87.4
Male	2,414	59.0	31.2	4.6	1.4	3.8	93.1
Female	2,886	38.2	40.2	10.7	3.4	7.6	82.6
16-24	965	49.1	34.4	9.7	3.7	3.0	84.7
25-34	911	43.1	40.2	11.5	2.2	3.0	85.0
35-44	808	51.9	33.3	7.5	3.0	4.3	88.0
45-54	854	52.9	35.1	5.7	2.2	4.0	90.8
55-64	667	48.1	36.4	5.7	1.8	7.9	89.8
65-74	622	44.9	33.4	6.6	1.6	13.5	87.1
75+	453	40.4	41.3	6.2	1.8	10.4	87.9
Males aged 16-24	485	63.1	27.4	5.4	1.9	2.3	91.8
Males aged 25-34	412	56.6	32.5	6.6	1.2	3.2	91.7
Males aged 35-44	366	62.0	28.7	4.6	1.1	3.6	93.9
Males aged 45-54	398	62.8	29.6	3.3	1.8	2.5	94.7
Males aged 55-64	310	57.4	33.5	3.9	0.6	4.5	94.2
Males aged 65-74	260	55.0	32.3	2.7	1.5	8.5	93.8

Group	Number of survey responders	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never alone at night	Very or fairly safe (includes never alone at night*)
Males aged 75+	178	48.9	39.9	5.1	1.1	5.1	92.6
Females aged 16-24	480	35.0	41.5	14.2	5.6	3.8	77.5
Females aged 25-34	499	32.1	46.5	15.6	3.0	2.8	79.5
Females aged 35-44	442	43.4	37.1	10.0	4.5	5.0	83.1
Females aged 45-54	456	44.3	39.9	7.9	2.6	5.3	87.4
Females aged 55-64	357	40.1	38.9	7.3	2.8	10.9	85.9
Females aged 65-74	362	37.6	34.3	9.4	1.7	17.1	82.4
Females aged 75+	275	34.9	42.2	6.9	2.2	13.8	84.9
Most deprived tenth	567	44.3	33.7	11.6	2.6	7.8	81.3
Second most deprived tenth	550	41.8	38.7	8.9	3.1	7.5	85.3
Most deprived fifth	1,117	43.1	36.2	10.3	2.9	7.6	83.3
Second most deprived fifth	1,034	42.3	37.0	9.8	4.4	6.6	82.9
Middle deprivation fifth	996	48.8	36.7	6.8	2.5	5.1	88.7
Second least deprived fifth	1,067	50.9	34.6	8.0	2.1	4.5	88.6
Least deprived fifth	1,085	53.5	35.9	4.6	0.6	5.4	93.4
North Carr	559	46.9	37.2	7.3	1.8	6.8	88.7
Northern	761	46.5	36.5	8.3	2.1	6.6	86.4
East	714	52.4	32.9	6.3	2.5	5.9	89.3
Park	812	48.2	34.5	8.9	3.1	5.4	86.4
Riverside	974	45.3	34.9	9.9	4.2	5.7	82.9
West	724	48.2	38.3	6.5	0.8	6.2	90.8
Wyke	755	47.2	38.8	7.3	2.0	4.8	89.2
Bransholme East	217	41.5	38.7	12.0	2.3	5.5	83.8
Bransholme West	138	40.6	39.9	5.8	3.6	10.1	86.1
Kings Park	204	56.9	33.8	3.4	0.0	5.9	95.6
Beverley	177	50.3	35.0	9.0	2.8	2.8	87.0

Group	Number of survey responders	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never alone at night	Very or fairly safe (includes never alone at night*)
Orchard Park & Greenwood	296	42.9	34.5	10.8	2.7	9.1	81.9
University	288	47.9	39.6	5.2	1.0	6.3	90.6
Ings	225	55.1	34.7	3.6	1.3	5.3	93.7
Longhill	227	50.2	33.5	7.9	3.5	4.8	88.1
Sutton	262	51.9	30.9	7.3	2.7	7.3	86.6
Holderness	252	57.1	32.5	4.0	2.0	4.4	93.3
Marfleet	245	36.7	40.8	13.5	3.7	5.3	81.5
Southcoates East	184	48.9	29.9	10.9	2.2	8.2	83.6
Southcoates West	131	51.1	32.8	6.9	5.3	3.8	86.2
Drypool	250	47.2	37.6	7.6	4.0	3.6	86.4
Myton	319	42.3	35.4	11.6	3.8	6.9	80.4
Newington	248	44.8	32.7	10.1	5.2	7.3	81.4
St Andrews	157	49.0	33.1	9.6	3.8	4.5	84.6
Boothferry	205	49.8	37.1	7.3	0.5	5.4	91.2
Derringham	242	43.8	39.7	7.9	1.7	7.0	88.4
Pickering	277	50.9	37.9	4.7	0.4	6.1	92.7
Avenue	275	53.1	36.0	5.8	1.1	4.0	90.9
Bricknell	177	49.7	37.9	5.1	0.6	6.8	94.3
Newland	303	40.3	41.9	9.9	3.6	4.3	84.7
Working <20 hours	377	46.7	39.5	7.7	1.9	4.2	88.5
Working 20-<35	433	49.2	42.3	4.8	1.2	2.5	93.3
Working 35+ hours	1,166	58.8	33.4	4.5	1.3	2.1	93.8
Working hours not specified	235	54.0	32.8	9.8	2.1	1.3	87.7
Full-time student	516	47.1	37.0	8.7	4.5	2.7	85.3
Retired	1,073	43.8	36.8	6.2	1.5	11.6	88.1
Looking after family/home	403	36.7	37.7	13.9	5.2	6.5	77.9

Group	Number of survey responders	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never alone at night	Very or fairly safe (includes never alone at night*)
Unemployed/not allowed to work	322	46.9	38.5	8.7	3.1	2.8	87.3
Long-term sick of disabled	383	33.9	32.1	14.4	4.4	15.1	74.5
Not working for other reason or no reason given	97	43.3	29.9	11.3	2.1	13.4	81.3
White British	4,719	48.0	36.2	7.3	2.3	6.2	88.0
White Other	204	42.2	40.2	11.8	2.9	2.9	83.3
Mixed	45	62.2	24.4	11.1	2.2	0.0	86.7
Asian/Asian British	76	43.4	36.8	10.5	6.6	2.6	81.6
Black/Black British	61	39.3	45.9	13.1	1.6	0.0	85.2
Chinese	29	41.4	34.5	20.7	3.4	0.0	75.9
Arab	25	52.0	16.0	24.0	8.0	0.0	68.0
Other	23	65.2	21.7	4.3	4.3	4.3	91.3
Excellent health	493	64.1	26.0	4.1	2.2	3.7	92.3
Very good health	1,457	54.4	34.9	5.7	1.6	3.4	92.0
Good health	1,865	48.4	36.9	7.1	2.0	5.6	89.0
Fair health	997	36.5	41.8	12.2	2.8	6.6	82.8
Poor health	458	30.8	34.3	13.1	6.8	15.1	71.3
Limiting long-term illness or disability	1,467	36.5	37.8	10.5	4.0	11.2	80.1
No limiting long-term illness or disability	3,786	52.2	35.3	6.9	1.8	3.7	90.3
Well-being - satisfied - poor (0-4)	590	29.8	38.6	14.9	5.9	10.7	73.1
Well-being - satisfied - score 5-7	2,038	41.8	40.8	8.9	2.8	5.6	86.0
Well-being - satisfied - score 8-10	2,643	56.3	31.8	5.5	1.4	5.0	91.6
Well-being - worthwhile - poor (0-4)	480	28.8	36.3	15.6	8.1	11.3	70.0
Well-being - worthwhile - score 5-7	1,850	41.9	41.3	9.3	2.6	4.9	85.9
Well-being - worthwhile - score 8-10	2,935	54.5	32.7	5.7	1.4	5.6	91.2
Well-being - happy - poor (0-4)	735	32.4	39.6	13.9	5.6	8.6	75.4
Well-being - happy - score 5-7	1,858	43.1	39.5	9.8	2.9	4.7	85.5

Group	Number of survey responders	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never alone at night	Very or fairly safe (includes never alone at night*)
Well-being - happy - score 8-10	2,662	55.2	32.8	5.0	1.2	5.7	92.2
Well-being - anxious - poor (6-10)	1,432	41.9	37.4	10.8	3.6	6.4	82.9
Well-being - anxious - score 3-5	1,457	40.3	41.5	9.5	3.0	5.8	85.3
Well-being - anxious - score 0-2	2,356	56.0	31.9	5.3	1.3	5.4	91.5
Healthy diet	3,604	50.6	35.3	5.8	1.8	6.5	90.2
Not healthy diet	1,253	42.6	37.0	11.9	4.4	4.2	81.7
Lack of knowledge about healthy diet	373	39.4	39.4	13.7	2.1	5.4	81.2
5-A-DAY	967	52.0	34.2	4.8	2.3	6.7	90.6
Not 5-A-DAY	4,076	46.8	36.8	8.4	2.4	5.6	87.0
Alcohol most days	432	51.6	37.5	5.1	1.9	3.9	91.9
Alcohol 1-3 days a week	1,378	52.2	36.4	6.2	1.5	3.8	91.6
Alcohol 1-3 days a month	1,010	48.8	38.0	7.3	2.0	3.9	89.1
Alcohol less than once a month	1,172	43.9	37.1	10.3	2.8	5.9	84.6
Never drinks alcohol	1,276	44.1	32.8	9.2	3.8	10.2	82.3
No alcohol in last week	1,455	45.0	38.0	9.5	2.5	5.0	86.3
Safe alcohol units last week#	1,734	51.7	36.6	5.7	1.6	4.4	91.4
Excessive alcohol units last week#	469	51.6	38.6	6.2	1.3	2.3	91.7
Dangerous alcohol units last week#	117	50.4	35.0	9.4	2.6	2.6	86.3
Usually binge drinks more than once a week	1,299	49.2	37.3	7.8	2.3	3.4	88.8
Usually binge drinks less than once a week	3,884	47.4	35.7	7.9	2.4	6.6	87.1
Acceptable weekly units and no binge drinking#	2,325	48.9	37.0	7.2	1.7	5.1	89.5
Acceptable weekly units but binge drinking#	808	49.0	37.7	7.4	2.5	3.3	89.1
Excessive weekly units but no binge drinking#	170	51.8	38.2	5.9	1.8	2.4	91.7
Excessive weekly units and binge drinking#	409	51.1	37.9	7.1	1.5	2.4	90.2
Exercise 30+ min sessions 5+ times per week	1,756	52.7	32.6	8.0	2.6	4.0	87.9
Exercise 30+ min sessions <5 times per week	1,904	46.7	39.0	7.9	2.1	4.2	88.7

Group	Number of survey responders	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never alone at night	Very or fairly safe (includes never alone at night*)
Light exercise only (no 30+ mins mod/vig)	1,203	45.3	36.1	7.6	2.5	8.6	86.9
Never exercise (no 30+ mins light/mod/vig)	377	35.8	37.4	8.8	4.2	13.8	79.6
Moderate+2*vigorous < 30 minutes in week	2,025	42.2	37.4	8.7	3.2	8.5	84.7
Moderate+2*vigorous 30+ mins but <2.5 hrs	564	48.0	38.3	7.3	1.8	4.6	89.1
Moderate+2*vigorous 2.5+ hours in week	2,072	52.6	34.8	6.9	2.0	3.6	90.0
Current smoker	1,608	47.9	33.8	10.1	3.8	4.5	83.8
Former smoker	1,414	46.1	37.0	7.3	2.3	7.3	87.7
Never smoker	2,214	48.3	37.4	6.6	1.6	6.0	89.9
Current light smokers (<10 cigs/day)	360	50.0	30.0	11.7	3.3	5.0	83.3
Current moderate smokers (10-19 cigs/day)	583	46.0	34.8	11.7	3.1	4.5	82.8
Current heavy smokers (20+ cigs/day)	335	45.7	37.0	8.7	5.7	3.0	83.5
E-cigarette current user	388	47.2	36.1	9.0	3.6	4.1	85.3
E-cigarette former user or never used	4,220	48.5	35.7	7.7	2.3	5.8	87.7
Underweight or desirable weight	1,744	48.9	35.4	8.6	2.4	4.7	86.9
Overweight	1,774	48.9	37.1	6.8	2.1	5.1	89.7
Obese	1,268	45.7	36.8	7.1	2.5	7.9	86.7
Only adult in household	1,438	43.9	39.8	11.1	3.2	2.0	84.6
Two adults in household	2,592	48.4	34.8	6.9	2.0	7.9	88.2
Three or more adults in household	1,190	51.1	34.7	5.8	2.4	6.1	89.8
Very/fairly safe in area in day	4,774	51.7	36.2	5.8	1.3	4.9	91.6
A bit/very unsafe in area in day	512	10.5	34.8	27.3	13.1	14.3	48.4
Very/fairly safe in area after dark	2,867	66.3	28.5	1.8	0.2	3.2	97.8
A bit/very unsafe in area after dark	2,336	25.5	45.3	15.1	5.2	8.9	74.8
Very/fairly safe in area in day (65+)	953	47.2	36.8	4.5	0.9	10.5	92.1
A bit/very unsafe in area in day (65+)	117	8.5	35.9	22.2	7.7	25.6	49.1
Very/fairly safe in area after dark (65+)	475	61.1	29.5	0.8	0.0	8.6	98.7

Group	Number of survey responders	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never alone at night	Very or fairly safe (includes never alone at night*)
A bit/very unsafe in area after dark (65+)	544	27.9	42.3	11.0	2.9	15.8	77.7
Speak daily to family	2,368	48.4	34.8	7.8	2.6	6.4	87.1
Speak 3-6 days/week to family	1,241	46.9	38.6	7.7	1.8	5.1	88.8
Speak 1-2days/week to family	1,080	46.9	38.1	7.7	1.9	5.5	88.1
Speak <1day/week to family	529	49.3	31.9	8.1	4.0	6.6	85.3
Speak daily to friends	2,217	55.5	31.6	6.5	2.3	4.1	89.8
Speak 3-6 days/week to friends	1,420	44.4	40.6	8.3	2.4	4.4	88.5
Speak 1-2days/week to friends	1,051	42.8	39.4	7.8	1.9	8.1	87.0
Speak <1day/week to friends	513	34.3	36.6	12.1	3.7	13.3	76.8
Speak daily to neighbours	923	54.8	30.1	6.5	2.4	6.2	89.1
Speak 3-6 days/week to neighbours	1,266	49.6	37.0	5.9	1.6	5.8	90.9
Speak 1-2days/week to neighbours	1,651	46.3	38.3	7.6	1.8	6.1	88.2
Speak <1day/week to neighbours	1,358	42.9	37.0	10.6	3.9	5.7	82.7
Speak daily to others	3,478	50.6	34.4	7.1	2.4	5.4	88.4
Speak 3-6 days/week to others	1,251	43.2	40.2	8.6	1.9	6.2	87.4
Speak 1-2days/week to others	432	40.3	39.6	10.0	2.3	7.9	83.7
Speak <1day/week to others	66	31.8	28.8	13.6	9.1	16.7	70.3
Potentially socially isolated	471	40.3	41.8	12.1	3.4	2.3	83.4
Not potentially socially isolated	4,773	48.5	35.6	7.4	2.3	6.2	88.0
Potentially socially isolated (65+)	142	34.5	47.9	12.0	4.2	1.4	83.1
Not potentially socially isolated (65+)	912	44.1	35.3	5.5	1.1	14.0	88.3
2009 survey	4,053	65.0	27.2	5.1	2.4	0.3	**
2014 survey	5,300	47.7	36.1	7.9	2.5	5.9	87.4

*Survey responders were given the five responses above including 'never alone at home at night', but a further question asked those who stated they 'never alone at home at night' how safe they think they would feel if they were alone at home at night and the final column includes the responses who thought they would feel 'very safe' or 'fairly safe' in addition to the 'very safe' or 'fairly safe' responses to the main question (see explanation above table).

**Additional question not included (so do not know how those who are never alone at night in their home might feel about their safety).
 #Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.11 Social Networks

5.11.1 Number of Adults in Household

Note that the number of adults in the household is associated with age, gender and deprivation. Therefore, one group might be more likely to be the only adult in the household compared to another group, but this could be because they are either younger or older, or live in a more deprived area. For instance, people who are retired might be more likely to be the only adult in the household and this could be associated with their age rather than specifically their retirement. People in specific areas of Hull may be more likely to live in households with a number of adults, such as hostels in the city centre or student accommodation near the University.

Table 69: Detailed tabulations: Total number of adults (18+) in household (including survey responder)

Group	Number of survey responders	One	Two	Three	Four	Five	Six or more
Hull	5,238	27.5	49.7	13.4	5.4	2.1	1.9
Male	2,379	24.3	50.7	14.6	6.1	2.4	2.1
Female	2,859	30.3	48.8	12.5	4.8	1.9	1.7
16-24	941	15.9	32.2	22.6	13.3	7.8	8.2
25-34	901	24.4	63.5	7.2	2.9	1.3	0.7
35-44	804	28.0	57.3	10.3	3.1	0.6	0.6
45-54	849	25.4	46.2	18.7	7.5	1.8	0.4
55-64	665	26.8	51.0	16.7	4.4	0.6	0.6
65-74	618	33.5	55.8	8.4	1.6	0.2	0.5
75+	446	54.0	41.7	3.6	0.4	0.2	0.0
Males aged 16-24	474	13.9	28.9	27.6	15.0	7.4	7.2

Group	Number of survey responders	One	Two	Three	Four	Five	Six or more
Males aged 25-34	404	20.3	61.4	10.1	5.4	2.0	0.7
Males aged 35-44	366	25.1	59.6	10.7	3.0	0.3	1.4
Males aged 45-54	395	28.1	49.1	14.7	5.3	2.3	0.5
Males aged 55-64	308	28.2	50.6	15.3	3.9	0.6	1.3
Males aged 65-74	257	28.0	60.3	8.6	2.3	0.4	0.4
Males aged 75+	173	38.2	56.1	4.6	1.2	0.0	0.0
Females aged 16-24	467	18.0	35.5	17.6	11.6	8.1	9.2
Females aged 25-34	497	27.8	65.2	4.8	0.8	0.8	0.6
Females aged 35-44	438	30.4	55.5	10.0	3.2	0.9	0.0
Females aged 45-54	454	23.1	43.6	22.2	9.5	1.3	0.2
Females aged 55-64	357	25.5	51.3	17.9	4.8	0.6	0.0
Females aged 65-74	361	37.4	52.6	8.3	1.1	0.0	0.6
Females aged 75+	273	64.1	32.6	2.9	0.0	0.4	0.0
Most deprived tenth	553	36.0	46.8	10.5	4.0	1.8	0.9
Second most deprived tenth	543	32.6	46.4	13.3	4.6	2.0	1.1
Most deprived fifth	1,096	34.3	46.6	11.9	4.3	1.9	1.0
Second most deprived fifth	1,022	33.5	47.1	12.6	5.1	0.7	1.1
Middle deprivation fifth	986	30.1	48.2	12.4	6.1	2.2	1.0
Second least deprived fifth	1,059	24.0	51.4	14.5	6.0	2.3	1.8
Least deprived fifth	1,074	16.0	54.9	15.7	5.5	3.4	4.4
North Carr	557	26.9	52.6	14.4	5.2	0.5	0.4
Northern	746	22.7	46.2	14.6	5.0	5.0	6.6
East	710	27.3	53.8	14.9	3.2	0.6	0.1
Park	804	26.2	54.0	13.7	5.1	0.9	0.1
Riverside	955	37.1	42.9	12.0	4.2	1.9	1.9
West	716	25.8	56.7	11.5	4.5	1.3	0.3

Group	Number of survey responders	One	Two	Three	Four	Five	Six or more
Wyke	749	23.8	44.2	13.6	10.7	4.4	3.3
Bransholme East	215	29.3	51.2	12.6	6.0	0.5	0.5
Bransholme West	142	35.2	45.8	12.0	4.9	1.4	0.7
Kings Park	200	18.5	59.0	18.0	4.5	0.0	0.0
Beverley	175	18.3	53.7	11.4	4.0	4.6	8.0
Orchard Park & Greenwood	290	29.0	54.1	12.8	3.1	0.7	0.3
University	281	18.9	33.5	18.5	7.5	9.6	12.1
Ings	225	27.6	55.6	12.4	3.1	1.3	0.0
Longhill	224	26.3	54.9	16.1	2.7	0.0	0.0
Sutton	261	28.0	51.3	16.1	3.8	0.4	0.4
Holderness	250	20.0	59.6	16.4	3.6	0.4	0.0
Marfleet	241	33.2	51.5	9.5	3.7	1.7	0.4
Southcoates East	184	25.5	54.3	11.4	7.6	1.1	0.0
Southcoates West	129	26.4	47.3	19.4	7.0	0.0	0.0
Drypool	247	34.4	51.4	9.7	2.8	1.2	0.4
Myton	315	43.2	35.9	10.5	5.7	1.6	3.2
Newington	243	35.0	42.8	15.6	3.7	1.6	1.2
St Andrews	150	32.0	44.0	13.3	4.0	4.0	2.7
Boothferry	202	19.3	56.4	16.3	5.4	2.0	0.5
Derringham	239	26.8	61.5	8.4	2.9	0.4	0.0
Pickering	275	29.8	52.7	10.5	5.1	1.5	0.4
Avenue	274	29.6	47.4	12.0	7.7	1.1	2.2
Bricknell	175	20.0	59.4	14.3	5.1	1.1	0.0
Newland	300	20.7	32.3	14.7	16.7	9.3	6.3
Working <20 hours	374	22.5	47.6	15.5	8.6	2.7	3.2
Working 20-<35	435	18.9	52.9	20.2	6.7	0.7	0.7

Group	Number of survey responders	One	Two	Three	Four	Five	Six or more
Working 35+ hours	1,159	19.5	57.5	15.7	4.9	1.4	0.9
Working hours not specified	231	21.6	55.0	15.2	5.6	1.3	1.3
Full-time student	502	13.9	27.3	23.1	14.3	11.6	9.8
Retired	1,067	40.3	50.8	7.1	1.3	0.2	0.3
Looking after family/home	406	25.9	58.1	8.9	5.7	1.0	0.5
Unemployed/not allowed to work	318	35.2	45.6	11.9	4.4	1.3	1.6
Long-term sick of disabled	381	43.6	40.4	10.0	4.2	1.0	0.8
Not working for other reason or no reason given	89	39.3	48.3	9.0	3.4	0.0	0.0
Not a student	3,810	29.5	53.5	11.7	3.9	0.8	0.5
Full-time student (20+ hours per week)	713	13.5	29.0	23.7	13.7	9.7	10.4
Part-time student (<20 hours per week)	176	22.2	51.1	13.1	9.7	2.8	1.1
Part-time student (hours not specified)	41	24.4	41.5	19.5	7.3	7.3	0.0
White British	4,677	28.4	50.2	13.0	5.0	1.8	1.5
White Other	201	15.4	47.3	21.9	6.5	4.0	5.0
Mixed	44	22.7	38.6	20.5	13.6	4.5	0.0
Asian/Asian British	76	9.2	48.7	19.7	9.2	6.6	6.6
Black/Black British	59	25.4	39.0	13.6	5.1	5.1	11.9
Chinese	27	3.7	25.9	7.4	25.9	25.9	11.1
Arab	24	29.2	45.8	8.3	16.7	0.0	0.0
Other	23	17.4	52.2	17.4	13.0	0.0	0.0
Excellent health	485	20.2	51.5	14.8	7.2	2.7	3.5
Very good health	1,436	22.9	51.0	14.6	7.2	2.0	2.3
Good health	1,847	24.4	52.9	13.4	4.8	2.8	1.7
Fair health	986	36.4	43.9	13.7	3.3	1.4	1.2
Poor health	456	42.5	42.3	8.3	5.0	0.9	0.9
Limiting long-term illness or disability	1,455	37.4	45.7	11.2	3.6	1.3	0.8

Group	Number of survey responders	One	Two	Three	Four	Five	Six or more
No limiting long-term illness or disability	3,739	23.6	51.2	14.4	6.1	2.5	2.3
Well-being - satisfied - poor (0-4)	578	40.8	39.6	10.9	5.4	1.9	1.4
Well-being - satisfied - score 5-7	2,012	30.3	48.5	12.5	5.2	2.1	1.5
Well-being - satisfied - score 8-10	2,620	22.3	52.9	14.8	5.6	2.2	2.3
Well-being - worthwhile - poor (0-4)	480	42.9	38.8	9.6	6.0	1.7	1.0
Well-being - worthwhile - score 5-7	1,818	30.5	46.3	13.4	5.6	2.4	1.8
Well-being - worthwhile - score 8-10	2,907	23.0	53.6	14.1	5.2	2.0	2.1
Well-being - happy - poor (0-4)	732	36.6	44.4	11.3	4.5	1.6	1.5
Well-being - happy - score 5-7	1,834	29.4	47.8	12.3	5.7	2.3	2.4
Well-being - happy - score 8-10	2,632	23.5	52.5	14.8	5.4	2.1	1.6
Well-being - anxious - poor (6-10)	1,418	32.7	46.6	11.3	5.4	2.5	1.5
Well-being - anxious - score 3-5	1,441	28.3	48.6	13.1	5.4	2.3	2.2
Well-being - anxious - score 0-2	2,332	23.8	52.3	14.9	5.4	1.8	1.9
Healthy diet	3,576	26.8	51.6	12.9	4.9	1.9	1.8
Not healthy diet	1,237	28.9	45.6	14.1	6.5	2.7	2.2
Lack of knowledge about healthy diet	361	26.9	45.4	16.9	7.2	1.9	1.7
5-A-DAY	955	26.2	55.5	11.4	4.3	1.5	1.2
Not 5-A-DAY	4,048	27.4	48.6	13.8	5.7	2.3	2.1
Alcohol most days	429	25.4	49.2	13.5	6.3	3.5	2.1
Alcohol 1-3 days a week	1,373	23.2	52.7	12.5	5.6	2.6	3.4
Alcohol 1-3 days a month	999	25.3	50.7	13.9	5.8	2.1	2.2
Alcohol less than once a month	1,156	28.3	50.1	14.4	4.4	2.2	0.7
Never drinks alcohol	1,251	33.8	45.7	12.9	5.4	1.1	1.0
No alcohol in last week	1,437	27.8	49.3	14.3	4.8	2.0	1.7
Safe alcohol units last week#	1,727	24.3	53.6	12.9	5.0	2.1	2.1
Excessive alcohol units last week#	468	20.5	49.4	15.2	7.3	4.3	3.4

Group	Number of survey responders	One	Two	Three	Four	Five	Six or more
Dangerous alcohol units last week#	116	31.9	44.0	8.6	10.3	1.7	3.4
Usually binge drinks more than once a week	1,290	26.9	48.8	13.3	5.3	3.2	2.6
Usually binge drinks less than once a week	3,835	27.5	50.1	13.5	5.4	1.8	1.7
Acceptable weekly units and no binge drinking#	2,306	24.6	52.6	13.6	5.2	1.9	2.0
Acceptable weekly units but binge drinking#	804	28.2	49.0	13.9	4.0	2.7	2.1
Excessive weekly units but no binge drinking#	170	17.1	50.0	17.1	8.8	3.5	3.5
Excessive weekly units and binge drinking#	407	25.1	47.9	12.3	7.4	3.9	3.4
Exercise 30+ min sessions 5+ times per week	1,744	24.5	48.1	15.1	6.5	2.7	3.0
Exercise 30+ min sessions <5 times per week	1,881	23.4	53.9	13.1	5.4	2.3	1.8
Light exercise only (no 30+ mins mod/vig)	1,194	33.3	48.1	11.7	4.4	1.6	0.8
Never exercise (no 30+ mins light/mod/vig)	362	41.4	43.1	11.9	3.0	0.3	0.3
Moderate+2*vigorous < 30 minutes in week	1,993	33.1	48.9	11.0	4.7	1.4	1.0
Moderate+2*vigorous 30+ mins but <2.5 hrs	562	23.1	54.3	13.3	4.6	2.3	2.3
Moderate+2*vigorous 2.5+ hours in week	2,060	22.7	49.5	15.3	6.6	3.0	2.9
Current smoker	1,592	32.7	44.5	13.0	5.5	2.5	1.8
Former smoker	1,405	27.8	54.3	12.2	3.8	0.7	1.2
Never smoker	2,180	23.4	50.8	14.3	6.3	2.8	2.4
Current light smokers (<10 cigs/day)	358	30.7	45.5	13.4	4.2	3.9	2.2
Current moderate smokers (10-19 cigs/day)	580	30.7	48.8	11.7	5.2	1.9	1.7
Current heavy smokers (20+ cigs/day)	332	36.4	40.1	14.2	4.8	2.7	1.8
E-cigarette current user	379	28.2	47.2	15.3	5.8	1.8	1.6
E-cigarette former user or never used	4,181	27.0	50.1	13.2	5.6	2.1	2.1
Underweight or desirable weight	1,734	26.9	46.0	15.6	5.7	2.9	3.0
Overweight	1,771	28.8	51.2	11.7	5.0	1.8	1.5
Obese	1,264	26.8	54.4	11.7	4.8	1.3	0.9
Very/fairly safe in area in day	4,721	26.7	50.4	13.6	5.3	2.1	1.9

Group	Number of survey responders	One	Two	Three	Four	Five	Six or more
A bit/very unsafe in area in day	495	34.7	43.2	11.9	6.1	2.4	1.6
Very/fairly safe in area after dark	2,833	24.9	50.9	15.3	5.5	1.6	1.8
A bit/very unsafe in area after dark	2,305	29.8	48.8	11.3	5.3	2.7	2.0
Very/fairly safe alone in home at night	4,547	26.8	49.9	14.1	5.5	2.0	1.8
A bit/very unsafe alone in home at night	645	34.3	47.0	8.7	4.7	2.9	2.5
Very/fairly safe in area in day (65+)	946	41.1	51.0	6.4	1.1	0.2	0.2
A bit/very unsafe in area in day (65+)	113	49.6	41.6	6.2	1.8	0.0	0.9
Very/fairly safe in area after dark (65+)	470	36.4	55.3	6.6	1.3	0.4	0.0
A bit/very unsafe in area after dark (65+)	540	45.4	46.9	6.1	1.1	0.0	0.6
Very/fairly safe alone in home at night (65+)	918	42.8	49.6	6.5	0.9	0.2	0.0
A bit/very unsafe alone in home at night (65+)	132	41.7	47.7	6.1	2.3	0.0	2.3
Speak daily to family	2,341	28.1	49.8	14.1	5.3	1.5	1.3
Speak 3-6 days/week to family	1,234	26.9	52.2	12.2	4.7	2.1	1.9
Speak 1-2days/week to family	1,070	24.0	49.5	13.2	6.9	3.6	2.7
Speak <1day/week to family	526	31.9	43.9	14.6	4.9	2.1	2.5
Speak daily to friends	2,192	26.2	45.3	16.0	6.7	3.0	2.8
Speak 3-6 days/week to friends	1,413	28.7	52.2	12.0	3.9	2.0	1.3
Speak 1-2days/week to friends	1,040	27.4	54.4	11.3	5.0	1.2	0.8
Speak <1day/week to friends	510	27.8	52.4	12.2	5.3	0.8	1.6
Speak daily to neighbours	911	31.8	50.5	10.1	4.9	1.1	1.5
Speak 3-6 days/week to neighbours	1,254	25.3	55.5	13.2	3.8	1.6	0.6
Speak 1-2days/week to neighbours	1,637	28.2	51.4	13.9	4.9	1.0	0.5
Speak <1day/week to neighbours	1,351	25.2	41.7	15.5	7.9	4.7	5.0
Speak daily to others	3,442	27.4	47.9	14.4	5.9	2.3	2.2
Speak 3-6 days/week to others	1,245	27.7	53.4	11.3	4.2	2.1	1.3
Speak 1-2days/week to others	428	25.5	54.4	12.6	5.6	0.9	0.9

Group	Number of survey responders	One	Two	Three	Four	Five	Six or more
Speak <1day/week to others	65	30.8	44.6	15.4	3.1	3.1	3.1
Potentially socially isolated*	474	100.0	0.0	0.0	0.0	0.0	0.0
Not potentially socially isolated	4,740	19.9	54.9	14.9	5.9	2.3	2.1
Potentially socially isolated (65+)*	142	100.0	0.0	0.0	0.0	0.0	0.0
Not potentially socially isolated (65+)	909	32.2	58.4	7.5	1.3	0.2	0.3
2004 survey	3,986	26.3	47.8	25.9			
2007 survey	3,966	24.4	55.8	19.8			
2009 survey	4,055	23.9	54.3	21.7			
2011 survey	12,840	25.1	52.8	22.1			
2014 survey	5,238	27.5	49.7	22.8			

*By definition people who are potentially socially isolated are the only adult in the household.

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.11.2 Frequency of Talking to Family

Note that frequency of talking to others is associated with age, gender and deprivation. Therefore, one group might be more likely to talk to family more frequently compared to another group, but this could be because they are younger or live in a less deprived area. Such associations should be considered when interpreting the information. Older people tend to speak to neighbours and family more frequently whereas younger people tend to speak to friends more frequently.

Table 70: Detailed tabulations: Frequency of talking to non-household family

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Hull	5,247	45.4	23.8	20.7	10.1
Male	2,376	36.7	24.5	25.0	13.7
Female	2,871	52.5	23.3	17.0	7.2
16-24	949	45.6	22.3	21.5	10.5
25-34	910	45.3	23.8	20.9	10.0
35-44	806	41.1	22.7	23.2	13.0
45-54	845	42.6	21.8	22.6	13.0
55-64	662	47.0	26.6	17.8	8.6
65-74	613	50.6	25.8	17.0	6.7
75+	443	48.1	26.0	20.1	5.9
Males aged 16-24	472	39.8	22.0	25.2	12.9
Males aged 25-34	408	34.8	26.2	25.2	13.7
Males aged 35-44	365	32.6	22.7	26.8	17.8
Males aged 45-54	394	34.3	21.6	26.1	18.0
Males aged 55-64	307	35.2	29.0	23.5	12.4
Males aged 65-74	254	40.6	26.0	22.8	10.6
Males aged 75+	172	44.2	27.3	24.4	4.1
Females aged 16-24	477	51.4	22.6	17.8	8.2
Females aged 25-34	502	53.8	21.9	17.3	7.0
Females aged 35-44	441	48.1	22.7	20.2	9.1
Females aged 45-54	451	49.9	22.0	19.5	8.6
Females aged 55-64	355	57.2	24.5	13.0	5.4
Females aged 65-74	359	57.7	25.6	12.8	3.9
Females aged 75+	271	50.6	25.1	17.3	7.0
Most deprived tenth	559	47.8	22.4	16.8	13.1

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Second most deprived tenth	542	54.1	17.0	18.3	10.7
Most deprived fifth	1,101	50.9	19.7	17.5	11.9
Second most deprived fifth	1,027	51.4	22.0	15.7	10.9
Middle deprivation fifth	984	43.7	23.1	22.4	10.9
Second least deprived fifth	1,062	41.3	26.3	23.1	9.3
Least deprived fifth	1,072	39.6	28.0	24.7	7.7
North Carr	556	50.9	20.9	19.1	9.2
Northern	747	46.7	24.6	19.3	9.4
East	704	49.6	25.3	16.6	8.5
Park	809	46.2	24.6	20.1	9.0
Riverside	964	46.8	19.5	20.1	13.6
West	717	46.0	27.5	19.9	6.6
Wyke	749	32.7	25.0	29.0	13.4
Bransholme East	215	60.0	16.3	15.3	8.4
Bransholme West	139	51.1	18.7	18.0	12.2
Kings Park	202	41.1	27.2	23.8	7.9
Beverley	172	35.5	28.5	27.3	8.7
Orchard Park & Greenwood	288	52.4	22.9	14.6	10.1
University	287	47.7	24.0	19.2	9.1
Ings	223	48.9	24.7	17.0	9.4
Longhill	223	47.5	27.8	15.2	9.4
Sutton	258	51.9	23.6	17.4	7.0
Holderness	251	38.6	25.1	27.5	8.8
Marfleet	244	52.5	20.1	18.0	9.4
Southcoates East	184	53.8	24.5	14.1	7.6
Southcoates West	130	38.5	32.3	18.5	10.8

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Drypool	249	46.6	20.9	21.3	11.2
Myton	319	42.0	21.9	19.7	16.3
Newington	240	55.0	17.1	19.2	8.8
St Andrews	156	44.2	16.0	20.5	19.2
Boothferry	202	45.5	24.8	22.8	6.9
Derringham	242	43.8	27.3	21.5	7.4
Pickering	273	48.4	29.7	16.5	5.5
Avenue	273	31.5	24.2	31.5	12.8
Bricknell	177	40.7	26.6	20.9	11.9
Newland	299	29.1	24.7	31.4	14.7
Working <20 hours	378	49.7	18.5	21.4	10.3
Working 20-<35	435	47.8	27.8	19.3	5.1
Working 35+ hours	1,168	36.0	27.1	24.9	12.0
Working hours not specified	235	55.3	20.4	16.6	7.7
Full-time student	513	40.0	24.4	23.4	12.3
Retired	1,075	48.1	26.6	18.2	7.1
Looking after family/home	408	59.8	19.6	13.5	7.1
Unemployed/not allowed to work	324	38.9	19.4	24.4	17.3
Long-term sick of disabled	384	46.6	18.0	19.0	16.4
Not working for other reason or no reason given	96	56.3	14.6	15.6	13.5
White British	4,729	46.0	24.1	20.5	9.5
White Other	205	38.0	17.6	24.4	20.0
Mixed	44	29.5	27.3	25.0	18.2
Asian/Asian British	76	48.7	22.4	19.7	9.2
Black/Black British	61	32.8	32.8	18.0	16.4
Chinese	29	31.0	13.8	37.9	17.2

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Arab	25	52.0	32.0	8.0	8.0
Other	23	30.4	17.4	26.1	26.1
Excellent health	490	49.8	25.1	16.9	8.2
Very good health	1,445	42.8	26.4	22.2	8.6
Good health	1,845	44.8	23.7	22.3	9.3
Fair health	984	45.6	22.6	19.0	12.8
Poor health	455	49.0	18.5	17.6	14.9
Limiting long-term illness or disability	1,453	45.8	22.4	20.7	11.0
No limiting long-term illness or disability	3,748	45.2	24.4	20.7	9.8
Well-being - satisfied - poor (0-4)	584	43.5	20.4	19.7	16.4
Well-being - satisfied - score 5-7	2,015	42.1	24.4	22.0	11.5
Well-being - satisfied - score 8-10	2,620	48.1	24.2	20.0	7.6
Well-being - worthwhile - poor (0-4)	478	42.5	15.3	23.0	19.2
Well-being - worthwhile - score 5-7	1,824	40.2	25.3	23.0	11.5
Well-being - worthwhile - score 8-10	2,912	48.9	24.3	19.0	7.8
Well-being - happy - poor (0-4)	732	43.2	20.5	21.0	15.3
Well-being - happy - score 5-7	1,841	41.7	24.3	22.9	11.2
Well-being - happy - score 8-10	2,631	48.4	24.6	19.0	8.0
Well-being - anxious - poor (6-10)	1,419	45.9	23.5	19.9	10.8
Well-being - anxious - score 3-5	1,435	43.8	24.2	20.6	11.5
Well-being - anxious - score 0-2	2,341	45.8	24.1	21.2	8.9
Healthy diet	3,576	46.1	25.0	20.6	8.2
Not healthy diet	1,240	43.0	21.2	20.6	15.2
Lack of knowledge about healthy diet	366	45.6	21.6	20.2	12.6
5-A-DAY	960	46.9	26.5	18.9	7.8
Not 5-A-DAY	4,044	44.5	23.5	21.4	10.6

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Alcohol most days	427	38.2	27.2	22.5	12.2
Alcohol 1-3 days a week	1,364	40.3	28.6	22.5	8.6
Alcohol 1-3 days a month	1,001	42.5	24.8	23.3	9.5
Alcohol less than once a month	1,162	49.2	21.4	19.0	10.3
Never drinks alcohol	1,261	52.1	19.2	17.1	11.6
No alcohol in last week	1,440	47.6	22.8	20.0	9.6
Safe alcohol units last week#	1,720	39.8	27.4	23.1	9.6
Excessive alcohol units last week#	465	39.4	28.6	23.4	8.6
Dangerous alcohol units last week#	116	34.5	25.0	25.9	14.7
Usually binge drinks more than once a week	1,278	40.7	26.5	22.8	10.0
Usually binge drinks less than once a week	3,853	46.8	23.1	19.9	10.1
Acceptable weekly units and no binge drinking#	2,311	44.2	24.8	21.3	9.6
Acceptable weekly units but binge drinking#	792	40.5	27.3	23.1	9.1
Excessive weekly units but no binge drinking#	169	37.9	32.0	24.9	5.3
Excessive weekly units and binge drinking#	405	38.5	25.9	23.7	11.9
Exercise 30+ min sessions 5+ times per week	1,753	45.3	23.4	20.8	10.5
Exercise 30+ min sessions <5 times per week	1,888	43.1	26.4	21.5	9.1
Light exercise only (no 30+ mins mod/vig)	1,190	47.2	22.2	19.4	11.2
Never exercise (no 30+ mins light/mod/vig)	364	48.9	19.5	20.1	11.5
Moderate+2*vigorous < 30 minutes in week	1,997	49.0	21.5	18.8	10.7
Moderate+2*vigorous 30+ mins but <2.5 hrs	562	42.2	24.9	24.0	8.9
Moderate+2*vigorous 2.5+ hours in week	2,065	42.0	26.3	22.0	9.7
Current smoker	1,592	48.7	20.6	18.8	11.9
Former smoker	1,404	46.7	25.0	19.4	9.0
Never smoker	2,191	42.0	25.6	22.8	9.6
Current light smokers (<10 cigs/day)	356	49.2	21.3	19.1	10.4

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Current moderate smokers (10-19 cigs/day)	579	50.9	20.2	17.6	11.2
Current heavy smokers (20+ cigs/day)	333	48.3	19.5	19.2	12.9
E-cigarette current user	383	49.9	23.2	17.2	9.7
E-cigarette former user or never used	4,191	44.0	24.1	21.3	10.6
Underweight or desirable weight	1,726	44.0	22.6	22.4	11.0
Overweight	1,760	44.3	25.1	20.5	10.1
Obese	1,261	44.1	25.8	20.0	10.2
Only adult in household	1,414	46.5	23.5	18.2	11.9
Two adults in household	2,571	45.4	25.0	20.6	9.0
Three or more adults in household	1,186	43.7	21.8	23.9	10.7
Very/fairly safe in area in day	4,720	45.1	24.2	20.9	9.9
A bit/very unsafe in area in day	495	48.3	20.4	19.2	12.1
Very/fairly safe in area after dark	2,833	44.6	24.0	21.4	10.0
A bit/very unsafe in area after dark	2,301	46.1	23.6	20.2	10.1
Very/fairly safe alone in home at night	4,544	45.2	24.1	20.9	9.8
A bit/very unsafe alone in home at night	646	46.9	21.4	19.8	11.9
Very/fairly safe in area in day (65+)	937	48.2	26.8	18.6	6.4
A bit/very unsafe in area in day (65+)	112	58.0	18.8	17.0	6.3
Very/fairly safe in area after dark (65+)	467	47.1	27.6	19.1	6.2
A bit/very unsafe in area after dark (65+)	532	50.2	24.4	18.6	6.8
Very/fairly safe alone in home at night (65+)	911	49.3	26.6	17.8	6.4
A bit/very unsafe alone in home at night (65+)	129	50.4	20.2	23.3	6.2
Speak daily to friends	2,229	57.3	16.8	16.5	9.3
Speak 3-6 days/week to friends	1,420	40.1	32.7	19.2	8.0
Speak 1-2days/week to friends	1,058	34.7	28.4	28.4	8.6
Speak <1day/week to friends	516	30.2	20.7	26.6	22.5

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Speak daily to neighbours	928	61.3	15.5	14.2	8.9
Speak 3-6 days/week to neighbours	1,268	49.1	29.3	15.1	6.6
Speak 1-2days/week to neighbours	1,658	41.9	26.8	22.9	8.4
Speak <1day/week to neighbours	1,365	35.2	21.0	27.5	16.3
Speak daily to others	3,497	68.1	12.8	12.3	6.8
Speak 3-6 days/week to others	1,252	0.0	64.0	25.7	10.3
Speak 1-2days/week to others	432	0.0	0.0	76.9	23.1
Speak <1day/week to others	66	0.0	0.0	0.0	100.0
Potentially socially isolated*	470	0.0	46.8	34.0	19.1
Not potentially socially isolated	4,757	50.1	21.5	19.3	9.2
Potentially socially isolated (65+)*	142	0.0	54.9	30.3	14.8
Not potentially socially isolated (65+)	910	57.5	21.2	16.3	5.1
2004 survey	3,995	24.2	41.8	19.9	14.1
2007 survey	4,028	39.3	29.1	22.3	9.3
2009 survey	4,049	52.2	21.0	18.0	8.7
2011 survey	13,101	45.8	25.6	19.3	9.2
2014 survey	5,247	45.4	23.8	20.7	10.1

*By definition people who are potentially socially isolated speak to family, friends and/or neighbours less frequently than daily (and are also only adult in the household).

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.11.3 Frequency of Talking to Friends

Note that frequency of talking to others is associated with age, gender and deprivation. Therefore, one group might be more likely to talk to family more frequently compared to another group, but this could be because they are younger or live in a less deprived area.

Such associations should be considered when interpreting the information. Older people tend to speak to neighbours and family more frequently whereas younger people tend to speak to friends more frequently.

Table 71: Detailed tabulations: Frequency of talking to non-household friends who are not family

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Hull	5,231	42.6	27.3	20.2	9.9
Male	2,376	46.3	26.1	18.9	8.8
Female	2,855	39.6	28.3	21.4	10.8
16-24	949	61.9	23.9	9.9	4.3
25-34	909	46.3	29.8	16.4	7.5
35-44	806	42.2	25.3	21.1	11.4
45-54	845	41.7	24.5	22.6	11.2
55-64	660	30.5	30.6	24.7	14.2
65-74	609	31.4	31.0	25.3	12.3
75+	436	29.6	28.2	30.3	11.9
Males aged 16-24	473	65.1	22.8	8.5	3.6
Males aged 25-34	407	51.6	26.5	15.7	6.1
Males aged 35-44	365	46.0	23.3	20.0	10.7
Males aged 45-54	396	42.7	22.5	23.2	11.6
Males aged 55-64	307	33.2	31.9	22.1	12.7
Males aged 65-74	253	34.4	31.6	24.5	9.5
Males aged 75+	171	31.6	29.8	27.5	11.1
Females aged 16-24	476	58.6	25.0	11.3	5.0
Females aged 25-34	502	42.0	32.5	16.9	8.6
Females aged 35-44	441	39.0	27.0	22.0	12.0
Females aged 45-54	449	40.8	26.3	22.0	10.9
Females aged 55-64	353	28.0	29.5	26.9	15.6
Females aged 65-74	356	29.2	30.6	25.8	14.3

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Females aged 75+	265	28.3	27.2	32.1	12.5
Most deprived tenth	557	45.8	23.5	20.1	10.6
Second most deprived tenth	543	46.4	25.4	16.4	11.8
Most deprived fifth	1,100	46.1	24.5	18.3	11.2
Second most deprived fifth	1,026	44.2	25.3	19.5	11.0
Middle deprivation fifth	977	42.2	26.9	20.5	10.4
Second least deprived fifth	1,060	39.8	29.2	22.8	8.2
Least deprived fifth	1,067	40.7	30.5	20.2	8.6
North Carr	554	40.4	28.9	19.7	11.0
Northern	748	44.0	28.9	17.6	9.5
East	702	38.6	26.5	24.1	10.8
Park	808	44.6	26.1	20.4	8.9
Riverside	957	45.7	24.6	18.4	11.4
West	711	40.4	28.6	22.4	8.7
Wyke	750	42.7	28.7	19.9	8.8
Bransholme East	215	40.9	25.6	20.9	12.6
Bransholme West	138	41.3	31.2	19.6	8.0
Kings Park	201	39.3	30.8	18.4	11.4
Beverley	171	36.8	36.8	17.5	8.8
Orchard Park & Greenwood	289	46.7	23.2	19.4	10.7
University	288	45.5	29.9	16.0	8.7
Ings	223	41.3	22.4	25.6	10.8
Longhill	221	40.3	26.7	22.6	10.4
Sutton	258	34.9	29.8	24.0	11.2
Holderness	250	40.4	27.2	23.6	8.8
Marfleet	243	50.2	22.6	17.3	9.9

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Southcoates East	185	37.3	32.4	20.5	9.7
Southcoates West	130	52.3	21.5	20.0	6.2
Drypool	248	42.3	25.0	21.8	10.9
Myton	317	48.3	23.3	18.3	10.1
Newington	239	44.8	25.5	16.7	13.0
St Andrews	153	47.1	24.8	15.7	12.4
Boothferry	201	40.8	28.4	23.9	7.0
Derringham	241	39.4	27.8	22.8	10.0
Pickering	269	40.9	29.4	20.8	8.9
Avenue	275	41.8	28.7	22.2	7.3
Bricknell	177	34.5	26.6	28.2	10.7
Newland	298	48.3	29.9	12.8	9.1
Working <20 hours	376	50.0	28.5	16.2	5.3
Working 20-<35	434	43.1	31.6	20.3	5.1
Working 35+ hours	1,170	47.5	25.8	19.3	7.4
Working hours not specified	234	55.1	25.6	12.4	6.8
Full-time student	512	64.1	24.2	8.8	2.9
Retired	1,066	27.8	31.8	27.8	12.7
Looking after family/home	407	39.1	25.1	23.3	12.5
Unemployed/not allowed to work	323	36.8	26.6	24.1	12.4
Long-term sick or disabled	383	29.0	22.2	22.2	26.6
Not working for other reason or no reason given	95	41.1	23.2	17.9	17.9
White British	4,714	41.7	27.4	20.7	10.1
White Other	205	55.1	23.9	13.7	7.3
Mixed	44	54.5	22.7	15.9	6.8
Asian/Asian British	76	46.1	27.6	15.8	10.5

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Black/Black British	61	45.9	26.2	24.6	3.3
Chinese	29	51.7	37.9	3.4	6.9
Arab	25	44.0	16.0	24.0	16.0
Other	23	65.2	17.4	13.0	4.3
Excellent health	490	55.1	25.7	13.5	5.7
Very good health	1,440	46.5	29.4	18.1	6.0
Good health	1,839	43.4	28.3	20.3	8.0
Fair health	981	36.0	25.5	25.0	13.6
Poor health	452	27.4	22.1	24.3	26.1
Limiting long-term illness or disability	1,447	31.4	26.6	24.3	17.7
No limiting long-term illness or disability	3,739	46.9	27.7	18.5	6.9
Well-being - satisfied - poor (0-4)	581	27.2	22.4	25.8	24.6
Well-being - satisfied - score 5-7	2,009	39.9	28.1	21.3	10.8
Well-being - satisfied - score 8-10	2,613	48.1	27.8	18.2	5.9
Well-being - worthwhile - poor (0-4)	478	28.2	22.6	23.2	25.9
Well-being - worthwhile - score 5-7	1,816	37.6	27.4	23.4	11.6
Well-being - worthwhile - score 8-10	2,904	48.0	28.1	17.8	6.1
Well-being - happy - poor (0-4)	728	31.3	22.8	23.1	22.8
Well-being - happy - score 5-7	1,840	39.1	28.9	21.5	10.4
Well-being - happy - score 8-10	2,621	48.2	27.5	18.4	5.9
Well-being - anxious - poor (6-10)	1,412	39.7	27.0	21.3	12.0
Well-being - anxious - score 3-5	1,432	37.3	28.5	22.6	11.7
Well-being - anxious - score 0-2	2,335	47.7	26.8	17.9	7.6
Healthy diet	3,565	41.4	29.3	20.8	8.6
Not healthy diet	1,237	46.3	22.2	17.9	13.6
Lack of knowledge about healthy diet	364	42.3	24.2	22.8	10.7

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
5-A-DAY	953	42.8	31.0	18.8	7.5
Not 5-A-DAY	4,034	42.4	26.6	20.6	10.3
Alcohol most days	425	45.2	28.5	15.5	10.8
Alcohol 1-3 days a week	1,361	44.9	28.7	20.7	5.7
Alcohol 1-3 days a month	998	44.8	30.2	17.3	7.7
Alcohol less than once a month	1,164	40.2	27.1	22.3	10.4
Never drinks alcohol	1,251	39.6	23.3	21.7	15.3
No alcohol in last week	1,439	43.1	28.3	20.2	8.4
Safe alcohol units last week#	1,716	41.7	30.3	20.5	7.5
Excessive alcohol units last week#	465	46.0	28.6	17.8	7.5
Dangerous alcohol units last week#	115	52.2	25.2	12.2	10.4
Usually binge drinks more than once a week	1,277	47.2	26.4	19.0	7.4
Usually binge drinks less than once a week	3,839	41.1	27.7	20.6	10.7
Acceptable weekly units and no binge drinking#	2,307	41.7	30.0	20.2	8.1
Acceptable weekly units but binge drinking#	792	44.1	28.2	20.7	7.1
Excessive weekly units but no binge drinking#	169	38.5	33.7	17.2	10.7
Excessive weekly units and binge drinking#	404	51.2	25.0	16.8	6.9
Exercise 30+ min sessions 5+ times per week	1,749	51.3	27.6	14.5	6.6
Exercise 30+ min sessions <5 times per week	1,888	40.3	30.2	21.2	8.2
Light exercise only (no 30+ mins mod/vig)	1,185	36.5	25.3	25.0	13.2
Never exercise (no 30+ mins light/mod/vig)	357	31.9	16.8	27.2	24.1
Moderate+2*vigorous < 30 minutes in week	1,986	37.8	24.1	24.0	14.1
Moderate+2*vigorous 30+ mins but <2.5 hrs	561	37.4	32.4	20.5	9.6
Moderate+2*vigorous 2.5+ hours in week	2,064	47.2	29.6	16.6	6.6
Current smoker	1,590	49.6	22.4	17.7	10.3
Former smoker	1,401	36.5	29.3	22.9	11.3

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Never smoker	2,180	41.2	29.6	20.4	8.8
Current light smokers (<10 cigs/day)	356	52.8	24.4	16.0	6.7
Current moderate smokers (10-19 cigs/day)	577	49.6	24.8	17.3	8.3
Current heavy smokers (20+ cigs/day)	331	48.6	17.8	18.4	15.1
E-cigarette current user	380	47.6	20.5	21.3	10.5
E-cigarette former user or never used	4,182	42.3	28.0	19.8	10.0
Underweight or desirable weight	1,725	45.2	29.2	17.1	8.5
Overweight	1,752	42.2	26.8	21.9	9.1
Obese	1,259	38.8	26.0	22.5	12.8
Only adult in household	1,407	40.9	28.8	20.3	10.1
Two adults in household	2,563	38.7	28.8	22.1	10.4
Three or more adults in household	1,185	52.7	22.9	15.9	8.5
Very/fairly safe in area in day	4,707	43.2	27.9	20.2	8.7
A bit/very unsafe in area in day	492	37.8	21.3	20.3	20.5
Very/fairly safe in area after dark	2,826	47.0	27.0	18.4	7.6
A bit/very unsafe in area after dark	2,293	37.8	27.6	22.1	12.5
Very/fairly safe alone in home at night	4,531	43.7	27.6	20.1	8.6
A bit/very unsafe alone in home at night	642	35.2	25.2	21.2	18.4
Very/fairly safe in area in day (65+)	927	31.0	31.4	27.4	10.2
A bit/very unsafe in area in day (65+)	111	28.8	17.1	27.0	27.0
Very/fairly safe in area after dark (65+)	462	32.7	33.1	24.0	10.2
A bit/very unsafe in area after dark (65+)	526	28.7	27.8	29.7	13.9
Very/fairly safe alone in home at night (65+)	901	31.9	30.6	27.0	10.5
A bit/very unsafe alone in home at night (65+)	128	21.1	24.2	31.3	23.4
Speak daily to family	2,371	53.9	24.0	15.5	6.6
Speak 3-6 days/week to family	1,247	30.1	37.3	24.1	8.6

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Speak 1-2days/week to family	1,077	34.2	25.3	27.9	12.7
Speak <1day/week to family	528	39.4	21.4	17.2	22.0
Speak daily to neighbours	923	66.1	15.6	12.6	5.7
Speak 3-6 days/week to neighbours	1,265	41.0	37.5	15.3	6.2
Speak 1-2days/week to neighbours	1,651	36.3	28.7	26.2	8.7
Speak <1day/week to neighbours	1,365	36.0	23.8	22.6	17.5
Speak daily to others	3,486	63.9	18.4	12.3	5.4
Speak 3-6 days/week to others	1,253	0.0	62.7	26.7	10.6
Speak 1-2days/week to others	428	0.0	0.0	69.4	30.6
Speak <1day/week to others	64	0.0	0.0	0.0	100.0
Potentially socially isolated*	470	0.0	48.7	34.3	17.0
Not potentially socially isolated	4,740	47.0	25.1	18.8	9.1
Potentially socially isolated (65+)*	141	0.0	48.2	40.4	11.3
Not potentially socially isolated (65+)	900	35.6	27.0	25.2	12.2
2004 survey	3,996	21.4	36.8	24.6	17.1
2007 survey	4,022	35.7	33.7	22.0	8.6
2009 survey	4,051	49.7	23.9	18.0	8.3
2011 survey	13,067	37.5	30.8	21.8	9.9
2014 survey	5,231	42.6	27.3	20.2	9.9

*By definition people who are potentially socially isolated speak to family, friends and/or neighbours less frequently than daily (and are also only adult in the household).

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.11.4 Frequency of Talking to Neighbours

Note that frequency of talking to others is associated with age, gender and deprivation. Therefore, one group might be more likely to talk to family more frequently compared to another group, but this could be because they are younger or live in a less deprived area. Such associations should be considered when interpreting the information. Older people tend to speak to neighbours and family more frequently whereas younger people tend to speak to friends more frequently.

Table 72: Detailed tabulations: Frequency of talking to neighbours

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Hull	5,227	17.8	24.3	31.8	26.2
Male	2,372	17.7	22.3	31.5	28.5
Female	2,855	17.8	26.0	32.0	24.2
16-24	947	11.6	14.8	27.6	46.0
25-34	907	15.1	20.4	33.4	31.1
35-44	804	13.8	24.8	33.8	27.6
45-54	847	19.5	24.8	35.2	20.5
55-64	660	16.7	31.4	34.1	17.9
65-74	608	27.5	34.4	26.8	11.3
75+	436	28.9	26.6	31.2	13.3
Males aged 16-24	471	10.4	14.4	27.0	48.2
Males aged 25-34	407	16.7	16.2	29.0	38.1
Males aged 35-44	364	14.8	20.1	34.9	30.2
Males aged 45-54	396	19.7	22.7	35.9	21.7
Males aged 55-64	307	16.0	30.3	35.5	18.2
Males aged 65-74	252	29.0	32.5	29.8	8.7
Males aged 75+	171	28.7	32.7	28.7	9.9
Females aged 16-24	476	12.8	15.1	28.2	43.9

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Females aged 25-34	500	13.8	23.8	37.0	25.4
Females aged 35-44	440	13.0	28.6	33.0	25.5
Females aged 45-54	451	19.3	26.6	34.6	19.5
Females aged 55-64	353	17.3	32.3	32.9	17.6
Females aged 65-74	356	26.4	35.7	24.7	13.2
Females aged 75+	265	29.1	22.6	32.8	15.5
Most deprived tenth	561	26.2	23.0	30.1	20.7
Second most deprived tenth	540	22.4	23.3	28.3	25.9
Most deprived fifth	1,101	24.3	23.2	29.2	23.3
Second most deprived fifth	1,021	17.3	23.9	32.0	26.7
Middle deprivation fifth	981	19.5	21.4	31.2	27.9
Second least deprived fifth	1,061	14.3	25.4	31.9	28.4
Least deprived fifth	1,062	13.3	27.3	34.6	24.9
North Carr	554	14.3	23.8	32.5	29.4
Northern	745	19.2	25.0	28.9	27.0
East	700	18.6	24.9	36.0	20.6
Park	806	18.5	25.1	34.5	22.0
Riverside	960	20.7	23.1	28.6	27.5
West	713	19.2	27.2	33.9	19.6
Wyke	748	12.3	21.3	29.1	37.3
Bransholme East	214	17.8	22.0	29.0	31.3
Bransholme West	138	16.7	23.2	29.0	31.2
Kings Park	202	8.9	26.2	38.6	26.2
Beverley	171	12.3	30.4	27.5	29.8
Orchard Park & Greenwood	288	26.0	25.0	31.6	17.4
University	286	16.4	21.7	26.9	35.0

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Ings	223	20.6	24.7	33.2	21.5
Longhill	220	21.8	24.1	37.7	16.4
Sutton	257	14.0	25.7	37.0	23.3
Holderness	249	18.9	26.9	36.1	18.1
Marfleet	244	16.8	23.8	32.0	27.5
Southcoates East	184	23.9	24.5	34.8	16.8
Southcoates West	129	13.2	24.8	35.7	26.4
Drypool	246	15.4	23.2	32.5	28.9
Myton	319	20.1	21.9	28.5	29.5
Newington	239	24.3	25.5	26.4	23.8
St Andrews	156	25.0	21.8	26.3	26.9
Boothferry	200	13.5	26.0	39.5	21.0
Derringham	242	22.3	29.3	29.8	18.6
Pickering	271	20.7	26.2	33.6	19.6
Avenue	273	15.0	25.3	28.6	31.1
Bricknell	177	15.3	26.6	40.1	18.1
Newland	298	8.1	14.4	23.2	54.4
Working <20 hours	377	14.1	25.2	32.1	28.6
Working 20-<35	434	11.8	29.7	36.9	21.7
Working 35+ hours	1,167	10.8	21.7	37.4	30.1
Working hours not specified	235	18.7	28.1	34.5	18.7
Full-time student	512	10.4	13.7	26.2	49.8
Retired	1,062	26.7	31.6	29.6	12.1
Looking after family/home	408	22.3	20.8	33.3	23.5
Unemployed/not allowed to work	323	22.0	21.4	24.8	31.9
Long-term sick of disabled	384	20.8	22.4	24.7	32.0

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Not working for other reason or no reason given	94	26.6	24.5	34.0	14.9
White British	4,714	18.2	24.8	32.2	24.8
White Other	203	12.8	19.2	27.1	40.9
Mixed	43	16.3	20.9	27.9	34.9
Asian/Asian British	75	4.0	21.3	25.3	49.3
Black/Black British	61	19.7	18.0	29.5	32.8
Chinese	29	6.9	10.3	27.6	55.2
Arab	25	8.0	20.0	36.0	36.0
Other	23	17.4	30.4	4.3	47.8
Excellent health	487	17.7	17.7	37.2	27.5
Very good health	1,440	15.5	26.9	31.8	25.8
Good health	1,836	17.4	25.9	31.6	25.1
Fair health	982	19.8	22.5	31.8	26.0
Poor health	454	21.4	20.0	27.1	31.5
Limiting long-term illness or disability	1,448	20.9	24.5	28.2	26.4
No limiting long-term illness or disability	3,733	16.4	24.3	33.1	26.2
Well-being - satisfied - poor (0-4)	582	14.1	18.9	29.6	37.5
Well-being - satisfied - score 5-7	2,012	17.6	22.1	32.2	28.1
Well-being - satisfied - score 8-10	2,606	18.6	27.2	32.0	22.3
Well-being - worthwhile - poor (0-4)	476	14.7	17.4	30.3	37.6
Well-being - worthwhile - score 5-7	1,821	15.9	20.9	33.3	29.9
Well-being - worthwhile - score 8-10	2,898	19.3	27.6	31.1	22.0
Well-being - happy - poor (0-4)	728	14.0	18.0	28.3	39.7
Well-being - happy - score 5-7	1,837	17.3	22.5	33.0	27.1
Well-being - happy - score 8-10	2,620	19.0	27.3	31.9	21.8
Well-being - anxious - poor (6-10)	1,414	18.5	22.6	31.5	27.4

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Well-being - anxious - score 3-5	1,429	15.5	23.3	32.1	29.2
Well-being - anxious - score 0-2	2,335	18.5	26.0	31.9	23.6
Healthy diet	3,559	18.7	25.8	32.1	23.4
Not healthy diet	1,236	15.5	19.8	31.1	33.7
Lack of knowledge about healthy diet	367	15.8	24.8	30.2	29.2
5-A-DAY	955	21.8	28.0	31.1	19.2
Not 5-A-DAY	4,032	16.3	23.8	31.9	28.0
Alcohol most days	427	18.7	26.9	27.6	26.7
Alcohol 1-3 days a week	1,363	15.3	26.4	31.8	26.5
Alcohol 1-3 days a month	995	13.7	23.2	35.9	27.2
Alcohol less than once a month	1,161	17.7	24.5	33.8	24.1
Never drinks alcohol	1,249	23.0	21.8	28.3	26.9
No alcohol in last week	1,436	17.9	24.7	31.8	25.6
Safe alcohol units last week#	1,718	13.9	26.1	34.5	25.5
Excessive alcohol units last week#	464	16.6	22.0	32.1	29.3
Dangerous alcohol units last week#	116	16.4	23.3	30.2	30.2
Usually binge drinks more than once a week	1,279	15.4	25.8	32.2	26.6
Usually binge drinks less than once a week	3,833	18.2	23.8	31.9	26.1
Acceptable weekly units and no binge drinking#	2,304	15.8	25.0	33.6	25.5
Acceptable weekly units but binge drinking#	793	14.6	26.9	32.8	25.7
Excessive weekly units but no binge drinking#	168	16.1	21.4	32.1	30.4
Excessive weekly units and binge drinking#	405	16.5	22.2	31.9	29.4
Exercise 30+ min sessions 5+ times per week	1,746	19.3	23.7	30.6	26.4
Exercise 30+ min sessions <5 times per week	1,886	15.2	25.3	32.7	26.8
Light exercise only (no 30+ mins mod/vig)	1,184	17.9	25.5	32.6	24.0
Never exercise (no 30+ mins light/mod/vig)	359	22.6	17.3	31.5	28.7

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Moderate+2*vigorous < 30 minutes in week	1,986	20.4	24.4	30.0	25.2
Moderate+2*vigorous 30+ mins but <2.5 hrs	559	12.9	23.1	36.3	27.7
Moderate+2*vigorous 2.5+ hours in week	2,060	15.1	24.4	32.9	27.6
Current smoker	1,588	21.6	20.7	29.9	27.8
Former smoker	1,400	18.4	27.9	34.1	19.6
Never smoker	2,180	14.2	24.7	31.9	29.2
Current light smokers (<10 cigs/day)	353	18.1	18.7	32.6	30.6
Current moderate smokers (10-19 cigs/day)	579	23.8	21.9	28.5	25.7
Current heavy smokers (20+ cigs/day)	332	21.1	19.9	30.1	28.9
E-cigarette current user	383	19.3	23.0	34.7	23.0
E-cigarette former user or never used	4,178	16.6	23.8	32.3	27.3
Underweight or desirable weight	1,723	16.0	20.9	32.3	30.8
Overweight	1,754	18.3	26.0	32.4	23.3
Obese	1,254	18.3	26.9	31.6	23.3
Only adult in household	1,410	20.6	22.5	32.8	24.2
Two adults in household	2,561	18.0	27.2	32.9	22.0
Three or more adults in household	1,182	13.6	20.4	28.2	37.8
Very/fairly safe in area in day	4,703	17.9	25.1	32.1	24.9
A bit/very unsafe in area in day	493	16.8	17.0	28.4	37.7
Very/fairly safe in area after dark	2,826	18.6	25.5	32.1	23.8
A bit/very unsafe in area after dark	2,293	16.4	23.1	31.2	29.2
Very/fairly safe alone in home at night	4,527	18.1	25.3	32.0	24.7
A bit/very unsafe alone in home at night	643	15.6	17.9	30.2	36.4
Very/fairly safe in area in day (65+)	925	28.6	32.4	29.3	9.6
A bit/very unsafe in area in day (65+)	112	22.3	21.4	23.2	33.0
Very/fairly safe in area after dark (65+)	464	32.1	33.6	25.9	8.4

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
A bit/very unsafe in area after dark (65+)	527	24.3	29.8	30.6	15.4
Very/fairly safe alone in home at night (65+)	901	29.4	32.1	28.1	10.4
A bit/very unsafe alone in home at night (65+)	127	18.9	25.2	31.5	24.4
Speak daily to family	2,366	24.0	26.3	29.4	20.3
Speak 3-6 days/week to family	1,246	11.6	29.8	35.6	23.0
Speak 1-2days/week to family	1,078	12.2	17.7	35.3	34.8
Speak <1day/week to family	529	15.7	15.9	26.3	42.2
Speak daily to friends	2,221	27.5	23.4	27.0	22.2
Speak 3-6 days/week to friends	1,418	10.2	33.5	33.4	22.9
Speak 1-2days/week to friends	1,051	11.0	18.4	41.2	29.4
Speak <1day/week to friends	514	10.3	15.2	28.0	46.5
Speak daily to others	3,481	26.7	23.6	27.8	21.9
Speak 3-6 days/week to others	1,251	0.0	36.0	36.4	27.7
Speak 1-2days/week to others	431	0.0	0.0	54.8	45.2
Speak <1day/week to others	64	0.0	0.0	0.0	100.0
Potentially socially isolated*	470	0.0	23.0	43.4	33.6
Not potentially socially isolated	4,737	19.6	24.4	30.6	25.4
Potentially socially isolated (65+)*	140	0.0	37.9	46.4	15.7
Not potentially socially isolated (65+)	900	32.6	30.2	25.7	11.6
2004 survey	3,998	15.3	42.2	28.7	13.8
2007 survey	4,014	15.4	30.1	34.2	20.4
2009 survey	4,041	34.4	23.9	24.8	16.9
2011 survey	13,069	16.4	26.9	34.0	22.7
2014 survey	5,227	17.8	24.3	31.8	26.2

*By definition people who are potentially socially isolated speak to family, friends and/or neighbours less frequently than daily (and are also only adult in the household).

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.11.5 Frequency of Talking to Family, Friends and/or Neighbours

Note that frequency of talking to others is associated with age, gender and deprivation. Therefore, one group might be more likely to talk to family more frequently compared to another group, but this could be because they are younger or live in a less deprived area. Such associations should be considered when interpreting the information. Older people tend to speak to neighbours and family more frequently whereas younger people tend to speak to friends more frequently.

The table below gives the percentage of survey responders by their frequency of speaking to others (non-household family, friends or neighbours). The most frequently category is recorded. For example, if a survey responder speaks to non-household family 3-6 days a week, speaks to friends once or twice a week and speak to neighbours once or twice a week, the person will be classified as speaking to others 3-6 days a week.

Table 73: Detailed tabulations: Frequency of talking to non-household family, friends and neighbours

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Hull	5,257	66.5	23.9	8.3	1.3
Male	2,383	64.0	25.2	9.3	1.5
Female	2,874	68.6	22.9	7.4	1.0
16-24	951	76.2	18.9	4.0	0.8
25-34	910	66.5	24.4	8.4	0.8
35-44	808	62.9	24.1	10.1	2.8
45-54	849	64.5	22.4	11.5	1.5
55-64	664	62.2	28.2	8.0	1.7
65-74	613	65.6	26.9	7.3	0.2
75+	443	64.1	26.4	9.0	0.5
Males aged 16-24	473	76.1	19.7	3.4	0.8

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Males aged 25-34	408	64.2	25.2	9.8	0.7
Males aged 35-44	366	60.9	23.8	12.3	3.0
Males aged 45-54	397	61.5	23.2	12.8	2.5
Males aged 55-64	309	54.4	33.3	9.7	2.6
Males aged 65-74	254	61.8	29.1	9.1	0.0
Males aged 75+	172	64.0	27.3	8.7	0.0
Females aged 16-24	478	76.4	18.2	4.6	0.8
Females aged 25-34	502	68.3	23.7	7.2	0.8
Females aged 35-44	442	64.5	24.4	8.4	2.7
Females aged 45-54	452	67.3	21.7	10.4	0.7
Females aged 55-64	355	69.0	23.7	6.5	0.8
Females aged 65-74	359	68.2	25.3	6.1	0.3
Females aged 75+	271	64.2	25.8	9.2	0.7
Most deprived tenth	562	68.9	22.2	7.5	1.4
Second most deprived tenth	543	72.9	18.8	7.0	1.3
Most deprived fifth	1,105	70.9	20.5	7.2	1.4
Second most deprived fifth	1,031	68.9	21.4	8.1	1.6
Middle deprivation fifth	985	66.1	23.6	9.2	1.1
Second least deprived fifth	1,063	62.9	26.5	9.4	1.1
Least deprived fifth	1,072	63.8	27.7	7.5	1.0
North Carr	556	68.0	22.7	8.1	1.3
Northern	750	67.6	24.8	6.7	0.9
East	705	67.7	23.4	8.1	0.9
Park	810	66.5	23.2	9.1	1.1
Riverside	967	68.5	21.9	7.9	1.8
West	717	66.0	25.0	8.1	1.0

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Wyke	751	61.4	27.0	9.9	1.7
Bransholme East	215	73.0	17.7	7.4	1.9
Bransholme West	139	70.5	22.3	5.8	1.4
Kings Park	202	60.9	28.2	10.4	0.5
Beverley	172	62.2	31.4	6.4	0.0
Orchard Park & Greenwood	289	70.6	21.8	6.6	1.0
University	289	67.8	23.9	6.9	1.4
Ings	223	71.7	18.4	9.4	0.4
Longhill	223	65.0	27.8	6.3	0.9
Sutton	259	66.4	23.9	8.5	1.2
Holderness	251	61.4	26.3	11.2	1.2
Marfleet	244	70.9	19.3	8.6	1.2
Southcoates East	185	69.2	21.6	8.1	1.1
Southcoates West	130	64.6	26.9	7.7	0.8
Drypool	249	67.5	22.9	8.0	1.6
Myton	320	67.5	22.2	8.1	2.2
Newington	242	71.1	19.4	7.9	1.7
St Andrews	156	67.9	23.7	7.1	1.3
Boothferry	202	65.3	24.8	8.9	1.0
Derringham	242	64.9	26.4	8.3	0.4
Pickering	273	67.4	23.8	7.3	1.5
Avenue	275	60.0	26.2	12.7	1.1
Bricknell	177	62.1	26.6	9.0	2.3
Newland	299	62.2	28.1	7.7	2.0
Working <20 hours	378	72.5	19.3	6.9	1.3
Working 20-<35	435	68.0	24.4	7.6	0.0

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Working 35+ hours	1,171	62.7	26.0	9.8	1.5
Working hours not specified	235	72.8	20.0	6.0	1.3
Full-time student	514	75.9	20.6	3.1	0.4
Retired	1,077	63.4	28.1	8.0	0.5
Looking after family/home	409	72.6	18.6	7.3	1.5
Unemployed/not allowed to work	325	59.7	27.1	10.2	3.1
Long-term sick of disabled	385	60.3	22.9	12.7	4.2
Not working for other reason or no reason given	96	65.6	19.8	13.5	1.0
White British	4,738	66.4	24.1	8.4	1.1
White Other	206	68.9	21.4	5.8	3.9
Mixed	44	61.4	25.0	9.1	4.5
Asian/Asian British	76	71.1	19.7	7.9	1.3
Black/Black British	61	63.9	27.9	8.2	0.0
Chinese	29	58.6	34.5	3.4	3.4
Arab	25	72.0	16.0	4.0	8.0
Other	23	73.9	21.7	4.3	0.0
Excellent health	490	74.7	19.4	5.3	0.6
Very good health	1,447	67.0	25.4	6.8	0.8
Good health	1,848	66.0	24.8	8.3	0.9
Fair health	987	64.0	23.8	10.3	1.8
Poor health	456	63.6	21.7	11.0	3.7
Limiting long-term illness or disability	1,457	62.3	25.3	10.5	1.9
No limiting long-term illness or disability	3,754	68.1	23.5	7.4	1.0
Well-being - satisfied - poor (0-4)	585	57.4	25.3	12.5	4.8
Well-being - satisfied - score 5-7	2,021	63.9	25.6	9.3	1.2
Well-being - satisfied - score 8-10	2,623	70.5	22.4	6.6	0.5

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Well-being - worthwhile - poor (0-4)	479	58.5	22.5	13.8	5.2
Well-being - worthwhile - score 5-7	1,828	61.0	27.7	10.0	1.3
Well-being - worthwhile - score 8-10	2,916	71.1	21.9	6.3	0.6
Well-being - happy - poor (0-4)	734	59.3	24.5	12.5	3.7
Well-being - happy - score 5-7	1,845	62.9	26.6	9.5	1.0
Well-being - happy - score 8-10	2,635	71.0	22.2	6.1	0.8
Well-being - anxious - poor (6-10)	1,421	64.3	24.2	10.1	1.4
Well-being - anxious - score 3-5	1,438	62.4	27.7	8.3	1.6
Well-being - anxious - score 0-2	2,345	70.2	21.8	7.0	0.9
Healthy diet	3,580	66.8	24.8	7.5	0.9
Not healthy diet	1,243	66.0	21.8	9.9	2.3
Lack of knowledge about healthy diet	367	67.0	22.6	9.0	1.4
5-A-DAY	960	68.8	23.9	7.0	0.4
Not 5-A-DAY	4,053	65.5	24.5	8.6	1.4
Alcohol most days	427	64.2	26.7	7.5	1.6
Alcohol 1-3 days a week	1,366	64.6	26.8	7.9	0.7
Alcohol 1-3 days a month	1,002	66.7	23.9	8.5	1.0
Alcohol less than once a month	1,168	66.1	24.3	8.6	0.9
Never drinks alcohol	1,262	69.7	19.9	8.2	2.1
No alcohol in last week	1,443	67.4	24.3	7.8	0.6
Safe alcohol units last week#	1,724	63.0	27.0	8.9	1.2
Excessive alcohol units last week#	465	66.2	25.2	8.0	0.6
Dangerous alcohol units last week#	116	62.9	26.7	7.8	2.6
Usually binge drinks more than once a week	1,281	65.0	26.5	7.7	0.9
Usually binge drinks less than once a week	3,859	66.9	23.3	8.4	1.4
Acceptable weekly units and no binge drinking#	2,315	65.5	25.2	8.4	0.9

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Acceptable weekly units but binge drinking#	795	63.1	27.9	8.1	0.9
Excessive weekly units but no binge drinking#	169	63.9	24.9	9.5	1.8
Excessive weekly units and binge drinking#	405	66.4	25.4	7.4	0.7
Exercise 30+ min sessions 5+ times per week	1,755	70.7	22.0	5.9	1.4
Exercise 30+ min sessions <5 times per week	1,893	63.9	27.2	8.2	0.8
Light exercise only (no 30+ mins mod/vig)	1,192	65.1	23.7	9.8	1.4
Never exercise (no 30+ mins light/mod/vig)	364	64.0	18.4	14.8	2.7
Moderate+2*vigorous < 30 minutes in week	2,001	67.5	21.8	9.2	1.5
Moderate+2*vigorous 30+ mins but <2.5 hrs	563	60.4	29.1	9.4	1.1
Moderate+2*vigorous 2.5+ hours in week	2,067	67.2	25.0	7.1	0.8
Current smoker	1,597	72.1	18.5	8.0	1.4
Former smoker	1,407	63.9	26.7	8.4	1.1
Never smoker	2,192	64.1	26.2	8.4	1.3
Current light smokers (<10 cigs/day)	357	76.5	16.5	6.2	0.8
Current moderate smokers (10-19 cigs/day)	581	73.1	18.4	7.4	1.0
Current heavy smokers (20+ cigs/day)	333	68.5	19.2	10.2	2.1
E-cigarette current user	384	72.4	17.2	9.1	1.3
E-cigarette former user or never used	4,199	65.4	24.8	8.4	1.4
Underweight or desirable weight	1,731	67.7	23.6	7.6	1.2
Overweight	1,761	65.6	24.8	8.4	1.1
Obese	1,262	63.5	25.6	9.6	1.3
Only adult in household	1,418	66.6	24.3	7.7	1.4
Two adults in household	2,575	64.0	25.8	9.0	1.1
Three or more adults in household	1,187	71.6	19.8	7.2	1.3
Very/fairly safe in area in day	4,729	66.7	24.4	7.9	1.0
A bit/very unsafe in area in day	495	65.7	19.6	11.7	3.0

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
Very/fairly safe in area after dark	2,837	67.8	24.0	7.2	1.0
A bit/very unsafe in area after dark	2,305	65.2	23.9	9.5	1.4
Very/fairly safe alone in home at night	4,552	67.2	23.9	7.9	1.0
A bit/very unsafe alone in home at night	647	62.1	24.1	10.8	2.9
Very/fairly safe in area in day (65+)	937	64.5	28.0	7.4	0.2
A bit/very unsafe in area in day (65+)	112	67.9	17.0	14.3	0.9
Very/fairly safe in area after dark (65+)	467	63.8	29.8	6.0	0.4
A bit/very unsafe in area after dark (65+)	532	65.2	24.2	10.3	0.2
Very/fairly safe alone in home at night (65+)	911	66.3	26.6	6.9	0.2
A bit/very unsafe alone in home at night (65+)	129	56.6	26.4	16.3	0.8
Speak daily to family*	2,381	100.0	0.0	0.0	0.0
Speak 3-6 days/week to family	1,250	35.9	64.1	0.0	0.0
Speak 1-2days/week to family	1,084	39.7	29.7	30.6	0.0
Speak <1day/week to family	532	44.5	24.2	18.8	12.4
Speak daily to friends*	2,229	100.0	0.0	0.0	0.0
Speak 3-6 days/week to friends	1,426	44.9	55.1	0.0	0.0
Speak 1-2days/week to friends	1,059	40.4	31.5	28.0	0.0
Speak <1day/week to friends	517	36.6	25.7	25.3	12.4
Speak daily to neighbours*	929	100.0	0.0	0.0	0.0
Speak 3-6 days/week to neighbours	1,270	64.6	35.4	0.0	0.0
Speak 1-2days/week to neighbours	1,660	58.4	27.4	14.2	0.0
Speak <1day/week to neighbours	1,368	55.8	25.3	14.3	4.7
Potentially socially isolated**	474	0.0	72.8	23.0	4.2
Not potentially socially isolated	4,762	73.5	18.9	6.7	0.9
Potentially socially isolated (65+)**	142	0.0	78.2	20.4	1.4
Not potentially socially isolated (65+)	910	75.4	18.6	5.9	0.1

Group	Number of survey responders	Daily	3-6 days a week	Once or twice a week	Less than once a week
2004 survey	4,001	38.3	51.1	9.9	0.8
2007 survey	4,047	58.5	31.2	9.1	1.2
2009 survey	4,053	77.0	16.6	5.8	0.6
2011 survey	13,163	63.7	25.7	9.2	1.3
2014 survey	5,257	66.5	23.9	8.3	1.3

*By definition, people who speak to family daily and/or friends daily and/or neighbours daily are classified as speaking to others (family, friends or neighbours) daily.

**By definition people who are potentially socially isolated speak to family, friends and/or neighbours less frequently than daily (and are also only adult in the household).

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.11.6 Potentially Socially Isolated

Note that number of adults in the household and frequency of talking to others is associated with age, gender and deprivation. Therefore, one group might be more likely to talk to family more frequently compared to another group, but this could be because they are younger or live in a less deprived area, and one group may be more likely to be the only adult in the household but this could be associated with age. Such associations should be considered when interpreting the information. Older people tend to speak to neighbours and family more frequently whereas younger people tend to speak to friends more frequently.

Table 74: Detailed tabulations: Potentially socially isolated (only adult in household and does not speak to family, friends or neighbours daily)

Group	Number of survey responders	Potentially socially isolated	Not potentially socially isolated
Hull	5,270	9.0	91.0
Male	2,393	8.7	91.3

Group	Number of survey responders	Potentially socially isolated	Not potentially socially isolated
Female	2,877	9.2	90.8
16-24	953	4.5	95.5
25-34	912	7.6	92.4
35-44	807	9.7	90.3
45-54	853	8.8	91.2
55-64	669	9.7	90.3
65-74	615	10.2	89.8
75+	443	17.8	82.2
Males aged 16-24	477	4.6	95.4
Males aged 25-34	412	7.5	92.5
Males aged 35-44	366	8.7	91.3
Males aged 45-54	397	8.8	91.2
Males aged 55-64	312	13.5	86.5
Males aged 65-74	254	7.9	92.1
Males aged 75+	172	14.5	85.5
Females aged 16-24	476	4.4	95.6
Females aged 25-34	500	7.6	92.4
Females aged 35-44	441	10.4	89.6
Females aged 45-54	456	8.8	91.2
Females aged 55-64	357	6.4	93.6
Females aged 65-74	361	11.9	88.1
Females aged 75+	271	19.9	80.1
Most deprived tenth	561	10.5	89.5
Second most deprived tenth	545	9.0	91.0
Most deprived fifth	1,106	9.8	90.2
Second most deprived fifth	1,033	10.2	89.8

Group	Number of survey responders	Potentially socially isolated	Not potentially socially isolated
Middle deprivation fifth	990	9.6	90.4
Second least deprived fifth	1,064	10.0	90.0
Least deprived fifth	1,076	5.6	94.4
North Carr	557	7.9	92.1
Northern	750	7.9	92.1
East	712	9.4	90.6
Park	811	7.3	92.7
Riverside	964	11.0	89.0
West	721	8.3	91.7
Wyke	754	10.5	89.5
Bransholme East	214	7.9	92.1
Bransholme West	140	8.6	91.4
Kings Park	203	7.4	92.6
Beverley	174	6.9	93.1
Orchard Park & Greenwood	291	9.6	90.4
University	285	6.7	93.3
Ings	225	8.4	91.6
Longhill	226	10.2	89.8
Sutton	261	9.6	90.4
Holderness	251	6.8	93.2
Marfleet	244	7.4	92.6
Southcoates East	185	5.9	94.1
Southcoates West	131	9.9	90.1
Drypool	248	9.7	90.3
Myton	320	13.8	86.3
Newington	242	9.1	90.9

Group	Number of survey responders	Potentially socially isolated	Not potentially socially isolated
St Andrews	154	10.4	89.6
Boothferry	203	7.9	92.1
Derringham	241	7.1	92.9
Pickering	277	9.7	90.3
Avenue	276	12.3	87.7
Bricknell	177	10.7	89.3
Newland	301	8.6	91.4
Working <20 hours	377	6.1	93.9
Working 20-<35	435	7.4	92.6
Working 35+ hours	1,167	6.7	93.3
Working hours not specified	233	7.7	92.3
Full-time student	513	4.1	95.9
Retired	1,073	12.8	87.2
Looking after family/home	409	7.8	92.2
Unemployed/not allowed to work	323	13.6	86.4
Long-term sick of disabled	385	15.3	84.7
Not working for other reason or no reason given	93	14.0	86.0
White British	4,724	9.4	90.6
White Other	204	5.4	94.6
Mixed	44	4.5	95.5
Asian/Asian British	76	2.6	97.4
Black/Black British	61	11.5	88.5
Chinese	28	3.6	96.4
Arab	25	8.0	92.0
Other	23	0.0	100.0
Excellent health	491	4.3	95.7

Group	Number of survey responders	Potentially socially isolated	Not potentially socially isolated
Very good health	1,444	7.5	92.5
Good health	1,859	8.1	91.9
Fair health	991	12.0	88.0
Poor health	457	15.8	84.2
Limiting long-term illness or disability	1,458	13.4	86.6
No limiting long-term illness or disability	3,766	7.3	92.7
Well-being - satisfied - poor (0-4)	585	17.8	82.2
Well-being - satisfied - score 5-7	2,025	10.5	89.5
Well-being - satisfied - score 8-10	2,632	5.9	94.1
Well-being - worthwhile - poor (0-4)	479	16.9	83.1
Well-being - worthwhile - score 5-7	1,831	11.7	88.3
Well-being - worthwhile - score 8-10	2,925	6.1	93.9
Well-being - happy - poor (0-4)	733	14.5	85.5
Well-being - happy - score 5-7	1,846	11.1	88.9
Well-being - happy - score 8-10	2,649	6.1	93.9
Well-being - anxious - poor (6-10)	1,421	11.9	88.1
Well-being - anxious - score 3-5	1,443	10.0	90.0
Well-being - anxious - score 0-2	2,355	6.8	93.2
Healthy diet	3,589	8.4	91.6
Not healthy diet	1,243	9.9	90.1
Lack of knowledge about healthy diet	370	10.5	89.5
5-A-DAY	961	7.2	92.8
Not 5-A-DAY	4,061	9.6	90.4
Alcohol most days	432	9.5	90.5
Alcohol 1-3 days a week	1,370	7.2	92.8
Alcohol 1-3 days a month	1,002	8.7	91.3

Group	Number of survey responders	Potentially socially isolated	Not potentially socially isolated
Alcohol less than once a month	1,167	10.0	90.0
Never drinks alcohol	1,267	9.9	90.1
No alcohol in last week	1,444	9.1	90.9
Safe alcohol units last week#	1,727	8.6	91.4
Excessive alcohol units last week#	470	7.2	92.8
Dangerous alcohol units last week#	116	14.7	85.3
Usually binge drinks more than once a week	1,287	9.6	90.4
Usually binge drinks less than once a week	3,865	8.7	91.3
Acceptable weekly units and no binge drinking#	2,316	8.4	91.6
Acceptable weekly units but binge drinking#	798	9.6	90.4
Excessive weekly units but no binge drinking#	171	5.8	94.2
Excessive weekly units and binge drinking#	408	10.0	90.0
Exercise 30+ min sessions 5+ times per week	1,758	7.1	92.9
Exercise 30+ min sessions <5 times per week	1,896	8.2	91.8
Light exercise only (no 30+ mins mod/vig)	1,196	11.5	88.5
Never exercise (no 30+ mins light/mod/vig)	364	13.7	86.3
Moderate+2*vigorous < 30 minutes in week	2,007	9.7	90.3
Moderate+2*vigorous 30+ mins but <2.5 hrs	562	9.4	90.6
Moderate+2*vigorous 2.5+ hours in week	2,074	7.9	92.1
Current smoker	1,602	8.6	91.4
Former smoker	1,410	10.4	89.6
Never smoker	2,197	8.4	91.6
Current light smokers (<10 cigs/day)	361	8.0	92.0
Current moderate smokers (10-19 cigs/day)	581	7.1	92.9
Current heavy smokers (20+ cigs/day)	335	10.4	89.6
E-cigarette current user	384	6.5	93.5

Group	Number of survey responders	Potentially socially isolated	Not potentially socially isolated
E-cigarette former user or never used	4,206	9.4	90.6
Underweight or desirable weight	1,736	8.4	91.6
Overweight	1,772	9.4	90.6
Obese	1,265	10.0	90.0
Only adult in household	1,418	33.4	66.6
Two adults in household*	2,601	0.0	100.0
Three or more adults in household*	1,195	0.0	100.0
Very/fairly safe in area in day	4,748	8.9	91.1
A bit/very unsafe in area in day	493	9.9	90.1
Very/fairly safe in area after dark	2,852	8.0	92.0
A bit/very unsafe in area after dark	2,309	9.9	90.1
Very/fairly safe alone in home at night	4,568	8.6	91.4
A bit/very unsafe alone in home at night	648	12.0	88.0
Very/fairly safe in area in day (65+)	940	13.4	86.6
A bit/very unsafe in area in day (65+)	111	14.4	85.6
Very/fairly safe in area after dark (65+)	470	11.9	88.1
A bit/very unsafe in area after dark (65+)	532	14.8	85.2
Very/fairly safe alone in home at night (65+)	913	12.9	87.1
A bit/very unsafe alone in home at night (65+)	129	18.6	81.4
Speak daily to family*	2,381	0.0	100.0
Speak 3-6 days/week to family	1,241	17.7	82.3
Speak 1-2days/week to family	1,076	14.9	85.1
Speak <1day/week to family	529	17.0	83.0
Speak daily to friends*	2,229	0.0	100.0
Speak 3-6 days/week to friends	1,420	16.1	83.9
Speak 1-2days/week to friends	1,050	15.3	84.7

Group	Number of survey responders	Potentially socially isolated	Not potentially socially isolated
Speak <1day/week to friends	511	15.7	84.3
Speak daily to neighbours*	929	0.0	100.0
Speak 3-6 days/week to neighbours	1,264	8.5	91.5
Speak 1-2days/week to neighbours	1,652	12.3	87.7
Speak <1day/week to neighbours	1,362	11.6	88.4
Speak daily to others*	3,498	0.0	100.0
Speak 3-6 days/week to others	1,245	27.7	72.3
Speak 1-2days/week to others	428	25.5	74.5
Speak <1day/week to others	65	30.8	69.2
2004 survey	4,002	15.7	84.3
2007 survey	4,086	9.6	90.4
2009 survey	4,057	5.7	94.3
2011 survey	13,553	6.8	93.2
2014 survey	5,270	9.0	91.0

*By definition people who are potentially socially isolated are the only the adult in the household and also speak to family, friends and/or neighbours less frequently than daily.

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

5.12 Multiple Risk Factors

The national guidelines and recommendations for alcohol consumption changed in January 2016 (see **section 0** for further information). This first table uses the information relating to the recommendations at the time of writing the initial report (which were the 1995 alcohol guidelines) and the second table uses the information relating to the alcohol guidelines that came out in January 2016.

5.12.1 Defining Excess Alcohol Consumption Using 1995 Guidelines which were in Existence until December 2015

The lifestyle and behavioural risk factors examined in combination are as follows:

- **Smoking:** smoking daily or occasionally;
- **Alcohol:** exceeding the weekly recommended alcohol units in the week prior to the survey (21 units for men and 14 units for women) and/or binge drinking usually at least once a week (exceeding twice the daily recommended alcohol units, i.e. exceeding 8 units for men and 6 units for women on a single day);
- **Physical activity:** not undertaking the recommended weekly guidelines for exercise, i.e. not undertaking at least 2.5 hours of moderate physical activity per week;
- **Obesity:** defined as obese on the basis of having a body mass index of 30 or more;
- **5-A-DAY:** less than five portions of fruit and vegetables usually eaten each day.

The table provides a count of the number of survey responders with five, four, three, two, one or none of these five risk factors. The average or mean number of risk factors for each group is also given.

Some of the groups are directly related to the indicator of multiple risk factors, for instance, as current smokers are included in the indicator, it is known that all current smokers will have at least one of the risk factors as will light, moderate or heavy smokers as they are also current smokers.

Table 75: Detailed tabulations: Multiple risk factors – percentages with total number of risk factors (out of five)

Group	Number of survey responders	None	One	Two	Three	Four	Five	Mean
Hull	3,894	6.2	24.6	35.0	25.2	8.0	1.0	2.07
Male	1,883	5.9	24.0	34.4	25.1	9.6	1.1	2.12
Female	2,011	6.5	25.3	35.6	25.3	6.5	0.9	2.03
16-24	644	5.4	33.5	36.3	18.6	5.9	0.2	1.86
25-34	670	6.4	25.7	37.2	24.2	5.5	1.0	2.00
35-44	623	4.2	24.9	34.7	26.3	8.5	1.4	2.14
45-54	647	6.3	21.5	32.1	26.6	12.1	1.4	2.21
55-64	514	8.0	18.1	31.9	31.1	9.3	1.6	2.20
65-74	476	8.8	25.0	31.7	25.6	8.0	0.8	2.01
75+	315	4.4	20.6	43.8	25.4	5.7	0.0	2.07
Males aged 16-24	329	5.8	35.3	35.0	18.5	5.2	0.3	1.83
Males aged 25-34	328	4.6	23.8	38.1	25.9	6.4	1.2	2.09
Males aged 35-44	311	3.5	22.5	37.3	26.0	9.6	1.0	2.19
Males aged 45-54	323	6.8	21.1	31.9	23.8	15.2	1.2	2.23
Males aged 55-64	251	7.6	17.5	27.9	33.5	11.6	2.0	2.30
Males aged 65-74	219	8.7	21.9	29.2	26.9	11.4	1.8	2.16
Males aged 75+	120	5.0	22.5	44.2	20.8	7.5	0.0	2.03
Females aged 16-24	315	5.1	31.7	37.8	18.7	6.7	0.0	1.90
Females aged 25-34	342	8.2	27.5	36.3	22.5	4.7	0.9	1.91
Females aged 35-44	312	4.8	27.2	32.1	26.6	7.4	1.9	2.10
Females aged 45-54	324	5.9	21.9	32.4	29.3	9.0	1.5	2.18
Females aged 55-64	263	8.4	18.6	35.7	28.9	7.2	1.1	2.11
Females aged 65-74	257	8.9	27.6	33.9	24.5	5.1	0.0	1.89
Females aged 75+	195	4.1	19.5	43.6	28.2	4.6	0.0	2.10
Most deprived tenth	390	2.8	20.8	33.8	30.8	10.5	1.3	2.29
Second most deprived tenth	386	3.6	18.4	31.3	34.7	11.1	0.8	2.34

Group	Number of survey responders	None	One	Two	Three	Four	Five	Mean
Most deprived fifth	776	3.2	19.6	32.6	32.7	10.8	1.0	2.31
Second most deprived fifth	741	3.0	21.6	36.3	27.8	10.0	1.3	2.24
Middle deprivation fifth	723	6.8	22.3	34.3	28.5	7.1	1.1	2.10
Second least deprived fifth	807	8.9	28.4	36.2	19.7	5.8	1.0	1.88
Least deprived fifth	847	8.7	30.3	35.4	18.4	6.5	0.6	1.85
North Carr	428	4.0	22.7	37.1	26.6	8.4	1.2	2.16
Northern	532	6.8	27.8	34.8	22.4	7.5	0.8	1.98
East	549	7.3	24.4	34.4	24.6	8.6	0.7	2.05
Park	595	6.6	26.1	36.6	22.7	7.1	1.0	2.01
Riverside	700	3.4	21.0	31.0	32.4	11.1	1.0	2.30
West	546	7.3	24.7	36.4	23.6	6.2	1.6	2.02
Wyke	544	8.5	26.3	35.8	22.4	6.3	0.7	1.94
Bransholme East	142	2.8	16.9	33.8	35.2	10.6	0.7	2.36
Bransholme West	111	0.9	18.9	37.8	31.5	9.0	1.8	2.34
Kings Park	175	6.9	29.7	39.4	16.6	6.3	1.1	1.89
Beverley	138	13.0	29.0	29.0	21.0	8.0	0.0	1.82
Orchard Park & Greenwood	193	2.1	23.3	32.6	29.5	10.4	2.1	2.29
University	201	7.0	31.3	40.8	16.4	4.5	0.0	1.80
Ings	182	7.1	23.1	39.0	21.4	8.8	0.5	2.03
Longhill	174	9.2	23.0	29.3	27.0	10.9	0.6	2.09
Sutton	193	5.7	26.9	34.7	25.4	6.2	1.0	2.03
Holderness	195	11.3	31.8	33.3	15.9	6.2	1.5	1.78
Marfleet	165	2.4	18.8	40.6	29.1	7.9	1.2	2.25
Southcoates East	131	3.8	22.9	39.7	24.4	8.4	0.8	2.13
Southcoates West	104	7.7	30.8	32.7	23.1	5.8	0.0	1.88
Drypool	177	2.8	28.8	30.5	28.2	9.0	0.6	2.14

Group	Number of survey responders	None	One	Two	Three	Four	Five	Mean
Myton	235	3.4	20.0	31.1	30.2	14.0	1.3	2.35
Newington	176	5.1	15.3	32.4	36.4	9.1	1.7	2.34
St Andrews	112	1.8	19.6	29.5	37.5	11.6	0.0	2.38
Boothferry	162	11.1	29.0	35.8	17.9	4.3	1.9	1.81
Derringham	175	5.1	23.4	32.0	29.1	8.6	1.7	2.18
Pickering	209	6.2	22.5	40.7	23.4	5.7	1.4	2.04
Avenue	188	10.6	30.9	29.8	21.8	5.9	1.1	1.85
Bricknell	117	8.5	23.1	42.7	18.8	6.8	0.0	1.92
Newland	239	6.7	24.3	37.2	24.7	6.3	0.8	2.02
Working <20 hours	283	5.7	26.5	39.2	22.6	5.3	0.7	1.98
Working 20-<35	336	8.6	28.6	33.3	22.3	6.5	0.6	1.91
Working 35+ hours	951	6.6	27.0	34.5	23.7	7.3	0.9	2.01
Working hours not specified	156	4.5	26.9	33.3	26.9	7.1	1.3	2.09
Full-time student	325	6.8	36.0	34.5	17.5	5.2	0.0	1.78
Retired	813	8.5	23.6	36.0	24.2	7.1	0.5	1.99
Looking after family/home	268	4.9	23.1	35.4	29.1	7.1	0.4	2.12
Unemployed/not allowed to work	236	1.7	19.9	37.7	28.0	10.2	2.5	2.33
Long-term sick of disabled	275	2.5	8.7	26.5	39.6	18.9	3.6	2.75
Not working for other reason or no reason given	60	1.7	15.0	36.7	35.0	8.3	3.3	2.43
White British	3,511	6.2	24.8	34.7	25.4	8.0	1.0	2.07
White Other	158	8.2	20.3	33.5	25.9	10.8	1.3	2.15
Mixed	22	9.1	18.2	36.4	22.7	13.6	0.0	2.14
Asian/Asian British	49	10.2	36.7	38.8	8.2	6.1	0.0	1.63
Black/Black British	42	4.8	33.3	31.0	28.6	0.0	2.4	1.93
Chinese	20	0.0	35.0	50.0	10.0	5.0	0.0	1.85
Arab	13	0.0	7.7	69.2	15.4	7.7	0.0	2.23

Group	Number of survey responders	None	One	Two	Three	Four	Five	Mean
Other	18	0.0	27.8	33.3	27.8	5.6	5.6	2.28
Excellent health	362	14.9	36.7	29.6	14.4	3.9	0.6	1.57
Very good health	1,080	8.3	33.3	36.4	17.3	4.4	0.2	1.77
Good health	1,378	5.3	23.8	36.1	26.6	7.5	0.8	2.10
Fair health	721	2.4	14.3	37.2	32.3	12.1	1.8	2.43
Poor health	336	2.1	8.6	27.1	41.7	17.3	3.3	2.73
Limiting long-term illness or disability	1,108	4.0	16.2	34.0	32.1	12.0	1.6	2.37
No limiting long-term illness or disability	2,763	7.1	28.1	35.5	22.3	6.3	0.8	1.95
Well-being - satisfied - poor (0-4)	426	1.6	10.6	31.9	33.8	17.8	4.2	2.68
Well-being - satisfied - score 5-7	1,496	4.4	22.7	36.1	28.2	7.8	0.7	2.15
Well-being - satisfied - score 8-10	1,957	8.6	29.2	34.7	20.9	6.0	0.5	1.88
Well-being - worthwhile - poor (0-4)	355	2.0	12.1	32.7	33.5	16.6	3.1	2.60
Well-being - worthwhile - score 5-7	1,353	4.1	22.3	35.5	26.9	9.7	1.5	2.20
Well-being - worthwhile - score 8-10	2,169	8.2	28.3	34.9	22.7	5.5	0.4	1.90
Well-being - happy - poor (0-4)	534	2.6	15.9	33.1	30.3	14.4	3.6	2.49
Well-being - happy - score 5-7	1,407	4.6	24.0	35.3	28.0	7.5	0.6	2.12
Well-being - happy - score 8-10	1,937	8.4	27.6	35.1	21.8	6.6	0.6	1.93
Well-being - anxious - poor (6-10)	1,017	4.9	21.0	35.5	27.8	9.3	1.4	2.20
Well-being - anxious - score 3-5	1,057	5.1	22.1	35.0	27.7	8.5	1.5	2.17
Well-being - anxious - score 0-2	1,807	7.6	28.1	34.8	22.2	6.8	0.5	1.94
Healthy diet	2,690	8.6	29.0	35.8	21.3	4.8	0.5	1.86
Not healthy diet	951	0.8	14.3	32.6	34.5	15.4	2.4	2.56
Lack of knowledge about healthy diet	234	0.9	17.1	34.6	32.5	14.1	0.9	2.44
5-A-DAY*	731	33.1	38.9	21.8	5.9	0.4	0.0	1.02
Not 5-A-DAY*	3,163	0.0	21.3	38.0	29.7	9.7	1.2	2.31
Alcohol most days	338	3.3	10.9	32.0	31.7	18.3	3.8	2.62

Group	Number of survey responders	None	One	Two	Three	Four	Five	Mean
Alcohol 1-3 days a week	1,060	5.8	21.5	31.9	28.1	10.7	2.1	2.23
Alcohol 1-3 days a month	754	5.3	31.6	36.7	21.2	5.2	0.0	1.89
Alcohol less than once a month	816	8.0	27.7	34.1	24.4	5.4	0.5	1.93
Never drinks alcohol	918	7.1	24.7	39.2	23.4	5.6	0.0	1.96
No alcohol in last week	1,086	7.1	29.3	34.0	23.3	5.7	0.6	1.93
Safe alcohol units last week#	1,405	7.1	26.3	34.4	23.4	7.8	0.9	2.01
Excessive alcohol units last week*#	381	0.0	10.0	30.7	38.6	17.1	3.7	2.74
Dangerous alcohol units last week*#	104	0.0	5.8	30.8	35.6	23.1	4.8	2.90
Low alcohol units last week##	1,215	7.5	27.7	35.0	22.0	6.8	1.1	1.96
Excessive alcohol units last week*##	506	1.8	13.8	30.0	36.4	16.0	2.0	2.57
Dangerous alcohol units last week*##	166	0.0	4.2	33.1	37.3	19.9	5.4	2.89
Usually binge drinks more than once a week*	972	0.0	6.0	29.2	40.9	20.2	3.7	2.86
Usually binge drinks less than once a week	2,922	8.3	30.8	36.9	20.0	3.9	0.1	1.81
Acceptable weekly units and no binge drinking#	1,861	9.5	35.1	36.2	16.9	2.2	0.0	1.67
Acceptable weekly units but binge drinking*#	630	0.0	5.4	28.4	42.4	20.6	3.2	2.88
Excessive weekly units but no binge drinking*#	143	0.0	14.0	30.8	37.1	16.1	2.1	2.62
Excessive weekly units and binge drinking*#	342	0.0	7.0	30.7	38.3	19.3	4.7	2.84
Low weekly units and no binge drinking##	1,787	9.4	35.3	36.3	16.8	2.2	0.0	1.67
Low weekly units but binge drinking*##	517	0.0	4.6	28.2	42.6	20.7	3.9	2.91
Excessive weekly units but no binge drinking*##	217	4.1	19.8	31.8	31.3	11.5	1.4	2.30
Excessive weekly units and binge drinking*##	455	0.0	7.5	30.3	39.1	19.6	3.5	2.81
Exercise 30 min sessions 5+ times per week	1,286	10.1	35.9	33.9	17.6	2.4	0.1	1.66
Exercise 30 min sessions <5 times per week	1,439	6.6	26.9	36.4	22.7	6.7	0.7	1.98
Light exercise only (not moderate/vigorous)	892	1.9	10.3	34.6	36.3	14.7	2.1	2.58
Never exercise	271	0.0	5.5	33.9	37.6	19.6	3.3	2.81
Moderate+2*vigorous < 30 minutes in week*	1,587	0.0	6.1	33.9	39.5	18.0	2.5	2.77

Group	Number of survey responders	None	One	Two	Three	Four	Five	Mean
Moderate+2*vigorous 30+ mins but <2.5 hrs*	473	7.4	36.4	38.5	16.5	1.3	0.0	1.68
Moderate+2*vigorous 2.5+ hours in week	1,834	11.3	37.6	35.0	15.0	1.0	0.0	1.57
Current smoker*	1,150	0.0	3.5	29.1	43.9	20.1	3.4	2.91
Former smoker	1,083	7.4	28.8	39.1	20.8	4.0	0.0	1.85
Never smoker	1,661	9.8	36.5	36.4	15.1	2.2	0.0	1.64
Current light smokers (<10 cigs/day)*	255	0.0	5.5	36.1	43.9	13.3	1.2	2.69
Current moderate smokers (10-19 cigs/day)*	421	0.0	3.8	30.4	42.8	20.0	3.1	2.88
Current heavy smokers (20+ cigs/day)*	249	0.0	1.2	22.5	47.4	23.7	5.2	3.09
E-cigarette current user	264	1.5	13.3	33.3	32.2	17.4	2.3	2.58
E-cigarette former user or never used	3,226	6.6	25.6	35.4	24.2	7.3	0.9	2.03
Underweight or desirable weight	1,376	8.1	31.1	35.9	20.2	4.7	0.0	1.82
Overweight	1,468	8.9	31.5	37.3	19.1	3.1	0.0	1.76
Obese*	1,050	0.0	6.6	30.5	40.2	19.0	3.7	2.83
Only adult in household	1,046	5.5	20.4	34.0	29.4	9.2	1.4	2.21
Two adults in household	1,955	6.9	25.1	36.0	24.1	6.9	1.1	2.02
Three or more adults in household	874	5.5	28.8	33.8	22.5	9.0	0.3	2.02
Very/fairly safe in area in day	3,544	6.5	25.0	35.1	24.9	7.6	0.9	2.05
A bit/very unsafe in area in day	338	3.3	20.4	34.0	27.8	12.7	1.8	2.32
Very/fairly safe in area after dark	2,154	6.7	25.4	35.5	23.6	7.8	1.0	2.03
A bit/very unsafe in area after dark	1,675	5.8	23.4	34.5	27.0	8.3	1.0	2.12
Very/fairly safe alone in home at night	3,417	6.6	25.1	35.3	24.4	7.6	1.0	2.04
A bit/very unsafe alone in home at night	448	3.3	21.2	32.6	30.8	10.9	1.1	2.28
Very/fairly safe in area in day (65+)	704	7.7	24.3	35.8	24.9	6.8	0.6	2.01
A bit/very unsafe in area in day (65+)	85	2.4	15.3	42.4	30.6	9.4	0.0	2.29
Very/fairly safe in area after dark (65+)	345	9.9	26.1	32.5	22.6	8.1	0.9	1.96
A bit/very unsafe in area after dark (65+)	412	5.3	20.1	40.0	27.4	6.8	0.2	2.11

Group	Number of survey responders	None	One	Two	Three	Four	Five	Mean
Very/fairly safe alone in home at night (65+)	686	7.4	24.3	36.0	24.8	6.9	0.6	2.01
A bit/very unsafe alone in home at night (65+)	95	4.2	15.8	38.9	32.6	8.4	0.0	2.25
Speak daily to family	1,670	6.2	24.6	33.7	26.7	8.1	0.7	2.08
Speak 3-6 days/week to family	961	6.8	25.4	37.3	22.8	7.0	0.8	2.00
Speak 1-2days/week to family	833	6.4	24.8	34.5	24.1	8.4	1.8	2.09
Speak <1day/week to family	396	4.8	23.2	34.8	26.5	9.3	1.3	2.16
Speak daily to friends	1,605	6.0	24.8	34.6	24.7	8.9	0.9	2.08
Speak 3-6 days/week to friends	1,081	7.3	29.4	34.2	22.8	5.6	0.7	1.92
Speak 1-2days/week to friends	779	6.3	20.7	36.2	26.8	8.6	1.4	2.15
Speak <1day/week to friends	387	3.9	19.4	35.1	29.7	10.3	1.6	2.28
Speak daily to neighbours	629	6.0	22.7	31.3	28.9	9.9	1.1	2.17
Speak 3-6 days/week to neighbours	945	7.0	23.9	37.1	23.6	7.6	0.7	2.03
Speak 1-2days/week to neighbours	1,259	6.5	26.0	35.5	24.1	6.8	1.0	2.02
Speak <1day/week to neighbours	1,016	5.2	25.1	34.2	25.6	8.8	1.2	2.11
Speak daily to others	2,524	6.3	24.7	34.5	25.6	8.2	0.8	2.07
Speak 3-6 days/week to others	974	6.5	26.4	36.3	22.6	7.2	1.0	2.01
Speak 1-2days/week to others	327	5.8	20.5	33.6	28.7	8.9	2.4	2.22
Speak <1day/week to others	40	2.5	17.5	32.5	32.5	10.0	5.0	2.45
Potentially socially isolated	356	5.1	21.3	36.8	26.1	8.4	2.2	2.18
Not potentially socially isolated	3,522	6.3	25.0	34.7	25.1	8.0	0.9	2.06
Potentially socially isolated (65+)	110	8.2	20.0	40.9	23.6	6.4	0.9	2.03
Not potentially socially isolated (65+)	675	7.0	23.9	35.9	25.6	7.3	0.4	2.04

*These factors are directly or indirectly related to the multiple risk factor measure.

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

##Based on new alcohol guidelines introduced January 2016.

5.12.2 Defining Excess Alcohol Consumption Using 2016 Guidelines

The national guidelines and recommendations for alcohol consumption changed in January 2016 (see **section 0** for further information). This table uses the information relating to the alcohol guidelines that came out in January 2016 whereas the previous table used information relating to the recommendations at the time of writing the initial report (which were the 1995 alcohol guidelines).

The lifestyle and behavioural risk factors examined in combination are as follows:

- **Smoking:** smoking daily or occasionally;
- **Alcohol:** exceeding the weekly recommended alcohol units in the week prior to the survey (exceeding 14 units for both men and women) and/or binge drinking usually at least once a week (exceeding twice the daily recommended alcohol units, i.e. exceeding 8 units for men and 6 units for women on a single day);
- **Physical activity:** not undertaking the recommended weekly guidelines for exercise, i.e. not undertaking at least 2.5 hours of moderate physical activity per week;
- **Obesity:** defined as obese on the basis of having a body mass index of 30 or more;
- **5-A-DAY:** less than five portions of fruit and vegetables usually eaten each day.

The table provides a count of the number of survey responders with five, four, three, two, one or none of these five risk factors. The average or mean number of risk factors for each group is also given.

Some of the groups are directly related to the indicator of multiple risk factors, for instance, as current smokers are included in the indicator, it is known that all current smokers will have at least one of the risk factors as will light, moderate or heavy smokers as they are also current smokers.

Table 76: Detailed tabulations: Multiple risk factors – percentages with total number of risk factors (out of five)

Group	Number of survey responders	None	One	Two	Three	Four	Five	Mean
Hull	3,894	6.0	24.3	34.9	25.4	8.3	1.1	2.09
Male	1,883	5.4	23.2	34.3	25.7	10.2	1.2	2.16
Female	2,011	6.5	25.3	35.6	25.3	6.5	0.9	2.03

Group	Number of survey responders	None	One	Two	Three	Four	Five	Mean
16-24	644	5.3	32.9	36.8	18.8	5.9	0.3	1.88
25-34	670	6.1	25.4	37.3	24.3	5.8	1.0	2.01
35-44	623	4.0	24.7	34.0	26.6	9.1	1.4	2.17
45-54	647	6.2	21.3	31.5	27.2	12.2	1.5	2.23
55-64	514	7.4	17.3	32.9	30.7	10.1	1.6	2.24
65-74	476	8.8	24.8	30.9	26.3	8.4	0.8	2.03
75+	315	4.1	20.3	44.1	25.7	5.7	0.0	2.09
Males aged 16-24	329	5.5	34.0	35.9	18.8	5.2	0.6	1.86
Males aged 25-34	328	4.0	23.2	38.4	26.2	7.0	1.2	2.13
Males aged 35-44	311	3.2	22.2	36.0	26.7	10.9	1.0	2.23
Males aged 45-54	323	6.5	20.7	30.7	25.1	15.5	1.5	2.27
Males aged 55-64	251	6.4	15.9	29.9	32.7	13.1	2.0	2.36
Males aged 65-74	219	8.7	21.5	27.4	28.3	12.3	1.8	2.20
Males aged 75+	120	4.2	21.7	45.0	21.7	7.5	0.0	2.07
Females aged 16-24	315	5.1	31.7	37.8	18.7	6.7	0.0	1.90
Females aged 25-34	342	8.2	27.5	36.3	22.5	4.7	0.9	1.91
Females aged 35-44	312	4.8	27.2	32.1	26.6	7.4	1.9	2.10
Females aged 45-54	324	5.9	21.9	32.4	29.3	9.0	1.5	2.18
Females aged 55-64	263	8.4	18.6	35.7	28.9	7.2	1.1	2.11
Females aged 65-74	257	8.9	27.6	33.9	24.5	5.1	0.0	1.89
Females aged 75+	195	4.1	19.5	43.6	28.2	4.6	0.0	2.10
Most deprived tenth	390	2.8	20.5	33.8	30.8	10.8	1.3	2.30
Second most deprived tenth	386	3.4	17.9	31.3	35.5	11.1	0.8	2.35
Most deprived fifth	776	3.1	19.2	32.6	33.1	11.0	1.0	2.33
Second most deprived fifth	741	2.6	21.7	36.2	27.5	10.5	1.5	2.26
Middle deprivation fifth	723	6.6	21.7	34.3	28.9	7.2	1.2	2.12

Group	Number of survey responders	None	One	Two	Three	Four	Five	Mean
Second least deprived fifth	807	8.7	27.5	36.1	20.6	6.2	1.0	1.91
Least deprived fifth	847	8.5	30.2	35.4	18.3	7.0	0.6	1.87
North Carr	428	4.0	22.4	36.7	26.9	8.6	1.4	2.18
Northern	532	6.6	28.0	34.8	21.8	8.1	0.8	1.99
East	549	6.7	24.4	33.9	25.5	8.7	0.7	2.07
Park	595	6.2	25.4	36.8	23.2	7.4	1.0	2.03
Riverside	700	3.4	20.3	31.1	33.0	11.1	1.0	2.31
West	546	7.1	24.2	36.3	24.0	6.8	1.6	2.04
Wyke	544	8.1	25.9	36.2	22.1	6.8	0.9	1.96
Bransholme East	142	2.8	16.9	32.4	35.9	11.3	0.7	2.38
Bransholme West	111	0.9	18.9	37.8	30.6	9.0	2.7	2.36
Kings Park	175	6.9	29.1	39.4	17.1	6.3	1.1	1.90
Beverley	138	13.0	29.0	29.0	20.3	8.7	0.0	1.83
Orchard Park & Greenwood	193	2.1	23.3	32.6	29.0	10.9	2.1	2.30
University	201	6.5	31.8	40.8	15.9	5.0	0.0	1.81
Ings	182	7.1	21.4	38.5	23.6	8.8	0.5	2.07
Longhill	174	7.5	24.7	29.3	26.4	11.5	0.6	2.11
Sutton	193	5.7	26.9	33.7	26.4	6.2	1.0	2.04
Holderness	195	10.8	30.8	34.4	16.4	6.2	1.5	1.81
Marfleet	165	2.4	18.8	39.4	29.7	8.5	1.2	2.27
Southcoates East	131	3.8	21.4	39.7	26.0	8.4	0.8	2.16
Southcoates West	104	6.7	30.8	33.7	22.1	6.7	0.0	1.91
Drypool	177	2.8	28.2	30.5	28.8	9.0	0.6	2.15
Myton	235	3.4	18.7	31.9	30.6	14.0	1.3	2.37
Newington	176	5.1	15.3	31.8	36.9	9.1	1.7	2.35
St Andrews	112	1.8	18.8	29.5	38.4	11.6	0.0	2.39

Group	Number of survey responders	None	One	Two	Three	Four	Five	Mean
Boothferry	162	11.1	27.2	37.0	17.9	4.9	1.9	1.84
Derringham	175	5.1	22.9	32.0	28.6	9.7	1.7	2.20
Pickering	209	5.7	23.0	39.2	24.9	5.7	1.4	2.06
Avenue	188	10.6	29.8	30.9	21.8	5.9	1.1	1.86
Bricknell	117	8.5	23.1	42.7	17.9	7.7	0.0	1.93
Newland	239	5.9	24.3	37.2	24.3	7.1	1.3	2.06
Working <20 hours	283	5.7	26.1	39.2	23.0	5.3	0.7	1.98
Working 20-<35	336	8.6	27.7	33.9	22.0	6.8	0.9	1.93
Working 35+ hours	951	5.9	26.7	34.4	23.8	8.3	0.9	2.05
Working hours not specified	156	4.5	25.6	33.3	28.2	7.1	1.3	2.12
Full-time student	325	6.5	35.7	34.5	17.8	5.5	0.0	1.80
Retired	813	8.4	23.1	35.9	24.8	7.3	0.5	2.01
Looking after family/home	268	4.9	23.1	35.4	29.1	7.1	0.4	2.12
Unemployed/not allowed to work	236	1.7	19.9	37.7	28.0	9.7	3.0	2.33
Long-term sick of disabled	275	2.5	8.7	26.5	39.6	18.9	3.6	2.75
Not working for other reason or no reason given	60	1.7	15.0	36.7	35.0	8.3	3.3	2.43
White British	3,511	5.9	24.4	34.7	25.7	8.4	1.0	2.09
White Other	158	8.2	20.3	32.9	26.6	10.1	1.9	2.16
Mixed	22	9.1	18.2	36.4	22.7	13.6	0.0	2.14
Asian/Asian British	49	10.2	36.7	38.8	8.2	6.1	0.0	1.63
Black/Black British	42	4.8	33.3	31.0	28.6	0.0	2.4	1.93
Chinese	20	0.0	35.0	50.0	10.0	5.0	0.0	1.85
Arab	13	0.0	7.7	69.2	15.4	7.7	0.0	2.23
Other	18	0.0	27.8	33.3	27.8	5.6	5.6	2.28
Excellent health	362	14.4	36.5	29.8	14.6	4.1	0.6	1.59
Very good health	1,080	8.2	32.2	37.0	17.5	4.8	0.2	1.79

Group	Number of survey responders	None	One	Two	Three	Four	Five	Mean
Good health	1,378	4.9	23.8	35.3	27.2	7.8	0.9	2.12
Fair health	721	2.2	14.1	37.2	32.3	12.3	1.8	2.44
Poor health	336	2.1	8.6	27.1	41.1	17.6	3.6	2.74
Limiting long-term illness or disability	1,108	3.8	16.2	33.8	32.3	12.3	1.6	2.38
No limiting long-term illness or disability	2,763	6.8	27.6	35.5	22.5	6.7	0.8	1.97
Well-being - satisfied - poor (0-4)	426	1.4	10.8	31.9	33.6	18.1	4.2	2.69
Well-being - satisfied - score 5-7	1,496	4.1	22.5	35.9	28.4	8.2	0.9	2.17
Well-being - satisfied - score 8-10	1,957	8.4	28.6	34.8	21.3	6.3	0.5	1.90
Well-being - worthwhile - poor (0-4)	355	1.7	12.1	32.7	33.5	16.9	3.1	2.61
Well-being - worthwhile - score 5-7	1,353	3.8	22.2	35.3	26.9	10.2	1.6	2.22
Well-being - worthwhile - score 8-10	2,169	8.1	27.7	34.9	23.2	5.8	0.4	1.92
Well-being - happy - poor (0-4)	534	2.6	15.7	33.1	30.0	14.8	3.7	2.50
Well-being - happy - score 5-7	1,407	4.3	23.7	34.9	28.6	7.8	0.6	2.14
Well-being - happy - score 8-10	1,937	8.1	27.1	35.2	22.0	7.0	0.6	1.94
Well-being - anxious - poor (6-10)	1,017	4.8	20.6	35.5	27.9	9.6	1.5	2.21
Well-being - anxious - score 3-5	1,057	4.7	21.9	34.7	28.5	8.6	1.6	2.19
Well-being - anxious - score 0-2	1,807	7.4	27.7	34.8	22.3	7.3	0.5	1.96
Healthy diet	2,690	8.3	28.6	35.8	21.7	5.1	0.5	1.88
Not healthy diet	951	0.8	14.0	32.2	34.6	15.8	2.6	2.58
Lack of knowledge about healthy diet	234	0.4	17.1	35.0	31.6	15.0	0.9	2.46
5-A-DAY*	731	31.9	39.5	22.3	5.9	0.4	0.0	1.03
Not 5-A-DAY*	3,163	0.0	20.7	37.8	30.0	10.1	1.3	2.33
Alcohol most days	338	2.4	10.4	31.1	32.8	19.2	4.1	2.69
Alcohol 1-3 days a week	1,060	5.4	20.8	31.7	28.6	11.4	2.2	2.26
Alcohol 1-3 days a month	754	5.0	31.2	37.1	21.4	5.3	0.0	1.91
Alcohol less than once a month	816	8.0	27.6	34.1	24.4	5.5	0.5	1.93

Group	Number of survey responders	None	One	Two	Three	Four	Five	Mean
Never drinks alcohol	918	7.1	24.7	39.2	23.4	5.6	0.0	1.96
No alcohol in last week	1,086	7.1	29.3	34.0	23.3	5.7	0.6	1.93
Safe alcohol units last week#	1,405	6.5	25.3	34.3	24.1	8.7	1.1	2.06
Excessive alcohol units last week*#	381	0.0	10.0	30.7	38.6	17.1	3.7	2.74
Dangerous alcohol units last week*#	104	0.0	5.8	30.8	35.6	23.1	4.8	2.90
Low alcohol units last week##	1,215	7.5	27.7	35.0	22.0	6.8	1.1	1.96
Excessive alcohol units last week*##	506	0.0	11.1	29.6	38.3	18.6	2.4	2.72
Dangerous alcohol units last week*##	166	0.0	4.2	33.1	37.3	19.9	5.4	2.89
Usually binge drinks more than once a week*	972	0.0	6.0	29.2	40.9	20.2	3.7	2.86
Usually binge drinks less than once a week	2,922	8.0	30.4	36.8	20.3	4.4	0.2	1.83
Acceptable weekly units and no binge drinking#	1,861	9.0	34.4	36.1	17.5	2.9	0.1	1.71
Acceptable weekly units but binge drinking*#	630	0.0	5.4	28.4	42.4	20.6	3.2	2.88
Excessive weekly units but no binge drinking*#	143	0.0	14.0	30.8	37.1	16.1	2.1	2.62
Excessive weekly units and binge drinking*#	342	0.0	7.0	30.7	38.3	19.3	4.7	2.84
Low weekly units and no binge drinking##	1,787	9.4	35.3	36.3	16.8	2.2	0.0	1.67
Low weekly units but binge drinking*##	517	0.0	4.6	28.2	42.6	20.7	3.9	2.91
Excessive weekly units but no binge drinking*##	217	0.0	13.4	30.9	35.9	17.5	2.3	2.65
Excessive weekly units and binge drinking*##	455	0.0	7.5	30.3	39.1	19.6	3.5	2.81
Exercise 30 min sessions 5+ times per week	1,286	9.6	35.4	34.3	18.1	2.5	0.1	1.69
Exercise 30 min sessions <5 times per week	1,439	6.4	26.5	36.2	23.1	6.9	0.8	2.00
Light exercise only (not moderate/vigorous)	892	1.9	10.3	34.2	35.9	15.6	2.1	2.59
Never exercise	271	0.0	5.2	33.9	38.0	19.6	3.3	2.82
Moderate+2*vigorous < 30 minutes in week*	1,587	0.0	6.0	33.5	39.3	18.7	2.6	2.78
Moderate+2*vigorous 30+ mins but <2.5 hrs*	473	7.2	35.9	38.5	17.1	1.3	0.0	1.69
Moderate+2*vigorous 2.5+ hours in week	1,834	10.9	37.0	35.3	15.6	1.2	0.0	1.59
Current smoker*	1,150	0.0	3.3	28.5	44.0	20.6	3.6	2.93

Group	Number of survey responders	None	One	Two	Three	Four	Five	Mean
Former smoker	1,083	6.9	28.7	38.7	21.3	4.3	0.0	1.87
Never smoker	1,661	9.5	35.9	36.9	15.3	2.4	0.0	1.65
Current light smokers (<10 cigs/day)*	255	0.0	5.1	35.3	44.3	14.1	1.2	2.71
Current moderate smokers (10-19 cigs/day)*	421	0.0	3.8	29.9	42.5	20.7	3.1	2.89
Current heavy smokers (20+ cigs/day)*	249	0.0	1.2	21.7	47.4	24.1	5.6	3.11
E-cigarette current user	264	1.5	12.9	32.6	33.0	17.4	2.7	2.60
E-cigarette former user or never used	3,226	6.3	25.3	35.3	24.5	7.7	1.0	2.05
Underweight or desirable weight	1,376	7.7	30.7	36.6	20.3	4.8	0.0	1.84
Overweight	1,468	8.7	31.0	37.1	19.9	3.4	0.0	1.78
Obese*	1,050	0.0	6.5	29.8	40.0	19.8	3.9	2.85
Only adult in household	1,046	5.4	19.8	34.0	29.8	9.5	1.4	2.22
Two adults in household	1,955	6.5	24.9	35.8	24.4	7.3	1.1	2.04
Three or more adults in household	874	5.3	28.5	33.9	22.5	9.3	0.6	2.04
Very/fairly safe in area in day	3,544	6.3	24.6	35.0	25.2	7.9	1.0	2.07
A bit/very unsafe in area in day	338	3.3	20.4	34.0	27.5	13.0	1.8	2.32
Very/fairly safe in area after dark	2,154	6.5	24.7	35.5	24.1	8.1	1.1	2.06
A bit/very unsafe in area after dark	1,675	5.6	23.5	34.3	27.0	8.6	1.0	2.13
Very/fairly safe alone in home at night	3,417	6.4	24.7	35.2	24.7	8.0	1.0	2.06
A bit/very unsafe alone in home at night	448	3.3	21.0	32.8	30.8	10.9	1.1	2.28
Very/fairly safe in area in day (65+)	704	7.5	24.0	35.4	25.4	7.1	0.6	2.02
A bit/very unsafe in area in day (65+)	85	2.4	15.3	42.4	30.6	9.4	0.0	2.29
Very/fairly safe in area after dark (65+)	345	9.6	25.5	31.9	23.5	8.7	0.9	1.99
A bit/very unsafe in area after dark (65+)	412	5.3	20.1	39.8	27.7	6.8	0.2	2.11
Very/fairly safe alone in home at night (65+)	686	7.3	24.1	35.6	25.4	7.1	0.6	2.03
A bit/very unsafe alone in home at night (65+)	95	4.2	15.8	38.9	32.6	8.4	0.0	2.25
Speak daily to family	1,670	6.2	24.4	33.1	27.1	8.5	0.7	2.09

Group	Number of survey responders	None	One	Two	Three	Four	Five	Mean
Speak 3-6 days/week to family	961	6.3	24.7	37.9	23.2	7.1	0.8	2.02
Speak 1-2days/week to family	833	5.9	24.4	34.8	24.2	8.8	1.9	2.11
Speak <1day/week to family	396	4.5	23.2	35.1	25.8	10.1	1.3	2.17
Speak daily to friends	1,605	5.8	24.5	34.5	24.9	9.2	1.0	2.10
Speak 3-6 days/week to friends	1,081	7.0	28.7	34.4	23.0	6.1	0.7	1.95
Speak 1-2days/week to friends	779	6.0	20.5	36.2	27.1	8.7	1.4	2.16
Speak <1day/week to friends	387	3.9	19.1	34.9	30.0	10.6	1.6	2.29
Speak daily to neighbours	629	6.0	22.6	31.0	29.3	10.0	1.1	2.18
Speak 3-6 days/week to neighbours	945	6.7	23.5	37.0	24.0	8.0	0.7	2.06
Speak 1-2days/week to neighbours	1,259	6.1	25.6	35.6	24.4	7.3	1.0	2.04
Speak <1day/week to neighbours	1,016	5.1	24.7	34.3	25.6	9.0	1.4	2.13
Speak daily to others	2,524	6.1	24.4	34.2	26.0	8.5	0.8	2.09
Speak 3-6 days/week to others	974	6.2	25.6	36.9	22.7	7.7	1.0	2.03
Speak 1-2days/week to others	327	5.2	20.8	33.9	28.7	8.9	2.4	2.23
Speak <1day/week to others	40	2.5	17.5	32.5	30.0	12.5	5.0	2.48
Potentially socially isolated	356	4.8	21.1	37.1	26.1	8.7	2.2	2.20
Not potentially socially isolated	3,522	6.1	24.7	34.6	25.4	8.3	0.9	2.08
Potentially socially isolated (65+)	110	8.2	19.1	41.8	22.7	7.3	0.9	2.05
Not potentially socially isolated (65+)	675	6.8	23.7	35.3	26.4	7.4	0.4	2.05

*These factors are directly or indirectly related to the multiple risk factor measure.

#Based on 1995 national alcohol guidelines which were the latest version when this report was initially produced and were used until December 2015 (new guidelines came out January 2016).

##Based on new alcohol guidelines introduced January 2016.

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7 APPENDIX A: QUOTA

7.1 *Original Set Quota*

7.1.1 *Gender, Age and Ward*

The original quota was based on two genders, eight age groups and 23 wards so there were $2 \times 8 \times 23 = 368$ stratum for the quota for the survey (**Table 77**). The intention was to obtain as close to the number of completed questionnaires in each cell. Subsequently, the 85+ year age group was later combined with the 75-84 year age group as it was difficult to survey the one or two 85+ year old people in individual cells.

Table 77: Original set quota: gender, age and ward

Gender	Ward	Age group (years)								Total
		16-24	25-34	35-44	45-54	55-64	65-74	75-84	85+	
Males	Bransholme East	20	19	18	15	10	7	2	0	93
	Bransholme West	16	14	13	14	10	9	4	1	81
	Kings Park	13	21	21	18	12	7	3	0	95
	Beverley	11	12	12	14	13	11	7	1	81
	Orchard Park & Greenwood	26	24	22	22	15	9	7	1	127
	University	30	21	15	14	11	7	4	1	103
	Ings	17	17	17	22	18	14	10	4	118
	Longhill	18	18	18	18	17	11	7	3	111
	Sutton	19	20	20	20	22	14	7	1	123
	Holderness	20	20	23	26	19	13	6	2	129
	Marfleet	22	23	20	22	15	9	6	2	121
	Southcoates East	14	15	12	13	11	7	4	1	78
	Southcoates West	11	15	13	15	11	7	4	1	77
	Drypool	16	23	26	25	17	12	5	2	125
	Myton	25	46	40	28	22	13	6	2	182

Gender	Ward	Age group (years)								
		16-24	25-34	35-44	45-54	55-64	65-74	75-84	85+	Total
Males	Newington	19	23	22	23	15	8	5	1	116
	St Andrews	13	21	17	14	12	7	4	1	88
	Boothferry	16	18	20	23	17	13	8	2	117
	Derringham	15	19	19	20	15	12	8	2	109
	Pickering	17	17	19	21	16	11	9	3	113
	Avenue	20	30	28	23	17	9	4	2	134
	Bricknell	12	11	13	16	13	8	5	2	80
	Newland	33	32	21	15	9	5	3	1	117
	Total males	422	479	450	440	336	225	128	38	2,517
Females	Bransholme East	20	21	18	15	12	8	4	1	98
	Bransholme West	14	14	12	13	10	10	6	2	81
	Kings Park	15	24	20	17	12	7	3	1	98
	Beverley	13	12	11	14	13	12	8	2	84
	Orchard Pk & Greenwd	25	25	22	21	14	10	9	3	129
	University	35	21	14	13	11	8	7	2	110
	Ings	15	15	18	21	18	15	16	7	126
	Longhill	17	20	17	17	17	12	11	7	119
	Sutton	18	19	19	21	22	14	8	3	124
	Holderness	18	19	22	26	18	13	8	3	128
	Marfleet	22	24	18	21	15	10	11	4	125
	Southcoates East	14	15	12	14	10	8	6	2	82
	Southcoates West	12	14	12	13	10	7	5	3	76
	Drypool	16	24	20	20	15	11	8	3	118
	Myton	22	31	21	17	15	11	8	3	129
	Newington	19	23	18	20	12	8	6	3	109
	St Andrews	14	18	13	13	10	6	5	3	81
	Boothferry	16	18	19	23	17	14	9	4	121
	Derringham	14	21	18	19	15	14	10	4	114
	Pickering	17	17	17	21	16	13	12	5	118

Gender	Ward	Age group (years)								
		16-24	25-34	35-44	45-54	55-64	65-74	75-84	85+	Total
Females	Avenue	20	29	21	20	15	10	6	3	123
	Bricknell	11	11	13	15	12	9	7	4	83
	Newland	38	26	14	11	8	5	4	2	107
	Total females	425	459	389	404	317	237	175	75	2,483
Total persons		847	938	839	844	654	461	304	113	5,000

7.1.2 Lower Layer Super Output Areas

The main quota involved gender, age and ward (**Table 77**), but there was a secondary quota based on the lower layer super output area geographical area to help ensure a better spread of survey responders across each ward rather than concentrated in specific areas of the ward (**Table 78**).

Table 78: Original set quota: lower layer super output area

Ward	LLSOA	Estimated population	Quota
Bransholme East	E01012778	1,186	27
	E01012779	1,036	24
	E01012780	1,260	29
	E01012781	967	22
	E01012782	1,172	27
	E01012783	1,035	24
	E01012784	1,556	36
Bransholme West	E01012785	1,070	25
	E01012786	1,111	26
	E01012787	1,271	29
	E01012788	1,214	28
	E01012789	1,101	26
	E01012790	1,224	28
Kings Park	E01012829	1,440	33

Ward	LLSOA	Estimated population	Quota
Kings Park	E01012830	1,284	30
	E01012832	1,021	24
	E01033105	1,204	28
	E01033106	1,298	30
	E01033107	912	21
	E01033108	1,152	27
Beverley	E01012764	1,036	24
	E01012765	1,242	29
	E01012766	1,217	28
	E01012767	1,248	29
	E01012768	1,197	28
	E01012769	1,191	28
Orchard Park & Greenwood	E01012873	1,233	29
	E01012874	1,217	28
	E01012875	1,037	24
	E01012876	1,395	32
	E01012877	1,058	25
	E01012878	1,301	30
	E01012879	1,107	26
	E01012880	1,433	33
	E01012881	1,248	29
University	E01012913	1,588	37
	E01012914	2,271	53
	E01012915	1,224	28
	E01012916	1,453	34
	E01012917	1,359	31
	E01012918	1,301	30
Ings	E01012821	1,165	27
	E01012822	1,316	30

Ward	LLSOA	Estimated population	Quota
Ings	E01012823	1,102	26
	E01012824	1,363	32
	E01012825	1,473	34
	E01012826	1,351	31
	E01012827	1,402	32
	E01012828	1,369	32
Longhill	E01012833	1,195	28
	E01012834	1,301	30
	E01012835	1,094	25
	E01012836	1,439	33
	E01012837	1,344	31
	E01012838	1,186	27
	E01012839	1,129	26
	E01012840	1,256	29
Sutton	E01012904	1,299	30
	E01012905	1,146	27
	E01012906	1,289	30
	E01012907	1,179	27
	E01012908	999	23
	E01012909	1,060	25
	E01012910	1,069	25
	E01012911	1,065	25
	E01012912	1,551	36
Holderness	E01012812	1,173	27
	E01012813	1,543	36
	E01012814	1,336	31
	E01012815	1,270	29
	E01012816	1,230	29
	E01012817	1,083	25

Ward	LLSOA	Estimated population	Quota
Holderness	E01012818	1,103	26
	E01012819	1,189	28
	E01012820	1,163	27
Marfleet	E01012841	1,274	30
	E01012842	1,234	29
	E01012843	1,290	30
	E01012844	1,125	26
	E01012845	1,229	28
	E01012846	1,209	28
	E01012847	993	23
	E01012848	971	23
	E01012849	1,277	30
Southcoates East	E01012894	1,497	35
	E01012895	1,177	27
	E01012896	1,697	39
	E01012897	1,279	30
	E01012898	1,234	29
Southcoates West	E01012899	1,271	29
	E01012900	1,304	30
	E01012901	1,249	29
	E01012902	1,324	31
	E01012903	1,442	33
Drypool	E01012804	1,243	29
	E01012805	1,131	26
	E01012806	1,149	27
	E01012807	1,202	28
	E01012808	1,473	34
	E01012809	1,439	33
	E01012810	1,529	35

Ward	LLSOA	Estimated population	Quota
Drypool	E01012811	1,307	30
Myton	E01012850	1,698	39
	E01012851	2,009	47
	E01012852	1,500	35
	E01012854	1,834	43
	E01012855	1,577	37
	E01012856	1,391	32
	E01012857	1,498	35
	E01033104	948	22
	E01033109	980	23
Newington	E01012858	1,646	38
	E01012859	1,261	29
	E01012860	1,247	29
	E01012862	1,249	29
	E01012863	1,259	29
	E01012864	1,479	34
	E01012865	1,216	28
	E01033110*	350	8
St Andrews	E01012889	1,360	32
	E01012891	1,812	42
	E01012892	1,622	38
	E01012893	1,311	30
	E01033110*	1,172	27
Boothferry	E01012770	1,340	31
	E01012771	1,312	30
	E01012772	1,257	29
	E01012773	1,357	31
	E01012774	1,263	29
	E01012775	1,213	28

Ward	LLSOA	Estimated population	Quota
Boothferry	E01012776	1,251	29
	E01012777	1,287	30
Derringham	E01012796	1,167	27
	E01012797	1,154	27
	E01012798	1,356	31
	E01012799	1,015	24
	E01012800	1,276	30
	E01012801	1,266	29
	E01012802	1,193	28
	E01012803	1,191	28
Pickering	E01012882	1,363	32
	E01012883	1,357	31
	E01012884	1,629	38
	E01012886	1,401	32
	E01012887	1,300	30
	E01012888	1,283	30
	E01032595	1,623	38
Avenue	E01012756	1,287	30
	E01012757	1,309	30
	E01012758	1,327	31
	E01012759	1,392	32
	E01012760	1,192	28
	E01012761	1,525	35
	E01012762	1,312	30
	E01012763	1,763	41
Bricknell	E01012791	1,460	34
	E01012792	1,311	30
	E01012793	1,326	31
	E01012794	1,292	30

Ward	LLSOA	Estimated population	Quota
Bricknell	E01012795	1,631	38
Newland	E01012866	1,265	29
	E01012867	1,268	29
	E01012868	1,312	30
	E01012869	1,453	34
	E01012870	1,328	31
	E01012871	1,643	38
	E01012872	1,429	33
Total		215,749	5,000

*E01033110 split across Newington and St Andrew's ward, and quotas given separately for each ward.

7.1.3 Employment Status

The main quota involved gender, age and ward (**Table 77**), but there was a secondary quota based on gender, Area and employment status to help ensure that a wide range of people were surveyed from different backgrounds and levels of deprivation (**Table 79**).

Table 79: Original set quota: gender, Area and employment status

Gender	Employment status	Area							
		North Carr	Northern	East	Park	Riverside	West	Wyke	Total
Males	Working part-time	14	16	19	21	34	19	20	141
	Working full-time	124	105	151	178	211	153	129	1,052
	Self-employed	20	20	27	29	34	30	25	185
	Un-employed	26	31	27	41	66	23	22	238
	Student*	20	54	21	23	32	18	77	246
	Retired	36	53	78	67	68	72	38	413
	Looking after home/family	4	5	4	5	6	3	2	29
	Long term sick/disabled	18	20	20	22	44	16	12	151
	Not working for other reason	6	7	6	17	17	5	6	62
	Total males	268	311	353	404	511	339	331	2,517

Gender	Employment status	Area							
		North Carr	Northern	East	Park	Riverside	West	Wyke	Total
Females	Working part-time	67	61	85	96	81	84	53	528
	Working full-time	69	60	79	92	115	88	86	589
	Self-employed	5	6	7	9	10	8	8	53
	Unemployed	17	19	17	24	29	14	12	132
	Student*	19	49	21	27	33	19	65	233
	Retired	49	71	106	95	85	99	56	560
	Looking after home/family	28	29	25	37	40	20	18	197
	Long term sick/disabled	16	18	20	21	28	15	9	127
	Not working for other reason	8	10	8	11	14	6	6	63
	Total females	277	323	368	411	437	353	313	2,483
Total persons		545	634	722	815	948	692	645	5,000

7.1.4 Ethnicity

The main quota involved gender, age and ward (**Table 77**), but there was a secondary quota based on gender, Area and employment status to help ensure that a wide range of people were surveyed from different backgrounds and as far as possible that the resulting sample of survey responders were representative of Hull's Black and Minority Ethnic population (**Table 80**).

Table 80: Original set quota: Area and ethnicity

Ethnicity	North Carr	Northern	East	Park	Riverside	West	Wyke	Hull
White - British	526	561	704	781	765	668	511	4,515
White - Other	7	25	8	18	88	10	64	221
Mixed/multiple ethnic groups	4	7	3	5	16	4	10	49
Asian/Asian British/Chinese	3	23	4	6	40	6	39	121
Black/African/Caribbean/Black British	3	12	2	4	19	2	13	56
Arab and other ethnic groups	2	6	1	2	19	1	8	38
Total	545	634	722	815	948	692	645	5,000

7.2 Achieved Quota

7.2.1 Gender, Age and Ward

The number of survey responders is given in **Table 81**. Additionally, there were a further 22 people (5 males and 17 females) who did not state their age and one person who did not state their postcode and the ward is missing (1 female).

Table 81: Survey responders: gender, age and ward

Gender	Ward	Age group (years)								Total
		16-24	25-34	35-44	45-54	55-64	65-74	75-84	85+	
Males	Bransholme East	22	15	15	15	9	13	4	2	95
	Bransholme West	15	13	10	11	10	6	2	0	67
	Kings Park	9	16	16	21	12	10	4	0	88
	Beverley	18	10	12	12	9	9	9	1	80
	Orchard Park & Greenwood	25	24	21	21	16	10	8	0	125
	University	61	16	12	9	9	10	2	1	120
	Ings	14	13	14	19	14	11	10	7	102
	Longhill	22	20	15	15	12	11	5	3	103
	Sutton	16	15	15	22	15	19	9	3	114
	Holderness	19	17	18	21	16	22	8	2	123
	Marfleet	18	22	16	23	18	10	7	2	116
	Southcoates East	12	14	7	16	12	8	6	3	78
	Southcoates West	15	14	9	11	8	5	4	0	66
	Drypool	25	18	22	20	16	10	3	0	114
	Myton	29	40	36	26	25	19	3	2	180
	Newington	16	18	19	19	15	10	4	0	101
	St Andrews	14	18	12	16	12	6	5	1	84
	Boothferry	15	15	15	18	12	10	13	0	98
	Derringham	13	16	15	15	16	17	10	3	105
	Pickering	16	15	15	17	14	24	11	1	113

Gender	Ward	Age group (years)								
		16-24	25-34	35-44	45-54	55-64	65-74	75-84	85+	Total
Males	Avenue	18	26	28	22	15	11	5	1	126
	Bricknell	10	12	10	19	12	4	5	0	72
	Newland	64	28	17	14	17	6	7	2	155
	Total males	486	415	369	402	314	261	144	34	2,425
Females	Bransholme East	23	19	18	24	16	18	3	1	122
	Bransholme West	10	15	10	10	10	10	8	1	74
	Kings Park	12	21	30	26	14	9	5	0	117
	Beverley	12	11	15	20	15	16	3	3	95
	Orchard Pk & Greenwd	38	36	20	21	22	18	10	5	170
	University	64	29	20	24	11	8	10	2	168
	Ings	11	17	20	20	19	16	16	5	124
	Longhill	14	23	13	22	20	18	12	3	125
	Sutton	20	19	30	17	25	29	10	0	150
	Holderness	13	20	28	29	15	17	7	1	130
	Marfleet	26	25	18	22	15	9	11	4	130
	Southcoates East	14	17	16	26	16	9	12	0	110
	Southcoates West	9	13	8	13	5	11	6	0	65
	Drypool	20	35	24	20	13	12	11	1	136
	Myton	31	28	19	15	16	18	12	1	140
	Newington	16	25	26	26	21	22	12	1	149
	St Andrews	12	16	9	12	7	13	2	2	73
	Boothferry	12	22	16	19	13	15	6	3	106
	Derringham	14	23	21	15	15	25	15	6	134
	Pickering	19	23	25	25	23	21	21	10	167
	Avenue	19	28	24	23	19	20	14	3	150
	Bricknell	7	16	16	16	17	19	12	1	104
	Newland	65	23	18	14	11	11	4	1	147
	Total females	481	504	444	459	358	364	222	54	2,886
Total persons		967	919	813	861	672	625	366	88	5,311

7.2.2 Lower Layer Super Output Areas

The number of survey responders living in each lower layer super output area geographical area is given in **Table 82**.

Table 82: Survey responders: lower layer super output area

Ward	LLSOA	Number of survey responders
Bransholme East	E01012778	7
	E01012779	30
	E01012780	38
	E01012781	30
	E01012782	34
	E01012783	30
	E01012784	49
Bransholme West	E01012785	30
	E01012786	4
	E01012787	43
	E01012788	32
	E01012789	24
	E01012790	9
Kings Park	E01012829	39
	E01012830	28
	E01012832	20
	E01033105	31
	E01033106	33
	E01033107	22
	E01033108	32
Beverley	E01012764	28
	E01012765	34
	E01012766	37

Ward	LLSOA	Number of survey responders
Beverley	E01012767	40
	E01012768	37
	E01012769	1
Orchard Park & Greenwood	E01012873	39
	E01012874	33
	E01012875	26
	E01012876	32
	E01012877	30
	E01012878	39
	E01012879	32
	E01012880	37
	E01012881	30
University	E01012913	39
	E01012914	98
	E01012915	48
	E01012916	41
	E01012917	28
	E01012918	35
Ings	E01012821	9
	E01012822	2
	E01012823	31
	E01012824	33
	E01012825	41
	E01012826	37
	E01012827	34
	E01012828	39
Longhill	E01012833	30

Ward	LLSOA	Number of survey responders
Longhill	E01012834	35
	E01012835	27
	E01012836	33
	E01012837	28
	E01012838	38
	E01012839	30
	E01012840	7
Sutton	E01012904	39
	E01012905	25
	E01012906	32
	E01012907	38
	E01012908	31
	E01012909	8
	E01012910	36
	E01012911	10
	E01012912	45
Holderness	E01012812	3
	E01012813	42
	E01012814	52
	E01012815	37
	E01012816	37
	E01012817	2
	E01012818	31
	E01012819	27
	E01012820	23
Marfleet	E01012841	30
	E01012842	37

Ward	LLSOA	Number of survey responders
Marfleet	E01012843	34
	E01012844	33
	E01012845	1
	E01012846	29
	E01012847	24
	E01012848	26
	E01012849	33
Southcoates East	E01012894	42
	E01012895	31
	E01012896	43
	E01012897	35
	E01012898	37
Southcoates West	E01012899	18
	E01012900	29
	E01012901	29
	E01012902	44
	E01012903	12
Drypool	E01012804	1
	E01012805	40
	E01012806	40
	E01012807	22
	E01012808	35
	E01012809	44
	E01012810	37
	E01012811	32
Myton	E01012850	46
	E01012851	27

Ward	LLSOA	Number of survey responders
Myton	E01012852	58
	E01012854	56
	E01012855	28
	E01012856	38
	E01012857	35
	E01033104	11
	E01033109	23
Newington	E01012858	58
	E01012859	45
	E01012860	29
	E01012862	25
	E01012863	7
	E01012864	50
	E01012865	33
	E01033110*	3
St Andrews	E01012889	42
	E01012891	52
	E01012892	25
	E01012893	9
	E01033110*	29
Boothferry	E01012770	0
	E01012771	12
	E01012772	33
	E01012773	56
	E01012774	30
	E01012775	30
	E01012776	31

Ward	LLSOA	Number of survey responders
Boothferry	E01012777	13
Derringham	E01012796	31
	E01012797	37
	E01012798	31
	E01012799	44
	E01012800	4
	E01012801	28
	E01012802	35
	E01012803	32
Pickering	E01012882	39
	E01012883	39
	E01012884	44
	E01012886	40
	E01012887	33
	E01012888	37
	E01032595	48
Avenue	E01012756	36
	E01012757	36
	E01012758	38
	E01012759	5
	E01012760	30
	E01012761	37
	E01012762	40
	E01012763	54
Bricknell	E01012791	40
	E01012792	37
	E01012793	36

Ward	LLSOA	Number of survey responders
Bricknell	E01012794	33
	E01012795	32
Newland	E01012866	31
	E01012867	38
	E01012868	47
	E01012869	45
	E01012870	42
	E01012871	43
	E01012872	58
Total		5,333

7.2.3 Employment Status

The number of survey responders by Area and employment is given in **Table 83**.

Table 83: Survey responders: gender, Area and employment status

Gender	Employment status	Area							
		North Carr	Northern	East	Park	Riverside	West	Wyke	Total
Males	Working part-time	14	22	17	29	38	28	30	178
	Working full-time	98	78	113	133	127	92	104	745
	Working hours not specified	11	7	11	16	15	10	8	78
	Self-employed	12	15	14	19	25	22	21	128
	Unemployed	18	28	15	21	56	21	21	180
	Student*	14	78	22	33	52	17	78	294
	Retired	42	49	78	71	67	86	47	440
	Looking after home/family	5	6	7	8	13	3	6	48
	Long term sick/disabled	22	23	16	20	58	15	19	173
	Not working for other reason	1	3	7	6	9	6	3	35
	Total males	237	309	300	356	460	300	337	2,299

Gender	Employment status	Area							
		North Carr	Northern	East	Park	Riverside	West	Wyke	Total
Females	Working part-time	67	78	77	104	78	78	86	568
	Working full-time	47	38	43	46	35	71	51	331
	Working hours not specified	15	17	19	23	12	15	15	116
	Self-employed	6	7	8	15	15	8	18	77
	Unemployed	16	26	15	25	37	11	15	145
	Student*	17	69	11	18	44	12	53	224
	Retired	51	80	108	88	92	127	92	638
	Looking after home/family	43	63	50	56	78	37	34	361
	Long term sick/disabled	29	23	31	24	66	22	17	212
	Not working for other reason	8	13	10	10	14	7	0	62
	Total females	299	414	372	409	471	388	381	2,734
Total persons		536	723	672	765	931	688	718	5,033

7.2.4 Ethnicity

The number of survey responders by Area and ethnicity is given in **Table 84**.

Table 84: Survey responders: Area and ethnicity

Ethnicity	North Carr	Northern	East	Park	Riverside	West	Wyke	Hull
White - British	542	664	685	773	783	684	615	4,746
White - Other	4	33	8	18	81	11	52	207
Mixed/multiple ethnic groups	1	9	2	3	11	2	17	45
Asian/Asian British/Chinese	2	28	3	1	29	7	35	105
Black/African/Caribbean/Black British	2	14	2	6	28	2	7	61
Arab and other ethnic groups	0	4	1	2	24	3	14	48
Total	551	752	701	803	956	709	740	5,212

7.3 *Difference Between Set Quota and Achieved Quota*

7.3.1 *Gender, Age and Ward*

The absolute difference and relative percentage difference between the set quota and the actual number of survey responders is given in **Table 85**. Note that there are an additional 23 survey responders with missing data for this table and have not been included (5 males and 17 females did not state their age and one female who did not state her postcode and her ward is unknown).

Positive numbers denote more survey responders relative to the set quota. A small number of 'cells' had quite small numbers in relation to the target number of survey responders (**Table 77**), and cells where the target survey responders were fewer than five individuals have been shaded with grey (all for ages 75+ years).

It was agreed that the number of survey responders in each cell was acceptable provided any of the following conditions held: (i) there were more survey responders relative to the target; (ii) the (absolute) difference between the number of survey responders and the target was fewer than three; and (iii) the relative difference between the number of survey responders and the target was less than 15% (i.e. between -14.9% and -0.1%). Cells where this is not the case have red font.

Therefore, there are 67 (21%) cells out of 322 where there are insufficient survey responders, mainly for men (29% of cells) rather than women (13% of cells). Additionally, there are a further three 'total' cells where there are fewer men surveyed than the target quota (men from Bransholme West, men from Boothferry, and men aged 35-44 years). However, for most of the cells there is not a dramatic difference in both the absolute and relative differences, and the resulting sample of survey responders should give a reasonable estimate of the adult population of Hull.

Note that the comparison here differs from the tables used in **section 4.1** (**Table 3**, **Table 4** and **Table 5**), because the set quota was derived from the GP registration file (October 2012) rather than the ONS population estimates used in **Table 3** and **Table 4**

Table 85: Difference between set quota and actual quota: gender, age and ward

Gender	Ward	Absolute difference and relative percentage difference between set quota and actual number of survey responders							
		16-24	25-34	35-44	45-54	55-64	65-74	75+	Total
Male	Bransholme East	2 (8.2)	-4 (-22.2)	-3 (-15.5)	0 (2.7)	-1 (-13.5)	6 (79.2)	3 (107.1)	2 (2.7)
	Bransholme West	-1 (-4.5)	-1 (-7.4)	-3 (-23.8)	-3 (-20.5)	0 (0.6)	-3 (-30.8)	-4 (-64.2)	-14 (-17.2)
	Kings Park	-4 (-32.1)	-5 (-22.8)	-5 (-23.7)	3 (15.9)	0 (0.7)	3 (52.5)	1 (34.8)	-7 (-6.9)
	Beverley	7 (61.5)	-2 (-15.6)	0 (-3.8)	-2 (-15.3)	-4 (-28.1)	-2 (-17.4)	2 (19.5)	-1 (-1.7)
	Orchard Pk & Greenwd	-1 (-3.2)	0 (-1.7)	-1 (-3.6)	-1 (-6.2)	1 (6.2)	1 (6.5)	0 (0.1)	-2 (-1.4)
	University	31 (106.0)	-5 (-23.0)	-3 (-20.0)	-5 (-34.8)	-2 (-14.8)	3 (36.1)	-3 (-46.9)	17 (16.8)
	Ings	-3 (-15.7)	-4 (-23.6)	-3 (-17.7)	-3 (-13.2)	-4 (-24.0)	-3 (-19.0)	3 (23.1)	-16 (-13.8)
	Longhill	4 (19.3)	2 (10.2)	-3 (-16.9)	-3 (-17.9)	-5 (-30.4)	0 (-1.3)	-2 (-21.4)	-8 (-7.6)
	Sutton	-3 (-16.2)	-5 (-25.9)	-5 (-25.8)	2 (8.0)	-7 (-31.1)	5 (40.6)	4 (45.0)	-9 (-7.7)
	Holderness	-1 (-6.7)	-3 (-13.4)	-5 (-21.7)	-5 (-18.7)	-3 (-15.6)	9 (64.8)	2 (30.8)	-6 (-4.5)
	Marfleet	-4 (-17.7)	-1 (-3.9)	-4 (-20.7)	1 (2.6)	3 (16.3)	1 (7.3)	1 (6.4)	-5 (-3.8)
	Southcoates East	-2 (-15.0)	-1 (-8.5)	-5 (-43.4)	3 (19.9)	1 (13.6)	1 (17.4)	4 (67.4)	0 (0.1)
	Southcoates West	4 (41.9)	-1 (-4.1)	-4 (-32.8)	-4 (-26.1)	-3 (-27.2)	-2 (-31.5)	-1 (-19.3)	-11 (-13.9)
	Drypool	9 (59.1)	-5 (-21.9)	-4 (-15.3)	-5 (-18.4)	-1 (-6.5)	-2 (-13.9)	-4 (-57.1)	-11 (-8.8)
	Myton	4 (15.9)	-6 (-13.8)	-4 (-9.1)	-2 (-7.6)	3 (15.4)	6 (45.6)	-3 (-39.9)	-2 (-1.2)
	Newington	-3 (-17.0)	-5 (-21.1)	-3 (-13.0)	-4 (-15.6)	0 (-0.9)	2 (17.9)	-2 (-35.1)	-15 (-13.1)
	St Andrews	1 (11.5)	-3 (-13.1)	-5 (-29.6)	2 (17.0)	0 (3.6)	-1 (-16.5)	1 (22.1)	-4 (-4.2)
	Boothferry	-1 (-6.7)	-3 (-14.4)	-5 (-25.8)	-5 (-22.9)	-5 (-28.5)	-3 (-23.8)	3 (31.4)	-19 (-16.2)
	Derringham	-2 (-11.5)	-3 (-15.5)	-4 (-19.0)	-5 (-24.6)	1 (7.7)	5 (41.9)	3 (31.4)	-4 (-3.5)
	Pickering	-1 (-3.2)	-2 (-13.2)	-4 (-19.6)	-4 (-20.3)	-2 (-14.7)	13 (108.8)	1 (6.8)	0 (0.1)
	Avenue	-2 (-10.8)	-4 (-14.5)	0 (-1.5)	-1 (-2.8)	-2 (-12.3)	2 (16.1)	0 (3.6)	-8 (-6.0)
	Bricknell	-2 (-17.7)	1 (9.9)	-3 (-23.8)	3 (22.4)	-1 (-7.5)	-4 (-51.9)	-2 (-27.8)	-8 (-9.9)
	Newland	31 (95.0)	-4 (-11.8)	-4 (-18.6)	-1 (-4.0)	8 (88.6)	1 (28.2)	5 (139.7)	38 (31.9)
	Total males	64 (15.2)	-64 (-13.3)	-81 (-17.9)	-38 (-8.6)	-22 (-6.7)	36 (16.2)	12 (7.2)	-92 (-3.7)
	Bransholme East	3 (16.5)	-2 (-8.6)	0 (-0.2)	9 (60.6)	4 (38.6)	10 (124.5)	-1 (-15.4)	24 (24.7)

Gender	Ward	Absolute difference and relative percentage difference between set quota and actual number of survey responders							
		16-24	25-34	35-44	45-54	55-64	65-74	75+	Total
Female	Bransholme West	-4 (-30.3)	1 (6.8)	-2 (-16.7)	-3 (-21.8)	0 (-3.3)	0 (-3.0)	2 (23.7)	-7 (-8.8)
Female	Kings Park	-3 (-18.5)	-3 (-11.3)	10 (53.7)	9 (49.6)	2 (18.5)	2 (35.3)	1 (15.4)	19 (19.3)
	Beverley	-1 (-4.3)	-1 (-4.9)	4 (35.7)	6 (44.1)	2 (14.6)	4 (32.8)	-4 (-38.1)	11 (13.3)
	Orchard Pk & Greenwd	13 (49.3)	11 (45.6)	-2 (-7.1)	0 (0.5)	8 (55.9)	8 (71.8)	3 (29.7)	41 (32.0)
	University	29 (84.1)	8 (40.6)	6 (45.0)	11 (85.3)	0 (3.2)	0 (-5.7)	3 (32.4)	58 (52.3)
	Ings	-4 (-27.9)	2 (13.9)	2 (8.8)	-1 (-5.1)	1 (4.4)	1 (6.1)	-2 (-8.9)	-2 (-1.6)
	Longhill	-3 (-19.2)	3 (12.5)	-4 (-25.4)	5 (27.8)	3 (15.4)	6 (56.0)	-3 (-15.2)	6 (5.1)
	Sutton	2 (14.2)	0 (-0.6)	11 (57.1)	-4 (-20.7)	3 (15.7)	15 (104.5)	-1 (-5.4)	26 (21.4)
	Holderness	-5 (-27.7)	1 (3.9)	6 (27.6)	3 (12.0)	-3 (-18.7)	4 (27.4)	-3 (-29.7)	2 (1.4)
	Marfleet	4 (15.7)	1 (3.3)	0 (-2.3)	1 (7.0)	0 (0.5)	-1 (-11.7)	1 (4.9)	5 (3.9)
	Southcoates East	0 (1.2)	2 (12.9)	4 (30.8)	12 (83.9)	6 (64.0)	1 (15.2)	3 (36.3)	28 (34.7)
	Southcoates West	-3 (-25.5)	-1 (-6.5)	-4 (-31.0)	0 (0.7)	-5 (-49.0)	4 (47.9)	-2 (-27.9)	-11 (-14.5)
	Drypool	4 (21.4)	11 (46.6)	4 (17.5)	0 (1.5)	-2 (-16.0)	1 (12.1)	1 (8.1)	18 (15.5)
	Myton	9 (38.3)	-3 (-10.5)	-2 (-8.3)	-2 (-11.7)	1 (6.1)	7 (65.3)	1 (10.4)	11 (8.4)
	Newington	-3 (-17.4)	2 (10.4)	8 (44.6)	6 (32.9)	9 (74.3)	14 (167.4)	4 (46.1)	40 (37.0)
	St Andrews	-2 (-16.1)	-2 (-9.0)	-4 (-29.8)	-1 (-6.0)	-3 (-26.5)	7 (101.1)	-3 (-46.6)	-8 (-9.8)
	Boothferry	-4 (-23.4)	4 (20.8)	-3 (-16.1)	-4 (-18.2)	-4 (-25.5)	1 (5.8)	-4 (-33.3)	-15 (-12.6)
	Derringham	0 (1.9)	2 (11.3)	3 (19.1)	-4 (-22.5)	0 (0.7)	11 (82.2)	7 (48.8)	20 (17.4)
	Pickering	2 (14.2)	6 (34.5)	8 (45.0)	4 (21.1)	7 (43.6)	8 (59.8)	14 (82.2)	49 (41.8)
	Avenue	-1 (-6.3)	-1 (-4.7)	3 (16.2)	3 (15.4)	4 (27.5)	10 (110.5)	8 (95.1)	27 (21.6)
	Bricknell	-4 (-36.4)	5 (48.2)	3 (19.9)	1 (8.0)	5 (39.5)	10 (103.4)	2 (15.4)	21 (25.7)
	Newland	27 (73.2)	-3 (-10.0)	4 (26.5)	3 (27.2)	3 (40.4)	6 (114.8)	-1 (-16.7)	40 (37.0)
Total females		56 (13.1)	45 (9.7)	55 (14.1)	55 (13.6)	41 (12.9)	127 (53.7)	25 (10.1)	403 (16.2)
Total persons		120 (14.1)	-19 (-2.0)	-26 (-3.1)	17 (2.0)	18 (2.8)	164 (35.5)	37 (9.0)	311 (6.2)

7.3.2 Lower Layer Super Output Areas

The absolute difference and relative percentage difference between the set quota and the actual number of survey responders is given in **Table 86**. Positive numbers denote more survey responders relative to the set quota. Cells with red font denote cells where the relative difference between the target and actual is more than $\pm 30\%$. It can be seen that there are a high number of cells where the relative difference is more than $\pm 30\%$, although there is coverage in all lower layer super output areas with the exception of one in Boothferry.

Note that the comparison here differs from that in **Table 3**, because the set quota was derived from the GP registration file (October 2012) rather than the ONS population estimates used in **Table 3**.

Table 86: Difference between set quota and actual quota: lower layer super output area

Ward	LLSOA	Quota	Survey responders	Absolute difference	Relative difference
Bransholme East	E01012778	27	7	-20	-74.5
	E01012779	24	30	6	25.0
	E01012780	29	38	9	30.1
	E01012781	22	30	8	33.9
	E01012782	27	34	7	25.2
	E01012783	24	30	6	25.1
	E01012784	36	49	13	35.9
Bransholme West	E01012785	25	30	5	21.0
	E01012786	26	4	-22	-84.5
	E01012787	29	43	14	46.0
	E01012788	28	32	4	13.7
	E01012789	26	24	-2	-5.9
	E01012790	28	9	-19	-68.3
Kings Park	E01012829	33	39	6	16.9
	E01012830	30	28	-2	-5.9
	E01012832	24	20	-4	-15.5
	E01033105	28	31	3	11.1
	E01033106	30	33	3	9.7

Ward	LLSOA	Quota	Survey responders	Absolute difference	Relative difference
Kings Park	E01033107	21	22	1	4.1
	E01033108	27	32	5	19.9
Beverley	E01012764	24	28	4	16.6
	E01012765	29	34	5	18.1
	E01012766	28	37	9	31.2
	E01012767	29	40	11	38.3
	E01012768	28	37	9	33.4
	E01012769	28	1	-27	-96.4
Orchard Park & Greenwood	E01012873	29	39	10	36.5
	E01012874	28	33	5	17.0
	E01012875	24	26	2	8.2
	E01012876	32	32	0	-1.0
	E01012877	25	30	5	22.4
	E01012878	30	39	9	29.3
	E01012879	26	32	6	24.7
	E01012880	33	37	4	11.4
	E01012881	29	30	1	3.7
University	E01012913	37	39	2	6.0
	E01012914	53	98	45	86.2
	E01012915	28	48	20	69.2
	E01012916	34	41	7	21.8
	E01012917	31	28	-3	-11.1
	E01012918	30	35	5	16.1
Ings	E01012821	27	9	-18	-66.7
	E01012822	30	2	-28	-93.4
	E01012823	26	31	5	21.4
	E01012824	32	33	1	4.5
	E01012825	34	41	7	20.1

Ward	LLSOA	Quota	Survey responders	Absolute difference	Relative difference
Ings	E01012826	31	37	6	18.2
	E01012827	32	34	2	4.6
	E01012828	32	39	7	22.9
Longhill	E01012833	28	30	2	8.3
	E01012834	30	35	5	16.1
	E01012835	25	27	2	6.5
	E01012836	33	33	0	-1.0
	E01012837	31	28	-3	-10.1
	E01012838	27	38	11	38.3
	E01012839	26	30	4	14.7
	E01012840	29	7	-22	-76.0
Sutton	E01012904	30	39	9	29.5
	E01012905	27	25	-2	-5.9
	E01012906	30	32	2	7.1
	E01012907	27	38	11	39.1
	E01012908	23	31	8	33.9
	E01012909	25	8	-17	-67.4
	E01012910	25	36	11	45.3
	E01012911	25	10	-15	-59.5
	E01012912	36	45	9	25.2
Holderness	E01012812	27	3	-24	-89.0
	E01012813	36	42	6	17.5
	E01012814	31	52	21	67.9
	E01012815	29	37	8	25.7
	E01012816	29	37	8	29.8
	E01012817	25	2	-23	-92.0
	E01012818	26	31	5	21.3
	E01012819	28	27	-1	-2.0

Ward	LLSOA	Quota	Survey responders	Absolute difference	Relative difference
Holderness	E01012820	27	23	-4	-14.7
Marfleet	E01012841	30	30	0	1.6
	E01012842	29	37	8	29.4
	E01012843	30	34	4	13.7
	E01012844	26	33	7	26.6
	E01012845	28	1	-27	-96.5
	E01012846	28	29	1	3.5
	E01012847	23	24	1	4.3
	E01012848	23	26	3	15.5
	E01012849	30	33	3	11.5
	E01012894	35	42	7	21.1
Southcoates East	E01012895	27	31	4	13.6
	E01012896	39	43	4	9.3
	E01012897	30	35	5	18.1
	E01012898	29	37	8	29.4
	E01012899	29	18	-11	-38.9
Southcoates West	E01012900	30	29	-1	-4.0
	E01012901	29	29	0	0.2
	E01012902	31	44	13	43.4
	E01012903	33	12	-21	-64.1
	E01012804	29	1	-28	-96.5
Drypool	E01012805	26	40	14	52.6
	E01012806	27	40	13	50.2
	E01012807	28	22	-6	-21.0
	E01012808	34	35	1	2.5
	E01012809	33	44	11	31.9
	E01012810	35	37	2	4.4
	E01012811	30	32	2	5.6

Ward	LLSOA	Quota	Survey responders	Absolute difference	Relative difference
Myton	E01012850	39	46	7	16.9
	E01012851	47	27	-20	-42.0
	E01012852	35	58	23	66.8
	E01012854	43	56	13	31.8
	E01012855	37	28	-9	-23.4
	E01012856	32	38	6	17.9
	E01012857	35	35	0	0.8
	E01033104	22	11	-11	-49.9
	E01033109	23	23	0	1.3
Newington	E01012858	38	58	20	52.0
	E01012859	29	45	16	54.0
	E01012860	29	29	0	0.3
	E01012862	29	25	-4	-13.6
	E01012863	29	7	-22	-76.0
	E01012864	34	50	16	45.9
	E01012865	28	33	5	17.1
	E01033110*	8	3	-5	-63.0
St Andrews	E01012889	32	42	10	33.3
	E01012891	42	52	10	23.8
	E01012892	38	25	-13	-33.5
	E01012893	30	9	-21	-70.4
	E01033110*	27	29	2	6.8
Boothferry	E01012770	31	0	-31	-100.0
	E01012771	30	12	-18	-60.5
	E01012772	29	33	4	13.3
	E01012773	31	56	25	78.1
	E01012774	29	30	1	2.5
	E01012775	28	30	2	6.7

Ward	LLSOA	Quota	Survey responders	Absolute difference	Relative difference
Boothferry	E01012776	29	31	2	6.9
	E01012777	30	13	-17	-56.4
Derringham	E01012796	27	31	4	14.6
	E01012797	27	37	10	38.3
	E01012798	31	31	0	-1.4
	E01012799	24	44	20	87.1
	E01012800	30	4	-26	-86.5
	E01012801	29	28	-1	-4.6
	E01012802	28	35	7	26.6
	E01012803	28	32	4	15.9
Pickering	E01012882	32	39	7	23.5
	E01012883	31	39	8	24.0
	E01012884	38	44	6	16.5
	E01012886	32	40	8	23.2
	E01012887	30	33	3	9.5
	E01012888	30	37	7	24.4
	E01032595	38	48	10	27.6
Avenue	E01012756	30	36	6	20.7
	E01012757	30	36	6	18.7
	E01012758	31	38	7	23.6
	E01012759	32	5	-27	-84.5
	E01012760	28	30	2	8.6
	E01012761	35	37	2	4.7
	E01012762	30	40	10	31.6
	E01012763	41	54	13	32.2
Bricknell	E01012791	34	40	6	18.2
	E01012792	30	37	7	21.8
	E01012793	31	36	5	17.1

Ward	LLSOA	Quota	Survey responders	Absolute difference	Relative difference
Bricknell	E01012794	30	33	3	10.2
	E01012795	38	32	-6	-15.3
Newland	E01012866	29	31	2	5.7
	E01012867	29	38	9	29.3
	E01012868	30	47	17	54.6
	E01012869	34	45	11	33.6
	E01012870	31	42	11	36.5
	E01012871	38	43	5	12.9
	E01012872	33	58	25	75.1
Total		5,000	5,333	333	6.7

7.3.3 Employment Status

The absolute difference and relative percentage difference between the set quota and the actual number of survey responders is given in **Table 87**. In order to compare 'like with like', survey responders who did not specify their working hours (see **Table 83**) have been assigned to working part-time or working full-time in the same proportion as others of the same gender who lived in the same Area who were working. For instance, 123 male survey responders in North Carr were employees with 14 (12.5%) of them working part-time and 98 (87.5%) of them working full-time. Of the remaining 11 who did not specify their hours, 12.5% were assigned to part-time and 97.5% were assigned to full-time (just for the purposes of comparing the target quota to the number of survey responders, i.e. just in **Table 87**). Similarly, the 300 survey responders who did not answer the question (but whose gender and Area was known) were also pro-rata assigned to the different employment categories (just for the purposes of comparison of the quota in **Table 87**).

Positive numbers denote more survey responders relative to the set quota. A small number of 'cells' had quite small numbers in relation to the target number of survey responders (**Table 79**), and cells where the target survey responders were fewer than five individuals have been shaded with grey. The remaining cells with red font denote cells where the relative difference between the target and actual is more than $\pm 30\%$. It can be seen that there are a high number of cells where the relative difference is more than $\pm 30\%$.

Overall, there are more males working part-time and looking after the home or family who took part in the survey relative to the quota, and fewer males not working for other reason. For females, there were fewer women working full-time, and more women self-employed, looking after the home or family and who were not working due to long-term sickness and disability relative to the quota.

Table 87: Difference between set quota and actual quota: gender, Area and employment status

Gender	Employment status	Absolute difference and relative percentage difference between set quota and actual number of survey responders							
		North Carr	Northern	East	Park	Riverside	West	Wyke	Total
Male	Working part-time	2.6 (18.7)	9.2 (58.7)	1.1 (5.7)	13.7 (66.3)	9.6 (28.3)	13.1 (69.4)	13.3 (66.2)	62.5 (44.2)
	Working full-time	-10.7 (-8.6)	-17.1 (-16.3)	-20.7 (-13.7)	-20.9 (-11.7)	-66.1 (-31.3)	-48.1 (-31.4)	-13.5 (-10.5)	-197.9 (-18.8)
	Self-employed	-7.3 (-36.4)	-4.1 (-20.8)	-12.6 (-45.8)	-8.4 (-29.2)	-7.8 (-23.0)	-6.4 (-21.6)	-2.8 (-11.4)	-49.5 (-26.8)
	Un-employed	-7.5 (-28.2)	-1.4 (-4.6)	-11.4 (-41.7)	-18.7 (-45.3)	-7.2 (-11.0)	-0.9 (-3.9)	-0.5 (-2.1)	-47.3 (-19.9)
	Student*	-5.0 (-25.1)	28.2 (52.1)	2.3 (11.1)	12.0 (51.4)	22.5 (70.2)	-0.5 (-2.6)	4.4 (5.7)	64.6 (26.3)
	Retired	8.0 (22.2)	-1.6 (-3.0)	4.7 (6.0)	8.9 (13.2)	2.2 (3.2)	19.2 (26.7)	11.2 (29.3)	52.0 (12.6)
	Looking after home/family	0.9 (21.6)	1.5 (30.8)	3.6 (94.0)	3.1 (57.2)	7.8 (132.3)	0.1 (3.5)	4.4 (226.7)	21.4 (72.9)
	Long term sick/disabled	5.4 (30.3)	4.1 (20.3)	-3.0 (-15.2)	-0.6 (-2.7)	17.2 (39.3)	0.2 (1.1)	8.2 (69.5)	31.6 (20.9)
	Not working for other reason	-4.5 (-80.9)	-3.7 (-53.7)	1.8 (31.1)	-10.1 (-61.0)	-7.1 (-43.1)	1.7 (38.0)	-3.0 (-48.7)	-24.9 (-40.2)
Female	Working part-time	12.9 (19.2)	33.2 (54.2)	10.2 (11.9)	32.3 (33.6)	10.4 (12.9)	6.3 (7.5)	48.2 (90.7)	153.2 (29.0)
	Working full-time	-13.0 (-18.8)	-14.1 (-23.5)	-25.3 (-32.1)	-34.9 (-38.1)	-74.5 (-64.5)	-5.5 (-6.2)	-26.0 (-30.2)	-193.3 (-32.8)
	Self-employed	1.8 (39.7)	1.9 (33.4)	1.2 (16.3)	7.2 (81.5)	5.5 (53.3)	0.4 (5.5)	11.1 (138.6)	29.1 (55.2)
	Unemployed	0.2 (1.2)	8.3 (43.3)	-0.8 (-4.9)	2.6 (10.7)	10.2 (35.1)	-2.2 (-15.9)	3.6 (29.4)	21.9 (16.6)
	Student*	-1.1 (-5.7)	23.9 (48.5)	-9.6 (-44.9)	-7.4 (-27.6)	14.0 (43.1)	-6.3 (-33.0)	-8.9 (-13.6)	5.0 (2.2)
	Retired	5.0 (10.2)	14.1 (20.0)	10.1 (9.5)	-0.3 (-0.3)	11.8 (13.8)	35.3 (35.6)	42.2 (75.8)	117.9 (21.1)
	Looking after home/family	17.6 (63.6)	37.2 (126.6)	28.4 (112.8)	23.1 (62.5)	42.2 (104.6)	19.0 (94.8)	18.5 (104.5)	186.0 (94.3)
	Long term sick/disabled	14.4 (89.2)	6.4 (35.5)	13.6 (69.6)	4.6 (22.0)	41.4 (146.2)	8.6 (58.7)	8.6 (91.8)	97.9 (77.0)
	Not working for other reason	0.2 (2.5)	4.2 (44.0)	2.8 (34.5)	-0.3 (-2.4)	0.4 (3.0)	1.0 (16.5)	-5.8 (-100.0)	2.6 (4.1)

7.3.4 Ethnicity

The absolute difference and relative percentage difference between the set quota and the actual number of survey responders is given in **Table 88**. Positive numbers denote more survey responders relative to the set quota. As some of the 'cells' had quite small numbers in relation to the target number of survey responders (**Table 80**), even small differences in the actual number of survey responders can make a large relative percentage difference. Cells where the target survey responders were fewer than five individuals have been shaded with grey, and remaining cells with red font denote cells where the relative difference between the target and actual is more than $\pm 25\%$. Whilst there are a number of these such (red) cells within the table, there is only one such (red) cell within the total column where there is 25% more Arab and other ethnic group survey responders in relation to the original target. Therefore, in terms of the ethnicity, whilst there might be slightly more or less than 25% of some of the ethnic groups relative for the Areas, the overall distribution seems reasonable in terms of ethnicity.

Table 88: Difference between set quota and actual quota: Area and ethnicity

Ethnicity	Absolute difference and relative percentage difference between set quota and actual number of survey responders							
	North Carr	Northern	East	Park	Riverside	West	Wyke	Hull
White - British	16 (3.0)	103 (18.5)	-19 (-2.7)	-8 (-1.0)	18 (2.3)	16 (2.4)	104 (20.3)	231 (5.1)
White - Other	-3 (-46.6)	8 (31.4)	0 (3.4)	0 (-0.8)	-7 (-8.3)	1 (5.3)	-12 (-18.2)	-14 (-6.3)
Mixed/multiple ethnic groups	-3 (-72.2)	2 (31.6)	-1 (-31.9)	-2 (-42.6)	-5 (-33.3)	-2 (-48.0)	7 (75.3)	-4 (-7.5)
Asian/Asian British/Chinese	-1 (-34.2)	5 (21.3)	-1 (-16.6)	-5 (-82.3)	-11 (-27.5)	1 (12.7)	-4 (-10.9)	-16 (-13.1)
Black/African/Caribbean/Black British	-1 (-33.1)	2 (12.6)	0 (-15.8)	2 (68.6)	9 (46.0)	0 (-12.0)	-6 (-47.3)	5 (8.7)
Arab and other ethnic groups	-2 (-100.0)	-2 (-33.2)	0 (7.5)	0 (11.6)	5 (29.2)	2 (113.9)	6 (77.2)	10 (25.3)
Total	6 (1.1)	118 (18.6)	-21 (-2.9)	-12 (-1.5)	8 (0.9)	17 (2.5)	95 (14.8)	212 (4.2)

HEALTH and LIFESTYLE

in Hull 2014

We are asking people in the whole of Hull to give us a picture of their health and lifestyle.

This will help us to plan local services which meet your needs.

Tell us about you!

- Everything you tell us will be treated in the **strictest confidence** – we definitely won't pass your details on to anyone else.
- Please **follow the instructions** for each question carefully. Some of them ask you to tick one box, and some more than one box.
- **Please return** your completed questionnaire to the person who called at your door. They are from a company called Information by Design and they are collecting the information for us.
- If you have **any questions** please telephone Dawn Downs, Operations Manager at Information by Design on (01482) 467467.

Return this and your name will be entered into a prize draw to win a top prize of a £50, with two second prizes of £25 (high street store vouchers).

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Hull's Health and Wellbeing Survey 2014

We want to make sure that all people in Hull are helped to be as healthy and happy as possible and to achieve their full potential. To help with this we are doing a survey to find out about your health and lifestyle. We would like to ask you how you feel, what you think your health is like, and how you live your lives. The information will be used to help us improve the health of people in Hull.

Your answers will be anonymous and we will not be able to identify you or know what answer you gave to each question. All answers will be treated with **strict confidence**.

YOUR HEALTH IN GENERAL

Q1. Overall, how would you rate your usual health: excellent, very good, good, fair, poor? (Tick one box only)

Excellent	Very good	Good	Fair	Poor	Don't know
☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅	☐ ₆

Q2. Do you have any illness or disability which has lasted for longer than a month? (Tick one box only)

Yes	No
☐ ₁	☐ ₂

If 'no' go to Q4, otherwise continue with Q3.

Q3. Does this illness or disability limit your activities in any way? (Tick one box only)

Yes	No
☐ ₁	☐ ₂

Q4. Overall, how satisfied are you with your life nowadays? Please answer the question on a scale of 0 to 10 where 0 is "not at all satisfied" and 10 is "completely satisfied". (Circle one number only).

0 1 2 3 4 5 6 7 8 9 10

Q5. Overall, to what extent do you feel the things you do in your life are worthwhile? Please answer the question on a scale of 0 to 10 where 0 is "not at all worthwhile" and 10 is "completely worthwhile". (Circle one number only.)

0 1 2 3 4 5 6 7 8 9 10

Q6. Overall, how happy did you feel yesterday? Please answer the question on a scale of 0 to 10 where 0 is “not at all happy” and 10 is “completely happy”. (Circle one number only.)

0 1 2 3 4 5 6 7 8 9 10

Q7. Overall, how anxious did you feel yesterday? Please answer the question on a scale of 0 to 10 where 0 is “not at all anxious” and 10 is “completely anxious”. (Circle one number only).

0 1 2 3 4 5 6 7 8 9 10

Q8. These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling. How much of the time during the past 4 weeks... (Tick one box in each row.)

	All of the time	Most of the time	Some of the time	A little of the time	None of the time
a: Have you been nervous?.....	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅
b: Have you felt so down in the dumps that nothing could cheer you up?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅
c: Have you felt calm and peaceful?.....	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅
d: Have you felt downhearted and low?.....	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅
e: Have you been happy?.....	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅

YOUR DIET

Q9. Generally speaking, do you think that you have a healthy diet? (Tick one box only)

Yes	No	Don't know what a healthy diet is	Don't know if I have a healthy diet
☐ ₁	☐ ₂	☐ ₃	☐ ₄

Q10. In general, how many portions of fruit or vegetables do you eat each day (excluding potatoes)?

	Write number in of portions Enter zero if none	One portion is: • one medium sized apple, banana, pear, orange or tomato • 2-3 plums, a handful of grapes • three heaped tablespoons of peas, carrots or cabbage • half a larger fruit or vegetable such as a pepper or grapefruit • Count pure fruit juice as one portion regardless of amount per day

ALCOHOL

Q11. How often do you drink alcohol? (*Tick one box only*)

☐ ₁	Everyday	☐ ₄	1 – 3 days a month
☐ ₂	4 – 6 days a week	☐ ₅	Less than once a month
☐ ₃	1 – 3 days a week	☐ ₆	Never

If 'never' go to Q14, otherwise continue with Q12.

Q12. How much alcohol did you drink in the last 7 days? (*Enter number; zero if none, or tick box at bottom if 'none in last week'*)

	Pints (586ml) or large bottle/cans (500ml)	Standard can (440ml)	Small cans/ bottles (330ml)
Ordinary beer, lager or cider (e.g. <i>Riding Bitter, Heineken Lager</i>)			
Strong beer, lager or cider (e.g. <i>Stella Artois, Tenants Extra</i>)			
Wine	Pub measure glass 	Large glass 	Bottles
Sherry, fortified wine, spirits (whisky, gin, vodka, etc), etc	Pub measure glass 	Home glass 	
Alcopops (e.g. <i>Bacardi Breezer, Vodka Ice</i>)	Standard bottles 		
Other alcohol (<i>specify type of alcohol and amount</i>):		type/amount:	
None in last week (tick box)	☐		

MEN – Please answer Q13a

WOMEN – Please answer Q13b

FOR MEN ONLY:

Q13a. How often do you drink 8 or more units of alcohol on a single day? (where 8 units is 4 pints or 5 small glasses of wine (just under one bottle of wine) or 8 pub measures of whisky) (*Tick one box only*)

Everyday	☐ ₁	1 – 3 days a month	☐ ₄
4 – 6 days a week	☐ ₂	Less than once a month	☐ ₅
1 – 3 days a week	☐ ₃	Never	☐ ₆

FOR WOMEN ONLY:

Q13b. How often do you drink 6 or more units of alcohol on a single day? (where 6 units is 4 small glasses of wine (two-thirds of a bottle of wine) or 3 pints or 6 pub measures of vodka) (*Tick one box only*)

Everyday	☐ ₁	1 – 3 days a month	☐ ₄
4 – 6 days a week	☐ ₂	Less than once a month	☐ ₅
1 – 3 days a week	☐ ₃	Never	☐ ₆

EXERCISE

Q14. In a usual week, how many times do you exercise for at least 30 minutes?
(Tick one box on each row)

	Never	Once or twice a week	Three or four times a week	Five or more times a week
Vigorous Exercise (e.g. running, jogging, squash, swimming lengths, aerobics, fast cycling, football)	☐ ₁	☐ ₂	☐ ₃	☐ ₄
Moderate Exercise (e.g. fast walking, dancing, gentle swimming, golf, heavy housework, heavy gardening/digging)	☐ ₁	☐ ₂	☐ ₃	☐ ₄
Light Exercise (e.g. walking at average pace, table tennis, light housework, light gardening/weeding)	☐ ₁	☐ ₂	☐ ₃	☐ ₄

Q15. On each of the last 7 days, how many minutes in total did you undertake moderate or vigorous exercise or physical activity? Please write in the boxes the number of **minutes** of exercise each day OR **tick the final box**.

	NUMBER OF MINUTES OF MODERATE OR VIGOROUS EXERCISE LAST WEEK							
	Last Mon	Last Tue	Last Wed	Last Thu	Last Fri	Last Sat	Last Sun	
Vigorous Exercise (e.g. running, jogging, squash, swimming lengths, aerobics, fast cycling, football)								<u>OR</u> None in last week (tick box) ☐
Moderate Exercise (e.g. fast walking, dancing, gentle swimming, golf, heavy housework, heavy gardening/digging)								<u>OR</u> None in last week (tick box) ☐

SMOKING TOBACCO (NOT E-CIGARETTES)

Q16. Which statement suits you best in relation to tobacco/cigarettes (not including e-cigarettes)?

☐ I smoke daily
 ☐ I smoke but not every day
 ☐ I used to smoke but I do not smoke at all now
 ☐ I have never smoked

☐₁☐₂☐₃☐₄

If you smoke 'daily' or 'smoke but not every day' continue with Q17 and Q18, otherwise go to Q19 (question on e-cigarettes).

Q17. Have you smoked any tobacco in the last 7 days? (Tick one box only)

Yes

☐₁

No

☐₂

Q18. Current smokers: In a day, how many cigarettes and/or ounces of tobacco do you usually smoke? (Please write in how many in each box; enter zero if none)

Cigarettes

in a day

**AND/
OR**

Ounces of tobacco

in a day

E-CIGARETTES

Q19. Which statement suits you best in relation to e-cigarettes? (Tick one box only)

I use e-
cigarettes daily☐₁I use e-cigarettes but
not every day☐₂I have tried e-cigarettes but I
no longer use them at all☐₃I have never
used e-cigarettes☐₄

If you use e-cigarettes 'daily' or 'not every day' continue with Q20, otherwise go to Q21.

Q20. Which of the following are reasons for you using e-cigarettes? (Please tick all that apply)

To try to quit smoking tobacco/cigarettes

☐

To cut down on smoking tobacco/cigarettes

☐

I've stopped smoking tobacco/cigarettes and using the e-cigarettes will prevent me starting again

☐

To use something like tobacco in public places where smoking tobacco/cigarettes is banned

☐

To use something to stop my smoking tobacco/cigarettes affecting others around me

☐

Because they are cleaner than smoking tobacco/cigarettes

☐

Because they are cheaper than smoking tobacco/cigarettes

☐

Because they are healthier than smoking tobacco/cigarettes

☐

None of the above

☐

Other reason (please specify below)

☐

Other:

ABOUT YOUR LOCAL AREA

We are now going to ask a little about your local area. By area, we mean within a 15–20 minute walk or a 5–10 minute drive from your home.

Q21. Safety in your local area (Tick one box on each row)

	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never go out
How safe do you feel walking alone in this area during daytime?.....	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅
How safe do you feel walking alone in this area after dark?.....	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅

Q22. Safety in your home at night (Tick one box on each row)

	Very safe	Fairly safe	A bit unsafe	Very unsafe	Never alone at night
How safe do you feel when you are alone in your home at night?	☐ ₁	☐ ₂	☐ ₃	☐ ₄	☐ ₅

Q23. If you stated that you never went out (in Q21) or were never alone in your home at night (in Q22), how safe do you think you would feel if you did go out or if you were alone in your home at night? (Tick one box on each row)

	Very safe	Fairly safe	A bit unsafe	Very unsafe
How safe would you feel walking alone in this area during daytime?.....	☐ ₁	☐ ₂	☐ ₃	☐ ₄
How safe would you feel walking alone in this area after dark?.....	☐ ₁	☐ ₂	☐ ₃	☐ ₄
How safe would you feel when you are alone in your home at night?	☐ ₁	☐ ₂	☐ ₃	☐ ₄

ABOUT YOU

This final section asks about your household, and your relationships with family and friends. These things have been shown to influence health and this is the reason we are asking you these questions.

Q24. Are you male or female? ☐₁ Male ☐₂ Female

Q25. How old are you? years

Q26. What is your postcode? H U

If you don't know, what is your house number and street?

Q27. How tall are you? *(Please answer in feet and inches to the nearest inch or in metres to the nearest centimetre)*

feet **and** inches **OR** • metres

Q28. How much do you weigh? *(Please answer in stones and pounds to the nearest pound or in kilograms to the nearest 0.1kg)*

stones **and** pound
s **OR** • kilograms

Q29. How many adults (aged 18+) live in your household including yourself?
*Enter the **number** of adults. Count yourself, so if you are the only adult in your household, please enter '1'.*

There are a total of adults in my household **(including myself)**

Q30. Not counting the people you live with, how often do you speak to family members? *(Tick one box only)*

Every day	☐ ₁	Once or twice a month	☐ ₅
5 or 6 days a week	☐ ₂	Once every couple of months	☐ ₆
3 or 4 days a week	☐ ₃	Once or twice a year	☐ ₇
Once or twice a week	☐ ₄	Not at all in last 12 months	☐ ₈

Q31. Not counting the people you live with, how often do you speak to friends (who are not family or neighbours)? *(Tick one box only)*

Every day	☐ ₁	Once or twice a month	☐ ₅
5 or 6 days a week	☐ ₂	Once every couple of months	☐ ₆
3 or 4 days a week	☐ ₃	Once or twice a year	☐ ₇
Once or twice a week	☐ ₄	Not at all in last 12 months	☐ ₈

Q32. How often do you speak to neighbours (who are not family members or friends)? *(Tick one box only)*

Every day	☐ ₁	Once or twice a month	☐ ₅
5 or 6 days a week	☐ ₂	Once every couple of months	☐ ₆
3 or 4 days a week	☐ ₃	Once or twice a year	☐ ₇
Once or twice a week	☐ ₄	Not at all in last 12 months	☐ ₈

Q33. Are you currently in paid employment, either working for someone or self-employed? If working, how many hours per week? *(Tick one box only then enter number of hours worked per week)*

Not working	☐ ₁	}	I usually work:	hours per week
Working for someone (employee)	☐ ₂			
Self-employed	☐ ₃			

If you are currently working go to Q35, otherwise continue with Q34.

Q34. If you are not working, how would you describe your employment situation? *(Tick one box only)*

At school or in other full time education (and not working)	☐ ₁
Unemployed and looking for a job	☐ ₂
Unable to work because of long term sickness or disability	☐ ₃
Retired	☐ ₄
Looking after the home or family	☐ ₅
Other (please specify below)	☐ ₆
Other:	

Q35. Are you doing any studying at all? *You may have answered this question already (Q34) if you are a full-time student; if so, please tick 'yes' to this question (Q35). Please give number of hours you are studying each week if you not studying full-time.*

No	Yes, full-time student	Yes, part-time student (please specify hours)	Number of hours per week
☐ ₁	☐ ₂	☐ ₃	_____

Q36. What is your ethnic group? *(Please tick a box to indicate your cultural background)*

White	British	☐ ₁	
	Irish	☐ ₂	
	Gypsy or Irish Traveller	☐ ₃	
	Any other White background	☐ ₄	Please specify:
Mixed	White & Black Caribbean	☐ ₅	
	White & Black African	☐ ₆	
	White & Asian	☐ ₇	
	Any other Mixed background	☐ ₈	Please specify:
Asian or Asian British	Indian	☐ ₉	
	Bangladeshi	☐ ₁₀	
	Pakistani	☐ ₁₁	
	Chinese	☐ ₁₂	
	Any other Asian background	☐ ₁₃	Please specify:
Black or Black British	Caribbean	☐ ₁₄	
	African	☐ ₁₅	
	Any other Black background	☐ ₁₆	Please specify:
Arab or other ethnic group	Arab	☐ ₁₇	
	Other ethnic group	☐ ₁₈	Please specify:

PLEASE TURN OVER TO ENTER THE PRIZE DRAW!

ENTER THE PRIZE DRAW!

As part of our quality checking procedures, someone from Information by Design, who are conducting this survey on behalf of Hull City Council, may need to contact you to check the details you have given, and to make sure that the survey was conducted properly. Please write in your name, address and telephone number, in case they need to contact you below. This information is confidential and will only be used to contact you about the survey, to tell you if you have won the prize draw, or to join the Hull People's Panel if you tick the boxes below.

Title	Mr / Mrs / Miss / Ms / Dr / Other (write below)
Forename	
Surname	
Address	
Postcode	
Telephone number (home)	
Telephone number (mobile)	
Email	

Preferred contact method:

Email ☐₁

Telephone ☐₂

Post ☐₃

Q37. Would you like your name to be entered into the prize draw? *The first prize is £50, and there are two £25 second prizes. All prizes will be high street store vouchers.*

Yes ☐₁

No ☐₂

Q38. Hull City Council are asking people to become members of the People's Panel. Would you be interested in joining? *If you join you will be asked to complete some surveys like this one, about 4 times a year.*

Yes
☐₁

No
☐₂

Already a member
☐₃

If 'yes' to Q37 or Q38, please supply your name, address, at least one telephone number, and your email address if this method of contact is preferred.

**THANK-YOU FOR YOUR TIME AND YOUR HELP
PLEASE GIVE THIS BACK TO THE PERSON
WHO GAVE IT TO YOU**

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