

Hull Adult Health and Wellbeing Survey: Key Headlines

January 2020

Background

Earlier this year, more than 4,000 Hull residents aged 16 years and older belonging to groups representative of the local population were surveyed about health and lifestyle behaviours. Between March and June 2019, interviewers knocked on doors and asked residents if they would be willing to take part in the comprehensive survey. Participants were left to complete forms in their own time, with interviewers returning to collect them on an agreed date. The response rate was 76 per cent.

This report examines physical health, mental wellbeing, social isolation, the prevalence of risk factors for poor health (smoking and e-cigarettes, poor diet, physical inactivity, obesity, alcohol and drugs), problem gambling, financial resilience, social support and networks, feelings about the person's local area and community cohesion.

It is estimated that there are 208,867 people aged 16+ years who live in Hull, and it is possible to use the survey results to estimate the number of people across Hull who have a particular characteristic, for example, who are current smokers.

Health and wellbeing surveys and social capital surveys have been conducted among adults in Hull in 2003, 2004, 2007, 2009, 2011 and 2014 so it is possible to examine trends over time for some topic area. Some questions have changed over time or have been added more recently so it is not possible to examine trends over time for all topic areas.

Finding out about Hull's residents and why it matters

- It is essential to have knowledge about how many resident and which groups of people have health needs or future health needs in order to plan services and resources.
- It is also very important to know how people feel about their local community and what social support and networks they have in order to improve their health and wellbeing.
- There are wide inequalities gaps both between Hull and England and within Hull itself in terms of poor physical health, mental wellbeing and prevalence of risk factors for poor health. It is very important to have sufficient knowledge about the different groups of residents of Hull in order to reduce this inequalities gap, and improve health particularly among those whose health and wellbeing is the worst. It is also essential that the overall prevalence is measured for specific groups in order to examine progress and changes over time to inform strategies and planning of services and resources.

Key Health and Wellbeing Survey findings

- **Physical health:**
 - 30 per cent reported 'fair' or 'poor' health with a strong association with age and deprivation.
- **Mental wellbeing:**
 - 14 per cent had low levels of satisfaction with their life, 12 per cent had low levels of feeling that their life was worthwhile, 16 per cent had low levels of happiness, and 34 per cent had high levels of anxiety (with 48 per cent having poor levels for any one of these four measures of mental wellbeing).
 - Mental wellbeing in Hull has deteriorated between 2014 and 2019.
- **Social isolation:**
 - One in ten felt lonely or isolated from others all or most of the time, but it was much higher among those aged 16-24 years at 18 per cent, and surprisingly it was lowest among those aged 65+ years. There was also a strong association with deprivation.
- **Smoking and e-cigarettes:**
 - One quarter of people smoked tobacco, although more than 40 per cent for specific groups, with a very strong association with deprivation. There are around 52,050 currently adult smokers in Hull. Whilst the prevalence has decreased as well as the percentage of heavy (20+ cigarettes per day) smokers, it is higher than England.
 - Usage of e-cigarettes had increased from 8.4 per cent in 2014 to 13 per cent in 2019.
- **Diet, physical activity and obesity:**
 - Only one in five ate 5-A-DAY and there was a very strong association with age and deprivation. More people eat very few portions of fruit and vegetables and 5-A-DAY prevalence is lower than England, with 165,400 people in Hull not eating 5-A-DAY.
 - Overall, 44 per cent are classified as inactive and 41 per cent classified as fulfilling the national physical activity guidelines, again with big differences across the age groups and deprivation fifths. This equates to 84,950 adults in Hull fulfilling the national physical activity guidelines, and 92,300 people who are inactive. Since 2014, whilst a similar percentage are active, more people are inactive in Hull.
 - Seven in ten people were overweight or obese, higher than England. There were relatively small differences across the age groups among people aged 25+ years or across the deprivation fifths (highest prevalence among least deprived).
 - However, for obesity there was a stronger association with age (highest in middle years) and deprivation (highest in most deprived). Overall, 31 per cent were obese, and this has increased considerably since 2003 when it was 22 per cent. It is estimated that 145,500 adults in Hull are overweight or obese including 64,850 people who are obese.
- **Alcohol and drugs:**
 - Almost one-third displayed behaviours related to alcohol that were potentially harmful (too much alcohol over the week, binge drinking or a high Fast Alcohol Screening Tool score). The prevalence was highest among men aged under 75 years, women aged 16-24 and 45-54 years, people who were working or students, and people living in the least deprived areas of Hull. This equates to 66,250 harmful drinkers across Hull.
 - Overall, 4.5 per cent had used drugs other than those required for medical reasons 'everyday', 'weekly' or 'monthly' with 8.3 per cent having used them in the last year. Monthly usage was much higher among men, those aged 16-24 years, people who were unemployed or not working due to long-term illness or disability. This equates to around 17,350 adults across Hull having used drugs in the last year (including 9,300 people using them monthly and including 7,600 using drugs weekly).
- **Problem gambling:**
 - Across all adults in Hull, 1.5 per cent had experienced gambling problems on a monthly basis, and this was higher among men, those aged 16-24 years and who lived in the most deprived fifth of areas of Hull as well as among students and people unemployed or

not working due to long-term illness or disability. This equates to around 8,800 adults in Hull having had problems with gambling in the last year.

- **Financial resilience:**

- Six in ten would use savings or money from their current account to fund a £200 household emergency. However, just over one-quarter would never do so or stated this option was not applicable to them, but around 40 per cent among people living in the most deprived areas of Hull, working-age people who were not working, lone parents and households with three or more children. This equates to around 54,100 people who would never use their savings or current account to fund a £200 household emergency.
- Emotional wellbeing was much lower among people with low financial resilience.
- One in eleven worry daily or weekly about not having enough food to eat due to lack of money or other resources, and it was 20-30 per cent for some low income groups. This equates to 9,200 adults worrying most days and 9,000 adults worrying about once a week about not having enough food.

- **Social networks and social support:**

- One in ten had no-one to help if they were ill in bed (or they didn't know if they'd be anyone to help). This equates to 11,350 adults who do not have anyone to help if they were ill in bed and a further 11,250 who do not know if they would have anyone to ask.

- **Caring responsibilities:**

- Overall, 18 per cent stated they were responsible for the long-term care of another person or people (equating to 37,300 adult carers across Hull).

- **Volunteering:**

- Around one in twelve adults currently volunteer about once a week or more (7.9 per cent) and a further 2.1 per cent volunteer about once a month with 16 per cent having volunteered in the last year. So around 16,500 volunteer weekly or more often, and a further 4,450 volunteer about once a month.

- **Feeling safe when alone in local area and at home:**

- Just under nine in ten adults felt 'very safe' or 'fairly safe' walking alone in their local area during the daytime, and felt safe alone in their own home at night. Overall, 13 per cent never went out after dark, and around half felt very or fairly safe walking alone in their local area after dark. Feelings of safety after dark were much lower among people aged 16-24 years (because the rest felt unsafe) and among people aged 75+ years (because the rest didn't go out after dark). People living in the least deprived areas felt safer.

- **Use of local parks and problems in local area:**

- Just over four in ten adults used local parks and green spaces daily (6.8 per cent), weekly (22 per cent) or monthly (14 per cent).
- The percentage stating the issue was a 'very big' or 'fairly big' problem was 25 per cent for graffiti and vandalism, 20 per cent for verbal or physical threat or aggression, 34 per cent for crime, 19 per cent for air pollution, 13 per cent for noise during the daytime, 16 per cent for noise during the night time, 9.5 per cent for lack of access to local parks and green spaces, and 32 per cent for alcohol and drugs.

- **Community cohesion and satisfaction with local area:**

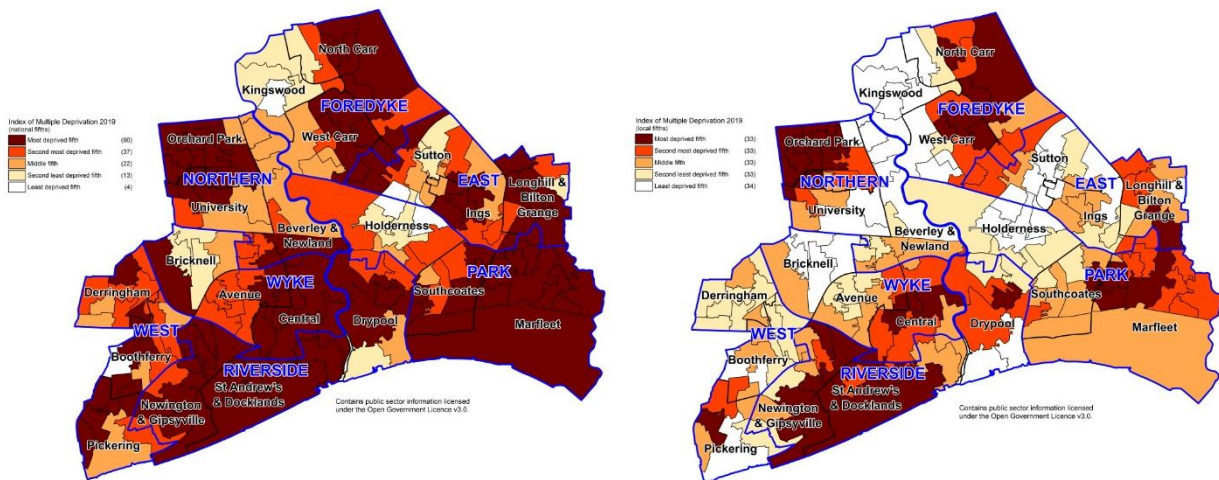
- Only 36 per cent trusted most or many people in their neighbourhood but much lower among 16-24s and people living in the most deprived areas of Hull. Overall, 54 per cent agreed that their local area was a place where people from different backgrounds get on well, and there was less of a difference with age, but a noticeable difference by deprivation. Measures of social cohesion have deteriorated over time in Hull.
- Almost three quarters felt satisfied with the neighbourhood as a place to live but this also differed considerably by age (56 per cent for 16-24s and 89 per cent among 75+) and deprivation (56 per cent for most deprived and 89 per cent for least deprived).

Explanation of percentages in this report

The percentage of people with specific attributes or behaviours is given in this report and it is the percentage out of all survey responders to give the best estimate of the overall percentage (or prevalence) across all of Hull's adults. For instance, people who never drink alcohol were not asked to provide the number of alcoholic drinks they consumed the previous week. However, it was assumed that they consumed no alcoholic drinks the previous week. Furthermore, not everybody answered every question so the number of survey responders is fewer than 4,137 for each question, but will differ depending on the question or combination of questions been presented within the section of the report.

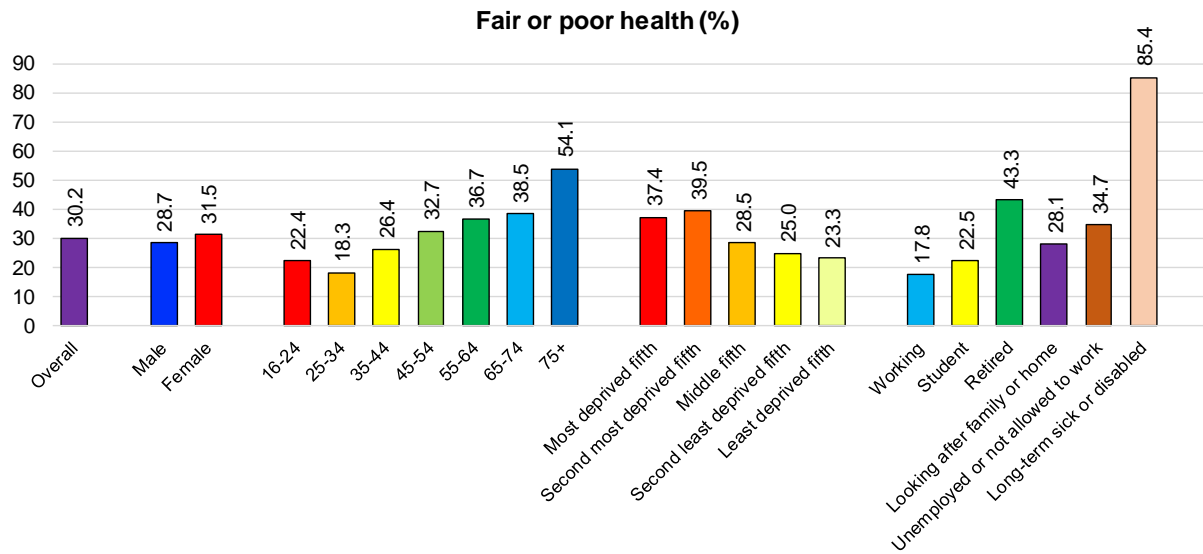
Deprivation

Levels of deprivation were measured in Hull using the Index of Multiple Deprivation 2019. IMD scores have been assigned to geographical area in England including 166 such areas in Hull. It is possible to divide all the areas in England into five approximately equal groups ranging from the most deprived fifth (20 per cent) to the least deprived fifth of areas in England. The map on the left shows that half of Hull's 166 areas fall within the most deprived fifth nationally as illustrated by the darkest colour. It is also possible to divide Hull's 166 areas into five approximately equal groups (containing around 33 geographical areas each) and these range from the most deprived fifth of areas to the least deprived fifth of areas within Hull. The map on the right shows each of these five groups in Hull ranging from the most deprived fifth of areas within Hull (darkest colour) to the least deprived fifth of areas within Hull (white).



Physical health

One in twelve (8.4 per cent) reported their health as 'excellent', 27 per cent as 'very good', 34 per cent as 'good', 21 per cent as 'fair' and 9.6 per cent as 'poor'. So whilst 30 per cent reported 'fair' or 'poor' health overall, this was much higher among older people, as well as people living in Orchard Park (41 per cent), Marfleet (40 per cent), St Andrew's and Docklands (37 per cent), Longhill and Bilton Grange (37 per cent) and Pickering (37 per cent). There was a similar pattern with age, deprivation and employment status with regard to the percentages reporting long-term illness or disability that limited their daily activities (overall 30 per cent).



This equates to 17,550 residents aged 16+ years in 'excellent' health, 57,050 in 'very good' health, 71,100 in 'good' health, 43,100 in 'fair' health and 20,050 residents in 'poor' health, and 62,350 residents with a long-term illness or disability that limits their daily activities.

Over time, there has been a slight deterioration in reported health with 37 per cent reporting 'excellent' or 'very good' health in 2003 compared to 36 per cent currently, and 27 per cent reporting 'fair' or 'poor' health in 2003 compared to 30 per cent in 2019. However, there has been a slight reduction in the percentage reporting a long-term illness or disability that limits their daily activities (falling from 32 per cent in 2003 to 30 per cent in 2019).

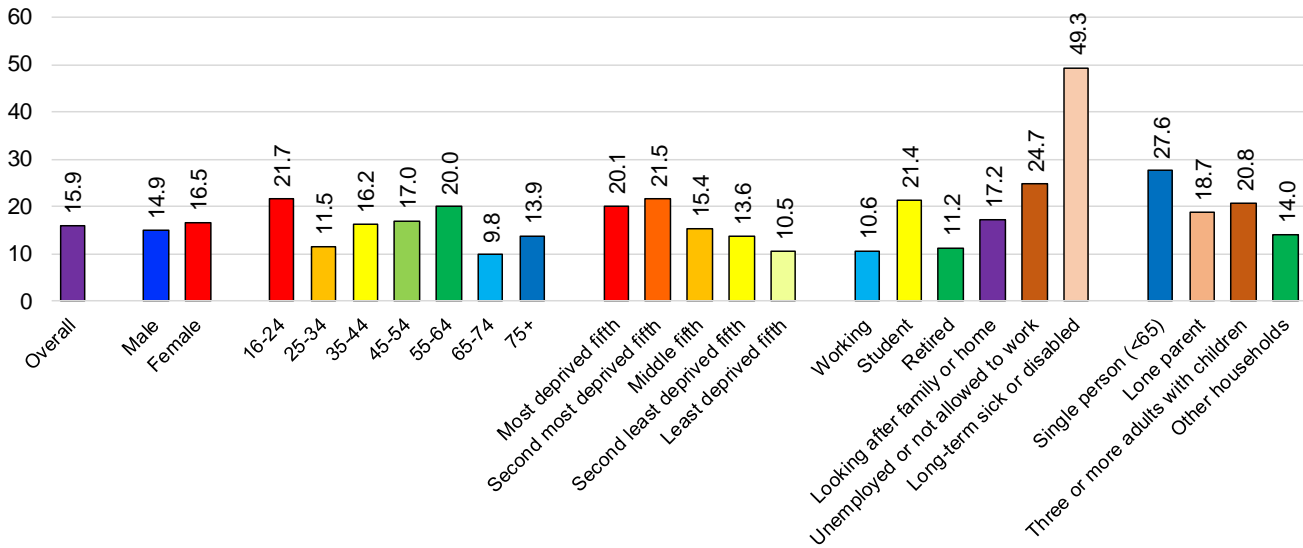
Mental wellbeing

Overall, 14 per cent reported poor levels of satisfaction with their life, and 12 per cent had a low level of feeling life was worthwhile. People aged 16-24 years had among the higher percentages, as did people living in the most deprived areas, lone parents and working-age people who were not working. Around one in six had low levels of happiness, and rates were highest in Newington & Gipsyville (25 per cent), Central (24 per cent), and St Andrew's & Docklands (23 per cent) wards.

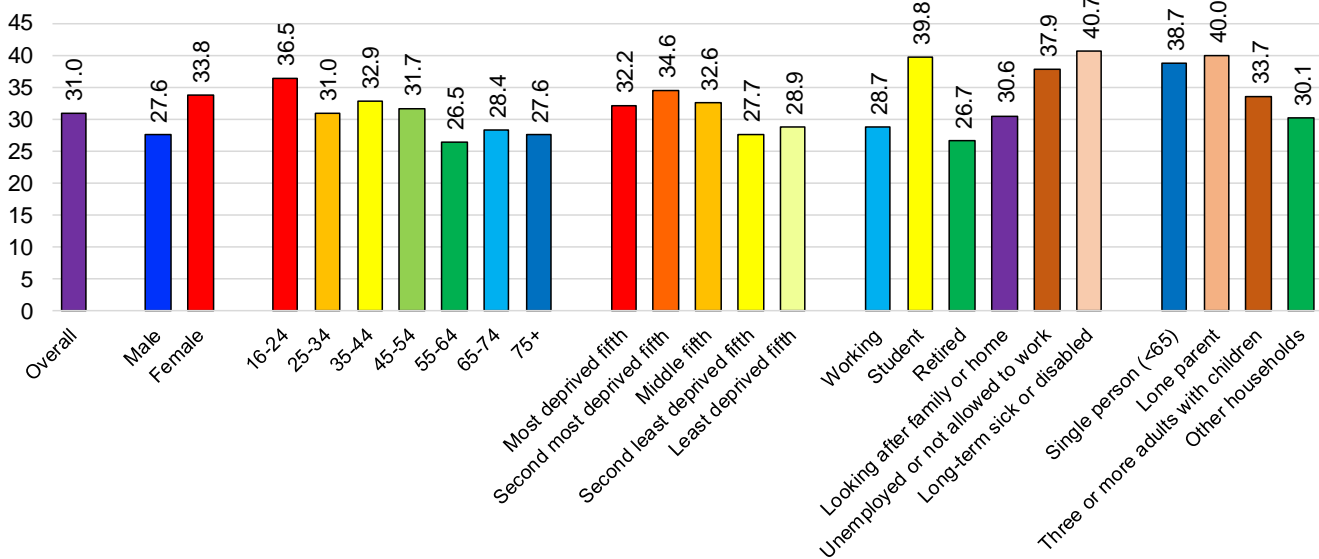
Almost one-third of people had a high levels of anxiety with rates highest in Pickering, University (both 38 per cent), Newington & Gipsyville (37 per cent), St Andrew's & Docklands, and Central (both 35 per cent) wards.

This equates to 28,850 people in Hull having low levels of satisfaction with their life, 25,050 people with low levels of feeling life was worthwhile, 33,150 with low levels of happiness, and 64,700 people with high levels of anxiety. Between 2014 and 2019, these levels of wellbeing have deteriorated in Hull with reductions of around two percentage points. The percentage with low levels of satisfaction increased from 11 per cent to 14 per cent, low levels of feeling life was worthwhile increased from 9.2 per cent to 12 per cent, low levels of happiness increased from 14 per cent to 16 per cent, and high levels of anxiety increased from 27 per cent to 31 per cent.

Low levels of happiness yesterday (%)



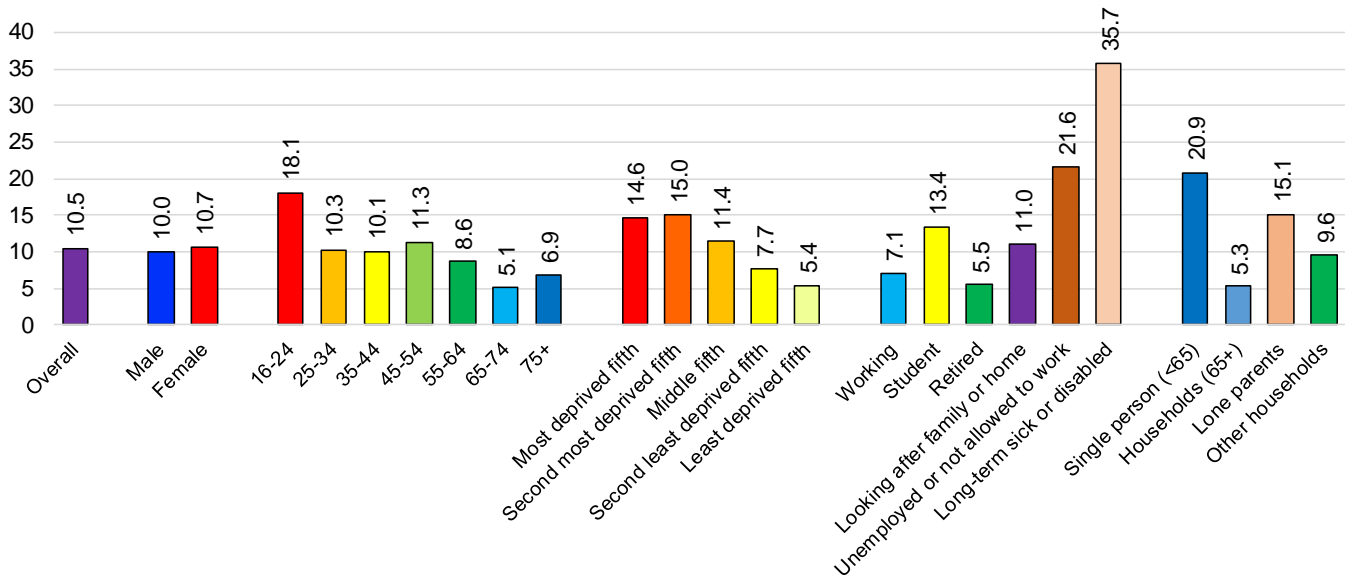
High anxiety yesterday (%)



Social isolation

One in ten felt lonely or isolated from others ‘all’ (2.4 per cent) or ‘most’ (8.1 per cent) of the time, although this was considerably higher at 18 per cent among people aged 16-24 years. The rates were highest among residents of Central (17 per cent), Newington & Gipsyville, Longhill & Bilton Grange, and St Andrew’s & Docklands (all 16 per cent), and North Carr (15 per cent). A further 26 per cent felt lonely or isolated from others ‘some of the time’. Overall, this equates to 4,950 adults in Hull feeling lonely or isolated from others ‘all of the time’, 17,000 ‘most of the time’, 53,900 ‘some of the time’, 46,950 ‘not much of the time’ and 86,100 ‘rarely or never’.

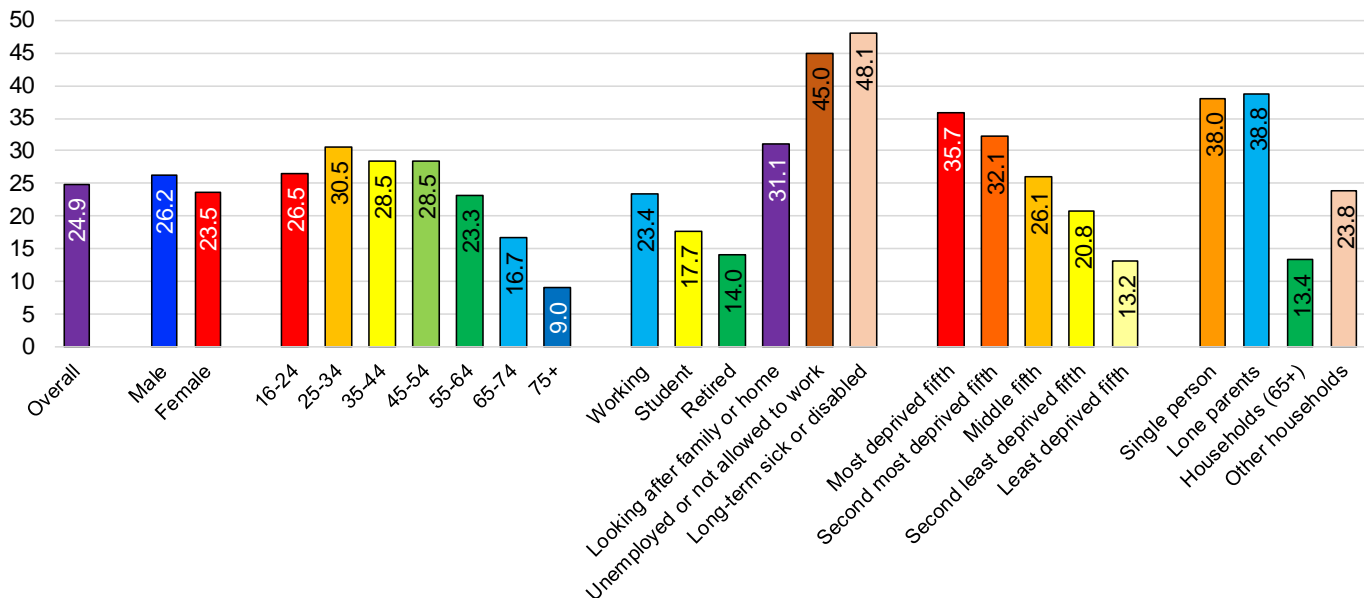
Feel lonely or isolated from others all or most of the time (%)



Smoking and e-cigarettes

One in five smoked tobacco daily and a further 4.9 per cent smoked occasionally, with 29 per cent former smokers and 46 per cent stating they had never smoked tobacco. Thus overall, one-quarter of all adults smoked tobacco. Smoking prevalence was highest among residents of St Andrew’s & Docklands (42 per cent), Newington & Gipsyville (39 per cent), Central, Marfleet (both 31 per cent) and Orchard Park (29 per cent) wards. Across Hull, this equates to around 52,050 adults who currently smoke, and a further 59,750 former smokers

Current smoker (%)



The prevalence of smoking in Hull has consistently been over 30 per cent in the previous local surveys (32 per cent in 2003, 34 per cent in 2011 and 31 per cent in 2014), so falling to 25 per cent represents a big reduction in Hull. Furthermore, the decrease has occurred across all deprivation groups with slightly larger decrease in prevalence among residents living in the

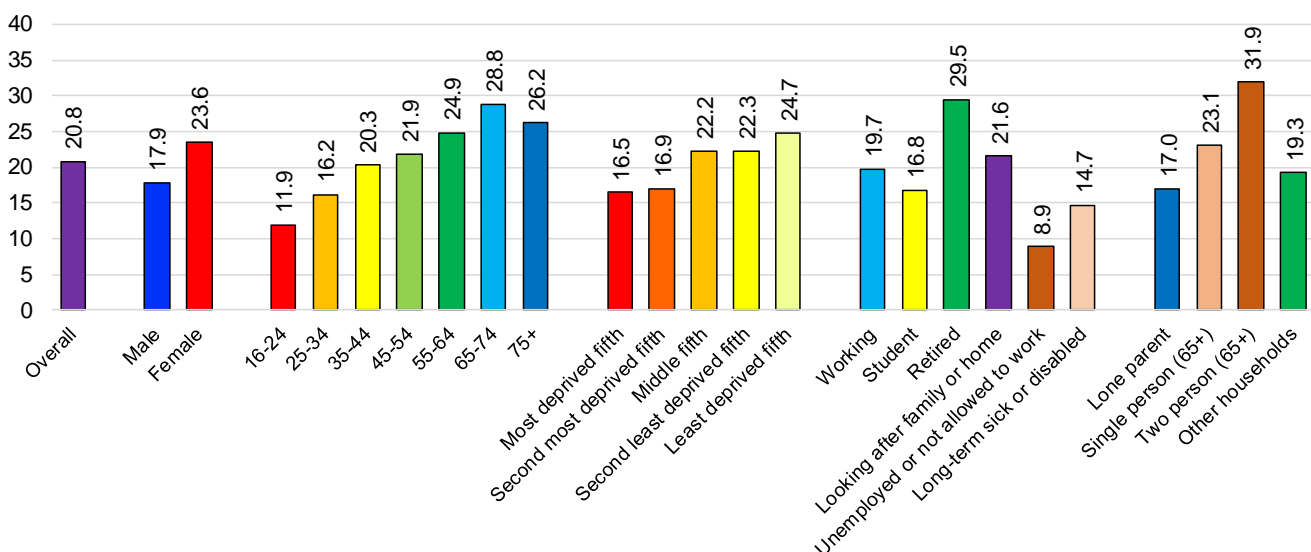
most deprived areas of Hull thus decreasing the inequalities gap. However, despite this substantial decrease, the prevalence of smoking in Hull is among the highest of all local authorities in England and considerably higher than England (14.4 per cent from the Annual Population Survey). Furthermore, just over one in ten adults in Hull were smoking 20+ cigarettes per day in 2007 and 2009, but this has more than halved falling to 4.5 per cent in 2019 (although only 3.0 per cent are heavy smokers in England).

Nine in ten of e-cigarette users were using them to stop smoking tobacco products, help cut down smoking tobacco products or to prevent them restarting smoking tobacco. Thus the highest percentage using e-cigarettes were in the groups who had the highest prevalence of smoking tobacco (22 per cent for daily smokers, 35 per cent among occasional smokers and 23 per cent among former smokers). Only 15 people surveyed used e-cigarettes among people who had never smoked tobacco. Whilst these were mainly younger people (six aged 16-24 and five aged 25-34 years) there was a spread across the age groups up to 65-74 years, although there was a difference between genders (11 men and four women). The prevalence has increased from 8.4 per cent in 2014 to 13 per cent in 2019, which equates to 27,950 adults across Hull who currently use e-cigarettes. Usage in Hull is much higher than England (6 per cent).

Diet, physical activity and obesity

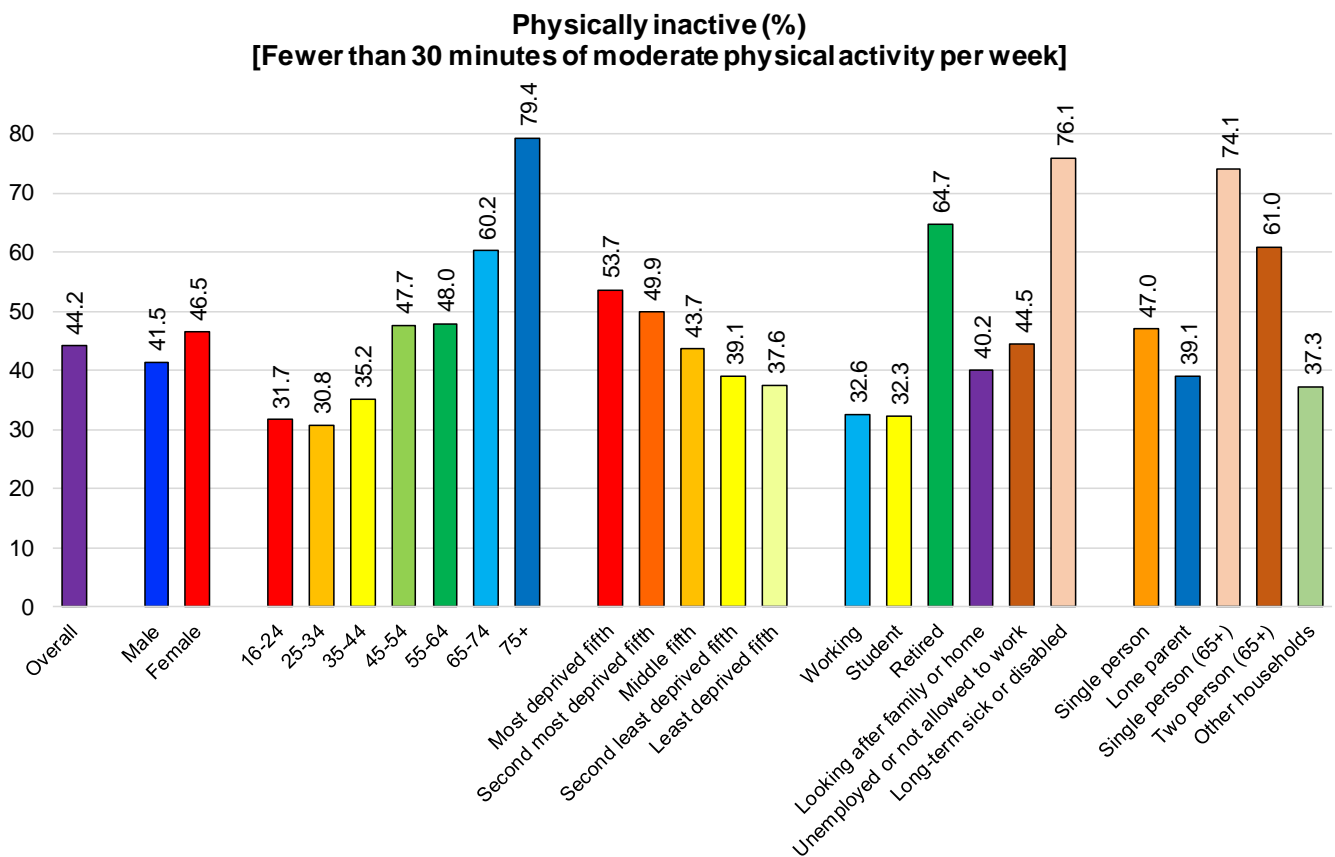
Only one in five usually ate five or more portions of fruit and vegetables each day. Surprisingly, residents of Kingswood had the lowest prevalence of 5-A-DAY at 15 per cent (whilst this ward is the least deprived ward in Hull, the population is relatively young). The prevalence was also low in St Andrew's & Docklands (15 per cent), Longhill & Bilton Grange and Central (both 16 per cent) wards. This equates to 165,400 adults across Hull not eating 5-A-DAY, including 13,950 eating no portions, 29,150 eating one portion and 40,000 eating two portions of fruit and vegetables each day. The overall prevalence of 5-A-DAY is lower than England (28 per cent from the Health Survey for England). Furthermore, whilst the percentage eating 5-A-DAY has remained relatively unchanged over time in Hull, the percentage eating 0-2 portions of fruit and vegetables each day has increased (from 31 per cent in 2003 to 40 per cent in 2019). In the local surveys between 72 per cent and 79 per cent reported they ate a healthy diet during the period 2007 to 2011 in Hull, but this has fallen recently to 69 per cent in 2014 and to 64 per cent in 2019.

Eats 5-A-DAY (%)



There was also a strong association with age and deprivation, and physical activity levels. One in four people fulfilled the national physical activity guidelines (150 or more minutes of moderate-intensity physical activity per week), although this was around half for those aged 16-44 years, just under 40 per cent among 45-54s, one-quarter of 65-74s but only 13 per cent among those aged 75+ years. People who were aged 65+ years were more likely to fulfil the guidelines if they lived in a two person household (26 per cent) compared to a single person household (16 per cent), but this could be because they were generally younger. Just over one-third (35 per cent) fulfilled the national guidelines among people living in the most deprived fifth of areas of Hull compared to 45 per cent among those living in the least deprived fifth of areas. The highest percentage of active residents occurred in Beverley & Newland (51 per cent), Avenue (50 per cent), Central (49 per cent) and Kingswood (48 per cent). This equates to around 84,950 adults across Hull fulfilling the national physical activity guidelines.

Four in eleven people were classified as inactive (fewer than 30 minutes of moderate-intensity physical activity per week). People living in Marfleet (55 per cent), West Carr (54 per cent), St Andrew's & Docklands and Orchard Park (both 53 per cent) were the most likely to be inactive. Across all of Hull, this equates to around 92,300 adults classified as physically inactive.



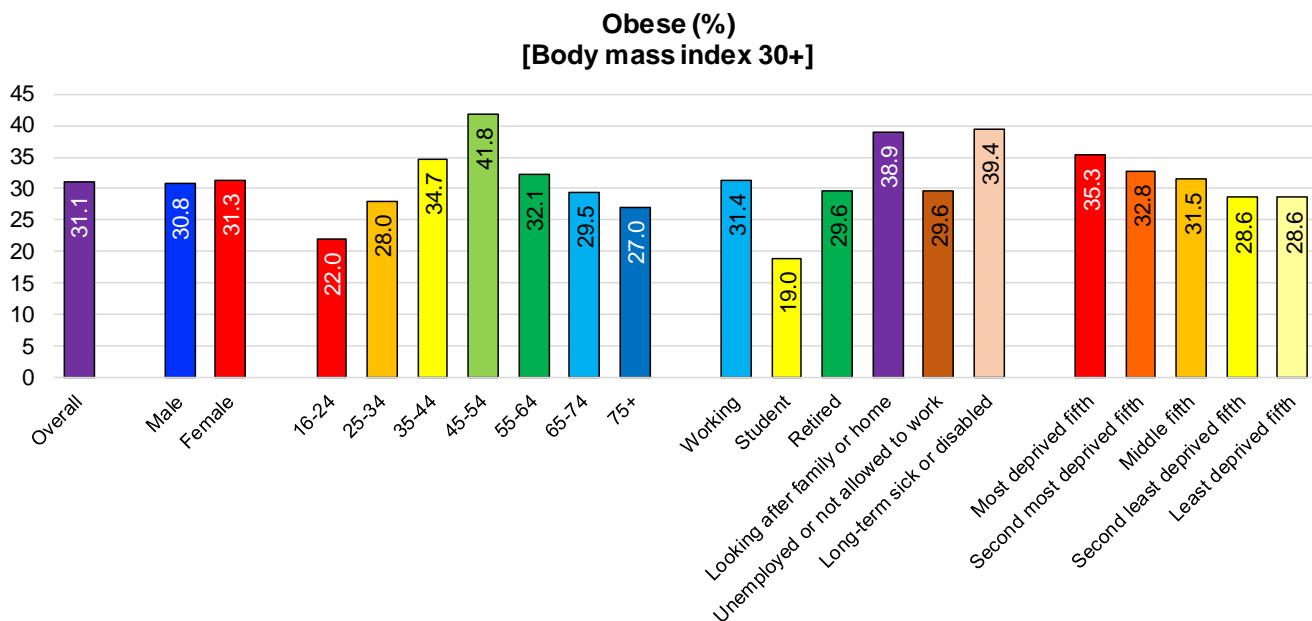
In 2014, 44 per cent were classified as physically active and 43 per cent has physically inactive, so there has been relatively small changes in inactivity but a slight decrease in the percentage physically active. People in Hull are less active than the England average.

Seven in ten adults were classified as overweight or obese (with a body mass index (BMI) of 25 or more), with relatively small differences across the age groups except the youngest (49 per cent among 16-24s, 66 per cent among 25-34s and between 72 per cent and 77 per cent among those aged 35+ years with highest prevalence in middle ages). There was also relatively small differences across the deprivation fifths although the prevalence was highest among those living in the least deprived fifth of areas (72 per cent) compared to the most

deprived fifth of areas of Hull (68 per cent). Slightly more men (73 per cent) had excess weight compared to women (67 per cent). The highest prevalence of overweight and obesity occurred in Orchard Park (79 per cent), Boothferry (76 per cent) and Derringham (73 per cent). The prevalence is higher than England (63 per cent).

There was more of a difference across the age groups and deprivation fifths when considering obesity (BMI 30+). Residents of Marfleet (39 per cent), Orchard Park (38 per cent) and Boothferry (36 per cent) were the most likely to be classified as obese. The prevalence is higher than England (28 per cent).

The prevalence of morbidly obese (BMI 40+) was 3.7 per cent overall, being higher among women compared to men (4.2 per cent versus 3.0 per cent). Around three per cent were morbidly obese among those aged 16-34 years, just over five per cent among those aged 35-64 years, 2.4 per cent among those aged 65-74 and 0.4 per cent among those aged 75+ years. The prevalence was highest among people living in the most deprived fifth of areas of Hull (6.2 per cent) which was more than double that of people living in the least deprived fifth of areas of Hull (2.5 per cent). The prevalence was also noticeably higher among people who were not working due to long-term illness and disability where 12 per cent were morbidly obese. The prevalence was highest in Marfleet (6.6 per cent), St Andrew's & Docklands (5.5 per cent) and Orchard Park (5.1 per cent). The prevalence is slightly higher than England (3.2 per cent).



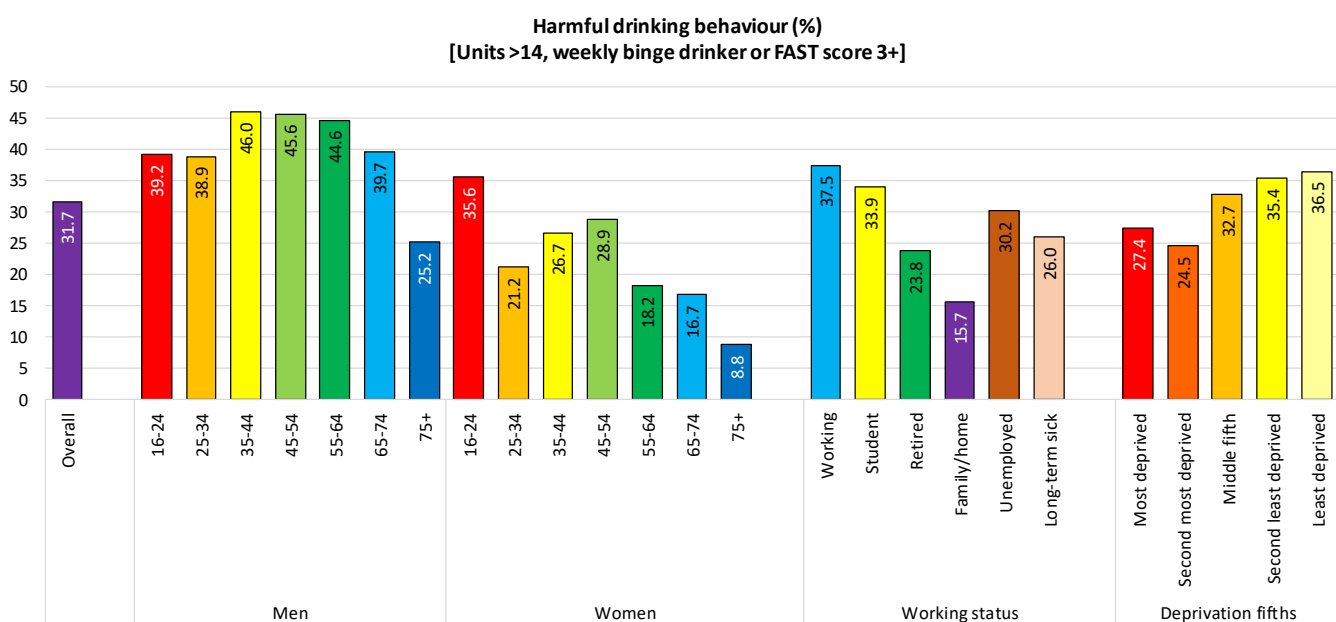
This equates to 145,500 adults who are overweight or obese in Hull including 64,850 people who are obese (and including 7,650 who are morbidly obese). The prevalence of overweight and obesity combined has increased in Hull over time from 62 per cent in 2003 to 70 per cent in 2019. The increase is mainly due to an increase in the levels of obesity which increased from 22 per cent in 2003 to 31 per cent in 2019. The prevalence of morbidly obese has also increased considerably from 2.3 per cent in 2003 to 3.7 per cent in 2019. The greatest increases have occurred in the last five years.

Alcohol and drugs

Just over one in five people never drank alcohol (22 per cent) and this was higher among people aged 75+ years. Among men, those aged 16-24 and 75+ years were also the most likely to never drink alcohol (23 and 26 per cent respectively). Among women, those aged 16-24 years (20 per cent) were the least likely to never drink and this gradually increased with age to just over one-quarter of those aged 55-74 years, and to 43 per cent among those aged 75+ years. People who were not working due to long-term sickness and disability (40 per cent). People living in the most deprived areas of Hull were twice as likely to never drink alcohol compared to the least deprived fifth of areas (31 versus 14 per cent respectively). People in Central (34 per cent), Orchard Park and St Andrew's & Docklands (both 31 per cent) were the most likely to never drink alcohol, whereas people living in Kingswood (12 per cent), Beverley & Newland (13 per cent) and Holderness (14 per cent) were the least likely to do so.

The pattern of drinking was relatively complex and differed for different groups of individuals. In general, men aged 35-74 years, and people living in the least deprived areas of Hull were the most likely to drink excessively over the week and/or usually binge drink at least once a week, and among women, the highest percentages were among those age 45-54 years (although drinking levels among women was much lower than those for men). These groups also had a tendency to have a high Fast Alcohol Screening Test score (based on frequency of binge drinking, failing to do what was expected due to drinking and not remembering what happened the night before, and having someone concerned about their drinking or being told to cut down). However, in addition, young men and women particularly those aged 16-24 years and particularly women, had a tendency to have a high FAST score. Students also tended to have a high FAST score. Among drinkers, the types of drinks consumed also differed by age and gender. People aged 16-24 years were much more likely to have drunk spirits the last week (52 per cent of men and 79 per cent of women) compared to other ages. Men aged 35-64 years, women and people living in the least deprived areas were much more likely to have drunk wine the previous week.

In summary, 32 per cent displayed harmful behaviours with regard to alcohol consumption. Residents of Avenue (42 per cent), Pickering (40 per cent), Beverley & Newland (39 per cent), Sutton (38 per cent) and University (37 per cent) were the most likely to display harmful behaviours in relation to alcohol.

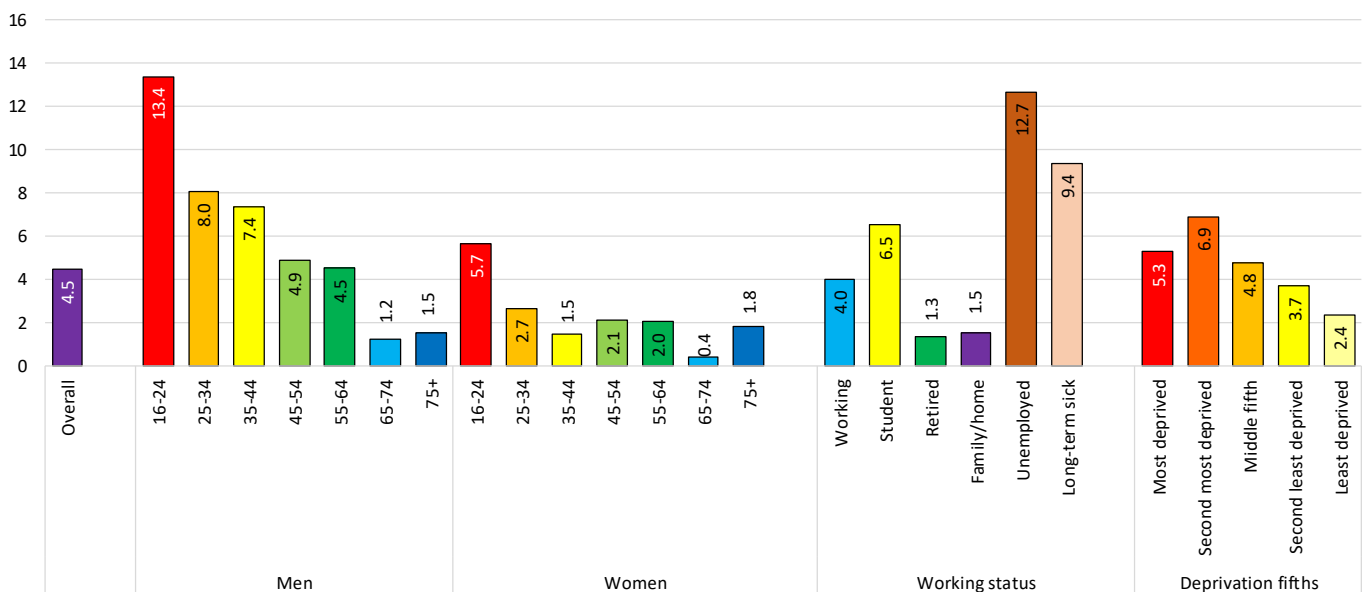


Across all of Hull, 45,450 never drink alcohol and 71,750 usually drink alcohol at least once a week. Around 100,000 adults in Hull had drunk alcohol the previous week including 42,800 who had drunk more than 14 units (including 17,500 who had drunk more than 28 units and including 7,000 who had drunk more than 50 units). Around 39,450 usually drink 6+ units on a single occasion at least once a week. Around 2,000 adults fail to do what is normally expected of them because of their drinking on a weekly basis, around 3,300 are unable to remember what happened the night before because of their drinking on a weekly basis, 13,650 adults have had a relative, friend, doctor or other health professional who have been concerned about their drinking or suggested they cut down (including 6,950 who have been told this within the last year). Overall, 54,050 adults in Hull had a high FAST score (3-16) including 6,450 who had a very high score of 8-16. In total, it is estimated that 66,250 adults display harmful drinking behaviour (more than 14 units previous week, usually binge drink weekly and/or a high FAST score).

More people in Hull are never drinking alcohol (17 per cent in 2003 compared to 22 per cent in 2019) and those that drink are drinking less frequently (45 per cent drinking at least once a week in 2003 compared to 34 per cent in 2019) and also fewer alcoholic units (8.4 per cent drinking more than 14 units in 2003 compared to 6.8 per cent in 2019). Nevertheless, the addition of the FAST screening questions has revealed new information relating to young adults in Hull and their high level of risky behaviour.

Overall, 4.5 per cent stated they used drugs other than those required for medical reasons 'everyday' (2.2 per cent), 'weekly' (1.5 per cent) or 'monthly' (0.8 per cent), although it was considerably higher among men aged 16-24 years at 13 per cent. People who were unemployed (13 per cent) or not working due to long-term illness or disability (9 per cent) also had a high rate of usage. There was also a trend across the deprivation fifths with a higher percentage using drugs other than those required for medical reasons monthly among those living in the most deprived areas compared to the least deprived areas of Hull. Residents of St Andrew's & Docklands (9.2 per cent), Beverley & Newland (7.6 per cent) and Newington & Gipsyville (6.7 per cent) had the highest prevalence of usage monthly. Overall, 8.3 per cent had used drugs in the last year, and this equates to around 17,350 adults across Hull (9,300 people using them monthly including 7,600 using drugs weekly).

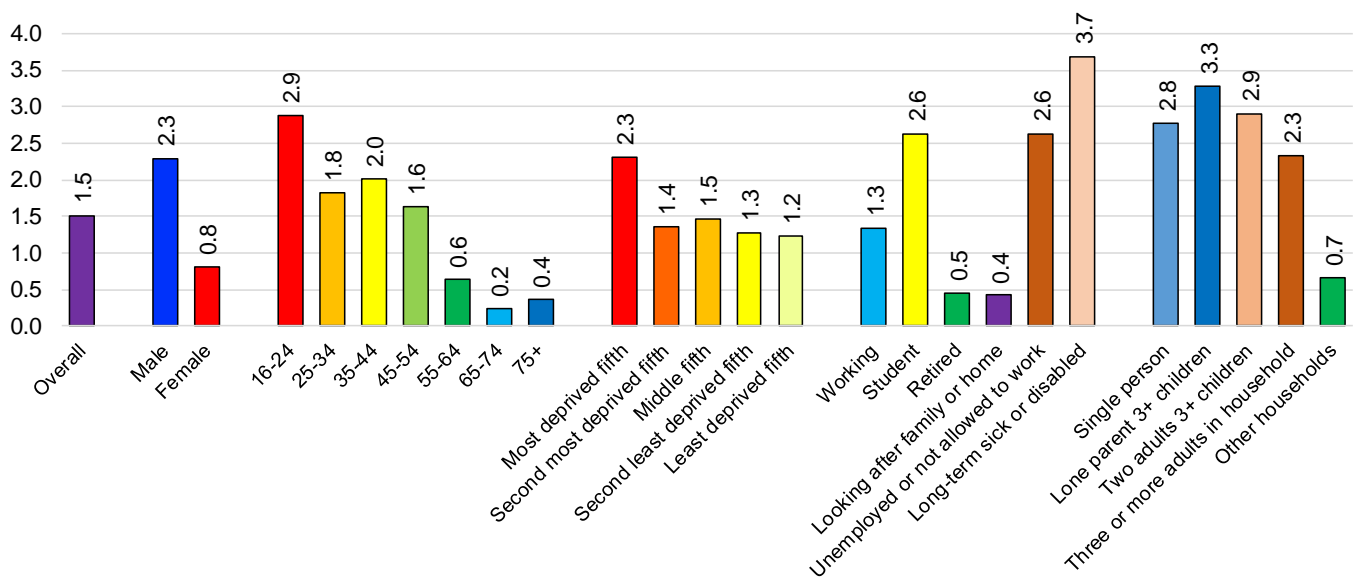
Use drugs other than those required for medical reasons monthly (%)



Problem gambling

Overall, 1.5 per cent of all survey responders on a 'weekly' or 'monthly' basis had lied to people important to them about how much they had gambled, and/or felt the need to bet more and more money, and/or bet more than they could afford to lose. People living in St Andrew's & Docklands (4.5 per cent), Boothferry (3.5 per cent), Sutton (2.9 per cent) and Longhill & Bilton Grange (2.4 per cent) were the most likely to have done so on a monthly basis. This equates to 8,800 people undertaking these behaviours in the last year including 3,150 who behaved in this way on a 'weekly' or 'monthly'.

Lied, felt need to bet more and/or bet more than can afford to lose monthly (%)

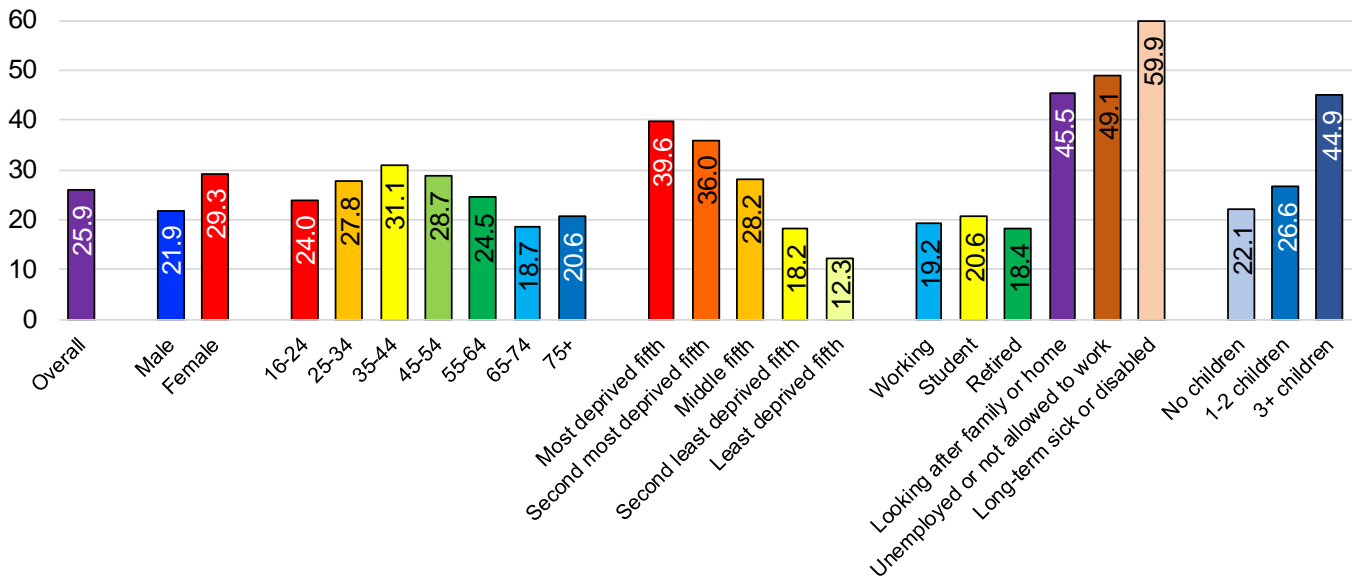


Financial resilience

Overall, 60 per cent would use savings or money from their current account to fund a £200 household emergency (including 36 per cent who would only use this method). Overall, 48 per cent stated they 'would' or 'might' use more than one source to fund the household emergency. Just over one-quarter would never use their savings or money from their current account to fund a £200 household emergency or they said this option was not applicable to them. People living in Marfleet (43 per cent), Orchard Park (41 per cent), and St Andrew's and Docklands (38 per cent) were more likely to never use savings or money from their current account (in contrast to Kingswood where it was 8 per cent). This equates to 54,100 people who would never use their savings or current account to fund a £200 household emergency.

Emotional wellbeing was much lower among those with low financial resilience. Among those people who would not be able to fund a £200 household emergency from savings or from their current account 37 per cent had high levels of anxiety, 26 per cent experienced low levels of happiness, 24 per cent had low satisfaction with life, and 21 per cent had low levels of feeling life was worthwhile (compared to 29, 11, 10 and 8 per cent respectively among people who would fund the £200 emergency from their savings or current account). Whilst finances will impact on these measures of wellbeing, many other factors may be involved.

Would never use savings/current account or this option not applicable (%)



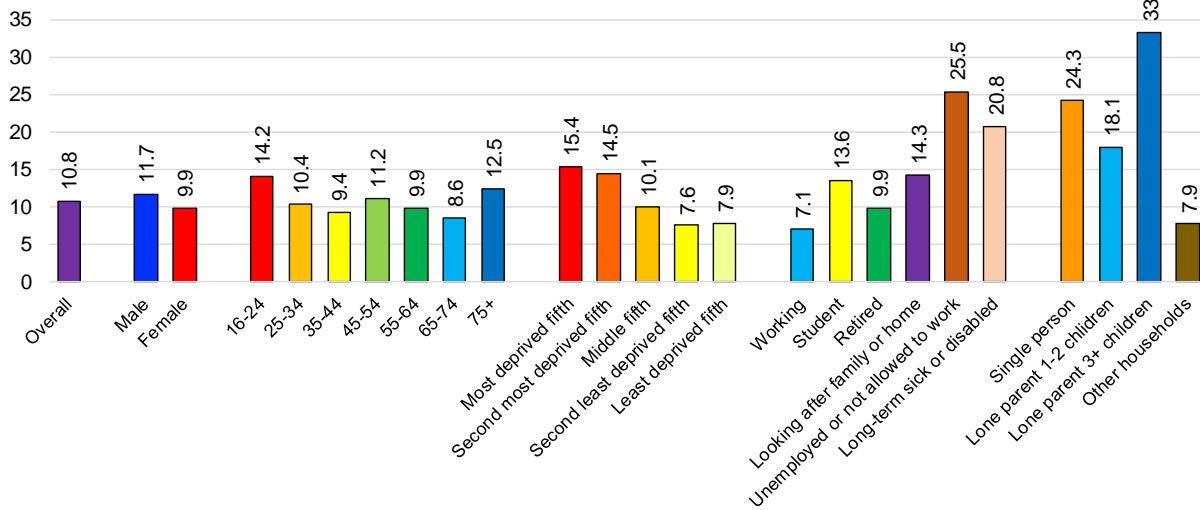
Overall, 4.4 per cent of all people worried ‘most days’ and 4.3 per cent worried ‘about once a week’ about not having enough food to eat because of a lack of money or other resources. This equates means around 18,500 adults in Hull worry each week about not having enough food to eat. Unsurprisingly, the same groups who were unable to fund the £200 household emergency from savings or their current account had the highest levels of worry over not having enough food (15 per cent among most deprived fifth compared to 3.9 per cent among least deprived fifth, just under 30 per cent among the unemployed and people not working due to long-term illness and disability and 20 per cent among lone parents). It was highest among residents of St Andrews & Docklands (19 per cent), Newington & Gipsyville (14 per cent), Central (13 per cent) and Marfleet (12 per cent). Fewer than one per cent of those aged 65+ years worried most days or about once a week about not having enough food. Overall, a further 7.2 per cent worried ‘about once a month’ about not having enough food to eat equating to 33,250 adults worrying at least once a month about feeding themselves and/or their families including 9,200 worrying ‘most days’ and a further 9,000 worrying ‘about once a week’).

Slightly more people worried ‘most days’ (7.0 per cent), ‘about once a week’ (3.4 per cent) or ‘about once a month’ (8.8 per cent) about paying their rent or mortgage, and other essential bills like for water, gas, electricity and Council tax. This equates to 40,150 adults across Hull worrying about their essential bills on a monthly basis including 21,750 who worry on a weekly basis (which includes 14,600 who worry most days). High levels were recorded in the same groups of individuals who worried about not having enough food to eat.

Social support and networks

One in ten had no-one to help if they were ill in bed (or they didn’t know if they’d be anyone to help). It was highest among residents of Central, St Andrew’s & Docklands (both 17 per cent) and Newington & Gipsyville (16 per cent) wards. In total, this equates to 11,350 adults who do not have anyone to help if they were ill in bed and a further 11,250 who do not know if they would have anyone to ask.

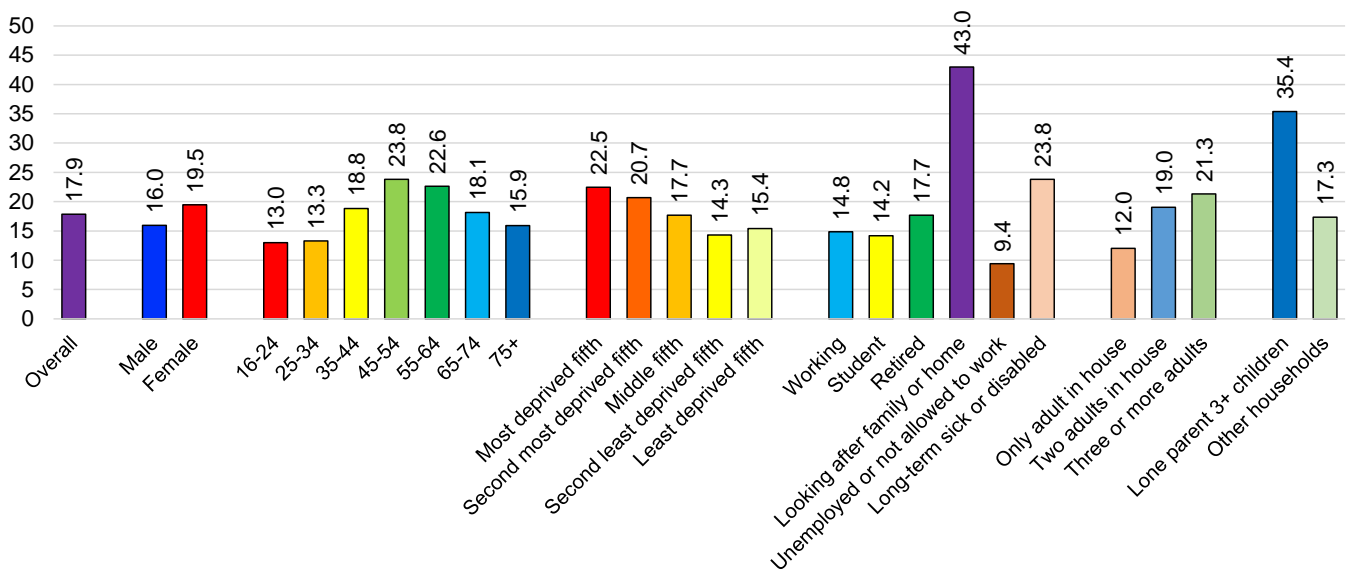
No-one to help if ill in bed (or don't know if they'd be anyone to help) (%)



Caring responsibilities

Overall, 18 per cent cared for at least one person (equating to 37,300 carers in total across Hull). People in Longhill & Bilton Grange (27 per cent), St Andrew's & Docklands, and Sutton (both 22 per cent) were more likely to be carers. Across all of Hull's adults, 8.9 per cent spent fewer than ten hours per week caring for others, but 7.7 per cent spent 20 or more hours per week caring for others.

Cares for at least one person (%)

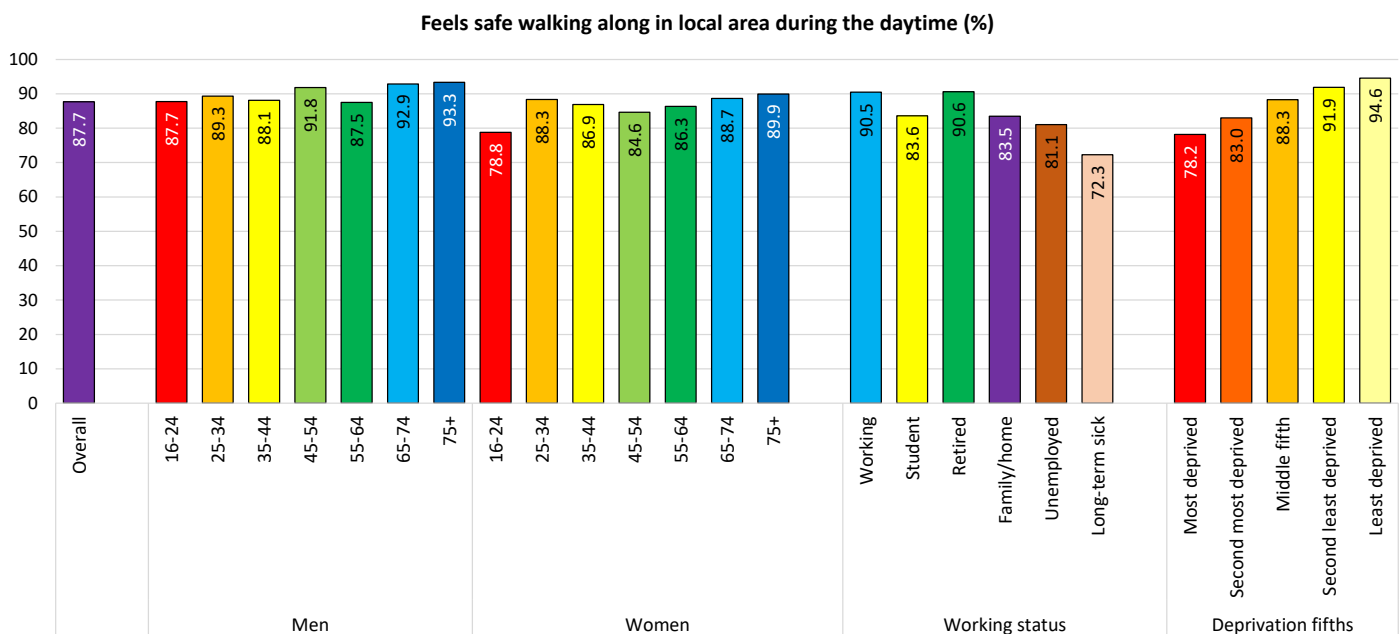


Volunteering

Around one in twelve adults currently volunteer about once a week or more (7.9 per cent), 2.1 per cent volunteer about once a month, 3.7 per cent a few times a year, 2.8 per cent about once a year, and 30 per cent had volunteered in the past but not in the last year. People aged 16-24 (11 per cent) and 65-74 (10 per cent) years were the most likely to currently volunteer about once a week or more as were students (11 per cent) and people who were unemployed (17 per cent). Residents of St Andrew's & Docklands (11 per cent), Boothferry, Avenue, University, Central, Drypool, and Beverley & Newland (all 10 per cent) were the most likely to volunteer weekly or more frequently.

Feeling safe when alone in local area and at home

There were 2.2 per cent of survey responders who when asked how safe they felt walking alone in their local area during the daytime stated that they never went out, although it was highest among older people particularly women (7.0 per cent of women aged 75+ years). The people who never went out were asked how safe they felt they would feel and this was combined with feelings of safety among those that did go out. Thus overall, nine in ten felt 'very safe' (45 per cent) or 'fairly safe' (43 per cent) walking alone in their local area during the daytime, although 3.5 per cent did feel very unsafe. This percentage was lower among lone parents with three or more children (80 per cent), women aged 16-24 years) and people who were not working due to long-term illness and disability. There was also a considerable difference by deprivation. Perhaps surprisingly, both men and women aged 75+ years had the highest percentage feeling safe compared to all other age groups. Residents of St Andrew's & Docklands (75 per cent), Central (77 per cent) and Orchard Park (79 per cent) where the least likely to feel safe walking alone in their local area during the daytime.



Overall 13 per cent of people never went out alone in their local area after dark, but there was a huge differences across the age groups. Between 2.7 and 4.9 per cent of men aged 16-54 years never went out (highest among 16-24s), 6.6 per cent of men aged 55-64, 11 per cent of 65-74s and 28 per cent of men aged 75+ years. Among women around nine per cent of those aged 16-34 years never went out, around 13 per cent of those aged 35-54 years, 20 per cent of those aged 55-64 years, 34 per cent of those aged 65-74 years and 55 per cent of those aged 75+ years. There was also a strong association with deprivation, and people living in Orchard Park (22 per cent), Marfleet (20 per cent), Longhill & Bilton Grange (19 per cent) and Pickering (18 per cent) were the most likely to never go out after dark.

Around 64 per cent of men felt very or fairly safe walking alone in their local area after dark, but this was considerably lower among men aged 16-24 years (54 per cent) and men aged 75+ years (34 per cent), although there were different reasons for the low percentages. Among men aged 16-24 years, 41 felt unsafe including 11 per cent who felt very unsafe, whereas among men aged 75+ years, 19 per cent felt unsafe which included 3.7 per cent who felt very unsafe, and the rest (28 per cent) never went out.

The same pattern occurred for women. Among women aged 16-24 years, 66 per cent felt unsafe including 30 per cent who felt very unsafe (10 per cent never went out). Among women aged 75+ years, 27 per cent felt unsafe including 7.3 per cent who felt very unsafe (and 55 per cent never went out).

Among the most deprived fifth of areas of Hull a higher percentage felt unsafe (46 per cent) and never went out (18 per cent) compared to people living in the least deprived fifth of areas of Hull where 25 per cent felt unsafe and 8.4 per cent never went out.

Students also felt unsafe walking alone in their local area after dark with 30 per cent feeling a bit unsafe and 23 per cent feeling very unsafe (a further 6.8 per cent never went out). People living in St Andrew's & Docklands (51 per cent), Central (49 per cent), Orchard Park and Beverley & Newland (both 47 per cent) had the highest percentage of people who felt unsafe walking alone in their local area after dark.

Almost nine in ten (89 per cent) felt very safe (49 per cent) or fairly safe (40 per cent) alone in their own home at night, with the percentage higher among men compared to women (93 versus 85 per cent). Fewer people living in the most deprived fifth of areas of Hull felt safe compared to people living in the least deprived fifths of areas (81 versus 94 per cent). There was also a difference with age with the highest percentage feeling safe among those aged 45+ (around 95 per cent among men and between 88 and 93 per cent among women depending on the age group). Just over 90 per cent of men felt safe among those aged 25-44 years and it was 88 per cent among those aged 16-24 years. Among women, 84 per cent felt safe among those aged 25-44 years, but only 70 per cent of women aged 16-24 years felt safe alone in their own home at night with 22 per cent feeling 'a bit unsafe' and 7.5 per cent feeling very unsafe. People living in St Andrew's & Docklands (80 per cent), Central (82 per cent), Orchard Park and Beverley & Newland (both 83 per cent) had the lowest percentages of residents feeling safe when alone in their own home at night.

Use of local parks and problems in local area

Almost one quarter (23 per cent) never used their local parks (green space) in the city, 6.7 per cent used them 'about once a year or less' and 28 per cent used them 'a few times a year'. Just over four in ten used them daily (6.8 per cent), weekly (22 per cent) or monthly (14 per cent). This equates to 14,200 adults using local parks 'daily', and a further 74,550 adults using parks 'weekly' (45,350) or 'monthly' (29,200), although an estimated 47,700 adults in Hull never use local parks.

People were asked about problems in their area, and there was a very strong association with deprivation (the percentage of people stating that the issue was a very big or fairly big problem in their area was often two to three times higher for people living in the most deprived fifth of areas of Hull compared to those living in the least deprived fifth of areas of Hull). Women and young people particularly those aged 16-24 years were also more likely to state the issue was a big problem in their local area. In general, the highest percentages occurred among residents of St Andrew's & Docklands, Central and Orchard Park (which are the three most deprived wards).

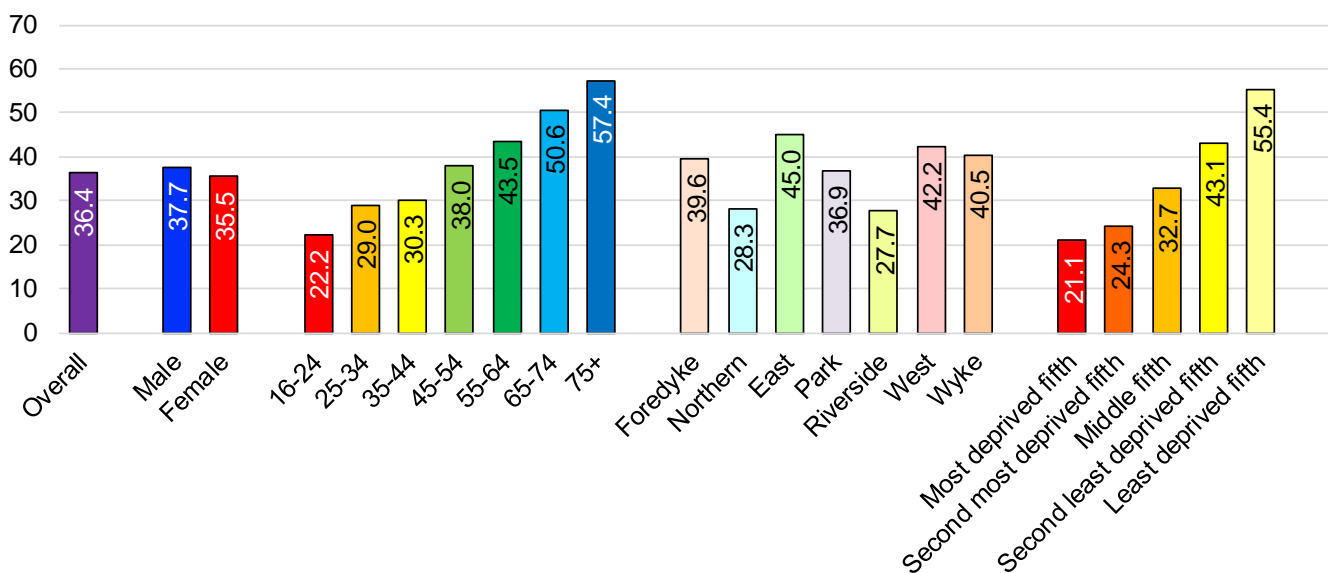
Around one-quarter felt graffiti and vandalism was a 'very big' (7.7 per cent) or 'fairly big' (17 per cent) problem in their local area. One in five thought verbal or physical threat or aggression was a 'very big' (5.6 per cent) or 'fairly big' (14 per cent) problem in their local area. Just over one third felt crime was a 'very big' (10 per cent) or 'fairly big' (24 per cent) problem in their local area. One fifth of people felt air pollution was a 'very big' (5.3 per cent) or 'fairly big' (13 per cent) problem in their local area. Overall, 13 per cent felt noise during the day was a 'very big' (4.4 per cent) or 'fairly big' (8.6 per cent) problem in their local area. Overall, 16 per cent felt noise at

night time was a 'very big' (5.7 per cent) or 'fairly big' (9.8 per cent) problem in their local area. One in ten thought lack of access to local parks and green spaces was a 'very big' (3.1 per cent) or 'fairly big' (6.3 per cent) problem in their local area. Almost one-third thought that alcohol and drugs was a 'very big' (14 per cent) or 'fairly big' (18 per cent) problem in their local area. For this issue in particular, there was a huge differences across the wards (69 per cent in Andrew's & Docklands, 63 per cent in Central, 49 per cent in Orchard Park, 43 per cent in Newington & Gipsyville compared to only 3.5 per cent in Kingswood).

Community cohesion and satisfaction with living in local area

Just over one-third trusted 'most' or 'many' of the people in their neighbourhood, although quite a difference by age and deprivation. From the local surveys, there is considerable variability over time, but it appears that levels of trust has fallen over time from over 50 per cent (2007: 54 per cent, 2009: 66 per cent, and 2011: 54 per cent) to 36 per cent in 2019. Levels of trust were lowest in St Andrew's & Docklands (16 per cent), Central, and Orchard Park (both 21 per cent). In contrast, 54 per cent of Kingswood residents trusted most or many of the people in their neighbourhood.

Trust most or many people in neighbourhood(%)



Just over a half (55 per cent) felt that neighbours looked out for one another, but again there was a big difference by age (37 per cent among 16-24s and 68 per cent for 65-74s and 63 per cent for 75+ years) and by deprivation (46 per cent among most deprived fifth compared to 70 per cent among least deprived fifth). Again, there is considerable variability over time, but it appears that fewer people feel their neighbours looked out for one another (2007: 61 per cent, 2011: 74 per cent; 2014: 59 per cent, and 2019: 55 per cent). Residents of Bricknell had the highest percentage at 74 per cent, but this was lowest in Central (34 per cent), St Andrew's & Docklands (39 per cent) and Newington & Gipsyville (44 per cent).

Just over half (54 per cent) 'definitely agree' (8.7 per cent) or 'tend to agree' (46 per cent) that people from different backgrounds get on well within their local area, and there is less of a difference between the age groups (48 per cent among 16-24s and around 55 per cent for other age groups), but there is a difference by deprivation (54 per cent among most deprived fifth compared to 66 per cent among least deprived fifth). Seven in ten residents of Avenue agreed

with the statement, but this was considerably lower in Orchard Park (44 per cent), St Andrew's & Docklands, Newington & Gipsyville and Longhill & Bilton Grange wards (all 46 per cent).

Almost three-quarters (73 per cent) of people are satisfied with the neighbourhood as a place to live, although older people were more likely to be satisfied (56 per cent among 16-24s compared to 89 per cent among 75+ years) as were people living in the least deprived areas of Hull (56 per cent among people living in most deprived fifth compared to 89 per cent for least deprived fifth). Residents of Bricknell (92 per cent), Kingswood (89 per cent) and Sutton (88 per cent) were the most satisfied with their neighbourhood, whereas residents of Central (50 per cent), St Andrew's & Docklands (54 per cent), Orchard Park (57 per cent) and Newington & Gipsyville (62 per cent) were the least satisfied.

The impact for Hull

There have been some improvements in Hull with the smoking prevalence and the percentage of heavy smokers having both decreased over time. More people in Hull are never drinking alcohol, and among those that do drink alcohol, they are drinking it less frequently and at lower quantities. Despite these improvements, the prevalence of smoking is considerably higher than England, and there are substantial percentages of people particularly men displaying harmful behaviour with regard to alcohol. Generally, other factors have deteriorated over time, such as diet, physical activity, and excess weight. Levels of emotional wellbeing have deteriorated between 2014 and 2019, and new survey questions relating to social isolation have revealed substantial percentages of young people who feel lonely and isolated most of the time.

The inequalities gap in Hull is wide with people living in the most deprived areas of Hull having much worse health and a higher prevalence of risk factors for poor health (except for alcohol consumption) compared to people living in the least deprived areas of Hull. People living in the most deprived areas will also generally find it more difficult to change their behaviours and lifestyle with increased stresses and more difficult overall circumstances and immediate concerns relating to housing, employment and financial insecurity. Many people with poor physical and mental health or disabilities have impaired employment opportunities and thus are more likely to live in relative poverty. People who are unemployed, not working due to long-term illness and disability and who are lone parents also have relatively low levels of physical health and emotional wellbeing and high levels of risk factors for poor health, such as smoking.

The survey has included questions on gambling and financial resilience for the first time. The groups with low financial resilience are not a surprise (most deprived and working-age individuals who are not working). However, it has enabled us to quantify the numbers of individuals affected. It has also enable us to do the same with regard to problem gambling and examine which groups of individuals have the highest risk of becoming a problem gambler. This can inform work that is currently underway in Hull in relation to problem gambling, and financial resilience and financial inclusion.

In the most deprived wards and areas of Hull, there are relatively high percentages reporting problems in their area. Furthermore, over all of Hull, levels of trust of neighbours has reduced over time, and levels are very low among young people. A relatively high percentage of young people particularly women also feel unsafe when walking alone in their area after dark or even when alone in their own home at night.

Further information

Further survey reports and a copy of the questionnaire are available on request. Please contact us at PublicHealthIntelligence@hullcc.gov.uk for more information.