

HULL HEALTH AND WELLBEING SURVEY 2019

Background

- Overall, 4,137 adults participated in the survey between March and June 2019 (equates to around 2% of Hull adult residents)
- Fieldwork undertaken by Information by Design
- Quota sampling used (a 'target' number to survey by gender, age group and ward)
- 'Knock and drop' approach (interviewer calls at residents own homes and sought agreement then collected the completed form at an agreed later date). 76% of surveys distributed were answered

Background (contd.)

- Public Health team have conducted similar surveys of the adult population in Hull since 2003
- Last Adult survey in 2014
- Findings are integrated into Joint Strategic Needs Assessment (JSNA)



The image shows a survey invitation document. At the top left is the NHS logo and 'Hull Clinical Commissioning Group'. At the top right is the Hull City Council logo. The main title is 'HEALTH and WELLBEING in Hull 2019'. Below the title, it says 'We are asking people in the whole of Hull to give us a picture of their health and wellbeing. This will help us to plan local services which meet your needs. Tell us about you!'. There are several bullet points providing information about confidentiality, reporting, and how to return the questionnaire.

NHS
Hull Clinical Commissioning Group

Hull
City Council

**HEALTH
and
WELLBEING**
in Hull 2019

We are asking people in the whole of Hull to give us a picture of their health and wellbeing.

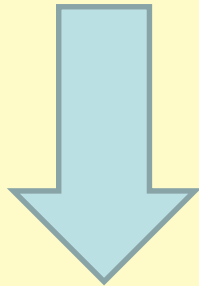
This will help us to plan local services which meet your needs.

Tell us about you!

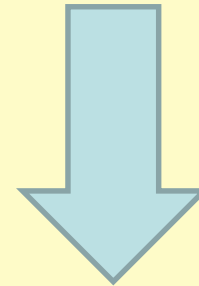
- Everything you tell us will be treated in the **strictest confidence**.
- **We will not pass your details on to anyone else.**
- We will write a report after analysing the survey results. **It will not be possible to identify anyone in the report.**
- **No-one will even know you took part in the survey.** The answers in the report will be anonymous.
- Please **follow the instructions** for each question carefully. Some of them ask you to tick one box, and some more than one box. In a few places you are asked to write a number or provide further information.
- **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 Information by Design on either 0800 6440245 or 01482 467467, or telephone Hull City Council on 01482 300 300.

Purpose

More granular, local information to inform the Joint Strategic Needs Assessment



Inform H&WBB Strategy (refresh) & H&WBB priorities



Inform commissioning, strategies and bids across Council & partners

Survey Content

- General Physical Health
- Mental Wellbeing
- Social Isolation
- Diet, Physical Activity & Weight
- Smoking & E-Cigarettes
- Alcohol
- Financial Resilience
- Problem Gambling
- Social Capital
- Caring
- Mental Wellbeing

Survey Variables

- Gender
- Age Band
- Geography (Ward, Area Committee)
- Deprivation (IMD2019 – local ‘fifths’ or ‘quintiles’)
- Household composition
- Employment status

..so a lot of data for us to process

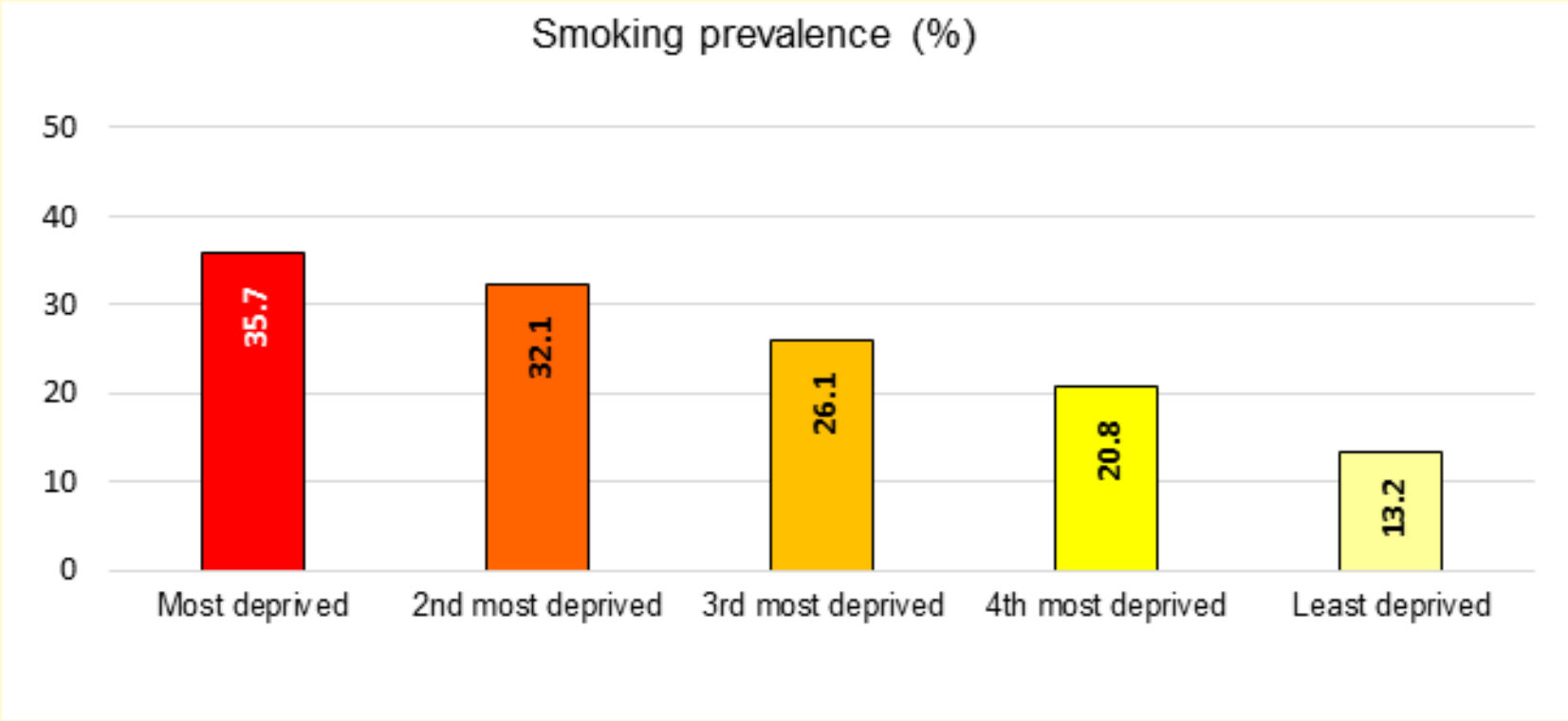
Key Messages - General Physical Health

- Most people reported their usual health as 'good' (34%) or 'very good' (27%)
- Proportion reporting their usual health as 'excellent' or 'very good' declining (from 43% in 2007 to 36% in 2019)
- People living alone aged under 65 reported higher levels of poor/fair health (39%)
- 3 in 10 people reported that they had a limiting long-term illness or disability (similar proportion to previous surveys)

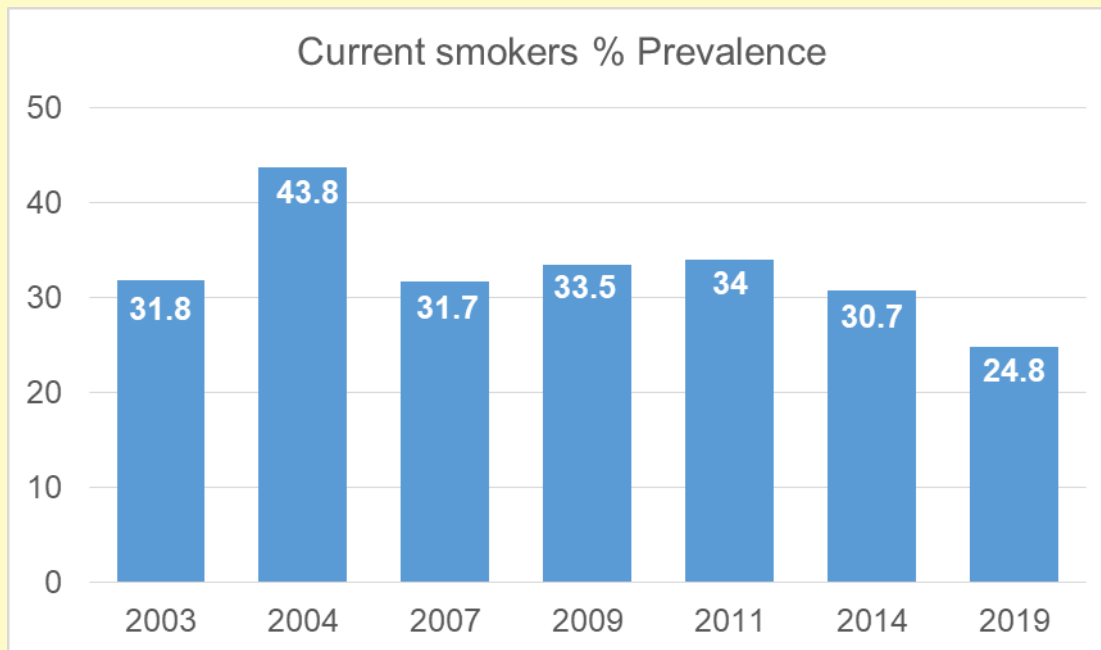
Key Messages - Smoking

- One quarter (24.9%) of people reported that they smoked
- This has reduced since 2014 survey (31.7%) but remains much higher than England (14%). Smoking in least deprived fifth better than national average
- Smoking prevalence remains strongly associated with deprivation
- Smoking prevalence decreased for each deprivation fifth in 2019, with the largest decrease in the most deprived fifth of areas and the smallest in the least deprived fifth of areas.

Smoking Prevalence – Differences by deprivation



Smoking prevalence trend improved



Improvements seen across the city, with most deprived parts of the city showing biggest reduction since 2014

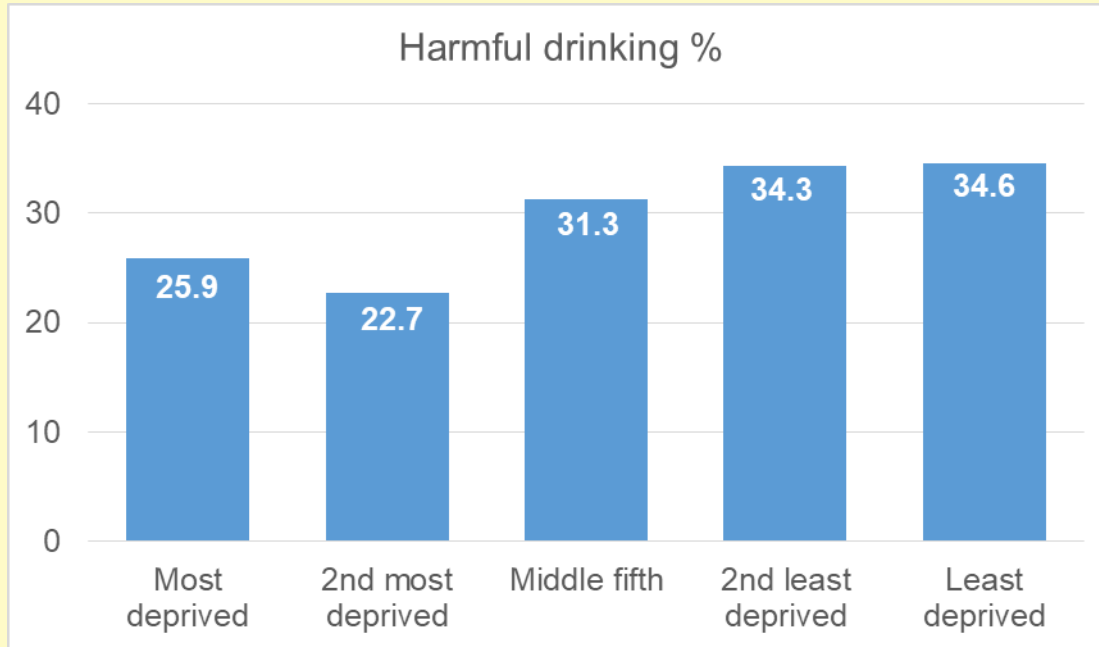
Key Messages – E-Cigs

- Around one in eight (13.4%) of respondents used e-cigarettes, with prevalence highest among those aged 25-34 and 45-54 years
- The use of e-cigarettes has increased in Hull by almost two thirds since 2014, with vaping prevalence increasing from 8.4% in 2014 to 13.4% in 2019
- People living in the two most deprived fifths of areas of Hull were around 50% more likely to vape than those living in the least deprived fifth of areas

Key Messages - Alcohol

- 1 in 5 respondents never drink alcohol
- Almost three in ten men and one in eight women had consumed excessive alcohol units (either weekly units or binge drinking) in the previous week
- 3 in 10 respondents reported harmful drinking behaviours (either 14+ units per week / weekly binge drinking / FAST score of 3+)
- Complex results for alcohol with different drinking behaviours being reported across different segments of the population

Harmful drinking* & deprivation



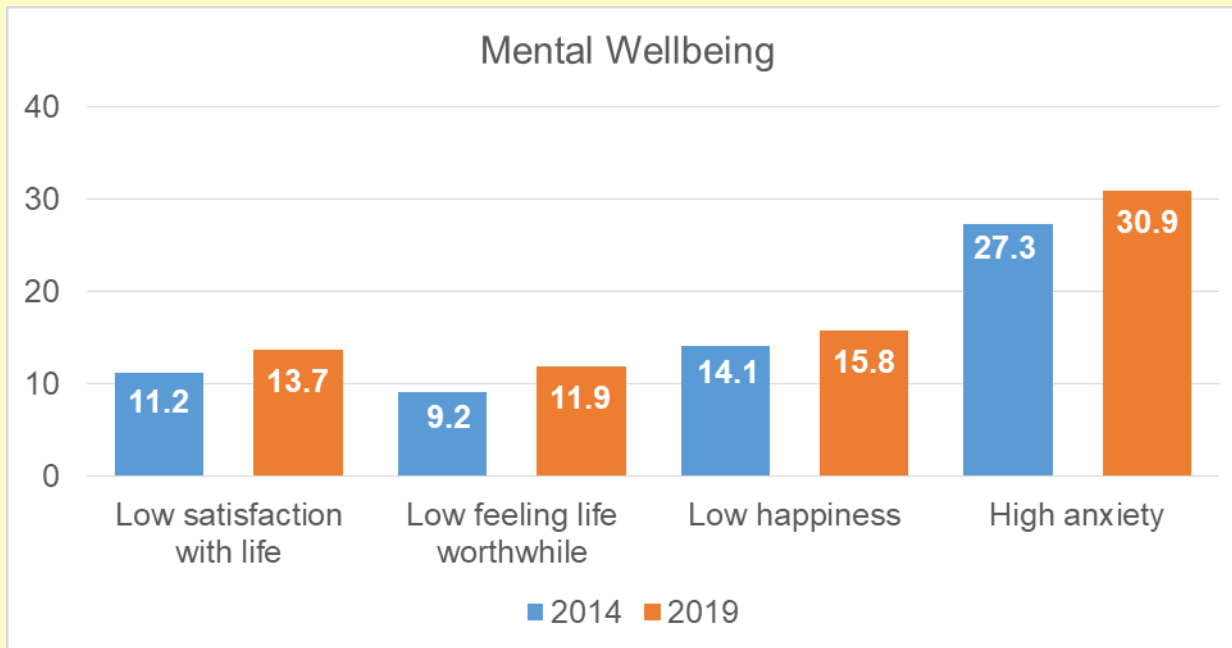
- Harmful drinking behaviour has a 'reverse deprivation gradient'
- This was most prevalent amongst under 25s (36%)

* either 14+ units per week / weekly binge drinking / FAST score of 3+

Key Messages - Diet, Physical Activity & Weight

- Rates of excess weight have increased in Hull
- Levels of inactivity & 5-a-day consumption remained relatively similar to previous years
- Activity levels much lower than England (22% inactive in England v 44% in Hull)
- 5-a-day consumption lower than England (29% in England v 21% in Hull)
- Excess weight higher in Hull than England (62% in England v 70% in Hull)

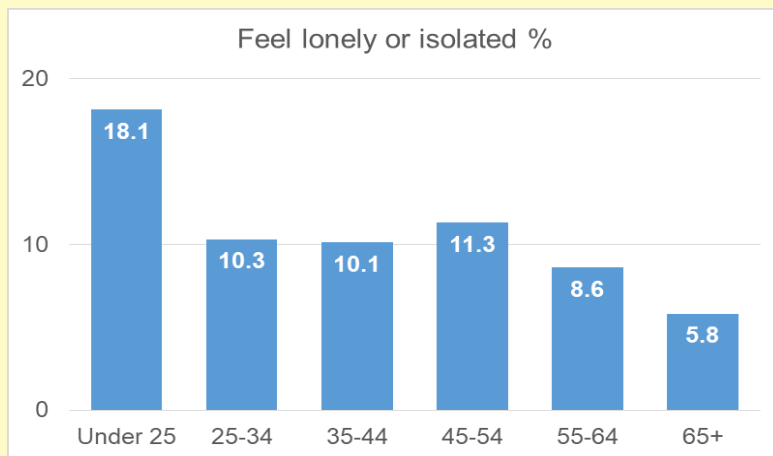
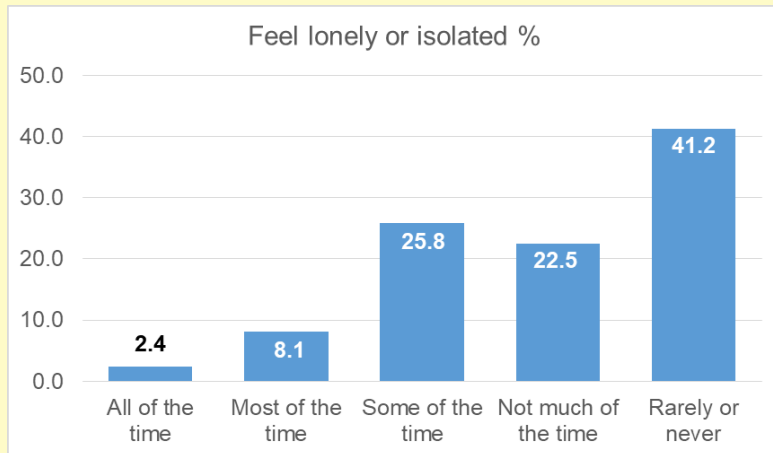
Key Messages – Mental Wellbeing



- Higher prevalence of poor mental wellbeing than nationally
- Limited trend data but this suggests small increase in prevalence since 2014

More prevalent among under 25s, more deprived areas, those unemployed or not working due to long-term illness or disability (which may be mental health related)

Key Messages – Social Isolation



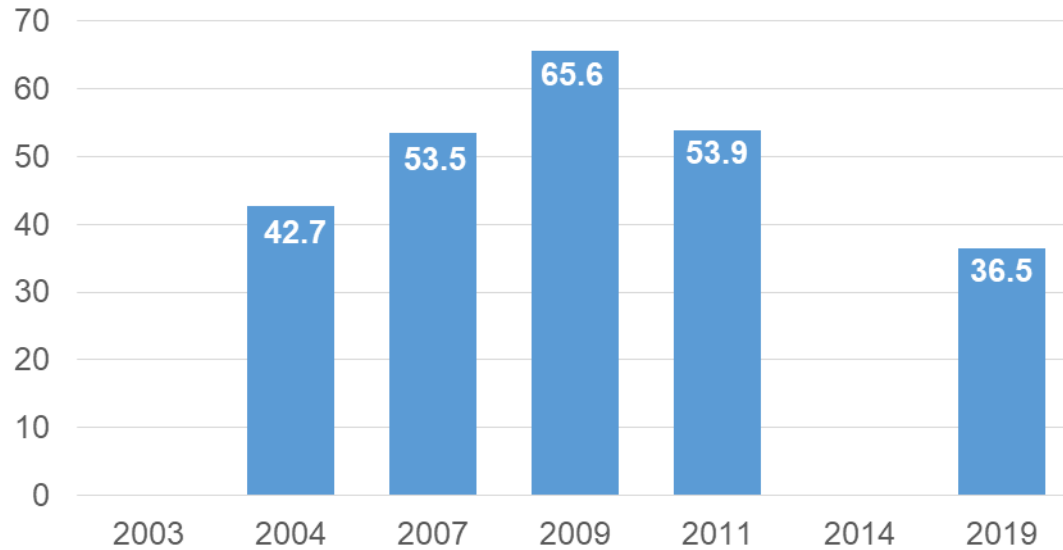
- 10.5% of respondents felt lonely or isolated all or most of the time
- Most common amongst the youngest age group (under 25s)
- People aged 65+ were least likely to say they felt lonely or isolated

Key Messages – Social Cohesion

- 55% respondents felt neighbours look out for each other
- 8% of respondents volunteer at least once a week, more frequent amongst younger and older age groups
- Just under 40% of respondents trusted most/many people in their neighbourhood
- Most people agreed that people from different backgrounds tend to get on well together in their local area (54%)
- 27% people very satisfied with their local area, 46% fairly satisfied

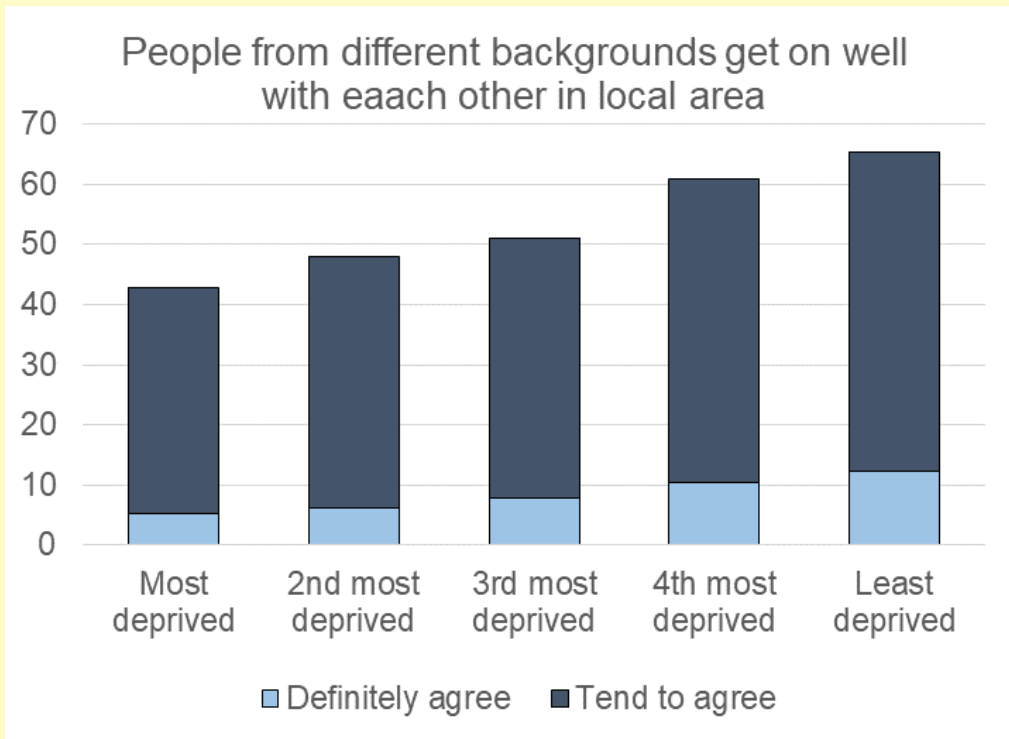
Key Messages – Social Cohesion Trend

Trust most or many people in neighbourhood



30% point reduction in the proportion of respondents who trust most / many in their neighbourhood over the past decade

Key Messages – Social Cohesion & Deprivation

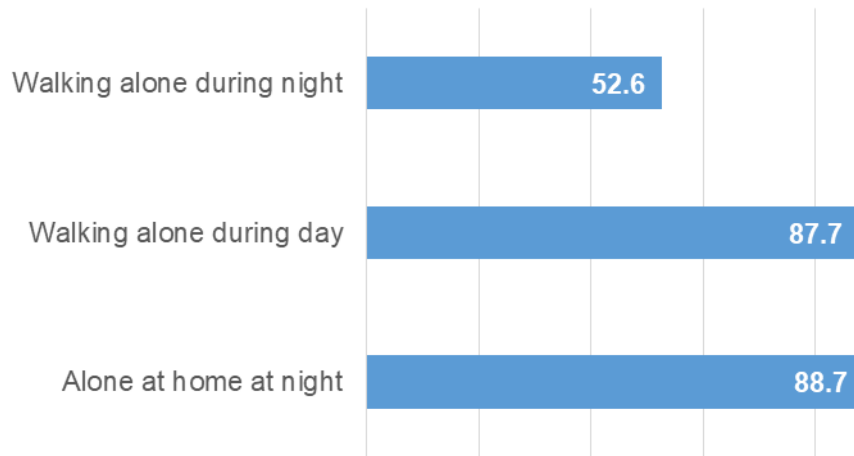


Noticeable deprivation (IMD2019) gradient in the proportion of respondents who feel that people from different backgrounds get on well with each other in local area:

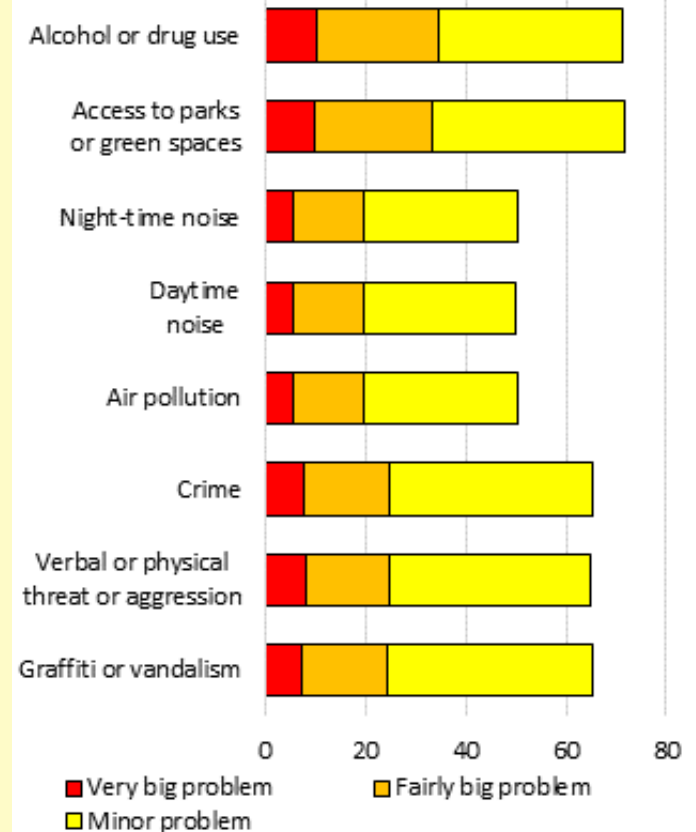
ranging from 43% (most deprived) to 65% (least deprived)

Key Messages – Local Environment

Feeling safe at home or local area %



Problems in the local area (%)



Key Messages – Carers

- Almost 1 in 5 respondents responsible for the long-term care of another person
- More likely amongst: women; people aged 45-64 years; living in most deprived areas; lone parent with 3+ children
- 8% are providing care for 20+ hours per week, including 6% doing so for 35+ hours per week

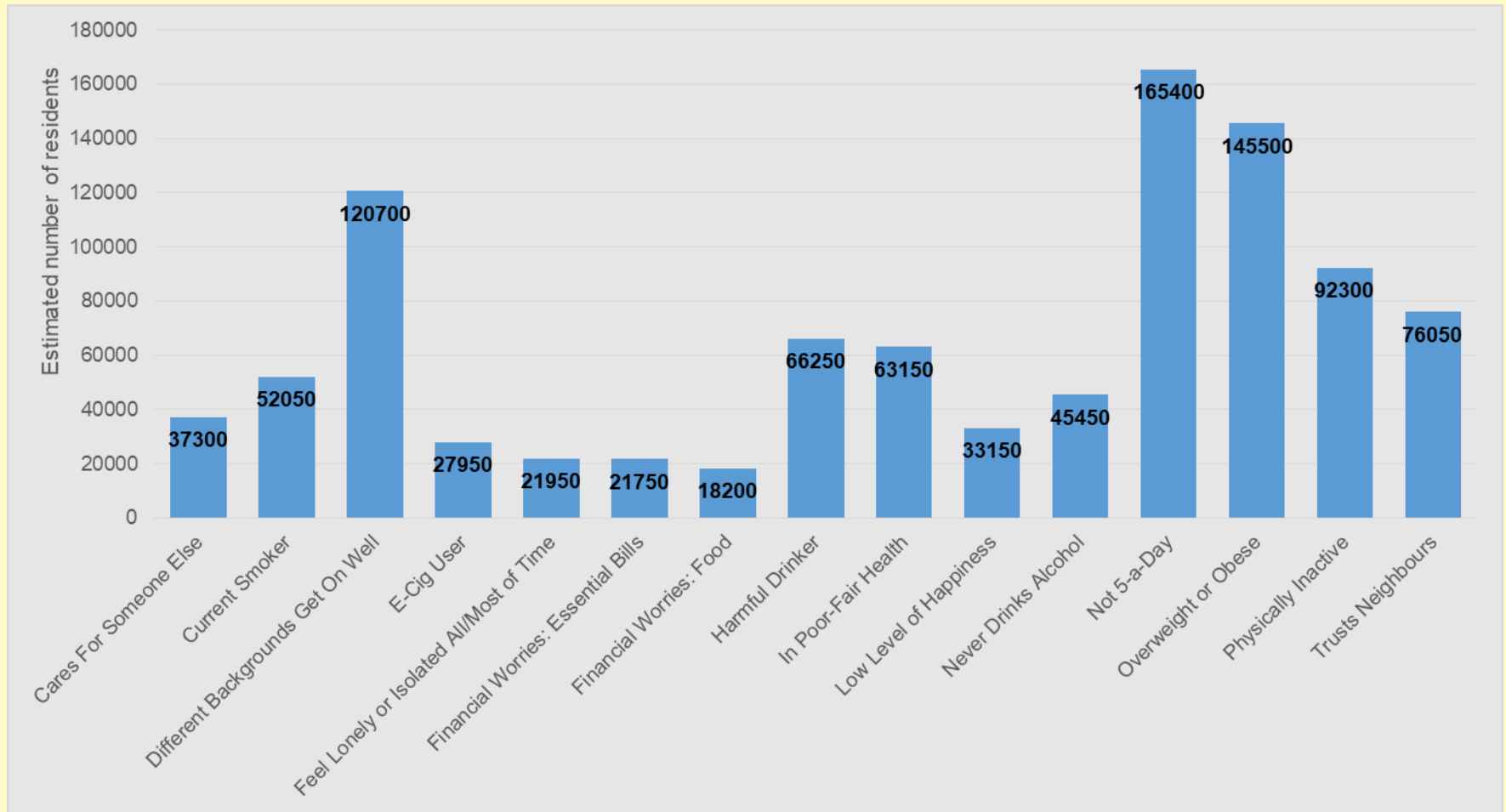
Key Messages – Financial Concerns

- 8.7% worried at least once a week about not having enough food due to lack of money or other resources
- Overall, 10.4% at least once a week about paying their rent or mortgage and other essential bills like utilities
- More common amongst those of working age but not in work, lone parents and amongst the more deprived areas of Hull

Key Messages – Problem Gambling

- Emerging public health issue and current focus of a broader Needs Assessment
- Limited local data available to understand the need
- Overall 1% of respondents had lied, felt the need to bet increasing sums of money and/or bet more than affordable in the past year on a weekly basis; 4% had done so at some point in the past year

Estimated Numbers In Hull



Outputs

- Presentations (eg this one) to Council & partner organisations
- Summary reports (2-3 pages) per theme & in-depth reports
- Dissemination via internal comms
- Integration of findings into updated Joint Strategic Needs Assessment (JSNA) reports on forthcoming new JSNA website
- Inform forthcoming key Public Health projects inc. Fairness Commission & H&WBB Strategy refresh

Further information

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