

**Briefing Paper to the Wyke Area Committee**

**Wards: Avenue, Bricknell,  
Central**

16 September 2020

**Health and Wellbeing Survey 2019 – Area Committee Results**

**Briefing Paper of the of Corporate Director for Public Health and Adult Services**

1. Purpose of the Paper and Summary

- 1.1 To present the Area Committee with a summary of the findings from the 2019 Adult Health and Wellbeing Survey for their area.

2. Background

- 2.1 Hull's Public Health team have commissioned surveys on the health and wellbeing of the city's residents since 2003. The 2019 survey is the first to have been carried out since 2014.
- 2.2 The aim of the surveys is to provide information on the health status and behavioural and Lifestyle risk factors in a representative sample of Hull's population.
- 2.3 The information is used to inform the Joint Strategic Needs Assessment (JSNA), a statutory requirement of the Health and Wellbeing Board, which should be used by the local authority and its partners when making decisions about commissioning services or developing strategies.
- 2.4 Overall, 4,137 adults (aged 16+) participated in the survey across Hull, between March and June 2019 which equates to around 2% of Hull's adult population. This included 580 residents of the three Wyke wards.
- 2.5 Quota sampling was used (a 'target' number of people to survey was provided for each gender, age group and ward). A 'knock and drop' survey approach was taken where the interviewer would call at a residence, sought agreement and collected the completed form at an agreed time). This ensured a high response rate (76%)
- 2.6 The survey results have been analysed across a range of different variables including age, gender, geography, deprivation, employment type.

### 3. Issues for Consideration

#### 3.1 Key findings for this Area Committee area are as follows.

- While 40% of survey respondents from Wyke were in excellent or very good health, 25% reported their health as only fair or poor, and 27% had their daily activities limited by long-term illness or disability. Wyke performed better than the Hull average on two wellbeing indicators: satisfaction with life and feeling life is worthwhile.
- 9% of Wyke respondents reported feeling lonely or isolated all or most of the time, while a further 9% felt lonely or isolated for some of the time, compared with the Hull averages of 10% and 26% respectively.
- 10% of Wyke respondents have no one to help them if they were ill in bed (or do not know if they have anyone), similar to the Hull average of 11%. 35% of Wyke respondents reported having fewer than 5 people they could turn to for comfort and support in a crisis, including 3% with no-one they could turn to, compared with the Hull averages of 36% and 3% respectively.
- The prevalence of smoking in Wyke was 23% which was lower than the average for Hull (25%). Among smokers in Wyke, 14% smoked 20 or more cigarettes per day, lower than the Hull average (19%).
- While the majority of respondents from Wyke are drinking within guidelines (67%, including 24% never drinking alcohol), 33% are engaged in harmful drinking behaviour, with 20% binge drinking every week, 22% drinking more than 14 units last week (including 8% drinking more than 28 units, double the recommended maximum amount).
- The overwhelming majority of respondents from Wyke (78%) had never used drugs, while just 2% used them daily and 3% used them at least once a month.
- While most respondents in Wyke reported eating a healthy diet, 20% did not eat a healthy diet, with a further 8% not knowing what a healthy diet was, or whether they had one.
- Only 26% ate 5-A-DAY fruits and vegetables, with 34% eating fewer than 3 portions a day.
- 39% of respondents in Wyke reported they usually undertook 5 or more sessions of moderate or vigorous intensity activity each week, although 18% only took light exercise and 5% reported never exercising.
- In the last week, 47% of respondents were physically active (taking at least 2.5 hours of moderate or higher intensity activity), although 37% were deemed physically inactive (with less than 30 minutes last week), which compares to the Hull averages of 41% and 44% respectively.

- 68% of respondents from Wyke were overweight or obese, a little lower than the Hull average of 70%; 40% were overweight and 28% were obese, compared with the Hull averages of 39% and 31% respectively.
- While 43% of respondents from Wyke regularly use parks and green spaces in the city, 19% reported never using them, lower than the Hull average of 23%. Among those that never used parks, the three most common reasons given were don't feel safe (33%), can't get there/mobility issues (22%) and nothing to do (20%).
- More than half of respondents in Wyke (64%) would use their savings or money from their current account if their household needed £200 in an emergency, compared to the Hull average of 60%, while around one fifth reported they would ask family or friends (22%) or would work some additional hours (21%) and around one in ten would use a credit card (9%).
- Most respondents in Wyke (59%) gambled at some point, lower than the Hull average of 65%. Most gamblers gambled about once a week or less than once a month (21% and 14% respectively of respondents in Wyke), with less than one in twenty respondents gambling every day (3%).
- Most gamblers among respondents in Wyke reported that they had never experienced any of three gambling related problems with just 12% having ever experienced any of them, and 5% having experienced each of them, which compares to the Hull averages of 10% and 5% respectively. 12% of gamblers in Wyke met the Lie Bet tool criteria as potential problem gamblers, as did 10% across Hull.
- 12% of respondents living in Wyke worried at least once a month about having enough food to eat, 12% worried about being able to eat healthily, 19% worried about paying their rent, mortgage or bills and 14% worried about paying back loans, overdrafts and credit cards.
- 19% of respondents living in Wyke were involved in caring for others, compared to the Hull average of 19%. Most respondents were caring for sick or disabled relatives (11%) or for parents or elderly relatives (9%). 5% of respondents were caring for more than one person, while 32% spent 50 or more hours per week in caring activities.
- 30% of respondents living in Wyke felt that graffiti or vandalism was a very big or fairly big problem in their area, higher than the Hull average of 25%; 18% felt verbal or physical threat or aggression was a problem (similar to the Hull average of 20%); 36% thought crime was a problem in their area, similar to the Hull average (34%); and 40% felt that the amount of alcohol and drug use in the local area was a very big or fairly big problem, higher than the Hull average of 32%.
- When asked which environmental issues were very big or fairly big problems in their area, 25% of respondents living in Wyke said air pollution, higher than the Hull average of 19%; 13% said daytime noise (similar to the Hull average of 13%); 16% said night-time noise, similar to the Hull average (16%); and 8% said lack of access to parks and green spaces was a very or fairly big problem in their area, similar to the Hull average of 9%.

- Most respondents in Wyke felt safe when alone at home at night or when walking alone in their local area during the daytime and at night. However, 12% reported feeling unsafe walking alone in the daytime (similar to the Hull average of 12%) and 51% after dark (higher than the Hull average of 47%); while 11% felt unsafe when alone at home at night (similar to the Hull average of 11%).
- Most respondents from Wyke felt that people from different backgrounds get on well together in the local area (65%) compared to the Hull average of 54%, although 44% said their local area was not a place where people looked out for each other (25%), or they did not know if it was (19%), and 16% said they trusted no-one, or did not know if they trusted anyone in their neighbourhood. Despite this, the overwhelming majority, 75%, were satisfied overall with their local area, similar to the Hull average of 73%.
- When asked about lifestyle changes they are making or would like to make in the next year, 66% of respondents from Wyke who smoke would like to smoke less, and 50% would like to stop smoking; 47% of vapers would like to vape less, and 41% would like to stop vaping; 30% of those who drink alcohol would like to drink less.
- When asked about more general lifestyle changes they are making or would like to make in the next year, 77% of respondents from Wyke would like to eat a healthier diet; 76% would like to do more physical activity or exercise; 56% would like to lose weight; 52% would like to reduce their stress levels; 35% would like to feel more connected to their local community.

#### 4. Next steps

- 4.1 Results from the survey are being incorporated into the Joint Strategic Needs Assessment (JSNA) in order to better inform future commissioning and strategy development plans for the local authority and its partners.

### **Corporate Director for Public Health and Adult Services**

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Officer Interests: None

Background Documents: - (Wyke health and wellbeing survey 2019 summary)