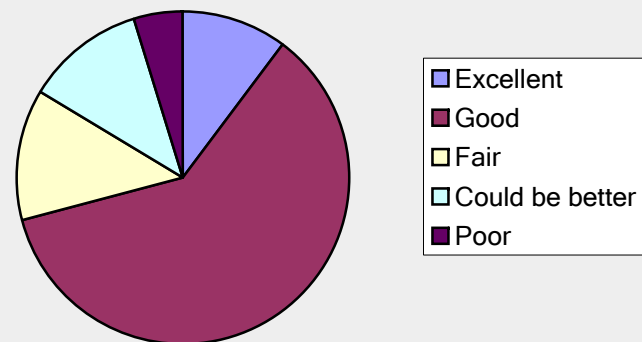


Norwich Living Well consultation responses (June to July 2012)

Q1. How would you describe your general health and happiness?

Answer Options	Response Percent	Response Count
Excellent	10.3%	22
Good	60.6%	129
Fair	12.7%	27
Could be better	11.7%	25
Poor	4.7%	10
<i>answered question</i>		213
<i>skipped question</i>		0

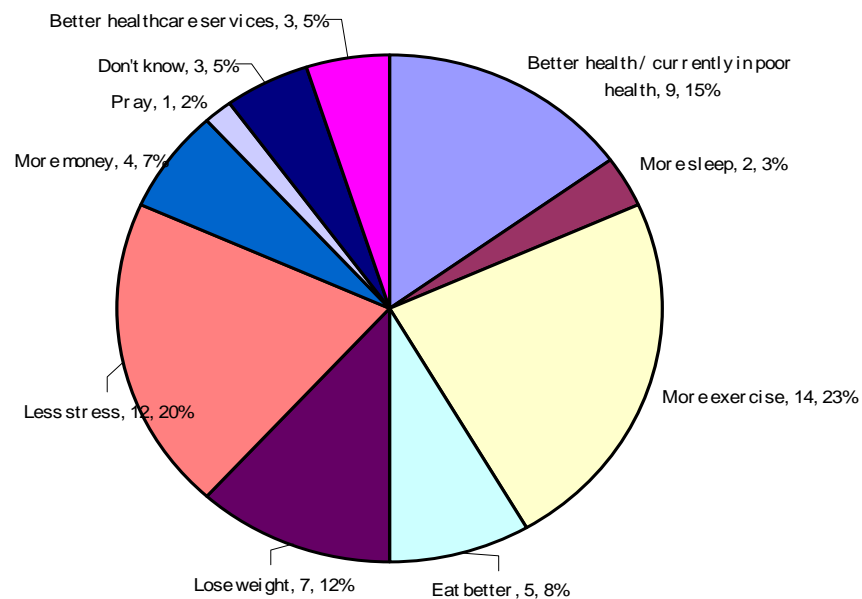
How would you describe your general health and happiness?



Q2. If you have answered 'fair', 'could be better' or 'poor', what do you think you can or should do to improve it?

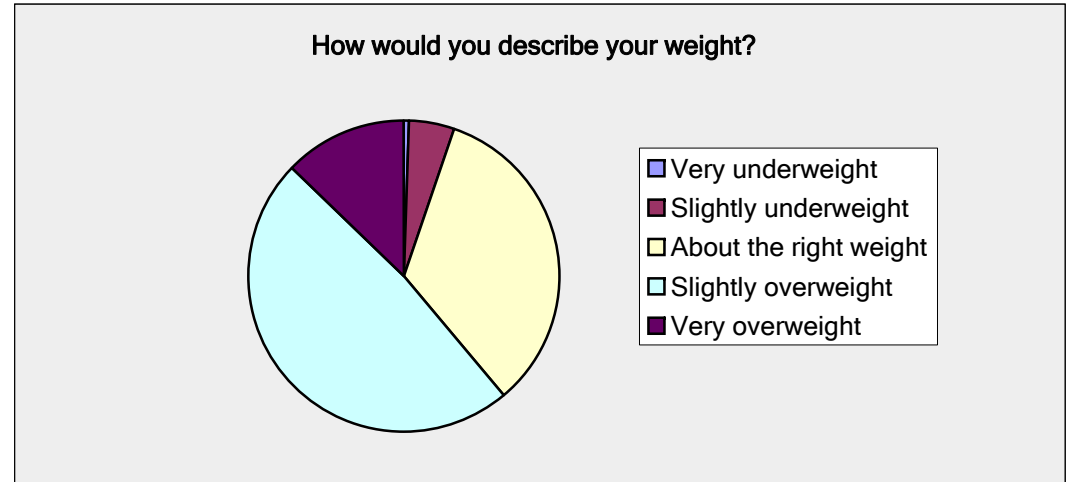
Answer Options	Response Count
	47
<i>answered question</i>	47
<i>skipped question</i>	166

Things that could be done to improve general health and well-being



Q3. How would you describe your weight?

Answer Options	Response Percent	Response Count
Very underweight	0.5%	1
Slightly underweight	4.8%	10
About the right weight	33.5%	70
Slightly overweight	48.3%	101
Very overweight	12.9%	27
<i>answered question</i>		209
<i>skipped question</i>		4



Q4. Do you think you should lose weight or have you been medically advised to lose weight?

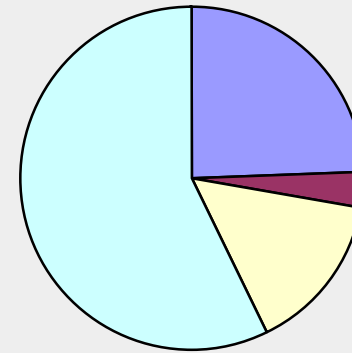
Answer Options	Response Percent	Response Count
I think I should lose weight	55.1%	114
Neither of the above	35.7%	74
I have been medically advised to lose weight	9.7%	20
<i>answered question</i>		207
<i>skipped question</i>		6



Q5. Which of the following are you trying to do about your weight?

Answer Options	Response Percent	Response Count
I am not trying to do anything about my weight	24.5%	51
Gain weight	3.4%	7
Stay the same weight	14.9%	31
Lose weight	57.2%	119
<i>answered question</i>		208
<i>skipped question</i>		5

Which of the following are you trying to do about your weight?

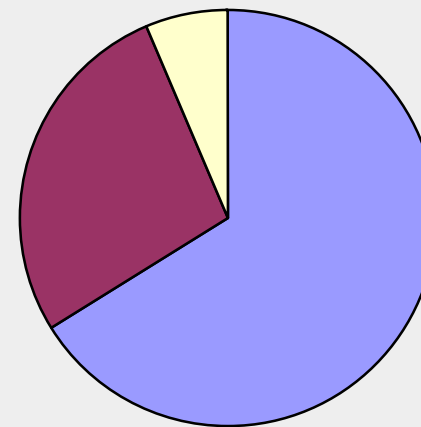


- I am not trying to do anything about my weight
- Gain weight
- Stay the same weight
- Lose weight

Q6. Do you think you should increase your levels of physical activity?

Answer Options	Response Percent	Response Count
Yes	66.0%	134
No	27.6%	56
Not sure	6.4%	13
<i>answered question</i>		203
<i>skipped question</i>		10

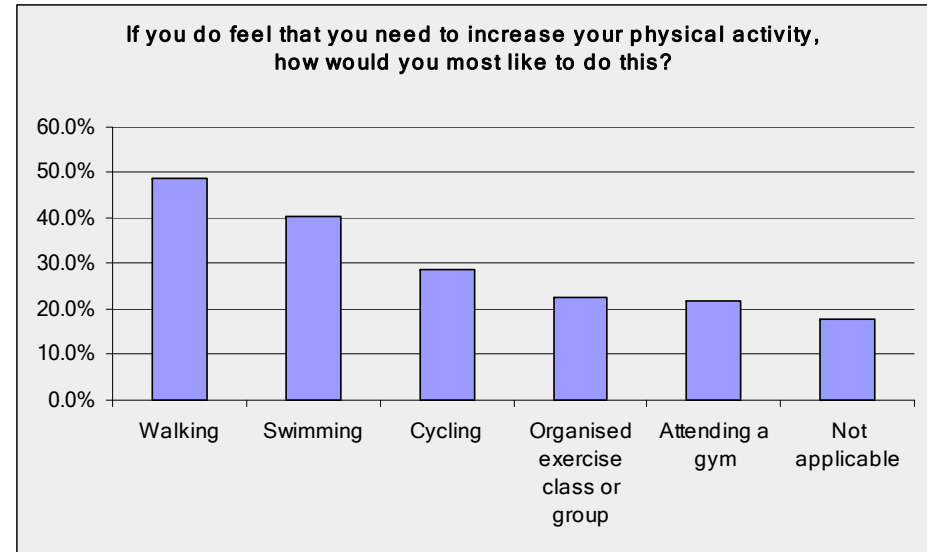
Do you think you should increase your levels of physical activity?



- Yes
- No
- Not sure

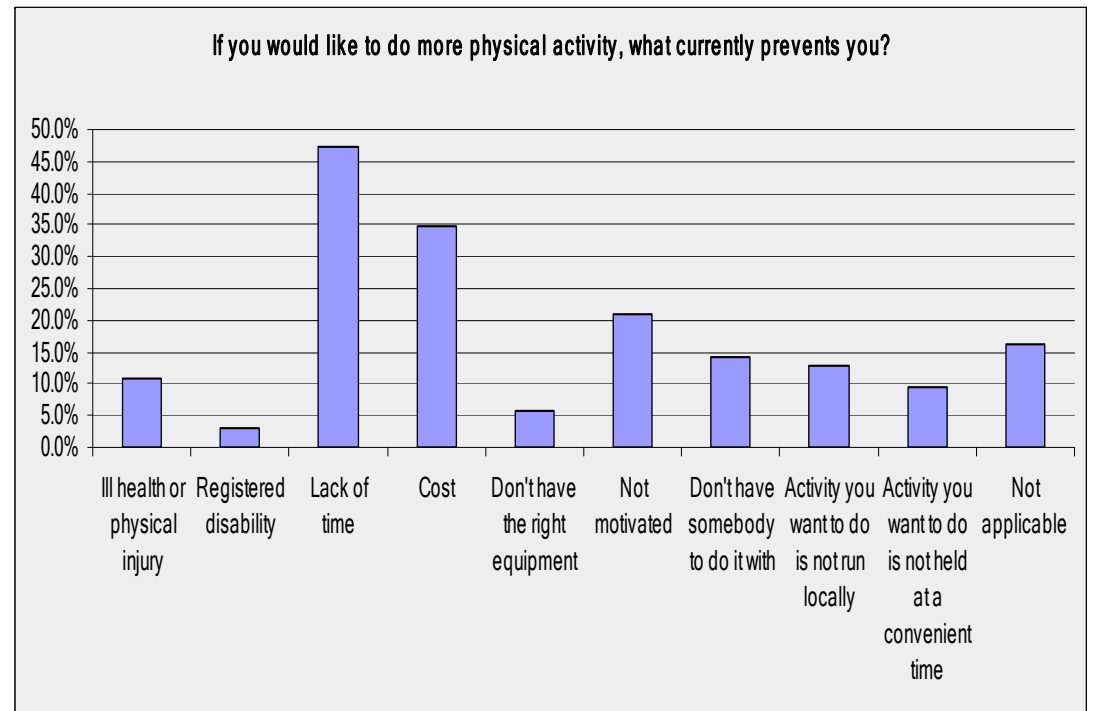
Q7. If you do feel that you need to increase your physical activity, how would you most like to do this?

Answer Options	Response Percent	Response Count
Walking	48.9%	85
Swimming	40.2%	70
Cycling	28.7%	50
Organised exercise class or group	22.4%	39
Attending a gym	21.8%	38
Not applicable	17.8%	31
Other (please specify)		22
<i>answered question</i>		174
<i>skipped question</i>		39



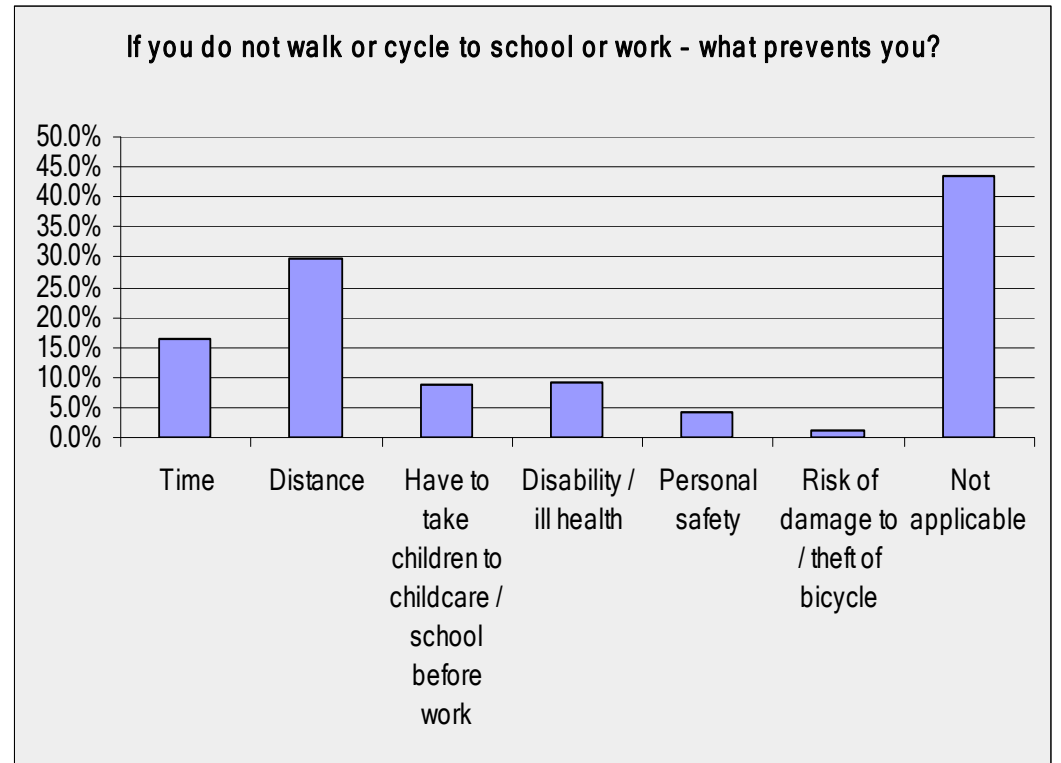
Q8. If you would like to do more physical activity, what currently prevents you?

Answer Options	Response Percent	Response Count
Ill health or physical injury	10.9%	21
Registered disability	3.1%	6
Lack of time	47.4%	91
Cost	34.9%	67
Don't have the right equipment	5.7%	11
Not motivated	20.8%	40
Don't have somebody to do it with	14.1%	27
Activity you want to do is not run locally	13.0%	25
Activity you want to do is not held at a convenient time	9.4%	18
Not applicable	16.1%	31
Other (please specify)		12
<i>answered question</i>		192
<i>skipped question</i>		21



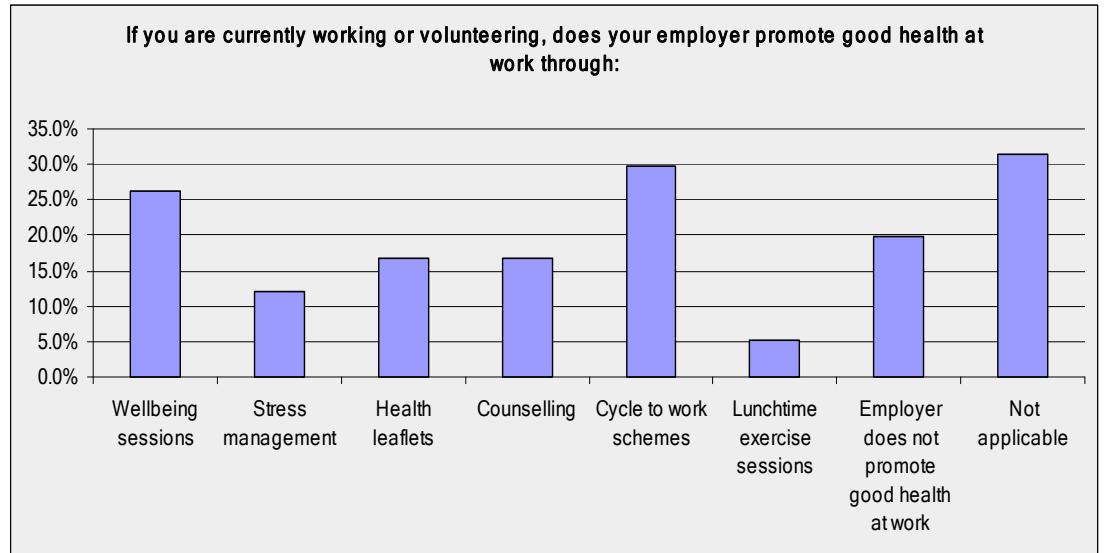
Q9. If you do not walk or cycle to school or work – what prevents you?

Answer Options	Response Percent	Response Count
Time	16.3%	28
Distance	29.7%	51
Have to take children to childcare / school	8.7%	15
Disability / ill health	9.3%	16
Personal safety	4.1%	7
Risk of damage to / theft of bicycle	1.2%	2
Not applicable	43.6%	75
Other (please specify)		26
<i>answered question</i>		172
<i>skipped question</i>		41



Q10. If you are currently working or volunteering, does your employer promote good health at work through:

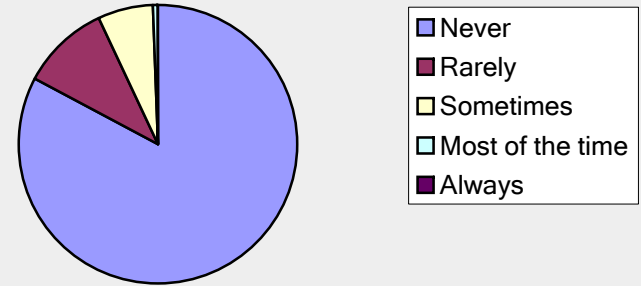
Answer Options	Response Percent	Response Count
Wellbeing sessions	26.2%	50
Stress management	12.0%	23
Health leaflets	16.8%	32
Counselling	16.8%	32
Cycle to work schemes	29.8%	57
Lunchtime exercise sessions	5.2%	10
Employer does not promote good health at work	19.9%	38
Not applicable	31.4%	60
Other (please specify)		8
<i>answered question</i>		191
<i>skipped question</i>		22



Q11. During the past month, how often did you go hungry because there was not enough food in your home?

Answer Options	Response Percent	Response Count
Never	82.9%	165
Rarely	10.1%	20
Sometimes	6.5%	13
Most of the time	0.5%	1
Always	0.0%	0
<i>answered question</i>		199
<i>skipped question</i>		14

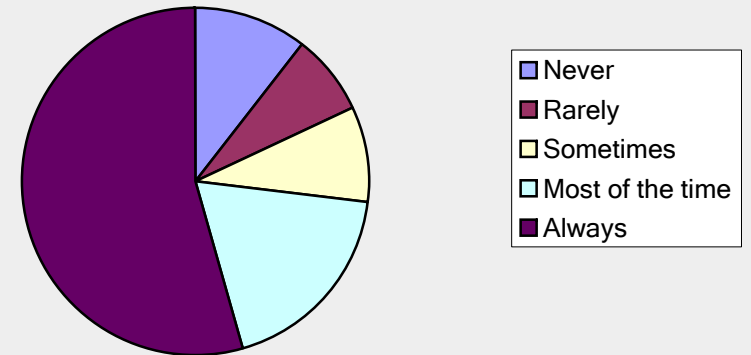
During the past month, how often did you go hungry because there was not enough food in your home?



Q12. During the past week, how often did you eat breakfast?

Answer Options	Response Percent	Response Count
Never	10.5%	21
Rarely	7.5%	15
Sometimes	9.0%	18
Most of the time	18.5%	37
Always	54.5%	109
<i>answered question</i>		200
<i>skipped question</i>		13

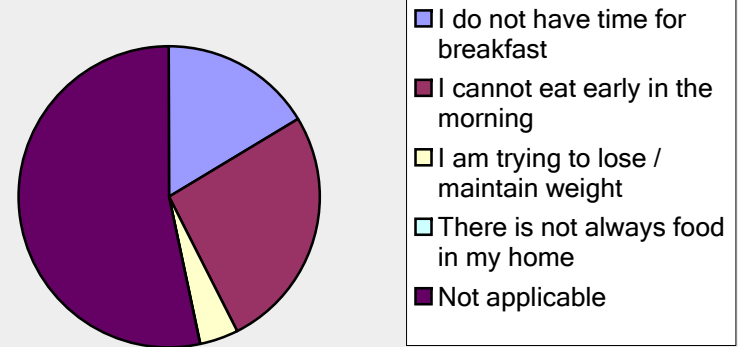
During the past week, how often did you eat breakfast?



Q13. If you have answered 'never', 'rarely', or 'sometimes' to the last question, what is the main reason you do not eat breakfast

Answer Options	Response Percent	Response Count
I do not have time for breakfast	16.4%	20
I cannot eat early in the morning	26.2%	32
I am trying to lose / maintain weight	4.1%	5
There is not always food in my home	0.0%	0
Not applicable	53.3%	65
Other (please specify)		3
<i>answered question</i>		122
<i>skipped question</i>		91

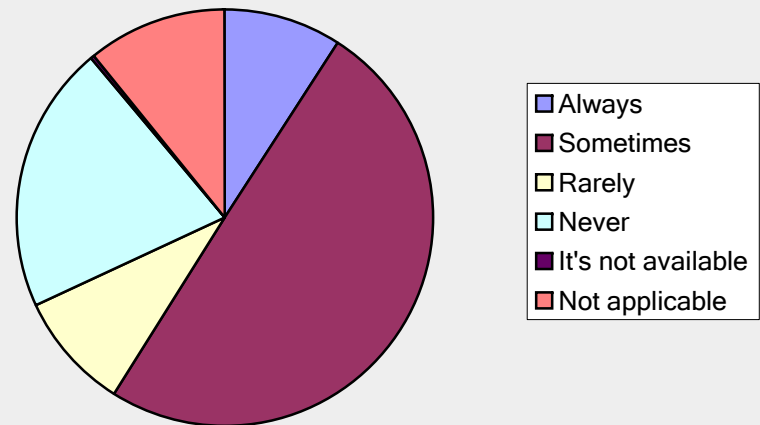
If you have answered 'never', 'rarely', or 'sometimes' to the last question, what is the main reason you do not eat breakfast more regularly, or at all?



Q14. When you have fast food or eat out, do you select a healthy option meal?

Answer Options	Response Percent	Response Count
Always	9.1%	18
Sometimes	49.7%	98
Rarely	9.1%	18
Never	20.8%	41
It's not available	0.5%	1
Not applicable	10.7%	21
<i>answered question</i>		197
<i>skipped question</i>		16

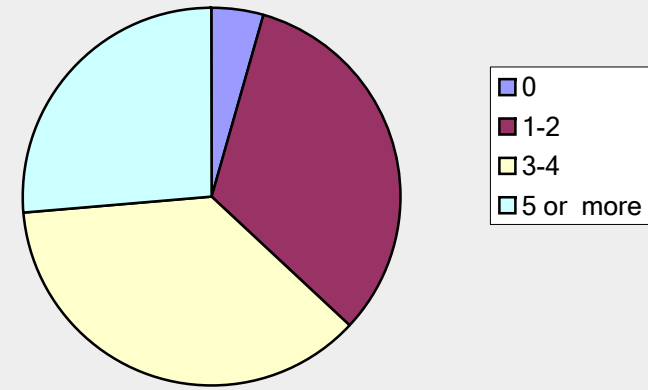
When you have fast food or eat out, do you select a healthy option meal?



Q15. How many portions (about a handful) of fruit or vegetables do you eat on a typical day?

Answer Options	Response Percent	Response Count
0	4.5%	9
1-2	32.5%	65
3-4	36.5%	73
5 or more	26.5%	53
<i>answered question</i>		200
<i>skipped question</i>		13

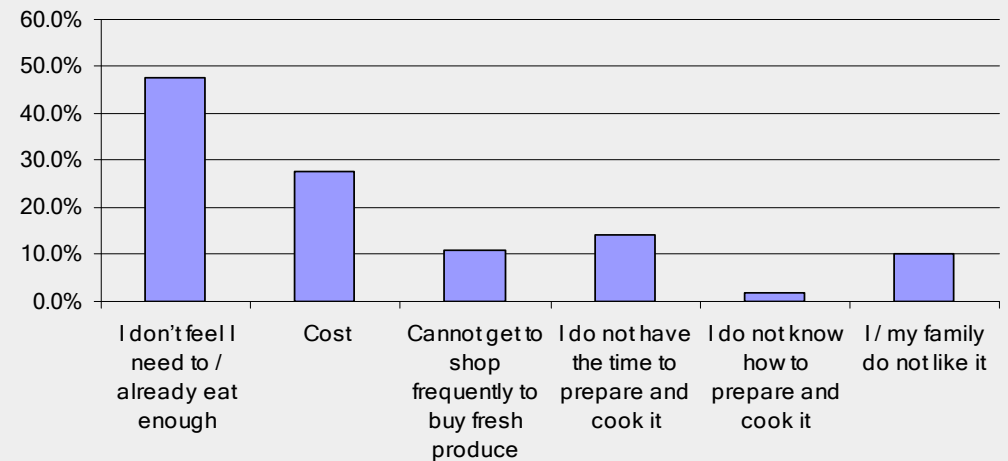
How many portions (about a handful) of fruit or vegetables do you eat on a typical day?



Q16. What prevents you from eating fruit and vegetables more often?

Answer Options	Response Percent	Response Count
I don't feel I need to / already eat enough	47.7%	74
Cost	27.7%	43
produce	11.0%	17
I do not have the time to prepare and cook it	14.2%	22
I do not know how to prepare and cook it	1.9%	3
I / my family do not like it	10.3%	16
Other (please specify)		17
<i>answered question</i>		155
<i>skipped question</i>		58

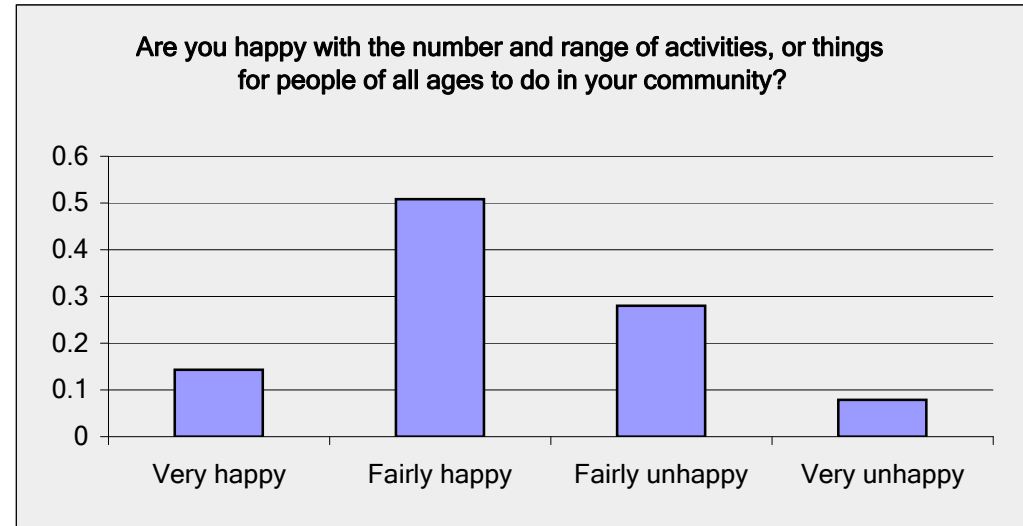
What prevents you from eating fruit and vegetables more often?



Q17. Are you happy with the number and range of activities, or things for people of all ages to do in your community?

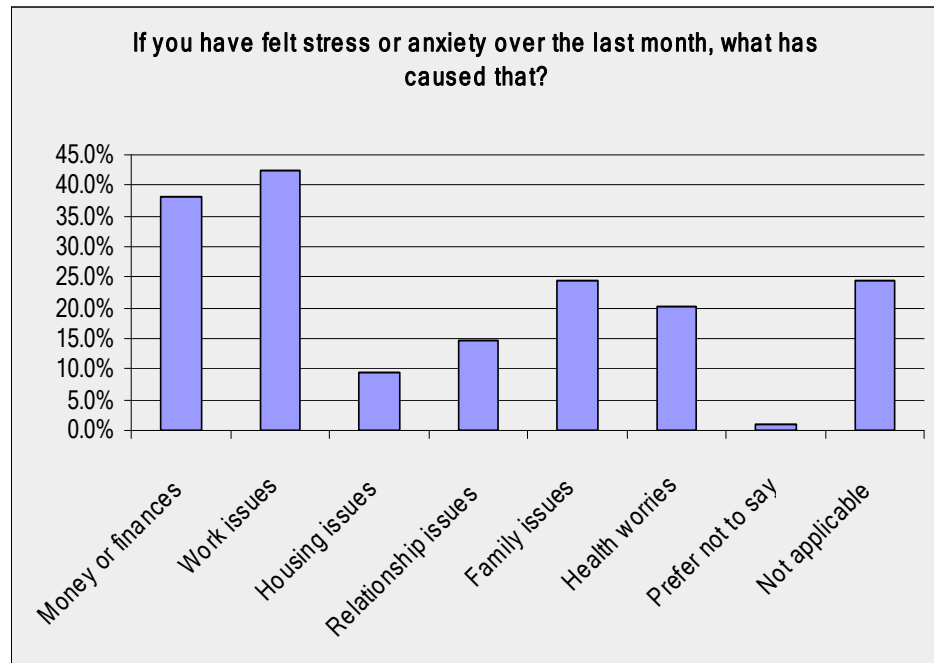
Answer Options	Response Percent	Response Count
Very happy	14.3%	27
Fairly happy	50.8%	96
Fairly unhappy	28.0%	53
Very unhappy	7.9%	15
Comment* (optional)		33
<i>answered question</i>		189
<i>skipped question</i>		24

Comment* :	
I'm not aware of what provision there is	10
More for adults required	3
More for children & young people required	5
More activities required generally	12
More activities for people with disabilities required	1
Need better & more reasonable swimming pool facilities	1
There's lots available if you make the effort to look	1



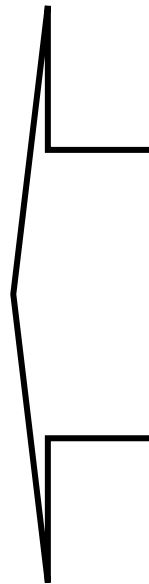
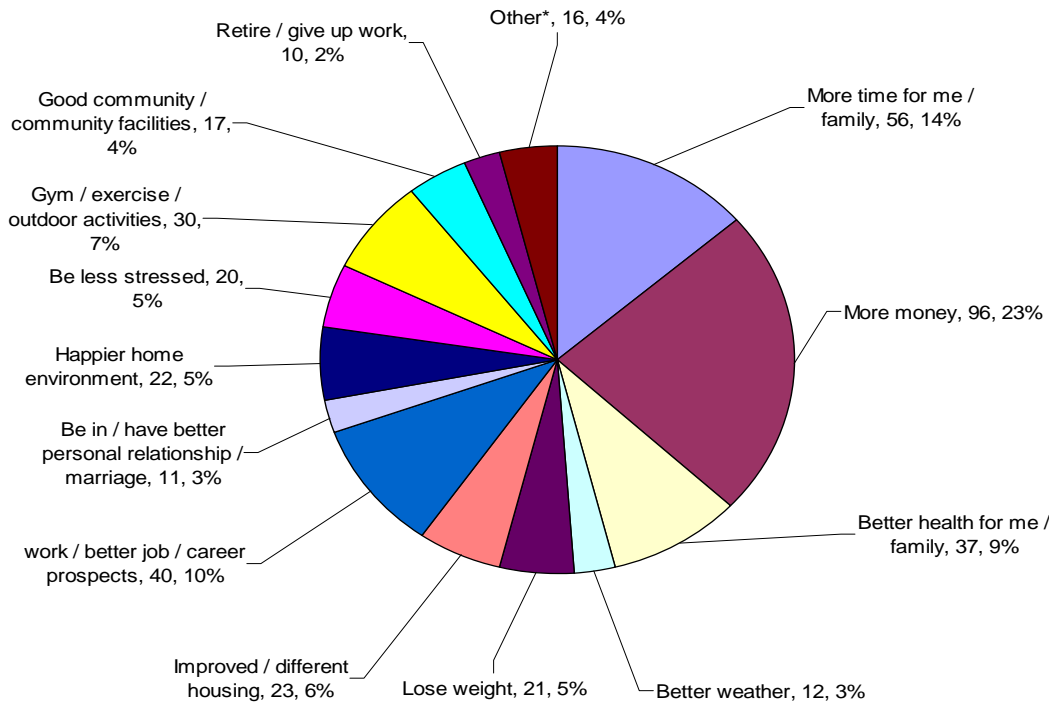
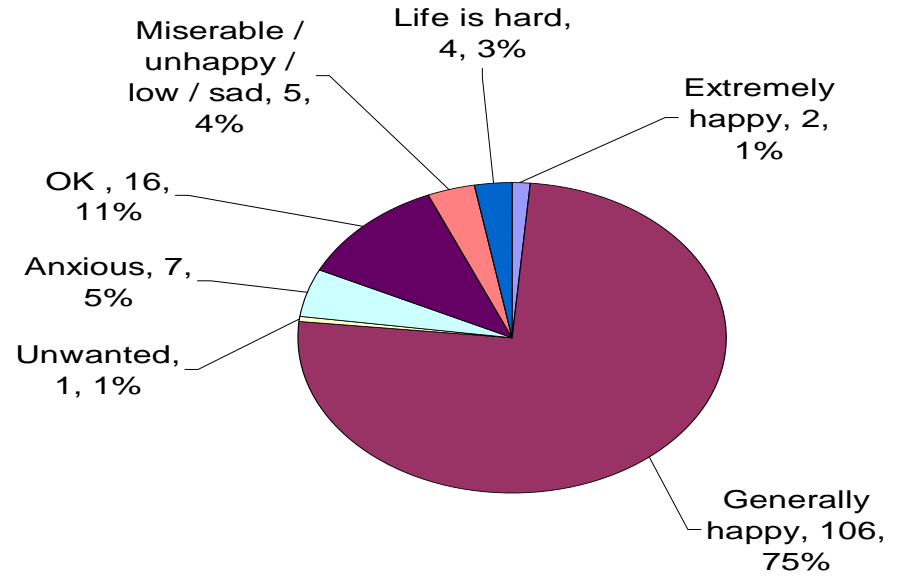
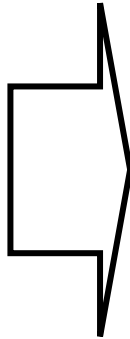
Q18. If you have felt stress or anxiety over the last month, what has caused that?

Answer Options	Response Percent	Response Count
Money or finances	38.1%	72
Work issues	42.3%	80
Housing issues	9.5%	18
Relationship issues	14.8%	28
Family issues	24.3%	46
Health worries	20.1%	38
Prefer not to say	1.1%	2
Not applicable	24.3%	46
Other: 1 of each - weather, bereavement, pregnancy, carer, politics, crime & hate crime. 4 state Antisocial behaviour.		10
<i>answered question</i>		189
<i>skipped question</i>		24



Q19. Would you describe yourself as 'generally happy'? If not, how would you describe yourself?

Answer Options	Response Count
	134
<i>answered question</i>	134
<i>skipped question</i>	79



Q20. What three things would make you happier?

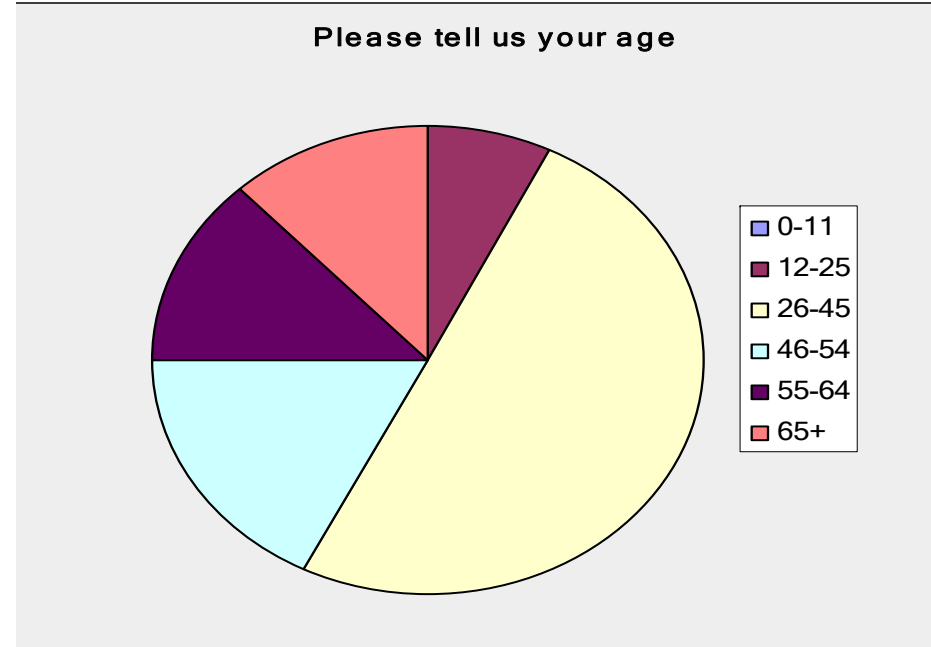
Answer Options	Response Percent	Response Count
	100.0%	145
	82.8%	120
	66.9%	97
<i>answered question</i>		145
<i>skipped question</i>		68

***Other includes:**

Chocolate / cake	4
Super powers	1
Better physical appearance	3
Better health services	2
Better education system	3
Learn to drive	2
Ability to commit one consequence free murder per yr	1

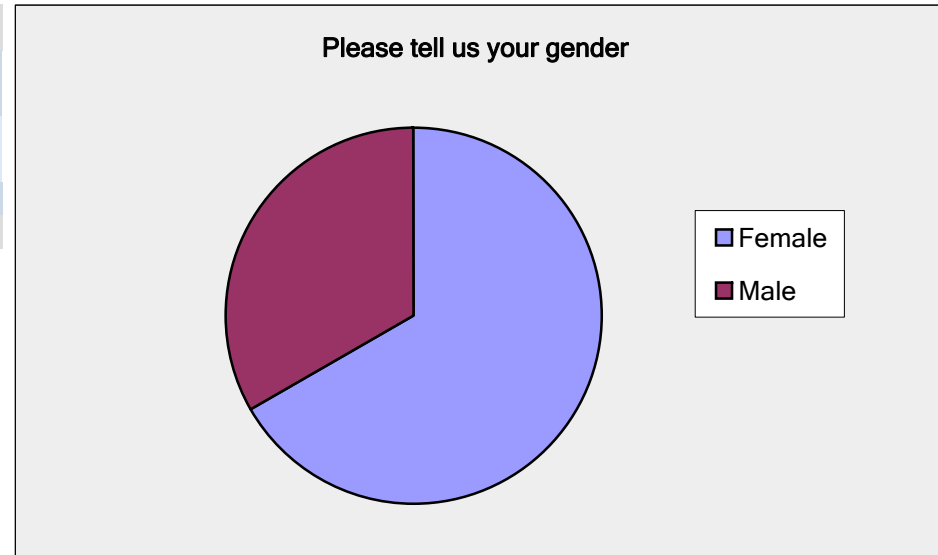
Q21. Please tell us your age

Answer Options	Response Percent	Response Count
0-11	0.0%	0
12-25	7.3%	14
26-45	50.3%	97
46-54	17.6%	34
55-64	13.0%	25
65+	11.9%	23
<i>answered question</i>		193
<i>skipped question</i>		20



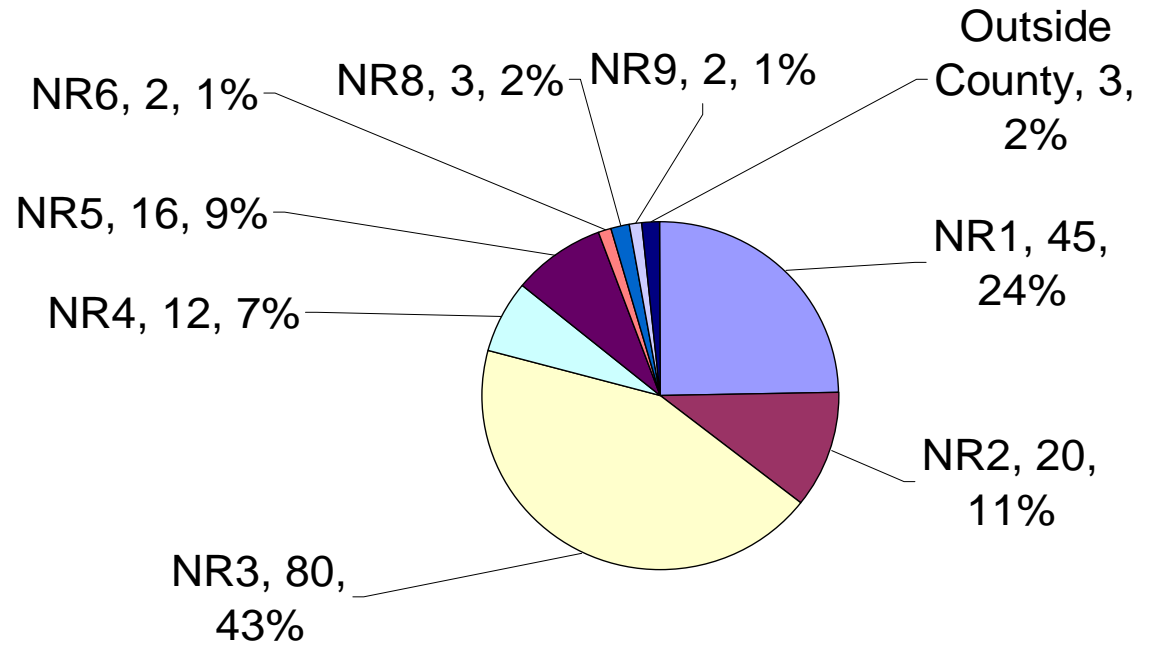
Q22. Please tell us your gender

Answer Options	Response Percent	Response Count
Female	66.8%	127
Male	33.2%	63
<i>answered question</i>		190
<i>skipped question</i>		23



Q23. Please tell us the postcode where you live - first three digits is enough

Answer Options	Response Count
	183
<i>answered question</i>	183
<i>skipped question</i>	30



Q24. Please tell us your ethnicity / racial origin

Answer Options	Response Percent	Response Count
White - British	89.6%	173
White - Irish	0.0%	0
White - Other	3.1%	6
Mixed - White & Black Caribbean	0.0%	0
Mixed - White & Black African	0.5%	1
Mixed - Other	1.6%	3
Asian and Asian British - Indian	0.0%	0
Asian and Asian British - Pakistani	0.0%	0
Asian and Asian British - Bangladeshi	0.0%	0
Asian and Asian British - Other	1.0%	2
Black and Black British - Caribbean	0.0%	0
Black and Black British - African	1.0%	2
Black and Black British - Other	0.0%	0
Chinese - Chinese	0.0%	0
Chinese - Other	0.0%	0
Gypsy / Traveller - Romany Gypsy	0.5%	1
Gypsy / Traveller - Traveller of Irish Origin	0.0%	0
Gypsy / Traveller - Traveller of Other Origin	0.5%	1
Prefer not to say	2.1%	4
Other *(please specify)		2
<i>answered question</i>		193
<i>skipped question</i>		20

Other	Response %	Response count
American	1%	2

Please tell us your ethnicity / racial origin

