

Hull's 2007 Health and Lifestyle Survey Summary Report

Introduction: The aim of the 2007 Health and Lifestyle survey was to examine health status and health related behaviour in a representative sample of Hull's adult (18 years and over) population. This enables trends and differences in demographic and lifestyle factors to be examined in order to better plan, improve and redefine services and to reduce the impact of any inequalities. A full report is available on the Hull Teaching Primary Care Trust (TPCT) Public Health Sciences website at <http://www.hullpublichealth.org/>

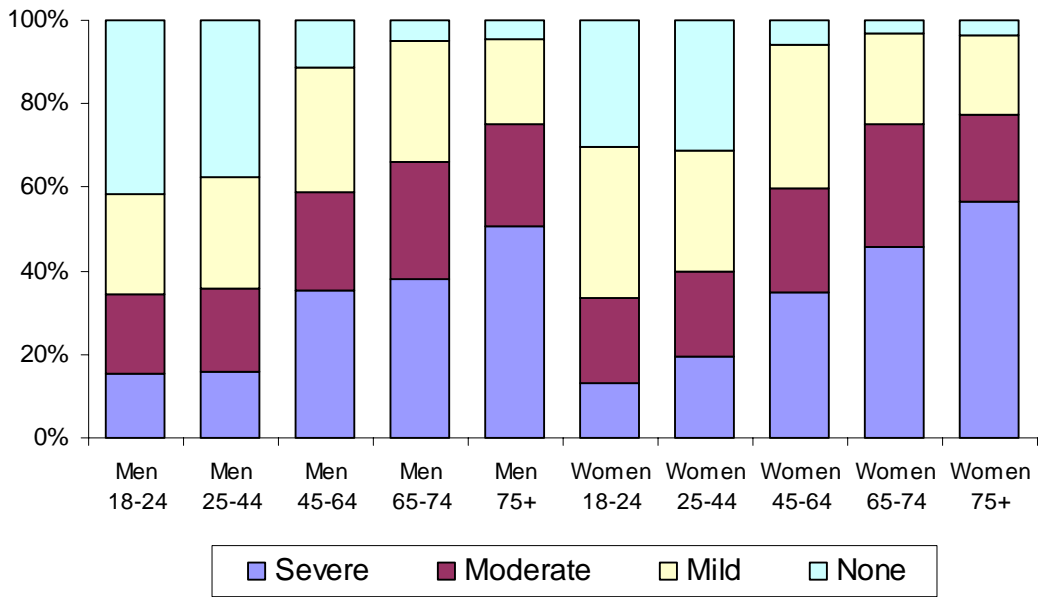
Methods: During early 2007, two Health and Lifestyle adult surveys, commissioned by Hull TPCT, were completed. The main survey, which is the subject of this report, had a target of 4,000 respondents, and involved a quite lengthy anonymous questionnaire covering General Health, Smoking, Diet, Exercise, Social Capital and individual demographics. Individuals were approached through interviewers knocking on doors who either completed a questionnaire or left it for self-completion. Quota sampling was used based on gender, age group, nine geographical areas and employment status, so that the resulting sample was broadly representative of Hull's overall population. A second survey focused on people from black and minority ethnic (BME) backgrounds and is the subject of a separate report.

Findings: Brief summaries of findings for key questions are given in this summary. The main survey report covers the full set of questions and breaks the answers down by sub-categories such as gender, age, locality and level of deprivation. Further topic-specific reports have also been produced.

Ethnicity: The main survey involved 4,086 residents representative of Hull's population. Of these all but 267 were White British, with 6.6% being from Black and Minority Ethnic (BME) backgrounds (including 0.4% Irish). This gives an estimate of 16,000 people in Hull from BME groups, an increase from the 3.3% in the 2001 Census but lower than the latest government estimates of 7.4% for 2005.

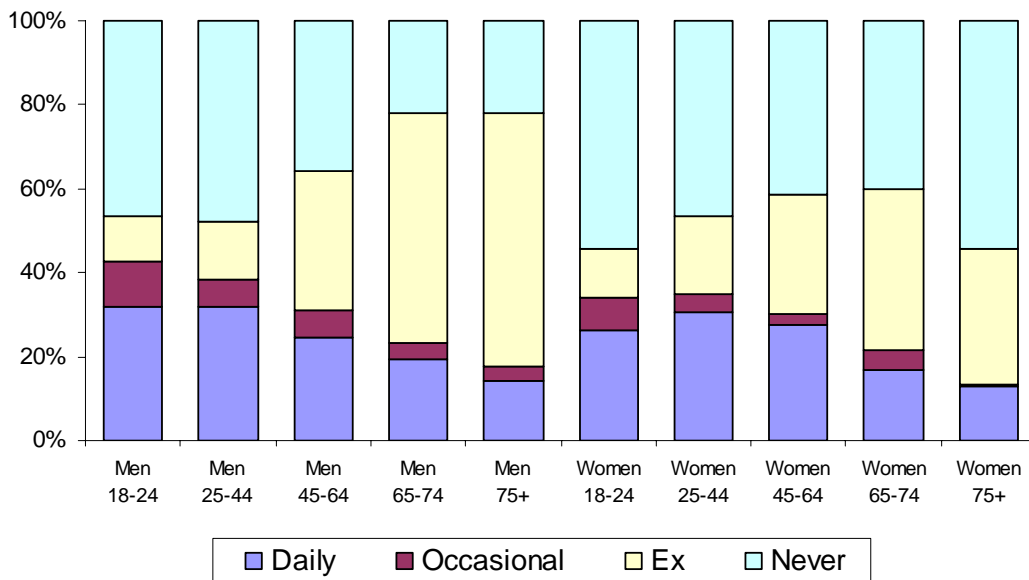
Overall Health: Physical and mental health was measured by the Health Utility Index which uses a number of questions rating quality of health for vision, hearing, speech, mobility, dexterity, feelings, cognition and pain. The resulting score categorises the degree of limitation on daily activities due to poor health/disability into severe, moderate, mild or no limitations. Generally health deteriorated as people got older, until around half of men and women aged 75+ were classified as being severely limited compared to only 15% of 16-24 year olds. For each age group, the pattern was similar for men and women.

Table 1: Limits on daily activities due to health/disability by Gender and Age



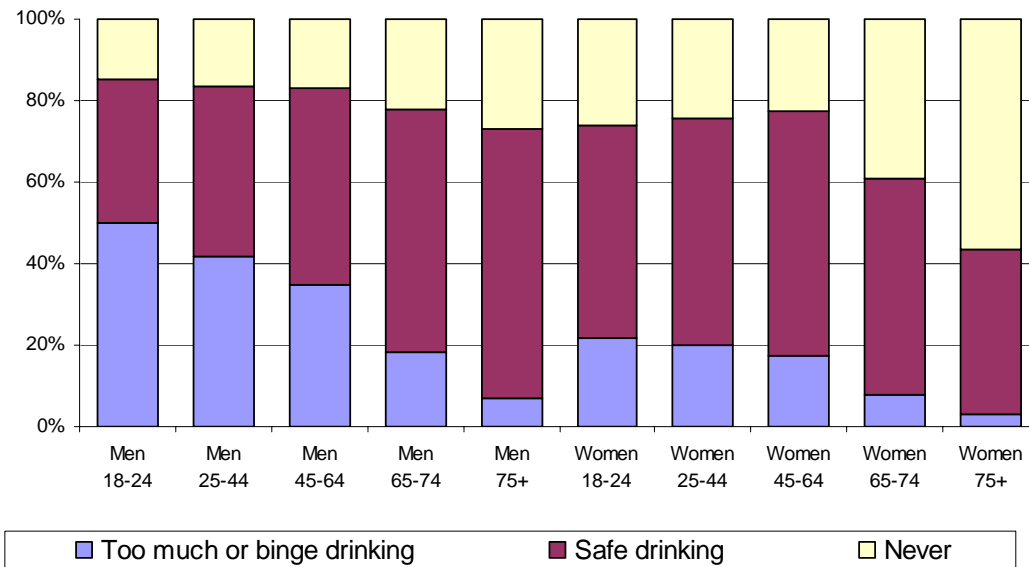
Smoking: Smoking levels declined with age for both genders, with particularly high levels of ex-smokers among older men reflecting historically high levels of smoking among men, whereas levels are similar for younger smokers.

Table 2: Smoking Status by Gender and Age



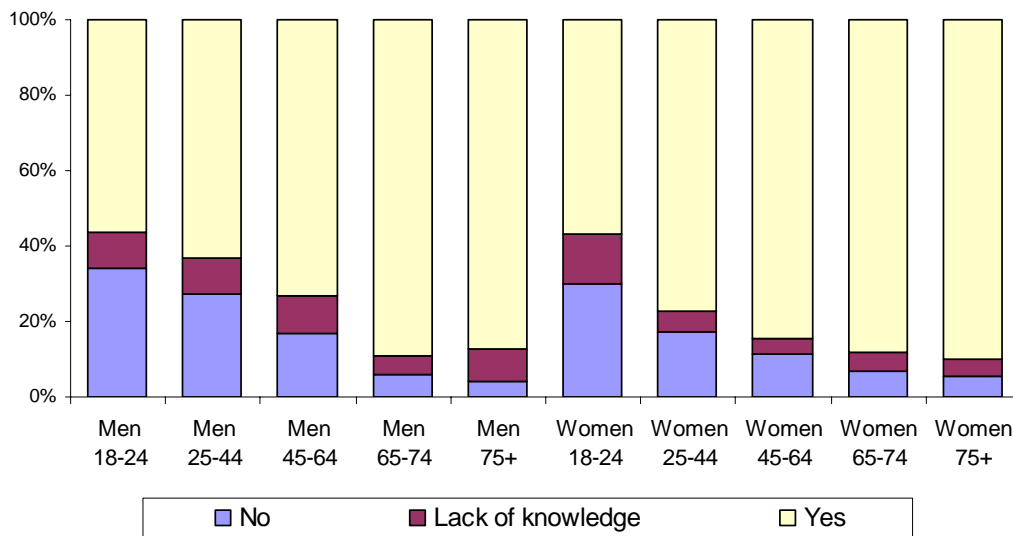
Alcohol: High levels of drinking were assessed as either excessively weekly alcohol units (22+ for men and 15+ for women) and/or excessively daily alcohol units (8+ units for men and 6+ units for women). The highest rates of excessive drinking were among young males where 50% were drinking more than is good for them. Rates were highest among young adults, and declined with age for both sexes.

Table 3: Alcohol Consumption in the previous week by Gender and Age



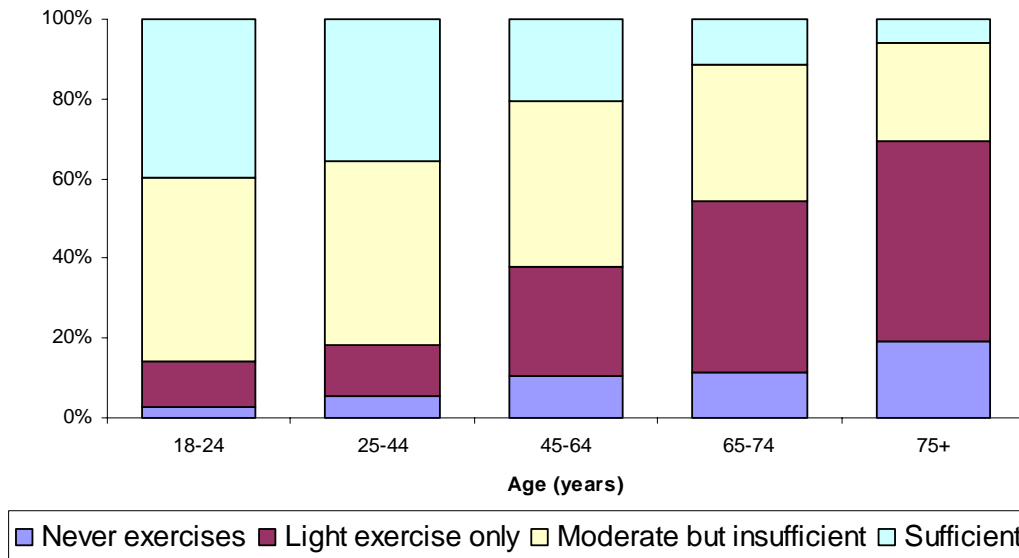
Diet: People were asked “Generally speaking do you think you have a healthy diet?”. Most people felt they did eat healthily, with over 60% in every age-group except the youngest claiming to eat a healthy diet. Young people were much more likely to say they ate unhealthily, while men showed a greater lack of knowledge of what constituted a healthy diet.

Table 4: Self-reported Healthy Diet by Gender and Age



Exercise: Overall only a quarter of people achieved the nationally recommended level of 30 minutes moderate or vigorous exercise at least five occasions per week with men at a slightly higher level than women (29% compared to 24%).

Table 5: Exercise Levels by Age Group



Obesity: Body Mass Index (BMI) categories were calculated from respondents' heights and weights. The highest levels of obesity were found in women aged 45 to 64 with obesity in men being generally lower, but also peaking in those age-groups. However more men than women were overweight, so that nearly three out of four men aged 45 to 74 were overweight or obese. However proportions of the population who were overweight or obese have fallen since 2003 for both men and women, when comparing 2007 survey results with the 2003 survey.

Table 6: Body Mass Index categories by Gender and Age Group

