



**REGIONAL LIFESTYLE SURVEY 2005**  
**HEREFORDSHIRE REPORT**

**September 2006**

**Final Report**

**Issue 1**

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## Contents

Executive Summary.....	5
Introduction.....	8
Methodology.....	9
Results.....	10
Quality of Life.....	10
Important factors when deciding where to live.....	10
Preferred area in which to live.....	11
Whether moved house in the past 2 years?.....	12
Whether planning on moving in the next 2 years?.....	13
How far people are planning to move.....	14
Strength of belonging to different regions.....	15
Distance from place of work and other facilities.....	16
Difficulties accessing services and facilities.....	20
Frequency of use of facilities and services.....	22
Recycling Services.....	26
Method of recycling.....	26
Main reasons for not recycling.....	28
Crime and Community Safety.....	29
Main neighbourhood problems.....	29
Safety within the home and neighbourhood.....	30
About the neighbourhood and local area.....	31
Most frequently cited crimes.....	32
Reporting crime to the Police.....	33
General Health.....	34
General health over the last 12 months.....	34
Effects of health problems.....	35
Physical Activity.....	36
Days per week undertaking moderate exercise.....	36
Factors preventing (more) physical activity.....	38
Time spent on various types of physical exercise.....	39
Diet.....	40
Portions of fruit and vegetables consumed on a typical day.....	40
Prevalence of obesity.....	42
Alcohol Consumption.....	43
Proportions drinking more than the recommended maximum number of units of alcohol per week.....	43
Prevalence of binge drinking.....	44
Smoking.....	45
Prevalence of smoking.....	46

## Regional Lifestyle Survey 2005 – Herefordshire Report

Employment.....	46
Unpaid, voluntary work.....	46
Employment status.....	47
Present Occupation.....	48
Time taken to travel to work.....	49
Method of travel to work.....	49
Factors preventing finding suitable employment or changing job.....	50
Qualifications and Learning.....	51
Qualifications in English and Maths.....	51
Highest NVQ equivalent qualifications.....	52
Length of time since learning or training .....	52
Likelihood of training in the next 12 months.....	53
Respondents' Characteristics.....	54
Appendix 1: Abbreviations and Terminology.....	56
Appendix 2: Regional Lifestyles Survey 2005 Questionnaire.....	57

## Executive Summary

In Spring 2005 the West Midlands Regional Observatory (WMRO), in partnership with the West Midlands Public Health Observatory (WMPHO), undertook a region-wide survey to explore the attitudes of adult residents towards lifestyle, environmental and wider quality of life issues. The survey has been funded and supported by a broad range of partners across the region, including Herefordshire Council and Herefordshire Primary Care Trust (PCT).

The overall response rate for the County of Herefordshire was **34.3%**, in line with the response rates for other local authorities and similar to those achieved by other postal surveys locally. **1,910** of these responses for Herefordshire could be weighted and used in subsequent analysis. Results are presented for different areas depending on the subject of the question.

West Midlands Regional Observatory has compared regional results with figures from the Health Survey for England 2003 and found some marked differences for prevalence of smoking and obesity. The difference may be partly due to differences in survey method.

### Quality of Life

Although cited by fewer residents in Herefordshire than across the West Midlands (**42%** compared with **49%**) *“a safe area with low crime”* remains the major influencing factor when deciding where to live, the second most common factor in Herefordshire is *“close to family or friends”*.

Residents in Herefordshire consider *“a quiet area”* and *“accessibility to the countryside”* to be amongst the most important aspects when deciding where to live. Responses from the West Midlands indicate that regionally these factors are less important. A much higher proportion of residents from Herefordshire prefer to live in the countryside, away from towns (**20%** versus **9%**) than in the West Midlands overall.

People in Herefordshire were more likely to feel strongly that they belong to their *“village or part of town / city”* than those from the region overall. People in Herefordshire felt more strongly that they belonged to their county than people from across the region. A smaller proportion of people in Herefordshire felt strongly that they belong to the West Midlands.

The greatest proportion of Herefordshire residents who work travel more than 1 mile but less than 5 miles to their place of work, accounting for **20%** of all residents, similar to the regional value of **21%**. A smaller proportion of the residents in Herefordshire (**9%**) travel 5 to 10 miles to work compared to regionally (**12%**).

A higher proportion of people experience difficulties accessing services in Herefordshire than in the region generally. **20%** of Herefordshire residents had problems accessing health services (compared to **12%** regionally). A similar proportion **20%** encountered difficulties when trying to use public transport compared to **9%** in the West Midlands. Accessing learning or training and leisure facilities is also more difficult in Herefordshire.

Larger proportions of people in Herefordshire live further away from facilities than those in the region, particularly adult learning centres, food stores and banks/cashpoints. Residents were invited to give further details of any of the problems that prevent or make it difficult to access any of the services. Distance was identified as a difficulty when accessing all of the services, along with lack of transport links in the area. Coupled with these problems the *“lack of facilities available in the area”* was a commonly cited problem for all services, most particularly for health services.

Grocery stores or cornershops are the services most commonly accessed *“most days”*, however the **21%** doing so in Herefordshire is significantly lower than the **28%** reported across the region. The frequency of use of public transport varies greatly between the two areas, a far smaller

proportion of residents in Herefordshire using the bus daily. The proportion of those in Herefordshire who never use the bus (**50%**) is considerably greater than the **38%** regionally.

Frequency of use is similar in Herefordshire to that of the region as a whole for libraries and leisure/sports centres with **27%** and **34%** respectively visiting these facilities at least once a month. A larger proportion of people in Herefordshire visit the countryside at least monthly. A lower percentage of Herefordshire residents visit parks at least once every 6 months and a slightly higher proportion visit art and cultural venues in the same period.

### **Recycling Services**

The proportion of residents actively recycling is almost identical in both geographies. Differences between methods of recycling in Herefordshire and the region are likely to be in part due to differences in the provision of doorstep recycling services.

### **Crime and Community Safety**

In Herefordshire, across the West Mercia Police Force area and West Midlands region, the greatest proportion of residents feel that litter is one of the 3 main problems in their neighbourhoods. Herefordshire residents are less likely to be troubled by speeding, joyriding or dangerous driving, troublesome teenagers, vandalism and graffiti and theft from vehicles, than residents from over the West Midlands region overall.

People in Herefordshire expressed greater levels of concern over the presence of drug users and the presence of drug dealers than those from the West Midlands. A greater proportion of the residents from Herefordshire felt that there were no problems in their neighbourhoods compared to both the West Mercia Police Force area and the region.

Results suggest that people in Herefordshire are more satisfied with their neighbourhood as a place to live, **68%** of residents strongly agreeing with the statement compared to **51%** over the West Midlands. **70%** of residents from Herefordshire indicated that they had not been the victim of any of the crimes listed, this is higher than the figure for the West Mercia Police Force area (**66%**) and for the West Midlands region (**61%**).

### **General Health**

Herefordshire residents are more likely to describe their health as good than people across the region as a whole.

### **Physical Activity**

A higher percentage of people in Herefordshire (**47%**) undertake moderate physical activity for 5 or more days per week, than in the West Midlands overall (where the proportion is **41%**). The percentage undertaking no moderate physical activity is lower in Herefordshire compared to the region (**11%** versus **15%**) and the proportion of residents in Herefordshire exercising every day is higher than that of the West Midlands as a whole (**21%** compared to **16%**).

### **Diet**

People within Herefordshire are more likely to eat the recommended 5 or more portions of fruit or vegetables each day than those in the West Midlands as a whole (**34%** compared to **27%**). Notably the proportions consuming the recommended daily intake of fruit and vegetables tends to increase with age both in Herefordshire and regionally.

### **Alcohol Consumption**

The proportion of people who drank more than the recommended maximum amount of alcohol in the week before they complete the survey was lower in Herefordshire than for the region as a whole (**17%** compared with **20%**). Males are more likely to drink more than the recommended maximum than females.

In Herefordshire **23%** of residents were identified as binge drinkers compared to **28%** regionally. Rates of binge drinking are considerably higher in males, in both areas, with the highest rates being observed in the 18-34 year old age band.

### **Prevalence of Smoking**

The Prevalence of smoking in Herefordshire is similar to the region (**22%** and **21%** respectively). Both in Herefordshire and regionally smoking rates are higher for males. The highest cigarette-smoking rate in Herefordshire occurs amongst the 35-44 year olds (**29%**) and this is substantially higher than the regional average for this age band. It should be noted however that Regional Lifestyles Survey results may underestimate the prevalence of smoking.

### **Employment**

Levels of volunteering are greater in Herefordshire than those across Herefordshire and Worcestershire (the local learning and skills council (LSC) area) and the West Midlands. Rates of volunteering are highest for the 55 to 64 year old age group

Within Herefordshire and the local LSC area results suggest that **19%** of residents are managers or senior officials compared with **16%** over the region. A greater proportion of people in Herefordshire work in skilled trade occupations than regionally.

In Herefordshire, the local LSC area and the West Midlands region people are most likely to take less than 20 minutes to get to work (**49%**, **48%** and **47%** respectively), with the vast majority of people driving to work. A greater proportion of people in Herefordshire walk to work than across the region and there is a lower frequency of bus use by commuters in Herefordshire.

When asked to identify which factors prevented them from changing jobs or finding employment, in both Herefordshire and the West Midlands the 2 most common responses to this question were *“Don’t want to look for a new job”* and *“I have retired”*.

People from Herefordshire (and the local LSC area) are more likely to feel that *“no suitable jobs”* are available to them compared to the West Midlands as a whole. A greater proportion of people in Herefordshire identifying that *“potential employers are too far away”*. Fewer residents in Herefordshire cited a *“lack of qualifications”* as a barrier to further employment than those from the West Midlands.

### **Qualifications and Learning**

People in Herefordshire are more likely to have a qualification than in the region as a whole. Herefordshire residents who have participated in training more recently being more likely to begin training again in the next 12 months. Moreover, those who have not undertaken any training or learning since leaving school are the group most unlikely to start, **57%** of whom will definitely not begin training within the next 12 months.

## Introduction

In spring 2005 the West Midlands Regional Observatory (WMRO), in partnership with the West Midlands Public Health Observatory (WMPHO), undertook a region-wide survey to explore the attitudes of adult residents (18 years old and over) towards lifestyle, environmental and wider quality of life issues. The survey has been funded and supported by a broad range of partners across the region, including Herefordshire Council and Herefordshire PCT. It is the largest survey to take place across the Region since the 2001 Census and demonstrates the economies of scale and benefits to be gained from partnership working.

The Regional Lifestyle Survey 2005 (RLS 2005) was undertaken to provide an understanding of the views and motivations of residents in the region relating to key strands of regional and local policy. It is intended to provide an up-to-date picture and coverage of a wider range of topics than achieved in any previous lifestyle survey undertaken in the West Midlands region. It is expected that the results will be used as part of the evidence base to support national, regional and local policy formulation and monitoring. It is envisaged that the survey will be repeated on a three or four year cycle, and provide a measure of change over time.

The Regional Report, partner annexes and a technical report were produced by WMRO and WMPHO and can be accessed via [www.wmro.org](http://www.wmro.org). This report combines all the relevant information for Herefordshire from the separate local annex reports for Herefordshire Council, the Herefordshire PCT, the Herefordshire and Worcestershire LSC and the West Mercia Police Force (Herefordshire, Shropshire, Worcestershire and Telford and Wrekin). Further analysis has also been completed by Herefordshire Council Research Team using the RLS 2005 dataset provided by the WMRO and is included in this report.

Within this report it has been necessary to suppress those results where cells are based on fewer than 5 cases in order to meet confidentiality requirements set out within the RLS Data Sharing Protocol.

## Methodology

The overall response rate for the County of Herefordshire was **34.3%** (1,973 returns from a mailing of 5,746 questionnaires). This is in line with the response rates for other local authorities which range from 26.7% to 38.8%, with the exception of South Shropshire (47.6%). Also, the response rate is similar to that achieved by other postal surveys locally.

Except where stated, all data included in this report has been weighted by age, gender, ethnicity and Index of Multiple Deprivation (IMD) decile. Some groups are more likely than others to respond to questionnaires. For example young males tend not to respond, while older females are more likely to respond. Where groups are underrepresented, that data is given more emphasis in the analysis. Where groups are overrepresented, that data is given less emphasis. This helps to ensure that the results better reflect the views of all adult Herefordshire residents. **1,910** (96.8%) of the returns for Herefordshire could be weighted and used in subsequent analysis.

Section headings and question numbers in the titles refer to those on the questionnaire. Results are presented for different areas depending on the subject of the question e.g. health related data is given for the county of Herefordshire and for the West Midlands as a whole because boundaries for Herefordshire Primary Care Trust correspond to those for Herefordshire Council, whilst for community safety questions, results are presented for the West Mercia Police force area. A copy of the RLS Questionnaire 2005 is included in the Appendix at the end of this document.

Areas for which data has been analysed are:

- The County of Herefordshire.
- Herefordshire and Worcestershire Learning and Skills Council area (H&W LSC), comprising of the counties of Herefordshire and Worcestershire.
- The West Mercia Police Force area (WMPFA) which is made up of Herefordshire, Shropshire, Telford and Wrekin and Worcestershire.
- The West Midlands region (WM).

The charts are shown with 95% confidence intervals. The 95% confidence interval shows a range within which the true value is likely to lie. The wider the confidence interval the less precise our estimate is of the true value. When comparing percentages for Herefordshire with the region or other areas, we can say there is a significant difference ( $p < 0.05$ ) if the confidence intervals do not overlap. In cases where the confidence intervals values do overlap it is not possible to conclude that these results are not significantly different without a further statistical test. This is beyond the scope of this report.

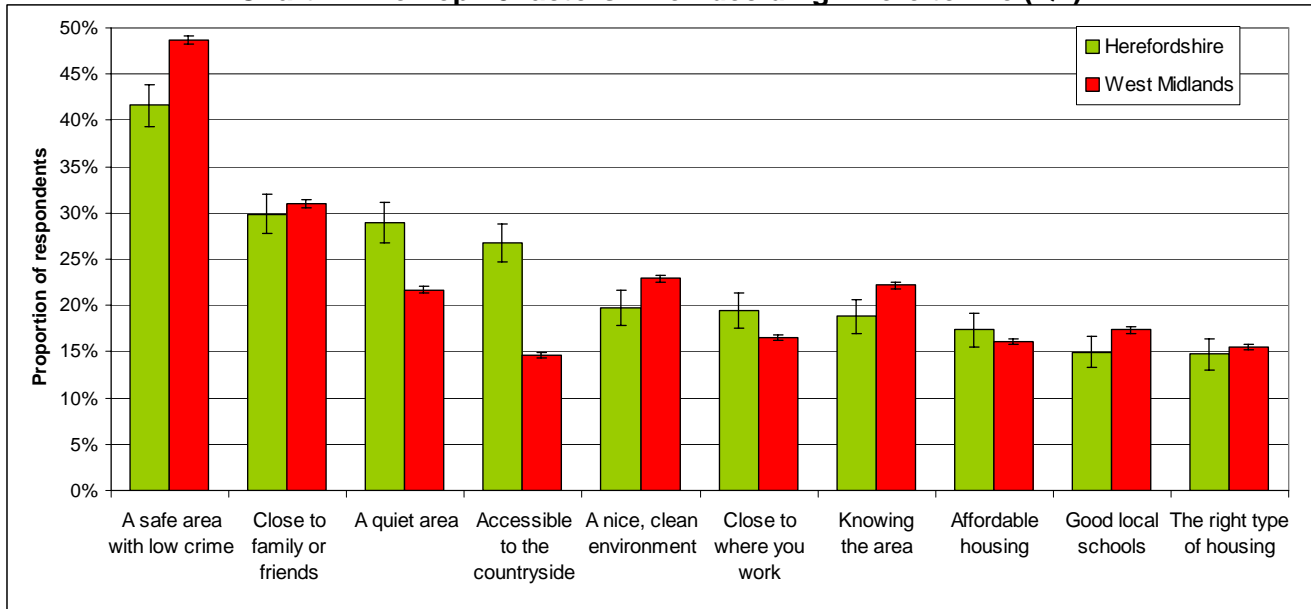
WMPHO has compared regional results with figures from the Health Survey for England 2003 and found some marked differences for prevalence of smoking and obesity. The difference may be partly due to differences in survey method. 'Face to face' interviews are carried out for the Health Survey for England, whereas the regional lifestyle survey relied on self-completion of postal surveys. Despite this reservation, regional lifestyle survey results are still useful to compare figures for Herefordshire with those for the region as a whole and also consider differences according to age and gender.

## Results

### Quality of Life

**Q1. When making a decision about where to live, which three things are most important to you?**

**Chart 1: The Top 10 factors when deciding where to live (Q1)**



Residents were asked to choose 3 factors (from a list of 26) which are most important to them when making a decision about where to live.

Chart 1 shows the top 10 factors for Herefordshire, together with comparative figures for the region as a whole. Although cited by fewer residents in Herefordshire than across the West Midlands (**42%** compared with **49%**) *“a safe area with low crime”* remains the major influencing factor when deciding where to live in both cases. The second most common factor cited by residents in Herefordshire is *“close to family or friends”* selected by **30%**; this proportion is similar to the **31%** recorded from the West Midlands as a whole.

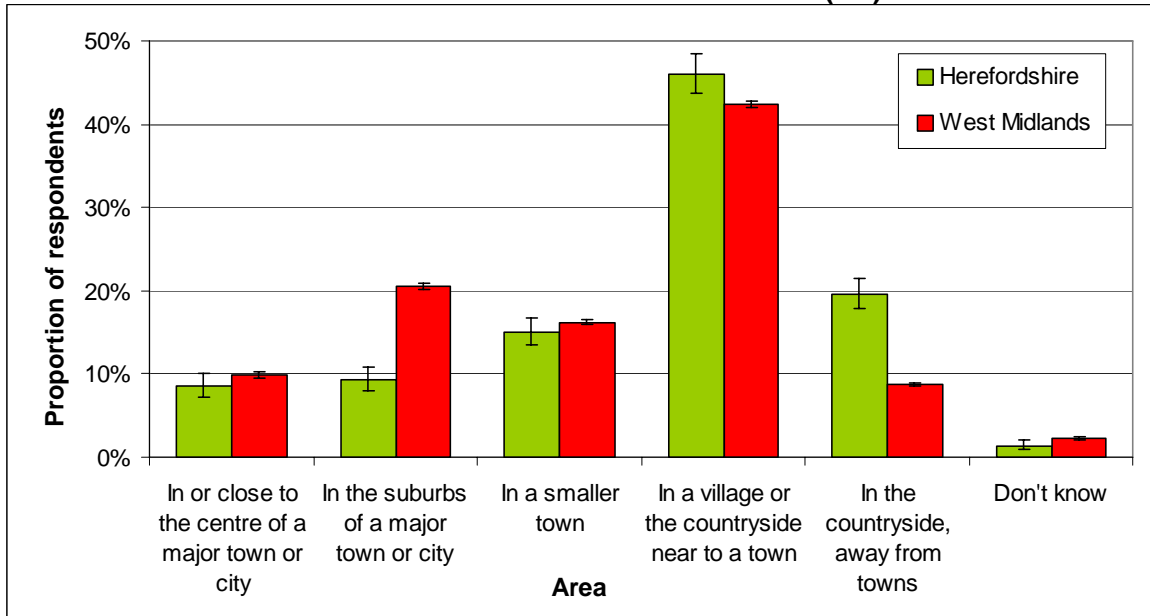
A significantly greater proportion of residents from Herefordshire consider *“a quiet area”* (**29%**) and *“accessibility to the countryside”* (**27%**) to be amongst the most important aspects when deciding where to live in both cases. Responses from the West Midlands indicate that regionally these factors are less important with **22%** and **15%** of residents citing each respectively. The information above also suggests people in Herefordshire are more likely to consider how close their place of work is when deciding where to live (**19%** versus **16%** regionally).

Those within the County are less concerned with *“knowing the area”* to which they are moving than the residents from the West Midlands (**19%** in Herefordshire compared with **22%** in the region). Similarly, data suggests that people in Herefordshire do not consider *“a nice, clean environment”* to be as important as residents regionally (**20%** relative to **23%**). The quality of local schools is less important to residents from Herefordshire as an influential factor (**15%**) compared with those in the region as a whole (**17%**).

For the overall region *“good public transport links”* also featured in the top 10 whilst *“accessible to the countryside”* did not.

**Q2. Ideally, in which kind of area would you most prefer to live?**

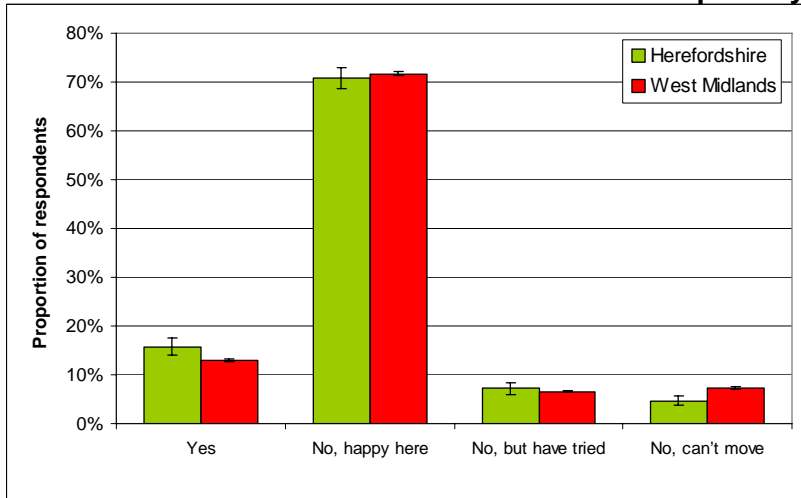
**Chart 2: Preferred area in which to live (Q2)**



A much higher proportion of residents from Herefordshire prefer to live in the countryside, away from towns (**20%** versus **9%**) than from the West Midlands overall. This coincides with a significantly smaller proportion of Herefordshire residents who would rather live in the suburbs of a major town or city (**9%** compared to the **20%** from across the West Midlands region).

**Q3. Have you moved house in the past two years?**

**Chart 3: Whether residents have moved house in the past 2 years (Q3)**



The majority of Herefordshire residents (**83%**) and those from across the West Midlands (**86%**) have not moved within the last two years. Furthermore, in each of the geographies over 70% of residents (**71%** in Herefordshire and **72%** in the West Midlands) are happy with where they currently live.

A slightly greater proportion residents in Herefordshire have moved house within the last 2 years, **16%** compared to the **13%** found over the region as a whole.

**Chart 3.1: Important factors when deciding where to live, with breakdown by whether residents have moved in the last 2 years (Q1xQ3) HEREFORDSHIRE**

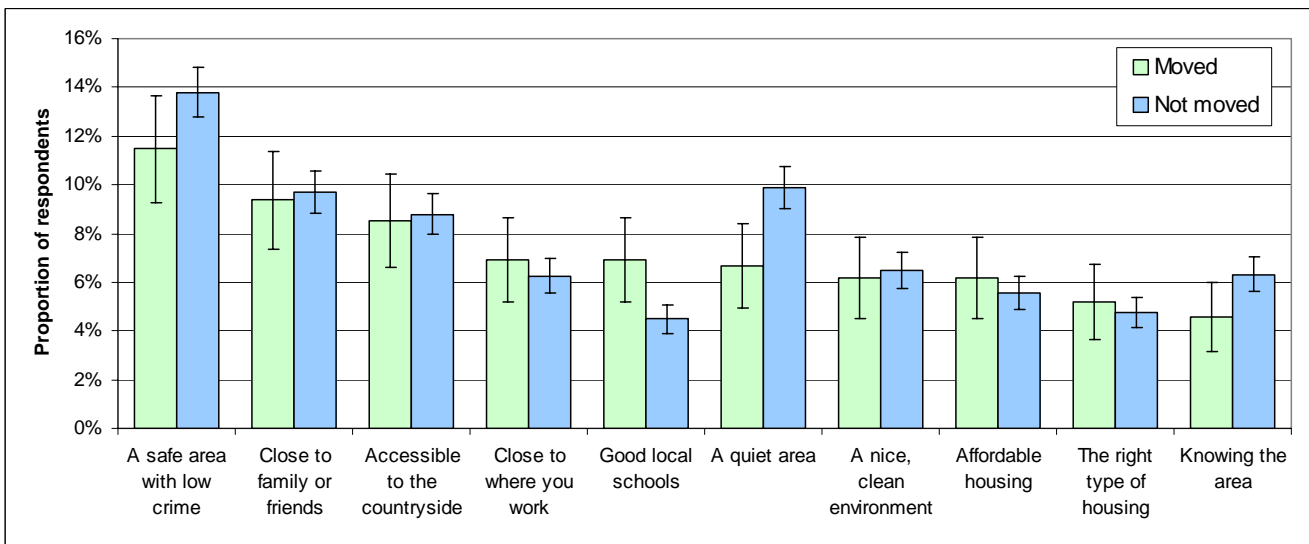


Chart 3.1 explores whether there are differences between those who have moved in the last 2 years and those who have not, in terms of factors identified as being important when deciding where to live. People in Herefordshire who have not moved in the last 2 years tend to value “a quiet area” more than those who have moved, with **10%** of those who had not moved citing it as an important factor, compared to **7%** of those who had moved.

The RLS data also suggests that people who have moved are more concerned about the quality of schools in the area, **7%** of those who had moved in the last 2 years selecting “Good local schools” compared to **4%** of those who had not moved.

**Q4. Are you planning to move house in the next two years?**

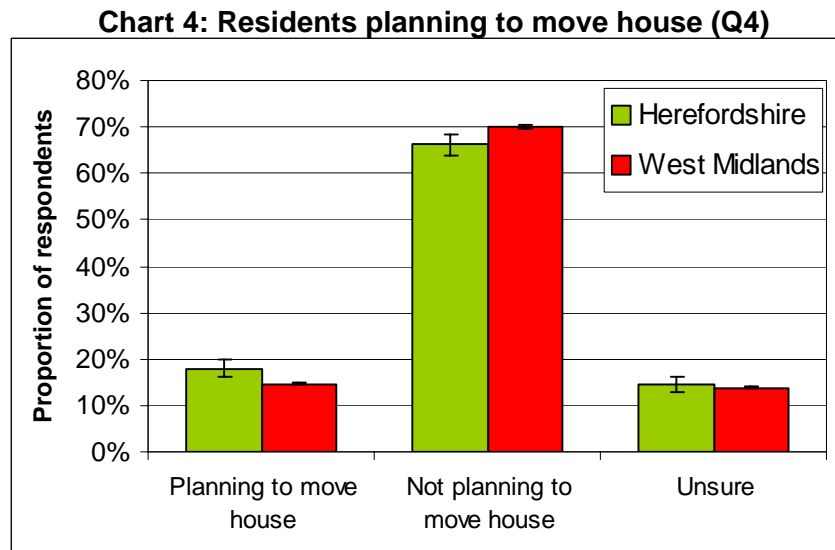


Chart 4 indicates that most people do not intend to move within the next 2 years, this option accounting for **66%** of residents in Herefordshire and **70%** from the West Midlands region. A greater proportion of residents from Herefordshire are planning to move, **18%** compared to the **15%** for the region.

**Chart 4.1: The Top 10 important factors when deciding where to live, with breakdown by whether residents are planning to move in the next 2 years (Q1xQ4) HEREFORDSHIRE**

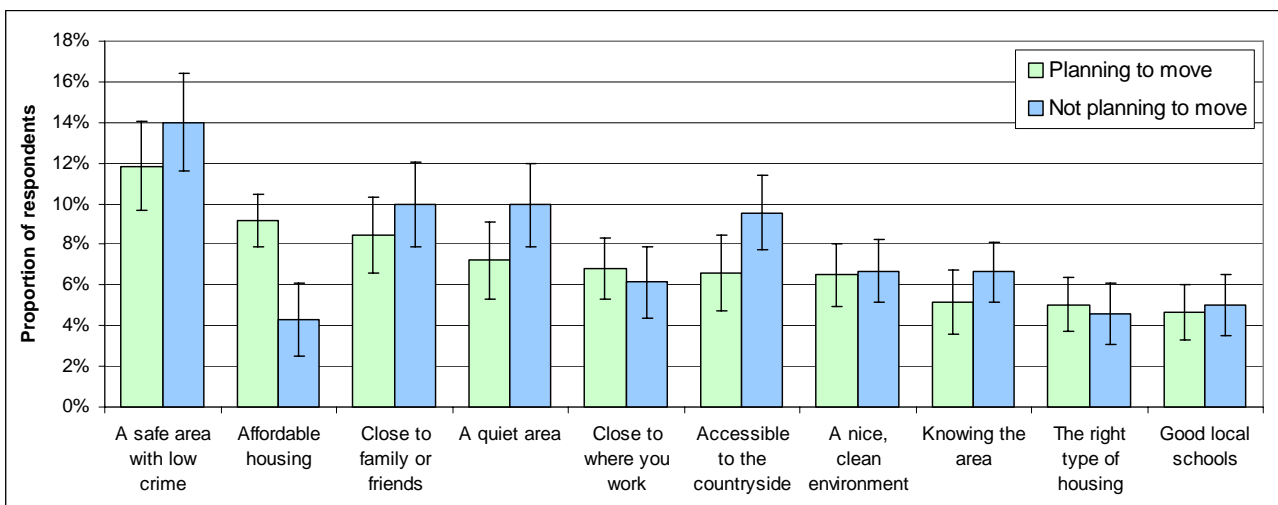
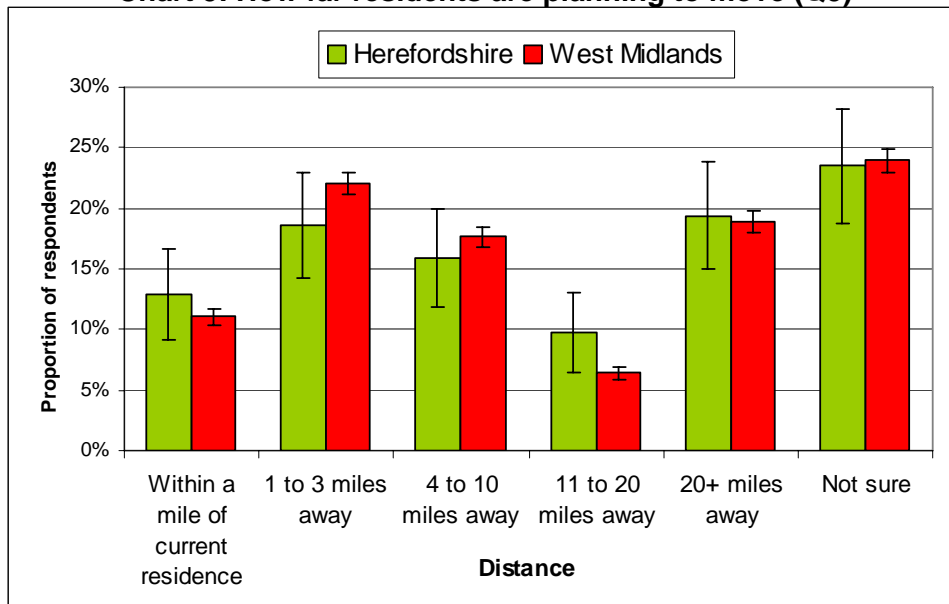


Chart 4.1 explores whether there are differences between those who intend to move in the next 2 years and those who don't, in terms of factors identified as being important when deciding where to live. Although confidence intervals are wide, there is clear variation between the priorities of the two groups.

Opinions on *“affordable housing”* vary the most, with **9%** of those planning to move feeling it is important, compared to only **4%** of those not intending to move in the next 2 years. *“A safe area with low crime”* is the factor most commonly selected by both those who are planning to move and those who are not, accounting for **12%** and **14%** of residents respectively.

**Q5. How far are you planning to move?**

**Chart 5: How far residents are planning to move (Q5)**

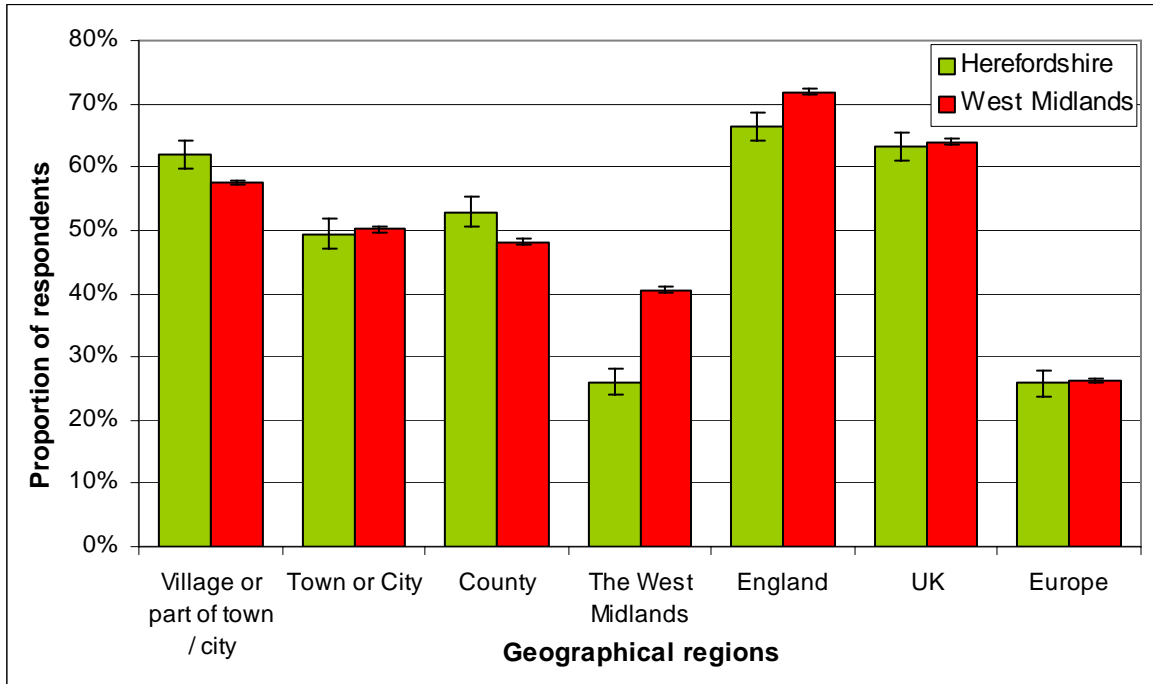


Those who were planning to move were also asked how far. Patterns in Herefordshire are similar to regionally, with the most common responses being 'not sure' (23%), 20+ miles away (19%) and 1 to 3 miles away (19%).

**Q6. How strongly do you feel you personally belong to each of the following?**

Residents were asked how strongly they felt they personally belonged to different geographies such as their county, the West Midlands and England. Chart 6 gives the proportions of residents from Herefordshire and the West Midlands who felt that they belonged *very* or *fairly strongly* to the particular area.

**Chart 6: Residents who feel strongly they belong to particular geographic regions.**



RLS results indicate that people in Herefordshire were more likely to feel strongly that they belong to their “*village or part of town / city*” than those from the region as a whole, **62%** in Herefordshire compared to **58%** regionally. Strength of feeling that people belonged to their town or city showed little variation between the two areas, **49%** in Herefordshire and **50%** over the West Midlands.

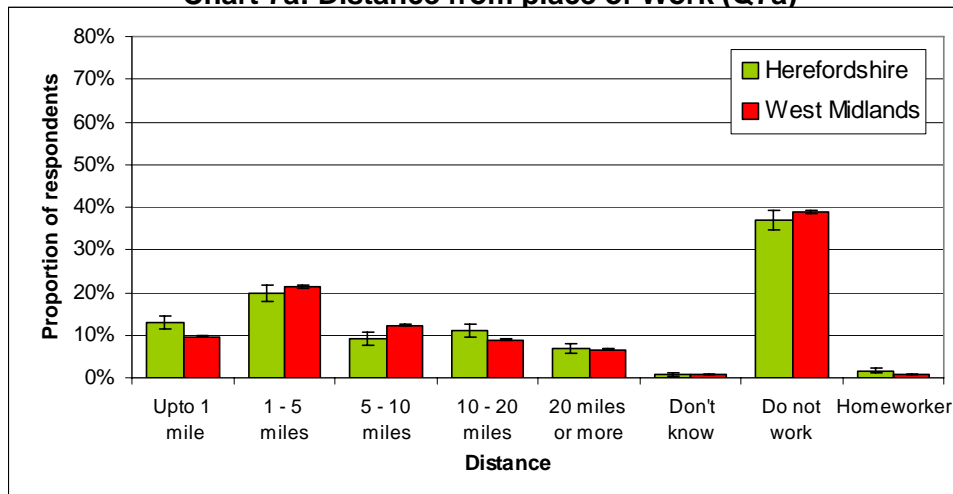
People in Herefordshire felt more strongly that they belonged to their county (**53%** feeling very or fairly strongly) than across the region as a whole, where the proportion was **48%**. A much smaller proportion of people in Herefordshire felt strongly that they belong to the West Midlands (**26%** compared to **41%**).

Responses from Herefordshire indicate that a smaller proportion of people in the county felt strongly that they personally belong to England, **66%** compared to **72%** regionally. The strength of feeling that people belong to the UK was similar in the county (**63%**) and the West Midlands overall (**64%**).

Both locally and regionally people felt less strongly that they belong to Europe, in Herefordshire and over the West Midlands **26%** feeling either very or fairly strongly that they are European.

**Q7. How far away do you live from your...**

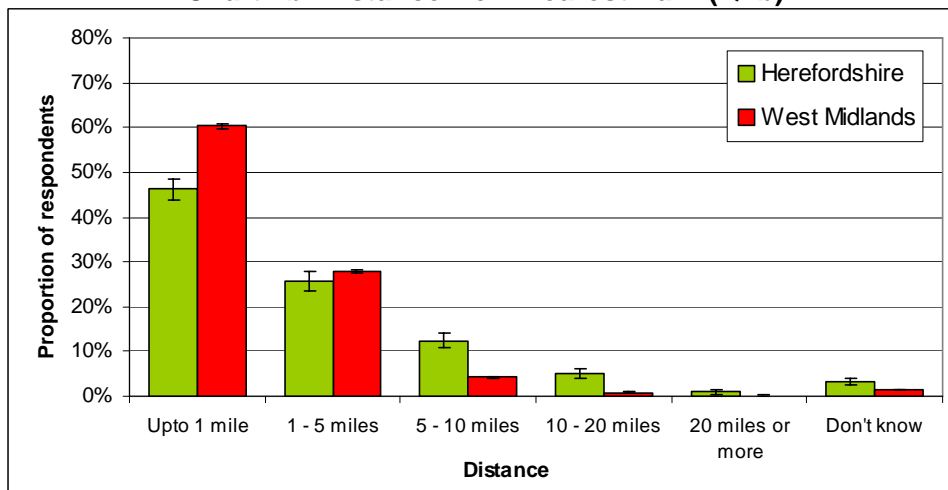
**Chart 7a: Distance from place of Work (Q7a)**



Note: “Homeworker” was not an option on the questionnaire.

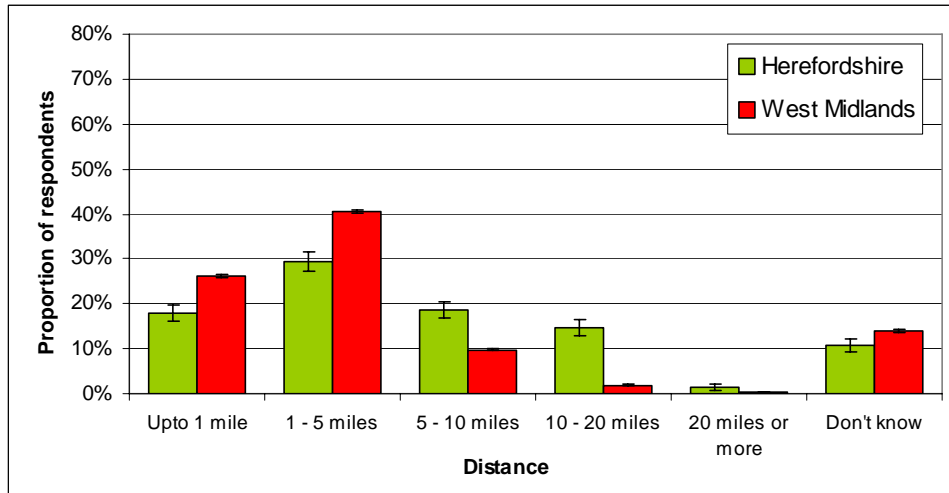
RLS results indicate that the greatest proportion of Herefordshire residents who work travel more than 1 mile but less than 5 miles to their place of work, accounting for **20%** of all residents, similar to the regional value of **21%**. A larger proportion of residents from Herefordshire live within a mile of their place of work, **13%** compared to **10%** regionally. In both areas the greatest proportion of residents indicated that they do not work, **37%** in Herefordshire and **35%** from over the West Midlands as a whole. A smaller proportion of the residents in Herefordshire (**9%**) travel 5 to 10 miles to work compared to regionally (**12%**). Conversely a larger percentage of residents in Herefordshire commute 10 to 20 miles (**11%**) than over the entire West Midlands region (**9%**).

**Chart 7b: Distance from nearest Park (Q7b)**



In Herefordshire a smaller proportion of residents live within 1 mile of the nearest park (**46%** compared to **60%** regionally). People in Herefordshire are more likely to live either 5 to 10 miles (**12%**) or 10 to 20 miles (**5%**) from a park than individuals in the West Midlands region where the figures are **4%** and **1%** respectively.

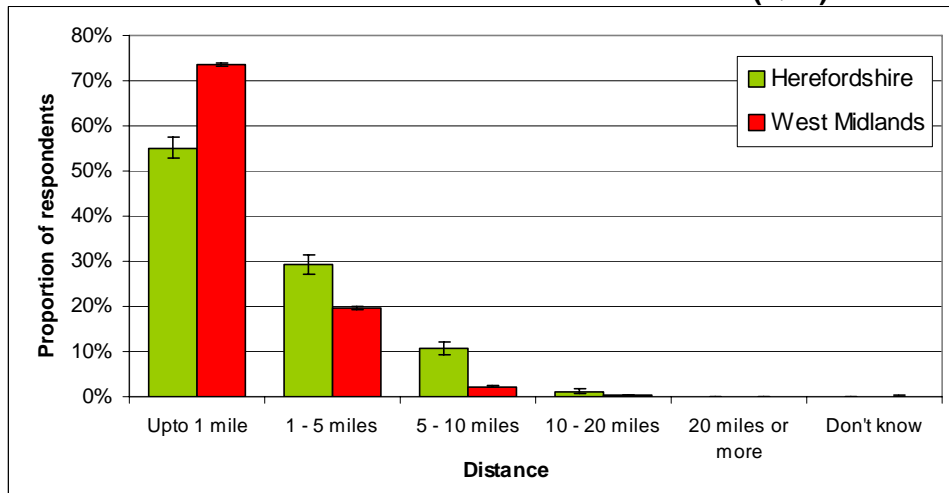
**Chart 7c: Distance from nearest Adult learning centre (Q7c)**



RLS results suggest a marked difference between Herefordshire and the region as a whole in terms of distance to Adult learning centres. The largest proportion of residents in each area indicated they live less than 5 miles but more than 1 mile away from an adult learning centre, although the proportion in Herefordshire is significantly lower (**29%** compared to **41%**). Similarly a smaller percentage of residents in Herefordshire live within 1 mile of an Adult learning centre, **18%** compared to **26%** regionally.

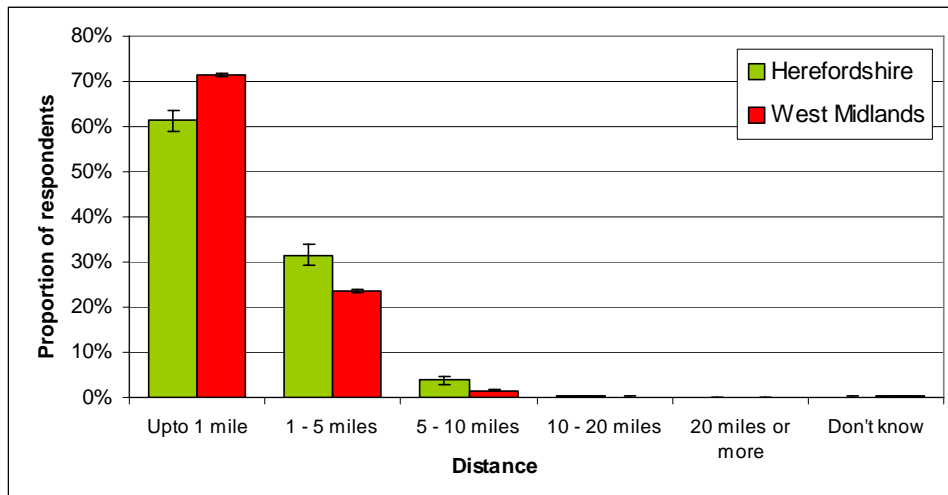
Notably **11%** of residents from Herefordshire do not know where the nearest adult learning centre is, regionally this proportion is **14%**.

**Chart 7d: Distance from nearest Food store (Q7d)**



Proportionally fewer residents in Herefordshire live within a mile of a food store, **55%** compared to **74%** of those over the West Midlands region. Larger proportions of the people in Herefordshire live from 1 up to 5 miles (**29%**) compared regionally (**20%**) and from 5 up to 10 miles from a food store (**11%** compared to **2%**).

**Chart 7e: Distance from nearest Post Office (Q7e)**



Although the proportion of residents in Herefordshire who live within 1 mile of a post office is relatively high, at **61%** it is still considerably lower than the **71%** reported regionally. In each of the areas the vast majority of residents (**97%** in Herefordshire and **96%** over the West Midlands) live within 10 miles of a post office.

**Chart 7f: Distance from nearest Bank or Cashpoint (Q7f)**

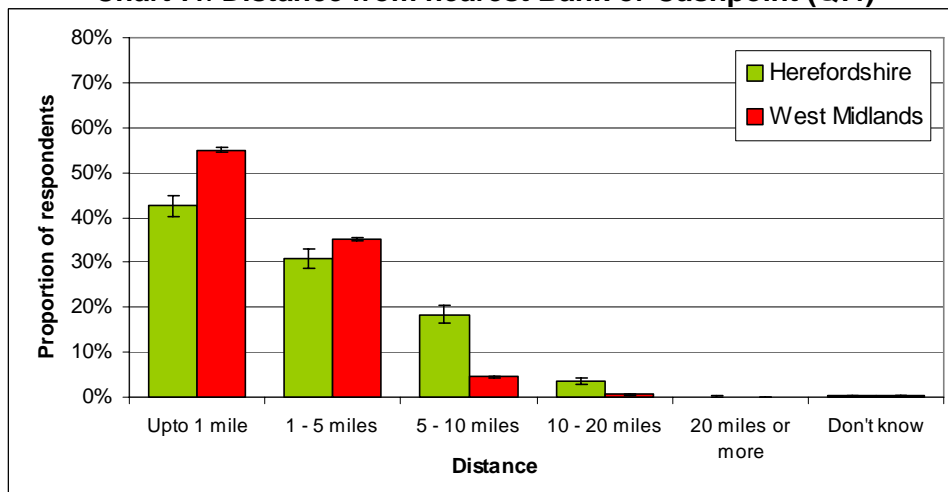
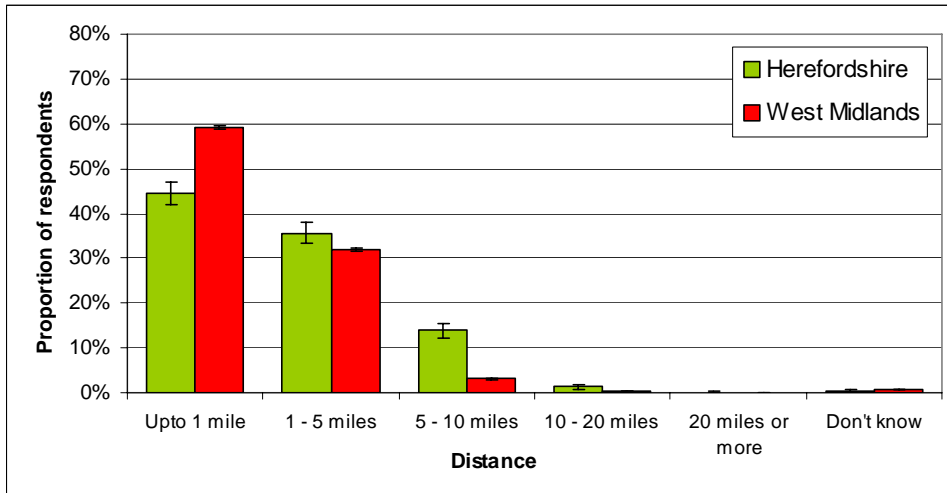


Chart 7f suggests that a smaller proportion of the people in Herefordshire live within 5 miles of the nearest bank or cashpoint than across the West Midlands region. **43%** of residents from Herefordshire live within a mile of a bank or cashpoint compared to **55%** regionally and **31%** in the county live from 1 up to 5 miles away, the regional figure being **35%**.

**Chart 7g: Distance from nearest Petrol Station (Q7g)**

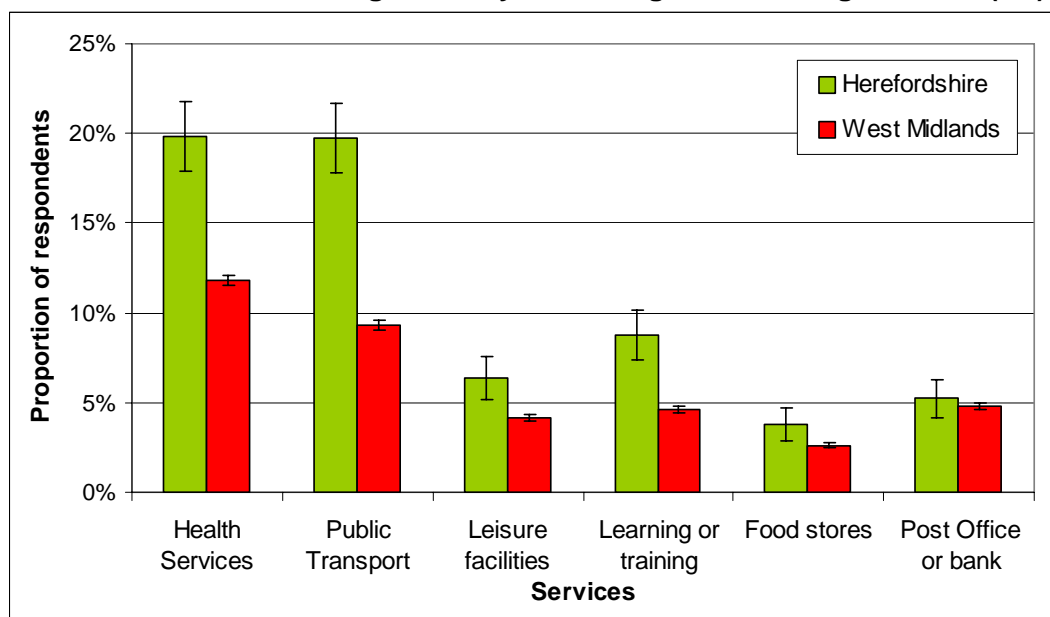


In Herefordshire a smaller proportion of residents live within 1 mile of the nearest petrol station (**44%** compared to **59%** regionally).

People in Herefordshire are more likely to live from 1 up to 5 miles (**36%**) from a petrol station than individuals in the West Midlands region (**32%**), and also from 5 to 10 miles from the nearest petrol station (**14%** in Herefordshire compared to **3%** regionally).

**Q8. Are there any factors that prevent or make it difficult for you to access the following services?**

**Chart 8: Residents having difficulty accessing the following services (Q8)**



A significantly higher proportion of people experience difficulties accessing almost all of the above services in Herefordshire than in the region generally. **20%** of Herefordshire residents had problems accessing health services (compared to **12%** regionally). A similar proportion **20%** encountered difficulties when trying to use public transport compared to **9%** in the West Midlands.

Results suggest that learning or training is also more difficult to access in Herefordshire, **9%** of residents experiencing problems compared to **5%** over the region. The RLS survey data also highlights that people in Herefordshire are more likely to have difficulties when accessing leisure facilities (**6%** compared to **4%** regionally).

Residents were invited to give further details of any of the problems that prevent or make it difficult to access any of the services. Comments were categorised and the most frequently cited problems are listed below. Distance was identified as a difficulty when accessing all of the services, along with lack of transport links in the area. Coupled with these problems the *“lack of facilities available in the area”* was a commonly cited problem for all services except *“post office or bank”* and most particularly for *“health services”*

**Q8a. Problems accessing health services (e.g. GP, dentist)**

- Lack of facilities available in the area (180)
- Difficult to get an appointment (37)
- Poor/limited service available (30)
- Long distance to access service/too far (22)
- Lack of transportation links (18)

**Q8b. Problems accessing public transport (e.g. bus, train)**

- Infrequent/unreliable service (79)
- Poor/limited service available (77)
- Lack of facilities available in the area (58)
- Long distance to access service/too far (51)
- Lack of transportation links (49)

**Q8c. Problems accessing leisure facilities (e.g. park, library, sports centre)**

Long distance to access service/too far (33)

Lack of facilities available in the area (23)

Lack of transportation links (15)

Lack of park facilities (6)

Poor/limited service available (6)

**Q8d. Problems accessing learning or training (e.g. colleges, evening classes)**

Long distance to access service/too far (44)

Lack of facilities available in the area (23)

Lack of transportation links (22)

Poor/limited service available (13)

Infrequent/unreliable service (8)

**Q8e. Problems accessing food store**

Long distance to access service/too far (16)

Lack of transportation links (11)

Lack of facilities available in the area (8)

**Q8f. Problems accessing a post office or bank**

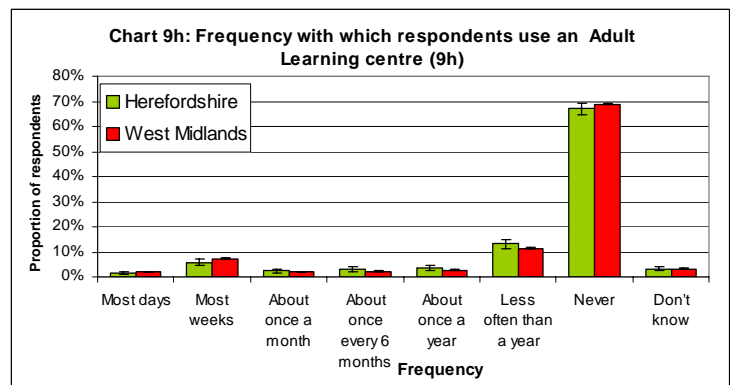
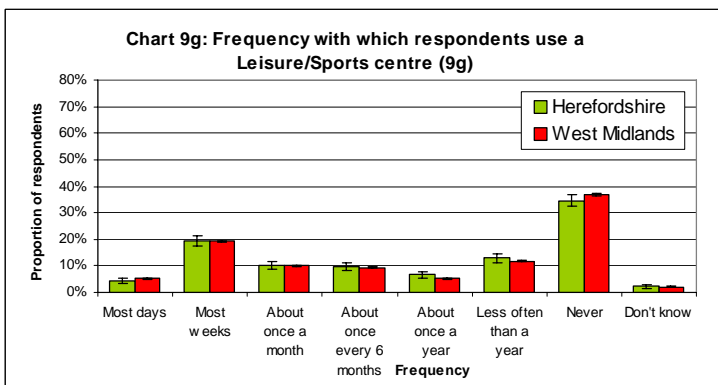
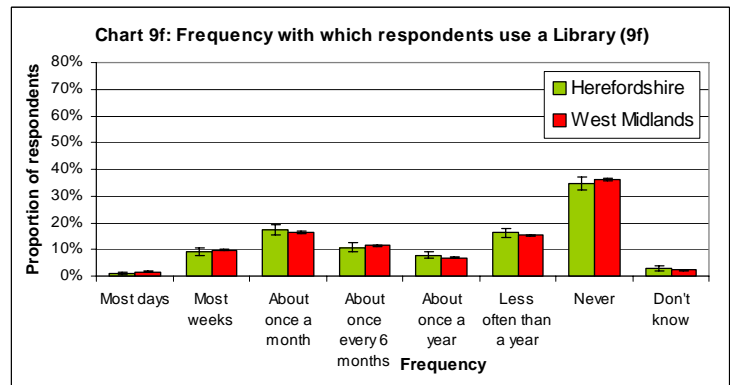
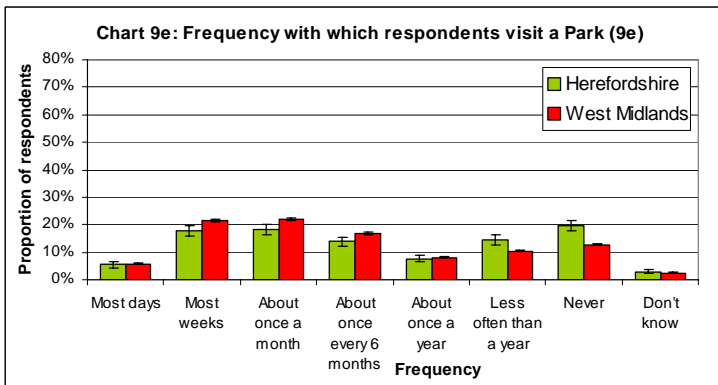
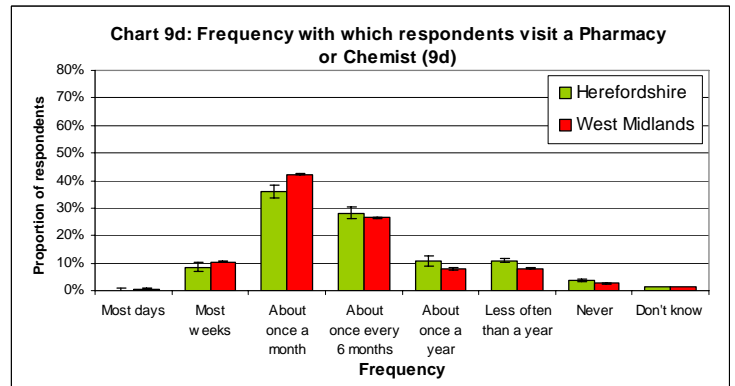
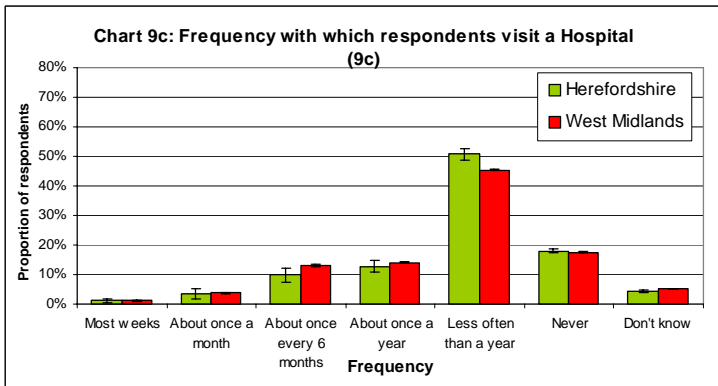
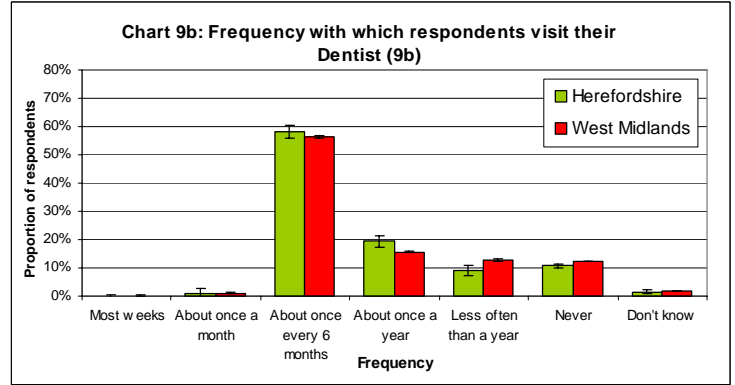
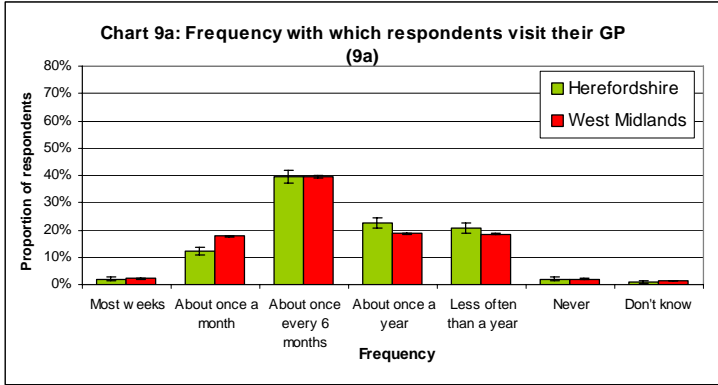
Long distance to access service/too far (21)

Poor/limited service available (11)

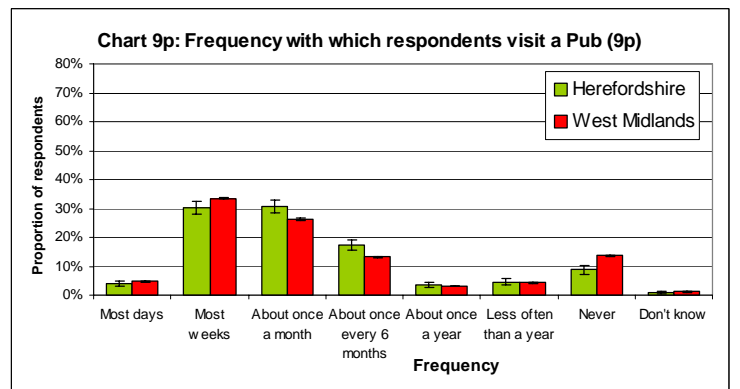
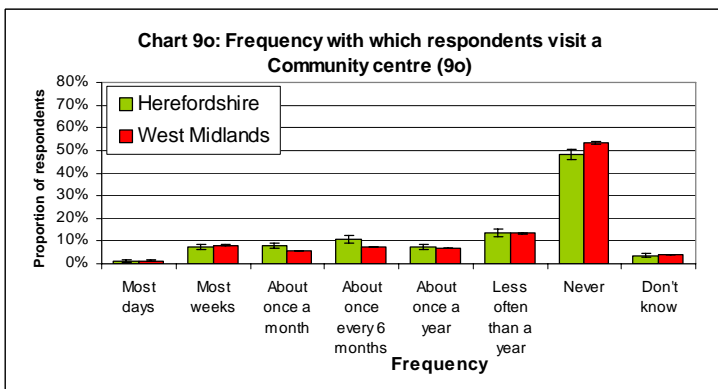
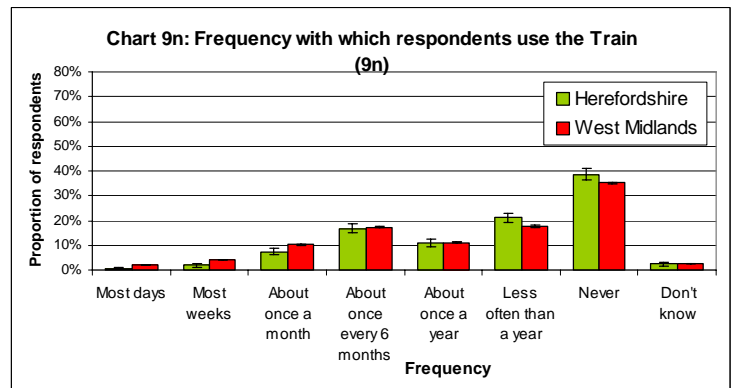
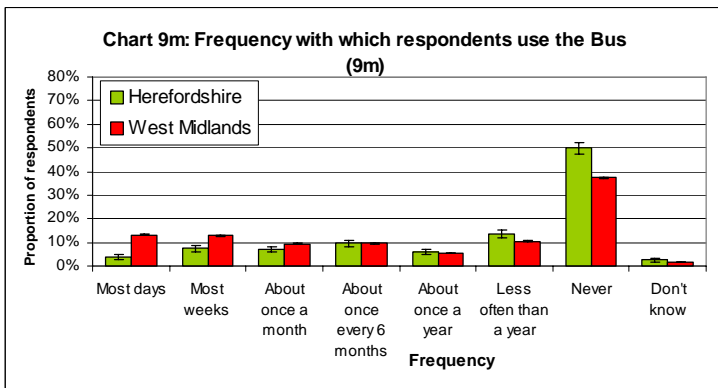
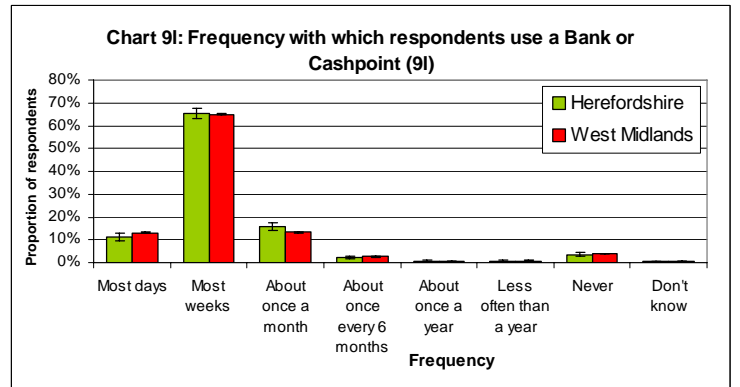
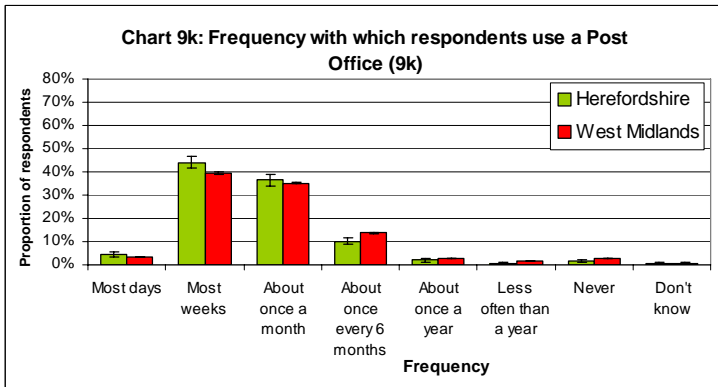
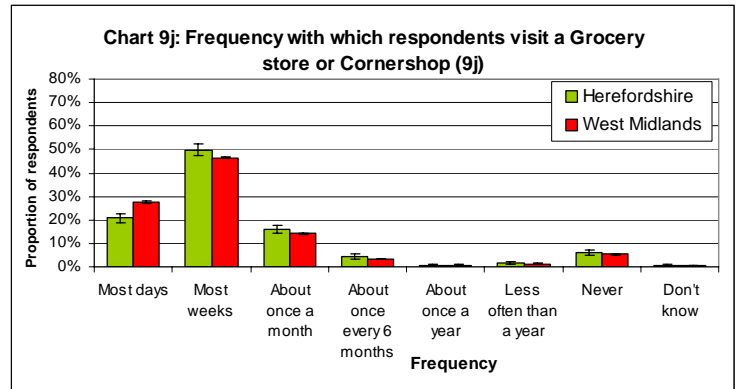
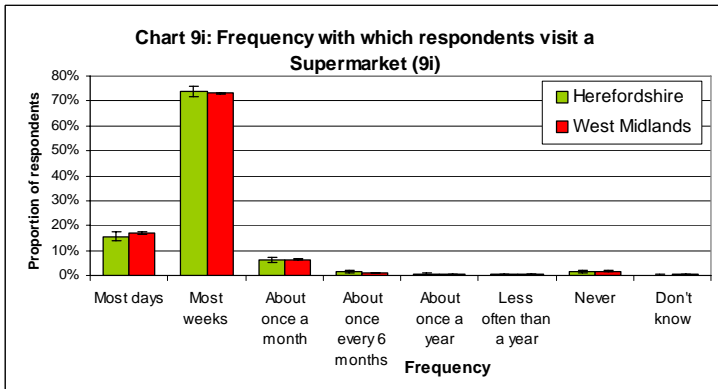
Lack of transportation links (11)

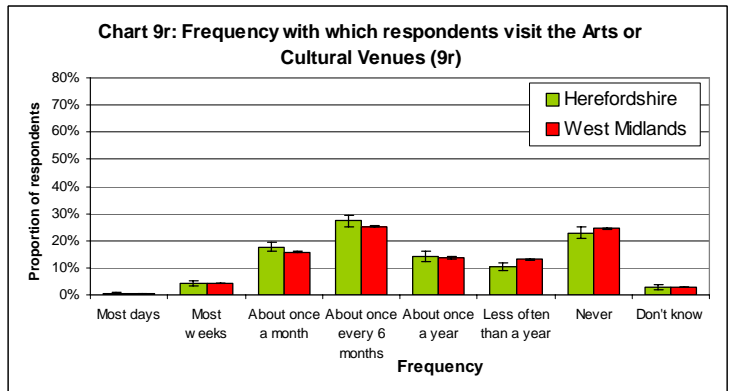
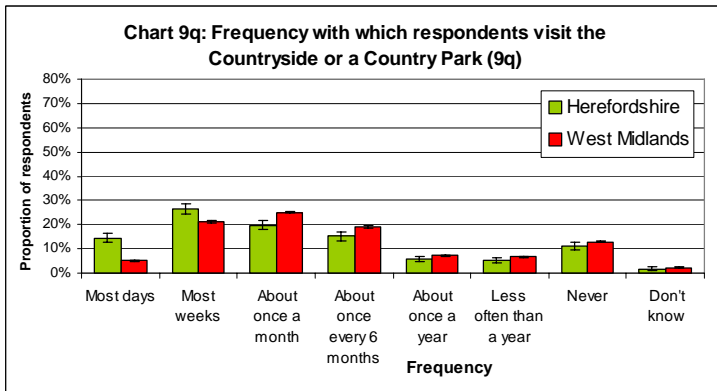
**Q9. How often on average do you use or visit ...**

Residents were asked to state how frequently they used or visited a selection of facilities, Charts 9a to 9r illustrate their responses. Commentary follows on page 24.



Q9. How often on average do you use or visit ... (continued)





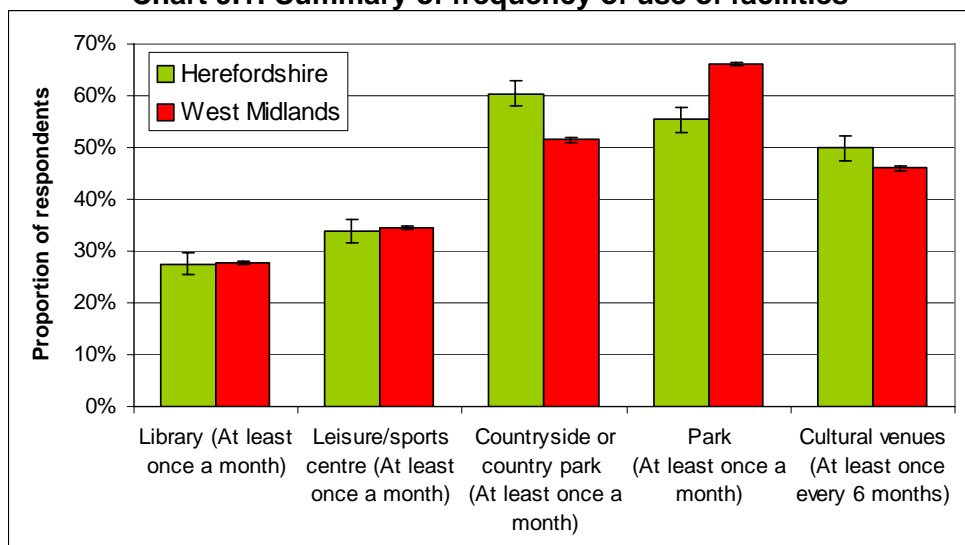
Responses indicate that grocery stores or cornershops are the services most commonly accessed "most days", however the **21%** doing so in Herefordshire is significantly lower than the **28%** reported across the region. Supermarkets are amongst the most frequently visited service with **17%** in Herefordshire and **16%** in the region using them most days and **74%** and **73%** using them most weeks. This is similar to the usage of cashpoints/banks, where **11%** from Herefordshire use them most days and **66%** most weeks compared to **13%** and **65%** regionally.

**67%** of Herefordshire residents never use the adult learning centre services, this is similar to the reported regional figure of **69%**. Many residents also do not use community centres, **48%** never doing so in Herefordshire although this proportion is higher regionally at **53%**.

The frequency of use of public transport reported by the RLS survey varies significantly between the two areas, a far smaller proportion of residents in Herefordshire using the bus daily (**4%** compared to **13%**) or most weeks (**7%** in Herefordshire, **13%** regionally). The proportion of those in Herefordshire who never use the bus (**50%**) is significantly greater than the **38%** regionally. The pattern of train use is similar, but less striking, suggesting **39%** of people in Hereford do not use the train compared to **35%** regionally.

To tie in with data from other sources used locally, Chart 9 explores the differences between Herefordshire and the region as a whole for the cultural and leisure facilities for set periods, which depend on how often you would expect someone to use the facility.

**Chart 9.1: Summary of frequency of use of facilities**



When measured in this way, frequency of use is similar in Herefordshire to that of the region as a whole for libraries and leisure/sports centres with **27%** and **34%** respectively visiting these facilities at least once a month.

A larger proportion of people in Herefordshire visit the countryside at least monthly than those in the West Midlands overall (**60%** compared to **52%**). A lower percentage visit a park at least once every 6 months in Herefordshire **55%** compared to **66%** regionally. A slightly higher proportion of Herefordshire residents (**50%**) visit art and cultural venues (i.e. museums, galleries, theatres, live music etc) at least once every 6 months is than for the West Midlands region (**46%**).

## **Recycling Services**

### **Q10. How do you recycle the following items?**

Charts 10a to 10h show the proportions of residents recycling selected materials by different methods. The proportion of residents actively recycling (i.e. recycling any of the items considered in some way) is almost identical in both geographies, **91.8%** doing so in Herefordshire with **91.7%** across the whole of the West Midlands region. Differences between methods of recycling in Herefordshire and the region are likely to be in part due to differences in the provision of doorstep recycling services i.e. this service is not provided to all Herefordshire residents. In Herefordshire, the doorstep recycling service collects: **tins, paper and card, plastic bottles and textiles**.

Results suggest that most people from Herefordshire (**53%**) recycle their **paper and card** using the doorstep collection provided by the Council, lower than the **64%** who do so over the West Midlands region. Higher proportions of residents from Herefordshire use recycling centres/council tips (**14%**), recycling banks/bins (**18%**) or other ways (**2%**) to recycle their waste paper products than from across the region, where the proportions are **10%**, **12%** and **1%** respectively.

A similar pattern is repeated for the **glass bottle and jar** recycling in Herefordshire, a far smaller proportion of the population using the doorstep collection than in the West Midlands (**19%** compared to **39%**), and a substantially greater proportion using recycling centres (**25%** in Herefordshire, **16%** in the West Midlands) and recycling bins (**37%** versus **24%**).

Residents in Herefordshire reported higher levels of **tin can** recycling using the Council doorstep collection (**46%** compared to **42%** in the region) and recycling bins (**14%** versus **10%**). The proportion of people in Herefordshire who do not recycle tin cans (**27%**) is lower than that from the West Midlands region overall (**35%**).

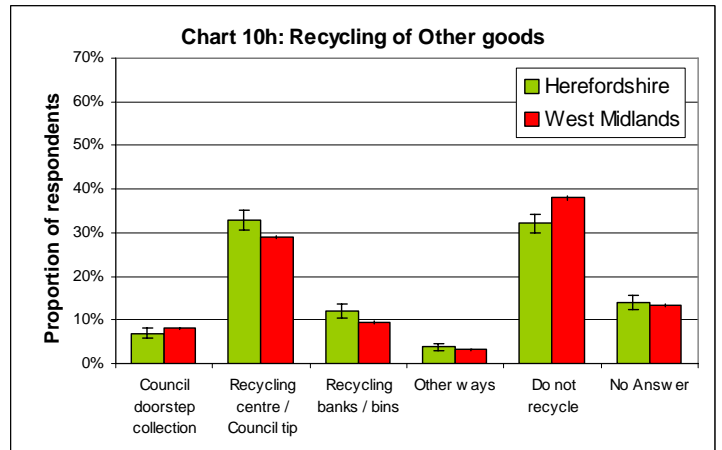
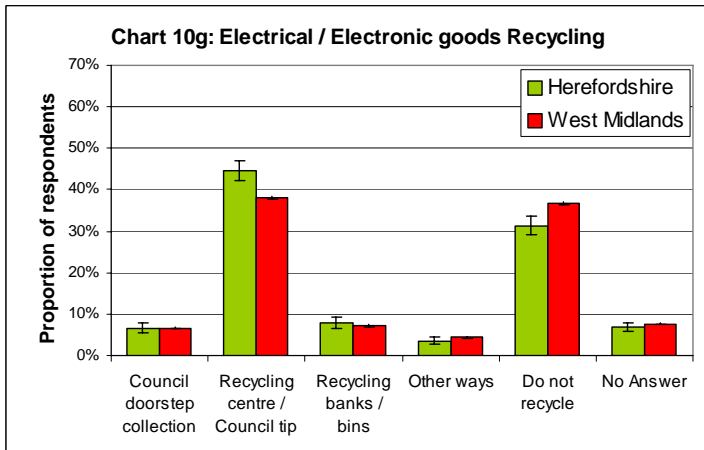
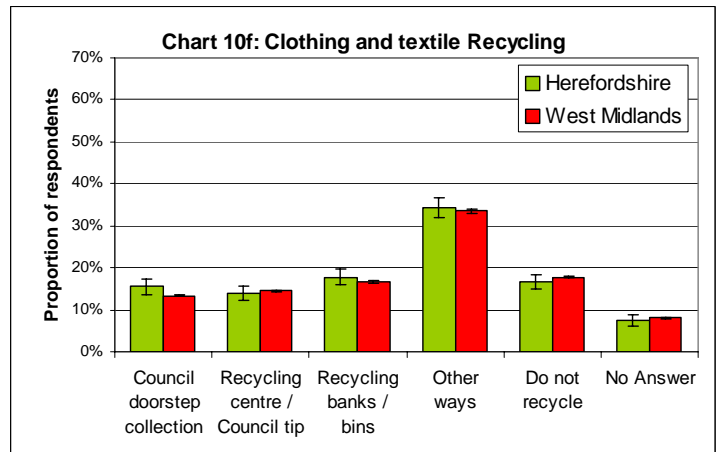
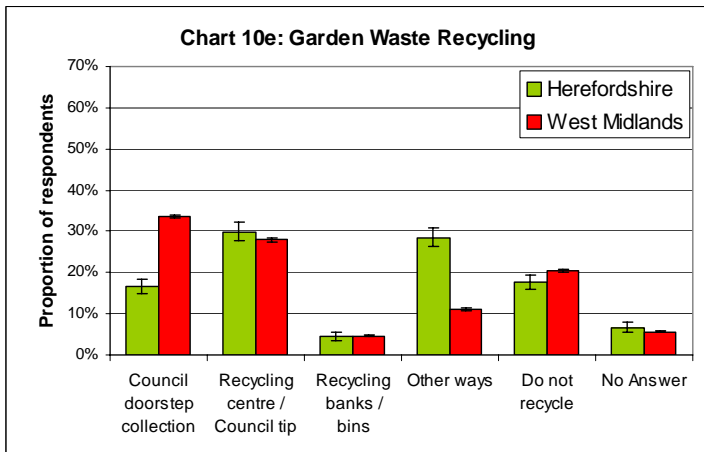
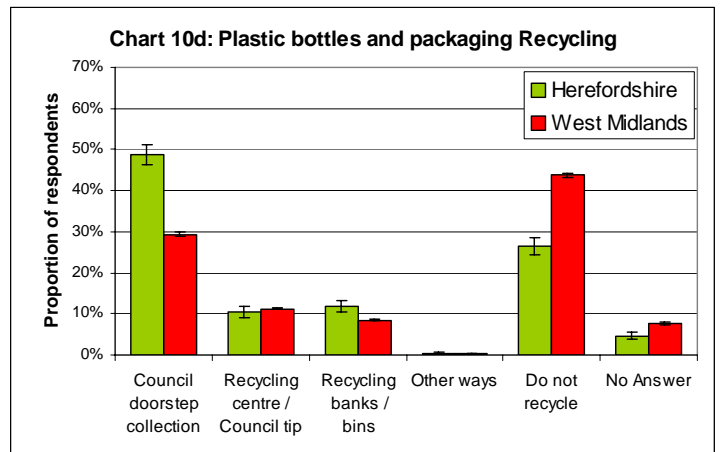
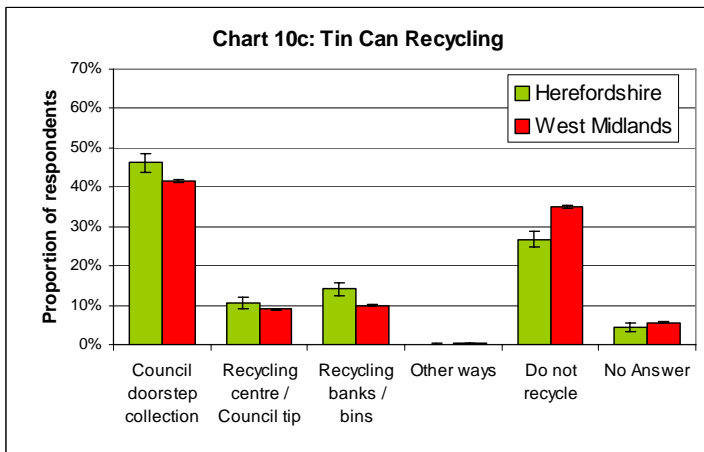
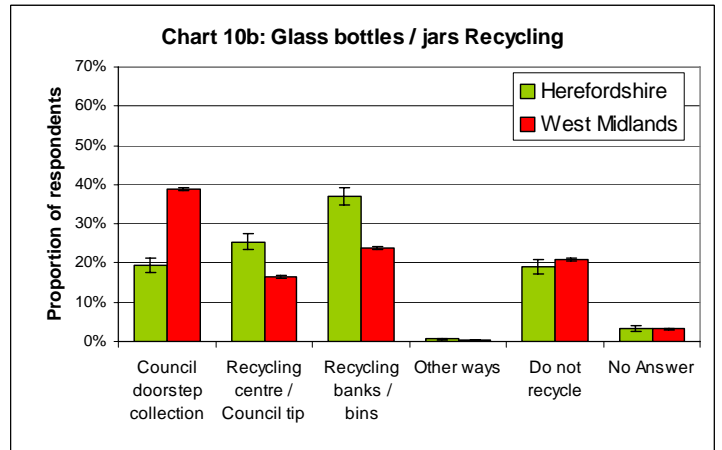
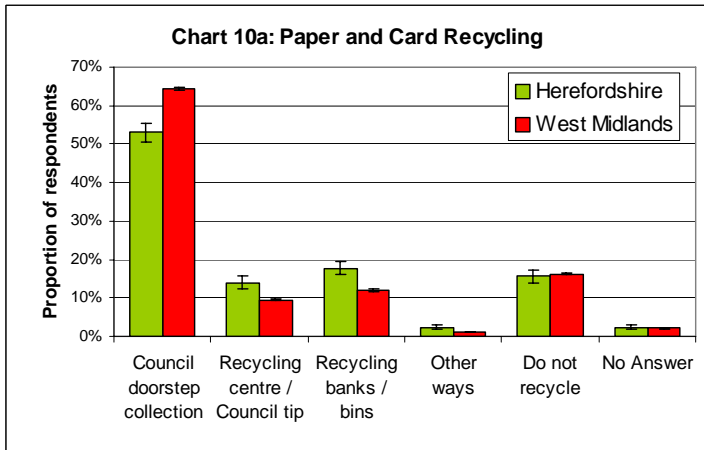
The most commonly identified method of recycling **plastic bottles and packaging** is using the collection provided by the Council cited by **49%** of Herefordshire residents and **29%** from the West Midlands. Results also indicate that recycling bins are more commonly used for plastic packaging in Herefordshire (**12%**) than across the region as a whole (**8%**). The proportion of people in Herefordshire who do not recycle plastic packaging is lower than across the region (**26%** compared to **44%**)

Residents in Herefordshire are less likely to use the Council rubbish collection to recycle their **garden waste** (**16%** compared to **33%**), instead a greater proportion of residents cited “*other ways*” of recycling (**29%** in Herefordshire and **11%** over the West Midlands). Of the other ways specified composting was the most commonly mentioned, cited by **26%** of Herefordshire residents.

Methods of recycling **clothing and textiles** shows little variation between the two geographies, “*other ways*” being the most commonly cited in each group (**34.3%** in Herefordshire, **33.5%** in the West Midlands). Of these other ways “*charity donations*” was the most frequently stated in each case accounting for about a third of responses both locally and regionally.

In both areas the most frequently cited method of recycling **electrical or electronic goods** was using the recycling centre or council tip, the reported level is higher in the county (**45%**) than over the region (**38%**). Responses from Herefordshire suggest that a smaller proportion of people from the county do not recycle these goods, with **31%** compared to **37%** in the West Midlands.

“**Other goods**” are most likely to be recycled at a Council tip or a recycling centre in Herefordshire, **33%** of residents doing so. This percentage is greater than the **29%** recorded in the West Midlands as a whole, who were most likely not to recycle “*other goods*” (**38%** in the West Midlands, **32%** in Herefordshire).



**Q11. If you don't regularly recycle some or any of the things listed above, what are your main reasons for not recycling?**

**Chart 11: Main reasons for not recycling (Q11)**

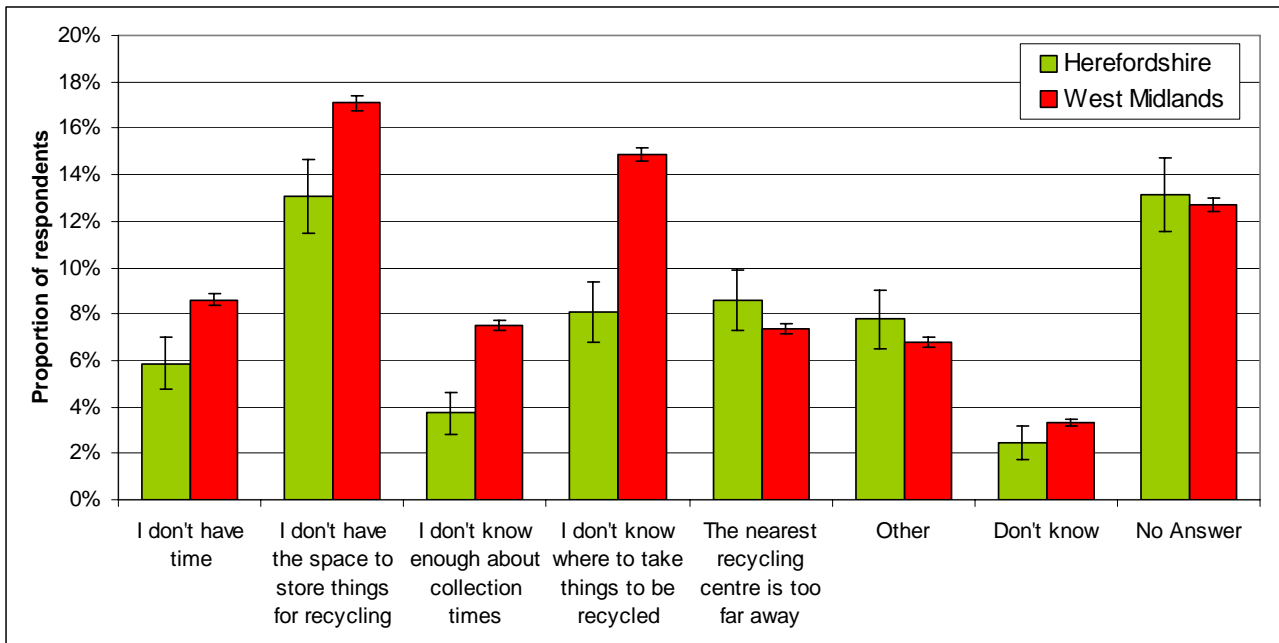


Chart 11 shows a great deal of variation in the reasons why people do not recycle between the two geographies.

Lower proportions of residents from Herefordshire do not recycle things due to a lack of time (6%), storage space (13%), information about collection times (4%) and knowing where to take things to be recycled (8%). Regionally these figures are 9%, 17%, 7%, and 15% respectively.

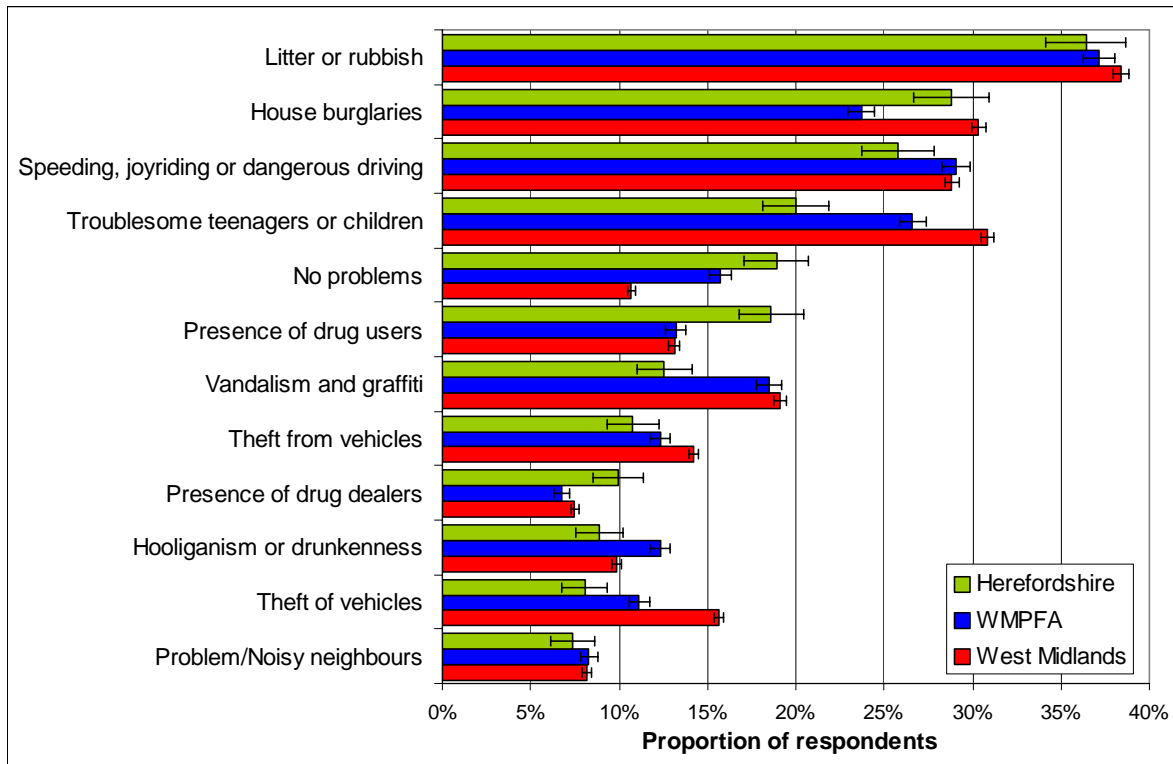
A higher percentage of residents in Herefordshire (9% compared to 7%) felt that the distance to recycling centres was the main reason why they did not recycle some items.

## **Crime and Community Safety**

As questions in this section deal with issues relevant to the West Mercia Constabulary, data relating to the West Mercia Police Force area (WMPFA) is presented alongside that of Herefordshire and the West Midlands when appropriate.

### **Q12. Which of the following would you say are the three main problems in your neighbourhood?**

**Chart 12: Main problems in residents' neighbourhoods (Q12)**

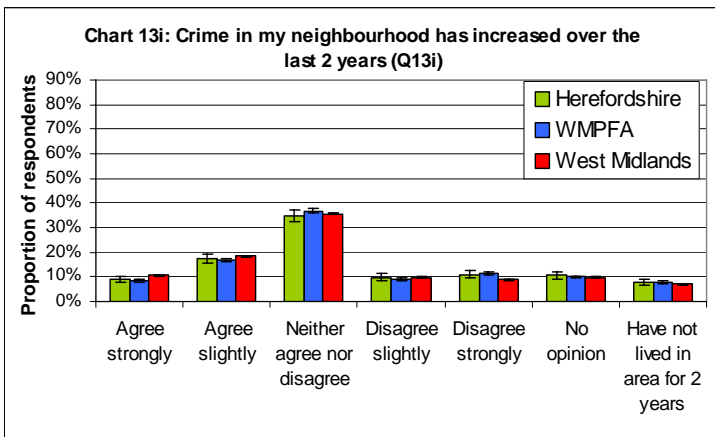
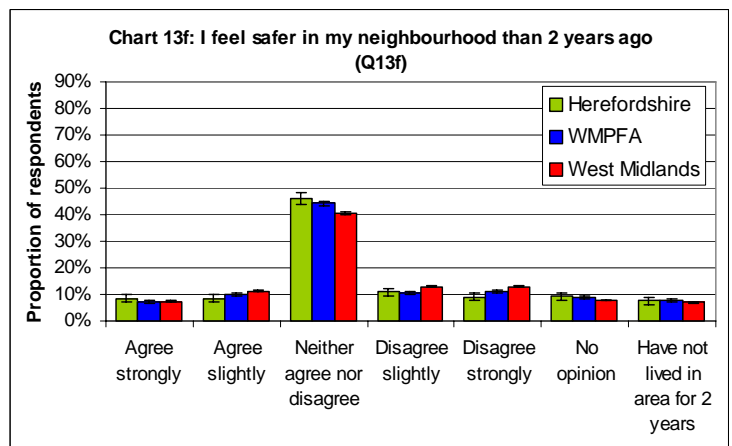
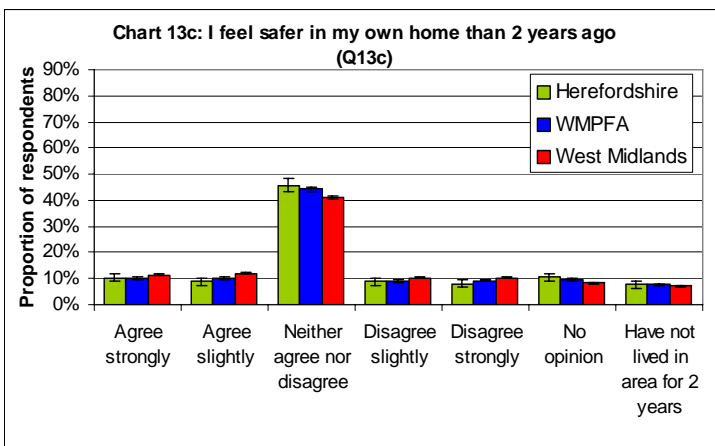
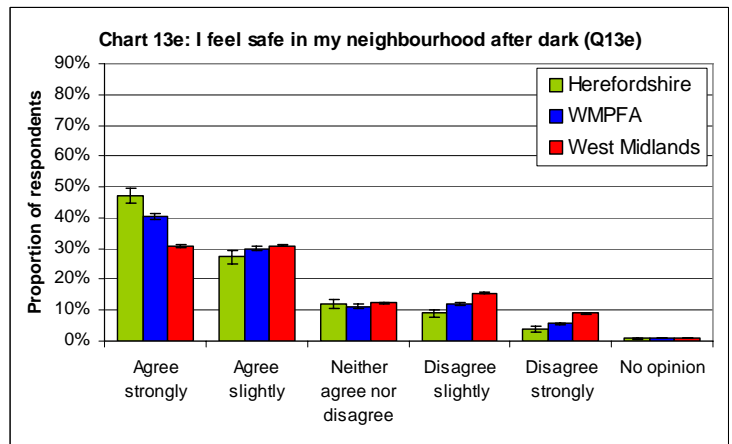
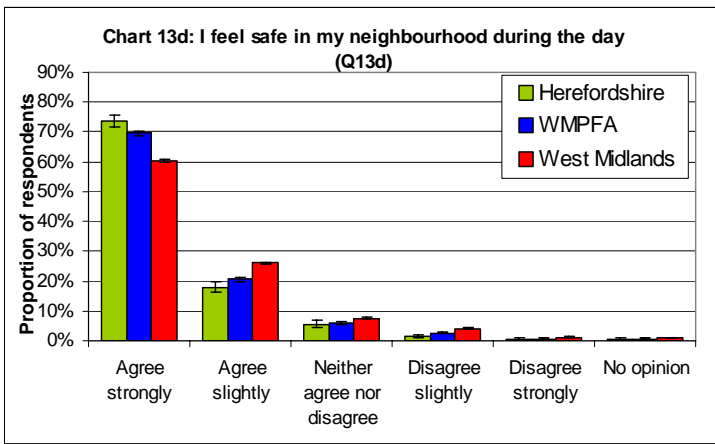
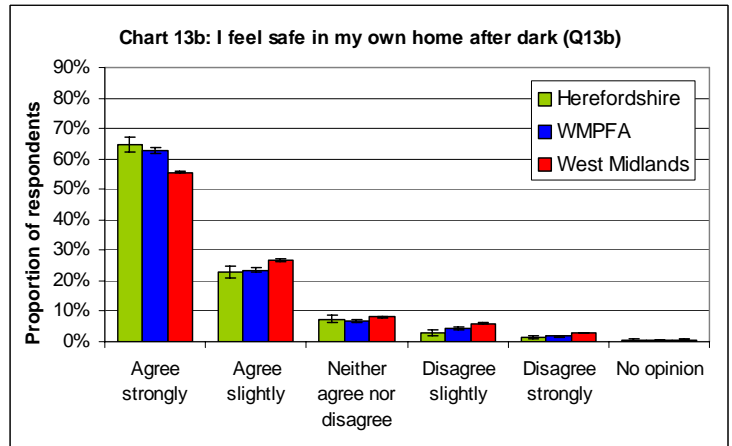
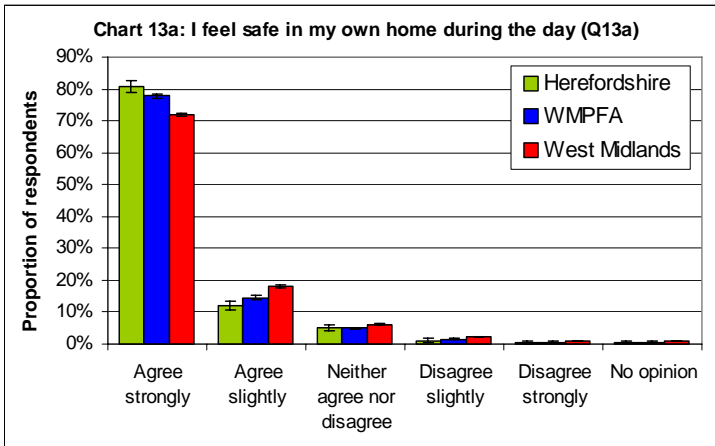


In Herefordshire, across the West Mercia Police Force area and West Midlands region, the greatest proportion of residents feel that litter is one of the 3 main problems in their neighbourhoods (**36%**, **37%** and **38%**). The RLS survey suggests that house burglaries is the second most common problem in Herefordshire, identified by **29%** of residents in the county and **30%** from the West Midlands region, but by only **24%** of residents from the West Mercia Police Force area.

Responses suggest that people in Herefordshire are less likely to be troubled by speeding, joyriding or dangerous driving, troublesome teenagers, vandalism and graffiti and theft from vehicles, than residents from over the West Midlands Region. However residents from the county expressed a greater level of concern over the presence of drug users (**19%**) and the presence of drug dealers (**10%**), than those from the West Midlands as a whole where the proportions are **13%** and **7%** respectively. A greater proportion of the residents from Herefordshire felt that there were no problems in their neighbourhoods **19%** choosing this option compared to **16%** in the WMPFA and **11%** regionally.

Charts 13a-f,i (*overleaf*) illustrate how residents felt about safety in their homes and neighbourhoods, **81%** of people in Herefordshire strongly agree that they feel safe at home during the day; proportions are **78%** in the West Mercia Police Force Area and **72%** regionally. These percentages drop to **65%**, **63%** and **56%** respectively during the hours of darkness. This pattern is repeated when residents are asked how strongly they agree that they feel safe in their neighbourhood during the day and night. With the percentages dropping from **74%** to **47%** in Herefordshire, **70%** to **40%** in the WMPFA and from **60%** to **31%** regionally.

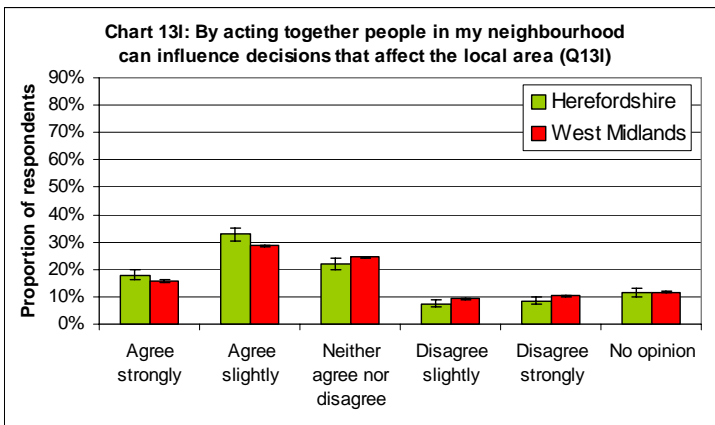
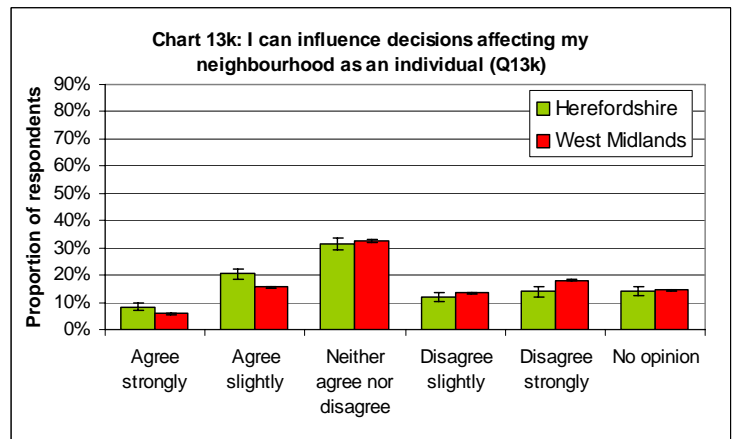
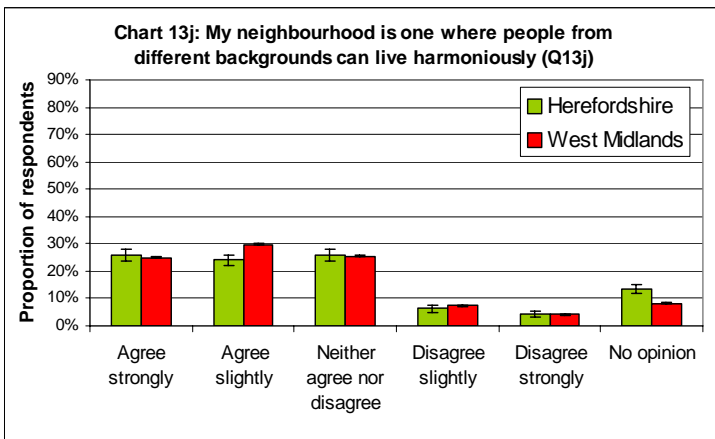
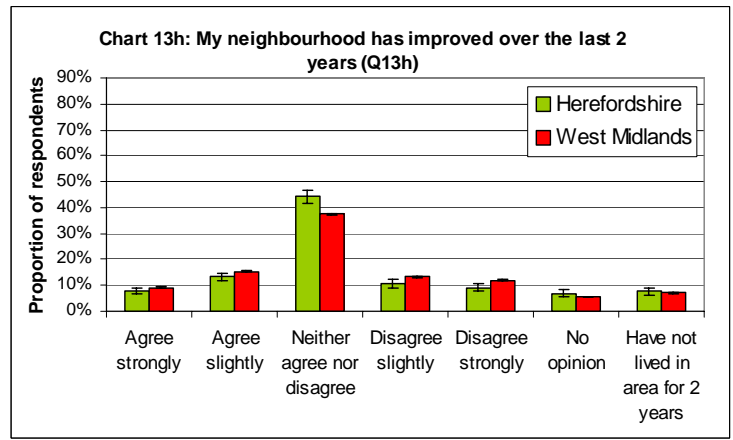
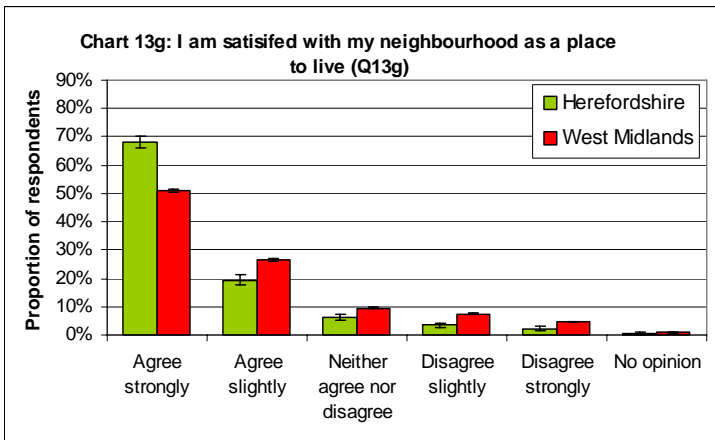
**Q13. To what extent do you agree, or disagree with the following statements? – Safety within the home and neighbourhood.**



When asked whether neighbourhood safety has improved over the last 2 years, residents are most likely to “neither agree nor disagree”. **46%** of residents in Herefordshire neither agree nor disagree that they feel safer in their neighbourhood than 2 years ago, in the police area the figure is **44%** and **41%** regionally.

**Q13. To what extent do you agree, or disagree with the following statements? – About my neighbourhood and local area.**

As these statements refer to community rather than crime, data for the West Mercia Police Force area has been omitted.



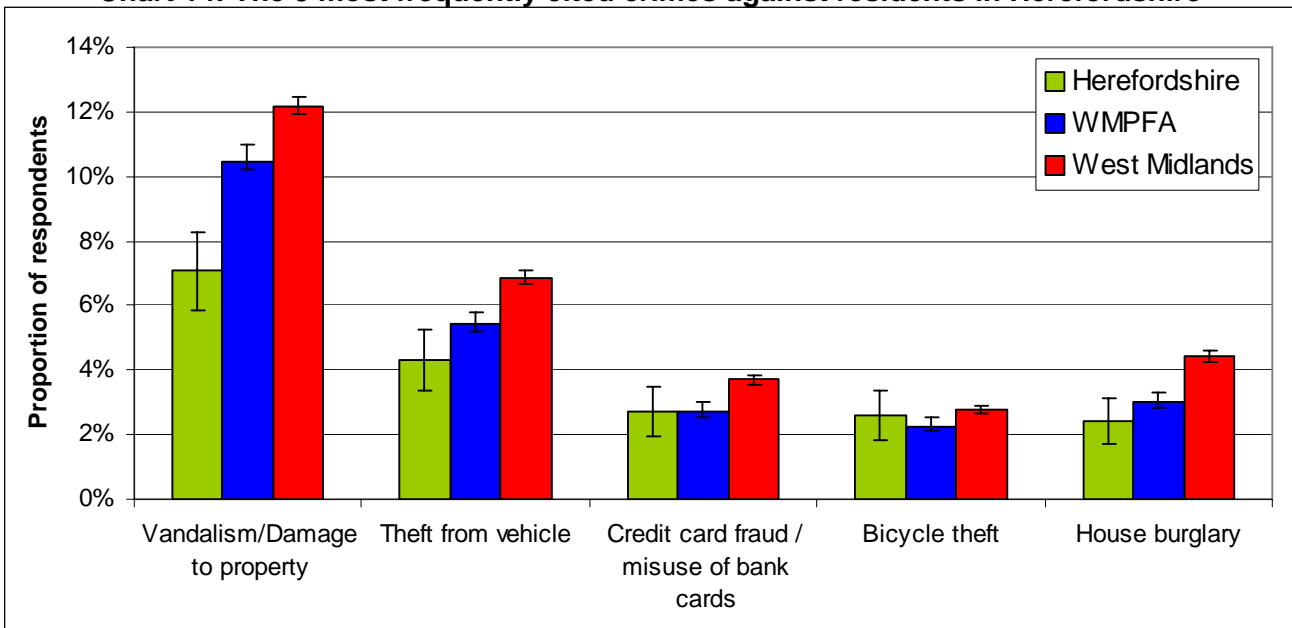
Charts 13g,h,j-l show residents' agreement to statements about the community in which they live. Results suggest that people in Herefordshire are more satisfied with their neighbourhood as a place to live, **68%** of residents strongly agreeing with the statement compared to **51%** over the West Midlands. **44%** of residents in Herefordshire neither agree nor disagree that their neighbourhood has improved over the last 2 years compared to **37%** regionally.

There is little variation between local and regional levels of agreement with the statement that “my neighbourhood is one where people from different backgrounds can live harmoniously”, the only differences being that a smaller proportion of people in Herefordshire agree slightly (**24%** compared to **30%** regionally).

Residents in Herefordshire are slightly more positive in their opinions that “I can influence decisions affecting my neighbourhood as an individual” (**20%** agree slightly compared to **16%** regionally) and “By acting together people in my neighbourhood can influence decisions that affect the local area” (**33%** agree slightly in Herefordshire, **29%** regionally).

**Q14. Have you been the victim of any of the following in the past year?**

**Chart 14: The 5 most frequently cited crimes against residents in Herefordshire**



**70%** of residents from Herefordshire indicated that they had not been the victim of any of the crimes listed, this is higher than the figure for the West Mercia Police Force area (**66%**) and for the West Midlands region (**61%**).

“*Vandalism/Damage to property*” was the most commonly cited crime by residents from all areas, notably the proportion of residents in Herefordshire (**7%**) who were victims of this crime is lower than those in both the WMPFA (**10%**) and the West Midlands region (**12%**).

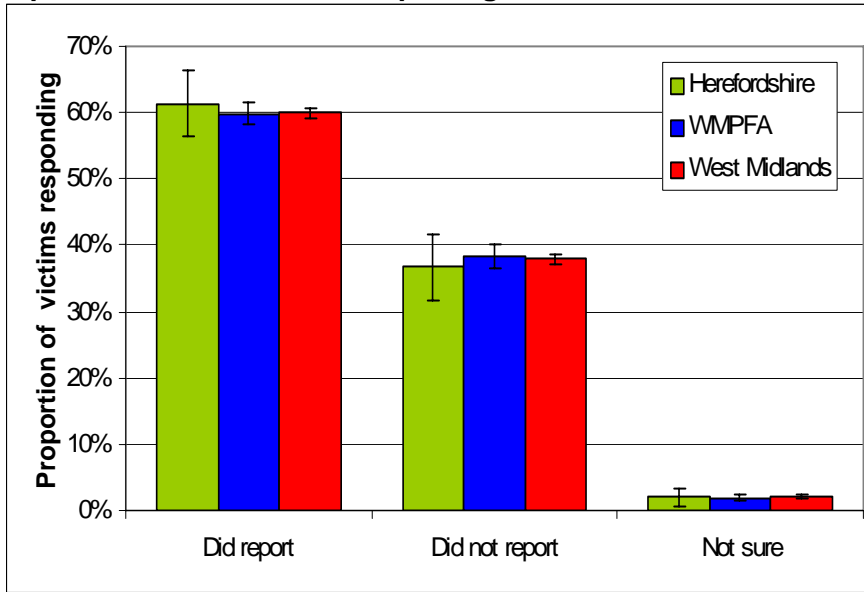
A lower proportion of residents reported being a victim of “*Theft from vehicles*” in Herefordshire than in the West Midlands overall. This was the second most commonly quoted crime in each geography, cited by **4%** of residents from Herefordshire, **5%** from the West Midlands Police Force area and **7%** from the region overall.

The levels of “*credit card fraud and misuse of bankcards*” are similar in Herefordshire (**3%**), the WMPFA (**3%**) and the West Midlands (**4%**). Similar proportions of residents in Herefordshire (**3%**) the WMPFA (**2%**) and the West Midlands (**3%**) were victims of “*bicycle theft*”.

Results suggest that around **2%** of people in Herefordshire have been victims of “*House burglary*” in the last year. This value is much the same as the **3%** recorded in the West Mercia Police Force area, but lower than the **4%** regionally. It is interesting to note that “*House burglary*” is perceived to be the second most common problem in Herefordshire (cited by **29%** of residents in question 12).

**Q15. Did you report this crime to the police?** (If more than one crime in last year answer for most recent crime)

**Chart 15: Proportion of crime victims reporting most recent crimes to the Police (Q15)**



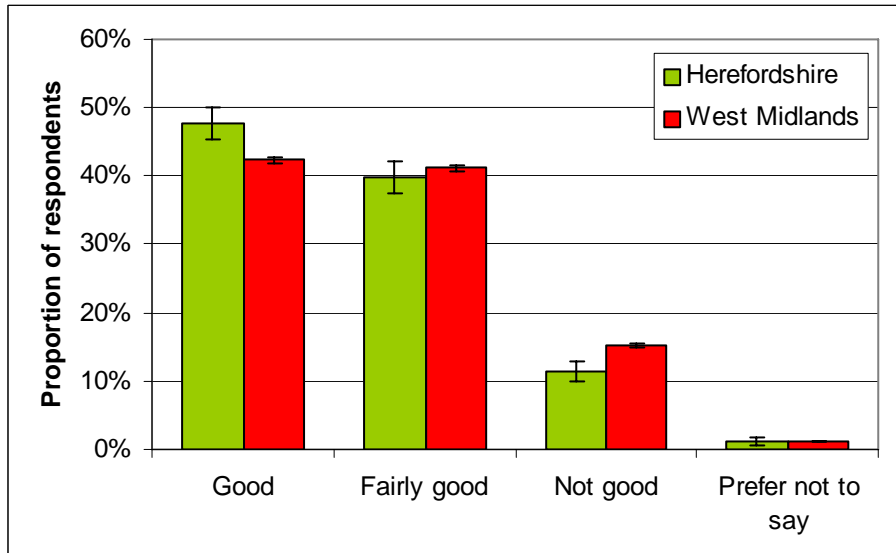
Levels of reporting of crimes to the Police are similar in each of the geographies, being **61%** in Herefordshire, **60%** in the West Mercia Police Force Area and **60%** over the West Midlands. This is also reflected by the levels of non-reporting, **37%** in Herefordshire, **38%** over the Police Force area and **38%** in West Midlands.

Considering the West Mercia Police Force area as a whole it is possible to further provide breakdown by gender, age ethnicity and IMD. This analysis show that women are more likely to report crime than men, **62%** of female victims contacting Police compared with **57%** male victims. Residents aged between 45 and 54 are the most likely to have reported crime to the Police, **65%** of victims in this age group having done so. Only **54%** of the youngest age group, (18 – 24) had reported the most recent crime committed against them. Of the different ethnicities, “*Asian or British Asian*” were least likely to report crimes, only **49%** choosing to involve the Police; “*Chinese or Other*” had the highest reporting rate at **68%**.

**General Health**

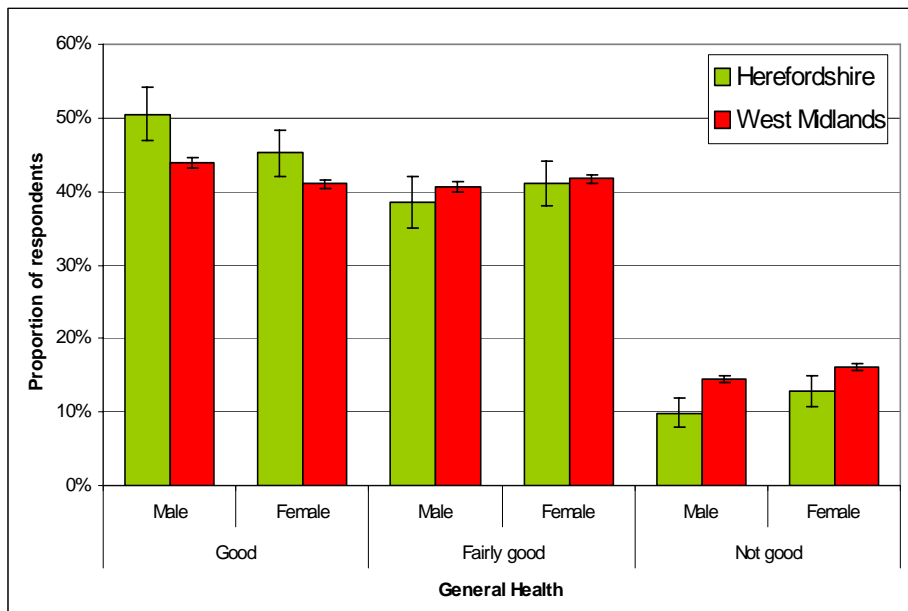
**Q16. Over the last 12 months would you say your health on the whole has been...**

**Chart 16: How residents describe their health over the last 12 months (Q16)**



General health was measured using a question derived from the 2001 Census. A higher proportion of residents from Herefordshire, **48%**, compared with **42%** from across the West Midlands as a whole, consider themselves to be in 'good health'. Conversely a lower proportion of residents from Herefordshire (**11%**) feel that their health is 'Not good' than from the West Midlands (**15%**).

**Chart 16.1: General health in the last 12 months by gender (Q16xQ52)**

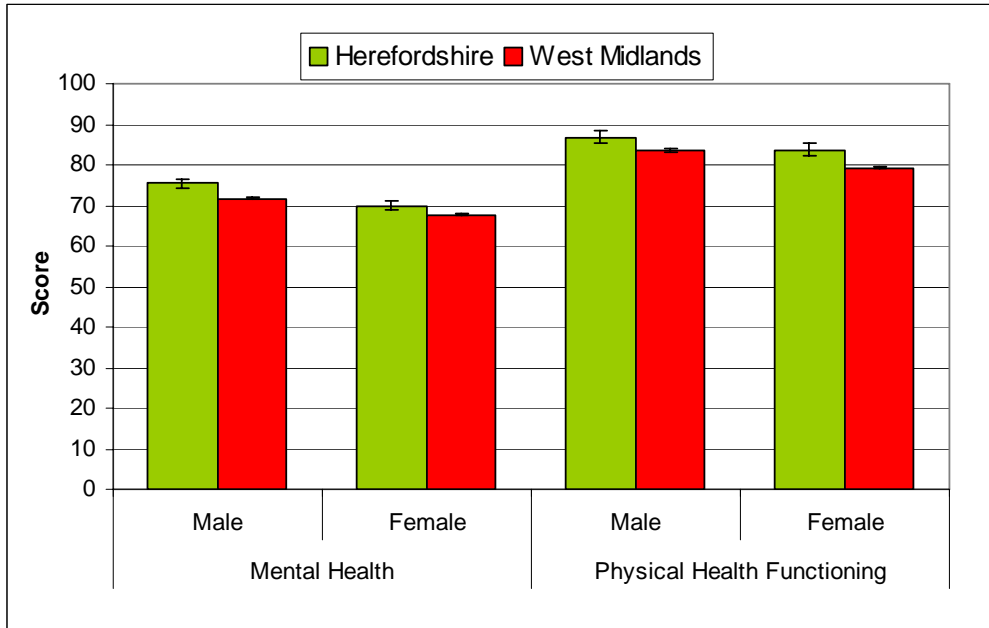


As can be seen in Chart 16.1, in both Herefordshire and the region a higher proportion of males reported being in 'good health' compared to females. Both males and females are more likely to report being in 'good health' in Herefordshire (**51%** and **45%** respectively) compared to the region (**44%** and **41%** respectively). It can also be seen that the proportion of male residents reporting being in 'not good health' is significantly lower than the region (**10%** and **14%** respectively).

**Q19/20. Effects of health problems**

Physical health and mental health scores were derived from questions 19 and 20 using a validated measure<sup>1</sup>. Raw scores were transformed onto a scale of 0-100 where 0 represents the 'worst possible health state' and 100 the 'best possible health state'. Overall it would appear that residents in Herefordshire have slightly better mental health and physical health functioning (**71** and **85** respectively) compared to the region where the values are **70** and **81**.

**Chart 19: General health in the last 12 months by gender (Q19/20xQ52)**



As can be seen in Chart 19, in both Herefordshire and the region males have slightly higher mental health scores than females (**72** versus **68** in the county). The same pattern can also be observed for physical health functioning where Herefordshire scores are **84** and **79** for men.

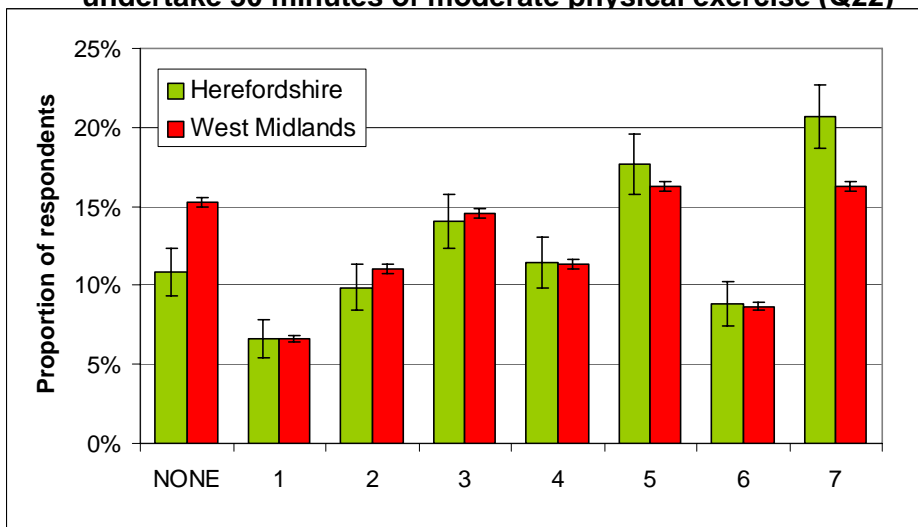
<sup>1</sup> This measure is subject to intellectual property rights and may not be reproduced without prior permission being sought from the publishers. Interested parties should either consult WMRO or WMPHO in the first instance or consult the supplementary technical report.

**Physical Activity**

**Q22. How many days per week on average do you spend a total of 30 minutes on physical activity at a ‘moderate’ pace?**

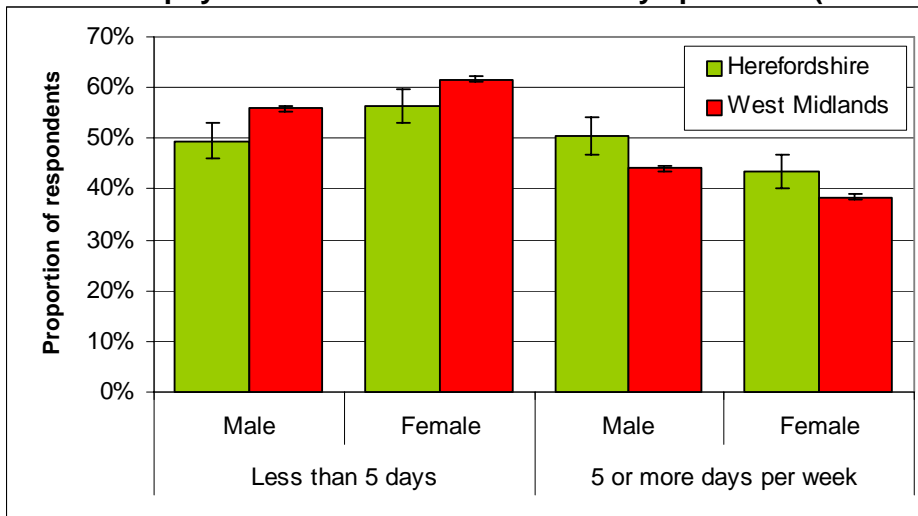
In the RLS moderate activity is defined as activity such as brisk walking undertaken for a total period of 30 minutes in a day. It is recommended that people undertake 30 minutes of physical exercise on at least 5 days a week. A higher percentage of people in Herefordshire (**47%**) undertake moderate physical activity for 5 or more days per week, than in the West Midlands overall (where the proportion is **41%**).

**Chart 22: Number of days per week in which residents undertake 30 minutes of moderate physical exercise (Q22)**



Generally the number of days per week during which residents take moderate exercise varies little between the two areas, showing only two significant differences: The proportion undertaking no moderate physical activity is lower in Herefordshire compared to the region (**11%** versus **15%**) and the proportion of residents in Herefordshire exercising every day is higher than that of the West Midlands as a whole (**21%** compared to **16%**).

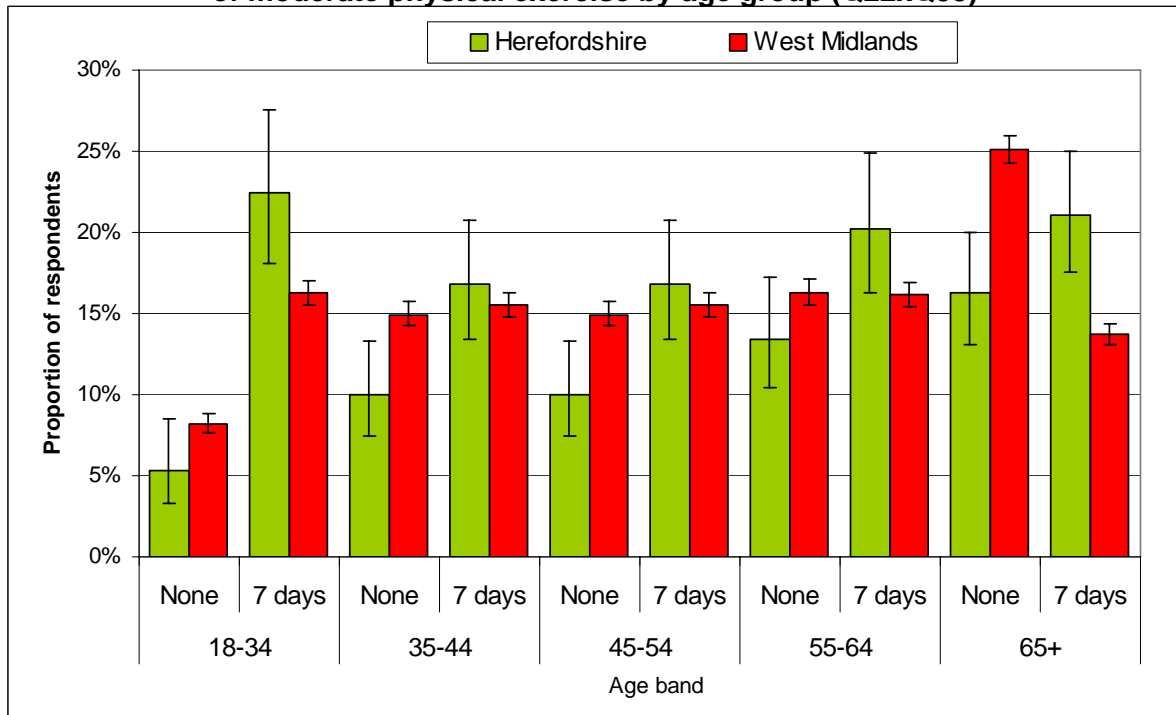
**Chart 22.1: Proportions of each gender undertaking 30 minutes of moderate physical exercise for 5 or more days per week (Q22xQ52)**



As illustrated in Chart 22.1 both males and females in Herefordshire are more likely to take moderate exercise for 5 or more days per week than regionally, **51%** of males and **43%** of females doing so in Herefordshire compared to **44%** and **38%** respectively regionally.

Chart 22.2 explores whether the proportions undertaking moderate physical activity on 7 days per week (on average) and undertaking no moderate physical exercise differ with age.

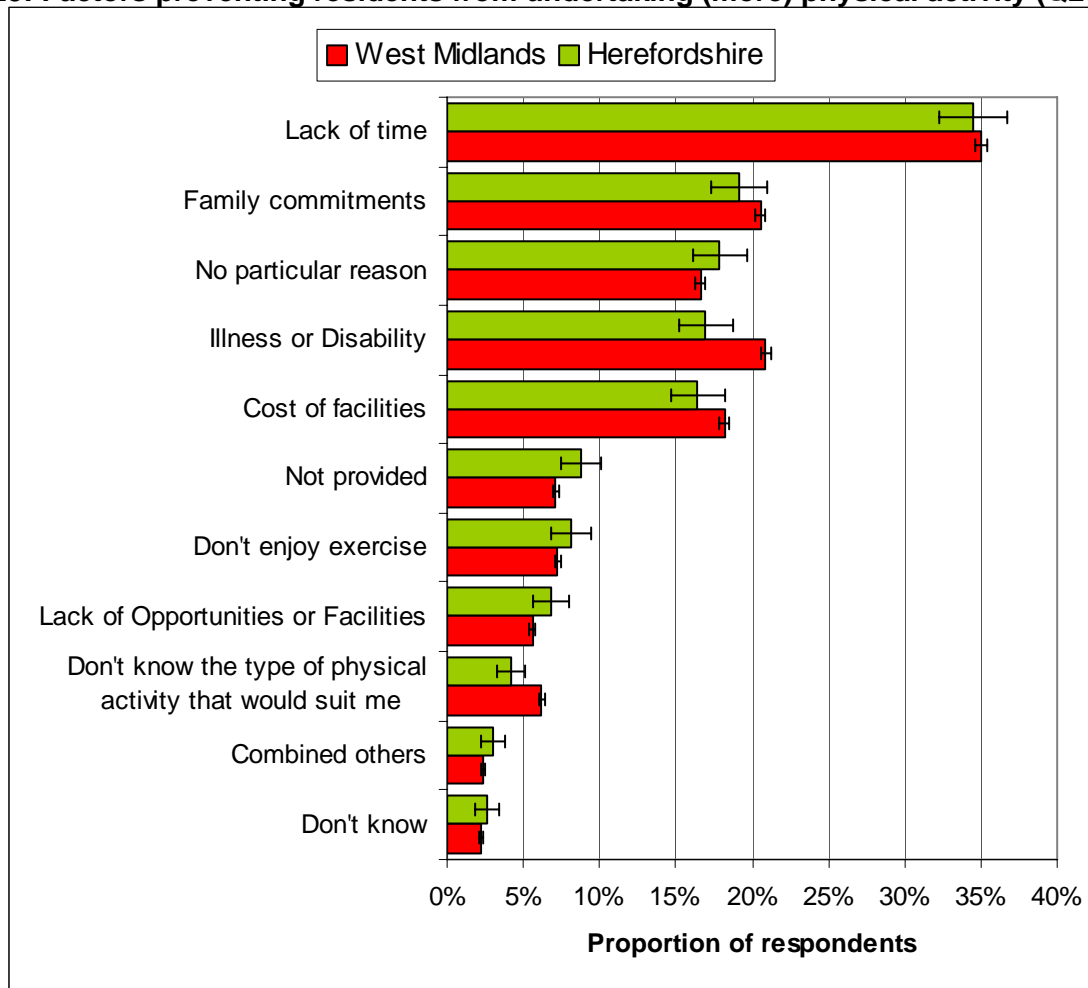
**Chart 22.2: Average number of days per week undertaking 30 minutes of moderate physical exercise by age group (Q22xQ53)**



Not surprisingly the highest proportion (**25%**) at the regional level who do not do any moderate physical activity are aged 65 and over. The comparable figure for Herefordshire is much lower (**16%**). Overall it would appear that residents in Herefordshire are more likely to undertake moderate levels of physical activity on every day of the week compared to the region, particularly in the 18–34 and 65+ age groups. However the confidence intervals are wide making it difficult to draw firm conclusions.

**Q25. Do any of the following prevent you from undertaking (more) physical activity?**

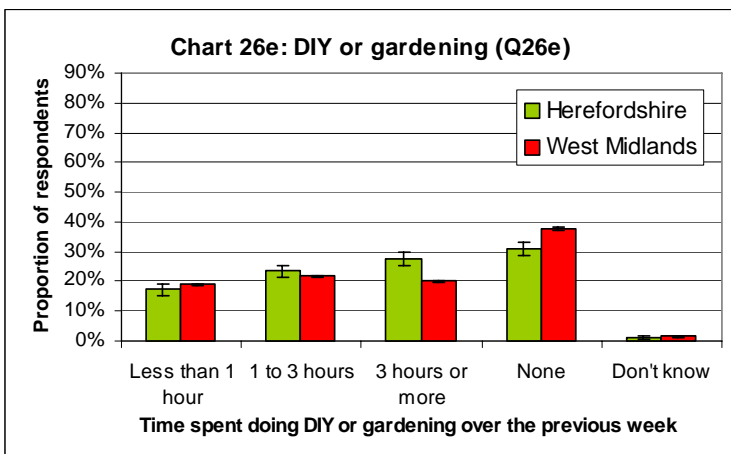
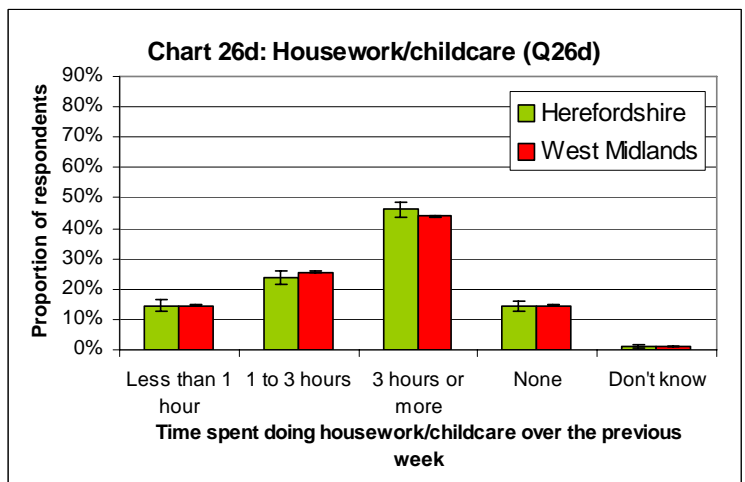
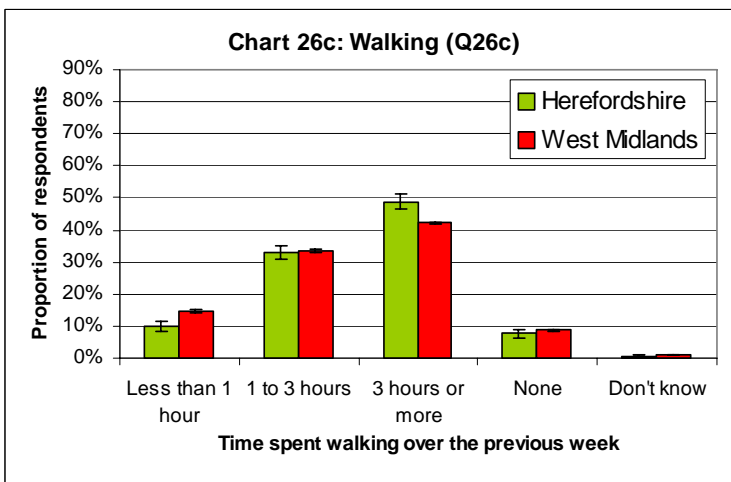
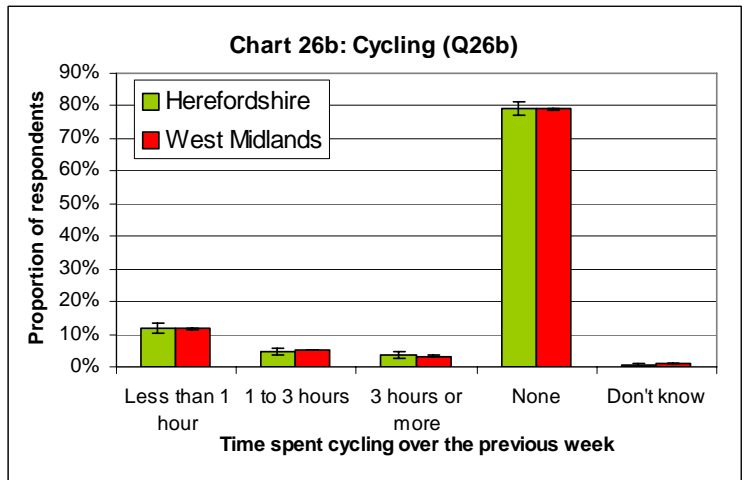
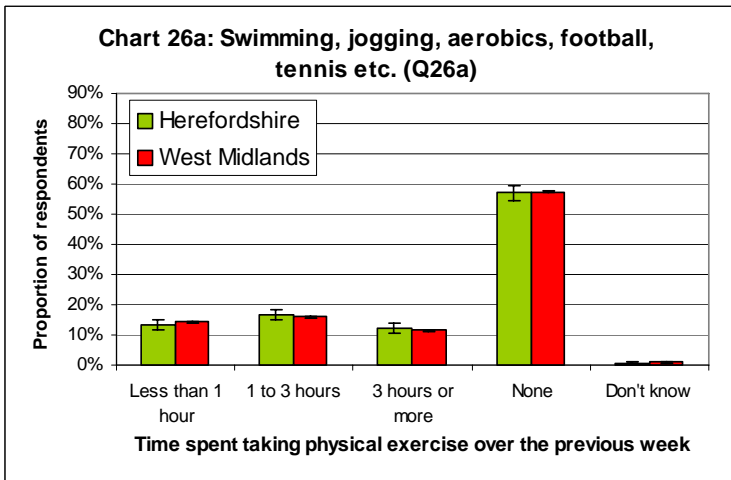
**Chart 25: Factors preventing residents from undertaking (more) physical activity (Q25)**



In both Herefordshire and the region as a whole, “*Lack of time*” is the most commonly cited factor preventing residents from undertaking more physical exercise (35% in both areas). The next most common reasons are “*family commitments*”, “*illness or disability*”, “*cost of facilities*” and “*no particular reason*” each accounting for between 16 and 21 percent of residents locally and regionally.

A smaller proportion of residents from Herefordshire cited “*illness or disability*” as a factor preventing more physical activity (21% compare to 17% in the West Midlands).

**Q26. During the last week, how many hours did you spend on each of the following?**



The amount of time spent doing swimming, jogging, aerobics, football, tennis etc vary little between the two geographies. In each area the highest proportion (57% in Herefordshire and 58% regionally) did not spend any time participating in these types of physical exercise. Moreover, as Chart 26b illustrates, 79% in both areas did not cycle during the week.

Results indicate that people in Herefordshire spend more time walking than people regionally, with fewer residents walking for less than 1 hour over the week (10% versus 15%)

and more residents walking for 3 or more hours (49% compared to 42%).

A slightly larger proportion of people from Herefordshire spent 3 hours or more doing either housework or childcare (46% versus 44%). Also people in Herefordshire are more likely to have spent 3 or more hours doing DIY or gardening in the previous week than people from the region overall (27% compared to 20%).

**Diet**

**Q29. How many portions of fresh fruit or vegetables would you say you eat on a typical day (including frozen or tinned vegetables)?**

Responses indicate that people within Herefordshire are more likely to eat the recommended 5 or more portions of fruit or vegetables each day than those in the West Midlands as a whole (34% compared to 27%).

**Chart 29: Typical daily consumption of fruit and vegetables (29)**

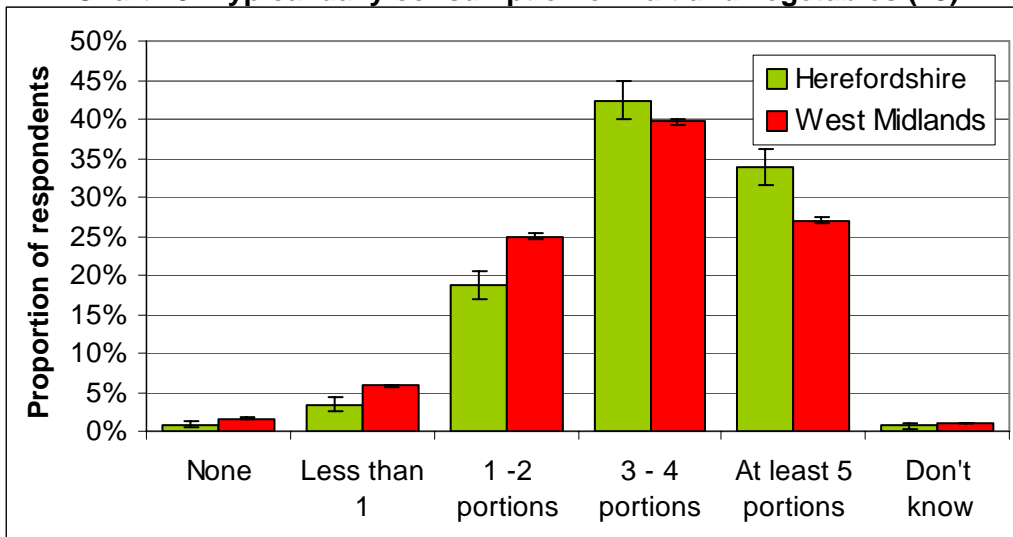


Chart 29 shows that 3 to 4 portions of fruit per day was the most frequently specified answer in both geographies, accounting for 42% in Herefordshire and 40% over the West Midlands. A far lower percentage of people from Herefordshire eat less than 3 portions of fruit or vegetable on a typical day than in the region as a whole, (23% compared with 32% regionally).

**Chart 29.1: Consumption of 5 or more portions of fruit and vegetables each day by gender (Q29xQ52)**

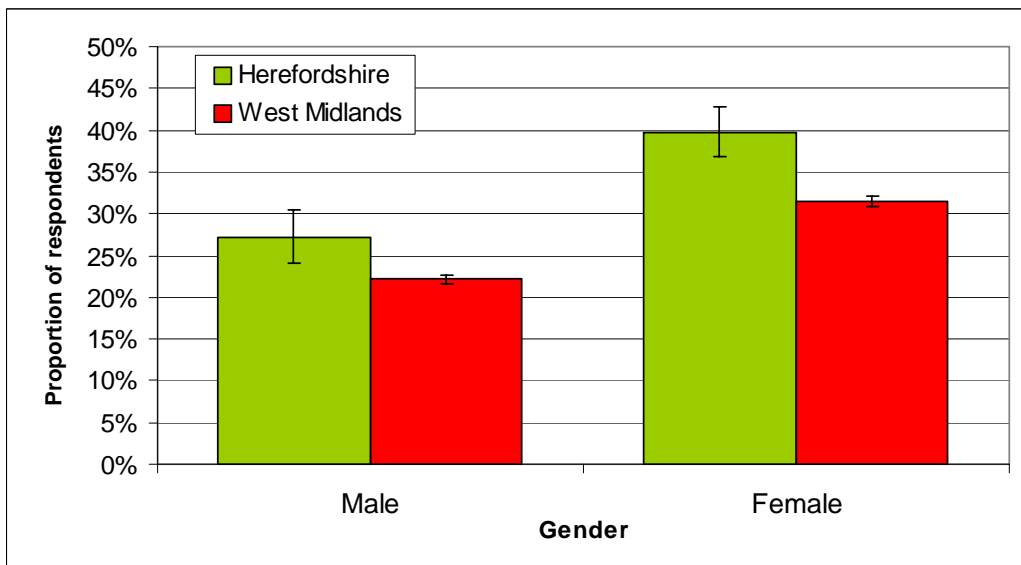


Chart 29.1 shows that in Herefordshire and the region the consumption of 5 or more portions of fruit and vegetables is lower by males (27% compared to 40% amongst females for the county).

**Chart 29.2: Consumption of 5 or more portions of fruit and vegetables each day by age group (Q29xQ53)**

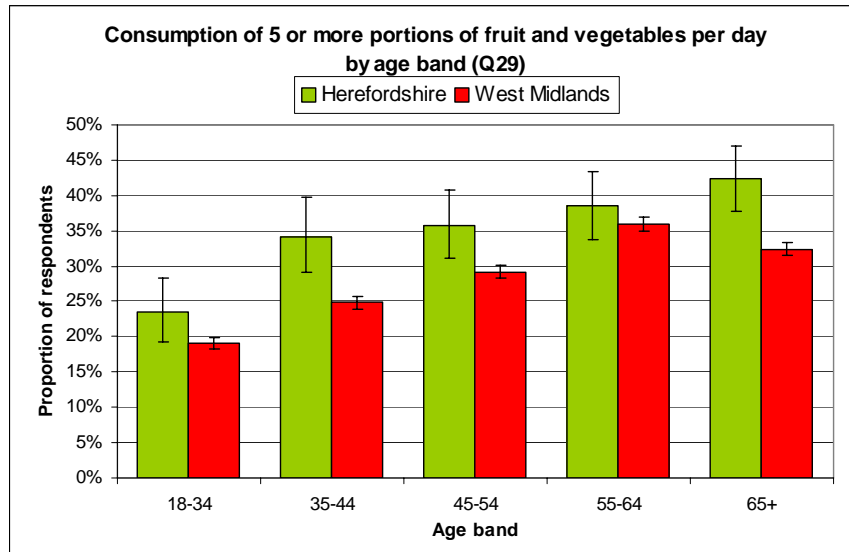
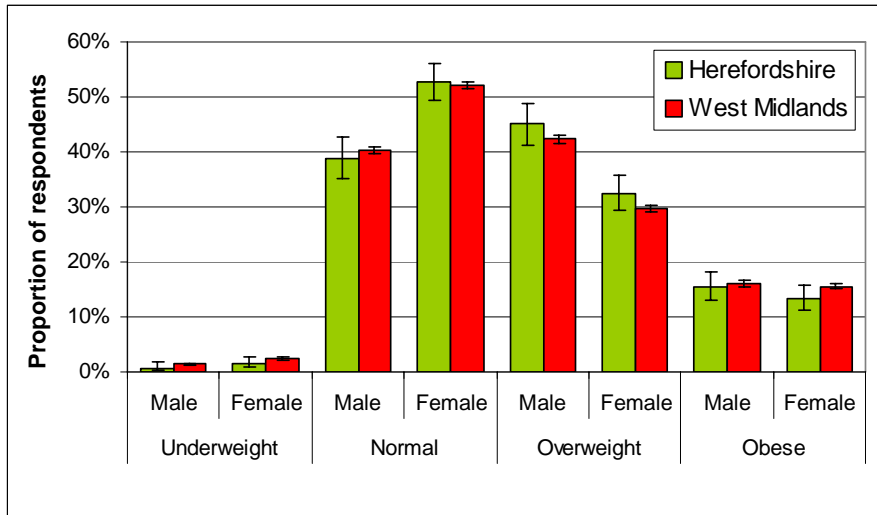


Chart 29.2 shows that in both Herefordshire and the region the proportion of residents consuming the recommended daily intake of fruit and vegetables tends to increase with age. It is also notable that within every age band a greater percentage of Herefordshire population consume the recommended levels of fruit and vegetables. The biggest such difference occurs in those residents aged 65 and over (**42%** and **32%** respectively).

### Q58. Prevalence of Obesity

Residents were asked to give their height and weight (Q58), from which their Body Mass Index (BMI) has been calculated. Results (classified as underweight, normal, overweight or obese) are illustrated in chart 58:

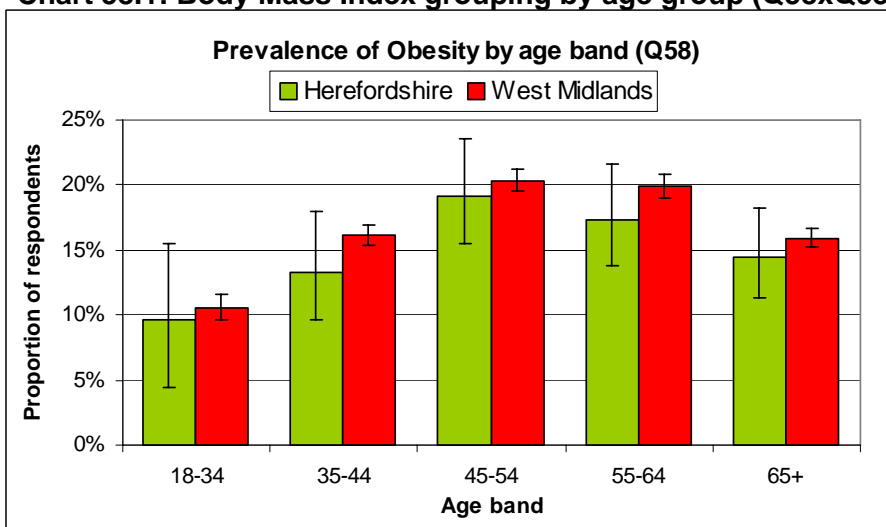
**Chart 58: Body Mass Index grouping by gender (Q58xQ52)**



Overall in the region **16%** of males and **16%** of females were obese. As can be seen in Chart 58 the proportion of obese males (**15%**) in Herefordshire is similar to the regional figure. Whilst the proportion of females who were obese in Herefordshire is lower (**13%**) than the regional average although the confidence interval is wide. However, the proportions of both males and females who are overweight is greater in Herefordshire than the region (**45%** versus **42%** for males and **32%** compared to **30%** for females respectively).

RLS results may underestimate the prevalence of obesity. The Health Survey for England 2003 gave a much higher figure for the region (**23%** for males and **29%** for females). The difference may be partly due to differences in survey method. 'Face to face' interviews are carried out for the Health Survey for England, whereas the Regional Lifestyle Survey relied on self-completion of postal surveys.

**Chart 58.1: Body Mass Index grouping by age group (Q58xQ53)**



The highest rate of obesity in Herefordshire and regionally occurs in residents aged between 45 and 54. Overall it would appear that Herefordshire has lower rates of obesity compared to the region for all age groups. However it should be noted that the confidence intervals are very wide.

## Alcohol Consumption

### Q34. Residents consuming more than the recommended maximum number of units of alcohol in the past week:

The recommended intake of alcohol units per week for males is 21 units and 14 units for females. One unit of alcohol is 10 ml (1cl) by volume, or 8 g by weight, of pure alcohol. For example:

- One unit of alcohol is about equal to:
  - Half a pint of ordinary strength beer, lager, or cider (3-4% alcohol by volume), or
  - A small pub measure (25 ml) of spirits (40% alcohol by volume), or
  - A standard pub measure (50 ml) of fortified wine such as sherry or port (20% alcohol by volume).
  
- There are one and a half units of alcohol in:
  - A small glass (125 ml) of ordinary strength wine (12% alcohol by volume), or
  - A standard pub measure (35 ml) of spirits (40% alcohol by volume).

The proportion of people who drank more than the recommended maximum amount of alcohol in the previous week was lower in Herefordshire than for the region as a whole (**17%** compared with **20%**)

**Chart 34: Proportions of each gender consuming more than the recommended maximum units of alcohol per week (Q34axQ52)**

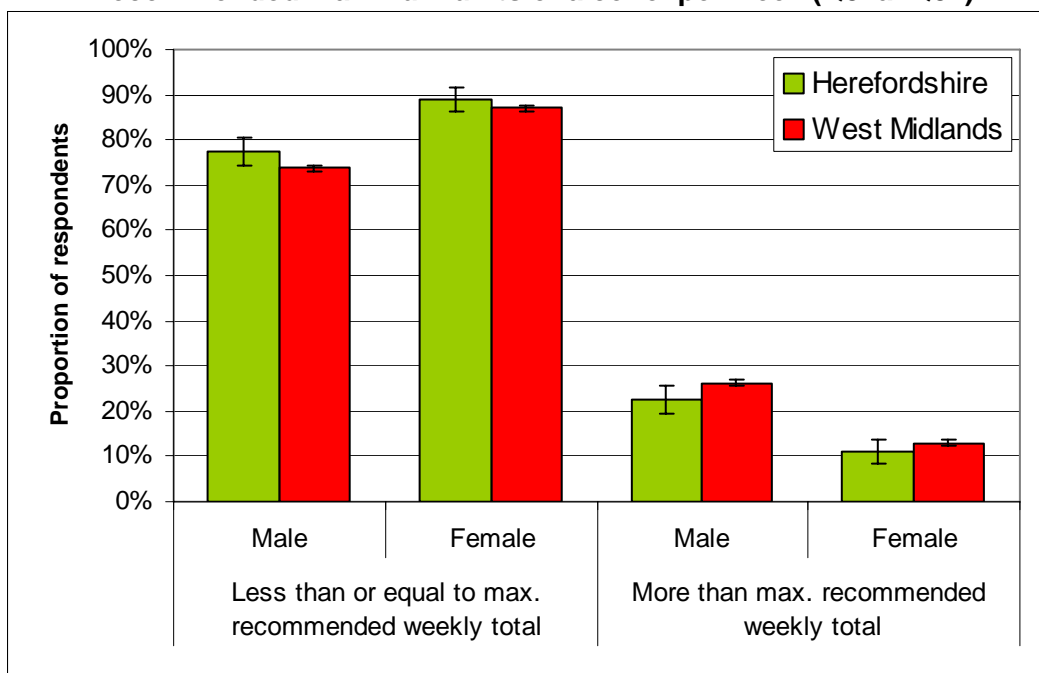
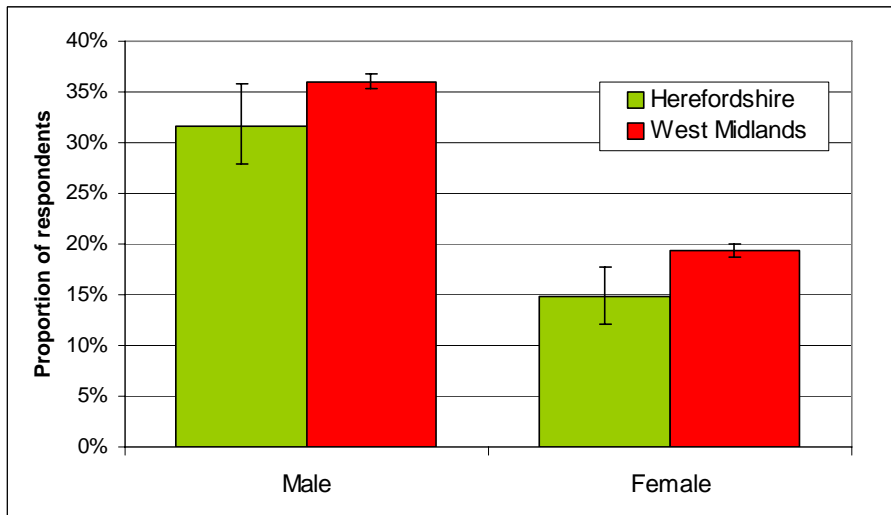


Chart 34 shows little difference between Herefordshire and the region as a whole in the proportions of each gender consuming over the recommended number of units of alcohol each week. In both areas males are more likely to drink more than the recommended maximum number of units of alcohol per week: **23%** for men compared to **11%** for women in Herefordshire and **26%** compared to **13%** over the region.

### Q35. Prevalence of binge drinking

Binge drinking is defined by the Office for National Statistics to be 8 or more units for males and 6 or more units for females consumed on at least one day in the week. The wording on the RLS questionnaire was slightly different in that it asked residents to record the most they had drunk in any one sitting during the previous week. In Herefordshire **23%** of residents were identified as binge drinkers compared to **28%** regionally.

**Chart 35: Prevalence of binge drinking by gender (Q35xQ52)**



In both Herefordshire and the region the rates of binge drinking are considerably higher in males. Both the male and female binge drinking rates for Herefordshire (**32%** and **15%** respectively) are lower than those regional (**36%** for males and **19%** for females).

**Chart 35.1: Prevalence of binge drinking by gender (Q35xQ53)**

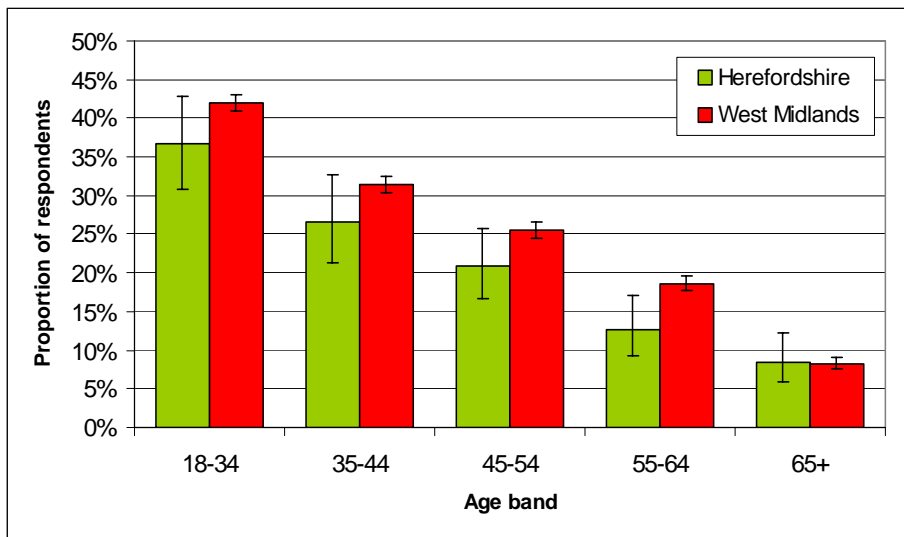
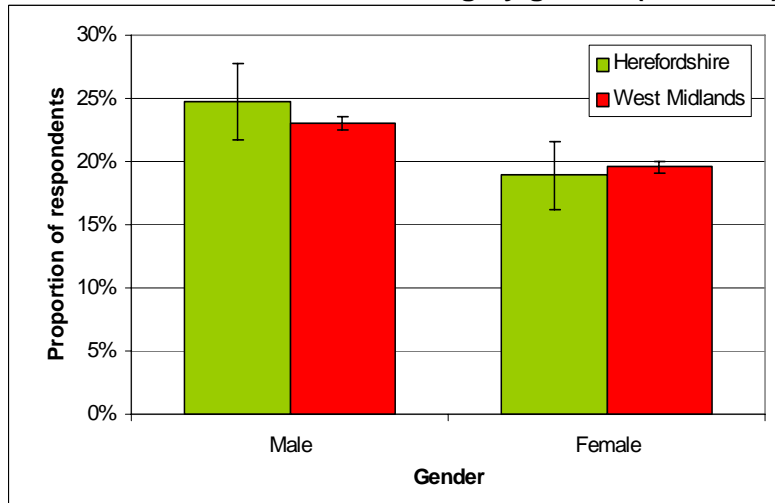


Chart 35.1 shows a clear age-related trend in binge drinking, in both areas, with the highest rates being observed in the 18-34 year old age band (**37%** in the county, **42%** regionally). In all the age groups, except 65+, the prevalence of binge drinking is higher in the region than in Herefordshire although the confidence intervals are wide.

**Smoking**

**Q36. Prevalence of smoking**

**Chart 36: Prevalence of smoking by gender (Q36xQ52)**



Results from the RLS survey suggest a similar prevalence of smoking in Herefordshire to the region as a whole (**22%** and **21%** respectively). Both in Herefordshire and regionally smoking rates are higher for males (**25%** and **23%** respectively) than for females (**19%** in Herefordshire and **20%** regionally).

RLS results may underestimate the prevalence of smoking. The Health Survey for England 2003 gave a much higher figure for the region (**27%** for males and **24%** for females). The difference may be partly due to differences in survey method. ‘Face to face’ interviews are carried out for the Health Survey for England, whereas the Regional Lifestyle Survey relied on self-completion of postal surveys.

It should be noted that the above refers to residents who indicated that they smoked cigarettes, cigars, cigarillos or a pipe, or chewed tobacco/pan. The following results consider only those who smoke cigarettes.

**Chart 36.1: Prevalence of smoking by age band (Q36xQ53)**

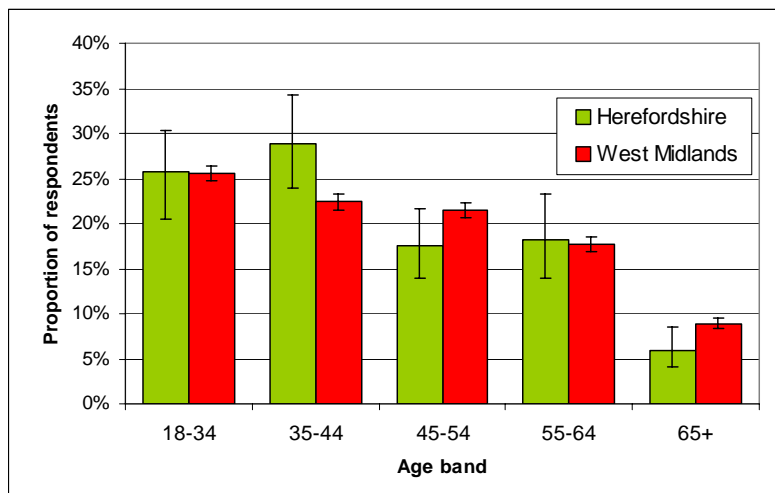


Chart 36.1 suggests that the highest cigarette-smoking rate in Herefordshire occurs amongst the 35-44 year olds (**29%**) and this is significantly higher than the regional average for this age band (**22%**). The lowest rates across all areas can be found in those aged 65 and over.

## Employment

As questions in this section deal with issues relevant to the Herefordshire and Worcestershire Learning and Skills Council, data for the combined counties is presented alongside that of Herefordshire and the West Midlands when appropriate.

### Q41. Do you do any regular, unpaid, voluntary work?

**Chart 41: Frequency of unpaid, voluntary work undertaken (Q41)**

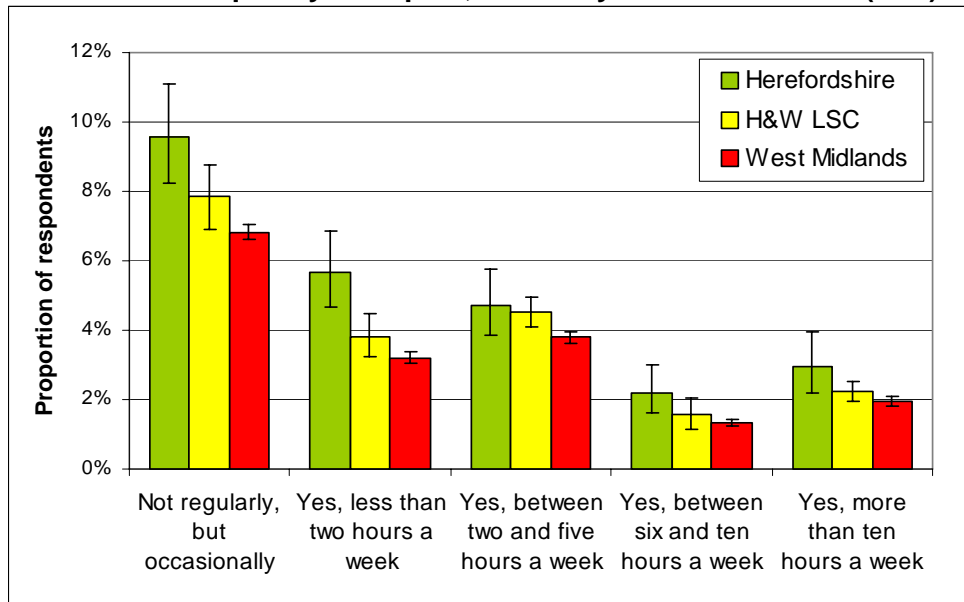
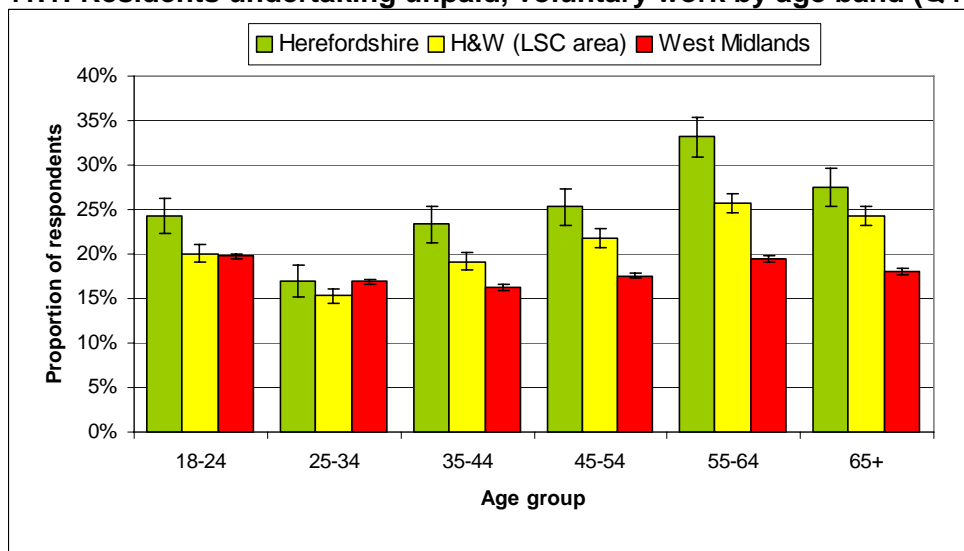


Chart 41 indicates that levels of volunteering are greater in Herefordshire than those across Herefordshire and Worcestershire (Local LSC area) and the West Midlands (proportions are **25%**, **20%** and **17%** respectively) for those spending any time doing voluntary work. The most marked difference is for those spending less than 2 hours each week volunteering (**10%** in Herefordshire, **8%** in the local LSC area and **7%** regionally).

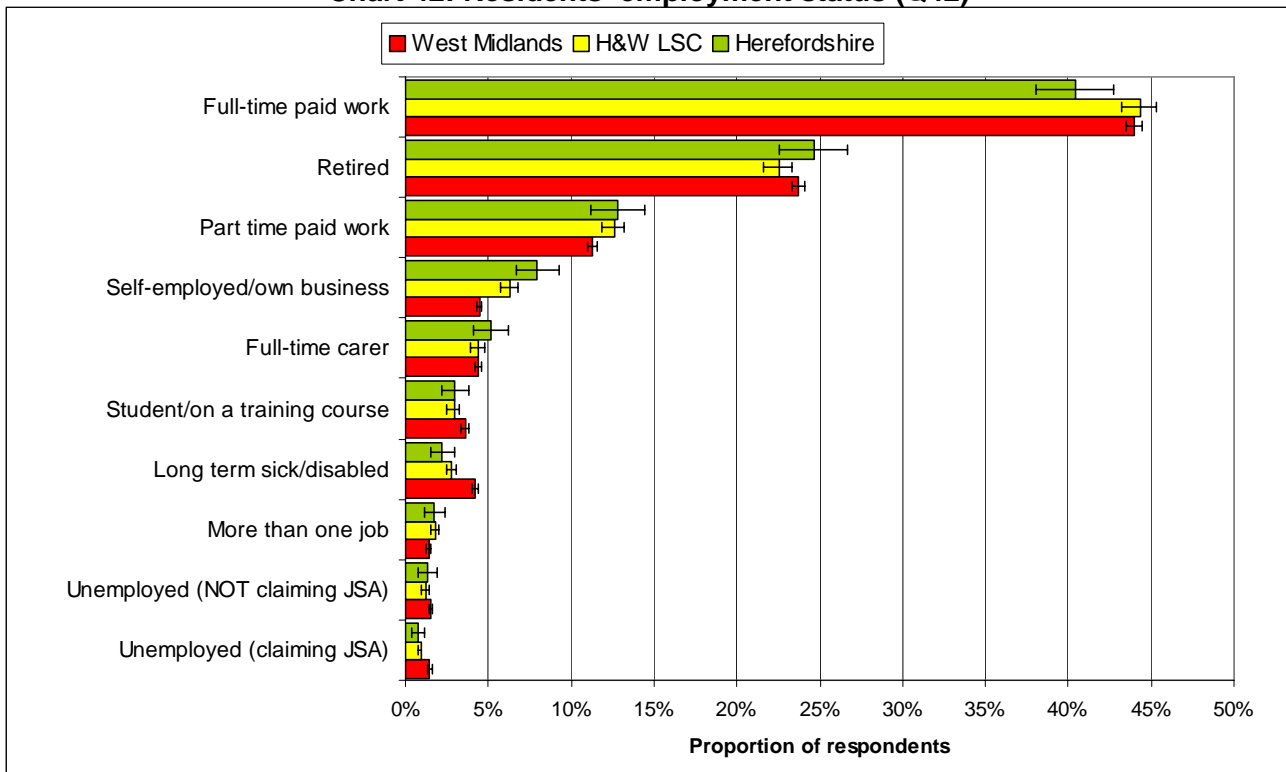
**Chart 41.1: Residents undertaking unpaid, voluntary work by age band (Q41xQ53)**



Rates of volunteering are highest for the 55 to 64 year old age group, **33%** in Herefordshire compared to **26%** in the local LSC area and **20%** regionally, and lowest for the 25 to 34 age group accounting for **17%** in Herefordshire, **15%** in the local LSC area and **17%** over the West Midlands.

**Q42. Employment Status: Which of the following best describes you?**

**Chart 42: Residents' employment status (Q42)**

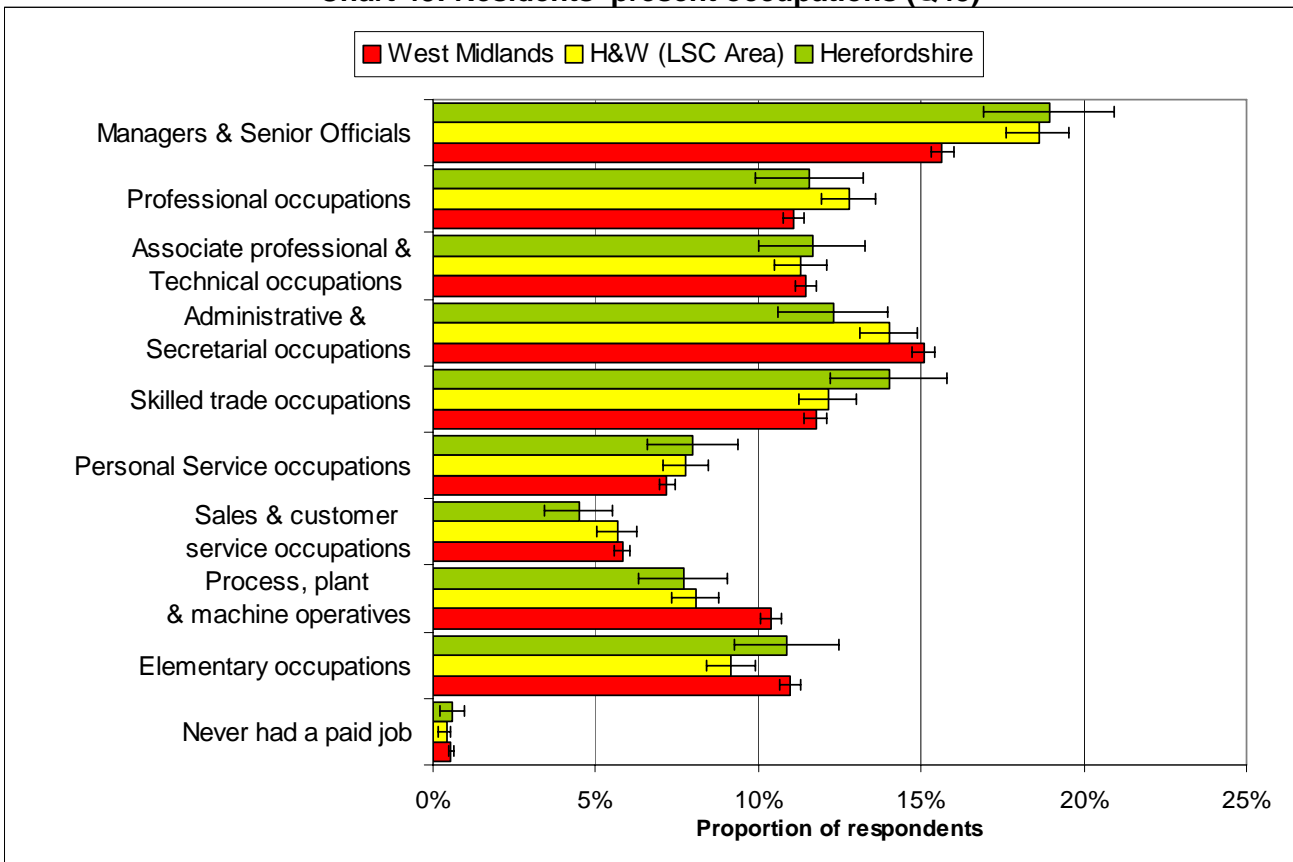


Compared to both the local LSC area (Herefordshire and Worcestershire) and the West Midlands region, a lower proportion in Herefordshire are in full time paid work (**40%** compared with **44%**). People in Herefordshire are more likely to be self-employed, **8%** compared to **6%** in the local LSC area as a whole and **4%** in the West Midlands region.

In both Herefordshire and the local LSC area there are relatively fewer long-term sick/disabled (**2%** in the county and **3%** over Herefordshire and Worcestershire compared with **4%** regionally).

**Q43. What is your present occupation?**

**Chart 43: Residents' present occupations (Q43)**



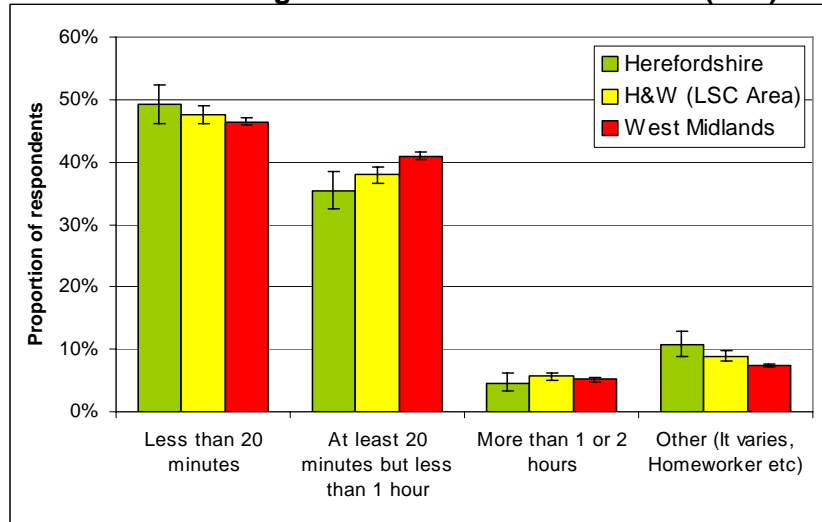
Residents were invited to state their job title and details of the main duties their job involved. These responses were then categorised into the options shown in Chart 43.

Within Herefordshire and the local LSC area **19%** are managers or senior officials compared with **16%** over the region, this accounts for the largest proportion. Relatively few people from Herefordshire (**12%**) compared to the West Midlands region (**15%**) are employed in administrative and secretarial occupations.

A greater proportion of people in Herefordshire work in skilled trade occupations than regionally (**14%** compared with **12%**). Data indicates that a smaller proportion of people in both Herefordshire and the local LSC area work as processes, plant and machine operatives (**8%**) compared to the West Midlands region (**10%**).

**Q44. On a normal day, how long does it take you to get to your usual place of work?**

**Chart 44: Average time taken to travel to work (Q44)**

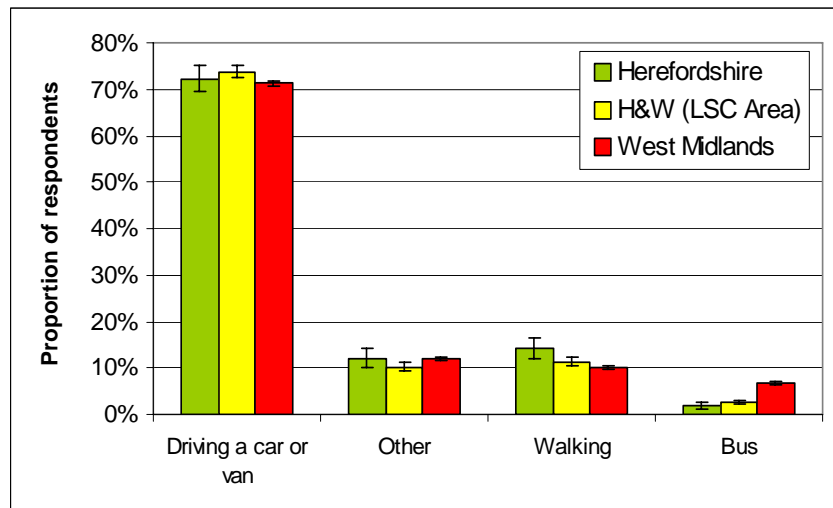


In Herefordshire, the local LSC area and the West Midlands region people are most likely to take less than 20 minutes to get to work (**49%**, **48%** and **47%** respectively).

RLS results suggest some differences between Herefordshire and the region as a whole in terms of time taken to travel to work, with a smaller proportion of residents in Herefordshire indicating that they travel for at least 20 minutes, but less than 1 hour (**35%** compared to **41%**).

**Q45. How do you normally travel to work for the main part of your job?**

**Chart 45: Mode of travel to work (Q45)**

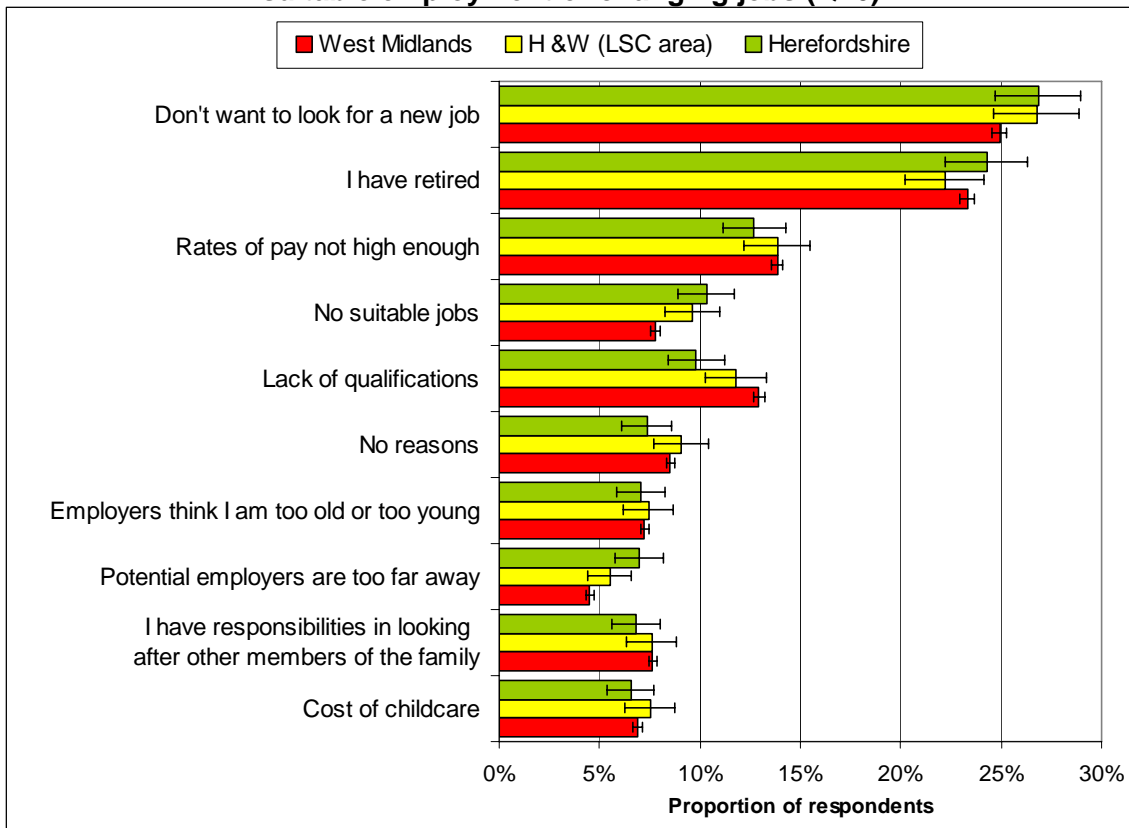


The vast majority of people drive to work, **72%** in Herefordshire, **74%** in the local LSC area and **71%** regionally. Chart 45 indicates a lower frequency of bus use by commuters in Herefordshire with **2%** of people in the county and **3%** in the local LSC area using the bus compared with **6%** in the West Midlands overall. A greater proportion of people in Herefordshire walk to work than across the region (**14%** compared to **10%**).

Other options included: *As a passenger in a car or van, on a motorcycle, on a bicycle, by train, by tram and "Other please specify"*

**Q46. What factors do you feel might prevent you from finding suitable employment or changing your job either now or in the future?**

**Chart 46: The top 10 factors preventing residents finding suitable employment or changing jobs (Q46)**



Residents were asked to identify which factors (from a list of 16) prevented them from changing jobs or finding employment. In both Herefordshire and the West Midlands the 2 most common responses to this question were “*Don't want to look for a new job*” (27% in Herefordshire and the local LSC area, 25% in the West Midlands) and “*I have retired*” (24% Herefordshire, 22% over Herefordshire and Worcestershire and 23% West Midlands).

People from Herefordshire (and the local LSC area) are more likely to feel that “*no suitable jobs*” are available to them, 10% of residents from the county (and the local LSC area) giving this reason compared to 8% in the West Midlands as a whole. Similarly, a greater proportion of people in Herefordshire identifying that “*potential employers are too far away*” cited by 7% of residents in Herefordshire, 6% in the local LSC area and only 4% regionally.

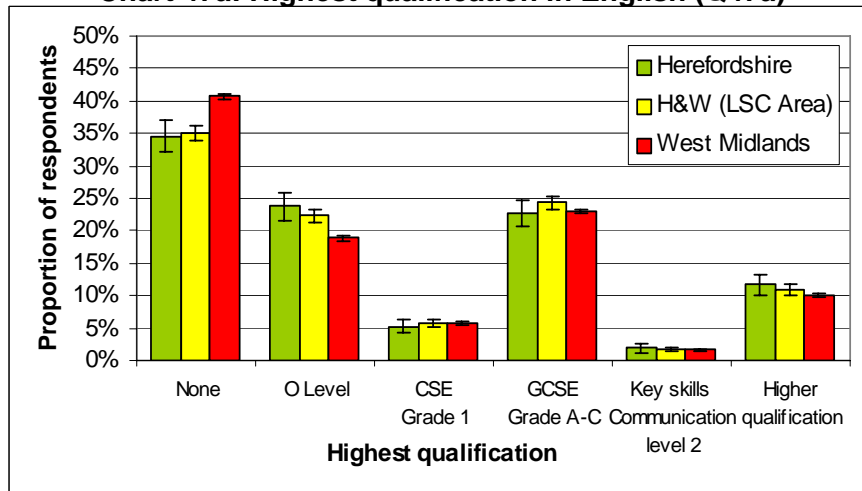
Fewer residents in Herefordshire identified a “*lack of qualifications*” as a barrier to further employment than those from the West Midlands (10% compare to 13%), 12% of residents from the Herefordshire and Worcestershire LSC area identified the same problem.

## Qualification and Learning

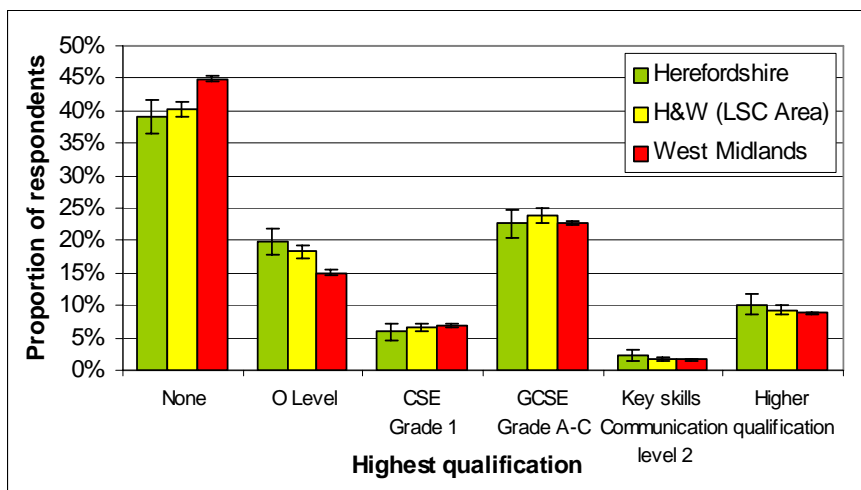
As this section deal with issues directly relevant to the Herefordshire and Worcestershire Learning and Skills Council, data relating to the combined counties is presented alongside that of Herefordshire and the West Midlands.

### Q47. Do you have any of the following qualifications in English and Maths?

**Chart 47a: Highest qualification in English (Q47a)**



**Chart 47b: Highest qualification in Maths (Q47b)**



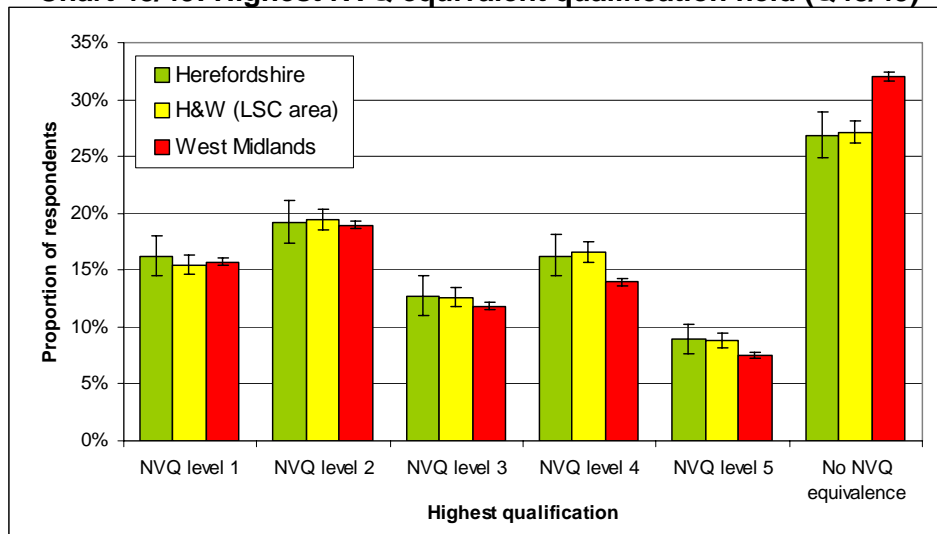
Responses indicate that people in Herefordshire are more likely to have a qualification in English than people regionally, a lower proportion of residents from Herefordshire having no qualifications in English (**35%** in Herefordshire and the local LSC area compared to **41%** over the region). Moreover, a greater proportion from the county have achieved an O-level in English (as their highest qualification) accounting for **24%** of responses from the county, **22%** from Herefordshire and Worcestershire LSC and **19%** in the West Midlands overall.

Responses indicate that people in Herefordshire are more likely to have a qualification in Maths than people regionally, a lower proportion from Herefordshire having no qualifications in Maths (**39%** in Herefordshire, **40%** in the local LSC area compared to **45%** over the region). Moreover, a greater proportion from the county have achieved an O-level in Maths (as their highest qualification) accounting for **20%** of responses from the county, **18%** from Herefordshire and Worcestershire LSC and **15%** in the West Midlands overall.

Overall people in Herefordshire are more likely to have a qualification than in the region as a whole (O levels and NVQ equivalent).

**Q48/49. Highest NVQ equivalent qualification**

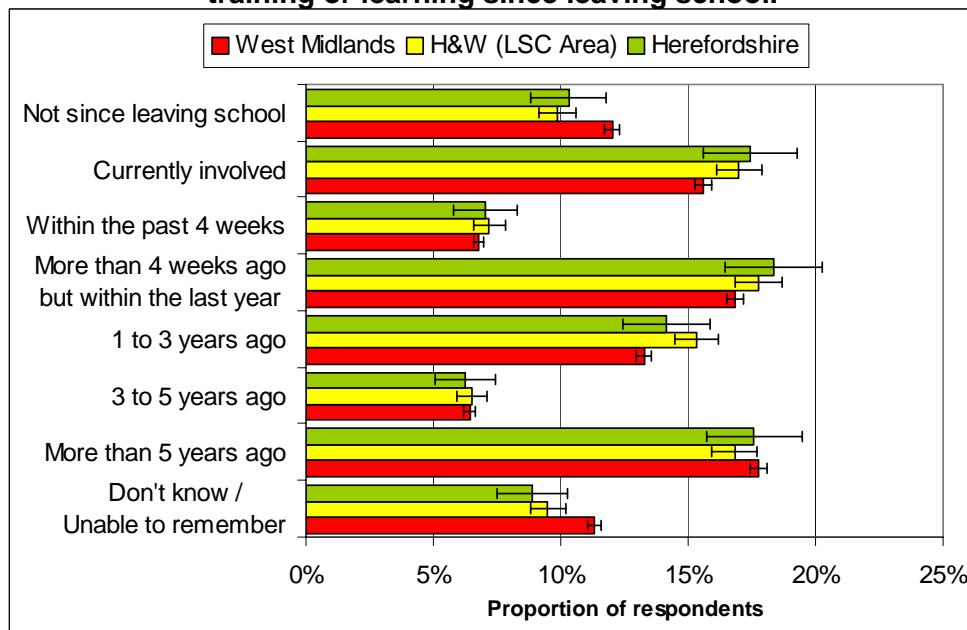
**Chart 48/49: Highest NVQ equivalent qualification held (Q48/49)**



The proportions with highest qualifications at NVQ level 1,2 and 3 or equivalent are similar in Herefordshire to across the West Midlands. A higher proportion in Herefordshire and the local LSC area specified that they had NVQ level 4 or level 5 equivalent qualifications, compared to the region (16% and 9% respectively in Herefordshire; 17% and 9% in the local LSC area and 14% and 8% over the region). The percentage of people with no NVQ equivalent qualification is significantly lower in Herefordshire and the local LSC area (27% for each area) compared to the West Midlands region (32%).

**Q50. How long is it since you last participated in any training or learning activities since leaving school?**

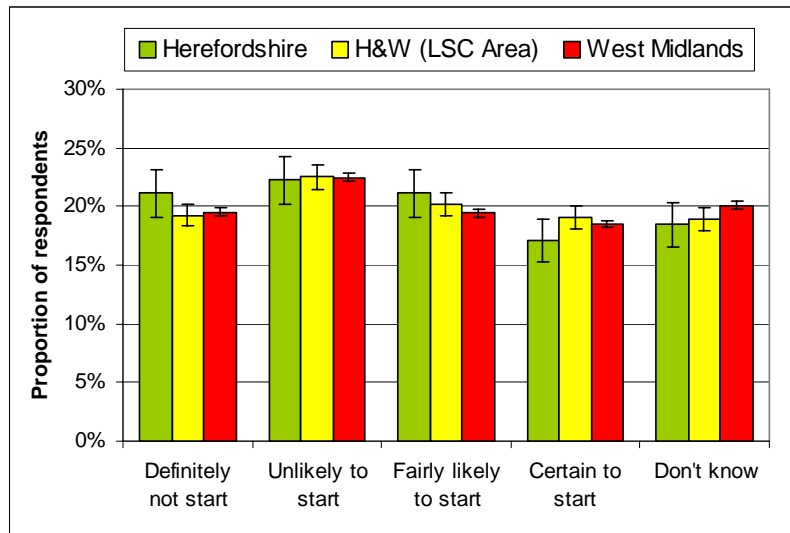
**Chart 50: Time since residents last participated in training or learning since leaving school.**



Although responses from the areas differ little in general, a lower proportion of residents from Herefordshire and from the local LSC area have not participated in learning or training since leaving school (9% from each area compared with 11% for the region as a whole).

**Q51. How likely is it that you will start some new training or learning activity in the next 12 months?**

**Chart 51: How likely residents are to start training in the next 12 months (Q51)**



Responses from Herefordshire and the LSC area are largely similar to those over the West Midlands as a whole, the most common response in each region being “*unlikely to start*” quoted by **22%** of residents in Herefordshire, the local LSC area and regionally.

**Chart 51.1: Likelihood of training or learning in the next 12 months by time since training (Q50xQ51) HEREFORDSHIRE**

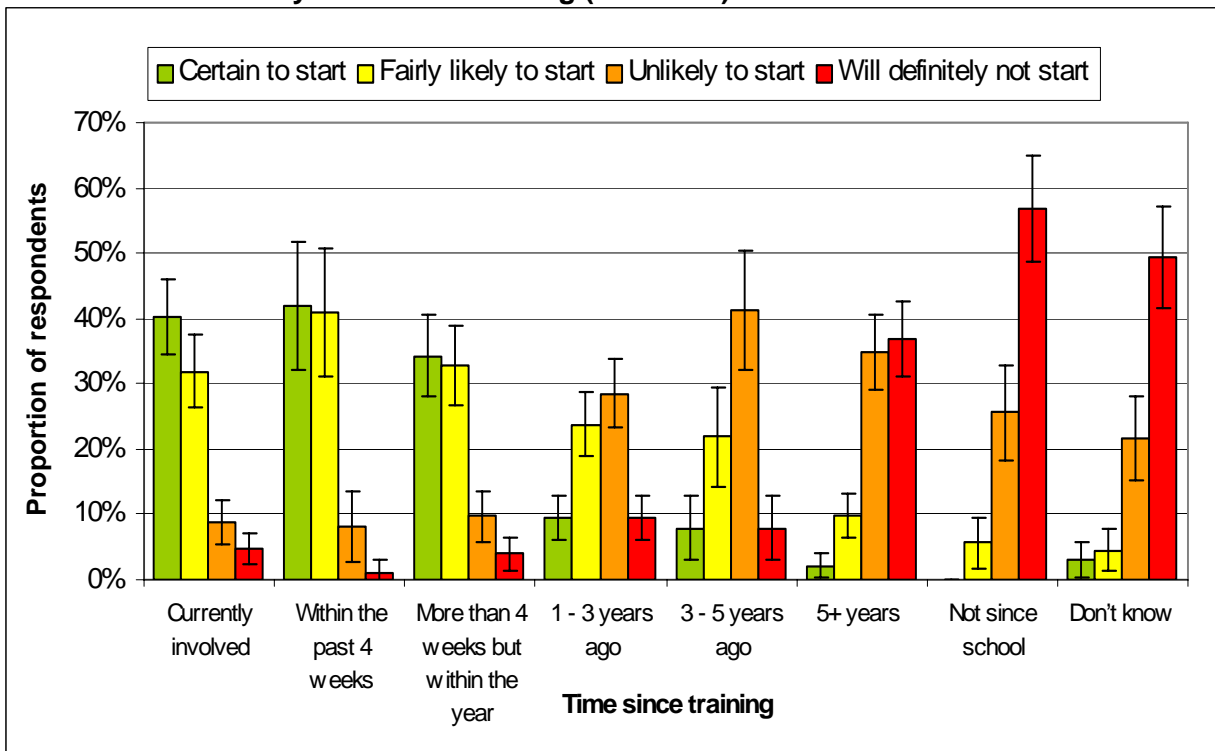


Chart 51.1 suggests that people in Herefordshire who have participated in training more recently are more likely to begin training in the next 12 months. Moreover, those who have not undertaken any training or learning since leaving school are the group most unlikely to start, **57%** of whom will definitely not begin training within the next 12 months.

Analysis at a regional level suggests the likelihood of undertaking training diminishes with age.

## Respondents' Characteristics

The overall response rate for the County of Herefordshire was **34.3%** (1,973 returns from a mailing of 5,746 questionnaires). This is in line with the response rates for other local authorities which range from 26.7% to 38.8%, with the exception of South Shropshire (47.6%). Also, the response rate is similar to that achieved by other postal surveys locally.

**1,910** (96.8%) of the returns for Herefordshire could be weighted and used in subsequent analysis. For those cases that could be weighted a breakdown by gender, age, ethnicity and indices of multiple deprivation is given in tables 1 to 4 below. Counts in these tables are unweighted.

Except where stated, all data included in this report has been weighted by age, gender, ethnicity and Index of Multiple Deprivation decile. Some groups are more likely than others to respond to questionnaires. For example young males tend not to respond, while older females are more likely to respond. Where groups are underrepresented, that data is given more emphasis in the analysis. Where groups are overrepresented, that data is given less emphasis. This helps to ensure that the results better reflect the views of all adult Herefordshire residents.

Areas for which data has been analysed are:

- The county of Herefordshire.
- Herefordshire and Worcestershire Learning and Skills Council area (H&W LSC), comprising of the counties of Herefordshire and Worcestershire.
- The West Mercia Police Force area (WMPFA) which is made up of Herefordshire, Shropshire, Telford and Wrekin and Worcestershire.
- The West Midlands region.

### Breakdown by gender

	County of Herefordshire		H&W LSC		WMPFA		West Midlands region	
	Count	%	Count	%	Count	%	Count	%
<b>Gender</b>								
<b>Male</b>	851	44.6%	3,658	45.4%	6,135	46.2%	25,317	46.4%
<b>Female</b>	1,059	55.4%	4,392	54.6%	7,130	53.8%	29,258	53.6%
<b>Total</b>	1,910	100.0%	8,050	100.0%	13,265	100.0%	54,575	100.0%

### Breakdown by age

	County of Herefordshire		H&W LSC		WMPFA		West Midlands region	
	Count	%	Count	%	Count	%	Count	%
<b>Age</b>								
<b>18-24</b>	110	5.8%	485	6.0%	799	6.0%	3,940	7.2%
<b>25-34</b>	207	10.8%	974	12.1%	1,534	11.6%	6,781	12.4%
<b>35-44</b>	311	16.3%	1,413	17.6%	2,366	17.8%	9,706	17.8%
<b>45-54</b>	401	21.0%	1,630	20.2%	2,617	19.7%	10,350	19.0%
<b>55-64</b>	401	21.0%	1,664	20.7%	2,725	20.5%	10,809	19.8%
<b>65+</b>	480	25.1%	1,884	23.4%	3,224	24.3%	12,989	23.8%
<b>Total</b>	1,910	100.0%	8,050	100.0%	13,265	100.0%	54,575	100.0%

**Breakdown by ethnicity**

Ethnicity	County of Herefordshire		H&W LSC		WMPFA		West Midlands region	
	Count	%	Count	%	Count	%	Count	%
White	1,896	99.3%	7,922	98.4%	13,020	98.2%	50,658	92.8%
Mixed	-	-	24	0.3%	50	0.4%	336	0.6%
Black or Black British	6	0.3%	35	0.4%	71	0.5%	875	1.6%
Asian or Asian British	-	-	53	0.7%	98	0.7%	2,478	4.5%
Chinese or Other	-	-	16	0.2%	26	0.2%	228	0.4%
<b>Total</b>	<b>1,910</b>	<b>100.0%</b>	<b>8,050</b>	<b>100.0%</b>	<b>13,265</b>	<b>100.0%</b>	<b>54,575</b>	<b>100.0%</b>

Some data has been suppressed to ensure anonymity.

**Breakdown by deprivation**

Deprivation	County of Herefordshire		H&W LSC		WMPFA		West Midlands region	
	Count	%	Count	%	Count	%	Count	%
IMD Decile 1	0	0.0%	55	0.7%	114	0.9%	4,700	8.6%
IMD Decile 2	19	1.0%	291	3.6%	524	4.0%	5,312	9.7%
IMD Decile 3	106	5.5%	393	4.9%	774	5.8%	4,820	8.8%
IMD Decile 4	71	3.7%	423	5.3%	958	7.2%	4,802	8.8%
IMD Decile 5	284	14.9%	796	9.9%	1,768	13.3%	5,918	10.8%
IMD Decile 6	641	33.6%	1,451	18.0%	2,184	16.5%	6,131	11.2%
IMD Decile 7	317	16.6%	1,294	16.1%	2,033	15.3%	6,588	12.1%
IMD Decile 8	242	12.7%	1,206	15.0%	1,837	13.8%	6,184	11.3%
IMD Decile 9	152	8.0%	1,246	15.5%	1,852	14.0%	5,778	10.6%
IMD Decile 10	78	4.1%	895	11.1%	1,221	9.2%	4,342	8.0%
<b>Total</b>	<b>1,910</b>	<b>100.0%</b>	<b>8,050</b>	<b>100.0%</b>	<b>13,265</b>	<b>100.0%</b>	<b>54,575</b>	<b>100.0%</b>

Index of Multiple Deprivation (IMD) decile 1 includes those areas which are ranked within the 10% most deprived in England according to the overall index of multiple deprivation 2004.

## **Appendix 1: Abbreviations and Terminology**

<b>H&amp;W LSC</b>	Herefordshire and Worcestershire Learning and Skills Council
<b>IMD</b>	Index of Multiple Deprivation
<b>PCT</b>	Primary Care Trust
<b>WM</b>	West Midlands
<b>WMPFA</b>	West Mercia Police Force Area (made up of Herefordshire, Shropshire, Telford and Wrekin and Worcestershire)
<b>WMPHO</b>	West Midlands Public Health Observatory
<b>WMRO</b>	West Midlands Regional Observatory

## **Appendix 2: Regional Lifestyles Survey 2005 Questionnaire**

## FOR A LARGE PRINT QUESTIONNAIRE PLEASE RING 0800 358 0337

### HELPFUL HINTS FOR COMPLETING THIS QUESTIONNAIRE

- The questionnaire should only be completed by the person it is addressed to.
- Please read each question carefully and put a cross in the relevant box to indicate your answer.
- In most cases you will only have to put a cross in one box but please read the questions carefully as sometimes you will need to put a cross in more than one box. Instructions with each question will tell you what to do.
- Answer the next question unless asked otherwise.
- Once you have finished please take a minute to check you have answered all the questions that you should have answered.
- The survey consists of 12 pages and should take no longer than 20 minutes to complete.
- If you have any questions or concerns about this survey please do not hesitate to contact the Survey-Helpline on 0800 358 0337. We will be very happy to help you.
- Once you have completed the questionnaire please return in the pre-addressed freepost envelope supplied by 7<sup>th</sup> February 2005. You do not need to add a stamp.

**IF YOU CANNOT FIND OR DID NOT RECEIVE THE PRE-ADDRESSED ENVELOPE PLEASE SEND TO BMG RESEARCH, FREEPOST-BM1078, BIRMINGHAM, B7 4BR, OR CALL THE SURVEY HELPLINE ON 0800 358 0337.**

**In this first section we would like to ask you some questions about your local area and neighbourhood**

### QUALITY OF LIFE

**1** When making a decision about where to live, which three things are most important to you?  
PLEASE CROSS **x** UP TO THREE BOXES

- |  |   |
|--|---|
| <input type="checkbox"/> 1 Knowing the area                  | <input type="checkbox"/> 16 Good pubs and bars                                      |
| <input type="checkbox"/> 2 Good public transport links       | <input type="checkbox"/> 17 Accessible to the countryside                           |
| <input type="checkbox"/> 3 Close to major road links         | <input type="checkbox"/> 18 Local parks and open spaces                             |
| <input type="checkbox"/> 4 Close to family or friends        | <input type="checkbox"/> 19 Activities for children/young people                    |
| <input type="checkbox"/> 5 Close to where you work           | <input type="checkbox"/> 20 A strong sense of community                             |
| <input type="checkbox"/> 6 Close to college or university    | <input type="checkbox"/> 21 Cosmopolitan / multi-cultural area                      |
| <input type="checkbox"/> 7 Good local schools                | <input type="checkbox"/> 22 No problems with parking                                |
| <input type="checkbox"/> 8 A safe area with low crime        | <input type="checkbox"/> 23 Access to employment opportunities                      |
| <input type="checkbox"/> 9 A quiet area                      | <input type="checkbox"/> 24 Access to health centres and chemists                   |
| <input type="checkbox"/> 10 A lively, busy area              | <input type="checkbox"/> 25 Access to leisure facilities (cinemas, swimming pools)  |
| <input type="checkbox"/> 11 A nice, clean environment        | <input type="checkbox"/> 26 Access to museums, theatres, galleries, live music etc. |
| <input type="checkbox"/> 12 Low levels of traffic congestion | <input type="checkbox"/> 95 Other <b>Please write in below</b>                      |
| <input type="checkbox"/> 13 Affordable housing               |   |
| <input type="checkbox"/> 14 The right type of housing        | <input type="checkbox"/> 96 None of the above                                       |
| <input type="checkbox"/> 15 Range and quality of shops       | <input type="checkbox"/> 97 Don't know  |

**2** Ideally, in which kind of area would you most prefer to live?  
PLEASE CROSS **x** ONE BOX ONLY

- |  |   |
|--|---|
| <input type="checkbox"/> 1 In or close to the centre of a major town or city | <input type="checkbox"/> 4 In a village or the countryside near to a town |
| <input type="checkbox"/> 2 In the suburbs of a major town or city            | <input type="checkbox"/> 5 In the countryside, away from towns            |
| <input type="checkbox"/> 3 In a smaller town                                 | <input type="checkbox"/> 6 Don't know                                     |

**3** Have you moved house in the past two years?  
PLEASE CROSS **x** ONE BOX ONLY

- 1 Yes      2 No – happy here      3 No, but have tried      4 No, can't move

**4** Are you planning to move house in the next two years?  
PLEASE CROSS **x** ONE BOX ONLY

- <sub>1</sub> Yes                                      <sub>2</sub> No – *Please go to Q6*                                      <sub>3</sub> Unsure – *Please go to Q6*

**5** How far are you planning to move?  
PLEASE CROSS **x** ONE BOX ONLY

- <sub>1</sub> Within a mile of where I currently live                                      <sub>4</sub> Between eleven and twenty miles away  
<sub>2</sub> Between one and three miles away                                      <sub>5</sub> More than twenty miles away  
<sub>3</sub> Between four and ten miles away                                      <sub>6</sub> Not sure

**6** How strongly do you feel you personally belong to each of the following?  
PLEASE CROSS **x** ONE BOX ON EACH ROW

	Very strongly	Fairly strongly	Not very strongly	Not at all strongly	Don't know
a The village or <i>part</i> of the town or city where you live....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>6</sub>
b The town or city where you live.....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>6</sub>
c Your county .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>6</sub>
d The West Midlands Region .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>6</sub>
e England .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>6</sub>
f United Kingdom .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>6</sub>
g Europe .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>6</sub>

**7** How far away do you live from your...  
PLEASE CROSS **x** ONE BOX ON EACH ROW

	Less than 1 mile	1 mile to less than 5 miles	5 miles to less than 10 miles	10 miles to less than 20 miles	20 miles or more	Don't know	Do not work
a place of work .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>	<input type="checkbox"/> <sub>6</sub>	<input type="checkbox"/> <sub>7</sub>
b nearest park .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>	<input type="checkbox"/> <sub>6</sub>	
c nearest adult learning centre .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>	<input type="checkbox"/> <sub>6</sub>	
d nearest food store .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>	<input type="checkbox"/> <sub>6</sub>	
e nearest Post Office .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>	<input type="checkbox"/> <sub>6</sub>	
f nearest bank or cashpoint .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>	<input type="checkbox"/> <sub>6</sub>	
g nearest petrol station .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>	<input type="checkbox"/> <sub>5</sub>	<input type="checkbox"/> <sub>6</sub>	

**8** Are there any factors that prevent or make it difficult for you to access the following services?  
PLEASE CROSS **x** ONE BOX ON EACH ROW. WHERE YES FOR ANY SERVICE, PLEASE WRITE IN THE PROBLEMS YOU HAVE EXPERIENCED.

	Yes	No	<i>If yes, what problems?</i>
a Health services (e.g. GP, dentist).....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	_____
b Public transport (e.g. bus, train) .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	_____
c Leisure facilities (e.g. park, library, sports centre)	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	_____
d Learning or training (e.g. colleges, evening classes).....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	_____
e Food stores.....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	_____
f Post Office or bank .....	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	_____

**9**

How often on average do you use or visit . . .  
PLEASE CROSS **x** ONE BOX ON EACH ROW

	Most days	Most weeks	About once a month	About once every six months	About once a year	Less often than once a year	Never	Don't know
a your GP .....		<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
b your dentist .....		<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
c a hospital .....		<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
d a pharmacy or chemist .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
e a park .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
f a library .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
g a leisure/sports centre .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
h an adult learning centre .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
i a supermarket (for your main food shopping) .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
j a grocery store or cornershop (for additional food shopping) .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
k a Post Office .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
l a bank or cashpoint .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
m the bus .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
n the train .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
o a community centre or similar building .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
p a pub .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
q the countryside or a country park (for leisure) .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8
r Arts or cultural venues (museums, galleries, theatres, live music etc.)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7	<input type="checkbox"/> 8

**RECYCLING SERVICES**

**10**

How do you recycle the following items?  
PLEASE CROSS **x** ALL BOXES ON EACH ROW THAT APPLY

	Council doorstep collection	Recycling centre / Council tip	Recycling banks / bins other than at Council tip	Recycle in other ways (e.g. composting, charity donation) Please write in how	Do not recycle
a Paper and card .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 95 _____	<input type="checkbox"/> 96
b Glass bottles and jars .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 95 _____	<input type="checkbox"/> 96
c Tin cans .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 95 _____	<input type="checkbox"/> 96
d Plastic bottles and packaging .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 95 _____	<input type="checkbox"/> 96
e Garden waste .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 95 _____	<input type="checkbox"/> 96
f Clothing and textiles .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 95 _____	<input type="checkbox"/> 96
g Electrical / electronic goods...	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 95 _____	<input type="checkbox"/> 96
h Other recyclable material.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 95 _____	<input type="checkbox"/> 96

**11**

If you don't regularly recycle some or any of the things listed above, what are your main reasons for not recycling?  
PLEASE CROSS **x** ALL BOXES THAT APPLY

- 1 I don't have time
- 2 I don't have the space to store things for recycling
- 3 I don't know enough about collection times
- 4 I don't know where to take things to be recycled
- 5 The nearest recycling centre is too far away
- 95 Other **Please write in below**
- 97 Don't know

**CRIME AND COMMUNITY SAFETY**

**12** Looking at the following list of different types of crime and anti-social behaviour, which would you say are the three main problems in your neighbourhood? PLEASE CROSS X UP TO THREE BOXES

- |   |   |
|---|---|
| <input type="checkbox"/> 1 Muggings                                 | <input type="checkbox"/> 12 Racial harassment or abuse          |
| <input type="checkbox"/> 2 House burglaries                         | <input type="checkbox"/> 13 Violent attacks or assaults         |
| <input type="checkbox"/> 3 Theft of vehicles                        | <input type="checkbox"/> 14 Sexual harassment, abuse or assault |
| <input type="checkbox"/> 4 Theft from vehicles                      | <input type="checkbox"/> 15 Prostitution or kerb crawling       |
| <input type="checkbox"/> 5 Speeding, joyriding or dangerous driving | <input type="checkbox"/> 16 Gun crime                           |
| <input type="checkbox"/> 6 Presence of drug users                   | <input type="checkbox"/> 17 Litter or rubbish                   |
| <input type="checkbox"/> 7 Presence of drug dealers                 | <input type="checkbox"/> 95 Other <i>Please write in below</i>  |
| <input type="checkbox"/> 8 Problem/noisy neighbours                 |   |
| <input type="checkbox"/> 9 Troublesome teenagers or children        |   |
| <input type="checkbox"/> 10 Vandalism and graffiti                  | <input type="checkbox"/> 96 No problems                         |
| <input type="checkbox"/> 11 Hooliganism or drunkenness              | <input type="checkbox"/> 97 Don't know                          |

**13** To what extent do you agree, or disagree with the following statements? PLEASE CROSS X ONE BOX ON EACH ROW

	Agree strongly	Agree slightly	Neither agree nor disagree	Disagree slightly	Disagree strongly	No opinion	Have not lived in area for 2 years
a I feel safe in my own home during the day .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 6	
b I feel safe in my own home after dark .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 6	
c I feel safer in my own home than 2 years ago .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 6	<input type="checkbox"/> 7
d I feel safe in my neighbourhood during the day .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 6	
e I feel safe in my neighbourhood after dark .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 6	
f I feel safer in my neighbourhood than 2 years ago .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 6	<input type="checkbox"/> 7
g I am satisfied with my neighbourhood as a place to live .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 6	
h My neighbourhood has improved over the last 2 years .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 6	<input type="checkbox"/> 7
i Crime in my neighbourhood has increased over the last 2 years .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 6	<input type="checkbox"/> 7
j My neighbourhood is one where people from different backgrounds can live harmoniously .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 6	
k I can influence decisions affecting my neighbourhood as an individual .....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 6	
l By acting together people in my neighbourhood can influence decisions that affect the local area ....	<input type="checkbox"/> 5	<input type="checkbox"/> 4	<input type="checkbox"/> 3	<input type="checkbox"/> 2	<input type="checkbox"/> 1	<input type="checkbox"/> 6	

**14** Have you been the victim of any of the following in the past year?  
PLEASE CROSS **x** ALL BOXES THAT APPLY

- |   |   |
|---|---|
| <input type="checkbox"/> 1 Theft from your person (mugging, bag snatch etc) | <input type="checkbox"/> 9 Racial abuse or assault                      |
| <input type="checkbox"/> 2 Theft from your vehicle                          | <input type="checkbox"/> 10 Sexual harassment or assault                |
| <input type="checkbox"/> 3 Theft of your vehicle                            | <input type="checkbox"/> 95 Other <b>Please write in below</b>          |
| <input type="checkbox"/> 4 House burglary                                   |   |
| <input type="checkbox"/> 5 Bicycle theft                                    |   |
| <input type="checkbox"/> 6 Violence   |   |
| <input type="checkbox"/> 7 Vandalism / damage to property                   | <input type="checkbox"/> 96 None of the above – <b>Please go to Q16</b> |
| <input type="checkbox"/> 8 Credit card fraud / misuse of bank cards         | <input type="checkbox"/> 98 Prefer not to say                           |

**15** Did you report this crime to the police? (IF MORE THAN ONE CRIME IN LAST YEAR ANSWER FOR MOST RECENT CRIME) PLEASE CROSS **x** ONE BOX ONLY

- 1 Yes                                      2 No                                      3 Not sure

**Now, we would like to ask you some questions about your general health, physical activity and diet**

**GENERAL HEALTH**

**16** Over the last twelve months would you say your health on the whole has been . . .  
PLEASE CROSS **x** ONE BOX ONLY

- 1 Good                                      2 Fairly good                                      3 Not good                                      4 Prefer not to say

**17** Do you have any long-term illness, health problem or disability which limits your daily activities or the work you can do (Including problems which are due to old age)? PLEASE CROSS **x** ONE BOX ONLY

- 1 Yes **Please go to Q18**                                      2 No **Please go to Q19**                                      3 Prefer not to say **Please go to Q19**

**18** Does this long term illness, health problem or disability affect your.... PLEASE CROSS **x** ONE BOX ONLY

- 1 Physical health                                      2 Mental health                                      3 Both

**19** During the last month, how much would you say that . . .  
PLEASE CROSS **x** ONE BOX ON EACH ROW

	All the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time	Don't know
a .. you felt full of life .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
b .. you felt very nervous.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
c .. you had a lot of energy .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
d .. you have felt happy	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
e .. you felt downhearted and low .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
f .. you felt so down in the dumps that nothing could cheer you up .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
g .. you felt tired or worn out .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
h .. your social activities have been limited by your health .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
i .. you felt calm and peaceful .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7

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**PHYSICAL ACTIVITY**

**20** The following questions are about activities you might do during a typical day. Would you say that your health would limit or prevent you from undertaking each of these activities if you were to do them now. If so, how much? PLEASE CROSS **x** ONE BOX ON EACH ROW

	Yes, would limit me a lot	Yes, would limit me a little	No, would not limit me	Don't know
a Vigorous activities such as running, lifting heavy objects, participating in strenuous sports .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
b Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling or playing golf ..	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
c Lifting or carrying groceries .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
d Climbing several flights of stairs .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
e Climbing one flight of stairs .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
f Bending, kneeling or stooping .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
g Walking more than a mile .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
h Walking half a mile .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
i Walking 100 yards .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
j Bathing or dressing yourself .....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

**21** On a scale of 0 to 10, where 0 is not at all important and 10 is extremely important, how important is physical activity to you? PLEASE CROSS **x** ONE BOX

- 0   1   2   3   4   5   6   7   8   9   10   11   Don't know

**22** How many days per week on average do you spend a total of 30 minutes on physical activity at a 'moderate' pace (i.e. similar level to brisk walking)? PLEASE CROSS **x** ONE BOX ONLY

- 1   2   3   4   5   6   7   8   None   9   Don't know

**23** And how many days per week on average do you do activity lasting 20 minutes or more that makes you sweat or out of breath? PLEASE CROSS **x** ONE BOX ONLY

- 1   2   3   4   5   6   7   8   None   9   Don't know

**24** Please tell us the type and amount of physical activity involved in your present work. PLEASE CROSS **x** ONE BOX ONLY

- 1 I spend most of my time at work sitting (such as in an office)
- 2 I spend most of my time at work standing or walking. However, my work does not require much intense physical effort (e.g. shop assistant, hairdresser, security guard, childminder, etc.)
- 3 My work involves definite physical effort including handling of heavy objects and use of tools (e.g. plumber, electrician, carpenter, cleaner, hospital nurse, gardener, postal delivery workers, etc.)
- 4 My work involves vigorous physical activity including handling of very heavy objects (e.g. scaffolder, construction worker, refuse collector, etc.)
- 5 I am not currently in work

**25** Do any of the following prevent you from undertaking (more) physical activity? PLEASE CROSS **x** ALL BOXES THAT APPLY

- 1 Illness or disability
- 2 Lack of opportunities or facilities
- 3 Cost of facilities
- 4 Lack of time
- 5 Family commitments
- 6 Don't enjoy exercise
- 7 Don't know the type of physical activity that would suit me
- 95 Other **Please write in below**
- 96 No reason in particular
- 97 Don't know

**26** During the last week, how many hours did you spend on each of the following? PLEASE CROSS **x** ONE BOX ON EACH ROW

		Less than 1 hour	At least 1 hour but less than 3 hours	3 hours or more	None	Don't know
a	Physical exercise such as swimming, jogging, aerobics, football, tennis, etc.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
b	Cycling, including cycling to work and during leisure time.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
c	Walking, including walking to work, shopping, for pleasure, etc.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
d	Housework/childcare.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
e	DIY or gardening.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

**27** On a scale of 0 to 10, where 0 is not at all confident and 10 is extremely confident, how confident are you that you could start being more physically active?  
PLEASE CROSS **x** ONE BOX

- 0   1   2   3   4   5   6   7   8   9   10   11   Don't know

**DIET**

**28** To what extent do you agree that you have a healthy diet overall?  
PLEASE CROSS **x** ONE BOX ONLY

- |                            |                            |                            |                            |                            |                            |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
|                            |                            | Neither                    |                            |                            |                            |
| Agree strongly             | Agree slightly             | agree nor disagree         | Disagree slightly          | Disagree strongly          | Don't know                 |
| <input type="checkbox"/> 5 | <input type="checkbox"/> 4 | <input type="checkbox"/> 3 | <input type="checkbox"/> 2 | <input type="checkbox"/> 1 | <input type="checkbox"/> 6 |

**29** How many portions of fresh fruit or vegetables would you say you eat on a typical day (including frozen or tinned vegetables)? PLEASE CROSS **x** ONE BOX ONLY

- 1 At least five portions
- 2 At least three portions, but less than five portions
- 3 At least one portion, but less than three portions
- 4 Less than one portion
- 5 None
- 6 Don't know

A portion of fruit or vegetables is:

- an apple, orange or two smaller fruits (plums, kiwis), or a handful of dried fruit
- A bowl of salad or fresh fruit salad
- 2 tablespoons of chopped vegetables or 3 tablespoons of stewed or tinned fruit
- a small glass of fruit juice (not squash)

**30** In a typical week, how often would you say that you eat fried food?  
PLEASE CROSS **x** ONE BOX ONLY

- 1 At least three times      2 At least once, but less than three times      3 Less than once      4 Never

**31** In a typical week, how often would you say that you have a takeaway meal, or eat in a café or restaurant?  
PLEASE CROSS **x** ONE BOX ONLY

- 1 At least three times      2 At least once, but less than three times      3 Less than once      4 Never

**ALCOHOL CONSUMPTION**

**32** Do you currently drink alcohol?  
PLEASE CROSS **x** ONE BOX ONLY

- 1 Yes **Please continue**      2 No **Please go to Q36**

**33** On how many days last week did you have an alcoholic drink?  
PLEASE CROSS **x** ONE BOX ONLY

- 1   2   3   4   5   6   7   8 None **Please go to Q36**   9 Don't know

**34** Which of the following types of drink did you have in the past week?  
PLEASE CROSS **x** ALL BOXES THAT APPLY UNDER Q34 BELOW

**35** For those drinks you had in the past week, could you please indicate a) the total amount you drank last week, and b) the most you drank at any one time. PLEASE WRITE IN UNDER Q35 a / b BELOW

**Q34**  
Drunk in  
last week

**Q35A**  
Total for week

**Q35B**  
Most in one  
sitting

<input type="checkbox"/> 1	Beer, lager, stout or cider .....	<input type="text"/> pints	<input type="text"/> pints
		and/or	and/or
		<input type="text"/> bottles	<input type="text"/> bottles
<input type="checkbox"/> 2	Shandy mixes .....	<input type="text"/> pints	<input type="text"/> pints
<input type="checkbox"/> 3	Alcopops (e.g. Reef, Bacardi Breezer etc) .....	<input type="text"/> bottles	<input type="text"/> bottles
<input type="checkbox"/> 4	Spirits or liquors (e.g. gin, whisky, rum, brandy) .....	<input type="text"/> measures	<input type="text"/> measures
<input type="checkbox"/> 5	Sherry or Martini (port, vermouth, Cinzano) .....	<input type="text"/> measures	<input type="text"/> measures
<input type="checkbox"/> 6	Wine (include Babycham and champagne) .....	<input type="text"/> glasses	<input type="text"/> glasses

**SMOKING**

**36** Please indicate which of the following apply to you.  
PLEASE CROSS **x** ALL BOXES THAT APPLY

- 1 I currently smoke cigarettes
- 2 I currently smoke cigars, cigarillos, a pipe, or chew tobacco/pan
- 3 I used to smoke tobacco products, but have given up
- 4 I have never smoked tobacco products

***Please go to Q37***  
***Please go to Q37***  
***Please go to Q39***  
***Please go to Q40***

**37** How many cigarettes do you smoke in a typical day?  
PLEASE CROSS **x** ONE BOX ONLY

- 1 Less than one cigarette per day
- 2 Between 1 and 9 cigarettes per day
- 3 Between 10 and 19 cigarettes per day
- 4 Between 20 and 29 cigarettes per day
- 5 Between 30 and 39 cigarettes per day
- 6 At least 40 cigarettes per day

**38** Would you like to give up smoking?  
PLEASE CROSS **x** ONE BOX ONLY

- 1 Yes                      2 No                      3 Unsure

**PLEASE NOW GO TO Q40**

**39** IF YOU HAVE GIVEN UP SMOKING: How long is it since you last smoked?  
PLEASE WRITE IN BELOW

Years       months       weeks       days

**40**

Which of the following statements apply to you?  
PLEASE CROSS **x** ALL BOXES THAT APPLY

- 1 I currently live with someone who smokes in the home
- 2 I currently live with someone who smokes, but only outside the home
- 3 I spend time with people who are smoking in my workplace (physically inside the workplace)
- 4 I spend time with people who are smoking in pubs/clubs
- 95 I spend time in other places where there are people smoking *Please write in the location(s) below*

- 96 I very rarely spend time anywhere that people are smoking

**In this section, we would like to ask you about current, past and future employment, including travel to work details**

**EMPLOYMENT**

**41**

Do you do any regular, unpaid, voluntary work?  
PLEASE CROSS **x** ONE BOX ONLY

- 1 No
- 2 Not regularly, but occasionally
- 3 Yes, less than two hours a week
- 4 Yes, between two and five hours a week
- 5 Yes, between six and ten hours a week
- 6 Yes, more than 10 hours a week

**42**

Which of the following best describes you?  
PLEASE CROSS **x** ONE BOX ONLY

- 1 In full-time paid work, working 30 or more hours per week
- 2 In more than one job, which together add to 30 or more hours a week
- 3 In part-time paid work, working less than 30 hours per week
- 4 Doing paid work on a self-employed basis or within your own business
- 5 Retired
- 6 Unemployed, and claiming Jobseekers' Allowance
- 7 Unemployed, but not claiming Jobseekers' Allowance
- 8 Full time carer, looking after the home, children and/or other dependants
- 9 Long term sick/disabled away from work
- 10 A student or on a training course

**43**

What is your present occupation? **If you are not currently working what was your most recent occupation?**  
PLEASE WRITE IN THE JOB TITLE BELOW, AND DETAILS OF THE MAIN DUTIES THE JOB INVOLVED

**JOB TITLE**

**RESPONSIBILITIES/DUTIES**

- 997 Have never had a paid job

*Please answer Q44 and Q45 if you are currently working, otherwise skip to Q46*

**44**

On a normal day, how long does it take you to get to your usual place of work?  
PLEASE CROSS **x** ONE BOX ONLY

- 1 Less than 10 minutes
- 2 At least 10 minutes but less than 20 minutes
- 3 At least 20 minutes but less than 30 minutes
- 4 At least 30 minutes but less than 1 hour
- 5 More than 1 hour but less than 2 hours
- 6 2 hours or more
- 7 It varies – I work in different places

**45** How do you normally travel to work for the main part of your journey?  
PLEASE CROSS ✕ ONE BOX ONLY

- |                            |                                      |                             |                                    |
|----------------------------|--------------------------------------|-----------------------------|------------------------------------|
| <input type="checkbox"/> 1 | In a car or van on my own            | <input type="checkbox"/> 7  | By bus                             |
| <input type="checkbox"/> 2 | Driving a car or van with passengers | <input type="checkbox"/> 8  | By train                           |
| <input type="checkbox"/> 3 | As a passenger in a car or van       | <input type="checkbox"/> 9  | By tram (Metro)                    |
| <input type="checkbox"/> 4 | On a motorcycle                      | <input type="checkbox"/> 95 | Other <b>Please write in below</b> |
| <input type="checkbox"/> 5 | On a bicycle                         |                             |                                    |
| <input type="checkbox"/> 6 | Walking                              |                             |                                    |

96 None – I work at home

**46** What factors do you feel might prevent you from finding suitable employment or changing your job either now or in the future? PLEASE CROSS ✕ ALL BOXES THAT APPLY

- 1 A lack of available childcare
- 2 The cost of childcare
- 3 A lack of qualifications for the jobs I want to do
- 4 A lack of suitable skills for the jobs I want to do
- 5 A lack of appropriate work experience for the jobs I want to do
- 6 There are no suitable jobs to apply for
- 7 The rates of pay of jobs I could do are not high enough
- 8 Employers think I am too old or too young for the types of jobs I want to do
- 9 Potential employers are too far away
- 10 I have responsibilities in looking after other members of the family
- 11 There is a lack of suitable public transport
- 12 Discrimination on the grounds of race, religion, disability or gender
- 13 Poor employment history (e.g. sacked, or have not stayed in jobs for very long)
- 14 Don't want to look for a new job
- 15 I have retired
- 16 Don't need to work
- 95 Other **Please write in below**

- 96 No reasons
- 97 Don't know

**The next questions are about your qualifications and learning**

**QUALIFICATIONS AND LEARNING**

**47** Do you have any of the following qualifications in English or Maths?  
PLEASE CROSS ✕ ALL BOXES THAT APPLY

	None of these	O level pass	CSE grade 1	GCSE grade A-C	Key skills communication level 2	A higher qualification such as A level, a degree, or diploma
a English.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
b Maths.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6

**48** Which of these qualifications do you have? PLEASE CROSS **x** ALL BOXES THAT APPLY

- 1 1+ O levels/CSEs/GCSEs (any grades)
- 2 5 + O levels, 5+ CSEs (grade 1), 5+ GCSEs (grades A-C), School Certificate
- 3 1+ A levels/AS levels
- 4 2+ A levels, 4 + AS levels. Higher School Certificate
- 5 First degree (e.g. BA, BSc)
- 6 Higher Degree (e.g. MA, PhD, PGCE, post-graduate certificates, diplomas)
- 7 NVQ level 1, Foundation GNVQ
- 8 NVQ level 2, Intermediate GNVQ, BTEC General, Apprenticeship, Foundation Modern Apprenticeship
- 9 NVQ level 3, Advanced GNVQ, BTEC National, Advanced Apprenticeship, Advanced Modern Apprenticeship
- 10 NVQ level 4, HNC, HND
- 11 NVQ level 5
- 95 Other qualifications (e.g. City and guilds, RSA/OCR) **Please write in below**

96 No qualifications

**49** Do you have any of these professional qualifications? PLEASE CROSS **x** ALL BOXES THAT APPLY

- 1 Qualified teacher status (for schools)
- 2 Qualified medical doctor
- 3 Qualified dentist
- 4 Qualified nurse, midwife, health visitor
- 5 Other professional qualifications
- 6 No professional qualifications

**50** How long is it since you last participated in any training or learning activity since leaving school? Learning activity can include a taught or self-taught course, and can be something related to work (e.g. training), or hobbies, or can be academic-based. PLEASE CROSS **x** ONE BOX ONLY

- 1 Not since leaving school
- 2 Currently involved
- 3 Within the past 4 weeks
- 4 More than 4 weeks ago but within the past year
- 5 Between 1 and 3 years ago
- 6 Between 3 and 5 years ago
- 7 More than 5 years ago
- 8 Don't know / Unable to remember

**51** How likely is it that you will start some new training or learning activity in the next 12 months? PLEASE CROSS **x** ONE BOX ONLY

- 1 Will definitely not start
- 2 Unlikely to start
- 3 Fairly likely to start
- 4 Certain to start
- 5 Don't know

**Finally, we would like to ask you some brief details about you and your household. This information allows us to look at responses given by different groups of people.**

**52** I am 1 Male 2 Female

**53** I am  years old

**54** How many adults (aged 16+) and children (aged under 16) are currently living in your household? PLEASE WRITE IN BELOW – exclude students living away from home in your totals

adults  children

**55**

What is your marital status?  
PLEASE CROSS **x** ONE BOX ONLY

- |   |  |
|---|--|
| <input type="checkbox"/> 1 Single (never married) | <input type="checkbox"/> 4 Separated (still legally married) |
| <input type="checkbox"/> 2 Married                | <input type="checkbox"/> 5 Divorced                          |
| <input type="checkbox"/> 3 Living with partner    | <input type="checkbox"/> 6 Widowed                           |

**56**

What is your ethnic group?  
PLEASE CROSS **x** ONE BOX ONLY

- |  |   |
|--|---|
| <b>WHITE</b>   | <b>BLACK OR BLACK BRITISH</b>               |
| <input type="checkbox"/> 1 White English                 | <input type="checkbox"/> 10 Black Caribbean |
| <input type="checkbox"/> 2 White Scottish                | <input type="checkbox"/> 11 Black African   |
| <input type="checkbox"/> 3 White Welsh                   | <input type="checkbox"/> 12 Black Other     |
| <input type="checkbox"/> 4 White Irish                   | <b>ASIAN OR ASIAN BRITISH</b>               |
| <input type="checkbox"/> 5 White Other                   | <input type="checkbox"/> 13 Indian          |
| <b>MIXED</b>   | <input type="checkbox"/> 14 Pakistani       |
| <input type="checkbox"/> 6 Mixed White & Black Caribbean | <input type="checkbox"/> 15 Bangladeshi     |
| <input type="checkbox"/> 7 Mixed White & Black African   | <input type="checkbox"/> 16 Asian Other     |
| <input type="checkbox"/> 8 Mixed White & Asian           | <input type="checkbox"/> 17 <b>Chinese</b>  |
| <input type="checkbox"/> 9 Mixed Other                   | <input type="checkbox"/> 18 <b>Other</b>    |

**57**

Which of the following best describes your home?  
PLEASE CROSS **x** ONE BOX ONLY

- |   |  |
|---|--|
| <input type="checkbox"/> 1 Bought outright                                    | <input type="checkbox"/> 7 Rented from employer or former employer |
| <input type="checkbox"/> 2 Being bought with a mortgage or loan               | <input type="checkbox"/> 8 Rented from a relative or friend        |
| <input type="checkbox"/> 3 Shared ownership (part purchased/part rented)      | <input type="checkbox"/> 95 Other <b>Please write in below</b>     |
| <input type="checkbox"/> 4 Rented from the Council                            |  |
| <input type="checkbox"/> 5 Rented from a Housing Association or Housing Trust |  |
| <input type="checkbox"/> 6 Rented from a private landlord                     |  |

**58**

What is your height and weight?  
PLEASE WRITE IN BELOW

**Height**
 feet  inches

or

 centimetres
998 Don't know / prefer not to say**Weight**
 stones  pounds

or

 kilogrammes
998 Don't know / prefer not to say

Many thanks for completing the questionnaire. Your name and address details will not be recorded with your answers, and hence everything you tell us will be confidential. No answers that you give will be attributed directly to you.

If you have any queries, or problems filling in the questionnaire, you can contact BMG Research on the following freephone number during office hours: 0800 358 0337.

Alternatively, you can e-mail us at: [lifestylesurvey@bmgresearch.co.uk](mailto:lifestylesurvey@bmgresearch.co.uk)

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