A person wearing a tan jacket, blue jeans, and a yellow knit hat with a pom-pom stands on a grassy cliff overlooking the ocean. Their arms are raised in a gesture of joy or freedom. The background features a dramatic coastline with cliffs and waves under a blue sky with scattered white clouds.

Guernsey and Alderney Wellbeing Survey 2018



ABOUT THE WELLBEING SURVEY 2018

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CONTRIBUTIONS

Public Health Services: Commissioning of the survey; questionnaire design; selection of core household sample; distribution of survey to core household sample; facilitation of targeted data collection among hard-to-reach groups; and review of the report

Island Global Research: Peer review of questionnaire; coordination of the online survey open to all residents; targeted data collection among hard-to-reach groups; data entry of completed paper questionnaires; data analysis; and preparation of the report.

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SUMMARY OF KEY FINDINGS

This report presents the findings for the Guernsey and Alderney Wellbeing Survey 2018.



2,656
people completed the
Wellbeing Survey 2018



9%
care for someone who needs
help because of long-term ill-
health or problems related to
old age (6% in 2013)



34%
of 16-24 year olds have low
mental wellbeing



76%
reported good or very good
health (83% in 2013)



54%
had eaten in a café or
restaurant and 30% had eaten
one or more takeaways in the
past week



18%
often or always feel lonely,
isolated or lacking
companionship



56%
are overweight or obese
(52% in 2013)



25%
regularly volunteer their time
for a registered charity, youth
or community group



24%
drank more than 14 units of
alcohol in the past week



33%
have a longstanding illness,
disability or infirmity



36%
had experienced a large
amount of stress in the past
12 months (25% in 2013)



27%
have risky or high-risk alcohol
drinking behaviour
(28% in 2013)

SUMMARY OF KEY FINDINGS



13%
regularly smoke tobacco
(13% in 2013)



87%
saw a GP at least once in the
past 12 months (87% in 2013)



6%
said they could not afford an
unexpected expense of £100



6%
regularly vape or
use e-cigarettes



50%
have private health insurance
(56% in 2013)



39%
live in households that
found it difficult to pay
household bills



92%
routinely used one or more
sun protection measures
in the past 12 months



23%
said cost had stopped them
seeing a GP, and 45% among
those who pay for their own
appointments



94%
were able to keep
comfortably warm in at least
one room last winter
(92% in 2013)



73%
would have a lot of trust in
health information from a
doctor



35%
were prevented from getting
somewhere they needed to
go when asked about access
to transport



95%
have access to the
internet at home

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1. INTRODUCTION

The main purpose of the Committee for Health & Social Care is to protect, promote and improve the health and wellbeing of people living in Guernsey and Alderney. Responsibilities include the development and implementation of policies relating to public health, and therefore efforts to protect and improve health.

The Public Health Intelligence Unit works to measure and describe health and wellbeing, as well as health risks, health needs and health outcomes for our populations. This includes collecting, analysing and interpreting health-related data to give meaningful information that will provide evidence for decision-makers to help shape policy, direct preventive efforts and inform service delivery.

The Guernsey and Alderney Wellbeing Survey (formerly known as the Healthy Lifestyle Survey) is an important source of data on the health, experiences, behaviours and attitudes of residents.

The Wellbeing Survey has been conducted every five years since in 1988. The content and focus of the survey has evolved over this period to ensure the data remain relevant to current issues. There are, however, a number of questions in the 2018 survey that have been asked previously, and where possible the 2018 results are benchmarked against findings from 2013.

The report contains a considerable amount of information. In preparing the report, efforts have been taken to try to ensure the findings are clear and accessible. To make the report easy to navigate, sections have been colour coded. The first page of each section contains a short summary of key results. Results are presented for the population as a whole, after survey weights have been applied. Results for 10-year age bands, for males and for females are frequently reported. Additional sub-groups are also reported where there are notable differences. Results are rounded to the nearest whole number. The findings presented in the report are also supplemented by an appendix of tables.



2. METHODOLOGY

The 2018 Guernsey and Alderney Wellbeing Survey was a cross-sectional survey of adults (aged 16 and over) resident in Guernsey, Alderney, Herm and Jethou.

Respondents were recruited using three methods:

- a stratified random sample of households were selected and invited to complete the survey,
- an online survey was open to all residents, and
- a targeted data collection was carried out at specific locations (e.g. day centres and residential homes) to promote the survey among hard-to-reach groups.

This approach was adopted in order to address non-response among some groups of the population (including young people and those who are older and would need assistance to participate in the survey), and to achieve a larger sample size.

Sample size

The minimum target sample size was 1,250 adults aged 16 or over. It was hoped the chosen combination of recruitment methods would yield a larger sample size and therefore improve precision and generalisability for reporting, especially when reporting the health and wellbeing of sub-groups of the population.

The final dataset contains 2,656 records that were eligible for inclusion. This includes 956 records from the core sample of households, 1,552 responses to the online survey, and 148 responses from the targeted data collection. Not all individuals completed all questions. Appendix A presents the unweighted base size for each question. The smallest unweighted base size was 2,128, and this was for the penultimate question which asked “How much would you trust information about health or medical topics from religious leaders and organisations?” (question 67).

With the survey methodology used and the responses received we can be 95% confident that the sample percentages presented in this report are accurately representative of the whole population to +/- 1.9 percentage points. Thus, if 50% of respondents reported engaging in a particular health behaviour we can be 95% confident that the actual percentage is between 48.1% and 51.9% (see page 15 for guidance on the margin of error for sub-groups).

Ethical Approval

Ethical approval for the Guernsey and Alderney Wellbeing Survey 2018 was obtained from the Ethics Committee of the HSC of the States of Guernsey in August, 2018.



APPROACH TO DATA COLLECTION

Core Household Sample

As in previous years, a random sample of 2,500 households was identified from the States of Guernsey's corporate address file, which contains all addresses in the Bailiwick. Addresses for businesses, guest-accommodation, hospitals, and residential / nursing homes were removed. Sampling used a random probability approach, stratified by parish, and was undertaken by Public Health Services.

Postal invitations were sent to the 2,500 randomly selected homes in September 2018 (known as the "core household sample"). Initially householders were sent an A5-sized postcard with instructions and a link to the online survey. The instructions asked for the invitation to be passed to the person living at the address who has the next birthday, is aged 16 or over and is resident in Guernsey, Alderney, Herm or Jethou. This person was asked to go online and complete the survey, entering a unique reference number. Respondents who completed the survey online had the opportunity to participate in a £100 prize draw. Households from which a survey had not been completed after two weeks were sent a paper version of the questionnaire and a postage-paid return envelope. Completed paper copies of the questionnaire were entered into the survey database by researchers employed by Island Global Research.

Online survey open to the public

The online survey was open to all residents between 5 October and 8 November 2018.

Public Health Services issued a press release, and the survey was featured in the Guernsey Press and on local radio. The survey was also promoted on the States of Guernsey website. In addition, Island Global Research sent an invitation to complete the survey to their market research panel and promoted the survey using social media. As before, respondents completing the online survey could enter the £100 prize draw.

Targeted data collection

The Wellbeing Survey was promoted among hard-to-reach groups, including those who may have found it difficult to participate without assistance. Public Health Services had a specific interest in older age groups, and hoped the survey findings would inform a Joint Strategic Needs Assessment for People Over 50.

Public Health Services identified selected day centres and residential/nursing homes to target. Island Global Research staff attended the locations, provided information about the survey and were available to support individuals in completing the questionnaire. In addition, paper versions of the questionnaire were made available via the Guille-Allès Visiting Library Service and at other Health and Social Care sites. Online and paper versions were also publicised for completion at schools and the Youth Commission.



ELIGIBILITY AND RESPONSE RATE

Eligible Records

Individuals were eligible to complete the Wellbeing Survey if they were aged 16 years or older and lived in Guernsey, Alderney, Herm or Jethou.

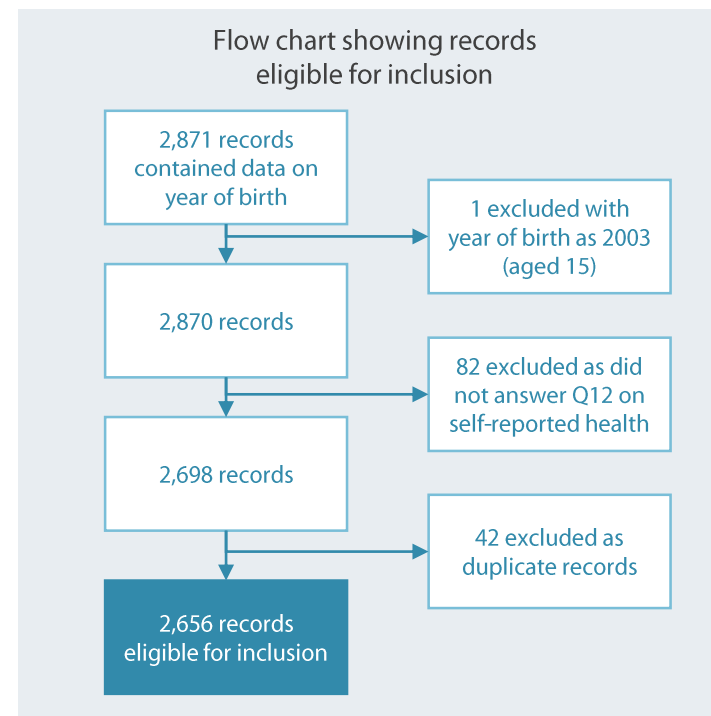
The final dataset contains 2,656 records that were eligible for inclusion. As the flow chart shows, 82 records were excluded where the respondent had not proceeded to answer the question on self-reported health. A further review led to the exclusion of 42 records that were identified as duplicates.

The final dataset contains 956 records that were from the core sample of households and contained the unique identification reference number (a 38% response rate). Of these, 487 were completed online and a further 469 were completed paper copies.

The online survey open to the public generated an additional 1,552 responses. This included 515 respondents who said they had received an email from Island Global Research and 609 who learnt about the survey from social media.

The targeted data collection included 102 individuals who had received a paper copy of the questionnaire when researchers from Island Global Research visited a day centre or residential / nursing home. There were also 46 completed paper questionnaires that had been obtained via the Visiting Library Service, from service areas within the Princess Elizabeth Hospital (such as the Orchard Centre), or had been requested directly from Public Health Services.

The profile of respondents for each method is provided as Appendix B. There are relatively few differences between groups, though the online survey reached proportionately more young people, and as intended the targeted data collection reached older aged groups with longstanding illness, disability or infirmity. Thus, the 2018 sample was not only larger but also more representative than had been achieved in the past.



Eligible records	Core household sample	Online survey	Targeted sample	Total
Online survey	487	1,552	0	2,039
Paper version	469	0	102 + 46	617
Total	956	1,552	148	2,656



QUESTIONNAIRE

QUESTIONNAIRE

The Guernsey and Alderney Wellbeing Survey 2018 contained 68 questions on a range of topics (see box). The full questionnaire is provided in Appendix C. The questionnaire was available for self-completion in either paper or online format.

Many of the questions asked in the 2018 Wellbeing Survey had been asked in the 2013 survey, though several questions were revised or removed and some new questions were added (see Appendix A). The changes were made to ensure that the data collected reflected current health information needs.

The 2018 survey uses many validated tools including the following:

- Body Mass Index (BMI) Classification
- The Alcohol Use Disorder Identification Tool (AUDIT)
- The Short Warwick-Edinburgh Mental Well-being Scale (SWEMWBS)
- The De Jong Gierveld 6-item Loneliness Scale

TOPICS FOR THE WELLBEING SURVEY 2018

- About you
- Your general health
- Attitudes to health
- Health services in Guernsey and Alderney
- Food and diet
- Leisure time and activities
- Sun protection
- Smoking
- Alcohol
- Drugs
- Access to services and transport
- Money matters
- Digital and social media
- Health Literacy



VALIDATED TOOLS

Body Mass Index (BMI)

Respondents' self-reported height and weight was used to calculate their body mass index (BMI).

BMI is a widely accepted measure of weight status that allows for differences in weight due to height. BMI is defined as weight in kilograms divided by the height in metres squared (kg/m^2).

Respondents' weight status was then derived from their BMI.

<http://www.euro.who.int/en/health-topics/disease-prevention/nutrition/a-healthy-lifestyle/body-mass-index-bmi>

WEIGHT STATUS

BMI (kg/m^2):	Description:
Less than 18.5	Underweight
18.5 to less than 25	Healthy weight / normal weight
25 to less than 30	Overweight / pre-obesity
30 or more	Obese

The Alcohol Use Disorders Identification Test (AUDIT)

AUDIT was developed by the World Health Organisation to support the identification of hazardous and harmful patterns of alcohol consumption. It consists of ten questions measuring the frequency and quantity of alcohol consumption and problems related to alcohol use (see Appendix C, Q44). Answers for each question are scored and then summed to provide an overall score for the respondent's risk of harm from alcohol consumption.

AUDIT was used in the 2013 survey, and the 2013 report noted future surveys should use the AUDIT categories for measuring trends.

https://www.who.int/substance_abuse/publications/audit/en/

AUDIT CATEGORIES

Score:	Category:
0	Abstainer
1 to 7	Low-risk
8 to 15	Risky / hazardous
16 to 19	High-risk 1 / harmful
20 or more	High-risk 2 / possible dependence

Please note, when reporting on sub-groups the high-risk categories are combined since their individual sample size is small (unweighted base size for high-risk 1=45 and for high-risk 2=33).



VALIDATED TOOLS CONTINUED

Short Warwick-Edinburgh Mental Well-being Scale (SWEMWBS)

The SWEMWBS is a short version of the Warwick-Edinburgh Mental Well-being Scale (WEMWBS). The WEMWBS was developed to enable the monitoring of mental wellbeing in the general population and the evaluation of projects, programmes and policies which aim to improve mental wellbeing. The full WEMWBS was used in the 2013 survey.

The SWEMWBS uses seven of the WEMWBS's 14 statements about thoughts and feelings (see Appendix C, Q47). The seven statements are positively-worded and respondents are asked to select from five response categories how frequently they have had these feelings in the last two weeks.

Responses are scored ('none of the time'=1, 'rarely'=2, 'some of the time'=3, 'often'=4, 'all of the time'=5). The SWEMWBS is scored by first summing the score for each of the seven items and then transforming the total raw scores to metric scores using the SWEMWBS conversion table. Scores range from 7 to 35, with higher scores indicating higher positive mental wellbeing.

For the purpose of the report the SWEMWBS scores were grouped into three categories: low, moderate and high mental wellbeing. Low mental wellbeing represents scores that are at least one standard deviation (SD) below the sample mean score. High represents scores that are at least one SD above.

Among responses for this survey: the mean=22.85 and the SD=4.17. Thus a score of:

- Less than 18.7 = low mental wellbeing;
- Between 18.7 and 27.0 = moderate mental wellbeing;
- Above 27.0 = high mental wellbeing.

<https://warwick.ac.uk/fac/sci/med/research/platform/wemwbs>

De Jong Gierveld 6-item Loneliness Scale

The 6-item De Jong Gierveld Loneliness Scale is a reliable and valid measurement instrument for overall, emotional, and social loneliness that is suitable for large surveys. Emotional loneliness is caused when someone misses a close, or intimate relationship. Social loneliness occurs when someone is missing a wider social network. The scale was designed for use with older people, though it has been tested with large samples of people aged 18 and over.

The 6-item loneliness scale contains 3 negatively-worded statements about emotional loneliness and 3 positively-worded statements about social loneliness (see Appendix C, Q50). Respondents select from three response categories, 'yes', 'more or less' and 'no'.

Responses are scored (neutral and or a negative response to a positively-worded question =1, and neutral and positive responses to a negatively-worded statement = 1) and then summed.

Overall loneliness scores range from 0 (least lonely) to 6 (most lonely). In addition, emotional loneliness scores range from 0 (not emotionally lonely) to 3 (intensely emotionally lonely) and social loneliness scores range from 0 (not socially lonely) to 3 (intensely socially lonely). All three scores are used in this report.

De Jong Gierveld, van Tilburg (2006). A 6-Item Scale for Overall, Emotional, and Social Loneliness: Confirmatory Tests on Survey Data. Research on Aging, 25: 582-598.

<https://journals.sagepub.com/doi/10.1177/0164027506289723>



DATA ANALYSIS AND REPORTING

The report contains results for the population of Guernsey (including Herm and Jethou) and Alderney and for selected sub-groups. Disaggregated results for 10-year age bands, for males, and for females* are frequently reported, though additional sub-groups are reported where there are notable differences. A difference was considered notable if confidence intervals were found not to overlap. The findings presented in the report are also supplemented by an appendix of tables.

Rounding

Numbers are rounded to the nearest whole number. All calculations are independently rounded so totals published in tables and graphs may not necessarily sum 100%.

Survey Weights

The rationale for undertaking the survey was for the results and inferences drawn to be representative of the overall population of Guernsey and Alderney. The profile of those who completed the survey was compared to the available data on the population of the Guernsey and Alderney. Survey responses were weighted in proportion to the age and gender profile of the adult population of Guernsey and Alderney. All figures, tables and text presented in this report refer to weighted responses, unless otherwise specified.

Survey weights correct for age and gender differences between the sample and the population. Thus, they compensate for different patterns of non-response from sub-groups of the population, such that survey results can be generalised from the sample back to the population from which they are drawn. This approach is consistent with that applied in 2013, which allows for comparison. The table on the following page presents the gender and age breakdown of the population, and also of the 2018 sample before and after weights were applied.

As was expected, fewer young people completed the survey. The survey was also completed by more females than males. However, the survey was completed by a wide range of people and the differences are relatively small. The largest weights are for males aged 16-30 (see overleaf). The larger the weight, the greater the uncertainty associated with the result, as explained on page 15.

* Other genders are not reported separately due to their small sample size, though are included in results for all genders.



AGE AND GENDER PROFILE OF THE WELLBEING SAMPLE COMPARED TO POPULATION

This table shows the age and gender profile of the population, and the profile of survey respondents. The weights are also shown. The weighted sample presents the profile of the sample after weights have been applied.

	Population*	2018 Wellbeing Survey				
Females		Sample		Weight	Weighted sample	
	%	N	%		N	%
16-19	2.5%	39	1.5%	1.66	65	2.5%
20-24	3.4%	64	2.4%	1.39	89	3.4%
25-29	3.7%	121	4.6%	0.80	97	3.7%
30-34	3.5%	121	4.6%	0.77	93	3.5%
35-39	3.5%	145	5.5%	0.64	93	3.5%
40-44	3.7%	169	6.4%	0.58	98	3.7%
45-49	4.6%	173	6.6%	0.71	123	4.7%
50-54	4.9%	183	6.9%	0.71	130	4.9%
55-59	4.4%	166	6.3%	0.70	116	4.4%
60-64	3.7%	159	6.0%	0.61	97	3.7%
65-69	3.6%	137	5.2%	0.70	96	3.6%
70-74	3.2%	113	4.3%	0.74	84	3.2%
75-79	2.2%	69	2.6%	0.84	58	2.2%
80-84	1.9%	62	2.4%	0.80	50	1.9%
85-89	1.3%	38	1.4%	0.88	33	1.3%
90-94	0.6%	22	0.8%	0.78	17	0.6%
95+	0.2%	9	0.3%	0.64	6	0.2%

	Population*	2018 Wellbeing Survey				
Males		Sample		Weight	Weighted sample	
	%	N	%		N	%
16-19	2.6%	17	0.6%	4.09	70	2.6%
20-24	3.5%	15	0.6%	6.15	92	3.5%
25-29	3.8%	26	1.0%	3.85	100	3.8%
30-34	3.7%	44	1.7%	2.21	97	3.7%
35-39	3.7%	46	1.7%	2.11	97	3.7%
40-44	3.6%	48	1.8%	1.98	95	3.6%
45-49	4.5%	73	2.8%	1.61	118	4.5%
50-54	4.6%	92	3.5%	1.31	121	4.6%
55-59	4.4%	96	3.6%	1.20	115	4.4%
60-64	3.8%	94	3.6%	1.06	100	3.8%
65-69	3.3%	86	3.3%	1.02	88	3.3%
70-74	3.1%	76	2.9%	1.06	81	3.1%
75-79	2.0%	59	2.2%	0.89	53	2.0%
80-84	1.4%	36	1.4%	1.05	38	1.4%
85-89	0.8%	20	0.8%	1.04	21	0.8%
90-94	0.3%	10	0.4%	0.76	8	0.3%
95+	0.1%	6	0.2%	0.24	1	0.1%

*Population data for Guernsey was downloaded from the States of Guernsey's website: <https://www.gov.gg/population>. Population data for Alderney was supplied by Public Health Services.



DATA ANALYSIS AND REPORTING

Confidence Intervals

All sample surveys contain an element of statistical uncertainty because they are based on a sample and not the entire population. Uncertainty that relates to the sample can be quantified using confidence intervals. Thus, 95% confidence intervals have been calculated and are included in the appendix of tables, which contains results for the population as a whole and for various sub-groups, after survey weights have been applied. Confidence intervals for proportions have been calculated using the modified Wilson confidence limits.

With the survey methodology used we can be 95% confident that the sample percentages presented in this report accurately represent the whole population to +/- 1.9 percentage points.

For sub-samples of the population (e.g. by gender or age band) the sample fractions with each sub-category will vary. The smaller the sub-sample base size, the wider the confidence interval. The confidence intervals for proportions (expressed as percentage points) for the following sub-groups are:

- All adults: $\pm 1.9\%$
- Gender: $\pm 2.3\%$ for females and $\pm 3.4\%$ for males
- 10 year age band: between $\pm 4.3\%$ (aged 45-54) and $\pm 8.3\%$ (aged 16-24)
- Gender and 10-year age combined: between $\pm 5.2\%$ (females aged 45-54) and $\pm 16.6\%$ (males 16-24 years)
- Household tenure: between $\pm 2.4\%$ (owner occupier) and $\pm 9.1\%$ (affordable)
- BMI: $\pm 3.2\%$ for healthy weight, $\pm 3.4\%$ for overweight and $\pm 4.1\%$ for obese
- Residents with longstanding disability: $\pm 3.2\%$ overall, $\pm 4.8\%$ for long-term illness, $\pm 5.5\%$ for physical disability, $\pm 6.6\%$ for mental or emotional health concern
- Mental wellbeing: between $\pm 2.5\%$ (moderate) and $\pm 5.2\%$ (low/high)
- AUDIT: $\pm 2.5\%$ for low-risk, $\pm 4.7\%$ for risky and $\pm 10.8\%$ for high-risk
- Smoking status: from $\pm 2.7\%$ (never smoked) to $\pm 5.8\%$ (current tobacco smoker) and $\pm 9.0\%$ (current vaper)

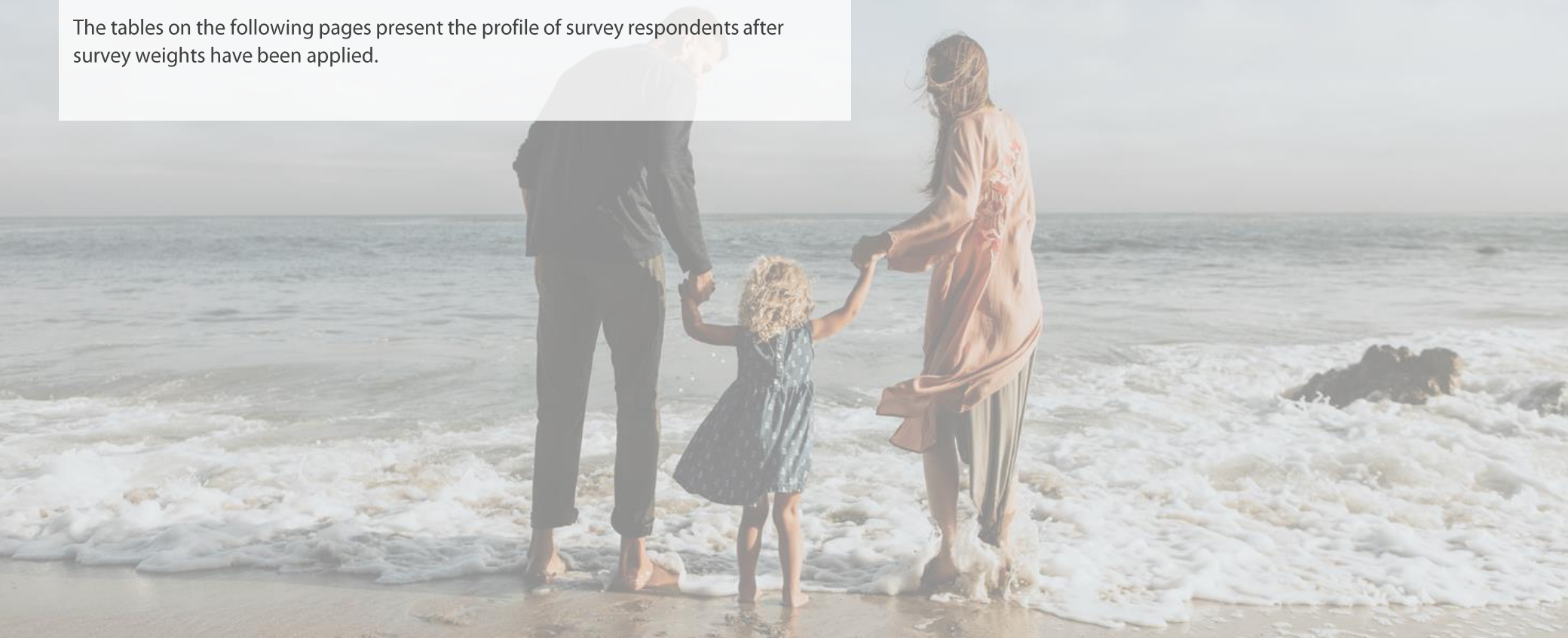
Results for sub-groups that have wider intervals should be treated with some caution. This includes males aged 16-24 years and males aged 25-34 years, and the small base sizes associated with these sub-groups is noted when these results are presented.



3. PROFILE OF RESPONDENTS

The Guernsey and Alderney Wellbeing Survey 2018 was completed by 2,656 individuals aged 16 and over living in Guernsey, Alderney, Herm and Jethou.

The tables on the following pages present the profile of survey respondents after survey weights have been applied.



GENDER, AGE, NATIONALITY AND RESIDENCE

Gender	n=2656
Female	51%
Male	49%
Non-binary	<1%
Prefer to self-describe:	<1%
Prefer not to say	<1%
Age	n=2656
16-24	12%
25-34	15%
35-44	15%
45-54	19%
55-64	16%
65-74	13%
75+	11%
What is your country of birth?	n=2650
Bailiwick of Guernsey	60%
UK and Northern Ireland / Republic of Ireland / Jersey	34%
Latvia	<1%
Poland	<1%
Portugal	<1%
Other	6%
What is your main island of residence?	n=2647
Guernsey / Herm / Jethou	97%
Alderney	3%

RELATIONSHIP STATUS, EDUCATION AND EMPLOYMENT

Regarding where you have lived during your life, which of the following statements fits best? Ignore periods of absence for holiday, study or absences during the occupation years.	n=2650
I have always lived here	42%
I have lived most of my life here	30%
I have lived some of my life here and some of my life elsewhere	17%
I have lived most of my life elsewhere	11%
What is your current relationship status?	n=2653
Married	51%
Living with long-term partner but not married	13%
Widowed	7%
Separated	2%
Divorced	7%
Single (i.e. never married)	20%
Which of these is your highest educational or professional qualification?	n=2644
No formal qualifications	15%
GSCE / O-Level / GNVQ (Intermediate) or equivalent	24%
A-Level / GNVQ (Advanced) or equivalent	18%
Degree or equivalent professional qualification	43%
Which of the following best describes your current work situation?	n=2653
Employed full-time	48%
Employed part-time	12%
Self-employed	6%
In full-time education or training	3%
Retired	22%
Not employed (i.e. unable to work due to long-term sickness or disability, looking for employment or not seeking employment)	6%
Other	3%



CARING AND HOUSING COMPOSITION

Do you care for a family member, partner or friend who needs help because of long-term ill health OR problems related to old age, other than as part of your job?	n=2639
Yes	9%
No	91%
Do you receive care or help at home from a family member, partner, friend OR a paid carer?	n=2641
Yes	5%
No	95%
Which type of housing do you live in?	n=2275
Own home: owned outright	36%
Own home: buying with a mortgage	30%
Private rental	15%
Affordable: Partial ownership pay part rent and part mortgage	<1%
Affordable: Social housing	4%
Other: Extra care housing	<1%
Other: Residential / nursing home	1%
Other: Accommodation provided with job	1%
Other: Living rent free, or paying a small rent e.g. to parent(s) / friend(s)	10%
Other: miscellaneous	2%

HOUSEHOLD COMPOSITION AND INCOME

Household Composition	n=2656
Single Adult 16-64	11%
Single adult, 16-64 with dependant child(ren)	3%
Single adult, 65 or over	9%
2 adults, 16-64	18%
2 adults, 16-64, with dependant child(ren)	14%
2 adults 65 or over	9%
2 adults, 1x 16-64 and 1x 65+	3%
3 or 4 adults, 16-64	13%
Other	15%
Prefer not to say	5%
Have children in Household	25%
What is your total gross household income?	n=2253
Less than £20,000	12%
£20,000 - £39,999	21%
£40,000 - £59,999	18%
£60,000 - £79,999	13%
£80,000 - £99,999	9%
£100,000 +	16%
Don't know	10%



4. GENERAL HEALTH

Respondents were asked to rate their health in general and report whether they have any longstanding illness, disability or infirmity. Height and weight were asked to enable BMI to be calculated (see methodology).

- There has been a deterioration in people's self-reported health, weight status and sleep quality since 2013.
- 76% of people aged 16+ believe they have good or very good health, compared to 83% in 2013. This declines amongst those aged 65+.
- The proportion of people who are overweight or obese has increased to 56% from 52% in 2013. Those aged 45-74 were more likely to have excess weight than other age groups. The proportion of people with excess weight peaks at 77% of males aged 55-64.
- 54% of people who are overweight and 77% of people who are obese said they intend to lose weight in the next six months.
- Those who are obese are more likely than those who are a healthy weight to have recently experienced a large amount of stress, and low mental wellbeing.
- 33% of people have a longstanding illness, disability or infirmity.
- 36% of those with a longstanding illness, disability or infirmity said their health problem or disability does not limit their day-to-day activities.



SELF-REPORTED HEALTH

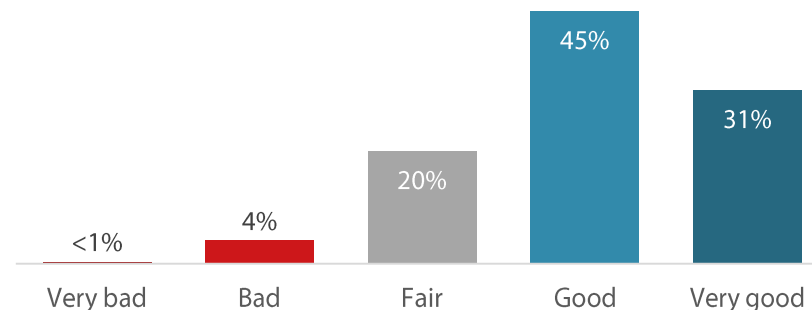
Respondents were asked “How is your health in general?”

76% of people aged 16+ reported they have good or very good health. Less than 5% said their health was bad or very bad, while 20% reported it was fair.

The graphs below show self-reported health by age and gender. The percentage of people who report good or very good health begins to decrease amongst those aged 65+. For example, over 75% of those in each of the 16-64 age categories rate their health as good or very good. This drops to 70% of those aged 65-75 and 62% of those aged 75+.

People in affordable housing were more likely to report bad or very bad health than those who own their home or rent privately (28% compared to 3% and 7% respectively). Also, 21% of those who are working age and do not work reported bad or very bad health, compared to 3% among the working age population who are employed or in full-time education. (Note: these findings are related since 28% of people in affordable housing are of working age and are unable to work due to long-term sickness or disability).

How is your health in general?
Would you say it is ... (select one)



Self-reported health, by age and gender

Note: small base size for males aged 16-24 and 25-34

	All genders, % reported good / very good	Female				Male			
16-24	78%	3%	23%	52%	22%	4%	14%	32%	51%
25-34	82%	3%	16%	45%	37%	3%	12%	55%	28%
35-44	76%	3%	19%	41%	37%	7%	18%	38%	36%
45-54	77%	5%	20%	43%	31%	4%	17%	52%	27%
55-64	80%	5%	15%	43%	37%	4%	16%	54%	26%
65-74	70%	2%	24%	44%	29%	4%	27%	43%	25%
75+	62%	5%	35%	44%	17%	6%	31%	39%	24%
All Ages	76%	4%	21%	44%	31%	4%	18%	46%	31%

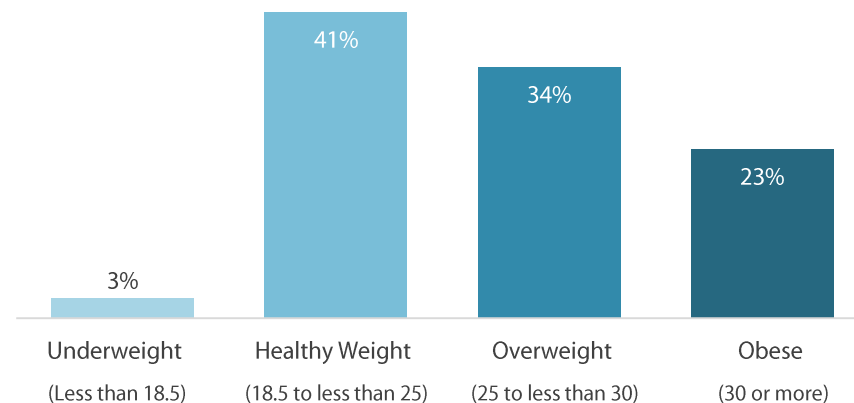
WEIGHT STATUS

Respondents were asked their height without shoes and their weight lightly dressed. This was used to estimate their Body Mass Index (BMI) and determine their weight status (see page 11).

56% of people were found to be overweight or obese. This comprises of 34% who are overweight and a further 23% who are obese (note: does not sum due to rounding).

More than half of the population aged 35+ have a BMI over 25, and are categorised as overweight or obese. The proportion of the people with excess weight peaks in ages 45-74 for both males and females. In particular, more than 3 in every 4 males aged 55-64 have excess weight.

More than a quarter of the population aged 45-64 have a BMI of 30 or more and are categorised as obese.



% who are overweight and obese, by age and gender

Note: small base size for males aged 16-24 and 25-34

	All genders, % obese	% overweight or obese	Female		Male	
16-24	11%	32%	19%	17%	36%	22% 7% 29%
25-34	20%	45%	31%	17%	48%	20% 22% 42%
35-44	23%	55%	29%	25%	53%	36% 21% 57%
45-54	30%	64%	29%	31%	60%	39% 29% 68%
55-64	27%	69%	36%	25%	61%	48% 29% 77%
65-74	24%	65%	35%	27%	62%	45% 23% 68%
75+	16%	55%	36%	15%	51%	43% 18% 62%
All Ages	23%	56%	31%	23%	54%	36% 22% 59%
			Overweight / Obese / Combined		Overweight / Obese / Combined	



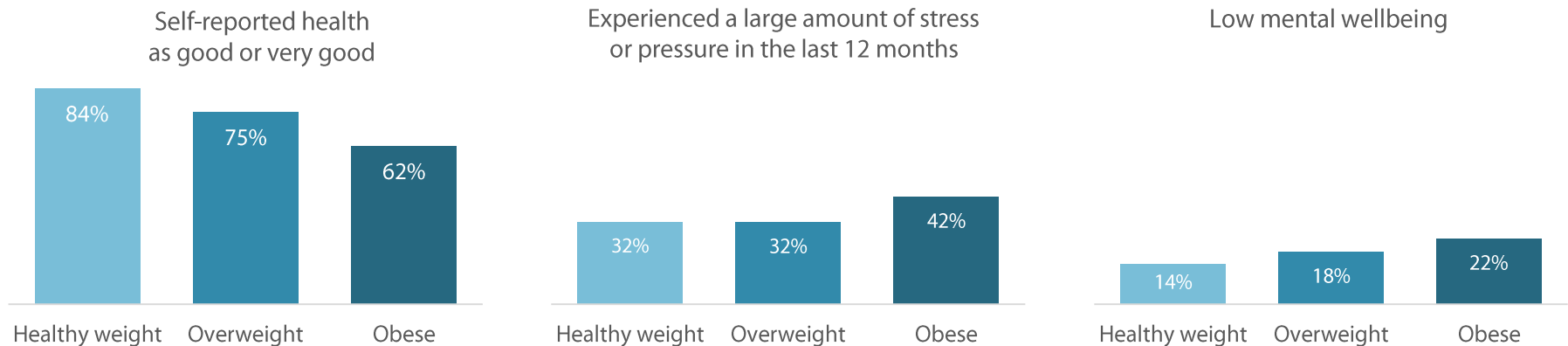
WEIGHT STATUS (continued)

Self-reported Health, Stress and Mental Wellbeing

There are associations between weight status and self-reported health, experiencing stress and experiencing low mental wellbeing.

- 62% of those who are obese report their health as good or very good, compared to 75% who are overweight and 84% who are a healthy weight.
- 42% of those who are obese experienced a large amount of stress or pressure in the last 12 months, compared to 32% of those with who are healthy weight or overweight.
- 22% of those who are obese were categorised as having a low mental wellbeing, compared to 14% of those who are healthy weight.

There is also an association between weight status and reporting having a longstanding illness, disability or infirmity: 39% of people who are obese and 37% who are overweight reported having a longstanding condition compared to 26% who are a healthy weight.



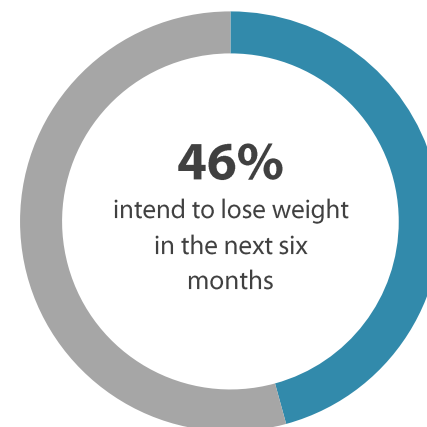
INTENTION TO LOSE WEIGHT

Respondents were asked about intended lifestyle changes in the next six months.

46% of people said they intend to lose weight in the next six months.

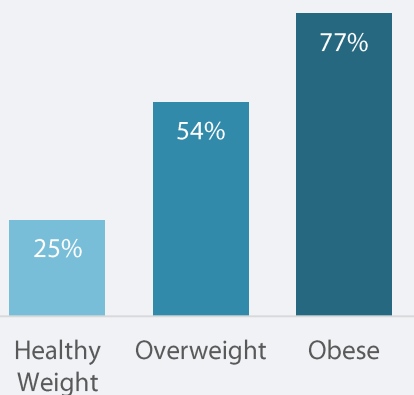
The intention to lose weight is associated with weight status, with 77% of people who are obese saying they intend to lose weight in the next six months, compared to 54% of those who are overweight and 25% of people who are a healthy weight.

Females were more likely than males to report that they intend to lose weight (52% compared to 39%).

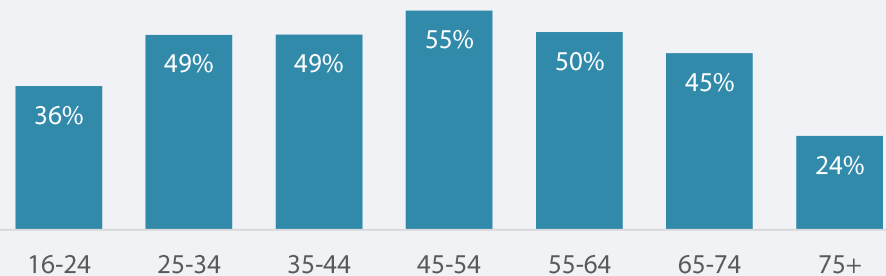


% who said they intend to lose weight in the next six months

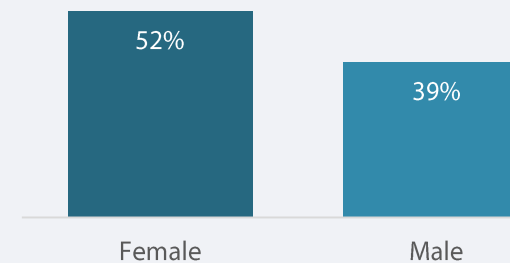
By weight status



By age



By gender



LIFESTYLE CHANGES AND PERCEPTIONS OF WEIGHT

Lifestyle changes

Respondents were asked “Which, if any, of the following changes to your lifestyle do you intend to make in the next six months?”.

77% of people who are obese said that they intended to lose weight and more than half said they intended to do more physical activity or eat more healthily during that time.

Perceptions of Weight

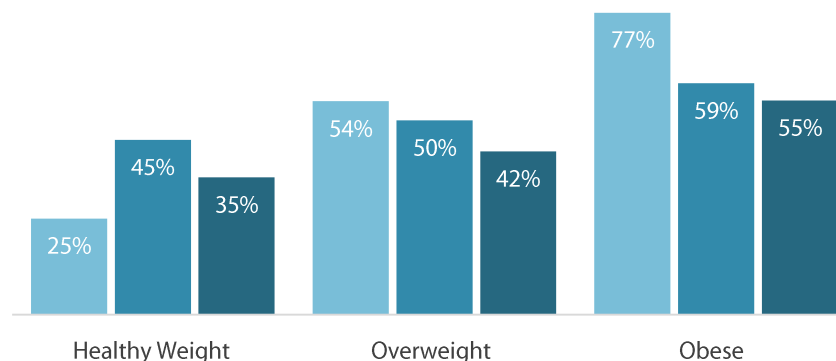
Respondents were asked “Which of the following statements best describes you?” The options to choose from were: “I think I am underweight”, “I think my weight is about right”, “I think I am overweight”, “I think I am very overweight” or “I am not sure about my weight/I don’t know” or “I prefer not to answer”. (Note: not all categories are shown in the graph).

Among those who are overweight, 27% underestimated their true weight status believing their weight to be about right.

Among those who are obese, 62% underestimated their true weight status believing themselves to be overweight (60%) or about right (2%).

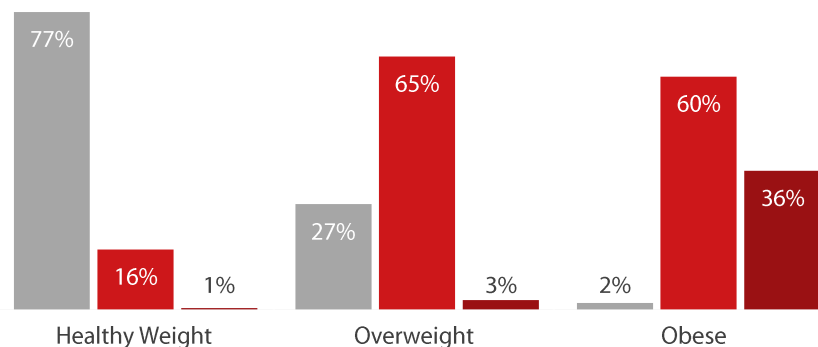
In the next six month, people intended to

- Lose weight
- Do more physical exercise or activity
- Eat more healthily



Which of the following statements best describes you?

- I think my weight is about right
- I think I am overweight
- I think I am very overweight



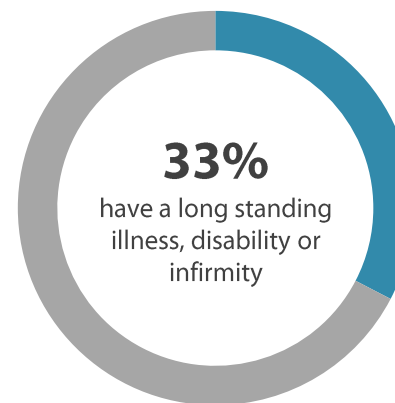
LONGSTANDING ILLNESS, DISABILITY OR INFIRMITY

Respondents were asked “Do you have any longstanding illness, disability or infirmity?”

It was explained that a longstanding illness is any condition that has lasted (or is expected to last) at least 12 months and included any problems related to old age.

33% of people reported having a longstanding illness, disability or infirmity.

Females and older people of all genders were more likely to report longstanding illness, disability or infirmity.



% with longstanding illness, disability or infirmity, by age and gender

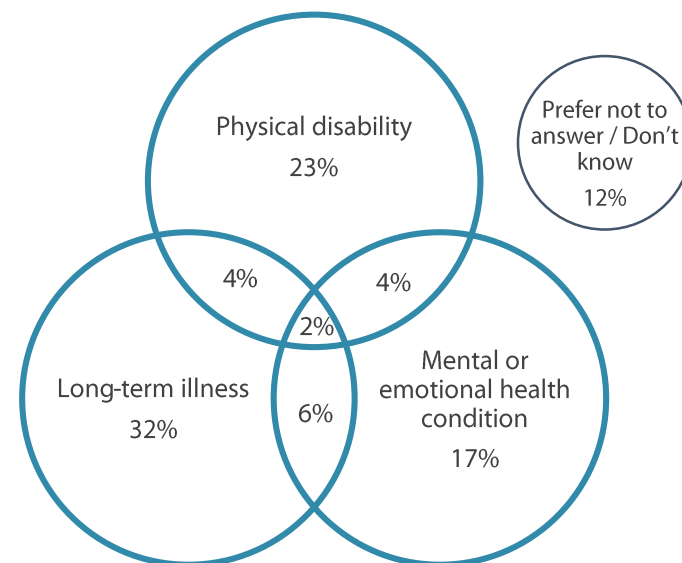
	All genders	Female	Male
16-24	21%	25%	16%
25-34	21%	27%	15%
35-44	21%	24%	19%
45-54	30%	32%	27%
55-64	37%	34%	39%
65-74	50%	53%	47%
75+	54%	55%	54%
All Ages	33%	35%	30%

LONGSTANDING ILLNESS, DISABILITY OR INFIRMITY

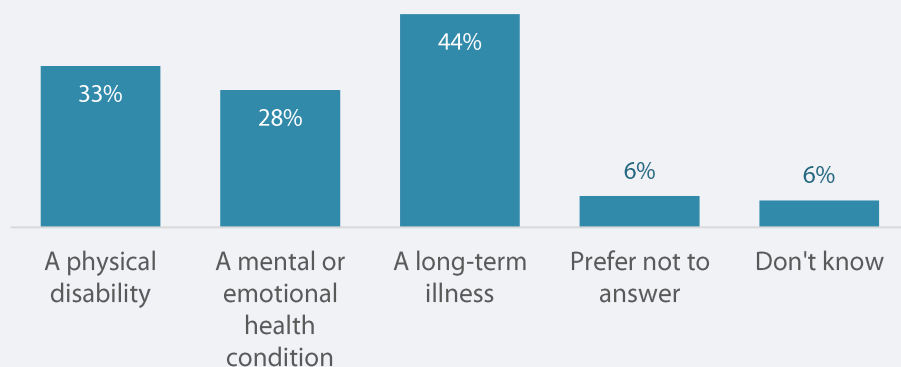
Respondents with a longstanding illness, disability or infirmity were asked which types of conditions/illnesses they have (more than one could be selected), and whether these limit their day-to-day activities.

Of this group:

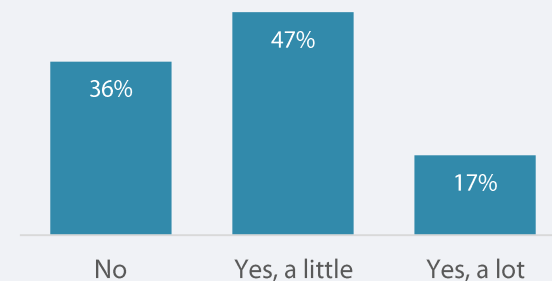
- 33% reported having a physical disability, 28% a mental or emotional health condition and 44% a long-term illness. 16% selected 2 or all 3 of the conditions asked about.
- 36% said their health problem or disability does not limit their day-to-day activities at all. A further 47% said it only limits activities a little and 17% said it limits their activities a lot.



Thinking of these conditions and/or illnesses, would you describe yourself as having ... ? Select all that apply



Are your day-to-day activities limited because of your health problem or disability?



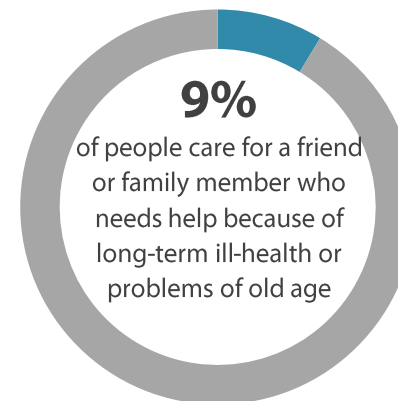
CARING FOR FRIENDS AND FAMILY MEMBERS

5% of people reported they receive care or help at home from a family member, partner, friend or a paid carer.

9% of people reported caring for a friend or family member who needs help because of long-term ill-health or problems related to old age. This is an increase from 6% in 2013.

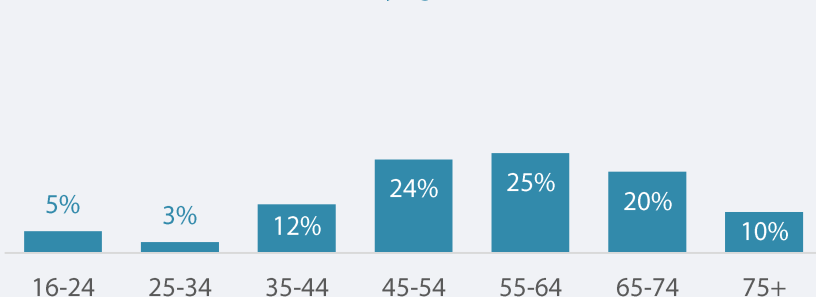
Carers were more likely to be women – 58% of carers were female and 42% were male. Approximately half of carers were aged between 45 and 64, and almost a third were 65 or over. However, carers do include people of all age groups including 8% of carers who were aged under 35.

The amount of time people spend caring varies. In a typical week, 44% of carers spend less than 10 hours caring, though there are 12% of carers who care for a friend or family member for 50 or more hours per week.

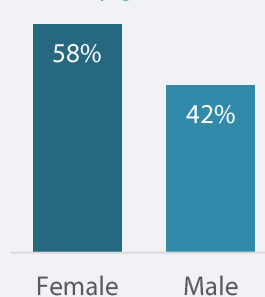


% who said they care for a friend or family member who needs help because of long-term ill-health or problems of old age

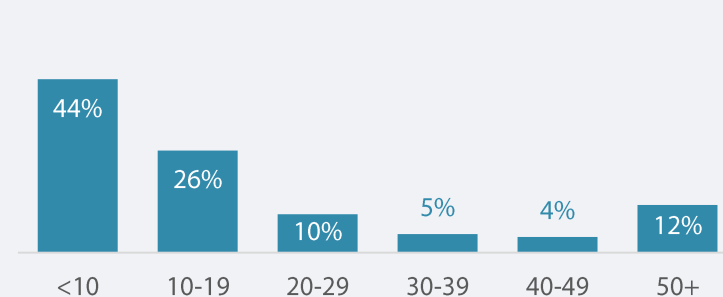
By age



By gender



Amount of time spent caring in the past week by those who said they care for a friend or family member



CARERS' HEALTH AND WELLBEING

Carers report poorer physical health than those without caring responsibilities:

- Carers are more likely than non-carers to have a longstanding illness, disability or infirmity (45% vs 31%), and are more than twice as likely to also receive care or help at home themselves (13% vs 4%).
- Carers were less likely to report their health as very good (32% vs 22%).
- Carers were more likely to rate their sleep as poor/very poor (30% vs 21%).
- Carers were more likely to be overweight (42% vs 33%)

More research is required to understand the extent to which these incidences are related to the age profile of carers.

Carers are under more stress than those without caring responsibilities:

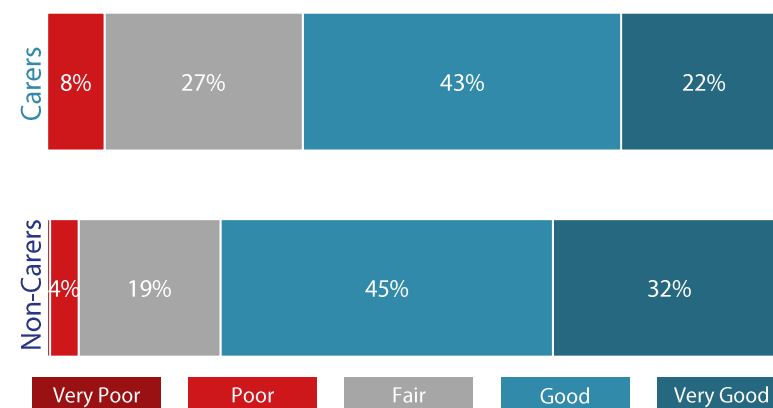
- 45% of carers said they have experienced a large amount of stress in the last 12 months, compared to 35% of non-carers.
- A higher proportion of carers said that the 'health problems of family or friends' and the 'pressure to always be available' often or always causes them anxiety / stress (55% vs 26% and 46% vs 30% respectively).

Finally, the following differences were also noted:

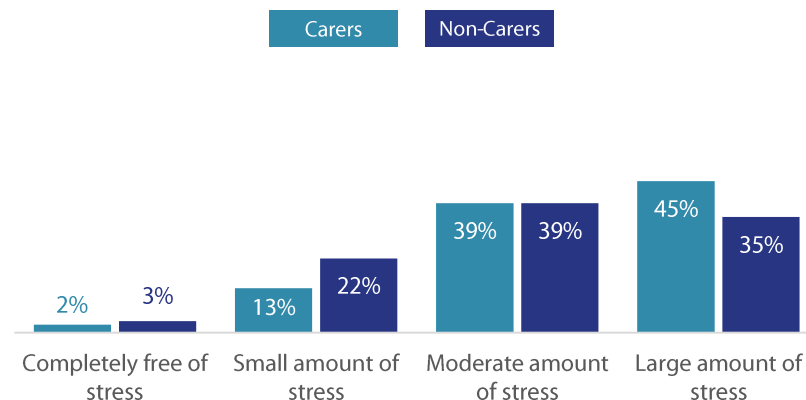
- Carers were less likely than non-carers to say that they believe their life will be better in 5 years time (35% vs 46%).
- Carers are more likely than non-carers to feel worse off than 12 months ago from a financial perspective (40% vs 28%)

Though again, more research is required to understand the extent to which these incidences are related to the age profile of carers.

Self-reported health



Amount of Stress



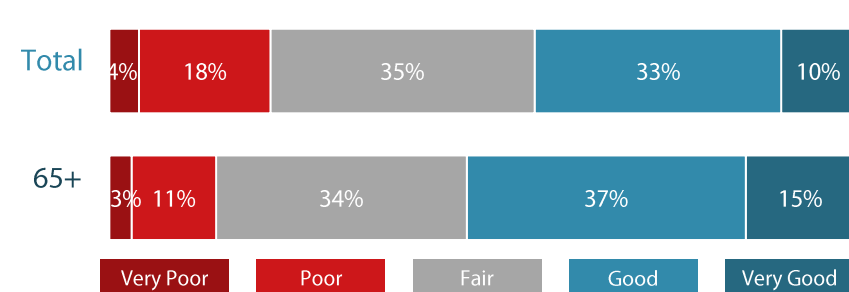
SLEEP

Respondents were asked: “During the past month how would you rate your sleep quality overall?”

22% of people reported their sleep quality had been poor or very poor.

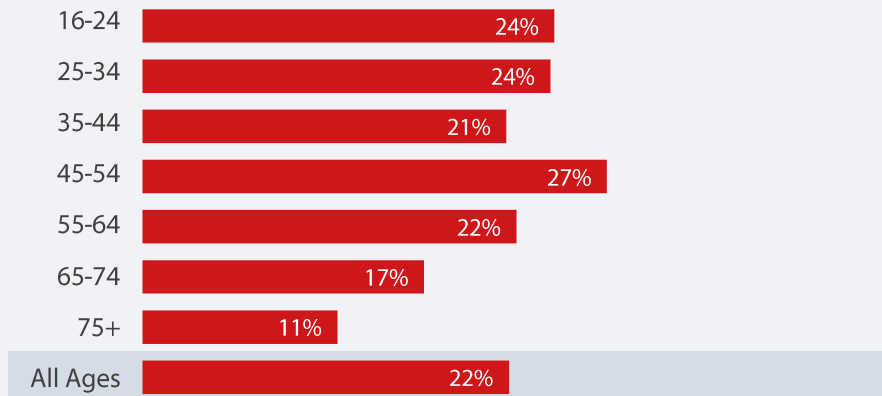
- Those aged 65+ were slightly more likely to report better sleep quality than average.
- Those with low mental wellbeing were much more likely to report poorer sleep quality than those with moderate or high mental wellbeing.

During the past month how would you rate your sleep quality overall?

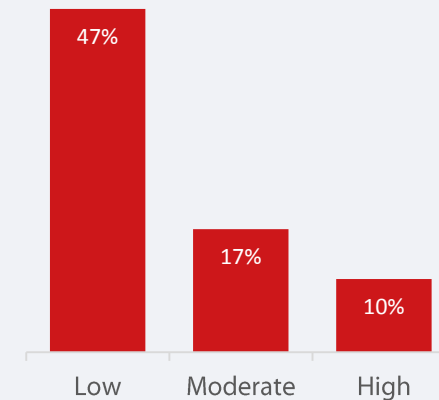


% who rate overall sleep quality in the last month as poor/very poor by:

Age



Mental Wellbeing Score



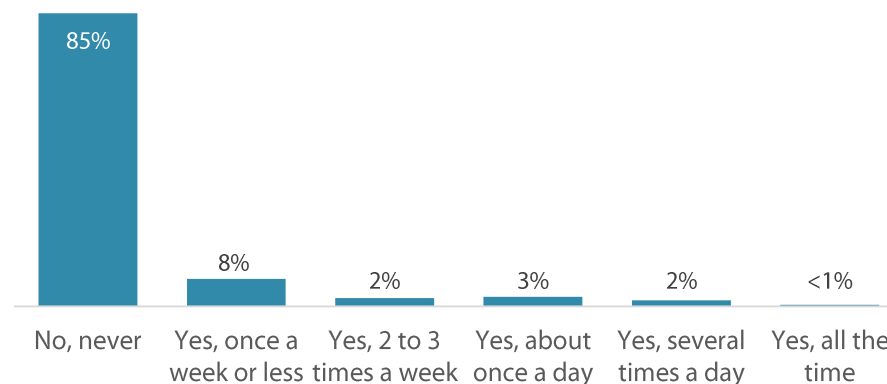
INCONTINENCE

Respondents were asked “Do you have any problems of incontinence (i.e. leaking urine) during the day or at night? If so, how often do you leak urine?”.

85% of people never experience incontinence problems. 15% do experience some level of incontinence, but for most this is relatively infrequent.

Incontinence is three times more prevalent amongst females (24%) as males (7%). It also increases with age, from 3% of those aged 16-24 up to a third of those aged 75+. There is a notable increase from 7% of women aged 25-34 up to 21% of those aged 35-44.

Do you have any problems of incontinence (i.e. leaking urine) during the day or at night? If so, how often do you leak urine?



% with any problems with incontinence, by age and gender

Note: small base size for males aged 16-24 and 25-34

	All Genders	Female	Male
16-24	3%	5%	0%
25-34	6%	7%	5%
35-44	11%	21%	1%
45-54	17%	29%	3%
55-64	19%	28%	11%
65-74	23%	32%	13%
75+	32%	41%	20%
All Ages	15%	24%	7%

CHANGES IN GENERAL HEALTH OVER THE PAST 5 YEARS

The survey results indicate a deterioration in self-reported health, weight status and sleep quality compared to 2013, with comparable results from 2013 and 2018 presented in the table on the right.

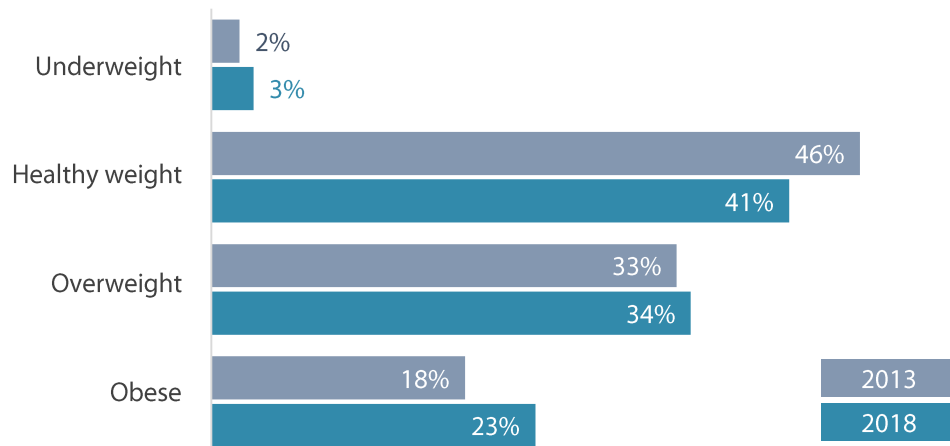
The percentage of people who reported their health as good or very good has reduced from 83% in 2013 to 76% in 2018.

There is a notable increase in the percentage who are categorised as obese, with an increase from 18% in 2013 to 23% in 2018. As a result the percentage of the population who are overweight or obese has changed from 52% to 56%.

Perceptions of weight have also changed slightly. Overall more people report that they are overweight or very overweight in 2018 than 2013.

Finally, the results also show more people reporting poor or very poor sleep quality, with an increase from 12% in 2013 to 22% in 2018.

Weight Status in 2013 and 2018



	2013	2018
% who self-reported health as ...	n=1168	n=2656
very good	34%	31%
good	49%	45%
fair	15%	20%
bad / very bad	3%	4%
% whose weight status is ...	n=1163	n=2331
underweight	2%	3%
healthy weight	46%	41%
overweight	33%	34%
obese	18%	23%
overweight or obese*	52%	56%
% who think ...	n=1185	n=2450
I am underweight	12%	3%
my weight is about right	49%	43%
I am overweight	40%	42%
I am very overweight	8%	10%
I am not sure about my weight	1%	2%
% who said their sleep quality was ...	n=1183	n=2579
very good	16%	10%
good	37%	33%
fair	35%	36%
poor	11%	18%
very poor	2%	4%

* does not sum due to rounding.

CHANGES OVER THE PAST FIVE YEARS – WEIGHT STATUS

The graphs below show the change in weight status by age group and gender for 2013 compared to 2018. Since 2013, there has been an increase in the percentage of people who are obese in several age groups, and overall, 8% more females are now overweight or obese than 5 years ago.

	% who are overweight and obese, by age and gender 2013 vs 2018						Note: some small base sizes in 2013 and for males aged 16-24 and 25-34 in 2018					
		% obese	% overweight or obese	Female				Male				
Under 25	2013	12%	21%	18% 23% 40%				0%				
	2018	11%	32%	19% 17% 36%				22% 7% 29%				
25-34	2013	17%	51%	26% 20% 46%				42% 14% 55%				
	2018	20%	45%	31% 17% 48%				20% 22% 42%				
35-44	2013	17%	53%	27% 15% 42%				45% 19% 64%				
	2018	23%	55%	29% 25% 53%				36% 21% 57%				
45-54	2013	23%	58%	29% 20% 50%				43% 24% 67%				
	2018	30%	64%	29% 31% 60%				39% 29% 68%				
55-64	2013	22%	56%	27% 19% 46%				41% 24% 66%				
	2018	27%	69%	36% 25% 61%				48% 29% 77%				
65-74	2013	24%	62%	29% 22% 52%				48% 26% 74%				
	2018	24%	65%	35% 27% 62%				45% 23% 68%				
75+	2013	11%	50%	42% 9% 52%				35% 13% 48%				
	2018	16%	55%	36% 15% 51%				43% 18% 62%				
All Ages	2013	18%	52%	28% 18% 46%				38% 19% 57%				
	2018	23%	56%	31% 23% 54%				36% 22% 59%				
				Overweight / Obese / Combined				Overweight / Obese / Combined				



5. FOOD AND DIET

Respondents were asked about their diet. This included how many portions of fruit and vegetables they had eaten the previous day, what types of meals they'd eaten in the last week and what they tend to drink.

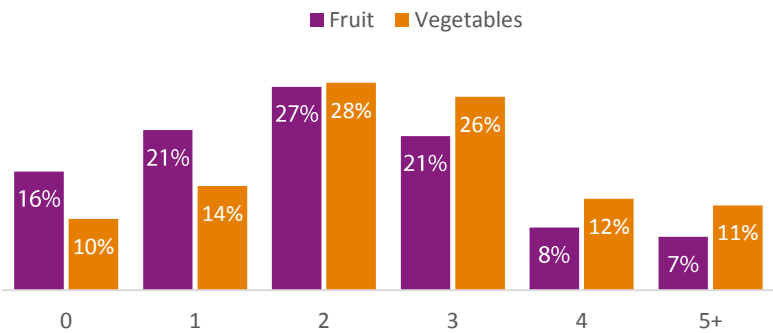
- 50% of people reported eating 5 or more portions of fruit and vegetables the previous day.
- Males were less likely to have eaten the recommended amount of fruit and vegetables than females. This was also true of people who are obese when compared to people who have a healthy weight, and those in affordable housing compared to people who own their home.
- Out of a possible 21 meals in the previous week, around a quarter had eaten fewer than 10 meals that were prepared at home from basic ingredients.
- Eating meals on-the-go was more frequently reported among males, younger people, and those who are obese. Eating takeaways was more frequently reported among younger people, people who are obese and people who rent privately.
- 23% reported drinking a high calorie fizzy drink once a week or more, including 4% who drink it once a day or more.
- Males, younger people and people who live in affordable housing were more likely to report drinking high calorie fizzy drinks more than once per week.



EATING FRUIT AND VEGETABLES

Respondents were asked: a) “Yesterday, how many portions of fruit did you eat?” and b) “Yesterday how many portions of vegetables or salad (not including potatoes) did you eat?” The graph below shows the results for fruit and vegetables reported separately.

Portions of fruit and vegetables eaten yesterday



The grid below shows the combination of fruit and vegetables consumed (numbers are rounded to the nearest whole percentage point*). It can be derived that 50% ate 5+ portions of fruit and vegetables in total, and that 44% ate more vegetables than they did fruit.

Portions of fruit eaten yesterday

	0	1	2	3	4	5+
0	5%	2%	1%	1%	<1%	<1%
1	3%	5%	4%	2%	<1%	<1%
2	3%	5%	10%	6%	2%	1%
3	2%	5%	7%	7%	3%	2%
4	2%	2%	3%	3%	2%	1%
5+	1%	2%	2%	3%	1%	2%

Portions of vegetables eaten yesterday	0	1	2	3	4	5+
0						
1						
2						
3						
4						
5+						

Portions of vegetables eaten yesterday	0	1	2	3	4	5+
0						
1						
2						
3						
4						
5+						

Total portions of fruit and vegetables eaten yesterday					
0	1	2	3	4	5+
5%	4%	10%	12%	19%	50%

*Note: Figures in the grid are rounded to the nearest whole percentage point so may not exactly add up to the totals presented on this page, which have been calculated using appropriate decimal places.



EATING FRUIT AND VEGETABLES, COMBINED

Answers to separate questions on the number of portions of fruit and vegetables eaten in the previous day were combined.

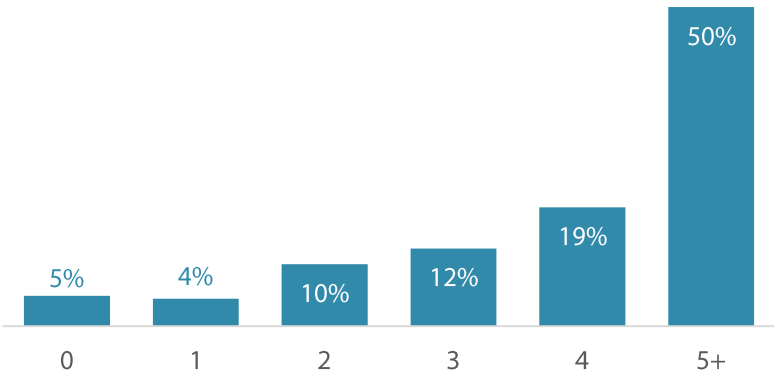
50% of people reported they had eaten 5 or more portions of fruit and vegetables the previous day, which is the recommended minimum amount.

This appears to be a substantial increase from 2013 when 20% said they had eaten 5 or more portions, but there were also differences in how the question was asked (page 42).

Females were more likely to consume the recommended amount than males, though there is variation by age group. In addition, it was noted that:

- 54% of those who are a healthy weight had eaten 5+ portions, compared to 50% who are overweight and 42% of those who are obese.
- 54% of those who own their home had eaten 5+ portions, compared to 47% in private rental and 32% living in affordable housing.

Portions of fruit and vegetables eaten yesterday



% who reported eating 5 or more portions of fruit or vegetables yesterday, by age and gender

Note: small base size for males aged 16-24 and 25-34

	All genders	Female	Male
16-24	44%	48%	41%
25-34	38%	41%	36%
35-44	50%	50%	50%
45-54	49%	57%	38%
55-64	58%	67%	49%
65-74	64%	63%	64%
75+	47%	47%	39%
All Ages	50%	54%	46%



MEALS

Respondents were asked “For breakfast, lunch and dinner in the past 7 days, please indicate the number of times you had each type of meal”.

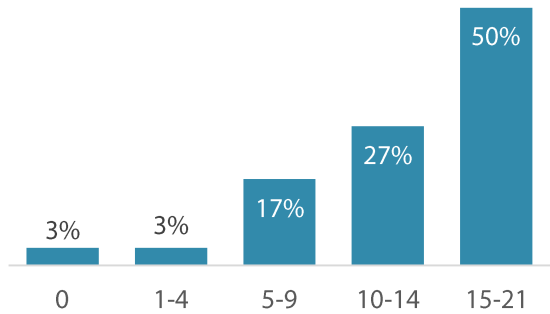
The options were ‘on the go’ e.g. prepared sandwich, café/restaurant, take-away, pre-prepared/ready meal, didn’t eat, and a meal prepared at home from basic ingredients.

Out of a possible 21 meals in the previous week:

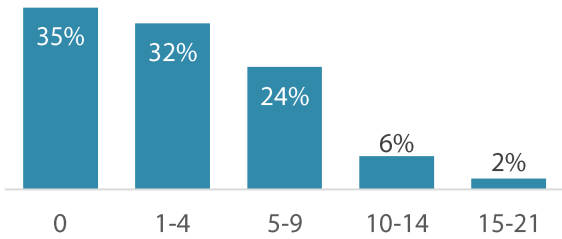
- Around a quarter of people had eaten fewer than 10 meals that were prepared at home from basic ingredients.
- Around one-third had eaten 5 or more meals that were pre-prepared/ready-meals or ‘on-the-go’.
- Around 30% had eaten 1 or more takeaways.
- 54% had eaten in a café or restaurant.

Selected results are also reported by weight status, age, gender, and housing status on pages 38-40.

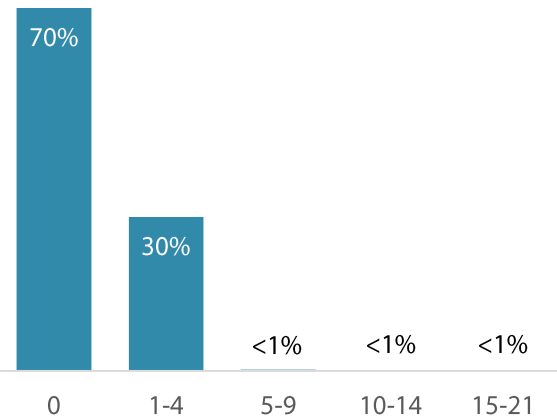
Number of meals prepared from basic ingredients within the last week



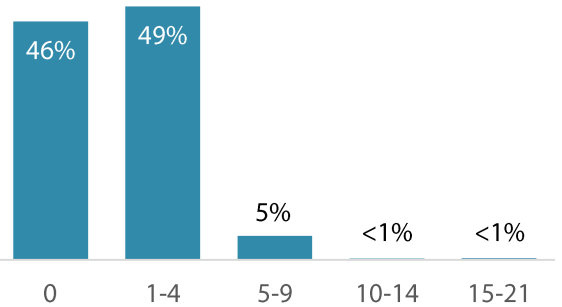
Number of meals that were pre-prepared meals, ready-meals or eaten ‘on-the-go’ within the last week



Number of take-away meals eaten within the last week



Number of meals eaten at a café or restaurant within the last week



COLD DRINKS

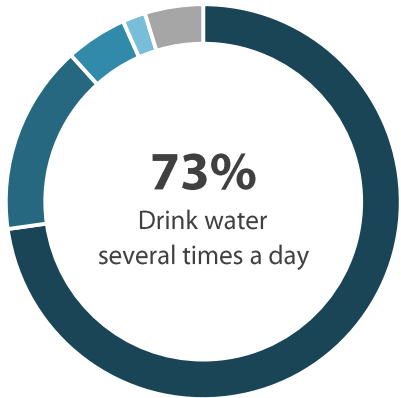
Respondents were asked “On average, how often do you drink the following ... water, fruit juice/fruit smoothie, low calorie fizzy drink, other fizzy drink (i.e. high calorie) and high energy caffeine drink?”.

The options were rarely/never, once a week, several times a week, once a day and several times a day.

Water was the type of cold drink most frequently consumed, with 73% drinking water several times a day. However, there were 12% who drink water less than once a day, including 5% who rarely or never drink it.

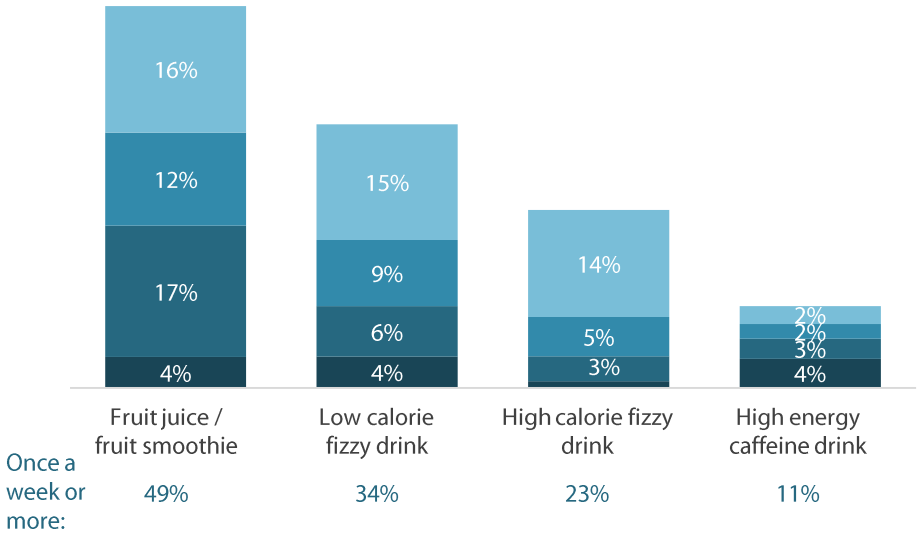
- 21% of people reported they drink fruit juice/smoothie at least once a day and 49% drink them at least once a week.
- 11% reported they drink a low calorie fizzy drink every day and 34% at least once a week.
- 4% reported they drink a high calorie fizzy drink every day and 23% at least once a week.
- 7% reported they drink high energy caffeine drinks every day and 11% at least once a week.

Selected results are also reported by weight status, age, gender, and housing status on the following pages.



Rarely / never
Once a week
Several times a week
Once a day
Several times a day

On average, how often do you drink the each of the following?



FOOD AND DIET, BY WEIGHT STATUS

The graph below shows differences in selected indicators relating to the diet of people who were categorised as healthy weight, overweight and obese. The findings show people who are a healthy weight are more likely than those who are obese to:

- Eat more than 5 portions of fruit and vegetables,
- Eat more meals prepared at home from basic ingredients,
- Eat fewer takeaways and meals ‘on the go’, and
- Drink fewer low-calorie fizzy drinks

Selected food and drink indicators, by weight status

	Healthy weight	Overweight	Obese
Ate less than 5 portions of fruit and vegetables yesterday	46%	50%	58%
Ate fewer than 10 meals prepared at home from basic ingredients	20%	22%	30%
Ate 1 or more takeaway meals in the last week	28%	26%	40%
Ate 5 or more meals ‘on-the-go’ last week (e.g. prepared sandwich)	9%	13%	19%
Drink low-calorie fizzy drinks more than once a week	14%	16%	32%
Drink high-calorie fizzy drinks more than once a week	9%	7%	12%



FOOD AND DIET

BY AGE, GENDER AND HOUSING STATUS

There are some notable differences in diet by age, gender and housing status. These are highlighted below and set out in the table on the following page.

Age

People in the younger age ranges generally had different eating habits than older people in that they ate fewer meals prepared at home from basic ingredients and more takeaways and meals 'on-the-go'. Younger people also consumed fewer fruit and vegetables than older people, except those aged 75+ who consumed similar levels.

The highest level of fruit juice / fruit smoothie consumption arose in the oldest and youngest age groups (i.e. those aged 16-24 and 75+).

Those aged under 45 are more likely to drink high calorie fizzy drinks.

More than 10% of people aged 65+ reported consuming high energy caffeine drinks, though this result may reflect a potential confusion with other caffeinated drinks, such as tea and coffee.

Gender

Fruit and vegetable consumption was reportedly lower among males than females: 54% of males had eaten less than 5 portions of fruit and vegetables the previous day, compared to 47% of females.

Fruit juice/smoothie consumption was higher in males than females: 39% of males drink fruit juice/smoothie more than once a week, compared to 27% of females.

Males generally had different eating habits than females in that they ate more meals 'on-the-go' and were also more likely to drink high calorie fizzy drinks.

Housing Status

Those who live in affordable housing are more likely than those who own their home and rent privately to drink high calorie fizzy drinks more than once a week and more likely than those who own their home to drink high energy caffeine drinks more than once a week. They are also less likely to meet the target of five portions of fruit and vegetables per day compared to those who own their home.

Those who rent privately ate more takeaways than those who own their home. While those who own their home were the most likely to eat meals at home prepared from basic ingredients.



FOOD AND DIET

BY AGE, GENDER AND HOUSING STATUS

	ALL	AGE							GENDER		HOUSING STATUS		
		16-24	25-34	35-44	45-54	55-64	65-74	75+	Female	Male	Own Home	Affordable Housing	Private Rental
Intend to eat more healthily	41%	55%	53%	51%	42%	39%	28%	16%	45%	38%	37%	50%	44%
Ate less than 5 portions of fruit and vegetables yesterday	51%	56%	62%	50%	52%	43%	37%	54%	47%	54%	46%	67%	53%
Have eaten the following in the last week (out of a total of 21 meals): e.g. 17% of those aged 16-24 ate 5 or more meals 'on-the-go' in the last week													
Fewer than 10 meals prepared at home from basic ingredients	23%	37%	33%	29%	22%	18%	10%	16%	21%	25%	19%	38%	34%
1+ takeaway meals	30%	40%	47%	38%	33%	23%	15%	8%	28%	32%	27%	26%	40%
5+ meals 'on-the-go' (e.g. prepared sandwich)	12%	17%	24%	16%	12%	9%	2%	3%	10%	15%	11%	9%	16%
Drink the following more than once a week: e.g. 48% of those aged 16-24 drink juice/smoothie more than once a week													
Fruit Juice / fruit smoothie	33%	48%	31%	28%	29%	28%	33%	41%	27%	39%	33%	31%	31%
Low calorie fizzy drink	19%	17%	22%	24%	22%	17%	15%	13%	20%	19%	18%	28%	22%
High calorie fizzy drink	9%	15%	12%	12%	5%	6%	8%	7%	7%	12%	7%	21%	8%
High energy caffeine drink	8%	12%	8%	10%	5%	3%	10%	15%	8%	9%	7%	14%	7%



INTENTION TO EAT MORE HEALTHILY

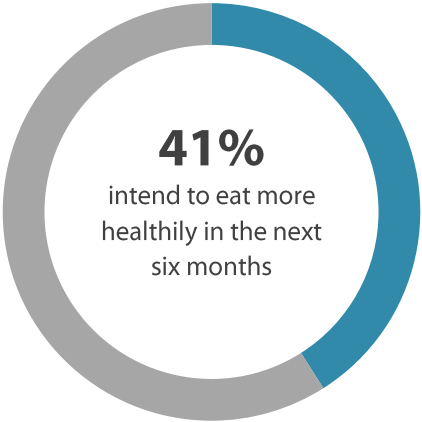
Respondents were asked about intended lifestyle changes in the next six months.

41% of people said they intend to eat more healthily in the next six months.

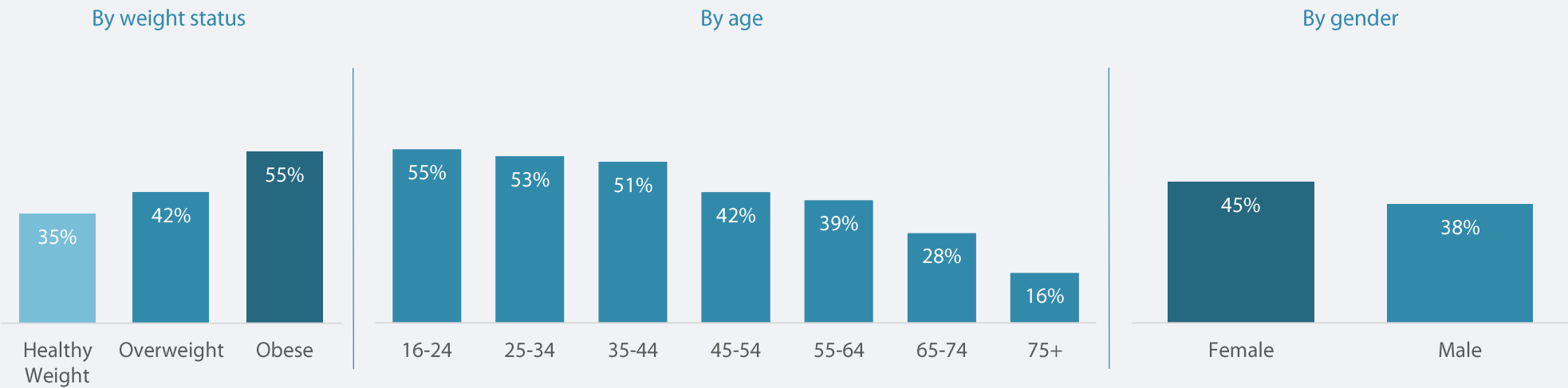
The intention to eat more healthily is associated with weight status, with 55% of people who are obese saying they intend to eat more healthily in the next six months, compared to 42% of those who are overweight and 35% of people who are a healthy weight.

The intention to eat more healthily declines with age, with notably fewer people aged 65+ reporting that they intend to eat more healthily, than in the younger age groups.

Females were more likely than males to report that they intend to eat more healthily (45% compared to 38%).



% who said they intend to eat more healthily in the next six months



CHANGES IN FOOD AND DIET OVER THE PAST 5 YEARS

Some of the results reported in this section can be compared to results reported in 2013, and where comparable data are available they are presented in the table on the right.

The results appear to suggest a substantial increase in the consumption of fruit and vegetables, though there were some differences in how questions were asked that may account for differences in the results and limit comparability. As a result, it is difficult to draw conclusions relating to changes in fruit and vegetable consumption over the past 5 years.

2013	In a normal day how many portions of fruit and vegetables (excluding potatoes) do you eat? (Refer back to the portion information box if you need to)*	
	<input type="radio"/> 0	
	<input type="radio"/> 1	
	<input type="radio"/> 2	
	<input type="radio"/> 3	
	<input type="radio"/> 4	
	<input type="radio"/> 5 or more	
<i>* This stated "A portion is roughly one whole piece of fruit like an apple"</i>		
2018	Yesterday, how many portions of fruit did you eat?	
	<i>A portion is equal to one apple, 3 tablespoons of canned fruit, one small glass of fruit juice.</i>	
	_____ portions	
2018	Yesterday, how many portions of vegetables or salad (not counting potatoes) did you eat?	
	<i>A portion of vegetables is 3 tablespoons.</i>	
	_____ portions	

The results suggest a reduction in the consumption of fruit juice:

- 42% reported drinking fruit juice more than once a week in 2013, while 33% reported drinking fruit juice / fruit smoothie more than once a week in 2018.

There was no notable change in the consumption of both low and high calorie fizzy drinks.

	2013	2018
% who reported they ate fruit and vegetables	n=1177	n=2452
None	3%	5%
1	13%	4%
2	21%	10%
3	24%	12%
4	19%	19%
5 or more	20%	50%
% who had a fruit juice / fruit smoothie more than once a week	n=1177	n=2331
	42%	33%
% who had a low calorie fizzy drink more than once a week	n=1181	n=2311
	21%	19%
% who had high calorie fizzy drinks more than once a week	n=1180	n=2285
	9%	9%



6. LEISURE TIME



Respondents were asked about their physical activity, voluntary work and their participation in social and community activities.

Physical activity

- 79% of people in Guernsey and Alderney reported doing 30 minutes or more of physical activity that raised their breathing rate on at least one day in the past week. 39% had done physical activity on 5 or more days and 20% had done physical activity every day.
- 50% of people reported they intend to do more physical activity or exercise in the next six months. Those who undertake physical activity on 1-2 days were the most likely to report they intend to exercise more.

Volunteering

- 25% of all people regularly volunteer their time.
- 31% of retired people regularly volunteer their time.

Social and Community Activities

- 58% of people had taken part in one or more of the social and community activities asked about. Females were more likely than males to have participated in one or more of the listed activities.



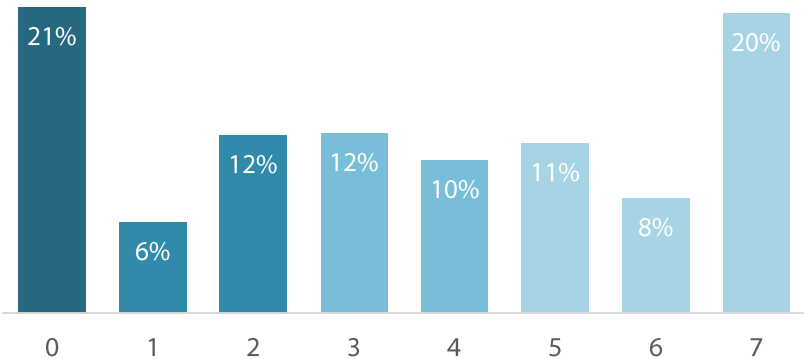
PHYSICAL ACTIVITY

Respondents were asked “In the past week, on which days have you done a total of 30 minutes or more of physical activity which was enough to raise your breathing rate?” (Note: an individual’s response may depend on their existing level of physical activity).

21% of people reported they had not undertaken 30 minutes or more of physical activity on at least one day in the past week. 39% said they had undertaken physical activity on 5 days or more, and 20% said they had undertaken physical activity every day.

Males tended to be more frequently active than females. Those aged over 75 years, individuals who are obese and people living in affordable housing were the least likely to report doing physical activity for 30 minutes or more (45%, 30% and 44% said 0 days respectively).

Number of days have done 30 minutes or more of physical activity in the past week



Note: small base size for males aged 16-24 and 25-34

Number of days have done 30 minutes or more of physical activity in the past week.

	All genders: % have done on 5 days	Female				Male			
16-24	46%	10%	25%	31%	33%	4%	15%	23%	58%
25-34	33%	19%	23%	24%	35%	9%	31%	28%	32%
35-44	31%	18%	26%	26%	31%	22%	17%	31%	31%
45-54	39%	22%	18%	25%	35%	18%	22%	16%	43%
55-64	46%	21%	9%	23%	47%	18%	17%	20%	45%
65-74	47%	23%	11%	21%	44%	23%	12%	16%	48%
75+	33%	51%	11%	12%	25%	37%	10%	11%	42%
All Ages	39%	23%	17%	23%	36%	18%	18%	21%	42%
		None / 1-2 days / 3-4 days / 5+ days				None / 1-2 days / 3-4 days / 5+ days			



INTENTION TO DO MORE PHYSICAL ACTIVITY

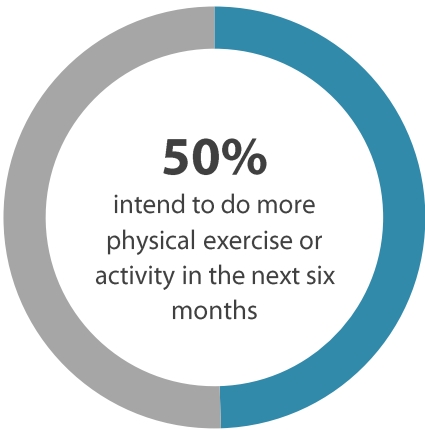
Respondents were asked if they intend to do more physical exercise or activity in the next six months.

50% of people intend to do more physical exercise or activity in the next six months.

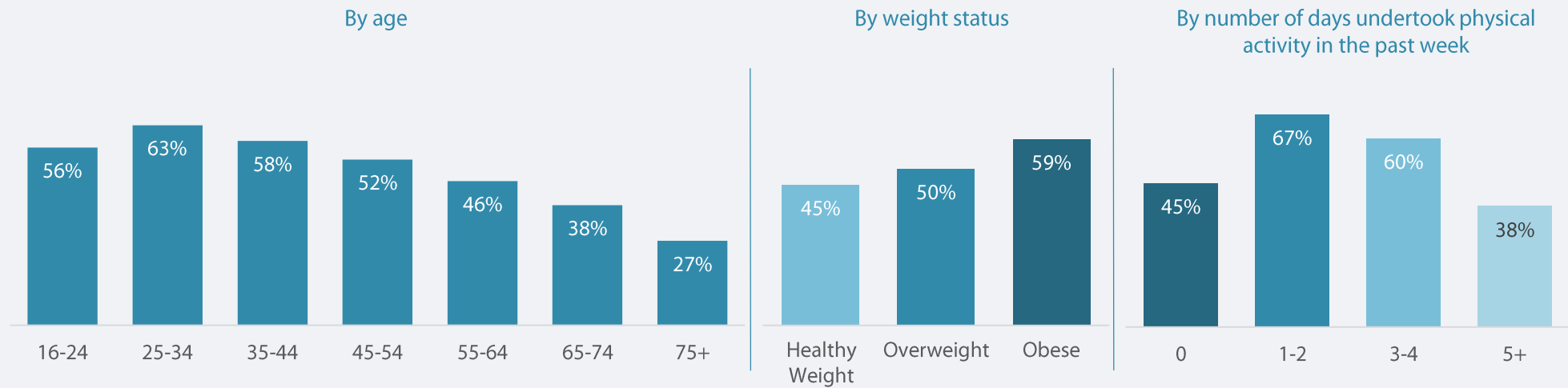
Females were more likely than males to say they intend to do more physical exercise or activity in the next six months (53% and 45% respectively).

Also, as the graphs below show, younger people, those who are obese, and those who currently exercise 1-4 days a week were more likely to say they intend to do more physical exercise or activity.

For example, only 45% of people who did not undertake physical activity in the past week intend to do more, compared to 67% of those who did physical activity on 1 or 2 days, and 60% who did physical activity 3 or 4 days. In other words, 55% of people who did not undertake physical activity in the last week do not intend to do more physical exercise or activity in the next six months.



% who said they intend to do more physical exercise or activity in the next six months



VOLUNTEERING

Respondents were asked “Do you regularly volunteer your time, either for a registered charity, or for another organisation like a youth or community group?”

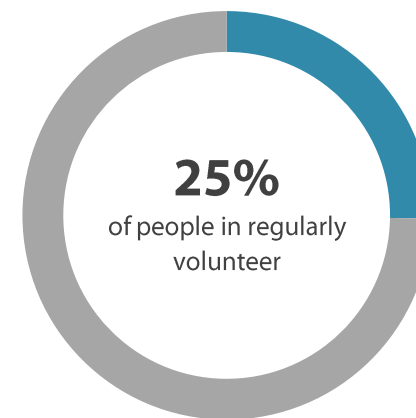
25% of people regularly volunteer their time for a registered charity, youth or community group.

Of those who volunteer, 28% volunteer up to 5 hours per month, 33% volunteer 6-10 hours per month, 12% volunteer 11-15 hours per month and 27% volunteer 16 or more hours per month.

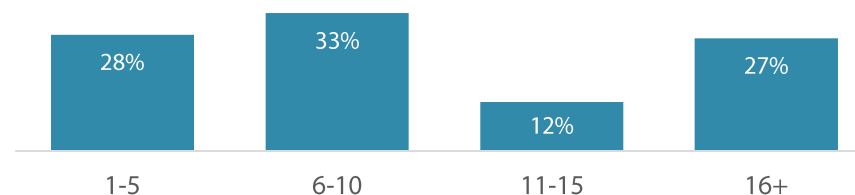
Those aged 65-74 are the age group most likely to volunteer, with more than a third (36%) regularly donating their time. Other age groups were also active, with around a quarter of people regularly volunteering their time. Those aged 25-34 were the least likely to volunteer their time (16%).

Those aged 65-74 were also the age groups that volunteered the highest number of hours, with more than half (54%) of those who regularly volunteer donating more than 10 hours per month.

There were no notable gender differences.



On average, how many hours per month do you volunteer?



SOCIAL AND COMMUNITY ACTIVITIES

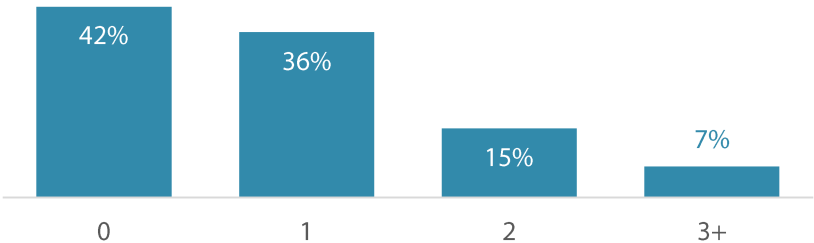
Respondents were asked “Have you regularly taken part in any of the following social or community activities or groups in the last 12 months?”

58% of people had taken part in one or more of the listed activities, including 7% who regularly took part in 3 or more different types of activities.

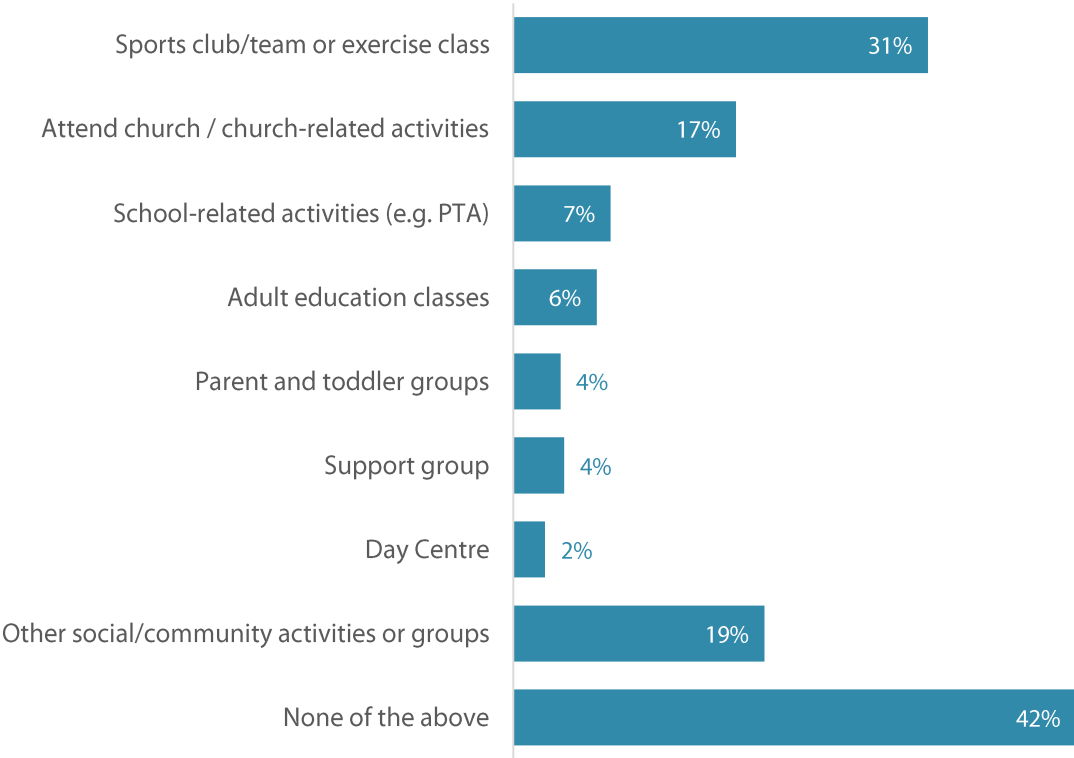
31% had taken part in sports or exercise groups and 17% had attended church or church-related activities.

There were some notable differences by age, with younger age groups more likely to participate in sports clubs and exercise classes, and older age groups more likely to attend church. Also, females were more likely than males to have taken part in at least one of the listed activities (63% vs 54%)

Number of different activity types regularly taken part in



Have you regularly taken part in any of the following social or community activities or groups in the last 12 months?



CHANGES IN LEISURE TIME OVER THE PAST 5 YEARS

Some of the results reported in this section can be compared to results reported in 2013, and where comparable data are available they are presented in the table on the right.

The results suggest an increase in the frequency that people are undertaking physical activity, though it should be noted that there were some differences in how the question was worded which may limit comparability.

2013	In the past week how many times have you taken part in sport or recreational activity for at least 30 minutes, which has made you slightly breathless and warm? _____ times in the last week
2018	In the past week, on which days have you done a total of 30 minutes or more of physical activity which was enough to raise your breathing rate ... ? <i>This may include sport, exercise, brisk walking or cycling for recreation or to get to and from places, but should not include household work or physical activity that may be part of your job. Select all that apply or choose 'none of these'.</i> <div> <input type="checkbox"/> Monday <input type="checkbox"/> Friday </div> <div> <input type="checkbox"/> Tuesday <input type="checkbox"/> Saturday </div> <div> <input type="checkbox"/> Wednesday <input type="checkbox"/> Sunday </div> <div> <input type="checkbox"/> Thursday <input type="checkbox"/> None of these </div>

The question on volunteering time was also revised, which limits comparability.

The percentage of people who have regularly taken part in social and community activities remains similar, with approximately 3 in 5 people regularly participating in one or more activity.

The questions on participating in social and community activities included some comparable options. This suggests an increase in the percentage of people who have participated in a sports activity and attended church, but a reduction in participation in adult education classes. However, the changes may also reflect better representation of older people in the 2018 survey compared to 2013.

	2013	2018
% who undertaken physical activity (for 30 minutes or more) in the past week	n=940	n=2381
None	21%	21%
1-2	23%	18%
3-4	26%	22%
5 or more	30%	39%
% who regularly volunteer your time	n=1196	n=2381
Yes, for a charity or another organisation	-	25%
Yes, for a charity	21%	-
Yes, for another organisation	18%	-
In the last 12 months, % who have regularly taken part in ...	n=1196	n=2374
No social or community activities	40%	42%
1	34%	36%
2	16%	15%
3 or more	10%	7%
In the last 12 months, % who have regularly taken part in ...	n=1196	n=2374
Sports club/team or exercise class	26%	31%
Attend church / church-related activities	13%	17%
School-related activities (e.g. PTA)	5%	7%
Adult education classes	10%	6%
Parent and toddler groups	4%	4%

7. WELLBEING



Respondents were asked about satisfaction with their life now and in 5 years' time. There were also questions about their feelings and thoughts from which it is possible to report on mental wellbeing, loneliness and stress.

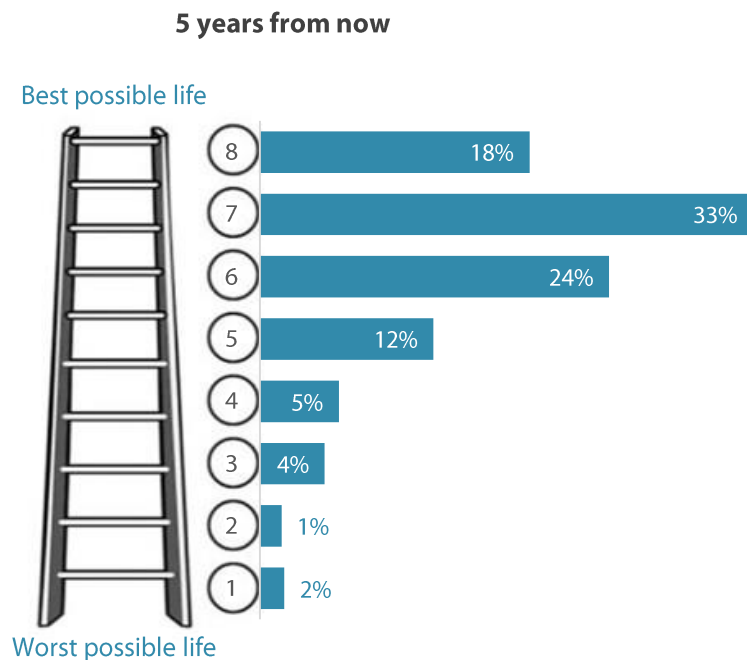
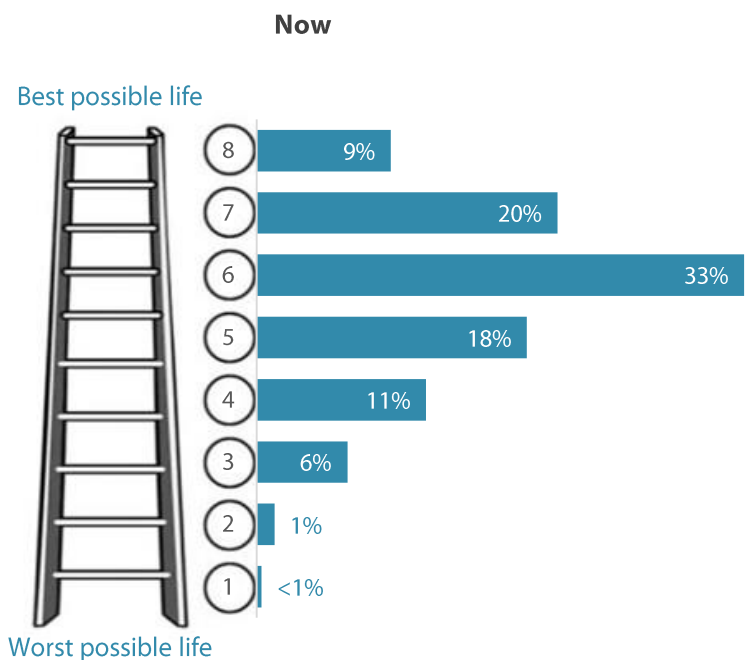
- 29% of people believe a 7 or 8 represents their life now, where 8 is their 'best life possible'. This rises to 50% of retired people and falls to 5% of people who reported having a mental health condition.
- 45% of people believe their life will be better in 5 years' time, while 15% believe it will be worse. Retired people, and people with a physical disability were more likely to believe their life satisfaction will be worse in 5 years' time.
- Young people who are aged 16-24 years were more likely to be categorised as having low mental wellbeing than those in other age groups. There has been an increase in the proportion of people aged 16-34 with low mental wellbeing since 2013.
- Low mental wellbeing was also more prevalent among those with children in the household, and among people living in affordable housing than who rent privately or own their home.
- Younger people were more likely to report feeling emotionally lonely than the older generations. 34% of 16-24 year olds are 'intensely emotionally lonely'. Over one third of those aged 16-54 were considered 'intensely socially lonely', compared to 17% of those aged 75+.
- 36% of people have experienced a large amount of stress in the last 12 months (up from 25% in 2013). Work, money and financial pressures, and the pressure to always be available were the most frequently reported causes of stress from the list of factors asked about.



LIFE SATISFACTION

Respondents were told “We want to understand how satisfied you are with your life. Assume that this ladder is a way of picturing your life. The top of the ladder represents the best possible life for you. The bottom rung of the ladder represents the worst possible life for you. Please indicate where on the ladder you personally feel you stand...” a) “...right now” b) “...about 5 years from now.”

The bars below indicate the percentage of people that chose each circle for now and in the future. 29% believe a 7 or 8 represents their life now, where 8 is their ‘best life possible’. 52% believe 7 or 8 will reflect their life in 5 years time.



RATED LIFE NOW AS 7 OR 8

29% rated their life now as a 7 or 8, though there is wide variation in the scores given.

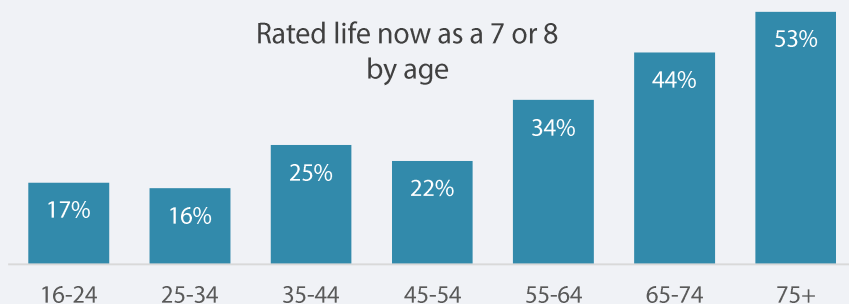
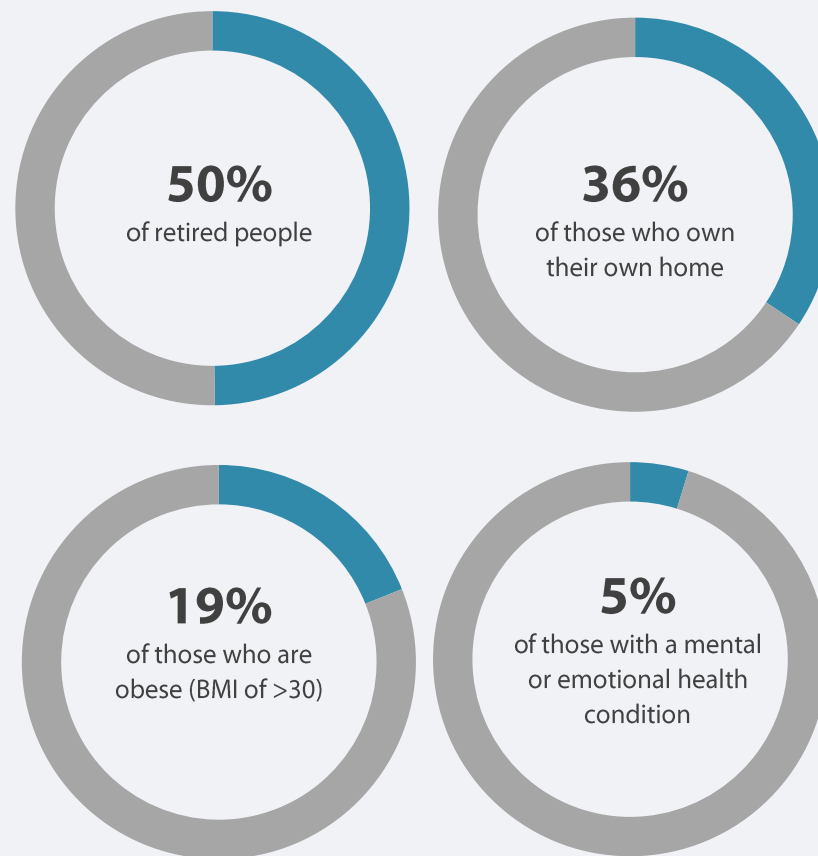
As age increases, the percentage of people who believe their life is, or very nearly is, the best possible also increases.

- 50% of retired people would rate their life as a 7 or 8. This is compared to less than a quarter of the rest of the population.

Life satisfaction was also seen to relate to housing status, weight status, and other measures of physical and mental health:

- 36% of people who own their home selected circle 7 or 8, compared to 16% of those who rent privately and 12% who live in affordable housing.
- People who are obese were much less likely to select 7 or 8 compared with those of a healthy weight (19% vs 34% respectively).
- 24% of people with a longstanding illness, disability or infirmity would describe their life as 7 or 8 compared to 32% without. This was much lower among those with a mental or emotional health condition, with just 5% of this group describing their life as 7 or 8.

Responses were notably higher or lower in among some groups, compared to 29% in the population as a whole.



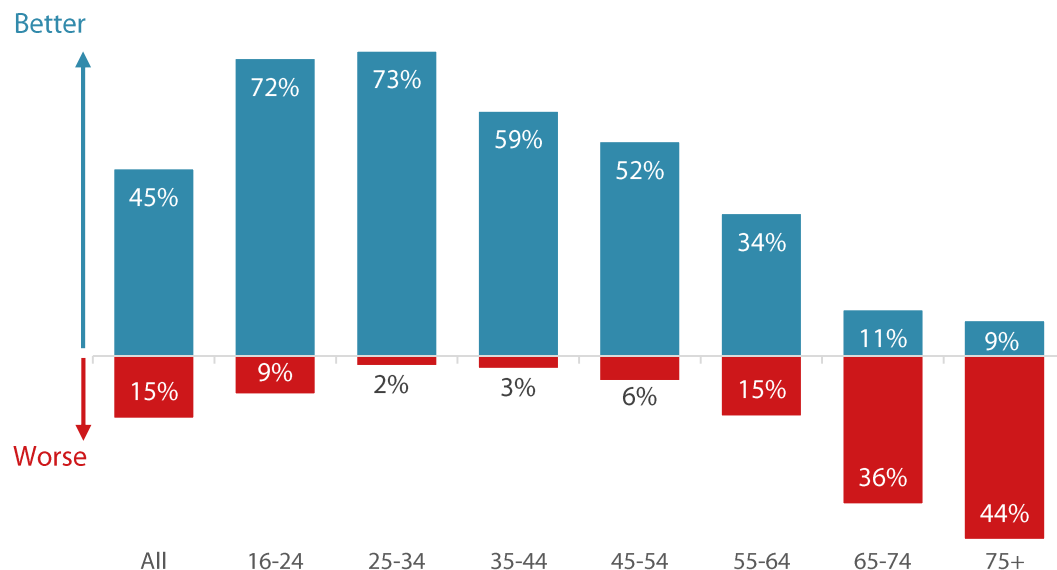
CHANGE IN LIFE SATISFACTION

45% of people believe their life will be better in 5 years' time, and selected a higher circle on the 'future' ladder than they did on the 'now' ladder. Younger people are more likely than older people to think life will get better.

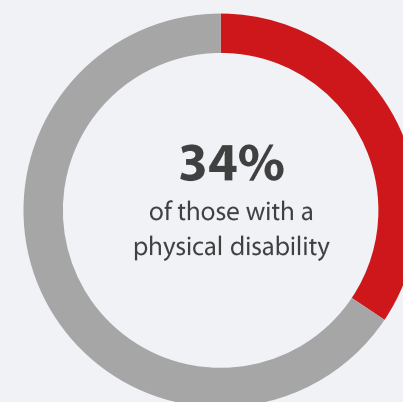
15% believe that their life will be worse in 5 years' time. This was notably higher for some groups, including:

- 37% of retired people compared to 7% of people in employment and training.
- 26% of those with a longstanding illness, disability, or infirmity compared to 10% without (34% of people with a physical disability, 27% with a long-term illness and 15% with a mental or emotional health condition expecting life to be worse 5 years from now).

In terms of satisfaction, how do expectations about life in the future compare to life now – Better, Worse, the Same.



15% believe that their life will be worse in 5 years' time. Responses were notably higher for some groups:



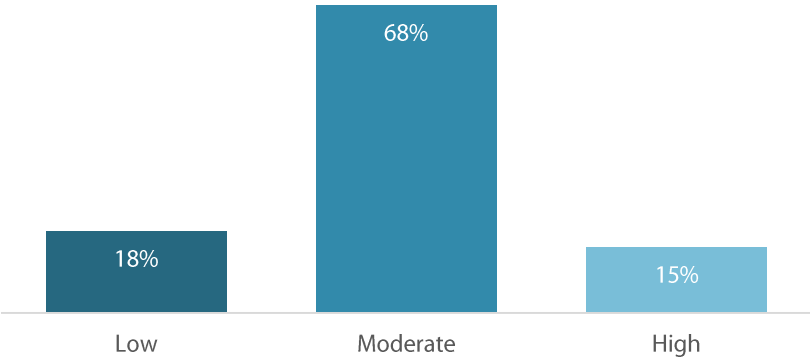
MENTAL WELLBEING

Respondents were asked 7 questions about their thoughts and feelings over the last 2 weeks, and their responses were used to determine whether they have a low, moderate or high mental wellbeing relative to other adults living in Guernsey and Alderney. This is the Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS), as explained on page 12.

Young people who are aged 16-24 years were much more likely to be categorised as having a low mental wellbeing than those in other age groups.

Females aged 16-24 were the group most likely to have low mental wellbeing. 37% of this group were found to have low mental wellbeing, which is more than twice the average in the population as a whole.

Mental Wellbeing Score



Note: small base size for males aged 16-24 and 25-34

% with low, moderate and high wellbeing scores, by age and gender

	All genders, % with low score	Female			Male		
16-24	34%	37%	56%	7%	29%	59%	12%
25-34	22%	21%	71%	8%	22%	69%	9%
35-44	21%	18%	73%	9%	23%	64%	13%
45-54	20%	21%	67%	12%	19%	70%	12%
55-64	10%	11%	70%	19%	9%	80%	12%
65-74	9%	12%	69%	19%	7%	72%	22%
75+	11%	13%	63%	25%	10%	56%	34%
All Ages	18%	19%	67%	14%	17%	68%	15%
		Low / Moderate / High			Low / Moderate / High		



LOW MENTAL WELLBEING

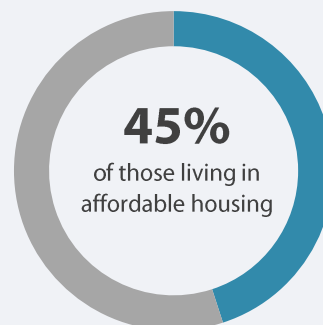
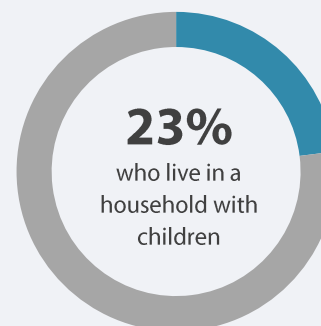
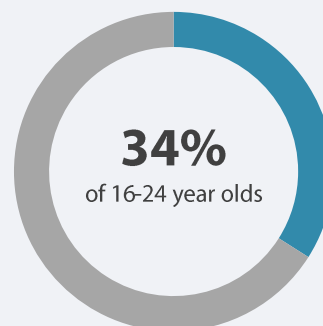
Respondents who have low mental wellbeing reported much lower levels of satisfaction with their life, were more likely to feel lonely, and have higher levels of anxiety and stress.

- They were also more likely to have reported a mental or emotional health condition when asked whether they had a longstanding disability, illness or infirmity (27% of people with low mental wellbeing have a mental or emotional health condition compared to 6% with moderate mental wellbeing).
- It was also notable that 61% of those with low mental wellbeing reported finding it difficult to pay household bills, compared to 39% of the overall population.

Low mental wellbeing is more likely to be a concern among selected groups:

- 34% of 16-24 year olds of all genders have low mental wellbeing, and this is more pronounced in females. This compares to around 20% of those aged 25-54 and 10% or less of those aged 55+.
- 23% of those who live in a household with children under 16 have low mental wellbeing, compared to 16% among those who do not have children in the household.
- 45% of people living in affordable housing have low mental wellbeing, compared to 12% of those who own their own home and a quarter of people who rent.
- 36% of people who have high-risk drinking habits (as measured by the AUDIT score) have a low mental wellbeing compared to 15% of those with low risk drinking behaviour.

18% of the total population have low mental wellbeing.
The following groups are more likely than average to have low mental wellbeing



LONELINESS

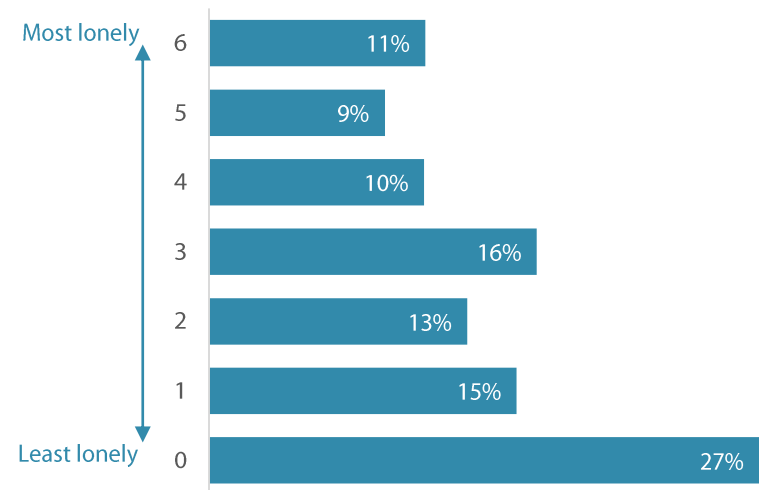
Based on responses to statements about emotional and social loneliness, respondents were scored from 0 (least lonely) to 6 (most lonely) on the De Jong Gierveld loneliness scale (see page 12).

11% of the population scored a 6, which is defined as ‘most lonely’ and a further 9% scored a 5.

15% of the population are classified as ‘intensely emotionally lonely’ and 32% are ‘intensely socially lonely’. Emotional loneliness is caused when someone misses a close, or intimate relationship. Social loneliness occurs when someone is missing a wider social network.

There is some evidence that young people aged 16-24, those living in affordable housing, those with high-risk drinking habits and those with a mental or emotional health condition are more likely to experience higher levels of loneliness than the general population.

De Jong Gierveld Loneliness Scale



	% scored 5 or 6 on De Jong Gierveld loneliness scale	% Intensely emotionally lonely	% Intensely socially lonely
16-24 year olds	31%	34%	38%
Living in affordable housing	49%	40%	50%
High-risk AUDIT score	31%	34%	29%
Have a mental or emotional health condition	53%	46%	57%
All people	19%	15%	32%



SOCIAL EXCLUSION AND EMOTIONAL SUPPORT

Respondents were asked how often they feel excluded and how often they feel lonely.

57% of people said they never or rarely feel lonely, isolated or lack companionship, while 19% said that feel this way often or all the time.

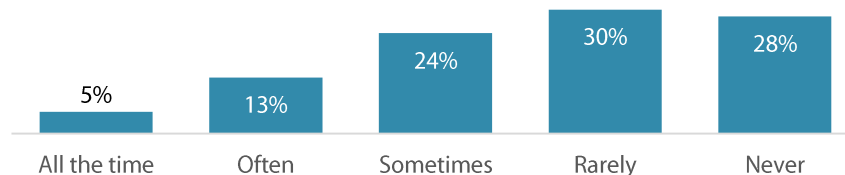
Feeling lonely, isolated or lacking companionship often or all of the time was reportedly higher among selected groups:

- 54% of people with low mental wellbeing, compared to 13% with moderate and 2% with high mental wellbeing.
- 45% of 16-24 year olds, compared with 25% or less among other age groups.
- 42% of those who live in affordable housing, compared to 22% who rent privately and 12% who own their home.
- 42% of those with a high-risk AUDIT score, compared to 15% who have low-risk and 21% who have risky drinking habits (*note: small base size*).

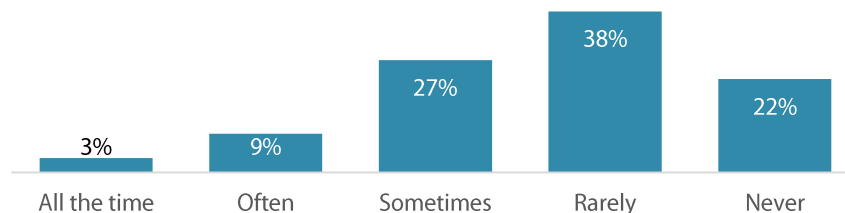
61% of people said they never or rarely feel excluded or left out of activities/events that they would like to go to, while 13% said they feel this way often or all of the time. Feeling excluded or left out of activities/events was reportedly higher among selected groups:

- 36% of people with low mental wellbeing, compared to 9% with moderate and 2% with high mental wellbeing.
- 34% of those who live in affordable housing, compared to 18% who rent privately and 9% who own their home.
- 25% of 16-24 year olds, compared with 10% or less among those aged 45+.

How often do you feel lonely, isolated or that you lack companionship?



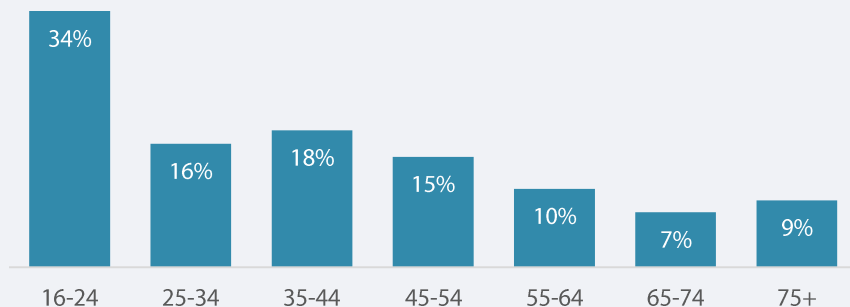
How often do you feel excluded or left out of activities/events that you would like to go to?



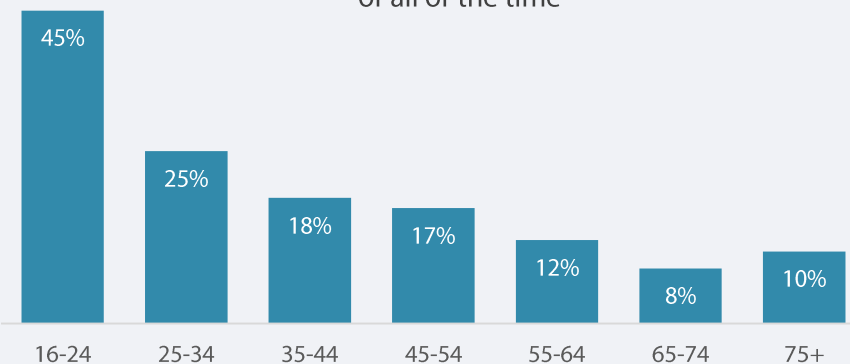
EMOTIONAL AND SOCIAL LONELINESS

Younger people are more likely to feel emotionally lonely, than the older generation. For example, 34% of 16-24 year olds are 'intensely emotionally lonely' compared to 9% of those aged 75+. Emotional loneliness is caused when someone misses a close, or intimate relationship.

Intensely emotionally lonely

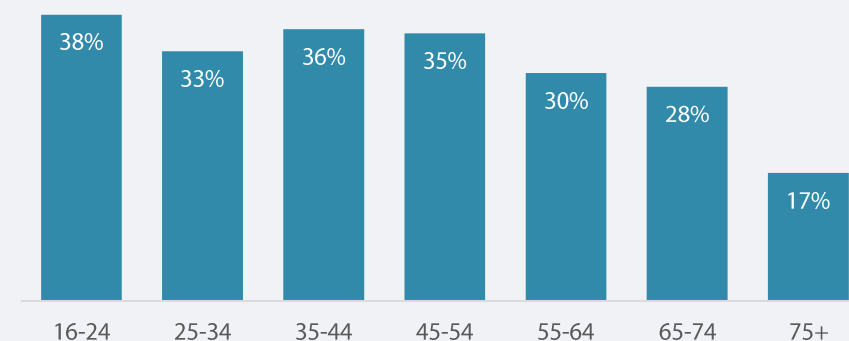


Feel lonely, isolated or lack companionship often or all or the time

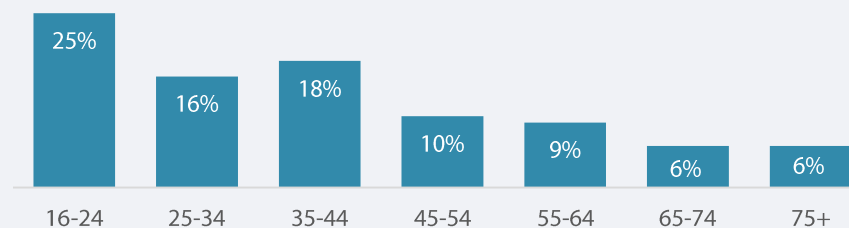


Younger people are more likely to feel socially lonely, than the older generation. Over one third of those aged 16-54 were considered 'intensely socially lonely' compared to 17% of those aged 75+. Social loneliness occurs when someone is missing a wider social network.

Intensely socially lonely



Feel excluded or left out of activities/events often or all or the time



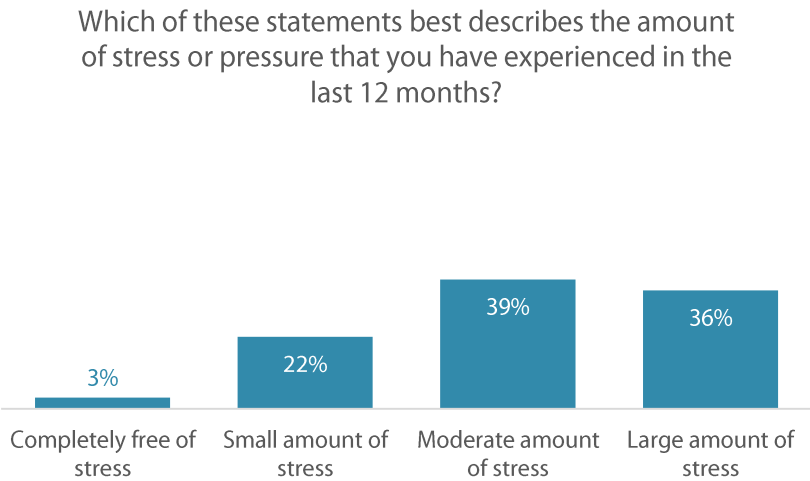
AMOUNT OF STRESS

Respondents were asked “Which of these statements best describes the amount of stress or pressure that you have experienced in the last 12 months?”

36% of people reported experiencing a large amount of stress in the last 12 months.

Over 40% of those under the age of 55 have been under a large amount of stress. This compares to 18% of people aged 65-74 and 11% aged 75+.

39% of females have been under a large amount of stress, which compares to 32% of males.



% experienced a large amount of stress in the last 12 months, by age and gender

Note: small base size for males aged 16-24 and 25-34

	All genders, % with low score	Female	Male
16-24	42%	56%	29%
25-34	44%	48%	41%
35-44	45%	46%	44%
45-54	49%	50%	47%
55-64	32%	36%	29%
65-74	18%	23%	14%
75+	11%	11%	10%
All Ages	36%	39%	32%



AMOUNT OF STRESS

36% of people reported experiencing a large amount of stress in the last 12 months. There are higher levels of stress amongst some groups.

Around half of people in the following groups have experienced a large amount of stress in the last 12 months:

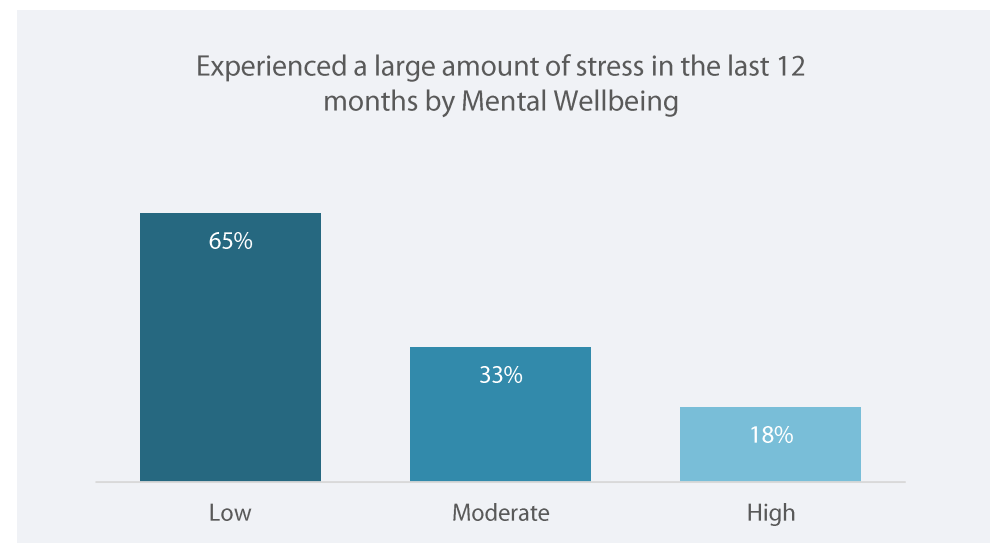
- Those living in affordable housing (52%) and private rental (44%). This compares to 32% of those who own their own home.
- Current smokers and/or vapers (50%). This compares to 34% of those who have never smoked tobacco or used to but have given up.
- Those with high-risk drinking habits (49%). This compares to 34% of those with low-risk alcohol consumption. *(note: small base size)*

There were also notable differences between selected sub-groups:

- People who are carers (45%) compared to non-carers (35%), and
- People who are obese (42%) compared to 32% among those who are healthy or overweight.

There is also an association between experiencing large amounts of stress and mental wellbeing. For instance:

- 65% of those who have low mental wellbeing reported having experienced a large amount of stress in the past 12 months. This is twice that of people with moderate mental wellbeing and over three times that found amongst those who have high mental wellbeing.
- Also, 70% of people with a mental or emotional health condition reported experiencing a large amount of stress in the last 12 months, compared to 33% among people without a longstanding health condition or disability.



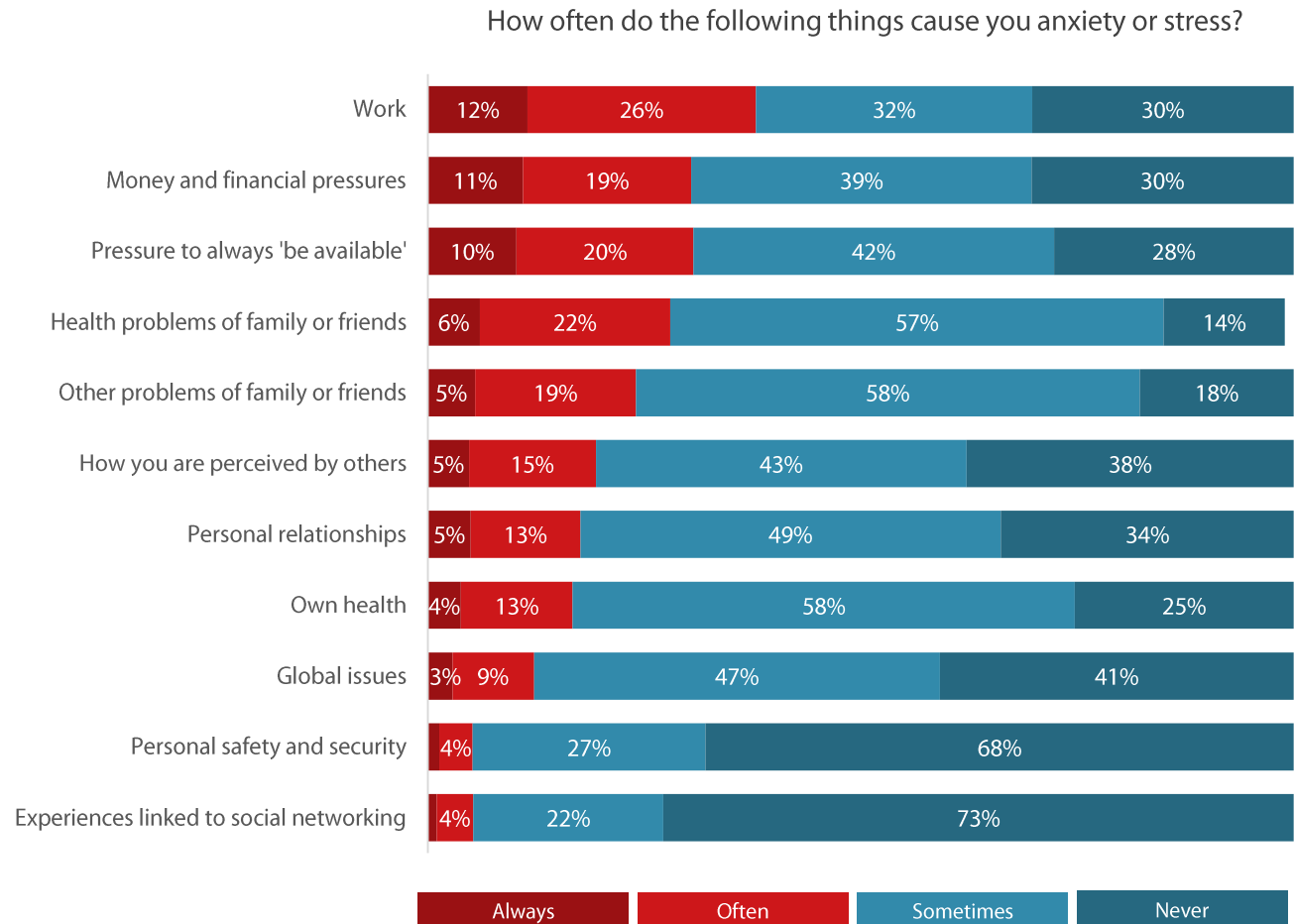
CAUSES OF STRESS

Work is the biggest cause of stress. 12% of people says it is always a cause of anxiety or stress. A further 26% are often stressed by work.

Financial pressures and the pressure to always 'be available' (for work, family or other reasons) are often or always a cause of anxiety or stress for 30% of the population.

Problems facing family or friends were often or always a cause of stress for around a quarter of the population.

Of the potential causes of stress asked about, personal safety and security and experiences linked to social networking cause the least people stress or anxiety (just over 4% said 'often' or 'always').



CHANGES IN WELLBEING OVER THE PAST 5 YEARS

Some of the results reported in this section can be compared to results reported in 2013, and where comparable data are available they are presented in the tables on this page.

Although it is not possible to compare mean scores for full and short WEMWBS, responses to statements from 2013 and 2018 can be compared. They present a reasonably similar picture suggesting overall mental wellbeing in the local population remains unchanged, though the profile of those with low mental wellbeing has changed.

The table on the right shows the profile of people who were categorised as having a low mental wellbeing in 2013 and 2018, with younger age groups more likely to have low mental wellbeing.

- The percentage of adults aged under 25 who have low mental wellbeing doubled over the past 5 years: from 17% of those aged 18-24 in 2013 to 34% of those aged 16-24 in 2018.

		2013		2018	
Profile of people with low mental wellbeing		n	%	n	%
Gender	Females	704	14%	1483	19%
	Males	421	16%	701	17%
Age Group	18-24 / 16-24	*	17%	113	34%
	25-34	*	15%	264	22%
	35-44	*	17%	338	21%
	45-54	*	19%	447	20%
	55-64	*	14%	450	10%
	65-74	*	6%	356	9%
	75+	*	10%	279	11%
Housing Status	Own home	*	12%	1533	12%
	Affordable	*	33%	102	45%
	Private rental	*	20%	311	24%

* Unweighted n was not reported

For each statement, please select the one that best describes your experience over the last 2 weeks	2013						2018					
		None of the time	Rarely	Some of the time	Often	All of the time		None of the time	Rarely	Some of the time	Often	All of the time
	n	%	%	%	%	%	n	%	%	%	%	%
I've been feeling optimistic about the future	1131	3%	10%	38%	38%	12%	2247	4%	13%	37%	37%	10%
I've been feeling useful	1126	1%	6%	33%	47%	13%	2247	3%	10%	34%	41%	11%
I've been feeling relaxed	1134	2%	15%	43%	33%	7%	2252	3%	17%	43%	31%	6%
I've been dealing with problems well	1142	2%	6%	37%	42%	13%	2250	2%	9%	38%	40%	12%
I've been thinking clearly	1139	0%	3%	29%	44%	23%	2249	1%	7%	27%	47%	17%
I've been feeling close to other people	1128	2%	11%	36%	38%	13%	2250	3%	13%	28%	39%	17%
I've been able to make up my own mind about things	1150	1%	3%	20%	42%	33%	2259	1%	5%	20%	42%	33%

CHANGES IN WELLBEING OVER THE PAST 5 YEARS

Levels of stress have increased over the past 5 years, with 36% of people reporting they had experienced large amounts of stress in 2018, compared to 25% in 2013.

The question on causes of stress was revised, though contained some comparable options.

- Work remains an important cause of stress, and was reported by more people in 2018: it was often or always a cause of stress for 38% of people in 2018, compared to 31% in 2013.
- Money and financial pressures had the largest increase: 30% of people in 2018, compared to 20% in 2013.
- Health problems of family and friends is also an increasing cause of stress: 28% of people in 2018, compared to 20% in 2013.

	2013		2018	
In the last 12 months, % of people who said they have experienced	n=1181		n=2282	
Completely free of stress	4%		3%	
Small amount of stress	29%		22%	
Moderate amount of stress	40%		39%	
Large amount of stress	25%		36%	
Don't know	1%		1%	
% who said ... is often or always a cause of stress				
Work	1040	31%	2221	38%
Money and financial pressures	1189	20%	2260	30%
Health problems of family or friends	1107	20%	2263	28%
Personal relationships	1091	14%	2248	18%
Own health	1117	16%	2257	17%
Global issues	1064	8%	2233	12%

8. ALCOHOL



Respondents were asked about their alcohol consumption and their drinking behaviour. An AUDIT score was calculated for each respondent and they were categorised according to the level of risk associated with their drinking behaviour (see page 11).

- 22% of people are classed as having 'risky' drinking behaviour. 5% are 'high-risk'.
- 24% of people had drunk more than 14 units of alcohol in the previous week. The current guideline for both men and women is to drink no more than 14 units a week on a regular basis.
- Although people aged 35-64 were the most likely to have drunk over 14 units in the last week, those aged 16-34 are the most likely to be categorised as 'risky' or 'high-risk' drinkers.
- Males are more likely than females to drink frequently (2+ times per week), consume over 14 units and exhibit risky drinking behaviour as measured by the AUDIT score.
- 18% of people agree or strongly agree that getting drunk is a perfectly acceptable thing to do. Males, young people and those with higher risk drinking behaviours are much more likely to agree with this statement.
- The results suggest relatively few changes over the past five years.



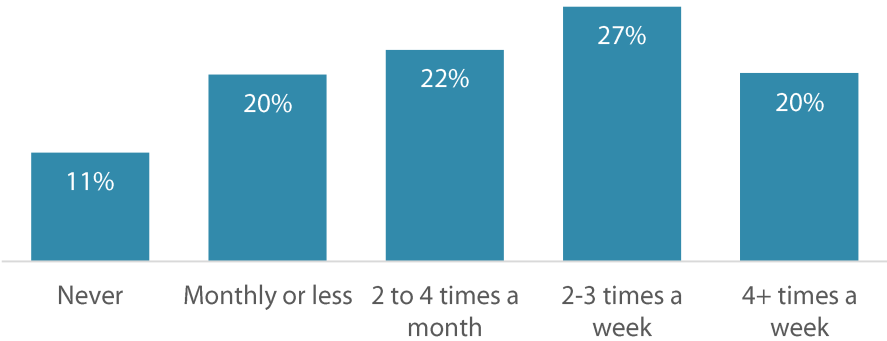
ALCOHOL FREQUENCY

Respondents were asked “How often do you have a drink containing alcohol?”.

47% of people reported they drink alcohol twice a week or more, which comprises 27% who drink alcohol 2-3 times a week and 20% who drink 4 or more times a week.

The frequency of which alcohol is consumed increases with age, with over 20% of those aged over 45 drinking alcohol 4 or more times a week. There are also notable gender differences with males much more likely to drink alcohol frequently than females.

How often do you have a drink containing alcohol?



% who drink alcohol 2 or more times a week, by age and gender

Note: small base size for males aged 16-24 and 25-34

	All 2-3 times	All 4+ times	Female		Male	
16-24	14%	3%	12%	2%	14%	20%
25-34	35%	6%	23%	5%	28%	55%
35-44	29%	18%	27%	14%	41%	51%
45-54	34%	24%	30%	20%	50%	67%
55-64	30%	29%	29%	24%	54%	65%
65-74	24%	31%	21%	29%	50%	58%
75+	15%	24%	9%	17%	26%	55%
All Ages	27%	20%	23%	17%	39%	54%
			2-3 times / 4+ times / 2+ times		2-3 times / 4+ times / 2+ times	



DRINKING PATTERNS

Respondents were asked “Using the pictures as a guide, please complete the number of units you have consumed each day last week when you have been at home and when out.”

69% of people had consumed alcohol in the previous week.

To better understand the drinking patterns, the graphs on this page report the percentage of people who drank over half of their total alcohol consumption for the week:

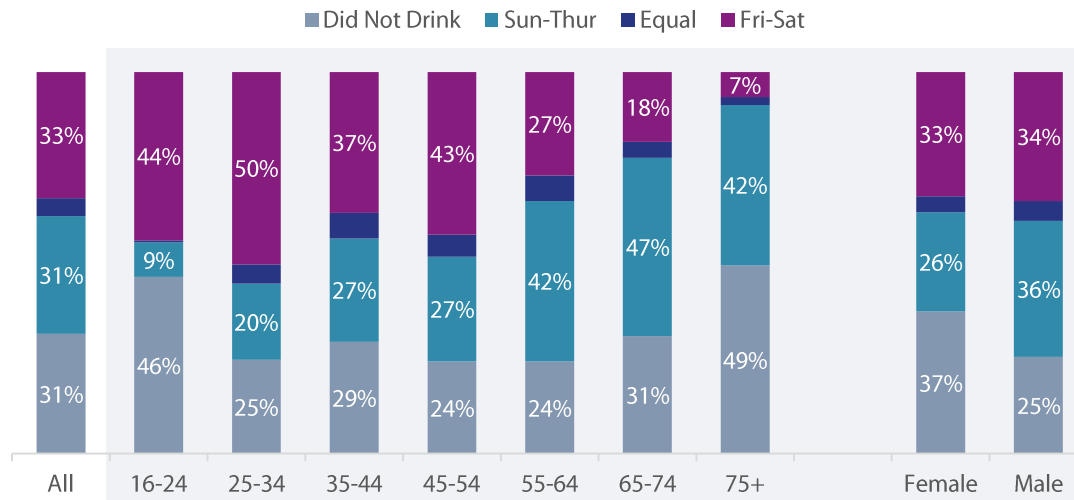
- At home (38%) vs while out (28%), and
- On Sunday-Thursday (31%) vs on Friday and/or Saturday (33%).

It is a complex picture. There is some suggestion that:

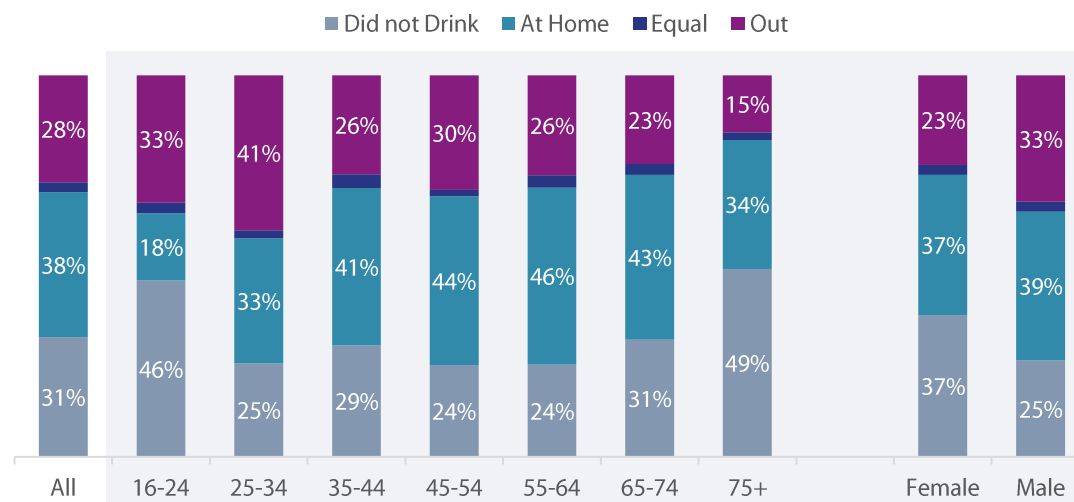
- Of the younger people who did drink, alcohol consumption took place proportionately more while out and on Friday and/or Saturday.
- Those aged 35+ consumed proportionately more alcohol at home than out. Around 40% of those aged 35-54 consumed more than half of their total units on Friday and/or Saturday.
- A larger proportion of males than females consumed alcohol. Males are more likely than females to drink the majority of their alcohol intake while they are out and to drink Sunday-Thursday.

The following pages focus on the amount of alcohol consumed and risky drinking behaviour as measured by the AUDIT category.

When the majority of drinking occurred



Where the majority of drinking occurred



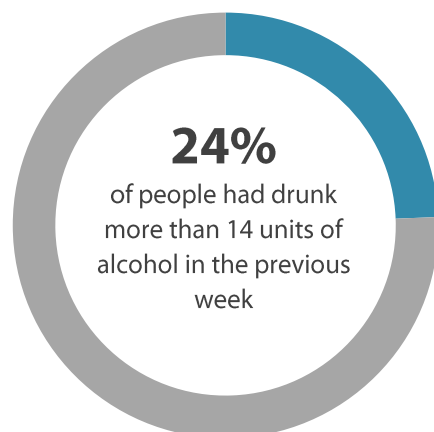
ALCOHOL CONSUMPTION

The UK Chief Medical Officers' guideline for both men and women is to drink no more than 14 units of alcohol a week on a regular basis, and that for drinkers who regularly drink as much as 14 units per week, it is best to spread drinking evenly over 3 or more days.

<https://www.gov.uk/government/publications/alcohol-consumption-advice-on-low-risk-drinking>

24% of people reported they had drunk more than 14 units of alcohol in the last week. 69% of people said they had drunk alcohol in the previous week (31% had no alcohol in the previous week) thus, approximately 1 in 3 people who had consumed alcohol in the last week had drunk more than the recommended amount.

Of those who consumed more than 14 units of alcohol in the last week, 89% drank alcohol on 3 or more days, and 41% drank more than half of their units on Friday and/or Saturday.



There is one unit of alcohol in...



Half a pint of regular beer, lager or cider



Half a small glass of wine



1 single measure of spirits



1 small glass of sherry



1 single measure of aperitifs

...and each of these is more than one unit



Pint of "regular" beer, lager or cider



Pint of "strong" or "premium" beer, lager or cider



Alcopop or a 275ml bottle of regular lager



440ml can of "regular" lager or cider



440ml can of "super strength" lager



250ml glass of wine (12%)



75cl Bottle of wine (12%)

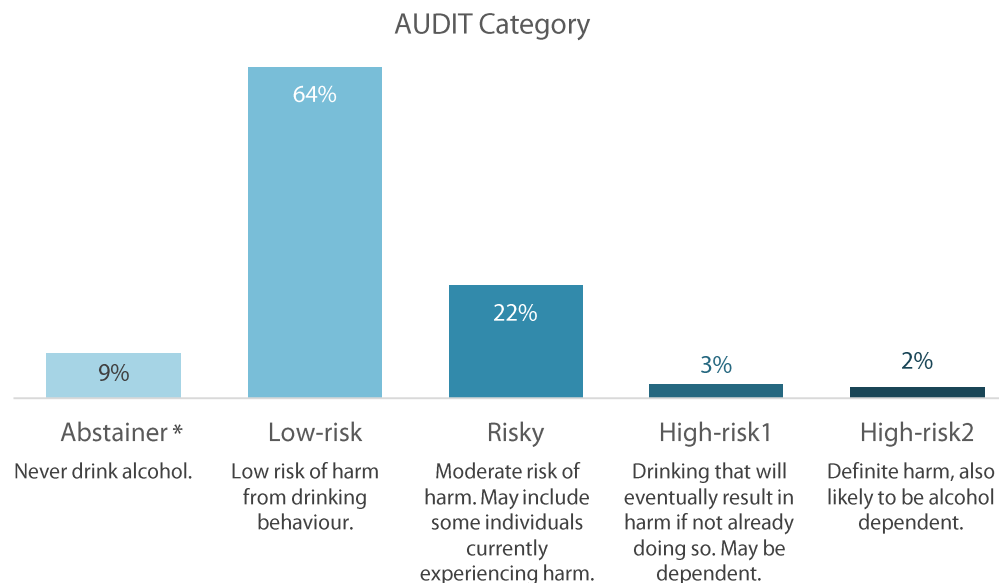


AUDIT CATEGORY

Respondents were assigned to an AUDIT category based on their answers to 10 questions about their drinking behaviour and beliefs. The AUDIT category indicates the individual's risk of harm from drinking alcohol (see page 11).

There are 9% of people categorised as 'abstainers' and a further 64% are considered low-risk drinkers. The remaining 27% have risky or high-risk behaviour.

Risky and high-risk behaviour is more prevalent among males, and those in the younger age groups. This is considered further on the following page.



* This is slightly lower than the 11% who reported that they never drink alcohol as there were different base sizes, and because it is possible for someone to never drink but be categorised as low-risk based on responses to questions about previous drinking behaviour.

% who have AUDIT category risky and high-risk, by age and gender

Note: small base size for males aged 16-24 and 25-34

	All genders Risky	All genders High-risk	Female		Male	
16-24	24%	13%	16%	6%	31%	20%
25-34	32%	7%	23%	6%	40%	9%
35-44	25%	5%	24%	2%	25%	8%
45-54	25%	6%	21%	5%	30%	6%
55-64	22%	2%	14%	1%	30%	2%
65-74	15%	1%	10%	1%	21%	0%
75+	6%	1%	5%	1%	7%	1%
All Ages	22%	5%	17%	3%	27%	7%
			Risky / High-risk / Total risky or high-risk		Risky / High-risk / Total risky or high-risk	

DRINKING BEHAVIOUR, BY AGE AND GENDER

High alcohol consumption over the course of a week is most prevalent amongst those aged 35-64.

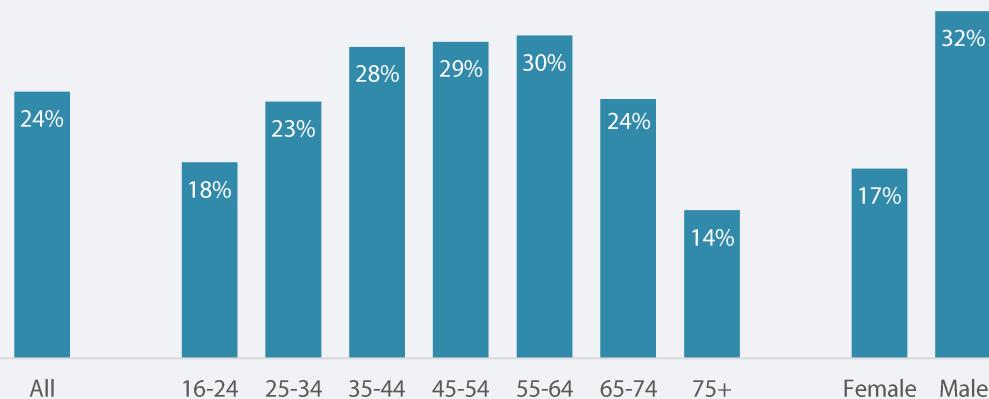
- Around 30% of those aged 35-64 consumed more than 14 units of alcohol in the past week.
- Just under a quarter of 24-34 year olds and 65-74 year olds had also done so.
- Less than 20% of those aged 16-24 and 75+ had consumed more than 14 units of alcohol in the previous week.

However, those aged 16-34 are the most likely age groups to have a risky or high-risk AUDIT score:

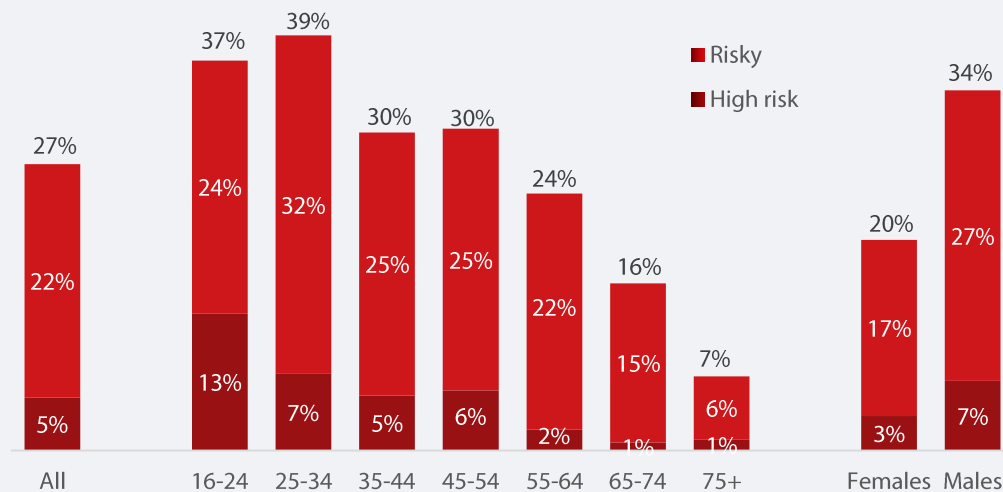
- 13% of 16-24 year olds have a high-risk AUDIT score and a further 24% have a risky AUDIT score.
- 7% of 25-34 year olds have a high-risk AUDIT score and a further 32% have a risky AUDIT score.
- This compares to between a quarter and a third of those aged 35-64, 16% of those aged 65-74 and 7% of those aged 75+

Males were almost twice as likely as females to have drunk over 14 units of alcohol in the last week (32% vs 17%). Additionally, 34% of males are classed as 'risky' or 'high-risk' 1 or 2, compared to 20% of females.

Consumed more than 14 units of alcohol last week.



Risky/high-risk AUDIT score



INTENTION TO DRINK LESS ALCOHOL

Respondents were asked if they intend to drink less alcohol in the next six months?"

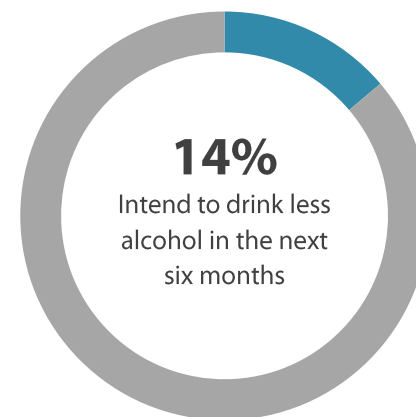
14% of people intend to drink less alcohol in the next six months.

This increases to 32% among those who said they drink alcohol 4 or more times a week, and 32% of those who reported drinking more than 14 units of alcohol in the previous week.

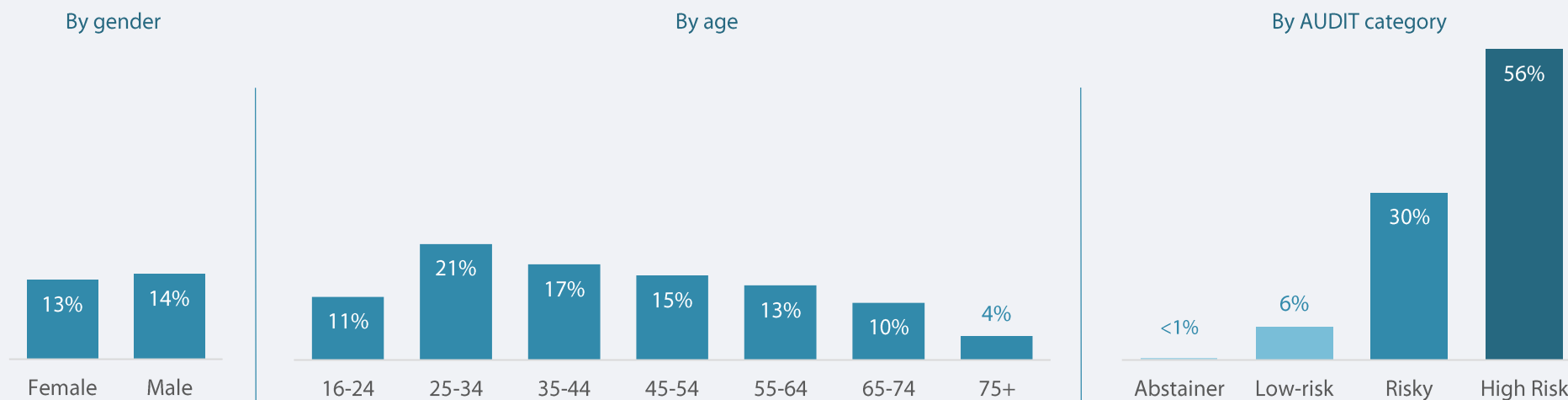
As the graphs below show, those who are risky and high-risk drinkers were the most likely to say they intend to drink less alcohol.

There is some suggestion that the intention to drink less alcohol declines with age, though with the exception of those aged 75+ the differences between the age groups were not notable.

There were no notable differences by gender, despite differences in drinking behaviours as previously discussed.



% who said they intend to do drink less alcohol in the next six months

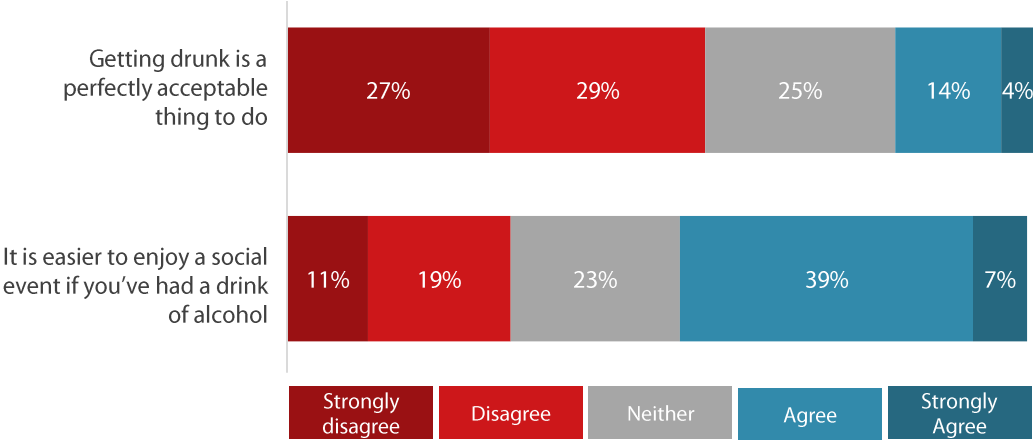


VIEWS ON ALCOHOL CONSUMPTION

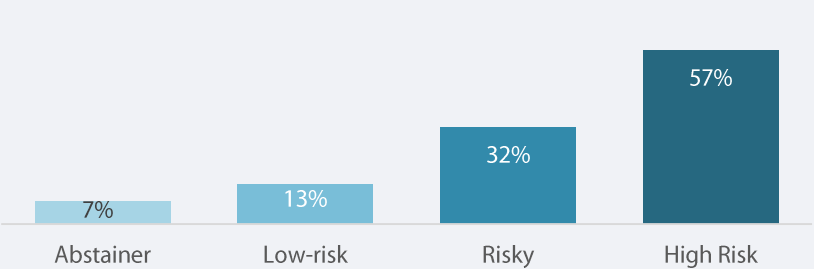
Respondents were asked “How much do you agree or disagree with the following statements?”

- a) “Getting drunk is a perfectly acceptable thing to do”
- b) “It is easier to enjoy a social event if you've had a drink of alcohol”

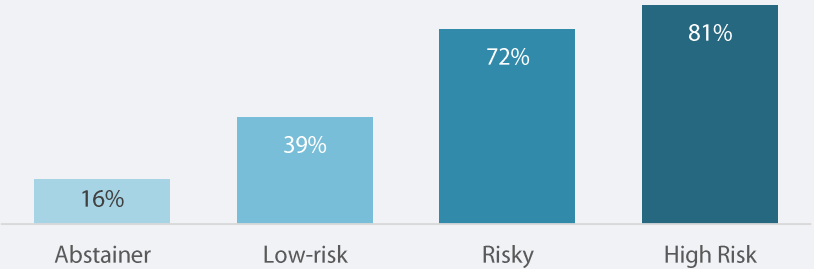
18% of people agree or strongly agree that getting drunk is a perfectly acceptable thing to do and 46% agree or strongly agree that it is easier to enjoy a social event if you’ve had a drink of alcohol. Males and those with higher risk drinking behaviours are much more likely to agree with each statement.



Agree/Strongly Agree that "Getting drunk is a perfectly acceptable thing to do"



Agree/Strongly Agree that "It is easier to enjoy a social event if you've had a drink of alcohol"

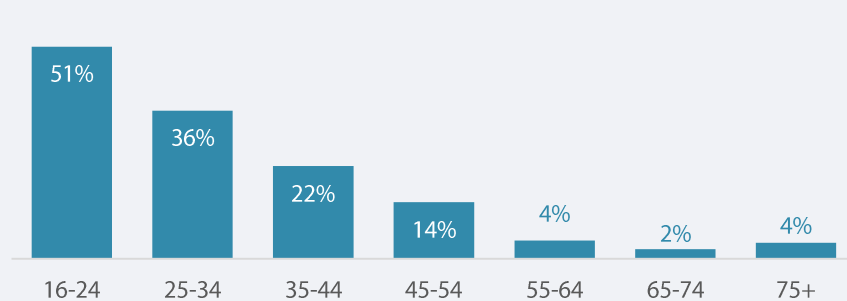
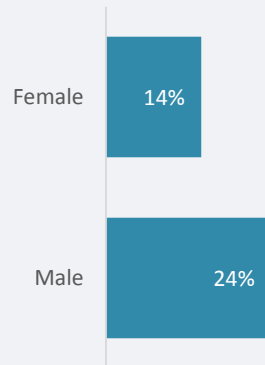


VIEWS ON ALCOHOL CONSUMPTION

Agree/Strongly Agree that
"Getting drunk is a perfectly acceptable thing to do"

Males were more likely than females to agree or strongly agree with the statement.

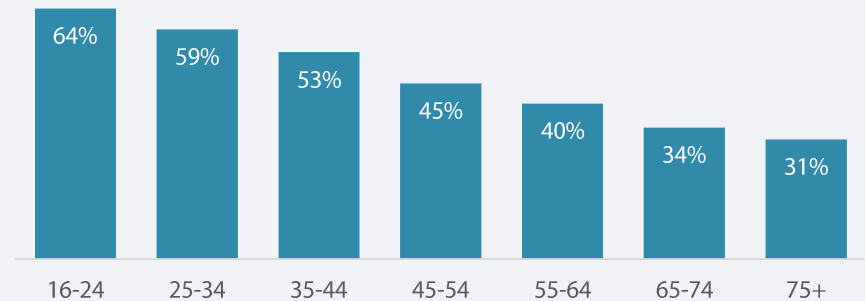
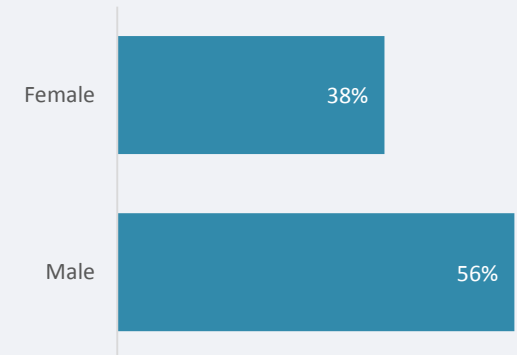
There were also differences by age, with younger people more likely to agree or strongly agree with the statement than those in older age groups.



Agree/Strongly Agree that
"It is easier to enjoy a social event if you've had a drink of alcohol"

Again, males were more likely than females to agree or strongly agree with the statement.

Support for the statement declines with age, but the age differences are less pronounced than in the first statement (see left).



CHANGES IN ALCOHOL CONSUMPTION OVER THE PAST 5 YEARS

Some of the results reported in this section can be compared to results reported in 2013, and where comparable data are available they are presented in the table on the right.

The results suggest relatively few changes over the past five years, though with a slight reduction in the frequency of alcohol consumption across the population: 47% drink twice a week or more in 2018, compared to 54% in 2013.

The percentage of people in risky or high-risk AUDIT categories was 28% in 2013 and 27% in 2018.

The percentage of people who disagree or strongly disagree that "Getting drunk is a perfectly acceptable thing to do" has increased from 49% in 2013 to 56% in 2018.

		2013	2018
Frequency of alcohol consumption		n=1166	n=2331
	Never	10%	11%
	Monthly or less	17%	20%
	2 to 3 times per month	20%	22%
	2 to 3 times per week	30%	27%
	4 or more times per week	24%	20%
AUDIT category		n=1150	n=2247
	Abstainer	10%	9%
	Low-risk	63%	64%
	Risky	25%	22%
	High-risk1	2%	3%
	High-risk2	1%	2%
% who intend to drink less alcohol		n=967	n=2614
		14%	14%
"Getting drunk is a perfectly acceptable thing to do"		n=1159	n=2320
	Disagree or strongly disagree	49%	56%
	Neither agree nor disagree	33%	25%
	Agree or strongly agree	17%	19%
"It is easier to enjoy a social event if you've had a drink of alcohol"		n=1159	n=2318
	Disagree or strongly disagree	31%	30%
	Neither agree nor disagree	23%	23%
	Agree or strongly agree	46%	47%

9. SMOKING



Respondents were asked how frequently they smoke tobacco, how frequently they vape/use an e-cigarette, and to what extent they agreed with statements about e-cigarettes.

- 13% of people in Guernsey and Alderney currently smoke tobacco.
- Those aged under 55 are most likely to smoke tobacco. Smoking and vaping rates were similar for males and females.
- 30% of people said they used to smoke tobacco but have given up.
- 6% of people vape or use e-cigarettes.
- Females aged 16-24 and males under 45 are most likely to vape/use e-cigarettes.
- 32% of current vapers also smoke tobacco, 59% of current vapers are ex-tobacco smokers and 9% of current vapers have never smoked tobacco regularly.
- 32% of current smokers rated their health as fair, bad or very bad, compared to 19% of those who have never smoked tobacco.
- 15% of current smokers have high-risk drinking habits, compared to 3% of those who have never smoked tobacco.
- There are mixed views in relation to the impact of e-cigarettes and vaping on health and whether they aid giving up smoking.



SELF-REPORTED SMOKING AND VAPING

Respondents were asked “Have you ever smoked tobacco? Select the statement that best describes you.”

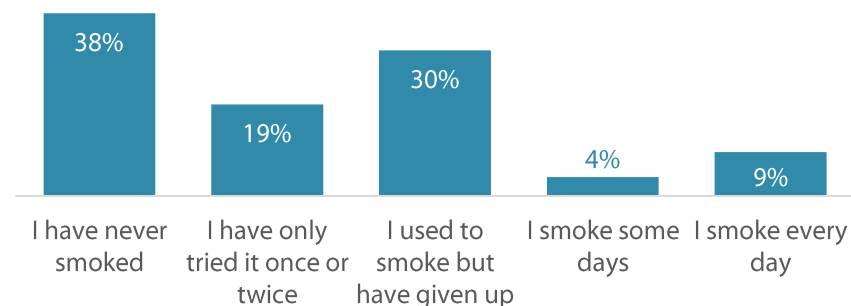
- 13% of people reported smoking tobacco. This comprises 9% who smoke every day, and a further 4% who smoke some days.
- 38% have never smoked tobacco and another 19% have only tried smoking once or twice.
- 30% said they used to smoke tobacco but have given up.

In 2013 it was reported that 10% of people smoked every day, 4% smoked some days, and 35% used to smoke and had given up.

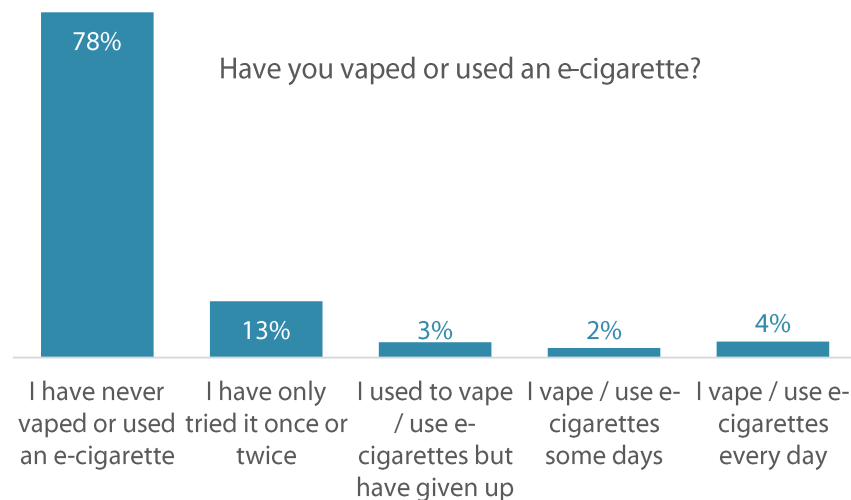
Respondents were then asked “Have you vaped or used an e-cigarette? Select the statement that best describes you.”

- 6% of people reported vaping or using e-cigarettes. 4% vape every day, and a further 2% vape some days.
- 78% have never vaped or used an e-cigarette and another 13% have only tried it once or twice.

Have you ever smoked tobacco?



Have you vaped or used an e-cigarette?

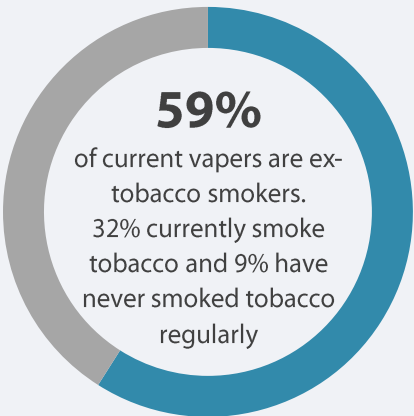
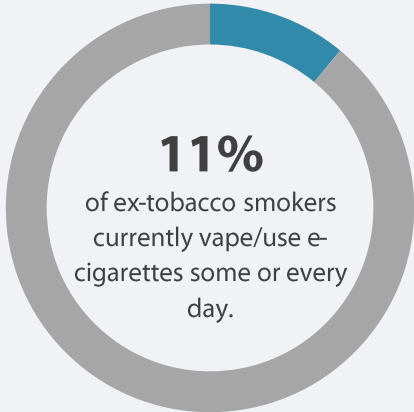
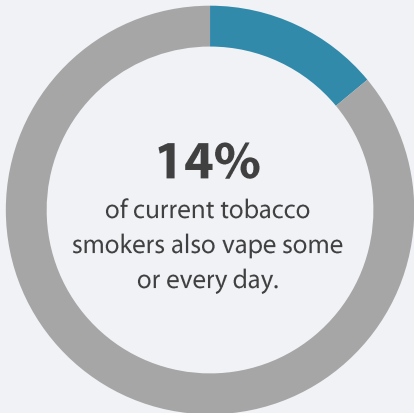
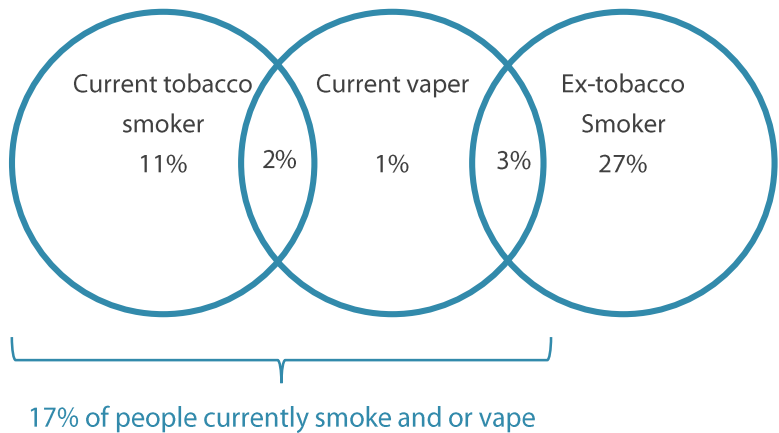


SMOKING STATUS

The respondents' smoking status was categorised depending on their responses to whether they smoke and vape. Respondents can be in one or more of the groups.

Smoking Status	Definition	%
Never smoked tobacco regularly	Have never smoked or only tried once or twice	57%
Ex-tobacco smoker	Used to smoke tobacco but have given up	30%
Current tobacco smoker	Smoke tobacco some or every day	13%
Current vaper	Vape some or every day	6%
Current tobacco smoker and/or vaper	Smoke tobacco some or every day and/or vape some or every day	17%

Overall, 17% of people smoke tobacco and/or vape. 13% are tobacco smokers, 6% are vapers and 2% of the population both smoke and vape.



SMOKERS AND VAPERS, BY AGE AND GENDER

The graphs below show the percentage of the population in each age and gender group who are current tobacco smokers and current vapers.

There is a higher prevalence of smoking and vaping among those under 55 than among those over this age. Overall smoking and vaping rates were similar among males and females.

Tobacco	All genders	Female	Male	Note: small base size for males aged 16-24 and 25-34
16-24	18%	16%	21%	
25-34	21%	20%	21%	
35-44	18%	14%	22%	
45-54	14%	15%	13%	
55-64	8%	9%	7%	
65-74	9%	10%	8%	
75+	2%	3%	0%	
All Ages	13%	13%	14%	
Vape	All genders	Female	Male	Note: small base size for males aged 16-24 and 25-34
16-24	10%	13%	9%	
25-34	11%	8%	12%	
35-44	8%	6%	11%	
45-54	5%	5%	4%	
55-64	3%	3%	3%	
65-74	2%	2%	3%	
75+	1%	1%	1%	
All Ages	6%	5%	6%	

SMOKING AND HEALTH

Intention to give up smoking tobacco

36% of those who currently smoke tobacco said they intend to give up in the next 6 months. Almost half of those who intend to stop smoking tobacco are aged 16-34.

General Health

Respondents were asked to rate their health in general, on a 5-point scale from very good to very bad.

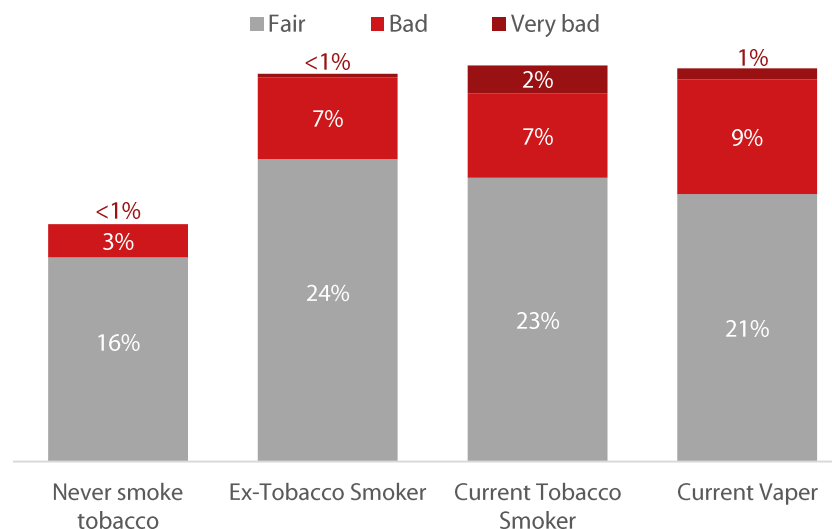
People who have never smoked tobacco were more likely to report very good health than people who currently smoke or used to smoke tobacco. As the graph shows: 19% of those who never smoke tobacco rated their health as fair, bad or very bad, and this compares to 31% of current smokers, just under 31% of ex-tobacco smokers, and 31% of current vapers (note: 59% of vapers are ex-tobacco smokers).

Alcohol AUDIT Score

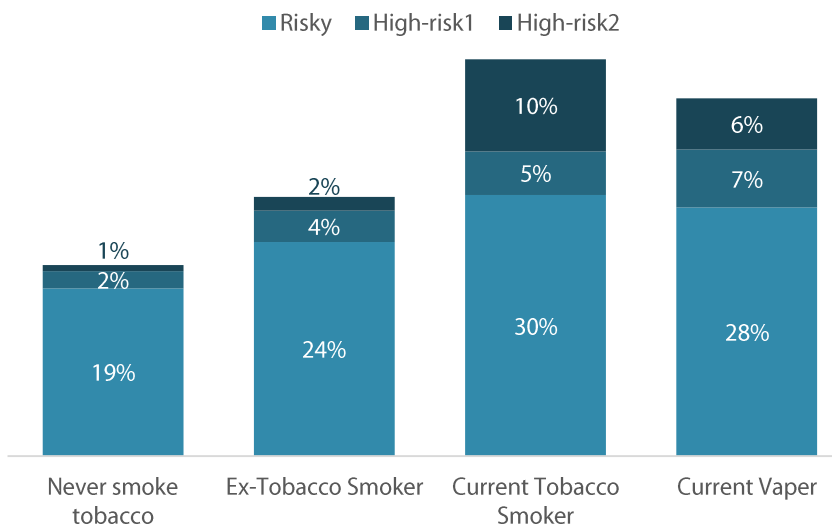
There is some evidence of an association between smoking and higher-risk drinking habits (based on the AUDIT score which categorised respondents as abstainers, low risk, risky, high-risk 1 or high-risk 2 see page11).

15% of current tobacco smokers have high-risk drinking habits, compared to 3% of those who never smoke.

Self rated health by smoking status



AUDIT drinking group by smoking status

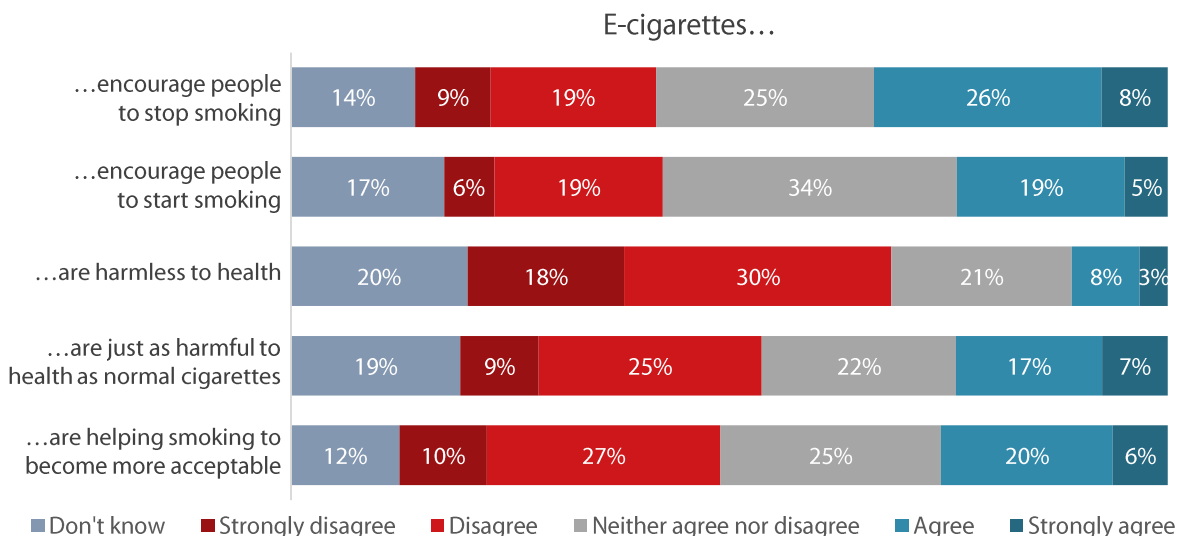


BELIEFS ABOUT SMOKING

Respondents were asked to indicate the extent to which they agreed or disagreed with statements about smoking.

The responses generated mixed views. For example:

- 34% agree or strongly agree that e-cigarettes encourage people to stop smoking, although 24% agree or strongly agree that e-cigarettes encourage people to start smoking.
- 11% agree or strongly agree that e-cigarettes are harmless to health, while 24% believe they are just as harmful as normal cigarettes.

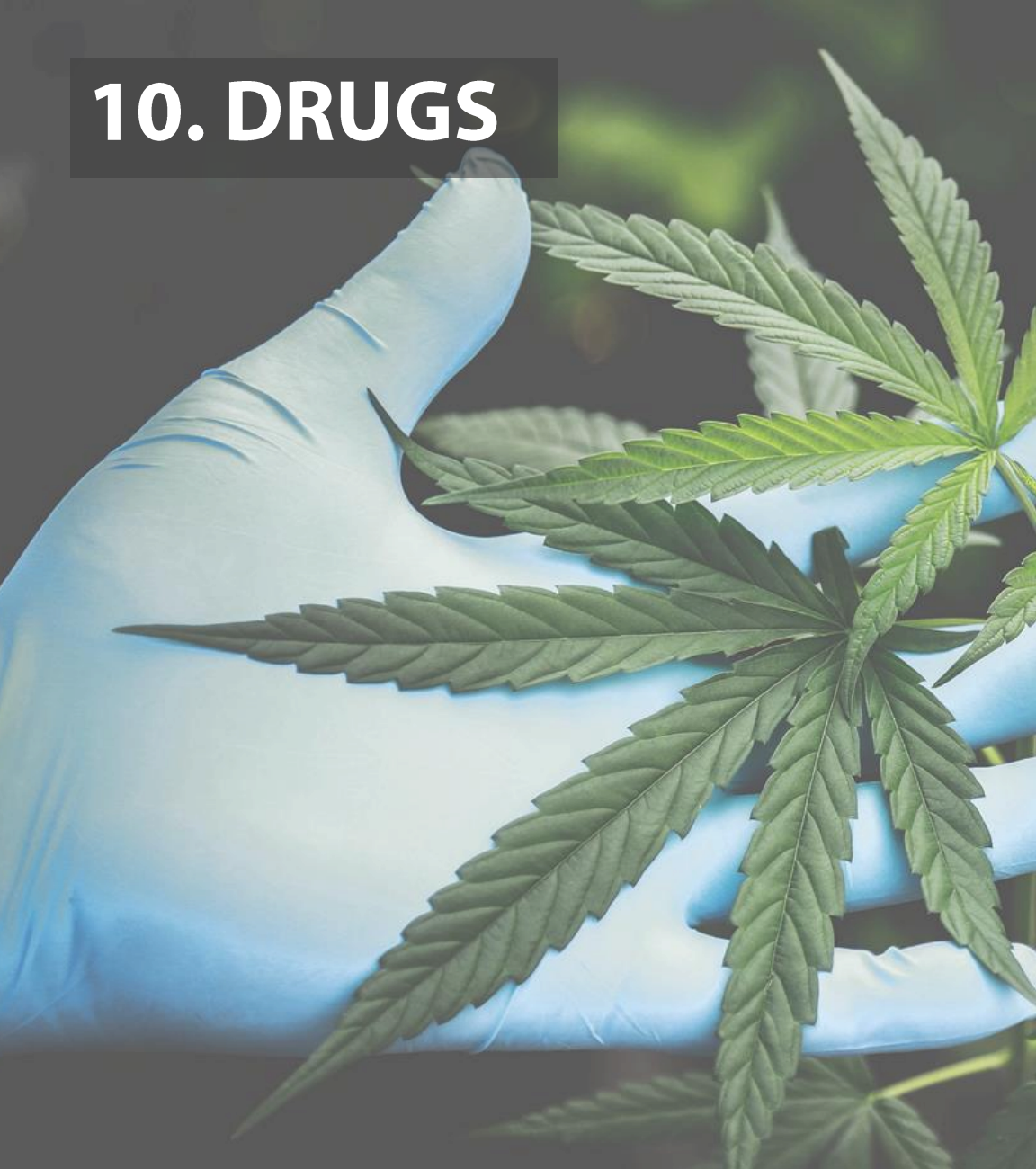


The table below shows the percentage of those that agreed or strongly agreed with each statement by smoking status. For example, 23 % of current smokers think that e-cigarettes are just as harmful to health as normal cigarettes.

% who agree or strongly agree that e-cigarettes...

	Never smoke tobacco	Ex-tobacco smoker	Current tobacco smoker	Current vaper	Current tobacco smoker and/or vaper
encourage people to stop smoking	31%	38%	35%	74%	46%
encourage people to start smoking	26%	17%	23%	10%	21%
are harmless to health	10%	11%	13%	14%	13%
are just as harmful to health as normal cigarettes	25%	22%	23%	<1%	18%
are helping smoking to become more acceptable	29%	24%	18%	18%	18%

10. DRUGS



Respondents were asked about their use of cannabis and other illegal drugs.

- Around 11% of people have used cannabis in the last 12 months, compared to 5% in 2013.
- Approximately 4% have used other illegal drugs in the last 12 months.
- 24% of those who have used cannabis in the last year have also used other illegal drugs in that time.
- The reported use of drugs was higher among those aged 16-34 (especially males). There were small base sizes for males ages 16-34, and the results reported are sensitive to the assumption that the responses received from young males are representative of young males in the local population.
- The reported use of cannabis and other illegal drugs was higher among those who smoke tobacco, vape and have high-risk drinking habits. Those who use cannabis were also more likely to report having a longstanding mental or emotional health condition, or have low mental wellbeing.



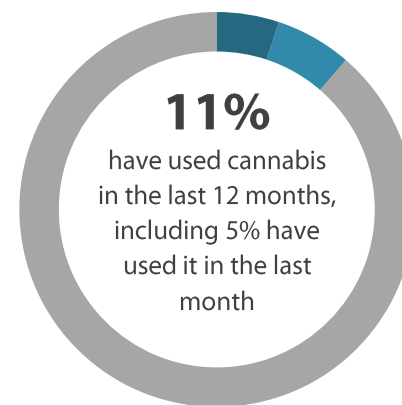
CANNABIS

11% of people reported having used cannabis in the last 12 months, including 5% who reported having used it in the last month.

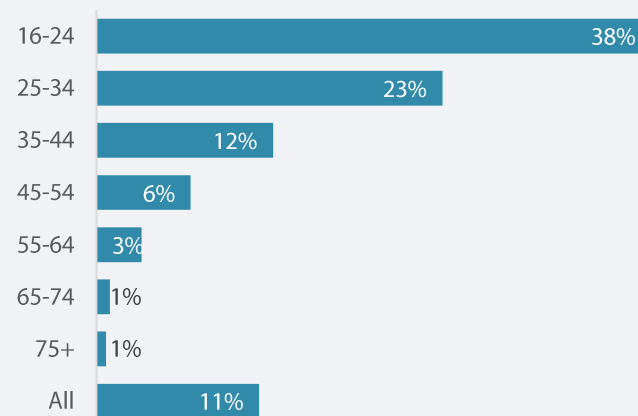
In comparison, the 2013 survey reported that 5% of people had used cannabis in the previous year, and less than 1% had used cannabis in the past month.

The reported use of cannabis was higher among those aged 16-34 (especially males). There were small base sizes for males ages 16-34, and the results reported are sensitive to the assumption that the responses received from young males are representative of young males in the local population.

In 2018, the reported use of cannabis was also higher among those who smoke tobacco, those who vape, those who reported having a longstanding mental or emotional health condition, have low mental wellbeing and those who have high-risk drinking habits (i.e. high-risk 1 or 2 AUDIT score, *Note: small base size*).



Used Cannabis in the last 12 months by age



Note: small base size for males aged 16-24 and 25-34



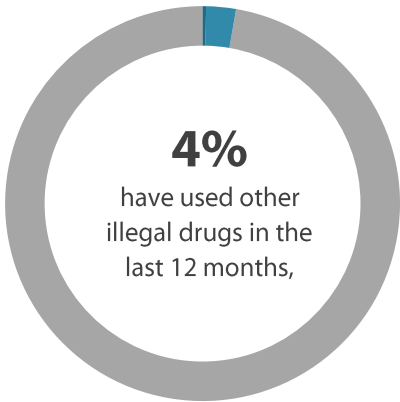
OTHER ILLEGAL DRUGS

4% of people reported having used other illegal drugs (i.e. excluding cannabis) in the last 12 months. This includes <1% who have used other drugs in the last month.

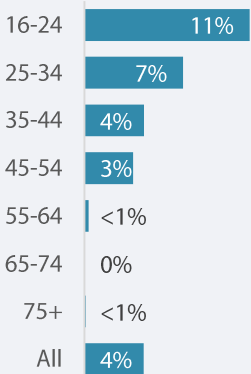
The reported use of other drugs was highest among those aged 16-34 (especially males). As previously mentioned there were small base sizes for males ages 16-34, and the results reported are sensitive to the assumption that the responses received from young males are representative of young males in the local population.

There is some association between the use of cannabis and other illegal drugs, as 24% of people who used cannabis reported using other illegal drugs.

The use of other illegal drugs was also higher among people who smoke, people who vape, and have high-risk drinking habits (i.e. high-risk 1 or 2 AUDIT score, *Note: small base size*).



Used other illegal drugs in the last 12 months by age



Note: small base size for males aged 16-24 and 25-34



11. SUN PROTECTION

Respondents were asked how they protect themselves from the sun, including their use of sunscreen, whether they use UV sunbeds and which signs of skin cancer they had heard about.

- 92% of people reported that they routinely use one or more sun protection methods. The two methods most commonly taken were using sunscreen and wearing sunglasses.
- 70% of females routinely use sunscreen compared to 57% of males. Males were also less aware of the signs of skin cancer than females.
- Overall, 44% of people got sunburnt once or more in the last 12 months (40% in 2013). Younger people were more likely to have been sunburnt once or more in the last 12 months than older people.
- 1% of people currently use a UV sunbed. A further 21% have used one in the past but no longer do.
- The most commonly recognised sign of skin cancer was a change in the appearance of a mole, which 85% had heard about.
- The least commonly recognised sign of skin cancer was a sore that doesn't heal. 47% had heard that this was a potential sign of skin cancer.



ROUTINE MEASURES

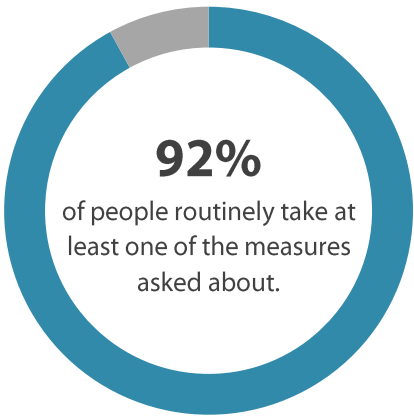
Respondents were asked “Do you routinely undertake any of the following measures to protect yourself from the sun / prevent sunburn?” They could select all that apply.

92% of people routinely take at least one of the measures asked about.

The most commonly taken measures are use of sunscreen (63%) and wearing sunglasses (67%).

70% of females routinely use sunscreen compared to 57% of males. Females are also more likely than males to wear sunglasses, but less likely to wear hats.

People aged 75+ were the less likely to use sunscreen, and those aged under 35 were less likely to wear a hat, when compared to other age groups. Otherwise, there were no notable differences in the measures taken across the age groups.



Routinely...	All	Female	Male
Stay out of the sun at the hottest times	37%	39%	34%
Cover up with clothing	39%	38%	41%
Use sunscreen (SPF 15 or above)	63%	70%	57%
Wear a hat	43%	38%	49%
Wear sunglasses	67%	71%	63%
None of the above	8%	7%	10%



SUNBURN

Respondents were asked “How many times did you get sunburnt in the last 12 months?”

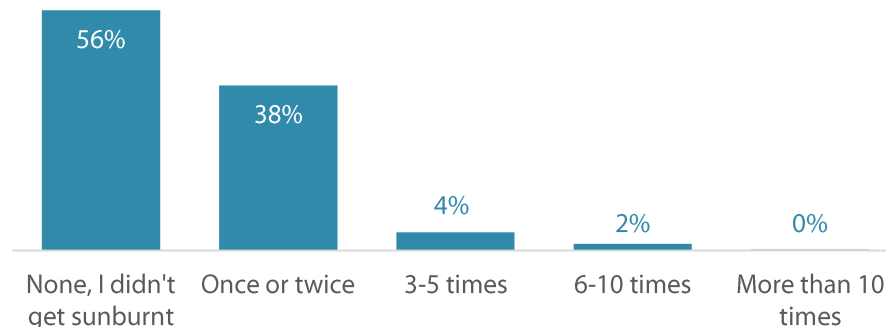
44% of people got sunburnt once or more in the last 12 months. The majority of these got sunburnt once or twice.

The results are similar to 2013, when it was reported that 40% of people had been sunburnt in the preceding 12 months. This included 34% who were sunburnt 1-2 times and 6% who were sunburnt 3-5 times.

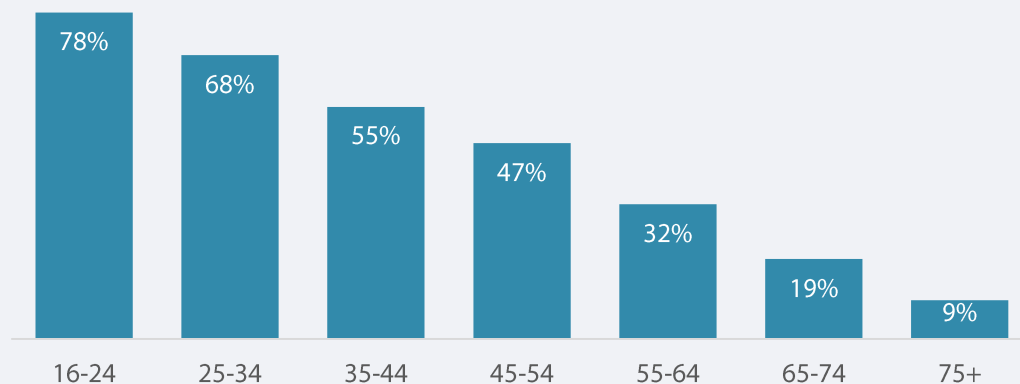
In 2018, those under 35 were more likely than those in the older age groups to report having got sunburnt in the last 12 months. The likelihood of having been sunburnt reduces with age.

There were no notable gender differences in having been sunburnt in the last 12 months.

How many times did you get sunburnt in the last 12 months?



Got sunburnt once or more in the last 12 months, by age



UV SUNBEDS

Respondents were asked “which of the following statements best described your use of UV sunbeds”.

The majority of people have never used a UV sunbed, although those aged 35-54 are the most likely to have used one in the past.

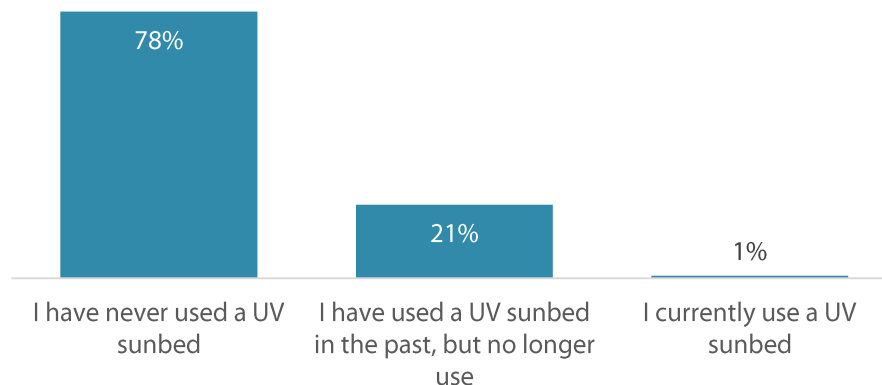
- 78% have never used one
- 21% have used one in the past but no longer do
- 1% currently use a UV sunbed

There are some differences by gender and age:

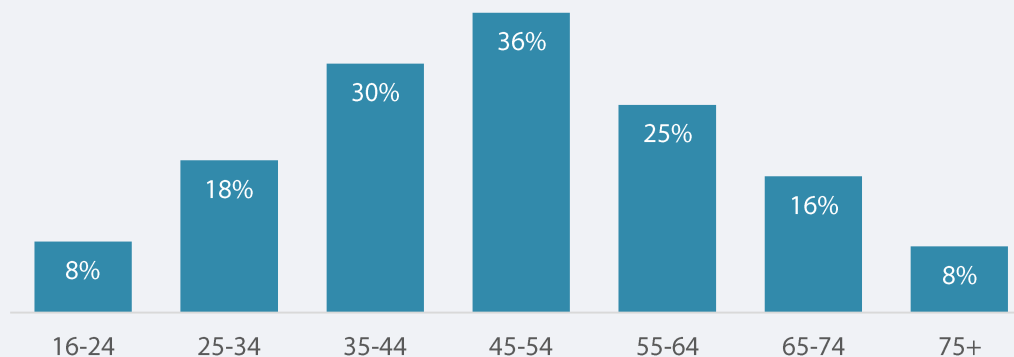
- 29% of females reported that they used to use a UV sunbed, compared to 13% of males
- 30% of those aged 35-44 and 36% of those aged 45-54 used to use a UV sunbed, compared to less than 20% of those under 35.

The differences across the age groups may reflect the popularity of UV sunbeds at a time in the past.

Which of the following statements best describes your use of UV sun beds?



Used to use a UV sunbed but no longer do



SIGNS OF SKIN CANCER

Respondents were given a list of potential signs of skin cancer and asked “which ones have you heard about?”.

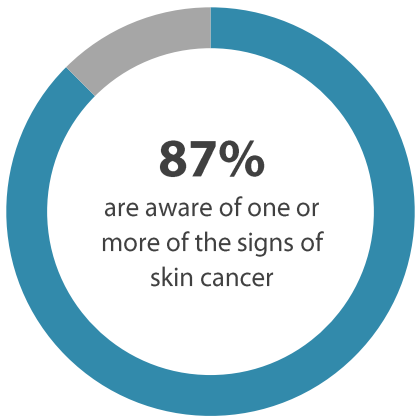
87% of people had heard of at least one of the potential signs of skin cancer.

The most commonly recognised sign was a change in the appearance of a mole, which 85% had heard about.

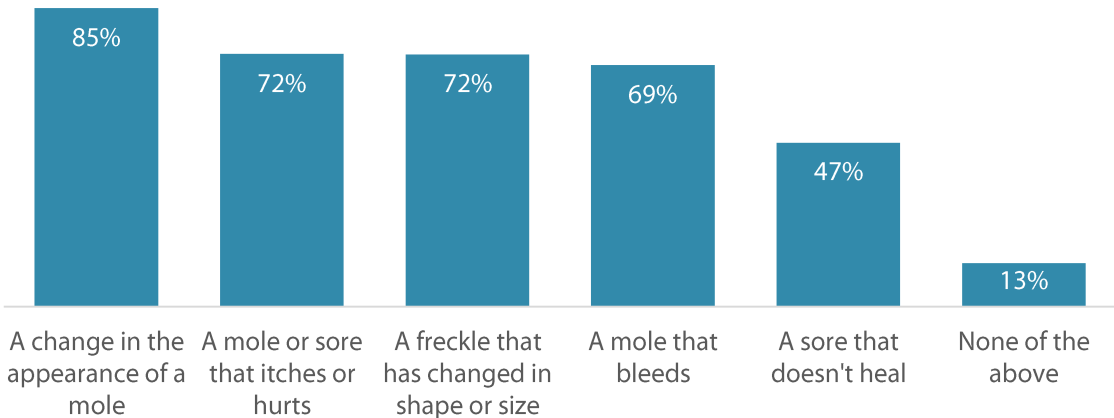
The least commonly recognised sign was a sore that doesn’t heal. 47% had heard that this was a potential sign of skin cancer.

Females seemed more aware of the signs than males. 91% of females said they had heard of one or more of the signs compared to 84% of males.

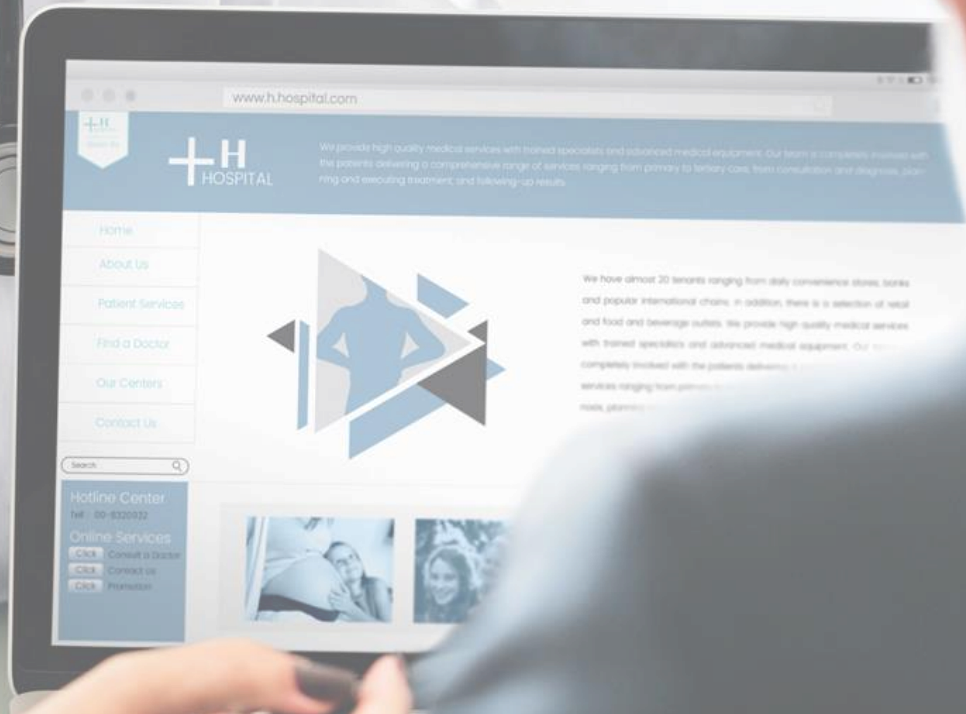
Those aged 25-74 were more aware of the signs than those aged 16-24 or 75+. Over 20% of the youngest and eldest age groups said that they hadn’t heard of any of the signs, compared to around 10% of those in each of the other age groups.



Here are some potential signs of skin cancer. Which ones have you heard about?



12. HEALTH LITERACY



Respondents were asked where they would get information about health or medical topics from, and how much they trust different sources of information.

- 76% would ask a doctor or other healthcare professional, and 73% would trust health information from a doctor a lot. A doctor or other healthcare professional was the option that was most frequently selected by people aged 65+ as their source of health information.
- 75% would consult the internet, though only 7% of people said they would trust health information from the internet a lot. The internet was the option that was most frequently selected by people aged 16-64.

SOURCES OF HEALTH INFORMATION

Respondents were asked where they would get information about health or medical topics. They could choose up to three sources.

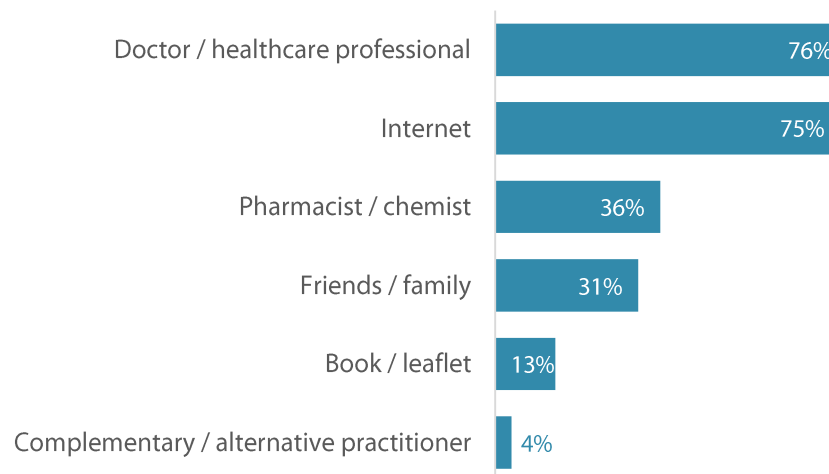
76% said they would ask a doctor or other healthcare professional. This was the option most frequently selected by those aged 65 and over.

75% said they would consult the internet. This was selected by over 80% of those aged under 65 and was the option most selected by the younger age groups.

Just over a third (36%) would ask a pharmacist/chemist, and this was closely followed by friends and family (31%).

Females were more likely than males to select pharmacist/chemist (39% vs 32%), otherwise the responses were similar for both genders.

Imagine that you had a strong need to get information about health or medical topics. How would you find out what you needed to know?



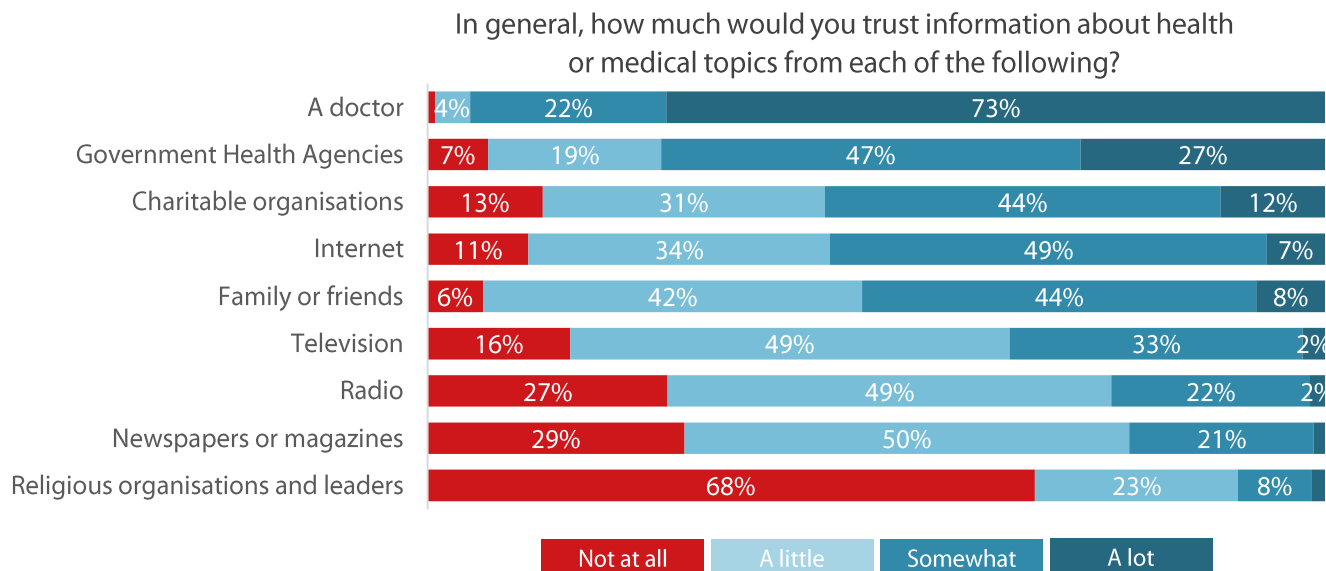
% who would consider each source, by age							
(Bold = most selected option, by age)	16-24	25-34	35-44	45-54	55-64	65-74	75+
Doctor / healthcare professional	57%	66%	72%	78%	79%	88%	92%
Internet	83%	88%	82%	81%	81%	65%	33%
Pharmacist / chemist	19%	29%	33%	39%	36%	49%	43%
Friends / family	45%	43%	31%	25%	23%	24%	33%
Book / leaflet	20%	12%	11%	15%	13%	12%	8%
Complementary / alternative practitioner	2%	1%	4%	3%	5%	6%	3%

TRUST IN SOURCES OF HEALTH INFORMATION

Respondents were asked “In general, how much would you trust information about health or medical topics from each of the following?”

- 73% would trust health information from a doctor a lot. This was consistent across all age groups.
- 7% would trust health information from the internet a lot, 49% would trust it somewhat and 34% a little.

The table below shows the proportion of each age group that trust each source “a lot”.



% who said they would trust the information from each source “a lot”							
(Bold = most trusted option, by age)	16-24	25-34	35-44	45-54	55-64	65-74	75+
A doctor	71%	72%	68%	71%	71%	79%	84%
Government Health Agencies	35%	33%	34%	28%	24%	21%	12%
Charitable organisations	20%	16%	15%	10%	9%	8%	5%
Internet	4%	8%	6%	4%	8%	10%	6%
Family or friends	4%	6%	4%	7%	7%	9%	21%
Television	0%	2%	2%	4%	3%	2%	3%
Radio	2%	0%	2%	2%	1%	2%	3%
Newspapers or magazines	1%	2%	1%	1%	1%	1%	3%
Religious organisations and leaders	2%	1%	2%	1%	1%	1%	4%

13. USE OF HEALTH SERVICES



Respondents were asked how many times they had visited the GP in the last 12 months and whether they'd had a flu jab. They were also asked if they have any health concerns they haven't seen a GP about, whether cost had prevented them from accessing any health services over the last 12 months, and how they pay for GP appointments.

- 87% of people had visited their GP one or more times in the past year (broadly unchanged to 2013), and 17% had visited their GP 5 or more times. There are demographic differences in the use of health services, with older age groups more likely to have seen a GP and to have seen a GP more often.
- 62% of people aged 65+ have had the flu jab during the last year, which falls short of the 75% Public Health England target.
- 18% of people have health concerns they have not seen a GP about. This was much higher in some groups of the population, including those under 35 and those who do not have private health insurance.
- Almost half (47%) of adults said the cost had stopped them from using one or more health services in the last 12 months. This included 32% who said the cost had stopped them from seeing a dentist and 23% who said cost had stopped them from seeing a GP.
- 50% of adults have private health insurance (down from 56% in 2013), while 46% pay for their own appointments. The remainder receive support from the States of Guernsey or have a pre-pay arrangement with their GP practice.
- There are notable differences in the use of health services between those who have health insurance and those who pay directly for their GP appointments. Those without health insurance visit a GP fewer times, are more likely to have health concerns they have not seen a GP about, and report cost is a barrier for accessing health services.



GP VISITS

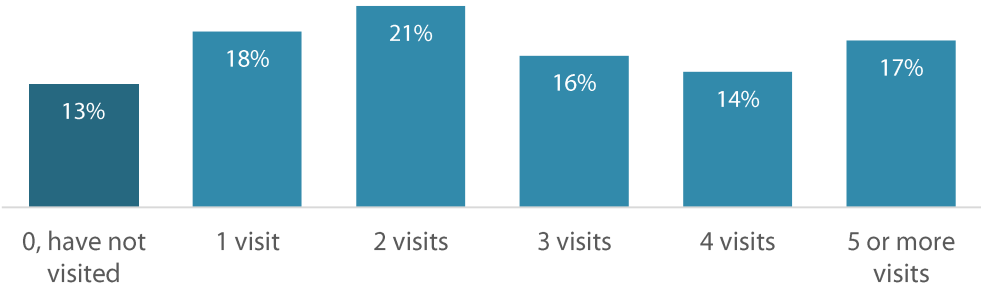
Respondents were asked “How many times have you seen a GP in the last 12 months regarding your own health? This could be at the practice, at home or elsewhere.”

87% of people had visited their GP one or more times in the past year, and 17% had visited their GP 5 or more times.

More than 90% of those who are aged 65+ have visited their GP in the past 12 months.

Females were more likely to have visited their GP than males (90% vs 84%). In general, males under 55 were less likely to have visited their GP than females.

How many times have you seen a GP in the past 12 months regarding your own health?



% who have visited GP in last 12 months, by age and gender

Note: small base size for males aged 16-24 and 25-34

	All genders % not visited	All genders % 1+ visits	Female		Male	
16-24	22%	78%	12%	88%	32%	68%
25-34	16%	84%	9%	91%	23%	77%
35-44	16%	84%	13%	87%	19%	81%
45-54	14%	86%	12%	88%	17%	83%
55-64	11%	89%	12%	88%	9%	91%
65-74	8%	92%	9%	91%	8%	92%
75+	2%	98%		98%		97%
All Ages	13%	87%	10%	90%	16%	84%
			Have not visited / Visited once or more		Have not visited / Visited once or more	



5 OR MORE GP VISITS IN THE LAST 12 MONTHS

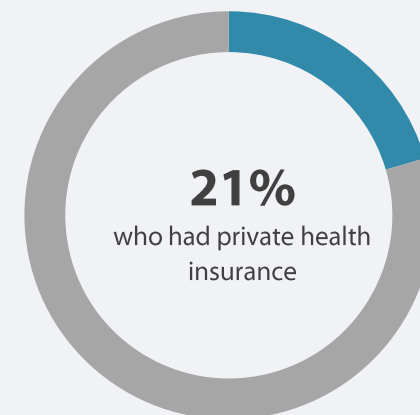
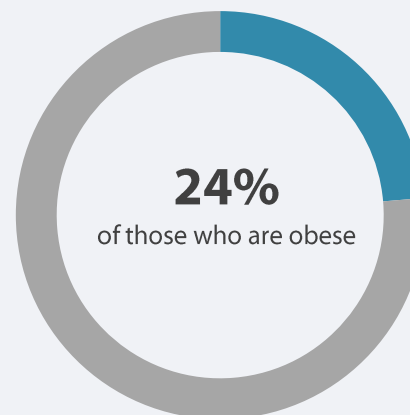
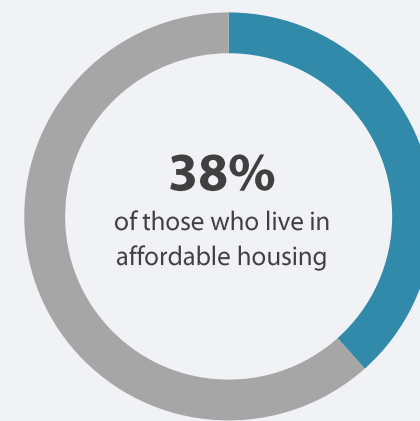
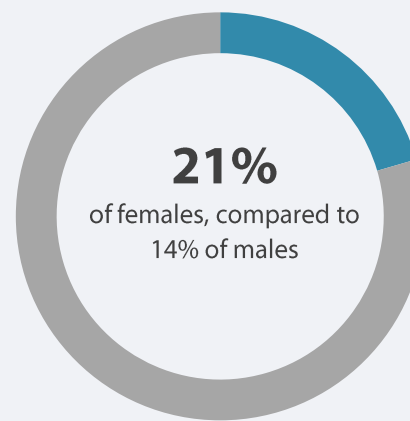
17% of all people reported they had seen a GP 5 or more times in the last 12 months.

The percentage of people who reported having seen a GP 5 or more times in the last 12 months was higher amongst some groups:

- Older people compared to younger people (33% of those aged 75+ and 23% of those aged 65-74, compared to around 15% in other age groups)
- Females (21%) compared to males (14%)
- People living in affordable housing (38%) compared to people who own their home (17%) or are in private rental (16%).
- People who are obese (24%) compared to those of a healthy weight (15%)
- 35% who reported having a longstanding illness, disability or infirmity, compared to 9% among those without (43% among those with a mental or emotional health problem, 40% with a long-term illness and 38% with a physical disability).
- 32% of people with low mental wellbeing, compared to those with moderate (14%) or high mental wellbeing (14%)
- 21% of people with private health insurance compared to those who pay for their own appointments (11%)

17% of people reported having seen a GP 5 or more times in the last 12 months.

In some groups a higher than average proportion of people saw a GP 5 or more times:



FLU JAB

Respondents were asked "Have you had a flu jab in the last 12 months?"

62% of those aged 65+ had a flu jab in the last 12 months. This is 13% below the target set by Public Health England.

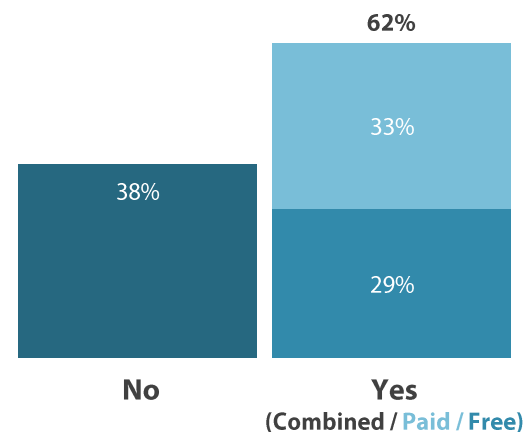
- 29% of this age group received it free and a third paid for it.
- Uptake was lower amongst those aged 65-74 than those aged 75+ (55% and 70% respectively).

Just under a quarter of those aged 16-64 had the flu jab for free and less than 15% paid for it.

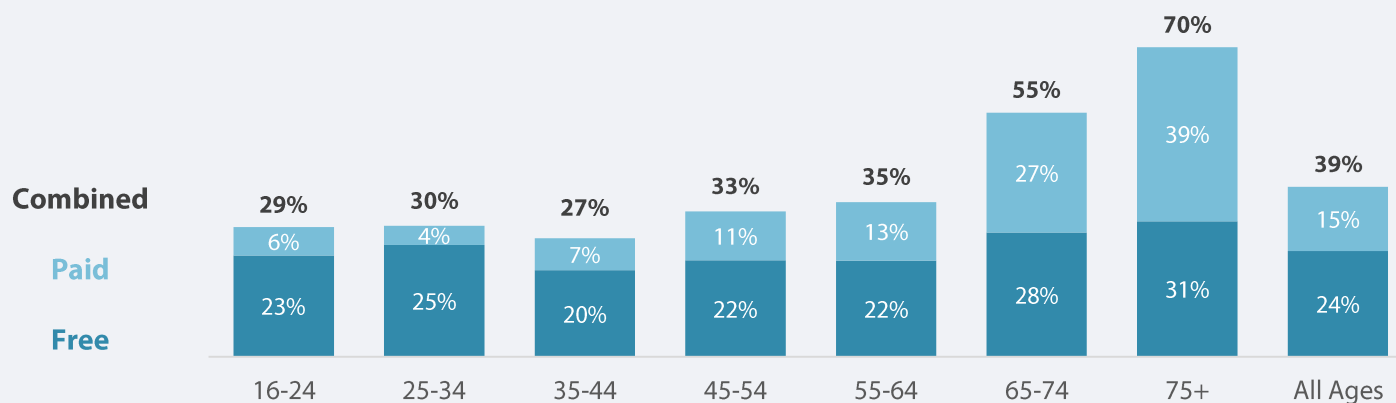
There were no notable differences by gender.

Flu Jab uptake amongst those aged 65+

Target: 75% uptake amongst 65+



% who had a flu jab, by age

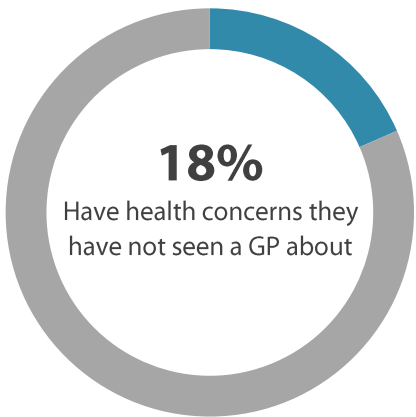


HEALTH CONCERNS

Respondents were asked “Do you currently have any health concerns that you have not seen a GP about?”

18% of people have health concerns they have not seen a GP about. This is higher among those under 35 than in older age groups. It was also higher in selected groups:

- 32% who live in affordable housing and 21% in private rental, compared to 15% who own their home.
- 25% of those who reported having a longstanding illness, disability or infirmity, compared to 15% among those without, and 45% among those who reported having a mental or emotional health condition.
- 32% with low mental wellbeing, compared to 16% with moderate and 10% with high mental wellbeing.
- 31% of those who have a high-risk AUDIT score (*small base size*), compared to 15% who abstain and 17% who are low-risk drinkers.
- 27% of those who smoke tobacco and 32% of those who vape, compared to 17% among those who never smoked tobacco and 16% of ex-tobacco smokers.
- 21% of people without private health insurance, compared to 16% with private health insurance.



% who have health concerns not seen a GP about, by age and gender

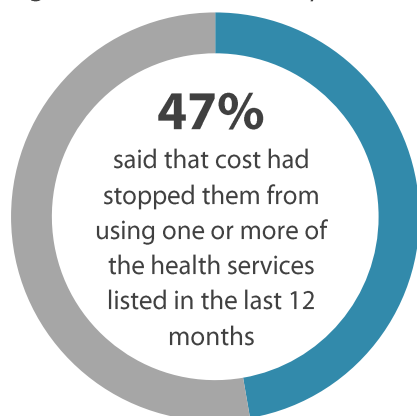
Note: small base size for males aged 16-24 and 25-34

	All	Female	Male
16-24	31%	34%	27%
25-34	28%	24%	33%
35-44	19%	23%	15%
45-54	19%	21%	17%
55-64	14%	14%	13%
65-74	11%	14%	9%
75+	7%	8%	6%
All Ages	18%	19%	18%



COST AS A BARRIER TO HEALTH SERVICES

Respondents were asked “In the last 12 months, has the cost stopped you from using any of the following health services?”. Respondents could select all that apply.

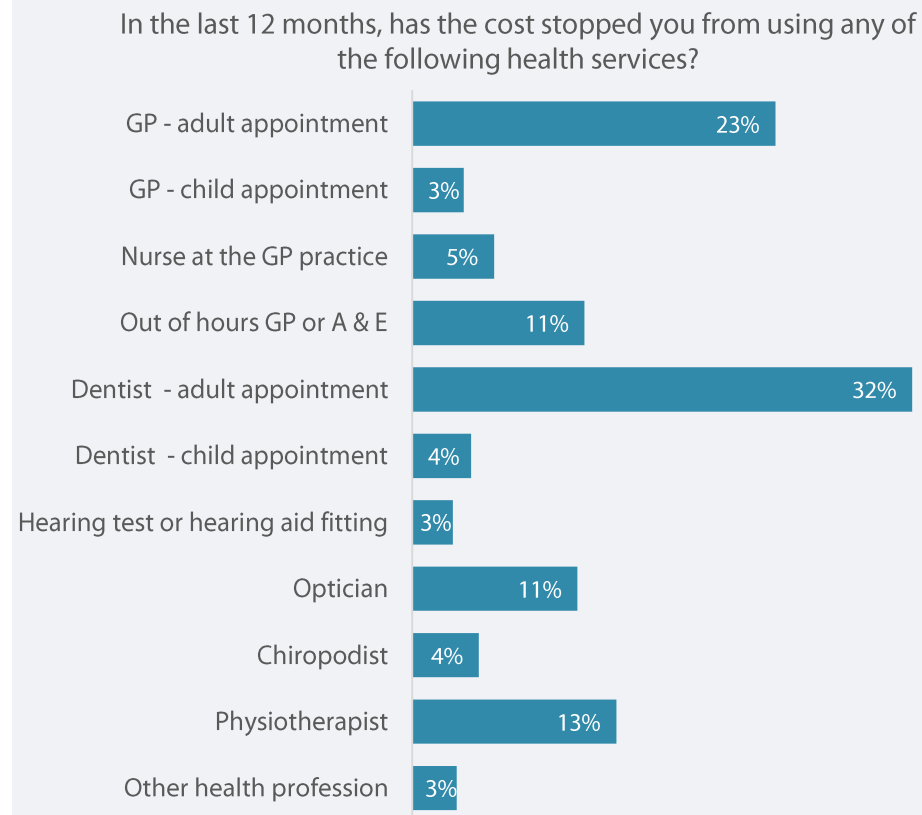


This includes:

- 32% who were stopped from having an adult dentist appointment,
- 23% who were stopped from having an adult GP appointment,
- 13% who were stopped from visiting a physiotherapist,
- 11% who were stopped from attending an out of hours GP or A & E, and an optician.

Females were more likely than males to report the cost had stopped them from using at least one of the health services listed (51% vs 43%). People in households with children under 16 were also more likely to report cost had stopped them from using health services (61% compared to 42% in households with no children under 16).

There is also some association with age. People under 55 were more likely to report cost stopped them from having an adult dental appointment than those aged 55+. Similarly, people under 45 were more likely to report cost stopping them from having an adult GP appointment, than those aged 45+.



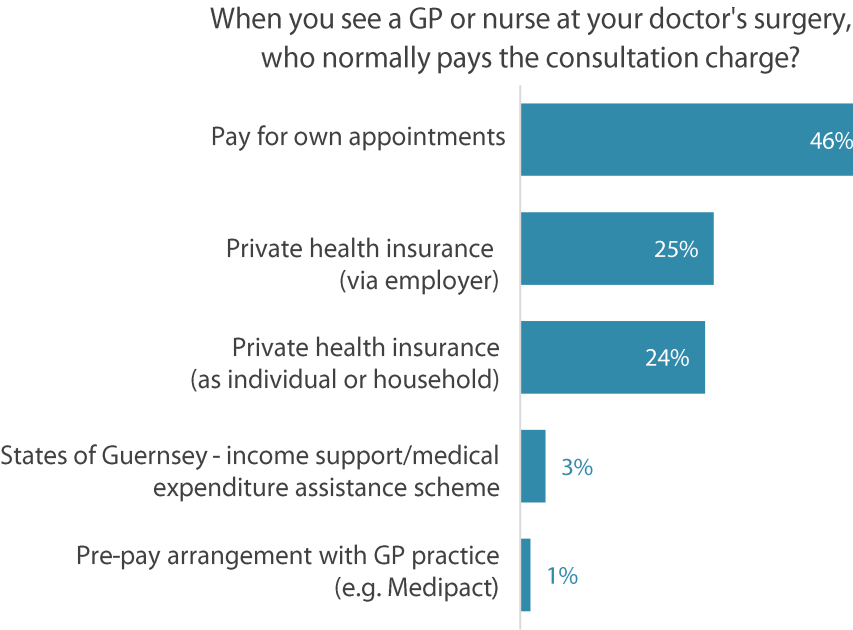
PAYING FOR HEALTH CARE

Respondents were asked “When you see a GP or nurse at your doctor's surgery, who normally pays the consultation charge?”

50% have private health insurance. This includes 25% who have it via their employer and 24% who have it taken out as an individual or household. A further 1% have a pre-pay arrangement with their GP practice (e.g. Medipact).

46% of people pay for their own appointments.

There are no notable differences by age or gender, though households with children under 16 years were more likely to have private health insurance than those without (58% vs 47%), as are those with higher household incomes.



% who pay for own GP appointments, by age and gender

Note: small base size for males aged 16-24 and 25-34

	All Genders	Female	Male
16-24	50%	50%	51%
25-34	46%	42%	50%
35-44	38%	43%	35%
45-54	40%	44%	37%
55-64	48%	52%	45%
65-74	53%	51%	55%
75+	47%	51%	42%
All Ages	46%	47%	44%



ACCESS TO HEALTH CARE

Those who pay for their own GP appointments are less likely to access health services, more likely to have health concerns they have not seen a GP about and said cost had stopped them from using health services. For example:

- 80% who pay directly for GP appointments have seen their GP in the past 12 months, compared to 93% with private health insurance.
- 45% who pay directly for GP appointments said cost had stopped them from seeing their GP, compared to 4% who have private health insurance.
- 39% who pay directly for GP appointments said cost had stopped them from seeing their dentist, compared to 27% who have private health insurance.

In the last 12 months:	Pay for GP appointments	Private health insurance
Visited a GP once or more	80%	93%
Have visited a GP 5 times or more	11%	21%
Had the flu jab FREE:	20%	27%
PAID:	15%	14%
% with health concerns not seen a GP about	21%	16%
% who said cost has stopped them from the following in the last 12 months:		
Using one or more health services	59%	38%
Seeing a GP (adult appointment)	45%	4%
Seeing a nurse (adult appointment)	10%	1%
Visiting the out of hours GP / A & E	17%	6%
Visiting a dentist (adult appointment)	39%	27%

CHANGES IN USE OF HEALTH SERVICES OVER THE PAST 5 YEARS

Some results in this section can be compared to results reported in 2013. Where comparable data are available they are presented in the table on the right.

The results suggest relatively few changes over the past five years in the percentage of people who visited their GP in the preceding 12 months. It is not possible to comment on the number of visits as the 2013 survey only asked whether or not they had seen a GP and not the number of times.

There is a slight reduction in the percentage of people who have medical insurance, and this reduction occurs in all age groups.

The 2013 survey asked individuals who did not have medical insurance if they had been prevented from going to the doctor when they or their child needed to go because they could not afford the fee, to which 16% said yes.

The 2018 survey contained a similar question though asked about appointments for adults and children separately: "In the last 12 months, has the cost stopped you from using any of the following health services?". 45% of people without private medical insurance said yes for an adult appointment, and 6% said yes for a child's appointment.

	2013		2018	
% who had visited GP in the past 12 months	n	%	n	%
All	1173	87%	2571	87%
18-24 / 16-24	*	77%	126	78%
25-34	*	84%	304	84%
35-44	*	86%	399	84%
45-54	*	84%	507	86%
55-64	*	88%	505	89%
65-74	*	94%	404	92%
75-84 / 75+	*	97%	326	98%
% who have medical insurance				
All	1159	56%	2569	50%
18-24 / 16-24	*	48%	126	45%
25-34	*	61%	305	51%
35-44	*	66%	399	58%
45-54	*	57%	506	56%
55-64	*	51%	507	47%
65-74	*	55%	406	42%
75-84 / 75+	*	50%	320	44%

* Unweighted n was not reported

14. ACCESS TO SERVICES AND TRANSPORT



Respondents were asked if any factors had prevented them from getting where they needed to go within the last 12 months.

- 35% selected one or more factors. This rises to over half of those who have an income of less than £20,000, live in affordable housing, have a physical disability, or have a mental or emotional health condition.
- 16% of people said that unsuitable bus routes or timings and 15% said the cost of using local taxis had prevented them from getting to where they needed to be.



BARRIERS TO ACCESS

35% of people reported they were prevented from getting to where they need to go within the last 12 months due to one or more the factors asked about. This includes 16% who have been unable to go due to unsuitable bus routes or timings, and 15% who have been unable to go due to the cost of local taxis.

Over half of people in the following groups have been prevented from getting to where they need to go due one or more of the factors listed:

- 69% of people living in affordable housing, compared to 29% who own their home and 40% who rent privately
- 59% of people with mental or emotional health condition, 52% with a physical disability and 46% with a long-term illness, compared to 30% of people who do not have a longstanding illness, disability or infirmity
- 52% of people from households with income of less than £20,000, compared to 40% or less in other income groups.

There is some evidence that people living in Alderney were more likely to be prevented from getting where they need to go within in the last 12 month than people living in Guernsey/Herm/Jethou. However, comparisons between the islands are limited because there were small base sizes for Alderney.

Within the last 12 months have any of the following prevented you from getting where you need to go, or would like to go?

	All ages	16-24	25-34	35-44	45-54	55-64	65-74	75+
One or more of the below:	35%	45%	41%	40%	32%	29%	29%	34%
The bus routes or timings are not suitable	16%	24%	22%	22%	14%	14%	11%	6%
The cost of using local taxis	15%	24%	21%	18%	14%	11%	12%	5%
The cost of owning and running a car	9%	22%	16%	11%	6%	5%	4%	4%
Feeling unable to cycle safely	8%	11%	8%	11%	9%	6%	10%	6%
Feeling unable to walk safely	7%	5%	9%	8%	4%	4%	8%	15%
Having to stand to wait for a bus	7%	13%	8%	9%	4%	6%	6%	6%
Unable to get there by myself and would need to ask for help	6%	8%	9%	3%	4%	4%	4%	11%
No transport available that suits my physical needs	1%	2%	0%	2%	0%	1%	1%	3%
The cost of getting a bus	1%	1%	2%	1%	1%	0%	0%	0%
Other	4%	4%	4%	5%	4%	3%	4%	4%



15. MONEY MATTERS

Respondents were asked about their financial situation.

This included whether there has been a change in how well off they feel compared to 12 months ago and whether they could afford an unexpected but necessary expense of £100 and of £1,000.

They were also asked if they found it difficult to meet the costs of selected household items, and whether they had kept comfortably warm in at least one room in their house last winter.

- 19% of people feel better off than they did 12 months ago, while 29% feel worse off than they did 12 months ago.
- 6% couldn't afford an unexpected expense of £100. This was notably higher among people living in affordable housing, those with household income less than £20,000, working age households with a child or children under 16 years and people with low mental wellbeing.
- 39% live in households that have found it difficult to meet the cost of one or more of the items listed within the last 12 months. This rises to 58% who live in households with children under 16 years.
- 6% found it difficult to meet the cost of their rent/mortgage. This is particularly seen for households with incomes less than £40,000.
- 94% kept comfortably warm in at least one room last winter.



FINANCIAL CHANGE

Respondents were asked “Do you feel better off, worse off, or about the same financially as you did 12 months ago?”

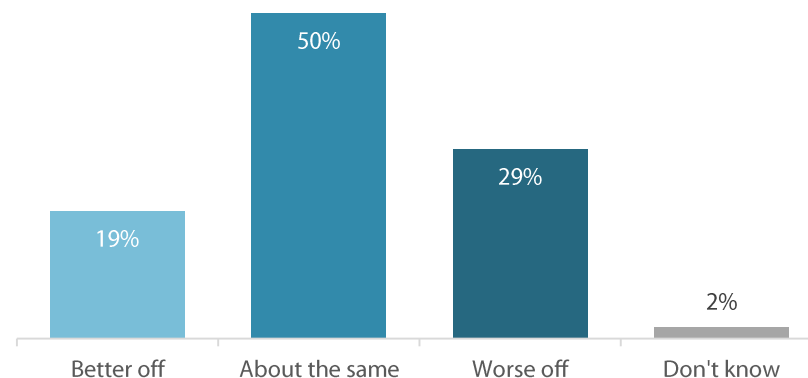
29% of people feel worse off than they did 12 months ago.

This includes over 30% of people aged 35-64, and 42% of households earning less than £20,000 a year, and over 30% of households earning £20,000-£59,000.

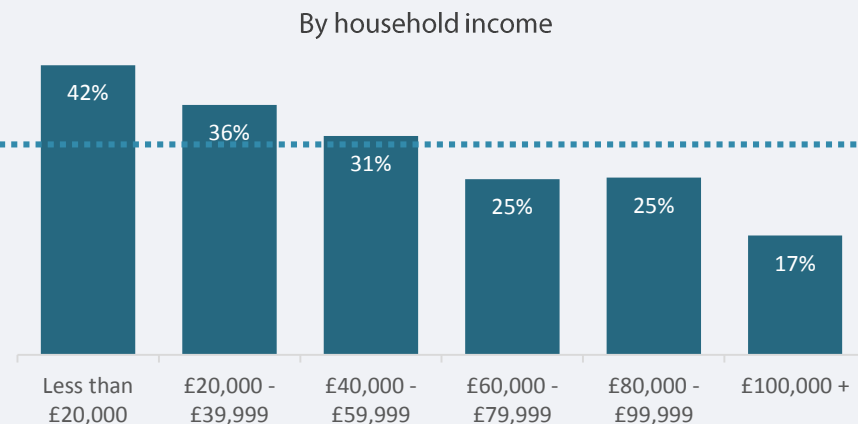
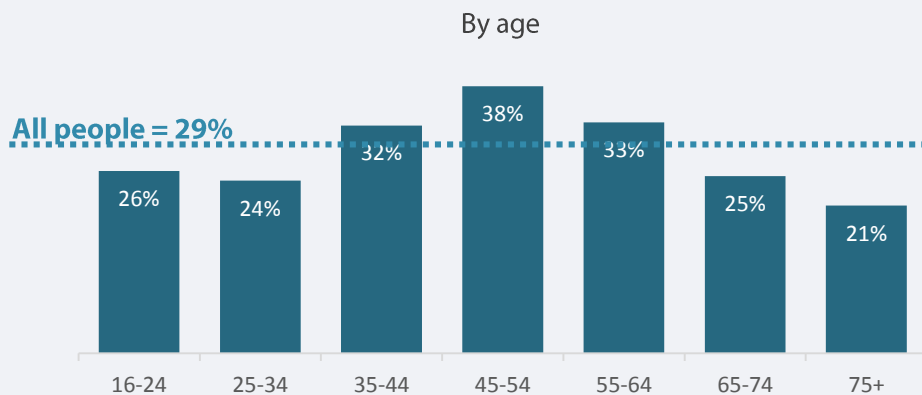
The feeling of being worse off was also notably higher among:

- Households with children under 16 years than those without (34% vs 27%)
- People with a longstanding illness, disability or infirmity (36% vs 25% without; 42% among those with mental or emotional health concern, 38% with long-term illness and 33% with a physical disability)
- People with a low mental wellbeing (43% vs 28% with moderate and 18% with high mental wellbeing).

Do you feel better off, worse off, or about the same financially as you did 12 months ago?



% who feel worse off than 12 months ago, by age and by household income



AN UNEXPECTED EXPENSE

Respondents were asked if their household could afford an unexpected, but necessary expense of a) £100 and b) £1,000.

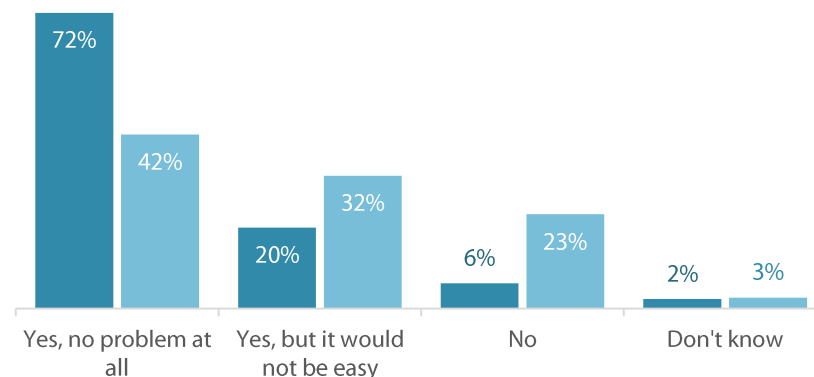
6% of people couldn't afford an unexpected expense of £100. This was notably higher among selected groups:

- 40% of people living in affordable housing, compared to 9% who rent privately and 3% who own their home
- 19% of households with household income less than £20,000, compared to 8% or less for other income groups (see below)
- 15% with low mental wellbeing, compared to less than 5% with moderate or high mental wellbeing
- 14% of working age people not in work, compared to 6% of those who are employed or in full-time education, and 4% of people who are retired.
- 11% of working age households with a child or children under 16 years, compared to 5% or less of other household groups (see below)
- 9% of people with a longstanding illness, disability or infirmity, compared to 5% without (18% among those with a mental or emotional health concern, 8% with long-term illness and 8% with a physical disability)

A further 20% of people could afford an unexpected expense of £100, but wouldn't find it easy. 23% couldn't afford an unexpected expense of £1,000, and a further 32% could but wouldn't find it easy.

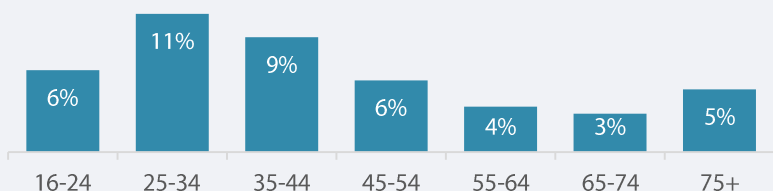
Could your household afford an unexpected, but necessary expense of...

■ £100 ■ £1000

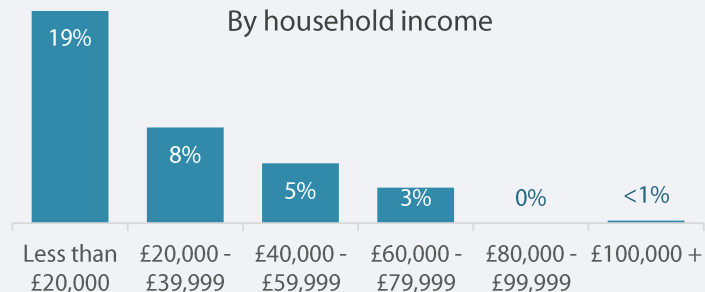


% who couldn't afford an unexpected but necessary expense of £100, by age, household income and household composition

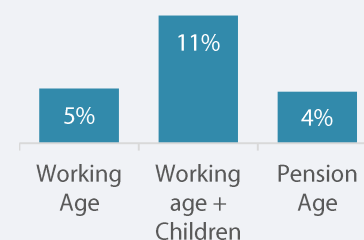
By age



By household income



By household composition



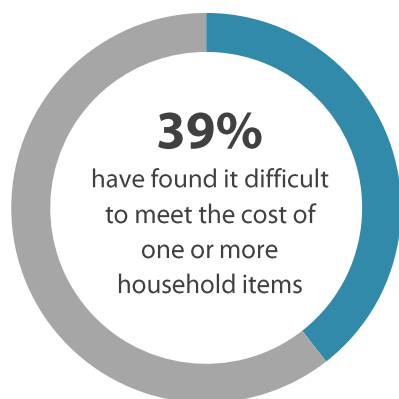
DIFFICULTY PAYING HOUSEHOLD BILLS

Respondents were asked “In the last 12 months, which of the following has your household found difficult to meet the cost of ...? (e.g. paid late, had to borrow money, or have gone without)”

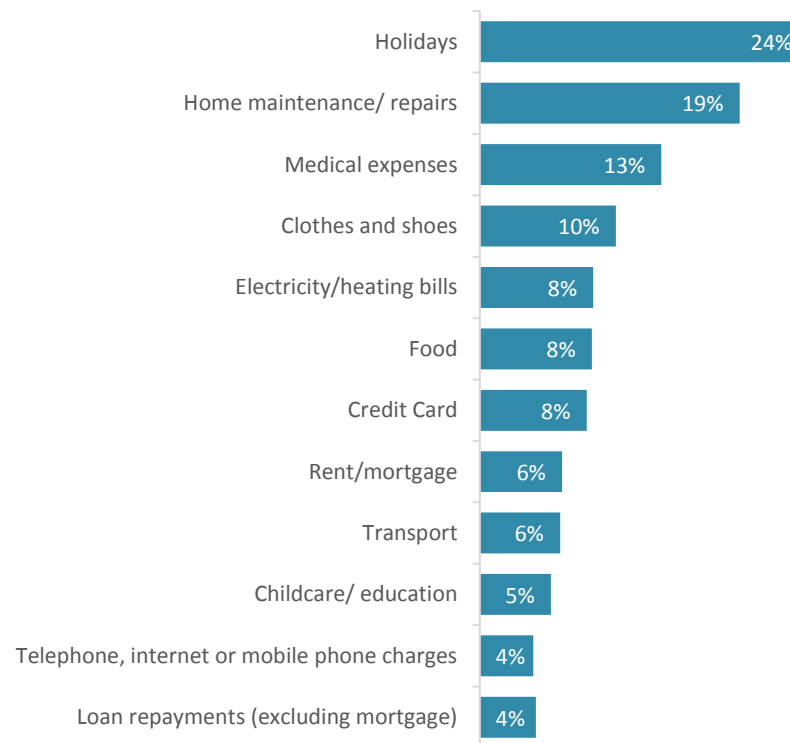
39% of people live in households that have found it difficult to meet the cost of one or more of the items listed within the last 12 months.

- 8% found it difficult to meet the cost of food bills.
- 8% found it difficult to meet the cost of their electricity/heating bills, and
- 6% found it difficult to meet the cost of their rent/mortgage.

When you exclude holidays, 35% found it hard to meet the cost of one or more of the items.



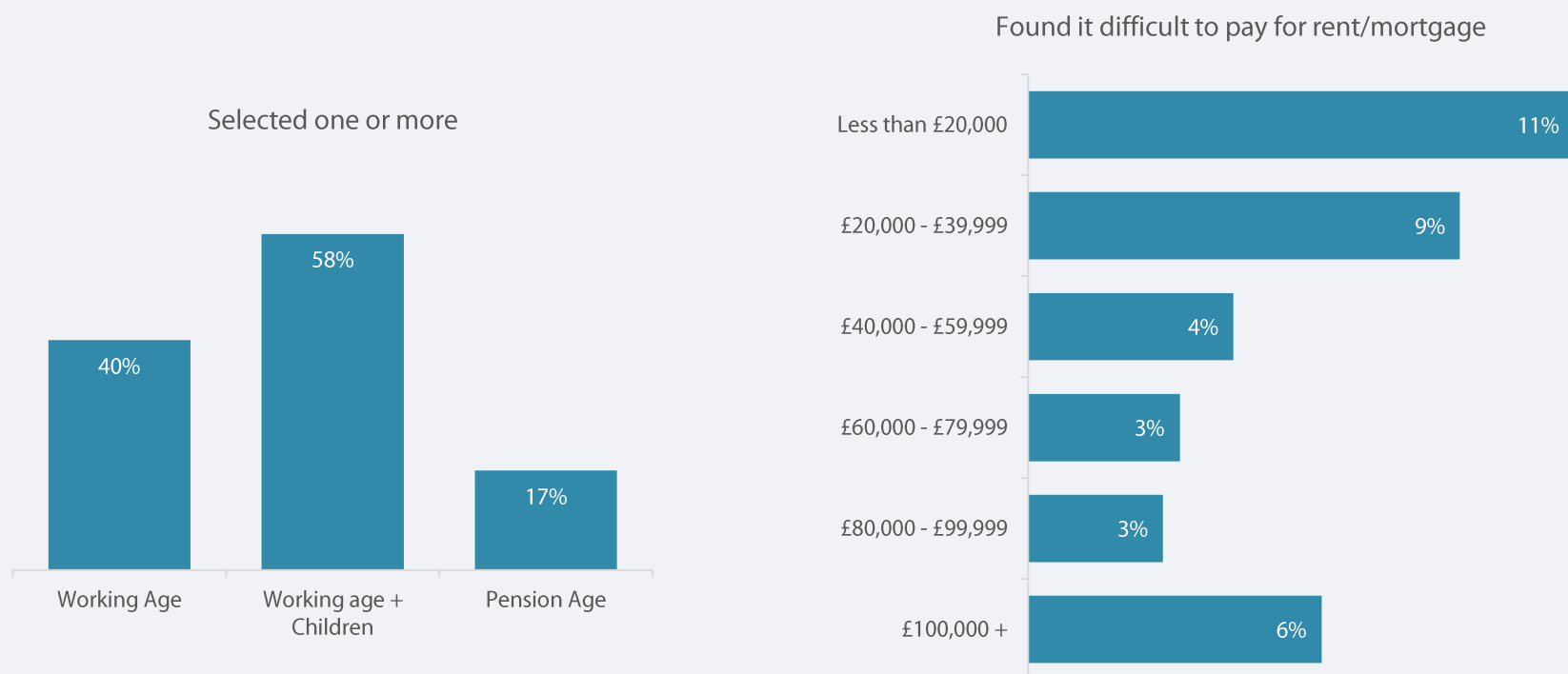
In the last 12 months, which of the following has your household found difficult to meet the cost of?



DIFFICULTY PAYING HOUSEHOLD BILLS, BY HOUSEHOLD CHARACTERISTICS

Households with children find it hardest to meet the costs asked about. 58% of households comprised of working age adults and children selected one or more of the costs asked about (including holidays). In addition, there were notable differences by housing tenure, with 75% of those in affordable housing reporting they found it difficult to pay one or more of the household bills asked about (compared to 56% in private rental and 33% who own their home).

11% of those with a household income of less than £20,000 found it difficult to pay for rent/mortgage, as did 9% of those with a household income of £20,000-£39,000.



DIFFICULTY PAYING BILLS, BY HOUSEHOLD COMPOSITION

Households that comprised of working age adults with one or more children under 16 years were more likely to report that they had found it difficult to pay bills in the past year. For example, 11% of households comprised of working adults and children found it difficult to meet the cost of rent/mortgage, compared to 6% of working age adults who do not have children and 1% of pension age households.

	Working Age Adults	Working Age Adults + Children	Pension Age Adults
Holidays	25%	35%	8%
Home maintenance/repairs	17%	30%	9%
Medical expenses	13%	19%	6%
Clothes and shoes	8%	19%	2%
Electricity/heating bills	8%	12%	4%
Food	8%	14%	2%
Credit Card	8%	11%	1%
Rent/Mortgage	6%	11%	1%
Transport	5%	11%	3%
Childcare/education	3%	16%	0%
Phone/internet	4%	6%	1%
Loan Repayments	4%	7%	0%

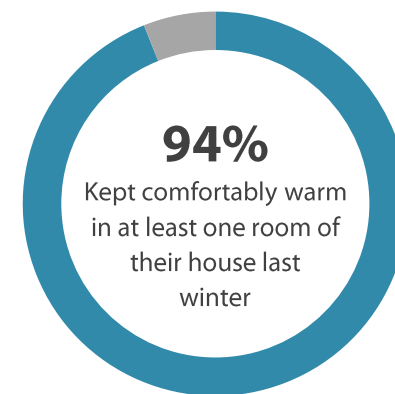
HEATING

Respondents were asked “Thinking about last winter, did you keep comfortably warm in at least one room in your house?”

94% of people were able to keep comfortably warm in at least one room in their house last winter. The equivalent result was 92% in 2013.

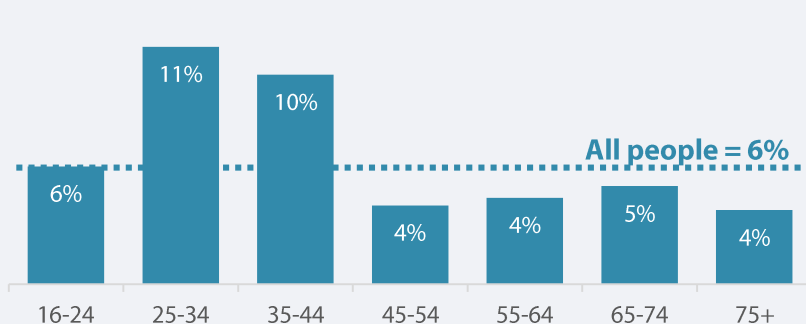
The percentage of people who reported they were unable to keep comfortably warm in at least one room last winter was higher among the following groups:

- 11% of those aged 25-34 and 10% aged 35-44 year olds compared to less than 5% among those aged 45+
- 13% of those with a household income of less than £20,000, compared to 4% or lower of those with a household income of £60,000 or greater
- 9% of people with a longstanding illness, disability or infirmity compared to 5% without (18% among those with mental or emotional health concern, 9% with long-term illness and 7% with a physical disability)
- 16% of people with low mental wellbeing, compared to 4% with moderate or high mental wellbeing
- 20% of people living in affordable housing compared to 5% who own their home

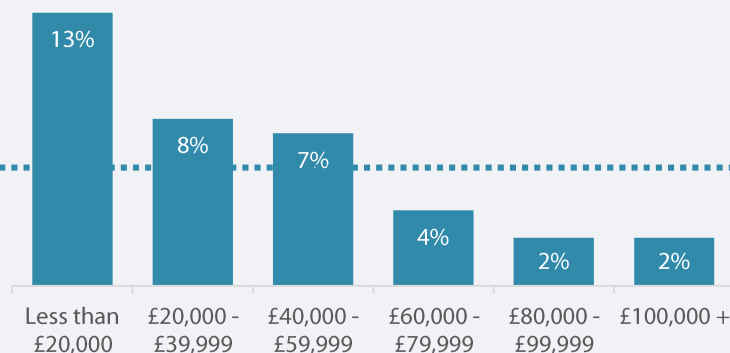


% who reported they did not keep comfortably warm last winter

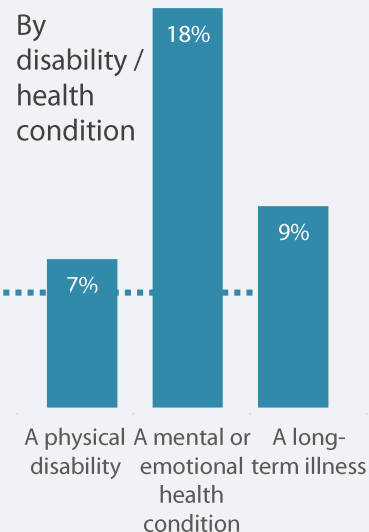
By age



By household income



By disability / health condition



16. DIGITAL AND SOCIAL MEDIA

Respondents were asked about their access to the internet at home, and their habits with regards to internet use.

- 95% of people have internet access at home, and 94% of people used the internet last year.
- Just over a quarter of those aged 75+ do not have internet access at home, and 40% of this age group never use the internet.
- Over 80% of all people regularly use the internet to communicate and browse. 70% or more read the news, use social media, bank and shop online.
- Over half of those aged 65-74 said they regularly do each task asked about online, with the exception of social media, videos and games.
- 52% of those aged 75+ communicate using the internet and 46% browse generally, and around a quarter of people in this age group perform other tasks online, including shopping and banking.
- 5% of all people would like to use the internet more than they do now, including 15% of those aged 75+.
- 18% want to use the internet less than they do now. This includes 38% of 16-24 year olds.



INTERNET ACCESS AND USE

Respondents were asked “Do you, or does anyone in your household have access to the internet at home (via any device, including a computer, laptop, iPad, tablet, mobile phone)?”

5% of people do not have internet access at home. A further 1% have access at home but do not use it. The remaining 94% have internet access at home and use it.

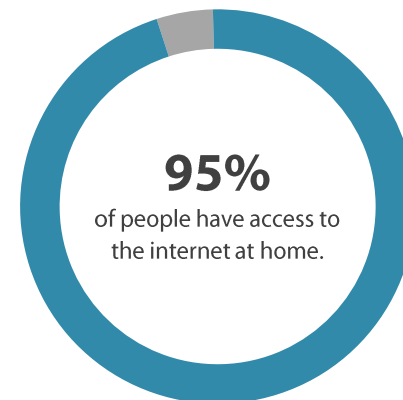
26% of people aged 75+ do not have access to the internet at home, compared to 5% or less in the other age groups. Fewer females than males have access to the internet at home (6% vs 3%).

They were then asked “How often do you use the internet, whether at home or elsewhere?”

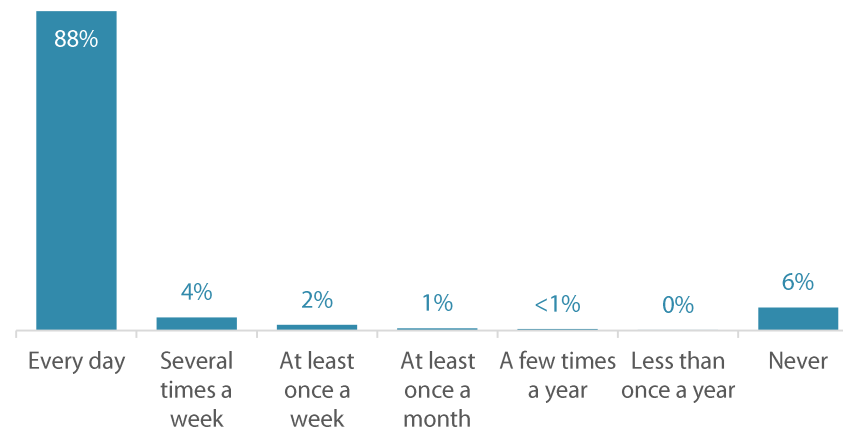
88% of people use it everyday, and 6% use it once or several times a week. 1% use the internet less frequently than this, and a further 6% never use it.

30% say that someone else has used the internet on their behalf in the last 12 months (e.g. to make a purchase).

It is notable that 14% of those living in affordable housing do not have internet access at home and 17% of this group never use the internet.



How often do you use the internet, whether at home or elsewhere?



INTERNET ACCESS AMONGST THOSE AGED 55+

The table below shows the majority of people have internet access, but this is lower among those aged 75+.

- 26% of people aged 75+ have no internet at home.
- 40% of people aged 75+ never use the internet. This is much higher than for those in other age groups.
- 16% of people aged 75+ said they never use the internet but reported that someone has used it on their behalf in the past 12 months.
- 6% of people aged 75+ said they would like to use the internet more than they do now.

	All Ages	55-64	65-74	75+
Have no internet access at home	5%	1%	5%	26%
Never use the internet, neither at home nor elsewhere	6%	2%	8%	40%
Never use the internet and someone has used it on their behalf in the last 12 months	3%	1%	4%	16%
Never use the internet and would like to use it more	1%	1%	1%	6%

TASKS PERFORMED ONLINE

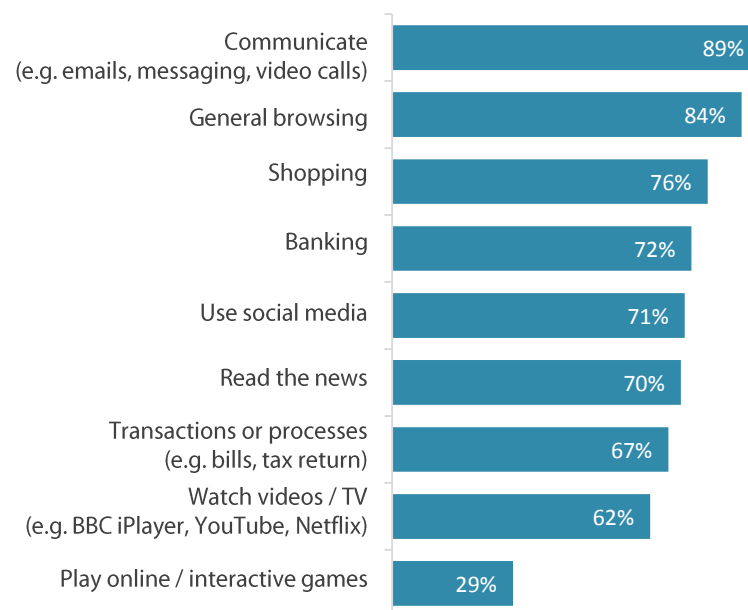
Respondents were asked “Do you regularly use the internet to do any of the following?”

Over 80% of all people regularly use the internet to communicate and browse. 70% or more read the news, use social media, bank and shop online.

The table below illustrates the different habits of each age group:

- Over 75% of those aged 25-54 read the news, bank and complete transactions online.
- Over half of those aged 65-74 selected each task, with the exception of social media, videos and games.
- 52% of those aged 75+ communicate using the internet and 46% browse generally, and around a quarter of people in this age group perform other tasks online, including shopping, reading the news and banking.
- A higher percentage of those aged under 45 watch videos and play games online than those aged 45-64. This includes 61% of 16-24 year olds who regularly play online/interactive games.

Regularly use the internet to:



% who regularly do the following online:	16-24	25-34	35-44	45-54	55-64	65-74	75+
Communicate	98%	99%	95%	96%	92%	83%	52%
General browsing	90%	97%	92%	92%	88%	78%	46%
Shopping	84%	94%	87%	85%	82%	61%	30%
Banking	79%	93%	89%	81%	76%	54%	24%
Use social media	94%	97%	86%	81%	68%	43%	18%
Read the news	68%	82%	86%	81%	73%	56%	29%
Transactions or processes	58%	83%	85%	79%	72%	53%	24%
Watch videos / TV	92%	88%	83%	69%	53%	33%	16%
Play online / interactive games	61%	43%	37%	26%	18%	16%	9%

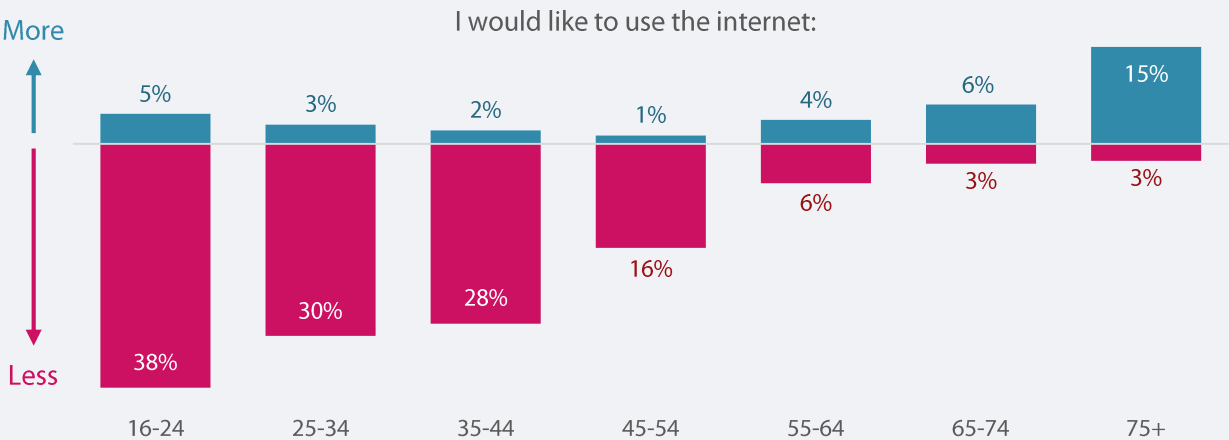
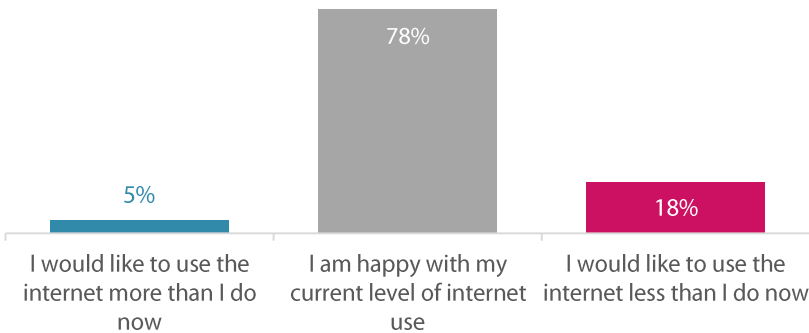
VIEWS ON LEVEL OF INTERNET USE

Respondents were asked: “Which of these statements best describes your feelings about your level of internet use? (Even if you never use it)”.

5% of all people would like to use the internet more than they do now. This includes 15% of those aged 75+ who either never use the internet and would like to, or use it to an extent but would like to use it more.

18% would like to use the internet less. This includes 38% of those aged 16-24 and around 30% of those aged 25-44, compared to less than 20% of those aged 45+

Which of these statements best describes your feelings about your level of internet use (even if you never use it)?



17. CHANGES OVER PAST FIVE YEARS



CHANGES OVER THE PAST FIVE YEARS

Results from 2018 that can be reliably compared with results from 2013 are summarised below. Changes include:

- A decline in self-reported health, with fewer people reporting good or very good health (from 83% to 76%).
- More people have a weight status that is categorised as obese (from 18% to 23%).
- An increase in reported levels of stress (from 65% to 75% of people who said they had experienced moderate or large amount of stress in the past year). Work, money and health concerns are often causes of stress.
- A reported increased in cannabis use in the past year (from 5% to 11%).

There were no notable changes in alcohol consumption or tobacco smoking.

		2013	2018
GENERAL HEALTH	Self-reported health is good / very good	83%	76%
	Self-reported health is fair	15%	20%
	Self-reported health is bad / very bad	3%	5%
	BMI classification: overweight	33%	34%
	BMI classification: obese	18%	23%
	Think I am overweight	40%	42%
	Think I am very overweight	8%	10%
	Sleep quality is poor or very poor	12%	22%
FOOD AND DIET	Fruit juice 1+ times a week	42%	33%
	Low calorie fizzy drink 1+ times a week	21%	19%
	High calorie fizzy drink 1+ times a week	9%	9%
LEISURE TIME	No physical activity (30+ mins) in the past week	21%	21%
	Do not regularly participate social and community activities	40%	42%

		2013	2018
WELLBEING	Moderate amount of stress in last 12 months	40%	39%
	Large amount stress in last 12 months	25%	36%
	Is often or always a cause of stress ...		
	... own health	16%	17%
	... health problems of family or friends	20%	28%
	... money and financial pressures	20%	30%
	... work	31%	38%
	... personal relationships	14%	18%
	... global issues	8%	12%
ALCOHOL	Drink alcohol 2-3 times per week	30%	27%
	Drink alcohol 4+ times per week	24%	20%
	AUDIT: Risky	25%	22%
	AUDIT: High-risk	3%	5%
	Intend to drink less alcohol	14%	14%
	Think it is acceptable to be drunk	17%	19%
SMOKING	Think it is easier to enjoy social event if drink alcohol	31%	30%
	Current tobacco smoker	14%	13%
	Ex tobacco smoker	35%	30%
	Current tobacco smokers who intend to give up	41%	36%
DRUGS	Used cannabis in last 12 months	5%	11%
SUN PROTECTION	Sunburnt 1+ times in past year	40%	44%
HEALTH SERVICES	GP visit: 1+ times in past year	87%	87%
	Have medical insurance	56%	51%
MONEY MATTERS	Unable to keep warm in at least 1 room	8%	6%



APPENDICES



APPENDIX A

BASE SIZE AND QUESTIONS COMPARED TO 2013

Question	Unweighted base size	Status compared to 2013
About you		
1. Are you? (gender)	2656	Repeated
2. What year were you born?	2656	Repeated
3. What is your country of birth?	2650	Repeated
4. What is your main island of residence?	2647	Repeated
5. Regarding where you have lived during your life, which of the following statements fits best? <i>Ignore periods of absence for holiday, study or absences during the occupation years.</i>	2650	New
6. Which of these is your highest educational or professional qualification?	2644	Repeated
7. What is your current relationship status?	2653	Repeated
8. Which of the following best describes your current work situation?	2653	Repeated
9a. Do you care for a family member, partner or friend who needs help because of long-term ill health OR problems related to old age, other than as part of your job?	2639	Repeated
<i>If yes: 9b. In a typical week, how many hours do you spend caring for them?</i>	241	Repeated
10a. Do you receive care or help at home from a family member, partner, friend OR a paid carer?	2641	New
<i>If yes: 10b. In a typical week, how many hours are spent helping you?</i>	131	New
11. Including yourself, how many people live together in your household?	2656	Repeated
Your general health		
12. How is your health in general? Would you say it is... (select one)	2656	Repeated
13a. Do you have any longstanding illness, disability or infirmity? <i>By longstanding illness, we mean any condition that has lasted (or is expected to last) at least 12 months. Include any problems related to old age.</i>	2638	New
<i>If 13a=yes: 13b. Thinking of these conditions and/or illnesses, would you describe yourself as having...? Select all that apply.</i>	903	New
<i>If 13a=yes: 13c. Are your day to day activities limited because of your health problem or disability?</i>	917	New
14. What is your height (without shoes)?	2331	Repeated
15. What is your weight (lightly dressed)?	2331	Repeated
16. Are you pregnant? For women only (aged 16-50 years)	901	Repeated
Attitudes to health		
17. Which, if any, of the following changes to your lifestyle do you intend to make in the next six months? <i>Select all that apply or choose 'None of these'.</i>	2614	Revised

APPENDIX A (CONTINUED)

BASE SIZE AND QUESTIONS COMPARED TO 2013

Question	Unweighted base size	Status compared to 2013
Health services in Guernsey and Alderney		
18. How many times have you seen a GP in the last 12 months regarding <u>your own</u> health? <i>This could be at the practice, at home or elsewhere.</i>	2571	Revised
19. Do you currently have any health concerns that you have not seen a GP about?	2574	New
20. When you see a GP or nurse at your doctor's surgery, who normally pays the consultation charge? <i>Note: this is the cost after the States grant has been deducted.</i>	2569	Revised
21. In the last 12 months, has the cost stopped you from using any of the following health services? <i>Select all that apply or choose 'None of the above'.</i>	2533	Revised
22. Have you had a flu jab in the last 12 months?	2574	New
23. During the past month, how would you rate your sleep quality overall?	2576	Repeated
24. During the night, how many times do you have to get up to urinate (i.e. go to the toilet), on average?	2574	New
25. Do you have any problems of incontinence (i.e. leaking urine) during the day or at night? If so, how often do you leak urine?	2576	New
Food and diet		
26. Which of the following statements best describes you?	2450	Repeated
27. On average, how often do you drink each of the following?		
Water	2441	Repeated
Fruit juice / fruit smoothie	2331	Revised
Low calorie fizzy drink	2311	Repeated
Other fizzy drink (not low calorie)	2285	Repeated
High energy caffeine drink	2298	Revised
28. Yesterday, how many portions of fruit did you eat? <i>A portion is equal to one apple, 3 tablespoons of canned fruit, one small glass of fruit juice.</i>	2417	Revised
29. Yesterday, how many portions of vegetables or salad (not counting potatoes) did you eat? <i>A portion of vegetables is 3 tablespoons.</i>	2417	Revised
30. For breakfast, lunch and dinner in the past 7 days, please indicate the number of times you had each type of meal? <i>Write a number in every box. The total for each row should equal 7. For 'at home' meals you should include meals eaten in your own home or in someone else's.</i>	2069	New

APPENDIX A (CONTINUED)

BASE SIZE AND QUESTIONS COMPARED TO 2013

Question	Unweighted base size	Status compared to 2013
Leisure time and activities		
31a. Do you regularly volunteer your time, either for a registered charity, or for another organisation like a youth or community group?	2381	Revised
<i>If yes: 31b. On average, how many hours per month do you volunteer?</i>	588	Revised
32. Have you regularly taken part in any of the following social or community activities or groups in the last 12 months? Select all that apply or choose 'None of the above'.	2374	Revised
33. How much of your free time in the past week, did you spend sitting, reclining or lying down AND watching TV or using a computer, iPad, tablet or smartphone?		
On a typical day <u>during the week</u> :	hours minutes	*
On a typical day <u>at the weekend</u> :	hours minutes	*
34. In the past week, on which days have you done a total of 30 minutes or more of physical activity which was enough to raise your breathing rate? This may include sport, exercise, and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job. Select all that apply or choose 'None of these'.	2381	Revised
Sun protection		
35. Do you routinely undertake any of the following measures to protect yourself from the sun / prevent sunburn? Select all that apply or choose 'None of the above'.	2372	Revised
36. How many times did you get sunburnt in the last 12 months?	2379	Repeated
37. Which of the following statements best describes your use of UV sunbeds?	2373	New
38. Here are some potential signs of skin cancer. Which ones have you heard about? Select all that apply or choose 'None of the above'.	2372	New
Smoking		
39. Have you ever smoked tobacco? Select the statement that best describes you.	2384	Repeated
40. Have you vaped or used an e-cigarette? Select the statement that best describes you.	2379	New
41. To what extent do you agree or disagree with the following statements?		
e-cigarettes encourage people to stop smoking	2357	New
e-cigarettes encourage people to start smoking	2321	New
e-cigarettes are harmless to health	2329	New
e-cigarettes are just as harmful to health as normal cigarettes	2338	New
e-cigarettes are helping smoking to become more acceptable	2330	New

* The answers to these questions suggested inconsistency in how the question was interpreted, with several people giving a number that suggested it was the number of hours per week. Responses have not been analysed.

APPENDIX A (CONTINUED)

BASE SIZE AND QUESTIONS COMPARED TO 2013

Question	Unweighted base size	Status compared to 2013
Alcohol		
42. Using the pictures as a guide, please complete the number of units you have consumed each day last week when you have been at home or out.	2313	Revised
43. How much do you agree or disagree with the following statements?		
Getting drunk is a perfectly acceptable thing to do	2320	Repeated
It is easier to enjoy a social event if you've had a drink of alcohol	2318	Repeated
44. Please complete the following table. Tick one circle in each row.		
How often do you have a drink containing alcohol?	2331	Repeated
How many drinks containing alcohol do you have on a typical day when you are drinking?	2282	Repeated
How often do you have four or more drinks on one occasion?	2323	Repeated
How often during the last year have you found that you were not able to stop drinking once you had started?	2310	Repeated
How often during the last year have you failed to do what was normally expected of you because of drinking?	2315	Repeated
How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	2313	Repeated
How often during the last year have you had a feeling of guilt or remorse after drinking	2314	Repeated
How often during the last year have you been unable to remember what happened the night before because of your drinking?	2311	Repeated
Have you or someone else been injured because of your drinking?	2327	Repeated
Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	2324	Repeated
Drugs		
45. In the last 12 months, have you used...?		
Cannabis	2312	Repeated
Other illegal drugs (e.g. ecstasy, heroin, cocaine)	2319	Revised
Wellbeing		
We want to understand how satisfied you are with your life. Assume that this ladder is a way of picturing your life. The top of the ladder represents the best possible life for you. The bottom rung of the ladder represents the worst possible life for you.	2286	New
46a. Please indicate where on the ladder you personally feel you stand <u>right now</u> by ticking a circle:		
46b. Please indicate where you think you will stand <u>about five years from now</u> by ticking a circle:	2263	New

APPENDIX A (CONTINUED)

BASE SIZE AND QUESTIONS COMPARED TO 2013

Question	Unweighted base size	Status compared to 2013
Wellbeing (continued)		
47. Below are some statements about your feelings and thoughts. For each one please select the one that best describes your experience over the last 2 weeks:		
I've been feeling optimistic about the future	2247	Repeated
I've been feeling useful	2247	Repeated
I've been feeling relaxed	2252	Repeated
I've been dealing with problems well	2250	Repeated
I've been thinking clearly	2249	Repeated
I've been feeling close to other people	2250	Repeated
I've been able to make up my own mind about things	2259	Repeated
48. How often do you feel excluded or left out of activities / events that you would like to go to?	2284	New
49. How often do you feel lonely, isolated or that you lack companionship?	2284	New
50. Please indicate your response to the following statements:		
I experience a general sense of emptiness	2224	New
I miss having people around me	2236	New
I often feel rejected	2218	New
There are plenty of people I can rely on when I have problems	2254	New
There are many people I can trust completely	2257	New
There are enough people I feel close to	2265	New
51. Which of these statements best describes the amount of stress or pressure that you have experienced in the last 12 months?	2282	Repeated

APPENDIX A (CONTINUED)

BASE SIZE AND QUESTIONS COMPARED TO 2013

Question	Unweighted base size	Status compared to 2013
Wellbeing (continued)		
52. How often do the following things cause you anxiety or stress?		
Own health	2257	Repeated
Health problems of family or friends	2263	Repeated
Other problems of family or friends	2237	Revised
Money and financial pressures	2260	Repeated
Work	2221	Revised
Personal relationships	2248	Repeated
Personal safety and security	2255	New
How you are perceived by others	2219	New
Pressure to always 'be available' (for work, family or other reasons)	2246	New
Experiences linked to social networking	2233	New
Global issues	2233	Repeated
Other (please describe on line below)	153	New
Access to services and transport		
53. Within the last 12 months have any of the following prevented you from getting where you need to go, or would like to go? Select all that apply or choose 'None of the above'.	2244	New
Money matters		
54. What type of housing do you live in?	2275	Repeated
55. What is your total gross household income? (Please include all income from salaries or wages from paid work, income from any state benefits, occupational or state pensions and any other income).	2253	Repeated
56. Do you feel better off, worse off, or about the same financially as you did 12 months ago?	2275	New
57. Could your household afford an unexpected, but necessary expense of £100?	2275	New
58. Could your household afford an unexpected, but necessary expense of £1,000?	2274	New
59. In the last 12 months, which of the following has your household found it difficult meet the cost of? (e.g. paid late, had to borrow money, or have gone without). Select all that apply or choose 'None of the above'.	2255	New
60. Thinking about last winter, did you keep comfortably warm in at least one room in your house?	2282	Repeated

APPENDIX A (CONTINUED)

BASE SIZE AND QUESTIONS COMPARED TO 2013

Question	Unweighted base size	Status compared to 2013
Digital and social media		
61. Do you, or does anyone in your household, have access to the internet <u>at home</u> (via any device, including a computer, laptop, iPad, tablet, mobile phone)?	2256	New
62. How often do <u>you</u> use the internet, whether at home or elsewhere?	2273	New
63. Which of these statements best describes your feelings about your level of internet use? (Even if you never use it).	2218	New
64. In the last 12 months, has anyone else used the internet on your behalf (e.g. sent an email or made a purchase)?	2262	New
65. Do you regularly use the internet to do any of the following? <i>Select all that apply or choose 'None of the above'.</i>	2272	New
Health literacy		
66. Imagine that you had a strong need to get information about health or medical topics. How would you find out what you needed to know? <i>Choose up to three.</i>	2246	New
67. In general, how much would you trust information about health or medical topics from each of the following?		
A doctor	2245	New
Family or friends	2186	New
Newspapers or magazines	2164	New
Radio	2156	New
Internet	2154	New
Television	2162	New
Government Health Agencies	2151	New
Charitable organisations	2133	New
Religious organisations and leaders	2128	New
68. Do you have any comments related to this survey?	318	New

APPENDIX B

RESPONDENT PROFILE BY METHOD OF DATA COLLECTION

GENDER, AGE, NATIONALITY AND RESIDENCE

	Core n=956	Online n=1552	Target n=148	All n=2656
Gender				
Female	62%	70%	76%	67%
Male	38%	29%	24%	32%
Non-binary / Prefer to self-describe	<1%	<1%	<1%	<1%
Prefer not to say	<1%	<1%	0%	<1%
Age				
16-24	2%	7%	1%	5%
25-34	8%	15%	3%	12%
35-44	12%	19%	4%	16%
45-54	16%	24%	5%	20%
55-64	21%	20%	9%	20%
65-74	22%	11%	19%	16%
75+	19%	4%	58%	13%
Country of birth				
Bailiwick of Guernsey	57%	59%	60%	58%
UK and Northern Ireland / Republic of Ireland / Jersey	36%	35%	34%	35%
Other	7%	6%	5%	6%
Main island of residence				
Guernsey / Herm / Jethou	97%	97%	100%	97%
Alderney	3%	3%	0%	3%
Residence over lifetime				
I have always lived here	41%	39%	42%	40%
I have lived most of my life here	32%	30%	37%	31%
I have lived some of my life here and some of my life elsewhere	19%	18%	18%	18%
I have lived most of my life elsewhere	8%	12%	3%	10%

RELATIONSHIPS, EDUCATION, EMPLOYMENT AND CARING

	Core n=956	Online n=1549	Target n=148	All n=2653
Current relationship status				
Married	58%	56%	34%	55%
Living with long-term partner but not married	9%	15%	5%	12%
Widowed	12%	3%	41%	9%
Separated	3%	2%	2%	3%
Divorced	8%	8%	10%	8%
Single (i.e. never married)	11%	16%	9%	14%
Highest educational / professional qualification				
No formal qualifications	24%	9%	49%	17%
GSCE / O-Level / GNVQ (Intermediate) or equivalent	27%	23%	29%	25%
A-Level / GNVQ (Advanced) or equivalent	11%	18%	7%	15%
Degree or equivalent professional qualification	38%	50%	15%	44%
Current work situation				
Employed full-time	33%	52%	9%	43%
Employed part-time	13%	17%	8%	15%
Self-employed	6%	6%	1%	6%
In full-time education or training	0%	2%	0%	1%
Retired	38%	15%	72%	26%
Not employed	6%	5%	7%	6%
Other	4%	2%	2%	3%
Care for a family member, partner or friend who needs help because of long-term ill health OR problems related to old age				
Yes	9%	11%	10%	10%
Receive care or help at home from a family member, partner, friend OR a paid carer				
Yes	5%	4%	33%	6%



APPENDIX B (CONTINUED)

RESPONDENT PROFILE BY METHOD OF DATA COLLECTION

HOUSING, HOUSEHOLD COMPOSITION AND INCOME

	Core n=915	Online n=1215	Target n=145	All n=2275
Housing				
Own home owned outright	53%	30%	56%	41%
Own home buying with a mortgage	25%	37%	6%	30%
Private rental	10%	18%	5%	14%
Affordable	5%	4%	7%	5%
Other	7%	11%	27%	10%
Household Composition	n=956	n=1552	n=148	n=2656
Single Adult 16-64	12%	12%	5%	12%
Single adult, 16-64 with dependant child(ren)	3%	4%	1%	3%
Single adult, 65 or over	15%	4%	49%	11%
2 adults, 16-64	15%	19%	7%	17%
2 adults, 16-64, with dependant child(ren)	12%	17%	3%	14%
2 adults 65 or over	16%	6%	18%	10%
Other	21%	33%	14%	28%
Prefer not to say	5%	5%	4%	5%
Have children in Household	20%	29%	7%	27%
What is your total gross household income?	n=900	n=1219	n=134	n=2253
Less than £20,000	18%	9%	31%	14%
£20,000 - £39,999	23%	21%	20%	22%
£40,000 - £59,999	17%	21%	7%	19%
£60,000 - £79,999	11%	15%	7%	13%
£80,000 - £99,999	8%	10%	5%	9%
£100,000 +	16%	16%	2%	15%
Don't know	7%	8%	28%	9%

SELECTED HEALTH INDICATORS

	Core n=956	Online n=1552	Target n=148	All n=2656
Self-reported health				
Very good	32%	30%	24%	31%
Good	45%	45%	38%	44%
Fair	20%	20%	31%	21%
Bad	3%	5%	7%	4%
Very bad	0%	0%	0%	0%
Has longstanding illness, disability, or infirmity	n=946	n=1548	n=144	n=2638
Yes	35%	34%	46%	35%
Describe themselves as having ...	n=312	n=529	n=62	n=903
A physical disability	38%	30%	45%	34%
A mental or emotional health condition	15%	30%	18%	24%
A long-term illness	47%	46%	44%	46%
Prefer not to answer	6%	7%	5%	7%
Don't know	9%	5%	3%	6%
Are your day to day activities limited	n=326	n=531	n=60	n=917
Yes, a lot	17%	15%	42%	17%
Yes, a little	43%	51%	43%	47%
No	41%	35%	15%	36%
Weight Status	n=858	n=1362	n=111	n=2331
BMI less than 18.5 (Underweight)	1%	2%	3%	2%
BMI 18.5 to less than 25 (Healthy Weight)	41%	39%	41%	40%
BMI 25 to less than 30 (Overweight)	37%	33%	34%	35%
BMI 30 or more (Obese)	21%	26%	23%	24%

APPENDIX C

THE GUERNSEY AND ALDERNEY WELLBEING SURVEY 2018

QUESTIONNAIRE

Two versions of the questionnaire were produced. The cover page differed depending on whether it was sent to a randomly selected householder or the general public. The questions were the same in both versions.

The following is the version sent to householders.





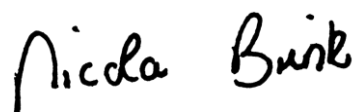
Guernsey and Alderney Wellbeing Survey

Dear Householder,

The Public Health Service is carrying out a Wellbeing Survey with assistance from local research company, Island Global Research, and your household has been randomly chosen to take part.

Please pass this questionnaire to the person living at this address who has the next birthday, is aged 16 or over and is resident in Guernsey, Alderney, Herm or Jethou and ask them to follow the instructions on the next page.

Thank you for taking part.



Dr Nicola Brink,
Director of Public Health



What do I do?

Please go online at: www.gov.gg/wellbeingsurvey and complete the survey where you will have the option to enter a prize draw to win £100.

Your reference number is: XXXX

Or complete this paper questionnaire and send it back to us in the postage paid return envelope provided.

We would be grateful if you would fill in your survey by 31st October 2018.

Why should I take the survey?

This survey collects information about residents' opinions and lifestyles. Your responses represent you and people like you living in our islands and will help us plan and improve health services to meet your needs.

Is the survey confidential?

Information you give us will be treated in the strictest confidence. No individual identifiable data will be shared with any other States service area and no attempt will be made to link your responses back to your household.

We want to hear from you. If you require this questionnaire in a different format, for example large print, or in a different language, please get in touch.

Queremos obter notícias suas. Se desejar receber este questionário num formato diferente, por exemplo uma impressão em grandes caracteres, ou num idioma diferente, queira por favor contactar-nos.

Mēs vēlamies dzirdēt no jums. Ja jums nepieciešama šī aptauja citā formātā, piemēram, liela izmēra drukāšanai vai citā valodā, lūdzu, sazinieties ar mums.

Chcemy poznać Twoją opinię. Jeśli potrzebujesz tej ankiety w innym formacie, przykładowo z większą czcionką lub w innym języku, skontaktuj się z nami.

Please contact us if you have any questions about this survey:



01481 707311



healthy.living@gov.gg



Guernsey Health Promotion

About you

1. Are you?

- ☐ Female
 - ☐ Male
 - ☐ Non-binary
 - ☐ Prefer not to say
 - ☐ Prefer to self-describe: _____ (optional)
-

2. What year were you born?

3. What is your country of birth?

- ☐ Bailiwick of Guernsey
 - ☐ UK and Northern Ireland / Republic of Ireland / Jersey
 - ☐ Latvia
 - ☐ Poland
 - ☐ Portugal
 - ☐ Other (please state): _____
-

4. What is your main island of residence?

- ☐ Guernsey / Herm / Jethou
 - ☐ Alderney
-

5. Regarding where you have lived during your life, which of the following statements fits best?

Ignore periods of absence for holiday, study or absences during the occupation years.

- ☐ I have always lived here
 - ☐ I have lived most of my life here
 - ☐ I have lived some of my life here and some of my life elsewhere
 - ☐ I have lived most of my life elsewhere
-

6. Which of these is your highest educational or professional qualification?

- ☐ No formal qualifications
 - ☐ GCSE / O-Level / GNVQ (Intermediate) or equivalent
 - ☐ A-Level / GNVQ (Advanced) or equivalent
 - ☐ Degree or equivalent professional qualification
-

7. What is your current relationship status?

- ☐ Married
- ☐ Living with long-term partner but not married
- ☐ Widowed
- ☐ Separated
- ☐ Divorced
- ☐ Single (i.e. never married)

8. Which of the following best describes your current work situation?

- ☐ Employed full-time
- ☐ Employed part-time
- ☐ Self-employed
- ☐ In full-time education or training
- ☐ Retired
- ☐ Unable to work due to long-term sickness or disability
- ☐ Not employed, but seeking employment
- ☐ Not employed, and not looking for employment
- ☐ Other (please state): _____

Please tell us about care that you give to someone else...

9a. Do you care for a family member, partner or friend who needs help because of long-term ill health OR problems related to old age, other than as part of your job?

- ☐ Yes
- ☐ No

If yes:

9b. In a typical week, how many hours do you spend caring for them?

hours

Now a question about help that other people give you...

10a. Do you receive care or help at home from a family member, partner, friend OR a paid carer?

- ☐ Yes
- ☐ No

If yes:

10b. In a typical week, how many hours are spent helping you?

hours

11. Including yourself, how many people live together in your household?

Aged 0 to 4 years

Aged 5 to 15 years

Aged 16 to 64 years

Aged 65 years or older

Your general health

12. How is your health in general? Would you say it is... (select one)

- ☐ Very good
- ☐ Good
- ☐ Fair
- ☐ Bad
- ☐ Very bad

13a. Do you have any longstanding illness, disability or infirmity?

By longstanding illness, we mean any condition that has lasted (or is expected to last) at least 12 months. Include any problems related to old age.

- ☐ Yes
- ☐ No

If yes:

13b. Thinking of these conditions and/or illnesses, would you describe yourself as having...?

Select all that apply.

- ☐ A physical disability
- ☐ A mental or emotional health condition
- ☐ A long-term illness
- ☐ Prefer not to answer
- ☐ Don't know

13c. Are your day to day activities limited because of your health problem or disability?

- ☐ Yes, a lot
- ☐ Yes, a little
- ☐ No

14. What is your height (without shoes)?

feet and inches OR metres and centimetres

15. What is your weight (lightly dressed)?

stones and pounds OR kilograms

For women only (aged 16-50 years)

16. Are you pregnant?

- ☐ Yes
- ☐ No

Attitudes to health

17. Which, if any, of the following changes to your lifestyle do you intend to make in the next six months?

Select all that apply or choose 'None of these'.

- ☐ Eat more healthily
 - ☐ Lose weight
 - ☐ Do more physical exercise or activity
 - ☐ Stop smoking tobacco
 - ☐ Drink less alcohol
 - ☐ None of these
-

Health services in Guernsey and Alderney

18. How many times have you seen a GP in the last 12 months regarding your own health?

This could be at the practice, at home or elsewhere.

- ☐ 0, have not visited
 - ☐ 1 visit
 - ☐ 2 visits
 - ☐ 3 visits
 - ☐ 4 visits
 - ☐ 5 or more visits
-

19. Do you currently have any health concerns that you have not seen a GP about?

- ☐ Yes
 - ☐ No
-

20. When you see a GP or nurse at your doctor's surgery, who normally pays the consultation charge?

Note: this is the cost after the States grant has been deducted.

- ☐ I pay for my own appointments
 - ☐ Private health insurance (via my employer)
 - ☐ Private health insurance (taken out as an individual or household)
 - ☐ States of Guernsey (via Income Support or Medical Expenditure Assistance Scheme)
 - ☐ I have a pre-pay arrangement with my practice (e.g. Medipact)
-

21. In the last 12 months, has the cost stopped you from using any of the following health services?

Select all that apply or choose 'None of the above'.

- ☐ GP (for an adult appointment)
- ☐ GP (for a child appointment)
- ☐ Nurse at the GP practice
- ☐ Out of hours GP or Accident and Emergency Department (i.e. at night or over the weekend)
- ☐ Dentist (for an adult appointment)
- ☐ Dentist (for a child appointment)
- ☐ Hearing test or hearing aid fitting
- ☐ Optician
- ☐ Chiropodist
- ☐ Physiotherapist
- ☐ Other health profession (please state which one: _____)
- ☐ None of the above

22. Have you had a flu jab in the last 12 months?

- ☐ Yes, free
- ☐ Yes, paid
- ☐ No

23. During the past month, how would you rate your sleep quality overall?

- ☐ Very good
- ☐ Good
- ☐ Fair
- ☐ Poor
- ☐ Very poor

24. During the night, how many times do you have to get up to urinate (i.e. go to the toilet), on average?

- ☐ None
 - ☐ One
 - ☐ Two
 - ☐ Three
 - ☐ Four or more
-

25. Do you have any problems of incontinence (i.e. leaking urine) during the day or at night? If so, how often do you leak urine?

- ☐ No, never
- ☐ Yes, once a week or less
- ☐ Yes, 2 to 3 times a week
- ☐ Yes, about once a day
- ☐ Yes, several times a day
- ☐ Yes, all the time

Food and diet

26. Which of the following statements best describes you?

- ☐ I think I am underweight
- ☐ I think my weight is about right
- ☐ I think I am overweight
- ☐ I think I am very overweight
- ☐ I am not sure about my weight / I don't know
- ☐ I prefer not to answer

27. On average, how often do you drink each of the following?

	Several times a day	Once a day	Several times a week	Once a week	Rarely or never
Water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fruit juice / fruit smoothie	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Low calorie fizzy drink	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other fizzy drink (not low calorie)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
High energy caffeine drink	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

28. Yesterday, how many portions of fruit did you eat?

A portion is equal to one apple, 3 tablespoons of canned fruit, one small glass of fruit juice.

portion(s)

29. Yesterday, how many portions of vegetables or salad (not counting potatoes) did you eat?

A portion of vegetables is 3 tablespoons.

portion(s)

30. For breakfast, lunch and dinner in the past 7 days, please indicate the number of times you had each type of meal?

Write a number in every box. The total for each row should equal 7.

For 'at home' meals you should include meals eaten in your own home or in someone else's.

	Bought and ate 'on the go' (e.g. prepared sandwich or meal deal)	Ate at café or restaurant	Had a take- away at home (e.g. fish & chips, Chinese, Indian)	Ate a meal prepared at home from basic ingredients	Ate a pre- prepared meal or ready meal at home	Did not eat
Breakfast	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Lunch	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dinner	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Leisure time and activities

31a. Do you regularly volunteer your time, either for a registered charity, or for another organisation like a youth or community group?

☐ Yes

☐ No

If yes:

31b. On average, how many hours per month do you volunteer?

hours per month

32. Have you regularly taken part in any of the following social or community activities or groups in the last 12 months? *Select all that apply or choose 'None of the above'.*

- ☐ Attend church / church-related activities
- ☐ School-related activities (e.g. PTA)
- ☐ Adult education classes
- ☐ Sports club / team or exercise class
- ☐ Day Centre
- ☐ Parent and toddler groups
- ☐ Support group
- ☐ Other social/community activities or groups (e.g. art and craft, drama, music, gardening etc.)
- ☐ None of the above

33. How much of your free time in the past week, did you spend sitting, reclining or lying down AND watching TV or using a computer, iPad, tablet or smartphone?

On a typical day during the week: hours minutes

On a typical day at the weekend: hours minutes

34. In the past week, on which days have you done a total of 30 minutes or more of physical activity which was enough to raise your breathing rate?

This may include sport, exercise, and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job.

Select all that apply or choose 'None of these'.

- | | |
|------------------------------------|--|
| <input type="checkbox"/> Monday | <input type="checkbox"/> Friday |
| <input type="checkbox"/> Tuesday | <input type="checkbox"/> Saturday |
| <input type="checkbox"/> Wednesday | <input type="checkbox"/> Sunday |
| <input type="checkbox"/> Thursday | <input type="checkbox"/> None of these |

Sun protection

35. Do you routinely undertake any of the following measures to protect yourself from the sun / prevent sunburn?

Select all that apply or choose 'None of the above'.

- ☐ Stay out of the sun at the hottest times (e.g. between 11am and 3pm)
- ☐ Cover up with clothing
- ☐ Use sunscreen (SPF 15 or above)
- ☐ Wear a hat
- ☐ Wear sunglasses
- ☐ None of the above

36. How many times did you get sunburnt in the last 12 months?

- ☐ None, I didn't get sunburnt
- ☐ Once or twice
- ☐ 3-5 times
- ☐ 6-10 times
- ☐ More than 10 times
- ☐ Don't know

37. Which of the following statements best describes your use of UV sunbeds?

- ☐ I have never used a UV sunbed
- ☐ I have used a UV sunbed in the past, but no longer use
- ☐ I currently use a UV sunbed – if so, approximately how many times per year:

38. Here are some potential signs of skin cancer. Which ones have you heard about?

Select all that apply or choose 'None of the above'.

- ☐ A sore that doesn't heal
- ☐ A change in the appearance of a mole
- ☐ A freckle that has changed in shape or size
- ☐ A mole or sore that itches or hurts
- ☐ A mole that bleeds
- ☐ None of the above

Smoking

39. Have you ever smoked tobacco?

Select the statement that best describes you.

- ☐ I have never smoked
- ☐ I have only tried smoking once or twice
- ☐ I used to smoke but have given up
- ☐ I smoke some days
- ☐ I smoke every day

40. Have you vaped or used an e-cigarette?

Select the statement that best describes you.

- ☐ I have never vaped or used an e-cigarette
- ☐ I have only tried it once or twice
- ☐ I used to vape / use e-cigarettes but have given up
- ☐ I vape / use e-cigarettes some days
- ☐ I vape / use e-cigarettes every day

41. To what extent do you agree or disagree with the following statements?

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree	Don't know
e-cigarettes encourage people to stop smoking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e-cigarettes encourage people to start smoking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e-cigarettes are harmless to health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e-cigarettes are just as harmful to health as normal cigarettes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e-cigarettes are helping smoking to become more acceptable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Alcohol

There is one unit of alcohol in...



Half a pint of
regular beer,
lager or cider



Half a small
glass of
wine



1 single
measure of
spirits



1 small
glass of
sherry



1 single
measure of
aperitifs

...and each of these is more than one unit



Pint of
"regular" beer,
lager or cider



Pint of "strong" or
"premium" beer,
lager or cider



Alcopop or a
275ml bottle of
regular lager



440ml can of
"regular" lager or
cider



440ml can of
"super strength"
lager



250ml glass of
wine (12%)



75cl Bottle of
wine (12%)

42. Using the pictures as a guide, please complete the number of units you have consumed each day last week when you have been at home or out.

	Number of units	
	At home	When out
Monday	<input type="text"/>	<input type="text"/>
Tuesday	<input type="text"/>	<input type="text"/>
Wednesday	<input type="text"/>	<input type="text"/>
Thursday	<input type="text"/>	<input type="text"/>
Friday	<input type="text"/>	<input type="text"/>
Saturday	<input type="text"/>	<input type="text"/>
Sunday	<input type="text"/>	<input type="text"/>

43. How much do you agree or disagree with the following statements?

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree	Don't know
Getting drunk is a perfectly acceptable thing to do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is easier to enjoy a social event if you've had a drink of alcohol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

44. Please complete the following table.

Tick one circle in each row.

	Never	Monthly or less	2 to 4 times per month	2 to 3 times per week	4 or more times a week
How often do you have a drink containing alcohol?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	0 to 2	3 or 4	5 or 6	7 to 9	10 or more
How many drinks containing alcohol do you have on a typical day when you are drinking?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Never	Less than monthly	Monthly	Weekly	Daily or almost daily
How often do you have four or more drinks on one occasion?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often during the last year have you found that you were not able to stop drinking once you had started?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often during the last year have you failed to do what was normally expected of you because of drinking?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often during the last year have you had a feeling of guilt or remorse after drinking?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often during the last year have you been unable to remember what happened the night before because of your drinking?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	No		Yes, but not in the last year		Yes, in the last year
Have you or someone else been injured because of your drinking?	<input type="radio"/>		<input type="radio"/>		<input type="radio"/>
Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	<input type="radio"/>		<input type="radio"/>		<input type="radio"/>

Drugs

We would like to stress the confidentiality of your answers. Your responses will not be shared with any other States service area or third party organisations and will not be identifiable.

45. In the last 12 months, have you used...?

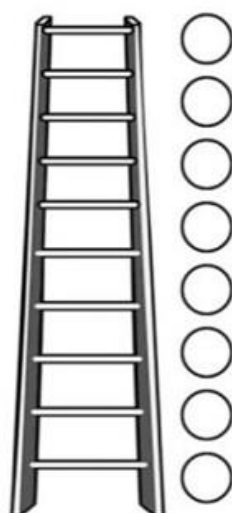
	No	Yes, in the last year	Yes, in the last month
Cannabis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other illegal drugs (e.g. ecstasy, heroin, cocaine)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Wellbeing

We want to understand how satisfied you are with your life. Assume that this ladder is a way of picturing your life. The top of the ladder represents the best possible life for you. The bottom rung of the ladder represents the worst possible life for you.

46a. Please indicate where on the ladder you personally feel you stand right now by ticking a circle:

Now

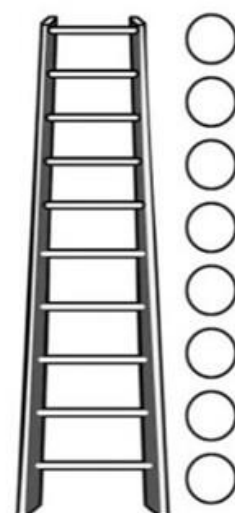


Best possible life

Worst possible life

46b. Please indicate where you think you will stand about five years from now by ticking a circle:

Future



Best possible life

Worst possible life

47. Below are some statements about your feelings and thoughts. For each one please select the one that best describes your experience over the last 2 weeks:

	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling useful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling relaxed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been dealing with problems well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been thinking clearly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling close to other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been able to make up my own mind about things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Short Warwick-Edinburgh Mental Well-being Scale (SWEMWBS). © NHS Scotland, University of Warwick and University of Edinburgh, 2007, all rights reserved.

48. How often do you feel excluded or left out of activities / events that you would like to go to?

- ☐ All the time
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

49. How often do you feel lonely, isolated or that you lack companionship?

- ☐ All the time
- ☐ Often
- ☐ Sometimes
- ☐ Rarely
- ☐ Never

50. Please indicate your response to the following statements:

	Yes	More or less	No
I experience a general sense of emptiness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I miss having people around me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often feel rejected	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are plenty of people I can rely on when I have problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are many people I can trust completely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There are enough people I feel close to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

51. Which of these statements best describes the amount of stress or pressure that you have experienced in the last 12 months?

- ☐ Completely free of stress
- ☐ Small amount of stress
- ☐ Moderate amount of stress
- ☐ Large amount of stress
- ☐ Don't know

52. How often do the following things cause you anxiety or stress?

	Never	Sometimes	Often	Always
Own health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Health problems of family or friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other problems of family or friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Money and financial pressures	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Personal relationships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Personal safety and security	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How you are perceived by others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pressure to always 'be available' (for work, family or other reasons)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Experiences linked to social networking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Global issues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (please describe on the line below):	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Access to services and transport

53. Within the last 12 months have any of the following prevented you from getting where you need to go, or would like to go?

Select all that apply or choose 'None of the above'.

- ☐ The cost of owning and running a car
 - ☐ The cost of using local taxis
 - ☐ The cost of getting a bus
 - ☐ The bus routes or timings are not suitable
 - ☐ Having to stand to wait for a bus
 - ☐ Feeling unable to walk safely (e.g. fear of falling, lack of pavements, road traffic)
 - ☐ Feeling unable to cycle safely
 - ☐ No transport available that suits my physical needs (e.g. a disabled-access taxi)
 - ☐ Unable to get there by myself and would need to ask for help (e.g. from family or friends)
 - ☐ Other (please state): _____
 - ☐ None of the above
-

Money matters

54. What type of housing do you live in?

- ☐ Own home – owned outright
 - ☐ Own home – buying with a mortgage
 - ☐ Private rental
 - ☐ Partial ownership – pay part rent and part mortgage
 - ☐ Social housing
 - ☐ Extra care housing
 - ☐ Residential / nursing home
 - ☐ Accommodation provided with job
 - ☐ Living rent free, or paying a small rent e.g. to parent(s) / friend(s)
 - ☐ Other (please state): _____
-

55. What is your total gross household income? (Please include all income from salaries or wages from paid work, income from any state benefits, occupational or state pensions and any other income).

- ☐ Less than £20,000
- ☐ £20,000 - £39,999
- ☐ £40,000 - £59,999
- ☐ £60,000 - £79,999
- ☐ £80,000 - £99,999
- ☐ £100,000 +
- ☐ Don't know

56. Do you feel better off, worse off, or about the same financially as you did 12 months ago?

- ☐ Better off
- ☐ About the same
- ☐ Worse off
- ☐ Don't know

57. Could your household afford an unexpected, but necessary expense of £100?

- ☐ Yes, no problem at all
- ☐ Yes, but it would not be easy
- ☐ No
- ☐ Don't know

58. Could your household afford an unexpected, but necessary expense of £1,000?

- ☐ Yes, no problem at all
 - ☐ Yes, but it would not be easy
 - ☐ No
 - ☐ Don't know
-

59. In the last 12 months, which of the following has your household found it difficult meet the cost of? (e.g. paid late, had to borrow money, or have gone without).

Select all that apply or choose 'None of the above'.

- ☐ Rent/mortgage
- ☐ Electricity/heating bills
- ☐ Telephone, internet or mobile phone charges
- ☐ Medical expenses
- ☐ Food
- ☐ Holidays
- ☐ Clothes and shoes
- ☐ Transport
- ☐ Credit Card
- ☐ Loan repayments (excluding mortgage)
- ☐ Childcare/education
- ☐ Home maintenance/repairs
- ☐ None of the above

60. Thinking about last winter, did you keep comfortably warm in at least one room in your house?

- ☐ Yes
- ☐ No
- ☐ N/A (e.g. if you spent the winter elsewhere)

Digital and social media

61. Do you, or does anyone in your household, have access to the internet at home (via any device, including a computer, laptop, iPad, tablet, mobile phone)?

- ☐ Yes, have access and use at home
- ☐ Yes, have access but don't use at home
- ☐ No, do not have access at home
- ☐ Don't know

62. How often do you use the internet, whether at home or elsewhere?

- ☐ Every day
- ☐ Several times a week
- ☐ At least once a week
- ☐ At least once a month
- ☐ A few times a year
- ☐ Less than once a year
- ☐ Never

63. Which of these statements best describes your feelings about your level of internet use? (Even if you never use it).

- ☐ I would like to use the internet more than I do now
- ☐ I am happy with my current level of internet use
- ☐ I would like to use the internet less than I do now

64. In the last 12 months, has anyone else used the internet on your behalf (e.g. sent an email or made a purchase)?

- ☐ Yes
- ☐ No

65. Do you regularly use the internet to do any of the following?

Select all that apply or choose 'None of the above'.

- ☐ Communicate (e.g. for emails, for instant messaging or voice/video calls)
- ☐ Read the news
- ☐ Use social media
- ☐ General browsing (e.g. to find information, including health information)
- ☐ Watch videos / TV (e.g. BBC iPlayer, YouTube, Netflix)
- ☐ Play online / interactive games
- ☐ Banking
- ☐ Shopping
- ☐ Transactions or processes (e.g. paying bills, completing a tax return)
- ☐ None of the above

Health literacy

66. Imagine that you had a strong need to get information about health or medical topics. How would you find out what you needed to know?

Choose up to three.

- ☐ Doctor/healthcare professional
- ☐ Pharmacist/chemist
- ☐ Friends/family
- ☐ Internet
- ☐ Book/leaflet
- ☐ Complementary/alternative practitioner
- ☐ Other (please state): _____

67. In general, how much would you trust information about health or medical topics from each of the following?

	Not at all	A little	Somewhat	A lot
A doctor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Family or friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Newspapers or magazines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Radio	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Internet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Television	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Government Health Agencies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Charitable organisations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Religious organisations and leaders	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

68. Do you have any comments related to this survey?

Thank you for taking the time to complete this survey

Please return it by 31st October 2018 in the postage paid return envelope to

Public Health Services
Le Vauquiedor Office
Rue Mignot
St Andrew's
Guernsey
GY6 8TW

The following are some of the services available in your local area:



Action for Children

Support for young people with accommodation, employability and substance misuse issues.
Tel: 700218



Age Concern

Support and social events for older people.
Tel: 263228



Choices

Contraception and sexual health advice.
Tel: 714954



Citizens Advice

Information and advice on all subjects including debt management.
Tel: 242266



Drug Concern

Help for those affected by drug or alcohol use.
Tel: 239132



Guernsey Alcohol Advisory Service

Counselling and rehabilitation for those struggling with their alcohol use.
Tel: 723255



Guernsey Chest & Heart LBG

Health screening service with a focus on cardiovascular and respiratory health.
Tel: 237261



Guernsey Employment Trust

Employment services for disabled people.
Tel: 247999



Guernsey Health Trainers

One-to-one support for people wanting to make changes for a healthier lifestyle.
Tel: 707311



Guernsey Housing Association

Provider of social rented housing and partial ownership property.
Tel: 245530



Guernsey Police

Maintain security and protect the community from harm.
Tel: 725111



Health Connections

First stop information centre covering all aspects of disability and health related matters.
Tel: 245530



Health Improvement Commission

Advocacy for healthy lifestyle choices.
Tel: 233522



Health Promotion Unit

Healthy Lifestyle information and advice.
Tel: 707311



Mind, Guernsey

Advice and support to promote positive mental health.
Tel: 722959



Orchard Centre

Open access sexual health services.
Tel: 707707



Quitline, Guernsey

Advice and support for those wanting to stop smoking.
Tel: 233170



Safer Guernsey

Support for survivors of domestic abuse and their children.
Tel: 721999



School Nurses

Promoting and maintaining the health of school-aged children.
Tel: 725241



Signpost.gg

Information and support for disabled people and their carers.
Tel: 245530



Sports Commission

Promotion of physical activity and sport.
Tel: 747229



Victim Support

Independent support for victims of crime and witnesses in court.
Tel: 713000



Youth Commission

Umbrella organisation linking charitable and support services for young people across the islands.
Tel: 756099

Island Global Research

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