

2012 Health Counts

Briefing

The surveys

Postal surveys conducted in 1992, 2003 and 2012. The report gives trends over time, and looks at results by population group and geographical area.

Topics include general health (inc. limiting long-term illness/disability, physical and emotional health), happiness, physical activity, diet, weight, smoking, alcohol and drugs use, with new questions on self-harm and sexual health in 2012, along with a number of questions on social capital and neighbourhood.

Respondent characteristics:

There are 2,035 respondents to all questions (37%), and 2,556 to selected questions (45%).

- 59% female; 41% male (Population 50:50)
- Age – similar breakdown – slightly higher older people and lower younger adults
- Higher response in most affluent quintile and lower in most deprived
- 18.7% BME (Census 2011 19.2%)
- One in ten (10.8%) LGB or unsure
- 0.9% trans (18 people)
- 44.9% no religion (Census 2011 42.4%)

Results are weighted for age, gender and locality.

Change over time *(Table 1)*

The following are significantly better in 2012 than in 1992 (or 2003 if asked for the first time in that year):

- Lower limiting long-term illness or disability
- Increased physical activity at recommended levels
- Increased consumption of 5-a-day
- Reduced smoking (daily or occasional)
- Increase in % of those who, if ill in bed could ask for help
- Lower stress anxiety due to:
 - Air quality
 - Waste / litter; Noise; and Traffic
 - Burglary; and Theft from, or of, cars
 - Fear of violence against you; and against your family and friends

And the following are significantly worse in 2012 than in 1992 (or 2003 if asked for the first time in that year):

- Higher obesity level
- Lower % seeing or speaking to neighbours at least once/twice a week
- Higher stress / anxiety due to housing conditions (e.g. damp/cold)
- Higher % not able to keep their home warm enough in winter most of the time or quite often

New questions show:

- 40% of respondents have ever taken drugs, 10% in last 4 weeks
- 10% have ever self-harmed
- 16% have ever had a common STI (Genital warts/HPV, Syphilis, Herpes, Chlamydia, Urethritis, Gonorrhoea)
- 17% cycled in the last week, 62% walked 10+ minutes continuously to get to/from places on 5+ days in last week but 9% did this on no day

Results by population group (Table 2)

Questions on equalities, and other population groups were also asked within the survey and Table 2 summarises results for the main survey questions by population group based upon significant difference to all respondents in the survey. Figures can be found within the main report. The report is therefore an important resource for needs assessments and equalities impact assessments.

Although 0.9% of the sample identified as trans, this is 18 people and so a trans Health Counts briefing is being prepared separately to the main report as part of the Trans Needs Assessment. This is due to the potential for disclosure and misinterpretation of results based upon small numbers.

No group is significantly better, or worse, than all respondents across every measure.

The following groups fare better (than all respondents) across many measures:

- Those who are married, in a civil partnership, or living as a couple
- Those who own their own home (with or without a mortgage)
- Those with degree level qualifications or higher (except common STIs)

The following groups fare worse (than all respondents) across many measures:

- Single adults
- Those with a limiting long-term illness or disability (except having ever taken drugs)
- Those renting from a housing association or local authority (except increasing/high risk drinking)
- Those who are unemployed and looking for work, unable to work due or caring for home and family

Results are shown for White British and Black and Minority Ethnic (BME) respondents, however little significant difference is seen at this level. The BME category covers many ethnic groups and there are differences within these. Where possible these are explored within the report, though the numbers of respondents in some groups is small, many comparison difficult. This is similar for results by sexual orientation.

Inequalities over time (Figure 1)

The report gives results for each section by deprivation quintile. The Annual Public Health Report also focussed on the change in inequalities from the 2003 survey to the 2012 survey based upon measures across the whole population.

Inequalities have reduced for:

- Smoking
- Consumption of five or more portions of fruit or vegetables
- Higher risk drinking: no longer shows any association with deprivation in Brighton & Hove
- Risk of major depression (small reduction)

Inequalities have widened for:

- Obesity
- Poor health, general health worsening (compared with a year ago) and limiting long-term illness / disability
- Being unable to keep your home warm in winter (most of the time or quite often)

The opposite picture:

- Rates of physical inactivity and combined overweight and obesity actually improve as deprivation increases, showing the opposite pattern to most inequalities in health.
- However, it is important to note that levels of physical inactivity and combined overweight/obesity were still high in the most deprived quintile of deprivation.

Inequalities in 2012 for new areas covered by the survey:

- Having ever taken drugs does not show a consistent pattern with deprivation.
- There is a significant association between self-harm and deprivation
- There is also a significant association between ever having a common STI (Genital warts/HPV, Syphilis, Herpes, Chlamydia, Urethritis, Gonorrhoea) and deprivation

Table 1: Health Counts summary over time

	1992	2003	2012	Direction 2003- 2012
General health, physical and emotional health & wellbeing				
General health: Good or better	82%	79%	83%	▲ 1%
Health compared with last year: A bit worse or much worse	14%	20%	18%	▲ 4%
Limiting long-term illness or disability	31%	33%	26%	● -5%
Moderate, severe or very severe bodily pain during the last four weeks	21%	26%	23%	▲ 2%
At risk of suffering major depression	37%	39%	38%	▲ 1%
Happiness and wellbeing				
Medium to high satisfaction with life			71%	
Medium to high feeling things you do are worthwhile			74%	
Medium to high how happy you felt yesterday			72%	
Very low or low anxiety yesterday			61%	
Physical activity				
Physical activity at recommended levels		15%	25%	● 10%
Cycled in last seven days			17%	
Walk for at least 10 mins continuously to get to/from places at least five days in a typical week			62%	
Do not walk 10mins any day per week			9%	
Diet and BMI				
Eat five or more portions of fruit and vegetables per day		43%	52%	● 9%
Overweight/obese (based upon self reported height and weight)		43%	44%	▲ 1%
Obese (based upon self reported height and weight)		10%	14%	◆ 4%
Smoking				
Daily or occasional smokers	33%	31%	22%	● -11%
Alcohol				
Increasing risk (>21 and <=50 units if male, >14 and <=35 units if female)	12%	18%	14%	▲ 2%
Higher risk (>50 units if male, >35 units if female)	2%	5%	4%	▲ 2%
Drugs				
Ever taken drugs			40%	
Taken drugs in last four weeks (included in above)			10%	
Self-harm				
Ever harmed yourself in any way but not with the intention of killing yourself			10%	
Sexual health				
Mean number of partners in last year (standard deviation)			1.7 (7.1)	
Mean number of partners in life so far (standard deviation)			7.1 (133.1)	
Ever had one of these listed common STIs: Genital warts/HPV, Syphilis, Herpes, Chlamydia, Urethritis, Gonorrhoea			16%	
Local area				
Satisfied are you with your local area as a place to live (City Tracker Wave 2: 90%)			88%	
Very/fairly strongly feel you belong to your immediate area			58%	
Use parks and open spaces in the city at least once a week			54%	
See or speak to neighbours at least once or twice a week		80%	68%	◆ -12%
Supposing you are ill in bed and need help at home. Could you ask anyone to help?		69%	76%	● 7%
During the past 3 months, have you felt anxious or stressed by any of the following - some to all of the time				
Housing conditions e.g. damp/cold		14%	20%	◆ 6%
Neighbourhood		19%	16%	▲ -3%
Air quality		21%	12%	● -9%
Waste / litter		44%	31%	● -13%
Noise		35%	29%	● -6%
Traffic		39%	29%	● -10%
Burglary		39%	19%	● -20%
Theft from, or of, cars		37%	16%	● -21%
Fear of violence against you		24%	14%	● -10%
Fear of violence against your family or friends		26%	13%	● -13%
Fear of losing job			27%	
Fear of losing home			19%	
Winter warmth				
Cannot keep your home warm enough in winter most of the time or quite often		13%	17%	◆ 4%

Table 2: Health Counts summary by population group

	Good or better health	Limiting long-term illness / disability	At risk of major depression	Satisfied	Worthwhile	Happy yesterday	Low anxiety yesterday	Physical activity	5-a-day	Healthy weight	Smoking (daily/occasional)	Increasing/higher risk drinking	Ever taken drugs	Ever self-harmed	Ever had a common STI	Satisfied with local area as a place to live	Very/fairly strong feeling of belonging	Use parks/open spaces at least once a week	See or speak to neighbours at least once/twice week	If ill in bed, could ask someone for help	Cannot keep home warm in winter most of the time / quite often
SEXUAL ORIENTATION																					
Heterosexual																					
Lesbian, Gay, Bisexual, Unsure (LGBU) or other																					
ETHNICITY																					
White British																					
Black or Minority Ethnic (BME)																					
MARITAL STATUS																					
Single																					
Married, in a civil partnership or living as a couple																					
Separated or divorced																					
Widowed																					
LIMITING LONG-TERM ILLNESS OR DISABILITY																					
Limiting long-term illness or disability																					
No limiting long-term illness or disability																					
CARERS																					
Carers																					
Non carers																					
RELIGION																					
No religion																					
Christian religion																					
Any other religion																					
HOUSING TENURE																					
Own home (with or without mortgage)																					
Rent from a private landlord																					
Rent from a housing association or local authority																					
EMPLOYMENT STATUS																					
Student																					
Employed																					
Unemployed and looking for work, unable to work due or caring for home and family																					
Retired																					
QUALIFICATIONS																					
No qualifications																					
Degree level or higher																					

Significantly worse than all respondents
 No significant difference to all respondents
 Significantly better than all respondents

Key for table 2

Figure 1: Inequalities over time

Inequalities in Brighton & Hove 2003 – 2012

The illustration shows a number of features of local inequalities. The absolute level of inequality in 2012 (the Slope Index of Inequality) is shown on the X axis. The extent to which these inequalities have widened or narrowed since the last Health Counts survey (2003) is shown on the Y axis (the rate of change in the SII). The size of the points is an indication of the 2012 relative slope index of inequality.

Source: Health Counts 2003 and 2012

