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**HEALTH & LIFESTYLE**

**IN**

**EASTBOURNE DOWNS  
PRIMARY CARE TRUST**

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## **SUMMARY**

Data from the 2001 Census shows a population of 163,749 living in 26 Electoral Wards. Compared to the UK population, the age profile shows far more people in Eastbourne are aged 65+ and there are fewer younger adults aged 18-44.

The Health Counts Survey received 1492 responses from a total of 2853. The response rate for Eastbourne Downs PCT was 55.0%.

The responses have indicated the following:

### ***Perceptions of Health***

- 39.6% of respondents said their health was very good or excellent, and 37.4% said their health was good.
- 38.0% said they had long-term illness / disability / health problems with 40.6% of men reported a long-term illness, disability or health problem compared to 37.7% of women. The proportion with long-term limiting illness has increased to 38% from 32.5% in 1992.
- The number of people at risk of major depression has increased from 30% in 1992 to 33.4% in 2003.
- Overall 18.7% of respondents said they had fallen in the past six months. Over 75s reported falls of 27.6% (males), 30.6% (females). Falling was more likely amongst those reporting poorer health.
- 57.2% said they were on medication prescribed by a doctor.

### ***Health Behaviours***

- 21% of Eastbourne Downs respondents were current smokers.
- 18.2% of men in Eastbourne admitted to drinking more than 21 units a week. 11.4% of women in Eastbourne said they were drinking more than 14 units a week, the recommended limit for women.
- In 1992 the proportions of heavy drinkers were lower with 9.5% of men drinking more than 21 units and 7.1% of women drinking more than 14 units of alcohol per week.
- 57% of respondents were eating less than the recommended five pieces of fruit or vegetables a day with more men (63%) than women (52%) failing to reach the recommended quantity.
- 5.5% of respondents were underweight. 47% were classified as overweight.
- 33.9% exercise 3 or more times a week for 30 minutes

### ***Use of Services***

- 16% of respondents had visited their GP in the last two weeks, nearly half within the last three months and 85% in the last year. Well over half of the respondents (57%) reported being on repeat medication prescribed by a doctor.
- 17% were not registered with a dentist.

### ***Wider Determinants of Health***

- 20% of respondents said they were carers.
- Public transport was the main form of transport for 11.3% of respondents.
- 30% of responders had health insurance either through their occupation or privately arranged.
- Around a third were anxious about burglary (35%) or car theft (32%). Around a quarter were stressed by traffic, waste/ litter and noise. 17% were anxious about violence to themselves, and 20% anxious about violence to family or friends.

- 39% felt that drug use was a problem in their area, with half of these saying it was a very big or fairly big problem.
- Three-quarters of the survey respondents were owner-occupiers. For 7% of people, it was often a problem keeping their homes warm in winter, and a further 24% said it was occasionally a problem.
- 46% of the survey respondents were working, 36% retired and 5% caring for home/family/ dependents.
- Overall only 1% were unemployed and looking for work, although a further 4% were unable to work due to disability or ill-health.

## **INTRODUCTION AND METHODS**

### **Format of the Commentary**

This commentary describes methods, response rates and results from the Health Counts health and lifestyle survey carried out for Eastbourne Downs Primary Care Trust in 2003. Results are divided into the main areas covered in the survey, namely self-rated health, lifestyle, use of health services, and the wider socio-demographic determinants of health. The commentary comprehensively covers all the results at PCT level and suggests lines of further inquiry.

Comparisons of the results have been made and the key findings from these are given. The 2003 PCT results have been compared (i) to a previous survey in 1992, and across neighbouring areas of East Sussex, Brighton & Hove.

### **Population in Eastbourne Downs PCT**

#### ***Census data***

Data from the 2001 Census shows a population of 163,749 living in 26 Electoral Wards. 131,535 of these were aged 18 and over and eligible for the survey.

Compared to the UK population, the age profile shows far more people in Eastbourne are aged 65+ and there are fewer younger adults aged 18-44:

<b>Age in years</b>	<b>Eastbourne population</b>	<b>UK population</b>
0-17	20%	23%
18-44	30%	38%
45-64	24%	24%
65+	26%	16%

#### ***Registered patients***

People registered with EBD GPs provide another estimate of the local population. In April 2003 there were approximately 142,650 registered patients age 18 and over, which is 8.5% higher than the 2001 Census figures

### **Survey Methodology**

#### ***Questionnaire***

The questionnaire was based on HealthQuest South East (HQSE). HQSE was a regional survey covering Kent, East Sussex and SE London that sampled 1 in 100 adults in 1992. The Health Counts 2003 questionnaire was similar in content, length and layout, including questions on the following areas:

- Self-rated health, including SF-36 questions
- Use of health services (GP, hospital, dentist, optician, pharmacist, complementary medicine/therapists)
- Uptake of cervical smear tests and breast screening
- Lifestyle – smoking, alcohol consumption, exercise, diet
- Perceptions of neighbourhood – ‘social capital’, causes of stress
- Demographic information, including housing and transport.

Compared to the previous survey in 1992, there were new questions in 2003 covering dental health, use of medicines, exercise, diet, height and weight, social capital, housing, sexuality. Some questions were updated in 2003, such as the classifications for ethnicity and occupation.

### ***How the sample was drawn***

The sampling frame was the GP registered patients. In this PCT a 2% sample was drawn of people aged 18 and over who were registered with a practice in Eastbourne Downs PCT in April 2003. The sample contained 2853 names and addresses.

A small proportion of the patients registered with an EBD practice will actually live outside the PCT boundary. They have been included as they are a legitimate part of the sample of patients.

### ***Mailout and reminders***

The survey was conducted by post. A questionnaire was sent out in May 2003 with a personally addressed covering letter from the PCT’s Director of Public Health and freepost return envelope. Two reminders were sent in June and July – the first reminder was a postcard and the second consisted of another letter and questionnaire.

### ***Comparison with 1992 HealthQuest South East methodology***

HealthQuest South East (HQSE) was a similar survey carried out in 1992 – it covered a larger area, but took a smaller sample. At this time Eastbourne was one of three District Health Authorities in East Sussex. The broad methodology was the same, with HQSE taking a 1% sample of people aged 16 and over from the GP registers.

For this commentary 1992 data has been mapped to the current PCT boundaries, so comparisons made here between 2003 and 1992 apply to the population of Eastbourne Downs PCT.

### **Handling Responses and Providing Tabulations**

CHSS has supplied the PCT with various sets of results consisting of frequencies and cross-tabulations by age and sex. The tables of results from 2003 are the basis for this commentary, plus key messages from comparisons with 1992, and (weighted) comparisons across the whole of East Sussex, Brighton & Hove.

## SURVEY RESPONSE

### Response Rates

#### *Overall response to mailout*

By September 2003 we had received 1492 completed and usable responses. Some people refused to take part, and a small number were very old or frail. Others had died, moved away or our mailings to them were returned by the Post Office as not deliverable.

Response Code	Response Reason	Number
D	Died	4
I	Incapable, too ill, too old	47
M	Moved away	109
N	No response	885
P	Postal return	29
R	Refusal, returned blank	286
Y	Returned completed	1492
<b>Total</b>		<b>2853</b>

#### *Valid response rate*

When the number sampled was adjusted for people who had died, moved or gone away, the response rate for Eastbourne Downs PCT was 55.0%, making it one of the higher rates across East Sussex, Brighton & Hove area which averaged 50%. The only groups with response rates lower than 40% were males aged under 35.

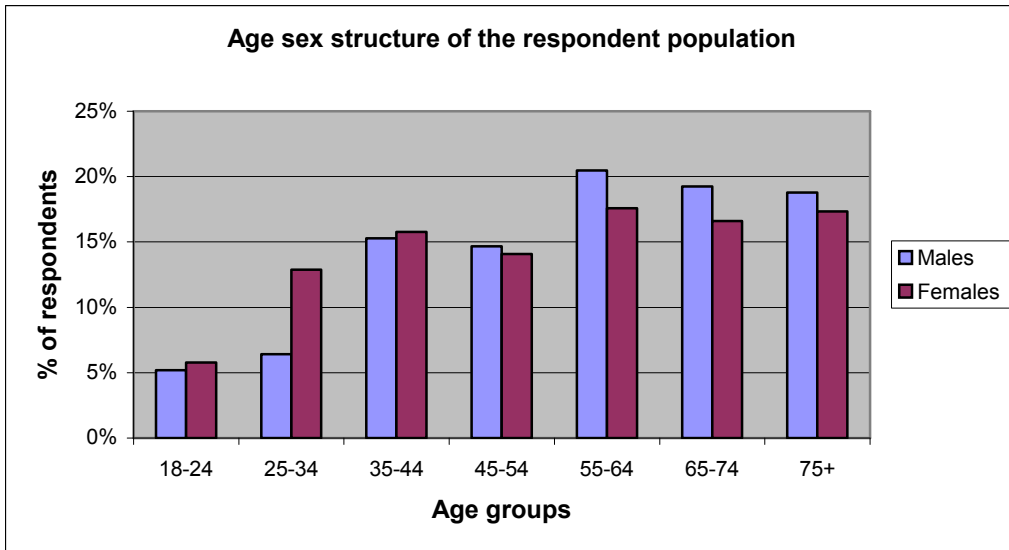
A decade ago population surveys achieved higher response rates, and this was true for HealthQuest South East in 1992 when Eastbourne District Health Authority had a valid response rate of 61%, three percentage points ahead of East Sussex as a whole.

### Demographic Profile of Respondents

Response rates were not even across age, as the poorest response was from younger people and best from people between 55 and 74 years old. Females were slightly more likely to reply to the survey than males. The table below shows the distribution of respondents by age and sex (age was not known for 7 people).

Age	Males	Females	Persons
18-24	34	48	82
25-32	42	107	149
35-44	100	131	231
45-54	96	117	213
55-64	134	146	280
65-74	126	138	264
75+	123	144	267
<b>Total</b>	<b>655</b>	<b>831</b>	<b>1486</b>





Compared to the rest of East Sussex, Brighton & Hove, the survey got more replies from females in Eastbourne Downs. Eastbourne Downs had the most widowed people (12%), and (after Bexhill & Rother) this PCT had more older people than the rest of East Sussex.

## PERCEPTIONS OF HEALTH (Q1-13, Q33)

### General Health and Disability (Q1-3)

39.6% of respondents said their health was very good or excellent, and 37.4% said their health was good. This left 22.1% (more than one in five people) who said their health was fair or poor.



Compared to 1992, the number of people rating their health as excellent or very good health had gone down (was 45% now 40%) and the number with poor or fair health had increased from 19% to 22%.

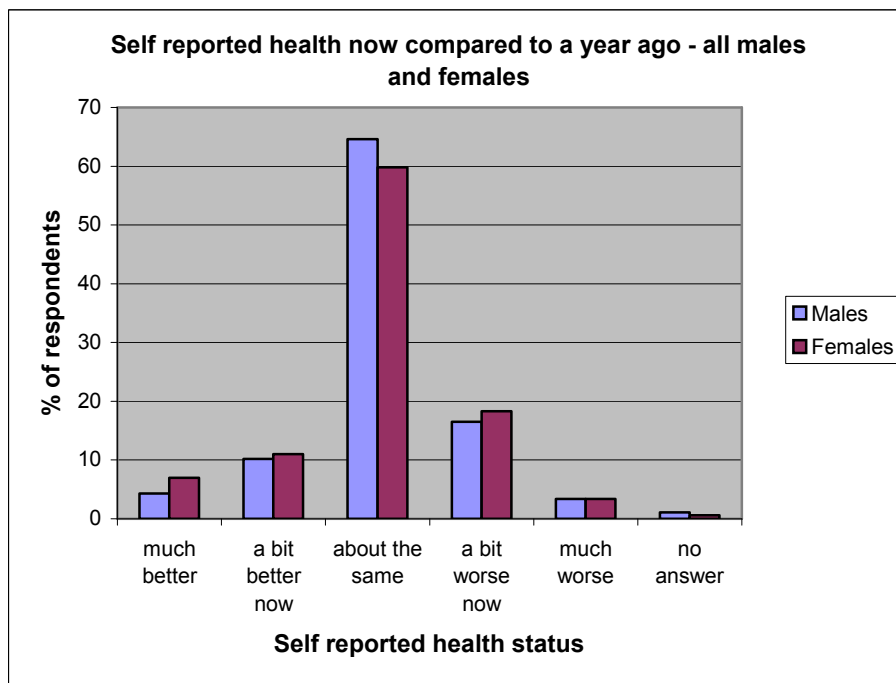
The weighted comparison across East Sussex, Brighton & Hove, showed slightly fewer people in Eastbourne Downs rated their health as 'very good' (31% compared to 33%).

As expected, the proportion reporting excellent or very good health decreased with age. Young men were more likely to say their health was excellent with 29.4% compared to 12.5% of young women. However 11.7% of young men reported poor or fair health compared to 8.4% of young women (aged 18-24). The same was observed in the 25-34 age group.

Older women aged 75 and over were more likely to report very good or excellent health (22.2% compared to 15.4% of older men). Older women were also more likely to report fair or poor health (42.4% compared to 36.6%).

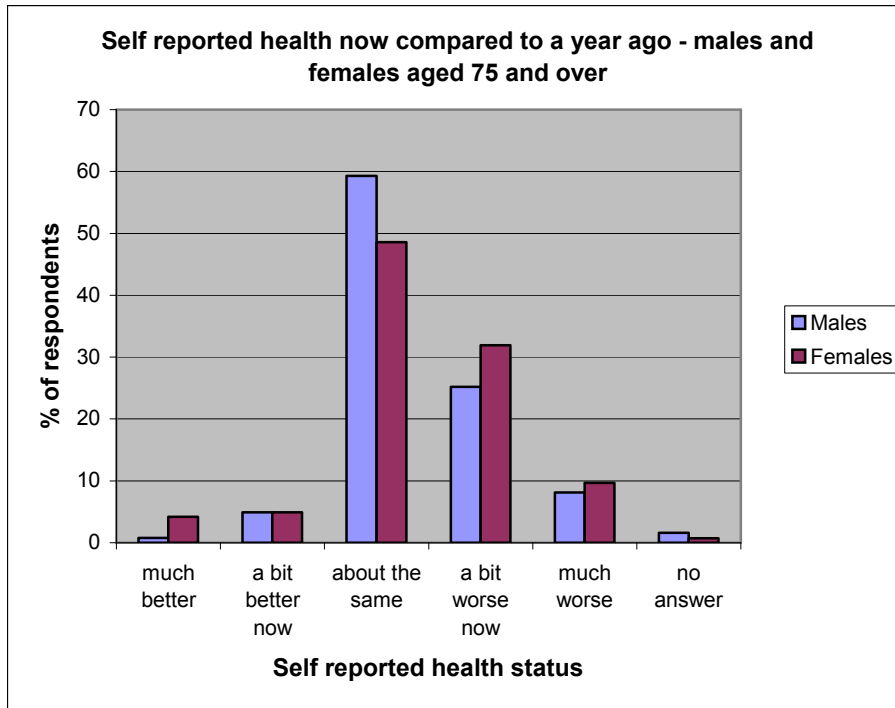
**Change in health (Q2)**

20.8% said their health was a bit worse or much worse than a year ago. Men were more likely to have said their health was about the same now whereas more women said they were better or they were worse. This was the same for older men (75+) as for all men.



In 1992 a similar proportion (19.8%) felt their health was worse than a year earlier.

Compared to the rest of East Sussex, Brighton & Hove, there were more people in Eastbourne Downs saying their health was worse than a year earlier (21% compared to 19%).



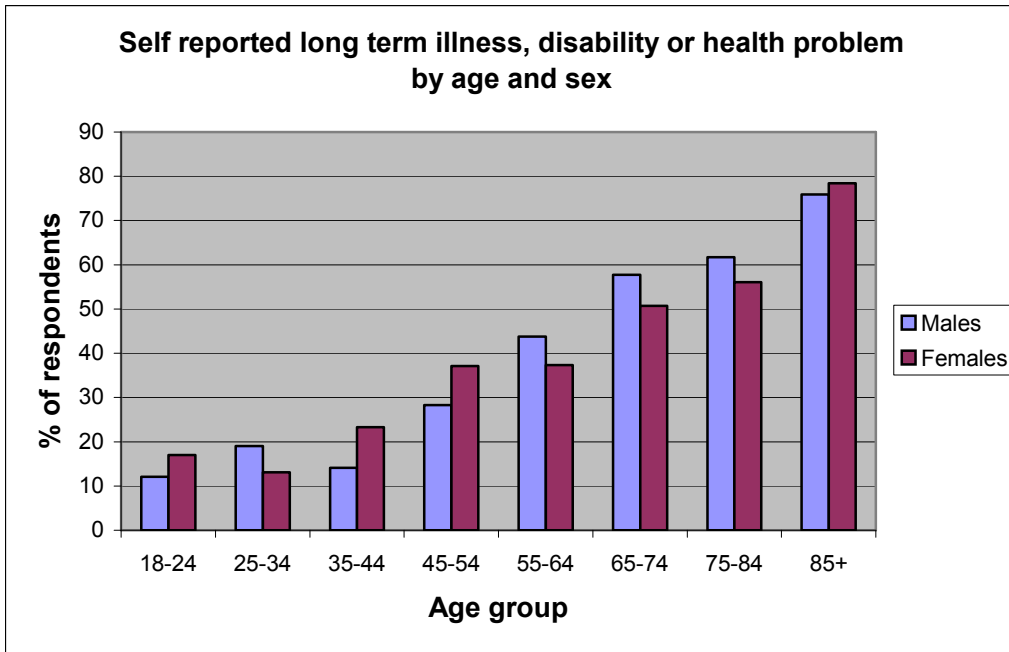
People aged 75 and over were more likely to say their health was worse than a year ago; females were more likely to report worse health than men, this might have been because there are more older women in the population, but the sample contained a higher proportion of males aged 75 and over than for females.

**Long-term illness, disability or health problem (Q3)**

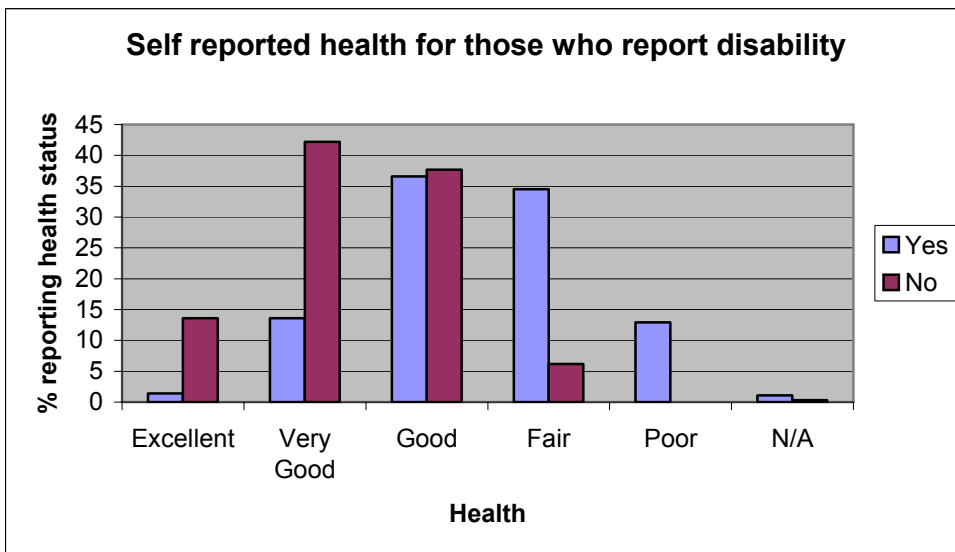
38.0% said they had long term illness / disability / health problems. 40.6% of men reported a long-term illness, disability or health problem compared to 37.7% of women. As expected the prevalence increased with age; it increased more rapidly in men than in women; men started with less reported illness at 18-25; women at 25-34 appeared to have a lower level of self-reported illness. The prevalence increased more rapidly amongst women when they had reached the age of 65.

The proportion with long-term limiting illness has increased to 38% from 32.5% in 1992.

Compared to the rest of East Sussex, Brighton & Hove, more people living in Eastbourne reported having a long-term illness (36% compared to 33%).



As expected, those reporting no disability were more likely to report excellent or good health, and those with a disability were more likely to say their health was poor.



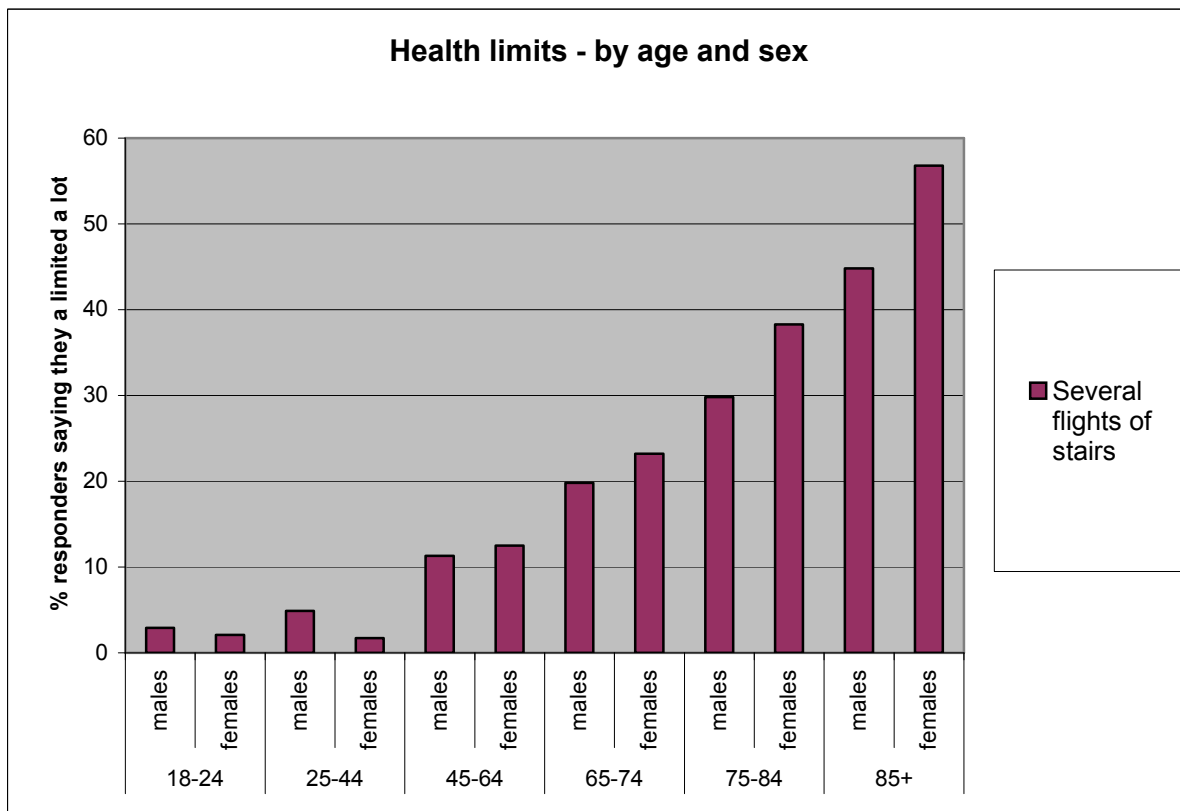
16% of men and 19% of women who had said their last visit to the doctor was to discuss the long term disability mentioned in Q3, had responded to Q3 that they did not have a long term disability or illness.

**Physical Health (from Q1-11 and scores on SF-36 concepts of health)**

***Activities limited by health (Q4)***

'How much does your health limit you in these activities?'

	Yes, limited a lot	Yes, limited a little	No, not limited at all	No answer
Vigorous activities	33.6	29.5	32.2	4.7
Moderate activities	10.1	21.4	64.8	3.7
Lifting or carrying shopping	10.9	21.4	64.8	2.9
Climbing several flights of stairs	15.6	22.9	57.8	3.7
Climbing one flight of stairs	7.4	14.1	73.9	4.6
Bending, kneeling, stooping	14.7	27.1	55.8	2.4
Walking more than a mile	16.4	14.8	64.4	4.4
Walking half a mile	11.3	9.3	74.1	5.3
Walking a hundred yards	6.4	8.4	79.8	5.4
Bathing and dressing yourself	5.2	7.8	84.0	3.0

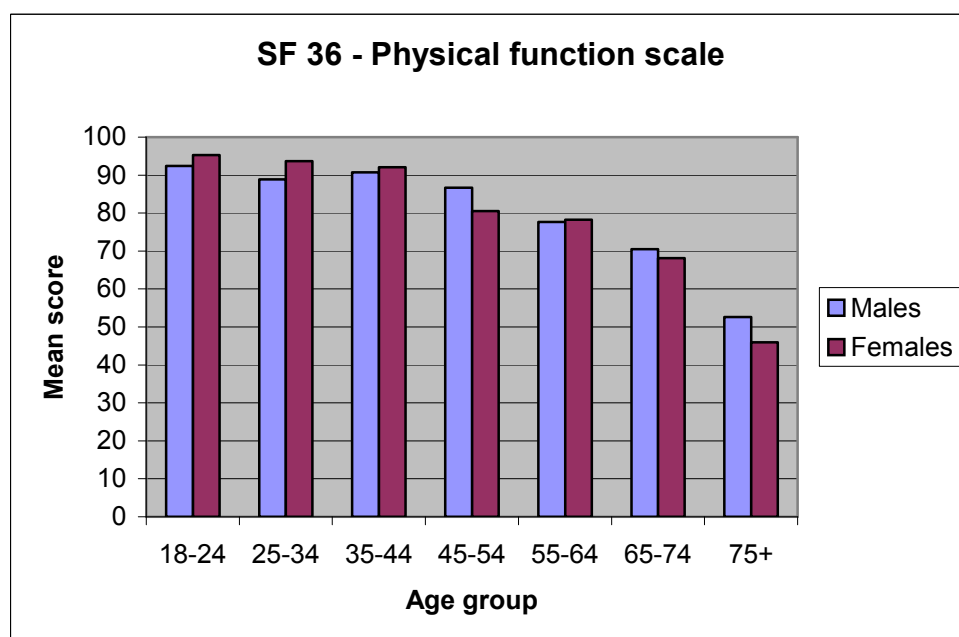


Most striking was the number whose health limited them a lot for vigorous activities (33.6%), walking more than a mile (16.4%), climbing several flights of stairs (15.6%) as these are the recommended activities for people to retain cardio-vascular fitness.

Up to the age of 74 women were more likely to report their activity was limited than the men were, above 74 the men were more limited in their activity except for walking up stairs where women were still more limited than the men.

Eastbourne scores a little worse than neighbouring PCTs on many of the physical health scores.

## Physical functioning



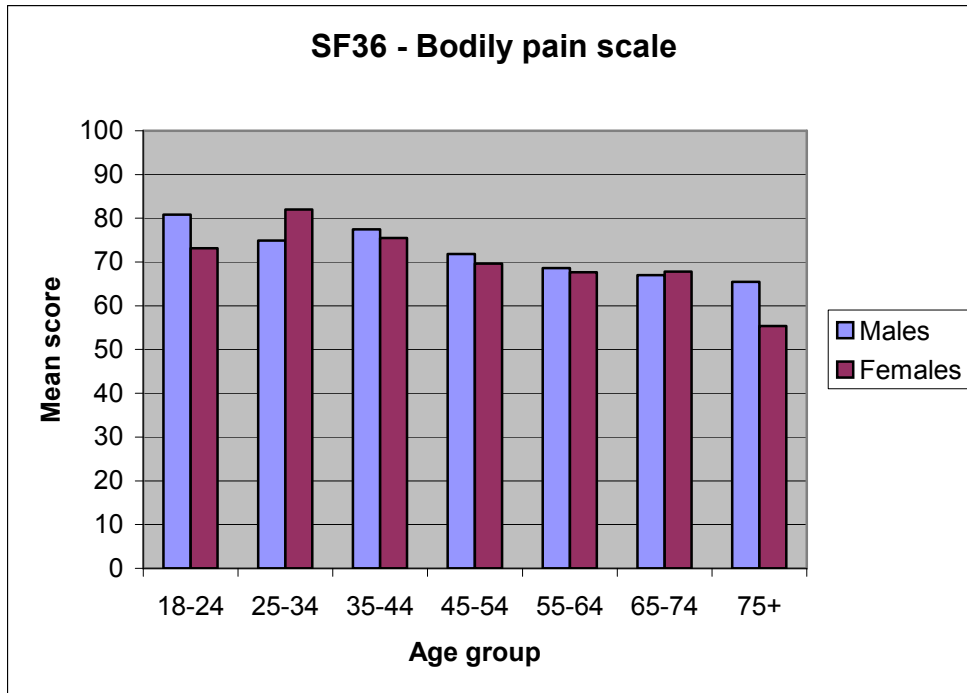
Analysis of the SF36 for Physical function showed that functioning falls off with increasing age and also falls off more rapidly for females, who had started at a higher functioning level up to the age of 44. Standard deviations however were high and the differences between males and females were not significant.

Compared to 1992 females physical functioning has improved and males deteriorated. In 1992 the average score for males was 80 and for females it was 74. In 2003 both scored 77 on Physical functioning. The scores on how physical health affected people's lives (Role physical) showed an increase in perceived health since 1992 from 70 to 73.

Compared to the rest of East Sussex, Brighton & Hove, Eastbourne scores were at the low end, as was the case for most of the SF-36 scores.

## Bodily pain

Bodily pain scores showed less variation across the age groups and by sex.



Compared to 1992 people suffered more bodily pain in 2003. Scores for males and females were 6 and 4 down respectively compared to 1992.

Compared to the rest of East Sussex, Brighton & Hove, Eastbourne Downs' score on bodily pain was at the low end.

### **Mental Health (parts of SF-36, Q12, depression screener)**

#### ***Depression screener (Q12)***

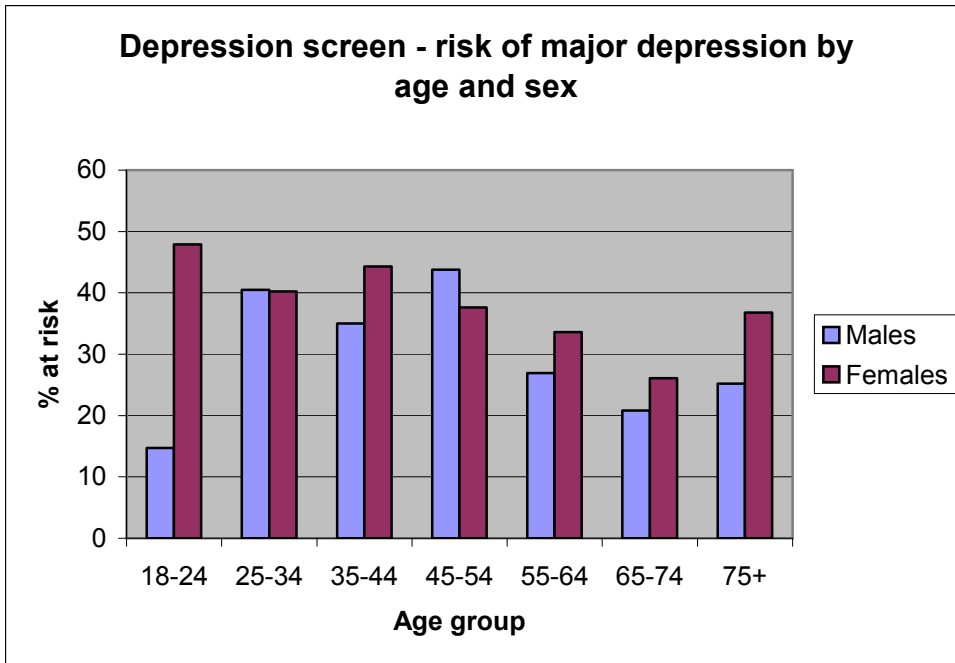
33.4% said they had had 2 weeks or more in the past year when they felt sad, unhappy, depressed or lost interest or pleasure in things. 22.8% reported two years or more when they felt depressed or sad most days even if they felt OK sometimes. 16.9% said they had felt depressed or sad much of the time in the past year.

The number of people at risk of major depression has increased from 30% in 1992 to 33.4% in 2003.

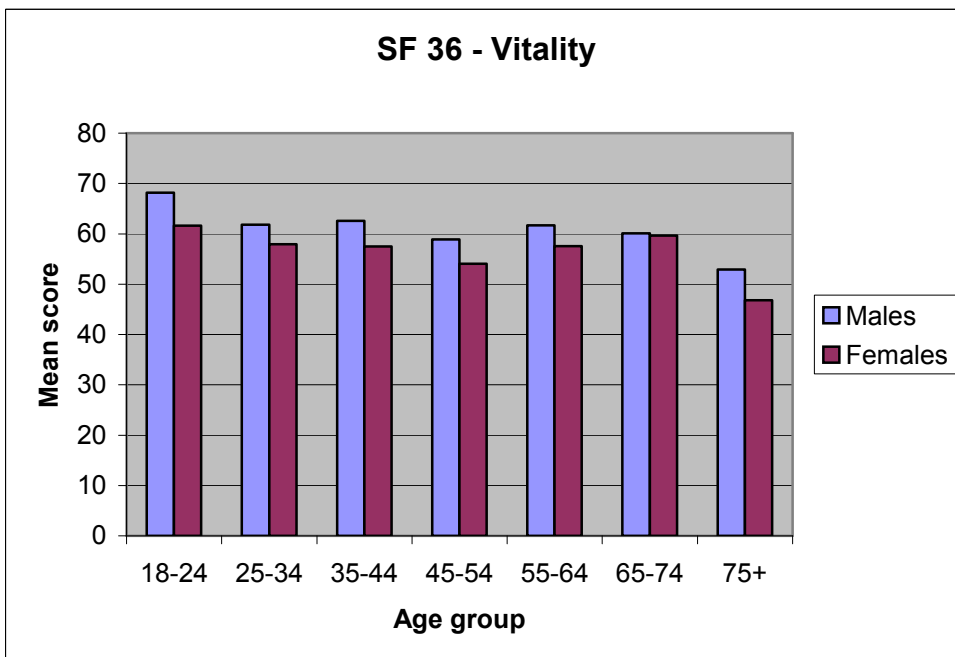
High proportions of people aged 30-54 were at risk of major depression, and scores were generally high for females of all ages.

Eastbourne Downs was equal to the average for East Sussex, Brighton & Hove.

Using the SF36 depression screener - 33.4% were found to be at risk of major depression. There was no clear relationship with age; men tended to have a high risk under the age of 25, and their risk reduced up to the age of 75. Young women were found to have a low risk of depression, increasing to 55 and then reducing.



### Vitality



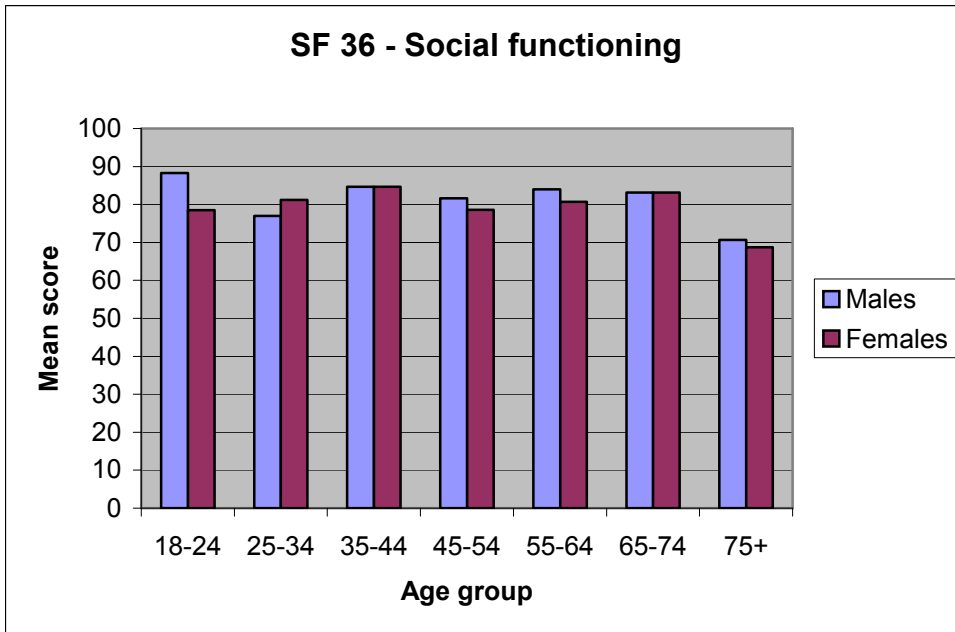
Vitality scores were lower than physical functioning, they were higher for males than females at all ages, and reduced only slightly with increasing age.

Vitality scores were similar to those in 1992.

### Social functioning

Social Functioning scores were high, age differences were not significant and there was little reduction with age until 75+.

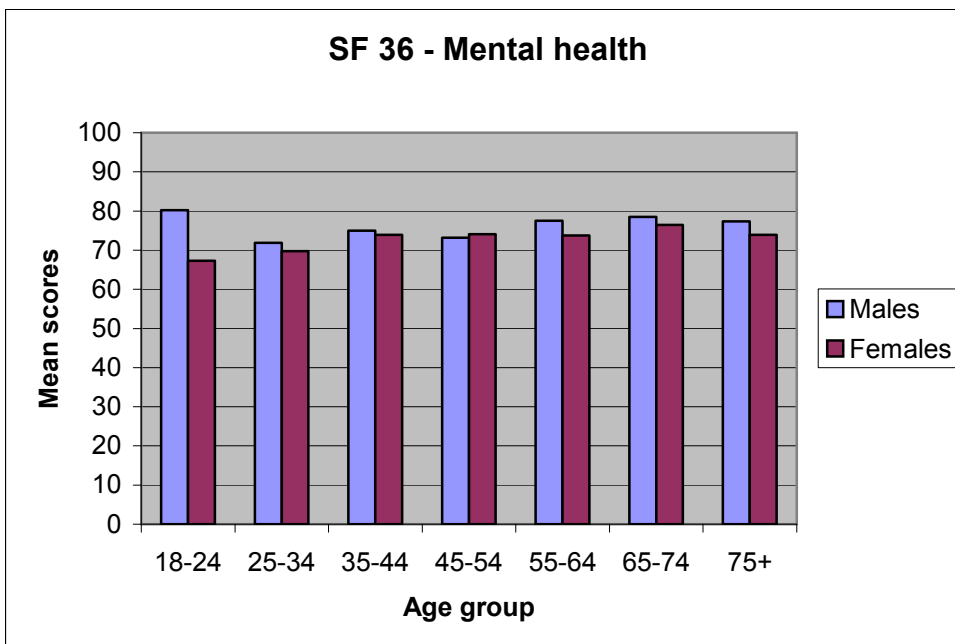




Compared to 1992 Social functioning scores were slightly lower, falling from 82 to 70.

**Mental health (SF-36 concept)**

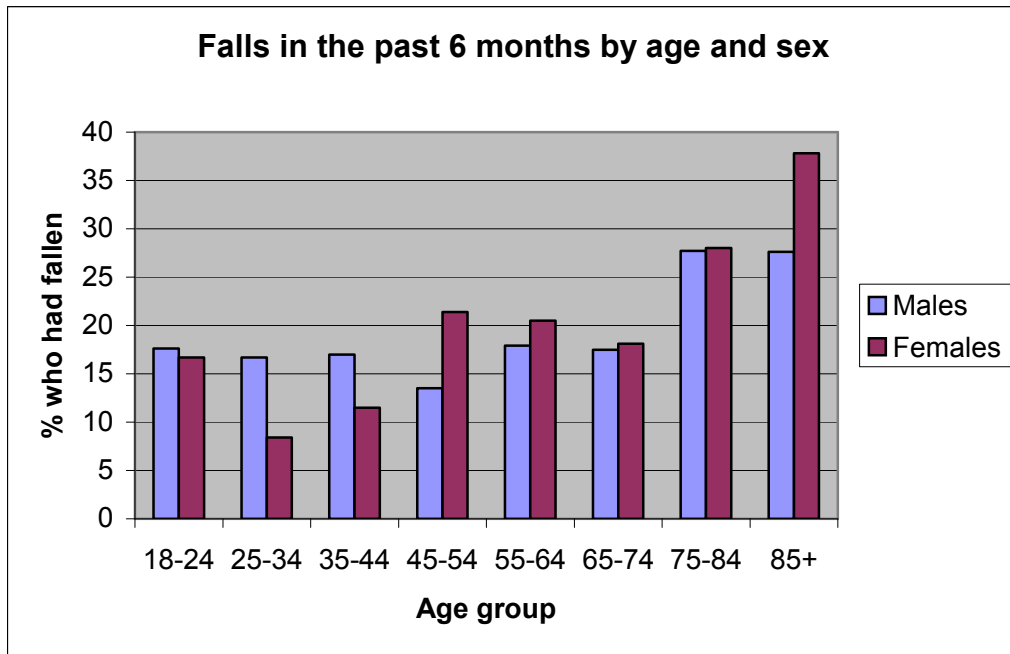
Mental Health scores were low for young women and high for young men; both sexes had scores around 70 at 25-34, which increased with age until 75. This mirrored with changes in percentage with risk of depression.



There was no change in mental health scores compared to 1992, however the scores on how mental health affected people’s lives (Role mental/emotional) showed an increase in perceived health since 1992 from 74 to 81.

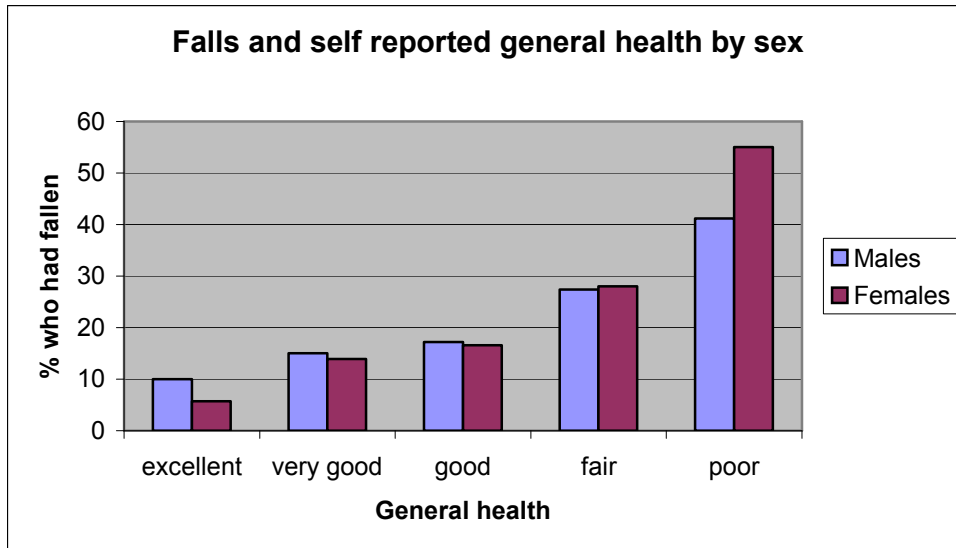
## Falls (Q13)

Overall 18.7% of respondents said they had fallen in the past six months. The proportion who had fallen started to increase for both males and females from the age of 75. Young males were more likely to have fallen than young females (16.9% of males aged 25-44 compared to 10.1% of females). 28% of both males and females aged 75-84 and 27% of males aged 85 and over had fallen; 38% of females aged 85 and over had fallen.



Falling was more likely amongst those reporting poorer health. Only 10% of men and 6% of women reporting excellent health had fallen; this rose to 41% of men and 55% of women reporting poor health who had fallen. 26% of men and 29% of women who reported long term illness, disability or health problems had fallen in the past 6 months. People who had fallen were more likely to report their health was limited a lot :-

Health Limit	% of those whose health was limited a lot who had reporting they had fallen	
	Males	Females
Moderate Activities	34%	38%
Climbing several flights of stairs	32%	38%
Walking more than a mile	32%	37%



9% of men had attended A&E in the previous 3 months; 37% had also fallen in the previous 6 months. This was 17% of all men who had fallen. 8% of women in the sample had attended A&E in the past 3 months and 44% of these had fallen, 20% of all female fallers.

29% of men who had been admitted as an in patient had fallen, compared to 25% of women. 29% of men and 24% of women attending as a day case in the past 12 months had fallen. These figures compare to 19% of all men and 19% of women who had fallen.

It is not possible to link falls to other risk factors, such as four or more medications, stroke/ Parkinson's disease, ability to rise from a chair, balance/ gait problems, as these questions were not included in Health Counts.

### **Medications (Q33) – see also section 5.5 Pharmacists**

26.1% had bought medications during the past 4 weeks. 76.3% of these people said it was helpful. 24% of men and 19% of women who had purchased over the counter medication had fallen in the past 6 months.

57.2% said they were on medication prescribed by a doctor. 24% of men and 22% of women on prescribed medication had fallen within the past 6 months.

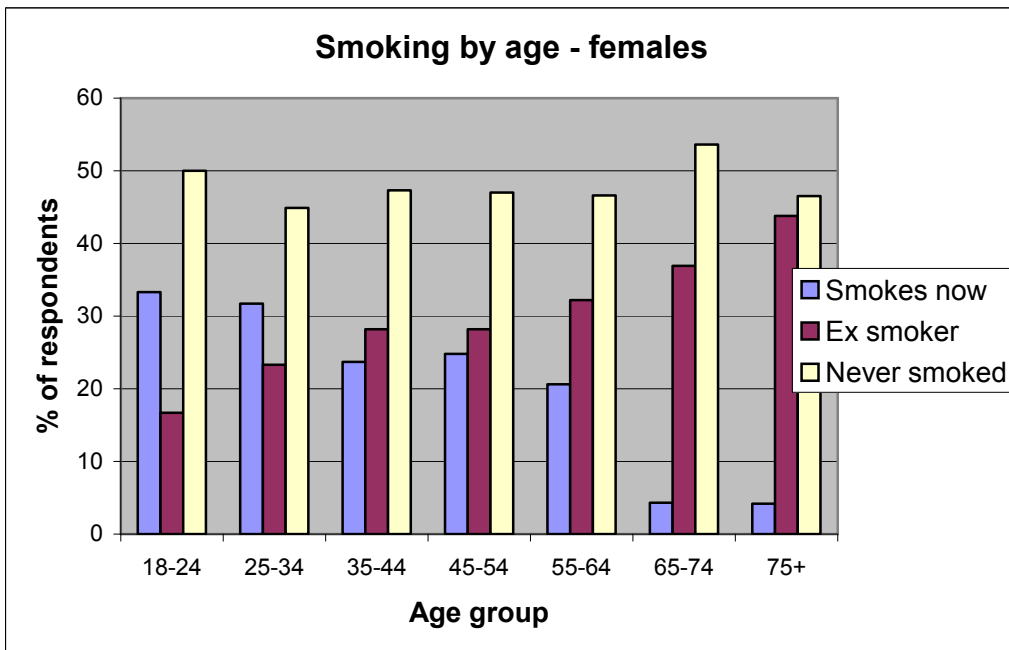
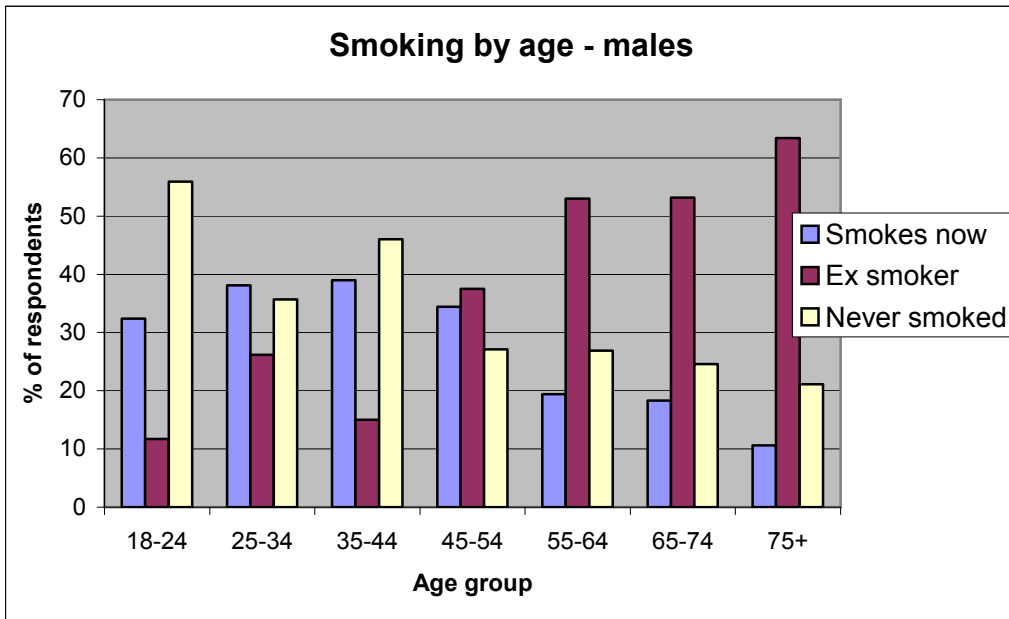
## **HEALTH BEHAVIOURS (Q36-51)**

### **Smoking (Q36-40)**

#### ***Smoking status (Q36)***

16.8% said they smoked daily and 4.2% occasionally, so 21% of Eastbourne Downs respondents were current smokers. This has fallen from the 22.6% of smokers in 1992. From the weighted comparisons across East Sussex PCTs, smoking in Eastbourne Downs was lower than in Hastings and Brighton, but higher than Bexhill & Rother and Sussex Downs PCTs.

22.2% were ex-daily smokers and 14.5% ex-occasional smokers - so 36.7% had given up smoking - we don't know how long ago. This was the same as the 36.3% who were ex-smokers in 1992.

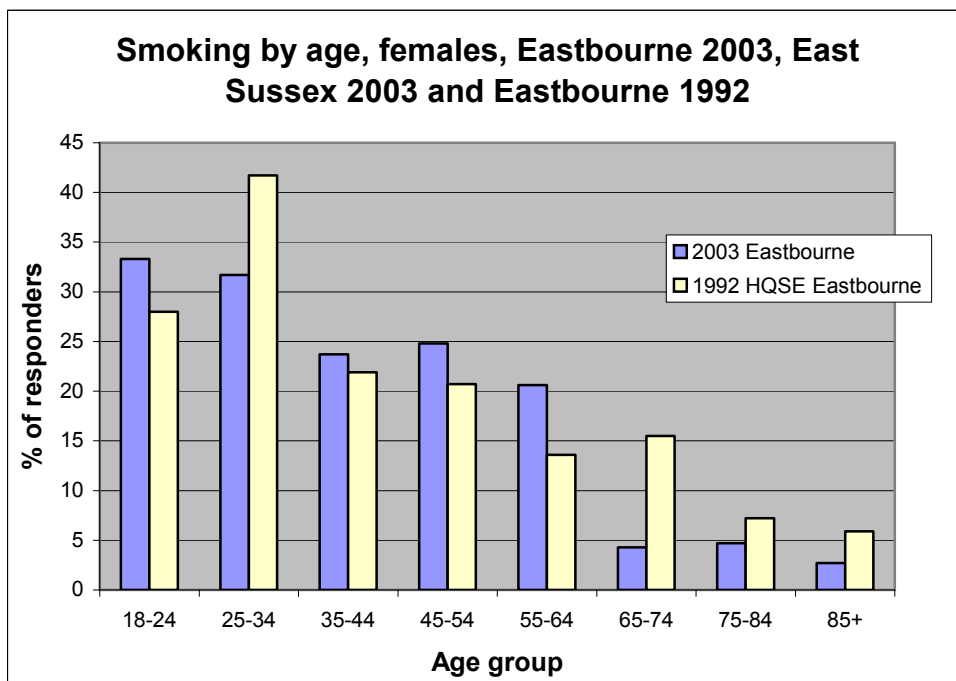
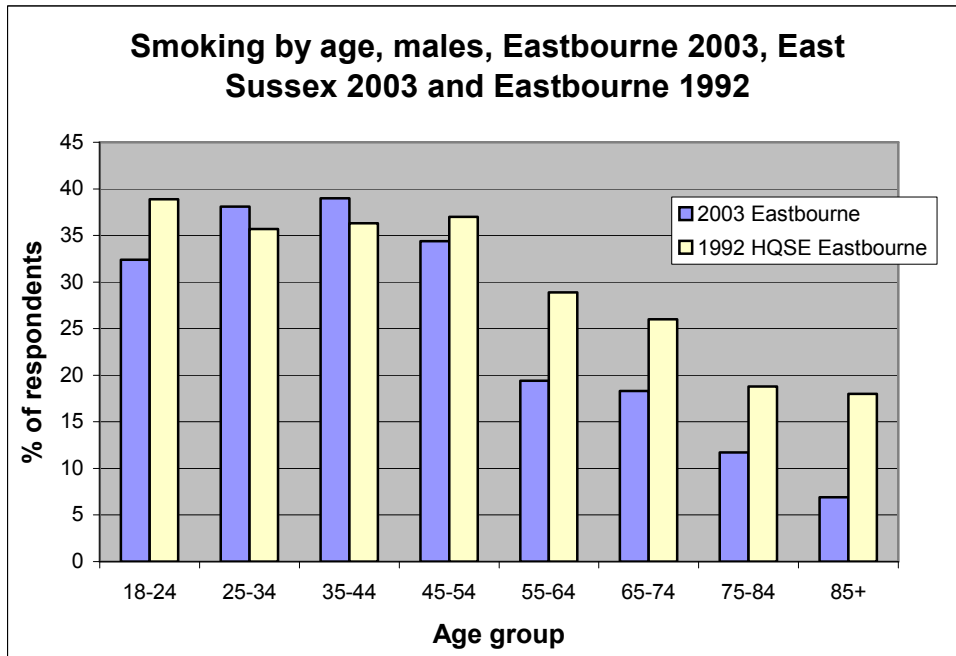


26.5% of young men aged 18-24 said they were smoking daily compared to 22.9% of young women; young women were slightly more likely to be smoking occasionally (10.4% of women compared to 5.9% of men). Most older people had given up smoking by the age of 75 (or died); 6.5% of men aged 75 and over smoke daily and 2.1% of women. 63.4% of older men were ex smokers and 21.1% never smoked; 43.8% of older women were ex smokers and 46.5% never smoked.

Fewer Eastbourne women were smoking in all age groups than was found in the survey for East Sussex as a whole except for those aged 55-64 where a high daily smoking rate was maintained in Eastbourne until the age of 64. More Eastbourne men were smoking in the middle age ranges but this reversed again from the age of 55 until 74.

When Eastbourne and East Sussex 2003 data was compared to HealthQuest South East data from 1992 it was apparent that younger age groups (25 – 44) were smoking more

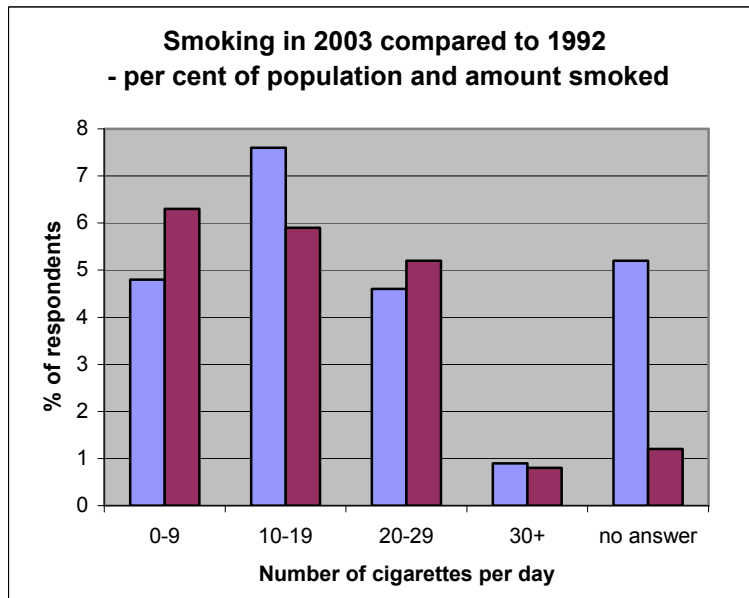
heavily now than they were 10 years ago; under 25 and after age 35 this was less marked for the Eastbourne population. The reduction in smoking levels was most marked in the older population aged 45 for men, women in Eastbourne had not reduced their smoking levels until the cohort now aged 65<sup>1</sup>. It was evident that women aged 25-34 were smoking very heavily in 1992 and have reduced their level of smoking considerably.



<sup>1</sup> Numbers in the samples for Eastbourne after age 65 are smaller and the confidence intervals will be greater

### **Number of cigarettes smoked (Q37)**

The average number of cigarettes smoked by the 267 smokers was 14 cigarettes per day. The change in cigarette consumption since 1992 in the chart suggests that while the percentage smoking 20 or more a day has slightly fallen, the percentage of people smoking 10-19 a day has actually increased.



### **Main reason for smoking (Q38)**

The 344 people who smoked were asked to give one main reason why they smoked. 23.3% said it was habit and 21.2% because of addiction, 18.0% for pleasure or enjoyment and 10.5% because of stress or nerves. 7.3% smoked for relaxation and 1.3% because friends smoke. 16.0 did not answer.

Males who were light smokers (less than 9/day) were more likely to say they smoked for enjoyment (30%), 37% of men who smoked 10-19 a day said they smoke out of habit, whilst the most common reason for men smoking more than 20 a day cited addiction 32% of men smoking 20-29 and 44% of men smoking 30 or more. Habit was cited by younger men (37% aged 25-34, addiction by men aged 35-54 (31% aged 35-44), older men aged 55 and over said it was pleasure.

26% of women smoking less than 9 a day and 39% smoking 10-19 a day said it was habit. 28% of women smoking 10-19 and 29% of women smoking 20-29, 50% smoking more than 30 cited addiction, 29% of women smoking 20-29 cited stress / nerves. Habit was a common reason for women of all ages to 64 (38% aged 25-34), addiction was more common amongst women aged 35-64 (31% aged 35-44). Smoking for pleasure was the most common reason among women under 25 (25%).

### **Like to give up smoking (Q39)**

51.5% of smokers said they would like to give up (compared to 74% in 1992), and a further 16.9% were unsure. 19.8% said they would not like to give up. Overall 53% of men and 50% of women smokers said they would like to give up. Younger men were more likely to want to give up (82% aged 18-24, 72% aged 35-44, 44% aged 55-64, 21% aged 75 and over. Only 44% of women under 25 wanted to give up; this increased to 76% aged 25-34, 69% aged 35-44 and then reduced again to 48% at 55-64.

53% of male smokers and 50% of female smokers said they would like to give up. Men who said they would like to give up were most likely to have said they smoked through habit (23%) or addiction (35%). Interestingly these figures are the reverse of replies in 1992. Those not sure said they smoked through habit (30%) and pleasure (26%). More women who would like to give up cited both habit (35%) and addiction (32%). Women who were not sure also said they smoked through habit (35%) and pleasure (23%).

Smokers were asked what makes it difficult to give up; 16.5% said others in their family were smokers, 14.7% said friends were smokers, 10.1% said people at work smoke. 8.7% were too busy and had other things to think about, 29.4% said there was too much stress and smoking calmed their nerves. 48.2% said they didn't have enough willpower.

4.6% of smokers said they were too lazy to give up, 11.9% did not believe they would succeed, 17.0% of smokers were afraid they might put on weight. 27.5% said they enjoyed smoking.

71.6% of respondents lived in a household where no-one smoked, 17.2% where one person smoked and 7.0% where two people smoked.

#### ***Tried to give up smoking (Q39B)***

28.5% of smokers said they had seriously tried to give up in the past 12 months, compared to 42% in 1992.

Eastbourne Downs was similar to the rest of East Sussex, Brighton & Hove on this variable.

#### ***Aware of smoking cessation services (Q39C)***

43% of smokers were aware of local smoking cessation services. 13.8% of these had tried them.

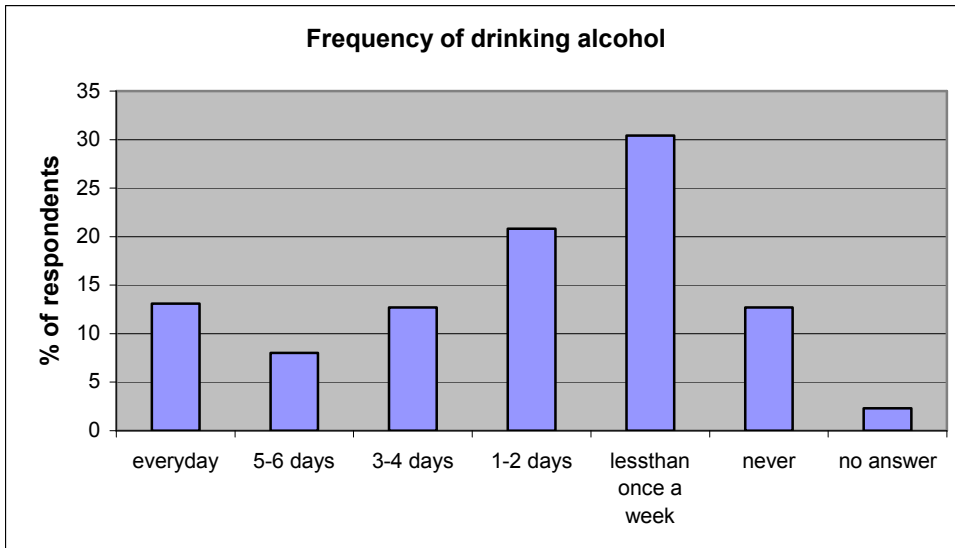
This question was not used in 1992. In 2003 Eastbourne Downs was similar on this variable to the average for East Sussex, Brighton & Hove.

### **Alcohol Consumption (Q41-44)**

#### ***Frequency of alcohol consumption (Q41)***

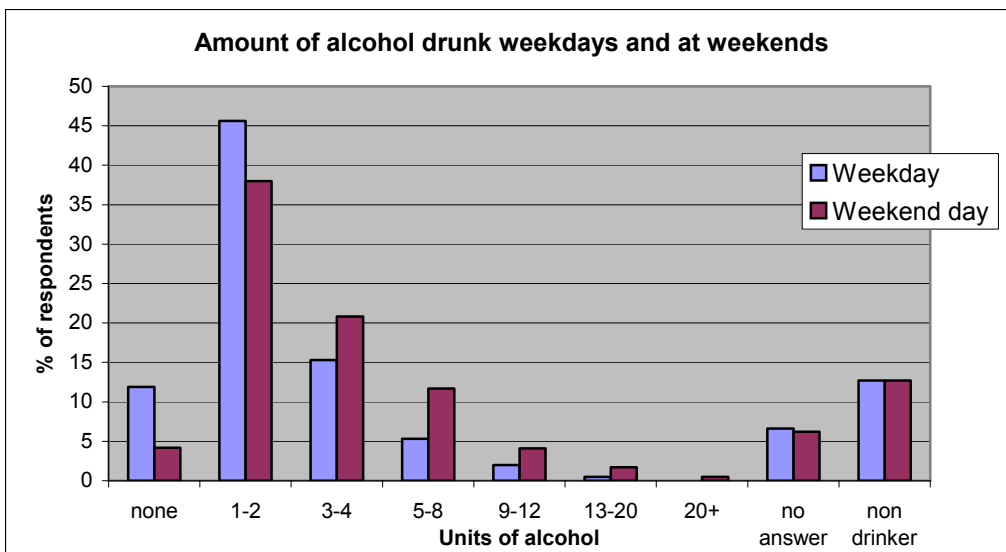
13.1% of respondents admitted to drinking alcohol every day; another 20.7% said they drank alcohol 3-6 days a week. 30.4% drank less often than once a week and 12.7% never drank alcohol.

The average weekly intake of alcohol was 11.8 units +/-16.2 for men and 6.7 units +/- 13.2 units for women. There was very little variation by age for men except for men aged 45-54 who were averaging 15.8 units a week +/- 22.7. Women drank least in their child bearing years (24-35) averaging 5.5 units a week, then increased to 7.2 +/- 9.8 at 45-54, and again 7.0 +/- 11.7 at age-band 65-74 and 7.4 +/- 10.5 at 75 and over.

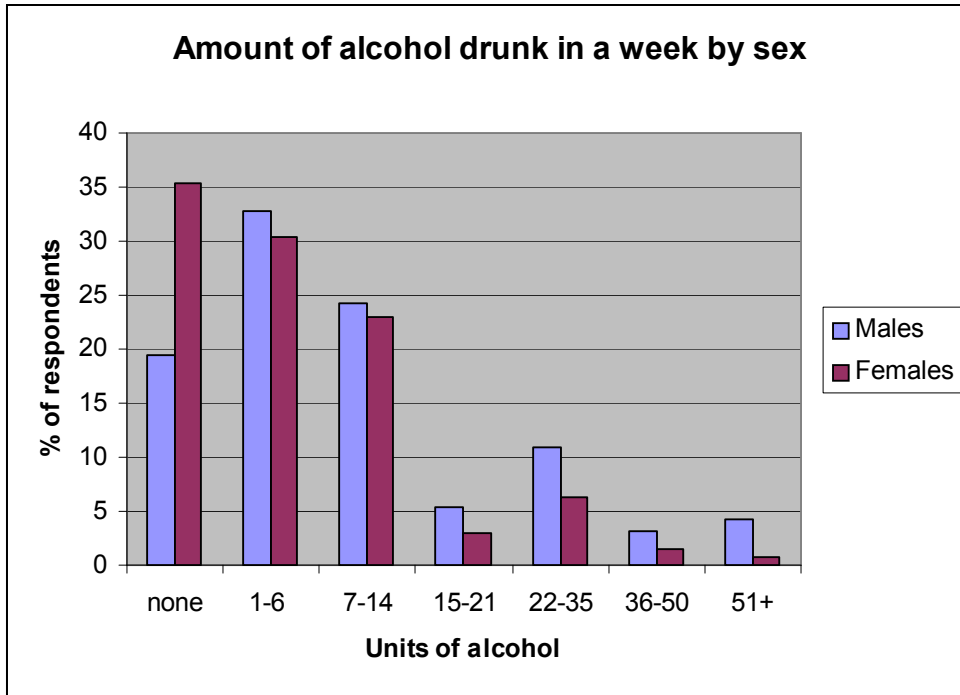


### Units of alcohol consumed (Q42, Q42CAT)

More alcohol was drunk at weekends than during the week. During the week 24.6% were drinking no alcohol and 45.6% of respondents were drinking 1-2 units when they drank, 15.3% were drinking 3-4 units, 5.3% were drinking 5-8 units and 2% 9-12 units; 0.5% were drinking more than 13 units in one night. At weekends only 16.9% were drinking no alcohol and 38.8% drank more than 3 units in a day.







It is estimated that 10.1% of respondents were drinking more than 21 units a week. 18.2% of men in Eastbourne admitted to drinking more than 21 units a week. 11.4% of women in Eastbourne said they were drinking more than 14 units a week, the recommended limit for women. In 1992 the proportions of heavy drinkers were considerably lower in 1992, with 9.5% of men drinking more than 21 units and 7.1% of women drinking more than 14 units of alcohol per week.

Compared to the rest of East Sussex, Eastbourne Downs' average weekly intake was slightly below average. However it was slightly higher for people describing their ethnicity as Asian or Chinese.

***Tried to cut down drinking (Q43)***

9.6% of respondents said had seriously tried to cut down the amount of alcohol they were drinking in the past 12 months. Men aged 25-34 were most likely to say they had tried to cut down (23%), women aged under 35 also had tried to cut down (21% aged 18-24 and 17% aged 25-34). This question was not asked in 1992.

Men drinking more than 15 units a week were most likely to have tried to cut down; 34% of men drinking 15-21 units, 25% drinking 21-35 units and 35% drinking 36-50 units said they had tried to cut down in the past 12 months. As expected men drinking more than 15 units a week were those who had drunk 10 units or more in a day; 45% of men drinking 15-21 units said they had drunk 10 in a day in the past week; 83% of men who drank more than 50 units in a week had 10 or more in a day. Only 17% of all men who admitted drinking more than 10 units in a day in the past 12 months and 25% who admitted 10 units in the past week said they had tried to cut down.

Women were less likely to have tried to cut down unless they were drinking more than 21 units a week when 51% of those drinking 21-34 units a week said they had tried to cut down. 33% of these women said they had drunk 10 units in a day in the past week. 20% of women who admitted drinking 10 units or more in a day had tried to cut down.

### ***'Binge' drinking (Q44)***

Binge drinking does not have a widely accepted definition, and in this survey respondents were asked when was the last time they had drunk 10 or more units in a day. 44.7% said they never had and 12.7% never drank. 7.4% of respondents admitted to drinking more than 10 units in the past week; 5.4% in the past month and 7% in the past 6 months.

Binge drinking was not included in the 1992 survey.

### **Exercise (Q45-46)**

#### ***Frequency of exercise (Q45)***

Respondents were asked 'how often do you undertake any physical activity which lasts for 30 minutes or more?'

59% of respondents were exercising for at least 30 minutes at least once a week; 16.4% were exercising 3-4 times a week and 17.5% were exercising 5 or more times a week.

Overall there was no difference between the proportion of men and women taking exercise of 30 minutes at least once a week; 59% for both. About a quarter of the respondents aged between 25 and 74 said they never took exercise for as long as 30 minutes, and for people over 74 the proportion increased to over 40% never exercising. A further 10% of males and 12% of females said they exercised less than once a week.

There were no questions on exercise in 1992.

#### ***What prevents people taking exercise (Q46)***

Reasons for not undertaking exercise included lack of leisure time (26.8%), lack of money (10.9%), lack of transport (2.9%), lack of facilities at work (3.3%), lack of facilities in the community (2.6%), lack of interesting or relevant facilities (5.4%), illness or disability (18.4%), lack of incentive (17.4%), other reasons (8.4%), none of these (25.9%).

Eastbourne appears to have good facilities for exercise compared to the rest of East Sussex, Brighton & Hove where lack of facilities were more of a barrier to taking more exercise. Residents were also least likely to say they lacked the incentive to take more exercise, but illness or disability were more of a barrier in Eastbourne.

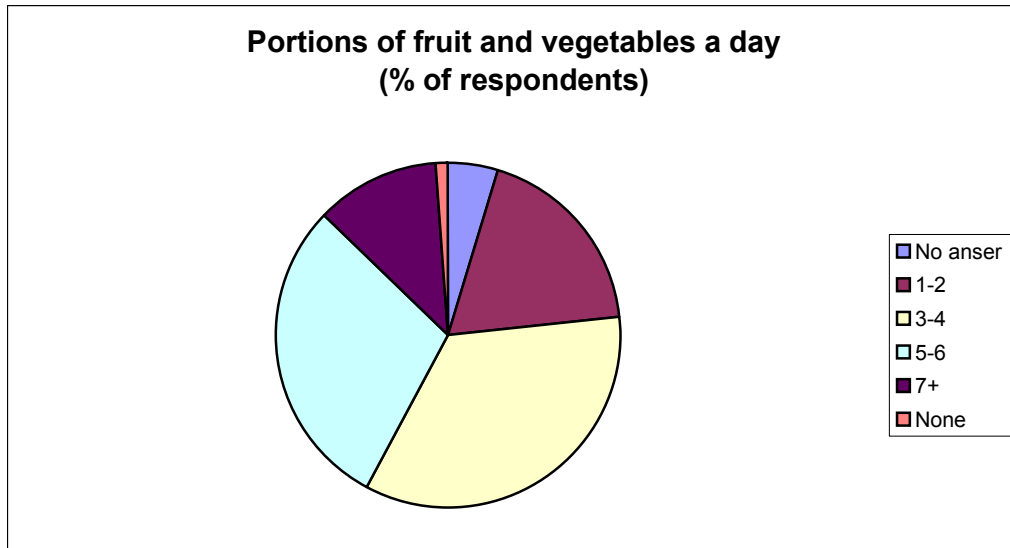
### **Diet and Body Mass Index (Q47-51)**

#### ***Fruit and vegetable consumption (Q47CAT)***

On average people were consuming 4.3 portions of fruit and vegetables a day. We also divided results into categories of the number of pieces of fruit and portions of vegetables they ate a day and found that 57% were eating less than the recommended number which is five. More men (63%) than women (52%) were failing to reach the recommended quantity of fruit and vegetables. More striking is the association with age, as fruit and vegetable consumption for both sexes increased with age.

Although across East Sussex, Brighton & Hove the range of average consumption of fruit and vegetables per day was very similar, Eastbourne Downs PCT was at the bottom of the range.

There were no questions on diet or body mass in the 1992 survey.



**Frequency of eating various types of food (Q48)**

People were asked how many times a week they consume specific foods :-

	Never/ rarely	1-2 times	3-5 times	More than 5 times	No answer
Fish	25.5	64.2	5.2	0.9	4.2
White meat	8.1	56.9	27.5	2.6	5.0
Red meat	25.6	54.7	11.9	0.8	7.1
Vegetables	2.2	8.7	27.9	58.3	2.9
Fruit	6.8	11.7	21.5	54.7	5.3
High fibre foods	7.4	19.0	21.0	47.4	5.2
Sausages / burger / luncheon meat	49.8	39.9	4.0	0.8	5.5
Chips	45.9	43.9	5.0	0.3	5.0
Fried food	56.4	32.0	4.7	0.7	6.2
Cheese	15.1	40.8	29.8	9.4	4.8
Wholemeal bread	27.9	17.9	17.5	28.4	8.2
White bread	27.8	23.8	20.8	20.0	7.6
Added salt	47.6	18.6	15.1	12.7	6.0
Sugary foods	16.6	29.7	28.5	21.2	3.9

It was striking that nearly half the respondents did not add salt to their food, did not eat sausages, burger, or luncheon meat, nor chips, nor fried foods. More than half consumed red meat only once or twice a week, they also consumed white meat and fish only once or twice a week. 28% ate wholemeal bread more than 5 times a week compared to 20% eating white bread 5 times a week. 58% ate vegetables and 55% ate fruit more than 5 times a week.

**Height, weight and obesity (Q49 & 50)**

The mean Body Mass Index of the responders was 24. Body Mass Index (BMI) has been categorised into underweight, normal, overweight, obese, and grossly obese. 5.5% of respondents were underweight and 40.7% were normal (BMI 20-24) but 35.7% were overweight (BMI 25-29) and 11.6% were obese or grossly obese (BMI 30 or more). That means that 47% were classified as overweight.

The survey also asked for people’s perceptions of their weight. The tendency is for people’s perception of their body mass to exceed that indicated by the obesity measure, and there is

evidence that this is partly due to overstating their height and underestimating their weight. 3.8% thought they were underweight and 40.7% thought they were normal, whereas 56.6% thought they were overweight.

Based on the BMI, many of the young respondents in this survey were overweight. Women in their middle years were the next most likely to be overweight, and older people least likely to be overweight.

## **USE OF SERVICES (Q14-32, Q34,5)**

### **Doctor/GP (Q14-15)**

16% of respondents had visited their GP in the last two weeks, nearly half within the last three months and 85% in the last year. This is an increase compared to 1992, when 13% had visited within two weeks, 44% within three months and 78% within one year. Eastbourne Downs respondents were slightly more likely to visit their GP in the last three months compared to East Sussex, Brighton & Hove as a whole.

In 2003 31% said that their last visit to the GP was for a long-term illness/ disability/ health problem, and this percentage was quite high when compared across East Sussex, Brighton & Hove (only exceeded in Hastings & St Leonards).

A quarter said they could not see a male or female GP according to their preference, and this was high when compared with other parts of East Sussex, Brighton & Hove. This question was not comparable with the one in 1992, which was differently worded and asked only of women.

### **Hospital Services (Q16-19)**

The survey asked about visits to hospital within specific recall periods. From the replies received it was clear that some people overstated the number of times they had been to hospital by including visits over longer periods.

In Eastbourne Downs 8% said they had visited A&E in the last three months, with a third of these going more than once.

Over a quarter had been to an outpatient appointment in the last three months, and nearly half of these had been more than once.

Over the last year 12% had received inpatient treatment and 9% day case treatment.

Since 1992 more people have used all services apart from inpatient which has remained the same. The biggest increases were for outpatients and day case treatment. The table compares the 2003 survey results with those obtained in 1992.

<b>Service used</b>	<b>Health Counts 2003</b>	<b>Health Quest 1992</b>
A&E in last 3 months	8%	6%
Outpatients in last 3 months	27%	19%
Inpatients in last 12 months	12%	12%
Day Case in last 12 months	9%	5%

Compared to the rest of East Sussex, Brighton & Hove the results for Eastbourne Downs were quite similar, apart from slightly higher use of day case treatment.

## **Dentist and Dental Health (Q20-25)**

Well over half were registered with a NHS dentist with a further quarter registered with a private dentist. This left 17% not registered at all with a dentist. This question was not asked in 1992.

Over three quarters said they had been to the dentist in the past year (77% compared to 64% in 1992).

28% felt that they would need treatment if they went to a dentist the next day – slightly less than said this in 1992 (31%). Levels of needing treatment were highest for males between 30 and 54 years old, and in Central 52% of females under 30 said they were in need of treatment.

24.2% of those who had not been in the last year said they felt anxious about going, 38.6% said they wouldn't need to go. Only 2.3% of those who had not been in the past year said they couldn't get time off work and only 4.6% found it difficult to get an appointment. 2% said it was a long way to go. 5.5% had not found a dentist they liked. 13.3% said they found NHS treatment expensive, 9.8% said they couldn't find an NHS dentist.

Over a quarter said they had experienced toothache or pain in the last year, with similar proportions experiencing heat/cold sensitive teeth.

<b>Over the past 12 months have you experienced</b>	<b>No</b>	<b>Yes, a little</b>	<b>Yes, a lot</b>	<b>No answer</b>
Toothache or pain	62.8	21.3	5.4	10.5
Discomfort	62.1	18.2	2.9	16.8
Sore gums	66.9	12.1	2.2	18.8
Bleeding gums	62.9	16.0	2.3	18.8
Heat / cold sensitive teeth	53.4	26.5	5.2	14.9

10% said they have full dentures, another 17.9% have partial dentures. 80% have fillings, 39.8% crowns, 9.9% bridges. 9.2% have had an extraction in the past 12 months.

Eastbourne Downs replies about use of dental services and experience of dental problems are in line with the rest of East Sussex, Brighton & Hove apart from the slightly higher percentage wearing dentures in Eastbourne.

## **Optician (Q26-29)**

Most people (91%) have had their eyes tested. In Eastbourne Downs three quarters wear glasses or contact lenses.

42.9% have had their sight tested in the past year, and 82% within 2 years.

15.7% had not had their sight tested for more than two years. 46.8% of these people said they didn't need a sight test, 4% couldn't get a convenient appointment, and 13.7% said it was because of the cost. Only 2 people (0.7%) said it was too far to travel.

The same pattern was seen for opticians as has already been seen for other services, with more people reporting using this service in 2003 (74%) compared to 1992 (62%).

Results in Eastbourne Downs were comparable with other parts of East Sussex, Brighton & Hove, although people in the PCT found access to an opticians much easier.

## **Pharmacist (Q31-32) – see also section 3.5 Medications**

9% had received advice from a pharmacist or chemist, and this had not changed from 1992. 8% in 2003 said the advice was helpful. Over a quarter had bought medicine and only 6% of these said it was no help.

Well over half of the respondents (57%) reported being on repeat medication prescribed by a doctor. This was not asked in 1992.

The weighted results across all East Sussex PCTs showed that Eastbourne Downs had the highest levels on repeat prescriptions.

## **Complementary Therapy (Q30)**

Small numbers reported having consulted a range of complementary therapists, and these were used least in Eastbourne Downs compared to the other East Sussex PCTs. Most commonly used in the last three months were Osteopaths (4%), Chiropractors (3%) and Others (3% visited therapists not listed in the survey question).

Since 1992 the use of complementary therapies has approximately doubled in Eastbourne Downs.

## **Screening (Q34-35)**

### ***Cervical cancer screening (Q34)***

83% of women said they had had a cervical smear test. We don't from this data know how many have had a hysterectomy. Women under the age of 20 had not generally had a smear, and only 64% of women aged 20-24 had been screened. From 25 to 74 88-98% had had a smear at some time. Among the older groups 55% of women aged 75-84 have had a smear and 24% aged 85 and over.

26% of women who had ever been screened responded that they had had a smear within the past 12 months, and another 37% had been screened one to three years ago, 9% between 3-5 years. 26% had been screened over 5 years ago.

In 1992 94% of females in the 25-64 age-group had had a cervical smear, and 84% had had a cervical smear within three years. Half of those who had not had one had been invited.

Eastbourne results were similar to those across the rest of East Sussex, Brighton & Hove on screening for cervical cancer.

### ***Breast cancer screening (Q35)***

43% of women have had an invitation to mammography and 48% of women who have had a cervical smear have received an invitation for breast screening. 91% of women aged 50-59, 94% aged 60-69 and 77% aged 70-74, 44% aged 75-79 have at some time been invited for breast screening.

32% of women in the sample have had a breast screen in the past 3 years. 11% were screened more than 3 years ago. These women represent 5 women more than have ever been invited for breast screening, presumably because they were screened for clinical reasons. 88% of women aged 50-59, 94% of women aged 60-69, 84% of women aged 70-74 and 39% of women aged 75-79 have been screened at some time.

In 1992 58% of females aged 45-64 had been invited and had a mammogram in the last three years.

Eastbourne results were similar to those across the rest of East Sussex, Brighton & Hove on screening for breast cancer.

## **WIDER DETERMINANTS OF HEALTH (Q52-81)**

### **Socio-demographic Characteristics of Survey Participants (Q52, Q62-3, Q66-70, Q74-8, comments)**

#### ***Ethnic group (Q69)***

The ethnic mix of survey respondents remains predominantly white (97.7% in 2003 and 98.0% in 1992). There was little difference in ethnic mix across localities.

Although there were quite small numbers of people belonging to Black and Chinese ethnic groups, there were only low proportions in these two categories rating their health as excellent or good.

#### ***Marital status (Q67)***

In 2003 fewer people described their marital status as single (12.5% in 2003 compared to 17.8% in 1992).

#### ***Sexuality (Q70)***

90% of respondents said they were straight/heterosexual, 1.3% said they were gay/ lesbian/ bisexual, and 8% did not answer. This question was not asked in 1992.

#### ***Carer (Q77)***

20% of respondents said they were carers, ie look after or give help or support to family members or others because of long-term physical or mental ill-health or disability, or problems related to old age. Most of these were acting as carers for 1-19 hours per week. In 1992 the question was worded slightly differently, but only 7.6 % said they were carers.

#### ***Main form of transport (Q62)***

72% had a car/ motorcycle/ moped as their main form of transport. Public transport was the main form for 11.3% of respondents and 8.4% mainly walked. This was not asked in 1992.

#### ***Health insurance (Q52)***

30% of responders had health insurance either through their occupation or privately arranged. This is a 50% increase on the proportion with health insurance in 1992.

Eastbourne respondents were least likely to have health insurance compared to the other East Sussex, Brighton & Hove PCTs.

### **Social Capital and Neighbourhood Concerns (Q53-61)**

#### ***Social capital***

The questions on social capital were taken from ones recently devised and used by the Health Development Agency. It was only possible to include a small number of these questions in the Health Counts survey, and these covered people's perceptions of and involvement with the area where they lived.

While 20% of the population had moved in the last three years, a similar proportion had lived in the same area for over 25 years. On average Eastbourne Downs respondents had lived 16 years in the same area, in line with the average across East Sussex, Brighton & Hove.

Only 5% said they did not like the area they lived in. Eastbourne was average in East Sussex, Brighton & Hove on this measure.

Nearly a third were involved in local organisations, with nearly 20% having some responsibility in the organisation. Similar proportions had taken action to solve a local problem, such as contacting the appropriate organisation or a councillor/MP.

There were quite high levels of trust, with 42% saying they trust most of the people in their neighbourhood, and less than 4% saying they trusted no-one. Highest levels of trust were seen in West. More younger people trusted fewer people. Other signs of community engagement are the high proportion (86%) that speak to their neighbours at least once a week, and the 68% who could ask someone for help if they were ill in bed.

When asked if local transport for where they want to get to was good, just over half said 'yes', and nearly a quarter said 'no'.

### ***Neighbourhood anxieties and stresses***

A number of questions asked if people were anxious or stressed about aspects of their neighbourhood. Around a third were anxious about burglary (35%) or car theft (32%). Around a quarter were stressed by traffic, waste/ litter and noise. 17% were anxious about violence to themselves, and 20% anxious about violence to family or friends. Compared to the rest of East Sussex, Brighton & Hove traffic, waste/ litter and noise were less of a problem in Eastbourne Downs.

39% felt that drug use was a problem in their area, with half of these saying it was a very big or fairly big problem. Drug use was a bigger problem for women than men. Levels of anxiety about drug use were high for all females in their middle years.

None of these questions were asked in 1992.

## **Housing (Q60a, Q71-3)**

### ***Housing tenure***

Three-quarters of the survey respondents were owner-occupiers. 6.6% were in privately rented accommodation, 8.1% were in housing association or LA/council, 5.0% were living with parents or rent-free and virtually no-one. Since 1992 the proportion of owner-occupiers has gone up 4%, and the number living rent-free or with parents has gone down by a similar amount.

### ***Type of housing***

People lived in houses (60%), bungalows (18%) or ground-floor flats (4.5%). 10% were living in upstairs flats, 1% in bed-sits and 0.7% in mobile homes.

### ***Housing condition***

For 7% of people, it was often a problem keeping their homes warm in winter, and a further 24% said it was occasionally a problem. Keeping warm in winter was slightly less of a problem here compared to the rest of East Sussex, Brighton & Hove (31% compared to 34%). Overall 6% were stressed or anxious about their housing conditions. These questions were not asked in 1992.



## **Work (Q64-5, Q79-81, NS-SEC)**

### ***Employment status***

46% of the survey respondents were working, 36% retired and 5% caring for home/ family/ dependents. Overall only 1% were unemployed and looking for work, although a further 4% were unable to work due to disability or ill-health.

Compared to the rest of East Sussex, Brighton & Hove, Eastbourne Downs had small numbers of self-employed without employees and with Bexhill & Rother had the highest proportion of retired people. Unemployed people in Eastbourne Downs rated their health as poorer than average (30% had excellent/good health in Eastbourne compared to 36% in East Sussex, Brighton & Hove). Similarly people in routine and semi-routine occupations had poorer health (69% excellent or good in Eastbourne compared to 75% for the whole of East Sussex, Brighton & Hove).

### ***Social class based on occupation***

The questions on people's job have been used to allocate respondents to socio-economic classes using the national classification NS-SEC. This put 11% of people in semi routine and routine occupations and 11% in lower supervisory/technical occupations.

Across East Sussex, Brighton & Hove, the proportion of managerial and professional people was slightly lower in Eastbourne Downs and Hastings & St Leonards PCTs.

### ***Travel to work/ commuting***

Of those who said how they travelled to work, the majority (68%) went by car, van or motorcycle, with 7% commuting by train or coach/bus. 11% travelled to work on foot, 2% by bicycle, and 6% by other or multiple means. 6% worked at home.

In Eastbourne there were fewer commuters than for other parts of East Sussex.

University of Kent  
Centre for Health Services Studies

# Health Counts



A survey of people in East Sussex,  
Brighton & Hove 2003



Bexhill and Rother   
Primary Care Trust

Brighton and Hove City   
Primary Care Trust

Eastbourne Downs   
Primary Care Trust

Hastings and St. Leonards   
Primary Care Trust

Sussex Downs and Weald   
Primary Care Trust

# Instructions

Most of the questions in this questionnaire can be answered by circling a number as indicated.

<b>Example</b>	Are you.... <i>please circle one number only</i>	Male Female	① 2
----------------	---	----------------	--------

- When you have answered one question, always go on to the next question unless you are instructed otherwise.
- If you feel none of the boxes really represents the answer you want to give please write in your preferred answer.
- Please try to give the most accurate answer you can to each question.

Please remember your answers will be treated in the strictest confidence – only the researchers involved will have access to your answers and nothing that you write will be communicated to anyone.

The University of Kent at Canterbury is registered with the Office of the Information Commissioner as a Data Controller under the Data Protection Act 1998. The University procedures are designed to ensure compliance with the Data Protection Principles.

## General Health

The following are general questions which ask for your views about your health, how you feel and how well you are able to do your usual activities. You need not spend too much time answering each question as your immediate response is likely to be the most accurate.

<p><b>1</b> In general, would you say <b>your</b> health is... <i>please circle one number only</i></p>	<p>Excellent 1 Very Good 2 Good 3 Fair 4 Poor 5</p>
<p><b>2</b> <b>Compared to one year ago</b>, how would rate your health in general now? <i>please circle one number only</i></p>	<p>Much better than one year ago 1 A bit better now than one year ago 2 About the same 3 A bit worse now than one year ago 4 Much worse than one year ago 5</p>
<p><b>3</b> Do <b>you</b> have any long-term illness, disability or health problem which limits your daily activities or the work you can do? <b>Please include anything due to old age</b></p>	<p>Yes 1 No 2</p> <p><i>If yes, please say what it is:</i></p> <hr/>

## Health & Daily Activities

<p><b>4</b> The following is a list of activities you might do during a typical day, Does your <b>health</b> limit you in these activities? If so, how much?</p>	<p><i>please circle one number on each line</i></p> <p>Yes, limited a lot      Yes, limited a little      No, not limited at all</p>		
<p><b>a</b> <b>Vigorous activities</b>, such as running, lifting heavy objects, participating in strenuous sports</p>	1	2	3
<p><b>b</b> <b>Moderate activities</b>, such as moving a table, pushing a vacuum cleaner, bowling or playing golf</p>	1	2	3
<p><b>c</b> Lifting or carrying shopping</p>	1	2	3
<p><b>d</b> Climbing <b>several</b> flights of stairs</p>	1	2	3
<p><b>e</b> Climbing <b>one</b> flight of stairs</p>	1	2	3
<p><b>f</b> Bending, kneeling or stooping</p>	1	2	3
<p><b>g</b> Walking <b>more than a mile</b></p>	1	2	3
<p><b>h</b> Walking <b>½ mile</b></p>	1	2	3
<p><b>l</b> Walking <b>100 yards</b></p>	1	2	3
<p><b>J</b> Bathing and dressing yourself</p>	1	2	3

Questions

Answers

<p><b>5</b> During the <b>past 4 weeks</b>, have you had any of the following problems with your work or other regular daily activities <b>as a result of your physical health</b>?</p> <p><b>a</b> Cut down on the amount of time you spent on work or other activities</p> <p><b>b</b> <b>Accomplished less</b> than you would like</p> <p><b>c</b> Were limited in the kind of work or other activities</p> <p><b>d</b> Had difficulty performing the work or other activities (for example, it took extra effort)</p>	<p><i>please circle one number on each line</i></p> <table border="0"> <thead> <tr> <th>Yes</th> <th>No</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>2</td> </tr> <tr> <td>1</td> <td>2</td> </tr> <tr> <td>1</td> <td>2</td> </tr> <tr> <td>1</td> <td>2</td> </tr> </tbody> </table>	Yes	No	1	2	1	2	1	2	1	2		
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1	2												
<p><b>6</b> During the <b>past 4 weeks</b>, have you had any of the following problems with your work or other regular daily activities <b>as a result of any emotional problems</b> (such as feeling depressed or anxious)</p> <p><b>a</b> Cut down on the <b>amount of time</b> you spent on work or other activities</p> <p><b>b</b> <b>Accomplished less</b> than you would like</p> <p><b>c</b> Didn't do work or other activities as <b>carefully</b> as usual</p>	<p><i>please circle one number on each line</i></p> <table border="0"> <thead> <tr> <th>Yes</th> <th>No</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>2</td> </tr> <tr> <td>1</td> <td>2</td> </tr> <tr> <td>1</td> <td>2</td> </tr> </tbody> </table>	Yes	No	1	2	1	2	1	2				
Yes	No												
1	2												
1	2												
1	2												
<p><b>7</b> During the <b>past 4 weeks</b>, to what extent has your physical health or emotional problems interfered with your normal social activities with family, friends, neighbours or groups? <i>please circle one number only</i></p>	<table border="0"> <tbody> <tr> <td>Not at all</td> <td>1</td> </tr> <tr> <td>Slightly</td> <td>2</td> </tr> <tr> <td>Moderately</td> <td>3</td> </tr> <tr> <td>Quite a bit</td> <td>4</td> </tr> <tr> <td>A lot</td> <td>5</td> </tr> </tbody> </table>	Not at all	1	Slightly	2	Moderately	3	Quite a bit	4	A lot	5		
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Slightly	2												
Moderately	3												
Quite a bit	4												
A lot	5												
<p><b>8</b> How much bodily pain have you had during the <b>past 4 weeks</b>? <i>please circle one number only</i></p>	<table border="0"> <tbody> <tr> <td>None</td> <td>1</td> </tr> <tr> <td>Very mild</td> <td>2</td> </tr> <tr> <td>Mild</td> <td>3</td> </tr> <tr> <td>Moderate</td> <td>4</td> </tr> <tr> <td>Severe</td> <td>5</td> </tr> <tr> <td>Very severe</td> <td>6</td> </tr> </tbody> </table>	None	1	Very mild	2	Mild	3	Moderate	4	Severe	5	Very severe	6
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Moderate	4												
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Very severe	6												
<p><b>9</b> During the past 4 weeks how much did pain interfere with your normal work (including both work and outside the home and housework)? <i>please circle one number only</i></p>	<table border="0"> <tbody> <tr> <td>Not at all</td> <td>1</td> </tr> <tr> <td>A little bit</td> <td>2</td> </tr> <tr> <td>Moderately</td> <td>3</td> </tr> <tr> <td>Quite a bit</td> <td>4</td> </tr> <tr> <td>A lot</td> <td>5</td> </tr> </tbody> </table>	Not at all	1	A little bit	2	Moderately	3	Quite a bit	4	A lot	5		
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Questions

Answers

**10** These questions are about how you feel and how things have been with you during the **past 4 weeks**. (For each question please indicate the one answer that comes closest to the way you have been feeling).

- a** Did you feel full of life?
- b** Have you been a very nervous person?
- c** Have you felt so down in the dumps that nothing could cheer you up?
- d** Have you felt calm and peaceful?
- e** Did you have a lot of energy?
- f** Have you felt downhearted and low?
- g** Did you feel worn out?
- h** Have you been a happy person?
- i** Did you feel tired?
- j** How much of the time has your **physical health or emotional problems** interfered with your social activities (like visiting friends, relatives, etc.)?

*please circle one number on each line*

All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time
1	2	3	4	5	6
1	2	3	4	5	6
1	2	3	4	5	6
1	2	3	4	5	6
1	2	3	4	5	6
1	2	3	4	5	6
1	2	3	4	5	6
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1	2	3	4	5	6
1	2	3	4	5	6

## Your Health in General

**11** How true or false is each of the following statements for you?

- a** I seem to get ill more easily than other people
- b** I am as healthy as anybody else
- c** I expect my health to get worse
- d** My health is excellent

*please circle one number on each line*

Definitely true	Mostly true	Not sure	Mostly false	Definitely false
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

<p><b>12</b> In the past year have you had <b>2 weeks or more</b> during which you felt sad, unhappy or depressed, or when you lost interest or pleasure in things that you usually cared about or enjoyed?</p> <p><b>a</b> Have you had <b>2 years or more</b> in your life when you felt depressed or sad most days even if you felt okay sometimes?</p> <p><b>b</b> Have you felt depressed or sad much of the time in the <b>past</b> year?</p>	<i>please circle one number on each line</i>	
	Yes	No
	1	2
<p><b>13</b> Have you fallen in the <b>past six months</b>? By falling we mean any time that you have 'unintentionally come to rest on the ground or floor whether or not you were injured'. We do not mean when you 'unintentionally came to rest on your chair or bed'.</p>	Yes	1
	No	2

## Your Doctor/GP

The following sets of questions are about different types of services such as your doctor, optician, dentist, hospital etc. The information you give will help plan these services better

<p><b>14</b> Thinking back to the last time you spoke to your own doctor/GP about your health, about how long ago was this? (Please do not include ante-natal/post-natal care) <i>please circle one number only</i></p> <p><b>a</b> Was this to discuss the long term illness or disability or health problem you mentioned in Question 3? <i>please circle one number only</i></p> <p><b>b</b> If no, what was it for?</p>	Within the last 2 weeks Within the last 3 months Within the last 6 months Within the last year Within the last 5 years Over 5 years I never consult a doctor <b>go to Q15</b>	1 2 3 4 5 6 7
	Yes <b>go to Q15</b> No Not applicable (I do not have a long term illness, health problem or disability)	1 2 3
<p><b>15</b> Can you see a male or female doctor according to your preference? <i>please circle one number only</i></p>	Please specify _____	
	Yes No It depends on the problem No preference	1 2 3 4

## Hospital

<p><b>16</b> During the <b>past 3 months</b> have you attended hospital as a patient at an <b>accident and emergency (casualty)</b> department?</p> <p><b>a</b> if yes, how many times have you attended?</p>	Yes No <b>go to Q17</b>	1 2
	Number of attendances: _____	

Questions	Answers
<b>17</b> During the <b>past 3 months</b> have you attended hospital as a patient at an <b>out-patients</b> department? <b>a</b> If <b>yes</b> , how many times have you attended?	Yes 1 No <b>go to Q18</b> 2 Number of attendances: _____
<b>18</b> During the <b>past 12 months</b> , have you ever been in hospital as an <b>in-patient</b> ? (That is to stay overnight or longer) <b>a</b> If <b>yes</b> , how many separate stays have you had?	Yes 1 No <b>go to Q19</b> 2 Number of attendances: _____
<b>19</b> During the <b>past 12 months</b> have you attended hospital as a <b>'Day Case Patient'</b> ? (That is, being admitted into a hospital ward during the day, having your operation or treatment, then going home after a short recovery period <b>the same day</b> ) <b>a</b> If <b>yes</b> , how many times have you attended?	Yes 1 No <b>go to Q20</b> 2 Number of attendances: _____

## Dentist

<b>20</b> Are you registered with a dentist as a:- <b>please circle one number only</b>	NHS patient 1 Private patient 2 Not registered with a dentist 3
<b>21</b> If you went to the dentist tomorrow do you think you would need any treatment?	Yes 1 No 2
<b>22</b> How long ago is it since you last visited your dentist? <b>please circle one number only</b>	Less than 6 months <b>go to Q24</b> 1 6 months to 1 year ago <b>go to Q24</b> 2 Between 1 and 2 years ago <b>go to Q23</b> 3 More than 2 years ago <b>go to Q23</b> 4
<b>23</b> If your visit to the dentist was more than 1 year ago, please indicate why <b>please circle all numbers that apply</b>	I always feel anxious about going to the dentist 1 My teeth/dentures are alright and I don't need to go 2 It is difficult to get time off work 3 It can be difficult to get a convenient appointment 4 I find NHS treatment expensive 5 It is a long way to go 6 I have not found a dentist that I like 7 I cannot find a NHS dentist 8 None of the above 9
<b>24</b> Over the past 12 months, have you experienced:	<b>please circle a number on each line</b>
<b>a</b> toothache, or pain caused by teeth/dentures	No Yes, a little Yes, a lot 1 2 3
<b>b</b> discomfort caused by teeth/dentures	1 2 3
<b>c</b> sore gums	1 2 3
<b>d</b> bleeding gums	1 2 3
<b>e</b> heat/cold sensitive teeth	1 2 3



Questions	Answers
<b>25</b> Do you wear any dentures?	Yes, full dentures (i.e. both upper and lower) <b>go to Q26</b> 1 Yes, partial dentures <b>go to Q25a</b> 2 No <b>go to Q25a</b> 3
<b>a</b> Do you have any fillings?	Yes 1 No 2 Don't know 3
<b>b</b> Do you have any crowns?	Yes 1 No 2 Don't know 3
<b>c</b> Do you have any bridges?	Yes 1 No 2 Don't know 3
<b>d</b> Have you had any teeth extracted in the last 12 months?	Yes 1 No 2 Don't know 3

## Optician

<b>26</b> Have you ever visited an optician to have your eyes tested?	Yes 1 No <b>go to Q30</b> 2
<b>27</b> Do you ever wear glasses or contact lenses?	Yes 1 No 2
<b>28</b> When was the last time you had your eyes tested (a sight test)? <b>please circle one number only</b>	Less than a year ago <b>go to Q30</b> 1 1-2 years ago <b>go to Q30</b> 2 More than 2 years ago <b>go to Q29</b> 3
<b>29</b> If you haven't had a sight test for 2 years or more, please say why <b>please circle all numbers that apply</b>	My eye sight is alright, I don't need one 1 Difficult to get convenient appointments 2 The cost of the test 3 Too far or awkward to travel to opticians 4 Other (please specify) _____ 5

## Complementary Services (some people call this alternative services)

<b>30</b> During the <b>past 3 months</b> , have you consulted any of the following about your health? <b>please circle all numbers that apply</b>	Osteopath 1 Chiropractor 2 Homeopath 3 Herbalist 4 Hypnotherapist 5 Acupuncturist 6 Religious/spiritual healer 7 Reflexologist 8 Aroma therapist 9 Other (please specify) _____ 10 I have not consulted any of these 11
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## Pharmacist

<p><b>31</b> During the <b>past 4 weeks</b> have you received any advice in a pharmacy/chemist in relation to <b>your own health</b>?</p> <p><b>a</b> Was the advice of any help?</p>	<p>Yes 1 No 2 <b>go to Q33</b></p> <p>Yes 1 No 2</p>
<p><b>32</b> During the <b>past 4 weeks</b> have you bought any medicine? (Don't count anything prescribed by your doctor even if you had to pay for it)</p> <p><b>a</b> Was the medication bought of any help?</p>	<p>Yes 1 No 2 <b>go to Q33</b></p> <p>Yes 1 No 2</p>
<p><b>33</b> Are you on any regular medication prescribed by a doctor? (Regular means you receive a repeat prescription from your doctor)</p>	<p>Yes 1 No 2</p>

## Questions for Women Only men please go to Q36

<p><b>34</b> Have you ever had a cervical smear test</p> <p><b>a</b> <b>If yes</b>, when was the last time you had a cervical smear test? <b>please circle one number only then go to Q35</b></p> <p><b>b</b> <b>If no</b>, have you ever been offered a cervical smear test? (usually offered every 3-5 years for woman aged 20-64)</p> <p><b>c</b> If you did not go to a cervical smear test when invited, please state why.</p>	<p>Yes 1 No <b>go to Q34b</b> 2 Not sure <b>go to Q34b</b> 3</p> <p>During the last 12 months 1 1 to 3 years ago 2 3 to 5 years ago 3 Over 5 years ago 4</p> <p>Yes 1 No <b>go to Q35</b> 2 Not sure 3</p> <hr/>
<p><b>35</b> Have you ever received a letter of invitation to have a breast screening X-ray (mammogram)? (usually offered every 3 years for woman aged 50-69)</p> <p><b>a</b> Have you ever had a breast screening X-ray (mammogram)? <b>please circle one number only</b></p> <p><b>b</b> If you did not go to a mammogram when invited, please say why.</p>	<p>Yes 1 No 2 Not sure 3</p> <p>Yes, within the last 3 years 1 Yes, over 3 years ago 2 No, never 3 Don't know 4</p> <hr/>

## Smoking

Now some questions on smoking cigarettes

<p><b>36</b> Which of the following best describes you? <i>please circle one number only</i></p>	<p>I smoke daily 1 I smoke occasionally 2 I used to smoke daily but do not smoke at all now <i>go to Q40</i> 3 I used to smoke occasionally but do not smoke at all now <i>go to Q40</i> 4 I have never smoked <i>go to Q40</i> 5</p>
<p><b>37</b> About how many <b>cigarettes</b> do you smoke a day now?</p>	<p><i>if none write 0</i> Per day on weekdays: _____ Per day at weekends: _____</p>
<p><b>38</b> If you were asked to give <b>one main reason</b> why you smoke, what would it be?</p>	<p>Habit 1 Addiction 2 Stress/nerves 3 Pleasure/enjoyment 4 Relaxation 5 Friends smoke 6 Boredom 7 Other (please describe) 8</p> <p>_____</p>
<p><b>39</b> Would you like to give up smoking?</p> <p><b>a</b> <b>If yes</b>, which of the following make it difficult for you to give up smoking? <i>please circle all numbers that apply</i></p> <p><b>b</b> In the <b>last 12 months</b> have you ever seriously tried to give up smoking?</p> <p><b>c</b> Are you aware of local smoking cessation services?</p> <p><b>d</b> <b>If yes</b>, have you tried to use them?</p>	<p>Yes <i>go to Q39a</i> 1 No <i>go to Q39b</i> 2 Not sure <i>go to Q39b</i> 3</p> <p>Others in my family are smokers 1 Several of my friends smoke 2 Several people at work smoke 3 Too busy, too many other things to think about 4 Too much stress, smoking calms my nerves 5 Not enough willpower 6 Too lazy 7 I don't believe I would succeed if I tried to give up 8 I'm afraid I might put on weight 9 I enjoy smoking 10 Other (please describe) 11</p> <p>_____</p> <p>Yes 1 No 2</p> <p>Yes 1 No <i>go to Q40</i> 2</p> <p>Yes 1 No 2</p>

Questions	Answers
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<b>40</b> How many other people in your household smoke now? <i>please circle one number only</i>	None	1
	1 person	2
	2 people	3
	3 or more people	4

## Alcohol

*Now some questions on alcohol*


<b>41</b> How often on average do you drink alcohol? <i>please circle one number only</i>	Every day	1
	5-6 days a week	2
	3-4 days per week	3
	Once or twice a week	4
	Less than once a week	5
	I never drink alcohol, even on special occasions	6

*if never go to Q45*



**PLEASE USE THE FOLLOWING TABLE TO ANSWER THE NEXT QUESTION**

1/2 pint beer, lager, cider = 1 unit	1 pint beer, lager, cider = 2 units
1 small glass wine, sherry, vermouth = 1 unit	1 spirit measure (whisky, gin, etc) = 1 unit
Double spirit measure = 2 units	
Average bottle of wine 10 units approx	



<b>42</b> On a day when you drink alcohol, on average how many units do you have throughout the whole day?  <b>a</b> Per day on a <b>weekday</b> ?	<i>please circle one number for a weekday and one number for weekend day</i>	1-2 units	1
		3-4 units	2
<b>b</b> Per day on a <b>weekend</b> ?	5-8 units	3	
	9-12 units	4	
	13-20 units	5	
	More than 20 units	6	
	None	7	
	1-2 units	1	
	3-4 units	2	

<b>43</b> In the <b>last 12 months</b> have you seriously tried to cut down the amount of alcohol you drink?	Yes	1
	No	2

<b>44</b> When was the last time you drank 10 or more units in a day? <i>please circle one number only</i>	Never	1
	Last week	2
	Last month	3
	Last 6 months	4
	Over 6 months	5

## Exercise *Next some questions about exercise (which includes brisk walking)*

<p><b>45</b> On <b>average</b>, how often do you undertake <b>any</b> physical activity which lasts for 30 minutes or more? <i><b>please circle one number only</b></i></p>	<p>Never or less than one day a month 1 More than once a month but less than once a week 2 One to two times a week 3 Three or four times a week 4 Five or more times a week 5</p>
<p><b>46</b> Do any of the following reasons prevent you from taking more exercise <i><b>Please circle no more than THREE numbers</b></i></p>	<p>Lack of leisure time (i.e. no spare time evenings and weekends) 1 Lack of money 2 Lack of transport 3 Lack of easily available facilities at work 4 Lack of easily available facilities in the community 5 Lack of interesting or relevant activities 6 Illness or disability 7 Lack of incentive 8 Other reasons (please describe them) 9</p> <hr/> <p>None of the above 10</p>

## Diet *Now some questions about the food you eat*

<p><b>47</b> How many pieces of fruit do you eat in a typical day? <i><b>1 piece of fruit = an apple or a handful of grapes or a medium glass of orange juice etc</b></i></p> <p><b>a</b> How many portions of vegetables do you in a typical day? <i><b>1 portion of vegetables = 80gms (about 3ozs) or 3 heaped tablespoons of vegetables or a cereal bowl of mixed salad</b></i></p>	<p><i><b>Please enter the number</b></i> _____</p> <p><i><b>Please enter the number</b></i> _____</p>																																																																											
<p><b>48</b> How many times do you eat the following in an average week?</p> <p><b>a</b> Fish <b>b</b> White meat (chicken, turkey etc) <b>c</b> Red meat (beef, lamb etc)</p> <p><b>d</b> Vegetables <b>e</b> Fruit <b>f</b> High-fibre foods (cereals, beans etc)</p> <p><b>g</b> Sausage, beef burger, luncheon meat <b>h</b> Chips <b>i</b> Fried food</p> <p><b>j</b> Cheese <b>k</b> Wholemeal bread <b>l</b> White bread</p> <p><b>m</b> Added salt <b>n</b> Sugary foods (biscuits, sweets, cakes etc)</p>	<p><i><b>Please circle one number for each food</b></i></p> <table border="1"> <thead> <tr> <th></th> <th>Never/ rarely</th> <th>1-2 times a week</th> <th>3-5 times a week</th> <th>more than five times a week</th> </tr> </thead> <tbody> <tr><td><b>a</b> Fish</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td><b>b</b> White meat (chicken, turkey etc)</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td><b>c</b> Red meat (beef, lamb etc)</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td><b>d</b> Vegetables</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td><b>e</b> Fruit</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td><b>f</b> High-fibre foods (cereals, beans etc)</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td><b>g</b> Sausage, beef burger, luncheon meat</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td><b>h</b> Chips</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td><b>i</b> Fried food</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td><b>j</b> Cheese</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td><b>k</b> Wholemeal bread</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td><b>l</b> White bread</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td><b>m</b> Added salt</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td><b>n</b> Sugary foods (biscuits, sweets, cakes etc)</td><td>1</td><td>2</td><td>3</td><td>4</td></tr> </tbody> </table>		Never/ rarely	1-2 times a week	3-5 times a week	more than five times a week	<b>a</b> Fish	1	2	3	4	<b>b</b> White meat (chicken, turkey etc)	1	2	3	4	<b>c</b> Red meat (beef, lamb etc)	1	2	3	4	<b>d</b> Vegetables	1	2	3	4	<b>e</b> Fruit	1	2	3	4	<b>f</b> High-fibre foods (cereals, beans etc)	1	2	3	4	<b>g</b> Sausage, beef burger, luncheon meat	1	2	3	4	<b>h</b> Chips	1	2	3	4	<b>i</b> Fried food	1	2	3	4	<b>j</b> Cheese	1	2	3	4	<b>k</b> Wholemeal bread	1	2	3	4	<b>l</b> White bread	1	2	3	4	<b>m</b> Added salt	1	2	3	4	<b>n</b> Sugary foods (biscuits, sweets, cakes etc)	1	2	3	4
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Questions	Answers
49 What is your height (without shoes)?	_____ feet _____ inches or _____ metres _____ centimetres
50 What is your weight (lightly dressed)?	_____ stones _____ pounds or _____ kilograms
51 Which of the following best describes you? <i>please circle one number only</i>	I am underweight 1 I am about the right weight 2 I am a little overweight 3 I am very overweight 4 I am not sure about my weight 5

## Health Insurance

52 Are you covered by a health insurance scheme, (for example, BUPA or PPP) which pays the cost private medical treatment?	Yes 1 No <b>go to q53</b> 2
a <b>If yes</b> , is it <i>please circle one number only</i>	An occupational benefit from your own or someone else's employer 1 Arranged and paid for privately by yourself or someone else 2

## About your area/neighbourhood

53 How long have you lived in this area? (by area I mean within about a 15-20 minute walk or a 5-10 minute drive from your home)	Please enter number of years _____ (if less than 1 year enter 0)
54 Would you say this is an area you enjoy living in? <i>please circle one number only</i>	Yes 1 No 2 Don't know 3
55 Have you been involved in any local organisation over the past 3 years? (Include school, religious, resident associations, support groups and charities)	Yes 1 No <b>go to q56</b> 2
a <b>If yes:</b> In the past 3 years have you had any responsibilities in this (these) organisation(s), such as being a committee member, raising funds, organising events or doing administrative or clerical work?	Yes 1 No 2

Questions	Answers		
<p><b>56</b> In the <b>past 3 years</b>, have you taken any of the following actions in an attempt to solve a <b>local</b> problem? <i>please circle all numbers that apply</i></p>	Written to local newspaper		1
	Contacted the appropriate organisation to deal with the problem, e.g. the council		2
	Contacted a local councillor or MP		3
	Attended a protest or joined an action group		4
	Thought about it, but did not do it		5
	None of these		6
<p><b>57</b> Would you say that you trust... <i>please circle one number only</i></p>	Most of the people in your neighbourhood		1
	Many of the people in your neighbourhood		2
	A few of the people in your neighbourhood		3
	None of the people in your neighbourhood		4
<p><b>58</b> How often do you see or speak to your neighbours? <i>please circle one number only</i></p>	Every day		1
	5 or 6 days a week		2
	3 or 4 days a week		3
	Once or twice a week		4
	Once or twice a month		5
	Once every couple of months		6
	Once or twice a year		7
	Not at all in last 12 months		8
<p><b>59</b> Supposing you are ill in bed and need help at home. Could you ask anyone for help? ('Help at home' means help with domestic tasks such as cooking, cleaning, making a cup of tea)</p>	Yes		1
	No		2
	Don't know/it depends		3
<p><b>60</b> During the <b>past 3 months</b>, have you felt anxious or stressed by any of the following? <i>please circle a number for each row</i></p>	All or most of the time	Some of the time	Little or none of the time
<b>Your Housing:</b>			
<b>a</b> conditions eg, damp/cold etc	1	2	3
<b>b</b> neighbourhood	1	2	3
<b>Pollution:</b>			
<b>c</b> air quality	1	2	3
<b>d</b> waste / litter	1	2	3
<b>e</b> noise	1	2	3
<b>f</b> traffic	1	2	3
<b>Crime in Your Area:</b>			
<b>g</b> burglary	1	2	3
<b>h</b> theft from, or of, cars	1	2	3
<b>Fear of Violence:</b>			
<b>i</b> against you	1	2	3
<b>j</b> against your family or friends	1	2	3

Questions	Answers
<b>61</b> Can you say how much of a problem drug use is in your local area? <i>please circle one number only</i>	Very big problem 1 Fairly big problem 2 Minor problem 3 Not at all a problem 4 It happens but is not a problem 5 Don't know 6
<b>62</b> What is your main form of transport? <i>please circle one number only</i>	Car/motorcycle/moped 1 Public transport (buses and trains) 2 Cycling 3 Walking 4 Other please specify 5 _____ Never goes out 6
<b>63</b> Would you say that there is good local transport for where you want to get to?	Yes 1 No 2 Don't know 3
<b>64</b> How do you usually travel to work? <i>If you do not work please go to Q66</i>  <i>please circle the number that represents the longest part, by distance, of your usual journey to work</i>	Work mainly at or from home 1 Train 2 Bus, minibus or coach 3 Motor cycle, scooter or moped 4 Driving a car or van 5 Passenger in a car or van 6 Bicycle 7 On foot 8 Other please specify 9 _____
<b>65</b> How long does it take you on average to get to work (door to door)?	_____ hours _____ minutes

## Questions About You

*This information will be used to help look at the health of different groups of people and the types of services they need*

<b>66</b> Are you....	Male 1 Female 2
<b>67</b> How old were you last birthday?	Years: _____
<b>68</b> Are you currently... <i>please circle one number only</i>	Single 1 Divorced or separated 2 Widowed 3 Married, or living as a couple 4



- 69** Which best describes your ethnic origin?  
*please circle the appropriate number to indicate your cultural background*

<b>White</b>	
British	1
Irish	2
Any other White background	3
<hr/>	
<b>Mixed</b>	
White and Black Caribbean	4
White and Black African	5
White and Asian	6
Any other mixed background	7
<hr/>	
<b>Asian or Asian British</b>	
Indian	8
Pakistani	9
Bangladeshi	10
Any other Asian background	11
<hr/>	
<b>Black or Black British</b>	
Caribbean	12
African	13
Any other Black background	14
<hr/>	
<b>Chinese or other ethnic group</b>	
Chinese	15
Any other	16
<hr/>	

This question is designed to help us assess the health of particular groups in the community.  
We appreciate it is sensitive and you may prefer not to answer it.

- 70** How would you describe your sexuality/  
sexual orientation?  
*please circle one number only*

Straight/heterosexual	1
Gay	2
Lesbian	3
Bisexual	4
Transgendered	5
Unsure	6
Other	7
<hr/>	

- 71** What is your housing tenure? Are you...  
*please circle one number only*

An owner occupier (with or without a mortgage)	1
Renting your home furnished from a private landlord	2
Renting your home unfurnished from a private landlord	3
Renting from a Housing Association	4
Renting from a Local Authority or Council	5
Living rent-free with job, shop or other business	6
Living with parents/family	7
Living in bed and breakfast accommodation	8
Other please specify	9
<hr/>	

Questions	Answers																						
<p><b>72</b> Is the accommodation in which you live: <i>please circle one number only</i></p>	<table> <tr><td>A house</td><td>1</td></tr> <tr><td>A bungalow</td><td>2</td></tr> <tr><td>A ground floor flat</td><td>3</td></tr> <tr><td>An upstairs flat</td><td>4</td></tr> <tr><td>A mobile home</td><td>5</td></tr> <tr><td>A bed sit</td><td>6</td></tr> <tr><td>Other(please specify)</td><td>7</td></tr> <tr><td colspan="2">_____</td></tr> </table>	A house	1	A bungalow	2	A ground floor flat	3	An upstairs flat	4	A mobile home	5	A bed sit	6	Other(please specify)	7	_____							
A house	1																						
A bungalow	2																						
A ground floor flat	3																						
An upstairs flat	4																						
A mobile home	5																						
A bed sit	6																						
Other(please specify)	7																						
_____																							
<p><b>73</b> Are there times in the winter when you cannot keep your home warm enough? <i>please circle one number only</i></p>	<table> <tr><td>Most of the time</td><td>1</td></tr> <tr><td>Quite often</td><td>2</td></tr> <tr><td>Only occasionally</td><td>3</td></tr> <tr><td>Never</td><td>4</td></tr> </table>	Most of the time	1	Quite often	2	Only occasionally	3	Never	4														
Most of the time	1																						
Quite often	2																						
Only occasionally	3																						
Never	4																						
<p><b>74</b> Please give your post code</p>	<p><i>enter postcode</i> _____</p>																						
<p><b>75</b> How many children live in your household? <i>please circle one number only</i></p>	<table> <tr> <td>0-4years</td> <td>5-15years</td> </tr> <tr> <td>0</td> <td>0</td> </tr> <tr> <td>1</td> <td>1</td> </tr> <tr> <td>2</td> <td>2</td> </tr> <tr> <td>3+</td> <td>3+</td> </tr> </table>	0-4years	5-15years	0	0	1	1	2	2	3+	3+												
0-4years	5-15years																						
0	0																						
1	1																						
2	2																						
3+	3+																						
<p><b>76</b> How many adults (including yourself) live in your household <i>please circle one number only</i></p>	<table> <tr><td>One</td><td>1</td></tr> <tr><td>Two</td><td>2</td></tr> <tr><td>Three+</td><td>3</td></tr> </table>	One	1	Two	2	Three+	3																
One	1																						
Two	2																						
Three+	3																						
<p><b>77</b> Do you look after, or give help or support to family members, friends, neighbours or others because of: long-term physical or mental, ill-health or disability, or problems related to old age? <i>Do not count anything you do as part of your paid employment.</i> <i>please circle one number only</i></p>	<table> <tr><td>No</td><td>1</td></tr> <tr><td>Yes, 1-19 hours a week</td><td>2</td></tr> <tr><td>Yes, 20-49 hours a week</td><td>3</td></tr> <tr><td>Yes, 50+ hours a week</td><td>4</td></tr> </table>	No	1	Yes, 1-19 hours a week	2	Yes, 20-49 hours a week	3	Yes, 50+ hours a week	4														
No	1																						
Yes, 1-19 hours a week	2																						
Yes, 20-49 hours a week	3																						
Yes, 50+ hours a week	4																						
<p><b>78</b> Which of the following best describes your current situation? <i>please circle one number only</i></p>	<table> <tr><td>I am self employed with employees</td><td>1</td></tr> <tr><td>I am self employed/freelance without employees</td><td>2</td></tr> <tr><td>I am employed full-time (more than 30 hrs a week)</td><td>3</td></tr> <tr><td>I am employed part-time (less than 30 hrs a week)</td><td>4</td></tr> <tr><td>I am retired</td><td>5</td></tr> <tr><td>I am unemployed and looking for work</td><td>6</td></tr> <tr><td>I am unable to work due to disability or ill health</td><td>7</td></tr> <tr><td>I am caring for my home and family/dependents</td><td>8</td></tr> <tr><td>I am a full-time student</td><td>9</td></tr> <tr><td>Other (please describe)</td><td>10</td></tr> <tr><td colspan="2">_____</td></tr> </table>	I am self employed with employees	1	I am self employed/freelance without employees	2	I am employed full-time (more than 30 hrs a week)	3	I am employed part-time (less than 30 hrs a week)	4	I am retired	5	I am unemployed and looking for work	6	I am unable to work due to disability or ill health	7	I am caring for my home and family/dependents	8	I am a full-time student	9	Other (please describe)	10	_____	
I am self employed with employees	1																						
I am self employed/freelance without employees	2																						
I am employed full-time (more than 30 hrs a week)	3																						
I am employed part-time (less than 30 hrs a week)	4																						
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I am a full-time student	9																						
Other (please describe)	10																						
_____																							

Questions	Answers
<p><b>79</b> Have you ever been in paid employment?</p> <p><b>a</b> If yes, please circle the number which <b>best</b> describes the sort of work you do. (If you are not working now, please circle a number to show what you did in your last job).</p>	<p>Yes 1 No <i>go to end of questionnaire</i> 2</p> <p><b>Modern Professional Occupations</b> 1 <i>such as:</i> teacher – nurse – physiotherapist social worker – welfare officer – artist – musician police officer(sergeant or above) – software designer</p> <p><b>Clerical and intermediate occupations</b> 2 <i>such as:</i> secretary – personal assistant – clerical worker – office worker – call centre agent – nursing auxiliary – nursery nurse</p> <p><b>Senior managers and administrators</b> 3 (usually responsible for planning, organising and co-ordinating work and for finance) <i>such as:</i> finance manager – chief executive</p> <p><b>Technical and craft occupations</b> 4 <i>such as:</i> motor mechanic – fitter – inspector – plumber tool maker – electrician – gardener – train driver</p> <p><b>Semi-routine manual and service occupations</b> 5 <i>such as:</i> postal worker – machine operative – security guard – caretaker – farm worker – catering assistant receptionist – sales assistant</p> <p><b>Routine manual and service occupations</b> 6 <i>such as:</i> HGV driver – van driver – cleaner – porter packer – sewing machinist – messenger – labourer waiter/waitress – bar staff</p> <p><b>Middle or junior managers</b> 7 <i>such as:</i> office managers – retail manager – bank manager – restaurant manager – warehouse manager publican</p> <p><b>Traditional professional occupations</b> 8 <i>such as:</i> accountant – solicitor – medical practitioner scientist – civil/mechanical engineer</p>
<p><b>80</b> Do (did) you supervise any other employees? (A supervisor or foreman is responsible for overseeing the work of other employees on a day-to-day basis)</p>	<p>Yes 1 No 2</p>
<p><b>81</b> <b>For employees:</b> indicate how many people work (worked) for your employer at the place where you work (worked). <b>For self-employed:</b> indicate how many people you employ (employed). <i>please circle one number only</i></p>	<p>1 to 24 1 25 or more 2</p>

If there are any comments you would like to make please record them here.

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### Next

- Now please check that you have answered all the questions that apply to you.
- Please return the completed questionnaire in the PREPAID (no stamp is required) envelope provided.

**Thank you very much for your help, we are grateful for the trouble you have taken.**



## APPENDIX 2

### SF-36 Health Status Measurement Definitions of Concepts and Scoring

Concepts	No. of Items	Low	High
<b>FUNCTIONAL STATUS</b>			
<b>PHYSICAL FUNCTIONING</b> Physical functioning – extent to which health limits physical activities	10	Limited a lot in performing all physical activities including bathing or dressing	Performs all types of physical activities including the most vigorous without limitations due to health
<b>ROLE PHYSICAL</b> Role limitations due to physical problems – extent to which physical health interferes with work or other regular activities	4	Problems with work or other daily activities as a result of physical health	No problem with work or other daily activities as a result of physical health, past 4 weeks
<b>SOCIAL</b> Social functioning – extent to which physical health or emotional problems interfere with normal social activities	2	Extreme and frequent interference with normal social activities due to physical and emotional problems	Performs normal social activities without interference due to physical or emotional problems, past 4 weeks
<b>WELL BEING</b>			
<b>ROLE MENTAL</b> Role limitations due to emotional problems interfere with work or regular activities	3	Problems with work or other daily activities as a result of emotional problems	No problems with work or other daily activities as a result of emotional problems, past 4 weeks
<b>PAIN</b> Bodily pain – intensity and effect of pain on normal work both inside and outside the home	2	Very severe and extremely limiting pain	No pain or limitations due to pain, past 4 weeks
<b>MENTAL HEALTH</b> General mental health – excluding depression, anxiety, behavioural emotional control, general positive effect	5	Feelings of nervousness and depression all of the time	Feels peaceful, happy, and calm all of the time, past 4 weeks
<b>ENERGY</b> Vitality/fatigue – energy levels	4	Feels tired and worn out all of the time	Feels full of energy all of the time, past 4 weeks
<b>GENERAL HEALTH PERCEPTIONS</b>			
<b>HEALTH PERCEPTION</b> Including current health, health outlook and resistance to illness	5	Believes personal health is poor and likely to get worse	Believes personal health is excellent