

Leicester Health and Wellbeing Survey 2018



Insight briefings



**Groups reporting poorer health and wellbeing outcomes:
A focus on those with a long term condition, living in social housing or having a caring responsibility.**

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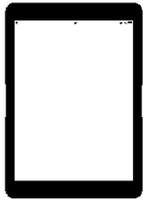


What is an insight briefing?

The rich 2018 survey dataset allows for further analysis by a range of factors such as age, gender, ethnicity, geography and deprivation. Insight briefings have been prepared to further investigate topics of interest.

This briefing investigates the issue of those in poor health who show signs of falling behind since the previous survey and compared to the average Leicester resident.

Leicester Health & Wellbeing Survey 2018



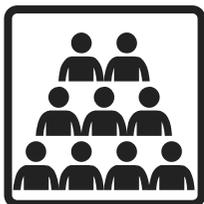
Ipsos MORI were commissioned by Leicester City Council to undertake a face-to-face survey of residents in Leicester aged 16+. Interviews were conducted in the home using Computer Assisted Personal Interviewing (CAPI).



Fieldwork took place between 5 March and 25 July 2018 and 2,224 interviews were completed.



Respondents were selected for interview randomly in pre-assigned sample points across Leicester.



Quotas were set by age, gender, ethnicity, work status and ward to ensure demographic representativeness, with data weighted to the known profile of the Leicester adult population to mitigate non-response bias.

The [full report](https://www.leicester.gov.uk/your-council/policies-plans-and-strategies/health-and-social-care/data-reports-information/leicester-health-and-wellbeing-surveys/) can be found on the Leicester City Council webpage:

<https://www.leicester.gov.uk/your-council/policies-plans-and-strategies/health-and-social-care/data-reports-information/leicester-health-and-wellbeing-surveys/>

Groups reporting poorer health outcomes



The 2015 and 2018 Leicester health and wellbeing surveys have highlighted that the following groups have consistently reported poorer health and wellbeing outcomes.

**Those with
a long -
term
limiting
health
condition**

**Those
caring for
someone
they live
with.**

**Social
housing
tenants**

This insight briefing will explore the makeup of these groups, who are more likely to belong to these groups and the extent of crossover between the groups. It will then examine the health and wellbeing outcomes of these groups.

About one in five (18%) have a long term illness or disability that limits their daily lives

Of those with a long-term limiting condition 57% were female and 43% were male. They are more likely to be older with 18% under 35, 45% between 35-64 and 37% aged 65+. Three in five of those with a long term condition are White British (58%), 30% are Asian British, and 6% are Black British. A fifth are in employment, about half own their own home (48%) and a third are social housing tenants. 14% of those with a long term condition are also a home carer.

Long-term condition limiting day to day activities: 18% or an estimated 50,000 16+ Leicester residents

By geography there are higher proportions of long term ill residents living in the most deprived areas of the city. In particular Eyres Monsell and Saffron both report higher proportions.

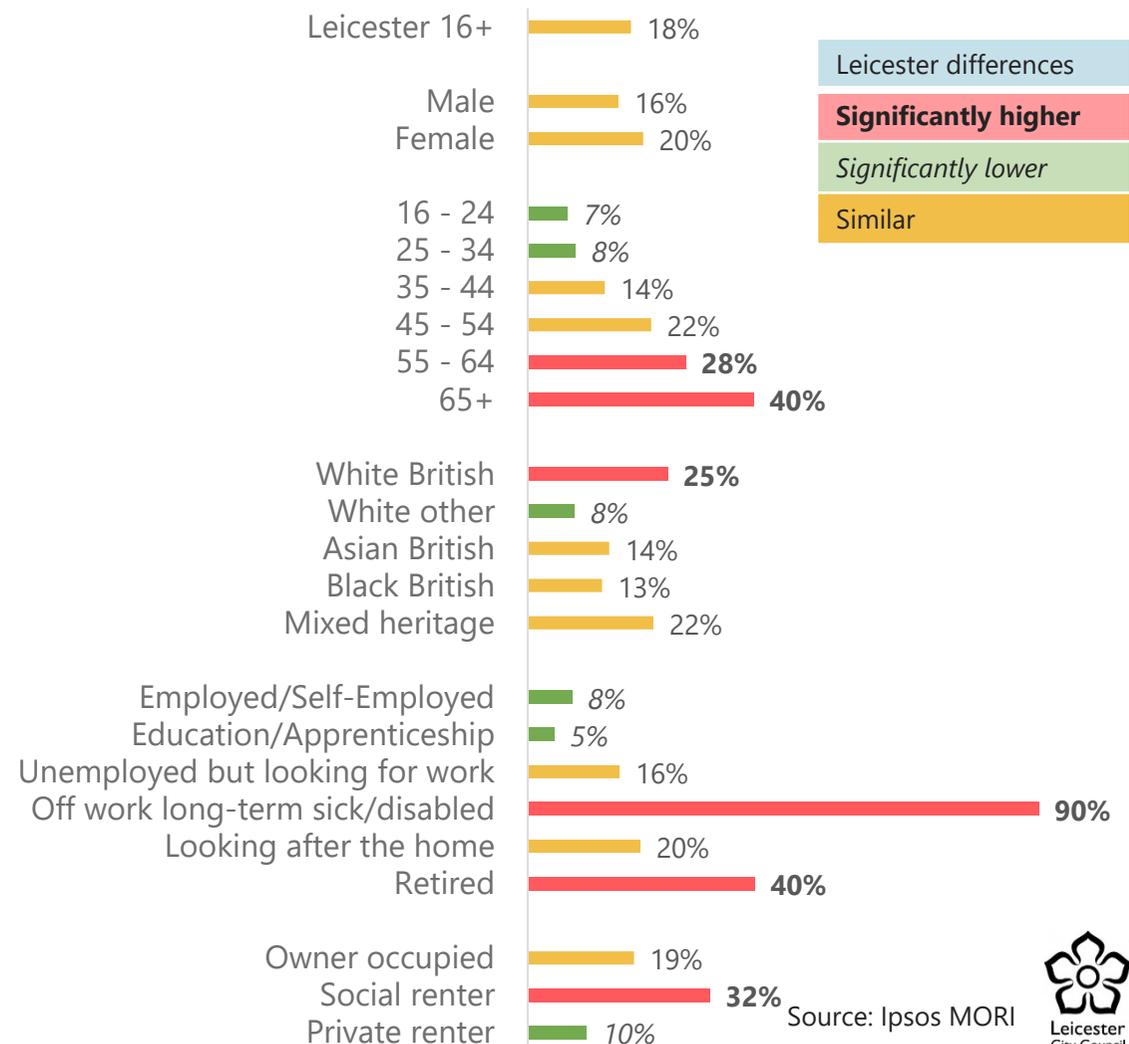
Some groups are significantly more likely to be living with a long term limiting condition.

For example two in five (40%) residents aged 65+ are living with a limiting long term illness, compared to 7% of 16-24 year olds.

Other groups significantly more likely to be living with a long term illness include 55-64 year olds (28%), White British (25%), those currently off work because of sickness/disability (90%), retired (40%) and social renters (32%).

A quarter of home carers (25%) have a long term limiting condition.

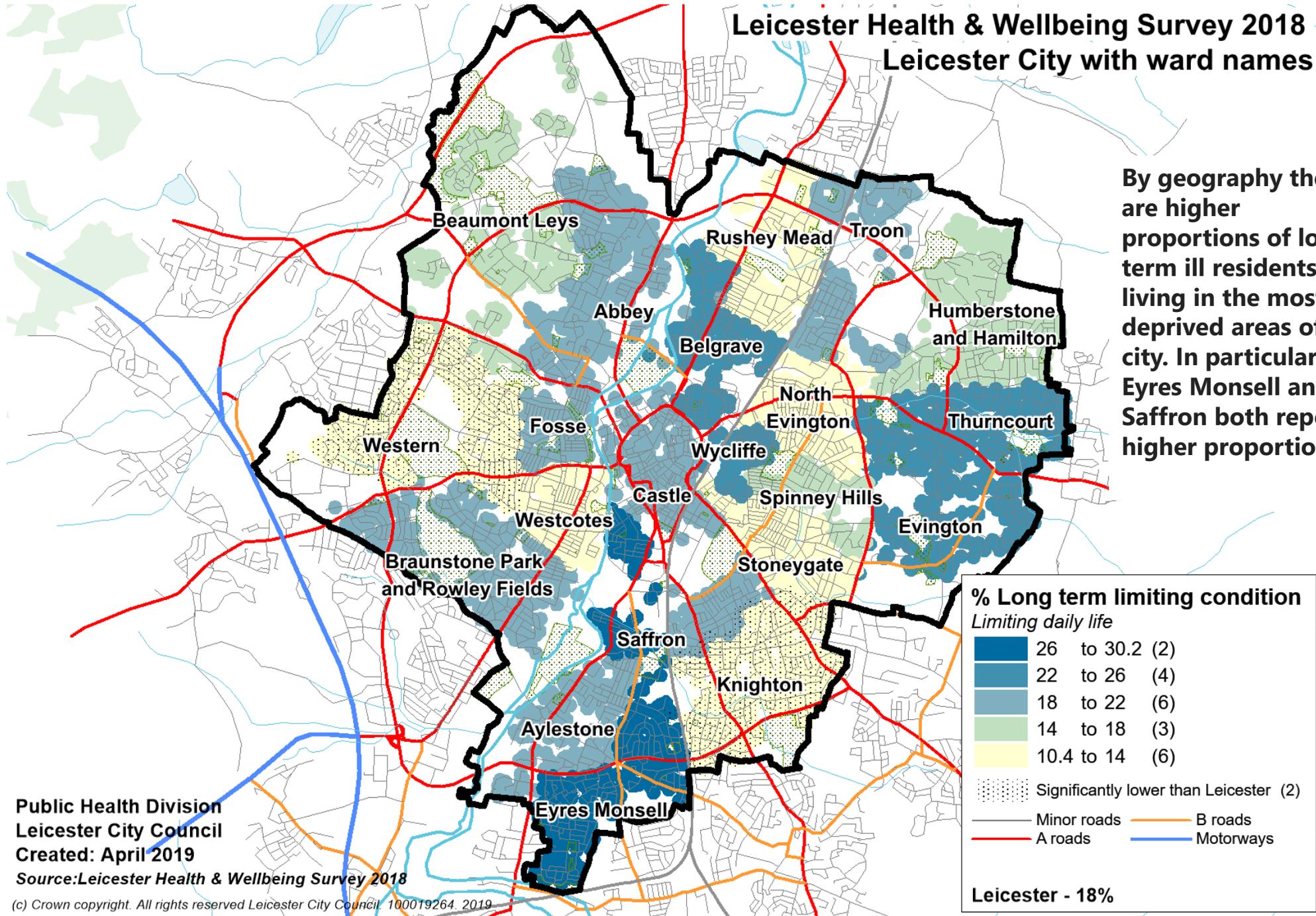
% of groups with a long term limiting condition



Some areas of the city have higher proportions of long term ill residents

Leicester Health & Wellbeing Survey 2018
Leicester City with ward names

By geography there are higher proportions of long term ill residents living in the most deprived areas of the city. In particular Eyres Monsell and Saffron both report higher proportions.



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One in ten (10%) are caring for a person they live with

Of those who identified as a home carer 53% are female and 47% are male. By age groups a third are aged under 35 (33%), 45% are aged 35-64 and 22% are 65+. About half of home carers are Asian British (49%) and 38% are White British. Two in five are in employment (42%) and about one in ten are in education. A quarter of home carers (25%) have a long term limiting condition.

Home carers: 10% or an estimated 29,000 16+ Leicester residents

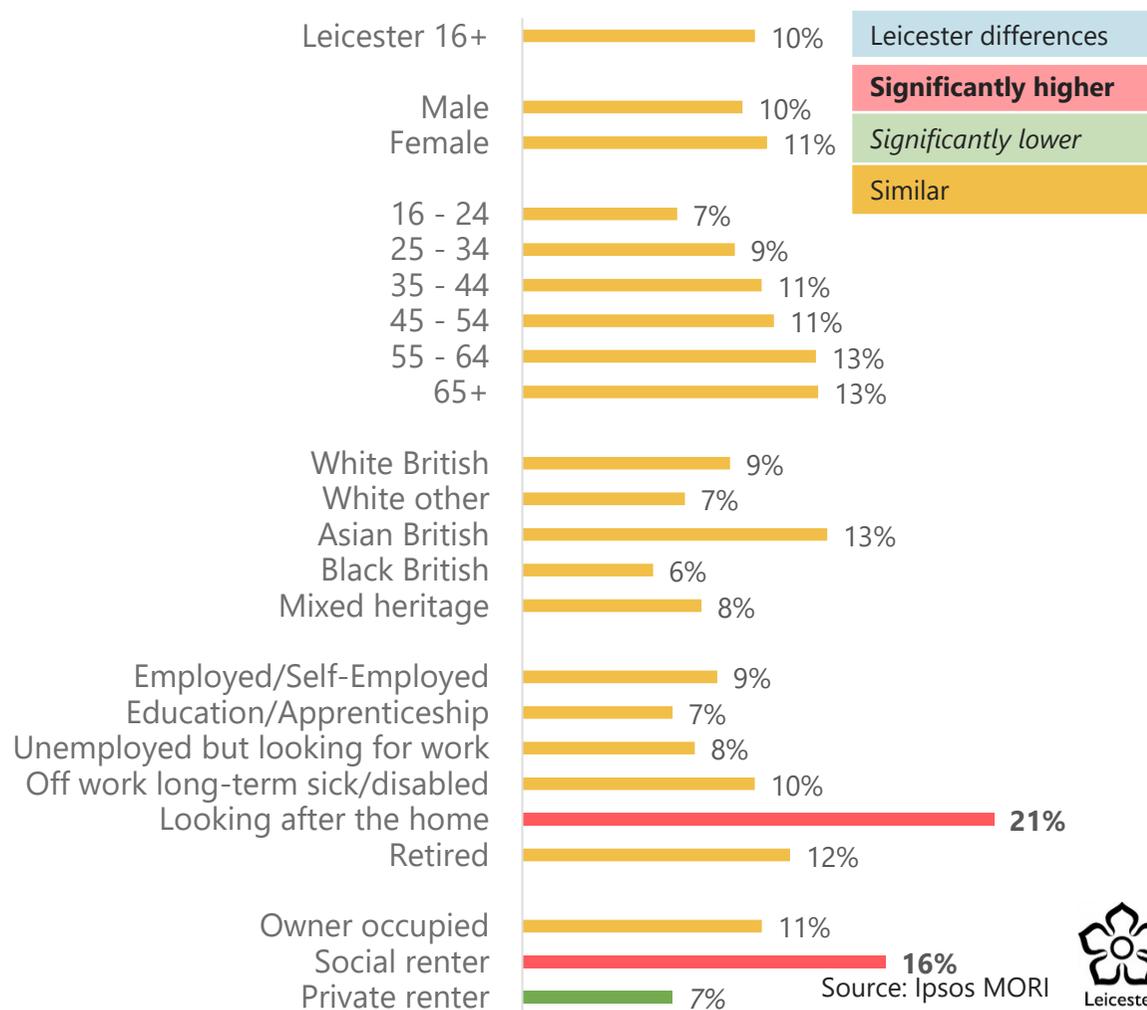
By geography there are higher proportions of home carers in the North of city.

Some groups are significantly more likely to be providing care to a person they live with.

For example older age groups report higher rates for home caring compared to younger groups. Asian British groups report higher rates than some other ethnic groups.

Groups significantly more likely to be providing care at home include social renters (16%) and those looking after the home (21%).

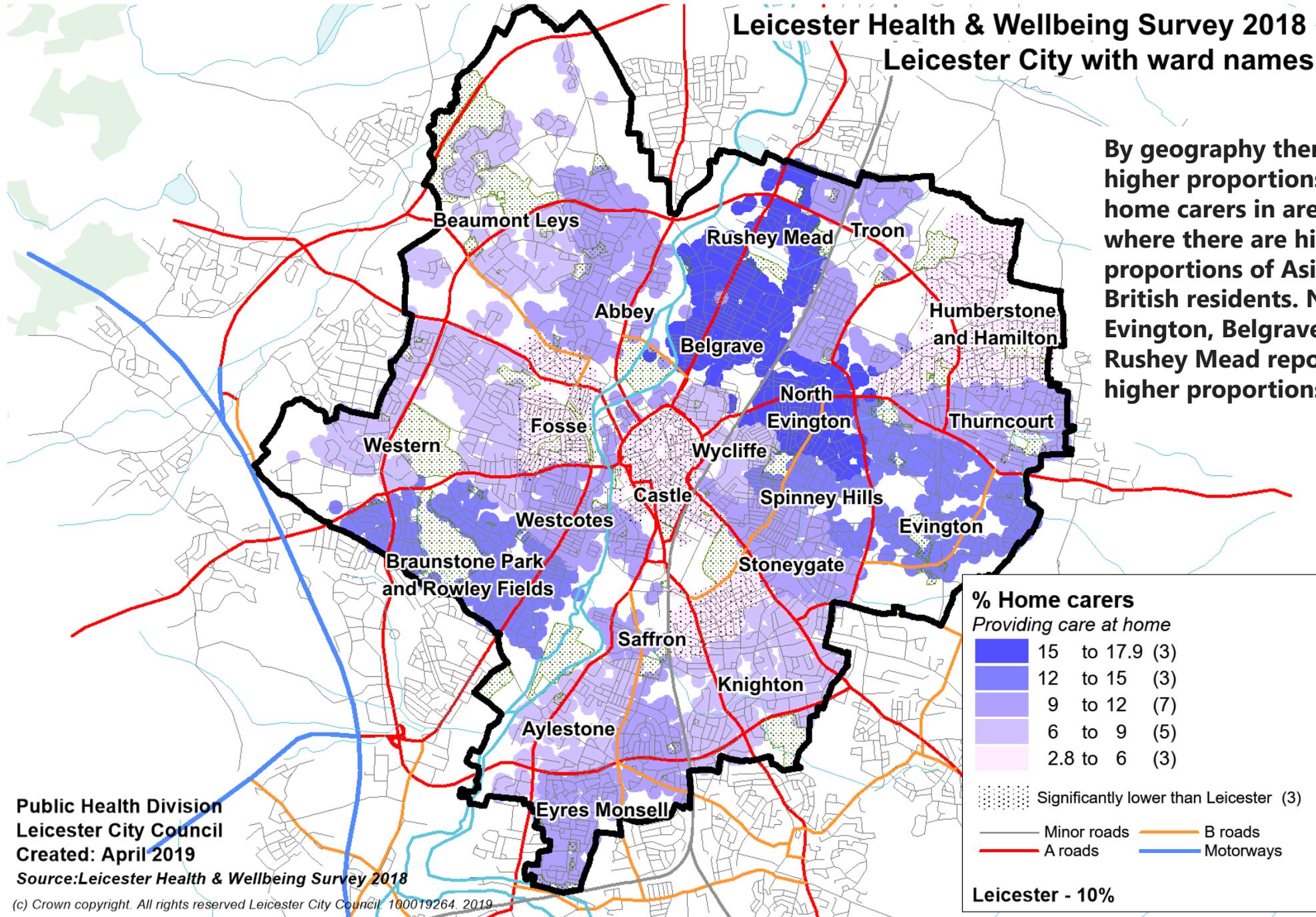
% of groups who have a home caring responsibility



Some areas of the city report higher rates of home carers

Leicester Health & Wellbeing Survey 2018 Leicester City with ward names

By geography there are higher proportions of home carers in areas where there are higher proportions of Asian British residents. North Evington, Belgrave and Rushey Mead report higher proportions.



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About one in five (19%) are social housing tenants

Of those who identified as a social housing tenant 56% were female and 44% were male. There was a fairly even split between age groups with 17% aged between 16-24 and 20% aged 65+. Over half of social housing tenants are White British (53%), a quarter are Asian British (25%), and 15% are Black British. About a third have a long term limiting condition and 16% have a home caring responsibility.

Social housing tenants: 19% or an estimated 53,000 16+ Leicester residents

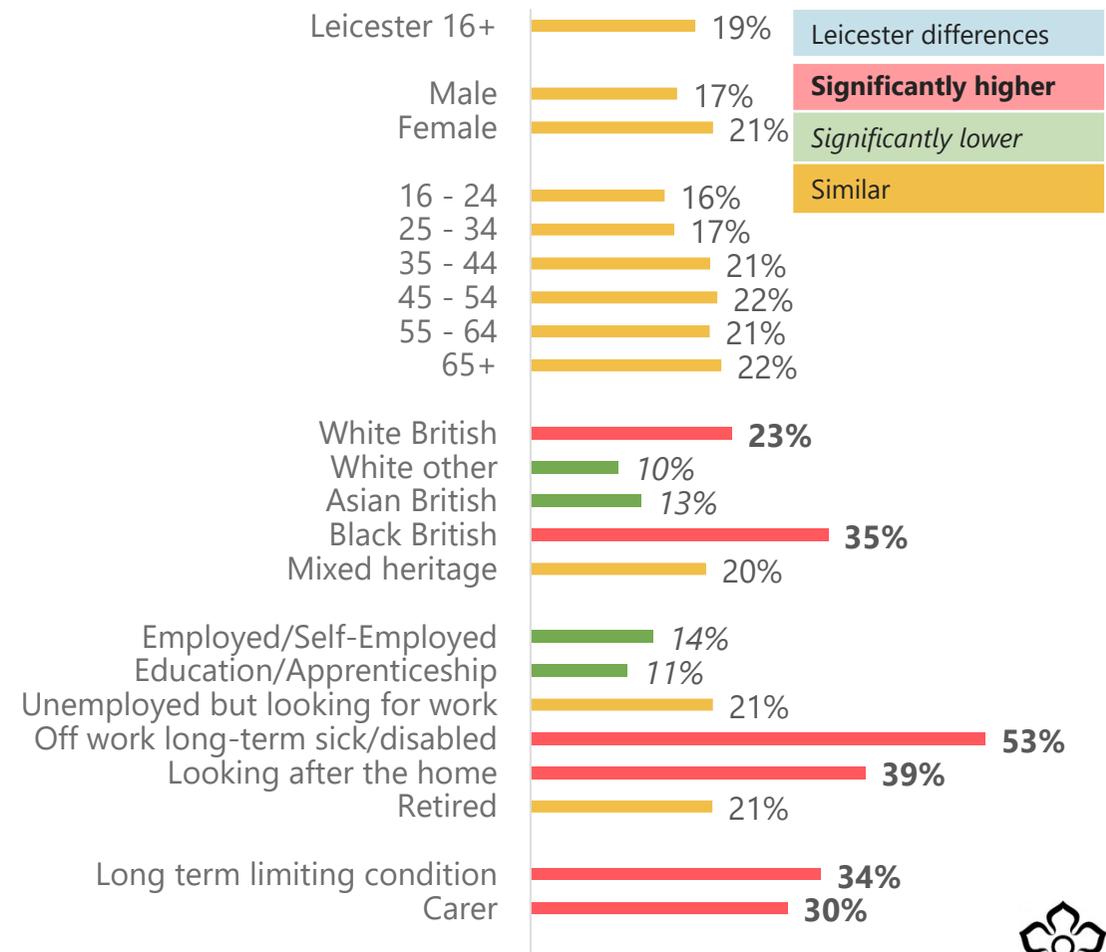
Most of the city's social housing is concentrated in the following areas of Leicester; Beaumont Leys, Braunstone, Eyres Monsell, Mowmacre and Stocking Farm, New Parks, Saffron, Southfields (City Centre South), and St Matthews and St Peters.

Some groups are significantly more likely to be living in social housing compared to the average Leicester resident.

For example over half (53%) of residents who are currently off work because of sickness or disability are social housing tenants.

Other groups with significantly higher proportions of social housing tenants include White British (23%), Black British (35%), those with a long-term limiting condition (34%) and carers (30%).

% of groups who are social housing tenants

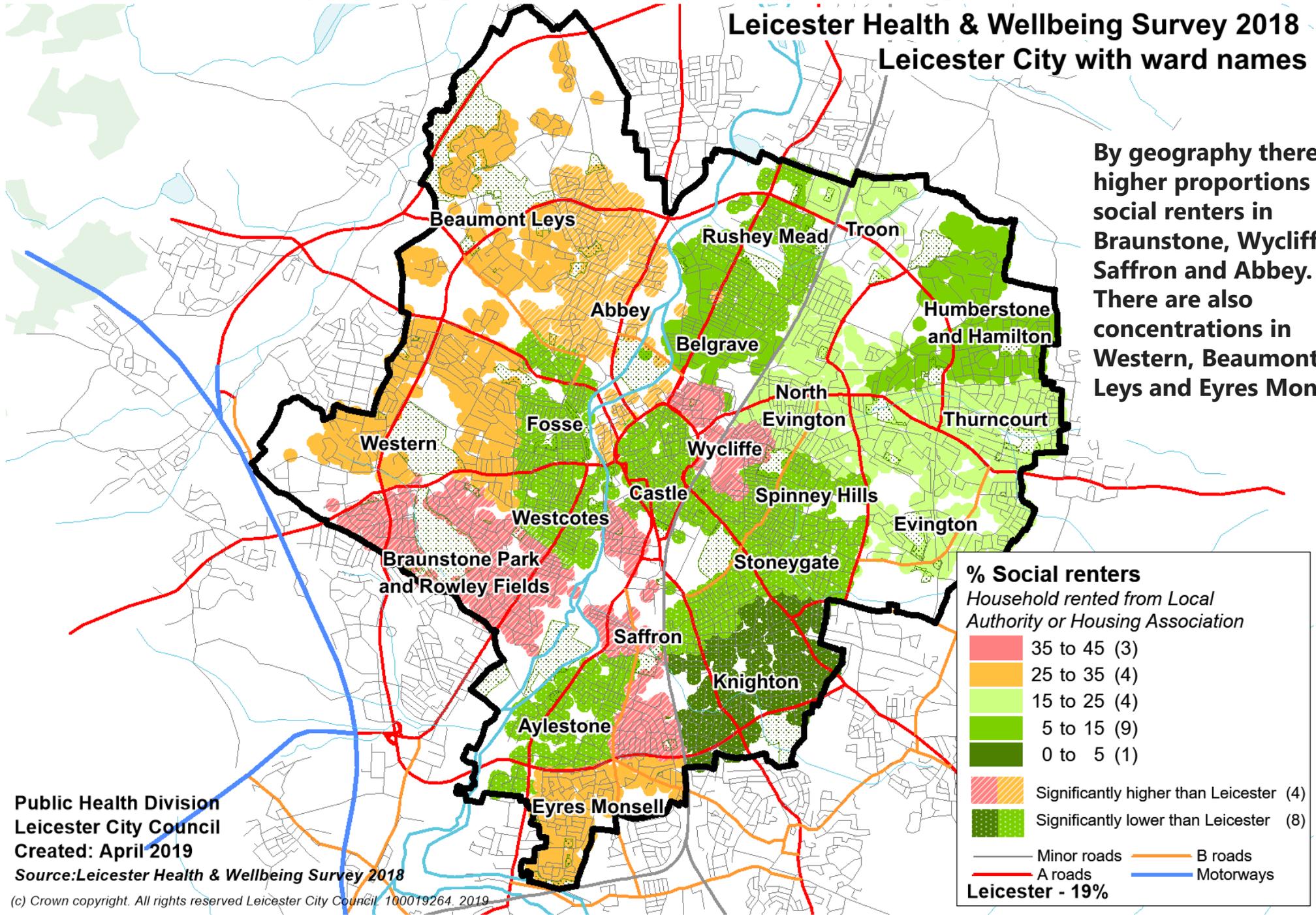


Source: Ipsos MORI

Some areas of the city have high concentrations of social housing

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Leicester City with ward names

By geography there are higher proportions of social renters in Braunstone, Wycliffe, Saffron and Abbey. There are also concentrations in Western, Beaumont Leys and Eyres Monsell.



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Crossover between groups

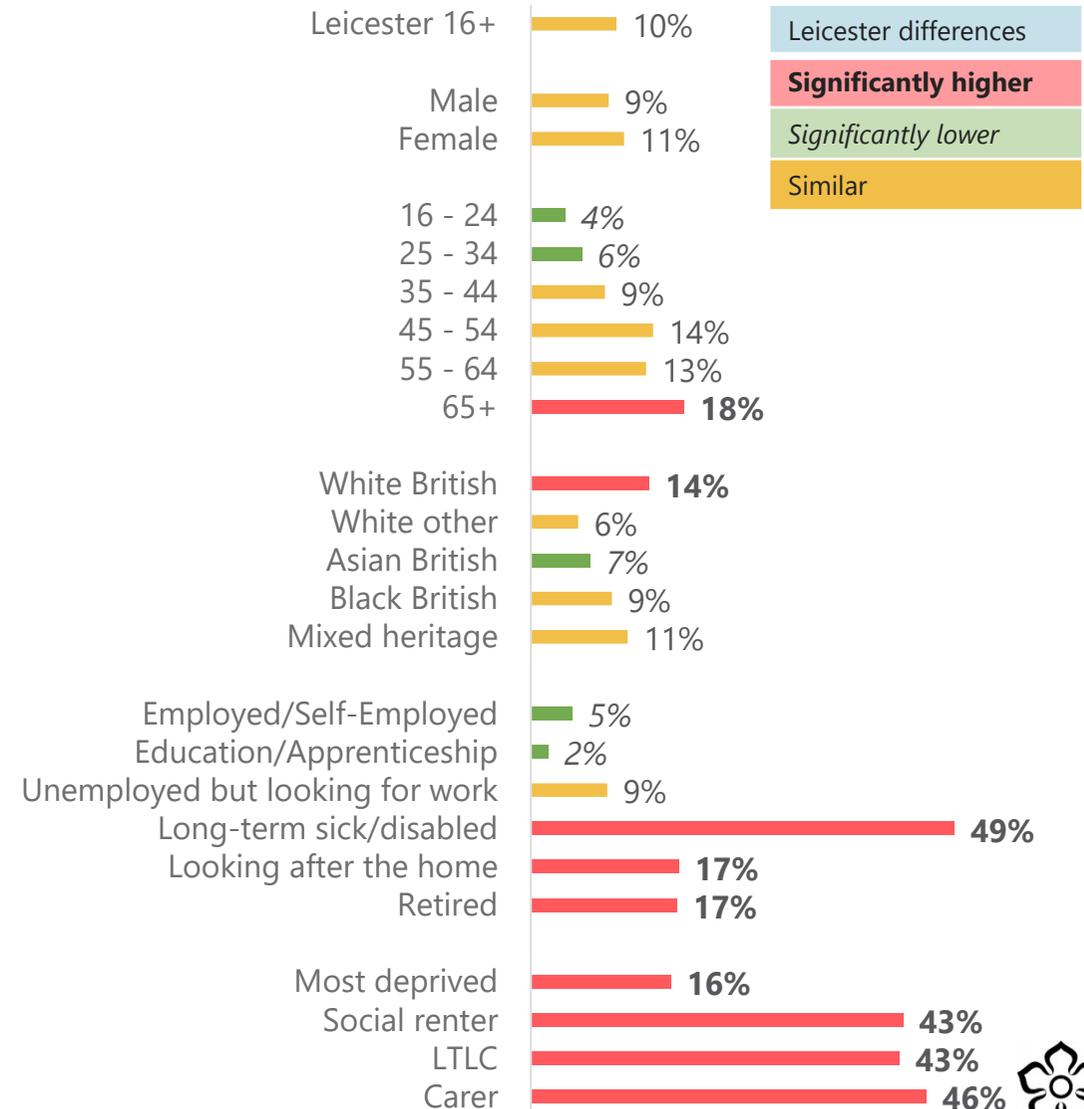
Most residents (63%) do not belong to any poor health group but 37% belong to at least one.

One in ten (10%) of residents belong to two or more groups and less than 1% belong to all three.



There is also clear overlap with about half of those who belong to a group also in one other group.

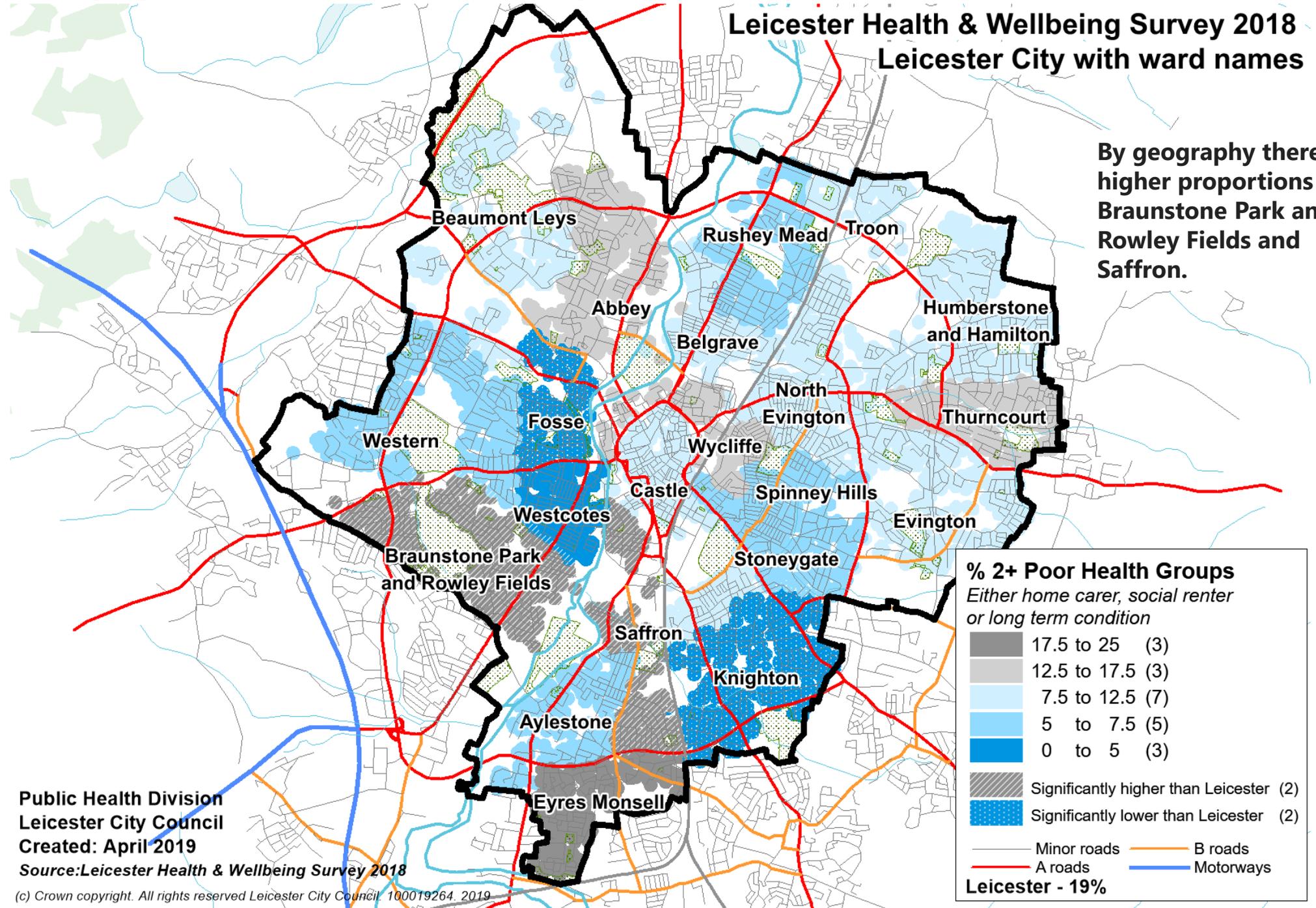
% who belong to 2+ groups



Belonging to two or more poor health groups is more common in some areas of the city

Leicester Health & Wellbeing Survey 2018 Leicester City with ward names

By geography there are higher proportions in Braunstone Park and Rowley Fields and Saffron.



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Source: Leicester Health & Wellbeing Survey 2018

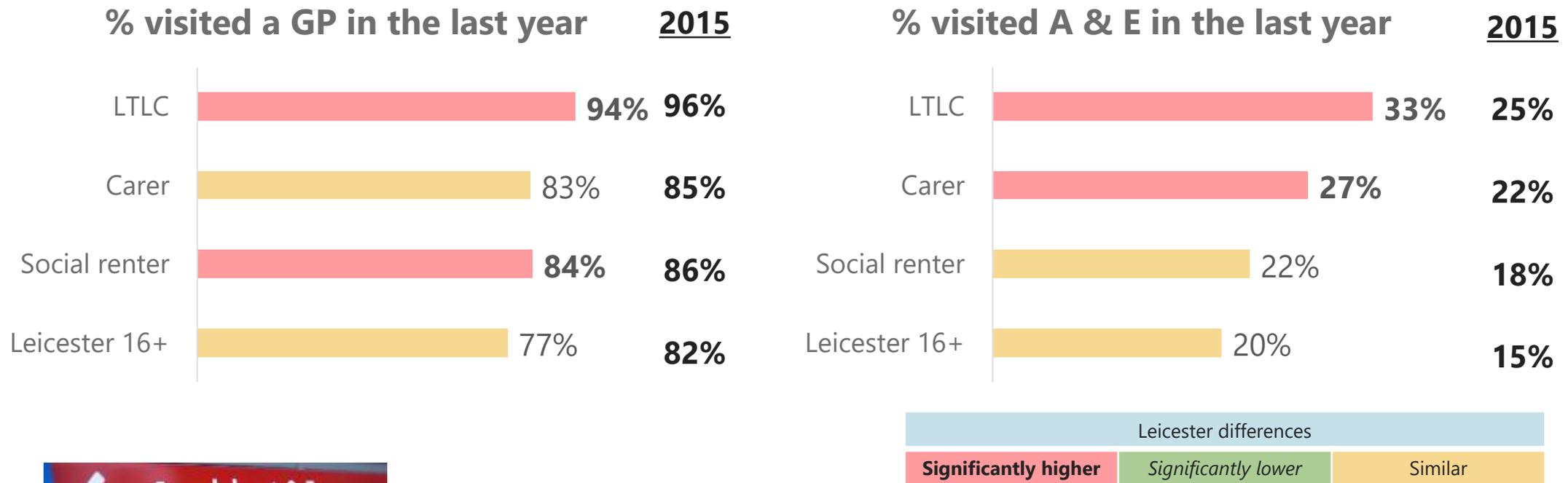
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1. More frequent use of health services

Similar to findings in the 2015 survey those with a long term limiting condition (LTLC) and social renters continue to be significantly more likely to self-report their health as bad. Their use of health services (including contacting Leicester Adult Social Care services) is also higher than then Leicester average. Visits to the GP have remained similar to 2015, however all these groups have reported increased visits to accident and emergency (A&E) services since 2015.



Those with a long term limiting condition have reported a significant increase in A&E visits since 2015

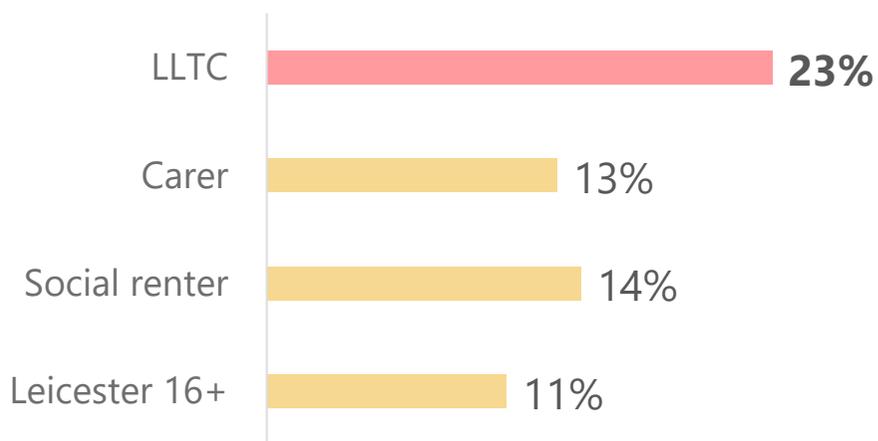
Source: Ipsos MORI



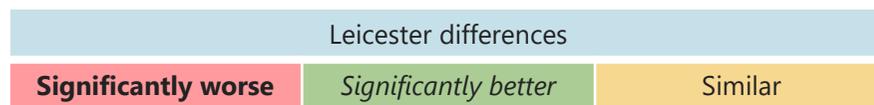
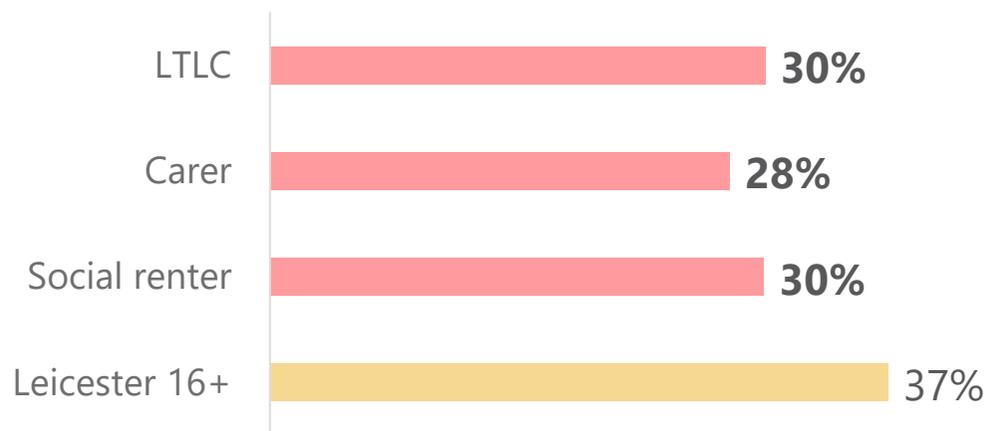
2. Physically inactive and less likely to want to increase activity

Since the 2015 survey levels of physical inactivity has decreased and more are intending on increasing levels of physical activity. However, our most vulnerable groups continue to report higher levels of physical inactivity and lower rates for wanting to increase levels of physical activity.

% Physically inactive



% would like to increase physical activity



All groups are significantly less likely to want to increase their physical activity levels in the future.

Source: Ipsos MORI

3. Misperceptions in diet and obesity

Similar to the overall population, 'left behind' groups report a misunderstanding in healthy diets and healthy weight. Many self-report having a healthy diet while only a fifth consume five or more fruit and vegetable portions a day.

	% report having a healthy diet	% eat five fruit and veg a day	% excess weight	% under estimate their weight
Long term condition	83%	23%	58%	37%
Home carer	87%	25%	57%	41%
Social renter	84%	18%	61%	43%
Leicester	87%	21%	50%	34%

Significantly better than Leicester

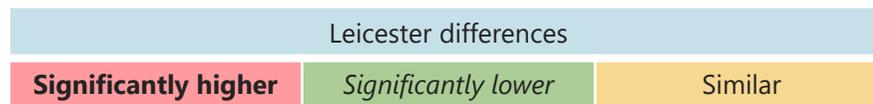
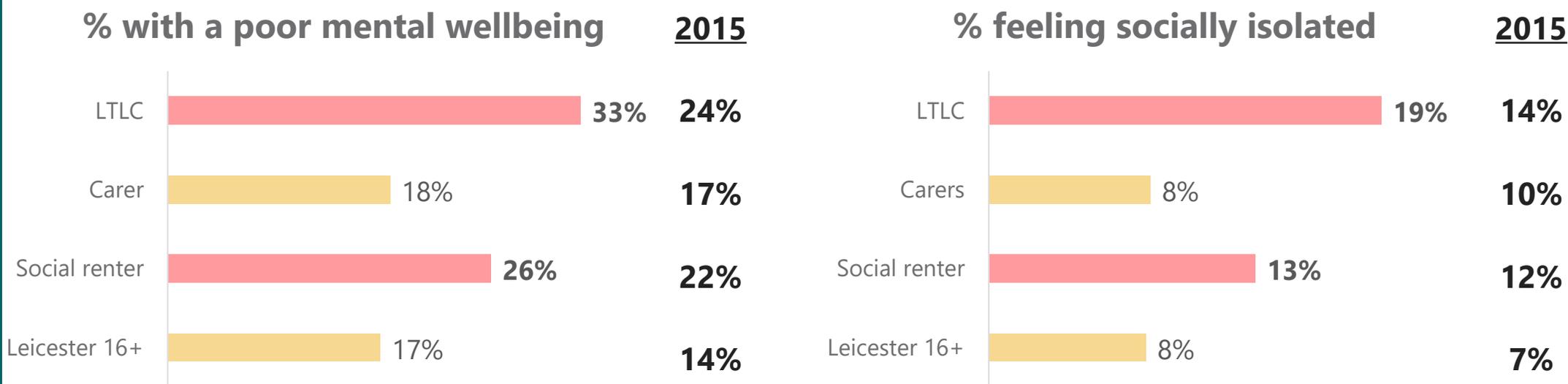
Significantly worse than Leicester

Source: Ipsos MORI



4. Higher rates of social isolation and poor mental health

Those with poor mental health and wellbeing are significantly more likely to say they often/always feel socially isolated. Residents living with a long term condition and social tenants are significantly more likely to report a poor mental wellbeing and express feelings of social isolation. Carers report similar rates of social isolation and poor mental wellbeing to Leicester residents overall.



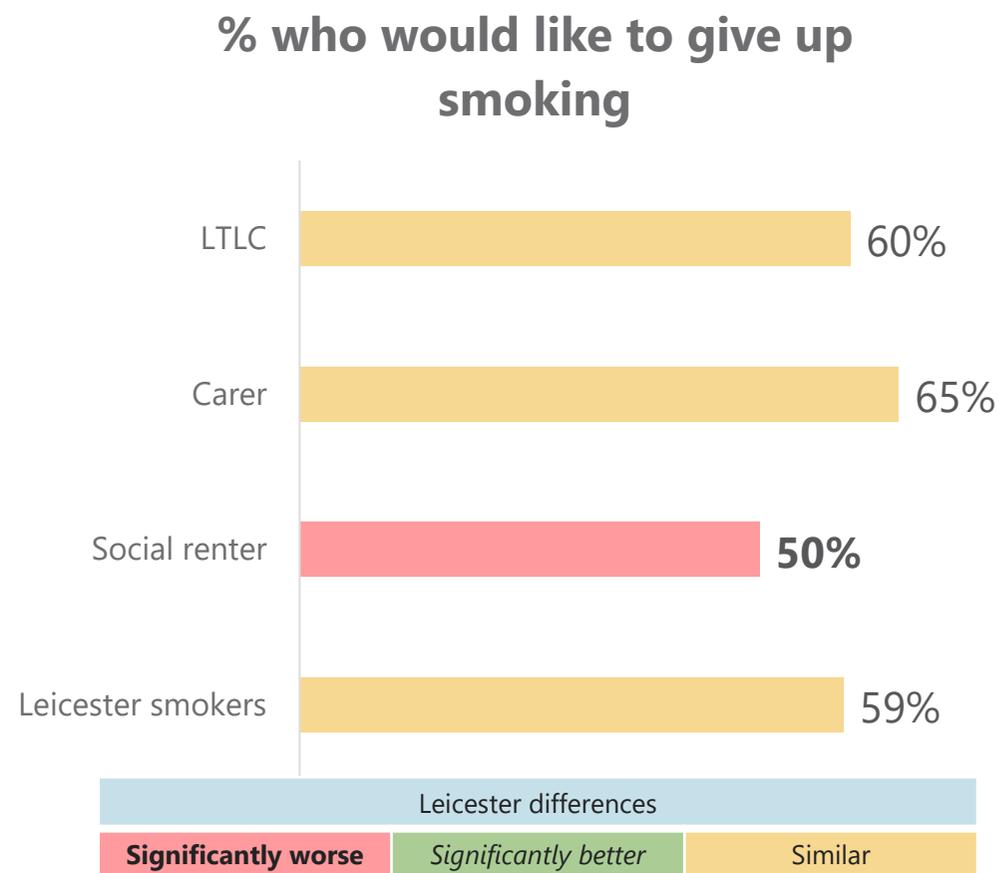
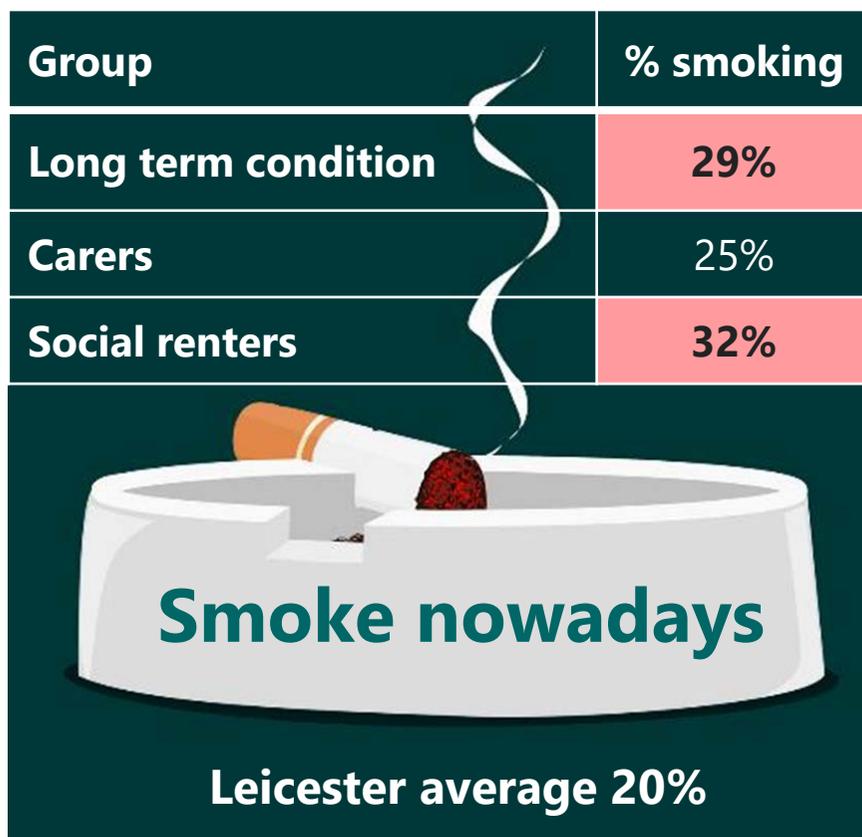
Since 2015, poor mental wellbeing rates have increased significantly while social isolation rates have remained similar.

Source: Ipsos MORI



5. Smoking prevalence is higher amongst these groups

All groups listed report a higher rate of smoking compared to the Leicester average. Those with a long term condition and social renters are significantly more likely to currently smoke cigarettes compared to Leicester residents overall. Social renters are significantly less likely to want to give up smoking.

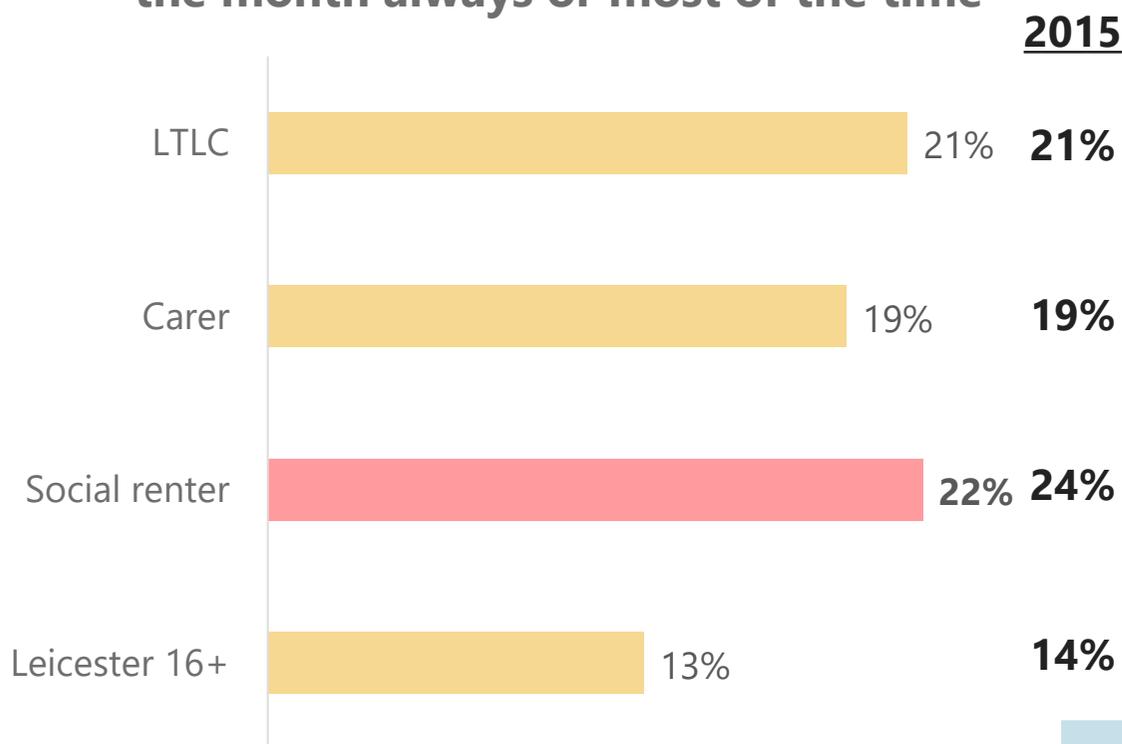


Source: Ipsos MORI

6. Financial issues such as food and fuel poverty are experienced by these groups

Those with a long term condition, carers and social renters all report significantly higher rates for running out of money by the end of the month, there have not been any significant changes since 2015. These groups also report higher rates for difficulties paying fuel, energy and food bills.

% who run out of money by the end of the month always or most of the time



39% of those off work because of sickness or a disability run out of money most of the time before the end on the month. This has increased significantly since 2015 when the rate was 28%.

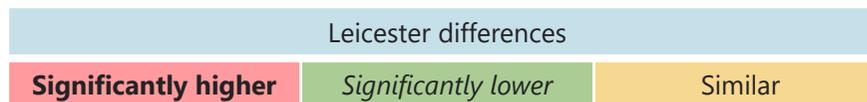


Table 1: Groups reporting poorer health and associated risks

The table below shows some of the “groups and behaviours” and their correlation with numbers of poor health groups (home carers, long term conditions and social tenants).

Identify with... (group reporting poorer health)	Visit GP in last 12 months	Visit A&E in last 12 months	<30 mins exercise per week	High BMI (overweight / obese)	Poor mental wellbeing	Socially isolated	Current smoker	Run out of money
0 groups: 63% of Leicester adults	72%	16%	7%	46%	12%	5%	15%	9%
1 group: 27% of Leicester adults	84%	24%	16%	54%	20%	9%	23%	16%
2+ groups: 10% of Leicester adults	93%	33%	19%	65%	32%	22%	38%	28%
Leicester overall	77%	20%	11%	50%	17%	8%	20%	13%

Significantly better than Leicester

Significantly worse than Leicester

Source: Ipsos MORI





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Further analysis available by:

- Gender
- Age
- Ethnicity
- Religion
- Long term illness/disability
- Employment status
- Deprivation
- Languages
- Qualifications/Education
- Housing tenure/Occupancy
- Lower level geographies
- Children present in household



Full dataset available via the
[Leicester Open Data Platform](https://leicester.opendatasoft.com/pages/home/)

<https://leicester.opendatasoft.com/pages/home/>