

Kirklees CLiK Survey 2016

Summary of key findings

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Introduction

- This summary report presents the key findings from the **Kirklees CLiK (Current Living in Kirklees) Survey 2016**. The study follows on from four previous CLiK Surveys, conducted in 2001, 2005, 2008 and 2012.
- Fieldwork took place between **11th July – 31st August 2016**.
- The overall aim of the survey was to gather comprehensive data on the health and wellbeing of Kirklees adults across a range of measures, including lifestyle choices, social care, quality of life and quality of place, amongst others.
- Other objectives of the research included:
 - Providing the Council with Kirklees-level, District Committee-level, CCG-level and other geographical-level data;
 - Enabling further analysis by specific population groups and communities of identity; and
 - Refreshing outcome indicators for key programmes, such as the Early Intervention and Prevention programme.
- The data will also enable updates to be made to key strategic documents such as the **Joint Strategic Assessment** and the **Joint Health and Wellbeing Strategy**, as well as helping to improve commissioning and service provision.

Methodology

- Paper and online survey of **8,448 Kirklees residents**.
- Random sample of Kirklees addresses, disproportionately stratified by **deprivation quintile**, using response rates from the 2012 survey.
- Up to **three people** able to complete the survey from each household.
- At least one response received from 8,354 out of 42,666 households – a response rate of **19.6%**.
- Data is **weighted** by age, gender and ethnicity within ward to account for non-response bias, and balanced by ward size to account for the population distribution across Kirklees Borough.
- More information on the methodology is available in the **Technical Report**, available under separate cover.

Technical note

- Where figures do not add up to 100%, this is the result of computer rounding or multiple response options.
- An asterisk (*) indicates a score less than 0.5%, but greater than zero.
- Results are based on all responses (including any 'Don't know' options, but excluding those who do not answer the question).
- Please treat answers with a base size of less than 100 with caution.
- 'Net' figures represent the balance of opinion on attitudinal questions and provide a useful means of comparing the data for a number of variables (e.g. in the case of a 'net agree' figure, this represents the percentage who 'agree' about a particular issue, less the percentage who 'disagree').
- A detailed breakdown of results for all questions, with demographic and attitudinal cross-tabulations, has been provided via the full computer tables. In addition, a set of topline results and the individual level dataset have also been issued to the Council.



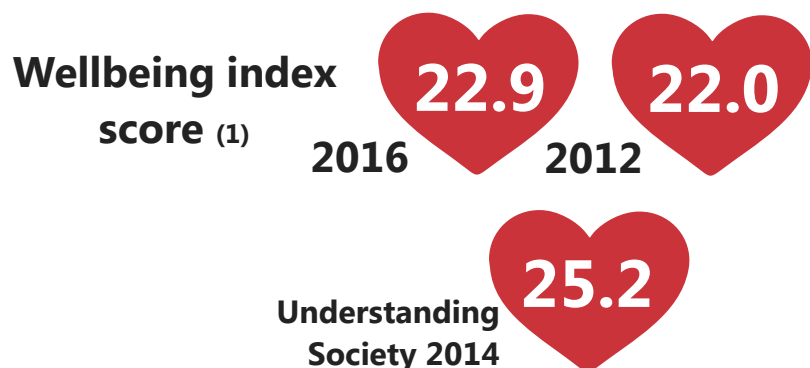
Living well

Levels of mental wellbeing have improved since 2012

Feelings, thoughts and general wellbeing over the last two weeks

- The aspects of wellbeing that residents are most positive about include being able to make up their own mind about things (77% all/often) and thinking clearly (65%). The areas residents are least positive about are feeling relaxed (41%) and feeling optimistic about the future (48%).
- The wellbeing index score for residents is 22.9 out of a maximum of 35 across the seven statements⁽¹⁾. This is above the equivalent figure from the 2012 survey, but remains below the national average 25.2⁽²⁾.

Warwick Edinburgh Mental Well-Being Scale (WEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2006, all rights reserved."

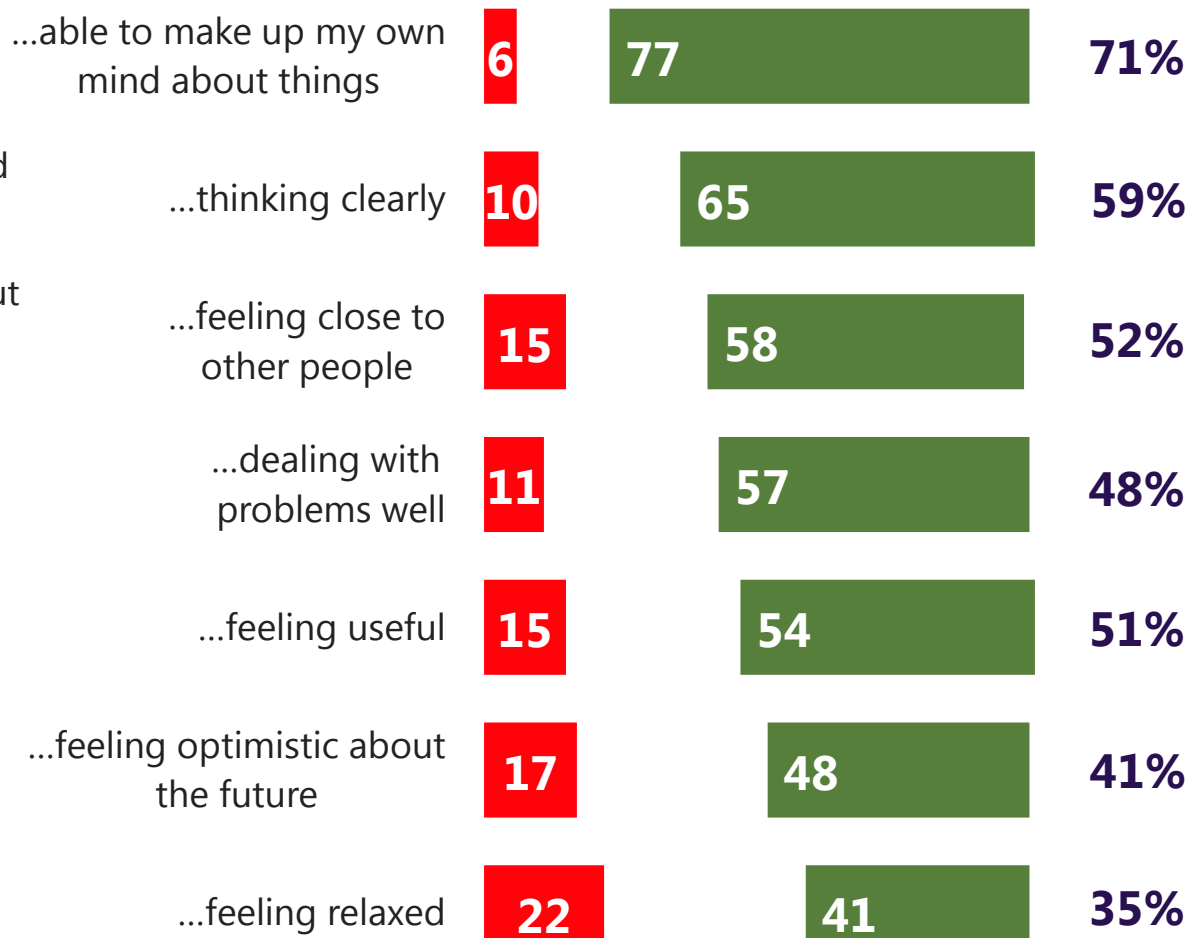


I've been...

■ Rarely/None

■ All/often

2012
% all/often



Mental wellbeing varies by demographics, geography and health

Average emotional wellbeing score – green / red circles denote significantly higher / lower than average

Gender

Male	22.8
Female	23.1

Age

18-44	22.8
45-64	22.7
65+	23.5

Ethnicity

White	23.0
Asian	22.6
Black	22.6
BME	22.4

Geography

Batley & Spen	22.7
Dewsbury & Mirfield	22.6
Huddersfield	22.9
Kirklees Rural	23.3

IMD Quintile

Worst 20 percent	22.1
Worst 20-40 percent	22.7
Worst 40-60 percent	23.0
Least deprived 60 to 80 percent	23.6
Least deprived 80 to 100 percent	24.1

Long-term condition

Yes	22.2
No	24.8

Health

Bad/very bad	17.8
Good/very good	24.4

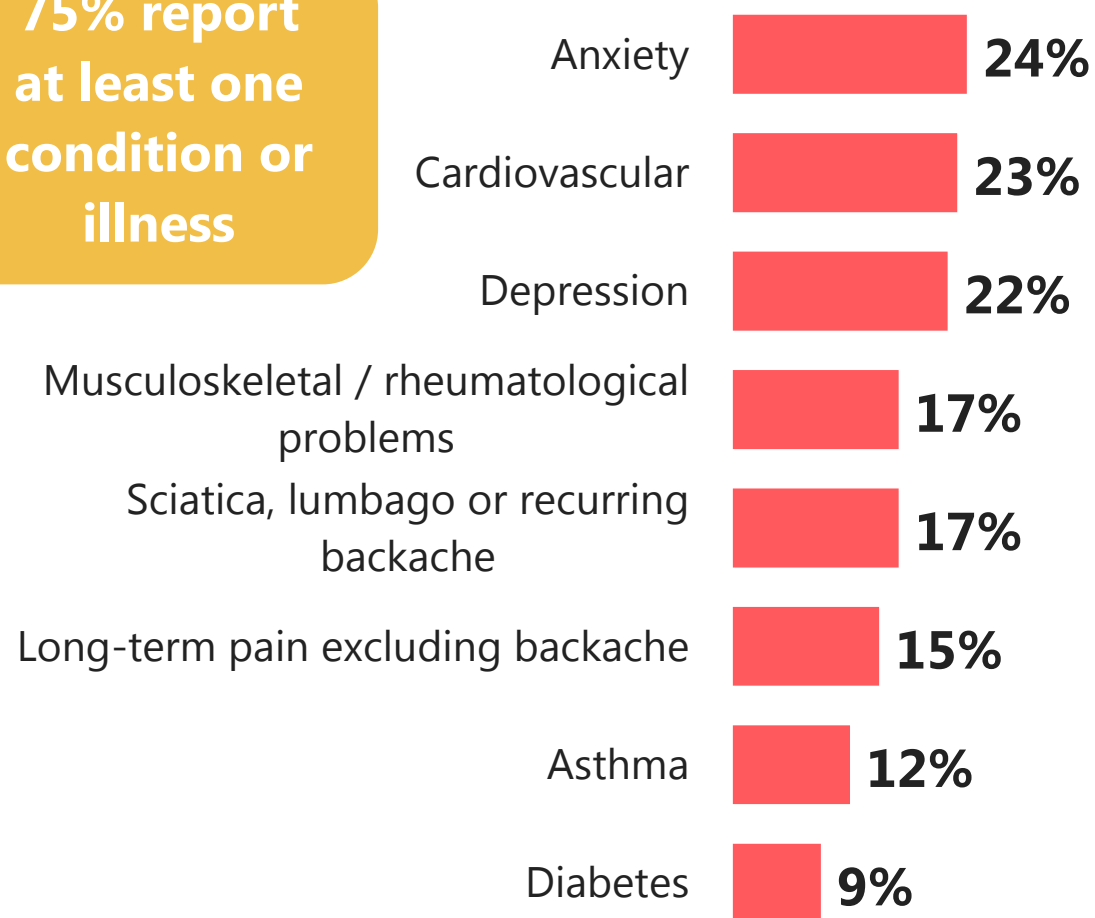


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Anxiety is the most common health condition

Health conditions or illnesses in the last 12 months

**75% report
at least one
condition or
illness**



**Those who report having a
condition or illness
mention 2.7 types on
average**

Groups more likely to have one of the listed conditions or illnesses include:

- Those who don't exercise in an average week (86%)
- Those who are unlikely to eat 5+ fruit and veg per day (78%)
- Smokers (81%)
- Drug users (87%)
- Those with overweight/obese BMI scores (79%)

Base: All valid responses 7973 Kirklees Adults 11th July – 31st August 2016



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Almost one in two have a long-term condition

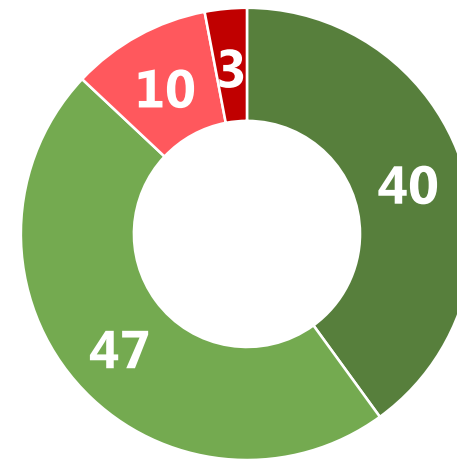
Physical or mental health conditions which have lasted or are expected to last 12 months or more

46% have a physical or mental health condition which is expected to last 12 months or more vs. 49% in 2012



76% of these people say their condition limits their ability to carry out day-to-day activities at least a little vs. 62% in 2012

Confidence in managing health



- % Very confident
- % Somewhat confident
- % Not very confident
- % Not at all confident

87% are confident they can manage their own health
78% in 2012

falling to **77%** of those with a physical or mental health condition
78% in 2012

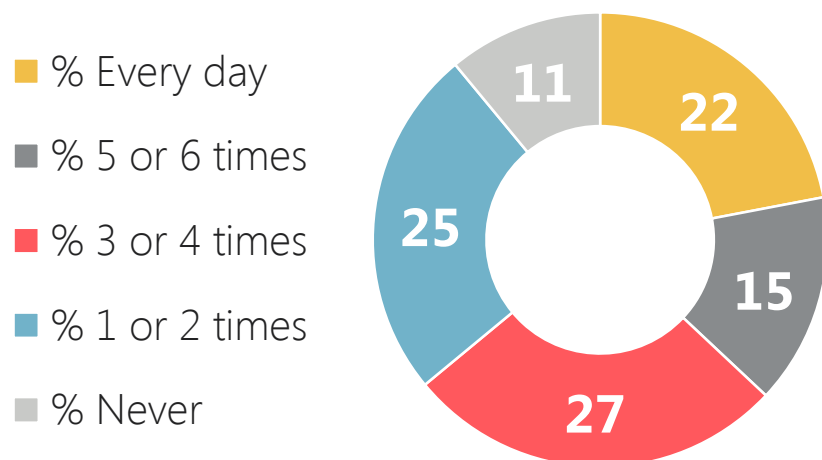
Base: Q5. All valid responses 8121; Q6 All valid responses who currently have any physical or mental health condition 4296; Q7. All valid responses 8154 Kirklees Adults 11th July – 31st August 2016



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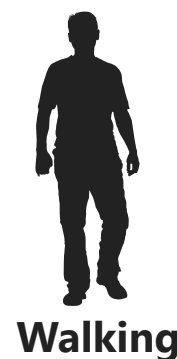
Three in four walk or cycle in an average week

In an average week, how often do you do 30 minutes or more of at least moderate activity? /
Walking/cycling for leisure or travel in a typical week



37%

get 30 minutes or more exercise
at least 5 times a week



Walking

Overall



Leisure



Travel

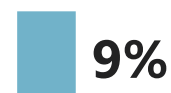


Cycling

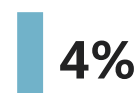
Overall



Leisure



Travel



Walking/cycling
for leisure
or travel **74%**

Base: All valid responses 8238 Kirklees Adults 11th July – 31st August 2016

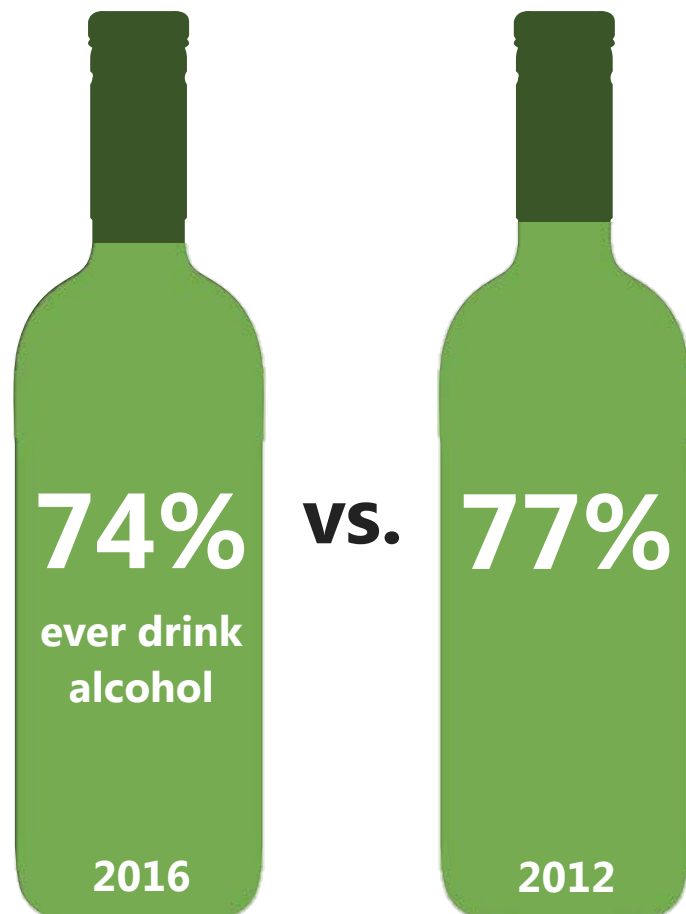


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Almost one in four drink over the recommended limit

How often, if ever, do you have a drink that contains alcohol?

How many units do you have in a typical week?



Groups more likely include:

- Those with a physical/mental condition
- Smokers
- Drug users
- Retired people
- Higher earners
- Men
- Aged 45-74

Base: All valid responses 8224; All valid responses who have ever had a drink containing alcohol 6198 Kirklees Adults 11th July – 31st August 2016



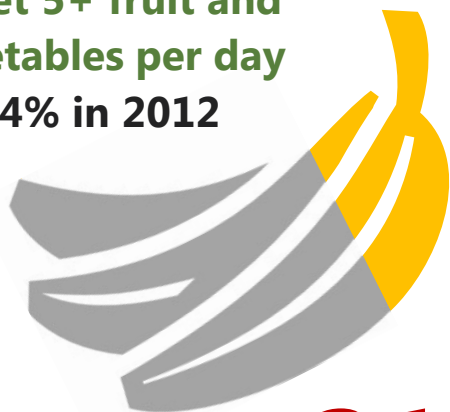
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Two in three say it is likely they will get their '5 a day'

Fruit and vegetables / fast food or take away meals / cooking from basic ingredients / confidence

66%

say they are likely
to get 5+ fruit and
vegetables per day
vs. 64% in 2012



31%

say they are
unlikely vs. 34%
in 2012

Have fast food
or takeaways at
least once a week



19%
same as
in 2012

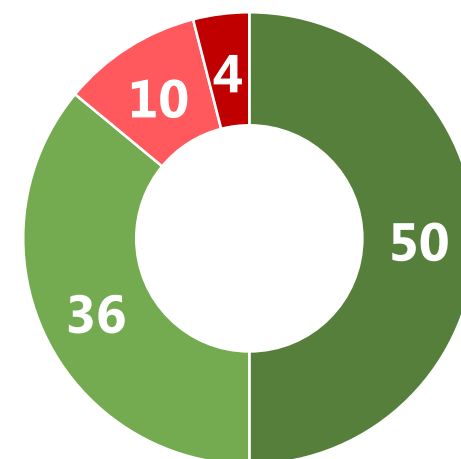
Prepare food from
basic ingredients
less than once a
week/never



12%

vs. 17% in 2012

86% feel
confident preparing
food (same in 2012)



■ % Very confident
■ % Somewhat confident
■ % Not very confident
■ % Not at all confident

Base: All valid responses 8211/8135/8211 Kirklees Adults 11th July – 31st August 2016



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Levels of smoking have fallen significantly since 2012

Smoking / Attitudes to giving up / Other tobacco use

16% smoke *at all*
vs. 19% in 2012

12% smoke *regularly*
vs. 15% in 2012



2%
use other sources
of tobacco
(same in 2012)

Groups more likely to smoke include:

- Those with a physical/mental condition
- Those who don't exercise in a typical week
- Those who drink over recommended units
- Drug users
- Social tenants
- Private renters
- Workless
- Those with lower household incomes
- Those aged 18-34

78%
of those who
smoke occasionally
or regularly would
like to stop at
some point (same
as 2012)

22%
in the next 6 months
vs. 25% in 2012

Base: All valid responses 8144/1040/7414 Kirklees Adults 11th July – 31st August 2016



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One in eight Kirklees residents have used e-cigarettes

E-cigarette & motivations for usage



6%
are current e-cigarette users

a further
8%
have tried
them before

Most common motivations are:

- Healthier than smoking (44%)
- Cheaper than smoking (34%)
- Trying to give up cigarettes altogether (32%)

Base: All valid responses 7566/384 Kirklees Adults 11th July – 31st August 2016



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Ageing well

High blood pressure most prevalent condition for those aged 65+

Health conditions or illnesses in the last 12 months

	Those aged 65+ (%)	Those aged 75+ (%)
High blood pressure	42%	41%
Musculoskeletal / rheumatological problems	31%	32%
Sciatica, lumbago or recurring backache	21%	19%
Long-term pain (lasting > 3 months) not including backache	19%	19%
Diabetes	18%	19%
Heart disease	16%	19%
Anxiety	14%	14%
Continence problems	14%	18%
Asthma (using an inhaler)	12%	12%
Depression	11%	9%
Short-term pain (lasting > 3 months) not including backache	11%	10%
Dermatological problems	10%	11%
Chronic pulmonary (lung) disease	8%	9%
Cancer	8%	10%
Other mental health condition	3%	3%
Stroke	3%	4%
Neuromuscular condition	2%	3%
Other	11%	10%
None of the above	12%	11%

88% of those aged 65+ have at least one of the listed conditions or illnesses (vs. 75% overall)

Base: All valid responses 7973 Kirklees Adults 11th July – 31st August 2016

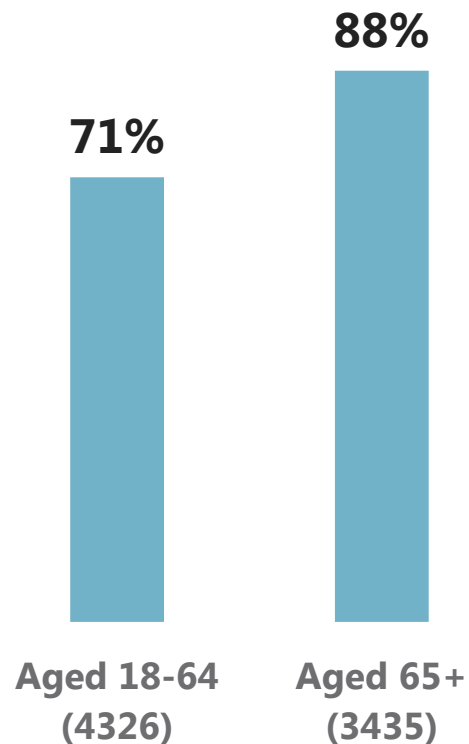


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Those aged 65+ more likely to have LTCs, with no change since 2012

Health conditions or illnesses in the last 12 months

% Any long term condition



BMI % with a LTC



Smoking % with a LTC



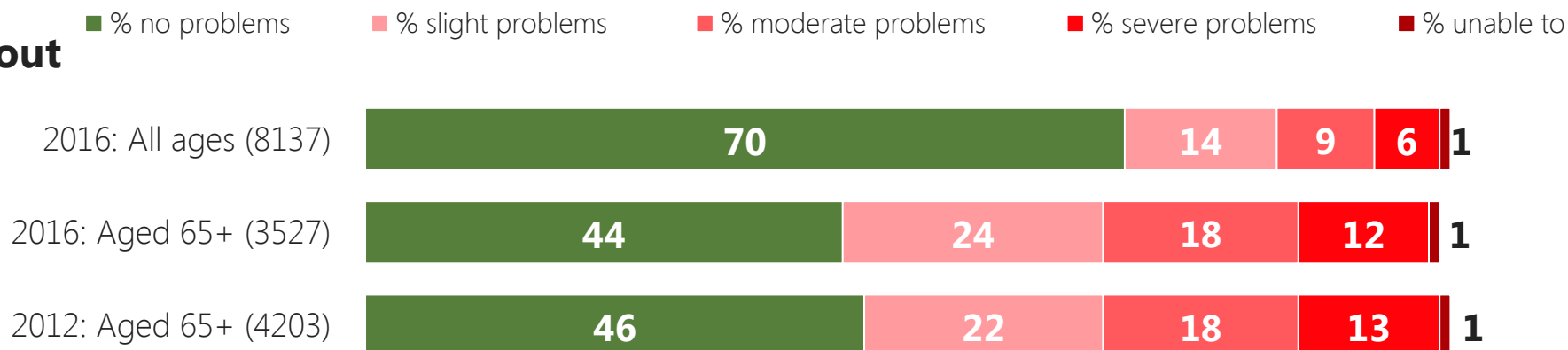
Exercise propensity % with a LTC



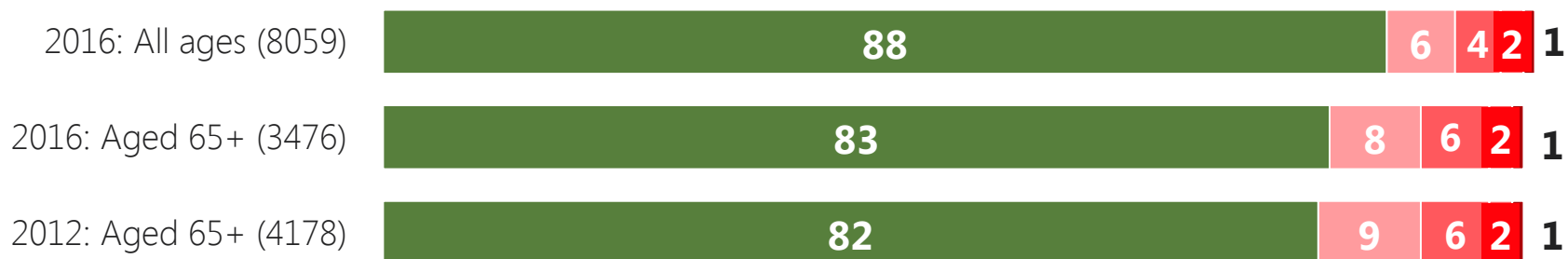
Over one in two of those aged 65+ have problems walking about

Problems with walking about & washing / dressing

Walking about



Washing / dressing myself



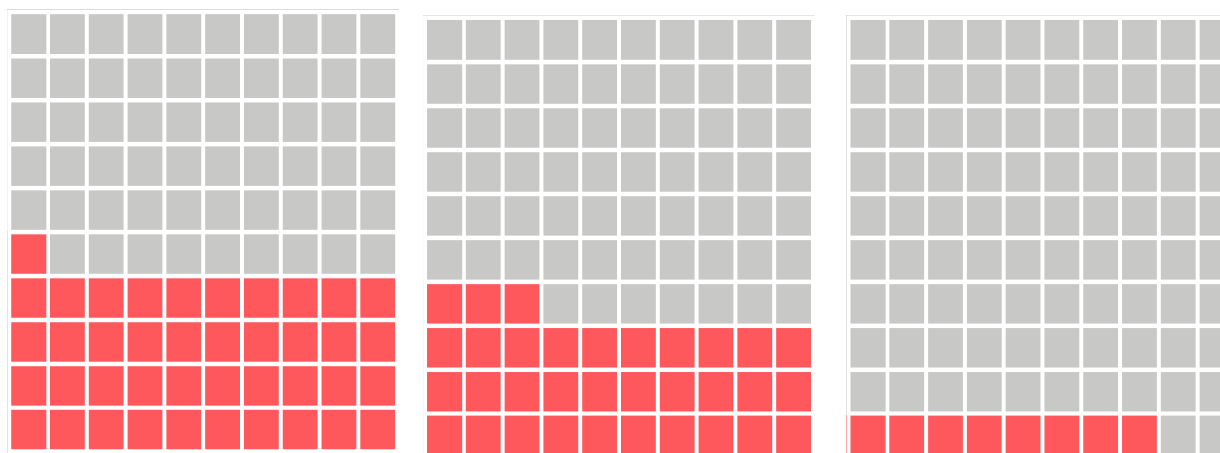
Base: All valid responses (see above) Kirklees Adults 11th July – 31st August 2016



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Of those aged 65+ who require help and support, just under one in two (49%) are dependent

Help or support needed for household tasks



Bathing/toilet

Dressing

Eating

2016: Aged 65+

41%

33%

8%

2012: Aged 65+

46%

29%

18%

Across the full
sample of
Kirklees
residents, 6%
of those aged
65+ are
dependent

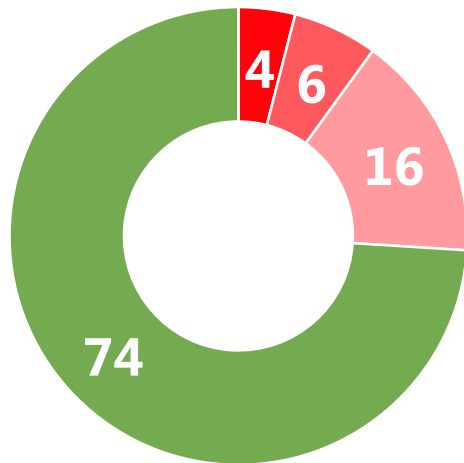
Base: All valid responses 65+ who need help or support to continue living in their own home 461 Kirklees Adults 11th July – 31st August 2016



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Those aged 65+ are more likely than those aged 18-64 to have fallen in the last 12 months

Have you fallen and hurt yourself in the last 12 months? (those aged 65+)



	2012 65+	2016 65+	2016 18-64
Yes, fallen and hurt in the last 12 months	27%	26%	19%

Have you ever broken a bone as a result of a fall?

% Yes

% 65+ 28%

% 18-64 25%

% single person household 28%

% without a LTC 20%

% with a LTC 26%

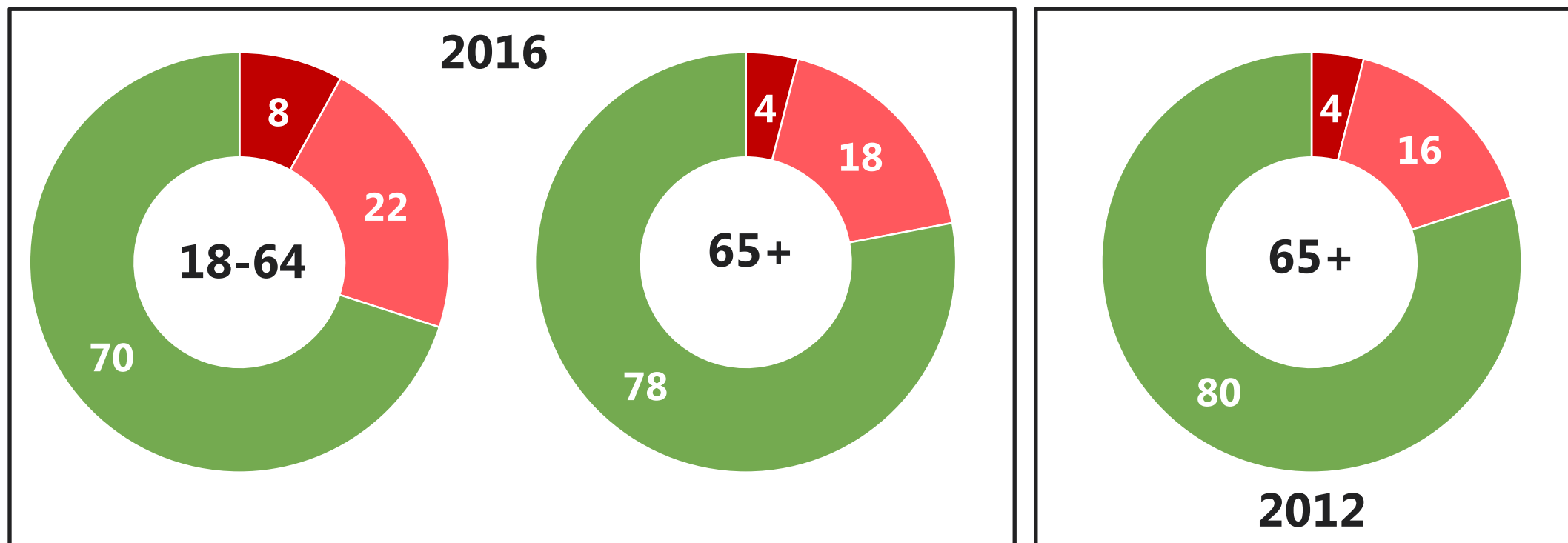
Base: All valid responses 65+ 3558/4293 Kirklees Adults 11th July – 31st August 2016

Base: All valid responses who have fallen and hurt themselves in the last 12 months 1742 Kirklees Adults 11th July – 31st August 2016

The proportion of those aged 65+ feeling lonely or isolated most or all of the time is in line with 2012

Feeling lonely or isolated

■ % All of the time / most of the time ■ % Some of the time ■ % Not very often / never



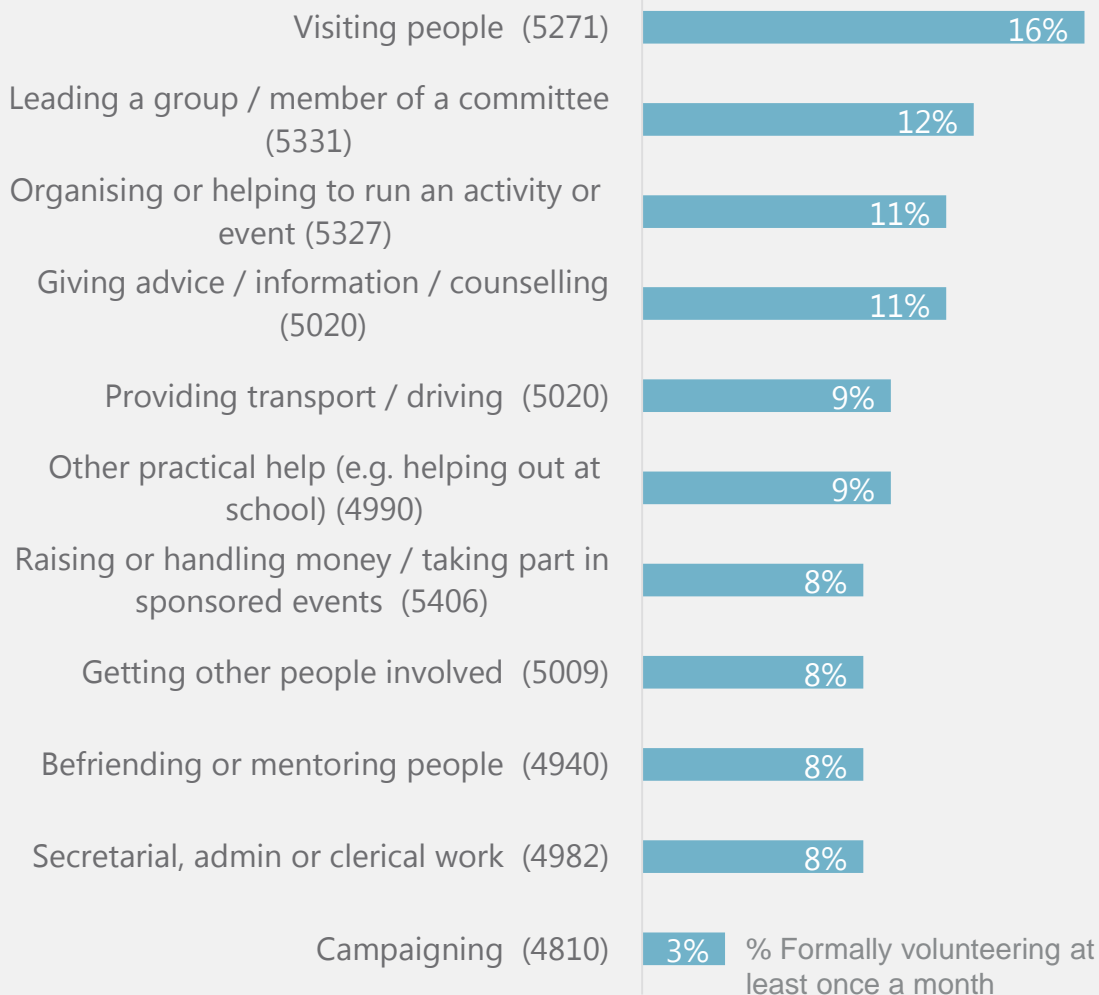
Base: All valid responses 8171 Kirklees Adults 11th July – 31st August 2016



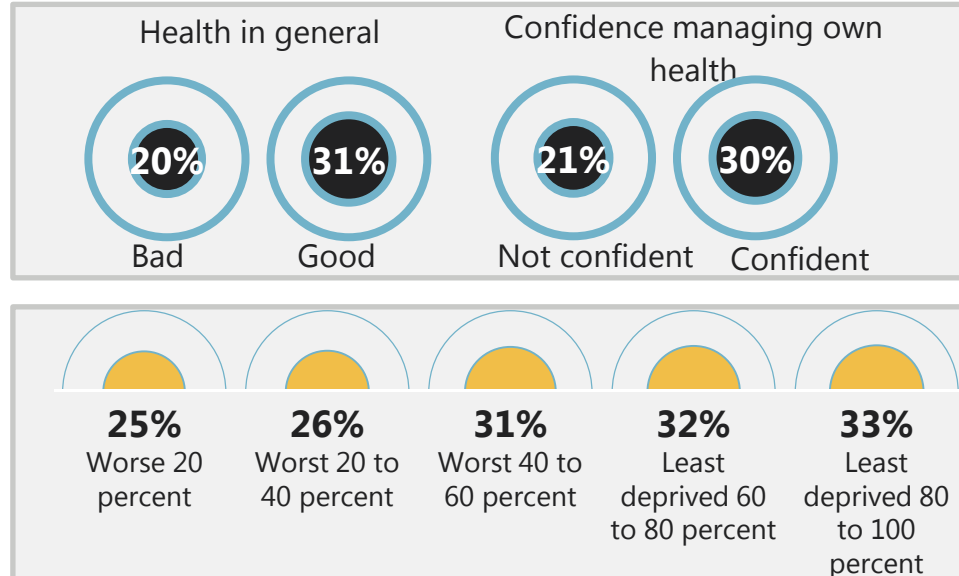
Work & Money

One in four volunteer formally at least once a month

Unpaid help to given a group, club or organisation in the last 12 months



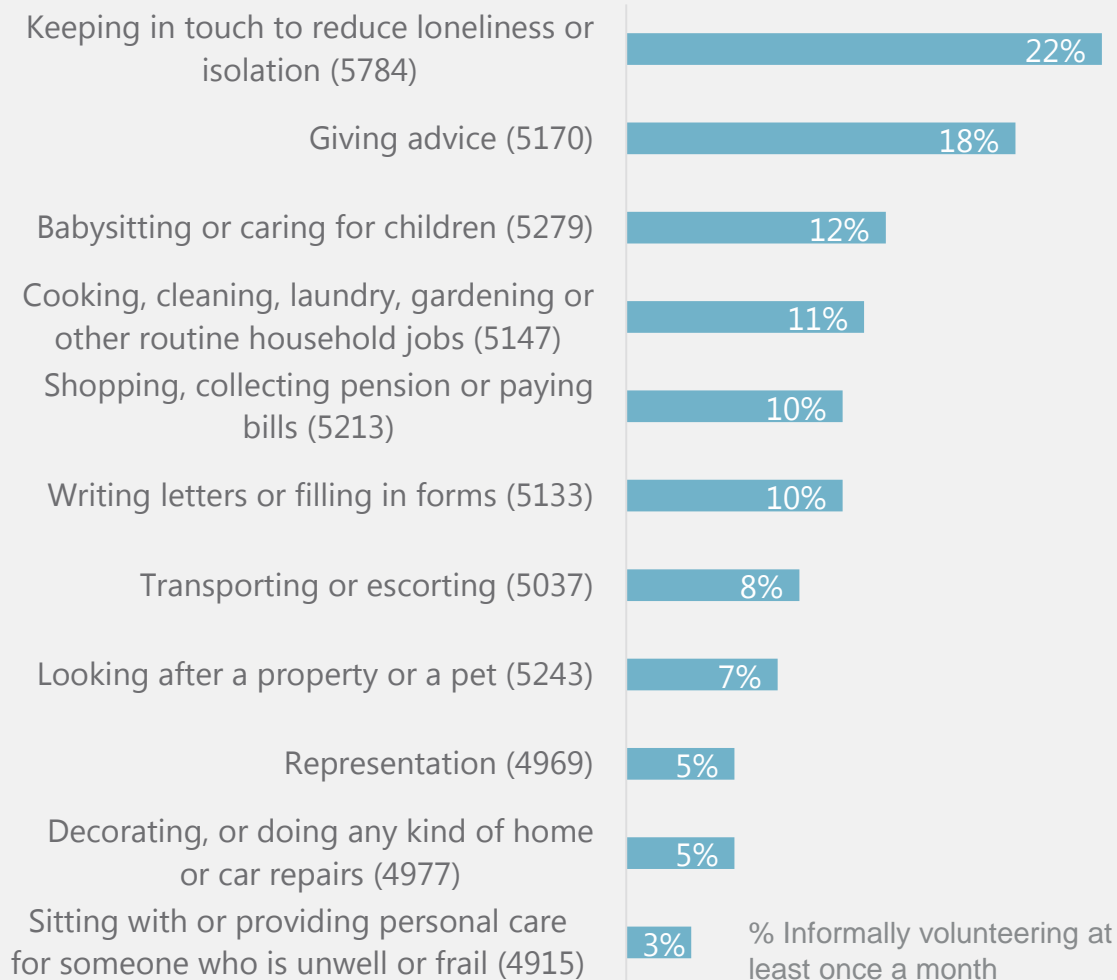
% of those who carried out any formal volunteering at least once a month



18-24	25-34	35-44	45-54	55-64	65-74	75+
28%	26%	29%	30%	29%	33%	26%

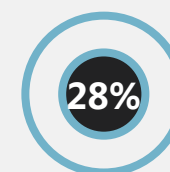
Three in ten (31%) volunteer informally

Unpaid help for someone who is not a relative in the last 12 months

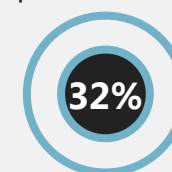


% of those who have carried out any informal volunteering at least once a month

Household composition



No children



With school age children

Qualifications

Not qualified to level 2

29%

Qualified to or above level 2

33%

Age

18-64

31%

65+

34%

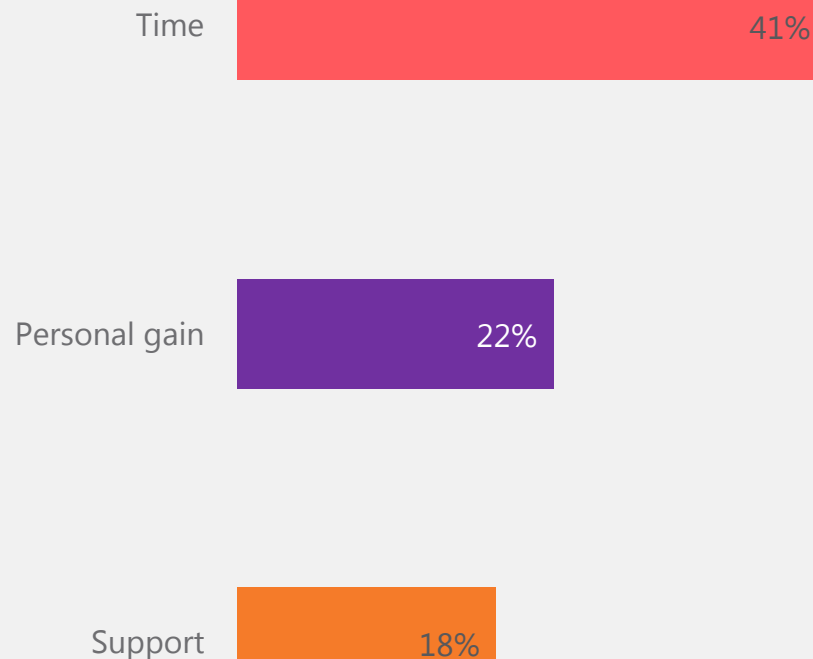
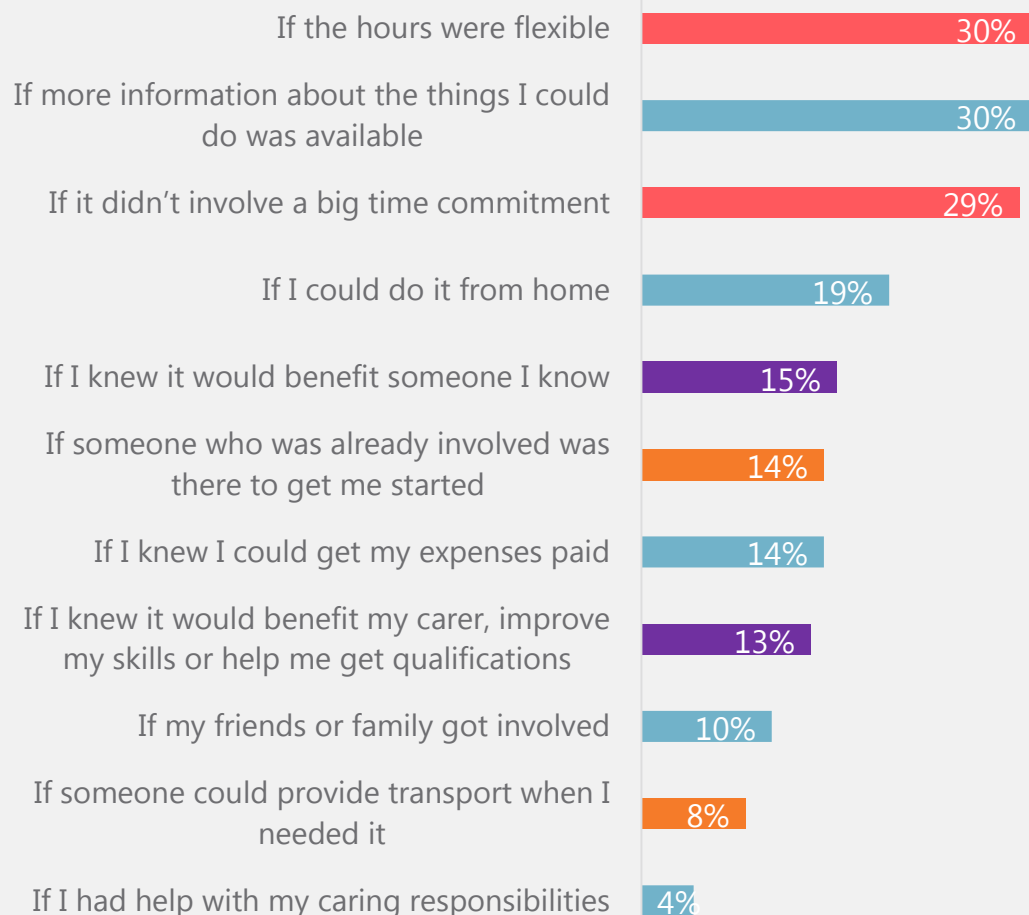
Base: All valid responses see main chart for individual bases Kirklees Adults 11th July – 31st August 2016



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Measures to encourage volunteering

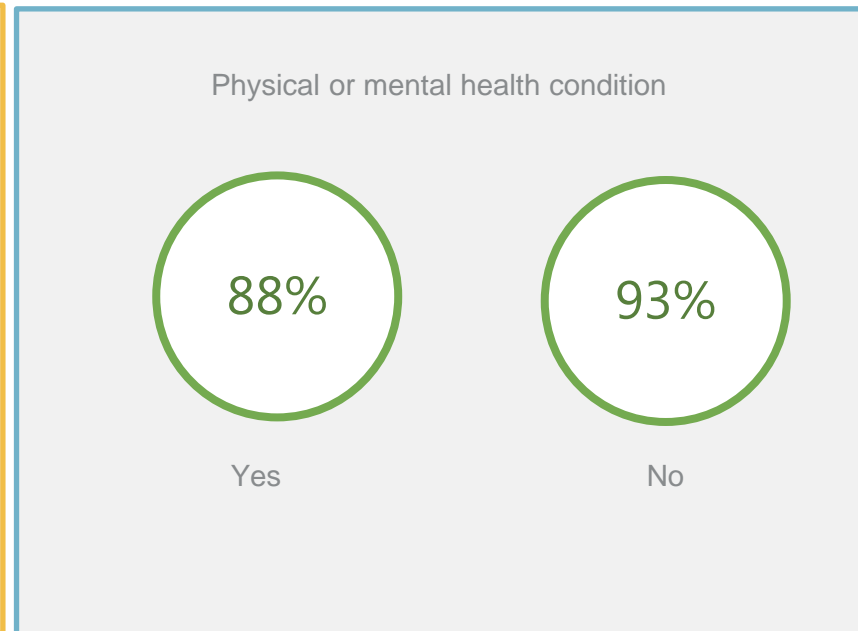
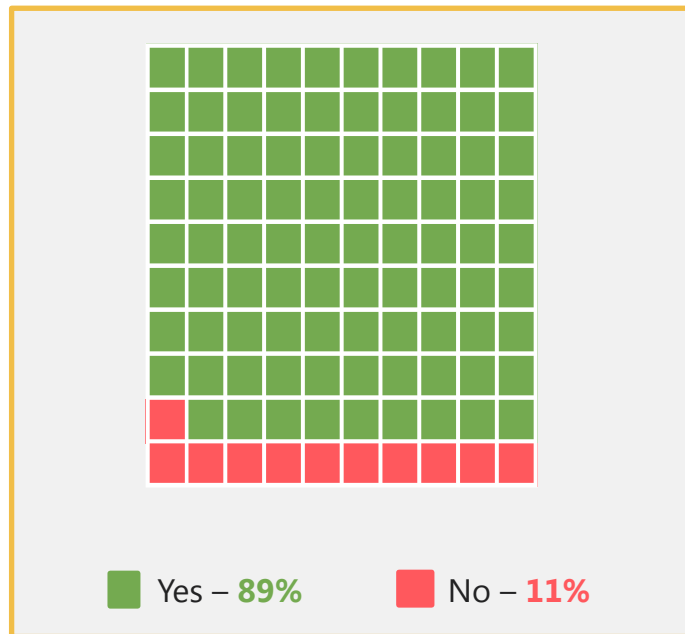
Motivations for volunteering



Nine in ten say their home is suitable for their needs

Suitability of present home for needs of the household

% Saying that their home is suitable for their needs

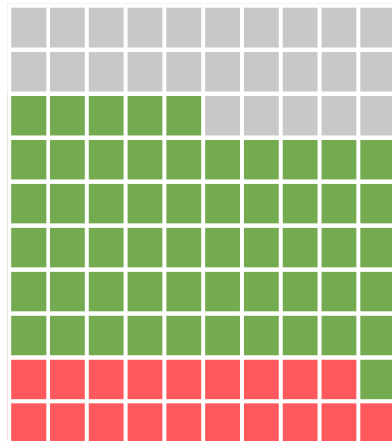


Those living in socially rented accommodation are also more likely to say that their home is not suitable for the needs of their household than overall (18% vs. 11%), as are those with income less than £20,000 (Under £10,000 19%, £10,000 - £20,000 13% vs. 11% overall).

Base: All valid responses 7972 Kirklees Adults 11th July – 31st August 2016

One in five prevented from working in last 12 months

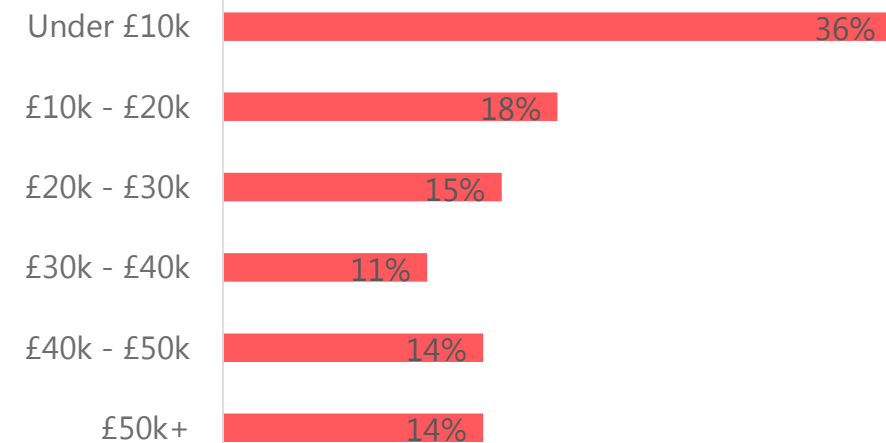
Prevented from working by a physical or mental condition in the last 12 months



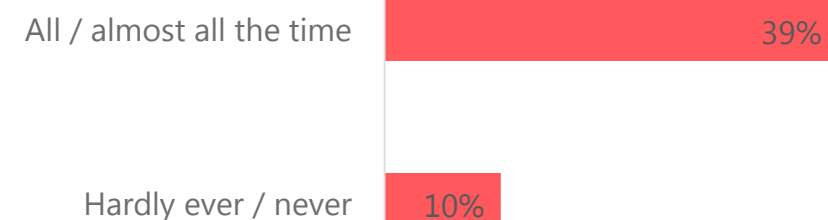
■ No – 56%
■ Yes – 19%
■ Not applicable / I have retired – 25%

%Yes

Income



Money worries



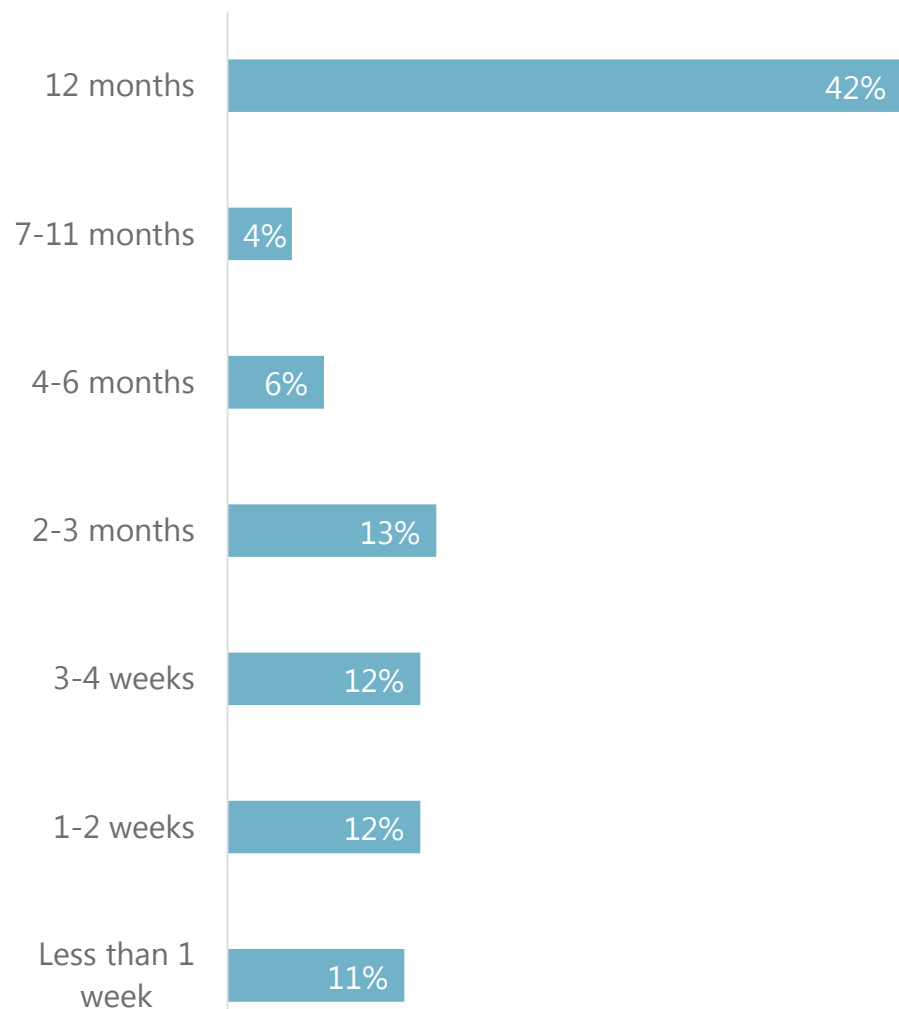
Base: All valid 7879 Kirklees Adults 11th July – 31st August 2016



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Lifestyle factors linked to duration of time away from work

In the last 12 months, for how long has this condition prevented you from working?



Base: All (valid responses) who have had a physical or mental condition that has prevented them from working in the last 12 month 1154 Kirklees Adults 11th July – 31st August 2016



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% 12+months **% Less than 12 months**

Exercise

5+ times a week



1-4 times a week



Never



Likelihood of eating 5+ fruit and veg

Likely

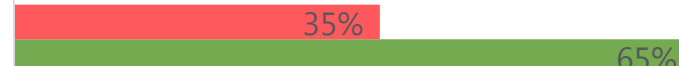


Unlikely



Smoker

Non-smoker

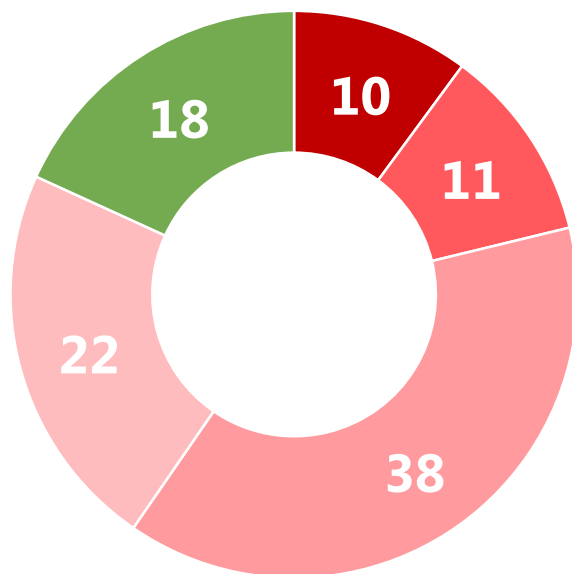


Smoker



One in five have regular money concerns

Money worries in the past few weeks

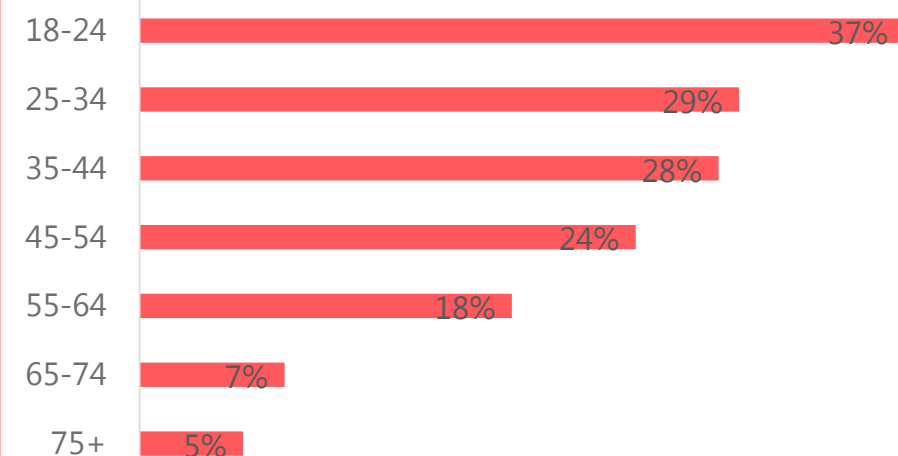


- All of the time
- Almost all of the time
- Some of the time
- Hardly ever
- Never

Base: All valid 8182 Kirklees Adults 11th July – 31st August 2016

% Worried all the time / almost all the time
Overall: 22% (26% in 2012)

Age

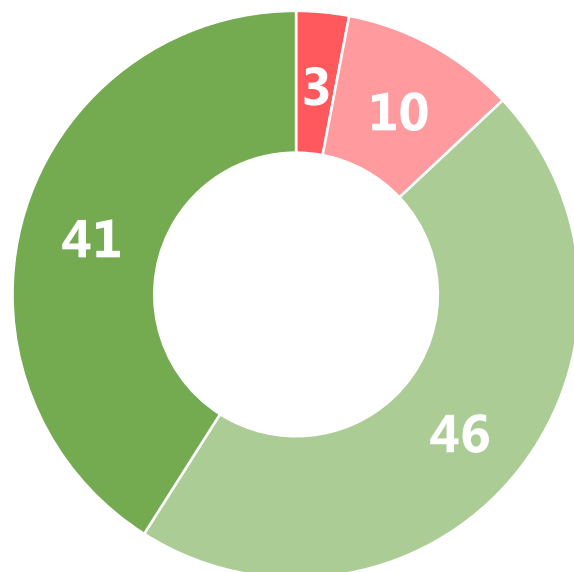


Household composition



Majority confident with money

Confidence in managing money



- Not at all confident
- Not very confident
- Quite confident
- Very confident

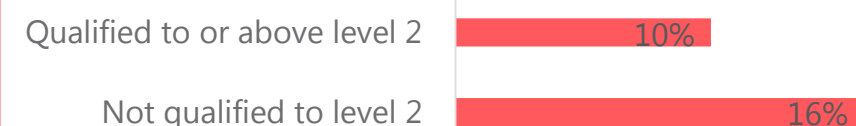
Base: All valid 8164 Kirklees Adults 11th July – 31st August 2016

% Not at all confident / not very confident

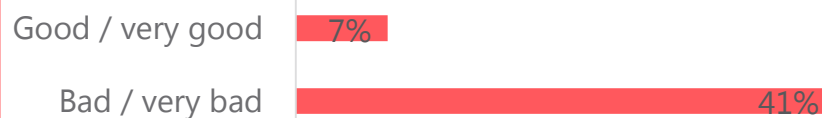
Age



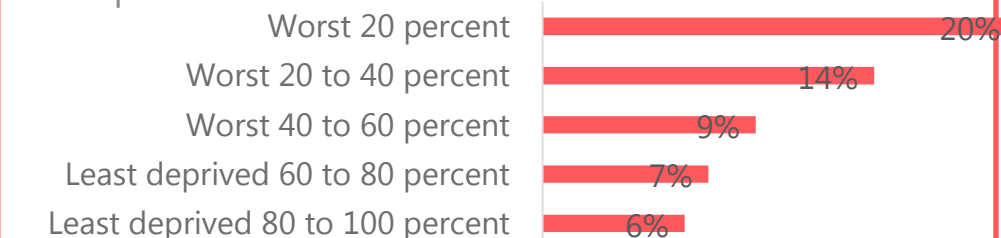
Qualifications



Health in general



IMD quintile



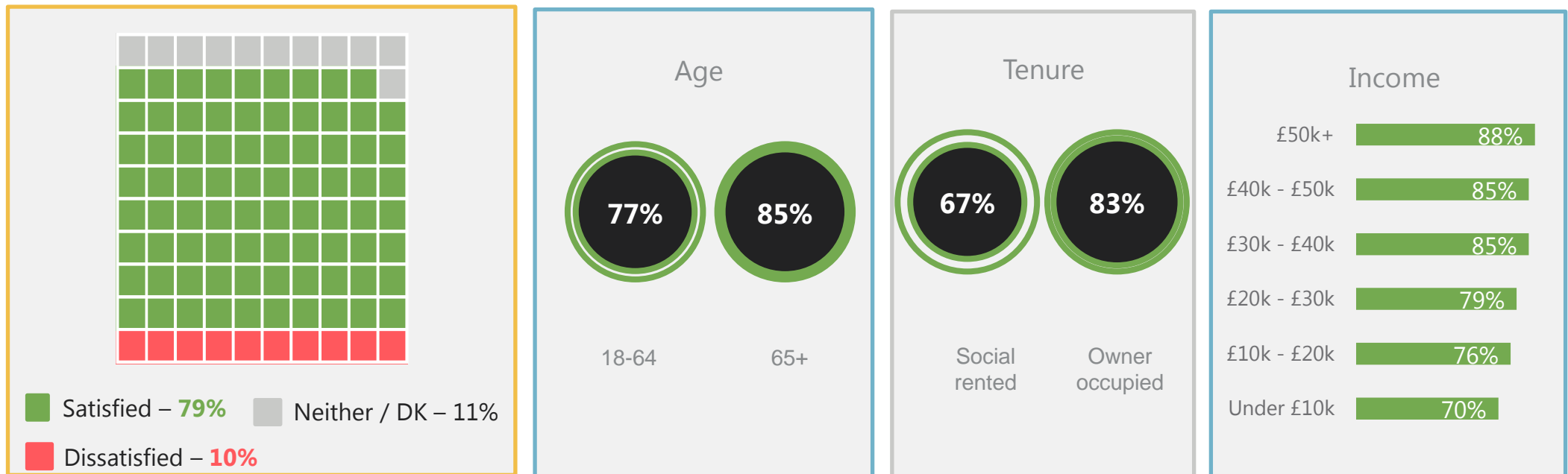
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Communities & place

Four in five are satisfied with their local area

Satisfaction with the local area as a place to live



Compared to a similar Council that undertook a residents' survey in 2016, satisfaction with the local area in Kirklees is significantly higher (79% vs. 72%). Furthermore, the proportion of those who report they are 'very satisfied' with the local area is also significantly higher in Kirklees (35% vs. 24% in comparator Council).

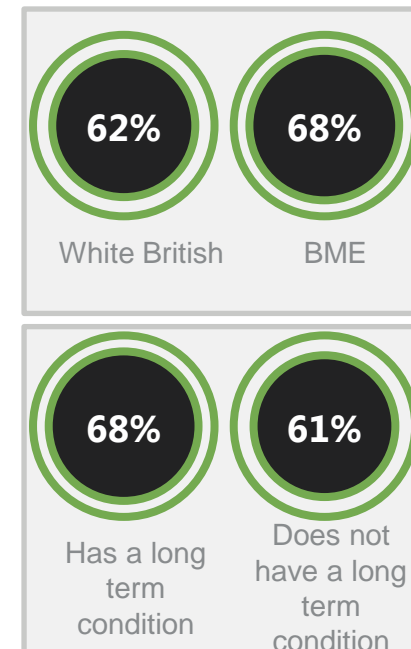
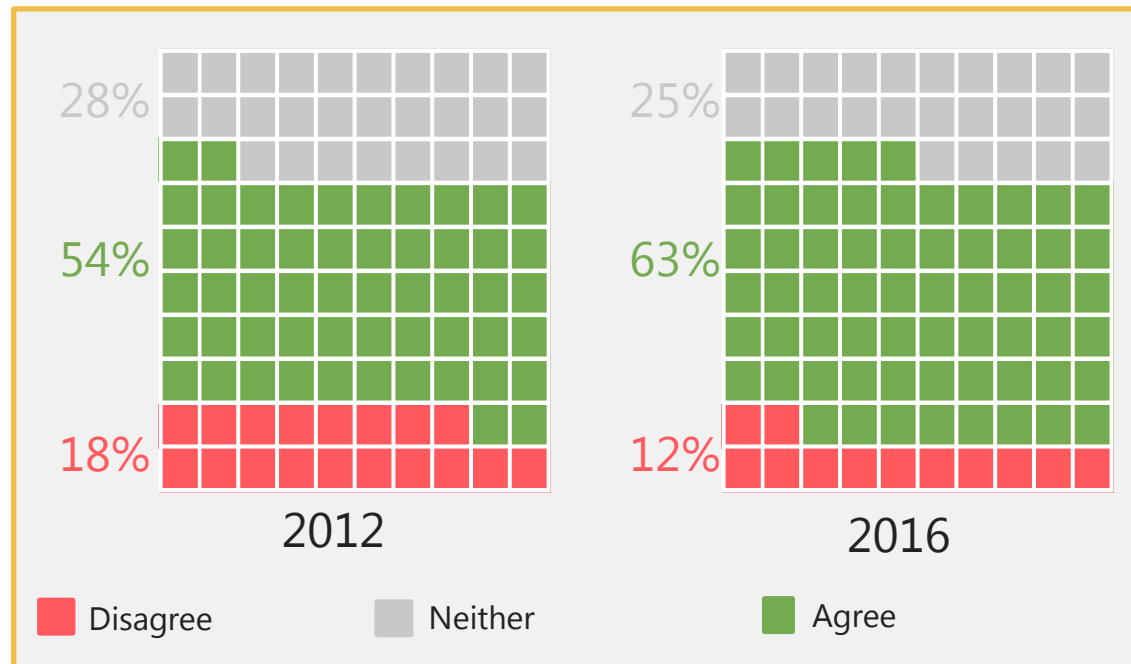
There is a link between satisfaction with local area and the Index of Multiple Deprivation with each successive quintile reporting higher levels of satisfaction.

Base: All valid responses 8217 Kirklees Adults 11th July – 31st August 2016

Three in five believe their local area is a place where people treat each other with respect and consideration

Local area is a place where people treat each other with respect and consideration

% agreeing their local area is a place where people treat each other with respect and consideration

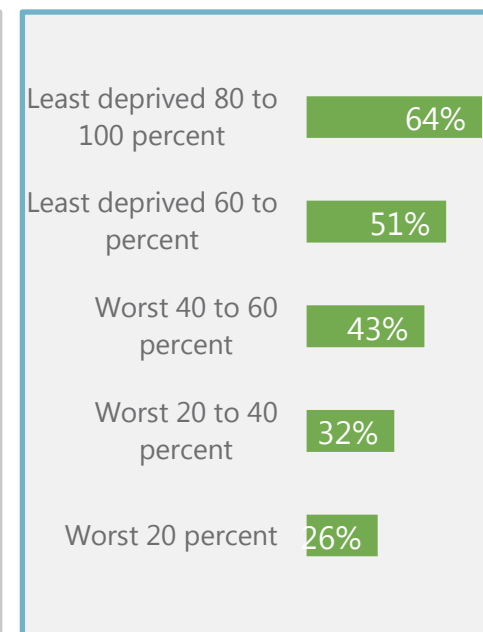
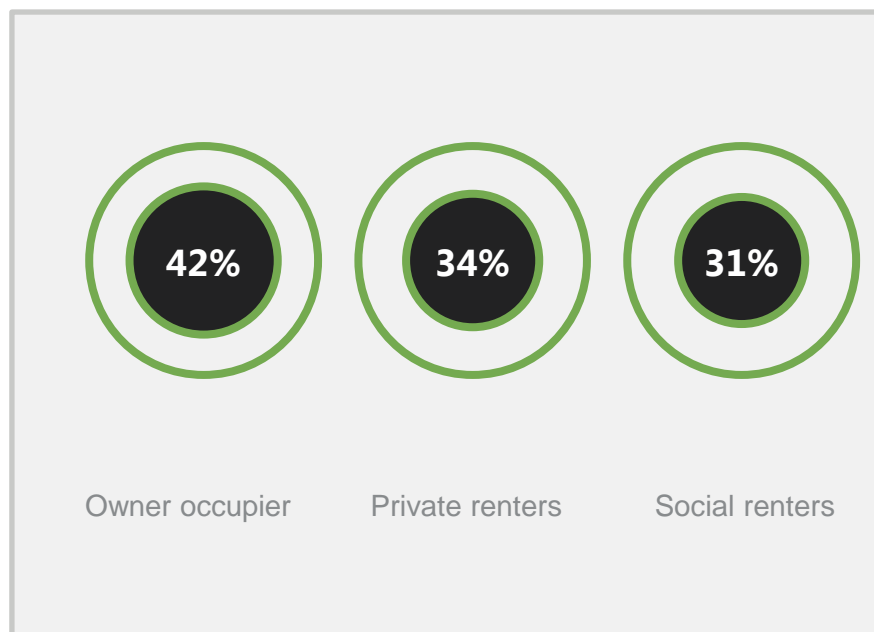
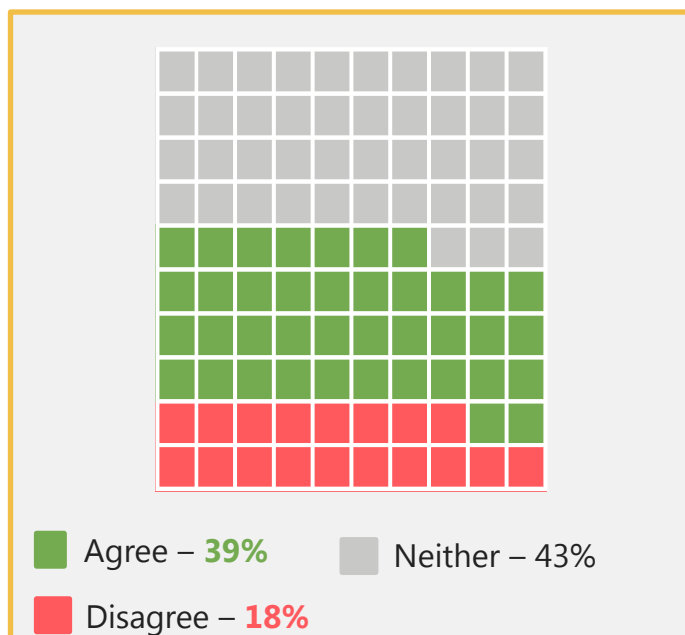


The proportion of Kirklees residents who agree their area is a place where people treat each other with respect and consideration (63%) is significantly higher than the equivalent figure from the 2012 survey (54%).

Base: All valid responses 7948 Kirklees Adults 11th July – 31st August 2016

Two in five think people pull together to improve the area

People in this local area pull together to improve the area

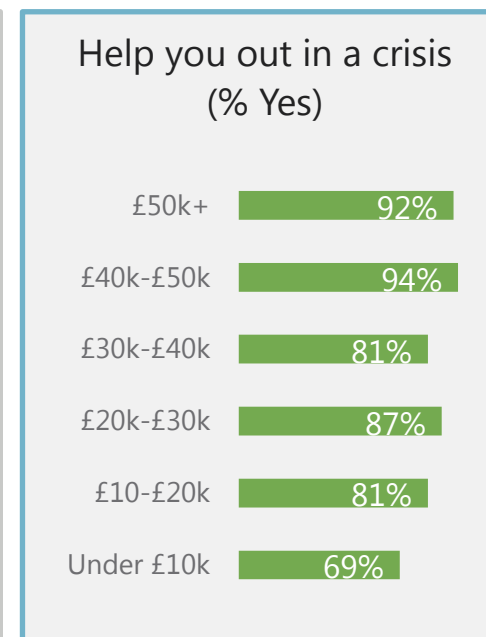
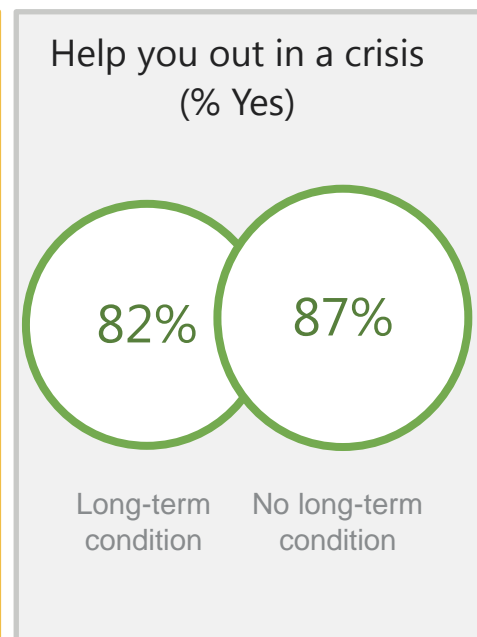
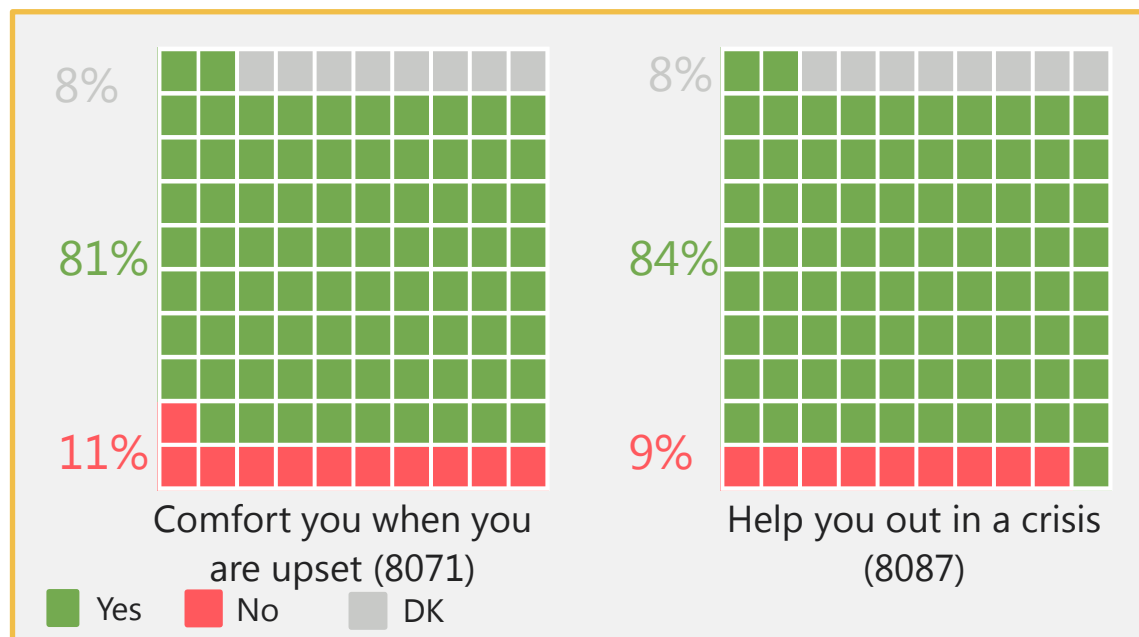


The proportion of Kirklees residents thinking people pull together to improve the area is in line with the comparator Council (39% vs. 38% respectively).

Base: All valid responses 8173 Kirklees Adults 11th July – 31st August 2016

Over four in five report having a social connection

Is there anyone who you can really count on to...?



Over four in five (85%) report having a social connection, they say yes to either having someone they can really count on to help them out in a crisis or comfort them when they are upset. This compares to 88% in 2012.

Those who report that the general condition of their health is bad are more likely to say 'no' to this than overall for both statements (Upset: 22%; Crisis: 21%).

Base: All valid responses see main charts for individual bases Kirklees Adults 11th July – 31st August 2016

Population characteristics & health behaviours

Profile of respondents – population characteristics

Category	Unweighted number	Unweighted %	Weighted number	Weighted %
Gender				
Male	2961	37	3857	48
Female	5119	63	4201	52
Age				
18-24	138	2	453	6
25-34	535	7	1710	21
35-44	913	11	1412	17
45-54	1334	16	1516	19
55-64	1614	20	1226	15
65-74	2048	25	1018	13
75+	1572	19	796	10
<i>Women of child bearing age (18-44)</i>	1207	24	2295	55
Ethnicity				
White	7480	92	6612	82
Asian	436	5	1120	14
Mixed	59	1	120	1
Black	120	1	184	2
Other	23	*	60	1

Profile of respondents – population characteristics (continued)

Category	Unweighted number	Unweighted %	Weighted number	Weighted %
CCG				
Greater Huddersfield	4996	59	4800	57
North Kirklees	3452	41	3639	43
District Committee				
Batley and Spen	2080	25	2159	26
Dewsbury and Mirfield	1372	16	1480	18
Huddersfield	2687	32	2643	31
Kirklees Rural	2309	27	2157	26
Ward				
Almondbury	397	5	375	4
Ashbrow	364	4	376	4
Batley East	278	3	366	4
Batley West	292	3	367	4
Birstall and Birkenshaw	363	4	344	4
Cleckheaton	398	5	360	4
Colne Valley	418	5	370	4
Crosland Moor and Netherton	357	4	347	4
Dalton	370	4	345	4

Profile of respondents – population characteristics (continued)

Category	Unweighted number	Unweighted %	Weighted number	Weighted %
Ward (continued)				
Denby Dale	351	4	338	4
Dewsbury East	373	4	389	5
Dewsbury South	288	3	344	4
Dewsbury West	261	3	339	4
Golcar	412	5	372	4
Greenhead	352	4	372	4
Heckmondwike	354	4	333	4
Holme Valley North	378	4	353	4
Holme Valley South	424	5	386	5
Kirkburton	326	4	337	4
Lindley	423	5	401	5
Liversedge and Gomersal	395	5	388	5
Mirfield	450	5	408	5
Newsome	424	5	427	5



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Profile of respondents – population characteristics (continued)

Category	Unweighted number	Unweighted %	Weighted number	Weighted %
IMD Quintile				
1 Least deprived	935	11	795	9
2	2002	24	1829	22
3	1549	18	1434	17
4	1812	21	1860	22
5 Most deprived	2150	25	2520	30
Religion				
Christian	5735	70	4604	56
Muslim	394	5	996	12
Other	167	2	253	3
None	1875	23	2293	28
Sexuality				
Heterosexual	6701	84	6725	84
LGBT (Net)	158	2	245	3
None listed	783	10	698	9
Not prepared to say	318	4	353	4



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Profile of respondents – population characteristics (continued)

Category	Unweighted number	Unweighted %	Weighted number	Weighted %
Household Composition				
Any with children	1451	17	2472	29
Only adults aged 18-64	2744	32	3412	40
Any pensioners	3669	43	2044	24
Unclassifiable/no information given	661	8	611	7
Employment Status				
Working	3296	43	4451	58
Education/training	57	1	154	2
Not working	4253	56	3113	40
Retired	3181	42	1766	23
Homemaker/Other	435	6	499	6
Qualified to NVQ Level 2 or higher				
Yes	3877	51	4672	59
No	3791	49	3204	41
Carer				
Yes	1585	20	1404	17
No	6537	80	6743	83

Profile of respondents – population characteristics (continued)

Category	Unweighted number	Unweighted %	Weighted number	Weighted %
Health condition that will last 12+ months (unprompted, no list)				
No	3746	46	4375	54
Yes	4375	54	3792	46
Limiting condition	3244	76	2836	76
Not limiting	1052	24	886	24



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Profile of respondents – health behaviours

Category	Weighted number	Weighted %
Smoking		
Non or ex-smoker	6876	84
Current smoker	1281	16
Regular smoker	1007	12
Occasional smoker	274	3
'Niche' tobacco users	122	2
Current e-cigarette user	452	6
Healthier than smoking cigarettes/tobacco	192	44
Cheaper than cigarettes/tobacco	146	34
Trying to stop smoking cigarettes/tobacco altogether	140	32
Cutting down on the amount of cigarettes/tobacco I smoke	132	30
Reduce the effects of passive smoking on others	68	16
More socially acceptable than smoking cigarettes/tobacco	61	14
Drinking >14 units of alcohol per week	1360	23

Category	Weighted number	Weighted %
Exercise (30 mins+)		
At least 5 times per week	3046	37
1-4 times per week	4277	52
Never	915	11
Weight		
Underweight	181	2
Healthy weight	3183	42
Overweight	2638	34
Any obese	1661	22
Any overweight/obese	4299	56
General health condition		
Good	5110	62
Fair	2308	28
Poor	844	10
Any long-term health condition	5943	75
Any impairments	2500	30

Profile of respondents – health behaviours

Category	Weighted number	Weighted %
Any problems with...		
...mobility	2406	30
...pain discomfort	4350	54
...anxiety/depression	3298	41
...self-care	967	12
...usual activities	2585	32
EQ-5D mean VAS score (i.e. health rating on a scale of 0-100)	-	75.24
SWEMWBS mean score	-	22.9
ONS wellbeing mean scores		
Overall life satisfaction	-	6.9
Things in life are worthwhile	-	7.0
Happiness yesterday	-	6.9
Resilience measure – agree 'I tend to bounce back quickly after hard times'	5229	64