

JSNA adult health and wellbeing indicators 2012-13

Healthy Foundations motivation segment

Updated: 17/07/2013

All Figures are rates per 1000 unless specified. For indicator definitions, sources and time periods see data definitions tables.

Colour key: Indicator of 'wellbeing'
Indicator of 'people & skills' assets
Indicator of 'physical' assets
Indicator of 'associations' assets

Key to symbols/ abbreviations:
• Suppressed due to small numbers
N/A Not applicable to this row/ column
Nav Data not available

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		Healthy Foundations Motivation segment					
Indicator for population aged 18 years and over unless specified (all figures are % unless specified)		Kirklees overall	Health Conscious Realists	Balanced Compensators	Live for Todays	Hedonistic Immortals	Unconfident Fatalists
Resident Population Characteristics							
By age groups							
	aged 18-24 years	97	56	106	124	194	95
	aged 18-44 years	373	435	475	526	614	404
	aged 45-64 years	248	374	322	299	273	334
	aged 65-74 years	85	115	109	100	64	116
	aged 65 years and over	154	189	201	174	114	259
	aged 75 years and over	69	74	92	74	49	143
South Asian		152	110	133	170	50	152
Non-South Asian		848	890	867	830	950	848
White		Nav	859	813	790	931	816
Black		Nav	11	31	15	11	11
Mixed		Nav	6	•	11	•	8
All BME		Nav	141	187	210	69	184
Local Healthy Foundations life stage							
Freedom years under 25		18	9	22	18	46	12
Freedom years over 25		52	40	61	54	65	53
Younger settler		77	91	85	64	116	50
Older settler		67	86	64	59	58	60
Younger juggler		322	301	301	384	427	271
Older juggler		166	209	162	137	139	160
Alone mid-life		86	88	76	78	60	109
Pensioner with partner		80	88	82	70	46	93
Pensioner alone		78	69	71	69	46	112
Pensioner with younger adults		35	33	46	30	19	43
Social connectedness/ capital							
Feel lonely/ isolated all or most of the time		63	23	41	49	18	144
Social connectedness (have someone to rely on in a crisis or to comfort them when upset)		898	942	928	892	946	819
Have someone to comfort them when upset		847	907	894	841	899	741
Have someone to rely on in a crisis		861	925	895	854	922	758
Agree that local area is a place where people from different ethnic backgrounds get on well together		434	480	488	405	488	353
Agree that local area is a place where people of different ages get on well together		638	699	708	617	698	524
Agree that local area is a place where people treat each other with respect and consideration		542	601	630	522	562	434
Agree that local area is a place where people trust each other		429	483	521	423	414	327
Housing							
Living in overcrowded accomodation		59	41	78	66	42	66
Home perceived as NOT suitable for household's needs (all household types)	households	155	96	130	150	119	248
Home perceived as NOT suitable for needs of pensioner households	pensioner households	109	74	93	87	94	160
Home perceived as NOT suitable for needs of households with dependent children	households with dependent children	197	133	159	202	151	326
Families							
Eat with family/ household members 5 or more times per week		524	605	545	495	570	429
Provide unpaid care for someone who is limited in their daily activities		190	206	178	171	157	207

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Economic well-being							
Money worries in past few weeks (most or all of time)		230	168	212	256	225	389
Work and skills							
Qualified to at least level 2	aged 18-64 years	719	785	770	641	838	615
Workless	aged 18-64 years	204	155	171	190	154	306
In routine & manual employment	aged 18-64 years	228	203	245	303	198	199
Health behaviours							
Current smoker		186	120	134	244	166	250
Used any illegal drugs in the last 5 years		74	40	75	77	109	89
Physical activity	Meets recommended level	365	412	485	356	380	246
	Never do 30 minutes moderate physical activity per day	110	53	53	86	65	222
Alcohol	Likely to be drinking at increasing risk levels (Audit C score of 5 or more)	688	696	671	708	752	641
	Binge drinking (Those who consume 7 or more units of alcohol on a typical drinking	211	153	189	261	261	227
	Males who drink 7 or more units of alcohol on a typical day who are concerned about their drinking and plan to reduce it	207	191	159	161	206	289
	Females who drink 7 or more units of alcohol on a typical day who are concerned about their drinking and plan to reduce it	197	286	207	188	118	186
Food and nutrition	Likely to eat 5-a-day	640	752	755	568	668	501
	Eat fast food or take away meals at least once a week	191	135	164	241	214	215
	Very/quite confident cooking from basic ingredients	857	922	899	845	912	752
	Cook from basic ingredients 5 or more times per week	479	563	536	432	515	379
Adults with no unhealthy behaviours		83	105	124	68	66	51
Adults with 1 unhealthy behaviour		297	345	366	239	296	246
Adults with 2 unhealthy behaviours		373	394	374	350	387	359
Adults with 3 or more unhealthy behaviours		247	157	137	343	252	344
Women of child bearing age (WoCBA) - aged 18-44 years							
Smoking	current smoker	214	127	116	312	171	321
Physical activity	Meet recommended level	337	346	460	335	338	245
	Never do 30 minutes moderate physical activity per day	64	43	39	47	41	139
Alcohol	Likely to be drinking at increasing risk levels (Audit C score of 5 or more)	706	678	640	735	763	708
	Binge drinking (Those who consume 7 or more units of alcohol on a typical drinking	262	164	217	308	296	358
	Those who drink 7 or more units of alcohol on a typical day who are concerned about their drinking and plan to reduce it	169	276	164	172	87	160
Food and nutrition	Likely to eat 5-a-day	625	741	776	544	623	460
	Eat fast food or take away meals at least once a week	208	135	174	261	233	252
	Very/quite confident cooking from basic ingredients	889	931	906	881	916	817
	Cook from basic ingredients 5 or more times per week	503	577	585	437	544	391

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Being Healthy						
Overall health good/ very good	646	797	801	701	781	302
Self-rated health (0-100 scale) mean score (standard deviation in brackets)	74.4 (20.3)	81 (14)	81 (17)	77 (17)	80 (15)	59 (23)
Long-term limiting condition	301	208	207	204	234	551
People who need support to continue to live in own home	112	42	81	81	56	247
Any problems with mobility [EQ-5D]	254	161	173	208	177	468
Any problems with usual activities [EQ-5D]	297	191	200	223	223	551
People with a long-term health condition/ problem who are confident in managing their own health	775	936	877	875	899	572
Emotional health & wellbeing						
Positive wellbeing mean score (WEMWBS scale of 14-70)	47.4 (9.6)	50.3 (7.7)	52.0 (8.6)	48.2 (7.8)	50.6 (7.9)	39.5 (9.5)
Medium/ high rating (score of 7-10) of satisfaction with life overall	626	767	769	686	759	297
Medium/ high rating (score 7-10) of how worthwhile the things they do are	659	802	773	714	799	342
Medium/ high rating (score 7-10) of happiness yesterday	613	746	739	669	750	304
Very low/ low rating (score 0-1) of how anxious they were yesterday	319	383	386	303	395	195
Biological factors						
Heart disease (self-reported)	53	40	39	36	34	89
High blood pressure (self-reported)	201	176	160	184	135	289
Stroke (self-reported)	12	5	7	7	•	30
CVD (self-reported heart disease, high BP or stroke)	221	196	178	198	149	317
COPD (self-reported)	25	13	17	22	10	50
Asthma (self-reported)	106	90	73	89	92	161
Diabetes (self-reported)	72	51	58	63	45	120
Incontinence of bladder or bowel (self-reported)	63	43	45	46	40	115
Short-term (less than 3 months) pain problems (self-reported)	91	83	67	89	102	110
Long-term (longer than 3 months) pain problems (self-reported)	145	98	116	108	115	250
Back pain (self-reported)	162	137	115	138	147	239
Depression, anxiety or other mental health condition (self-reported)	208	149	134	153	147	377
Obese - Body Mass Index 30+	187	148	124	222	148	256
Overweight and Obese - Body Mass Index 25+	535	506	475	565	490	601
Underweight - Body Mass Index <20	22	15	22	28	28	21
Obese - Body Mass Index 30+ WoCBA	169	139	97	163	143	283
Overweight and Obese - Body Mass Index 25+ WoCBA	399	374	306	404	385	501