



West Midlands Regional Lifestyle Survey 2005 | Redditch and Bromsgrove PCT





West Midlands  
Regional  
Observatory

# **West Midlands Regional Lifestyle Survey:**

## **Redditch and Bromsgrove PCT Annex**

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# 1 Introduction

## 1.1 West Midlands Regional Lifestyle Survey 2005

The West Midlands Regional Observatory (WMRO), in partnership with the West Midlands Public Health Observatory (WMPHO), has undertaken a Region-wide survey to explore residents' attitudes towards lifestyle, environmental and wider quality of life issues. The survey has been funded and supported by a broad constituency of partners across the Region. It is the largest survey to take place across the Region since the 2001 Census and demonstrates the economies of scale and benefits to be gained from partnership working.

The Regional Lifestyle Survey 2005 (RLS 2005) was undertaken to provide an understanding of the views and motivations of residents in the Region relating to key strands of Regional and Local policy. It is intended to provide an up-to-date picture and coverage of a wider range of topics than achieved in any previous lifestyle survey undertaken in the West Midlands Region. It is expected that the results will be used as part of the evidence base to support National, Regional and Local policy formulation and monitoring. It is envisaged that the survey will be repeated on a three or four year cycle, and provide a measure of change over time.

This report provides a local annex, specific to Redditch and Bromsgrove PCT, and supports the Regional Report<sup>1</sup> launched on 13<sup>th</sup> October 2005, and other funding partner annexes released alongside this report<sup>2</sup>. For more detailed

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<sup>1</sup> West Midlands Regional Lifestyle Survey: Regional Report 2005.  
<http://www.wmro.org/standardTemplate.aspx/Home/OurResearch/RegionalLifestyleSurvey/RegionalReport>

<sup>2</sup> West Midlands Regional Lifestyle Survey: Partner Annex 2005  
<http://www.wmro.org/standardTemplate.aspx/Home/OurResearch/RegionalLifestyleSurvey/RegionalReport>

information on the methodology and guidance on using the dataset itself, readers are referred to the Technical Report<sup>3</sup>.

Within this report it has been necessary to suppress those results where cells are based on fewer than 5 cases in order to meet confidentiality requirements set out within the RLS Data Sharing Protocol.

The data in this report are taken from the West Midlands Regional Lifestyle Survey © 2005, WMRO and WMPHO.

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<sup>3</sup> Regional Lifestyle Survey 2005: Technical Report  
<http://www.wmro.org/standardTemplate.aspx/Home/OurResearch/RegionalLifestyleSurvey/RegionalReport>

## 2 Respondent characteristics

### 2.1 Response rates and respondent characteristics

The overall response rate for Redditch and Bromsgrove PCT was 36.6% (1,806 returns from a mailing of 4933 questionnaires), however only 1,748 (96.8%) of these could be weighted and used in subsequent analysis. For those cases that could be weighted a breakdown by gender, age, ethnicity and indices of multiple deprivation is given in tables 1 to 4 below.

**Table 1: Response rate by gender**

	Redditch and Bromsgrove PCT		Worcestershire County		WM Region	
	Count	%	Count	%	Count	%
<b>Male</b>	758	43.4%	2,807	45.7%	25,317	46.4%
<b>Female</b>	990	56.6%	3,333	54.3%	29,258	53.6%
<b>Total</b>	1,748	100.0%	6,140	100.0%	54,575	100.0%

**Table 2: Response rate by 10-year age band**

	Redditch and Bromsgrove PCT		Worcestershire County		WM Region	
	Count	%	Count	%	Count	%
<b>18-24</b>	125	7.2%	375	6.1%	3,940	7.2%
<b>25-34</b>	233	13.3%	767	12.5%	6,781	12.4%
<b>35-44</b>	299	17.1%	1,102	17.9%	9,706	17.8%
<b>45-54</b>	358	20.5%	1,229	20.0%	10,350	19.0%
<b>55-64</b>	352	20.1%	1,263	20.6%	10,809	19.8%
<b>65+</b>	381	21.8%	1,404	22.9%	12,989	23.8%
<b>Total</b>	1,748	100.0%	6,140	100.0%	54,575	100.0%

**Table 3: Response rate by Ethnicity**

	Redditch and Bromsgrove PCT		Worcestershire County		WM Region	
	Count	%	Count	%	Count	%
<b>White</b>	1,703	97.4%	6,026	98.1%	50,658	92.8%
<b>Mixed</b>	8	0.5%	22	0.4%	336	0.6%
<b>Black or Black British</b>	11	0.6%	29	0.5%	875	1.6%
<b>Asian or Asian British</b>	20	1.1%	50	0.8%	2,478	4.5%
<b>Chinese or Other</b>	6	0.3%	13	0.2%	228	0.4%
<b>Total</b>	1,748	100.0%	6,140	100.0%	54,575	100.0%

\* Values have been suppressed to meet confidentiality requirements

**Table 4: Response rate by IMD decile**

	Redditch and Bromsgrove PCT		Worcestershire County		WM Region	
	Count	%	Count	%	Count	%
<b>IMD Decile 1</b>	15	0.9%	55	0.9%	4,700	8.6%
<b>IMD Decile 2</b>	110	6.3%	272	4.4%	5,312	9.7%
<b>IMD Decile 3</b>	120	6.9%	287	4.7%	4,820	8.8%
<b>IMD Decile 4</b>	47	2.7%	352	5.7%	4,802	8.8%
<b>IMD Decile 5</b>	141	8.1%	512	8.3%	5,918	10.8%
<b>IMD Decile 6</b>	212	12.1%	810	13.2%	6,131	11.2%
<b>IMD Decile 7</b>	154	8.8%	977	15.9%	6,588	12.1%
<b>IMD Decile 8</b>	274	15.7%	964	15.7%	6,184	11.3%
<b>IMD Decile 9</b>	397	22.7%	1,094	17.8%	5,778	10.6%
<b>IMD Decile 10</b>	278	15.9%	817	13.3%	4,342	8.0%
<b>Total</b>	1,748	100.0%	6,140	100.0%	54,575	100.0%

# 3 Results

## 3.1 Analysis

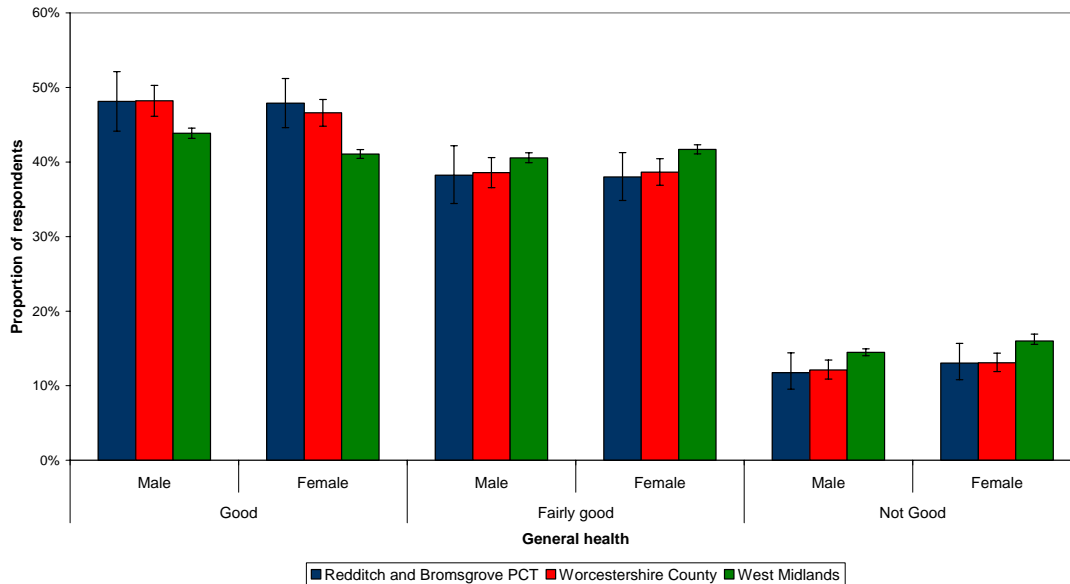
All analysis was completed by WMPHO using SPSS Complex samples, V13.0, using the Regional Weighting Frame V2.0, and the RLS dataset V2.0.

## 3.2 Interpretation of results

The charts are shown with 95% confidence intervals. The 95% confidence interval shows a range of values where the true population value is likely to lie. The wider the confidence interval the less precise our estimate is of the true population value. When comparing two proportions, we can say there is a statistically significant difference ( $p < 0.05$ ) if the confidence intervals do not overlap. In cases where the confidence intervals of two proportions do overlap it is likely that the proportions are not statistically different from each other. However, in these cases a statistical test would be required to determine this with certainty. This is beyond the scope of this report.

### 3.3 General health

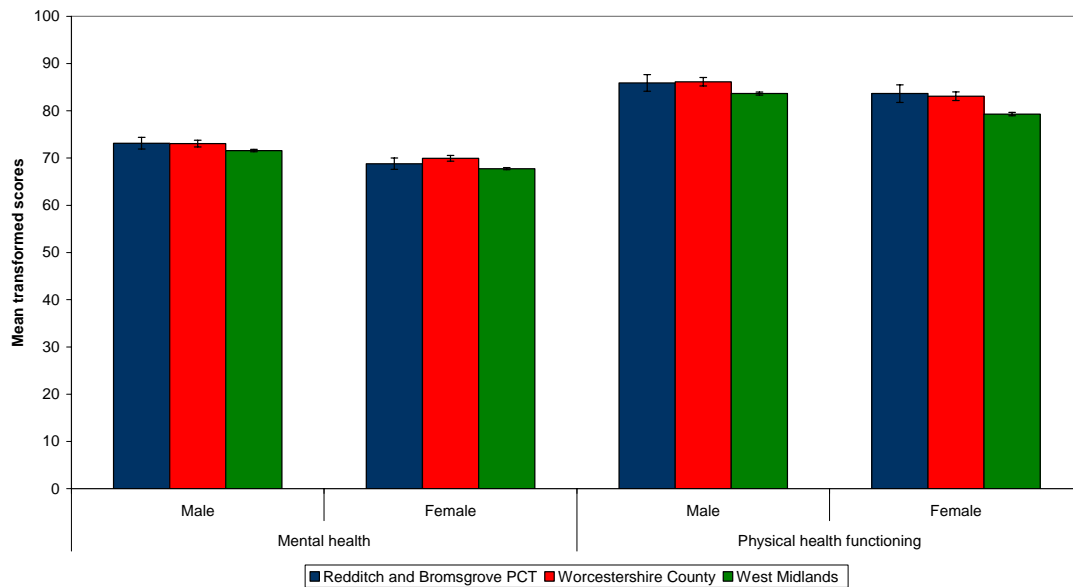
Figure 1 General health in the last 12 months by gender



General health was measured using a question derived from the Census 2001. As can be seen in Figure 1 the pattern of self-reported health in Redditch and Bromsgrove PCT and Worcestershire County is similar for males and females. This is different to the Region where a higher proportion of males report being in 'good health'. Respondents in these areas would also seem to be in better health compared to the Region. However, the relatively wide confidence intervals around the Redditch and Bromsgrove PCT estimates make it difficult to draw firm conclusions.

### 3.4 Physical and mental health

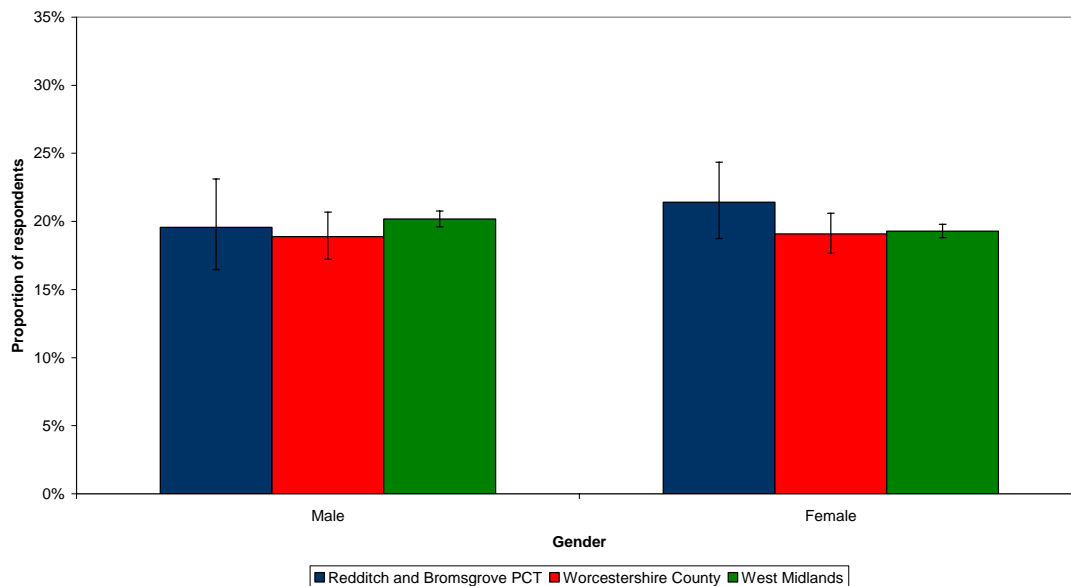
Figure 2 Mean scores for mental health and physical health functioning by gender



Physical health functioning and mental health were examined using a validated measure. Raw scores were transformed onto a scale of 0-100 where 0 represents the 'worst possible health state' and 100 the 'best possible health state'. As can be seen in Figure 2 across all areas males have slightly higher mental health scores than females. The same pattern can also be observed for physical health functioning. For both mental and physical health functioning respondents in Redditch and Bromsgrove PCT score slightly higher compared to the Regional average. The scores for Redditch and Bromsgrove PCT are similar to those of Worcestershire County.

### 3.5 Prevalence of smoking

Figure 3 Prevalence of cigarette smoking by gender



In the 2003/04 General Household Survey (GHS) it was reported that 26% of males and 24% of females smoke in the West Midlands. As can be seen in Figure 3 the Regional smoking rates in the RLS were lower (males 20.2%, females 19.3%) than the GHS estimates. For males and females the smoking rates in Redditch and Bromsgrove PCT are higher than those for Worcestershire County although the confidence intervals are wide.

Figure 4 Prevalence of cigarette smoking by age band

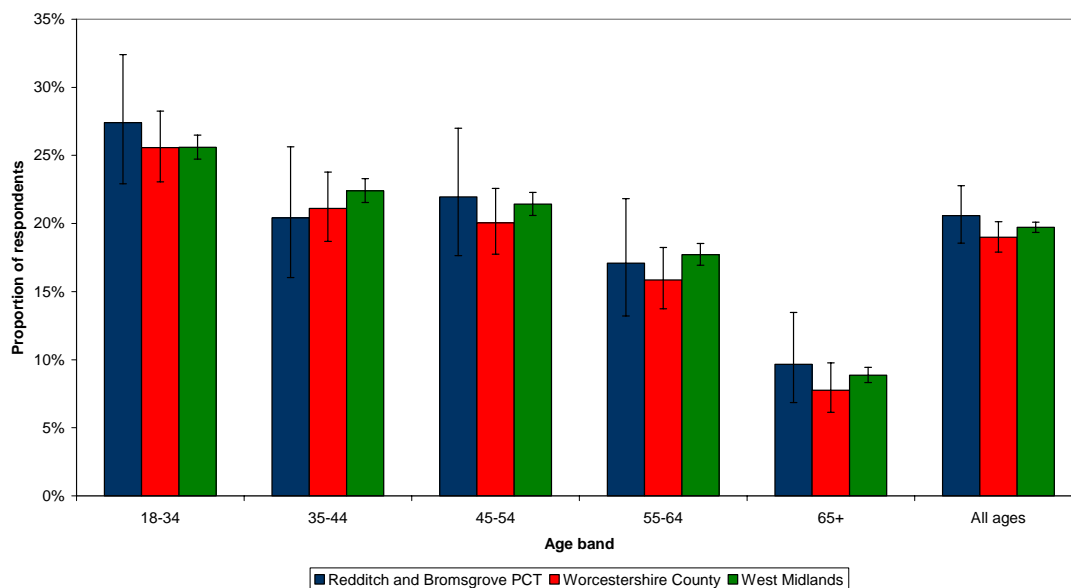
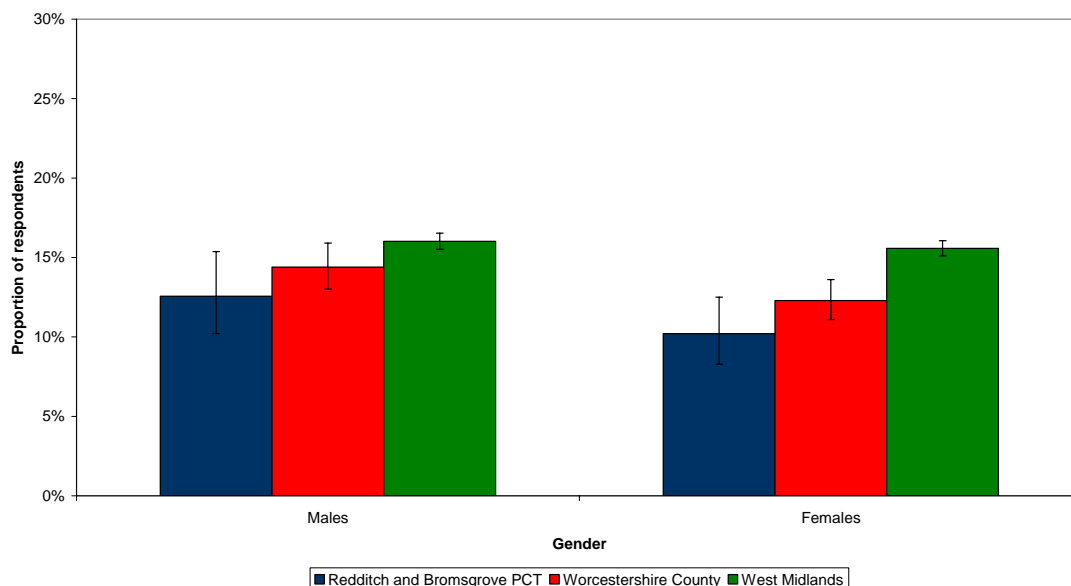


Figure 4 suggests that the highest smoking rates across all three areas under comparison can be found amongst the 18-34 year olds. The lowest rates across all areas can be found in smokers aged 65 and over. Overall it would appear that the smoking rates for Redditch and Bromsgrove PCT are slightly higher compared to Worcestershire County although the wide confidence intervals make it difficult to draw firm conclusions.

### 3.6 Prevalence of obesity

Figure 5 Prevalence of obesity by gender



The 2003 Health Survey for England (HSfE) reported 23.0% of males and 28.7% females were obese (BMI>30) in the West Midlands. In the RLS it was found that 16.0% of males and 15.6% of females were obese. As can be seen in Figure 5 the proportions of obese males and obese females (12.6% and 10.2% respectively) in Redditch and Bromsgrove PCT are significantly lower than the Regional figures.

Figure 6 Prevalence of obesity by age band

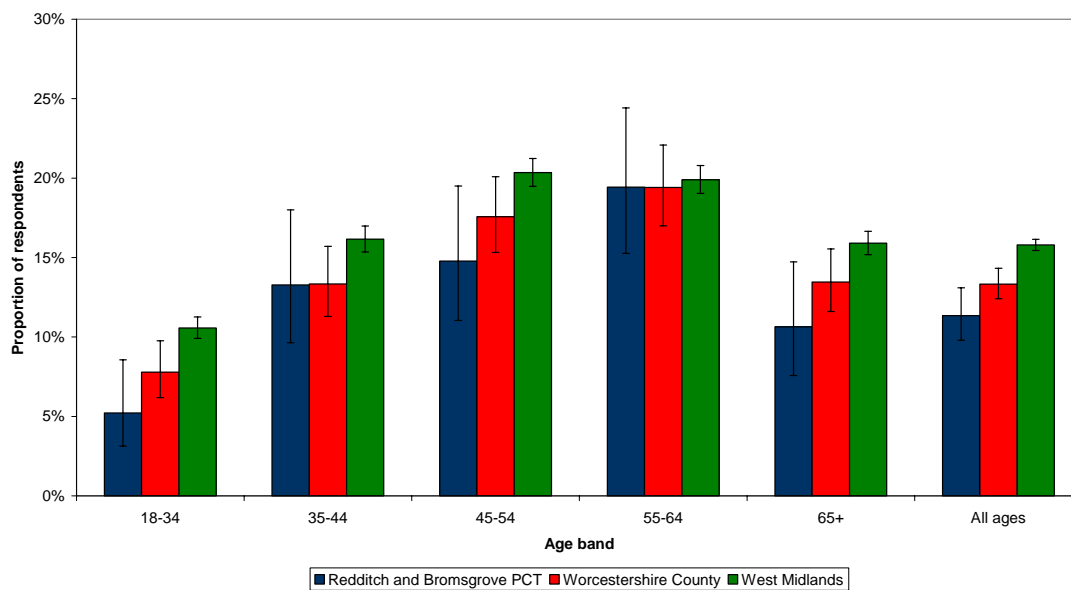
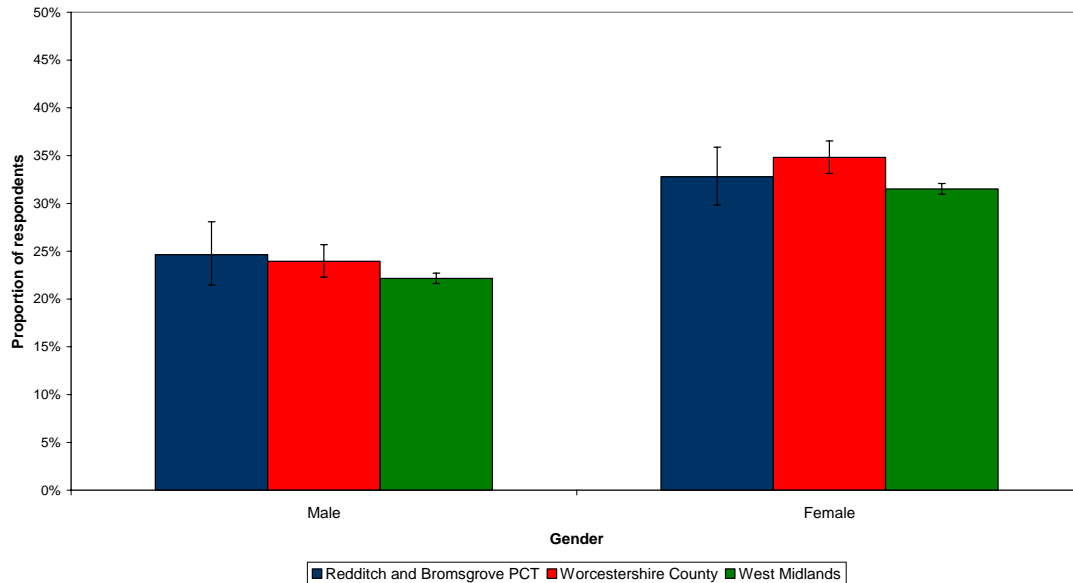


Figure 6 shows that the highest rate of obesity in Redditch and Bromsgrove PCT occurs in respondents aged between 55 and 64. Redditch and Bromsgrove PCT has lower rates of obesity compared to the Region and the difference is significant in respondents aged 65 and over (10.6% and 15.9% respectively). However for most age bands the confidence intervals are very wide.

### 3.7 Consumption of fresh fruit and vegetables

Figure 7 Proportion of respondents eating the recommended 5+ portions of fresh fruit and vegetables per day by gender



Across the Region the RLS found that the proportions of males and females eating the recommended 5+ portions of fresh fruit and vegetables was low (22.2% of males and 31.5% of females). This compares to 23% of males and 24% of females from the last HSfE (HSfE, 2003). Figure 7 shows that across all areas the consumption of 5+ portions of fruit and vegetables is lower in males. Irrespective of gender the proportion of respondents consuming the recommended amounts of fruit and vegetables in Redditch and Bromsgrove PCT is similar to the Region.

Figure 8 Proportion of respondents eating the recommended 5+ portions of fresh fruit and vegetables per day by age band

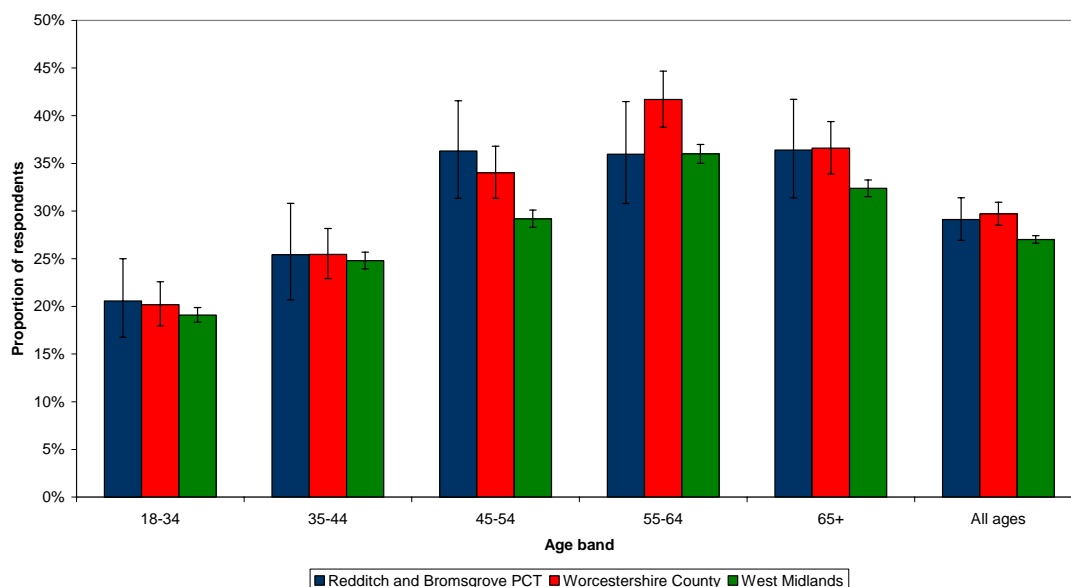
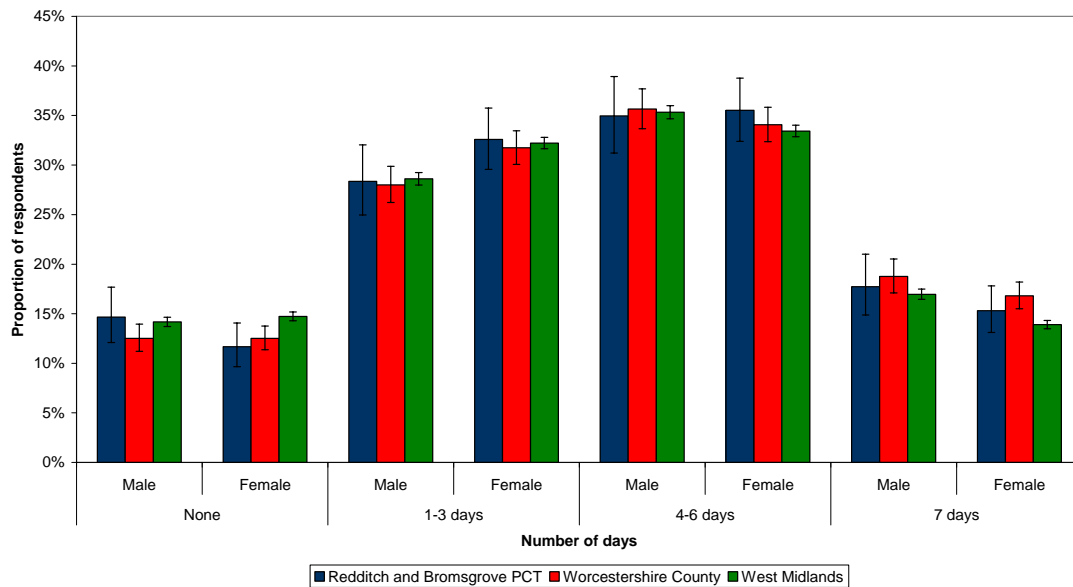


Figure 8 shows that at both the Regional level and in Worcestershire County the proportion of respondents consuming 5+ portions of fruit and vegetables per day increases with age until the 65 and over age band. This trend is less clear in Redditch and Bromsgrove PCT. Although the confidence intervals for Redditch and Bromsgrove PCT are wide it is notable that a significantly higher proportion of respondents aged between 45 and 54 consume the recommended daily amount compared to the Region (36.3% and 29.2%).

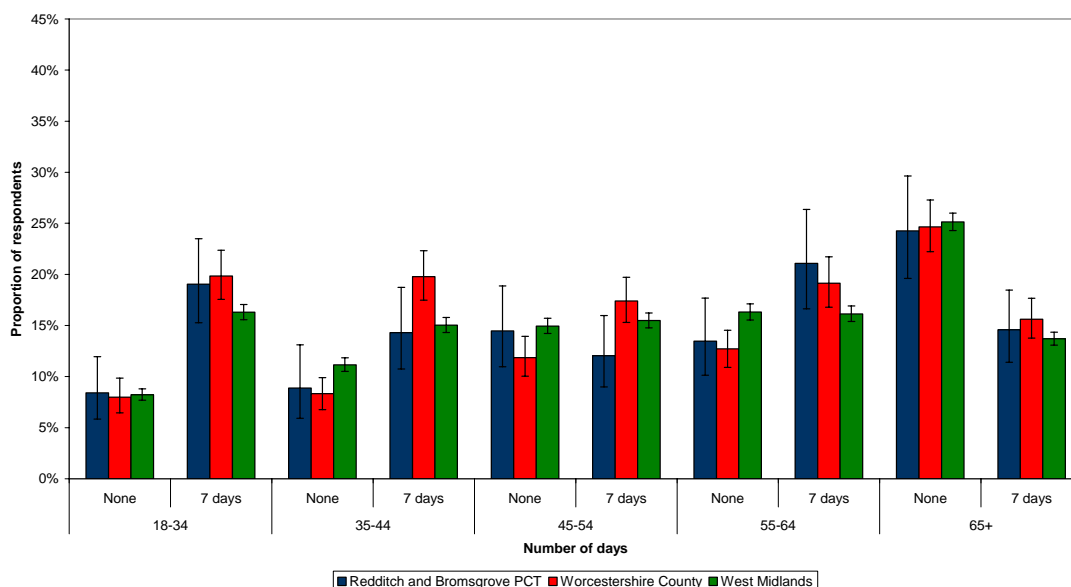
### 3.8 Levels of moderate physical activity

Figure 9 Average number of days per week undertaking 30 minutes of moderate physical activity by gender



In the RLS moderate activity is defined as activity such as brisk walking undertaken for a total period of 30 minutes per day. Figure 9 shows that across all areas over one-third of respondents reported undertaking moderate activity for 4-6 days of the week. It is also notable that a significantly lower proportion of female respondents reported taking no physical activity in Redditch and Bromsgrove PCT (11.7%) compared to the Region (14.7%).

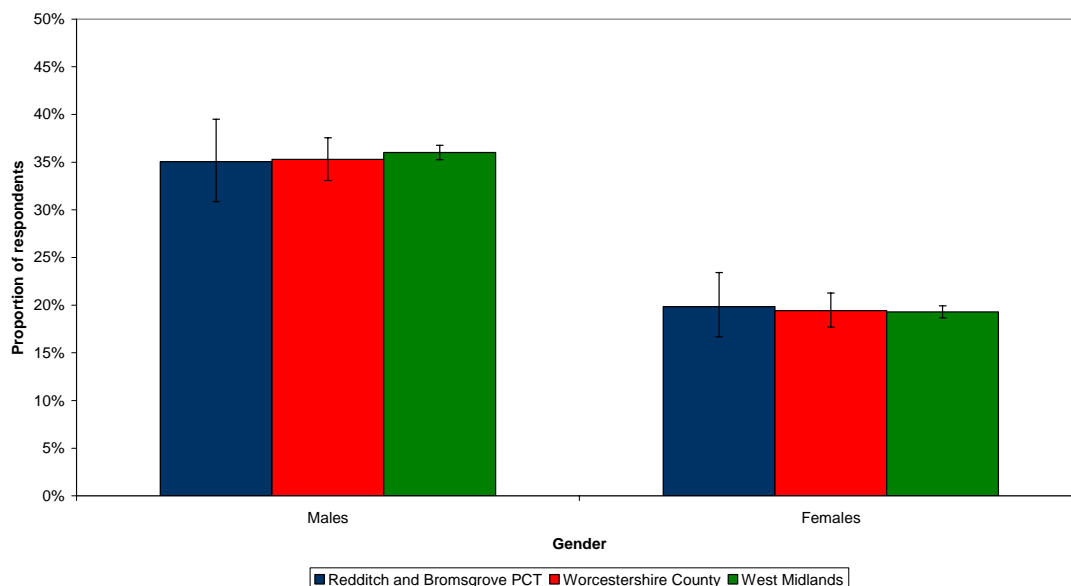
Figure 10 Average number of days per week undertaking 30 minutes of moderate physical activity by age band



Not surprisingly the highest proportion of respondents (25.1%) at a Regional level who do not do any moderate physical activity are aged 65 and over (Figure 10). The proportion of respondents in Redditch and Bromsgrove PCT in this age band who do not undertake any moderate physical activity is similar. At a Regional level the proportion of respondents stating they undertake moderate levels of physical activity on every day of the week does not vary much with age. Greater variation can be observed in Redditch and Bromsgrove PCT although the confidence intervals for each age band are wide.

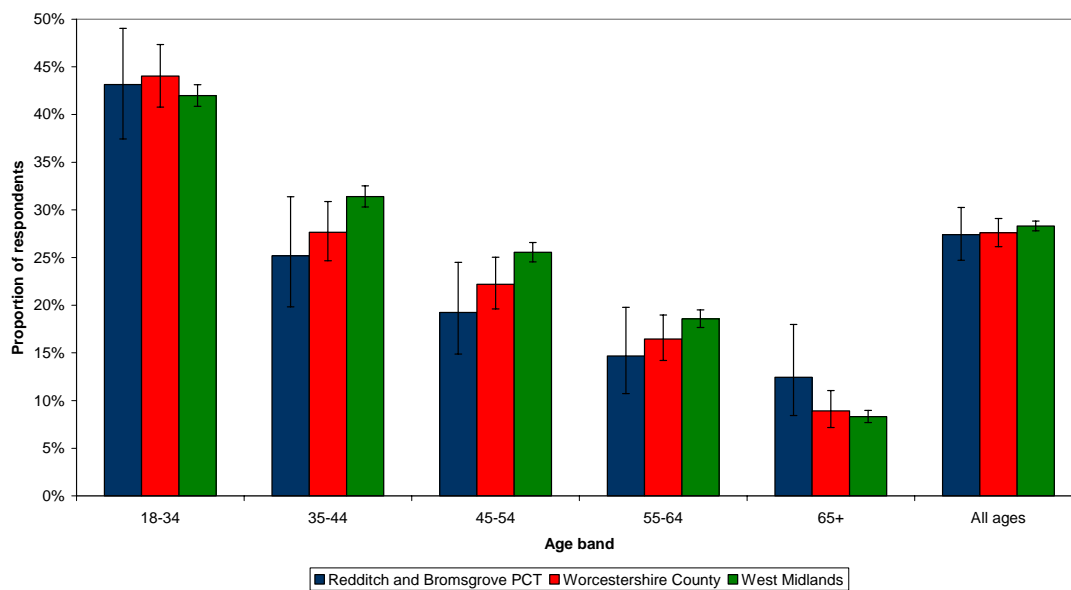
### 3.9 Prevalence of binge drinking

Figure 11 Prevalence of binge drinking by gender



Binge drinking is defined in line with the Office for National Statistics definition as 8 or more units for males and 6 or more units for females consumed on at least one day in the week. Figure 11 shows across all areas the rates of binge drinking are considerably higher in males, over one-third in all areas. Across all areas approximately one-fifth of female respondents reported binge drinking.

Figure 12 Prevalence of binge drinking by age band



Across all areas Figure 12 shows there is a clear age-related trend in binge drinking with the highest rates being observed in the 18-34 year old age band. In this age band the prevalence of binge drinking is highest in Worcestershire County although the confidence interval is wide.

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