



Dorset PCT User Questionnaire 2008

Report
February 2009



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Introduction

The aim of the Dorset Primary Care Trust user survey was to collect information about the health status of the local population and to find out how satisfied Dorset residents are with their local NHS services. It was designed to aid understanding of what services are needed to enable Dorset Primary Care Trust to better plan and deliver local health services now and in the future. Respondents were also invited to join a panel to provide regular feedback, opinions and ideas, and to find out how satisfied Dorset residents are with their local NHS services.

Dorset Primary Care Trust commissioned MRG, based at Bournemouth University, to undertake this research. MRG aims to be a key independent resource for the provision and interpretation of market intelligence for its clients. The group offers expertise, experience and advice in the field of market research, tailored to suit the needs of individual organisations. MRG has specialised in consultation of this sort, and has numerous projects to its name.

The Market Research Group

The Market Research Group (MRG) is an independent market research agency based within Bournemouth University. We are a full service agency, with our trained staff giving us the ability to conduct desk research, quantitative and qualitative projects.

We specialise in providing market research and intelligence services to public sector organisations, and organisations within the academic, tourism and heritage sectors. The group has built up a wealth of unrivalled expertise, knowledge and benchmarking information in these sectors at a national, regional and local level.

We work in partnership with our clients and focus on adding value at every stage of the research process together with a cost effective and flexible service. The Market Research Group is able to bring a considered and practical approach to research and offer innovative research solutions to maximum effect.

MRG adheres to the Market Research Society's (MRS) code of conduct and the Data Protection Act 1998, which ensures that both our clients and respondents are treated fairly.

Methodology:

Methodology overview: The methodology utilised was a postal survey of a random sample of Dorset residents (distributed to proportionally represent districts), with addresses derived from the Postal Address File (PAF) database. Data provided within this initial report is raw but can be weighted in the future if required. A return rate of 20 - 30% is expected for a survey of this type.

Response Rate: 22,000 Dorset residents received a questionnaire, 6834 of whom responded to the research within the fieldwork period (31% response rate).

Questionnaire Design: The questionnaire was designed by MRG, in conjunction with Dorset Primary Care Trust, specifically to fulfil the research objectives of this project. The questions included; pre-coded (tick response), open-ended and rating questions.

Headline Results

Historical Health Information:

NHS Services:

- 95% of respondents have used their GP surgery; the majority rating their experience as very good (56%).
- 77% of respondents have used an NHS dentist, most frequently rating their experience as good (43%).
- 68% of respondents have used their local hospital, the majority rating their experience as very good (52%).
- 64% of respondents had used a larger hospital, most frequently rating their experience as very good (48%).
- 31% of respondents had used NHS Direct, most frequently rating their experience as good (43%).

General Health and Medical Information:

- Respondents most frequently sourced their health and medical information from their GP (66%) or Nurse practitioner (12%).
- Respondents most frequently assessed their general health as good (47%).
- 34% of respondents reported suffering from a long-term illness, health problem or disability which limited their daily activities or work, most frequently Arthritis (19%) or joint problems (15%).
- 6% of respondents reported having suffered from a Heart Attack.
- 4% of respondents reported having suffered from a Stroke.

Medical Conditions Recently Experienced:

- 31% of respondents reported recently suffering from Sciatica, lumbago or recurring backache.
- 30% of respondents reported recently suffering from Arthritis.
- 30% of respondents reported recently suffering from high blood pressure.
- 16% of respondents reported recently suffering from nervous trouble or depression.
- 11% of respondents reported recently suffering from Asthma.
- 10% of respondents reported recently suffering from Diabetes.
- 5% of respondents reported recently suffering from Angina.

BMI:

- Respondents reported a mean height of 1.7m.
- Respondents reported a mean weight of 74kgs.
- Respondents most frequently fell within the Normal Weight category (45%), with a BMI between 18.50kg/m and 24.99kg/m.
- 36% of respondents fell within the Over Weight category, with a BMI over 25kg/m.

About Your Health and Well Being

Recent Well Being:

- The majority of respondents reported that their concentration had remained the same over the past few weeks (81%), 15% reported that has been able to concentrate less than usual.
- 19% of respondents reported feeling constantly under strain more than they usually do in the past few weeks. 18% had lost sleep over worry, 15% have been feeling unhappy and depressed, 13% felt that they have been losing confidence in themselves and 11% have felt that they could not overcome their difficulties. 7% of respondents reported thinking of themselves as a worthless person rather more or much more than usual.
- 19% of respondents reported feeling that they have been able to enjoy their normal day-to-day activities less so or much less so than usual. 14% of respondents have been feeling less happy than usual, 11% reported feeling less able to face up to their problems and 11% reporting feeling that they were playing a less useful part of things than usual. 9% of respondents reported feeling less capable of making decisions about things.

Neighbourhood and community:

- Respondents most frequently reported knowing a few people in the immediate neighbourhood (43%), 30% reported knowing many and 24% reported knowing most.
- Respondents most frequently reported trusting a few people in their neighbourhood (37%), 36% reported trusting most people and 22% reported trusting many.
- The majority of respondents felt that their neighbourhood was a place where people look out for each other (78%).
- The majority of respondents always speak to their neighbours when they see them (70%).

About What You Eat

- Respondents reported eating an average of 3 pieces of fruit a day, the minimum being no fruit (2%) and the maximum being between 8 and 12 pieces (1%).
- Respondents reported eating an average of 3 portions of vegetables a day, the minimum being no portions (1%) and the maximum being between 8 and 12 portions (>1%).
- The majority of respondents eat vegetables (65%), fruit (64%), and high fibre foods (53%) more than 5 times a week. Respondents most frequently reported eating wholemeal bread more than 5 times a week (38%).
- The majority of respondents reported rarely or never eating the following: Frozen food (65%), fried food (63%), added salt (57%), sausage, beef burger or luncheon meat (56%) or chips (53%). Respondents most frequently reported rarely or never eating white bread (46%).
- The majority of respondents reported eating fish (76%), White meat (70%) and Red meat (59%) 1 to 2 times a week. Respondents most frequently reported eating cheese (43%) and sugary foods (34%) 1 to 2 times a week.

About What You Do

Activity

- Respondents most frequently undertook between 1 and 2 hours of vigorous activity per week (37%).
- Respondents most frequently spent between 1 and 2 hours doing moderate activities each week (35%).
- Respondents most frequently spent between 3 and 5 hours walking per week (25%).
- Respondents most frequently reported spending between 3 and 5 hours sitting a day (49%).

Alcohol

- 70% of respondents reported drinking alcohol.
- 61% of respondents reported drinking their recommended units or less a week.
- Respondents most frequently reported drinking between 11 and 20 units per week (27%).
- On average respondents reported drinking the most on Saturdays (4.1) units and the least on Mondays (1.9 units).
- The most frequently consumed drink types were a standard glass of wine (59%), one or more single measure of spirits (28%), one or more pint(s) of normal strength beer (21%) and one or more large glass of wine (19%).
- 84% reported their alcohol consumption as typical for them.

Smoking

- Just over half of respondents reported having smoked (51%).
- 19% of respondents who have smoked still smoke, which was 10% of the total sample.
- On average respondents smoke(d) 15 cigarettes per day.
- On average respondents smoke(d) for 21 years.
- The majority of respondents reported it being 10 years or longer since they last smoked daily (71%).
- 32% of smokers considered themselves content, 31% concerned, 30% planning to stop and 6% in the process of stopping.
- 60% of smokers have tried to give up two or more times before.
- Respondents most frequently used their willpower (41%) or help of friends and relatives (22%) to help them stop smoking.
- 15% of respondents reported using patches to stop smoking, 8% prescribed and 7% over the counter.
- 11% of respondents reported using gum to stop smoking, 3% prescribed and 8% over the counter.
- 4% of respondents reported smoking some or all of the time during a pregnancy in the last 12 months.

About You

- 62% of respondents were female, 38% male.
- 52% of respondents were retired, 21% reported working full time and 15% working part time.
- Full time workers reported working an average of 42 hours a week and part time workers, an average of 21 hours per week.
- 87% of respondents had access to a car.
- The majority of respondents own their accommodation outright (58%), 25% reported buying on mortgage and 7% renting from a private landlord.
- 36% of respondents achieved 5+ GCSEs or the equivalent, 32% 'other' qualifications, 23% no qualifications and 18% a first degree.
- 11% of respondents reported caring for someone other than as part of their job.
- 98% of respondents classified themselves as White British.

Section 1: Historical Health Information

This section of the report looks at respondents' general wellbeing now and in the past, and the NHS services they have accessed and their opinions of these services.

Covered in this section is:

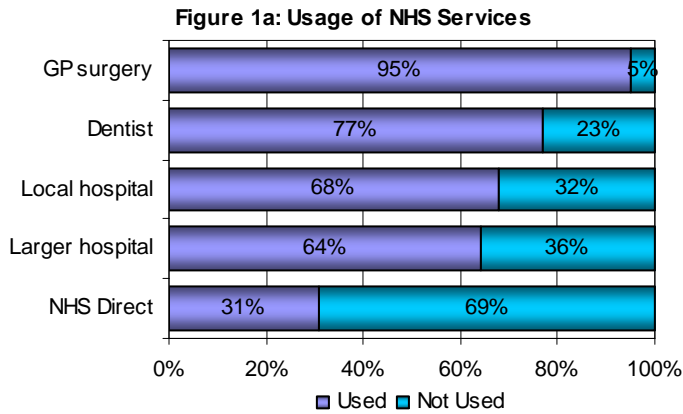
1. NHS Services.
2. Sources of medical health information.
3. General health and long term health issues.
4. Recent and specific health problems.
5. BMI

Section Summary:

- The majority of respondents reported having used their GP surgery (95%), an NHS Dentist (77%), their local hospital (68%) and a larger hospital (64%). Just 31% of respondents reported using NHS Direct.
- On average all NHS services were rated as good or better.
- Respondents most frequently sourced their health and medical information from their GP (66%) or nurse practitioner (12%).
- 71% of respondents reported their general health to be good or very good. General health ratings tended to decrease as the respondent's age group increased.
- 34% of respondents reported having long-term health problems, most frequently Arthritis, general joint problems, back problems, heart problems and diabetes.
- 4% of respondents reported having previously suffered a stroke and 6% of respondents reported recently suffering a heart attack.
- The most frequent recent medical conditions were Sciatica, Lumbago or recurring backache (31%), Arthritis (30%) and high blood pressure (30%).
- The average BMI for the area was 26.2kg/m; this is 1.2kg/m above the highest boundary of the 'normal' weight range.

1. NHS Services

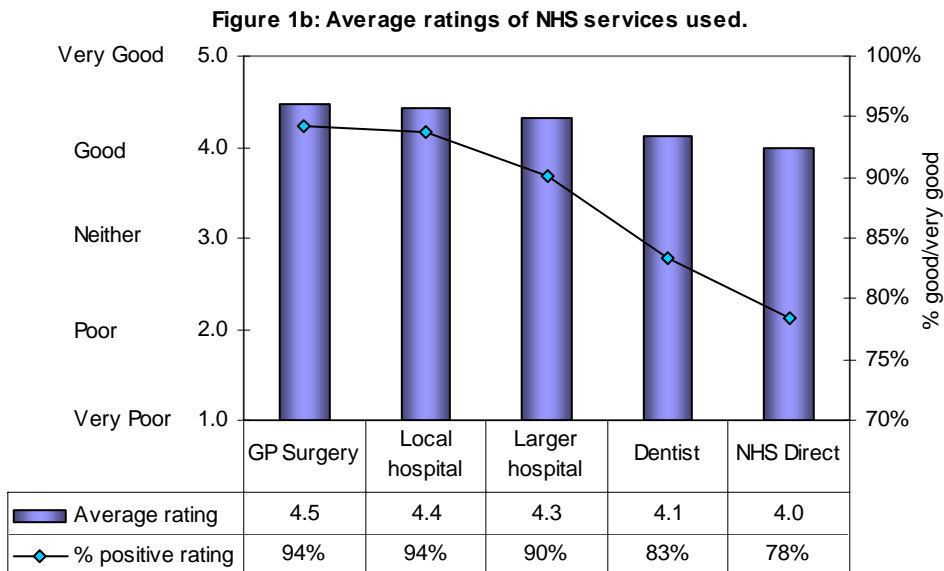
All NHS services were rated as good or better on average. There was no significant variance in the average ratings of any NHS service between age or gender groups. Respondents under the age of 54 tended to rate services as marginally lower than older respondents and ratings tended to increase with age; these variances are no more +/- 0.3.



The most frequently accessed NHS services were GP surgeries (95%) and Dentists (77%). The least utilised NHS service was NHS direct, being used by just 31% of respondents.

Over 90% of respondents rated their experience of their GP surgery and their local hospital as good or very good, which was consistent over all age groups, genders and localities. Average ratings across localities varied no more than 0.1 from the population average.

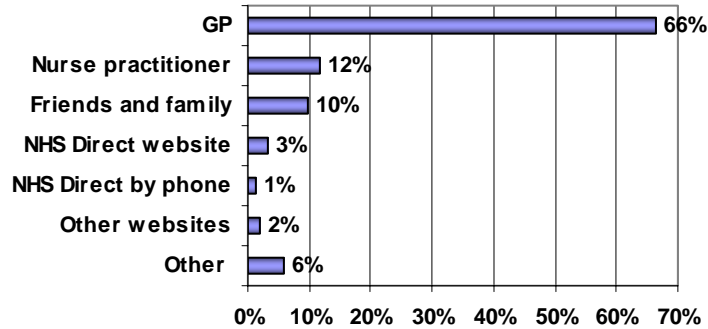
GP surgeries were on average rated the highest, with 94% of respondents rating their experience as good or very good. Respondents were the least satisfied with NHS direct, which although rated good on average was rated as poor or very poor by 10% of users (112 respondents).



2 Sources of medical health information.

66% of respondents normally sourced health information from their GP; the second most frequent information source was a nurse practitioner (12%).

Figure 2a: Where do you normally get health and medical information?

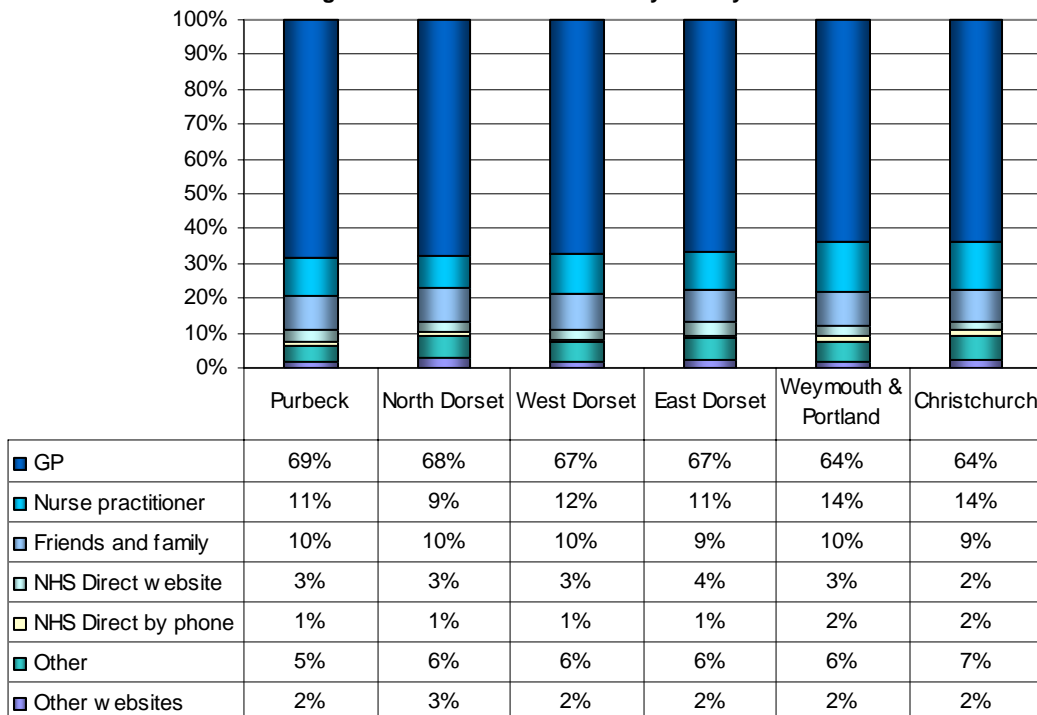


6% of respondents sourced their information from 'other' sources; these included the hospital, books, chemist or pharmacy and newspapers.

2% of respondents sourced information from websites other than NHS Direct, these websites included Google and the BBC.

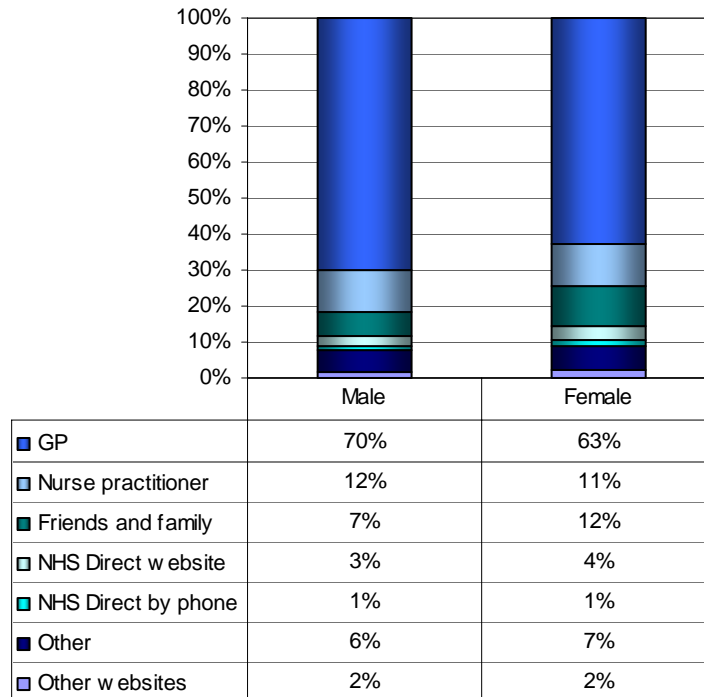
Information sources did not vary greatly by locality, areas where a lower proportion of respondents sourced information from their GP was compensated for by a higher proportion of respondents sourcing information from a nurse practitioner.

Figure 2b: Information Source by locality



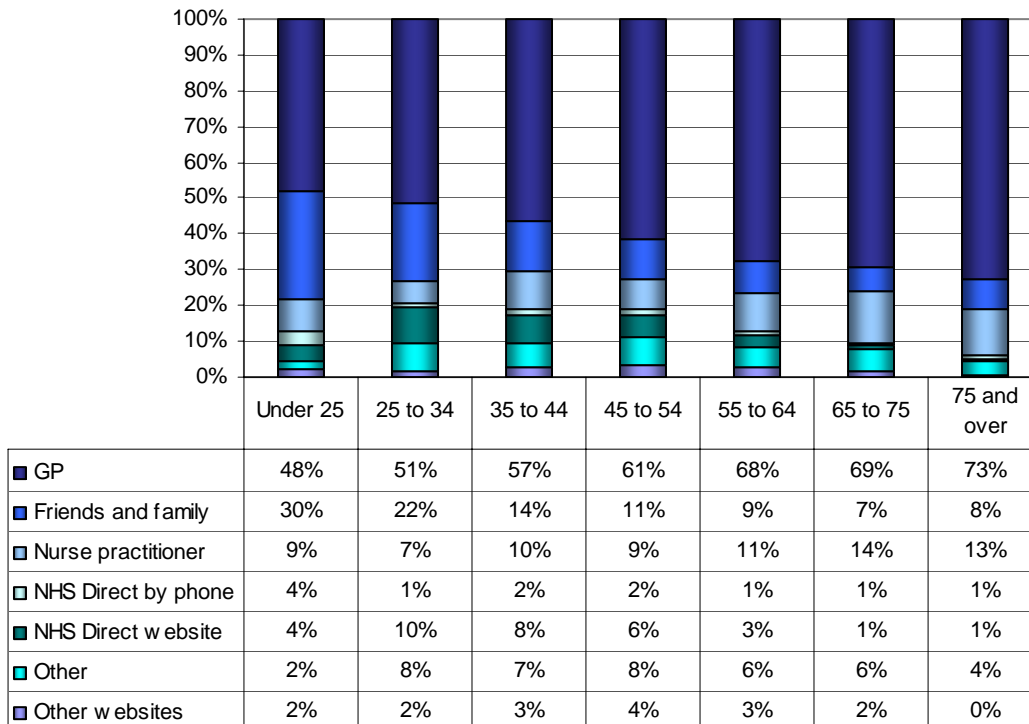
Female respondents showed a marginally lower tendency to seek their medical information from a medical practitioner, and a higher tendency to source information from friends and relatives, (Figure 2c).

Figure 2c: Information source by gender



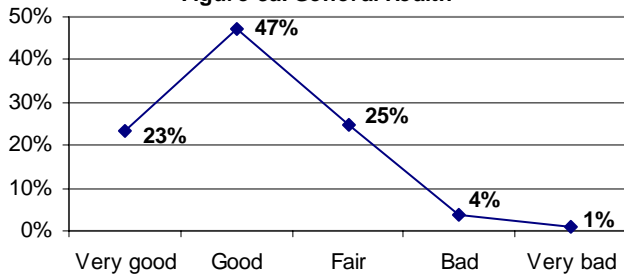
The proportion of respondents who sourced their information from their GP increased with age, a similar trend was observed in respect of seeking information from a nurse practitioner. Respondents in the younger age groups demonstrated a greater tendency to source information from friends and relatives and the NHS direct website, (Figure 2d).

Figure 2d: Information source - Age Split



3. General Health and Long Term Health Problems.

Figure 3a: General Health



71% of the population reported their health to be either good or very good.

There is no significant variance in general levels of health across the localities of Dorset.

General health ratings did not vary significantly by gender.

As might be predicted, ratings of general health decreased with age, from 85% of 25 to 34 year olds considering their health as good or very good to 56% of respondents over the age of 75 considering their health as good or very good. (Under 25 year olds have been excluded due to sample size).

Figure 3b: General Health - Age split (%Very good/Good)

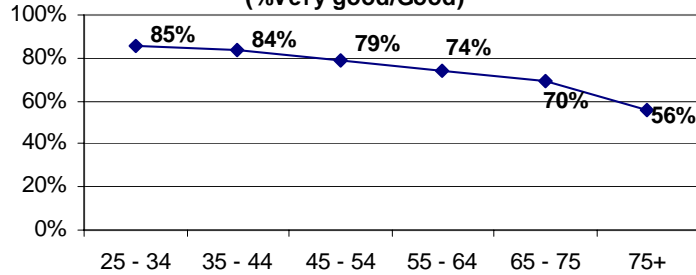
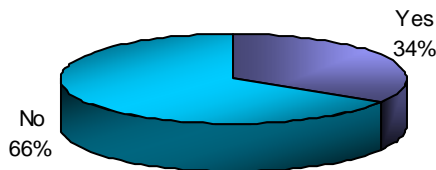


Figure 4a: Do you have any long-term illness, health problem or disability?



34% of respondents reported suffering from long-term illnesses, health problems or disabilities. More males (37%) in the area had long term health problems than females (31%). There were marginal variances between localities with the highest proportion of respondents with long term health problems observed in Weymouth and Portland and the lowest in North Dorset.

The long term-health problems most frequently suffered from included:

- Arthritis.
- General Joint Problems.
- Back Problems.
- Heart Problems.
- Diabetes.

12% of respondents with long-term health problems suffered from 3 or more health problems or issues (237 respondents).

Figure 4b: Long-term health problems by locality

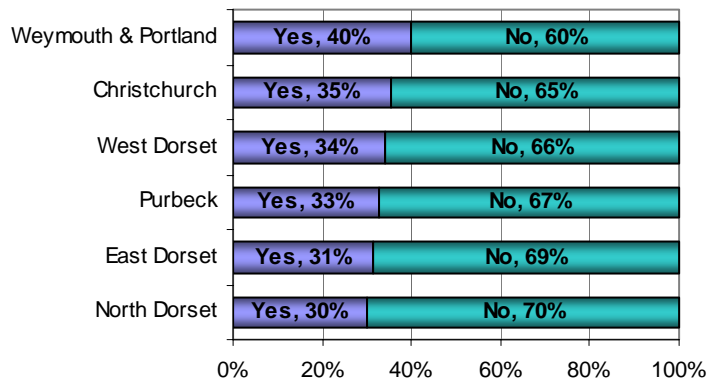
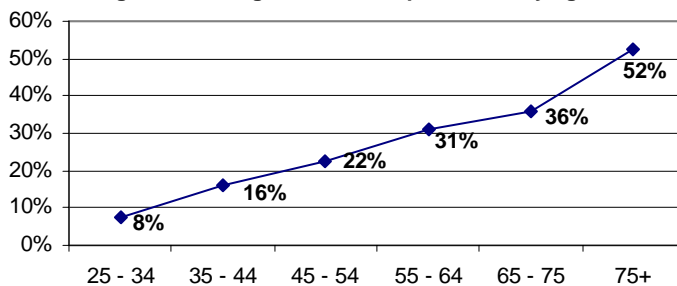


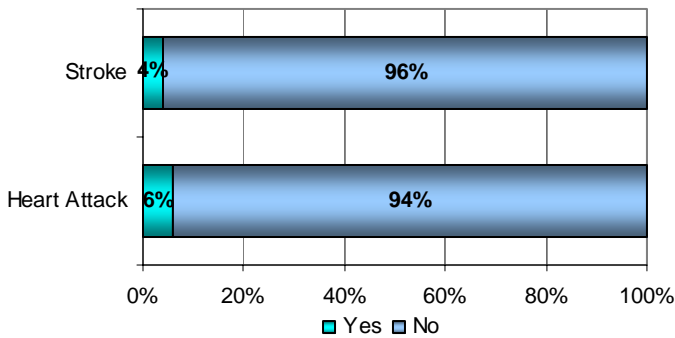
Figure 4c: Long-term health problems by age



Consistent with expectation, there was a strong positive correlation between age and long-term health problems.

4. Recent and specific health problems

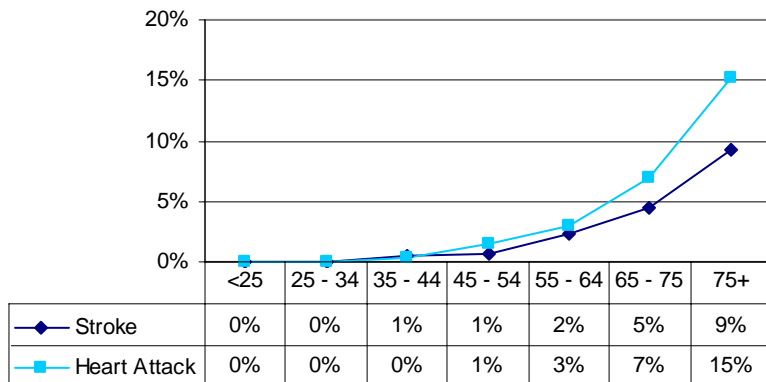
Figure 5a: Previous experience of a heart attack or stroke



6% of respondents have previously suffered a heart attack and 4% have previously suffered from a stroke, (Figure 5a). Men were marginally more likely to have suffered a stroke (5% of males to 3% of females). Men were also more likely to have previously suffered from a heart attack. (10% of males to 3% of females). There was a positive correlation between the proportion of respondents who have suffered a stroke or heart attack and age, (Figure 5b).

There was very little variance in the proportion of stroke or heart attack sufferers by locality. North Dorset respondents did however show the lowest proportion in respect to both, 4.9% having experienced a heart attack and 3.1% a stroke. Weymouth and Portland demonstrated the highest proportion of sufferers, 7.1% having experienced a heart attack and 4.6% a stroke.

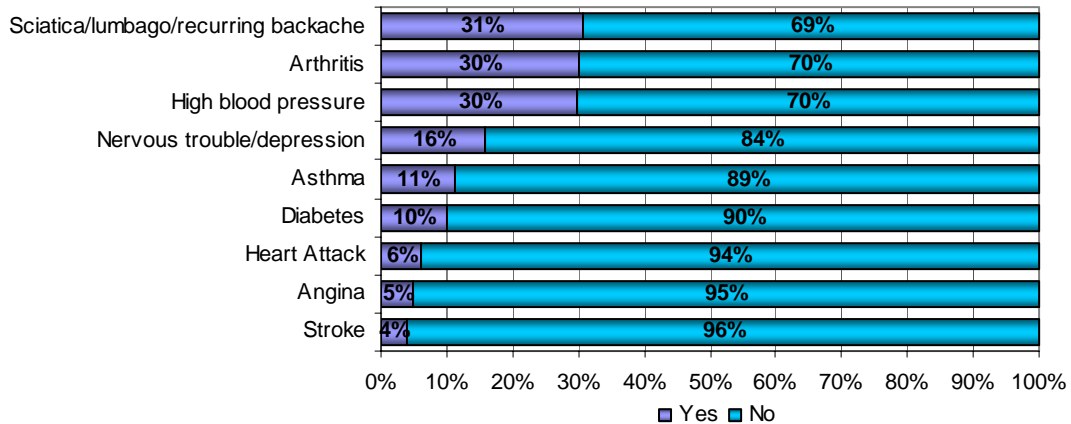
Figure 5b: Previous experience of a stroke or heart attack



Recent Medical Conditions

Respondents most frequently reported suffering from Sciatica, lumbago or recurring backache (31%), Arthritis (30%), High blood pressure (30%) or nervous trouble or depression (16%).

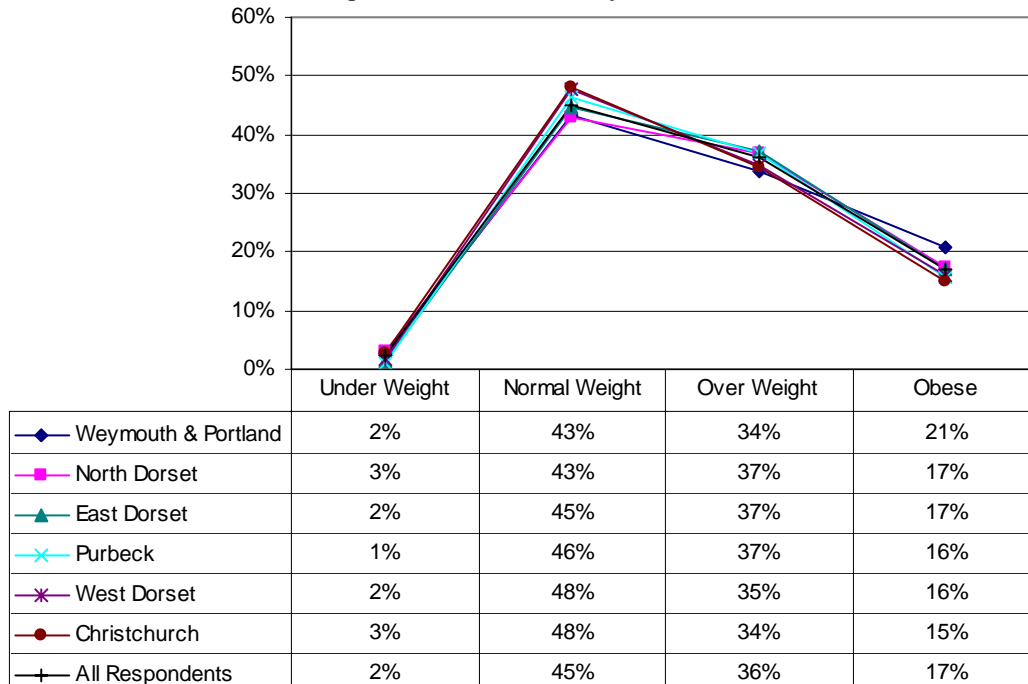
Figure 6a: Medical Conditions experienced over the past few months



5. BMI

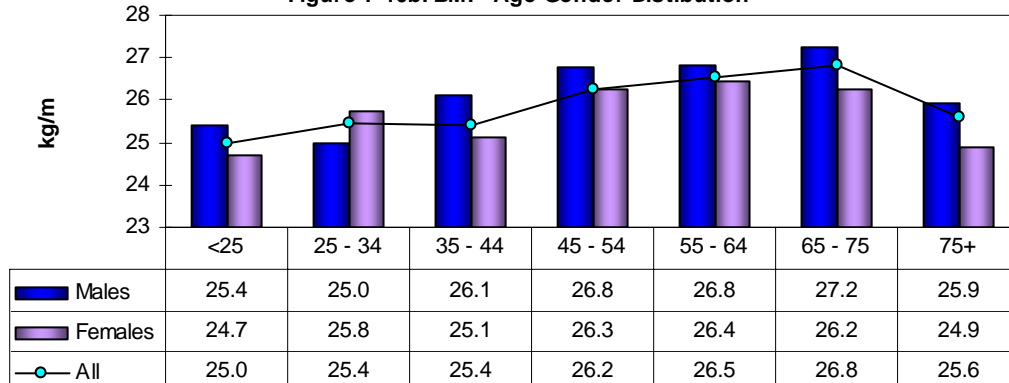
The average BMI was 26.2kg/m; this was 1.2kg/m above the highest boundary of the normal weight range. The majority of respondents were either overweight or obese (53%). This was consistent over all localities with the exception of Christchurch where only 49% were classified as overweight or obese. The highest proportion of respondents in the highest BMI boundary of obese was observed in Weymouth and Portland, where the average BMI was 27kg/m as opposed to 26kg/m in all other localities.

Figure 7-10a: BMI - Locality variance



It was recorded that males had a higher average BMI than females (27kg/m as opposed to 26kg/m). 59% of male respondents were either over weight or obese whereas 50% of females were normal weight. Even though males were more likely to be overweight females were just as likely to be obese as males. A higher proportion of females were underweight than males, 3% of females as opposed to 1% of males. Males consistently had a higher BMI than females, with the exception of respondents aged between 25-34 years; where females reported a higher than average BMI. BMI increased on average with age until the age of 75 or above when it tended to decrease for both males and females.

Figure 7-10b: BMI - Age Gender Distibution



Section 2: About your health and well being

This section seeks to assess how respondents' are feeling within themselves and within their neighbourhood. This section includes:

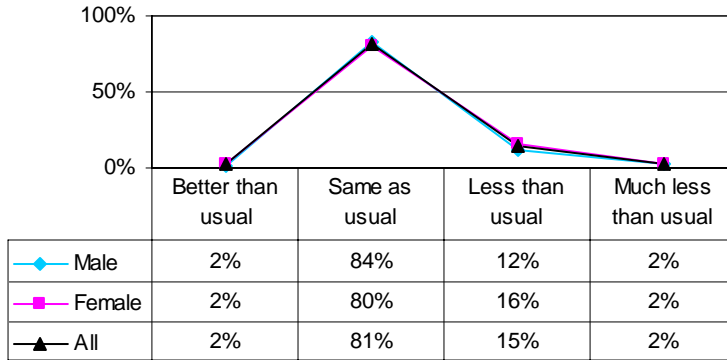
1. Ability to concentrate.
2. Recent experience – Personal and engagement
3. Sense of community and neighbourhood support.

Section Summary:

- The majority of respondents feel that their ability to concentrate has remained the same recently (81%).
- Respondents most frequently reported having felt under more strain than usual (19%), and reporting that they have lost more sleep over worry than they usually do (18%).
- 19% of respondents reported being less able to enjoy their normal day to day activities than usual, with a further 14% feeling less happy than they usually do.
- Respondents most frequently reported knowing a few people in their immediate neighbourhood (44%), and trusting only a few of the people they know (37%).
- 78% of respondents reported that they felt that their neighbourhood is a place where people look out for each other.
- 70% of respondents reported that they always speak to their neighbours when they see them.

1. Ability to concentrate

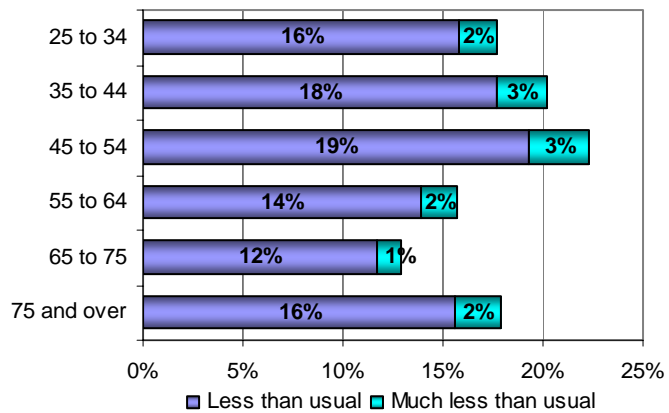
Figure 11a: Ability to concentrate



The majority of respondents felt that their ability to concentrate has remained consistent recently 81%. A marginally larger proportion of female respondents reported that that had been able to concentrate less than usual (16%) than males (12%).

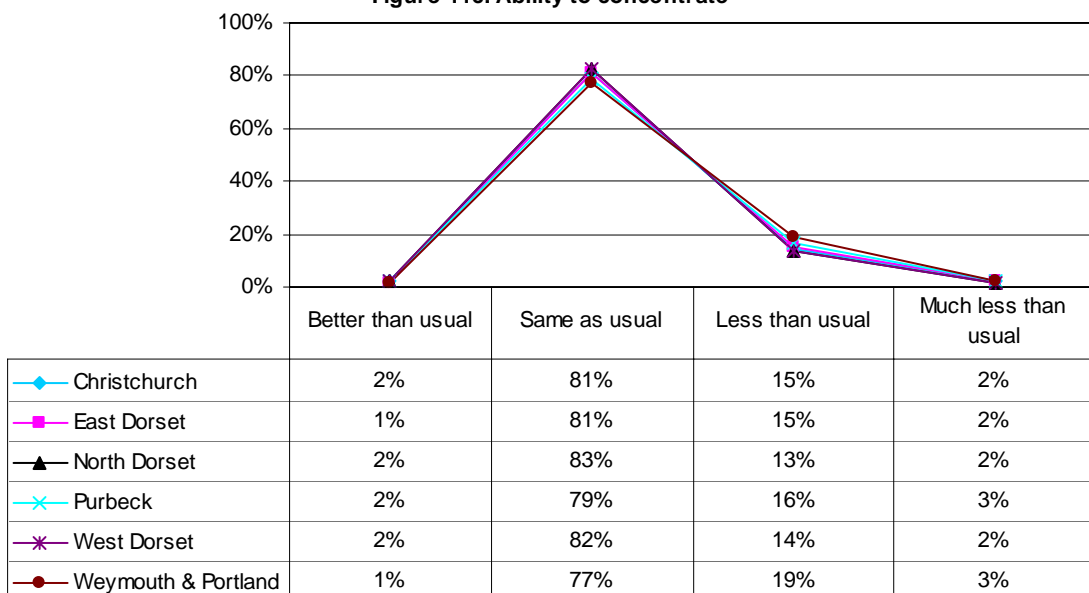
Respondents aged between 45 and 54 years of age most frequently reported a recent decrease in their ability to concentrate with 19% finding they are able to concentrate less than usual and 3% reporting that they are able to concentrate much less than usual. The lowest proportion of respondents reporting a negative difference in their ability to concentrate, were aged between 65 and 74 years.

Figure 11b: Ability to concentrate - Age variance



21% of respondents from Weymouth and Portland had notice a decrease in their ability to contrite, this was the highest for and one locality. North Dorset and West Dorset residents demonstrated the lowest level of change with only 15% of respondents noting a decrease in their ability to concentrate.

Figure 11c: Ability to concentrate

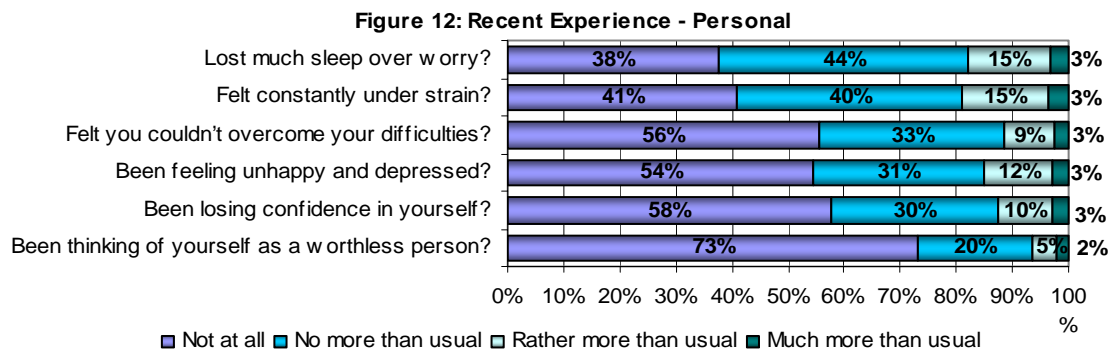


2. Recent Experience –

Respondents' recent experiences do not vary significantly by locality. The main variances in responses were primarily age and gender differences, which are consistent over all recent experiences. Females tend to demonstrate a higher level of concern and a greater impact on their sense of self and their engagement with others than males. Similarly, older respondents tend to show lower levels affect from their recent personal experience than younger respondents.

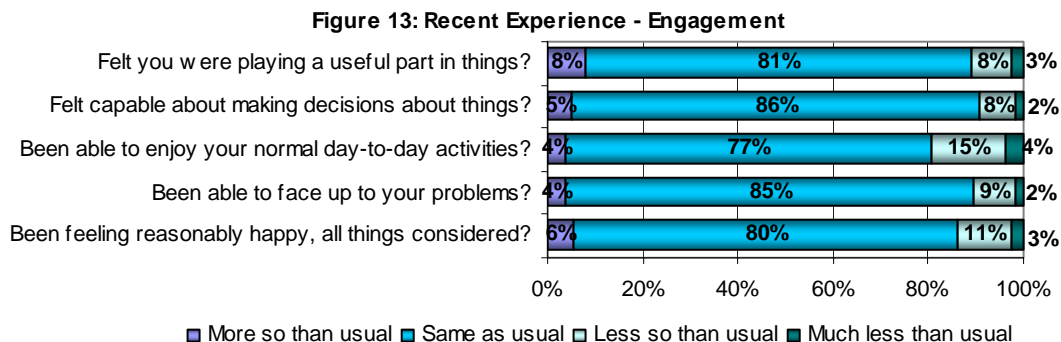
Personal

19% of respondents reported that in the past few weeks that have felt constantly under strain more than usual, with just over 15% feeling it rather more than usual and just over 3% feeling under strain much more than usual. 18% of respondents reported losing sleep over worry and 15% feeling unhappy and depressed.



Engagement

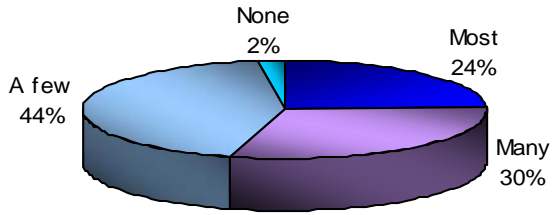
The majority of respondents reported that they are able to engage in their lives the same amount as they usually do. 19% of respondents reported that they have been able to enjoy their day to day live less than they usually do. A further 14% of respondents reported feeling less happy than they usually do overall.



3. Sense of community and neighbourhood support.

Neighbourhood support

Figure 14a: How many people would you say you know in your immediate neighbourhood?



Respondents most frequently reported knowing a few people in their immediate neighbourhood, 43%. 30% of respondents indicated they knew many people, whilst 24% reported that they knew most people in their local neighbourhood.

Respondents most frequently reported trusting a few (37%) or most (36%) of people in their local neighbourhood. 5% of respondents reported trusting none of the people living in their neighbourhood.

Figure 14b: Would you say you trust of the people in your neighbourhood?

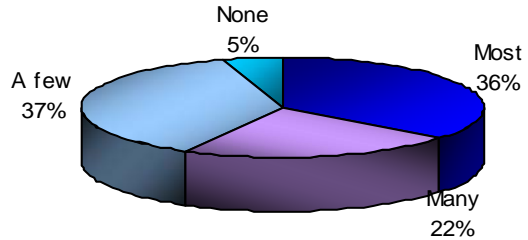
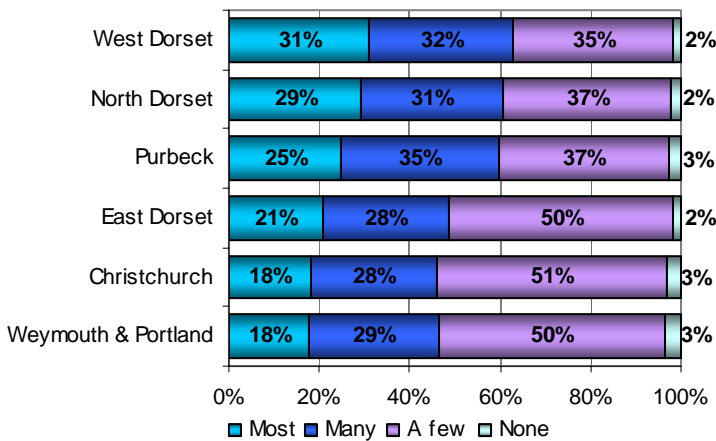


Figure 14c: Proportion of people known in respondents' immediate neighbourhood by locality



The majority of respondents residing in West Dorset (63%), North Dorset (60%) and Purbeck (60%) reported to knowing most or many of the people in their immediate neighbourhood. Half of respondents in East Dorset and Weymouth reported knowing only a few of the people in their immediate neighbourhood. Respondents in Christchurch reported knowing the fewest people in their immediate neighbourhood, with 51% reporting they know only a few.

Older respondents tend to know a larger proportion of people in their immediate neighbourhood than younger respondents, with 29% of respondents over 65 reporting to know most people in their immediate neighbourhood to just 12% of respondents aged between 25 and 34 years. Gender does not significantly impact on the proportion of people know in a respondents' immediate neighbourhood.

Figure 14d: Proportion of people known in respondents' immediate neighbourhood - Age distribution

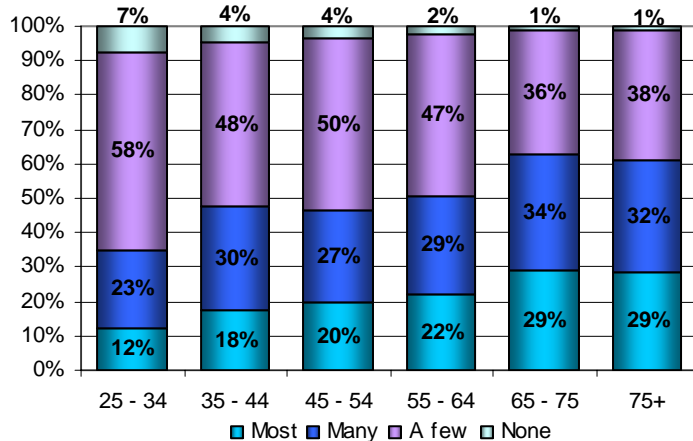
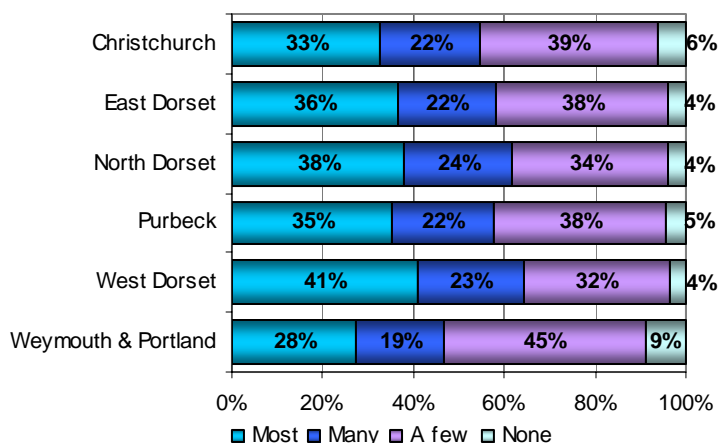


Figure 14e: Proportion of people in respondents' immediate neighbourhood that they trust by locality



Respondents in West Dorset tend to trust more people that they know in their immediate neighbourhood than respondents in any other locality, with 41% reported that they trust most of the people they know. Respondents in Weymouth and Portland are the least trusting with 9% reporting that they do not trust any of the people they know in their immediate neighbourhood.

Older respondents demonstrate a higher level of trust in the people they know in their immediate neighbourhood than younger respondents. Over half of respondents aged less than 45 years reported trusting only a few people they know in their immediate neighbourhood, whereas half of respondents aged over 75, trust most people who live in their immediate neighbourhood.

Figure 14f: Proportion of people respondents' trust in their immediate neighbourhood - Age distribution

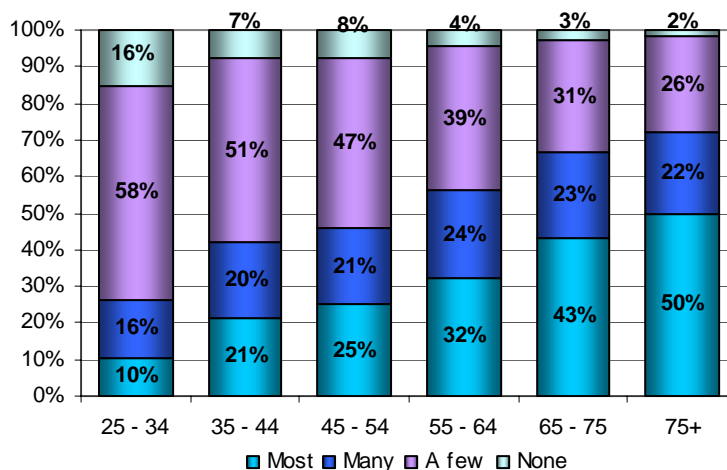
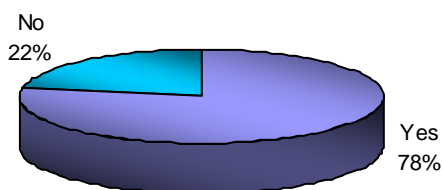


Figure 15: Would you say your neighbourhood is a place where people look out for each other?



78% of respondents reported feeling that their neighbourhood is a place where people look out for each other.

A higher proportion of older respondents reported their neighbourhood is a place where people look out for each other than Younger respondents.

81% of respondents in North Dorset reported that they feel their neighbourhood is a place where people look after each other. The lowest proportion was observed in Weymouth and Portland, where just 69% of respondents indicated that they felt their neighbourhood was a place where people look out for each other.

Figure 15b: Neighbourhood as a place where people look out for each other by locality

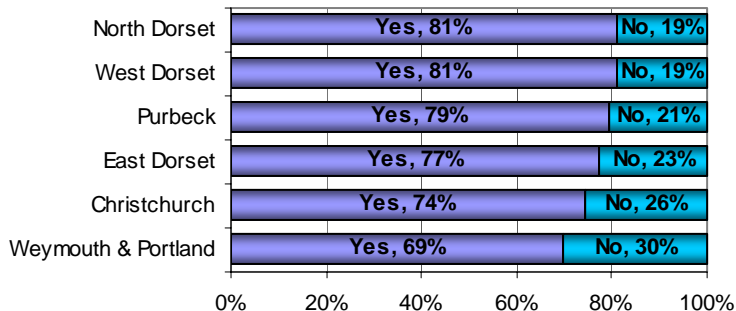
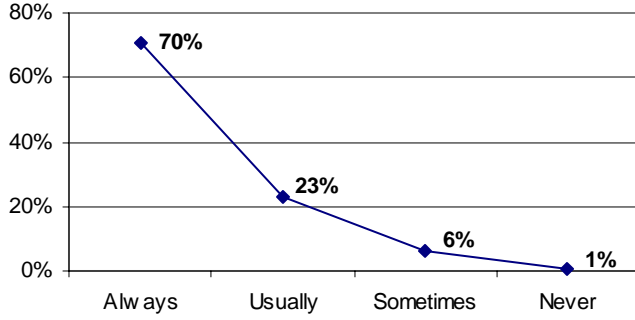


Figure 16a: Neighbourhood Interactions

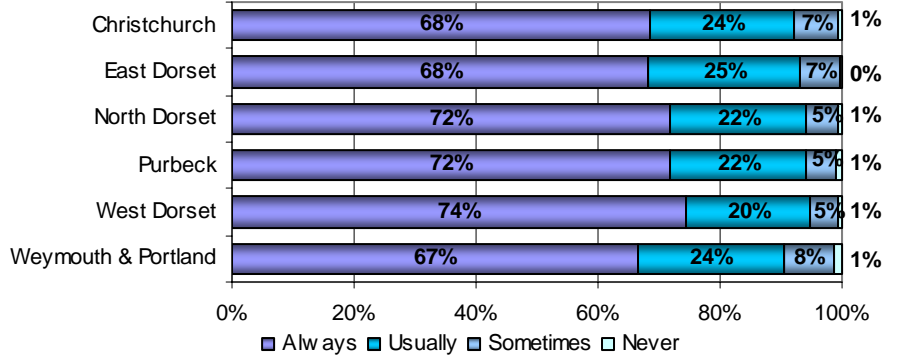


70% of respondents reported that they always speak to their neighbours when they see them.

Neighbour interactions tend to increase with age, with three quarters of respondents over 65 years always talking to their neighbours when they see them.

Neighbourhood interactions are most frequent in West Dorset and least frequent in Weymouth and Portland.

Figure 15b: Neighbourhood interactions by locality



Section 3: About What You Eat

This section of the report looks at respondents' consumption of fruit and vegetables and their weekly consumption of a variety of food types. This section includes:

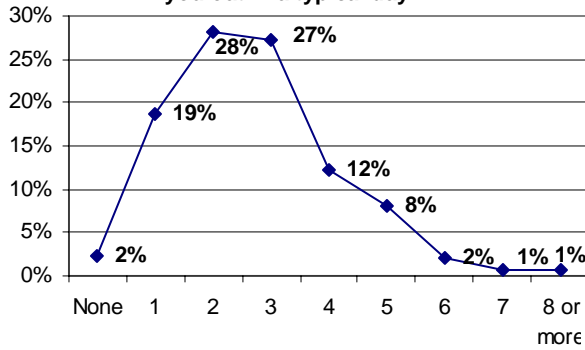
1. Fruit and vegetable consumption.
2. Diet.

Section Summary:

- Respondents most frequently ate 2 to 3 pieces of fruit a day; the average was 3 pieces of fruit a day.
- Respondents most frequently ate either 3 portions (36%) or 2 portions (29%) of vegetables per day. Respondents reported consuming an average of three portions of vegetables per day.
- Older respondents tended to consume fruit and vegetables more frequently than younger respondents, with respondents aged between 24-44 years consuming an average of 2 pieces of fruit and 2 portions of vegetables a day in contrast to an average of 3 for all other age groups.
- The majority of respondents consumed vegetables (65%), fruit (64%) or high fibre foods (53%) five or more times a week.
- The majority of respondents consumed fish (76%), white meat (70%) and red meat (59%) 1 to 2 times a week.
- The majority of respondents rarely or never consumed ready meals (65%), fried food (63%), added salt (57%), sausage/beef burgers (56%) or chips (53%).

1. Fruit and vegetable consumption

Figure 17a: How many pieces of fruit do you eat in a typical day?

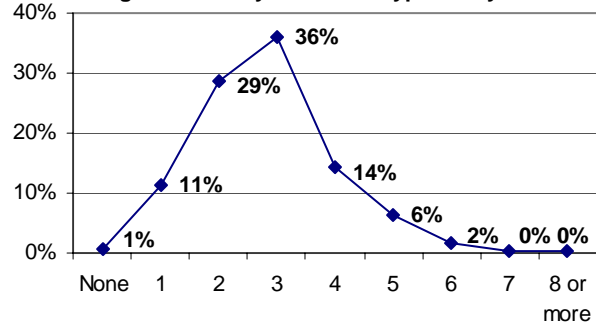


Respondents reported consuming an average of 3 portions of vegetables. With respondents most frequently consuming either 3 portions (36%) or 2 portions (29%). This was consistent over both gender and locality. Respondents of all age groups reported consuming an average of 3 portions per day, with the exception of respondents aged between 25 and 34, who reported consuming an average of 2 portions per day.

Respondents most frequently ate between 2 and 3 pieces of fruit a day, (55%). The average number of pieces of fruit consumed by respondents was 3. This was consistent over locality and gender.

Respondents aged between 25 and 44 years of age consumed fewer pieces of fruit on average, 2 pieces per day, than older respondents who consumed an average of 3 pieces per day.

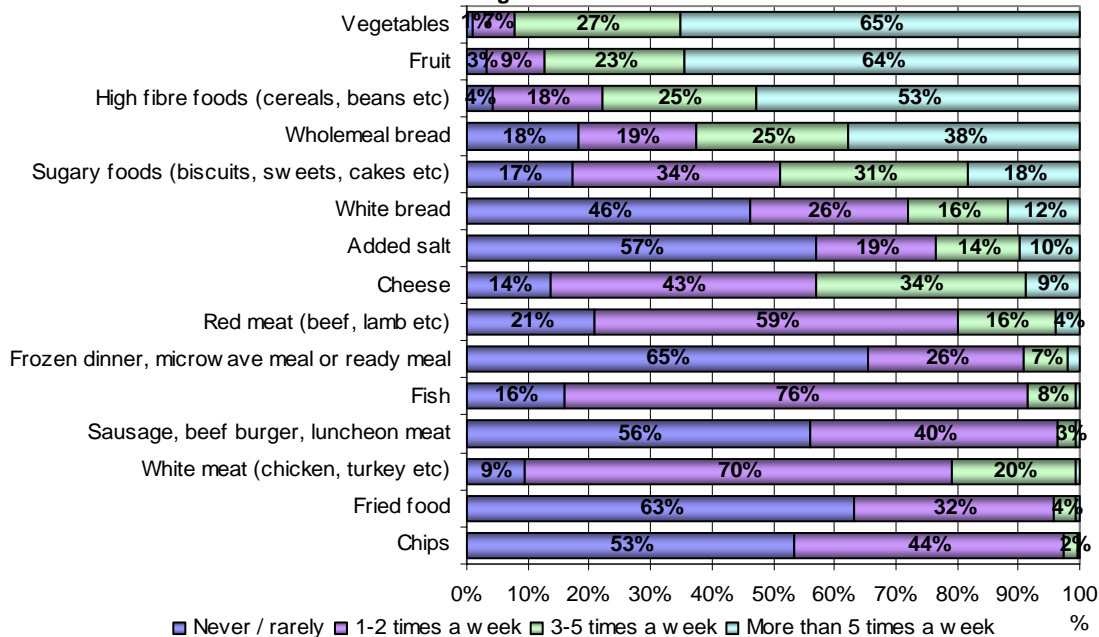
Figure 18a: How many portions of vegetables do you eat in a typical day?



2. Diet

The majority of respondents consumed vegetables (65%), fruit (64%) and high fibre food (53%) more than 5 times a week. They consumed fish (76%), white meat (70%) and red meat (59%) 1-2 times a week. While consuming frozen/microwave meals (65%), fried food (63%), added salt (57%), sausage/beef burgers (56%) and chips (53%) rarely or never.

Figure 19a: Diet

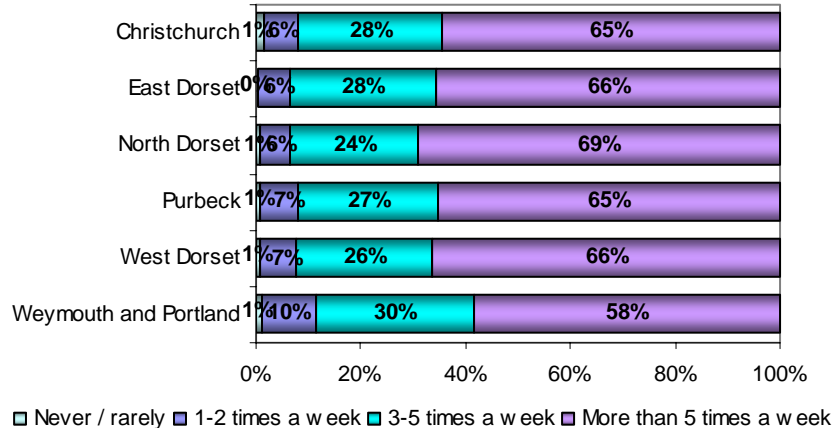


Vegetables:

The majority of respondents reported consuming vegetables 5 or more times a week (65%), 27% reported consuming vegetables between 3 and 5 times a week, 7% 1 to 2 times a week and 1% never or rarely. Females tend to consume vegetables more frequently than males, with 68% of females consuming vegetables more than 5 times a week and 62% of males consuming vegetables more than 5 times a week. Respondents between the aged of 55 and 64 consume vegetables on a more regular basis than respondents of any other age group, with 71% consuming vegetables 5 or more times a week. Respondents under the age of 34 consume vegetables less regularly than any other age group.

Respondents living in North Dorset consume vegetables more frequently than respondents in any other locality, with 69% consuming vegetables more than 5 times a week. Respondents in Weymouth and Portland consume vegetables the least regularly, with 58% consuming vegetables more than 5 times a week and 10% 1 to 2 times a week.

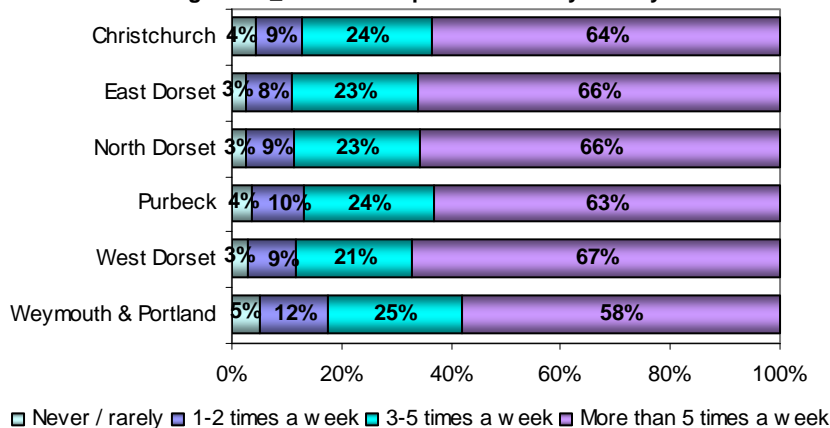
Figure 19_1a: Consumption of vegetables by locality



Fruit:

The majority of respondents reported consuming fruit five or more times a week (64%). Females tended to consume more fruit than males, with 69% of females eating fruit more than 5 times a week to just 59% of males. Consumption by age followed a similar trend to vegetable consumption, with respondents between 55 and 64 years consuming fruit most frequently and respondents between the ages of 25 and 34 consuming fruit least frequently.

Figure 19_2a: Consumption of fruit by locality



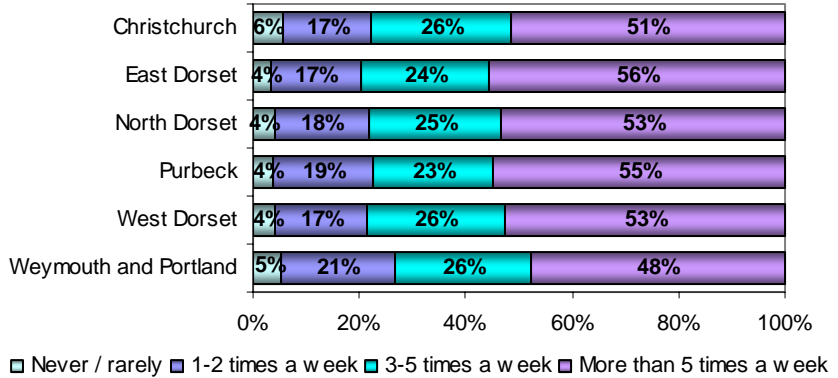
Similar to vegetable consumption respondents in Weymouth and Portland consumed fruit the least frequently and respondents in West Dorset consumed fruit most frequently.

High Fibre Foods

53% of respondents reported consuming high fibre foods more than 5 times a week. Females tended to consume high fibre foods on a more regular basis than males, with 55% doing so five or more times a week to 51% of males. Consumption of high fibre foods by age group followed the same trend as the consumption of both fruit and vegetables, with younger respondents consuming high fibre foods less regularly than older respondents, with 55 to 64 year old respondents doing so on the most regular basis, 56% of respondents consumed high fibre foods more than 5 times a week.

Respondents in Weymouth and Portland reported consuming high fibre foods on the least regular basis, with 48% doing so more than 5 times a week. Respondents in East Dorset ate high fibre food on the most regular basis, with 56% doing so more than 5 times a week.

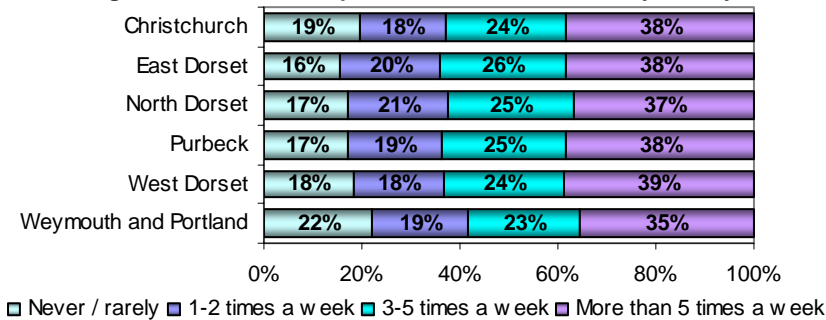
Figure 19_3a: Consumption of high fibre foods by locality



White and Wholemeal bread

Wholemeal bread was most frequently consumed more than 5 times a week (38%), whereas white bread was most frequently consumed rarely or never (46%)

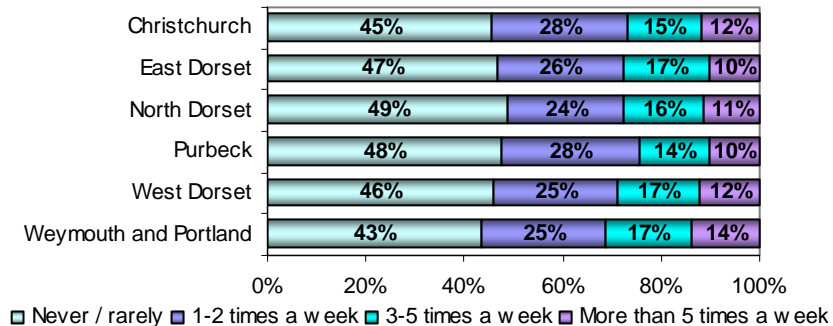
Figure 19_4a: Consumption of Wholemeal bread by locality



Consumption of wholemeal bread tended to increase with age. Wholemeal bread was consumed on the most regular basis in West Dorset and least regularly in Weymouth and Portland.

White bread was consumed most frequently in Weymouth and Portland and least frequently in North Dorset. Males tended to eat white bread on a more regular basis than females, with 15% doing so more than 5 times a week to just 10% of females.

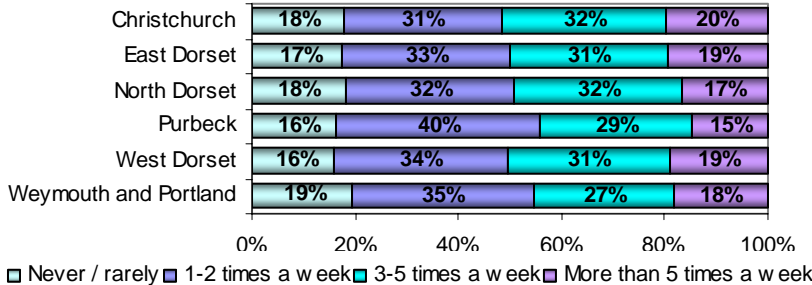
Figure 19_4b: Consumption of White bread by locality



Sugary foods:

Sugary foods were most frequently consumed between 1 and 2 times a week (34%) or 3 to 5 times a week (31%). Sugary food consumption tended to decrease in frequency with age, with the exception of respondents who were aged 75 years or old, of whom 22% consume sugary foods more than 5 times a week, which is the same proportion seen in under 25 year olds.

Figure 19_5a: Consumption of sugary foods by locality



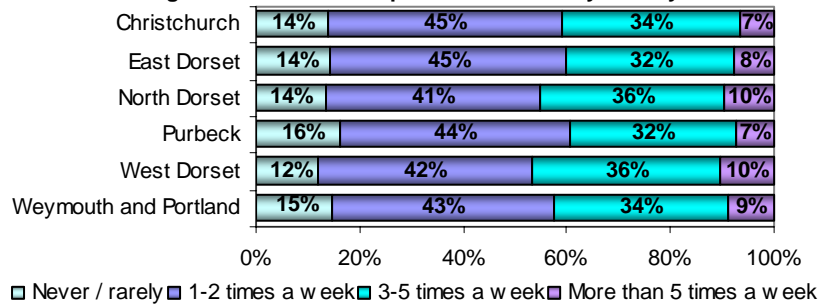
Respondents in Purbeck consumed sugary foods on the least regular basis, whereas respondents in Christchurch reported eating sugary food on the most regular basis.

Cheese:

Cheese was most frequently consumed 1 to 2 times a week (43%) or 3 to 5 times a week (34%).

Figure 19_6a: Consumption of Cheese by locality

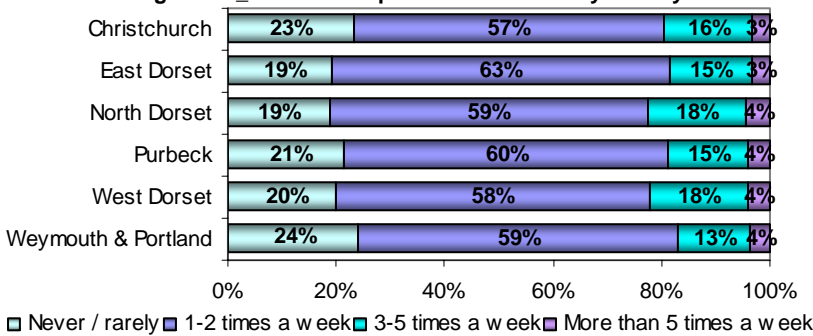
Respondents in North and West Dorset tended to consume cheese most regularly. There was very little variance in the regularity of cheese consumption by age or gender



Red Meat:

The majority of respondents reported consuming red meat 1 to 2 times a week (59%).

Figure 19_7a: Consumption of Red Meat by locality



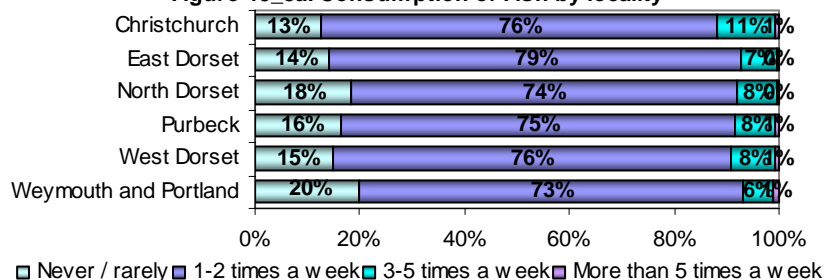
Respondents in North Dorset and West Dorset ate red meat most frequently, whilst respondents in Weymouth and Portland ate red meat the least frequently. Males tended to consume meat more frequently than females.

Fish:

76% of respondents reported consuming fish 1 to 2 times a week.

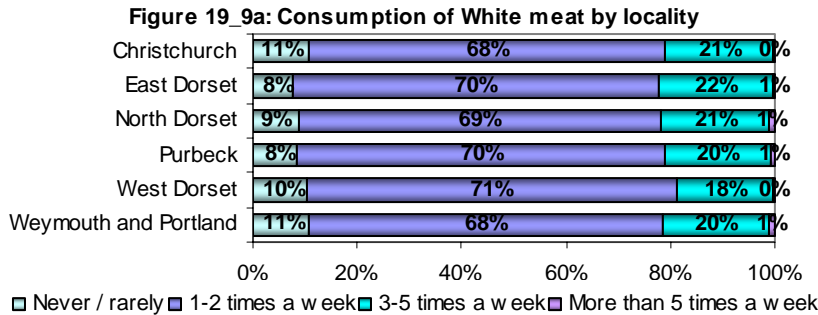
The frequency that fish was consumed tends to increase with age. Respondents in Christchurch tended to consume fish most regularly, whereas respondents in Weymouth and Portland tended to consume fish the least regularly

Figure 19_8a: Consumption of Fish by locality



White Meat:

70% of respondents consumed white meat 1 to 2 times a week, 20% consumed white meat 3 to 5 times a week. Younger respondents tended to consume white meat on a more frequent basis than older respondents, with 25-34 year olds consuming white meat most regularly, 31% consuming it 3 to 5 times a week and 55 to 64 year olds consuming white meat the least regularly, 17% consuming it 3 to 5 times a week.



White meat was consumed most frequently in East Dorset and least frequently in Christchurch and Weymouth and Portland.

Added Salt:

The majority of respondents reported rarely or never adding salt to their food. Males demonstrated a marginally higher tendency to add salt to their meals than females, with 10% of males using added salt five or more times a week to 9% of females. Younger respondents tended to be less inclined to add salt to their food than older respondents. Added salt usage was relatively consistent across all localities.

Frozen dinner, microwave meal or ready meal:

The majority of respondents rarely or never consumed ready meals (65%). Consumption of ready meals was relatively consistent over gender, locality and age, with the only exception being respondents over the age of 75, who tended to consume ready meals more frequently than any other group.

Sausage, beef burger or luncheon meat:

56% of respondents reported that they rarely or never consumed processed meat. Results were relatively consistent over all localities. Younger respondents tended to consume more processed meat products than older respondents; once again respondents over 75 years tended to buck this trend. The majority of female respondents rarely or never consumed processed meats (62%), whereas the majority of males consume processed meats at least once a week (54%).

Fried Food:

63% of respondents reported never or rarely eating fried food (63%). The highest level of fried food consumption was seen in males, 39% of whom reported consuming fried food 1 to 2 times a week. The next highest level was observed in respondents over 75, 37% of whom reported consuming fried foods 1-2 times a week.

Chips:

The majority of respondents reported rarely or never consuming chips (53%), a further 44% of respondents reported consuming chips 1 to 2 times a week. Younger respondents tended to consume chips more frequently, with over half of respondents aged between 25 and 44 consuming chips 1 to 2 times a week. Males tended to consume more chips than females, with the majority of females rarely or never consuming chips (59%), whilst half of males reported consuming chips 1 to 2 times a week. Chip consumption was the highest in Weymouth and Portland, where half of respondents reported consuming chips 1 to 2 times a week.

Section 4: About What You Do

This section of the questionnaire covered the following areas of respondent activity:

- Physical activity
- Alcohol Consumption
- Smoking related behaviours

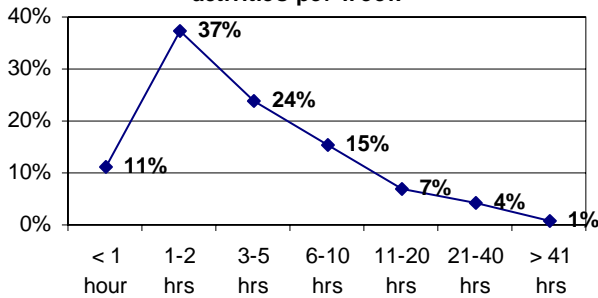
These aspects will be analysed within the population as a whole and also explored for variance by demographics and locality.

- Respondents most frequently reported undertaking between 1 and 2 hours vigorous exercise per week (37%).
- 35% of respondents reported undertaking between 1 and 2 hours moderate exercise per week.
- Respondents most frequently reported spending between 3 and 5 hours per week walking (25%).
- 49% of respondents reported sitting between 3 and 5 hours a day.
- 70% of respondents reported drinking alcohol, most frequently standard glasses of wine (59%).
- 39% of respondents reported consuming over their recommended units per week.
- 51% of respondents reported having smoked at some time.
- 10% of respondents reported currently being smokers.
- The average amount smoked was 15 cigarettes per day.
- A third of smokers would define themselves as contented smokers, 31% as concerned smokers and a further 30% as planning to stop. 6% of respondents were in the process of stopping.

1. Physical Activity

Vigorous Activity.

Figure 20/21: Minutes spent doing vigorous activities per week



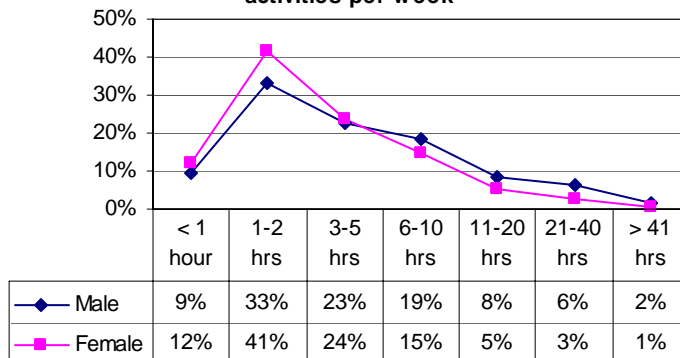
Respondents most frequently reported undertaking between 1 and 2 hours exercise a week (37%). The average for the entire sample was just over 5 hours of vigorous exercise per week.

Respondents aged between 55 to 64 tended to do the most exercise per week; 5.9 hours on average, where respondents aged between 25 and 34 tended to do the least, 3.7 hours on average.

Females tended to spend less time undertaking vigorous activity per week than males, an average of 4.4 hours per week compared to 6.6 hours average for males.

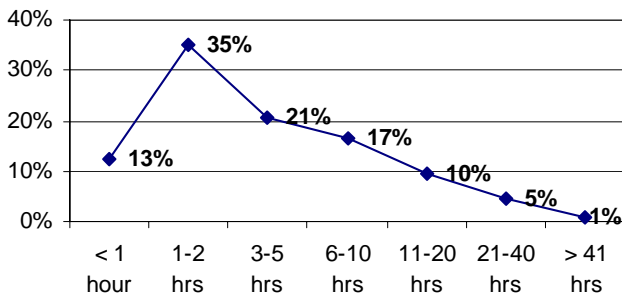
Respondents in West Dorset reported undertaking the most exercise (5.6 hours per week), and respondents in Christchurch the least (4.7 hours per week).

Figure 20/21b: Minutes spent doing vigorous activities per week



Moderate Activity

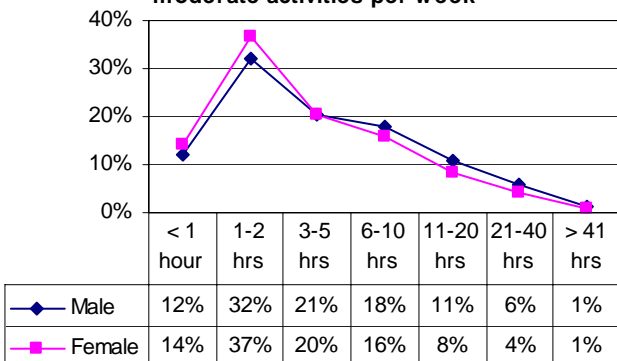
Figure 22/23: Minutes spend doing moderate activities per week



Respondents reported spending an average of 5.9 hours a week undertaking moderate exercise. Respondents most frequently reported undertaking between 1 and 2 hours exercise per week (35%).

Respondents between the ages of 55 and 65 reported, on average, undertaking the most moderate activity per week (6.3 hours). Respondents between 35 and 44 reported undertaking the least amount of exercise per week (4.9 hours).

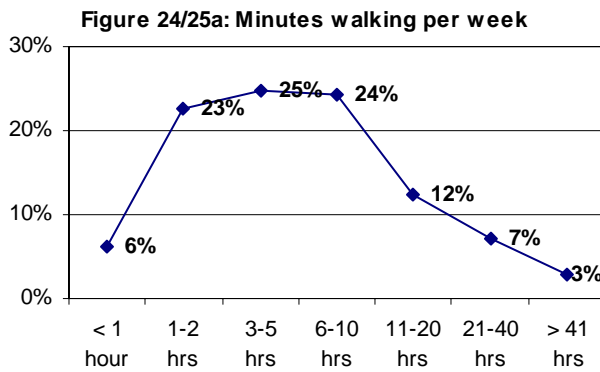
Figure 22/23b: Minutes spend doing moderate activities per week



Males reported spending more time undertaking moderate activity per week than females, 6.6 hours on average to 5.4 hours on average for females.

Respondents in Purbeck reported undertaking the most moderate activity, 6.3 hours on average, whereas respondents in Christchurch reported undertaking the least, 5.2 hours on average.

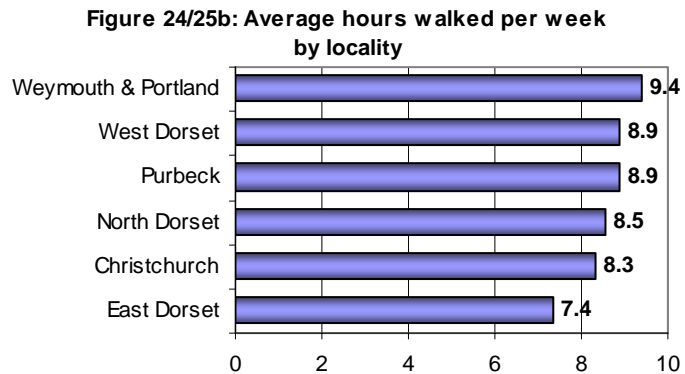
Walking



Respondents reported spending an average of 8.5 hours a week walking. 25% of respondents reported walking for between 3 to 5 hours a week, and a further 24% reported walking for 6 to 10 hours a week.

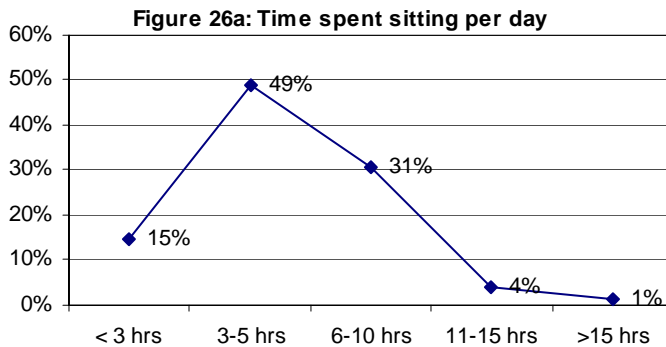
Respondents aged between 35 and 44 reported walking the least, 7.4 hours a week and respondents aged between 55 and 64 the most, 9 hours a week.

Males and females tended to walk for approximately the same amount of time per week. Respondents in Weymouth and Portland tended to walk for the most amount of time per week (9.4 hours), whereas respondents in East Dorset reported walking the least (7.4 hours).



Sitting

Respondents most frequently reported spending 3 to 5 hours sitting during week days, (49%). The average time spent sitting over the sample was 5.2 hours.

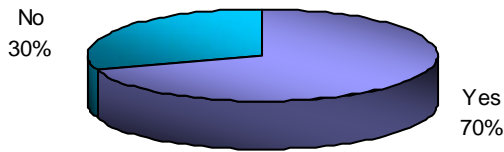


Males, on average, spent 30 minutes more sitting per day than females (5 hours for females, 5.5 hours for males).

Respondents over 75 years reported sitting the most, 5.7 hours a day, whereas respondents age between 35 and 44 reported sitting the least, 4.7 hours a day.

Alcohol Consumption

Figure 27: Do you drink alcohol?



The majority of respondents reported that they drink alcohol (70%). The most frequently consumed drink types were, standard glasses of wine (59%), single measures of spirits (28%), pints of normal strength beer (21%) and large glasses of wine (19%).

A higher proportion of males (78%) reported drinking alcohol than females (63%).

Figure 27b: Consumed alcohol

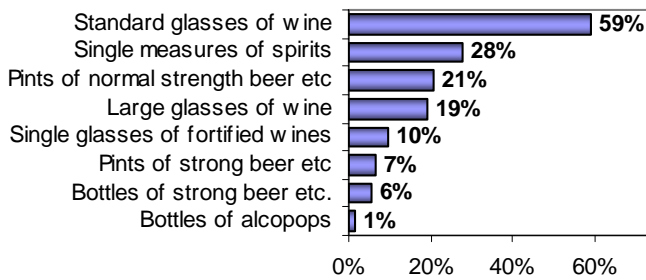
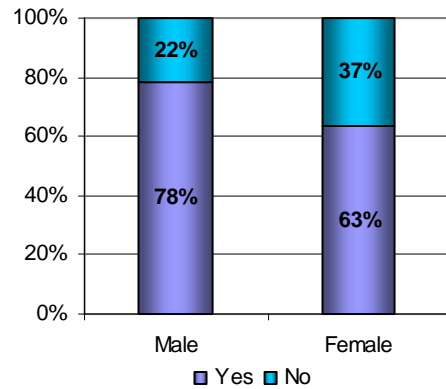
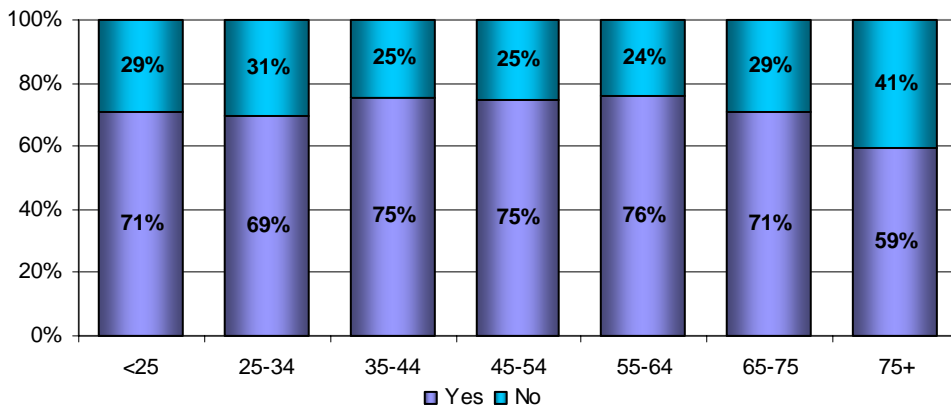


Figure 27c: Alcohol Consumption - Gender Distribution

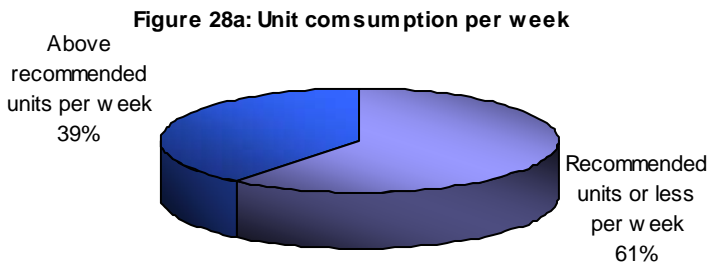


The majority of all respondents, regardless of age drink alcohol. The highest proportion of non drinkers was observed in respondents aged over 75 (41%). The highest proportions of drinkers were aged between 35 and 64 years of age.

Figure 27d: Alcohol Consumption - Age Distribution

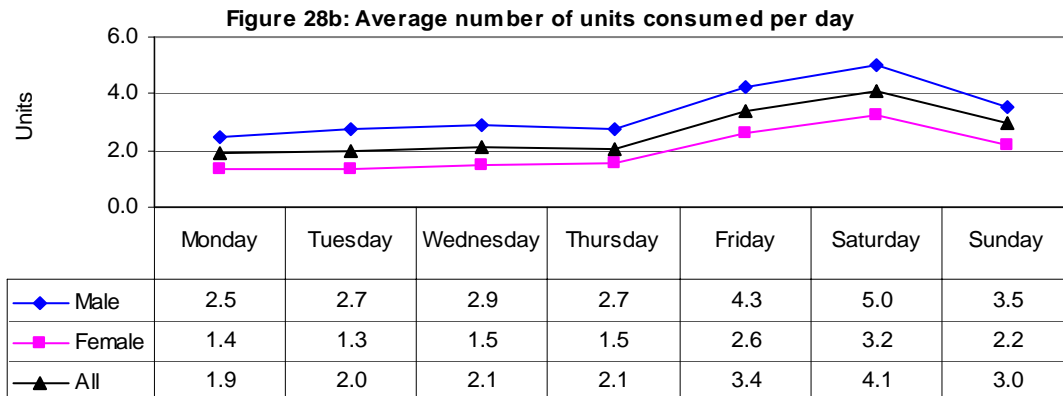


Units Consumed

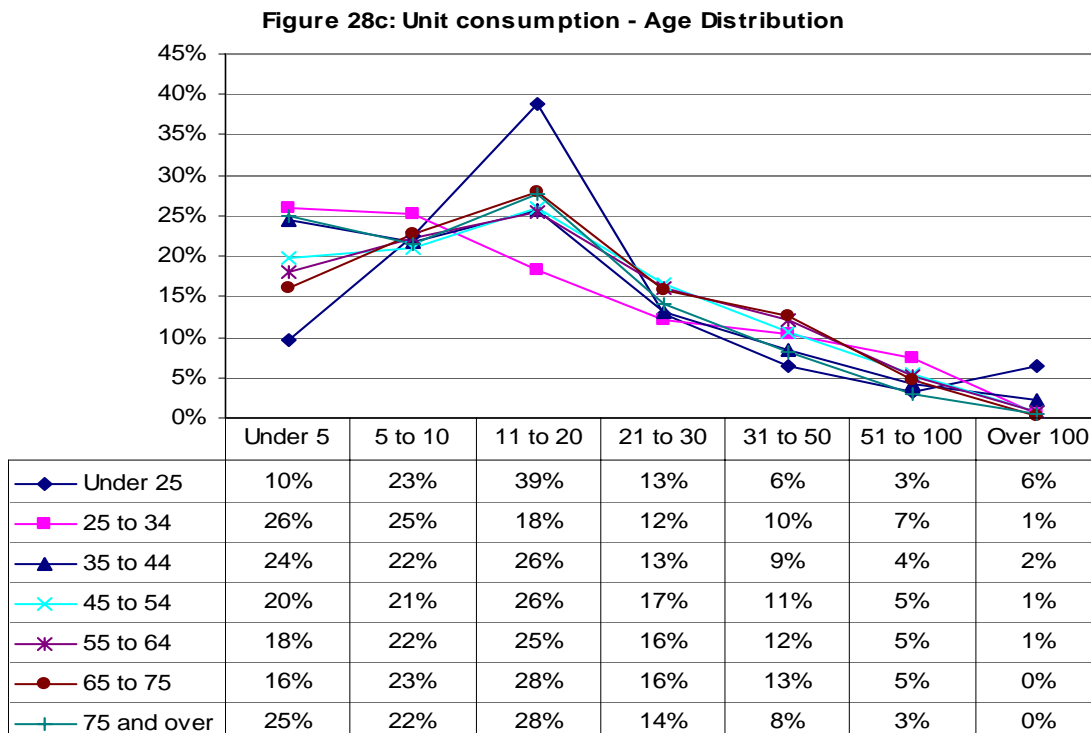


The majority of respondents reported drinking no more than their recommended limit per week (61%). 41% of males reported drinking over their weekly recommended units, which was marginally more than the 37% of women who reported drinking over their limit.

Respondents reported consuming the most units, on average on Friday (3.4 units) and Saturday (4.1 units). Respondents reported consuming an average of 18 units per person per week. Men consumed significantly more units per week on average than females. Females on average consumed their weekly recommended units of alcohol per week (14 units), whereas men on average consume more than their recommended units per week (24 units).



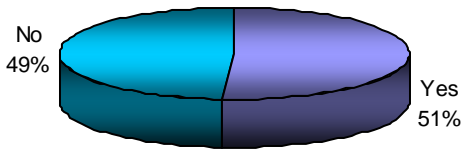
Respondents under 25, on average, consume the most units per week (24 units); it is however worth noting that this group is the smallest of the sample. Respondents over 75 reported drinking the least, (16 units).



Smoking Related Behaviours:

In this section respondents were asked about their personal experience of smoking and the methods used when individuals have attempted to give up smoking.

Figure 31a: Have you ever smoked?



51% of respondents (3364) reported having smoked at some point (Figure 31a). 19% of respondents who had previously smoked continue to do so. Over the total population of 6834 respondents 9% of respondents indicated that they smoke.

Male respondents were significantly more likely to have smoked previously than female respondents. The majority of male respondents reported having previously smoked (52%), whereas the majority of female respondents indicated that they had not previously smoked (Figure 31b).

Figure 31b: Have you ever smoked? Gender Split

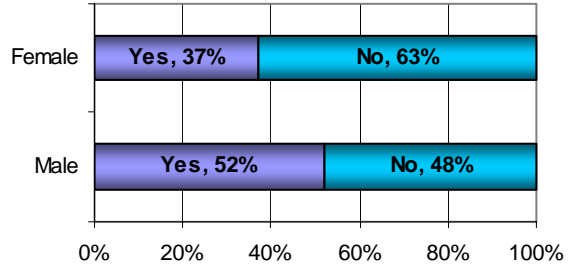
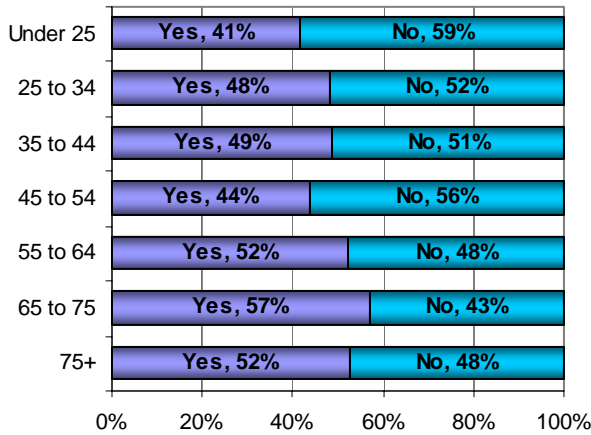


Figure 31c: Have you ever smoked? Age Distribution.

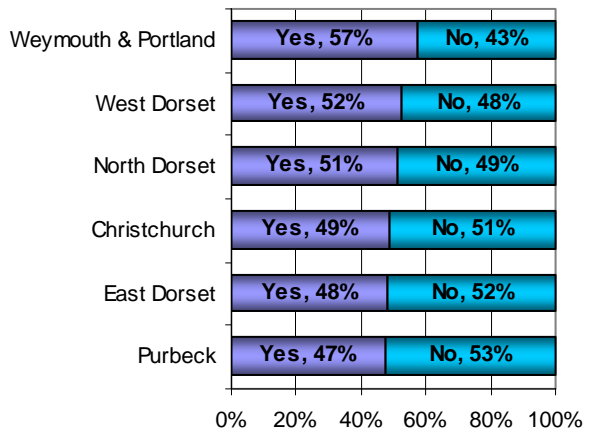


Respondents under the age of 25 are the least likely to have smoked previously (41%). The majority of respondents up to the age of 54 years of age reported not having ever smoked.

Conversely the majority of respondents from 55 years of age onwards had previously smoked. Respondents aged between 65 and 75 are the most likely to have smoked previously (57%).

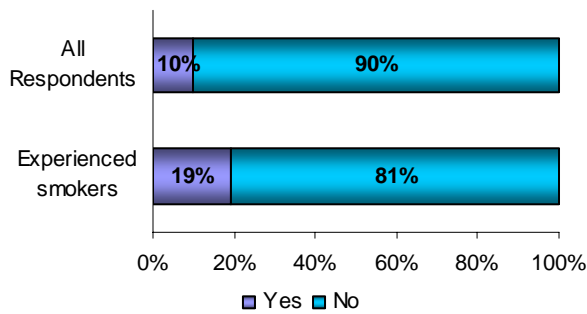
The majority of respondents from North Dorset, West Dorset and Weymouth and Portland reported having smoked previously. The highest proportion of which was in Weymouth and Portland (57%). Respondents living in Purbeck were the least likely to have smoked previously (47%). The majority of respondents in East Dorset and Christchurch reported not having smoked previously.

Figure 31d: Have you ever smoked? Locality Distribution



Current Smoking Status

Figure 32a: Current smoking status

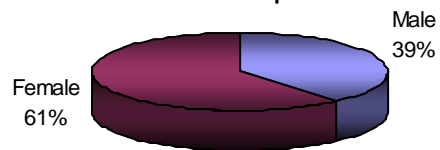


19% of respondents who have smoked previously continue to smoke (646 respondents).

10% of the total sample population indicated that they currently smoke.

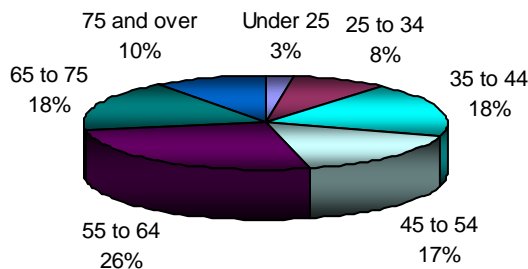
The majority of respondents who currently smoke were female. This was a contrast to the majority of respondents who had previously smoked being male.

Figure 32b: Current smokers - Gender Split



The largest proportion of current smokers were aged between 55 and 64 years. 54% of current smokers were aged over 55 years of age.

Figure 32c: Current smokers - age distribution



Smoking appears to become more prevalent with age, with the smallest proportion of smokers being aged under 25 (3%) or between 25 and 35 (8%).

The majority of male smokers were aged over 55 years of age (69%).

The majority of female smokers are aged under 54 years of age (55%).

Figure 32d: Current Smokers - Age and Gender distribution

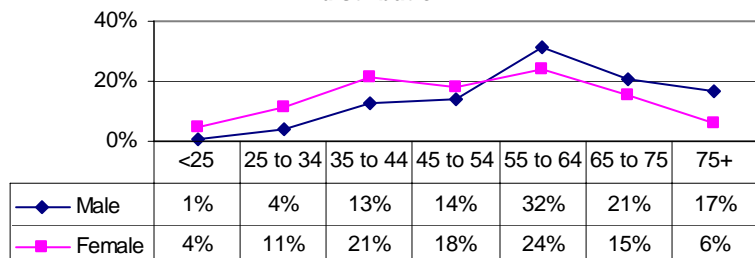
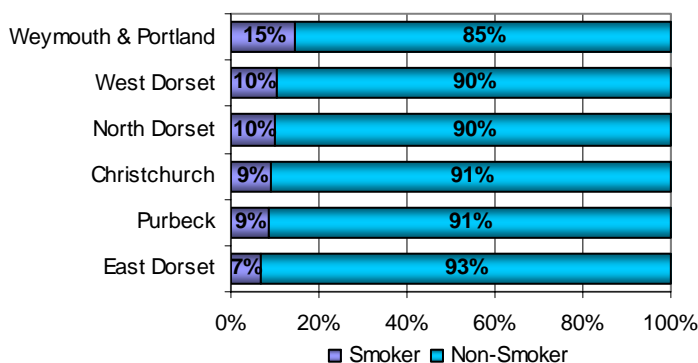


Figure 32e: Smoker/ Non-Smoker split by locality



The largest proportions of current smokers were observed in Weymouth and Portland (15%), West Dorset (10%) and North Dorset (10%). The smallest proportion of current smokers were observed in East Dorset

Amount Smoked

Respondents, who have previously smoked, smoked on average 15 cigarettes per day. 13% of respondents reported smoking over 20 cigarettes per day. Respondents most frequently reported smoking between 11 and 20 cigarettes per day. (Figure 33a)

Figure 33a: Cigarettes smoked per day

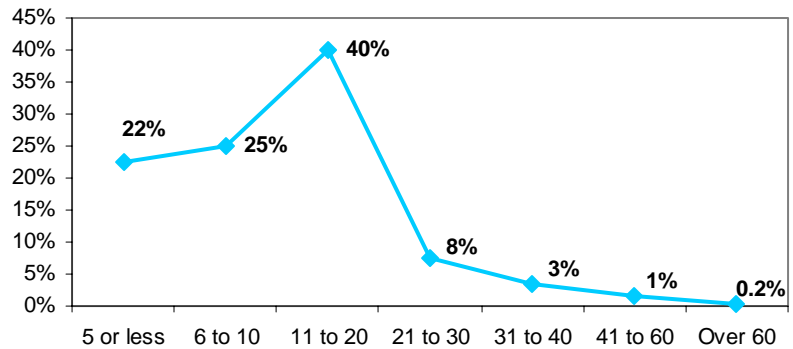
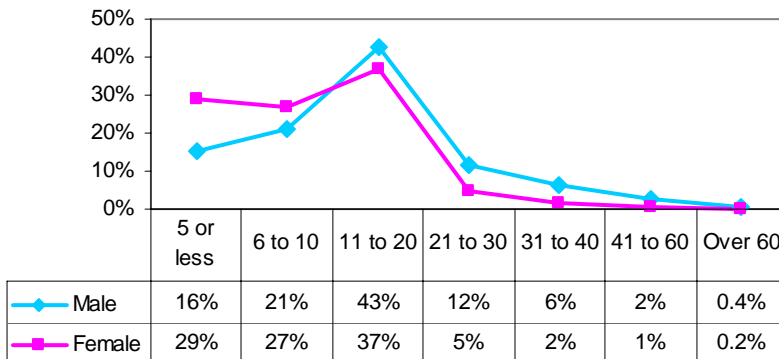


Figure 33b: Cigarettes smoked per day - Gender Split



Men smoked on average significantly more per day than women, with men smoking an average of 18 per day and women smoking an average of 13 per day.

Duration of smoking:

Respondents most frequently smoked for between 11 and 20 years (25%). The majority of current smokers had smoked for over 20 years (65%), whereas the majority of respondents, who had smoked but no longer do so, smoked for less than 20 years, (68%).

Figure 34a: Duration of smoking

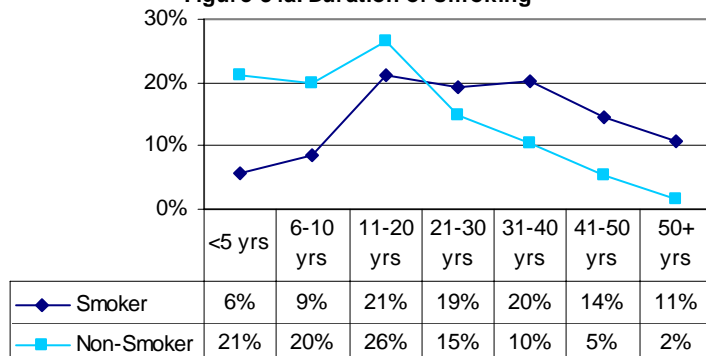
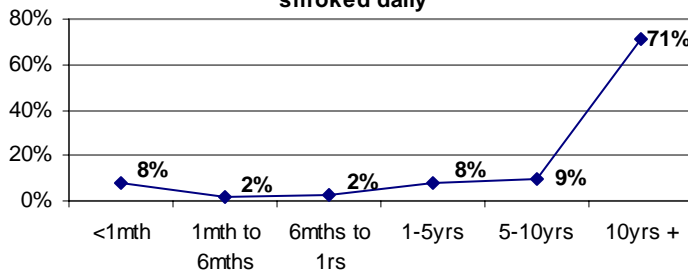


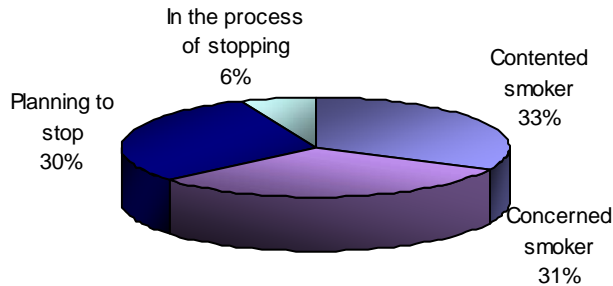
Figure 35a: How long has it been since you last smoked daily



The majority of respondents who had smoked but no longer do, stopped smoking daily over 10 years ago (71%).

Feelings about smoking

Figure 36a: How do you feel about smoking and your health?



A third of respondents reported that they were contented smokers. 31% felt they were concerned about smoking and their health and 30% were planning to stop. Males were generally less concerned about their smoking than women, with 40% of males considering themselves contented to just 27% of females.

87% of respondents have previously attempted to give up smoking, most frequently twice before (26%). 19% of respondents reported never having tried to give up.

Figure 37: Have you ever tried to give up smoking?

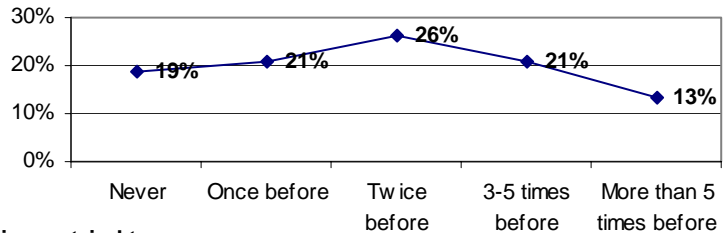
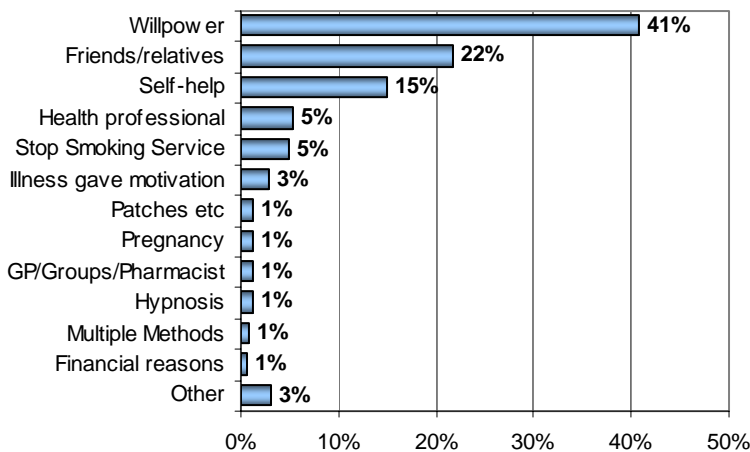


Figure 38: When you stopped smoking or tried to stop, where did you get support from?



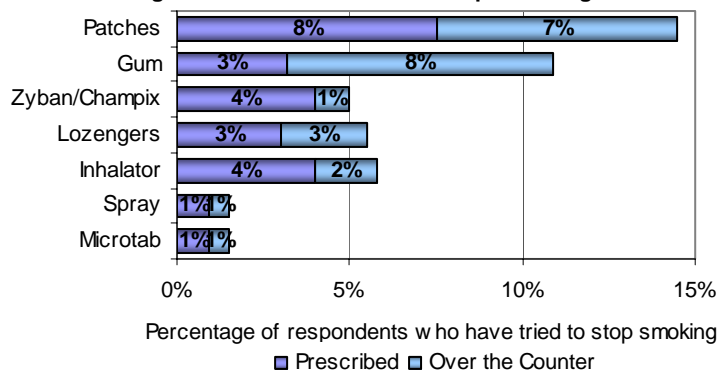
Respondents most frequently reported using their own willpower to give up smoking (41%), 22% gained support from friends and relatives, whilst 15% utilised self-help books and leaflets.

5% of respondents sought support from a health professional and a further 5% from Dorset PCT stop smoking service.

The most frequently prescribed stop smoking method was patches (8%), whilst the most frequent method bought over the counter was gum (8%). Overall, patches and gum were the most utilised methods to help respondents stop smoking.

A total of 6 respondents reported smoking throughout a pregnancy and a further 6 reported smoking some of the time during a pregnancy.

Figure 39: Methods used to stop smoking



Section 5: Respondent Demographics

This section of the report gives an overview of the sample of the Dorset population who responded to the user questionnaire.

Response by locality was representative of the breakdown of the Dorset parent population as whole. The maximum variance was 1.7% and therefore the sample can be considered representative of the population as a whole in respect to locality.

Respondent breakdown by respondent locality

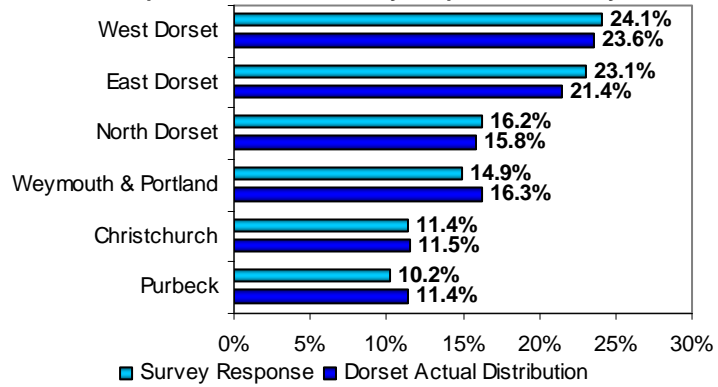
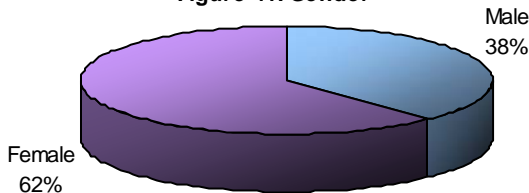


Figure 41: Gender



The sample is slightly imbalanced in respect to gender, 62% female and 38% male. Gender analysis will be undertaken primarily within groups and therefore any impact of the imbalance will be mitigated.

Within self-selecting samples / panels a higher proportion of older age groups tend to respond. This can be counteracted in the context of a panel by the over recruitment of younger respondents. Analysis by age will primarily be within groups to be representative. In some cases the under 25 age group may be excluded where results are made misrepresentative by the small sample size.

Figure 42: Age Group

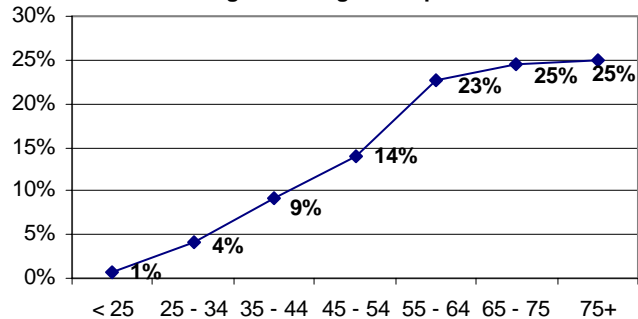
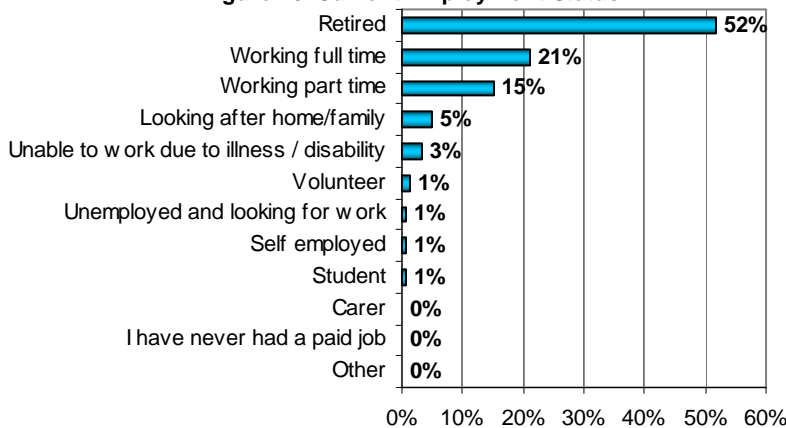
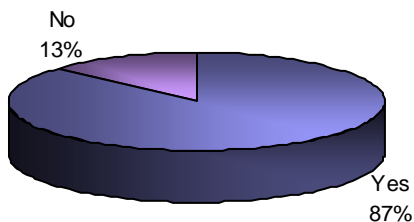


Figure 43: Current Employment Status



The majority of respondents reported being retired (52%). 21% reported working full time and 15% reported working part time. Full time workers reported working an average of 42 hours per week, part time workers and average of 21 hours per week.

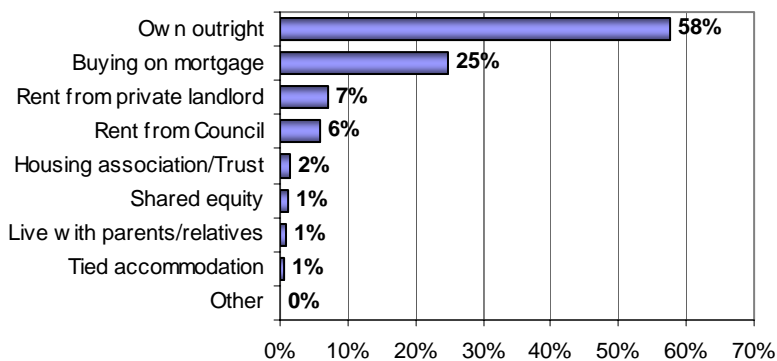
Figure 44: Vehicle Access



87% of respondents reported having access to a vehicle.

Figure 45 :In which of these ways do you occupy your accommodation?

58% of respondents reported owning their home outright (this compares with 41% of the population of Dorset in 2001), 25% were buying on a mortgage, 7% were renting from a private landlord and 6% were renting from the Council.



77% of respondents' reported having qualifications. Respondents most frequently reported having obtained 5 + O levels, 5 + CSEs (grade 1), 5+ GCSEs (grades A-C) or school certificate or 'other' qualifications. These levels are similar to the 2001 Census results.

Figure 46: Qualifications

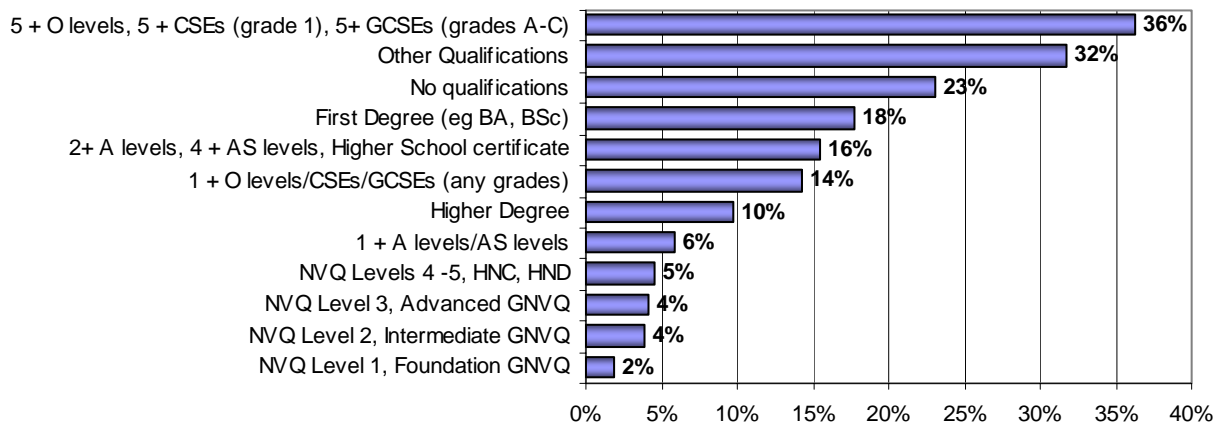
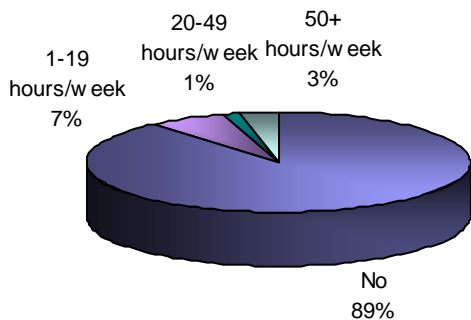
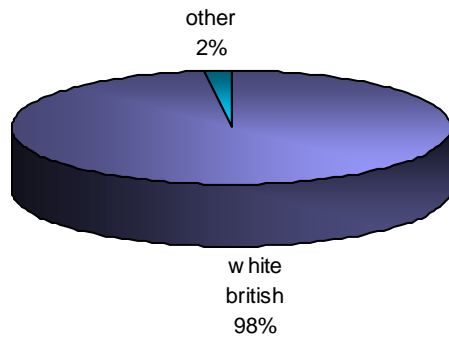


Figure 47: Do you care for someone?



The majority of respondents did not care for someone other than as part of their job 89%. Respondents who did care for someone did so most frequently for between 1 and 19 hours a week. 3% of respondents cared for someone for in excess of 50 hours per week.

Figure 48: Ethnic Group



The majority of respondents reported being White British, 89%. 1% of respondents reported being of an 'other' white background; primarily European (70 respondents). Just under 1% of respondents reported being white Irish.

Section 6: Questionnaire

ID:



Dorset Primary Care Trust
Hillfort House
Poundbury Road
Dorchester
DT1 2PN
Tel: 01305 361432
Email: rebecca.pearce@dorset-pct.nhs.uk

Dear Local Resident

How can we improve your local health service?

Dorset Primary Care Trust is the NHS body responsible for the funding of all NHS hospital and primary care [GPs, district nurses, health visitors etc] services in the county. We need your help in understanding local views so that we can better plan and deliver local health services, now and in the future.

We are asking for any one member of your household to complete the questionnaire as we would like to hear from lots of different people with varying health needs.

The attached questionnaire has been designed in conjunction with Bournemouth University to collect information about the health status of our local population. It will be used in addition to the data we already routinely collect from a variety of sources.

The questions are designed to help us to understand what services are needed and the information you supply will be used solely for this purpose. Your responses will be kept completely confidential. You have received a letter from us because your address was selected at random from a list of all households in Dorset.

We would really value your help by filling out this form and returning it to us in the pre-paid envelope supplied.

At the end of the questionnaire we have invited you to join the Dorset Primary Care Trust Panel. The Panel is a group of local residents who agree to regularly provide us with valuable feedback, opinions and ideas. The information helps the PCT understand local residents' priorities and preferences in regard to a variety of health matters. We would be delighted if you would agree to join this panel.

Thank you for taking the time to read this letter. If you have any questions, please do not hesitate to contact us on [01202 961372](tel:01202961372) or you can email us at lstuchberry@bournemouth.ac.uk

By completing this questionnaire, you will contribute directly to the effective working of your local NHS.

We look forward to receiving your questionnaire as soon as practical.
Kind regards.

Yours sincerely

A handwritten signature in black ink that reads 'David Phillips'.

Dr David Phillips
Director of Public Health



Market Research Group, Bournemouth University, Dorset House, Talbot Campus, BH12 5BB

Q1 Which of the following NHS services have you received over the past year and how would you rate them? (please tick one box per row)

	Very Good	Good	Neither	Poor	Very Poor	Not Used
GP Surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Local hospital	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Larger hospital	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dentist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
NHS Direct	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Q2 Where do you normally get health and medical information? (please tick one box only)

- NHS Direct website... GP.....
- NHS Direct by phone Nurse practitioner.....
- Other websites (please specify below) Friends and family.....
- Other (please specify below)

To help us improve your local PCT we need to better understand the health of people in Dorset, this will let us plan, prepare and spend resources wisely.

Q3 How is your health in general, would you say it was...? (please tick one box only)

- Very good Bad
- Good Very bad
- Fair

Q4 Do you have any long-term illness, health problem or disability which limits your daily activities or the work you can do? (please tick one box only)

- Yes No
- If yes, please specify

Q5 Have you ever had a: (please tick one box per row)

	Yes	No
Heart Attack	<input type="checkbox"/>	<input type="checkbox"/>
Stroke	<input type="checkbox"/>	<input type="checkbox"/>

Q6 Over the past few months have you suffered from the following? (please tick one box per row)

	Yes	No
Asthma	<input type="checkbox"/>	<input type="checkbox"/>
Angina	<input type="checkbox"/>	<input type="checkbox"/>
Arthritis	<input type="checkbox"/>	<input type="checkbox"/>
Nervous trouble or depression	<input type="checkbox"/>	<input type="checkbox"/>
Sciatica, lumbago or recurring backache	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>
High blood pressure	<input type="checkbox"/>	<input type="checkbox"/>

Q7 How tall are you?

Q8 Is that in: (please tick one box only)

- Feet and inches
- Metres and centimetres

Q9 What is your current weight?

Q10 Is that in: (please tick one box only)

- Stones and pounds
- Kilograms and grams

ABOUT YOUR HEALTH AND WELL BEING

These questions are about how you have been feeling in general over the past few weeks. Please answer all questions by ticking the box beside the answer which you think applies to you.

Q11 Have you recently (in the past few weeks)... (please tick one box only)

	Better than usual	Same as usual	Less than usual	Much less than usual
Been able to concentrate on whatever you're doing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Q1 Which of the following NHS services have you received over the past year and how would you rate them? (please tick one box per row)

	Very Good	Good	Neither	Poor	Very Poor	Not Used
GP Surgery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Local hospital	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Larger hospital	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dentist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
NHS Direct	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Q2 Where do you normally get health and medical information? (please tick one box only)

- NHS Direct website... GP.....
 NHS Direct by phone Nurse practitioner.....
 Other websites (please specify below) Friends and family.....
 Other (please specify below)

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 Good Very bad
 Fair

Q4 Do you have any long-term illness, health problem or disability which limits your daily activities or the work you can do? (please tick one box only)

- Yes No

If yes, please specify

Q5 Have you ever had a: (please tick one box per row)

	Yes	No
Heart Attack	<input type="checkbox"/>	<input type="checkbox"/>
Stroke	<input type="checkbox"/>	<input type="checkbox"/>

Q6 Over the past few months have you suffered from the following? (please tick one box per row)

	Yes	No
Asthma	<input type="checkbox"/>	<input type="checkbox"/>
Angina	<input type="checkbox"/>	<input type="checkbox"/>
Arthritis	<input type="checkbox"/>	<input type="checkbox"/>
Nervous trouble or depression	<input type="checkbox"/>	<input type="checkbox"/>
Sciatica, lumbago or recurring backache	<input type="checkbox"/>	<input type="checkbox"/>
Diabetes	<input type="checkbox"/>	<input type="checkbox"/>
High blood pressure	<input type="checkbox"/>	<input type="checkbox"/>

Q7 How tall are you?

Q8 Is that in: (please tick one box only)

- Feet and inches
 Metres and centimetres

Q9 What is your current weight?

Q10 Is that in: (please tick one box only)

- Stones and pounds
 Kilograms and grams

ABOUT YOUR HEALTH AND WELL BEING

These questions are about how you have been feeling in general over the past few weeks. Please answer all questions by ticking the box beside the answer which you think applies to you.

Q11 Have you recently (in the past few weeks)... (please tick one box only)

	Better than usual	Same as usual	Less than usual	Much less than usual
Been able to concentrate on whatever you're doing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Q19 How many times do you eat the following in an average week?
(please tick one box per row)

	Never / rarely	1-2 times a week	3-5 times a week	More than 5 times a week
Fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
White meat (chicken, turkey etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Red meat (beef, lamb etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High fibre foods (cereals, beans etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sausage, beef burger, luncheon meat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fried food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wholemeal bread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
White bread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Added salt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sugary foods (biscuits, sweets, cakes etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Frozen dinner, microwave meal or ready meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ABOUT WHAT YOU DO

We are interested in finding out about the kinds of activities that people do as part of their everyday lives including exercise, drinking and smoking.

The first questions will ask you about the time you spent being physically active in the last 7 days. Please answer each question even if you do not consider yourself to be an active person.

Think about all the **vigorous** activities that you did in the last 7 days. **Vigorous** activity causes large increases in breathing or heart rate. Think only about those physical activities that you did for at least 10 minutes at a time.

Think about all the **moderate** activities that you did in the last 7 days. **Moderate** activities refer to activities that take **moderate** physical effort and make you breathe somewhat harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time.

Think about the time you spent walking in the last 7 days. This includes at work and at home, walking to travel from place to place, and any other walking that you might do solely for recreation, sport, exercise, or leisure.

The last question is about the time you have spent sitting during weekdays over the last 7 days. This includes time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.

If you have not taken part in any vigorous physical activity please go to Q22

Q20 During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast cycling? (please tick the number of days in the last 7 that you have undertaken vigorous physical activity)
(please tick one box only)

1	2	3	4	5	6	7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Q21 How much time did you usually spend doing vigorous physical activities on one of those days?
(please write the number in figures in the box below or tick the 'Don't know/ not sure' option)

Hours per day

Minutes per day

Don't know/ Not sure

If you have not taken part in any moderate physical activity please go to Q24

Q19 How many times do you eat the following in an average week?
(please tick one box per row)

	Never / rarely	1-2 times a week	3-5 times a week	More than 5 times a week
Fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
White meat (chicken, turkey etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Red meat (beef, lamb etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High fibre foods (cereals, beans etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sausage, beef burger, luncheon meat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fried food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wholemeal bread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
White bread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Added salt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sugary foods (biscuits, sweets, cakes etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Frozen dinner, microwave meal or ready meal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Think about all the **vigorous** activities that you did in the last 7 days. **Vigorous** activity causes large increases in breathing or heart rate. Think only about those physical activities that you did for at least 10 minutes at a time.

Think about all the **moderate** activities that you did in the last 7 days. **Moderate** activities refer to activities that take **moderate** physical effort and make you breathe somewhat harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time.

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The last question is about the time you have spent sitting during weekdays over the last 7 days. This includes time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.

If you have not taken part in any vigorous physical activity please go to Q22

Q20 During the last 7 days, on how many days did you do vigorous physical activities like heavy lifting, digging, aerobics, or fast cycling?
(please tick the number of days in the last 7 that you have undertaken vigorous physical activity)
(please tick one box only)

1	2	3	4	5	6	7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Q21 How much time did you usually spend doing vigorous physical activities on one of those days?
(please write the number in figures in the box below or tick the 'Don't know/ not sure' option)

Hours per day

Minutes per day

Don't know/ Not sure

If you have not taken part in any moderate physical activity please go to Q24

Q31 Have you ever smoked?
 (please tick one box only)
 Yes Go to Q32 No Go to Q41

Q32 Are you a current smoker?
 (please tick one box only)
 Yes No

Q33 About how many cigarettes do/did you smoke per day?
 (please write number in figures)

Q34 How long did/have you smoke(d) for?
 (please write number in figures)
 Years
 Months

Q35 How long has it been since you last smoked daily? (please tick one box only)
 Less than one month
 One month or longer but less than six months
 Six months or longer but less than five years
 One year or longer but less than five years
 Five years or longer but less than ten years
 10 years or longer

If you no longer smoke please go to Q38

Q36 How do you feel about smoking and your health? (please tick one box only)
 Contented smoker
 Concerned smoker
 Planning to stop.....
 In the process of stopping

Q37 Have you ever tried to give up smoking?
 (please tick one box only)
 Never Go to Q40
 Once before Go to Q38
 Twice before Go to Q38
 3-5 times before Go to Q38
 More than 5 times before Go to Q38

Q38 When you stopped smoking or tried to stop, where did you get support from?
 (please tick one box only)
 Health professional.. Friends/relatives
 Dorset PCT Stop Smoking Service..... Other - please specify.....
 Self-help books/leaflets.....
 Please specify here.

Q39 When you stopped smoking or tried to stop, did you use any of the following? Please state whether this was prescribed or obtained over the counter.
 (please tick as many boxes that apply)

	Prescribed	Over the counter
Patches	<input type="checkbox"/>	<input type="checkbox"/>
Gum	<input type="checkbox"/>	<input type="checkbox"/>
Zyban/Champix	<input type="checkbox"/>	<input type="checkbox"/>
Lozenges	<input type="checkbox"/>	<input type="checkbox"/>
Inhalator	<input type="checkbox"/>	<input type="checkbox"/>
Spray	<input type="checkbox"/>	<input type="checkbox"/>
Microtab	<input type="checkbox"/>	<input type="checkbox"/>

Q40 If you were pregnant during the last 12 months, did you smoke at all during the pregnancy?
 (please tick one box only)
 No, not been pregnant..... Yes, some of the time
 No, not at all Yes, all of the time ..

ABOUT YOU

Q41 Are you?
 (please tick one box only) Male Female

Q42 What is your date of birth?
 (please write date of birth in figures e.g. dd/mm/yy 08/11/83)

Q31 Have you ever smoked?
 (please tick one box only)
 Yes Go to Q32 No Go to Q41

Q32 Are you a current smoker?
 (please tick one box only)
 Yes No

Q33 About how many cigarettes do/did you smoke per day?
 (please write number in figures)

Q34 How long did/have you smoke(d) for?
 (please write number in figures)
 Years
 Months

Q35 How long has it been since you last smoked daily? (please tick one box only)
 Less than one month
 One month or longer but less than six months
 Six months or longer but less than five years
 One year or longer but less than five years
 Five years or longer but less than ten years
 10 years or longer

If you no longer smoke please go to Q38

Q36 How do you feel about smoking and your health? (please tick one box only)
 Contented smoker
 Concerned smoker
 Planning to stop.....
 In the process of stopping

Q37 Have you ever tried to give up smoking?
 (please tick one box only)
 Never Go to Q40
 Once before Go to Q38
 Twice before Go to Q38
 3-5 times before Go to Q38
 More than 5 times before Go to Q38

Q38 When you stopped smoking or tried to stop, where did you get support from?
 (please tick one box only)
 Health professional.. Friends/relatives
 Dorset PCT Stop Smoking Service..... Other - please specify.....
 Self-help books/leaflets.....
 Please specify here.

Q39 When you stopped smoking or tried to stop, did you use any of the following? Please state whether this was prescribed or obtained over the counter.
 (please tick as many boxes that apply)

	Prescribed	Over the counter
Patches	<input type="checkbox"/>	<input type="checkbox"/>
Gum	<input type="checkbox"/>	<input type="checkbox"/>
Zyban/Champix	<input type="checkbox"/>	<input type="checkbox"/>
Lozenges	<input type="checkbox"/>	<input type="checkbox"/>
Inhalator	<input type="checkbox"/>	<input type="checkbox"/>
Spray	<input type="checkbox"/>	<input type="checkbox"/>
Microtab	<input type="checkbox"/>	<input type="checkbox"/>

Q40 If you were pregnant during the last 12 months, did you smoke at all during the pregnancy?
 (please tick one box only)
 No, not been pregnant..... Yes, some of the time
 No, not at all Yes, all of the time ..

ABOUT YOU

Q41 Are you?
 (please tick one box only) Male Female

Q42 What is your date of birth?
 (please write date of birth in figures e.g. dd/mm/yy 08/11/83)

We would like to ask you one further important question. Can you help us improve the Dorset Primary Care Trust (PCT) so that we can appropriately address the health needs of the Dorset Community?

We would like to recruit you onto a panel to ensure that the PCT develops and grows to suit the needs of the community it serves. What this would mean in practice is giving us your honest opinion on two or at most three brief surveys a year.

If you feel you can help in this way please complete the section below and we'll be delighted to add you to the panel.

If you do not wish to be a part of the panel please simply complete and return the questionnaire without completing the section below.

Please can you complete the details below if you would like to be involved in the panel and help shape services for Dorset PCT.

First Name	
Surname	
Address Line 1	
Address Line 2	
Address Line 3	
Address Line 4	
Address Line 5	
Address Postcode	
Telephone Number	
E-mail address	

Would you prefer us to contact you by post or by e-mail?

Post E-mail

The information you provide in this survey will be used for research purposes only. Your details will be held securely by Bournemouth University and will not be made available to any third party. Bournemouth University will be the Data Controller.

**Thank you for taking the time to complete this survey.
Please return your survey by Friday 12 December 2008 to the Market Research Group at Bournemouth University in the freepost envelope provided.**