

Health and wellbeing survey

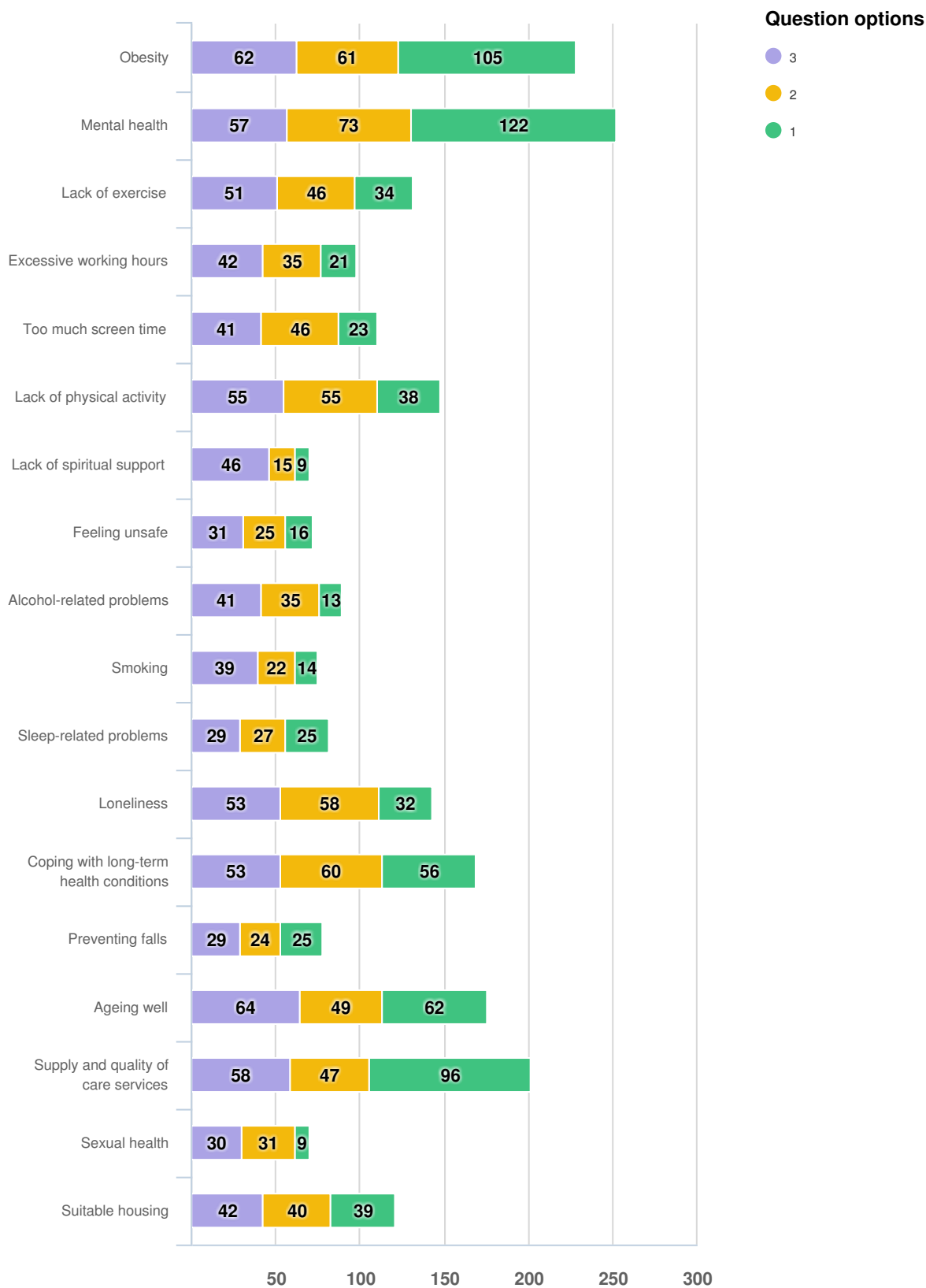
SURVEY RESPONSE REPORT

01 April 2021 - 01 June 2021

PROJECT NAME:

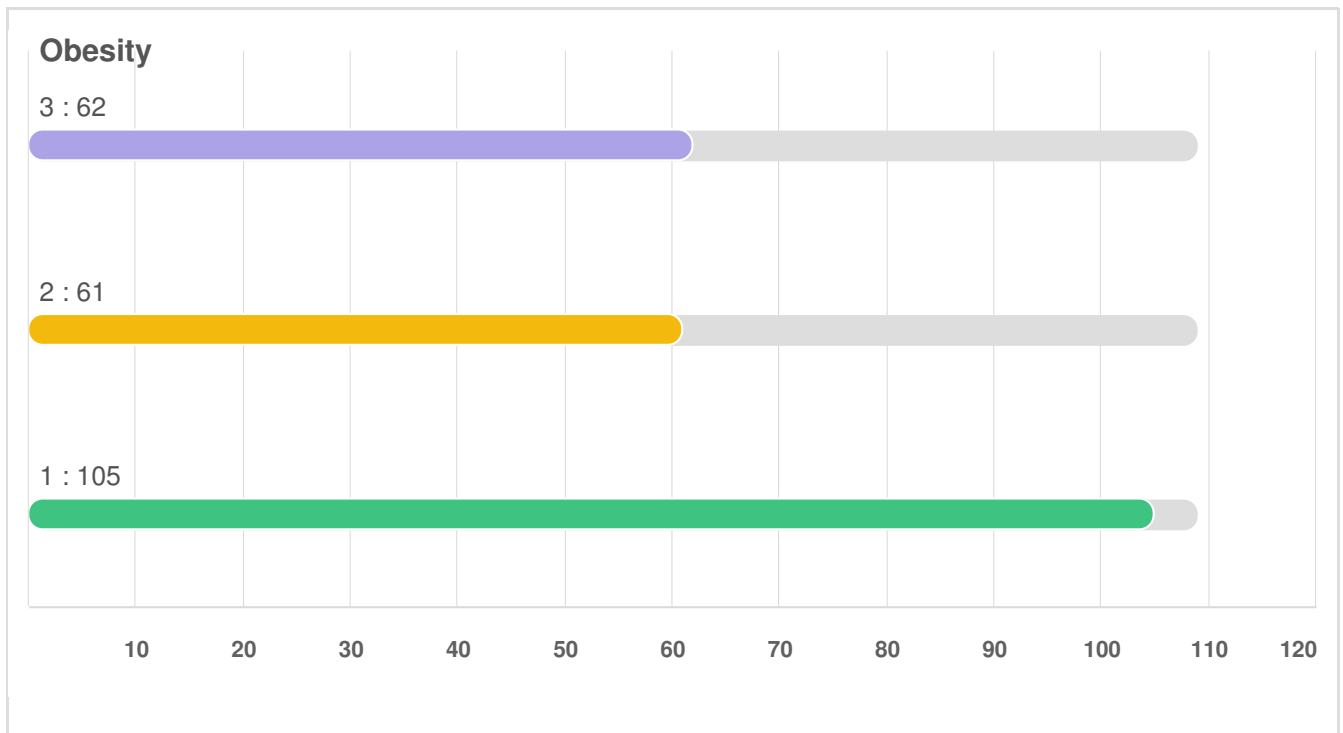
Future Rutland Conversation

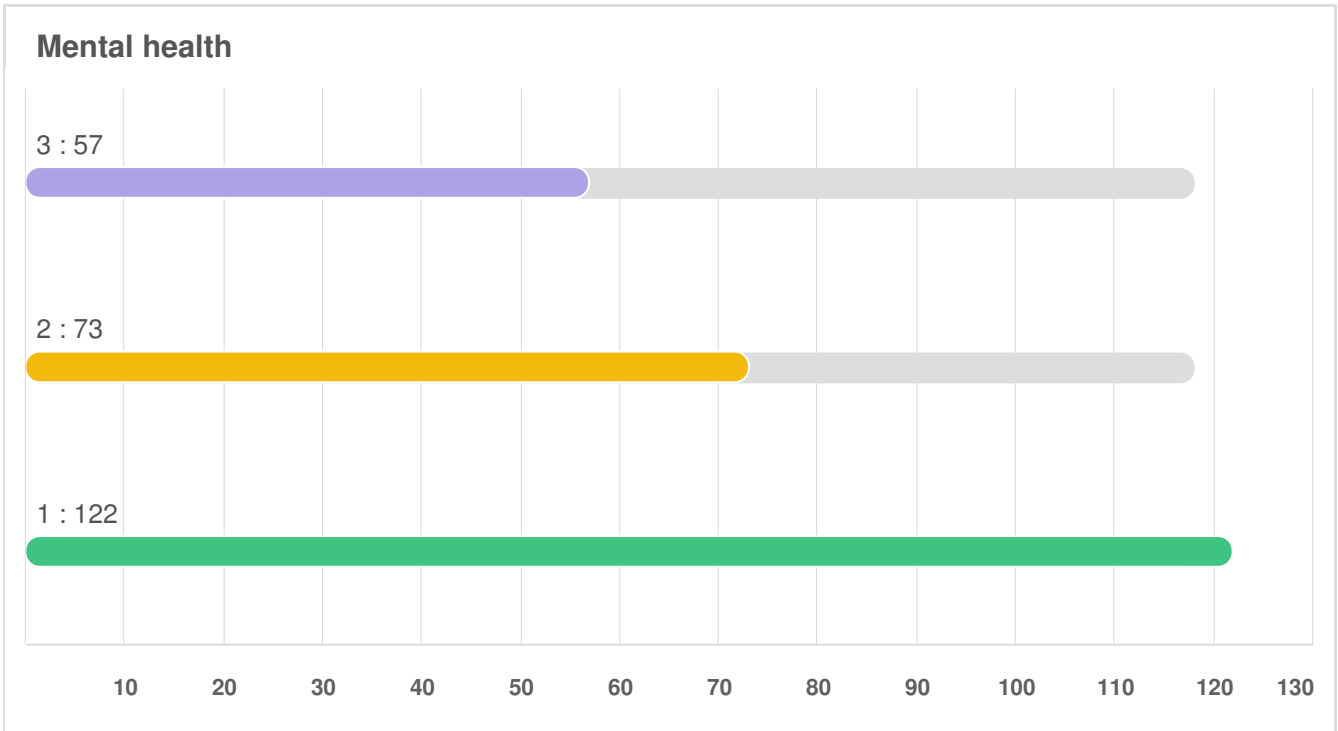
Q1 Which three aspects of health and wellbeing do you feel need addressing most urgently?
(Number your choices 1 to 3 in order...)

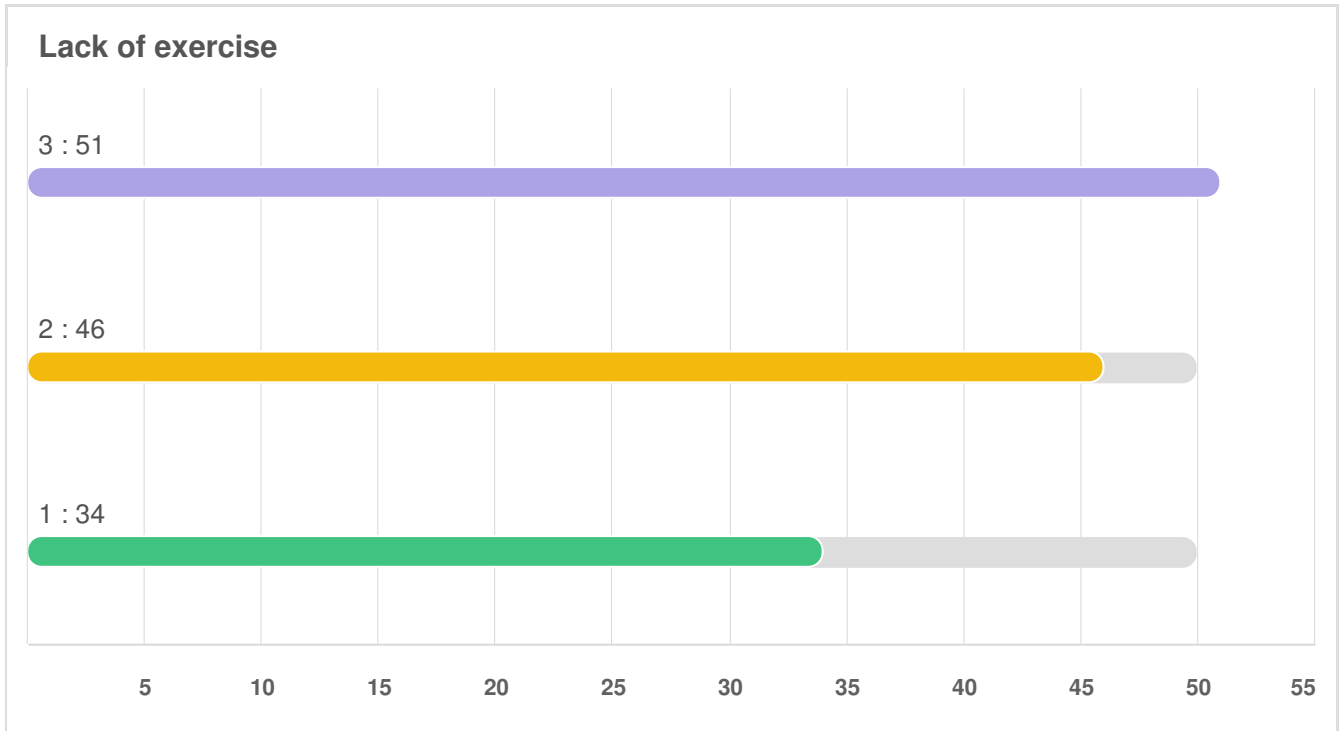


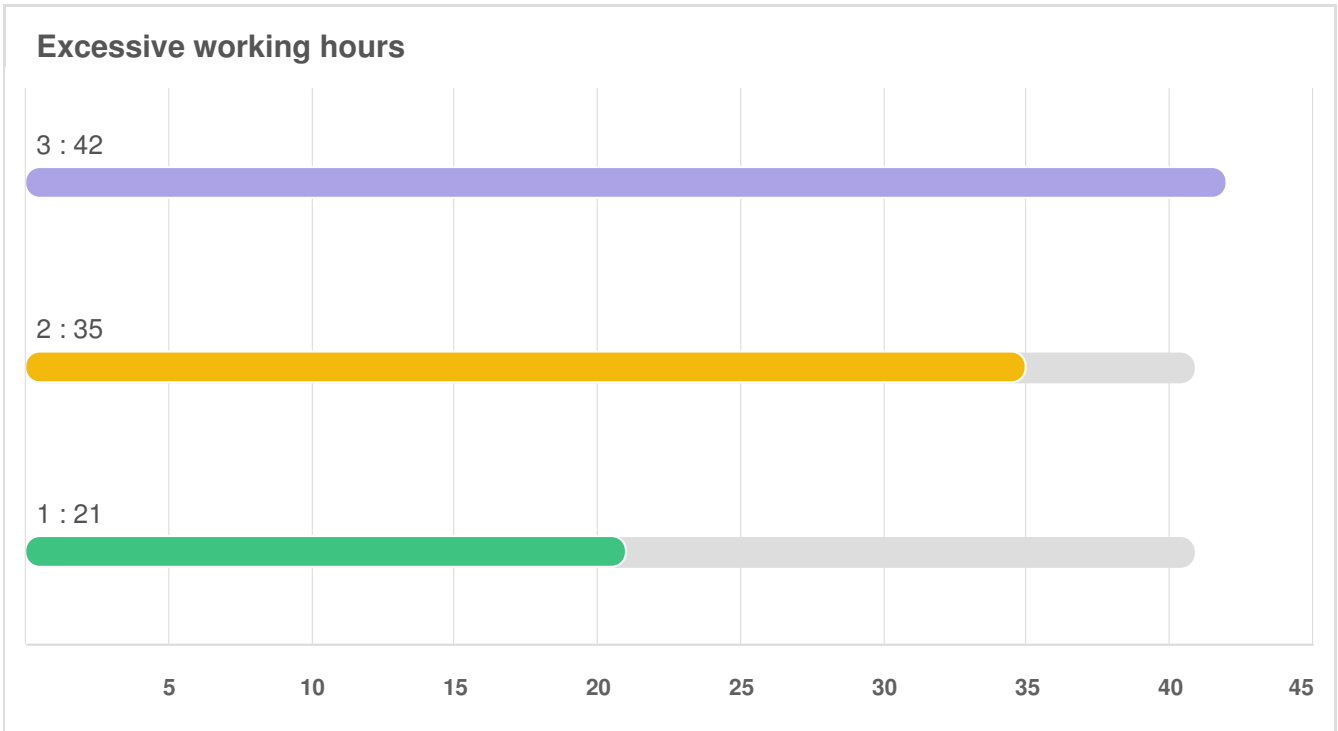
Optional question (437 response(s), 8 skipped)
Question type: Likert Question

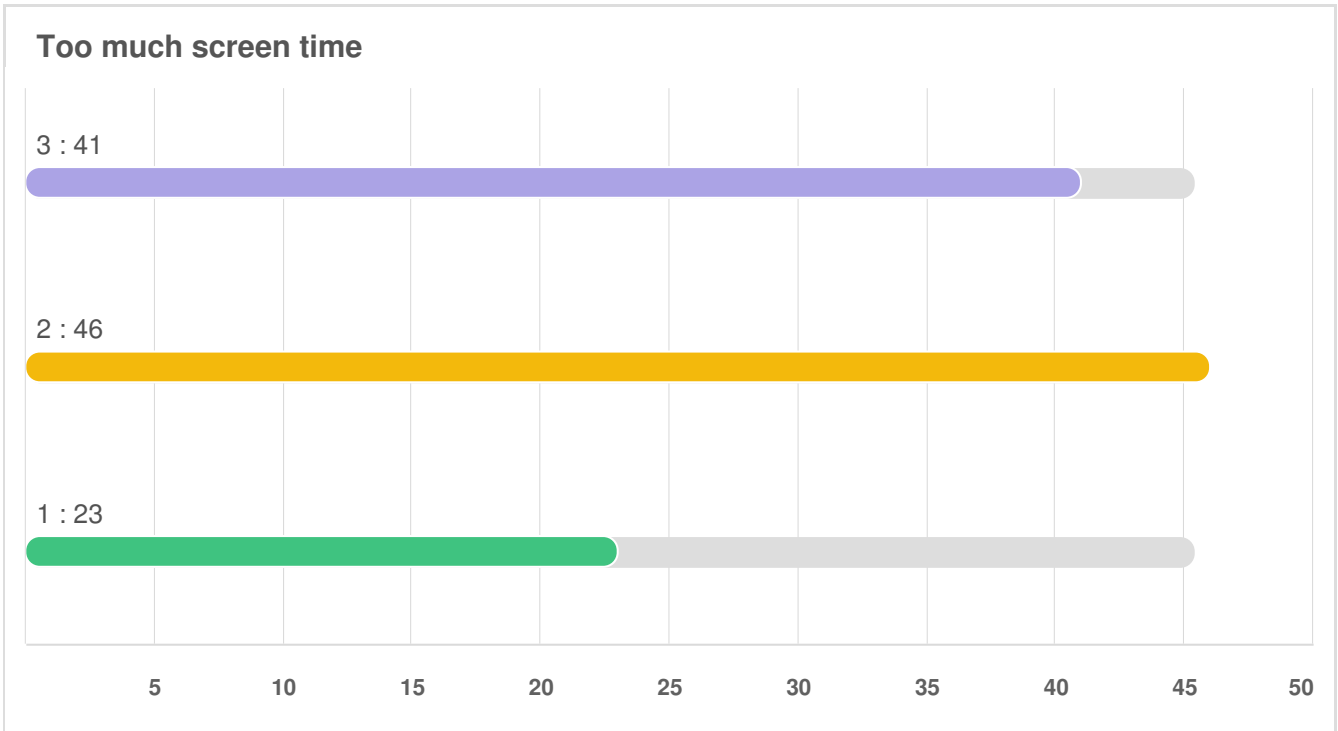
Q1 | Which three aspects of health and wellbeing do you feel need addressing most urgently? (Number your choices 1 to 3 in order...

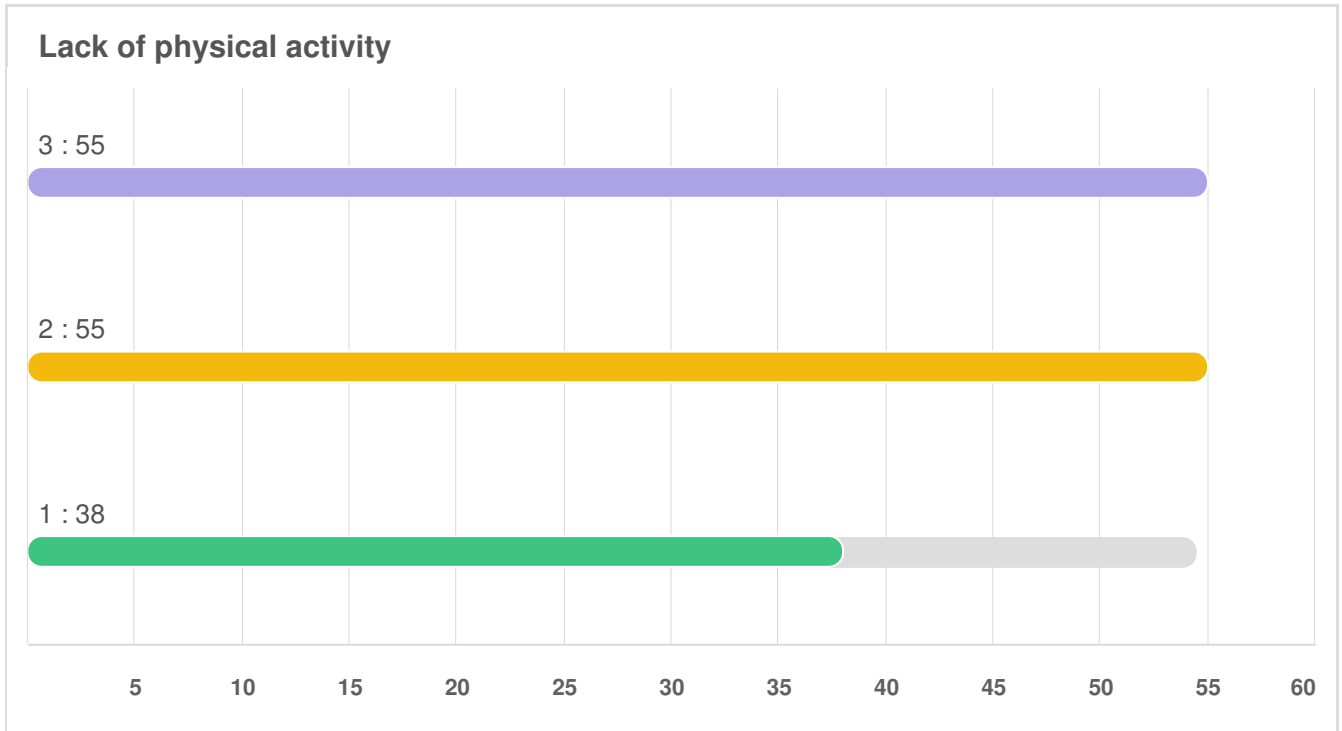


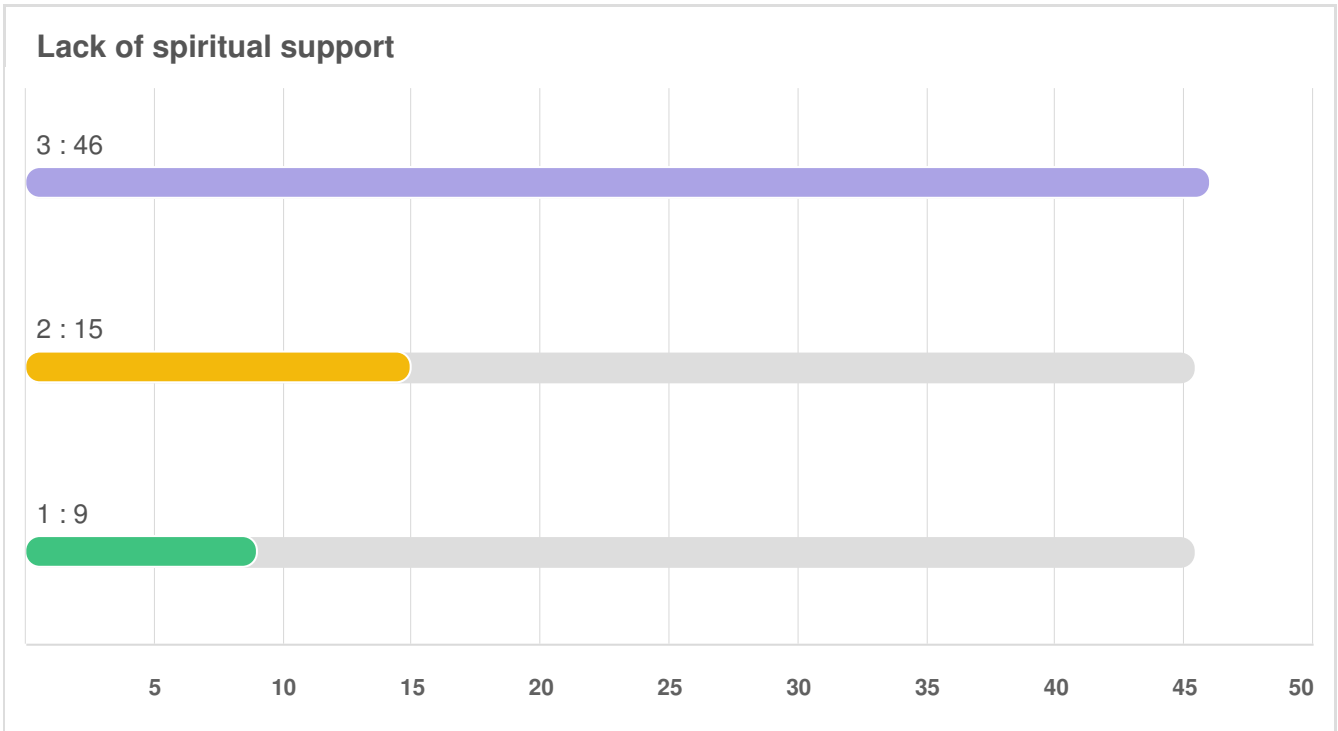


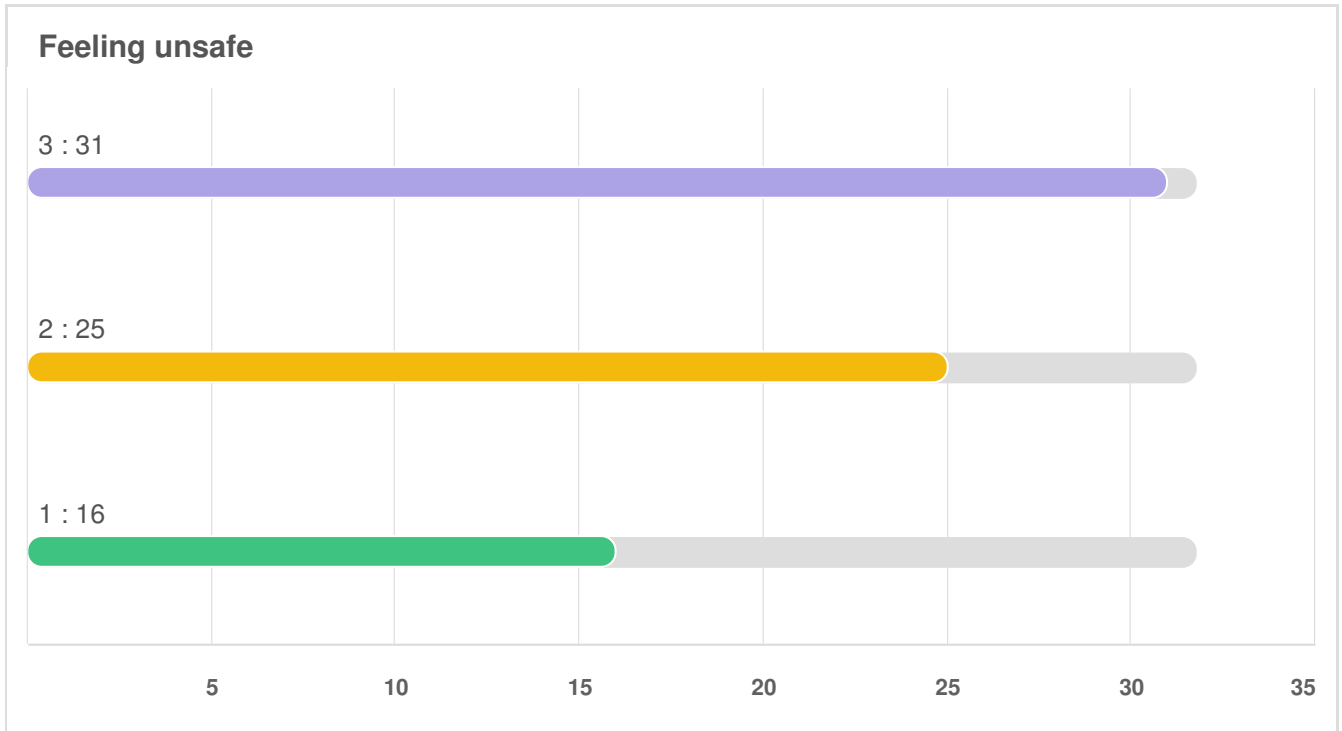


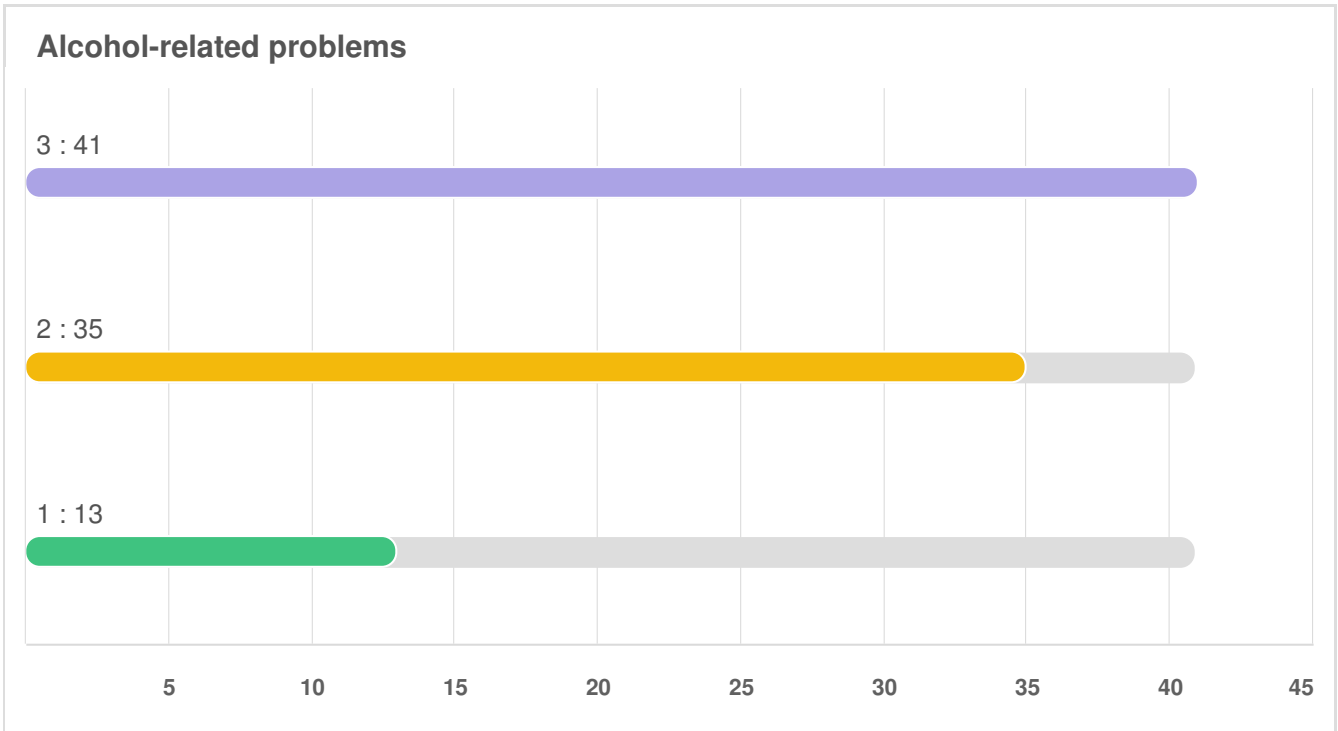


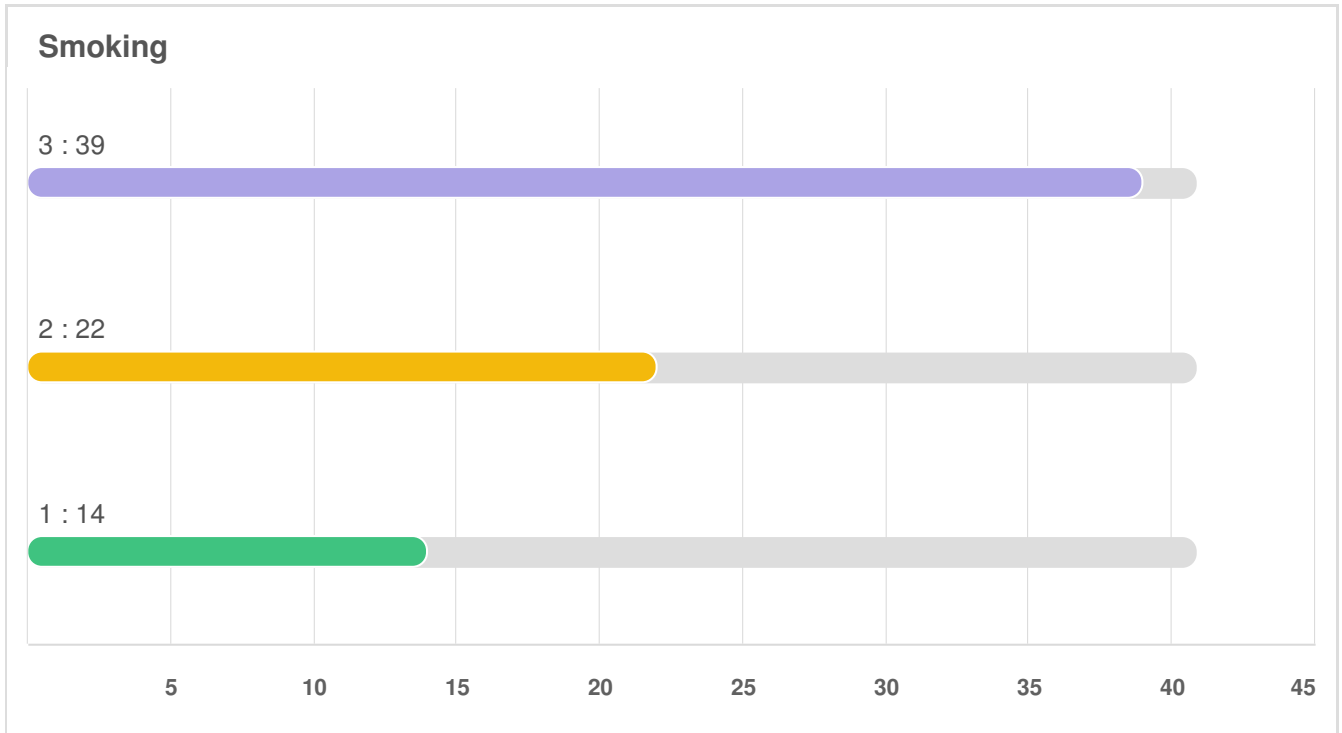


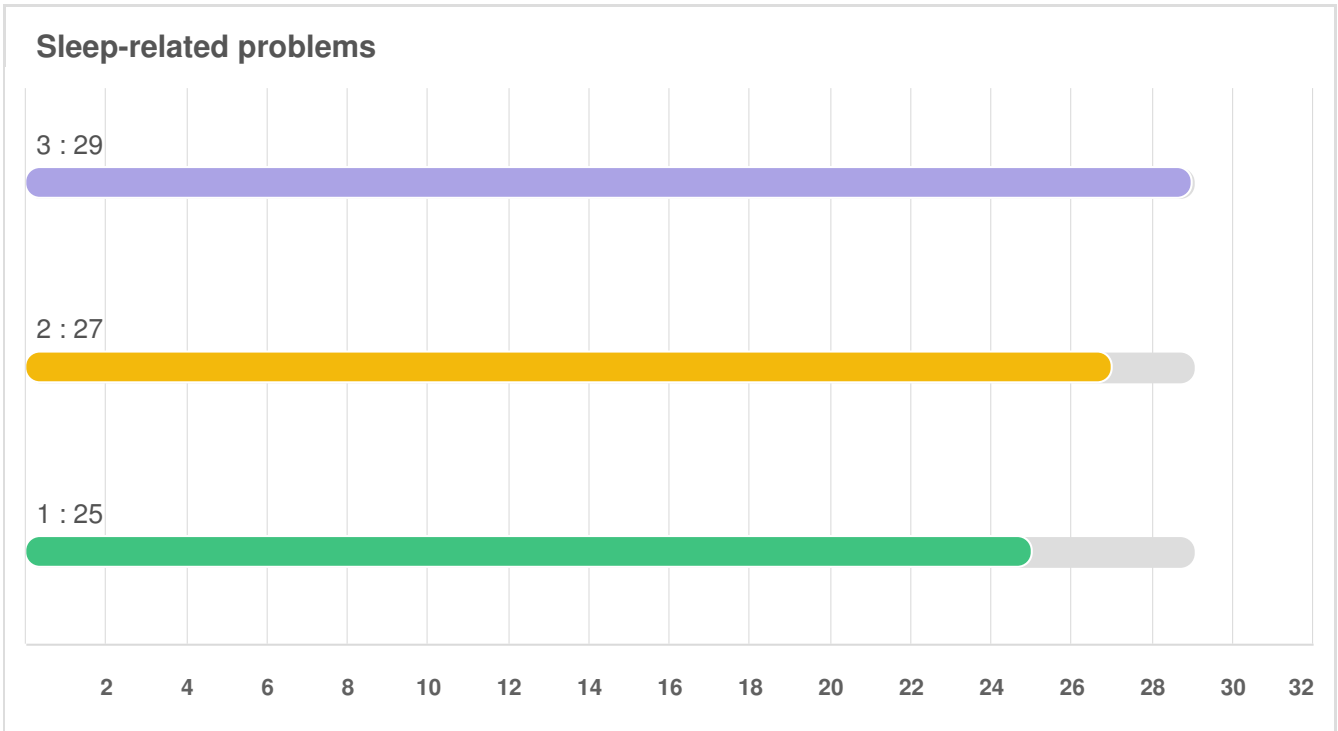


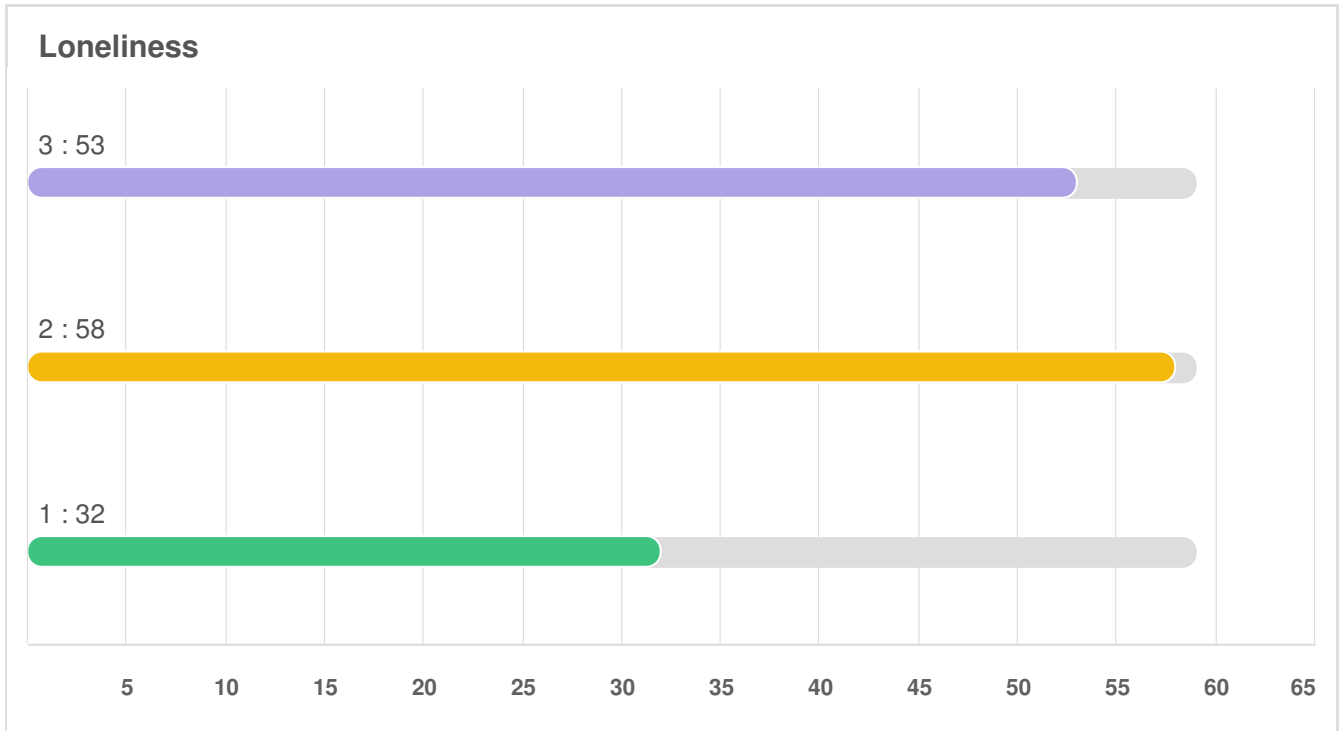


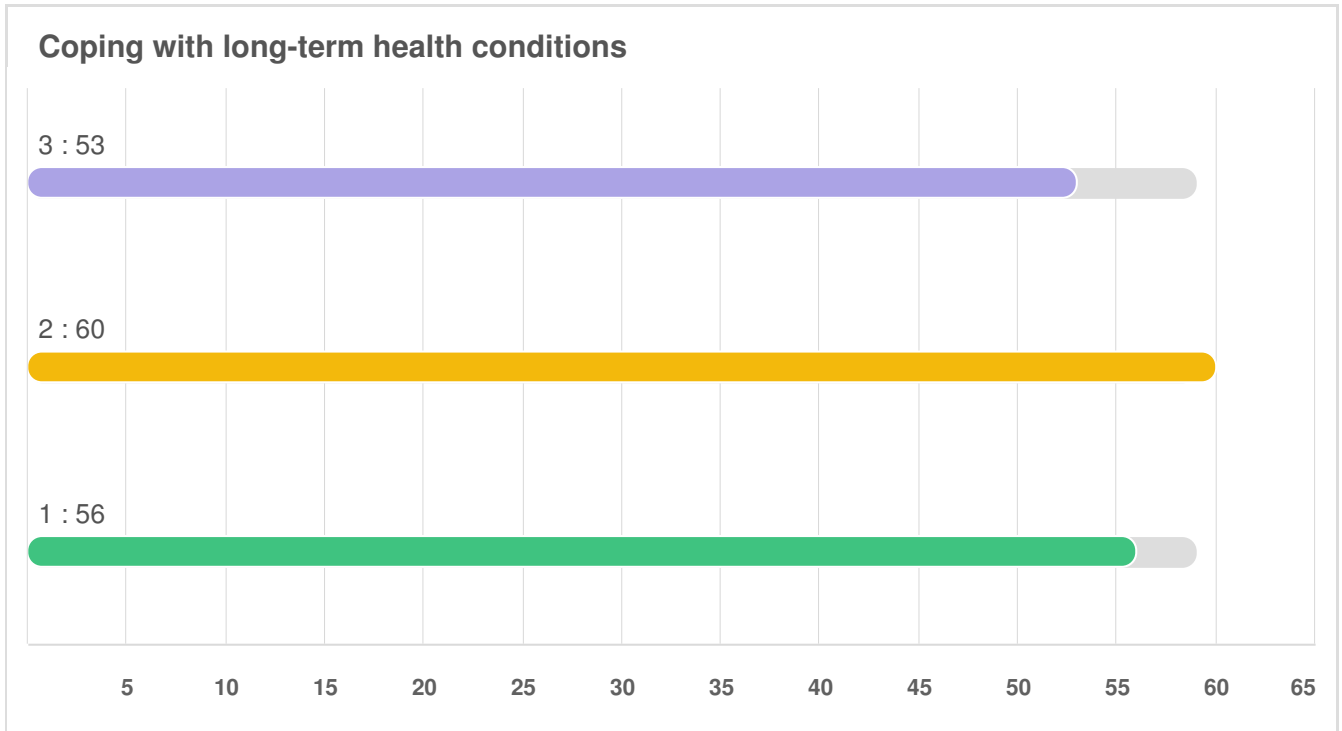


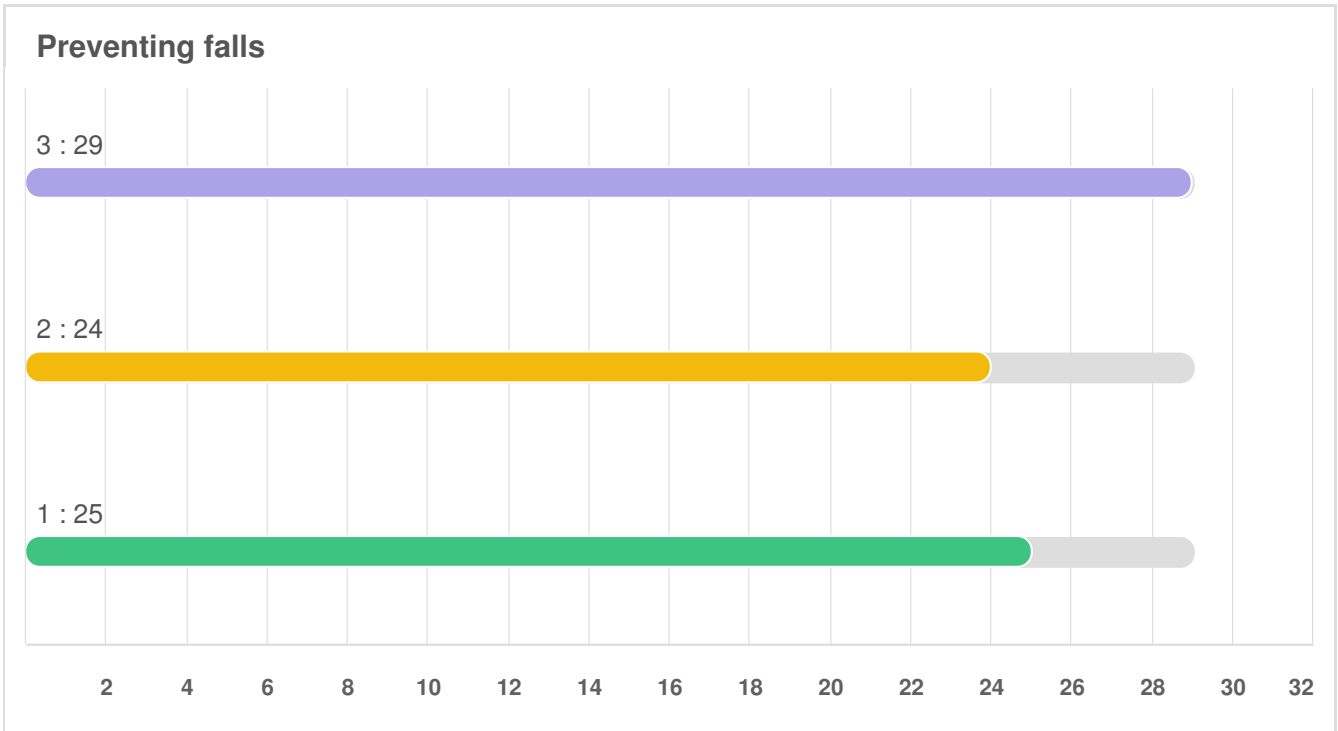


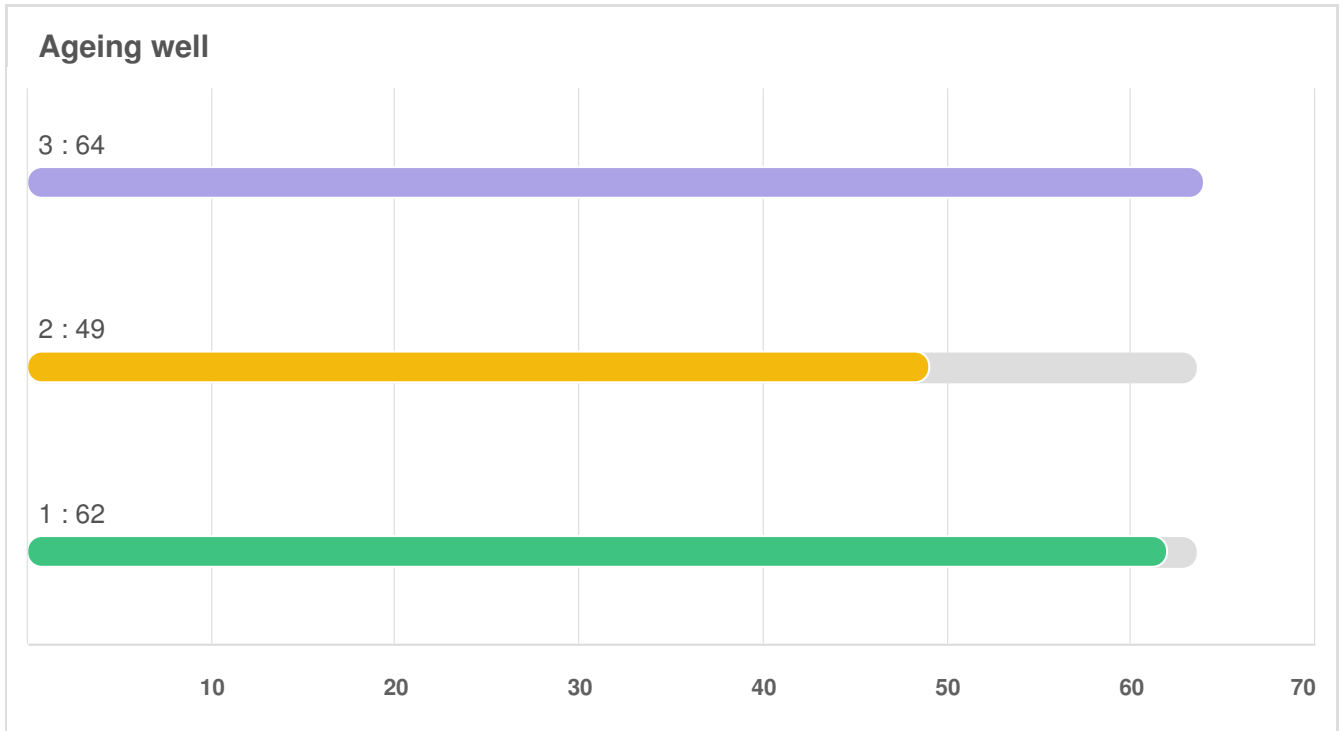




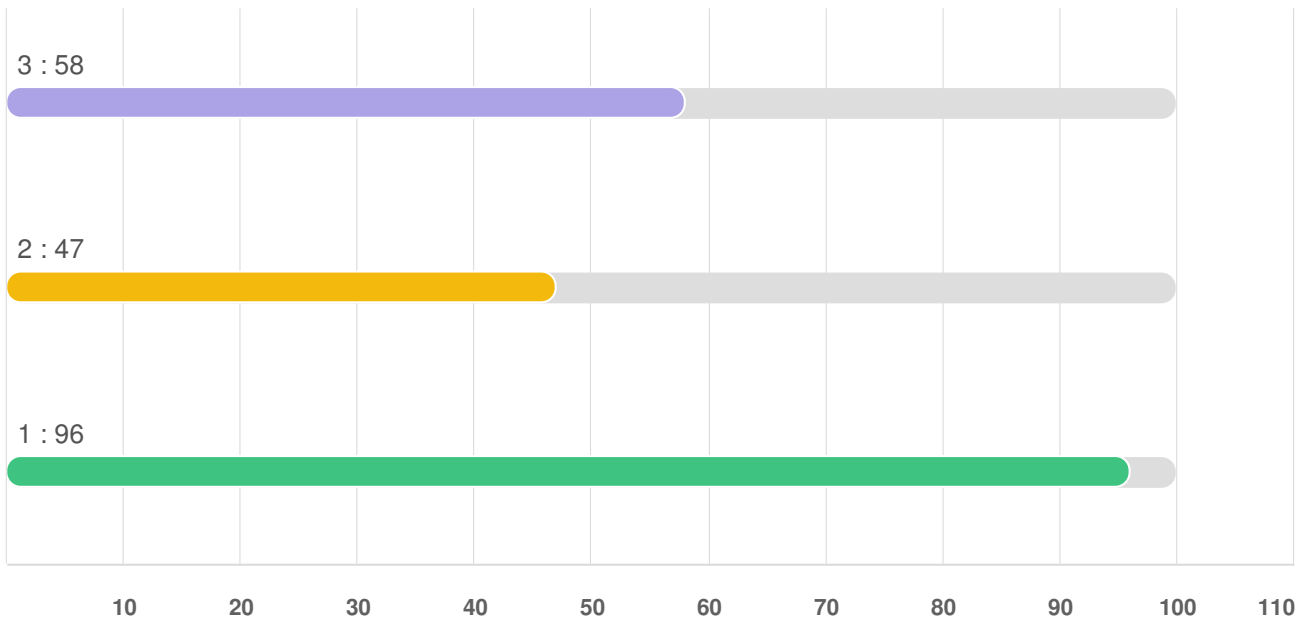


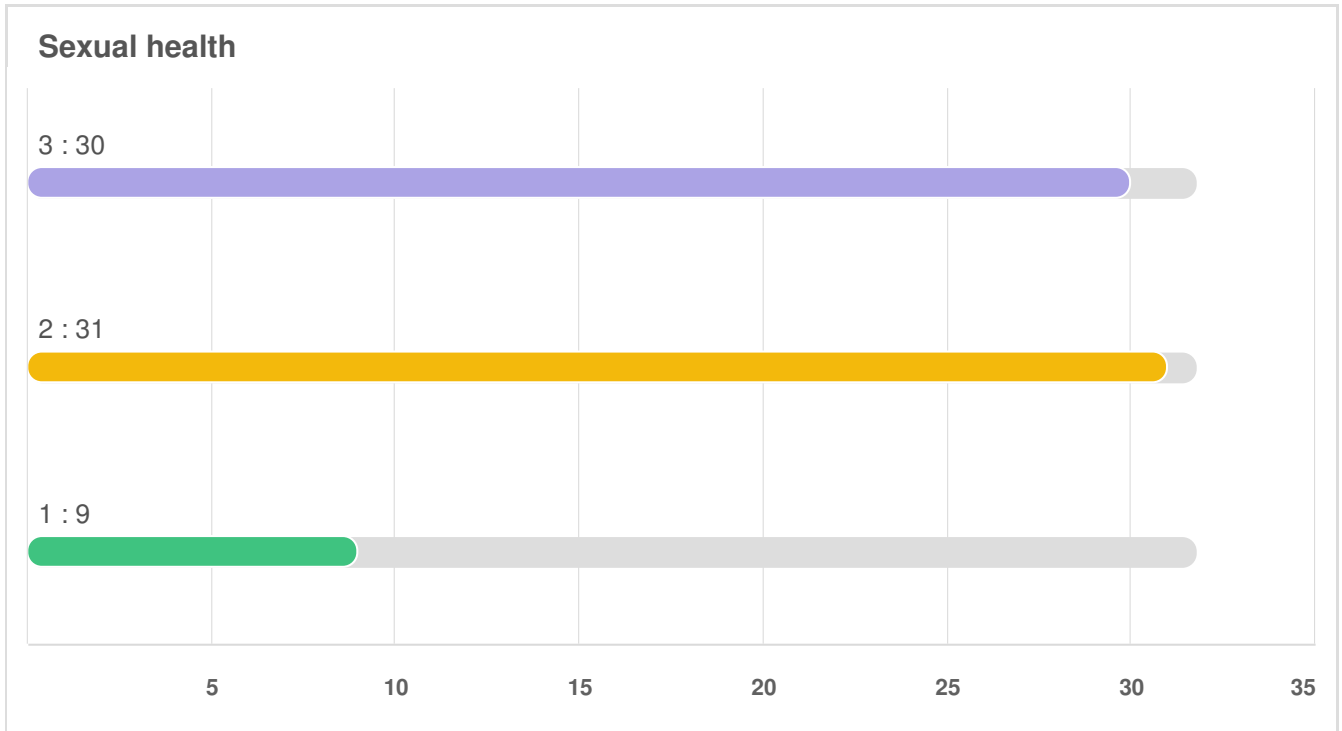


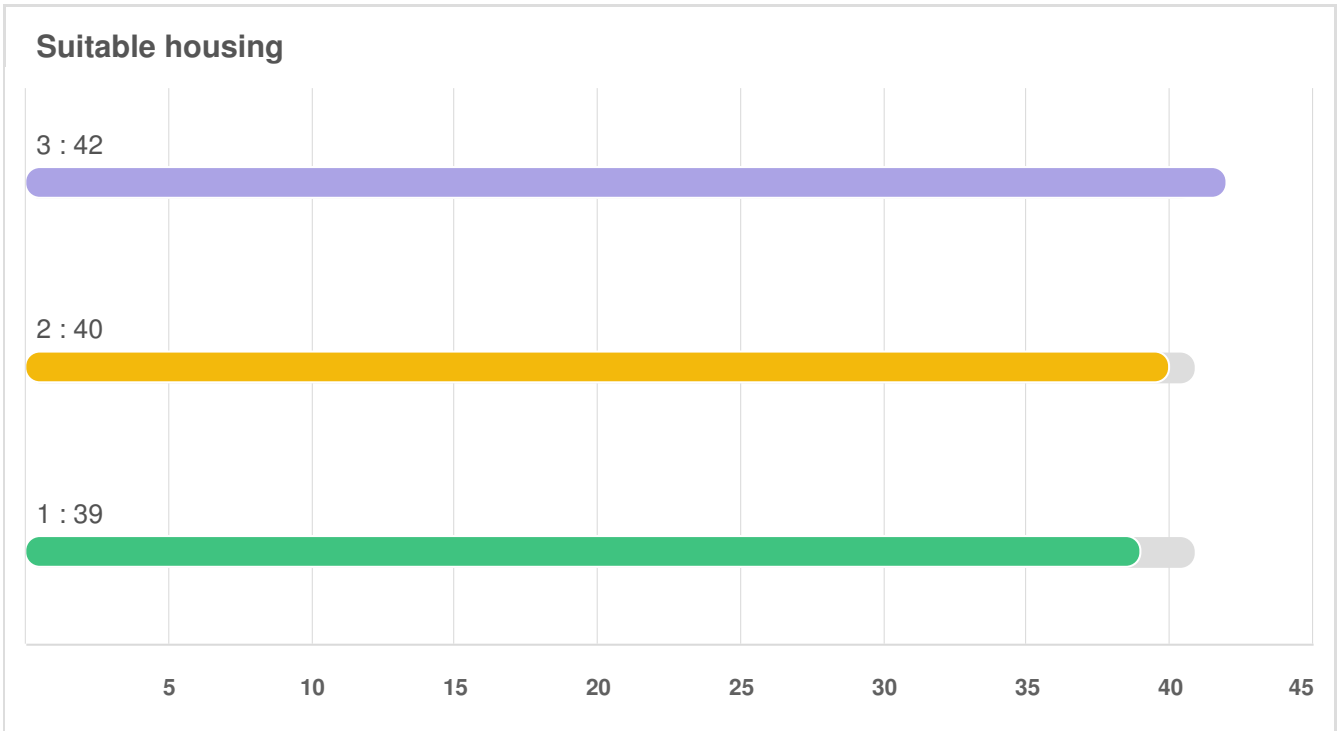




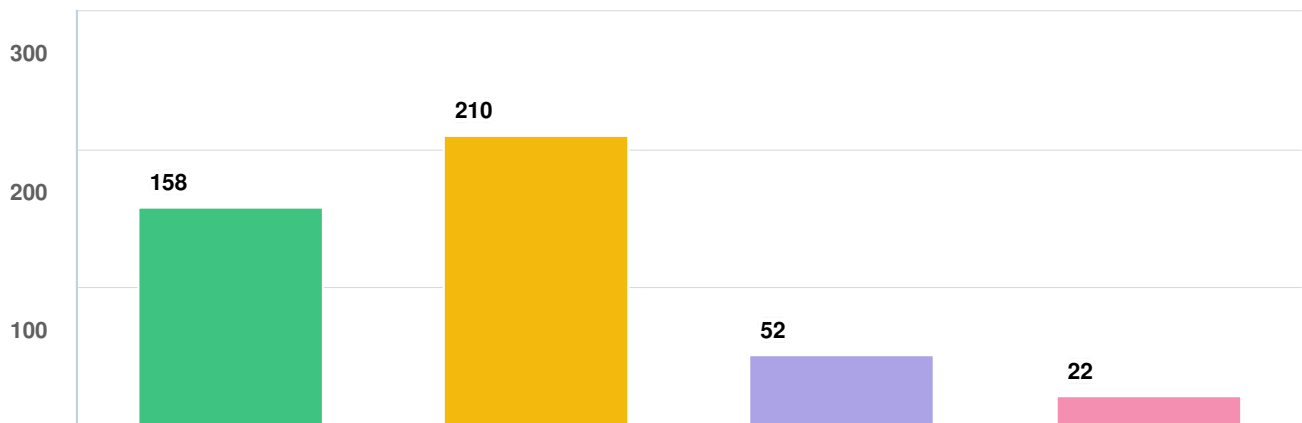
Supply and quality of care services







Q3 In your day-to-day choices, how healthy do you think you are? Please be honest.

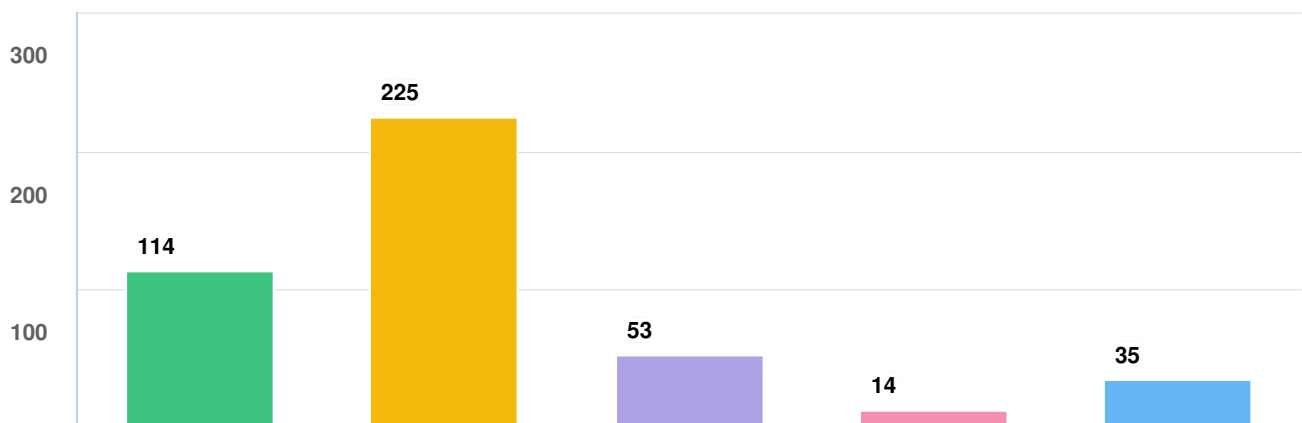


Question options

- Not at all healthy - this is negatively affecting my daily life
- Slightly unhealthy
- Somewhat healthy - but I could do more
- Very healthy - above average for my age

Optional question (440 response(s), 5 skipped)
Question type: Checkbox Question

Q4 In day-to-day choices, how healthy do you think your family are? Please be honest.

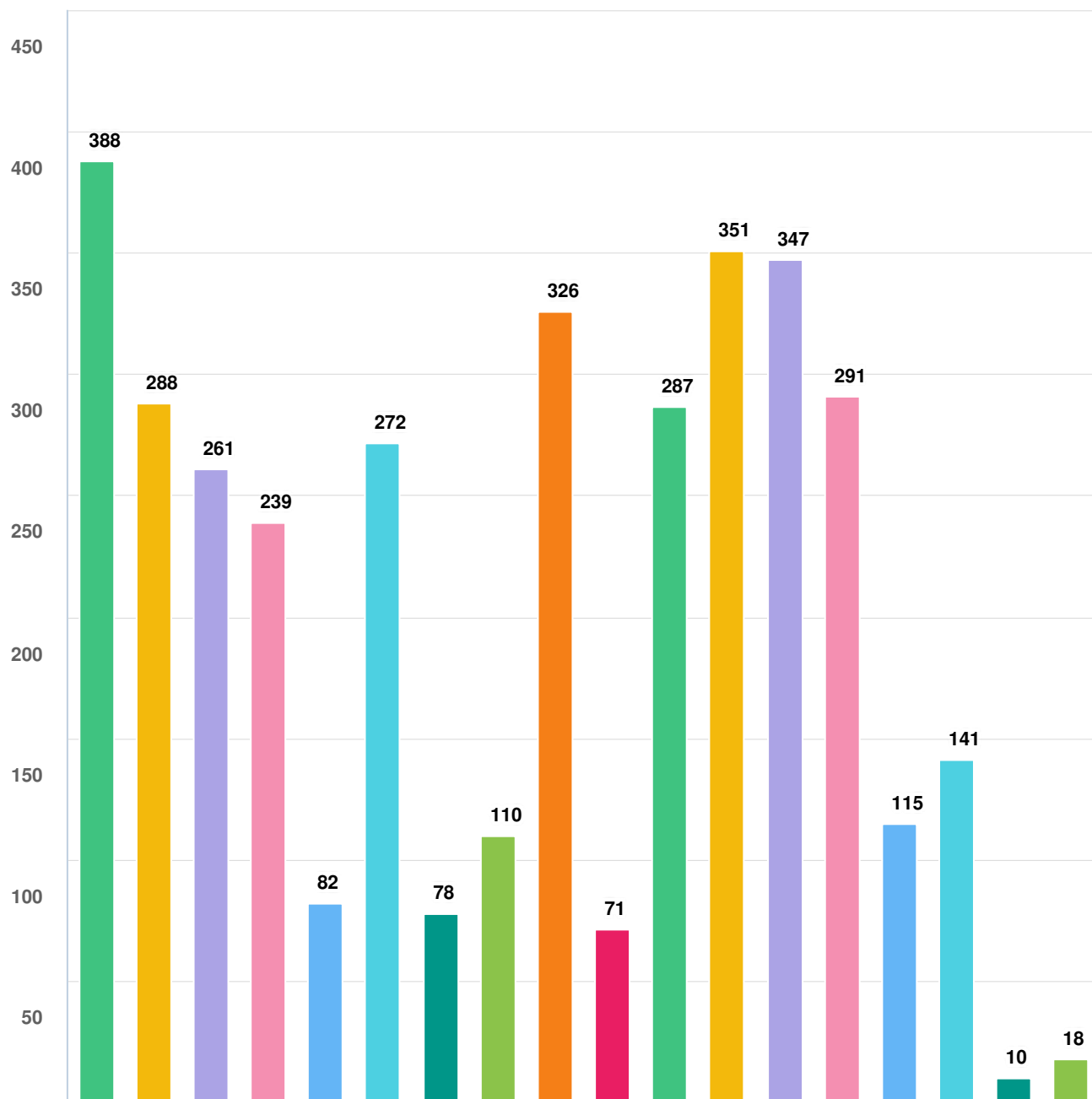


Question options

- I don't have any family
- Not at all healthy - this is negatively affecting my daily life
- Slightly unhealthy
- Somewhat healthy - but I could do more
- Very healthy - above average for my age

Optional question (439 response(s), 6 skipped)
Question type: Checkbox Question

Q5 What do you currently do to maintain your health and wellbeing? (Select all that apply)



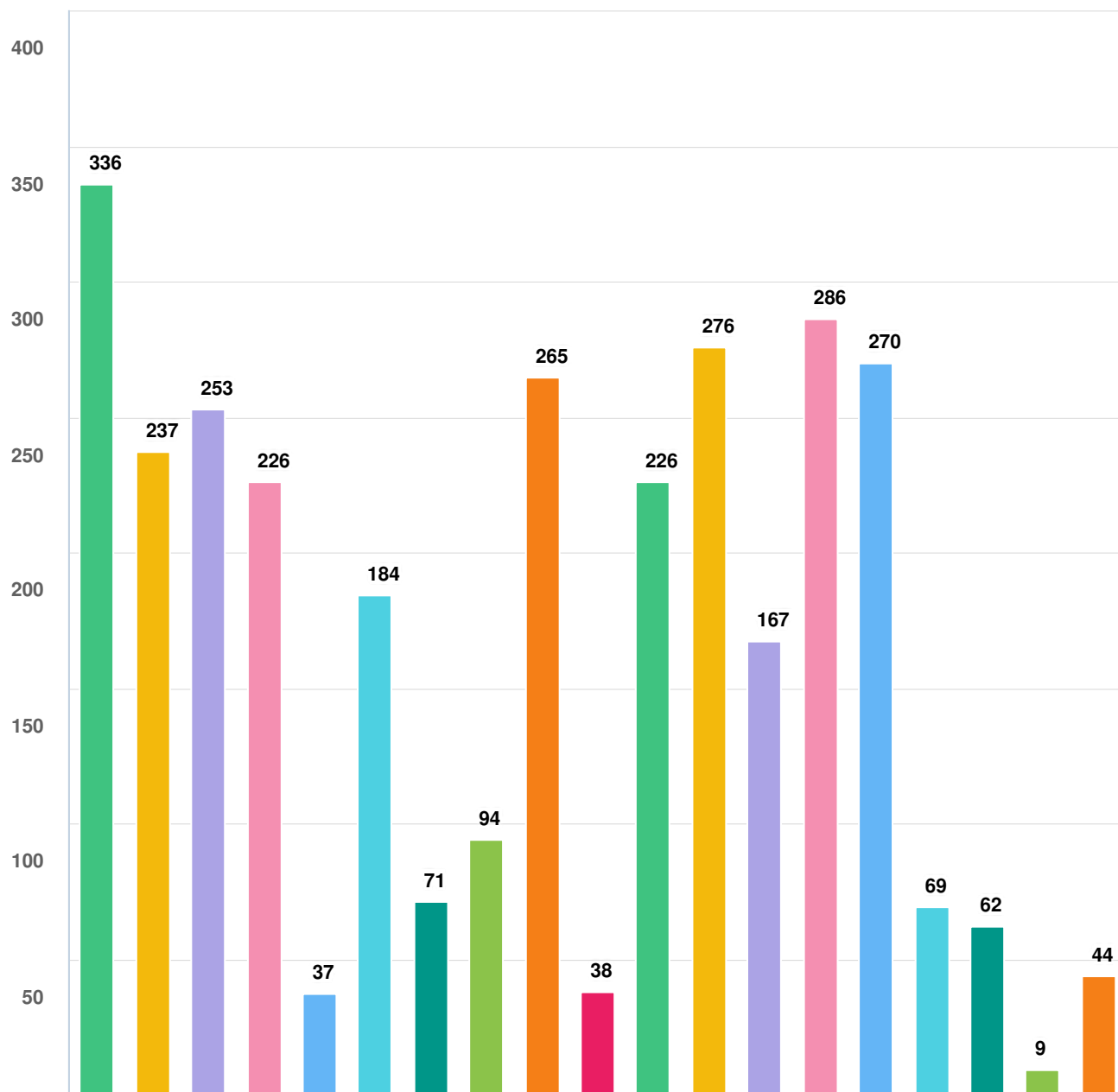
Question options

- Other (please specify)
 ● Access social care services
 ● Volunteer
 ● Participate in community groups
- Visit doctor when needed
 ● Regular visits to dentist / optician
 ● Non-smoking
 ● Drink alcohol responsibly
- Member of a faith group
 ● Exercise regularly
 ● Limit screen time
 ● Manage work stress effectively
- Keep mentally challenged
 ● Practice mindfulness
 ● Keep social contact with friends - virtually
- Keep social contact with friends - in person
 ● Avoid excess salt, fat and sugar
 ● Eat healthy meals

Optional question (442 response(s), 3 skipped)

Question type: Checkbox Question

Q6 What do your family do to maintain their health and wellbeing? (Select all that apply)



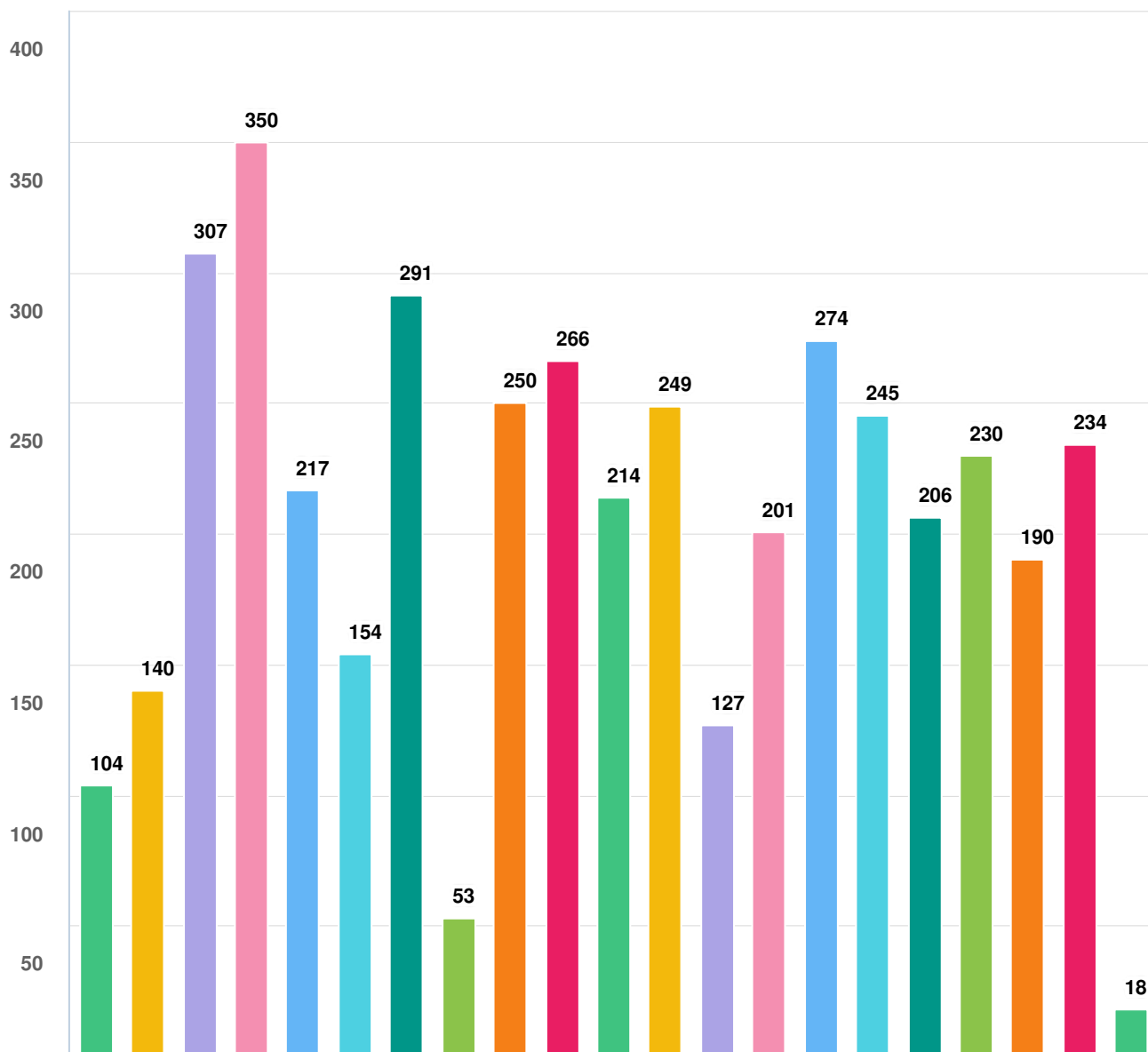
Question options

- I don't have a family
 ● Access social care services
 ● Volunteer
 ● Participate in community groups
- Visit doctor when needed
 ● Regular visits to dentist / optician
 ● Get sufficient quality sleep
 ● Non-smoking
- Drink alcohol responsibly
 ● Member of a faith group
 ● Exercise regularly
 ● Limit screen time
- Manage work stress effectively
 ● Keep mentally challenged
 ● Practice mindfulness
- Keep social contact with friends - virtually
 ● Keep social contact with friends - in person
 ● Avoid excess salt, fat and sugar
- Eat healthy meals

Optional question (430 response(s), 15 skipped)

Question type: Checkbox Question

Q7 What do you think a healthy Rutland should include in the future? (Select all that apply)



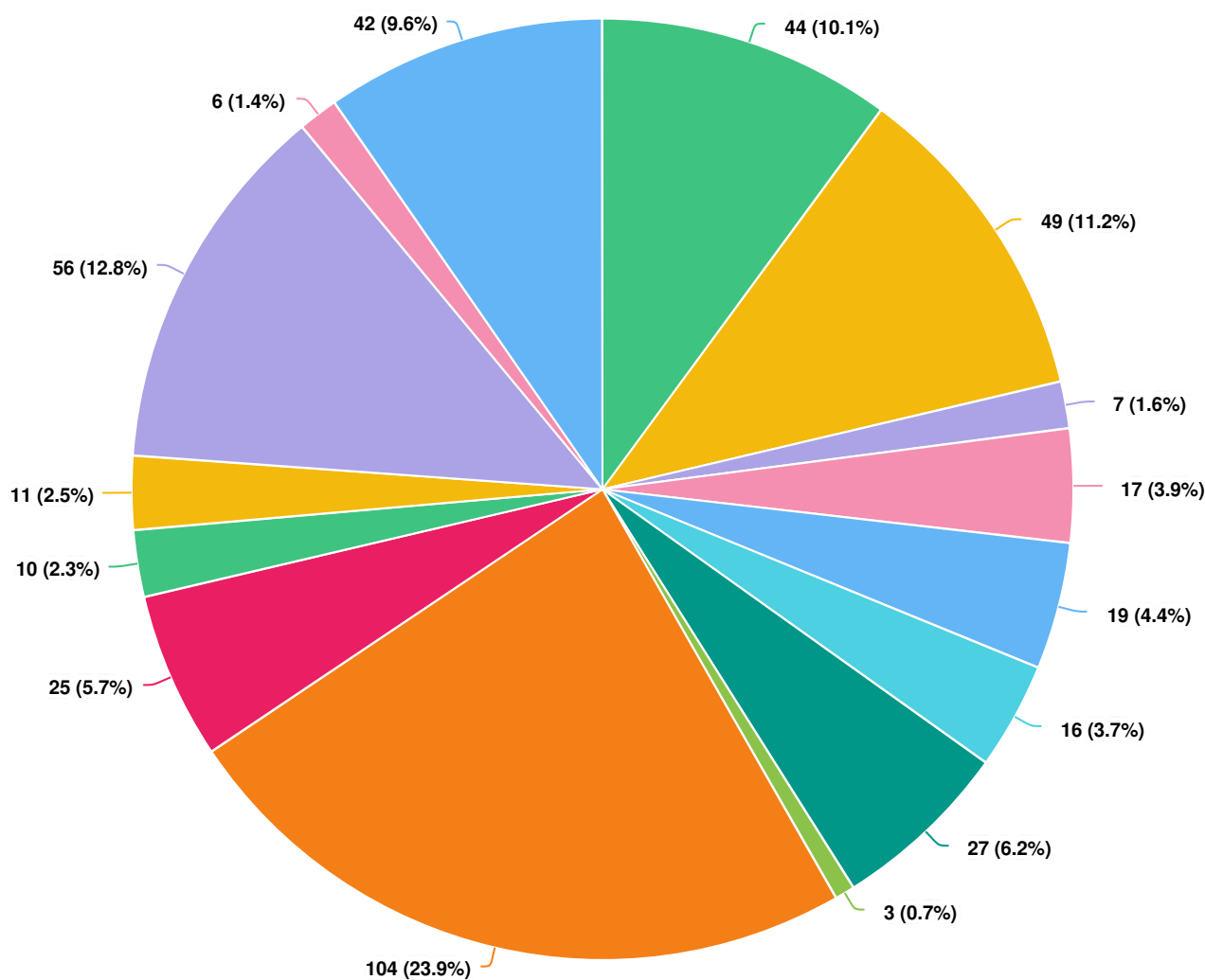
Question options

- Other (please specify) ● Opportunities to spend time in nature ● Opportunities for social connection
- Inclusive for those with disabilities ● Range of cultural activities for all ages
- Accountable and efficient health and wellbeing services ● Co-ordinated health and wellbeing services
- Community-focused policing ● Help on how to use online facilities for information and keeping in touch with people
- Support for carers ● Care services tailored to individuals ● Help to manage long-term illnesses
- Accessible clinics for preventative medicine ● Diverse access to faith groups ● Vibrant and engaging youth activities
- Affordable creche facilities ● Subsidised fitness activities ● Good walking and cycling routes
- Mental health support services ● GP referrals to slimming clubs ● Healthy cookery classes

Optional question (443 response(s), 2 skipped)

Question type: Checkbox Question

Q8 What do you feel is the greatest barrier to accessing health and wellbeing services in Rutland? (Select one option)

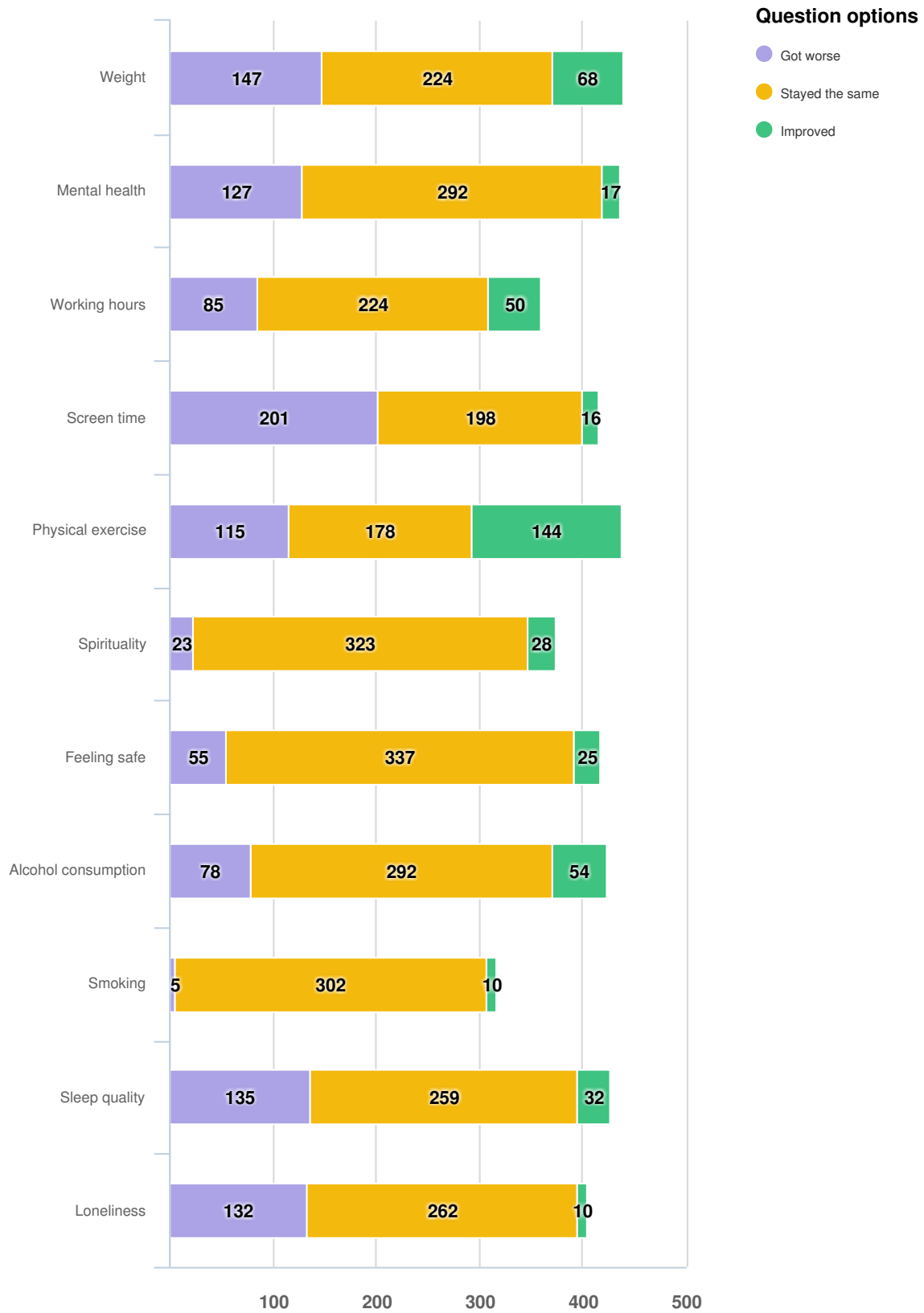


Question options

- Other (please specify) Not able to access online information and services Waiting lists
- Incompatible opening times My health holds me back Knowing what to do Knowing what is available to me
- Lack of childcare Affordability Lack of knowledge or access to online facilities Lack of motivation
- Lack of time Poor accessibility for wheelchairs and mobility scooters Poor range of health support services
- Lack of transport

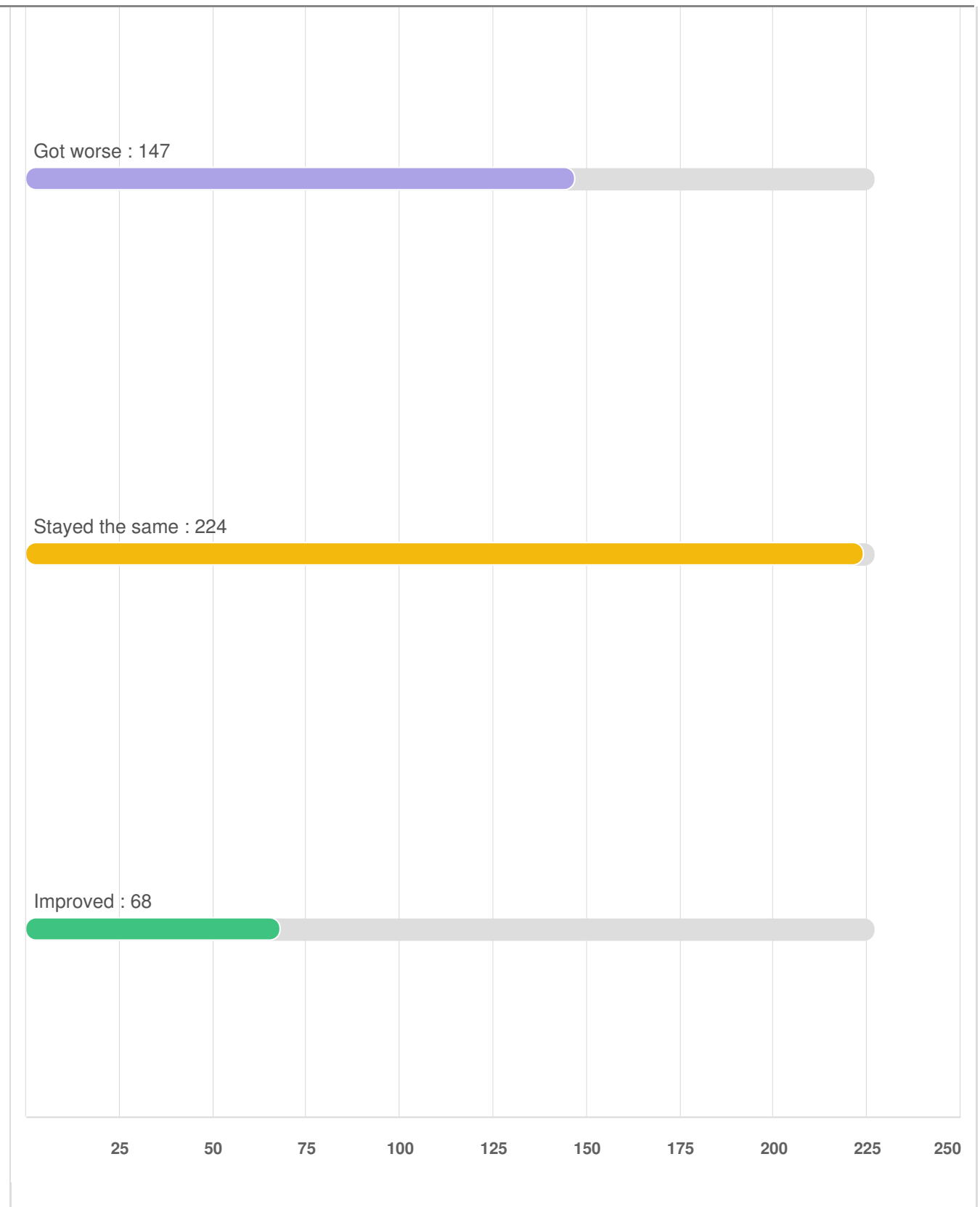
Optional question (436 response(s), 9 skipped)
Question type: Radio Button Question

Q9 What impact has the COVID-19 pandemic had on your health and wellbeing?



Optional question (442 response(s), 3 skipped)

Question type: Likert Question



Mental health

Got worse : 127



Stayed the same : 292



Improved : 17



25 50 75 100 125 150 175 200 225 250 275 300 325

Working hours

Got worse : 85



Stayed the same : 224



Improved : 50



25 50 75 100 125 150 175 200 225 250

Screen time

Got worse : 201



Stayed the same : 198



Improved : 16



25 50 75 100 125 150 175 200 225

Physical exercise

Got worse : 115



Stayed the same : 178



Improved : 144



20 40 60 80 100 120 140 160 180 200

Spirituality

Got worse : 23



Stayed the same : 323



Improved : 28



50

100

150

200

250

300

350

Feeling safe

Got worse : 55



Stayed the same : 337



Improved : 25



50

100

150

200

250

300

350

400

Alcohol consumption

Got worse : 78



Stayed the same : 292



Improved : 54



25 50 75 100 125 150 175 200 225 250 275 300 325

Smoking

Got worse : 5



Stayed the same : 302



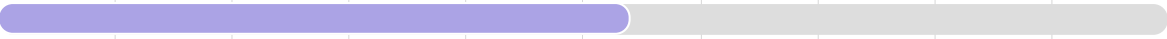
Improved : 10



25 50 75 100 125 150 175 200 225 250 275 300 325

Sleep quality

Got worse : 135



Stayed the same : 259



Improved : 32



25 50 75 100 125 150 175 200 225 250 275

Loneliness

Got worse : 132



Stayed the same : 262

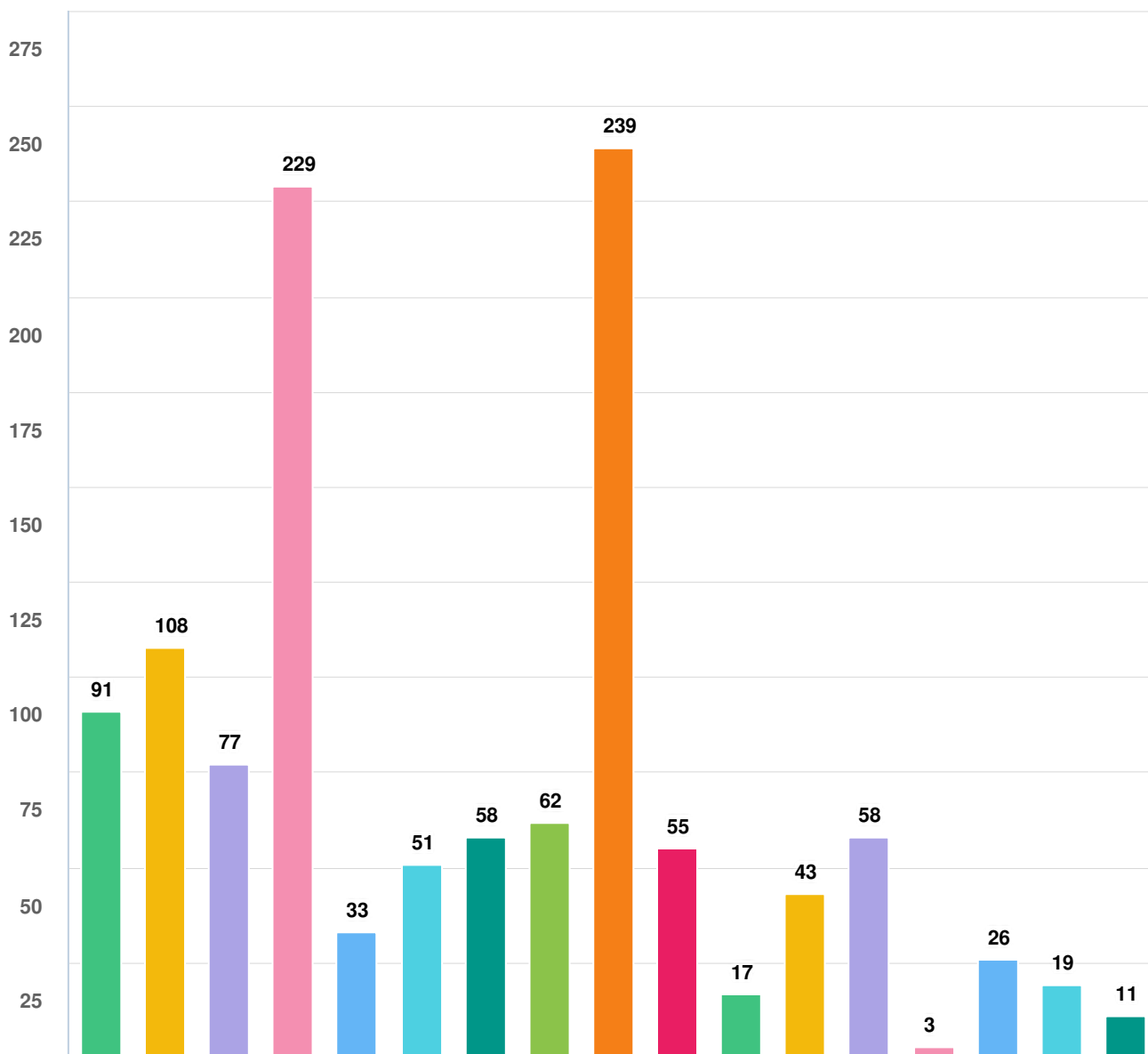


Improved : 10



25 50 75 100 125 150 175 200 225 250 275 300

Q10 Post COVID 19 restrictions, which three things from this list might you and your family commit to over the next year to improve your health and wellbeing?

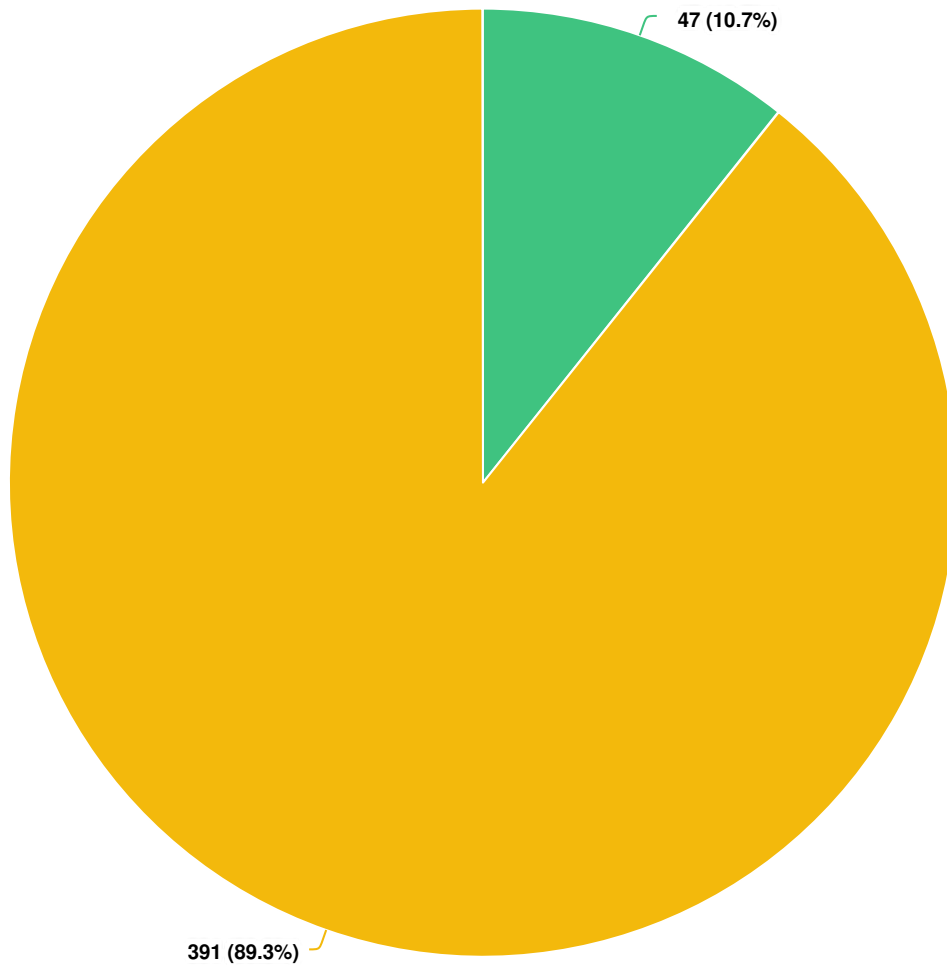


Question options

- Other (please specify) ● Make contact with support services that can help me to tackle issues that are worrying me
- Seek advice on improving sleep quality ● Give up smoking ● Drink less alcohol
- Join a cultural club (for example singing, dancing, playing music) ● Improve my spiritual wellbeing ● Start exercise classes
- Spend more time outside in the fresh air ● Get involved in a group fitness activity ● Use my car less
- Volunteer for a community activity ● Practice mindfulness
- Arrange to meet friends and family on a regular basis (virtually or in person)
- Complete a mental challenge regularly (crosswords or quizzes, for example) ● Eat healthy meals more often
- Grow my own food

Optional question (431 response(s), 14 skipped)
 Question type: Checkbox Question

Q11 | Do you have children aged under 21, or under 25 with special educational needs or disabilities (SEND)?

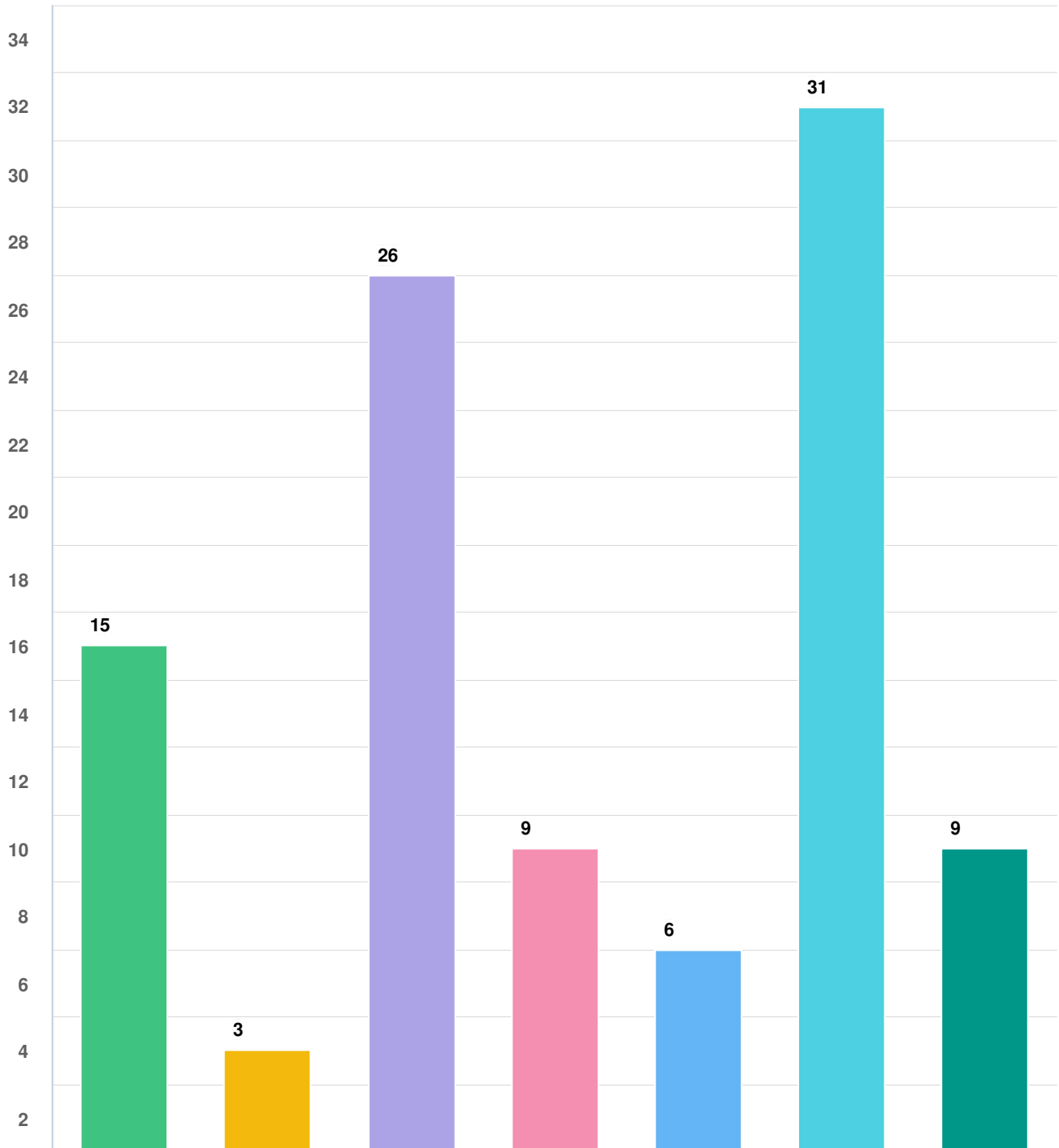


Question options

- No
- Yes

*Optional question (438 response(s), 7 skipped)
Question type: Radio Button Question*

Q12 If you and your family needed help and support with your child, such as supporting their development, parenting support and advice or help at home, where would you go? (Select all that apply)



Question options

- Other (please specify)
- Family or friends
- Within your community
- Online forum
- Internet
- Voluntary or faith group
- Rutland County Council

Optional question (45 response(s), 400 skipped)
Question type: Checkbox Question