

NatCen

Social Research that works for society

The Welsh Health Survey

Health Survey User Group

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Research

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Background

Background

- 2003/4 – 2015
 - Health, lifestyle and use of health services in Wales
 - Results at National and Local Authority level
 - Around 15,000 adults and 3,000 children each year

 - Design
 - Household interview
 - Individual self-completions
-

Adult questionnaire

Topic	Details
Health service use	GP, nurse, hospital in/out/day patients, Casualty
Medicines	Prescribed medicines
Illnesses	Longstanding and limiting illness, cardiac and resp.
General health & wellbeing	SF-36
Smoking	Smoking status and behaviour, giving up, passive smoking
Alcohol consumption	Consumption on heaviest day in last week
Fruit and vegetables	Portions in the last 24 hours
Exercise	Split sample experiment in 2015
Carers	Whether provide care for someone
Demographics	Sex, age, qualifications, height, weight
(Data linkage consent)	Not asked in 2015

Child questionnaire

	0-3	4-12	13-15
Age, sex, national identity	●	●	●
General health, long. illness	●	●	●
Use of services	●	●	●
Accidents	●	●	●
Illness and other health problems	●	●	●
Strengths and difficulties		●	●
Eating habits		●	●
Physical activity		●	●
Infant feeding	●		

Split sample experiment

WHS Split sample: Physical activity

- Split sample experiment designed to compare estimates of physical activity from original WHS questions and new questions
- Change to physical activity guidelines since WHS 2003.
- Original questions: 5 * 30 minutes moderate/vigorous activity
- New guidelines: At least 150 minutes a week of moderate intensity aerobic exercise; sedentary behaviour
- New questions measures activity against new guidelines

WHS 2003-2015

- Which days in last week did at least 30 minutes of:
- Light exercise (eg walking, light gardening)
- Moderate exercise (heavy housework, dancing)
- Vigorous exercise (eg running, aerobics, fast cycling)?

EXERCISE

45a During the 7 days ending yesterday, on which days did you do **LIGHT** exercise or physical activity for at least 30 minutes?
*Blocks of activity lasting at least 10 minutes, which were done on the same day, can be counted towards the full 30 minutes.
 Include physical activity which is part of your job*

Tick all days that apply

Light exercise / activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
<i>For example</i> Housework (eg hoovering, dusting), walking at an average pace, golf, light gardening (eg weeding)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2451-04
If no light exercise in the last 7 days, please tick	<input type="checkbox"/>							05

45b During the 7 days ending yesterday, on which days did you do **MODERATE** exercise or physical activity for at least 30 minutes?
*Blocks of activity lasting at least 10 minutes, which were done on the same day, can be counted towards the full 30 minutes.
 Include physical activity which is part of your job*

Tick all days that apply

Moderate exercise / activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
<i>For example</i> Heavy housework (eg spring cleaning, walking with heavy shopping), fast walking, dancing, gentle swimming, heavy gardening (eg digging)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2452-05
If no moderate exercise in the last 7 days, please tick	<input type="checkbox"/>							06

45c During the 7 days ending yesterday, on which days did you do **VIGOROUS** exercise or physical activity for at least 30 minutes?
*Blocks of activity lasting at least 10 minutes, which were done on the same day, can be counted towards the full 30 minutes.
 Include physical activity which is part of your job*

Tick all days that apply

Vigorous exercise / activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
<i>For example</i> Running, jogging, squash, swimming lengths, aerobics, fast cycling, football	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2453-06
If no vigorous exercise in the last 7 days, please tick	<input type="checkbox"/>							07

New physical activity 2015

- ‘New’ questions based on short version of IPAQ and reflect updated activity guidelines.
- Can estimate time spent on each type of activity in the last week

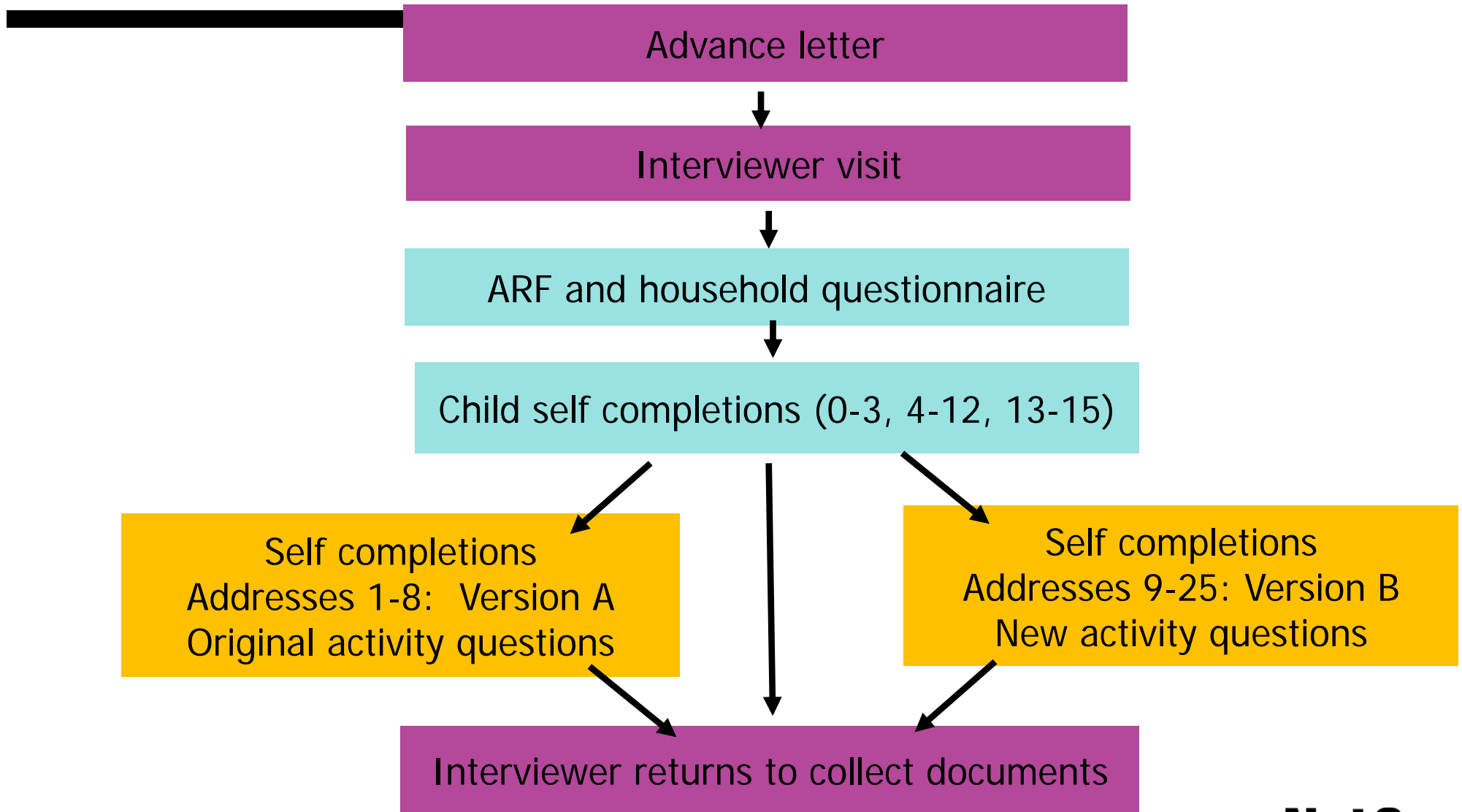
Topic	Detail
Walking	Which days walked for 10 minutes or more, usual time spent walking on one day, walking pace, walking effort
Moderate activity	Which days carried out moderate activity for 10 minutes or more, usual time spent on one day
Vigorous activity	Which days carried out vigorous activity for 10 minutes or more, usual time spent on one day
Sedentary behaviour	Time spent sitting on average weekday, weekend day

Overview of split sample experiment

- **Design:**
- Experiment runs for full year: Jan – Dec, 2015
- Target of around 10,000 new and 5,000 original responses
- Two versions of adult self completion.
- Sample split within each point of 25 addresses: addresses 1-8 = original questions, addresses 9-15 new questions.

- **Results**
- Results available in 2016.

Split sample design



Overview of split sample experiment

- **Results**
- We're running throughout WHS 2015.
- Fieldwork finishes in January, 2016.
- Results available at the same time as main results, in 2016.

- We'll cover the publication timetable in the next section.

Findings and publications

WHS consultation- Results

Summary report published
27 November 2014

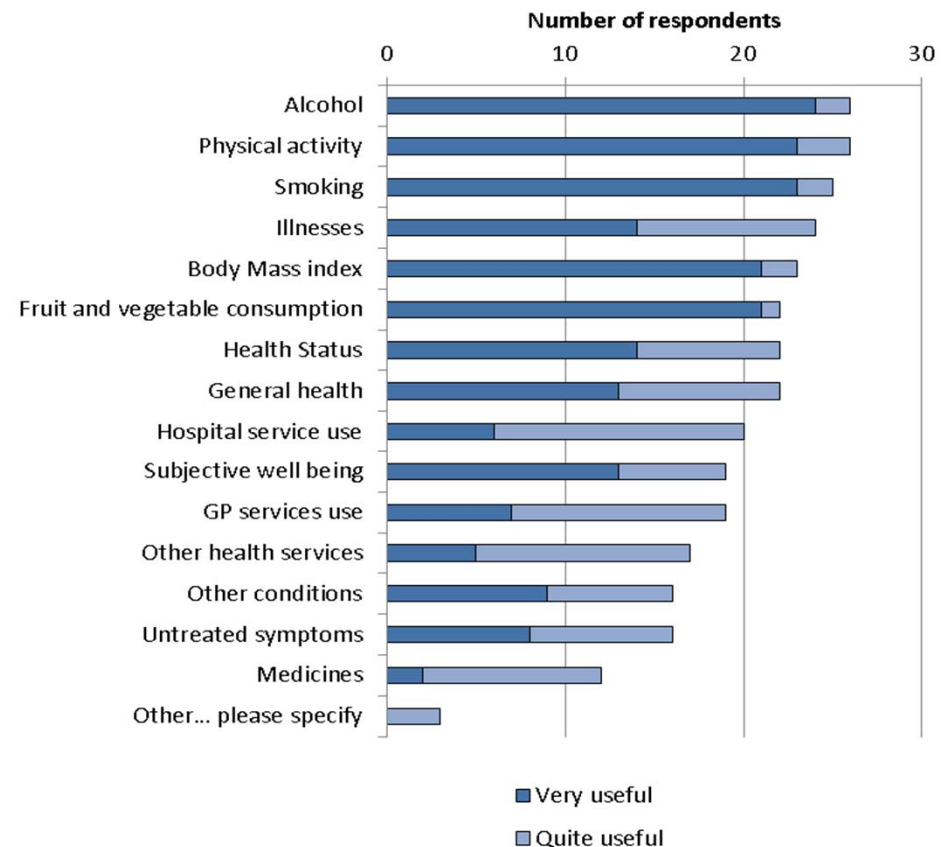
36 responses

Common themes

Lifestyle topics highlighted
as being most useful

Timeliness of most 'useful'
detailed results such as
age, gender and LA
breakdowns

Figure X: Number of respondents reporting that the following adult topics were 'Very useful' or 'Quite useful'



WHS – New publication plans

Previous method:

Initial headline results-
May/June

Annual report – September

LA bulletin – September

New method:

Initial headline results-
May/June

Series of topic based bulletins
throughout the year from
May/June to September-
including LA information

SB 30/2015

03 June 2015

Welsh Health Survey 2014: Health-related lifestyle results

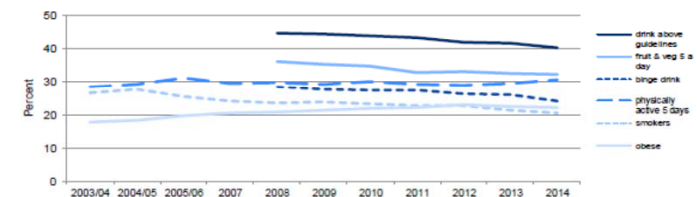
The Welsh Health Survey provides unique information about the health and health-related lifestyles of people living in Wales. It covers a range of health-related issues, including health status, lifestyle and health behaviours, and health service use. Some initial headline results from the survey were published in a statistical release in June 2014. This bulletin presents more detailed health-related lifestyle results from the 2014 survey, relating to data collected between January and December 2014. It also includes Local Authority/Health Board level results which have been calculated using data from two years of the survey, January 2013 to December 2014.

Broad figures for Wales are provided along with age and gender breakdowns. For a selection of key measures, information is provided by socio-economic group and area deprivation, and by local authority / health board. Some comparisons with earlier years are also shown. Online tables showing further breakdowns are available as are trend data for a selection of key variables.

Key results:

Figure 1: Reported lifestyle behaviours in adults, 2003/04-2014*

*See section 7 for definitions



- A fifth (20 per cent) of adults reported that they currently smoke.
- 2 in 5 (40 per cent) adults reported drinking above the recommended guidelines on at least one day in the past week, including around a quarter (24 per cent) who reported binge drinking - however people do not necessarily drink at these levels regularly.
- Around 3 in 10 (31 per cent) adults reported being physically active on five or more days in the previous week, and 34 per cent on no days.
- Around 3 in 5 (58 per cent) adults were classified as overweight or obese, including just over 1 in 5 (22 per cent) adults classified as obese.

Statistician: Josh Dixon / Cath Roberts Tel: 029 2082 6710 / 5033 E-mail: stats.healthinfo@wales.gsi.gov.uk
Next Update: June 2016 (provisional)
Twitter: www.twitter.com/statisticswales | www.twitter.com/ystadegaucymru

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Llywodraeth Cymru
Welsh Government

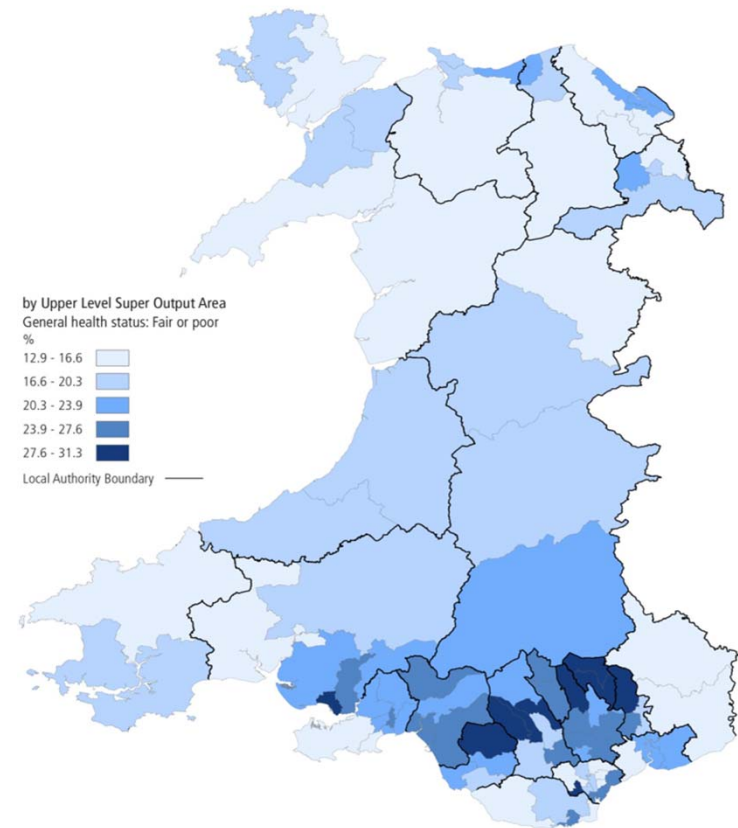
Small area estimations

Examined self reported health status and key lifestyle topics at USOA level.

Used data from WHS 2008-2013 to increase sample size.

Large variation within some local authorities

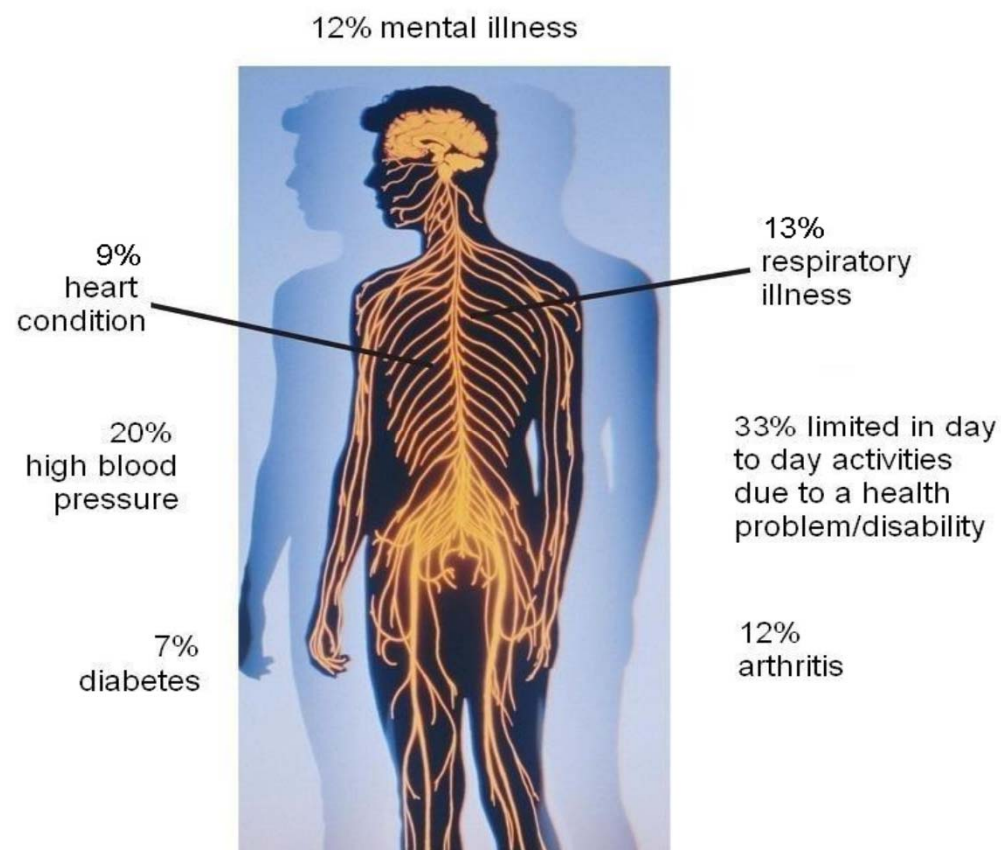
Figure 1 :
Adults who reported their general health status as fair/poor (age-standardised)



WHS 2014: Health-related lifestyle results

- 20% of adults reported that they currently smoked.
- 40% of adults reported drinking above the guidelines on at least one day in the past week.
- 24% binge drank.
- 31% met old physical activity guidelines (5x30).
- 58% classified as overweight or obese.
- 22% obese.

WHS 2014: Health status, illnesses and other conditions results



Future of the WHS

- In 2014, a wider review of large-scale social surveys commissioned by the Welsh Government/WG funded bodies was carried out.
- It has been decided to replace existing surveys, including WHS, with a new integrated survey of adults which will include health-related questions.
- WHS will run until the end of 2015 and then cease in its current form.
- The new survey is currently in the development stage and will start in March 2016.

Useful contacts / links

Reports and information available on the WHS theme page at:
<http://gov.wales/statistics-and-research/welsh-health-survey>

You can download main and technical reports from our earlier surveys, as well as reports from survey development work.

Survey data, including teaching datasets, available at the UK Data Service: <http://discover.ukdataservice.ac.uk/series/?sn=2000057>

If you have a **query** about the Welsh Health Survey then please contact: stats.healthinfo@wales.gsi.gov.uk

If you have a query about the new integrated survey then please contact: surveys@wales.gsi.gov.uk

Thank you