



Health Surveys User Conference 2016: Welsh Health Survey

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What we will cover.

- Results from the WHS physical activity split sample experiment
- Well-being of Future Generations Act (Wales) – Multiple healthy lifestyle behaviours indicator



Physical activity – split sample experiment



Physical activity split sample experiment 2015- background

- In 2011, new UK wide physical activity guidelines were introduced.
- Main recommendations was that adults complete 150 minutes of moderate physical activity (or 75 minutes of vigorous activity) in bouts of 10 minutes or more a week.
- Previous Welsh Health Surveys had measured respondents against a guideline of completing at least 30 minutes of moderate/vigorous activity on at least 5 days a week.
- Latest guidelines should allow more flexibility in how guidelines are met.
- For 2015- a split sample experiment was carried out for physical activity with a third of respondents receiving the old survey questions and two-thirds receiving new questions which measured against the latest guidelines.

The experiment

N= 4,910

EXERCISE

43a 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

For example Housework (eg Hoovering, dusting), walking at an average pace, golf, light gardening (eg weeding)

If no light exercise in the last 7 days, please tick 08

Mon Tue Wed Thu Fri Sat Sun 2451-2454

01 02 03 04 05 06 07

43b 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

For example Heavy housework (eg spring cleaning, walking with heavy shopping), fast walking, dancing, gentle swimming, heavy gardening (eg digging)

If no moderate exercise in the last 7 days, please tick 08

Mon Tue Wed Thu Fri Sat Sun 2465-2468

01 02 03 04 05 06 07

43c 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

For example Running, jogging, squash, swimming lengths, aerobics, fast cycling, football

If no vigorous exercise in the last 7 days, please tick 08

Mon Tue Wed Thu Fri Sat Sun 2479-2482

01 02 03 04 05 06 07

19

N= 8,746

50 How much time did you usually spend doing moderate activity on **one** of these days?

Please answer in hours and minutes. For example if you did something for 90 minutes that would be 1 hour and 30 minutes.

Hours Minutes 2507-2530

51 Think about the **vigorous** physical activity you did in the **last 7 days**.

Vigorous activity takes hard physical effort and can make you breathe much harder than normal. Examples include running, fast cycling, a workout at the gym that makes you out of breath or sweaty.

Think **only** about those physical activities that you did for at least 10 minutes at a time

Tick all days that apply

Mon Tue Wed Thu Fri Sat Sun 2531-2544

01 02 03 04 05 06 07

During the **last 7 days**, on which days did you do **vigorous** activity? → Go to 52

If no vigorous activity in the last 7 days, please tick 08 → Go to 53

52 How much time did you usually spend doing vigorous activity on **one** of these days?

Please answer in hours and minutes. For example if you did something for 90 minutes that would be 1 hour and 30 minutes.

Hours Minutes 2545-2548

53 Think about the time you spent **sitting** on **weekdays** during the **last 7 days**.

Include 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.

During the **last 7 days**, how much time did you spend sitting on an **average weekday**?

Please answer in hours and minutes. For example if you spent 90 minutes sitting that would be 1 hour and 30 minutes.

Hours Minutes 2549-2552

54 Think about the time you spent **sitting** on a **weekend** during the **last 7 days**.

Include 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.

That weekend, how much time did you spend sitting on an **average weekend day**?

Please answer in hours and minutes. For example if you spent 90 minutes sitting that would be 1 hour and 30 minutes

Hours Minutes 2553-2557

20

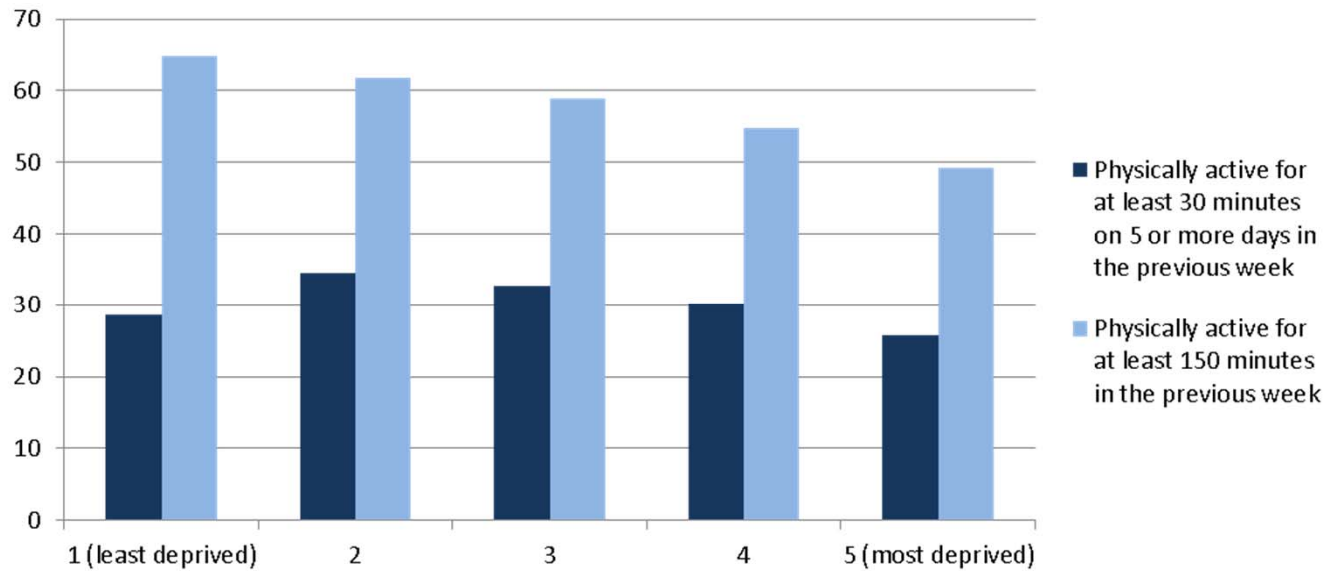
Physical activity experiment – Age & Gender Results

Percentage of adults who reported meeting physical guidelines, by age and gender *Per cent*

		Physically active for at least 30 minutes on 5 or more days in the previous week (old questions)	Physically active for at least 150 minutes in the previous week (new questions)
Male	16-44	43	72
	45-64	39	60
	65+	24	52
	All Ages	38	64
Female	16-44	29	58
	45-64	26	55
	65+	13	43
	All Ages	24	53
Persons	16-44	36	65
	45-64	33	58
	65+	18	47
	All Ages	31	58

Physical activity experiment – Deprivation (by WIMD quintile) results

Percentage of adults that reported meeting old and revised physical activity guidelines, by deprivation quintile



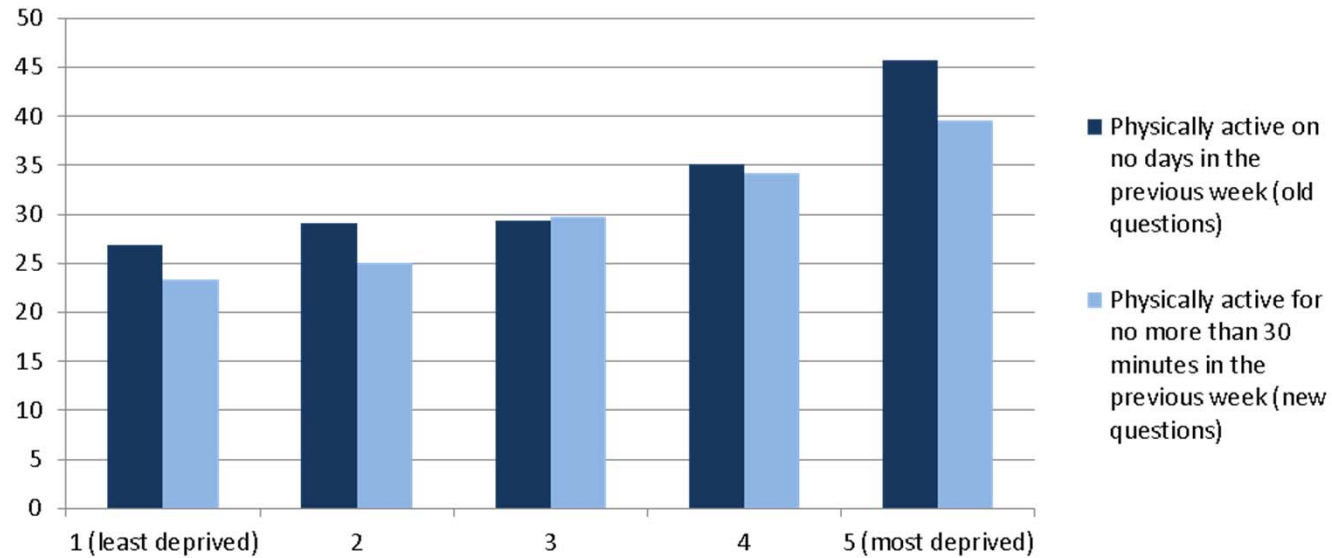
Physical Inactivity – Age & Gender Results

Percentage of adults who reported physical inactivity, by age and gender

		<i>Per cent</i>	
		Physically active on no days in the previous week (old questions)	Physically active for no more than 30 minutes in the previous week (new questions)
Male	16-44	19	20
	45-64	30	30
	65+	47	36
	All Ages	29	27
Female	16-44	24	28
	45-64	34	31
	65+	56	44
	All Ages	35	33
Persons	16-44	22	24
	45-64	32	31
	65+	52	40
	All Ages	32	30

Physical inactivity experiment – Deprivation (by WIMD quintile) results


Percentage of adults that reported completing less than the old and revised physical inactivity thresholds, by deprivation quintile






Physical activity experiment – Conclusion

- Revised guidelines seem to be more flexible to meet.
- Most notable difference in physical activity was for females.
- Large reduction in inactivity in the older generation.
- It should be noted that these do not represent changes in actual levels of physical activity.




Well-being of Future Generations Act (Wales)
– Multiple healthy lifestyle behaviours
indicator



Well-being of Future Generations Act (Wales) – Multiple healthy lifestyle behaviours indicator

The Well-being of Future Generations Act 2015 is about improving the social, economic, environmental and cultural well-being of Wales. The Act puts in place seven well-being goals for Wales. These are for a more equal, prosperous, resilient, healthier and globally responsible Wales, with cohesive communities and a vibrant culture and thriving Welsh language.

- Welsh Ministers must publish indicators that must be applied to the purpose of measuring progress towards the achievement of the well being goals.
- In March 2016, 46 national indicators were laid.
- The Welsh Health Survey provides 1 of these national indicators and 5 contextual indicators.



Well-being of Future Generations Act (Wales) – Multiple healthy lifestyle behaviours indicator

Adults reporting under two healthy lifestyle behaviours will be used as a national indicator as part of the Well-being of Future Generations Act. These lifestyle measures are namely;

- Not smoking
- Not drinking above daily guidelines in the previous week
- Eating five or more portions of fruit and vegetables the previous day
- Being physically active for at least 150 minutes in the previous week
- Maintaining a healthy weight/body mass index.

The idea for this is to assess each respondent against all of the above lifestyle behaviours at once, then being able to identify the percentage of adults who follow a completely healthy lifestyle.

Well-being of Future Generations Act (Wales) – Contextual Indicators

Percentage of adults who exhibited individual healthy lifestyle behaviours

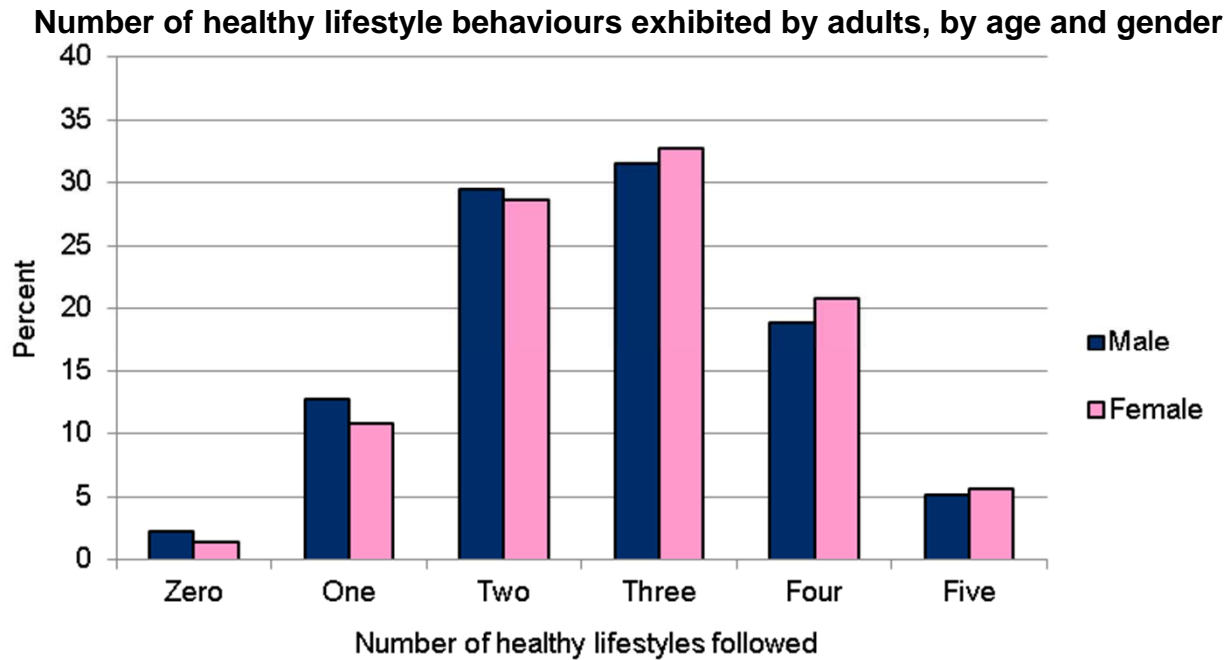
Per cent

	Maximum daily alcohol consumption	Consumption of fruit and vegetables	Exercise or physical activity done (a)	Body Mass Index		
	Non- smoker	Below guidelines	Meets guidelines	Active for 150 minutes or more a week	Healthy	<i>Un-weighted base (b)</i>
All aged:						
16-24	79	65	27	67	55	1,349
25-34	73	57	33	66	44	1,598
35-44	77	53	34	63	38	1,903
45-54	79	52	31	61	31	2,252
55-64	81	55	32	54	29	2,363
65-74	86	66	35	56	32	2,419
75+	93	83	30	35	41	1,772
16-44	76	58	31	65	46	4,850
45-64	80	53	32	58	30	4,615
65+	90	74	33	47	36	4,191
All aged 16+	81	60	32	58	38	13,656

Welsh Health Survey 2015

- (a) Minutes of moderate physical activity in blocks of 10 minutes or more the previous week. Alternatively, half the quantity of vigorous activity (or an equivalent combination of moderate and vigorous activity) can be done in place of the specified quantity of moderate activity.
- (b) Bases vary, those shown are for the whole sample. Due to the split sample design, bases for physical activity are considerably less than those presented.

Well-being of Future Generations Act (Wales) – Multiple Healthy Lifestyle behaviours



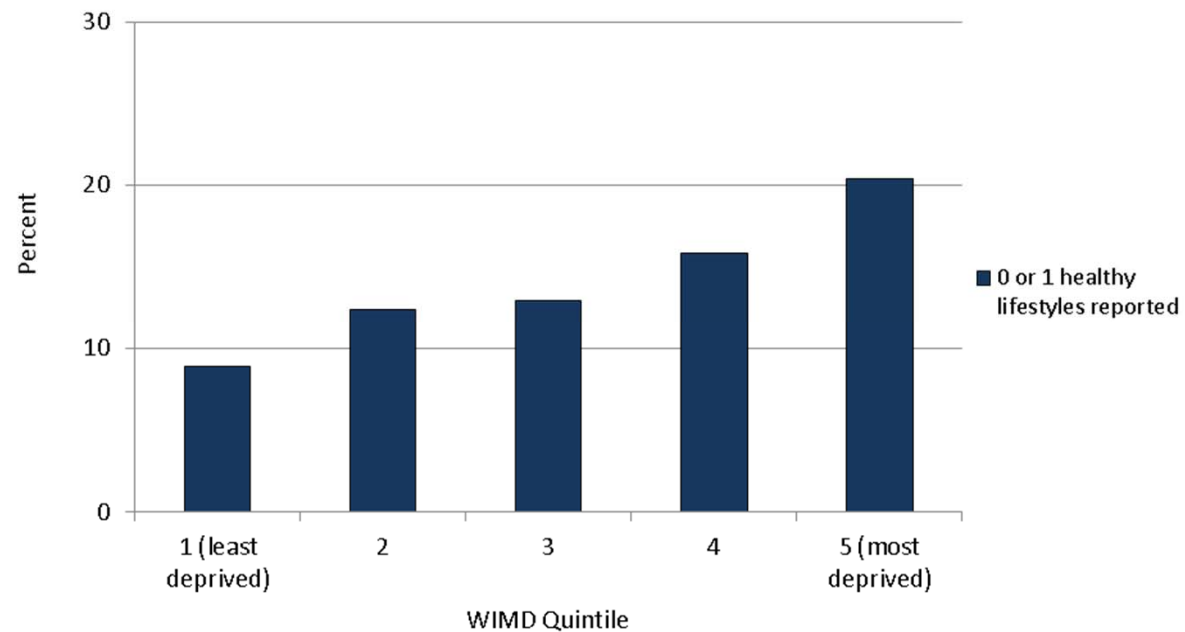
Per cent

	by sex:		by age:			All 16+
	Men 16+	Women 16+	16-44	45-64	65+	
Number of healthy lifestyles followed (g):						
0 or 1 (National indicator)	15	12	14	16	10	14
0	2	1	2	2	1	2
1	13	11	12	14	9	12
2	30	29	25	32	32	29
3	32	33	32	32	32	32
4	19	21	22	16	20	20
5	5	6	7	3	6	5
<i>Unweighted base (h)</i>	6,323	7,333	4,850	4,615	4,191	13,656

Welsh Health Survey 2015

Well-being of Future Generations Act (Wales) – Multiple Healthy Lifestyle behaviours

Number of healthy lifestyle behaviours exhibited by adults, by deprivation quintile





Well-being of Future Generations Act (Wales) – Children

- As you may have noticed the idea of this act is to improve the well-being of everyone in the community, including children.
- There was a need to create a similar measure for children.
- Smoking, Alcohol and BMI is not collected in the child section of the WHS.
- We are currently producing a piece of work around this which uses the Health Behaviour in School-aged Children survey.
- The Child indicator includes smoking, fruit or vegetable consumption, physical activity and alcohol consumption.
- BMI was excluded from this analysis.
- Analysis to be published later this year.



Questions?

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