

Health and Wellbeing Strategy 2019-22 consultation

Improving people's health and wellbeing is a top priority for Enfield.

The council, health services and the voluntary sector in the borough are together developing new ways to do this, and we want your views.

On average, this survey should take between 8-10 minutes to complete.

The vision

We are thinking about a new vision for making Enfield a healthier place. Our suggested vision is: **To make the healthy choice the first choice for everyone in Enfield.** This means making it easier for people to be physically active, eat healthily and be smoke free.

Q1 To what extent do you agree or disagree with this vision?

- ☐ Strongly agree
- ☐ Tend to agree
- ☐ Neither agree or disagree
- ☐ Tend to disagree
- ☐ Strongly disagree
- ☐ Don't know

Q2 Can you please explain your answer and suggest an alternative vision if you don't agree with the one we've suggested?

Q3 When you think about being healthy and living well which of the following do you think are important? *Please select all that apply*

- ☐ Feeling happy
- ☐ Knowing who to talk to if you feel stressed or worried
- ☐ Sleeping well at night
- ☐ Having friends, family and a support network that can help you
- ☐ Having a reduced risk of cancer, heart disease, lung disease and diabetes
- ☐ Living for a long time in good health
- ☐ Living without pain
- ☐ Having something meaningful to do every day
- ☐ Having somewhere suitable to live
- ☐ Having good sexual health
- ☐ Having a healthy weight
- ☐ Other

If other, please specify

Q4 What do you think you need to do to be healthy and live well? *Please select all that apply*

- ☐ Eating 5 portions of fruit and vegetables everyday
- ☐ Not eating too much processed food / takeaways and cook more from scratch
- ☐ Being physically active
- ☐ Not smoking nor being a passive smoker
- ☐ Not drinking too many sugary drinks

- ☐ Not drinking too much alcohol
- ☐ Other

If other, please specify

Q5 When you think about wellbeing, which of the following do you think is important? *Please select all that apply*

- ☐ Your home/where you live
- ☐ Your neighbourhood/ the places you spend time in outside your home
- ☐ How you travel/get around
- ☐ Your income/money
- ☐ The safety of your children
- ☐ Other

If other, please specify

Q6 We are looking at ways in which health care professionals could talk to you about community activities to help you improve your health, instead of only offering medical solutions. This could include helping you to access singing groups, art activities, walking, gardening, sports clubs or another activity in your community.

To what extent do you agree or disagree that this is a good approach to improving people's health?

- ☐ Strongly agree
- ☐ Tend to agree
- ☐ Neither agree or disagree
- ☐ Tend to disagree
- ☐ Strongly disagree
- ☐ Don't know

Q7 Please explain your answer, so that we can better understand why this approach may or may not work.

Eating healthily

We are now going to ask you some questions about eating healthily.

Q8 Which of these statements best describes the food you have eaten in the last 12 months?

- ☐ I had enough of the kinds of food I want to eat
- ☐ I had enough food, but not always the kinds of food I want to eat
- ☐ Sometimes I didn't have enough to eat
- ☐ Often, I didn't have enough to eat

Q9 What did you have for dinner last night? Was it from a take-away, restaurant, ready-made meal or home-cooked?

Q10 When you decided what you had for dinner last night what influenced your decision? *Please select all that apply*

- ☐ What I felt like eating
- ☐ How much it cost
- ☐ What food I had available at home
- ☐ How long it took to prepare and cook
- ☐ Whether I felt like cooking
- ☐ Whether it was healthy
- ☐ Whether I was able to buy the meal/ingredients

- ☐ Ideas from friends or family
- ☐ Ideas from advertising
- ☐ My medical condition
- ☐ Other

If Other, please state

Being physically active

We are now going to ask you some questions about being physically active.

Q11 What does a typical week look like for you when it comes to physical activity? *Please select all that apply*

- ☐ I walk
- ☐ I cycle
- ☐ I go to the gym
- ☐ I play team sports
- ☐ I go swimming
- ☐ I go jogging/running
- ☐ I am physically active through my job
- ☐ I don't do any physical activity
- ☐ Other

If other, please specify

Q11a On average, how many days a week do you usually walk or cycle, for at least 10 minutes at a time? *(If selected walking or cycling)*

- ☐ None
- ☐ 1 day per week
- ☐ 2 days per week
- ☐ 3 days per week
- ☐ 4 days per week
- ☐ 5 days per week

Q11b How much physical activity do you do per week in bouts of 10 minutes or more? *(If selected gym, team sports, swimming, jogging/running, physical active through job or other).*

- ☐ None
- ☐ Between 10 to 30 minutes
- ☐ More than 30 minutes, less than an hour
- ☐ Between an hour and 90 minutes
- ☐ More than 90 minutes, less than two hours
- ☐ Between two hours and 150 minutes
- ☐ More than 150 minutes

Q12 For the activity you took part in, where did you do it? *Please select all that apply*

- ☐ At home
- ☐ At school
- ☐ At work
- ☐ In a gym
- ☐ On a cycle path
- ☐ On the road/pavement
- ☐ In a park
- ☐ In a sports hall
- ☐ On a walking path

- ☐ Not applicable
- ☐ Other

If other, please specify

Q13 How many times on a typical day while at your workplace, do you interrupt your sitting (for example, by standing up, walking somewhere of getting a drink)? **PLEASE SELECT NO MORE THAN ONE RESPONSE**

- ☐ Less than once per 30 minutes
- ☐ Less than once per hour
- ☐ Less than once per 90 minutes
- ☐ Less than once every 2 hours
- ☐ Less than once every 3 hours

Being smoke free

Q14 Have you smoked in the last week? (This does not include vaping or e-cigarettes)

- ☐ Yes
- ☐ No
- ☐ Not sure

Q14a Where were you when you last smoked?

- ☐ At home
- ☐ In the car
- ☐ Outside my home (e.g. outside my flat, on the stairs leading up to my flat)
- ☐ Outside my office
- ☐ Outside a public building (e.g. outside the library, outside the hospital)
- ☐ In a park
- ☐ On a street

☐ Other

If other, please specify

Q14b Would you like to receive more help in stopping smoking?

☐ Yes

☐ No

☐ Not sure

Q15 What do you think would stop more people from starting to smoke?

Q16 What do you think would encourage more people to stop smoking by themselves?

About you

To help us better understand the information you have provided and to establish if the response to the questionnaire is representative of the borough, please respond to the questions in this section. Any information you provide will be collected, stored and managed in accordance with the General Data Protection Regulation (2018).

Q17 How old are you?

- | | | |
|--------------------------------|--------------------------------|--|
| <input type="checkbox"/> 18-24 | <input type="checkbox"/> 40-44 | <input type="checkbox"/> 60 or over |
| <input type="checkbox"/> 25-29 | <input type="checkbox"/> 45-49 | <input type="checkbox"/> Prefer not to say |
| <input type="checkbox"/> 30-34 | <input type="checkbox"/> 50-54 | |
| <input type="checkbox"/> 35-39 | <input type="checkbox"/> 55-59 | |

Q18 Are you

- | | |
|---------------------------------|--|
| <input type="checkbox"/> Female | <input type="checkbox"/> Transgender |
| <input type="checkbox"/> Male | <input type="checkbox"/> Prefer not to say |

Q19 In which postal district do you live?

- | | | |
|------------------------------|------------------------------|--|
| <input type="checkbox"/> EN1 | <input type="checkbox"/> EN8 | <input type="checkbox"/> N14 |
| <input type="checkbox"/> EN2 | <input type="checkbox"/> N22 | <input type="checkbox"/> N18 |
| <input type="checkbox"/> EN3 | <input type="checkbox"/> N9 | <input type="checkbox"/> N21 |
| <input type="checkbox"/> EN4 | <input type="checkbox"/> N11 | <input type="checkbox"/> Prefer not to say |
| <input type="checkbox"/> EN6 | <input type="checkbox"/> N13 | |

Q20 Please let us know if you receive any of the following? *Please select all those that apply*

- | | |
|--|--|
| <input type="checkbox"/> Housing Benefit | <input type="checkbox"/> Prefer not to say |
| <input type="checkbox"/> Council Tax Support | <input type="checkbox"/> None of the above |
| <input type="checkbox"/> Universal Credit | |

Q21 Are your day-to-day activities limited because of a health problem or disability which has lasted, or is expected to last, at least 12 months?

- ☐ Yes, limited a lot
- ☐ Yes, limited a little

- ☐ No
- ☐ Prefer not to say

Q22 What is your religion?

- ☐ No religion
- ☐ Christian (including Church of England, Catholic, Protestant and all other Christian denominations)
- ☐ Buddhist
- ☐ Hindu
- ☐ Jewish
- ☐ Muslim
- ☐ Sikh
- ☐ Prefer not to say
- ☐ Any other religion

If 'Other', please specify

Q23 Are you

- ☐ Heterosexual
- ☐ Gay Man
- ☐ Gay Woman/Lesbian

- ☐ Bisexual
- ☐ Prefer not to say

Q24 How would you describe your ethnic origin?

- ☐ English / Welsh / Scottish / Northern Irish / British
- ☐ Irish
- ☐ Greek
- ☐ Greek Cypriot
- ☐ Turkish
- ☐ Turkish Cypriot

- ☐ Gypsy / Irish Traveller
- ☐ Romany
- ☐ Other Eastern European
- ☐ White and Black African
- ☐ White and Black Caribbean
- ☐ White and Asian

- ☐ Sri Lankan
- ☐ Chinese
- ☐ Caribbean
- ☐ Ghanaian
- ☐ Somali
- ☐ Nigerian

- ☐ Italian
- ☐ Russian
- ☐ Polish
- ☐ Kurdish

If 'Other', please specify

- ☐ Mixed European
- ☐ Indian
- ☐ Pakistani
- ☐ Bangladeshi

- ☐ Arab
- ☐ Prefer not to say
- ☐ Other

Thank you for completing the survey

Signposting to health and wellbeing and services

The [Healthy Enfield](#) website has all the information you need to stay healthy.

1- Support to stop smoking

Free, proven support to **help you quit!** Join the millions of people who have used [NHS Stop Smoking Services](#) and [StopsmokingLondon](#) to **help** them **stop smoking**.

2- Opportunities to move more

There are lots of opportunities to become more physically active in Enfield at our Leisure Centres, Parks, through Cycle Enfield and much more. Find out how you can stay active [here](#).

3- Support for mental health

You can find information on improving your mental health and wellbeing by visiting [Healthy Enfield](#) and [NHS Choices](#).

4- Healthy eating

All information on healthy eating on a budget, including cutting out sugar can be accessed [here](#).

5- Enfield Food Bank

To access North Enfield foodbank there are a few simple steps to follow [here](#).