

A SUMMARY OF THE SUTTON RESIDENT SURVEY 2015: A focus on Health and Wellbeing

Link: Residents' Survey 2015

https://www.sutton.gov.uk/downloads/file/2415/residents_survey_2015

Background

Since 1987 the London Borough of Sutton has undertaken a Residents' Survey every two years. The aim is to measure satisfaction with the local area and the services the council provides. It is also used to help understand emerging issues within the borough, such as how residents access council services, prevalence of isolation and health and wellbeing.

In 2015 fieldwork was conducted by independent researchers M.E.L Research on behalf of Sutton Council. The survey was carried out with 1,022 residents aged 16+ between 3rd August and 13th September 2015. Quotas were set on age, gender and work status to match the population profile of Sutton, with data weighted to give a representative picture.

Despite the substantial savings and changes in service made since the last Residents' Survey, the overall survey results are broadly positive. However, there are some areas where the results are less positive and will need further investigation moving forward.

Results of the 2015 Survey

1. Health and Wellbeing

A number of questions regarding health and fitness and mental wellbeing were asked to give an insight into the wellbeing of the residents in Sutton.

Health and fitness

Over three quarters of residents reported they had good or very good health, while 6% stated they had bad or very bad health. The levels of reported good health have decreased from 82% in 2011 and 80% in 2013. Although the levels of reported good health have decreased, the reported levels of bad health have remained steady.

Over half of residents take part in exercise at least 2/3 times a week. This is a decrease from 59% in 2011 and 58% in 2013. There were 11% of residents that stated they never took part in exercise. These residents were more likely to be 75+ years (30%), those not working full time (15%), socially renting (24%) and residents with a disability / long term illness (36%).

Mental wellbeing

One in ten residents stated they don't have enough or have no social contact at all. Of the 2% that stated they have no social contact, this was more likely in the vulnerable residents.

In total, 79% of residents stated that they can get to all the places in the local area they want while 18% stated that they sometimes find this difficult. This is a change from 2013, when 88% stated they could get to all the places in their local area and 9% found it difficult.

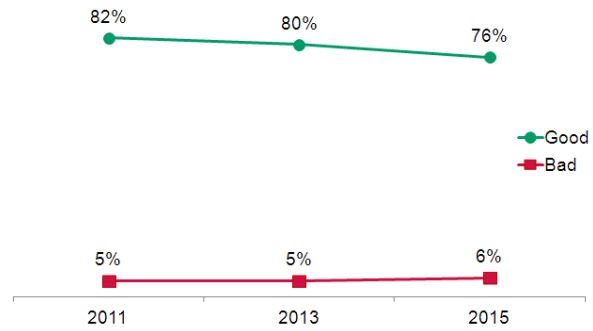
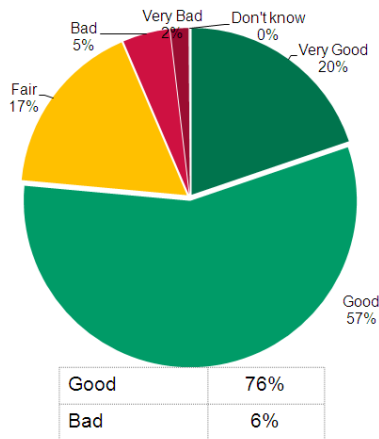
Almost three quarters of residents have neighbours or friends locally that they can ask for help. This was significantly higher in the residents from St Helier, The Wrythe and Wandle Valley (82%) and Carshalton & Clockhouse (85%).

HEALTH AND WELLBEING

Levels of Health



Reported levels of good health remain high (76%), albeit a decrease from 2013 (80%) and 2011 (82%).

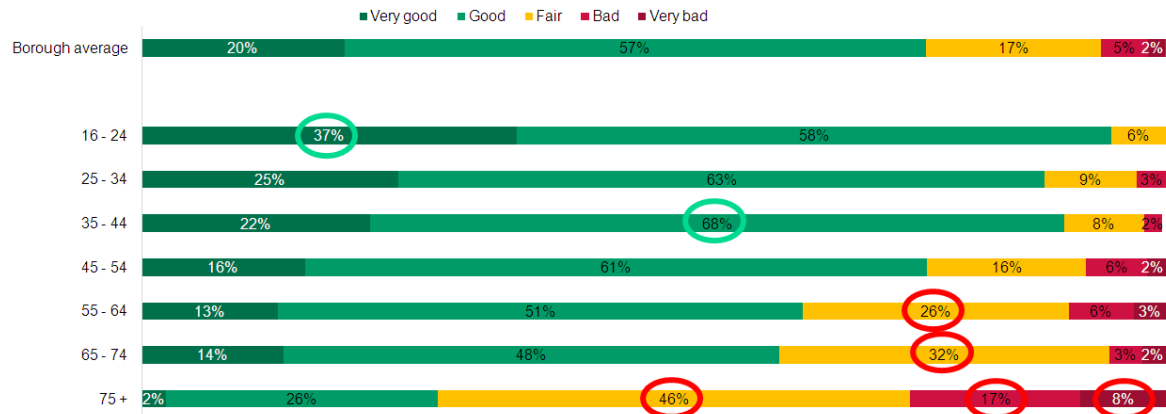


How is your health in general? Would you say it is ...?
Base: 1022

Reported health levels vary by age



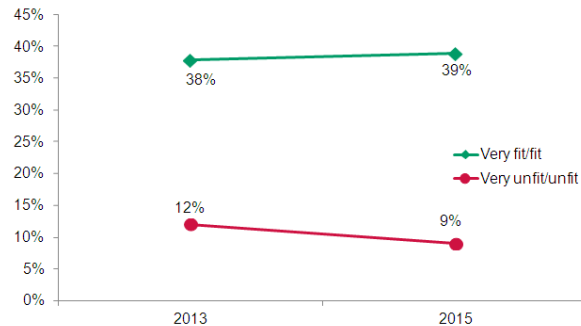
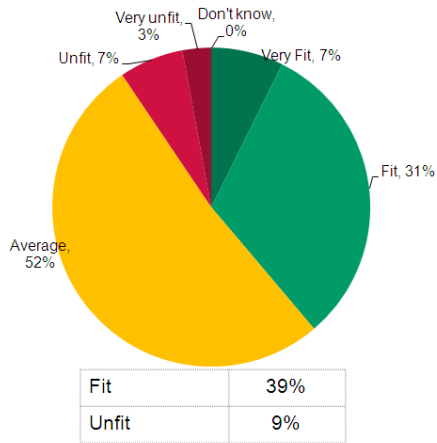
Higher levels of reported bad health in the older residents.



How is your health in general? Would you say it is ...?
Base: 1022

Levels of fitness

Only a small percentage have stated they are unfit, with most stating their fitness levels are average.



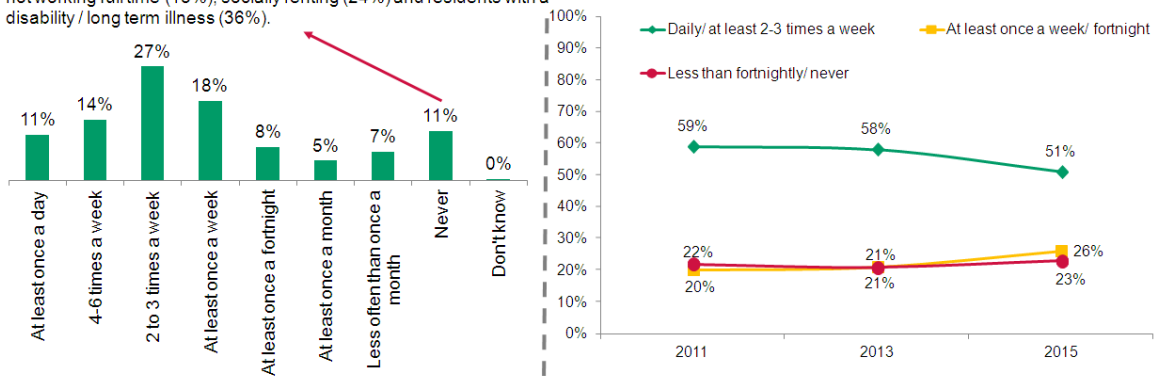
The percentage of those that stated they were unfit has decreased from 12% in 2013 to 9% in 2015.

What do you consider to be your present fitness level?
Base: 1022

Levels of exercise

The percentage that exercise at least 2-3 times a week has decreased from 58% in 2013 to 51% in 2015.

Those that never exercise are more likely to be 75+ years (30%), those not working full time (15%), socially renting (24%) and residents with a disability / long term illness (36%).

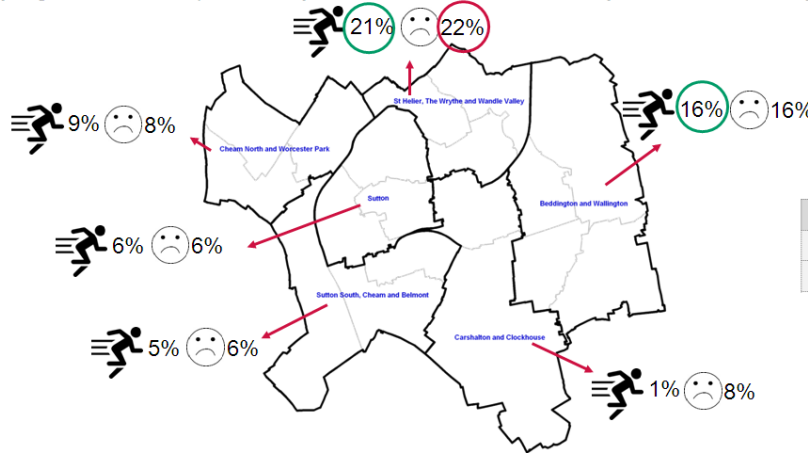


In the past 12 months, how frequently have you taken part in any sport or exercise-related activity (e.g. walking briskly, cycling, swimming, keep fit/aerobics, team sports, individual sports) for at least 30 minutes continuously?
Base: 1022

Levels of exercise vary across the borough



Significantly higher levels of reported daily exercise in St Helier, The Wrythe & Wandle Valley and Beddington & Wallington



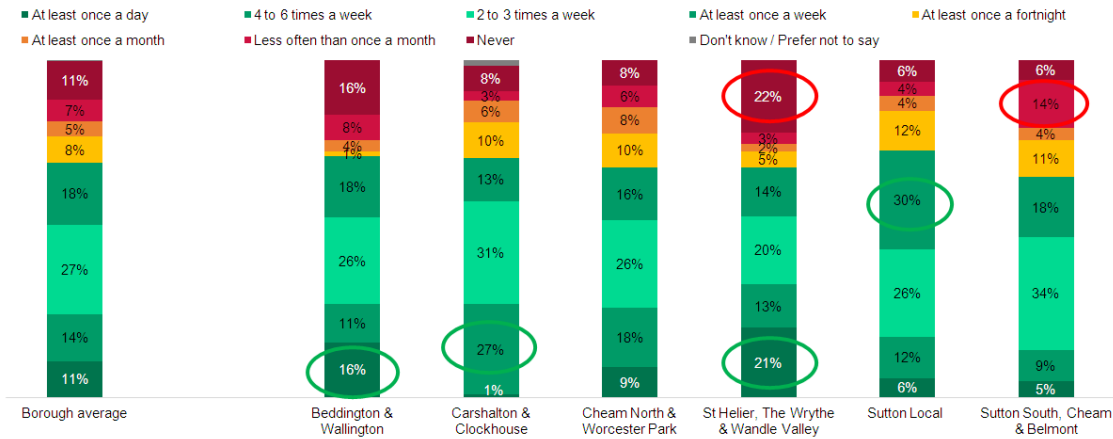
Borough average	2015
At least once a day	11%
Never	11%

In the past 12 months, how frequently have you taken part in any sport or exercise-related activity (e.g. walking briskly, cycling, swimming, keep fit/aerobics, team sports, individual sports) for at least 30 minutes continuously?
Base: 1022

Levels of exercise vary across the borough



Further geographical analysis of the amounts of exercise undertaken across the borough.



In the past 12 months, how frequently have you taken part in any sport or exercise-related activity (e.g. walking briskly, cycling, swimming, keep fit/aerobics, team sports, individual sports) for at least 30 minutes continuously?
Base: 1022

MENTAL WELLBEING

Social Isolation



The percentage that do not have enough social contact or feel socially isolated has decreased from 13% in 2013 to 11% in 2015.

- I have as much social contact as I want with people I like
- I have adequate social contact with people I like
- I have some social contact with people I like, but not enough
- I have little social contact with people I like and feel socially isolated
- Don't know



Only 2% of residents had little social contact and felt socially isolated. However, this was more likely to be in those:

- Not in paid employment (5%)
- Residents living in socially rented accommodation (7%)
- Residents with a disability or long term illness (13%) and bad health (15%)
- Residents that were unable to get around (24%) and those that had no one locally to ask for help (20%).

	2013	2015
Not socially isolated	86%	89%
Socially isolated	13%	11%

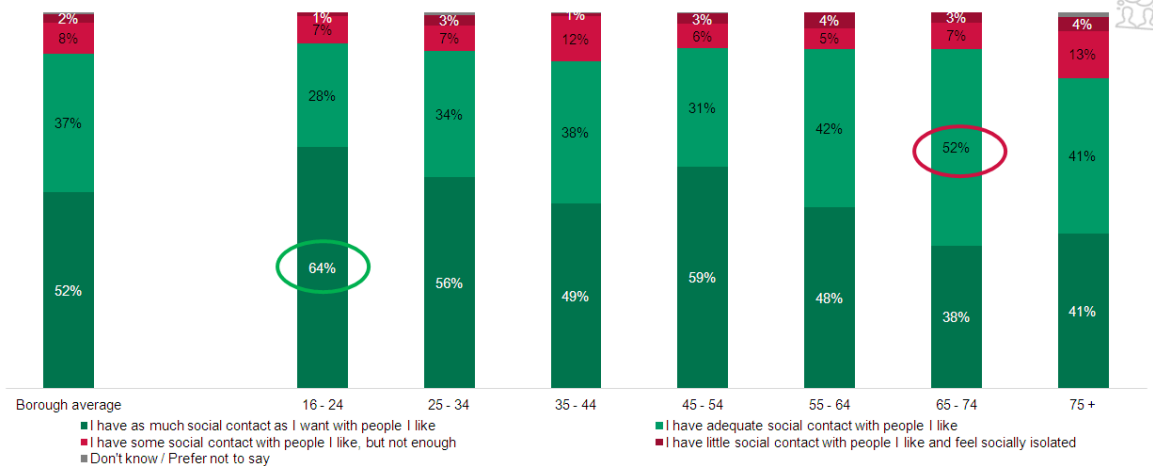
Thinking about how much contact you've had with people you like, which of the following statements best describes your social situation?

Base: 1022

Figures used in the graph are unrounded and there may not add up to 100%.

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Social isolation varies by age group



Thinking about how much contact you've had with people you like, which of the following statements best describes your social situation?

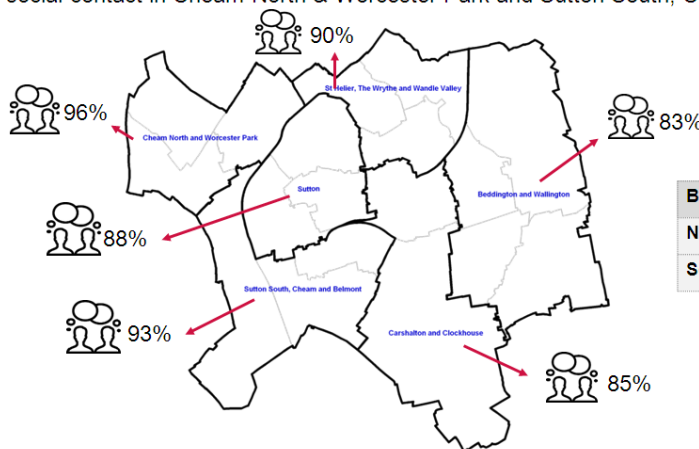
Base: 1022

Figures used in the graph are unrounded and there may not add up to 100%.

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Geographical variations in social isolation

Highest levels of social contact in Cheam North & Worcester Park and Sutton South, Cheam & Belmont.



Borough average	2015
Not socially isolated	89%
Socially isolated	11%

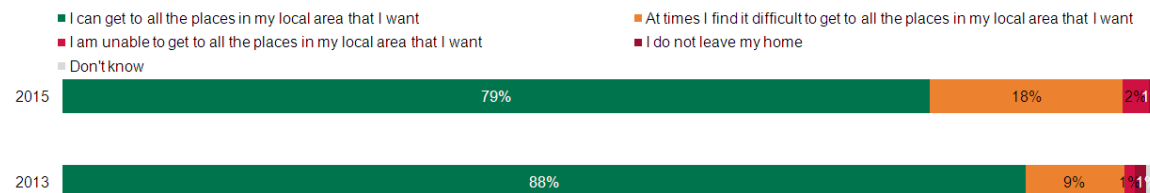
Thinking about how much contact you've had with people you like, which of the following statements best describes your social situation?

Base: 1022

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Getting around

There has been a decrease in the percentage that can get to all the places in the local area that they want, from 88% in 2013 to 79% in 2015.



In 2015, 1% of residents were unable to leave their home. This was more likely to be in:

- Those living in socially rented accommodation (3%)
- Residents with a disability or long term illness (6%) and those with bad health (10%)
- Residents that stated they were unfit (3%)
- Those that stated they were socially isolated (6%) and cannot ask people locally for help (5%).

	2013	2015
Can get around	88%	79%
Difficult to get around	11%	21%



Thinking about getting around, which of the following statements best describes your present situation (you can include getting around by yourself or with help from someone else)?

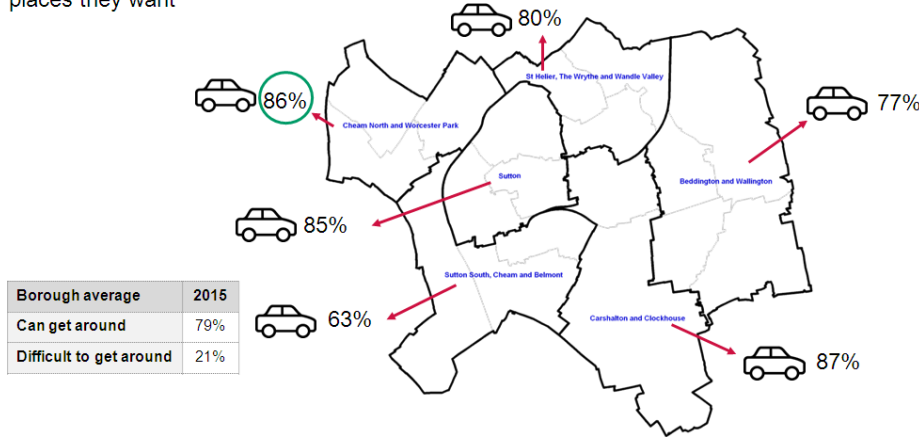
Base: 1022

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Getting around

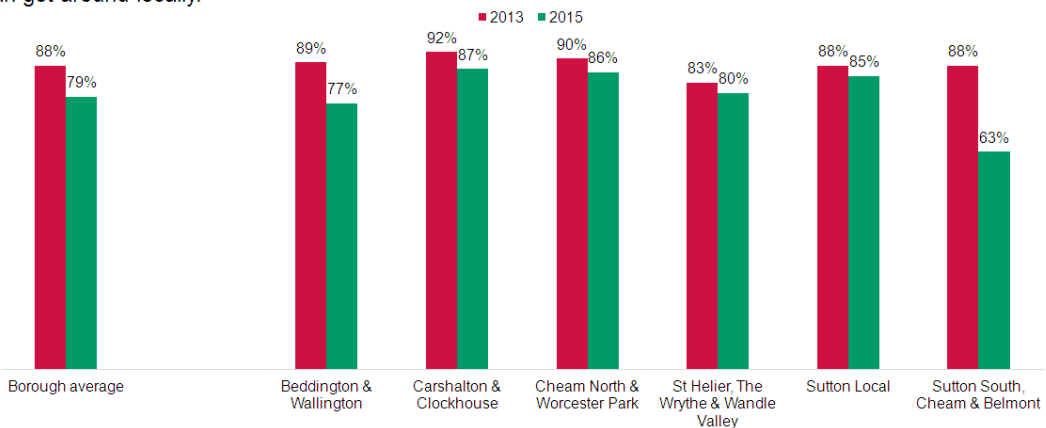
A significantly higher percentage of residents from Cheam North and Worcester Park can get around to all the local places they want



Thinking about getting around, which of the following statements best describes your present situation (you can include getting around by yourself or with help from someone else)? (Percentage of residents that stated "I can get to all the places in my local area that I want". Borough average 79%)
 Base: 1022

Ease of getting around varies

In Sutton South, Cheam & Belmont and Beddington & Wallington there has been a large decrease in the percentage that can get around locally.

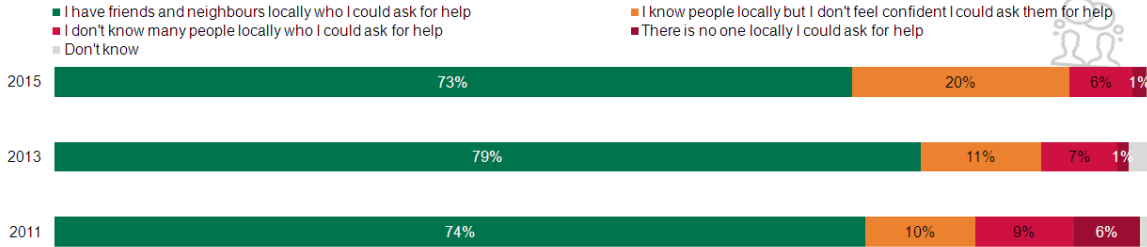


Thinking about getting around, which of the following statements best describes your present situation (you can include getting around by yourself or with help from someone else)?
 Base: 1022



Asking for help

The percentage that have friends and neighbours they can ask for help fluctuates



In 2015, 1% of residents had no one locally they could ask for help. This was most likely to be in:

- Residents with a disability or long term illness (4%)
- Residents that stated they were unfit (5%)
- Those that stated they were socially isolated (7%) and unable able to get around locally (10%).

	2011	2013	2015
Could ask for help	74%	79%	73%
Not able to ask for help	25%	19%	27%

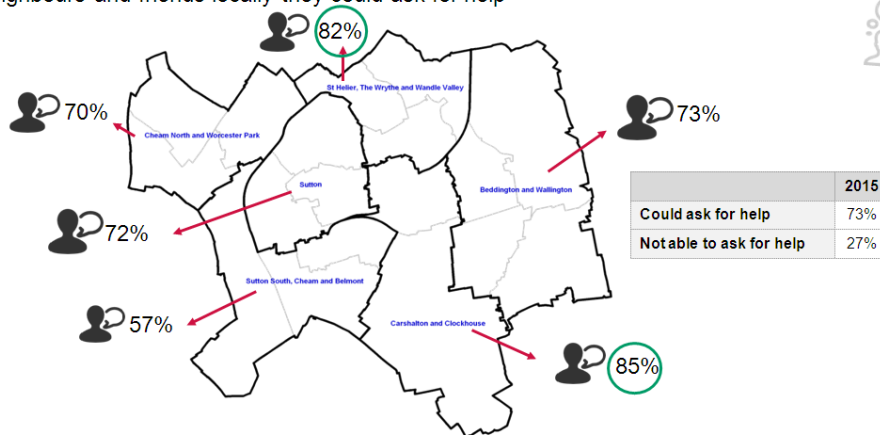
Which of the following statements comes closest to how you feel about asking for help?
Base: 1022

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Asking for help



A significantly higher percentage of residents from St Helier, The Wrythe & Wandle Valley and Carshalton & Clockhouse have neighbours and friends locally they could ask for help



Which of the following statements comes closest to how you feel about asking for help?
Base: 1022

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Other topics

2. Environmental behaviours

Regularly giving away unwanted items (63%), turning electrical items off standby (61%) and having made their home more energy efficient (59%) were the most common actions people took part in to minimise their environmental impact. Growing their own food was the least common environmental behaviour, with 18% stating they had done this.

Since 2013 there has been an increase in the percentage of residents that participate in a number of behaviours, with the greatest changes as follows:

- Cycling instead of taking the car at least once a week (40% in 2013 to 50% in 2015)
- Making space for nature (27% in 2013 to 33% in 2015)
- Regularly buying recycled goods (20% in 2013 to 25% in 2015)

There has also been a drop in the following:

- Composting of food waste, grass cuttings and pruning's (42% in 2013, 28% in 2015)
- Buying of ethical and fairtrade products (29% in 2013 to 23% in 2015)

Demographic analysis shows that:

- Women are more likely (69%) to give away unwanted items
- Residents ages 45-54 years (69%) are more like to switch electrical items off standby
- Home owners are more likely (65%) to have made their home more energy efficient

3. Feeling informed

- Since 2013 there has been an increase in the percentage of residents that feel informed about how their council tax is spent, from 48% in 2013 to 65% in 2015. In 2015, this was significantly higher in the residents from Cheam North and Worcester Park (73%) and those from Sutton South, Cheam & Belmont (75%). However, it was significantly lower in those residents from St Helier, The Wrythe and Wandle Valley (55%) and those from Beddington & Wallington (58%).
- This was also reflected in the percentage of residents that feel informed about the services and benefits provided by the council, which increased from 49% in 2013 to 64% in 2015. The 2015 results vary geographically, with residents in Sutton South, Cheam & Belmont (79%) being significantly more likely to agree with this statement.
- These positive changes could be linked to the new council website, recent communications campaigns (e.g. Sutton's Future) and a new communications contract. With Sutton Council still needing to make significant changes, it will be important to maintain these high levels of feeling informed, to ensure that residents have the information and knowledge to contribute to future consultations and savings discussions.

Digital Engagement

- The survey showed an increase in the percentage of residents that find out about council services online (46% in 2013 to 50% in 2015) and access council services online (33% in 2013 to 47% in 2015). Although it is positive to see an increase, it should be noted that those who stated they were not interested in finding or

accessing council services online were more likely to be the vulnerable residents. Therefore, looking ahead to any future possible changes, it will be important to ensure that the council continues to have equal access to council services.

Engaging with the Council

- The percentage of residents that are not interested or do not want to be involved with the council has continued to increase from 68% in 2011 to 83% in 2015. However, this does not appear to have impacted on the influence residents feel they have, with only just over half (51%) of residents stating they feel they can influence council run-services, compared to the 43% that disagree.
- There were variations in the percentage that feel they can influence council-run services, with residents from Sutton South, Cheam & Belmont being statistically more likely to agree with this statement (76%) and, residents from Carshalton & Clockhouse being significantly less likely (38%).

Engaging with the Community

- Overall, 19% of residents stated they regularly volunteered and 81% do not regularly volunteer. Rates of volunteering decreased from 24% in 2011 and 21% in 2013.
- In total, 12% of residents stated that they provided unpaid help at least once a week. This was significantly more likely in those residents from Sutton Local (20%) and those from Sutton South, Cheam & Belmont (18%). The rates were also higher in those residents aged 16-24 years and those aged 55+ years.
- There were 69% of residents that stated they had never provided unpaid help in the last 12 months, which was much more likely to be in the more vulnerable residents and residents from Beddington and Wallington (86%).

4. Perceptions of Crime

- The majority of residents (98%) feel safe walking alone during the day in their neighbourhood. The reported levels of safety were higher in males (99%), 16-24 year olds (99%) and 65-74 year olds (99%). The lower levels of feeling safe were in females (96%) and 25-34 year olds (96%). There were significantly lower levels of reported feeling safe during the day from those residents with a disability or a long-term illness, of which only 91% stated they felt safe alone in their neighbourhood during the day.
- The percentage of residents that feel safe after dark is lower, with only 75% feeling safe. However, this has increased from 2013, when 71% stated they felt safe.
- Males, 16-24 year olds and those that work full-time were more likely to report higher levels of feeling safe after dark (82%, 84% and 81% respectively).
- Geographically there were variations in the feeling of safety during the day and after dark. Residents in Beddington & Wallington had lower levels feeling safe during the day (95%) and Sutton Local had the lowest levels after dark (72%) – which is unsurprising, as this area has a night time economy.
- The level of concern for individual crimes was highest in burglary (37%), anti-social behaviour (35%) and vandalism (30%). However, the level of worry in both these crimes has decreased from 2011 (48%, 41% and 35% respectively).
- There were geographical variations in the worry of crimes. The level of worry for each of these crimes appears to be highest in Beddington & Wallington (Burglary - 49%, anti-social behaviour – 51%, vandalism – 43%).