

**OMNIBUS - ComRes**  
**ONLINE Fieldwork : 10th - 12th December 2010**

Table 1

Absolutes/col percents

**Q. Which of the following best describes how your health and wellbeing have changed over the past two years?**

**Base : All respondents**

	Gender		Age						SEG				Region					Employment Sector		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	South East	Mid-lands	North Eng-land	Wales & South West	Scot-land	Pub-lic	Pri-vate
Unweighted Base	2049	989	1060	231	342	368	332	321	455	714	719	267	349	516	550	525	302	156	331	753
Weighted Base	2049	1004	1045	246	328	389	348	308	431	553	594	430	471	521	541	514	295	178	343	805
Overall, my health hasn't changed during the past two years	1169 57%	604 60%	565 54%	146 59%	207 63%	229 59%	190 55%	170 55%	227 53%	338 61%	370 62%	255 59%	207 44%	294 56%	311 57%	299 58%	155 53%	110 62%	225 66%	510 63%
Overall, my health has improved during the past two years	201 10%	102 10%	100 10%	45 18%	30 9%	41 10%	32 9%	20 7%	33 8%	50 9%	61 10%	40 9%	51 11%	67 13%	45 8%	47 9%	29 10%	14 8%	36 10%	88 11%
Overall, my health has got worse during the past two years	679 33%	299 30%	380 36%	54 22%	91 28%	119 31%	126 36%	117 38%	171 40%	166 30%	164 28%	136 32%	214 45%	160 31%	185 34%	168 33%	111 38%	54 30%	82 24%	206 26%

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Table 20

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**Q. To what extent would you say your health got worse as a result of the recession, or your personal financial situation?**

**Base : All whose health has got worse**

	Gender		Age						SEG				Region					Employment Sector		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	South East	Mid-lands	North Eng-land	Wales & South West	Scot-land	Pub-lic	Pri-vate
Unweighted Base	671	302	369	54	90	114	128	115	170	220	204	81	166	157	189	167	113	45	80	200
Weighted Base	679	299	380	54	91	119	126	117	171	166	164	136	214	160	185	168	111	54	82	206
To a great extent	97 14%	36 12%	61 16%	14 26%	18 20%	29 25%	16 12%	9 8%	10 6%	10 6%	22 13%	22 16%	42 20%	27 17%	29 16%	23 14%	15 13%	3 5%	11 14%	24 12%
To some extent	231 34%	110 37%	122 32%	20 37%	42 47%	47 40%	60 47%	26 22%	37 21%	47 29%	54 33%	55 40%	76 36%	53 33%	53 29%	61 36%	41 37%	24 44%	23 28%	90 44%
To no extent	322 48%	146 49%	177 47%	17 31%	27 30%	34 29%	45 36%	81 69%	118 69%	103 62%	81 49%	57 42%	82 38%	75 47%	99 54%	75 45%	49 44%	24 45%	45 54%	83 40%
Don't know	28 4%	8 3%	20 5%	3 6%	3 3%	8 7%	6 4%	2 2%	6 4%	5 3%	8 5%	2 1%	13 6%	6 4%	3 2%	9 6%	6 6%	3 6%	3 4%	9 5%

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Table 21

**Q. Do you plan to take steps to improve your health in the New Year?**

Absolutes/col percents

**Base : All respondents**

	Gender		Age						SEG				Region					Employment Sector		
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	South East	Mid-lands	North Eng-land	Wales & South West	Scot-land	Pub-lic	Pri-vate
Unweighted Base	2049	989	1060	231	342	368	332	321	455	714	719	267	349	516	550	525	302	156	331	753
Weighted Base	2049	1004	1045	246	328	389	348	308	431	553	594	430	471	521	541	514	295	178	343	805
Yes	1325	616	709	151	213	249	239	195	277	370	382	274	299	356	342	315	197	115	235	511
	65%	61%	68%	62%	65%	64%	69%	64%	64%	67%	64%	64%	63%	68%	63%	61%	67%	65%	68%	64%
No	472	271	201	72	76	88	65	76	95	144	140	106	83	113	122	137	66	34	77	204
	23%	27%	19%	29%	23%	23%	19%	25%	22%	26%	24%	25%	18%	22%	23%	27%	22%	19%	22%	25%
Don't know	252	117	135	22	39	51	45	36	59	40	72	51	90	52	76	63	33	29	32	89
	12%	12%	13%	9%	12%	13%	13%	12%	14%	7%	12%	12%	19%	10%	14%	12%	11%	16%	9%	11%

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Table 22

Absolutes/col percents

**Q. How do you plan to take steps to improve your health in the New Year?****Base : All who plan to take steps to improve health**

	Gender		Age							SEG				Region					Employment Sector	
	Total	Male	Female	18-24	25-34	35-44	45-54	55-64	65+	AB	C1	C2	DE	South East	Mid-lands	North Eng-land	Wales & South West	Scot-land	Pub-lic	Pri-vate
Unweighted Base	1336	612	724	147	233	235	226	199	296	473	470	168	225	349	356	327	200	104	227	485
Weighted Base	1325	616	709	151	213	249	239	195	277	370	382	274	299	356	342	315	197	115	235	511
I plan to exercise more	996 75%	472 77%	524 74%	125 83%	163 76%	177 71%	175 73%	153 78%	203 73%	297 80%	299 78%	187 68%	213 71%	281 79%	268 78%	226 72%	137 70%	84 73%	173 74%	404 79%
I plan to lose weight	901 68%	397 64%	504 71%	99 65%	133 62%	165 66%	153 64%	151 77%	200 72%	252 68%	259 68%	183 67%	207 69%	234 66%	249 73%	205 65%	135 69%	78 67%	155 66%	325 64%
I plan to have a more healthy diet	699 53%	306 50%	393 55%	103 68%	138 65%	135 54%	113 47%	96 49%	114 41%	171 46%	200 52%	154 56%	174 58%	189 53%	179 52%	161 51%	104 53%	66 57%	115 49%	271 53%
I plan to lower my stress levels	457 34%	207 34%	249 35%	74 49%	87 41%	81 33%	98 41%	51 26%	65 24%	103 28%	120 31%	105 38%	129 43%	134 38%	104 30%	101 32%	70 36%	47 41%	86 37%	171 33%
I plan to have a health check so I can get clinical advice on how to improve my health	253 19%	144 23%	110 15%	31 20%	37 17%	32 13%	44 19%	44 22%	65 24%	81 22%	53 14%	57 21%	62 21%	67 19%	64 19%	69 22%	34 17%	19 17%	32 14%	95 19%
I plan to drink less alcohol	234 18%	135 22%	100 14%	26 17%	46 22%	51 20%	44 19%	26 13%	41 15%	72 19%	68 18%	60 22%	34 11%	52 14%	65 19%	66 21%	34 18%	17 15%	49 21%	104 20%
I plan to give up smoking	190 14%	87 14%	104 15%	24 16%	50 23%	42 17%	32 13%	21 11%	21 8%	35 10%	45 12%	47 17%	64 21%	43 12%	49 14%	48 15%	31 16%	19 17%	33 14%	81 16%
None of the above	19 1%	12 2%	7 1%	1 *	4 2%	1 1%	6 3%	- -	6 2%	2 1%	8 2%	3 1%	5 2%	6 2%	4 1%	3 1%	4 2%	1 1%	5 2%	5 1%