

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

Absolutes/col percents

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 4

Absolutes/col percents

Q. Thinking about the last two years, do you agree or disagree with each of the following statements? Since the recession: I've worked more hours so I've had less time to exercise

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
Agree	538 26%	268 27%	270 26%	111 45%	123 38%	119 31%	97 28%	56 18%	32 7%	142 26%	202 34%	114 26%	80 17%	149 29%	131 24%	139 27%	77 26%	42 24%	130 38%	313 39%
Disagree	1323 65%	668 67%	655 63%	110 45%	180 55%	241 62%	218 63%	239 78%	335 78%	376 68%	348 59%	293 68%	306 65%	327 63%	361 67%	330 64%	184 62%	120 68%	209 61%	456 57%
Don't know	188 9%	68 7%	121 12%	25 10%	25 8%	29 7%	34 10%	13 4%	64 15%	35 6%	45 8%	24 5%	84 18%	45 9%	49 9%	45 9%	34 12%	16 9%	4 1%	35 4%

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Table 5

Q. Thinking about the last two years, do you agree or disagree with each of the following statements? Since the recession: I've had less money so I tend to eat more unhealthy foods

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
Agree	743 36%	318 32%	425 41%	130 53%	172 52%	168 43%	134 39%	75 25%	64 15%	125 23%	200 34%	185 43%	234 50%	172 33%	181 33%	201 39%	114 39%	75 42%	109 32%	321 40%
Disagree	1237 60%	659 66%	578 55%	96 39%	144 44%	210 54%	208 60%	225 73%	355 82%	415 75%	368 62%	243 56%	210 45%	334 64%	338 63%	294 57%	171 58%	100 56%	228 66%	462 57%
Don't know	69 3%	27 3%	42 4%	20 8%	13 4%	12 3%	6 2%	7 2%	12 3%	13 2%	26 4%	3 1%	28 6%	15 3%	22 4%	19 4%	11 4%	3 2%	6 2%	21 3%

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Table 6

Absolutes/col percents

**Q. Thinking about the last two years, do you agree or disagree with each of the following statements? Since the recession:
 I've cancelled my gym membership to save money**

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
Agree	483 24%	225 22%	258 25%	87 35%	107 33%	106 27%	81 23%	58 19%	45 10%	104 19%	146 25%	111 26%	122 26%	117 23%	122 22%	127 25%	76 26%	42 24%	96 28%	215 27%
Disagree	1267 62%	635 63%	632 60%	125 51%	192 58%	240 62%	205 59%	198 64%	307 71%	383 69%	374 63%	256 59%	254 54%	336 65%	333 62%	313 61%	175 59%	108 61%	216 63%	497 62%
Don't know	299 15%	144 14%	155 15%	33 13%	29 9%	44 11%	62 18%	52 17%	79 18%	67 12%	74 12%	63 15%	95 20%	67 13%	86 16%	74 14%	45 15%	28 16%	32 9%	93 12%

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Table 7

Absolutes/col percents

Q. Thinking about the last two years, do you agree or disagree with each of the following statements? Since the recession: I've smoked more cigarettes because I've felt more stressed

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
Agree	327 16%	143 14%	183 18%	63 25%	80 24%	73 19%	69 20%	22 7%	21 5%	53 10%	70 12%	81 19%	123 26%	77 15%	85 16%	81 16%	48 16%	36 20%	46 14%	132 16%
Disagree	1567 76%	780 78%	787 75%	152 62%	229 70%	291 75%	257 74%	265 86%	372 86%	462 84%	482 81%	320 74%	303 64%	416 80%	413 76%	386 75%	224 76%	128 72%	276 80%	619 77%
Don't know	155 8%	81 8%	74 7%	31 12%	19 6%	26 7%	22 6%	20 7%	38 9%	38 7%	43 7%	30 7%	45 10%	28 5%	42 8%	47 9%	23 8%	14 8%	21 6%	53 7%

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Table 8

Absolutes/col percents

**Q. Thinking about the last two years, do you agree or disagree with each of the following statements? Since the recession:
 I've drunk more alcohol because I've felt more stressed**

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
Agree	383 19%	181 18%	202 19%	66 27%	87 27%	87 22%	68 20%	40 13%	34 8%	87 16%	112 19%	93 22%	91 19%	72 14%	103 19%	108 21%	60 20%	40 23%	74 21%	172 21%
Disagree	1576 77%	778 77%	799 76%	158 64%	225 69%	287 74%	270 78%	259 84%	377 87%	445 80%	453 76%	325 75%	354 75%	427 82%	412 76%	378 74%	225 76%	134 76%	261 76%	602 75%
Don't know	90 4%	45 4%	45 4%	22 9%	16 5%	14 4%	10 3%	8 3%	20 5%	21 4%	29 5%	13 3%	27 6%	22 4%	26 5%	28 5%	11 4%	3 2%	8 2%	30 4%

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Table 9

Absolutes/col percents

Q. Thinking about the last two years, do you agree or disagree with each of the following statements? Since the recession: I've slept less because I feel more stressed

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
Agree	932 46%	376 37%	557 53%	144 59%	187 57%	208 54%	175 50%	113 37%	105 24%	188 34%	268 45%	213 50%	263 56%	237 46%	224 41%	243 47%	149 50%	80 45%	172 50%	385 48%
Disagree	1055 52%	601 60%	454 43%	81 33%	134 41%	174 45%	167 48%	188 61%	311 72%	355 64%	308 52%	208 48%	183 39%	268 52%	298 55%	257 50%	140 47%	92 52%	167 49%	396 49%
Don't know	61 3%	27 3%	34 3%	20 8%	7 2%	7 2%	6 2%	6 2%	15 3%	10 2%	18 3%	9 2%	25 5%	15 3%	19 3%	15 3%	7 2%	6 3%	5 1%	23 3%

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Table 10

Q. Thinking about the last two years, do you agree or disagree with each of the following statements? Since the recession: I've been feeling depressed due to financial worries

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
Agree	882 43%	368 37%	513 49%	134 54%	203 62%	199 51%	172 49%	86 28%	89 21%	156 28%	244 41%	225 52%	257 55%	219 42%	212 39%	226 44%	140 47%	85 47%	139 41%	374 46%
Disagree	1103 54%	610 61%	493 47%	94 38%	116 35%	182 47%	168 48%	216 70%	326 76%	385 70%	324 54%	205 48%	189 40%	283 54%	307 57%	275 53%	150 51%	88 50%	196 57%	411 51%
Don't know	65 3%	26 3%	39 4%	19 8%	9 3%	8 2%	8 2%	5 2%	16 4%	12 2%	26 4%	1 *	25 5%	19 4%	22 4%	14 3%	5 2%	5 3%	8 2%	20 2%

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Table 11

Absolutes/col percents

Q. Thinking about the last two years, do you agree or disagree with each of the following statements? Since the recession: I've been scared to take time off to see the doctor because I fear it may reflect badly on my performance at work

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
Agree	343 17%	152 15%	191 18%	69 28%	93 28%	84 21%	59 17%	28 9%	10 2%	69 12%	125 21%	87 20%	62 13%	87 17%	81 15%	107 21%	44 15%	23 13%	86 25%	199 25%
Disagree	1502 73%	783 78%	719 69%	146 59%	207 63%	279 72%	258 74%	261 85%	351 81%	448 81%	423 71%	314 73%	318 67%	385 74%	410 76%	354 69%	213 72%	141 79%	252 73%	568 71%
Don't know	204 10%	69 7%	135 13%	31 13%	28 9%	26 7%	31 9%	18 6%	70 16%	36 7%	46 8%	29 7%	92 20%	49 9%	49 9%	53 10%	39 13%	14 8%	5 1%	38 5%

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Table 12

Absolutes/col percents

Q. Thinking about the last two years, do you agree or disagree with each of the following statements? Since the recession: I've taken more sick days during the financial downturn than I did previously

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
Agree	208 10%	97 10%	111 11%	52 21%	52 16%	54 14%	33 9%	10 3%	7 2%	40 7%	51 9%	70 16%	47 10%	57 11%	42 8%	59 11%	31 11%	19 11%	55 16%	82 10%
Disagree	1668 81%	850 85%	817 78%	165 67%	248 76%	316 81%	295 85%	280 91%	364 84%	479 87%	507 85%	340 79%	342 73%	423 81%	452 84%	421 82%	224 76%	148 83%	283 83%	689 86%
Don't know	174 8%	57 6%	116 11%	29 12%	28 8%	19 5%	21 6%	17 6%	60 14%	34 6%	36 6%	21 5%	82 17%	41 8%	47 9%	35 7%	40 14%	11 6%	4 1%	33 4%

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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%