

NatCen
Social Research that works for society

Health Survey for England: Health, social care & lifestyles

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Background

- Series of annual health surveys
 - 2017 is the 27th survey
- Authoritative source of health statistics
- Trend data on key topics
- Widely used

Commissioned by:



Carried out by:



Objectives

**Monitor trends of
the nation's health**

**Measure prevalence
of specific conditions**

**Examine differences
between sub-groups**

Measure risk factors

Survey features

- Sample of the general population
- Single data source
 - Health interview + health examination
- Household level survey

Methodology

- Annual, continuous survey
- Sample from Postcode Address File:
 - 8,000 adults (16+)
 - 2,000 children (0-15)
- Face-to-face data collection
 - Interviewer and nurse visits

2015 child boost

5,714

children took part in HSE 2015

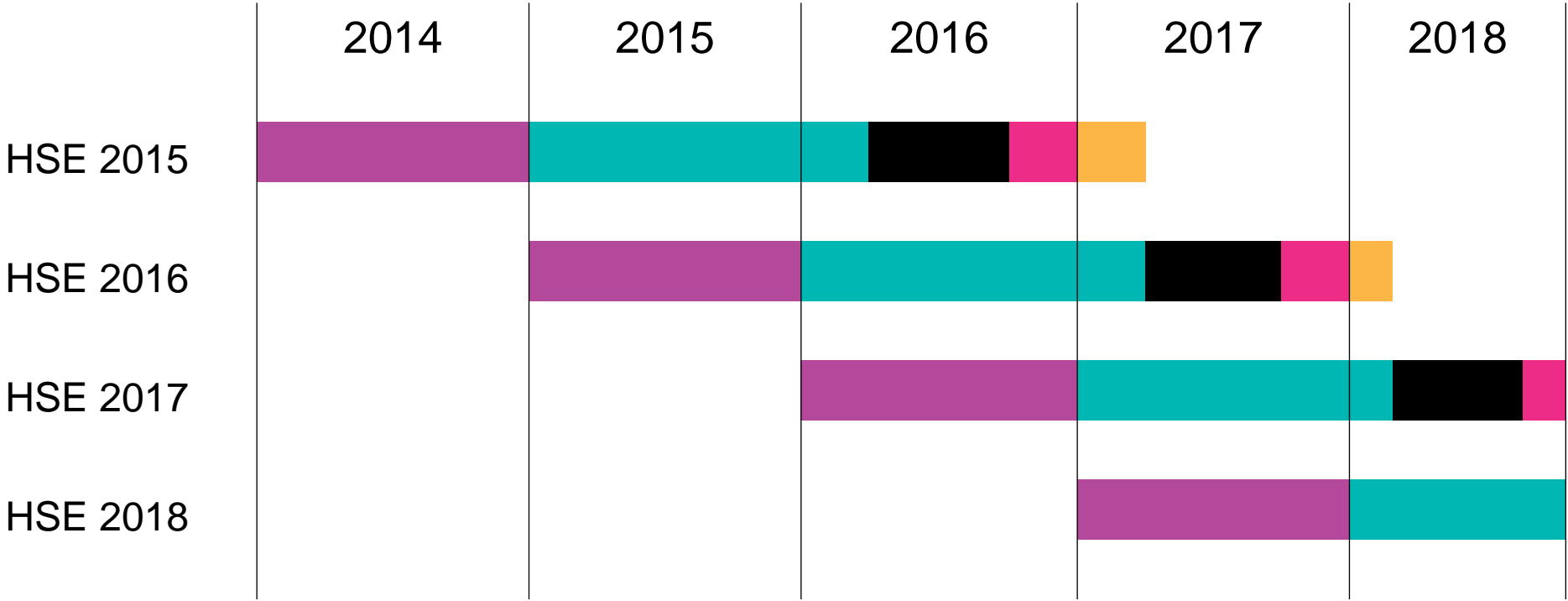
Stage 1 - interview

- Socio-economic & demographic data
- General health
- Lifestyle factors
- Social care
- Height and weight measurement

Stage 2 – nurse visits

- Prescribed medication
- Nicotine replacement therapies
- Blood pressure (5+)
- Waist and hip circumference (11+)
- Saliva (4+) **cotinine**
- Blood (16+) **cholesterol, glycated haemoglobin**
- Urine (16+) **sodium, potassium, creatinine**

Timescales



Recent findings



HSE 2015 findings

<http://healthsurvey.hscic.gov.uk/>

Adult obesity

27% of men and women were obese, and a further 41% of men and 31% of women were overweight



Social care

21% of men and 30% of women aged 65 and over needed help with at least one Activity of Daily Living



Child smoking

4% of children aged 8 to 15 had ever smoked a cigarette



Child obesity

28% of children aged 2 to 15 were overweight or obese



Well-being of 13 to 15 year olds

81% of 13 to 15 year olds had high or very high scores on the ONS well-being measure of life satisfaction



Child physical activity

22% of children aged 5 to 15 did the recommended amount of physical activity



Adult cigarette smoking

19% of men and 17% of women were current cigarette smokers



Child alcohol consumption

16% of children aged 8 to 15 had ever had an alcoholic drink



Adult alcohol consumption

31% of men and 16% of women drank more than 14 units a week



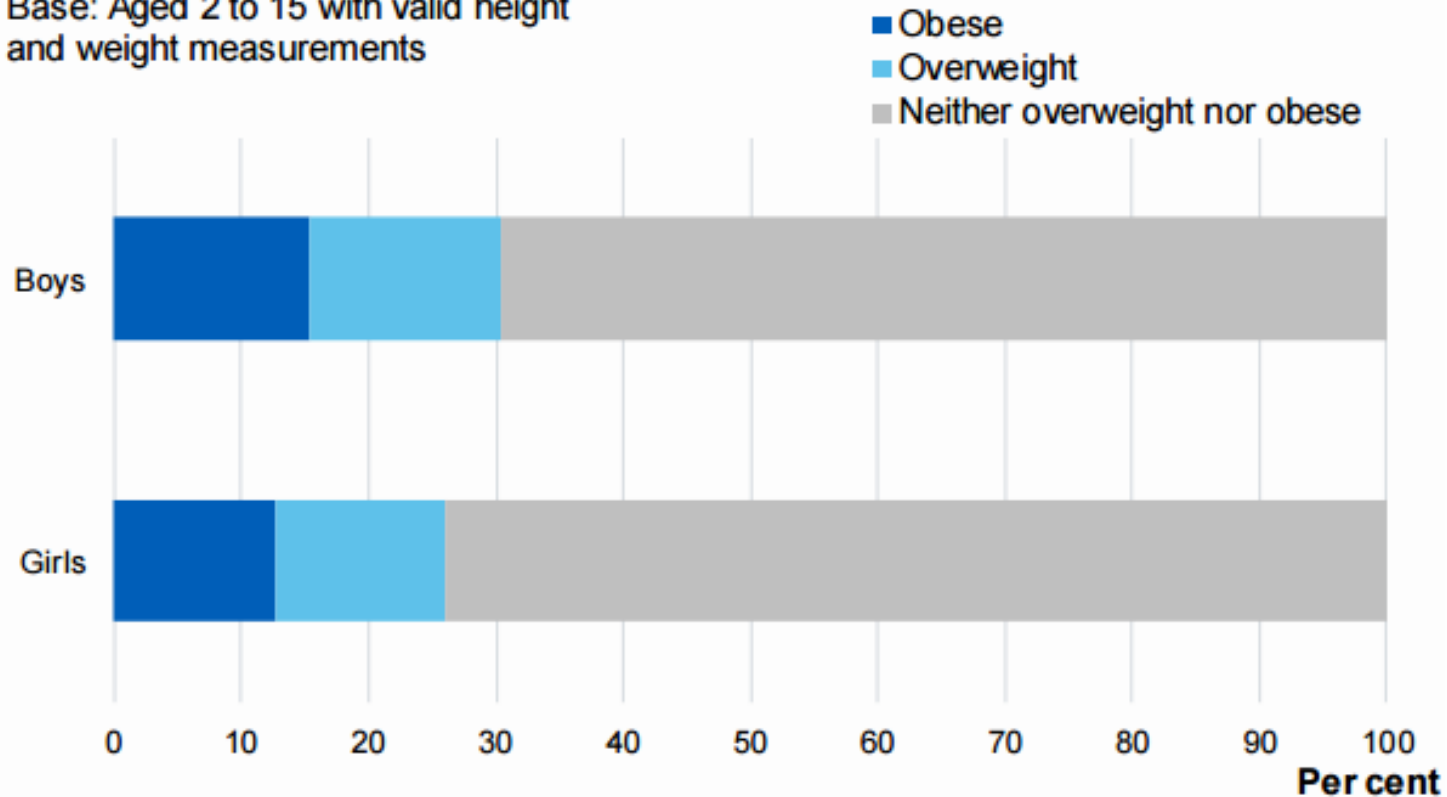
Child overweight and obesity



BMI status by sex

Figure 1 BMI status by sex

Base: Aged 2 to 15 with valid height and weight measurements



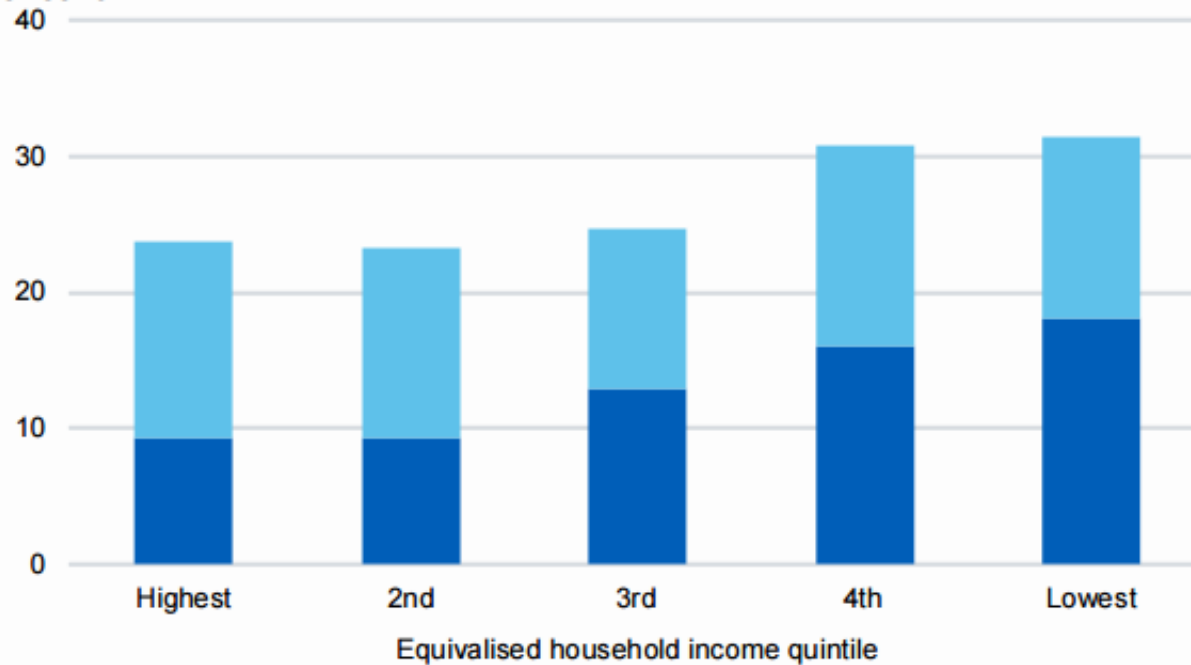
Source: NHS Digital

Obesity and overweight, by income

Figure 3 Prevalence of obesity and overweight, by equivalised household income

Base: Aged 2 to 15 with valid height and weight measurements

Per cent



Source: NHS Digital

Mothers perception of child's weight

Base: Aged 4 to 15 with valid height and weight measurements

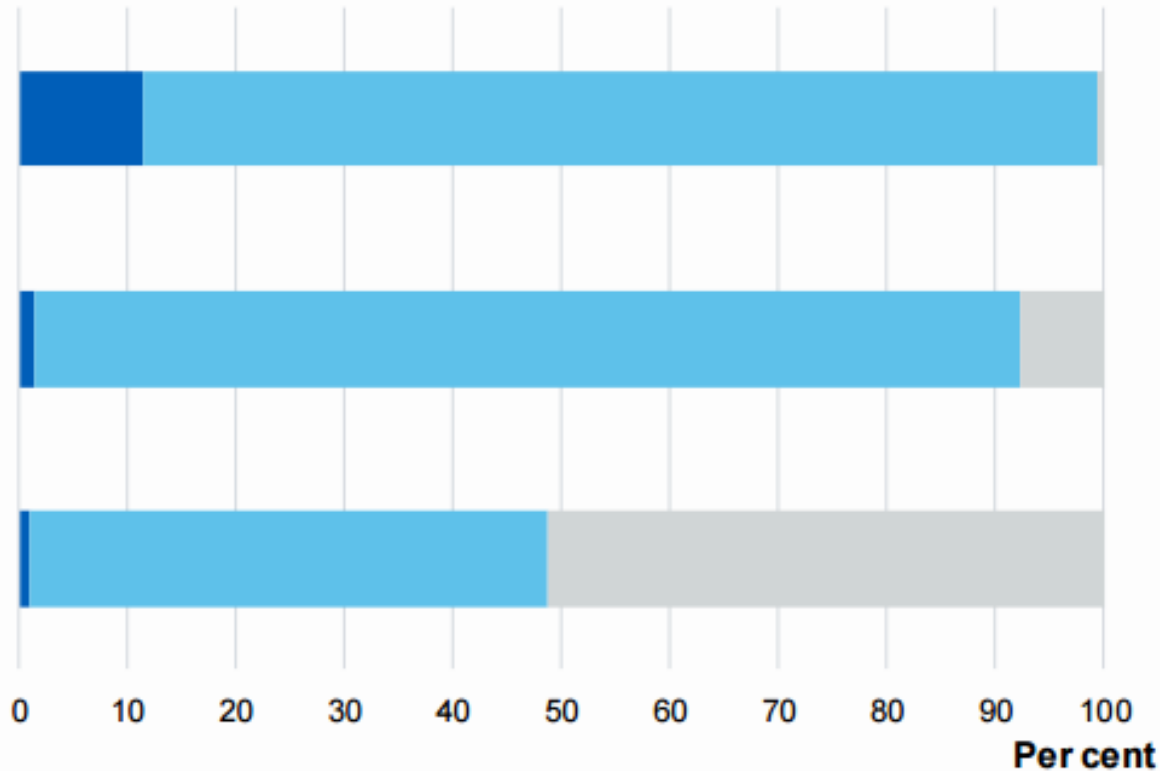
Mother's perception of child's weight

- Too light
- About the right weight
- Too heavy

Neither overweight nor obese

Overweight

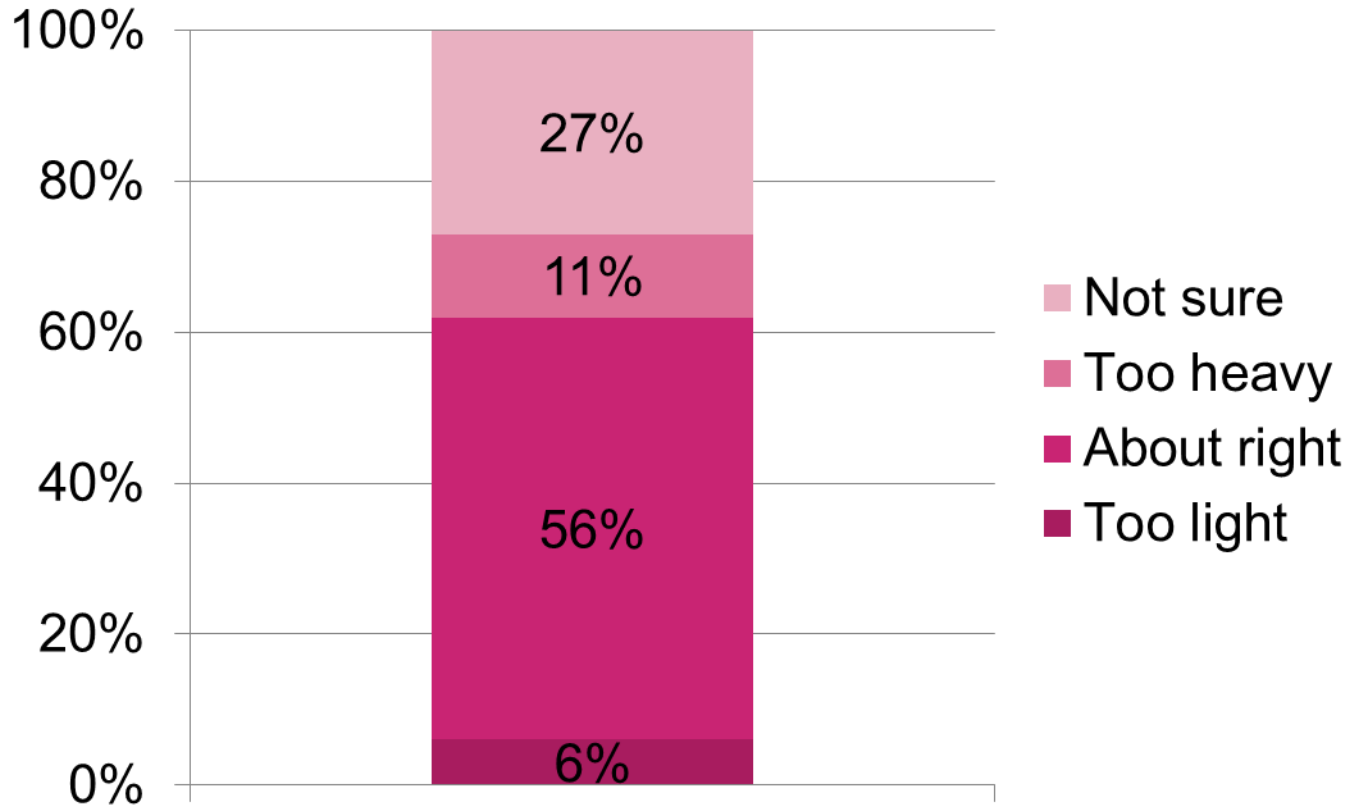
Obese



Source: NHS Digital

Children's perception of their own weight

Base: Aged 8-15



Source: NHS Digital

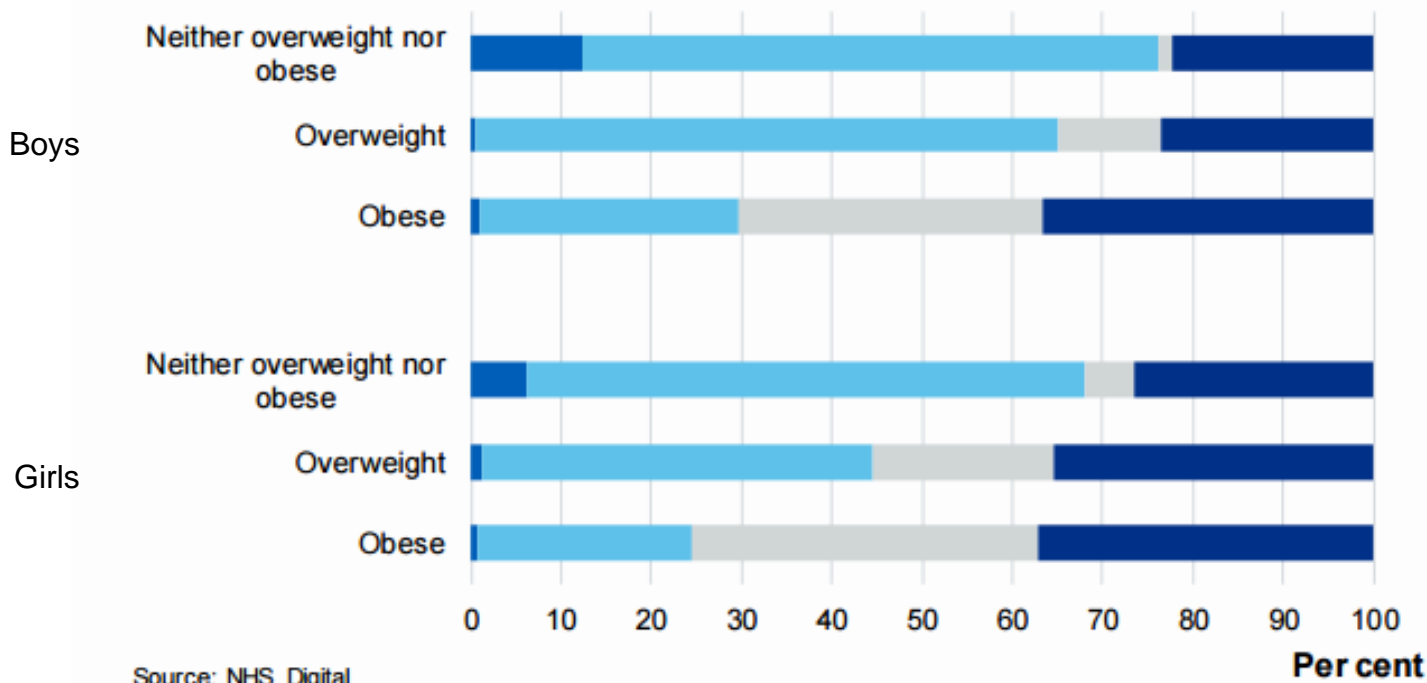
Perception of own weight, by BMI status

Figure 4 Perception of own weight, by BMI status

Base: Aged 8 to 15 with valid height and weight measurements

BMI status

- Too light
- About the right weight
- Too heavy
- Not sure



Source: NHS Digital

Children's smoking

Health Survey for England 2015



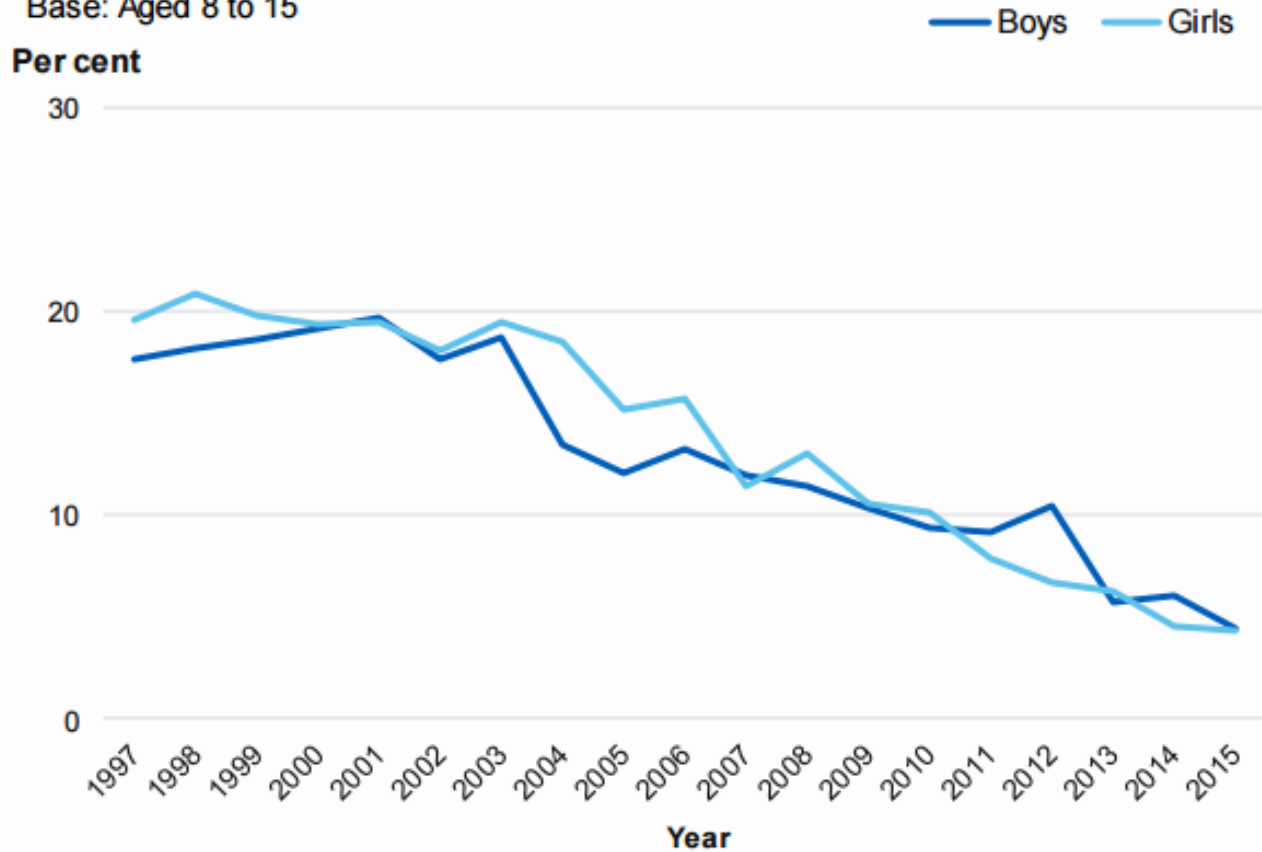
only 4% of children
aged 8 to 15 had ever
smoked a cigarette

<http://digital.nhs.uk/pubs/hse2015>

Time trend of children's smoking

Figure 2 Proportion of children who had ever smoked cigarettes, by sex

Base: Aged 8 to 15



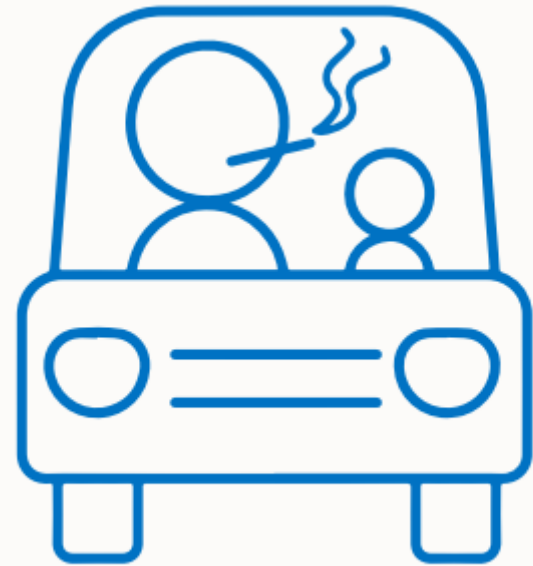
Source: NHS Digital

Children's exposure to other people's smoke

34% of boys

38% of girls

aged 4-15 were exposed
to other people's smoke

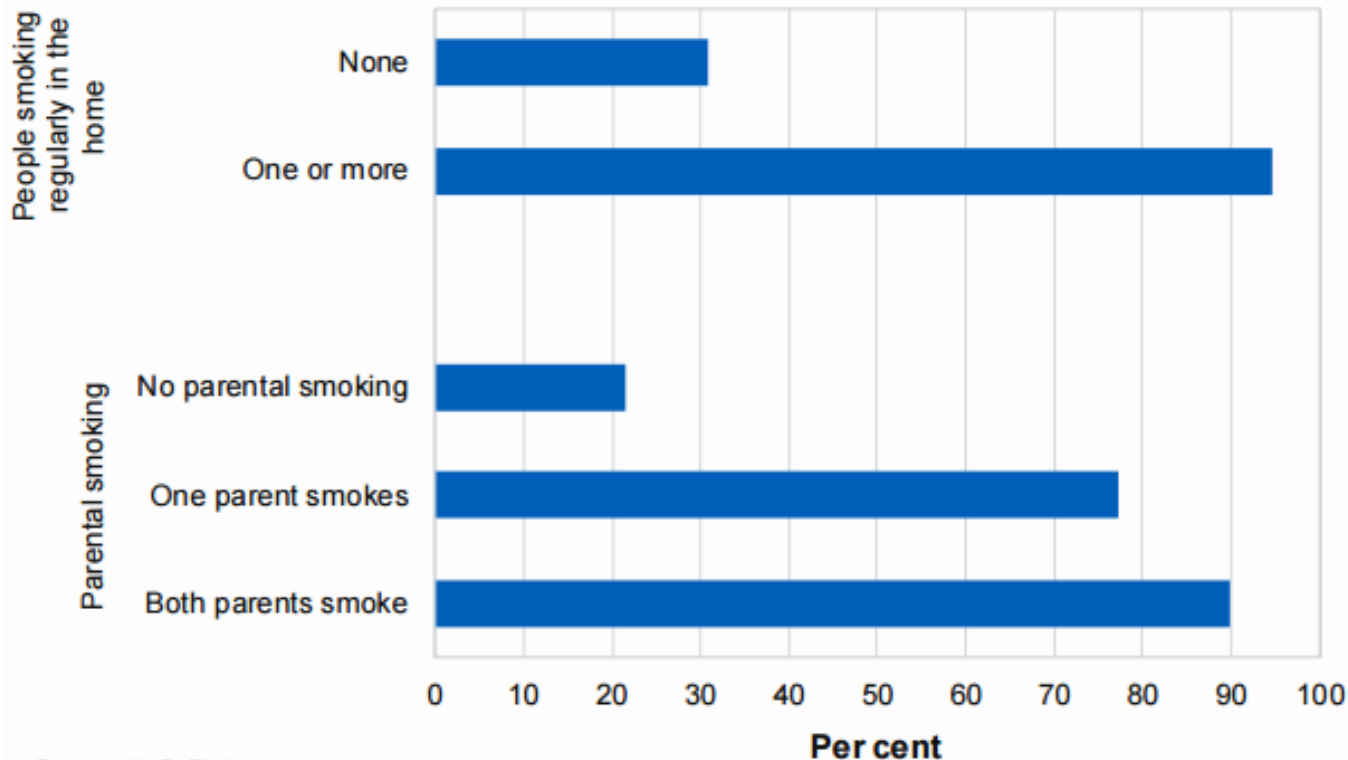


Exposure to smoke, by smokers in the home and by parental smoking status

Figure 7 Detectable cotinine status, by people smoking regularly in the home and by parental smoking status

Base: Aged 4 to 15 cotinine-validated non-smokers

■ With detectable cotinine



Source: NHS Digital

Thank you

If you want further information or would like to contact us

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