

City Voice 49th Survey Report



People Edition



Community Planning
Aberdeen

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1. Introduction

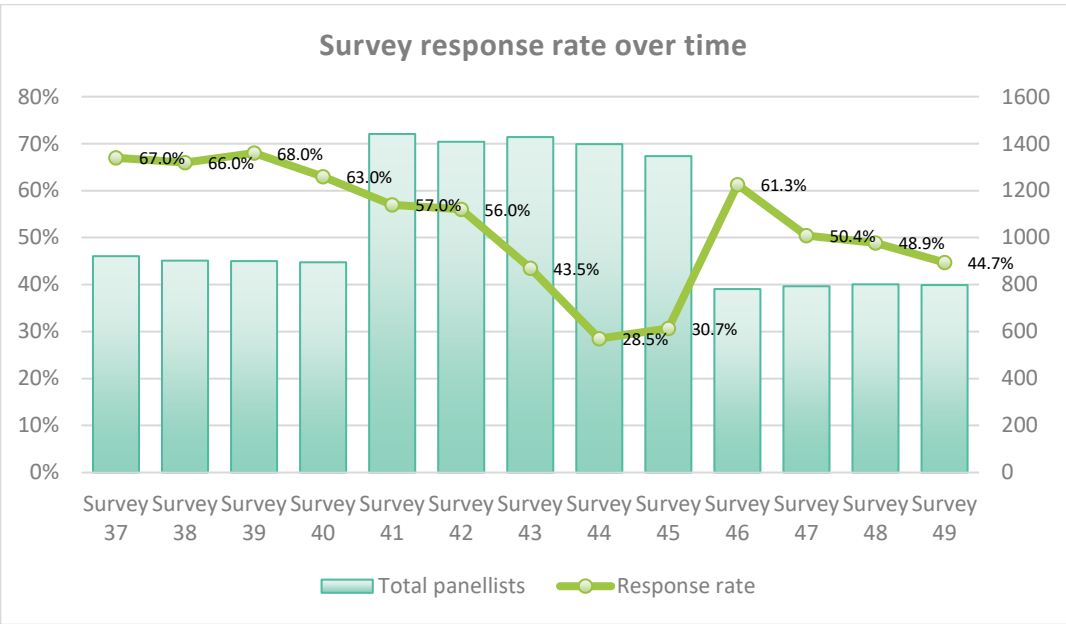
1.1. Background

- 1.1.1. Aberdeen City Voice, Aberdeen's citizens' panel, is run by [Community Planning Aberdeen](#). Community Planning Aberdeen is a partnership of public, private and third sector organisations working together to improve outcomes for people and communities across the City.
- 1.1.2. Members of the panel are contacted on a regular basis, either via postal or email questionnaire survey, to ask for their views on a range of issues that affect the community. Community Planning Aberdeen have produced a [Local Outcome Improvement Plan](#) (LOIP) 2016-26 (refreshed July 2021) which sets out how public services in Aberdeen are working together to improve our City. The City Voice surveys focus on the three themes which run through the LOIP: Prosperous People, Prosperous Place, and Prosperous Economy. Findings from the surveys are used by Community Planning Partners to inform and shape service provision and policy and to measure performance.
- 1.1.3. At the start of 2022, a review of the City Voice was carried out. This identified a number of recommendations. A copy of the [full report](#) and the [summary report](#) can be found on the [City Voice](#) website. The first of the review recommendations was to undertake a refresh of the panel as low response rates to recent surveys indicated that a large proportion of people on the panel were no longer participating. The refresh involved contacting existing panel members to see whether they wished to remain on the panel, as well as a recruitment exercise to bring new members onto the panel. This exercise has now been completed and this was the third City Voice questionnaire that went out to the refreshed panel.
- 1.1.4. Other recommendations from the review include moving from producing one long questionnaire each year, to several shorter (themed) questionnaires. In line with this recommendation, this was the second of the themed questionnaires. The theme of the questionnaire is 'People'. The topics included in this survey are as follows:
- **Physical Activity**
 - **Healthy and social lives**
 - Vaccinations and screening
 - Carers
 - Socially connected
 - Health and wellbeing
 - **Community Justice**
 - **Alcohol**
 - **Children and young people**
 - Support
 - Young people
- 1.1.1. The survey opened on 16th February 2024 and closed on the 4th March 2024. Extra time was given for receiving paper questionnaires with a final cut-off of 19th March. At the time of the

survey, there were a total of 800 people on the City Voice panel. Of the 798 panel members who received the questionnaire (i.e. excluding those which were undelivered), a total of **357** completed questionnaires were returned. This gives a **response rate of 44.7%**.

At 44.7%, the response rate for City Voice 49 is lower than the response rate for City Voice 47 (48.9%) but higher than the response rate achieved in surveys prior to the panel re-fresh conducted in 2022 (see Figure 1.1). The reason for the lower response rate is difficult to determine. As a ‘themed’ questionnaire it may be that panellists who were not interested in the topic, decided not to take part. Also, the move to sending more regular surveys could potentially increase the risk of survey fatigue.

Figure 1.1



- 1.1.2. Of the 357 completed questionnaires received, 67 were paper questionnaires and 290 were online. The response rate for those receiving paper surveys was similar to the response to the online survey (45.3% compared to 44.6%).
- 1.1.3. A detailed profile of survey respondents is provided in Table 1.1 below, along with a profile of current panellists and the Aberdeen City population. This shows that while there was a relatively strong response across all areas of the city, the profile of survey respondents indicates that some groups of the wider Aberdeen City population are better represented than others. In particular, younger panellists are under-represented compared to the wider population and those in older age groups and SIMD Quintile 5 (least deprived) are over-represented.

Table 1.1: Profile of survey respondents and comparison with panel and Aberdeen City

	CV49 Survey respondents (n=357)	City Voice Panel (n=800)	Aberdeen City population
	Number (Percentage)	Number (Percentage)	Percentage
Gender			
Male	159 (44.5%)	365 (45.6%)	49.8%
Female	198 (55.5%)	433 (54.1%)	50.2%
Missing		2 (0.2%)	
Age Group			
16-34 years	4 (1.1%)	38 (4.8%)	30.1%
35-54 years	55 (15.4%)	172 (21.5%)	26.6%
55-64 years	94 (26.3%)	182 (22.8%)	11.7%
65-74 years	84 (23.5%)	186 (23.3%)	8.9%
75+ years	92 (25.8%)	149 (18.6%)	7.1%
Missing	28 (7.8%)	73 (9.1%)	
Median age (of those who provided Date of Birth)	66.0 years	63 years	38 years
Location			
North	108 (30.3%)	240 (30.0%)	31.3%
South	135 (37.8%)	286 (35.8%)	33.9%
Central	114 (31.9%)	272 (24.0%)	34.8%
Missing		2 (0.3%)	
SIMD Quintile			
1 (most deprived)	25 (7.0%)	60 (7.5%)	10.1%
2	57 (16.0%)	144 (18.0%)	22.4%
3	38 (10.6%)	97 (12.1%)	16.0%
4	56 (15.7%)	120 (15.0%)	14.4%
5 (least deprived)	181 (50.7%)	377 (47.1%)	37.1%
Missing		2 (0.3%)	
Ethnicity			
Scottish	273 (76.5%)	588 (73.5%)	75.3%
Other British	48 (13.4%)	94 (11.8%)	7.6%
Other White	18 (5.0%)	52 (6.5%)	9.1%
African or Caribbean	2 (0.6%)	20 (2.5%)	2.5%
Arab	2 (0.6%)	2 (0.3%)	0.1%
Asian	3 (0.8%)	10 (1.3%)	4.3%
Other	9 (2.5%)	23 (2.9%)	0.9%
Missing	2 (0.6%)	11 (1.4%)	
Survey type			
Online	290 (81.2%)	652 (81.5%)	-
Paper	67 (18.8%)	148 (18.5%)	-

Source: Data for Aberdeen City population estimates are based on National Records of Scotland, mid-2020 population estimates. Percentages for Ethnic groups for Aberdeen City are from 2011 Census. SIMD comparison is based on population at SIMD20 (V2).

- 1.1.4. In addition to panellists, the survey was also sent out to a few high schools to give senior pupils the opportunity to participate. An additional 22 responses were received. While pupils had the option to provide some demographic information (gender, age, ethnicity and postcode), there was a limited response to some categories. Where provided, postcode was matched to provide locality and SIMD data.

	Pupils (n=22)
	Number (Percentage)
Gender	
Male	4 (18.2%)
Female	14 (63.6%)
In another way	1 (4.6%)
Would prefer not to say	3 (13.6%)
Age Group	
16 years	13 (59.1%)
17 years	3 (13.6%)
Would prefer not to say	6 (27.3%)
Location	
South	3 (13.6%)
Central	2 (9.1%)
North	1 (4.6%)
Missing	16 (72.7%)
SIMD Quintile	
1 (most deprived)	
2	4 (18.2%)
3	1 (4.6%)
4	
5 (least deprived)	1 (4.6%)
Missing	16 (72.7%)
Ethnicity	
White Scottish or British	4 (18.2%)
Any other ethnic group	6 (27.3%)
Missing	12 (54.5%)

1.2. Analysis and reporting

- 1.2.1. Results are presented for the combined panel and pupil survey – a total of 379 participants.
- 1.2.2. This report presents basic descriptive analyses for each of the survey questions. Not all respondents answered every question, so the base level may not be the same for each question. Therefore, for ease of comparison, the results are generally presented as percentages of those who responded, and a base level is provided. (Note: for some questions, participants only had the option of ticking or not ticking the given options. In these cases, the base level is taken as 379, i.e. the full number of respondents).
- 1.2.3. Several questions included a ‘comments box’ which gave respondents the opportunity to expand on their responses. This report will give only a brief sample of these comments. **However, all comments will be sent to the relevant services to allow more in-depth analyses.**

- 1.2.4. The level of responses received is sufficient to provide robust overall survey results and to permit more detailed analyses for specific groups – allowing us to look at potential variation in results across a range of socio-demographic groups. Additional analyses were conducted for five groups (age group, gender, SIMD quintile, locality and ethnicity). While the results of these analyses are not presented in the body of this report, an Appendix is attached which provides a breakdown of the results by each sub-group. Where there is a statistically significant difference between groups (95% confidence level) the figures have been highlighted in red. Caution is advised in interpreting these results as the numbers in some sub-groups may be very small.

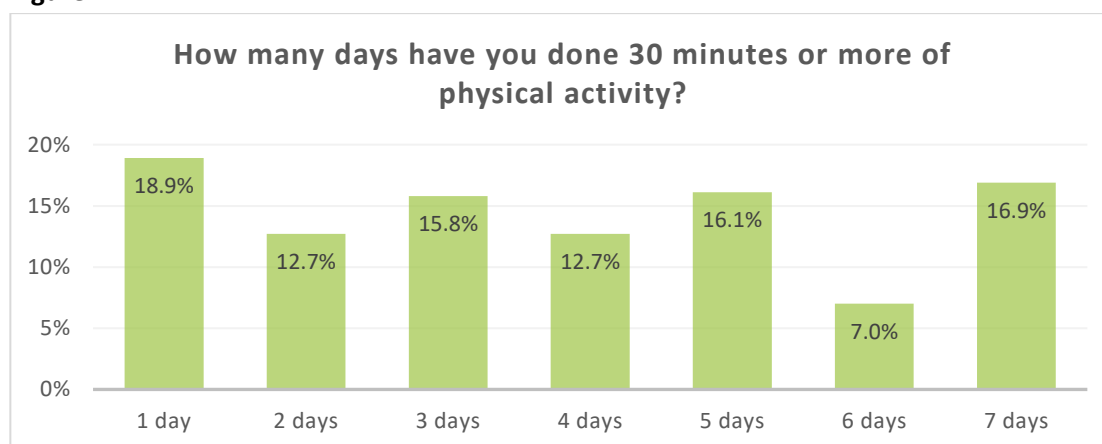
2. Physical activity

The questions in this section related to physical activity. These aimed to give an insight into how active we are as a city and what motivators, barriers and preferences people have when it comes to being active, enjoying sport or exercising for health benefits.

2.1. Activity levels

- 2.1.1. The first question asked panellists, **in the past week, on how many days have you done a total of 30 minutes or more of physical activity which was enough to raise your breathing rate?** The most common response was **1 day (18.9%)**, although there was broad spread of responses across the other options. Overall, 60% had done 30 minutes of activity on 1-4 days and 40% on 5-7 days.

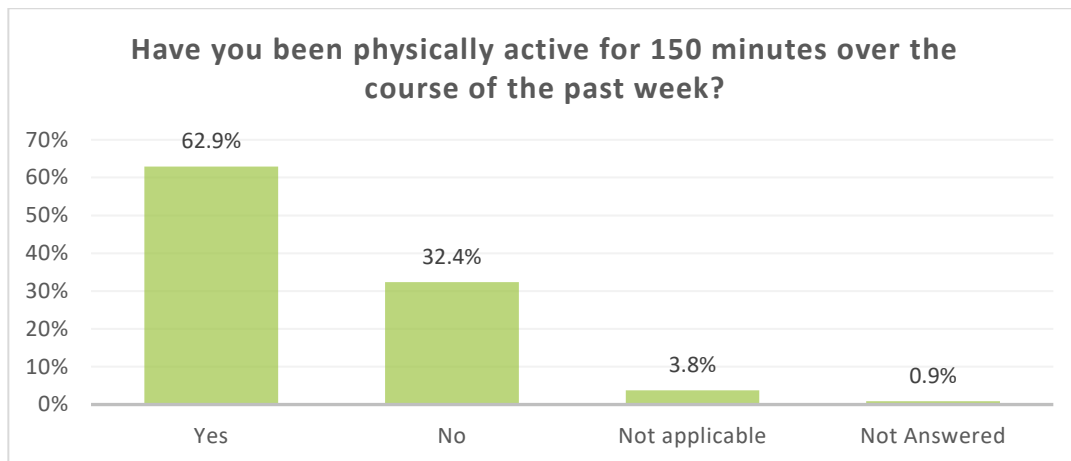
Figure 2.1



Base = 355

- 2.1.2. The next two questions in this section were only for those who had chosen 4 or fewer days for the first question (Base = 213). The first of these asked **have you been physically active for at least two and a half hours (150 minutes) over the course of the past week?** Most respondents reported (62.9%) that **'yes'** they had been active for at least two and a half hours in the past week.

Figure 2.2

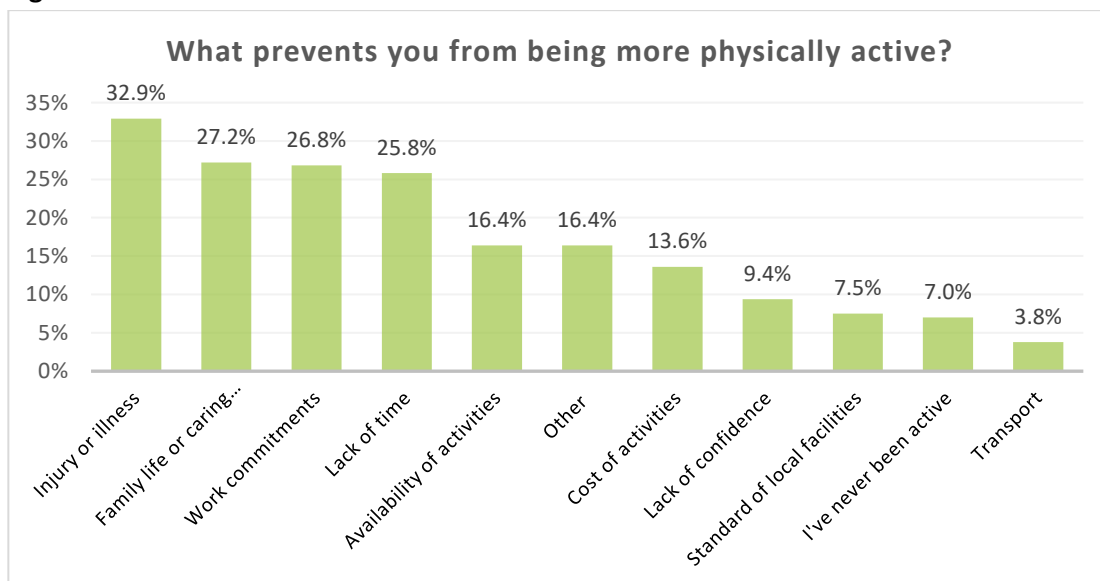


Base = 213

- 2.1.3. The next question for those who had chosen 4 days or fewer was, **what prevents you from being more physically active?** Participants were given a list of options and asked to tick all that applied to them. There was also a free text box to provide other reasons.

The most common reason was **injury or illness** with almost a third (32.9%) of respondents choosing this option. Other relatively common reasons were **family life or caring responsibilities** (27.2%), **work commitments** (26.8%) and **lack of time** (25.8%).

Figure 2.3



Base = 213

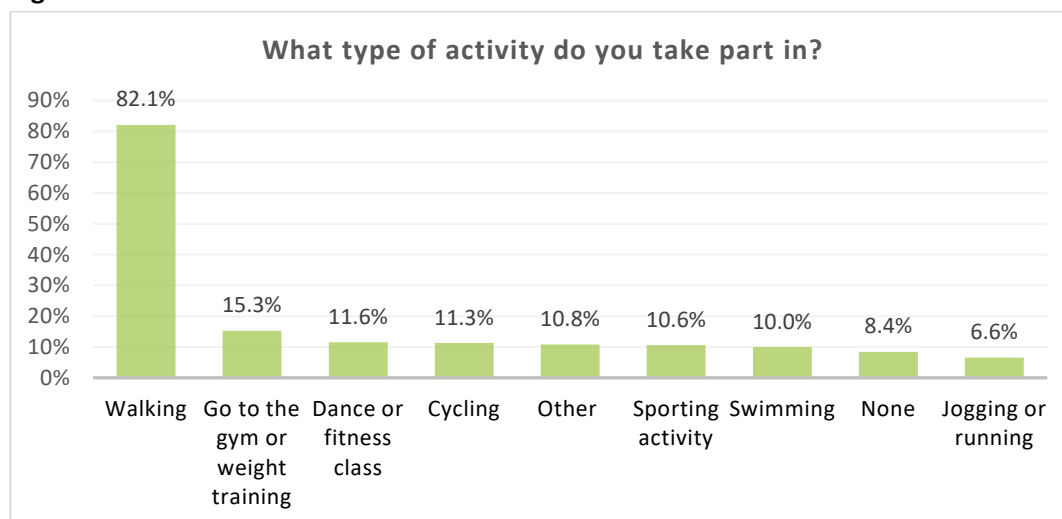
A total of 56 comments were received. These will be forwarded to the service for full consideration, however a small sample of comments/reasons is given below:

- Bad weather/time of year/weather dependant
- Health/mobility issues
- Age
- Lack of motivation
- No formal exercise but generally active/on the go

2.1.4. The following questions were for all participants.

Firstly, participants were asked **what type(s) of physical activity they took part in**. A list of options was given (tick all that apply) as well as a free text box. By far the most common type of activity was **walking** with 82.1% of respondents choosing this option. Going to the **gym or weight training** was the next most common activity (15.3%).

Figure 2.4



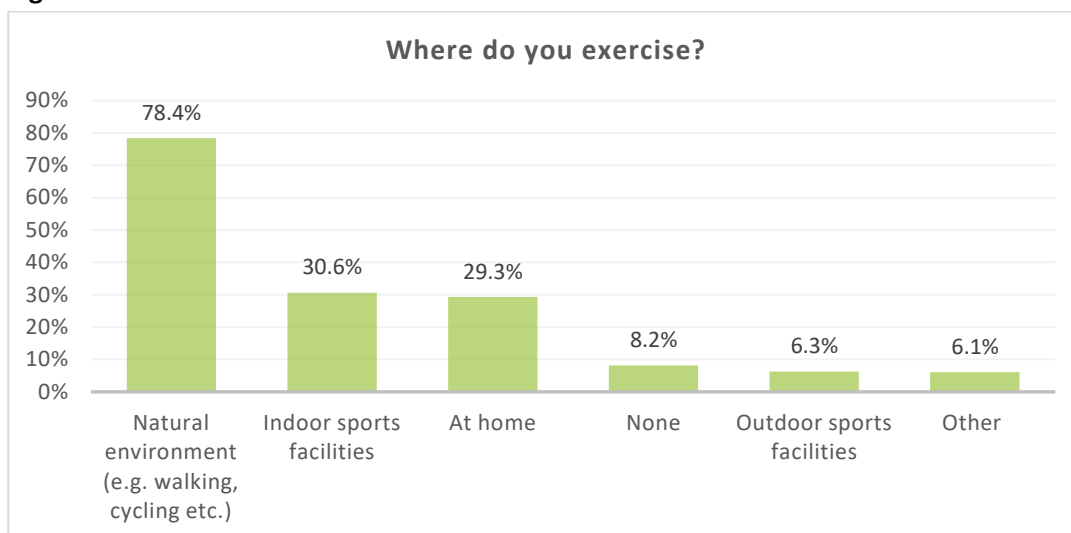
Base = 379

A total of 73 comments were received in the free text box for **other activities**. These will be passed to the service for full consideration, however a small sample is given below:

- Gardening
- Housework
- Yoga/pilates/tai chi
- Golf
- Exercises at home
- Active through work

2.1.5. The next question asked **where do you exercise?** Again a list of options was given (tick all that apply) as well as a free text box. By far, the most common response was **natural environment** with 78.4% of respondents choosing this option. **Indoor sports facilities** (30.6%) and **at home** (29.3%) were the next most common choices.

Figure 2.5



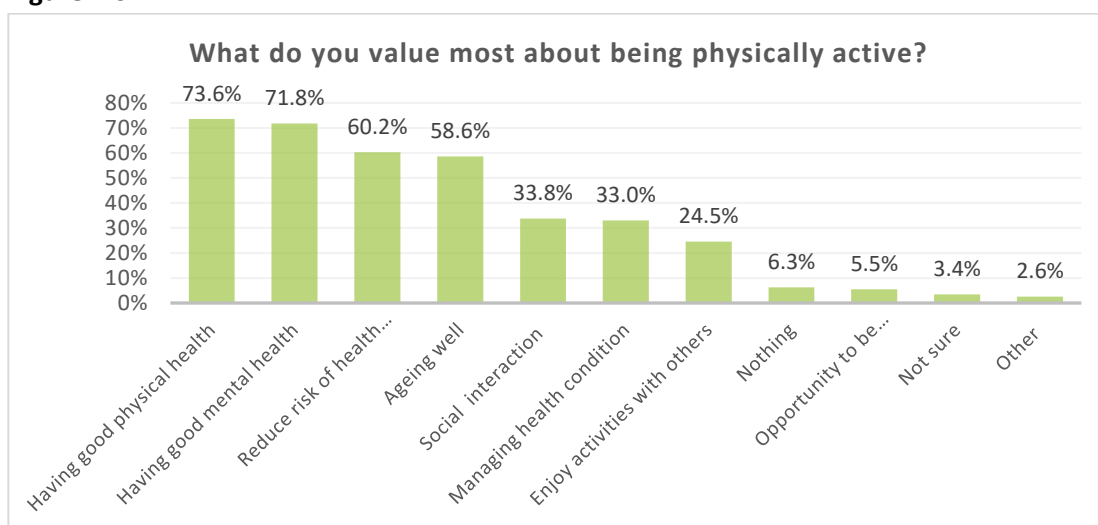
Base = 379

A total of 36 comments were received for this question. These will be passed to the service for full consideration, however a small sample is given below:

- Local church/community hall
- Garden
- Golf course
- Private club/studio
- Urban environment (e.g. pavements, shops)

2.1.6. Participants were then asked what they **value most about being physically active**. Again a list of options (tick all that apply) was given as well as a free text box. The most popular responses were **having good physical health** (73.6%) and **having good mental health** (71.8%). **Reducing the risk of developing a health condition** (60.2%) and **ageing well** (58.6%) were also valued by most respondents.

Figure 2.6



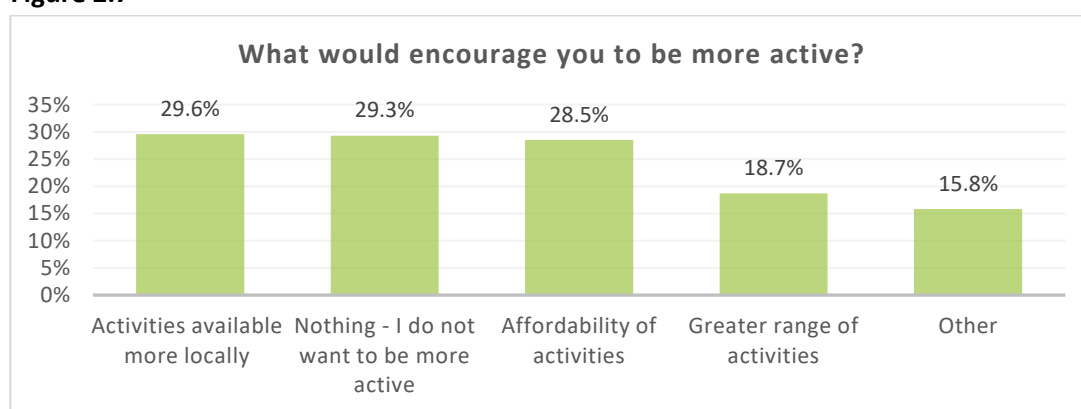
Base = 379

A total of 16 comments were received for this question. These will be passed to the service for full consideration, however a small sample is given below:

- Weight management/staying slim
- Keeping fit/active allows participation in other activities/help others less able
- For fun/enjoyment
- Increase energy levels

2.1.7. The next question asked participants **what would encourage you to be more active?** A list of options was given (tick all that apply) as well as a free text box. The most commonly chosen options that respondents felt would encourage them to be more active were **activities available more locally to my home or work** (29.6%) and **affordability of activities** (28.5%). However, a similar proportion of respondents (29.3%) reported that they **did not want to be more active**.

Figure 2.7



Base = 379

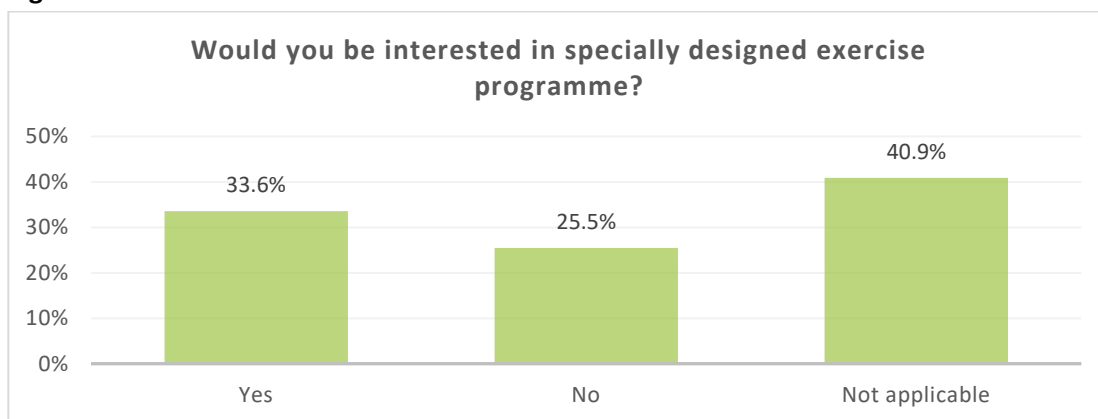
A total of 88 comments were received for this question. These will be passed to the service for full consideration, however a small sample is given below:

- Anything for disabled/less able/elderly
- More time
- Better weather
- More child care
- Support/help
- Safer/better cycling infrastructure

2.2. Specialist exercise programmes

2.2.1. This set of questions related to specialist exercise programmes. Firstly, participants were asked: **if you consider yourself to have a long-term health condition, would you be interested in specially designed physical activity programmes to help you manage your condition/improve your health?** While the most common response to this question was **not applicable** (40.9%), a third of respondents (33.6%) reported that **yes**, they would be interested in such a programme.

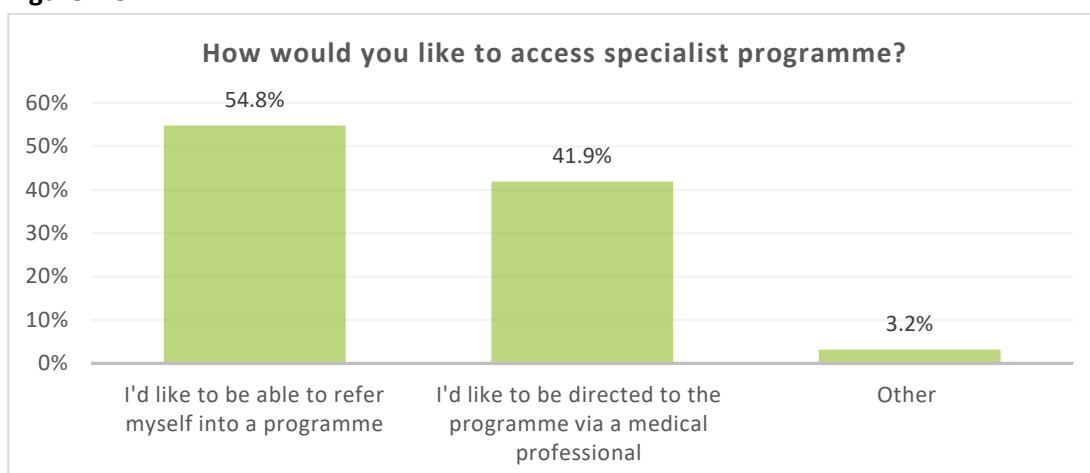
Figure 2.8



Base = 379

- 2.2.2. Those who answered 'yes' to the previous question, were then asked **how they would like to access one of these programmes** (Base = 124). Over half (54.8%) said they would like to be able to refer themselves into a programme with 41.9% saying they would like to be directed via a medical professional.

Figure 2.8

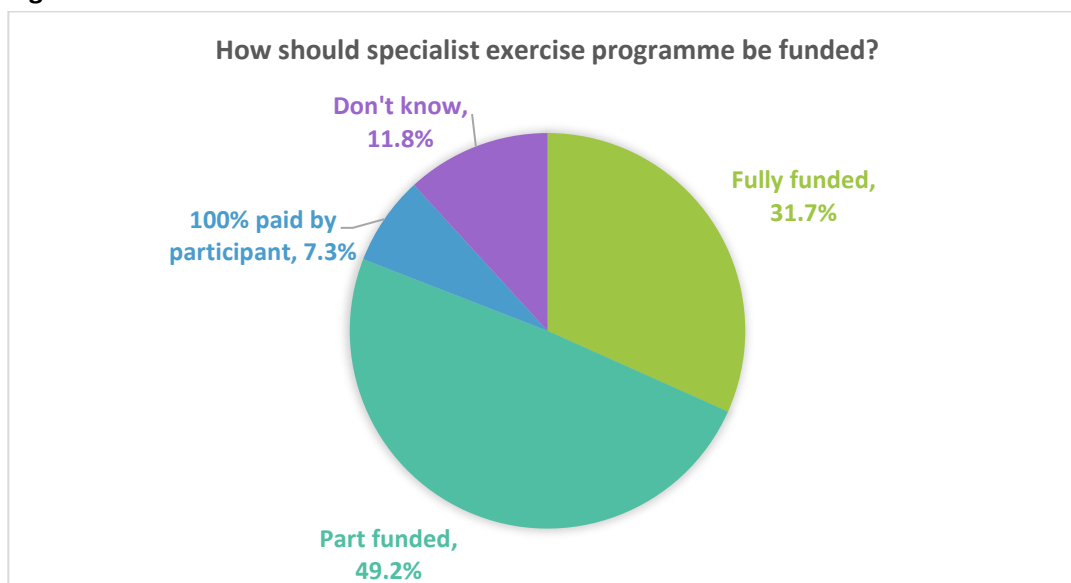


Base = 124

A total of 8 comments were received for this question. These will be passed to the service for full consideration.

- 2.2.3. The final question in this section asked **how do you think specialist exercise programmes which help people manage their health should be funded?** This question was open to all participants. Almost half of respondents (49.2%) said they thought this type of specialist exercise programme should be **part funded – with a financial contribution towards the cost required from the participant**. Almost a third (31.7%) thought it should be **fully funded – at no cost to participants** with 7.3% saying they thought it should be **100% paid by participants** and 11.8% saying **don't know**.

Figure 2.8



Base = 372

2.3. Service response

Thank you for taking the time to respond to these questions. The survey has produced a lot of high-quality data and we are continuing to analyse it so that it can be utilised to support the design of future activities and programmes. The focus of the questions was around specialist exercise programmes and what respondent's views were in a range of factors on these types of programmes. The results were very interesting, with there being quite a high demand for these types of specialist programmes and give an important indication on how people would like to access these, how they should be funded, and the barriers experienced on accessing them.

The information around what people value about being physically active is both very interesting and positive. Having good physical health has always been an important reason for people being physically active, however increasingly having good mental health through being physically active is now being seen as being more important. This result is in line with other research that is being conducted within the leisure and physical activity sector. Having positive mental health outcomes at the forefront when designing future specialist programmes will be vital.

We are in the very early stages of utilising the data that has been generated. However, internally within the organisation, we have shared the results in our business development committee, this helps to ensure that the results are not siloed in only one part of the organisation. Moving forward, we will cross reference the data with results from a recently completed report commissioned on our Active Lifestyles programme. We will be sharing these results in future discussions with partners, including NHS and other organisations involved in health improvement. Our aim is for the data generated to help guide improvements to the specialised programmes offered, as well as supporting an increase in this type provision. Thank you again for taking the time to respond.

3. Healthy and social lives

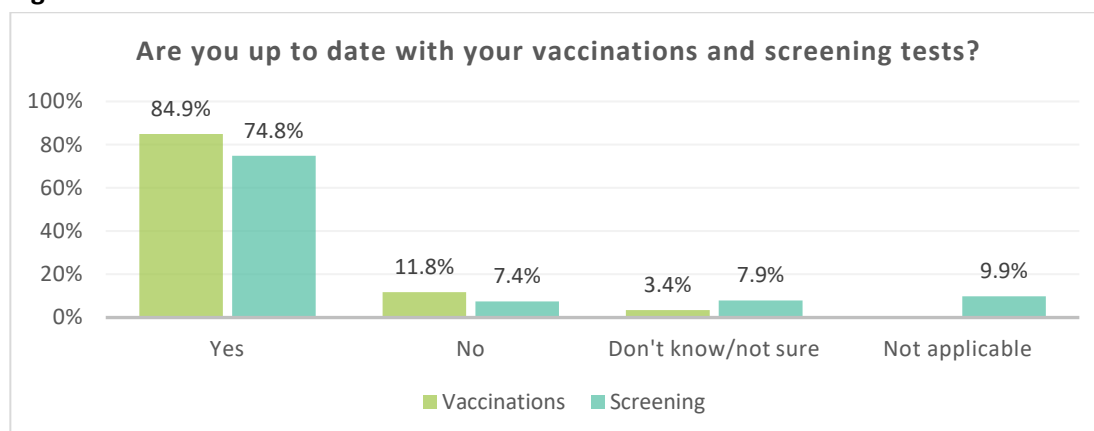
Community Planning Aberdeen want Aberdeen to be a place where everyone can live long and healthy lives. The following questions relate to health and activity and will help inform improvement activity to support people access the supports, interventions and opportunities to stay well and connected in their community and to identify at an early point when behaviours could turn to harm.

3.1. Vaccinations and screening

The first set of questions in this section related to vaccinations and screening tests. These questions were not answered by the school pupils.

- 3.1.1. Firstly, participants were asked if they were up to date with their vaccinations. Most respondents (84.9%) reported that **'yes'** they were up to date with their vaccinations with 11.8% saying **'no'** they were not up to date.
- 3.1.2. Participants were then asked if they were up to date with their screening tests. A 'not applicable' option was also given for this question. Again, most respondents (74.8%) reported being up to date with almost 10% saying this was not applicable for them. A higher proportion of respondents reported they **didn't know/weren't sure** for screening tests compared to vaccinations (7.9% compared to 3.4%).

Figure 3.1



Bases: Vaccinations = 357, Screening Tests = 353.

- 3.1.3. Participants were then given a series of statements relating to vaccinations and screening tests and asked which of these statements was true for them. The statements (and short names) are given below:

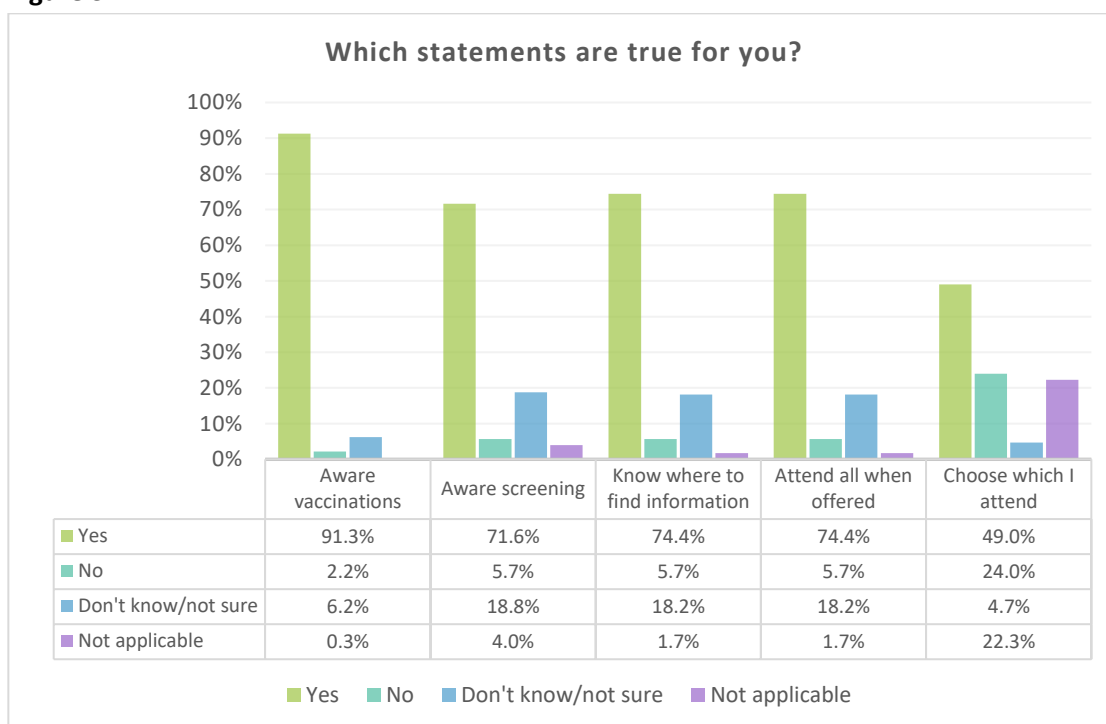
- I am aware of what vaccinations I am eligible for (aware vaccinations)
- I am aware of what screening tests I am eligible for (aware screening)
- I know where to find information relating to vaccinations or screening tests (know where to find information)
- I attend all screening tests or vaccinations when offered (attend all when offered)

- I choose which screening or vaccinations I attend (choose which I attend)

The response options given were ‘yes’, ‘no’, ‘don’t know/not sure’ and ‘not applicable’.

At 91.3%, the proportion of positive responses was highest for **I am aware of what vaccinations I am eligible for**. Most respondents also said they **know where to find information relating to vaccinations or screening tests** (74.4%), that they **attend all screening tests or vaccinations when offered** (74.4%) and that they were **aware of what screening tests they were eligible for** (71.6%). However, almost a fifth of respondents answered **don’t know/not sure** for each of these three options. Almost half of respondents (49.0%) said they **choose which screening or vaccinations they attend**.

Figure 3.2



Bases: Aware vaccinations = 356; Aware screening = 352; Know where to find information = 351; Attend all when offered = 348 and Choose which I attend = 337

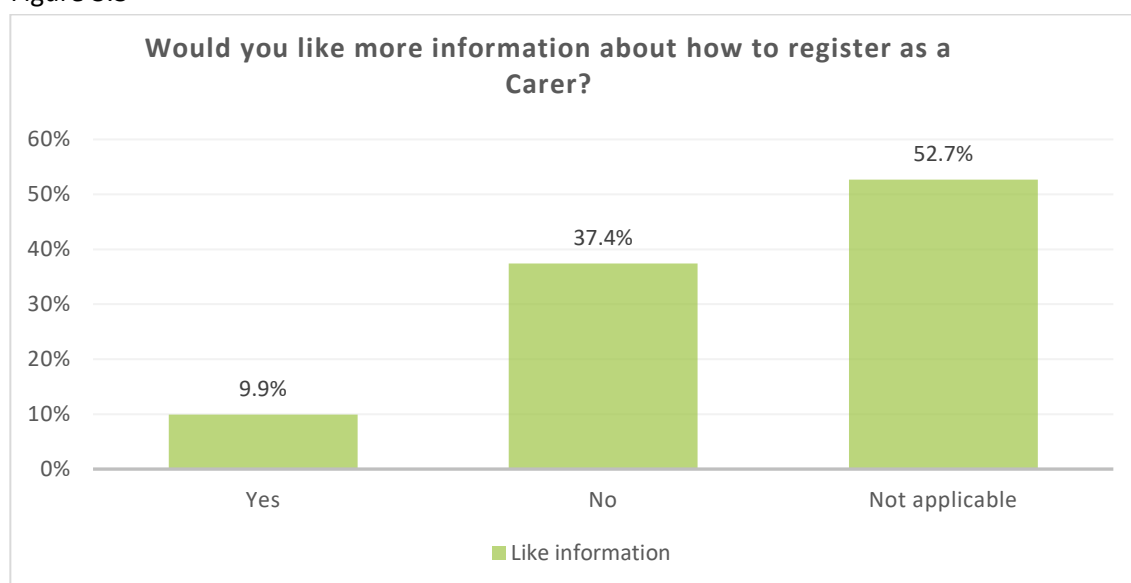
3.2. Carers

Participants were given a definition of what a Carer is:

Carers provide care to family members, other relatives, partners, friends and neighbours of any age affected by physical or mental illness (often long-term), disability, frailty or substance use. Sometimes the cared-for person will have more than one condition. Some Carers care intensively or are life-long carers. Others care for shorter periods. The Carer does not need to be living with the cared-for person to be a Carer. Anybody can become a Carer at any time, sometimes for more than one person. Carers are now, and will remain, fundamental to strong families and partnerships and to resilient and cohesive communities.

- 3.2.1. The first question in this section asked if, based on the above definition, participants considered themselves to be a Carer. Almost a fifth (18.8%) of respondents said that ‘yes’, they considered themselves to be a Carer. (Base = 377)
- 3.2.2. In a follow-up question, those who had answered ‘yes’ to the above question were then asked if they were registered as a Carer with the local Carer Support Service. Only 5.6% said that they were registered. (Base = 71)
- 3.2.3. The next question asked all participants if they would like more information on how to register as a Carer and what support they may be eligible for. Just under 10% said they would like more information. Of these, 85.7% said they would be happy to be contacted directly with this information.

Figure 3.3



Base = 353

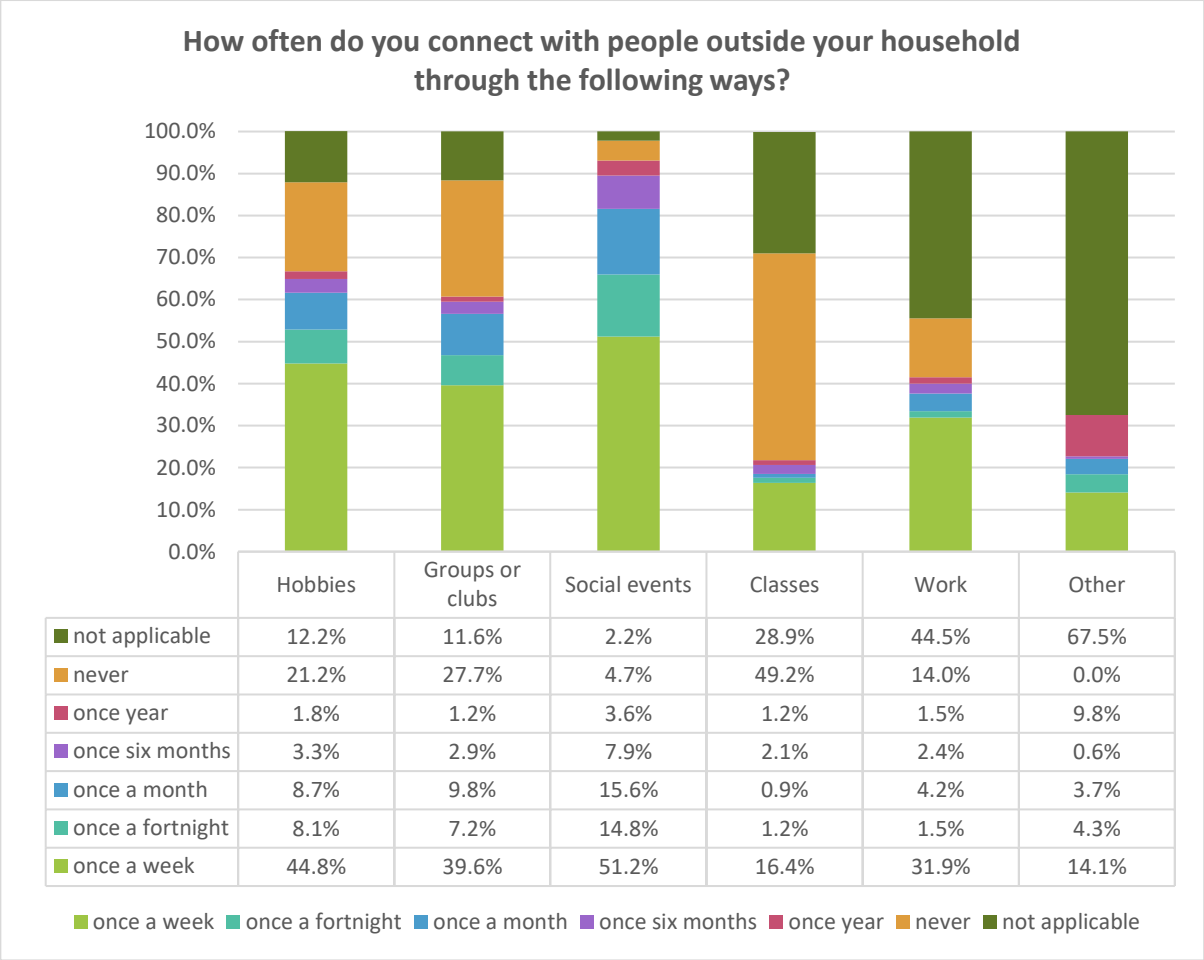
3.3. Socially connected

The next set of questions were about being socially connected. These were included to help support people to stay well and stay connected in their communities.

- 3.3.1. The first question in this section asked on average, **how often participants connected with people outside of their household** through a number of different ways:
- hobbies
 - groups or clubs
 - social events (e.g. meeting with friends/family)
 - classes (e.g. evening classes)
 - work
 - other

Social events (e.g. meeting up with friends/family) was the most commonly chosen frequent way of connecting with people outside of the household with over half (51.2%) of respondents meeting other people **at least once a week** and 81.6% meeting other people at least **once a month**. The next most commonly reported frequent ways of meeting people outside the household were **hobbies** (44.8% at least once a week), **groups or clubs** (39.6% at least once a week) and **work** (31.9% at least once a week). Overall, 82.3% of respondents reported meeting people outside of their household through at least one of the activities at least once a week and 92.6% at least once a month.

Figure 3.4



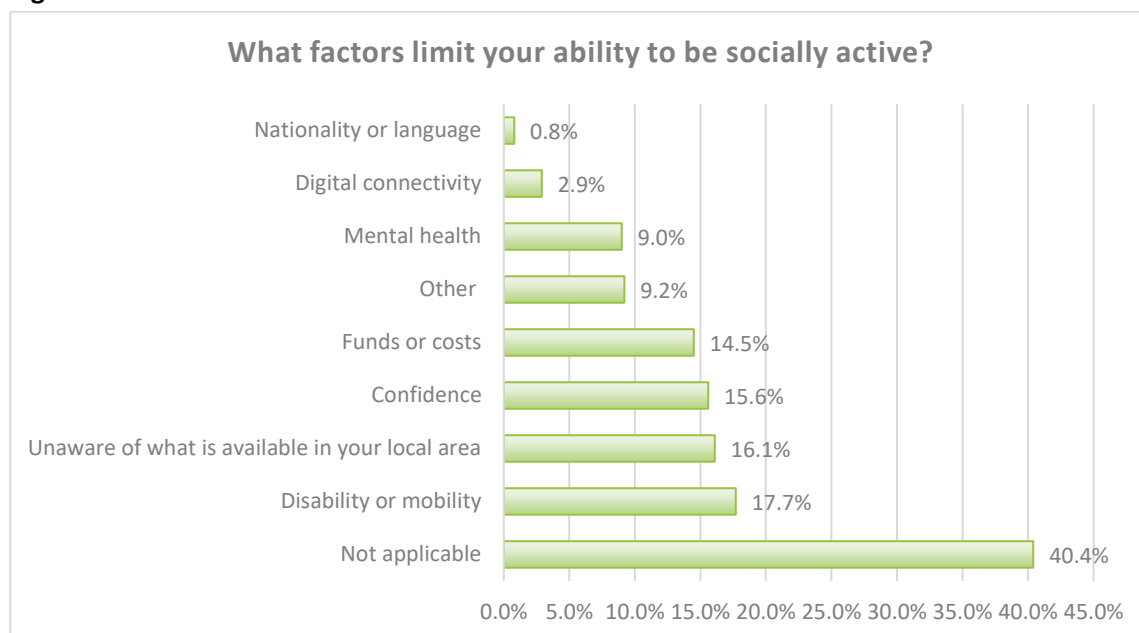
Bases: Hobbies = 335, Groups or clubs = 346, Social events = 365, Classes = 329, Work = 335, Other = 163

Participants could also provide information about other ways they meet people. These will be passed to the service for information. A sample is given below:

- Volunteering
- Church
- Pub
- Dog walking
- Neighbours
- Carers

3.3.2. The next question asked participants if there were any **factors they felt limited their ability to be socially active**. A list of options, including 'Not Applicable' was given (tick all that apply) as well as a free text box where respondents could provide comment on 'other' factors. The most common response was **not applicable** with 40.4% of respondents choosing this option. The most commonly reporting limiting factors were **disability or mobility** (17.7%) and **unaware of what is available in your local area** (16.6%).

Figure 3.5



Base = 379

A total of 46 comments about limiting factors were received. These will be passed to the service for full consideration, however a brief sample is given below:

- Caring responsibilities
- Public transport – infrequent (particularly in evenings)
- Time constraints
- Feel less sociable since lockdowns
- Dislike social situations

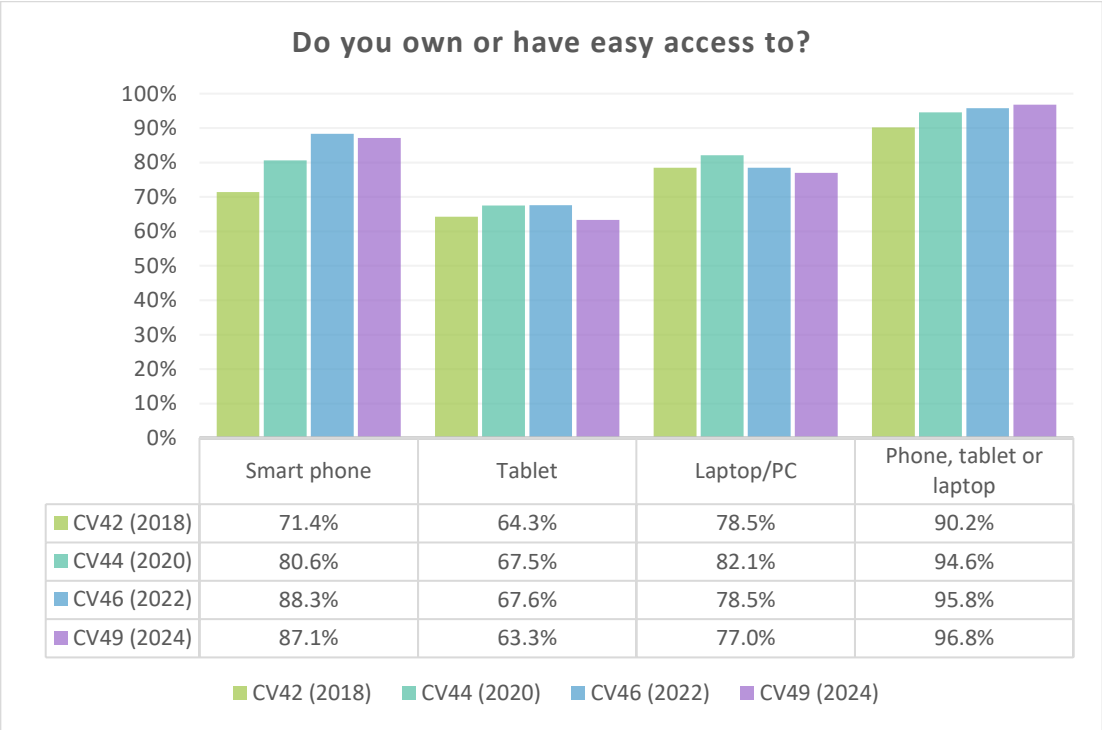
3.3.3. The next question asked **do you feel you would like to be more socially active?** Over a third (35.8%) of respondents answered that 'yes' they would like to be more socially active. Of these, 59.7% said they would like to be contacted with information about the Stay Well Stay Connected programme.

3.3.4. Participants were then asked if they owned or had easy access to either a **smart phone**, a **tablet** or a **laptop or PC**. Most respondents reported owning or having easy access to these devices with 87.1% having a smart phone, 77% having a laptop or PC and 63.3% having a tablet. Overall, 96.8% owned or had easy access to at least one of the devices.

These questions have been asked in previous City Voice questionnaires. On the whole the findings from this questionnaire are broadly similar to when these questions were last asked

in December 2022, however since the questions were first asked in 2018, the proportion of respondents owning or having access to at least one of the devices has increased from 90.2% to 96.8%, with access to smart phones showing the largest increase of any of the devices (from 71.4% to 87.1%).

Figure 3.6



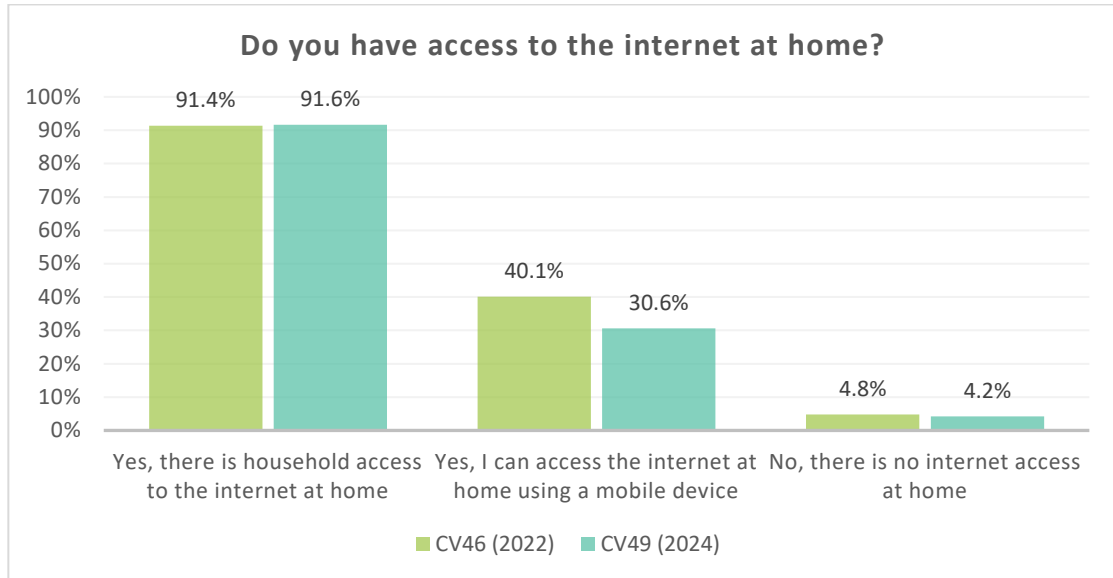
Base for CV49 = 379

3.3.5. Participants were then asked if they had access to the internet at home and given the options:

- Yes, there is household access to the internet at home
- Yes, I can access the internet at home using a mobile device
- No, there is no internet access at home

Most respondents (91.6%) reported having household access to the internet, however 4.2% did not have any internet access. These proportions are very similar to when these questions were asked in December 2022. However, in this more recent survey, a smaller percentage of respondents report using a mobile device to access the internet at home (30.6% compared to 40.1%).

Figure 3.7



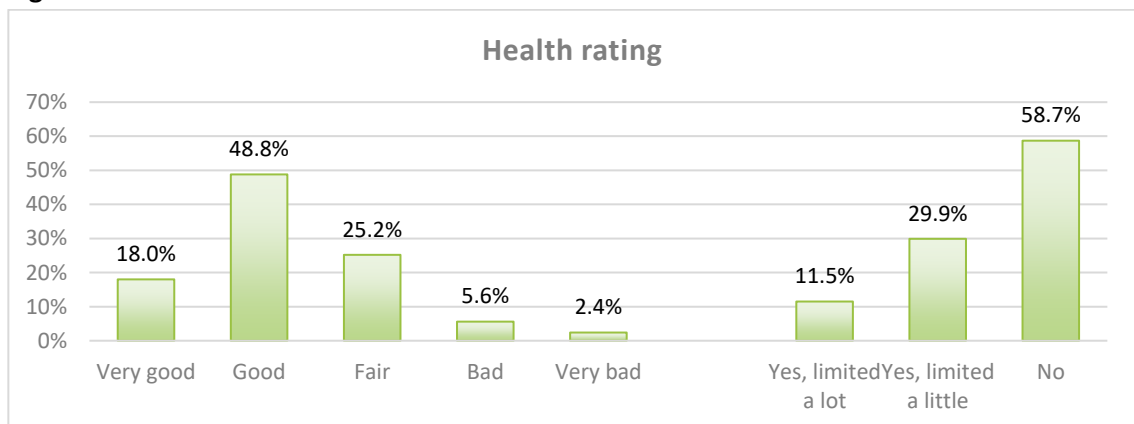
Base CV49 = 379

- 3.3.6. When asked if they would be interested in learning skills to help build confidence in using technology, 21.1% of respondents said they would, with most of these (89.9%) saying they would be happy to be contacted directly with information about digital connectivity. (Base = 79).

3.4. Health and wellbeing

- 3.4.1. The first question in this section asked participants to rate their **general health**. Two-thirds (66.8%) of respondents rated their health as **good** (very good or good) with 8% saying their health was **bad** (bad or very bad). Participants were then asked if their **day to day activities were limited** because of a health problem or disability which has lasted, or is expected to last, at least 12 months (including problems relating to old age). While most participants (58.7%) did not report any limited activities, 41.3% reported their day to day activities were **limited a little** (29.9%) or **a lot** (11.5%) by health problems or disability.

Figure 3.8



Bases: General health = 377, Day to day activities limited = 375

3.4.2. Participants were then asked if they would know where to go if seeking support in relation to a number of different concerns. The response options were 'yes', 'no', 'not applicable' and 'would like more information' and participants could tick all that applied. The concerns were:

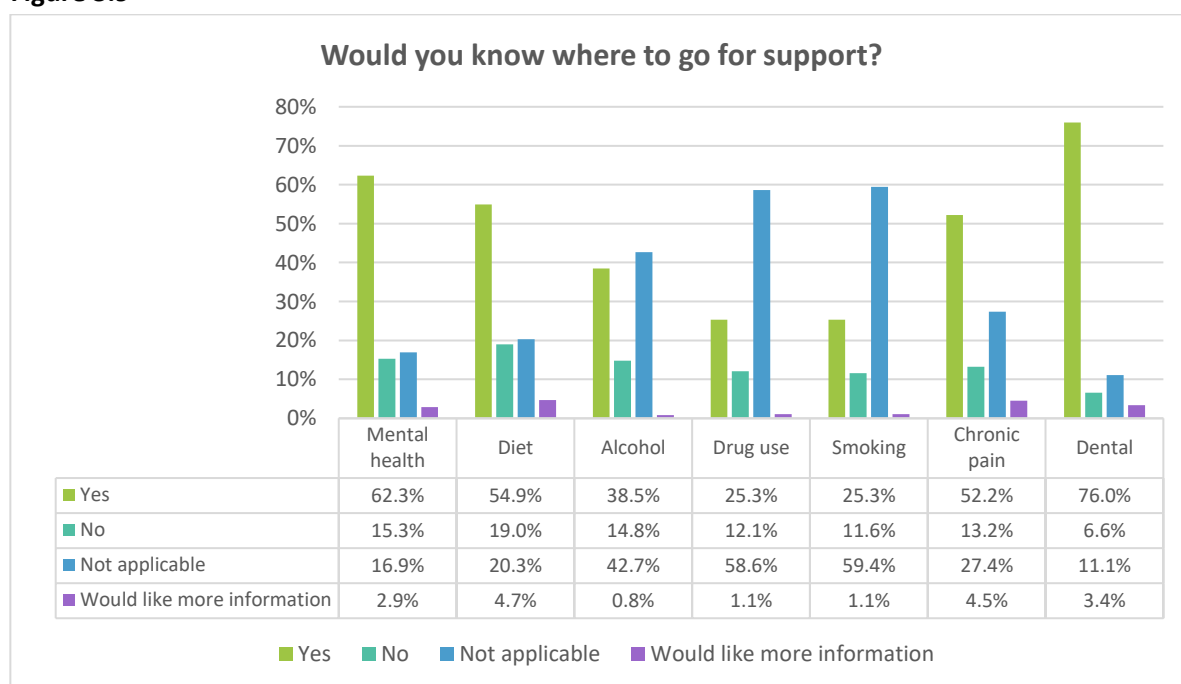
- Mental health
- Diet
- Alcohol consumption
- Drug use
- Chronic pain
- Dental health

Most respondents reported that, **yes**, they would know where to go for support for **dental health** (76.0%), **mental health** (62.3%), **diet** (54.9%) and **chronic pain** (52.2%). While the proportion of respondents who reported they would know where to go for support was lower for the other concerns (smoking, drug use and alcohol consumption), there was a higher proportion of respondents who answered **not applicable** for these concerns.

With the exception of dental health, over 10% of respondents reported not knowing where to go for support for each concern. Specifically, 19% reported not knowing where to go for support relating to **diet**, 15.3% for **mental health**, 14.8% for **alcohol consumption**, 13.2% for **chronic pain**, 12.1% for **drug use**, and 11.6% for **smoking**.

Only a small percentage of respondents (less than 5%) indicated they would like more information for any of the concerns, however, this was highest for **diet** (4.7%) and **chronic pain** (4.5%). Overall, 13.7% of respondents indicated they would like to be contacted directly to receive information on the services available for specific concerns.

Figure 3.9



Base = 379

3.5. Service response

Aberdeen City Health and Social Care Partnership (ACHSCP) welcomes this report and the wealth of invaluable information it contains.

It was really encouraging to see such a high percentage of people aware of what vaccinations they were eligible for and also that almost half of the respondents choose which screening or vaccinations they attend. It looks like we have a bit of work to do to increase awareness around screening and also the availability of information. This fits with the new LOIP project around screening and will help inform our actions but we will also share this information with our Wellbeing Hubs so they can reconsider their communication and information sharing strategies.

It was interesting to note that almost a fifth of respondents considered themselves to be a Carer but that only 5.6% of these were registered with the local Carer Support Service. We will share these results with our Carers Strategy Implementation Group and task them with considering how we can explore the reasons for Carers not engaging with the support service. Is it because they are not aware of the service, that it doesn't offer them what they need, or do they feel they don't require that kind of support at this time.

The information on social connection is hugely valuable and is the first time we have had an opportunity to gain a real understanding of this topic as it relates to the people of Aberdeen. The limiting factors, and in particular the comments received, will help shape the community support delivered by our Stay Well Stay Connected Programme. In general we are aware of this list, but the percentages against each will help to target our resources. Caring responsibilities were mentioned in the comments as being a barrier to social connection and we will ensure the conversations we have with Carers explores what support can be offered to overcome this. It was interesting to note that almost a sixth of the comments received indicated a preference not to connect socially. We have tended to take an approach that assumes everyone wants to be more connected but this was a good reminder that not everyone does, and also gives us an idea of how prevalent that stance is. The level of access to smart phones, tablets, laptops, PCs and internet was surprisingly high and gives us confidence to develop more support offered digitally.

The health and wellbeing section confirmed our general understanding of the health of the population and how this can limit their day to day lives. It is good to have this baseline and we would hope to repeat the same survey at a later date to assess whether the actions we are taking have had any impact on these figures or not. The results on knowing where to go for support are varied and we will share these with the relevant services as there is certainly more work to be done particularly for alcohol and drug use and for smoking.

Although not part of the Healthy and Social Lives section we have also scrutinised the results from the Physical Activity section, particularly what prevents people from being more physically active, as this obviously impacts on health. Again it was interesting to note that almost 30% of respondents did not want to be more active.

The whole report will be shared with the Aberdeen City Integration Joint Board and the Senior Leadership Team of Aberdeen City Health and Social Care Partnership who are the key groups responsible for making strategic decisions about the design and delivery of community health and social care services. One of our stated aims is that we hear the voices of our communities in order that they can help shape what services are delivered and how they are provided. This report provides a wealth of information to feed into the development of the next iteration of our Strategic Plan.

4. Community Justice

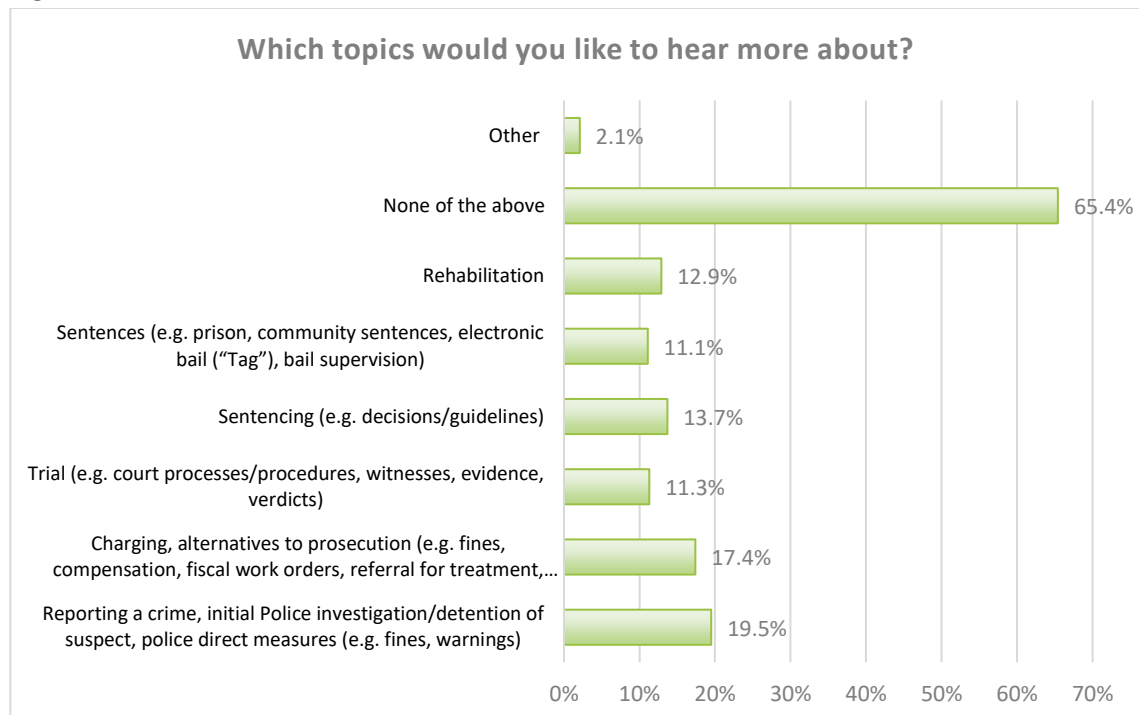
4.1. Awareness of Community Justice

Participants were given a definition of Community Justice:

Community Justice is a community-first model of justice, where people who have broken the law are held to account and supported to reconnect and contribute to their communities. It means that some people, where it is safe to do so, receive community-based sentences. And the evidence emphatically shows that community justice can help people stop breaking the law again which leads to fewer victims and safer communities.

- 4.1.1. The first question asked participants if, before reading this definition, they had heard of Community Justice. Over half (55.9%) responded that they had heard of Community Justice with 44.1% saying they had not heard of it. (Base = 374).
- 4.1.2. In the next question, a list of topics relating to the Justice System were presented and participants were asked which of these topics they would like to learn more about (tick all that apply). Almost two-thirds (65.4%) of respondents ticked **none of the above**. The topic with the highest proportion of respondents (19.5%) saying they would like to learn more about was **reporting a crime, initial Police investigation/detention of suspect, police direct measures**. A total of 15 comments were received for this question and these will be passed directly to the service for full consideration.

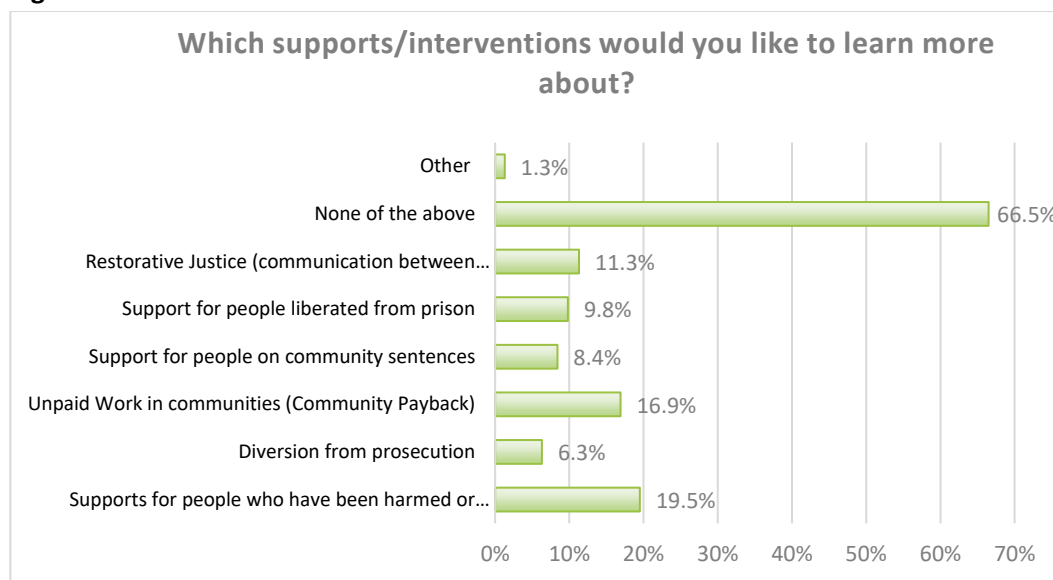
Figure 4.1



Base = 379

- 4.1.3. The next question asked participants which Community Justice services/interventions they would like to learn more about. Again a list was given and participants could choose all that applied. As in the previous question, the most common response was **none of the above** with 66.5% of respondents choosing this option. The service/intervention that respondents most commonly indicated interest in learning about was **supports for people who have been harmed or affected by crime** (19.5%) followed by **unpaid work in communities** (16.9%). A total of 8 comments were received for this question and these will be passed to the service for full consideration.

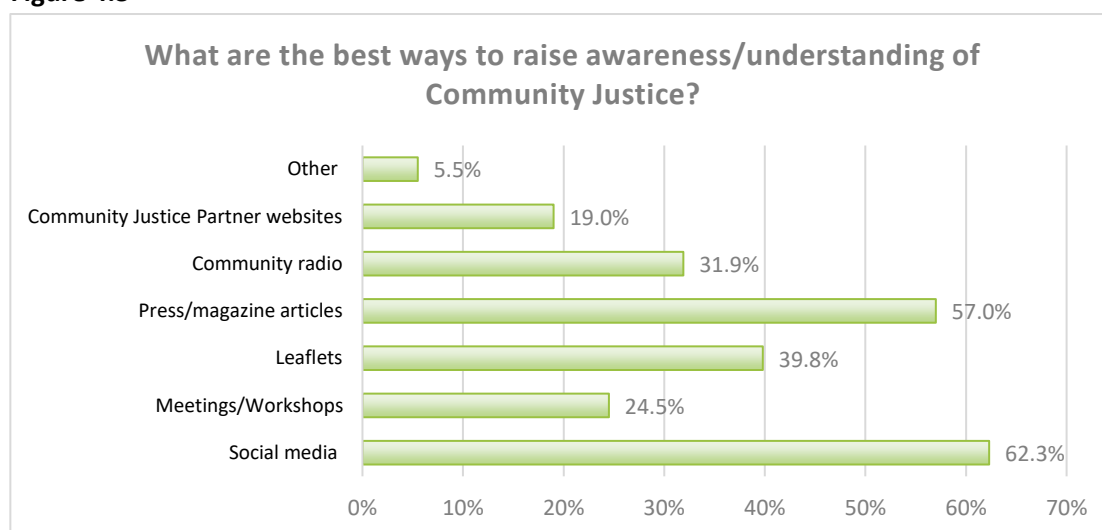
Figure 4.2



Base = 379

- 4.1.4. Participants were then asked what they thought were the best ways to raise awareness and understanding about Community Justice. A list of options was presented and participants were asked to select their top 3. The most popular choices were **social media** (62.3%), **press/magazine articles** (57%) and **leaflets** (39.8%). A total of 26 comments were received and these will be passed to the service for full consideration.

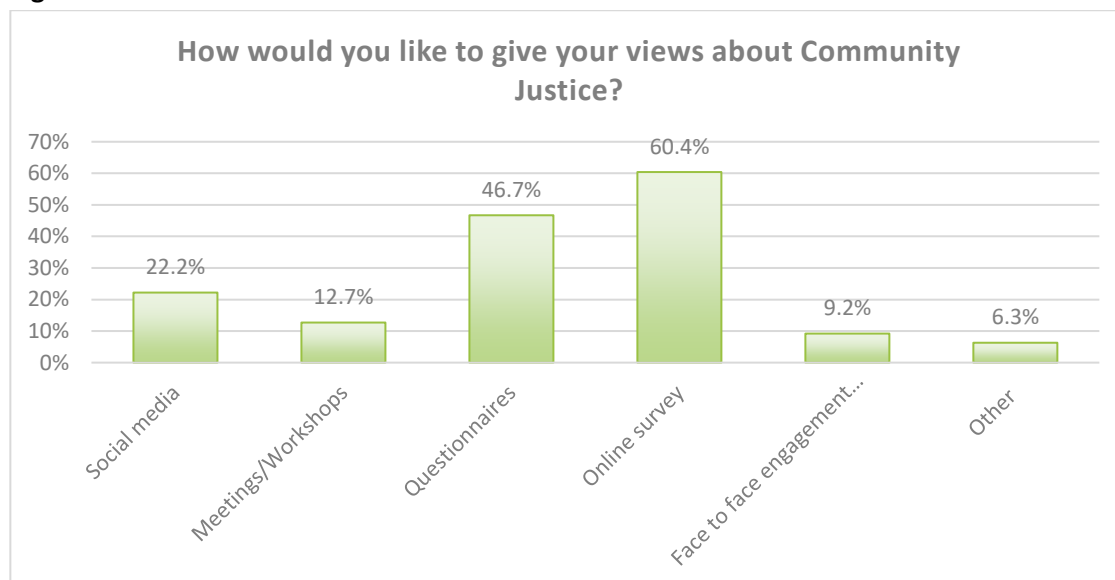
Figure 4.3



Base = 379

- 4.1.5. Participants were then asked to how they would like to give their views about Community Justice. The most common responses were **online surveys** (60.4%) and **questionnaires** (46.7%). A total of 27 comments were received for this question and these will be passed to the service for full consideration.

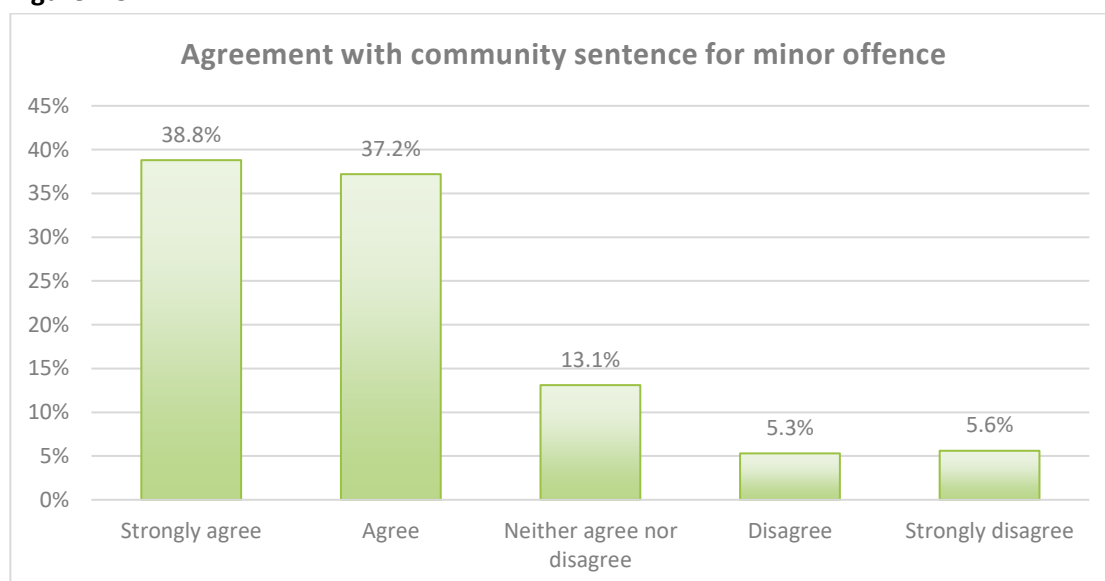
Figure 4.4



Base = 379

- 4.1.6. The final question in this section asked participants whether they agreed that **people, rather than spend a few months in prison for committing a minor offence, should help their community as part of a community sentence**. Over three quarters of respondents (76%) said they **agreed** with this (either strongly agree or agree) with 10.9% **disagreeing** (disagree or strongly disagree).

Figure 4.5



Base = 374

4.2. Service response

Thank you to everyone for taking their time to complete their responses. The purpose behind asking these questions was to gauge the level of understanding around Community Justice. There is a slight majority who have heard about Community Justice, which is positive, while at the same time demonstrates there is work for the Community Justice Partnership around communication as highlighted in some of the comments expressing no understanding of how Community Justice differs from other types of justice.

The final question, if respondents agree with community sentencing rather than a short term prison sentence for minor offences, is a national indicator that is captured by the Scottish Government to gauge public opinion around Community Justice. It is positive to see that 76% agree with this approach. The comments around this group of questions does highlight some key points of interest that the partnership is looking to address, for example community payback being used to support work to improve communities, how a community would get this support and get an initiative implemented.

The responses and feedback will be used in the development of a communication plan for the Community Justice Partnership. The Partnership welcomes all forms of feedback and will be implementing some of the suggestions. Thank you again for taking the time to respond.

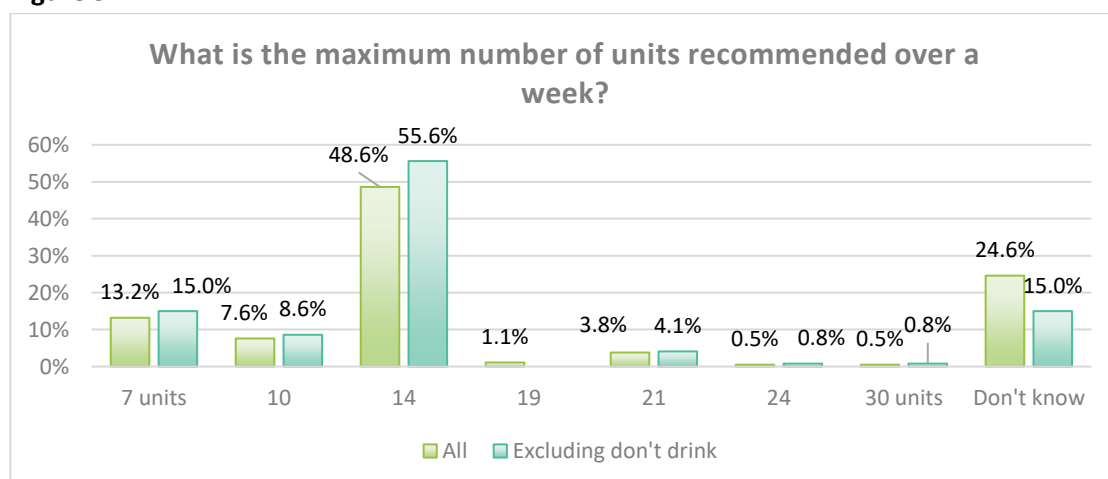
5. Alcohol

In Aberdeen it is estimated that 31% of males and 12% of females drink above recommended levels. These questions were included to help understand the knowledge of the wider population regarding drinking alcohol in a responsible way.

5.1. Alcohol units

- 5.1.1. The first question in this section asked **what is the maximum number of units of alcohol recommended over a week?** Participants were given a list with the number of units ranging from 7 to 30. There was also a don't know option. Less than half of respondents (48.6%) correctly identified 14 units as the maximum recommended number of units with approximately a quarter (24.6%) saying they didn't know. When those who don't drink alcohol are excluded (number identified from the following question), the percentage who correctly identified 14 units as the maximum increased to 55.6%.

Figure 5.1



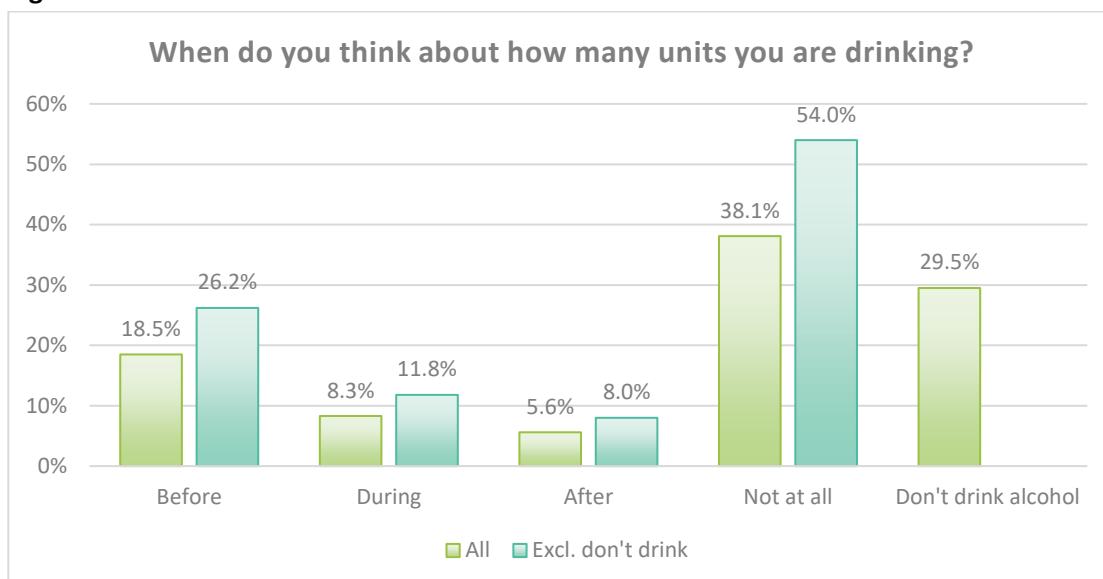
Bases: All = 370, Excluding those who don't drink alcohol = 266.

- 5.1.2. The next question asked **do you know how many units are in the alcoholic drinks you consume?** The response options were **yes**, **no** and **don't drink alcohol**.

Overall, almost half of respondents (49.2%) said they knew how many units were in the alcoholic drinks they consumed. However, 29.1% of respondents reported that they do not drink alcohol. When these were excluded, the percentage of respondents who said they knew how many units were in the drinks they consumed was 69.4%.

- 5.1.3. Participants were then asked when they thought about how many units they were drinking. The response options were **before**, **during**, **after**, **not at all** and **don't drink alcohol**. Overall, the most common response was **not at all** (38.1%). When those who reported they did not drink alcohol were excluded, this increased to 54.0%.

Figure 5.2



Bases: All = 373, Excluding don't drink alcohol = 263

5.2. Service response

We welcome the exploration in City Voice around awareness of alcohol units, since this underpins much of the public health messaging around alcohol and minimising the risks of harm. While on the one hand it is reassuring that there is a high level of understanding around units consumed for habitual drinkers, it is less encouraging that the majority of those who drink (54%) never give any thought to the amount of units they are consuming.

Messaging around the health harms of alcohol have focused on specific health conditions or diseases, cancer-risk being a strong focus of some of these approaches. Through our Alcohol and Drug Partnership improvement activity in relation to alcohol services we are working with our communities to contextualise alcohol risks around meaningful health consequences, and promote tools such as our new Try Dry App that support awareness of alcohol intake and reduce alcohol use. Thank you for taking the time to respond to these questions.

6. Children and Young People

The Aberdeen City Children's Services Board has established 6 different Stretch Outcomes as part of the development of our Children's Services Plan 2023-26 and Local Outcome Improvement Plan (LOIP) 2016-2026. As part of the current refresh of the LOIP 2022/26 we have review our Improvement Project Aims in the Children's Services Plan and the LOIP to ensure they continue to address the needs of our children and young people. These questions were included to hear your views about the availability of services and supports for children and young people across the city.

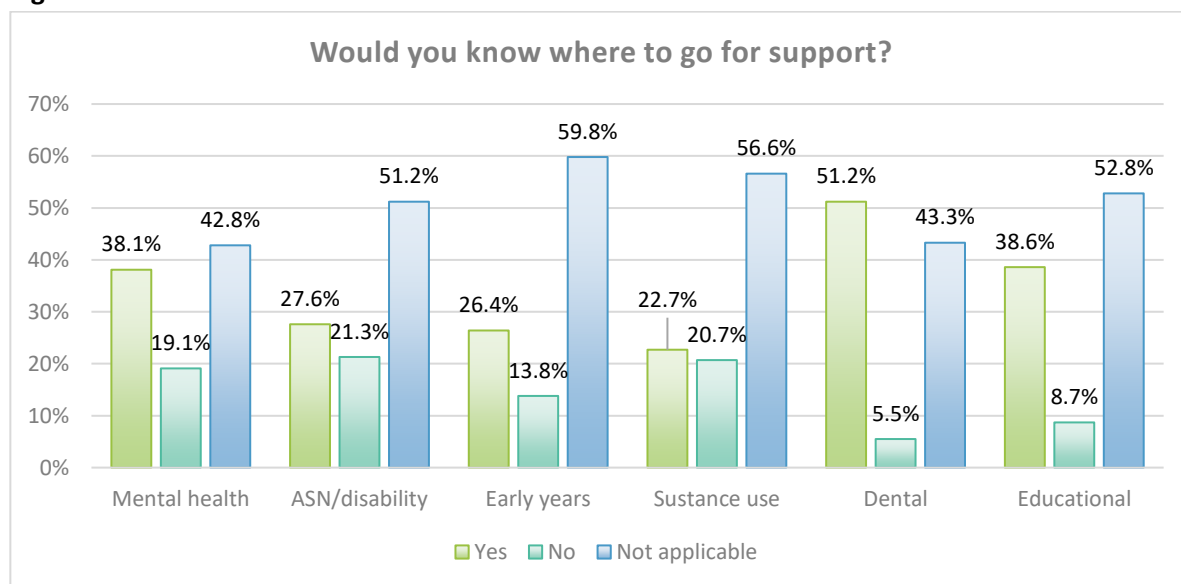
6.1. Support

6.1.1. The first question in this section was about support and asked participants if they knew where to go if they were seeking support for their family or children in relation to a number of different concerns. The response options were **yes**, **no** and **not applicable**. The concerns were:

- Mental health concerns
- Additional support needs and/or disability
- Early years developmental concerns
- Substance use
- Dental health
- Educational Concerns

Over half of respondents (51.2%) reported that they would know where to go for support for dental health concerns. With the exception of dental health, the most common response for all concerns was **not applicable**.

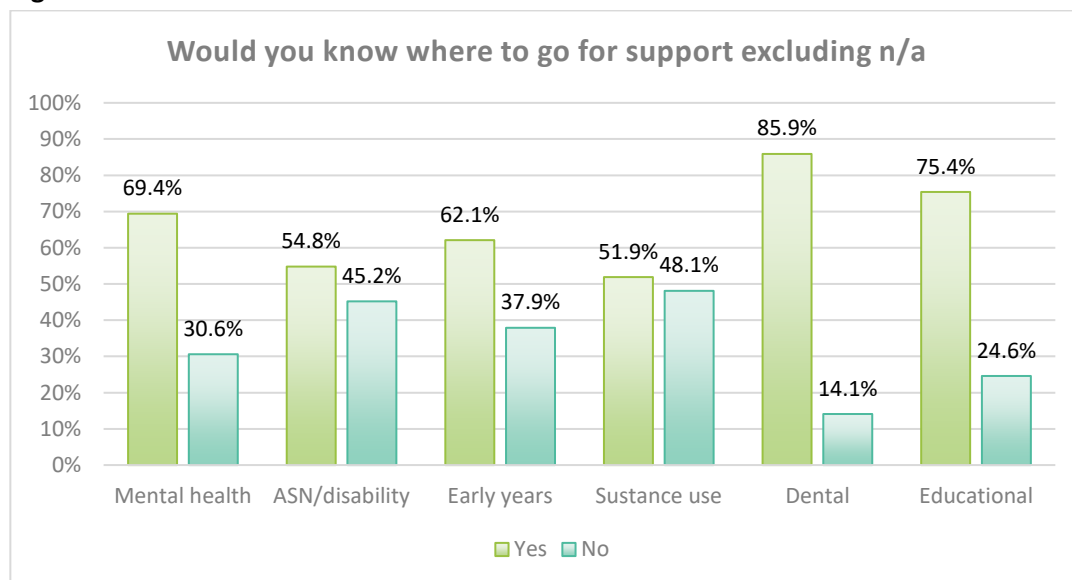
Figure 6.1



Bases: Mental health = 368, ASN/disability = 364, Early years = 365, Substance use = 367, Dental = 366, Educational concerns = 366

When those who answered ‘not applicable’ were excluded, most remaining respondents reported **yes** they would know where to go for support for each of the concerns. There was, however, considerable variation across the concerns, ranging from a high of 85.9% for **dental health** to a low of 51.9% for **substance use**.

Figure 6.2



Bases: Mental health = 206, ASN/disability = 177, Early years = 145, Substance use = 154, Dental health = 206, Educational concerns = 171

- 6.1.2. Those who answered ‘yes’ to any of the concerns, were then asked to indicate where they would go for support for each of the concerns. A free text box was given for each option. All of these responses will be passed to the service for full consideration, however a small sample of responses for each concern is given below.

Mental health concerns

- CAHMS
- GP/doctor
- Childline
- Samaritans
- Online/internet
- Mental health charities/organisations

Additional Support Needs and/or disability

- GP/doctor
- Social media groups
- Teacher/School/Education Department
- Online/internet
- NHS
- Social work team

Early Years developmental concerns

- GP/doctor
- Health Visitor
- Educational services/psychologist
- School/nursery
- Social work team

Substance use

- Alcohol and Drugs Action
- Alcohol/drugs services
- GP/doctor
- Online (NHS Inform/charities)
- Drugs charities
- Narcotics Anonymous
- NHS

Dental health

- Dentist
- NHS list of dental providers
- Emergency out of hours service
- NHS online

Educational concerns

- School/nursery
- Education department
- Guidance teacher/team at school
- Online (support organisations)
- Educational psychologists

6.2. Young people

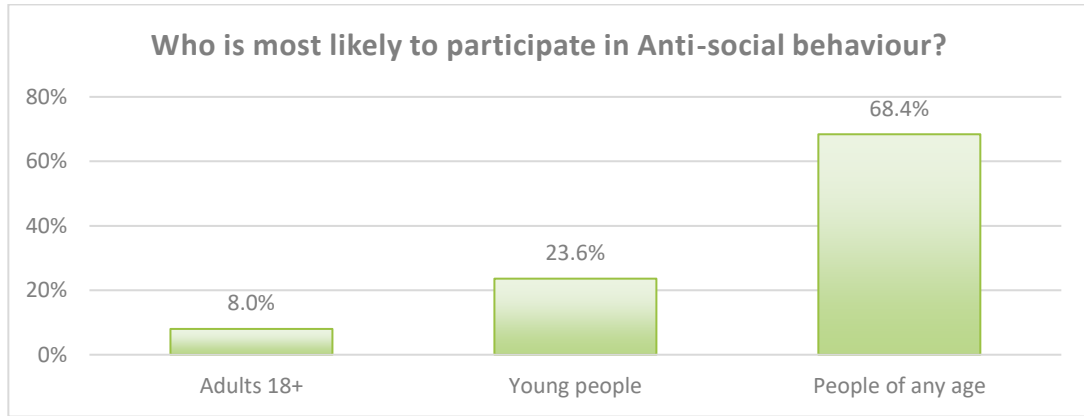
The final set of questions in this survey related specifically to young people.

6.2.1. The first question asked participants who they believed was most likely to participate in Anti-Social Behaviour. Choices given were:

- Adults (18+ years)
- Young people
- People of any age

The most common response was **people of any age** with over two-thirds (68.4%) of respondents choosing this option. Almost a quarter (23.6%) of respondents thought that **young people** were most likely to participate in anti-social behaviour, while 8% thought that **adults** were more likely.

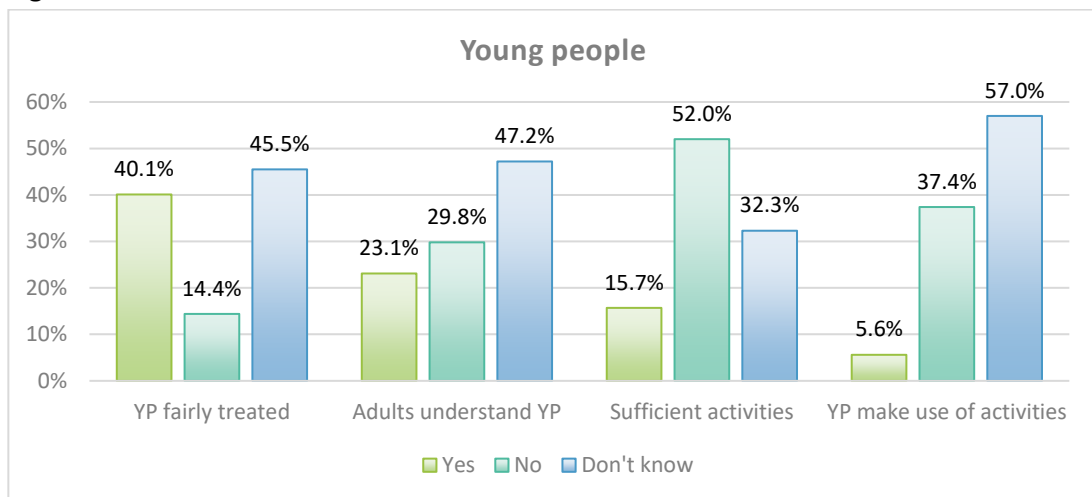
Figure 6.3



Base = 373

- 6.2.2. The next question ask participants if they felt **young people were fairly treated in their community**. The most common response was **don't know** (45.5% of respondents). However, 40.1% thought that **yes**, young people were fairly treated and 14.4% thought that **no**, they were not fairly treated.
- 6.2.3. Participants were then asked if they thought that **adults understand young people in their community**. Only 23.1% of respondents reported that they thought that adults **did** understand young people. Almost 30% said they thought adults **didn't** understand young people and again the most common response was **don't know** (47.2%).
- 6.2.4. When asked if they thought there were **sufficient activities available for young people in your area**, the most common response was **no**, with over half (52.0%) of respondents choosing this option. 15.7% of respondents thought there **were** sufficient activities and almost a third (32.3%) said they **didn't know**.
- 6.2.5. The next question asked **do you think young people make enough use of available activities?** The most common response was **don't know** with 57.0% of respondents choosing this option. Over a third (37.4%) thought that young people didn't make enough use of activities, and only 5.6% thought they did.

Figure 6.4



Bases: Fairly treated = 374, Adults understand = 373, Sufficient activities = 375, Make use - 375

6.2.6. The final question asked **If there was one change you think would improve things for young people in your community, what would it be?** A free text box was given and a total of 216 comments were received. These will be forwarded to the service for full consideration, however a small sample is given below:

- More spaces/venues available to let young people meet up and socialise or participate in activities (e.g. youth centres, youth cafes, community centres, clubs etc.)
- Encourage participation in clubs (e.g. Scouts, BBs, Guides etc.)
- Encourage participation/more opportunities for participation in sporting activities/clubs/music/art
- Make it easier to participate in clubs/activities (e.g. funding/grants to increase provision, lower costs)
- More community/youth workers
- Engagement with seniors (e.g. helping out with gardening and shopping/promote better understanding between age groups)
- Get young people involved in discussions/listen more
- Encourage volunteering

6.3. Service Response

Support

Overall the results for those who have responded to questions relating where to go for support are very helpful in shaping our understanding of how to better promote services and supports.

The figures indicate that people feel confident about knowing where to get support in regards to education and dental concerns, but there are clearly some areas where access routes could be better promoted and shared.

We currently are in the currently process of initiating several improvements projects with a focus on increasing awareness and accessibility of support for those with additional support needs (ASN)/disabilities and mental health concerns and this includes mapping out the Teir 2 community mental health supports available across the city. It is thought that this will help shape improvements to our referral pathways. We have also just completed a survey among parents of children with ASN/Disabilities to understand how we can better promote access to services. The feedback from the survey will be useful in informing these projects.

We will continue to work with our Alcohol and Drugs Partnership colleagues to support families facing substance misuse issues. The refreshed LOIP has a number of projects identified as part of Stretch Outcome 11 that will focus specifically on supporting families experiencing alcohol and substance misuse.

We would hope to ask similar questions of City Voice again in the future so that we can measure the impact of our work in the longer term.

Young People

It is encouraging that most people feel that Anti-Social Behaviour can occur at any age and is not focussed primarily focussed on young people, as well as the fact that the majority of respondents felt that young people are treated fairly in the community.

Over the course of this year we have been working to increase young provision in the city. Since the Scottish Attainment Challenge funding for youth work was made available in August 2021, a total of 893 activities have been delivered to 2,246 participants, a total of 22,626 learner hours. Most of the referrals are for one to one or small group work with a focus on improving confidence and resilience. Bespoke support for children in P7 making the transition to S1 is also part of the youth work team's offer. However, we recognise that there is more to do.

Aberdeen Youth Movement (AYM) acts as the Youth Activities Funding group and since 2022 they have assessed and approved over £91,000 of funding for activities that help young people develop skills, improve their confidence and access opportunities that can be life changing. Over financial year 2023/24, 1409 young people have benefitted from a Youth Activities Grant.

We've also been working in a number of communities and the city centre to test approaches to reduce youth anti-social behaviour, including the provision of youth hubs in Northfield and Bucksburn. These have begun to have a positive impact on the number of young antisocial behaviour calls being recorded. We continue to work with partners and the community to improve this further.

7. Finally

This report has provided an overview of the results from the 49th City Voice survey, the Citizens' Panel for Aberdeen. If you have any comments or queries about this report, please contact: cityvoice@aberdeencity.gov.uk

[Opportunities for communities to get involved in our work](#)

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8. Appendix 1 – Sub-group analyses

The tables below provide a breakdown of responses by sub-groups. Where there is a statistically significant difference in responses by sub-group, the figures have been highlighted in red. For ease of presentation, the tables do not give the full results. Rather, for many questions, the percentage of responses for one answer 'option' has been provided (e.g. the percentage who said 'yes' or who 'agree' with the statement).

8.1. Table A1: Responses by SIMD quintile

	SIMD Quintiles						
	1 (most deprived) (n=25)	2 (n = 61)	3 (n=39)	4 (n=56)	5 (least deprived) (n=182)	Missing (n=16)	Total (n=379)
Physical Activity							
How many days physical activity in past week? (Base = 355)							
1-4 days	60.9%	79.2%	61.1%	61.8%	55.2%	37.5%	60.0%
5-7 days	39.1%	20.8%	38.9%	38.2%	44.8%	62.5%	40.0%
Have you been physically active for 150 minutes if 4 days or less? (Base = 213)							
% 'Yes'	42.9%	57.1%	77.3%	64.7%	65.3%	50.0%	62.9%
What prevents you from being more physically active? (Base = 213)							
Work commitments	42.9%	19.0%	27.3%	20.6%	29.5%	33.3%	26.8%
Family life or caring responsibilities	50.0%	16.7%	18.2%	32.4%	28.4%	33.3%	27.2%
Lack of time	14.3%	28.6%	9.1%	23.5%	29.5%	50.0%	25.8%
Availability of activities	21.4%	23.8%	13.6%	14.7%	14.7%	0.0%	16.4%
Standard of local facilities	28.6%	7.1%	9.1%	2.9%	6.3%	0.0%	7.5%
Cost of activities	14.3%	21.4%	9.1%	8.8%	13.7%	0.0%	13.6%
Injury or illness	28.6%	42.9%	36.4%	38.2%	28.4%	0.0%	32.9%
Lack of confidence	14.3%	14.3%	4.5%	8.8%	6.3%	33.3%	9.4%
Transport	0.0%	9.5%	0.0%	2.9%	3.2%	0.0%	3.8%
I've never been active	0.0%	9.5%	4.5%	8.8%	6.3%	16.7%	7.0%
What types of activity do you take part in (Base = 379)							
Go to the gym or weight training	16.0%	9.8%	12.8%	14.3%	17.0%	25.0%	15.3%
Dance or fitness class	8.0%	11.5%	10.3%	14.3%	12.1%	6.3%	11.6%
Swimming	0.0%	13.1%	7.7%	5.4%	13.2%	0.0%	10.0%
Walking	72.0%	65.6%	87.2%	87.5%	87.9%	62.5%	82.1%
Jogging or running	12.0%	4.9%	5.1%	1.8%	6.6%	25.0%	6.6%
Cycling	20.0%	3.3%	7.7%	12.5%	13.2%	12.5%	11.3%
Sporting activity	4.0%	9.8%	5.1%	8.9%	12.1%	25.0%	10.6%
None	20.0%	18.0%	12.8%	1.8%	4.4%	12.5%	8.4%
Where do you exercise? (Base = 379)							
At home	36.0%	31.1%	33.3%	23.2%	28.6%	31.3%	29.3%
Indoor sports facilities	20.0%	26.2%	17.9%	28.6%	34.1%	62.5%	30.6%
Outdoor sports facilities	4.0%	8.2%	0.0%	3.6%	7.1%	18.8%	6.3%
Natural environment (e.g. walking, cycling etc.)	72.0%	62.3%	84.6%	89.3%	81.3%	62.5%	78.4%

None	20.0%	14.8%	7.7%	1.8%	6.0%	12.5%	8.2%
What do you value most about physically active? (Base = 379)							
Having good physical health	56.0%	59.0%	79.5%	76.8%	78.6%	75.0%	73.6%
Having good mental health	64.0%	60.7%	69.2%	78.6%	76.4%	56.3%	71.8%
Enjoy taking part in activities with others	24.0%	14.8%	12.8%	33.9%	25.3%	50.0%	24.5%
Social interaction and friendships	24.0%	23.0%	12.8%	46.4%	38.5%	43.8%	33.8%
Opportunity to be competitive	4.0%	1.6%	5.1%	7.1%	4.9%	25.0%	5.5%
Ageing well	48.0%	50.8%	59.0%	62.5%	65.9%	6.3%	58.6%
Reducing the risk of developing health conditions	44.0%	44.3%	61.5%	67.9%	66.5%	43.8%	60.2%
Managing the impact of an existing health condition	40.0%	36.1%	41.0%	33.9%	31.9%	0.0%	33.0%
Not sure	0.0%	6.6%	5.1%	1.8%	2.7%	6.3%	3.4%
Nothing	8.0%	13.1%	2.6%	8.9%	3.8%	6.3%	6.3%
What would encourage you to be more active? (Base = 379)							
Greater range of activities on offer	28.0%	23.0%	12.8%	14.3%	18.7%	18.8%	18.7%
Activities available more locally to my home or work	32.0%	44.3%	20.5%	30.4%	25.8%	31.3%	29.6%
Affordability of activities	32.0%	26.2%	43.6%	28.6%	24.7%	37.5%	28.5%
Nothing - I do not want to be more active	24.0%	16.4%	25.6%	33.9%	33.5%	31.3%	29.3%
If you have a long term health condition – interested in activity programme? (Base = 369)							
Yes	56.0%	50.8%	37.8%	22.2%	29.8%	6.3%	33.6%
Not applicable	24.0%	28.8%	32.4%	46.3%	43.8%	81.3%	40.9%
If yes, how would you like to access programme? (Base = 124)							
I'd like to be able to refer myself into a programme	42.9%	50.0%	57.1%	83.3%	52.8%	100.0%	54.8%
I'd like to be directed to the programme via a medical professional	50.0%	46.7%	42.9%	16.7%	43.4%	0.0%	41.9%
How do you think these should be funded? (Base = 372)							
Fully funded	62.5%	45.0%	36.8%	22.2%	24.9%	33.3%	31.7%
Part funded	29.2%	36.7%	44.7%	57.4%	56.4%	26.7%	49.2%
100% paid by participant	0.00%	5.00%	7.90%	7.40%	8.80%	6.70%	7.30%
Vaccinations and screening							
Are you up to date with your vaccinations? (Base = 357)							
% Yes	76.0%	84.2%	86.8%	75.0%	89.0%	84.9%	76.0%
Are you up to date with your screening tests? (Base = 353)							
% Yes	56.0%	75.4%	56.8%	77.8%	80.0%	74.8%	56.0%
Which statements are true for you?							
% who answered 'Yes'							

Aware vaccinations (Base = 356)	79.2%	87.7%	86.8%	91.1%	95.0%	-	91.3%
Aware screening (Base = 352)	62.5%	80.4%	65.8%	66.1%	73.0%	-	71.6%
Know where to find information (Base = 351)	58.3%	82.5%	67.6%	66.1%	78.0%	-	74.4%
Attend all when offered (Base = 348)	79.2%	83.6%	80.6%	80.4%	78.5%	-	79.9%
Choose which I attend (Base = 337)	52.2%	51.8%	29.7%	46.2%	52.7%	-	49.0%
Carers							
Do you consider yourself to be a Carer? (Base = 377)							
% Yes	20.0%	23.0%	12.8%	16.1%	20.6%	6.3%	18.8%
If yes, are you registered as a Carer? (Base = 71)							
% Yes	0.00%	0.00%	0.00%	11.10%	8.10%	0.00%	5.60%
Would you like information about registering as Carer? (Base = 353)							
% Yes	13.0%	11.7%	9.1%	8.5%	9.8%	6.3%	9.9%
Socially connected							
On average, how often do you connect with people through the following ways?							
% At least once a month							
Hobbies (base = 335)	43.5%	46.3%	54.5%	63.8%	68.9%	71.4%	61.5%
Groups or clubs (base = 346)	45.8%	49.1%	41.2%	56.0%	62.9%	71.4%	56.6%
Social events (base = 365)	66.7%	66.1%	81.1%	88.7%	88.1%	66.7%	81.6%
Classes (base = 329)	13.0%	7.4%	2.9%	18.8%	21.8%	71.4%	18.5%
Work (base = 335)	39.1%	33.3%	40.6%	49.0%	37.7%	0.0%	37.6%
Any activity at least once a week (base = 379)	80.0%	72.1%	69.2%	87.5%	86.8%	87.5%	82.3%
Any activity at least once a month (base = 379)	84.0%	86.9%	82.1%	96.4%	96.7%	93.8%	92.6%
Any factors that limit your ability to be socially active? (base = 379)							
Disability or mobility	32.0%	36.1%	20.5%	12.5%	11.0%	12.5%	17.7%
Digital connectivity	4.0%	4.9%	2.6%	1.8%	2.7%	0.0%	2.9%
Funds or costs	8.0%	21.3%	25.6%	16.1%	10.4%	12.5%	14.5%
Nationality or language	8.0%	1.6%	0.0%	0.0%	0.0%	0.0%	0.8%
Confidence	20.0%	24.6%	10.3%	5.4%	13.7%	43.8%	15.6%
Mental health	16.0%	18.0%	5.1%	5.4%	3.8%	43.8%	9.0%
Unaware of what is available in your local area	36.0%	23.0%	12.8%	8.9%	15.4%	0.0%	16.1%
Would you like to be more socially active? (base =374)							
% Yes	56.0%	47.5%	33.3%	42.6%	26.5%	50.0%	35.8%
Do you own or have easy access to? (base = 379)							
Smart phone	72.0%	83.6%	76.9%	85.7%	91.8%	100.0%	87.1%
Tablet	60.0%	54.1%	66.7%	53.6%	71.4%	37.5%	63.3%
Laptop/PC	76.0%	72.1%	66.7%	80.4%	79.1%	87.5%	77.0%
Phone, tablet or laptop	92.0%	98.4%	89.7%	98.2%	97.8%	100.0%	96.8%

Do you have access to the internet at home? (base = 379)							
Yes, there is household access to the internet at home	80.0%	85.2%	87.2%	96.4%	94.0%	100.0%	91.6%
Yes, I can access the internet at home using a mobile device	24.0%	31.1%	28.2%	32.1%	29.7%	50.0%	30.6%
No, there is no internet access at home	16.0%	6.6%	10.3%	1.8%	1.6%	0.0%	4.2%
Would you be interested in learning to use technology? (base = 375)							
% Yes	40.0%	24.6%	10.5%	26.8%	17.9%	18.8%	21.1%
Health and wellbeing							
How would you say your health is? (base = 377)							
% Good (good or very good)	52.0%	50.8%	59.0%	72.7%	73.5%	75.0%	66.8%
Are you day to day activities limited because of a health condition? (base = 375)							
% Limited (A lot or a little)	60.0%	58.3%	46.2%	40.0%	35.6%	6.3%	41.4%
Would you know where to go for support in relation to these concerns? (base = 379)							
Mental health	68.0%	67.2%	61.5%	58.9%	60.4%	68.8%	62.3%
Diet	56.0%	49.2%	59.0%	51.8%	59.3%	25.0%	54.9%
Alcohol	40.0%	34.4%	43.6%	33.9%	40.7%	31.3%	38.5%
Drug use	36.0%	27.9%	30.8%	17.9%	24.2%	25.0%	25.3%
Smoking	44.0%	32.8%	28.2%	16.1%	23.1%	18.8%	25.3%
Chronic pain	60.0%	47.5%	59.0%	44.6%	56.0%	25.0%	52.2%
Dental	64.0%	67.2%	82.1%	78.6%	80.2%	56.3%	76.0%
Community Justice							
Have you heard of Community Justice? (base = 374)							
% Yes	66.7%	58.3%	50.0%	58.9%	56.7%	25.0%	55.9%
Which of the topics below would you like to learn more about? (base = 379)							
Reporting a crime, initial Police investigation/ detention of suspect, police direct measures	40.0%	19.7%	20.5%	12.5%	17.6%	31.3%	19.5%
Charging, alternatives to prosecution	24.0%	9.8%	23.1%	16.1%	18.7%	12.5%	17.4%
Trial	20.0%	6.6%	15.4%	8.9%	10.4%	25.0%	11.3%
Sentencing	24.0%	4.9%	17.9%	10.7%	13.7%	31.3%	13.7%
Sentences	24.0%	3.3%	12.8%	10.7%	11.0%	18.8%	11.1%
Rehabilitation	28.0%	11.5%	7.7%	10.7%	12.6%	18.8%	12.9%
None of the above	56.0%	60.7%	61.5%	69.6%	67.6%	68.8%	65.4%
Which services and interventions would you like to learn more about? (base = 379)							
Supports for people who have been harmed or affected by crime	40.0%	19.7%	30.8%	12.5%	16.5%	18.8%	19.5%
Diversion from prosecution	12.0%	6.6%	7.7%	7.1%	5.5%	0.0%	6.3%
Unpaid Work in communities	24.0%	16.4%	17.9%	16.1%	15.4%	25.0%	16.9%
Support for people on community sentences	12.0%	4.9%	2.6%	10.7%	8.2%	25.0%	8.4%

Support for people liberated from prison	20.0%	9.8%	2.6%	10.7%	8.8%	18.8%	9.8%
Restorative Justice	20.0%	8.2%	10.3%	12.5%	11.0%	12.5%	11.3%
None of the above	52.0%	65.6%	61.5%	69.6%	68.7%	68.8%	66.5%
What are the best ways to raise awareness about Community Justice? (base = 379)							
Social media	52.0%	62.3%	59.0%	57.1%	64.8%	75.0%	62.3%
Meetings/Workshops	24.0%	31.1%	20.5%	14.3%	24.2%	50.0%	24.5%
Leaflets	44.0%	36.1%	35.9%	39.3%	43.4%	18.8%	39.8%
Press/magazine articles	36.0%	47.5%	61.5%	62.5%	62.1%	37.5%	57.0%
Community radio	36.0%	21.3%	35.9%	41.1%	31.9%	25.0%	31.9%
Community Justice Partner websites	24.0%	18.0%	15.4%	26.8%	15.4%	37.5%	19.0%
How would you like to give your views about Community Justice? (base = 379)							
Social media	32.0%	29.5%	30.8%	7.1%	18.1%	56.3%	22.2%
Meetings/Workshops	8.0%	23.0%	15.4%	8.9%	10.4%	12.5%	12.7%
Questionnaires	56.0%	41.0%	51.3%	48.2%	46.2%	43.8%	46.7%
Online survey	48.0%	55.7%	56.4%	67.9%	61.5%	68.8%	60.4%
Face to face engagement	16.0%	14.8%	17.9%	7.1%	6.0%	0.0%	9.2%
Agreement that rather than go to prison for a minor offence, people should have a community sentence (base = 374)							
% Agree (strongly agree or agree)	62.5%	72.2%	69.3%	80.0%	79.4%	73.3%	76.0%
Alcohol							
What is the maximum number of units of alcohol recommended over a week? (base =370)							
% who said 14 units	34.8%	33.3%	60.5%	54.5%	54.1%	12.5%	48.6%
Do you know how many units in the drinks you consume? (base = 378)							
Yes	29.2%	31.1%	56.4%	48.2%	58.8%	25.0%	49.2%
Don't drink	33.3%	42.6%	17.9%	30.4%	22.5%	68.8%	29.1%
Do you think about how many units you are drinking before, during or after you drink? (base 373)							
% Before	21.7%	10.0%	20.5%	12.7%	22.8%	12.5%	18.5%
Children and Young People							
Would you know where to go if you were seeking support for these concerns? % Yes							
Mental health (base = 368)	34.8%	39.7%	40.5%	40.0%	38.0%	43.8%	38.9%
ASN/disability (base = 364)	26.1%	22.8%	27.0%	25.5%	27.8%	31.3%	26.6%
Early years (base = 365)	21.7%	19.3%	29.7%	20.0%	26.6%	31.3%	24.7%
Substance use (base = 367)	30.4%	24.1%	26.3%	14.5%	21.5%	18.8%	21.8%
Dental (base = 366)	52.2%	39.7%	51.4%	54.5%	48.0%	50.0%	48.4%
Educational (base = 366)	30.4%	25.9%	24.3%	45.5%	36.7%	50.0%	35.2%
Who is most likely to participate in anti-social behaviour? (base = 373)							
Adults (18+)	17.4%	6.9%	7.7%	8.9%	7.7%	0.0%	8.0%
Young People	30.4%	22.4%	20.5%	17.9%	22.7%	56.3%	23.6%
People of any age	52.20%	70.70%	71.80%	73.20%	69.60%	43.80%	68.40%
Are young people fairly treated (base = 374)							
% Yes	39.1%	44.1%	33.3%	32.1%	44.8%	18.8%	40.1%
Do adults understand young people? (base = 374)							
% Yes	18.2%	20.3%	23.1%	12.7%	28.6%	12.5%	23.1%

Are there sufficient activities for young people? (base = 375)							
% Yes	8.3%	15.3%	12.8%	16.1%	16.0%	31.3%	15.7%
Do young people make enough use of available facilities (base = 374)							
% Yes	4.2%	6.8%	2.6%	1.8%	5.5%	25.0%	5.6%

Note: Caution is advised in interpreting the results as the numbers in some groups may be very small. The red highlight indicates a significant difference between groups, but not specifically which groups the difference is between.

8.2. Table A2: Responses by locality

	Locality Areas				
	North (n=109)	South (n= 138)	Central (n=116)	Missing (n=16)	Total (n=379)
Physical Activity					
How many days physical activity in past week? (Base = 355)					
1-4 days	70.7%	62.0%	51.4%	37.5%	60.0%
5-7 days	29.3%	38.0%	48.6%	62.5%	40.0%
Have you been physically active for 150 minutes if 4 days or less? (Base = 213)					
% 'Yes'	65.7%	65.0%	57.9%	50.0%	62.9%
What prevents you from being more physically active? (Base = 213)					
Work commitments	31.4%	22.5%	26.3%	33.3%	26.8%
Family life or caring responsibilities	37.1%	25.0%	17.5%	33.3%	27.2%
Lack of time	30.0%	26.3%	17.5%	50.0%	25.8%
Availability of activities	25.7%	13.8%	10.5%	0.0%	16.4%
Standard of local facilities	5.7%	10.0%	7.0%	0.0%	7.5%
Cost of activities	21.4%	10.0%	10.5%	0.0%	13.6%
Injury or illness	37.1%	32.5%	31.6%	0.0%	32.9%
Lack of confidence	15.7%	3.8%	7.0%	33.3%	9.4%
Transport	5.7%	2.5%	3.5%	0.0%	3.8%
I've never been active	8.6%	8.8%	1.8%	16.7%	7.0%
What types of activity do you take part in (Base = 379)					
Go to the gym or weight training	16.5%	10.9%	18.1%	25.0%	15.3%
Dance or fitness class	9.2%	13.8%	12.1%	6.3%	11.6%
Swimming	10.1%	10.1%	11.2%	0.0%	10.0%
Walking	78.9%	80.4%	89.7%	62.5%	82.1%
Jogging or running	3.7%	5.8%	7.8%	25.0%	6.6%
Cycling	11.0%	10.9%	12.1%	12.5%	11.3%
Sporting activity	12.8%	10.1%	6.9%	25.0%	10.6%
None	12.8%	7.2%	5.2%	12.5%	8.4%
Where do you exercise? (Base = 379)					
At home	27.5%	26.1%	34.5%	31.3%	29.3%
Indoor sports facilities	25.7%	31.9%	29.3%	62.5%	30.6%
Outdoor sports facilities	4.6%	6.5%	6.0%	18.8%	6.3%
Natural environment (e.g. walking, cycling etc.)	76.1%	78.3%	82.8%	62.5%	78.4%
None	12.8%	7.2%	4.3%	12.5%	8.2%
What do you value most about physically active? (Base = 379)					
Having good physical health	69.7%	76.8%	73.3%	75.0%	73.6%
Having good mental health	67.0%	76.1%	73.3%	56.3%	71.8%
Enjoy taking part in activities with others	19.3%	26.1%	24.1%	50.0%	24.5%
Social interaction and friendships	27.5%	39.1%	31.9%	43.8%	33.8%
Opportunity to be competitive	4.6%	2.2%	7.8%	25.0%	5.5%

Ageing well	58.7%	63.0%	60.3%	6.3%	58.6%
Reducing the risk of developing health conditions	58.7%	61.6%	62.1%	43.8%	60.2%
Managing the impact of an existing health condition	26.6%	39.9%	35.3%	0.0%	33.0%
Not sure	3.7%	3.6%	2.6%	6.3%	3.4%
Nothing	9.2%	4.3%	6.0%	6.3%	6.3%
What would encourage you to be more active? (Base = 379)					
Greater range of activities on offer	22.9%	20.3%	12.9%	18.8%	18.7%
Activities available more locally to my home or work	30.3%	29.7%	28.4%	31.3%	29.6%
Affordability of activities	33.0%	28.3%	23.3%	37.5%	28.5%
Nothing - I do not want to be more active	30.3%	24.6%	33.6%	31.3%	29.3%
If you have a long term health condition – interested in activity programme? (Base = 369)					
Yes	36.2%	35.1%	33.3%	6.3%	33.6%
Not applicable	41.9%	35.8%	40.4%	81.3%	40.9%
If yes, how would you like to access programme? (Base = 124)					
I'd like to be able to refer myself into a programme	52.6%	61.7%	47.4%	100.0%	54.8%
I'd like to be directed to the programme via a medical professional	44.7%	36.2%	47.4%	0.0%	41.9%
How do you think these should be funded? (Base = 372)					
Fully funded	27.1%	33.8%	33.3%	33.3%	31.7%
Part funded	54.2%	48.5%	48.2%	26.7%	49.2%
100% paid by participant	6.5%	8.8%	6.1%	6.7%	7.3%
Vaccinations and screening					
Are you up to date with your vaccinations? (Base = 357)					
% Yes	84.3%	85.9%	84.2%	-	84.9%
Are you up to date with your screening tests? (Base = 353)					
% Yes	79.2%	76.7%	68.4%	-	74.8%
Which statements are true for you?					
Aware vaccinations (Base = 356)	91.6%	91.9%	90.4%	-	91.3%
Aware screening (Base = 352)	73.6%	64.7%	77.9%	-	71.6%
Know where to find information (Base = 351)	72.1%	74.4%	76.3%	-	74.4%
Attend all when offered (Base = 348)	77.6%	82.6%	78.9%	-	79.9%
Choose which I attend (Base = 337)	44.9%	48.0%	53.6%	-	49.0%
Carers					
Do you consider yourself to be a Carer? (Base = 377)					
% Yes	24.1%	14.6%	20.7%	6.3%	18.8%

If yes, are you registered as a Carer? (Base = 71)					
% Yes	7.7%	10.0%	0.0%	0.0%	5.6%
Would you like information about registering as Carer? (Base = 353)					
% Yes	13.3%	6.3%	11.3%	6.3%	9.9%
Socially connected					
On average, how often do you connect with people through the following ways?					
% At least once a month					
Hobbies (base = 335)	63.9%	59.8%	59.8%	71.4%	61.5%
Groups or clubs (base = 346)	48.5%	61.2%	56.6%	71.4%	56.6%
Social events (base = 365)	84.0%	81.3%	81.8%	66.7%	81.6%
Classes (base = 329)	12.0%	18.9%	16.8%	71.4%	18.5%
Work (base = 335)	46.2%	32.3%	41.0%	0.0%	37.6%
Any activity at least once a week (base = 379)	80.7%	83.3%	81.9%	87.5%	82.3%
Any activity at least once a month (base = 379)	90.8%	93.5%	93.1%	93.8%	92.6%
Any factors that limit your ability to be socially active? (base = 379)					
Disability or mobility	15.6%	20.3%	17.2%	12.5%	17.7%
Digital connectivity	1.8%	2.2%	5.2%	0.0%	2.9%
Funds or costs	19.3%	14.5%	10.3%	12.5%	14.5%
Nationality or language	0.0%	1.4%	0.9%	0.0%	0.8%
Confidence	12.8%	13.0%	17.2%	43.8%	15.6%
Mental health	10.1%	5.1%	7.8%	43.8%	9.0%
Unaware of what available in your local area	16.5%	15.9%	18.1%	0.0%	16.1%
Would you like to be more socially active? (base =374)					
% Yes	31.1%	38.0%	35.7%	50.0%	35.8%
Do you own or have easy access to? (base = 379)					
Smart phone	89.0%	82.6%	88.8%	100.0%	87.1%
Tablet	67.0%	64.5%	62.1%	37.5%	63.3%
Laptop/PC	74.3%	79.7%	75.0%	87.5%	77.0%
Phone, tablet or laptop	94.5%	97.1%	98.3%	100.0%	96.8%
Do you have access to the internet at home? (base = 379)					
Yes, there is household access to the internet at home	93.6%	89.1%	91.4%	100.0%	91.6%
Yes, I can access internet using a mobile device	30.3%	26.8%	32.8%	50.0%	30.6%
No, there is no internet access at home	3.7%	5.1%	4.3%	0.0%	4.2%
Would you be interested in learning to use technology? (base = 375)					
% Yes	19.3%	22.8%	21.1%	18.8%	21.1%
Health and wellbeing					
How would you say your health is? (base = 377)					
% Good (good or very good)	66.9%	64.2%	68.7%	75.0%	66.8%

Are you day to day activities limited because of a health condition? (base = 375)					
% Limited (A lot or a little)	41.2%	43.4%	43.8%	6.3%	41.4%
Would you know where to go for support in relation to these concerns? (base = 379)					
Mental health	66.1%	54.3%	67.2%	68.8%	62.3%
Diet	56.0%	52.9%	60.3%	25.0%	54.9%
Alcohol	35.8%	34.8%	46.6%	31.3%	38.5%
Drug use	17.4%	23.2%	35.3%	25.0%	25.3%
Smoking	21.1%	21.7%	34.5%	18.8%	25.3%
Chronic pain	52.3%	48.6%	60.3%	25.0%	52.2%
Dental	79.8%	78.3%	72.4%	56.3%	76.0%
Community Justice					
Have you heard of Community Justice? (base = 374)					
% Yes	55.0%	59.3%	57.0%	25.0%	55.9%
Which of the topics below would you like to learn more about? (base = 379)					
Reporting a crime, initial Police investigation/ detention of suspect, police direct measures	18.3%	19.6%	19.0%	31.3%	19.5%
Charging, alternatives to prosecution	13.8%	21.0%	17.2%	12.5%	17.4%
Trial	9.2%	11.6%	11.2%	25.0%	11.3%
Sentencing	11.0%	15.2%	12.1%	31.3%	13.7%
Sentences	8.3%	10.9%	12.9%	18.8%	11.1%
Rehabilitation	10.1%	13.0%	14.7%	18.8%	12.9%
None of the above	67.0%	65.9%	62.9%	68.8%	65.4%
Which services and interventions would you like to learn more about? (base = 379)					
Supports for people who have been harmed or affected by crime	19.3%	17.4%	22.4%	18.8%	19.5%
Diversion from prosecution	6.4%	5.8%	7.8%	0.0%	6.3%
Unpaid Work in communities	12.8%	18.8%	17.2%	25.0%	16.9%
Support for people on community sentences	4.6%	10.1%	7.8%	25.0%	8.4%
Support for people liberated from prison	6.4%	9.4%	12.1%	18.8%	9.8%
Restorative Justice	12.8%	10.1%	11.2%	12.5%	11.3%
None of the above	67.0%	67.4%	64.7%	68.8%	66.5%
What are the best ways to raise awareness about Community Justice? (base = 379)					
Social media	61.5%	67.4%	55.2%	75.0%	62.3%
Meetings/Workshops	17.4%	23.2%	29.3%	50.0%	24.5%
Leaflets	45.0%	41.3%	36.2%	18.8%	39.8%
Press/magazine articles	49.5%	60.9%	62.1%	37.5%	57.0%
Community radio	32.1%	30.4%	34.5%	25.0%	31.9%
Community Justice Partner websites	14.7%	19.6%	19.8%	37.5%	19.0%
How would you like to give your views about Community Justice? (base = 379)					
Social media	23.9%	18.1%	20.7%	56.3%	22.2%
Meetings/Workshops	10.1%	15.2%	12.1%	12.5%	12.7%
Questionnaires	41.3%	48.6%	50.0%	43.8%	46.7%

Online survey	50.5%	68.1%	59.5%	68.8%	60.4%
Face to face engagement	7.3%	9.4%	12.1%	0.0%	9.2%
Agreement that rather than go to prison for a minor offence, people should have a community sentence (base = 374)					
% Agree (strongly agree or agree)	74.3%	79.7%	73.3%	73.3%	76.0%
Alcohol					
What is the maximum number of units of alcohol recommended over a week? (base =370)					
% who said 14 units	51.4%	48.9%	50.9%	12.5%	48.6%
Do you know how many units in the drinks you consume? (base = 378)					
Yes	50.5%	49.3%	51.3%	25.0%	49.2%
Don't drink	20.2%	31.9%	28.7%	68.8%	29.1%
Do you think about how many units you are drinking before, during or after you drink? (base 373)					
% Before	17.6%	19.1%	19.5%	12.5%	18.5%
Children and Young People					
Would you know where to go if you were seeking support for these concerns? % Yes					
Mental health (base = 368)	41.1%	33.3%	42.5%	43.8%	38.9%
ASN/disability (base = 364)	24.3%	23.8%	31.5%	31.3%	26.6%
Early years (base = 365)	26.2%	21.4%	26.1%	31.3%	24.7%
Substance use (base = 367)	18.9%	20.3%	26.8%	18.8%	21.8%
Dental (base = 366)	54.7%	43.6%	47.7%	50.0%	48.4%
Educational (base = 366)	39.6%	29.3%	36.0%	50.0%	35.2%
Who is most likely to participate in anti-social behaviour? (base = 373)					
Adults (18+)	4.7%	9.5%	10.5%	0.0%	8.0%
Young People	24.5%	25.5%	15.8%	56.3%	23.6%
People of any age	70.8%	65.0%	73.7%	43.8%	68.4%
Are young people fairly treated (base = 374)					
% Yes	39.3%	44.9%	38.3%	18.8%	40.1%
Do adults understand young people? (base = 374)					
% Yes	22.6%	27.0%	20.2%	12.5%	23.1%
Are there sufficient activities for young people? (base = 375)					
% Yes	15.0%	19.1%	10.3%	31.3%	15.7%
Do young people make enough use of available facilities (base = 374)					
% Yes	2.8%	7.4%	3.4%	25.0%	5.6%

Note: Caution is advised in interpreting the results as the numbers in some groups may be very small. The red highlight indicates a significant difference between groups, but not specifically which groups the difference is between.

8.3. Table A3: Responses by Age Groups

	Age Groups						
	16-34 n=26	35-54 n=55	55-64 n=94	65-74 n=84	75+ n=92	Missing n=28	Total n=379
Physical Activity							
How many days physical activity in past week? (Base = 355)							
1-4 days	46.2%	60.4%	57.8%	65.4%	62.5%	56.0%	60.0%
5-7 days	53.8%	39.6%	42.2%	34.6%	37.5%	44.0%	40.0%
Have you been physically active for 150 minutes if 4 days or less? (Base = 213)							
% 'Yes'	58.3%	53.1%	59.6%	69.8%	62.0%	78.6%	62.9%
What prevents you from being more physically active? (Base = 213)							
Work commitments	16.7%	65.6%	48.1%	7.5%	2.0%	28.6%	26.8%
Family life or caring responsibilities	33.3%	53.1%	21.2%	20.8%	20.0%	35.7%	27.2%
Lack of time	50.0%	40.6%	32.7%	13.2%	16.0%	28.6%	25.8%
Availability of activities	8.3%	18.8%	19.2%	11.3%	20.0%	14.3%	16.4%
Standard of local facilities	0.0%	3.1%	19.2%	1.9%	4.0%	14.3%	7.5%
Cost of activities	25.0%	15.6%	19.2%	11.3%	6.0%	14.3%	13.6%
Injury or illness	16.7%	21.9%	38.5%	47.2%	24.0%	28.6%	32.9%
Lack of confidence	41.7%	12.5%	7.7%	1.9%	10.0%	7.1%	9.4%
Transport	0.0%	9.4%	1.9%	3.8%	2.0%	7.1%	3.8%
I've never been active	16.7%	6.3%	7.7%	3.8%	10.0%	0.0%	7.0%
What types of activity do you take part in (Base = 379)							
Go to the gym or weight training	26.9%	23.6%	16.0%	11.9%	7.6%	21.4%	15.3%
Dance or fitness class	3.8%	10.9%	9.6%	11.9%	14.1%	17.9%	11.6%
Swimming	3.8%	25.5%	6.4%	11.9%	4.3%	10.7%	10.0%
Walking	69.2%	72.7%	84.0%	90.5%	81.5%	82.1%	82.1%
Jogging or running	23.1%	18.2%	6.4%	3.6%	0.0%	0.0%	6.6%
Cycling	11.5%	20.0%	12.8%	9.5%	7.6%	7.1%	11.3%
Sporting activity	38.5%	5.5%	5.3%	10.7%	12.0%	7.1%	10.6%
None	7.7%	9.1%	8.5%	2.4%	13.0%	10.7%	8.4%
Where do you exercise? (Base = 379)							
At home	30.8%	41.8%	26.6%	32.1%	25.0%	17.9%	29.3%
Indoor sports facilities	50.0%	43.6%	20.2%	28.6%	28.3%	35.7%	30.6%
Outdoor sports facilities	19.2%	5.5%	5.3%	7.1%	5.4%	0.0%	6.3%
Natural environment (e.g. walking, cycling etc.)	69.2%	78.2%	80.9%	85.7%	75.0%	67.9%	78.4%
None	7.7%	7.3%	8.5%	2.4%	12.0%	14.3%	8.2%
What do you value most about physically active? (Base = 379)							
Having good physical health	80.8%	81.8%	71.3%	79.8%	64.1%	71.4%	73.6%
Having good mental health	57.7%	80.0%	76.6%	76.2%	65.2%	60.7%	71.8%
Enjoy taking part in activities with others	34.6%	20.0%	18.1%	26.2%	28.3%	28.6%	24.5%
Social interaction and friendships	38.5%	21.8%	27.7%	39.3%	39.1%	39.3%	33.8%
Opportunity to be competitive	23.1%	9.1%	2.1%	6.0%	2.2%	3.6%	5.5%
Ageing well	11.5%	38.2%	61.7%	70.2%	70.7%	57.1%	58.6%

Reducing the risk of developing health conditions	50.0%	58.2%	63.8%	70.2%	52.2%	57.1%	60.2%
Managing the impact of an existing health condition	7.7%	30.9%	37.2%	36.9%	37.0%	21.4%	33.0%
Not sure	11.5%	1.8%	2.1%	0.0%	7.6%	0.0%	3.4%
Nothing	3.8%	5.5%	6.4%	2.4%	9.8%	10.7%	6.3%
What would encourage you to be more active? (Base = 379)							
Greater range of activities on offer	23.1%	20.0%	19.1%	23.8%	13.0%	14.3%	18.7%
Activities available more locally to my home or work	38.5%	36.4%	29.8%	29.8%	23.9%	25.0%	29.6%
Affordability of activities	42.3%	43.6%	33.0%	26.2%	13.0%	28.6%	28.5%
Nothing - I do not want to be more active	19.2%	20.0%	29.8%	29.8%	33.7%	39.3%	29.3%
If you have a long term health condition – interested in activity programme? (Base = 369)							
Yes	15.4%	27.3%	37.0%	39.8%	32.6%	37.0%	33.6%
Not applicable	73.1%	50.9%	38.0%	32.5%	34.9%	44.4%	40.9%
If yes, how would you like to access programme? (Base = 124)							
I'd like to be able to refer myself into a programme	75.0%	46.7%	70.6%	48.5%	35.7%	80.0%	54.8%
I'd like to be directed to the programme via a medical professional	25.0%	46.7%	26.5%	48.5%	60.7%	20.0%	41.9%
How do you think these should be funded? (Base = 372)							
Fully funded	48.0%	38.2%	25.8%	26.5%	37.5%	21.4%	31.7%
Part funded	28.0%	45.5%	57.0%	50.6%	46.6%	53.6%	49.2%
100% paid by participant	4.0%	9.1%	9.7%	9.6%	2.3%	7.1%	7.3%
Vaccinations and screening							
Are you up to date with your vaccinations? (Base = 357)							
% Yes	75.0%	70.9%	79.8%	91.7%	92.4%	85.7%	84.9%
Are you up to date with your screening tests? (Base = 353)							
% Yes	50.0%	56.4%	87.2%	89.2%	65.2%	60.7%	74.8%
Which statements are true for you?							
Aware vaccinations (Base = 356)	75.0%	74.5%	94.6%	91.7%	98.9%	89.3%	91.3%
Aware screening (Base = 352)	50.0%	65.5%	84.9%	75.9%	60.7%	64.3%	71.6%
Know where to find information (Base = 351)	75.0%	64.8%	85.9%	77.1%	66.7%	71.4%	74.4%
Attend all when offered (Base = 348)	75.0%	60.0%	76.3%	92.5%	87.6%	70.4%	79.9%
Choose which I attend (Base = 337)	50.0%	58.2%	52.3%	45.0%	42.2%	51.9%	49.0%
Carers							
Do you consider yourself to be a Carer? (Base = 377)							
% Yes	11.5%	16.4%	17.0%	25.0%	15.6%	28.6%	18.8%

If yes, are you registered as a Carer? (Base = 71)							
% Yes	0.0%	0.0%	12.5%	4.8%	7.1%	0.0%	5.6%
Would you like information about registering as Carer? (Base = 353)							
% Yes	11.5%	9.6%	9.2%	7.8%	8.1%	24.0%	9.9%
Socially connected							
On average, how often do you connect with people through the following ways?							
% At least once a month							
Hobbies (base = 335)	62.5%	58.5%	56.3%	63.0%	65.3%	69.6%	61.5%
Groups or clubs (base = 346)	66.7%	55.8%	36.5%	58.4%	72.0%	61.5%	56.6%
Social events (base = 365)	64.0%	78.8%	75.3%	86.4%	89.8%	84.6%	81.6%
Classes (base = 329)	50.0%	23.1%	10.5%	15.9%	17.3%	17.4%	18.5%
Work (base = 335)	13.0%	71.7%	62.6%	19.2%	9.7%	30.4%	37.6%
Any activity at least once a week (base = 379)	88.5%	85.5%	80.9%	78.6%	87.0%	71.4%	82.3%
Any activity at least once a month (base = 379)	96.2%	89.1%	92.6%	91.7%	93.5%	96.4%	92.6%
Any factors that limit your ability to be socially active? (base = 379)							
Disability or mobility	11.5%	10.9%	11.7%	21.4%	26.1%	17.9%	17.7%
Digital connectivity	0.0%	5.5%	1.1%	2.4%	5.4%	0.0%	2.9%
Funds or costs	19.2%	23.6%	18.1%	9.5%	5.4%	25.0%	14.5%
Nationality or language	0.0%	3.6%	1.1%	0.0%	0.0%	0.0%	0.8%
Confidence	42.3%	20.0%	14.9%	9.5%	8.7%	25.0%	15.6%
Mental health	34.6%	12.7%	10.6%	2.4%	2.2%	14.3%	9.0%
Unaware of what available in your local area	15.4%	14.5%	13.8%	14.3%	21.7%	14.3%	16.1%
Would you like to be more socially active? (base =374)							
% Yes	53.8%	48.1%	31.2%	33.3%	30.0%	37.0%	35.8%
Do you own or have easy access to? (base = 379)							
Smart phone	96.2%	98.2%	90.4%	86.9%	75.0%	85.7%	87.1%
Tablet	46.2%	70.9%	63.8%	66.7%	57.6%	71.4%	63.3%
Laptop/PC	88.5%	89.1%	84.0%	75.0%	59.8%	82.1%	77.0%
Phone, tablet or laptop	100.0%	100.0%	98.9%	97.6%	91.3%	96.4%	96.8%
Do you have access to the internet at home? (base = 379)							
Yes, there is household access to the internet at home	96.2%	96.4%	95.7%	91.7%	80.4%	100.0%	91.6%
Yes, I can access internet using a mobile device	38.5%	29.1%	30.9%	23.8%	38.0%	21.4%	30.6%
No, there is no internet access at home	3.8%	1.8%	2.1%	4.8%	8.7%	0.0%	4.2%
Would you be interested in learning to use technology? (base = 375)							
% Yes	19.2%	18.2%	11.7%	20.2%	35.2%	17.9%	21.1%
Health and wellbeing							
How would you say your health is? (base = 377)							
% Good (good or very good)	76.9%	71.7%	64.8%	65.4%	63.0%	71.4%	66.8%
Are you day to day activities limited because of a health condition? (base = 375)							

% Limited (A lot or a little)	15.3%	27.8%	42.0%	45.2%	52.8%	40.7%	41.4%
Would you know where to go for support in relation to these concerns? (base = 379)							
Mental health	61.5%	69.1%	69.1%	63.1%	50.0%	64.3%	62.3%
Diet	19.2%	56.4%	71.3%	63.1%	42.4%	46.4%	54.9%
Alcohol	26.9%	36.4%	57.4%	36.9%	27.2%	32.1%	38.5%
Drug use	23.1%	30.9%	38.3%	26.2%	10.9%	17.9%	25.3%
Smoking	19.2%	30.9%	39.4%	25.0%	13.0%	14.3%	25.3%
Chronic pain	26.9%	49.1%	58.5%	63.1%	45.7%	50.0%	52.2%
Dental	65.4%	78.2%	86.2%	81.0%	63.0%	75.0%	76.0%
Community Justice							
Have you heard of Community Justice? (base = 374)							
% Yes	28.0%	49.1%	55.3%	63.9%	64.4%	44.4%	55.9%
Which of the topics below would you like to learn more about? (base = 379)							
Reporting a crime, initial Police investigation/ detention of suspect, police direct measures	26.9%	29.1%	20.2%	9.5%	20.7%	17.9%	19.5%
Charging, alternatives to prosecution	15.4%	20.0%	19.1%	9.5%	21.7%	17.9%	17.4%
Trial	19.2%	14.5%	13.8%	4.8%	12.0%	7.1%	11.3%
Sentencing	19.2%	14.5%	16.0%	8.3%	15.2%	10.7%	13.7%
Sentences	11.5%	14.5%	13.8%	7.1%	10.9%	7.1%	11.1%
Rehabilitation	23.1%	10.9%	14.9%	9.5%	13.0%	10.7%	12.9%
None of the above	61.5%	61.8%	68.1%	73.8%	55.4%	75.0%	65.4%
Which services and interventions would you like to learn more about? (base = 379)							
Supports for people who have been harmed or affected by crime	26.9%	21.8%	14.9%	16.7%	22.8%	21.4%	19.5%
Diversion from prosecution	0.0%	10.9%	8.5%	6.0%	4.3%	3.6%	6.3%
Unpaid Work in communities	19.2%	21.8%	16.0%	15.5%	16.3%	14.3%	16.9%
Support for people on community sentences	15.4%	9.1%	10.6%	7.1%	6.5%	3.6%	8.4%
Support for people liberated from prison	19.2%	7.3%	9.6%	7.1%	12.0%	7.1%	9.8%
Restorative Justice	11.5%	10.9%	8.5%	9.5%	16.3%	10.7%	11.3%
None of the above	61.5%	65.5%	75.5%	66.7%	59.8%	64.3%	66.5%
What are the best ways to raise awareness about Community Justice? (base = 379)							
Social media	84.6%	83.6%	64.9%	52.4%	47.8%	67.9%	62.3%
Meetings/Workshops	38.5%	23.6%	24.5%	25.0%	20.7%	25.0%	24.5%
Leaflets	19.2%	27.3%	40.4%	47.6%	46.7%	35.7%	39.8%
Press/magazine articles	30.8%	45.5%	54.3%	66.7%	64.1%	60.7%	57.0%
Community radio	30.8%	29.1%	33.0%	35.7%	28.3%	35.7%	31.9%
Community Justice Partner websites	34.6%	18.2%	25.5%	19.0%	12.0%	7.1%	19.0%
How would you like to give your views about Community Justice? (base = 379)							
Social media	57.7%	30.9%	23.4%	7.1%	16.3%	32.1%	22.2%
Meetings/Workshops	11.5%	14.5%	10.6%	9.5%	15.2%	17.9%	12.7%
Questionnaires	34.6%	56.4%	47.9%	51.2%	45.7%	25.0%	46.7%
Online survey	65.4%	70.9%	67.0%	65.5%	45.7%	46.4%	60.4%

Face to face engagement	7.7%	14.5%	9.6%	6.0%	10.9%	3.6%	9.2%
Agreement that rather than go to prison for a minor offence, people should have a community sentence (base = 374)							
% Agree (strongly agree or agree)	68.0%	78.1%	84.0%	76.8%	71.2%	64.2%	76.0%
Alcohol							
What is the maximum number of units of alcohol recommended over a week? (base =370)							
% who said 14 units	23.10%	33.30%	59.60%	53.10%	51.70%	42.90%	48.60%
Do you know how many units in the drinks you consume? (base = 378)							
Yes	19.2%	41.8%	61.7%	49.4%	47.8%	53.6%	49.2%
Don't drink	65.40%	27.30%	23.40%	26.50%	31.50%	17.90%	29.10%
Do you think about how many units you are drinking before, during or after you drink? (base 373)							
% Before	7.7%	12.7%	22.3%	18.8%	17.8%	28.6%	18.5%
Children and Young People							
Would you know where to go if you were seeking support for these concerns? % Yes							
Mental health (base = 368)	50.0%	49.1%	43.0%	36.1%	26.2%	40.7%	38.9%
ASN/disability (base = 364)	23.1%	37.0%	29.0%	26.8%	17.1%	29.6%	26.6%
Early years (base = 365)	26.9%	40.0%	31.2%	20.7%	13.4%	14.8%	24.7%
Substance use (base = 367)	26.9%	25.5%	25.8%	24.4%	9.6%	25.0%	21.8%
Dental (base = 366)	53.8%	57.4%	52.7%	46.3%	36.1%	53.6%	48.4%
Educational (base = 366)	42.3%	49.1%	38.7%	33.3%	24.1%	28.6%	35.2%
Who is most likely to participate in anti-social behaviour? (base = 373)							
Adults (18+)	3.8%	9.1%	9.6%	9.8%	6.7%	3.7%	8.0%
Young People	46.2%	23.6%	12.8%	18.3%	31.5%	29.6%	23.6%
People of any age	50.0%	67.3%	77.7%	72.0%	61.8%	66.7%	68.4%
Are young people fairly treated (base = 374)							
% Yes	23.1%	41.8%	40.4%	33.7%	48.3%	44.4%	40.1%
Do adults understand young people? (base = 374)							
% Yes	11.5%	20.0%	18.1%	22.0%	33.7%	25.9%	23.1%
Are there sufficient activities for young people? (base = 375)							
% Yes	23.1%	14.5%	14.9%	15.5%	18.0%	7.4%	15.7%
Do young people make enough use of available facilities (base = 374)							
% Yes	23.1%	9.1%	5.3%	2.4%	3.3%	0.0%	5.6%

Note: Caution is advised in interpreting the results as the numbers in some groups may be very small. The red highlight indicates a significant difference between groups, but not specifically which groups the difference is between.

8.4. Table A4: Responses by Gender

	Gender			
	Male n=163	Female n=212	In other way/ prefer not to say n=4	Total n=379
Physical Activity				
How many days physical activity in past week? (Base = 355)				
1-4 days	57.8%	62.9%	0.0%	60.0%
5-7 days	42.2%	37.1%	100.0%	40.0%
Have you been physically active for 150 minutes if 4 days or less? (Base = 213)				
% 'Yes'	59.6%	65.3%	62.9%	59.6%
What prevents you from being more physically active? (Base = 213)				
Work commitments	22.5%	29.8%	26.8%	22.5%
Family life or caring responsibilities	28.1%	26.6%	27.2%	28.1%
Lack of time	19.1%	30.6%	25.8%	19.1%
Availability of activities	16.9%	16.1%	16.4%	16.9%
Standard of local facilities	4.5%	9.7%	7.5%	4.5%
Cost of activities	6.7%	18.5%	13.6%	6.7%
Injury or illness	33.7%	32.3%	32.9%	33.7%
Lack of confidence	7.9%	10.5%	9.4%	7.9%
Transport	4.5%	3.2%	3.8%	4.5%
I've never been active	3.4%	9.7%	7.0%	3.4%
What types of activity do you take part in (Base = 379)				
Go to the gym or weight training	15.3%	14.6%	50.0%	15.3%
Dance or fitness class	3.1%	18.4%	0.0%	11.6%
Swimming	8.6%	11.3%	0.0%	10.0%
Walking	78.5%	84.4%	100.0%	82.1%
Jogging or running	6.7%	5.7%	50.0%	6.6%
Cycling	16.6%	7.1%	25.0%	11.3%
Sporting activity	15.3%	5.7%	75.0%	10.6%
None	9.8%	7.5%	0.0%	8.4%
Where do you exercise? (Base = 379)				
At home	23.9%	33.5%	25.0%	29.3%
Indoor sports facilities	28.2%	31.6%	75.0%	30.6%
Outdoor sports facilities	9.2%	4.2%	0.0%	6.3%
Natural environment (e.g. walking, cycling etc.)	79.1%	77.8%	75.0%	78.4%
None	9.2%	7.5%	0.0%	8.2%
What do you value most about physically active? (Base = 379)				
Having good physical health	74.2%	73.1%	75.0%	73.6%
Having good mental health	69.9%	73.6%	50.0%	71.8%
Enjoy taking part in activities with others	25.2%	23.1%	75.0%	24.5%
Social interaction and friendships	31.9%	34.9%	50.0%	33.8%

Opportunity to be competitive	9.8%	2.4%	0.0%	5.5%
Ageing well	57.1%	60.8%	0.0%	58.6%
Reducing the risk of developing health conditions	61.3%	59.9%	25.0%	60.2%
Managing the impact of an existing health condition	35.0%	32.1%	0.0%	33.0%
Not sure	1.8%	4.2%	25.0%	3.4%
Nothing	8.0%	5.2%	0.0%	6.3%
What would encourage you to be more active? (Base = 379)				
Greater range of activities on offer	15.3%	21.7%	0.0%	18.7%
Activities available more locally to my home or work	23.9%	34.4%	0.0%	29.6%
Affordability of activities	26.4%	30.2%	25.0%	28.5%
Nothing - I do not want to be more active	36.8%	22.6%	75.0%	29.3%
If you have a long term health condition – interested in activity programme? (Base = 369)				
Yes	25.0%	41.0%	0.0%	33.6%
Not applicable	36.9%	42.9%	100.0%	40.9%
If yes, how would you like to access programme? (Base = 124)				
I'd like to be able to refer myself into a programme	37.5%	63.1%	54.8%	37.5%
I'd like to be directed to the programme via a medical professional	60.0%	33.3%	41.9%	60.0%
How do you think these should be funded? (Base = 372)				
Fully funded	30.0%	32.2%	75.0%	31.7%
Part funded	47.5%	51.4%	0.0%	49.2%
100% paid by participant	10.6%	4.8%	0.0%	7.3%
Vaccinations and screening				
Are you up to date with your vaccinations? (Base = 357)				
% Yes	85.5%	84.3%	-	84.9%
Are you up to date with your screening tests? (Base = 353)				
% Yes	77.8%	72.3%	-	74.8%
Which statements are true for you?				
Aware vaccinations (Base = 356)	88.0%	93.9%	-	91.3%
Aware screening (Base = 352)	61.9%	79.2%	-	71.6%
Know where to find information (Base = 351)	67.5%	79.9%	-	74.4%
Attend all when offered (Base = 348)	82.5%	77.8%	-	79.9%
Choose which I attend (Base = 337)	44.1%	53.0%	-	49.0%
Carers				

Do you consider yourself to be a Carer? (Base = 377)				
% Yes	13.5%	22.9%	25.0%	18.8%
If yes, are you registered as a Carer? (Base = 71)				
% Yes	4.5%	6.3%	0.0%	5.6%
Would you like information about registering as Carer? (Base = 353)				
% Yes	7.9%	11.6%	0.0%	9.9%
Socially connected				
On average, how often do you connect with people through the following ways?				
% At least once a month				
Hobbies (base = 335)	61.3%	61.9%	50.0%	61.5%
Groups or clubs (base = 346)	50.0%	61.5%	75.0%	56.6%
Social events (base = 365)	77.4%	85.4%	50.0%	81.6%
Classes (base = 329)	9.7%	25.0%	50.0%	18.5%
Work (base = 335)	34.9%	40.5%	0.0%	37.6%
Any activity at least once a week (base = 379)	77.3%	86.3%	75.0%	82.3%
Any activity at least once a month (base = 379)	90.2%	94.8%	75.0%	92.6%
Any factors that limit your ability to be socially active? (base = 379)				
Disability or mobility	18.4%	17.0%	25.0%	17.7%
Digital connectivity	4.3%	1.9%	0.0%	2.9%
Funds or costs	10.4%	17.5%	25.0%	14.5%
Nationality or language	1.2%	0.5%	0.0%	0.8%
Confidence	10.4%	18.9%	50.0%	15.6%
Mental health	4.9%	10.8%	75.0%	9.0%
Unaware of what available in your local area	16.6%	16.0%	0.0%	16.1%
Would you like to be more socially active? (base =374)				
% Yes	33.3%	38.0%	25.0%	35.8%
Do you own or have easy access to? (base = 379)				
Smart phone	84.7%	88.7%	100.0%	87.1%
Tablet	65.6%	62.3%	25.0%	63.3%
Laptop/PC	77.9%	75.9%	100.0%	77.0%
Phone, tablet or laptop	96.9%	96.7%	100.0%	96.8%
Do you have access to the internet at home? (base = 379)				
Yes, there is household access to the internet at home	92.0%	91.0%	100.0%	91.6%
Yes, I can access internet using a mobile device	30.1%	30.2%	75.0%	30.6%
No, there is no internet access at home	4.9%	3.8%	0.0%	4.2%
Would you be interested in learning to use technology? (base = 375)				
% Yes	23.3%	19.2%	25.0%	21.1%
Health and wellbeing				
How would you say your health is? (base = 377)				

% Good (good or very good)	60.9%	71.3%	75.0%	66.8%
Are you day to day activities limited because of a health condition? (base = 375)				
% Limited (A lot or a little)	45.0%	39.3%	0.0%	41.4%
Would you know where to go for support in relation to these concerns? (base = 379)				
Mental health	62.6%	61.3%	100.0%	62.3%
Diet	57.1%	53.3%	50.0%	54.9%
Alcohol	44.8%	33.5%	50.0%	38.5%
Drug use	29.4%	22.2%	25.0%	25.3%
Smoking	30.1%	21.7%	25.0%	25.3%
Chronic pain	54.6%	50.9%	25.0%	52.2%
Dental	79.1%	73.1%	100.0%	76.0%
Community Justice				
Have you heard of Community Justice? (base = 374)				
% Yes	55.0%	57.1%	25.0%	55.9%
Which of the topics below would you like to learn more about? (base = 379)				
Reporting a crime, initial Police investigation/ detention of suspect, police direct measures	20.9%	18.4%	25.0%	19.5%
Charging, alternatives to prosecution	20.2%	15.1%	25.0%	17.4%
Trial	12.3%	10.4%	25.0%	11.3%
Sentencing	15.3%	12.3%	25.0%	13.7%
Sentences	12.3%	9.9%	25.0%	11.1%
Rehabilitation	10.4%	14.6%	25.0%	12.9%
None of the above	68.1%	63.2%	75.0%	65.4%
Which services and interventions would you like to learn more about? (base = 379)				
Supports for people who have been harmed or affected by crime	17.8%	20.8%	25.0%	19.5%
Diversion from prosecution	7.4%	5.7%	0.0%	6.3%
Unpaid Work in communities	15.3%	17.9%	25.0%	16.9%
Support for people on community sentences	8.0%	8.5%	25.0%	8.4%
Support for people liberated from prison	8.0%	10.8%	25.0%	9.8%
Restorative Justice	8.0%	14.2%	0.0%	11.3%
None of the above	69.9%	63.7%	75.0%	66.5%
What are the best ways to raise awareness about Community Justice? (base = 379)				
Social media	61.3%	62.7%	75.0%	62.3%
Meetings/Workshops	23.9%	24.5%	50.0%	24.5%
Leaflets	42.9%	38.2%	0.0%	39.8%
Press/magazine articles	56.4%	58.0%	25.0%	57.0%
Community radio	25.8%	36.8%	25.0%	31.9%
Community Justice Partner websites	23.3%	15.1%	50.0%	19.0%
How would you like to give your views about Community Justice? (base = 379)				
Social media	20.9%	22.2%	75.0%	22.2%

Meetings/Workshops	12.3%	13.2%	0.0%	12.7%
Questionnaires	49.1%	45.8%	0.0%	46.7%
Online survey	62.6%	59.4%	25.0%	60.4%
Face to face engagement	9.2%	9.4%	0.0%	9.2%
Agreement that rather than go to prison for a minor offence, people should have a community sentence (base = 374)				
% Agree (strongly agree or agree)	64.6%	84.2%	100.0%	76.0%
Alcohol				
What is the maximum number of units of alcohol recommended over a week? (base =370)				
% who said 14 units	50.0%	48.1%	25.0%	48.6%
Do you know how many units in the drinks you consume? (base = 378)				
Yes	50.6%	48.6%	25.0%	49.2%
Don't drink	25.3%	31.1%	75.0%	29.1%
Do you think about how many units you are drinking before, during or after you drink? (base 373)				
% Before	16.8%	19.7%	25.0%	18.5%
Children and Young People				
Would you know where to go if you were seeking support for these concerns? % Yes				
Mental health (base = 368)	37.3%	39.9%	50.0%	38.9%
ASN/disability (base = 364)	26.3%	26.5%	50.0%	26.6%
Early years (base = 365)	20.0%	27.9%	50.0%	24.7%
Substance use (base = 367)	20.0%	23.2%	25.0%	21.8%
Dental (base = 366)	45.0%	50.5%	75.0%	48.4%
Educational (base = 366)	27.5%	40.6%	75.0%	35.2%
Who is most likely to participate in anti-social behaviour? (base = 373)				
Adults (18+)	8.6%	7.7%	0.0%	8.0%
Young People	27.2%	20.8%	25.0%	23.6%
People of any age	64.2%	71.5%	75.0%	68.4%
Are young people fairly treated (base = 374)				
% Yes	43.8%	37.5%	25.0%	40.1%
Do adults understand young people? (base = 374)				
% Yes	24.2%	22.6%	0.0%	23.1%
Are there sufficient activities for young people? (base = 375)				
% Yes	20.2%	11.5%	50.0%	15.7%
Do young people make enough use of available facilities (base = 374)				
% Yes	6.2%	4.8%	25.0%	5.6%

Note: Caution is advised in interpreting the results as the numbers in some groups may be very small. The red highlight indicates a significant difference between groups, but not specifically which groups the difference is between.

8.5. Table A5: Responses by Ethnicity

Ethnicity					
	Scottish	Other British	Other White	Other	Total
Physical Activity					
How many days physical activity in past week? (Base = 355)					
1-4 days	63.3%	48.8%	60.0%	48.5%	60.0%
5-7 days	36.7%	51.2%	40.0%	51.5%	40.0%
Have you been physically active for 150 minutes if 4 days or less? (Base = 213)					
% 'Yes'	64.0%	52.4%	58.3%	68.8%	62.9%
What prevents you from being more physically active? (Base = 213)					
Work commitments	25.6%	23.8%	41.7%	31.3%	26.8%
Family life or caring responsibilities	28.0%	19.0%	16.7%	37.5%	27.2%
Lack of time	22.6%	28.6%	33.3%	50.0%	25.8%
Availability of activities	17.1%	9.5%	25.0%	12.5%	16.4%
Standard of local facilities	6.7%	9.5%	8.3%	12.5%	7.5%
Cost of activities	14.0%	4.8%	16.7%	18.8%	13.6%
Injury or illness	35.4%	19.0%	41.7%	18.8%	32.9%
Lack of confidence	7.9%	9.5%	8.3%	25.0%	9.4%
Transport	3.7%	4.8%	8.3%	0.0%	3.8%
I've never been active	6.1%	14.3%	8.3%	6.3%	7.0%
What types of activity do you take part in (Base = 379)					
Go to the gym or weight training	14.1%	14.6%	30.0%	17.6%	15.3%
Dance or fitness class	11.9%	14.6%	5.0%	8.8%	11.6%
Swimming	9.4%	10.4%	15.0%	11.8%	10.0%
Walking	83.0%	83.3%	80.0%	73.5%	82.1%
Jogging or running	3.6%	8.3%	20.0%	20.6%	6.6%
Cycling	8.3%	22.9%	15.0%	17.6%	11.3%
Sporting activity	11.2%	0.0%	5.0%	23.5%	10.6%
None	9.0%	6.3%	10.0%	5.9%	8.4%
Where do you exercise? (Base = 379)					
At home	29.6%	22.9%	45.0%	26.5%	29.3%
Indoor sports facilities	28.2%	31.3%	40.0%	44.1%	30.6%
Outdoor sports facilities	6.1%	2.1%	5.0%	14.7%	6.3%
Natural environment (e.g. walking, cycling etc.)	79.1%	85.4%	65.0%	70.6%	78.4%
None	8.3%	6.3%	15.0%	5.9%	8.2%
What do you value most about physically active? (Base = 379)					
Having good physical health	71.8%	75.0%	75.0%	85.3%	73.6%
Having good mental health	70.4%	81.3%	75.0%	67.6%	71.8%
Enjoy taking part in activities with others	23.5%	29.2%	25.0%	26.5%	24.5%
Social interaction and friendships	32.1%	41.7%	25.0%	41.2%	33.8%
Opportunity to be competitive	5.1%	2.1%	5.0%	14.7%	5.5%
Ageing well	60.3%	66.7%	60.0%	32.4%	58.6%

Reducing the risk of developing health conditions	60.3%	58.3%	65.0%	58.8%	60.2%
Managing the impact of an existing health condition	32.9%	41.7%	40.0%	17.6%	33.0%
Not sure	2.9%	2.1%	5.0%	8.8%	3.4%
Nothing	6.5%	8.3%	5.0%	2.9%	6.3%
What would encourage you to be more active? (Base = 379)					
Greater range of activities on offer	18.8%	6.3%	20.0%	35.3%	18.7%
Activities available more locally to my home or work	28.5%	16.7%	45.0%	47.1%	29.6%
Affordability of activities	27.4%	16.7%	40.0%	47.1%	28.5%
Nothing - I do not want to be more active	29.6%	37.5%	35.0%	11.8%	29.3%
If you have a long term health condition – interested in activity programme? (Base = 369)					
Yes	35.4%	27.1%	40.0%	24.2%	33.6%
Not applicable	38.4%	41.7%	40.0%	60.6%	40.9%
If yes, how would you like to access programme? (Base = 124)					
I'd like to be able to refer myself into a programme	49.5%	69.2%	87.5%	62.5%	54.8%
I'd like to be directed to the programme via a medical professional	46.3%	30.8%	12.5%	37.5%	41.9%
How do you think these should be funded? (Base = 372)					
Fully funded	29.4%	29.8%	40.0%	48.5%	31.7%
Part funded	52.2%	55.3%	25.0%	30.3%	49.2%
100% paid by participant	8.1%	4.3%	10.0%	3.0%	7.3%
Vaccinations and screening					
Are you up to date with your vaccinations? (Base = 357)					
% Yes	86.1%	83.3%	72.2%	83.3%	84.9%
Are you up to date with your screening tests? (Base = 353)					
% Yes	76.0%	82.6%	55.6%	55.6%	74.8%
Which statements are true for you?					
Aware vaccinations (Base = 356)	92.6%	97.9%	61.1%	83.3%	91.3%
Aware screening (Base = 352)	72.8%	83.3%	44.4%	50.0%	71.6%
Know where to find information (Base = 351)	75.3%	81.3%	55.6%	61.1%	74.4%
Attend all when offered (Base = 348)	81.2%	81.3%	64.7%	70.6%	79.9%
Choose which I attend (Base = 337)	50.4%	46.5%	55.6%	27.8%	49.0%
Carers					
Do you consider yourself to be a Carer? (Base = 377)					
% Yes	21.5%	10.4%	15.0%	11.8%	18.8%

If yes, are you registered as a Carer? (Base = 71)					
% Yes	5.1%	20.0%	0.0%	0.0%	5.6%
Would you like information about registering as Carer? (Base = 353)					
% Yes	10.7%	0.0%	5.3%	18.8%	9.9%
Socially connected					
On average, how often do you connect with people through the following ways?					
% At least once a month					
Hobbies (base = 335)	61.8%	62.2%	47.1%	66.7%	61.5%
Groups or clubs (base = 346)	55.3%	55.8%	50.0%	73.3%	56.6%
Social events (base = 365)	85.2%	75.0%	65.0%	71.0%	81.6%
Classes (base = 329)	14.4%	22.0%	47.1%	32.1%	18.5%
Work (base = 335)	36.4%	45.2%	58.8%	24.1%	37.6%
Any activity at least once a week (base = 379)	82.7%	83.3%	80.0%	79.4%	82.3%
Any activity at least once a month (base = 379)	92.8%	93.8%	90.0%	91.2%	92.6%
Any factors that limit your ability to be socially active? (base = 379)					
Disability or mobility	21.7%	8.3%	10.0%	2.9%	17.7%
Digital connectivity	3.6%	0.0%	0.0%	2.9%	2.9%
Funds or costs	15.2%	8.3%	20.0%	14.7%	14.5%
Nationality or language	0.0%	0.0%	15.0%	0.0%	0.8%
Confidence	13.0%	16.7%	20.0%	32.4%	15.6%
Mental health	7.9%	2.1%	10.0%	26.5%	9.0%
Unaware of what available in your local area	15.5%	10.4%	25.0%	23.5%	16.1%
Would you like to be more socially active? (base =374)					
% Yes	33.7%	29.8%	55.0%	50.0%	35.8%
Do you own or have easy access to? (base = 379)					
Smart phone	86.6%	83.3%	90.0%	94.1%	87.1%
Tablet	66.4%	60.4%	55.0%	47.1%	63.3%
Laptop/PC	74.4%	85.4%	85.0%	82.4%	77.0%
Phone, tablet or laptop	97.1%	93.8%	95.0%	100.0%	96.8%
Do you have access to the internet at home? (base = 379)					
Yes, there is household access to the internet at home	90.6%	91.7%	100.0%	94.1%	91.6%
Yes, I can access internet using a mobile device	28.9%	39.6%	35.0%	29.4%	30.6%
No, there is no internet access at home	5.1%	2.1%	0.0%	2.9%	4.2%
Would you be interested in learning to use technology? (base = 375)					
% Yes	20.7%	15.2%	15.0%	35.3%	21.1%
Health and wellbeing					
How would you say your health is? (base = 377)					
% Good (good or very good)	66.2%	66.7%	70.0%	70.6%	66.8%
Are you day to day activities limited because of a health condition? (base = 375)					

% Limited (A lot or a little)	45.5%	39.6%	35.0%	14.7%	41.4%
Would you know where to go for support in relation to these concerns? (base = 379)					
Mental health	62.5%	56.3%	70.0%	64.7%	62.3%
Diet	57.8%	56.3%	50.0%	32.4%	54.9%
Alcohol	37.9%	43.8%	40.0%	35.3%	38.5%
Drug use	23.8%	31.3%	40.0%	20.6%	25.3%
Smoking	24.2%	29.2%	45.0%	17.6%	25.3%
Chronic pain	54.5%	58.3%	45.0%	29.4%	52.2%
Dental	76.5%	75.0%	80.0%	70.6%	76.0%
Community Justice					
Have you heard of Community Justice? (base = 374)					
% Yes	57.3%	55.3%	65.0%	39.4%	55.9%
Which of the topics below would you like to learn more about? (base = 379)					
Reporting a crime, initial Police investigation/ detention of suspect, police direct measures	18.4%	8.3%	10.0%	50.0%	19.5%
Charging, alternatives to prosecution	17.3%	14.6%	0.0%	32.4%	17.4%
Trial	9.7%	8.3%	0.0%	35.3%	11.3%
Sentencing	11.9%	12.5%	0.0%	38.2%	13.7%
Sentences	10.5%	10.4%	0.0%	23.5%	11.1%
Rehabilitation	10.8%	14.6%	5.0%	32.4%	12.9%
None of the above	66.1%	72.9%	85.0%	38.2%	65.4%
Which services and interventions would you like to learn more about? (base = 379)					
Supports for people who have been harmed or affected by crime	17.3%	14.6%	10.0%	50.0%	19.5%
Diversion from prosecution	6.5%	4.2%	0.0%	11.8%	6.3%
Unpaid Work in communities	16.2%	14.6%	5.0%	32.4%	16.9%
Support for people on community sentences	6.1%	16.7%	0.0%	20.6%	8.4%
Support for people liberated from prison	7.6%	12.5%	0.0%	29.4%	9.8%
Restorative Justice	7.9%	16.7%	5.0%	35.3%	11.3%
None of the above	69.7%	64.6%	80.0%	35.3%	66.5%
What are the best ways to raise awareness about Community Justice? (base = 379)					
Social media	61.4%	58.3%	50.0%	82.4%	62.3%
Meetings/Workshops	24.5%	12.5%	30.0%	38.2%	24.5%
Leaflets	40.1%	43.8%	40.0%	32.4%	39.8%
Press/magazine articles	56.0%	62.5%	70.0%	50.0%	57.0%
Community radio	30.7%	37.5%	40.0%	29.4%	31.9%
Community Justice Partner websites	17.7%	20.8%	10.0%	32.4%	19.0%
How would you like to give your views about Community Justice? (base = 379)					
Social media	20.9%	14.6%	20.0%	44.1%	22.2%
Meetings/Workshops	13.7%	4.2%	10.0%	17.6%	12.7%
Questionnaires	45.8%	50.0%	50.0%	47.1%	46.7%
Online survey	58.5%	62.5%	60.0%	73.5%	60.4%

Face to face engagement	9.7%	6.3%	0.0%	14.7%	9.2%
Agreement that rather than go to prison for a minor offence, people should have a community sentence (base = 374)					
% Agree (strongly agree or agree)	75.9%	82.9%	75.0%	66.7%	76.0%
Alcohol					
What is the maximum number of units of alcohol recommended over a week? (base =370)					
% who said 14 units	52.0%	57.8%	35.0%	17.6%	48.6%
Do you know how many units in the drinks you consume? (base = 378)					
Yes	53.3%	52.1%	40.0%	17.6%	49.2%
Don't drink	24.3%	29.2%	40.0%	61.8%	29.1%
Do you think about how many units you are drinking before, during or after you drink? (base 373)					
% Before	19.1%	22.9%	15.0%	9.1%	18.5%
Children and Young People					
Would you know where to go if you were seeking support for these concerns? % Yes					
Mental health (base = 368)	39.9%	28.3%	45.0%	41.2%	38.9%
ASN/disability (base = 364)	28.8%	15.6%	27.8%	23.5%	26.6%
Early years (base = 365)	25.1%	22.2%	21.1%	26.5%	24.7%
Substance use (base = 367)	22.8%	17.8%	25.0%	17.6%	21.8%
Dental (base = 366)	48.1%	43.5%	55.0%	52.9%	48.4%
Educational (base = 366)	35.0%	32.6%	35.0%	41.2%	35.2%
Who is most likely to participate in anti-social behaviour? (base = 373)					
Adults (18+)	8.9%	8.3%	5.0%	2.9%	8.0%
Young People	21.8%	18.8%	35.0%	38.2%	23.6%
People of any age	69.4%	72.9%	60.0%	58.8%	68.4%
Are young people fairly treated (base = 374)					
% Yes	43.4%	35.4%	15.0%	35.3%	40.1%
Do adults understand young people? (base = 374)					
% Yes	25.0%	25.5%	10.0%	11.8%	23.1%
Are there sufficient activities for young people? (base = 375)					
% Yes	15.8%	18.8%	5.0%	17.6%	15.7%
Do young people make enough use of available facilities (base = 374)					
% Yes	4.0%	8.5%	10.0%	11.8%	5.6%

Note: Caution is advised in interpreting the results as the numbers in some groups may be very small. The red highlight indicates a significant difference between groups, but not specifically which groups the difference is between.

'Other' = African or Caribbean, Arab, Asian, 'Other' and those for who there was no data.