

# INTELLIGENCE BULLETIN

## 207. Health Survey for England - 2015



**PUBLIC HEALTH**  
WARWICKSHIRE

Thursday 15 December 2016

---

### Sources:

<http://content.digital.nhs.uk/article/7551/Household-survey-shows-decline-in-numbers-of-children-and-young-people-smoking-and-drinking> (published 14 December 2016)

<http://www.content.digital.nhs.uk/catalogue/PUB22616> - trend tables (published 14 December 2016)

### Summary

The Health Survey for England series monitors trends in the nation's health, estimates the proportion of people in England who have specified health conditions, and estimates the prevalence of risk factors associated with these conditions. The surveys provide regular information that cannot be obtained from other sources concerning the public's health. A total of 8,034 adults (aged 16 and over) and 5,714 children were interviewed in 2015 of whom 5,378 adults and 1,297 children had a nurse visit.

Each survey in the series includes core questions and measurements (such as blood pressure, height and weight, and analysis of blood and saliva samples), as well as modules of questions on topics that vary from year to year. New topics this year include children's drinking and children's smoking and exposure to other people's smoke.

### Key Facts – England

#### Alcohol

Alcohol	2014	2015
% not drinking (male)	15	14
% not drinking (female)	21	21
% not drinking (total adults)	24	22
% drinking at lower harm levels (male – 21 units and below)	63	66
% drinking at lower harm levels (female – 14 units and below)	62	64
% drinking at lower harm levels (total adults – 21 units and below)	66	68
% drinking at increased/higher risk levels (male)	22	20
% drinking at increased/higher risk levels (female)	16	16
% drinking at increased/higher levels (total adults)	16	15

## Obesity

<b>Obesity</b>	<b>2014</b>	<b>2015</b>
% obese (male)	24	27
% obese (female)	27	27
% obese (total adults)	26	27
% overweight (male)	41	41
% overweight (female)	31	31
% overweight (total adults)	36	36

## Providing unpaid social care

<b>Unpaid social care</b>	<b>2014</b>	<b>2015</b>
% unpaid social care given in the last month (aged 16 and over)	17	18
% of care given between 1 – 9 hours in the last week	48	52

## Adult Social Care

<b>Adult Social Care</b>	<b>2014</b>	<b>2015</b>
% help needed with ADLs* (older men)	24	21
% help needed with ADLs (older women)	33	30
% help needed with ADLs (total)	29	26
% received help with ADLs (older men)	11	9
% received help with ADLs (older women)	13	13
% received help with ADLs (total)	12	13

\*ADLs – Activities of Daily Living. ADLs include at least one activity related to personal care and mobility about the home that is basic to daily living - such as having a bath or shower or getting up and down stairs.

## Children's physical activity

<b>Children's physical activity</b>	<b>2015</b>
% children (aged 5-15) meeting physical activity guidelines (boys)*	23
% children (aged 5-15) meeting physical activity guidelines (girls)	20
% children (aged 5-15) meeting physical activity guidelines (total)	22

\*physical guidelines of being moderately active for at least 60 minutes per day

## Children's smoking and exposure to other people's smoke

<b>Children's smoking</b>	<b>2014 - 2015</b>
% of those aged 8-15 who have smoked (boys)	5
% of those aged 8-15 who have smoked (girls)	4
% of those aged 8-15 who have smoked (total)	5
% of cotinine present in non-smoking children aged 4 to 15 from other people's smoking (boys)	34
% of cotinine present in non-smoking children aged 4 to 15 from other people's smoking (girls)	38
% of cotinine present in non-smoking children aged 4 to 15 from other people's smoking (total)	36