

## Focus on health and healthy lifestyles

### Background

The Winter 2010 Citizens Panel questionnaire was sent to 2042 Citizens' Panel members. In total 947 people responded, which represents a 46% response.

The following tables show the responses to each question by the number (frequency) and the percentage of the total respondents to that question this represents (percent). Percentage calculations are worked out against the total number of valid responses to that question. The **Base** figure is the total used when working out the percentage response.

#### 1. In the last 12 months, how would you say your health has been, on the whole?

	Frequency	Percent
Good	524	56.0
Fairly good	324	34.6
Not good	88	9.4
Total	936	100.0
Missing	11	
Total	947	

**2. Here are some lifestyle changes that are beneficial for physical and mental well being. Which of these do you think would be of benefit to you? (tick all that apply)**

<b>Base = 947</b>	<b>Frequency</b>	<b>Percent</b>
More physical activity in my daily life	532	56.2
Smoking less or giving up	99	10.5
Reducing Alcohol consumption	147	15.5
Healthier diet	246	26.0
Losing weight	448	47.3
Sleeping better	413	43.6
More contact with others (more friends)	207	21.9
Learning something new	299	31.6
Less worry about money or other issues	383	40.4
Feeling safe in my local area	189	20.0
Other	39	4.1

**Other: See separate Free text report**

**3. There have been many messages in the past few years about the importance of leading a healthy lifestyle. Have you and your household made any changes based on these messages? (tick all that apply)**

<b>Base = 947</b>	<b>Frequency</b>	<b>Percent</b>
Being more active	350	37.0
Taking exercise	320	33.8
Healthier eating	465	49.1
Giving up smoking	103	10.9
Reducing alcohol consumption	143	15.1
Losing weight	245	25.9
Other	26	2.7

**Other: See separate Free text report**

**4. Where do you get your food? (tick all that apply)**

**Local shop**

	Frequency	Percent
Never	26	3.1
Rarely	155	18.7
Sometimes	372	45.0
Often	191	23.1
Usually	83	10.0
Total	827	100.0
Missing	120	
Total	947	

**Supermarket**

	Frequency	Percent
Never	3	.3
Rarely	5	.5
Sometimes	56	6.0
Often	224	23.9
Usually	651	69.3
Total	939	100.0
Missing	8	
Total	947	

**Internet**

	Frequency	Percent
Never	426	64.0
Rarely	104	15.6
Sometimes	80	12.0
Often	39	5.9
Usually	17	2.6
Total	666	100.0
Missing	281	
Total	947	

**Grow your own**

	Frequency	Percent
Never	295	41.7
Rarely	123	17.4
Sometimes	179	25.3
Often	73	10.3
Usually	38	5.4
Total	708	100.0
Missing	239	
Total	947	

**Given food by others who grow**

	Frequency	Percent
Never	230	34.2
Rarely	224	33.3
Sometimes	181	26.9
Often	34	5.1
Usually	4	.6
Total	673	100.0
Missing	274	
Total	947	

**Market/farmers market**

	Frequency	Percent
Never	194	27.9
Rarely	241	34.7
Sometimes	200	28.8
Often	50	7.2
Usually	10	1.4
Total	695	100.0
Missing	252	
Total	947	

### Takeaways

	Frequency	Percent
Never	90	11.7
Rarely	306	39.8
Sometimes	337	43.9
Often	34	4.4
Usually	1	.1
Total	768	100.0
System	179	
Total	947	

### Eat out

	Frequency	Percent
Never	26	3.2
Rarely	266	32.6
Sometimes	436	53.5
Often	84	10.3
Usually	3	.4
Total	815	100.0
System	132	
Total	947	

**Other**

	Frequency	Percent
Never	58	58.6
Rarely	8	8.1
Sometimes	8	8.1
Often	15	15.2
Usually	10	10.1
Total	99	100.0
System	848	
Total	947	

**Other: See separate Free text report**

**5. With the introduction of internet shopping and the decline in local shopping centres, many people shop differently now, compared to a few years ago. Thinking back, has where you get most of your food changed in the last two years?**

	Frequency	Percent
Use Local shop more	74	8.7
Use Supermarket more	151	17.8
Use Internet more	55	6.5
Grow your own	32	3.8
Given food by others who grow	3	.4
Use Market/farmers market more	38	4.5
Eat Takeaways more	4	.5
Eat out more	8	.9
No it has not changed	475	55.9
Other	9	1.1
Total	849	100.0
Missing	98	
Total	947	

**6. How often do you have each of the following types of food as your main meal? (tick all that apply)**

**Snack (e.g. sandwiches)**

	Frequency	Percent
Never	166	19.5
Rarely	241	28.4
Sometimes	196	23.1
Often	160	18.8
Usually	87	10.2
Total	850	100.0
Missing	97	
Total	947	

**Eat out**

	Frequency	Percent
Never	48	5.6
Rarely	390	45.3
Sometimes	348	40.5
Often	74	8.6
Total	860	100.0
Missing	87	5.6
Total	947	

**Take away (e.g. in a cafe or restaurant)**

	Frequency	Percent
Never	128	15.3
Rarely	380	45.3
Sometimes	286	34.1
Often	43	5.1
Usually	2	.2
Total	839	100.0
Missing	108	
Total	947	

**Ready meal e.g. ready made lasagna or pie**

	Frequency	Percent
Never	198	23.3
Rarely	284	33.5
Sometimes	244	28.8
Often	103	12.1
Usually	19	2.2
Total	848	100.0
Missing	99	
Total	947	

### Home made from scratch

	Frequency	Percent
Never	13	1.4
Rarely	20	2.1
Sometimes	57	6.1
Often	205	22.0
Usually	636	68.3
Total	931	100.0
Missing	16	
Total	947	

### 7. Growing some of your own food has become more popular in recent years. At present, do you grow any of the food that you eat?

Base = 947	Frequency	Percent
Yes at home	319	33.7
Yes at an allotment	76	8.0
Yes, in a community allotment/orchard/garden	9	1.0
Don't grow but am interested in food growing	152	16.0
No	380	40.1
Not really interested	61	6.4

### 8. When choosing to buy food, which of these are important to you?

Base = 947	Frequency	Percent
Price	759	80.1
Ingredients (I look at the labels)	549	58.0
Organic	192	20.3
Healthiest products	417	44.0
Fair Trade	346	36.5
Brand name	192	20.3
Quality (I prefer to pay more for quality)	489	51.6
What's in season	445	47.0
Local produce	426	45.0
Animal welfare credentials	274	29.0

**9. Do you have an illness or disability that limits your physical activity or mobility?**

	2008		2010	
	Frequency	Percent	Frequency	Percent
Yes	206	15.4	194	20.7
No	1128	84.6	741	79.3
Total	1334	100.0	935	
Missing	40			
Total	1374			

**On an average day, how many hours of your waking time do you spend sitting down, for example at a desk or a computer or watching TV?**

	Weekday		Weekend	
	Frequency	Percent	Frequency	Percent
1 - 2	77	8.3	114	13.0
3 - 4	250	27.0	309	35.3
5 - 6	174	18.8	215	24.6
6 - 7	127	13.7	121	13.8
8 - 9	140	15.1	58	6.6
10 - 11	92	9.9	35	4.0
12 - 13	36	3.9	12	1.4
14 - 15	21	2.3	9	1.0
16 - 17	8	.9	2	.2
Total	925	100.0	875	100.0
Missing	22		72	
Total	947		947	

**11. How would you describe your usual walking pace?**

	Frequency	Percent
Slow (less than 3mph 1 mile = 20+ mins)	152	16.4
Steady average pace (3mph 1 mile = 20 mins)	383	41.4
Brisk pace (3-4mph 1 mile = 15-20 mins)	327	35.3
Fast pace (over 4mph 1 mile = 15 mins)	64	6.9
Total	926	100.0
Missing	21	
Total	947	

**12. How often do you take moderate exercise?** e.g. when you are active for 30 minutes or more, or in two 15 minute sessions in a day such as brisk walking, leisure activities, heavy gardening etc.

	2008		2010	
	Frequency	Percent	Frequency	Percent
5 times a week or more	581	43.5	360	38.6
3-4 times a week	421	31.5	235	25.2
1-2 times a week	249	18.6	206	22.1
About once a month	45	3.4	55	5.9
Once in the last 6 months	5	.4	12	1.3
Once in the last year	5	.4	3	.3
Over a year ago or never	8	.6	13	1.4
Never, due to health reasons	23	1.7	48	5.2
Total	1337	100.0	932	100.0
Missing	37		15	
Total	1374		947	

**13. How often do you take part in active sport**

e.g. when you are active for 30 minutes or more such as football, swimming, running etc.

	2008		2010	
	Frequency	Percent	Frequency	Percent
5 times a week or more	78	5.9	44	4.7
3-4 times a week	156	11.8	103	11.1
1-2 times a week	366	27.6	200	21.5
About once a month	218	16.4	109	11.7
Once in the last 6 months	114	8.6	104	11.2
Once in the last year	61	4.6	44	4.7
Over a year ago or never	228	17.2	182	19.6
Never, due to health reasons	105	7.9	143	15.4
Total	1326	100.0	929	100.0
Missing	48		18	
Total	1374		947	

**14. Which of the following best describes you? (tick one)**

	2008		2010	
	Frequency	Percent	Frequency	Percent
I am currently not physically active and am not thinking of becoming physically active in the next 6 months.	88	6.7	105	11.3
I am currently not physically active, but am thinking of starting to become physically active in the next 6 months	132	10.0	128	13.8
I currently do some physical activity, but not regularly	351	26.5	252	27.2
I am currently physically active, but only began in the last 6 months.	72	5.4	35	3.8
I am currently physically active and have been so for more than 6 months.	680	51.4	406	43.8
Total	1323	100.0	926	100.0
Missing	51		21	
Total	1374		947	

**15. If you intend to do more physical activity in future, how would you do so? (tick all that apply)**

	2008		2010	
	Frequency	Percent	Frequency	Percent
By walking more as part of my daily routine	540	39.3	347	36.6
By cycling more as part of my daily routine	233	17.0	129	13.6
By doing more exercise, sport and physical activity at home	274	19.9	206	21.8
By doing more exercise, sport and physical activity outside	570	41.5	297	31.4
I do not know	51	3.7	63	6.7
I do not intend to do more physical activity	189	13.8	93	9.8
I am limited in my physical activity due to a health condition/Disability	-	-	109	11.5
Other	35	2.5	29	3.1
Base	1374		947	

**16. Thinking back, would you say that you do more or less physical activity than you did two years ago?**

	Frequency	Percent
A lot less	156	16.6
A little less	203	21.6
The same	344	36.6
A little more	149	15.9
A lot more	83	8.8
Don't know	5	.5
Total	940	100.0
Missing	7	
Total	947	

**17. If you activity levels have increased or decreased, please can you say why? – See separate free text report.**

**18. Here are a number of reasons why people find it difficult to be more physically active (tick all that apply to you)**

	2008		2010	
	Frequency	Percent	Frequency	Percent
I prefer to do other things	242	17.6	178	18.8
Ill health, injury or disability	202	14.7	196	20.7
I feel too fat or overweight	105	7.6	74	7.8
I do not enjoy exercise	155	11.3	108	11.4
Lack of suitable local facilities	236	17.2	127	13.4
I am too old	64	4.7	74	7.8
Lack of money	270	19.7	183	19.32
Lack of transport	55	4.0	53	5.6
I have nobody to go with	194	14.1	133	14.0
Traffic, road safety or the environment put me off	206	15.0	72	7.6
The weather puts me off	183	13.3	164	17.3
I don't have the skills	28	2.03	19	2.0
I don't have the confidence	113	8.2	81	8.6
Lack of time	567	41.3	385	40.7
Don't know what is available and how to start	110	8.0	65	6.9
I don't know	20	1.5	15	1.6
None of these	195	14.2	153	16.2
Base	1374		947	

**19. Would any of the following increase the amount of physical activity your do? (Tick any that apply)**

**The introduction of community champions to offer support and advice about physical activity**

	2008		2010	
	Frequency	Percent	Frequency	Percent
Definitely increase	62	5.7	29	4.3
Probably increase	215	19.6	100	14.9
Probably not increase	442	40.3	267	39.7
Definitely not increase	377	34.4	276	41.1
Total	1096	100.0	672	100.0
Missing	278		275	
Total	1374		947	

**A pedometer for my own use (a small devise you wear which measures how many steps you take**

	2008		2010	
	Frequency	Percent	Frequency	Percent
Definitely increase	151	13.3	80	11.1
Probably increase	345	30.4	227	31.5
Probably not increase	327	28.8	193	26.8
Definitely not increase	311	27.4	221	30.7
Total	1134	100.0	721	100.0
Missing	240		226	
Total	1374		947	

**Taster/trial sessions with local organisations such as a gym e.g. to encourage people who may lack confidence in exercising**

	2008		2010	
	Frequency	Percent	Frequency	Percent
Definitely increase	163	14.5	79	11.2
Probably increase	407	36.1	227	32.2
Probably not increase	315	27.9	208	29.5
Definitely not increase	243	21.5	190	27.0
Total	1128	100.0	704	100.0
Missing	246		243	
Total	1374		947	

**Organised voluntary/community activities e.g. walks**

	2008		2010	
	Frequency	Percent	Frequency	Percent
Definitely increase	136	12.2	74	10.7
Probably increase	334	30.0	202	29.3
Probably not increase	416	37.4	232	33.6
Definitely not increase	227	20.4	182	26.4
Total	1113	100.0	690	100.0
Missing	261		257	
Total	1374		947	

### Encouragement to walk or cycle

	2008		2010	
	Frequency	Percent	Frequency	Percent
Definitely increase	155	13.7	79	11.7
Probably increase	424	37.4	188	27.8
Probably not increase	359	31.6	225	33.3
Definitely not increase	197	17.4	184	27.2
Total	1135	100.0	676	100.0
Missing	239		271	
Total	1374		947	

### Self help groups for weight loss programmes and/or stress reduction through physical activity

	2008		2010	
	Frequency	Percent	Frequency	Percent
Definitely increase	90	8.4	45	6.9
Probably increase	224	21.0	138	21.2
Probably not increase	361	33.8	198	30.4
Definitely not increase	394	36.9	271	41.6
Total	1069	100.0	652	100.0
Missing	305		295	
Total	1374		947	

**More restraint measures on using cars e.g. higher parking costs**

	2008		2010	
	Frequency	Percent	Frequency	Percent
Definitely increase	92	8.4	36	5.4
Probably increase	183	16.7	70	10.5
Probably not increase	328	29.9	182	27.4
Definitely not increase	494	45.0	376	56.6
Total	1097	100.0	664	100.0
Missing	277		283	
Total	1374		947	

**GP referral**

	2008		2010	
	Frequency	Percent	Frequency	Percent
Definitely increase	236	22.5	110	16.6
Probably increase	352	33.6	221	33.3
Probably not increase	226	21.5	150	22.6
Definitely not increase	235	22.4	183	27.6
Total	1049	100.0	664	100.0
Missing	325		283	
Total	1374		947	

Cheaper or more flexible gym use

	2008		2010	
	Frequency	Percent	Frequency	Percent
Definitely increase	420	36.7	225	31.5
Probably increase	381	33.3	233	32.6
Probably not increase	166	14.5	100	14.0
Definitely not increase	177	15.5	157	22.0
Total	1144	100.0	715	100.0
Missing	230		232	
Total	1374		947	

Flexible working hours

	2008		2010	
	Frequency	Percent	Frequency	Percent
Definitely increase	262	25.5	151	24.3
Probably increase	277	26.9	175	28.2
Probably not increase	236	22.9	114	18.4
Definitely not increase	254	24.7	181	29.1
Total	1029	100.0	621	100.0
Missing	345		326	
Total	1374		947	

**Opportunities to be active at place of work/study (this question was introduced in 2010)**

	Frequency	Percent
Definitely increase	138	22.0
Probably increase	191	30.4
Probably not increase	110	17.5
Definitely not increase	189	30.1
Total	628	100.0
Missing	319	
Total	947	

**20. How many times a week do you think someone needs to be physically active to stay physically fit? (Physical activity means spending half an hour exercising or doing physical activity per day)**

	Frequency	Percent	Frequency	Percent
5 times a week or more	490	37.0	350	37.8
3-4 times a week	713	53.8	467	50.4
1-2 times a week	116	8.8	99	10.7
Less than once a week	6	.5	11	1.2
Total	1325	100.0	927	100.0
Missing	49		20	
Total	1374		947	

## How you travel

### 21. In the past week, how many times have you walked for at least 15 minutes?

	Frequency	Percent	Frequency	Percent
Never	52	3.9	78	8.3
1-4 times	474	35.6	370	39.4
5-8 times	363	27.3	210	22.4
9-12 times	195	14.7	130	13.8
13-16 times	103	7.7	74	7.9
17 times or more	144	10.8	77	8.2
Total	1331	100.0	939	100.0
Missing	43		8	
Total	1374		947	

### 22. If you have walked in the last week, how much has been to get to places (transport) and how much for leisure and fitness?

	Frequency	Percent	Frequency	Percent
Mostly as Transport	514	46.1	459	54.6
About equal transport and leisure/fitness	342	30.6	207	24.6
Mostly as leisure/fitness	260	23.3	174	20.7
Total	1116	100.0	840	100.0
Missing	258		107	
Total	1374		947	



## Frequency

	2008					2010				
	To the shops	To work	To take children to school	To the park	Other local journeys	To the shops	To work	To take children to school	To the park	Other local journeys
	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency
Very likely	485	98	83	241	310	15	5	4	11	7
Quite likely	186	55	29	185	251	19		5	13	15
Not very likely	87	74	34	89	106	26	6	3	15	19
Not at all likely	52	285	100	93	57	19	24	11	16	19
Don't know	2	7	3	7	17	2			-	9
Not applicable	33	225	474	140	53	11	43	54	24	15
Total	100.0	744	723	755	794	92	78	77	79	84
Missing	529	630	651	619	580	855	869	870	868	863
Total	1374	1374	1374	1374	1374	947	947	947	947	947

**24. In the past week, how many times have you cycled for at least a 15 minute session?**

	Frequency	Percent	Frequency	Percent
Never	1031	78.1	798	86.1
1-4 times	186	14.1	61	6.6
5-8 times	46	3.5	35	3.8
9-12 times	39	3.0	20	2.2
13-16 times	11	.8	6	.6
17 times or more	7	.5	7	.8
Total	1320	100.0	927	100.0
Missing	54		20	
Total	1374		947	

**8. If you have cycled in the last week, how much has been to get places (transport) and how much for leisure or fitness?**

	Frequency	Percent	Frequency	Percent
Mostly as Transport	153	52.8	92	70.8
About equal transport and leisure/fitness	44	15.2	10	7.7
Mostly as leisure/fitness	93	32.1	28	21.5
Total	290	100.0	130	100.0
Missing	1084		817	
Total	1374		947	



## Frequency

	2008					2010				
	To the shops	To work	To take children to school	To the park	Other local journeys	To the shops	To work	To take children to school	To the park	Other local journeys
	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency
Very likely	46	37	14	38	65	28	30	3	15	39
Quite likely	70	51	8	78	150	39	40	-	46	76
Not very likely	149	115	57	114	126	79	49	29	68	82
Not at all likely	521	487	408	491	442	385	335	319	346	327
Don't know	22	18	9	17	24	16	7	5	17	19
Not applicable	260	315	512	284	236	233	288	381	264	229
Total	1068	1023	1008	1022	1043	780	749	737	756	772
Missing	306	351	366	352	331	167	198	210	191	175
Total	1374	1374	1374	1374	1374	947	947	947	947	947

**27. Thinking about most of the travel that you do in a week, how do you usually travel?**

**Means of travel**

	2008		2010	
	Frequency	Percent	Frequency	Percent
Car/motorbike	765	59.6	556	63.7
Train	18	1.4	12	1.4
Bus	123	9.6	68	7.8
Cycling	100	7.8	69	7.9
Walking	264	20.6	159	18.2
Mobility scooter	-	-	6	.7
Other	14	1.1	3	.3
Total	1284	100.0	873	100.0
Missing	90		74	
Total	1374		947	

**28. How much do you agree with the following statement - it is usual for me to use a car for all journeys**

	Frequency	Percent	Frequency	Percent
Strongly agree	188	20.7	211	38.3
Agree	350	38.6	227	41.2
Neither	98	10.8	41	7.4
Disagree	200	22.1	53	9.6
Strongly disagree	71	7.8	19	3.4
Total	907	100.0	551	100.0
Missing	467		396	
Total	1374		947	

**29. If you are employed or studying, how do you usually travel to your place of work/study?**

	2008		2010	
	Frequency	Percent	Frequency	Percent
Car/motorbike	498	42.5	334	40.6
Cycling	101	8.6	71	8.6
Train	20	1.7	11	1.3
Walking	165	14.1	92	11.2
Bus	80	6.8	39	4.7
I work at home	50	4.3	30	3.6
Not employed/studying	220	18.8	229	27.8
Other	38	3.2	17	2.1
Total	1172	100.0	823	100.0
Missing	202		124	

Total	1374		947	
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**30. Roughly how far away from home is your place of work/study?**

	Frequency	Percent
A mile or less	64	9.5
1-3 miles	161	23.8
3-5 miles	156	23.0
over 5 miles	191	28.2
Not applicable	105	15.5
Total	677	100.0
Missing	270	
Total	947	

**31. If you are in employment, how do you spend most of your working day?**

	Frequency	Percent
Sitting e.g. desk work, driving a car or truck	361	55.1
Standing - light work e.g. shop work, lab technician, teacher	82	12.5
Standing - heavy work e.g. building, painting, nursing, carry heavy weights	43	6.6
walking at work e.g. moving around an office or shop from location to location	62	9.5
Carrying heavy weights over 75 lbs for most of the day	2	.3
Climbing ladders	1	.2
Not applicable	63	9.6
Other	41	6.3
Total	655	100.0
Missing	292	
Total	947	

**27. How do your children get to school?**

**Percentage**

	2008					2010				
	4 yr old	5 yr old	6 yr old	7 yr old	8 yr old	4 yr old	5 yr old	6 yr old	7 yr old	8 yr old
	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent
<b>Walk</b>	64.9	72.7	78.9	52.9	73.5	59.3	52.9	80	65.4	50
<b>Cycle</b>	3.5	-	2.6	-	-	-	-	-	-	-
<b>Car</b>	28.1	27.3	15.8	47.1	26.5	40.7	47.1	20	30.8	50
<b>Public transport</b>	1.8	-	-	-	-	-	-	-	-	-
<b>Other</b>	1.8	-	2.6	-	-	-	-	-	3.8	-
<b>Total</b>	100.0	100.0	100.0	100.0	100.0	100	100	100	100	100

## Frequency

	2008					2010				
	4 yr old	5 yr old	6 yr old	7 yr old	8 yr old	4 yr old	5 yr old	6 yr old	7 yr old	8 yr old
	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency
Walk	37	24	30	9	25	16	9	12	17	9
Cycle	2	-	1	-	-	-	-	-	-	-
Car	16	9	6	8	9	11	8	3	8	9
Public transport	1	-	-	-	-	-	-	-	-	-
Other	1	-	1	-	-	-	-	-	1	-
<b>Total</b>	57	33	38	17	34	27	17	15	26	18
<b>Total</b>	1374	1374	1374	1374	1374	947	947	947	947	947



## Frequency

	2008					2010				
	9 yr old	10 yr old	11 yr old	12 yr old	13 yr old	9 yr old	10 yr old	11 yr old	12 yr old	13 yr old
	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency
<b>Walk</b>	25	20	24	10	12	19	14	10	7	12
<b>Cycle</b>	1	1	2	-	2	-	-	-	-	-
<b>Car</b>	6	12	8	9	4	4	6	6	5	6
<b>Public transport</b>	-	-	3	13	13	-	-	3	7	4
<b>Other</b>	-	-	1	-	1	1	-	-	2	-
<b>Total</b>	32	33	38	32	32	24	20	19	21	22
<b>Total</b>	1374	1374	1374	1374	1374	947	947	947	947	947



## Frequency

	2008					2010				
	14 yr old	15 yr old	16 yr old	17 yr old	18 yr old	14 yr old	15 yr old	16 yr old	17 yr old	18 yr old
	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency	Frequency
<b>Walk</b>	26	10	13	7	5	9	8	14	7	6
<b>Cycle</b>	-	2	2	2	-	1	2	2	3	1
<b>Car</b>	5	4	3	1	3	5	4	2	6	1
<b>Public transport</b>	3	6	7	13	6	7	7	12	7	4
<b>Other</b>	2	5	1	3	1	-	1	-	-	1
<b>Total</b>	36	27	26	26	15	22	22	30	23	13
<b>Total</b>	1374	1374	1374	1374	1374	947	947	947	947	947

### 33. How far is your child/children's school from where you live?

#### Primary school

	Frequency	Percent
A mile or less	74	25.6
1-3 miles	31	10.7
3-5 miles	7	2.4
over 5 miles	3	1.0
Not applicable	174	60.2
Total	289	100.0
Missing	658	
Total	947	

#### Secondary school

	Frequency	Percent
A mile or less	16	6.2
1-3 miles	39	15.1
3-5 miles	17	6.6
over 5 miles	12	4.7
Not applicable	174	67.4
Total	258	100.0
Missing	689	
Total	947	

**Sixth form / College**

	Frequency	Percent
A mile or less	4	1.8
1-3 miles	19	8.4
3-5 miles	13	5.7
over 5 miles	10	4.4
Not applicable	181	79.7
Total	227	100.0
Missing	720	
Total	947	

## Demographic data of respondents:

### ethnic origin

	Frequency	Percent
White British	696	90.7
White Irish	9	1.2
White Polish	2	.3
White Gypsy/Traveller	2	.3
Any other white background	15	2.0
Mixed White and Black Caribbean	4	.5
Mixed White and Asian	1	.1
Asian or Asian British - Indian	6	.8
Asian or Asian British - Pakistani	4	.5
Asian or Asian British - Bangladeshi	1	.1
Any other Asian background	1	.1
Black or Black British - Caribbean	8	1.0
Black or Black African -Somali	1	.1
Black or Black British - African Other	8	1.0
Any other Black Background	2	.3
Chinese	2	.3
Other ethnic group	5	.7
Total	767	100.0
Missing	180	
Total	947	

### Long term illness or disability

	Frequency	Percent
Yes	126	13.3

### Gender

	Frequency	Percent
Male	375	46.4
Female	433	53.6
Total	808	100.0
Missing	139	
Total	947	

### Age Group

	Frequency	Percent
16 - 19	10	1.2
20 - 24	30	3.7
25 - 34	83	10.2
35 - 44	131	16.2
45 - 54	165	20.4
55 - 64	195	24.1
65 - 74	113	14.0
75+	83	10.2
Total	810	100.0
Missing	137	
Total	947	