

Overall, respondents said they felt their quality of life is at an

8 out of 10

where 10 is the best possible life for them (weighted average)

57%

Of respondents said:

They do NOT eat fast food during an average week

56%

Of respondents said:

They have participated in unpaid voluntary work during the past 12 months

To improve their quality of life respondents would like to make the following (TOP 3) changes:

- ⇒ Get more regular exercise
- ⇒ Get more sleep
- ⇒ Lose weight



**Snapshot of data from
the community health and
wellbeing survey 2018**

40%

Of respondents attend community events a *few times* a year

20% said *once a year or less*, **20%** said *every few months* and **20%** said *monthly*

58%

Of respondents said:

They eat the recommended 2 or more serves of fruit each day

82%

Of respondents said:

They belong to a formal or informal group, club or organisation

16%

Of respondents said:

They eat the recommended 5 or more serves of vegetables each day

80%

Of respondents said:

They rate their physical activity level as either *moderately active* (48%), *active* (22%) or *very active* (10%)

Approximately **70%** of respondents said they either *agree* or *strongly agree* with the following statements:

- ⇒ There is a strong community spirit in my local area
- ⇒ I feel like I belong in my local community
- ⇒ I feel like my life has a sense of purpose
- ⇒ I feel valued and appreciated by others