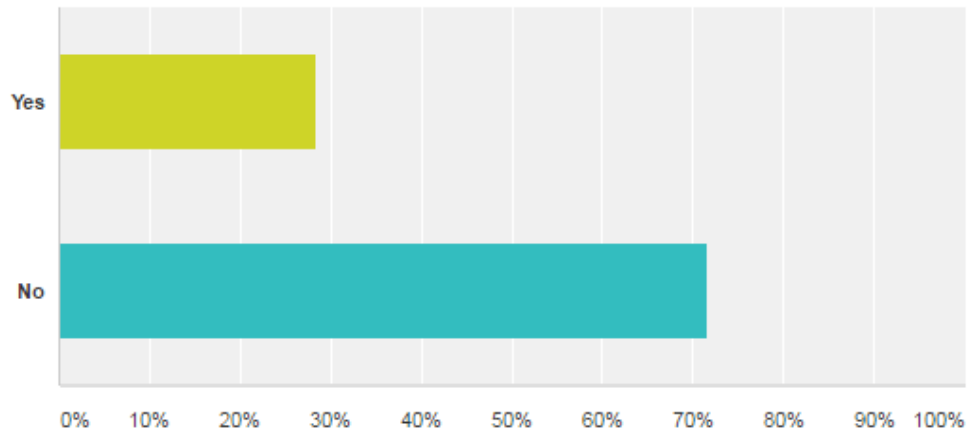


Integrated Healthy Lifestyles Service Consultation Responses

Q1:

Are you currently using a healthy lifestyle service?

Answered: 258 Skipped: 2

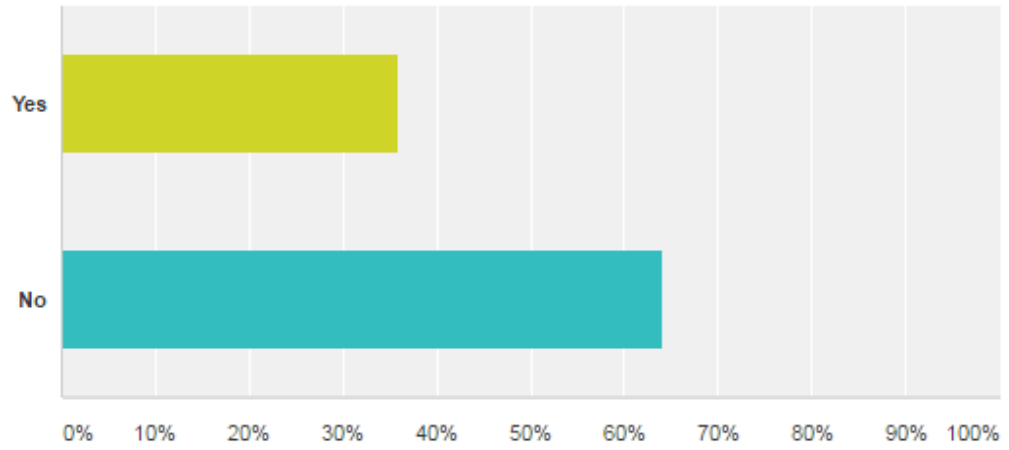


Answer Choices	Responses	
Yes	28.29%	73
No	71.71%	185
Total		258

Q2:

Have you previously used a healthy lifestyle service?

Answered: 259 Skipped: 1

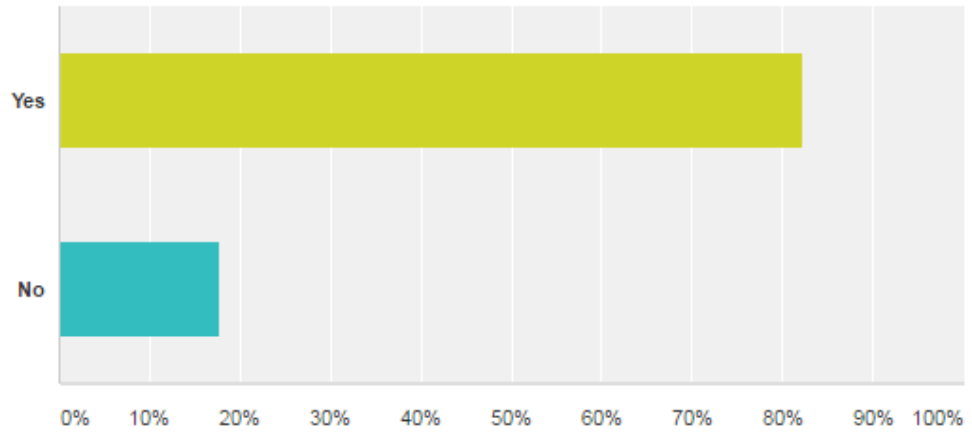


Answer Choices	Responses	
Yes	35.91%	93
No	64.09%	166
Total		259

Q3:

Would you use a healthy lifestyle service in the future?

Answered: 253 Skipped: 7

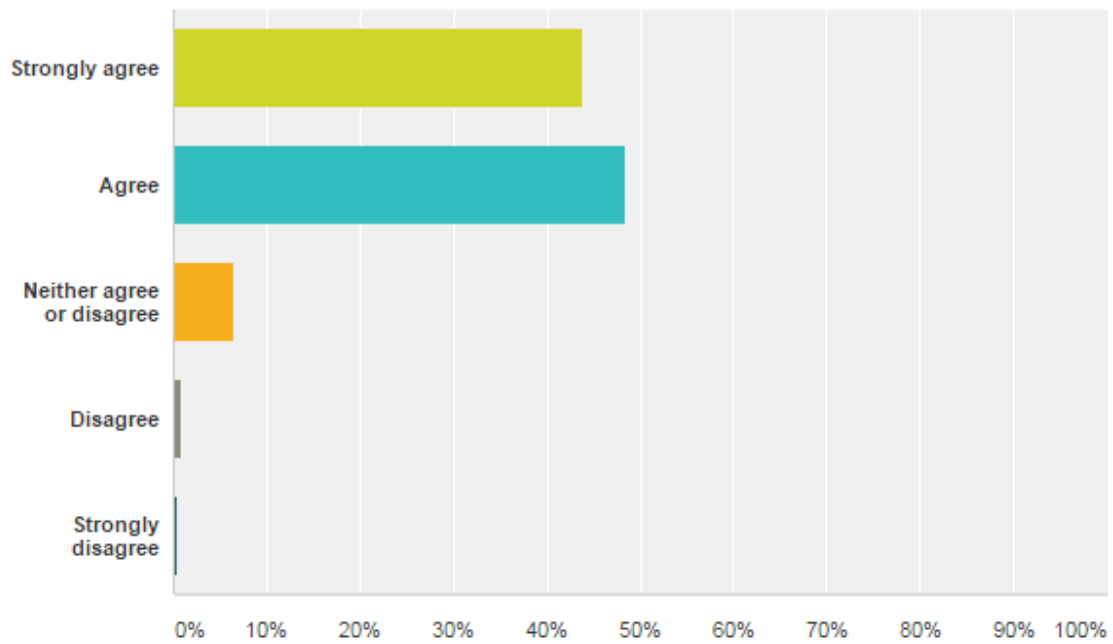


Answer Choices	Responses	
Yes	82.21%	208
No	17.79%	45
Total		253

Q4:

There is a need in Peterborough for a dedicated healthy lifestyle service to improve health and wellbeing and address existing health inequalities and health problems.

Answered: 260 Skipped: 0

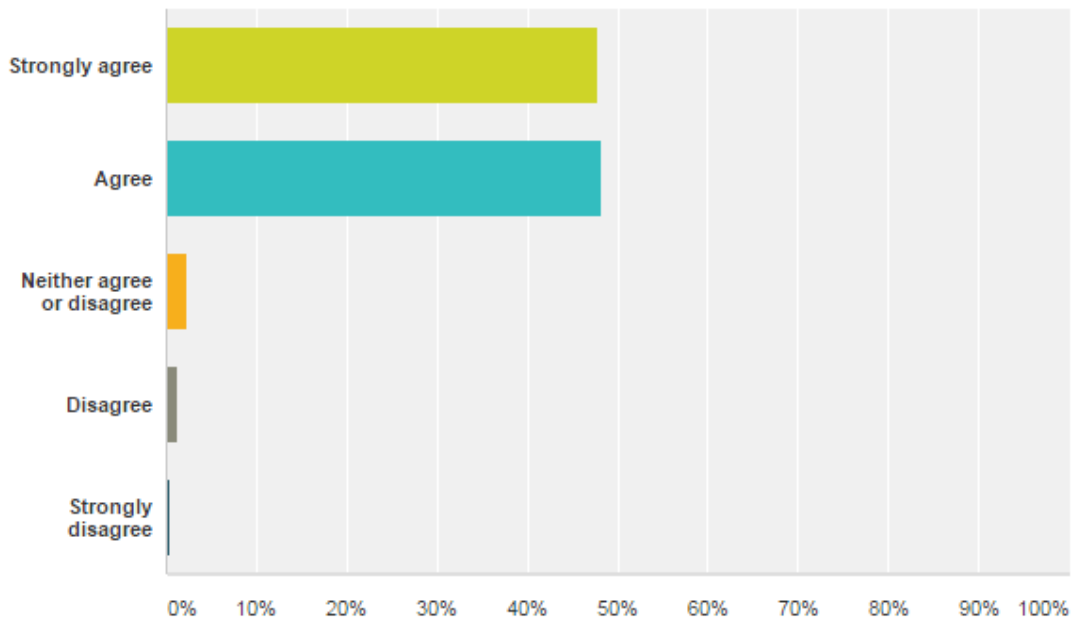


Answer Choices	Responses
Strongly agree	43.85% 114
Agree	48.46% 126
Neither agree or disagree	6.54% 17
Disagree	0.77% 2
Strongly disagree	0.38% 1
Total	260

Q5:

The service should focus on supporting people who want to improve their health, for example by stopping smoking, improving physical activity and exercise or by losing weight.

Answered: 257 Skipped: 3

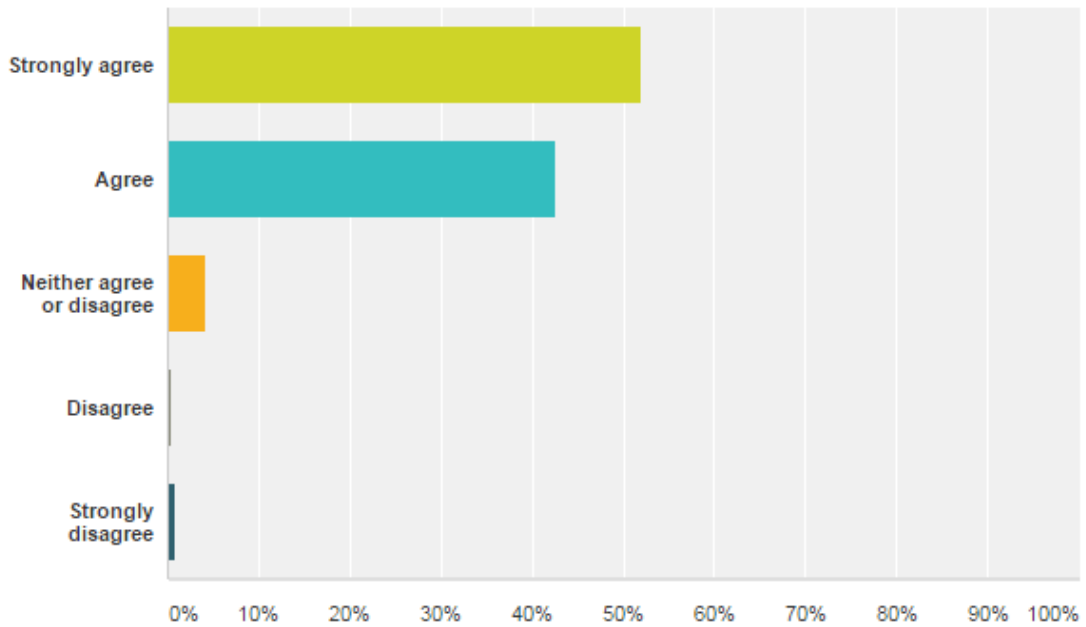


Answer Choices	Responses
Strongly agree	47.86% 123
Agree	48.25% 124
Neither agree or disagree	2.33% 6
Disagree	1.17% 3
Strongly disagree	0.39% 1
Total	257

Q6:

The service should be available to support all local children.

Answered: 258 Skipped: 2

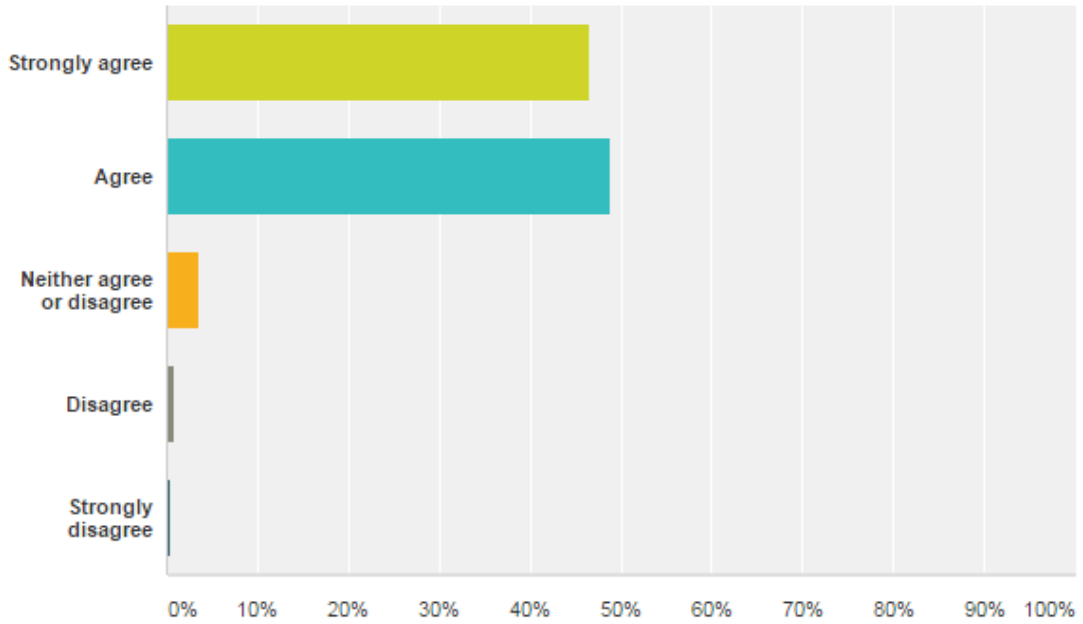


Answer Choices	Responses
Strongly agree	51.94% 134
Agree	42.64% 110
Neither agree or disagree	4.26% 11
Disagree	0.39% 1
Strongly disagree	0.78% 2
Total	258

Q7:

The service should be available to support all local adults.

Answered: 258 Skipped: 2

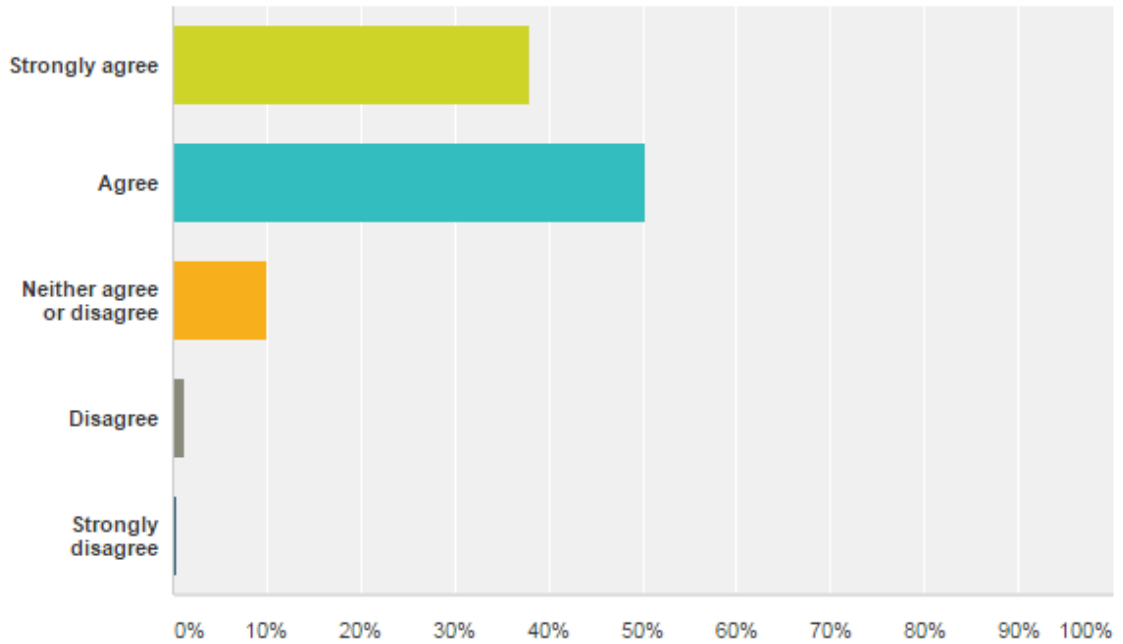


Answer Choices	Responses
Strongly agree	46.51% 120
Agree	48.84% 126
Neither agree or disagree	3.49% 9
Disagree	0.78% 2
Strongly disagree	0.39% 1
Total	258

Q8:

Should we be more active in communities or areas where there are more health problems, like more people smoking?

Answered: 258 Skipped: 2

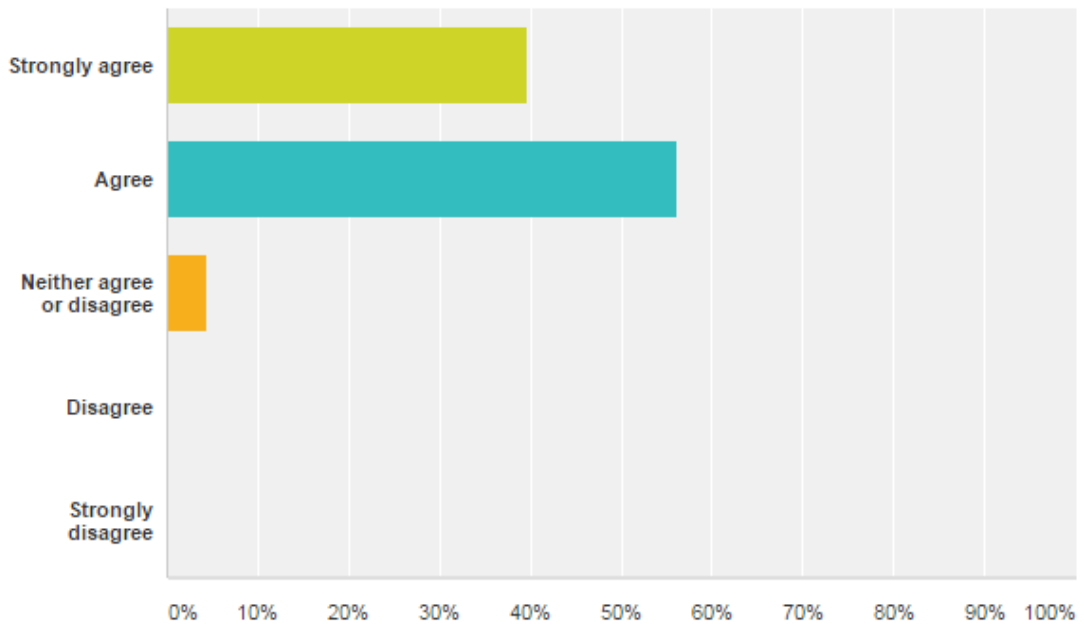


Answer Choices	Responses
Strongly agree	37.98% 98
Agree	50.39% 130
Neither agree or disagree	10.08% 26
Disagree	1.16% 3
Strongly disagree	0.39% 1
Total	258

Q9:

Local residents should be able to access the service at a number of different locations.

Answered: 255 Skipped: 5

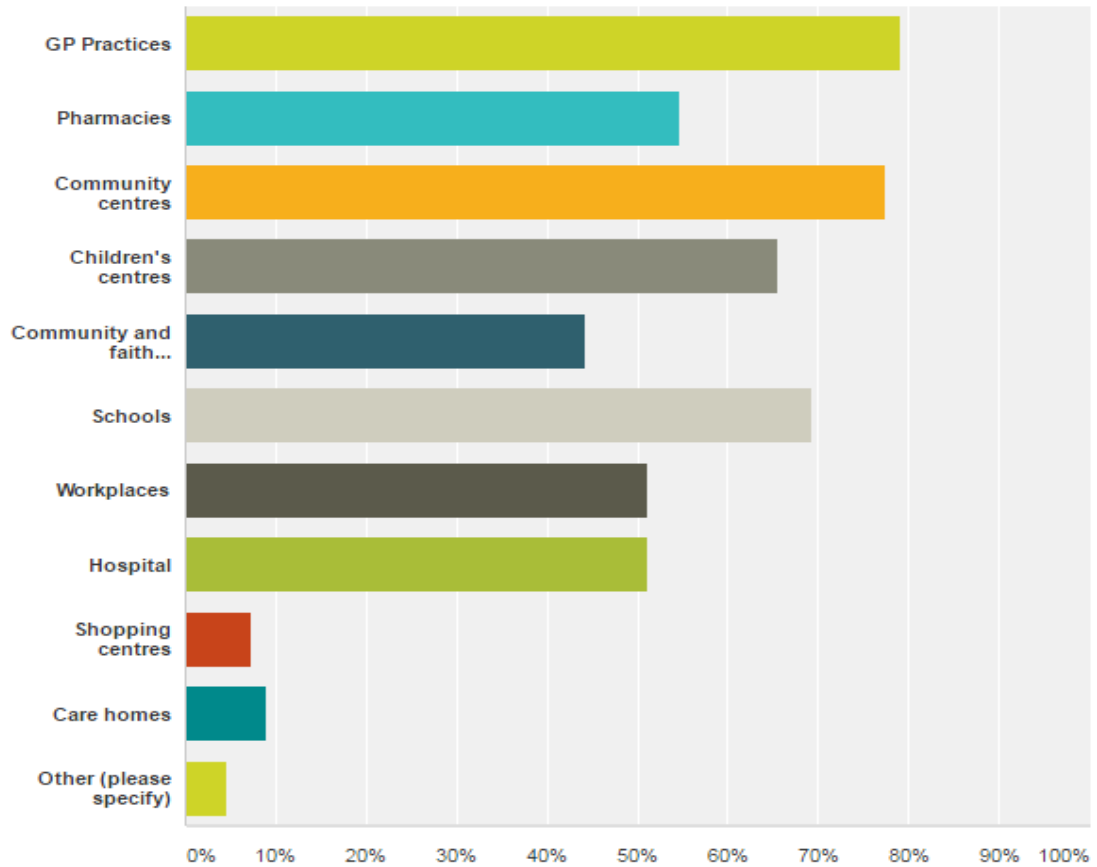


Answer Choices	Responses
Strongly agree	39.61% 101
Agree	56.08% 143
Neither agree or disagree	4.31% 11
Disagree	0.00% 0
Strongly disagree	0.00% 0
Total	255

Q10:

Services should ideally be available in the following locations (tick as many as you wish).

Answered: 258 Skipped: 2

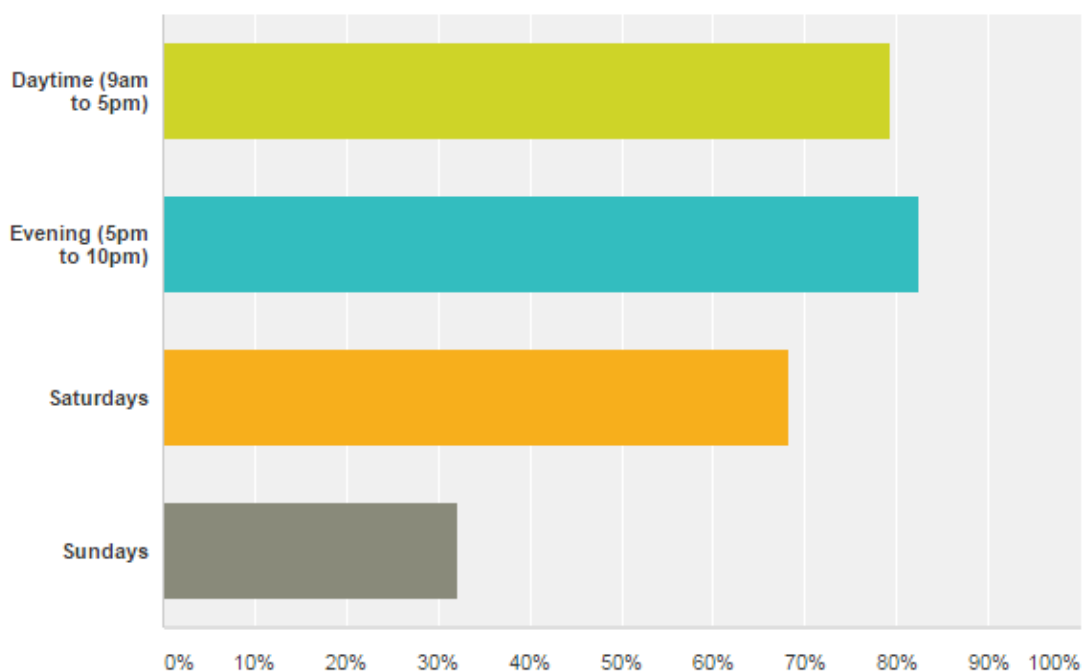


Answer Choices	Responses
GP Practices	79.07% 204
Pharmacies	54.65% 141
Community centres	77.52% 200
Children's centres	65.50% 169
Community and faith facilities (Churches, Mosques, etc)	44.19% 114
Schools	69.38% 179
Workplaces	51.16% 132
Hospital	51.16% 132
Shopping centres	7.36% 19
Care homes	8.91% 23
Other (please specify)	4.65% 12
Responses	
Total Respondents: 258	

Q11:

Services should ideally be available at the following times (tick as many as you wish).

Answered: 246 Skipped: 14



Answer Choices	Responses
Daytime (9am to 5pm)	79.27% 195
Evening (5pm to 10pm)	82.52% 203
Saturdays	68.29% 168
Sundays	32.11% 79
Total Respondents: 246	

Q12 reponses – ‘Please add any additional comments regarding this proposed service’ (Free text):

#	Response
1	Good idea
2	The Peterborough city council website is crap!
3	Staff need to understand the community and speak the right language
4	Need to do more promotion. Website is no good if you do not speak English
5	Services should be free or at a subsidised rate
6	☺
7	What about having some incentives in place to encourage community volunteers to spread healthy messages?

8	The people delivering the service understand you and your needs
9	The programme needs to be promoted more
10	Services should be free and more availability of exercise sessions in local venues
11	More promotion and events
12	I would use the service if it was delivered in the right place by the right staff!
13	Don't just rely on the Peterborough city council website, that's not good
14	More community education and awareness sessions are needed
15	More services for kids who are overweight is needed
16	Better promotion required
17	Workplaces should actively support employees
18	People work long hour shifts so flexibility in service is required
19	It's important that young people are educated about lifestyle risks
20	Better advertising and remove the language barriers
21	More promotion in different languages
22	Advertise on Facebook and events in city centre
23	Advertise more online and do more health campaigns
24	I have lost 15kg thanks to this programme. Amazing, please promote more in Polish, Russian and Lithuanian
25	Not very helpful staff
26	More health campaigns
27	There is not enough time for this
28	More languages
29	More information in other languages as Peterborough is very international
30	Other languages
31	Services such as physical exercise should be separate for males and females. There needst o be more promotions for these services so people are aware of what's available
32	More information about the services and better advertising
33	Services should be open to anyone, not just by eligibility
34	Language barrier and better advertising
35	Childcare issues when attending the services
36	I have found this service useful
37	Better advertising on services and leaflets through doors
38	Totally agree. Services should be available out

	of work times. Everything costs too much money, so would be a good idea to put back in to communities
39	More information about services
40	We need more information about the services available
41	Facilities should be close to home and should be separate for men and women
42	For children under 16 they should have free access to the gym
43	There should be a translator for those people who don't speak very well or don't understand
44	In my opinion there should be a translator for people who don't speak very good English
45	Better promotion is needed and more face to face work
46	Need to do more advertising in local areas
47	More staff working with the community – doing outreach, not enough promotion
48	Communities need staff that understand their cultural/religious needs and ideally those who understand languages
49	Having the right staff delivering the service makes a big difference
50	There are so many problems with obesity and diabetes – right people at the right place working with community
51	You learn so much from the programmes but there needs to be more face to face promotion
52	More advertising is needed
53	Services should be available for people who work long hours
54	More education and awareness is needed on different health issues. Posters alone are not enough
55	There needs to be more exercise classes in the community
56	I think services should be available to everyone
57	More services focused in areas of need i.e. Central ward area
58	There should be more promotions as people need to know about the services and doing it by the website is not the best
59	Accessibility of services is very important – having to catch a bus and change twice is not helpful
60	It's important for people to know where the services are
61	The services should be provided by people who speak different languages
62	The problem is the language barrier

63	Some people work so there should be time available for them
64	If you concentrate on areas where people smoke, this penalises people who don't smoke
65	Very unclear proposal – what will change from existing provision? No mention of drugs and alcohol, prescribed or otherwise legal
66	Interpreters should be provided
67	Never heard before about healthy lifestyle services
68	Support for people with disabilities
69	Exercise outside e.g. Zumba, yoga
70	There should be more facilities for younger children regarding health issues, so they have a better understanding early on
71	More change in healthy diets, smoking etc. especially with young people and adults and also have more facilities for people to go and seek help and advice
72	Language appropriate services
73	Maybe this leaflet should be in other languages so other people can take advantage of the services provided
74	Not sure about what is available. There needs to be more promotion of services/support available to people. It needs to be easy for all people to understand e.g. language needs have to be met
75	I think this has been good for my family
76	Free after school sports clubs. No private companies touting to make money out of young children. PCC has separate managers, separate the costs of sports activities from drama, singing, music, theatre
77	Mental health should be prominent than smoking
78	Home conditions frequently impinge on the health lifestyles of residents – in view of this it is imperative that PCC/NHS adopt an holistic approach to the issue of healthy lifestyles
79	Gym and pool facilities
80	Previous exercise programmes have been short term with an expectation that people can improve and move on to higher/harder levels with the expectation that they will 'get better'. For some old people or those with long term or permanent or worsening disabilities the need is for on-going programmes to maintain any improvement or their current level of fitness without the pressure to move on to a gym, for example, where well-meaning but

	targeted trainers cause stress by always suggesting people could do more or failing to understand that, for example, people with arthritis are always in pain.
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