



Lifestyle Survey – Gypsies and Travellers Draft Report

August 2009

Ipsos MORI

NHS
East of England



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Introduction

East of England Strategic Health Authority (SHA) commissioned Ipsos MORI to conduct an assessment of lifestyle issues among East of England residents. The research findings will inform NHS policy on improving quality of life in the region.

A requirement of the research is to ensure that ‘hard to reach groups’ (who often have difficulties accessing healthcare) are not overlooked and have an opportunity to take part in the survey. The hard to reach groups include Gypsies/Travellers, offenders, and migrant workers.

This report presents the findings of the research conducted with Gypsies and Travellers

Methodology

- Results are based on face-to-face interviews conducted with 189 Gypsy and Traveller adults aged 16+ living on permanent, authorised caravan sites in the East of England Strategic Health Authority area.
- Fieldwork was carried out between 30th April and 18th May 2009.
- Only one interview was conducted per caravan
- The sample frame was based on the July 2008 Communities and Local Government (CLG) caravan count, which provides information on the location and size of Gypsy/Traveller caravan sites, and information obtained from 38 Local Authorities in the region (who have a duty to assess the accommodation needs of this group).
- The sample was sub-divided into smaller (fewer than 20 caravans) and larger sites (20 caravans and more), as well as Local Authority and privately owned sites to ensure a good mix. Sites were then selected, at random, to be included in the sample.
- As there is no reliable information available on the demographic profile of these groups (the 2001 Census did not include Gypsies/Travellers as a distinct ethnic group), data are weighted – by gender and age only – to the known population profile of the region.
- The questionnaire was the same as used in the main fieldwork, with an additional section on use of health services.

Methodological challenges/issues

There are a number of methodological issues to consider when using these findings:

Sampling

- No complete sample frame of Gypsies and Travellers exists. There is no comprehensive list of all sites as many illegal and temporary sites are not recorded. Gypsies and Travellers living in “permanent” houses are also a hidden sub-audience we have not visited (as there is no recorded list available). We did not therefore find it possible to ensure all potential respondents have a known non-zero probability of being selected for the survey.
- Furthermore, this is often a very transient group – the more mobile are difficult to access.
- Many sites are rural, in remote locations and lack detailed addresses. Sites were located in advance of the fieldwork and maps of each individual site provided for interviewers.
- Given the lack of demographic information on the population, it was not possible to set demographic quotas.
- For these reasons, it cannot be considered a truly representative survey of this population.

Comparability

- Because of the partial sampling frame and the different methodology (face-to-face rather than telephone) it cannot be considered directly comparable with the main survey data
- Where relevant, we have referred to the findings of the main Lifestyle survey, to provide added context, but they should not be taken as direct comparisons.

Socio-cultural factors

There are also many socio-cultural factors relevant to this audience which we had to consider for the fieldwork. These also impact upon the comparability with the main fieldwork results.

Accessing the target audience

- Anecdotally, male Gypsies and Travellers are traditionally reluctant to engage with, or talk about, matters of health.
- Men also tend to be at home much less than women, often working long hours away from the site. Gender roles are often more 'traditional' in this respect, with women more likely than the general population to take a home-based role, raising the family and not being in employment. For these reasons, the sample is more heavily biased to women and those not working, although weighting helps to correct for the impact of this.
- Gypsies/Travellers have often been a very marginalised group, traditionally avoiding mainstream society, so establishing trust is very important among this audience. We therefore contacted all sites for which we had a contact, prior to the fieldwork, in order to let residents know we would be interviewing and to aid participation rates.

The questionnaire

- Other research with this audience shows that literacy levels are much lower than the national average – all prompted response lists were therefore read out, rather than using showcards.
- Interviewers also reported some problems with numeracy which may also impact on responses to time spent doing an activity (in the exercise section more than one in ten either did not know or gave an invalid answer for the amount of time spent exercising).
- Interviewer feedback also highlighted that there were some issues with comprehension of the exercise questions – some respondents had difficulties differentiating between vigorous and moderate exercise: some interviewers mentioned that respondents struggled to relate the examples given to their own personal activities or experiences.
- This audience seems too be more sensitive to the issue of interviewing with a person of opposite gender. This may have affected responses to sensitive topics, such as health, smoking and drinking.

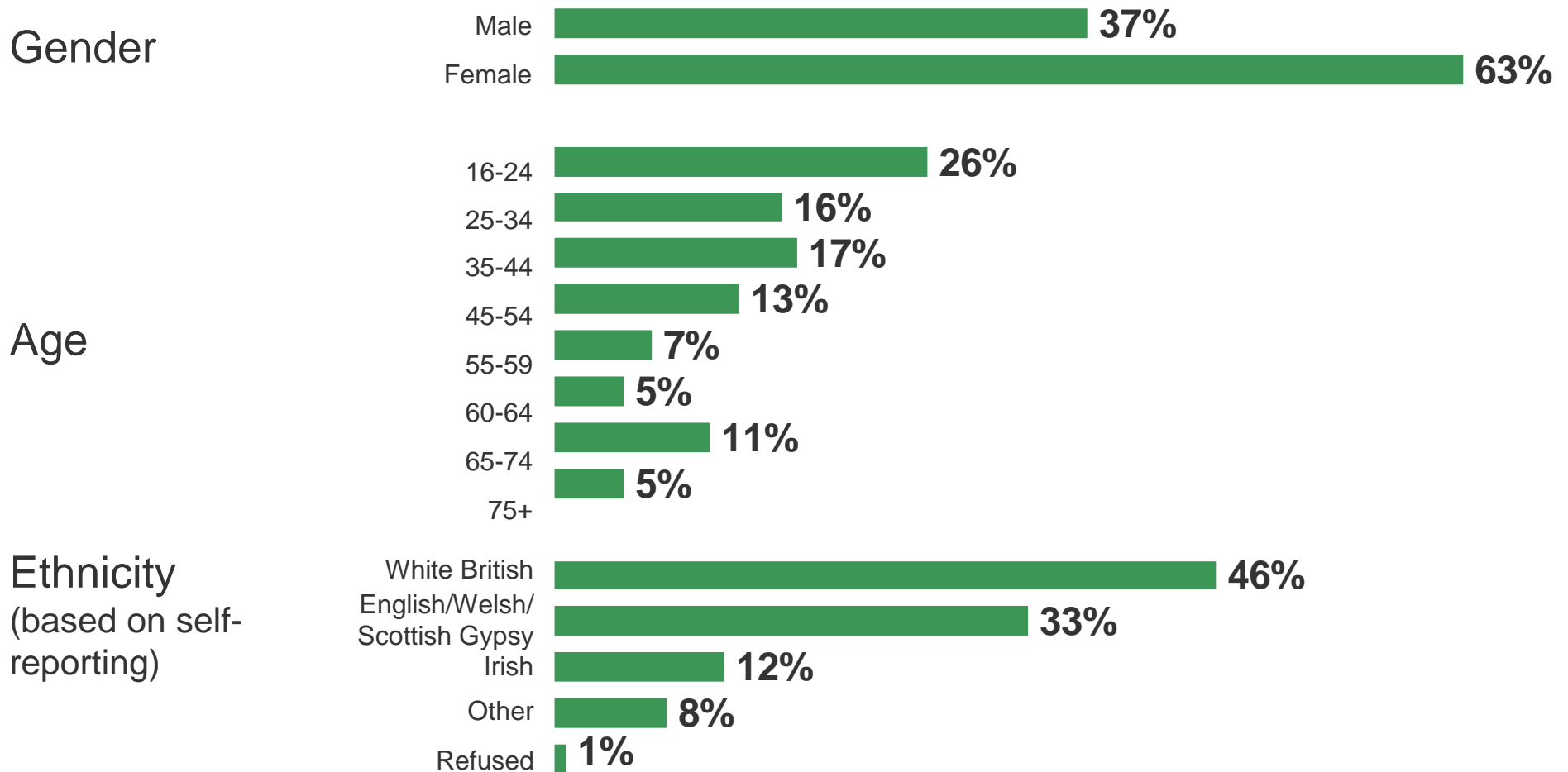
Presentation of data

- An asterisk (*) denotes a figure of less than 0.5%, but greater than zero.
- Where results do not add up to 100%, this may be due to multiple responses, rounding or the exclusion of “don’t know” answers.
- Key sub-group differences have been highlighted throughout the report (for example, comparing age groups and men against women).
- Given the sample size of 189 and the added effect of weighting, which reduces the effective sample size to 160, sub-group comparison is often indicative.

Demographics

Sample profile

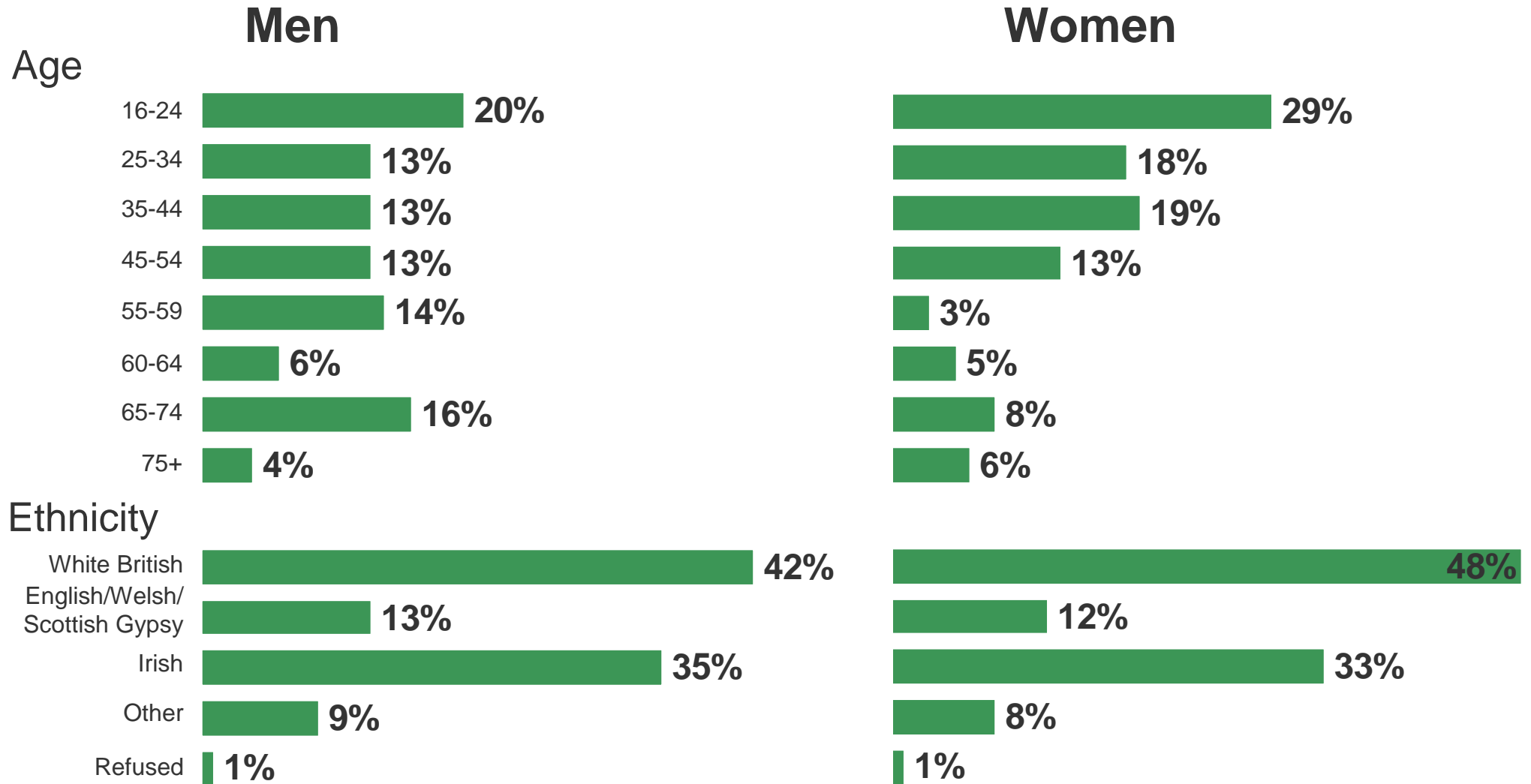
Based on weighted data:



Base: All respondents (189); fieldwork dates 30th April – 18th May 2009

Sample profile – by gender

10

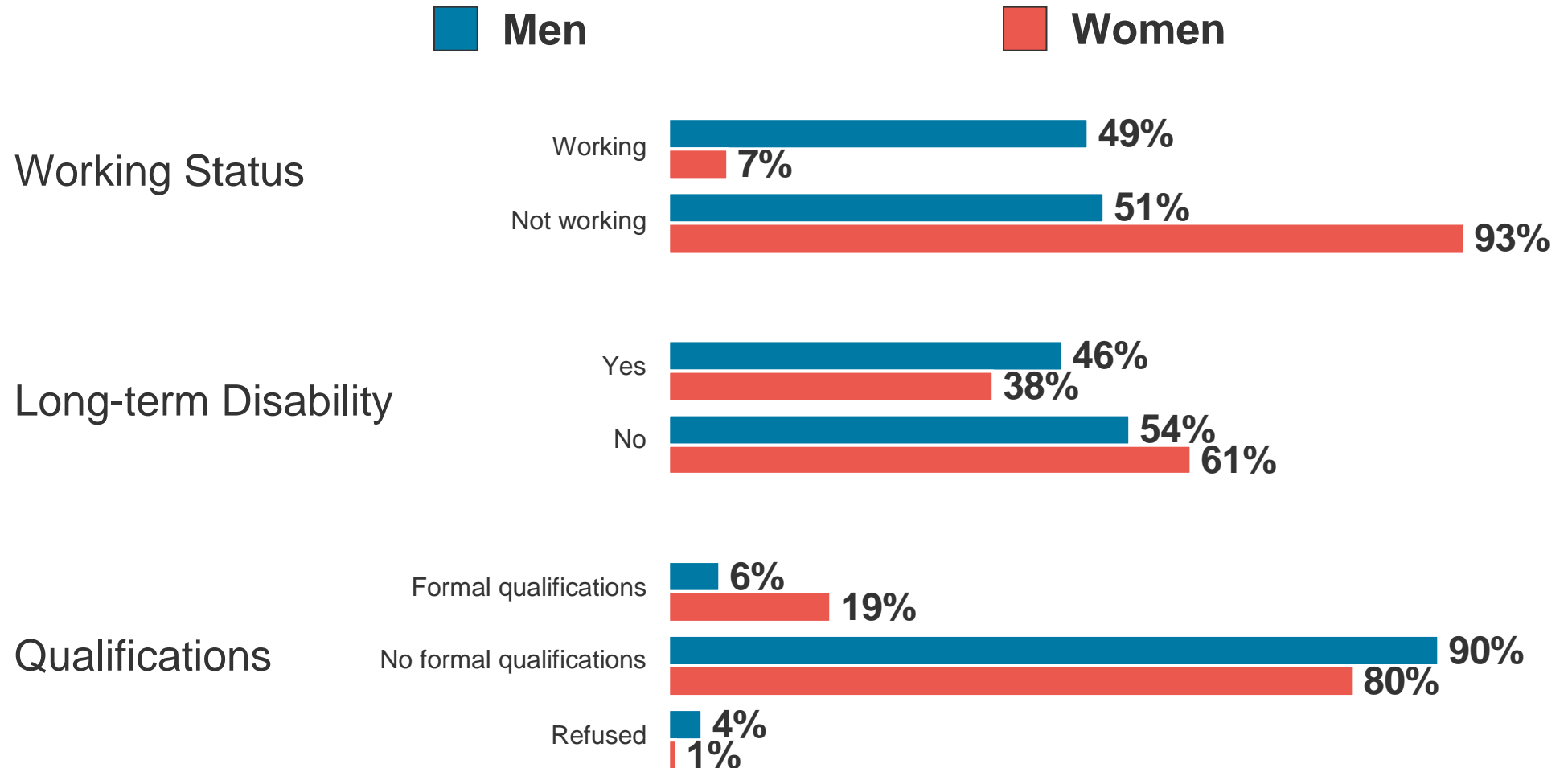


Ethnic classification

- The ethnic group most commonly selected was 'White British' (46%)
- There is some anecdotal evidence that integration with non-Gypsy/Traveller communities is more common-place now than in the past, and that cultural/traditional practices are becoming less pronounced.
- It may also be a result of some participants being unwilling to identify themselves as a Gypsy/Traveller due to a history of discrimination and negative reaction.
- Given the response to this question, there is more limited ability to analyse by ethnicity (for example, Irish Traveller compared to Romany Gypsy) than was hoped.

Sample profile

12

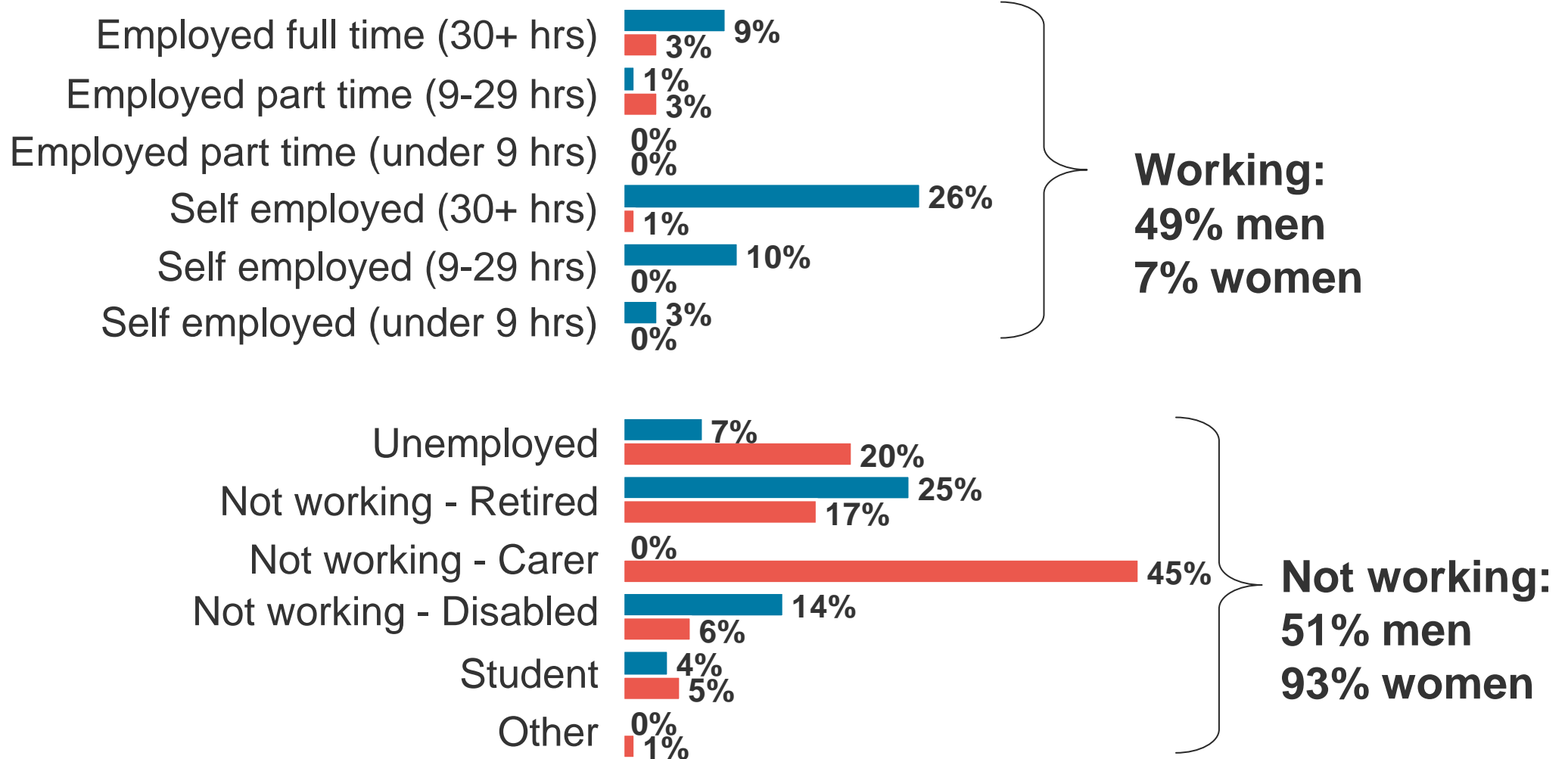


Working Status – by gender

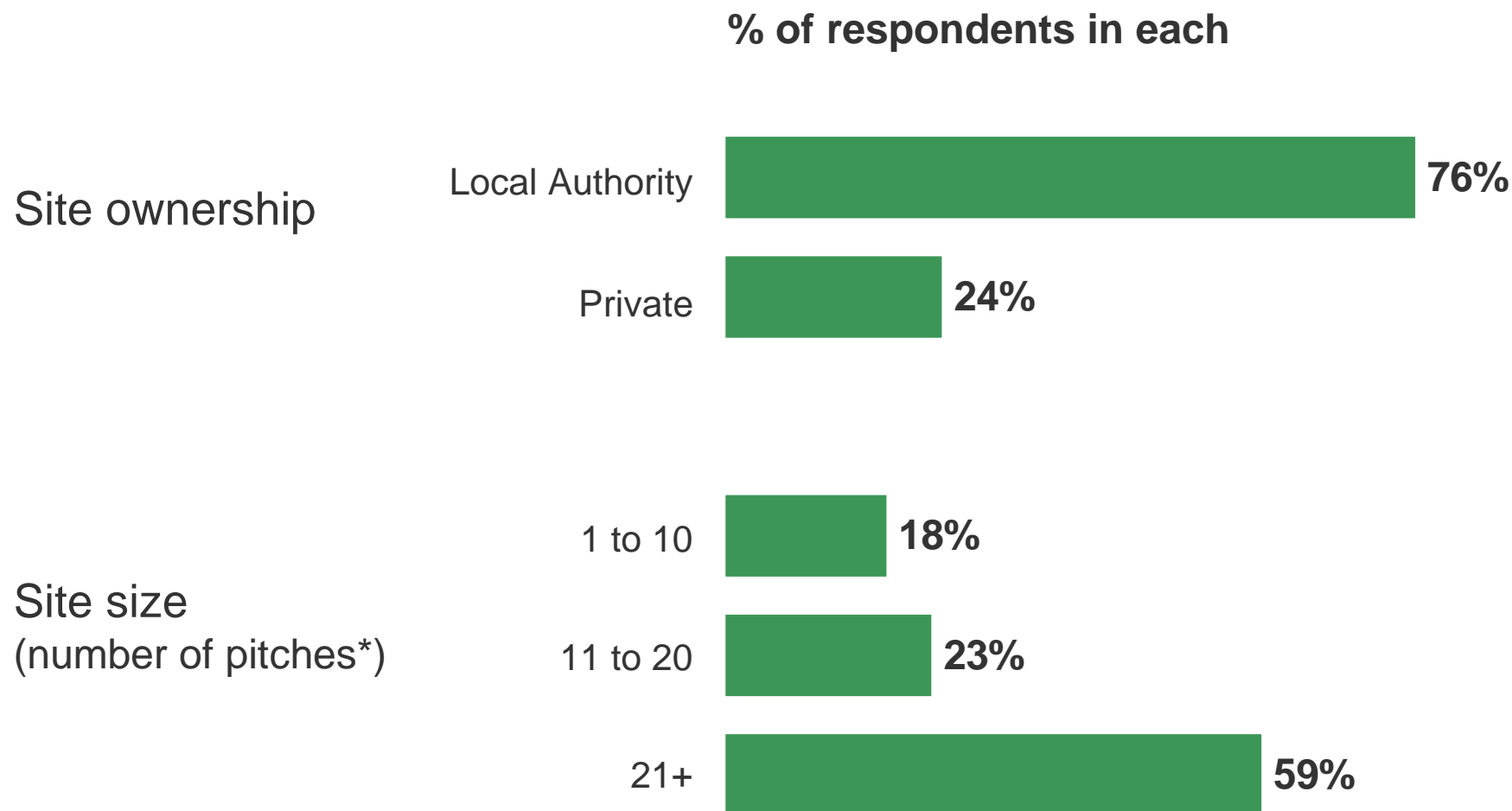
What is your working status?

■ Men

■ Women



Type of site



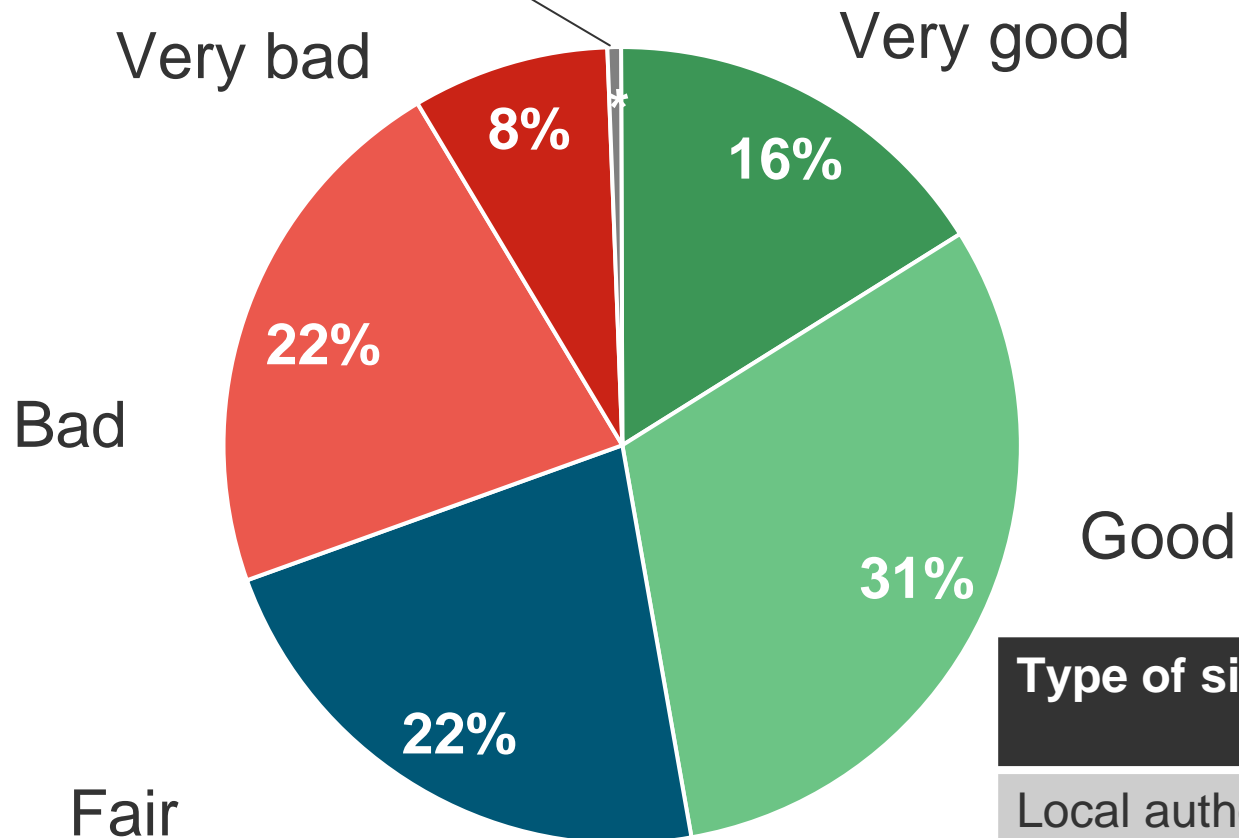
Base: All respondents (189); fieldwork dates 30th April – 18th May 2009

Introduction

General Health

How is your health in general? Would you say it was ...?

Don't know/refused (*)



Type of site	% very good/good
Local authority	51%
Private	33%

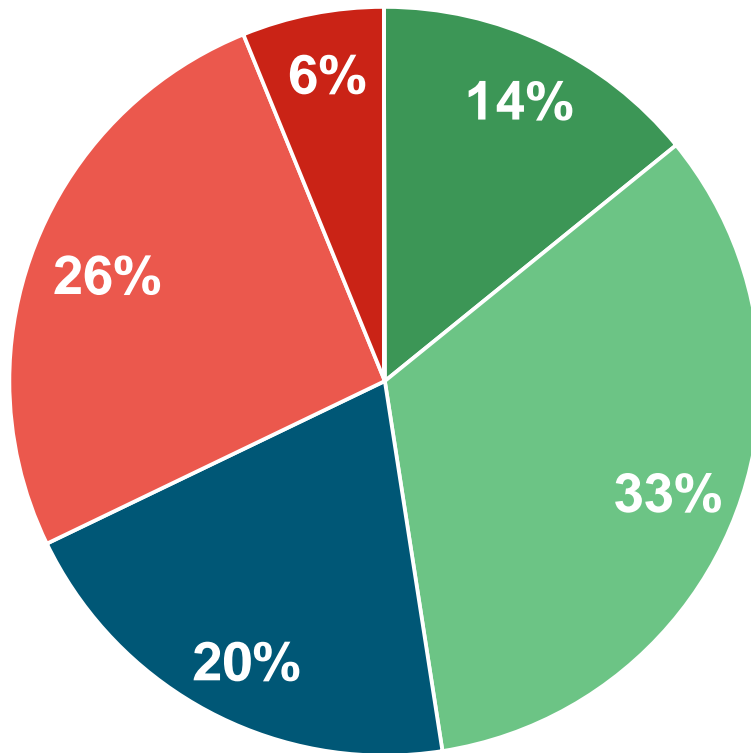
Base: All respondents (189); fieldwork dates 30th April – 18th May 2009

General Health – by gender

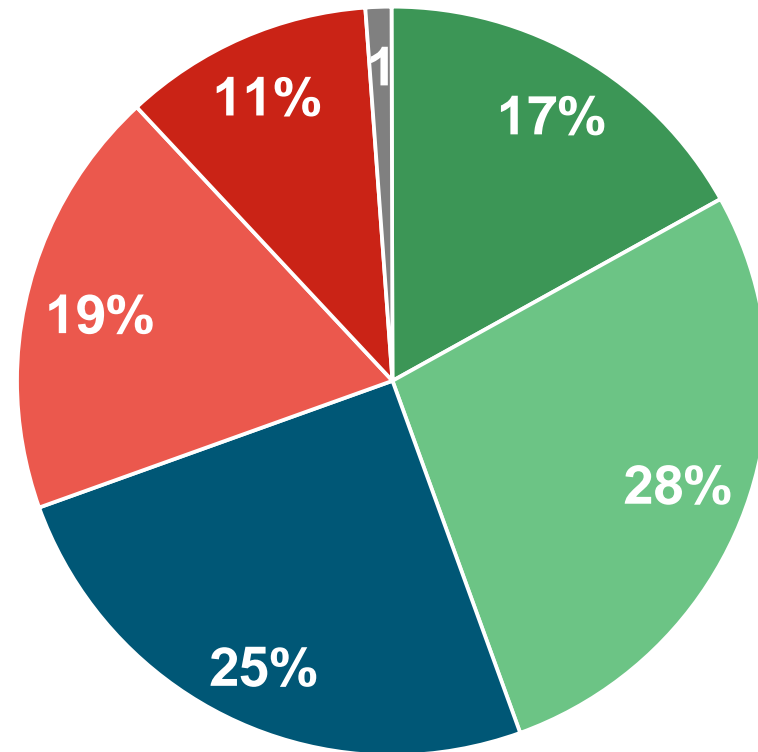
How is your health in general? Would you say it was ...?



Men



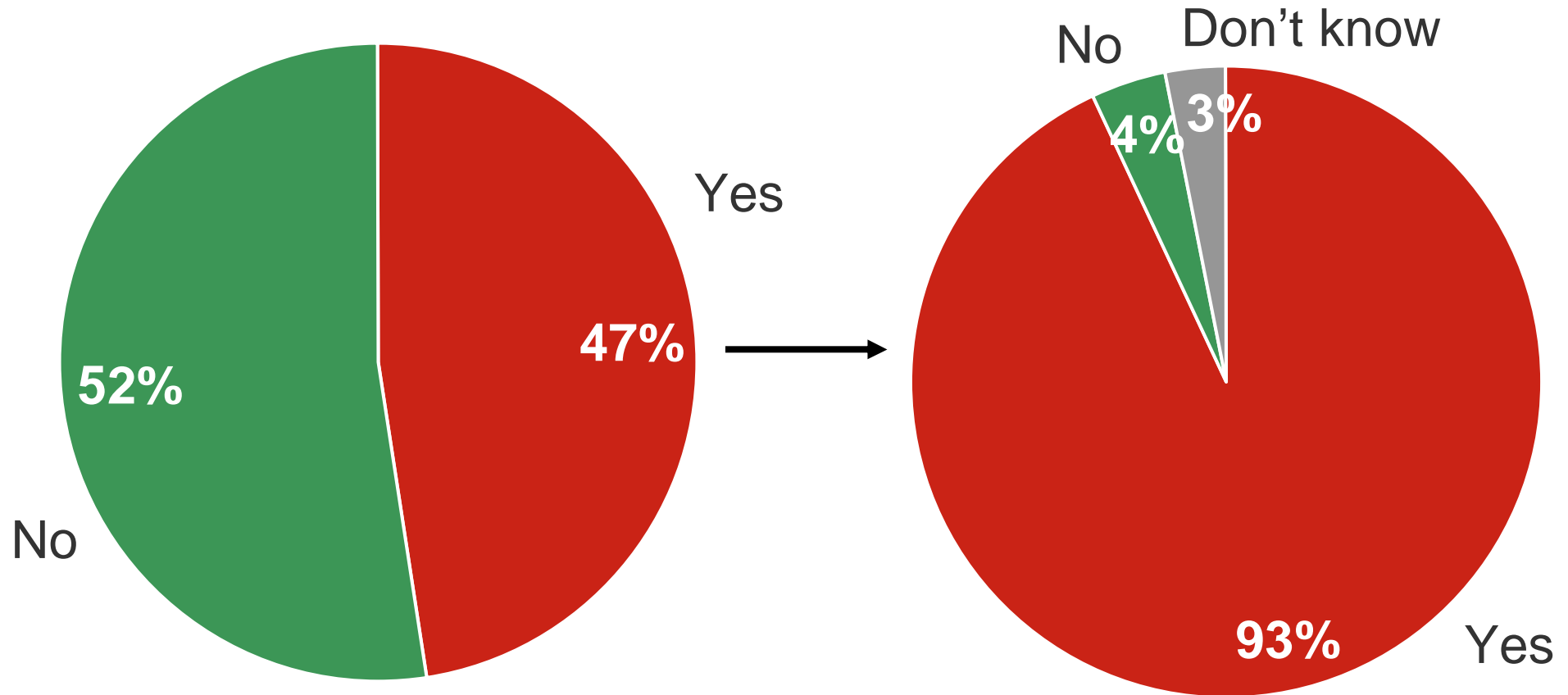
Women



Disability

Do you have any long-standing illness, disability or infirmity?

If yes, does this illness or disability limit your activities in any way?



Base: All respondents (189) and all respondents that have long standing disability or infirmity (78); fieldwork 30th April – 18th May 2009

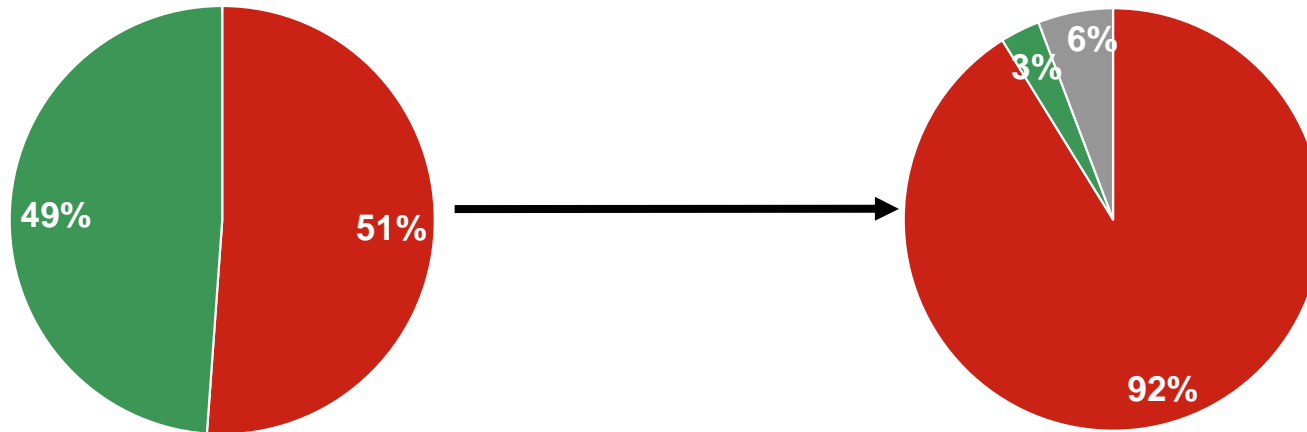
Disability – by gender

Do you have any long-standing illness, disability or infirmity?

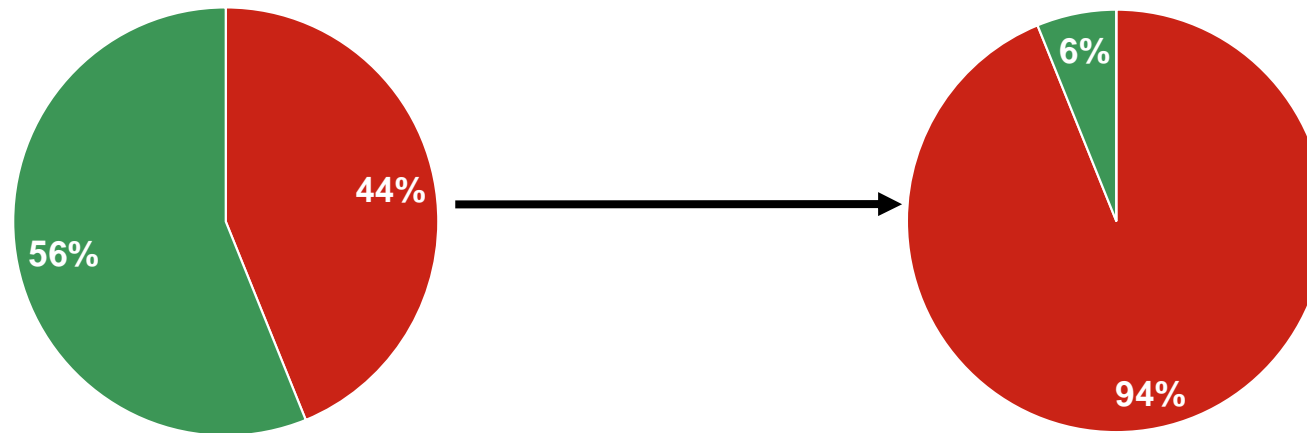
If yes, does this illness or disability limit your activities in any way?

■ No ■ Yes ■ Don't know

Men



Women



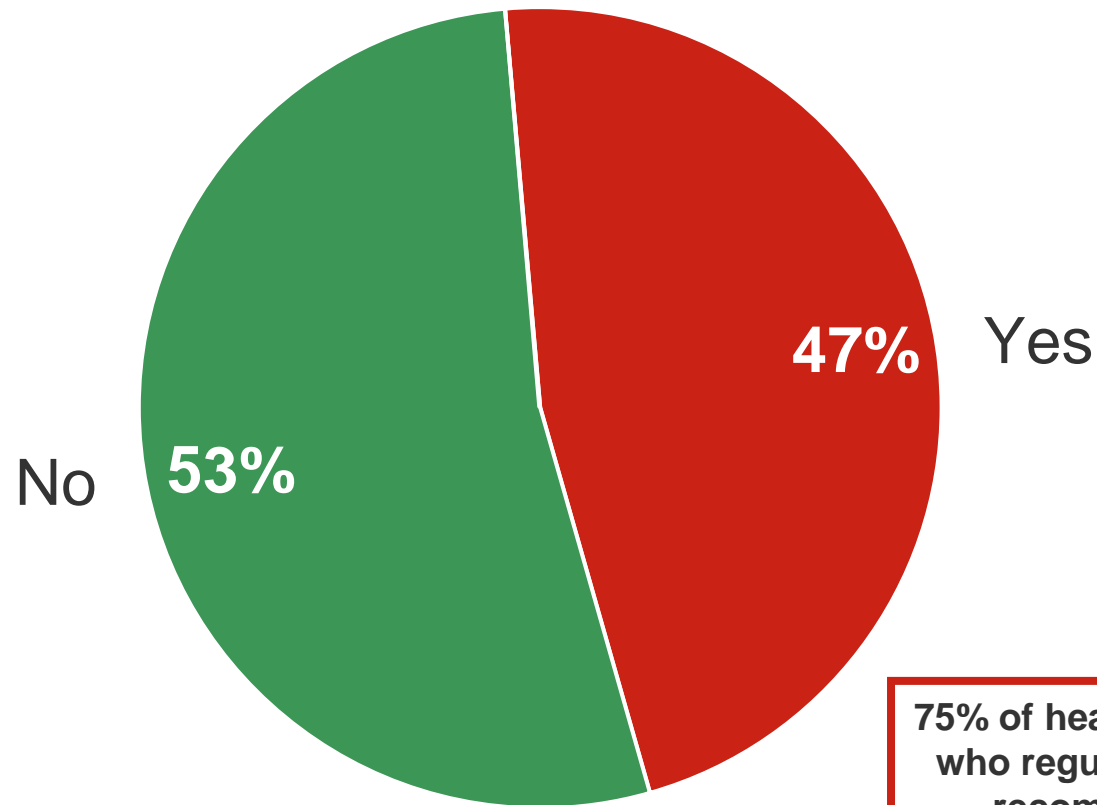
General Health Summary

- Just under half (46%) of Gypsies/Travellers in the East of England perceive their own health to be good or very good. Three quarters (77%) of the non Gypsy/Traveller population hold this view. Three in ten (31%) Gypsies/Travellers say their health is either bad or very bad. Just one in twenty (5%) of the wider regional population state the same.
- As would be expected, and as was found among the wider regional population, perception of health declines with age. There is no statistically significant difference by gender.
- People living on privately-owned sites are less likely to state they are in good health (33% compared to 51% of those living on Local Authority run sites).
- Out of the 47% of people who have a long-standing illness, disability or infirmity, nine in ten (93%) say it affects their activities in some way. This is almost half (44%) of total respondents, while the equivalent figure for the region overall was 16%.

Smoking Prevalence

Smoking Prevalence

Do you smoke cigarettes, roll-ups, cigars or pipe at all nowadays?

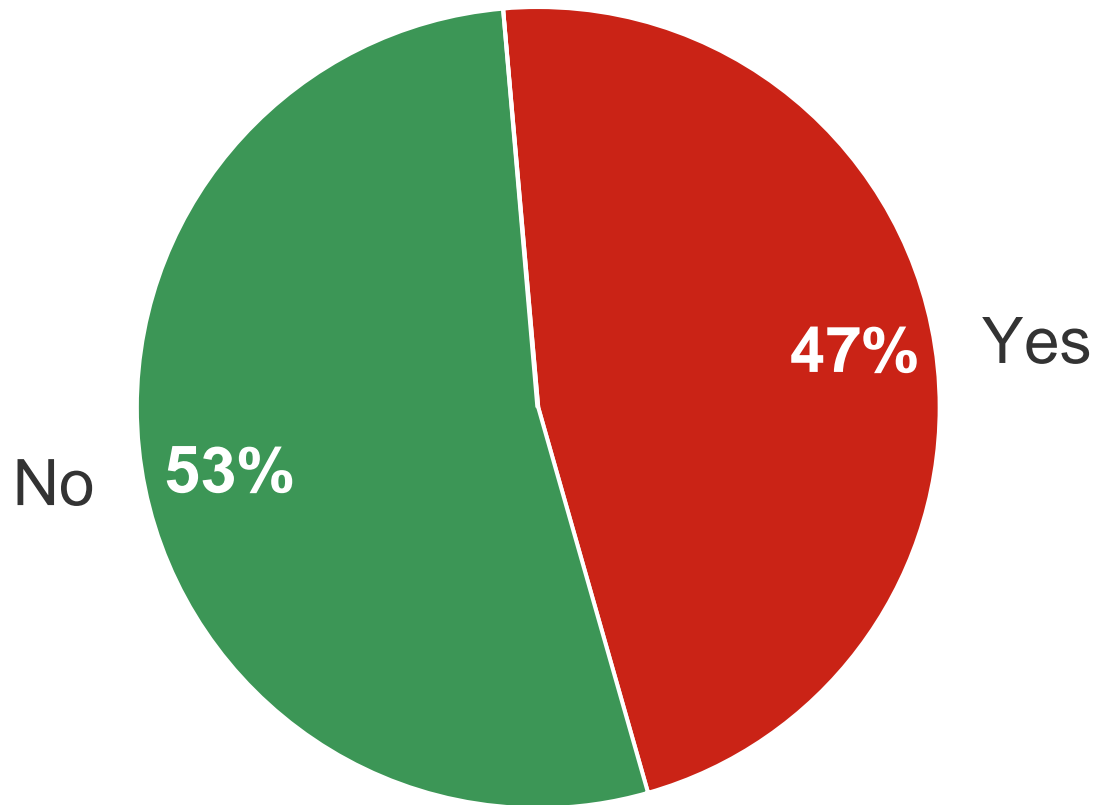


75% of heavy drinkers smoke (those who regularly drink more than the recommended weekly limit)

Base: All respondents (189); fieldwork dates 30th April – 18th May 2009

Smoking Prevalence – by age and gender

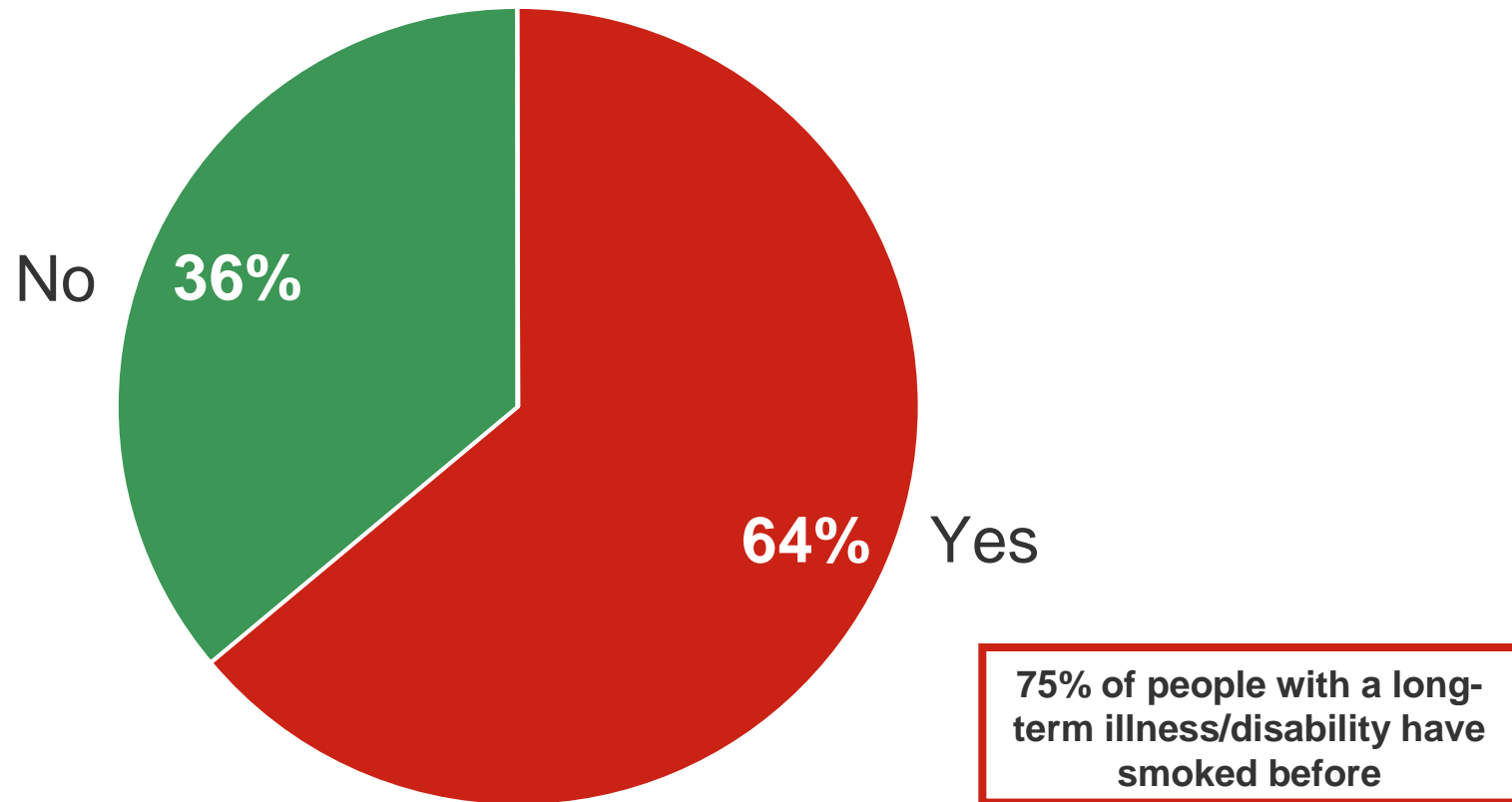
Do you smoke cigarettes, roll-ups, cigars or pipe at all nowadays?



Subgroup	% who currently smoke
Men (69)	48%
Women (120)	46%
Aged 16-34 (79)	49%
Aged 35-54 (56)	49%
Aged 55-64 (24)	52%
Aged 65+ (30)	37%

Smoking

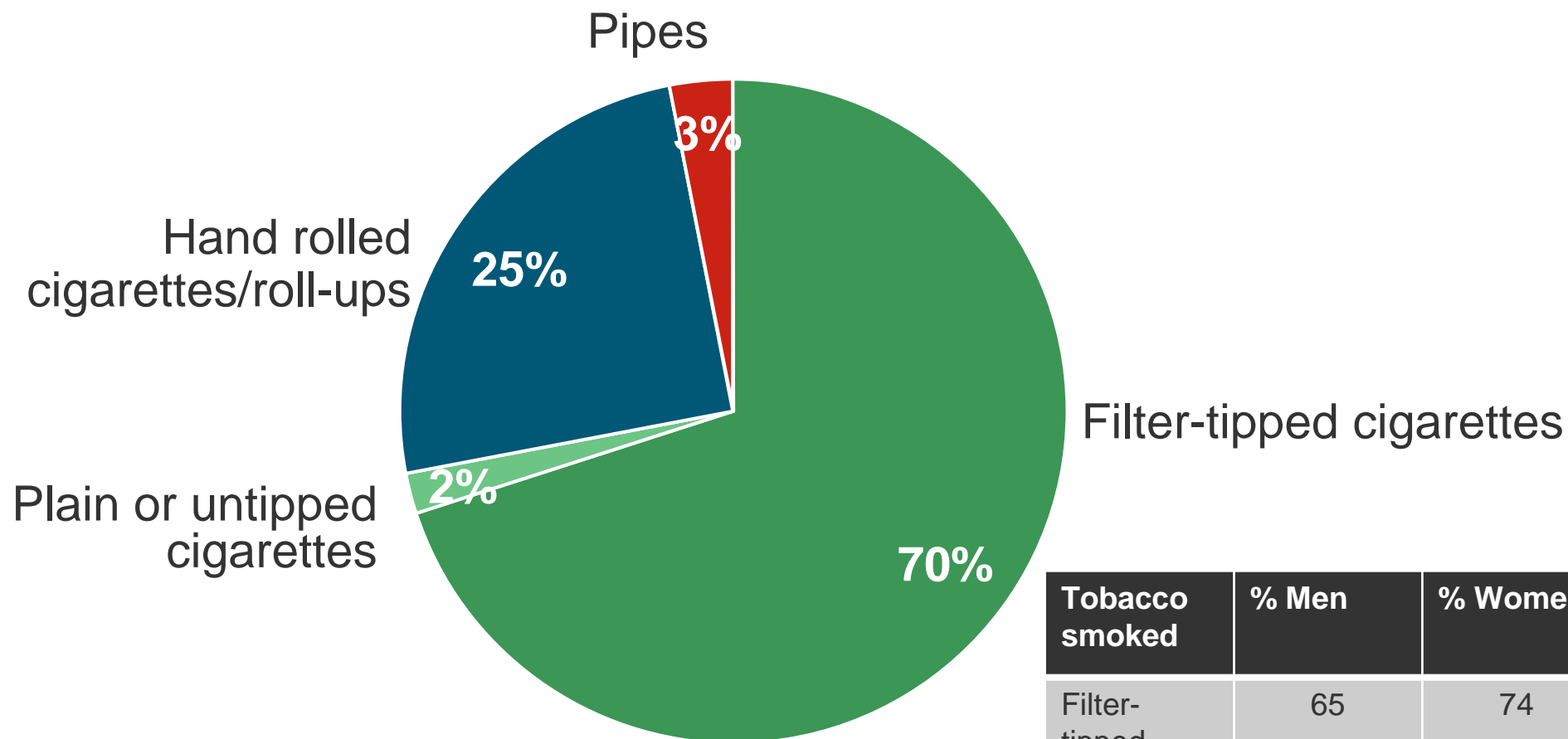
Have you ever smoked a cigarette, a roll-up, a cigar or a pipe?



Base: All respondents (189); fieldwork dates 30th April – 18th May 2009

Type of Tobacco Smoked

Do you mainly smoke . . . ?

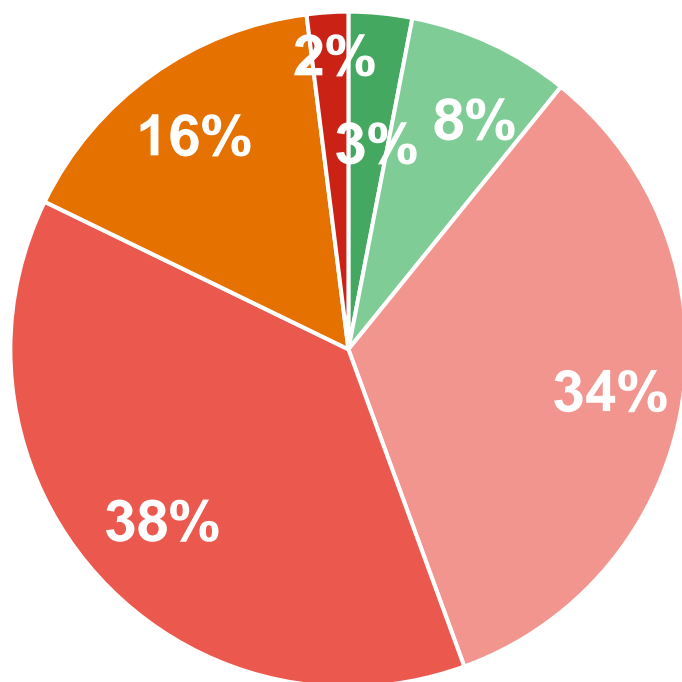


Tobacco smoked	% Men	% Women
Filter-tipped	65	74
Hand rolled	31	20

Base: All current smokers (93); fieldwork 30th April – 18th May 2009

Average Smoking Levels

- Less than 1
- 1-5 per day
- 6-10 per day
- 11-20 per day
- 21+ per day
- Don't know

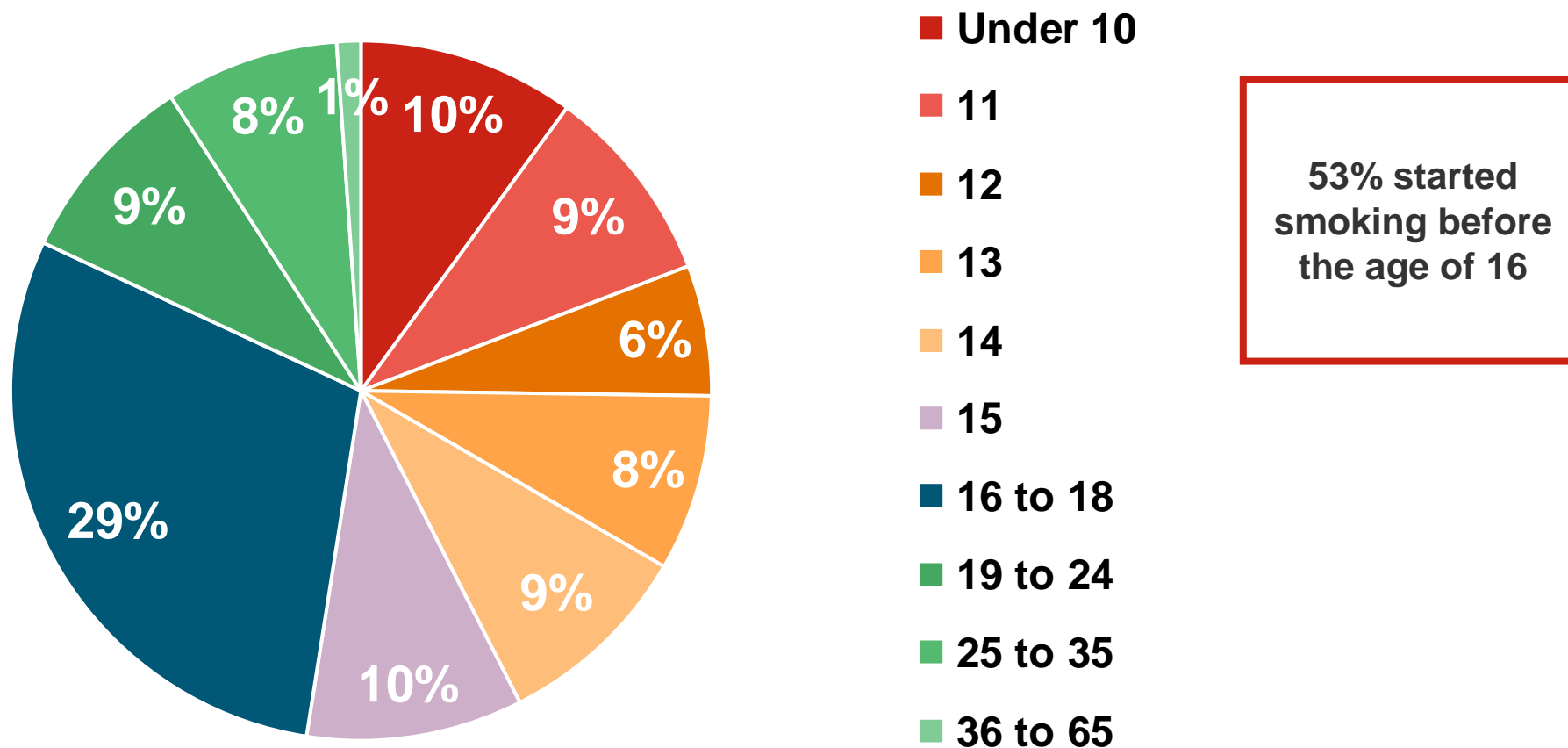


Subgroup	Mean no. tobacco products smoked per day
Total	19.6
Men	25.4
Women	13.9
People with long-term conditions	28.4

Base: All current smokers (93), fieldwork 30th April – 18th May 2009

Age Started Smoking

How old were you when you started to smoke?

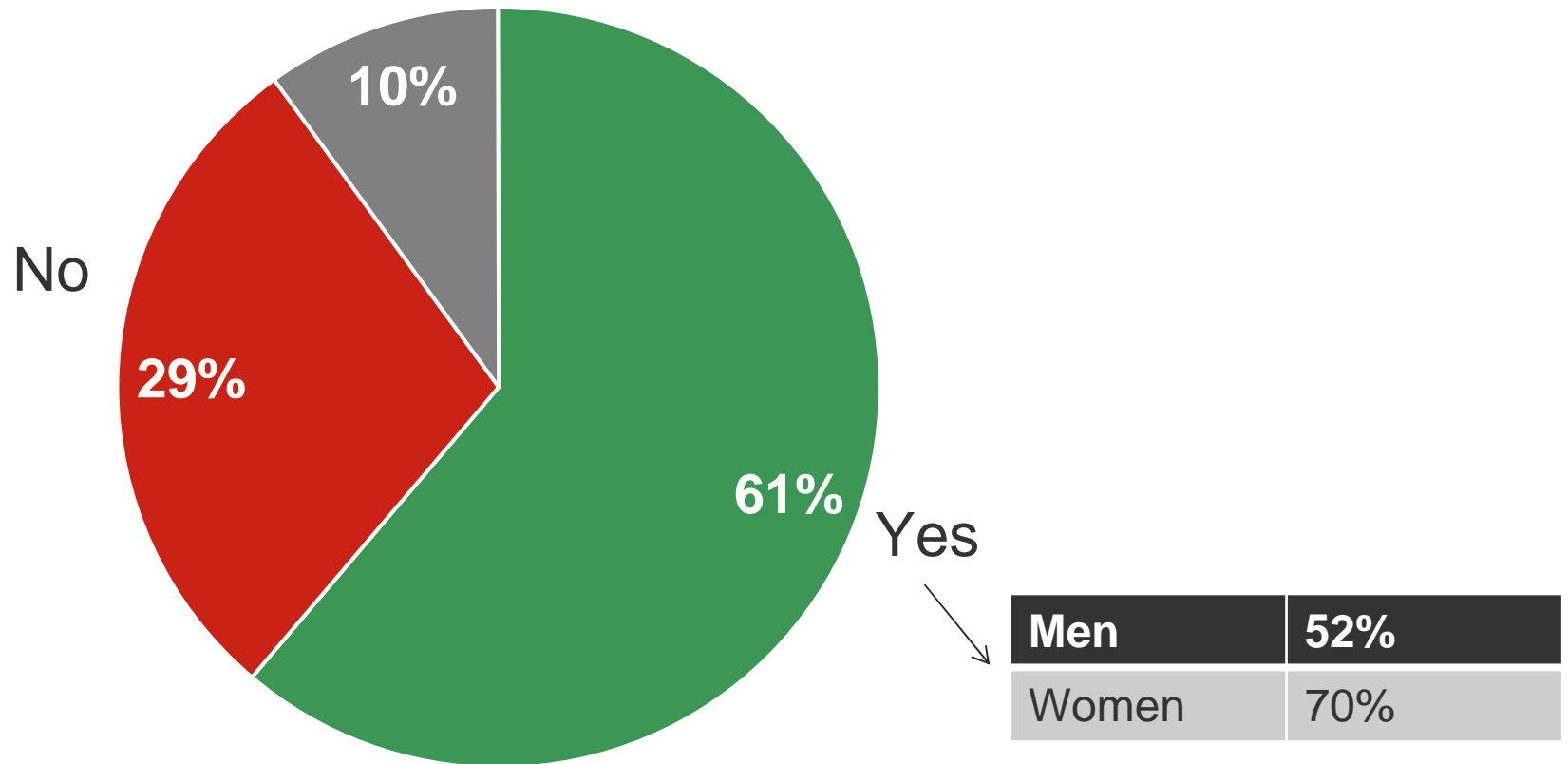


Base: All current smokers (93), fieldwork 30th April – 18th May 2009

Readiness to Quit

Would you like to give up smoking altogether?

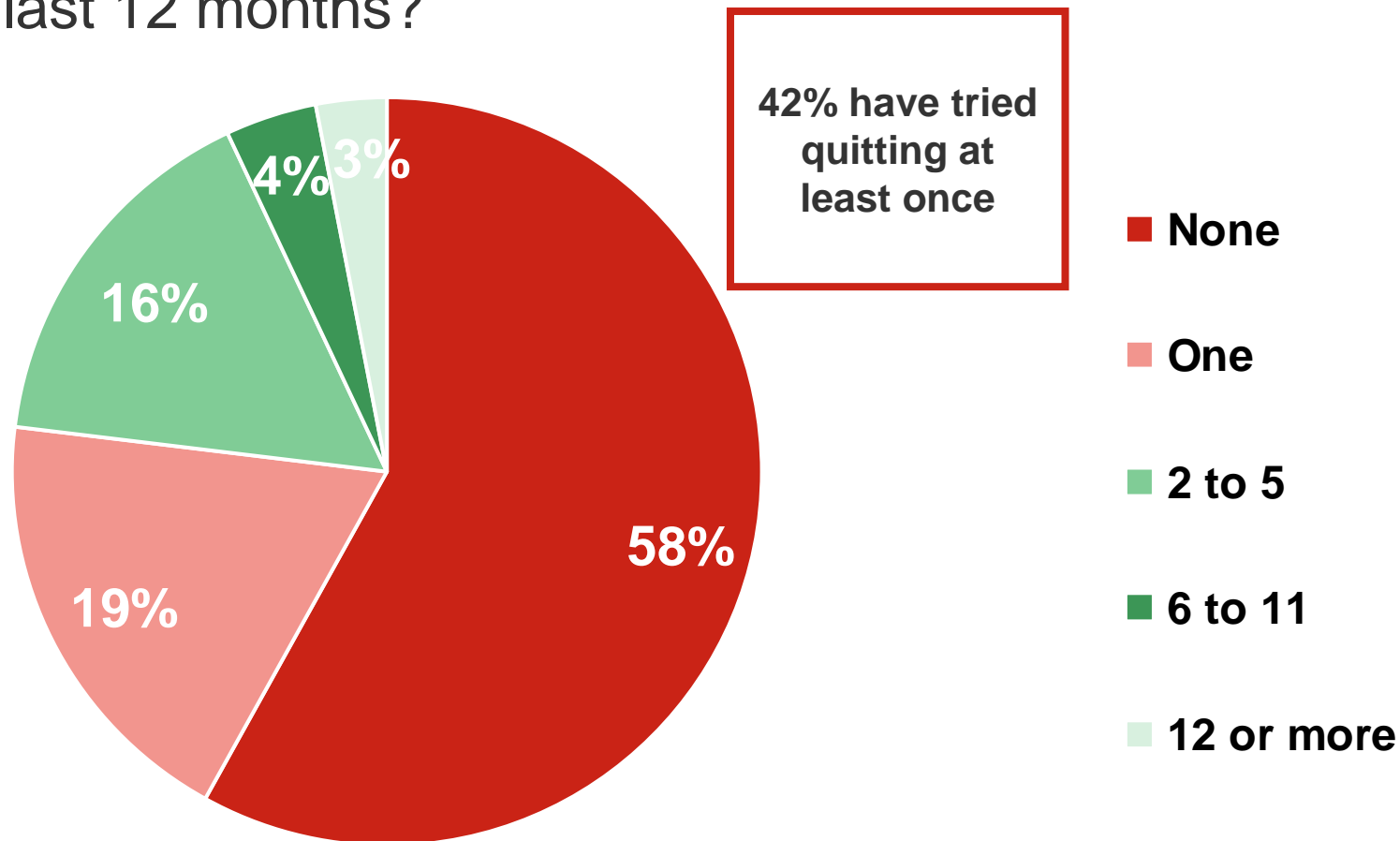
Don't know/Refused



Base: All current smokers (93), fieldwork 30th April – 18th May 2009

Attempts to Quit

How many serious attempts to stop smoking have you made in the last 12 months?

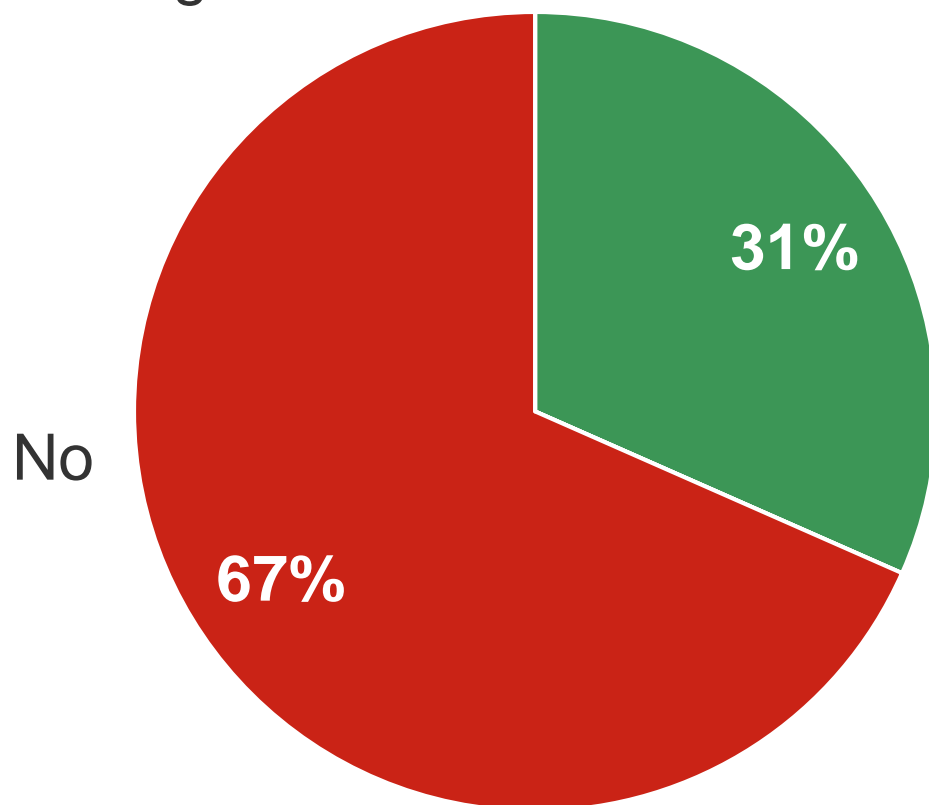


Base: All current smokers (93), fieldwork 30th April – 18th May 2009

Attempts to Quit: Use of Services & Products

30

Have you tried using any services or products to help you stop smoking?



Yes

Subgroup	% used services/products
Men	22%
Women	40%
Successfully quit	10%
Current smokers	45%

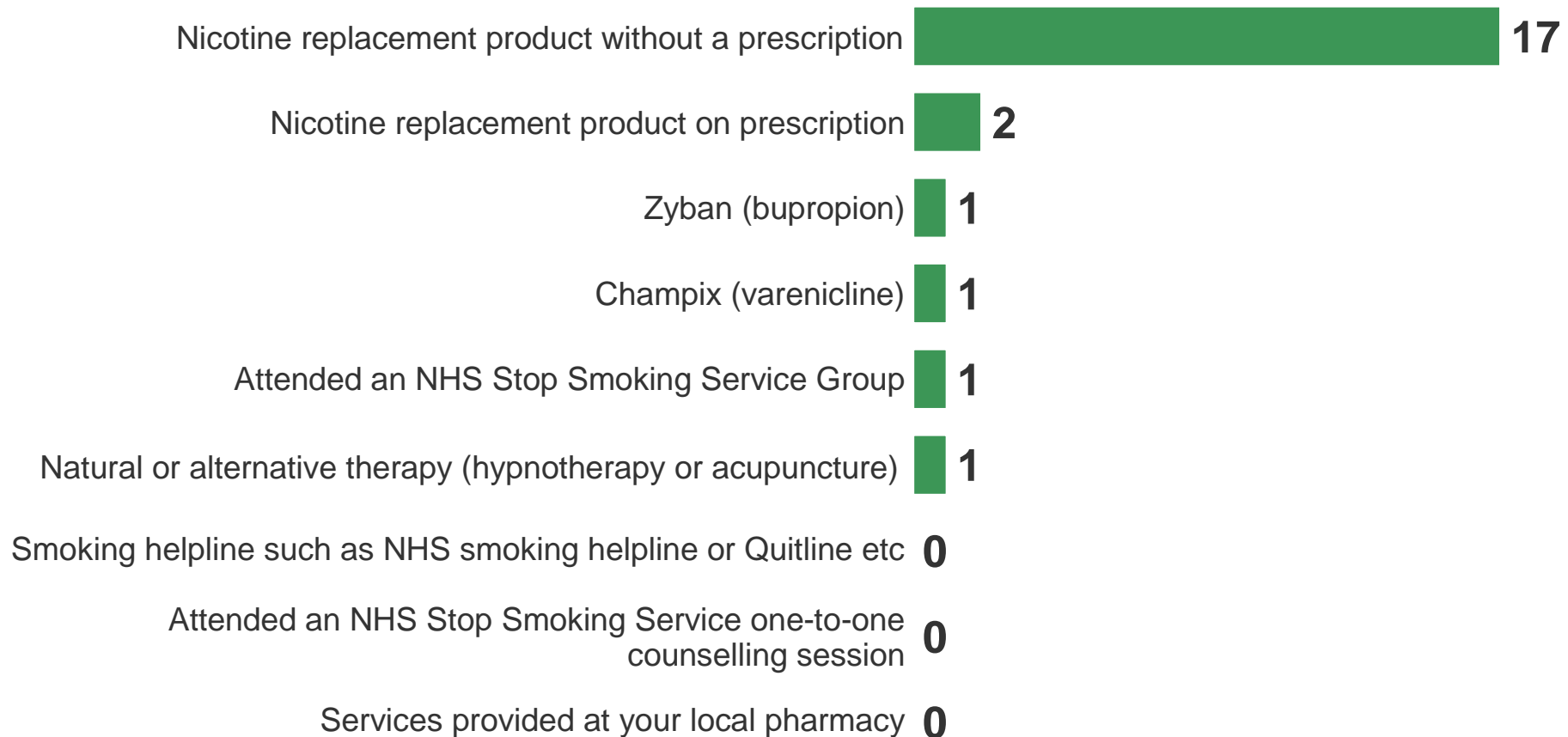
Base: All who have attempted to quit – both current smokers and non-smokers (66); fieldwork 30th April – 18th May 2009

Attempts to Quit: Services/Products Used

31

Could you give details of the services or products used to *try and* quit smoking?

Numerical counts



Smoking Summary - Prevalence

- Smoking prevalence is 47% among Gypsies/Travellers in the East of England. The equivalent figure was 18% for the main Lifestyle survey.
- However, just under two-thirds (64%) have smoked a cigarette, a roll-up, a cigar or a pipe at some point in their lives, in line with the overall population (also 64%). This indicates that fewer Gypsies/Travellers go on to quit.
- Prevalence is consistently high across age groups, gender and different type of site.
- There is a close link with heavy alcohol consumption and smoking; 75% of those drinking more than the recommended weekly limit currently smoke.
- While prevalence is no higher for people with a long-term illness or disability (also 47%), more have smoked at some point in the past (75%) than average.
- The most popular form of tobacco product is filter-tip cigarettes, used by more than two-thirds (70%) of smokers, followed by hand-rolled cigarettes or roll-ups, smoked by a quarter (25%).

Smoking Summary - Prevalence

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- Of those who smoke, half (53%) smoke over 10 tobacco products per day. The average number of tobacco products smoked each day is 20, while among the overall regional population, the average is 11.
- Men smoke more heavily than women (mean smoked per day is 25 and 14 respectively) and those with a long-term illness or disability (mean of 28 per day) smoke more heavily than the average.
- Over half of all current smokers (53%) were under the age of 16 when they started smoking, and 10% were under the age of 10.

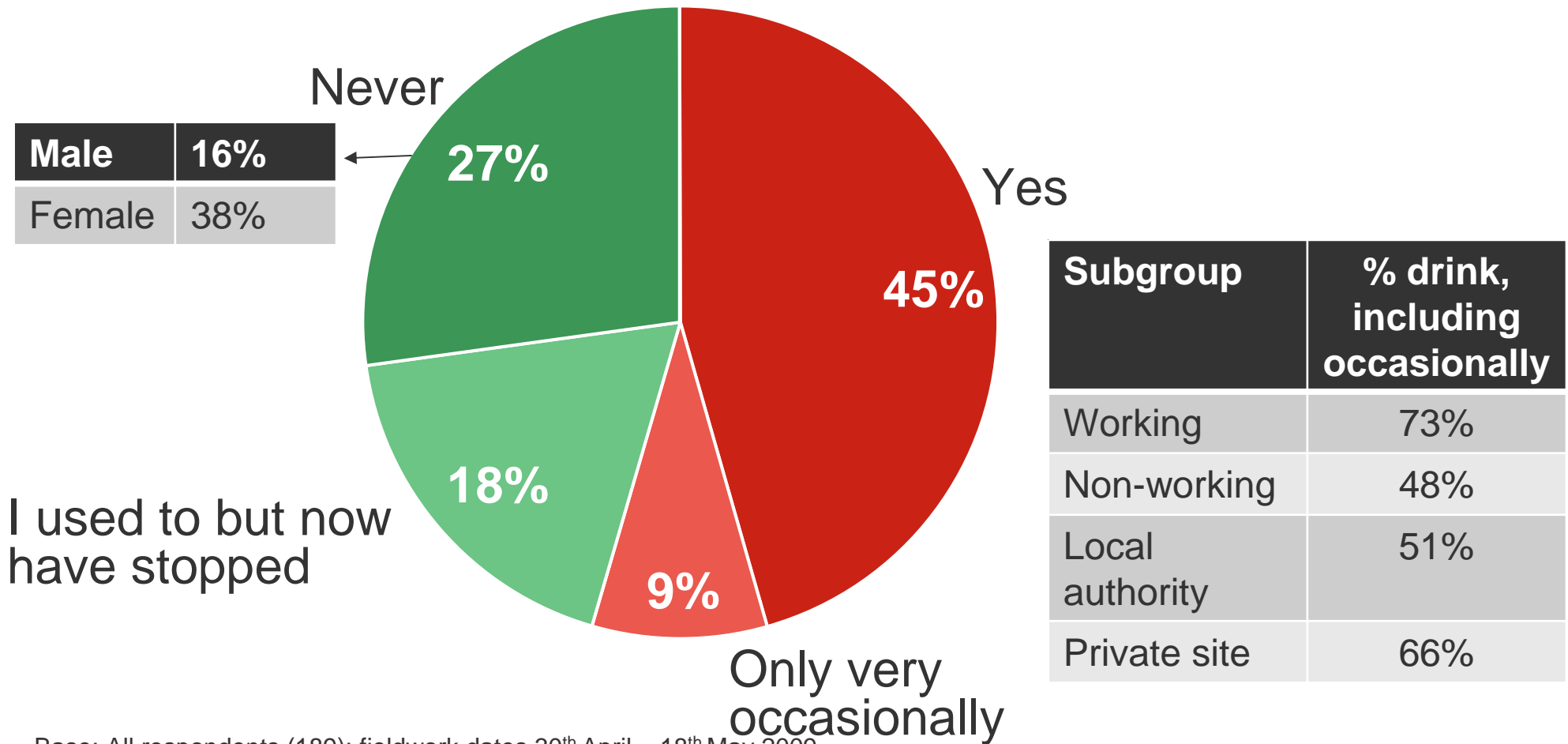
Smoking Summary - Quitting

- Three in five smokers (61%) would like to give up altogether, with women (70%) more willing than men (52%). This gender difference was also seen among the non Gypsy/Traveller population.
- Of all smokers, three in five (58%) have made no attempt to stop smoking in the past 12 months, while almost a quarter (23%) have attempted to give up more than once over the same period.
- Out of those who have tried to give up (including both current and ex-smokers), 31% used some kind of product or service to aid them. This is in line with the wider population (30%).
- However, only one in ten (10%) who successfully quit used a product or service, whereas almost half (45%) of current smokers have done so.
- Women are also more likely to have used support (40% compared to 22%).
- The most popular assistance products used in attempts to quit are nicotine replacement products (without a prescription).
- The base size is too small to analyse use of products and services by the date when smokers quit (only 28 people in the sample had quit).

Alcohol

Drinking Prevalence

Do you ever drink alcohol nowadays including drinks you brew or make at home?



Base: All respondents (189); fieldwork dates 30th April – 18th May 2009

Measuring Alcohol Consumption

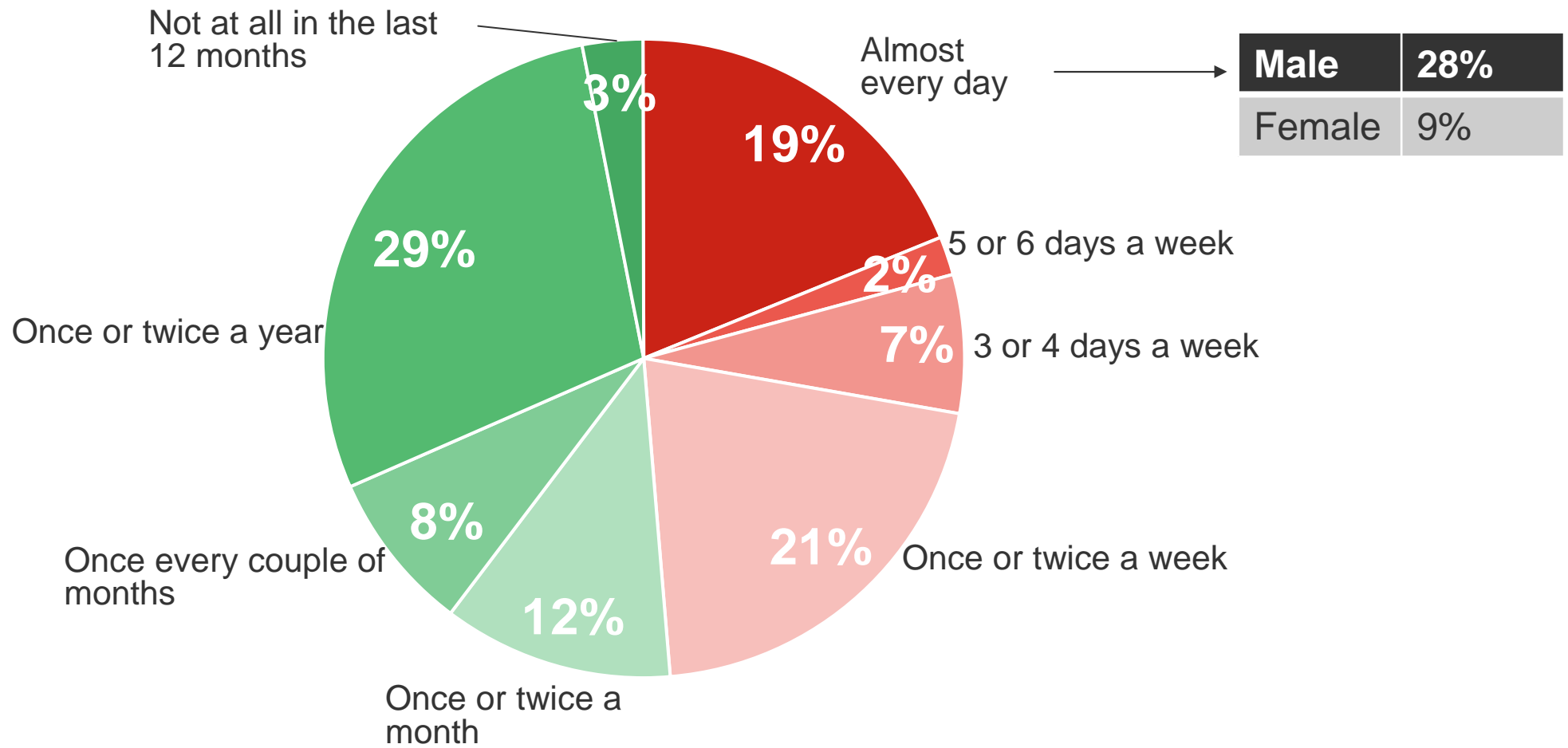
37

- Questions on alcohol consumption were asked about:
 - regularity of consumption (*How often have you had a drink of [alcoholic beverage] during the last 12 months?*)
 - And the quantity drunk on any one day (*How much [alcoholic beverage] have you usually drunk on any one day during the last 12 months?*)
- And were asked, in turn, for the following types of drink:
 - Normal strength beer, lager, stout, cider or shandy
 - Strong beer, lager, stout, cider or shandy
 - Spirits or liqueurs
 - Sherry or martini
 - Wine
 - Alcopops

Findings are therefore based on **average** drinking habits

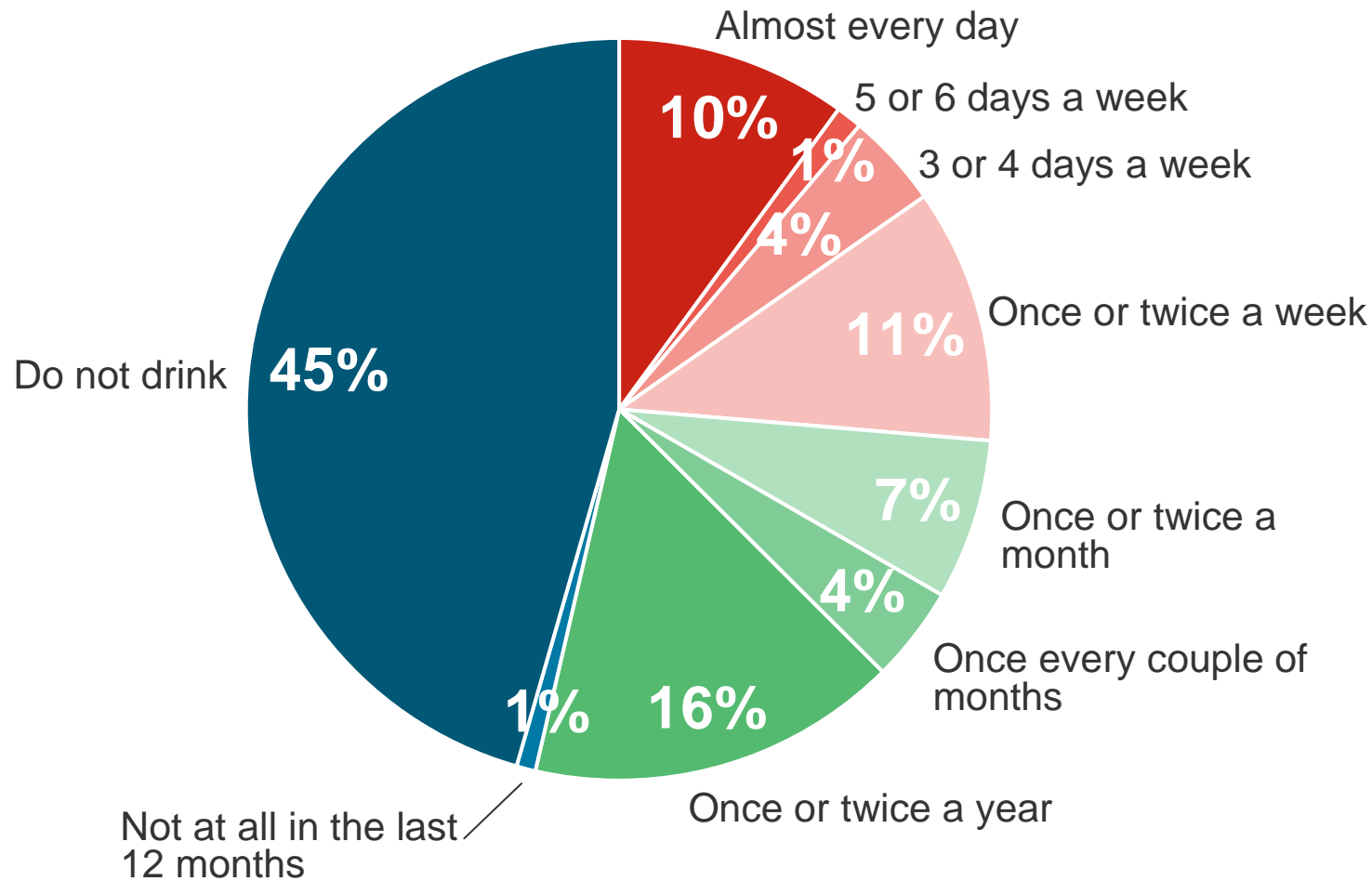
Regularity of alcohol consumption – those who drink

Thinking now about all kinds of drinks, how often have you had an alcoholic drink of any kind during the last 12 months?



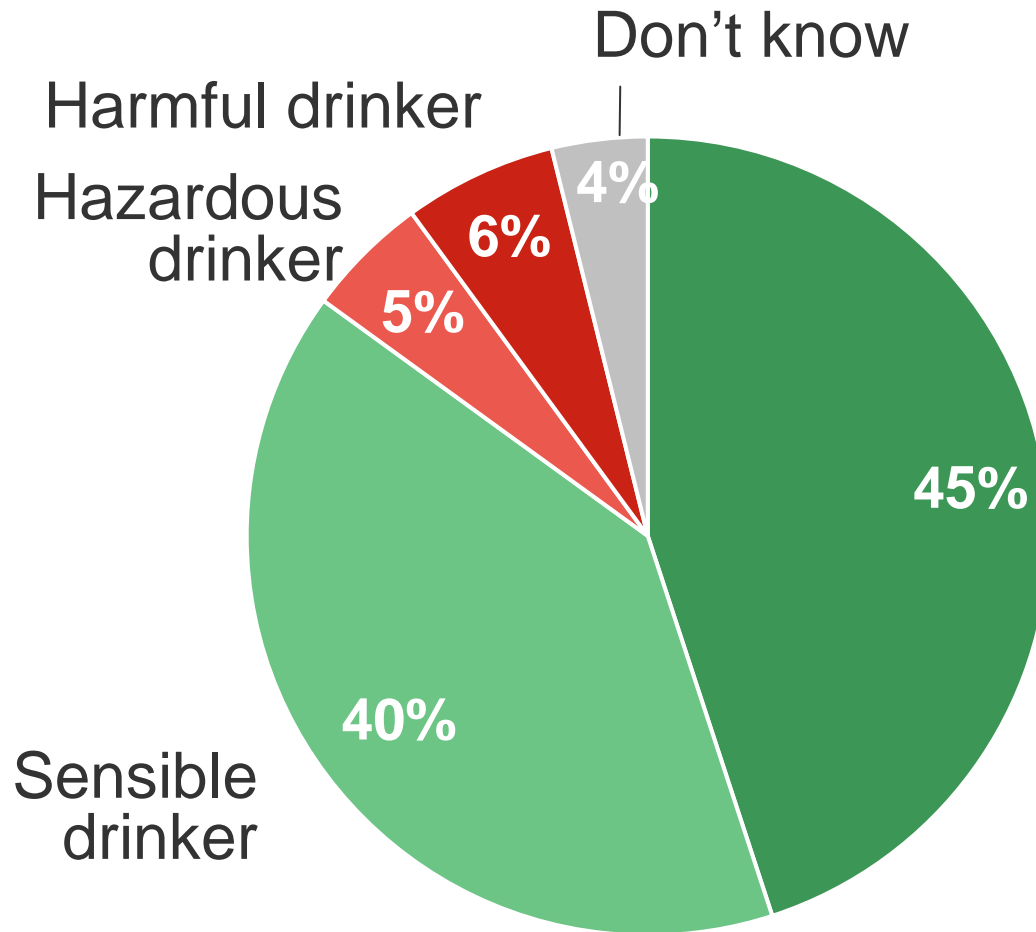
Regularity of alcohol consumption – all

Thinking now about all kinds of drinks, how often have you had an alcoholic drink of any kind during the last 12 months?



Drink almost every day	
Male	17%
Female	4%

Summary of Alcohol Consumption



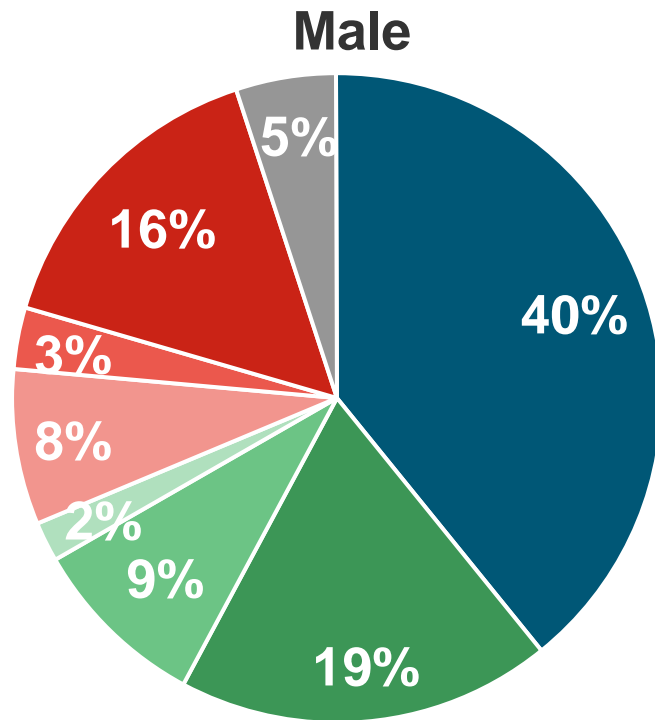
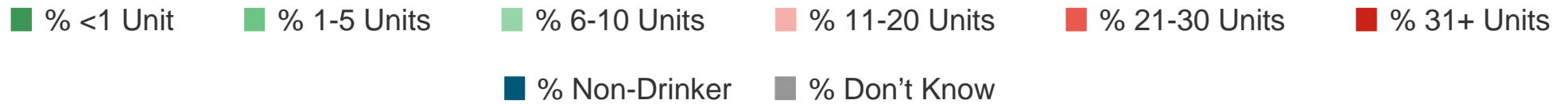
19% of those working are drinking harmfully (6% overall)

Non drinker

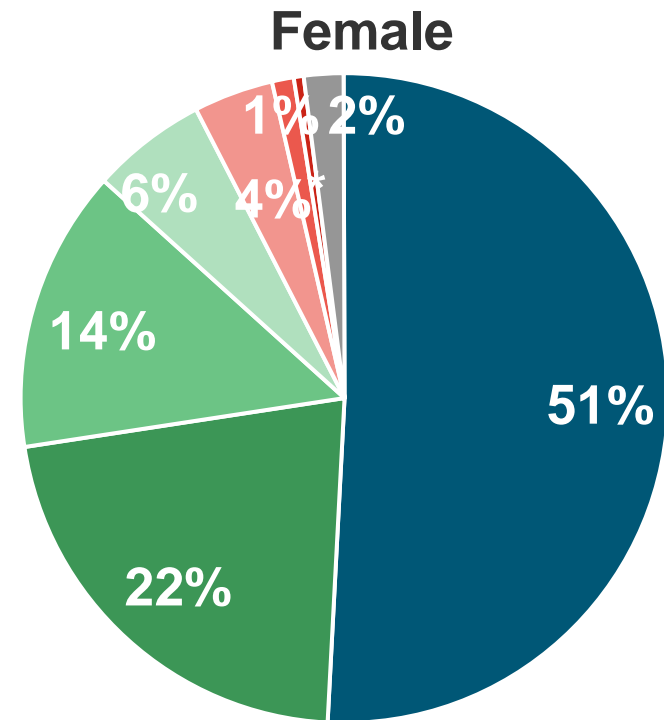
UNITS PER WEEK		
Drinker type	Male	Female
Non-drinker	0 units	0 units
Sensible drinker	1-21 units	1-14 units
Hazardous drinker	22-50	15-35
Harmful drinker	51+	36+

Base: All respondents (189); fieldwork dates 30th April – 18th May 2009

Alcoholic Units per Week by Gender



18% of men regularly drink more than the recommended weekly limit (21 units)

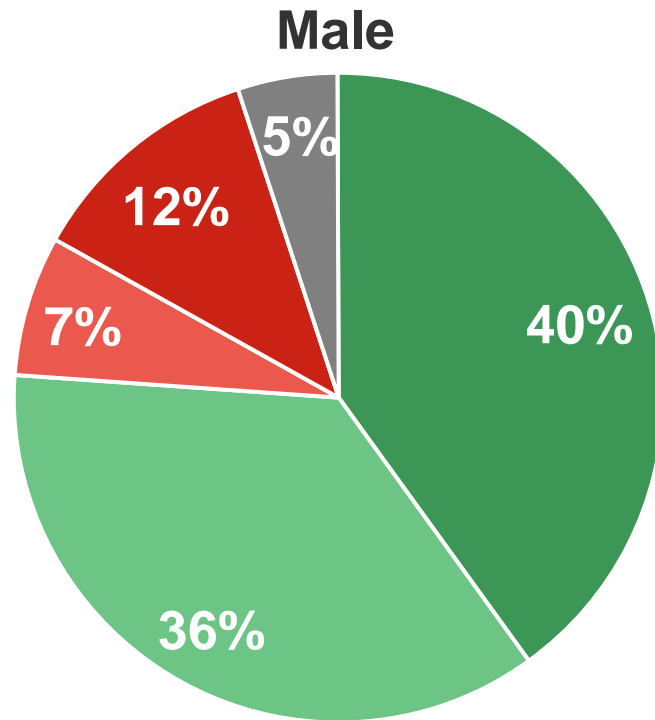


4% of women regularly drink more than the recommended weekly limit (14 units)

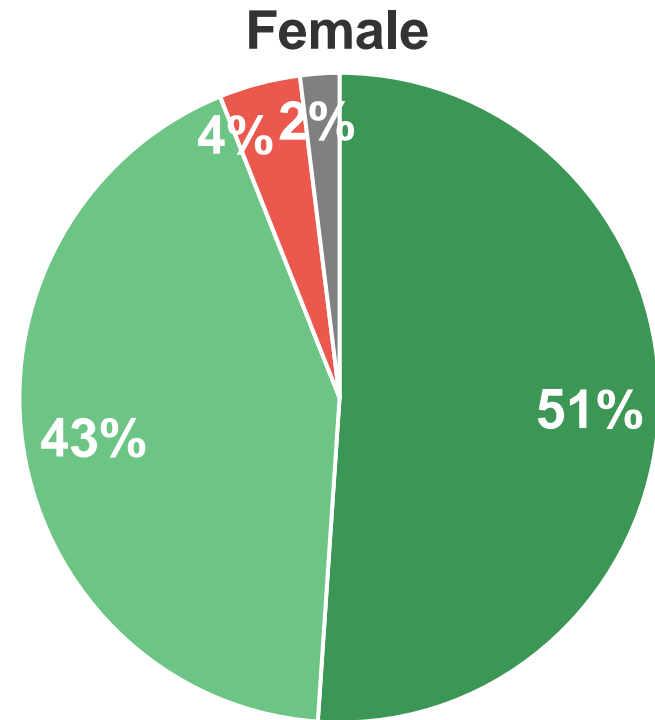
Base All respondents, Male: 69, Female: 120; fieldwork 30th April – 18th May 2009

Alcohol Consumption by Gender

■ % Non Drinker ■ % Sensible drinker ■ % Hazardous drinker ■ % Harmful drinker ■ % Don't know



Males are significantly more likely to be harmful drinkers than females

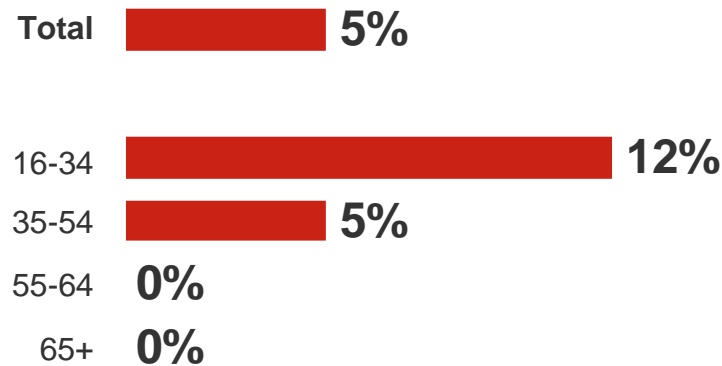


Base All respondents, Male: 69, Female: 120; fieldwork 30th April – 18th May 2009

Alcohol Consumption by Age

Hazardous

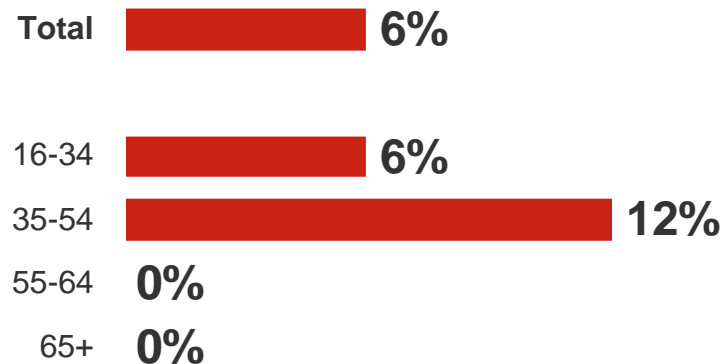
22-50 units / week (men)
15-35 units / week (women)



16-34 year olds are significantly more likely to be hazardous drinkers.

Harmful

51+ units / week (men)
36+ units / week (women)



35-54 year olds are significantly more likely to be harmful drinkers.

Base: All respondents (189); fieldwork dates 30th April – 18th May 2009

Alcohol Summary

- Just over half (55%) of Gypsies/Travellers drink alcohol. The core Lifestyle survey showed that nine in ten (88%) of the wider population drink alcohol.
- Those who work (73%) and those living on privately-owned sites (66%) are more likely to drink, although the former figure is likely to be a function of this group predominantly comprising males of working age.
- One in six (18%) have drunk alcohol in the past but no longer do now and a quarter (27%) say they never have. Women are more likely to say they have never drunk alcohol (38% compared to 16% of men), while this does not differ by age.
- Of those who drink alcohol, one in five (19%) do so nearly every day (10% of the entire sample), although this varies by gender. One in five men (17%) consume alcohol daily compared to just four per cent of women. A quarter (26%) drink at least weekly.
- Reinforcing findings from qualitative research we have conducted with this audience, a significant proportion (16%) say they drink only once or twice a year rather than habitually. This is likely to be for celebratory occasions such as weddings, Christenings and at Christmas.

Alcohol Summary

- Of the Gypsy and Traveller population, nine in ten (88%*) could be considered 'sensible drinkers' i.e. consuming less than the recommended weekly limit**.
- One in twenty (5%) are drinking to hazardous levels on an average basis (over the previous 12 months). One in eight men (12%) drinks to a harmful degree, while no women drink to this extent. This may have been affected by the social desirability bias; female respondents may have been unwilling to admit severe drinking.
- 18% of men regularly drink more than the recommended weekly limit (21 units), but this is restricted to those aged 16-54. Just four per cent of women drink more than the recommended weekly limit (14 units). The equivalent figures for the non Gypsy/Traveller population were 27% for men and 15% for women.

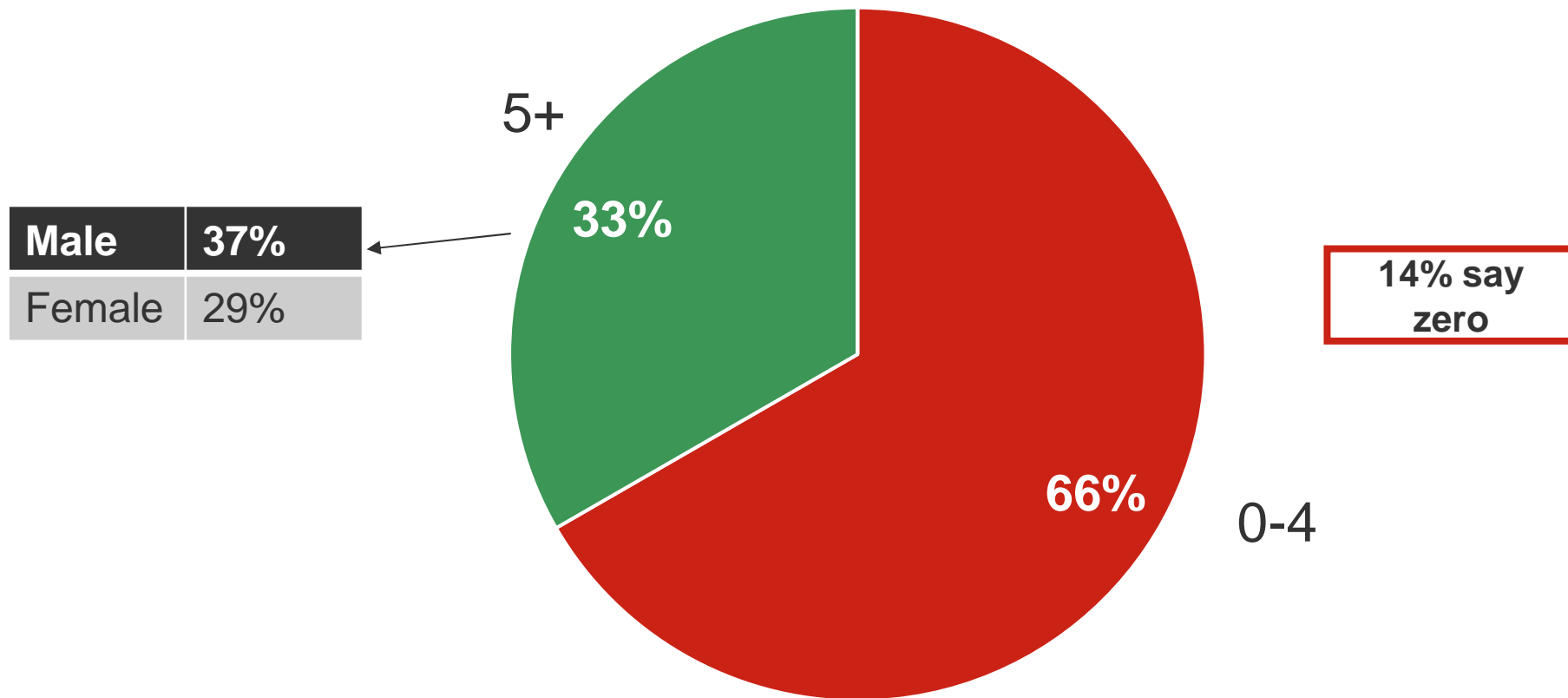
* When discounting those who say 'don't know' to questions about the amount they drink.

** This is a measure of the weekly, rather than the daily limit

Diet and Weight

Eating 5-a-day: Yesterday

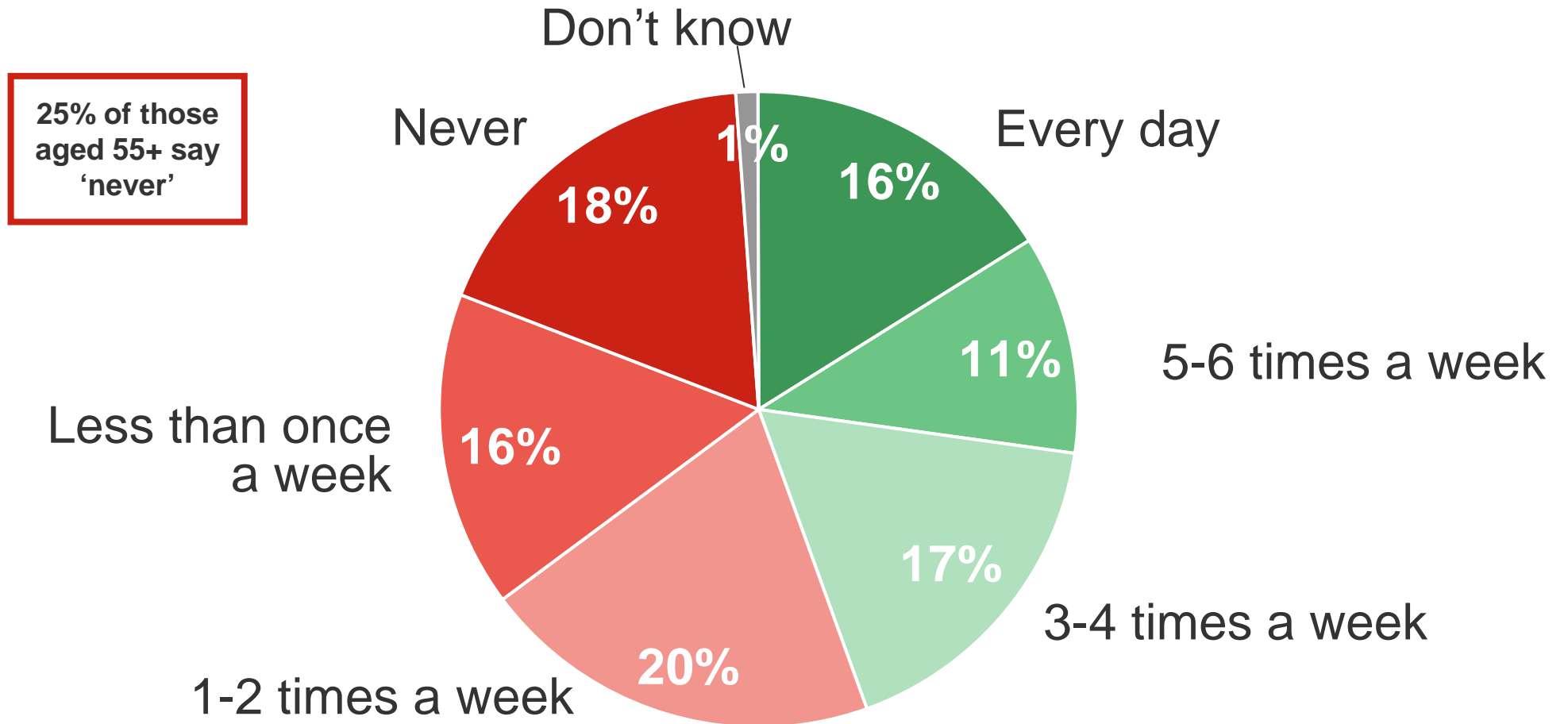
Thinking about **yesterday** can you tell me how many portions of fruit/salad you had?
Thinking about **yesterday** can you tell me how many portions of vegetables you had?



Base: All respondents (189); fieldwork dates 30th April – 18th May 2009

5-a-day: Average Frequency

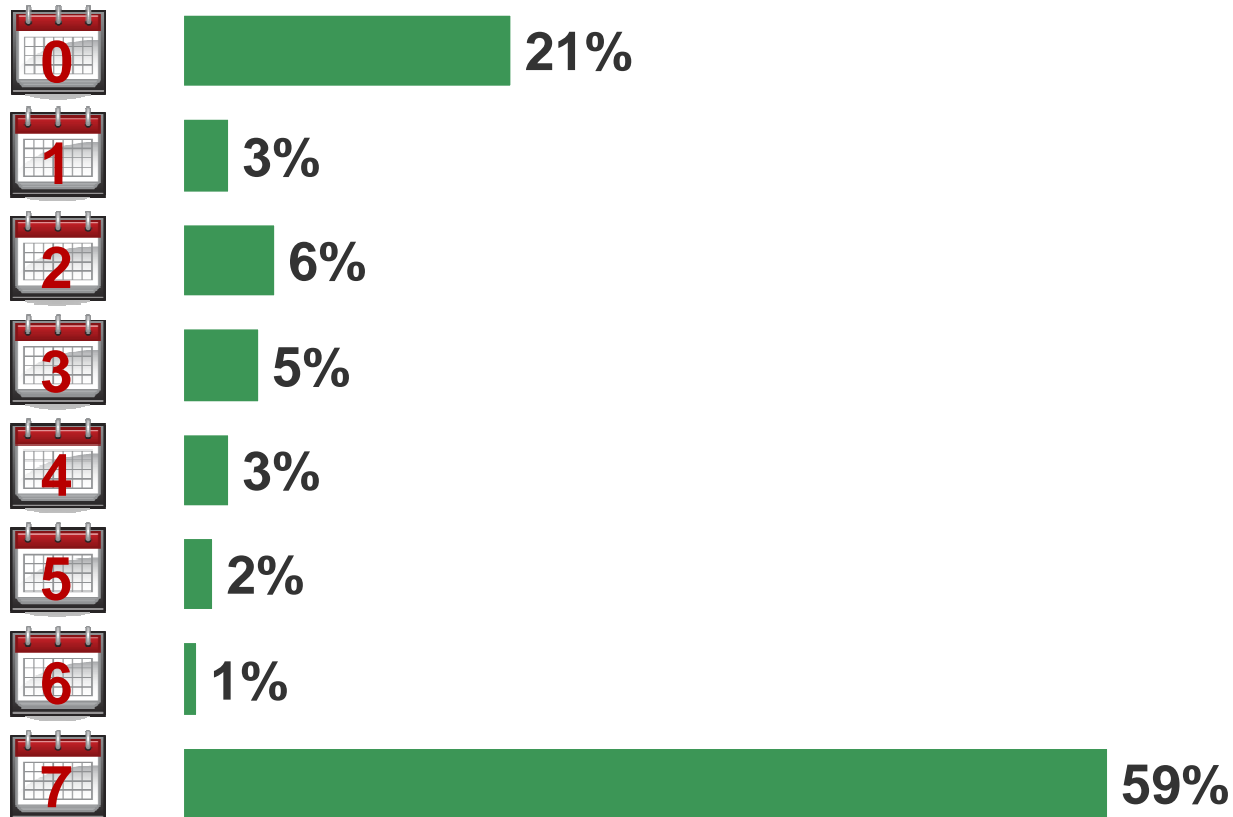
Can you tell me how often, on **average**, you eat five portions of fruit or vegetables a day? Would it be....?



Base: All respondents (189); fieldwork dates 30th April – 18th May 2009

Breakfast

How many days per week would you say you usually eat breakfast?

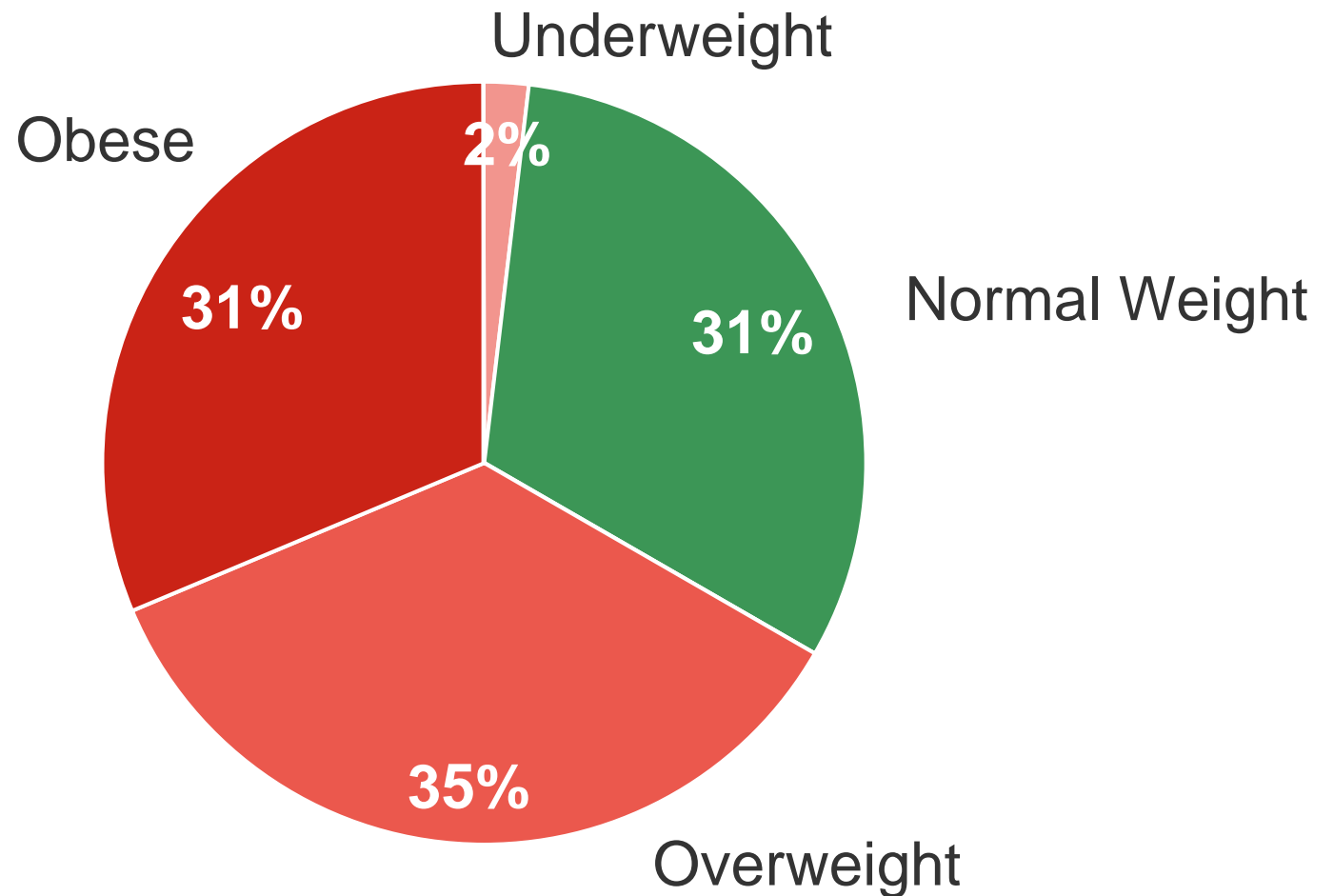


Base: All respondents (189); fieldwork dates 30th April – 18th May 2009

Body Mass Index

Based on self-reported height and weight measurements

BMI category	BMI value
Underweight	< 18.5
Normal	18.5 – 24.9
Overweight	25 – 29.9
Obese	40+

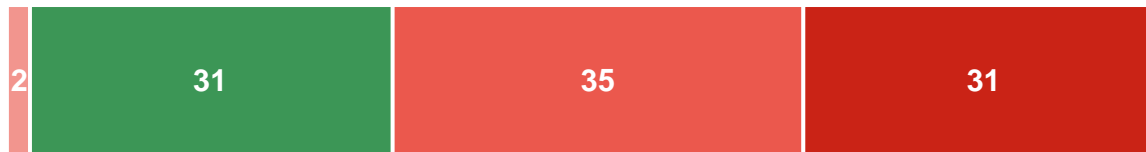


Base: All who gave valid height and weight figures (172), fieldwork 30th April – 18th May 2009

BMI by Gender

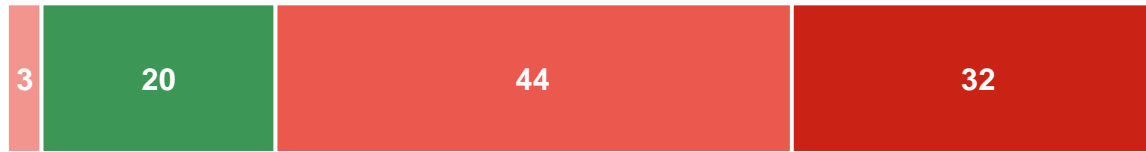
■ % Underweight ■ % Normal weight ■ % Overweight ■ % Obese

Total



Men are significantly more likely to self-report being overweight

Male



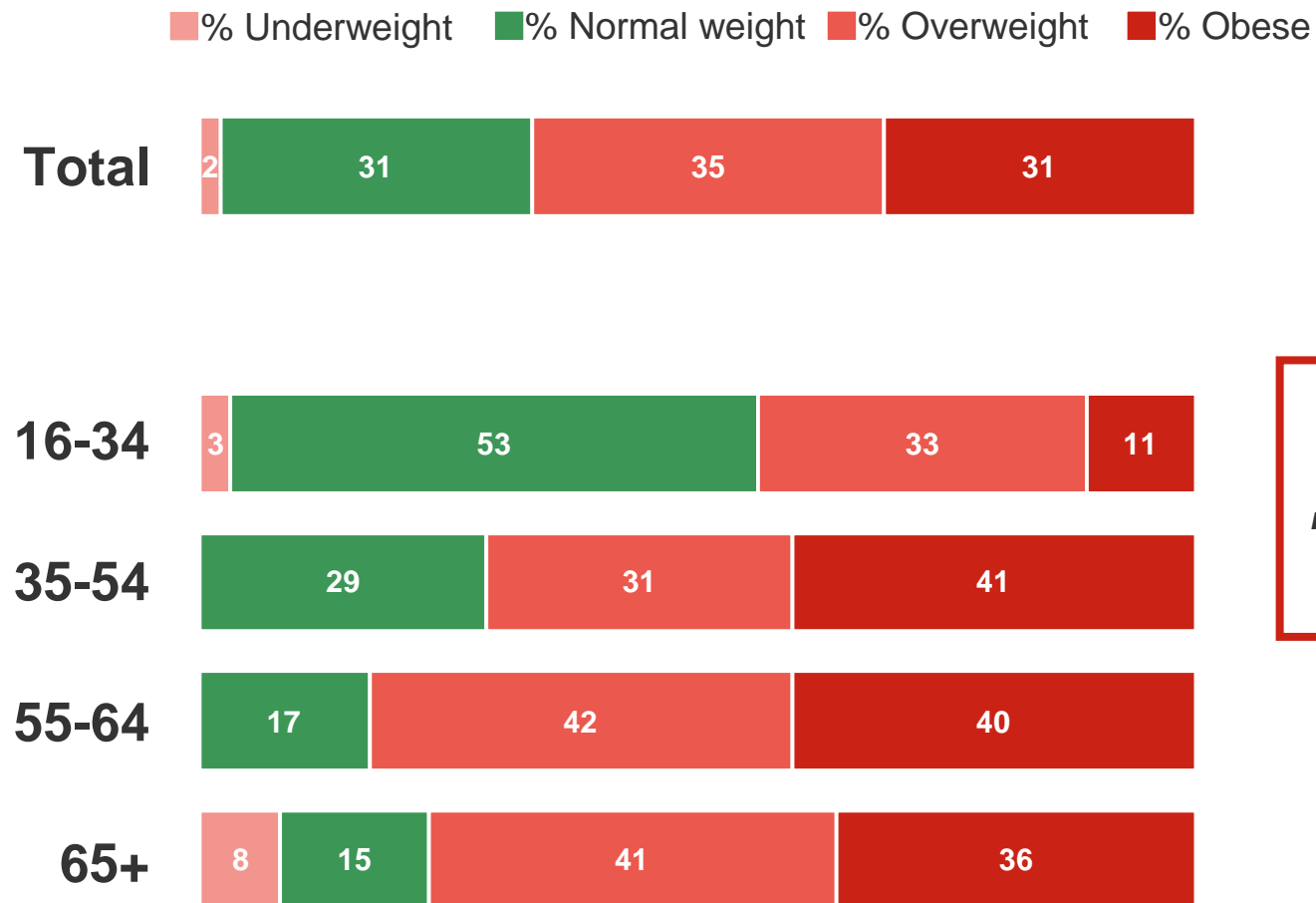
Female



Gender	Mean Height	Mean Weight
Men	175 cm	87 kg
Women	160 cm	69 kg

Base: All who gave valid height and weight figures, 172, fieldwork 30th April – 18th May 2009

BMI by Age



Ages 35-64 are significantly more likely to be obese

Base: All who gave valid height and weight figures, 172, fieldwork 30th April – 18th May 2009

Diet and Weight Summary

- When asked to think about the previous day, one in three (33%) ate at least five or more portions of fruit or vegetables. Amongst the non Gypsy/Traveller population, half (50%) reported the same. By this measure, a greater proportion of male Gypsies/Travellers are eating the guideline amount than women (37% compared to 29%).
- On an average basis, one in six (16%) say they eat five portions every day, while just under half (45%) do so at least three times a week. One in five (18%) say they never eat five portions a day. People aged 55 and over are least likely to eat five portions a day – a quarter (25%) admit they never do.
- The majority (59%) eat breakfast every day, although one in five (21%) never do.

Diet and Weight Summary

- Based on Body Mass Index (BMI), just under a third (31%) are of a normal weight, with one in three (35%) overweight and a further three in ten (31%) obese. Of the general population for the region, one in seven (14%) are obese.
- It is important to note the effect the different methodologies used for this survey (face-to-face) and the survey of the wider population (telephone) may have on this kind of question. Questions on height and weight are more likely to receive honest answers when administered in person, as it is more difficult for people to lie by giving a socially-desirable response.
- Men are significantly more likely to be overweight than women (44% and 26% respectively), although there is no difference in the proportion obese (32% and 30%).
- People aged between 35 and 64 are most likely to be obese (41%).

Exercise

Physical Activity Categories

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- The International Physical Activity Questionnaire (IPAQ) measures activity levels based on three factors:
 - **Walking**
 - **Moderate Exercise** (such as carrying light loads, bicycling at a regular pace)
 - **Vigorous Exercise** (such as heavy lifting, aerobics, or fast cycling)
- Exercise is measured by taking average number days of each activity per week and each activity time in minutes
- These are used to calculate total minutes of activity and allocate a physical activity measure to each individual (Low, Moderately Active and Highly Active)
- More details on IPAQ can be found at www.ipaq.ki.se/ipaq.htm



Calculation of Physical Activity Categories

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■ LOW

- This is the lowest level of physical activity. Those individuals who do not meet criteria for *Moderate* or *High* are considered to have a 'low' physical activity level.

■ MODERATE

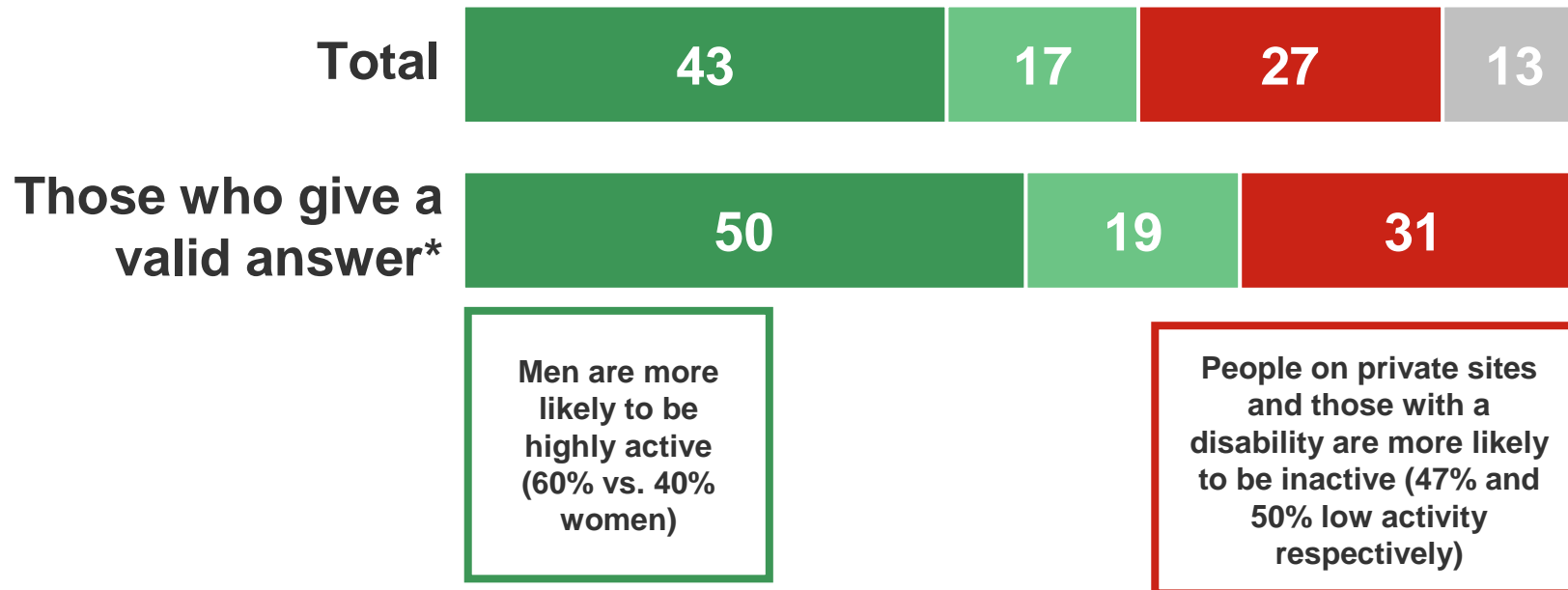
- (1) 3 or more days of vigorous-intensity activity of at least 20 minutes per day, **OR**
- (2) 5 or more days of moderate-intensity activity and/or walking of at least 30 minutes per day, **OR**
- (3) 5 or more days of any combination of walking, moderate-intensity or vigorous intensity activities achieving a minimum total physical activity of at least 600 MET*-minutes/week.

■ HIGH

- (1) vigorous-intensity activity on at least 3 days achieving a minimum total physical activity of at least 1500 MET-minutes/week, **OR**
- (2) 7 or more days of any combination of walking, moderate-intensity or vigorous-intensity activities achieving a minimum Total physical activity of at least 3000 MET-minutes/week.

Physical Activity Categories

■ % Highly Active ■ % Moderately Active ■ % Low Activity ■ % Don't know/invalid response



Base: All respondents (189); fieldwork dates 30th April – 18th May 2009

Exercise Summary

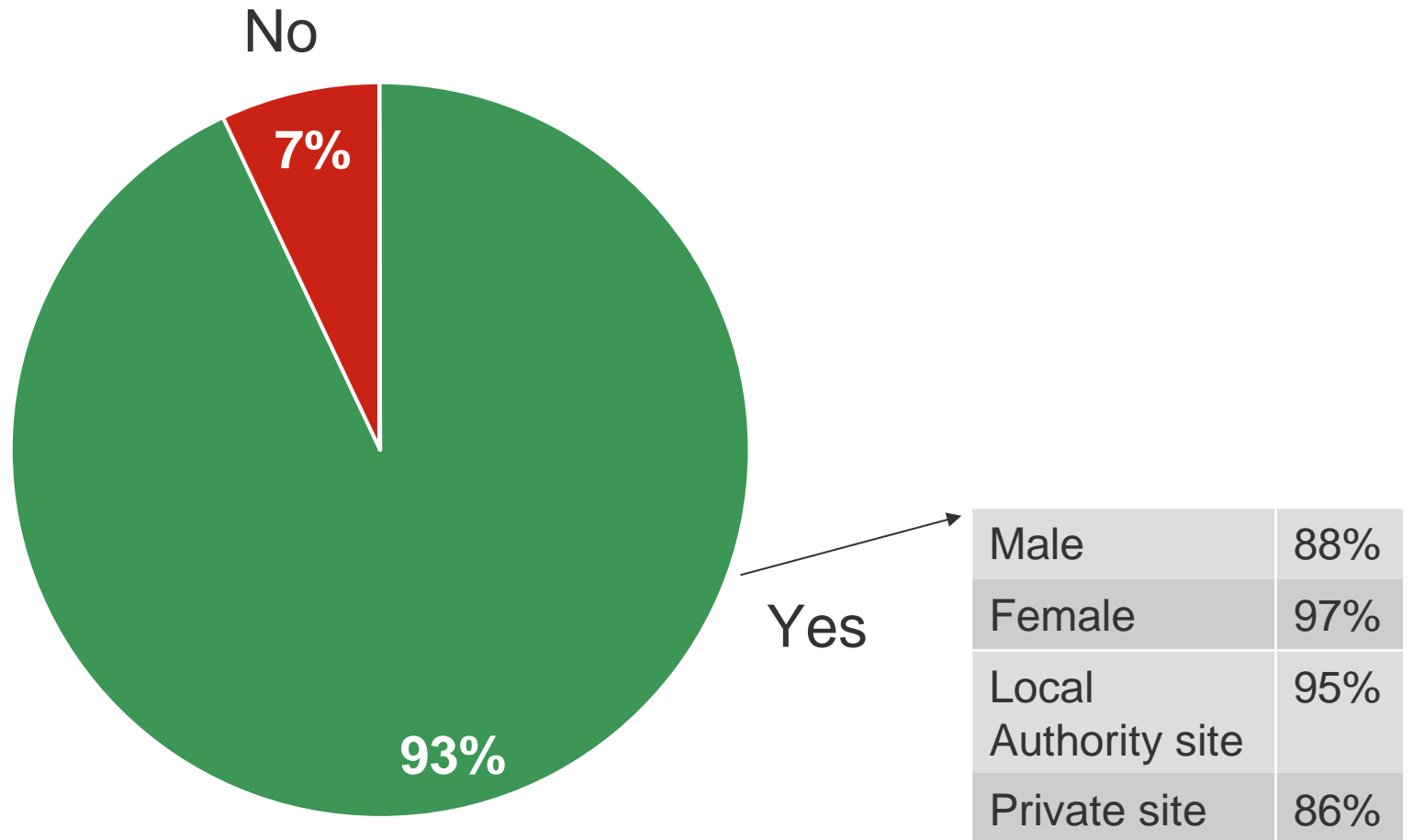
- Based on the IPAQ calculation, and on those who give a valid response* to the exercise questions, over two thirds (69%) are at least moderately active - 50% highly active and 19% moderately so. Three in ten (31%) are in the low activity category.
- Among the overall population, two in five (43%) are highly active, one in three (35%) moderately so and one in five (22%) carry out low levels of activity.
- Men are more likely to be highly active than women (60% versus 40%) and people living on privately owned sites and those with a disability are more likely to be inactive (47% and 50% report low activity respectively).

* More than one in ten (13%) either gave an invalid or 'Don't know' response to one or more questions in this section. Of the overall population, just one per cent did the same. This is likely to be due to lower levels of numeracy among Gypsies/Travellers, a different concept of what 'physical activity' is and relevance of the exercise examples given.

Health services

GP registration

Are you currently registered with a doctor/GP in the East of England?

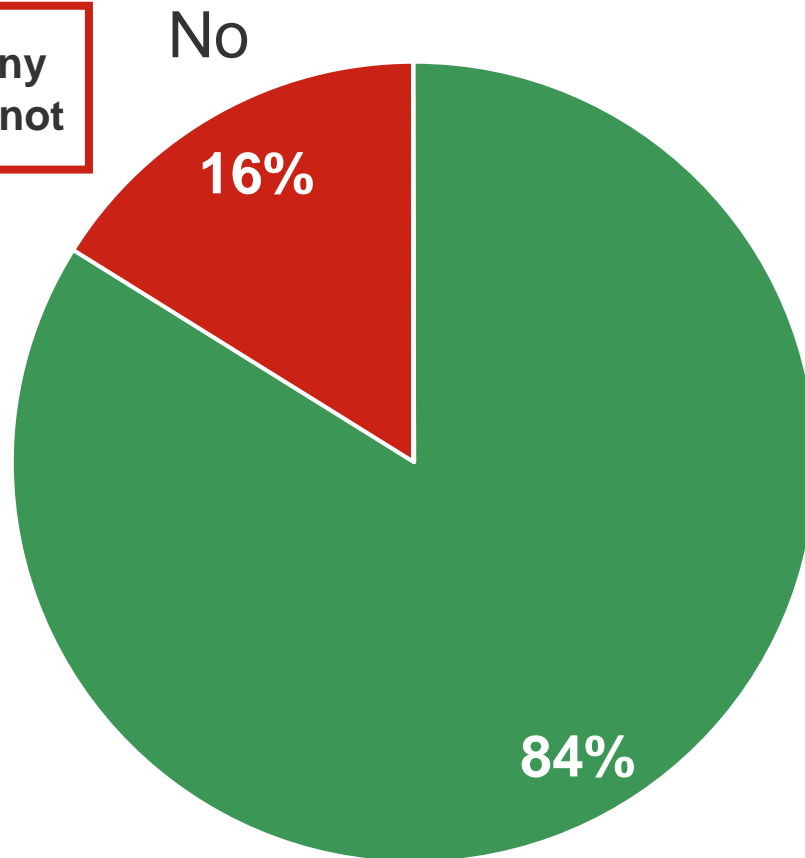


Base: All respondents (189); fieldwork dates 30th April – 18th May 2009

Use of GPs

Have you visited a GP in the last 2 years?

24% of Romany Gypsies have not



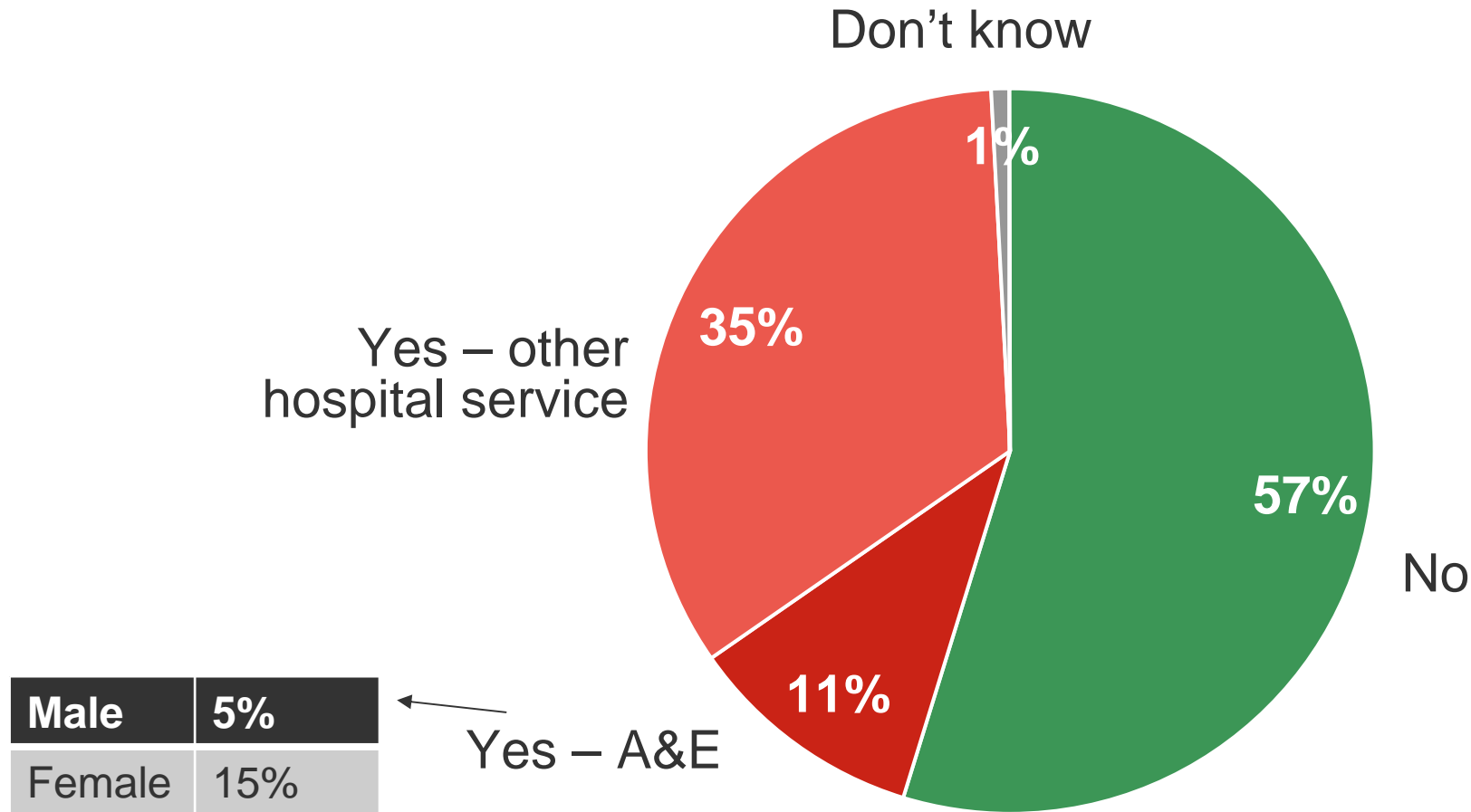
Yes

Male	75%
Female	92%

Base: All respondents (189); fieldwork dates 30th April – 18th May 2009

Use of hospitals

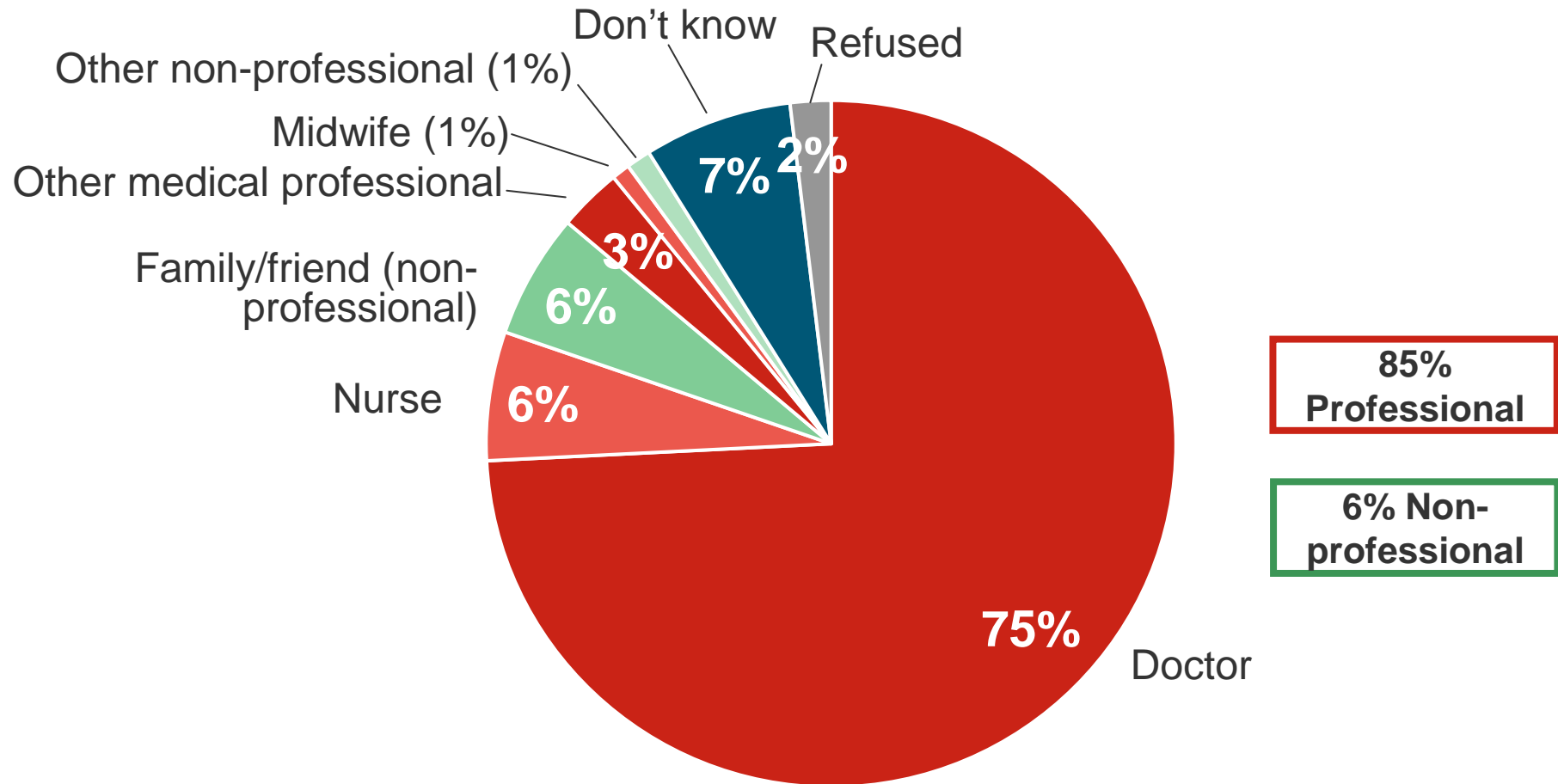
Have you visited a hospital as a patient in the past 12 months (i.e. since May 2008)? (MULTICODE)



Base: All respondents (189); fieldwork dates 30th April – 18th May 2009

Health-related advice or guidance

Think about the last time you received health-related advice or guidance? Who gave this advice or guidance to you?



Base: All respondents (189); fieldwork dates 30th April – 18th May 2009

Health services summary

- The vast majority of Gypsies and Travellers (93%) are registered with a GP. However, men are less likely to be (88% versus 97% of women) as are people on private sites compared with council-owned (86% and 95% respectively).
- Just three quarters (78%) of heavy drinkers (all those drinking more than the recommended weekly limit) are registered.
- A high proportion have also visited a GP over the last two years (84%) and similar variations exist by gender. Three quarters (75%) of men have done so compared to nine in ten (92%) women.
- A quarter of Romany Gypsies (24%) have not been to a GP in the last two years, compared to 16% overall.
- Two in five (43%) people who work have not seen a doctor in the last two years.
- Two in five (43%) have visited their hospital over the past year as a patient. One in ten (11%) have been to A&E and a third (35%) have used other hospital services.
- Women are more likely to visit A&E (15% compared to 5% of men).

Health services summary - information

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- When asked to think about the last time they received health-related advice or guidance, the vast majority accessed it from a professional source (85%).
- Three quarters (75%) received it from a doctor, 6% from a nurse and 3% from another medical professional.
- 6% were advised by a non-professional, usually from a family member or friend (6%).
- Seven per cent did not know, or could not remember, who gave them the advice.

Conclusions and Implications

Conclusions: smoking

- Smoking prevalence is at 47% and is consistently high across gender and age.
- Two thirds (64%) have tried smoking at some point in their lives – the same proportion as found among the wider population. However, prevalence is much higher at 47% (18% of the overall population).
- The amount that people smoke is also high – on average, smokers smoke 20 tobacco products per day, rising to 25 per day among men.
- Six in ten (61%) are ready to try to give up, with women particularly willing. However, just two in five (42%) of all smokers have made an attempt to stop in the last 12 months suggesting that services are not being utilised as much as they could be.
- 31% have used a product or service in their efforts to quit, the most popular form being non-prescription nicotine replacement products.

Conclusions: alcohol

- Just over half (55%) drink alcohol, at least on an occasional basis, whereas nine in ten (88%) of the regional population do.
- One in five (18%) have given up drinking (this figure was 5% of the non Gypsy/traveller population) and a quarter (27%) have never done so (6% of the general population).
- Of Gypsies and Travellers, nine in ten (88%*) could be considered 'sensible drinkers' i.e. consuming less than the recommended weekly limit.
- However, men are more likely to drink and generally drink more heavily. Half of women (51%) are non-drinkers compared to two in five men (40%). One in five men (18%) consume more than the recommended weekly limit (12% to a harmful level), while just 4% of women do.
- Heavy drinking (i.e. above recommended weekly limits) is confined to those below the age of 55.
- One in five men (17%) consume alcohol daily compared to just four per cent of women. Overall, a quarter (26%) drink at least weekly.

Conclusions: diet and exercise

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- A third of respondents (33%) claim to have eaten 5 portions of fruit and vegetables the day before the survey. Amongst the non Gypsy/Traveller population, half (50%) reported the same. On average, 28% claim to eat 5-a-day at least 5 times a week.
- One in five (18%) say they never eat five portions a day.
- Based on self-reported height and weight, two thirds are either overweight (35%) or obese (31%), according to the Body Mass Index.
- As was the case for the Lifestyle survey of the general population, men are significantly more likely to be overweight than women (44% and 26% respectively), although levels of obesity are the same across both genders.
- Over two thirds of Gypsies/Travellers (69%) are active to at least a moderate degree. Four fifths (80%) of the overall regional population are at least moderately active.

Conclusions: health services

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- The vast majority of Gypsies and Travellers (93%) are registered to a GP. However, men are less likely to be (88% versus 97% of women) as are people on private sites rather than council-owned (86% and 95% respectively).
- A high proportion have also visited a GP over the last two years (84%) and similar variations exist by gender. Three quarters (75%) of men have done so compared to 92% of women.
- Romany Gypsies, men and those who work are less likely to have visited their GP.
- Two in five (43%) have visited their hospital over the past year as a patient. One in ten (11%) have been to A&E and a third (35%) have used other hospital services.
- When asked to think about the last time they received health-related advice or guidance, the vast majority accessed it from a professional source (85%).