



GoWell Survey: Analysis of indicators over time Sighthill study area

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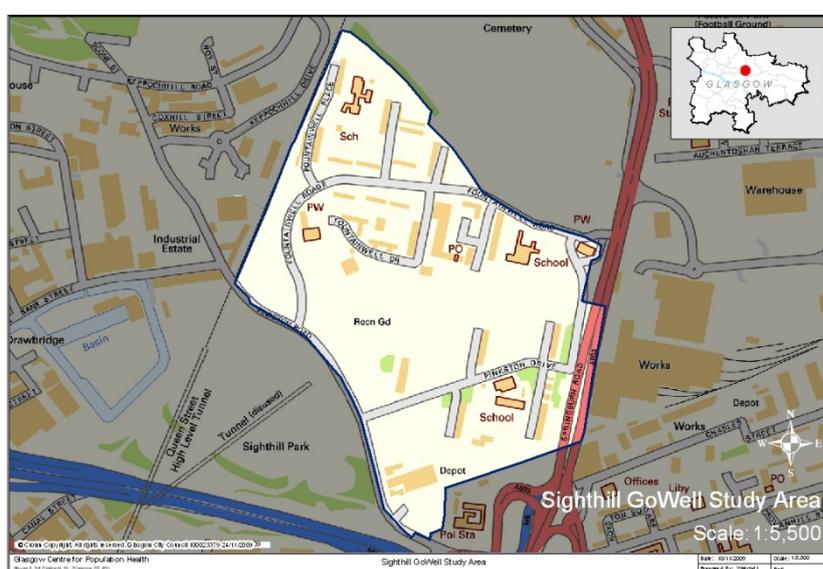
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Introduction

This report presents a summary of changes over time in a selection of indicators for one of the study areas included in the GoWell research and learning programme (www.gowellonline.com). GoWell has been studying the health and wellbeing impacts of housing-led regeneration in Glasgow since 2005, with household surveys carried out on four occasions across 15 study areas. This report examines changes recorded in the surveys for indicators in five domains: housing; neighbourhood; community; household finances; and health and wellbeing. It is intended that the results – indicating areas of progress, stability and, in some cases, deterioration – may be of use to the community and organisations working in the study area.

Figure 1: Sighthill study area map.



Survey and sample

The GoWell household survey was conducted in 2006, 2008, 2011 and 2015, referred to here as waves 1 to 4. In this report, we compare values and changes on selected indicators for the Sighthill area with the comparable values and changes recorded for the entire GoWell sample. The survey responses were weighted by age, gender, tenure, and study area using population estimates in order for the sample in each study area to represent the local population on key characteristics at each wave, and for each study area to make up an appropriate share of the total GoWell sample.

The Sighthill area sample had between 96 and 558 respondents per wave, totalling 1,209 (see Table 1). The gender distribution was slightly skewed with 58% males and 42% females. The largest age group was 25-39-year-olds with 41%, while 29% were aged 40-54, 18% aged 16-24, and 12% aged 55+. On average, 43% were non-British citizens, although this figure decreased in wave 4 to 22%. Over 90% of dwellings were socially rented, with owner-occupation and private renting at 3% each. Approximately a third of households were single adults, while multiple adult households, single parent families, and multiple adult families comprised around 20% each.

Table 1. Numbers of survey participants from wave 1 to wave 4.

Wave	Number
1	558
2	291
3	265
4	96
Total	1,209

Analysis and presentation of results

For each indicator we examine changes across the three survey intervals and test each of these wave-to-wave changes for statistical significance using Chi-square tests; a p-value of <0.05 is taken as indicating significant difference in the indicator values (i.e. the difference is likely to have been a random result less than 5 percent of the time). This is done separately for both the Sighthill sample and for the whole GoWell sample. A line graph is presented for each indicator showing the changes over time for each – blue for the study area and orange for the entire sample. Where the wave-to-wave change is statistically significant the line is solid, otherwise the line is dashed.

Further, the study area results are compared with the total GoWell sample. A table is presented for each variable, giving the indicator values for both samples at each wave, and the p-value for the start-to-finish statistical test; again, a p-value of <0.05 is used to indicate a statistically significant difference between the two.

Box 1. Statistical terms used in the presentation of results.

Term	Meaning
Chi-square test	Used to test for a significant difference between two distributions. For example, 20% of people in the sample might have responded 'yes' to a question in wave 1 whereas in wave 4 the percentage was 80%. We want to test whether the difference between these percentages is due to chance or whether there was an actual change between the waves. Similarly, we test for a difference between the total GoWell sample and the study area.
p-value	The p-value provided here by the Chi-square test indicates the probability of the difference between two distributions being due to chance. For example, a p-value of <0.05 means that the probability of the difference being a random result is less than 5%.
Statistical significance	We can say that a result is statistically significant when the probability of it being due to chance is small. A commonly used threshold for significance is a p-value of <0.05, meaning the result was likely not due to chance 95% of the time.

Housing

The first group of five indicators we examined concerned housing and housing services.

Satisfaction with home

Respondents were asked: “Overall, how satisfied or dissatisfied are you with your current home?”. The response categories were: ‘very satisfied’; ‘fairly satisfied’; ‘neither’; ‘fairly dissatisfied’; and ‘very dissatisfied’. The graph shows the percentages of those who said they were very or fairly satisfied.

Figure 2: Resident satisfaction with the home.

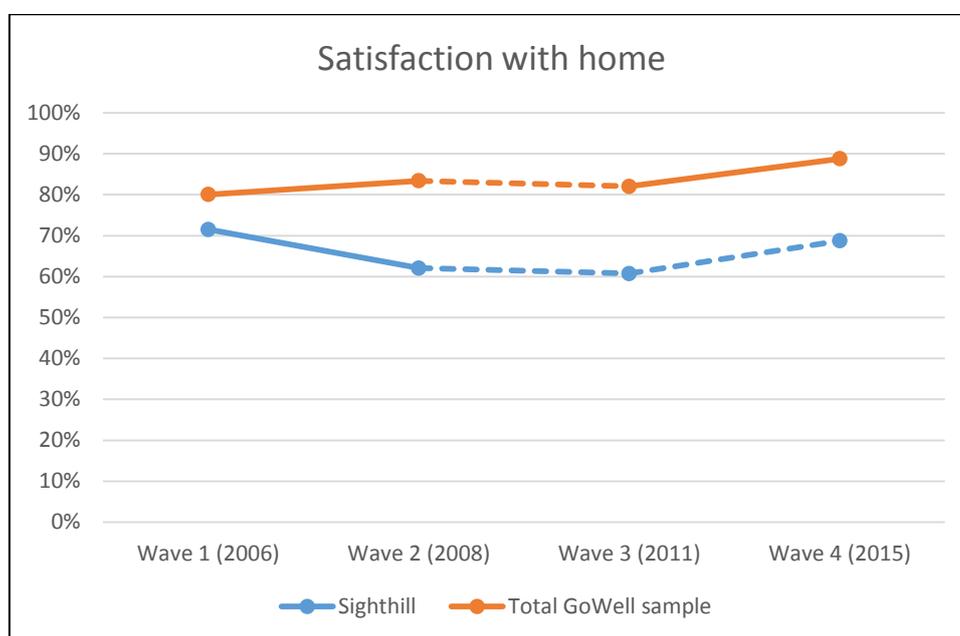


Table 2. Resident satisfaction with the home, by wave.

	Sighthill	Total GoWell sample
Wave 1	71.5%	80.1%
Wave 2	62.1%	83.4%
Wave 3	60.8%	82.0%
Wave 4	68.8%	88.8%
<i>p-value (wave 1 - wave 4)</i>	<i>0.969</i>	<i>0.000</i>

External appearance of home

Respondents were asked: “How would you rate your current home in terms of the following... external appearance?”. The response categories were: ‘very poor’; ‘fairly poor’; ‘neutral’; ‘fairly good’; and ‘very good’. The graph shows the percentages of those who rated their home as ‘very good’ on this item.

Figure 3: Residents rating the external appearance of the home as ‘very good’.

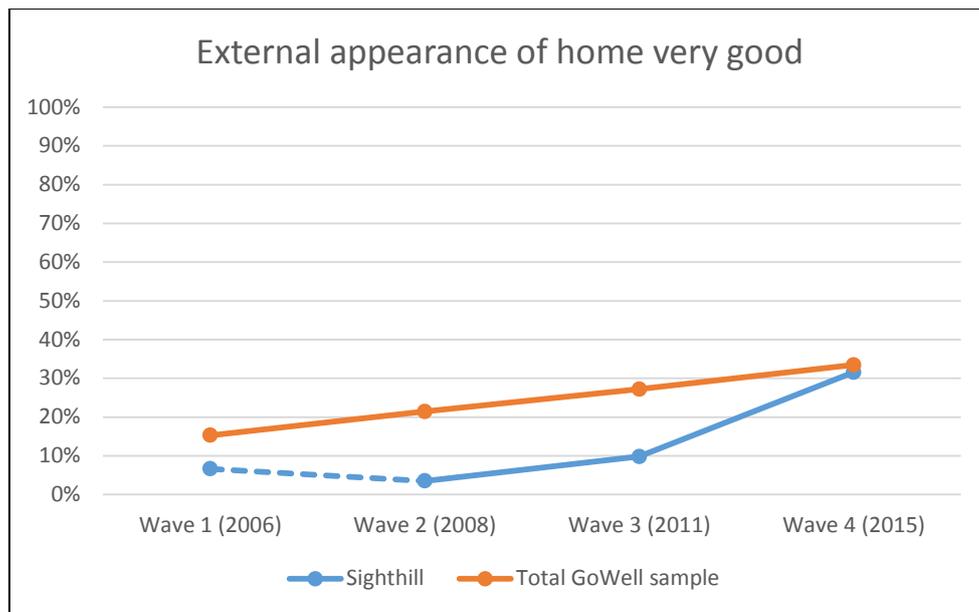


Table 3. Residents rating the external appearance of the home as ‘very good’, by wave.

	Sighthill	Total GoWell sample
Wave 1	6.6%	15.3%
Wave 2	3.5%	21.4%
Wave 3	9.8%	27.2%
Wave 4	31.6%	33.5%
<i>p-value (wave 1 - wave 4)</i>	<i>0.000</i>	<i>0.000</i>

Feeling safe in own home

Respondents were asked: “How much do you agree or disagree with the following statement... I feel safe in my home?”. The responses were: ‘strongly disagree’; ‘disagree’; ‘neutral/don’t know’; ‘agree’; and ‘strongly agree’. The graph shows the percentages of those who ‘strongly agreed’ that they felt safe in their homes, i.e. those feeling ‘very safe’.

Figure 4: Residents strongly agreeing that they feel safe in the home.

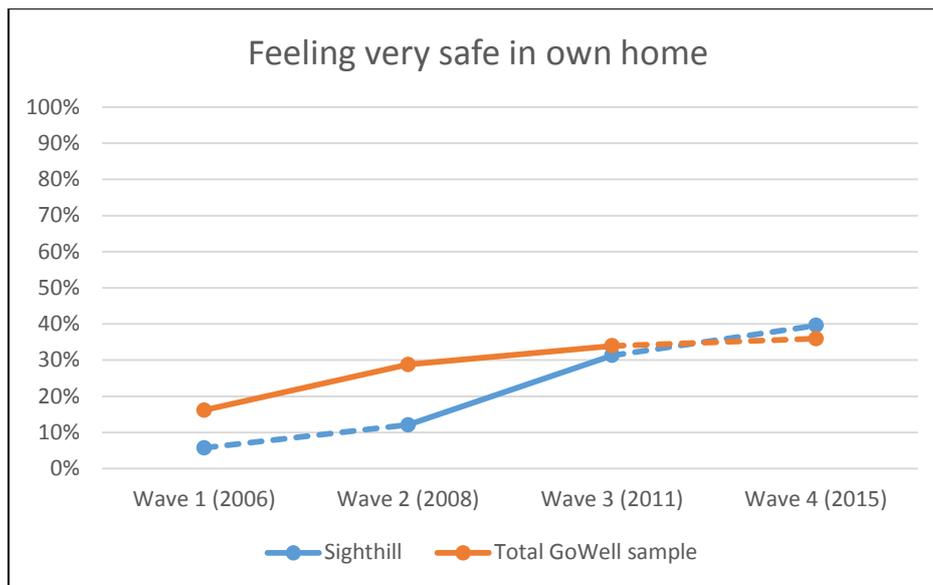


Table 4. Residents strongly agreeing that they feel safe in the home, by wave.

	Sighthill	Total GoWell sample
Wave 1	5.7%	16.2%
Wave 2	12.1%	28.8%
Wave 3	31.3%	33.9%
Wave 4	39.6%	35.9%
<i>p-value (wave 1 - wave 4)</i>	0.000	0.000

Satisfaction with landlord/factor taking account of residents' views

Respondents were asked: “How satisfied or dissatisfied are you with each of the following with regards to your landlord or factor... Their willingness to take account of residents’ views when making decisions?”. The response categories were: ‘very unsatisfied’; ‘fairly satisfied’; ‘neutral’; ‘fairly satisfied’; and ‘very satisfied’. The graph shows the percentage of those who were ‘fairly’ or ‘very satisfied’ on this issue.

Figure 5: Resident satisfaction with landlords/factors taking account of their views.

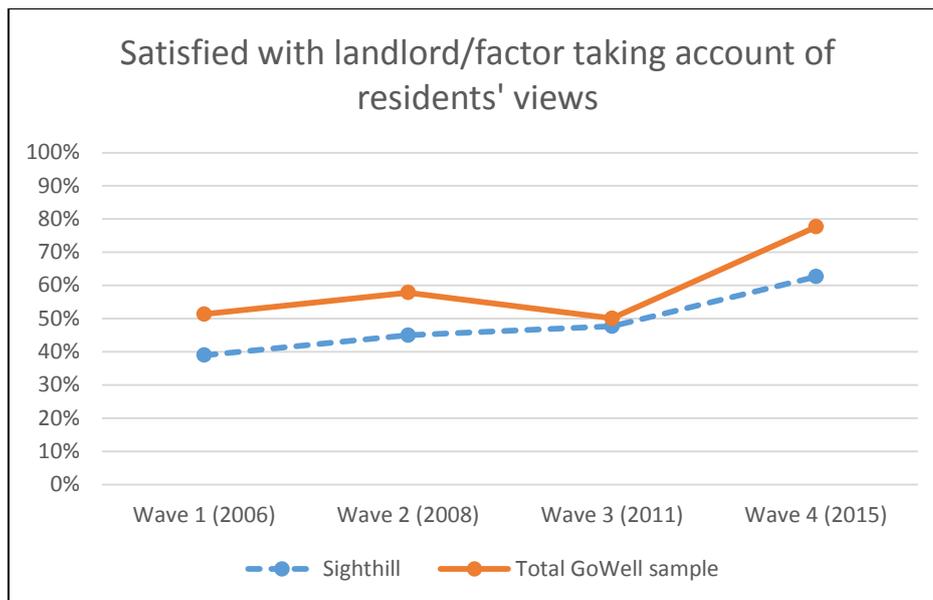


Table 5. Resident satisfaction with landlords/factors taking account of their views, by wave.

	Sighthill	Total GoWell sample
Wave 1	39.0%	51.3%
Wave 2	45.0%	57.9%
Wave 3	47.7%	50.1%
Wave 4	62.6%	77.7%
<i>p-value (wave 1 - wave 4)</i>	<i>0.000</i>	<i>0.000</i>

Empowerment: being kept informed by landlord

Respondents were asked: “How satisfied or dissatisfied are you with each of the following with regards to your landlord or factor... The way you are kept informed about things that might affect you?”. The response categories were: ‘very unsatisfied’; ‘fairly satisfied’; ‘neither satisfied nor dissatisfied’; ‘fairly satisfied’; and ‘very satisfied’, as well as ‘don’t know’ and ‘not applicable’. The figures show the percentages reporting being ‘fairly’ or ‘very satisfied’.

Figure 6: Residents satisfied with the way their landlord/factor kept them informed.

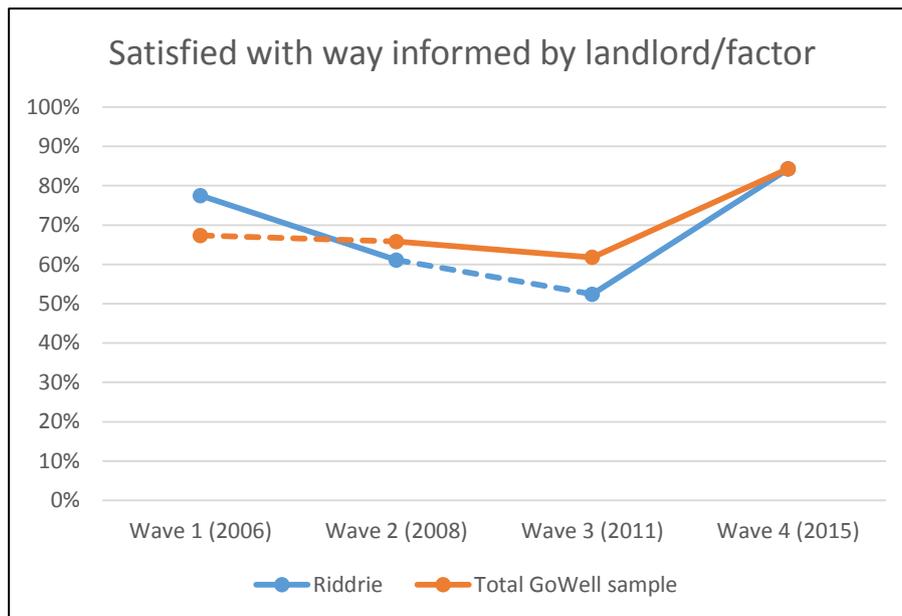


Table 6. Residents satisfied with the way their landlord/factor kept them informed, by wave.

	Sighthill	Total GoWell sample
Wave 1	62.1%	67.4%
Wave 2	51.4%	65.8%
Wave 3	60.5%	61.8%
Wave 4	72.8%	84.3%
<i>p-value (wave 1 - wave 4)</i>	0.176	0.000

Neighbourhood

The second group of nine indicators we examined related to the residential neighbourhood.

Satisfaction with neighbourhood as a place to live

Respondents were asked: “How satisfied or dissatisfied are you with this neighbourhood as a place to live?”. The response categories were: ‘very unsatisfied’; ‘fairly satisfied’; ‘neutral’; ‘fairly satisfied’; and ‘very satisfied’. The graph shows the percentages of those who said they were fairly or very satisfied.

Figure 7: Resident satisfaction with the neighbourhood.

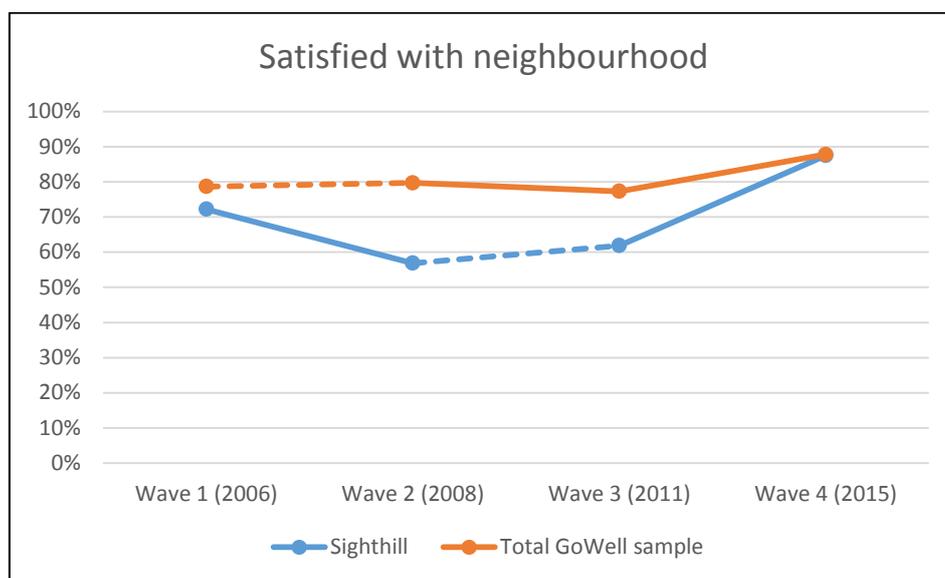


Figure 7: Resident satisfaction with the neighbourhood.

	Sighthill	Total GoWell sample
Wave 1	72.2%	78.7%
Wave 2	56.9%	79.7%
Wave 3	61.9%	77.3%
Wave 4	87.5%	87.8%
<i>p-value (wave 1 - wave 4)</i>	<i>0.014</i>	<i>0.000</i>

Area improvement

Respondents were asked: “Has this area got better or worse to live in over the last two/three/four years?”. Response categories were: ‘better’; ‘stayed the same’; ‘worse’; and ‘don’t know’. The graph shows the percentages that said ‘the area has got better’.

Figure 8: Residents who report that the area has improved.

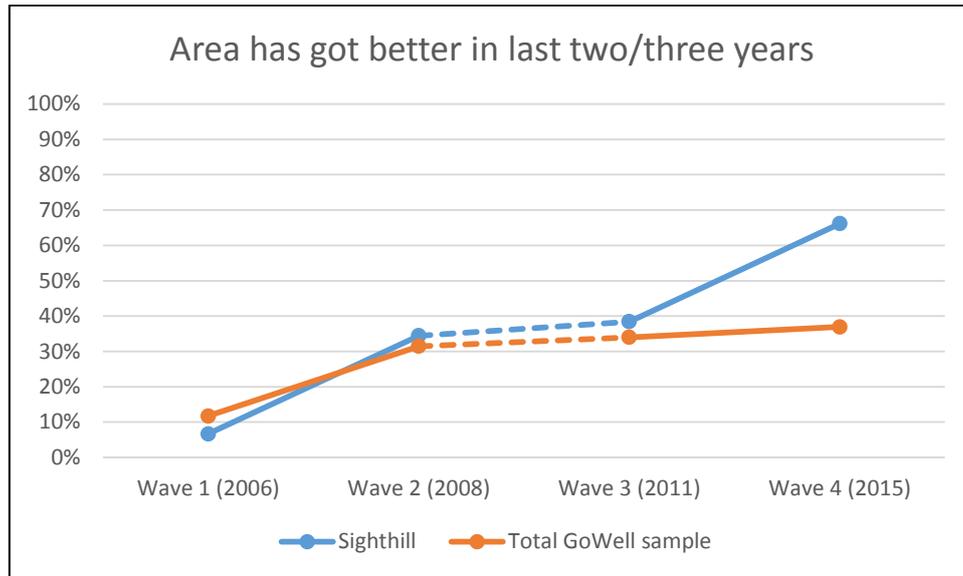


Table 8. Residents who report that the area has improved, by wave.

	Sighthill	Total GoWell sample
Wave 1	6.7%	11.7%
Wave 2	34.5%	31.5%
Wave 3	38.4%	34.0%
Wave 4	66.2%	36.9%
<i>p-value (wave 1 - wave 4)</i>	<i>0.000</i>	<i>0.000</i>

Attractive environment

Respondents were asked: “How would you rate the quality of your neighbourhood in terms of... attractive environment?”. The responses were: ‘very poor’; ‘fairly poor’; ‘neither good nor poor’; ‘fairly good’; and ‘very good’, as well as ‘don’t know’. We focus on the percentage reporting ‘fairly’ or ‘very good’.

Figure 9: Residents rating the neighbourhood environment as attractive.

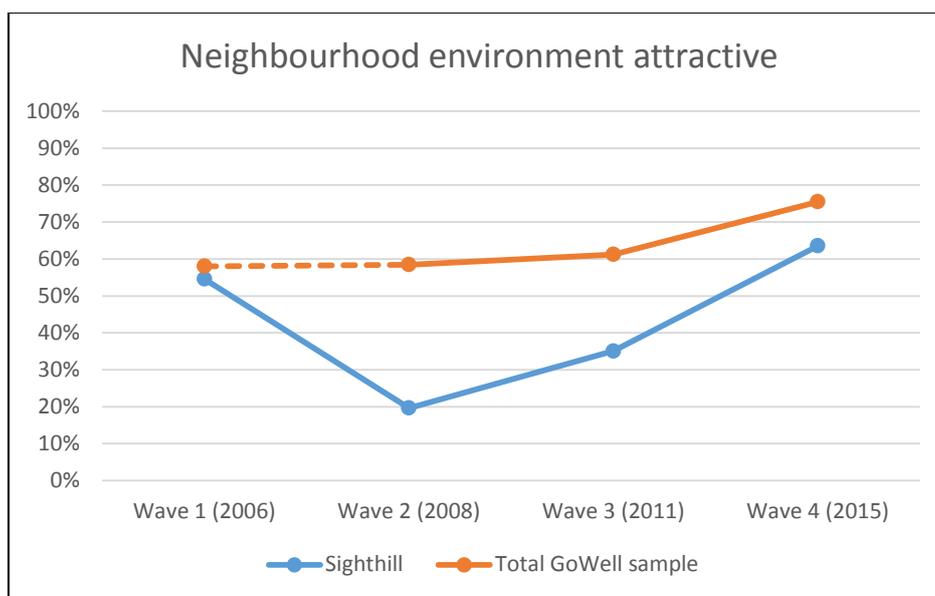


Table 9. Residents rating the neighbourhood environment as attractive, by wave.

	Sighthill	Total GoWell sample
Wave 1	54.6%	58.0%
Wave 2	19.7%	58.5%
Wave 3	35.1%	61.2%
Wave 4	63.5%	75.5%
<i>p-value (wave 1 - wave 4)</i>	<i>0.335</i>	<i>0.000</i>

Local shops

Respondents were asked: “How would you rate the quality of the following services in and around your local area... shops?”. The response categories were: ‘very poor’; ‘fairly poor’; ‘neither good nor poor’; ‘fairly good’; ‘very good’; and ‘don’t know’. We focus on the percentage who responded ‘fairly good’ or ‘very good’.

Figure 10: Residents rating the local shops as good.

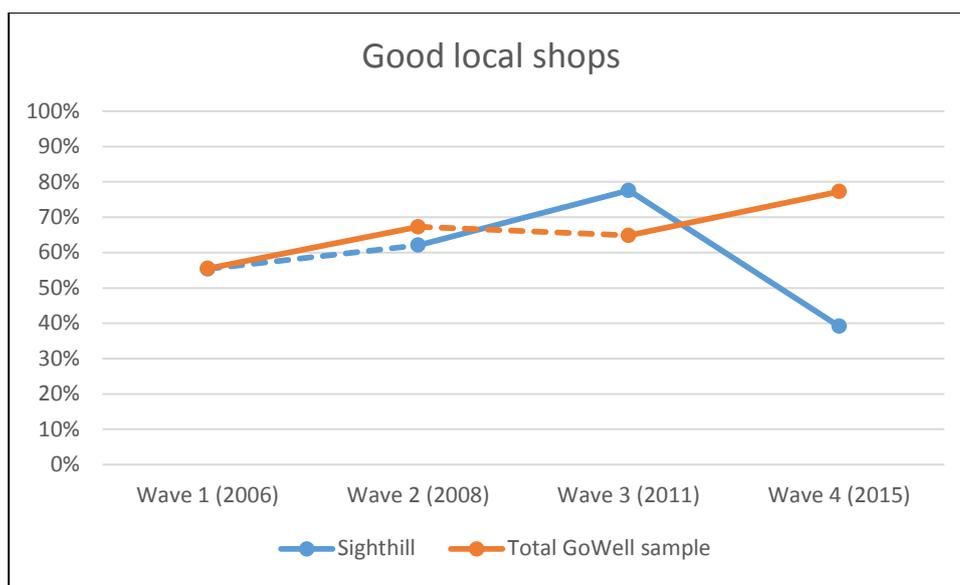


Table 10. Residents rating the local shops as good, by wave.

	Sighthill	Total GoWell sample
Wave 1	55.4%	55.5%
Wave 2	62.1%	67.3%
Wave 3	77.6%	64.9%
Wave 4	39.1%	77.3%
<i>p-value (wave 1 - wave 4)</i>	<i>0.014</i>	<i>0.000</i>

Local parks

Similarly, the respondents were asked to rate the quality of local parks/open spaces as one of the following: 'very poor'; 'fairly poor'; 'neither good nor poor'; 'fairly good'; 'very good'; and 'don't know'. Again, the percentages examined are for those who responded 'fairly good' or 'very good'.

Figure 11: Residents rating local parks/open spaces as good.

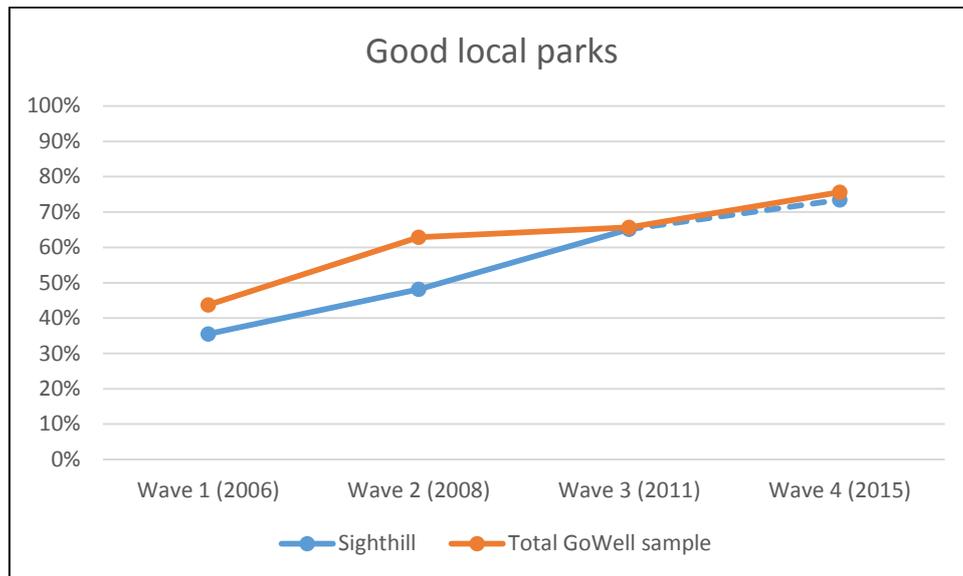


Table 11. Residents rating local parks/open spaces as good, by wave.

	Sighthill	Total GoWell sample
Wave 1	35.5%	43.7%
Wave 2	48.1%	62.9%
Wave 3	65.1%	65.6%
Wave 4	73.4%	75.6%
<i>p-value (wave 1 - wave 4)</i>	<i>0.000</i>	<i>0.000</i>

Local youth and leisure services

A third local service respondents were asked to rate was youth and leisure services. The possible responses were: 'very poor'; 'fairly poor'; 'neither good nor poor'; 'fairly good'; 'very good'; or 'don't know'. The percentages examined are for the two positive responses, 'fairly good' or 'very good'.

Figure 12: Residents rating local youth and leisure services as good.

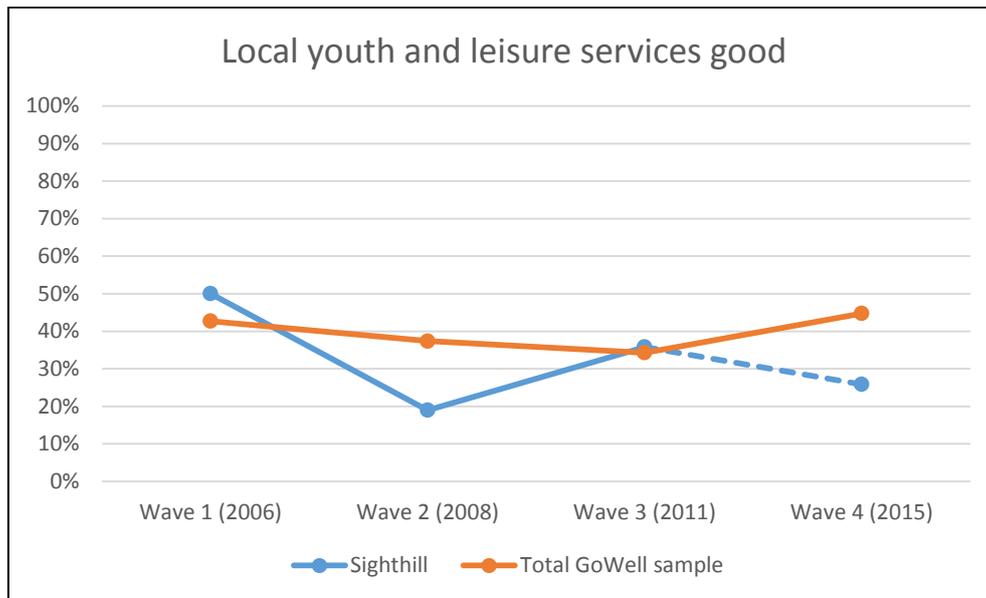


Table 12. Residents rating local youth and leisure services as good, by wave.

	Sighthill	Total GoWell sample
Wave 1	50.0%	42.7%
Wave 2	19.0%	37.4%
Wave 3	35.8%	34.3%
Wave 4	25.9%	44.8%
<i>p-value (wave 1 - wave 4)</i>	<i>0.000</i>	<i>0.202</i>

Drunkenness as a problem

Next, we look at problems in the neighbourhood. Respondents were asked: Could you tell me whether you think that each of the following things is a serious problem, a slight problem, or not a problem in your local neighbourhood... People being drunk or rowdy in public places?”. We consider the percentages who responded that drunkenness was a ‘slight’ or ‘serious problem’.

Table 13. Residents identifying drunkenness as a local problem, by wave

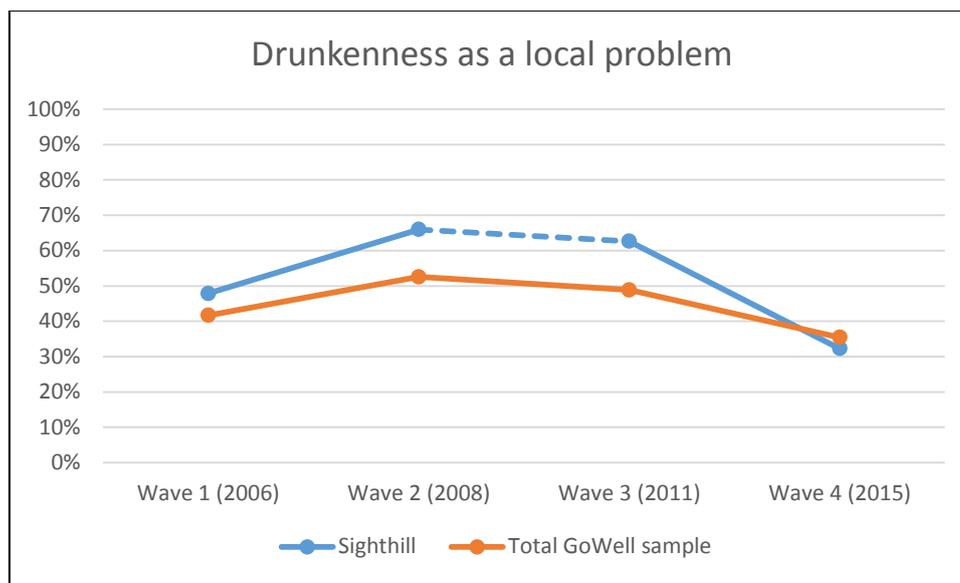


Table 13. Residents identifying drunkenness as a local problem, by wave.

	Sighthill	Total GoWell sample
Wave 1	47.8%	41.7%
Wave 2	66.0%	52.5%
Wave 3	62.6%	48.9%
Wave 4	32.3%	35.4%
<i>p-value (wave 1 - wave 4)</i>	<i>0.027</i>	<i>0.000</i>

Drugs as a problem

Similar to the last item, respondents were also asked whether they thought that “People using or dealing drugs” was a local problem. The responses were either ‘not a problem’, ‘don’t know’, or a ‘slight’ or ‘serious’ problem. Here, we examine those who identified drugs as a ‘slight’ or ‘serious’ problem’.

Figure 14: Residents identifying people using/dealing drugs as a local problem.

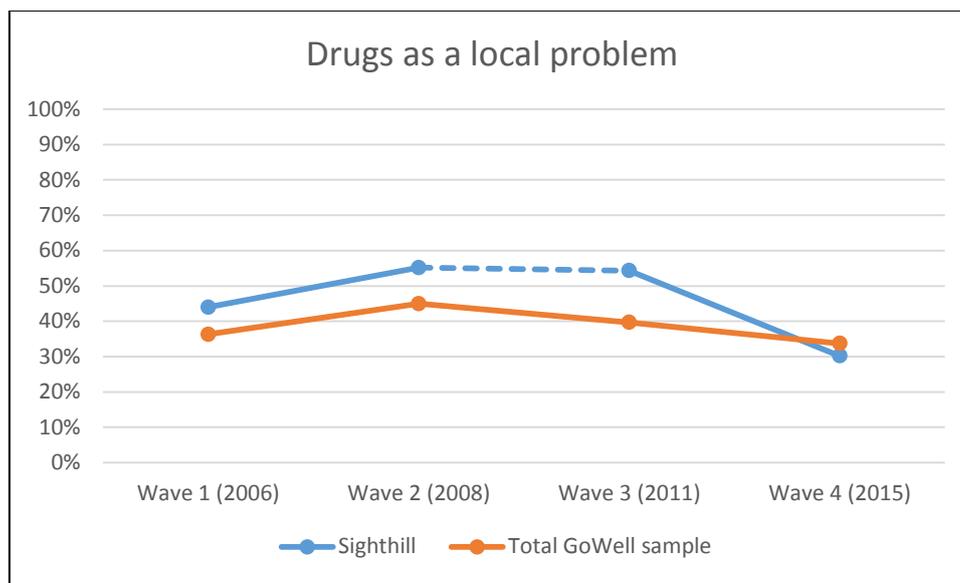


Table 14. Residents identifying people using/dealing drugs as a local problem, by wave.

	Sighthill	Total GoWell sample
Wave 1	44.0%	36.3%
Wave 2	55.2%	45.0%
Wave 3	54.3%	39.7%
Wave 4	30.2%	33.7%
<i>p-value (wave 1 - wave 4)</i>	<i>0.050</i>	<i>0.060</i>

Safety after dark

Respondents were asked: “How safe would you feel walking alone in this neighbourhood after dark?”. The response categories were: ‘very unsafe’; ‘a bit unsafe’; ‘neither safe nor unsafe’; ‘fairly safe’; ‘very safe’; ‘never walk alone after dark’; or ‘don’t know’. We look at the percentages saying they would feel ‘fairly’ or ‘very safe’.

Figure 15: Residents who felt safe walking in the neighbourhood after dark.

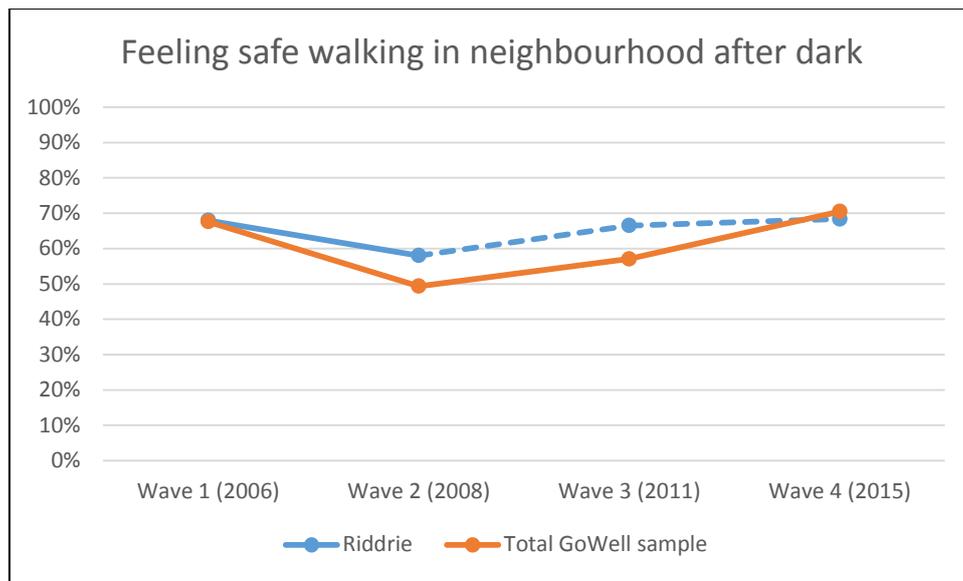


Table 15. Residents who felt safe walking in the neighbourhood after dark, by wave.

	Sighthill	Total GoWell sample
Wave 1	54.5%	67.6%
Wave 2	22.3%	49.3%
Wave 3	50.0%	57.1%
Wave 4	76.6%	70.5%
<i>p-value (wave 1 - wave 4)</i>	<i>0.000</i>	<i>0.025</i>

Community

The third group of seven indicators we examined related to the community.

Feeling part of community

Respondents were asked: “To what extent do the following apply to you... I feel part of the community?”. This question was asked from wave 2 onwards. Response categories were: ‘not at all’; ‘not very much’; ‘a fair amount’; and ‘a great deal’. The percentages shown comprise the two positive response categories, i.e. those who said ‘a fair amount’ or ‘a great deal’.

Figure 16: Residents who felt part of the community.

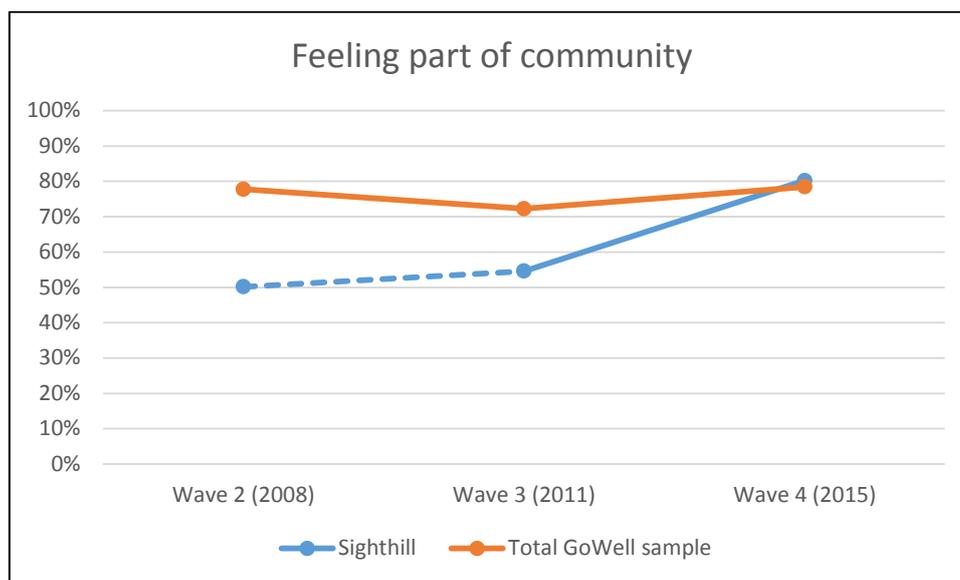


Table 16. Residents who felt part of the community, by wave.

	Sighthill	Total GoWell sample
Wave 2	50.2%	77.8%
Wave 3	54.6%	72.3%
Wave 4	80.2%	78.5%
<i>p-value (wave 2 - wave 4)</i>	0.000	0.746

Likelihood of informal social control

Respondents were asked: “To what extent do you agree or disagree with the following statements: It is likely that someone would intervene if a group of youths were harassing someone in the local area?”. The response categories were: ‘strongly disagree’; ‘disagree’; ‘neither agree or disagree’; ‘agree’; ‘strongly agree’; and ‘don’t know’. We are interested in the percentage who ‘agree’ or ‘strongly agree’.

Figure 17: Residents who thought it was likely someone would intervene in cases of public harassment.

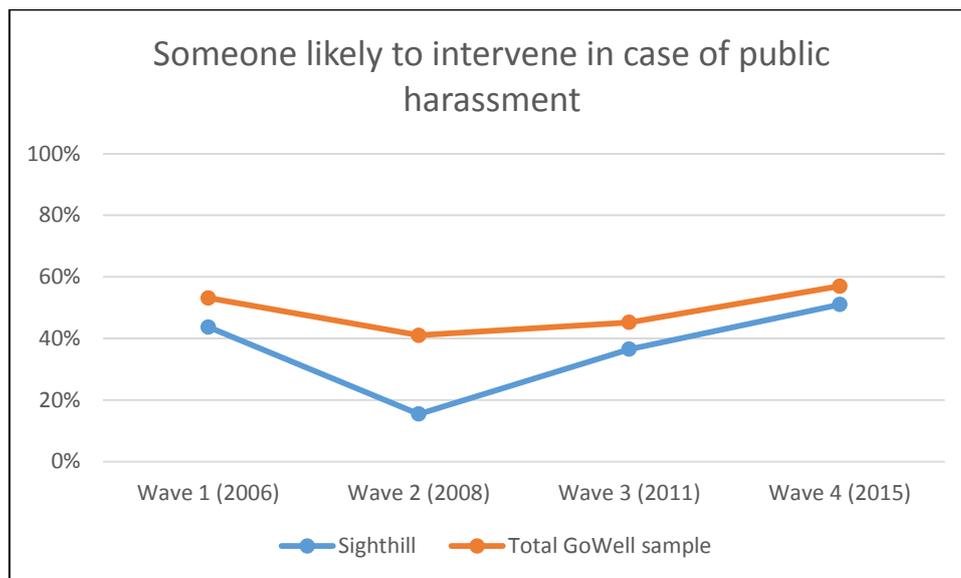


Table 17. Residents who thought it was likely someone would intervene in cases of public harassment, by wave.

	Sighthill	Total GoWell sample
Wave 1	43.7%	53.1%
Wave 2	15.5%	41.1%
Wave 3	36.5%	45.2%
Wave 4	51.0%	57.0%
<i>p-value (wave 1 - wave 4)</i>	<i>0.485</i>	<i>0.001</i>

Speaking to neighbours

Respondents were asked: “How often do you do any of the following... Speak to neighbours?”. The response categories were: ‘never’; ‘less than once a month’; ‘once or twice a month’; ‘once a week or more’; and ‘most days’. Here, we look at the combined share of ‘once a week or more’ and ‘most days’, i.e. at least weekly.

Figure 18: Residents who regularly speak to neighbours.

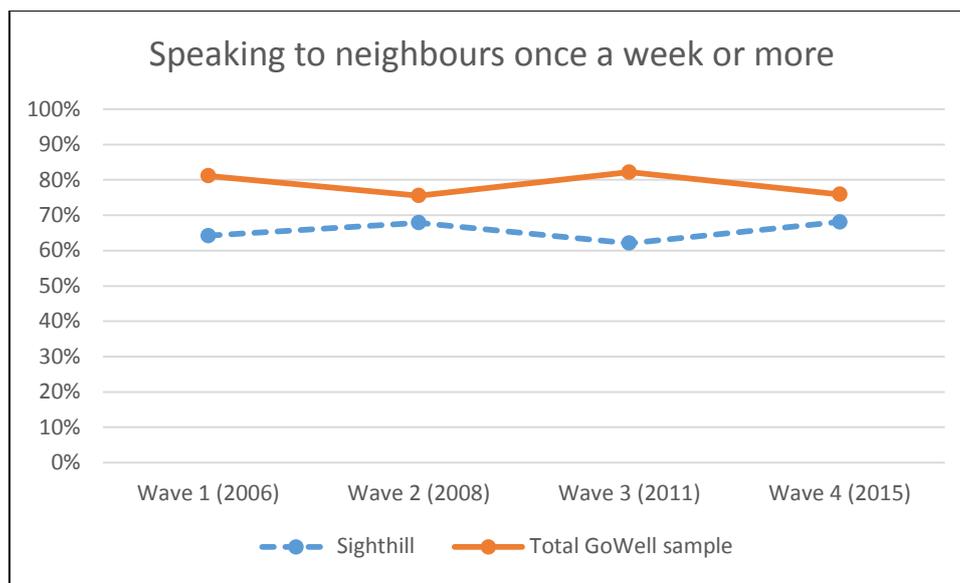


Table 18. Residents who regularly speak to neighbours, by wave.

	Sighthill	Total GoWell sample
Wave 1	64.2%	81.2%
Wave 2	67.9%	75.5%
Wave 3	62.1%	82.2%
Wave 4	68.1%	75.9%
<i>p-value</i> (wave 1 - wave 4)	0.053	0.000

Meeting friends

Similarly, respondents were asked how often they 'met up with friends'. The response categories were: 'never'; 'less than once a month'; 'once or twice a month'; 'once a week or more'; and 'most days'. Here, we focus on the combined share of 'once a week or more' and 'most days'.

Figure 19: Residents who meet friends once a week or more.

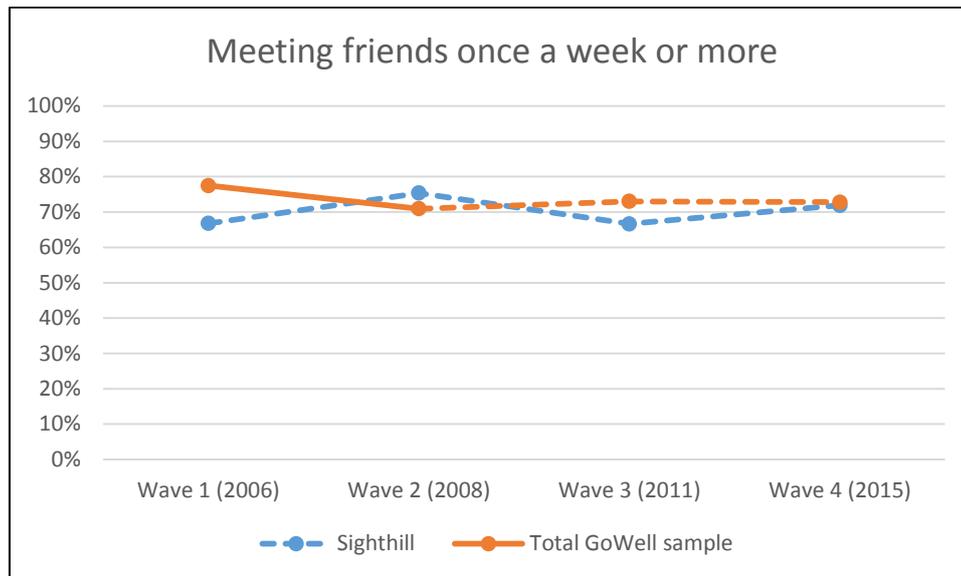


Table 19. Residents who meet friends once a week or more, by wave.

	Sighthill	Total GoWell sample
Wave 1	66.8%	77.5%
Wave 2	75.4%	70.9%
Wave 3	66.7%	73.0%
Wave 4	71.9%	72.8%
<i>p-value (wave 1 - wave 4)</i>	<i>0.707</i>	<i>0.000</i>

Practical social support

Respondents were asked: “Thinking about your relatives, friends and neighbours, not counting those you live with, can you tell me around how many people could you ask for the following kinds of help... To go to the shops for you if you are unwell?”. The response categories were: ‘none’; ‘one or two’; ‘more than two’; and ‘would not ask’. The percentage here is made up of respondents who said they could ask one or more people.

Figure 20: Residents who could rely on people for support.

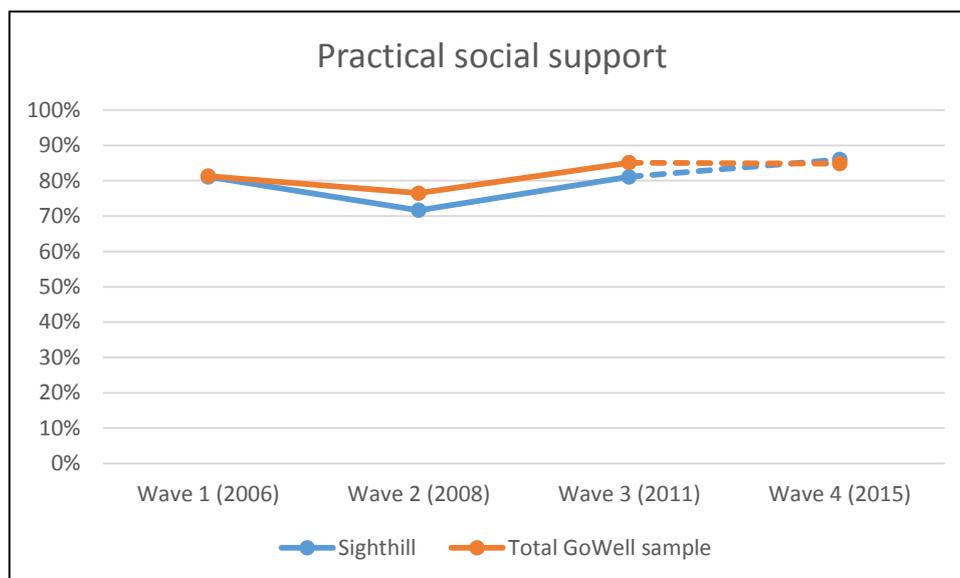


Table 20. Residents who could rely on people for support, by wave.

	Sighthill	Total GoWell sample
Wave 1	81.1%	81.3%
Wave 2	71.7%	76.5%
Wave 3	81.1%	85.1%
Wave 4	86.0%	84.8%
<i>p-value (wave 1 - wave 4)</i>	<i>0.747</i>	<i>0.000</i>

Emotional social support

In a similar way to the previous question, respondents were asked “How many people could you ask... To give you advice and support in a crisis?”. The responses were: ‘none’; ‘one or two’; ‘more than two’; and ‘would not ask’. We look at the percentages that reported one or more people.

Figure 21: Residents reporting that they could rely on one or more people for advice and support in a crisis.

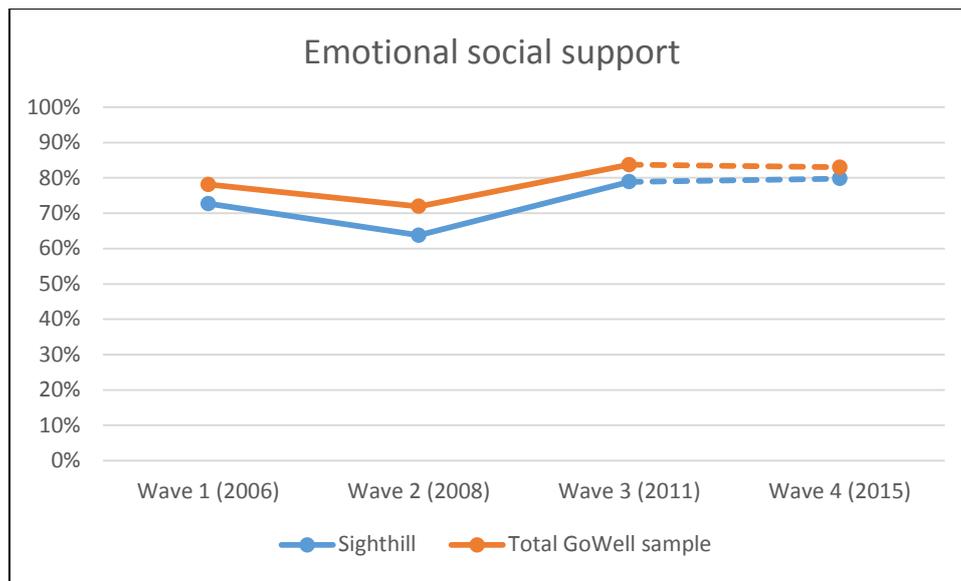


Table 21. Residents reporting that they could rely on one or more people for advice and support in a crisis, by wave.

	Sighthill	Total GoWell sample
Wave 1	72.7%	78.1%
Wave 2	63.7%	71.9%
Wave 3	78.9%	83.7%
Wave 4	79.8%	83.0%
<i>p-value</i> (wave 1 - wave 4)	0.510	0.000

Empowerment: influencing decisions on the local area

Respondents were asked: “How much do you agree or disagree with the following statements... On your own, or with others, you can influence decisions affecting your local area?”. The response categories were: ‘strongly disagree’; ‘disagree’; ‘neither agree nor disagree’; ‘agree’; ‘strongly agree’; and ‘don’t know’. We are interested in the percentage who ‘agree’ or ‘strongly agree’.

Figure 22: Residents who felt able to influence decisions affecting the local area.

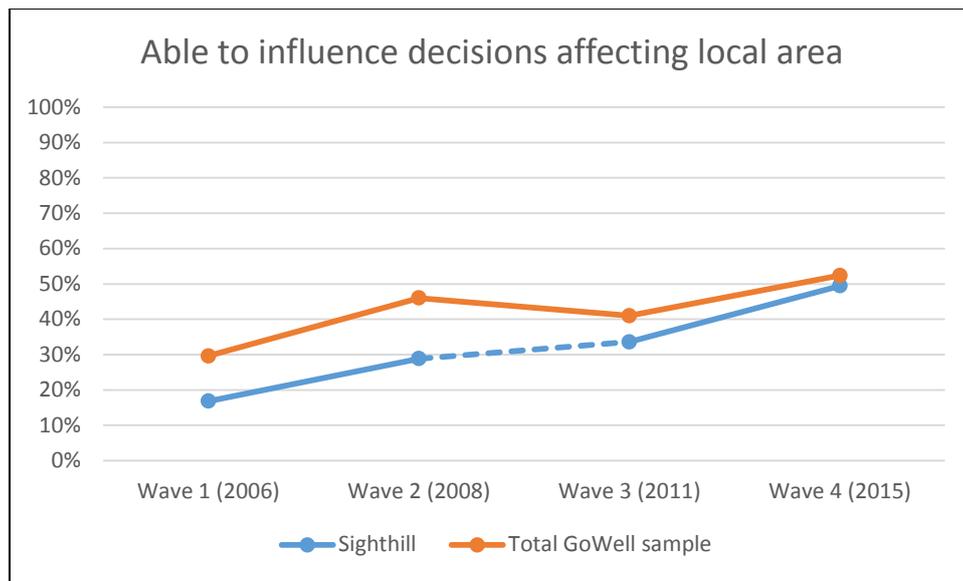


Table 22. Residents who felt able to influence decisions affecting the local area, by wave.

	Sighthill	Total GoWell sample
Wave 1	16.8%	29.6%
Wave 2	28.9%	46.0%
Wave 3	33.6%	41.0%
Wave 4	49.5%	52.4%
<i>p-value (wave 1 - wave 4)</i>	<i>0.000</i>	<i>0.000</i>

Finances

The fourth group of three indicators we examined related to household finances.

Difficulty meeting cost of rent/mortgage

Respondents were asked: “Looking at the card, which option best describes how often you find it difficult to meet the cost of the following things... rent or mortgage?”. The response categories were: ‘never’ (including ‘not applicable’); ‘occasionally’; ‘quite often’; and ‘very often’. The percentage examined here comprise the last three categories, i.e. those having occasional or regular financial difficulty.

Figure 23: Residents with difficulties meeting the cost of their rent or mortgage.

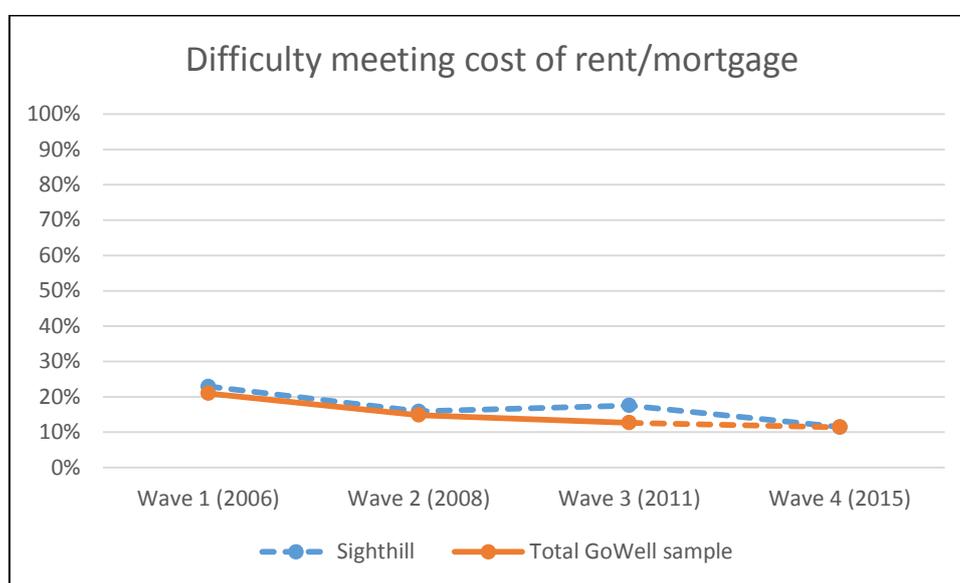


Table 23. Residents with difficulties meeting the cost of their rent or mortgage, by wave.

	Sighthill	Total GoWell sample
Wave 1	22.9%	21.0%
Wave 2	15.9%	14.8%
Wave 3	17.6%	12.7%
Wave 4	11.5%	11.4%
<i>p-value (wave 1 - wave 4)</i>	<i>0.035</i>	<i>0.000</i>

Difficulty meeting cost of fuel bills

Respondents were asked a similar question regarding difficulty meeting the cost of “gas, electricity or other fuel bills”. Again, we are interested in the combined percentages of residents ‘occasionally’, ‘quite often and ‘very often’ having difficulty meeting the cost of fuel.

Figure 24: Residents reporting difficulties meeting fuel bills.

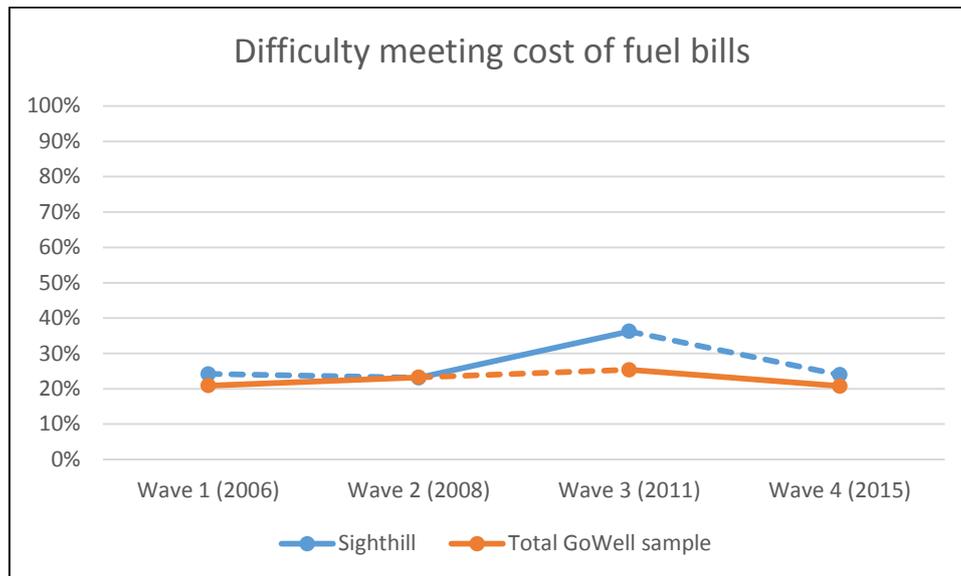


Table 24. Residents reporting difficulties meeting fuel bills, by wave.

	Sighthill	Total GoWell sample
Wave 1	24.2%	20.9%
Wave 2	23.1%	23.2%
Wave 3	36.3%	25.4%
Wave 4	24.0%	20.8%
<i>p-value (wave 1 - wave 4)</i>	1.000	0.999

Difficulty meeting cost of food

Lastly, we look at reported difficulties meeting the cost of food. As before, we are interested in the combined percentages of residents reporting ‘occasionally’, ‘quite often’ or ‘very often’ having difficulty meeting the cost of food.

Figure 25: Residents experiencing difficulties meeting the cost of food.

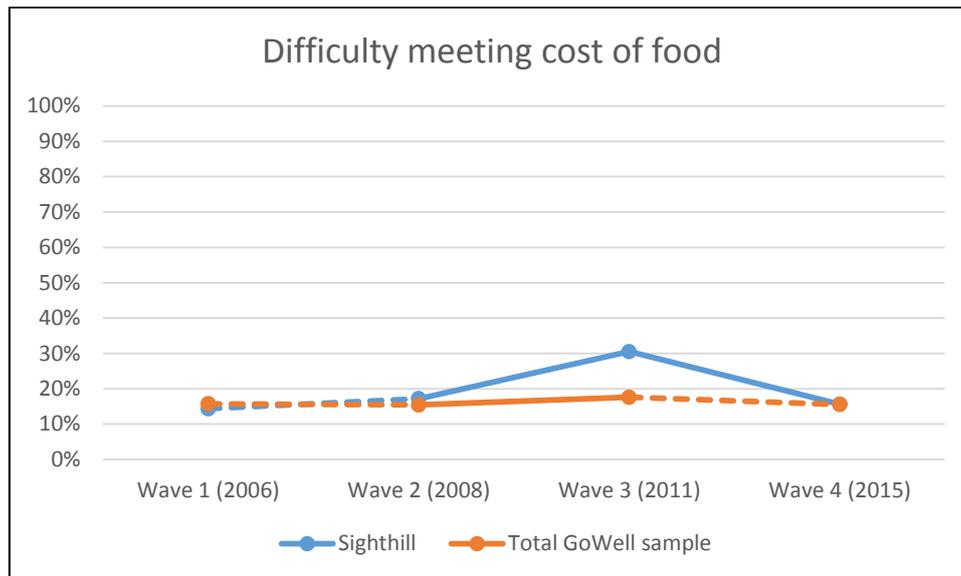


Table 25. Residents experiencing difficulties meeting the cost of food.

	Sighthill	Total GoWell sample
Wave 1	14.3%	15.8%
Wave 2	17.2%	15.4%
Wave 3	30.5%	17.6%
Wave 4	15.6%	15.6%
<i>p-value (wave 1 - wave 4)</i>	<i>0.983</i>	<i>0.995</i>

Health

The final group of seven indicators we examined related to health and wellbeing.

General health

Respondents were asked: “In general would you say your health is...?”. The response categories were: ‘poor’; ‘fair’; ‘good’; ‘very good’; or ‘excellent’. The graph shows the percentages who reported their health to be at least ‘good’ or better.

Figure 26: Residents reporting their general health to be good.

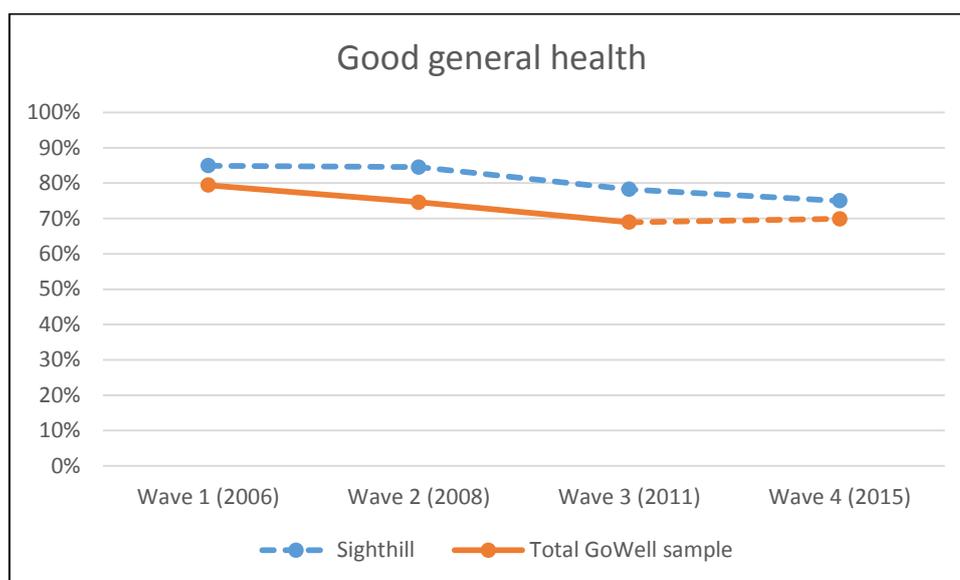


Table 26. Residents reporting their general health to be good, by wave.

	Sighthill	Total GoWell sample
Wave 1	84.9%	79.5%
Wave 2	84.5%	74.6%
Wave 3	78.2%	68.9%
Wave 4	75.0%	69.9%
<i>p-value (wave 1 - wave 4)</i>	0.082	0.000

Long-term mental health problem

Respondents were asked: “Have you had any of the following health problems regularly over the past 12 months?” At wave 1 the mental health item was described as “a psychological or emotional condition”, while from wave 2 onwards it was described as “stress, anxiety or depression”. This change in wording may account for the change in responses between wave 1 and wave 2. The question had a ‘yes/no’ response, and we examined the percentages saying ‘yes’ they had such a mental health problem.

Figure 27: Residents reporting a long-term mental health problem.

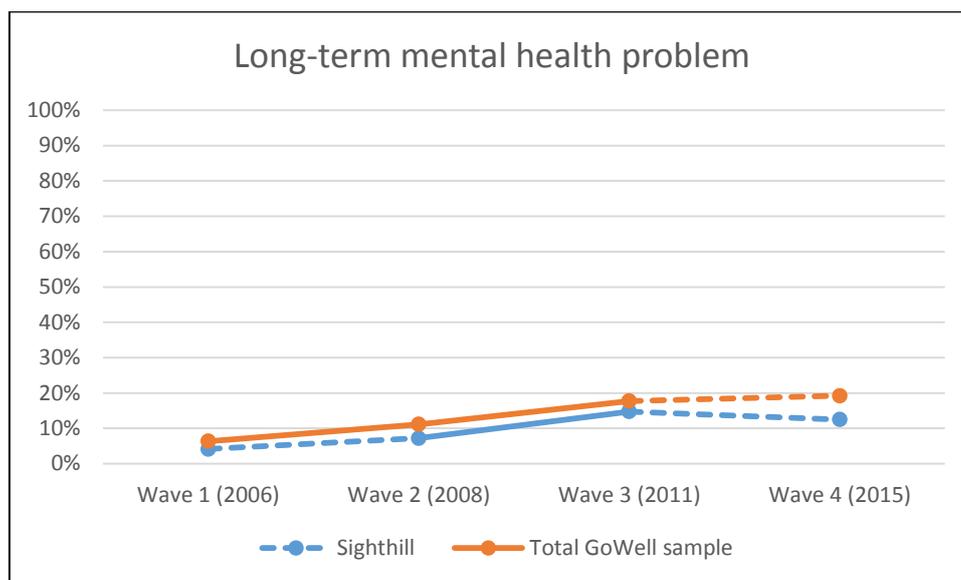


Table 27. Residents reporting a long-term mental health problem, by wave.

	Sighthill	Total GoWell sample
Wave 1	4.1%	6.4%
Wave 2	7.2%	11.2%
Wave 3	14.8%	17.7%
Wave 4	12.5%	19.2%
<i>p-value (wave 1 - wave 4)</i>	<i>0.018</i>	<i>0.000</i>

Feeling optimistic

Respondents were asked: “Below are some statements about feelings and thoughts. Tell me the frequency with which each describes your experience over the last two weeks... I’ve been feeling optimistic about the future”. The response categories were: ‘never’; ‘rarely’; ‘some of the time’; ‘often’; and ‘all of the time’. We focus on the combined share of ‘some of the time’, ‘often’ and ‘all of the time’. The question was introduced to the survey at wave 2.

Figure 28: Residents feeling optimistic about the future.

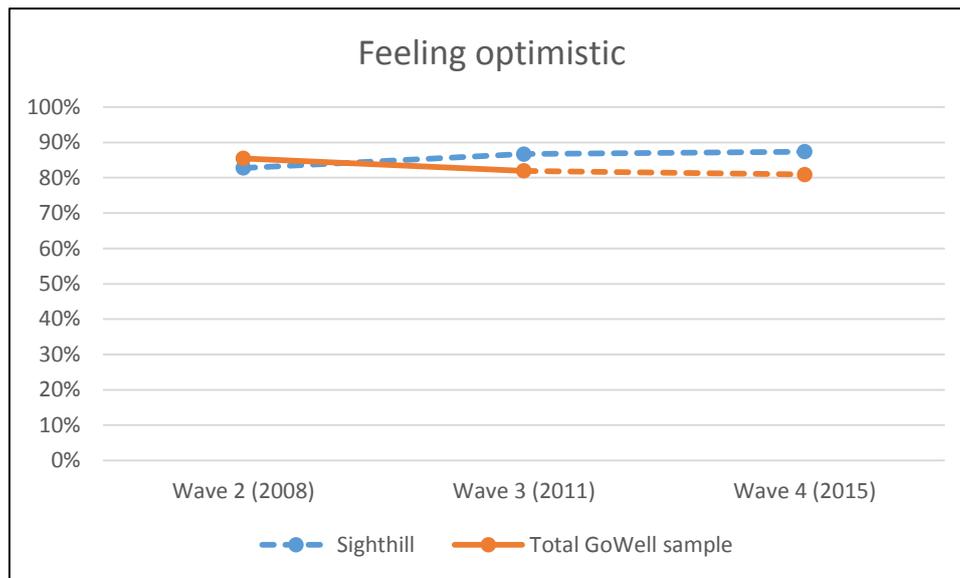


Table 28. Residents feeling optimistic about the future, by wave.

	Sighthill	Total GoWell sample
Wave 2	82.8%	85.5%
Wave 3	86.7%	81.9%
Wave 4	87.4%	80.9%
<i>p-value (wave 2 - wave 4)</i>	<i>0.525</i>	<i>0.000</i>

Smoking

Respondents were asked: “Do you, or have you ever, smoked?”. The responses were recorded as: ‘never smoked’; ‘smoked in the past but not now’; ‘smoke occasionally now, but not every day’; and ‘smoke daily’. The last two categories were combined to form the percentages of residents who currently smoke.

Figure 29: Residents who smoked occasionally or daily.

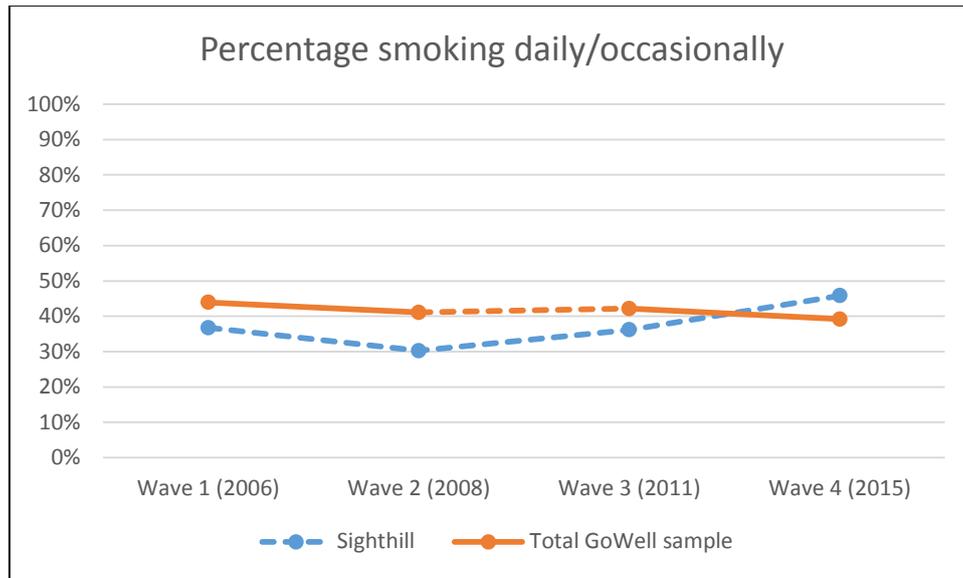


Table 29. Residents who smoked occasionally or daily, by wave.

	Sighthill	Total GoWell sample
Wave 1	36.7%	43.9%
Wave 2	30.2%	41.1%
Wave 3	36.2%	42.2%
Wave 4	45.8%	39.2%
<i>p-value</i> (wave 1 - wave 4)	0.288	0.000

Drinking

Respondents were asked a variety of questions about drinking alcohol across the survey waves, including their current status of alcohol consumption, the amount of alcohol consumed and the frequency of drinking. From these responses, we were able to calculate the number of current drinkers at each survey wave.

Figure 30: Residents who currently consume alcohol.

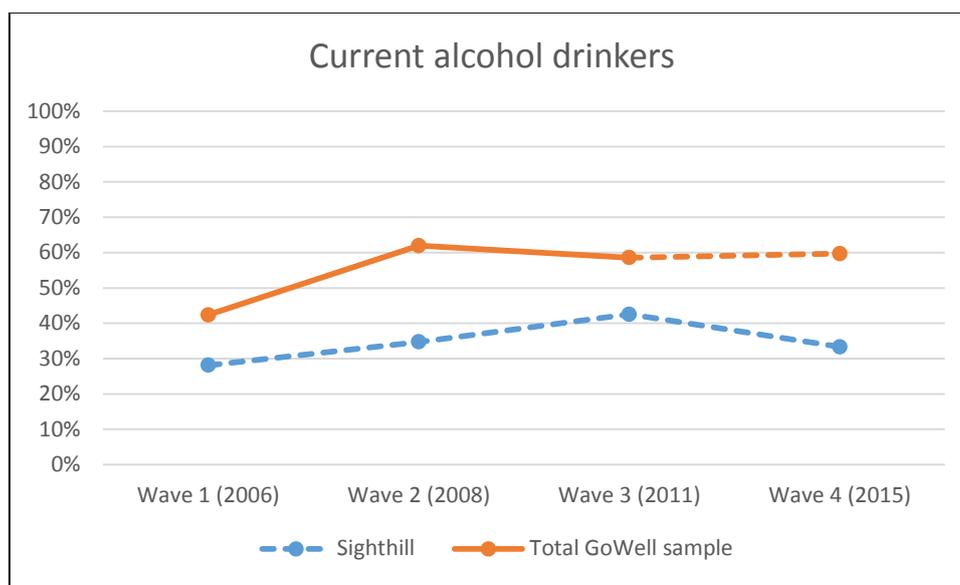


Table 30. Residents who currently consume alcohol, by wave.

	Sighthill	Total GoWell sample
Wave 1	28.1%	42.3%
Wave 2	34.7%	62.0%
Wave 3	42.5%	58.6%
Wave 4	33.3%	59.7%
<i>p-value</i> (wave 1 - wave 4)	0.728	0.000

Fast food meals

Respondents were asked: “On how many of the last seven days did you get your main meal from a take-away or fast-food shop or seller?”. The original responses ranged from ‘none/no main meal’ to the number of days in a week fast food was had, i.e. 1 to 7. In order to have a larger sample, we look at the combined percentage of 1-7 days a week, i.e. those who had a fast food main meal at least once in the week.

Figure 31: Residents having at least one fast food main meal in the last week.

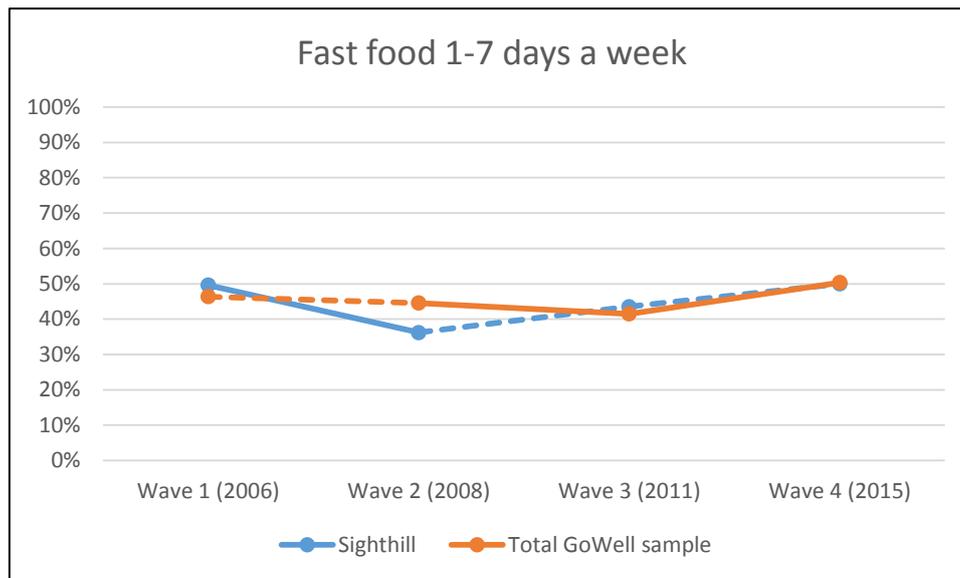


Table 31. Residents having at least one fast food main meal in the last week, by wave.

	Sighthill	Total GoWell sample
Wave 1	49.6%	46.4%
Wave 2	36.2%	44.6%
Wave 3	43.5%	41.5%
Wave 4	50.0%	50.3%
<i>p-value (wave 1 - wave 4)</i>	<i>1.000</i>	<i>0.001</i>

Walking in neighbourhood

Respondents were asked about the frequency with which they walked locally. At wave 1, the question was posed as: ‘In a typical week, how many days do you go for walk around the neighbourhood?’, and from wave 2 onwards as: “In the last seven days, on how many days did you walk in your neighbourhood for at least 20 minutes?”. In all cases, we examine the percentage who reported walking 4-7 days a week, i.e. most days.

Figure 32: Residents who walked in the neighbourhood most days.

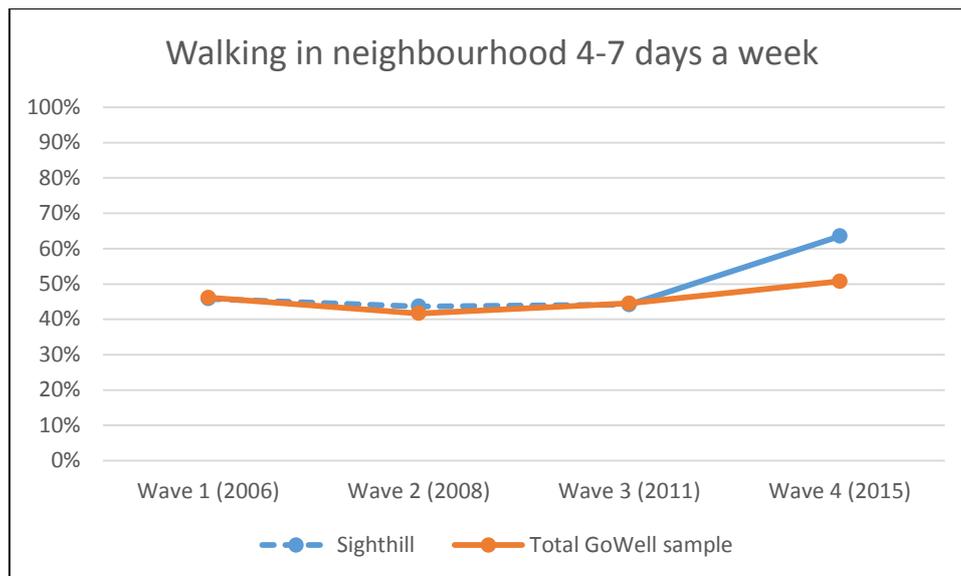


Table 32. Residents who walked in the neighbourhood most days, by wave.

	Sighthill	Total GoWell sample
Wave 1	45.8%	46.1%
Wave 2	43.6%	41.7%
Wave 3	44.2%	44.5%
Wave 4	63.5%	50.7%
<i>p-value (wave 1 - wave 4)</i>	<i>0.006</i>	<i>0.000</i>

Appendix: Sighthill sample characteristics

Gender	Male	Female	n
Wave 1	56.5%	43.5%	558
Wave 2	57.4%	42.6%	291
Wave 3	58.0%	42.0%	265
Wave 4	74.0%	26.0%	96
Total	58.4%	41.6%	1,209

Age group	16-24	25-39	40-54	55-64	65+
Wave 1	17.9%	40.7%	28.0%	5.7%	7.7%
Wave 2	17.9%	41.9%	28.9%	4.5%	6.9%
Wave 3	18.1%	40.4%	30.6%	4.5%	6.4%
Wave 4	17.9%	36.8%	32.6%	4.2%	8.4%
Total	17.9%	40.6%	29.1%	5.0%	7.3%

Citizenship	British	Not British
Wave 1	54.3%	45.7%
Wave 2	50.5%	49.5%
Wave 3	61.1%	38.9%
Wave 4	78.1%	21.9%
Total	56.7%	43.3%

Tenure	Owned	Social rent	Private rent
Wave 1	2.2%	96.1%	1.8%
Wave 2	2.7%	96.2%	1.0%
Wave 3	2.3%	95.1%	2.7%
Wave 4	9.4%	77.1%	13.5%
Total	2.9%	94.4%	2.7%

Household type	Single Adult	Multiple Adult	Family: Single parent	Family: 2+ adults	Older person(s)
Wave 1	29.0%	22.9%	21.3%	19.0%	7.9%
Wave 2	28.9%	24.1%	18.9%	21.6%	6.5%
Wave 3	36.3%	21.0%	17.6%	18.3%	6.9%
Wave 4	35.8%	25.3%	10.5%	20.0%	8.4%
Total	31.1%	22.9%	19.1%	19.6%	7.4%