



Improving Clackmannanshire
Fifth Survey of the Clackmannanshire Citizens' Panel

Summary Report

by



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Summary of Key Findings

Health and Well Being

- Panel members' attitudes to their current health and well being are very positive, with the vast majority (86%) describing their health as "good" or "fairly good"
- Eating healthier food is the principal lifestyle change Panel members have made in the last year to improve their health, with just over half (51%) of all Panel members making this change
- The vast majority of Panel members (81%) describe their general mental and emotional well being as either 'very happy' or 'fairly happy'. Only 7% said they feel either 'fairly unhappy' or very unhappy'.

Healthy Eating

- Only 24% of Panel members said that they eat five or more portions of fruit and vegetables on average each day (down from 30% in 2007), with this falling to only 15% of Panel members in the regeneration areas (down from 21% in 2007).
- On a more positive note, typically between half and two thirds of Panel members said they had changed their eating habits in the last year, with 65% saying they ate less fatty or fried foods and 60% claim to eat more fruit and vegetables

Physical Activity

- 40% of all Panel members do not adhere to current guidelines for taking moderate physical activity (i.e. accumulate at least 30 minutes per day, five or more times in a typical week)
- Almost two thirds (63%) said they would like to exercise moderately more often, a rise of 13% since 2007

Smoking

- Less than one in five Panel members (15%) currently smoke, with 12% stating that they smoke every day. In the regeneration areas, the proportion of smokers rises significantly to 32%, with 25% smoking every day
- A quarter of smokers (25%) said they tried to give up in the last twelve months. Although most (64%) said the ban on smoking in public places had no effect on them trying to give up, almost a quarter of those trying to quit (24%) said it helped them to stop
- A significant minority of smokers also said it had helped them to smoke less at home (26%) and overall (32%)
- The vast majority of smokers (95%) are aware of smoking cessation services.
- 18% now go to pubs and restaurants more often as a result of the ban on smoking in public places
- There is a widespread view that pubs/restaurants (76%) as well as public places (62%) are more appealing now since the ban was introduced (rising to 90% and 69% respectively of non smokers)

Alcohol Misuse

- A very high proportion of Panel members agreed that violence (85%), public disorder (83%), family problems (80%) and ill health (67%) were directly related to alcohol misuse. Almost three quarters (72%) also agreed that it places a strain on public services like the NHS and the Police
- A high proportion of Panel members (79%) feel the Scottish Government has a responsibility to try to reduce alcohol misuse, although there is also a widespread view (quoted by 96% of all Panel members) that people have a responsibility to change their own attitudes to alcohol

- The three most effective specific measures proposed by the Scottish Government to reduce alcohol misuse would be increased education on alcohol misuse in schools (64%), increasing the purchase age to 21 (52%) and more public awareness raising campaigns on the implications of alcohol misuse (38%)

Household Financial Management

- Only 11% of Panel members said they have “some financial difficulties” or are in “deep financial difficulties”, although this almost trebles to 30% in the regeneration areas (a rise from 21% since 2007)
- Of those with financial difficulties, over three quarters (79%) said this affects their sense of well being
- Awareness of the Clackmannanshire CAB office at Drysdale Street is high among Panel members with financial difficulties (78%), rising to 92% of those living in regeneration areas. Almost half (44%) are aware of the National Debt Helpline, a rise from the 26% recorded in 2007
- Half of all Panel members who are in employment said they are worried to some extent about losing their job. However, there is a more positive view in relation to meeting accommodation payments with 89% either ‘very confident’ or ‘reasonably confident’

Community Safety

- A significant proportion of Panel members (75%) said that they were fearful about becoming a victim of crime in the last year, compared to 44% in 2007. However, the majority of this group (58%) stated that this concern was felt “only occasionally” and accounts for virtually the entire rise since 2007
- 17% said that they felt fearful of becoming a victim of crime “quite often” or ‘most of the time’, with this rising to 28% of those within the regeneration areas.

- Under a third of all Panel members (30%) said they had been a victim of crime in the past twelve months (rising to 59% of those who said they felt fearful of becoming a victim of crime “quite often” or ‘most of the time’)

Your Local Community and Public Services

- 87% of Panel members said they felt Clackmannanshire was either a ‘very good’ or ‘fairly good’ place to live, with most of the rise since 2007 emerging from Panel members living outwith the regeneration areas (up from 81% to 92%)
- Over two thirds of all Panel members (68%) stated that their experience of public services was either ‘very good’ or ‘quite good’
- Panel members who have used services in the last year were most positive about Libraries (95%), Primary schools (93%) and GP services (93%)
- Conversely, the services which had the highest proportion of users stating these services were poor included Housing services (36% of users felt this was poor), Social services (34%) and Planning (31%)
- Compared to 2007, three services have seen a significant fall in the proportion of users who perceive them to be poor; Planning (a fall from 51% in 2007 to 31%), Street cleaning (a fall from 41% to 30%) and Secondary schools (a fall from 20% to 12%)
- 92% of Panel members felt their neighbourhood was either a ‘fairly good’ or ‘very good’ place to live
- Good neighbours (69%), quiet/peaceful (67%) and friendly people (64%) were the three most important factors to emerge as the aspects of their neighbourhood Panel members most liked
- The most significant issues for disliking the local neighbourhood include a dislike young people hanging around, 51% of all respondents, rising to 73% of

respondents from regeneration areas), 37% are concerned about litter/rubbish (rising again in the regeneration areas to 54%) and 35% dislike fast/speeding traffic in their neighbourhood (rising again in the regeneration areas to 51%)

- Perceptions of community cohesion are high. More than 80% of Panel members agreed that they could rely on friends and relatives in their neighbourhood for advice and support. In addition, there has been a significant rise in the proportion of Panel members who feel Clackmannanshire has a strong sense of community (from 25% to 47%)