

What does West Sussex worry about?

Summary of respondent characteristics and prevalence of concerns by theme and subtheme.

West Sussex Public Health and Social Research Unit

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What does this document cover?

In West Sussex, we wanted to understand health and health behaviours at a local level, following the disruption of the COVID-19 pandemic. We were particularly interested in understanding more about the health of people in the most disadvantaged areas. To do this, we conducted the West Sussex Your Health Matters (YHM) survey, using deprivation as the key criterion for our sampling strategy.

Addresses across the county were split into five groups (called 'quintiles'), according to deprivation, as defined by the Index of Multiple Deprivation (IMD; 2019). The IMD measures how deprived one area is compared with another. Quintile 1 represents the most deprived 20% of the national population and quintile 5 represents the least deprived. The most deprived 20% are referred to as a 'core 20 neighbourhood'. However, it is important to note that the IMD is an area measure of deprivation and not everyone living in a deprived area will be deprived and many deprived people live in non-deprived areas (Ministry of Housing, Communities and Local Government, 2020).

Good to know

For further information about the Indices of Multiple Deprivation (IMD) and what this tells us about West Sussex, visit the [visit the page on the West Sussex JSNA Website](#).

A random sample of West Sussex residents were asked to participate either by post, online or face-to-face. As part of the YHM survey, respondents were asked to list their three main concerns or worries. A research team, consisting of public health researchers and analysts from the Public Health and Social Research Unit, met regularly to work on the analysis of responses to this 'three main concerns or worries' question. For further information on the methodological approach to analysis of this question, refer to the [accompanying methodology document](#).

This document provides a summary of the quantitative analysis undertaken as part of this work which includes a series of tables based on the number of respondents who provided at least one concern or worry and their demographic characteristics. It will then provide a subsequent breakdown of the number of respondents by theme and subtheme. Further analysis by deprivation quintile, based on the IMD 2019, will also be explored.

This quantitative analysis was conducted using R and RStudio.

Number of respondents

Respondents were able to provide up to three concerns or worries, or to select 'Nothing' or 'Prefer not to say'. Alongside these respondents, 987 (15.3%) respondents stated 'Nothing' and 331 (5.1%) respondents stated 'Prefer not to say'. A further 129 (2%) of respondents did not provide any concern or worry (left the question blank and did not provide a response for any of the three fields), which left a 'working file' of 4,993 respondents and 13,193 worries.

This working file was then analysed by members of the Public Health and Social Research Unit. Any uncoded worries (which refers to those that could not be placed in a theme because they were illegible or incomplete) were then filtered out. This left a final sample of 4,986 respondents and 13,096 worries.

A large proportion of respondents who provided at least one worry, provided multiple worries: 4,473 (69.5%) of all survey respondents provided two worries and 3,637 (56.5%) provided three worries, as shown in Table 1.

Table 1 Number of respondents (and proportion of overall number of respondents)

All respondents				Respondents included in the analysis*		
Responded 'nothing'	Responded prefer not to say	Left blank	Provided at least one response	Provided one worry	Provided two worries	Provided three worries
987 (15.3%)	331 (5.1%)	129 (2.0%)	4,993 (77.5%)	4,986 (77.4%)	4,473 (69.5%)	3,637 (56.5%)

*The final number of respondents excludes those whose worries could not be placed in a theme because they were illegible or incomplete.

Demographic characteristics

Table 2 presents a demographic profile of the final sample, based on unweighted data.

Table 2 Demographic characteristics of respondents included in final sample

Demographic characteristics	Respondents providing at least one worry		Overall survey respondents	
	Number of respondents providing at least one worry	Proportion of respondents (%)	Number of survey respondents	Proportion of survey respondents (%)
Age				
16-24	132	2.6%	319	5.0%
25-34	501	10.0%	597	9.2%
35-44	636	12.8%	733	11.4%
45-54	696	14.0%	807	12.6%
55-64	927	18.6%	1,132	17.6%
65-74	1,022	20.4%	1,357	21.0%
75-84	799	16.0%	1,074	16.6%
85+	233	4.6%	355	5.6%
Prefer not to say	8	0.2%	21	0.4%
Response not provided	32	0.6%	45	0.6%
Sex				
Female	3,002	60.2%	3,698	57.4%
Male	1,931	38.7%	2,653	41.2%
Prefer not to say	12	0.2%	27	0.4%
Response not provided	38	0.8%	57	0.9%
Other	3	0.1%	5	0.1%

Demographic characteristics	Respondents providing at least one worry		Overall survey respondents	
	Number of respondents providing at least one worry	Proportion of respondents (%)	Number of survey respondents	Proportion of survey respondents (%)
Ethnicity				
Asian or Asian British	108	2.2%	157	2.4%
Black, Black British, Caribbean or African	41	0.8%	51	0.8%
Mixed or multiple ethnic groups	62	1.2%	81	1.2%
Other ethnic group	10	0.2%	12	0.2%
Prefer not to say	12	0.2%	19	0.2%
Response not provided	88	1.8%	143	2.2%
White	4,665	93.6%	5,977	92.8%
Deprivation quintile (based on index of multiple deprivation 2019)				
Quintile 1 (most deprived)	917	18.4%	1,223	19.0%
Quintile 2	838	16.8%	1,074	16.6%
Quintile 3	992	19.8%	1,303	20.2%
Quintile 4	1,058	21.2%	1,352	21.0%
Quintile 5 (least deprived)	1,181	23.6%	1,488	23.2%
Coastal and non-coastal geography				
Coastal	2,349	47.2%	3,040	47.2%
Non-Coastal	2,637	52.8%	3,400	52.8%

Source: Your Health Matters 2024

Alongside the demographic characteristics of respondents, a summary of the number of respondents providing at least one worry is provided in Table 3.

Table 3 Proportion of respondents providing at least one worry by deprivation quintile, based on the Index of Multiple Deprivation (IMD) 2019

Category	Number of respondents providing at least one worry	Overall number of respondents who participated in the survey	Proportion of respondents (%)
Quintile 1 (most deprived)	917	1,223	75.0%
Quintile 2	838	1,074	78.0%
Quintile 3	992	1,303	76.1%
Quintile 4	1,058	1,352	78.3%
Quintile 5 (least deprived)	1,181	1,488	79.4%
Total	4,986	6,440	77.4%

Source: Your Health Matters 2024

Summary of themes

The research team produced a detailed codebook of themes and subthemes, based on concerns and worries shared by respondents. A total of 15 broader themes were identified, which referred to overarching issues commonly reported by respondents (referred to as ‘tier one’ themes), with an additional cross cutting theme called 'others' for worries which related to other people.

Good to know

The proportion of respondents in table 4 were calculated by dividing the number of respondents who mentioned each theme at least once by the total number of respondents included in the final sample (4,986).

The proportion of responses in table 4 were calculated by dividing the number of responses which were coded to each theme at least once by the total number of responses in the final sample (13,096).

Proportions are rounded to the nearest decimal place. Note that as respondents could provide up to three responses and multiple themes could be coded to each response, totals will not add up to 100%.

For this question, respondents could provide up to three concerns or worries. Table 4 provides a summary of both the respondent-level counts (number and proportion of respondents who mentioned each theme) and response-level counts (number and proportion of coded responses for each theme). As respondents could provide multiple concerns or worries and these responses could be coded to multiple themes, values may exceed the total number of respondents and responses.

Table 4 Summary of frequency of respondents and responses across tier one themes

Tier one theme	Respondent-level		Response-level	
	Number of respondents who mentioned each tier one theme at least once (n = 4,986)	Proportion of respondents	Number of worries (n = 13,096)	Proportion of worries
Health and care	3,053	61.2%	4,259	32.5%
Financial	2,198	44.1%	2,492	19.0%
Others	1,945	39.0%	2,449	18.7%
Family, relationships and social connectedness	1,564	31.4%	1,804	13.8%
Society	878	17.6%	1,123	8.6%
Work	767	15.4%	798	6.1%
Global Issues	697	14.0%	828	6.3%
Miscellaneous	511	10.2%	540	4.1%
Housing	477	9.6%	523	4.0%
Life changes and transitions	389	7.8%	423	3.2%
Social Cohesion	252	5.1%	290	2.2%
Place	229	4.6%	263	2.0%
Purpose and fulfilment	115	2.3%	121	0.9%
Time pressures	86	1.7%	91	0.7%
Pets	47	0.9%	49	0.4%
Coping	14	0.3%	14	0.1%

Source: Your Health Matters 2024.

Note that as respondents could provide up to three responses and multiple themes could be coded to each responses, totals will not add up to 100%.

Summary of subthemes

Of the 15 themes, the majority were divided further into subthemes, which focused on specific areas within the theme. For example, one of the themes ‘financial’ referred to a general, overall flag for financial worries and concerns. Within this theme, several subthemes were identified such as ‘Future financial security’ (*concerns relating to future financial security, including having enough savings and enough of a pension for the future*), and ‘Cost of living’ (*concerns largely relating to the day-to-day cost of living and bills, both current and anticipated*).

Good to know

The proportion of respondents in table 5 were calculated by dividing the number of respondents who mentioned each sub-theme at least once by the total number of respondents who mentioned each corresponding theme at least once. For example, out of 3,053 respondents who mentioned health at least once, 484 (15.9%) respondents mentioned 'conditions' at least once.

The proportion of responses was calculated by dividing the number of responses coded to each sub-theme at least once by the total number of responses in the corresponding theme at least once. For example, out of 4,259 responses which were coded to health at least once, 565 (13.3%) responses referred to 'conditions' at least once.

Proportions are rounded to the nearest decimal place. Note that as respondents could provide up to three responses and multiple themes could be coded to each response, totals will not add up to 100%.

Table 5 provides a summary of both the respondent-level counts (number and proportion of respondents who mentioned each subtheme at least once) and response-level counts (number and proportion of coded responses for each subtheme at least once). The overall number of respondents and responses in each theme does not equate to the total number in the corresponding sub-themes – this could be because respondents provided a short answer that could only be coded to a theme and not to a more specific sub-theme (e.g., many responses simply stated “Health”) or the opposite, with responses being coded as multiple subthemes within one theme (e.g., “Pre Diabetic so lifestyle adjustments required” coded as health, conditions and prevention).

Table 5 Summary of frequency of respondents and responses by theme and sub-theme. The number of respondents and responses coded to each theme at least once are provided in brackets.

Theme and sub-theme	Respondent-level		Response-level	
	Number of respondents who mentioned each sub-theme	Proportion	Number of responses who mentioned each sub-theme	Proportion
Health and care (3,053 respondents and 4,259 responses)				
Conditions	484	15.9%	565	13.3%
Healthy lifestyles, and preventing ill-health	431	14.1%	485	11.4%
Emotional wellbeing and mental health	395	12.9%	441	10.4%
Ageing	334	10.9%	357	8.4%
Concerns about a change in health, future health status, or upcoming treatment	260	8.5%	283	6.6%
Health and care organisations	203	6.6%	222	5.2%
Living with and managing physical health conditions	188	6.2%	202	4.7%
Mobility and balance	175	5.7%	184	4.3%
Care	173	5.7%	187	4.4%
Pain	102	3.3%	112	2.6%
Death and dying	95	3.1%	99	2.3%

Theme and sub-theme	Respondent-level		Response-level	
	Number of respondents who mentioned each sub-theme	Proportion	Number of responses who mentioned each sub-theme	Proportion
Cognitive decline	94	3.1%	98	2.3%
Financial (2,198 respondents and 2,492 responses)				
Cost of Living	704	32.0%	792	31.8%
Future security	197	9.0%	201	8.1%
Income	130	5.9%	132	5.3%
Debt	38	1.7%	40	1.6%
Family, relationships and social connectedness (1,564 respondents and 1,804 responses)				
Relationships with others	265	16.9%	276	15.3%
Loneliness and isolation	225	14.4%	234	13.0%
Bereavement, grief and loss	105	6.7%	108	6.0%
Parenting and childcare	89	5.7%	96	5.3%
Maintaining social connections	71	4.5%	72	4.0%
Society (878 respondents and 1,123 responses)				
Politics	291	33.1%	325	28.9%
State of the world/nation	242	27.6%	263	23.4%
Public services	208	23.7%	225	20.0%
Economy	117	13.3%	120	10.7%
Education and schools	102	11.6%	106	9.4%
Immigration and population	85	9.7%	87	7.7%
Digital inclusion	35	4.0%	41	3.7%
Work (767 respondents and 798 responses)				
Finding and maintaining work	174	22.7%	178	22.3%
Demands	120	15.6%	121	15.2%
Progression and fulfilment	45	5.9%	45	5.6%
Returning to work after absence	22	2.9%	22	2.8%
Bullying	4	0.5%	4	0.5%
Global Issues (697 respondents and 828 responses)				
Global unrest and conflicts	497	71.3%	516	62.3%
Climate change	217	31.1%	219	26.4%
Environmental decline	128	18.4%	132	15.9%
Housing (477 respondents and 523 responses)				
Home and living environment	217	45.5%	240	45.9%

Theme and sub-theme	Respondent-level		Response-level	
	Number of respondents who mentioned each sub-theme	Proportion	Number of responses who mentioned each sub-theme	Proportion
Access to housing (availability and affordability)	109	22.9%	113	21.6%
Housing insecurity	59	12.4%	63	12.0%
Life changes and transitions (389 respondents and 423 responses)				
Moving home	103	26.5%	109	25.8%
Independence	88	22.6%	93	22.0%
Retirement	79	20.3%	81	19.1%
Estates and end-of-life planning	29	7.5%	30	7.1%
Perimenopause and menopause	25	6.4%	25	5.9%
Pregnancy	13	3.3%	13	3.1%
Social Cohesion (252 respondents and 290 responses)				
Crime and antisocial behaviour	107	42.5%	113	39.0%
Social values (civility)	88	34.9%	99	34.1%
Inequality	51	20.2%	52	17.9%
Harmful effects of social media on health and wellbeing	27	10.7%	27	9.3%
Misinformation	5	2.0%	5	1.7%
Place (229 respondents and 263 responses)				
Condition of the built environment	93	40.6%	101	38.4%
Development	47	20.5%	49	18.6%
Safety	43	18.8%	44	16.7%
Accessibility	41	17.9%	42	16.0%
Condition of the local natural environment	32	14.0%	32	12.2%

Source: Your Health Matters 2024.

Note that as respondents could provide up to three responses and multiple themes could be coded to each responses, totals will not add up to 100%.