



**HARINGEY MAN MOT PROJECT**

# **STREET SURVEY FINDINGS**

**Prepared by Dr Vanessa Bogle**

[www.menshealthforum.org.uk/Haringey](http://www.menshealthforum.org.uk/Haringey)

# **MEN'S HEALTH FORUM**

## **HARINGEY MAN MOT Street Survey Findings**

**January 2014**

Prepared by Dr Vanessa Bogle

# Haringey Man MOT Project

## Street Survey Findings

### Background

A street survey was conducted in Haringey to inform the development of the Haringey Man MOT project, an online health advice service for men. The survey was conducted in November 2013 in the areas of Seven Sisters, Wood Green, Bruce Grove and Muswell Hill.

### Demographics

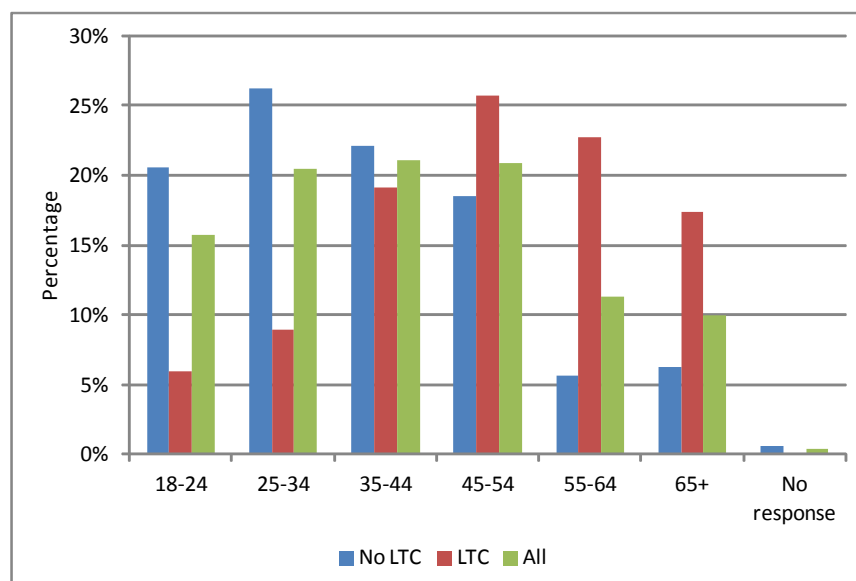
#### Number of respondents who respond to the survey

n=502

#### Age profile (n=500)

The age profile of the respondents is shown in Figure 1. The largest proportions of respondents were aged between 35-44, 45-54 and 25-34 years at 21% across all three age groups.

Figure 1. Age profile



### **Ethnicity (n=500)**

The respondents reflected the diverse ethnic make up of the Haringey Borough, except for the White Other ethnic group (Table 1).

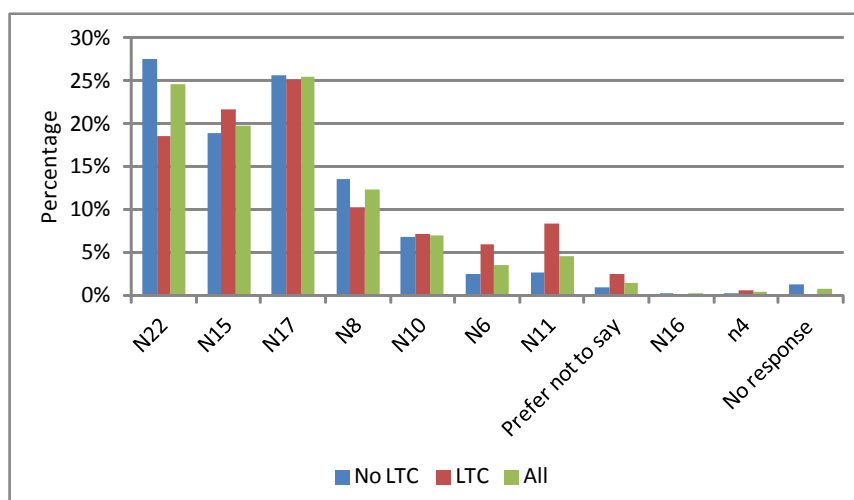
Table 1. Ethnicity

| <b>Ethnicity</b>                              | <b>Percentage (%)</b> | <b>Number</b> |
|---|-----------------------|---------------|
| English/Welsh/Scottish/Northern Irish/British | 34.1%                 | 171           |
| Black African                                 | 22.9%                 | 115           |
| Black Caribbean                               | 11.2%                 | 56            |
| Any other White background                    | 9.8%                  | 49            |
| Indian  | 5.8%                  | 29            |
| White and Black Caribbean                     | 3%                    | 15            |
| Irish   | 2.8%                  | 14            |
| Bangladeshi                                   | 2.4%                  | 12            |
| Any other Asian background                    | 2%                    | 10            |
| Pakistani                                     | 1.8%                  | 9             |
| White and Black African                       | 1%                    | 5             |
| White and Asian                               | 0.8%                  | 4             |
| Any other Mixed/Multiple ethnic background    | 0.8%                  | 4             |
| Chinese                                       | 0.8%                  | 4             |
| Any other ethnic group                        | 0.4%                  | 2             |
| Any other Black/African/Caribbean background  | 0.2%                  | 1             |
| No response                                   | 0.4%                  | 2             |

### **Residence (n=498)**

70% of respondents lived in the most deprived areas (east) of the borough as shown in Figure 2.

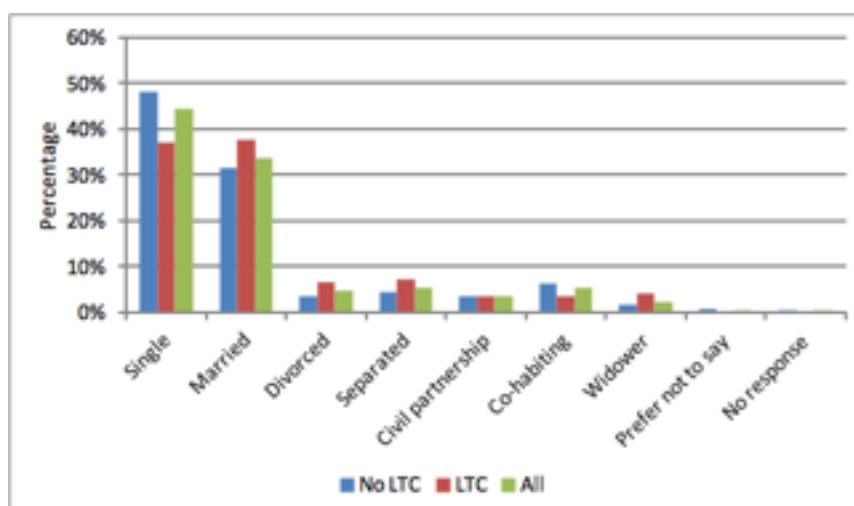
Figure 2. Area of residence in Haringey



### Relationship status (n=501)

As shown in Figure 3, there were similarities in the proportion of respondents who were single (44.4%) as were married, co-habiting or in a civil partnership (42.7%). The proportion of divorced/separated and widowed respondents was 10% and 2.4% respectively.

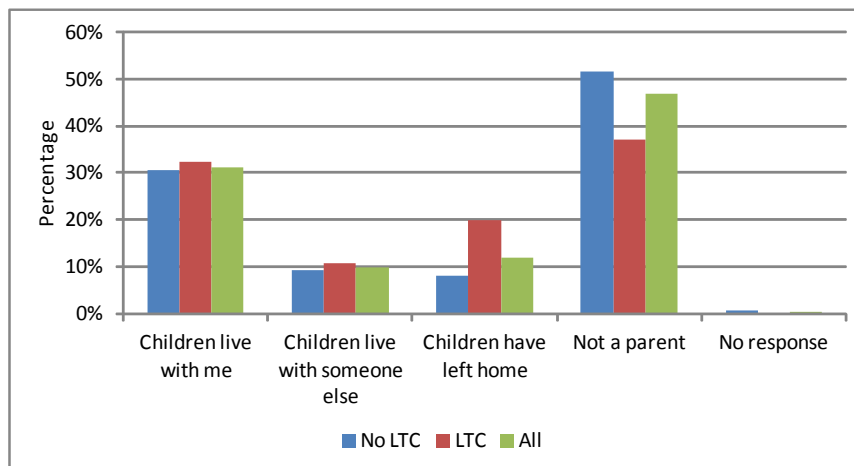
Figure 3: Relationship status



### Parental status (n=500)

53% of respondents were parents, and of these 31% lived with their children and 22% lived with someone else/children had left home (Figure 4).

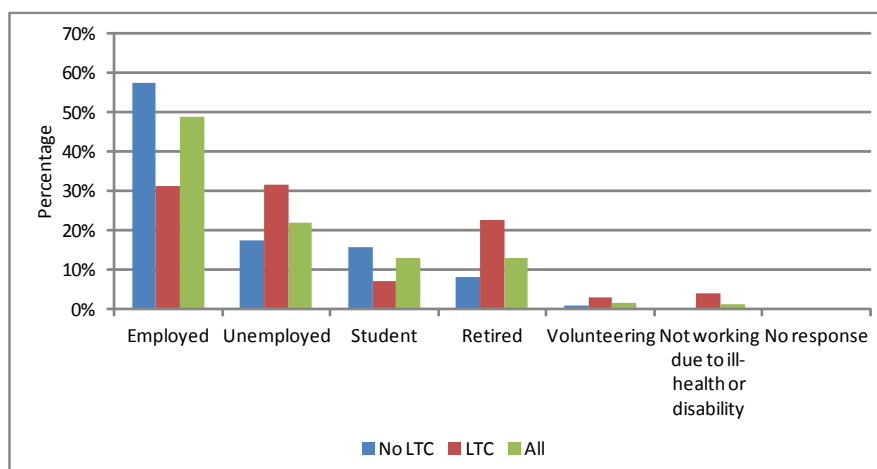
Figure 4. Parental status



### Employment status (n=501)

As revealed in Figure 5, just under half (48.8%) of the respondents were in employment. Compared to those without a long-term condition (LTC), those with a LTC were less likely to be in employment (57.6% and 31.1% respectively). 4.2% of respondents with a LTC were not working due to ill-health/disability. The proportions of students and the retired were the same at 12.9% and 1.6% undertook volunteering activities.

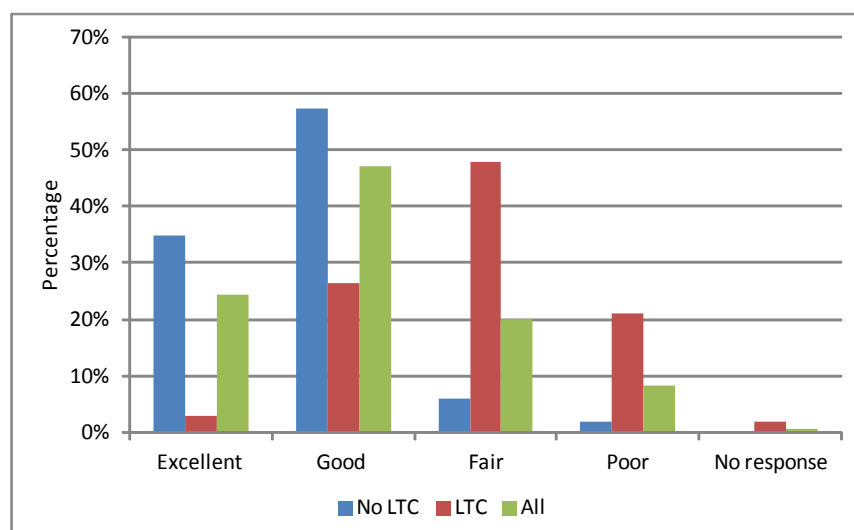
Figure 5. Employment status



### Self-reported health status (n=499)

As shown in Figure 6, 67% of respondents had a LTC. Compared to respondents with no LTC, those with a LTC rated their health as poorer. Only 3% of respondents with a LTC rated their health as 'excellent' compared to those without a LTC at 34.9%. The proportion of those with a LTC who rated their health as 'good', 'fair' and 'poor' was 26.3%, 47.9% and 21% compared to those without a LTC at proportions of 57.3%, 6% and 1.8% respectively.

Figure 6. Self-reported health status



### Health/lifestyle topics respondents would like to receive help with

Respondents showed interest in a number of areas related to health and lifestyle. As revealed in Table 2, more respondents with a LTC (31.1%) wanted help to manage depression/stress compared to those without a LTC (12.5%).

Table 2. Self-reported health status

| Area of interest  | Respondent with LTC | Respondent without LTC | All responses             |
|---|---------------------|------------------------|---------------------------|
| Exercise  | 26.3%               | 30.1%                  | 28.9%                     |
| Diet <ul style="list-style-type: none"> <li>• weight loss</li> <li>• weight gain</li> </ul> |                     |                        | 31.5%<br>(8.4%)<br>(0.8%) |
| Depression/stress   | 31.1%               | 12.5%                  | 18.7%                     |
| Financial matters   | 10.2%               | 17%                    | 14.7%                     |
| Smoking   | 9.6%                | 13.7%                  | 12.4%                     |
| Sexual health   | 12%                 | 9.3%                   | 10.2%                     |
| Relationships   | 10.8%               | 9.3%                   | 9.8%                      |
| Alcohol/drug use  | 12%                 | 5.1%                   | 7.4%                      |

|  |      |      |      |
|--|------|------|------|
| Family planning                                | 4.5% | 6.6% | 5.2% |
| Employment                                     | 1.2% | 7.5% | 5.4% |
| Oral health                                    | 3.6% | 5.7% | 5%   |
| Other areas (eg. managing illness, medication) |      |      | 1.4% |

### **Numbers registered with a GP (n=494)**

96% of respondents were registered with a GP. Similar proportions of respondents were registered with a GP who had a LTC (97.6%) as there were those registered without a LTC (95.2%).

### **Number of visits to GP in past 12 months (n=488)**

Respondents with a LTC reported visiting their GP more than those without a LTC as shown in Table 3. A smaller proportion of respondents with a LTC (9.6%) had made no visits to the GP in the past 12 months compared to those without a LTC (31.9%). A greater proportion of respondents with a LTC (41.3%) had visited their GP on 4 or more occasions in the past 12 months compared to those without a LTC (8.7%).

Table 3. Number of visits to GP in past 12 months

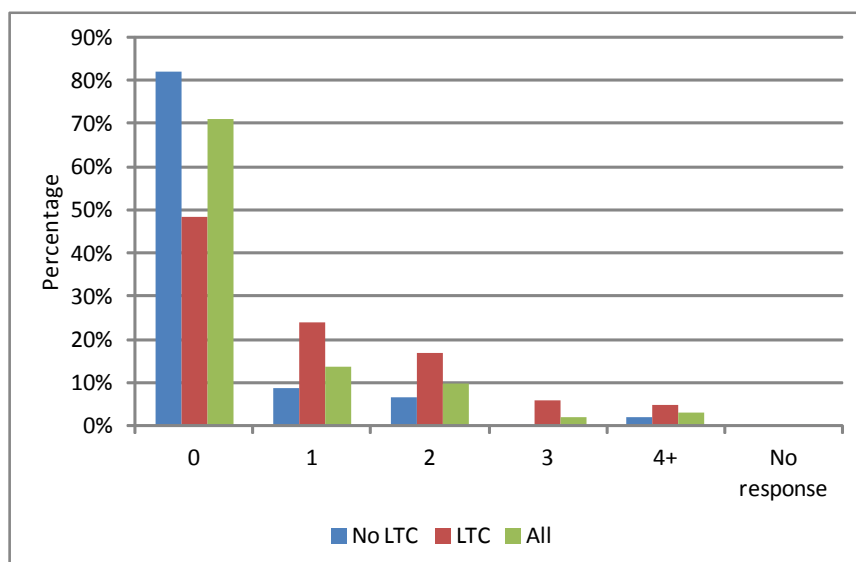
| No. of visits to GP in past 12 months | Respondent with LTC | Respondent without LTC | All respondents |
|---------------------------------------|---------------------|------------------------|-----------------|
| 0                                     | 9.6%                | 31.9%                  | 24.5%           |
| 1                                     | 10.8%               | 25.7%                  | 20.7%           |
| 2                                     | 19.2%               | 18.5%                  | 18.7%           |
| 3                                     | 18.0%               | 11.6%                  | 14.7%           |
| 4                                     | 41.3%               | 8.7%                   | 19.5%           |
| No response                           |                     |                        | 1.8%            |

### **Number of visits to Accident and Emergency (A&E) Department in past 12 months (n=501)**

29.1% of respondents had not visited A&E in the past 12 months (Figure 7).

Respondents with a LTC reported having visited A&E more frequently than those without a LTC. 51.5% of respondents with a LTC reported visiting A&E compared to 17.9% without a LTC in the past 12 months.

Figure 7. Visits to A&E in past 12 months



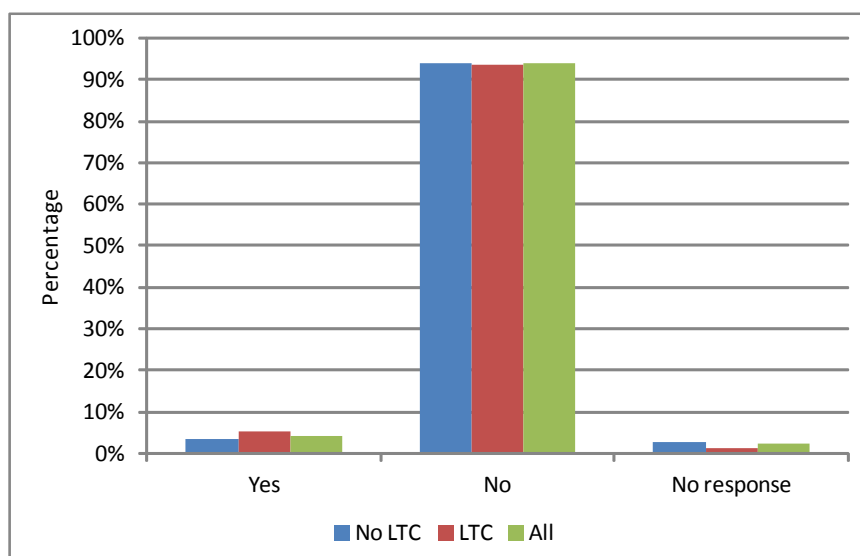
### **Does anything stop you from using Haringey healthcare services (n=491)**

93.8% did not report any barriers to using Haringey healthcare services (Figure 8).

Of the 4% (n=20) of respondents who reported barriers to accessing services, the main reasons reported were:-

- 40% (n=8) Difficulties getting an appointment
- 30% (n=6) Difficult to get to
- 25% (n=5) Work commitments
- 20% (n=4) Lack of time

Figure 8. Barriers to using Haringey healthcare services



### Where respondents seek health information (n=476)

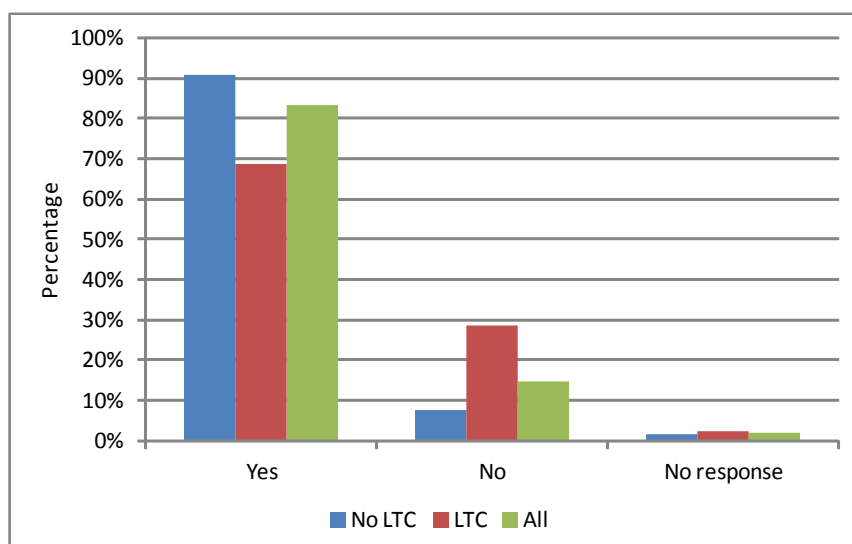
The main ways the respondents sought health information was through their GP surgery (63%), NHS Direct (21%) and online (19%). Respondents with a LTC were more likely to seek health information from their GP surgery (80.8%) compared to those without a LTC (54.3%).

- GP surgery 63%
- NHS Direct 21%
- Online (search engine) 19%
- Family 15%
- Pharmacist 12.5%
- Friends 12.4%
- Leaflets 11%

### Usage of the internet (n=492)

83.5% of respondents reported using the internet (Figure 9). Those without a LTC were more likely to use the internet at proportions of 68.9% and 90.7% respectively.

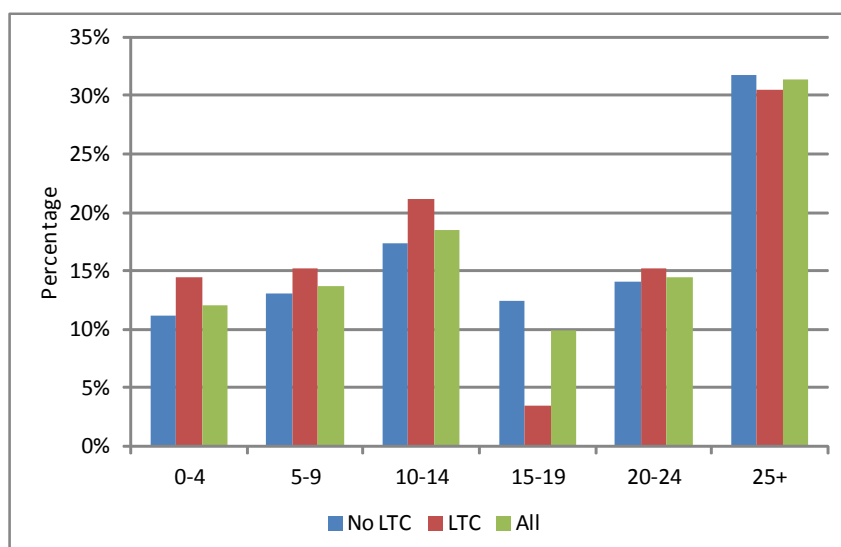
Figure 9. Use of internet



### Hours per week spent using the internet

31.4% of respondents used the internet in excess of 25 hours per week, 18.4% for 10-14 hours per week, 14.4% for 20-24 hours per week and 13.7% for 5-9 hours per week (Figure 10).

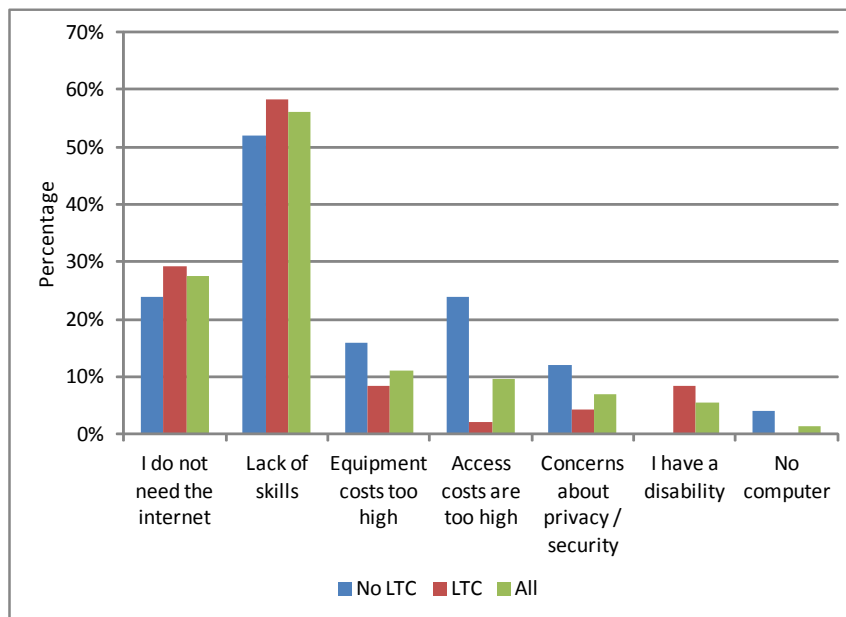
Figure 10. Hours spent using the internet



### Barriers to internet usage (n=73)

14.5% of respondents reported not using the internet and of these, 56.2% reported 'lack of skills' and 27.4% 'I do not need the internet' as the main reasons for not using it (Figure 11).

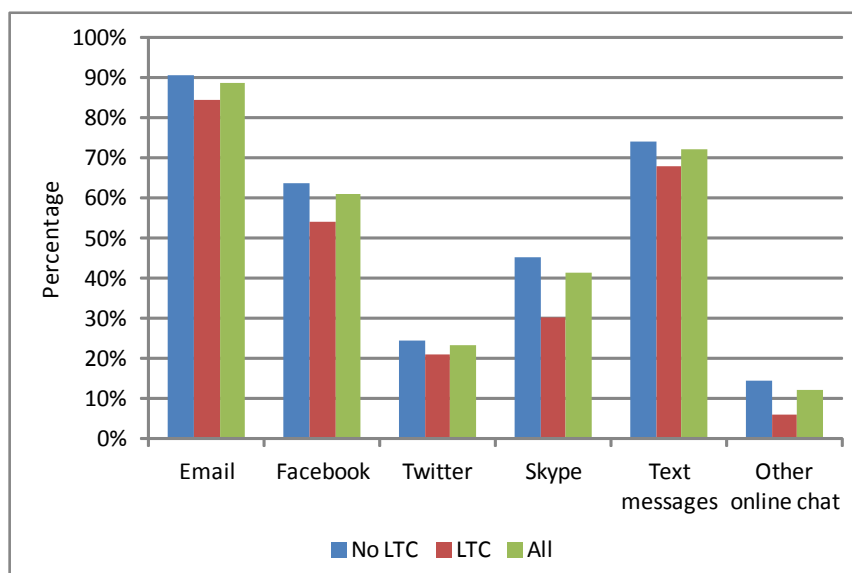
Figure 11. Barriers to internet usage



### Reasons for internet usage (n=419)

As shown in Figure 12, of the 83.5% respondents who do use the internet, they reported using it to send emails (88.8%), to text message (72.3%), for Facebook (60.9%%) and to Skype (41.3%).

Figure 12. Reasons for internet usage

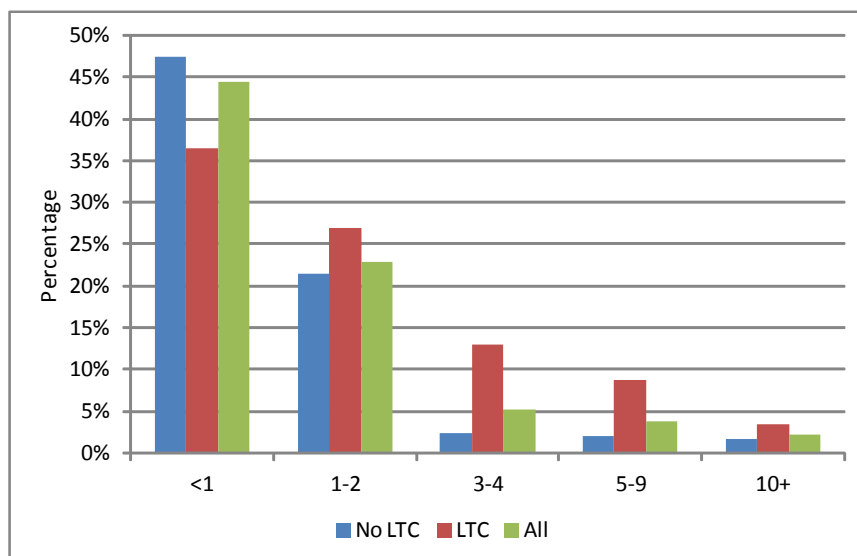


### Online Health Information-seeking

In a typical week, respondents with a LTC were more likely to spend more hours looking for health information online. 27% of respondents with a LTC reported

spending 1-2 hours online per week, 13% 3-4 hours online per week, 8.7% 5-9 hours online per week and 3.5% 10+ hours online per week (Figure 13). This was compared to hours spent looking online for health information by respondents without a LTC at proportions of 21.4%, 2.3%, 2% and 1.6% respectively.

Figure 13. Online health information seeking



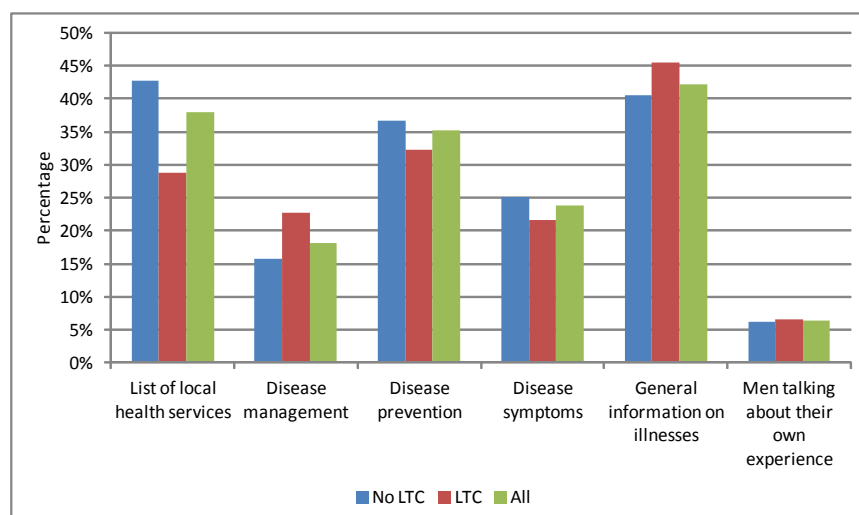
### Online health websites trusted by respondents (n=244)

The websites most trusted by respondents were NHS websites – 126 responses.

### Health information respondents would like Haringey Man MOT to provide

As revealed in Figure 14, the main health information respondents reported wanting was information on general information on illnesses (42.2%), local health services (38%), disease prevention (35.3%), symptoms of disease (23.9%) and disease management (18.1%).

Figure 14. Provision of health information on Haringey Man MOT



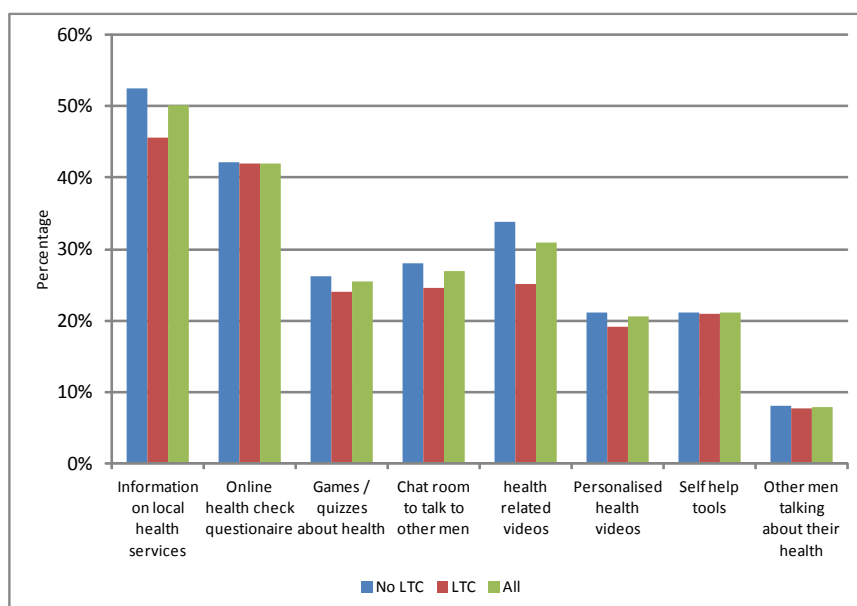
### **The most important information/feature Haringey Man MOT should have (n=253)**

The most important information/features the respondents reported wanting the online health service to have was the provision of general health information (including primary prevention and symptoms) (39.1%), information on specific diseases/illnesses (8.7%), how to manage a long-term condition (7.9%), and an online chat/chat room feature (4.3%) (Figure 14).

### **Other information/features respondents would you like Haringey Man MOT to have**

The main information/features respondents reported wanting the online health service to incorporate was information on local health services (50%), an online health check (42%), health-related videos (30.9%), a chat room to talk to other men (26.9%) and games/quizzes about health (25.5%) (Figure 15).

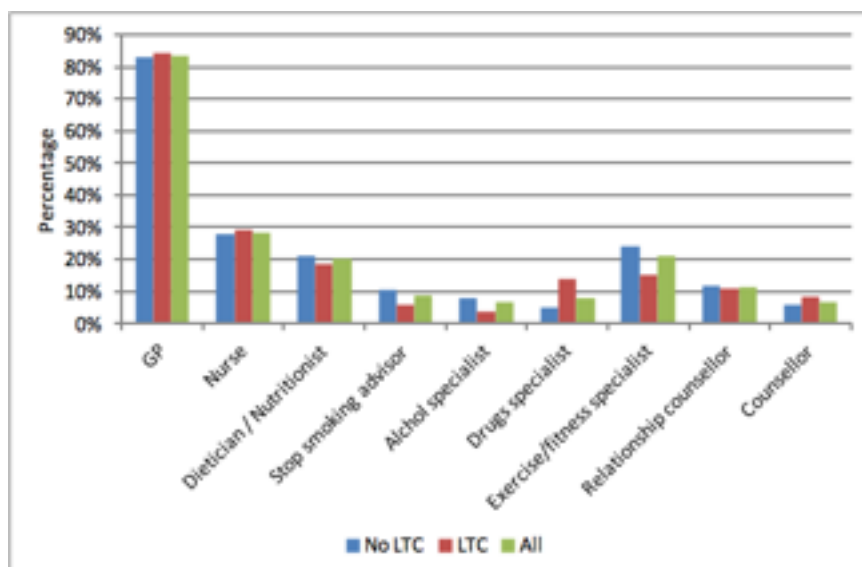
Figure 15. Other information/features Haringey Man MOT should have



### Health professional(s) respondents would like to be able to talk to online

Figure 16 shows that the health professional respondents would most like to be able to talk to online is a GP (83.5%). Other health professionals include a nurse (28.3%) exercise/fitness specialist (20.9%) and a dietician/nutritionist (20.1%).

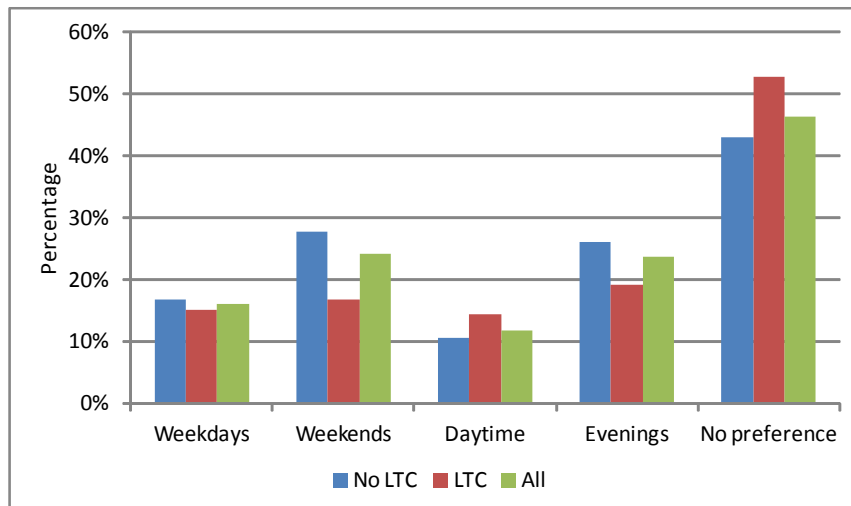
Figure 16. Health professionals available on Haringey Man MOT



### When respondents would be most likely to use Haringey Man MOT

46.2% of respondents gave no preference to when they would most likely to use the Haringey Man MOT service. Of those who gave a preference, 24.1% preferred weekends and 23.7% evenings (Figure 17).

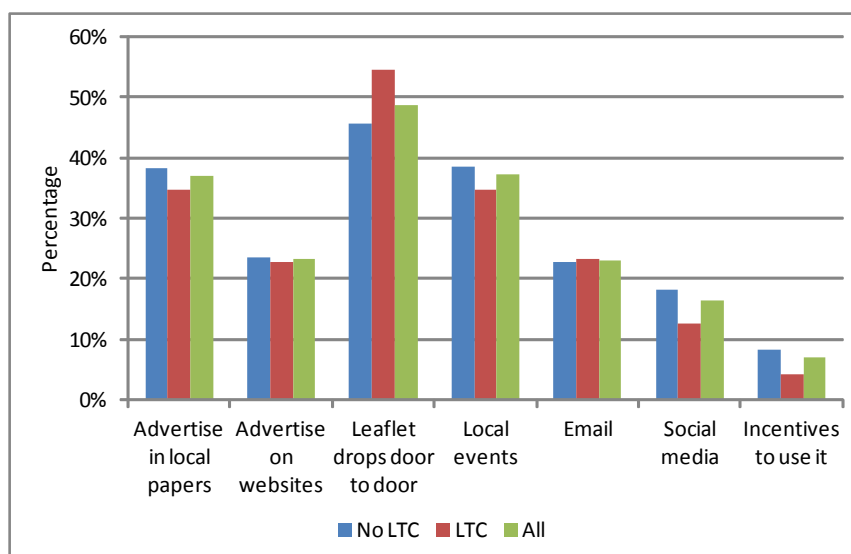
Figure 17. When respondents would most likely use Haringey Man MOT



### Ideas on how to encourage men to use Haringey Man MOT

Respondents preferred more traditional forms of advertising. 48.6% of respondents suggested leaflet drops to homes (48.6%), promotion at local events (37.3%) and advertising in local papers (37.1%) (Figure 18).

Figure 18. How to encourage men to use Haringey Man MOT



**Respondents who would be happy to be contacted to take part in further research related to Haringey Man MOT**

36 respondents were happy to be contacted to take part in future research associated with Haringey Man MOT.