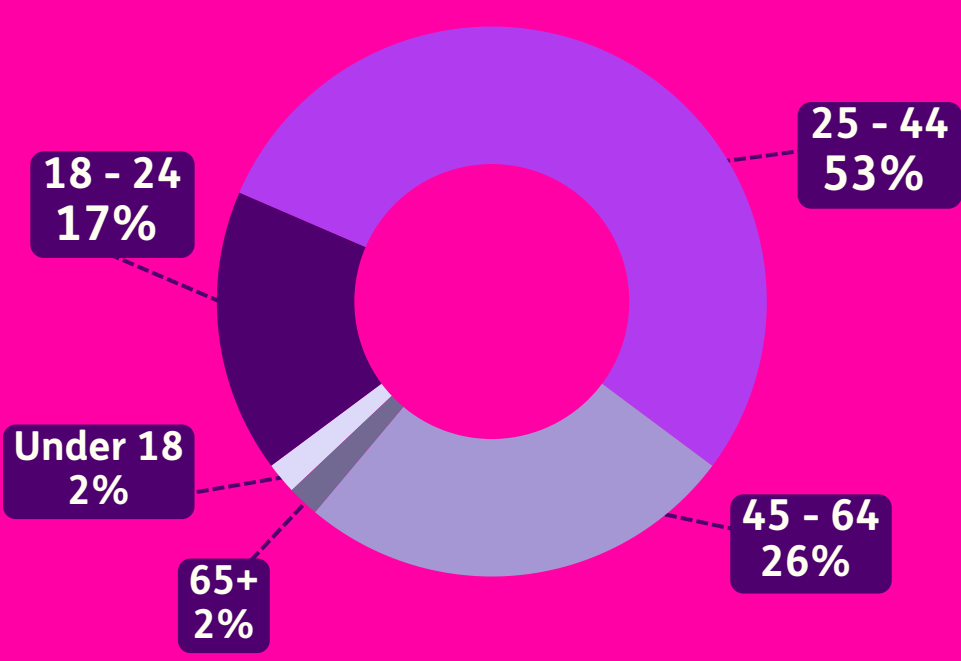
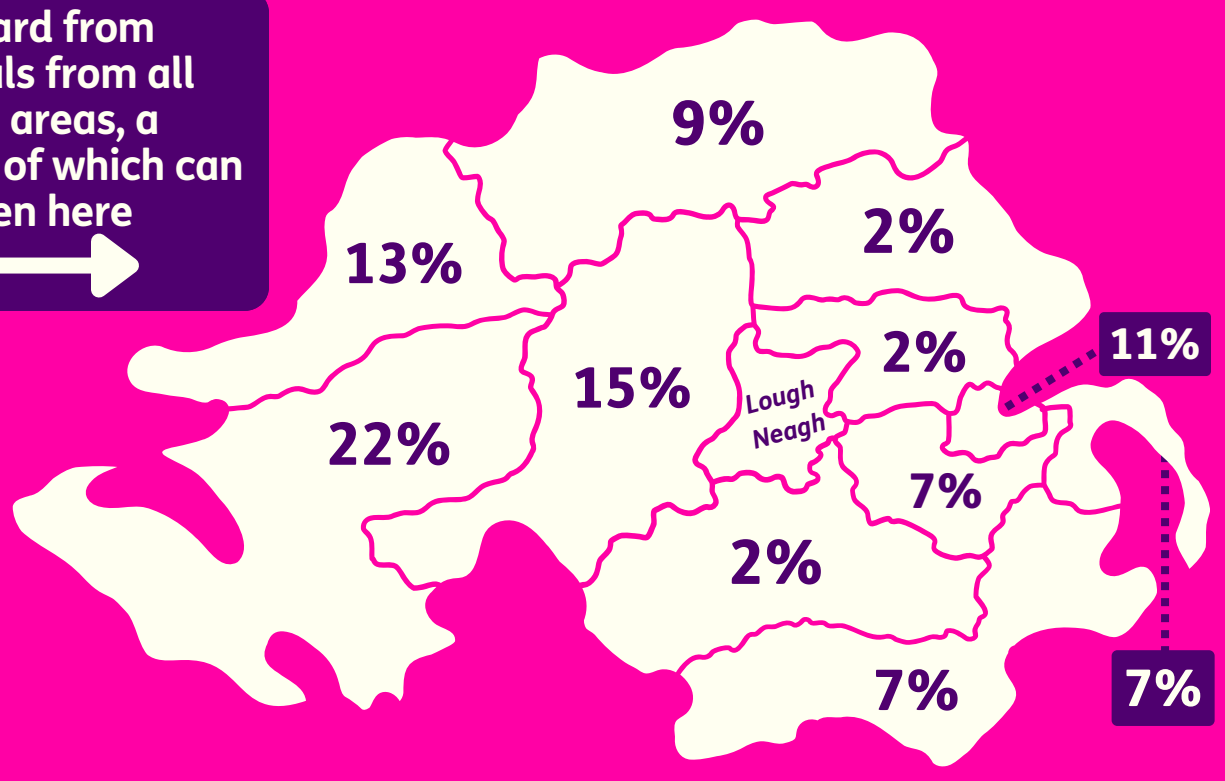




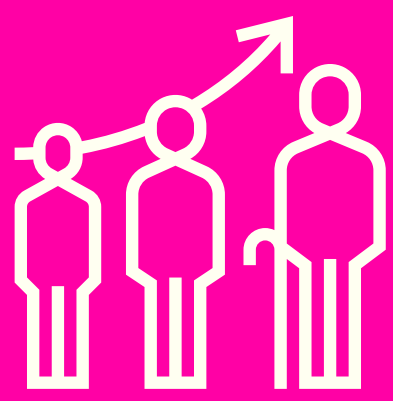
# Survey Results

## Overview of Responses

We heard from individuals from all council areas, a breakdown of which can be seen here



We heard from people from all different age groups!



## Thoughts on Food Choices

We asked people tell us their thoughts on food choices and they said:

**76%** said they eat "healthy" food at least **TWICE** a week

**48%** considered fruit or vegetables as "healthy" foods

**18%** considered food that makes you feel well or good to be healthy foods

**29%** considered a takeaway or fast food as an "unhealthy" food

**29%** considered sugary foods, like sweets and chocolate, to be "unhealthy" foods

**61%** said they eat "unhealthy" food at least **TWICE** a week

# Thoughts on Exercise

We asked people to tell us their thoughts on exercise and we they told us:

**67%**  
said they  
exercised at  
least twice  
a week



Walking was the most popular form of exercise people did.

Other forms of exercise included:



Dancing

Swimming



Football

When asked  
what would help  
them to exercise  
more people  
said:



Support,  
Encouragement  
&  
Motivation

Accessibility



Having a  
friend or  
group to join  
them

# Thoughts on Community Life

We asked people to tell us their thoughts on how well they feel connected to their community:

**54%**  
of people said  
they would like to  
be more involved  
in their  
community

**15%**  
spoke about  
issues around  
accessibility

**33%**  
would like more  
clubs, activities  
or groups

**13%**  
would like more  
information on  
what's happening  
in their area

# Final Thoughts

## Food Choices

- Most of the people asked had a good understanding of healthy and unhealthy foods.

## Exercise Choices

- Most of the people asked said they engage in more than one type of exercise.
- 18% said they would exercise more if they had a friend or group to join them

## Community Life

- Most of the people asked said they wanted to engage with their community more.