

Wellbeing Index City Spotlight

Belfast

The capital of Northern Ireland comes in at 13th place in the city rankings for wellbeing, dropping from 11th earlier this year.

Belfast is one of the lowest scoring cities when it comes to how often people exercise. Employees in Belfast also feel the least supported by their employers when it comes to physical activity, highlighting an opportunity for businesses in the area to step up and help improve physical wellbeing across the city.



Exercise overview:

Those hailing from Belfast seem to have the knowledge of how often they should exercise, but aren't the most active, literally, in achieving it.

53%

over half of respondents in Belfast know the recommended guidelines by the NHS of 150 minutes of exercise a week.

30%

However, 30% say they never get the recommended amount.

Belfast scored as the least active city as 26% say they never exercise. an increase from the average of 18%.



Employer support:

73%

of people in Belfast say their employers provide none of the listed facilities, making them the least supported nationally.

42%

of those that do have facilities, 42% never use them. Just 3% offer an on-site gym room or exercise classes, so the facilities available may not be of interest to workers.



Of those who do exercise, 70% walk or hike. This is higher than the national average and may be the most popular due to options available being limited.

In the workplace:



28% of workers in Belfast sit for 9-12 hours a day compared to a national average of 23%.



48% sit for more than an hour, quite often, which is above the average.



6% of respondents have taken more than 15 days off for back pain, with another 6% taking more than 11, which is well above the average.

Aches can be directly caused by a sedentary lifestyle and longer bouts of sitting, which Belfast employers need to address to improve the health of their workers.

87% of workers in Belfast take 1-2 breaks a day. Sitting for longer than an hour negatively impacts health, encouraging multiple 'mini breaks' throughout the day are suggested to build a stronger workforce.



1 in 4 workers in Belfast say they never go for a walk on their lunch break, making them the most sedentary nationally during dinner.

Having a shorter lunch break could be impacting residents decision to go for a walk. A longer lunch break could encourage them to take the time to have an active lunch.