

Wellbeing Index City Spotlight

Norwich

Although dropping slightly in the league table, Norwich still ranks relatively highly for wellbeing as the city moves from 5th to 6th place in the latest Wellbeing Index.

The majority of respondents have a sedentary lifestyle, coupled with low levels of motivation for making improvements. However over half of workers in Norwich are provided with facilities by their employer, indicating an opportunity for positive behavioural change.



Exercise overview:

The levels of exercise reported in Norwich are varied:

20% of respondents never get the recommended amount of exercise.

17% of respondents get the recommended amount of exercise.



Half of respondents know the NHS recommended guidelines of 150 minutes exercise a week.



56% say the main reason they exercise is to stay physically healthy, higher than the national average of 48%.

91%

of people in Norwich sit for 4-12 hours a day.



When asked about the impact of a sedentary lifestyle on their health, 33% said they are not very worried and 16% are not at all worried.

This attitude is also reflected in their actions, as Norwich are one of the most unmotivated cities to make a change.

In the workplace:

63%

of respondents that have facilities provided by their employer use them once a week or more, higher than the national average of 52%.

45%

of respondents however are offered no facilities through work.



20% of respondents have a bike park which is well suited to employees in Norwich as 12% cycle to work, almost double the 6.5% average.



11% of respondents always go for a walk during their lunch break whereas 23% say they never do.

The main barriers to exercise:



Lack of time



No barriers



Cost of gym/classes

A lack of time and low mood are also top barriers that stop people from using facilities at work, and respondents in Norwich feel less supported by their employers for physical wellbeing than the national average.