

# PETERBOROUGH HEALTH AND WELLBEING SURVEY

RESPONSES COLLECTED

210

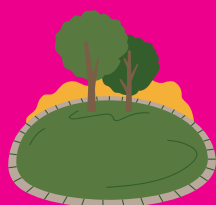
MOST CAME FROM PE2, PE7 AND PE3,  
AND FROM CITIZENS AGED 45-74

The average wellbeing score  
across the city was 6.4



## LOCAL STRENGTHS AND HIGHLIGHTS

WHAT PEOPLE VALUE MOST  
ABOUT THE COMMUNITY



1. PARKS AND GREEN SPACES
2. SENSE OF COMMUNITY
3. DIVERSITY AND INCLUSION
4. LOCAL AMENITIES
5. EVENTS AND FESTIVALS

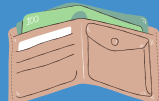
KEY THINGS THAT HELP PEOPLE  
STAY WELL AND HEALTHY



1. PHYSICAL ACTIVITY
2. HEALTHY EATING
3. SOCIAL CONNECTIONS
4. POSITIVE MENTAL WELLBEING
5. ACCESS TO HEALTHCARE

## BARRIERS AND CHALLENGES

ACCESS TO HEALTHCARE



COST OF LIVING AND AFFORDABILITY



SAFETY AND CRIME



MENTAL HEALTH AND SOCIAL SUPPORT



MOBILITY AND CHRONIC CONDITIONS



LACK OF NEARBY AND APPROPRIATE FACILITIES



POOR PUBIC TRANSPORT



SELF-MOTIVATION AND BALANCING COMMITMENTS



DIGITAL EXCLUSION



9%

OF RESPONDERS WERE AWARE OF  
'H.A.Y. - HOW ARE YOU  
PETERBOROUGH' WEBSITE

36%

OF RESPONDERS IDENTIFIED  
THEMSELVES AS HAVING UNPAID  
CARERING RESPONSIBILITIES

## COMMUNICATION PREFERENCES

DIGITAL COMMUNICATION (EMAIL, TEXT, SOCIAL MEDIA) IS THE PREFERRED METHOD

TRADITIONAL METHODS (POST AND PRINT) REMAIN VALUABLE, PARTICULARLY FOR  
THOSE LESS ENGAGED ONLINE

