

**Department of Health, Social Services and Public Safety**

**An Roinn Sláinte, Seirbhísí Sóisialta agus Sábháilteachta Poiblí**

# **Informal Carers Report**

**2001**

A Report from the Health and Social Wellbeing Survey 1997

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## **Preface**

This is a report based on the 1997 Northern Ireland Health and Social Wellbeing Survey.

It looks at the prevalence of Informal Care and the characteristics of the people carers are looking after. It also examines the lifestyle and wellbeing of carers and non-carers. The information in the report will be useful to all those with an interest in informal caring arrangements. We acknowledge all those who worked to develop, carry out and analyse the survey.

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## Prevalence of informal care

### Summary

- 18% of respondents act as carers and 6% provide care for 20 or more hours per week.
- Women were more likely than men to be carers (20% compared to 14%). More women than men provided care for 20 or more hours per week (7% compared to 5%).
- 8% of carers provide care for someone living with them compared with 10% who provide care for someone living outside the home. Women were more likely than men to care for someone living outside the home (12% compared to 7%).
- The prevalence of care was highest amongst those aged 45 to 64. Just under a quarter of respondents (24%) aged 45 to 64 provided care. Women were more likely than men to provide care across all age groups, with the exception of the over 65 age group.
- Respondents who are married/cohabiting are more likely to act as carers (22%) than those who are separated/divorced/widowed (13%) or single (12%).
- 48% of carers were economically inactive and 33% were in full-time employment. However, this varies considerably depending on the location of the dependant. For example, 66% of carers living with a dependant were economically inactive in comparison to only 33% of those who care for a dependant elsewhere.
- There was little variation in the proportion of carers in manual (48%) or non-manual (52%) socio-economic groups.
- There was a small difference in informal care between the 4 Health and Social Service Boards. The Southern and Eastern Board areas had the highest proportion of carers (19% respectively) while the Western Board area had the lowest (15%).

## Who is caring for whom?

### Summary

- Most carers provide care for only one dependant (88%), with 12% of carers providing care for two or more dependants.
- Nine out of ten carers care for someone related to them. 46% provide care for a parent and 22% care for a partner or spouse.
- Carers with a dependant in the household were more likely to care for a partner or spouse (48%), a child (30%) or a parent (26%).
- Carers with a dependant living outside the household were more likely to care for a parent (61%), a parent-in-law (13%) or a friend or neighbour (13%).
- 31% of male carers cared for a partner or spouse, compared to 17% of women.
- Almost two thirds of carers (61%) had dependants aged 65 and over, and about two thirds of carers (65%) were caring for a women.
- Over half of carers looking after someone in the household care for dependants aged less than 65 (59%), while the large majority of carers looking after someone outside the household care for dependants aged 65 and over (77%).
- 85% of carers were looking after someone with a physical disability.
- Carers with a dependant in the same household were much more likely to be looking after someone with a learning difficulty/mental disability (10%) or a mental health difficulty (16%) than those caring for a dependant outside the household (2% and 7% respectively).
- 80% of carers provide practical help such as shopping to their dependant. Among those living with a dependant, 72% provide physical help and 70% provide personal care.

## Lifestyle and Wellbeing of Carers

### Summary

- Half of all carers (49%) who look after someone living with them had a long-standing illness, compared to only a third (36%) of those who look after someone living elsewhere. This was the case for both male and female carers.
- Those caring for someone outside their household had a similar level of longstanding illness (36%) as non-carers (38%).
- 58% of men who provided care for 20 or more hours per week had a long-standing illness, compared to 34% of men who provided care for less than 20 hours per week. Women's level of long-standing illness did not vary with the length of time spent caring.
- Carers were more likely to suffer from a great deal of stress (17%) than non-carers (9%). This applied to both men and women.
- Approximately twice as many carers looking after someone for 20 or more hours per week suffered a great deal of worry or stress (25%), in comparison to those looking after someone for less than 20 hours per week (13%). Similar results were obtained for both men and women.
- Among carers looking after a dependant in their own home, 24% of men had a severe lack of social support in comparison to 15% of women.
- 32% of men who provided care for 20 or more hours per week had a severe lack of social support, in comparison to 11% of men who provided care for less than 20 hours per week. There was no association between levels of social support and time spent caring among women.
- More carers than non-carers showed signs of the possible presence of psychiatric morbidity (30% compared to 20%).
- Carers looking after someone who lives with them were more likely to show signs of the possible presence of psychiatric morbidity (34%), than those caring for someone who lives elsewhere (26%). Carers looking after someone for more than 20 hours per week were also more likely to show signs of the possible presence of psychiatric morbidity (37%) than those looking after someone for less than 20 hours per week (25%).
- Carers were more likely to smoke (36%) than non-carers (31%). Carers looking after someone who lives with them were more likely to be a heavy smoker (20%), i.e.

smoking 20 or more cigarettes per day, than those caring for someone outside the household (10%) or non-carers (11%).

- The provision of higher levels of care was associated with a slightly lower level of alcohol consumption. 65% of those providing care for more than 20 hours per week drank alcohol, in comparison to 80% of those providing care for less than 20 hours per week or 75% of non-carers

## **1. Introduction**

This report presents information from the 1997 Northern Ireland Health and Social Wellbeing Survey on those caring for a sick, disabled or elderly person. The report is one of a series to be produced, each one focusing on specific aspects of the survey.

### **Informal Carers**

Carers are seen as forming the backbone of care in the community. For the last decade, government policy has led to an increased awareness of carers and an acknowledgement of the work that they do. People First – Community Care for Northern Ireland in the 1990s acknowledged the crucial role that carers play in providing care and pointed out that it was in society's interest to ensure that carers were supported in discharging their caring role. Since April 1996 Health and Social Services Boards and Trusts have been required on request to carry out an assessment of a carer's ability to provide care at the time when the person being cared for is assessed for community care services.

The Executive has recognised the vital role that carers play in looking after those who are sick, disabled, vulnerable or frail. The Programme for Government commits the Executive to develop a strategy for carers in Northern Ireland in 2001 and work is well advanced in developing proposals for the strategy. In addition, legislation is due to be introduced into the Assembly to enable Health and Social Services Boards and Trusts to offer new support to carers to help them to maintain their own health and well-being.

The 1997 Health and Social Wellbeing Survey provides an important source of information on informal carers and provides an opportunity to explore the relationship between caring and other health and lifestyle factors such as stress, mental health, social support, smoking and drinking.

### **Methodology**

Informal carers were identified using two main questions. The survey identifies two main forms of caring roles; those looking after someone living with them as part of the household, and those providing care for a dependant living elsewhere. The questions were:

1. Some people have extra family responsibility because they look after someone who is sick, disabled or elderly. May I check, is there anyone living with you who is sick disabled or elderly whom you look after or give special help to?
2. And how about people not living with you, do you provide some regular service or help for any sick, disabled or elderly relative, friend or neighbour not living with you?

The questions on informal care are similar to those asked previously in the Continuous Household Survey in Northern Ireland and the General Household Survey in Great Britain

and were asked of all adults aged 16 and over who completed a personal interview. The interviews were carried out between January and July 1997 on a stratified random sample of 3520 private addresses. Those adults who were identified as informal carers were then asked a range of questions about themselves, the person(s) they care for and the type and duration of care provided. More detailed information on the background and methodology of the Northern Ireland Health and Social Wellbeing survey is included in Appendix 1.

## **Content summary**

This report provides an estimate of the proportion of adults in Northern Ireland who were providing care for someone. It provides information on the characteristics of carers and variations in prevalence among different demographic and social groups. The relationship between carers and dependants is also examined, including the nature of the dependants disabilities and the type of care provided. The last section of the report looks at the health of carers. It provides information on the relationship between caring and factors such as long-standing illness, stress, social support, mental health (GHQ12) and smoking and drinking.

## **Notes**

Unless otherwise stated in the report, any references to differences between sub groups are statistically significant at the 95% confidence level.

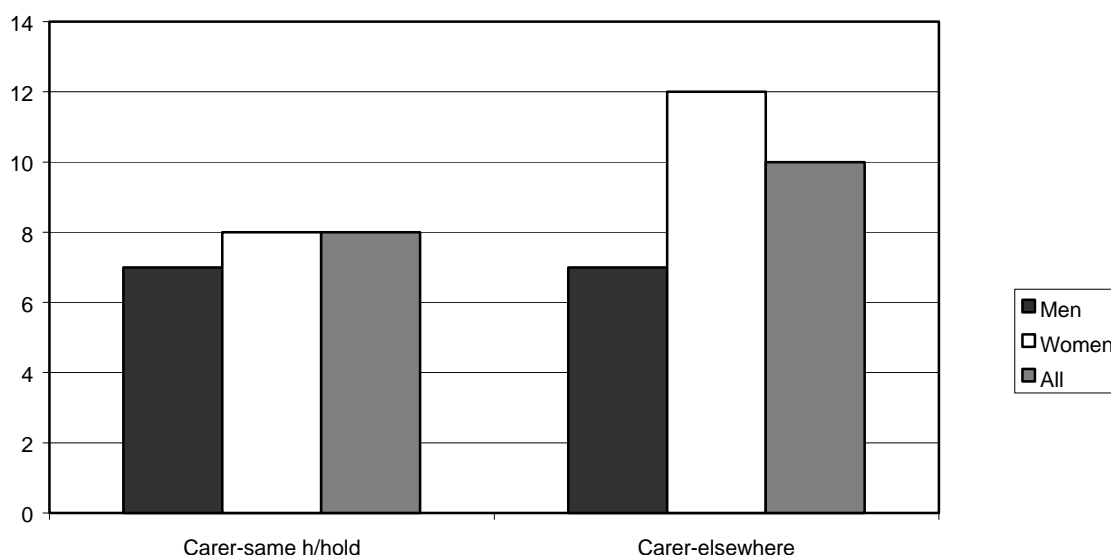
Figures of 0% in the tables reflect the rounding down of values under 0.5%

## 2. Prevalence of informal care

Eighteen percent of respondents indicated that they act as informal carers; that is to say, they look after or give special help to someone who is sick, disabled or elderly. Women carried significantly more responsibility than men for the provision of care, with 20% of women providing care compared to 14% of men. This is slightly higher than the level of informal care reported in the 1995 Continuous Household Survey, which indicated that 14% of adults (10% of men and 17% of women) provided informal care.

The proportion of respondents providing informal care for someone living with them (8%) was similar to those who provide care for someone living elsewhere (10%). Both men and women were equally likely to provide care for someone living with them (7% and 8%). Women, however, were more likely than men to provide care for someone living outside the household, with 12% of women providing outside care compared to 7% of men (Figure 1).

**Figure 1. Percentage of respondents who act as carers and live in the same house as their dependant or elsewhere**



Overall, 6% of adults provided care for at least 20 hours per week and women were slightly more likely than men to spend at least 20 hours per week caring for a dependant (7% compared to 5%).

*(Table 1)*

The majority of carers provide care for only one dependant. 16% of respondents reported caring for one dependant, with 2% reporting they cared for 2 or more dependants. This was true both of those caring for someone in the same household, and those caring for a dependant elsewhere. Both men and women were more likely to care for one dependant than for two or more.

*(Table 2)*

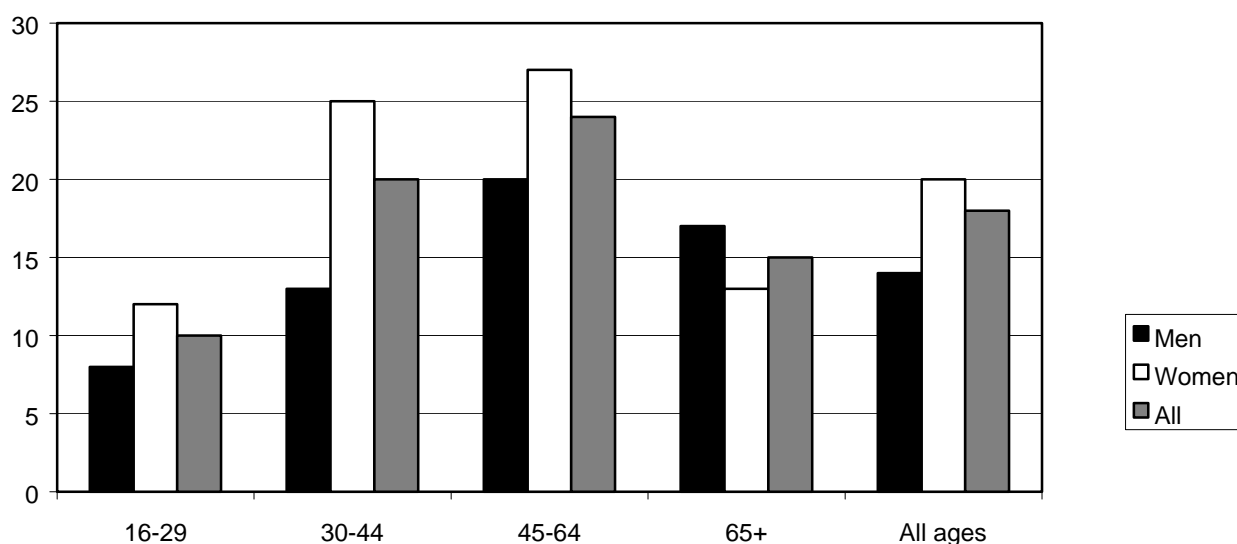
## Characteristics of carers

### Age and sex

The incidence of informal care was highest amongst those aged 45 to 64, with approximately a fifth of respondents acting as carers (Figure 2). Amongst those aged 45 to 64, just over a quarter (27%) of women act as carers compared to 20% of men. Women aged between 30 and 44 are almost twice as likely as men of the same age group to be carers (25% of women, compared to 13% of men). Overall, a higher proportion of women reported being carers in all age groups with the exception of the over 65 age group.

(Table 3)

**Figure 2. Percentage of informants acting as carers by age group**



### Marital Status

There is a strong association between marital status and the provision of informal care. Respondents who are married/cohabiting are much more likely to be carers (22%) than respondents who are single (12%) or separated/divorced/widowed (13%). A similar pattern was found in both men and women and those caring for a dependant in the same household or elsewhere. Single and married/cohabiting women, however, were more likely to be carers than single and married/cohabiting men. Separated, divorced, and widowed women were more likely to provide care for someone outside the household.

(Table 4, Table 5)

### Social and Economic Characteristics

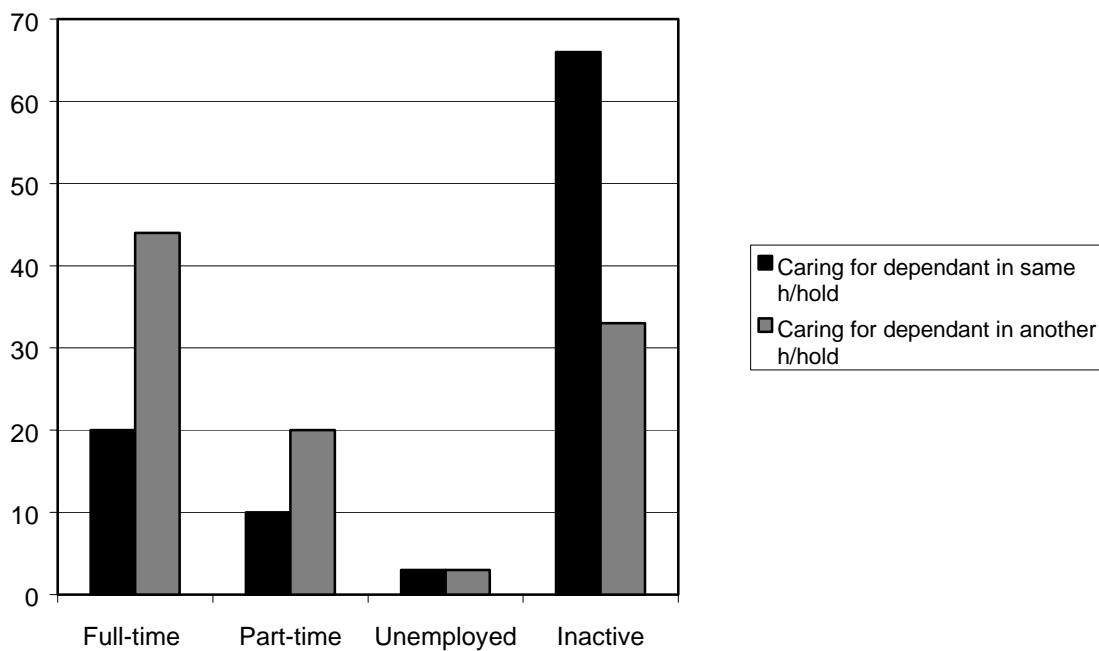
Overall, almost a half of all carers (48%) were economically inactive, a third (33%) were in full-time employment and 15% were working part-time. With the exception of full-time employment, the economic activity profile of non-carers was similar to that of carers. Non-carers were more likely to be in full-time employment (38%) than carers (33%).

The economic activity profile of carers varies considerably depending on whether they care for a dependant living with them or elsewhere (Figure 3). For example, carers who live with a dependant are twice as likely to be economically inactive (66%) as those who care for a dependant elsewhere (33%). While those caring for a dependant who lives elsewhere are twice as likely to be working full-time (44%) or part-time (20%) as those who live with a dependant (20% and 10% respectively). This association between the location of dependants and economic activity was similar for both men and women.

Carers with a dependant outside their household were also more likely to be in full-time employment (44%) or part-time employment (20%) than non-carers (38% and 13% respectively).

*(Table 6)*

**Figure 3. Economic activity of carers**



There was little variation in the overall proportion of carers in the manual and non-manual socio-economic groups. Male carers, however, were more likely to be in the manual socio-economic group (57%), and female carers were more likely to be in the non-manual group (56%).

*(Table 7)*

### **Health and Social Service Board Differentials**

There were only small differences between the Board areas in the overall proportion of carers, with the Western Board area having the lowest proportion of carers (15%) and the Southern and Eastern Board areas having the highest (19% respectively). Both men and women reported a similar pattern of care across the health boards. Women, however, were more likely to provide care than men in all health board areas.

(Table 8)

The main difference between the Board areas in the provision of care related to the location of the dependants. Carers in the Western Board area were less likely to provide care for someone who lived outside their household (6%) than carers in the other health board areas (9% to 12%). There were, however, no differences between the Board areas in the proportion providing care for someone in their household. There were also no differences between the Board areas in the proportion of carers providing care for more or less than 20 hours a week.

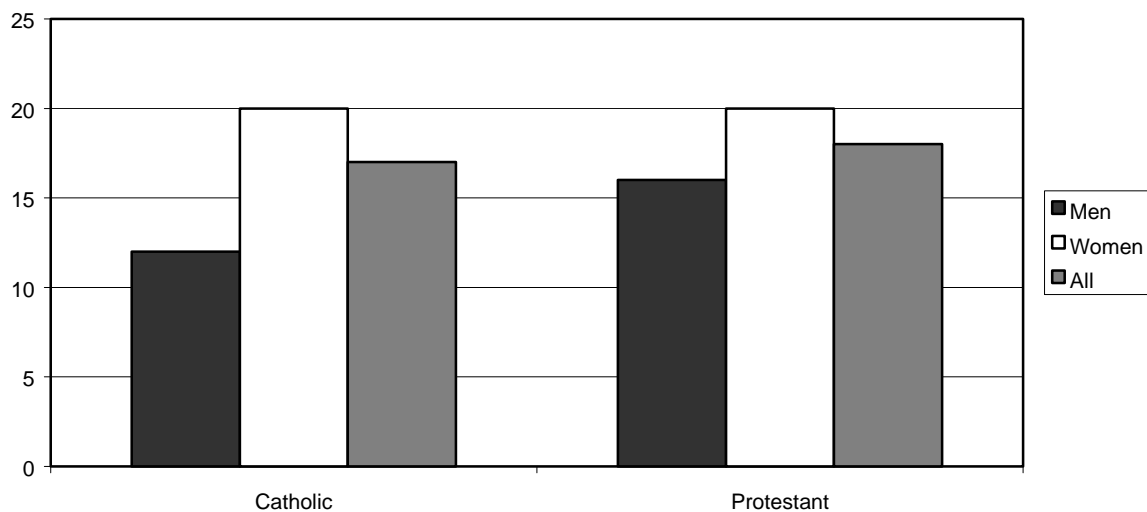
(Table 9, Table 10)

### Religion

An analysis by religious denomination indicates no overall difference in the proportion of Catholic or Protestant respondents providing care. Protestant men, however, were more likely to be carers (16%) than Catholic men (12%). There was no difference between Catholic and Protestant women (20% each respectively).

(Table 11)

Figure 4. Percentage of respondents acting as carers by religion



### **3. Who is Caring for Whom?**

#### **Introduction**

This section examines some features of the people carers were looking after, including the number of dependants cared for, their relationship to the carer, their demographic characteristics and the nature of their illness or disability.

#### **Number of dependants and relationship to carer**

As noted previously, 2% of all adults were caring for more than one person. Such people represent just over one tenth of all carers. Carers who provided care outside the household were more likely to be caring for two or more persons than those who had a dependant living with them (3% compared with 9%). A similar proportion of men and women indicated they cared for two or more people.

*(Table 12)*

Carers were asked to state their relationship to the persons they provide care for. Overall, nine out of ten carers were looking after someone who was related to them. 46% indicated caring for a parent, while 22% care for a spouse/partner and 16% care for a child. Those remaining care for other family members (30%) or other unrelated individuals (9%).

Carers with a dependant in the same household were more likely to care for a spouse or partner (48%), a child (30%) or a parent (26%). Among those with a dependant living in a separate household, 61% cared for a parent, 13% for a parent-in-law and 13% for a friend or neighbour. This pattern of care within and outside the household was similar for both men and women. One of the main differences between men and women, however, was that men were much more likely than women to provide care for a spouse or partner within their household (62% compared to 40%), while women were more likely than men to provide care for a child within their household (37% compared to 18%).

*(Table 13)*

#### **Characteristics of the dependants**

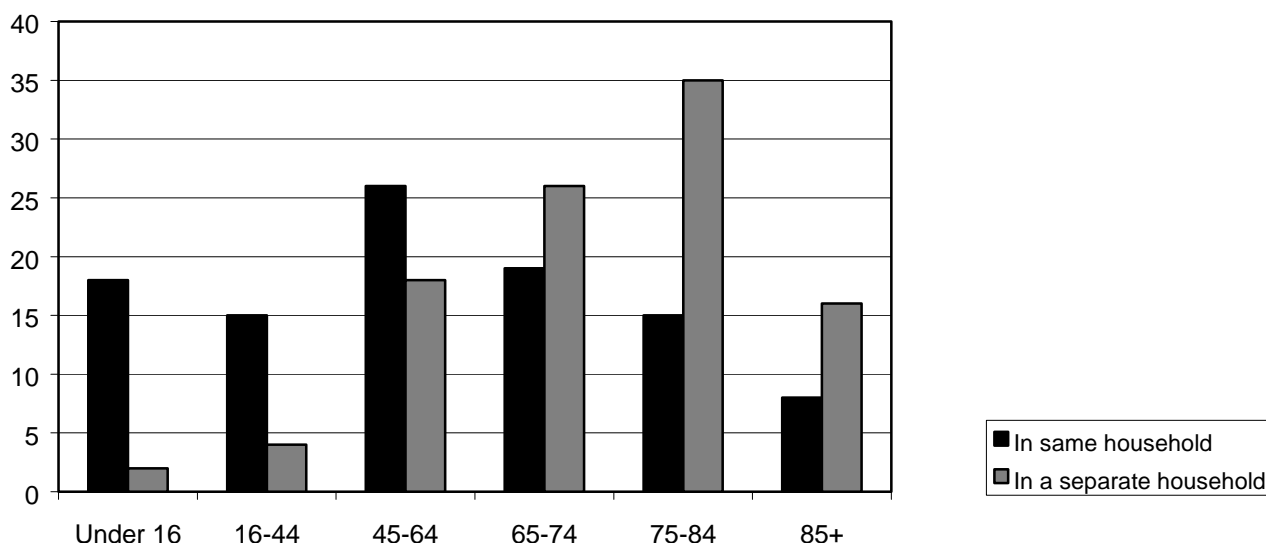
Dependants are more likely to be women or over 65. Thirty five percent of dependants are men and 65% are women. For male carers, the gender breakdown of their dependants is one-quarter men and three quarters women, while for female carers the gender breakdown of their dependants is 41% men and 59% women. Almost two thirds of dependants are 65 years of age or older. The age profile of dependants is similar for male and female carers.

*(Table 14)*

As figure 5 illustrates, dependants who live in the same household as the carer are more likely to be younger than those dependants who are cared for in a separate household. For example, only 42% of dependants living in the same household as the carer are aged 65 years or older compared to 77% of dependants who do not live with the carer. This age differential by location of care was found for both male and female dependants.

(Table 15)

**Figure 5. Age of dependants by where they are cared for**



### Disabilities suffered by dependants

Carers were asked to identify all the major disabilities or difficulties suffered by their main or only dependant. Almost all carers were looking after a dependant with one or more disabilities. 85% of the dependants had a physical disability, 16% had a sight or hearing difficulty, 6% had a learning disability and 11% had mental health needs. Only 7% of carers reported that their dependants were not affected by any disability. The types of disabilities suffered by dependants were similar for both male and female carers.

(Table 16)

Although the majority of dependants had physical difficulties, dependants who live in the same household as their carers are more likely to be affected by a physical disability than those who live elsewhere (89% compared to 82%). Dependants with a learning difficulty or a mental health difficulty were also much more likely to be living in the same household as the carer. Dependants without a disability, however, were more likely to live outside the carers household (2% compared to 12%).

(Table 17)

## **Location of dependant and amount of time spent caring**

The amount of time spent caring each week was related to the location of the dependant. Carers looking after someone in the household were much more likely to provide care for more than 20 hours per week (64%), than those looking after someone outside the household (14%).

*(Table 18)*

## **Type of Care Provided to Dependant**

Respondents were asked to indicate the types of care that they provide for their dependant. Practical help such as shopping was provided by 80% of carers whilst 'keeping company' (75%) and 'keeping an eye on' (74%) were also major services provided by carers. Other services provided included taking the dependant out (59%), physical help (54%), personal care (47%) and assistance with paperwork and financial matters (41%). 35% of carers also gave medicine to those they looked after.

The type of care provided by the carer varied depending on whether the dependant lived in the same household or in a separate household. Carers providing care for someone living with them were more likely to provide physical help (72%), personal care (70%), and giving medicines (59%) than carers who looked after dependants outside the household. The main types of help provided by carers with dependants living outside the household were, general practical help such as shopping (82%), keeping company (77%), 'keeping an eye on' (66%) and taking out (62%).

*(Table 19)*

## 4. Lifestyle and Wellbeing of Carers

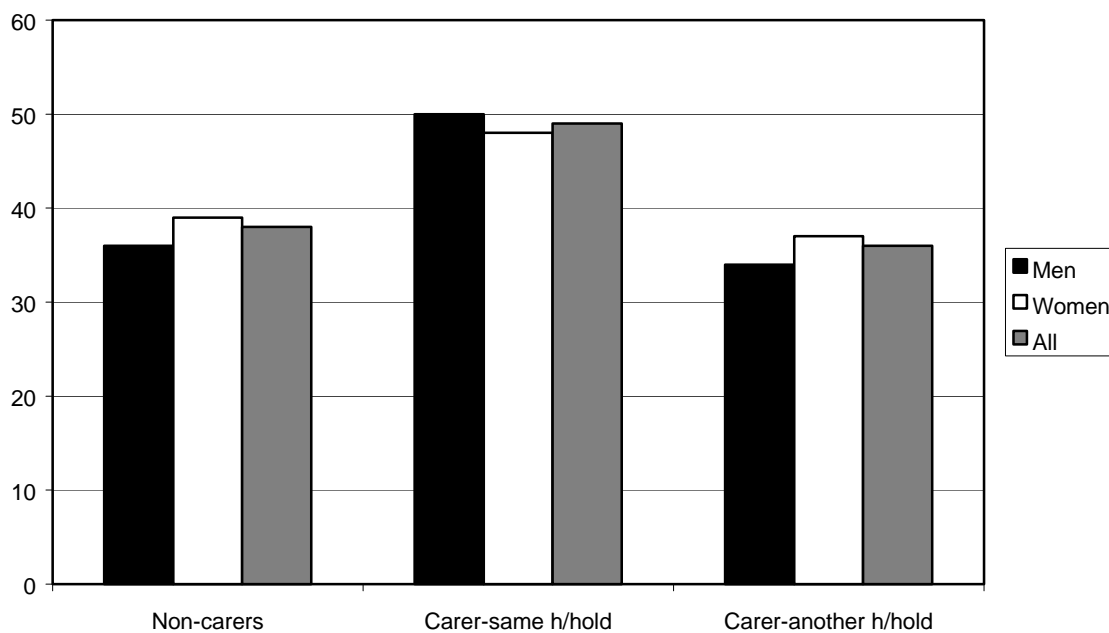
This section focuses on the lifestyle and wellbeing of carers and non-carers, looking specifically at long-standing illness, stress, psycho-social wellbeing, social support and the smoking and drinking habits of the respondents.

### Long-standing Illness

Overall, carers reported a higher level of longstanding illness than non-carers (42% compared to 38%). Carers levels of longstanding illness, however, differed considerably depending on whether or not they cared for someone in their household or elsewhere. Carers who look after someone in their household reported a higher level of long standing illness (49%) than those who care for someone living elsewhere (36%). This was the case for both men and women (Figure 6).

(Table 20)

**Figure 6. Prevalence of long standing illness among non-carers, carers in the same household and elsewhere**



Forty-seven percent of those caring for someone for 20 or more hours per week, reported having a long-standing illness, compared to 39% of those caring for a dependant for less than 20 hours per week. Indeed, those caring for less than 20 hours a week had a similar level of longstanding illness to non-carers. As figure 7 illustrates, males caring for a dependant for more than 20 hours a week had a much higher level of long standing illness (58%) than men caring for less than 20 hours a week (34%). Women carers had a similar level of long standing illness irrespective of whether they cared for their dependants for less or more than 20 hours per week (42% and 41% respectively).

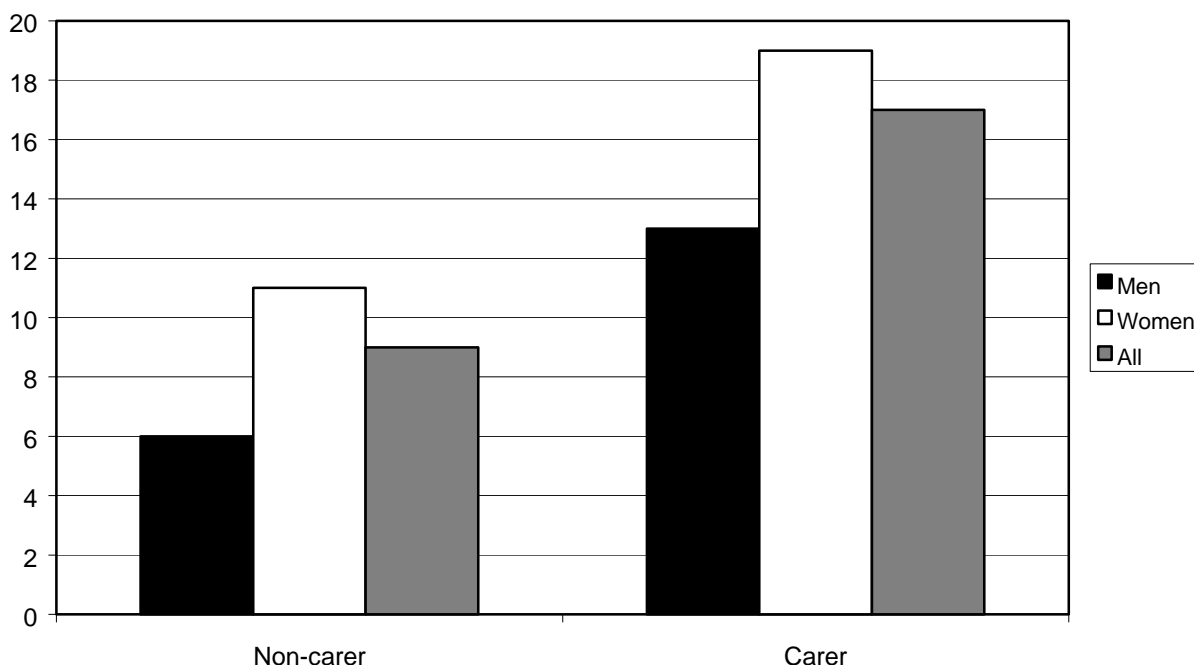
(Table 21)

## Stress

More carers indicated they had suffered from stress than non-carers. Women were also more likely to have suffered from stress than men. As shown in figure 8, carers are twice as likely (17%) as non-carers (9%) to suffer from ‘a great deal of worry or stress’. This pattern was similar for both men and women. 13% of men providing care reported ‘a great deal of worry or stress’ compared to 6% of male non-carers, while for women the figures are 19% and 11% respectively.

(Table 22)

**Figure 8. Percentage of respondents suffering a great deal of stress or worry among non-carers and carers**



The proportion of carers suffering ‘a great deal of worry or stress’ was similar, whether or not they were caring for someone in the same household as themselves or elsewhere. However, differences between these two groups were found when they were compared in terms of those who indicated they suffered either ‘quite a lot’ of stress or ‘a great deal of stress’. Those caring for someone in the same household were more likely to suffer from a lot or a great deal of stress (54%) than those caring for someone elsewhere (46%) or non-carers (31%).

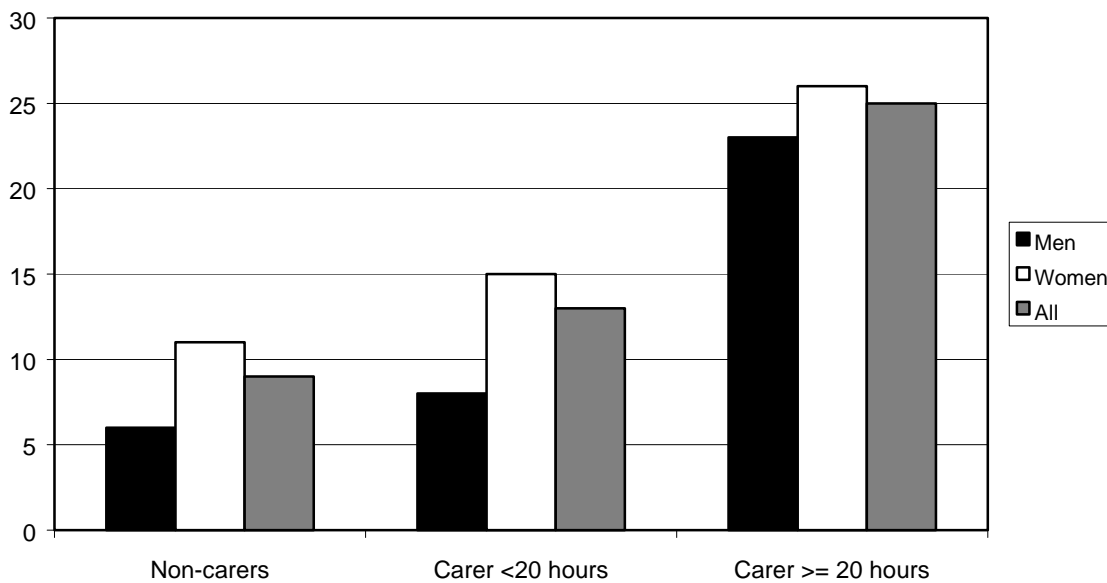
(Table 23)

Stress levels in carers were associated with the number of hours per week they spent looking after their dependants. As shown in figure 9, carers looking after someone for more than 20 hours per week were much more likely to suffer from a great deal of stress (25%) than carers looking after

someone for less than 20 hours per week (13%) or non-carers (9%). This association between stress and the number of hours spent caring was found for both men and women.

(Table 24)

**Figure 9. Percentage of those suffering a great deal of stress among carers caring below and above 20 hours per week**



### Psycho-social wellbeing

As a higher percentage of carers reported feeling under a greater deal of stress or worry than non-carers a closer examination of carers emotional and psychological wellbeing was carried out by analysing carers scores on the Social Support Scale and the GHQ 12.

### Social Support

The “perceived social support” questions asked respondents about the amount of support and encouragement they received from family and friends. The scale was based on seven questions about physical and emotional aspects of social support. These questions were combined into a single scale categorising respondents as having a “severe lack”, “some lack” or “no lack” of social support.

The Social Support scale was derived by assigning a score between one (lack of support) and three (no lack of support) for each of seven questions. Respondents with the maximum score of 21 were classified as having no lack of social support, those with a score of 18 to 20 were classified as having some lack of social support and those with a score of less than 18 as having a severe lack of social support.

Overall, there was no significant difference between the social support levels of carers and non-carers. Just over half of carers and non-carers indicated they had no lack of social support, while 15% of both carers and non-carers indicated a severe lack of social support. Women were more

likely to have adequate social support (61%) than men (49%). This pattern was the same for both carers and non-carers.

(Table 25)

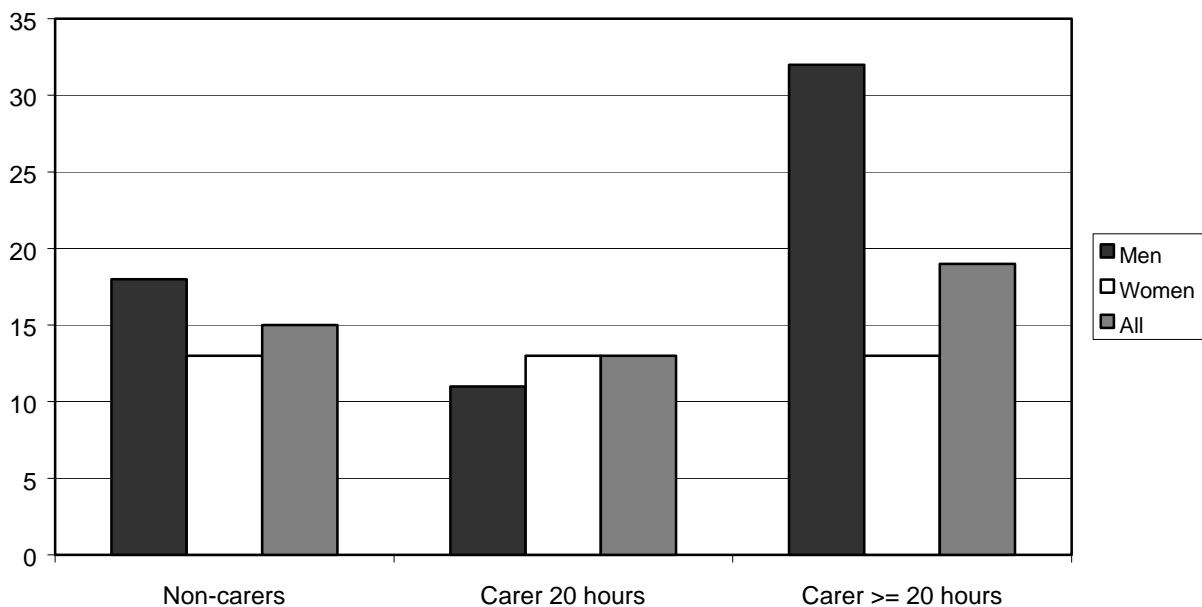
There were, however, some differences in the social support scores between those caring for someone in their own home and those caring for someone living elsewhere. Among carers caring for a dependant in their own home, 19% had a severe lack of social support compared to 12% of those who cared for someone living elsewhere. Men who cared for a dependant in the household had the lowest level of social support, with 24% reporting a severe lack of social support in comparison to only 15% of women.

(Table 26)

The level of social support received by women was not associated with the number of hours spent caring each week. However, considerable differences in social support were reported by male carers, depending on the number of hours spent caring each week (Figure 10). Almost three times as many males caring for more than 20 hours per week had a severe lack of social support than those caring for less than 20 hours per week (32% compared to 11%).

(Table 27)

**Figure 10. Severe lack of social support among carers caring below and above 20 hours per week**



The General Health Questionnaire (GHQ12) is designed to detect psychiatric morbidity in the general population. The questionnaire is based on 12 questions relating to the respondents general level of happiness, depression, anxiety and sleep disturbance over the previous four weeks. A score of 4 or over is an indicator of “the possible presence of psychiatric morbidity”, while a score of zero indicates no presence of psychiatric morbidity. The GHQ 12 was asked of only half the households who took part in the survey.

Overall, 48% of respondents scored 0 on the GHQ 12 scale and 30% scored between 1 and 3. The remaining 22% scored 4 or over, indicating the possible presence of psychiatric morbidity, with more women than men showing the possible signs of psychiatric morbidity (26% compared to 17%).

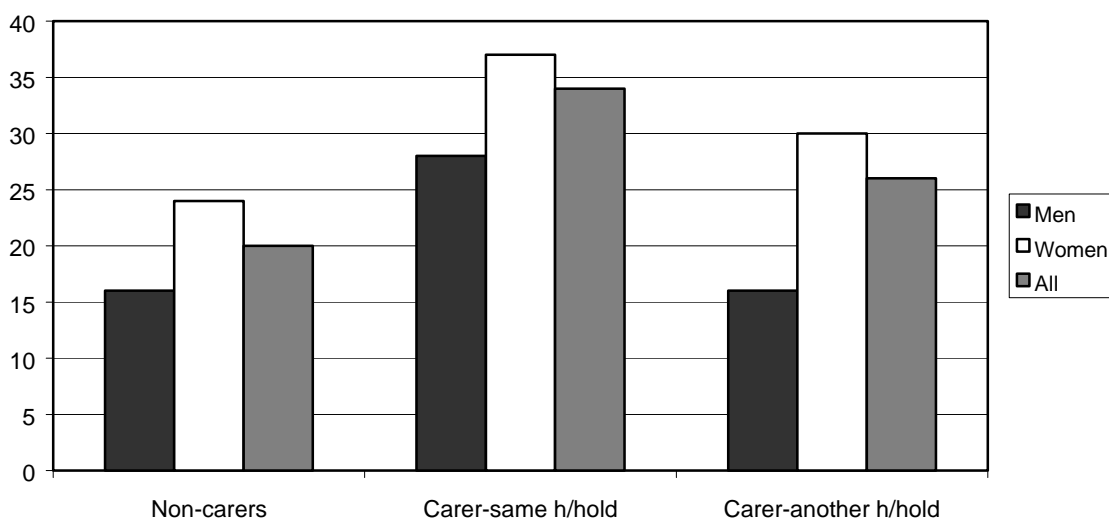
A comparison of carers and non-carers scores on the GHQ 12 indicated that carers were more likely to score 4 or more on the GHQ 12 than non-carers, with 30% of carers showing signs of psychiatric morbidity in comparison to 20% of non-carers. This was the case for both men and women.

(Table 28)

As shown in Figure 11, a higher proportion of carers living with their dependant showed signs of psychiatric morbidity (34%) than those looking after a dependant living elsewhere (26%). In addition, psychiatric morbidity was more prevalent among those carers spending over 20 hours per week caring (37%) compared with those caring less than 20 hours per week (25%).

(Tables 29, 30)

**Figure 11. Prevalence of psychiatric morbidity among carers and non-carers**



## Smoking

Overall, a higher percentage of carers smoke (36%) than non-carers (31%). Although, both men and women carers reported a higher level of smoking than non-carers, the difference was only significant for women. 34% of women carers smoke compared to 29% of non-carers.

*(Table 31)*

Smoking prevalence was also related to where the dependant lives. Carers who look after someone living with them were more likely to smoke (40%) than those who look after someone living elsewhere (32%). This differential was similar for both men and women, although it is not significant due to the small sample size. Carers who look after someone living with them were also more likely to smoke (40%) than non-carers (31%). There is no difference in the smoking prevalence of non-carers and carers who look after a dependant living outside their household.

*(Table 32)*

Differences are evident in the prevalence of heavy smoking (20 or more cigarettes per day) between carers and non-carers. 11% of non-carers smoke 20 or more cigarettes per day compared to 15% of carers. Women carers were also more likely to smoke heavily (14%) than those who where non carers (9%), while there was no difference between male carers and non carers.

*(Table 33)*

Heavy smoking was also associated with where the dependant lived. 20% of those who care for someone living with them were heavy smokers in comparison to only 10% of those who care for a dependant living outside their household, or 11% of non-carers. The pattern for men and women was similar.

*(Table 34)*

The length of time spent caring for a dependant each week was associated with heavy smoking for women only. Women spending more than 20 hours per week looking after a dependant were more likely to be heavy smokers (19%) than women spending less than 20 hours per week (10%).

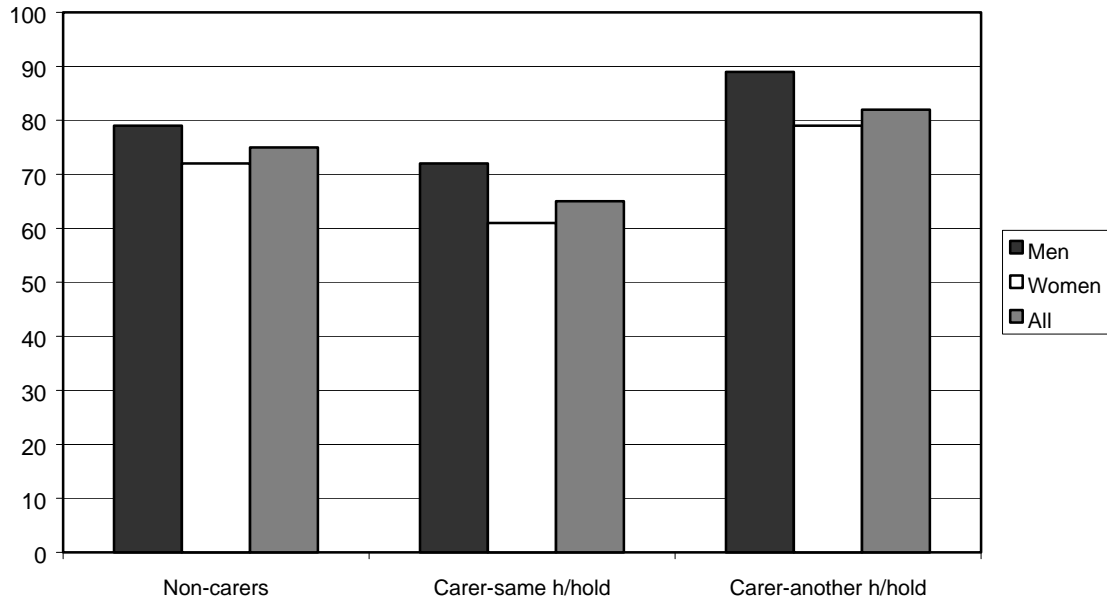
*(Table 35)*

## **Drinking**

Although smoking tended to be associated with increased caring, the proportion drinking alcohol tends to decrease with increased caring. As shown in figure 12, carers with a dependant living with them are less likely to drink (65%) than those with dependants living elsewhere (82%) or non-carers (75%). Similarly, those caring for more than 20 hours per week were less likely to drink (65%) than those caring for less than 20 hours (80%). Both men and women were less likely to drink if they lived with the dependant or cared for more than 20 hours a week.

*(Tables 36, Table 37)*

Figure 12. Percentage of drinkers among carers and non- carers



## 5. Tables

Table 1. Percentage of adults who were carers and percentages in some sub-groups of carer by sex

All persons aged 16 and over

	Sex		All adults
	Male	Female	
Percentage of adults who were:	%	%	%
Carers	14	20	18
Carer -same household	7	8	8
Carer -another household only	7	12	10
Carer over 20 hrs per week	5	7	6
<b>Base = 100%</b>	<b>1800</b>	<b>2464</b>	<b>4264</b>

Table 2. Percentage of adults who were carers and number of dependants cared for by whether the dependant lived inside or outside the carers household.

All persons aged 16 and over

Number and location of dependants	Sex		All adults
	Male	Female	
Percentage of adults who were:	%	%	%
Caring for someone in the same household			
1 dependant	6	6	6
2 or more dependants	0	1	1
Caring for someone in another private household only			
1 dependant	7	11	9
2 or more dependants	1	2	2
Total			
1 dependant	13	17	16
2 or more dependants	1	3	2
<b>Base = 100%</b>	<b>1800</b>	<b>2464</b>	<b>4264</b>

Table 3 Percentage of adults who were carers by age and sex.

All persons aged 16 and over					
Sex	Age group				All
	16 to 29	30 to 44	45 to 64	65 and over	
Percentage of adults who were:	%	%	%	%	%
<b>Men</b>	8	13	20	17	14
<b>Women</b>	12	25	27	13	20
<b>All adults</b>	10	20	24	15	18
<b>Men</b>	440	502	511	347	1800
<b>Women</b>	616	682	665	501	2464
<b>Base = 100%</b>	<b>1055</b>	<b>1184</b>	<b>1176</b>	<b>848</b>	<b>4264</b>

Table 4 Percentage of adults who are carers by Marital Status

All persons aged 16 and over					
Sex	Marital status			All adults	
	Single	Married/ Cohabiting	Separated/ divorced/ Widowed		
Percentage of adults who were:	%	%	%	%	
<b>Men</b>					
Non - Carer	92	82	90	86	
Carer	8	18	10	14	
<b>Women</b>					
Non - Carer	85	75	86	80	
Carer	15	25	14	20	
<b>All</b>					
Non - Carer	88	78	87	82	
Carer	12	22	13	18	
<b>Men</b>	518	1098	184	1800	
<b>Women</b>	640	1302	521	2464	
<b>Base = 100%</b>	<b>1158</b>	<b>2401</b>	<b>705</b>	<b>4264</b>	

Table 5 Percentage of adults who are carers by Marital Status and location of dependant

All persons aged 16 and over

Sex	Marital status			All adults
	Single	Married/ Cohabiting	Separated/ divorced Widowed	
Percentage of adults who were:	%	%	%	%
<b>Men</b>				
Carer	8	18	10	14
Carer - same household	5	9	4	7
Carer - another household only	4	9	6	7
<b>Women</b>				
Carer	15	25	14	20
Carer - same household	7	11	3	8
Carer - another household only	8	14	11	12
<b>All adults</b>				
Carer	12	22	13	18
Carer - same household	6	10	4	8
Carer - another household only	6	12	10	10
<b>Men</b>	518	1098	184	1800
<b>Women</b>	640	1302	521	2464
<b>Base = 100%</b>	<b>1158</b>	<b>2401</b>	<b>705</b>	<b>4264</b>

Table 6 Economic activity of carers

## All persons aged 16 and over

Sex	Type of carer				
	Non-carers	Carer -same household	Carer -another household only	All carers	All adults
Percentage of carers who were:	%	%	%	%	%
<b>Men</b>					
Full time	54	29	66	48	53
Part time	6	2	5	4	5
Unemployed	6	7	7	7	6
Inactive	35	62	22	41	36
<b>Women</b>					
Full time	26	15	34	26	26
Part time	19	15	26	22	19
Unemployed	3	1	1	1	3
Inactive	52	69	38	51	52
<b>All</b>					
Full time	38	20	44	33	37
Part time	13	10	20	15	13
Unemployed	4	3	3	3	4
Inactive	45	66	33	48	45
<b>Men</b>	1539	128	133	261	1800
<b>Women</b>	1974	206	284	490	2464
<b>Base = 100%</b>	<b>3513</b>	<b>334</b>	<b>417</b>	<b>751</b>	<b>4264</b>

Table 7 Carers: non-manual and manual socio-economic group by sex

All carers aged 16 and over

Socioeconomic group of carer	Sex of carer		
	Male	Female	All carers
Percentage of carers who were:	%	%	%
Non-manual	43	56	52
Manual	57	44	48
<b>Base = 100%</b>	<b>251</b>	<b>458</b>	<b>709</b>

Table 8 Percentage of adults who are carers or non-carers by HSS Board

All persons aged 16 and over

Sex	Board area				All adults
	Northern Board	Southern Board	Eastern Board	Western Board	
Percentage of adults who were:	%	%	%	%	%
<b>Men</b>					
Non - Carer	87	85	84	89	86
Carer	13	15	16	11	14
<b>Women</b>					
Non - Carer	82	77	80	82	80
Carer	18	23	20	18	20
<b>All adults</b>					
Non - Carer	84	81	81	85	82
Carer	16	19	19	15	18
<b>Men</b>	456	322	765	257	1800
<b>Women</b>	626	432	1025	381	2464
<b>Base = 100%</b>	<b>1083</b>	<b>754</b>	<b>1790</b>	<b>637</b>	<b>4264</b>

Table 9 Percentage of adults who are carers by HSS Board  
*(Carers caring for someone in their own household and elsewhere are shown separately)*

All persons aged 16 and over

Sex	Board area				All adults
	Northern Board	Southern Board	Eastern Board	Western Board	
Percentage of adults who were:	%	%	%	%	%
<b>Men</b>					
Non-carers	87	85	84	89	86
Carer -same household	6	6	8	7	7
Carer -another household only	7	9	8	4	7
<b>Women</b>					
Non-carers	82	77	80	82	80
Carer -same household	7	9	8	11	8
Carer -another household only	10	14	13	7	12
<b>All adults</b>					
Non-carers	84	81	81	85	82
Carer -same household	7	8	8	9	8
Carer -another household only	9	12	11	6	10
<b>Men</b>	456	322	765	257	1800
<b>Women</b>	626	432	1025	381	2464
<b>Base = 100%</b>	<b>1083</b>	<b>754</b>	<b>1790</b>	<b>637</b>	<b>4264</b>

Table 10 Percentage of adults who are carers by HSS Board  
(Carers caring under 20 hours per week and over 20 hours per week are shown separately)

All persons aged 16 and over

Sex	Board area				All adults
	Northern Board	Southern Board	Eastern Board	Western Board	
Percentage of adults who were:	%	%	%	%	%
<b>Men</b>					
Non-carer	87	85	84	89	86
Carer less than 20 hours per week	9	10	10	7	10
Carer 20 hours and above per week	4	5	6	4	5
<b>Women</b>					
Non-carer	82	77	80	82	80
Carer less than 20 hours per week	12	15	13	11	13
Carer 20 hours and above per week	6	8	8	7	7
<b>All adults</b>					
Non-carer	84	81	81	85	82
Carer less than 20 hours per week	11	13	12	10	11
Carer 20 hours and above per week	5	7	7	6	6
<b>Men</b>	456	322	765	257	1800
<b>Women</b>	626	432	1025	381	2464
<b>Base = 100%</b>	<b>1083</b>	<b>754</b>	<b>1790</b>	<b>637</b>	<b>4264</b>

Table 11 Percentage of adults who are carers by Religion

All persons aged 16 and over

Sex	Religion			All adults
	Catholic	Protestant	Other	
Percentage of adults who were:	%	%	%	%
<b>Men</b>	12	16	13	14
<b>Women</b>	20	20	12	20
<b>All adults</b>	17	18	12	18
<b>Men</b>	594	893	37	1800
<b>Women</b>	927	1242	58	2464
<b>Base = 100%</b>	<b>1522</b>	<b>2135</b>	<b>96</b>	<b>4264</b>

Table 12 Carers: type of carer and number of dependants cared for by whether the dependant lived inside or outside the carers household.

All carers aged 16 and over			
Number and location of dependants	Sex of carer		
	Men	Women	All carers
Percentage of carers who were:	%	%	%
Caring for someone in the same household			
1 dependant	42	31	35
2 or more dependants	3	3	3
Caring for someone in another private household only			
1 dependant	48	56	53
2 or more dependants	7	10	9
Total			
1 dependant	90	87	88
2 or more dependants	10	13	12
<b>Base = 100%</b>	<b>261</b>	<b>490</b>	<b>751</b>

Table 13 Carers: percentages caring for family members, relatives and friends by whether the dependant lived inside or outside the carers household.

All carers aged 16 and over

Sex of carer and who they care for	Type of carer		All carers
	Carer -same household	Carer -another household only	
	%	%	%
<b>Percentage of male carers who were caring for:-</b>			
Parent	20	57	39
Parent-in-law	3	18	11
Grandparent	1	5	3
Spouse, partner	62	1	31
Brother\sister	3	5	4
Child (incl. stepchild)	18	3	10
Other (related)	5	15	10
Friend/neighbour (unrelated)	1	9	5
Other (unrelated)	-	2	1
<b>Percentage of female carers who were caring for:-</b>			
Parent	30	63	49
Parent-in-law	3	11	8
Grandparent	1	8	5
Spouse, partner	40	-	17
Brother\sister	9	7	8
Child (incl. stepchild)	37	2	17
Other (related)	5	10	8
Friend/neighbour (unrelated)	3	15	10
Other (unrelated)	0	1	0
<b>Percentage of all carers who were caring for:-</b>			
Parent	26	61	46
Parent-in-law	3	13	9
Grandparent	1	7	5
Spouse, partner	48	0	22
Brother\sister	7	6	7
Child (incl. stepchild)	30	3	16
Other (related)	5	12	9
Friend/neighbour (unrelated)	2	13	8
Other (unrelated)	0	1	1
<b>Men</b>	128	133	261
<b>Women</b>	206	284	490
<b>Base = 100%</b>	<b>334</b>	<b>417</b>	<b>751</b>

Table 14 a) Sex and  
b) age of (main) dependant by sex of carer

All carers aged 16 and over

Sex and age of main dependant	Sex of carer		
	Men	Women	All carers
	%	%	%
Sex of dependant			
Male	25	41	35
Female	75	59	65
Age of dependant			
Under 16	7	10	9
16 to 44	10	8	9
45 to 64	22	21	21
65 to 74	26	21	23
75 to 84	22	28	26
85 or over	14	11	12
Age groups of dependants			
Under 18	8	10	9
18 to 64	31	29	30
65 or over	61	61	61
<b>Base = 100%</b>	<b>261</b>	<b>490</b>	<b>751</b>

Table 15 Age of main dependant by whether they lived inside or outside the carers household

All carers aged 16 and over

Sex & Age	Type of carer		
	Carer -same household	Carer -another household only	All carers
	%	%	%
<b>Male dependants</b>			
Under 16	11	4	7
16 to 44	14	6	10
45 to 64	34	9	22
65 to 74	23	28	26
75 to 84	9	34	22
85 or over	8	19	14
<b>Female dependants</b>			
Under 16	23	1	10
16 to 44	16	3	8
45 to 64	21	21	21
65 to 74	16	26	21
75 to 84	18	35	28
85 or over	7	14	11
<b>All</b>			
Under 16	18	2	9
16 to 44	15	4	9
45 to 64	26	18	21
65 to 74	19	26	23
75 to 84	15	35	26
85 or over	8	16	12
<b>Men</b>	128	133	261
<b>Women</b>	206	284	490
<b>Base = 100%</b>	<b>334</b>	<b>417</b>	<b>751</b>

Table 16 Disability of (main) dependant by sex of carer

All carers aged 16 and over

Disability of main dependant	Sex of carer		
	Men	Women	All carers
	%	%	%
A physical difficulty	86	84	85
A difficulty with sight or hearing	17	15	16
A learning difficulty or mental disability	6	6	6
A mental health difficulty	10	11	11
Not affected	8	7	7
<b>Base = 100%</b>	<b>260</b>	<b>489</b>	<b>749</b>

*Percentages add to more than 100 due to multiple responses*

Table 17 Disability of (main) dependant by whether living inside or outside the carers household

All carers aged 16 and over

Disability of main dependant	Type of carer		
	Carer -same Household	Carer -another Household	All carers
	%	%	%
A physical difficulty	89	82	85
A difficulty with sight or hearing	15	17	16
A learning difficulty or mental disability	10	2	6
A mental health difficulty	16	7	11
Not affected	2	12	7
<b>Base = 100%</b>	<b>334</b>	<b>415</b>	<b>749</b>

*Percentages add to more than 100 due to multiple responses*

Table 18 Amount of time spent caring by location of dependant

All carers aged 16 and over

Time spent caring per week	Carer - same household	Carer -another household only	All Carers
Percentage of carers who were:	%	%	%
<b>Men</b>			
Caring less than 20 hours per week	38	93	66
Caring 20 hours and above per week	62	7	34
<b>Women</b>			
Caring less than 20 hours per week	35	83	63
Caring 20 hours and above per week	65	17	37
<b>All adults</b>			
Caring less than 20 hours per week	36	86	64
Caring 20 hours and above per week	64	14	36
<b>Men</b>	128	133	261
<b>Women</b>	206	284	490
<b>Base = 100%</b>	<b>334</b>	<b>417</b>	<b>751</b>

Table 19 Type of care provided by carers

All carers aged 16 and over

Type of care given to dependant	Type of carer		
	Carer	Carer	All carers
	Same household	Another household only	
	%	%	%
<b>Help given to dependant by male carers</b>			
Personal care	56	14	35
Physical help	72	38	55
Help with paperwork and financial matter	44	38	41
Other practical help, shopping etc.	84	68	76
Keeping company	76	66	71
Taking out	63	57	60
Giving medicines	40	10	25
Keeping an eye on	76	65	70
OthThing	5	8	7
<b>Help given to dependant by female carers</b>			
Personal care	79	36	54
Physical help	72	39	53
Help with paperwork and financial matter	47	36	41
Other practical help, shopping etc.	74	89	83
Keeping company	69	83	77
Taking out	49	65	58
Giving medicines	71	18	40
Keeping an eye on	89	66	76
OthThing	3	6	5
<b>Help given to dependant by all carers</b>			
Personal care	70	29	47
Physical help	72	39	54
Help with paperwork and financial matter	46	36	41
Other practical help, shopping etc.	78	82	80
Keeping company	72	77	75
Taking out	55	62	59
Giving medicines	59	15	35
Keeping an eye on	84	66	74
OthThing	4	7	6
<b>Men</b>	<b>128</b>	<b>132</b>	<b>260</b>
<b>Women</b>	<b>206</b>	<b>283</b>	<b>489</b>
<b>Base = 100%</b>	<b>334</b>	<b>415</b>	<b>749</b>

Percentages do not add to 100 as multiple responses recorded

Table 20 Percentage of carers and non-carers who suffer from a long-standing illness

All carers aged 16 and over

Sex	Type of carer				All Carers
	Non Carers	Carer Same household	Carer Another household only		
Percentage of adults who were:	%	%	%	%	%
<b>Men</b>	36	50	34		42
<b>women</b>	39	48	37		42
<b>All adults</b>	38	49	36		42
<b>Men</b>	1539	128	133		261
<b>Women</b>	1974	206	284		490
<b>Base = 100%</b>	<b>3513</b>	<b>334</b>	<b>417</b>		<b>751</b>

Table 21 Percentage of carers who suffer from a long-standing illness by number of hours spent caring.

All persons aged 16 and over

Sex	Time spent caring			All adults
	Non Carer	Carer less than 20 hrs per week	Carer 20 hours and over per week	
Percentage of adults who were:	%	%	%	%
<b>Men</b>	36	34	58	37
<b>Women</b>	39	42	41	40
<b>All</b>	38	39	47	39
<b>Men</b>	1539	173	88	1800
<b>Women</b>	1974	309	181	2464
<b>Base = 100%</b>	<b>3513</b>	<b>482</b>	<b>269</b>	<b>4264</b>

Table 22 Amount of stress suffered by carers and non-carers by sex

All persons aged 16 and over			
Sex of adult and amount of stress experienced	Type of carer		
	Non - Carer	Carer	All adults
Percentage of adults who were:	%	%	%
<b>Men</b>			
No worry or stress	22	15	21
Just a little	51	39	50
Quite a lot	20	32	22
A great deal of worry or stress	6	13	7
<b>Women</b>			
No worry or stress	15	8	14
Just a little	50	40	48
Quite a lot	24	33	26
A great deal of worry or stress	11	19	13
<b>All adults</b>			
No worry or stress	18	11	17
Just a little	51	40	49
Quite a lot	22	32	24
A great deal of worry or stress	9	17	10
<b>Men</b>	1539	261	1800
<b>Women</b>	1974	490	2464
<b>Base = 100%</b>	<b>3513</b>	<b>751</b>	<b>4264</b>

Table 23 Amount of stress suffered by location of dependant

All persons aged 16 and over

Sex of adult and amount of stress experienced	Type of carer			All adults
	Non - Carer	Carer -same household	Carer -another household only	
Percentage of adults who were:	%	%	%	%
<b>Men</b>				
No worry or stress	22	18	13	21
Just a little	51	35	44	50
Quite a lot	20	32	32	22
A great deal of worry or stress	6	15	12	7
<b>Women</b>				
No worry or stress	15	7	10	14
Just a little	50	35	43	48
Quite a lot	24	38	29	26
A great deal of worry or stress	11	20	18	13
<b>All adults</b>				
No worry or stress	18	11	10	17
Just a little	51	35	43	49
Quite a lot	22	36	30	24
A great deal of worry or stress	9	18	16	10
<b>Men</b>	1539	128	133	1800
<b>Women</b>	1974	206	284	2464
<b>Base = 100%</b>	<b>3513</b>	<b>334</b>	<b>417</b>	<b>4264</b>

Table 24 Amount of stress suffered by time spent caring and sex

All persons aged 16 and over

Sex of adult and amount of stress experienced	Time spent caring			All adults
	Non Carer	Carer less than 20 hrs per week	Carer 20 hours and over per week	
Percentage of adults who were:	%	%	%	%
<b>Men</b>				
No worry or stress	22	14	17	21
Just a little	51	45	28	50
Quite a lot	20	32	32	22
A great deal of worry or stress	6	8	23	7
<b>Women</b>				
No worry or stress	15	11	5	14
Just a little	50	44	33	48
Quite a lot	24	31	36	26
A great deal of worry or stress	11	15	26	13
<b>All adults</b>				
No worry or stress	18	12	9	17
Just a little	51	44	31	49
Quite a lot	22	31	35	24
A great deal of worry or stress	9	13	25	10
<b>Men</b>	1539	173	88	1800
<b>Women</b>	1974	309	181	2464
<b>Base = 100%</b>	<b>3513</b>	<b>482</b>	<b>269</b>	<b>4264</b>

Table 25 The extent of social support among carers and non-carers

All persons aged 16 and over

Sex of adult and amount of support received	Type of carer		All adults
	Non - Carer	Carer	
Percentage of adults who were:	%	%	%
<b>Men</b>			
Severe lack of support	18	18	18
Some lack of support	32	35	32
No lack of support	50	46	49
<b>Women</b>			
Severe lack of support	13	13	13
Some lack of support	27	27	27
No lack of support	61	60	61
<b>All adults</b>			
Severe lack of support	15	15	15
Some lack of support	29	30	29
No lack of support	56	55	56
<b>Men</b>	1534	261	1795
<b>Women</b>	1966	489	2455
<b>Base = 100%</b>	<b>3500</b>	<b>750</b>	<b>4250</b>

Table 26 The extent of social support among carers, caring for dependent in same household or elsewhere

All persons aged 16 and over

Sex of adult and amount of support received	Type of carer			All adults
	Non-carers	Carer -same household	Carer -another household only	
Percentage of adults who were:	%	%	%	%
<b>Men</b>				
Severe lack of support	18	24	13	18
Some lack of support	32	29	41	32
No lack of support	50	47	46	49
<b>Women</b>				
Severe lack of support	13	15	12	13
Some lack of support	27	25	28	27
No lack of support	61	60	60	61
<b>All adults</b>				
Severe lack of support	15	19	12	15
Some lack of support	29	26	32	29
No lack of support	56	55	56	56
<b>Men</b>	1534	128	133	1795
<b>Women</b>	1966	206	283	2455
<b>Base = 100%</b>	<b>3500</b>	<b>334</b>	<b>416</b>	<b>4250</b>

Table 27 The extent of social support among carers by time spent caring

All persons aged 16 and over				
Sex of adult and amount of support receive	Time spent caring			All adults
	Non Carer	Carer less than 20 hrs per week	Carer 20 hours and over per week	
Percentage of adults who were:	%	%	%	%
<b>Men</b>				
Severe lack of support	18	11	32	18
Some lack of support	32	41	23	32
No lack of support	50	47	45	49
<b>Women</b>				
Severe lack of support	13	13	13	13
Some lack of support	27	28	23	27
No lack of support	61	58	63	61
<b>All adults</b>				
Severe lack of support	15	13	19	15
Some lack of support	29	33	23	29
No lack of support	56	54	57	56
<b>Men</b>	1534	173	88	1795
<b>Women</b>	1966	308	181	2455
<b>Base = 100%</b>	<b>3500</b>	<b>481</b>	<b>269</b>	<b>4250</b>

Table 28 The extent of psychiatric morbidity (taken from GHQ12) among carers and non-carers

All persons aged 16 and over			
GHQ 12 score	Type of carer		All adults
	Non - Carer	Carer	
Percentage of adults who were:	%	%	%
<b>Men</b>			
0	56	43	54
1 to 3	28	34	29
4 and over	16	23	17
<b>Women</b>			
0	46	35	44
1 to 3	30	31	31
4 and over	24	33	26
<b>All adults</b>			
0	50	38	48
1 to 3	29	32	30
4 and over	20	30	22
<b>Men</b>	749	126	875
<b>Women</b>	997	239	1236
<b>Base = 100%</b>	<b>1746</b>	<b>365</b>	<b>2111</b>

Table 29 The extent of psychiatric morbidity (GHQ12) among carers, caring for a dependent in same household and elsewhere.

All persons aged 16 and over

GHQ12 score	Type of carer			All adults
	Non Carers	Carer -same household	Carer -another household only	
Percentage of adults who were:	%	%	%	%
<b>Men</b>				
0	56	40	47	54
1 to 3	28	32	36	29
4 and over	16	28	16	17
<b>Women</b>				
0	46	32	38	44
1 to 3	30	31	31	31
4 and over	24	37	30	26
<b>All adults</b>				
0	50	35	41	48
1 to 3	29	32	33	30
4 and over	20	34	26	22
<b>Men</b>	749	68	58	875
<b>Women</b>	997	107	132	1236
<b>Bases = 100%</b>	<b>1746</b>	<b>175</b>	<b>190</b>	<b>2111</b>

Table 30 The extent of psychiatric morbidity (GHQ12) among carers by time spent caring

All persons aged 16 and over

GHQ12 score	Time spent caring		
	Non Carer	Carer less than 20 hrs per week	Carer 20 hours and over per week
Percentage of adults who were:	%	%	%
<b>Men</b>			
0	56	45	40
1 to 3	28	35	32
4 and over	16	20	28
<b>Women</b>			
0	46	41	27
1 to 3	30	31	32
4 and over	24	28	41
<b>All adults</b>			
0	50	42	31
1 to 3	29	33	32
4 and over	20	25	37
<b>Men</b>	749	82	44
<b>Women</b>	997	145	93
<b>Base = 100%</b>	<b>1746</b>	<b>228</b>	<b>137</b>

Table 31 Smoking status among carers and non-carers

All persons aged 16 and over

Sex of adult and smoking status	Type of carer		All adults
	Non - Carer	Carer	
Percentage of adults who were:	%	%	%
<b>Men</b>			
Current Smokers	34	39	35
Ex Smokers	34	35	34
Never Smoked	32	26	31
<b>Women</b>			
Current Smokers	29	34	30
Ex Smokers	24	22	24
Never Smoked	47	44	47
<b>All adults</b>			
Current Smokers	31	36	32
Ex Smokers	28	26	28
Never Smoked	41	38	40
<b>Men</b>	1539	261	1800
<b>Women</b>	1974	490	2464
<b>Base = 100%</b>	<b>3513</b>	<b>751</b>	<b>4264</b>

Table 32 Smoking status among carers, caring for dependent in same household or elsewhere and non-carers

All persons aged 16 and over

Sex of adult and smoking status	Type of carer			All adults
	Non Carer	Carer -same household	Carer -another household only	
Percentage of adults who were:	%	%	%	%
<b>Men</b>				
Current Smokers	34	43	35	35
Ex Smokers	34	31	38	34
Never Smoked	32	26	27	31
<b>Women</b>				
Current Smokers	29	39	31	30
Ex Smokers	24	19	24	24
Never Smoked	47	42	45	47
<b>All adults</b>				
Current Smokers	31	40	32	32
Ex Smokers	28	23	28	28
Never Smoked	41	36	39	40
<b>Men</b>	1539	128	133	1800
<b>Women</b>	1974	206	284	2464
<b>Base = 100%</b>	<b>3513</b>	<b>334</b>	<b>417</b>	<b>4264</b>

Table 33 Amount smoked by carers and non-carers

All persons aged 16 and over

Sex of adult and no. of cigarettes smoked per day	Type of carer		All adults
	Non - Carer	Carer	
Percentage of adults who were:	%	%	%
<b>Men</b>			
20 or above	14	16	14
Less than 20	20	23	21
ex/non smoker	66	61	65
<b>Women</b>			
20 or above	9	14	10
Less than 20	19	21	20
ex/non smoker	72	66	70
<b>All adults</b>			
20 or above	11	15	12
Less than 20	20	21	20
ex/non smoker	69	64	68
<b>Men</b>	1539	261	1800
<b>Women</b>	1974	490	2464
<b>Base = 100%</b>	<b>3513</b>	<b>751</b>	<b>4264</b>

Table 34 Amount smoked by carers, caring for dependent in same household or elsewhere and non-carers

All persons aged 16 and over

Sex of adult and no. of cigarettes smoked per day	Type of carer			All adults
	Non Carers	Carer -same household	Carer -another household only	
Percentage of adults who were:	%	%	%	%
<b>Men</b>				
20 or above	14	25	9	14
Less than 20	20	18	27	21
ex/non smoker	66	57	65	65
<b>Women</b>				
20 or above	9	17	11	10
Less than 20	19	22	20	20
ex/non smoker	72	61	69	70
<b>All adults</b>				
20 or above	11	20	10	12
Less than 20	20	20	22	20
ex/non smoker	69	60	68	68
<b>Men</b>	1539	128	133	1800
<b>Women</b>	1974	206	284	2464
<b>Base = 100%</b>	<b>3513</b>	<b>334</b>	<b>417</b>	<b>4264</b>

Table 35 Amount smoked by time spend caring

All persons aged 16 and over				
No. of cigarettes smoked per day	Time spent caring			All adults
	Non Carer	Carer less than 20 hrs per week	Carer 20 hours and over per week	
Percentage of adults who were:	%	%	%	%
<b>Men</b>				
20 or above	14	16	17	14
Less than 20	20	21	26	21
ex/non smoker	66	63	57	65
<b>Women</b>				
20 or above	9	10	19	10
Less than 20	19	22	19	20
ex/non smoker	72	68	62	70
<b>All adults</b>				
20 or above	11	12	19	12
Less than 20	20	22	21	20
ex/non smoker	69	66	60	68
<b>Men</b>	1539	173	88	1800
<b>Women</b>	1974	309	181	2464
<b>Base = 100%</b>	<b>3513</b>	<b>482</b>	<b>269</b>	<b>4264</b>

Table 36 Drinking status among carers, caring for dependent in same household or elsewhere and non-carers

All persons aged 16 and over

Sex of adult and drinking status	Type of carer				All adults
	Non Carer	Carer -same household	Carer -another household only	All Carers	
Percentage of adults who were:	%	%	%	%	%
<b>Men</b>					
Never drink	14	15	8	11	14
Used to drink	7	13	4	8	7
Current drinker	79	72	89	81	79
<b>Women</b>					
Never drink	22	30	17	23	22
Used to drink	6	8	4	6	6
Current drinker	72	61	79	72	72
<b>All adults</b>					
Never drink	19	24	14	19	19
Used to drink	6	10	4	7	6
Current drinker	75	65	82	75	75
<b>Men</b>	1539	128	133	261	1800
<b>Women</b>	1974	206	284	490	2464
<b>Base = 100%</b>	<b>3513</b>	<b>334</b>	<b>417</b>	<b>751</b>	<b>4264</b>

Table 37 Drinking status among carers by time spent caring

All persons aged 16 and over

Sex of adult and current drinking status	Time spent caring			All adults
	Non Carer	Carer less than 20 hrs per week	Carer 20 hours and over per week	
Percentage of adults who were:	%	%	%	%
<b>Men</b>				
Never drink	14	9	16	14
Used to drink	7	5	14	7
Current drinker	79	86	69	79
<b>Women</b>				
Never drink	22	20	26	22
Used to drink	6	3	11	6
Current drinker	72	77	63	72
<b>All adults</b>				
Never drink	19	16	23	19
Used to drink	6	4	12	6
Current drinker	75	80	65	75
<b>Men</b>	1539	173	88	1800
<b>Women</b>	1974	309	181	2464
<b>Base = 100%</b>	<b>3513</b>	<b>482</b>	<b>269</b>	<b>4264</b>

## Background and Methodology of the 1997 Health and Social Wellbeing Survey

### Background

The Department of Health and Social Services together with the four Health and Social Services Boards commissioned the 1997 Northern Ireland Health and Social Wellbeing Survey. Fieldwork was carried out by the Central Survey Unit (a branch of NISRA, the Northern Ireland Statistics and Research Agency) between January and July 1997.

A steering group oversaw the development and management of the survey. The group consisted of representatives from the Department of Health and Social Services, the four Health and Social Services Boards, the Health Promotion Agency, the Central Survey Unit and an independent advisor.

The purpose of the Northern Ireland Health and Social Wellbeing Survey is to periodically monitor the general health and other health related issues affecting the adult population. The study was based on previous surveys such as the *Change of Heart Baseline Study (1987/88)* and the *NI Health and Activity Survey (1992)*. These studies were used in the 1993 *Regional Strategy for Northern Ireland Health and Personal Social Services, 1994 – 2004* which recommended that a periodic survey be established, the objective being to provide information relating to strategy targets and where possible to provide data comparable to that collected by health departments in Great Britain and elsewhere.

The areas highlighted in the Northern Ireland health strategy documents provided the core for the 1997 Health and Wellbeing Survey. The 1992-97 strategy set a number of health targets to be monitored through the use of population surveys. These were; cigarette smoking, cholesterol levels, dietary fat intake, blood pressure and alcohol misuse. The Regional Strategy 1997-2002 (Health and Wellbeing: Into the next Millennium) added a number of other areas including; circulatory diseases, mental health, family and child health and welfare, physical and sensory disability, asthma and diabetes.

The survey was designed to reflect the questionnaire structure, content and methodological approach of the Health Survey for England. Unlike the English survey, the NI Health and Social Wellbeing survey will not run annually but every few years. However, like the English survey, the context of each round of the survey will vary; to both extend the range of coverage and to reflect changing areas of interest.

### Methodology

#### The Sample

A stratified random sample of 3520 addresses was selected from the Valuation and Land Agency list of private addresses in Northern Ireland. Prior to selection, the list of addresses was stratified by Health and Social Services Board area and an equal number of addresses were selected from each area to facilitate analysis at Health Board level. Tables A.1 to A.5b are a breakdown of the main features of the sample and the subsequent responses.

## **Survey Design**

The survey was carried out between the end of January 1997 and the beginning of July 1997. It comprised two parts; the first part was an interview and the second was a physical appraisal by a nurse. Interviews were sought with each adult aged 16 or over in the household. One adult from each household was randomly selected for the physical examination. If an interview was obtained from a selected respondent he/she were then asked for their agreement to take part in the physical appraisal.

The main areas covered by the interview section included self-assessment of general health, symptoms of specific health conditions, measures of health risk such as smoking and drinking, measures of social well being such as stress-related life events and perceived social support, problems of family life and parenting, use of health and social services and some household and classificatory variables such as age, sex, marital status and occupation. The survey also collected data to enable the calculation of GHQ12 and SF36 scores, which provide an assessment of mental health, social support, anxiety and depression.

The physical measures included, recording the names of all prescribed medication that the respondent was taking, measuring height, waist, hip, weight and blood pressure. A blood sample was also taken to measure the level of cholesterol (non-fasting).

## **Survey Response rates**

Tables A.1 - A.4 display the response to the survey.

## **Representativeness of the Sample.**

To assess how accurately the achieved sample reflects the adult population of Northern Ireland, the sample was compared with the 1996 midyear estimates of the population. The age distribution of females in the sample matches that of the population quite closely, most differences being within the range of sampling error. However, the age distribution of males differs slightly from that of the population with fewer males in the younger age groups and more in the oldest age group (Table A.5a). The gender distribution of the sample also differs slightly from that of the midyear estimates of the population (Table A. 5b).

## **Survey results**

In October 1997 each Health Board was provided with 'top-line' results for their own area and in November 1997 with a validated database. The data from each Health Board was then weighted to provide data at the Northern Ireland level.

## **Religion**

Care must be taken when analysing the survey findings by religion. Historically, religious affiliation has been linked to disparities in deprivation indicators such as poor housing, low socio-economic group, long-term unemployment and lack of educational attainment, all factors that have been linked to health. Therefore any health and wellbeing differentials between the two communities may reflect a relationship between religion and socio-economic factors.

## **Sampling Error**

No sample is likely to reflect precisely the characteristics of the population it is drawn from because of both sampling and non-sampling errors. However, the amount of error due to the sampling process can be estimated. For a simple random sample design, in which every member of the sampled population has an equal and independent chance of inclusion in the sample, the

sampling error of any percentage, p, can be calculated by the formula:

$$\text{s.e.} = \sqrt{(p*(100 - p) / n)}$$

Where n is the number of respondents on which the percentage is based. The sample for the Health and Social Wellbeing Survey is drawn as a simple random sample, and therefore, this formula can be used to calculate the sampling error of any percentage estimate chosen from the survey.

A confidence interval for the population percentage can be calculated by the formula

$$= 95 \text{ percent confidence interval} = p \pm 1.96 * \text{s.e.}(p).$$

If 100 similar, independent samples were chosen from the same population, 95 of them would be expected to yield an estimate for the percentage, p, within this confidence interval.

The absence of design effects in the survey, and therefore of the need to calculate complex standard errors, means that standard statistical tests of significance (which assume random sampling) can be applied directly to the data. Table A.6 provides examples of the sampling errors and confidence intervals for some percentage estimates from the Carers Report. These can be used as a rough guide when interpreting the results of the survey.

A percentage estimate of 10% (or 90%), which is based on all respondents to the survey, has a standard error of 0.46 and a 95% confidence interval of +/-0.90%. A percentage estimate of 50% has a standard error of 0.77 and a 95% confidence interval of +/- 1.51%. Sampling errors for proportions based on subgroups within the sample (e.g. smokers) are larger than they would be if the questions were asked of everyone.

### **Weighting - Northern Ireland Weights**

Selecting equal samples from each of the four Health Boards means that overall the survey will not accurately reflect the Northern Ireland population. This is because the Northern Ireland population is not equally dispersed over the four boards and the probability of selection for the survey is therefore dependent on the population size of the particular Health Board. In other words individuals living in a Health Board with a large population have a lower chance of being included in the sample than individuals from smaller Health Boards.

Before analysis of the data at the Northern Ireland level, the data from each Board is weighted in relation to the population size. This weighting process adjusts the results to those that would have been achieved from a random sample of Northern Ireland addresses.

To demonstrate the effects of weighting on the responses given by the respondents, the question on the level of stress experienced in the last 12 months was analysed weighted, and unweighted for Northern Ireland figures (Tables A.7 - A.9).

**Table A.1 Responses from all households**

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Addresses issued	3520	
Ineligible	286	
Effective sample	3234	
<b>Response rate</b>		
Complete	2435	75% (one or more persons interviewed)
Refusal	635	20%
Non- contact	164	5%
Physical Measures	1713	53% (selected respondent completed interview and physical measures)

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*Health and Social Well-being Survey 1997*

**Table A.2: Individual response in co-operating households**

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	<u>No of individuals</u>	<u>Response</u>
Total eligible individuals	5097	
Full personal response	4237	83%
Proxy interview	451	9%
Refusal/ non contact	409	8%

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*Health and Social Well-being Survey 1997*

**Table A.3: Response to physical measures in co-operating households (one person per household was randomly selected to take part in the nurse visit)**

	No of individuals	Response
Co-operating households	2435	
Selected respondent agreed to interview	2184	90%
Respondent agreed to nurse visit	1938	80%
Nurse visit obtained	1713	70%
<b>Nurse response rate</b>		<b>88%</b>

*Health and Social Well-being Survey 1997*

**Table A.4: Interviewed households and individuals by Health Board Area**

	Households	%	Individuals	%
Northern	596	24.5	1099	23.4
Southern	625	25.7	1223	26.1
Eastern	604	24.8	1139	24.3
Western	610	25.1	1227	26.2
<b>Total</b>	<b>2435</b>		<b>4688</b>	

*Health and Social Well-being Survey 1997*

Table A.5a: Representativeness of the sample

	<u>Mid year estimate of population</u>	<u>Individual interviews</u>
	%	%
Men		
16-24	19	17
25-34	21	18
35-44	18	18
45-54	16	17
55-64	12	12
65+	14	18
Women		
16-24	17	16
25-34	20	19
35-44	17	18
45-54	15	15
55-64	12	11
65+	20	21

*Health and Social Well-being Survey 1997*

Table A.5b: Representativeness of the sample

	<u>Mid year estimate of population</u>	<u>Individual interviews</u>
	%	%
Men	48	45
Women	52	55

*Health and Social Well-being Survey 1997*

Table A.6 Sampling errors

	(P) (%)	Standard Error of (P) (%)	95% Confidence interval +/-
<b>Caring Status n = 4264</b>			
Carer	18	0.59	1.15
Non-Carer	82	0.59	1.15
<b>Carers n =751</b>			
Suffer a great deal of stress	17	1.37	2.69
Current smoker	36	1.75	3.43
<b>Care for dependant in their household n = 334</b>			
Suffer a great deal of stress	18	2.1	4.12
Current smoker	40	2.68	5.25

*Health and Social Well-being Survey 1997*

Table A.7: Weighting of the sample

Health Boards	Weight	Number	%	Scaled Weight
Northern	1	1085	25	1.08
Southern	2	755	18	0.67
Eastern	3	1791	42	1.7
Western	4	638	15	0.6

*Health and Social Well-being Survey 1997*

Table A.8: Level of stress experienced

<b>Weighted</b>	
	%
No worry or stress	16.8
Just a little stress	48.7
Quite a lot of stress	24.1
Great deal of stress	10.4
Base = 100%	4264

*Health and Social Well-being Survey 1997*

Table A.9: Level of stress experienced

<b>Unweighted</b>	
	%
No worry or stress	17.3
Just a little stress	49.6
Quite a lot of stress	23.2
Great deal of stress	9.9
Base = 100%	4230

*Health and Social Well-being Survey 1997*



