



Ipsos MORI
Social Research Institute

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UNDERSTANDING NEWHAM 2017

Findings from Wave 9 of the Newham Household Panel

Survey

Ipsos MORI

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Mayoral foreword



As the new Mayor of Newham, I have been clear that the council will be putting people at the heart of everything we do. That means working in partnership with our residents and involving them in the solutions to the big challenges in our borough. It also means that I want to understand more about their views, their circumstances and the issues that they face.

The Newham Household Panel Survey (NHPS) is part of the evidence base for change. It identifies issues such as increasing child poverty; underemployment; low pay, and high housing costs that are having an impact on our residents and affecting their quality of life.

This report confirms that too many people in Newham are still getting paid below both the minimum wage and the London Living wage, and too many have low or no qualifications. Through my commitment to Community Wealth Building, I will ensure that the council are helping to build a vibrant local economy that harnesses the talent of all our residents, promotes social mobility, and ensures that the benefits of economic growth are felt by local people.

High housing costs are also a significant concern. NHPS tells us that half of Newham households are on low incomes after housing costs, and two-thirds of Newham's children live in households that are in poverty after housing costs. Tackling the housing crisis is a top priority for my administration, and I will be dramatically stepping up the delivery of affordable housing at social rent – providing the genuinely affordable homes that Newham needs.

I have set out an ambitious agenda for change in Newham, and my new administration will be taking a robust and evidence-based approach. The issues raised in NHPS will feed into the evidence base for change. I have also been clear that I will be exploring different methods and opportunities to hear people's views and involve them in decision making, including through a regular programme of Citizen Assemblies that will help transform the council to become more responsive. This wide-ranging engagement will help to drive our priorities and our policy development over the coming years.

I hope you find this report interesting and look forward to reporting back on our progress as we change Newham for the better.

A handwritten signature in black ink, reading 'Rokhsana'.

Rokhsana Fiaz OBE

Mayor of Newham

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1 Executive Summary

Overview

The Newham Household Panel Survey (NHPS), also known as Understanding Newham, is a longitudinal panel survey – currently in its ninth wave – which is designed to provide Newham Council with insight into the changing needs of Newham residents. It is partly modelled on the British Household Panel Survey (BHPS), which has now been incorporated into the Understanding Society survey, to enable the Council to understand how the Borough compares to the national picture across a broad range of indicators.

Understanding Newham Wave 9 was conducted by the independent research agency Ipsos MORI, between 20 April and 9 August 2017. The results are based on 1,085 face-to-face interviews conducted in-home among adults aged 16+; 590 from existing panel households and 495 from households that are new to the survey.

This report focuses on the survey results as they relate to the key areas of personal, community and economic resilience.

Personal resilience

There has been little change in the **length of time that Newham residents have lived in the borough** since 2015. There has been some longer-term change, with a six-point increase in short term residents of the borough since 2013 (12% to 18%). Short term residents make up one in five (18%) of those living in Newham. Two in four (41%) of those living in Newham are long term residents. Residents new to the borough are more likely to be of Eastern European ethnicity than the overall population, indicating that over time the proportion of residents from an Eastern European ethnicity is likely to increase (26% vs. 15% overall). Residents may be moving because of employment opportunities within the borough, seven in ten (71%) of new residents are in paid employment, compared to five in ten (49%) of the overall population.

As may be expected with only one in five (18%) residents identifying as White British, **the majority of residents do not speak English as their first language** (59%). After English, the next most common language is Bengali (13%) followed by Urdu (6%). This may impact on the outcomes that residents achieve, with residents who do not speak English as their first language being more likely to live in poverty than those who do (41% vs. 30%). The majority (81%) of Newham residents regard themselves as belonging to a **religion**.

After White British the next largest **ethnic groups** are those from a Bangladeshi or Indian background, both 12 per cent of the population. When aggregated residents are evenly distributed amongst White (39%) and Asian (39%) backgrounds, with one in five (17%) from a Black background.

There is also a relationship between **spoken and written English language skills**. Residents who do not speak English as their first language reported lower English reading (58% vs. 92%) and writing skills (51% vs. 87%) than those who do speak English as their first language. Despite these figures, the majority (87%) of those who do not speak English as their first language feel that they speak English well.

The majority (91%) of Newham residents feel they can **read English** well. Similar figures were seen in 2015 (91%) and 2013 (93%). **Reading skills** are worse amongst older residents (aged 65 and over) and disabled residents with one in five (20% and 18%) of these groups reporting poor reading skills. Those who are looking after the home or family are also more likely to report lower reading skills (22% vs. 9% overall).

Numeracy skills are similar to those seen in 2015 (90% vs. 89%) and remain slightly down since 2011 (93%). A significant proportion of those who are looking after the home or family are not confident with numbers (31%), in contrast just two per cent of those who are employed full time are not confident with numbers.

The majority (86%) of Newham residents feel that they **can write English** either very or quite well, with one in eight (14%) saying they can write English not very well, hardly at all or that they cannot write English at all. These figures have remained stable across recent waves of the survey and remain slightly down from 2011 (89%).

Low levels of **English proficiency** may also be related to some individuals not seeking to join the employment market. Two in five (39%) of those who are looking after the family or home have strong English Language skills, compared to four in five (78%) of those in paid employment. The qualification level of residents also affects access to the employment market. Residents with no qualifications are more than twice as likely to be unemployed than those educated to at least Bachelor's degree level (22% vs. 10%).

Over one in four (28%) of Newham residents have no **formal qualification**. One in ten (11%) Newham residents are educated to at least Bachelor's degree level. National comparisons collected in 2015¹ show that Newham residents are less educated than the UK population overall. Here just one in eight (12%) have no qualifications while one in three (36%) are educated to degree level.

Childcare use is lower amongst Newham residents than the UK population overall (20% vs. 45%) and the London average (42%). Uptake of childcare has fallen since 2015 (28%) and 2013 (37%).

Internet penetration in Newham has improved since 2015 (91% vs. 86%) and is in line with the averages from Great Britain and London. The increase in those accessing mobile networks seen between 2013 (5%) and 2015 (27%) has continued, with over half (56%) now accessing the internet this way.

Four in five residents have access to a smartphone (82%), up from seven in ten in 2015 (72%). Access to digital services may still be challenging for Newham's vulnerable residents with disabled residents (30%) and social renters (14%) more likely than overall (8%) to have no access to the internet. Older residents are also far less likely to have access to smart devices (65+ 30% vs. 56% overall) and smartphones (65+ 41% vs. 82% overall). Newham residents are less likely than the UK population to engage in online activities such as **accessing information about goods and services**. Seven in ten of the total population do this online (71%) compared to five in ten of Newham residents.

The Body Mass Index (BMI) of Newham residents is below the national average, however, the majority of the adult population of Newham weigh more than the healthy weight (55%). There has been an increase in those categorised as overweight since 2015 (32% to 38%). The mean BMI in Newham is 26.3, which is slightly lower than the adult English population as a whole (27.4).

Although Newham residents are more likely to meet government guidelines for **fruit and vegetable consumption** in 2017 than they were in 2015 (23% in 2015 to 28% in 2017), the majority of residents are still not eating enough per week. Similarly, the majority of Newham residents are either inactive or insufficiently active (60%). The importance of local facilities to keeping Newham's residents active is seen here, with those who use local facilities such as sports clubs or leisure clubs more likely to be doing vigorous activity. A minority of Newham residents (19%) smoke, similar to the figures

¹ Understanding Society: Wave 6

seen across the recent history of the survey. The majority (61%) of Newham residents do not drink, with just three per cent of Newham residents reporting that they drink above the recommended amount of alcohol per day.

Men and women engage in different **unhealthy behaviours**. Men are more likely than women to smoke (23% vs. 16%) and drink alcohol (43% vs. 28%), while women are less likely to live an active life (31% vs. 48%). As in 2015, income is linked to engaging in multiple unhealthy behaviours, those in lower income quartile households are less likely to eat the recommended amount of fruit and vegetables, and to be classed as active. However, income is not related to an individual's likelihood to smoke or drink. Residents from White British backgrounds are also more likely to exhibit multiple behaviours than Asian and Black residents. They are more likely to smoke (34% of White residents, compared to 7% of Asian residents and 15% of Black residents), and to drink above 14 units per week (6% vs. 1% of Asian and Black residents).

One in five (17%) of those who consider themselves disabled or who have health problems receive **informal care**, with the majority of this coming from friends, relatives or family, rather than from children aged under 16. The care burden is particularly heavy for a minority of carers, with one in eight (15%) of those who give care, giving over 35 hours per week. Caring may have an impact on mental wellbeing, with those who give care reporting a lower mental health well-being score on average than those who do not give care (22.88 vs. 23.87).

When looking at the total population **residents' satisfaction with their lives overall** is higher than the national and London averages. Four in five (80%) are satisfied with their life overall, this is little change since 2015 (77%). The impact of **giving care** is also seen when looking at residents' satisfaction with their life overall. Seven in ten (69%) carers are satisfied with their life overall, compared to eight in ten overall (82%). Panellists from Wave 8 of the data may be becoming more satisfied with their lives overall. Of panellists who were dissatisfied with their lives overall in 2015 two in three (63%) are now satisfied.

The majority of residents feel that they are confident in their **personal resilience**, with six in ten (61%) saying they are confident in being able to bounce back quickly after hard times. This is however down by nine points since 2015 (70%). Despite this, residents now feel more capable of making it through stressful events (32% disagreed that they have a hard time making it through stressful events in 2017, compared to 42% in 2017). Residents' personal resilience is closely related to the financial situation of the individual and household. Potentially related to this, social renters also have lower levels of personal resilience, and educational levels also play some role in residents' ability to recover from a shock or stress. Those who are **not satisfied with their social life** are almost twice as likely to have low levels of resilience than those who are satisfied (34% vs. 18%).

Mental wellbeing amongst Newham residents is slightly lower than the London and UK population. Newham residents have an average mental wellbeing score of 23.8, compared to 24.7 for the UK as a whole, and 24.8 in London. Income is again important here in defining residents' well-being, with those in the lowest income quartile having the lowest well-being scores. Those who are unemployed and state that they are long term sick or disabled are more likely to have lower levels of mental wellbeing, as are those who social rent. **Carers have lower well-being** than those who do not give care (22.9 vs. 23.9).

When looking at other aspects of individuals' lives, satisfaction with social life and leisure time were strong drivers of mental wellbeing. This highlights the importance of social networks in mental wellbeing.

Economic resilience

Employment among Newham residents has plateaued from 2015, following a gradual increase since 2011. **Six in ten residents are now either employed (49%) or self-employed (11%).** Despite this, employment among working age residents is lower than the national average (at 67% of Newham residents, compared with 75% nationally), and just 34% of residents in low income households (after housing costs) are in paid employment.

The employment gap between genders has fallen since 2015, though men are still more likely to be in paid employment (53% of men, compared with 45% of women).

There is underlying underemployment in Newham, both in terms of people who could have worked more months in the last year, but also people wanting to work more hours than they do. One in five residents (19%) would like to work more hours. Younger residents aged 16-24 are especially likely to have worked fewer months than they were available to, with over a quarter (27%) saying this is the case.

Newham residents are generally positive about their workplace skills. A number of groups further from the labour market identify shortfalls that the council could help to address, however. In particular, residents with health issues are less confident in their working skills. Four in ten residents with a disability (40%) or health condition (38%) say their IT skills are fairly or very poor (compared with just 13% of all residents): This may be related to the fact that IT skills are strongly linked with age – whereas 97% of residents aged 16-24 rate their skills as strong, this falls to 19% of those aged 65+. Residents with weaker English language skills are less confident in their working skills, compared with residents with strong English.

Residents' pay has increased since 2015, with the median gross weekly pay of employees in Newham rising from £323 to £369. Despite this, Newham residents' pay is still substantially below the UK median of £449 per week.

Hourly pay² has also increased since 2015 (from a median £8.82 per hour, to a median £9.11 per hour). Again, however, this still falls short of the UK median hourly pay of £12.49 per hour, and over this period rental costs in the Borough have risen sharply (discussed below). There is also a gender pay gap, with women earning 13% less than men. This pay gap is higher than the national average of 9%.

As a consequence of these relatively low pay rates, **underpayment of both the minimum wage and the London Living wage is an increasing problem in Newham.** Underpayment of the minimum wage now stands at 27 per cent³ (an increase of eight percentage points since 2015).⁴ Meanwhile, more than half of Newham residents (55%) are paid less than the London Living wage: this continues a gradual upward trend since 2013 when 48% of residents were paid below that threshold. By contrast, data from Trust for London suggests that underpayment of the Living Wage across London has been more stable since 2013 (when it was 20%) to 2017 (21%).

The existence of a gender pay gap means that women are particularly vulnerable to being paid below the minimum wage – **one-third of employed women are paid below this threshold** (34%), compared with one in five men (22%). Data on pay

² It should be noted that the calculation for gross hourly pay used in Understanding Newham differs from national statistics, since it includes total pay for the last pay period, including overtime pay, and total hours worked, including both paid and unpaid overtime. As such, derived hourly pay for Newham is not directly comparable with national figures. Source: ONS data (2014).

³ The national minimum wage applicable during the fieldwork period was set at £7.50 for people aged 25 and over; £7.05 for people aged 21 to 24 and £5.60 for people aged 18 to 20

⁴ It should be noted, that structure of the minimum wage has changed, with the level split out further by age group. As such, it is difficult to directly compare results across different waves of the Understanding Newham survey

rates by sector is limited but suggests that employees working in retail are most affected by underpayment of the minimum wage, with as many as 45% being paid below this threshold. Residents who are paid below the minimum wage are more likely to be looking for other work (34%, compared with 16% of residents paid above the minimum wage). However, they are no more likely to feel overqualified for their job. This suggests that they may need to support to improve their workplace skills.

The median net equivalised household income *before* housing costs in Newham is £19,402 (mean £22,169), or £373 per week. Median net equivalised household income *after* housing costs falls to £15,257 (mean £17,851) per year, or £293 per week. This compares with a national median equivalised income after housing costs of £413 per week.

The median monthly rent in Newham is now £650 (mean £812). This represents an increase of just over £100 since 2015, when the median rent was £545 (mean £665). This increase has been led by the private sector, where the median rent has leapt from £934 to £1,200 a month (mean increase from £905 to £1,107). In light of this, the cost of living in Newham is particularly problematic for private renters. Private renters in Newham have a median equivalised income after housing costs only 65% of their median income before housing costs: this ratio is far lower than that of owner occupiers (whose median net equivalised income after housing costs is 89% of the median before housing costs) and social renters (84%).

In addition to increases in rental payments, Newham residents also face increases in their household bills. **The average Newham household now spends one-fifth of its gross income on food and utilities** (median 22%). This has increased by four percentage points since 2015, when the figure was 18 percent. The impact of rising costs is felt most keenly by the lowest income quartile, who spend three-fifths of their incomes on food and utilities (median 62%).

In light of these cost of living increases, Newham residents may need additional support to improve their financial resilience. **More than half of Newham residents do not save a regular amount of money each month** (55%), a very similar level to that recorded in 2015 (54%). Meanwhile, one in ten households in Newham (9%) say that the repayment of debts places a heavy financial burden on them, while a further 16 per cent view the repayment of debts as somewhat of a burden. Residents from minority ethnic backgrounds are more likely to view the repayment of debt as a heavy burden (15% from black ethnic backgrounds and 11% from Asian backgrounds say this, compared with 5% of residents from white backgrounds). Despite this, only four per cent of residents of Asian backgrounds have ever asked for advice about debt, compared with 17 per cent of residents from black backgrounds, and 8 per cent of residents from white ethnic backgrounds. Statistical modelling suggests that low financial resilience may be tied in some degree to lower resilience and confidence generally: residents who are less confident with numbers and those with a lower brief resilience score display lower levels of financial resilience.

Despite this, **Newham residents are increasingly offering confident appraisals of their household finances**. Two thirds of Newham residents (65%) say that they are “doing alright” or “living comfortably” nowadays. This has increased steadily wave-on-wave since 2011, when 45% of residents offered a positive view.

Following a fall in poverty levels in 2015, the incidence of households in relative low income⁵ has risen by four percentage points and is now in line with 2013 levels. **Four in ten households in Newham now have incomes that fall below the poverty threshold before housing costs** (39%). This is more than double the national incidence in 2015/16 (the latest data available), when 16% of households had relatively low incomes before housing costs.

⁵ ⁵ Defined as having a gross equivalised household income before housing costs of less than 60% of the national median income for that year. Calculated for all households (n=802) where we have net equivalised household income data.

The high impact of housing costs on Newham residents' finances is demonstrated by the fact that **one half of Newham households are on low incomes after housing costs** (49%). As such, the level of relative low income after housing costs among Newham residents is 27 percentage points higher than nationally (22%).

Newham's children are especially affected by poverty. **Two-thirds of Newham's children live in households in poverty after housing costs** (67%). Household-level deprivation also means Newham's parents cannot always provide their children with everything they may wish to. Parents are most likely to say they cannot afford to provide a separate bedroom for each child over 10 of a different sex (34% of parents would like to provide this but cannot afford to do so) and a holiday away from home (33%).

Community resilience

Newham continues to be a cohesive community, with nine in ten residents agreeing that people from different backgrounds get on well in their local area (90%). Additionally, the proportion of residents with friends entirely from their own ethnic background has fallen since 2015, from 15 per cent then to nine per cent this year.

Community cohesion remains at a similar level since 2015 on another measure too – the proportion of residents who feel they can go to someone in their neighbourhood for advice. Sixty-one per cent of residents agree that this is the case, close to the level recorded in 2015 and 2013 (57% and 58% respectively). This year, the proportion who disagree that this is the case has fallen, from 24 per cent to 18 per cent.

Overall, trends in **contact with friends and family remains unchanged since 2015**. The largest group – 68 per cent – see their friends and family frequently (at least once a week), and this group has remained the same size as it was in wave eight. Those from White, non-British, ethnic backgrounds are more likely than average to say they see their friends and family less than once a month or never (20%, compared to 10% overall).

The data also suggests a link between internet connectivity and social isolation; residents living in households with no internet access may be more likely to report seeing friends and family once a month or never (17%, compared to 10% overall). The base size for the non-connected group is too small to draw statistical inference, however greater isolation among the least well-connected warrants further research.

Visiting parks is Newham residents' favourite leisure activity, with two thirds visiting at least once a month (64%). The next most regular leisure activities are going to restaurants and cafes and visiting leisure centres, which are done at least once a month by 60 per cent and 25 per cent of residents respectively. The least popular leisure activities covered were volunteering and attending meetings for local groups or voluntary organisations – 76 per cent and 70 per cent of residents reported *never* doing these activities. Sixty-seven per cent never play sports or attend a sports club.

Key inhibitors (and facilitators) of participating in the activities above may include age, physical health and life stage, although affluence appears to have the widest impact. To take two examples, 16 per cent of residents in the lowest income quartile never go to parks compared to seven per cent of those in the highest quartile, and monthly attendance at leisure centres stands at 14 per cent of those in the lowest two income quartiles, against 27 per cent for those in the top quartile.

Close to one quarter of Newham residents volunteer, with 24 per cent doing unpaid voluntary work at least once a year. This is close to the 2015 figure (22%), but higher than the level recorded in 2013, when 16 per cent said the same thing.

This level is lower than the national benchmark of 41% in formal voluntary work from the latest Community Life Survey, although methodological differences between the two surveys may explain some of this difference.

Seven in ten Newham residents said that they either voted or planned to vote in the 2017 General Election (70%). This is ten percentage points higher than in 2015, when the fieldwork period of the last wave of Understanding Newham also covered a General Election. This increase is reflected in higher official turnout figures for the two Parliamentary Constituencies covering Newham; between 2015 and 2017, turnout in the West Ham and East Ham constituencies rose by an average of 7.3 percentage points.

Statistical analysis of voting behaviour found that in addition to demographic features such as age, English-speaking status and ethnicity, income was a key driver of voting. Residents from the lowest income quartile were less likely to have voted, while being an owner-occupier, eating out more regularly, or being in employment (all indicators of higher affluence), was related to a resident being more likely to vote.

Newham has a lower proportion of homeowners, and a higher proportion of social and private renters, than London more generally. Tenure in the Borough is divided near-equally between these three main groups: One third are owner occupiers, another third are social renters, and the final third rent from private landlords (33%, 33% and 34% respectively). This is a result of a stabilisation in the proportion who are owner-occupiers or social renters, after declines in previous waves.

Half of Newham households report no issues with their accommodation (51%). Among those who do report issues, the most common problems are damp walls, floors or foundations and a lack of space (18% and 17%). Those living in social rented accommodation are significantly more likely to report a wide range of issues with their accommodation – three in ten mention damp as an issue and a quarter cite lack of space (29% and 26% respectively). Just over one third (35%) report no problems with their accommodation, compared to 55 per cent of private renters and 61% of owner-occupiers.

Overall, **85 per cent of Newham households are satisfied with their accommodation** – whilst this is a five percentage point rise since 2015, it is close to the longer-term average of 83 per cent. Across all tenures, satisfaction is slightly below the national average of 90 per cent satisfaction recorded in the English Housing Survey. However, private renters in Newham are more satisfied than the national average, with 84 per cent being satisfied with their accommodation (the national figure is 82%).

Twelve per cent of Newham residents have experienced crime in the past year either personally or through a family member, a small reduction from 2015 when the figure was 15 per cent. Experience is higher among some groups and for some crimes; for instance, ten per cent of those who define as disabled, and seven per cent of those with long term health conditions, report being the victim of a street robbery. This compares to three per cent of all Newham residents.

Four in ten residents are concerned about becoming a victim of crime (40%), closely in line with the figure from 2015 (39%). Women are more likely to be concerned about this than men (44% versus 36%), but there is no difference in concern about crime between residents of different income levels.

A majority of residents feel safe in their local area by day and by night; 90 per cent feel safe in their local area during daylight hours, and 56 per cent say the same in the dark. Among those who feel safe during the day however, the proportion who feel very safe has dropped by seven percentage points since 2015, from 48 to 41 per cent. The proportion who feel unsafe at night has fallen to the lowest recorded level since 2004 (39%).

Perceptions of Anti-Social Behaviour (ASB) have fallen since 2015 although the overall experience of ASB remains high. Seventy-eight per cent reported that at least one type of ASB was common in their local area, however the proportion saying that teenagers hanging around is common has fallen from 66% to 60%, and the proportion reporting people being drunk and rowdy in public places has fallen five points, from 50 per cent to 45 per cent. Residents' experiences of ASB are also strongly associated with higher concern about becoming a victim of crime; among those think one or more types of ASB are common, 47 per cent are worried about becoming a victim of crime. For those who do not think any types of ASB are common, this figure falls to 16 per cent.

2 Introduction

2.1 Overview and background

Newham remains one of the fastest-changing Boroughs in London and the country, with a young and highly diverse population. Despite recent improvements and areas of fast-rising prosperity, it also remains one of the most deprived parts of Britain. Understanding the needs of this varied population is vital to the delivery of local services that are fit for purpose.

The Newham Household Panel Survey (NHPS), also known as **Understanding Newham**, is a longitudinal panel survey that Newham Council has run for 15 years. It provides the Council with a rich level of insight into the changing needs of the local population. Together with the Council's wider research programme, it is used to help develop local priorities, determine future commissioning strategies and evaluate services. It aims to understand changes in the resident population and the consequent demands placed on Council services.

Understanding Newham is partly modelled on the design of the British Household Panel Survey (BHPS), which is now incorporated into Understanding Society.⁶ This report contains selected findings from Wave 9 of Understanding Newham. This latest wave has been conducted by independent researchers Ipsos MORI on behalf of Newham Council.

2.2 Survey objectives

This wave of the Understanding Newham builds on the previous eight waves of this survey to provide a comprehensive overview of this dynamic Borough. The key objective is to provide an understanding of Newham residents, which can then be benchmarked against the Understanding Society survey and other key social surveys. It is also used to:

- evaluate the **impact** of Newham's policies and services;
- understand the **circumstances** and the needs of Newham's residents;
- understand **trends** in society to inform the design of policy and services; and,
- measure the personal, community and economic **resilience** of our residents over time.

This report focuses on the survey results as they relate to the key areas of personal, community and economic resilience. These three dimensions also provide the structure for this report, which examines what the findings from wave nine of Understanding Newham mean for each in turn

As trend data is an important element of Understanding Newham, the wave nine survey is broadly similar to that used in wave eight. The key themes covered in this wave are:

- Literacy and numeracy, education, training and skills, work and earnings.

⁶ Understanding Society is an academic study that captures important information every year about the social and economic circumstances and attitudes of people living in 40,000 UK households. Adults are interviewed every 12 months either face-to-face or over the phone. For more information, visit: <https://www.understandingsociety.ac.uk/>

- Standard of living and poverty measures (net income, consumption, material deprivation, expenditure, savings, debt, plans for retirement and financial well-being).
- Housing issues such as affordability, ownership, problems and satisfaction.
- Family and childcare, social networks and support, technology, and length of stay in the borough.
- Crime and fear of crime, victimhood, and anti-social behaviour.
- Lifestyle including leisure activities, religious affiliation, civic participation, and various dimensions of life satisfaction
- Health outcomes and health-related behaviour such as exercise and eating habits.
- Beliefs, values, attitudes and expectations about various issues including the local community, the benefits system and economic prospects.

Questions about satisfaction with local services and facilities (including the council) were removed from this wave as they are covered in other research.

2.3 Methodology

The fieldwork for the Wave 9 survey took place between 20 April and 9 August 2017, with 1,085 interviews conducted face-to-face in-home using Computer Assisted Personal Interviewing (for adults aged 16+). The survey contained two different questionnaires:

1. An individual questionnaire, asked of a single randomly selected adult (16+) in each household.
2. A household questionnaire, asked of the household reference person or their partner. In 89% of households, this was the same person as the individual selected to answer the individual questionnaire. In those households where this was not the case, a separate household interview was conducted with the household reference person or their partner.

The survey, therefore, provides robust survey estimates for both adult residents in Newham, as well as for households in Newham. The primary sample frame was the Newham Household Panel Database which consists of those members of the Newham Panel who joined in Wave six (when the panel was completely refreshed) and again at Wave seven and eight, and who still remained on the panel at Wave nine. These individuals were initially selected from addresses sampled from the Post Office small user Postcode Address File (PAF) at Waves six and seven.

Due to panel attrition, households at fresh addresses across Newham were also interviewed to ensure that interviews were completed in at least 1,000 households overall. For this fresh sample, we also used the PAF as the sampling frame. This replicated both previous Understanding Newham and Understanding Society methodologies.

We achieved interviews in 590 panel households and 495 fresh households using a random probability sampling approach. This allows both cross-sectional and longitudinal survey estimates to be computed.

The questionnaires were designed in conjunction with Newham Council and used questions from previous waves of Understanding Newham, as well as from Understanding Society and other relevant national and local studies. Data were weighted to be representative of age, gender, and Community Neighbourhood area in Newham.

See Appendix A for more technical detail about the methodology and weighting conventions.

2.4 Interpretation of the data

The final survey data is based on a sample, rather than the entire population of Newham residents. Therefore, results are subject to sampling tolerances. This report only identifies statistically significant differences; a guide to statistical reliability is found in Appendix A. In some cases, where indicated, results are based on all valid responses. This omits respondents who have not given an answer from the base size.

Where percentages do not sum to 100 per cent, this may be due to computer rounding, or when questions allow multiple answers. An asterisk (*) denotes any value less than half of one per cent but greater than zero. For some questions, we refer to net figures. These represent the balance of opinion on a particular statement, e.g. the proportion agreeing minus the proportion disagreeing.

A number of derived variables have been calculated by combining answers to individual questionnaire answers for the purposes of reporting. For instance, a variable has been computed to compare residents' hourly pay with the National Minimum Wage, and another to categorise households according to national poverty definitions, drawn from the Department for Work and Pensions' Households Below Average Income (HBAI) report series. A list of these derived variables can be found in Appendix A.

Throughout the report the data for Wave 8 has been compared with Wave 7 and to previous waves before that where relevant details of which can be found in Table 2.1. The methodology and timescales for the survey have been closely mirrored in order to permit reliable tracking of data over time. The Wave 8 data has also been benchmarked with a range of other sources where possible national and London - in order to provide useful context. These include Understanding Society, Community Life Survey, English Housing Survey, ONS Labour market statistics/ Labour Force Survey, ONS, Annual Survey of Hours and Earning, British Social Attitudes Survey, Households Below Average Income, ONS annual fuel poverty statistics report, and the Health Survey for England. Further details about these surveys can be found in Appendix A.

Table 2.1: Details of previous waves of Understanding Newham

	Fieldwork dates	Household interviews
Wave 1	June – December 2002	1,052
Wave 2	June – December 2003	1,047
Wave 3	June – December 2004	859
Wave 4	November 2005 – April 2006	857
Wave 5	August 2007 – February 2008	854
Wave 6	April 2011 – June 2011	1,153
Wave 7	April 2013 – August 2013	1,019
Wave 8	April 2015 – September 2015	1,024
Wave 9	April 2017 – August 2017	1,085

2.5 Structure of the report

As noted above, this report has been structured around the three strands of resilience published in Newham Council's 2011 paper on building resilience, "Quid pro quo, not status quo".⁷ An outline of each chapter is below:

Chapter 3: Personal resilience reports on a number of distinct subsections. The first – equality, diversity and inclusion – examines length of stay in Newham, ethnicity, first languages of Newham residents and faith and religion. The second covers education and qualifications, looking at English proficiency, numeracy and qualifications. Families and childcare are covered by the third section that discussed childcare arrangements and costs. A new subsection for this year then reports on levels of access to the internet, in particular broadband and mobile internet. The fifth subsection reviews residents' health and wellbeing, focusing on BMI, life satisfaction and the psychological health of residents, and the drivers of mental wellbeing. The final subchapter looks into this topic further, to ascertain the relationship between different types of resident and unhealthy behaviours.

Chapter 4: Economic resilience analyses data relating to employment, work status and wages, net household income including benefits, household finances including expenditure, household debt and savings and financial management. It also covers poverty, material deprivation and child poverty.

Chapter 5: Community resilience examines the varied factors that contribute to a resilient local area. These include residents' views on community cohesion, relationships and networks within the local area, and participation in various leisure pastimes and civic activities such as volunteering and voting. It then considers more external factors; focusing on residents' housing tenure and quality of accommodation before looking at the presence and fear of crime and anti-social behaviour in the community.

⁷ Ibidem

2.6 Acknowledgements

Ipsos MORI would like to thank the 1,085 residents in Newham who took part in this wave of the survey. We would also like to thank Dr Jane Kennedy, Sarah Johnson, Thomas Wilkinson and their colleagues from Newham Council for their contributions to the survey design and report writing.

The report authors are Doug Warren, Michael Clemence, Thomas Weekes, Olivia Lohoar Self and Sarah Tipping.

Personal resilience

CHAPTER SUMMARY

EQUALITY, DIVERSITY AND INCLUSION

No single group makes up more than a fifth of the population of Newham

White British	18%	Mixed	3%
White other	20%	Black Caribbean	4%
Asian Indian	12%	Black African	9%
Asian Pakistani	7%	Black other	5%
Asian Bangladeshi	12%	Other	2%
Asian other	7%		

81%

of Newham residents describe themselves as religious



41%

of residents have English as their first language



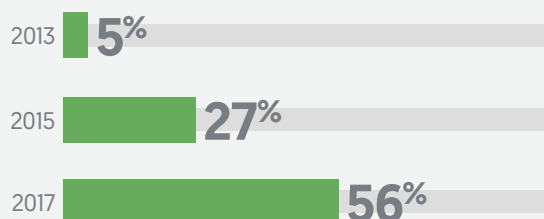
87% of residents with English as a second language feel they speak English well

NEWHAM ONLINE

91%

of Newham residents have internet access (up from 86% in 2015). This is close to the national and London averages [91% and 94%]

Mobile internet access is growing fast



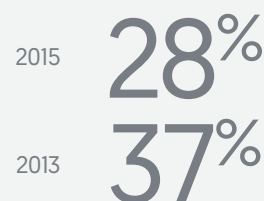
CHILDCARE IN NEWHAM



20%

use childcare in Newham, lower than elsewhere (42% in London and 45% nationwide)

Uptake of childcare has fallen



Personal resilience

CHAPTER SUMMARY

WELLBEING

80%

of Newham residents
are satisfied with their
life overall



Mental wellbeing in Newham is slightly lower than the London and UK averages – residents score 23.8 on the Short Form Warwick Edinburgh wellbeing scale, compared to 24.8 for London and 24.7 for the UK

Carers report lower wellbeing scores [22.9 for those with caring responsibilities, versus 23.9 for non-carers]

61%

of residents say they can bounce back quickly after hard times, down from 70% in 2015



HEALTH

Residents' Body Mass Index (BMI) scores are lower than the national average [26.3 versus 27.4]



The proportion who are overweight has risen since 2015, from

32% to 38%

60%

of residents are inactive or insufficiently active



28%

of Newham residents get their Five a Day: an increase from 25% in 2015



Six in ten Newham residents do not drink [60%]

Men are more likely than women to smoke [23% versus 16%] and drink [43% versus 28%]

17%

of those who consider themselves disabled or who have health problems receive informal care

3 Personal Resilience

This chapter looks at the characteristics and experiences of the people of Newham. It investigates what the backgrounds of residents are, what their beliefs are and examines residents' lifestyles and health behaviours. The personal resilience of residents is also assessed. This is a core part of Newham Council's resilience agenda and is defined as "being able to respond to challenges, have good relationships, learn new skills and succeed at work"⁸. Personal resilience in this chapter is examined through a series of questions that measures residents' ability to cope and react to stress.

3.1 Equality, diversity and inclusion

There has been little change in the length of time that Newham residents have lived in the borough since 2015.

The proportion of short term residents is similar to that found in 2015 (18% vs. 21%). Long term residents of the borough make up two in five (41%) of the Newham population which is a similar proportion to 2015 (44%).

While there has been little change since 2015 there has been a shift in the Newham population over time. There has been a six-point increase in short term residents of the borough since 2013 (12% to 18%) and a ten-point reduction in longer term residents (51% in 2013 to 41% in 2017).

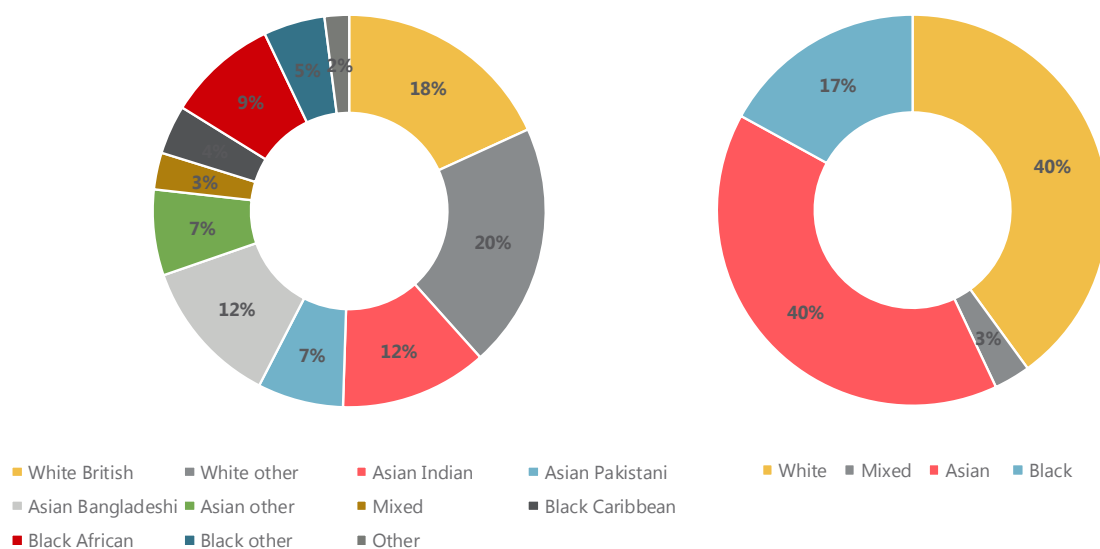
New residents to the borough have certain characteristics separate to the population as a whole. They are more likely to be men (63% vs. 53% overall), and to be aged 16-34 (74% vs. 48% overall). Perhaps reflecting their motives for moving to the borough, and their age, over seven in ten (71%) of new residents are in paid employment, compared to five in ten (49%) of the overall population. These residents are also more likely to be of Eastern European ethnicity, with one in four residents (26%) who have lived in the borough less than two years of this ethnicity, compared to 15 per cent overall. These residents are no more likely to have a first degree as overall (10% vs. 9%) but are twice as likely to have a higher degree (8% vs. 4% overall).

The largest group in Newham remains those from a White British background

Just under one in five (18%) residents are from a White British background (19% in 2015). The next largest groups are those from a Bangladeshi or Indian background, both of these groups make up 12 per cent of the population. When looking at aggregated ethnic groups, residents are evenly distributed amongst White (39%) and Asian (39%) backgrounds, with under one in five (17%) from a Black background.

There has been little change in the ethnic background of residents since 2011, however as in 2015 the makeup of older and newer residents in Newham suggests that this might shift over time. In the long term there may be reductions in the proportion of those who are from a White British or Black background. Over one in four (26%) of those who have lived in the borough for ten or more years are from a White British background, compared to just 12 per cent of newer residents. Similarly, one in four (25%) of those who have lived in the borough for ten or more years are from a Black background compared to one in ten (11%) of newer residents.

⁸ <https://www.newham.gov.uk/Pages/Services/Resilience.aspx#Personalresilience>

Figure 3.1: Ethnic groups within Newham

Question: Could you look at the screen and tell me which of these groups you consider you belong to?

Base: 1,085 Newham residents aged 16+, interviewed 20 April – 9 August 2017

A plurality of Newham residents (49%) identify as British, with one in five (18%) identifying as English. Newham's diversity is further seen in the proportion of residents who identify with nationalities, outside of the United Kingdom (33%).

The majority of Newham Residents regard themselves as belonging to a religion.

Eight in ten (81%) Newham residents regard themselves as belonging to a religion. There has been little change in the proportion of residents identifying themselves as belonging to a particular religion across waves six to nine of the Understanding Newham research, with just over eight in ten identifying in each wave.

Newham residents identify with a wide range of religions, something that has remained consistent across the survey waves. The single largest group remains those who identify as Christian (38%), followed by those who identify as Muslim (34%), seven per cent of residents are Hindu and two per cent are Sikh. The proportion of residents identifying with each religion has remained stable since 2011, with the only change a decrease in the proportion identifying as Hindu (11% in 2011 to 7% in 2017). This may be because fewer Hindus are moving to the area, or younger Hindus are not staying in the area. Residents new to Newham (have lived there less than two years) are half as likely to be Hindu, as those who have lived in the Borough for two or more years (4% vs. 8%).

The majority of Newham residents do not speak English as their first language.

Three in five (59%) Newham residents do not speak English as their first language. There are a wide range of first languages spoken which match closely to the ethnic profile of Newham residents. As Table 3.1 shows one in eight speak Bengali (13%) and one in twenty speak Urdu (6%) or Gujarati (5%). The substantial European population in Newham is reflected in the proportion of residents who speak a 'other' European language (13%).

Table 3.1: Residents' stated first language

	2013	2015	2017
English	40%	39%	41%
Bengali	13%	11%	13%
Urdu	6%	5%	6%
Gujarati	5%	5%	5%
Punjabi	3%	2%	3%
Hindi	2%	3%	2%
Portuguese	-	2%	2%
Somali	-	2%	2%
Polish	2%	2%	2%

Newham residents who do not speak English as a first language are more prevalent in some Forum Areas than others. Three in four (76%) of those living in Green Street do not speak English as a first language, and seven in ten in both East Ham and West Ham (68%), and Manor Park (67%). Those living in the Royal Docks (68%) and Beckton (62%) are more likely to speak English as a first language.

Those who do not speak English as a first language are more likely to reside in a household that is in poverty before housing costs (41%), than those who do speak English as a first language (30%). These residents are also less likely to have high levels of English language skills. They are less likely to read English very well (58% vs. 92% who speak English as a first language) and to write English very well (51% vs. 87% who speak English as a first language). Those who are unemployed are no more likely to not speak English as a first language (46% vs. 60% overall). However, those who are looking after the family or home are more likely to not speak English as a first language than overall (86% vs. 60%).

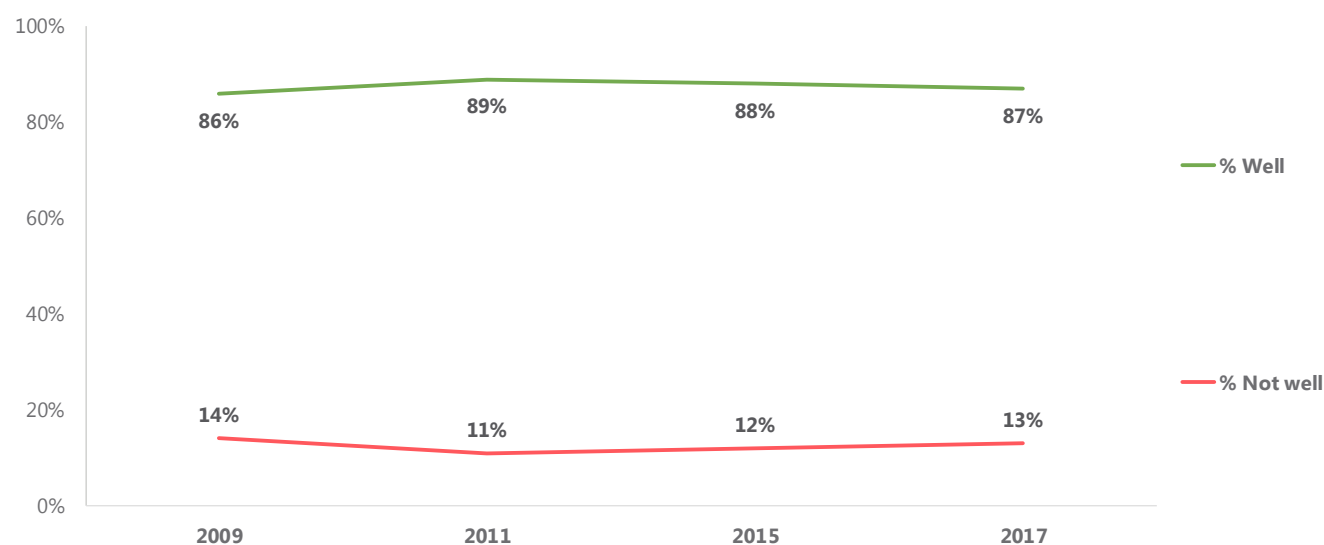
There are differences between the non-White population in the proportion of residents who do not speak English as a first language. Asian residents (82%) are more likely than Black residents (31%) to not speak English as a first language. When looking at the age of Asian residents three in four (73%) of those aged 16-34 do not speak English as a first language in comparison to nine in ten of those aged 35-54 (90%) and 55+ (92%). This indicates that while English as a first language may increase with age amongst the Asian population it is not going to rapidly change to the levels seen in other ethnic communities.

3.2 Education and qualifications

Spoken English language skills are reported to be high amongst those who do not speak English as a first language.

The majority (87%) of residents who do not speak English as a first language feel that they can speak English well. One in eight (13%) feel that they don't speak English either very well, or at all. As Fig 3.2 shows these figures are similar to those seen in 2015 and there has been little change since 2011.

Figure 3.2: Spoken English language proficiency among those whose first language is not English 2009-2017.



Question: How well do you feel you can speak English?

Base: 571 Newham residents aged 16+ who do not speak English as their first language, interviewed 20 April – 9 August 2017

Older residents who do not speak English as their first language are more likely to report lower spoken English language ability, with over two in five (43%) saying they speak English 'not well' or 'not at all' compared to 13 per cent overall. Individuals living in households that are in the bottom two income quartiles are also more likely to report lower spoken English language skills (25% vs. 13% overall).

The qualification level of these residents is also important in determining their level of spoken English. Just one in four (24%) of those who have no formal qualifications feel that they speak English very well. In comparison, three in four of those who are educated to an A-level or equivalent (77%) and those educated to degree, masters or PhD level (76%) state that they speak English very well.

Newham residents as a whole feel that they can read English well.

Nine in ten (91%) residents say they read English either very or quite well, one in ten (9%) say that they do not read English well, hardly at all or that they cannot read English at all. There has been no change in this measure since 2015 when 91% of residents could read English either very or quite well or since 2013 (93%).

English reading skills are highest amongst Black residents with close to all of this population stating they can read English either very or quite well (97%). This is in contrast to those who identify as White 'other'. Reading skills in this group are lower than average, with over one in five (22%) stating they do not read English well, hardly at all or that they cannot read English at all (9% overall). Newer residents (16% of those who have lived in Newham for up to two years) and those working part time (20%) are also more likely to have poor reading skills. Reading skills are also worse amongst older residents (aged 65 and over) and disabled residents with one in five (20% and 18%) of both of these groups reporting

poor reading skills. Those who are looking after the home or family are also more likely to report lower reading skills (22% vs. 9% overall).

The qualifications that residents have impacts on their stated ability to read English. Just one in two (50%) of those who have no formal qualifications state that they can read English well. In comparison four in five (84%) of those who are educated to GCSE level and the same proportion of those who are educated up to an A-level standard feel they can read English very well. Nine in ten educated to degree, masters or PhD level state they can read English very well.

When those who have lower levels of English language⁹ skills were asked specifically about their confidence in reading formal letters or documents over one in eight (15%) reported difficulty in reading these items. There has been no change in this figure since 2011 (14%) or 2015 (17%). Age is again related to this skill with over half of those aged 65 or over in this group (51%) reporting difficulty in reading formal letters or documents written in English.

The qualification levels of residents with lower levels of English language skills also plays a role in their stated ability to read formal letters or documents written in English. Two in four of those with no formal qualifications have no difficulty in reading these documents, in comparison to nine in ten of those educated to a degree, masters, or PhD level.

The majority of Newham residents feel they can write English either very or quite well.

Over four in (86%) of Newham residents feel that they can write English either very or quite well, with one in eight (14%) saying they can write English not very well, hardly at all or that they cannot write English at all. There has been little change in writing ability in Newham across survey waves, although this year's figures remain slightly lower than those seen in 2011 (89%). Writing skills are lower amongst older residents with one in four (23%) of those aged 65 and over reporting poor writing skills. Those who identify as White 'other' and are new to the borough also report lower English writing skills (32% and 24% respectively). Writing skills may also interact with employment with one in four of those employed part time (25%) or who are looking after the home or family (28%) reporting low English writing skills.

Written language skills vary by the level of qualification that residents have. Almost all of Newham's residents that are educated to at least Bachelor degree level state they can write English very well (96%). This is in contrast to one in two (50%) of those with no formal qualifications. Those educated to least Bachelor degree level are also more likely to state they can write English very well (96%), than those who are educated to GCSE level (74%) or up to A-Level (76%).

The majority of residents have strong overall English language proficiency.

The above scores were combined to define each resident's overall English language proficiency¹⁰. Three in four (74%) residents report having strong English language proficiency, over one in eight (16%) have moderate English proficiency, one in ten (9%) have weak English proficiency and one per cent have poor or no English proficiency. There has been a slight increase since 2015 in those who have strong English proficiency (70% to 74%).

⁹ Defined as those whose first language is not English or who can hardly read English or cannot read English at all

¹⁰ English proficiency is an aggregate score of the answers the respondent gave for the questions:

A7 How well do you feel you can speak English?

A8 How well can you read English?

A9 How well can you write English?

It is used to assess overall proficiency with the English language

There is some difference seen between ethnic groups when looking at overall English language proficiency. Black residents are more likely than Asian residents to have strong English skills (86% vs. 71%). Those who identify as White 'other' are also far less likely than overall to report having strong English skills (45% vs. 74% overall).

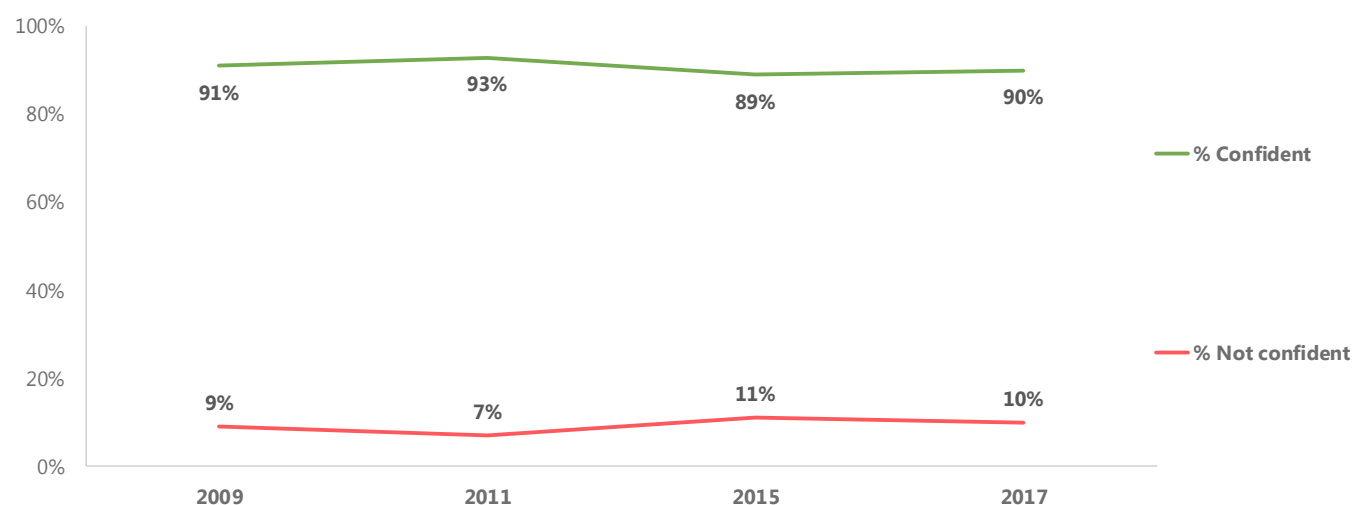
Older residents are also more likely than the population overall to report that they have poor or no English language proficiency than overall (7% vs. 1%), although they are only slightly less likely than overall to report strong English skills (69% vs. 74%).

Low levels of English proficiency may also be related to some individuals not seeking to join the employment market. Just two in five (39%) of those who are looking after the family or home have strong English language skills, in contrast, almost four in five (78%) of those in paid employment report have strong English skills.

Nine in ten Newham residents feel that they are confident dealing with numbers.

This is similar to the figure seen in 2015 (89%) and remains slightly down from 2011 (93%). Confidence dealing with numbers and English language proficiency is strongly linked, with those who report having strong English proficiency almost twice as likely to report being confident with numbers than those with weak or poor English proficiency (94% vs. 55%).

Figure 3.3: Residents' confidence with numbers over time 2009 - 2017



Question: How confident are you when dealing with numbers? For example, adding or subtracting numbers or multiplying numbers.

Base: 1,085 Newham residents aged 16+, interviewed 20 April – 9 August

Given this there is some overlap between groups who report having low levels of English skills, and those with reported low levels of confidence in dealing with numbers. Those aged 65 and over are more than twice as likely to report not being confident dealing with numbers (22% vs. 10% overall) and those who are looking after the home or family are more than three times as likely to do the same (31%). One in three (30%) disabled residents are not confident dealing with numbers.

Those who identify as White 'other' and those who have lived in the borough up to two years are as likely as the population overall to report being confident dealing with numbers (92% are confident for both groups). Indicating that for this group their skill deficit lies in language rather than numeracy.

Confidence dealing with numbers may also be related to employment status, with one in three (31%) of those who are looking after the home or family not confident with numbers, in contrast to just two per cent of those who are employed full time.

The qualifications that Newham residents have also impacts on their confidence with numbers. One in six of those with no formal qualifications (18%) and with GCSEs (16%) are not confident with numbers. This compares to three per cent of those with an A level or equivalent as their highest educational qualification and just one per cent of those educated to degree level or above that are not confident with numbers.

A large minority of Newham residents have no formal qualifications

Over one in four (28%) Newham residents have no formal qualifications. A similar proportion are educated to a GCSE level (24%) and have taken their A-levels or equivalent (29%). One in ten (11%) Newham residents are educated to at least Bachelor's degree level.

National comparisons collected in 2015¹¹ show that Newham residents are less educated than the UK population overall. Here just one in eight (12%) have no qualifications while one in three (36%) are educated to degree level. The difference is even greater when looking at the London population. Here close to one in two are educated to at least Bachelor's degree level (47%) and less than one in ten (9%) have no formal qualifications.

Ethnicity is related to the qualification levels that residents achieve. Black residents are twice as likely to hold a degree than the population as a whole (22% vs. 11%), while White residents are more likely to have no formal qualifications than overall (36% vs. 28%). This is driven predominantly by residents classed as White 'other', with two in four of these residents having no qualifications (42%).

There is some evidence that the education level of Newham residents may increase over time. The proportion of residents who have no qualifications is highest amongst older groups (65+ 64% and 55-64 39%) and lowest amongst younger residents (16-24 10% and 25-34 20%). Newer residents to the borough are also more likely to have qualifications than more long-term residents. One in five (19%) of those who have lived in the borough for up to five years have no qualifications, in comparison to one in three (29%) who have lived in the borough for over five years.

Outcomes for residents with no qualifications are also affected. These residents are more than twice as likely to be unemployed than those educated to at least Bachelor's degree level (22% vs. 10%). Similarly, they are far more likely to be in the lowest income quartile than the same group (17% vs. 2%).

3.2.1 Key drivers of skill levels

This analysis aimed to identify the drivers of high skills. A summary variable was derived from a series of questions that asked respondents to (subjectively) rate various skill sets, namely; computer literacy, team working, problem solving, planning and organisational skills, verbal communication and time management. A score of 1 was given each time the

¹¹ Understanding Society: Wave 6

respondent said their level of skill was 'very good' or 'fairly good', with a zero given for all other responses. These were then summed to create a composite score; the higher the score, the more skills the respondent felt they had.

The analysis was run in two steps. The first was to run a stepwise linear regression to identify which demographic characteristics were significantly related to higher skill sets. This model identified age, time spent living in Newham, English speaking and household composition characteristics that were significantly related to the number of skills. Younger respondents, respondents who spoke English as a first language, respondents who had lived in Newham for more than two years and single respondents were more likely to feel they had a greater number of skills. Respondents who were aged 65 years or more and respondents who lived in larger households (either large households of two or more unrelated adults, or large household containing two or more related adults) were more likely to feel they lack skills.

The second step was to run Key Drivers Analysis to identify which attitudinal and behaviour characteristics were significantly related to skills, once the demographic characteristics listed above had been controlled for. The analysis was based on a series of linear regression models. The drivers that were included in the final model are shown in Table 3.2. The table also shows the direction of association (a '+' indicates that that characteristic is associated with higher skills, a '-' implies a negative relationship) and the relative importance of each driver, as measured by its contribution to the model R-square. This measures the proportion of variance in skills that is explained by the model.

The model showed that being in poverty was the characteristic most strongly associated with lower skills. The age at which the individual left continuous full-time education was a strong driver of skills; individuals who left at a younger age tended to have a lower score.

The brief resilience score and WEMWEBS score of good mental health were also strongly associated with subjective measure of skills; individuals who were more resilient and who had good mental health were more likely to feel they have a larger skill set. This could in part because such people are more likely to recognise and value their own skills. Similarly, respondents who were satisfied with their social life and life overall were more likely to have more skills.

Using local facilities were drivers of higher skills. Individuals who regularly used libraries or local leisure centres were also more likely to have higher skill sets.

Fear of crime and physical health were weaker drivers. Respondents who worried about crime a little (their concern was 'a bit of a worry' or 'occasional doubt') were more likely to have higher skills than those who did not worry or for whom crime was a 'big worry'. Individuals who had a limiting health condition were less likely to have a high skill score.

Table 3.2: Key Driver Analysis: Drivers of skills

	Relationship with outcome	Importance	Rank
Poverty indicator (before housing costs)	-	20%	1
Age left continuous full-time education	+	15%	2
Brief resilience score	+	13%	3
SWEMWEBs	+	11%	4
Regularly use libraries	+	11%	5
Regularly use leisure centres	+	11%	6
Satisfaction with social life	+	7%	7
Satisfaction with life overall	+	7%	8
Fear of crime	-	3%	9
Limiting health condition	-	2%	10

Controls for: age, time lived in Newham, English speaking and household composition

R squared = 31%, n=1001

3.3 Families and childcare

Just one in five Newham residents with children use some form of childcare, with differences in use by age of child.

Close to half of residents who have children aged four and below use some form of childcare (47%). The most used option is a nursery school or nursery class, with one quarter of parents using this option. One in eight (13%) use a playgroup and almost one in ten (8%) use a day nursery or crèche.

Uptake of childcare is lower amongst those who have children aged five to fifteen, close to three in four (72%) do not use any form of childcare. The most used childcare arrangement for these residents are a friend or relative (11%) and a breakfast club, after school club, or holiday scheme on or off the school/ nursery school site (10%).

When looking at all of those who have children aged up to 15, just one in five (20%) use any form of childcare. This is lower than the UK average (45%) and that of London (42%)¹². This figure is also lower than the figure in 2015 (28%) and use of childcare remains lower than the figure seen in 2013 when almost two in four (37%) parents used childcare. Use of childcare is higher amongst Black residents with over two in four (41%) residents from this group using some form of childcare.

Of the most popular childcare¹³ options there is a mix of the amount of hours used. Over three in five (65%) use a nursery school or nursery class for five or more hours per week, one in three (33%) use a breakfast club or friends or relatives (35%) for five or more hours, and just one in eight (12%) use a playgroup for five or more hours a week.

¹² Understanding Society Wave 6

¹³ These results should be treated with caution as all options have a base size of less than 60

The majority of childcare is not paid for, with just one in twenty (5%) of those sending their children to nursery school or nursery class paying for it. A similar proportion (3%) pay for playgroup.

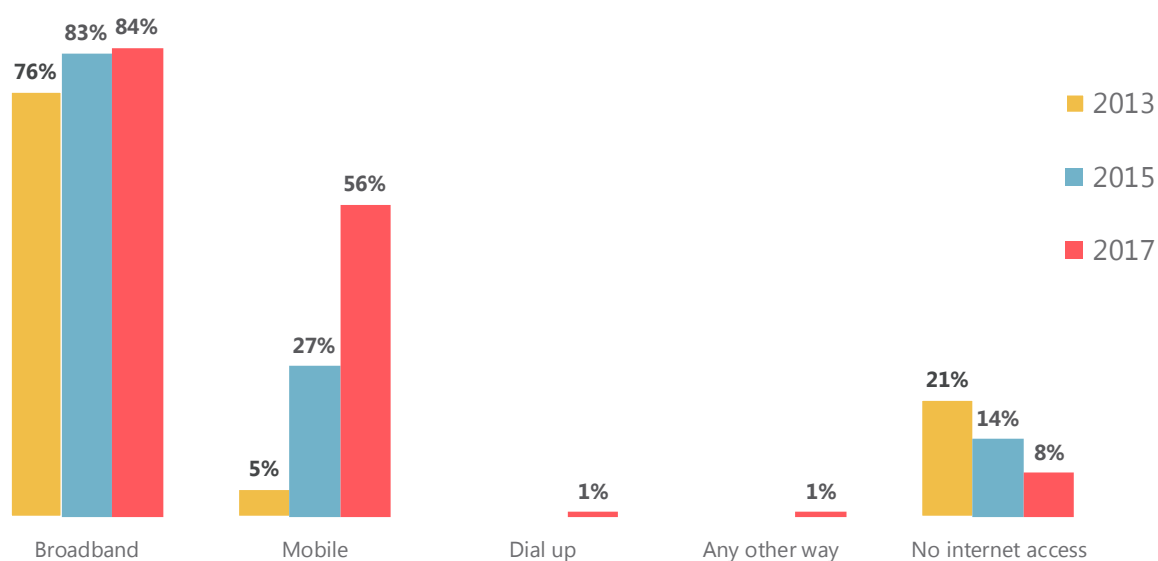
3.4 Internet access

Internet penetration amongst Newham households has risen since 2015, with increases seen in those accessing the internet through mobile networks.

Internet penetration amongst Newham households has improved since 2015. More than nine in ten Newham households (91%) have access to the internet, either inside or outside the home, an increase of five percentage points (from 86%) since 2015. This is in line with the average figures that we see for Great Britain as a whole (91%) and for London and the South-East (94%)¹⁴.

As in 2015 broadband connection is the most common way of accessing the internet (84% of households access the internet this way). Fig 3.4 shows further breakdowns of how residents access the internet, showing that the use of mobile technology has continued to increase since 2015, with over half (56%) now saying that people in their household access the internet using mobile networks. This is up by 29 percentage points since 2015 (27%) and 51 percentage points since 2013 (5%).

Figure 3.4: How residents access the internet both in and outside the home 2013-2017



Question: Thinking about both in and outside the home, which ways do the people in your household access the internet? Do they use ...?

Base: 1,050 Newham residents aged 16+, interviewed 20 April – 9 August 2017

The increase in internet penetration means that fewer than one in ten (8%) households do not have access to the internet in Newham. However, those who do not have access to the internet are amongst Newham's more vulnerable residents. Individuals who report having a disability (30%), or a limiting health condition (23%), are more likely to have no access to

¹⁴ ONS internet access Quarterly Update August 2017

the internet than overall, as are social renters (14%). Households who are in the lower quartile of household income are also more likely to have no access to the internet (32%).

Since 2015 there has been some improvement in internet access amongst these vulnerable groups. There has been a 14 percentage point drop in those reporting their household do not have access to the internet amongst disabled residents (44% to 30%), and a seven-point drop amongst social renters (21% to 14%). However, the proportion of those in the lower quartile of household income who have no access to the internet has not changed and remains at 32%.

Access to the internet is also strongly related to the age of individuals. Just over one in three (37%) of those aged 65 and over have no access to the internet, compared to one per cent of those aged 16-34. The proportion of those aged 65 and over who do not have access to the internet in their household has fallen by 22 percentage points since 2015 (59% to 37%).

Of those who have a broadband connection this is most commonly used just at home (75%), with one in four (23%) stating that it is used both in and outside the home. For those with a mobile network three in four (72%) say they use it both at home and outside home, with one in twenty (6%) saying they just use it at home (6%) and one in five saying they just use it out of the home (22%).

Residents with access to the internet most commonly use this for sending or receiving emails (74%), followed by social networking on sites like Facebook and Twitter (64%), internet banking (58%), finding information about goods and services (50%), and reading or downloading online news, newspapers or magazines (43%). Newham residents are slightly less likely to carry out some everyday activities online than the population as a whole. This is particularly the case when accessing information about goods and services which seven in ten of British adults do online (71%) compared to five in ten of Newham residents.

Those with specific needs are no more likely to access relevant services online than overall.

One in four (27%) who state they have a disability and one in three (33%) of those who have a limiting health condition state they seek health related information online, compared to 31 per cent overall. Similarly, unemployed residents are no more likely to access information that may help them find employment online than other residents; looking for information about education, training or course offers (31% vs. 36% overall), looking for a job or sending a job application (24% vs. 29% overall) and doing an online course (9% vs. 16% overall).

Access to smart devices such as tablets and smartphone in their accommodation has increased since 2015. Four in five (82%) now have access to a smartphone, compared to seven in ten (72%) in 2015 and over half (56%) have access to a tablet compared to just under half (49%) in 2015. Concurrently there has been a decline in access to mobile phones that are not smartphones from four in five in 2015 (82%) to three in five in 2017 (63%). Access to a home computer is at a similar level (78%) to that seen in 2015 (77%) and is ten points higher than 2011 (68%). There has been little change in individuals access to a landline with seven in ten (71%) either owning or having access to a landline, compared to three in four in 2011 (74%).

Similar groups are less likely to have access to these items in their home as do not have access to the internet. Older age groups are less likely to have smart devices such as tablets (65+ 30% vs. 56% overall) and smartphones (65+ 41% vs. 82% overall), however they are more likely to have access to a landline telephone (86% vs. 71% overall). The declining importance of a landline telephone is seen amongst younger groups with half (51%) of those aged 16-34 having one as part of their accommodation.

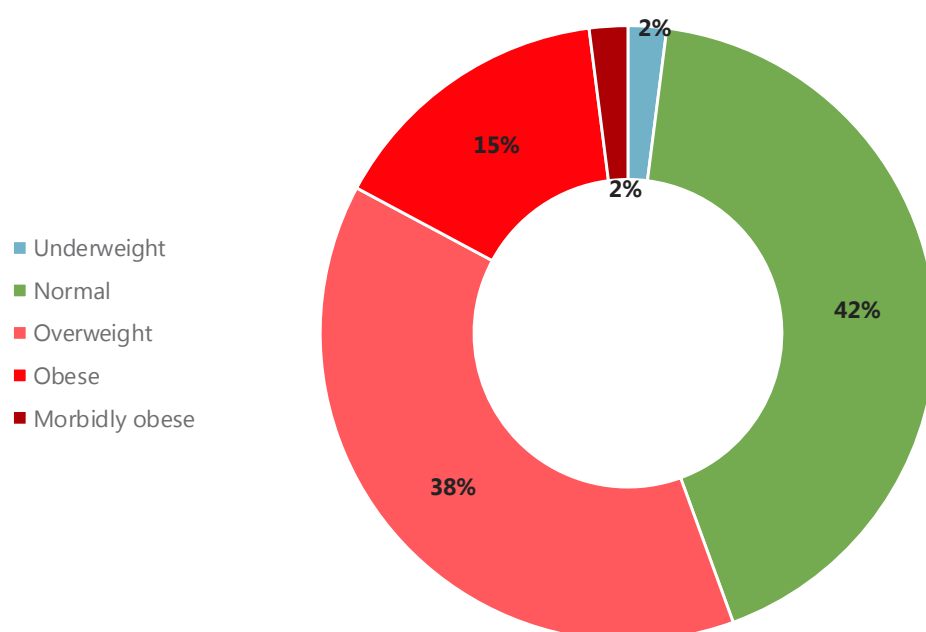
Smart device ownership is also lower amongst disabled residents than overall, with one in three (34%) having a tablet (56% overall) and one in two (53%) having a smartphone (82% overall). They are also less likely to have access to a home computer (49% vs. 78% overall), although they are just as likely to have a landline telephone (69%) as overall (71%). Those in the lower quartile of household income are less likely than overall to have any of these items (6% vs 2%).

3.5 Health and wellbeing

The Body Mass Index (BMI) of Newham residents is below the national average recorded in 2015. However, the majority of Newham residents are above the 'normal' weight.

Residents are defined as overweight or underweight through collecting their height and weight and calculating their BMI¹⁵. Over half (55%) of the adult population of Newham weigh more than the healthy normal weight, two in four (38%) are overweight, 15 per cent are obese and two per cent are morbidly obese¹⁶. Two in five (41%) are categorised as having a normal weight. There has been some change in these figures since 2015, with a rise in those who are categorised as overweight (32% in 2015 to 38% in 2017) and a concurrent decrease in those who are a normal weight (48% in 2015 to 42% in 2017).

Figure 3.5: Residents' reported weight categories calculated through weight and height



BMI Categories (Derived)

Base: 1,050 Newham residents aged 16+, interviewed 20 April – 9 August 2017

¹⁵ BMI or Body Mass Index gives the ratio of a person's weight compared with their height. BMI has been calculated using the standard formula: weight in kilograms divided by height in metres squared (kg/m²). It has been collected for all respondents who provided this information.

¹⁶ Weight Classification is adapted from Health Survey for England categories as follows: Underweight = less than 18.5kg/m², Normal = 18.5 to less than 25kg/m², Overweight = 25 to less than 30kg/m², Obese = 30 to less than 40kg/m², Morbidly Obese = 40kg/m² or more. Obese I and Obese II categories have been aggregated for simplicity into 'Obese'. 'Morbidly Obese' is used for Obese III. <https://catalogue.ic.nhs.uk/publications/publichealth/surveys/heal-surv-eng-2011/HSE2011-All-Chapters.pdf> (accessed 08/11/17)

These figures are similar to those seen for the English adult population as a whole. Data collected in 2015 shows that one in three (35%) of the adult English population is a normal weight, with a similar proportion overweight (36%)¹⁷. Newham residents are less likely to be over a normal weight, with 63 per cent of the English population above normal weight, compared to 55 per cent of the Newham population.

The mean BMI in Newham is 26.3, with the male population of Newham calculated to have a slightly higher mean BMI than the female population (26.5 vs. 26.1). The median BMI is slightly lower at 25.6 which is potentially due to this measure being less affected by extreme values. Median BMI is similar for men (25.7) and women (25.6). The World Health Organisation (WHO) classified a 'healthy' BMI as lying between 18.5 and 25¹⁸, when looking at the mean score this means that the average Newham resident is just outside of the healthy range. This is similar to the national average, data collected in 2015 shows that the mean BMI of the adult English population is 27.4¹⁹.

In 2017 there is no difference in the proportion of men and women who are above normal weight. Over half of both genders are either overweight, obese or morbidly obese (57% of men and 54% of women). Men are more likely to be overweight than women with over two in five men categorised as overweight (41% vs. 35% of women). These are similar patterns to those seen in 2015, although the proportion of women who are above a normal weight has increased (44% in 2015 to 54% in 2017).

As in 2015 and 2013 weight is a particular issue for residents from Black ethnic backgrounds.

Just one in three (31%) of Black residents are a normal weight, in comparison to two in five (42%) overall. Black residents are most likely to be overweight with close to half (47%) of this group falling within this category, compared to two in five overall (39%). In contrast, the majority (51%) of Asian residents are within the normal weight range.

Age is also related to residents' likelihood of being overweight. Residents who are aged 55-64 are more likely than overall to be obese (31% vs. 15% overall), while those aged 25-34 are more likely to be a normal weight (52% vs. 42% overall).

Further, those who live in the lowest income quartile are more likely to be obese than overall (19% vs. 15%). However, as in 2015 there are no differences between households living in poverty before housing costs (52%) and those not (57%) when looking at those above a normal weight. Within this those who are living in poverty are slightly more likely to be obese (19% vs. 14% of those not living in poverty) and are concurrently less likely to be overweight (34% vs. 43% of those not living in poverty).

Newham residents are most concerned about whether their food is healthy when thinking about what matters when they choose their food or groceries.

Three in four (75%) state that this matters to them either a great deal or quite a lot. Cost of food and that the food has gone through minimal processing also matter to half of Newham residents (53% and 51% respectively).

Data collected in 2015²⁰ shows that Newham residents differ slightly from the British population as a whole, and in some respects from the London population. Newham residents are less concerned that their food is healthy than the British population, over four in five (83%) are concerned about this in Britain, compared to three in four in Newham (75%). They

¹⁷ Health Survey for England 2015: Adult overweight and obesity

¹⁸ WHO classification BMI categorisation can be found here: http://www.who.int/gho/ncd/risk_factors/bmi_text/en/

¹⁹ Health Survey for England 2015: Adult overweight and obesity

²⁰ BSA 2015

are also less likely to be concerned than Londoners more generally (83%). In contrast, Newham residents are more concerned about the cost of food than the British population (52% vs. 47% of Britons), although this figure is in line with the London population (53%). When asked about the processing that food has undergone, two in three Britons (69%) and Londoners (66%) are concerned about this, compared to one in two (51%) Newham residents.

Residents who are aged 16-24 are less likely than overall to be concerned about their food choices. Two in three (62%) say that whether their food is healthy matters a great deal or quite a lot to them, two in four (41%) say the same about price of food and just one in three (31%) say this about the processing of food. In contrast, those aged 35-44 seem more concerned about what they eat. Over four in five (85%) think about how healthy their food is, and two in three (64%) think about price.

A household's income also seems linked to what matters to them when buying groceries or food. Those in the lowest household income quartile are less likely than those in the highest income quartile to say that how healthy their food is matters to them (67% vs. 77%) and are more concerned about the price (58% vs. 50%). They are also less likely to say the processing of the food matters to them than those in the highest household income quartile (43% vs. 53%).

The cost of food is also more important to those with children in the household than those who do not (56% vs. 50%). Although those with children in the household are no more likely to say that the food that they purchase being healthy, or the level of processing of it matters to them

The proportion of Newham residents who meet government guidelines for fruit and vegetable consumption has increased since 2015.

Over one in four (28%) Newham residents say that they eat five portions of fruit and vegetables a day, every day of the week. This is up from 23 per cent in 2015. Newham residents are similar to the population of England as a whole in this aspect. Here data collected in 2015 shows that one in four (26%) adults residing in England say that they eat five portions or more every day of the week.²¹

Close to half (47%) of residents report they eat five portions of fruit and vegetables a day, at least five times a week. This is the highest recorded level in the recent history of the survey (waves five to nine) with two in four (42%) being the next highest level recorded (in 2008). A significant proportion of residents still report eating low levels of fruit and vegetables a week (25%)²². This is similar to the figures recorded in 2008 (25%) and 2011 (27%) and a fall from 2013 (38%) and 2015 (40%).

Similar groups to those who are above normal weight also struggle to eat the recommended amount of fruit and vegetables at least five times each week. Just two in five (38%) of those aged 16-24 meet this amount, compared to one in two overall (47%). Black residents are also less likely than White residents to eat the recommended amount (42% vs. 54%). Income and poverty are again associated with indicators of a poor diet. Those in the lowest income quartile are less likely than those in the highest quartile to eat the recommended portions of fruit and vegetables at least five times a week (35% vs. 51%). The same differences are seen between those who are living in poverty before housing costs (34%) and those who are not (49%).

²¹ Health Survey for England 2015 Trend Tables

²² Defined as eating five or more portions of fruit and veg never, less than once a week or once or twice a week.

The majority of Newham residents are either inactive or insufficiently active.

Three in five residents are classed as inactive or insufficiently active (60%), with just two in five (40%) residents classed as active. These categories are defined as follows: inactive residents exercise for less than 30 minutes a week, those who are insufficiently active exercise for 30-149 minutes a week, and those who are active exercise for over 150 minutes a week.

Sport England's Active Lives Survey provides some comparison data for this, although this should be treated indicatively only because of the different data collection methods which may mean that Newham residents underestimate the amount of exercise they do. Here three in five (60%) adults in England are active, one in eight (14%) are insufficiently active and one in four (26%) are inactive²³. These results indicate that Newham's residents are less active than the overall population

The proportion of Londoners who are active is also higher than that of Newham residents (62% vs. 40% of Newham residents). Active Lives also contains results for Newham residents. Here Newham residents are closer to the London and National activity rate, 58% are active compared to 60% for the whole of England and 61% for London. Data from previous waves of the Understanding Newham research are not comparable to this year's results.

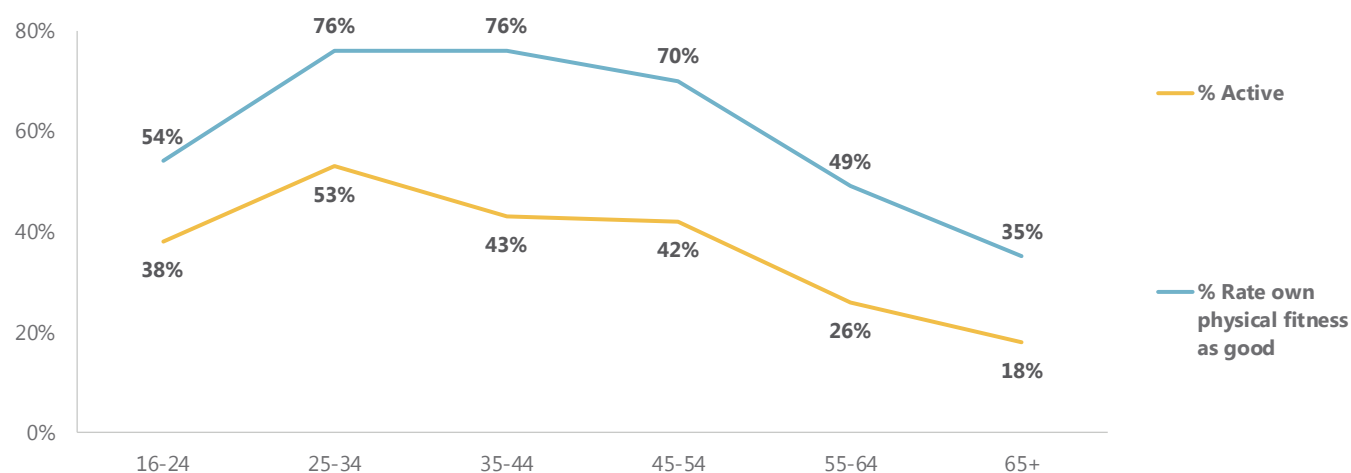
There is some interaction between the activity level of Newham residents and their likelihood to think about what they are eating. Active residents are more likely to say how healthy their food is, matters a great deal or a fair amount (43% vs. 33% saying it matters somewhat or not very much). A similar pattern is seen for those who say the same about the processing of their food (43% vs. 37%). The majority (65%) of Newham residents rate their levels of physical fitness as good or very good, one in four (25%) rate them as fair and just one in ten rate them as poor. There is some relation between residents' perceptions of their physical fitness and their activity levels. Those who are active are most likely to rate themselves as having a good or very good level of physical fitness (77%). A majority of those who are inactive or insufficiently active still rate their fitness levels as good or very good (51% and 62% respectively). Those who are inactive are most likely to rate their fitness levels as poor 21% vs. 11% overall), although just one in ten (10%) of those who are insufficiently active rate their fitness levels as poor.

The importance of community facilities to the activity levels of residents is evident by the activity levels of facility users. Those who use leisure centres almost never or never are more than three times as likely to be inactive as those who use them at least once a week (53% vs. 13%). Similarly, close to half (46%) of those who never or almost never play sport at or for a sport club are inactive, compared to just one in ten (9%) of those who do so at least once a week.

Newham residents may overstate their levels of fitness.

Figure 3.6 shows that this is the case for all age groups, with the greatest disparity seen for those aged 35-44.

²³ <https://www.sportengland.org/media/12458/active-lives-adult-may-16-17-report.pdf>

Figure 3.6: Actual and perceived levels of fitness

Question: How would you rate your levels of physical fitness?

Base: 1,085 Newham residents aged 16+, interviewed 20 April – 9 August 2017

3.5.1 Key drivers of Activity levels

The Key Drivers Analysis was based on underlying logistic regression models as the activity variable was binary (an individual either met the threshold for vigorous activity or fell below it). These models controlled for a number of demographic characteristics to ensure the relationships we identify are genuine, and not caused by underlying demographic differences. The control variables were variables that cannot be changed through policy or intervention.

The first step was to sum a stepwise logistic regression model to identify which control variables were significantly related to activity. This step is simply to identify which demographic variables need to be controlled for when running the KDA. The following variables were identified as being significant; age, gender, English language, ethnicity, income and household composition. People who were aged 25-34 years, male, native English speakers, from a white or mixed ethnic background, and single people were more likely to meet the vigorous activity threshold. Women, those aged 55 years or more, people from an Asian background, and couples with children were less likely to meet the threshold.

The second step was to run the KDA. The model included any attitudinal variables and behaviours that were significantly related to activity, once the demographic characteristics listed above had been controlled for. The drivers that were included in the final model are shown in Table 2. The table also shows the direction of association (a '+' indicates that that characteristic is associated with an increased likelihood of vigorous activity, a '-' implies a negative relationship) and the relative importance of each driver, as measured by its contribution to the model pseudo R-square.

Those using local facilities were more likely to be doing vigorous activity, specifically, using a sports club, a leisure club or attending leisure activities. such as evening classes (even if these classes were not specifically sport-related, participation was still related to increased levels of activity). **These were the strongest drivers and highlight the importance of local facilities in keeping residents active.**

Other notable drivers were levels of fear when walking alone after dark, with individuals who were more fearful having lower levels of activity, and employment status, with higher activity associated with those working full time, part time or self-employed.

Weaker drivers included number of benefits the individual was on, with activity levels decreasing as number of benefits grew, and community activities including community events, doing unpaid voluntary work and attending local groups. A higher involvement in community activities (at least once a month) was positively related to higher levels of vigorous activity.

Table 3.3: Key Driver Analysis: Drivers of activity levels

	Relationship with outcome	Importance	Rank
Play in a sports club	+	25%	1
Use leisure centres	+	25%	2
Attend leisure activity groups, such as evening classes	+	17%	3
Has a limiting health condition	-	10%	4
How safe do you feel walking alone after dark	-	9%	5
Employed (FT, PT or self-employed)	+	6%	6
Attend community events or gatherings	+	2%	7
Number of benefits received	-	2%	8
Do unpaid voluntary work	+	2%	9
Attend meetings for local groups	+	2%	10

Controls for: age, gender, household composition, English language and ethnicity

R squared = 34%, n=970

The proportion of Newham residents who report smoking and drinking has remained stable since 2015.

One in five (19%) of Newham residents smoke. This is similar to the figures seen across the recent history of the survey (wave 5-9), and is the same proportion as seen in 2015 (19%).

Two in five Newham's residents (39%) say they drink alcohol, with the majority (61%) saying they never drink alcohol. This is a similar proportion as previous waves, with over one in three (35%) saying they ever drink alcohol in 2015, 2013 (37%) and 2011 (36%).

Residents who do drink are not likely to drink above the recommended amount of alcohol per day. Just three per cent of Newham residents report drinking above 14 units per week²⁴. This compares to one in four (23%) of the population of England in 2015²⁵. The majority of this groups drink between 15 and 21 units a week, with only 10 residents drinking more than 21 units a week. One in ten (8%) residents drink one unit or less a week, and one in five (20%) drink more than one and up to seven units per week.

²⁴ <https://www.nhs.uk/Livewell/alcohol/Pages/alcohol-units.aspx> accessed 10/11/17

²⁵ Health Survey for England 2015: Adult Alcohol. It should be noted that this is a self-reported measure. Due to social desirability bias alcohol consumption is generally under reported. Because of this we are likely underestimating the proportion of residents who drink and the quantity they drink. Differences in data collection between the Health Survey for England and Understanding Newham may account for some of the difference.

3.6 Who engages in unhealthy behaviours?

Analysis was conducted to determine what population characteristics were linked to unhealthy behaviours. Within Newham gender, ethnicity and income are found to be closely related to unhealthy behaviours.

- **Gender** – Men and women engage in different unhealthy behaviours. Men are more likely to smoke (23% of men smoke vs. 16% of women) and to drink alcohol (72% of women drink zero units of alcohol on average per week vs. 57% of men), and men are more likely to drink above the recommended number of units per week (5% of men vs. 1% of women). However, women are less likely to live an active lifestyle. Just one in three women (31%) are active, in comparison one in two men (48%) are active. Women are less likely to rate their physical fitness as good than men (58% vs. 71%).
- **Ethnicity**- As with gender, different ethnic groups display different unhealthy behaviours. Residents from an Asian background are far less likely to smoke than other ethnic groups, with those from a White background the most likely to smoke (7% of Asian residents smoke in comparison to 34% of White residents and 15% of Black residents). A similar pattern is seen for alcohol consumption, Asian residents are much more likely to not drink any alcohol on average per week, than White and Black residents (89% vs. 46% and 60% respectively). White residents are most likely to drink above 14 units of alcohol per week (6% vs. 1% of Asian and Black residents). However, White residents are more likely than Asian and Black residents to eat the recommended amount of fruit and vegetables (54% vs. 45% and 42% respectively), and to be active (49% vs. 30% and 38% respectively). Despite their low levels of activity more than two in three (69%) Asian residents rate their levels of physical fitness as good, compared to 57 per cent of Black residents.
- **Income**- Income and poverty levels are related to certain aspects of unhealthy behaviours. Those in the lowest household income quartile are less likely to eat the recommended amount of fruit and vegetables at least five times a week (35% vs. 51% of those in the highest income quartile). A similar difference is seen for those who are classed as active. Just one in three (31%) of those who are in the lowest income quartile are active, in comparison to one in two (52%) of those in the highest income quartile. Income is not closely related to an individual's likelihood to smoke and drink.

Since 2015 the definitions of unhealthy behaviour derived from the King's Fund analysis have changed, for instance around the number of units of alcohol that is recommended to be drunk. In 2017's survey the activity questions are also not comparable to the Wave 8 research. This year we have defined unhealthy behaviours as follows:

- **Smoking:** the respondent smokes
- **Drinking alcohol:** the respondent drinks more than 14 units of alcohol per week
- **Fruit and vegetable consumption:** the respondent does not eat five portions of fruit and vegetables every day
- **Exercise:** the respondent is not classed as active, defined as at least 150 minutes of exercise a week (vigorous exercise counts as double).

Using these definitions, one in ten (9%) Newham residents live with none of these unhealthy behaviours. One in three (35%) exhibit one unhealthy behaviour. Over half (56%) exhibit two or more behaviours, one in twelve (7%) three or more and just two residents exhibit all four.

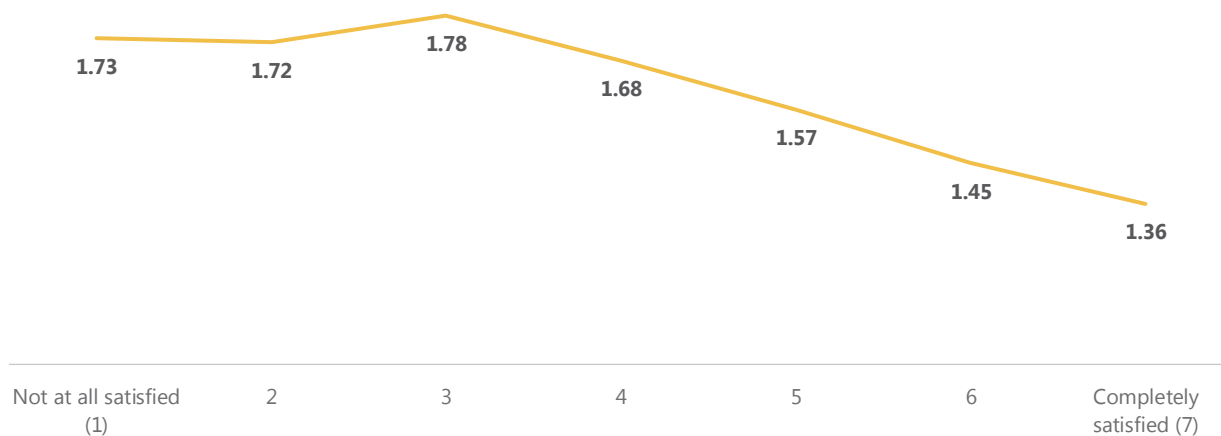
The prevalence of unhealthy behaviours is related to the factors already discussed, White residents are three times as likely to exhibit three or more behaviours than Asian and Black residents (12% vs. 4% and 4% respectively). White residents exhibit a mean of 1.57 behaviours, in comparison to 1.52 for Asian residents and 1.55 of Black residents. Income is also linked to these behaviours. Three in five of those in the lowest income quartile exhibit two or more behaviours, in contrast to just under half (47%) of those in the highest income. Those in the lowest income quartile have a mean of 1.6 behaviours and those in the highest income band have a mean of 1.4 behaviours.

Age also relates to unhealthy behaviours. Those aged 25-34 and 35-44 exhibit the fewest of these behaviours (means of 1.5 and 1.4 respectively) and those aged 16-24, 55-64 and 65+ have higher than average means (1.6 for each group), although these are driven by different behaviours.

Satisfaction with own health is closely linked to the number of unhealthy behaviours residents exhibit.

Those who are completely satisfied with their own health are more than twice as likely to display none of the unhealthy behaviours listed than those who are not at all satisfied (16% vs. 7%). Two in three (66%) of those who are not at all satisfied with their health display two or more unhealthy behaviours, compared to just under half (46%) of those who are completely satisfied. Given these scores it is unsurprising that the mean number of unhealthy behaviours decreases as satisfaction increases. This is shown in Fig 3.7.

Figure 3.7: Relationship between number of unhealthy behaviours and satisfaction with own health



Base: 1,085 Newham residents aged 16+, interviewed 20 April – 9 August 2017

The majority of those who consider themselves disabled or who have health problems are not cared for by friends or family.

One in five (17%) of those who consider themselves disabled or who have health problems receive informal care²⁶. Most of this care comes from friends, relatives or family rather than from children aged under 16. Just nine Newham residents receive care from a child under the age of 16. The majority of care given is provided by live in carers, with three in five (58%) of those who state they receive care saying this person lives with them.

²⁶ Defined as receiving care from friends, family or own children.

The level of informal care that Newham residents with a disability or health impairment receive varies. One in three (35%) of those who receive care, receive between one and nine hours per week, with one in four (28%) receiving 10 to 34 hours. There is a minority of Newham residents who receive a high level of care, with one in eight (16%) receiving above 35 hours a week.

A small minority (12%) of Newham residents give care to either someone that they live with, or someone not living with them. Of these residents the majority (66%) just give care to someone that lives with them, one in five (20%) just give care to a person not living with them and one in eight (14%) give care to both someone living with them, and someone not living with them.

One in five (15%) of those who give care, give over 35 hours per week, the equivalent of a full-time job. Beyond these individuals the largest group of those who give care, give one to nine hours per week (42%), with one in three (29%) giving 10 to 34 hours per week.

Figure 3.8: An illustrative case study of a resident who provides care

Tanya has lower levels of mental well-being. She is currently unemployed and is living in a flat rented from a housing association. Her rental costs mean that she sometimes struggles financially.

Tanya has a support network of friends, and sees them more than twice a week and is satisfied with her social life. She does however take some time to bounce back from things that challenge her.

She is looking for employment, but is finding it difficult because of a lack of formal qualifications. She also spends time caring for a relative each week, which may stop her from looking for work.

Tanya smokes occasionally and does not eat enough fruit or vegetables.

The receipt of benefits may be related to the amount of care that individuals are able to give. Close to nine in ten (87%) of those who do not receive benefits and provide care, give zero to nine hours per week. In comparison just one in three (31%) of those who provide care and receive benefits give this amount of care. This group are far more likely than those who receive no benefits to provide 10 to 34 hours of care (37% vs. 2%).

Care givers vary by some characteristics; women are nearly twice as likely to give care than men (15% vs. 8%), and there is also a relation to employment status, with those who are looking after the family or home more likely to provide care (19% vs. 12% overall). Older residents are also more likely to give care. One in five (20%) of those aged 65 and above give care to someone living with them, compared to one in ten (10%) overall.

Giving care may have some impact on a carers mental wellbeing. Those who give care have a lower mental health well-being score on average than those who do not give care (22.88 vs. 23.87 (The overall level of mental health well-being is explored in greater detail later in this chapter))²⁷. However, they are just as likely to be able to see friends and family as those who do not give care.

²⁷ Derived from the Short form Warwick-Edinburgh Mental Wellbeing Scale

Newham residents are more satisfied with their life overall, compared to London and the UK.

Four in five (80%) Newham residents are satisfied with their life overall²⁸. This is similar to the level seen in 2015 (77%). Newham residents score on average 5.47 on the satisfaction scale, this is similar to the scores seen in 2015 (5.36) and 2013 (5.42). This score is higher than the respective figures for London and the UK (5.15 and 5.24)²⁹.

Residents' life satisfaction is linked to a number of demographic and lifestyle differences. Male residents are more likely to report that they are satisfied with their life overall than female residents (84% vs. 76%), and Asian residents are more likely to do the same than Black residents (83% vs. 74%). Residents' age also matters, with older residents (55+) reporting lower levels of life satisfaction than overall (74% vs. 80%). Social renters are also less satisfied with three in four (76% satisfied), compared to four in five (80%) overall. Unlike in 2015 there are no significant differences between unemployed residents and the total population, and those living in poverty and those not living in poverty. There is however some correlation between increasing income and increasing life satisfaction. Three in four (74%) of those in the lowest household income quartile state that they are satisfied, compared to nine in ten (90%) of those living in the highest income quartile.

Unhealthy lifestyle choices have a mixed relationship with life satisfaction. Drinking alcohol and not being active does not change residents' likelihood of being satisfied with their life overall. Smoking is related, just over seven in ten (72%) of smokers are satisfied with their life overall, compared to eight in ten of non-smokers (83%). Similarly, those who eat the recommended amount of fruit and vegetables are more likely to be satisfied with their life than those who do not (87% vs. 78%).

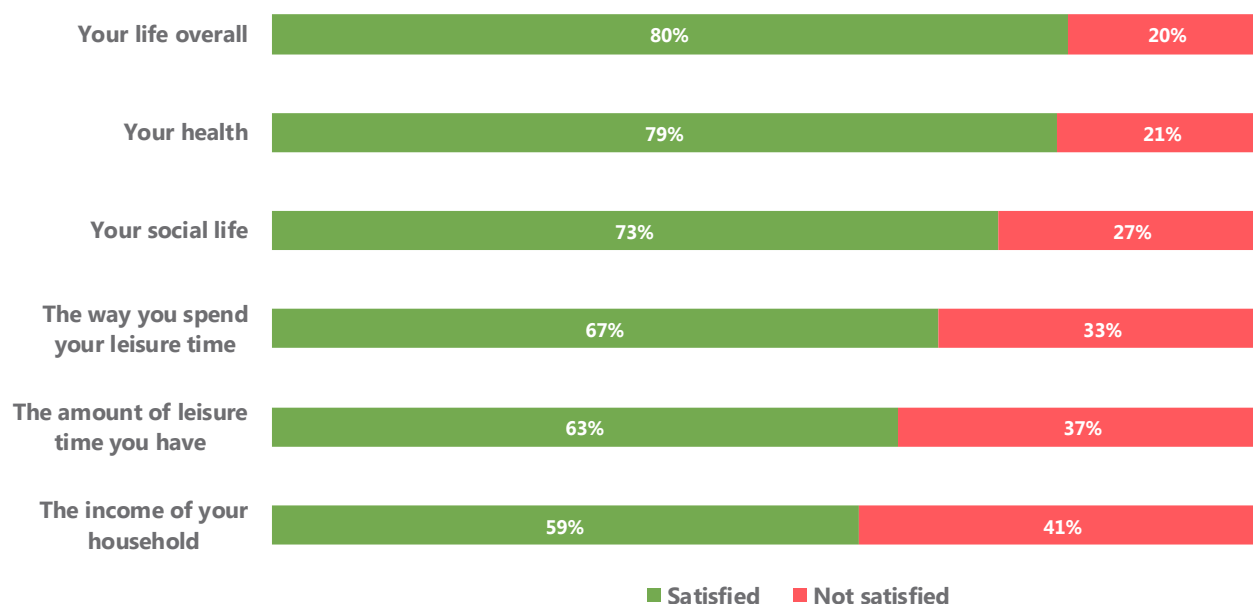
Analysis of Wave 8 and 9 data shows that panellists are becoming more satisfied with their lives overall. Of panellists who were dissatisfied with their lives overall in 2015 two in three (63%) are now satisfied. Some panellists are however less satisfied, of those who were satisfied in 2015, over one in eight (15%) are now dissatisfied.

The majority of residents are satisfied with all of the aspects of their lives that they were asked about. As Fig3.8 shows residents are most satisfied with their life overall (80%), followed closely by their health (79%). Residents are least satisfied with the income of their household (59%) and the amount of leisure time they have (63%).

The impact of giving care is seen in some of these life aspects. Those who give care are less likely to be satisfied with their own health (60% vs. 81% of those who do not give care), to be less satisfied with the income of their household (39% vs. 62% of those who do not give care), and to be less satisfied with their life overall (69% vs. 82%). Despite the time they take in giving care, carers are no less likely to be satisfied with their social life, amount of leisure time or the way they spend their leisure time than those who do not give care.

²⁸ Defined as at least 5 on a scale of 1-7

²⁹ Understanding Society Wave 6

Figure 3.9: Satisfaction with life aspects

Question: How dissatisfied or satisfied you are with the following aspects of your current situation?

Base: 966 Newham residents aged 16+ who answered the self-completion section, interviewed 20 April – 9 August 2017

The majority of residents feel that they are able to bounce back after hard times.

Newham takes an active approach in building personal resilience within the borough. Key to this is the ability of residents to respond to challenges. In order to look at this, respondents answered a series of questions to assess their resilience to challenge. These form the 'Brief Resilience Scale'³⁰. The results of these questions were aggregated and each respondent given a score to indicate their personal resilience. These scores were then categorised into low resilience to stress (a score under 3), medium resilience (between 3 and 4.29), and high resilience (4.3 and 5).

Fig 3.9 shows that residents are confident in being able to bounce back quickly after hard times (61%), followed by being able to recover quickly from a stressful event (55%). Just under one in two (49%) feel that they usually come through difficult times with little trouble. Conversely one in five (21%) feel that they take a long time to get over set-backs in their lives, and one in four (25%) agree that it is hard for them to snap back when something bad happens, and that they have a hard time making it through stressful events.

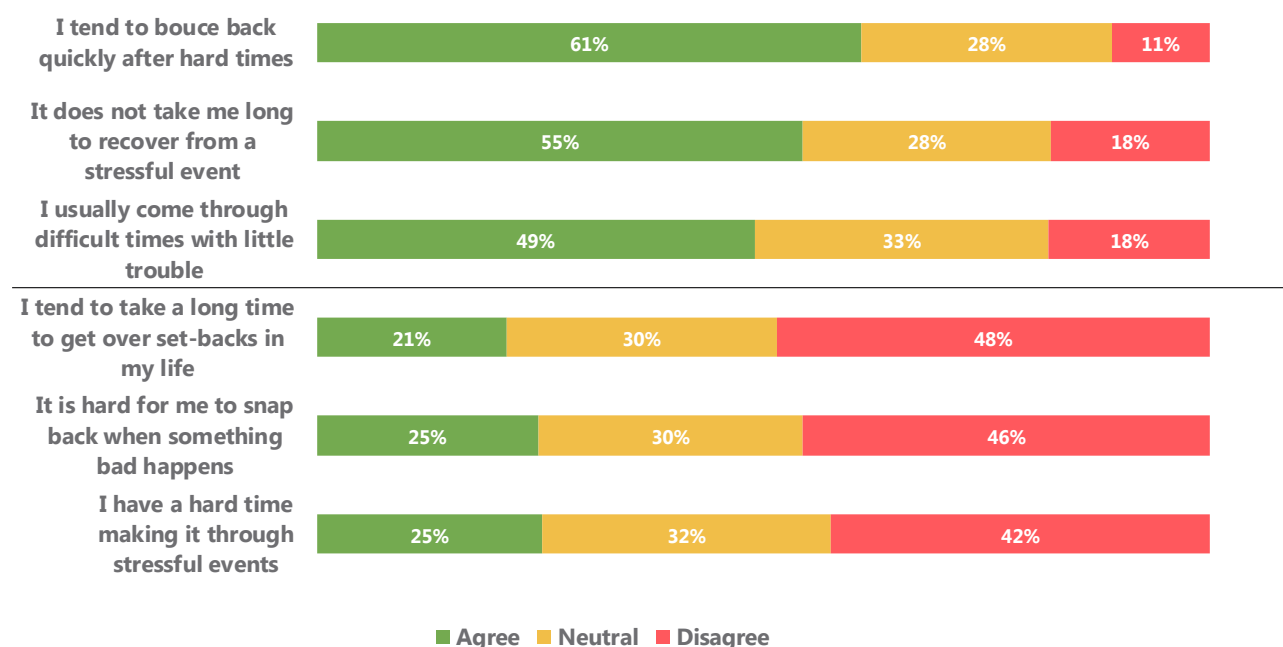
These scores are similar to those seen in 2015. The greatest difference is seen in the proportion of residents who agree that they tend to bounce back quickly after hard times (70% in 2015 to 61% in 2017). Despite this change some residents now feel more capable of making it through stressful events, one in three (32%) disagreed in 2015, compared to two in five (42%) in 2017. Similarly, residents are now more confident in their ability to snap back when something bad happens, 40 per cent disagreed they found this hard in 2015 vs. 46 per cent in 2017.

Looking at the banded scores for resilience, one in five Newham residents are classed as low resilience (22%) using this method. Three in four (69%) are medium resilience and close to one in ten (8%) are high resilience. These scores are

³⁰ The Brief Resilience Scale: Assessing the Ability to Bounce Back; Bruce W. Smith et al (2010)

similar to those seen in 2015. Then one in five (21%) had low resilience to stress, three in four (74%) had medium resilience and one in twenty (5%) had high resilience.

Figure 3.10: Residents' personal resilience



Question: To what extent do you agree or disagree with each of the following statements?

Base: 966 Newham residents aged 16+ who answered the self-completion section, interviewed 20 April – 9 August 2017

Residents' personal resilience is closely related to the financial situation of the individual and household. Those who are living in poverty before housing costs are more likely to have low levels of resilience than those not living in poverty (29% vs. 21%), as are those living in the lowest quartile of household income (29% vs. 18% of those living in the highest quartile). An individual's employment status also plays some role in their resilience to stress. Those who are unemployed, and those who are classified as long-term sick or disabled are more likely than overall to have low levels of resilience (30% and 58% vs. 22% overall). Those living in social housing also appear to have lower personal resilience. Just over one in four (28%) social renters have low levels of resilience, compared to one in five (22%) overall. Educational levels also play some role in residents' ability to recover from a shock or stress. One in eight (12%) of those educated to degree level and above have high levels of resilience, compared to just one per cent of those with no formal qualifications.

Other demographic differences are related to residents' personal resilience. Those with a disability, for example are also twice as likely as those without a disability to have low levels of resilience (54% vs. 20%).

There is a close interaction between how residents' view other aspects of their lives and their stated levels of resilience. Those who are not satisfied with their life overall are close to three times as likely to have low levels of resilience than those who are satisfied (45% vs. 17%). Similarly, over two in five of those who are not satisfied with their health have low levels of resilience, compared to one in six (16%) of those who are satisfied. As mentioned previously it is unsurprising that satisfaction with income is related to stated levels of personal resilience. Those who are not satisfied with their income are close to twice as likely to have low levels of resilience as those who are satisfied. (34% vs. 18%).

Residents' social lives play some role in their ability to cope with shocks, although this may be based on perception of their social lives rather than the activities they actually undertake.

Those who are not satisfied with their social life are almost twice as likely to have low levels of resilience than those who are satisfied (34% vs. 18%). A similar pattern is seen for those who are not satisfied with the amount of leisure time they have (29% vs. 19%), and those who are not satisfied with the way they spend their leisure time (29% vs. 20%). However, there is no difference between those who have a support network within the community and those who do not, and those who see their friends less often than once a month, or never, are no more likely to have low levels of resilience than those who see their friends on most days. This suggests that this difference may be down to perceptions of residents own social lives, rather than whether the activity and support they have that is driving the low levels of resilience.

Newham residents have slightly lower levels of mental well-being than the London and UK populations.

Residents were asked a series of questions that form the Short form Warwick Edinburgh Mental Wellbeing Scale. These scores are then combined and indexed to create a combined well-being score. In 2017 Newham residents were found to have an average score of 23.8³¹. Data collected in 2014 for Understanding Society provides some context to this score³². Here Newham's residents have a slightly lower mean score than the respective figures for the UK as a whole (24.7) and London (24.8).

As with other scores described previously, residents' mental well-being varies by some key demographic and lifestyle factors. Income has some relation to the well-being of residents, those in the highest income quartile have a higher mean score than those in the lowest income quartile (24.6 vs. 21.9). Poverty is also related, with those living in poverty before housing costs having a lower mean score than those not living in poverty (22.9 vs. 24.1).

Employment status and tenure are also related to residents' mental well-being. Those who are unemployed and those who state they are long term sick or disabled have lower levels of well-being than those who are in full time paid employment (23.9 and 18.6 vs. 24.1) Social renters also have lower levels of well-being than private renters and owner occupiers (23.1 vs. 24.3 and 23.9). The educational level of residents is related to mental well-being, those with no qualifications have a lower score than those who are educated to degree level and above (22.7 vs. 24).

Men are more likely to have a higher self-reported level of mental well-being than women (24.2 vs. 23.2). There are no differences between ethnic group when looking at mental well-being.

The impact of caring for someone is also seen here. Carers have lower well-being than those who do not give care (22.9 vs, 23.9). Differences are also seen for those who consider themselves a disabled person (21) in comparison to those who do not consider themselves to be disabled (23.9).

Association between the unhealthy behaviour and mental wellbeing is mixed. Those who drink and are not active are no more likely to have low levels of mental well-being than other residents. On the other hand, residents who smoke do have a lower level of well-being than non-smokers (22.9 vs. 24), as do those who do not eat the recommended portion of fruit and vegetables every day (23 vs. 25.5 for those who do eat the recommended amount).

³¹ To one decimal place.

³² Understanding Society Wave 4 – face to face nationally representative survey (2014). Due to differing methodologies, please treat comparisons as indicative only

Social isolation does not have a consistent relationship with mental well-being either. Those who see their friends more than twice a week are no more likely to have higher levels of well-being than those who see their friends less often than once a month.

The relation between residents' experience of work and their self-reported mental wellbeing is low. Residents who work part time are no more likely to have higher levels of mental well-being than those who work full time. Similarly, there are no differences seen between the different contract types that residents have, although this may be because of the low base sizes exhibited in many of these groups. Those who are dissatisfied with their job are slightly more likely to have lower levels of mental well-being than those who are satisfied (23.6 vs. 24.5).

Residents mental well-being may be linked to other aspects of resilience. When looking at residents' personal resilience those who are deemed to have a low resilience have a mean score of 21.2, in comparison those who have a high level of resilience have a mean mental well-being score of 27.3. Life satisfaction may also be linked, those who are satisfied have a mean well-being score of 24.6, while those who are not satisfied have a mean well-being score of 20.

Figure 3.11: An illustrative case study of a resident with low mental health well-being

Anna has lower levels of mental well-being. She is currently unemployed and is living in a flat rented from a housing association. Her rental costs mean that she sometimes struggles financially.

Anna has a support network of friends, and sees them more than twice a week and is satisfied with her social life. She does however take some time to bounce back from things that challenge her.

She is looking for employment, but is finding it difficult because of a lack of formal qualifications. She also spends time caring for a relative each week, which may stop her from looking for work.

Anna smokes occasionally and does not eat enough fruit or vegetables.

Figure 3.12: An illustrative case study of a resident with low mental health well-being

Matt has higher levels of mental well-being. He has recently finished studying for his bachelors degree and is renting privately with a group of friends. He has a graduate position at an accounting firm. He is enjoying his role at the company and works full-time. He and his housemates are earning above the average amount for Newham.

Matt regularly sees his friends and as part of this occasionally drinks more than the recommended amount of alcohol. He is part of a local sports team and because of this is active. He takes care of what he eats, and regularly eats the recommended amount of fruit and vegetables.

He is satisfied with the life he is leading in Newham, and is able to cope well with any shocks or stress.

3.6.2 Key drivers of mental wellbeing

This analysis aimed to identify the drivers of strong mental wellbeing. Mental wellbeing was measured by SWEMWBS. This is a shortened version of the Warwick-Edinburgh Mental Wellbeing Scale and is designed to measure mental wellbeing in the general population. The score ranges from 7 to 35, a higher score being associated with higher levels of mental wellbeing.

As before the analysis was run in two steps. The first was to run a stepwise linear regression to identify which demographic characteristics were significantly related to wellbeing score. This model identified the following; age, gender, CFA, time lived in Newham, religion and household composition. This model showed that people aged 55 years or over tended to have higher scores than those aged 16-25 years, and women tended to have higher scores than men. People who had lived in Newham for less than two years tended to have higher scores than those who had lived there longer. People who regarded themselves as religious had higher scores than those who did not, and couples without children had higher scores than other household types.

The second step was to run Key Drivers Analysis to identify which attitudinal and behaviour characteristics were significantly related to wellbeing, once the demographic characteristics listed above had been controlled for. The analysis was based on a series of linear regression models. The drivers included in the final model are shown in Table 4. The table also shows the direction of association (a '+' indicates that that characteristic is associated with increased wellbeing, a '-' implies a negative relationship) and the relative importance of each driver, as measured by its contribution to the model R-square. This measures the proportion of variance in wellbeing score that is explained by the model.

The strongest drivers are measures of satisfaction of different areas of life. These show that satisfaction with social life and leisure time are marginally more important drivers than income, which highlights the importance of social networks in mental wellbeing. This is also shown by the inclusion of views on whether the respondent felt they could go to a neighbour if in trouble, and whether they felt the local area was one in which people from different backgrounds got on. Positive responses to both these questions were associated with higher SWEMWEBS scores.

Physical health is important, with both satisfaction with overall health and the absence of a limiting health condition being significant drivers. Income also came up; satisfaction with income was a driver of better mental health, whereas being in the lowest income quartile was a driver of poor mental health. Finally, confidence with numbers was positively associated with good mental health, possibly a proxy for higher confidence more generally.

Table 3.4: Key Driver Analysis: Drivers of mental health

	Relationship with outcome	Importance	Rank
Satisfied with social life	+	19%	1
Satisfied with leisure time	+	18%	2
Satisfied with income	+	17%	3
Satisfied with health	+	15%	4
Satisfied with amount of leisure time	+	13%	5
Has a limiting health condition	-	5%	6
Lowest income quartile	-	4%	7
Confident with numbers	+	4%	8
Could go to someone in neighbourhood if in trouble	+	3%	9
This is an area where people from different backgrounds mix	+	2%	10

Controls for: age, gender, CFA, time spent in Newham, religion and household composition

R squared = 40%, n=932

Finances are deemed the most important aspect in residents' mental well-being.

One in five (22%) Newham residents say that finances have the biggest impact on their mental well-being. Just over one in six (17%) state that their mental-wellbeing is most influenced by their relationships with friends and family, and a similar proportion (15%) state that it is driven by their work-life balance. As Fig 3.12 shows residents believe that lifestyle choices like the amount of time they spend outdoors, what they eat and drink and how much exercise they do have little effect on their mental well-being.

Income may play a role in determining which aspects matter to residents. Those in the highest quartile of household income are more than twice as likely to say that the amount of time that they spend relaxing / having time out has the biggest effect on their mental well-being than those in the lowest quartile (16% vs. 7%). Similarly, they are much more likely to mention their job or work life balance being important than those in the lowest quartile (21% vs. 4%). In contrast, those in the lowest quartile of household income are more than twice as likely to mention their finances (40% vs. 15% of those in the highest quartile).

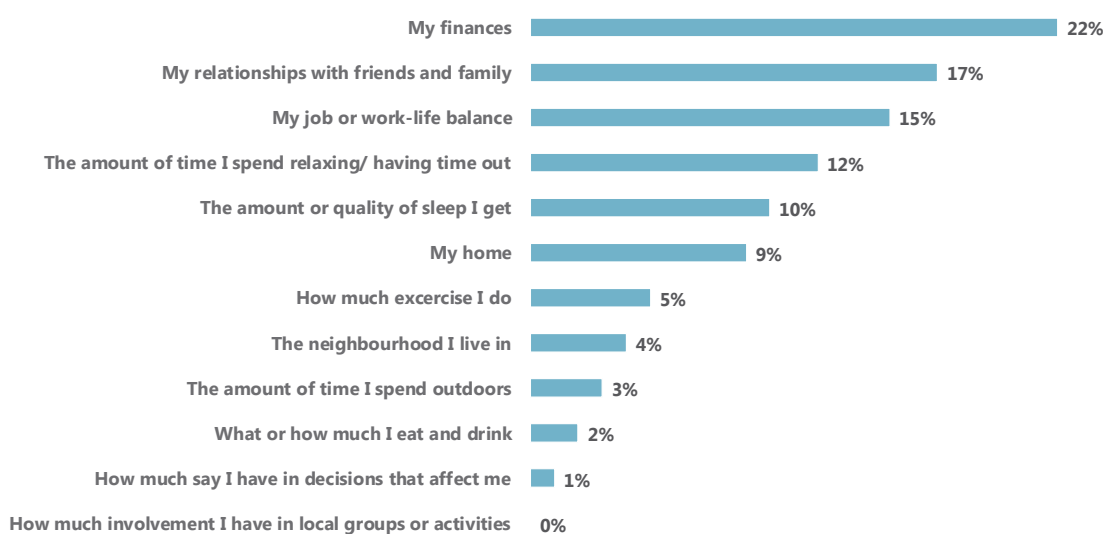
Owner occupiers are far less likely to state that their finances are the driver of their mental well-being than those living in the rental sector. Just one in eight (12%) of owner occupiers state this, in contrast to one in four of those living in social housing (26%) and renting privately (27%). The relationship between income and tenure is consistent in Newham, which may explain some of these differences. Those living in the rented sector are much less likely to be in the highest quartile of household income than owner occupiers (32% vs. 53%). Yet the cost burden of the private rental sector is also likely to drive some of the differences here.

The ethnic background of Newham residents may lead to some differences in what aspects they state are important in determining their mental well-being. Residents from a Black background are more likely to think about their finances than

White residents (34% vs. 17%). White residents are more likely to mention the amount of time they spend relaxing (20% vs. 6% of Black residents), and Asian residents are more likely to be concerned about their home (12% vs. 5% of White residents).

Younger residents suggest different drivers of mental well-being than the overall population of Newham. Those aged 16-34 are half as likely to mention their home as important in their mental well-being than overall (4% vs. 8%). Those aged 25-34 are more likely to mention the amount of time they spend relaxing (16% vs. 12% overall).

Figure 3.13: Aspects influencing mental well-being



Question: Which, if any, do you think has the biggest effect on your mental well-being?

Base: 966 Newham residents aged 16+ who answered the self-completion section, interviewed 20 April – 9 August 2017

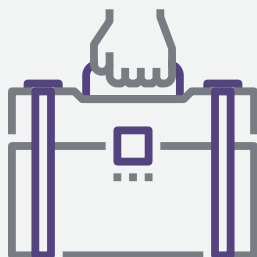
Economic resilience

CHAPTER SUMMARY

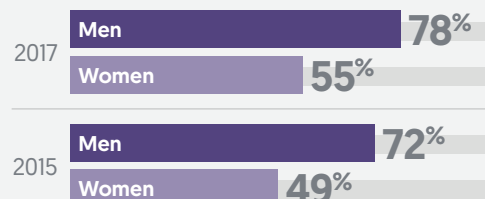
EMPLOYMENT

67%

of working age Newham residents (aged 17-64) are employed, up from 62% in 2015. This is below the UK average (75%)

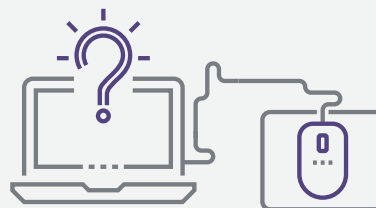


Men remain more likely to be employed than women



Underemployment is high in Newham: one in five residents (19%) would like to work more hours than they do

Four in ten residents with a disability (40%) or long-term health condition (38%) say their IT skills are fairly or very poor



WAGES



55%

of Newham residents are paid less than the London Living wage (now £10.20 per hour). This is up from 2015 (53%) and 2013 (48%)

Residents' median gross weekly pay is £369. This is substantially below the UK median of £449



Median hourly pay is now £9.11. This is lower than the UK median of £12.49



Women in Newham earn 13% less than men. This pay gap is higher than the national average of 9%

Economic resilience

CHAPTER SUMMARY

HOUSEHOLD INCOME AND FINANCIAL MANAGEMENT



Two thirds of Newham residents (65%) say that they are “doing alright” or “living comfortably” nowadays. This is an increase from previous years

2015:	49%
2013:	42%
2011:	45%

55%

of Newham residents do not save a regular amount of money each month



Median monthly rents in Newham are £650, up from £545 in 2015. In the private rented sector the median monthly rent has jumped to £1,200 from £934



Residents’ median weekly household income after housing costs is £293: the national figure is £413

Average spend of gross income on food and utilities in Newham:

2017:	22%
2015:	18%

Those in the lowest income quartile spend 62% of their income on food and utilities (median figure)



POVERTY

39%

of households in Newham are in poverty before housing costs. This is more than double the national figure (16%)

67%

of Newham’s children live in households in poverty after housing costs



49%

of households in Newham have incomes below the poverty threshold after housing costs. This is even higher than the national average (22%)

4 Economic resilience

This chapter investigates Newham residents' economic circumstances in 2017, looking at their employment and income, and what impact this has on poverty in Newham. Throughout this chapter, findings have been compared with previous waves of the survey to show how things have changed for Newham residents over time. Findings are also compared with national data to demonstrate how and where Newham residents' lives differ those of other UK residents.

4.1 Employment and wages

Employment in Newham overall is broadly in line with levels across London and the UK. However, this is largely reflective of Newham's younger profile: employment among those of working age still lags regional and national benchmarks.

Half of Newham residents (49%) are employed, while a further one in ten (11%) are self-employed, as shown in Table 4.1. A record low seven per cent of Newham residents now say that they are full-time students (a fall of three percentage points since 2015), while the incidence of residents opting out of employment to look after their families has also remained below historic levels (eight percent, compared with 14% in 2011).

Table 4.1: Employment of Newham residents over time

	2011	2013	2015	2017	London	UK
Employed	40	43	48	49	53	48
Self employed	8	9	9	11	9	8
Unemployed	11	7	10	9	5	4
Looking after family	14	14	8	8	5	4
Retired	12	11	11	10	19	26
Full time student	10	11	10	7	7	6
Long-term sick/ disabled	4	4	3	3	2	3
On maternity leave	1	1	*	1	*	*

Source: *Understanding Newham, Understanding Society*

Newham: 2011 (Wave 6), 1,153; 2013 (Wave 7), 998; 2015 (Wave 8), 965; 2017 (Wave 9), 1085.

London: Understanding Society Wave 7 (2017), 3,432.

UK: Understanding Society Wave 7 (2017), 29,932.

Men (53%) are more likely than women (45%) to be in paid employment. This reflects a trend seen across the waves of the survey: however, the employment gap has narrowed since 2015, when 55 per cent of men were in employment, compared with only 40 per cent of women. Unemployment is spread across age groups, with only residents aged 65+ significantly less likely to be unemployed. Employment patterns also vary across ethnic groups. Some of these differences are likely to be reflective of cultural factors: residents from Bangladeshi backgrounds are more likely to say they were looking after their home and family, and more likely to be in full-time education.

Residents whose household incomes fall into the lowest quartile are significantly less likely to be in paid employment (26%, compared with 49% of all residents), and significantly more likely to be unemployed (27%, compared with 9% of all

residents). While this is to some extent self-explanatory, it is striking that 34% of residents in low-income households after housing costs are in paid employment.

Looking at an individual level, the employment status of panellists has largely remained the same since 2015. Of those in full time employment at 2015, 77 per cent are still employed, while a further ten per cent are now self-employed. Meanwhile, more than a quarter of those who were unemployed are now working, whether in paid employment (24%), or self-employed (4%).

Employment among working age residents is below UK levels.

Two-thirds of working aged residents – i.e. those aged 17-64 – are employed (67%). This represents an increase of five percentage points since 2015, when sixty-two per cent of residents were employed. However, despite this improvement, employment in Newham still falls below national levels: 75 per cent of 16-64 year olds are employed across the UK³³. This difference is explained by the higher proportion of working-age Newham residents who are unemployed and looking for work (10%, compared with 4% in the UK).

Employment patterns differ by gender with women less likely to be economically active: women of working age are twice as likely to say that they are currently unemployed (14%, compared with 7% of men). They are also more likely to be looking after their home or family (17%, compared with 1% of men). By contrast, men are significantly more likely to be working, whether in paid employment (58%, compared with 51% of women) or self-employed (20%, compared with 4% of women).

The majority of Newham residents in work are in permanent employment, with “zero hours” contracts still relatively uncommon.

Four in five residents (80%) who are in work are employed on permanent, full-time contracts, while a further one in ten Newham residents are permanently employed part-time (11%). A further three per cent of residents are employed temporarily under a fixed contract. The remaining five per cent of working residents are employed via a variety of contractual arrangements, including seasonal work, zero hours contracts (both permanent and temporary), casual work and in other ways. This pattern of employment is largely unchanged since 2013, with greater than 90% of residents consistently employed on permanent contracts.

Women are more likely than men to be employed on part-time contracts (20%, compared with 6% of men): this reflects a trend seen across waves of the Household Panel Survey. Furthermore, residents from Asian (15%) and Black (17%) ethnic backgrounds are more likely to be employed on part-time contracts than residents from white ethnic backgrounds (6%). These two findings are inter-related, with women from BME backgrounds more likely to work part-time.

Employment type is also linked to household tenure. Whereas nine in ten owner occupiers (90%) are in full time employment, this falls to eight in ten private renters (81%), and two-thirds of social renters (67%). While the incidence of zero-hours contracts is low at a borough level overall, it is focused among social renters, of whom six per cent of those working are employed on temporary or permanent zero-hours contracts.

³³ Labour Market Statistics (October 2017):

<https://www.ons.gov.uk/employmentandlabourmarket/peopleinwork/employmentandemployeetypes/bulletins/uklabourmarket/october2017#summary-of-latest-labour-market-statistics>

Employment circumstances are also linked to poverty. Working residents living in households with relatively low incomes³⁴ are less likely to work on permanent, full-time contracts (66%, compared with 88% of working residents in higher income households). Correspondingly, they are more likely to work part-time (15%, vs 6% of working residents in higher income households) and more likely to work under seasonal contracts (10% vs zero). The fact that two-thirds of residents who work and who live in households with relatively low incomes (66%) are working full-time suggests that in-work poverty is a problem in Newham.

On average, Newham residents typically work over a full-time equivalent week. However, there is still a significant minority who would like to work more hours, or who could have worked more months in the last year.

Newham residents in paid employment work an average 36-hour week (median 39 hours) including overtime. While demographic differences emerge, these follow the overall pattern of employment type, with those groups with higher incidences of part-time work typically working fewer hours on average. Employees working in business and financial services, and construction work slightly longer hours on average than those working in other sectors (39 and 40 hours respectively).

Despite this, one in five workers in Newham (19%) would like to work more hours at their current pay rate. The desire to work longer hours is not strongly related to the number of hours currently worked: residents who would like to work more hours already work an average 32 hours per week. Typically, groups more likely to say they would work more hours given the opportunity are those residents with lower (full-time) employment levels: Almost one-quarter of women (23%) say they would work more hours, compared with only 17 per cent of men; looking across age cohorts, those aged 16-24 (who have the lowest employment levels) are most likely to want to work more, with 30 per cent saying this, compared with 19% of all working residents.

Furthermore, there is an underlying level of under-employment, with 13 per cent of residents who could have worked in the year saying they did not work every month they could have. Where this occurred, the number of months of under-employment was relatively equally spread, with six in ten underemployed residents (61%) working up to six months fewer than they could have, and four in ten (39%) working seven or more months fewer than they could. Under-employment is highest among residents aged 16-24, with more than a quarter of this group (27%) not working all the months they could have in the last year.

Only one in twenty working Newham residents (4%) have a second job, though this rises to 12% among residents aged 55-64. This suggests that older residents are more likely to have 'portfolio' careers (working multiple jobs part-time), whether out of desire or necessity.

Most Newham residents are happy in their jobs, though there is wide variation across industry sectors.

Six in ten working residents (62%) are at least 'somewhat satisfied' in their job, though one in ten (10%) are 'completely dissatisfied'. There is very little variation in job satisfaction across demographic groups. However, those residents with the lowest levels of personal resilience are less likely to express satisfaction. Only four in ten residents with low resilience scores on the brief resilience scale (38%) are satisfied with their jobs, compared with almost eight in ten residents with high resilience (78%). Job satisfaction varies across business sectors, with employees in the business and financial services, and

It should be noted that UK figures cover those aged 16-64, while the Newham Household Panel Survey looks at residents aged 17-64. This difference is due to the sampling of the NHPS.

³⁴ Per HBAI definitions, discussed later in the chapter.

retail sectors least likely to express satisfaction with their jobs (50% and 53% respectively say they are at least 'somewhat satisfied'). By contrast, eight in ten residents working in construction (83%) say they are satisfied with their job.

One in five working residents (17%) are currently looking for a new job, with pay (50%) and career progression (50%) the main reasons cited. Residents from black ethnic backgrounds are most likely to say they are currently looking for a new job (30%, compared with 14% of residents from a white background, and 15% from an Asian background). Job satisfaction is not a key factor pushing people to look for new jobs: one-in five residents who are dissatisfied with their job (19%) are currently looking for a new job, compared with one in seven residents who are satisfied in their job (15%). Furthermore, among those looking for a new job, fewer than one in ten cite unhappiness in their current job as a reason (7%).

Newham residents are confident they have good working skills, though there are clear divides across demographic groups, with the most disadvantaged groups the least optimistic.

More than seven in ten Newham residents rate their skills as at least fairly good for each of: computer literacy (72%); team working (84%); problem solving (83%); planning and organisational skills (78%); verbal communication (84%); and, time management (82%). Residents are least confident about their IT skills, with more than one in ten residents (13%) saying their computer literacy / basic IT skills are fairly or very poor. This is largely a result of lesser confidence among older residents.

Perceptions of skill levels differ across different groups: the key demographic factors affecting residents' perceptions of their working skills are age, health and employment status. These findings suggest that there may be skills-related issues preventing or deterring people from getting (back) into work, and potentially contributing to social isolation.

Confidence decreases slightly across age bands for all of the skills: however, when assessing IT skills there is a significant gap. Whereas 97 per cent of residents aged 16-24 rate their skills as 'good', this falls to only 19% of residents aged 65+: even among residents aged 55-64, only 56% rate their IT skills as 'good'. Residents with health issues are less positive about their working skills, with those who identify as having a disability are less positive than those with a long-term condition. In particular, four in ten of each group (40% and 38% respectively) rate their IT skills as fairly or very poor.

English language ability is also strongly related to self-assessed working skills: as residents' perceptions of their English language skills improve (in each of speaking, reading and writing), so does their confidence in their working skills. This pattern is observed not just for those skills which might require English language ability in a workplace setting. For example, residents whose English language skills are weaker are also likely to have less confidence in their time management, problem-solving and organisational skills compared with residents with strong English.

Additional statistical analysis was undertaken to identify the drivers of high skills. A summary variable was derived from a series of questions that asked respondents to (subjectively) rate various skill sets, namely; computer literacy, team working, problem solving, planning and organisational skills, verbal communication and time management. A score of 1 was given each time the respondent said their level of skill was 'very good' or 'fairly good', with a zero given for all other responses. These were then summed to create a composite score; the higher the score, the more skills the respondent felt they had.

The analysis was run in two steps. The first was to run a stepwise linear regression to identify which demographic characteristics were significantly related to higher skill sets. This model identified age, time spent living in Newham, English speaking and household composition characteristics that are significantly related to the number of skills. Younger respondents, respondents who spoke English as a first language, respondents who had lived in Newham for more than

two years and single respondents were more likely to feel they had a greater number of skills. Respondents who were aged 65 years or more and respondents who lived in larger households (either large households of two or more unrelated adults, or large household containing two or more related adults) were more likely to feel they lack skills.

The second step was to run Key Drivers Analysis to identify the attitudinal and behaviour characteristics significantly related to skills, once the demographic characteristics listed above had been controlled for. The analysis was based on a series of linear regression models. The drivers that were included in the final model are shown in Table 4.2. The table also shows the direction of association (a '+' indicates that that characteristic is associated with higher skills, a '-' implies a negative relationship) and the relative importance of each driver, as measured by its contribution to the model R-square. This measures the proportion of variance in skills that is explained by the model. It should be noted that the model looks at residents' perceptions of their skill levels and does not provide an objective assessment of skills levels.

The model showed that being in poverty is the characteristic most strongly associated with lower skills. The age at which residents left continuous full-time education is also a strong driver of skills; individuals who left at a younger age tend to have a lower score.

The brief resilience score and WEMWEBS score of good mental health were also strongly associated with subjective measure of skills; individuals who were more resilient and who had good mental health were more likely to feel they have a larger skill set. This could in part be because such people are more likely to recognise and value their own skills. Similarly, respondents who are satisfied with their social life and life overall are more likely to have more skills.

The use of local facilities also drives higher skills: individuals who regularly use libraries or local leisure centres are more likely to have higher skill sets.

Fear of crime and physical health are weaker drivers. Respondents who worry about crime a little (their concern was 'a bit of a worry' or 'occasional doubt') are more likely to have higher skills than those who did not worry or for whom crime was a 'big worry'. Individuals who have a limiting health condition are less likely to have a high skill score.

Table 4.2: Drivers of skill levels among Newham residents

	Relationship with outcome	Importance	Rank
Poverty indicator (before housing costs)	-	20%	1
Age left continuous full-time education	+	15%	2
Brief resilience score	+	13%	3
SWEMWEBs	+	11%	4
Regularly use libraries	+	11%	5
Regularly use leisure centres	+	11%	6
Satisfaction with social life	+	7%	7
Satisfaction with life overall	+	7%	8
Fear of crime	-	3%	9
Limiting health condition	-	2%	10

Controls for: age, time lived in Newham, English speaking and household composition

R squared = 31%, n=1,001

In light of their general confidence in their working skills, Newham residents are confident that they have the right skills to do their job.

Only three per cent of working Newham residents say that some of their skills are lower than required for their job. Six in ten residents say that their skills are matched to their job, while just over a third think they are over-qualified.

Younger residents are more likely to feel overqualified for their jobs (though given the smaller base sizes, this is not significant). This is likely to reflect both the fact that they are more confident in their workplace skills, but also the fact that they are likely to be in more junior roles.

Residents who are looking for a new job are almost twice as likely to feel that they are overqualified for their job: 56 per cent of residents who are looking for a new job say their skills are higher than required for their job, compared with 31 per cent of those not looking for a new job. Despite this, skills mismatches do not have an impact on residents' satisfaction with their jobs, with neither residents who feel over-qualified, nor those who are under-qualified more likely to express unhappiness in their role (20% vs 23% are at least somewhat dissatisfied).

Residents' pay has increased since 2015, but still falls far behind UK averages.

The median gross monthly pay among Newham residents is £1,600 (mean £1,769). This represents an increase of £200 compared with 2015 (when median pay was £1,400). Median gross weekly pay is £369, an increase from £323 in 2015.

Adjusting the 2015 figures for inflation suggests that pay has increased in real terms, with median weekly pay in 2015 equivalent to £334 in real terms³⁵. It should be noted that while the current median of £369 therefore represents a strong

³⁵ Median gross weekly pay was adjusted for inflation using the Consumer Price Index (CPI) values for August 2015 and August 2017 (the midpoint of each fieldwork period). CPI data taken from the ONS website:

real-terms increase in Newham residents' gross weekly pay, this follows a real-terms fall between 2013 and 2015. Even given this strong rise in pay, Newham residents' pay still lags behind the UK average³⁶ of £449.

Incomes differ greatly across business sectors. Residents working in the retail, wholesale and personal services sector have the lowest median income, at £299 per week. By contrast, the median income among workers in business and financial services is £465.

There is also variance in weekly pay between demographic groups. In particular, there is a clear gender pay gap. Median gross weekly pay for men (£400) is almost £100 higher than women (£306). This is only partially explained by the higher incidence of part-time working among women: among full-time employees, the median income for men is £462, compared with £385 for women – this issue is discussed in greater detail in the next section, looking at hourly pay rates. There are also differences in weekly pay across ethnic groups. Median gross weekly pay is higher among residents from white ethnic backgrounds (£392) than those from Asian (£346) and black (£344) ethnic backgrounds.

Newham residents' hourly pay falls well below UK levels.

In order to calculate employees' gross hourly pay³⁷, gross weekly pay was divided by the number of hours worked in a normal week, including overtime³⁸. Using this calculation, median hourly pay among employed Newham residents can be estimated at £9.11 per hour (mean £11.34). By contrast, in indicative terms, median hourly pay within the UK is £12.49³⁹, while within London median hourly pay is £15.59. It should be noted that the calculation for gross hourly pay used in Understanding Newham differs from national statistics, since it uses total pay for the last pay period, including overtime pay, and total hours worked in a *typical* week, including both paid and unpaid overtime. As such, derived hourly pay should be treated as indicative when compared with national figures.

Men have higher median hourly pay than women (£9.99 for men, compared with £8.92 for women). In part, this is due to differing patterns of employment, with women more likely to work part-time jobs, which typically have lower pay rates. Looking just at those residents working full time, the median hourly pay for women is £9.35, compared with £10.72 for men. This represents a median gender pay gap of 13%; higher than the UK pay gap of 9.1%⁴⁰. Further, this pay gap cannot be entirely explained by the sectors in which men and women work. While the sample is too small to allow for full analysis of pay by gender by sector, indicative findings suggest pay gaps exist within sector.

Despite the fact that the median gross weekly pay of residents from white ethnic backgrounds is higher than that of residents from black and Asian backgrounds, this is not reflected in the hourly pay rates of employees, suggesting that the pay differential is due to employment terms – i.e. the number of hours worked, or the type of pay rate (salaried vs hourly rate).

³⁶ ONS Annual Survey of Hours and Earnings (provisional 2017 data):

<https://www.ons.gov.uk/employmentandlabourmarket/peopleinwork/earningsandworkinghours/bulletins/annualsurveyofhoursandearnings/2017provisionaland2016revisedresults>

³⁷ Gross hourly pay has been calculated for employees only (excluding self-employed), consistent with minimum wage legislation

³⁸ In order to be comparable with minimum wage figures, the total number of hours worked includes overtime, and may therefore include *unpaid* overtime.

³⁹ ONS data (2017). See footnote 36 for details.

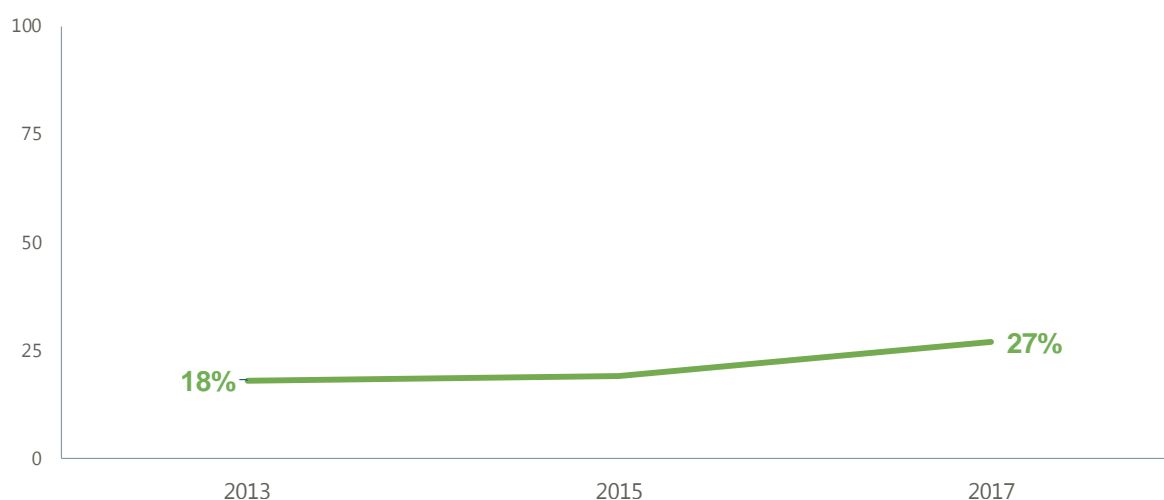
⁴⁰ ONS Annual Survey of Hours and Earnings (2017): <http://www.ons.gov.uk/ons/rel/ashe/annual-survey-of-hours-and-earnings/index.html>

Hourly pay rates differ across business sectors, ranging from a median rate of £11.83 in business and financial services, to £7.69 for retail workers.

One quarter of employees in Newham are paid less than the minimum wage.

Underpayment of the minimum wage has increased since the last wave of Understanding Newham, and now stands at 27 percent⁴¹. This represents an increase eight percentage points since 2015 (see Figure 4.1). It should be noted, however, that is reflective, in part, of the changing structure of the minimum wage, with the level split out further by age group. As such, it is difficult to directly compare results across different waves of the Understanding Newham survey.

Figure 4.1: Underpayment of the minimum wage over time



Proportion of residents earning less than the minimum wage (derived)

Base: 472 Newham residents in full- or part-time employment aged 16+, interviewed 20 April – 9 August 2017

Reflecting their lower hourly pay rates (and their greater likelihood to work part-time), women are more likely than men to be paid under the minimum wage, with one-third of women (34%) paid less than the minimum wage, compared with one in five men (22%). Differences also emerge across ethnic groups, with residents from minority ethnic backgrounds more likely to be paid less than the minimum wage (35% of residents from black ethnic backgrounds, and 29% from Asian backgrounds, compared with 24% from white backgrounds are paid below the minimum wage).

Data on pay rates by sector is limited but suggests that employees working in retail are most affected by underpayment of the minimum wage, with as many as 45% being paid below this threshold once unpaid overtime is accounted for. Residents working across all sectors are affected, however, with business and financial services the only sector where underpayment of the minimum wage is less than 10 per cent (3% of employees in this sector are paid below the relevant threshold for their age).

It should be noted that Understanding Newham is a far-reaching study, designed to cover a broad range of topics: it has not been designed specifically to capture detailed household and individual income. As a consequence, there are some

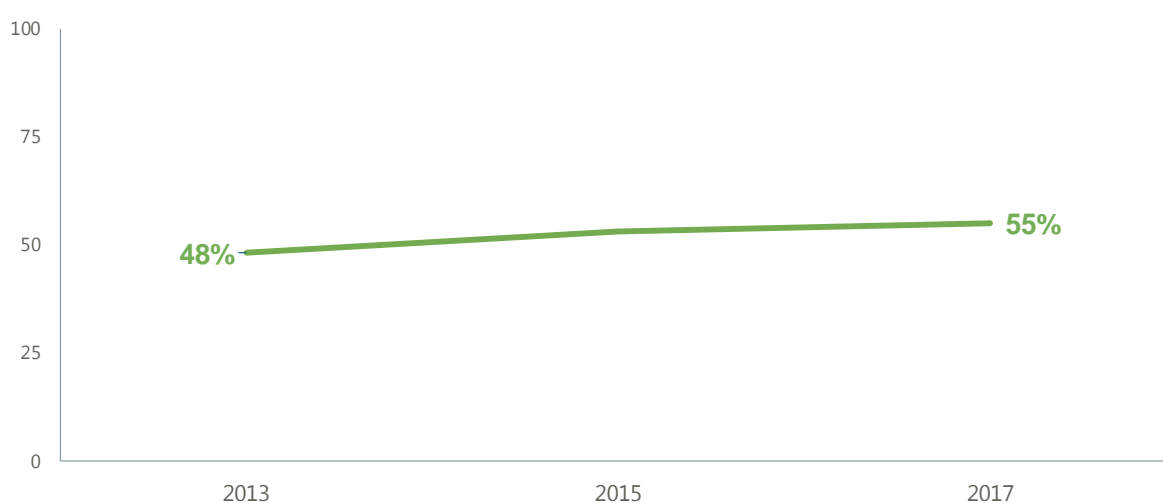
⁴¹ The national minimum wage applicable during the fieldwork period was set at £7.50 for people aged 25 and over; £7.05 for people aged 21 to 24 and £5.60 for people aged 18 to 20

limitations that should be borne in mind when interpreting this data. This is discussed further in the technical note provided in Appendix A.

Even despite increases in hourly pay rates among Newham residents, a majority of residents still earn less than the London Living Wage.

More than half of Newham residents (55%)⁴² are paid less than the London Living Wage⁴³. As shown in Figure 4.2, this is in line with 2013 findings, when 53 per cent of residents earned below this threshold (then set at £9.15). Research by Trust for London⁴⁴ found that in 2015/16 Newham had the highest proportion of low-paid jobs of all London boroughs, with 31% of jobs paying less than the Living Wage⁴⁵, compared with 19% across London as a whole.

Figure 4.2: Underpayment of the London Living Wage



Proportion of residents earning less than the London Living Wage (derived)

Base: 472 Newham residents in full- or part-time employment aged 16+, interviewed 20 April – 9 August 2017

Given the high incidence of low pay in Newham, it is perhaps unsurprising that residents earning below national pay thresholds are twice as likely to say they are currently looking for a new job. One quarter of residents paid below the London Living Wage (26%) are currently looking for a new job, compared with 12 per cent of those paid at least this rate. Similarly, one-third of residents paid below the national minimum wage (34%) are looking for other work, compared with 16 per cent of residents whose pay is in excess. It is notable, however, that these residents are no more likely to feel that they are overqualified for their job. This suggests that they may need support to help find new work and/ or improve their workplace skills.

⁴² It should be noted that the estimate generated by Understanding Newham is considerably higher than that collected by the Annual Survey of Hours and Earnings. This is reflective of different methodologies, and, as such, direct comparison is difficult.

⁴³ At the time of fieldwork, the London Living Wage was set at a rate of £9.75: <https://www.livingwage.org.uk/calculation>

⁴⁴ https://www.trustforlondon.org.uk/documents/272/LPP_2017_full_report.pdf

⁴⁵ See footnote 10 for explanation of the disparity between Understanding Newham and national estimates from surveys focussed on this measure.

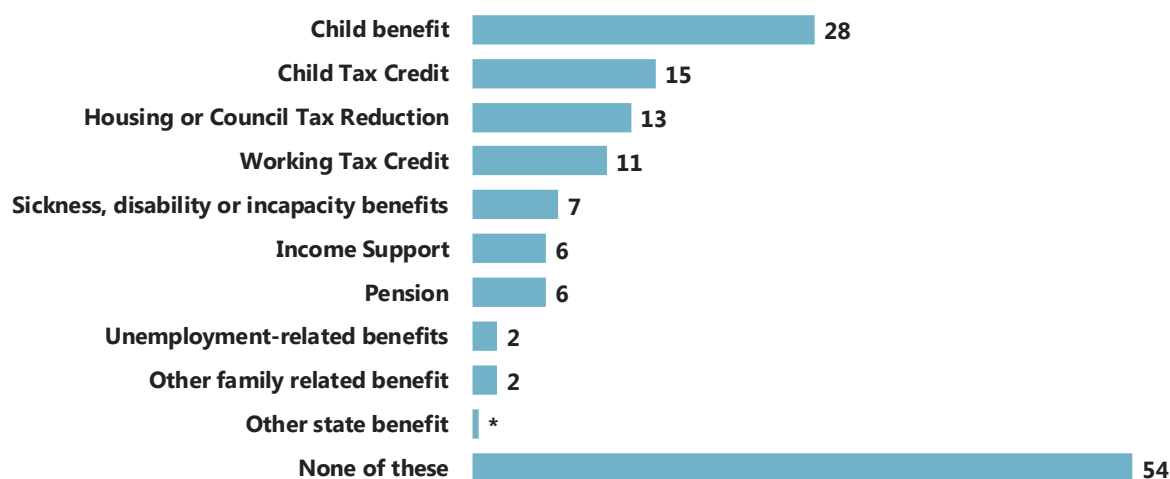
4.2 Household incomes

A majority of Newham residents receive some form of benefit payment.

More than half of Newham residents (57%) receive some form of unemployment, sickness or means-tested benefit. This figure is in line with 2015, when 57 per cent of residents received at least one benefit payment.

As shown in Figure 4.4, residents are most likely to receive means-tested benefits for their children. Just over one quarter of residents receive child benefit, while a further 15 per cent receive child tax credits. These figures are all broadly in line with 2015: the proportion of residents claiming a housing or council tax reduction has fallen by six percentage points (from 19% in 2015); no other benefit payments have changed significantly.

Figure 4.3: Proportion of Newham residents in receipt of means-tested benefit payments



Question: Which, if any, of these types of payments are you currently receiving?

Base: 1,085 Newham residents aged 16+, interviewed 20 April – 9 August 2017

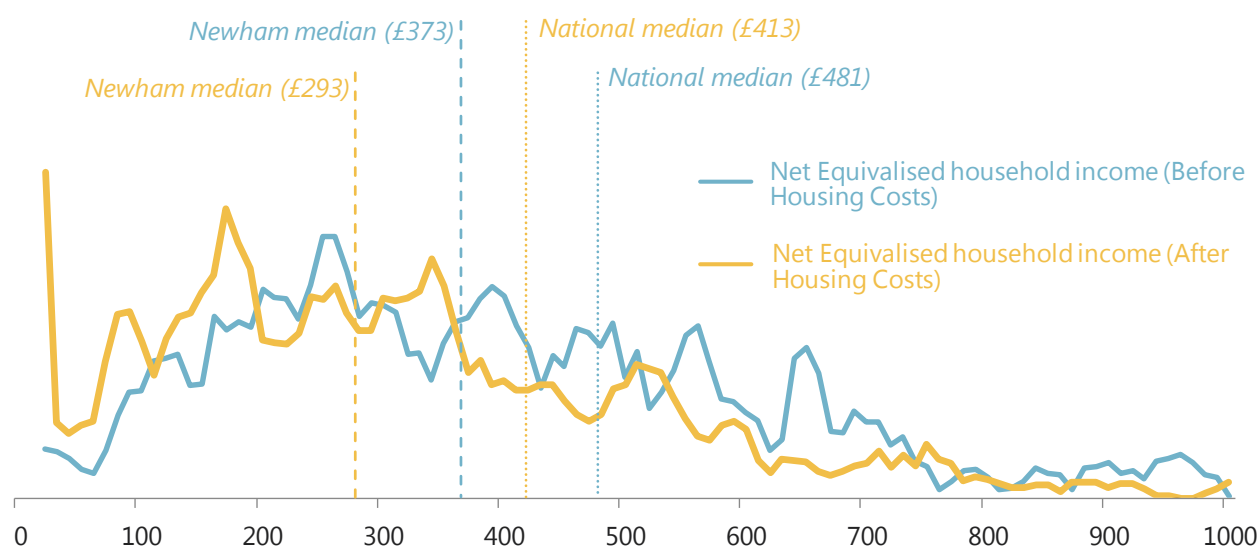
The proportion of residents receiving benefits varies across demographic groups, both in terms of individual benefits, and the general incidence of claiming any benefit. Younger residents are less likely to claim any form of means tested benefit (79% of 16-24 year-olds and 62% of 25-34 year-olds claim no benefits). Residents who live in social housing are more likely to claim at least one means-tested benefit (64%, compared with 38% of private renters). Residents who identify as having a disability are more likely to claim some form of means-tested benefit (84%). Specifically, they are more likely to receive sickness, disability or incapacity benefits (53%, compared with 7% of all residents), housing or council tax reduction (45%, compared with 13% of all residents), and a pension (23% compared with 6% of all residents). Four in five unemployed residents (79%) claim at least one means-tested benefit, compared with only one-third of residents employed full time (33%).

Household incomes in Newham have continued to increase since 2013 but are not closing the gap compared with UK averages.

The median net equivalised household income *before* housing costs in Newham is £19,402 (mean £22,169). This equates to £373 per week and compares with a national median equivalised household income before housing costs of £453 per week⁴⁶ (as shown in Figure 4.5).

Median net equivalised household income *after* housing costs falls to £15,257 (mean £17,851) per year, or £293 per week. This compares with a national median equivalised income after housing costs of £413 per week.

Figure 4.4: Distribution of weekly net equivalised household income in Newham



Weekly net equivalised household income (derived)

Base: 1,050 Newham households, interviewed 20 April – 9 August 2017

The cost of living in London is demonstrated by the disparity between incomes before and after housing costs compared with UK figures (as shown in Table 4.3). Whereas Newham households have a median income 78% of the UK median before housing costs, this falls to only 71% after housing costs are taken into account.

⁴⁶ National data for 2013/14 from the Department of Work and Pensions report on Households Below Average Income, see:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/437246/households-below-average-income-1994-95-to-2013-14.pdf

Table 4.3: Change to median weekly net equivalised household income in Newham since 2013

	2013	2015	2017
Income before housing costs			
UK	£427	£453	£481
Newham	£302	£358	£373
Newham/ UK	71%	79%	78%
Income after housing costs			
UK	£367	£386	£413
Newham	£234	£278	£293
Newham/ UK	64%	72%	71%

The cost of living in Newham is particularly problematic for private renters. This can be shown by comparing median income before and after housing costs by tenancy type. Private renters in Newham have a median equivalised income after housing costs which is only 65% of the median income before housing costs: this ratio is far lower than that of owner occupiers (whose median net equivalised income after housing costs is 89% of the median before housing costs) and social renters (84%).

Residents from white backgrounds live in households with a higher median equivalised income, compared with the households of Asian and black residents (£22,626, compared with £15,707 and £15,247 respectively). This gap falls once housing costs are taken into account, reflecting the fact that a higher proportion of residents from white backgrounds live in privately rented households.

4.3 Financial management

Newham households are facing increasing pressure on their finances due to the rising cost of living. Household expenditure on bills now accounts for over a fifth of gross household income.

The median monthly rent in Newham is now £650 (mean £812). This represents an increase of just over £100 since 2015, when the median rent was £545 (mean £665). This increase has been led by the private sector, where the median rent has leapt from £934 to £1,200 a month (mean increase from £905 to £1,107). By contrast, mortgage payments are now lower on average than 2015, with the median monthly instalment of £427 (mean £481). Newham households spend one-quarter of their gross incomes paying for housing (median 25%, mean 29%). Given the variation in housing costs, however, this figure varies significantly, with rent accounting for 31% of the gross income of private renters (mean 37%), compared with 21% among social renters (mean 27%) and falling to 16% for owner-occupied households (mean 21%).

Newham households spend a median £75 a week on food shopping (mean £85). This is a notable increase from 2015, when the median spend was £50 (mean £75).

The average Newham household now spends one-fifth of its gross income on food and utilities (median 22%). This has increased by four percentage points since 2015, when the figure was 18 percent. The impact of rising costs is felt most keenly by the lowest income quartile, who spend three-fifths of their incomes on food and utilities (median 62%).

Households in Newham spend a median £1,000 per year on electricity and gas (mean £1,008). This figure is unchanged since 2015, and there is very little variation by demographics or payment method.

Households are most likely to pay for their utilities by direct debit (44%) or by cash/ cheque (14%). However, a significant minority pay by prepayment meter (17%) or payment card (12%). Just over one in ten households (12%) have changed their provider in the last twelve months. Those households who report having switched provider in the last year have a marginally higher average spend on their utilities (£1,080, compared with £960 among those who have not switched).

4.4 Financial resilience

In light of the high cost of living, a significant minority of Newham households have experienced problems paying bills.

More than one in ten households (14%) say they have fallen behind in paying bills in the last twelve months. Residents from black ethnic backgrounds are twice as likely to say their household has fallen behind with their bills (27%, compared with 13% of residents from an Asian ethnic background, and 10% of residents from a white ethnic background).

One in ten households (10%) have found themselves behind with paying their council tax in the last year. A similar proportion of households have found themselves more than two months behind with their rent or mortgage (9%) and that they are currently behind with some of their household bills (9%). These figures are in line with 2015, when 12 per cent of households had fallen more than two months behind with their mortgage or rent and seven per cent of households were currently behind with their household bills.

Households in poverty are more likely to have fallen behind on their rent or mortgage (14%, compared with 9% of all households). There are no significant differences by ethnicity in likelihood to have missed housing payments, however. This suggests that while residents from black ethnic backgrounds are more likely to be behind on some of their bills, they are prioritising their debts so they are able to pay their rent and/ or mortgage more easily.

Repayment of debts is seen as a burden for one quarter of households in Newham.

One in ten households in Newham (9%) say that the repayment of debts places a heavy financial burden on them, while a further 16 per cent view the repayment of debts as somewhat of a burden. Residents from white ethnic backgrounds are less likely to view the repayment of debt as a heavy burden (5% say this, compared with 11% of residents from Asian backgrounds and 15% from black ethnic backgrounds). Residents' employment status also affects their likelihood to say that debts place burden on their household (20% of unemployed residents say this; 16% of part-time employees; and seven per cent of full-time employed residents). The proportion of residents who have asked for help, and their distribution across demographic groups, largely echoes the proportion who see debt as a heavy burden. One notable discrepancy is that only four per cent of residents of Asian backgrounds have ever asked for advice about debt, while 11 per cent of these residents' view debt as a heavy burden to their household.

A regression analysis was run with the aim of identifying the drivers of low financial resilience. Low financial resilience was defined as individuals living in households where they had fallen behind with bills or fallen behind with council tax in the last twelve months, or if the repayment of debt was a financial burden on their household. Whilst the outcome variable was created at household level, the potential drivers and demographics were at individual level. The model is therefore run at individual level (individual-level weights are used) and investigates the factors related to an individual's likelihood of being in a household with low financial resilience.

The analysis was run in two steps. At the first step a stepwise logistic regression model was used to identify which demographic variables are related to low levels of financial resilience. These are: age, time spent living in Newham, religion and ethnicity. The model suggests the youngest age group, individuals who had been Newham residents for more than two years (specifically between 8-10 years), those who regarded themselves as religious and people from a black ethnic background are more vulnerable to low financial resilience.

Following this initial investigative analysis, Key Drivers Analysis was run to identify which attitudinal and behaviour characteristics were significantly related to low financial resilience, once the demographic characteristics listed above had been controlled for. The analysis was based on a series of logistic regression models. The drivers that were included in the final model are shown in Table 4.4. The table also shows the direction of association (a '+' indicates that that characteristic is associated with an increased likelihood of low resilience, a '-' implies a negative relationship) and the relative importance of each driver, as measured by its contribution to the model pseudo R-square.

The model found that residents in social housing are far more likely to suffer low financial resilience. Low income and dissatisfaction with income are both significantly associated with low financial resilience. Similarly, being under the poverty threshold (before housing costs) and being on benefits are additional (weaker) drivers of low financial resilience that are also related to income.

Owner occupiers are less likely to have low financial resilience. There is an association between low financial resilience and resilience and confidence more generally. Having a low brief resilience score is a driver of low financial resilience, as is being unconfident with numbers. Finally, individuals who strongly agreed that the current benefits system means people are better off in work are more likely to have low financial resilience.

Table 4.4: Analysis of low financial resilience among Newham residents

	Relationship with outcome	Importance	Rank
Social renter	+	24%	1
Lowest income quartile	+	14%	2
Satisfaction with income	+	12%	3
Owner occupier	-	11%	4
Brief resilience score	-	9%	5
Confident with numbers	-	9%	6
Private renters	-	7%	7
Poverty indicator (before housing costs)	+	6%	8
Number of benefits received	+	4%	9
Agree the current benefits system ensures people are better off in work than on benefits	+	4%	10

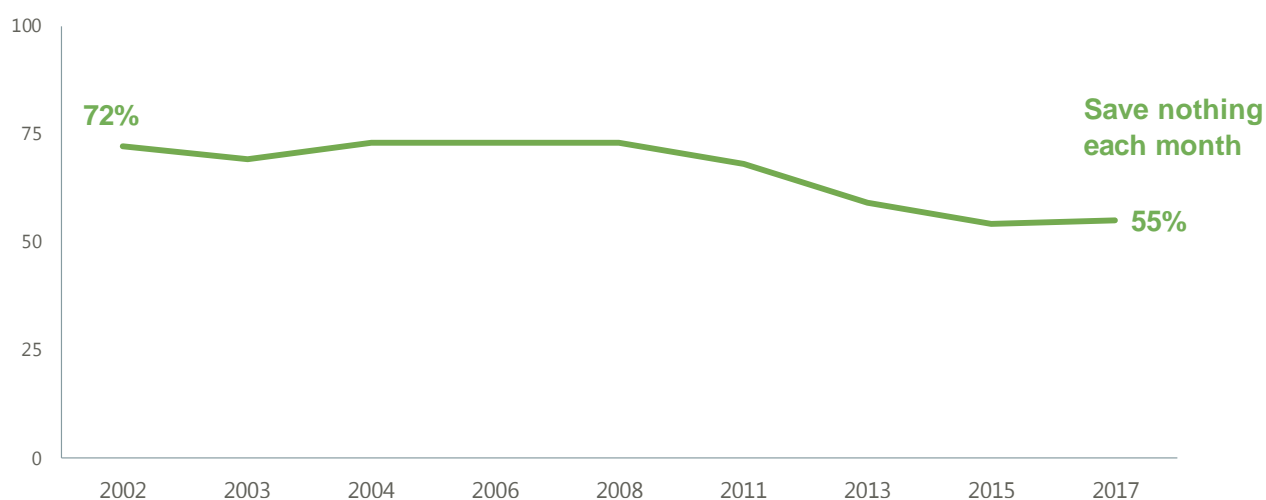
Controls for: age, time spent in Newham, religion and ethnicity

R squared = 14%, n=970

Newham residents' ability to save is in line with 2013, with more than half unable to put money aside each month.

Newham residents' ability to save money has increased since the first wave of Understanding Newham, though more than half of Newham residents (55%) still do not save a regular amount of money each month. Among those who do save, residents are more likely to put aside up to £100 per month (21% of residents), with slightly fewer able to put aside more than £200 (16%).

Figure 4.5: Incidence of saving among Newham residents over time



Question: About how much on average do you personally manage to save a month?

Base: 1,085 Newham residents aged 16+, interviewed 20 April – 9 August 2017

Men are significantly more likely to save than women (51% of men save each month, compared with 38% of women). This difference is most notable at higher levels of saving: while a marginally higher proportion of women are able to put aside up to £100, men are significantly more likely to put aside more than £100 (33% of men put this sum aside each month, compared with 15% of women).

There are also differences in ability to save across ethnic lines, with residents from white backgrounds (52%) are more likely to save money each month than those from Asian backgrounds (36%).

Residents save for a variety of reasons; the most common being to build emergency funds (40%) or to go on holiday (38%). Saving to buy a house or flat is most common among residents aged 25-34 (25%) and falls with age. Even given this, there are a sizable minority of residents aged 45-54 saving for this purpose (12%).

Residents' perceptions of their financial circumstances continue to improve.

Two thirds of Newham residents (65%) say that they are doing alright or living comfortably nowadays. This view has increased steadily wave-on-wave since 2011, when 45% of residents offered a positive appraisal.

Table 4.5: Residents' perception of their financial situation over time

	2011	2013	2015	2017	London	UK
Living comfortably	8	11	20	17	33	35
Doing alright	37	31	29	48	39	38
Just about getting by	31	32	32	24	22	21
Finding it quite difficult	16	19	12	7	5	4
Finding it very difficult	7	7	7	4	2	2

Source: *Understanding Newham, Understanding Society*

Newham: 2011 (Wave 6), 1,153; 2013 (Wave 7), 998; 2015 (Wave 8), 965; 2017 (Wave 9), 1085.

London: *Understanding Society Wave 7 (2017)*, 3,423.

UK: *Understanding Society Wave 7 (2017)*, 29,878

Newham residents offer a more pessimistic view of their financial situation compared with regional and national benchmarks. Newham residents are significantly less likely to say that they are living comfortably nowadays (17%), compared with their peers across the UK (35%) and London (33%). By contrast, Newham residents are significantly more likely to say they are finding it quite or very difficult (11% of residents say this, compared with 7% of all Londoners, and 2% of the UK population).

Differences in perceptions emerge across demographic groups, broadly reflective of those groups with lower incomes and more issues paying bills. For example, whereas three in ten owner-occupiers (29%) say they are living comfortably, this falls to four per cent of social renters. Similarly, residents from black ethnic backgrounds are most likely to offer a pessimistic view of their financial circumstances (50% say they are just about getting by or worse, compared with 35% of all residents).

4.5 Poverty and deprivation

Poverty levels in Newham are far in excess of national levels – taking housing costs into account increases the discrepancy still further due to the high cost of living in Newham. Households with children face higher costs, such that two-thirds of Newham's children live in households in poverty after housing costs.

Following a fall in poverty levels in 2015, the incidence of households in relative low income⁴⁷ has risen by four percentage points and is now in line with 2013 levels. Four in ten households in Newham (39%) now have incomes that fall below the poverty threshold before housing costs. Poverty levels are therefore more than double the national incidence in 2015/16 (the latest data available), where 16% of households have relative low income before housing costs⁴⁸.

Poverty is strongly linked to residents' health status. Disabled residents are twice as likely to live in households in poverty: two thirds of disabled residents (68%) live in households in poverty before housing costs, compared with one third of residents with no health condition (33%). There is also a divide across ethnic groups, with residents from minority ethnic

⁴⁷ ⁴⁷ Defined as having a gross equivalised household income before housing costs of less than 60% of the national median income for that year. Calculated for all households (n=802) where we have net equivalised household income data.

⁴⁸ DWP Households Below Average Income report (2015/16):

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/600091/households-below-average-income-1994-1995-2015-2016.pdf

backgrounds more likely to live in households in poverty (25% of white residents live in relatively low-income households, compared with 49% of Asian residents and 50% of black residents).

Poverty levels increase with the number of children in the household. Whereas three in ten households *without children* (32%) fall below the poverty threshold before housing costs, this rises to four in ten households with *one child* (39%) and almost six in ten households with *two or more children* (57%). As a result, child poverty in Newham exceeds the household poverty rate, with 56 per cent living in households in poverty before housing costs and increase of five percentage points from 2015. This is almost treble the UK rate, with ONS data suggesting that one in five UK children (20%) live in households in poverty⁴⁹.

Taking housing costs into account increases the proportion of households in poverty such that one-half of households have relative low incomes (49%). This represents an increase of three percentage points from 2013 and means that the level of relative low income after housing costs among Newham residents is 27 percentage points higher than nationally (22%).

Household tenancy terms have a large influence on the increase in poverty levels before and after housing costs. While households that rent their accommodation in the social sector have the highest overall level of poverty after housing costs (58%, compared with 52% of privately rented households and 37% of owner-occupied households), this actually represents a far smaller increase compared with the figure before housing costs (an increase of two percentage points, compared with 16 percentage points for private renters, and 17 percentage points for owner-occupiers). Linked to this, those groups with more social renters are typically less affected by the addition of housing costs, though they may still have higher rates of poverty overall.

Households with children are more affected by housing costs. Four in ten households *without children* (40%) are in poverty after housing costs – an increase of ten percentage points compared with the figure before housing costs. By contrast, the poverty rate among households with *one child* increases to 57% after housing costs (17 percentage points higher than the figure before housing costs). Among households with *two or more children*, seven in ten fall below the poverty threshold (69%, an increase of 12 percentage points compared with the rate before housing costs). Overall, two-thirds of Newham's children live in households in poverty after housing costs (67%).

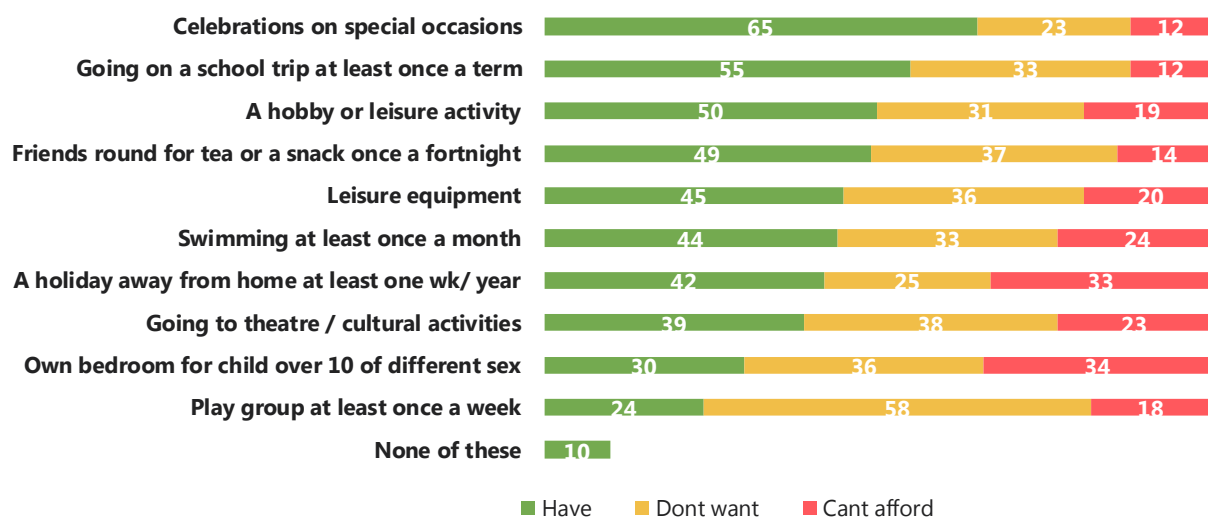
Child material deprivation remains a problem in Newham.

In light of the high levels of poverty across Newham there is a degree of material deprivation, with households unable to afford items. Most notably, only one in three households (36%) say they have household contents insurance, which two in ten (19%) would like to be able to take out this insurance but cannot afford to. Just over four in ten households say that they are able to replace or repair electrical goods if they break, but more than one in ten feel unable to do so (13%). Half of households (48%) say they have a car, while a further two in ten (18%) would like to but cannot afford it. These problems are more common among lower income households and/ or households more likely to be in poverty. For example, while three quarters of owner-occupied households (76%) have household contents insurance, this falls to two in ten of social rented households (20%), and one in ten privately rented households (11%). In privately rented households, this is more attributable to ambivalence: seven in ten (69%), say they do not want to take out contents insurance. Among social renters, however, three in ten households say they cannot afford it (33% - a higher proportion than have contents insurance).

⁴⁹ Per Households Below Average Income, see footnote 48.

In addition to this household-level deprivation, poverty in Newham also affects the ability of parents to provide their children with opportunity. Parents are most likely to say they cannot afford to provide a separate bedroom for each child over 10 of a different sex (34% of parents would like to provide this but cannot afford to do so) and a holiday away from home (33%).

Figure 4.6: Child material deprivation in Newham



Question: Please tell me which things your child/children have?

Base: 398 Newham households containing children aged 0-15, interviewed 20 April – 9 August 2017

Community resilience

CHAPTER SUMMARY

COMMUNITY COHESION

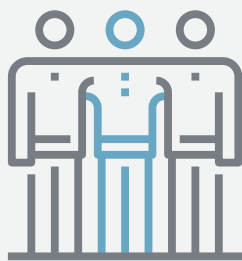
90%

agree that people from different backgrounds get on well together in Newham



61%

agree they can go to someone in their neighbourhood for advice. 18% disagree, down from 24% in 2015



68%

see their friends and family at least once a week - the same as 2015 (68%)

20%

of residents from White non-British backgrounds see friends and family less than once a month - double the Newham average (10%)

CIVIC PARTICIPATION

64%

of residents visit parks at least once a month, making it the most popular leisure activity



24% of Newham residents volunteer. This has risen from 2013 when 16% volunteered (2015: 22%)

70%

of residents said they would or did vote at the 2017 General Election. In 2015, 60% said the same for the 2015 election

HOUSING

85%

are satisfied with their accommodation

Tenure in Newham is evenly split

	Newham	London	England
owner occupiers	33%	49%	61%
social renters	33%	28%	17%
private landlords	34%	23%	20%

51%

report no issues with their accommodation. Damp and lack of space are the most common problems (18% and 17%)

Community resilience

CHAPTER SUMMARY

CRIME

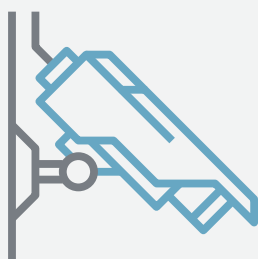
12%

of residents have experienced crime in the past year - a small reduction from 15% in 2015



40%

of residents are concerned about becoming a victim of crime, closely in line with the figure from 2015 (39%)



90%

feel safe in their local area during daylight hours, and 56% say the same at night

39%

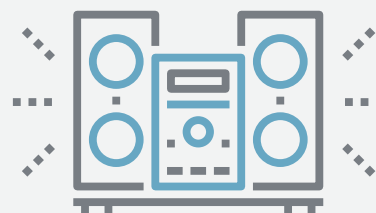
feel unsafe at night - the lowest level since 2004



ANTI-SOCIAL BEHAVIOUR

78%

reported that at least one type of ASB was common in their local area



Perceptions of the most common types of ASB have fallen since 2015:



Teenagers hanging around

66% to 60%



People dealing drugs

57% to 41%



People being drunk and rowdy in public places

50% to 45%

5 Community Resilience

This chapter considers the strength of community resilience among residents in Newham. Community resilience is built through formal and informal local networks within the Borough, allowing residents to deal with any challenges that might emerge in their everyday lives. Here we examine a number of key facets to this strand of resilience covered in the survey; community cohesion, social networks, civic and electoral participation, housing and experiences of crime and anti-social behaviour.

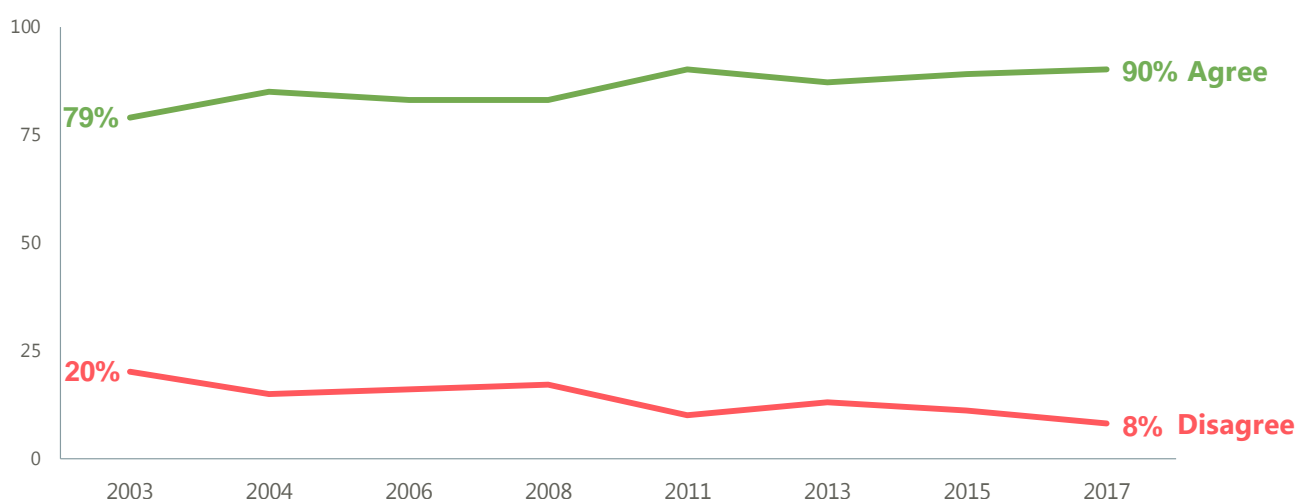
5.1 Community cohesion

Nine in ten Newham residents believe that their local area is cohesive, and the proportion of residents with friends from their ethnic background only has fallen significantly since 2015.

Ninety per cent of Newham residents believe that their local area is a place where people from different backgrounds get on well together, a score very similar to the 89 per cent recorded in wave eight of Understanding Newham. This score is also in line with the Community Life Survey of England (2015 – 2016),⁵⁰ which found 89 per cent across the country agreeing that their local area is cohesive.

Looking at the longer-term trend across waves of Understanding Newham, this figure represents a continuation of the high level of community cohesion recorded since 2011; prior to that point, the proportion agreeing that their community was cohesive stood closer to 80 per cent.

Figure 5.1: Residents' views on community cohesion 2003 – 2017



Question: To what extent do you agree or disagree that this local area is a place where people from different backgrounds get on well together?

Base: 1,085 Newham residents aged 16+, interviewed 20 April – 9 August 2017

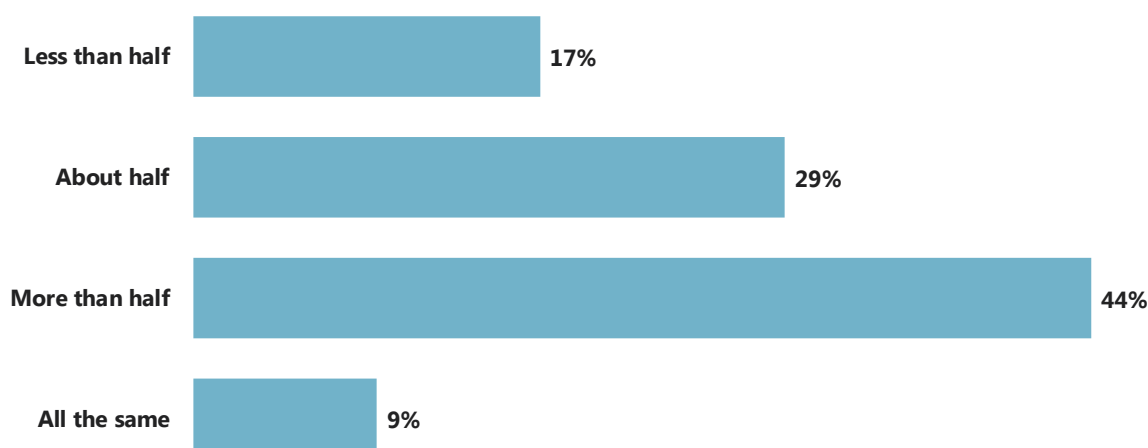
⁵⁰ <https://www.gov.uk/government/publications/community-life-survey-2015-to-2016-data>

⁵¹ N.B. The 2016-2017 CLS was conducted online rather than face-to-face, so figures are not used for reference here as they are not directly comparable to Understanding Newham.

Looking at the composition of friendship groups – another key measure of social cohesion – just over half of residents say that most or all of their friends are from the same ethnic group as them (54%). Although this is a slight decline from the previous wave of Understanding Newham (when the figure was 57%), the difference is not statistically significant.

While the broad picture is one of no change there are some notable shifts; the proportion of residents who say that *all* of their friends are from the same ethnic group as themselves has dropped significantly, from 15 per cent in 2015 (and 14% in 2013), to nine per cent this year.

Figure 5.2: Ethnic diversity in friendship groups



Question: What proportion of your friends are of the same ethnic group as you? Would you say...

Base: 1,085 Newham residents aged 16+, interviewed 20 April – 9 August 2017

The balance of ethnicities within friendship groups is similar for most residents, although some groups stand out for being more likely to say that all of their friends are from the same ethnic group as them. Among the over 65s, one in five have a friendship group comprised solely of people from their ethnic group (19%) – this compares with six per cent of under 34s. Those aged 45-64 are also more likely than average to have homogenous social groups (13% say all their friends are from the same ethnic group).

Yet while older residents have a greater likelihood of their friendship group being entirely from the same ethnic group as them, the length of time spent living in Newham shows an opposite relationship. Those who have lived in Newham the longest (ten years or more) are the most likely to say that people from their ethnic background occupy less than half of their friendship group (21%, compared with 17% overall) – perhaps a reflection of the impact of long-term residence in an extremely diverse Borough. By contrast, among the newest residents of the Borough (who have lived here for two years at most), this figure is twelve per cent.

The composition of residents' friendship groups has no impact on their perceptions of community cohesion. Over eight in ten of those whose friends are all from the same ethnic group as themselves agree that their local area is one where people from different backgrounds get on well together (83%). This is slightly below the average (90%), yet not significantly so – and is also the same score as those who say that most of their friends are from different ethnic groups (84%).

5.1.2 Panellists' views on community cohesion

A longitudinal key driver analysis was conducted to understand what factors have an impact on panellists' views of the cohesiveness of their local communities. This analysis focussed on panellists who answered both waves eight and nine of the survey.

Previous views on community cohesion were most strongly connected with current views, with panellists' views on community cohesion positively associated with believing that their community was cohesive at wave eight. The model was therefore designed to take this into account, to explore other related factors. Key among these were:

- **Religion:** Participants who identify with a religion were more likely to feel their local community is cohesive. Notably this effect is felt across all religious groups, with no differences by denomination.
- **Experiences of crime:** Experiencing crime was associated with a negative impact on views of community cohesion. The effect strengthens with more immediate and recent experiences – those who experienced crime in both waves eight and nine were most strongly affected, followed by those who fell victim to crime in wave nine only, then those who were a victim of crime in wave eight, but not wave nine.
- **Ethnicity of friendship group:** If a panellist's friendship group was not ethnically diverse, then they were more likely to say cohesion was low.

Figure 5.3: Community cohesion – key driver analysis

	Coefficient
Identifies with a particular religion (any religion)	0.24
Has low proportion of friends from different ethnic groups	-0.06
Less recent victim of crime (victim at wave eight, not a victim at wave nine)	-0.07
Recent victim of crime (not a victim at wave eight, a victim at wave nine)	-0.42
Victim of crime at wave eight and wave nine	-0.63

Source: Understanding Newham Wave 9 (Base = 463 panellists who answered at wave eight and wave nine)

R Squared: 0.5141. All variables significant at 5%.

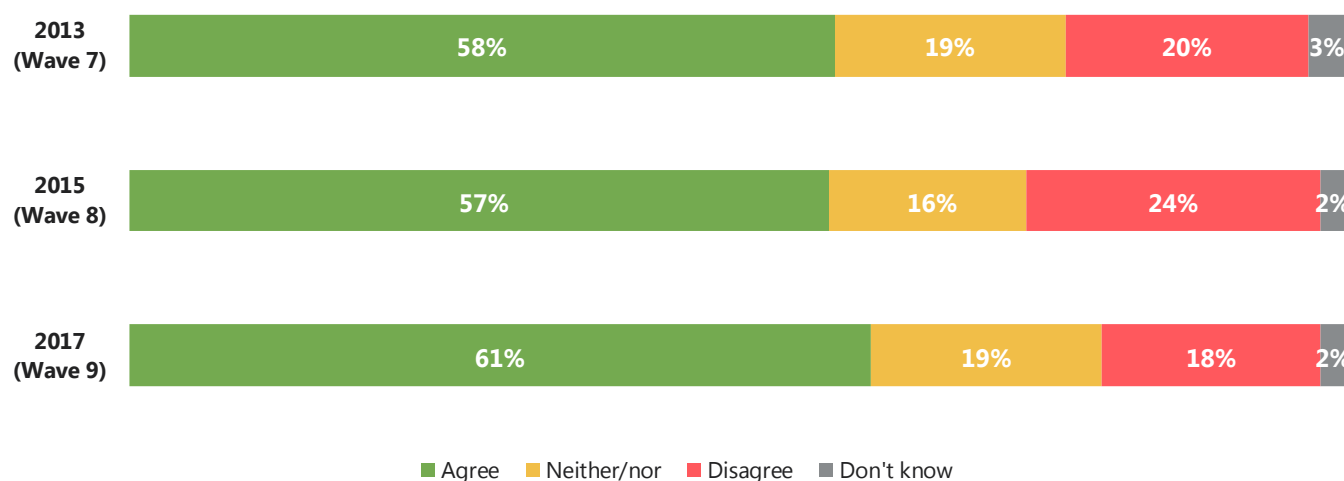
Outcome: Views on community cohesion at wave nine.

5.2 Social networks

Six in ten Newham residents feel they can go to someone in their neighbourhood for advice if they need it.

Sixty-one per cent agree that they could go to someone in their local area for advice. Although this is higher than the wave eight figure (57%), it is not significantly so. However, the proportion who feel that they *couldn't* go to someone in their neighbourhood for advice has fallen significantly, from 24 per cent to 18 per cent over the same period.

The youngest residents – aged 16-24 – are least likely to agree, with 42 per cent saying there is someone in their neighbourhood they could go to for advice. They are the only age group where less than half agree; for instance, 65 per cent of 25-34 year olds know someone local whom they could contact for advice.

Figure 5.4: Seeking advice from a neighbour 2013 – 2017

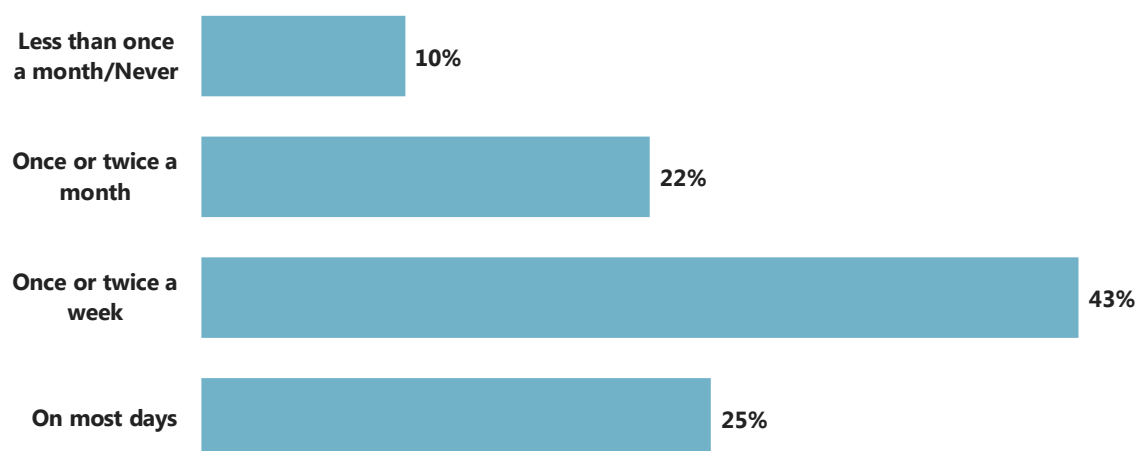
Question: To what extent do you agree or disagree with the following statements... If I needed advice about something I could go to someone in my neighbourhood

Base: 1,085 Newham residents aged 16+, interviewed 20 April – 9 August 2017

Feeling that there is someone local you can go to for advice has a strong effect on community cohesion. Among those who agree that this is the case, 95 per cent agree that their local area is one where people from different backgrounds get along well together. While this figure is close to the view of Newham residents overall (90%), among those who do not know someone local they could approach for advice this figure drops substantially to 73 per cent.

Most Newham residents are in frequent contact with their friends and family.

Close to seven in ten residents see friends and relatives who do not live with them on a weekly basis as a minimum (68%). This is the same figure recorded in wave eight (also 68%), maintaining the increase recorded since wave seven (59%). The proportions who see their friends and family less often – either once or twice a month (22%) or less often and never (11%) – are also in line with the wave eight figures (22% and 10% respectively).

Figure 5.5: Meeting with friends and family

Question: How often do you meet friends or relatives who are not living with you? Is it...

Base: 1,085 Newham residents aged 16+, interviewed 20 April – 9 August 2017

In this wave of the survey, residents of all age groups are similarly likely to meet with friends and family; although the oldest residents are more likely to see them less often (14% of over 65s say less often than once a month/never), this difference is not significant. Those who say they have a disability, or a limiting health condition, are also more isolated, with 16 per cent and 14 per cent respectively reporting that they see friends and family less often than once a month.

One group who are less likely to see their friends and family are those residents from White (but non-British) backgrounds. One in five of this group see their friends and family less often than once a month or never (20%). As these residents tend to be newer arrivals from eastern Europe, it may be that their family and friends are in their home country, reducing the frequency of contact.

Those who see their friends and family most frequently are also most likely to have a positive view of their social life. Six in ten of those who see their contacts on most days rate their satisfaction with their social life at six or seven out of seven (60%). This figure falls to 52 per cent among those who have contact once or twice a week, and to just under half among those who say once or twice a month (49%). Those who are in contact with friends the least often (less often than once a month or never) are least likely to be highly satisfied (39%).

Table 5.1: Frequency of contact with friends and family and satisfaction with social life

	...On most days	...Once or twice a week	...Once or twice a month	...Less often than once a month/ never
Most satisfied (6-7 out of 7)	60%	52%	49%	39%
Middle satisfaction (3-5 out of 7)	35%	40%	41%	38%
Least satisfied (1-2 out of 7)	4%	8%	8%	30%

Source: Understanding Newham Wave 9

Base: 1,085 Newham residents aged 16+

Household internet access also appears to have some bearing on the frequency of contact residents have with their friends and family; those living in households with no internet access are slightly more likely to have very infrequent contact with their social groups (17%). Yet this is not a significant relationship owing to small base sizes; internet connectivity in Newham is above the UK national average, with 91 per cent of households having some form of internet access compared to 89 per cent in the country overall.⁵² Yet it is slightly below the London average of 92.7 per cent; understanding the small, but still substantial, proportion who are digitally isolated in greater detail is an area for further targeted research.

Visiting parks is Newham residents' favourite leisure activity, followed by having meals out.

Two thirds of Newham residents visit parks at least once a month (64%), and four in ten do so once a week or more often (38%). Six in ten residents have a regular meal out in a restaurant, café or pub (60%), although this is more of a monthly occasion, with 36 per cent doing this at least once a month, and a quarter doing so at least once a week (24%).

Other leisure activities are less frequent, and the proportion never participating in them is high: one quarter use a leisure centre at least once a month (25%), but half say they never do this (51%). This pattern is also observed with library use, with 22 per cent of residents going at least once a month but 49 per cent never making use of them. Attending evening classes is the fifth most common leisure activity, however while one in five do this once a month or more often (20%), two thirds report never doing this (63%).

The least popular leisure activities listed are doing unpaid voluntary work (76% report never doing this), attending meetings for local groups and voluntary organisations (70%) and playing sport or being part of a sports club (67%). Fifty-five per cent say they never attend community events and gatherings.

⁵² <https://www.ons.gov.uk/businessindustryandtrade/itandinternetindustry/bulletins/internetusers/2017>

Table 5.2: Frequency of participation in common leisure activities

	At least once a week	At least once a month	Several times a year	Once a year or less	Never/almost never
Visit parks	38%	26%	22%	4%	9%
Have a meal in a restaurant, café or pub	24%	36%	21%	9%	10%
Use leisure centres	14%	11%	15%	8%	51%
Play sport at/for a sport club	12%	6%	8%	8%	67%
Attend leisure activity groups such as evening classes	10%	9%	8%	9%	63%
Visit libraries	7%	15%	17%	16%	55%
Go to a community event or gathering	5%	7%	17%	16%	55%
Attend meetings for local groups/voluntary organisations	4%	5%	11%	10%	70%
Do unpaid voluntary work	4%	3%	7%	10%	76%

Source: Understanding Newham Wave 9

Base: 1,085 Newham residents aged 16+

Frequency of participation in all activities is related to a number of demographic factors. Financial capability is a key consideration, with more affluent residents being more likely to participate in many activities. Age and physical health are also important, as are life stage and household composition; often the presence of children in a household is associated with different likelihoods of an individual making use of these services.

- Almost three in ten of those aged over 65 say they never **visit parks** (28%), a significantly higher proportion than all other age groups, including the next-oldest (55-64: 11%). The same proportion of those who say they have a disability never visit parks (29%), while 17 per cent of those with a limiting health condition also do not visit parks. There is also an economic dimension to this behaviour; 16 per cent of those from the lowest income quartile never go, compared to five and seven per cent for the two upper-most quartiles.
- **Going to restaurants, cafes or pubs** is more common among younger residents; three quarters of 16-34 year olds do this at least once a month (76%). Older groups go less frequently, with the proportion of those aged 65 and over who never go the same size as the proportion reporting going at least once a month (32% and 31% respectively). There is a strong income gradient too: while 44 per cent of those in the lowest income quartile (and a similar proportion – 38% – in the second-lowest quartile) go to a restaurant at least once a month, 61 per cent of those in the third quartile and 72% of those in the highest income quartile say the same. Social renters also report

going eating out less frequently: half of those in social housing go to a restaurant or similar at least once a month (49%), and 17 per cent never do so. This contrasts strongly with private renters, of whom two thirds go to restaurants at least once a month (65%), and just four per cent report never going.

- The youngest Newham residents are most likely to **use leisure centres**; 35 per cent of 16-24 year olds go at least once a month, falling to 29 per cent for 25-34 year olds, 26 per cent for 35-44 year olds, and 24 per cent for those aged 45-54. Beyond this point attendance drops sharply, to 18 per cent for 55-64 year olds and six per cent for the over 65s. Here too income is a feature; fourteen per cent of those from the bottom two income quartiles use leisure centres at least once a month, compared to 22 per cent for those in the third income quartile, and 27 per cent for the top income quartile. There is also an apparent life stage effect, with those with children more likely to use leisure centres, while people living in single person households, and couples without children, are significantly more likely not to use them (65% and 61% respectively).

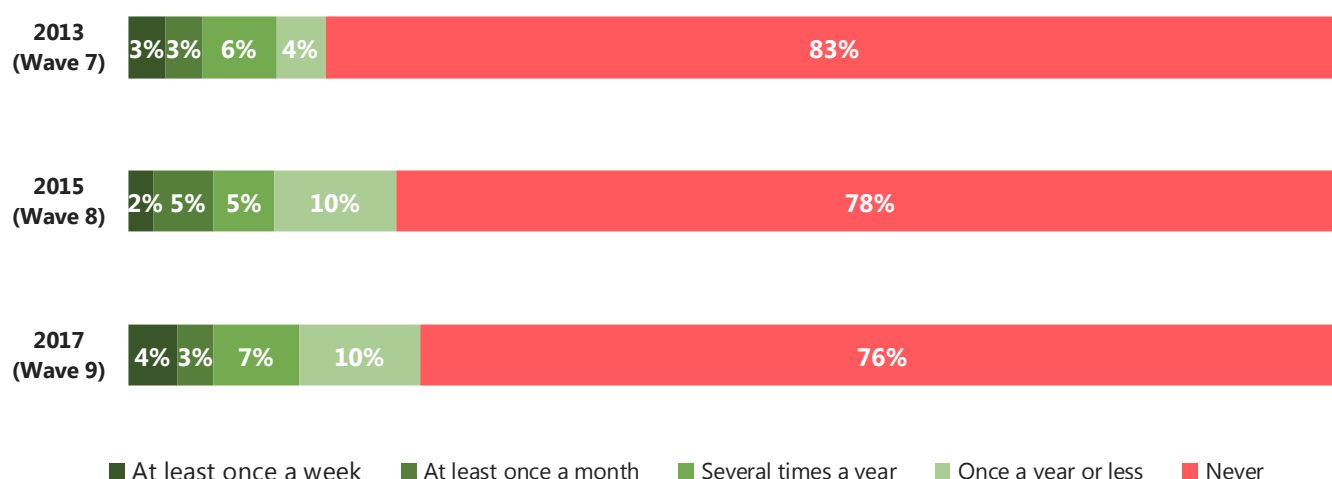
5.3 Civic participation

5.3.1 Volunteering

Almost one quarter of Newham residents volunteer

Twenty-four per cent of Newham residents reported that they did unpaid voluntary work at least once a year, a similar score to that recorded in wave eight (22%). This is a substantially lower level of voluntary activity than that reported in the 2015-2016 Community Life Survey for England as a whole; nationally, 41% take part in "formal" voluntary work once a year or more often.⁵³ However, within Newham, the proportion who report never doing voluntary work has declined since 2013.

Figure 5.6: Volunteering in Newham



Question: I'm going to read out a list of some leisure activities. Please look at the screen and tell me how frequently you do each one.

Base: 1,085 Newham residents aged 16+, interviewed 20 April – 9 August 2017

⁵³ <https://www.gov.uk/government/publications/community-life-survey-2015-to-2016-data>

Those living in private rented accommodation are less likely to participate in voluntary work than others, with 82 per cent saying that they never, or almost never, do this sort of activity. For both social renters and owner occupiers this figure is lower, at 74 per cent.

Younger people are more likely to do voluntary work; 37 per cent of those aged 16-24 do so at least once a year, compared with 20 per cent of the over 65s. However, this oldest group is the most likely to volunteer on a very regular basis, with eight per cent volunteering at least once a week – double the Newham average (four per cent).

5.3.2 Voting

Seven in ten Newham residents said that they voted in the 2017 General Election, and turnout was much closer to the national average than in 2015.

Seventy per cent said that they voted at the 2017 General Election – a ten percentage point increase since wave eight, which was conducted over the 2015 General Election period. This echoes a broader national trend of higher turnout observed over this period. Official turnout in the two Parliamentary Constituencies covering Newham rose strongly between the two elections: 2017 turnout was 65.7% in West Ham and 67.5% in East Ham, representing increases of 7.19 and 7.4 percentage points respectively since 2015. By comparison, national turnout rose by 2.5 percentage points over the same period. However, it should be noted that despite this rise, turnout in both constituencies remained below the national average, which stood at 68.7% across the United Kingdom in 2017.

As in 2015, fieldwork for wave nine of Understanding Newham occurred either side of the General Election, held on 8th June 2017. Examining the data that was collected before and after the election, the difference between asking people whether or not they *plan* to vote (intention), or if they *have* voted (behaviour) can again be perceived – voting intention is eleven percentage points higher than actual voting behaviour. The post-election reported voting figure is very close to the official turnout recorded across the two Constituencies in Newham.

Table 5.3: Voting: comparison between reported intention and behaviour

	Sample overall (1,085 residents)	Interviewed pre-Election (377 residents)	Interviewed post-Election (708 residents)
Voted / planned to vote in Election	70%	77%	66%
Did not vote / plan to vote	19%	10%	24%
Won't be able to / couldn't vote	1%	1%	1%
Don't know / Can't remember	10%	12%	9%

Source: Understanding Newham Wave 9

Base: 1,085 Newham residents aged 16+

Looking at voting data for all participants, many traditional patterns of voting behaviour can be observed, with older residents more likely to vote than younger ones (86% of over 65s voted, compared with 63% of 16-34 year olds), private renters remaining the least likely to vote of all tenure groups (47%, compared to 75% of social renters and 87% of owner-

occupiers), and those in higher income groups also more likely to vote (73% for the upper quartile, and 56% for the lower quartile).

As in wave eight, residents from a White ethnic background are significantly less likely to vote than those from black and Asian ethnic groups (52%, compared to 84% and 82% respectively). This pattern can also be observed in the pre- and post-Election sub groups. Again, this is the effect of the growing proportion of those from non-British White backgrounds (who are on the whole not eligible to vote in General Elections) – 81% of residents with White British backgrounds said that they voted, compared to 26% for those from other White ethnic backgrounds.

5.3.3 Key drivers of voting

Key Drivers Analysis (KDA) was used to investigate the attitudes and characteristics of those who voted in the 2017 General Election in greater depth. A logistic regression model was used as the variable of interest was categorical – residents either voted or did not vote. Those who were ineligible to vote were excluded from the analysis.

The first step of the analysis was to use a stepwise logistic regression model to identify which demographic characteristics were significantly related to voting. Community Neighbourhood Area, gender and marital status were found not to be significant and excluded. The model indicated that older age groups, native English speakers, individuals who had lived in Newham between 5 and 10 years, and individuals from an Asian background were more likely to have voted. These variables were included in the KDA as control variables (in that they were variables that cannot be changed through policy or intervention). By controlling for these characteristics, it is possible to focus on the relationship between the drivers and outcome of interest, rather than confounding the relationships with the underlying characteristics of the individuals.

The second step was to run the KDA. The model included any attitudinal variables and behaviours that were significantly related to voting, once the demographic characteristics listed above had been controlled for. The drivers that were included in the final model are shown in Table 5.4. The table also shows the direction of association (a '+' indicates that that characteristic is associated with an increased likelihood of having voted, a '-' implies a negative relationship) and the relative importance of each driver, as measured by its contribution to the pseudo R-square of the model.

The model suggests the biggest driver of voting is income; individuals in the lowest income quartile were less likely to have voted. Individuals were more likely to have voted if they were owner occupiers, if they regularly ate out at a restaurant, café or pub, if they were in employment, and if they were worried about crime, or if they said they were less satisfied with their leisure time. Individuals who said they were less confident dealing with numbers and social renters tended to have lower turnout.

Some of the weaker drivers included negative views on the current benefit system (a factor possibly linked to age) and levels of satisfaction with health and accommodation. Individuals who were less likely to agree that the current benefits system targets those that need it most were more likely to vote. Lower levels of satisfaction with health were associated with higher turnout. Strong views on accommodation (either very satisfied or very dissatisfied) were linked to an increased likelihood of having voted, while those who were fairly satisfied or neither satisfied or dissatisfied were less likely to have voted. The model is reasonably strong overall, with an R squared score of 50% – although this suggests that other factors not covered in the survey have as strong an effect on voting behaviour as the variables covered here.

Table 5.4: Drivers of voting in the 2017 General Election

	Relationship with outcome	Importance	Rank
Lowest income quartile	-	19%	1
Owner occupier	+	17%	2
More regularly eat out in restaurant, café, pub	+	11%	3
Not confident with numbers	-	10%	4
Employed (FT, PT or self-employed)	+	10%	5
Worried about crime	+	9%	6
Less satisfied with leisure time	+	6%	7
Social renter	-	5%	8
Views on current benefits system (disagree that benefits target the most in need)	+	5%	9
Satisfied with health	+	5%	10
Satisfied with accommodation (either very satisfied or very dissatisfied)	+	4%	11

Source: Understanding Newham Wave 9

Base: 615 Newham residents aged 16+

Model controls for: age, time lived in Newham borough, English as a first language, and ethnicity

R squared = 50%

5.4 Housing

5.4.1 Housing tenure in Newham

Housing tenure in Newham is split near-equally between homeowners, private and social renters.

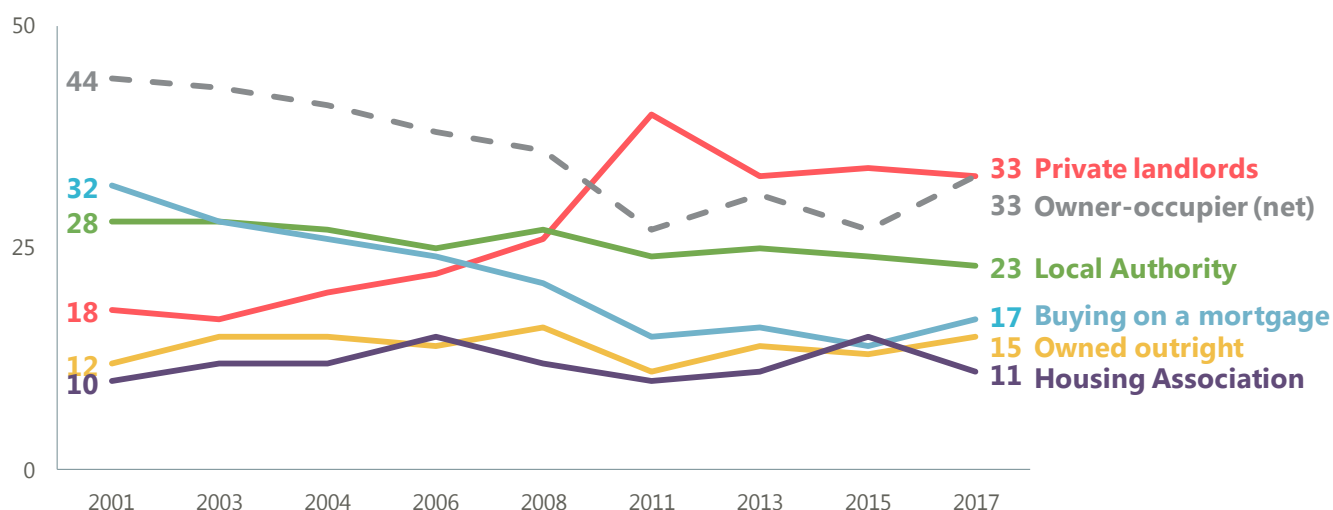
This year, 33 per cent of households in Newham are owner-occupiers of their properties, another 33 per cent are social renters, renting from Newham Council or Housing Associations, and 34 per cent rent from private landlords. The proportion of home owners has risen somewhat from wave eight when it was 28 per cent, although from the longer-term perspective (shown in figure 5.6 below) this can be seen as a stabilisation in the number of homeowners after a decline in recent years. This stands in contrast to the wider picture in London and nationally, where home ownership (although higher than in Newham) is on the decline.

This stabilisation can be seen in other forms of tenure too; 23 per cent rent from the Council, very similar to the figure of 24 per cent in wave eight. The proportion renting from private landlords also remains the same as it was in wave eight (34%).

Breaking down different types of tenure within these three categories, private renting is the single largest arrangement for households in Newham. The proportion buying their property on a mortgage has risen slightly since wave eight, from 14

to 17 per cent, while the proportion who own their house outright has stayed static, at 15 per cent. The proportion renting from Newham has stayed at a similar level since wave eight (23%), while the proportion of households renting from a Housing Association has fallen from 15 per cent to 11 per cent – although this drop is not statistically significant.

Figure 5.7: Long term tenure trends in Newham



A combination of tenure questions is presented.

Base: 1,050 Newham households, interviewed 20 April – 9 August 2017

Newham's balance of tenures is different to that in Greater London, as well as in the country overall. Compared to London overall, Newham contains more private and social renters, and fewer homeowners – a 2017 Greater London Authority housing report showed that in 2016 28 per cent of households across the city are renting social housing, 23 per cent were rented from private landlords, and 49 per cent were owner-occupied.⁵⁴ The comparison against national figures is stronger still, with Newham having under half the proportion of homeowners present nationwide; the 2015-16 English Housing survey found that 61 per cent of English households are owner-occupied, 20 per cent are privately rented, and 17 per cent rented from a Local Authority.⁵⁵

Tenure in Newham is strongly related to age and time spent in the Borough, with those who are older or who have lived in Newham longer much more likely to be homeowners or social renters, while newcomers are usually private renters. Two thirds of householders who are aged 16-34 live in privately rented accommodation (64%), compared to eight per cent of those aged 55 and above. And among those who have lived in Newham for less than two years, three quarters are private renters (75%).

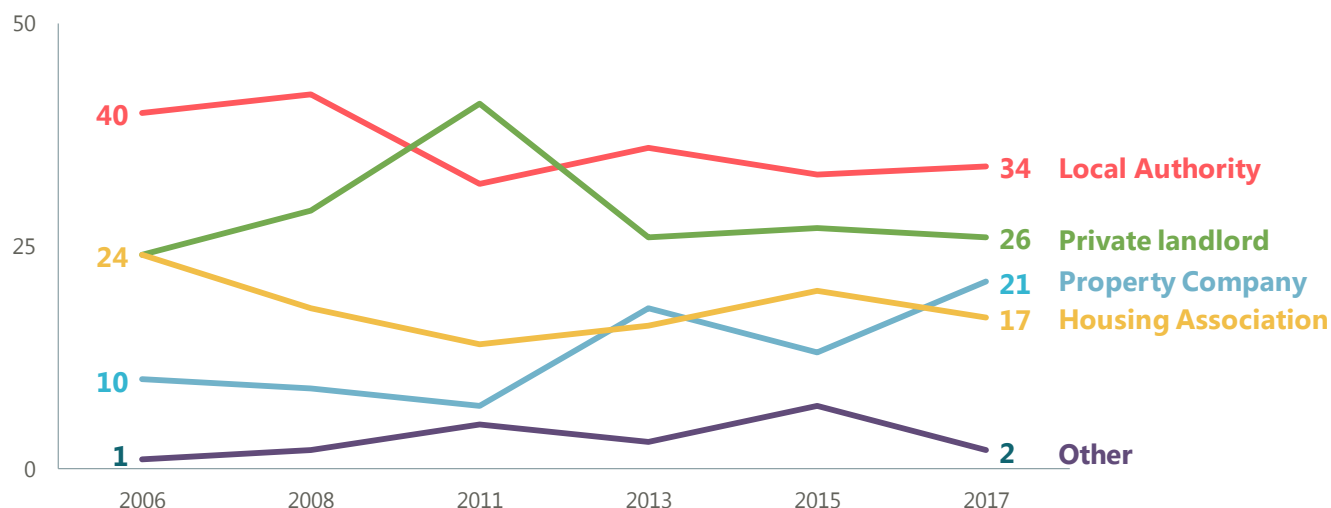
Overall, two thirds of households in Newham rent their home (67%), a reduction from wave eight when almost three quarters did (72%). Newham Council remains the largest single landlord, with 34% of households who rent their property doing so from the Council. Households renting from private individuals, at 28 per cent, remain the second-largest type of renter, and the proportion renting from a property company has jumped to 21 per cent, from 13 per cent in wave eight. Looking at the wider picture, an initial decline in the relative size of Newham Council as a landlord observed prior to 2011

⁵⁴ <https://data.london.gov.uk/dataset/housing-london>

⁵⁵ <https://www.gov.uk/government/statistics/english-housing-survey-2015-to-2016-headline-report>

appears to have been arrested, while there have been fluctuations in the proportion of households renting from other landlords.

Figure 5.8: Changes within the rented sector in Newham



Question: Who is this accommodation rented from or provided by?

Base: 676 Newham householders who rent/live rent-free, interviewed 20 April – 9 August 2017

5.4.2 Private renters in profile

Householders who rent privately in Newham are more likely to be younger, new Borough residents, and from non-British White ethnic backgrounds.

The profile of those living in privately rented accommodation in Newham is distinct from those living in social rented accommodation, or those who own their own home:

- **Youth:** Renting privately is the most common accommodation type for all household participants aged 16-44. Two thirds of householders aged 16-34 live in the private rented sector (64%), as do just over four in ten of those aged 35-44 (42%). Among those aged 45-54, social renting and owning are more common (37% and 38% respectively), while half of those aged 55+ are owner-occupiers (51%).
- **New residents:** Three quarters of those who have lived in Newham for less than two years are living in privately rented accommodation (75%), as are just under six in ten of those who have lived in the Borough for between two and five years (57%). Among longer-term residents, the proportion of private renters is much lower, falling to just six per cent of those who have lived in Newham for ten years or more.
- **Ethnicity:** Those from White, non-British ethnic backgrounds are the most likely to rent their accommodation from a private landlord; three quarters of householders in these ethnic groups live in the sector (75%). The next most likely group to rent privately is those from Asian Indian backgrounds, one third of whom live in privately rented accommodation (33%).

Gender and employment status are also associated with tenure. Men are significantly more likely than women to rent privately; four in ten men (39%) and three in ten women (29%) do so. Private renting is also the most common tenure type for those employed full time (44%) or part time (40%).

5.4.3 Quality of accommodation

A large majority of Newham households are satisfied with their accommodation, and half report no problems with it. However, among social renters this latter figure falls to one third.

The three most commonly cited issues with accommodation in Newham are damp, a lack of space, and noise from traffic. Nearly one in five say that their housing has issues with damp floors, walls or foundations (18%), and a similar proportion mention a lack of space (17%). Slightly fewer mention noise from traffic, businesses or factories (16%), or noise from neighbours (15%). More serious issues are less frequent, for example five per cent report a severe pest infestation or pollution or environmental issues, four per cent talk of a lack of adequate heating, and two per cent mention dangerous electrical wiring. Overall, 51 per cent report no problems at all.

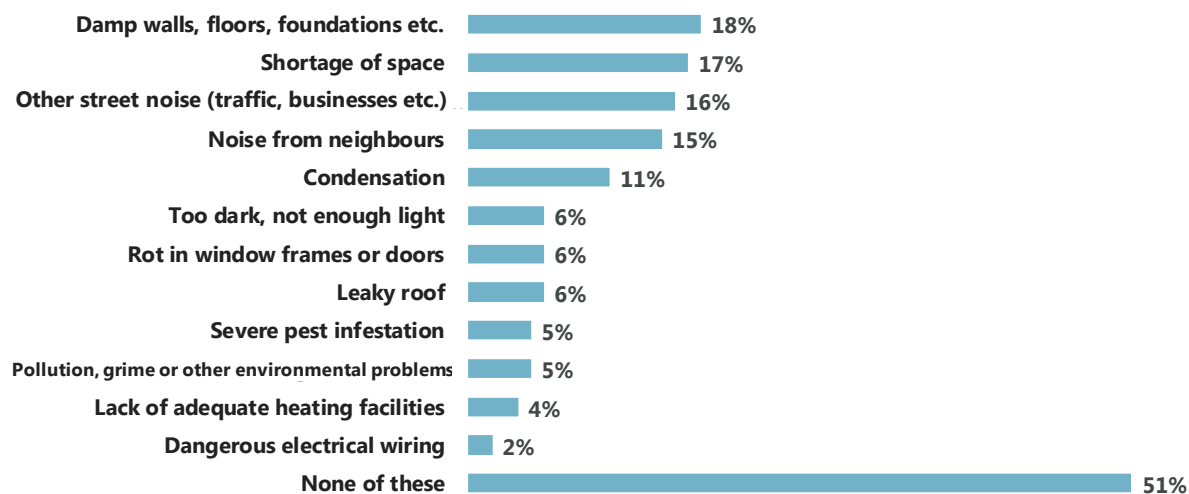
A striking finding is that social renting households are more likely to mention a wide range of problems in their accommodation. Three in ten say that damp is a problem, compared with less than one in five of private renters and under ten per cent of owner-occupiers (29%, 17% and 9%). The Newham figures for all tenure types are significantly higher than the national averages reported in the 2015-6 English Housing Survey, which found that nine per cent of privately rented homes had damp issues, along with five per cent of socially rented homes and two per cent of owner-occupied homes.⁵⁶ However the difference in methodology between the two surveys should be noted; the 2015-16 English Housing Survey is carried out by an interviewer, whereas here we ask households to self-report issues. A survey used to define the Shelter Living Home Standard found similarly high self-reporting of issues with housing.⁵⁷

Social renters are also significantly more likely to report a lack of space, with a quarter saying this is a problem (26%), although calculations based on information provided in this survey suggest that just two per cent of households in Newham are legally overcrowded (calculated using the room standard⁵⁸). Among social renters too, one in five report issues with condensation or noise from neighbours (19%). Overall, 35 per cent of social renters report no problems with their accommodation, compared with 55 per cent of private renters and 61 per cent of owner-occupiers.

⁵⁶ Ibidem

⁵⁷ <http://www.shelter.org.uk/livinghomestandard>

⁵⁸ https://england.shelter.org.uk/housing_advice/repairs/overcrowding

Figure 5.9: Issues with accommodation by tenure type

Question: Does your accommodation have any of the following problems?

Base: 1,050 Newham householders, interviewed 20 April – 9 August 2017

A large majority of Newham households are satisfied with their accommodation; 85 per cent are satisfied, compared with eight per cent who are dissatisfied. This is a five percentage point increase in satisfaction from wave eight of Understanding Newham, and the highest score since wave six, reversing a decline that had been observed over the past two waves of the survey.

Overall satisfaction with accommodation is slightly behind the national average; in the 2015-16 English Housing Survey national satisfaction with accommodation stood at 90%.⁵⁹ Owner-occupiers and social renters in Newham are similarly slightly behind the national averages for their tenure type – for the former, national satisfaction stands at 95 per cent and the Newham figure is 92 per cent, and for the latter 81 per cent are satisfied nationally, compared with 78 per cent in Newham. Private renters in Newham are slightly more satisfied with their accommodation than the national figure; 84 per cent in the Borough are satisfied, compared with 82 per cent across England. Unlike other tenure types, the views of private renters have varied over the past few waves of the survey; this year satisfaction is at its highest since wave six.

⁵⁹ See Table FA5401 here: <https://www.gov.uk/government/statistical-data-sets/attitudes-and-satisfaction>

Table 5.5: Satisfaction with accommodation by tenure type

	2008 <i>Wave Five</i>	2011 <i>Wave Six</i>	2013 <i>Wave Seven</i>	2015 <i>Wave Eight</i>	2017 <i>Wave Nine</i>	<i>EHS 2015-6</i>
Overall	84%	85%	82%	80%	85%	<i>90%</i>
Owner-occupier	93%	95%	96%	93%	92%	<i>95%</i>
Social rent	79%	77%	77%	77%	78%	<i>81%</i>
Private rent	78%	84%	74%	74%	84%	<i>82%</i>

Source: *Understanding Newham*

Base: Newham Householders aged 16+, W9: 1,055, W8: 1,024, W7: 1,019, W6: 1,153, W5: 854

Satisfaction is especially high among older householders, with 93 per cent of those 65 or older satisfied overall, and six in ten of this age group very satisfied (59%). Satisfaction falls in younger groups, although even among the youngest householders (those aged 16-34), who are the least content, 83 per cent say they are satisfied. Satisfaction is also higher among householders from white ethnic backgrounds; 92 per cent of this group are happy with their accommodation. This figure is high among those from British and non-British backgrounds, despite the large differences in tenure type between these two groups – 94 per cent of the former (who are predominantly owner-occupiers) and 90 per cent of the latter (who mostly rent privately) are satisfied.

Those living in poverty (before housing costs) are significantly less likely to be satisfied than those not living in poverty, with just over three quarters (78%) of the former satisfied, compared with 89 per cent of the latter. This group are also more likely to report *dissatisfaction* with their accommodation, with more than one in ten (13%) of those living in poverty actively unhappy with the standard of their housing.

5.4.4 Satisfaction with housing among panellists

A linear regression analysis was conducted with panellists who participated in both wave eight and wave nine of the survey to understand the drivers of satisfaction with accommodation. The model controlled for existing levels of satisfaction with accommodation as this factor showed the strongest correlation – instead the model focuses on change in satisfaction. Those who had moved house between waves were also omitted from the analysis.

Tenure type was not found to have a significant impact on satisfaction with accommodation; nor were a number of other “environmental” factors including indicators of local area deprivation, local crime figures, ethnic fractionalisation or the Community Neighbourhood Area panellists live in. Instead, individual and social factors were more important:

- **Age:** Older panellists tended to be more satisfied with their accommodation, with 16-24 year olds being the least satisfied. Similarly, being retired is also associated with increased satisfaction.
- **Ethnicity:** Panellists from White ethnic backgrounds were most likely to be satisfied, while those from Black ethnic backgrounds were the least likely to be satisfied.

- **Leisure activities:** Panellists who said they rarely or never visited a library were more likely to feel satisfied with the standard of their accommodation – a factor that possibly hints at the quality of their home environment. Conversely, rarely or never eating out at cafes and restaurants was linked to a decrease in satisfaction
- **Satisfaction with social life:** Increased satisfaction with social life is associated with an increased likelihood of being satisfied with accommodation.
- **Victimisation:** Being a recent victim of crime (panellists who had not experienced crime at wave eight but did at wave nine) had a negative impact on satisfaction with accommodation, as did being a victim of crime at both waves. There was a very small positive effect related to those with more historical experiences of crime (a victim at wave eight but not at wave nine)
- **Views on the benefits system:** Disagreeing with the statement “the current benefits system targets people who really need them” was also related to increased satisfaction. This is likely related to age as older participants are more likely to disagree with this statement.

Figure 5.10: Housing satisfaction – key driver analysis

	Coefficient
Aged 55-64 years	0.69
Aged 45-54 years	0.52
Aged 65+ years	0.49
Aged 25-34 years	0.45
Aged 35-44 years	0.44
Participant is retired	0.42
Rarely or never visits libraries	0.11
Satisfied with their social life	0.09
Disagrees that benefits target those who need them	0.09
Participant of an Asian ethnic background	0.05
Victim of crime at wave eight, not at wave nine	0.02
Participant rarely or never eats meals in restaurants/cafes	-0.09
Participant of a Black ethnic background	-0.14
Victim of crime at both waves	-0.18
Not a victim of crime at W8, victim at W9	-0.39

Source: Understanding Newham Wave 9 (Base = 424 non-house moving panellists who answered at wave eight and wave nine)

R Squared: 0.305. All variables significant at 5%.

Outcome: Rating of satisfaction with accommodation at wave nine.

5.5 Crime and anti-social behaviour

5.5.1 Experience of crime and victimisation

Almost nine in ten Newham residents have had no experience of crime in the past year, while four in ten are concerned about becoming a victim of crime.

Twelve per cent say that they (or someone in their household) has been a victim of crime in the past year, with cars being broken into the most common reported category (experienced by four per cent of residents). This is a small reduction in the prevalence of crime since wave eight, when 15 per cent said they had experienced some sort of crime.

Experience of crime is generally even across different types of residents, however there are some notable differences. Residents from Asian ethnic backgrounds are more likely than average to report that they have had a car broken into (eight per cent report this category of crime, compared with four per cent overall). Additionally, those with a disability, or a limiting health condition, are significantly more likely to report that they have been a victim of a street robbery; ten per cent of those with a disability report this occurring, along with seven per cent of those with a limiting health condition, compared with three per cent of all Newham residents.

Residents who are more likely to say that they have *not* been a victim of crime include men (91%, compared with 84% of women), as well as those living in single person households (94%, compared with 88% overall).

This year, **four in ten Newham residents are concerned about becoming a victim of crime** (40%), a very similar level to the proportion recorded in wave eight (39%). Encouragingly, this means that the ten percentage point drop in concern about victimisation recorded between waves seven and eight of the survey has been maintained, and concern is now in line with the longer term average (in 2011 41% were concerned).

In addition to being more likely to have experienced crime, women are also significantly more likely to worry about victimisation than men, with 44 per cent of women worried, compared with 36 per cent of men. Longer-term residents in the Borough are also more concerned – 46 per cent of those who have lived in Newham for ten or more years are worried about becoming a victim of crime – however it is worth noting that as there is no pattern of increasing concern with age, something else must be driving this perception. There is also no relationship between fear of crime and differing levels of income, with no differences in perception between those in the lowest and highest income quartiles in the Borough.

As can be observed in other parts of this report, residents from differing White ethnic backgrounds have strongly contrasting views. Half of those from White British backgrounds are concerned about the prospect of becoming a victim of crime (50%), compared to three in ten of those from other White ethnic backgrounds (31%).

Social isolation also plays a role, although the relationship is not linear. Those who are the least isolated – seeing friends and family who do not live with them on most days – are the least concerned about being a victim of crime, with just over a third concerned (36%). The proportion concerned rises among those with less frequent social contact, but then drops again among the most isolated, who see friends and family less often than once a month, or never. This may be because, as discussed earlier, this most socially isolated group contains not only those with disabilities or limited health conditions who are typically more worried about crime, but also young, eastern European workers who tend to be less worried.

Table 5.6: Social isolation and concern about crime

	...On most days	...Once or twice a week	...Once or twice a month	Less often than once a month/never
Concerned	36%	45%	41%	27%
Not concerned	64%	55%	59%	73%

Source: Understanding Newham Wave 9

Base: 1,085 Newham residents aged 16+

5.5.2 Concern about crime among panellists

A longitudinal analysis was conducted with Understanding Newham panellists who participated in both wave eight and wave nine of the survey to understand the factors that change perceptions of crime. Of particular interest were panellists who changed their mind – especially those who were not concerned about becoming a victim of crime at wave eight, but said they were concerned at wave nine.

A logistic regression model was used to identify characteristics and attitudes that were significantly related to a change in concerned. The model indicated that the following variables were related to the likelihood of a panellist who was not worried about crime at wave eight becoming concerned at wave nine:

- **Household composition:** Measured against single person households as a baseline, couples with children, larger households, and (especially) lone parents were all associated with an increased likelihood of becoming concerned, while childless couples and households of unrelated adults were associated with a slight decrease in this likelihood.
- **Victimisation:** There is a complex relationship between victimisation and becoming worried about crime. Panellists who had not experienced crime at wave eight but had become a victim at wave nine were associated with an increased likelihood of becoming concerned about victimisation. Conversely, there was a slightly lower likelihood of becoming concerned among those who had been a victim at wave eight but had not at wave nine. Finally, those who had experienced victimisation at *both* waves showed a substantially lower likelihood of becoming concerned about crime. These findings suggest two key conclusions: firstly, that recent experience of crime has the biggest impact on concerns about victimisation; and secondly, if a panellist was a victim of crime at wave eight but this did not make them worried, they are unlikely to change their mind about this fact, even in the face of repeated victimisation.
- **Satisfaction with how the council is run:** Panellists who expressed satisfaction with how Newham Council is run at wave eight were less likely to become concerned about crime between waves eight and nine (N.B. this variable was asked at wave eight only).
- **Religion:** Panellists who described themselves as belonging to any religion showed a substantially higher likelihood of becoming concerned about crime
- **Attending local groups:** Panellists reporting that they rarely or never attend local groups or voluntary associations were less likely to become concerned about crime.

- **Ethnic fractionalisation:** A higher ethnic fractionalisation ranking for a panellist's local area was associated with a small increase in the likelihood that they would become concerned about crime between waves eight and nine. As detailed in the table below, an increase in ethnic fractionalisation rank of 1 provides an odds ratio of 1.0045 – this is a small increase, but as the local areas used for the analysis are LSOAs (Lower Layer Super Output Areas), which correspond to individual postcodes, the cumulative effect will be more considerable.

Table 5.7: Panellists becoming concerned about crime – odds ratios

	Odds ratios
Lone parents	6.45
Not a victim of crime at wave eight, but a victim at wave nine	4.05
Participant regards themselves as belonging to a particular religion	2.73
Household status: couples with children; large households	2.48
Ethnic fractionalisation score (rank increase of 1)	1.00 ⁶⁰
Household status: couples with no children; 2+ unrelated adults	0.93
Victim of crime at wave eight, not at wave nine	0.92
Participant rarely or never attends a local group or voluntary organisation	0.60
Satisfied with local council at wave eight	0.58
Victim of crime at both wave eight and nine	0.26

Source: Understanding Newham Wave 9 (Base = 463 panellists who answered at wave eight and wave nine)

Pseudo R-Squared score (McFaddens): 0.155. All variables significant at 5%.

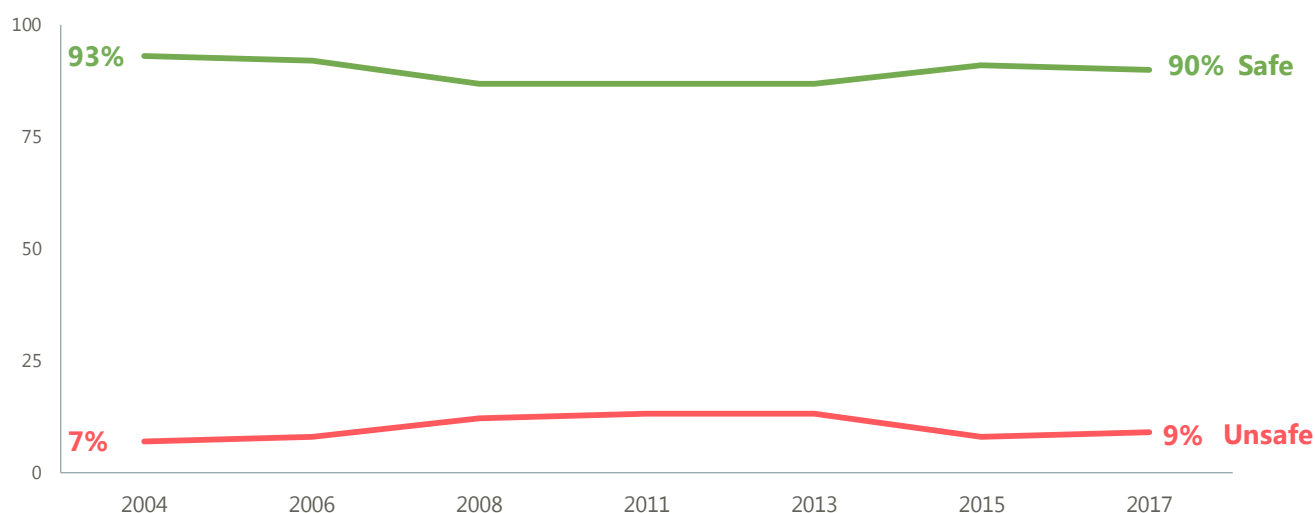
Model outcomes: 1 = moved from being not worried to worried about crime, wave eight to wave nine. 0 = not worried about crime at either wave.

5.5.3 Feeling safe in Newham

A majority of residents feel safe in their local area during the day and at night.

Nine in ten Newham residents feel safe walking alone in their local area during the day (90%), close to the long-term trend observed on this measure since 2004. The proportion who say they feel very safe has fallen however, from 48 per cent in wave eight to 41 per cent this year. Nine per cent say they feel unsafe walking in their local area during the day, again a similar level to that recorded in previous waves.

⁶⁰ The exact score here is 1.000517

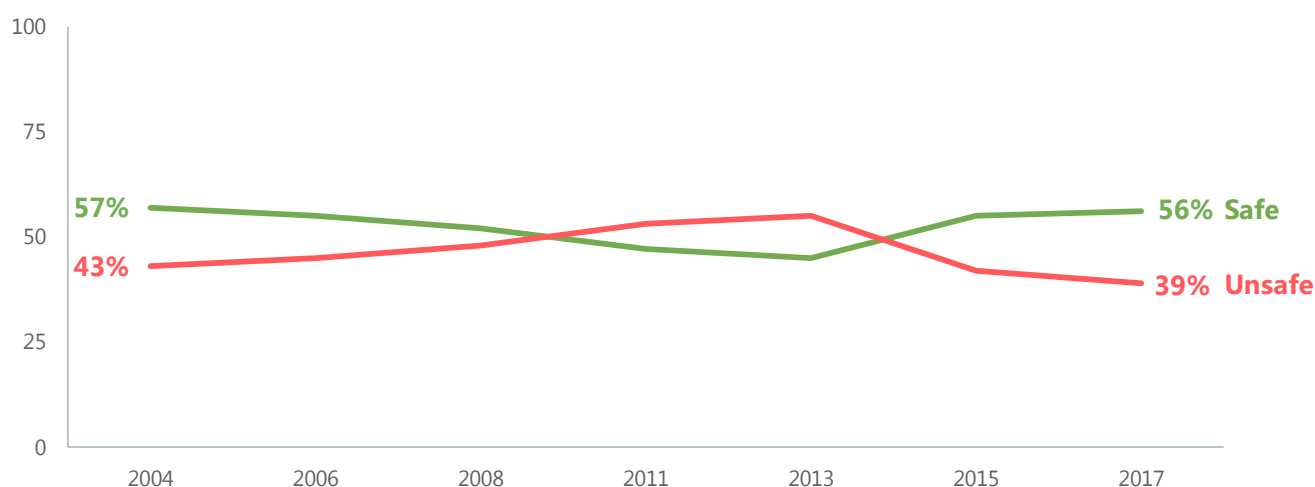
Figure 5.11: Trend data – residents feeling safe in their local area by day

Question: How safe do you feel walking alone in this area during daytime?

Base: 1,085 Newham residents aged 16+, interviewed 20 April – 9 August 2017

Feelings of safety during the day are higher among men than women, with 93 per cent of the former and 87 per cent of the latter feeling safe. Residents from Black ethnic backgrounds are significantly more likely than average to feel safe (97%). Groups who feel less safe in their local area by day include those with disabilities (25% of whom feel unsafe) or limiting health conditions (16%), as well as those in retirement (14%).

Feelings of safety after dark are also similar to those recorded in 2015. Fifty-six per cent of Newham residents say they feel safe walking alone in their local area after dark, compared with 57 per cent in wave eight. This continues the trend of a majority of Newham residents feeling safe after dark, after a three-year period from 2011–2013 when a majority felt unsafe. The proportion of residents who feel unsafe after dark – at 39 per cent – is at the lowest recorded level since 2004.

Figure 5.12: Trend data – residents feeling safe in their local area after dark

Question: How safe do you feel walking alone in this area after dark?

Base: 1,085 Newham residents aged 16+, interviewed 20 April – 9 August 2017

Attitudes towards feeling safe after dark show similar demographic variation to those who feel more or less safe during the day, although the differences are more pronounced. Two thirds of men feel safe after dark in their local area, compared with under half of women (67% compared with 43%). Those with disabilities or limiting health conditions also feel less safe than average (37% and 29% respectively).

One major point of difference is among residents with Asian ethnic backgrounds – less than half of these residents say they feel safe in their local area after dark (47%), compared with close to two thirds of those from other ethnic backgrounds (the figure is 62% among those from both White and Black backgrounds). This may be related to higher reported rates of victimisation among Asian ethnicity backgrounds; 16 per cent say they or a close relative have been a victim of crime over the past year, compared to 12 per cent of all Newham residents. While feelings of safety are lower among those from all Asian ethnic backgrounds, residents from an Indian ethnic background are particularly less likely to feel safe – 43% of this group feel safe at night, compared with 52% of those from a Bangladeshi background.

The experience of crime has a substantial impact on feelings of safety in Newham. Among the twelve per cent of residents who have experienced crime in the past year, two thirds (65%) are concerned about becoming a victim of crime, compared with 37 per cent of those with no recent experience of crime. One quarter (23%) of this group feel unsafe walking around their local area during the day, and two thirds (68%) do not feel safe walking around their local area at night.

Table 5.8: Feelings of safety by victimisation

	Worry about becoming a victim of crime	Feel unsafe in local area by day	Feel unsafe in local area by night
Victims of crime	65%	23%	68%
Non-victims	37%	7%	35%
Overall	40%	9%	39%

5.5.4 Prevalence of anti-social behaviour

Over three quarters of residents commonly experience anti-social behaviours, but the prevalence of the most commonly-reported types has fallen since wave eight.

Just under eight in ten Newham residents believe that at least one type of anti-social behaviour (ASB) is common in their local area (78%). However, this year the prevalence of a number of key ASBs has fallen. For instance, while six in ten report teenagers hanging around (60% - the most commonly-reported form of ASB), this is a six percentage point drop from the wave eight figure of 66 per cent. There has been a similarly-sized drop in the proportion reporting the second-most common form of ASB (people being drunk or rowdy in public places), from 50 per cent in wave eight to 45 per cent now.

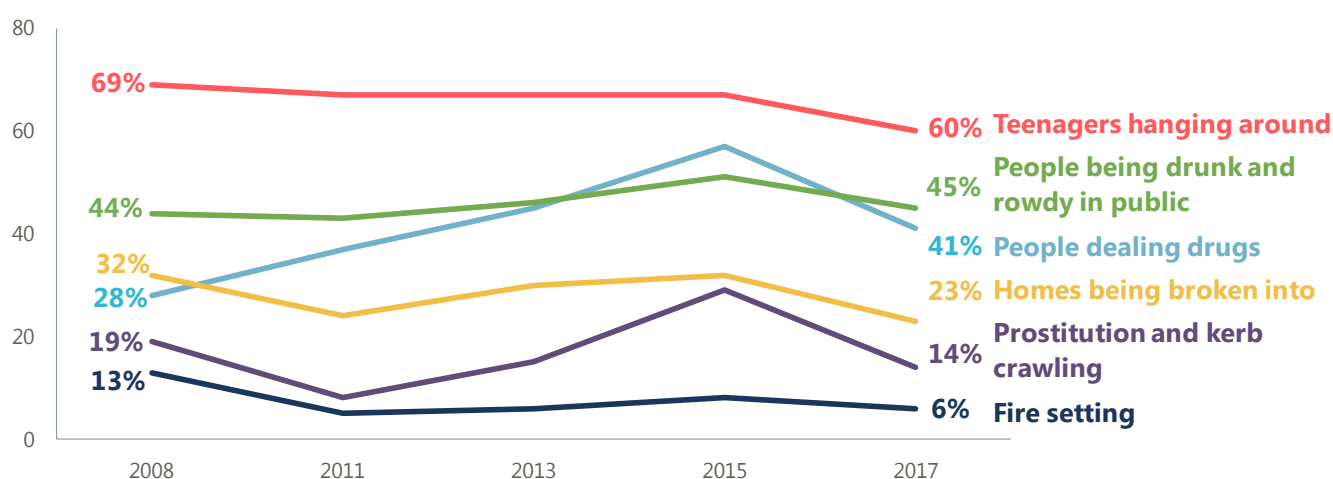
Other significant falls since wave eight include:

- A drop of seven percentage points in the prevalence of prostitution or curb crawling (from 21% to 14%), and a six percentage point fall in the proportion who report homes being broken into (from 29% to 23%) or graffiti on walls or buildings (from 27% to 21%).
- A fall of five percentage points in the proportion reporting vandalism, or deliberate damage to property (from 31% to 26%) and a four-point drop in those reporting abandoned cars (from 18% to 14%).

- The proportion reporting hate crimes (insults or attacks to do with someone's race, colour or religion) has risen two percentage points from 15 per cent to 17 per cent, however this is not a statistically significant change since the last survey.

The incidence of people dealing drugs, which had risen dramatically between 2007 and 2015, has fallen back slightly this year from 45 per cent to 41 per cent. Although this change is not statistically significant, it does mean that the rising prevalence of this form of anti-social behaviour has stalled.

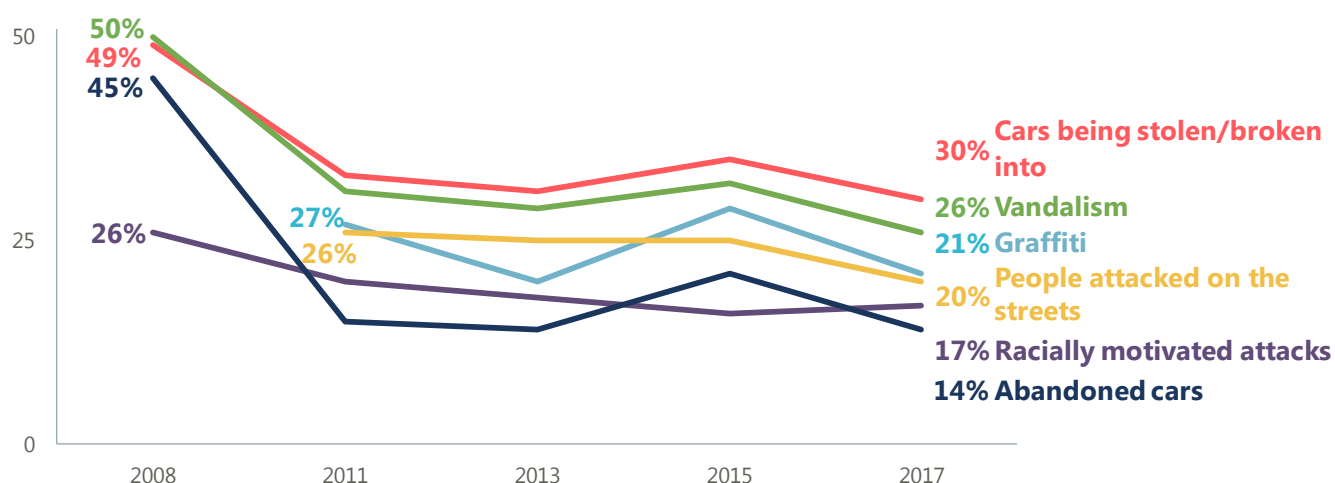
Figure 5.13: Trend data – ASB in Newham I



Question: Please can you tell me how common each of the following things are in your area?

Base: 1,085 Newham residents aged 16+, interviewed 20 April – 9 August 2017

Figure 5.14: Trend data – ASB in Newham II



Question: Please can you tell me how common each of the following things are in your area?

Base: 1,085 Newham residents aged 16+, interviewed 20 April – 9 August 2017

Residents from Asian ethnic backgrounds are significantly more likely to feel that a wide range of anti-social behaviours are common on their local area: 70 per cent feel that teenagers hanging around is common (60% overall), and 53 per cent say the same for people being drunk or rowdy in public (45% overall).

One quarter of residents with an Asian ethnic background also report that insults or attacks to do with someone's race, colour or religion are common in their local area (24%). This is significantly higher than the average (17%), and also much higher than the proportions of those from White or Black ethnic backgrounds who also feel this is common (14% and 9% respectively). This perception is higher still among residents from Pakistani and other Asian (including Chinese) ethnic backgrounds, over one third of whom feel that these sort of attacks are common (35% and 36% respectively). By contrast, the views of those from Bangladeshi and Indian ethnic backgrounds are much closer with the Borough average (19% and 15% of residents from these groups think this sort of crime is common).

The impact of ASB on feelings of safety is similar to that felt by victims of crime, although to a lesser extent. Among those who believe that at least one type of anti-social behaviour is common, eleven per cent feel unsafe in their local area during the day (compared with nine per cent overall), and 45 per cent feel unsafe at night (39% overall). Experiencing ASB is also associated with heightened concern about becoming a victim of crime – 47 per cent of those who think ASBs are common worry about crime, compared to 16 per cent of those who do not experience ASB.

6 Appendix A: Technical Notes

6.1 Methodology

This chapter outlines details of the methodological approach to Wave 9 of the Newham Household Panel Survey (NHPS), also known as Understanding Newham.

6.1.1 Sampling

The 2017 (Wave 9) sample consisted of two different sample types; panel and fresh cases.

Panel Sample

The panel sample consisted of households who had been interviewed at Wave 6, 7 and/or 8. At Wave 6 the sample was completely refreshed, hence respondents from Waves 1 – 5 were not approached. All panel cases with a productive outcome (i.e. an interview) in at least one of the previous waves were eligible for the Wave 9 study, with the exception of those who explicitly asked not to be re-contacted at the end of their last interview. For this wave of the survey, the entire panel (1,401 cases) was issued.

Fresh sample

In addition to the panel sample, a “fresh” sample of residents who had not participated before was selected in order to ensure an adequate sample size for analysis. At the start of fieldwork 831 addresses were issued, then as fieldwork eligibility was lower than originally anticipated a further 319 addresses were issued, resulting in a total of 1,150 issued addresses.

Both samples used the Post Office Small User Address File (PAF) as a sampling frame. This was chosen as it provides high coverage of the population and is the most up-to-date source of addresses available. It is also the same sample frame used on previous waves of the Newham Household Panel and on Understanding Society.

Given the relatively small size of Newham, a one-stage unclustered random probability sample design was employed. The sample was stratified by: i) neighbourhood area; and, ii) the proportion of household reference persons with non-manual occupations (NS SEC 1 and 2), although as the sample was unclustered the stratification would have very little effect.

The eligible population for NHPS comprises of two distinct groups:

- Adults (16+) resident in Newham for at least six months.
- Households in Newham, containing an adult who has been resident for at least six months.

In fresh households, an adult was selected at random from those aged 16+ in the household. This selection was administered by interviewers using a Kish grid selection method⁶¹. In panel households the adult respondent was the

⁶¹ The Kish grid uses a pre-assigned table of random numbers to find the person to be interviewed. Interviewers first list the eligible respondents alphabetically. They then refer to the selection table which tells them the number of the respondent to be interviewed

person who responded to the adult interview in the last wave in which the household participated. They had been selected randomly in the previous wave using the same method described for the fresh sample.

In order to collect data about households in Newham it was necessary to interview the Household Reference Person (HRP) or their partner. In the majority of households, the randomly selected individual was the HRP or partner and was eligible to respond to both the individual questionnaire and the household questionnaire. In households where this was not the case the selected individual answered the individual questionnaire and the household interview was conducted separately with the HRP or HRP's partner.

The HRP was defined by the following criteria:

- The adult who owns/rents the property.
- If the property is owned/rented by multiple adults, the one with the highest income.
- If multiple adults own/rent the property and have equal incomes, the oldest of these adults.

This was established in the Computer Assisted Personal Interviewing (CAPI) script. In panel cases there was no assumption that the current HRP was the same as in the previous wave.

6.1.2 Questionnaire Development

The survey comprised of four separate questionnaires:

- **The CAPI household grid questionnaire**, asked of the randomly selected adult (16+) in each household.

The household grid section captured basic information about all individuals (including children aged under 16) in the household and the relationships between them. For panel households, the household grid established any changes to the household composition since the previous wave. It asked whether anyone had left or joined the household and confirmed the sex, dates of birth, and relationships collected at the last wave.

- **The CAPI individual questionnaire**, asked of the same randomly selected adult (16+) in each household.

The individual questionnaire was made up of 10 sections, covering general information about the respondent, religion, values and opinions, health and caring, emotions, childcare, employment, crime, unearned income and state benefits, and savings. Respondents were also asked to provide contact information and permission for future waves of the survey.

- **The CAPI household questionnaire**, asked of the Household Reference Person or their partner.

The household questionnaire asked about housing tenure, housing conditions, accommodation costs and household expenditure and financial management.

- **The household income module.**

The interview included the ONS harmonised question to collect Income as a Classificatory Variable⁶². This series of questions asks the respondent to provide an income bracket for each adult member of the household. This module was included as part of the individual questionnaire, however if the respondent was unable to provide answers for all adults in the households then the remaining adults would be asked directly. These data were collected in a separate income module.

The majority of questions in the questionnaires were taken from those used in the previous wave of the NHPS, which themselves were taken from questions used in the British Household Panel Survey (now called Understanding Society). This allowed for comparisons between NHPS Wave 9 data and data from Understanding Society. A number of new questions were also included, whilst others asked in Waves 7 and 8 were excluded.

To test the length and content of the interview a 'live-pilot' exercise was undertaken. After 15 interviews had taken place (8 – 11 April 2017), analysis of the length of the interviews was undertaken and a tele-conference was conducted with a number of survey interviewers on 15 April. Overall the questionnaire was felt to function well, with just one amendment made to the questionnaire following the debrief:

- Question HI (Household income question): Amended to include a 'no income' code.

In addition to this some interviewing protocols and the interviewer supporting materials were amended.

6.1.3 Fieldwork Procedures

A total of 36 interviewers worked on the survey. Interviewers posted advance letters prior to visiting each address, which included a leaflet explaining the study in greater detail. There were two versions of the letter – one for panel respondents (addressed to the relevant individual) and one for fresh respondents (addressed "Dear Resident").

Interviewers were required to make a minimum of six face-to-face calls to each address before coding a final outcome of 'no contact', with at least one call required in the evening (after 6pm), another on the weekend, and a further call on either an evening or weekend. The first and last calls needed to be at least three weeks apart.

Foreign language interviews were undertaken with interpretation either by the interviewer, or a household interpreter aged over 16. Incentives (£5 high street vouchers) were provided to each respondent on completion of an interview.

Fieldwork for the survey was conducted between 20 April and 9 August 2017. The average (median) total interview length per household was 45.05 minutes (i.e. summing the interview lengths across respondents in those households where different individuals answered the household and individual questionnaires). Interviews were conducted in 1,085 households. In 1,050 of these the individual questionnaire and household questionnaires were completed. In 35 only the individual questionnaire was completed, and no household questionnaire was obtained.

⁶² <http://www.ons.gov.uk/ons/guide-method/harmonisation/secondary-set-of-harmonised-concepts-and-questions/income-for-analysis-and-income-as-a-variable.pdf>

6.2 Responses at Wave 9

Table 6.1: NHPS Wave 9 response summary

	All (n)	Panel (n)	Fresh (n)
Total issued sample	2,551	1,401	1,150
Ineligible	409	286	123
Panel member moved out of Newham	247	247	-
Panel member deceased	18	18	-
Panel member institutionalised	4	4	-
Deadwood	78	11	67
No eligible respondent resident	25	1	24
Other ineligible	37	5	32
Unknown eligibility	635	324	311
No contact	519	212	307
Panel member moved, no follow-up address	114	111	-
Other unknown eligibility	2	1	4
Productive	1085	590	495
Individual and household interviews	1055	569	486
Individual interview only	30	21	9
Refusals	344	168	176
Office refusal	13	8	5
Refusal to interviewer	301	143	158
Broken appointment	30	17	13
Other unproductive	78	33	45

Overall the Wave 9 response rate⁶³ was 51 per cent. Along panel respondents it was 55 per cent and among fresh cases it was 47 per cent. The co-operation rate⁶⁴ was 72% per cent.

⁶³ Response rate = productive/(productive+refusals+unproductive+unknown eligibility)

⁶⁴ Co-operation rate = productive/(productive+refusals+unproductive)

6.3 Panel attrition

During Wave 9 of NHPS, 569 existing panel members (41% of those issued) were interviewed again, as can be seen in Table 6.2. Panel attrition was moderate, with 20 per cent of panellists being marked as ineligible, predominantly due to the respondent moving out of Newham, and a further 23 per cent being marked as unknown eligibility. The latter refers to the cases where respondents have moved since the previous survey but no follow up address was available or where no contact was made and eligibility could not be established.

The number of refusals (381, or 27% of those issued) increased from Wave 8 but remains a fairly typical rate for a panel survey).

Table 6.2: Final fieldwork outcomes for the panel sample

	Frequency	Per cent of issued	Per cent of eligible
Total issued	1,401	100%	-
Respondent ineligible	286	20%	-
Unknown eligibility	324	23%	-
Total known eligible	729	52%	100%
Productive	590	42%	81%
Refused	168	12%	23%
Other unproductive ⁶⁵	33	2%	5%

The breakdown of the panel members who were ineligible at Wave 9 can be seen in Table 6.3. A small number of respondents were institutionalised or deceased, as would be expected in any panel survey. The largest proportion of ineligible panel contacts were those who had moved home and had become ineligible by leaving the borough (18% of those issued). It is also certain that had contact been possible, a proportion of the non-contacted cases would have been found to be ineligible as well.

Table 6.3: Final fieldwork outcomes of ineligible panel sample cases

	Frequency	Per cent of issued
Total ineligible	286	20%
Respondent moved out of Newham	247	18%
Respondent deceased	18	1%
Respondent institutionalised	4	*
Deadwood address	11	1%
Other ineligible	1	*

⁶⁵ Other unproductive outcome codes: Physically / mentally unable, Language difficulties, Away or in hospital throughout fieldwork period, Ill at home throughout fieldwork period, No contact with selected respondent, Other unproductive.

6.4 Demographic profile of the Newham Household Panel

Table 6.4 shows the demographic profile of those who left the panel at the end of the previous wave (Wave 8), in comparison to those remained in the panel and completed Wave 9, and all panel and non-panel respondents to Wave 9. This is calculated on the basis of individual participants to the survey (rather than household-level responses).

Among panellists who participated in wave nine, certain groups are under- and over-represented, compared to the wider sample. Longer term residents (having lived in London ten or more years), social renters, and those who are unemployed or retired, are all more prevalent among the panel sample than the wider survey sample. By contrast, shorter term residents (living in the Borough for less than five years), private renters, and those in full or part-time employment are under-represented. The balance of ethnic backgrounds in the panel sample from this wave is broadly similar to the overall sample.

The demographic profile of those who participated in wave eight but not in wave nine is broadly similar to the existing panel. However, shorter-term residents form a larger proportion of this group than in the ongoing panel, as do private renters. As both of these groups tend to be less rooted in the Borough, their lack of participation this wave is likely due to them moving out of the area. In terms of employment status and ethnicity, those who did not participate at this wave are similar to the continuing panel.

Table 6.4: Profile of former and continuing members of the Newham Household Panel (unweighted)

	W8 respondents only	Respondents to both W8 and W9	Overall W9 respondents
Base	225	475	1,085
Length of time in Newham			
Less than 5 years	20%	14%	28%
5-9 years	19%	26%	22%
10 years +	56%	59%	49%
Tenure (N.B. Household-level)			
Owner-occupier	32%	35%	36%
Social renter	46%	44%	38%
Private renter	23%	17%	26%
Work status			
In paid employment (full/part time)	37%	37%	43%
Self-employed	6%	8%	9%
Unemployed	8%	10%	8%
Retired	21%	28%	24%
Looking after home or family	11%	11%	10%
Full time student	8	*	1%
Ethnicity			
White	42%	44%	42%
Asian	34%	33%	35%
Black	20%	20%	20%
Mixed	3%	3%	3%

6.5 Characteristics of panel attrition

Table 6.5 compares the socio-demographic profile of panel members who were interviewed at Wave 9, with those panel members who could not be interviewed for this most recent wave. The data used for comparison is Wave 8 to enable the examination of any systematic differences between those who were contactable and those who were not for this wave.

Panel attrition was higher among men than among women, and is also notably higher among younger panellists, private renters and the self-employed. Attrition was lower among older groups – those ages 45 and above and well as those in retirement.

Table 6.5: Proportion of Wave 8 respondents interviewed at Wave 9 by demographic profile (unweighted)

		Interviewed at W9	Unproductive at W9	Total (n)
Sex	Male	40%	60%	450
	Female	51%	49%	572
Age	16 – 24 years	38%	62%	74
	25 – 34 years	34%	66%	184
	35 – 44 years	42%	58%	243
	45 – 54 years	55%	45%	204
	55 – 64 years	55%	45%	129
	65+ years	56%	44%	176
Ethnicity	White	48%	52%	422
	Asian	46%	54%	342
	Black	46%	54%	201
	Mixed	45%	55%	38
Household composition				
	Single person HH	41%	59%	254
	Couple, no children	47%	53%	121
	Couple, children	48%	52%	160
	Lone parent	58%	42%	59
	2+ unrelated adults	47%	53%	181
	Other (3+ with relations)	54%	46%	190
Household tenure				
	Owner occupier	51%	49%	297
	Social renter	53%	47%	380
	Private renter	32%	68%	237
Employment status				
	In paid employment (full/part time)	43%	57%	362
	Self employed	35%	65%	80
	Unemployed	48%	52%	80
	Retired	55%	45%	185
	Looking after family or home	53%	47%	110
	Full time student/at school	22%	78%	9
	Long-term sick or disabled	55%	45%	60

Table 6.6 shows further comparison between those who were interviewed at Wave 9 and those who were not. Attrition was much higher among newer Newham residents, and was also higher among those with a degree-level qualification and those in the upper half of the income distribution. Conversely, attrition was greater among those with weaker English skills.

Table 6.6: Further characteristics of panel respondents at Wave 9 (unweighted)

	Interviewed at W9	Unproductive at W9	Total (n)
Household income (quartiles)			
Top quartile	46%	54%	180
Quartile 2	45%	55%	219
Quartile 3	52%	48%	156
Bottom quartile	51%	49%	205
Highest achieved qualification			
Degree or above	43%	57%	226
A Level or equivalent	50%	50%	159
GCSE/equivalent	47%	53%	66
No formal qualifications	46%	54%	498
Finding it very difficult			
English language skills			
Strong	48%	52%	695
Moderate	44%	56%	220
Weak/none	42%	58%	109
Length of time lived in Newham			
Under 5 years	30%	70%	278
5-9 years	44%	56%	159
10+ years	45%	55%	547

6.6 Weighting

Weights were computed to account for both the design of the survey and non-response to the survey. Four separate weights were computed as follows.

Table 6.7: Computed weights

	Purpose of weight
wv9_IND_cxwt_i	A weight for cross-sectional analysis of Wave 9
wv9_HH_cxwt_i	A weight for cross-sectional analysis of Wave 9
wv89_IND_longwt_i	A weight for longitudinal analysis of Wave 8-Wave 9
wv89_HH_longwt_i	A weight for longitudinal analysis of Wave 8-Wave 9

6.6.2 Weighting the longitudinal sample

There are two longitudinal weights, as can be seen in table 6.7. Each weight was generated separately, although the same process was used for each. The aim was to reduce bias arising from non-response between waves.

A number of variables (economic and demographic characteristics taken from the Wave 8 questionnaire) were examined for their relationship to response status. Those which were most closely related to non-response were used to construct a non-response model while non-significant variables were dropped. The household non-response model used the same variables as used in the individual non-response model, although an addition variable (total number of rooms in the house) was included in the initial variable set.

The logistic regression model was fitted, with the outcome taken as the individual's/household's response status. The predictor variable identified by each model as being significantly related to response behaviour are listed in table 6.8

Table 6.8: Predictor variables for longitudinal weights

Individual	Household
Age within gender	Age within gender
Community neighbourhood area	Community neighbourhood area
Number of benefits household receives	Health status of the responding individual
Number of children in the household	Number of children in the household
Number of adults in the household	Number of adults in the household
Length of time the household have lived in Newham	Highest qualifications of the responding individual
Highest achieved qualification	-

The non-response weight was taken as a reciprocal of the predicted probability of response. A small number of large weights (the top 1% of respondents) were trimmed to ensure no single individual was over-influential on the survey results. This weight was then multiplied by the weight from the previous wave to generate the Wave 9 longitudinal weights. Hence the weight for W8-W9 was multiplied by the Wave 8 cross-sectional weight. Each weight therefore corrects for differences in the individual and household selection probabilities, non-response to Wave 8, and non-response to Wave 9.

6.6.3 Weighting the cross-sectional sample

Cross-sectional estimates are obtained using the longitudinal and fresh samples. A household design weight was calculated for each household in the fresh sample to account for differing selection probabilities at the dwelling unit selection and household selection stages. This weight is the product of the number of dwelling units and the number of households within the dwelling unit (capped at a maximum value to three). An individual design weight was then calculated as the product of the household design weight and the number of eligible individuals within the household (capped at a maximum of four).

The longitudinal and fresh samples were then combined and calibrated to Newham population data using two rims – Gender by Age, and Community forum area. The cross-sectional weight used this selection weight as its initial starting weight in the calibration, while the longitudinal sample used the Wave 9 longitudinal weight.

6.6.3 Use of the weights

The weights are designed to be used to make inferences about different populations. The longitudinal weights refer to the population resident in Newham since Wave 8. This population excludes all newcomers to Newham, and any young adult resident in Newham at Wave 9, but who was under 16 at Wave 8. The cross-sectional weights refer to the current Newham population.

6.7 Longitudinal and cross-sectional samples used in analysis

The NHPS is a panel survey, whereby attempts are made to interview the same individuals at each wave. In Wave 6 the sample was completely refreshed with a new sample. Collecting data from individuals at more than one point in time enables change to be explored at the individual level, rather than to look at changes in the estimates for the whole population, which is the main purpose of repeated cross-sectional data. For this purpose, the part of the sample which is of most interest is the longitudinal sample, i.e. those individuals who provide information at two or three waves.

The longitudinal sample contains those interviewed at Wave 6, 7, 8 and 9, as well as those interviewed at waves 7, 8 and 9, or just wave 8 and 9. This sample consists of 289 individual respondents who have answers at every wave between 6 and 9.

6.8 Statistical reliability

The respondents to the survey are only samples of the total population meaning the figures obtained will differ from those which could have been collected if everybody in Newham had been interviewed. However, we can predict the variation between the sample results and the true values from knowledge of the sample sizes on which the results are based and the variability of the weights. We estimate that the design effect due to weighting and calculate the weighting efficiency as

the reciprocal of the design effect. The effective sample size is then estimated as the product of the achieved sample size and the efficiency.

Tables 6.9 and 6.10 estimate the design effect due to weighting using the formula of one plus the coefficient of variation of the weights squared. This formula does not take into account any relationship between the response variable and the weighting variables (the relationship will be specific to each question) so for many questions the effective sample sizes are likely to be slightly larger than those given here.

Table 6.9: Statistical reliability for different types of analysis

	Achieved sample size	Design effect	Efficiency	Effective sample size
Individual longitudinal (W8,9)	475	1.45	69%	329
Household longitudinal (W8,9)	463	1.39	72%	334
Individual cross-sectional	1,085	2.16	46%	503
Household cross-sectional	1,050	1.59	63%	660

The relationship between the effective sample size and the precision of estimates is shown in Table 6.9. This shows the margin of error associate with estimates of different population proportions for different effective sample sizes. For the individual cross-sectional analysis (with an effective sample size approximately equal to 500) our estimates could have a margin of error of approximately 4.4 percentage points (if the true population percentage is 50%) or as little as 2.6 percentage points (if the true population percentage is 10% or 90%).

Table 6.10: Estimated precision for effective sample sizes

Effective sample size	Population proportion		
	10% or 90%	30% or 70%	50%
300	3.4	5.2	5.7
400	2.9	4.5	4.9
500	2.6	4.0	4.4
600	2.4	3.7	4.0
700	2.2	3.4	3.7
800	2.1	3.2	3.5
900	2.0	3.0	3.3
1,000	1.9	2.8	3.1
1,085 (All individuals sample)	1.8	2.7	3.0

6.9 Statistical analysis

Throughout this report, 'key drivers' analysis has been used to better understand what factors are most associated with specific attitudes and behaviours. Key drivers analysis is a type of regression analysis that shows how much of the variation in responses to a single measure, the dependent variable, can be explained by other measures known as 'drivers'. These drivers include respondent characteristics and other attitudinal data.

A regression model allows the impact of different drivers in relation to each other to be measured. It will not show any causal path from one variable to another; rather it shows the relative importance of each driver in explaining the variation in the outcome variable.

A number of models were also run to investigate which factors are associated with change over time. This longitudinal analysis was based on logistic regression modelling. These models, sometimes called conditional change models or lag regression, use information from previous waves to explain change over time. The modelling was run on sub-sets of

residents based on their specific state at wave 8 were selected for the analysis. The model then identified factors related to a change in state. This allowed for the identification of variables related to change and their strength and direction.

The analysis was based on transitions from wave 8 to wave 9 as the sample size for cases that had participated in all waves, since wave 6, was too small for a robust model. The predictor variables include characteristics from wave 8 and variables related to change.

6.10 Derived variables

A number of variables used in the analysis are derived from a number of questions in the survey or, in the case of panel respondents, from wave 8 data. Details of the variable derivations are outline below.

6.10.1 Tenure

Households defined as owner-occupied include those owned outright, those owned or being brought on a mortgage, and those in shared ownership.

6.10.2 Monthly and weekly rent

This has been approximated based on H26 and H27.

H26 How much was the last rent payment, including any services or water charges but after any rebates?

H27 What period did this cover?

6.10.3 Income and Poverty measures

Gross household income

Gross household income was collected using the ONS harmonised question for *Income as a Classificatory Variable*. This method is a relatively straight-forward and brief way of collecting household income. However, it does not replicate specialist income surveys such as the Family Resources Survey (FRS) or the Expenditure and Food Survey (EFS) which collect thorough and complete information about household finances.

Complete income data was collected for 78% of households.

A numeric gross household income variable was created by combining the answers provided for each individual in the household, using the mid-points from the income bands used in the questionnaire. This was used to create a gross income quartiles variable and a banded gross income variable with nine broad income bands.

Net household income

To estimate net household income a simple algorithm was applied to the gross income values. The algorithm is based on FRS data in which both gross and net income are collected. The method has been used on the *Understanding Society* data⁶⁶. This following was applied:

⁶⁶ Berthoud, R. (2011) *Income and Other Measures of Material Well-Being*. Understanding Society Early Findings

Net income = Gross income up to a threshold + 63% of gross income above that threshold

The threshold varies according to the size of the household and the age of its members as set out in table 6.11.

Table 6.11 – Thresholds used in new income estimates

	Household contains no pensioners ⁶⁷	Household contains at least one pensioner
One adult	£1,127	£1,180
Two adults	£1,576	£1,809
Three+ adults	£2,022	£2,096

A banded net income variable with nine broad income bands.

There are two income definitions; the first is the net income before housing costs (BHC) are deducted, and the second is this same income after housing costs (AHC). We define housing costs simply as mortgage or net rent payments in line with previous NHPS reports⁶⁸

Poverty

In keeping with government practice, poverty has been defined in terms of household income. The total household income is then equivalised to take account of the differential needs that different households have (i.e. adjusted for size and composition).

In calculating equivalised income for the Annual Households Below Average Income (HBAI) report, the Department for Work and Pensions (DWP) use the Modified Organisation for Economic Co-operation and Development (OECD) equivalisation method which has been adopted for this analysis.

The OECD Equivalisation Scale is a conversion factor to allow for the effects of household size and composition to enable more accurate income comparisons to be undertaken. There are two variations: before and after housing costs. The OECD Equivalisation Scale creates a weight for each household based on its composition. The conversion factor is the sum of the individual weights given to each household member in accordance with table 6.12. The total household income is then divided by the OECD conversion factor.

⁶⁷ Pensioners were defined as men over 65 or women over 60

⁶⁸ The HBAI series uses a wider definition of housing costs based on the detailed data collected in the FRS

Table 6.12 – OECD Equivalisation Scale

	Before Housing Costs	After Housing Costs
First adult	.67	.58
Subsequent adult/s (14+ years)	.33	.42
Children (under 14)	.2	.2

For example:

In a single person household, the Before Housing Costs conversion factor would be 0.67. For a household income of £1,250 a month the equivalised household income would be £1,866 ($1250/0.67=1865.67$).

In a lone parent household with two children the Before Housing Costs conversion factor would be 1.07 ($0.67+0.2+0.2=1.07$). For a household income of £1,250 a month the equivalised household income would be £1,186 ($1250/1.07=1186.22$).

Households in relative poverty are defined as those with less than 60% of the national equivalised median income for the current year. Households in absolute poverty are defined as those with less than 60% of the national equivalised median income for the year 2010/11, adjusted for inflation.

The most recently published HBAI report provides figures for these measures. These figures were £289 per week BHC and £248 per week AHC. Households in Newham were defined as living in poverty if their equivalised income level fell below these thresholds.

It is important to bear in mind that the national figures have been calculated using a specialist income survey (the FRS) whereas Newham's figures are based on a few questions within a much broader survey.

Child Poverty

Children are considered to be in poverty if they live in a household that is in poverty. The child poverty rate is calculated by dividing the number of children in poverty by the number of children in all households.

6.10.4 English Proficiency

This variable sums the scores of A7, A8 and A9 into one variable to identify English Language proficiency.

A7 How well do you feel you can speak English?

A8 How well can you read English?

A9 How well can you write English?

If < 5 = Strong English Skills; if 5 to 7 = Moderate English Skills; if 8 to 11 = Weak English Skills; if > 11 = Poor or no English Skills.

6.10.5 Intensity of leisure

Respondents were categorised by how frequently they engage in leisure activities from V7. At least 2 activities once a week or at least 6 activities once a month or at least 9 activities several times a year = Active Users; at least 1 activity once a week or at least 3 activities once a month or at least 6 activities several times a year = Moderate Users; at least 1 activity once a month or at least 3 activities several times a year or at least 9 activities once a year or less = Occasional Users; at least 1 activity several times a year or at least 1 activity once a year or less = Infrequent Users; all others = Non Users.

V7 We are interested in the things people do in their leisure time. I'm going to read out a list of some leisure activities. Please look at the card and tell me how frequently you do each one.

6.10.6 Monthly Pay and weekly pay

This variable calculates weekly pay using questions E18 and E19 for paid employees (including those on maternity leave), and questions E60 – E63 for self-employed residents.

E18 The last time you were paid, what was your gross pay that is including any overtime, bonuses, commission, tips or tax refund, but before any deductions for tax, national insurance, or pension contributions, union dues and so on?

E19 How long a period did that cover?

E60 On average, what was your WEEKLY or MONTHLY income from this job/business over the last 12 months?

E61 Was that weekly or monthly income?

E62 Can I just check, is that figure before the deduction of income tax?

E63 And is that figure before the deduction of National Insurance?

6.10.7 Total hours work

The total number of hours respondents work is calculated from E8 (primary job core hours, E9 (primary job overtime) and E27 (second jobs).

E8 Thinking about your (main) job, how many hours, excluding overtime and meal breaks are you expected to work in a normal week?

E9 And how many hours overtime do you usually work in a normal week?

E27 How many hours do you usually work in a month in your second/odd job(s), excluding meal breaks but including any overtime you might do?

6.11 Reference of external data sources

Throughout this report data has been compared with national and regional benchmarks. The following sources have been used for comparison:

Understanding Society - Understanding Society is an innovative world-leading study about 21st century UK life and how it is changing. It captures important information about people's social and economic circumstances, attitudes, behaviours and health. The study is longitudinal in its design.

<https://www.understandingsociety.ac.uk/>

Community Life Survey - The Community Life Survey is held annually to track trends and developments in areas that encourage social action and empower communities.

<https://www.gov.uk/government/collections/community-life-survey>

English Housing Survey - The English housing survey is a continuous national survey commissioned by the Department for Communities and Local Government (DCLG). It collects information about people's housing circumstances and the condition and energy efficiency of housing in England.

<https://www.gov.uk/government/collections/english-housing-survey>

ONS Labour market statistics/Labour Force Survey - The Labour Force Survey (LFS) is a survey of the employment circumstances of the UK population. It is the largest household survey in the UK and provides the official measures of employment and unemployment

<http://www.ons.gov.uk/ons/about-ons/get-involved/taking-part-in-a-survey/information-for-households/a-to-z-of-household-and-individual-surveys/labour-force-survey/index.html>

ONS, Annual Survey of Hours and Earning - ASHE is the most comprehensive source of earnings information in the UK. It provides information about the levels, distribution and make-up of earnings and hours paid for employees by sex and full-time/part-time working. Estimates are available for various breakdowns, including industries, occupations, geographies and age groups. ASHE is used to produce hours and earnings statistics for a range of weekly, annual and hourly measures.

<http://www.ons.gov.uk/ons/guide-method/method-quality/specific/labour-market/annual-survey-of-hours-and-earnings/index.html>

British Social Attitudes Survey - Each year NatCen's British Social Attitudes survey asks around 3,000 people what it's like to live in Britain and what they think about how Britain is run. The survey is a critical gauge of public opinion, and is used by the Government, journalists, opinion formers and academics.

<http://www.bsa.natcen.ac.uk/>

Households Below Average Income - These publications provide statistics and commentary on living standards in UK households, as determined by disposable income. They include the number and percentage of people living in low-income households, and changes in income patterns over time.

<https://www.gov.uk/government/collections/households-below-average-income-hbai--2>

Health Survey for England - The Health Survey for England is a major monitoring tool looking at the nation's health. It is used by the Government to plan health services and make important policy decisions that have an impact on us all.

<http://www.hscic.gov.uk/healthsurveyengland>

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About Ipsos MORI's Social Research Institute

The Social Research Institute works closely with national governments, local public services and the not-for-profit sector. Its c.200 research staff focus on public service and policy issues. Each has expertise in a particular part of the public sector, ensuring we have a detailed understanding of specific sectors and policy challenges. This, combined with our methods and communications expertise, helps ensure that our research makes a difference for decision makers and communities.