

BACKGROUND AND METHODOLOGY

The Galway Healthy Cities Project, which is part of a World Health Organization (WHO) initiative, aims to promote the health and wellbeing of all in Galway City through everyone working together. As part of the WHO project, the Galway City Health and Wellbeing Survey was conducted by NUIG Health Promotion Research Centre during October and November 2007. The aim of the survey was to get the views of people living in Galway City on the issues affecting them and what they think would make Galway a better place to live. General health and lifestyle factors were also documented. A representative random sample of over 1,000 people in the City aged 18+ were selected to complete the questionnaire in their own homes, with 587 respondents.

Background

Galway Healthy Cities Project

The Galway Healthy Cities Project, which is part of a World Health Organization (WHO) initiative, aims to promote the health and wellbeing of all in Galway City. Key partners involved in the Healthy Cities Project include Health Service Executive West, Galway City Council, National University of Ireland Galway, Galway-Mayo Institute of Technology, City of Galway Vocational Education Committee, Galway City Community Forum, An Garda Síochána, Trade Union Sector and Galway Chamber.

Galway Health and Wellbeing Survey

The Galway Health and Wellbeing Survey was conducted in October and November 2007 to get people's views on what issues are affecting their health and quality of life in Galway City. The survey, which was undertaken by experienced researchers from the NUIG Health Promotion Research Centre, also had questions in relation to general health and lifestyles such as exercise and nutrition.

Methodology

Population and sampling

The population for the survey was defined as adults aged 18 years and over residing in Galway City. The sampling frame used for the purpose of this study was the GeoDirectory. The GeoDirectory is a list of all addresses in the Republic of Ireland, compiled by An Post and distinguishes between residential and commercial establishments. The GeoDirectory list is updated every three months resulting in an accurate and up-to-date sampling frame. The residential list of Galway City was used for this survey. The sample used was a systematic random sampling approach. This means that each residential address in Galway City had an equal probability of being selected. To allow for +/-3% confidence interval and based on the number of households in the sampling frame (31,745 residential addresses) a sample of 1,052 households was drawn.

Any one eligible individual respondent within a selected household was invited to participate in the study.

Questionnaire

The questionnaire was developed by a research task group set up by the Galway Healthy Cities Project with representatives from Health Service Executive West, Galway City Council, National University of Ireland Galway and Galway City Partnership. The questionnaire was piloted for timing, clarity and data collection methodology. Twenty respondents, representing a wide range of ages, nationalities and areas, participated in the pilot. Findings from the pilot phase informed the final version of the research questionnaire.

Data collection

Following the findings from the pilot phase, three different delivery methods for the questionnaire were introduced to participants:

- face-to-face interview;
- self administered through drop-off and pick up; and
- self administered through on the spot fill-in.

The three alternatives were utilised in order to maximise the response rate. The data collection was carried out by interviewers who were trained in all three methods. Data collection took place during October and November 2007.

Response

The research team made contact with 933 of the 1052 households planned, with all areas of Galway City proportionately represented. A total of 587 questionnaires were completed. The raw response rate for the study is 63%. However, one of the features of the GeoDirectory is that vacant addresses are not identified and cannot be fully excluded. Data from Census 2006 states that 15% of residential addresses are vacant; this suggests that about 15% of addresses in a sample based on the GeoDirectory are not eligible. Taking this into consideration, the adjusted response rate is 78%.



Galway Healthy Cities Project
Gaillimh Tionscnamh na gCathracha Skaintiúla



Galway City Development Board
Bord Forbartha Cathrach na Gaillimhe



ciste na
gcuntas díomhaoin
the dormant
accounts fund



HPRC
Health Promotion Research Centre



National University of Ireland, Galway
Ollscoil na hÉireann, Gaillimh

Participant profile

A profile of the participants in the survey can be seen in the below figures and table.

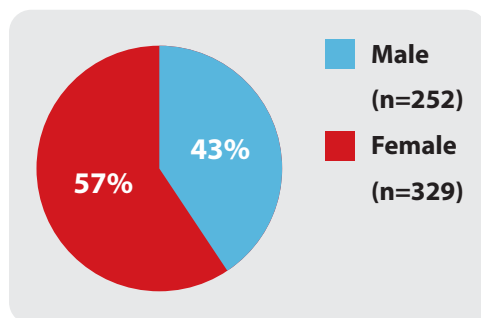


Figure 1.1: Gender profile

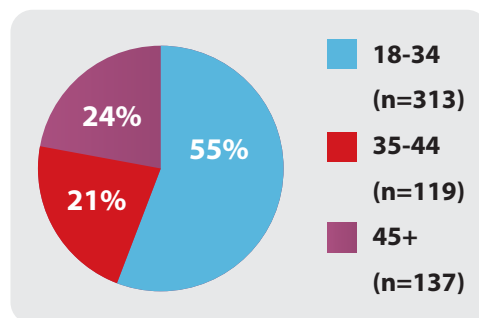


Figure 1.2: Age profile

Table 1.1: Participant profile

		Number	%
Nationality	Irish	452	79%
	Non national	118	21%
Educational status	No formal education	14	2%
	Primary	27	5%
	Secondary	209	37%
	Third level	319	56%
Marital status	Single	211	37%
	Cohabiting	56	10%
	Married	234	41%
	Separated	40	7%
	Divorced	15	2%
	Widowed	18	3%
Residential status	Owner occupied	257	45%
	Rented from local authority	78	14%
	Rented from voluntary body	18	3%
	Rented privately	213	38%

		Number	%
Employment status	Working for payment or profit	344	62
	Looking for first regular job	13	2
	Unemployed	31	6
	Actively seeking employment	39	7
	Student	44	8
	Looking after home/family	45	8
	Retired from employment	32	6
	Unable to work due to permanent sickness or disability	5	1
General medical scheme card status	Full medical card	171	31
	GP only medical card	22	4
	None	359	65

Data analysis

All the data from the questionnaires were inputted into SPSS (Statistical Package for the Social Sciences), a statistical software package that facilitates detailed analysis of the data. Each question in the questionnaire was analysed by gender, age, nationality, and measures of socioeconomic status, such as educational status, employment status, residential status and general medical card scheme status. Pearson Chi Square was used to investigate the differences between these groups. Only statistically significant differences (i.e. where $p \leq 0.05$ or the probability of the difference occurring by chance is less than 5%) are reported in the factsheets. Unless stated otherwise, the percentages reported are of those who answered the question (as opposed to the total number of respondents). The 'n's reported are the number that agreed with a particular question/statement, except the cases of 'n's reported in graphs, in which case they refer to the total number of people who answered that particular question.

Implications for Galway City...

- This is the most comprehensive survey on health and well-being conducted in Galway City for Galway City
- Due to the significant number of participants, there can be confidence that the information presented in the factsheets is accurate and significant
- The focus of the city should be on what the people of Galway are saying
- It is important to repeat the survey to both monitor and reassess need