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Happiness and Wellbeing

Q. How are you feeling?

Change compared to April 2024 People's Panel



Happiness
Happy: 55% (+ 2pp)
Unhappy: 20% (- 2pp)



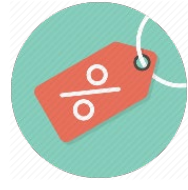
Healthiness
Healthy: 45% (No Change)
Unhealthy: 23% (- 1pp)



Loneliness
Not lonely: 57% (No Change)
Lonely: 19% (- 2pp)



Stress / Anxiety
Not stressed: 37% (+ 7pp) ▲
Stressed: 35% (- 5pp) ▼



Worthwhileness
Worthwhile: 52% (- 1pp)
Not worthwhile: 18% (No Change)

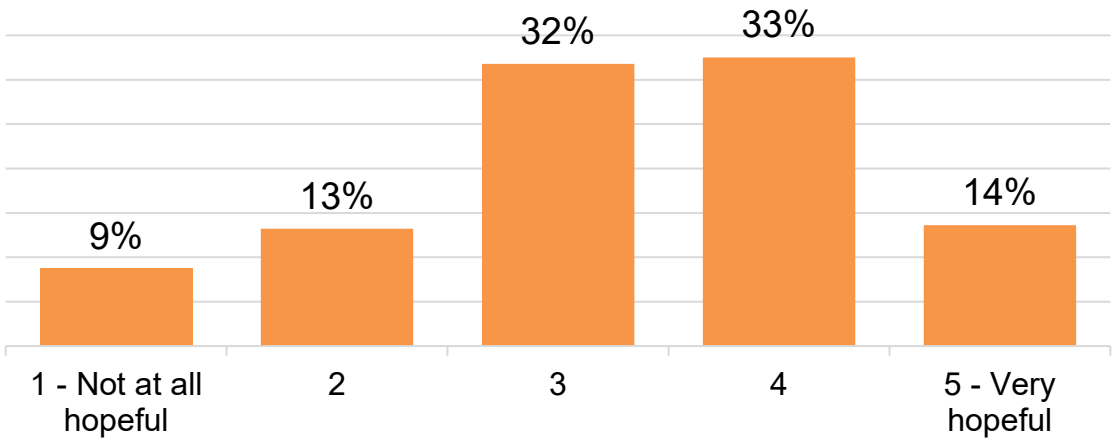


Optimism
Optimistic: 42% (- 3pp)
Pessimistic: 24% (No Change)



Hopefulness
Hopeful: 45% (- 4pp)
Not hopeful: 20% (No Change)

Q. How **hopeful** do you feel about your future?

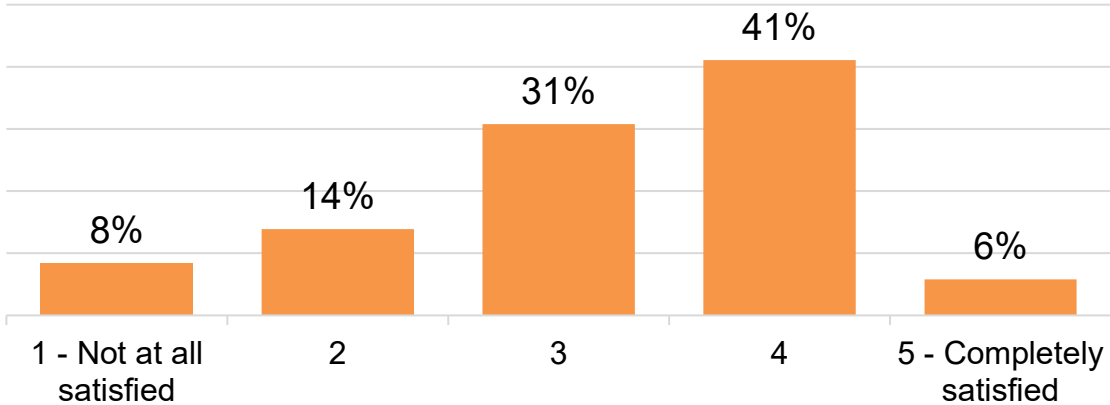


% Scoring Hopefulness **High** (4 or 5)

Hull	46%
Great Britian	69%
Hull is significantly below GB	

ONS: Opinions and Lifestyle Survey

Q. How **satisfied** are you with your life nowadays?

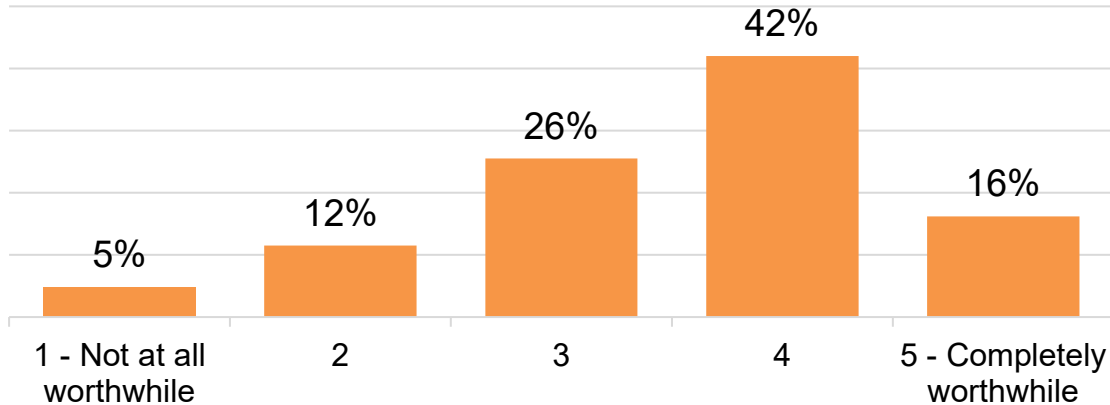


% Scoring Life Satisfaction **Low** (1 or 2)

Hull	22%
Great Britian	9%
Hull is significantly above GB	

ONS: Opinions and Lifestyle Survey

Q. Overall, to what extent do you think your life is **worthwhile**?

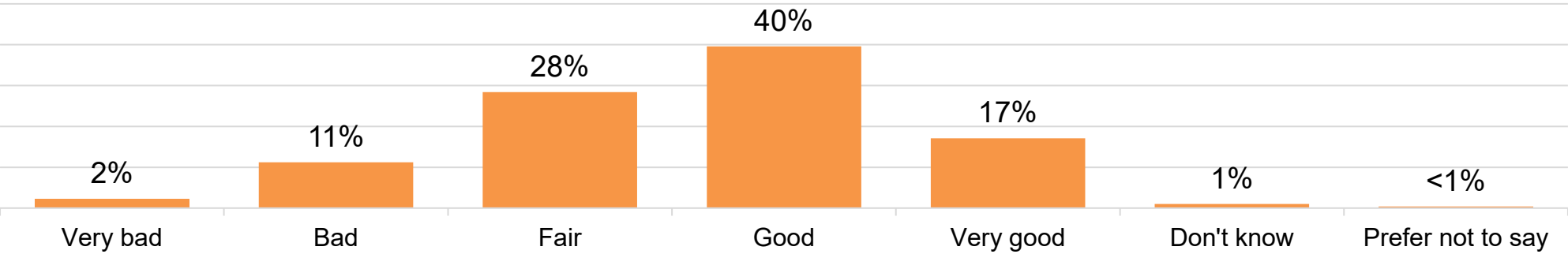


% Scoring Life Worthwhileness **Low** (1 or 2)

Hull	16%
Great Britian	9%
Hull is significantly above GB	

ONS: Opinions and Lifestyle Survey

Q. How is your **health** in general?

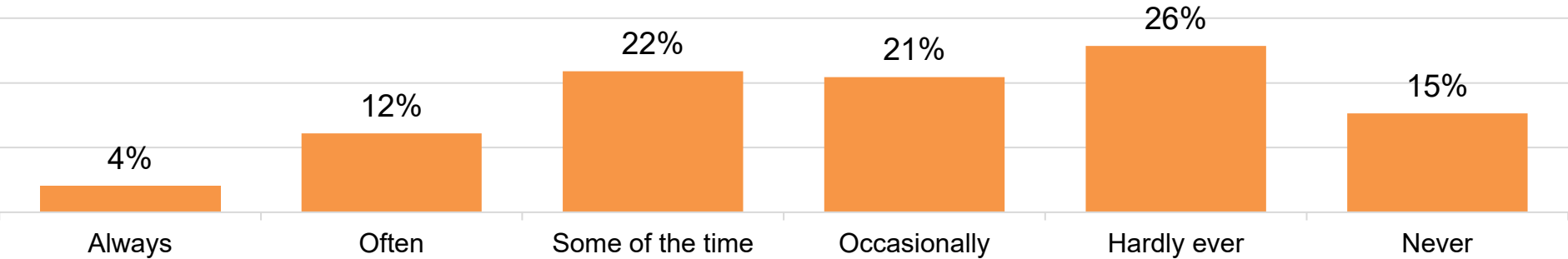


% Scoring Health Good or Very Good

Hull	57%
Great Britian	70%
Hull is significantly below GB	

ONS: Opinions and Lifestyle Survey

Q. How often do you feel **lonely**?



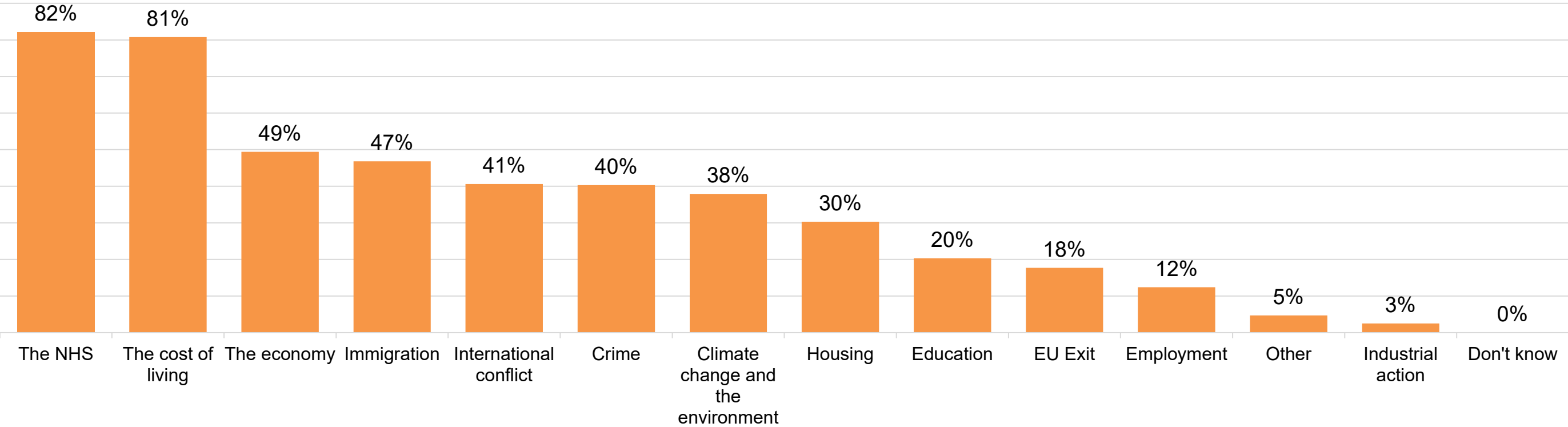
% Scoring Loneliness Always, Often or Some of Time

Hull	38%
Great Britian	26%
Hull is significantly above GB	

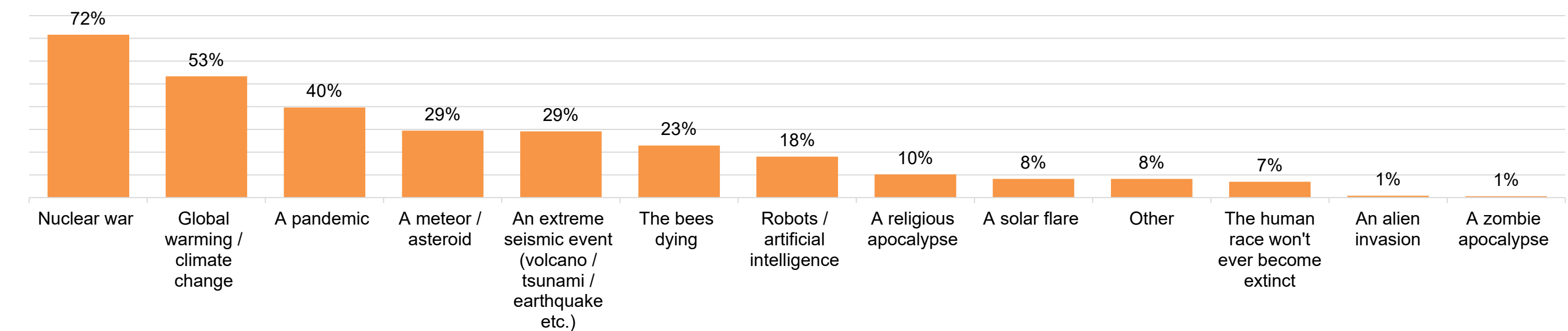
ONS: Opinions and Lifestyle Survey

Threats and Extinction

Q. What do you think are the most important issues facing the UK today? Please select up to 5 answers

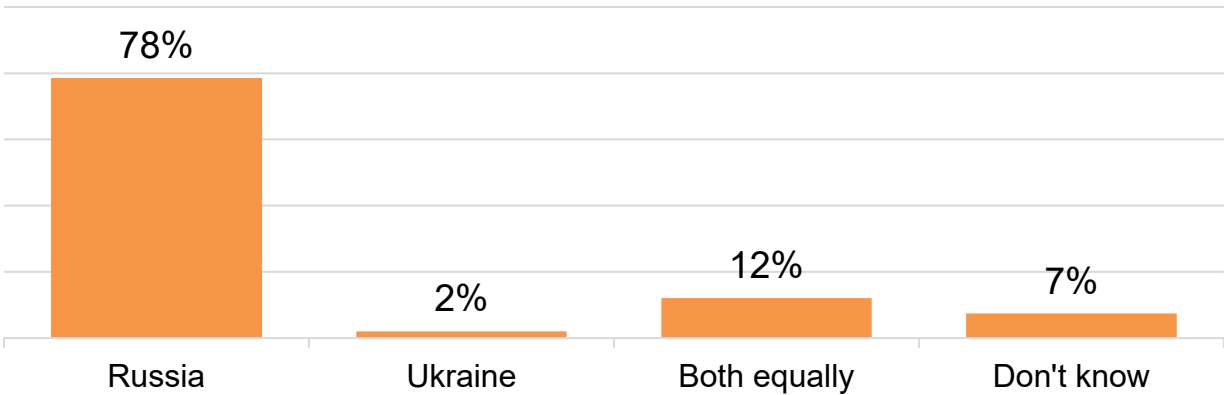


Q. What do think is most likely to be responsible for the extinction of the human race? Please select up to 5 answers

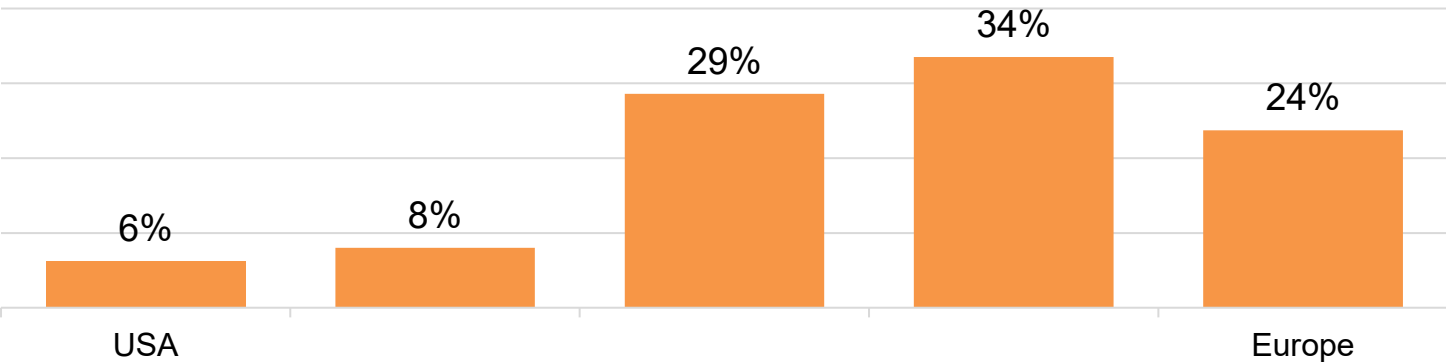


World Affairs and Relationships

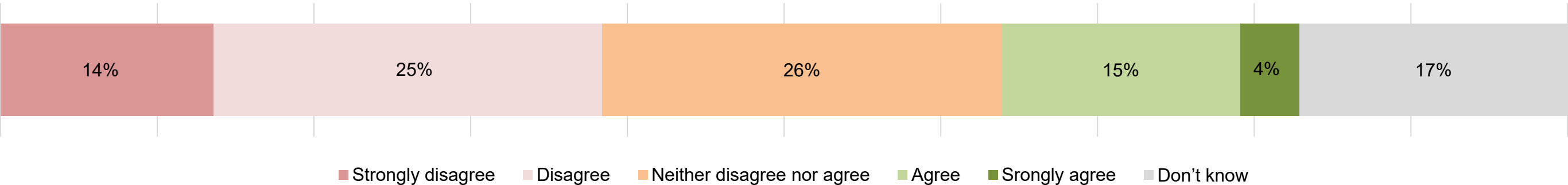
Q. Who do you think is to blame for the war in Ukraine?



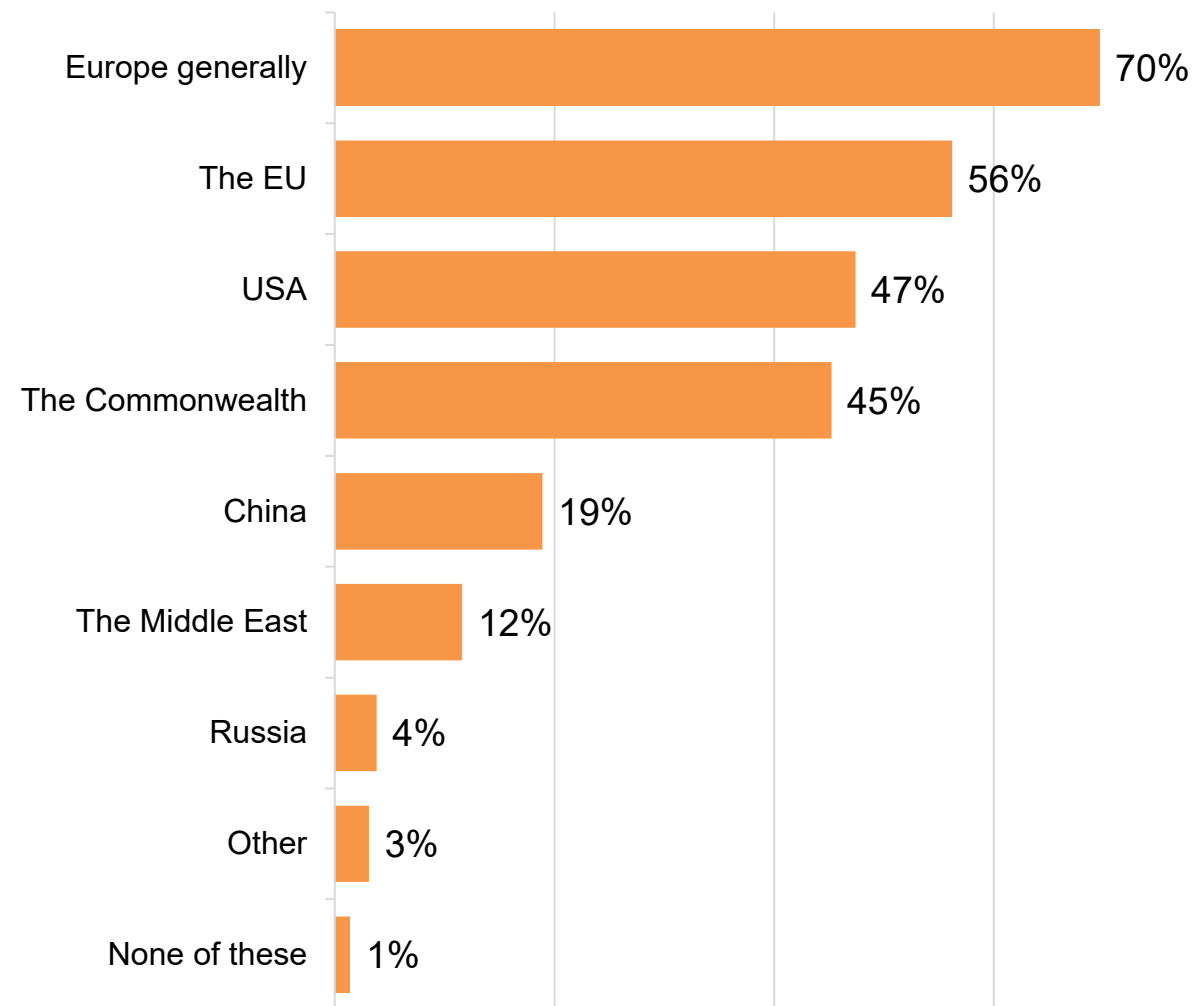
Q. Which is more important, that the UK maintains good relations with the USA or maintains good relations with Europe, including the EU? Please move the slider closer to the statement that describes how you feel most. The closer to one side or the other you move, the more you feel that way.



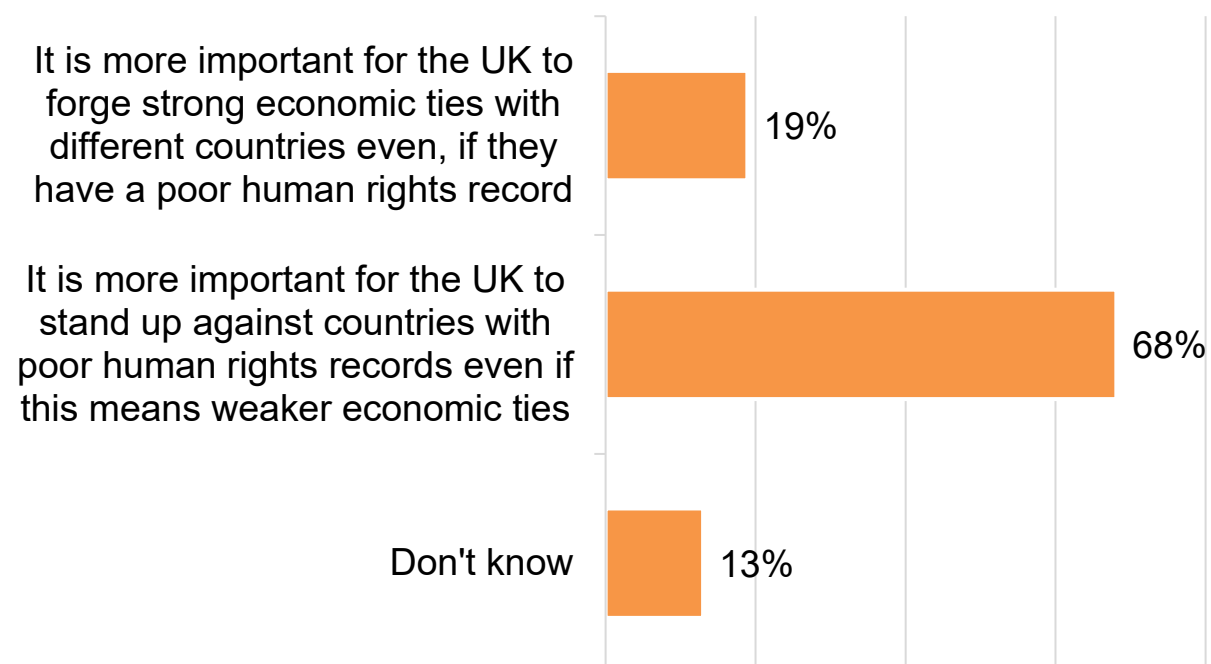
Q. How much do you agree that Britain putting tariffs on trade and goods from other countries is good for the British economy?



Q. Who should the UK seek to strengthen ties with (trade, diplomatically and politically)? Please select up to 3 answers

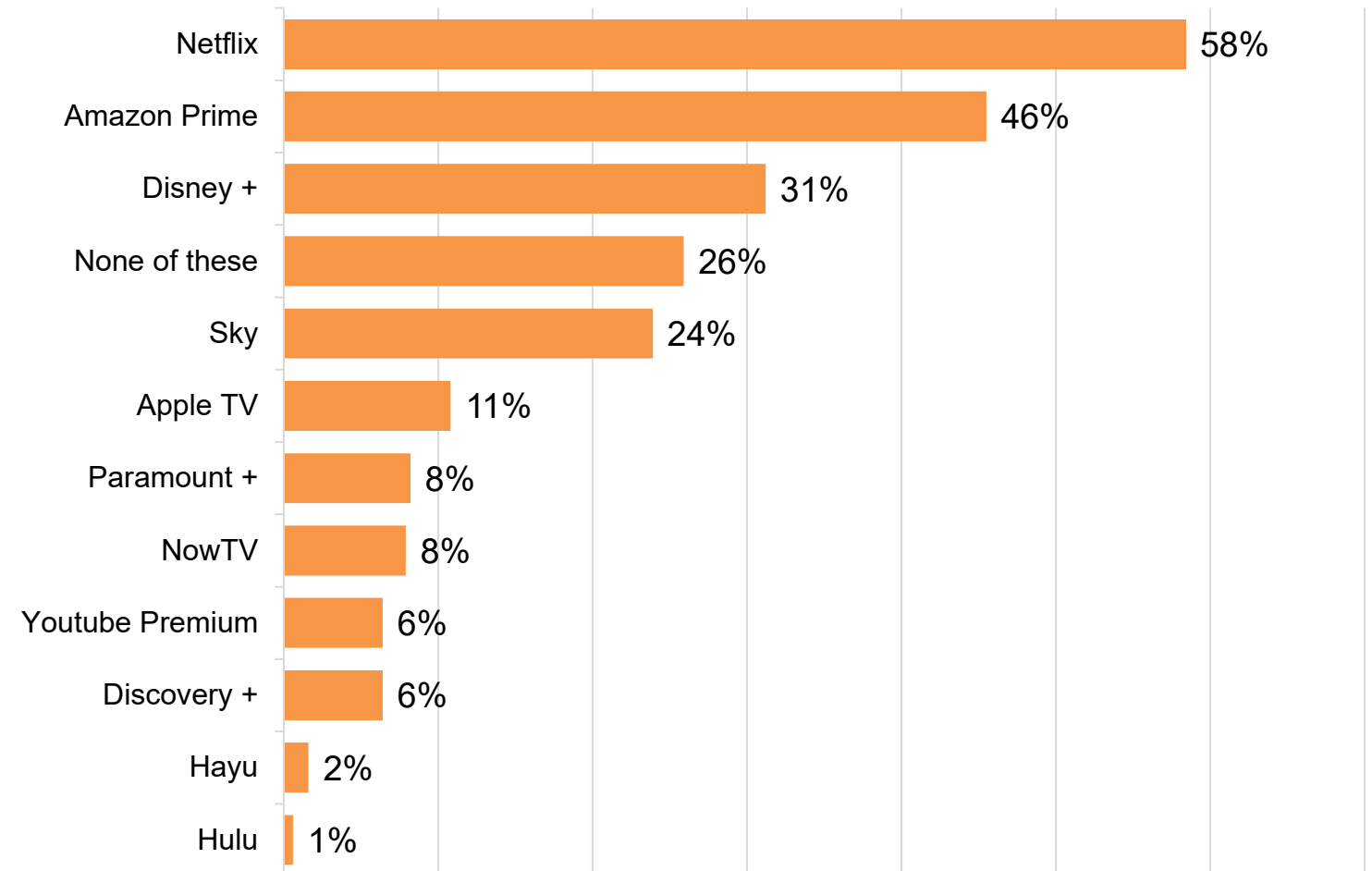


Q. Which of the following statements is closest to your view?

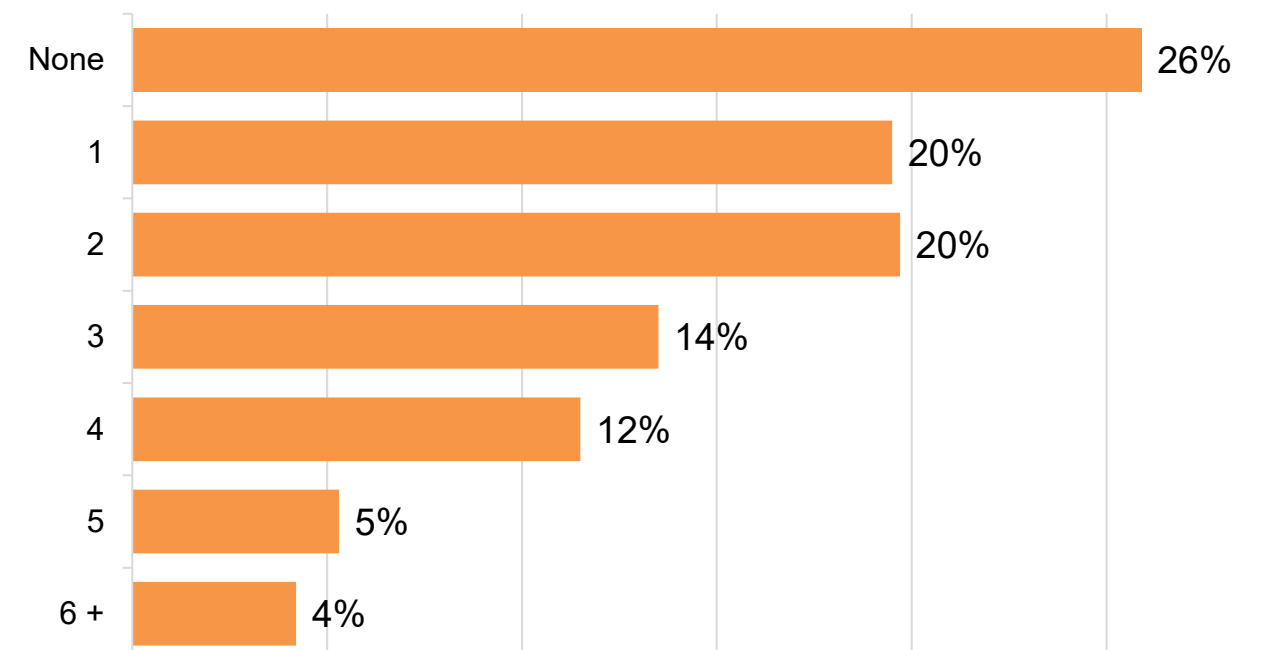


Streaming Services

Q. Do you have any of the following paid-for streaming services ?

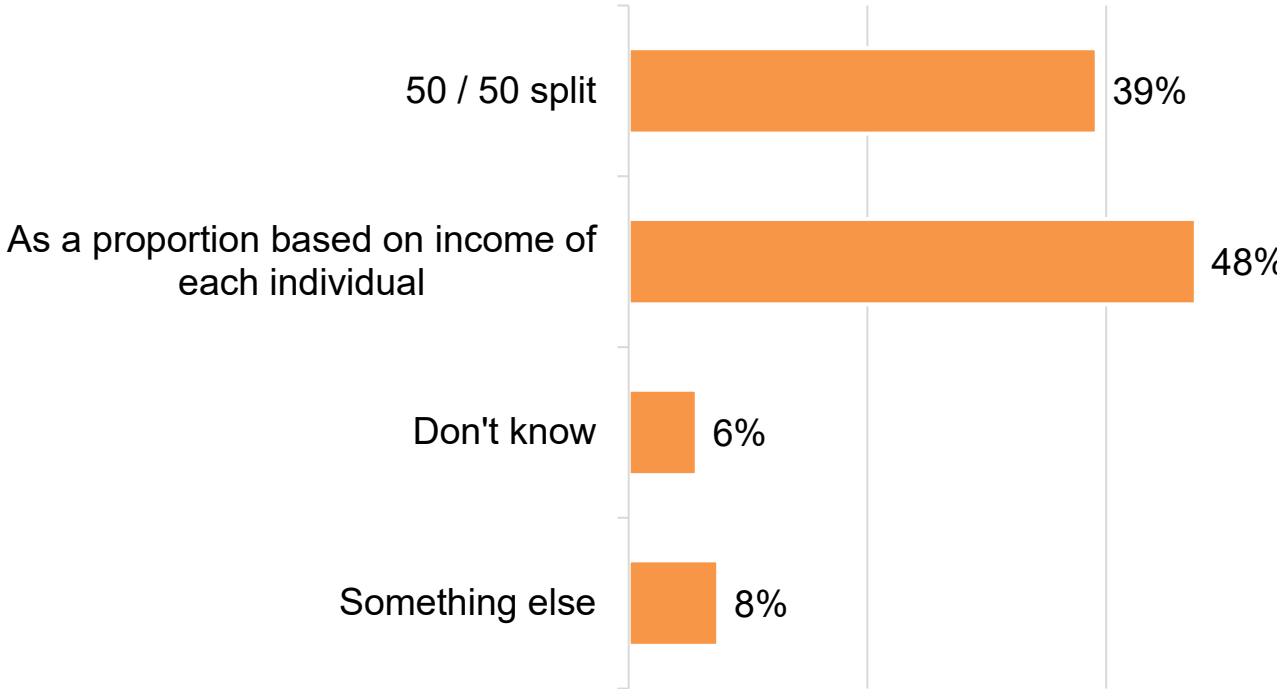


Total number of different paid-for streaming services listed held:

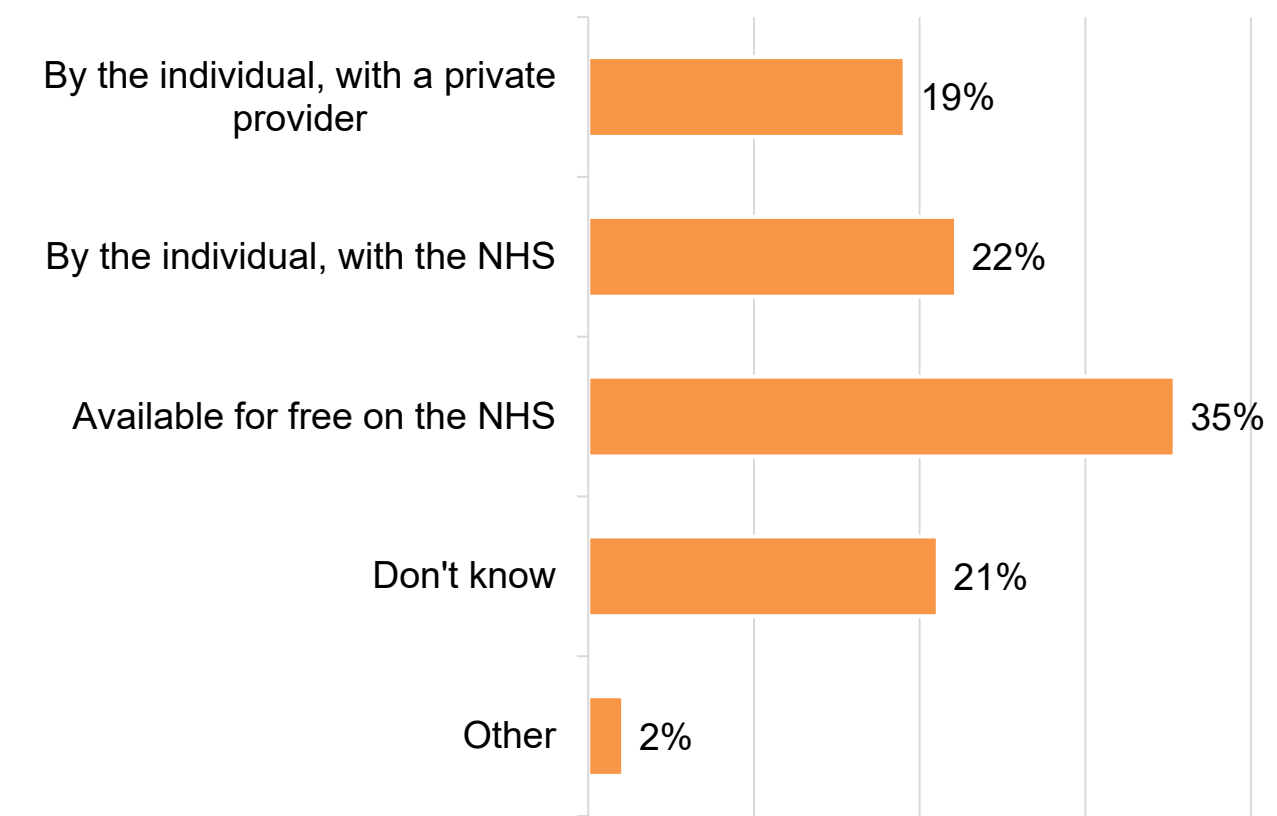


Splitting Bills and Paying For Things

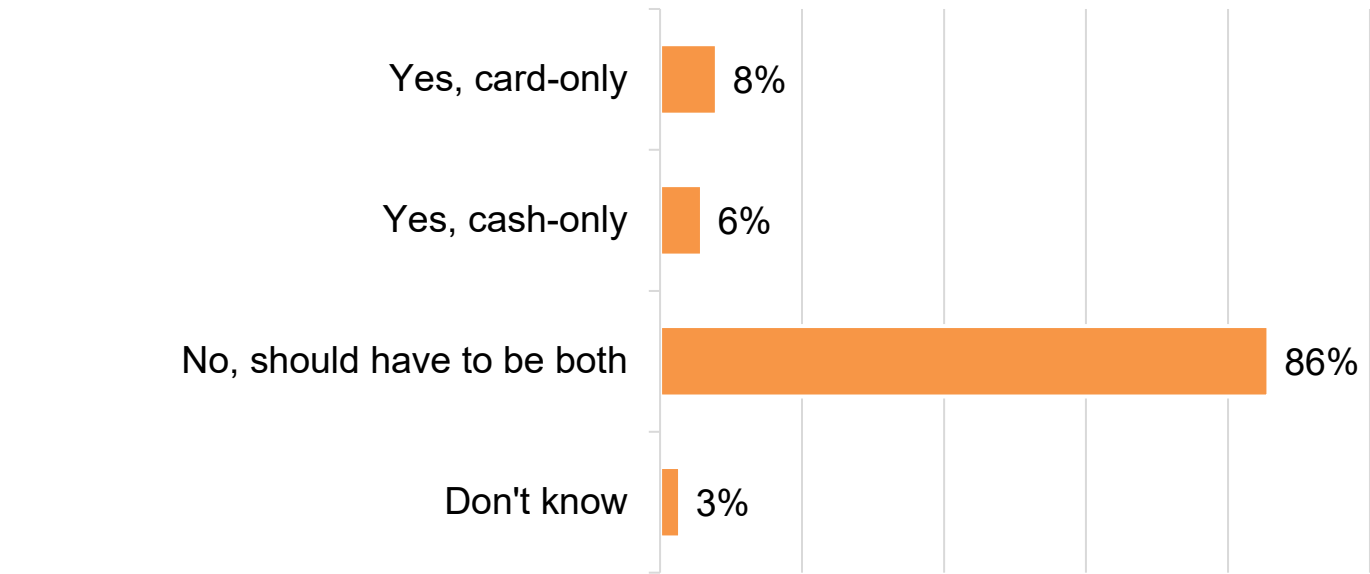
Q. If you live or lived with someone, which do you think is or would be the fairest way to split household bills?



Q. In the last People's Panel Vox Pop we asked your views on assisted dying, and the Assisted Dying Bill, currently being debated in the UK Parliament. If it becomes law, how do you think it should be paid for?

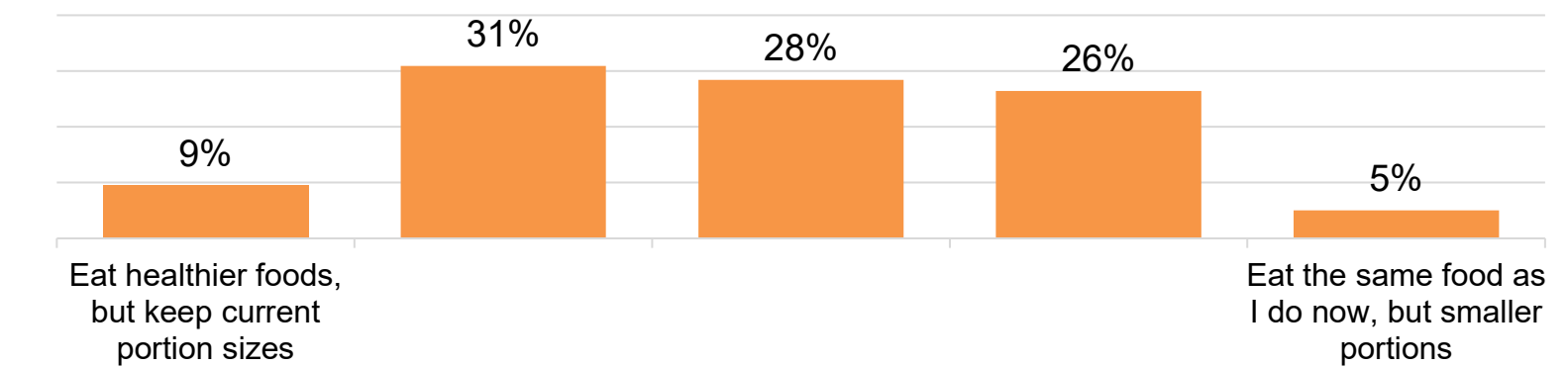


Q. Should shops, pubs etc. be able to be card-only payment or cash-only payment?

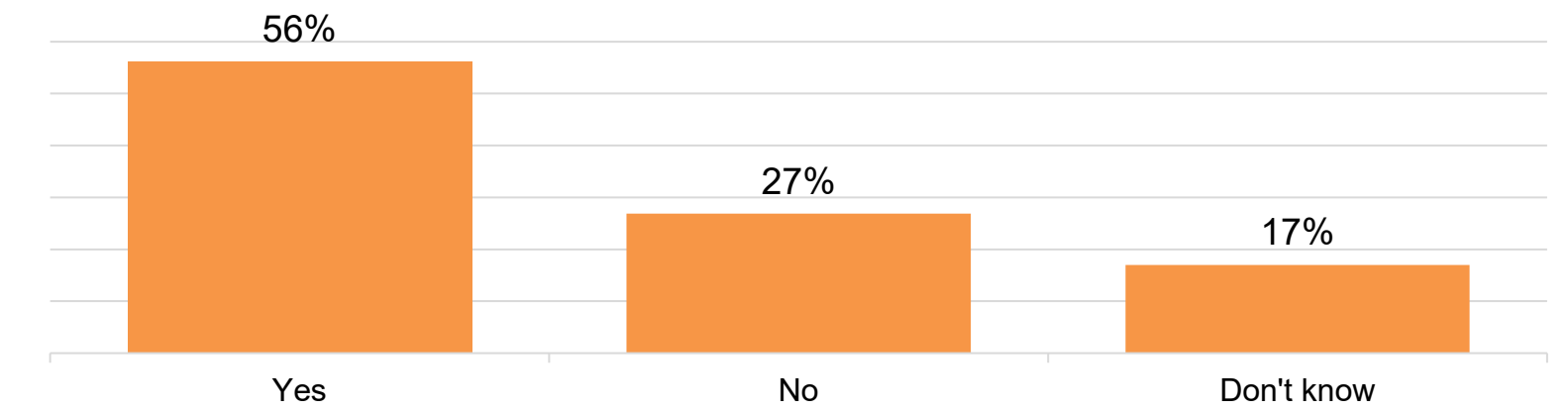


Healthy Eating and Weight

Q. If you were trying to be more healthily, which of the following would you prefer to do? Please move the slider closer to the statement that describes how you feel most. The closer to one side or the other you move, the more you feel that way.

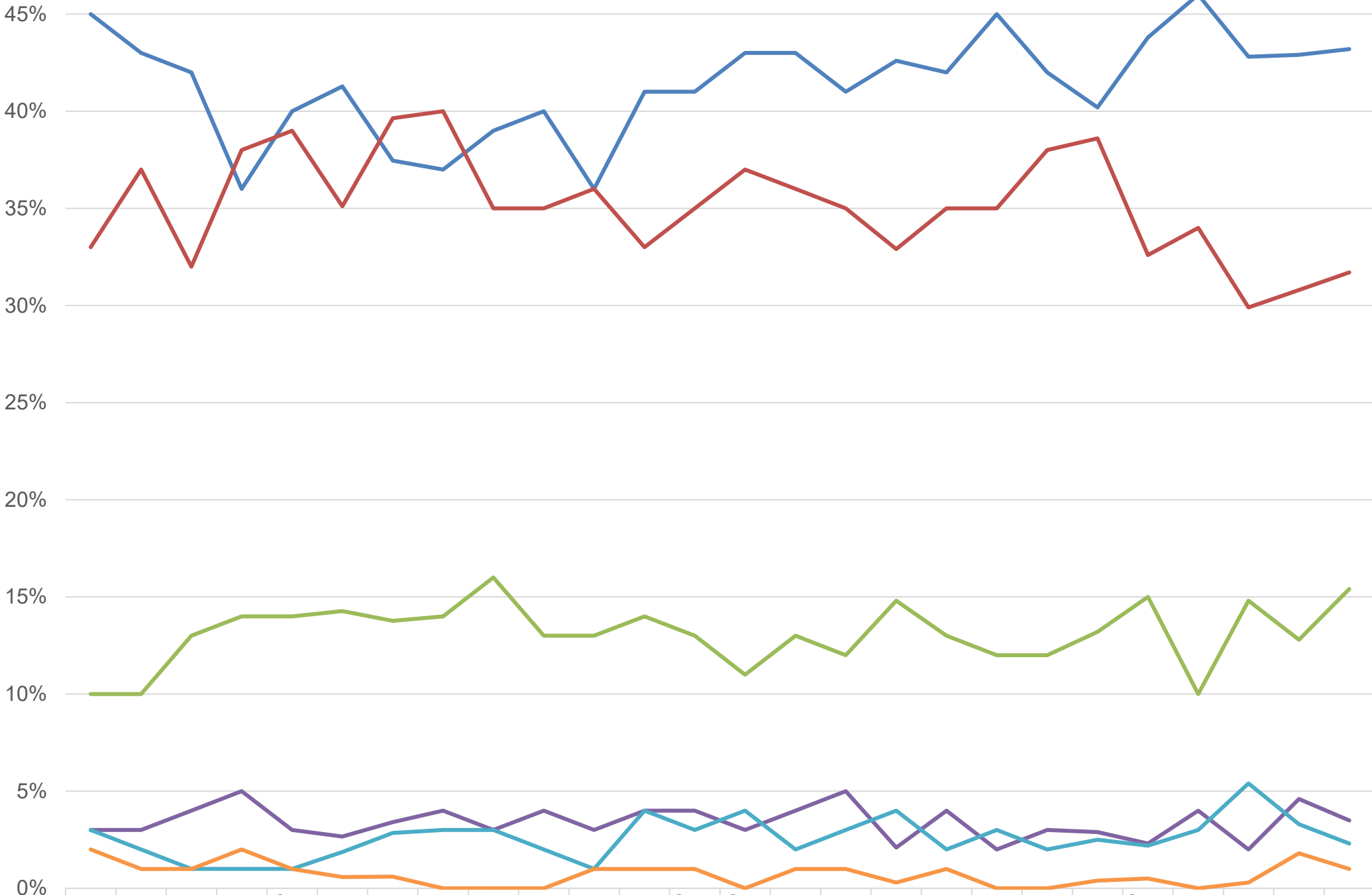
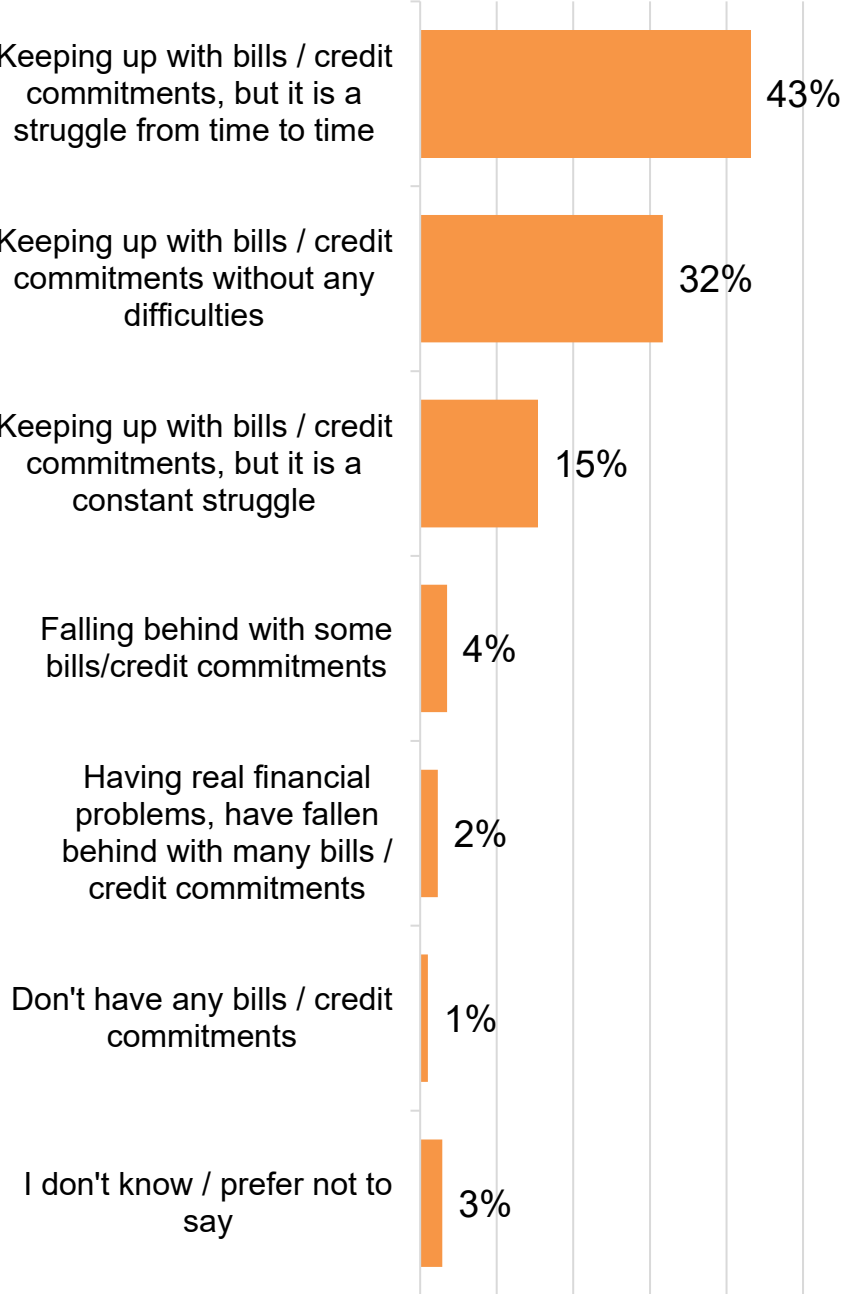


Q. Is it possible to be both overweight and also healthy?



Financial Stability Tracker

Q. Which one of the following best describes your household?



	Mar-22	May-22	Jul-22	Aug-22	Oct-22	Nov-22	Jan-23	Mar-23	Apr-23	May-23	Jun-23	Aug-23	Sep-23	Oct-23	Dec-23	Jan-24	Feb-24	Mar-24	May-24	Jun-24	Aug-24	Sep-24	Nov-24	Dec-24	Jan-25	Mar-25
Keeping up with bills / credit commitments without any difficulties	45%	43%	42%	36%	40%	41%	37%	37%	39%	40%	36%	41%	41%	43%	43%	41%	43%	42%	45%	42%	40%	44%	46%	43%	43%	43%
Keeping up with bills / credit commitments, but it is a struggle from time to time	33%	37%	32%	38%	39%	35%	40%	40%	35%	35%	36%	33%	35%	37%	36%	35%	33%	35%	35%	38%	39%	33%	34%	30%	31%	32%
Keeping up with bills / credit commitments, but it is a constant struggle	10%	10%	13%	14%	14%	14%	14%	14%	16%	13%	13%	14%	13%	11%	13%	12%	15%	13%	12%	12%	13%	15%	10%	15%	13%	15%
Falling behind with some bills / credit commitments	3%	3%	4%	5%	3%	3%	3%	4%	3%	4%	3%	4%	4%	3%	4%	5%	2%	4%	2%	3%	3%	2%	4%	2%	5%	4%
Having real financial problems, have fallen behind with many bills / credit commitments	3%	2%	1%	1%	1%	2%	3%	3%	3%	2%	1%	4%	3%	4%	2%	3%	4%	2%	3%	2%	3%	2%	3%	5%	3%	2%
Don't have any bills / credit commitments	2%	1%	1%	2%	1%	1%	1%	0%	0%	0%	1%	1%	1%	0%	1%	1%	0%	1%	0%	0%	0%	1%	0%	0%	2%	1%

Achievements This Week

Q. What 5 things did you accomplish in the last week?



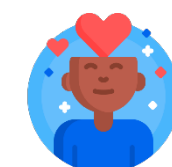
Physical Health and Exercise:

Undertaking exercise / physical activity, looking after health, dealing with / improving medical issues / conditions, improving diet, feeling / being healthier



Work and Education:

Achievements in work / education, finding / starting employment, learning, gaining a qualification, retiring



Self-Care and Mental Health:

Taking time for self, relaxing, looking after mental health, being happy, booking / going on a holiday, surviving / coping



Household Chores:

Completing household chores like cleaning, washing, ironing, cooking, and household administration



Family:

Undertaking activities with family, looking after / caring for family (including children and older relatives)



Community and Volunteering:

Volunteering / doing something to benefit a local community / group of people



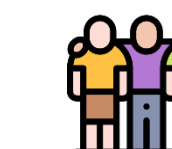
DIY and Gardening:

Making improvements to the home / garden, painting / decorating, DIY projects, weeding and planting



Helping Someone In Need:

Doing a task / providing support to someone in need;
usually whilst expecting nothing in return



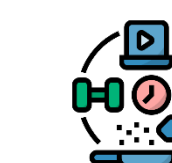
Socialising and Going Out:

Meeting / talking to friends, attending the theatre, a concert, the cinema etc, going out for drinks / dinner



Money and Finances:

Successfully budgeting, paying off bills / debt, saving money, not struggling financially



Hobbies:

Undertaking an activity, or attending a group / club, in own leisure time for enjoyment