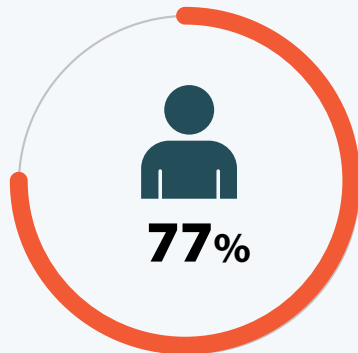


The Living Self-Care Survey

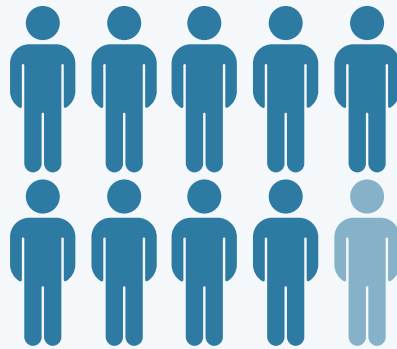
The Self-Care Forum & Imperial College London Self-Care Academic Research Unit (SCARU) collaborated on major research to study people's perspectives on self-care. The 'Living Self-Care Survey' collected data from 3,255 UK residents including 227 health & care professionals. A preprint of the research paper is available on the Self-Care Forum website. Here are the top 5 messages.

Most people self-care when they have symptoms



3 out of 4 people had a common symptom within the past 2 weeks

9 OUT OF 10 SELF-CARED



People are already self-caring.



40%

Did nothing or waited



51%

Took an over the counter medicine



2%

Consulted a GP

Most people are confident in their ability to self-care, but some did not feel supported by their health & care professional to do so



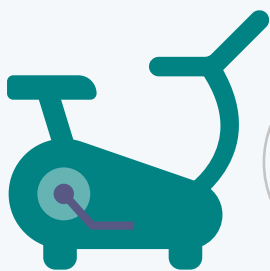
Professionals said the main barriers are patients' willingness to engage and take responsibility



But people are already self-caring and many say they want more responsibility

People have different ideas about what self-care is.
We need a common language to talk to each other.

Most people could not remember basic NHS advice including health and care professionals



23%

23% chose the correct figure (150 mins) for recommended moderate weekly exercise



55%

chose the correct recommended maximum weekly alcohol intake for males



97%

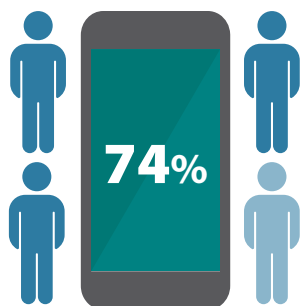
chose the correct recommended maximum weekly alcohol intake for females

Consistent good, understandable health information should be shared regularly throughout life starting from school age.



Self-Care Forum
Helping people take care of themselves

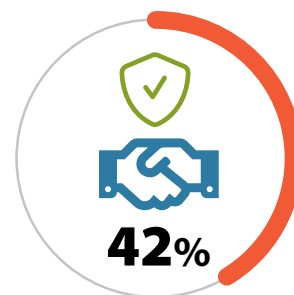
People use technology to support their self-care journey, but many are unsure about the quality of the information they find online.



3 out of 4 people use their smartphone to support their self-care



45% rely mainly on the internet for self-care information

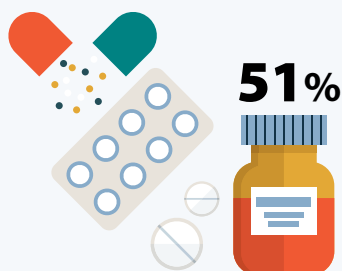


only 42% trusted the information they found online

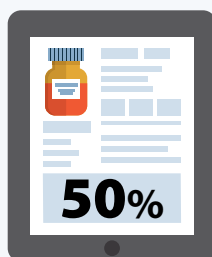
There is a need for consistent, trustworthy information, quality assured and easily sourced

The main barriers to self-care are the availability of good information, understanding of self-care and health literacy

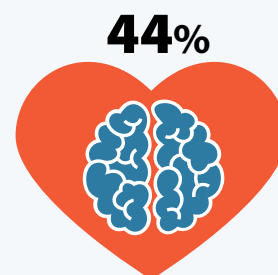
We used the validated HLS19-QI 2 tool to measure the health literacy of respondents. Although confidence and knowledge of self-care was reported as strong, the UK had some of the lowest scores when compared to 17 other countries!



51% had difficulty judging the advantages and disadvantages of different treatments



50% had difficulty in deciding how to protect themselves from illness using information from the mainstream media



44% had difficulty finding information on how to handle mental health problems

Use awareness campaigns such as Self-Care Week to promote consistent self-care messages regularly throughout the year.



Patient Information Forum

The PIF Tick is a guarantee of good quality, readable advice. The NHS and every organisation involved with self-care should apply for it to make sure their information gives people what they need.

The full health literacy results are available via the links to our preprints on the Self-Care Forum website

“ There have been many attempts to gain an understanding of what UK residents feel about self-care. We now present the high-level findings of our national research study that seeks to capture the UK voice regarding self-care perceptions, barriers and behaviours. We intend to collect follow-up data via the Living Self-Care Survey every 2-3 years to get an understanding of how people's perspectives on self-care change over time as the international self-care movement continues to grow.”

Dr Pete Smith OBE, Lead author & President of The Self-Care Forum UK