

**Outcome: All people in Newry Mourne and Down enjoy good health and wellbeing**

**Indicator: Level of Work Life Balance**

Striking the right balance between the commitments of work and those of private life is central to people's well-being. Too little work can prevent people from earning enough to attain desired standards of living. But too much work can also have a negative impact of well-being if people's health or personal lives suffer as a consequence, or if they cannot perform other important activities, such as looking after their children and other relatives, having time for themselves, etc. (OECD, 2011a) The way people allocate their time is determined by both necessity and personal circumstances, which in turn are shaped by individuals' preferences and by the cultural, social and policy contexts in which people live.

**Measures:** Employees working very long hours  
Time devoted to leisure and personal care  
Workplace Health

## Employees working very long hours – Hours Worked (Census 2011)

<b>Name</b>	<b>All usual residents aged 16 to 74 (excluding students) in employment and currently working in the area</b>	<b>Full-time: 49+ hours worked per week</b>	<b>% of working population working 49+ hours per week</b>
Down	22123	2692	12.2
Newry and Mourne	35285	3971	11.3
NMDDC	57408	6663	11.6

The table shows that NMDDC (excluding Ballyward) had over 11.5% of its working population working 49+ hours a week based on Census 2011 data.

The next table looks at individual wards (old wards) in our district and the number of the working population working 49+ hours as well as the percentage of those working 49+ hours.

We can see that the ward of Killough had the highest number of its working population working 49+ hours a week as well as the highest percentage rate of persons working 49+ hours.

<b>Name</b>	<b>Full-time: 49+ hours worked per week</b>	<b>Name</b>	<b>% of total working population working 49+ hours per week</b>
Killough	291	Killough	27.4
Kilkeel Central	279	Ballyward	22.4
Tullyhappy	276	Lisnacree	22.1
Daisy hill	242	Mayobridge	21.6
Donaghmore	203	Derryboy	19.3
St Mary's	195	Binnian	19.2
Mayobridge	193	Newtownhamilton	18.8
Kilmore	185	Dunmore	18.0
Clonallan	170	Tullyhappy	17.8
Lisnacree	168	Spelga	16.9
Burren and	156	Creggan	16.8

Kilbroney			
Windsor Hill	155	Kilmore	16.7
Binnian	150	Donaghmore	16.3
Ballymaglave	142	Seaforde	16.2
Drumgullion	142	Burren and Kilbroney	16.0
Seaforde	138	Silver Bridge	15.9
Saintfield	134	Ardglass	15.9
Drumalane	134	Dundrum	15.2
Ballyward	130	Tollymore	14.7
Newtownhamilton	129	Crossgar	13.9
Cathedral	128	Forkhill	13.9
Crossgar	128	Strangford	13.4
Dunmore	128	Annalong	13.4
Spelga	124	Saintfield	13.3
Derryboy	121	Windsor Hill	13.2
Castlewellan	117	Camlough	12.7
Strangford	117	Drumaness	12.2
Tollymore	115	Kilkeel Central	12.0
Quoile	114	Seaview	11.8
Ardglass	112	Derryleckagh	11.8
Derryleckagh	104	Crossmaglen	11.4
Forkhill	97	Killyleagh	11.2
Drumaness	96	Rostrevor	11.1
Annalong	95	Ballynahinch East	11.0
Dundrum	93	Clonallan	10.9
Silver Bridge	92	Ballymaglave	10.8
Murlough	91	Bessbrook	10.4
Camlough	91	Fathom	10.1
Donard	90	Shimna	10.0
Shimna	90	Murlough	9.9
Derrymore	89	Quoile	9.8
Kilkeel South	89	Kilkeel South	9.8
Creggan	85	Donard	9.8
Ballynahinch East	81	Drumgullion	9.3
Rostrevor	81	Castlewellan	9.3
Fathom	77	Ballybot	8.3
Ballymote	76	St Mary's	7.9
Killyleagh	76	Daisy hill	6.6
Crossmaglen	76	Audley's Acre	6.5
St Patrick's	76	St Patrick's	6.2
Seaview	75	Cathedral	5.6
Ballybot	73	Derrymore	5.3
Bessbrook	55	Ballymote	5.3
Audley's Acre	29	Drumalane	4.8

## Time devoted to leisure and personal care – Leisure Time Outdoors

The table below looks at the percentage of persons in NMDDC spending leisure time outdoors. The data however is based on a random sample of 558 people carried out through the Continuous Household Survey

	<b>2014/15 - 2015/16</b>	<b>2014/15 - 2015/16</b>	<b>2014/15 - 2015/16</b>
	<b>Persons spending leisure time outdoors: Once a week or more (%)</b>	<b>Persons spending leisure time outdoors: Less frequent than once a week (%)</b>	<b>Persons spending leisure time outdoors: Never (%)</b>
Newry, Mourne and Down	65	23	12
Northern Ireland	65	23	11

We can see that 65% of those surveyed spend leisure time outdoors at least once a week which was the same as the NI average. 12% of the population surveyed never spent leisure time outdoors which is above the NI average.

The next table looks at engagement by adults in culture, arts and leisure (2011-2013) again through the Continuous Household Survey. The NMDDC data is based on approximately 980 people while the NI data is based on approximately 11,000 people.

	<b>Engaged in culture, arts and leisure (%)</b>	<b>Sport partici pation (%)</b>	<b>Visited a museum or science centre (%)</b>	<b>Used the public library servic e (%)</b>	<b>Arts parti cipati on (%)</b>	<b>Arts atten danc e (%)</b>	<b>Visited an inland water way (%)</b>	<b>Fished in Northe rn Ireland waters (%)</b>
<b>NMD</b>	88	48	37	28	30	75	23	4
<b>NI</b>	90	53	47	30	32	78	31	5

The data shows that between 2011 and 2013 88% of those surveyed across our district engaged in culture, arts and leisure. This is however below the NI average.

NMDDC were well below the NI average in relation to visiting a museum or science centre and sport participation.

### **Workplace Health –**

Data available for this measure is limited and goes to HSCT level only indicating a gap in the data available.