

# **Consumer Lifestyles in the UK**

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### **Abstracts**

Consumer Lifestyles offers valuable insights into key consumer attitudes and current thinking, and their impact on purchasing and consumption habits; quantifying behaviours, preferences and motivations and aligning them with broader trends.

Euromonitor's Consumer Lifestyles in the UK report analyses factors influencing national consumer expenditure. Consumer lifestyles reports include coverage of: population, urban development, home ownership, household profiles, labour, income, consumer and family expenditure, health, education, eating habits, drinking habits, shopping habits, personal grooming, clothing, leisure habits, savings and investments, media, communication, transport and travel and tourism. Use this report to understand the factors influencing a nation's lifestyle choices.

**Data coverage:** market sizes (historic and forecasts), company shares, brand shares and distribution data.

#### Why buy this report?

Get a detailed picture of the Consumer Overview market;

Pinpoint growth sectors and identify factors driving change;

Understand the competitive environment, the market's major players and leading brands;

Use five-year forecasts to assess how the market is predicted to develop.

Euromonitor International has over 40 years' experience of publishing market research



reports, business reference books and online information systems. With offices in London, Chicago, Singapore, Shanghai, Vilnius, Dubai, Cape Town, Santiago, Sydney, Tokyo and Bangalore and a network of over 800 analysts worldwide, Euromonitor International has a unique capability to develop reliable information resources to help drive informed strategic planning.



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Scope

Consumer landscape in the UK 2023

Personal traits and values

Voice of the consumer

'Time for myself' remains a high priority

Identity, status and values reflected in consumer attitudes and behaviour

Consumers appreciate innovation and look for new experiences

Younger consumers have a more positive outlook on their future

Personal traits and values survey highlights

Home life and leisure time

Active households are driving consumers to invest more in their home spaces

Consumers spend a good part of their leisure time engaging with friends online and offline

Voice of the consumer (2)

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Access to green spaces is valued by all generations

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Home life and leisure time survey highlights

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Lack of time to buy groceries and prepare home-cooked meals impacts meal choices

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Eating and dietary habits survey highlights

Working life

Expectations of high levels of employee health and safety apparent across generations

Conditions that allow for a strong work-life balance are important for many

Salaries and job security remain important job considerations

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Working life survey highlights

Health and wellness

A high percentage of consumers use exercise to maintain their health and wellness

A growing number of consumers focusing on improving their mental wellbeing?

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Consumers continue to adopt technology solutions to manage their health and fitness

Health and wellness survey highlights



Shopping and spending

Voice of the consumer (3)

Cost-of-living crisis motivating consumers to find ways to manage their budgets Voice of the consumer (4)

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Consumers seek out personalised and tailored shopping experiences
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Consumers embrace the circular economy and support brands that share their values
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Data privacy is a concern, but technology is key to enhancing the shopper journey
Consumers are focusing their attention on spending on essentials and trying to save
more

Most generations have concerns around their current financial situation Shopping and spending survey highlights



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