

# The Fifth Guernsey Healthy Lifestyle Survey 2008



# **The Fifth Guernsey Healthy Lifestyle Survey 2008**

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## EXECUTIVE SUMMARY

Our lifestyles are known to be very important factors influencing our risk of ill health and premature death. Health and lifestyle surveys have become an established method of gathering information on these factors.

Guernsey has carried out a survey every five years since 1988. The survey process was the same as in previous years in order to monitor change over time. Each of our practices provided a sample of 500 people aged 18 to 74 years old. The response rate of 49% was good for these types of surveys, with response rates varying as expected among different age and sex groups.

The 2008 Guernsey *'Healthy Lifestyle'* Survey asked people about their general health, smoking, consumption of alcohol containing drinks, weight and diet, exercise, strain and stress, sunbathing, pregnancy, and use of certain health checks and clinics. In 2008, new information was collected on household income, daily consumption of fruit and vegetables and consumption of alcohol containing drinks.

The good news is 52% of responders said they had never smoked. Smoking is estimated to be the most important cause of preventable premature death and ill health on Guernsey. Smoking prevalence in 18-74 year olds has reduced from 30% in 1988 (33% in men and 29% in women) to 16% in 2008 (18% in men and 15% in women). Over three-quarters of smokers said they started when under 19 years old. However, while a lot has been achieved around smoking, a great deal more requires to be done.

Obesity remains an issue with 60% of men and 48% of women in the overweight or obese category. Diet and exercise are key contributors to this situation. Only 17% of men and 28% of women said they ate five or more portions of fruit and vegetables a day, and there was a mismatch between what people said they ate and their perception of whether their diet was healthy. Three-quarters of people said they did not take part in sport or recreational activity for at least 30 minutes on five or more days in the previous week. Approximately 40% of the population feel they do not have enough recreational exercise, with nearly half of the women and a third of men feeling they do not have enough exercise. The predominant reasons for them is lack of leisure time and lack of incentive. These are clearly areas that need to be explored more fully.

Alcohol containing drinks remain a major issue. One in five respondents drank alcohol every day. A higher proportion of men at every age drank alcohol above the lower risk levels of consumption, varying from two-thirds of men under 25 years old to one-third of men aged 65-74 years.

Mental health issues worldwide are a very important cause of disability. In Guernsey, very few people were completely free of stress, and a quarter said they experienced a large amount of stress, significantly more women than men. A wide range of factors caused stress, with pressures at work being the predominant one

affecting at least 30% of people frequently, and 6% said they were constantly stressed by pressures at work.

The survey indicates there are still very many challenges for the people of Guernsey if they wish to improve their chances of a longer and healthier life. There also remain major challenges for Government, businesses and the voluntary services in helping create a healthy environment and in making healthy lifestyle choices easier for us all.

Stephen Bridgman  
September 2009

## 1. AIMS AND OVERVIEW

The Health and Social Services Department aims to 'promote, protect and improve the health and well being of all, through the provision of hospital, community, social and health services'

To achieve this, it is important to conduct regular health surveys to better:

- identify the health needs of the population,
- assess their current level of knowledge, understanding and practice of those factors which contribute to better health,
- measure changes over time,
- evaluate effectiveness of health promotion programmes and other initiatives,
- review and revise health promotion priorities.

The 2008 Guernsey '*Healthy Lifestyle*' Survey asked questions on general health, smoking, diet, exercise, drinking, stress, sunbathing, and utilisation of various services. The data will be used to evaluate the effectiveness of current programmes, and to review Health Promotion priorities.

This was the fifth Guernsey '*Healthy Lifestyle*' Survey - the first was completed in 1988, and they have taken place at five-yearly intervals. The Survey was again conducted in collaboration with three main group Family Practices on the island, and our thanks are due to them for their co-operation and help in the random selection of adult patients from their practice lists.

In this Survey it was decided to keep the sample size as 1,500, similar to the 2003 survey, and a formal reminder notice was sent to non-respondents.

The study was conducted by the Centre for Health Services Studies at the University of Kent, and our special appreciation and thanks are due to Linda Jenkins, Charlotte Hastie and Tony Rees of that Department for their help in the development of the survey instrument, collation and analysis of the health data, and their contribution to the production of the final Report.

It is hoped that this collaboration will continue, and that we can look to further surveys in the future, to update our knowledge and understanding of those health factors we need to tackle in order to '*promote, protect and improve the health and well being of all*'.

## **2. METHODOLOGY**

### **Sample design**

As in 2003, a total sample of 1,500 adult patients (age 18 and over) was selected from the three groups of Family Practitioners based in the island.

Each practice was asked to select 500 patients from their list, by randomly selecting a start number then taking every tenth patient.

In the Healthcare Group, the practice computer was asked to select every 10th patient between the ages of 18-74 to a total of 500 patients. These were then manually checked to exclude patients who were known to have died or left the island.

In the Queen's Road Group, random lists of patients from the database were generated for each family practitioner, and shown to the doctor to confirm or otherwise that these people could receive a survey. 500 were then randomly selected from those felt to be eligible.

In L'Aumone and St Sampson's Group, the computer was asked to randomly select the first 500 patients who met the survey criteria from all patient records. These were then manually checked to exclude patients who had died, left the island, etc.

In all three practices, the Questionnaire was accompanied by a standard letter signed by the Practice Chairman, explaining the purpose of the survey and requesting their participation. The text of the letter is shown in Appendix 1.

### **Questionnaires and mail-out**

The 2008 questionnaire was similar to the one that was successfully used in 2003. Improvements were discussed and agreed between the island's Health Promotion Unit (within the Health and Social Services Department Public Health Directorate) and the survey unit in the Centre for Health Services Studies at the University of Kent. Discussions focused on making sure the survey continued to cover Public Health priorities, improving parts of the survey that had not yielded much information or performed very well in 2003, and enabling comparisons to be made with other published data. The questionnaire in 2008 contained new questions on household income, fruit and vegetable consumption and aspects of problem drinking. Questions asking for views on the benefits of exercise, and on smoking in public places were dropped. The question on how people had made changes to their diet was simplified, and the survey asked about the units of alcohol drunk on different days of the week.

The full text of the questionnaire is shown in Appendix 2.

Envelopes were filled ready for the launch on 6 October 2008, when publicity was obtained through the media. Reminder letters were sent out to those who had not replied on 27 October 2008. By the end of 2008, the fieldwork was complete.

## **Response and data processing**

In all 735 questionnaires were received, representing a 49% response from the 1500 sent out. This was the response rate hoped for, and the level regarded as acceptable for a survey of this kind. Considering that in the UK response rates have been falling over recent years, to get exactly the same response rate as the previous survey was a good result.

The completed questionnaires were sent to the University of Kent for data entry using Formic optical scanning software. Statistics package SPSS version 17.0 was used for processing the data, tables and analysis.

The overall quality of completing the questionnaires was good, with clearly marked replies. The optical scanning software raised ambiguities and uncertainties during scanning that were dealt with immediately. To complement the automatic checks, a further manual check was carried out on all ID numbers and all written in replies, which were frequency of physical activity, height, weight, units of alcohol consumed, health state, and how long people had lived on the island. Further checks and cleaning used frequency distributions for each variable to find implausible responses, and cross-tabulations for conflicting responses. All these were corrected when a response could be determined with certainty, and if otherwise, they were left as blank or missing responses.

## **Reporting and statistical analysis**

The report follows the same format as in 2003 - it is largely descriptive and presents the overall findings from each question in the survey. It is recommended that a fuller analysis follows this report.

As in 2003, not all respondents answered all the questions, for example, some people did not give their age, gender, or other details. This means that they do not appear in any tables that require the missing information.

A similar range of missing responses was found in 2008 compared to 2003, and for some key questions completion was slightly better. For example, in 2008 only 2% (15 people) failed to give their age and gender, and other demographic questions were missed by no more than 5%, with the exception of the new question on household income which 13% failed to answer. Missing responses of up to 5% are generally regarded as acceptable, and this standard was frequently met in 2008.

The few important questions with a higher percentage of missing answers were the visual analogue scale for health status (6% did not answer), weight (10%), with the result that it was not possible to calculate body mass index (BMI) for 11%. The latter illustrates where missing answers can identify a reluctance to reveal or acknowledge some aspect of health and lifestyle. More missing answers occur for questions where respondents think the question did not apply to them, or if there is no response option that suits them. Examples of these were not answering questions on change to diet (median missing 14%), for causes of anxiety or stress (median missing 17%), and for things that reduce stress (median missing 14%).

As already mentioned, tables use only non-missing responses, so variables cross-tabulated by age and/or gender will not display all 735 respondents, and in addition, the variable being summarised may have missing responses too. Row and column totals are shown to make it clear how many people are included in each table.

Results have been compared to previous Healthy Lifestyle Surveys in Guernsey in 1988 (1), 1993 (2), 1998 (3) and 2003 (4), and also to the Health Survey for England 1993 (5), 1996 (6), 2002 (7) and 2007 (8).

SPSS version 17 was used for tables, figures, significance tests and confidence intervals.

To show the statistical strength of an association, Pearson  $\chi^2$  or other appropriate tests have been applied. A significance level of  $p < .05$  demonstrates a statistically significant difference, whilst a level of  $p < .001$  is highly significant.

### 3. DEMOGRAPHY

This chapter covers questions 46-52 in the questionnaire (see Appendix 2). The responses have been compared to the population of Guernsey (Table 3.1). It should be noted that the survey was sent to a sample of people aged 18-74 years, and that this will account for some demographic differences between survey respondents and the population of Guernsey.

Differences between the population and the survey respondents can be due to problems with the sampling frame and to the variations in who responds. The Family Practice lists are subject to some biases, as they do not include people who are not registered, and addresses can be out of date for those who move house frequently or rarely consult their family practitioner. Patterns of non-response for health surveys are fairly well established, with men and young people being less likely to respond. Response rates are usually less good for the very elderly or ill, and those living in areas of greatest deprivation.

The comparison between responders and the population from the 2001 Census indeed showed that the survey contained more responses from women and people between 45 and 64 years old, and fewer men and people in the youngest and oldest age groups (also shown in Fig 3.1). In 2008, compared to the Census figures, survey coverage was also poorer for those who had only lived on the island for 0-5 years, and those in rented accommodation.

Household income was asked for the first time in the 2008 survey. Most people (38%) gave their household income as £30,000 to £59,999 income category, with this tailing off to 4.9% receiving less than £10,000. 10.5% gave household income as £100,000 or more.

**Table 3.1 – Demographic characteristics of sample c.f. 2001 Census**

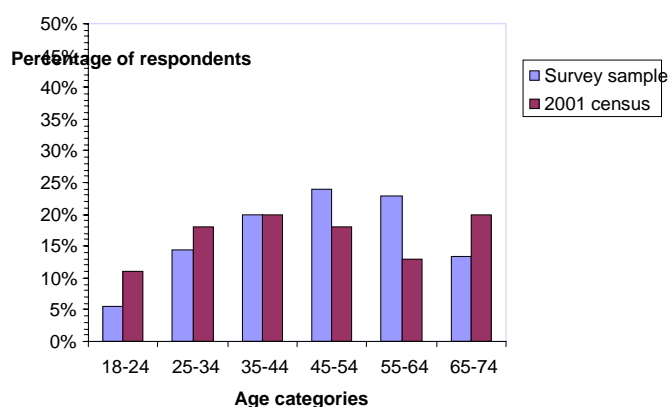
<b>Age categories</b>	<b>n</b>	<b>% of sample</b>	<b>% of Census</b>
18-24	39	5%	11%
25-34	104	14%	18%
35-44	144	20%	20%
45-54	172	24%	18%
55-64	165	23%	13%
65-74	96	13%	20%
<b>Total</b>	<b>720</b>	<b>100%</b>	<b>100%</b>
<b>Sex</b>	<b>n</b>	<b>% of sample</b>	<b>% of Census</b>
Male	289	40%	48%
Female	431	60%	52%
<b>Total</b>	<b>720</b>	<b>100%</b>	<b>100%</b>



<b>Marital Status</b>	<b>n</b>		<b>% of sample</b>		<b>% of Census</b>	
		n		n		n
Single (never married)		107		15%		27%
Married or living as married		533		75%		57%
Widowed		24		3%		9%
Divorced or separated		51		7%		7%
<b>Total</b>		<b>715</b>		<b>100%</b>		<b>100%</b>
<b>How long have you lived on the island (years)</b>	<b>n</b>		<b>% of sample</b>		<b>% of Census</b>	
0-5		53		7%		12%
6-10		42		6%		4%
11-15		34		5%		5%
16-20		43		6%		7%
20+		541		76%		72%
<b>Total</b>		<b>713</b>		<b>100%</b>		<b>100%</b>
<b>What type of house do you live in</b>	<b>n</b>		<b>% of sample</b>		<b>% of Census</b>	
Own home or buying		528		74%		71%
States housing		34		5%		9%
Private rental		82		11%		16%
Accommodation provided with job		12		2%		
Living with parents		41		6%		
Other		13		2%		4%
<b>Total</b>		<b>710</b>		<b>100%</b>		<b>100%</b>
<b>Which of the following best describes your current work situation?</b>	<b>n</b>		<b>% of sample</b>		<b>% of Census</b>	
Retired		116		17%		18%
Registered unemployed		7		1%		1%
Employed full time and )		331		47%		
Employed part time )		125		18%		58%
Self employed		59		8%		9%
Looking after home or family		52		7%		9%
Student		8		1%		2%
Other		6		1%		3%
<b>Total</b>		<b>704</b>		<b>100%</b>		<b>100%</b>

What is your annual household income?	n		% of sample		% of Census	
Under £10,000		31		5%		
£10,000 to £19,999		71		11%		
£20,000 to £29,999		101		16%		
£30,000 to £59,999		243		38%		
£60,000 to £99,999		126		20%		
£100,000 and above		67		10%		
<b>Total</b>		<b>639</b>		<b>100%</b>		

**Figure 3.1 - Age distribution of survey sample c.f. 2001 census**



Compared to 2003, there was a lower response from people aged 35-44, and a better response from people aged 45-64 (Table 3.2).

**Table 3.2 – Age by sex**

Age categories	Male		Female		Total	
	n	%	n	%	n	%
18-24	12	4%	27	6 %	<b>39</b>	<b>5%</b>
25-34	32	11%	72	17%	<b>104</b>	<b>14%</b>
35-44	49	17%	95	22%	<b>144</b>	<b>20%</b>
45-54	77	27%	95	22%	<b>172</b>	<b>24%</b>
55-64	72	25%	93	22%	<b>165</b>	<b>23%</b>
65-74	47	16%	49	11%	<b>96</b>	<b>14%</b>
<b>Total</b>	<b>289</b>	<b>100%</b>	<b>431</b>	<b>100%</b>	<b>720</b>	<b>100%</b>

The question on people's current work situation highlighted gender differences, with more men being employed full-time or self-employed, and more women were working part-time or looking after the home/family. There were also more retired men. Compared to 2003, there had been a shift for women from housework into paid employment (Table 3.3).

**Table 3.3– Breakdown of work situation by sex**

Which of the following best describes your current work situation	Male		Female		Total	
	n	%	n	%	n	%
Retired	57	20%	59	14%	116	17%
Registered unemployed	4	1%	3	1%	7	1%
Employed full time	163	58%	168	40%	331	47%
Employed part time	14	5%	111	26%	125	18%
Self employed	38	13%	21	5%	59	8%
Looking after home or family	2	1%	50	12%	52	7%
Student	2	1%	6	1%	8	1%
Other	3	1%	3	1%	6	1%
<b>Total</b>	<b>283</b>	<b>100%</b>	<b>421</b>	<b>100%</b>	<b>704</b>	<b>100%</b>

Annual household income also showed gender differences, with more men in the highest earning category, and comparatively more women in the £10,000-£19,999 income bracket (Table 3.4).

**Table 3.4– Annual household income by sex**

What is your annual household income?	Male		Female		Total	
	n	%	n	%	n	%
Under £10,000	11	4%	20	5%	31	5%
£10,000 to £19,999	19	7%	52	14%	71	11%
£20,000 to £29,999	44	17%	57	15%	101	16%
£30,000 to £59,999	100	38%	143	38%	243	38%
£60,000 to £99,999	52	20%	74	20%	126	20%
£100,000 and above	36	14%	31	8%	67	10%
<b>Total</b>	<b>262</b>	<b>100.0%</b>	<b>377</b>	<b>100.0%</b>	<b>639</b>	<b>100.0%</b>

## 4. GENERAL HEALTH

This section covered questions on how people rated their health and lifestyle, and whether they had long-standing illnesses or conditions (see questions 1-2 and 40-45 in Appendix 2).

Those replying to the survey were very positive about their lifestyle, with over 90% saying it was very healthy or fairly healthy, and 9% rating it as not very healthy or unhealthy (Table 4.1). Hardly anyone ticked the unhealthy box. There was no difference between men's and women's ratings. Although more people in 2003 had said their lifestyle was not very healthy or unhealthy (12%), the change was not statistically significant.

**Table 4.1– Annual household income by sex**

<b>How healthy a lifestyle would you say you lead?</b>	<b>Male</b>		<b>Female</b>		<b>Total</b>	
	n	%	n	%	n	%
Very healthy/fairly healthy	251	89%	394	92%	<b>645</b>	<b>91%</b>
Not very healthy/unhealthy	30	11%	33	8%	<b>63</b>	<b>9%</b>
Don't know	1		1		<b>2</b>	<b>&lt;1%</b>
<b>Total</b>	<b>282</b>	<b>100%</b>	<b>428</b>	<b>100%</b>	<b>710</b>	<b>100%</b>

There were no significant differences across age-groups for how healthy people rated their lifestyle (Table 4.2). People aged 65 and over, were just as likely as those in younger groups to say they led a healthy lifestyle. These even results across age-groups were in contrast to replies in 2003, when the younger age-groups (people under 55) were more likely to rate their lifestyle as not very healthy compared to the older age-groups (55+) where very few rated it as anything less than very/fairly healthy.

As in 2003, the results by age were broken down by gender, the figures were quite similar for men and women (Tables 4.3, 4.4). Looking at all three variables together, the group most likely to say their lifestyle was very healthy was women age 65-74 (25.6% and a 95% confidence interval of 14.2%-38.9% meant this group was significantly different). Men age 25-35 were most likely to say their lifestyle was not very healthy (a non-significant difference).

**Table 4.2– Lifestyle by age**

How healthy a lifestyle would you say you lead? Age categories	Very healthy/ Fairly healthy		Not very healthy/ unhealthy		Don't know		Total	
	n	%	n	%	n	%	n	%
18-24	35	90%	4	10%			<b>39</b>	<b>100%</b>
25-34	93	90%	9	9%	1	1%	<b>103</b>	<b>100%</b>
35-44	128	90%	14	10%			<b>142</b>	<b>100%</b>
45-54	158	92%	13	8%			<b>171</b>	<b>100%</b>
55-64	147	90%	17	10%			<b>164</b>	<b>100%</b>
65-74	84	92%	6	7%	1	1%	<b>91</b>	<b>100%</b>
<b>Total</b>	<b>645</b>	<b>91%</b>	<b>63</b>	<b>9%</b>	<b>2</b>	<b>&lt;1%</b>	<b>710</b>	<b>100%</b>

**Table 4.3– Lifestyle by age for males**

How healthy a lifestyle would you say you lead? Age categories	Very healthy		Fairly healthy		Not very healthy/ unhealthy		Don't know		Total	
	n	%	n	%	n	%	n	%	n	%
18-24	3	25%	9	75%					<b>12</b>	<b>100%</b>
25-34	3	9%	23	72%	5	16%	1	3%	<b>32</b>	<b>100%</b>
35-44	3	6%	38	79%	7	15%			<b>48</b>	<b>100%</b>
45-54	12	16%	59	76%	6	8%			<b>77</b>	<b>100%</b>
55-64	12	17%	51	72%	8	11%			<b>71</b>	<b>100%</b>
65-74	5	12%	33	79%	4	9%			<b>42</b>	<b>100%</b>
<b>Total</b>	<b>38</b>	<b>14%</b>	<b>213</b>	<b>76%</b>	<b>30</b>	<b>10%</b>	<b>1</b>		<b>282</b>	<b>100%</b>

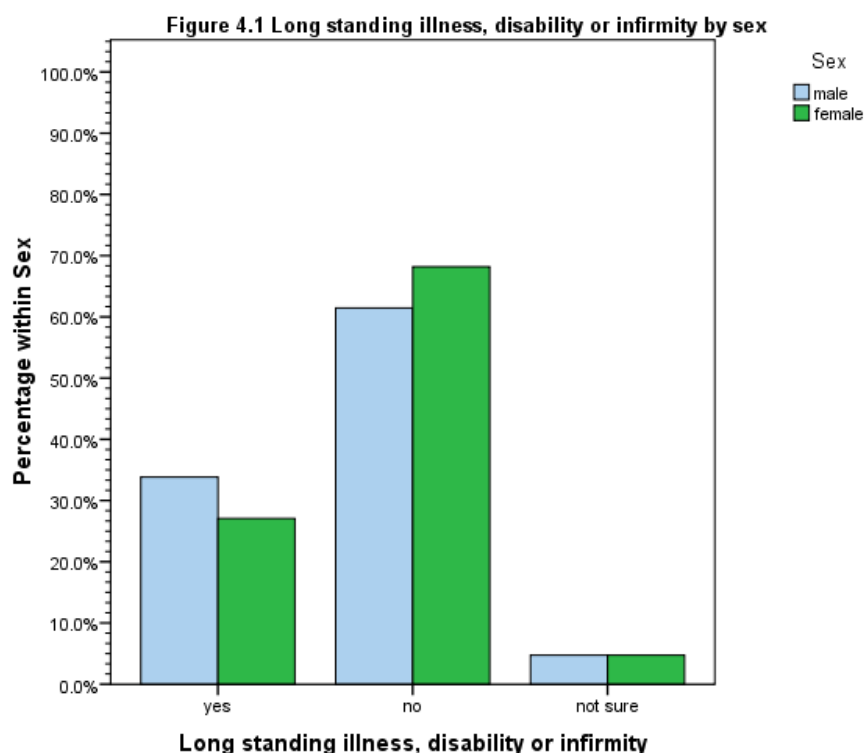
**Table 4.4– Lifestyle by age for females**

How healthy a lifestyle would you say you lead? Age categories	Very healthy		Fairly healthy		Not very healthy/ unhealthy		Don't know		Total	
	n	%	n	%	n	%	n	%	n	%
18-24	3	11%	20	74%	4	15%			<b>27</b>	<b>100%</b>
25-34	6	8%	61	86%	4	6%			<b>71</b>	<b>100%</b>
35-44	11	12%	76	81%	7	7%			<b>94</b>	<b>100%</b>
45-54	11	12%	76	81%	7	7%			<b>94</b>	<b>100%</b>
55-64	10	11%	74	80%	9	9%			<b>93</b>	<b>100%</b>
65-74	13	27%	33	67%	2	4%	1	2%	<b>49</b>	<b>100%</b>
<b>Total</b>	<b>54</b>	<b>13%</b>	<b>340</b>	<b>79%</b>	<b>33</b>	<b>8%</b>	<b>1</b>	<b>0%</b>	<b>428</b>	<b>100%</b>

The survey asked about long-standing illness, disability or infirmity to include chronic conditions that have an impact over time (Table 4.5, Fig 4.1). 30% said they had such a problem, with more long-term conditions reported by men compared to women (not a statistically significant difference). The proportion with long-term illness was slightly down on the 34% in 2003, but the pattern between men and women had not changed.

**Table 4.5– Long standing illness, disability or infirmity by sex**

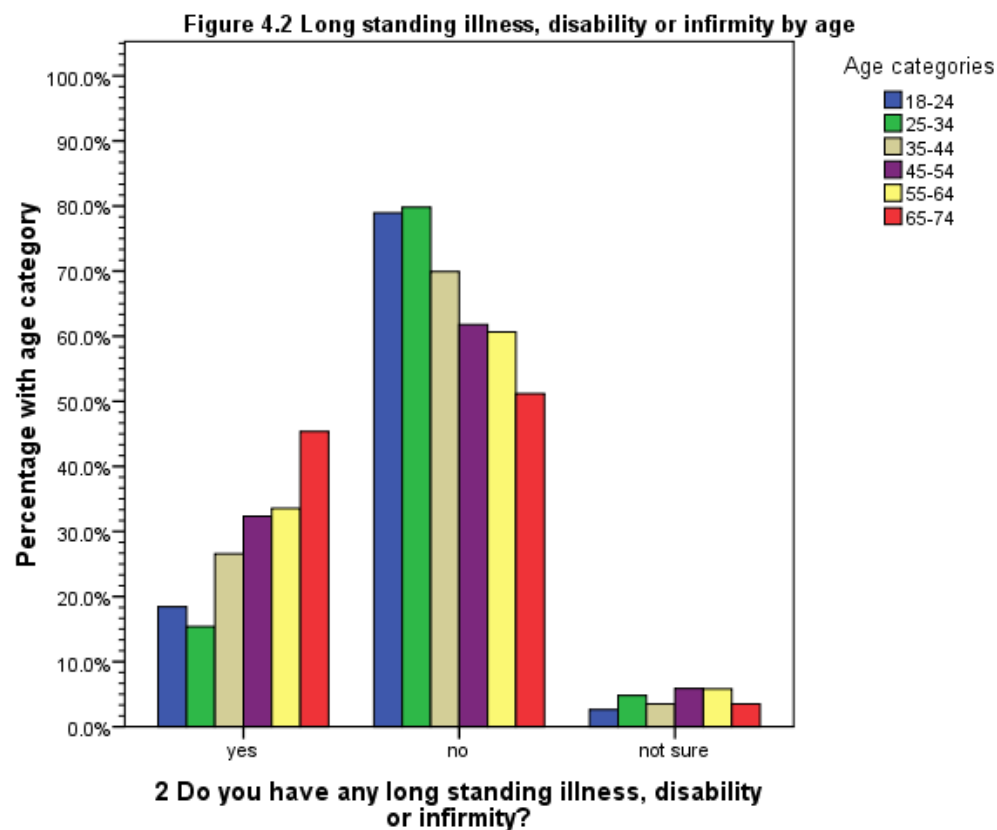
Long standing illness, disability or infirmity	Male		Female		Total	
	n	%	n	%	n	%
Yes	93	34%	114	27%	<b>207</b>	<b>30%</b>
No	169	62%	287	68%	<b>456</b>	<b>65%</b>
Not sure	13	4%	20	5%	<b>33</b>	<b>5%</b>
<b>Total</b>	<b>275</b>	<b>100%</b>	<b>421</b>	<b>100%</b>	<b>696</b>	<b>100%</b>



There was a significant relationship between age and long-term illness as might be expected. Approaching half those aged 65+ had a long-standing condition, whereas this fell to 16% for those under 35 years old (Table 4.6, Fig 4.2).

**Table 4.6– Long standing illness, disability or infirmity by sex**

Age categories	Long standing illness, disability or infirmity							
	Yes		No		Not sure		Total	
	n	%	n	%	n	%	n	%
18-24	7	18%	30	79%	1	3%	<b>38</b>	<b>100%</b>
25-34	16	15%	83	80%	5	5%	<b>104</b>	<b>100%</b>
35-44	38	27%	100	70%	5	3%	<b>143</b>	<b>100%</b>
45-54	55	32%	105	62%	10	6%	<b>170</b>	<b>100%</b>
55-64	52	33%	94	61%	9	6%	<b>155</b>	<b>100%</b>
65-74	39	45%	44	51%	3	4%	<b>86</b>	<b>100%</b>
<b>Total</b>	<b>207</b>	<b>30%</b>	<b>456</b>	<b>65%</b>	<b>33</b>	<b>5%</b>	<b>696</b>	<b>100%</b>



For nearly all age-groups there were more men than women reporting long-standing illness, disability or infirmity (Tables 4.7, 4.8).

**Table 4.7– Long standing illness, disability or infirmity by age for males**

Age categories	Long standing illness, disability or infirmity							
	Yes		No		Not sure		Total	
	n	%	n	%	n	%	n	%
18-24	3	27%	8	73%	0	0	11	100%
25-34	2	6%	28	88%	2	6%	32	100%
35-44	17	35%	29	59%	3	6%	49	100%
45-54	27	35%	46	61%	3	4%	76	100%
55-64	22	33%	39	59%	5	8%	66	100%
65-74	22	54%	19	46%	0	0	41	100%
<b>Total</b>	<b>93</b>	<b>34%</b>	<b>169</b>	<b>62%</b>	<b>13</b>	<b>4%</b>	<b>275</b>	<b>100%</b>



**Table 4.8– Long standing illness, disability or infirmity by age for females**

Age categories	Long standing illness, disability or infirmity							
	Yes		No		Not sure		Total	
	n	%	n	%	n	%	n	%
18-24	4	15%	22	81%	1	4%	<b>27</b>	<b>100%</b>
25-34	14	20%	55	76%	3	4%	<b>72</b>	<b>100%</b>
35-44	21	22%	71	76%	2	2%	<b>94</b>	<b>100%</b>
45-54	28	30%	59	63%	7	7%	<b>94</b>	<b>100%</b>
55-64	30	34%	55	62%	4	4%	<b>89</b>	<b>100%</b>
65-74	17	38%	25	56%	3	6%	<b>45</b>	<b>100%</b>
<b>Total</b>	<b>114</b>	<b>27%</b>	<b>287</b>	<b>68%</b>	<b>20</b>	<b>5%</b>	<b>421</b>	<b>100%</b>

The survey asked whether people had any problems with mobility, self-care, usual activities (work, study, housework, family or leisure activities), pain/discomfort, and anxiety/depression (Table 4.9). Most people had no problem with the first three of these, whereas larger proportions suffered to some extent from pain/discomfort (31%) and anxiety/depression (26%). Women were significantly more likely to report anxiety/depression.

Problems with mobility and pain/discomfort were suffered significantly more among older people (Table 4.10). Anxiety and depression were reported most among people aged 18-24 and least for those in the oldest age-groups, but due to small numbers these findings are not statistically significant. The findings on these questions were unchanged from 2003.

**Table 4.9 – Current levels of fitness and activity by sex**

<b>Mobility</b>	<b>n</b>	<b>Male %</b>	<b>n</b>	<b>Female %</b>	<b>n</b>	<b>Total %</b>
I have no problems in walking about	258	92%	377	90%	<b>635</b>	<b>91%</b>
I have some problems in walking about	24	8%	41	10%	<b>65</b>	<b>9%</b>
I am confined to bed	0	0	0	0	<b>0</b>	<b>0</b>
<b>Total</b>	<b>282</b>	<b>100%</b>	<b>418</b>	<b>100%</b>	<b>700</b>	<b>100%</b>
<b>Self Care</b>						
I have no problems with self care	279	98%	413	99%	<b>692</b>	<b>99%</b>
I have some problems washing and or dressing myself	2	1%	5	1%	<b>7</b>	<b>1%</b>
I am unable to dress or wash myself	2	1%	0	0	<b>2</b>	<b>0</b>
<b>Total</b>	<b>283</b>	<b>100%</b>	<b>418</b>	<b>100%</b>	<b>701</b>	<b>100%</b>
<b>Usual activities</b>						
I have no problems with performing my usual activities	260	91%	378	90%	<b>638</b>	<b>90%</b>
I have some problems with performing my usual activities	24	9%	41	10%	<b>65</b>	<b>9%</b>
I am unable to perform my usual activities	1	0	2	0	<b>3</b>	<b>1%</b>
<b>Total</b>	<b>285</b>	<b>100%</b>	<b>421</b>	<b>100%</b>	<b>706</b>	<b>100%</b>
<b>Pain/discomfort</b>						
I have no pain or discomfort	186	65%	286	69%	<b>472</b>	<b>67%</b>
I have moderate pain or discomfort	93	33%	125	30%	<b>218</b>	<b>31%</b>
I have extreme pain or discomfort	5	2%	5	1%	<b>10</b>	<b>2%</b>
<b>Total</b>	<b>284</b>	<b>100%</b>	<b>416</b>	<b>100%</b>	<b>700</b>	<b>100%</b>
<b>Anxiety/depressed</b>						
I am not anxious or depressed	220	78%	286	69%	<b>506</b>	<b>73%</b>
I am moderately anxious or depressed	60	21%	120	29%	<b>180</b>	<b>26</b>
I am extremely anxious or depressed	2	1%	8	2%	<b>10</b>	<b>1%</b>
<b>Total</b>	<b>282</b>	<b>100%</b>	<b>414</b>	<b>100%</b>	<b>696</b>	<b>100%</b>

**Table 4.10 – Current levels of fitness and activity by age**

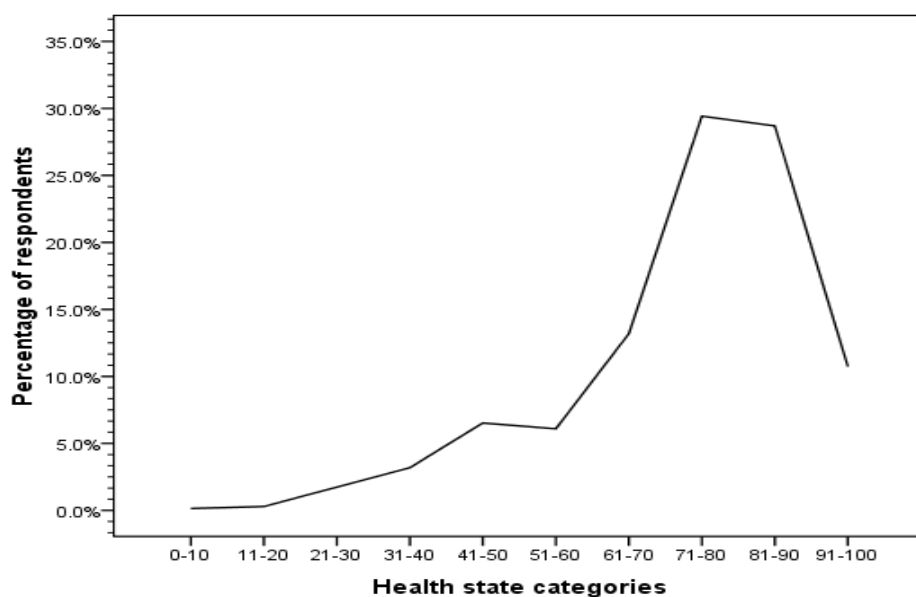
Mobility	<45 years		>=45 years		n	Total %
	n	%	n	%		
I have no problems in walking about	268	95%	367	88%	635	91%
I have some problems in walking about	14	5%	51	12%	65	9%
I am confined to bed						
<b>Total</b>	<b>282</b>	<b>100%</b>	<b>418</b>	<b>100%</b>	<b>700</b>	<b>100%</b>
<b>Self Care</b>						
I have no problems with self care	281	99%	411	99%	692	99%
I have some problems washing and or dressing myself	3	1%	4	1%	7	1%
I am unable to dress or wash myself			2		2	
<b>Total</b>	<b>284</b>	<b>100%</b>	<b>417</b>	<b>100%</b>	<b>701</b>	<b>100%</b>
<b>Usual activities</b>						
I have no problems with performing my usual activities	262	92%	376	89%	638	90%
I have some problems with performing my usual activities	22	8%	43	10%	65	9%
I am unable to perform my usual activities			3	1%	3	1%
<b>Total</b>	<b>284</b>	<b>100%</b>	<b>422</b>	<b>100%</b>	<b>706</b>	<b>100%</b>
<b>Pain/discomfort</b>						
I have no pain or discomfort	212	76%	260	62%	472	67%
I have moderate pain or discomfort	64	23%	154	37%	218	31%
I have extreme pain or discomfort	4	1%	6	1%	10	2%
<b>Total</b>	<b>280</b>	<b>100%</b>	<b>420</b>	<b>100%</b>	<b>700</b>	<b>100%</b>
<b>Anxiety/depressed</b>						
I am not anxious or depressed	193	69%	313	75%	506	73%
I am moderately anxious or depressed	84	30%	96	23%	180	26
I am extremely anxious or depressed	3	1%	7	2%	10	1%
<b>Total</b>	<b>280</b>	<b>100%</b>	<b>416</b>	<b>100%</b>	<b>696</b>	<b>100%</b>

A visual analogue scale was used for people to rate their health state from 0 (worst imaginable health) to 100 (best imaginable). The score was converted into the categories shown in table 4.11 and plotted in figures 4.3 and 4.4 . Most people used the top half of the scale and average health state was 78. There was no difference between men and women, and although overall there was a small increase in health state across increasing age-groups, this was not significant. Findings were similar to the previous survey.

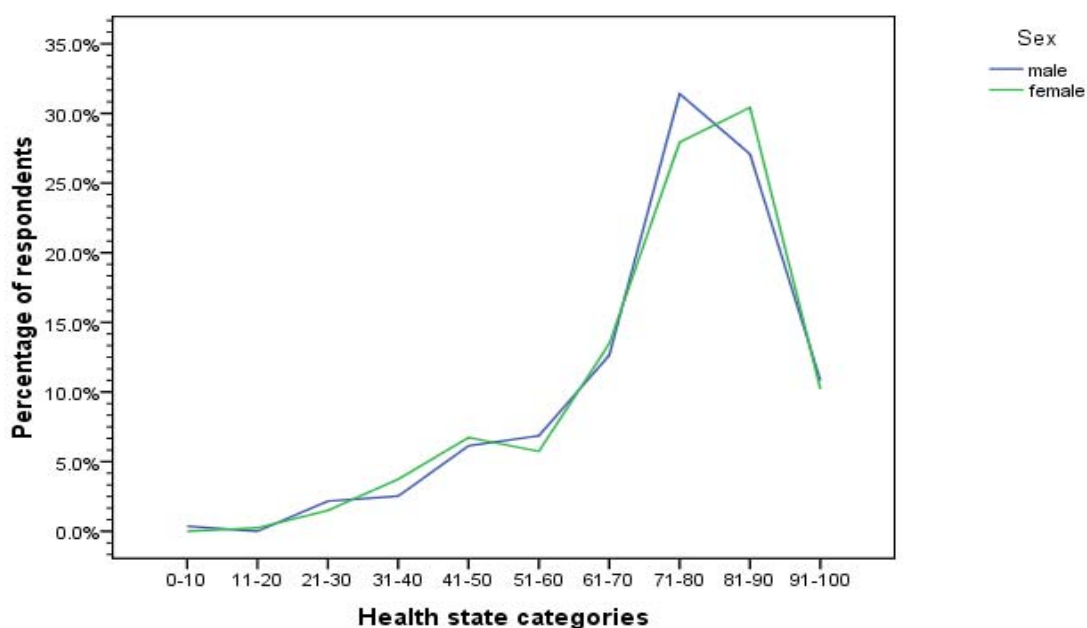
**Table 4.11– Self-rated health state of Guernsey**

<b>Health state categories</b>	<b>Male</b>		<b>Female</b>		<b>Total</b>	
	n	%	n	%	n	%
0-10	1	100%			<b>1</b>	<b>100%</b>
11-20			1		<b>1</b>	<b>100%</b>
21-30	6	50%	6	50%	<b>12</b>	<b>100%</b>
31-40	7	32%	15	68%	<b>22</b>	<b>100%</b>
41-50	17	39%	27	61%	<b>44</b>	<b>100%</b>
51-60	19	45%	23	55%	<b>42</b>	<b>100%</b>
61-70	35	40%	54	60%	<b>89</b>	<b>100%</b>
71-80	87	44%	112	56%	<b>199</b>	<b>100%</b>
81-90	75	38%	122	62%	<b>197</b>	<b>100%</b>
91-100	30	42%	41	58%	<b>71</b>	<b>100%</b>
<b>Total</b>	<b>277</b>	<b>41%</b>	<b>401</b>	<b>59%</b>	<b>678</b>	<b>100%</b>

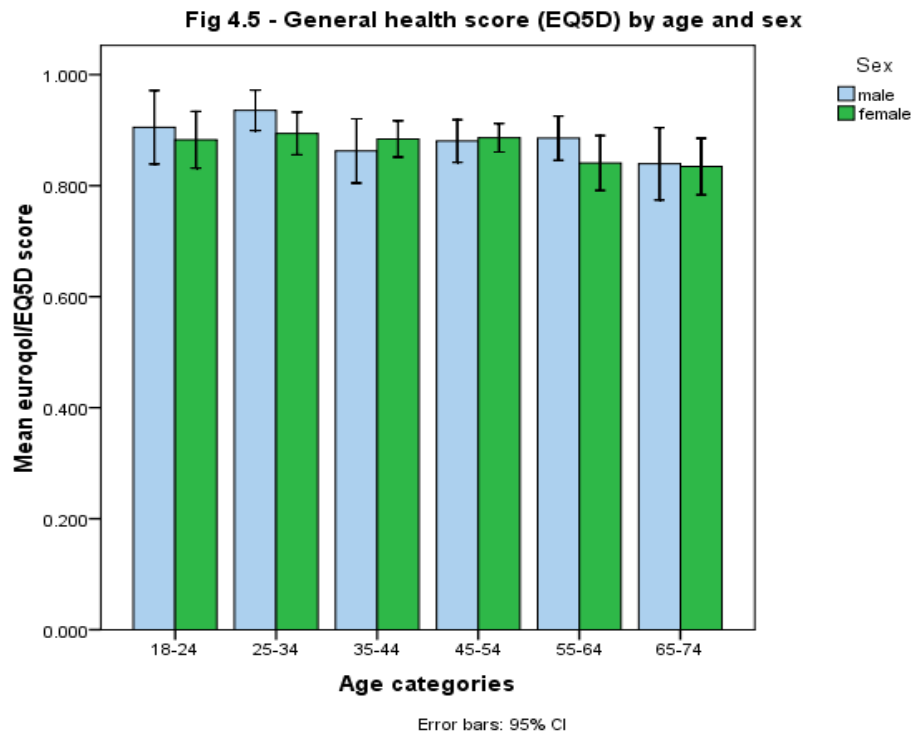
**Figure 4.3 - Self-rated health state (EuroQol VAS Scores)**



**Figure 4.4 - Self-rated health state by sex (EuroQol VAS Score)**



The five questions on mobility, self-care, usual activities, pain/discomfort, anxiety/depression and the health state score are designed to combine into a single score (EQ5D). This combined health score showed a very gradual decline with age, and the best score was for men aged 25-34. Apart from the 25-34 age group, there were no significant differences in EQ5D by age and gender (Fig 4.5).



## 5. SMOKING

This chapter gives the responses to questions 20-28 in the questionnaire (see Appendix 2).

One in six (117) respondents smoked, 13% smoked tobacco every day and 3% smoked less often. Table 5.1 shows that 16% smoked, and that smoking was more common for men (18%) compared to women (15%). Over half the respondents said they had never smoked, and approaching a third had given up, with significantly more of the ex-smokers being male, and those who had never smoked being female.

**Table 5.1– Smoking habit by sex**

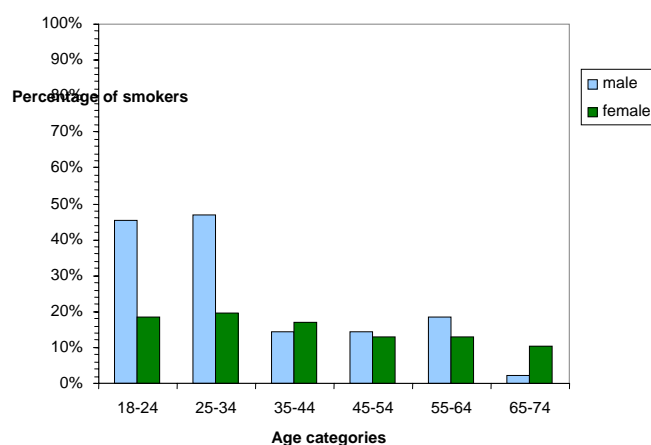
Smoking habit	Male		Female		Total	
	n	%	n	%	n	%
Smoker	52	18%	64	15%	<b>116</b>	<b>16%</b>
Ex-smoker	114	40%	112	26%	<b>226</b>	<b>32%</b>
Never smoked	119	42%	252	59%	<b>371</b>	<b>52%</b>
<b>Total</b>	<b>285</b>	<b>100%</b>	<b>428</b>	<b>100%</b>	<b>713</b>	<b>100%</b>

Smoking varied across age-groups, with younger people being more likely to smoke and less likely to have given up (Table 5.2, Fig 5.1).

**Table 5.2– Smoking habit by age**

Age categories	Smoker		Ex-smoker		Never smoked		Total	
	n	%	n	%	n	%	n	%
18-24	10	26%	4	11%	24	63%	<b>38</b>	<b>100%</b>
25-34	29	28%	25	24%	49	48%	<b>103</b>	<b>100%</b>
35-44	23	16%	34	24%	86	60%	<b>143</b>	<b>100%</b>
45-54	23	13%	53	31%	95	56%	<b>171</b>	<b>100%</b>
55-64	25	16%	69	42%	69	42%	<b>163</b>	<b>100%</b>
65-74	6	6%	41	43%	48	<b>51%</b>	<b>95</b>	<b>100%</b>
<b>Total</b>	<b>116</b>	<b>16%</b>	<b>226</b>	<b>32%</b>	<b>371</b>	<b>52%</b>	<b>713</b>	<b>100%</b>

**Figure 5.1 - Percentage of smokers by age and sex**



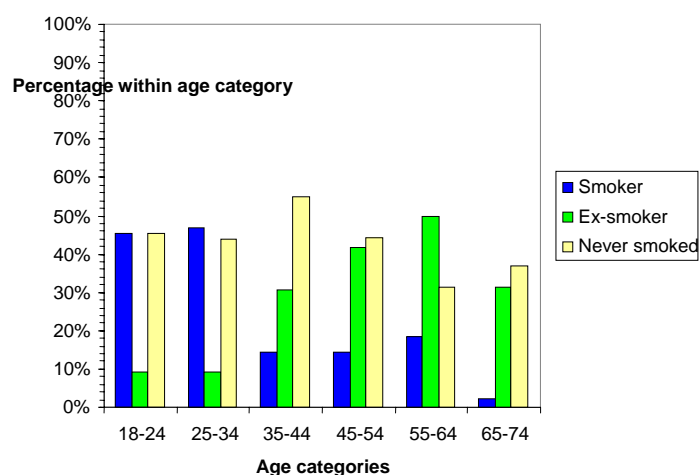
There were very high levels of smoking among young men, with nearly half the male respondents aged 18-34 being smokers. It is worth noting that nearly a quarter aged 25-34 had given up, and these ex-smokers were nearly all women (Tables 5.3, 5.4, Figs 5.2, 5.3).

**Table 5.3– Smoking habit by age for males**

Age categories	Smoker		Ex-smoker		Never smoked		Total	
	n	%	n	%	n	%	n	%
18-24	5	45%	1	9%	5	46%	11	100%
25-34	15	47%	3	9%	14	44%	32	100%
35-44	7	14%	15	31%	27	55%	49	100%
45-54	11	14%	32	42%	34	44%	77	100%
55-64	13	19%	35	50%	22	31%	70	100%
65-74	1	2%	28	61%	17	37%	46	100%
<b>Total</b>	<b>52</b>	<b>18%</b>	<b>114</b>	<b>40%</b>	<b>119</b>	<b>42%</b>	<b>285</b>	<b>100%</b>



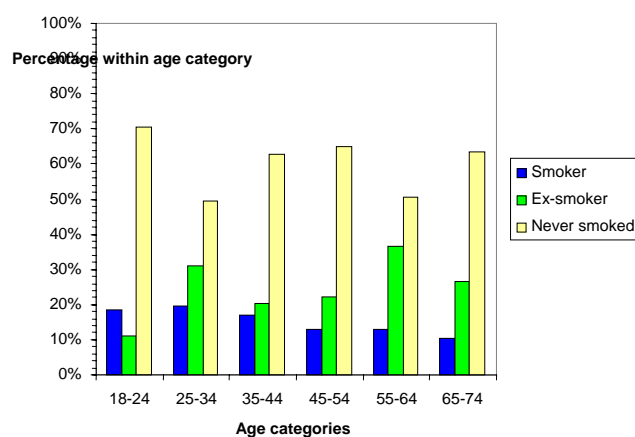
**Figure 5.2 - Smoking habit by age for males**



**Table 5.4– Smoking habit by age for females**

Age categories	Smoker		Ex-smoker		Never smoked		Total	
	n	%	n	%	n	%	n	%
18-24	5	19%	3	11%	19	70%	<b>27</b>	<b>100%</b>
25-34	14	20%	22	31%	35	49%	<b>71</b>	<b>100%</b>
35-44	16	17%	19	20%	59	63%	<b>94</b>	<b>100%</b>
45-54	12	13%	21	22%	61	65%	<b>94</b>	<b>100%</b>
55-64	12	13%	34	37%	47	50%	<b>93</b>	<b>100%</b>
65-74	5	10%	13	27%	31	63%	<b>49</b>	<b>100%</b>
<b>Total</b>	<b>64</b>	<b>15%</b>	<b>112</b>	<b>26%</b>	<b>252</b>	<b>59%</b>	<b>428</b>	<b>100%</b>

**Figure 5.3 - Smoking habit by age for females**



Compared to the 2003 survey, there had been some substantial changes in smoking levels, not all for the better. The percentage of smokers went down from 23% to 18% for men, and from 19% to 15% for women. Reductions were particularly notable in the number of women under 25 smoking (dropping from 44% to 19%), and there were fewer men aged 35-44 and over 65 smoking. On the other hand, there was a large increase in smoking among men aged 25-34, but although this went from 30% to 47%, the difference in the proportions was not statistically significant ( $z=1.37$ ).

### ***Comparison with England trends***

Smoking in Guernsey has been compared with figures for England over the last 20 years (Tables 5.5, 5.6, Figs 5.4, 5.5). For the majority of adults (those age 25-64) the prevalence of smoking has been falling in both countries, and has fallen more steeply in Guernsey. There has been a rather different picture among people under 25, as their smoking levels have generally been high, and higher in Guernsey. In 2008 smoking levels were still very high for young males on the island (46% with 95% confidence interval 16-75%), but had dropped to 19% for young females (95% confidence interval 4-33%). Up until now, smoking among older people in Guernsey has generally highlighted a gender difference, being higher for men and lower for women, however in 2008 the percentage of men over 65 smoking dropped to 2%.

**Table 5.5– Smoking prevalence over time for males in Guernsey and in England**

Survey Year	18-24		25-64		65-74	
Guernsey Healthy Lifestyle Surveys						
1988	35%	(7/20)	33%	(55/167)	29%	(10/34)
1993	40%	(10/25)	31%	(56/178)	23%	(11/47)
1998	53%	(10/19)	23%	(48/213)	25%	(11/44)
2003	53%	(10/19)	23%	(48/206)	10%	(4/41)
2008	46%	(5/11)	20%	(46/228)	2%	(1/46)
England Health Surveys						
1993	32%	(333/1,042)	30%	(1,588/5,305)	18%	241/1,369)
1998	41%	(337/823)	30%	(1,471/4,886)	14%	(201/1,391)
2003	33%	(538/1,627)	29%	(651/2,220)	12%	(80/648)
2007	25%	(N=481)	27%	(N=2,274)	14%	(N=337)

Figure 5.4 - Smoking prevalence over time for males

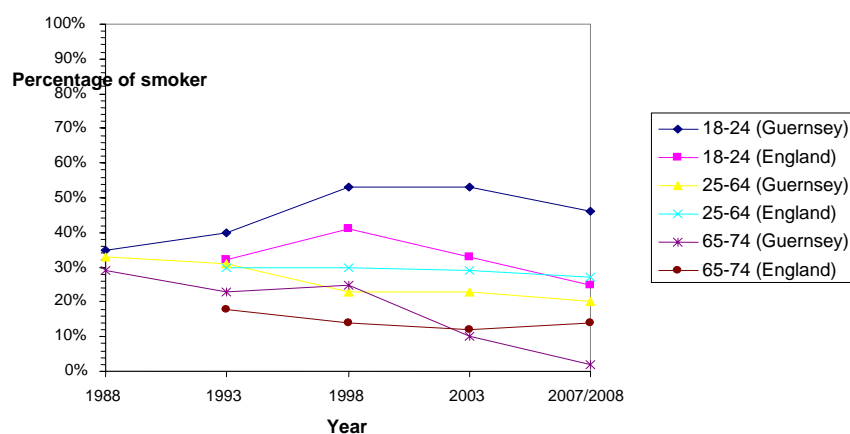


Figure 5.5 - Smoking prevalence over time for females

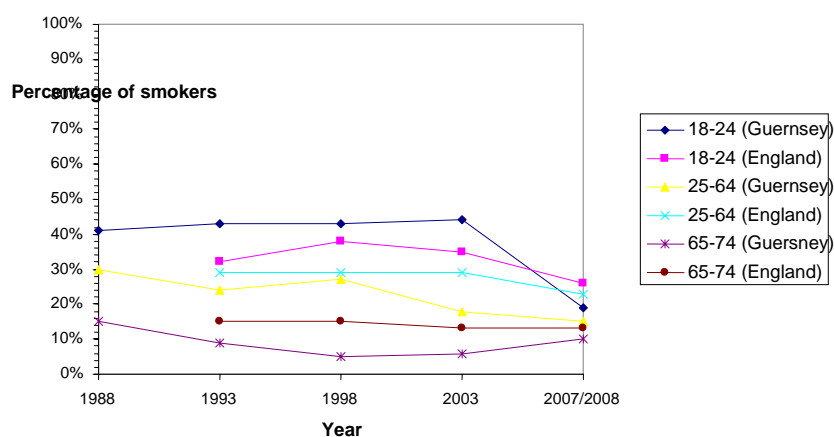


Table 5.6– Smoking prevalence over time for females in Guernsey and in England

Survey Year	18-24		25-64		65-74	
Guernsey Healthy Lifestyle Surveys						
1988	41%	(13/32)	30%	(63/208)	15%	(8/52)
1993	43%	(17/40)	24%	(50/208)	9%	(7/74)
1998	43%	(18/42)	27%	(111/415)	5%	(3/57)
2003	44%	(14/32)	18%	(62/339)	6%	(3/47)
2008	19%	(5/27)	15%	(54/352)	10%	(5/49)
England Health Surveys						
1993	32%	(360/1,124)	29%	(1,685/5,817)	15%	(287/1,929)
1998	38%	(366/964)	29%	(1,697/5,846)	15%	(274/1,873)
2003	35%	(673/1,903)	29%	(769/2,697)	13%	(110/871)
2007	26%	(N=454)	23%	(N=2,320)	13%	(N=373)

In Tables 5.5 and 5.6, the small numbers of males and females under 25 in the Guernsey survey lead to wide confidence intervals, going from +/- 15% to +/- 29%, whereas for the other age-groups the 95% intervals vary between +/- 4% to +/- 15%. The 95% confidence intervals for a proportion p are  $\pm 1.96 \cdot \sqrt{p \cdot (1-p) / n}$ .

The smoking habit starts at a very young age for many on the island (Table 5.7). Three-quarters of smokers and ex-smokers said they started smoking regularly before they were 19, and a quarter said it was before they were 15 years old. This has not changed from 2003.

**Table 5.7 – Smoking habit by age when first started smoking regularly**

<b>How old were you when you started smoking regularly (more than once a week)</b>	<b>Smoker</b>		<b>Ex-smoker</b>		<b>Total</b>	
	n	%	n	%	n	%
Less than 10 years old	4	3%	1	1%	<b>5</b>	<b>2%</b>
10-14 years	27	24%	41	24%	<b>68</b>	<b>24%</b>
15-18 years	57	50%	82	48%	<b>139</b>	<b>49%</b>
19 years and older	26	23%	46	27%	<b>72</b>	<b>25%</b>
<b>Total</b>	<b>114</b>	<b>100%</b>	<b>170</b>	<b>100%</b>	<b>284</b>	<b>100%</b>

There is a tendency (not statistically significant) for those who started smoking under the age of 15 to be heavier smokers; 23% of those who started under 15 smoked a pack or more of cigarettes a day compared to only 8% of those starting after 18, and those starting young were less likely to be light smokers (23% compared to 42% for those starting after 18). There were fewer survey respondents in 2008 smoking 2 packs a day, but the numbers were too small to be confident about this reduction (Table 5.8). There is a distinction between daily and occasional smokers in the number of cigarettes smoked per day, with most occasional smokers (94%) smoking less than 10 per day, compared to 26% of daily smokers consuming cigarettes at this low level.

Ex-smokers were asked how recently they had given up smoking regularly (Table 5.9). Most had stopped for at least 10 years. Nearly 8% (18 out of 229) had given up in the last year, a figure which had not changed since the last survey. Giving up did not appear to be associated with age of starting (Table 5.10).

**Table 5.8– The amount of cigarette smoking by age when first started smoking regularly**

<b>About how many cigarettes do you smoke now each day?</b>	Less than 10 years old		10-14 years		15-18 years		19 years and older		<b>Total</b>	
	n	%	n	%	n	%	n	%	n	%
Less than 10			7	27%	23	43%	11	42%	<b>41</b>	<b>38%</b>
Between 10 and 20	3	75%	11	42%	18	34%	11	42%	<b>43</b>	<b>39%</b>
Between 20 and 40	1	25%	5	19%	10	19%	2	8%	<b>18</b>	<b>16%</b>
More than 40			1	4%					<b>1</b>	<b>1%</b>
I only smoke a pipe or cigars or other tobacco			2	8%	2	4%	2	8%	<b>6</b>	<b>6%</b>
<b>Total</b>	<b>4</b>	<b>100%</b>	<b>26</b>	<b>100%</b>	<b>53</b>	<b>59%</b>	<b>26</b>	<b>100%</b>	<b>109</b>	<b>100%</b>

**Table 5.9– Time since giving up smoking (ex-smokers only)**

<b>How long ago did you give up smoking?</b>	n	%
Less than six months	9	4%
Between six months and one year	9	4%
One to five years	48	21%
Six to ten years	31	13%
More than ten years	132	58%
<b>Total</b>	<b>229</b>	<b>100%</b>

**Table 5.10 – Age when first started smoking regularly by time since giving up smoking (ex-smokers only)**

How long ago did you stop smoking?	How old were you when you started smoking regularly (more than once a week)									
	Less than 10 years old		10-14 years		15-18 years		19 years and older		Total	
	n	%	n	%	n	%	n	%	n	%
Less than six months ago			2	5%	3	4%	2	4%	7	4%
Between six months and one year			1	2%	2	2%	3	7%	6	4%
One to five years	1	100%	11	27%	14	17%	10	22%	36	21%
Six to ten years			7	17%	9	11%	7	15%	23	13%
More than ten years			20	49%	54	66%	24	52%	98	58%
<b>Total</b>	<b>1</b>	<b>100%</b>	<b>41</b>	<b>100%</b>	<b>82</b>	<b>59%</b>	<b>46</b>	<b>100%</b>	<b>170</b>	<b>100%</b>

There is no difference between daily and occasional smokers in whether they would like to give up (60% do). The tables show daily and occasional smokers combined (Tables 5.11 - 5.14).

**Table 5.11– The amount of cigarette smoking by whether person would like to give up smoking**

About how many cigarettes do you smoke now each day?	Would you like to give up smoking altogether?							
	yes		no		Don't know		Total	
	n	%	n	%	n	%	n	%
Less than 10	26	63%	10	25%	5	12%	41	100%
Between 10 and 20	28	65%	7	16%	8	19%	43	100%
Between 20 and 40	8	42%	6	32%	5	26%	19	100%
More than 40	1	100%					1	100%
I only smoke a pipe or cigars or other tobacco	3	50%	1	17%	2	33%	6	100%
<b>Total</b>	<b>66</b>	<b>60%</b>	<b>24</b>	<b>22%</b>	<b>20</b>	<b>18%</b>	<b>110</b>	<b>100%</b>

**Table 5.12– The amount of cigarette smoking by whether person would like to give up smoking for males**

About how many cigarettes do you smoke now each day?	Would you like to give up smoking altogether?							
	yes		no		Don't know		Total	
	n	%	n	%	n	%	n	%
Less than 10	10	63%	5	31%	1	6%	16	100%
Between 10 and 20	12	80%	3	20%			15	100%
Between 20 and 40	4	40%	3	30%	3	30%	10	100%
More than 40	1	100%					1	100%
I only smoke a pipe or cigars or other tobacco	2	40%	1	20%	2	40%	5	100%
<b>Total</b>	<b>29</b>	<b>62%</b>	<b>12</b>	<b>25%</b>	<b>6</b>	<b>13%</b>	<b>47</b>	<b>100%</b>

**Table 5.13– The amount of cigarette smoking by whether person would like to give up smoking for females**

About how many cigarettes do you smoke now each day?	Would you like to give up smoking altogether?							
	yes		no		Don't know		Total	
	n	%	n	%	n	%	n	%
Less than 10	16	64%	5	20%	4	16%	25	100%
Between 10 and 20	15	56%	4	15%	8	29%	27	100%
Between 20 and 40	4	45%	3	33%	2	22%	9	100%
I only smoke a pipe or cigars or other tobacco	1	100%					1	100%
<b>Total</b>	<b>36</b>	<b>58%</b>	<b>12</b>	<b>19%</b>	<b>14</b>	<b>23%</b>	<b>62</b>	<b>100%</b>

**Table 5.14– Intention to give up smoking by age when first smoked regularly**

About how many cigarettes do you smoke now each day?	Would you like to give up smoking altogether?							
	yes		no		Don't know		Total	
	n	%	n	%	n	%	n	%
Less than 10 years old	1	33%	1	33%	1	34%	<b>3</b>	<b>100%</b>
10-14 years	17	66%	5	19%	4	15	<b>26</b>	<b>100%</b>
15-18 years	31	54%	14	25%	12	21%	<b>57</b>	<b>100%</b>
19 years and older	18	69%	3	12%	5	19%	<b>26</b>	<b>100%</b>
<b>Total</b>	<b>67</b>	<b>60%</b>	<b>23</b>	<b>20%</b>	<b>22</b>	<b>20%</b>	<b>112</b>	<b>100%</b>

When those who would like to give up (60%) were asked whether they were likely to do so, in the next month, year or unlikely to give up, a substantial proportion (76%) said they did intend to give up in the next month or year (Table 5.15, 5.16). Comparing these figures with previous surveys, the proportions of smokers who would like to give up is lower than the high 69% seen in 2003, and more in line with the 54% found in 1993 and 58% in 1998. Intentions for giving up have not changed overall, and there remain more men that are unlikely to give up than women.

**Table 5.15– Intention to give up smoking (smokers who would like to give up smoking only)**

Which of these statements describes you best?	Frequency	Valid percent
I intend to give up smoking within the next month	13	20%
I intend to give up smoking within the next year	37	56%
I am unlikely to give up smoking	16	24%
<b>Total</b>	<b>66</b>	<b>100%</b>



**Table 5.16– Intention to give up smoking by sex (smokers who would like to give up smoking only)**

Which of these statements describes you best?	Male		Female		Total	
	n	%	n	%	n	%
I intend to give up smoking within the next month	5	38%	8	62%	<b>13</b>	<b>100%</b>
I intend to give up smoking within the next year	16	44%	20	56%	<b>36</b>	<b>100%</b>
I am unlikely to give up smoking	9	56%	7	44%	<b>16</b>	<b>100%</b>
<b>Total</b>	<b>30</b>	<b>46%</b>	<b>35</b>	<b>54%</b>	<b>65</b>	<b>100%</b>

Everyone was asked what factors might help people to give up smoking (Table 5.17). There was a noticeable increase in the number of people ticking each option compared to the 2003 survey. For example, more than twice as many people in 2008 thought that the following factors would assist in giving up smoking: special clinic / stop smoking group, more tax on cigarettes, fewer outlets selling cigarettes. The largest increase was that four times as many ticked the Guernsey Quitline option, bringing this up from 10th to 5th in ranking of factors to help people quit smoking.

**Table 5.17– Factors that would assist in giving up smoking**

	n	%
Will power	517	70%
Encouragement and support from family and friends	442	60%
Advice from a doctor or other health professional	315	43%
Nicotine replacement therapy	264	36%
Guernsey Quitline (one to one group support plus free NRT)	262	36%
Special clinic or stop smoking group	247	34%
More tax on cigarettes	212	29%
Fewer outlets selling cigarettes	208	28%
Help from an alternative therapist e.g. hypnotherapy, acupuncture	199	27%
Zyban or Champix prescribed by your doctor	155	21%
Other	44	6%
<b>Total</b>	<b>735</b>	<b>100%</b>

Smokers and ex-smokers also endorsed these factors, agreeing that will power was the most effective, but for all the other factors smokers and ex-smokers were much less convinced in their effectiveness (Table 5.18). In particular far fewer thought that advice from a doctor / health professional, special clinic / stop smoking group, more tax on cigarettes, and fewer outlets selling cigarettes would help them to stop smoking.

**Table 5.18– Factors that would assist giving up smoking by smoking habit**

	<b>Smoker</b>		<b>Ex-smoker</b>		<b>Never smoked</b>		<b>Total</b>	
	n	%	n	%	n	%	n	%
Will power	82	70%	167	73%	267	70%	<b>516</b>	<b>71%</b>
Encouragement and support from family and friends	47	40%	124	54%	268	70%	<b>439</b>	<b>60%</b>
Advice from a doctor or other health professional	29	25%	96	42%	188	49%	<b>313</b>	<b>43%</b>
Nicotine replacement therapy	32	27%	66	29%	162	42%	<b>260</b>	<b>36%</b>
Guernsey Quitline (one to one group support plus free NRT)	31	26%	61	27%	168	44%	<b>260</b>	<b>36%</b>
Special clinic or stop smoking group	17	14%	69	30%	158	41%	<b>244</b>	<b>34%</b>
More tax on cigarettes	11	9%	54	24%	147	39%	<b>212</b>	<b>29%</b>
Fewer outlets selling cigarettes	15	13%	45	20%	147	39%	<b>207</b>	<b>28%</b>
Help from an alternative therapist e.g. hypnotherapy, acupuncture	32	27%	52	23%	115	30%	<b>199</b>	<b>27%</b>
Zyban or Champix prescribed by your doctor	27	23%	40	18%	85	22%	<b>152</b>	<b>21%</b>
Other	<b>117</b>	<b>100%</b>	<b>229</b>	<b>100%</b>	<b>381</b>	<b>100%</b>	<b>727</b>	<b>100%</b>

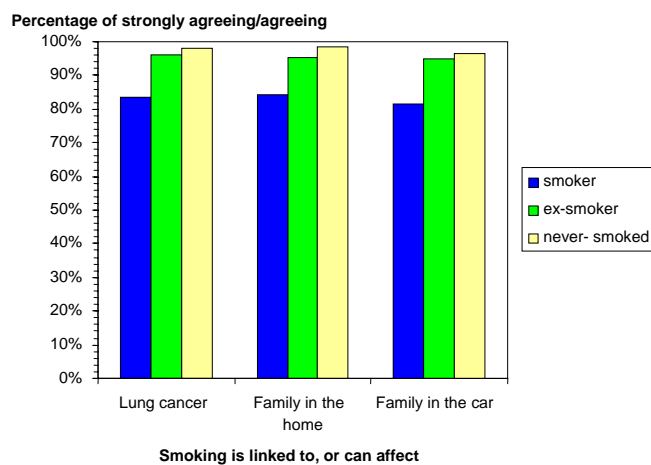
When asked about smoking being harmful to health, there were clear distinctions in the attitudes of smokers, ex-smokers and people who had never smoked (Table 5.19, Fig 5.6). 16-19% of smokers underplayed the risks or said they were unsure, whereas only 2-3% of people who had never smoked had any doubt that smoking was harmful, and the views of ex-smokers fell in between. Not surprisingly, smokers were not particularly worried about inhaling other people's smoke compared to non-smokers. Compared to the 2003 survey, there was a big shift in views on how smoking is harmful to health in 2008.

Apart from the 17% of smokers who still do not agree that lung cancer is linked to smoking, and a similar percentage who do not agree their smoking affects their family (which could be true if the smoking is done away from family), views on the harm smoking does were much more strongly held. The attitude to inhaling other people's smoke was not much changed between 2003 and 2008 (Table 5.20, Fig 5.7).

**Table 5.19– Questions on health by smoking habit**

	<b>Smoker</b>		<b>Ex-smoker</b>		<b>Never smoked</b>		<b>Total</b>	
	n	%	n	%	n	%	n	%
<b>Lung cancer is linked to smoking</b>								
Strongly agree	64	56%	170	76%	333	89%	<b>567</b>	<b>79%</b>
Agree	31	27%	46	20%	35	9%	<b>112</b>	<b>16%</b>
Uncertain	14	12%	9	4%	6	2%	<b>29</b>	<b>4%</b>
Disagree	4	4%	0	0%	1	0%	<b>5</b>	<b>&lt;1%</b>
Strongly disagree	1	1%	0	0%	0	0%	<b>1</b>	<b>&lt;1%</b>
<b>Total</b>	<b>114</b>	<b>100%</b>	<b>225</b>	<b>100%</b>	<b>375</b>	<b>100%</b>	<b>714</b>	<b>100%</b>
<b>Smoking can affect the health of a smoker's family in the home</b>	n	%	n	%	n	%	n	%
Strongly agree	56	48%	170	75%	320	85%	<b>546</b>	<b>76%</b>
Agree	41	36%	46	20%	51	14%	<b>138</b>	<b>19%</b>
Uncertain	14	12%	8	4%	5	1%	<b>27</b>	<b>4%</b>
Disagree	2	2%	3	1%	1	0%	<b>6</b>	<b>&lt;1%</b>
Strongly disagree	2	2%	0	0%	0	0%	<b>2</b>	<b>&lt;1%</b>
<b>Total</b>	<b>115</b>	<b>100%</b>	<b>227</b>	<b>100%</b>	<b>377</b>	<b>100%</b>	<b>719</b>	<b>100%</b>
<b>Smoking can affect the health of a smoker's family in the car</b>	n	%	n	%	n	%	n	%
Strongly agree	57	51%	171	76%	319	86%	<b>547</b>	<b>77%</b>
Agree	35	31%	43	19%	41	11%	<b>119</b>	<b>17%</b>
Uncertain	14	12%	9	4%	11	3%	<b>34</b>	<b>5%</b>
Disagree	7	6%	3	1%	1	0%	<b>11</b>	<b>1%</b>
Strongly disagree	0	0%	0	0%	1	<1%	<b>1</b>	<b>.1%</b>
<b>Total</b>	<b>113</b>	<b>100%</b>	<b>226</b>	<b>100%</b>	<b>373</b>	<b>100%</b>	<b>712</b>	<b>100%</b>

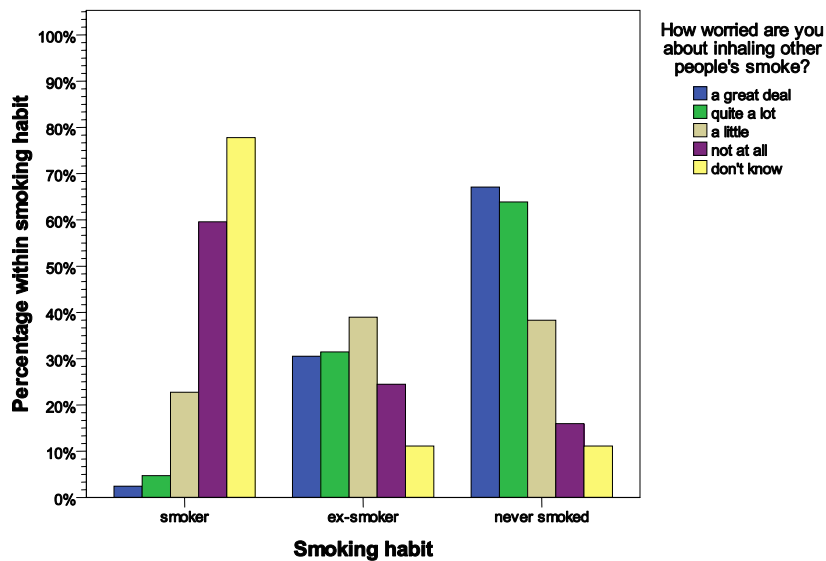
**Figure 5.6 - Knowledge of smoking by smoking habit**



**Table 5.20– Worried about second hand smoke by smoking habit**

	Smoker		Ex-smoker		Never smoked		Total	
How worried are you about inhaling other people's smoke?	n	%	n	%	n	%	n	%
A great deal	6	5%	76	33%	167	44%	<b>249</b>	<b>35%</b>
Quite a lot	10	9%	67	30%	136	36%	<b>213</b>	<b>30%</b>
A little	35	31%	60	26%	59	16%	<b>154</b>	<b>21%</b>
Not at all	56	49%	23	10%	15	4%	<b>94</b>	<b>13%</b>
Don't know	7	6%	1	1%	1		<b>9</b>	<b>1%</b>
<b>Total</b>	<b>114</b>	<b>100%</b>	<b>227</b>	<b>100%</b>	<b>378</b>	<b>100%</b>	<b>719</b>	<b>100%</b>

**Figure 5.7 - Worried about second hand smoke by smoking habit**

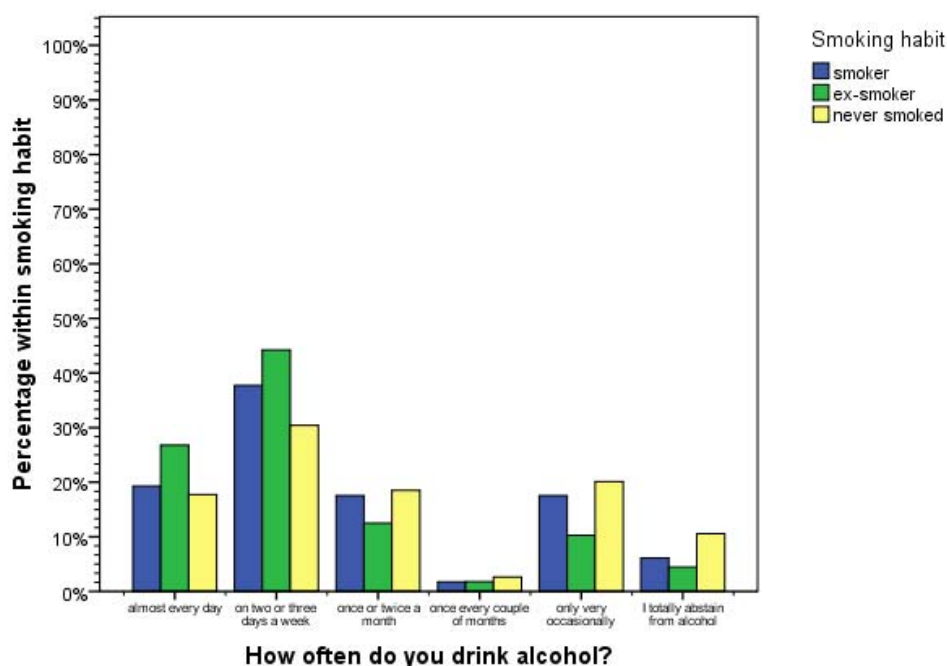


It is generally believed that people who smoke also drink, and this was found in the previous survey. However in 2008 the pattern was a little different, as it was ex-smokers that were more likely to drink on at least two or three days a week (Table 5.21, Fig 5.8).

**Table 5.21– Drinking habit by smoking habit**

	Smoker		Ex-smoker		Never smoked		Total	
How often do you drink alcohol	n	%	n	%	n	%	n	%
Almost every day	22	19%	60	27%	67	18%	<b>149</b>	<b>21%</b>
On two or three days a week	43	38%	99	44%	115	30%	<b>257</b>	<b>36%</b>
Once or twice a month	20	17%	28	12%	70	18%	<b>118</b>	<b>16%</b>
Once every couple of months	2	2%	4	2%	10	3%	<b>16</b>	<b>2%</b>
Only very occasionally	20	18%	23	10%	76	20%	<b>119</b>	<b>17%</b>
I totally abstain from alcohol	7	6%	10	5%	40	11%	<b>57</b>	<b>8%</b>
<b>Total</b>	<b>114</b>	<b>100%</b>	<b>224</b>	<b>100%</b>	<b>378</b>	<b>100%</b>	<b>716</b>	<b>100%</b>

**Figure 5.8 Drinking habit by smoking habit**

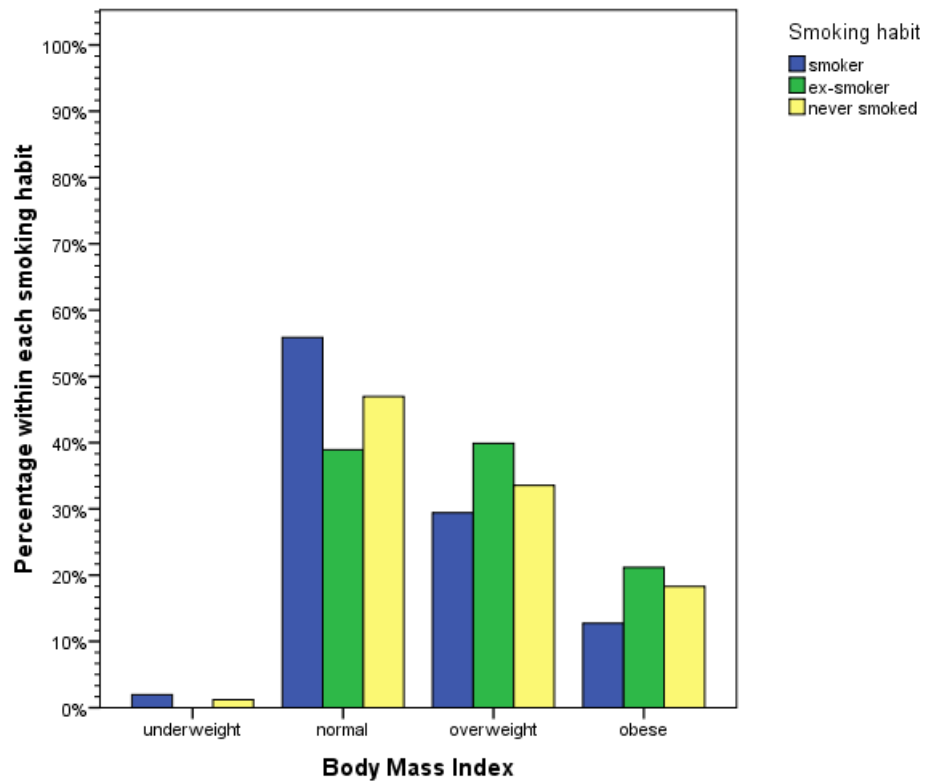


There was a clear association between people who smoked and the body mass index (BMI, shown in Table 5.22, Fig 5.9). People who smoked were more likely to be underweight or normal weight, and less likely to be overweight and obese, and the opposite was true for ex-smokers (combining the small numbers of under weight with normal weight, Pearson chi-squared = 10.64, df = 2,  $p < .01$ ). This result was similar to the previous survey, even though the categories of BMI have been changed for the 2008 survey analysis (see Chapter 7 on Weight and Diet).

**Table 5.22– Body mass index by smoking habit**

	Smoker		Ex-smoker		Never smoked		Total	
Body Mass Index	n	%	n	%	n	%	n	%
Underweight	2	2%			4	1%	6	1%
Normal	57	56%	79	39%	154	47%	290	46%
Overweight	30	29%	81	40%	110	34%	221	35%
Obese	13	13%	43	21%	60	18%	116	18%
<b>Total</b>	<b>102</b>	<b>100%</b>	<b>203</b>	<b>100%</b>	<b>328</b>	<b>100%</b>	<b>633</b>	<b>100%</b>

Figure 5.9 - Smoking habit by weight



## 6. DRINKING HABITS

The survey asked about alcohol consumption and views on its reduction (see questions 29-32 in Appendix 2). The question on the amount of alcohol consumed was revised to establish the number of units drunk on each day of the previous week (whereas the 2003 survey had asked about average consumption on a drinking day), and there were two new questions asking how often people had drunk more than they intended or their drinking had been a problem.

Nationally recommended levels of alcohol consumption have been changing to put more emphasis on the quantity of alcohol drunk on one day rather than the weekly total. The most recent change has been in terminology, using risk levels to describe alcohol consumption. The notion of 'safe' drinking defined on a weekly total has been dropped, and what had been called 'sensible' drinking (men not regularly drinking more than 3-4 units per day and women not regularly drinking more than 2-3 units per day) is now referred to as 'lower risk'. For those exceeding these recommended levels, the term 'hazardous' drinking has been replaced by 'increasing risk'. Higher risk drinking is the new term for those regularly exceeding 8 units for men or 6 units for women per day or 50 units for men and 35 units for women per week, which had been called 'harmful' drinking (see Primary Care Service Framework: Alcohol Services in Primary Care, May 2009 [http://www.pcc.nhs.uk/uploads/primary\\_care\\_service\\_frameworks/2009/primary\\_care\\_service\\_framework\\_-19may09\\_clean.doc](http://www.pcc.nhs.uk/uploads/primary_care_service_frameworks/2009/primary_care_service_framework_-19may09_clean.doc)).

To enable comparisons, this report includes results using both old and current recommended levels of drinking.

### Frequency of alcohol consumption

Overall one in five drank alcohol every day and a further 36% drank on two or three days a week. Men drank more frequently than women (Table 6.1), and patterns of drinking varied by age-group (Table 6.2).

**Table 6.1– Drinking habit by sex**

How often do you drink alcohol?	Male		Female		Total	
	n	%	n	%	n	%
Almost every day	74	26%	71	17%	145	20%
On two or three days a week	119	42%	136	32%	255	36%
Once or twice a month	39	14%	79	18%	118	17%
Once every couple of months	7	2%	10	2%	17	2%
Only very occasionally	29	10%	88	21%	117	17%
I totally abstain from alcohol	16	6%	41	10%	57	8%
<b>Total</b>	<b>284</b>	<b>100%</b>	<b>425</b>	<b>100%</b>	<b>709</b>	<b>100%</b>



It was more usual for people aged over 45 to drink daily, and the younger age-groups drank alcohol less often, for example on two or three days a week. Eight percent said they abstained from alcohol, and this varied from 14% of 65-74 year olds, down to 3% of people age 25-34. The proportion of people drinking daily has decreased since 2003, for men from 31% to 26%, and for women from 22% to 17%, and this was mainly due to fewer people under 35 drinking daily (Tables 6.3, 6.4, Figs 6.1, 6.2).

**Table 6.2– Drinking habit by age**

	<b>18-24</b>		<b>25-34</b>		<b>35-44</b>		<b>45-54</b>		<b>55-64</b>		<b>65-74</b>		<b>Total</b>	
<b>How often do you drink alcohol?</b>	n	%	n	%	n	%	n	%	n	%	n	%	n	%
Almost every day			3	3%	19	13%	45	27%	52	31%	26	28%	<b>145</b>	<b>21%</b>
On two or three days a week	13	33%	48	48%	58	41%	61	36%	47	29%	28	30%	<b>255</b>	<b>36%</b>
Once or twice a month	12	31%	27	27%	28	20%	26	15%	16	10%	9	9%	<b>118</b>	<b>17%</b>
Once every couple of months	2	5%	4	4%	5	3%	2	1%	2	1%	2	2%	<b>17</b>	<b>2%</b>
Only very occasionally	8	21%	15	15%	22	15%	25	15%	31	19%	16	17%	<b>117</b>	<b>16%</b>
I totally abstain from alcohol	4	10%	3	3%	11	8%	10	6%	16	10%	13	14%	<b>57</b>	<b>8%</b>
<b>Total</b>	<b>39</b>	<b>100%</b>	<b>100</b>	<b>100%</b>	<b>143</b>	<b>100%</b>	<b>169</b>	<b>100%</b>	<b>164</b>	<b>100%</b>	<b>94</b>	<b>100%</b>	<b>709</b>	<b>100%</b>

**Table 6.3– Drinking habit by age for males**

	<b>18-24</b>		<b>25-34</b>		<b>35-44</b>		<b>45-54</b>		<b>55-64</b>		<b>65-74</b>		<b>Total</b>	
<b>How often do you drink alcohol?</b>	n	%	n	%	n	%	n	%	n	%	n	%	n	%
Almost every day			2	7%	10	21%	20	26%	27	38%	15	33%	<b>74</b>	<b>26%</b>
On two or three days a week	7	58%	17	56%	22	45%	30	40%	26	36%	17	38%	<b>119</b>	<b>42%</b>
Once or twice a month	2	17%	9	30%	7	14%	12	16%	5	7%	4	9%	<b>39</b>	<b>14%</b>
Once every couple of months			2	7%	3	6%					2	4%	<b>7</b>	<b>2%</b>
Only very occasionally	2	17%			5	10%	11	14%	8	11%	3	7%	<b>29</b>	<b>10%</b>
I totally abstain from alcohol	1	8%			2	4%	3	4%	6	8%	4	9%	<b>16</b>	<b>6%</b>
<b>Total</b>	<b>12</b>	<b>100%</b>	<b>30</b>	<b>100%</b>	<b>49</b>	<b>100%</b>	<b>76</b>	<b>100%</b>	<b>72</b>	<b>100%</b>	<b>45</b>	<b>100%</b>	<b>284</b>	<b>100%</b>

**Table 6.4– Drinking habit by age for females**

	<b>18-24</b>		<b>25-34</b>		<b>35-44</b>		<b>45-54</b>		<b>55-64</b>		<b>65-74</b>		<b>Total</b>	
<b>How often do you drink alcohol?</b>	n	%	n	%	n	%	n	%	n	%	n	%	n	%
Almost every day	0	0%	1	2%	9	10%	25	27%	25	27%	11	22%	<b>71</b>	<b>17%</b>
On two or three days a week	6	22%	31	44%	36	38%	31	33%	21	23%	11	22%	<b>136</b>	<b>32%</b>
Once or twice a month	10	37%	18	26%	21	22%	14	15%	11	12%	5	10%	<b>79</b>	<b>19%</b>
Once every couple of months	2	8%	2	3%	2	2%	2	2%	2	2%	0	0%	<b>10</b>	<b>2%</b>
Only very occasionally	6	22%	15	21%	17	18%	14	15%	23	25%	13	27%	<b>88</b>	<b>21%</b>
I totally abstain from alcohol	3	11%	3	4%	9	10%	7	8%	10	11%	9	19%	<b>41</b>	<b>9%</b>
<b>Total</b>	<b>27</b>	<b>100%</b>	<b>70</b>	<b>100%</b>	<b>94</b>	<b>100%</b>	<b>93</b>	<b>100%</b>	<b>92</b>	<b>100%</b>	<b>49</b>	<b>100%</b>	<b>425</b>	<b>100%</b>

**Table 6.6– Amount of alcohol drinking by age**

	<b>18-24</b>		<b>25-34</b>		<b>35-44</b>		<b>45-54</b>		<b>55-64</b>		<b>65-74</b>		<b>Total</b>	
<b>Average number of units alcohol drank per day (on days drank last week)</b>	<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>
1 or 2 units	7	31%	34	47%	55	52%	77	56%	63	56%	48	71%	<b>284</b>	<b>55%</b>
3 or 4 units	6	26%	15	21%	29	27%	36	26%	29	26%	18	26%	<b>133</b>	<b>26%</b>
5 to 8 units	7	30%	11	15%	17	16%	19	14%	16	14%	2	3%	<b>72</b>	<b>14%</b>
9 to 12 units	2	9%	5	7%	3	3%	3	2%	4	4%	0	0%	<b>17</b>	<b>3%</b>
More than 12 units	1	4%	7	10%	2	2%	2	2%	0	0%	0	0%	<b>12</b>	<b>2%</b>
<b>Total</b>	<b>23</b>	<b>100%</b>	<b>72</b>	<b>100%</b>	<b>106</b>	<b>100%</b>	<b>137</b>	<b>100%</b>	<b>112</b>	<b>100%</b>	<b>68</b>	<b>100%</b>	<b>518</b>	<b>100%</b>

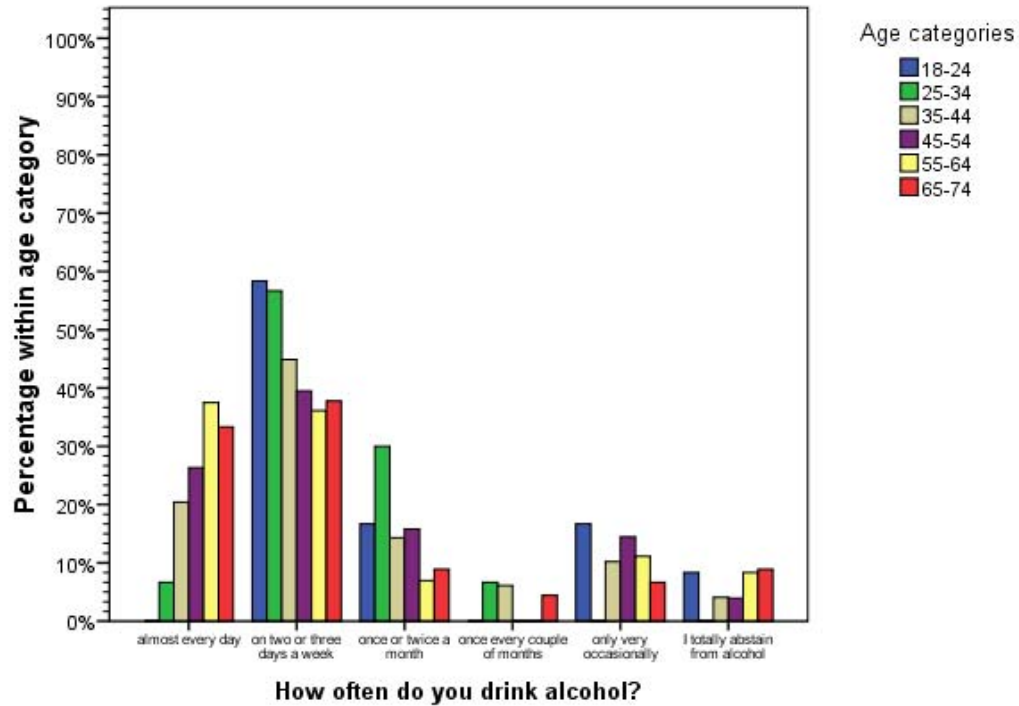
**Table 6.7– Amount of alcohol drinking by age for males**

	<b>18-24</b>		<b>25-34</b>		<b>35-44</b>		<b>45-54</b>		<b>55-64</b>		<b>65-74</b>		<b>Total</b>	
<b>Average number of units alcohol drank per day (on days drank last week)</b>	n	%	n	%	n	%	n	%	n	%	n	%	n	%
1 or 2 units	1	10%	7	26%	21	51%	33	49%	21	38%	19	53%	<b>102</b>	<b>43%</b>
3 or 4 units	2	20%	4	15%	5	12%	16	24%	19	35%	15	42%	<b>61</b>	<b>26%</b>
5 to 8 units	5	50%	7	26%	11	27%	15	22%	11	20%	2	5%	<b>51</b>	<b>21%</b>
9 to 12 units	2	20%	2	7%	2	5%	1	2%	4	7%	0	0%	<b>11</b>	<b>5%</b>
More than 12 units	0	0%	7	26%	2	5%	2	3%	0	0%	0	0%	<b>11</b>	<b>5%</b>
<b>Total</b>	<b>10</b>	<b>100%</b>	<b>27</b>	<b>100%</b>	<b>41</b>	<b>100%</b>	<b>67</b>	<b>100%</b>	<b>55</b>	<b>100%</b>	<b>36</b>	<b>100%</b>	<b>236</b>	<b>100%</b>

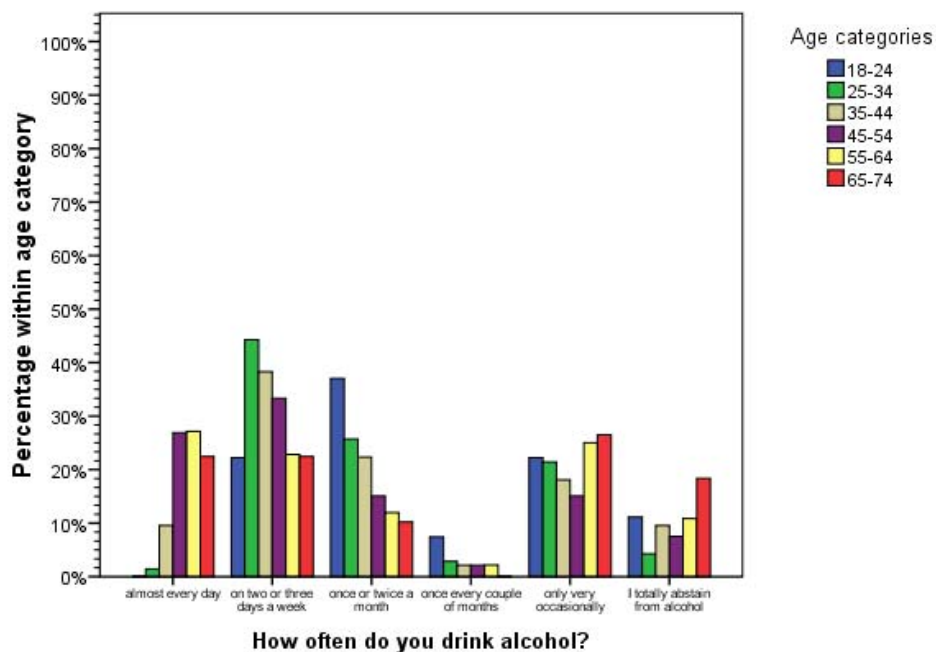
**Table 6.8– Amount of alcohol drinking by age for females**

	<b>18-24</b>		<b>25-34</b>		<b>35-44</b>		<b>45-54</b>		<b>55-64</b>		<b>65-74</b>		<b>Total</b>	
<b>Average number of units alcohol drank per day (on days drank last week)</b>	n	%	n	%	n	%	n	%	n	%	n	%	n	%
1 or 2 units	6	46%	27	60%	34	52%	44	63%	42	74%	29	91%	<b>182</b>	<b>65%</b>
3 or 4 units	4	31%	11	24%	24	37%	20	28%	10	17%	3	9%	<b>72</b>	<b>25%</b>
5 to 8 units	2	15%	4	9%	6	9%	4	6%	5	9%	0	0%	<b>21</b>	<b>7%</b>
9 to 12 units	0	0%	3	7%	1	2%	2	3%	0	0%	0	0%	<b>6</b>	<b>2%</b>
More than 12 units	1	8%	0	0%	0	0%	0	0%	0	0%	0	0%	<b>1</b>	<b>1%</b>
<b>Total</b>	<b>13</b>	<b>100%</b>	<b>45</b>	<b>100%</b>	<b>65</b>	<b>100%</b>	<b>70</b>	<b>100%</b>	<b>57</b>	<b>100%</b>	<b>32</b>	<b>100%</b>	<b>282</b>	<b>100%</b>

**Figure 6.1 - Drinking habit by age for males**



**Figure 6.2 - Drinking habit by age for females**





## Amount of alcohol consumed

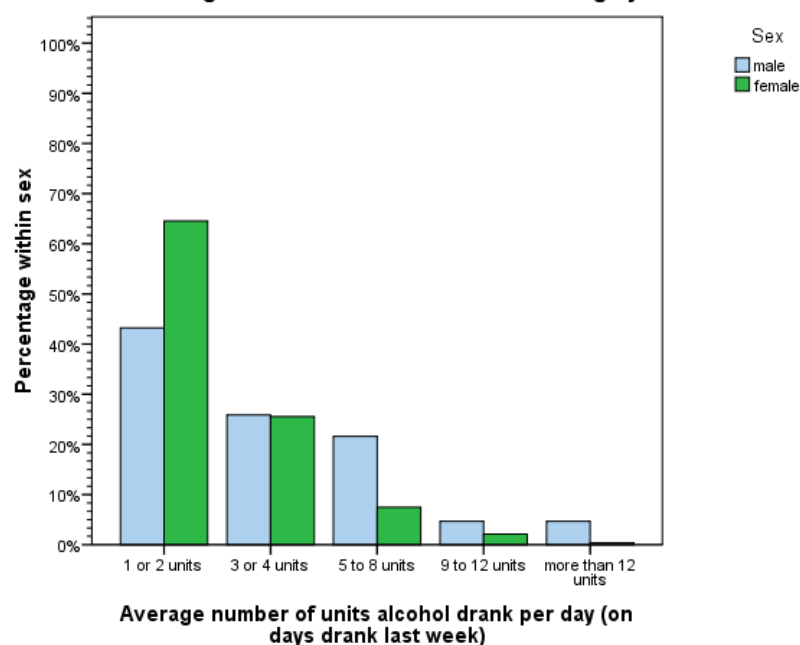
To be consistent with previous reports, the number of units of alcohol drunk refers to the average on a day when alcohol is consumed, so has been calculated by adding the number of units recorded for each day of the preceding week and dividing by the number of drinking days.

On drinking days, the average amount of alcohol consumed seemed quite low, with just over half drinking one or two units (Table 6.5, Fig 6.3). A quarter said they drank three or four units a day, and the rest (19%) drank 5 or more units a day. Women were much more likely to be drinking lightly, and men were more likely to drink five or more units on a typical drinking day (Pearson chi-squared = 42.00, df = 4,  $p < .001$ ).

**Table 6.5– Drinking habit by sex**

Average number of units alcohol drank per day (on days drank last week)	Male		Female		Total	
	n	%	n	%	n	%
1 or 2 units	102	43%	182	64%	<b>284</b>	<b>55%</b>
3 or 4 units	61	26%	72	26%	<b>133</b>	<b>26%</b>
5 to 8 units	51	21%	21	7%	<b>72</b>	<b>14%</b>
9 to 12 units	11	5%	6	2%	<b>17</b>	<b>3%</b>
More than 12 units	11	5%	1	1%	<b>12</b>	<b>2%</b>
<b>Total</b>	<b>236</b>	<b>100%</b>	<b>282</b>	<b>100%</b>	<b>518</b>	<b>100%</b>

**Figure 6.3 - Amount of alcohol drinking by sex**



Patterns of drinking differed significantly across the age-groups, with more older people having a couple of drinks, and more under 35 drinking larger quantities on the days when they drank (Table 6.6, Fig 6.4). Age differences were seen for both genders (Table 6.7, 6.8, Fig 6.5, 6.6), but were accentuated for men. Whereas very few (9%) women over 65 had more than a couple of drinks a day, nearly half the men (47%) drank more, although none of the men in this age-group drank more than eight units a day. 19% (7/37) under 35 year old men drank over 12 units a day. Younger men were also more likely to be drinking between 5 and 12 units a day (43% under 35, compared to 16% of women aged under 35, and 17% for all persons and all ages combined).

**Figure 6.4 - Amount of alcohol drinking by age**

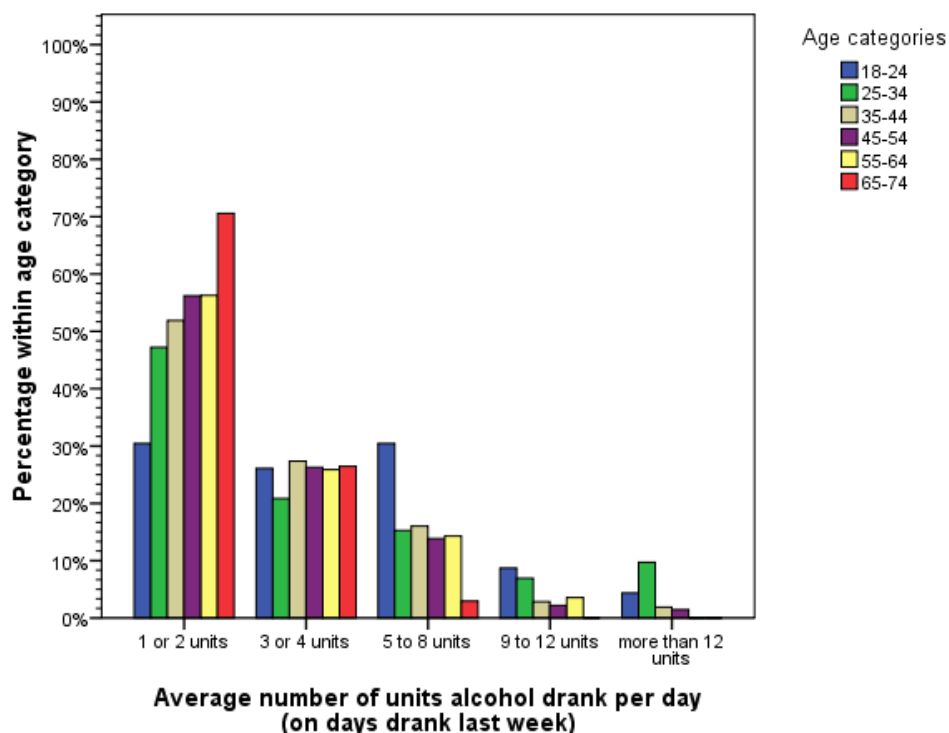


Figure 6.5 - Amount of alcohol drinking by age for males

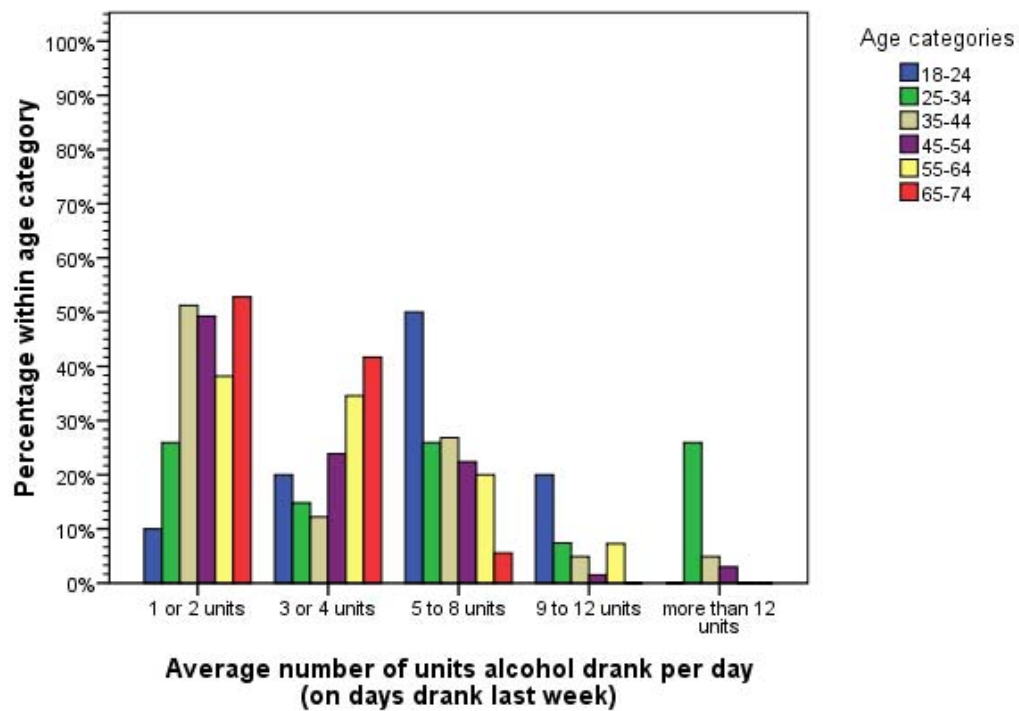
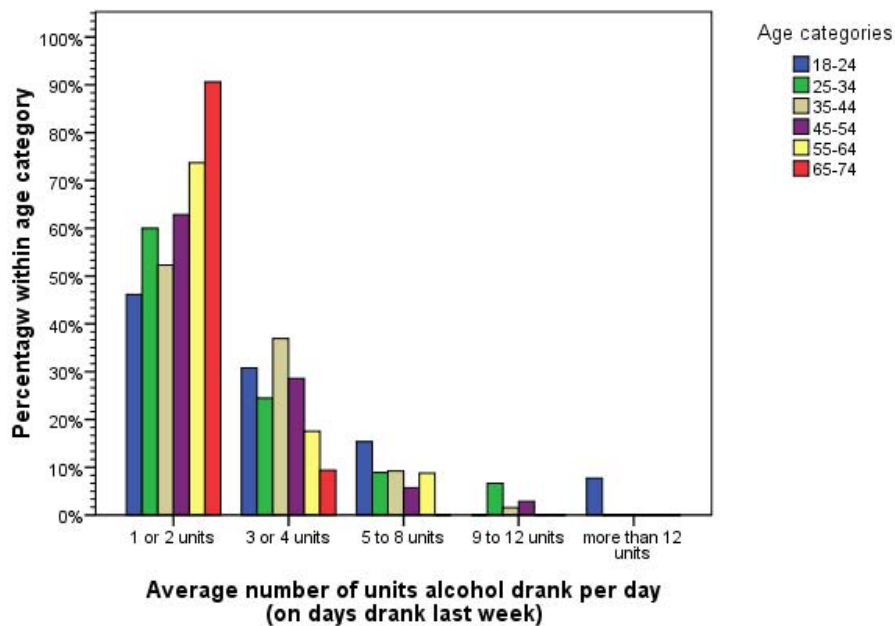


Figure 6.6 - Amount of alcohol drinking by age for females



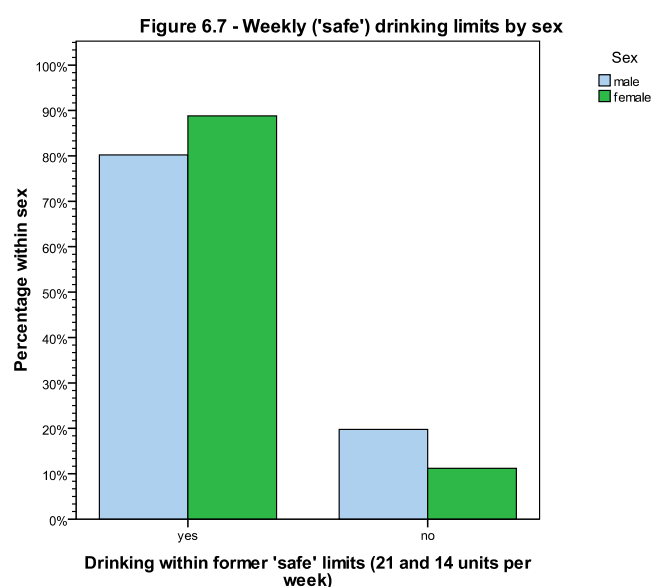
## Total alcohol units in a week

Prior to recommended daily alcohol limits, the definition of 'safe' drinking had been based on the weekly total of units of alcohol, with the safe limit being no more than 21 units for men and 14 units for women. As drinking patterns have shifted towards fewer and more heavy drinking sessions, these weekly limits could not be guaranteed to be safe, so the term has been dropped. Nevertheless, weekly totals are included in this report to enable comparison with previous years.

Adding up the units people recorded for each day, this survey showed that 20% of men and 11% of women were drinking above the old recommended weekly limits (Table 6.9, Fig 6.7, Pearson chi-squared = 9.13, df = 1, p = .003). This was most prevalent for men aged between 55 and 64 (28%), and least for women under 35 (6%). Drinking above the weekly limit was also quite rare for men and women in the oldest age bracket (9% aged 65-74), but the age differences were not statistically significant. See Tables 6.10 - 6.12 and Figs 6.8, 6.9.

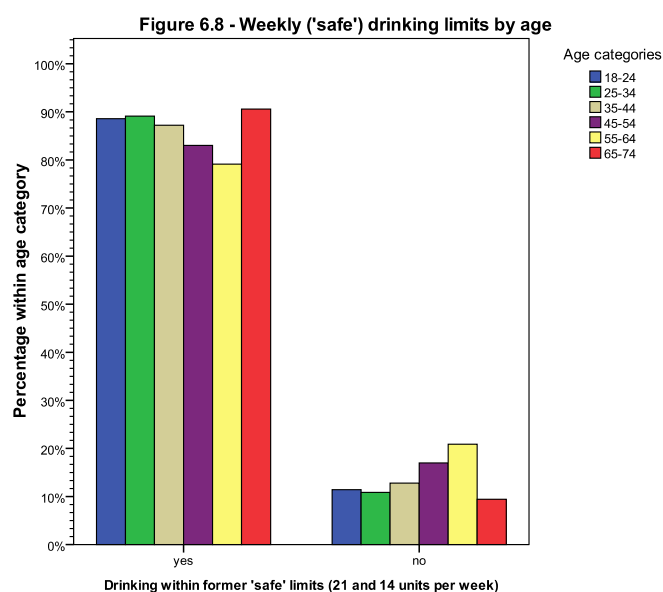
**Table 6.9– Weekly drinking limits by sex**

Drinking within former 'safe' limits (21 and 14 units per week)	Yes		No		Total	
	n	%	n	%	n	%
Male	215	80%	53	20%	268	100%
Female	333	89%	42	11%	375	100%
<b>Total</b>	<b>548</b>	<b>85%</b>	<b>95</b>	<b>15%</b>	<b>643</b>	<b>100%</b>



**Table 6.10– Weekly drinking limits by age**

Drinking within former 'safe' limits (21 and 14 units per week)	Yes		No		Total	
	n	%	n	%	n	%
18-24	31	89%	4	11%	<b>35</b>	<b>100%</b>
25-34	82	89%	10	11%	<b>92</b>	<b>100%</b>
35-44	116	87%	17	13%	<b>133</b>	<b>100%</b>
45-54	132	83%	27	17%	<b>159</b>	<b>100%</b>
55-64	110	79%	29	21%	<b>139</b>	<b>100%</b>
65-74	77	91%	8	9%	<b>85</b>	<b>100%</b>
<b>Total</b>	<b>548</b>	<b>85%</b>	<b>95</b>	<b>15%</b>	<b>643</b>	<b>100%</b>



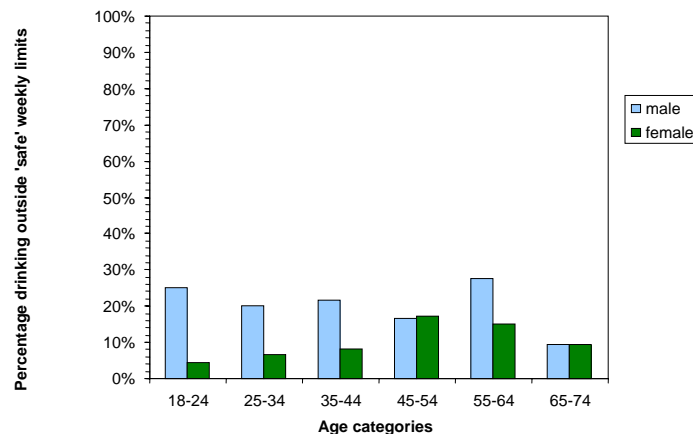
**Table 6.11– Weekly drinking limits by age for males**

Drinking within former 'safe' limits (21 units per week)	Yes		No		Total	
	n	%	n	%	n	%
18-24	9	75%	3	25%	<b>12</b>	<b>100%</b>
25-34	24	80%	6	20%	<b>30</b>	<b>100%</b>
35-44	36	78%	10	22%	<b>46</b>	<b>100%</b>
45-54	60	83%	12	17%	<b>72</b>	<b>100%</b>
55-64	47	72%	18	28%	<b>65</b>	<b>100%</b>
65-74	39	91%	4	9%	<b>43</b>	<b>100%</b>
<b>Total</b>	<b>215</b>	<b>80%</b>	<b>53</b>	<b>20%</b>	<b>268</b>	<b>100%</b>

**Table 6.12– Weekly drinking limits by age for females**

Drinking within former 'safe' limits (14 units per week)	Yes		No		Total	
	n	%	n	%	n	%
18-24	22	96%	1	4%	<b>23</b>	<b>100%</b>
25-34	58	93%	4	7%	<b>62</b>	<b>100%</b>
35-44	80	92%	7	8%	<b>87</b>	<b>100%</b>
45-54	72	83%	15	17%	<b>87</b>	<b>100%</b>
55-64	63	85%	11	15%	<b>74</b>	<b>100%</b>
65-74	38	91%	4	9%	<b>42</b>	<b>100%</b>
<b>Total</b>	<b>333</b>	<b>89%</b>	<b>42</b>	<b>11%</b>	<b>375</b>	<b>100%</b>

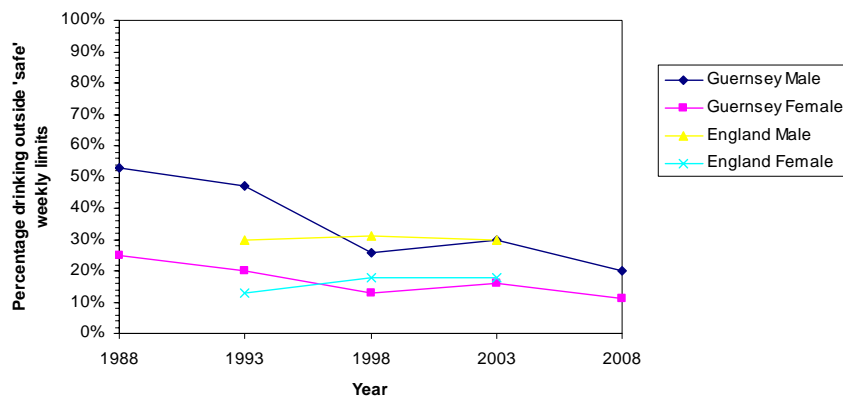
**Figure 6.9 - Percentage drinking outside weekly ('safe') limits by age and sex**



### **Comparison with England data**

Over time, the number of people drinking over the weekly limits in Guernsey had reduced and got closer to the England average, and the 2008 figures showed a continuation of the downward trend for Guernsey (Fig 6.10). Comparable figures were not published for England in 2007 when the emphasis shifted to monitoring daily limits to drinking.

**Figure 6.10 - Drinking outside weekly ('safe') limits over time**



### **Amount of alcohol drunk on one day**

An alternative definition for sensible drinking is based on not regularly exceeding 3-4 units for men and 2-3 for women per day, with the current terminology calling this 'lower risk' drinking. In 2008, survey respondents provided a daily record of units consumed, which was checked to see if the limit was ever exceeded in the previous week. Not surprisingly there were more men drinking in excess of four units on one day than there were women exceeding three units on one day (Table 6.13, z-score = 3.56,  $p < .001$ ).

Care should be taken when comparing 2008 results in Guernsey with those from 2003, as there were differences in the way the alcohol units were gathered. In 2003, both the question about frequency of drinking and the question on quantity presented categories for people to choose: with the units being 1-2 units, 3-4, 5-8, 9-12, more than 12. The two answers were multiplied together to get units per week. Given the available data in 2003, the daily drinking limit (now called lower risk) was based on the average number of units people said they drank on drinking days, rather than the highest number of units consumed on one day. In 2008 the questions on drinking were slightly differently framed in order to be able to see the pattern of drinking through the week. People were asked to write down the number of units drunk each day over the previous week. A simple sum of these gave the weekly total average units could be calculated for each drinking day, and the risk level could be established by scanning the number of units each day. It was hoped that the 2008 format would get a more accurate total of units across a week. The daily recording of units in 2008, compared to an average daily consumption recorded in 2003, is likely to pick up more people going over the daily limit.

Compared to 2003 there were reductions in the quantity of alcohol consumed, for example, fewer people under 35 were drinking over 8 units on a drinking day in 2008 (16% compared to 27% in 2003). Also fewer were drinking above the old weekly limits (20% in 2008 compared to 30% in 2003 for men, and 11% compared to 16% for women). This was because fewer women under 45, and fewer men of all ages drank over the old weekly limit. The daily lower risk drinking limit was breached much more often in 2008, which is not surprising when comparing actual units drunk each day with the average that the 2003 survey provided. More men (43% of men compared to 29% of women) were at increasing risk from alcohol, as they drank more than four and three units respectively on a drinking day. Risky drinking was also more common among younger people, as 67% of men aged under 25 drank at increasing or higher risk levels, compared to 44% aged 25-64, and 33% aged 65-74. The corresponding figures for women were 39% under 25 drank at increasing or higher risk levels, as did 32% aged 25-64, falling to only 5% aged 65-74.



**Table 6.13– Lower risk drinking by age and sex**  
**(no more 4 units in a day for males or 3 units in a day for females)**

<b>Drinking within lower risk limits</b>	<b>Yes</b>		<b>No</b>		<b>Total</b>	
<b>Male</b>	n	%	n	%	n	%
18-24	4	33%	8	67%	<b>12</b>	<b>100%</b>
25-34	13	43%	17	57%	<b>30</b>	<b>100%</b>
35-44	28	61%	18	39%	<b>46</b>	<b>100%</b>
45-54	43	60%	29	40%	<b>72</b>	<b>100%</b>
55-64	36	55%	29	45%	<b>65</b>	<b>100%</b>
65-74	29	67%	14	33%	<b>43</b>	<b>100%</b>
<b>Total</b>	<b>153</b>	<b>57%</b>	<b>115</b>	<b>43%</b>	<b>268</b>	<b>100%</b>
<b>Female</b>	n	%	n	%	n	%
18-24	14	61%	9	39%	<b>23</b>	<b>100%</b>
25-34	43	69%	19	31%	<b>62</b>	<b>100%</b>
35-44	55	63%	32	37%	<b>87</b>	<b>100%</b>
45-54	56	64%	31	36%	<b>87</b>	<b>100%</b>
55-64	57	77%	17	23%	<b>74</b>	<b>100%</b>
65-74	40	95%	2	5%	<b>42</b>	<b>100%</b>
<b>Total</b>	<b>265</b>	<b>71%</b>	<b>110</b>	<b>29%</b>	<b>375</b>	<b>100%</b>

### **Cutting down**

When asked about cutting back on their drinking, the great majority (91%) who kept within the old weekly limit did not want to change, whereas approaching half (45%) of those drinking above the weekly limits said they would like to drink less or stop (Table 6.14 Pearson chi-squared = 81.87, df = 2, p < .001). Answers were much the same for men and women and quite similar to what was said in the 2003 survey (Tables 6.15, 6.16).

**Table 6.14– Whether person would like to cut back on weekly level of alcohol drinking**

Would you like to reduce your level of drinking?	Drinking within former 'safe' limits (21 and 14 units per week)					
	Yes		No		Total	
	n	%	n	%	n	%
No I do not want to change my present level of drinking alcohol	435	91%	51	55%	<b>486</b>	<b>85%</b>
Yes, I would like to drink less alcohol	37	8%	37	40%	<b>74</b>	<b>13%</b>
Yes, I would like to stop drinking	5	1%	5	5%	<b>10</b>	<b>2%</b>
<b>Total</b>	<b>477</b>	<b>100%</b>	<b>93</b>	<b>100%</b>	<b>570</b>	<b>100%</b>

**Table 6.15– Whether person would like to cut back on weekly level of alcohol drinking for  
males**

Would you like to reduce your level of drinking?	Drinking within former 'safe' limits (21 units per week)					
	Yes		No		Total	
	n	%	n	%	n	%
No I do not want to change my present level of drinking alcohol	177	90%	30	58%	<b>207</b>	<b>83%</b>
Yes, I would like to drink less alcohol	18	9%	18	34%	<b>36</b>	<b>15%</b>
Yes, I would like to stop drinking	2	1%	4	8%	<b>6</b>	<b>2%</b>
<b>Total</b>	<b>197</b>	<b>100%</b>	<b>52</b>	<b>100%</b>	<b>249</b>	<b>100%</b>

**Table 6.16– Whether person would like to cut back on weekly level of alcohol drinking for females**

Would you like to reduce your level of drinking?	Drinking within former 'safe' limits (14 units per week)					
	Yes		No		Total	
	n	%	n	%	n	%
No I do not want to change my present level of drinking alcohol	258	92%	21	51%	<b>279</b>	<b>87%</b>
Yes, I would like to drink less alcohol	19	7%	19	46%	<b>38</b>	<b>12%</b>
Yes, I would like to stop drinking	3	1%	1	3%	<b>4</b>	<b>1%</b>
<b>Total</b>	<b>280</b>	<b>100%</b>	<b>41</b>	<b>100%</b>	<b>321</b>	<b>100%</b>

### Drinking style

The same five drinking styles were used as in the previous survey. Those who did not drink at all were classified as 'abstainers', and those who drank on fewer than three days a week were classified as 'light (infrequent)'. Of those drinking on most days, 'light (frequent)' represents those who drank on average 0.5 and 4.5 units a day, 'moderate' is between 4.5 and 8.5 units, and heavy is 8.5 units a day. This measure of drinking is perhaps less suitable to capture the shift towards younger people drinking quite heavily but not very frequently. Whatever quantity infrequent drinkers consume they will always be classified as 'light (infrequent)'. In 2003 there were 1% of heavy drinkers, and in 2008 there were none.

As well as showing gender differences, this measure identified that across increasing age-groups there was an increasing proportion of daily drinkers, however in the oldest age-group these were only light drinkers. See Tables 6.17-6.20 and Figs 6.11, 6.12)

**Table 6.17– Drinking style by sex**

Style of drinking	Male		Female		Total	
	n	%	n	%	n	%
Abstainer	16	6%	41	10%	<b>57</b>	<b>8%</b>
Light (infrequent)	194	69%	313	74%	<b>507</b>	<b>72%</b>
Light (frequent)	52	19%	66	15%	<b>118</b>	<b>17%</b>
Moderate	18	6%	2	1%	<b>20</b>	<b>3%</b>
<b>Total</b>	<b>280</b>	<b>100%</b>	<b>422</b>	<b>100%</b>	<b>702</b>	<b>100%</b>

There were no responders in the 'heavy' category

**Table 6.18– Amount of alcohol drinking by age**

	<b>18-24</b>		<b>25-34</b>		<b>35-44</b>		<b>45-54</b>		<b>55-64</b>		<b>65-74</b>		<b>Total</b>	
<b>Style of drinking</b>	n	%	n	%	n	%	n	%	n	%	n	%	n	%
Abstainer	4	10%	3	3%	11	8%	10	6%	16	10%	13	14%	<b>57</b>	<b>8%</b>
Light (infrequent)	35	90%	94	95%	113	80%	114	68%	96	60%	55	59%	<b>507</b>	<b>72%</b>
Light (frequent)	0	0	2	2%	15	10%	36	21%	40	25%	25	27%	<b>118</b>	<b>17%</b>
Moderate	0	0	0	0	3	2	8	5%	9	5%	0	0	<b>20</b>	<b>3%</b>
<b>Total</b>	<b>39</b>	<b>100%</b>	<b>99</b>	<b>100%</b>	<b>142</b>	<b>100%</b>	<b>168</b>	<b>100%</b>	<b>161</b>	<b>100%</b>	<b>93</b>	<b>100%</b>	<b>702</b>	<b>100%</b>

There were no responders in the 'heavy' category

**Table 6.19– Amount of alcohol drinking by age males**

	<b>18-24</b>		<b>25-34</b>		<b>35-44</b>		<b>45-54</b>		<b>55-64</b>		<b>65-74</b>		<b>Total</b>	
<b>Style of drinking</b>	n	%	n	%	n	%	n	%	n	%	n	%	n	%
Abstainer	1	8%	0	0	2	4%	3	4%	6	9%	4	9%	<b>16</b>	<b>6%</b>
Light (infrequent)	11	92%	28	97%	37	77%	53	70%	39	55%	26	59%	<b>194</b>	<b>69%</b>
Light (frequent)	0	0	1	3%	6	13%	13	17%	18	25%	14	32%	<b>52</b>	<b>19%</b>
Moderate	0	0	0	0	3	6%	7	9%	8	11%	0	0	<b>18</b>	<b>6%</b>
<b>Total</b>	<b>12</b>	<b>100%</b>	<b>29</b>	<b>100%</b>	<b>48</b>	<b>100%</b>	<b>76</b>	<b>100%</b>	<b>71</b>	<b>100%</b>	<b>44</b>	<b>100%</b>	<b>280</b>	<b>100%</b>

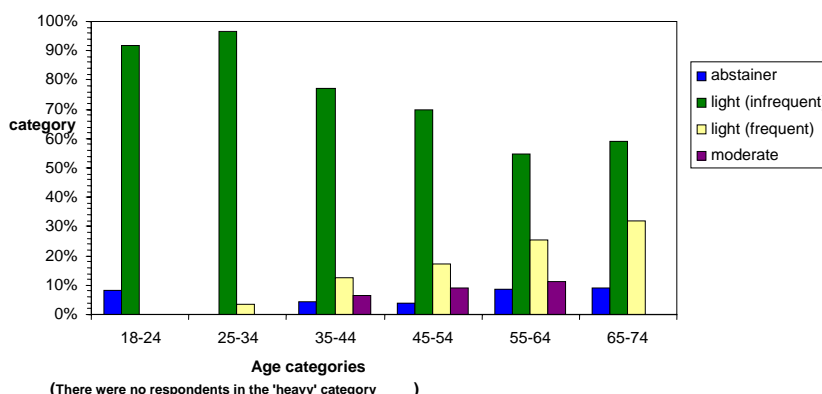
There were no responders in the 'heavy' category

**Table 6.20– Amount of alcohol drinking by age for females**

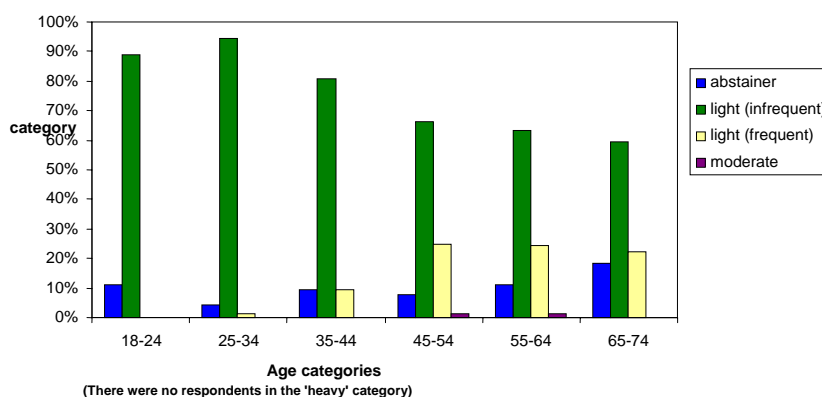
Style of drinking	18-24		25-34		35-44		45-54		55-64		65-74		Total	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
Abstainer	3	11%	3	4%	9	9%	7	8%	10	11%	9	18%	<b>41</b>	<b>10%</b>
Light (infrequent)	24	89%	66	94%	76	81%	61	66%	57	63%	29	59%	<b>313</b>	<b>74%</b>
Light (frequent)			1	2%	9	10%	23	25%	22	25%	11	23%	<b>66</b>	<b>15%</b>
Moderate							1	1%	1	1%			<b>2</b>	<b>1%</b>
<b>Total</b>	<b>27</b>	<b>100%</b>	<b>70</b>	<b>100%</b>	<b>94</b>	<b>100%</b>	<b>168</b>	<b>100%</b>	<b>90</b>	<b>100%</b>	<b>49</b>	<b>100%</b>	<b>422</b>	<b>100%</b>

There were no responders in the 'heavy' category

**Figure 6.11 - Drinking style by age for males**  
Percentage drinking style within age

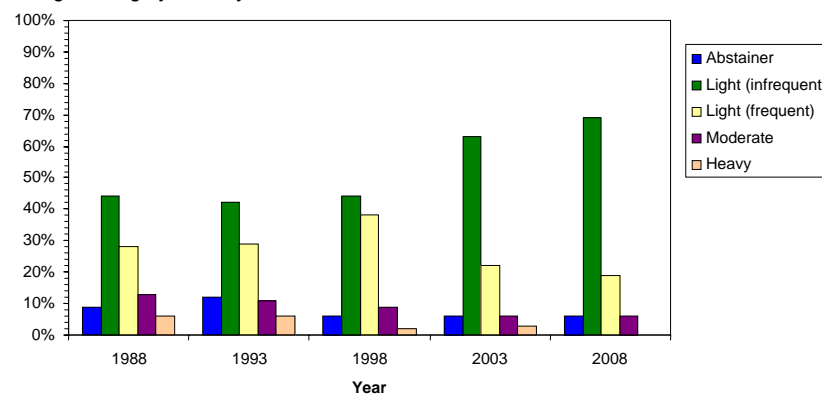


**Figure 6.12 - Drinking style by age for females**  
Percentage drinking style within age



Moderate and heavy drinking among men has reduced over the last 20 years (Tables 6.21, 6.22, Figs 6.13, 6.14). The proportion of women who did not drink at all had been falling, but in 2008 seemed to have levelled out. There was a continuing increase in the category of 'light (infrequent)' drinkers, but as already pointed out, although these did not drink every day, they may have consumed quite large quantities.

**Figure 6.13 - Drinking style over time for males**  
Percentage drinking style within year



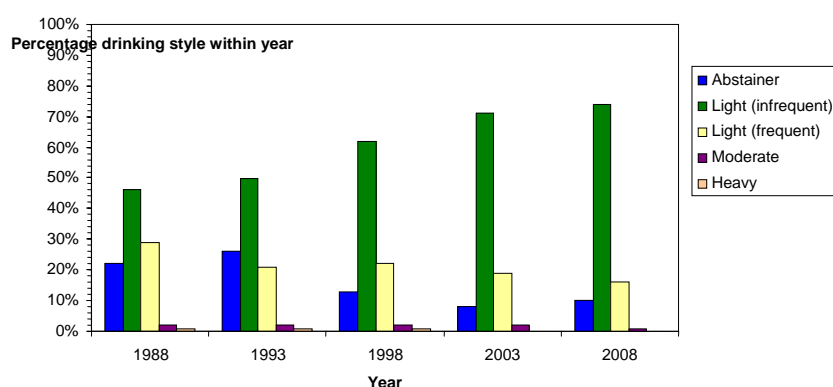
**Table 6.21– Drinking style over time for males in Guernsey**

Survey Year	Abstainer		Light (infrequent)		Light (frequent)		Moderate		Heavy	
1988	9%	(22/237)	44%	(105/237)	28%	(66/237)	13%	(30/237)	6%	(14/237)
1993	12%	(32/259)	42%	(108/259)	29%	(74/259)	11%	(29/259)	6%	(16/259)
1998	6%	(18/282)	44%	(124/282)	38%	(108/282)	9%	(26/282)	2%	(2/282)
2003	6%	(16/269)	63%	(169/269)	22%	(60/269)	6%	(16/269)	3%	(8/269)
2008	6%	(16/280)	69%	(194/280)	19%	(62/280)	6%	(18/280)	0%	(0/280)

**Table 6.22– Drinking style over time for females in Guernsey**

Survey Year	Abstainer		Light (infrequent)		Light (frequent)		Moderate		Heavy	
1988	22%	(67/304)	46%	(139/304)	29%	(88/304)	2%	(6/304)	1%	(4/304)
1993	26%	(86/330)	50%	(165/330)	21%	(70/330)	2%	(7/330)	1%	(2/330)
1998	13%	(70/522)	62%	(324/522)	22%	(115/522)	2%	(10/522)	1%	(3/522)
2003	8%	(32/421)	71%	(297/421)	19%	(82/421)	2%	(8/421)	0%	(2/421)
2008	10%	(41/422)	74%	(313/422)	16%	(66/422)	1%	(2/422)	0%	(0/422)

**Figure 6.14 - Drinking style over time for females**



Light (infrequent) drinkers are most likely to be happy with their level of drinking, and with increasing drinking styles, more people said they would like to drink less alcohol (Table 6.23).

**Table 6.23– Whether person would like to cut back on the level of alcohol drinking by drinking style**

Style of drinking	Light (infrequent)		Light (frequent)		Moderate		Total	
	n	%	n	%	n	%		
<b>No I do not wish to change my present level of drinking alcohol</b>	438	90%	93	77%	11	55%	<b>542</b>	<b>87%</b>
<b>Yes, I would like to drink less alcohol</b>	39	8%	27	22%	9	45%	<b>75</b>	<b>12%</b>
<b>Yes, I would like to stop drinking</b>	8	2%	1	1%	0	0	<b>9</b>	<b>1%</b>
<b>Total</b>	<b>485</b>	<b>100%</b>	<b>121</b>	<b>100%</b>	<b>20</b>	<b>100%</b>	<b>626</b>	<b>100%</b>

There were no responders in the 'heavy' category. Abstainers were not asked this question.

There were some quite distinct drinking patterns when these were tabulated by drinking style and desire to drink less. The light (infrequent) drinkers had on average 2 drinking days per week, when they consumed 3 units, making 7 units per week (Table 6.24). Light (frequent) drinkers drank far more often (6.3 days per week), but only 2.5 units each day, making a total of 15.8 units. Moderate drinkers had 6.0 drinking days, with a much higher average consumption (6.2 units per drinking day) totalling 37.1 units per week.

**Table 6.24– Drinking days and alcohol units consumed by style of drinking (mean)**

Style of drinking	Number of days drank alcohol in the last week	Average number of units of alcohol drank per day (on days drank last week)	Total Units
Light (infrequent)	2.06	3.12	<b>7.12</b>
Light (frequent)	6.29	2.51	<b>15.76</b>
Moderate	5.95	6.21	<b>37.10</b>
<b>Total</b>	<b>3.06</b>	<b>3.10</b>	<b>9.92</b>



**Table 6.25– Drinking days and alcohol units consumed by cutting back on drinking (mean)**

<b>Style of drinking</b>	<b>Number of days drank alcohol in the last week</b>	<b>Average number of units of alcohol drank per day (on days drank last week)</b>	<b>Total Units</b>
Light (infrequent)	2.89	2.78	<b>8.54</b>
Light (frequent)	4.59	4.80	<b>19.13</b>
Moderate	3.00	8.92	<b>29.50</b>
<b>Total</b>	<b>3.11</b>	<b>3.15</b>	<b>10.28</b>

When asked what would help someone who wanted to reduce their drinking, will-power came out on top (Table 6.26). Although the alcohol reduction factors came out in a ranking, the big difference here was in the way each drinking style rated them – most of the light (infrequent) drinkers (76-90%) said the strategies would help, whereas 9-21% of light (frequent) drinkers thought they would help, and very few (0-3.6%) of the moderate drinkers thought they would help (Table 6.27).

**Table 6.26 – Factors helpful for people wanting to drink less alcohol**

	<b>n</b>	<b>%</b>
Your own will power	487	72%
Encouragement and support from family and friends	227	33%
Advice from a doctor or other health professional	223	33%
Labels specifying total units contained in bottles	184	27%
Cheaper non-alcoholic drinks in public houses	179	26%
Advice from an alcohol counsellor	129	19%
An organised group of people who want to drink less	118	17%
A booklet offering advice and practical tips	108	16%
More tax on alcohol	95	14%
Changes in licensing laws	73	11%
Restriction on sales (i.e. fewer places selling alcohol)	68	10%
Restrictions on advertising	62	9%
Other	25	4%
<b>Total respondents</b>	<b>677</b>	

Respondents who abstained from drinking alcohol were not asked to answer this question.

**Table 6.27– Alcohol reduction strategies by drinking style**

	Light (infrequent)		Light (frequent)		Moderate		Total	
	n	%	n	%	n	%		
Your own will power	360	76%	97	0%	17	4%	<b>474</b>	<b>100%</b>
Encouragement and support from family and friends	186	84%	32	14%	5	2%	<b>223</b>	<b>100%</b>
Advice from a doctor or other health professional	174	79%	45	20%	1	1%	<b>220</b>	<b>100%</b>
Labels specifying total units contained in bottles	147	81%	30	17%	4	2%	<b>181</b>	<b>100%</b>
Cheaper non-alcoholic drinks in public houses	148	84%	26	15%	2	1%	<b>176</b>	<b>100%</b>
Advice from an alcohol counsellor	112	90%	12	9%	1	1%	<b>125</b>	<b>100%</b>
An organised group of people who want to drink less	100	87%	13	11%	2	2%	<b>115</b>	<b>100%</b>
A booklet offering advice and practical tips	84	80%	19	18%	2	2%	<b>105</b>	<b>100%</b>
More tax on alcohol	73	78%	19	20%	2	2%	<b>94</b>	<b>100%</b>
Changes in licensing laws	64	90%	6	9%	1	1%	<b>71</b>	<b>100%</b>
Restriction on sales (i.e. fewer places selling alcohol)	55	85%	8	12%	2	3%	<b>65</b>	<b>100%</b>
Restrictions on advertising	50	82%	9	15%	2	3%	<b>61</b>	<b>100%</b>
Other	20	87%	3	13%	0	0	<b>23</b>	<b>100%</b>
<b>Total</b>	<b>515</b>	<b>78%</b>	<b>123</b>	<b>19%</b>	<b>20</b>	<b>3%</b>	<b>658</b>	<b>100%</b>

There were no responders in the 'heavy' category. Abstainers were not asked this question.

## 7. WEIGHT AND DIET

This chapter reports on perceived body weight and the body mass index, calculated from respondents' self-reported height and weight (see bodyweight questions 11-12 and 14-15 in Appendix 2). Questions on diet asked about any changes that had been made, what barriers there were to healthy eating, and how healthy people thought their diet was. There was a new question on the number of portions of fruit and vegetables consumed per day (see diet questions 3-6 in Appendix 2). A question on the reasons for changing diet was dropped this year.

### Weight

About half thought they were normal weight or underweight, and half thought they were overweight, very overweight or were not sure (Table 7.1).

**Table 7.1 – Perception of body weight**

	<b>n</b>	<b>%</b>
I am underweight	21	3%
I am about the right weight	329	46%
I am overweight	294	41%
I am very overweight	47	7%
I am not sure about my weight	21	3%
<b>Total</b>	<b>712</b>	<b>100%</b>

There was not much difference in these perceptions between men and women (Table 7.2, Fig 7.1). There were differences with age, as older age-groups reported greater bodyweight, until age 65-74 where there were fewer saying they were very overweight (Table 7.3, Fig 7.2).

**Table 7.2– Perception of body weight by sex**

<b>Which of the following best describes you?</b>	<b>Male</b>		<b>Female</b>		<b>Total</b>	
	<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>
I am underweight	11	4%	9	2%	<b>20</b>	<b>3%</b>
I am about the right weight	124	45%	199	47%	<b>323</b>	<b>46%</b>
I am overweight	120	44%	168	40%	<b>288</b>	<b>41%</b>
I am very overweight	13	5%	33	8%	<b>46</b>	<b>7%</b>
I am not sure about my weight	6	2%	15	3%	<b>21</b>	<b>3%</b>
<b>Total</b>	<b>274</b>	<b>100%</b>	<b>424</b>	<b>100%</b>	<b>698</b>	<b>100%</b>

Figure 7.1 - Perception of body weight by sex

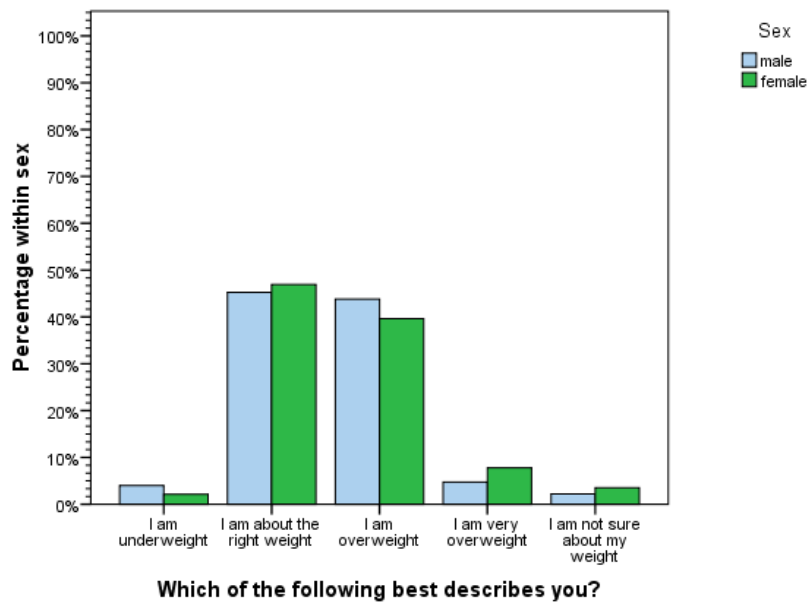
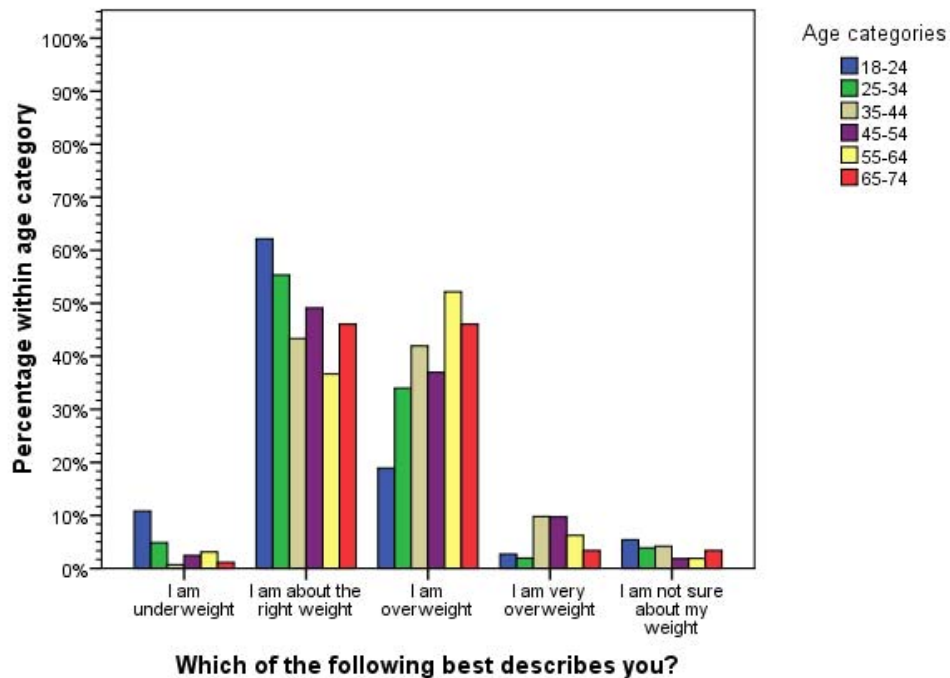


Figure 7.2 - Perception of body weight by age



**Table 7.3– Perception of body weight by age**

Which of the following best describes you?	18-24		25-34		35-44		45-54		55-64		65-74		Total	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
I am underweight	4	11%	5	5%	1	1%	4	2%	5	3%	1	1%	<b>20</b>	<b>3%</b>
I am about the right weight	23	62%	57	55%	62	43%	81	49%	59	37%	41	46%	<b>323</b>	<b>46%</b>
I am overweight	7	19%	35	34%	60	42%	61	37%	84	52%	41	46%	<b>288</b>	<b>41%</b>
I am very overweight	1	3%	2	2%	14	10%	16	10%	10	6%	3	4%	<b>46</b>	<b>7%</b>
I am not sure about my weight	2	5%	4	4%	6	4%	3	2%	3	2%	3	3%	<b>21</b>	<b>3%</b>
<b>Total</b>	<b>37</b>	<b>100%</b>	<b>103</b>	<b>100%</b>	<b>143</b>	<b>100%</b>	<b>165</b>	<b>100%</b>	<b>161</b>	<b>100%</b>	<b>89</b>	<b>100%</b>	<b>698</b>	<b>100%</b>

**Table 7.4– Perception of body weight by age for males**

<b>Which of the following best describes you?</b>	<b>18-24</b>		<b>25-34</b>		<b>35-44</b>		<b>45-54</b>		<b>55-64</b>		<b>65-74</b>		<b>Total</b>	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
I am underweight	2	18%	3	9%	1	2%	3	4%	2	2%			11	4%
I am about the right weight	7	64%	22	69%	22	46%	30	42%	27	39%	16	39%	124	45%
I am overweight	1	9%	6	19%	17	36%	37	51%	34	49%	25	61%	120	44%
I am very overweight			1	3%	5	10%	2	3%	5	7%			13	5%
I am not sure about my weight	1	9%			3	6%			2	3%			6	2%
<b>Total</b>	<b>11</b>	<b>100%</b>	<b>32</b>	<b>100%</b>	<b>48</b>	<b>100%</b>	<b>72</b>	<b>100%</b>	<b>70</b>	<b>100%</b>	<b>41</b>	<b>100%</b>	<b>274</b>	<b>100%</b>

**Table 7.5– Perception of body weight by age for females**

<b>Which of the following best describes you?</b>	<b>18-24</b>		<b>25-34</b>		<b>35-44</b>		<b>45-54</b>		<b>55-64</b>		<b>65-74</b>		<b>Total</b>	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
I am underweight	2	8%	2	3%			1	1%	3	3%	1	2%	<b>9</b>	<b>2%</b>
I am about the right weight	16	61%	35	49%	40	42%	51	55%	32	35%	25	52%	<b>199</b>	<b>47%</b>
I am overweight	6	23%	29	41%	43	45%	24	26%	50	55%	16	34%	<b>168</b>	<b>40%</b>
I am very overweight	1	4%	1	1%	9	10%	14	15%	5	6%	3	6%	<b>33</b>	<b>8%</b>
I am not sure about my weight	1	4%	4	6%	3	3%	3	3%	1	1%	3	6%	<b>15</b>	<b>3%</b>
<b>Total</b>	<b>26</b>	<b>100%</b>	<b>71</b>	<b>100%</b>	<b>95</b>	<b>100%</b>	<b>93</b>	<b>100%</b>	<b>91</b>	<b>100%</b>	<b>48</b>	<b>100%</b>	<b>424</b>	<b>100%</b>

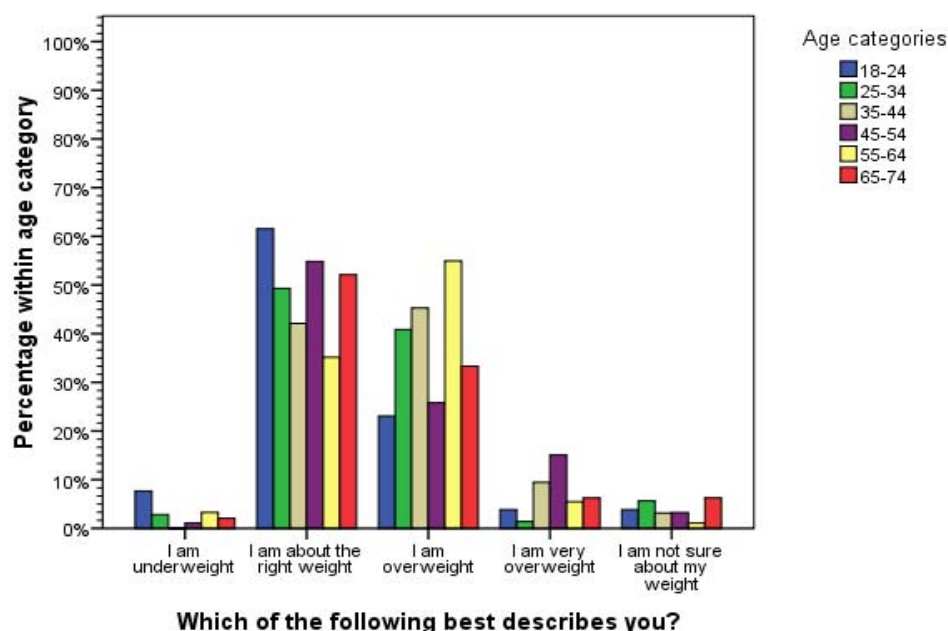
**Table 7.6– Perception of body mass index**

Which of the following best describes you?	underweight		normal		overweight		Obese class I		Obese class II		Obese class III		Total	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
I am underweight	2	12%	11	65%	3	17%	1	6%					17	100%
I am about the right weight	4	1%	229	79%	53	18%	2	1%	1	1%			289	100%
I am overweight			35	14%	152	59%	57	22%	9	4%	4	1%	257	100%
I am very overweight					3	8%	16	40%	13	32%	8	20%	40	100%
I am not sure about my weight			10	56%	6	33%	1	6%	1	5%			18	100%
<b>Total</b>	<b>6</b>	<b>1%</b>	<b>285</b>	<b>46%</b>	<b>217</b>	<b>35%</b>	<b>77</b>	<b>12%</b>	<b>24</b>	<b>4%</b>	<b>12</b>	<b>2%</b>	<b>621</b>	<b>100%</b>



When looking at all three variables, some more subtle variations can be seen with a much clearer increase in body weight for men of increasing age, compared to women where there were more fluctuations with age, for example more women in the oldest group said their weight was about right (Tables 7.4, 7.5, Figs 7.3, 7.4). Small numbers in these comparisons lead to large confidence intervals, for example for women in the oldest age-group only differences of +/- 15% will be statistically significant.

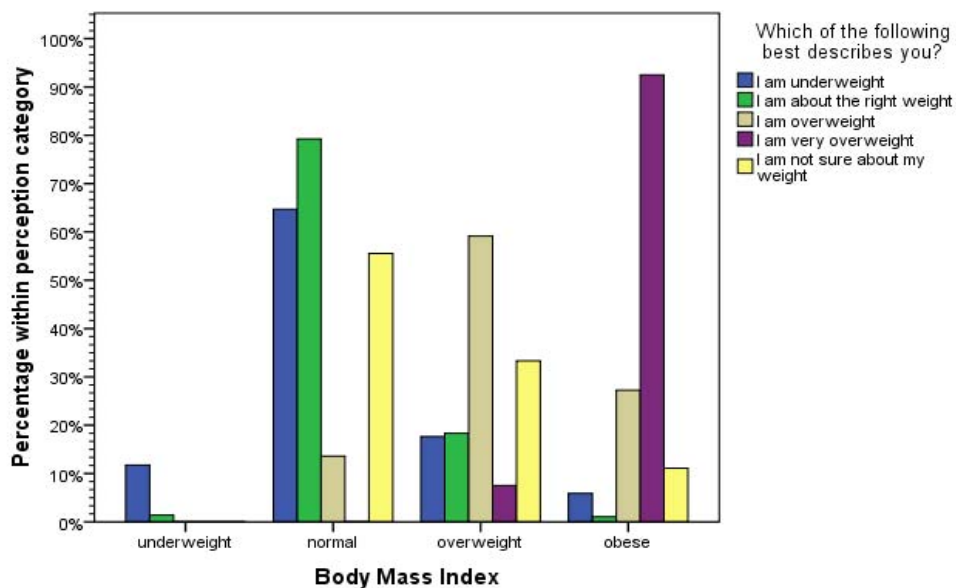
**Figure 7.4 - Perception of body weight by age for females**



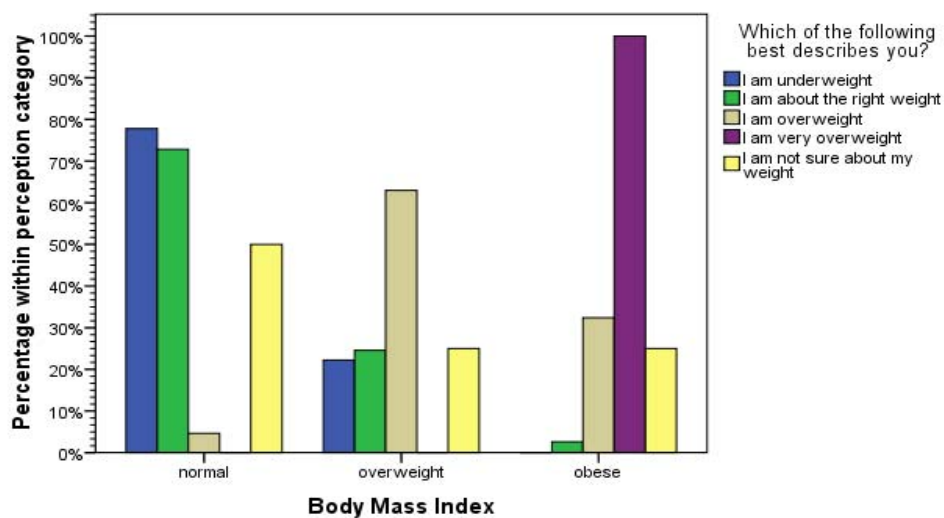
The body mass index (BMI) was calculated by taking weight (Kg) and dividing it by height (metres) squared. Over time the BMI cut-off points have evolved, and in this report the categories of BMI were changed to be in line with England definitions of overweight and obesity. BMI scores have been categorised into underweight (BMI<18.5), normal (18.5-24.99), overweight (25-29.99) and obese (30 and over). Obesity is now further divided into obese I (30-34.99), II (35-39.99) and III (40 and above) (9). As in previous Guernsey lifestyle reports, pregnant women were excluded from analysis of body mass index. The new definition of overweight and obesity makes little difference to the results for men, as only the underweight definition has changed. The new BMI thresholds for women are higher, so in 2008 fewer will fall in the overweight and obese categories. This needs to be borne in mind when looking at the trend data for women. See Appendix 3 for results using the old definitions.

There was a high correlation between people's perceptions of their weight and the BMI score, tempered by a tendency to regard body weight as closer to normal than was indicated by the BMI (Table 7.6, Fig 7.5). For example, the majority of people who were obese (according to BMI) saw themselves as merely overweight, and the majority of underweight people (according to BMI) said their body weight was normal. The figures for men and women are given in tables 7.7, 7.8 and figures 7.6, 7.7.

**Figure 7.5 - Perception of body weight by body mass index**



**Figure 7.6 - Perception of body weight by body mass index for males**



There were no males in the 'underweight' BMI category

**Table 7.7– Perception of body mass index for males**

Which of the following best describes you?	normal		overweight		Obese class I		Obese class II		Obese class III		Total	
	n	%	n	%	n	%	n	%	n	%	n	%
I am underweight	7	78%	2	22%							9	100%
I am about the right weight	83	73%	28	25%	2	2%	1				114	100%
I am overweight	5	4%	68	63%	31	29%	4	4%			108	100%
I am very overweight					7	58%	3	25%	2	17%	12	100%
I am not sure about my weight	2	50%	1	25%	1	25%					4	100%
<b>Total</b>	<b>97</b>	<b>39%</b>	<b>99</b>	<b>40%</b>	<b>41</b>	<b>17%</b>	<b>8</b>	<b>3%</b>	<b>2</b>	<b>1%</b>	<b>247</b>	<b>100%</b>

**Table 7.8– Perception of body mass index for females**

Which of the following best describes you?	underweight		normal		overweight		Obese class I		Obese class II		Obese class III		Total	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
I am underweight	2	29%	3	43%	1	14%	1	14%					7	100%
I am about the right weight	4	2%	144	85%	22	13%							170	100%
I am overweight			28	19%	83	58%	24	17%	5	3%	4	3%	144	100%
I am very overweight					2	8%	9	33%	10	37%	6	22%	27	100%
I am not sure about my weight			8	57%	5	36%			1	7%			14	100%
<b>Total</b>	<b>6</b>	<b>2%</b>	<b>183</b>	<b>51%</b>	<b>113</b>	<b>31%</b>	<b>34</b>	<b>9%</b>	<b>16</b>	<b>4%</b>	<b>10</b>	<b>3%</b>	<b>362</b>	<b>100%</b>

**Table 7.9–Body mass index by sex**

	underweight		normal		overweight		Obese class I		Obese class II		Obese class III		Total	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
Male			104	40%	103	40%	42	16%	8	3%	2	1%	<b>259</b>	<b>100%</b>
Female	6	2%	185	50%	114	31%	35	10%	16	4%	11	3%	<b>367</b>	<b>100%</b>
<b>Total</b>	<b>6</b>	<b>1%</b>	<b>289</b>	<b>46%</b>	<b>217</b>	<b>35%</b>	<b>77</b>	<b>12%</b>	<b>24</b>	<b>4%</b>	<b>13</b>	<b>2%</b>	<b>626</b>	<b>100%</b>

**Table 7.10– Body mass index by age**

	underweight		normal		overweight		Obese class I		Obese class II		Obese class III		Total	
<b>Age categories</b>	n	%	n	%	n	%	n	%	n	%	n	%	n	%
18-24	2	6%	23	65%	9	26%					1	3%	<b>35</b>	<b>100%</b>
25-34	1	1%	48	60%	22	28%	6	8%	1	1%	2	2%	<b>80</b>	<b>100%</b>
35-44	2	2%	59	48%	39	32%	12	10%	5	4%	5	4%	<b>122</b>	<b>100%</b>
45-54	1	1%	73	47%	53	34%	18	11%	9	6%	2	1%	<b>156</b>	<b>100%</b>
55-64			50	33%	62	42%	27	18%	7	5%	3	2%	<b>149</b>	<b>100%</b>
65-74			36	43%	32	38%	14	17%	2	2%			<b>84</b>	<b>100%</b>
<b>Total</b>	<b>6</b>	<b>1%</b>	<b>289</b>	<b>46%</b>	<b>217</b>	<b>35%</b>	<b>77</b>	<b>12%</b>	<b>24</b>	<b>4%</b>	<b>13</b>	<b>2%</b>	<b>626</b>	<b>100%</b>

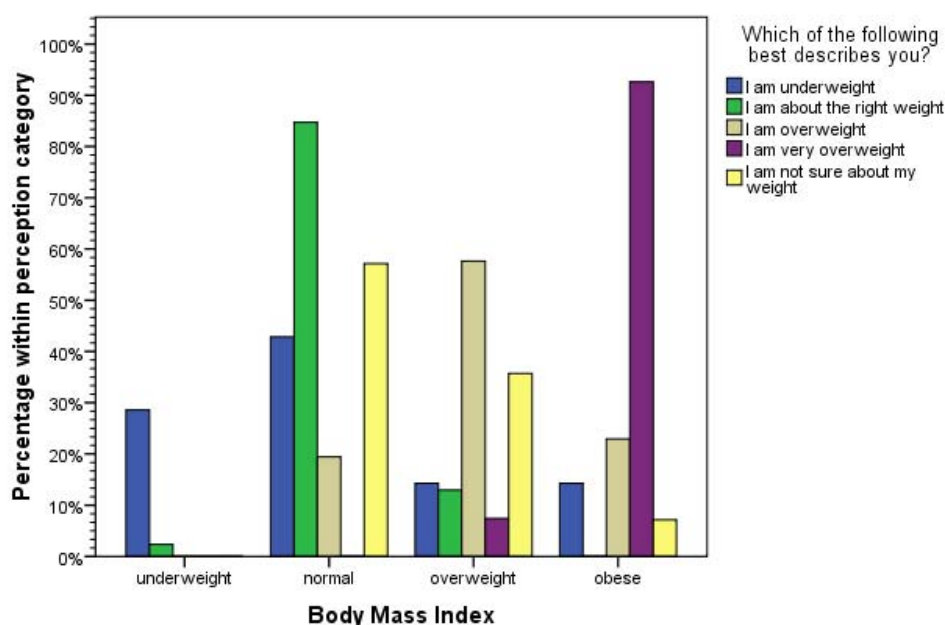
**Table 7.11– Body mass index by age for males**

<b>Age categories</b>	<b>normal</b>		<b>overweight</b>		<b>Obese class I</b>		<b>Obese class II</b>		<b>Obese class III</b>		<b>Total</b>	
	n	%	n	%	n	%	n	%	n	%	n	%
18-24	7	64%	4	36%							11	100%
25-34	19	66%	7	24%	3	10%					29	100%
35-44	19	48%	12	30%	5	12%	2	5%	2	5%	40	100%
45-54	24	34%	35	49%	10	14%	2	3%			71	100%
55-64	20	31%	27	42%	14	22%	3	5%			64	100%
65-74	15	34%	18	41%	10	23%	1	2%			44	100%
<b>Total</b>	<b>104</b>	<b>40%</b>	<b>103</b>	<b>40%</b>	<b>42</b>	<b>16%</b>	<b>8</b>	<b>3%</b>	<b>2</b>	<b>1%</b>	<b>259</b>	<b>100%</b>

**Table 7.12– Body mass index by age for females**

<b>Age categories</b>	<b>underweight</b>		<b>normal</b>		<b>overweight</b>		<b>Obese class I</b>		<b>Obese class II</b>		<b>Obese class III</b>		<b>Total</b>	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
18-24	2	8%	16	67%	5	21%					1	4%	<b>24</b>	<b>100%</b>
25-34	1	2%	29	57%	15	29%	3	6%	1	2%	2	4%	<b>51</b>	<b>100%</b>
35-44	2	2%	40	49%	27	33%	7	8%	3	4%	3	4%	<b>82</b>	<b>100%</b>
45-54	1	1%	49	58%	18	21%	8	10%	7	8%	2	2%	<b>85</b>	<b>100%</b>
55-64			30	35%	35	41%	13	15%	4	5%	3	4%	<b>85</b>	<b>100%</b>
65-74			21	52%	14	35%	4	10%	1	3%			<b>40</b>	<b>100%</b>
<b>Total</b>	<b>6</b>	<b>2%</b>	<b>185</b>	<b>50%</b>	<b>114</b>	<b>31%</b>	<b>35</b>	<b>10%</b>	<b>16</b>	<b>4%</b>	<b>11</b>	<b>3%</b>	<b>367</b>	<b>100%</b>

**Figure 7.7 - Perception of body weight by body mass index for females**



Looking at the BMI score alone, over half (53%) the respondents were overweight or obese. Differences between men and women were considerable (Pearson chi-squared = 20.78, df = 5, p = .001) in that more men (60%) were overweight or obese compared to women (48%). Twenty percent of men and 17% of women were obese. Women were more likely to be in the two highest categories of obesity, as 7% of women had a BMI score of 35 or more (Table 7.9, Fig 7.8). BMI, like self-perceived body weight, increased significantly with age for both men and women, until the over 65s where there was a small decline in the proportion who were overweight or obese (Table 7.10). Half the male respondents aged 35-44 were overweight or obese, and this proportion increased to two thirds of older men being overweight or obese. Among women, the worst age-group was age 55-64, which had two thirds overweight or obese. Tables 7.11, 7.12 and figures 7.10 – 7.12 show the results for men and women across age-groups.

**Figure 7.8 - Body mass index by sex**

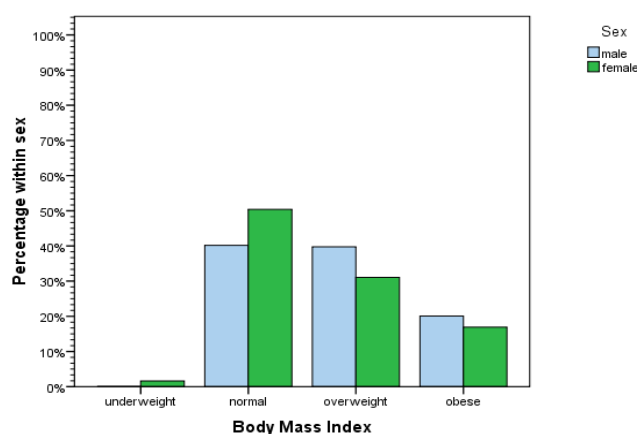




Figure 7.9 - Body mass index by age

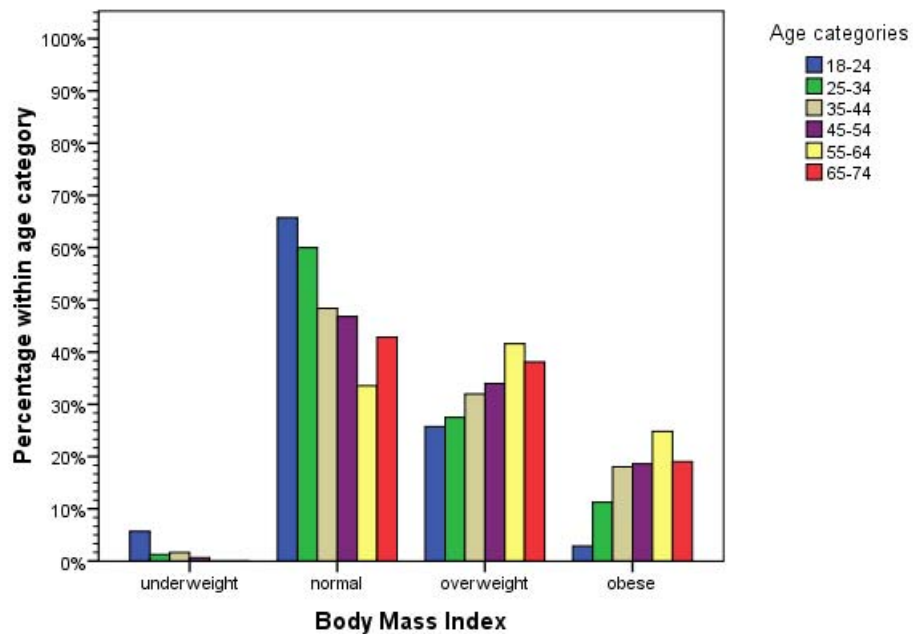
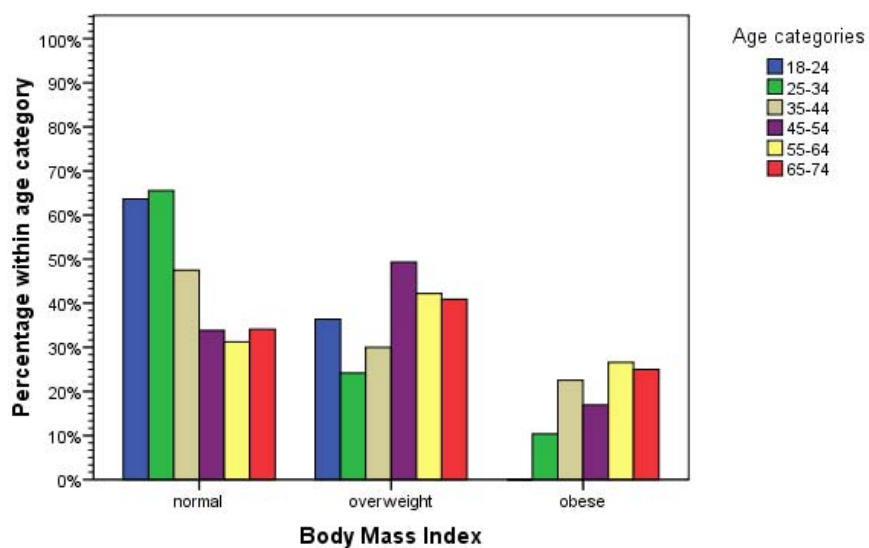


Figure 7.10 - Body mass index by age for males



There are no males in the 'underweight' BMI category

Figure 7.11 - Body mass index by age for females

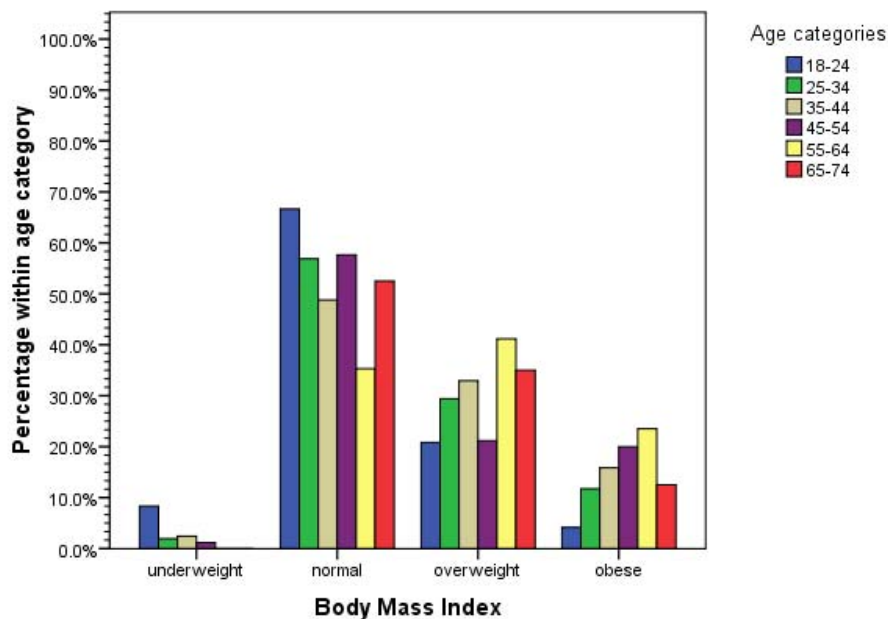
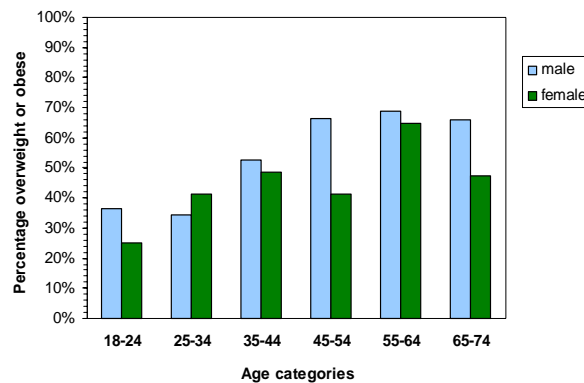


Figure 7.12 - Percentage overweight or obese by age and sex



### Comparison over time and with England

For men in the 25-64 age-band, there was a halt to the upward trend in overweight and obese people, but small numbers prevented these being statistically significant results from the 2003 survey. After allowing for the change in BMI categories for women, the percentage who were overweight or obese has fallen considerably among women in the oldest and youngest age-groups, but has not changed for women age 25-64. Only 25% of women age 18-24 were overweight or obese (which would be 42% if using the old definitions), compared to 68% in 2003. For women age 65-74, 48% were overweight or obese (or 65% using the old definitions), compared to 82% in 2003. (Tables 7.13, 7.14, Figs 7.13, 7.14). For these age-bands the new definition of overweight and obesity created reductions of 12-17 percentage points in the number of overweight or obese women.

**Table 7.13– Overweight or obese males over time in Guernsey and in England**

Survey Year	18-24		25-64		65-74	
Guernsey Healthy Lifestyle Surveys						
1988	16%	(3/19)	46%	(80/174)	40%	(16/40)
1993	35%	(8/23)	55%	(96/174)	50%	(24/48)
1998	29%	(4/14)	59%	(115/195)	57%	(25/44)
2003	24%	(4/17)	67%	(136/204)	59%	(22/37)
2008	36%	(4/11)	60%	(122/204)	66%	(29/44)
England Health Surveys						
1993	26%	(260/990)	62%	(3,112/5,008)	66%	(818/1,249)
1998	28%	(231/825)	68%	(3,103/4,597)	72%	(853/1,178)
2003	30%	(469/1,553)	71%	(1,441/2,023)	77%	(409/532)

**Table 7.14– Overweight or obese females over time in Guernsey and in England**

Survey Year	18-24		25-64		65-74	
Guernsey Healthy Lifestyle Surveys						
1988	30%	(10/33)	44%	(95/217)	57%	(31/54)
1993	33%	(13/40)	47%	(101/215)	64%	(49/77)
1998	35%	(14/40)	57%	(218/385)	67%	(35/51)
2003	68%	(21/31)	61%	(199/328)	82%	(37/45)
2008	25%	(6/24)	50%	(151/303)	48%	(19/40)
England Health Surveys						
1993	28%	(284/1,020)	51%	(2,712/5,369)	62%	1,023/1,648)
1998	29%	(257/903)	57%	(3,004/5,298)	65%	(994/1,529)
2003	33%	(571/1,719)	61%	(1,449/2,359)	68%	(478/703)

Note that figures from Guernsey surveys from 1988 to 2003 were based on the BMI categories given in Appendix 3, and that these differ from BMI categories used for Guernsey 2008 and England figures.

**Figure 7.13 - Overweight or obese males over time**

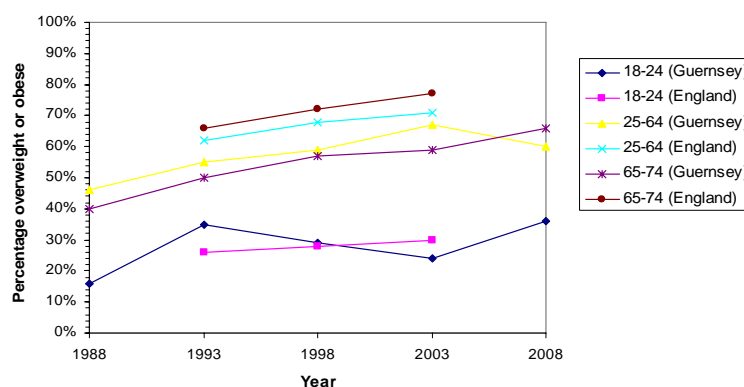
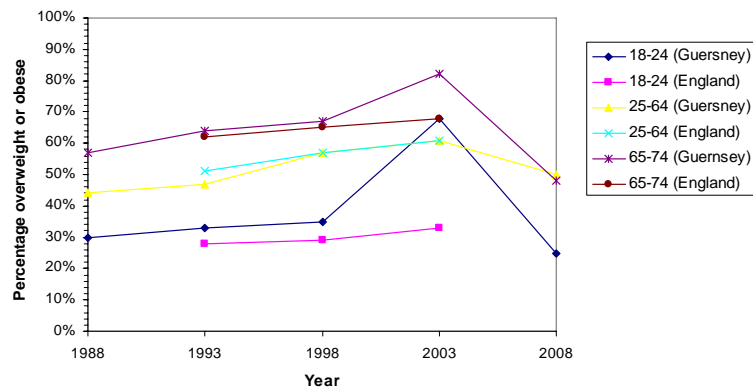


Figure 7.14 - Overweight or obese females over time



People's perceptions of how their weight had changed, were that most had stayed the same over the previous three years (Table 7.15). Women were more likely than men to think their weight had gone up, but the differences were not statistically significant.

Table 7.15– Change in body weight from 2005-2008

Sex	Body weight compared with 3 years ago							
	more		the same		less		Total	
	n	%	n	%	n	%		
Male	87	32%	128	48%	54	20%	269	100%
Female	162	39%	174	41%	82	20%	418	100%
Total	249	36%	302	44%	136	20%	687	100%

## Diet

When asked about making changes to consumption of certain foods, many said they had made healthy changes and were eating more fruit and vegetables, less fried/fatty foods, less processed/convenience foods and less sugary foods (Table 7.16, Fig 7.15). More women than men said they had made such changes, and older people were also more likely to have improved their diet (Figs 7.16, 7.17).

**Table 7.16 – Changes in diet**

Over the past twelve months have you tried to make any of the changes listed – even if only for a short time?	n	%
Eating more fruit and vegetables	573	85%
Eating less fatty/fried foods	526	80%
Eating less processed and convenience foods	468	73%
Eating less sugar and foods containing a lot of sugar	448	71%
Eating low fat foods	393	63%
Generally eating less	364	57%
Eating more foods containing fibre	339	55%
Other	28	13%
Generally eating more	48	9%
<b>Total</b>	<b>558</b>	<b>100%</b>

**Figure 7.15 - Changes in diet over the past 12 months**

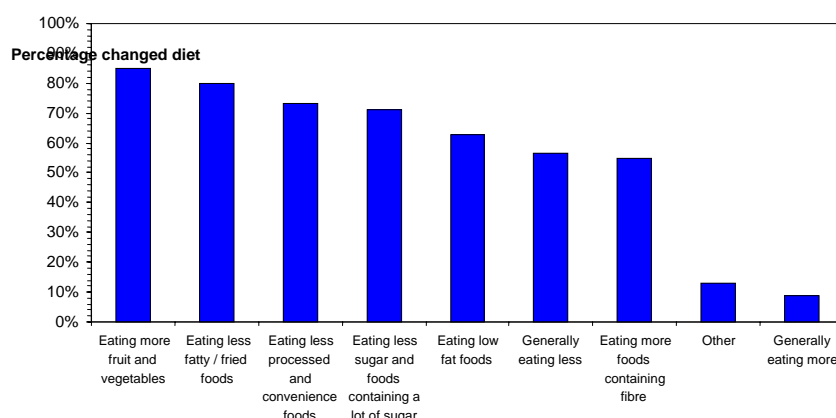


Figure 7.16 - Changes in diet over the past 12 months by sex

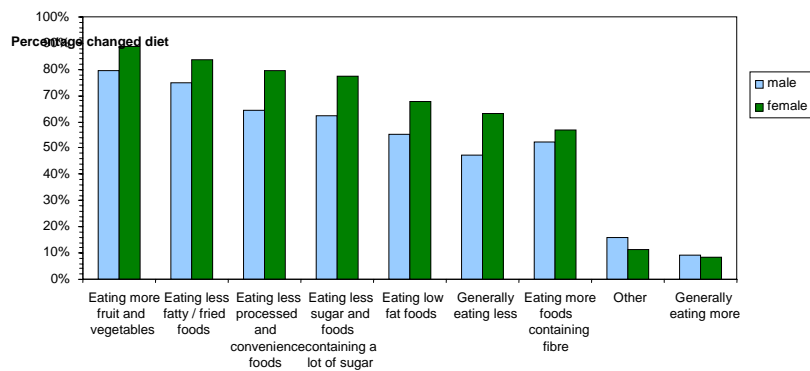
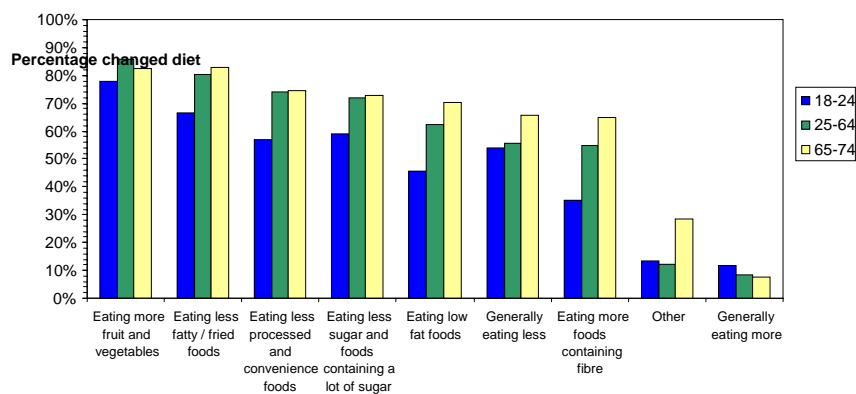


Figure 7.17 - Changes in diet over the past 12 months by age



The government recommends a daily intake of five portions of fruit and vegetables. Nearly a quarter said they met the target, but this hid a low 17% of men and a high 28% of women eating 5-a-day. The worst age-group was 18-24 year olds where no male respondents in this age-band were meeting the target. See Tables 7.17 - 7.21 and Figs 7.18, 7.19.

Table 7.17 – Fruit and Vegetable consumption

How many portions of fruit and vegetables have you eaten in the last 24 hours?	n	%
None	21	3%
Less than 1	7	1%
1 portion or more but less than 2	70	10%
2 portion or more but less than 3	134	18%
3 portion or more but less than 4	188	26%
4 portion or more but less than 5	133	18%
5 portions or more	170	24%
<b>Total</b>	<b>723</b>	<b>100%</b>

**Table 7.18– Fruit and vegetable consumption by sex**

How many portions of fruit and vegetables have you eaten in the last 24 hours?	<b>Male</b>		<b>Female</b>		<b>Total</b>	
	n	%	n	%	n	%
None	12	4%	9	2%	<b>21</b>	<b>3%</b>
Less than 1	2	1%	5	1%	<b>7</b>	<b>1%</b>
1 portion or more but less than 2	34	12%	32	8%	<b>66</b>	<b>9%</b>
2 portion or more but less than 3	60	21%	71	17%	<b>131</b>	<b>18%</b>
3 portion or more but less than 4	77	27%	108	25%	<b>185</b>	<b>26%</b>
4 portion or more but less than 5	48	17%	83	19%	<b>131</b>	<b>18%</b>
5 portions or more	49	18%	119	28%	<b>168</b>	<b>24%</b>
<b>Total</b>	<b>282</b>	<b>100%</b>	<b>427</b>	<b>100%</b>	<b>709</b>	<b>100%</b>

**Table 7.19– Fruit and vegetable consumption by age**

How many portions of fruit and vegetables have you eaten in the last 24 hours?	<b>18-24</b>		<b>25-34</b>		<b>35-44</b>		<b>45-54</b>		<b>55-64</b>		<b>65-74</b>		<b>Total</b>	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
None	1	2%	6	6%	7	5%	3	2%			4	4%	<b>21</b>	<b>3%</b>
Less than 1	1	2%	1	1%	1	1%	1	1%	2	1%	1	1%	<b>7</b>	<b>1%</b>
1 portion or more but less than 2	4	11%	17	17%	11	8%	16	9%	9	5%	9	10%	<b>66</b>	<b>9%</b>
2 portion or more but less than 3	14	37%	10	10%	32	22%	36	21%	24	15%	15	16%	<b>131</b>	<b>18%</b>
3 portion or more but less than 4	9	24%	30	29%	36	25%	40	24%	47	29%	23	25%	<b>185</b>	<b>26%</b>
4 portion or more but less than 5	4	11%	17	17%	23	16%	35	21%	32	20%	20	21%	<b>131</b>	<b>19%</b>
5 portions or more	5	13%	21	20%	33	23%	38	22%	49	30%	22	23%	<b>168</b>	<b>24%</b>
<b>Total</b>	<b>38</b>	<b>100%</b>	<b>102</b>	<b>100%</b>	<b>143</b>	<b>100%</b>	<b>169</b>	<b>100%</b>	<b>163</b>	<b>100%</b>	<b>94</b>	<b>100%</b>	<b>709</b>	<b>100%</b>



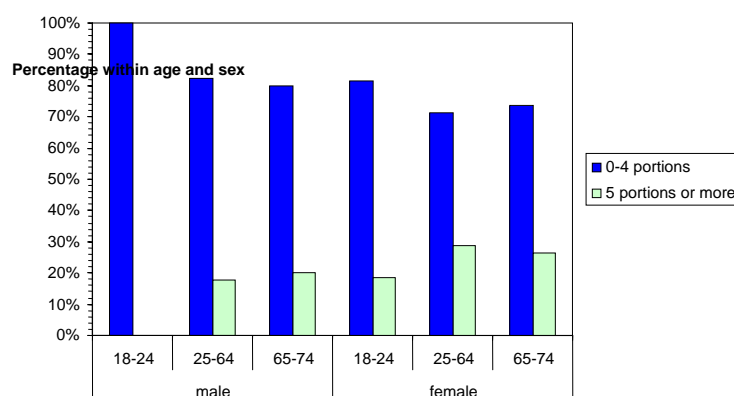
**Table 7.20– Fruit and vegetable consumption by age for males**

How many portions of fruit and vegetables have you eaten in the last 24 hours?	<b>18-24</b>		<b>25-34</b>		<b>35-44</b>		<b>45-54</b>		<b>55-64</b>		<b>65-74</b>		<b>Total</b>	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
None			5	16%	3	6%	1	1%			3	7%	<b>12</b>	<b>4%</b>
Less than 1					1	2%			1	1%			<b>2</b>	<b>1%</b>
1 portion or more but less than 2			7	22%	5	10%	10	13%	7	10%	5	11%	<b>34</b>	<b>12%</b>
2 portion or more but less than 3	3	27%	3	9%	13	27%	19	26%	16	23%	6	13%	<b>60</b>	<b>21%</b>
3 portion or more but less than 4	5	46%	10	31%	15	31%	13	18%	23	32%	11	25%	<b>77</b>	<b>27%</b>
4 portion or more but less than 5	3	27%	1	3%	8	16%	16	22%	9	13%	11	24%	<b>48</b>	<b>17%</b>
5 portions or more			6	19%	4	8%	15	20%	15	21%	9	20%	<b>49</b>	<b>18%</b>
<b>Total</b>	<b>11</b>	<b>100%</b>	<b>32</b>	<b>100%</b>	<b>49</b>	<b>100%</b>	<b>74</b>	<b>100%</b>	<b>71</b>	<b>100%</b>	<b>45</b>	<b>100%</b>	<b>282</b>	<b>100%</b>

**Table 7.21– Fruit and vegetable consumption by age for females**

How many portions of fruit and vegetables have you eaten in the last 24 hours?	<b>18-24</b>		<b>25-34</b>		<b>35-44</b>		<b>45-54</b>		<b>55-64</b>		<b>65-74</b>		<b>Total</b>	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
None	1	4%	1	1%	4	4%	2	2%			1	2%	<b>9</b>	<b>2%</b>
Less than 1	1	4%	1	1%			1	1%	1	1%	1	2%	<b>5</b>	<b>1%</b>
1 portion or more but less than 2	4	15%	10	14%	6	7%	6	6%	2	2%	4	8%	<b>32</b>	<b>8%</b>
2 portion or more but less than 3	11	40%	7	10%	19	20%	17	18%	8	9%	9	18%	<b>71</b>	<b>17%</b>
3 portion or more but less than 4	4	15%	20	29%	21	22%	27	29%	24	26%	12	25%	<b>108</b>	<b>25%</b>
4 portion or more but less than 5	1	4%	16	23%	15	16%	19	20%	23	25%	9	18%	<b>83</b>	<b>19%</b>
5 portions or more	5	18%	15	22%	29	31%	23	24%	34	37%	13	27%	<b>119</b>	<b>28%</b>
<b>Total</b>	<b>27</b>	<b>100%</b>	<b>70</b>	<b>100%</b>	<b>94</b>	<b>100%</b>	<b>95</b>	<b>100%</b>	<b>92</b>	<b>100%</b>	<b>49</b>	<b>100%</b>	<b>427</b>	<b>100%</b>

Figure 7.19 - Fruit and vegetable consumption by age and sex



Most people thought they had a healthy diet with small numbers saying it was very healthy, or not very healthy (Table 7.22). Quite a large proportion (14%) said they were unsure. There was little difference between the sexes, but some interesting patterns emerged across age-groups (Tables 7.23 – 7.26). Increasing numbers with increasing age said their diet was healthy, and it was the younger people - especially those under 35 - who were unsure or said their diet was not very healthy. Compared to 2003 there has been a drop in the percentage thinking their diet was unhealthy (5% in 2008, compared to 9% in 2003, z score = 2.88, p = .004).

Table 7.22– Perception of present weight

How would you best say describes your present diet?	n	%
Very healthy	51	7%
Healthy	538	74%
Unsure	100	14%
Not very healthy	36	5%
<b>Total</b>	<b>725</b>	<b>100%</b>

Table 7.23– Perception of present diet by sex

How would you best say describes your present diet?	Male		Female		Total	
	n	%	n	%	n	%
Very healthy	24	9%	27	6%	51	7%
Healthy	205	72%	319	75%	524	74%
Unsure	46	16%	53	12%	99	14%
Not very healthy	8	3%	28	7%	36	5%
<b>Total</b>	<b>283</b>	<b>100%</b>	<b>427</b>	<b>100%</b>	<b>710</b>	<b>100%</b>

**Table 7.24– Perception of present diet by age**

How would you say best describes your present diet?	<b>18-24</b>		<b>25-34</b>		<b>35-44</b>		<b>45-54</b>		<b>55-64</b>		<b>65-74</b>		<b>Total</b>	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
Very healthy	3	8%	8	8%	6	4%	9	5%	15	9%	10	10%	<b>51</b>	<b>7%</b>
Healthy	23	59%	68	67%	109	76%	125	75%	124	75%	75	80%	<b>524</b>	<b>74%</b>
Unsure	10	25%	19	18%	22	16%	20	12%	19	12%	9	10%	<b>99</b>	<b>14%</b>
Not very healthy	3	8%	7	7%	6	4%	13	8%	7	4%			<b>36</b>	<b>5%</b>
<b>Total</b>	<b>39</b>	<b>100%</b>	<b>102</b>	<b>100%</b>	<b>143</b>	<b>100%</b>	<b>167</b>	<b>100%</b>	<b>165</b>	<b>100%</b>	<b>94</b>	<b>100%</b>	<b>710</b>	<b>100%</b>

**Table 7.25– Perception of present diet by age for males**

How would you best say describes your present diet?	<b>18-24</b>		<b>25-34</b>		<b>35-44</b>		<b>45-54</b>		<b>55-64</b>		<b>65-74</b>		<b>Total</b>	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
Very healthy	1	8%	3	9%	3	6%	4	6%	7	10%	6	13%	<b>24</b>	<b>9%</b>
Healthy	8	67%	19	60%	35	72%	55	76%	54	75%	34	74%	<b>205</b>	<b>72%</b>
Unsure	3	25%	7	22%	10	20%	10	14%	10	14%	6	13%	<b>46</b>	<b>16%</b>
Not very healthy			3	9%	1	2%	3	4%	1	1%			<b>8</b>	<b>3%</b>
<b>Total</b>	<b>12</b>	<b>100%</b>	<b>32</b>	<b>100%</b>	<b>49</b>	<b>100%</b>	<b>72</b>	<b>100%</b>	<b>72</b>	<b>100%</b>	<b>46</b>	<b>100%</b>	<b>283</b>	<b>100%</b>

**Table 7.26– Perception of present diet by age for males**

How would you best say describes your present diet?	<b>18-24</b>		<b>25-34</b>		<b>35-44</b>		<b>45-54</b>		<b>55-64</b>		<b>65-74</b>		<b>Total</b>	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
Very healthy	2	7%	5	7%	3	3%	5	6%	8	9%	4	8%	<b>27</b>	<b>6%</b>
Healthy	15	56%	49	70%	74	79%	70	74%	70	75%	41	86%	<b>319</b>	<b>75%</b>
Unsure	7	26%	12	17%	12	13%	10	10%	9	10%	3	6%	<b>53</b>	<b>12%</b>
Not very healthy	3	11%	4	6%	5	5%	10	10%	6	6%			<b>28</b>	<b>7%</b>
<b>Total</b>	<b>27</b>	<b>100%</b>	<b>70</b>	<b>100%</b>	<b>94</b>	<b>100%</b>	<b>95</b>	<b>100%</b>	<b>93</b>	<b>100%</b>	<b>48</b>	<b>100%</b>	<b>427</b>	<b>100%</b>

A list of possible barriers to eating more healthy foods was put to respondents. These were not heavily endorsed as many said they were already eating as healthily as possible. The highest ranking barrier was lack of will power cited by a quarter of the people in the survey (Table 7.27). More men said they didn't enjoy or like healthy foods compared to women, but otherwise there were no significant gender differences (Table 7.28). There was an association between these barriers and age, as more younger people claimed they prevented them eating more healthy foods. See Tables 7.29 – 7.31.

**Table 7.27– Reasons preventing the eating of more healthy foods**

	<b>n</b>	<b>%</b>
None, currently eating as healthily as possible	393	54%
Lack of will power	184	25%
Healthy foods are expensive	128	17%
Poor choice of healthy foods in canteens and restaurants	63	9%
Healthy foods take too long to prepare	55	8%
Don't like/enjoy healthy foods	52	7%
Other	41	6%
Not knowing how to cook healthily	38	5%
Poor choice of healthy foods in places where you shop	34	5%
Other people are discouraging	16	2%
<b>Total</b>	<b>735</b>	<b>100%</b>

**Table 7.28– Reasons preventing the eating of more healthy foods by sex**

	<b>Male</b>		<b>Female</b>		<b>Total</b>	
	n	%	n	%	n	%
None, currently eating as healthily as possible	145	50%	236	55%	<b>381</b>	<b>53%</b>
Lack of will power	63	22%	120	28%	<b>183</b>	<b>25%</b>
Healthy foods are expensive	46	16%	81	19%	<b>127</b>	<b>18%</b>
Poor choice of healthy foods in canteens and restaurants	27	9%	36	8%	<b>63</b>	<b>9%</b>
Healthy foods take too long to prepare	24	8%	29	7%	<b>53</b>	<b>7%</b>
Don't like/enjoy healthy foods	31	11%	20	5%	<b>51</b>	<b>7%</b>
Other	21	7%	19	4%	<b>40</b>	<b>6%</b>
Not knowing how to cook healthily	14	5%	24	6	<b>38</b>	<b>5%</b>
Poor choice of healthy foods in places where you shop	14	5%	20	5%	<b>34</b>	<b>5%</b>
Other people are discouraging	8	3%	7	2%	<b>15</b>	<b>2%</b>
<b>Total</b>	<b>289</b>	<b>100%</b>	<b>431</b>	<b>100%</b>	<b>721</b>	<b>100%</b>

**Table 7.29– Reasons preventing the eating of more healthy foods by age**

	<b>18-24</b>		<b>25-34</b>		<b>35-44</b>		<b>45-54</b>		<b>55-64</b>		<b>65-74</b>		<b>Total</b>	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
None, currently eating as healthily as possible	9	23%	34	33%	61	42%	79	46%	117	71%	81	84%	<b>381</b>	<b>53%</b>
Lack of will power	12	31%	34	33%	42	29%	53	31%	36	22%	6	6%	<b>183</b>	<b>25%</b>
Healthy foods are expensive	15	38%	26	25%	40	28%	28	16%	11	7%	7	7%	<b>127</b>	<b>18%</b>
Poor choice of healthy foods in canteens and restaurants	6	15%	16	15%	10	7%	16	9%	11	7%	4	4%	<b>63</b>	<b>9%</b>
Healthy foods take too long to prepare	5	13%	7	7%	17	12%	16	9%	6	4%	2	2%	<b>53</b>	<b>7%</b>
Don't like/enjoy healthy foods	3	8%	10	10%	10	7%	10	6%	10	6%	8	8%	<b>51</b>	<b>7%</b>
Other	5	13%	11	11%	10	7%	11	6%	1	1%	2	2%	<b>40</b>	<b>6%</b>
Not knowing how to cook healthily	9	23%	10	10%	5	3%	7	4%	7	4%			<b>38</b>	<b>5%</b>
Poor choice of healthy foods in places where you shop	5	13%	8	8%	6	4%	5	3%	8	5%	2	2%	<b>34</b>	<b>5%</b>
Other people are discouraging	2	5%	1	1%	4	3%	5	3%	3	2%			<b>15</b>	<b>2%</b>
<b>Total</b>	<b>39</b>	<b>100%</b>	<b>104</b>	<b>100%</b>	<b>144</b>	<b>100%</b>	<b>172</b>	<b>100%</b>	<b>165</b>	<b>100%</b>	<b>96</b>	<b>100%</b>	<b>720</b>	<b>100%</b>



**Table 7.30– Reasons preventing the eating of more healthy foods by age for males**

	<b>18-24</b>		<b>25-34</b>		<b>35-44</b>		<b>45-54</b>		<b>55-64</b>		<b>65-74</b>		<b>Total</b>	
	N	%	N	%	n	%	n	%	n	%	n	%	n	%
None, currently eating as healthily as possible	4	33%	10	31%	17	35%	31	40%	47	65%	36	77%	<b>145</b>	<b>50%</b>
Lack of will power	3	25%	11	34%	13	26%	16	21%	18	25%	2	4%	<b>63</b>	<b>22%</b>
Healthy foods are expensive	5	42%	3	9%	16	33%	14	18%	6	8%	2	4%	<b>46</b>	<b>16%</b>
Poor choice of healthy foods in canteens and restaurants	2	17%	5	16%	2	4%	10	13%	5	7%	3	6%	<b>27</b>	<b>9%</b>
Healthy foods take too long to prepare	2	17%			7	14%	8	10%	5	7%	2	4%	<b>24</b>	<b>8%</b>
Don't like/enjoy healthy foods	1	8%	4	12%	7	14%	6	8%	9	12%	4	8%	<b>31</b>	<b>11%</b>
Other	2	17%	5	16%	7	14%	6	8%			1	2%	<b>21</b>	<b>7%</b>
Not knowing how to cook healthily	4	33%	2	6%	2	4%	4	5%	2	3%			<b>14</b>	<b>5%</b>
Poor choice of healthy foods in places where you shop	2	17%	1	3%	1	2%	4	5%	5	7%	1	2%	<b>14</b>	<b>5%</b>
Other people are discouraging	2	17%	1	3%	2	4%	2	3%	1	1%			<b>8</b>	<b>3%</b>
<b>Total</b>	<b>12</b>	<b>100%</b>	<b>32</b>	<b>100%</b>	<b>49</b>	<b>100%</b>	<b>77</b>	<b>100%</b>	<b>72</b>	<b>100%</b>	<b>47</b>	<b>100%</b>	<b>289</b>	<b>100%</b>

**Table 7.31– Reasons preventing the eating of more healthy foods by age for females**

	<b>18-24</b>		<b>25-34</b>		<b>35-44</b>		<b>45-54</b>		<b>55-64</b>		<b>65-74</b>		<b>Total</b>	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
None, currently eating as healthily as possible	5	18%	24	33%	44	46%	48	50%	70	75%	45	92%	<b>236</b>	<b>55%</b>
Lack of will power	9	33%	23	32%	29	30%	37	39%	18	19%	4	8%	<b>120</b>	<b>28%</b>
Healthy foods are expensive	10	37%	23	32%	24	25%	14	15%	5	5%	5	10%	<b>81</b>	<b>19%</b>
Poor choice of healthy foods in canteens and restaurants	4	15%	11	15%	8	8%	6	6%	6	6%	1	2%	<b>36</b>	<b>8%</b>
Healthy foods take too long to prepare	3	11%	7	10%	10	10%	8	8%	1	1%			<b>29</b>	<b>7%</b>
Don't like/enjoy healthy foods	2	7%	6	8%	3	3%	4	4%	1	1%	4	8%	<b>20</b>	<b>5%</b>
Other	3	11%	6	8%	3	3%	5	5%	1	1%	1	2%	<b>19</b>	<b>4%</b>
Not knowing how to cook healthily	5	18%	8	11%	3	3%	3	3%	5	5%			<b>24</b>	<b>6%</b>
Poor choice of healthy foods in places where you shop	3	11%	7	10%	5	5%	1	1%	3	3%	1	2%	<b>20</b>	<b>5%</b>
Other people are discouraging					2	2%	3	3%	2	2%			<b>7</b>	<b>2%</b>
<b>Total</b>	<b>27</b>	<b>100%</b>	<b>72</b>	<b>100%</b>	<b>95</b>	<b>100%</b>	<b>95</b>	<b>100%</b>	<b>93</b>	<b>100%</b>	<b>49</b>	<b>100%</b>	<b>431</b>	<b>100%</b>

## 8. EXERCISE

In the 2008 survey there were questions on the nature of daily work or activity, views on recommended levels of physical activity, frequency of undertaking moderate activity, and what factors prevented people from taking more exercise. The 2008 survey differed from the 2003 in asking about moderate exercise in the last week, rather than vigorous exercise in the last fortnight, and a question about the benefits of taking exercise was dropped (see questions 7-10 in Appendix 2).

Three out of ten respondents said they were usually sedentary during the day or in their working life (Table 8.1). A slightly lower number had active routines, lifting, carrying or climbing stairs, while the remainder had an intermediate level of activity in the day. It was more common for men to be doing heavy work, with 19-25% of men in age-bands up to 54 doing heavy work, then falling for the older age-groups. Over half the men (52%) under 35 led sedentary lives, which fell to 35% for those aged 35-54 and 5% for those over 65. For both sexes, most people (78%) aged over 65 said they moved around quite a lot in their daily routine. Very few women were involved in heavy work or carrying heavy loads (0-4%), and there was much less variation in the activity women had in their daily routine from age 18-64. The gender differences were significant (Pearson chi-square = 73.29, df = 3,  $p < .001$ ).

**Table 8.1– Exercise activity at work by sex**

Which of the following best describes your daily work or other daytime activity which you usually do?	Male		Female		Total	
	n	%	n	%	n	%
I am usually sitting during the day	75	27%	140	34%	215	31%
I move quite a lot during the day	88	32%	201	49%	289	42%
I usually lift or carry light loads and I have to climb stairs or hills often	63	23%	65	15%	128	19%
I often do heavy work or carry heavy loads	51	18%	7	2%	58	8%
<b>Total</b>	<b>277</b>	<b>100%</b>	<b>413</b>	<b>100%</b>	<b>690</b>	<b>100%</b>

Over a quarter (26%) said they took part in sport or recreational activity of a moderate intensity for at least 30 minutes on five or more days in the previous week, thereby meeting the UK government target for physical activity (Table 8.2). A similar number said they had exercised at this intensity on three or four days in the previous week. 21% said one or two days, and 27% said they had not exercised at this level at all. Slightly more men (29%) than women (24%) met the physical activity target (non-significant). For both sexes, it was the youngest group who did best on this target (Table 8.3). Performance fell across the next age-bands 25-44, then rose again for ages 45-64. The amount of exercise was therefore good for older people, and particularly so for women age 65-74 for whom the percentage continued to increase with age.

Looking at the median number of times people undertook the same level of exercise, the pattern for men was a gradual decline until age 65-74, and for women an increase at both ends of the age range (Tables 8.4 – 8.6, Fig 8.1 – 8.3).

**Table 8.2– Amount of times taken moderate exercise in the past week**

In the past week, how many times have you taken part in sport or in recreational activity for at least 30 minutes	n	%
0	187	27%
1-2	149	21%
3-4	180	26%
5+	182	26%
<b>Total</b>	<b>698</b>	<b>100%</b>

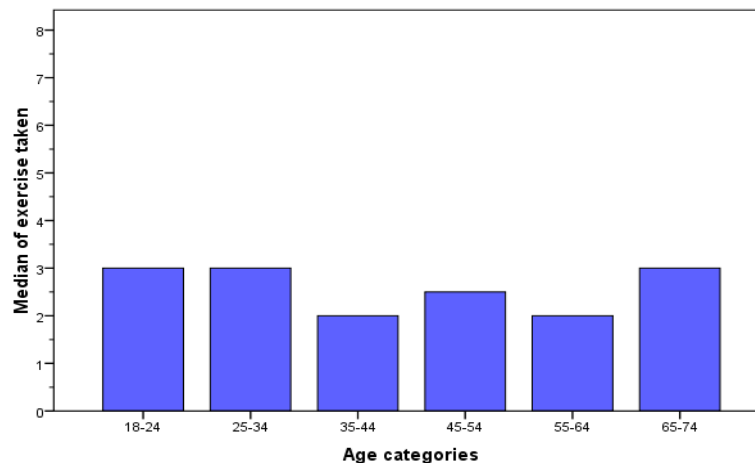
**Table 8.3– Amount of times taken moderate exercise in the past week by age and sex**

<b>Sex – male</b>		<b>0-4</b>		<b>5+</b>		<b>Total</b>	
<b>Age categories</b>	n	%	n	%	n	%	
18-24	6	50%	6	50%	<b>12</b>	<b>100%</b>	
25-34	19	59%	13	41%	<b>32</b>	<b>100%</b>	
35-44	37	79%	10	21%	<b>47</b>	<b>100%</b>	
45-54	50	69%	23	31%	<b>73</b>	<b>100%</b>	
55-64	49	71%	40	29%	<b>69</b>	<b>100%</b>	
65-74	35	81%	8	19%	<b>43</b>	<b>100%</b>	
<b>Total</b>	<b>196</b>	<b>81%</b>	<b>80</b>	<b>19%</b>	<b>276</b>	<b>100%</b>	
<b>Sex –female</b>		<b>0-4</b>		<b>5+</b>		<b>Total</b>	
<b>Age categories</b>	n	%	n	%	n	%	
18-24	18	67%	9	33%	<b>27</b>	<b>100%</b>	
25-34	57	83%	12	17%	<b>69</b>	<b>100%</b>	
35-44	75	82%	17	18%	<b>92</b>	<b>100%</b>	
45-54	69	74%	24	26%	<b>73</b>	<b>100%</b>	
55-64	63	73%	23	27%	<b>86</b>	<b>100%</b>	
65-74	29	69%	13	31%	<b>86</b>	<b>100%</b>	
<b>Total</b>	<b>311</b>	<b>76%</b>	<b>98</b>	<b>24%</b>	<b>409</b>	<b>100%</b>	

**Table 8.4– Average amount of moderate exercise in the past week by age**

	<b>n</b>	<b>Median</b>
18-24	39	3
25-34	101	3
35-44	139	2
45-54	166	2.5
55-64	155	2
65-74	85	3
<b>Total</b>	<b>685</b>	<b>3</b>

**Figure 8.1 - Average amount of moderate exercise taken in the past week by age**



**Table 8.5– Average amount of moderate exercise in the past week by age for males**

	<b>n</b>	<b>Median</b>
18-24	12	4.5
25-34	32	4
35-44	47	3
45-54	73	3
55-64	69	2
65-74	43	3
<b>Total</b>	<b>276</b>	<b>3</b>

Figure 8.2 - Average amount of moderate exercise taken in the past week by age for males

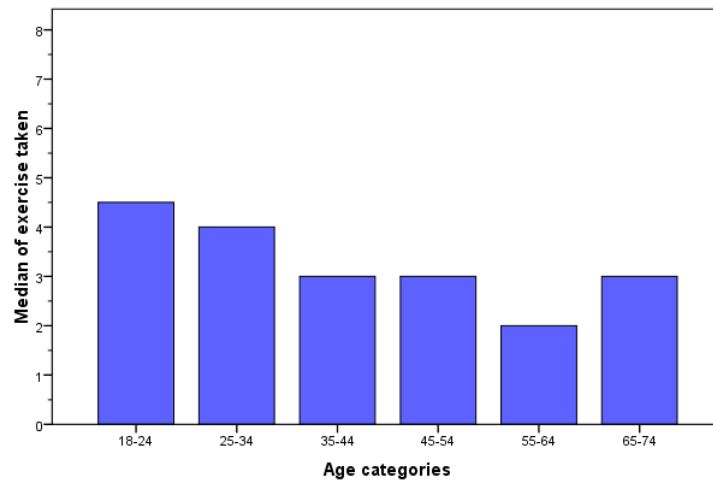
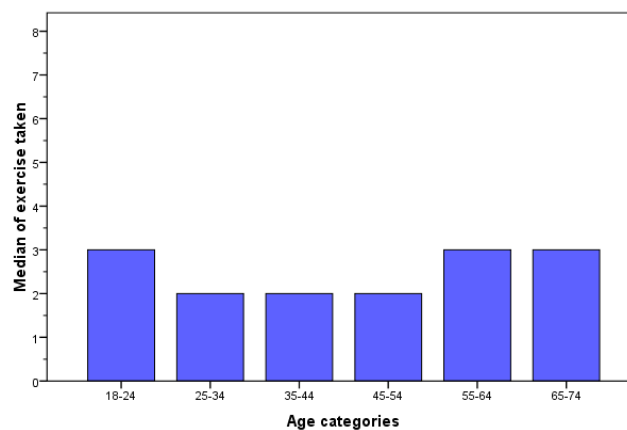


Table 8.6– Average amount of moderate exercise in the past week by age for females

	n	Median
18-24	27	3
25-34	69	2
35-44	92	2
45-54	93	2
55-64	86	3
65-74	42	3
<b>Total</b>	<b>409</b>	<b>3</b>

Figure 8.3 - Average amount of moderate exercise taken in the past week by age for females



Patterns of exercise are shown comparing perceived body weight and the body mass index (BMI) score (Tables 8.7, 8.8). For both measures, the higher the body weight, the less often people took exercise. This reduction in exercise with increasing body weight was especially apparent in relation to people's perceptions of their weight.

**Table 8.7– Average amount of moderate exercise in the past week by perception of weight**

<b>Which of the following best describes you?</b>	<b>N</b>	<b>Median</b>	<b>25<sup>th</sup> Percentile</b>	<b>75<sup>th</sup> Percentile</b>
I am underweight	19	3	0	4
I am about the right weight	312	3	1	5
I am overweight	281	2	0	4
I am very overweight	47	1	0	3
I am not sure about my weight	19	1	0	4
<b>Total</b>	<b>678</b>	<b>3</b>	<b>0</b>	<b>5</b>

**Table 8.8– Average amount of moderate exercise in the past week by body mass index**

<b>Which of the following best describes you?</b>	<b>N</b>	<b>Median</b>	<b>25<sup>th</sup> Percentile</b>	<b>75<sup>th</sup> Percentile</b>
Underweight	5	4	1	6.5
Normal	282	3	1	5
Overweight	216	2.5	0	4
Obese	109	2	0	3
<b>Total</b>	<b>612</b>	<b>3</b>	<b>0</b>	<b>5</b>

Many (42%) felt that the amount of exercise they got from work and recreation was not enough (Table 8.9). This was significantly higher for women (47%) in the survey, while more men felt they had adequate (46%) or more than enough (19%) exercise (Table 8.10: Pearson chi-square = 12.45, df = 2, p = .002). There is also an association between this variable and age, as more in the youngest age-group said they took more than enough, and in the oldest age-group far more felt the exercise they had was adequate (Table 8.11: Pearson chi-square = 20.34, df = 4, p < .001).

**Table 8.9– Present work and recreational exercise levels**

<b>Would you describe your present work and recreational exercise levels as:</b>	<b>n</b>	<b>%</b>
Not enough	304	42%
Adequate	309	43%
More than enough	108	15%
<b>Total</b>	<b>721</b>	<b>100%</b>

**Table 8.10– Present work and recreational exercise levels by sex**

<b>Would you describe your present work and recreational exercise levels as:</b>	<b>Male</b>		<b>Female</b>		<b>Total</b>	
	n	%	n	%	n	%
Not enough	98	35%	200	47%	<b>298</b>	<b>42%</b>
Adequate	130	46%	171	40%	<b>301</b>	<b>43%</b>
More than enough	54	19%	53	13%	<b>107</b>	<b>15%</b>
<b>Total</b>	<b>282</b>	<b>100%</b>	<b>424</b>	<b>100%</b>	<b>706</b>	<b>100%</b>

**Table 8.11– Present work and recreational exercise levels by age**

<b>Would you describe your present work and recreational exercise levels as:</b>	<b>18-24</b>		<b>25-64</b>		<b>65-74</b>		<b>Total</b>	
	n	%	n	%	n	%	n	%
Not enough	14	36%	258	45%	26	28%	298	42%
Adequate	15	39%	228	40%	58	62%	301	43%
More than enough	10	25%	88	15%	9	10%	107	15%
<b>Total</b>	<b>39</b>	<b>100%</b>	<b>574</b>	<b>100%</b>	<b>93</b>	<b>100%</b>	<b>706</b>	<b>100%</b>

The next tables only include people who said they did not have enough exercise, and show what were the barriers to taking more exercise. Lack of time and lack of incentive stood out as the main reasons (Table 8.12). There were some differences between men and women who felt they did not exercise enough, as more women cited lack of time and felt embarrassed or self-conscious about their body shape (Table 8.13). Many of the barriers were affecting younger people, and seemed to have decreasing impact for older age-groups (Table 8.14). In particular people of working age were much more likely to say they did not have time for exercise, and more people age 18-24 said that lack of money was a barrier.



**Table 8.12– Reasons for not exercising**

<b>Would you describe your present work and recreational exercise levels as:</b>	<b>n</b>	<b>%</b>
Lack of leisure time	161	53%
Lack of incentive	124	41%
Not interesting or do not enjoy	52	17%
Illness, injury or disability	51	17%
Embarrassed or self conscious about body shape	47	16%
Lack of money	44	15%
Lack of easily available facilities at work	44	15%
Lack of child care facilities	26	9%
Lack of interesting or relevant activities	25	8%
Other	17	6%
Lack of transport	11	4%

**Table 8.13– Reasons for not exercising levels by sex**

	<b>Male</b>		<b>Female</b>		<b>Total</b>	
	<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>
Lack of leisure time	46	47%	112	56%	<b>158</b>	<b>53%</b>
Lack of incentive	41	42%	81	40%	<b>122</b>	<b>41%</b>
Not interesting or do not enjoy	19	19%	30	15%	<b>49</b>	<b>16%</b>
Illness, injury or disability	15	15%	35	18%	<b>50</b>	<b>17%</b>
Embarrassed or self conscious about body shape	8	8%	38	19%	<b>46</b>	<b>15%</b>
Lack of money	12	12%	32	16%	<b>44</b>	<b>15%</b>
Lack of easily available facilities at work	17	17%	27	13%	<b>44</b>	<b>15%</b>
Lack of child care facilities	5	5%	21	11%	<b>26</b>	<b>9%</b>
Lack of interesting or relevant activities	12	12%	13	6%	<b>25</b>	<b>8%</b>
Other	2	2%	15	7%	<b>17</b>	<b>6%</b>
Lack of transport	3	3%	8	4%	<b>11</b>	<b>4%</b>

**Table 8.14– Reasons for not exercising levels by age**

	<b>18-24</b>		<b>25-64</b>		<b>65-74</b>		<b>Total</b>	
	n	%	n	%	n	%	n	%
Lack of leisure time	7	50%	145	56%	6	23%	<b>158</b>	<b>53%</b>
Lack of incentive	7	50%	107	41%	8	31%	<b>122</b>	<b>41%</b>
Not interesting or do not enjoy	1	7%	43	17%	5	19%	<b>49</b>	<b>16%</b>
Illness, injury or disability	2	14%	43	17%	5	19%	<b>50</b>	<b>17%</b>
Embarrassed or self conscious about body shape	5	36%	38	15%	3	11%	<b>46</b>	<b>15%</b>
Lack of money	5	36%	38	15%	1	4%	<b>44</b>	<b>15%</b>
Lack of easily available facilities at work	4	29%	39	15%	1	4%	<b>44</b>	<b>15%</b>
Lack of child care facilities	2	14%	24	9%	0	0%	<b>26</b>	<b>9%</b>
Lack of interesting or relevant activities	2	14%	20	8%	3	11%	<b>25</b>	<b>8%</b>
Other	0	0%	13	5%	4	15%	<b>17</b>	<b>6%</b>
Lack of transport	2	14%	8	3%	1	4%	<b>11</b>	<b>4%</b>

## 9. STRESS

The survey asked much the same questions as in 2003, covering levels of stress, causes of stress, factors that might reduce worry and anxiety, and participation in a range of activities or organisations. See questions 33-36 in Appendix 2.

Very few said that over the last 12 months they were completely free of stress and a quarter said they experienced a large amount of stress (Table 9.1). Significantly more men than women reported lower levels of stress, and more women than men reported a large amount of stress (Table 9.2: Pearson chi-square = 20.66, df = 4,  $p < .001$ ). The proportion of men reporting a small amount of stress or less was 42.5% (95% confidence interval 37-48%), compared to 30.7% of women (95% confidence interval 26-35%). These figures had not changed since 2003.

Stress was experienced differently for young and old (Table 9.3, Fig 9.1). Those over 65 were much more likely to report low levels of stress, and among people of working age stress levels were generally higher. Those aged 18-24 were most likely to say they had a large amount of stress (36% compared to the average of 25%). Men aged 25-54 reported quite high levels of stress, either moderate or, for those aged 35-44, one in three said they had experienced a large amount of stress. Due to small numbers, particularly in the youngest age group, changes since 2003 do not appear to be statistically significant. See Tables 9.5, 9.5 and Figs 9.2, 9.3.

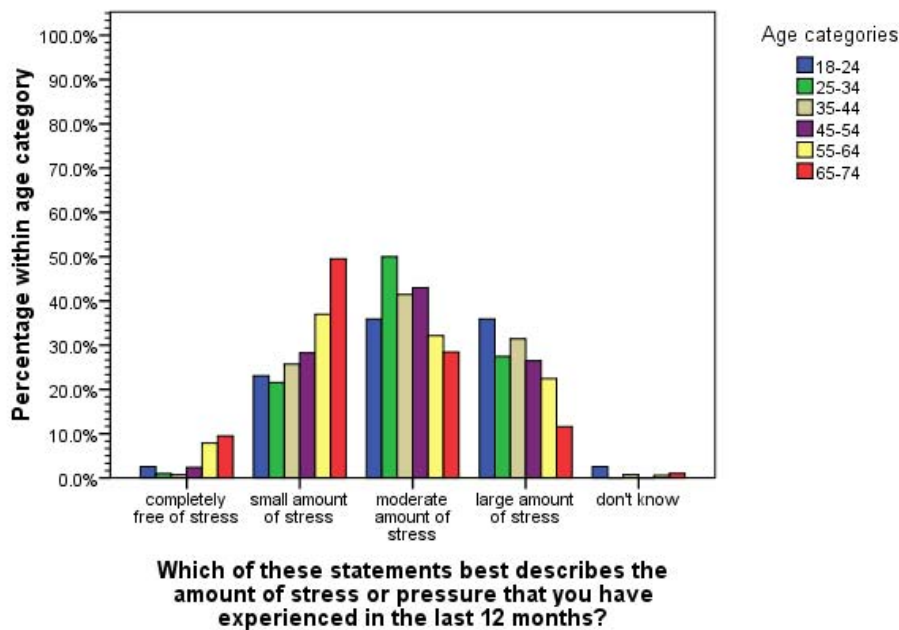
**Table 9.1– Amount of stress experienced in the last 12 months**

<b>Which of these statements best describe the amount of stress or pressure that you have experienced in the last 12 months:</b>	<b>n</b>	<b>%</b>
Completely free of stress	30	4%
Small amount of stress	228	31%
Moderate amount of stress	281	39%
Large amount stress	182	25%
Don't know	4	1%
<b>Total</b>	<b>725</b>	<b>100%</b>

**Table 9.2– Amount of stress experienced in the last 12 months by sex**

Which of these statements best describe the amount of stress or pressure that you have experienced in the last 12 months:	Male		Female		Total	
	n	%	n	%	n	%
Completely free of stress	19	6%	10	2%	<b>29</b>	<b>4%</b>
Small amount of stress	103	36%	120	28%	<b>223</b>	<b>31%</b>
Moderate amount of stress	108	38%	168	40%	<b>276</b>	<b>39%</b>
Large amount stress	54	19%	125	29%	<b>179</b>	<b>25%</b>
Don't know	3	1%	1	1%	<b>4</b>	<b>1%</b>
<b>Total</b>	<b>287</b>	<b>100%</b>	<b>424</b>	<b>100%</b>	<b>711</b>	<b>100%</b>

**Figure 9.1 - Amount of stress experienced in the last 12 months by age**



**Table 9.3– Amount of stress experienced in the last 12 months by sex by age**

<b>Which of these statements best describe the amount of stress or pressure that you have experienced in the last 12 months:</b>	<b>18-24</b>		<b>25-34</b>		<b>35-44</b>		<b>45-54</b>		<b>55-64</b>		<b>65-74</b>		<b>Total</b>	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
Completely free of stress	1	3%	1	1%	1	1%	4	2%	13	8%	9	10%	<b>29</b>	<b>4%</b>
Small amount of stress	9	23%	22	22%	36	26%	48	28%	61	37%	47	49%	<b>223</b>	<b>31%</b>
Moderate amount of stress	14	36%	51	50%	58	41%	73	43%	53	32%	27	28%	<b>276</b>	<b>39%</b>
Large amount stress	14	36%	28	27%	44	31%	45	27%	37	22%	11	12%	<b>179</b>	<b>25%</b>
Don't know	1	2%	0	0%	1	1%	0	0%	1	1%	1	1%	<b>4</b>	<b>1%</b>
<b>Total</b>	<b>39</b>	<b>100%</b>	<b>102</b>	<b>100%</b>	<b>140</b>	<b>100%</b>	<b>170</b>	<b>100%</b>	<b>165</b>	<b>100%</b>	<b>95</b>	<b>100%</b>	<b>711</b>	<b>100%</b>

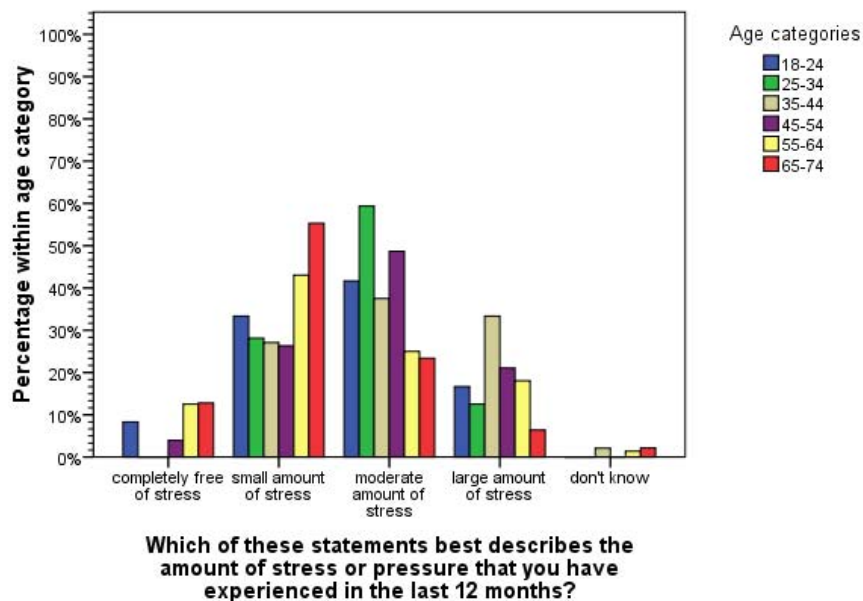
**Table 9.4– Amount of stress experienced in the last 12 months by age for males**

<b>Which of these statements best describe the amount of stress or pressure that you have experienced in the last 12 months:</b>	<b>18-24</b>		<b>25-34</b>		<b>35-44</b>		<b>45-54</b>		<b>55-64</b>		<b>65-74</b>		<b>Total</b>	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
Completely free of stress	1	8%	0	0%	0	0%	3	4%	9	13%	6	13%	<b>19</b>	<b>6%</b>
Small amount of stress	4	33%	9	28%	13	27%	20	26%	31	43%	26	55%	<b>103</b>	<b>36%</b>
Moderate amount of stress	5	42%	19	59%	18	38%	37	49%	18	25%	11	24%	<b>108</b>	<b>38%</b>
Large amount stress	2	17%	4	13%	16	33%	16	21%	13	18%	3	6%	<b>54</b>	<b>19%</b>
Don't know	0	0%	0	0%	1	2%	0	0%	1	1%	1	2%	<b>3</b>	<b>1%</b>
<b>Total</b>	<b>12</b>	<b>100%</b>	<b>32</b>	<b>100%</b>	<b>48</b>	<b>100%</b>	<b>76</b>	<b>100%</b>	<b>72</b>	<b>100%</b>	<b>47</b>	<b>100%</b>	<b>287</b>	<b>100%</b>

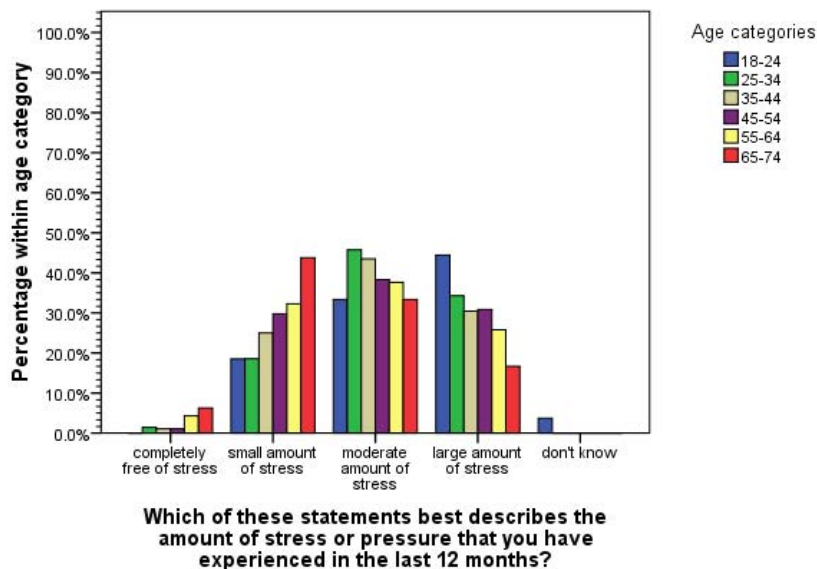
**Table 9.5– Amount of stress experienced in the last 12 months by age for females**

Which of these statements best describe the amount of stress or pressure that you have experienced in the last 12 months:	18-24		25-34		35-44		45-54		55-64		65-74		Total	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%
Completely free of stress	0	0%	1	1%	1	1%	1	1%	4	4%	3	6%	10	2%
Small amount of stress	5	19%	13	19%	23	25%	28	30%	30	32%	21	44%	120	28%
Moderate amount of stress	9	33%	32	46%	40	43%	36	38%	35	38%	16	33%	168	40%
Large amount stress	12	44%	24	34%	28	31%	29	31%	24	26%	8	17%	125	29%
Don't know	1	4%	0	0%	0	0%	0	0%	0	0%	0	0%	1	1%
<b>Total</b>	<b>27</b>	<b>100%</b>	<b>70</b>	<b>100%</b>	<b>92</b>	<b>100%</b>	<b>94</b>	<b>100%</b>	<b>93</b>	<b>100%</b>	<b>48</b>	<b>100%</b>	<b>424</b>	<b>100%</b>

**Figure 9.2 - Amount of stress experienced in the last 12 months by age for males**



**Figure 9.3 - Amount of stress experienced in the last 12 months by age for females**



When faced with a number of factors that cause anxiety or stress, pressures at work came out top, as they were affecting 30% of people at least frequently (Table 9.6). A small percentage (6%) said they were constantly stressed by pressures at work. The table also shows how stress affected women more, for example twice as many women than men were frequently stressed by relationships within the family and by housing. The same top five pressures were reported in the last survey (Table 9.7).



**Table 9.6– factors that cause anxiety by sex**

		<b>male</b>		<b>female</b>		<b>Total</b>	
		<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>	<b>n</b>	<b>%</b>
Pressures at work	Frequently/always	70	29%	111	32%	<b>181</b>	<b>30%</b>
	Never/ occasionally	172	71%	241	69%	<b>413</b>	<b>69%</b>
Money worries	Frequently/always	42	17%	76	20%	<b>118</b>	<b>19%</b>
	Never/ occasionally	210	83%	295	80%	<b>505</b>	<b>81%</b>
Staffing levels at work	Frequently/always	43	18%	67	19%	<b>110</b>	<b>19%</b>
	Never/ occasionally	189	81%	276	80%	<b>465</b>	<b>81%</b>
Your family's health	Frequently/always	39	15%	78	20%	<b>117</b>	<b>18%</b>
	Never/ occasionally	219	85%	311	80%	<b>530</b>	<b>82%</b>
Relationships between family members	Frequently/always	25	10%	80	21%	<b>105</b>	<b>17%</b>
	Never/ occasionally	225	90%	304	80%	<b>529</b>	<b>83%</b>
Job dissatisfaction	Frequently/always	37	16%	56	16%	<b>93</b>	<b>16%</b>
	Never/ occasionally	199	84%	291	84%	<b>490</b>	<b>84%</b>
Your own health	Frequently/always	34	13%	47	13%	<b>81</b>	<b>13%</b>
	Never/ occasionally	229	87%	320	87%	<b>549</b>	<b>87%</b>
Transport difficulties	Frequently/always	31	13%	41	12%	<b>72</b>	<b>12%</b>
	Never/ occasionally	215	87%	312	88%	<b>527</b>	<b>88%</b>
Housing	Frequently/always	12	5%	38	10%	<b>50</b>	<b>8%</b>
	Never/ occasionally	226	95%	327	90%	<b>553</b>	<b>92%</b>
Worries about global issues	Frequently/always	15	6%	30	8%	<b>45</b>	<b>7%</b>
	Never/ occasionally	234	94%	334	92%	<b>568</b>	<b>93%</b>
Problems associated with living on an island	Frequently/always	14	6%	27	7%	<b>41</b>	<b>7%</b>
	Never/ occasionally	225	94%	331	93%	<b>556</b>	<b>93%</b>
Boredom at work	Frequently/always	15	7%	18	5%	<b>33</b>	<b>6%</b>
	Never/ occasionally	213	93%	317	95%	<b>530</b>	<b>94%</b>
Problems with neighbours	Frequently/always	4	2%	13	4%	<b>17</b>	<b>3%</b>
	Never/ occasionally	233	98%	344	96%	<b>577</b>	<b>97%</b>
Fear of crime	Frequently/always	3	1%	13	4%	<b>16</b>	<b>3%</b>
	Never/ occasionally	240	99%	340	96%	<b>580</b>	<b>97%</b>

Those who had not spent much time on the island reported more stress from problems associated with living on an island (Table 9.8). They were also more likely to feel stressed by the health of their families.

When asked what reduced worry and anxiety, many people felt that discussing the problem with someone else (90%), resting or relaxing (85%), socialising (84%), taking exercise (81%), or prioritising problems (78%) helped (Table 9.9). This was similar for both men and women. There were some variations for young people in what they found helped to reduce stress. Fewer people aged 18-24 than older groups found resting/relaxing and prioritising problems helpful, and more young people preferred to forget the problem and socialise with friends. Young men were more likely to have a few drinks or have a cigarette, whereas young women were less likely to do either of these. None of these differences were statistically significant.



Table 9.8 –factors that cause anxiety by the years lived on the island			0-4 years		5-9 years		10-14 years		15-19 years		20+ years		Total	
		n	%	n	%	n	%	n	%	n	%	n	%	
Pressures at work	Frequently/always	12	30%	14	39%	9	26%	7	30%	137	30%	179	30%	
	Never/ occasionally	28	70%	22	61%	25	73%	17	71%	317	70%	409	70%	
Money worries	Frequently/always	6	15%	7	20%	3	8%	5	19%	97	20%	118	19%	
	Never/ occasionally	33	85%	28	80%	33	92%	21	81%	384	80%	499	81%	
Staffing levels at work	Frequently/always	3	8%	10	27%	8	23%	2	9%	86	20%	109	19%	
	Never/ occasionally	36	92%	27	73%	27	77%	21	91%	349	80%	460	81%	
Your family’s health	Frequently/always	9	22%	3	8%	2	6%	2	8%	99	20%	115	18%	
	Never/ occasionally	32	78%	35	92%	34	95%	24	92%	400	80%	525	82%	
Relationships between family members	Frequently/always	4	9%	6	16%	3	9%	5	21%	87	18%	105	17%	
	Never/ occasionally	38	90%	31	84%	32	91%	19	79%	403	82%	523	83%	
Job dissatisfaction	Frequently/always	7	18%	10	28%	3	9%	3	12%	68	15%	91	16%	
	Never/ occasionally	32	82%	26	72%	31	91%	21	87%	376	85%	486	84%	
Your own health	Frequently/always	6	15%	4	11%	3	8%	4	17%	63	13%	80	13%	
	Never/ occasionally	34	85%	32	89%	34	92%	20	83%	424	87%	544	87%	
Transport difficulties	Frequently/always	6	16%	4	11%	3	8%	2	8%	57	12%	72	12%	
	Never/ occasionally	31	84%	33	89%	33	92%	22	92%	402	88%	521	88%	
Housing	Frequently/always	3	7%	3	8%	1	3%	1	4%	41	9%	49	8%	
	Never/ occasionally	39	93%	33	92%	34	98%	24	96%	418	91%	548	92%	
Worries about global issues	Frequently/always	5	13%	1	3%	2	6%	4	15%	32	7%	44	7%	
	Never/ occasionally	34	87%	37	97%	33	94%	22	85%	437	93%	563	93%	
Problems associated with living on an island	Frequently/always	7	18%	4	11%	2	6%	2	8%	25	5%	40	7%	
	Never/ occasionally	32	82%	33	90%	32	94%	24	92%	429	94%	550	93%	
Boredom at work	Frequently/always	4	10%	1	3%	2	6%	1	4%	24	6%	32	6%	
	Never/ occasionally	34	89%	36	97%	32	94%	22	96%	402	94%	526	94%	
Problems with neighbours	Frequently/always	1	3%	0	0%	0	0%	1	4%	15	3%	17	3%	
	Never/ occasionally	37	97%	36	100%	35	100%	24	96%	439	97%	571	97%	
Fear of crime	Frequently/always	2	5%	0	0%	0	0%	2	8%	12	3%	16	3%	
	Never/ occasionally	36	95%	36	100%	37	100%	23	92%	442	97%	574	97%	

**Table 9.9 – factors that reduce anxiety by age and sex**

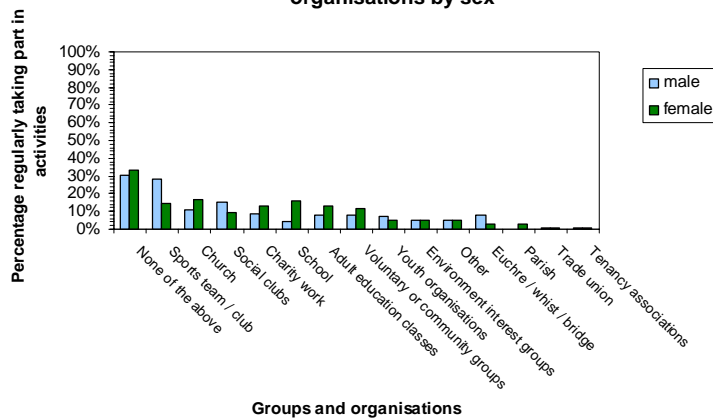
						Age categories													
		18 -	24	25 -	64	65 -	74		Total	18 -	24	25 -	64	65 -	74			Total	
		n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
Discussing the problem with another person	effective	10	91%	186	86%	34	85%	230	86%	25	96%	311	91%	35	97%	371	92%		
	ineffective	1	9%	3	1%	2	5%	6	2%	1	4%	7	2%	0	0	8	2%		
	neither	0	0	26	12%	4	10%	30	11%	0	0	22	6%	1	3%	23	6%		
Resting and relaxing	effective	9	75%	181	85%	35	85%	225	85%	20	77%	280	84%	32	94%	332	85%		
	ineffective	2	17%	9	4%	2	5%	13	5%	2	8%	13	4%	0	0	15	4%		
	neither	1	8%	21	10%	4	10%	26	10%	4	15%	39	12%	2	6%	45	11%		
Socialising with friends	effective	12	100%	165	80%	27	69%	204	80%	26	96%	283	86%	34	94%	343	87%		
	ineffective	0	0	7	3%	2	5%	9	3%	0	0	9	3%	0	0	9	2%		
	neither	0	0	33	16%	10	26%	43	17%	1	4%	37	11%	2	6%	40	10%		
Taking some exercise	effective	9	75%	166	81%	33	80%	208	81%	22	81%	272	81%	33	89%	327	82%		
	ineffective	1	8%	12	6%	4	10%	17	7%	2	7%	19	6%	1	3%	22	5%		
	neither	2	17%	27	13%	4	10%	33	13%	3	11%	43	13%	3	8%	49	12%		
Prioritising problems	effective	7	58%	156	76%	26	72%	189	74%	15	60%	256	80%	24	86%	295	79%		
	ineffective	3	25%	15	7%	4	11%	22	9%	3	12%	20	6%	3	11%	26	7%		
	neither	2	17%	35	17%	6	17%	43	17%	7	28%	42	13%	1	4%	50	13%		
Having a few drinks	effective	6	60%	103	50%	11	29%	120	47%	6	23%	130	42%	6	29%	142	40%		
	ineffective	4	40%	64	31%	23	60%	91	36%	12	46%	130	42%	12	57%	154	43%		
	neither	0	0	39	19%	4	10%	43	17%	8	31%	48	16%	3	14%	59	17%		
Stress management workshop session	effective	3	27%	65	34%	11	31%	79	33%	8	32%	97	34%	8	40%	113	34%		
	ineffective	5	45%	59	31%	18	51%	82	35%	8	32%	81	28%	8	40%	97	30%		
	neither	3	27%	67	35%	6	17%	76	32%	9	36%	106	37%	4	20%	119	36%		
Taking medication	effective	4	33%	66	33%	10	27%	80	32%	5	20%	90	30%	8	33%	103	30%		
	ineffective	4	33%	75	38%	17	46%	96	39%	10	40%	136	46%	11	46%	157	45%		
	neither	4	33%	57	29%	10	27%	71	29%	10	40%	71	24%	5	21%	86	25%		
Attempting to forget problem	effective	6	50%	44	22%	7	18%	57	22%	8	31%	75	24%	8	30%	91	25%		
	ineffective	4	33%	103	51%	20	53%	127	50%	8	31%	159	50%	12	44%	179	48%		
	neither	2	17%	56	28%	11	29%	69	27%	10	38%	82	26%	7	26%	99	27%		
Spending more time working	effective	3	25%	31	15%	9	26%	43	17%	6	23%	63	20%	10	43%	79	22%		
	ineffective	6	50%	105	52%	19	54%	130	52%	13	50%	159	51%	9	40%	181	50%		
	neither	3	25%	66	33%	7	20%	76	30%	7	27%	91	29%	4	17%	102	28%		
Having a cigarette	effective	4	36%	40	22%	4	12%	48	21%	3	12%	50	17%	5	23%	58	17%		
	ineffective	5	45%	119	65	30	88%	154	67%	17	68%	199	70%	12	54%	228	68%		
	neither	2	18%	24	13%	0	0	26	11%	5	20%	37	13%	5	23%	47	14%		
Eating more	effective	1	8%	15	7%	3	8%	19	7%	2	12%	53	17%	5	20%	61	17%		
	ineffective	6	50%	124	60%	28	76%	158	62%	13	52%	181	57%	14	56%	208	57%		
	neither	5	42%	66	32%	6	16%	77	30%	9	36%	82	26%	6	24%	97	26%		

Another question relating to stress was to ask about regular participation in activities with a variety of groups and organisations. Nearly a third said they did not take part in any such activities. The most popular activity was sport, followed by church, social clubs, charity work, school, adult education, and voluntary organisations (Table 9.10, Fig 9.4). Significantly more men than women took part in sports teams or clubs, social clubs and Euchre/whist/bridge. Significantly more women than men participated in church, school, adult education and parish activities. For some of these activities participation varied with age, for example school, adult education classes, voluntary/community and youth group activities had greatest participation from younger people and very little from those over 65 (Table 9.11). Although sports activities reduced with age there were still 17% of those age 65-74 taking part.

**Table 9.10– Do you regularly take part in activities with any of the following groups or types of organisation by sex**

	<b>Male</b>		<b>Female</b>		<b>Total</b>	
	n	%	n	%	n	%
None of the above	87	30%	143	33%	<b>230</b>	<b>32%</b>
Sports team/club	81	28%	64	15%	<b>145</b>	<b>20%</b>
Church	32	11%	71	16%	<b>103</b>	<b>14%</b>
Social clubs	44	15%	41	10%	<b>85</b>	<b>12%</b>
Charity work	26	9%	57	13%	<b>83</b>	<b>11%</b>
School	13	4%	68	16%	<b>81</b>	<b>11%</b>
Adult education lessons	23	8%	55	13%	<b>78</b>	<b>11%</b>
Voluntary or community groups	23	8%	51	12%	<b>74</b>	<b>10%</b>
Youth organisations	22	8%	23	5%	<b>45</b>	<b>6%</b>
Environment interest groups	15	5%	22	5%	<b>37</b>	<b>5%</b>
Other	14	5%	23	5%	<b>37</b>	<b>5%</b>
Eurche/whist/bridge	23	8%	13	3%	<b>36</b>	<b>5%</b>
Parish	1	1%	11	2%	<b>12</b>	<b>2%</b>
Trade union	2	1%	4	1%	<b>6</b>	<b>1%</b>
Tenancy associations	2	1%	3	1%	<b>5</b>	<b>1%</b>

**Figure 9.4 - Regularly take part in activities with groups or organisations by sex**



**Table 9.11– Do you regularly take part in activities with any of the following groups or types of organisation by age**

	18-24		25-64		65-74		Total	
	n	%	n	%	n	%	n	%
Church	6	15%	80	14%	17	18%	103	14%
School	7	18%	73	12%	1	1%	81	11%
Parish	0	0%	10	2%	2	2%	12	2%
Youth organisations	5	13%	36	6%	4	4%	45	6%
Sports team/club	11	28%	118	20%	16	17%	145	20%
Social clubs	6	15%	62	11%	17	18%	85	12%
Eurche/whist/bridge	1	3%	24	4%	11	11%	36	5%
Adult education lessons	5	13%	68	12%	5	5%	78	11%
Trade union	0	0%	6	1%	0	0%	6	1%
Tenancy associations	0	0%	4	1%	1	1%	5	1%
Voluntary or community groups	8	20%	59	10%	7	7%	74	10%
Charity work	5	13%	63	11%	15	16%	83	11%
Environment interest groups	1	3%	32	5%	4	4%	37	5%
None of the above	15	38%	186	32%	29	30%	230	32%
Other	1	3%	31	5%	5	5%	37	5%

## 10. SUNBATHING

The survey included questions about the importance of having a suntan, the use of sun cream, getting sunburn, and actions that might reduce the risk of skin cancer (see questions 16-19 in Appendix 2).

Most people (70%) said that having a suntan was not important (Table 10.1). Having a suntan was more important for women compared to men in 2008 (Table 10.2: Pearson chi-square = 23.74, df = 3,  $p < .001$ ), a difference which was not apparent in 2003.

Many people (59%) said it was a factor 15 sunscreen or above that they used most regularly (an improvement on the 44% using this factor level in 2003). Nearly a quarter did not normally use sunscreen (the same as the 2003 figure). There was a highly significant difference between men and women, with far more women using a high factor sunscreen, and more men not using sunscreen at all (Pearson chi-square = 88.01, df = 4,  $p < .001$ ). Compared to 2003, use of sunscreen had increased for women and decreased for men, so the gender gap has widened.

A considerably high proportion (36%) had had sunburn in the last year. There was a difference between men and women, in that more men said they had got sunburnt several times in the previous year (Pearson chi-square = 10.85, df = 4,  $p = .028$ ). See Tables 10.3 – 10.5.



**Table 10.1– Opinions and behaviour on a suntan**

		<b>n</b>	<b>%</b>
<b>How important is a suntan to you personally</b>	Very important	30	4%
	Fairly important	187	26%
	Not important	506	69%
	Don't know	4	1%
	<b>Total</b>	<b>727</b>	<b>100%</b>
<b>Which factor level of sunscreen do you use most regularly</b>	1-8	47	7%
	9-14	61	9%
	15 or over	427	59%
	Don't know	11	1%
	I don't usually use sunscreen	174	24%
	<b>Total</b>	<b>720</b>	<b>100%</b>
<b>During the past twelve months, how many times have you had sunburn causing redness and soreness of the skin lasting for at least 1 or 2 days</b>	Once	183	25%
	Twice	46	6%
	Three times	16	2%
	Four or more	13	2%
	Not in the last 12 months	468	65%
	<b>Total</b>	<b>726</b>	<b>100%</b>

**Table 10.2– Opinions and behaviour on a suntan by sex**

		<b>Male</b>		<b>Female</b>		<b>Total</b>	
		n	%	n	%	n	%
How important is a suntan to you personally	Very important	7	2%	23	5%	30	4%
	Fairly important	51	18%	134	31%	185	26%
	Not important	225	79%	269	63%	494	69%
	Don't know	3	1%	1	1%	4	1%
	<b>Total</b>	<b>286</b>	<b>100%</b>	<b>427</b>	<b>100%</b>	<b>713</b>	<b>100%</b>
Which factor level of sunscreen do you most regularly use	1-8	19	7%	28	7%	47	7%
	9-14	24	8%	36	8%	60	8%
	15 or over	117	41%	302	72%	419	59%
	Don't know	7	3%	4	1%	11	2%
	I don't usually use sunscreen	117	41%	52	12%	169	24%
	<b>Total</b>	<b>284</b>	<b>100%</b>	<b>422</b>	<b>100%</b>	<b>706</b>	<b>100%</b>
<b>During the past twelve months, how many times have you had sunburn causing redness and soreness of the skin lasting for at least 1 or 2 days</b>	Once	63	22%	120	28%	183	26%
	Twice	25	9%	21	5%	46	6%
	Three times	10	4%	6	1%	16	2%
	Four or more	7	2%	6	1%	13	2%
	Not in the last 12 months	178	63%	276	65%	454	64%
	<b>Total</b>	<b>283</b>	<b>100%</b>	<b>429</b>	<b>100%</b>	<b>712</b>	<b>100%</b>

**Table 10.3– Factor level of sunscreen used by frequency of getting sunburn**

Which factor level of sunscreen do you use most regularly	During the past twelve, how many times have you had sunburn causing redness and soreness of the skins lasting for at least 1 or 2 days?											
	Once		Twice		Three times		Four or more		Not in the last 12 months		Total	
	n	%	n	%	n	%	n	%	n	%	n	%
1-8	15	33%	3	6%	0	0%	1	2%	27	59%	<b>46</b>	<b>100%</b>
9-14	12	20%	6	10%	1	1%	1	1%	41	68%	<b>61</b>	<b>100%</b>
15 or over	121	29%	29	7%	9	2%	5	1%	261	61%	<b>425</b>	<b>100%</b>
Don't know	4	36%	0	0%	1	9%	1	9%	5	46%	<b>11</b>	<b>100%</b>
I don't usually use sunscreen	30	17%	8	5%	5	3%	4	2%	126	73%	<b>173</b>	<b>100%</b>
<b>Total</b>	<b>182</b>	<b>26%</b>	<b>46</b>	<b>6%</b>	<b>16</b>	<b>2%</b>	<b>12</b>	<b>2%</b>	<b>460</b>	<b>64%</b>	<b>716</b>	<b>100%</b>

**Table 10.4– Factor level of sunscreen used by frequency of getting sunburn for males**

Which factor level of sunscreen do you use most regularly	During the past twelve, how many times have you had sunburn causing redness and soreness of the skins lasting for at least 1 or 2 days?											
	Once		Twice		Three times		Four or more		Not in the last 12 months		Total	
	n	%	n	%	n	%	n	%	n	%	n	%
1-8	4	22%	2	11%	0	0%	0	0%	12	67%	<b>18</b>	<b>100%</b>
9-14	6	25%	3	12%	1	4%	0	0%	14	59%	<b>24</b>	<b>100%</b>
15 or over	26	23%	12	10%	5	4%	2	2%	71	61%	<b>116</b>	<b>100%</b>
Don't know	3	43%	0	0%	1	14%	0	0%	3	43%	<b>7</b>	<b>100%</b>
I don't usually use sunscreen	24	21%	8	7%	3	3%	4	3%	77	66%	<b>116</b>	<b>100%</b>
<b>Total</b>	<b>63</b>	<b>22%</b>	<b>25</b>	<b>9%</b>	<b>10</b>	<b>4%</b>	<b>6</b>	<b>2%</b>	<b>177</b>	<b>63%</b>	<b>281</b>	<b>100%</b>

**Table 10.5– Factor level of sunscreen used by frequency of getting sunburn for females**

Which factor level of sunscreen do you use most regularly	During the past twelve, how many times have you had sunburn causing redness and soreness of the skins lasting for at least 1 or 2 days?											
	Once		Twice		Three times		Four or more		Not in the last 12 months		Total	
	n	%	n	%	n	%	n	%	n	%	n	%
1-8	11	39%	1	4%	0	0%	1	4%	15	53%	<b>28</b>	<b>100%</b>
9-14	6	17%	3	8%	0	0%	1	3%	26	72%	<b>36</b>	<b>100%</b>
15 or over	95	32%	17	6%	4	1%	3	1%	182	60%	<b>301</b>	<b>100%</b>
Don't know	1	25%	0	0%	0	0%	1	25%	2	50%	<b>4</b>	<b>100%</b>
I don't usually use sunscreen	6	11%	0	0%	2	4%	0	0%	44	85%	<b>52</b>	<b>100%</b>
<b>Total</b>	<b>119</b>	<b>29%</b>	<b>21</b>	<b>5%</b>	<b>6</b>	<b>1%</b>	<b>6</b>	<b>1%</b>	<b>269</b>	<b>64%</b>	<b>421</b>	<b>100%</b>

There are a number of recommendations for people aimed at preventing skin cancer and the survey asked about these. Almost everyone thought it very important to keep babies out of the sun, and many also said that using sun cream and avoiding the midday sun were very important (Table 10.6). Staying in the shade as much as possible, and wearing a wide-brimmed hat were considered at least fairly important by most people. Males and the youngest age-group regarded some of these as less important, for example, men were significantly less likely than women to endorse the importance of staying in the shade; and significantly fewer young people of both sexes compared to all said it was important to wear a hat. Other differences (not statistically significant) were that fewer young men thought it was important to keep babies out of the sun, fewer young men used sun cream; and fewer young people of both sexes said it was important to avoid the midday sun (Table 10.7, Fig 10.1, 10.2).

In 2008, the proportion of people thinking that using sun cream is very important went up to 85% (compared to 78% in 2003). Otherwise there was little change since 2003 in these figures.

**Table 10.6– Factors thought to prevent skin cancer**

		<b>n</b>	<b>%</b>
Trying to keep babies out of the sun	Very important	643	91%
	Fairly important	56	8%
	Not important	4	1%
	Don't know	4	1%
	<b>Total</b>	<b>707</b>	<b>100%</b>
Using sun cream	Very important	601	85%
	Fairly important	87	12%
	Not important	17	2%
	Don't know	2	1%
	<b>Total</b>	<b>707</b>	<b>100%</b>
Avoiding the midday sun	Very important	507	72%
	Fairly important	167	23%
	Not important	27	4%
	Don't know	4	1%
	<b>Total</b>	<b>705</b>	<b>100%</b>
Staying in the shade as much as possible	Very important	294	42%
	Fairly important	296	42%
	Not important	99	14%
	Don't know	12	2%
	<b>Total</b>	<b>701</b>	<b>100%</b>
Wide brimmed hats	Very important	290	42%
	Fairly important	311	45%
	Not important	80	11%
	Don't know	12	2%
	<b>Total</b>	<b>693</b>	<b>100%</b>
Wearing loose fitting clothes	Very important	150	22%
	Fairly important	198	30%
	Not important	264	40%
	Don't know	54	8%
	<b>Total</b>	<b>666</b>	<b>100%</b>

**Table 10.7– Factors thought to prevent skin cancer by age for males**

		<b>18-24</b>		<b>25-64</b>		<b>65-74</b>	
		n	%	n	%	n	%
Trying to keep babies out of the sun	Very important	11	92%	222	98%	38	100%
	Fairly important						
	Not important						
Using a sun cream	don't know	1	8%	5	2%	0	0%
	Very important	11	92%	216	96%	33	87%
	Fairly important						
Avoiding midday sun	Not important	1	8%	9	4%	5	13%
	don't know						
	Very important	10	83%	203	92%	35	87%
Staying in the shade as much as possible	Fairly important						
	Not important	2	17%	18	8%	5	12%
	don't know						
Wide brimmed hat	Very important	9	75%	168	76%	30	77%
	Fairly important						
	Not important	3	25%	54	24%	9	23%
Wearing loosening clothing	don't know	6	50%	183	83%	33	85%
	Very important	6	50%	38	17%	6	15%
	Fairly important	5	50%	111	51%	16	46%
	Not important						
	don't know	5	50%	108	49%	19	54%



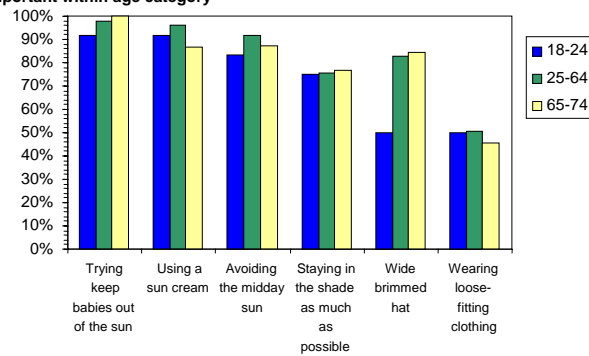
**Table 10.8– Factors thought to prevent skin cancer by age for females**

		<b>18-24</b>		<b>25-64</b>		<b>65-74</b>	
		<b>n</b>	<b>%</b>	<b>N</b>	<b>%</b>	<b>n</b>	<b>%</b>
Trying to keep babies out of the sun	Very important	27	100%	346	99%	43	100%
	Fairly important						
	Not important						
Using a sun cream	don't know	0	0%	2	1%	0	0%
	Very important	27	100%	345	99%	45	100%
	Fairly important						
Avoiding midday sun	Not important	0	0%	3	1%	0	0%
	don't know						
	Very important	25	93%	346	99%	45	100%
Staying in the shade as much as possible	Fairly important						
	Not important	2	7%	2	1%	0	0%
	don't know						
Wide brimmed hat	Very important	26	97%	305	90%	41	91%
	Fairly important						
	Not important	1	3%	37	10%	4	9%
Wearing loosing clothing	don't know						
	Very important	19	73%	308	90%	41	98%
	Fairly important						
	Not important	7	27%	33	10%	1	2%
	don't know						
	Very important	12	44%	172	53%	26	70%
	Fairly important						
	Not important	15	56%	155	47%	11	30%
	don't know						

**Figure 10.1 - Factors thought to prevent skin cancer**

**Percentage regarding as very/fairly for males**

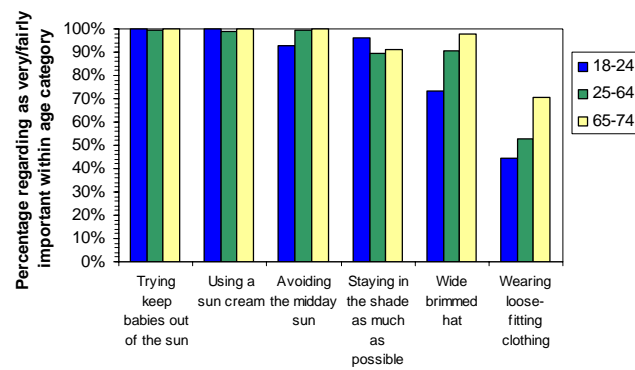
**important within age category**



**Factors in preventing skin cancer**

**Figure 10.2 - Factors thought to prevent skin cancer**

**for females**



**Factors in preventing skin cancer**

## 11. PREGNANCY

The survey included a question for women on pregnancy (see question 13 in Appendix 2). Nineteen women respondents were pregnant at the time of the survey. Table 11.1 shows that two of these (11%) smoked and six (32%) were ex-smokers (one of which had recently given up). The smokers smoked less than 10 cigarettes a day.

**Table 11.1– Number of pregnant women by smoking habit**

For women only – are you pregnant?	Smoking habit							
	smoker		Ex-smoker		Never smoked		Total	
	n	%	n	%	n	%	n	%
Yes	2	10%	6	32%	11	58%	19	100%
No	57	14%	102	26%	236	60%	395	100%
<b>Total</b>	<b>59</b>	<b>14%</b>	<b>108</b>	<b>26%</b>	<b>247</b>	<b>60%</b>	<b>414</b>	<b>100%</b>

Looking at other lifestyle characteristics, those who were pregnant were very similar to women in the 25-35 age-group. For example, 58% said they did not think they had enough exercise, and 42% undertook no moderate exercise or did so on only one day a week. 68% had less than the recommended five portions of fruit and vegetables a day, and 32% saw themselves as being overweight. Alcohol consumption was very light for this group, and 37% were not drinking at all.

79% said they led a fairly healthy lifestyle, and their average health state was 76 on the visual analogue scale. Stress levels were quite high, as they are for women in their 20s and 30s, with none of the pregnant women saying they were completely free of stress, 42% experienced moderate stress levels, and 37% said they had experienced a large amount of stress in the last year.

## 12. USE OF HEALTH SERVICES

People were asked if they had attended various health checks and clinics, including blood pressure checks in the last five years (Table 12.1 – 12.13). There were two new questions in 2008 about well man clinics and sexual health screening. See questions 37-39 in Appendix 2.

**Table 12.1 Health services used in the last five years**

		<b>n</b>	<b>%</b>
Well man check	Yes	38	16%
	No	191	80%
	Not sure	11	4%
	<b>Total</b>	<b>240</b>	<b>100%</b>
Well woman check cervical screening	Yes	293	77%
	No	82	21%
	Not sure	8	2%
	<b>Total</b>	<b>383</b>	<b>100%</b>
Well woman check breast mammography	Yes	199	52%
	No	181	47%
	Not sure	4	1%
	<b>Total</b>	<b>384</b>	<b>100%</b>
Routine health check	Yes	380	62%
	No	222	36%
	Not sure	8	2%
	<b>Total</b>	<b>610</b>	<b>100%</b>
Private health screening/check	Yes	56	12%
	No	399	85%
	Not sure	15	3%
	<b>Total</b>	<b>470</b>	<b>100%</b>
'Chest and heart' screening	Yes	257	44%
	No	315	54%
	Not sure	10	2%
	<b>Total</b>	<b>582</b>	<b>100%</b>
Eyesight check	Yes	577	85%
	No	98	14%
	Not sure	6	1%
	<b>Total</b>	<b>681</b>	<b>100%</b>
Dental check	Yes	597	88%
	No	78	11%
	Not sure	3	1%
	<b>Total</b>	<b>678</b>	<b>100%</b>
Sexual health screening	Yes	54	11%
	No	450	88%
	Not sure	5	1%
	<b>Total</b>	<b>509</b>	<b>100%</b>

**Table 12.2– Well man check by age for males**

Age categories	yes		no		not sure		Total	
	n	%	n	%	n	%	n	%
18-24	1	10%	9	90%	0	0%	<b>10</b>	<b>100%</b>
25-34	2	7%	23	79%	4	14%	<b>29</b>	<b>100%</b>
35-44	4	10%	36	88%	1	2%	<b>41</b>	<b>100%</b>
45-54	11	17%	54	82%	1	1%	<b>66</b>	<b>100%</b>
55-64	13	24%	37	68%	4	8%	<b>54</b>	<b>100%</b>
65-74	7	19%	28	78%	1	3%	<b>36</b>	<b>100%</b>
<b>Total</b>	<b>38</b>	<b>16%</b>	<b>187</b>	<b>79%</b>	<b>11</b>	<b>5%</b>	<b>236</b>	<b>100%</b>

Table 12.2 shows that 16% of men had attended a well man clinic.

Cervical screening had been done in the last five years for around 80% of women age 25-64 (Table 12.3). Coverage of cervical screening was similar in Guernsey compared to England for women aged 35-64, but was higher in Guernsey for younger people (the England figures fell to around 70% for women aged 25-34, and 15% for women aged 20-24 (11)).

**Table 12.3– Cervical screening by age for females**

Age categories	yes		no		not sure		Total	
	n	%	n	%	n	%	n	%
18-24	10	38%	14	54%	2	8%	26	100%
25-34	53	80%	13	20%	0	0%	66	100%
35-44	74	80%	17	18%	2	2%	93	100%
45-54	73	84%	13	15%	1	1%	87	100%
55-64	54	76%	15	21%	2	3%	71	100%
65-74	23	72%	8	25%	1	3%	32	100%
<b>Total</b>	<b>287</b>	<b>77%</b>	<b>80</b>	<b>21%</b>	<b>8</b>	<b>2%</b>	<b>375</b>	<b>100%</b>

Tables 12.4 and 12.5 show breast mammography by age. A high proportion of women aged 50 and over said they had had breast screening in the last five years (94%). This was high when compared to the actual uptake figures in England where only 73% of women age 50-70 had been screened in the same time frame (10).

**Table 12.4– Breast mammography by age for females**

Age categories	yes		no		not sure		Total	
	n	%	n	%	n	%	n	%
18-24	3	11%	22	85%	1	4%	26	100%
25-34	1	2%	57	98%	0	0%	58	100%
35-44	17	21%	63	78%	1	1%	81	100%
45-54	45	56%	34	43%	1	1%	80	100%
55-64	85	98%	2	2%	0	0%	87	100%
65-74	43	96%	1	2%	1	2%	45	100%
<b>Total</b>	<b>194</b>	<b>52%</b>	<b>179</b>	<b>47%</b>	<b>4</b>	<b>1%</b>	<b>377</b>	<b>100%</b>

**Table 12.5– Breast mammography by age for females**

Age categories	yes		no		not sure		Total	
	n	%	n	%	n	%	n	%
<50 years	29	14%	170	84%	3	2%	202	100%
>50 years	165	94%	9	5%	1	1%	175	100%
<b>Total</b>	<b>194</b>	<b>52%</b>	<b>179</b>	<b>47%</b>	<b>4</b>	<b>1%</b>	<b>377</b>	<b>100%</b>

Many people of all ages said they had attended routine health checks, although the proportion increased with age (Table 12.6). As already mentioned, attendance at well man checks was comparatively low, and there were similar figures for the use of private health checks (Table 12.7). There was a clear age gradient for other types of clinic, with more older people attending 'Chest and Heart' screening (Table 12.8), and having their blood pressure checked (Table 12.12).

**Table 12.6– Routine health check by age**

Age categories	yes		no		not sure		Total	
	n	%	n	%	n	%	n	%
18-24	18	47%	20	53%	0	0%	38	100%
25-34	47	51%	42	46%	3	3%	92	100%
35-44	61	51%	57	48%	1	1%	119	100%
45-54	80	55%	63	43%	2	2%	145	100%
55-64	98	77%	29	22%	1	1%	128	100%
65-74	71	89%	8	10%	1	1%	80	100%
<b>Total</b>	<b>375</b>	<b>62%</b>	<b>219</b>	<b>36%</b>	<b>8</b>	<b>2%</b>	<b>602</b>	<b>100%</b>

**Table 12.7– Private health screening/check by age**

Age categories	yes		no		not sure		Total	
	n	%	n	%	n	%	n	%
18-24	4	12%	26	79%	3	9%	33	100%
25-34	14	16%	67	78%	5	6%	86	100%
35-44	7	7%	95	91%	2	2%	104	100%
45-54	10	8%	108	91%	1	1%	119	100%
55-64	15	18%	66	80%	2	2%	83	100%
65-74	6	15%	32	80%	2	5%	40	100%
<b>Total</b>	<b>56</b>	<b>12%</b>	<b>394</b>	<b>85%</b>	<b>15</b>	<b>3%</b>	<b>465</b>	<b>100%</b>

**Table 12.8– ‘Chest and Heart’ screening by age**

Age categories	yes		no		not sure		Total	
	n	%	n	%	n	%	n	%
18-24	1	3%	32	94%	1	3%	<b>34</b>	<b>100%</b>
25-34	12	14%	72	82%	4	4%	<b>88</b>	<b>100%</b>
35-44	40	33%	81	66%	1	1%	<b>122</b>	<b>100%</b>
45-54	62	44%	77	55%	1	1%	<b>140</b>	<b>100%</b>
55-64	80	68%	36	30%	2	2%	<b>118</b>	<b>100%</b>
65-74	58	83%	11	16%	1	1%	<b>70</b>	<b>100%</b>
<b>Total</b>	<b>253</b>	<b>44%</b>	<b>309</b>	<b>54%</b>	<b>10</b>	<b>2%</b>	<b>572</b>	<b>100%</b>

On average 85% had had their eyesight tested, this was around 60-70% of people under 45, and over 90% of older people (Table 12.9).

**Table 12.9– Eyesight check attended by age**

Age categories	yes		no		not sure		Total	
	n	%	n	%	n	%	n	%
18-24	24	63%	14	37%	0	0%	<b>38</b>	<b>100%</b>
25-34	67	73%	23	25%	2	2%	<b>92</b>	<b>100%</b>
35-44	96	72%	35	26%	3	2%	<b>134</b>	<b>100%</b>
45-54	146	91%	15	9%	0	0%	<b>161</b>	<b>100%</b>
55-64	151	96%	6	4%	0	0%	<b>157</b>	<b>100%</b>
65-74	83	96%	3	3%	1	1%	<b>87</b>	<b>100%</b>
<b>Total</b>	<b>567</b>	<b>85%</b>	<b>96</b>	<b>14%</b>	<b>6</b>	<b>1%</b>	<b>669</b>	<b>100%</b>

88% had been to a dentist, and there was little variation across age, although 15-16% of people under 35 said they had not seen a dentist in this time (Table 12.10). Compared to 2003, there had been an increase in the younger age-groups having seen a dentist, as in the previous survey 27% of people under 45 had not seen a dentist.



**Table 12.10– Dental check attended by age**

Age categories	yes		no		not sure		Total	
	n	%	n	%	n	%	n	%
18-24	31	84%	6	16%	0	0%	<b>37</b>	<b>100%</b>
25-34	84	84%	15	15%	1	1%	<b>100</b>	<b>100%</b>
35-44	125	90%	14	10%	0	0%	<b>139</b>	<b>100%</b>
45-54	147	89%	18	11%	1	1%	<b>166</b>	<b>100%</b>
55-64	131	91%	12	8%	1	1%	<b>144</b>	<b>100%</b>
65-74	68	86%	11	14%	0	0%	<b>79</b>	<b>100%</b>
<b>Total</b>	<b>586</b>	<b>88%</b>	<b>76</b>	<b>11%</b>	<b>3</b>	<b>1%</b>	<b>665</b>	<b>100%</b>

Sexual health screening was attended more by younger people, for example by around a third of people aged under 35 (Table 12.11).

**Table 12.11– Sexual health screening by age**

Age categories	yes		no		not sure		Total	
	n	%	n	%	n	%	n	%
18-24	14	40%	22	61%	0	0%	<b>36</b>	<b>100%</b>
25-34	27	30%	62	68%	2	2%	<b>91</b>	<b>100%</b>
35-44	8	7%	101	91%	2	2%	<b>111</b>	<b>100%</b>
45-54	2	2%	123	97%	1	1%	<b>126</b>	<b>100%</b>
55-64	1	1%	90	99%	0	0%	<b>91</b>	<b>100%</b>
65-74	2	4%	47	96%	0	0%	<b>49</b>	<b>100%</b>
<b>Total</b>	<b>54</b>	<b>11%</b>	<b>445</b>	<b>88%</b>	<b>5</b>	<b>1%</b>	<b>504</b>	<b>100%</b>

As well as more people having their blood pressure checked as they got older (Table 12.2), increasing numbers with increasing age were told that their blood pressure was a little raised or too high (Table 12.13).

**Table 12.12– Blood pressure taken in last five years**

Age categories	Have you had your blood pressure taken in the last five years by a doctor or nurse							
	yes		no		not sure		Total	
	n	%	n	%	n	%	n	%
18-24	34	87%	4	10%	1	3%	39	100%
25-34	94	92%	6	6%	2	2%	102	100%
35-44	133	93%	8	6%	2	1%	143	100%
45-54	164	95%	8	5%	0	0%	172	100%
55-64	163	100%	0	0%	0	0%	163	100%
65-74	94	99%	0	0%	1	1%	95	100%
<b>Total</b>	<b>682</b>	<b>95%</b>	<b>26</b>	<b>4%</b>	<b>6</b>	<b>1%</b>	<b>714</b>	<b>100%</b>

**Table 12.13– Told of high blood pressure by age**

Age categories	As a result of this were you told that your blood pressure is:									
	Low		Normal for age		A little raised		Too high		Total	
	n	%	n	%	n	%	n	%	n	%
18-24	4	12%	28	82%	2	6%	0	0%	34	100%
25-34	9	10%	70	77%	9	10%	3	3%	91	100%
35-44	21	16%	92	70%	15	11%	3	3%	131	100%
45-54	14	9%	103	64%	27	17%	17	10%	161	100%
55-64	10	6%	98	61%	30	19%	23	14%	161	100%
65-74	5	6%	48	53%	23	26%	14	15%	90	100%
<b>Total</b>	<b>63</b>	<b>9%</b>	<b>439</b>	<b>66%</b>	<b>106</b>	<b>16%</b>	<b>60</b>	<b>9%</b>	<b>668</b>	<b>100%</b>

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## **Appendix 1 - Covering letter**

*Date as postmark*

Dear Patient

**Subject: Fifth ‘Healthy Lifestyle’ Survey 2008**

The Primary Care doctors in Guernsey have once again agreed to collaborate with the Health and Social Services Department on the above Survey,

This is conducted every five years and is our main way of knowing how the health status of the island is changing, and how well we are targeting our true ‘health needs’.

The Health and Social Services Department has a new University partner, the University of Kent who will be doing all processing ‘off island’ and ensuring highest standards of confidentiality.

Your name has been selected from this Practice, and we hope that you will complete this confidential questionnaire and return it in the envelope provided to the Health Promotion Unit. You will note the questionnaire contains a number, but this is only so that we can send a ‘reminder’ to those who have not completed this by *Monday 10<sup>th</sup> November 2008* (with a cut off date of the 17<sup>th</sup> November 2008).

This number will *only* be known to this Practice, and the Health and Social Services Department will have no way of identifying you from your returned questionnaire.

We would therefore encourage you to complete the questionnaire and return it before *Monday 10<sup>th</sup> November 2008*.

If you do not wish to take part please return the blank (non completed) questionnaire in the envelope provided.

Thank you very much for your participation.

Yours sincerely

**Practice Chairman**

# The Fifth Guernsey Healthy Lifestyle Survey 2008



St Martin's  
Guernsey GY4 6UU  
Tel 707311



**HEALTH AND SOCIAL SERVICES**  
A STATES OF GUERNSEY GOVERNMENT DEPARTMENT

*Healthy Lifestyle Survey 2008*

## CONFIDENTIAL

*Thank you for agreeing to take part in this confidential survey. It will help us to better appreciate how much people understand about their own health, and to what extent they put this knowledge into practice.*

*In most cases you just need to tick the appropriate box or boxes - the whole survey should take you no longer than twenty to thirty minutes. Thank you once again for taking part.*

### FIRSTLY, ABOUT YOUR GENERAL HEALTH

**1. How healthy a lifestyle would you say you lead, on the whole?**

- Very healthy ☐  
Fairly healthy ☐  
Not very healthy ☐  
Unhealthy ☐  
Don't know ☐

**2. Do you have any long standing illness, disability or infirmity? By long standing we mean anything that has troubled you over a period of time or is likely to affect you over a period of time**

Yes ☐ No ☐ Not sure ☐

### NOW SOME QUESTIONS ABOUT THE FOOD YOU EAT

**3. Over the past 12 months, have you tried to make any of the changes listed - even if only for a short time?**

	Yes	No
Eating more fruit and vegetables	<input type="checkbox"/>	<input type="checkbox"/>
Eating less fatty / fried foods	<input type="checkbox"/>	<input type="checkbox"/>
Eating less sugar and foods containing a lot of sugar	<input type="checkbox"/>	<input type="checkbox"/>
Generally eating less	<input type="checkbox"/>	<input type="checkbox"/>
Eating less processed and convenience foods	<input type="checkbox"/>	<input type="checkbox"/>
Eating more foods containing fibre	<input type="checkbox"/>	<input type="checkbox"/>
Eating low fat foods	<input type="checkbox"/>	<input type="checkbox"/>
Generally eating more	<input type="checkbox"/>	<input type="checkbox"/>
Other	<input type="checkbox"/>	<input type="checkbox"/>



**4. How many portions of fruit and vegetables have you eaten in the last 24 hours?**

- None ☐
- Less than 1 ☐
- 1 portion or more but less than 2 ☐
- 2 portions or more but less than 3 ☐
- 3 portions or more but less than 4 ☐
- 4 portions or more but less than 5 ☐
- 5 portions or more ☐

**5. Which of the following prevent you from eating more healthy foods?**

*Please tick all that apply*

- None - currently eating as healthily as possible ☐
- Healthy foods are expensive ☐
- Lack of will power ☐
- Healthy foods take too long to prepare ☐
- Poor choice of healthy foods in canteens and restaurants ☐
- Poor choice of healthy foods in places where you shop ☐
- Not knowing how to cook healthily ☐
- Don't like / enjoy healthy foods ☐
- Other people are discouraging ☐
- Other ☐

*Please specify*

**6. Which would you say best describes your present diet?**

- Very healthy ☐    Healthy ☐    Unsure ☐    Not very healthy ☐

**NEXT, SOME QUESTIONS ABOUT THE EXERCISE YOU TAKE**

**7. Which of the following best describes your daily work or other daytime activity which you usually do? *Please tick one box only***

- I am usually sitting during the day, and do not walk about much  
(for example, office workers) ☐
- I move quite a lot during the day, but do not carry or lift things very often  
(for example, homemakers, shop assistants) ☐
- I usually lift or carry light loads or I have to climb stairs or hills often  
(for example, postmen, packers) ☐
- I often do heavy work or carry heavy loads  
(for example, building, farm work, fishing) ☐



**8. Many experts believe that to maintain good health, you need to undertake exercise, for a minimum of 30 minutes at least 5 times a week, to make you slightly breathless and warm but still able to carry on a conversation. On this basis, would you describe your present WORK and RECREATIONAL exercise levels as:**

Not enough ☐ Adequate ☐ More than enough ☐

**9. In the past week, how many times have you taken part in sport or recreational activity, for at least 30 minutes, which has made you slightly breathless and warm but still able to carry on with a conversation?**

*(Examples include brisk walking, cycling, jogging, dancing, racquet sports, team sports, swimming, heavy gardening and similar activities)*

**Please write '00' if you have not exercised in the last week**

**Times in the last week**

**10. If you feel that your present work and recreational exercise is not enough to help keep healthy, which of the following prevent you from taking more exercise.**

*Please tick all that apply*

- Lack of leisure time ☐
- (i.e. no spare time at evenings and weekends)
- Lack of money ☐
- Lack of child care facilities ☐
- Lack of transport ☐
- Lack of easily available facilities at work ☐
- Lack of interesting or relevant activities ☐
- Illness, injury or disability ☐
- Lack of incentive ☐
- Not interested or do not enjoy ☐
- Embarrassed or self conscious about body shape ☐
- Other ☐

*Please specify*

**NEXT, SOME QUESTIONS ABOUT YOURSELF**

**11. What is your height (without shoes)?**

feet

inches

**OR**

metres

centimetres





**12. What is your weight (lightly dressed)?**
 

stones

pounds

**OR**
  

kilograms

**13. *For women only* Are you pregnant?**Yes ☐No ☐**14. Compared with 3 years ago, is your body weight?**More ☐The same ☐Less ☐**15. Which of the following best describes you?**I am underweight ☐I am about the right weight ☐I am overweight ☐I am very overweight ☐I am not sure about my weight ☐**NOW, SOME QUESTIONS ABOUT SUNBATHING AND SUNBURN****16. How important is a suntan to you personally?**Very important ☐Fairly important ☐Not important ☐Don't know ☐**17. Which factor level of sunscreen do you use most regularly?**1-8 ☐9-14 ☐15 or over ☐Don't know ☐I don't normally use a sunscreen ☐**18. During the past twelve months, how many times have you had sunburn causing redness and soreness of the skin lasting for at least 1 or 2 days?**Once ☐Twice ☐Three times ☐Four or more ☐Not in the last 12 months ☐

**19. How important do you think each of the following is in preventing future skin cancer?**

	Very important	Fairly important	Not important	Don't know
Trying to keep babies out of the sun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wide brimmed hat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wearing loose-fitting clothing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Using a sun cream	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Avoiding the midday sun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Staying in the shade as much as possible	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**NEXT, SOME QUESTIONS ABOUT SMOKING**  
*(cigarettes, pipe and other tobacco products)*

**20. Which one of the following best describes you?**

I used to smoke daily but do not smoke at all now	<input type="checkbox"/>	<i>go to question 21</i>
I smoke occasionally but not every day	<input type="checkbox"/>	<i>go to question 22</i>
I smoke daily	<input type="checkbox"/>	<i>go to question 22</i>
I have never smoked	<input type="checkbox"/>	<i>go to question 26</i>

**FOR EX-SMOKERS**

**21. How long ago did you stop smoking?**

Less than 6 months ago	<input type="checkbox"/>
Between 6 months and one year	<input type="checkbox"/>
One to five years	<input type="checkbox"/>
Six to ten years	<input type="checkbox"/>
More than ten years	<input type="checkbox"/>

**Please go to question 22, then 26**

**FOR SMOKERS**

**22. How old were you when you started smoking regularly (more than once a week)?**

Less than 10 years old	<input type="checkbox"/>
10-14 years old	<input type="checkbox"/>
15-18 years old	<input type="checkbox"/>
19 years old and older	<input type="checkbox"/>



**23. About how many cigarettes do you smoke now each day?**

- Less than 10 ☐
- Between 10 and 20 ☐
- Between 20 and 40 ☐
- More than 40 ☐
- OR... I only smoke a pipe or cigars or other tobacco products ☐

**24. Would you like to give up smoking altogether?**

- Yes ☐ *go to question 25*
- No ☐ *go to question 26*
- Don't know ☐ *go to question 26*

**25. Which of these statements describes you best?**

- I intend to give up smoking within the next month ☐
- I intend to give up smoking within the next year ☐
- I am unlikely to give up smoking ☐

**FOR EVERYONE**

**26. If you, or a smoker, wanted help in giving up smoking, which of the following do you think would be most helpful to you/them?**

*Please tick all that apply*

- Fewer outlets selling cigarettes ☐
- More tax on cigarettes ☐
- Advice from a doctor or other health professional ☐
- Encouragement and support from family and friends ☐
- Special clinic or stop smoking group ☐
- Guernsey Quitline  
(one to one group support plus free NRT) ☐
- Zyban or Champix prescribed by your doctor ☐
- Nicotine Replacement Therapy - patches  
- inhalator - lozenge - gum - nasal spray ☐
- Will power ☐
- Help from an alternative therapist e.g.  
hypnotherapy, acupuncture ☐
- Other ☐

*Please specify*



**27. Does smoking affect health? Tick the appropriate box according to how you feel about each of the following statements?**

	Strongly agree	Agree	Uncertain	Disagree	Strongly disagree
Lung cancer is linked to smoking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smoking can affect the health of a smoker's family in the home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smoking can affect the health of a smoker's family in the car	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**28. How worried are you about inhaling other people's smoke?**

A great deal ☐    Quite a lot ☐    A little ☐    Not at all ☐    Don't know ☐

**NEXT, SOME QUESTIONS ABOUT YOUR USE OF ALCOHOL**

**29. How often do you drink alcohol?**

Almost every day ☐

On two or three days a week ☐

Once or twice a month ☐

Once every couple of months ☐

Only very occasionally ☐

I totally abstain from alcohol ☐ **go to question 33**

**30a. Please list how many units you drank each day last week**

*Please use the following information for your answer*

1 pint (beer, lager, cider)	= 2 units
1/2 pint (beer, lager, cider)	= 1 unit
1 glass wine (small glass 125ml)	= 1 unit
1 glass sherry	= 1 unit
1 glass vermouth a pub measure	= 1 unit
1 measure-spirits (whisky, gin, vodka, etc)	= 1 unit
Double measure spirits	= 2 units
Alcoholic 'soft drinks' (alcopops)	= 2 units

Monday	<input type="text"/>	<input type="text"/>	units	Friday	<input type="text"/>	<input type="text"/>	units
Tuesday	<input type="text"/>	<input type="text"/>	units	Saturday	<input type="text"/>	<input type="text"/>	units
Wednesday	<input type="text"/>	<input type="text"/>	units	Sunday	<input type="text"/>	<input type="text"/>	units
Thursday	<input type="text"/>	<input type="text"/>	units				

*if you find this question difficult, just list what you drink in one day*



**30b. During the last year how regularly have you drunk more alcohol than you intended?**

- Never ☐
- Less than once a month ☐
- Once or twice a month ☐
- Once a week or more ☐

**30c. During the last year how often has your use of alcohol caused a problem for you or anyone else?**

- Never ☐
- Less than once a month ☐
- Once or twice a month ☐
- Once a week or more ☐

**31. Would you like to reduce your level of drinking?**

- No, I do not want to change my present level of drinking alcohol ☐
- Yes, I would like to drink less alcohol ☐
- Yes, I would like to stop drinking ☐

**32. If you wanted help in drinking less alcohol or stopping altogether which of the following do you think would be most helpful to you?**

*Please tick all that apply*

- Restrictions on advertising ☐
- More tax on alcohol ☐
- An organised group of people who want to drink less ☐
- Advice from your doctor ☐
- Advice from an alcohol counsellor ☐
- A booklet offering advice and practical tips ☐
- Cheaper non-alcoholic drinks in public houses ☐
- Restrictions on sales (i.e. fewer places selling alcohol) ☐
- Encouragement and support from close family and friends ☐
- Your own willpower ☐
- Changes in licensing hours ☐
- Labels specifying total units contained in bottles ☐
- Other ☐

*Please specify*



**NEXT, SOME QUESTIONS ABOUT STRESS**

**33. Which of these statements best describes the amount of stress or pressure that you have experienced in the last 12 months?**

- Completely free of stress ☐
- Small amount of stress ☐
- Moderate amount of stress ☐
- Large amount of stress ☐
- Don't know ☐

**34. Do any of the following cause you anxiety or stress?**

	Never	Occasionally	Frequently	Always
Housing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Relationships between family members	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Problems with neighbours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Problems associated with living on an island	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Money worries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Your family's health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Your own health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Job dissatisfaction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pressures at work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Staffing levels at work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Boredom at work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Transport difficulties (traffic jams, parking etc)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fear of crime	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Worries about global issues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**35. How effective do you think each of the following items is for reducing worry and anxiety? Please tick one box for each item**

	Very effective	Fairly effective	Neither effective nor ineffective	Not effective
Attempting to forget problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Resting and relaxing (e.g. music, TV)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Having a cigarette	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Having a few drinks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Discussing the problem with another person	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Socialising with friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taking some exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Spending more time working	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating more	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stress management workshop session	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Taking medication	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prioritising problems and sticking to this	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



**36. Do you regularly take part in activities with any of the following groups or types of organisations?**

- |                               |                          |
|-------------------------------|--------------------------|
| Church                        | <input type="checkbox"/> |
| School                        | <input type="checkbox"/> |
| Parish                        | <input type="checkbox"/> |
| Youth organisations           | <input type="checkbox"/> |
| Sports team / club            | <input type="checkbox"/> |
| Social clubs                  | <input type="checkbox"/> |
| Euchre / Whist / Bridge       | <input type="checkbox"/> |
| Adult Education classes       | <input type="checkbox"/> |
| Trade Union                   | <input type="checkbox"/> |
| Tenancy associations          | <input type="checkbox"/> |
| Voluntary or community groups | <input type="checkbox"/> |
| Charity work                  | <input type="checkbox"/> |
| Environment interest groups   | <input type="checkbox"/> |
| None of the above             | <input type="checkbox"/> |
| Other                         | <input type="checkbox"/> |
- Please specify*

**WE WOULD LIKE TO ASK SOME QUESTIONS ABOUT YOUR GENERAL HEALTH**

**37. In the past 5 years, have you attended any of the following?**  
*Please tick one box only for each item*

- |                                  | Yes                      | No                       | Not sure                 |
|----------------------------------|--------------------------|--------------------------|--------------------------|
| Well man check                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Well woman check                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Cervical screening             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - Breast mammography             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Routine health check             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Private health screening / check | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 'Chest and Heart' screening      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Eyesight check                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Dental check                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sexual health screening          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**38. Have you had your blood pressure measured in the last 5 years by a doctor or a nurse?**

Yes ☐ No ☐ Not sure ☐

**39. As a result of this, were you told that your blood pressure is?**

Low ☐ Normal for age ☐ A little raised ☐ Too high ☐



Please tick any of the following that apply to you

**40. Mobility**

I have no problems in walking about ☐

I have some problems in walking about ☐

I am confined to bed ☐

**41. Self-care**

I have no problems with self-care ☐

I have some problems washing or dressing myself ☐

I am unable to dress or wash myself ☐

**42. Usual activities**

(e.g. work, study, housework, family or leisure activities)

I have no problems with performing my usual activities ☐

I have some problems with performing my usual activities ☐

I am unable to perform my usual activities ☐

**43. Pain/Discomfort**

I have no pain or discomfort ☐

I have moderate pain or discomfort ☐

I have extreme pain or discomfort ☐

**44. Anxiety/Depression**

I am not anxious or depressed ☐

I am moderately anxious or depressed ☐

I am extremely anxious or depressed ☐

**45. To help people say how good or bad a health state is, we have drawn a scale (rather like a thermometer) on which the best state you can imagine is marked 100 and the worst state you can imagine is marked 0.**

We would like you to indicate on this scale how good or bad your own health is today, in your opinion.

Please do this by drawing a line from the box below to whichever point on the scale indicates how good or bad your health state is today.

	<b>Your Own Health State Today</b>	<input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/> <input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/> <input style="width: 30px; height: 20px; border: 1px solid black;" type="text"/>
<b>Worst Imaginable Health State</b>		<b>Best Imaginable Health State</b>





## LASTLY A FEW QUESTIONS ABOUT YOURSELF

46. How old are you (age last birthday)?    years

47. What sex are you?

Male ☐

Female ☐

48. What is your marital status?

Single (never married) ☐

Married or living as married ☐

Widowed ☐

Divorced or separated ☐

49. How long have you lived on the island?    years

50. What type of housing do you live in?

Own home or buying ☐

States housing ☐

Private rental ☐

Accommodation provided with job ☐

Living with parents ☐

Other ☐

*Please specify*

51. Which of the following best describes your current work situation?

Retired ☐

Registered unemployed ☐

Employed full time ☐

Employed part time ☐

Self employed ☐

Looking after the home or family ☐

Student ☐

Other ☐

*Please specify*







### Appendix 3 Body Mass Index (BMI) categories used in previous reports

In chapter 7, the body mass index (BMI) has been categorised in the manner currently used in England. This marks a change to previous Guernsey reports, when there were different cut-off points for men and women. In order to compare the 2008 Guernsey figures with previous surveys, two key tables are given below using the old BMI categories (Table A3.1, A3.2). Men were categorised as underweight if BMI was less than 20, normal (20-24.99), overweight (25-29.99) and obese (30 and over), whereas women had been categorised as underweight if BMI < 20, normal (20-23.8), overweight (23.8-28.6) and obese (>28.6) (12). In 2008, pregnant women have been excluded from analysis of body mass index in order to be consistent with previous Guernsey reports.

**Table A3.1 – Old categories of body mass index by age for males**

Age categories	Body Mass Index									
	underweight		normal		overweight		obese		Total	
	n	%	n	%	n	%	n	%	n	%
18-24	1	9%	6	55%	4	36%	0	0%	11	100%
25-34	1	3%	18	62%	7	24%	3	11%	29	100%
35-44	3	8%	16	40%	12	30%	19	22%	40	100%
45-54	0	0%	24	34%	35	49%	12	17%	71	100%
55-64	1	2%	19	30%	27	42%	17	27%	64	100%
65-74	0	0%	15	34%	18	41%	11	25%	44	100%
<b>Total</b>	<b>6</b>	<b>2%</b>	<b>98</b>	<b>38%</b>	<b>103</b>	<b>40%</b>	<b>52</b>	<b>20%</b>	<b>259</b>	<b>100%</b>

**Table A3.2 Old categories of body mass index by age for females**

Age categories	Body Mass Index									
	underweight		normal		overweight		Obese		Total	
	n	%	n	%	n	%	n	%	n	%
18-24	4	17%	10	42%	8	33%	2	8%	24	100%
25-34	3	6%	21	41%	19	37%	8	16%	51	100%
35-44	7	8%	23	28%	35	43%	17	21%	82	100%
45-54	4	5%	37	44%	25	29%	19	22%	85	100%
55-64	3	4%	18	21%	40	47%	24	28%	85	100%
65-74	1	2%	13	33%	18	45%	8	20%	40	100%
<b>Total</b>	<b>22</b>	<b>6%</b>	<b>122</b>	<b>33%</b>	<b>145</b>	<b>40%</b>	<b>78</b>	<b>21%</b>	<b>367</b>	<b>100%</b>

