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HEALTH AND SOCIAL SERVICES
A STATES OF GUERNSEY GOVERNMENT DEPARTMENT



The Fourth Guernsey 'Healthy Lifestyle' Survey 2003



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EXECUTIVE SUMMARY

- To '*maintain and improve the health*' of people in Guernsey, it is important to know:
 - how much people understand about what constitutes a healthy lifestyle, and how this may affect their own personal health?
 - how much such knowledge is translated into practice, what lifestyle choices people are prepared to make in order to remain healthier and live longer?
 - how such factors have changed over time?
- A Guernsey '*Healthy Lifestyle*' Survey has therefore been conducted every five years since 1988 to gather this important information, and to analyse trends over time.
- The Fourth Guernsey '*Healthy Lifestyle*' Survey was held in November 2003, again in collaboration with the Department of Medical Statistics and Computing, University of Southampton, who assisted in the development of the questionnaire and in the analysis and interpretation of the results.
- The results of the Survey are basically '*good news*' for the health of Guernsey. In particular over **80%** of all ages feel that their lifestyle to be '*fairly healthy*' or '*very healthy*'. (*Chapter 4*)

- However, over **53%** of males and **44%** of females aged 18-24 report themselves as smokers, although increasing numbers of both sexes successfully 'quit' from age 25 years upwards. (*Chapter 5*)
- **50%** of young men and **22%** of young women are drinking outside '*safe and sensible*' limits. However, as with smoking, most successfully reduce this with as they get older, and the great majority of Guernsey adults now describe themselves as '*light, infrequent*' drinkers. (*Chapter 6*)
- People have a good knowledge of what constitutes a healthy diet and appear to be making healthy food choices. (*Chapter 7*)
- The level of exercise undertaken every fortnight has increased in all age groups, particularly amongst the young and middle aged. (*Chapter 8*)
- Despite this, levels of obesity are still increasing, and **63%** of men and **52%** of women are now '*overweight*' or '*obese*'. This is a trend which is seen in many other western countries, and still implies an imbalance between total calorie intake and energy expenditure. (*Chapter 7*)
- Generally speaking, Guernsey people appear fairly content with their lifestyle, with a significant reduction in self reported anxiety and depression, compared with the 1998 Survey. (*Chapter 9*)

1. INTRODUCTION

- **The reason for the survey**

The Fourth Guernsey '*Healthy Lifestyle*' Survey was conducted in November 2003.

The Survey asked questions on general health, smoking, diet, exercise, drinking, sleep, stress, sunbathing, and utilisation of various health services.

The results of the Survey will allow the Health and Social Services Department 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 in these factors over time;
- evaluate effectiveness of health promotion programmes and other health initiatives;
- review and revise health promotion priorities.

2. METHODOLOGY

- **Developing the Survey instrument**

The Fourth Guernsey '*Healthy Lifestyle*' Survey used a similar methodology to the first three Surveys conducted in 1988, 1993 and 1998. A fifty part self completed questionnaire was developed by a small working party consisting of the Director of Public Health, Health Promotion Manager and Dr Trevor Bryant from the University of Southampton.

Questions were selected using the following criteria:

- the question addressed a local health promotion priority area and/or a known cause of increased morbidity or mortality in Guernsey;
- it allowed direct comparison with similar questions from previous surveys to track changes over time;
- it had been pretested and validated in surveys conducted elsewhere;
- it allowed comparison with the Jersey '*Health Survey*' 2001, the '*Health Survey for England*' 2002 and other published data.

To help improve statistical strength, it was again decided to increase the sample size to 1,500 participants as in the Third Survey of November 1998. This was an increase

on the 1,000 Guernsey residents aged 18 and above who were asked to participate in the 1988 and 1993 Surveys. This increased sample size represents a statistically robust 3.3% of the adult population, up from 2.2% population in the first two surveys.

- **How the Survey was conducted**

Five hundred patients aged 18 and above were randomly selected from the practice lists of each of the three main group family practices on the island, although the actual selection methods varied between practices. These were then manually checked to exclude patients who were known to have died or to have moved away from the island.

The questionnaire was then mailed to all selected participants to arrive by Monday 10th November 2003. These were accompanied by an individualised standard letter signed by the practice chairman or their own doctor explaining the purpose of the survey and requesting their participation. Supporting local medical coverage had stressed the reasons for the survey, and its importance in helping to improve health services in the future.

No 'reminder' letters were sent, and follow-up press publicity was low key. By the end of January 2004, **735** questionnaires had been returned.

735 questionnaires represent **49%** of the total. Although overall return rates appear to be down, because slightly different methodology was used in that ineligible patients

(those who had died or left the island) were not excluded in the preliminary screen, the University of Southampton advise that '*statistical power is increased by the greater quantitative returns*'.

Although still felt to be statistically significant, the return rate shows a decline from the 67% completion in 1993, and 61% in 1998. More energetic attempts, perhaps involving 'reminder letters' and more media publicity stressing the importance of the Survey need to be considered as part of the proposed Fifth '*Healthy Lifestyle*' Survey to be held in 2008.

The questionnaires returned to the Health Promotion Unit were sent in batches to the Department of Medical Statistics and Computing at the University of Southampton where they were double scanned, and read into SPSS ('*Statistical Package for Social Sciences*') version 12 for statistical analysis. Frequency counts for each variable were produced to check the quality of the data. All summary tables, graphs, significance tests and confidence intervals were produced using SPSS and CHI.

- **Interpreting the results**

Not all respondents answered all questions. The percentage of missing responses ranged from 0% to 41%, with 6% being the average (median). In particular 41/735 (6%) did not divulge their sex and 18/735 (2%) did not reveal their age. Summary tables use only non-missing responses. It should be noted that similar deficiencies were found in the first three Guernsey *Healthy Lifestyle* Surveys in 1988, 1993 and

1998, and the results interpreted in a similar way. This is felt to add to the validity of comparing trends over time. For certain key measures, results from the *Health Survey for England* of 1993, 1996 and 2002 are also included for comparison.

3. DEMOGRAPHY

Table 3.1 - Demographic characteristics of sample c.f. 2001 census

		Frequency	Percent of sample	Percent of census
Age categories	18-24	51	7%	11%
	25-34	108	15%	18%
	35-44	176	25%	20%
	45-54	149	21%	18%
	55-64	140	20%	13%
	65+	93	13%	20%
	Total	717	100%	100%
Sex	Male	270	39%	48%
	Female	424	61%	52%
	Total	694	100%	100%
Marital status	Single (never married)	118	17%	27%
	Married or living as married	501	71%	57%
	Widowed	29	4%	9%
	Divorced or separated	54	8%	7%
	Total	702	100%	100%
How long have you lived on the island (Years)?	0-5	97	14%	12%
	6-10	28	4%	4%
	11-15	36	5%	5%
	15-20	45	6%	7%
	20+	498	71%	72%
	Total	704	100%	100%
What type of housing do you live in?	Own home or buying	523	74%	71%
	States housing	31	4%	9%
	Private rental	118	17%	16%
	Other	36	5%	4%
	Total	708	100%	100%
Which of the following best describes your current work situation?	Retired	104	15%	18%
	Registered unemployed	4	1%	1%
	Employed	439	61%	58%
	Self-employed	59	8%	9%
	Looking after the home or family	88	12%	9%
	Student	7	1%	2%
	Other	13	2%	3%
	Total	714	100%	100%

Age distribution of survey sample c.f. 2001 census

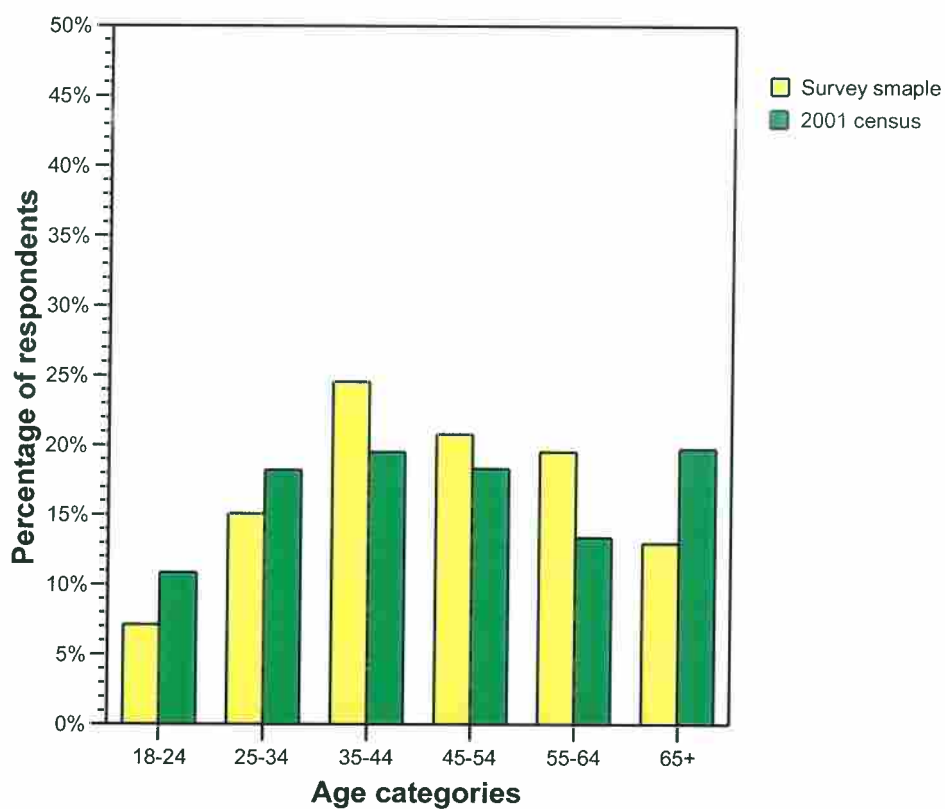


Figure 3.1 – Age distribution of survey sample c.f. 2001 census

Table 3.2 - Age by sex

		Sex		Row Total
		Male	Female	
Age categories	18-24	19 (7%)	32 (8%)	51 (7%)
	25-34	35 (13%)	69 (16%)	104 (15%)
	35-44	61 (23%)	111 (26%)	172 (25%)
	45-54	51 (19%)	94 (22%)	145 (21%)
	55-64	62 (23%)	69 (16%)	131 (19%)
	65+	42 (16%)	49 (12%)	91 (13%)
	Column Total	270 (100%)	424 (100%)	694 (100%)

Table 3.3 - Breakdown of work situation by sex

		Sex		Row Total
		Male	Female	
Which of the following best describes your current work situation?	Retired	50 (19%)	52 (12%)	102 (15%)
	Registered unemployed	1 (0%)	3 (1%)	4 (1%)
	Employed	170 (63%)	257 (61%)	427 (62%)
	Self-employed	39 (14%)	18 (4%)	57 (8%)
	Looking after the home or family	2 (1%)	84 (20%)	86 (12%)
	Student	1 (0%)	6 (1%)	7 (1%)
	Other	7 (3%)	4 (1%)	11 (2%)
	Column Total	270 (100%)	424 (100%)	694 (100%)

4. GENERAL HEALTH

Table 4.1 - Lifestyle by Sex

		How healthy a lifestyle would you say you lead?			
		Very healthy/ Fairly healthy	Not very healthy/ Unhealthy	Don't know	Row Total
Sex	Male	232 (87%)	34 (13%)	0 (0%)	266 (100%)
	Female	370 (89%)	45 (11%)	2 (0%)	417 (100%)
	Column Total	602 (88%)	79 (12%)	2 (0%)	683 (100%)

Table 4.2 - Lifestyle by age

		How healthy a lifestyle would you say you lead?			
		Very healthy/ Fairly healthy	Not very healthy/ Unhealthy	Don't know	Row Total
Age categories	18-24	42 (82%)	9 (18%)	0 (0%)	51 (100%)
	25-34	93 (86%)	15 (14%)	0 (0%)	108 (100%)
	35-44	142 (82%)	30 (17%)	1 (1%)	173 (100%)
	45-54	126 (86%)	20 (14%)	1 (1%)	147 (100%)
	55-64	132 (96%)	6 (4%)	0 (0%)	138 (100%)
	65+	87 (98%)	2 (2%)	0 (0%)	89 (100%)
	Column Total	622 (88%)	82 (12%)	2 (0%)	706 (100%)

Table 4.3 - Lifestyle by age for males

		How healthy a lifestyle would you say you lead?			Row Total
		Very healthy/ Fairly healthy	Not very healthy/ Unhealthy	Don't know	
Age categories	18-24	16 (84%)	3 (16%)	0 (0%)	19 (100%)
	25-34	28 (80%)	7 (20%)	0 (0%)	35 (100%)
	35-44	49 (82%)	11 (18%)	0 (0%)	60 (100%)
	45-54	41 (80%)	10 (20%)	0 (0%)	51 (100%)
	55-64	58 (95%)	3 (5%)	0 (0%)	61 (100%)
	65+	40 (100%)	0 (0%)	0 (0%)	40 (100%)
	Column Total	232 (87%)	34 (13%)	0 (0%)	266 (100%)

Table 4.4 - Lifestyle by age for females

		How healthy a lifestyle would you say you lead?			Row Total
		Very healthy/ Fairly healthy	Not very healthy/ Unhealthy	Don't know	
Age categories	18-24	26 (81%)	6 (19%)	0 (0%)	32 (100%)
	25-34	61 (88%)	8 (12%)	0 (0%)	69 (100%)
	35-44	89 (82%)	19 (17%)	1 (1%)	109 (100%)
	45-54	82 (89%)	9 (10%)	1 (1%)	92 (100%)
	55-64	66 (97%)	2 (3%)	0 (0%)	68 (100%)
	65+	46 (98%)	1 (2%)	0 (0%)	47 (100%)
	Column Total	370 (89%)	45 (11%)	2 (0%)	417 (100%)

Table 4.5 - Long standing illness, disability of infirmity by sex

		Long standing illness, disability of infirmity			
		Yes	No	Not sure	Row Total
Sex	Male	87 (34%)	154 (61%)	13 (5%)	254 (100%)
	Female	119 (30%)	260 (66%)	15 (4%)	394 (100%)
	Column Total	206 (32%)	414 (64%)	28 (4%)	648 (100%)

Long standing illness, disability of infirmity by sex

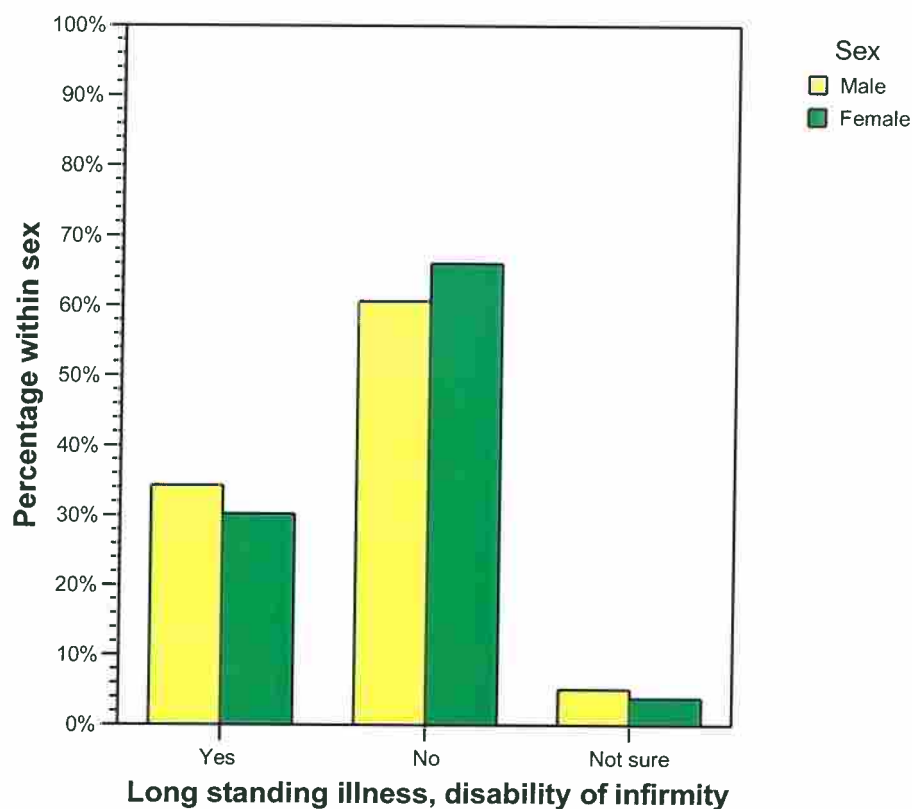


Figure 4.1 – Long standing illness, disability of infirmity by sex

Table 4.6 - Long standing illness, disability of infirmity by age

		Long standing illness, disability of infirmity			Row Total
		Yes	No	Not sure	
Age categories	18-24	8 (17%)	35 (74%)	4 (9%)	47 (100%)
	25-34	28 (26%)	74 (69%)	5 (5%)	107 (100%)
	35-44	45 (28%)	111 (69%)	6 (4%)	162 (100%)
	45-54	43 (30%)	93 (66%)	5 (4%)	141 (100%)
	55-64	49 (39%)	75 (59%)	3 (2%)	127 (100%)
	65+	39 (46%)	40 (48%)	5 (6%)	84 (100%)
	Column Total	212 (32%)	428 (64%)	28 (4%)	668 (100%)

Long standing illness, disability of infirmity by age

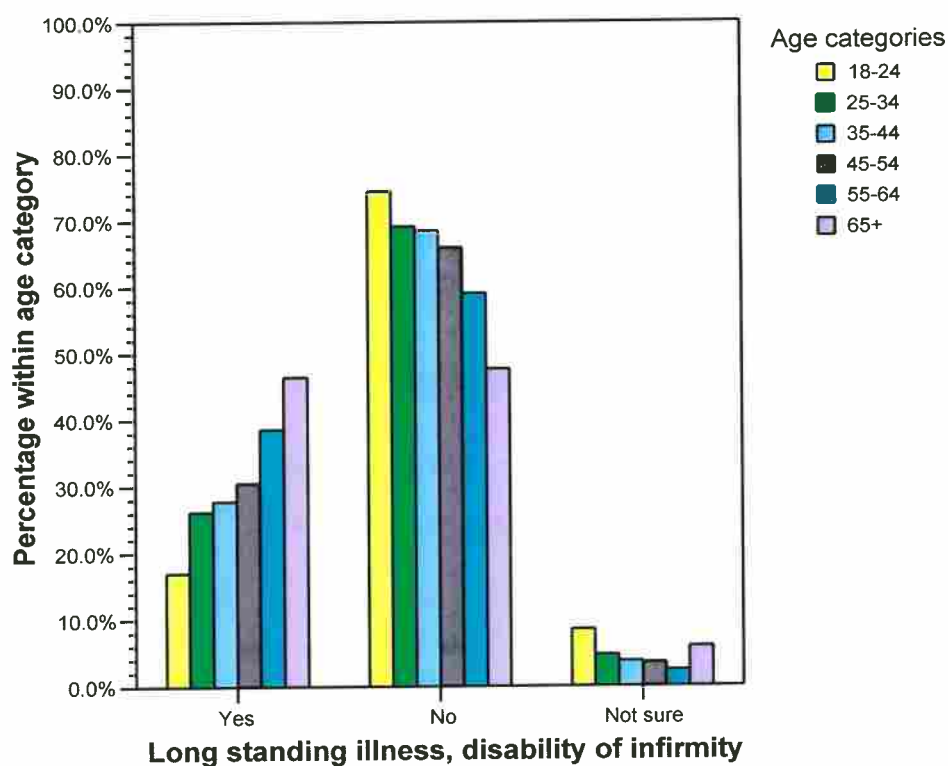


Figure 4.2 – Long standing illness, disability of infirmity by age

Table 4.7 - Long standing illness, disability of infirmity by age for males

		Long standing illness, disability of infirmity			
		Yes	No	Not sure	Row Total
Age categories	18-24	3 (17%)	14 (78%)	1 (6%)	18 (100%)
	25-34	8 (24%)	24 (71%)	2 (6%)	34 (100%)
	35-44	17 (29%)	38 (66%)	3 (5%)	58 (100%)
	45-54	20 (41%)	27 (55%)	2 (4%)	49 (100%)
	55-64	22 (39%)	32 (57%)	2 (4%)	56 (100%)
	65+	17 (44%)	19 (49%)	3 (8%)	39 (100%)
	Column Total	87 (34%)	154 (61%)	13 (5%)	254 (100%)

Table 4.8 - Long standing illness, disability of infirmity by age for females

		Long standing illness, disability of infirmity			
		Yes	No	Not sure	Row Total
Age categories	18-24	5 (17%)	21 (72%)	3 (10%)	29 (100%)
	25-34	20 (29%)	46 (67%)	3 (4%)	69 (100%)
	35-44	27 (27%)	71 (70%)	3 (3%)	101 (100%)
	45-54	22 (25%)	64 (72%)	3 (3%)	89 (100%)
	55-64	25 (40%)	37 (59%)	1 (2%)	63 (100%)
	65+	20 (47%)	21 (49%)	2 (5%)	43 (100%)
	Column Total	119 (30%)	260 (66%)	15 (4%)	394 (100%)

Table 4.9 - Current levels of fitness and activity by sex

		Sex		
		Male	Female	Total
Mobility	I have no problems in walking about	237 (90%)	377 (91%)	614 (90%)
	I have some problems in walking about	26 (10%)	38 (9%)	64 (9%)
	I am confined to bed	1 (0%)	0 (0%)	1 (0%)
	Total	264 (100%)	415 (100%)	679 (100%)
Self-care	I have no problems with self-care	259 (98%)	412 (100%)	671 (99%)
	I have some problems washing or dressing myself	3 (1%)	2 (0%)	5 (1%)
	I am unable to wash or dress myself	1 (0%)	0 (0%)	1 (0%)
	Total	263 (100%)	414 (100%)	677 (100%)
Usual Activities	I have no problems with performing my usual activities	244 (92%)	383 (92%)	627 (92%)
	I have some problems with performing my usual activities	21 (8%)	34 (8%)	55 (8%)
	I am unable to perform my usual activities	1 (0%)	0 (0%)	1 (0%)
	Total	266 (100%)	417 (100%)	683 (100%)
Pain/Discomfort	I have no pain or discomfort	175 (66%)	281 (68%)	456 (67%)
	I have moderate pain or discomfort	86 (33%)	127 (31%)	213 (31%)
	I have extreme pain or discomfort	3 (1%)	7 (2%)	10 (1%)
	Total	264 (100%)	415 (100%)	679 (100%)
Anxiety/Depression	I am not anxious or depressed	211 (80%)	278 (67%)	489 (72%)
	I am moderately anxious or depressed	50 (19%)	131 (32%)	181 (27%)
	I am extremely anxious or depressed	3 (1%)	3 (1%)	6 (1%)
	Total	264 (100%)	412 (100%)	676 (100%)

Table 4.10 - Current levels of fitness and activity by age

		Age categories		
		<45	>=45	Total
Mobility	I have no problems in walking about	314 (95%)	320 (86%)	634 (90%)
	I have some problems in walking about	17 (5%)	50 (14%)	67 (10%)
	I am confined to bed	1 (0%)	0 (0%)	1 (0%)
	Total	332 (100%)	370 (100%)	702 (100%)
Self-care	I have no problems with self-care	329 (99%)	365 (99%)	694 (99%)
	I have some problems washing or dressing myself	1 (0%)	4 (1%)	5 (1%)
	I am unable to wash or dress myself	1 (0%)	0 (0%)	1 (0%)
	Total	331 (100%)	369 (100%)	700 (100%)
Usual Activities	I have no problems with performing my usual activities	311 (94%)	337 (90%)	648 (92%)
	I have some problems with performing my usual activities	20 (6%)	37 (10%)	57 (8%)
	I am unable to perform my usual activities	0 (0%)	1 (0%)	1 (0%)
	Total	331 (100%)	375 (100%)	706 (100%)
Pain/Discomfort	I have no pain or discomfort	245 (74%)	228 (61%)	473 (67%)
	I have moderate pain or discomfort	81 (25%)	138 (37%)	219 (31%)
	I have extreme pain or discomfort	4 (1%)	6 (2%)	10 (1%)
	Total	330 (100%)	372 (100%)	702 (100%)
Anxiety/Depression	I am not anxious or depressed	224 (68%)	284 (77%)	508 (73%)
	I am moderately anxious or depressed	102 (31%)	83 (22%)	185 (26%)
	I am extremely anxious or depressed	2 (1%)	4 (1%)	6 (1%)
	Total	328 (100%)	371 (100%)	699 (100%)

Table 4.11 - Self-rated health state of Guernsey

		Sex		Row Total
		Male	Female	
Health state categories	0-10	1 (0%)	1 (0%)	2 (0%)
	11-20	0 (0%)	0 (0%)	0 (0%)
	21-30	1 (0%)	9 (2%)	10 (1%)
	31-40	14 (5%)	12 (3%)	26 (4%)
	41-50	10 (4%)	22 (5%)	32 (5%)
	51-60	10 (4%)	22 (5%)	32 (5%)
	61-70	46 (17%)	80 (19%)	126 (19%)
	71-80	82 (31%)	109 (26%)	191 (28%)
	81-90	77 (29%)	111 (27%)	188 (28%)
	91-100	22 (8%)	50 (12%)	72 (11%)
Column Total		263 (100%)	416 (100%)	679 (100%)

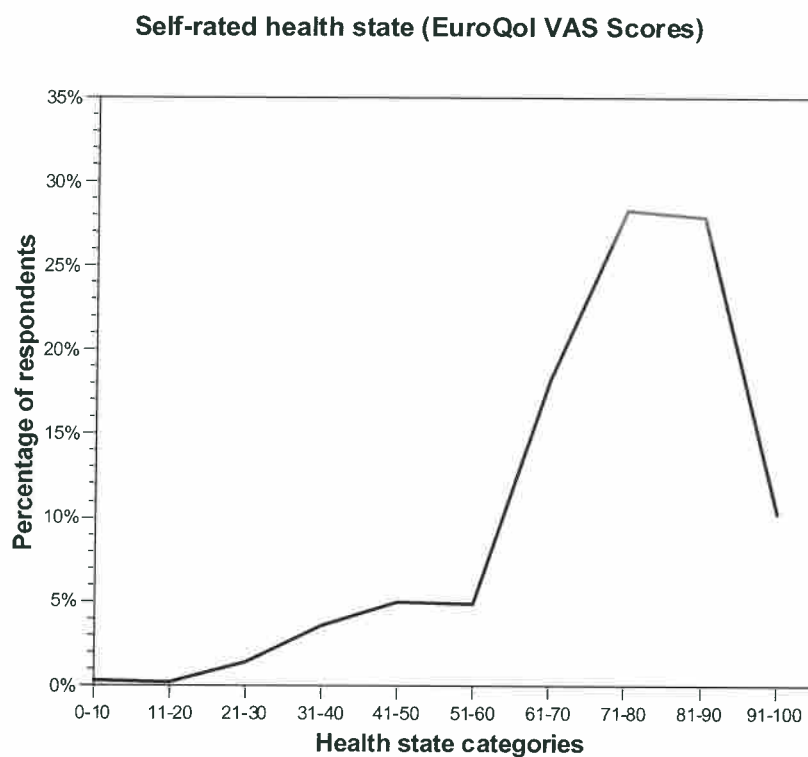


Figure 4.3 – Self-rated health state (EuroQoI VAS Scores)

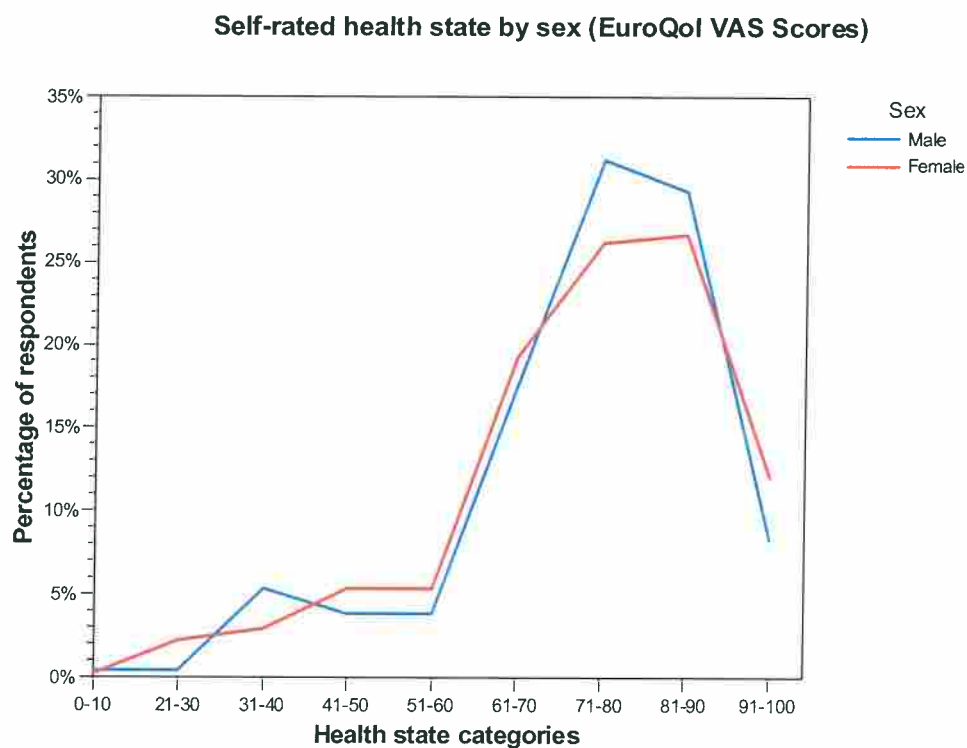


Figure 4.4 – Self-rated health state by sex (EuroQoI VAS Scores)

5. SMOKING

Table 5.1 - Smoking habit by sex

		Smoking habit			Row Total
		Smoker	Ex-smoker	Never smoked	
Sex	Male	62	91	113	266
		(23%)	(34%)	(42%)	(100%)
	Female	79	96	243	418
		(19%)	(23%)	(58%)	(100%)
	Column Total	141	187	356	684
		(21%)	(27%)	(52%)	(100%)

Table 5.2 - Smoking habit by age

		Smoking habit			Row Total
		Smoker	Ex-smoker	Never smoked	
Age categories	18-24	24	8	19	51
		(47%)	(16%)	(37%)	(100%)
	25-34	28	15	62	105
		(27%)	(14%)	(59%)	(100%)
	35-44	42	36	94	172
		(24%)	(21%)	(55%)	(100%)
	45-54	26	48	75	149
		(17%)	(32%)	(50%)	(100%)
	55-64	15	52	73	140
		(11%)	(37%)	(52%)	(100%)
	65+	8	33	49	90
		(9%)	(37%)	(54%)	(100%)
	Column Total	143	192	372	707
		(20%)	(27%)	(53%)	(100%)

Smokers by age and sex

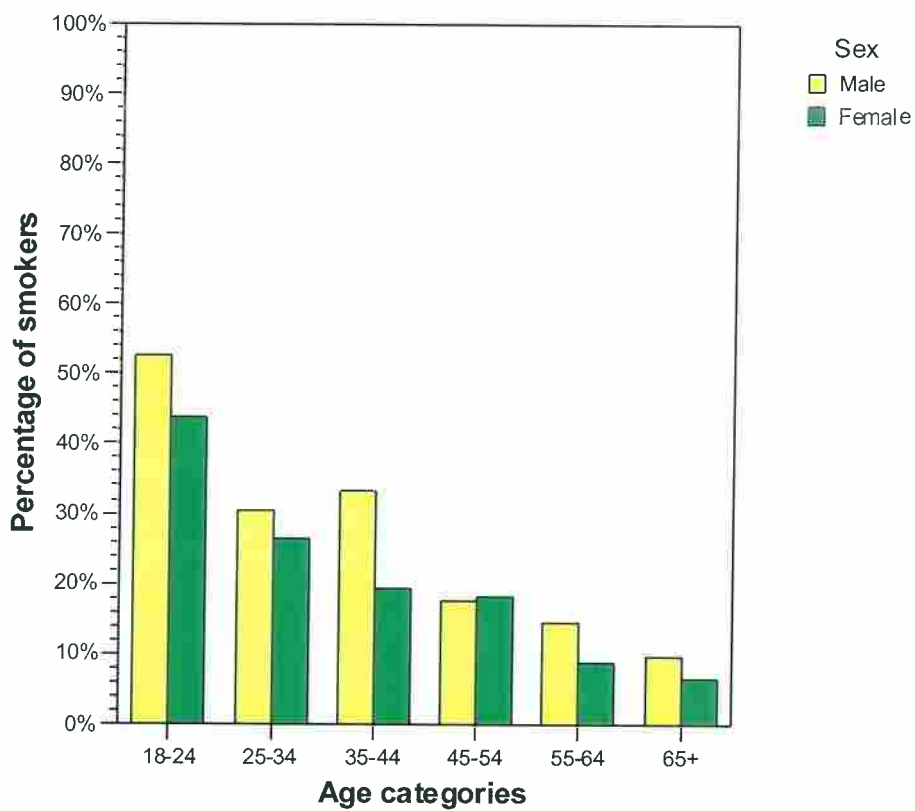


Figure 5.1 – Percentage of smokers by age and sex

Table 5.3 - Smoking habit by age for males

		Smoking habit			Row Total
		Smoker	Ex-smoker	Never smoked	
Age categories	18-24	10 (53%)	5 (26%)	4 (21%)	19 (100%)
	25-34	10 (30%)	6 (18%)	17 (52%)	33 (100%)
	35-44	20 (33%)	14 (23%)	26 (43%)	60 (100%)
	45-54	9 (18%)	19 (37%)	23 (45%)	51 (100%)
	55-64	9 (15%)	27 (44%)	26 (42%)	62 (100%)
	65+	4 (10%)	20 (49%)	17 (41%)	41 (100%)
	Column Total	62 (23%)	91 (34%)	113 (42%)	266 (100%)

Table 5.4 - Smoking habit by age for females

		Smoking habit			Row Total
		Smoker	Ex-smoker	Never smoked	
Age categories	18-24	14 (44%)	3 (9%)	15 (47%)	32 (100%)
	25-34	18 (26%)	9 (13%)	41 (60%)	68 (100%)
	35-44	21 (19%)	21 (19%)	66 (61%)	108 (100%)
	45-54	17 (18%)	27 (29%)	50 (53%)	94 (100%)
	55-64	6 (9%)	23 (33%)	40 (58%)	69 (100%)
	65+	3 (6%)	13 (28%)	31 (66%)	47 (100%)
	Column Total	79 (19%)	96 (23%)	243 (58%)	418 (100%)

Smoking habit by age for males

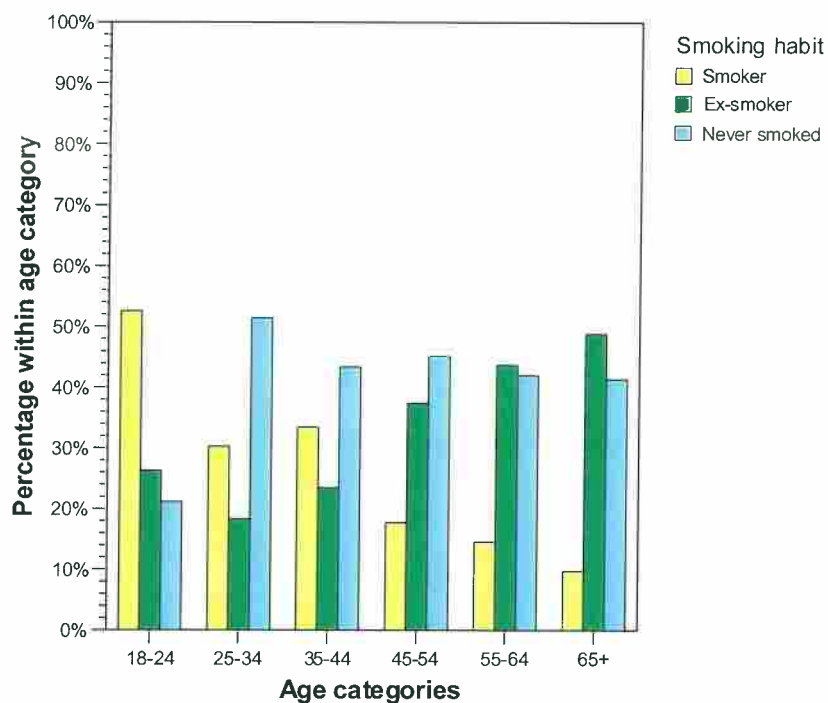


Figure 5.2 – Smoking habit by age for males

Smoking habit by age for females

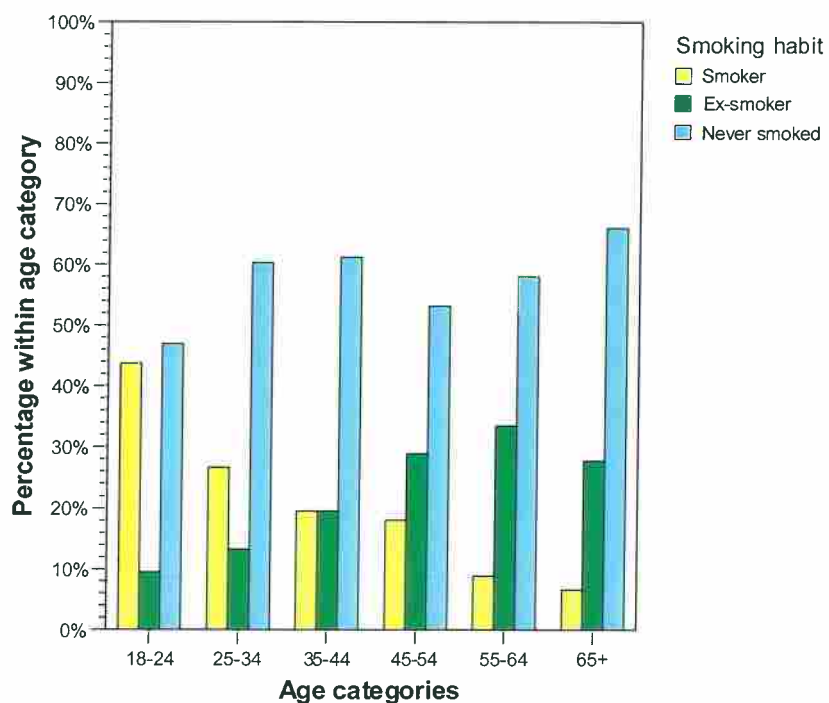
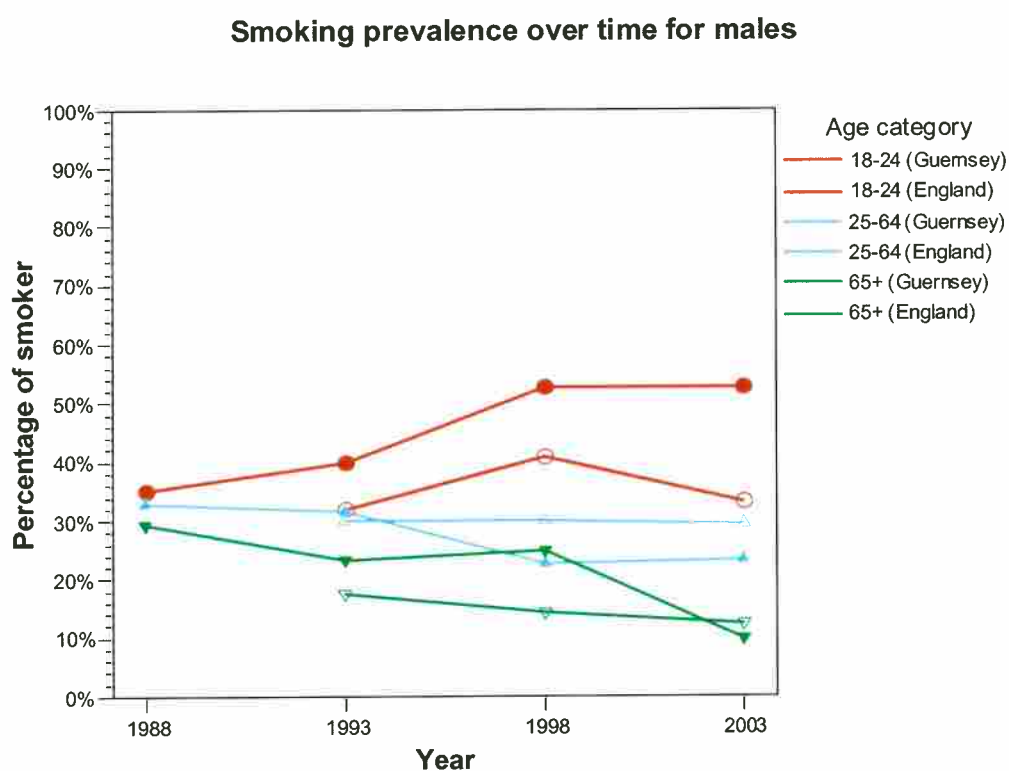


Figure 5.3 – Smoking habit by age for females

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

Survey year	Age category		
	18-24	25-64	65+
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)
England health surveys			
1993	32% (333/1042)	30% (1588/5305)	18% (241/1369)
1998	41% (337/823)	30% (1471/4886)	14% (201/1391)
2003	33% (538/1627)	29% (651/2220)	12% (80/648)



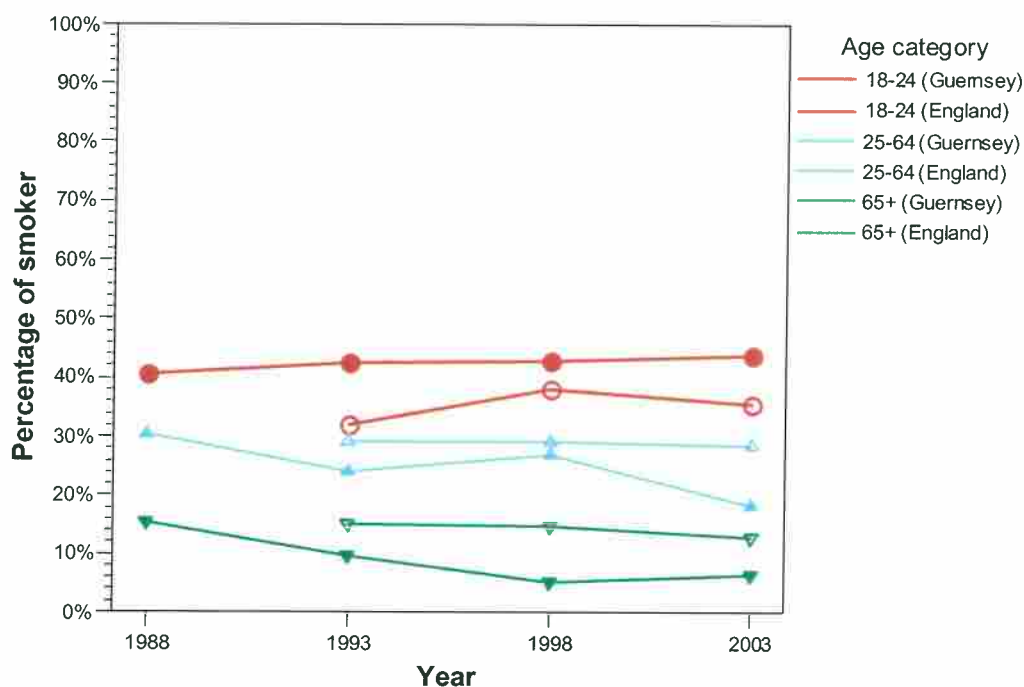
Includes data from the Health Survey for England (DoH) 1993, 1998 & 2002

Figure 5.4 – Smoking prevalence over time for males

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

Survey year	Age category		
	18-24	25-64	65+
<i>Guernsey healthy lifestyle surveys</i>			
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)
<i>England health surveys</i>			
1993	32% (360/1124)	29% (1686/5817)	15% (287/1929)
1998	38% (366/964)	29% (1697/5846)	15% (274/1873)
2003	35% (673/1903)	29% (769/2697)	13% (110/871)

Smoking prevalence over time for females



Includes data from the Health Survey for England (DoH) 1993, 1998 & 2002

Figure 5.5 – Smoking prevalence over time for females

Table 5.7 - Smoking habit by age when first started smoking regularly

		Smoking habit		
		Smoker	Ex-smoker	Row Total
How old were you when you first started smoking regularly?	Less than 10 years old	1 (1%)	3 (2%)	4 (1%)
	10-14 years old	36 (27%)	40 (28%)	76 (27%)
	15-18 years old	70 (52%)	70 (49%)	140 (50%)
	More than 19 years old	28 (21%)	30 (21%)	58 (21%)
	Column Total	135 (100%)	143 (100%)	278 (100%)

Table 5.8 - The amount of cigarettes smoking by age when first started smoking regularly

		How old were you when you first started smoking regularly?				
		Less than 10 years old	10-14 years old	15-18 years old	More than 19 years old	Row Total
About how many cigarettes do you smoke now each day?	Less than 10	0 (0%)	11 (31%)	20 (29%)	10 (38%)	41 (32%)
	Between 10 and 20	1 (100%)	10 (29%)	29 (43%)	10 (38%)	50 (38%)
	Between 20 and 40	0 (0%)	11 (31%)	13 (19%)	1 (4%)	25 (19%)
	More than 40	0 (0%)	1 (3%)	1 (1%)	2 (8%)	4 (3%)
	I only smoke a pipe or cigars or other tobacco products	0 (0%)	2 (6%)	5 (7%)	3 (12%)	10 (8%)
	Column Total	1 (100%)	35 (100%)	68 (100%)	26 (100%)	130 (100%)

Table 5.9 - Time since giving up smoking (Ex-smokers only)

		Frequency	Percent
How long ago did you stop smoking?	Less than 6 months ago	7	4%
	Between 6 months and one year	6	4%
	More than one year	158	92%
Total		171	100%

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

		How old were you when you first started smoking regularly?				
		Less than 10 years old	10-14 years old	15-18 years old	More than 19 years old	Row Total
How long ago did you stop smoking?	Less than 6 months ago	0 (0%)	2 (5%)	0 (0%)	0 (0%)	2 (2%)
	Between 6 months and one year	0 (0%)	2 (5%)	3 (5%)	0 (0%)	5 (4%)
	More than one year	2 (100%)	34 (89%)	59 (95%)	28 (100%)	123 (95%)
Column Total		2 (100%)	38 (100%)	62 (100%)	28 (100%)	130 (100%)

Table 5.11 - The amount of cigarettes smoking by whether person would like to give up smoking

		Would you like to give up smoking?			
		Yes	No	Don't know	Row Total
About how many cigarettes do you smoke now each day?	Less than 10	26 (68%)	4 (11%)	8 (21%)	38 (100%)
	Between 10 and 20	34 (69%)	7 (14%)	8 (16%)	49 (100%)
	Between 20 and 40	19 (79%)	3 (13%)	2 (8%)	24 (100%)
	More than 40	2 (67%)	1 (33%)	0 (0%)	3 (100%)
	I only smoke a pipe or cigars or other tobacco products	4 (40%)	5 (50%)	1 (10%)	10 (100%)
Column Total		85 (69%)	20 (16%)	19 (15%)	124 (100%)

Table 5.12 - The amount of cigarettes smoking by whether person would like to give up smoking for males

		Would you like to give up smoking?			Row Total
		Yes	No	Don't know	
About how many cigarettes do you smoke now each day?	Less than 10	10 (77%)	2 (15%)	1 (8%)	13 (100%)
	Between 10 and 20	14 (70%)	3 (15%)	3 (15%)	20 (100%)
	Between 20 and 40	11 (79%)	2 (14%)	1 (7%)	14 (100%)
	More than 40	1 (50%)	1 (50%)	0 (0%)	2 (100%)
	I only smoke a pipe or cigars or other tobacco products	3 (43%)	4 (57%)	0 (0%)	7 (100%)
	Column Total	39 (70%)	12 (21%)	5 (9%)	56 (100%)

Table 5.13 - The amount of cigarettes smoking by whether person would like to give up smoking for females

		Would you like to give up smoking?			Row Total
		Yes	No	Don't know	
About how many cigarettes do you smoke now each day?	Less than 10	15 (63%)	2 (8%)	7 (29%)	24 (100%)
	Between 10 and 20	17 (65%)	4 (15%)	5 (19%)	26 (100%)
	Between 20 and 40	8 (80%)	1 (10%)	1 (10%)	10 (100%)
	More than 40	0 (0%)	0 (0%)	0 (0%)	0 (0%)
	I only smoke a pipe or cigars or other tobacco products	0 (0%)	1 (50%)	1 (50%)	2 (100%)
	Column Total	40 (65%)	8 (13%)	14 (23%)	62 (100%)

Table 5.14 - Intention to give up smoking by age when first started smoking regularly

		Would you like to give up smoking?			Row Total
		Yes	No	Don't know	
How old were you when you first started smoking regularly?	Less than 10 years old	0 (0%)	0 (0%)	0 (0%)	0 (0%)
	10-14 years old	24 (73%)	4 (12%)	5 (15%)	24 (73%)
	15-18 years old	41 (65%)	11 (17%)	11 (17%)	41 (65%)
	More than 19 years old	20 (80%)	3 (12%)	2 (8%)	20 (80%)
	Column Total	85 (70%)	18 (15%)	18 (15%)	85 (70%)

Table 5.15 - Intention to give up smoking (Smokers only)

		Frequency	Percent
Which of these statements describes you best?	I intend to give up smoking within the next month	18	21%
	I intend to give up smoking within the next year	47	54%
	I am unlikely to give up smoking	22	25%
	Total	87	100%

Table 5.16 - Intention to give up smoking by sex (Smokers only)

		Sex		Row Total
		Male	Female	
Which of these statements describes you best?	I intend to give up smoking within the next month	8 (47%)	9 (53%)	17 (100%)
	I intend to give up smoking within the next year	18 (41%)	26 (59%)	44 (100%)
	I am unlikely to give up smoking	12 (57%)	9 (43%)	21 (100%)
	Column Total	38 (46%)	44 (54%)	82 (100%)

Table 5.17 - Factors that would assist in giving up smoking

	Frequency	Percent
Willpower	472	64%
Encouragement and support from family and friends	362	49%
Restrictions on smoking in public places	325	44%
Advice from a doctor or other health professional	232	32%
Drugs/nicotine patches prescribed by your doctor	182	25%
Special clinic or stop smoking group	112	15%
Help from an alternative therapist e.g. hypnotherapy, acupuncture	101	14%
More tax on cigarettes	91	12%
Fewer outlets selling cigarettes	79	11%
Guernsey Quitline (phone helpline)	65	9%
Nicotine chewing gum	29	4%
Other	15	2%
Total	735	100%

Table 5.18 - Factors that would assist in giving up smoking by smoking habit

	Smoking habit			Row Total
	Smoker	Ex-smoker	Never smoked	
Willpower	107 (71%)	128 (66%)	231 (61%)	466 (64%)
Encouragement and support from family and friends	53 (35%)	91 (47%)	214 (56%)	358 (49%)
Restrictions on smoking in public places	36 (24%)	85 (44%)	199 (52%)	320 (44%)
Advice from a doctor or other health professional	41 (27%)	54 (28%)	130 (34%)	225 (31%)
Drugs/nicotine patches prescribed by your doctor	45 (30%)	43 (22%)	90 (24%)	178 (25%)
Special clinic or stop smoking group	15 (10%)	18 (9%)	79 (21%)	112 (15%)
Help from alternative therapist	41 (27%)	18 (9%)	40 (11%)	99 (14%)
More tax on cigarettes	7 (5%)	21 (11%)	63 (17%)	91 (13%)
Fewer outlets selling cigarettes	11 (7%)	20 (10%)	47 (12%)	78 (11%)
Guernsey Quitline (phone helpline)	14 (9%)	9 (5%)	42 (11%)	65 (9%)
Nicotine chewing gum	7 (5%)	11 (6%)	11 (3%)	29 (4%)
Other	3 (2%)	7 (4%)	5 (1%)	15 (2%)
Column Total	150 (100%)	194 (100%)	380 (100%)	724 (100%)

Table 5.19 - Questions on health by smoking habit

		Smoking habit			Row Total
		Smoker	Ex-smoker	Never smoked	
Lung cancer is linked to smoking	Strongly agree	57 (39%)	136 (70%)	272 (73%)	465 (65%)
	Agree	67 (45%)	43 (22%)	87 (23%)	197 (28%)
	Uncertain	20 (14%)	13 (7%)	16 (4%)	49 (7%)
	Disagree	4 (3%)	1 (1%)	0 (0%)	5 (1%)
	Strongly disagree	0 (0%)	0 (0%)	0 (0%)	0 (0%)
	Column Total	148 (100%)	193 (100%)	375 (100%)	716 (100%)
Smoking can affect the health of a smoker's family	Strongly agree	44 (30%)	112 (58%)	254 (67%)	410 (57%)
	Agree	70 (48%)	61 (32%)	108 (29%)	239 (33%)
	Uncertain	25 (17%)	17 (9%)	13 (3%)	55 (8%)
	Disagree	5 (3%)	3 (2%)	1 (0%)	9 (1%)
	Strongly disagree	3 (2%)	0 (0%)	1 (0%)	4 (1%)
	Column Total	147 (100%)	193 (100%)	377 (100%)	717 (100%)
Smoking can affect the health of a smoker's colleagues at work	Strongly agree	31 (21%)	92 (48%)	221 (59%)	344 (48%)
	Agree	51 (35%)	57 (30%)	114 (30%)	222 (31%)
	Uncertain	39 (27%)	36 (19%)	32 (9%)	107 (15%)
	Disagree	20 (14%)	7 (4%)	6 (2%)	33 (5%)
	Strongly disagree	5 (3%)	0 (0%)	1 (0%)	6 (1%)
	Column Total	146 (100%)	192 (100%)	374 (100%)	712 (100%)

Knowledge of smoking by smoking habit

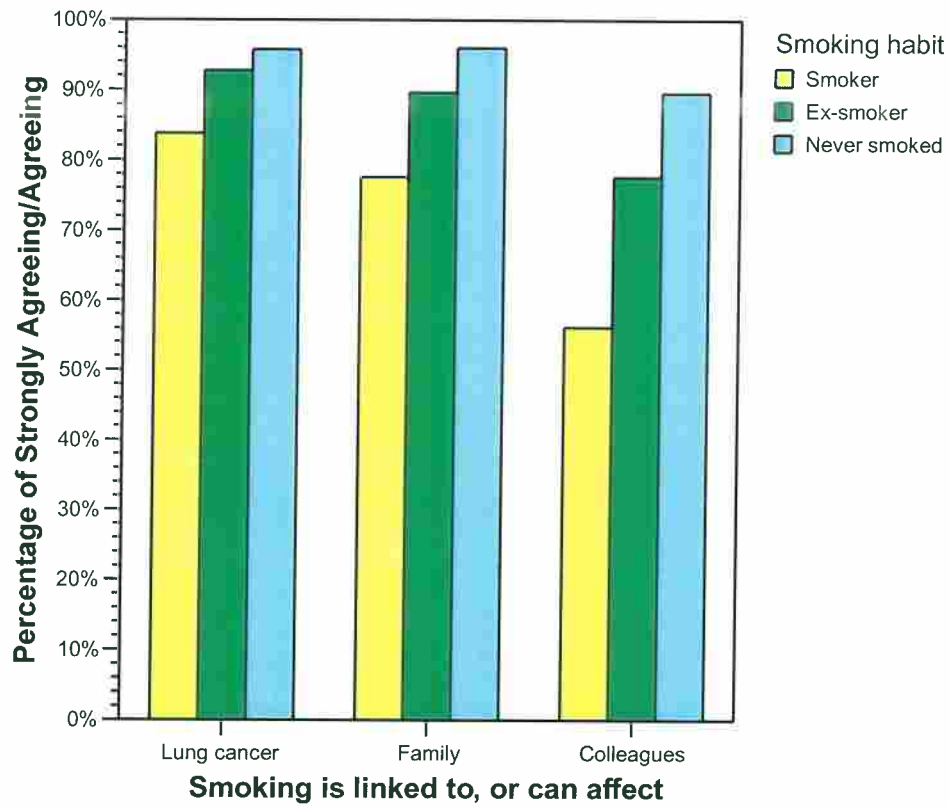


Figure 5.6 – Knowledge of smoking by smoking habit

Table 5.20 - Worried of second hand smoking by smoking habit

		Smoking habit			Row Total
		Smoker	Ex-smoker	Never smoked	
How worried are you about inhaling other people's smoke?	A great deal	3 (2%)	47 (27%)	141 (41%)	191 (29%)
	Quite a lot	7 (5%)	43 (25%)	100 (29%)	150 (23%)
	A little	40 (30%)	52 (30%)	87 (25%)	179 (27%)
	Not at all	78 (59%)	31 (18%)	17 (5%)	126 (19%)
	Don't know	5 (4%)	1 (1%)	2 (1%)	8 (1%)
	Column Total	133 (100%)	174 (100%)	347 (100%)	654 (100%)

Worried of second hand smoking by smoking habit

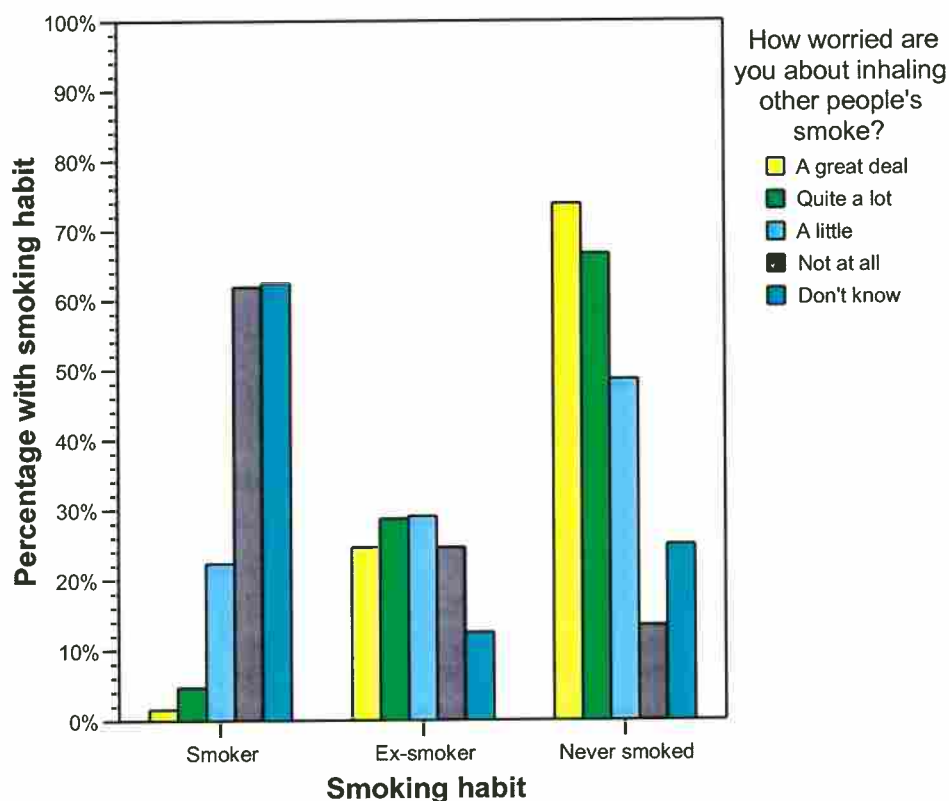


Figure 5.7 – Worried of second hand smoking by smoking habit

Table 5.21 - A breakdown of opinions on smoking restrictions by smoking habit

		Smoking habit			Row Total
		Smoker	Ex-smoker	Never smoked	
On buses and taxis	No smoking at all	137 (92%)	182 (94%)	371 (99%)	690 (96%)
	Some smoking areas	9 (6%)	10 (5%)	5 (1%)	24 (3%)
	Smoking allowed anywhere	3 (2%)	1 (1%)	0 (0%)	4 (1%)
	Column Total	149	193	376	718
		(100%)	(100%)	(100%)	(100%)
In air and sea terminals	No smoking at all	51 (34%)	114 (60%)	229 (61%)	394 (55%)
	Some smoking areas	96 (65%)	74 (39%)	144 (39%)	314 (44%)
	Smoking allowed anywhere	1 (1%)	3 (2%)	0 (0%)	4 (1%)
	Column Total	148	191	373	712
		(100%)	(100%)	(100%)	(100%)
In restaurants and cafes	No smoking at all	35 (24%)	124 (64%)	295 (78%)	454 (63%)
	Some smoking areas	107 (72%)	68 (35%)	83 (22%)	258 (36%)
	Smoking allowed anywhere	6 (4%)	1 (1%)	0 (0%)	7 (1%)
	Column Total	148	193	378	719
		(100%)	(100%)	(100%)	(100%)
In public houses	No smoking at all	13 (9%)	60 (31%)	152 (41%)	225 (32%)
	Some smoking areas	72 (49%)	113 (59%)	200 (53%)	385 (54%)
	Smoking allowed anywhere	62 (42%)	19 (10%)	22 (6%)	103 (14%)
	Column Total	147	192	374	713
		(100%)	(100%)	(100%)	(100%)

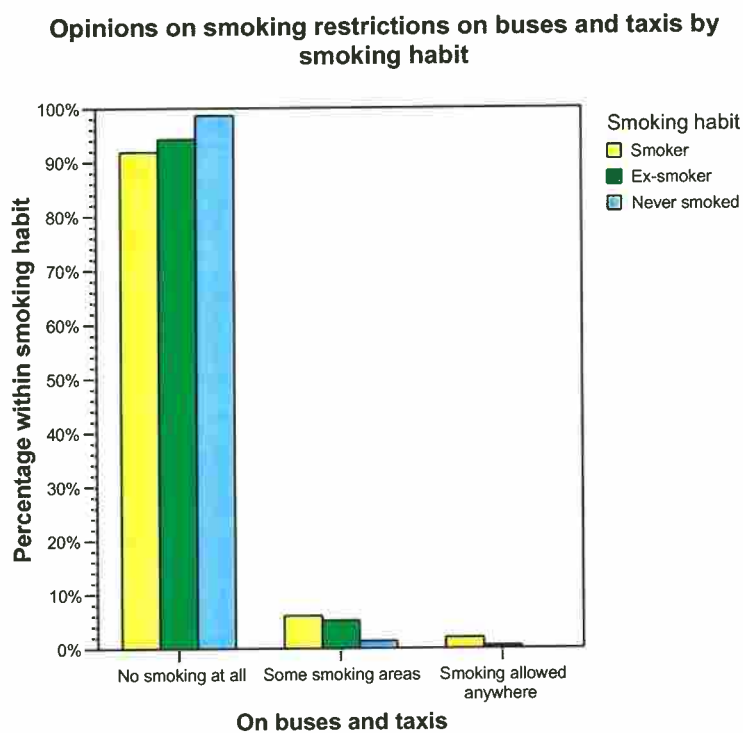


Figure 5.8 – Opinions on smoking restrictions on buses and taxis by smoking habit

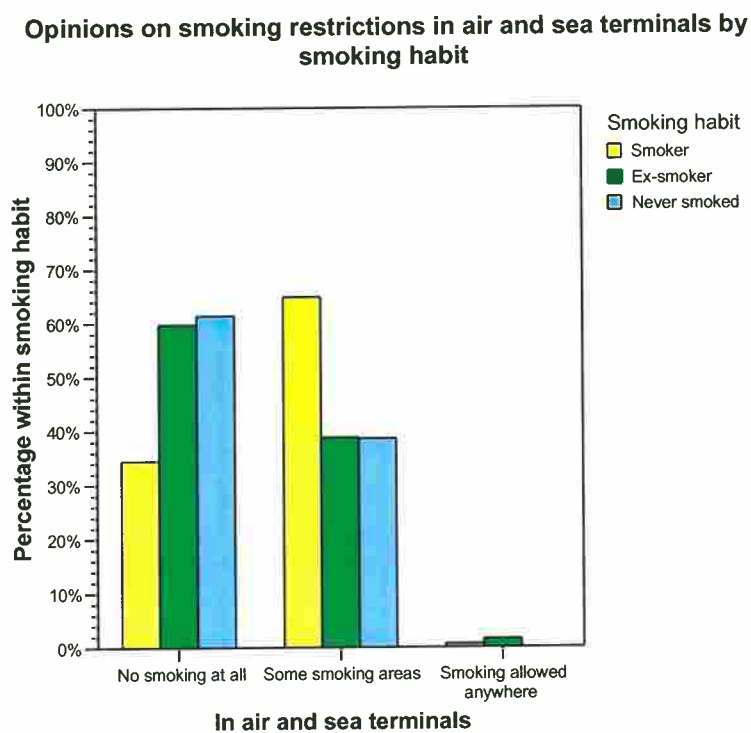


Figure 5.9 – Opinions on smoking restrictions in air and sea terminals by smoking habit

Opinions on smoking restrictions in restaurants and cafes by smoking habit

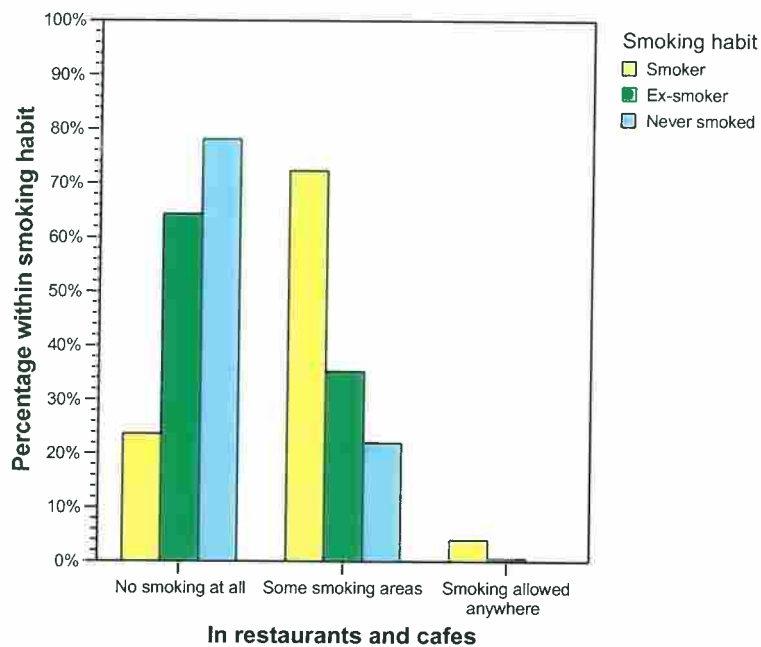


Figure 5.10 – Opinions on smoking restrictions in restaurants and cafes by smoking habit

Opinions on smoking restrictions in public house by smoking habit

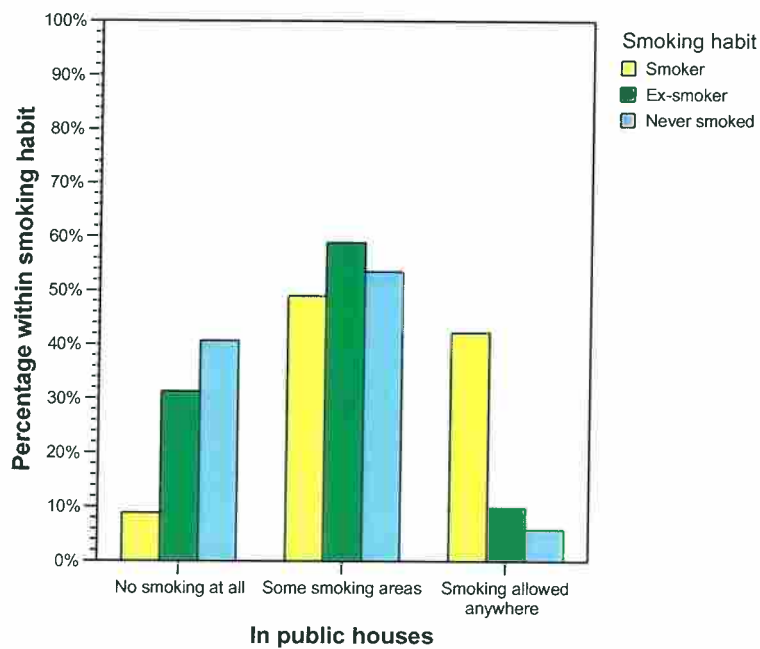


Figure 5.11 – Opinions on smoking restrictions in public house by smoking habit

Table 5.22 - Drinking habit by smoking habit

		Smoking habit			Row Total
		Smoker	Ex-smoker	Never smoked	
How often do you drink alcohol?	Almost every day	44 (30%)	66 (34%)	76 (20%)	44 (30%)
	On two or three days a week	47 (32%)	63 (32%)	122 (32%)	47 (32%)
	Once or twice a month	21 (14%)	23 (12%)	69 (18%)	21 (14%)
	Once every couple of months	3 (2%)	6 (3%)	13 (3%)	3 (2%)
	Only very occasionally	25 (17%)	26 (13%)	68 (18%)	25 (17%)
	I totally abstain from alcohol	9 (6%)	10 (5%)	30 (8%)	9 (6%)
	Column Total	149 (100%)	194 (100%)	378 (100%)	149 (100%)

Drinking habit by smoking habit

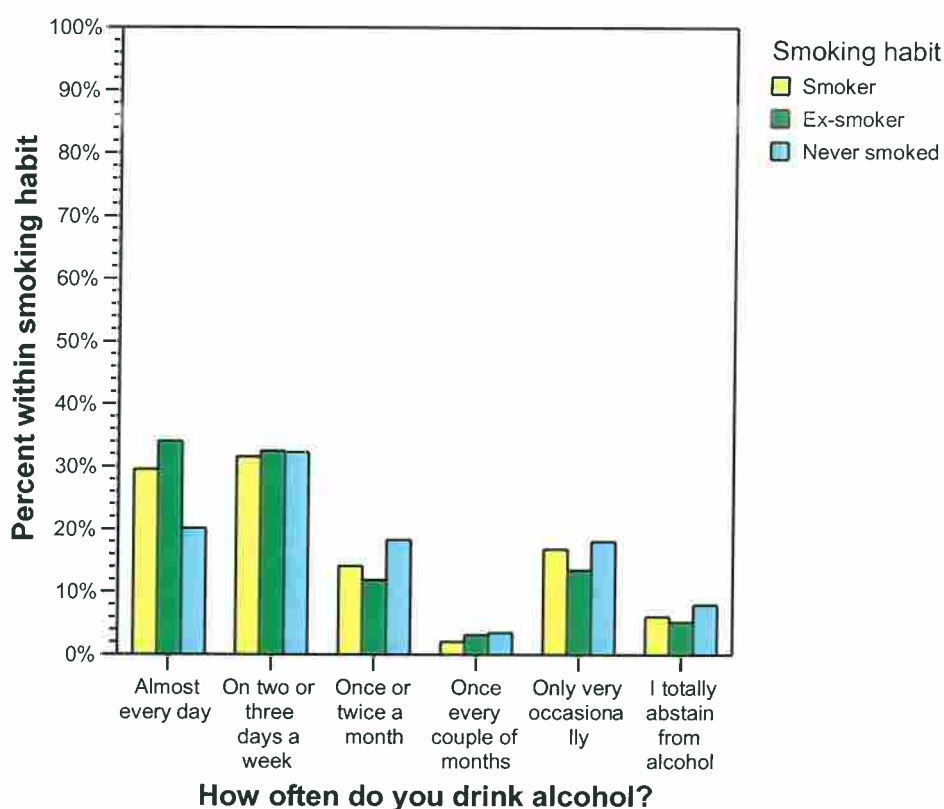


Figure 5.12 – Drinking habit by smoking habit

Table 5.23 - Body mass index by smoking habit

		Smoking habit			Row Total
		Smoker	Ex-smoker	Never smoked	
Body Mass Index	Underweight	10 (8%)	9 (5%)	15 (4%)	34 (5%)
	Normal	43 (32%)	45 (25%)	118 (35%)	206 (31%)
	Overweight	52 (39%)	88 (48%)	141 (42%)	281 (43%)
	Obese	28 (21%)	40 (22%)	65 (19%)	133 (20%)
	Column Total	133 (100%)	182 (100%)	339 (100%)	654 (100%)

Smoking habit by weight

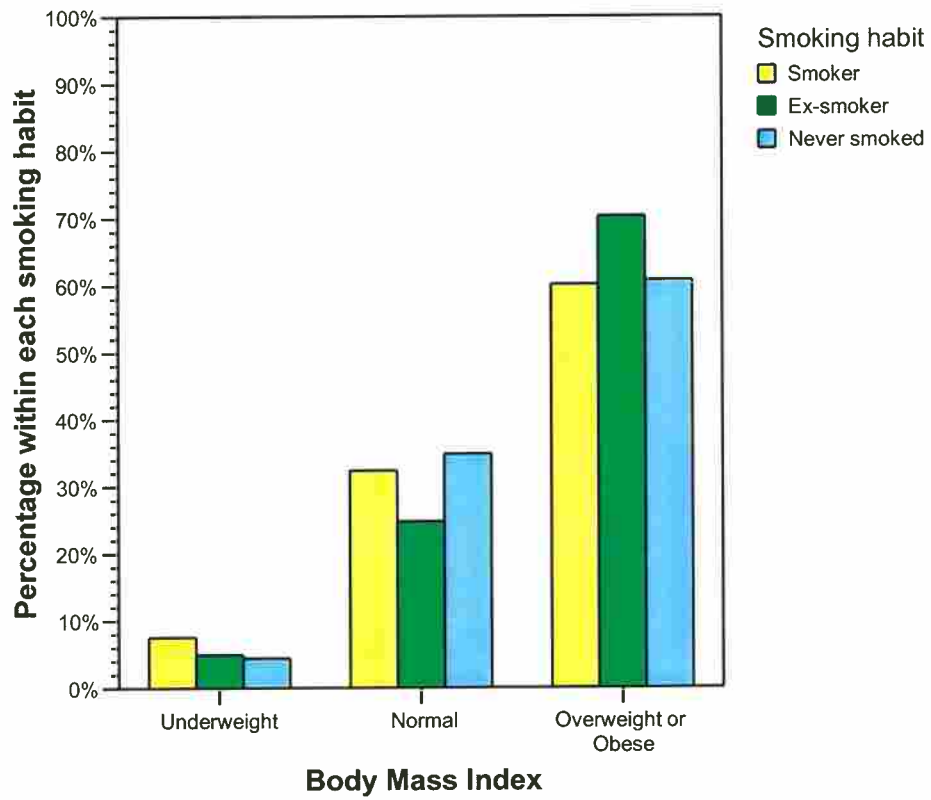


Figure 5.13 – Smoking habit by weight

6. DRINKING HABITS

Table 6.1 - Drinking habit by sex

		Sex		
		Male	Female	Row Total
How often do you drink alcohol?	Almost every day	85 (31%)	93 (22%)	178 (26%)
	On two or three days a week	100 (37%)	123 (29%)	223 (32%)
	Once or twice a month	36 (13%)	74 (18%)	110 (16%)
	Once every couple of months	3 (1%)	18 (4%)	21 (3%)
	Only very occasionally	30 (11%)	82 (19%)	112 (16%)
	I totally abstain from alcohol	16 (6%)	32 (8%)	48 (7%)
	Column Total	270 (100%)	422 (100%)	692 (100%)

Table 6.2 - Drinking habit by age

		Age categories						
		18-24	25-34	35-44	45-54	55-64	65+	Row Total
How often do you drink alcohol?	Almost every day	5 (10%)	15 (14%)	47 (27%)	48 (32%)	43 (31%)	26 (28%)	184 (26%)
	On two or three days a week	26 (51%)	44 (41%)	66 (38%)	41 (28%)	40 (29%)	12 (13%)	229 (32%)
	Once or twice a month	12 (24%)	27 (25%)	24 (14%)	21 (14%)	19 (14%)	11 (12%)	114 (16%)
	Once every couple of months	3 (6%)	4 (4%)	9 (5%)	1 (1%)	1 (1%)	3 (3%)	21 (3%)
	Only very occasionally	4 (8%)	14 (13%)	20 (11%)	29 (19%)	24 (17%)	25 (27%)	116 (16%)
	I totally abstain from alcohol	1 (2%)	3 (3%)	8 (5%)	9 (6%)	13 (9%)	16 (17%)	50 (7%)
	Column Total	51 (100%)	107 (100%)	174 (100%)	149 (100%)	140 (100%)	93 (100%)	714 (100%)

Table 6.3 - Drinking habit by age for males

		Age categories						Row Total
		18-24	25-34	35-44	45-54	55-64	65+	
How often do you drink alcohol?	Almost every day	4 (21%)	4 (11%)	19 (31%)	21 (41%)	22 (35%)	15 (36%)	85 (31%)
	On two or three days a week	11 (58%)	18 (51%)	24 (39%)	16 (31%)	22 (35%)	9 (21%)	100 (37%)
	Once or twice a month	3 (16%)	8 (23%)	5 (8%)	7 (14%)	6 (10%)	7 (17%)	36 (13%)
	Once every couple of months	0 (0%)	1 (3%)	1 (2%)	0 (0%)	0 (0%)	1 (2%)	3 (1%)
	Only very occasionally	1 (5%)	3 (9%)	8 (13%)	4 (8%)	7 (11%)	7 (17%)	30 (11%)
	I totally abstain from alcohol	0 (0%)	1 (3%)	4 (7%)	3 (6%)	5 (8%)	3 (7%)	16 (6%)
	Column Total	19 (100%)	35 (100%)	61 (100%)	51 (100%)	62 (100%)	42 (100%)	270 (100%)

Drinking habit by age for males

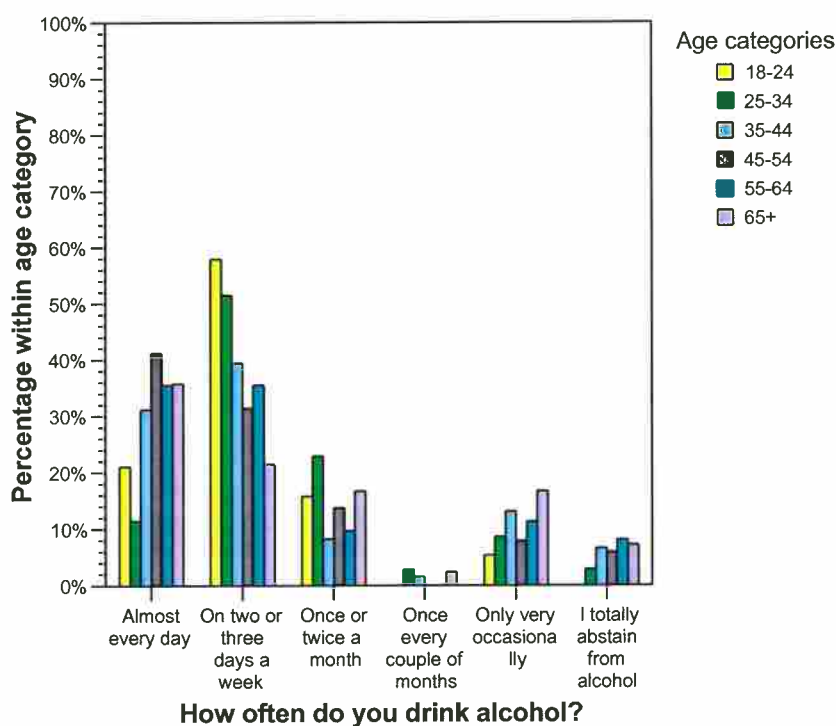


Figure 6.1 – Drinking habit by age for males

Table 6.4 - Drinking habit by age for females

		Age categories						Row Total
		18-24	25-34	35-44	45-54	55-64	65+	
How often do you drink alcohol?	Almost every day	1 (3%)	10 (14%)	26 (24%)	25 (27%)	21 (30%)	10 (20%)	93 (22%)
	On two or three days a week	15 (47%)	25 (36%)	41 (38%)	25 (27%)	14 (20%)	3 (6%)	123 (29%)
	Once or twice a month	9 (28%)	18 (26%)	19 (17%)	13 (14%)	11 (16%)	4 (8%)	74 (18%)
	Once every couple of months	3 (9%)	3 (4%)	8 (7%)	1 (1%)	1 (1%)	2 (4%)	18 (4%)
	Only very occasionally	3 (9%)	11 (16%)	11 (10%)	24 (26%)	16 (23%)	17 (35%)	82 (19%)
	I totally abstain from alcohol	1 (3%)	2 (3%)	4 (4%)	6 (6%)	6 (9%)	13 (27%)	32 (8%)
	Column Total	32	69	109	94	69	49	422
		(100%)	(100%)	(100%)	(100%)	(100%)	(100%)	(100%)

Drinking habit by age for females

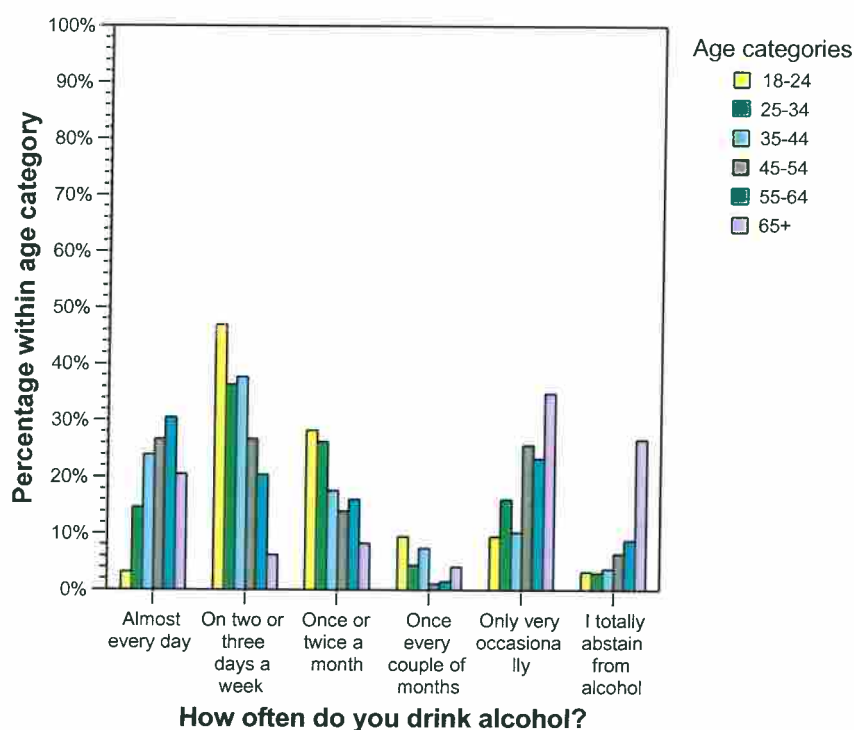


Figure 6.2 – Drinking habit by age for females

Table 6.5 - Amount of alcohol drinking by sex

		Sex		Row Total
		Male	Female	
How many drinks on average do you have (throughout the whole day)?	1 or 2 units	82 (33%)	225 (59%)	307 (49%)
	3 or 4 units	75 (30%)	95 (25%)	170 (27%)
	5 to 8 units	47 (19%)	36 (9%)	83 (13%)
	9 to 12 units	26 (10%)	13 (3%)	39 (6%)
	More than 12 units	18 (7%)	13 (3%)	31 (5%)
	Column Total	248 (100%)	382 (100%)	630 (100%)

Amount of alcohol drinking by sex

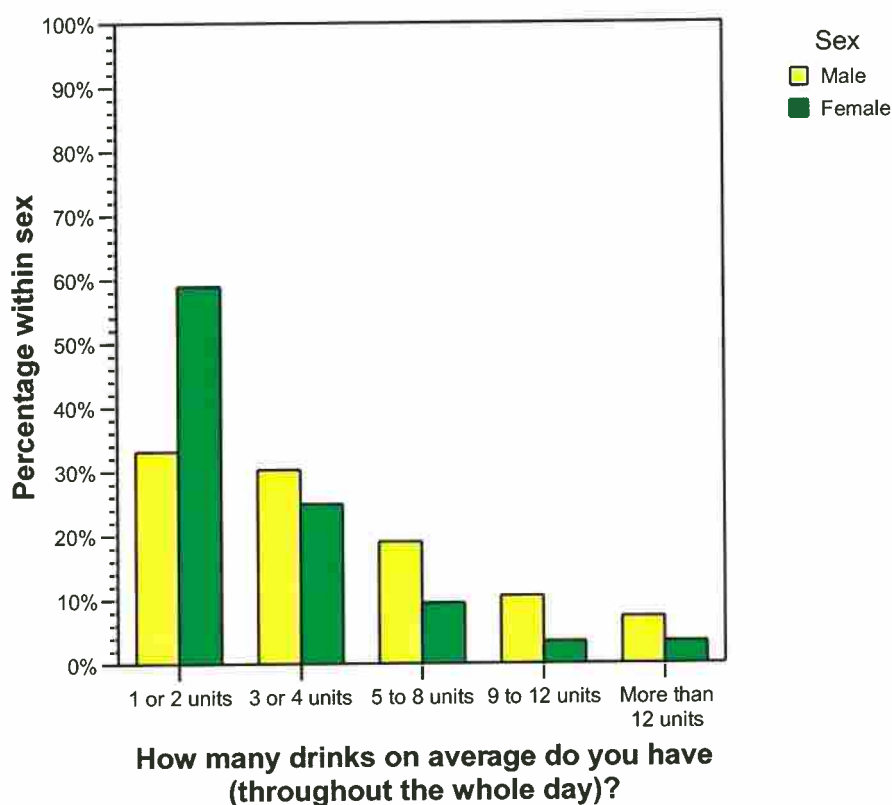


Figure 6.3 – Amount of alcohol drinking by sex

Table 6.6 - Amount of alcohol drinking by age

		Age categories						Row Total
		18-24	25-34	35-44	45-54	55-64	65+	
How many drinks on average do you have (throughout the whole day)?	1 or 2 units	6 (12%)	40 (38%)	83 (50%)	64 (46%)	71 (58%)	53 (77%)	317 (49%)
	3 or 4 units	13 (27%)	19 (18%)	49 (29%)	48 (35%)	36 (29%)	8 (12%)	173 (27%)
	5 to 8 units	12 (24%)	22 (21%)	19 (11%)	20 (14%)	9 (7%)	6 (9%)	88 (14%)
	9 to 12 units	10 (20%)	12 (12%)	10 (6%)	2 (1%)	4 (3%)	2 (3%)	40 (6%)
	More than 12 units	8 (16%)	11 (11%)	6 (4%)	4 (3%)	3 (2%)	0 (0%)	32 (5%)
	Column Total	49 (100%)	104 (100%)	167 (100%)	138 (100%)	123 (100%)	69 (100%)	650 (100%)

Amount of alcohol drinking by age

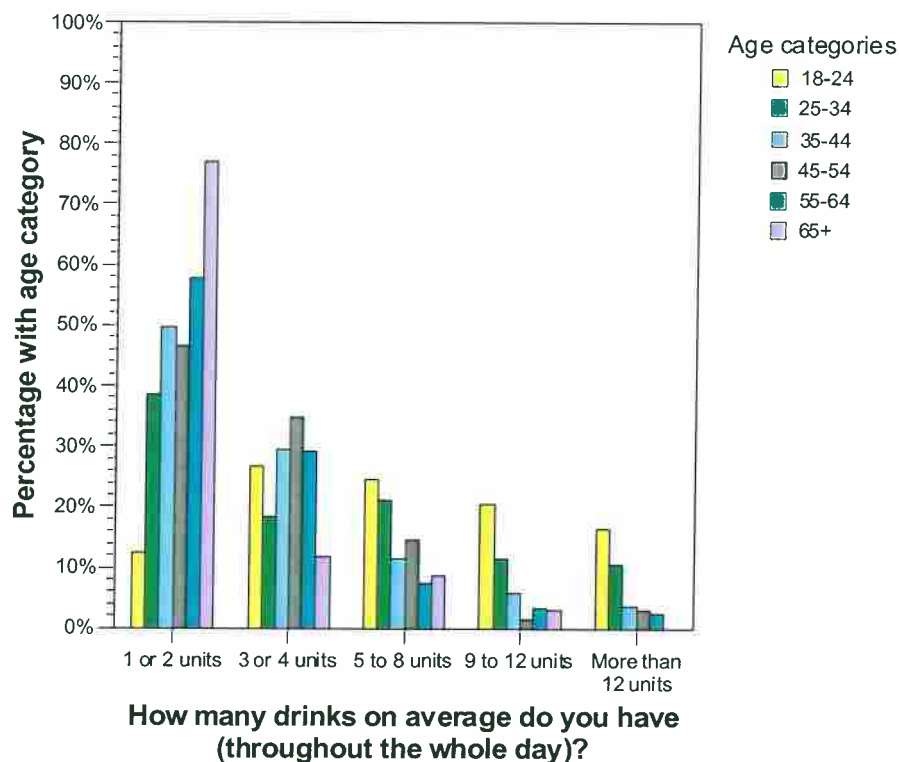


Figure 6.4 – Amount of alcohol drinking by age

Table 6.7 - Amount of alcohol drinking by age for males

		Age categories						Row Total
		18-24	25-34	35-44	45-54	55-64	65+	
How many drinks on average do you have (throughout the whole day)?	1 or 2 units	1 (6%)	7 (21%)	13 (23%)	12 (25%)	25 (45%)	24 (65%)	82 (33%)
	3 or 4 units	2 (11%)	6 (18%)	19 (34%)	21 (44%)	19 (34%)	8 (22%)	75 (30%)
	5 to 8 units	6 (33%)	7 (21%)	12 (21%)	11 (23%)	7 (13%)	4 (11%)	47 (19%)
	9 to 12 units	5 (28%)	7 (21%)	8 (14%)	2 (4%)	3 (5%)	1 (3%)	26 (10%)
	More than 12 units	4 (22%)	6 (18%)	4 (7%)	2 (4%)	2 (4%)	0 (0%)	18 (7%)
	Column Total	18 (100%)	33 (100%)	56 (100%)	48 (100%)	56 (100%)	37 (100%)	248 (100%)

Amount of alcohol drinking by age for males

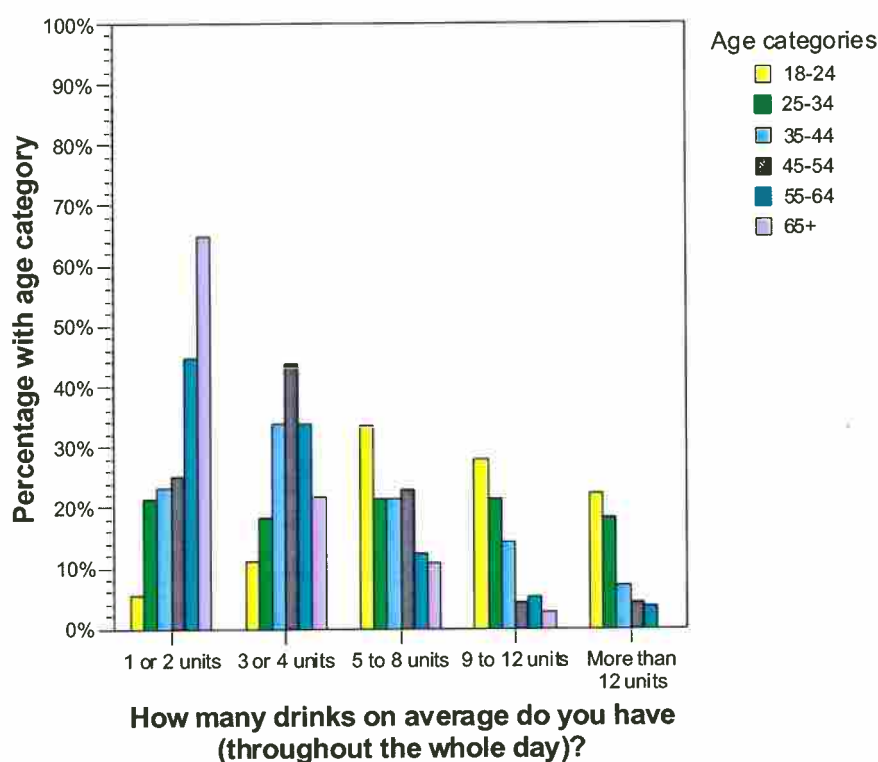


Figure 6.5 – Amount of alcohol drinking by age for males

Table 6.8 - Amount of alcohol drinking by age for females

		Age categories						Row Total
		18-24	25-34	35-44	45-54	55-64	65+	
How many drinks on average do you have (throughout the whole day)?	1 or 2 units	5 (16%)	32 (47%)	67 (63%)	50 (58%)	43 (72%)	28 (93%)	225 (59%)
	3 or 4 units	11 (35%)	13 (19%)	29 (27%)	26 (30%)	16 (27%)	0 (0%)	95 (25%)
	5 to 8 units	6 (19%)	13 (19%)	7 (7%)	8 (9%)	1 (2%)	1 (3%)	36 (9%)
	9 to 12 units	5 (16%)	5 (7%)	2 (2%)	0 (0%)	0 (0%)	1 (3%)	13 (3%)
	More than 12 units	4 (13%)	5 (7%)	2 (2%)	2 (2%)	0 (0%)	0 (0%)	13 (3%)
	Column Total	31 (100%)	68 (100%)	107 (100%)	86 (100%)	60 (100%)	30 (100%)	382 (100%)

Amount of alcohol drinking by age for females

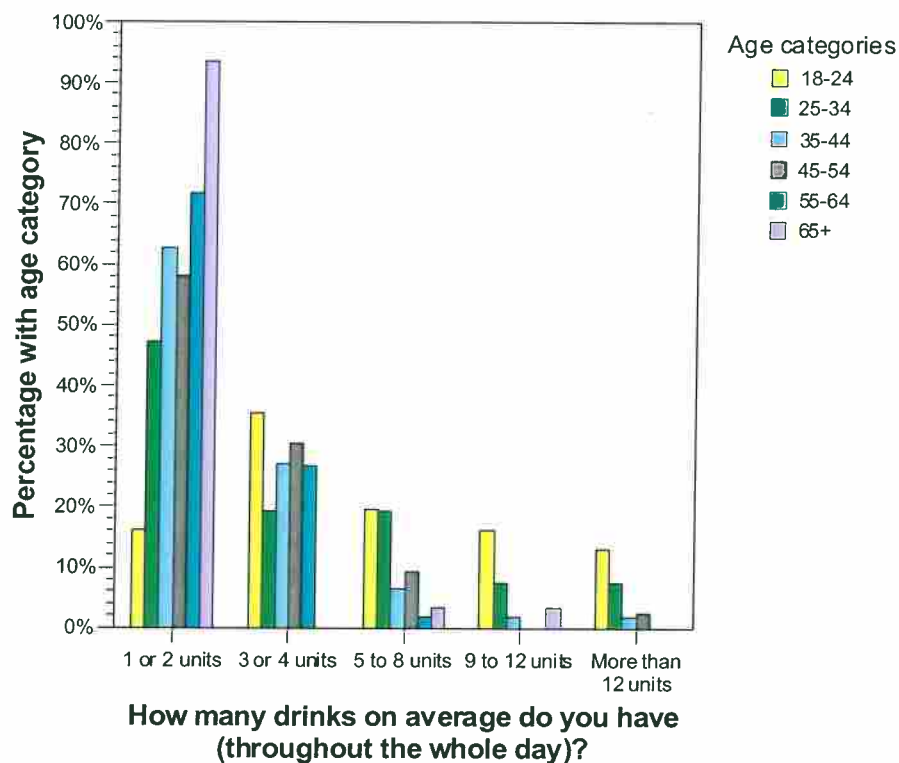


Figure 6.6 – Amount of alcohol drinking by age for females

Table 6.9 - Safe drinking limits by sex

		Drinking within safe limits (21 and 14 units)?		
		Yes	No	Row Total
Sex	Male	184 (70%)	80 (30%)	264 (100%)
	Female	346 (84%)	64 (16%)	410 (100%)
Column Total		530 (79%)	144 (21%)	674 (100%)

Safe drinking limits by sex

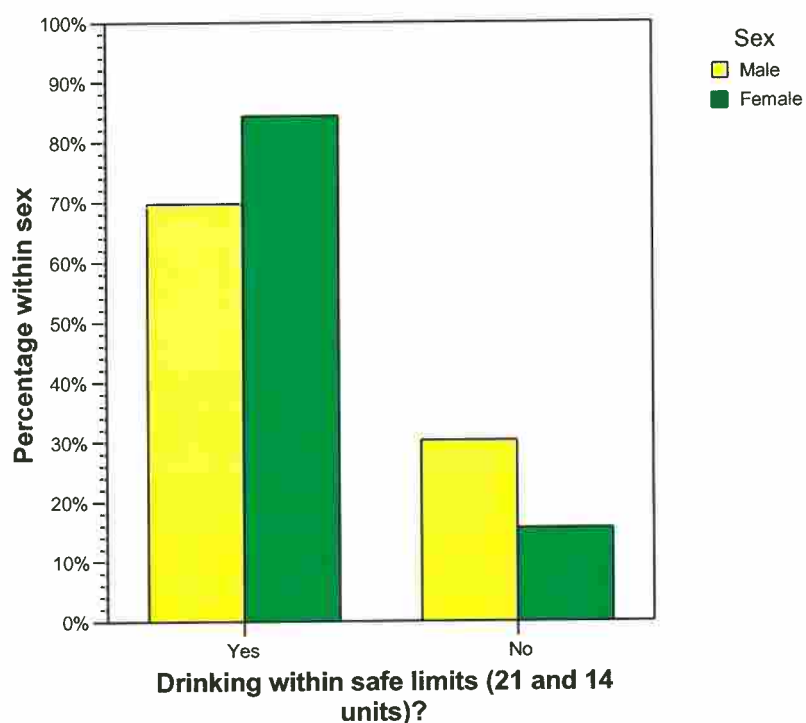


Figure 6.7 – Safe drinking limits by sex

Table 6.10 - Safe drinking limits by age

		Drinking within safe limits (21 and 14 units)?		
		Yes	No	Row Total
Age categories	18-24	34 (68%)	16 (32%)	50 (100%)
	25-34	85 (83%)	18 (17%)	103 (100%)
	35-44	130 (77%)	38 (23%)	168 (100%)
	45-54	105 (73%)	38 (27%)	143 (100%)
	55-64	102 (80%)	25 (20%)	127 (100%)
	65+	74 (89%)	9 (11%)	83 (100%)
	Column Total	530 (79%)	144 (21%)	674 (100%)

Safe drinking limits by age

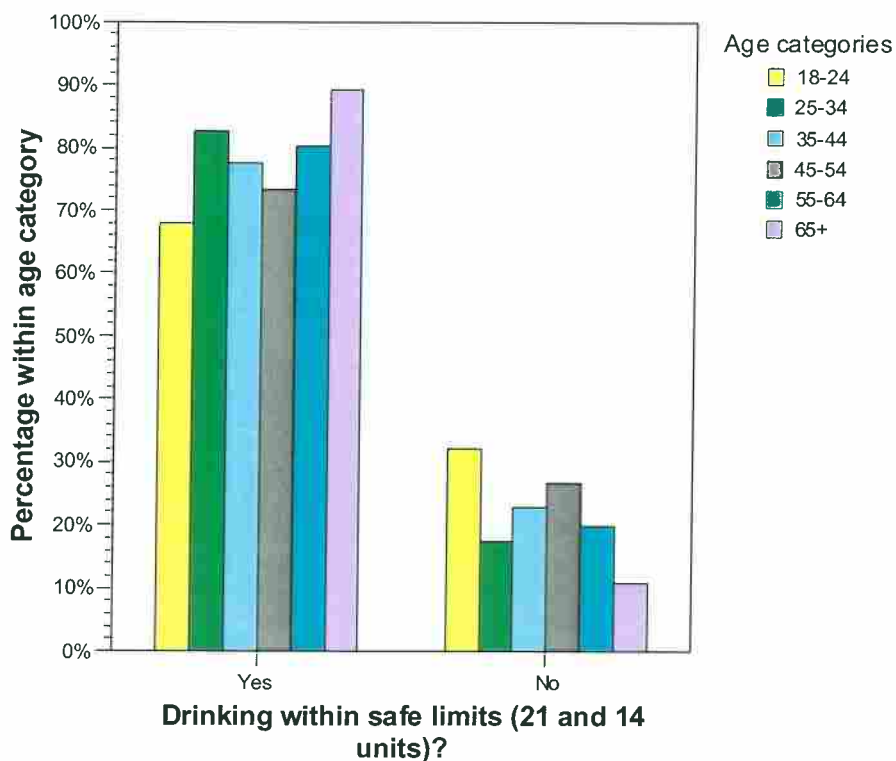


Figure 6.8 – Safe drinking limits by age

Table 6.11 - Safe drinking limits by age for males

		Drinking within safe limits (21 units)?		
		Yes	No	Row Total
Age categories	18-24	9 (50%)	9 (50%)	18 (100%)
	25-34	26 (76%)	8 (24%)	34 (100%)
	35-44	39 (65%)	21 (35%)	60 (100%)
	45-54	31 (61%)	20 (39%)	51 (100%)
	55-64	46 (75%)	15 (25%)	61 (100%)
	65+	33 (83%)	7 (18%)	40 (100%)
	Column Total	184 (70%)	80 (30%)	264 (100%)

Table 6.12 - Safe drinking limits by age for females

		Drinking within safe limits (14 units)?		
		Yes	No	Row Total
Age categories	18-24	25 (78%)	7 (22%)	32 (100%)
	25-34	59 (86%)	10 (14%)	69 (100%)
	35-44	91 (84%)	17 (16%)	108 (100%)
	45-54	74 (80%)	18 (20%)	92 (100%)
	55-64	56 (85%)	10 (15%)	66 (100%)
	65+	41 (95%)	2 (5%)	43 (100%)
	Column Total	346 (84%)	64 (16%)	410 (100%)

Percentage drinking outside safe limits by age and sex

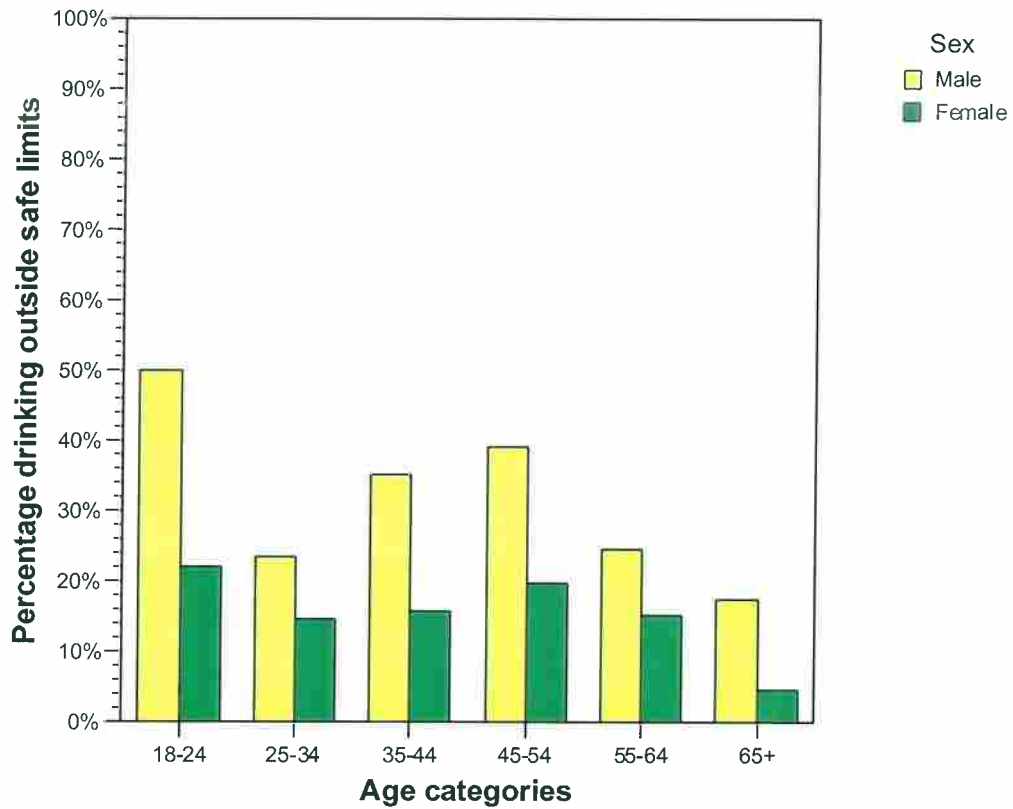
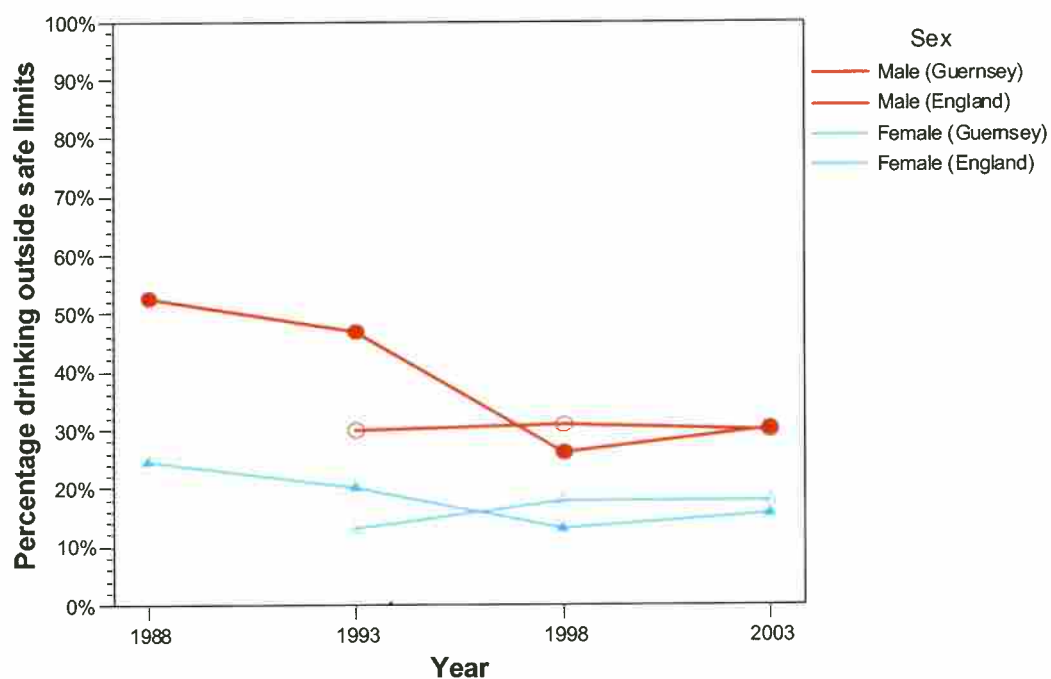


Figure 6.9 – Percentage drinking outside safe limits by age and sex

Drinking outside safe limits over time



Includes data from the Health Survey for England (DoH) 1993, 1998 & 2002

Figure 6.10 – Drinking outside safe limits over time

Table 6.13 - Safe drinking limits by age and sex

		Drinking within safe limits (21 and 14 units)?		Drinking within safe limits (28 and 21 units)?		Total
		Yes	No	Yes	No	
Male	18-24	9 (50%)	9 (50%)	14 (78%)	4 (22%)	18 (100%)
	25-34	26 (76%)	8 (24%)	29 (85%)	5 (15%)	34 (100%)
	35-44	39 (65%)	21 (35%)	50 (83%)	10 (17%)	60 (100%)
	45-54	31 (61%)	20 (39%)	45 (88%)	6 (12%)	51 (100%)
	55-64	46 (75%)	15 (25%)	57 (93%)	4 (7%)	61 (100%)
	65+	33 (83%)	7 (18%)	37 (93%)	3 (8%)	40 (100%)
	Total	184 (70%)	80 (30%)	232 (88%)	32 (12%)	264 (100%)
Female	18-24	25 (78%)	7 (22%)	28 (88%)	4 (13%)	32 (100%)
	25-34	59 (86%)	10 (14%)	63 (91%)	6 (9%)	69 (100%)
	35-44	91 (84%)	17 (16%)	95 (88%)	13 (12%)	108 (100%)
	45-54	74 (80%)	18 (20%)	76 (83%)	16 (17%)	92 (100%)
	55-64	56 (85%)	10 (15%)	57 (86%)	9 (14%)	66 (100%)
	65+	41 (95%)	2 (5%)	41 (95%)	2 (5%)	43 (100%)
	Total	346 (84%)	64 (16%)	360 (88%)	50 (12%)	410 (100%)

Table 6.14 - Whether person would like to cut back on the level of alcohol drinking by safe limits

		Drinking within safe limits?		
		Yes	No	Row Total
Would you like to reduce your level of drinking?	No, I do not want to change my present level of drinking	460 (96%)	90 (63%)	550 (88%)
	Yes, I would like to drink less alcohol	19 (4%)	53 (37%)	72 (12%)
	Yes, I would like to stop drinking	2 (0%)	0 (0%)	2 (0%)
	Column Total	481 (100%)	143 (100%)	624 (100%)

Table 6.15 - Whether person would like to cut back on the level of alcohol drinking by safe limits for males

		Drinking within safe limits (21 units)?		
		Yes	No	Row Total
Would you like to reduce your level of drinking?	No, I do not want to change my present level of drinking	160 (95%)	52 (65%)	212 (85%)
	Yes, I would like to drink less alcohol	8 (5%)	28 (35%)	36 (14%)
	Yes, I would like to stop drinking	1 (1%)	0 (0%)	1 (0%)
	Column Total	169 (100%)	80 (100%)	249 (100%)

Table 6.16 - Whether person would like to cut back on the level of alcohol drinking by safe limits for females

		Drinking within safe limits (14 units)?		
		Yes	No	Row Total
Would you like to reduce your level of drinking?	No, I do not want to change my present level of drinking	300 (96%)	38 (60%)	338 (90%)
	Yes, I would like to drink less alcohol	11 (4%)	25 (40%)	36 (10%)
	Yes, I would like to stop drinking	1 (0%)	0 (0%)	1 (0%)
	Column Total	312 (100%)	63 (100%)	375 (100%)

Table 6.17 - Drinking style by sex

		Style of drinking						
		Abstainer	Light (infrequent)	Light (frequent)	Moderate	Heavy	Row Total	
Sex	Male	16	169	60	16	8	269	
		(6%)	(63%)	(22%)	(6%)	(3%)	(100%)	
	Female	32	297	82	8	2	421	
		(8%)	(71%)	(19%)	(2%)	(0%)	(100%)	
	Column Total		48	466	142	24	10	690
			(7%)	(68%)	(21%)	(3%)	(1%)	(100%)

Table 6.18 - Drinking style by age

		Style of drinking					Row Total
		Abstainer	Light (infrequent)	Light (frequent)	Moderate	Heavy	
Age categories	18-24	1 (2%)	45 (88%)	2 (4%)	1 (2%)	2 (4%)	51 (100%)
	25-34	3 (3%)	89 (83%)	10 (9%)	5 (5%)	0 (0%)	107 (100%)
	35-44	8 (5%)	119 (68%)	37 (21%)	6 (3%)	4 (2%)	174 (100%)
	45-54	9 (6%)	92 (62%)	38 (26%)	9 (6%)	1 (1%)	149 (100%)
	55-64	13 (9%)	84 (60%)	39 (28%)	1 (1%)	2 (1%)	139 (100%)
	65+	16 (17%)	51 (55%)	19 (21%)	5 (5%)	1 (1%)	92 (100%)
	Column Total	50 (7%)	480 (67%)	145 (20%)	27 (4%)	10 (1%)	712 (100%)

Table 6.19 - Drinking style by age for males

		Style of drinking					Row Total
		Abstainer	Light (infrequent)	Light (frequent)	Moderate	Heavy	
Age categories	18-24	0 (0%)	15 (79%)	2 (11%)	0 (0%)	2 (11%)	19 (100%)
	25-34	1 (3%)	30 (86%)	2 (6%)	2 (6%)	0 (0%)	35 (100%)
	35-44	4 (7%)	38 (62%)	10 (16%)	6 (10%)	3 (5%)	61 (100%)
	45-54	3 (6%)	27 (53%)	16 (31%)	4 (8%)	1 (2%)	51 (100%)
	55-64	5 (8%)	35 (57%)	18 (30%)	1 (2%)	2 (3%)	61 (100%)
	65+	3 (7%)	24 (57%)	12 (29%)	3 (7%)	0 (0%)	42 (100%)
	Column Total	16 (6%)	169 (63%)	60 (22%)	16 (6%)	8 (3%)	269 (100%)

Table 6.20 - Drinking style by age for females

		Style of drinking					Row Total
Age categories		Abstainer	Light (infrequent)	Light (frequent)	Moderate	Heavy	
18-24		1 (3%)	30 (94%)	0 (0%)	1 (3%)	0 (0%)	32 (100%)
25-34		2 (3%)	57 (83%)	8 (12%)	2 (3%)	0 (0%)	69 (100%)
35-44		4 (4%)	79 (72%)	25 (23%)	0 (0%)	1 (1%)	109 (100%)
45-54		6 (6%)	63 (67%)	21 (22%)	4 (4%)	0 (0%)	94 (100%)
55-64		6 (9%)	42 (61%)	21 (30%)	0 (0%)	0 (0%)	69 (100%)
65+		13 (27%)	26 (54%)	7 (15%)	1 (2%)	1 (2%)	48 (100%)
Column Total		32 (8%)	297 (71%)	82 (19%)	8 (2%)	2 (0%)	421 (100%)

Drinking style by age for males

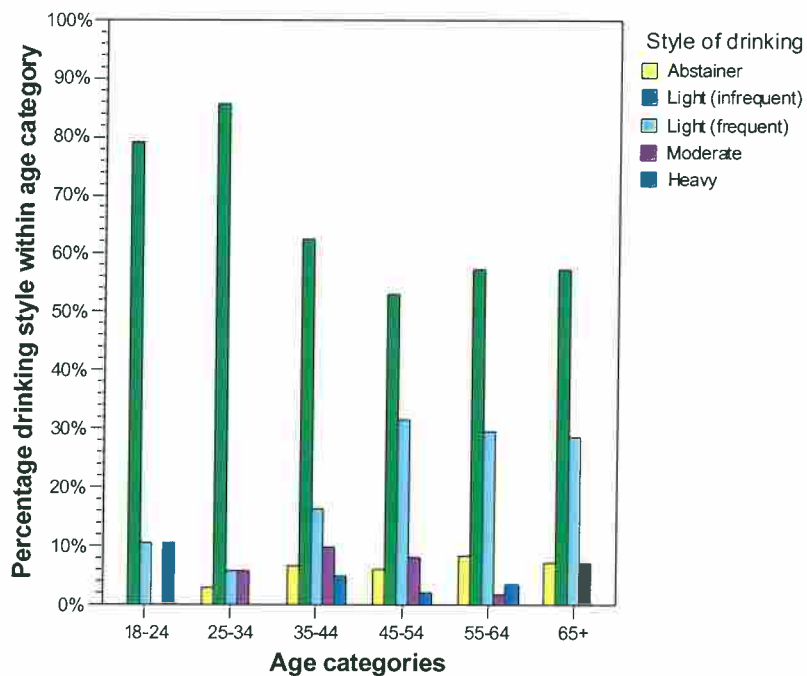


Figure 6.11 – Drinking style by age for males

Drinking style by age for females

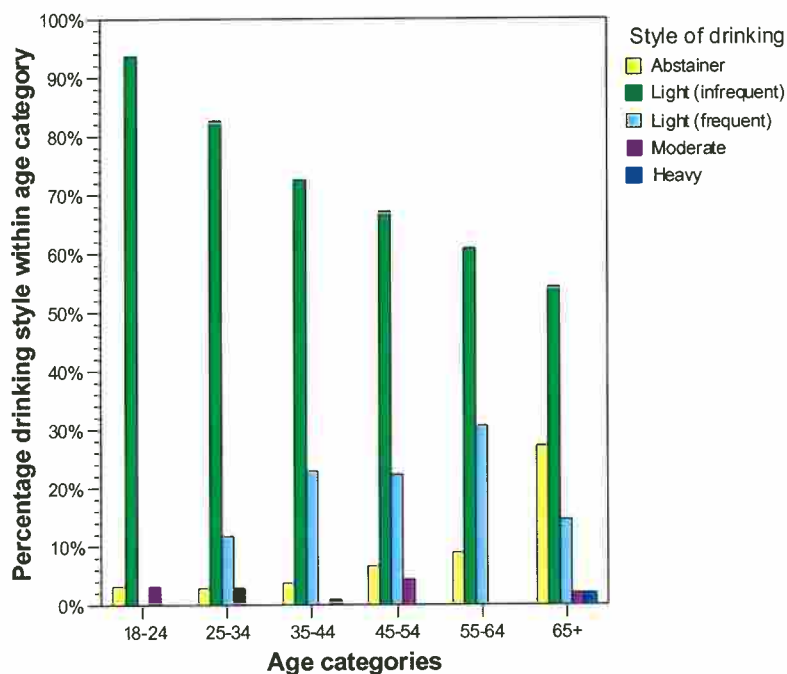


Figure 6.12 – Drinking style by age for females

Table 6.21 - Body mass index by drinking style

		Style of drinking					Row Total
		Abstainer	Light (infrequent)	Light (frequent)	Moderate	Heavy	
Body Mass Index	Underweight	0	22	7	3	2	34
		(0%)	(5%)	(5%)	(13%)	(20%)	(5%)
	Normal	11	150	41	5	1	208
		(23%)	(34%)	(30%)	(21%)	(10%)	(31%)
	Overweight	24	178	70	11	2	285
		(50%)	(40%)	(51%)	(46%)	(20%)	(43%)
	Obese	13	93	19	5	5	135
		(27%)	(21%)	(14%)	(21%)	(50%)	(20%)
	Column Total	48	443	137	24	10	662
		(100%)	(100%)	(100%)	(100%)	(100%)	(100%)

Table 6.22 - Body mass index by drinking style for males

		Style of drinking					Row Total
		Abstainer	Light (infrequent)	Light (frequent)	Moderate	Heavy	
Body Mass Index	Underweight	0 (0%)	7 (4%)	2 (4%)	0 (0%)	0 (0%)	9 (4%)
	Normal	5 (31%)	62 (39%)	14 (25%)	4 (25%)	1 (13%)	86 (33%)
	Overweight	8 (50%)	70 (44%)	32 (56%)	8 (50%)	2 (25%)	120 (47%)
	Obese	3 (19%)	21 (13%)	9 (16%)	4 (25%)	5 (63%)	42 (16%)
	Column Total	16 (100%)	160 (100%)	57 (100%)	16 (100%)	8 (100%)	257 (100%)

Table 6.23 - Body mass index by drinking style for females

		Style of drinking					Row Total
		Abstainer	Light (infrequent)	Light (frequent)	Moderate	Heavy	
Body Mass Index	Underweight	0 (0%)	15 (5%)	5 (6%)	3 (38%)	2 (100%)	25 (6%)
	Normal	6 (19%)	88 (31%)	27 (34%)	1 (13%)	0 (0%)	122 (30%)
	Overweight	16 (50%)	108 (38%)	38 (48%)	3 (38%)	0 (0%)	165 (41%)
	Obese	10 (31%)	72 (25%)	10 (13%)	1 (13%)	0 (0%)	93 (23%)
	Column Total	32 (100%)	283 (100%)	80 (100%)	8 (100%)	2 (100%)	405 (100%)

Body mass index by drinking style for males

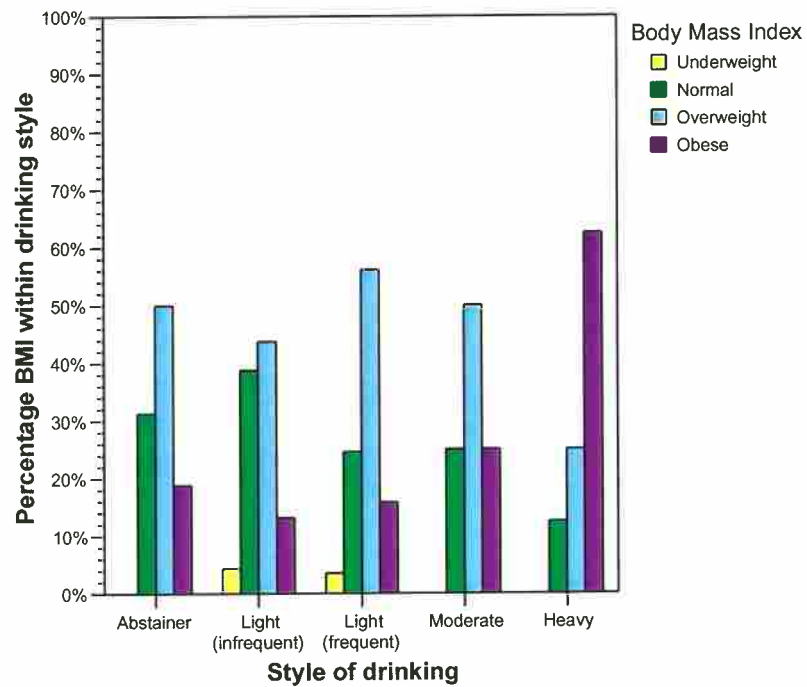


Figure 6.13 – Body mass index by drinking style for males

Body mass index by drinking style for females

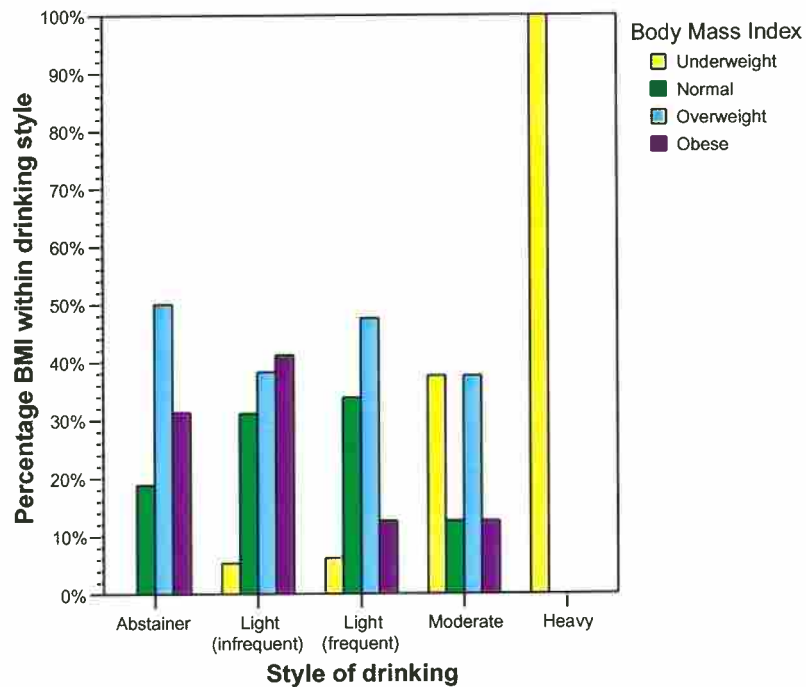


Figure 6.14 – Body mass index by drinking style for females

Table 6.24 - Drinking style over time for males in Guernsey

Survey year	Drinking style				
	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% (6/282)
2003	6% (16/269)	63% (169/269)	22% (60/269)	6% (16/269)	3% (8/269)

Table 6.25 - Drinking style over time for females in Guernsey

Survey year	Drinking style				
	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)

Drinking style over time for males

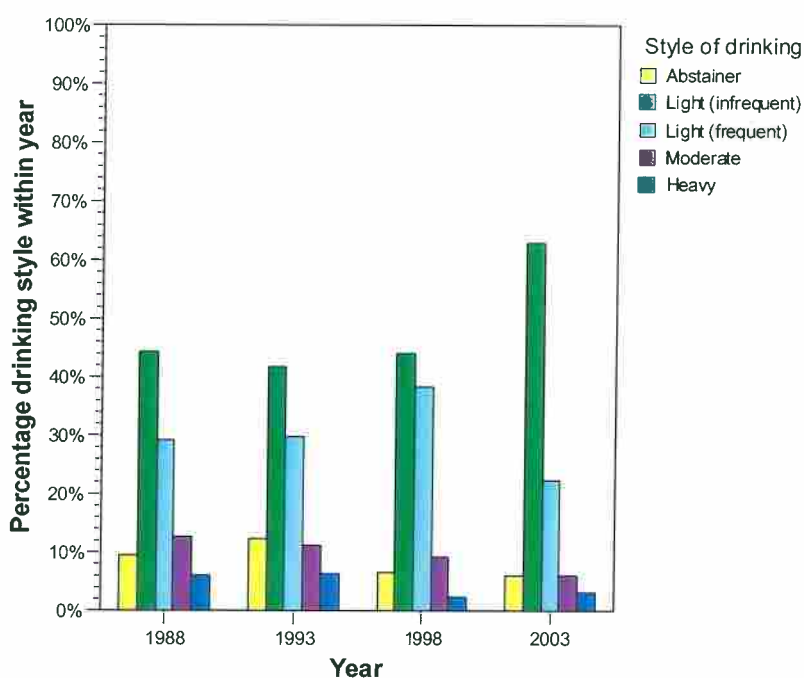


Figure 6.15 – Drinking style over time for males

Drinking style over time for females

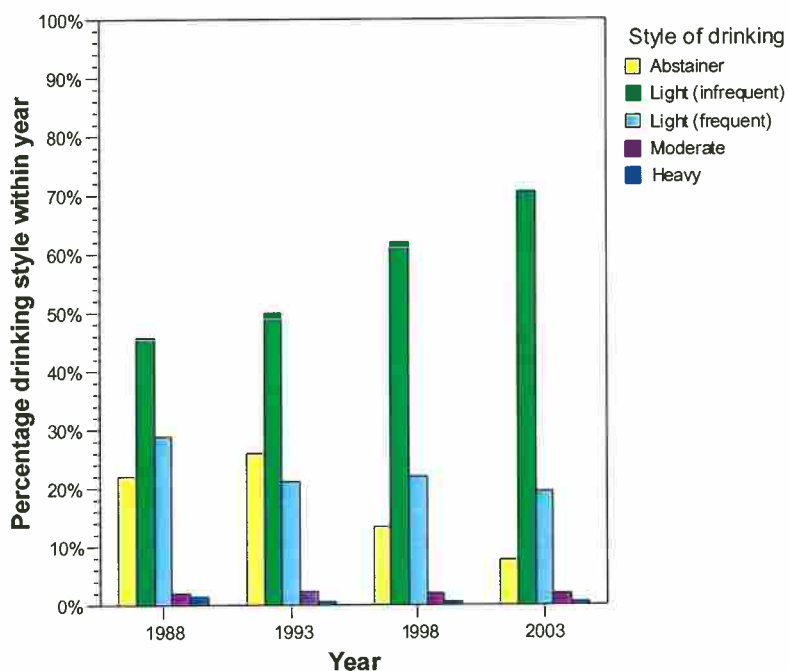


Figure 6.16 – Drinking style over time for females

Table 6.26 - Whether person would like to cut back on the level of alcohol drinking by drinking style

		Style of drinking					Row Total
		Abstainer	Light (infrequent)	Light (frequent)	Moderate	Heavy	
Would you like to reduce your level of drinking?	No, I do not want to change my present level of drinking	5	451	114	12	7	589
		(100%)	(95%)	(78%)	(41%)	(58%)	(88%)
	Yes, I would like to drink less alcohol	0	23	32	17	5	77
		(0%)	(5%)	(22%)	(59%)	(42%)	(12%)
	Yes, I would like to stop drinking	0	2	0	0	0	2
		(0%)	(0%)	(0%)	(0%)	(0%)	(0%)
Column Total		5	476	146	29	12	668
		(100%)	(100%)	(100%)	(100%)	(100%)	(100%)

Table 6.27 - Factors helpful for people wanting to drink less alcohol

	Frequency	Percent
Your own willpower	444	60%
Encouragement and support from close family and friends	243	33%
Cheaper non-alcoholic drinks in public houses	204	28%
Advice from a doctor	178	24%
Advice from an alcohol counsellor	98	13%
An organised group of people who want to drink less	85	12%
A booklet offering advice and practical tips	52	7%
More tax on alcohol	45	6%
Restrictions on advertising	40	5%
Changes in licensing hours	37	5%
Restrictions on sales (i.e. fewer places selling alcohol)	35	5%
Other things	5	1%
Total	735	100%

Table 6.28 - Alcohol reduction strategies by drinking style

	Style of drinking					Row Total
	Abstainer	Light (infrequent)	Light (frequent)	Moderate	Heavy	
Your own willpower	6 (1%)	302 (68%)	103 (23%)	24 (5%)	8 (2%)	443 (100%)
Encouragement and support from close family and friends	6 (2%)	187 (77%)	38 (16%)	9 (4%)	2 (1%)	242 (100%)
Cheaper non-alcoholic drinks in public houses	7 (3%)	160 (79%)	28 (14%)	5 (2%)	3 (1%)	203 (100%)
Advice from a doctor	4 (2%)	126 (71%)	38 (21%)	6 (3%)	3 (2%)	177 (100%)
Advice from an alcohol counsellor	5 (5%)	71 (72%)	22 (22%)	0 (0%)	0 (0%)	98 (100%)
An organised group of people who want to drink less	2 (2%)	67 (80%)	13 (15%)	1 (1%)	1 (1%)	84 (100%)
A booklet offering advice and practical tips	0 (0%)	36 (71%)	11 (22%)	3 (6%)	1 (2%)	51 (100%)
More tax on alcohol	3 (7%)	34 (79%)	4 (9%)	1 (2%)	1 (2%)	43 (100%)
Restrictions on advertising	2 (5%)	32 (84%)	3 (8%)	0 (0%)	1 (3%)	38 (100%)
Changes in licensing hours	0 (0%)	31 (84%)	4 (11%)	1 (3%)	1 (3%)	37 (100%)
Restrictions on sales (i.e. fewer places selling alcohol)	1 (3%)	30 (86%)	3 (9%)	0 (0%)	1 (3%)	35 (100%)
Other things	1 (20%)	3 (60%)	1 (20%)	0 (0%)	0 (0%)	5 (100%)
Column Total	50 (7%)	492 (67%)	147 (20%)	29 (4%)	12 (2%)	730 (100%)

7. WEIGHT AND DIET

Table 7.1 - Perception of body weight

		Frequency	Percent
Which of the following best describes you?	I am underweight	13	2%
	I am about the right weight	306	43%
	I am overweight	325	45%
	I am very overweight	52	7%
	I am not sure about my weight	24	3%
Total		720	100%

Table 7.2 - Perception of body weight by sex

		Sex		Row Total
		Male	Female	
Which of the following best describes you?	I am underweight	6 (2%)	6 (1%)	12 (2%)
	I am about the right weight	118 (45%)	175 (42%)	293 (43%)
	I am overweight	121 (46%)	184 (44%)	305 (45%)
	I am very overweight	13 (5%)	34 (8%)	47 (7%)
	I am not sure about my weight	5 (2%)	18 (4%)	23 (3%)
Column Total		263 (100%)	417 (100%)	680 (100%)

Perception of body weight by sex

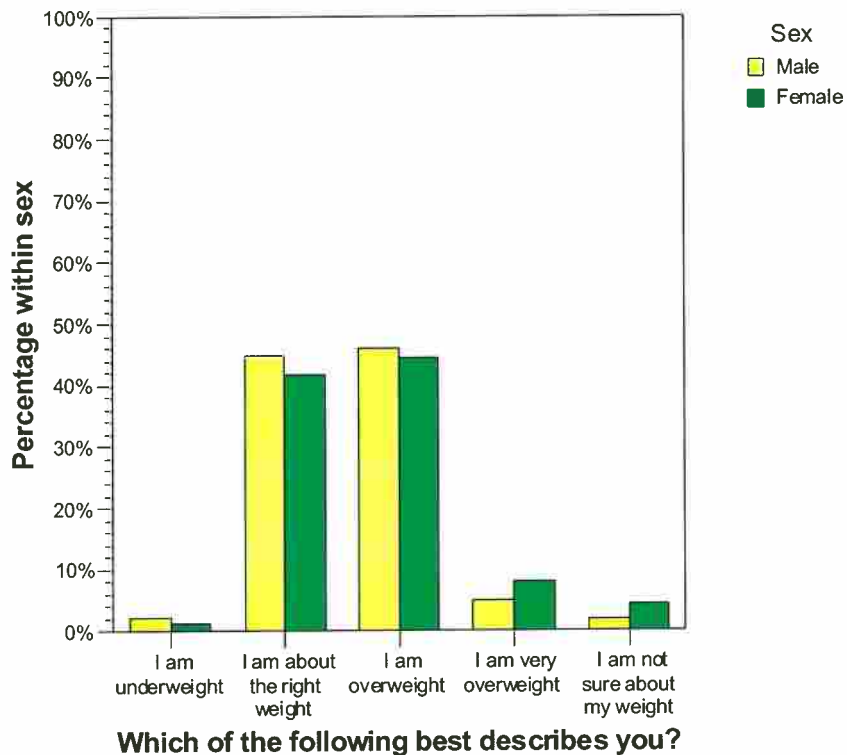


Figure 7.1 – Perception of body weight by sex

Table 7.3 - Perception of body weight by age

		Age categories						Row Total
		18-24	25-34	35-44	45-54	55-64	65+	
Which of the following best describes you?	I am underweight	3 (6%)	1 (1%)	4 (2%)	2 (1%)	1 (1%)	2 (2%)	13 (2%)
	I am about the right weight	23 (45%)	61 (58%)	69 (40%)	53 (36%)	59 (42%)	33 (37%)	298 (42%)
	I am overweight	11 (22%)	31 (29%)	85 (50%)	73 (50%)	69 (49%)	49 (55%)	318 (45%)
	I am very overweight	6 (12%)	7 (7%)	11 (6%)	16 (11%)	7 (5%)	3 (3%)	50 (7%)
	I am not sure about my weight	8 (16%)	6 (6%)	2 (1%)	2 (1%)	4 (3%)	2 (2%)	24 (3%)
	Column Total	51 (100%)	106 (100%)	171 (100%)	146 (100%)	140 (100%)	89 (100%)	703 (100%)

Perception of body weight by age

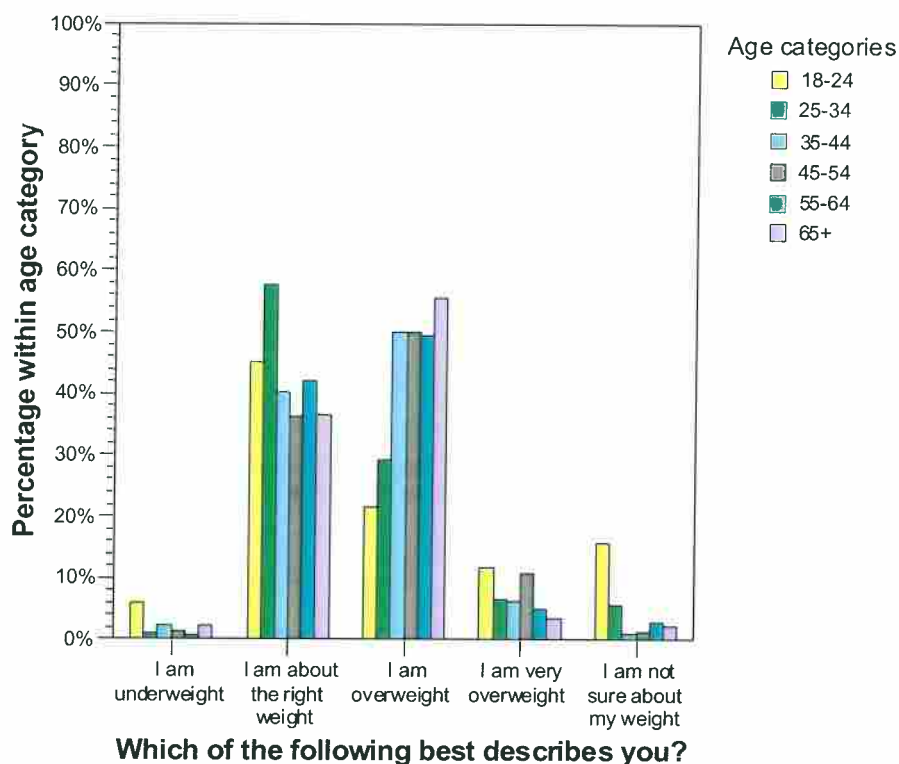


Figure 7.2 – Perception of body weight by age

Table 7.4 - Perception of body weight by age for males

		Age categories						Row Total
		18-24	25-34	35-44	45-54	55-64	65+	
Which of the following best describes you?	I am underweight	2 (11%)	0 (0%)	0 (0%)	1 (2%)	1 (2%)	2 (5%)	6 (2%)
	I am about the right weight	13 (68%)	21 (64%)	25 (42%)	15 (31%)	27 (44%)	17 (43%)	118 (45%)
	I am overweight	1 (5%)	9 (27%)	33 (55%)	28 (57%)	32 (52%)	18 (45%)	121 (46%)
	I am very overweight	2 (11%)	1 (3%)	1 (2%)	5 (10%)	2 (3%)	2 (5%)	13 (5%)
	I am not sure about my weight	1 (5%)	2 (6%)	1 (2%)	0 (0%)	0 (0%)	1 (3%)	5 (2%)
	Column Total	19 (100%)	33 (100%)	60 (100%)	49 (100%)	62 (100%)	40 (100%)	263 (100%)

Table 7.5 - Perception of body weight by age for females

		Age categories						Row Total
		18-24	25-34	35-44	45-54	55-64	65+	
Which of the following best describes you?	I am underweight	1 (3%)	1 (1%)	3 (3%)	1 (1%)	0 (0%)	0 (0%)	6 (1%)
	I am about the right weight	10 (31%)	39 (57%)	43 (40%)	38 (41%)	29 (42%)	16 (34%)	175 (42%)
	I am overweight	10 (31%)	20 (29%)	50 (47%)	43 (46%)	32 (46%)	29 (62%)	184 (44%)
	I am very overweight	4 (13%)	6 (9%)	10 (9%)	9 (10%)	4 (6%)	1 (2%)	34 (8%)
	I am not sure about my weight	7 (22%)	3 (4%)	1 (1%)	2 (2%)	4 (6%)	1 (2%)	18 (4%)
	Column Total	32 (100%)	69 (100%)	107 (100%)	93 (100%)	69 (100%)	47 (100%)	417 (100%)

Perception of body weight by age for males

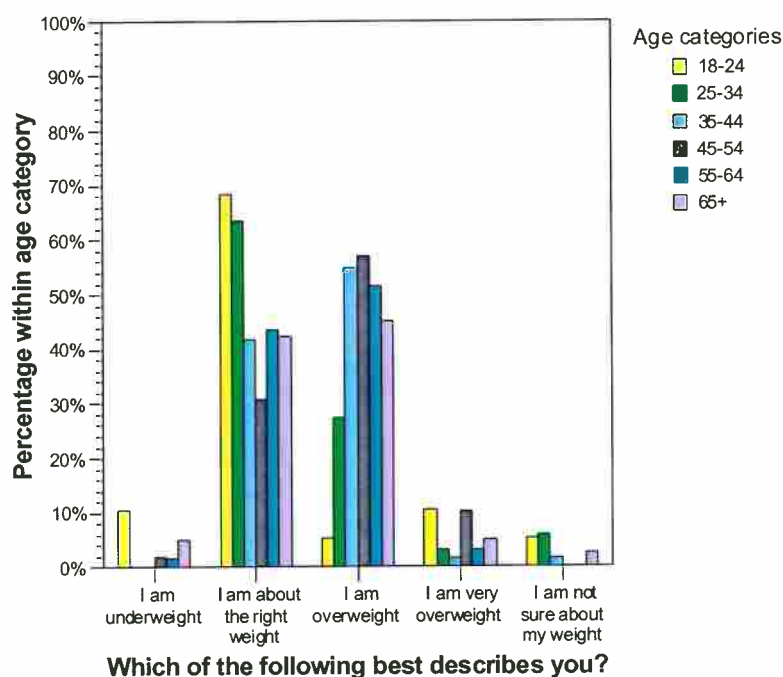


Figure 7.3 – Perception of body weight by age for males

Perception of body weight by age for females

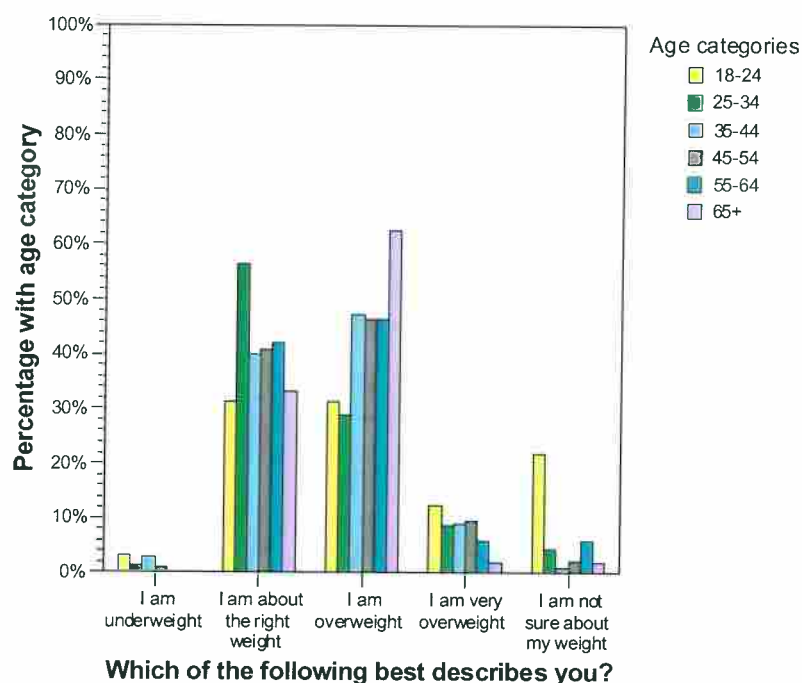


Figure 7.4 – Perception of body weight by age for females

Table 7.6 - Perception of body weight by body mass index

		Body Mass Index			
		Underweight	Normal	Overweight	Obese
Which of the following best describes you?	I am underweight	6 (55%)	3 (27%)	0 (0%)	2 (18%)
	I am about the right weight	23 (8%)	169 (60%)	87 (31%)	4 (1%)
	I am overweight	1 (0%)	26 (9%)	179 (62%)	85 (29%)
	I am very overweight	1 (2%)	0 (0%)	4 (9%)	41 (89%)
	I am not sure about my weight	1 (4%)	11 (48%)	9 (39%)	2 (9%)
	Column Total	32 (5%)	209 (32%)	279 (43%)	134 (20%)
	Row Total	11 (100%)	283 (100%)	291 (100%)	46 (100%)

Perception of body weight by body mass index

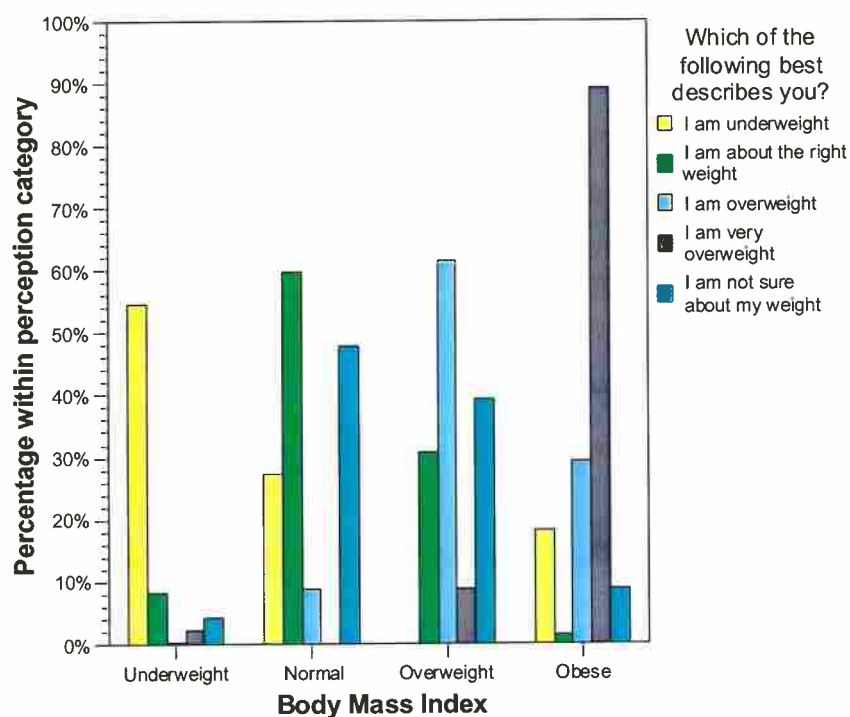


Figure 7.5 – Perception of body weight by body mass index

Table 7.7 - Perception of body weight by body mass index for males

		Body Mass Index				Row Total
		Underweight	Normal	Overweight	Obese	
Which of the following best describes you?	I am underweight	1 (17%)	3 (50%)	0 (0%)	2 (33%)	6 (100%)
	I am about the right weight	5 (4%)	69 (61%)	38 (33%)	2 (2%)	114 (100%)
	I am overweight	1 (1%)	11 (10%)	74 (65%)	28 (25%)	114 (100%)
	I am very overweight	1 (8%)	0 (0%)	3 (23%)	9 (69%)	13 (100%)
	I am not sure about my weight	0 (0%)	4 (80%)	0 (0%)	1 (20%)	5 (100%)
	Column Total	8 (3%)	87 (35%)	115 (46%)	42 (17%)	252 (100%)

Table 7.8 - Perception of body weight by body mass index for females

		Body Mass Index				Row Total
		Underweight	Normal	Overweight	Obese	
Which of the following best describes you?	I am underweight	5 (100%)	0 (0%)	0 (0%)	0 (0%)	5 (100%)
	I am about the right weight	18 (11%)	100 (59%)	49 (29%)	2 (1%)	169 (100%)
	I am overweight	0 (0%)	15 (8%)	105 (59%)	57 (32%)	177 (100%)
	I am very overweight	0 (0%)	0 (0%)	1 (3%)	32 (97%)	33 (100%)
	I am not sure about my weight	1 (6%)	7 (39%)	9 (50%)	1 (6%)	18 (100%)
	Column Total	24 (6%)	122 (30%)	164 (41%)	92 (23%)	402 (100%)

Perception of body weight by body mass index fro males

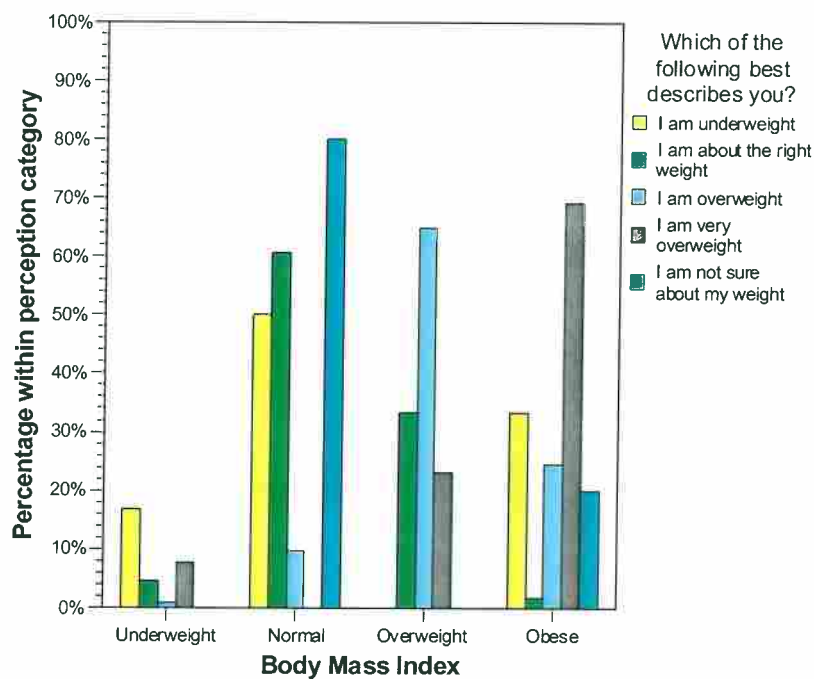


Figure 7.6 – Perception of body weight by body mass index fro males

Perception of body weight by body mass index for females

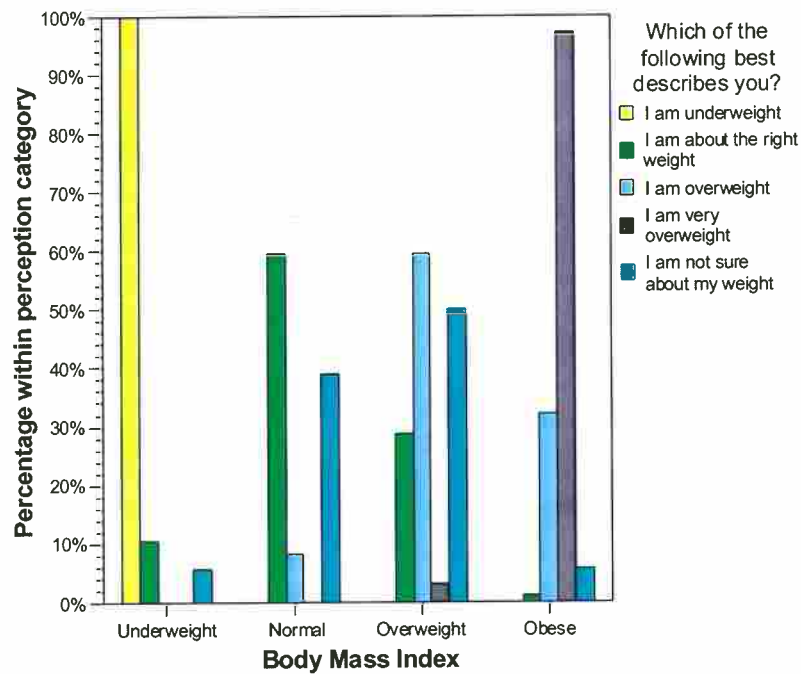


Figure 7.7 – Perception of body weight by body mass index for females

Table 7.9 - Body mass index by sex

		Body Mass Index				Row Total
		Underweight	Normal	Overweight	Obese	
Sex	Male	9 (3%)	87 (34%)	120 (47%)	42 (16%)	258 (100%)
	Female	25 (6%)	122 (30%)	164 (41%)	93 (23%)	404 (100%)
Column Total		34 (5%)	209 (32%)	284 (43%)	135 (20%)	662 (100%)

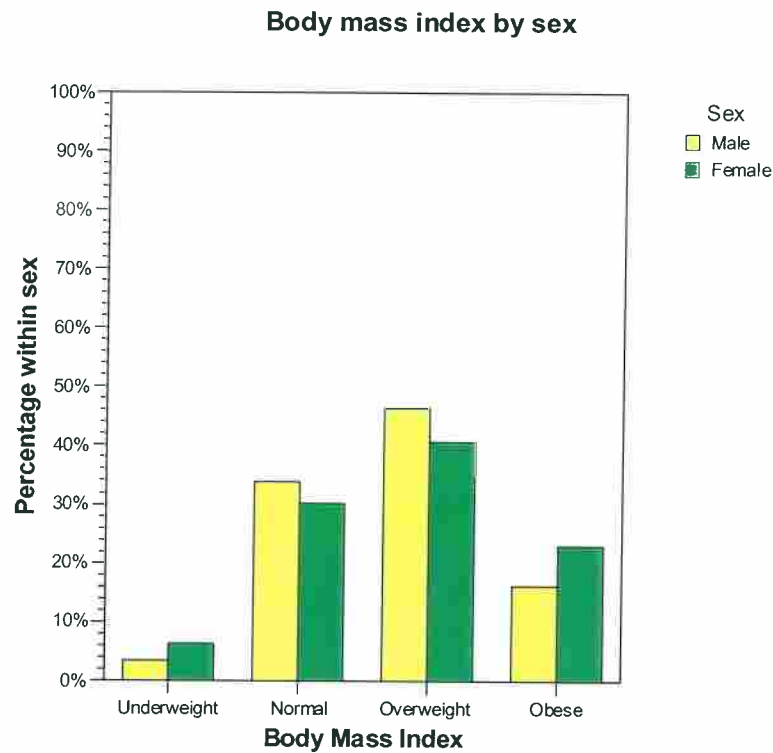


Figure 7.8 – Body mass index by sex

Table 7.10 - Body mass index by age

		Body Mass Index				Row Total
		Underweight	Normal	Overweight	Obese	
Age categories	18-24	5	18	14	11	48
		(10%)	(38%)	(29%)	(23%)	(100%)
	25-34	8	51	27	13	99
		(8%)	(52%)	(27%)	(13%)	(100%)
	35-44	10	45	76	33	164
		(6%)	(27%)	(46%)	(20%)	(100%)
	45-54	4	38	64	35	141
		(3%)	(27%)	(45%)	(25%)	(100%)
	55-64	3	38	65	22	128
		(2%)	(30%)	(51%)	(17%)	(100%)
	65+	4	19	38	21	82
		(5%)	(23%)	(46%)	(26%)	(100%)
Column Total		34	209	284	135	662
		(5%)	(32%)	(43%)	(20%)	(100%)

Body mass index by age

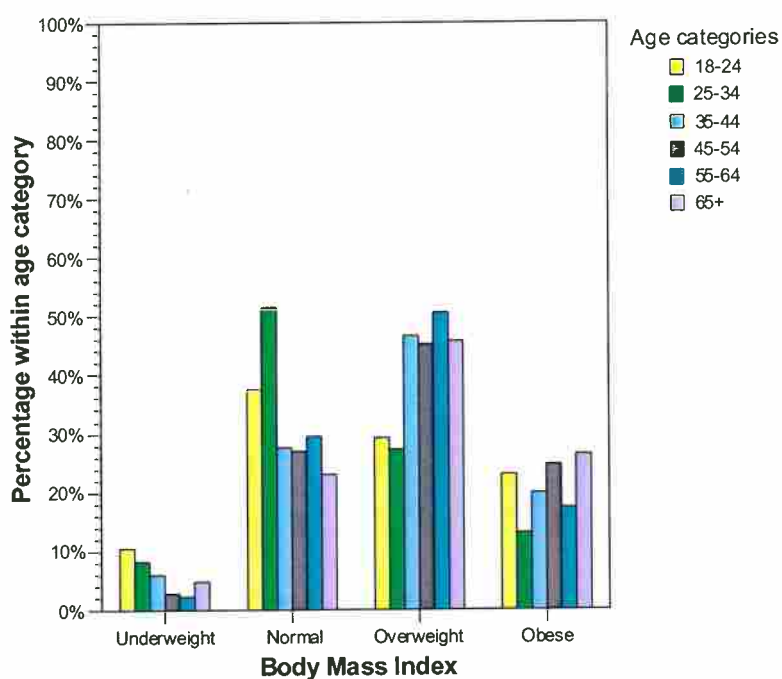


Figure 7.9 – Body mass index by age

Table 7.11 - Body mass index by age for males

		Body Mass Index				
		Underweight	Normal	Overweight	Obese	Row Total
Age categories	18-24	3	10	1	3	17
		(18%)	(59%)	(6%)	(18%)	(100%)
	25-34	0	21	9	4	34
		(0%)	(62%)	(26%)	(12%)	(100%)
	35-44	1	12	38	8	59
		(2%)	(20%)	(64%)	(14%)	(100%)
	45-54	1	10	27	12	50
		(2%)	(20%)	(54%)	(24%)	(100%)
	55-64	2	21	29	9	61
		(3%)	(34%)	(48%)	(15%)	(100%)
65+	2	13	16	6	37	
	(5%)	(35%)	(43%)	(16%)	(100%)	
Column Total		9	87	120	42	258
		(3%)	(34%)	(47%)	(16%)	(100%)

Table 7.12 - Body mass index by age for females

		Body Mass Index				
		Underweight	Normal	Overweight	Obese	Row Total
Age categories	18-24	2 (6%)	8 (26%)	13 (42%)	8 (26%)	31 (100%)
	25-34	8 (12%)	30 (46%)	18 (28%)	9 (14%)	65 (100%)
	35-44	9 (9%)	33 (31%)	38 (36%)	25 (24%)	105 (100%)
	45-54	3 (3%)	28 (31%)	37 (41%)	23 (25%)	91 (100%)
	55-64	1 (1%)	17 (25%)	36 (54%)	13 (19%)	67 (100%)
	65+	2 (4%)	6 (13%)	22 (49%)	15 (33%)	45 (100%)
	Column Total	25 (6%)	122 (30%)	164 (41%)	93 (23%)	404 (100%)

Body mass index by age for males

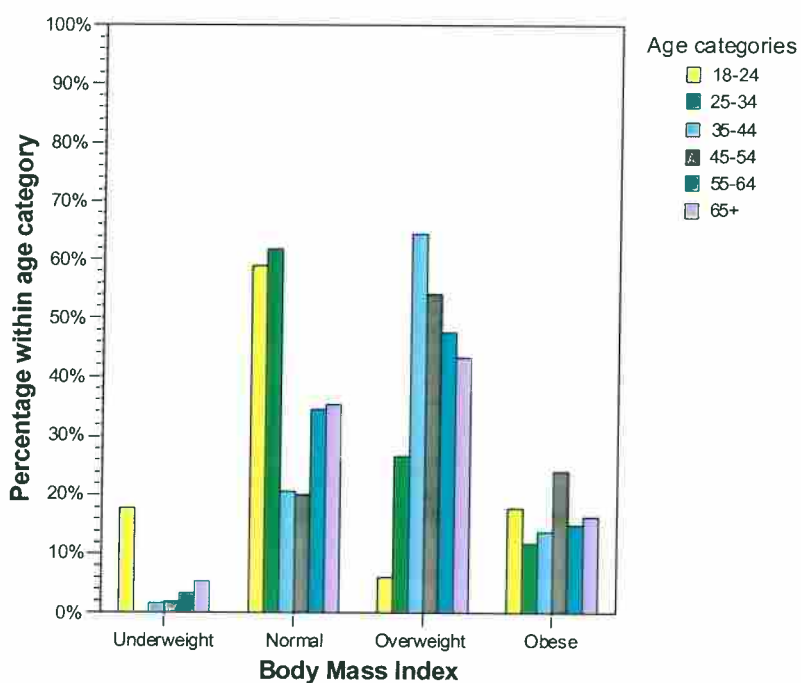


Figure 7.10 – Body mass index by age for males

Body mass index by age for females

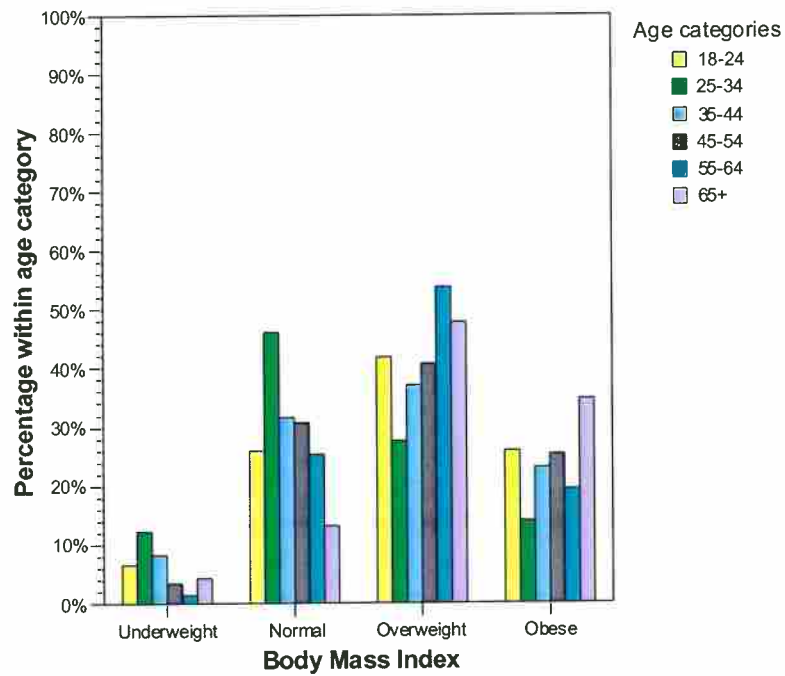


Figure 7.11 – Body mass index by age for females

Percentage overweight or obese by age and sex

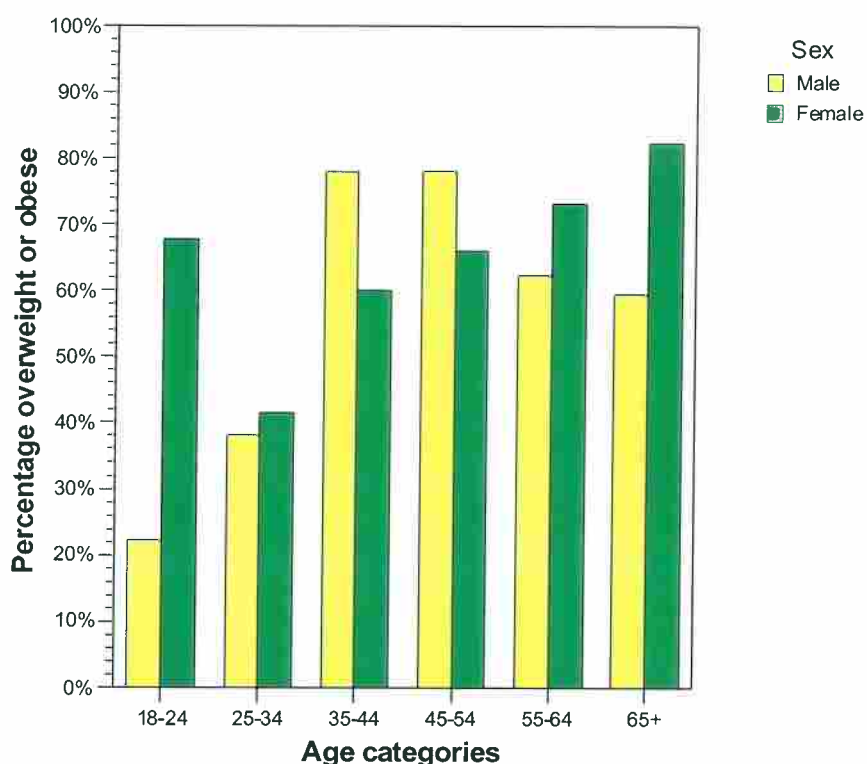
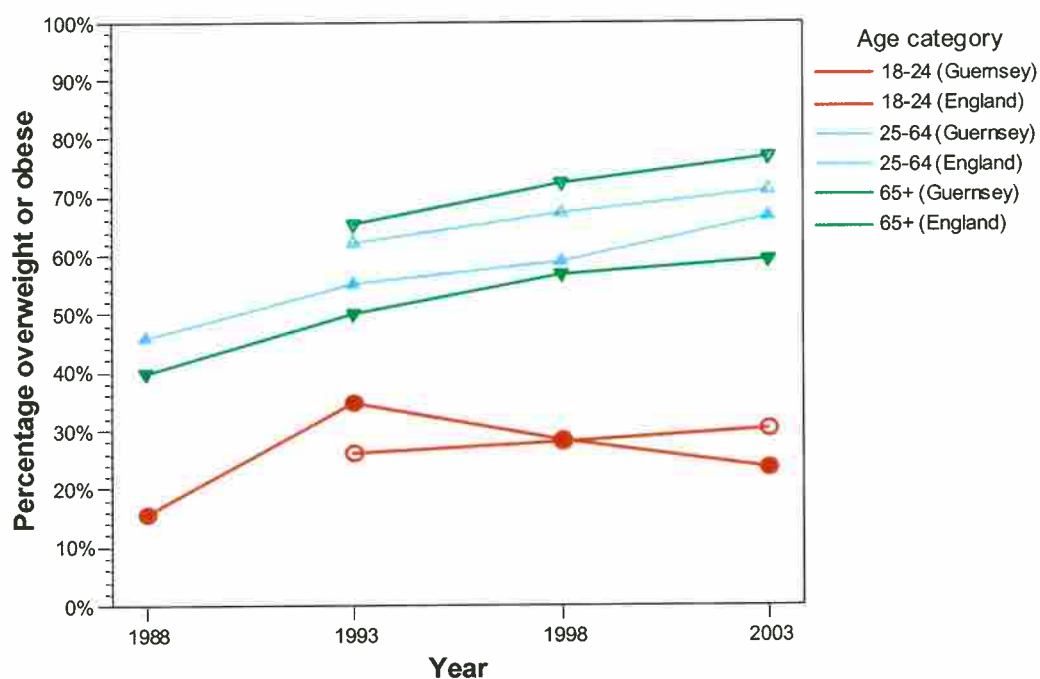


Figure 7.12 – Percentage overweight or obese by age and sex

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

Survey year	Age category		
	18-24	25-64	65+
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)
England health surveys			
1993	26% (260/990)	62% (3112/5008)	66% (818/1249)
1998	28% (231/825)	68% (3103/4597)	72% (853/1178)
2003	30% (469/1553)	71% (1441/2023)	77% (409/532)

Overweight or obese males over time



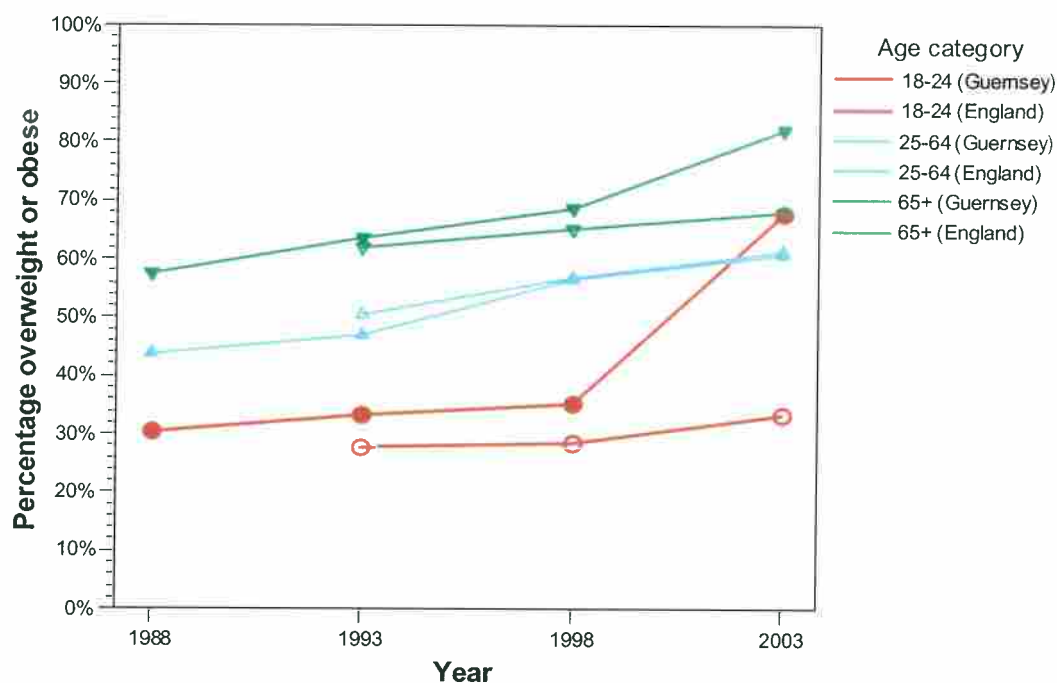
Includes data from the Health Survey for England (DoH) 1993, 1998 & 2002

Figure 7.13 – Overweight or obese males over time

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

Survey year	Age category		
	18-24	25-64	65+
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)
England health surveys			
1993	28% (284/1020)	51% (2712/5369)	62% (1023/1648)
1998	29% (257/903)	57% (3004/5298)	65% (994/1529)
2003	33% (571/1719)	61% (1449/2359)	68% (478/703)

Overweight or obese females over time



Includes data from the Health Survey for England (DoH) 1993, 1998 & 2002

Figure 7.14 – Overweight or obese females over time

Table 7.15 - Change in body weight from 2000-2003 by sex

		Body weight compared with 3 years ago			Row Total
		More	The same	Less	
Sex	Male	91 (39%)	109 (47%)	33 (14%)	233 (100%)
	Female	149 (39%)	142 (37%)	88 (23%)	379 (100%)
	Column Total	240 (39%)	251 (41%)	121 (20%)	612 (100%)

Table 7.16 - Changes in diet

		Frequency	Percent
Red meat/Fatty meat	Less	239	35%
	The same	355	51%
	More	25	4%
	Not sure	3	0%
	Don't eat	69	10%
	Total	691	100%
Convenience foods, fast foods, takeaways	Less	282	40%
	The same	251	36%
	More	48	7%
	Not sure	5	1%
	Don't eat	120	17%
	Total	706	100%
Sugar, sweets, chocolates, biscuits, cakes	Less	316	46%
	The same	298	43%
	More	47	7%
	Not sure	1	0%
	Don't eat	25	4%
	Total	687	100%
Fried food	Less	311	46%
	The same	226	33%
	More	56	8%
	Not sure	4	1%
	Don't eat	85	12%
	Total	682	100%
Amount of food generally	Less	192	29%
	The same	391	59%
	More	72	11%
	Not sure	4	1%
	Don't eat	2	0%
	Total	661	100%
Eggs	Less	134	19%
	The same	444	64%
	More	77	11%
	Not sure	6	1%
	Don't eat	31	4%
	Total	692	100%
Starchy food	Less	91	13%
	The same	470	69%
	More	110	16%
	Not sure	1	0%
	Don't eat	8	1%
	Total	680	100%
Skimmed/Semi-skimmed milk	Less	39	6%
	The same	453	66%
	More	131	19%
	Not sure	1	0%
	Don't eat	67	10%
	Total	691	100%

Table 7.16 - Changes in diet (continued)

		Frequency	Percent
Vitamins/Mineral tablets	Less	44	7%
	The same	210	31%
	More	143	21%
	Not sure	8	1%
	Don't eat	267	40%
	Total	672	100%
Lean meat	Less	33	5%
	The same	457	65%
	More	162	23%
	Not sure	8	1%
	Don't eat	43	6%
	Total	703	100%
Low fat spreads	Less	55	8%
	The same	348	50%
	More	166	24%
	Not sure	10	1%
	Don't eat	113	16%
	Total	692	100%
Polyunsaturated/ Monounsaturated fats	Less	59	9%
	The same	382	57%
	More	182	27%
	Not sure	23	3%
	Don't eat	28	4%
	Total	674	100%
Lower fat foods	Less	56	8%
	The same	344	52%
	More	197	30%
	Not sure	14	2%
	Don't eat	51	8%
	Total	662	100%
High fibre food	Less	51	7%
	The same	351	51%
	More	222	32%
	Not sure	4	1%
	Don't eat	57	8%
	Total	685	100%
Fish	Less	63	9%
	The same	310	46%
	More	248	36%
	Not sure	4	1%
	Don't eat	56	8%
	Total	681	100%
Fruit/Vegetables/Salad	Less	20	3%
	The same	304	45%
	More	346	51%
	Not sure	0	0%
	Don't eat	3	0%
	Total	673	100%

Change in diet from 2000-2003

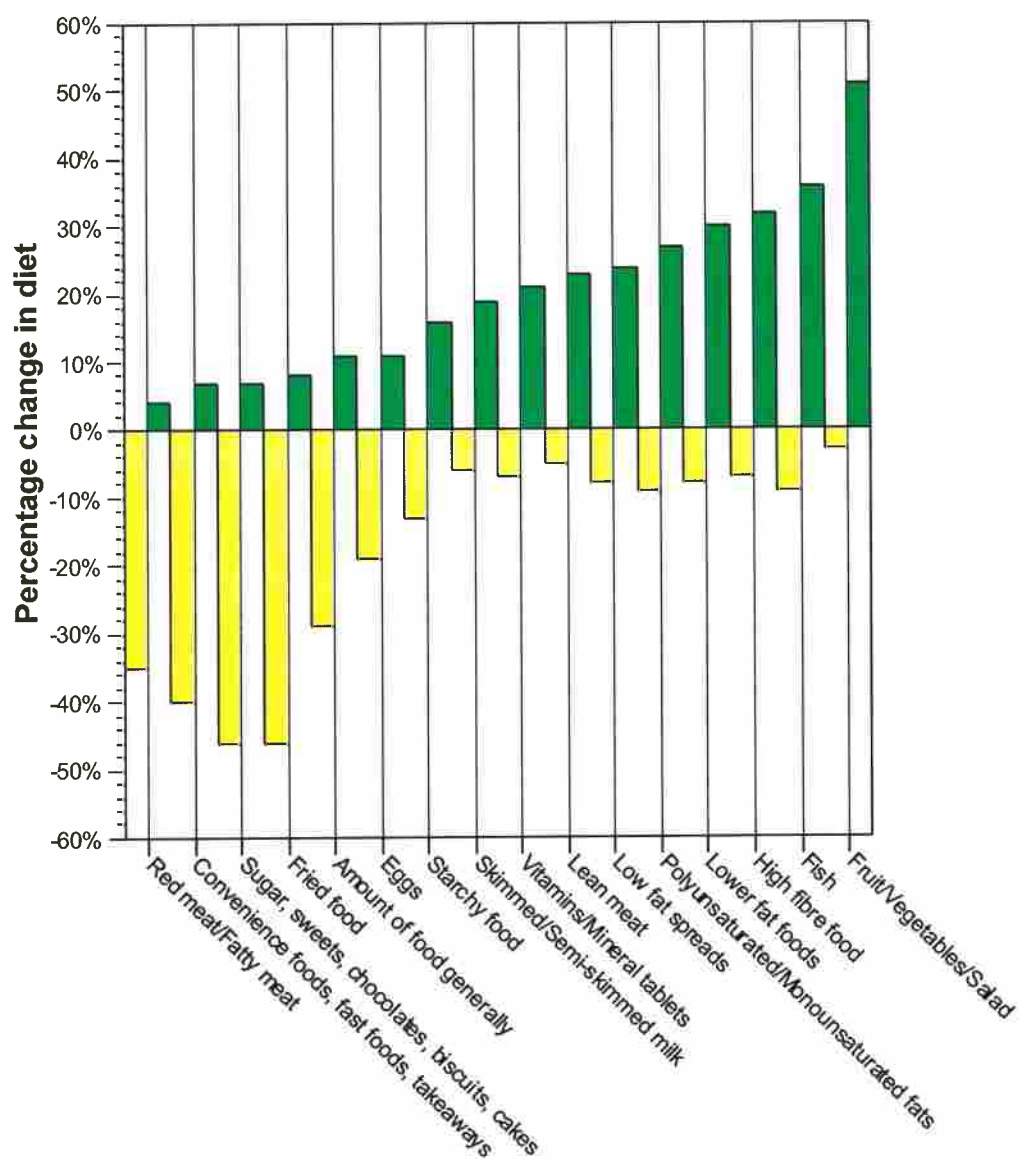


Figure 7.15 – Change in diet from 2000-2003

Change in diet for males from 2000-2003

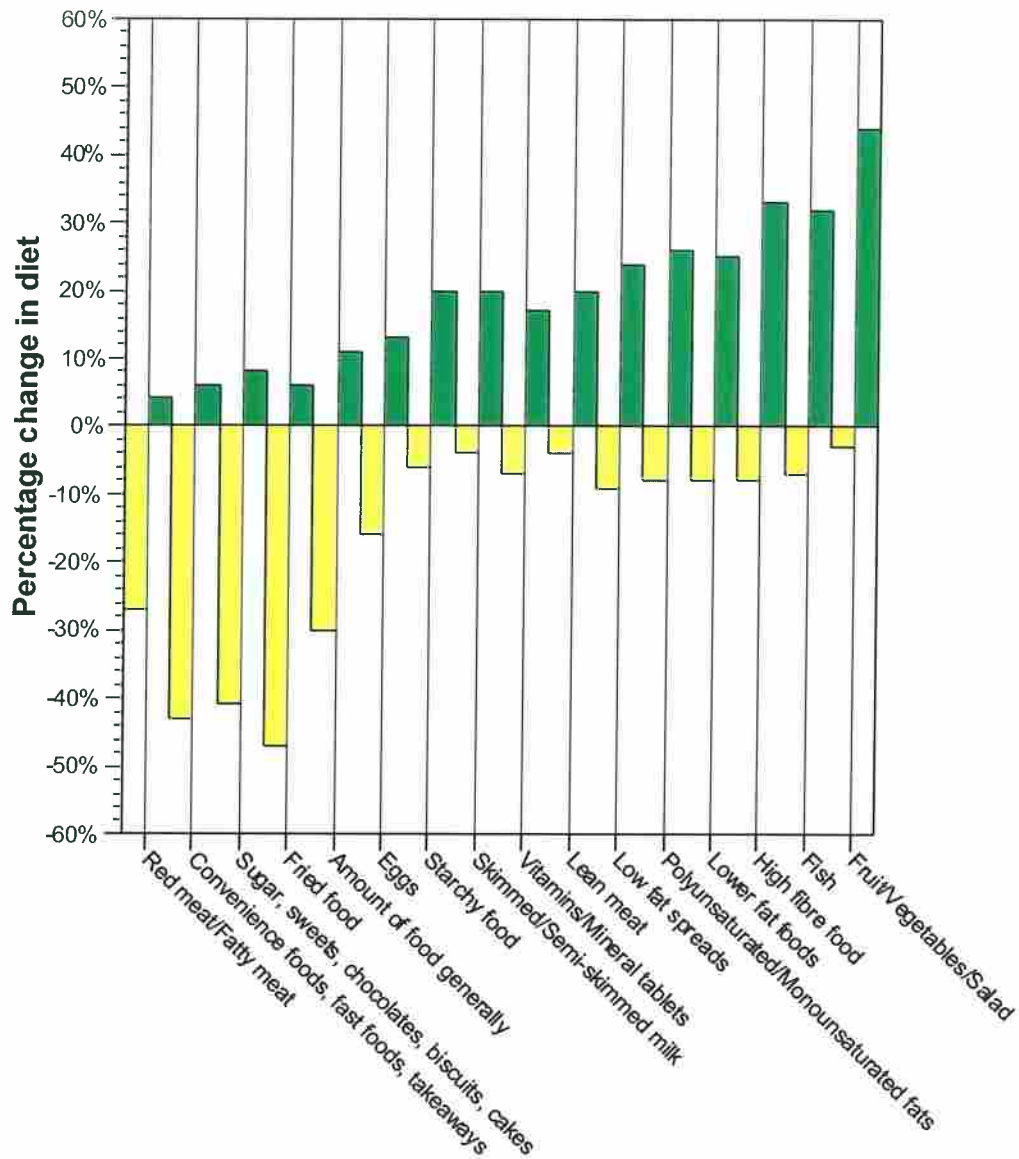


Figure 7.16 – Change in diet for males from 2000-2003

Change in diet for females from 2000-2003

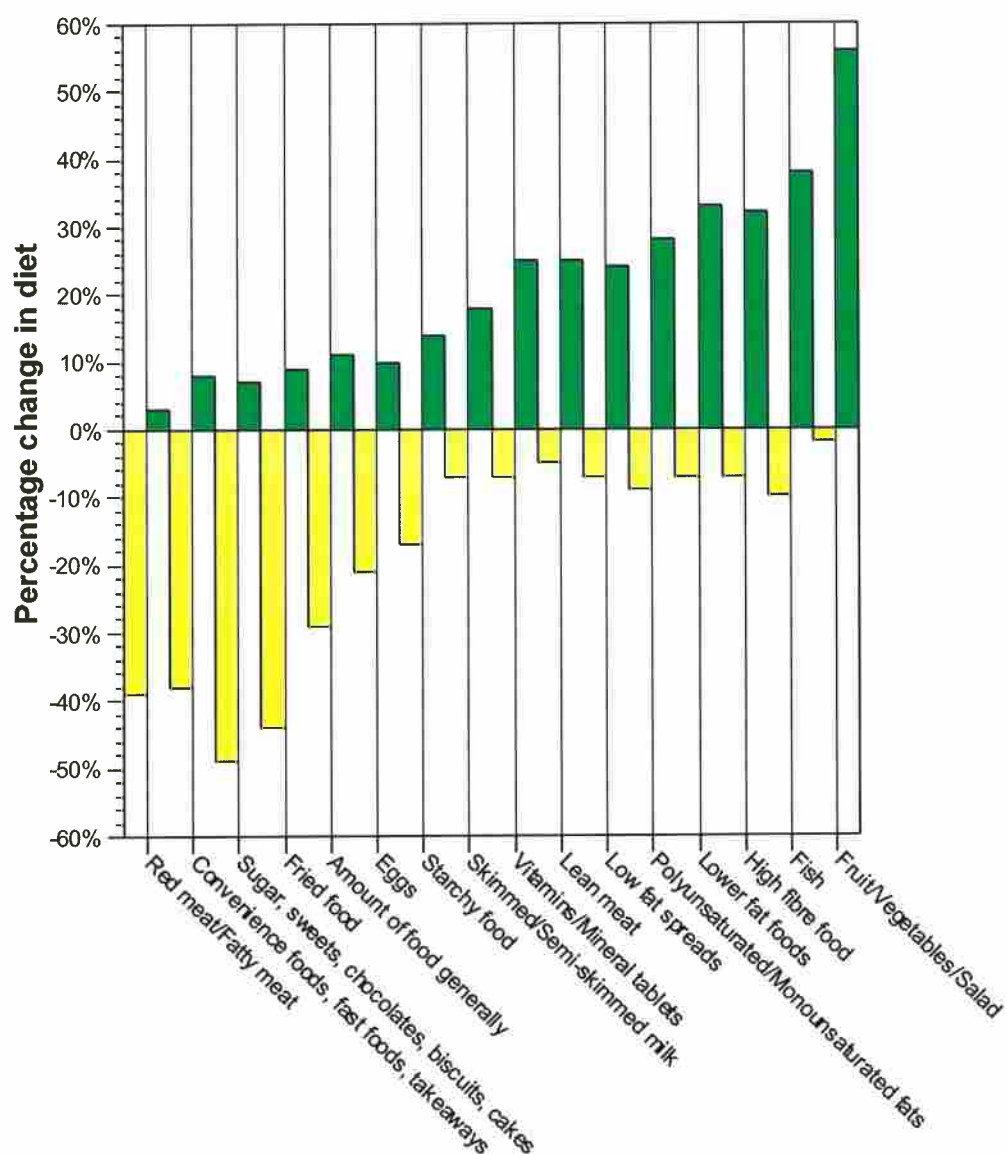


Figure 7.17 – Change in diet for females from 2000-2003

Table 7.17 - Reasons for changing diet

		Frequency	Percent
Main reason for changing diet	No change to diet	280	39%
	Mainly to improve appearance	99	14%
	Mainly for medical reasons	57	8%
	Mainly for health reasons	242	34%
	Mainly for other reasons	36	5%
Total		714	100%

Table 7.18 - Reasons for changing diet by sex

		Sex		Row Total
		Male	Female	
Main reason for changing diet	No change to diet	123 (47%)	140 (34%)	263 (39%)
	Mainly to improve appearance	22 (8%)	74 (18%)	96 (14%)
	Mainly for medical reasons	22 (8%)	33 (8%)	55 (8%)
	Mainly for health reasons	83 (32%)	143 (35%)	226 (34%)
	Mainly for other reasons	11 (4%)	23 (6%)	34 (5%)
	Column Total	261 (100%)	413 (100%)	674 (100%)

Reasons for changing diet by sex

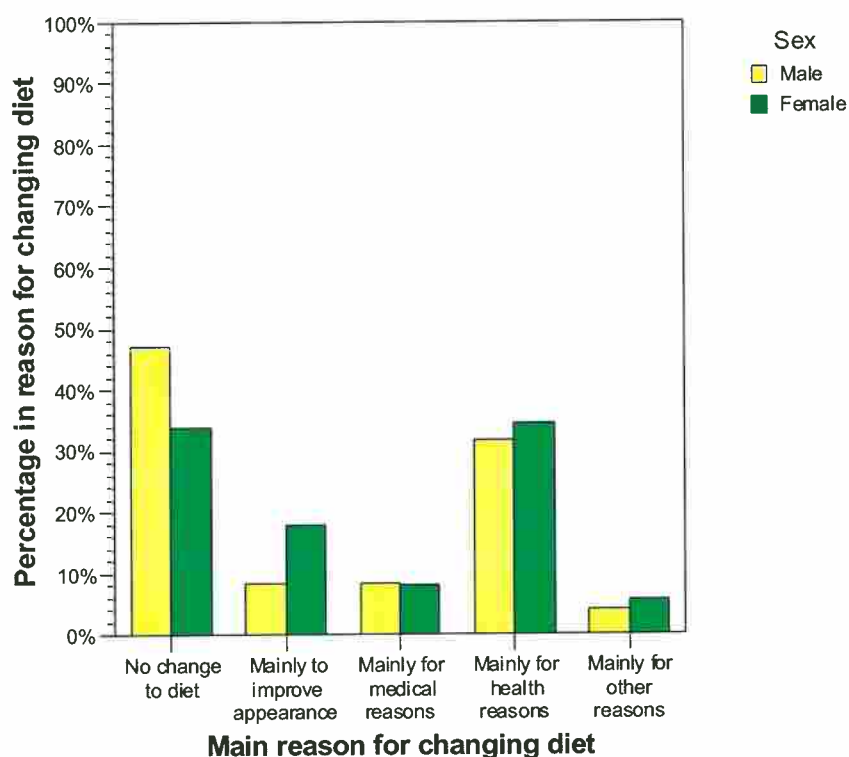


Figure 7.18 – Reasons for changing diet by sex

Table 7.19 - Reasons for changing diet by age

		Age categories						Row Total
		18-24	25-34	35-44	45-54	55-64	65+	
Main reason for changing diet	No change to diet	15 (31%)	39 (36%)	66 (39%)	54 (36%)	57 (41%)	40 (48%)	271 (39%)
	Mainly to improve appearance	11 (23%)	23 (21%)	24 (14%)	24 (16%)	11 (8%)	4 (5%)	97 (14%)
	Mainly for medical reasons	1 (2%)	4 (4%)	10 (6%)	14 (9%)	15 (11%)	12 (14%)	56 (8%)
	Mainly for health reasons	14 (29%)	31 (29%)	61 (36%)	55 (37%)	49 (35%)	27 (32%)	237 (34%)
	Mainly for other reasons	7 (15%)	10 (9%)	10 (6%)	1 (1%)	7 (5%)	1 (1%)	36 (5%)
	Column Total	48 (100%)	107 (100%)	171 (100%)	148 (100%)	139 (100%)	84 (100%)	697 (100%)

Table 7.20 - Reasons for changing diet by age for males

		Age categories						Row Total
		18-24	25-34	35-44	45-54	55-64	65+	
Main reason for changing diet	No change to diet	8 (44%)	15 (43%)	23 (38%)	23 (46%)	30 (49%)	24 (65%)	123 (47%)
	Mainly to improve appearance	4 (22%)	8 (23%)	4 (7%)	3 (6%)	3 (5%)	0 (0%)	22 (8%)
	Mainly for medical reasons	0 (0%)	0 (0%)	4 (7%)	7 (14%)	7 (11%)	4 (11%)	22 (8%)
	Mainly for health reasons	5 (28%)	9 (26%)	25 (42%)	16 (32%)	20 (33%)	8 (22%)	83 (32%)
	Mainly for other reasons	1 (6%)	3 (9%)	4 (7%)	1 (2%)	1 (2%)	1 (3%)	11 (4%)
	Column Total	18 (100%)	35 (100%)	60 (100%)	50 (100%)	61 (100%)	37 (100%)	261 (100%)

Table 7.21 - Reasons for changing diet by age for females

		Age categories						Row Total
		18-24	25-34	35-44	45-54	55-64	65+	
Main reason for changing diet	No change to diet	7 (23%)	23 (34%)	40 (37%)	30 (32%)	25 (36%)	15 (33%)	140 (34%)
	Mainly to improve appearance	7 (23%)	15 (22%)	20 (19%)	20 (21%)	8 (12%)	4 (9%)	74 (18%)
	Mainly for medical reasons	1 (3%)	4 (6%)	6 (6%)	7 (7%)	7 (10%)	8 (18%)	33 (8%)
	Mainly for health reasons	9 (30%)	19 (28%)	35 (33%)	37 (39%)	25 (36%)	18 (40%)	143 (35%)
	Mainly for other reasons	6 (20%)	7 (10%)	6 (6%)	0 (0%)	4 (6%)	0 (0%)	23 (6%)
	Column Total	30 (100%)	68 (100%)	107 (100%)	94 (100%)	69 (100%)	45 (100%)	413 (100%)

Table 7.22 - Perception on present diet

		Frequency	Percent
Present diet	Very healthy	33	5%
	Healthy	507	75%
	Unsure	78	12%
	Not very healthy	60	9%
	Total	678	100%

Table 7.23 - Perception on present diet by sex

		Sex		Row Total
		Male	Female	
Present diet	Very healthy	16 (6%)	16 (4%)	32 (5%)
	Healthy	175 (68%)	300 (79%)	475 (74%)
	Unsure	45 (17%)	30 (8%)	75 (12%)
	Not very healthy	22 (9%)	36 (9%)	58 (9%)
	Column Total	258 (100%)	382 (100%)	640 (100%)

Table 7.24 - Perception on present diet by age

		Age categories						Row Total
		18-24	25-34	35-44	45-54	55-64	65+	
Present diet	Very healthy	0 (0%)	7 (7%)	6 (4%)	3 (2%)	8 (6%)	9 (11%)	33 (5%)
	Healthy	34 (72%)	59 (61%)	115 (71%)	112 (81%)	109 (82%)	64 (76%)	493 (74%)
	Unsure	7 (15%)	17 (18%)	22 (13%)	12 (9%)	9 (7%)	9 (11%)	76 (11%)
	Not very healthy	6 (13%)	14 (14%)	20 (12%)	11 (8%)	7 (5%)	2 (2%)	60 (9%)
	Column Total	47 (100%)	97 (100%)	163 (100%)	138 (100%)	133 (100%)	84 (100%)	662 (100%)

Table 7.25 - Perception on present diet by age for males

		Age categories						Row Total
		18-24	25-34	35-44	45-54	55-64	65+	
Present diet	Very healthy	0 (0%)	2 (6%)	3 (5%)	1 (2%)	3 (5%)	7 (18%)	16 (6%)
	Healthy	13 (72%)	17 (50%)	35 (59%)	37 (74%)	47 (81%)	26 (67%)	175 (68%)
	Unsure	3 (17%)	6 (18%)	16 (27%)	8 (16%)	7 (12%)	5 (13%)	45 (17%)
	Not very healthy	2 (11%)	9 (26%)	5 (8%)	4 (8%)	1 (2%)	1 (3%)	22 (9%)
	Column Total	18 (100%)	34 (100%)	59 (100%)	50 (100%)	58 (100%)	39 (100%)	258 (100%)

Table 7.26 - Perception on present diet by age for females

		Age categories						Row Total
		18-24	25-34	35-44	45-54	55-64	65+	
Present diet	Very healthy	0 (0%)	5 (8%)	3 (3%)	2 (2%)	5 (8%)	1 (2%)	16 (4%)
	Healthy	21 (72%)	38 (64%)	77 (76%)	72 (86%)	55 (83%)	37 (86%)	300 (79%)
	Unsure	4 (14%)	11 (19%)	6 (6%)	4 (5%)	1 (2%)	4 (9%)	30 (8%)
	Not very healthy	4 (14%)	5 (8%)	15 (15%)	6 (7%)	5 (8%)	1 (2%)	36 (9%)
	Column Total	29 (100%)	59 (100%)	101 (100%)	84 (100%)	66 (100%)	43 (100%)	382 (100%)

Table 7.27 - Main reasons if present diet is 'not very healthy'

		Frequency	Percent
Reasons for not very healthy present diet	Don't like healthy food	16	30%
	Healthier food is more expensive	11	20%
	Poor choice of healthy food in local shops	5	9%
	Healthy food is too difficult to prepare	10	19%
	Family members would not like very healthy food	6	11%
	Unsure what a healthy diet is	6	11%
Total		54	100%

Table 7.28 - Main reasons if present diet is 'not very healthy' by sex

		Sex		Row Total
		Male	Female	
Reasons for not very healthy present diet	Don't like healthy food	7 (37%)	9 (26%)	16 (30%)
	Healthier food is more expensive	0 (0%)	11 (32%)	11 (21%)
	Poor choice of healthy food in local shops	2 (11%)	3 (9%)	5 (9%)
	Healthy food is too difficult to prepare	7 (37%)	3 (9%)	10 (19%)
	Family members would not like very healthy food	3 (16%)	3 (9%)	6 (11%)
	Unsure what a healthy diet is	0 (0%)	5 (15%)	5 (9%)
	Column Total	19 (100%)	34 (100%)	53 (100%)

Table 7.29 - Main reasons if present diet is 'not very healthy' by age

		Age categories						Row Total
		18-24	25-34	35-44	45-54	55-64	65+	
Reasons for not very healthy present diet	Don't like healthy food	2 (40%)	3 (27%)	3 (15%)	4 (40%)	3 (50%)	1 (50%)	16 (30%)
	Healthier food is more expensive	1 (20%)	1 (9%)	6 (30%)	3 (30%)	0 (0%)	0 (0%)	11 (20%)
	Poor choice of healthy food in local shops	0 (0%)	1 (9%)	3 (15%)	0 (0%)	1 (17%)	0 (0%)	5 (9%)
	Healthy food is too difficult to prepare	1 (20%)	5 (45%)	2 (10%)	2 (20%)	0 (0%)	0 (0%)	10 (19%)
	Family members would not like very healthy food	0 (0%)	0 (0%)	3 (15%)	0 (0%)	2 (33%)	1 (50%)	6 (11%)
	Unsure what a healthy diet is	1 (20%)	1 (9%)	3 (15%)	1 (10%)	0 (0%)	0 (0%)	6 (11%)
	Column Total	5	11	20	10	6	2	54
		(100%)	(100%)	(100%)	(100%)	(100%)	(100%)	(100%)

Table 7.30 - Main reasons if present diet is 'not very healthy' by age for males

		Age categories						Row Total
		18-24	25-34	35-44	45-54	55-64	65+	
Reasons for not very healthy present diet	Don't like healthy food	1 (100%)	2 (29%)	1 (20%)	2 (50%)	0 (0%)	1 (100%)	7 (37%)
	Healthier food is more expensive	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)
	Poor choice of healthy food in local shops	0 (0%)	1 (14%)	1 (20%)	0 (0%)	0 (0%)	0 (0%)	2 (11%)
	Healthy food is too difficult to prepare	0 (0%)	4 (57%)	1 (20%)	2 (50%)	0 (0%)	0 (0%)	7 (37%)
	Family members would not like very healthy food	0 (0%)	0 (0%)	2 (40%)	0 (0%)	1 (100%)	0 (0%)	3 (16%)
	Unsure what a healthy diet is	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)
	Column Total	1	7	5	4	1	1	19
		(100%)	(100%)	(100%)	(100%)	(100%)	(100%)	(100%)

Table 7.31 - Main reasons if present diet is 'not very healthy' by age for females

		Age categories						Row Total
		18-24	25-34	35-44	45-54	55-64	65+	
Reasons for not very healthy present diet	Don't like healthy food	1 (25%)	1 (25%)	2 (13%)	2 (40%)	3 (60%)	0 (0%)	9 (26%)
	Healthier food is more expensive	1 (25%)	1 (25%)	6 (40%)	3 (60%)	0 (0%)	0 (0%)	11 (32%)
	Poor choice of healthy food in local shops	0 (0%)	0 (0%)	2 (13%)	0 (0%)	1 (20%)	0 (0%)	3 (9%)
	Healthy food is too difficult to prepare	1 (25%)	1 (25%)	1 (7%)	0 (0%)	0 (0%)	0 (0%)	3 (9%)
	Family members would not like very healthy food	0 (0%)	0 (0%)	1 (7%)	0 (0%)	1 (20%)	1 (100%)	3 (9%)
	Unsure what a healthy diet is	1 (25%)	1 (25%)	3 (20%)	0 (0%)	0 (0%)	0 (0%)	5 (15%)
	Column Total	4 (100%)	4 (100%)	15 (100%)	5 (100%)	5 (100%)	1 (100%)	34 (100%)

8. EXERCISE

Table 8.1 - Exercise activity at work

		Frequency	Percent
Daily work or other daytime activity	I am usually sitting during the day	230	32%
	I move quite a lot during the day	323	45%
	I usually lift or carry light loads or climb stairs or hills	98	14%
	I often do heavy work or carry heavy loads	67	9%
Total		718	100%

Table 8.2 - Agreement with statements about exercise

		Frequency	Percent
Exercise is important for staying in good health	Strongly agree	338	52%
	Agree	303	47%
	Not sure	7	1%
	Disagree	1	0%
	Strongly disagree	0	0%
	Total	649	100%
The amount of exercise you take has no effect on length of life	Strongly agree	16	3%
	Agree	80	13%
	Not sure	150	25%
	Disagree	266	44%
	Strongly disagree	93	15%
	Total	605	100%
Exercise is helpful for keeping your weight down	Strongly agree	236	39%
	Agree	339	56%
	Not sure	24	4%
	Disagree	5	1%
	Strongly disagree	4	1%
	Total	608	100%
Regular vigorous exercise increases your risk of having heart attack	Strongly agree	19	3%
	Agree	31	5%
	Not sure	141	22%
	Disagree	337	52%
	Strongly disagree	123	19%
	Total	651	100%
Remaining active can help you fit in old age	Strongly agree	303	45%
	Agree	335	50%
	Not sure	18	3%
	Disagree	6	1%
	Strongly disagree	6	1%
	Total	668	100%

Table 8.2 - Agreement with statements about exercise (continued)

		Frequency	Percent
Leisure time exercise	Strongly agree	292	44%
	Agree	350	53%
	Not sure	15	2%
	Disagree	3	0%
	Strongly disagree	4	1%
	Total	664	100%
The dangers of taking up exercise in later life are more important than possible benefits	Strongly agree	14	2%
	Agree	82	12%
	Not sure	183	28%
	Disagree	302	46%
	Strongly disagree	82	12%
	Total	663	100%
Exercise makes you feel better	Strongly agree	271	40%
	Agree	370	54%
	Not sure	30	4%
	Disagree	10	1%
	Strongly disagree	1	0%
	Total	682	100%
It is more important to take exercise than to give up smoking	Strongly agree	46	7%
	Agree	72	11%
	Not sure	119	18%
	Disagree	303	46%
	Strongly disagree	117	18%
	Total	657	100%

Table 8.3 - Agreement with statements about exercise by sex and smoking

		Sex					
		Male			Female		
		Smoke?			Smoke?		
		Yes	No	Total	Yes	No	Total
Exercise is important for staying in good health	Strongly agree	31 (54%)	93 (52%)	124 (53%)	29 (40%)	162 (54%)	191 (52%)
	Agree	25 (44%)	83 (46%)	108 (46%)	42 (58%)	133 (45%)	175 (47%)
	Not sure	1 (2%)	2 (1%)	3 (1%)	1 (1%)	3 (1%)	4 (1%)
	Disagree	0 (0%)	1 (1%)	1 (0%)	0 (0%)	0 (0%)	0 (0%)
	Strongly disagree	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)	0 (0%)
	Total	57 (100%)	179 (100%)	236 (100%)	72 (100%)	298 (100%)	370 (100%)
The amount of exercise you take has no effect on length of life	Strongly agree	3 (6%)	7 (4%)	10 (4%)	2 (3%)	3 (1%)	5 (1%)
	Agree	11 (22%)	21 (12%)	32 (14%)	7 (10%)	36 (13%)	43 (13%)
	Not sure	14 (28%)	46 (26%)	60 (26%)	23 (34%)	59 (21%)	82 (24%)
	Disagree	16 (32%)	68 (38%)	84 (37%)	26 (39%)	142 (52%)	168 (49%)
	Strongly disagree	6 (12%)	36 (20%)	42 (18%)	9 (13%)	35 (13%)	44 (13%)
	Total	50 (100%)	178 (100%)	228 (100%)	67 (100%)	275 (100%)	342 (100%)
Exercise is helpful for keeping your weight down	Strongly agree	20 (38%)	71 (41%)	91 (40%)	20 (30%)	111 (40%)	131 (38%)
	Agree	27 (51%)	92 (53%)	119 (52%)	42 (63%)	156 (56%)	198 (58%)
	Not sure	4 (8%)	7 (4%)	11 (5%)	4 (6%)	8 (3%)	12 (3%)
	Disagree	1 (2%)	2 (1%)	3 (1%)	0 (0%)	2 (1%)	2 (1%)
	Strongly disagree	1 (2%)	2 (1%)	3 (1%)	1 (1%)	0 (0%)	1 (0%)
	Total	53 (100%)	174 (100%)	227 (100%)	67 (100%)	277 (100%)	344 (100%)
Regular vigorous exercise increases your risk of having heart attack	Strongly agree	3 (5%)	6 (3%)	9 (4%)	2 (3%)	6 (2%)	8 (2%)
	Agree	5 (9%)	4 (2%)	9 (4%)	3 (5%)	12 (4%)	15 (4%)
	Not sure	16 (28%)	41 (23%)	57 (24%)	20 (30%)	56 (18%)	76 (20%)
	Disagree	22 (38%)	94 (53%)	116 (49%)	34 (52%)	168 (55%)	202 (54%)
	Strongly disagree	12 (21%)	33 (19%)	45 (19%)	7 (11%)	66 (21%)	73 (20%)
	Total	58 (100%)	178 (100%)	236 (100%)	66 (100%)	308 (100%)	374 (100%)
Remaining active can help you fit in old age	Strongly agree	20 (36%)	91 (49%)	111 (46%)	34 (45%)	139 (45%)	173 (45%)
	Agree	29 (52%)	87 (47%)	116 (48%)	34 (45%)	163 (53%)	197 (51%)
	Not sure	5 (9%)	3 (2%)	8 (3%)	7 (9%)	3 (1%)	10 (3%)
	Disagree	1 (2%)	3 (2%)	4 (2%)	0 (0%)	2 (1%)	2 (1%)
	Strongly disagree	1 (2%)	2 (1%)	3 (1%)	0 (0%)	1 (0%)	1 (0%)
	Total	56 (100%)	186 (100%)	242 (100%)	75 (100%)	308 (100%)	383 (100%)

Table 8.3 - Agreement with statements about exercise by sex and smoking (continued)

		Sex					
		Male			Female		
		Smoke?			Smoke?		
		Yes	No	Total	Yes	No	Total
Leisure time exercise	Strongly agree	14 (25%)	79 (42%)	93 (38%)	31 (41%)	144 (48%)	175 (47%)
	Agree	35 (64%)	98 (52%)	133 (55%)	44 (59%)	152 (50%)	196 (52%)
	Not sure	4 (7%)	6 (3%)	10 (4%)	0 (0%)	4 (1%)	4 (1%)
	Disagree	1 (2%)	1 (1%)	2 (1%)	0 (0%)	1 (0%)	1 (0%)
	Strongly disagree	1 (2%)	3 (2%)	4 (2%)	0 (0%)	0 (0%)	0 (0%)
	Total	55 (100%)	187 (100%)	242 (100%)	75 (100%)	301 (100%)	376 (100%)
The dangers of taking up exercise in later life are more important than possible benefits	Strongly agree	2 (4%)	4 (2%)	6 (3%)	0 (0%)	8 (3%)	8 (2%)
	Agree	11 (20%)	24 (13%)	35 (15%)	9 (13%)	29 (9%)	38 (10%)
	Not sure	18 (33%)	47 (26%)	65 (27%)	29 (41%)	78 (25%)	107 (28%)
	Disagree	18 (33%)	83 (45%)	101 (42%)	27 (38%)	156 (50%)	183 (48%)
	Strongly disagree	6 (11%)	26 (14%)	32 (13%)	6 (8%)	38 (12%)	44 (12%)
	Total	55 (100%)	184 (100%)	239 (100%)	71 (100%)	309 (100%)	380 (100%)
Exercise makes you feel better	Strongly agree	23 (40%)	74 (39%)	97 (39%)	29 (38%)	126 (40%)	155 (40%)
	Agree	30 (52%)	99 (52%)	129 (52%)	45 (59%)	170 (54%)	215 (55%)
	Not sure	1 (2%)	12 (6%)	13 (5%)	1 (1%)	14 (4%)	15 (4%)
	Disagree	4 (7%)	3 (2%)	7 (3%)	1 (1%)	2 (1%)	3 (1%)
	Strongly disagree	0 (0%)	1 (1%)	1 (0%)	0 (0%)	0 (0%)	0 (0%)
	Total	58 (100%)	189 (100%)	247 (100%)	76 (100%)	312 (100%)	388 (100%)
It is more important to take exercise than to give up smoking	Strongly agree	5 (9%)	15 (8%)	20 (8%)	8 (11%)	13 (4%)	21 (6%)
	Agree	13 (23%)	17 (9%)	30 (12%)	9 (13%)	26 (9%)	35 (10%)
	Not sure	10 (18%)	30 (16%)	40 (16%)	25 (35%)	49 (16%)	74 (20%)
	Disagree	19 (34%)	86 (46%)	105 (43%)	26 (37%)	152 (51%)	178 (48%)
	Strongly disagree	9 (16%)	40 (21%)	49 (20%)	3 (4%)	57 (19%)	60 (16%)
	Total	56 (100%)	188 (100%)	244 (100%)	71 (100%)	297 (100%)	368 (100%)

Table 8.4 - Amount of exercise taken in previous fortnight by age

		Vigorous activities in last two weeks	
		N	Median
Age categories	18-24	50	4.0
	25-34	104	3.0
	35-44	173	4.0
	45-54	149	2.0
	55-64	136	2.0
	65+	86	1.0

Amount of exercise taken in previous fortnight by age

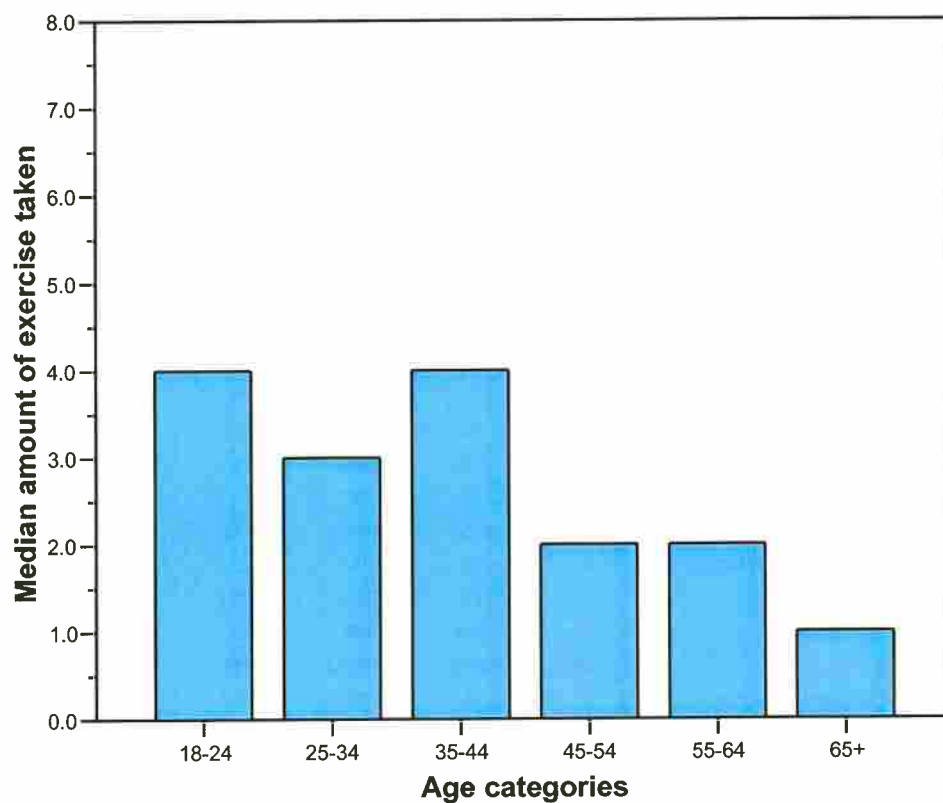


Figure 8.1 – Amount of exercise taken in previous fortnight

Table 8.5 - Amount of exercise taken in previous fortnight by age for males

		Vigorous activities in last two weeks	
		N	Median
Age categories	18-24	19	7.0
	25-34	34	4.0
	35-44	60	4.0
	45-54	51	2.0
	55-64	59	2.0
	65+	37	1.0

Table 8.6 - Amount of exercise taken in previous fortnight by age for females

		Vigorous activities in last two weeks	
		N	Median
Age categories	18-24	31	4.0
	25-34	66	3.0
	35-44	109	4.0
	45-54	94	2.0
	55-64	69	2.0
	65+	47	1.0

Amount of exercise taken in previous fortnight by age for males

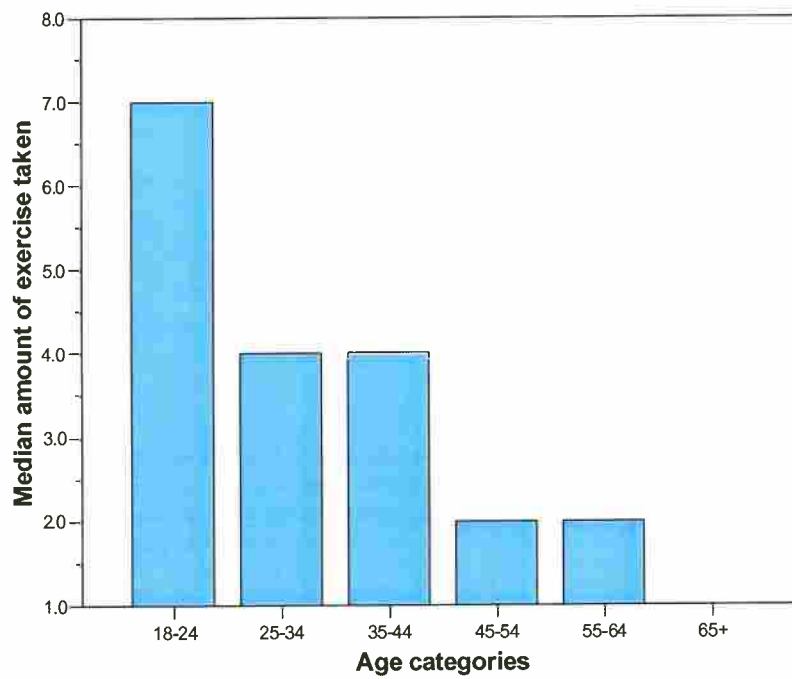


Figure 8.2 – Amount of exercise taken in previous fortnight by age for males

Amount of exercise taken in previous fortnight by age for females

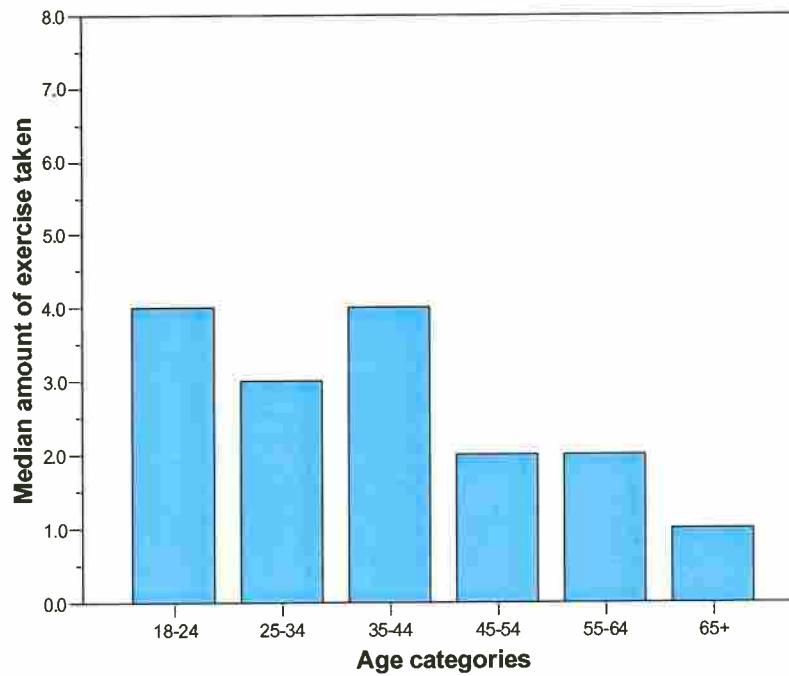


Figure 8.3 – Amount of exercise taken in previous fortnight by age for females

Amount of exercise taken by males and year

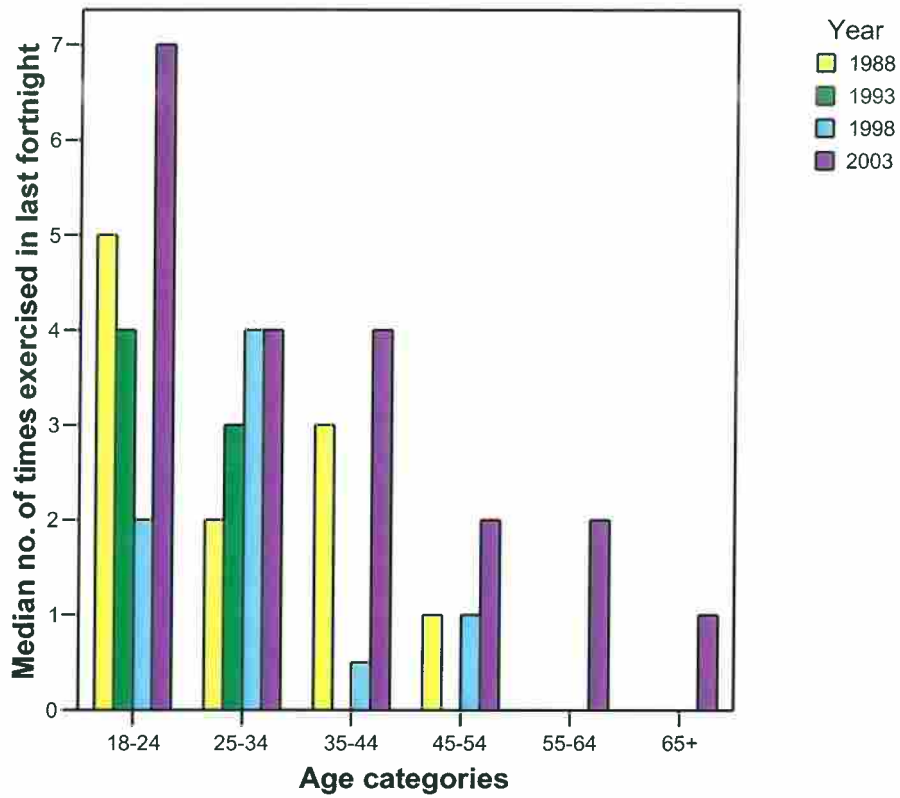


Figure 8.4 – Amount of exercise taken by males and year

Amount of exercise taken by females and year

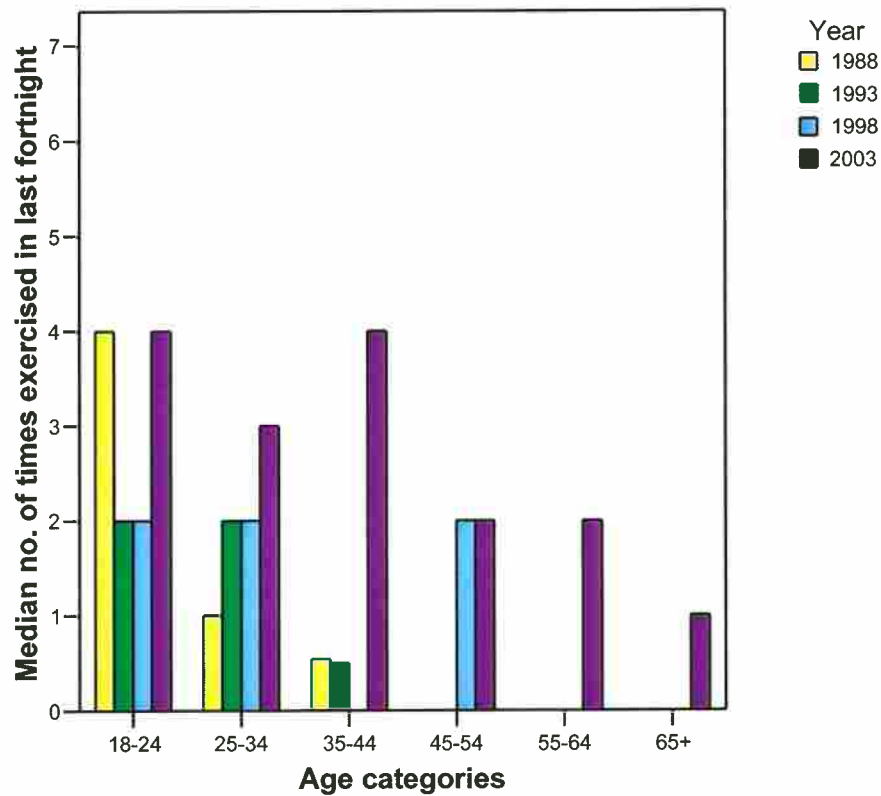


Figure 8.5 – Amount of exercise taken by females and year

Table 8.7 - Amount of exercise taken in previous fortnight by perception on weight

		Vigorous activities in last two weeks			
		N	Median	25th Percentile	75th Percentile
Which of the following best describes you?	I am underweight	13	2.0	.0	4.0
	I am about the right weight	297	4.0	.0	8.0
	I am overweight	318	2.0	.0	6.0
	I am very overweight	52	1.5	.0	3.0
	I am not sure about my weight	21	4.0	.5	7.0

Table 8.8 - Amount of exercise taken in previous fortnight by body mass index

		Vigorous activities in last two weeks			
		N	Median	25th Percentile	75th Percentile
Body Mass Index	Underweight	32	4.0	2.0	9.0
	Normal	203	4.0	1.0	6.0
	Overweight	279	3.0	.0	6.0
	Obese	133	2.0	.0	4.0

Table 8.9 - Present work and recreational exercise levels

		Frequency	Percent
Sufficient out of breath and sweaty exercise	Not enough	406	59%
	Adequate	218	32%
	More than enough	66	10%
Total		690	100%

Table 8.10 - Present work and recreational exercise levels by sex

		Sex		
		Male	Female	Total
Sufficient out of breath and sweaty exercise	Not enough	131 (52%)	256 (64%)	387 (60%)
	Adequate	88 (35%)	113 (28%)	201 (31%)
	More than enough	34 (13%)	28 (7%)	62 (10%)
Total		253 (100%)	397 (100%)	650 (100%)

Table 8.11 - Present work and recreational exercise levels by age

		Age categories			
		18-24	25-64	65+	Total
Sufficient out of breath and sweaty exercise	Not Enough	32 (68%)	328 (60%)	40 (48%)	400 (59%)
	Adequate	8 (17%)	162 (30%)	39 (47%)	209 (31%)
	More than enough	7 (15%)	53 (10%)	4 (5%)	64 (10%)
	Total	47 (100%)	543 (100%)	83 (100%)	673 (100%)

Table 8.12 - Reasons for not exercising

	Frequency	Percent
Lack of leisure time	206	51%
Lack of incentive	141	35%
Not interested or do not enjoy	82	20%
Illness injury or disability	55	14%
Embarrassed or self conscious about body shape	51	13%
Lack of money	50	12%
Lack of interesting or relevant activities	43	11%
Lack of easily available facilities at work	40	10%
Lack of child care facilities	39	10%
Other reasons	33	8%
Lack of transport	21	5%
Total	406	100%

Table 8.13 - Reasons for not exercising by sex

	Sex		Row Total
	Male	Female	
Lack of leisure time	66 (17%)	131 (34%)	197 (51%)
Lack of incentive	47 (12%)	90 (23%)	137 (35%)
Not interested or do not enjoy	24 (6%)	53 (14%)	77 (20%)
Illness injury or disability	18 (5%)	32 (8%)	50 (13%)
Lack of money	14 (4%)	36 (9%)	50 (13%)
Embarrassed or self conscious about body shape	8 (2%)	42 (11%)	50 (13%)
Lack of interesting or relevant activities	19 (5%)	22 (6%)	41 (11%)
Lack of easily available facilities at work	17 (4%)	23 (6%)	40 (10%)
Lack of child care facilities	5 (1%)	34 (9%)	39 (10%)
Other reasons	11 (3%)	19 (5%)	30 (8%)
Lack of transport	5 (1%)	16 (4%)	21 (5%)
Column Total	131 (34%)	256 (66%)	387 (100%)

Table 8.14 - Reasons for not exercising by age

	Age categories			Row Total
	18-24	25-64	65+	
Lack of leisure time	14 (4%)	184 (46%)	5 (1%)	203 (51%)
Lack of incentive	10 (3%)	116 (29%)	12 (3%)	138 (35%)
Not interested or do not enjoy	5 (1%)	65 (16%)	9 (2%)	79 (20%)
Illness injury or disability	2 (1%)	39 (10%)	13 (3%)	54 (14%)
Lack of money	8 (2%)	41 (10%)	1 (0%)	50 (13%)
Embarrassed or self conscious about body shape	6 (2%)	42 (11%)	2 (1%)	50 (13%)
Lack of interesting or relevant activities	8 (2%)	29 (7%)	4 (1%)	41 (10%)
Lack of easily available facilities at work	5 (1%)	35 (9%)	0 (0%)	40 (10%)
Lack of child care facilities	2 (1%)	37 (9%)	0 (0%)	39 (10%)
Other reasons	3 (1%)	23 (6%)	5 (1%)	31 (8%)
Lack of transport	4 (1%)	12 (3%)	5 (1%)	21 (5%)
Column Total	32 (8%)	328 (82%)	40 (10%)	400 (100%)

9. STRESS

Table 9.1 - Amount of stress experienced in the last 12 months

		Frequency	Percent
Which of these statements best describes the amount of stress or pressure that you have experienced?	Completely free of stress	27	4%
	Small amount of stress	208	28%
	Moderate amount of stress	298	41%
	Large amount of stress	189	26%
	Don't know	10	1%
Total		732	100%

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

		Sex		Row Total
		Male	Female	
Which of these statements best describes the amount of stress or pressure that you have experienced?	Completely free of stress	18 (7%)	8 (2%)	26 (4%)
	Small amount of stress	79 (29%)	124 (29%)	203 (29%)
	Moderate amount of stress	116 (43%)	163 (39%)	279 (40%)
	Large amount of stress	52 (19%)	122 (29%)	174 (25%)
	Don't know	4 (1%)	5 (1%)	9 (1%)
Column Total		269 (100%)	422 (100%)	691 (100%)

Table 9.3 - Amount of stress experienced in the last 12 months by age

		Age categories						Row Total
		18-24	25-34	35-44	45-54	55-64	65+	
Which of these statements best describes the amount of stress or pressure that you have experienced?	Completely free of stress	0 (0%)	5 (5%)	3 (2%)	2 (1%)	8 (6%)	9 (10%)	27 (4%)
	Small amount of stress	15 (29%)	34 (31%)	36 (20%)	35 (24%)	34 (24%)	51 (56%)	205 (29%)
	Moderate amount of stress	21 (41%)	37 (34%)	85 (48%)	62 (42%)	66 (47%)	22 (24%)	293 (41%)
	Large amount of stress	15 (29%)	30 (28%)	52 (30%)	49 (33%)	28 (20%)	6 (7%)	180 (25%)
	Don't know	0 (0%)	2 (2%)	0 (0%)	0 (0%)	4 (3%)	3 (3%)	9 (1%)
	Column Total	51 (100%)	108 (100%)	176 (100%)	148 (100%)	140 (100%)	91 (100%)	714 (100%)

Amount of stress experienced in the last 12 months by age

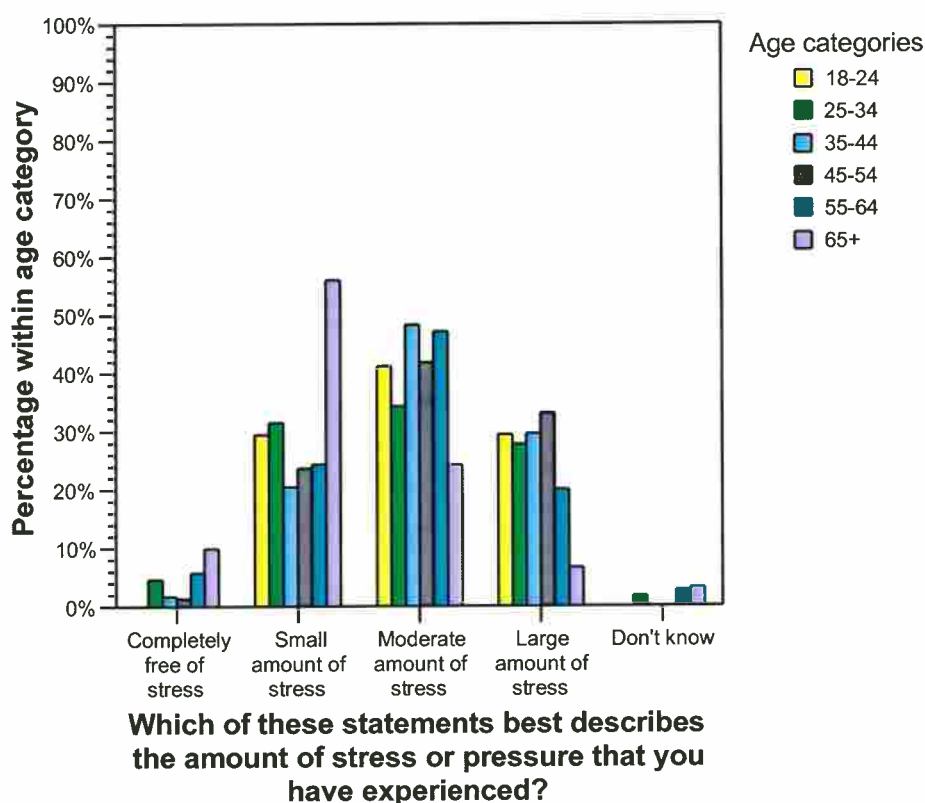


Figure 9.1 – Amount of stress experienced in the last 12 months by age

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

		Age categories						Row Total
		18-24	25-34	35-44	45-54	55-64	65+	
Which of these statements best describes the amount of stress or pressure that you have experienced?	Completely free of stress	0 (0%)	4 (11%)	1 (2%)	0 (0%)	5 (8%)	8 (20%)	18 (7%)
	Small amount of stress	6 (32%)	12 (34%)	12 (20%)	10 (20%)	17 (27%)	22 (54%)	79 (29%)
	Moderate amount of stress	9 (47%)	13 (37%)	33 (54%)	23 (45%)	29 (47%)	9 (22%)	116 (43%)
	Large amount of stress	4 (21%)	4 (11%)	15 (25%)	18 (35%)	11 (18%)	0 (0%)	52 (19%)
	Don't know	0 (0%)	2 (6%)	0 (0%)	0 (0%)	0 (0%)	2 (5%)	4 (1%)
	Column Total	19 (100%)	35 (100%)	61 (100%)	51 (100%)	62 (100%)	41 (100%)	269 (100%)

Amount of stress experienced in the last 12 months by age for males

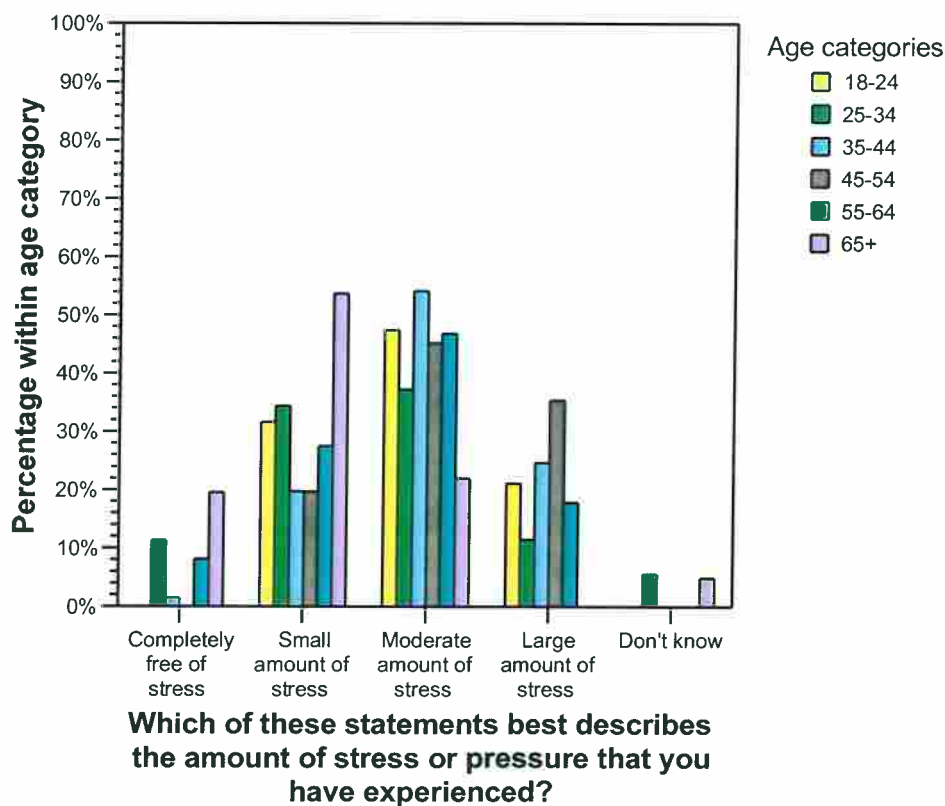


Figure 9.2 – Amount of stress experienced in the last 12 months by age for males

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

		Age categories						Row Total
		18-24	25-34	35-44	45-54	55-64	65+	
Which of these statements best describes the amount of stress or pressure that you have experienced?	Completely free of stress	0 (0%)	1 (1%)	1 (1%)	2 (2%)	3 (4%)	1 (2%)	8 (2%)
	Small amount of stress	9 (28%)	22 (32%)	24 (22%)	25 (27%)	16 (23%)	28 (58%)	124 (29%)
	Moderate amount of stress	12 (38%)	20 (29%)	51 (46%)	38 (41%)	30 (43%)	12 (25%)	163 (39%)
	Large amount of stress	11 (34%)	26 (38%)	35 (32%)	28 (30%)	16 (23%)	6 (13%)	122 (29%)
	Don't know	0 (0%)	0 (0%)	0 (0%)	0 (0%)	4 (6%)	1 (2%)	5 (1%)
	Column Total	32 (100%)	69 (100%)	111 (100%)	93 (100%)	69 (100%)	48 (100%)	422 (100%)

Amount of stress experienced in the last 12 months by age for females

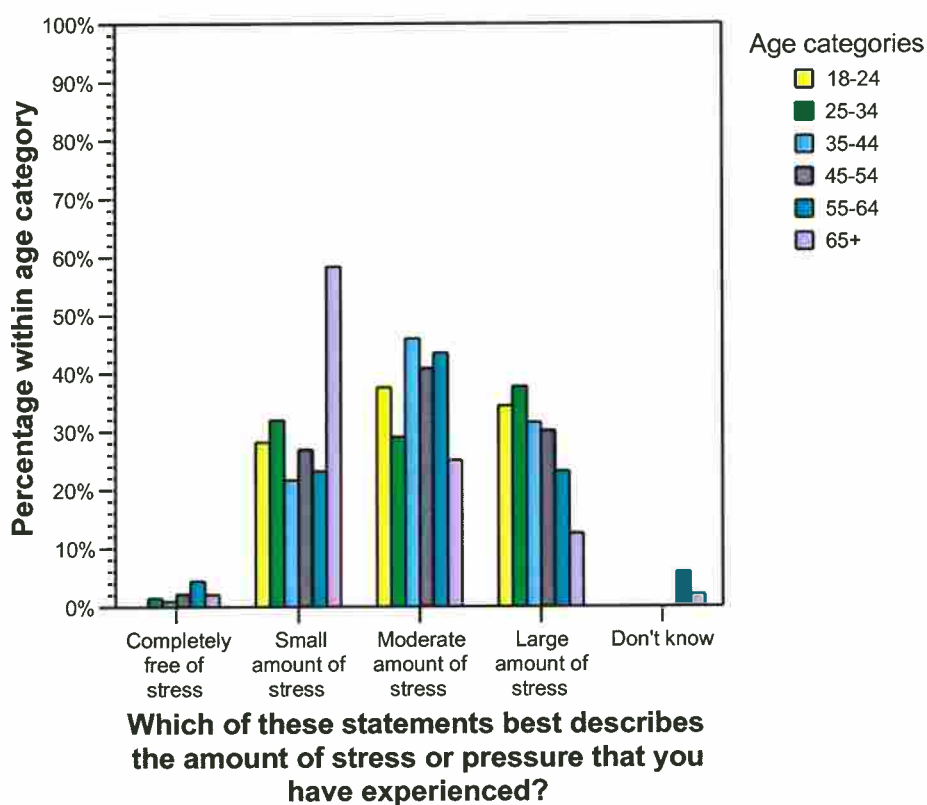


Figure 9.3 – Amount of stress experienced in the last 12 months by age for females

Table 9.6 - Factors that cause anxiety by sex

		Sex		
		Male	Female	Total
Pressures at work	Frequently/Always	66 (27%)	92 (25%)	158 (26%)
	Never/Occasionally	176 (73%)	280 (75%)	456 (74%)
Relationships between family members	Frequently/Always	44 (17%)	80 (20%)	124 (19%)
	Never/Occasionally	210 (83%)	315 (80%)	525 (81%)
Staffing levels at work	Frequently/Always	48 (21%)	59 (17%)	107 (18%)
	Never/Occasionally	184 (79%)	298 (83%)	482 (82%)
Money worries	Frequently/Always	38 (15%)	67 (17%)	105 (16%)
	Never/Occasionally	217 (85%)	328 (83%)	545 (84%)
Your family's health	Frequently/Always	33 (13%)	65 (16%)	98 (15%)
	Never/Occasionally	219 (87%)	333 (84%)	552 (85%)
Job dissatisfaction	Frequently/Always	40 (17%)	46 (12%)	86 (14%)
	Never/Occasionally	198 (83%)	323 (88%)	521 (86%)
Transport difficulties (traffic jams, parking, etc)	Frequently/Always	48 (20%)	39 (10%)	87 (14%)
	Never/Occasionally	196 (80%)	344 (90%)	540 (86%)

Table 9.6 - Factors that cause anxiety by sex (continued)

		Sex		
		Male	Female	Total
Your own health	Frequently/Always	24 (9%)	50 (13%)	74 (11%)
	Never/Occasionally	233 (91%)	346 (87%)	579 (89%)
Problems associated with living on an island	Frequently/Always	30 (12%)	36 (9%)	66 (10%)
	Never/Occasionally	221 (88%)	350 (91%)	571 (90%)
Housing	Frequently/Always	20 (8%)	29 (8%)	49 (8%)
	Never/Occasionally	223 (92%)	356 (92%)	579 (92%)
Worries about global issues	Frequently/Always	18 (7%)	31 (8%)	49 (8%)
	Never/Occasionally	232 (93%)	361 (92%)	593 (92%)
Boredom at work	Frequently/Always	23 (10%)	19 (5%)	42 (7%)
	Never/Occasionally	207 (90%)	341 (95%)	548 (93%)
Fear of crime	Frequently/Always	12 (5%)	16 (4%)	28 (4%)
	Never/Occasionally	238 (95%)	373 (96%)	611 (96%)
Problems with neighbours	Frequently/Always	5 (2%)	12 (3%)	17 (3%)
	Never/Occasionally	241 (98%)	372 (97%)	613 (97%)

Table 9.7 – Top 4 factors that always or frequently cause anxiety

Factors that cause anxiety	In 2003 survey	In 1998 survey
Pressure at work	26%	32%
Relationships between family members	19%	20%
Staffing levels at work	18%	21%
Money worries	16%	21%

Table 9.8 - Factors that cause anxiety by the year lived on the island

		How long have you lived on the island (Years)?					
		0-4	5-9	10-14	15-19	20+	Total
Pressures at work	Frequently/Always	28 (33%)	10 (37%)	5 (24%)	14 (31%)	106 (24%)	163 (26%)
	Never/Occasionally	58 (67%)	17 (63%)	16 (76%)	31 (69%)	340 (76%)	462 (74%)
Relationships between family members	Frequently/Always	17 (19%)	6 (21%)	3 (14%)	8 (16%)	89 (19%)	123 (19%)
	Never/Occasionally	72 (81%)	23 (79%)	19 (86%)	42 (84%)	384 (81%)	540 (81%)
Staffing levels at work	Frequently/Always	23 (27%)	8 (31%)	3 (14%)	5 (12%)	72 (17%)	111 (18%)
	Never/Occasionally	61 (73%)	18 (69%)	18 (86%)	38 (88%)	355 (83%)	490 (82%)
Money worries	Frequently/Always	17 (19%)	4 (15%)	4 (19%)	13 (27%)	65 (14%)	103 (16%)
	Never/Occasionally	73 (81%)	23 (85%)	17 (81%)	35 (73%)	410 (86%)	558 (84%)
Your family's health	Frequently/Always	9 (10%)	4 (14%)	2 (10%)	8 (17%)	77 (16%)	100 (15%)
	Never/Occasionally	80 (90%)	24 (86%)	19 (90%)	40 (83%)	400 (84%)	563 (85%)
Job dissatisfaction	Frequently/Always	19 (22%)	5 (19%)	1 (5%)	10 (22%)	52 (12%)	87 (14%)
	Never/Occasionally	69 (78%)	22 (81%)	20 (95%)	35 (78%)	386 (88%)	532 (86%)
Transport difficulties (traffic jams, parking, etc)	Frequently/Always	8 (9%)	3 (11%)	2 (10%)	6 (13%)	72 (16%)	91 (14%)
	Never/Occasionally	77 (91%)	24 (89%)	19 (90%)	42 (88%)	385 (84%)	547 (86%)

Table 9.8 - Factors that cause anxiety by the year lived on the island (continued)

		How long have you lived on the island (Years)?					Total
		0-4	5-9	10-14	15-19	20+	
Your own health	Frequently/Always	10 (11%)	1 (4%)	1 (5%)	5 (10%)	57 (12%)	74 (11%)
	Never/Occasionally	78 (89%)	27 (96%)	20 (95%)	43 (90%)	422 (88%)	590 (89%)
Problems associated with living on an island	Frequently/Always	14 (15%)	2 (7%)	3 (14%)	3 (7%)	45 (10%)	67 (10%)
	Never/Occasionally	78 (85%)	25 (93%)	18 (86%)	43 (93%)	418 (90%)	582 (90%)
Housing	Frequently/Always	15 (17%)	2 (8%)	1 (5%)	0 (0%)	31 (7%)	49 (8%)
	Never/Occasionally	72 (83%)	24 (92%)	20 (95%)	46 (100%)	429 (93%)	591 (92%)
Worries about global issues	Frequently/Always	4 (4%)	4 (14%)	0 (0%)	5 (10%)	38 (8%)	51 (8%)
	Never/Occasionally	85 (96%)	25 (86%)	21 (100%)	43 (90%)	428 (92%)	602 (92%)
Boredom at work	Frequently/Always	12 (14%)	0 (0%)	0 (0%)	2 (5%)	29 (7%)	43 (7%)
	Never/Occasionally	74 (86%)	26 (100%)	21 (100%)	41 (95%)	396 (93%)	558 (93%)
Fear of crime	Frequently/Always	3 (3%)	1 (4%)	1 (5%)	1 (2%)	23 (5%)	29 (4%)
	Never/Occasionally	83 (97%)	27 (96%)	20 (95%)	47 (98%)	444 (95%)	621 (96%)
Problems with neighbours	Frequently/Always	2 (2%)	1 (4%)	1 (5%)	0 (0%)	13 (3%)	17 (3%)
	Never/Occasionally	85 (98%)	26 (96%)	20 (95%)	48 (100%)	447 (97%)	626 (97%)

Table 9.9 - Factors that reduce anxiety by age and sex

		Male				Female			
		Age Category			Total	Age Category			Total
		18-24	25-64	65+		18-24	25-64	65+	
Resting and relaxing (e.g. music, television)	Effective	17 (94%)	191 (93%)	26 (79%)	234 (91%)	30 (94%)	308 (91%)	40 (95%)	378 (92%)
	Ineffective	0 (0%)	2 (1%)	2 (6%)	4 (2%)	0 (0%)	10 (3%)	0 (0%)	10 (2%)
	Neither	1 (6%)	13 (6%)	5 (15%)	19 (7%)	2 (6%)	21 (6%)	2 (5%)	25 (6%)
Discussing the problem with another person	Effective	15 (79%)	177 (87%)	29 (91%)	221 (87%)	28 (90%)	322 (95%)	33 (85%)	383 (93%)
	Ineffective	1 (5%)	8 (4%)	1 (3%)	10 (4%)	1 (3%)	4 (1%)	1 (3%)	6 (1%)
	Neither	3 (16%)	19 (9%)	2 (6%)	24 (9%)	2 (6%)	14 (4%)	5 (13%)	21 (5%)
Socialising with friends	Effective	16 (84%)	164 (80%)	22 (67%)	202 (78%)	30 (94%)	285 (85%)	30 (81%)	345 (86%)
	Ineffective	0 (0%)	11 (5%)	4 (12%)	15 (6%)	1 (3%)	9 (3%)	3 (8%)	13 (3%)
	Neither	3 (16%)	31 (15%)	7 (21%)	41 (16%)	1 (3%)	40 (12%)	4 (11%)	45 (11%)
Taking some exercise	Effective	14 (74%)	159 (78%)	25 (78%)	198 (78%)	24 (75%)	281 (83%)	34 (87%)	339 (83%)
	Ineffective	2 (11%)	12 (6%)	3 (9%)	17 (7%)	1 (3%)	13 (4%)	2 (5%)	16 (4%)
	Neither	3 (16%)	32 (16%)	4 (13%)	39 (15%)	7 (22%)	45 (13%)	3 (8%)	55 (13%)
Having a few drinks	Effective	12 (63%)	98 (49%)	14 (47%)	124 (50%)	22 (69%)	129 (40%)	3 (13%)	154 (40%)
	Ineffective	3 (16%)	54 (27%)	8 (27%)	65 (26%)	5 (16%)	124 (38%)	19 (79%)	148 (39%)
	Neither	4 (21%)	47 (24%)	8 (27%)	59 (24%)	5 (16%)	72 (22%)	2 (8%)	79 (21%)

Table 9.9 - Factors that reduce anxiety by age and sex (continued)

		Male				Female			
		Age Category			Total	Age Category			Total
		18-24	25-64	65+		18-24	25-64	65+	
Attempting to forget problem	Effective	6 (32%)	55 (27%)	11 (38%)	72 (29%)	5 (16%)	68 (21%)	13 (36%)	86 (22%)
	Ineffective	7 (37%)	90 (44%)	16 (55%)	113 (45%)	19 (59%)	152 (47%)	13 (36%)	184 (47%)
	Neither	6 (32%)	59 (29%)	2 (7%)	67 (27%)	8 (25%)	102 (32%)	10 (28%)	120 (31%)
Taking medication	Effective	3 (17%)	41 (21%)	8 (27%)	52 (21%)	4 (13%)	87 (28%)	7 (27%)	98 (26%)
	Ineffective	8 (44%)	99 (51%)	12 (40%)	119 (49%)	14 (45%)	153 (48%)	15 (58%)	182 (49%)
	Neither	7 (39%)	55 (28%)	10 (33%)	72 (30%)	13 (42%)	76 (24%)	4 (15%)	93 (25%)
Having a cigarette	Effective	8 (44%)	39 (21%)	10 (48%)	57 (25%)	12 (38%)	65 (21%)	3 (13%)	80 (22%)
	Ineffective	5 (28%)	125 (66%)	8 (38%)	138 (61%)	13 (41%)	202 (67%)	19 (83%)	234 (65%)
	Neither	5 (28%)	25 (13%)	3 (14%)	33 (14%)	7 (22%)	36 (12%)	1 (4%)	44 (12%)
Spending more time working	Effective	3 (16%)	43 (22%)	10 (33%)	56 (23%)	3 (10%)	62 (19%)	8 (35%)	73 (20%)
	Ineffective	7 (37%)	91 (46%)	14 (47%)	112 (45%)	19 (61%)	175 (55%)	10 (43%)	204 (55%)
	Neither	9 (47%)	64 (32%)	6 (20%)	79 (32%)	9 (29%)	83 (26%)	5 (22%)	97 (26%)
Eating more	Effective	4 (21%)	18 (9%)	2 (7%)	24 (10%)	9 (29%)	53 (16%)	0 (0%)	62 (16%)
	Ineffective	10 (53%)	117 (59%)	16 (53%)	143 (58%)	16 (52%)	189 (58%)	17 (68%)	222 (58%)
	Neither	5 (26%)	64 (32%)	12 (40%)	81 (33%)	6 (19%)	82 (25%)	8 (32%)	96 (25%)

Table 9.10 - Do you regularly take part in activities with any of the following groups or types of organisations by sex?

	Sex		Total
	Male	Female	
None of the above	99 (37%)	145 (34%)	244 (35%)
Sports and social clubs	101 (37%)	106 (25%)	207 (30%)
Church	32 (12%)	74 (17%)	106 (15%)
Charity work	24 (9%)	63 (15%)	87 (13%)
School	14 (5%)	59 (14%)	73 (11%)
Adult education classes	16 (6%)	52 (12%)	68 (10%)
Voluntary or community groups	16 (6%)	45 (11%)	61 (9%)
Youth organisations	8 (3%)	15 (4%)	23 (3%)
Environmental interest groups	9 (3%)	11 (3%)	20 (3%)
Parish	7 (3%)	1 (0%)	8 (1%)
Tenancy associations	1 (0%)	4 (1%)	5 (1%)
Trade Union	1 (0%)	3 (1%)	4 (1%)
Total	270 (100%)	424 (100%)	694 (100%)

Regularly take part in activities with the groups or organisations by sex

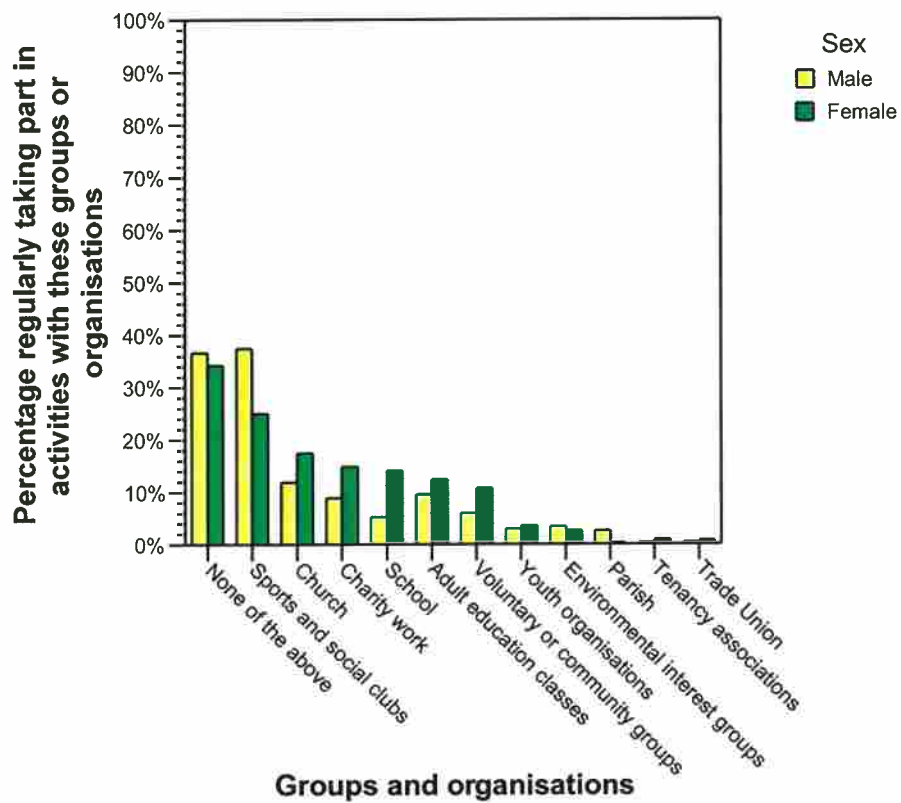


Figure 9.4 – Regularly take part in activities with the groups or organisations by sex

10. SUNBATHING

Table 10.1 - Opinions and behaviour on a suntan

		Frequency	Percent
How important is a suntan to you personally?	Very important	25	4%
	Fairly important	203	29%
	Not important	465	67%
	Don't know	6	1%
	Total	699	100%
Which factor level of sunscreen do you use most regularly?	1-8	97	14%
	9-14	107	16%
	15 or over	302	44%
	Don't know	12	2%
	I don't normally use a sunscreen	169	25%
	Total	687	100%
How many times have you had sunburn in the last 12 months?	Once	134	20%
	Twice	42	6%
	Three times	16	2%
	Four or more	6	1%
	Not in the last 12 months	480	71%
	Total	678	100%

Table 10.2 - Opinions and behaviour on a suntan by sex

		Sex		
		Male	Female	Total
How important is a suntan to you personally?	Very important	10 (4%)	14 (3%)	24 (4%)
	Fairly important	64 (25%)	126 (31%)	190 (29%)
	Not important	177 (69%)	264 (65%)	441 (67%)
	Don't know	4 (2%)	2 (0%)	6 (1%)
	Total	255 (100%)	406 (100%)	661 (100%)
Which factor level of sunscreen do you use most regularly?	1-8	34 (14%)	55 (14%)	89 (14%)
	9-14	39 (16%)	65 (16%)	104 (16%)
	15 or over	80 (32%)	206 (51%)	286 (44%)
	Don't know	6 (2%)	5 (1%)	11 (2%)
	I don't normally use a sunscreen	91 (36%)	70 (17%)	161 (25%)
	Total	250 (100%)	401 (100%)	651 (100%)
How many times have you had sunburn in the last 12 months?	Once	54 (22%)	74 (19%)	128 (20%)
	Twice	19 (8%)	21 (5%)	40 (6%)
	Three times	6 (2%)	6 (2%)	12 (2%)
	Four or more	3 (1%)	3 (1%)	6 (1%)
	Not in the last 12 months	164 (67%)	290 (74%)	454 (71%)
	Total	246 (100%)	394 (100%)	640 (100%)

Table 10.3 - Factor level of sunscreen used by frequency of getting sunburn

		How many times have you had sunburn in the last 12 months?					
		Once	Twice	Three times	Four or more	Not in the last 12 months	Row Total
Which factor level of sunscreen do you use most regularly?	1-8	28 (30%)	7 (7%)	1 (1%)	2 (2%)	56 (60%)	94 (100%)
	9-14	23 (23%)	11 (11%)	4 (4%)	0 (0%)	61 (62%)	99 (100%)
	15 or over	49 (18%)	17 (6%)	5 (2%)	2 (1%)	207 (74%)	280 (100%)
	Don't know	1 (8%)	3 (25%)	1 (8%)	1 (8%)	6 (50%)	12 (100%)
	I don't normally use a sunscreen	28 (18%)	2 (1%)	3 (2%)	1 (1%)	126 (79%)	160 (100%)
	Column Total	129 (20%)	40 (6%)	14 (2%)	6 (1%)	456 (71%)	645 (100%)

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

		How many times have you had sunburn in the last 12 months?					
		Once	Twice	Three times	Four or more	Not in the last 12 months	Row Total
Which factor level of sunscreen do you use most regularly?	1-8	9 (27%)	3 (9%)	0 (0%)	0 (0%)	21 (64%)	33 (100%)
	9-14	12 (33%)	8 (22%)	1 (3%)	0 (0%)	15 (42%)	36 (100%)
	15 or over	14 (18%)	6 (8%)	3 (4%)	1 (1%)	52 (68%)	76 (100%)
	Don't know	1 (17%)	1 (17%)	0 (0%)	1 (17%)	3 (50%)	6 (100%)
	I don't normally use a sunscreen	15 (18%)	1 (1%)	1 (1%)	1 (1%)	64 (78%)	82 (100%)
	Column Total	51 (22%)	19 (8%)	5 (2%)	3 (1%)	155 (67%)	233 (100%)

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

		How many times have you had sunburn in the last 12 months?					
		Once	Twice	Three times	Four or more	Not in the last 12 months	Row Total
Which factor level of sunscreen do you use most regularly?	1-8	18 (34%)	3 (6%)	0 (0%)	2 (4%)	30 (57%)	53 (100%)
	9-14	11 (18%)	3 (5%)	3 (5%)	0 (0%)	43 (72%)	60 (100%)
	15 or over	33 (17%)	11 (6%)	2 (1%)	1 (1%)	142 (75%)	189 (100%)
	Don't know	0 (0%)	2 (40%)	0 (0%)	0 (0%)	3 (60%)	5 (100%)
	I don't normally use a sunscreen	10 (14%)	1 (1%)	1 (1%)	0 (0%)	58 (83%)	70 (100%)
	Column Total	72 (19%)	20 (5%)	6 (2%)	3 (1%)	276 (73%)	377 (100%)

Table 10.6 - Factors thought to prevent skin cancer

		Frequency	Percent
Trying to keep babies out of the sun	Very important	649	90%
	Fairly important	62	9%
	Not important	4	1%
	Don't know	3	0%
	Total	718	100%
Using a sun cream	Very important	553	78%
	Fairly important	130	18%
	Not important	19	3%
	Don't know	7	1%
	Total	709	100%
Avoid the midday sun	Very important	517	72%
	Fairly important	177	25%
	Not important	21	3%
	Don't know	5	1%
	Total	720	100%
Wide brimmed hat	Very important	320	45%
	Fairly important	330	46%
	Not important	53	7%
	Don't know	9	1%
	Total	712	100%
Staying in the shade as much as possible	Very important	317	44%
	Fairly important	309	43%
	Not important	86	12%
	Don't know	8	1%
	Total	720	100%
Wearing loose-fitting clothing	Very important	144	21%
	Fairly important	266	38%
	Not important	220	32%
	Don't know	68	10%
	Total	698	100%

Table 10.7 Factors thought to prevent skin cancer by age and sex

		Sex					
		Male			Female		
		Age Category			Age Category		
		18-24	25-64	65+	18-24	25-64	65+
Trying to keep babies out of the sun	Very Important/	17	202	34	32	342	45
	Fairly Important	(89%)	(99%)	(94%)	(100%)	(100%)	(100%)
	Not Important/ Don't Know	2	3	2	0	0	0
Using a sun cream	Very Important/	18	193	28	32	334	41
	Fairly Important	(95%)	(96%)	(85%)	(100%)	(98%)	(95%)
	Not Important/ Don't Know	1	9	5	0	6	2
Avoid the midday sun	Very Important/	17	196	36	31	335	43
	Fairly Important	(94%)	(96%)	(92%)	(97%)	(98%)	(98%)
	Not Important/ Don't Know	1	9	3	1	7	1
Wide brimmed hat	Very Important/	15	187	29	25	311	45
	Fairly Important	(79%)	(93%)	(85%)	(78%)	(92%)	(96%)
	Not Important/ Don't Know	4	15	5	7	27	2
Staying in the shade as much as possible	Very Important/	12	171	33	29	306	40
	Fairly Important	(63%)	(83%)	(87%)	(91%)	(91%)	(83%)
	Not Important/ Don't Know	7	35	5	3	31	8
Wearing loose-fitting clothing	Very Important/	10	108	28	15	194	31
	Fairly Important	(56%)	(54%)	(82%)	(47%)	(58%)	(78%)
	Not Important/ Don't Know	8	91	6	17	141	9
		(44%)	(46%)	(18%)	(53%)	(42%)	(23%)

Factors thought to prevent skin cancer for males

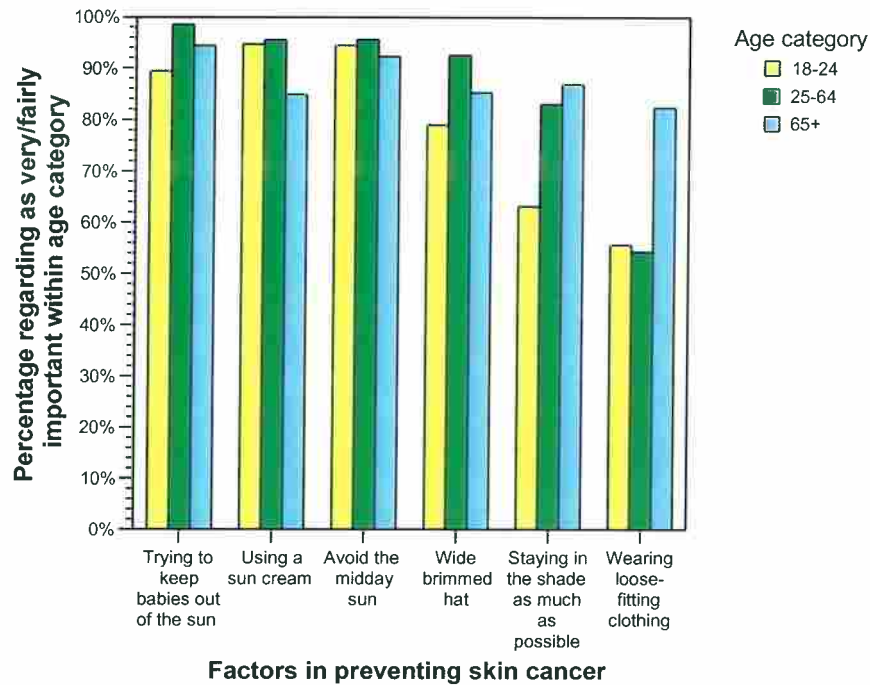


Figure 10.1 – Factors thought to prevent skin cancer for males

Factors thought to prevent skin cancer for females

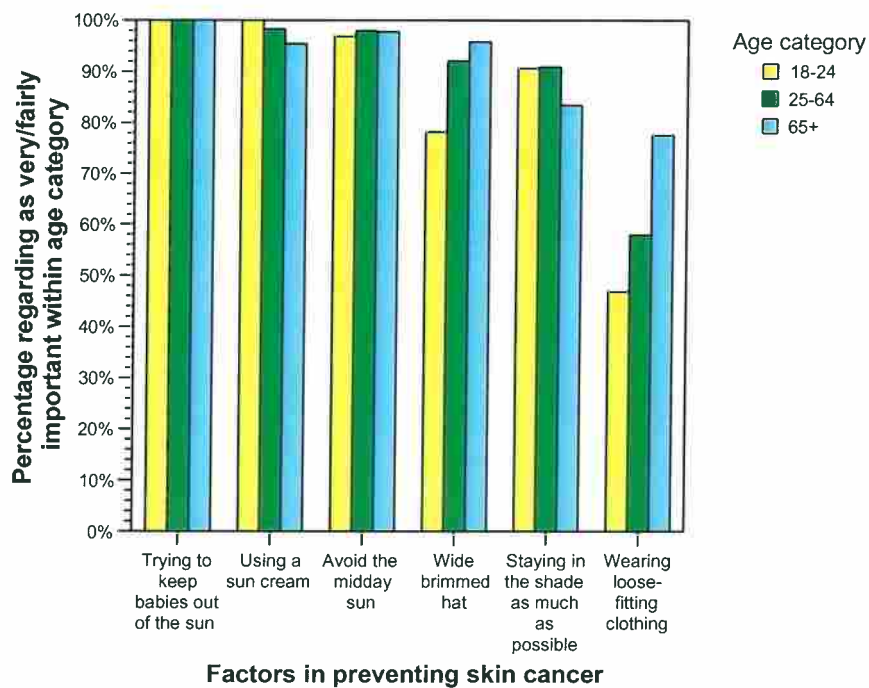


Figure 10.2 – Factors thought to prevent skin cancer for females

11. PREGNANCY

Table 11.1 - Number of pregnant women by smoking habit

		Smoking Habit			Total
		Smoker	Ex-smoker	Never smoked	
Are you pregnant?	Yes	0 (0%)	1 (1%)	3 (1%)	4 (1%)
	No	80 (100%)	87 (99%)	228 (99%)	395 (99%)
	Total	80 (100%)	88 (100%)	231 (100%)	399 (100%)

12. USE OF HEALTH SERVICES

Table 12.1 - Health services used in the last five years

		Frequency	Percent
Cervical Screening	Yes	291	74%
	No	95	24%
	Not sure	5	1%
	Total	391	100%
Breast mammography	Yes	164	46%
	No	192	54%
	Not sure	1	0%
	Total	357	100%
Routine health check	Yes	381	62%
	No	231	37%
	Not sure	7	1%
	Total	619	100%
Private health screening/check	Yes	85	16%
	No	425	82%
	Not sure	8	2%
	Total	518	100%
Chest and Heart screening	Yes	280	46%
	No	326	53%
	Not sure	5	1%
	Total	611	100%
Eyesight check	Yes	579	86%
	No	90	13%
	Not sure	4	1%
	Total	673	100%
Dental check	Yes	568	83%
	No	110	16%
	Not sure	3	0%
	Total	681	100%

Table 12.2 - Cervical screening by age for females

		Cervical screening			Row Total
		Yes	No	Not sure	
Age categories	18-24	18	14	0	32
		(56%)	(44%)	(0%)	(100%)
	25-34	48	20	0	68
		(71%)	(29%)	(0%)	(100%)
	35-44	85	21	3	109
		(78%)	(19%)	(3%)	(100%)
	45-54	77	14	0	91
		(85%)	(15%)	(0%)	(100%)
	55-64	41	14	2	57
		(72%)	(25%)	(4%)	(100%)
	65+	22	12	0	34
		(65%)	(35%)	(0%)	(100%)
Column Total		291	95	5	391
		(74%)	(24%)	(1%)	(100%)

Table 12.3 - Breast mammography by age for females

		Breast mammography			Row Total
		Yes	No	Not sure	
Age categories	18-24	0	29	0	29
		(0%)	(100%)	(0%)	(100%)
	25-34	2	54	0	56
		(4%)	(96%)	(0%)	(100%)
	35-44	16	69	0	85
		(19%)	(81%)	(0%)	(100%)
	45-54	46	35	0	81
		(57%)	(43%)	(0%)	(100%)
	55-64	58	3	1	62
		(94%)	(5%)	(2%)	(100%)
	65+	42	2	0	44
		(95%)	(5%)	(0%)	(100%)
Column Total		164	192	1	357
		(46%)	(54%)	(0%)	(100%)

Table 12.4 - Breast mammography by age for females

		Breast mammography			Row Total
		Yes	No	Not sure	
Age categories	<50	29	183	0	212
		(14%)	(86%)	(0%)	(100%)
	>=50	135	9	1	145
		(93%)	(6%)	(1%)	(100%)
Column Total		164	192	1	357
		(46%)	(54%)	(0%)	(100%)

Table 12.5 - Routine health check by age

		Routine health check			Row Total
		Yes	No	Not sure	
Age categories	18-24	20	25	0	45
		(44%)	(56%)	(0%)	(100%)
	25-34	55	40	2	97
		(57%)	(41%)	(2%)	(100%)
	35-44	74	74	3	151
		(49%)	(49%)	(2%)	(100%)
	45-54	77	48	1	126
		(61%)	(38%)	(1%)	(100%)
	55-64	91	27	1	119
		(76%)	(23%)	(1%)	(100%)
	65+	56	12	0	68
		(82%)	(18%)	(0%)	(100%)
Column Total		373	226	7	606
		(62%)	(37%)	(1%)	(100%)

Table 12.6 - Private health screening/check by age

		Private health screening/check			Row Total
		Yes	No	Not sure	
Age categories	18-24	3	40	0	43
		(7%)	(93%)	(0%)	(100%)
	25-34	14	73	3	90
		(16%)	(81%)	(3%)	(100%)
	35-44	18	119	4	141
		(13%)	(84%)	(3%)	(100%)
	45-54	17	88	0	105
		(16%)	(84%)	(0%)	(100%)
	55-64	26	68	0	94
		(28%)	(72%)	(0%)	(100%)
	65+	7	28	1	36
		(19%)	(78%)	(3%)	(100%)
Column Total		85	416	8	509
		(17%)	(82%)	(2%)	(100%)

Table 12.7 - "Chest and Heart" screening by age

		Chest and Heart screening			Row Total
		Yes	No	Not sure	
Age categories	18-24	1	43	0	44
		(2%)	(98%)	(0%)	(100%)
	25-34	17	75	1	93
		(18%)	(81%)	(1%)	(100%)
	35-44	61	89	2	152
		(40%)	(59%)	(1%)	(100%)
	45-54	69	60	0	129
		(53%)	(47%)	(0%)	(100%)
	55-64	76	39	1	116
		(66%)	(34%)	(1%)	(100%)
	65+	51	13	1	65
		(78%)	(20%)	(2%)	(100%)
Column Total		275	319	5	599
		(46%)	(53%)	(1%)	(100%)

Table 12.8 - Eyesight check attended by age

		Eyesight check			Row Total
		Yes	No	Not sure	
Age categories	18-24	38	11	0	49
		(78%)	(22%)	(0%)	(100%)
	25-34	84	17	2	103
		(82%)	(17%)	(2%)	(100%)
	35-44	144	21	2	167
		(86%)	(13%)	(1%)	(100%)
	45-54	127	15	0	142
		(89%)	(11%)	(0%)	(100%)
	55-64	116	11	0	127
		(91%)	(9%)	(0%)	(100%)
	65+	57	13	0	70
		(81%)	(19%)	(0%)	(100%)
Column Total		566	88	4	658
		(86%)	(13%)	(1%)	(100%)

Table 12.9 - Dental check attended by age

		Dental check			Row Total
		Yes	No	Not sure	
Age categories	18-24	32	19	0	51
		(63%)	(37%)	(0%)	(100%)
	25-34	76	26	1	103
		(74%)	(25%)	(1%)	(100%)
	35-44	120	39	2	161
		(75%)	(24%)	(1%)	(100%)
	45-54	118	19	0	137
		(86%)	(14%)	(0%)	(100%)
	55-64	127	3	0	130
		(98%)	(2%)	(0%)	(100%)
	65+	80	3	0	83
		(96%)	(4%)	(0%)	(100%)
Column Total		553	109	3	665
		(83%)	(16%)	(0%)	(100%)

Table 12.10 - Blood pressure taken in last five years by age

		Blood pressure measured in the last five years by a doctor or a nurse?			Row Total
		Yes	No	Not sure	
Age categories	18-24	39	7	1	47
		(83%)	(15%)	(2%)	(100%)
	25-34	90	5	0	95
		(95%)	(5%)	(0%)	(100%)
	35-44	144	11	3	158
		(91%)	(7%)	(2%)	(100%)
	45-54	135	4	2	141
		(96%)	(3%)	(1%)	(100%)
	55-64	125	2	1	128
		(98%)	(2%)	(1%)	(100%)
	65+	86	0	2	88
		(98%)	(0%)	(2%)	(100%)
	Column Total	619	29	9	657
		(94%)	(4%)	(1%)	(100%)

Table 12.11 - Told of high blood pressure by age

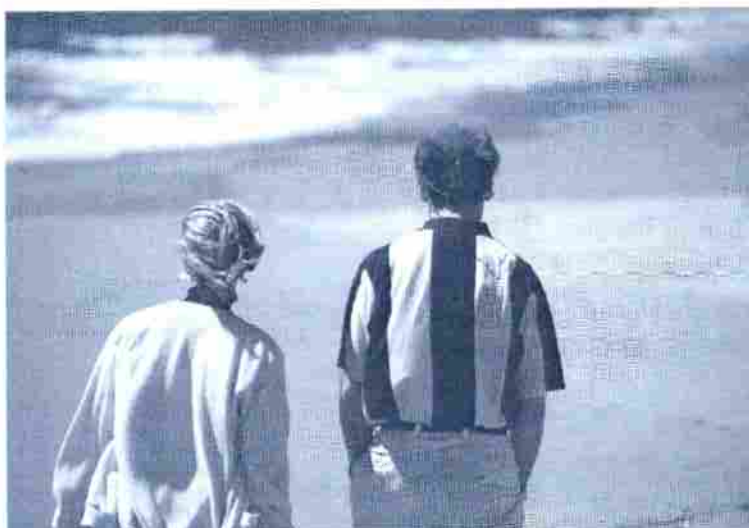
		Were you told by the doctor or the nurse that your blood pressure is?				Row Total
		Low	Normal for age	A little raised	Too high	
Age categories	18-24	1	29	6	1	37
		(3%)	(78%)	(16%)	(3%)	(100%)
	25-34	12	63	8	1	84
		(14%)	(75%)	(10%)	(1%)	(100%)
	35-44	22	93	16	6	137
		(16%)	(68%)	(12%)	(4%)	(100%)
	45-54	8	88	21	13	130
		(6%)	(68%)	(16%)	(10%)	(100%)
	55-64	8	65	25	19	117
		(7%)	(56%)	(21%)	(16%)	(100%)
	65+	3	47	18	13	81
		(4%)	(58%)	(22%)	(16%)	(100%)
	Column Total	54	385	94	53	586
		(9%)	(66%)	(16%)	(9%)	(100%)

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APPENDIX: THE QUESTIONNAIRE

The Fourth Guernsey Healthy Lifestyle Survey 2003



Health Promotion Unit
Public Health Directorate
Princess Elizabeth Hospital
St Martins
Guernsey GY4 6UU
Tel 707311

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 more than twenty to thirty minutes.

Thank you once again for taking part.

PLEASE TICK ONE BOX ONLY



FIRSTLY, ABOUT YOUR GENERAL HEALTH

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

- | | |
|------------------|--------------------------|
| Very Healthy | <input type="checkbox"/> |
| Fairly Healthy | <input type="checkbox"/> |
| Not Very Healthy | <input type="checkbox"/> |
| Unhealthy | <input type="checkbox"/> |
| Don't know | <input type="checkbox"/> |

2 Do you have any long standing illness, disability of 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 | <input type="checkbox"/> |
| No | <input type="checkbox"/> |
| Not Sure | <input type="checkbox"/> |

NOW SOME QUESTIONS ABOUT THE FOOD YOU EAT

3 Have you changed your diet over the past 3 years? Please specify changes. Compared with 3 years ago, do you now eat:

	Less	The same	More	Not sure	or Don't eat
Convenience foods, fast foods, takeaways,	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eggs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fried food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit/vegetables/salad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High fibre food (e.g. granary bread, wholemeal bread)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lean meat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low fat spreads	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lower fat foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
More or less food generally (i.e. the amount of food)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Polyunsaturated/Monounsaturated fats (flora, sunflower oil, olive oil, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Red meat/fatty meats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skimmed/semi-skimmed milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Starchy food (e.g. rice, pasta, potatoes, bread, cereals)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sugar, sweets, chocolates, biscuits, cakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamins/mineral tablets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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4 If you have changed your diet, what was the main reason ?

Please tick one box only.

- No change to diet ☐
- Mainly to improve appearance (e.g. to improve your figure) ☐
- Mainly for medical reasons (e.g. on the doctor's advice) ☐
- Mainly for health reasons (e.g. to feel fitter, or to eat 'healthy' foods) ☐
- Mainly for other reasons (e.g. a change in income) ☐

5 Which would you say best described your present diet?

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

6 If your present diet is 'not very healthy' what are the main reasons for this?

- Don't like healthy food ☐
- Healthier food is more expensive ☐
- Poor choice of healthy food in local shops ☐
- Healthy food is too difficult to prepare ☐
- Family members would not like very healthy food ☐
- Unsure what a healthy diet is ☐

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 How far do you agree with the following to help you keep healthy?

- | | Strongly agree | Agree | Not sure | Disagree | Strongly disagree |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Exercise is important for staying in good health | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| The amount of exercise you take has no effect on length of life | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Exercise is helpful for keeping your weight down | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

	<i>Strongly agree</i>	<i>Agree</i>	<i>Not sure</i>	<i>Disagree</i>	<i>Strongly disagree</i>
Regular vigorous exercise increases your risk of having a heart attack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Remaining active can help to keep you fit in old age	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Leisure time exercise e.g. walking, gardening or sport is a good way of releasing tension	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The dangers of taking up exercise in later life are more important than possible benefits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercise makes you feel better	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It is more important to take exercise than to give up smoking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- 9 **In the last two weeks, how many times have you undertaken vigorous sport or recreational activities which have made you out of breath and made you sweat?**
(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 two weeks

times in the last 2 weeks

- 10 **Research shows that to maintain good health, you need to undertake sufficient exercise to make you out of breath and sweaty for at least 20-30 minutes at least 3 or 4 times a week. On this basis, would you describe your present WORK and RECREATIONAL exercise levels as :**

Not Enough Adequate More than enough
☐ ☐ ☐

- 11 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 no more than 3 boxes

Lack of leisure time (i.e. no spare time at evenings and weekends)	<input type="checkbox"/>	Lack of easily available facilities at work	<input type="checkbox"/>	Not interested or do not enjoy	<input type="checkbox"/>
Lack of money	<input type="checkbox"/>	Lack of interesting or relevant activities	<input type="checkbox"/>	Embarrassed or self conscious about body shape	<input type="checkbox"/>
Lack of child care facilities	<input type="checkbox"/>	Illness, injury or disability	<input type="checkbox"/>	Other reasons	<input type="checkbox"/>
Lack of transport	<input type="checkbox"/>	Lack of incentive	<input type="checkbox"/>	Please Specify	<input type="checkbox"/>

NEXT, SOME QUESTIONS ABOUT YOURSELF

- 12 What is your height (without shoes)?

<input type="text"/>	feet	<input type="text"/>	inches
or			
<input type="text"/>	metres	<input type="text"/>	centimetres

- 13 What is your weight (lightly dressed)?

<input type="text"/>	stones	<input type="text"/>	pounds
or			
<input type="text"/>	kilograms		

- 14 For women only. Are you pregnant?

Yes	<input type="checkbox"/>
No	<input type="checkbox"/>

- 15 Compared with 3 years ago, is your body weight

More	The same	Less
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- 16 Which of the following best describes you?

I am underweight	<input type="checkbox"/>
I am about the right weight	<input type="checkbox"/>
I am overweight	<input type="checkbox"/>
I am very overweight	<input type="checkbox"/>
I am not sure about my weight	<input type="checkbox"/>

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Page 4

NEXT, SOME QUESTIONS ABOUT SUNBATHING AND SUNBURN

17 How important is a suntan to you personally?

- Very important ☐
- Fairly important ☐
- Not important ☐
- Don't know ☐

18 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 ☐

19 During the last 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 ☐

20 How important do you think each of the following is in preventing skin cancer?

	<i>Very Important</i>	<i>Fairly Important</i>	<i>Not Important</i>	<i>Don't Know</i>
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)

21 Which one of the following best describes you?

- I used to smoke daily but do not smoke at all now ☐ *Go to question 22*
- I smoke occasionally but not every day ☐ *Go to question 23*
- I smoke daily ☐ *Go to question 23*
- I have never smoked ☐ *Go to question 27*

FOR EX-SMOKERS

22 How long ago did you stop smoking?

- Less than 6 months ago ☐
 Between 6 months and one year ☐
 More than one year ☐

Please go to question 23, then question 27

FOR SMOKERS

23 How old were you when you first started smoking regularly (more than once a week)

- less than 10 years old ☐
 10-14 years old ☐
 15-18 years old ☐
 more than 19 years old ☐

24 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 ☐

25 Would you like to give up smoking?

- Yes ☐ Go to question 26
 No ☐ Go to question 27
 Don't Know ☐ Go to question 27

26 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

27 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 no more than three boxes.

- | | | |
|--|--|---|
| Fewer outlets selling cigarettes <input type="checkbox"/> | Encouragement and support from family and friends <input type="checkbox"/> | Nicotine chewing gum <input type="checkbox"/> |
| More tax on cigarettes <input type="checkbox"/> | Special clinic or stop smoking group <input type="checkbox"/> | Willpower <input type="checkbox"/> |
| Restrictions on smoking in public places <input type="checkbox"/> | Guernsey Quitline (phone helpline) <input type="checkbox"/> | Help from an alternative therapist <input type="checkbox"/> |
| Advice from a doctor or other health professional <input type="checkbox"/> | Drugs/nicotine patches prescribed by your doctor <input type="checkbox"/> | e.g. hypnotherapy, acupuncture |
| Other (Please describe them) <input type="checkbox"/> | <hr/> | |

28 Please read each question carefully before answering. Tick the appropriate box according to how you feel about each of the following statements:-

	<i>Strongly Agree</i>	<i>Agree</i>	<i>Uncertain</i>	<i>Disagree</i>	<i>Strongly Disagree</i>
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smoking can affect the health of a smoker's colleagues at work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

29 What do you think about smoking restrictions in the following places?
Please tick one of the boxes for each place.

	<i>No smoking at all</i>	<i>Some smoking areas</i>	<i>Smoking allowed anywhere</i>
On buses and taxis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In air and sea terminals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In restaurants and cafes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
In public houses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

30 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

31 How often do you drink alcohol?

Almost every day	<input type="checkbox"/>
On two or three days a week	<input type="checkbox"/>
Once or twice a month	<input type="checkbox"/>
Once every couple of months	<input type="checkbox"/>
Only very occasionally	<input type="checkbox"/>
I totally abstain from alcohol	<input type="checkbox"/>

32 On a day when you drink alcohol, how many drinks, on average, do you have (throughout the whole day)?

Please use the following information for your answer

1 pint (beer, lager, cider)	= 2 units
½ pint (beer, lager, cider)	= 1 unit
1 glass wine, sherry, vermouth	= 1 unit
1 measure spirits (whisky, gin, vodka, etc.)	= 1 unit
Double measure spirits	= 2 units
Alcoholic 'soft drinks' (alcopops)	= 2 units

- 1 or 2 units ☐
- 3 or 4 units ☐
- 5 to 8 units ☐
- 9 to 12 units ☐
- more than 12 units ☐

If you find this question difficult, just list drinks taken in one day:

33 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 ☐

34 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 no more than three boxes

- | | | | |
|---|--------------------------|---|--------------------------|
| Restrictions on advertising | <input type="checkbox"/> | A booklet offering advice and practical tips | <input type="checkbox"/> |
| More tax on alcohol | <input type="checkbox"/> | Cheaper non-alcoholic drinks in public houses | <input type="checkbox"/> |
| An organised group of people who want to drink less | <input type="checkbox"/> | Restrictions on sales (i.e. fewer places selling alcohol) | <input type="checkbox"/> |
| Advice from your doctor | <input type="checkbox"/> | Encouragement and support from close family and friends | <input type="checkbox"/> |
| Advice from an alcohol counsellor | <input type="checkbox"/> | Your own willpower | <input type="checkbox"/> |
| Other things (please describe them) | <input type="checkbox"/> | Changes in licensing hours | <input type="checkbox"/> |

NEXT SOME QUESTIONS ABOUT SLEEP AND STRESS

35 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 ☐

36 Do any of the following cause you anxiety or stress?

	<i>Never</i>	<i>Occasionally</i>	<i>Frequently</i>	<i>Always</i>
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 (<i>traffic jams, parking, etc</i>)	<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"/>

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

	<i>Very Effective</i>	<i>Fairly Effective</i>	<i>Neither Effective nor Ineffective</i>	<i>Not Effective</i>
Attempting to forget problem	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Resting and relaxing (<i>e.g. music, television</i>)	<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"/>

	<i>Very Effective</i>	<i>Fairly Effective</i>	<i>Neither Effective nor Ineffective</i>	<i>Not Effective</i>
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"/>
Taking medication	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

- | | | | | | |
|---------------------|--------------------------|-------------------------|--------------------------|-------------------------------|--------------------------|
| Church | <input type="checkbox"/> | Sports and social clubs | <input type="checkbox"/> | Voluntary or community groups | <input type="checkbox"/> |
| School | <input type="checkbox"/> | Adult Education Classes | <input type="checkbox"/> | Charity work | <input type="checkbox"/> |
| Parish | <input type="checkbox"/> | Trade Union | <input type="checkbox"/> | Environmental interest groups | <input type="checkbox"/> |
| Youth organisations | <input type="checkbox"/> | Tenancy associations | <input type="checkbox"/> | None of the above | <input type="checkbox"/> |
- Other, please specify _____

<p>WE WOULD LIKE TO ASK SOME QUESTIONS ABOUT THE HEALTH CARE YOU RECEIVE</p>

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

	<i>Yes</i>	<i>No</i>	<i>Not Sure</i>
Well woman check			
- 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"/>
Other, please specify _____			

40 Have you had your blood pressure measured in the last five years by a doctor or a nurse?

Yes	No	Not sure
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

41 As a result of this, were you told that your blood pressure is?

Low	Normal for age	A little raised	Too high
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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 wash or dress 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 you say how good or bad your 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, in your opinion, how good or bad your health is today.

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.

Your Own
Health State
Today



For official use only

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LASTLY A FEW QUESTIONS ABOUT YOURSELF

47 How old are you? (age last birthday) Years

48 What sex are you?

Male ☐

Female ☐

49 What is your marital status?

Single (never married) ☐

Married or living as married ☐

Widowed ☐

Divorced or separated ☐

50 How long have you lived on the island? Years

51 What type of housing do you live in?

Own home or buying ☐

States housing ☐

Private rental ☐

Other (e.g. accommodation provided with job) ☐

52 Which of the following best describes your current work situation?

Retired ☐

Registered unemployed ☐

Employed ☐

Self-Employed ☐

Looking after the home or family ☐

Student ☐

Other ☐

53 Do you have any views about how we could work towards making Guernsey a healthier island? If you do, please feel free to write your comments below.

Thank you very much for filling in this questionnaire.

Please return it in the enclosed envelope - No stamp is needed.

It is completely confidential, there is no way that we can link what you have written back to you

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