



# Guernsey and Alderney Healthy Lifestyle Survey 2013



**HEALTH AND SOCIAL SERVICES**

A STATES OF GUERNSEY GOVERNMENT DEPARTMENT



# The Sixth Guernsey Healthy Lifestyle Survey 2013

Authors:

Karen Hughes, Ivan Gee, Kat Ford and Phil McHale  
*Centre for Public Health, Liverpool John Moores University*<sup>1</sup>

Linda Prickett, Yvonne Le Page and Stephen Bridgman  
*Directorate of Public Health, HSSD, States of Guernsey*<sup>2</sup>

<sup>1</sup>Centre for Public Health  
Faculty of Education, Health and Community  
Liverpool John Moores University  
Henry Cotton Building  
15-21 Webster Street  
Liverpool L3 2ET  
[www.cph.org.uk](http://www.cph.org.uk)

<sup>2</sup>Directorate of Public Health, Health and Social Services Department,  
States of Guernsey  
HSSD Corporate Headquarters  
Rue Mignot  
St Andrews  
Guernsey GY6 8TW  
<http://www.gov.gg/publichealth>

## Contributorship

Karen Hughes, Ivan Gee, Kat Ford and Phil McHale analysed the survey data. Karen Hughes, Ivan Gee and Kat Ford drafted the report. Yvonne Le Page and Stephen Bridgman planned and implemented the survey and commissioned data input and cleaning. Linda Prickett, Yvonne Le Page and Stephen Bridgman directed data analyses and contributed to and edited draft reports.

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## Foreword

There is very strong evidence that our lifestyles are a major factor in our chances of living a long and healthy life. In Guernsey and Alderney a Healthy Lifestyle Survey has been carried out every five years since 1988. This document reports the results of the Sixth Survey.

### *Methods*

We randomly selected a sample of 2500 households from the Policy Council's Corporate Address file. In October 2013, we sent a postal questionnaire to each household and asked the adult with the next birthday to complete it. For the first time, we included adults over the age of 74, weighted results to reflect the age and gender of Guernsey and Alderney's population, and added new questions on mental well-being (WEMWBS), and on alcohol use (AUDIT). The response rate was 47.9%, 1197 questionnaires were returned.

### *General health*

80% of respondents reported their general health as good or very good. The mean mental well-being score was similar to that recorded in 2010. The proportion of adults rating their health as very good was associated with higher income and younger age. 87% had seen their GP in the last year, 83% had attended a dental check in the last 5 years, 56% had private medical insurance covering GPs, and 38% covering specialist care too.

### *Smoking*

Smoking prevalence was 13.3% (weighted). Prevalence in 2013 was 12.7% compared to 30.4% in 1988 (unweighted data). 26% of people who rented their homes smoked compared to 8% who owned their homes. 25% of people in low income households (less than £20,000 per year) smoked compared to 3% in high income households (more than £100,000 per year). 75% of all current smokers responded that they would like to give up either soon or in the future. 37% of smokers reported being told by a doctor or nurse they had depression at some point in their lives compared to 17% of those who had never smoked.

### *Alcohol and drugs*

90% of adults reported drinking at least occasionally, and over 50% at least twice a week. Adults who abstained increased from 8% in 2008 to 10.4% in 2013 (unweighted data). In the week prior to the survey, 21% of adults binge drunk (consumed more than 6 units for females or 8 units for males on a day). 24.5% of responders were classed as "increasing risk" drinkers, 2% "higher risk" drinkers, and 1% possibly alcohol dependent. Over 80% of higher risk and dependent drinkers responded that they would like to drink less alcohol, compared with just 23% of increasing risk drinkers. 27% of adults living in low income households abstained compared to 6.5% in higher income households. Adults from the lowest income category (less than £10,000 per year) had both the highest level of abstinence (33%), and the highest levels of higher risk drinking (8%) and possible

dependence (2%). 5% of adults reported using cannabis in the last year, and 2.8% tranquilliser use.

### *Weight, diet and exercise*

52% of adults were classed as overweight or obese from self-reported height and weight. The highest prevalence of overweight and obesity of 74% was in men aged 65-74. Trend data shows that levels of overweight and obesity in men aged 18 to 74 in 2013 were the highest recorded in any survey. Only 30% of adults were neither overweight nor obese, nor smokers, nor an increasing risk drinker or greater. 4% of responders had all 3 risk factors. Obese adults had lower mental well-being than other weight groups. One in five responders ate the recommended 5 or more portions of fruit and vegetables a day. Responders with a low income were more likely to eat less fruit and vegetables. The most frequent reasons for not eating healthy foods were a lack of willpower and that healthy foods were expensive. 30% met the recommended exercise levels of moderate activity five times a week. Low physical activity was associated with overweight and obesity. Higher physical activity was associated with lower stress and greater mental well-being. Lack of leisure time was the most common reason reported for not doing more exercise.

### *Health-related issues*

66% reported no sunburn in 2013 compared to 65% in 2008. 90% said they were able to keep comfortably warm in the winter in at least one room. Cost was the main reason people could not keep warm. 21% regularly volunteered for a charity, and 18% for other types of organisation. Volunteering was associated with better mental health.

### *Conclusions*

Since the last survey smoking prevalence has improved, overweight and obesity prevalence in men worsened, and people who abstain from alcohol improved. The data also show some major inequalities, e.g. a much higher proportion of people on lower incomes or in rented housing smoke, while overweight and obesity was associated with higher incomes. Most of us aspire to a long and healthy life. Lifestyle factors are very important health determinants. Data from this survey shows there is still great room for further improvement.

Dr Stephen Bridgman, Medical Officer of Health, Guernsey, November 2014

## Contents

1. Aims and overview .....	6
2. Methodology .....	7
2.1. Sample design .....	7
2.2. Ethical approval .....	8
2.3. The questionnaire .....	8
2.4. Data input and analysis .....	9
Data analysis .....	10
3. Sample demographics .....	11
4. General health, use of health services and insurance .....	13
4.1. Self-rated health .....	13
4.2. Health conditions .....	14
4.3. Mental wellbeing .....	15
4.4. Stress .....	18
4.5. Health service use, screening and insurance .....	19
5. Smoking .....	21
5.1. Smoking status by participant demographics .....	21
5.2. Trends in smoking .....	23
5.4. Sources of support for people wanting to give up smoking .....	24
6. Alcohol and drug use .....	28
6.1. Frequency of alcohol consumption .....	28
6.2. Trends in frequency of alcohol consumption .....	29
6.3. Quantity of alcohol consumption .....	30
6.4. AUDIT drinking risk .....	31
6.5. Desire to reduce alcohol consumption .....	34
6.6. Attitudes towards alcohol .....	35
6.7. Alcohol and health .....	36
6.8. Drug use .....	37
7. Weight, Diet and Exercise .....	39
7.1. Perceptions of body weight .....	39
7.2. Body mass index (BMI) .....	40
7.3. Weight and health .....	42
7.4. Fruit and vegetable consumption .....	43
7.5. Reasons for not eating healthier foods .....	44
7.6. Physical exercise .....	45

8. Health-related issues .....	49
8.1. Sun protection.....	49
8.2. Sleep.....	51
8.3. Warmth .....	51
8.4. Activities.....	52
8.5. Caring responsibilities .....	53
Bibliography .....	54
Glossary.....	55
Appendix 1: Data Tables .....	56
Chapter 3: Demographics .....	57
Chapter 4: General Health .....	60
Chapter 5: Smoking.....	72
Chapter 6: Alcohol and drug use .....	81
Chapter 7: Weight, diet and exercise .....	92
Chapter 8: Health-related issues .....	106
Table 9: Logistic regression analysis .....	113
Appendix 2: 2013 Guernsey Healthy Lifestyle Survey questionnaire.....	114
Appendix 3: Responses and missing data for questionnaire items.....	137

# 1. Aims and overview

The Health and Social Services Department is responsible for promoting, protecting and improving the health and social well-being of the people of Guernsey and Alderney. To achieve this, regular health surveys are needed to:

- Identify the health needs of the population
- Assess their current level of knowledge, understanding and practice of those factors which contribute to better health
- Measure changes over time
- Evaluate the effectiveness of health promotion programmes and other initiatives
- Review and revise health promotion priorities.

The Guernsey Healthy Lifestyle Survey is an important source of data on health behaviours for the populations of Guernsey and Alderney. The survey is conducted every five years and this 2013 survey is the sixth survey since its initiation in 1988. The aim of the survey is to acquire up-to-date information from a representative sample of the population about their current:

- Health status
- Health-related behaviours
- Knowledge and beliefs on health-related issues
- Use of and access to health services.

In the 2013 Guernsey Healthy Lifestyle Survey, participants were asked a range of questions on key health issues including: food and diet, exercise, sun safety, smoking, alcohol consumption, drug use, sleep, stress, mental wellbeing, general health and use of and access to health services.

For the first time in 2013, the Guernsey Healthy Lifestyle Survey was extended to include adults over the age of 74. Also for the first time, in this report data from the 2013 survey have been weighted to reflect the age and gender of the Guernsey and Alderney population. These changes are part of ongoing work to improve our knowledge of population health and therefore strengthen our ability to support and promote health and wellbeing.

This report presents the findings from the 2013 Guernsey Healthy Lifestyle Survey. It is structured differently to previous reports to try to make the findings more accessible to readers. The report first presents the methodology and sample demographics, and then presents key findings across five major chapters covering: general health, including mental wellbeing (chapter 4), smoking (chapter 5), alcohol and drug use (chapter 6), weight, physical exercise and diet (chapter 7), and health-related issues, including sun protection, sleep, warmth, engagement in social activities and caring responsibilities (chapter 8). Tables providing full data are included in a data appendix organised using the same chapter structure, with each point in the main chapters providing a reference to the relevant table in the data appendix.

## 2. Methodology

### 2.1. Sample design

The 2013 Guernsey Healthy Lifestyle Survey was a cross-sectional postal survey of adults resident in Guernsey, Alderney, Herm and Jethou. The target sample size was 1,250 adults aged 18 years and over. For a total population of 63,000 residents, this would give a precision of +/- 2.7 percentage points at the 95% confidence level, meaning that if 50% of participants reported engaging in a particular health behaviour we could be 95% confident that the actual percentage would be between 47.3% and 52.7%. Presuming a 50% response rate, a random sample of 2,500 households was selected for questionnaire distribution.

The household sample was identified from the States Policy Council's Corporate Address File (containing all addresses in the Bailiwick). Addresses of businesses, guest accommodation (hotels, bed and breakfast, self-catering units), hospitals and nursing and residential homes were removed. Sampling used a random probability approach stratified by island and parish, with the sample size for each area proportionate to its population size based on the States Policy Council's most up-to-date population estimates. Randomisation was undertaken by the Health and Social Services department public health epidemiologist in accordance with best practice.

Questionnaires were distributed to the 2,500 randomly selected homes in October 2013 in envelopes addressed to 'the householder', accompanied by a postage-paid envelop, a free pen and an accompanying leaflet comprising a letter from the Director of Public Health. This included clear instructions that the survey was to be completed by whichever person in the household aged 16 or over had the next (forthcoming) birthday. This self-determined 'next birthday' approach is a simplification of the Kish Method (Kish, 1949) which is a commonly-used approach to within-household respondent selection. It also explained the purpose of the survey, its voluntary and confidential nature, how the data would be used, and provided contact details and useful information on health services (including the Health Promotion Unit, Quitline, Guernsey Alcohol and Drug Abuse Council). The accompanying letter also emphasised that the survey was for residents of Guernsey and Alderney only and should not be completed by holidaymakers.

A formal reminder notice was sent (on 5<sup>th</sup> November 2013) to non-respondents and a total of 1,197 questionnaires were returned, giving a response rate of 47.9%. This is a considerable increase in sample size compared to previous surveys (735 in 2008) and was obtained with a similar response rate (49% in 2008). Previous Guernsey Healthy Lifestyle Surveys were for completion by individuals aged 18 to 74 years only. For the 2013 survey the age range was expanded to include all household members aged 16 and over. However, as only one individual under 18 years of age completed the survey the sample was limited to those aged 18 and over prior to analysis, with the full age range being 18-99 years.



## 2.2. Ethical approval

Ethical approval for undertaking the 2013 Guernsey Healthy Lifestyle Survey was obtained from the Health and Social Services Department of the States of Guernsey on 11<sup>th</sup> July 2013.

## 2.3. The questionnaire

In the Guernsey Healthy Lifestyle Survey participants were asked a range of questions on a series of key health issues including:

- General health and use of/access to health services/health insurance
- Mental wellbeing and stress
- Smoking (cigarettes, pipe and other tobacco products)
- Alcohol and drug use
- Food and diet
- Physical exercise
- Sun safety
- Sleep
- Involvement in social activities

The questionnaire also recorded basic demographic information on participants, including age, relationship status, country of birth, residency, housing status, educational attainment and employment.

Many of the questions asked in the 2013 Guernsey Healthy Lifestyle Survey were repeated from the 2008 survey. However, several questions from 2008 were removed or revised and a range of new questions were added. These changes aimed to ensure that the data collected reflected the current health information needs in Guernsey and also to improve comparability with UK and international survey tools. The full questionnaire from 2013 is provided in Appendix 2 with an appended table indicating which questions were repeated, revised or added since the 2008 survey. Given the changes in questions between survey years, it has only been possible to present trends for questions that were included in both survey years. Importantly, the 2013 questionnaire added a number of validated tools for identifying and measuring health-related issues, including:

### **The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS)**

WEMWBS was developed by Warwick and Edinburgh Universities to provide a mechanism of assessing mental wellbeing in adults.<sup>1</sup> It comprises 14 positively-worded questions such as 'I've been feeling optimistic about the future', 'I've been feeling useful' and 'I've been feeling relaxed' (question 60, see appendix 2). Participants are asked to indicate how frequently they have had these feelings over the last two weeks. Responses are scored (none of the time = 1, rarely =2, some of the time =3, often =4, all of the time =5) and summed to provide an overall WEMWBS score, ranging from 14 (lowest possible mental wellbeing) to 70 (highest possible mental wellbeing). For the purpose of this report,

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<sup>1</sup> See <http://www.healthscotland.com/scotlands-health/population/Measuring-positive-mental-health.aspx>

WEMWBS scores were grouped into three categories of low, moderate and high mental wellbeing, where low/high represent scores of at least one standard deviation (SD) below/above the mean score for the sample (mean 50, SD 9):

Low mental wellbeing:	Scores of 40 or lower
Moderate mental wellbeing:	Scores of 41 to 59
High mental wellbeing:	Scores of 60 or above.

### The Alcohol Use Disorder Identification Tool (AUDIT)

AUDIT was developed by the World Health Organization to support the identification of harmful and hazardous alcohol consumption patterns (Babor et al, 2001). It consists of ten questions measuring the frequency and quantity of alcohol consumption and problems related to alcohol use (questions 33 to 42 in the 2013 Guernsey Healthy Lifestyle Survey, see appendix 2). Answers for each question are scored and then summed to provide an overall score that indicates an individual's risk of harm from alcohol use. Drinking risk is categorised as: lower risk (scores of 0-7), increasing risk (scores of 8-15), higher risk (scores of 16-19) and possible dependence (scores of 20 or more).

The introduction of AUDIT means most questions used to measure alcohol consumption in 2013 were new, with only a small number of questions on alcohol retained or revised from the 2008 survey. Therefore, the ability to measure trends in alcohol consumption over survey years has been limited. The 2008 and previous surveys used a 'drinking style' variable to measure trends, which categorised individuals as: 'abstainers', 'light (infrequent) drinkers', 'light (frequent) drinkers', 'moderate drinkers' and 'heavy drinkers'. However, in the 2008 report it was recognised that this measure was not appropriate for modern drinking patterns as all individuals who drank on less than three days per week were classed as 'light (infrequent)' drinkers – regardless of how much alcohol they consumed when they drank. Thus, individuals who binge drank twice a week would be included in this light (infrequent) category. Given these issues, no attempt has been made in this report to replicate these drinking categories and future surveys will use the improved AUDIT drinking groups for measuring trends.

## 2.4. Data input and analysis

Completed questionnaires were input into a dedicated SPSS database and cleaned for analysis by a commercial data entry company (Allstats of Oxford). The cleaned data file was transferred securely to the Centre for Public Health at Liverpool John Moores University for analysis. Further data checks were undertaken and data were formatted for analysis. All analyses were undertaken using SPSS version 21.

### Data weighting

For the first time in 2013, data from the Guernsey Healthy Lifestyle Survey were weighted to represent the age and gender of the general population. Weighting is a method of correcting for demographic differences between a sample and the population it intends to represent.<sup>2</sup> It aims to reduce bias in estimates produced from a dataset that can be

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<sup>2</sup> See Chapter 6 of United Nations Department of Economic and Social Affairs. *Designing household survey samples: practical guidelines*. New York, 2008.

introduced through non-response or sampling procedures. A comparison between the age and gender of respondents to the 2013 Guernsey Healthy Lifestyle Survey and those of the general population showed that the survey under-represented males and younger adults and over-represented females and older adults (see Table 1, Appendix Table 3.1). Thus, a weighting variable was calculated to adjust the sample for these differences. Each respondent in the dataset was given a 'weight' that can be thought of as the number of people that respondent represents in analyses in order to provide a sample equivalent in gender and age to the general population. Individuals in the under-represented demographic groups have a weight greater than 1 and those in the over-represented demographic groups have a weight of less than 1. The gender and age breakdown of the weighted sample is the same as that of the general population (see Table 1). It was not possible to incorporate measures of socio-economic deprivation in the weighting variable due to a lack of a comparable variable in the survey and general population data. However this is an area for improvement in future iterations of the survey.

The data weighting used in this report has limitations that must be taken into account when interpreting findings. Specifically, the number of 18-24 year olds participating in the survey was extremely small – just 19 females and six males. Thus, 18-24 year olds account for just 2.1% of all survey participants compared with 11.0% of the population of Guernsey aged 18 and over. Consequently, the weighting variable for 18-24 year old males in particular is very high yet prevalence is based on just a few individuals. Thus, all data provided for 18-24 year olds must be treated with extreme caution. Future rounds of the Guernsey Healthy Lifestyle Survey will incorporate specific measures to increase the participation of younger adults to provide a sample that better reflects the overall demographic structure of the population.

### Data analysis

Data were analysed in SPSS version 21. Analyses presented in the report were undertaken using frequencies and cross-tabulations to examine findings by demographic and other factors. For several questions, response categories were condensed to provide group sizes or broader categories more appropriate for analyses. Backward conditional logistic regression was used to identify independent relationships between demographic factors (gender, age, household income, housing status, country of birth and employment status) and key variables (self-rated health, smoking, AUDIT drinking risk, overweight/obesity, low mental wellbeing, lack of physical exercise, low fruit and vegetable consumption) with findings from these models presented in Appendix 1 (Table 9).

Unless otherwise specified, figures, tables and texts throughout the report use weighted data. However, as unweighted data have been used in all previous reports and previous surveys have been limited to 18-74 year olds, comparisons between 2013 findings and those from previous survey years use unweighted data for 18-74 year olds only (n=1,004 participants). Not all participants provided responses to all questions. Weighted and, where relevant, unweighted sample sizes are included in the tables in Appendix 1 and a table identifying missing responses to all questions is provided in Appendix 3. The total weighted sample size was 1,186 and total unweighted sample size was 1,196.

### 3. Sample demographics

- Table 1 presents the gender and age of the 2013 Guernsey Healthy Lifestyle Survey sample compared with that for the general population (age 18+) of Guernsey in 2013. The sample over-represented females and under-represented younger age groups.
- A weighting variable was applied to the data to reflect the age and gender of the general population (see section 2.4). The weighted sample size is also shown in the Table.

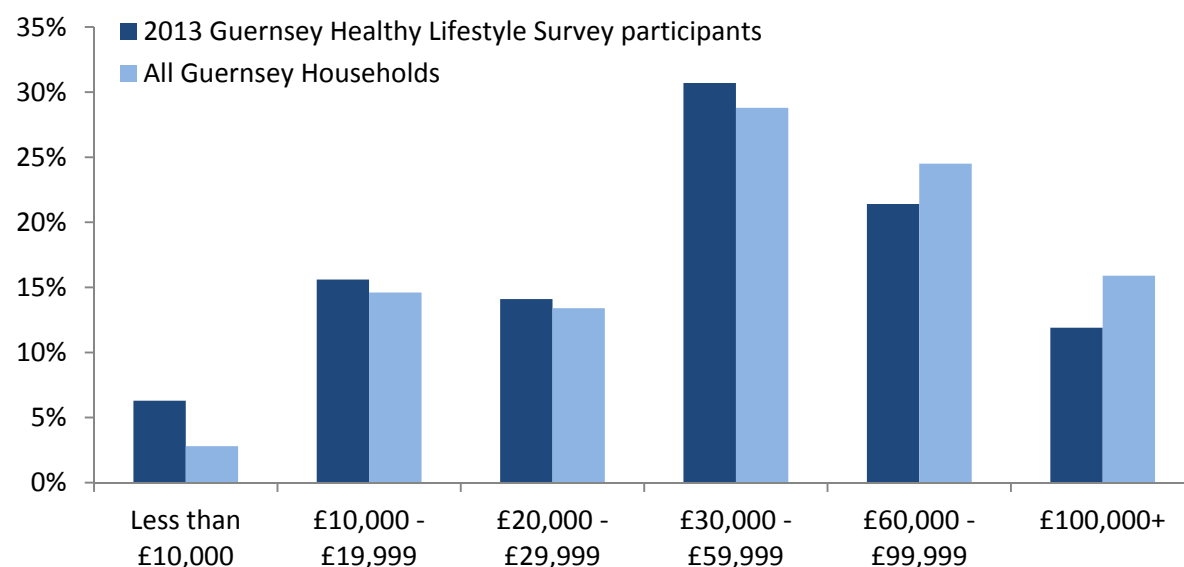
**Table 1: Gender and age of the sample and the general population**

Population* (Age 18+)			Guernsey Health Lifestyle Survey 2013			
Gender			Sample		Weighted sample	
			%	n	%	n
Female	50.9	26125	62.8	746	50.9	604
Male	49.1	25200	37.2	442	49.1	582
<b>Age group</b>						
18-24	11.0	5634	2.1	25	11.0	130
25-34	15.6	8018	8.0	95	15.6	185
35-44	17.0	8715	15.1	179	17.0	201
45-54	19.1	9804	20.6	244	19.1	227
55-64	15.5	7979	19.5	231	15.5	184
65-74	11.5	5896	19.4	230	11.5	136
75+	10.3	5279	15.4	183	10.3	122

\*Data from States of Guernsey Social Security Department

- Figure 3.1 shows the household income of the sample (un-weighted) and that for all Guernsey households. The distribution of household income was generally similar, although the sample slightly over-represented lower income households and under-represented higher income households.

**Figure 3.1: Total household income\*, survey participants and households across Guernsey**



\*Household income data: Income Tax, the Social Security Department and the Housing Department

- Over half (58.0%) of the unweighted sample were married and a further 10.0% were living long-term with a partner but not married. 12.3% were widowed, 8.8% were single, 8.1% were divorced and 2.9% were separated (Table 3.2 [appendix]).
- Most survey respondents were either in work (57.5%, including full-time employment, part-time employment and self-employed) or retired (34.1%). The numbers of participants within other employment categories were low (Table 3.2).
- 28.8% of participants had no formal qualifications, 22.3% had GCSE or O Level qualifications, 18.9% had A Level or GNVQ qualifications and 30.0% had a degree level qualification or higher (Table 3.2).
- Most (78.4%) participants reported owning their own home (either outright, 49.0%; with a mortgage, 28.7%; or through partial ownership, 0.7%), 11.8% rented privately and 4.6% rented their homes from the States Housing Department or Guernsey Housing Associations. The numbers of participants in other accommodation status groups were low (Table 3.2).
- The majority (81.6%) of participants had lived in the States of Guernsey for more than 20 years (Table 3.2).
- Throughout this report, comparisons between findings in 2013 and the 2008 Guernsey Healthy Lifestyle Survey (and previous surveys where possible) have used unweighted data for 18-74 year olds – as the sample from previous years was limited to this age range and weighting was not used. For reference purposes, Table 3.3 shows the demographic breakdowns of the 2008 and 2013 samples for the 18-74 year age group.

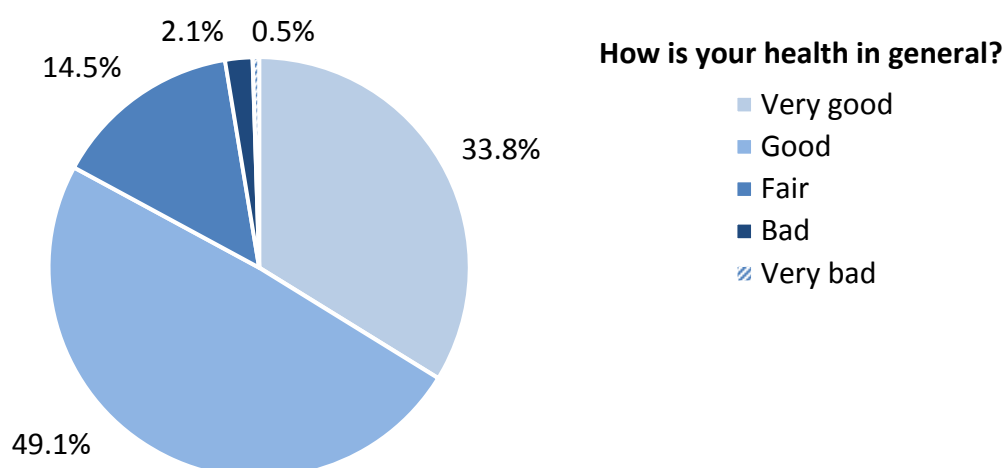
## 4. General health, use of health services and insurance

The 2013 Guernsey Healthy Lifestyle Survey asked participants a range of questions related to their health including: how they rated their health in general, the health conditions they had experienced, their mental wellbeing and stress levels, their use of health services, and whether they had medical insurance (questions 1, 48-49, 52-60). This section presents key findings from these questions with full data tables provided in Appendix 1. Unless otherwise stated, analyses use weighted data (see section 2.4).

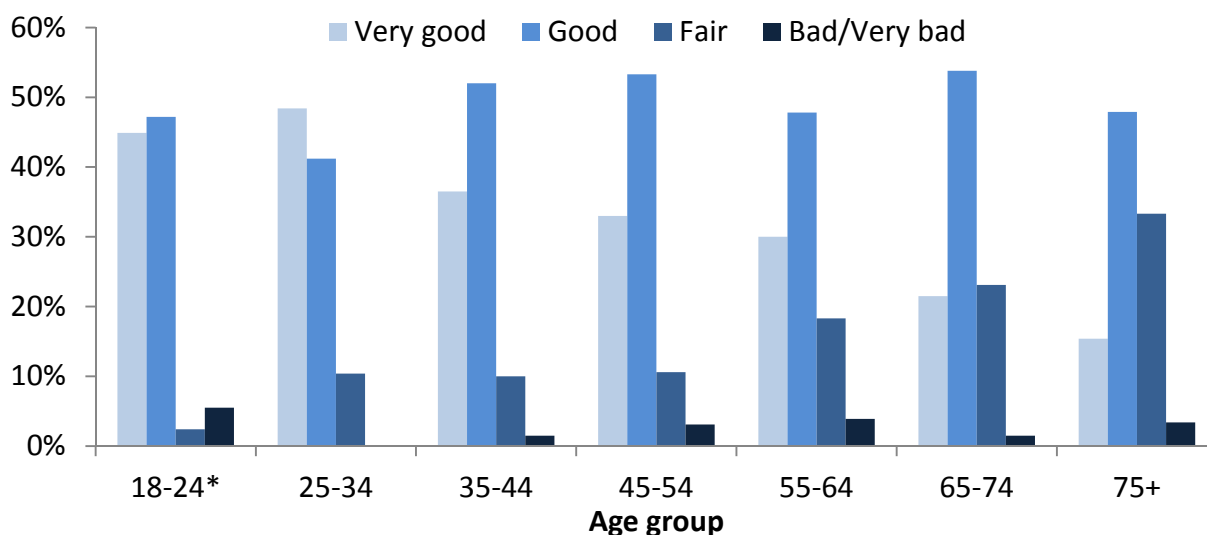
### 4.1. Self-rated health

- Over 80% of adults reported that their health in general was either very good or good (81.3% of females and 84.9% of males) and only 2.6% that it was either bad or very bad (2.9% of females and 2.1% of males) (Figure 4.1, Table 4.1).
- The proportion of adults reporting their health to be very good reduced with age. Figures for 18-24 year olds need to be treated with caution as they are based on a very low sample size (Figure 4.2, Table 4.2).

**Figure 4.1: Self-rated health, all adults**



**Figure 4.2: Self-rated health by age group**



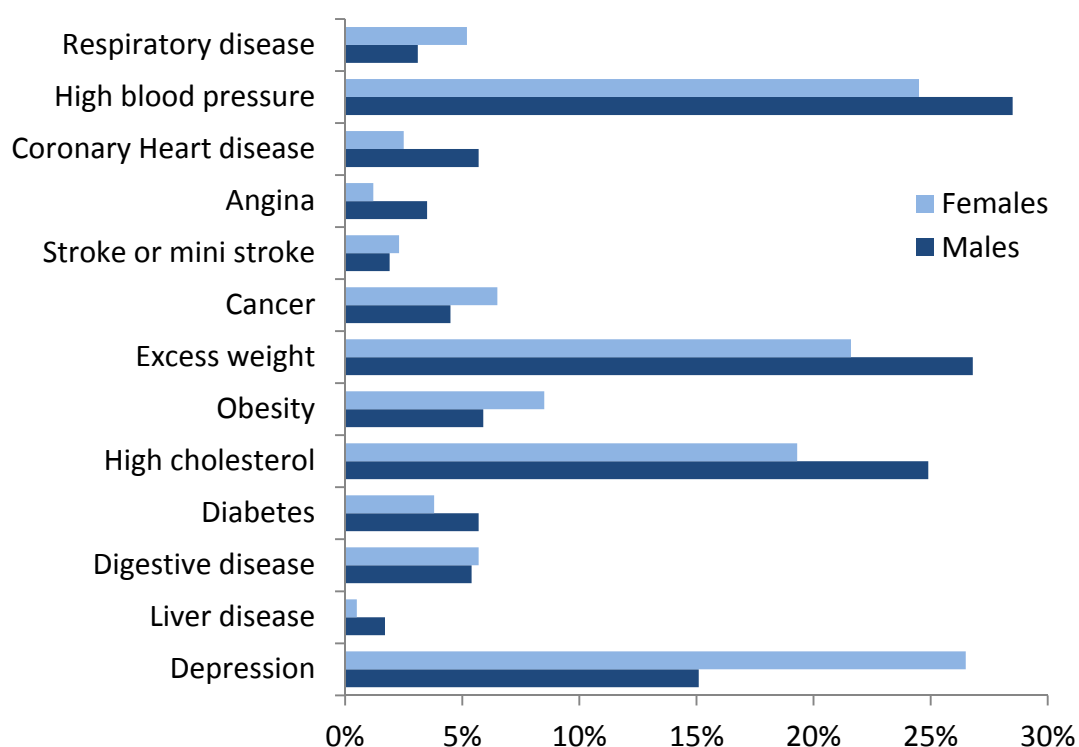
\*The number of 18-24 year olds participating in the survey was very low, see chapter 3

- There was a clear relationship between self-rated health and household income, with the proportion of adults rating their health as very good increasing with income (Table 4.2).
- Participants were asked how much pain or discomfort they had on the day they completed the survey. Over two thirds (69.2%) had no pain or discomfort, 28.4% had moderate pain or discomfort and 2.4% had extreme pain or discomfort (Table 4.3).
- The proportion of adults reporting no pain or discomfort reduced with age, from 86.5% of 18-24 year olds to 52.3% of those aged 75+ (Table 4.4).
- The question on pain and discomfort was also included in the 2008 Guernsey Healthy Lifestyle Survey. Comparing findings between the two surveys (using unweighted data for 18-74 year olds only for 2013), the proportions reporting no, moderate and extreme pain on the day of survey remained similar between years (Table 4.5).

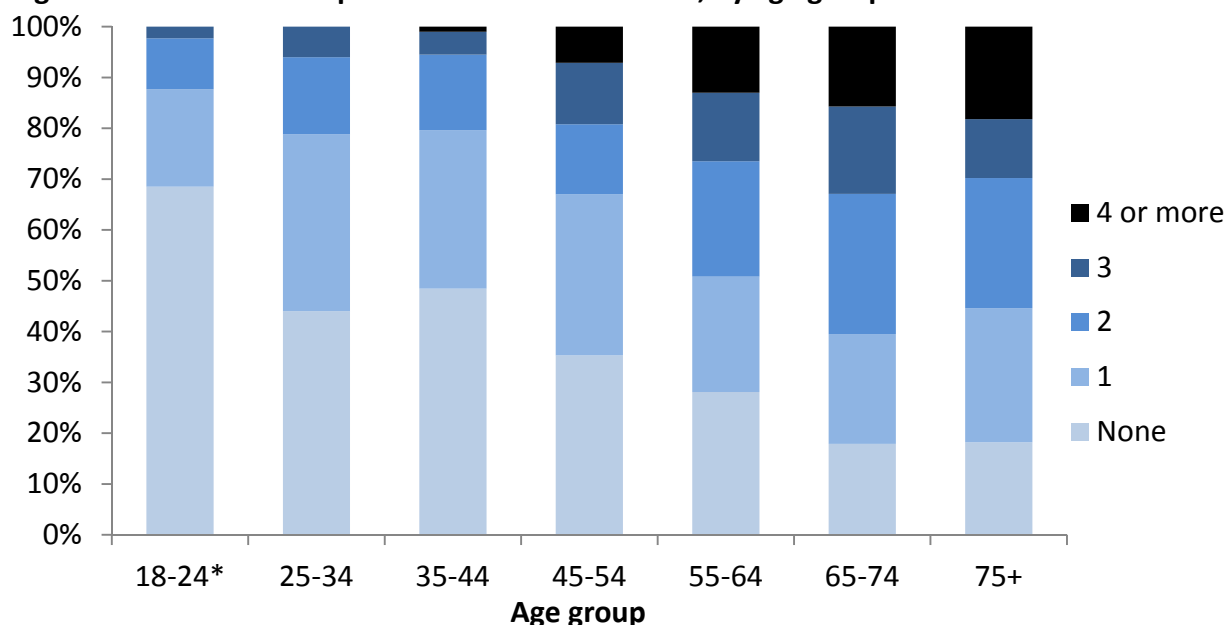
## 4.2. Health conditions

- Participants were asked to indicate if a doctor or nurse had ever told them they had any of a range of different health conditions. The most commonly reported conditions were high blood pressure (26.5%), excess weight (24.2%), high cholesterol (22.1%) and depression (20.9%) (Table 4.6).
- More males than females reported diagnoses of conditions including high blood pressure, excess weight (overweight) and high cholesterol, whilst more females than males reported diagnoses of depression (Figure 4.3, Table 4.6).
- Almost two thirds (62.3%) of adults reported having been told they had at least one of the health conditions shown in Figure 4.3 and 7.2% reported four or more (Table 4.7).
- Older adults had more health conditions than younger adults (Figure 4.4, Table 4.8).

**Figure 4.3: Proportion of adults reporting diagnosis of health conditions, by gender**



**Figure 4.4: Number of reported health conditions\*\*, by age group**

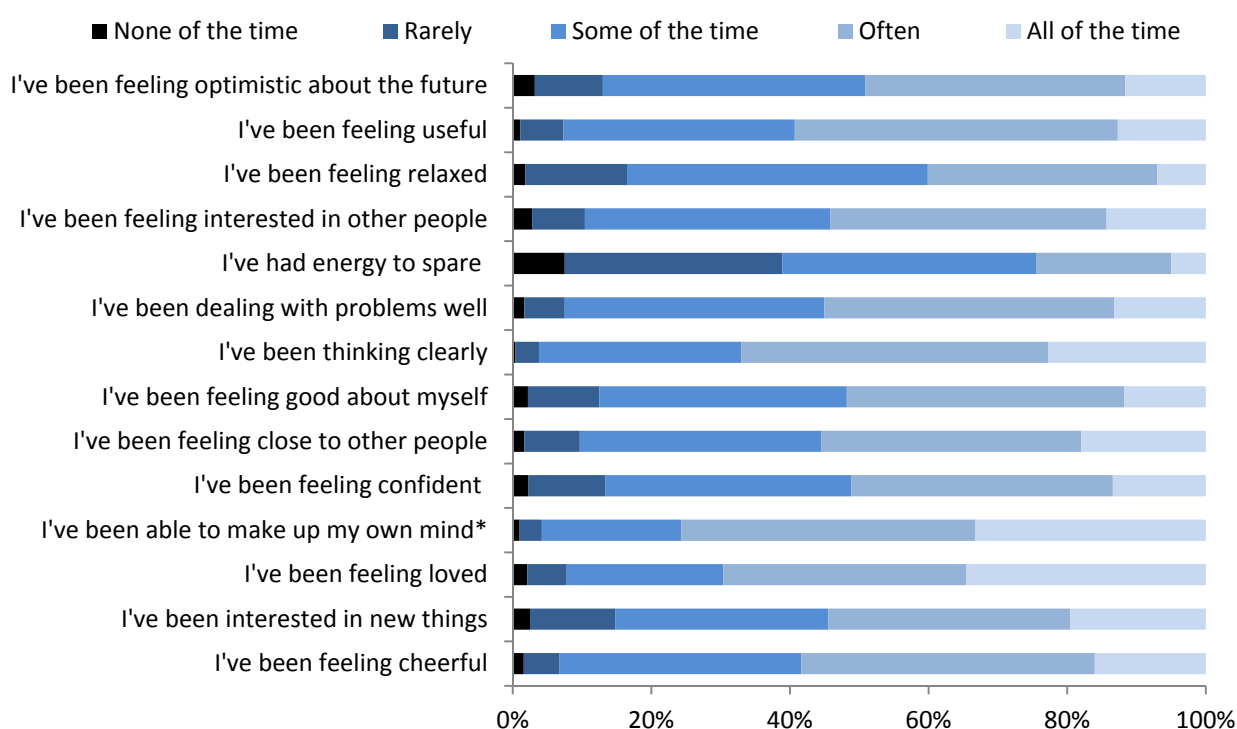


\*The number of 18-24 year olds participating in the survey was very low, see chapter 3. \*\*Includes all conditions shown in Figure 4.3 with excess weight and obesity included as one condition only. Over 90% of adults that had been told they were obese had also been told they had excess weight.

### 4.3. Mental wellbeing

- Mental wellbeing was measured using the Warwick-Edinburgh Mental Well-Being Scale (WEMWBS; see section 2.3). This consists of 14 questions on participants' thoughts and feelings over the last two weeks. Figure 4.5 (Table 4.9) shows the 14 questions included in the scale and the proportion of adults giving each response option.

**Figure 4.5: Responses to the 14 WEMWBS items, all adults**



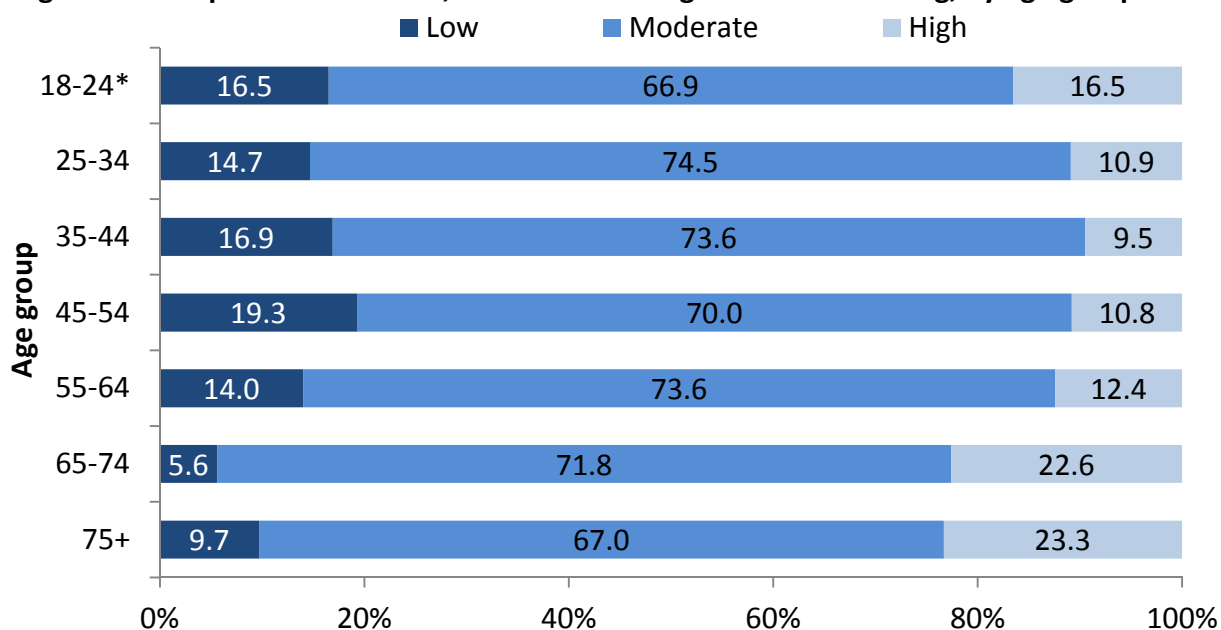
\*about things. Response scores: none of the time=1; rarely=2; some of the time=3; often=4; all of the time=5



- Responses to each WEMWBS question are scored (see Figure 4.6) and summed into an overall WEMWBS score (range 14-70). Across all adults, the mean WEMWBS score was 50.0, with no overall difference between males (49.9) and females (50.0) (Table 4.10).
- WEMWBS scores were grouped into three categories of low, moderate and high mental wellbeing<sup>3</sup>, where low/high mental wellbeing represent scores at least one standard deviation below/above the mean for the sample:
 

Low mental wellbeing:	Scores of 40 or lower
Moderate mental wellbeing:	Scores of 41 to 59
High mental wellbeing:	Scores of 60 or above
- Older adults were more likely to be in the high mental wellbeing category than younger adults (Figure 4.6, Table 4.11).
- 23.7% of adults living in low income households (<£20,000 per year) had low mental wellbeing compared with 12.1% of those in higher income households (Table 4.12).
- The proportion of adults with low mental wellbeing was higher among those living in States Housing Department or Guernsey Housing Associations rental properties than those with other living arrangements (although numbers were low; Table 4.13).
- Prevalence of high mental wellbeing was higher among retired adults (20.7%) than those in other employment groups. While the number of adults who were sick or disabled and unable to work was low, 59.1% of these adults had low mental wellbeing (Table 4.14).
- Just 5.0% of those who rated their health as very good were in the low mental wellbeing category, compared with 51.7% of those who rated their health as bad/very bad (Figure 4.7, Table 4.15).

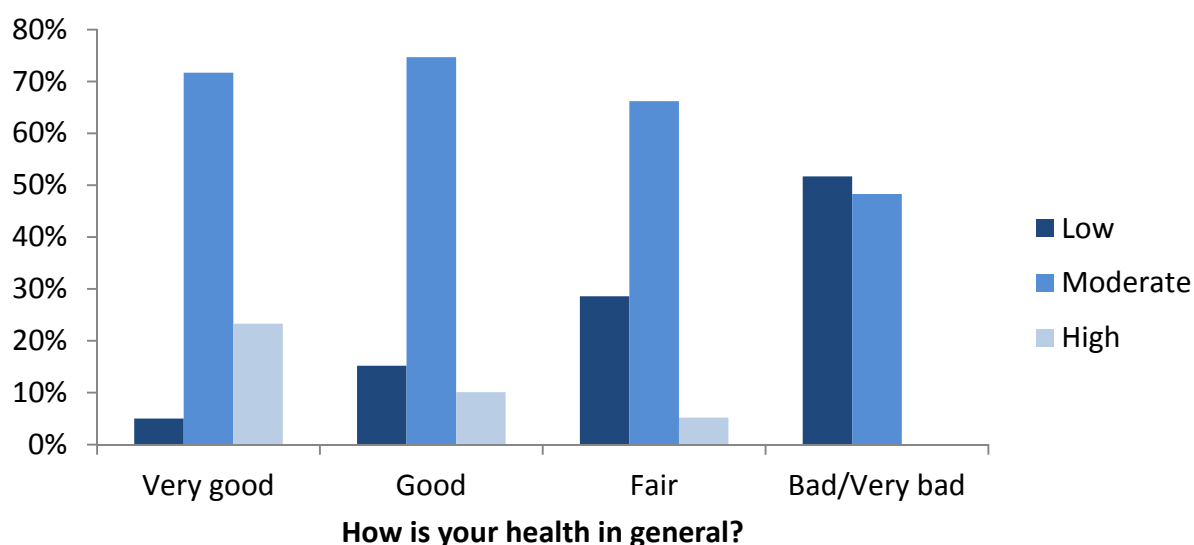
**Figure 4.6: Proportions with low, moderate and high mental wellbeing, by age group**



\*The number of 18-24 year olds participating in the survey was very low, see chapter 3

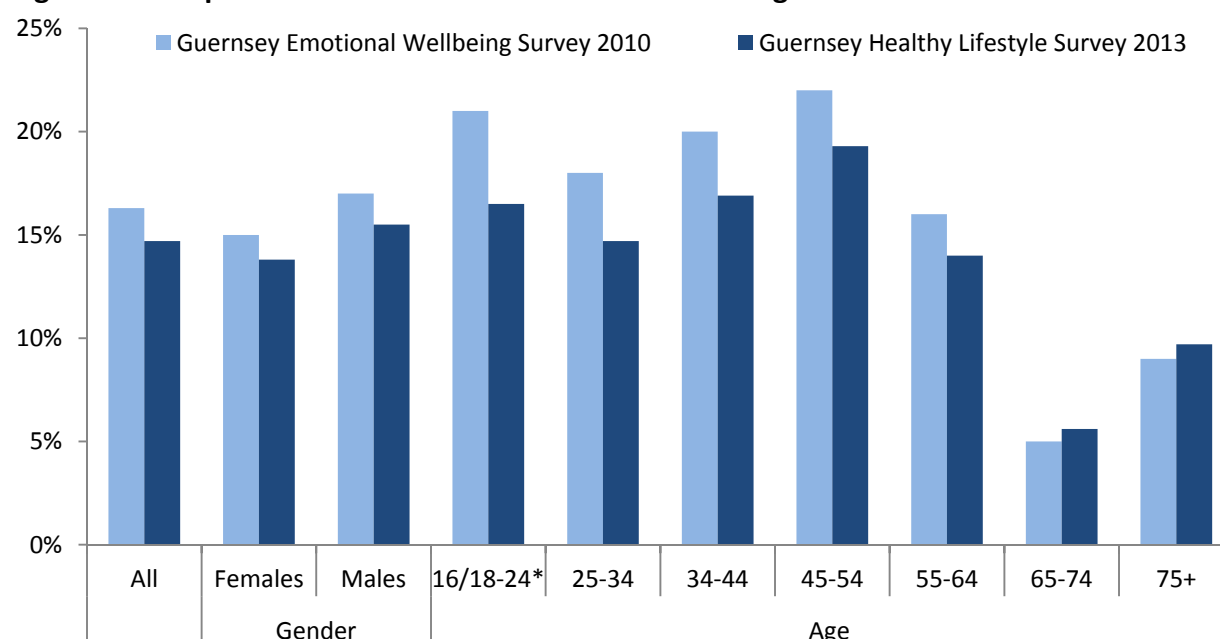
<sup>3</sup> 98 respondents did not answer at least one of the 14 WEMWBS questions. For those not answering 1 or 2 questions, missing data were imputed based on the mean score for other questions - 32 cases were allocated a WEMWBS score using this method. No data were imputed for those missing three or more responses.

**Figure 4.7: Proportion with low, moderate and high mental wellbeing, by self-rated health**



- WEMWBS was also used in the 2010 Guernsey Emotional Wellbeing Survey. This reported similar mean mental wellbeing scores to those identified in the 2013 Guernsey Healthy Lifestyle Survey (overall mean, 50.5 in 2010, 50.0 in 2013) (Table 4.16).
- Similar relationships between mental wellbeing and age were found in both surveys, with older adults having higher mental wellbeing than younger adults. There were some variations in mean scores by gender and age group between years, although the small numbers within categories mean findings should be treated with caution (Table 4.17).
- Figure 4.8 shows the proportion of respondents categorised as having low mental wellbeing (scores of 40 or below) in both surveys. Compared with 2010, in 2013 slightly lower proportions of males and females and slightly higher proportions of older participants were in the low mental wellbeing category (Table 4.18).

**Figure 4.8: Proportion of adults with low mental wellbeing in 2010 and 2013**

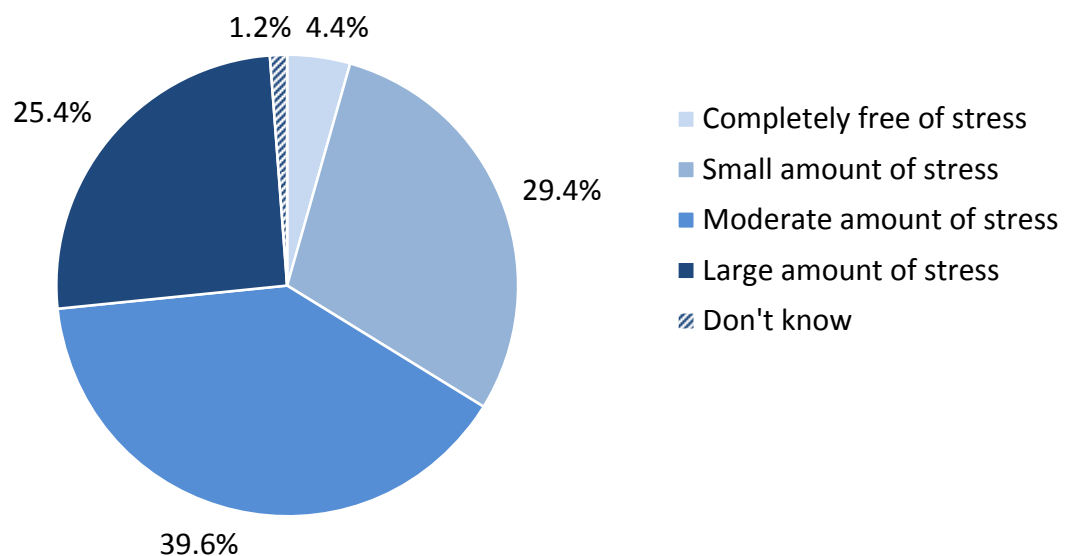


\*16-24 in 2010, 18-24 in 2013. The number of 18-24 year olds participating in the survey in 2013 was very low, see chapter 3. Low mental wellbeing = WEMWBS scores of 40 or below.

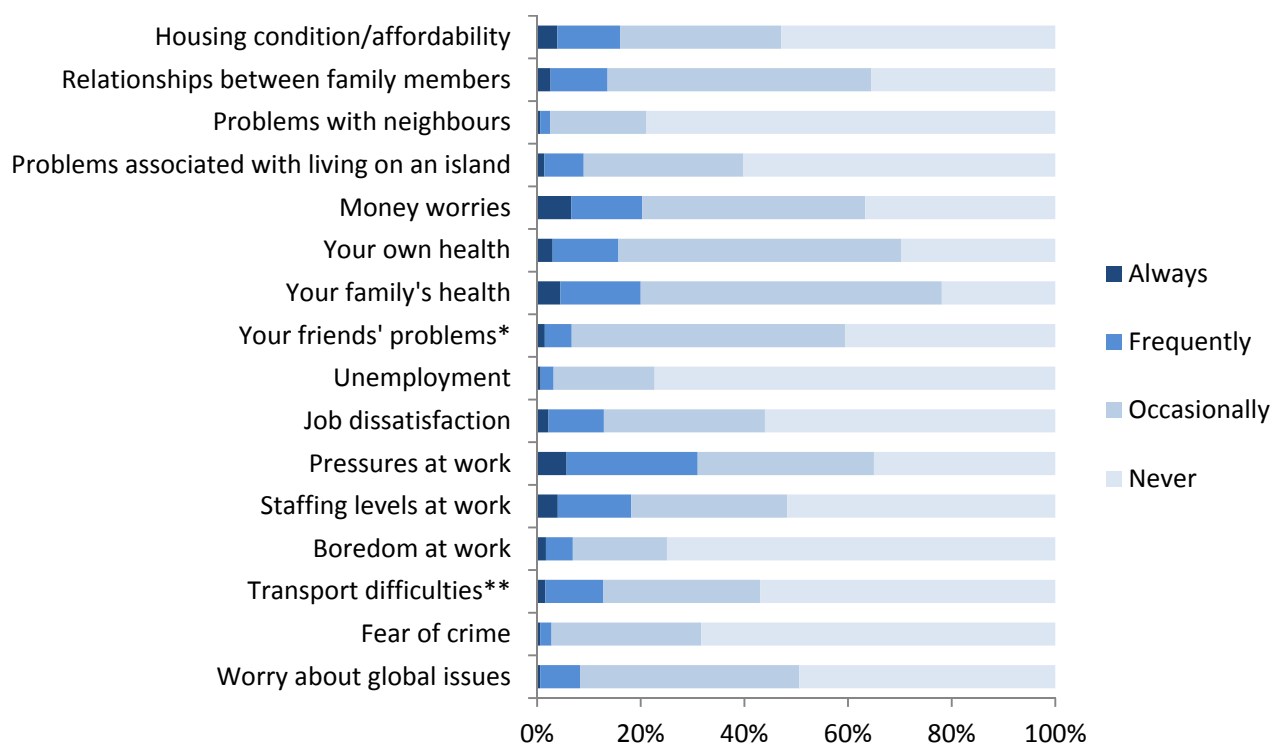
## 4.4. Stress

- Participants were asked how much stress or pressure they had experienced in the last 12 months. Only 4.4% reported being completely free of stress or pressure (Figure 4.9) while a quarter (25.4%) reported having experienced a large amount. There was little variation in reported stress by gender (Table 4.19).
- Older adults tended to report less stress than those in younger age groups (Table 4.20).
- Participants were also asked how frequently various issues caused them anxiety or stress. The most commonly identified issues were family and personal health, pressures at work, family relationships and money worries (Figure 4.10, Table 4.21).

**Figure 4.9: Amount of stress or pressure experienced in the last 12 months, all adults**



**Figure 4.10: Frequency with which various issues cause anxiety or stress, all adults**



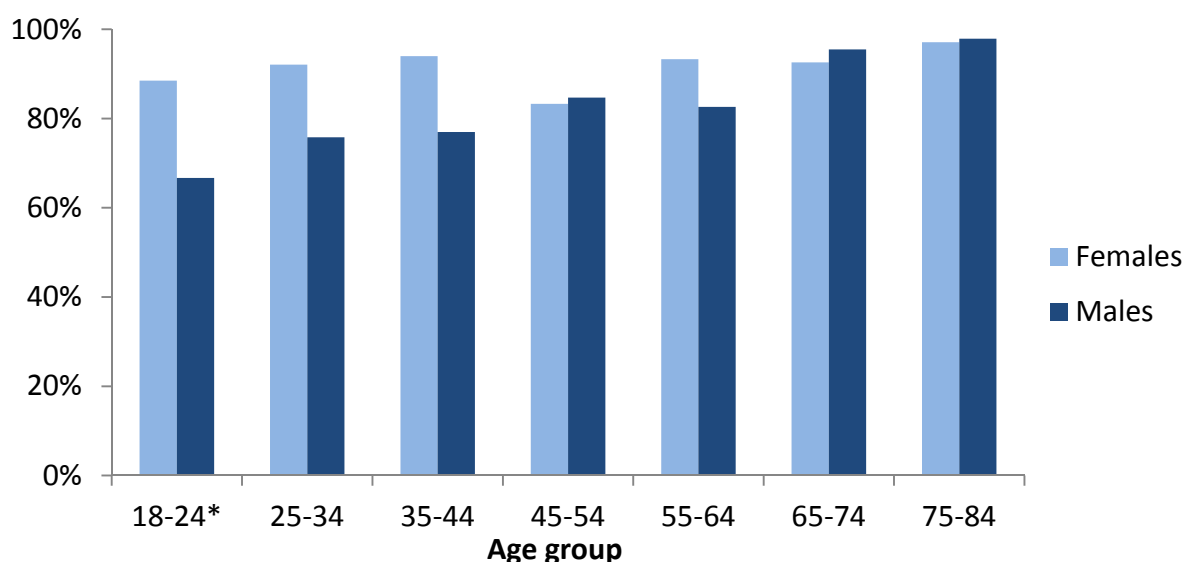
\*Including health problems; \*\*e.g. trouble finding parking, traffic jams

- Both questions on stress were also included in the 2008 Guernsey Healthy Lifestyle Survey. Comparing unweighted data for 18-74 year olds from 2013 to data from 2008, no change was seen in levels of stress between survey years (Table 4.22).
- Small variations were seen in the proportions of adults identifying certain factors as causes of stress and anxiety (e.g. job dissatisfaction, 16.0% in 2008, 11.8% in 2013; housing,<sup>4</sup> 8.0% in 2008, 13.2% in 2013) (Table 4.23).

#### 4.5. Health service use, screening and insurance

- 86.5% of all adults reported having visited their GP within the last year. Females were more likely to have visited their GP than males (91.4% compared with 81.7%) (Table 4.24).
- The proportion of males that had visited their GP in the last year increased with age (Figure 4.11, Table 4.25).

**Figure 4.11: Proportion that had visited their GP within the last year, by gender and age**



\*The number of 18-24 year olds participating in the survey was very low, see chapter 3

- 82.9% of adults had attended a dental check in the last five years (Table 4.26). Among those that had not, 39.7% reported that this was because the cost was too high and 38.6% that they didn't feel they needed it (Table 4.27).
- 39.1% of adults had attended Chest and Heart Unit screening in the last five years and 33.8% said they had attended colorectal (bowel cancer) screening<sup>5</sup> (Table 4.26). For both services, the main reasons for not attending were not receiving an invitation and not feeling the test was needed (Table 4.27).
- 84.7% of females aged 18-64 had attended cervical smear testing in the last five years (Table 4.26). Of those that had not attended, the main reasons for this were that they

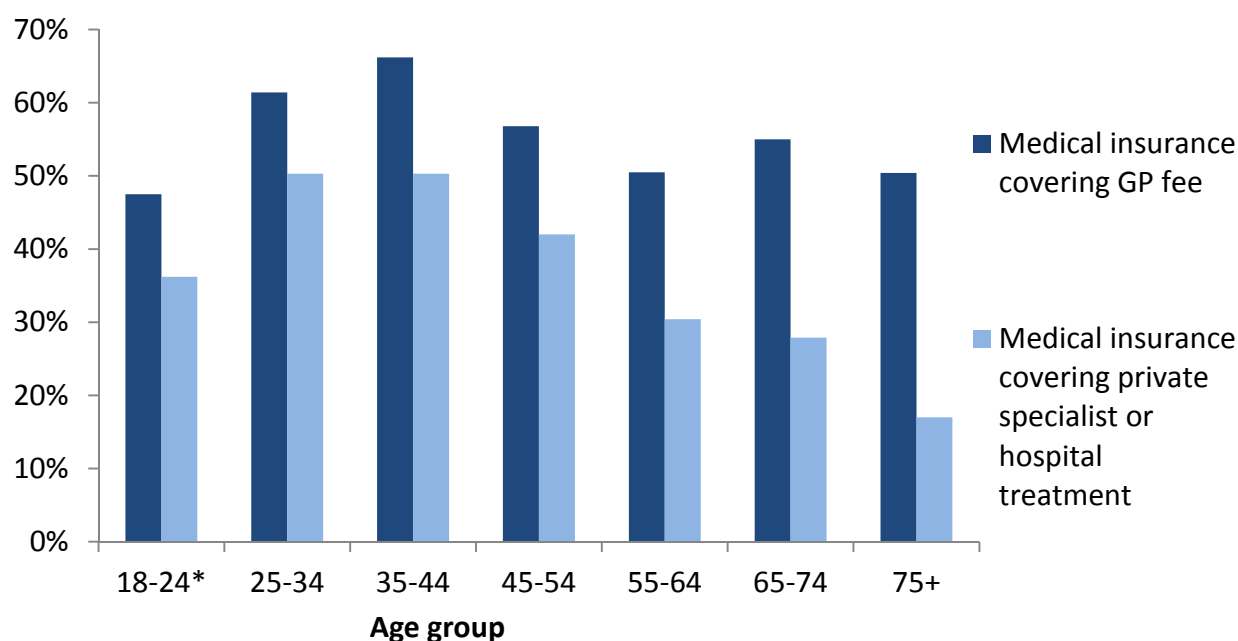
<sup>4</sup> In 2008 the response option was 'housing' whereas in 2013 it was revised to 'housing condition/affordability'

<sup>5</sup> A pilot colorectal (bowel cancer) screening programme was introduced in the last quarter of 2012, targeted at 60 year olds. Analysis was limited those aged 55-64 only.

had not received an invitation (28.4%), were too embarrassed (15.3%), did not feel they needed it (15.2%), and it was too painful/uncomfortable (9.8%) (Table 4.27).

- 83.4% of females aged 50 and over had attended breast mammography (breast cancer screening) in the last five years (Table 4.26). The main reasons for not attending were not receiving an invite (41.6%) and not feeling the service was needed (39.2%) (Table 4.27).
- Over half (56.3%) of all adults reported having medical insurance that would cover the fee for a GP (Table 4.28). The proportion with such medical insurance was highest in the 35-44 year age group (66.2%) (Figure 4.12, Table 4.29).
- Of those that had medical insurance that covered GP fees, 69.2% reported that this was from a commercial insurer and 28.6% that it was from a local mutual insurer (Table 4.28).
- 16.4% of those that did not have, or did not know if they had, such insurance said they had been prevented from going to the doctor when they or their child needed to in the last year because they could not afford the fee (Table 4.28).
- Just over a third (38.3%) of adults reported having medical insurance that would cover the cost of private specialist or hospital treatment (Table 4.30). Older adults were less likely than younger adults to have such insurance (Figure 4.12, Table 4.29).
- 64.2% of those with medical insurance that covered private specialist or hospital treatment reported that this was paid for by their own or a family member's employer, and 35.2% that it was paid for personally or by a partner or relative (Table 4.30).

**Figure 4.12: Proportion of adults with medical insurance, by insurance type**



\*The number of 18-24 year olds participating in the survey was very low, see chapter 3

## 5. Smoking

The Guernsey Healthy Lifestyle Survey included a range of questions on smoking behaviours and attitudes, including whether smokers would like to give up, sources of support that individuals thought would be useful in helping people give up smoking and concern around secondhand smoke (questions 21-31). Key findings from these questions are presented in this section, with data tables included in Appendix 1. Unless otherwise specified, analyses use weighted data.

### 5.1. Smoking status by participant demographics

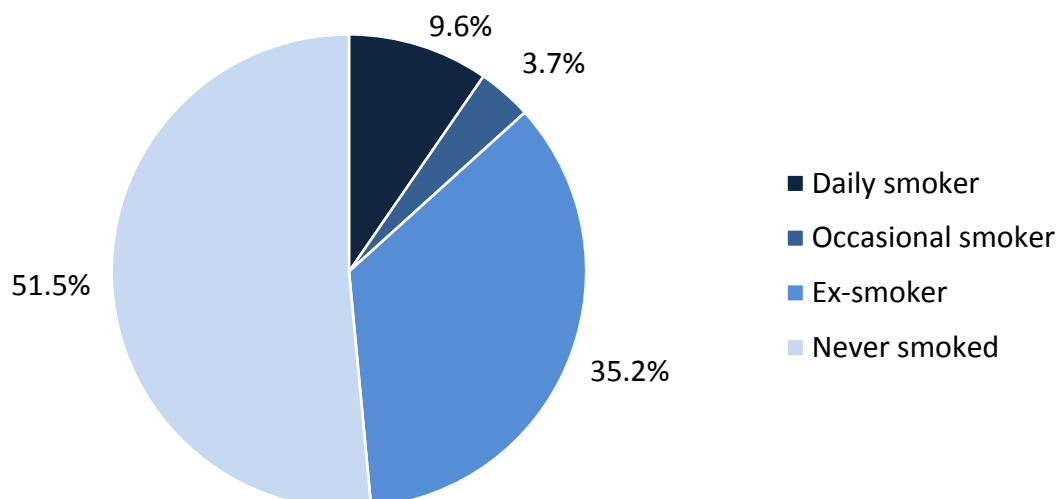
Participants were provided with eight options for identifying their current smoking status. For the purpose of analysis, these options were categorised into three groups:

Never smoked:	I have never smoked
Ex-smoker:	I used to smoke occasionally but do not smoke at all now
	I used to smoke daily but do not smoke at all now
	I use electronic cigarettes occasionally but do not smoke
	I use electronic cigarettes daily but do not smoke
Current smoker:	I smoke occasionally but not every day
	I smoke daily
	I use electronic cigarettes AND smoke

While the survey did not ask whether individuals who used electronic cigarettes but do not smoke had smoked in the past, available evidence (Pepper et al, 2013) shows that the vast majority of adult e-cigarette users are ex-smokers. Therefore the small number of individuals (n=6) reporting e-cigarette use but not smoking have been categorised as ex-smokers.

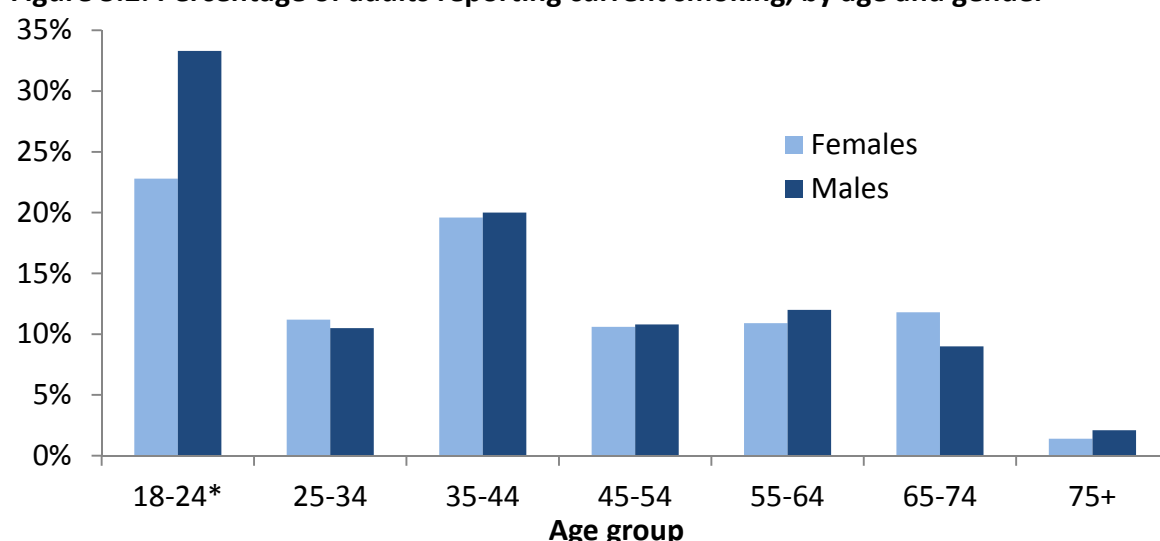
- 51.5% of all adults were never smokers, 35.2% were ex-smokers and 13.3% were current smokers (of which 9.6% were daily smokers; Figure 5.1, Table 5.1).

**Figure 5.1: Self-reported smoking status**



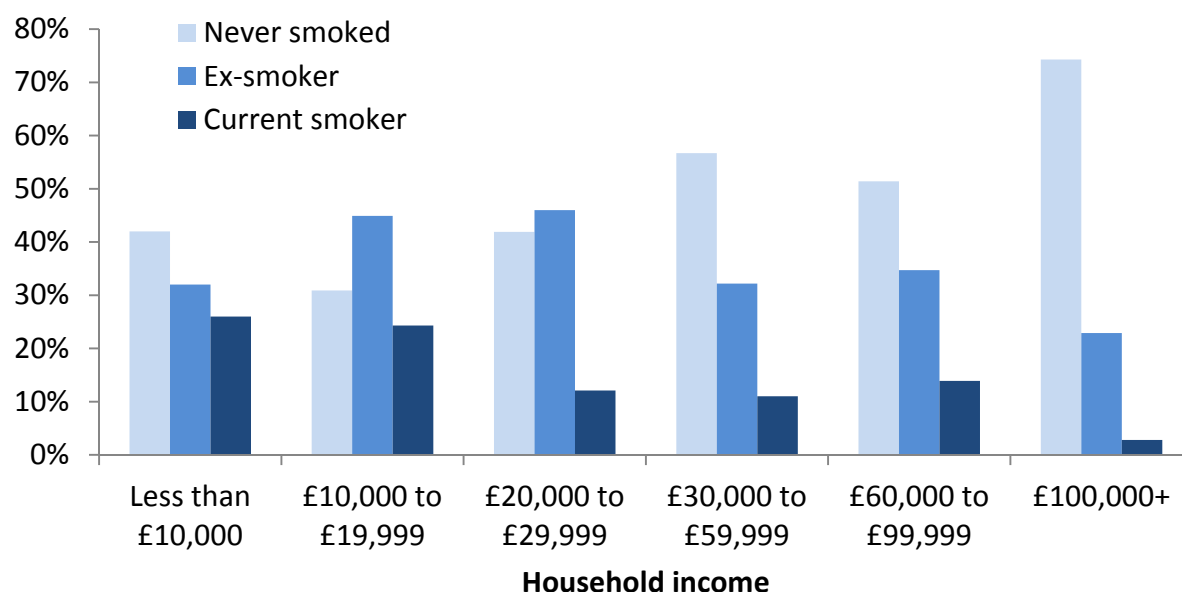
- The overall prevalence of current smoking was slightly higher for males (14.2%) than females (12.5%) (Table 5.1).
- For both genders, current smoking varied by age and was highest among 18-24 year olds and 35-44 year olds (Figure 5.2, Table 5.2; ); however the small number of 18-24 year olds participating in the survey means these findings should be treated with caution.
- The proportion of adults that smoked was lower among those that owned their own home (8.4%) than those who rented their home privately (25.4%), through the States Housing Department or Guernsey Housing Association (26.7%), or had other living arrangements (26.7%) (Table 5.3).
- Participants living in higher income households were less likely to be current smokers and more likely to be never smokers than those living in lower income households (Figure 5.3, Table 5.3).

**Figure 5.2: Percentage of adults reporting current smoking, by age and gender**



\*The number of 18-24 year olds participating in the survey was very low, see chapter 3

**Figure 5.3: Percentage reporting being a current smoker, by household income**

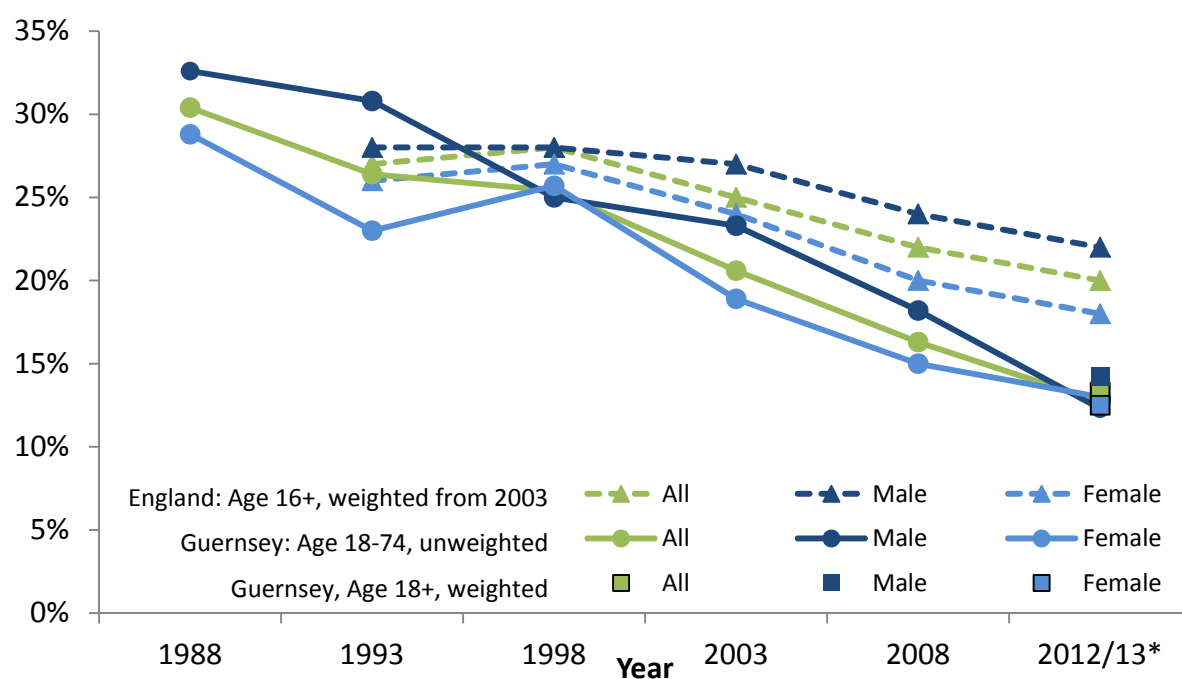


- 15.2% of adults who were born in Guernsey were current smokers, compared with 10.1% of those born in UK, Jersey or the Republic of Ireland and 12.7% of those born elsewhere (Table 5.4).
- Prevalence of current smoking was lower among adults whose educational level was degree-level or higher than among those with lower educational levels (Table 5.5).
- Current smoking was less common in adults who were employed part-time (6.6%) or retired (7.1%) than those in other employment categories. Current smoking was most common in adults who were unemployed and seeking work (22.2%) or sick or disabled and unable to work (54.5%), although numbers in both categories were low (Table 5.6).
- 25.8% of current smokers lived in a household with children under the age of 16.

## 5.2. Trends in smoking

- Comparing unweighted data for 18-74 year olds from the 2013 Guernsey Healthy Lifestyle Survey to that from previous years shows a continued decline in levels of current smoking. Overall, the proportion of adults reporting current smoking fell from 30.4% in 1988 to 12.7% in 2013. This decline was seen in both males and females. (Figure 5.4, Table 5.7)
- Steady reductions in smoking prevalence have also been reported in England. Between 1993 and 2012, the Health Survey for England found that smoking prevalence in 16-74 year olds reduced from 29% to 21% (Table 5.7).
- Figure 5.4 shows trends in smoking prevalence for all individuals aged 16+ in England along with trends in unweighted data for 18-74 year olds in Guernsey and the new weighted prevalence figures for adults aged 18+ in 2013.

**Figure 5.4: Trends in current smoking, Guernsey and England**



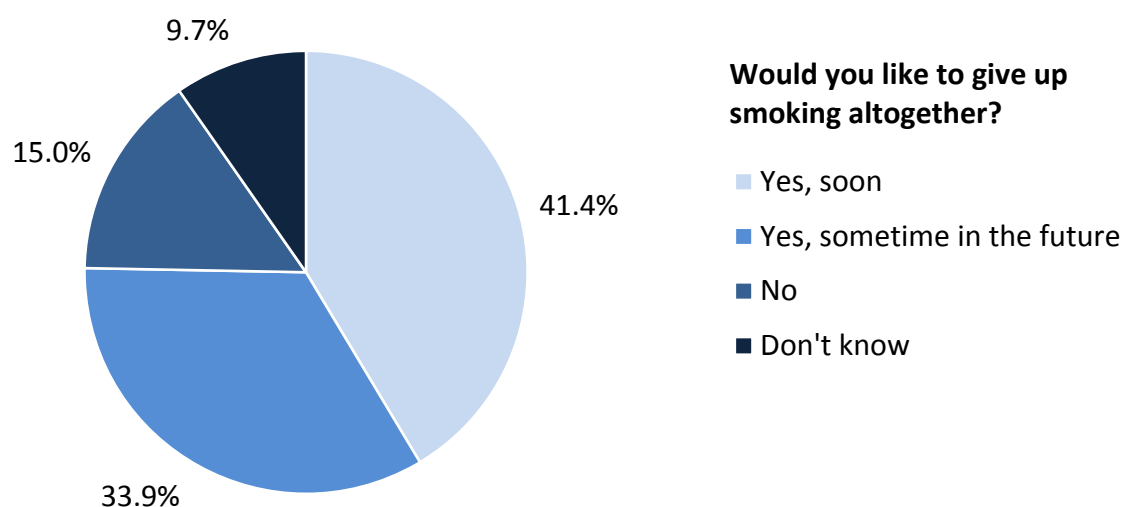
\*2012 for England, 2013 for Guernsey.



### 5.3. Giving up smoking

- Three quarters (75.3%) of all current smokers indicated that they would like to give up, either soon or in the future (Figure 5.5, Table 5.8).
- Older smokers were less likely to want to give up smoking than younger smokers. A third of smokers aged 55-64 years and 45.5% of those aged 65-74 reported that they did not want to give up smoking (Table 5.8).
- Smokers living in low income households (<£20,000 per year) were less likely to want to give up than those living in higher income households (Table 5.8).

**Figure 5.5: Intentions to quit among current smokers**

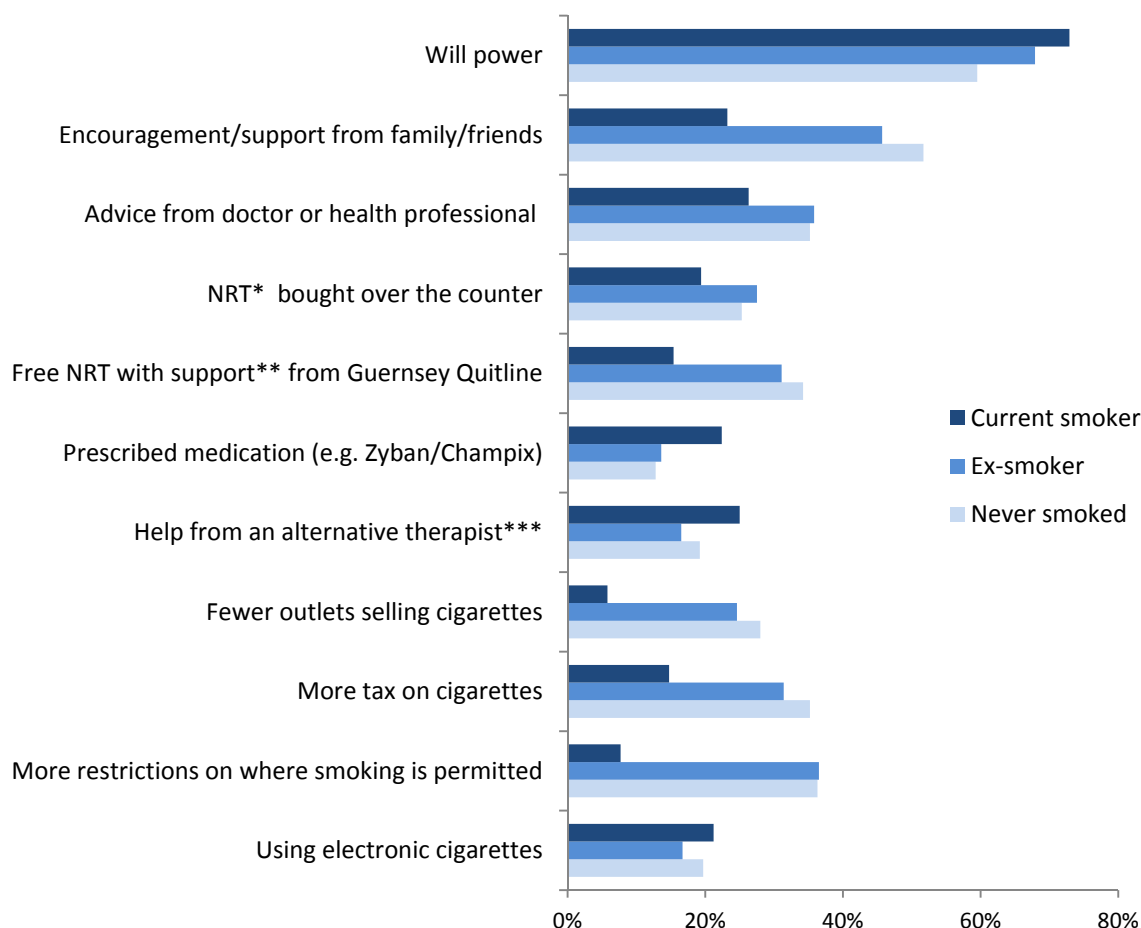


### 5.4. Sources of support for people wanting to give up smoking

- All participants were asked to identify which of a range of sources of support they thought would be helpful to someone wanting to give up smoking. Will power was the most frequently selected response overall (64.0%) followed by support from family and friends (45.4%) (Table 5.9).
- In general, a higher proportion of those in younger age groups than older age groups (Table 5.10) and adults living in higher income households than those living in lower income households identified most options as helpful (Table 5.11).
- Will power was the most commonly selected option for current smokers (72.9%), followed by advice from a doctor or health professional (26.3%) and alternative therapies (e.g. hypnotherapy, acupuncture) (25.0%) (Figure 5.6, Table 5.12).
- Compared with those who had never smoked, a greater proportion of smokers identified alternative therapists and prescribed medications as helpful sources of support. Most other sources were less likely to be selected by smokers than by those who had never smoked (Figure 5.6, Table 5.12).

- Only 1.3% of all adults reported using e-cigarettes although 21.2% of smokers, 16.7% of ex-smokers and 19.7% of those who had never smoked thought they would be helpful in quitting smoking (Figure 5.6, Table 5.12).

**Figure 5.6: Sources of support considered helpful for giving up smoking, by smoking status**

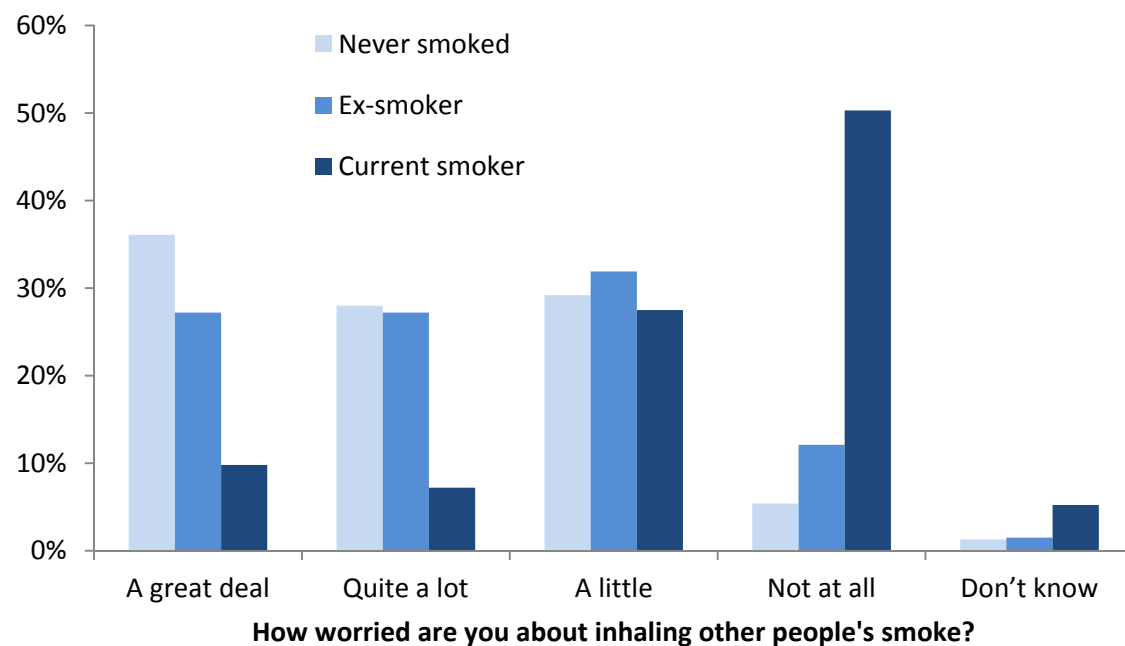


\* Nicotine Replacement Therapy, \*\* one to one or group support, \*\*\* e.g. hypnotherapy, acupuncture

## 5.5. Health beliefs and second-hand smoking

- The vast majority (95.8%) of adults either strongly agreed or agreed that lung cancer is linked to smoking. The proportion that strongly agreed was lower among smokers (69.2%) than ex-smokers (79.8%) and those who had never smoked (86.0%) (Table 5.13).
- Most adults strongly agreed or agreed that smoking in the home (95.4%) and smoking in the car (94.9%) can affect the health of the smoker's family. For both issues, a lower proportion of smokers than those who had never smoked strongly agreed (Table 5.13).
- Over 80% of all participants were concerned at least a little about inhaling other people's smoke (second-hand smoke). However this differed considerably between those who had never smoked and current smokers. Over half (50.3%) of current smokers were not at all concerned about second-hand smoke compared with 5.4% of those who had never smoked and 12.1% of ex-smokers (Figure 5.7, Table 5.14).

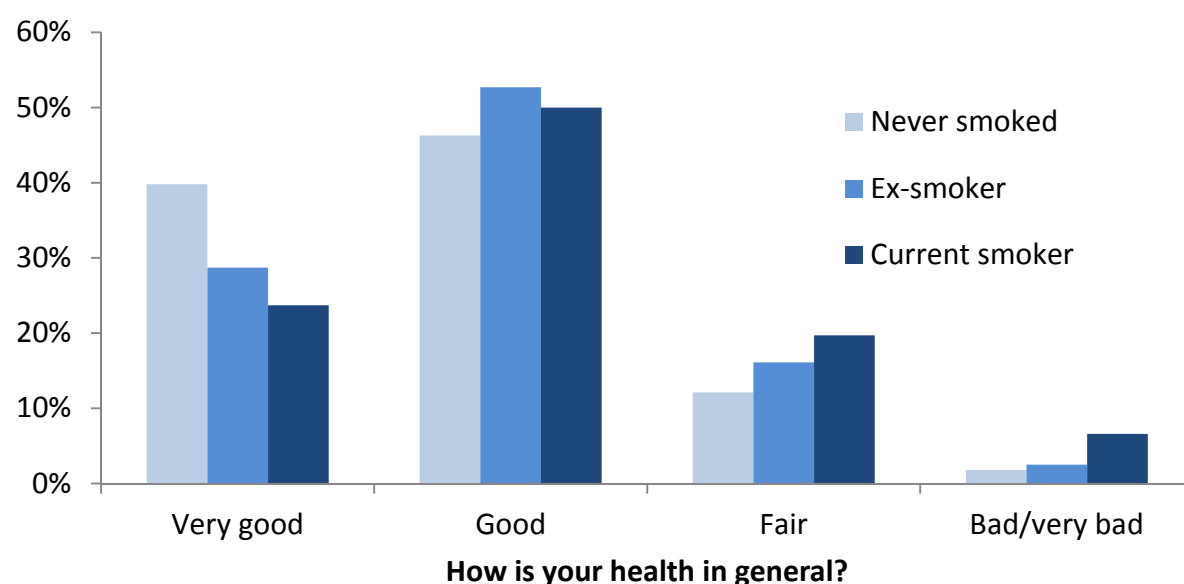
**Figure 5.7: Level of concern about second-hand smoke, by smoking status**



## 5.6. Smoking and health

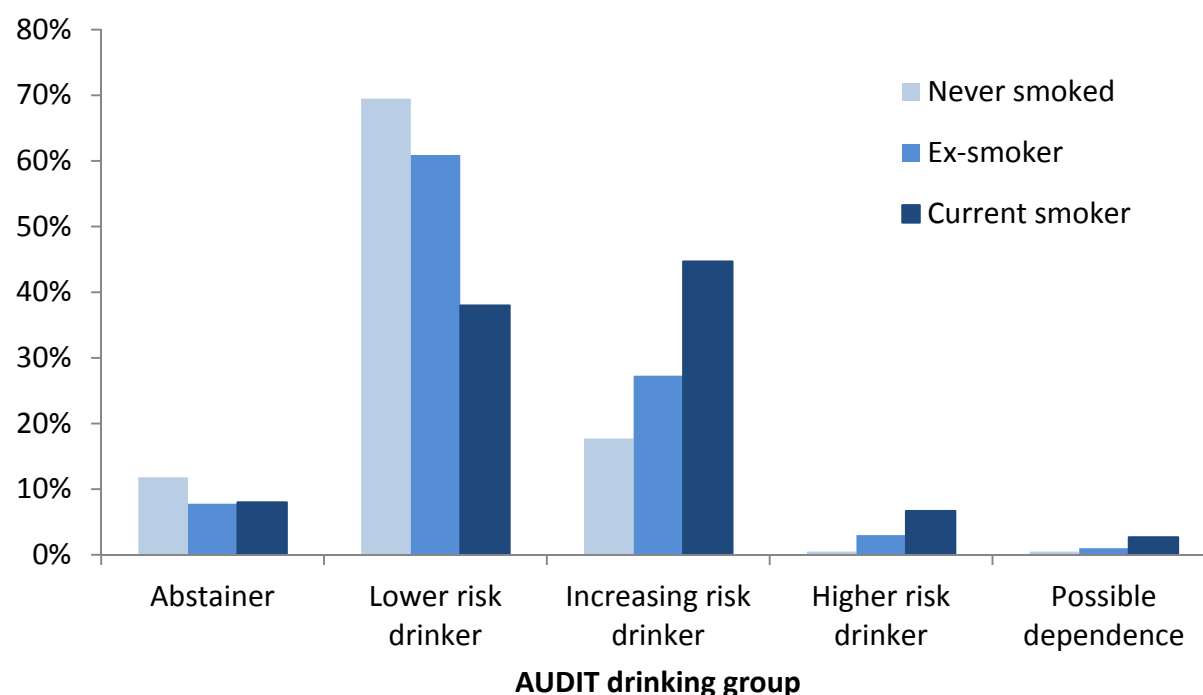
- Current smokers tended to have lower self-rated health than those who had never smoked or ex-smokers. Under a quarter (23.7%) of current smokers rated their health as very good compared with 28.7% of ex-smokers and 39.8% of those who had never smoked (Figure 5.8, Table 5.15).
- Smokers tended to report higher levels of stress than those who had never smoked and ex-smokers. Almost a third (31.8%) of current smokers reported having experienced a large amount of stress in the last 12 months compared with a quarter of ex-smokers (26.0%) and those who had never smoked (23.3%) (Table 5.16).
- Smokers also had lower levels of mental wellbeing than both those who had never smoked and ex-smokers. Only 5.2% of current smokers were in the high mental wellbeing category compared with around 15% of both those who had never smoked and ex-smokers (Table 5.17).
- Over a third (36.8%) of current smokers reported having been told by a doctor or nurse that they had depression at some point in their lives compared with 20.0% of ex-smokers and 17.3% of those who had never smoked (Table 5.18).
- For many other health conditions, ex-smokers reported the highest lifetime prevalence (Table 5.18).

**Figure 5.8: Self-rated health by smoking status**



- Based on self-reported height and weight, a lower proportion of current smokers were classed as obese (12.4%; body mass index (BMI) of 30+; see section 7.2) than those who had never smoked (17.5%) and ex-smokers (22.0%) (Table 5.19).
- Current smokers were more likely than those who had never smoked to report harmful drinking behaviours. Using the Alcohol Use Disorders Identification Test (AUDIT; see section 6.3), over half (54.1%) of current smokers were categorised as being above the 'lower risk drinking' level compared with 31.3% of ex-smokers and 18.7% of those who had never smoked (Figure 5.9, Table 5.20).

**Figure 5.9: AUDIT drinking group by smoking status**



\*Alcohol Use Disorders Identification Test, see Section 6.3

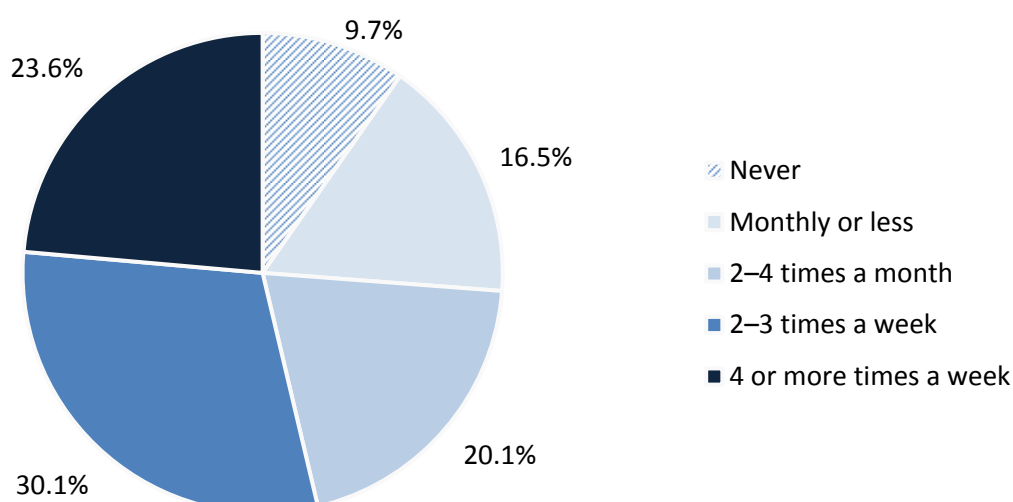
## 6. Alcohol and drug use

The Guernsey Healthy Lifestyle Survey asked participants a range of questions on their alcohol use including: how much alcohol they had consumed on each day in the past week; whether they would like to reduce their level of drinking; and how much they agreed or disagreed with various statements on alcohol (questions 32-45). For the first time in 2013, the questionnaire also incorporated the Alcohol Use Disorders Identification Test (AUDIT; see section 6.3). This consists of ten questions on participants' frequency and quantity of alcohol consumption and harms they have experienced from alcohol and scores responses into an overall measure of drinking risk. This chapter presents findings from all questions, using AUDIT drinking groups to present demographic differences in drinking risk. Unless specified, all analyses use weighted data to reflect the age and gender of the population of Guernsey.

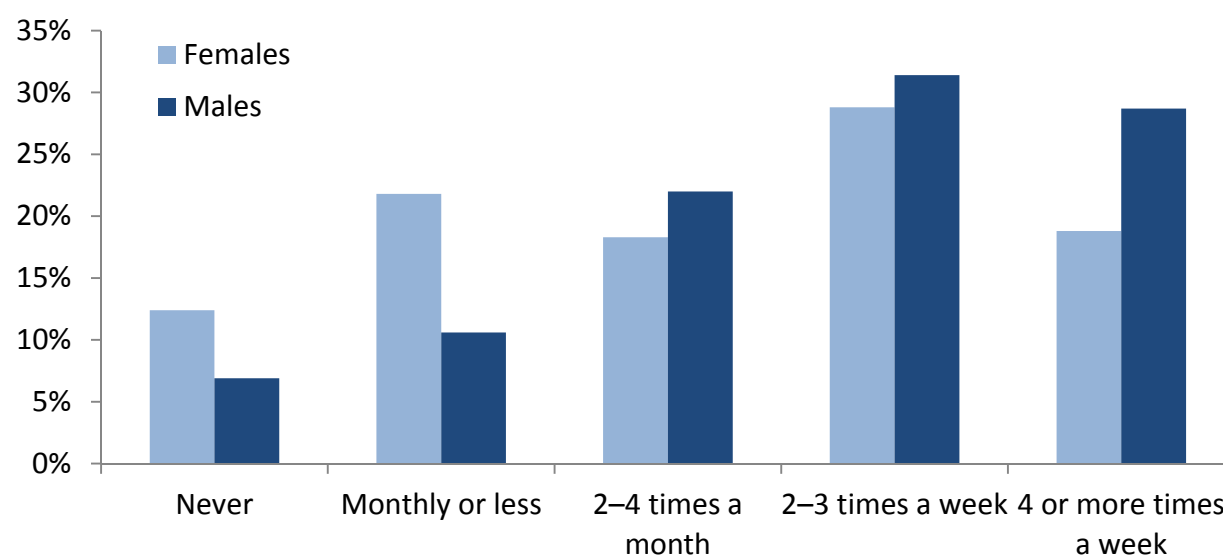
### 6.1. Frequency of alcohol consumption

- Most (90.3%) adults reported drinking alcohol at least occasionally, with over half (53.8%) drinking at least twice a week (Figure 6.1).
- Males tended to drink more frequently than females. Over a quarter (28.7%) of males reported drinking four or more times per week compared with under a fifth (18.8%) of females (Figure 6.2, Table 6.1).
- Older adults were more likely than younger adults to report never drinking alcohol (Figure 6.3, Table 6.1).
- However, older adults were also more likely than younger adults to report drinking alcohol on four or more days per week. Over a third of all adults in the 55-64 and 65-74 age groups reported drinking on four or more days per week (Figure 6.3, Table 6.1).

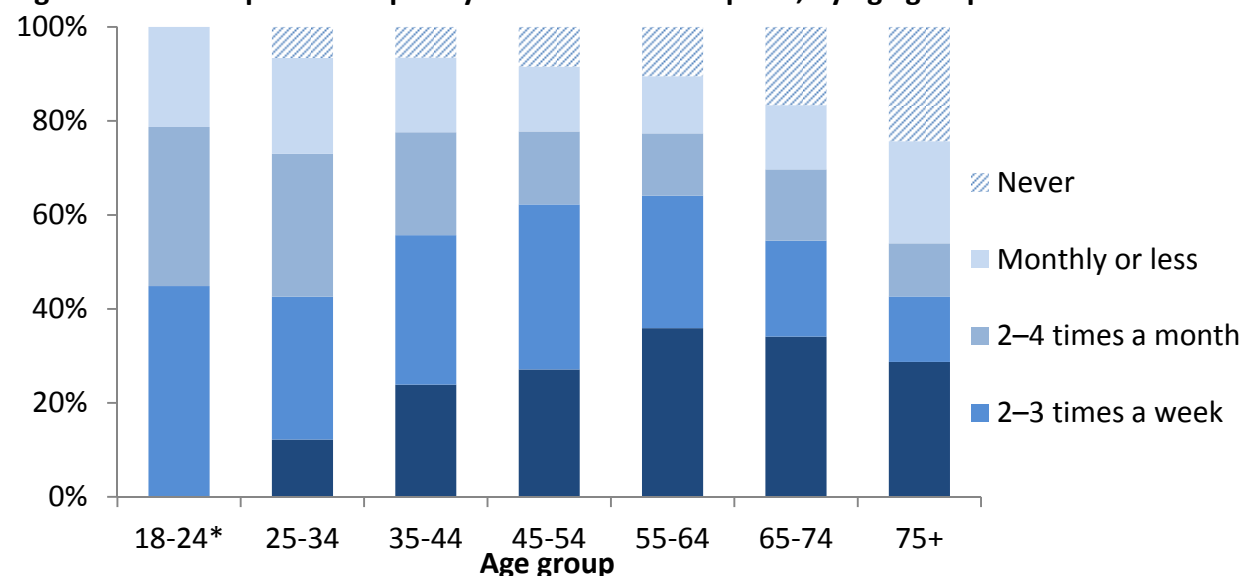
**Figure 6.1: Self-reported frequency of alcohol consumption**



**Figure 6.2: Self-reported frequency of alcohol consumption, by gender**



**Figure 6.3: Self-reported frequency of alcohol consumption, by age group**

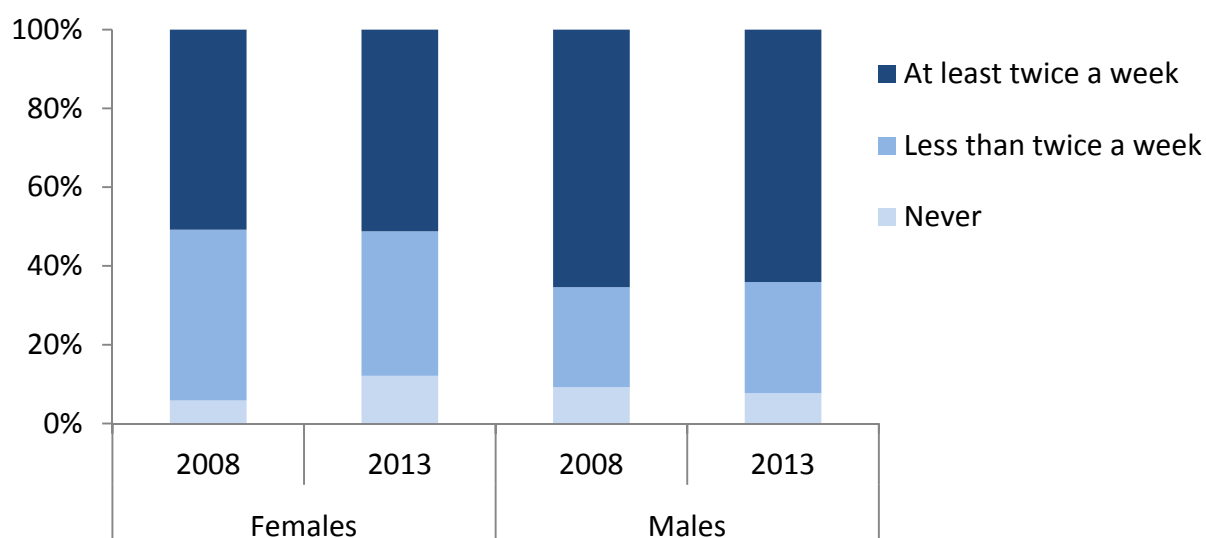


\*The number of 18-24 year olds participating in the survey was low, see chapter 3

## 6.2. Trends in frequency of alcohol consumption

- With the introduction of AUDIT in 2013 (see section 6.3), the question used to measure frequency of alcohol use changed from that used in 2008. However, both questions allowed the identification of abstainers (those who never drink) and those drinking on at least two days per week.
- Using unweighted data for 18-74 year olds from 2013 for comparison with 2008, the proportion of adults who were abstainers was seen to have increased from 8% in 2008 to 10.4% in 2013. The proportion drinking at least twice a week increased for females (from 48.7% in 2008 to 51.2% in 2013) yet reduced for males (68.0% in 2008 to 64.1% in 2013) (Table 6.2), meaning the overall proportions were similar (56.4% and 56.0% in 2008 and 2013 respectively).

**Figure 6.4: Trends in self-reported frequency of alcohol consumption, by survey year**



### 6.3. Quantity of alcohol consumption

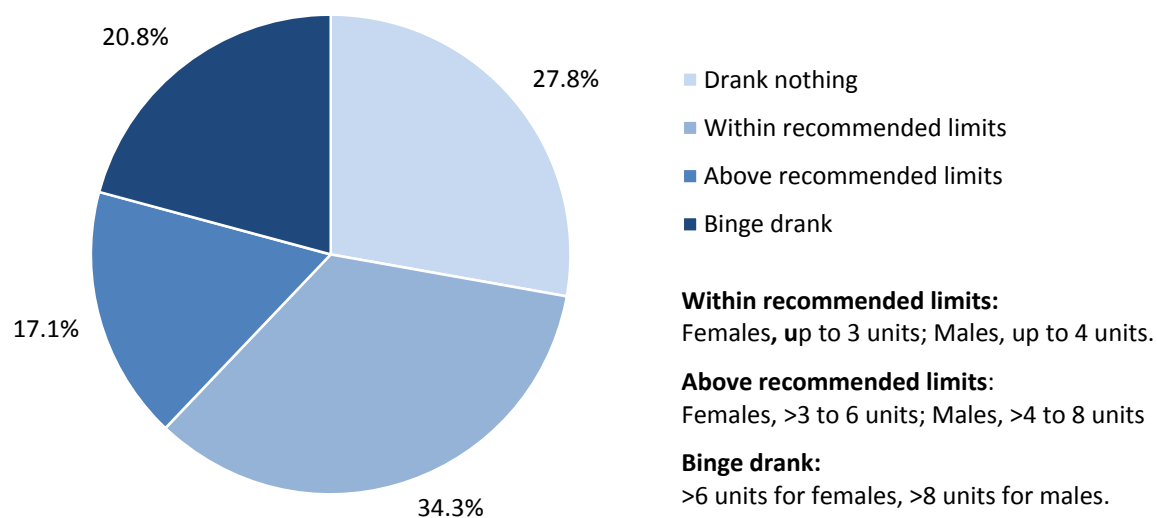
UK national guidance on alcohol consumption currently recommends that males should not regularly exceed four units of alcohol per day and females should not regularly exceed three units<sup>6</sup> (see also Bridgman, 2009). Drinking more than double these recommended maximums (i.e. over 6 units for females and over 8 for males) is commonly defined as binge drinking (NHS Choices).

- Participants were asked how many units of alcohol they had consumed on each day in the last week.<sup>7</sup> Around a quarter (27.8%) of all adults reported drinking nothing that week. A third (34.2%) drank within the recommended daily limits (up to 3 units for females and 4 units for males) on their heaviest drinking day and 37.9% drank above the recommended daily limits (Figure 6.5, Table 6.3).
- One in five (20.8%) adults reported binge drinking (drinking more than 6 units for females and 8 units for males) in the previous week (Figure 6.5, Table 6.3). This equates to 28.9% of all those that drank alcohol in the previous week.
- Males were more likely to have consumed more than the recommended daily limits on at least one day and to have binged than females (Table 6.3).
- Alcohol consumption on the heaviest drinking day in the last week was also collected through the 2012 Health Survey for England (all adults age 16+). A comparison between the two surveys suggested that a greater proportion of adults in Guernsey reported drinking in the previous week and a greater proportion of males in Guernsey (but not females) drank above recommended limits (Figure 6.6, Table 6.4).
- In both Guernsey and England drinking nothing in the last week and drinking within recommended limits was more common in older adults, while binge drinking was more common among younger adults (Table 6.4).

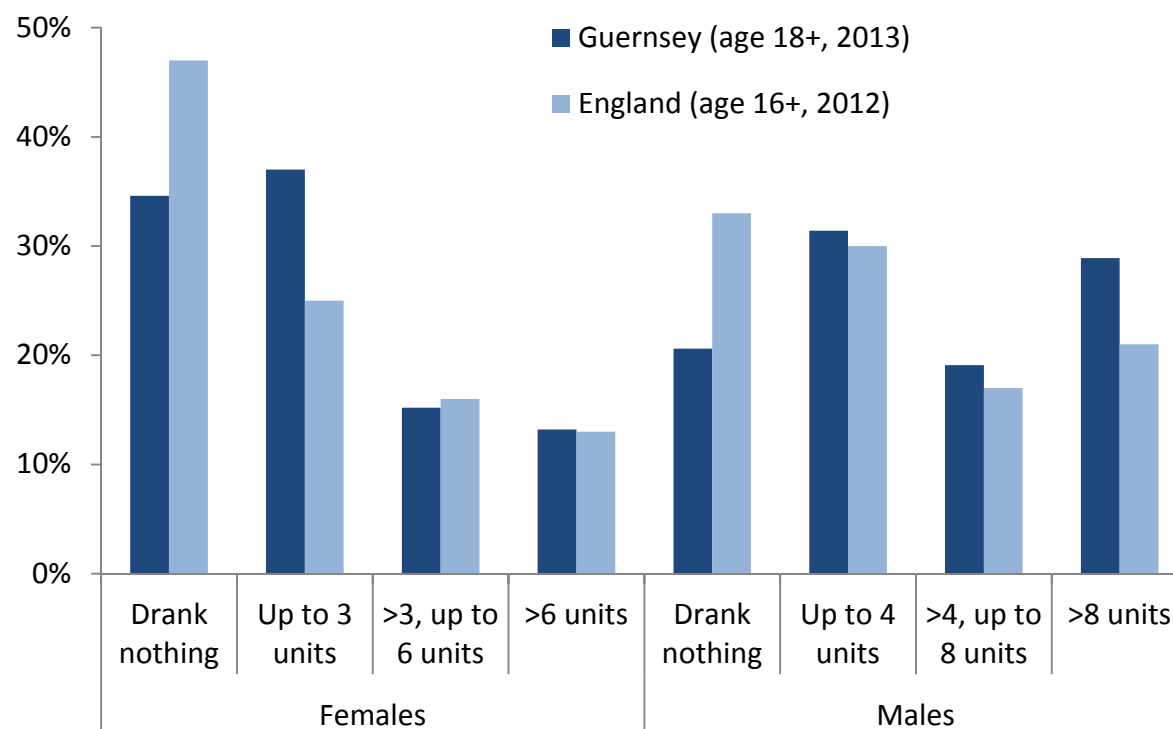
<sup>6</sup> Department of Health, Sensible drinking: report of an inter-departmental working group. London: Department of Health, 1995. A unit is 8mg of pure alcohol.

<sup>7</sup> A visual aid showing the number of units in different drink types was provided (see Appendix 2).

**Figure 6.5: Alcohol consumption on the heaviest drinking day in the last week, all adults**



**Figure 6.6: Alcohol consumption on the heaviest drinking day in the last week by gender, Guernsey Healthy Lifestyle Survey and Health Survey for England**



## 6.4. AUDIT drinking risk

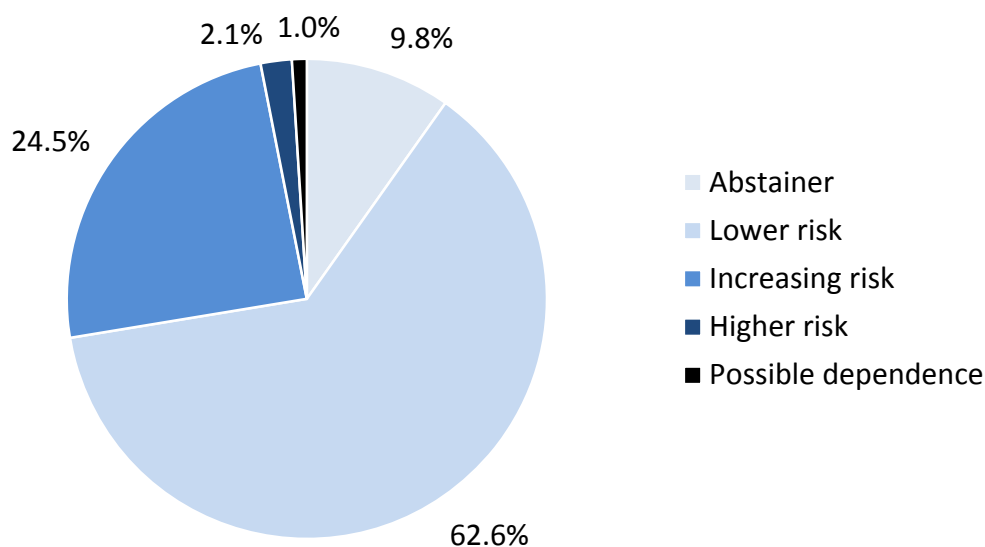
This section presents findings from the AUDIT (Alcohol Use Disorders Identification Test) tool, which was introduced to the Guernsey Healthy Lifestyle Survey in 2013. AUDIT was developed by the World Health Organization as a screening tool to support the identification of harmful and hazardous alcohol consumption patterns in health settings (Babor et al, 2001). It consists of ten questions measuring frequency and quantity of alcohol consumption and problems related with alcohol use (questions 33 to 42 in the Guernsey



Healthy Lifestyle Survey, see Appendix 1). Answers for each question are scored and then summed to provide an overall score that indicates an individual's risk of harm from alcohol use. Drinking risk is categorised as: lower risk (scores of 0-7), increasing risk (scores of 8-15), higher risk (scores of 16-19) and possible dependence (scores of 20 or more).<sup>8</sup>

- Almost two thirds (62.6%) of all adults were categorized as lower risk drinkers, a quarter (24.5%) as increasing risk, 2.1% as higher risk and 1.0% as possible dependence (Figure 6.7, Table 6.5). Thus the sample sizes for higher risk and possible dependent drinkers were very low (unweighted n=19 and 13 respectively)
- Males were more likely to be increasing risk drinkers (32.3%) than females (17.0%), although the proportions of males and females in the higher risk and possible dependence categories were similar (Table 6.5).

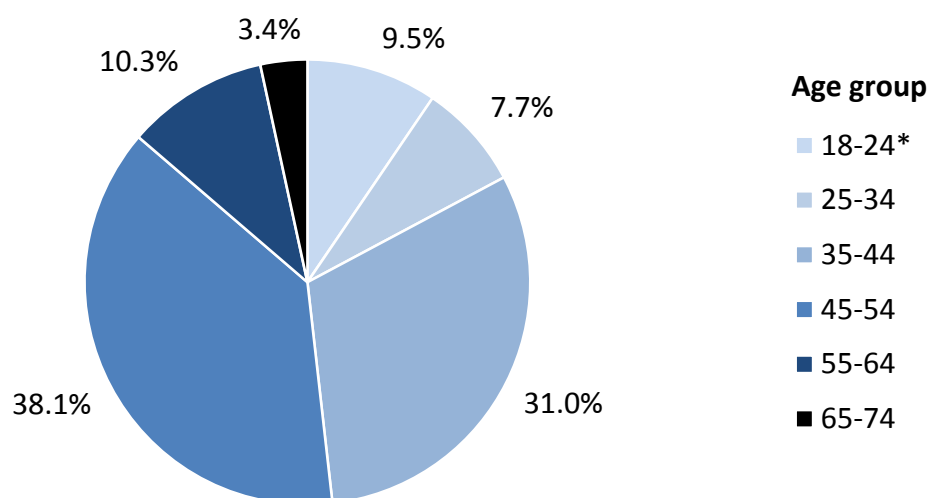
**Figure 6.7: AUDIT drinking risk category, all adults\***



- For both genders, younger adults (18-34) tended to show a greater level of increasing risk drinking than older adults (Table 6.6).
- However, the majority of adults in the higher risk and possible dependent drinking categories were in the 35-54 age groups (Figure 6.8, Table 6.7).

<sup>8</sup> When used as a screening tool, participants only complete questions 4 to 10 if they reach a certain score on questions 1 to 3. However, all participants in the Guernsey Healthy Lifestyle Survey were asked to complete all questions and thus AUDIT scores have been calculated based on all responses, regardless of the score obtained for the first three questions. 101 respondents did not answer at least one AUDIT question. For those missing data on drinking frequency, typical number of drinks consumed or binge drinking frequency, data were drawn from responses to questions on the past week's alcohol use where any alcohol use (or for binge drinking, any binge drinking) was reported. Individuals missing data for other AUDIT questions were allocated an AUDIT score when addition of the highest possible score from missing fields did not affect their AUDIT category. Using this method, 55 individuals with missing data were allocated an AUDIT score and 46 individuals could not be allocated a score and were excluded from analysis.

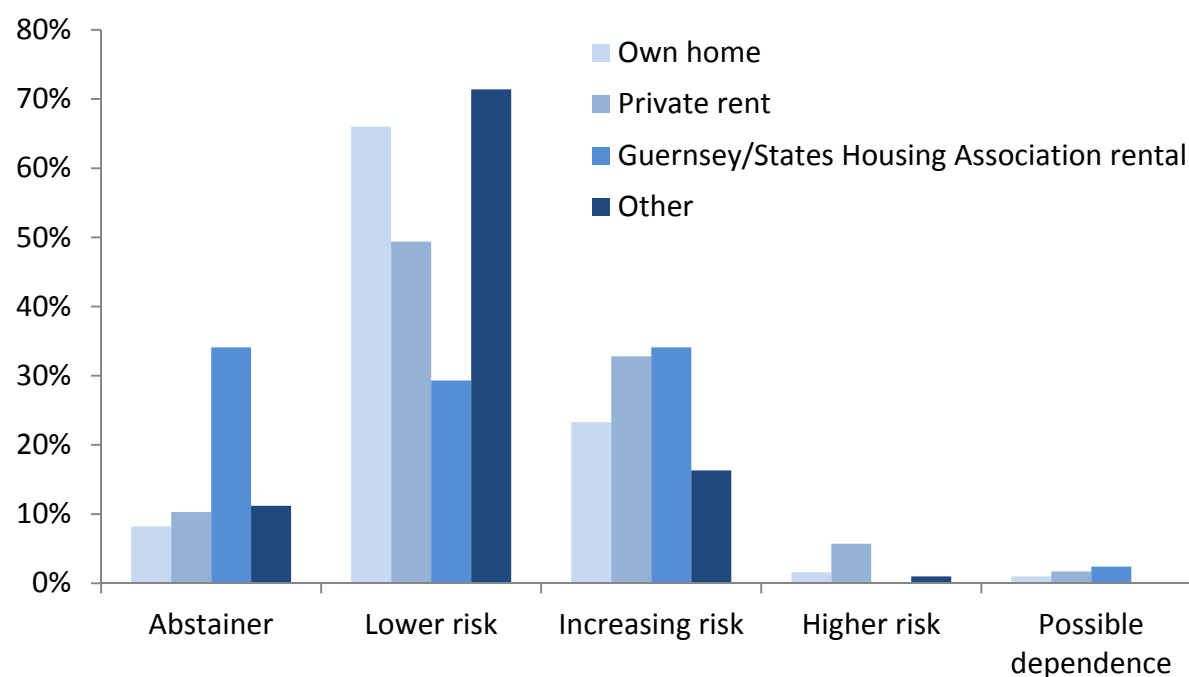
**Figure 6.8: Age of higher risk and possible dependent drinkers (weighted n=35)**



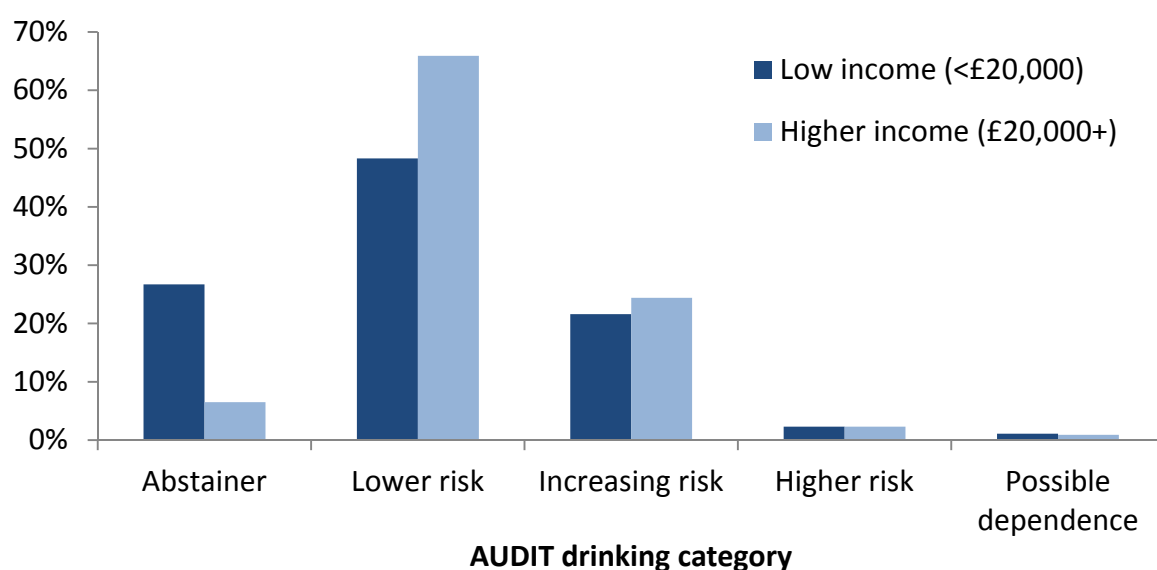
\*The number of 18-24 year olds participating in the survey was very low, see chapter 3

- 31.0% of adults who were born in Guernsey were either increasing risk, higher risk or dependent drinkers, compared with 22.1% of those born in UK, Jersey or the Republic of Ireland and 21.4% of those born elsewhere (Table 6.8).
- Adults who were employed part time had lower levels of drinking risk than those in other employment categories. Those that were employed full-time or self-employed had the highest proportions of increasing risk drinking. Those that were unemployed and seeking employment, or sick or disabled and unable to work, had the highest levels of possible dependence, although the numbers in both these categories were very small (Table 6.9).
- Adults who rented their homes from the States Housing Department or Guernsey Housing Associations had a very different drinking risk profile to those with other living arrangements, having higher levels of abstinence and lower levels of lower risk drinking (Figure 6.9, Table 6.10).
- Over a quarter (26.7%) of adults living in low income households (<£20,000 per year) were abstainers compared with 6.5% of those living in higher income households (Figure 6.10, Tables 6.11).
- While adults from the lowest income category (<£10,000 per year) had the highest level of abstinence (32.7%), they also had the highest levels of higher risk drinking (8.2%) and possible dependence (2.0%) (Table 6.11).
- 29.1% of increasing risk drinkers and 16.7% of higher risk drinkers lived in a household with children under the age of 16. No individuals in the possible dependence category lived with children under the age of 16 (Table 6.12).

**Figure 6.9: AUDIT risk category of adults by housing status**



**Figure 6.10: AUDIT drinking category of adults by household income**

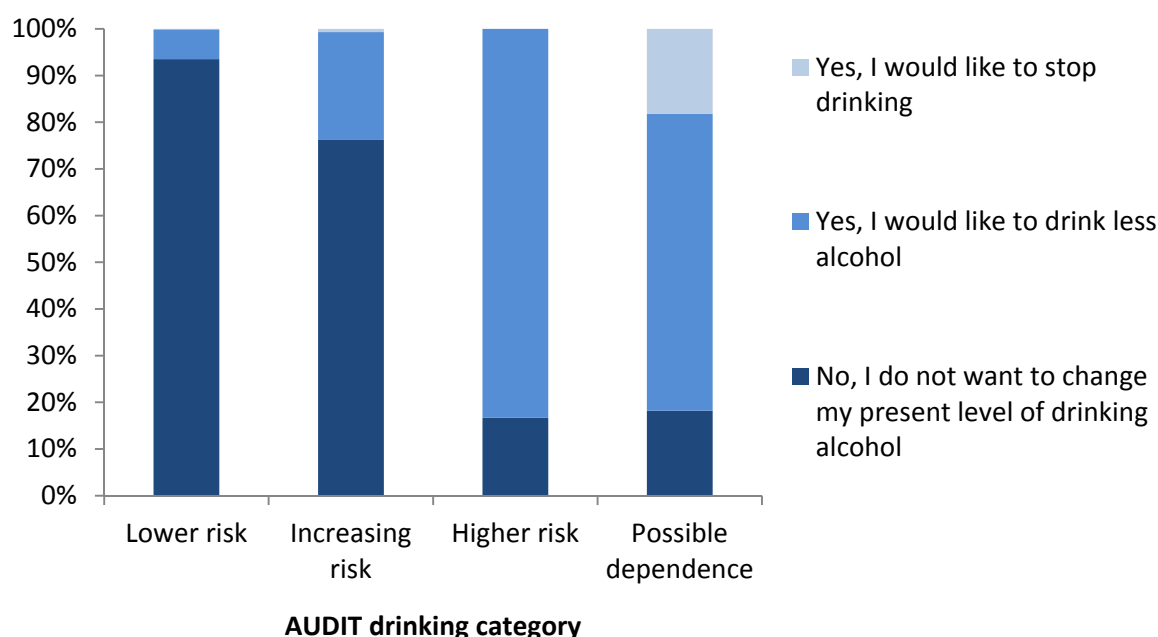


## 6.5. Desire to reduce alcohol consumption

- 13.5% of all drinkers said they would like to drink less alcohol but only 0.5% said they would like to stop drinking altogether (Table 6.13).
- There was a clear relationship between desire to reduce alcohol consumption and drinking risk, with only 6.5% of lower risk drinkers and 23.1% of increasing risk drinkers wanting to cut down or stop drinking compared with 83.3% of higher risk drinkers and 81.8% of those who were possibly dependent (Figure 6.11, Table 6.13).

- Among those in the increasing risk, higher risk and possible dependence categories, females were more likely to want to cut back than males (Table 6.14).

**Figure 6.11: Desire to cut back drinking by AUDIT category, drinkers only\***



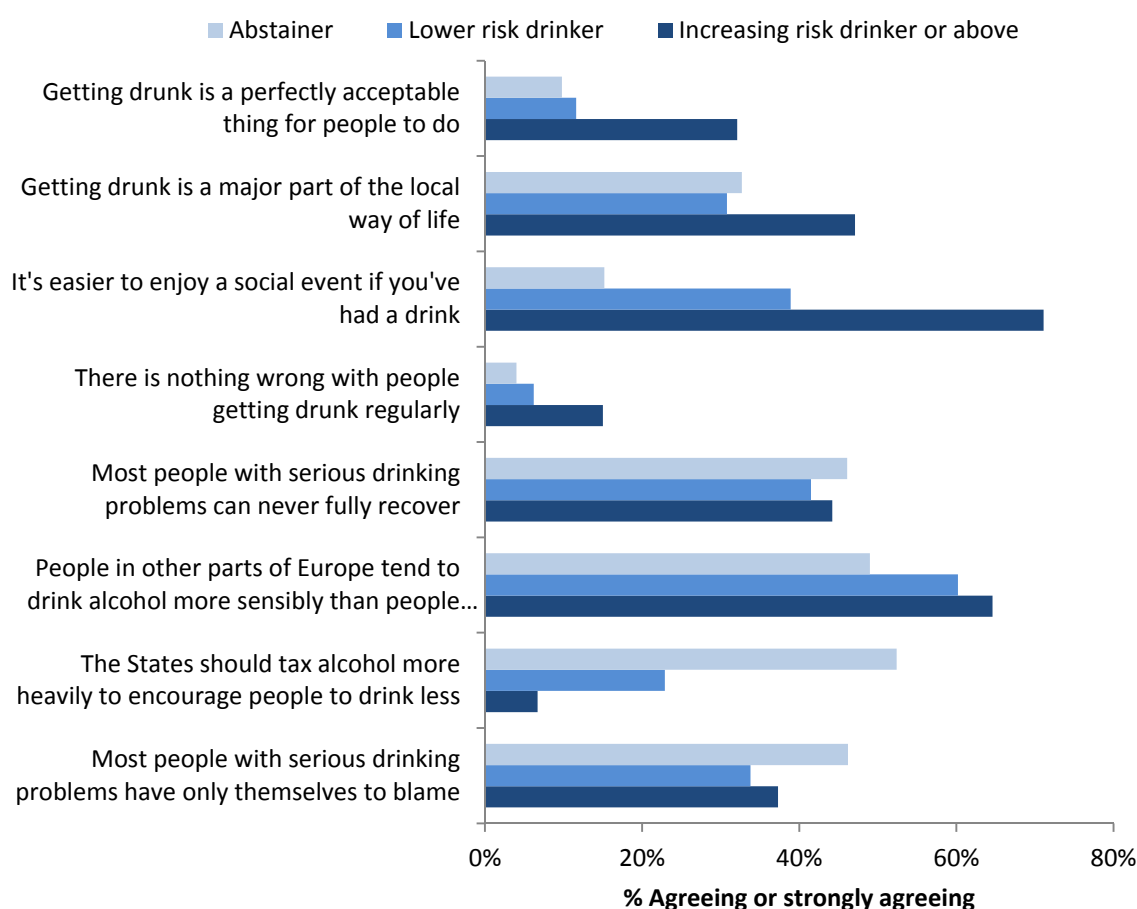
\*Weighted sample sizes: Lower risk drink n=690; increasing risk n=281; higher risk n=24; possible dependence n=11.

## 6.6. Attitudes towards alcohol

Participants were presented with a range of statements on alcohol and asked to what extent they agreed with them.

- Overall more adults disagreed than agreed\* that: getting drunk is a perfectly acceptable thing for people to do; there is nothing wrong with people getting drunk regularly; and the States should tax alcohol more heavily to encourage people to drink less (Table 6.15).
- Conversely, more adults agreed than disagreed that: It is easier to enjoy a social event if you've had a drink; most people with serious drinking problems can never fully recover; people in some other parts of Europe tend to drink alcohol more sensibly than people in the Bailiwick of Guernsey and most people with serious drinking problems only have themselves to blame (Table 6.15).
- Due to low numbers in the 'higher risk' and 'possible dependence' drinking categories, an 'increasing risk or above' category was created combining all those in the increasing risk, higher risk and possible dependence categories. Individuals in this category tended to agree more with statements on drunkenness than abstainers or low risk drinkers (Figure 6.12, Table 6.16), yet to agree less with the statement on taxing alcohol.

**Figure 6.12: Agreement with statements on alcohol, by AUDIT drinking risk group**



\*Combining agree/strongly agree responses and disagree/strongly disagree responses

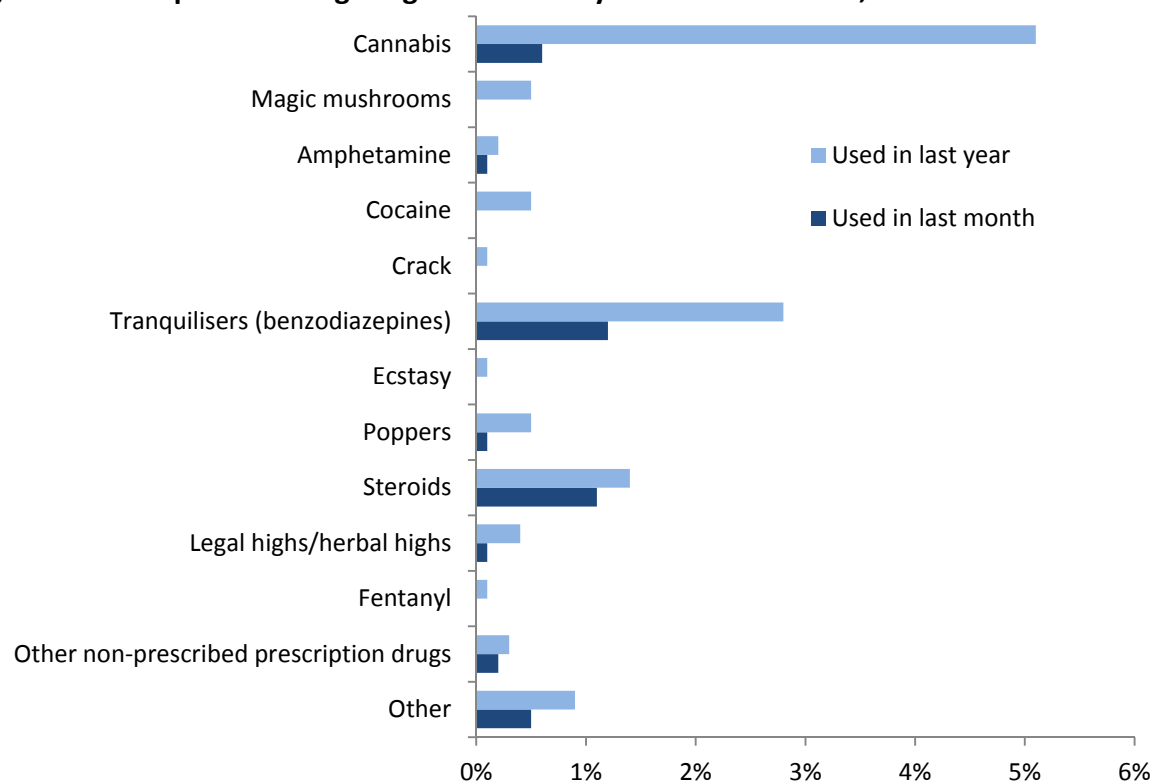
## 6.7. Alcohol and health

- Low risk drinkers tended to report lower levels of stress than both abstainers and those in the increasing risk category or above (Table 6.17).
- Low risk drinkers also tended to have better mental wellbeing than both abstainers and individuals in the increasing risk, higher risk and possible dependence drinking categories (Table 6.18).
- Compared with other drinkers, more adults in the higher risk/possible dependence categories were either overweight or obese (Table 6.19). However the very small numbers in these drinking categories mean findings should be treated with caution.
- Abstainers and adults in the higher risk/possible dependence categories reported higher levels of various health conditions than low or increasing risk drinkers (Table 6.20) and also reported poorer self-rated health (Table 6.21).
- Apparent relationships between poorer health and abstaining from alcohol are likely to reflect the relationships between alcohol abstention, health and age. Older adults are more likely to abstain from alcohol (Table 6.1) and also more likely to be unwell (see Chapter 4) and for some, poor health may be a reason for alcohol abstention. The survey did not record whether individuals who abstained from alcohol were ex-drinkers or never drinkers and consequently these issues cannot be examined further.

## 6.8. Drug use

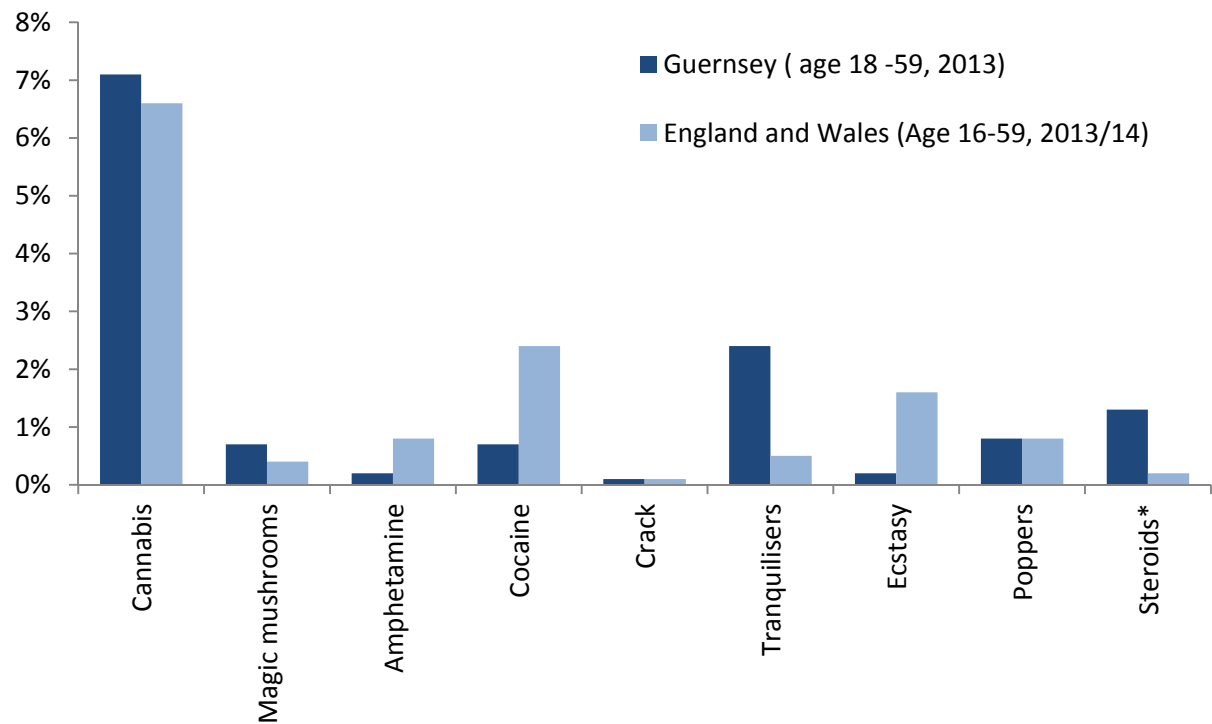
- Participants were asked if they had used a range of drugs in either the last year or the last month. Very few participants reported having used drugs in the last month, with the most common drug reported being tranquillisers (1.2%, Figure 6.13, Table 6.22).
- Around one in twenty (5.1%) adults reported having used cannabis in the last year and around one in forty (2.8%) reported tranquilliser use (Figure 6.13, Table 6.22). The only other drug for which past year prevalence exceeded 1% was steroids, although some individuals reporting steroid use may have been using it for medical purposes.
- Given the very low numbers reporting drug use, only last year cannabis and tranquilliser use were analysed by gender and age. A greater proportion of males (6.4%) than females (3.8%) reported cannabis use in the last year whereas a greater proportion of females (4.0%) than males (1.5%) reported tranquilliser use (Table 6.23).
- Data on drug use in the last year are also collected through the Crime Survey for England and Wales (2013/14), which covers 16-59 year olds only. Comparing findings to those in Guernsey (for 18-59 year olds only), levels of past year cannabis use were relatively similar in the two locations while use of cocaine and ecstasy was less common in Guernsey than in England and Wales (Figure 6.14, Table 6.24).
- Higher levels of tranquilliser and steroid use were reported in Guernsey than in England and Wales (Figure 6.14, Table 6.24), although this may reflect questionnaire differences. Respondents in England and Wales were asked about ‘anabolic steroids’ versus ‘steroids’ in Guernsey, while examples of tranquilisers (benzodiazepines, e.g. diazepam) were given in Guernsey which may have increased reports of these drugs. The very small numbers reporting drug use mean findings should be treated with caution.

**Figure 6.13: Proportion using drugs\* in the last year and last month, all adults**



\*No individuals reported use of heroin, methadone, LSD, glues/solvents/gases, subutex/suboxone or semeron – a fictional drug used to determine the reliability of other responses.

**Figure 6.14: Proportion reporting using drugs in the last year, Guernsey Healthy Lifestyle Survey and Crime Survey for England and Wales**



\*Anabolic steroids in England and Wales

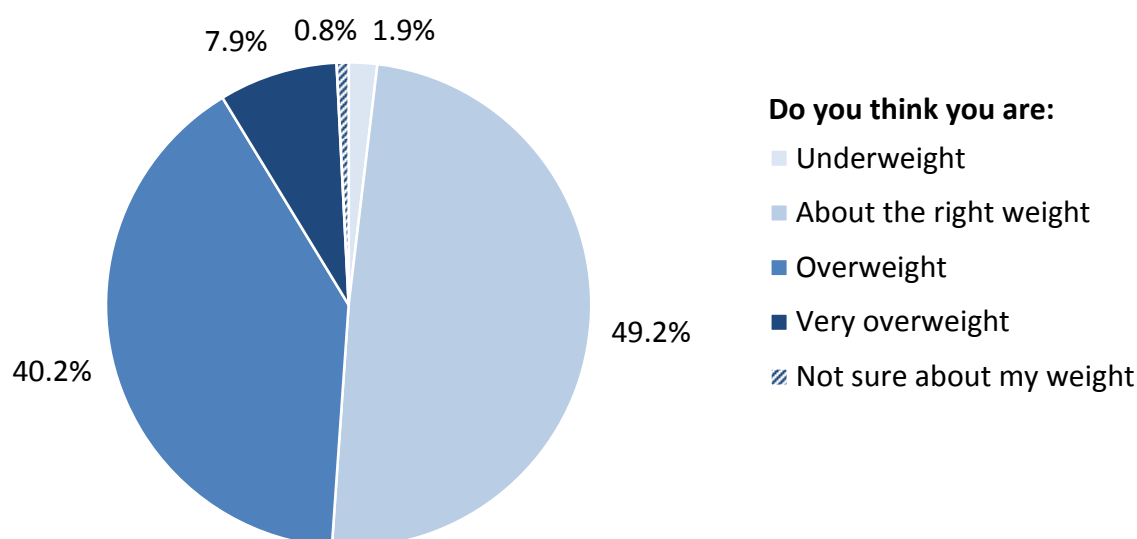
## 7. Weight, Diet and Exercise

The Guernsey Healthy Lifestyle Survey asked participants a range of questions on their weight, their dietary choices and their exercise patterns (questions 2-17). This included their height and weight, which allowed calculation of participants' body mass index (BMI) and based on this their likely weight status (obese, overweight, normal and underweight; see section 7.2). This chapter presents the findings from these questions and explores demographic variations in weight, diet and exercise patterns. Unless specified, all analyses use weighted data to reflect the age and gender of the population of Guernsey.

### 7.1. Perceptions of body weight

- Around half (49.2%) of all adults thought that they were about the right weight, 40.2% thought they were overweight and 7.9% thought they were very overweight (Figure 7.1, Table 7.1).
- A slightly higher proportion of females (50.0%) than males (46.1%) thought they were overweight or very overweight (Table 7.1).
- For both genders, the proportions that considered themselves to be overweight or very overweight were lowest in the 18-24 year and 75+ year age categories (Table 7.2). However numbers in the 18-24 year age group were very low and proportions cannot be considered reliable.
- Using unweighted data for 18-74 year olds only for the purpose of comparison with the 2008 survey, the proportion of adults perceiving themselves to be overweight or very overweight increased from 48% in 2008 to 53.4% in 2013 (Table 7.3).

**Figure 7.1: Adults' perceptions of their body weight**

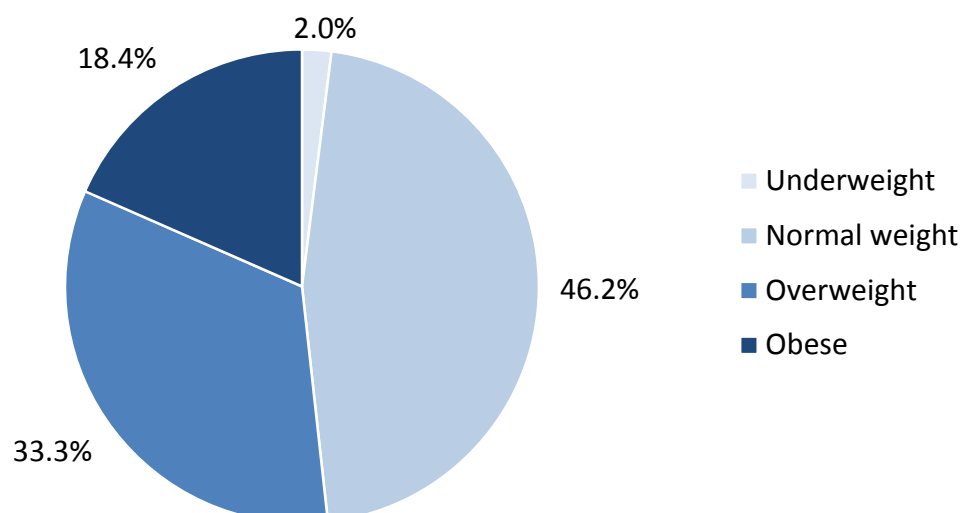




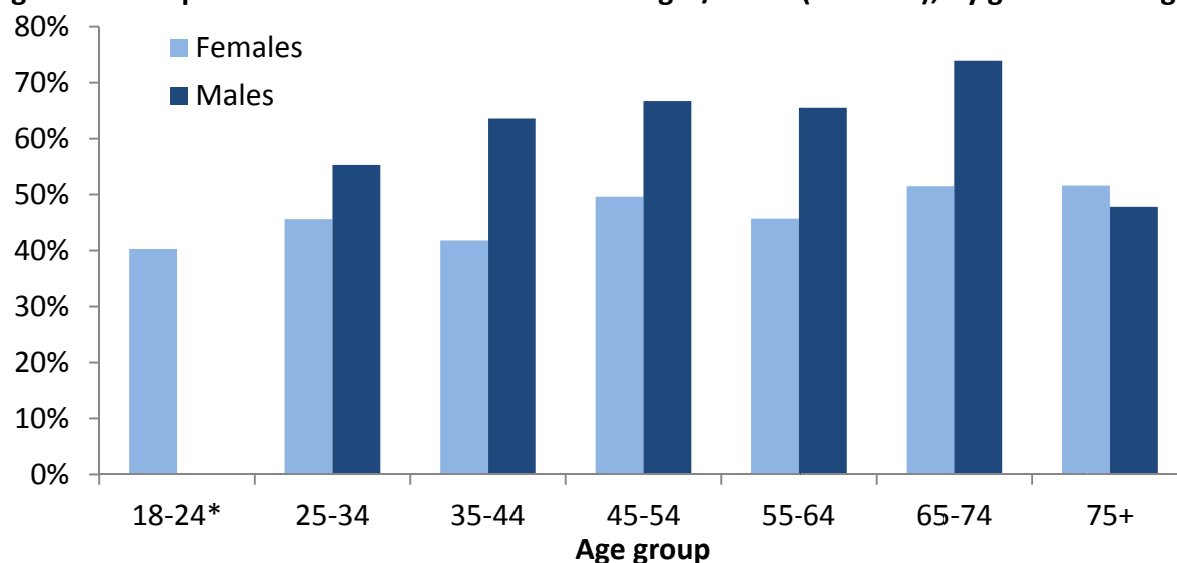
## 7.2. Body mass index (BMI)

- Participants' self-reported height and weight was used to calculate their body mass index (BMI; weight [kg] divided by height [metres] squared). BMI was categorised into four weight groups (World Health Organization, 2013):
  - Underweight: BMI of 10 to less than 18.5
  - Normal weight BMI 18.5 to less than 25
  - Overweight BMI 25 to less than 30
  - Obese BMI of 30 or more
- Just over half (51.7%) of all adults were classed as being either overweight or obese (i.e. with a BMI of 25 or more; Figure 7.2). Males were more likely to be classed as being overweight or obese (56.8%) than females (46.8%) (Table 7.4).
- Prevalence of overweight or obesity was highest among males in the 65-74 year age group (73.9%, Figure 7.3, Table 7.5). The very low number of 18-24 year olds participating in the survey means data for this age group are not reliable.
- Comparing BMI category to self-perceived weight, 68.8% of adults who were overweight had classed themselves as overweight while over a quarter had reported being about the right weight. Of those who were classed as being obese, 58.9% reported themselves to be overweight and 39.2% as very overweight (Table 7.6).
- Half (50.0%) of those living in low income households (<£20,000 per year) were in the normal weight category, compared with under half (45.8%) of those living in households with incomes of at least £20,000 a year (Table 7.7).
- The proportion of adults in the normal weight category was lower among those who rented their homes from the States Housing Department or Guernsey Housing Associations (39.5%) than those with other living arrangements. However numbers living in state housing were small so this needs to be treated with caution (Table 7.8).
- More adults living in households with children under 16 years were in the normal weight category (50.2%) than those living without children (44.9%) (Table 7.9).

**Figure 7.2: Proportion of adults within BMI weight groups**



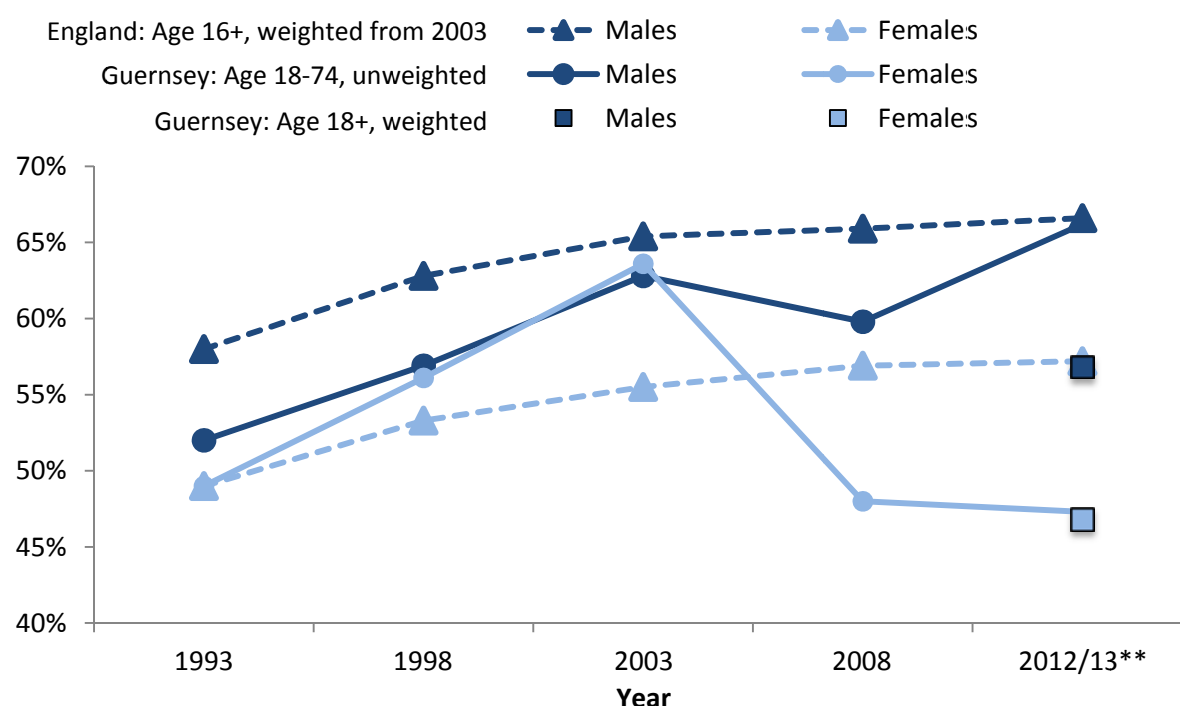
**Figure 7.3: Proportion of adults classed as overweight/obese (BMI 25+), by gender and age**



\*The very low number of 18-24 year olds participating in the survey means data for this age group are not reliable. Only 5 males aged 18-24 provided data on height and weight.

- Unweighted data for 18-74 year olds was used to compare findings with those from previous Guernsey Healthy Lifestyle Surveys. The apparent reduction in overweight and obesity in females is likely to be accounted for by a change in BMI cut-off points in the 2008 survey in line with changes in England\* (Figure 7.4, Table 7.10).
- Data from the Health Survey for England for all adults aged 16+ shows that for both genders, prevalence of overweight and obesity has increased over time since 1993. Figure 7.4 also presents the new 2013 weighted data for Guernsey for all adults aged 18+, showing that figures are lower than those for England in 2012 for both genders.

**Figure 7.4: Proportion of adults that are overweight or obese, Guernsey and England**

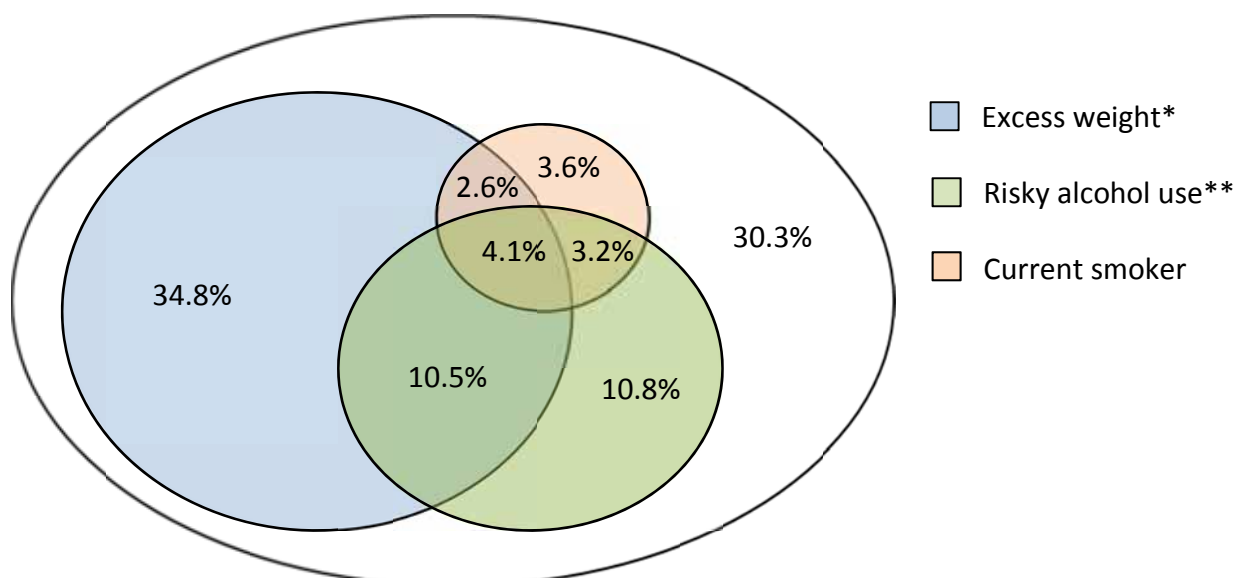


\*The change increased BMI cut off points for females, meaning fewer women would fall into overweight and obese categories; see 2008 report (Jenkins and Bridgman, 2010 and Bridgman, 2014). \*\*2012 for England, 2013 for Guernsey.

### 7.3. Weight and health

- Adults who were categorised as obese were more likely than those in lower weight groups to report having suffering a large amount of stress or pressure in the past 12 months (32.7%, Table 7.11).
- Adults who were classed as obese were also more likely to have had lower levels of mental wellbeing than those in other weight groups (Table 7.12).
- Almost three quarters (72.5%) of adults who were classed as obese had been told by a doctor or nurse that they had excess weight (i.e. were overweight), and a third (35.3 %) had been told they were obese. Only 27.9% of adults who were classed as overweight had been told they had excess weight, and 2.1% that they were obese (Table 7.13).
- Overweight and obese participants were more likely than those in lower weight groups to have been told by a doctor or nurse that they had a range of health conditions, including high cholesterol, high blood pressure and coronary heart disease/heart attack. Obese adults were more likely than those in other weight groups to have been told they had diabetes (12.0%) (Table 7.13). Both underweight and obese adults reported higher levels of depression diagnoses than those in other weight groups (Table 7.13).
- Adults who were obese or underweight tended to report lower sleep quality than those in the normal weight or overweight categories (Table 7.14).
- Relationships between smoking and drinking behaviours and weight are reported in sections 5.6 and 6.6. Figure 7.5 shows the crossover between these three major risk factors for chronic disease (overweight or obesity; current smoking; and increasing risk, higher risk or possibly dependent drinking).
- Only three in ten adults (30.3%) had none of the three risk factors, 49.2% had one, 16.3% had two and 4.1% had all three.

**Figure 7.5: Crossover between excess weight, risky alcohol use and smoking, all adults**



\*BMI weight group of overweight or obese

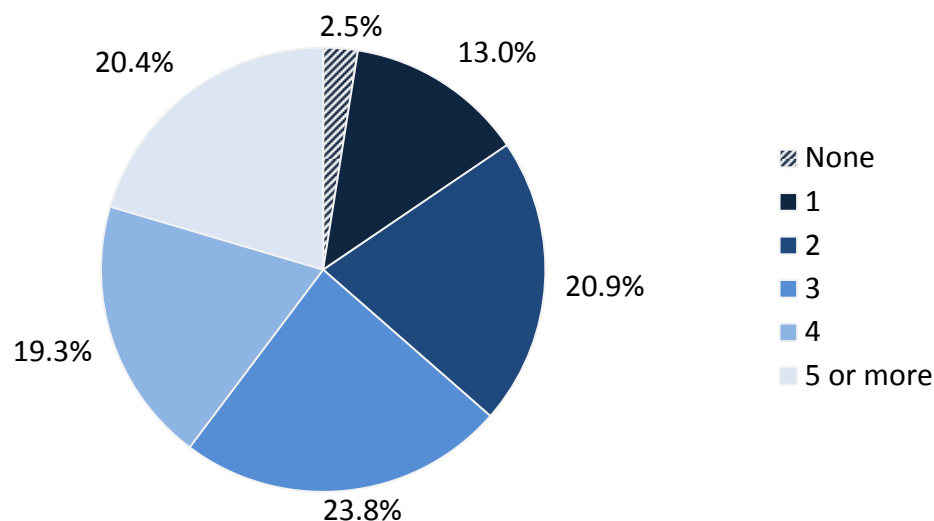
\*\*AUDIT category of increasing risk drinker, higher risk drinker or possible dependence

NOTE: diagram is not to scale.

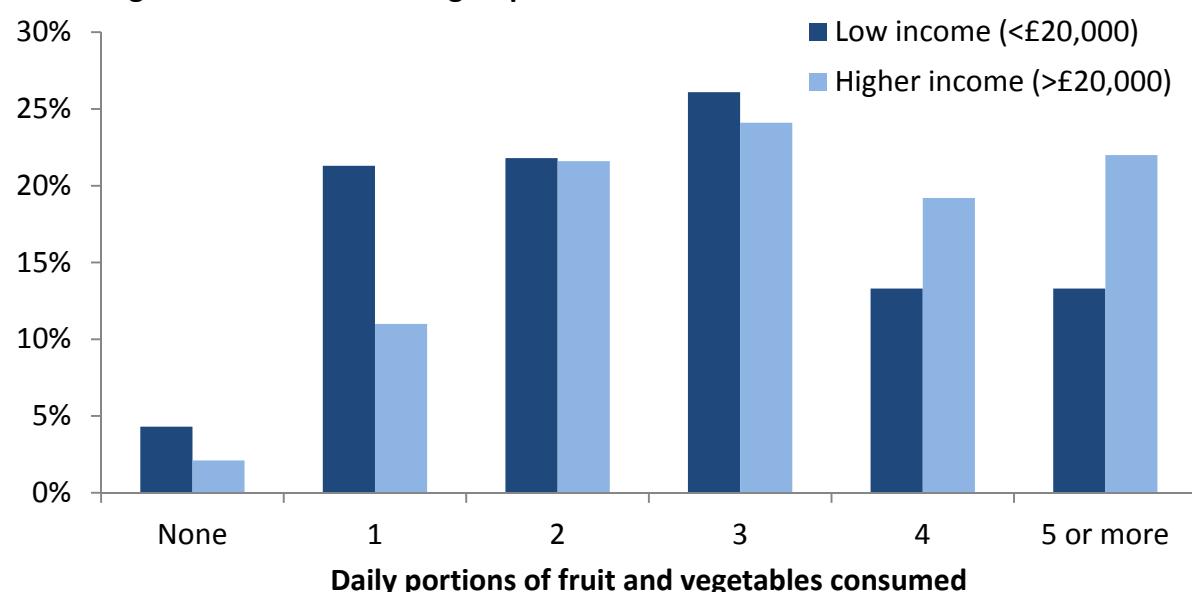
## 7.4. Fruit and vegetable consumption

- Participants were asked how many portions of fruit and vegetables they consumed on a normal day. Only one in five reported consuming the recommended five or more portions per day (Figure 7.6, Table 7.15).
- Males tended to consume fewer portions of fruit and vegetables per day than females (Table 7.15), while more older adults than younger adults reported consuming the recommended five or more portions per day (Table 7.16).
- Adults living in low income households were more likely to report low levels of fruit and vegetable consumption and less likely to consume the recommended five or more portions a day than those living in higher income households (Figure 7.7, Table 7.17).
- Adults that owned their own home were more likely to consume the recommended five portions a day than those living in rented accommodation (Table 7.18).

**Figure 7.6: Portions of fruit and vegetables consumed by adults on a normal day**



**Figure 7.7: Portions of fruit and vegetables consumed on a normal day by adults living in low or higher household income groups**

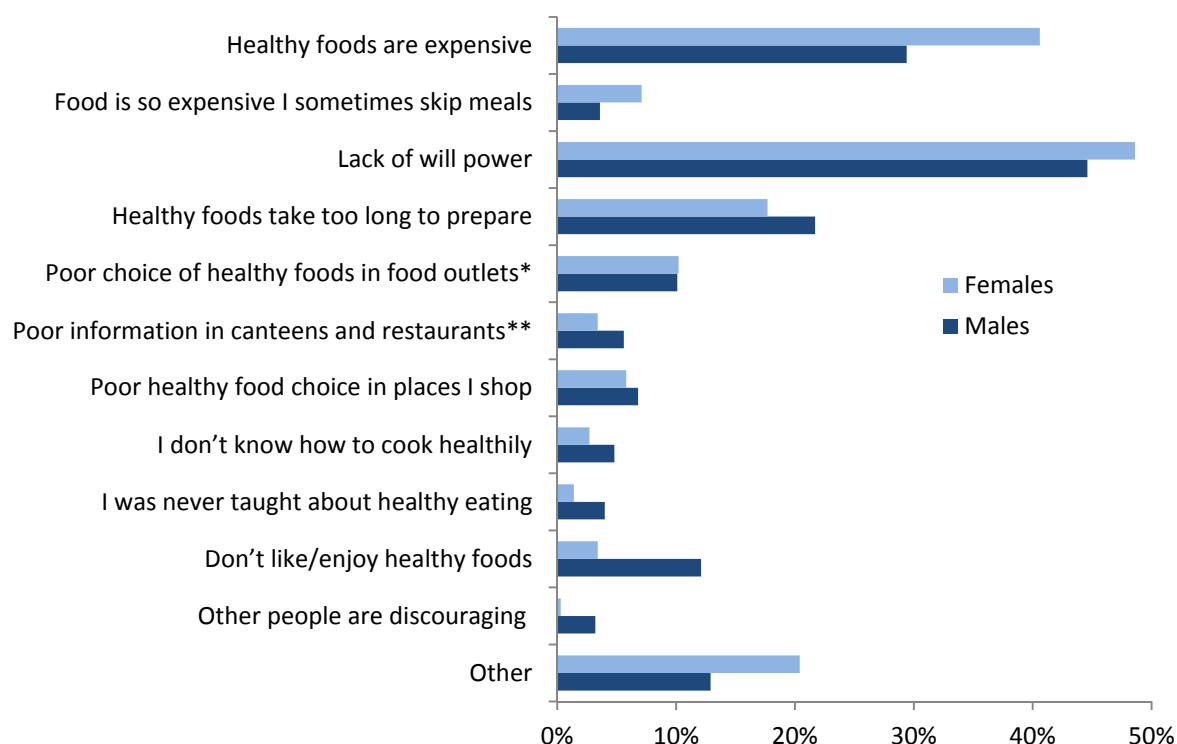


- The 2008 Guernsey Healthy Lifestyle Survey asked adults how many portions of fruit and vegetables they had consumed in the past 24 hours. Although this question is not directly comparable to that in 2013, the distribution of fruit and vegetable consumption was relatively similar between years (unweighted data, 18-74 year olds, Table 7.19).
- The 2011 Health Survey for England reported slightly different categories of fruit and vegetable consumption to those used in Guernsey and therefore findings cannot be directly compared. However, in general, fewer adults in Guernsey reported eating one or less portions of fruit and vegetables per day than in England, yet fewer also reported meeting the recommended five or more portions per day (Table 7.20).
- The frequency with which adults reported consuming a range of different food types is presented in Table 7.21. The most common food types consumed on a daily basis were vegetables (38.0%), fruits (35.0%), high-fibre breakfast cereals (28.6%), wholemeal bread (17.9%) cheese/yoghurt (15.4%).

## 7.5. Reasons for not eating healthier foods

- When asked to comment on reasons for not eating healthier foods over half of all females (51.3%) and males (57.3%) reported that there were none as they were eating as healthily as possible (Table 7.22).
- Among those who provided reasons for not eating healthy foods, for both genders the most common reasons given were a lack of will power and that healthy food was expensive (Figure 7.8).

**Figure 7.8: Reasons for not eating healthy foods among those not eating as healthy as possible, by gender**

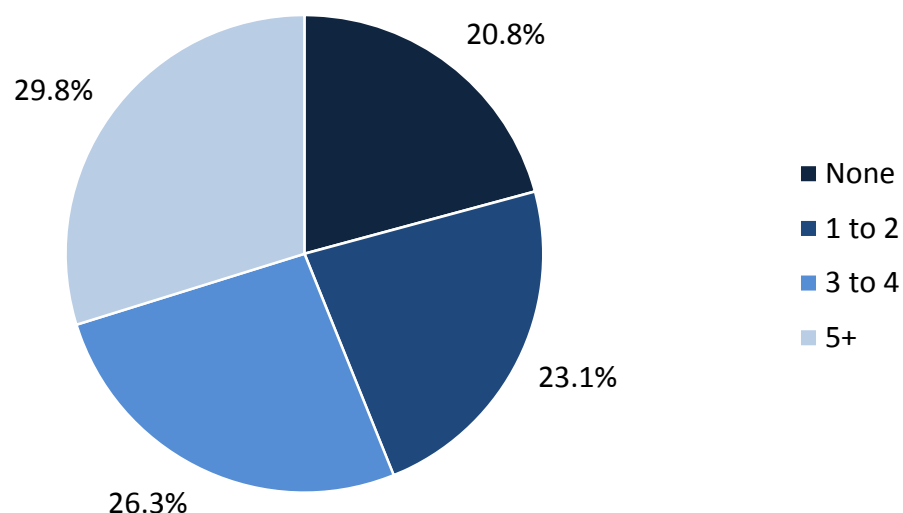


\*Canteens, restaurants and vending machines, \*\*on healthy food choices

## 7.6. Physical exercise

- Participants were asked how many times in the past week they had taken part in sport or recreational activity, for at least 30 minutes, which made them feel at least slightly breathless and warm (moderate exercise). The recommended level is at least five times per week.<sup>9</sup>
- A fifth of all adults (20.8%) reported no moderate exercise in the last week while 29.8% met the recommended level of five times per week (Figure 7.9, Table 7.23).

**Figure 7.9: Number of times adults had engaged in physical exercise in the last week**

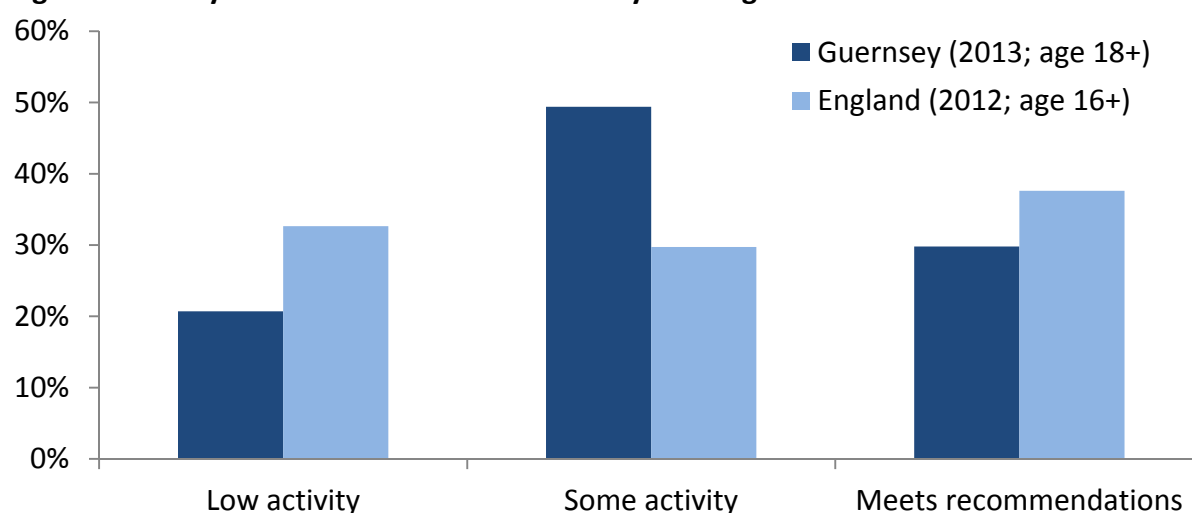


- Exercise patterns were similar for males and females (Table 7.23) but varied by age group. The proportion of adults reporting no sessions of moderate physical exercise in the last week increased with age from 7.6% of 18-24 year olds to 36.6% of those aged 75+ (Table 7.24).
- Compared with adults living in higher income households, those living in low income households (<£20,000 per year) reported greater levels of both no physical exercise in the last week (26.0% compared with 19.6%) and meeting the recommended five or more sessions (31.2% compared with 28.3%) (Table 7.25).
- Adults that lived in rented accommodation were more likely to report no physical exercise than those who owned their own homes.
- Adults living in households with children under the age of 16 years were less likely to have met the recommended physical exercise level (21.6%) than those living without children (32.2%) (Table 7.26).

<sup>9</sup> UK recommendations on physical activity were revised in 2011 to at least 150 minutes of moderate or 75 minutes of vigorous activity per week or an equivalent combination of these (Department of Health 2011). The Guernsey Healthy Lifestyle Survey covers moderate physical exercise only and therefore the original recommendation is used here.

- The proportion of adults reporting no physical exercise in the last week was somewhat higher for those with caring responsibilities than those without (Table 7.27).
- Figure 7.10 compares Guernsey to data from the Health Survey for England using three physical exercise categories: low activity (0 days per week), some activity (1-4 days) and meets recommendations (5 or more days). A lower proportion of adults in Guernsey reported both low activity and meeting the recommendations (Figure 7.10, Table 7.28).

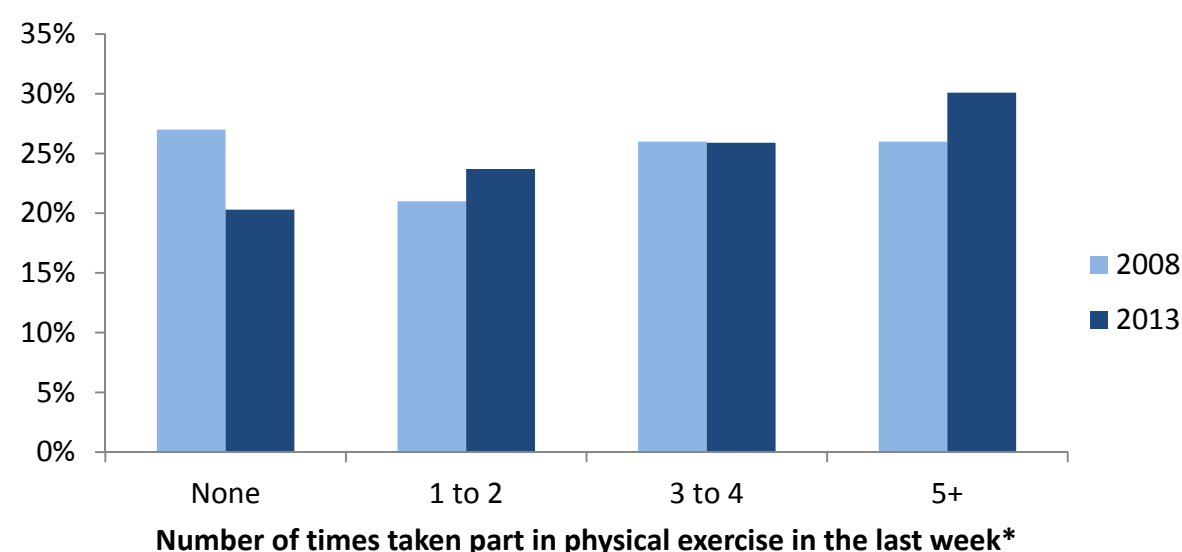
**Figure 7.10: Physical exercise levels in Guernsey and England**



Low activity, 0 days per week; some activity, 1-4 days; meets recommendations, 5+ days per week (recommendations were revised in 2011, see previous page).

- Unweighted data for 18-74 year olds was analysed to compare findings from 2013 with those from the 2008 Guernsey Healthy Lifestyle Survey. In 2013 a smaller proportion of adults reported no physical exercise in the last week (20.3% compared with 27.0% in 2008) and a larger proportion reported meeting the recommended five or more sessions (30.1% compared with 26.0% in 2008) (Figure 7.11, Table 7.29). However, a slight change to the question wording between years\* may have contributed to this change.

**Figure 7.11: Physical exercise levels in Guernsey and England**



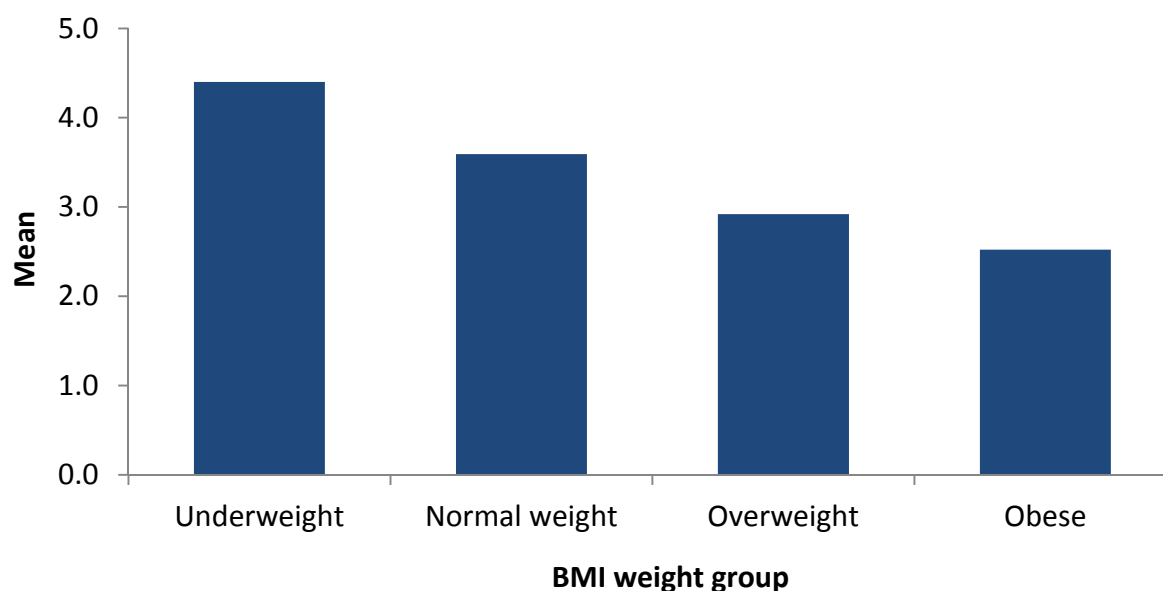
\* In 2008, the physical activity question asked "In the past week how many times have you taken part in sport or recreational activity, for at least 30 minutes, which has made you slightly breathless and warm but still able to carry on with a conversation?". In 2013 the text 'but still able to carry on with a conversation' was removed from the question.

- In 2013, participants were also asked how many hours they spent sitting or reclining on a typical day. Mean sedentary times were approximately 7 hours per day (Table 7.30).
- On average, men reported more sedentary time than women; younger adults reported more sedentary time than older adults; and adults living in higher income households reported more sedentary time than those in lower income households (Table 7.30).

### Physical exercise and health

- Those categorised as overweight or obese on average engaged in moderate exercise less frequently than participants who were normal or underweight (Figure 7.12, Table 7.31).
- Thus, compared with individuals who were in the normal weight category, those who were overweight or obese were more likely to report no physical exercise in the last week and less likely to have met the recommended five or more sessions (Table 7.32).

**Figure 7.12: Mean number of times participating in moderate activity during a week.**



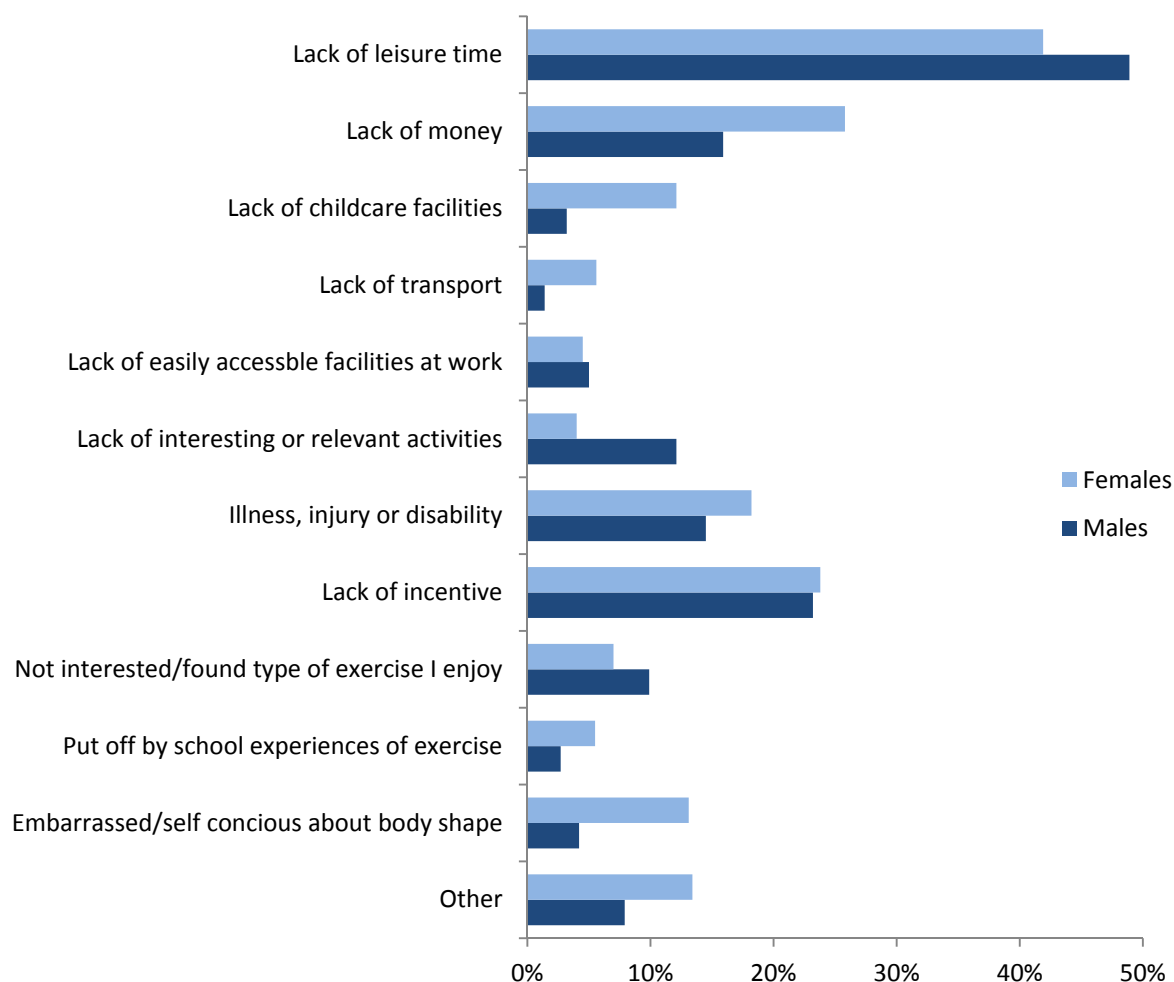
- Adults that met the recommended physical exercise levels generally reported lower stress levels than those exercising at lower levels. Over a third (34.0%) of adults that reported no physical exercise in the past week stated they had experienced large amounts of stress over the past 12 months compared with 20.2% of those that met the recommended five or more physical exercise sessions (Table 7.33).
- Adults that had not engaged in any physical exercise were more likely to have low mental wellbeing than those that did any level of physical exercise (Table 7.34).
- Adults who reported not engaging in any moderate exercise in the past week were more likely to have been told by a doctor or nurse that they had various health problems including high blood pressure, high cholesterol, diabetes and stroke than those engaging in at least some physical exercise (Table 7.35).



## Reasons for not exercising

- When asked to comment on reasons for not taking more exercise, 32.0% of females and over 41.3% of males reported that there were none as they felt they were currently doing enough exercise.
- Among those who provided reasons for not taking more exercise, the most frequently cited reason for both males and females was a lack of leisure time (Figure 7.13, Table 7.36).
- Females were more likely than males to report factors such as lack of money, lack of childcare facilities and being embarrassed or self-conscious about their body shape as reasons for not taking more exercise (Figure 7.13, Table 7.36).
- Males were more likely than females to identify a lack of interesting or relevant activities and not being interested or not having found a type of exercise they enjoy as reasons for not taking more exercise (Figure 7.13, Table 7.36).

**Figure 7.13: Reasons for not exercising among those who felt they were not currently doing enough physical exercise, by gender**

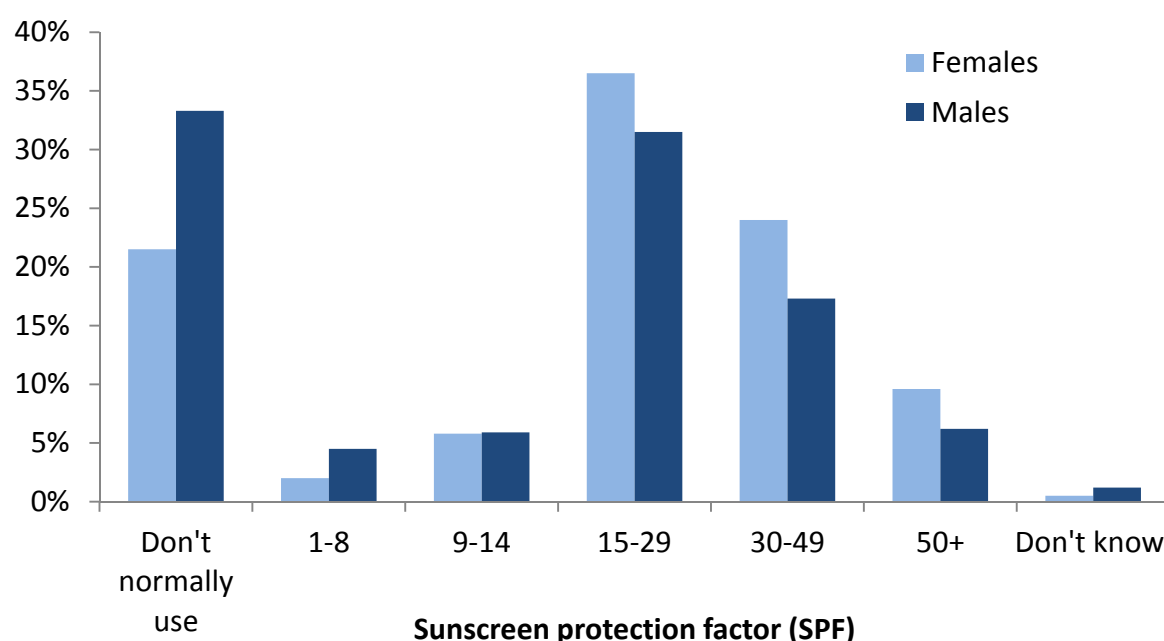


## 8. Health-related issues

### 8.1. Sun protection

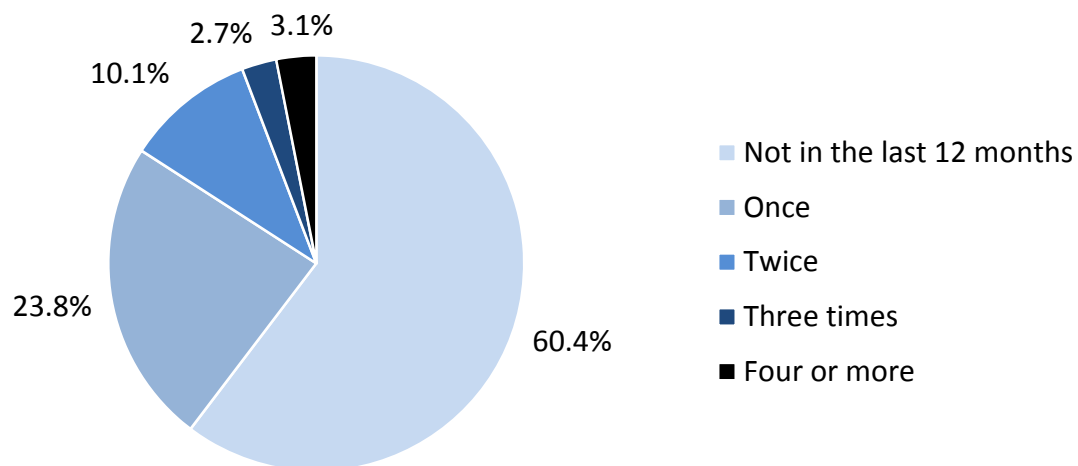
- Participants were asked what factor level of sunscreen they used most regularly. Almost two thirds (62.8%) reported usually using factor 15 or above and 9.1% a lower factor. Over a quarter (27.3%) responded that they did not normally use sunscreen (Table 8.1).
- Females were more likely to report using sunscreen than males (Figure 8.1, Table 8.1) while the proportion of adults reporting that they don't normally use sunscreen increased with age (Table 8.2).

**Figure 8.1: Sun protection factor (SPF) of sunscreen used most regularly, by gender**



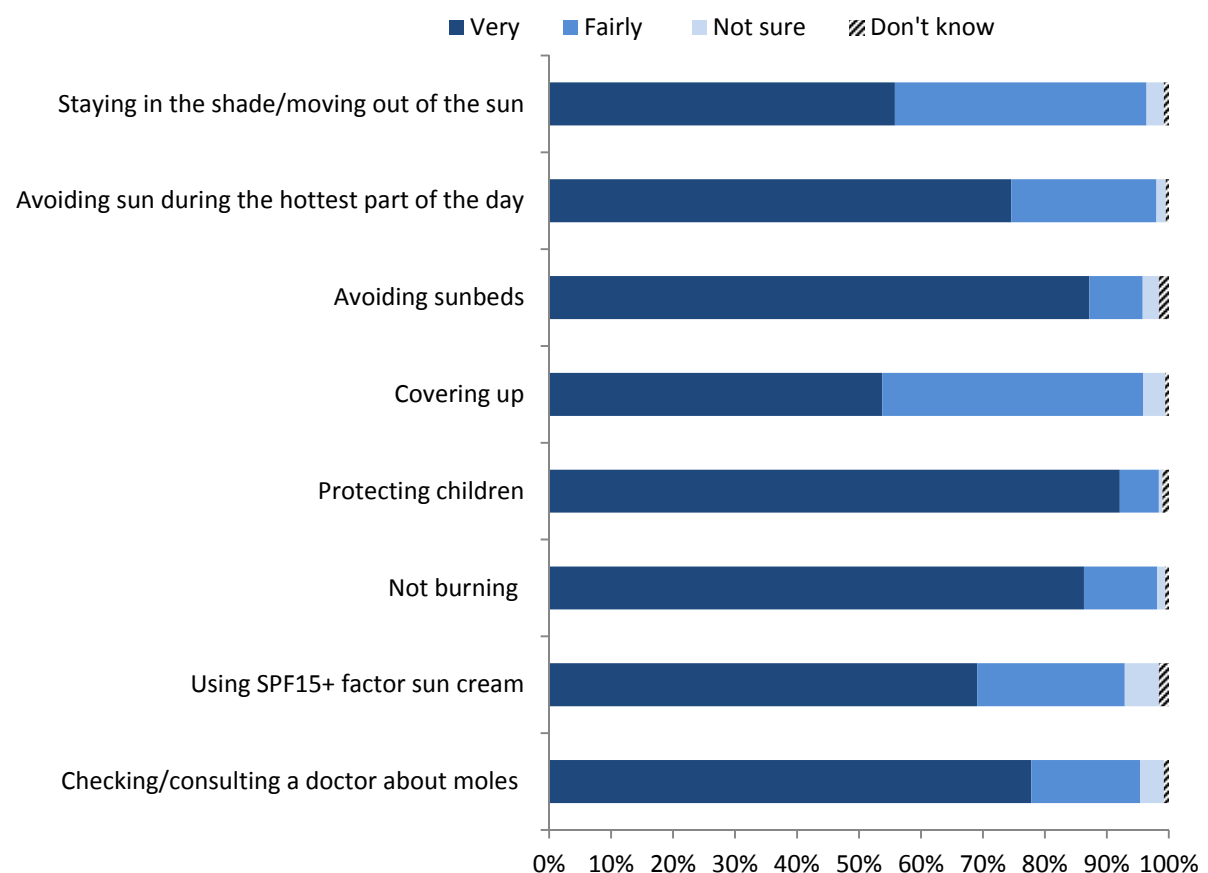
- Most (60.4%) adults had not had sunburn (causing redness and soreness of the skin lasting at least one or two days) in the last 12 months. Around a quarter (23.8%) said they had had sunburn once and 15.9% more than once (Figure 8.2, Table 8.3).
- Slightly more males than females reported sunburn in the last 12 months (Table 8.3), while the proportions reporting any sunburn reduced with age, from 78.3% of 18-24 year olds to just 6.9% of those aged 75+ (Table 8.4).
- Comparing unweighted data for 18-74 year olds to findings from the 2008 Guernsey Healthy Lifestyle Survey, the proportion of participants reporting not normally using sunscreen was slightly higher in 2013 (24.0% in 2008, 25.8% in 2013). However individuals in 2013 tended to report using a higher factor sunscreen, with the proportion normally using factor 15 or higher increasing from 59.0% in 2008 to 64.2% in 2013 (Table 8.5).
- There were few differences between years in reported frequency of sunburn, with the proportion reporting no sunburn in the last 12 months being 65.0% in 2008 and 66.2% in 2013 (Table 8.6).

**Figure 8.2: Frequency of sunburn in the last 12 months, all adults**



- In 2013, participants were asked how important they thought various actions were in preventing future skin cancer. The actions that most people thought were very important were protecting children (92.1%), avoiding sunbeds (87.1%) and not burning (86.3%) (weighted data for all adults, Figure 8.3, Table 8.7).

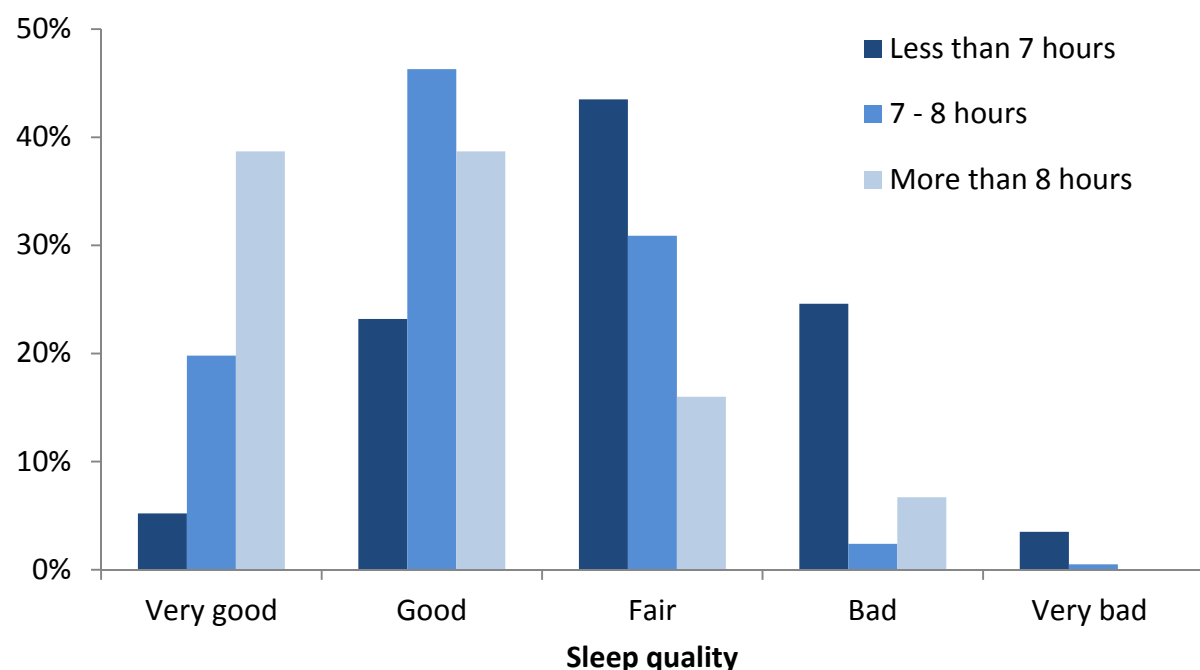
**Figure 8.3: Importance of actions for preventing future skin cancer, all adults**



## 8.2. Sleep

- Over half of adults (57.0%) reported getting an average of 7 to 8 hours sleep per night in the past month. A third (36.6%) reported less than 7 hours and 6.4% more than 8 hours. Patterns were similar for males and females (Table 8.8).
- The proportion of adults reporting 7 to 8 hours of sleep per night reduced with age, with older adults having higher levels of both fewer hours sleep and more hours sleep than younger adults (Table 8.9).
- When asked to rate the quality of their sleep during the past month, 15.7% of adults stated it was very good, 37.0% that it was good, 34.9% that it was fair, 10.8% that it was bad and 1.5% that it was very bad (Table 8.10).
- Comparing adults' sleep quality based on how many hours sleep they had on average, those who reported less than 7 hours sleep per night were least likely to rate their sleep quality as very good or good and most likely to rate it as bad or very bad (Figure 8.4, Table 8.11).

**Figure 8.4: Sleep quality based on average hours of sleep in the past month, all adults**



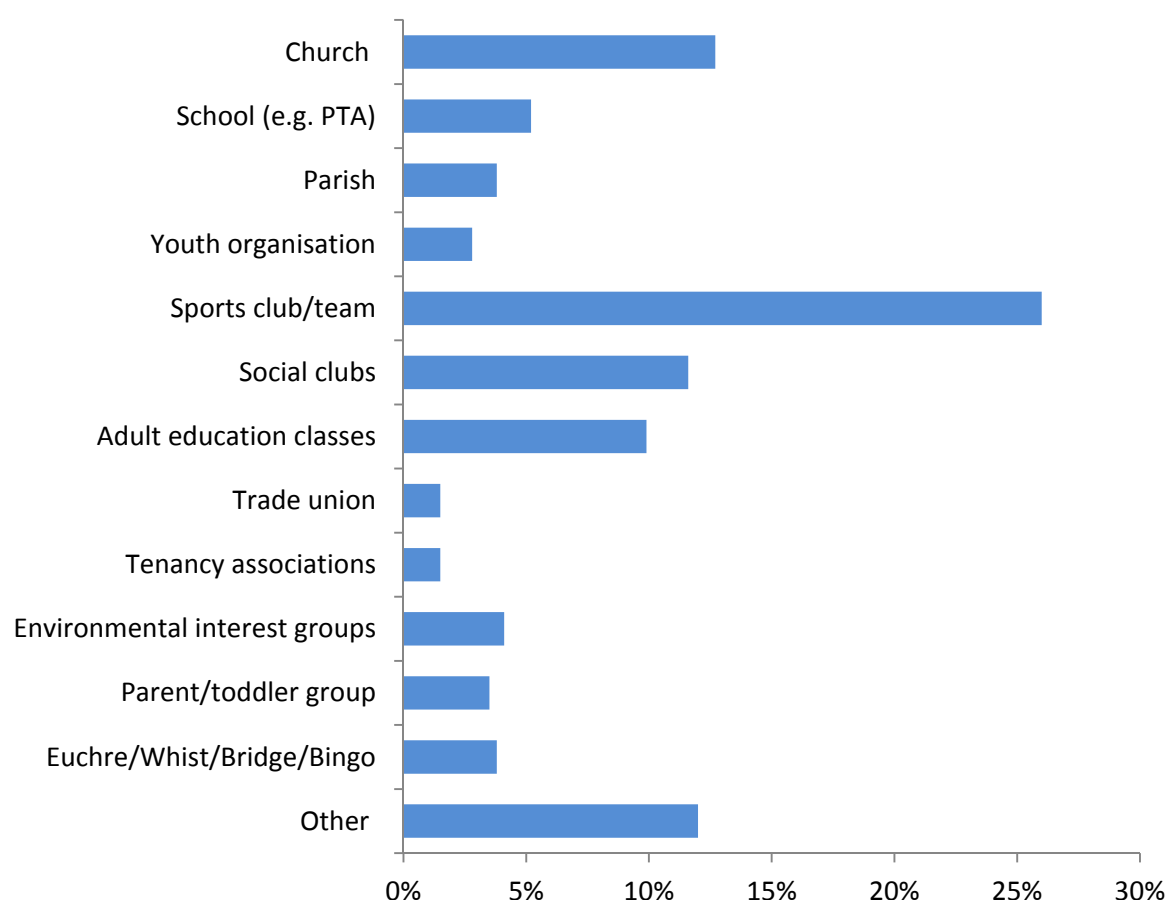
## 8.3. Warmth

- The vast majority (90.2%) of adults reported that they were able to keep comfortably warm in at least one room of their house during the last winter (Table 8.12).
- Younger adults were more likely than older adults to say that they were unable to keep comfortably warm in at least one room (Table 8.13).
- Of all adults that could not keep comfortably warm in at least one room, 83.3% reported that this was because they cut down on heating out of concern for cost (Table 8.12).

## 8.4. Activities

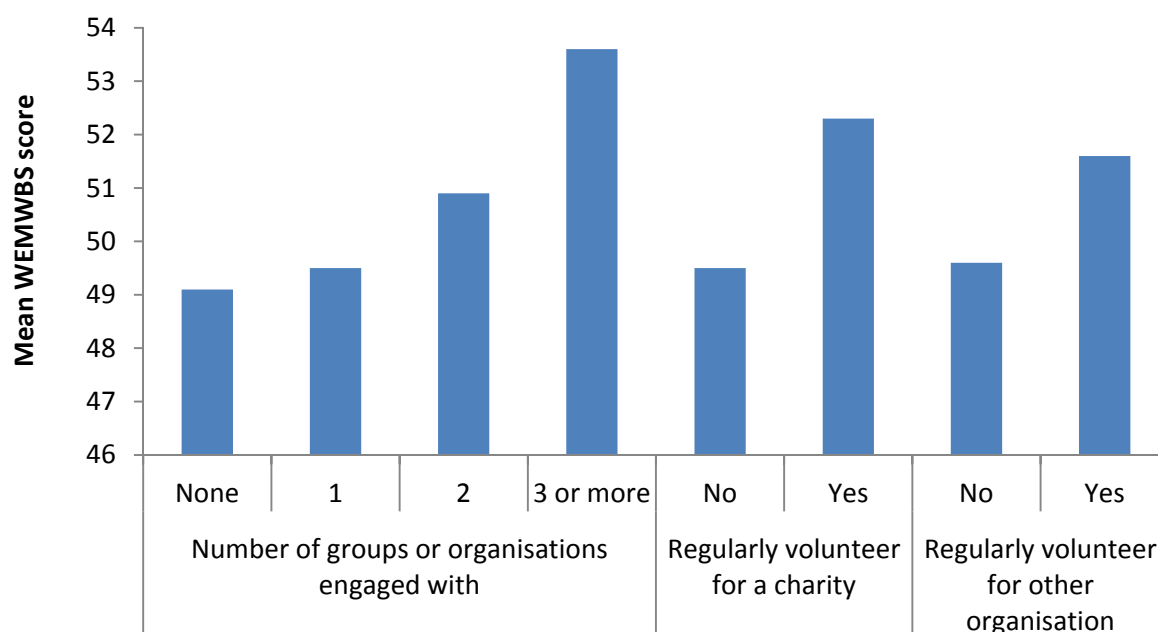
- Adults were asked if they regularly took part in activities with various groups or organisations. The most commonly selected options were sports clubs or teams (26.0%), church (12.7%), social clubs (11.6%) and adult education classes (9.9%). (Figure 8.5, Table 8.14).
- 60% of all participants regularly took part in activities with at least one type of group or organisation and a quarter (25.7%) with more than one. Figures were similar for males and females with no clear differences between age groups (Tables 8.15 and 8.16).

**Figure 8.5: Proportion regularly taking part in activities with various groups, all adults**



- A fifth of all adults (20.7%) regularly volunteered for a charity and almost a fifth (18.0%) regularly volunteered with another type of organisation (e.g. community group, youth club) (Table 8.17).
- Females and older adults tended to report regularly volunteering for a charity more than males and younger adults. There were fewer differences between genders and age groups in volunteering for other types of organisations (Table 8.17).
- Adults that regularly engaged in activities or volunteering tended to have better mental wellbeing than those that did not engage in these social actions (Figure 8.6, Tables 8.18 and 8.19).

**Figure 8.6: Mean WEMWBS score based on participation in activities and volunteering**



## 8.5. Caring responsibilities

- 5.7% of all participants reported caring for someone with long-term ill health or problems related to old age, other than as part of their job. Females were more likely than males to report caring responsibilities (8.1% of females, 3.3% of males) (Table 8.20).
- Comparing age groups, the 55-64 year age group was most likely to report caring responsibilities (12.6%) followed by the 75+ age group (9.1%) (Table 8.20).
- Half (50.1%) of those who reported caring responsibilities stated that they spent less than 10 hours per week on their caring duties, while almost one in five (18.7%) reported spending 50 or more hours per week (Table 8.21).
- Adults with caring responsibilities were less likely than those without such responsibilities to rate their own health as good (Table 8.22). However there were few differences in mental wellbeing among those with and without caring duties (Table 8.23).

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## Glossary

Bias	An error or deviation within results; how far a particular research finding deviates from a 'true' finding.
Confidence Interval	The parameter of interest of an estimated range of values which is likely to contain the true value if the experiment is repeated. This is often expressed as a certain percentage (i.e. 95%)
Confidence level	A measure of uncertainty around the finding of research results. The probability value associated with a confidence interval and is often expressed as a percentage.
Demographics	Properties of the research sample, including age and sex.
Random sample	The population that is researched, drawn from a target population chosen entirely by chance.
Reliable	The repeatability of research findings; that is, how accurately they could be replicated within a secondary piece of research.
Socio-economic deprivation	A measure of inequality, usually examining a person's social and economic position in relation to others.
SPSS	IBM SPSS Statistical Analysis Software, version 21 was used for data analysis within this report.
Standard deviation	A measure of the dispersion or variation in results from the average or mean.



## Appendix 1: Data Tables

The following sections provide all data tables referred to in the main report. Most tables present weighted data but where unweighted data are included tables are shaded grey. In all tables, weighted n values (or n values) are presented in brackets and refer to the total number responding to the question. The number providing each response can be calculated using the proportions presented.

## Chapter 3: Demographics

**Table 3.1**

**2013 sample demographics and comparison with Guernsey population**

		Total Sample 2013 (Age 18+)		Population (Age 18+)	
		(weighted n)	%	(n)	%
<b>Gender</b>					
	Female	(746)	62.8	(26125)	50.9
	Male	(442)	37.2	(25200)	49.1
<b>Age group</b>					
	18-24	(25)	2.1	(5634)	11.0
	25-34	(95)	8.0	(8018)	15.6
	35-44	(179)	15.1	(8715)	17.0
	45-54	(244)	20.6	(9804)	19.1
	55-64	(231)	19.5	(7979)	15.5
	65-74	(230)	19.4	(5896)	11.5
	75+	(183)	15.4	(5279)	10.3
<b>Household Income</b>					All households
	Less than £10,000	(69)	6.3	-	2.8
	£10,000 – £19,999	(170)	15.6	-	14.6
	£20,000 – £29,999	(154)	14.1	-	13.4
	£30,000 – £59,999	(335)	30.7	-	28.8
	£60,000 – £99,999	(234)	21.4	-	24.5
	£100,000+	(130)	11.9	-	15.9

**Table 3.2**  
**2013 sample demographics**

		Total Sample 2013 (Age 18+)	
		(weighted n)	%
<b>Marital status</b>			
	Single (never married)	(104)	8.8
	Married	(689)	58.0
	Living long-term with a partner but not married	(119)	10.0
	Widowed	(146)	12.3
	Separated	(34)	2.9
	Divorced	(96)	8.1
<b>Employment</b>			
	Employed full-time (30 hours or more)	(440)	37.1
	Employed part-time (less than 30 hours)	(166)	14.0
	Self-employed	(76)	6.4
	Full-time student	(3)	0.3
	Not working for domestic reasons	(38)	3.2
	Choose not to work	(10)	0.8
	Unemployed and seeking employment	(10)	0.8
	Sick or disabled and unable to work	(23)	1.9
	Retired	(405)	34.1
	Other	(15)	1.3
<b>Education</b>			
	No formal qualifications	(335)	28.8
	GCSE/O Level	(259)	22.3
	A Level/GNVQ	(220)	18.9
	Degree level of higher	(349)	30.0
<b>Housing</b>			
	Own home - owned outright	(581)	49.0
	Own home - buying with mortgage	(340)	28.7
	Partial ownership - pay part rent and part mortgage	(8)	0.7
	Private rental	(140)	11.8
	States or Guernsey Housing Association rental	(55)	4.6
	Accommodation provided with job	(11)	0.9
	Living rent free, or paying a small rent (e.g. to parents)	(36)	3.0
	Other	(15)	1.3
<b>Years living on island</b>			
	0-5	(59)	5.4
	6-10	(48)	4.4
	11-15	(49)	4.5
	16-20	(47)	4.3
	>20	(898)	81.6

Table 3.3

## Demographic comparison between 18-74 year olds in the 2008 and 2013 Guernsey Healthy Lifestyle Surveys

		Age 18-74 2008		Age 18-74 2013	
		(n)	%	(n)	%
<b>Gender</b>	Female	(431)	60.0	(628)	62.6
	Male	(289)	40.0	(375)	37.4
<b>Age group</b>	18-24	(39)	5.0	(25)	2.5
	25-34	(104)	14.0	(95)	9.5
	35-44	(144)	20.0	(179)	17.8
	45-54	(172)	24.0	(244)	24.3
	55-64	(165)	23.0	(231)	23.0
	65-74	(96)	13.0	(230)	22.9
<b>Household Income</b>	Less than £10,000	(31)	5.0	(46)	4.9
	£10,000 – £19,999	(71)	11.0	(109)	11.6
	£20,000 – £29,999	(101)	16.0	(116)	12.4
	£30,000 – £59,999	(243)	38.0	(311)	33.2
	£60,000 – £99,999	(126)	20.0	(230)	24.6
	£100,000+	(67)	10.0	(124)	13.2
<b>Marital status</b>	Single (never married)	(107)	15.0	(100)	10.0
	Married/living as married	(533)	75.0	(728)	72.5
	Widowed	(24)	3.0	(53)	5.3
	Divorced/separated	(51)	7.0	(123)	12.3
<b>Employment</b>	Employed full-time (30 hours or more)	(331)	47.0	(435)	43.4
	Employed part-time (less than 30 hours)	(125)	18.0	(163)	16.3
	Self-employed	(59)	8.0	(72)	7.2
	Full-time student	(8)	1.0	(3)	0.3
	Not working for domestic reasons	(52)	7.0	(38)	3.8
	Unemployed and seeking employment	(7)	1.0	(10)	1.0
	Retired	(116)	17.0	(235)	23.4
	Other <sup>a</sup>	(6)	6.0	(47)	4.7
<b>Housing</b>	Own	(528)	74.0	(776)	77.4
	State	(34)	5.0	(42)	4.2
	Private rent	(82)	11.0	(134)	13.4
	Accommodation provided with job	(12)	2.0	(11)	1.1
	Living with parents <sup>b</sup>	(41)	6.0	(34)	3.4
	Other	(13)	2.0	(6)	0.6
<b>Years living on island</b>	0-5	(53)	7.0	(58)	6.3
	6-10	(42)	6.0	(45)	4.9
	11-15	(34)	5.0	(47)	5.1
	16-20	(43)	6.0	(44)	4.8
	20+	(541)	76.0	(730)	79.0

<sup>a</sup>In 2013 this included disability and choose not to work; <sup>b</sup>different responses between survey years

\*The gross income of household (£) per annum total for age group 16 to 75 and over

## Chapter 4: General Health

**Table 4.1**  
**Self-rated health by gender**

	Weighted data				Unweighted data		
	All	Female	Male		All	Female	Male
	%	%	%		%	%	%
(weighted n)	(1162)	(88)	(73)	(n)	(1168)	(728)	(432)
Very good	33.8	35.2	32.5		30.1	33.0	25.7
Good	49.1	46.1	52.4		49.5	46.6	54.2
Fair	14.5	15.8	13.1		17.8	18.0	17.4
Bad	2.1	2.2	1.9		2.3	2.2	2.5
Very bad	0.5	0.7	0.2		0.3	0.3	0.2

**Table 4.2**  
**Self-rated health by age group and household income**

		How is your health in general?				
		Very good	Good	Fair	Bad/Very bad	
Age group	(weighted n)	%	%	%	%	
18-24	(127)	44.9	47.2	2.4	5.5	
25-34	(182)	48.4	41.2	10.4	0.0	
35-44	(200)	36.5	52.0	10.0	1.5	
45-54	(227)	33.0	53.3	10.6	3.1	
55-64	(180)	30.0	47.8	18.3	3.9	
65-74	(130)	21.5	53.8	23.1	1.5	
75+	(117)	15.4	47.9	33.3	3.4	
Household income						
<£10,000	(53)	16.7	31.5	37.0	14.8	
£10,000 to £19,999	(131)	24.4	46.6	22.9	6.1	
£20,000 to £29,999	(123)	26.8	53.7	16.3	3.3	
£30,000 to £59,999	(328)	36.6	48.5	14.3	0.6	
£60,000 to £99,999	(289)	38.8	52.6	6.9	1.7	
£100,000+	(143)	49.0	45.5	5.6	0.0	

**Table 4.3**  
**Level of pain or discomfort today by gender**

	Weighted data				Unweighted data		
	All	Female	Male		All	Female	Male
	%	%	%		%	%	%
(weighted n)	(1158)	(589)	(570)	(n)	(1164)	(729)	(427)
I have no pain or discomfort	69.2	70.5	67.7		65.3	66.8	62.8
I have moderate pain or discomfort	28.4	26.3	30.7		32.0	30.0	35.4
I have extreme pain or discomfort	2.4	3.2	1.6		2.7	3.2	1.9

**Table 4.4**  
**Level of pain or discomfort today by age group**

Age group	(weighted n)	Level of pain or discomfort		
		None %	Moderate %	Extreme %
18-24	(126)	86.5	11.1	2.4
25-34	(181)	82.9	17.1	0.0
35-44	(199)	71.9	25.1	3.0
45-54	(223)	67.3	30.0	2.7
55-64	(184)	62.5	34.2	3.3
65-74	(132)	57.6	40.9	1.5
75+	(111)	52.3	44.1	3.6

**Table 4.5**  
**Level of pain and discomfort today, 2008 and 2013 (unweighted data for 18-74 year olds only)**

	2008 (age 18-74)		2013 (age 18-74)	
	%		%	
	(n)	(700)	(987)	
I have no pain or discomfort		67.0	67.7	
I have moderate pain or discomfort		31.0	29.9	
I have extreme pain or discomfort		2.0	2.4	

**Table 4.6**  
**Proportion that have been told by a doctor or nurse that they have health conditions, by gender**

Health condition	Weighted data			Unweighted data		
	All %	Female %	Male %	All %	Female %	Male %
Respiratory disease	4.2	5.2	3.1	5.4	5.9	4.3
High blood pressure	26.5	24.5	28.5	32.8	28.7	39.6
Coronary Heart disease	4.1	2.5	5.7	5.5	3.1	9.4
Angina	2.3	1.2	3.5	3.1	1.5	5.9
Stroke or mini stroke	2.1	2.3	1.9	3.0	3.0	3.2
Cancer	5.5	6.5	4.5	7.3	7.5	7.1
Excess weight	24.2	21.6	26.8	23.8	21.0	28.8
Obese	7.3	8.5	5.9	7.5	8.2	6.4
High cholesterol	22.1	19.3	24.9	27.9	24.1	33.9
Diabetes	4.8	3.8	5.7	6.4	4.8	8.9
Digestive disease	5.5	5.7	5.4	6.6	6.5	6.9
Liver disease	1.1	0.5	1.7	1.1	0.7	1.8
Depression	20.9	26.5	15.1	20.5	24.5	13.7

All questions were answered by at least 1179 respondents.

Table 4.7

## Number of health conditions reported by gender\*

		All %	Female %	Male %
(weighted n)		(1179)	(600)	(579)
<b>Number of health conditions</b>	None	37.8	36.8	38.7
	1	27.6	28.2	27.1
	2	17.9	20.7	15.2
	3	9.6	8.7	10.4
	4 or more	7.2	5.7	8.6

\*Excess weight and obesity have been combined into one health condition as over 90% of individuals reporting a diagnosis of obesity also reported a diagnosis of excess weight.

Table 4.8

## Number of health conditions reported by age group\*

		Age Group						
		18-24 %	25-34 %	35-44 %	45-54 %	55-64 %	65-74 %	75+ %
(n)		(130)	(184)	(202)	(224)	(185)	(134)	(121)
<b>Number of health conditions</b>	None	68.5	44.0	48.5	35.3	28.1	17.9	18.2
	1	19.2	34.8	31.2	31.7	22.7	21.6	26.4
	2	10.0	15.2	14.9	13.8	22.7	27.6	25.6
	3	2.3	6.0	4.5	12.1	13.5	17.2	11.6
	4 or more	0.0	0.0	1.0	7.1	13.0	15.7	18.2

\*Excess weight and obesity have been combined into one health condition as over 90% of individuals reporting a diagnosis of obesity also reported a diagnosis of excess weight.

**Table 4.9**  
**Distribution of responses to the 14 WEMWBS items, all adults**

Describe your experience of each over the last two weeks	(weighted n)	None of the time	Rarely	Some of the time	Often	All of the time
		%	%	%	%	%
I've been feeling optimistic about the future	(1142)	3.2	9.8	37.9	37.5	11.6
I've been feeling useful	(1138)	1.1	6.2	33.4	46.6	12.7
I've been feeling relaxed	(1142)	1.8	14.7	43.4	33.1	7.0
I've been feeling interested in other people	(1140)	2.8	7.6	35.4	39.8	14.3
I've had energy to spare	(1142)	7.5	31.4	36.6	19.5	5.0
I've been dealing with problems well	(1148)	1.7	5.8	37.4	41.8	13.2
I've been thinking clearly	(1146)	0.4	3.4	29.2	44.3	22.7
I've been feeling good about myself	(1144)	2.2	10.3	35.7	40.0	11.8
I've been feeling close to other people	(1138)	1.7	8.0	34.9	37.5	18.0
I've been feeling confident	(1145)	2.3	11.1	35.5	37.7	13.4
I've been able to make up my own mind about things	(1153)	1.0	3.2	20.1	42.4	33.3
I've been feeling loved	(1144)	2.1	5.6	22.7	35.0	34.6
I've been interested in new things	(1142)	2.5	12.3	30.8	34.9	19.6
I've been feeling cheerful	(1145)	1.6	5.1	34.9	42.3	16.0

**Table 4.10**  
**Proportion with low, moderate and high WEMWBS scores, and mean WEMWBS scores, by gender**

	Weighted data				Unweighted data		
	All %	Female %	Male %		All %	Female %	Male %
<b>Mental wellbeing*</b>							
(weighted n)	(1141)	(574)	(566)	(n)	(1130)	(704)	(421)
Low	14.7	13.8	15.5		13.4	13.2	13.5
Moderate	71.4	72.8	70.1		71.6	72.9	69.4
High	13.9	13.4	14.3		15.0	13.9	17.1
Mean WEMWBS score	50.0	50.0	49.9		50.3	50.2	50.6

\*Low, WEMWBS scores of 40 or below; moderate, scores of 41-59; high, scores of 60 or above; see section 4.3.

**Table 4.11**  
**Proportion of adults within each WEMWBS category, by age group**

Age group	(weighted n)	Mental Wellbeing*		
		Low %	Moderate %	High %
18-24	(127)	16.5	66.9	16.5
25-34	(184)	14.7	74.5	10.9
35-44	(201)	16.9	73.6	9.5
45-54	(223)	19.3	70.0	10.8
55-64	(178)	14.0	73.6	12.4
65-74	(124)	5.6	71.8	22.6
75+	(103)	9.7	67.0	23.3

\*Low, WEMWBS scores of 40 or below; moderate, scores of 41-59; high, scores of 60 or above; see section 4.3.



**Table 4.12****Proportion of adults within each WEMWBS category, by household income**

Household income	(weighted n)	Mental Wellbeing*		
		Low %	Moderate %	High %
<£10,000	(52)	36.5	53.8	9.6
£10,000 to £19,999	(124)	17.7	69.4	12.9
£20,000 to £29,999	(121)	14.0	69.4	16.5
£30,000 to £59,999	(326)	11.0	77.3	11.7
£60,000 to £99,999	(288)	14.6	75.0	10.4
£100,000+	(141)	7.1	66.0	27.0
Low income (<£20,000)	(177)	23.7	64.4	11.9
Higher income (£20,000+)	(879)	12.1	73.5	14.4

\*Low, WEMWBS scores of 40 or below; moderate, scores of 41-59; high, scores of 60 or above; see section 4.3.

**Table 4.13****Proportion of adults within each WEMWBS category, by housing status**

	(weighted n)	Mental Wellbeing*		
		Low %	Moderate %	High %
Own home	(820)	12.4	73.7	13.9
Rent privately	(173)	20.2	69.9	9.8
States or Guernsey Housing Association rental	(46)	32.6	58.7	8.7
Other	(103)	15.5	61.2	23.3

\*Low, WEMWBS scores of 40 or below; moderate, scores of 41-59; high, scores of 60 or above; see section 4.3.

**Table 4.14****Proportion of adults within each WEMWBS category, by employment status**

	(weighted n)	Mental Wellbeing*		
		Low %	Moderate %	High %
Employed full time (30+ hours)	(593)	15.7	72.2	12.1
Employed part-time (<30 hours)	(138)	12.3	73.2	14.5
Self-employed	(76)	13.2	75.0	11.8
Unemployed and seeking work	(11)	9.1	81.8	9.1
Sick or disabled and unable to work	(22)	59.1	40.9	0.0
Retired	(241)	10.4	68.9	20.7
Other	(58)	12.1	79.3	8.6

\*Low, WEMWBS scores of 40 or below; moderate, scores of 41-59; high, scores of 60 or above; see section 4.3.

**Table 4.15****Proportion with low, moderate and high WEMWBS scores, and mean WEMWBS scores, by self-rated health**

	How is your health in general?			
	Very good %	Good %	Fair %	Bad/Very bad %
<b>Mental wellbeing*</b>				
(weighted n)	(382)	(553)	(154)	(29)
Low	5.0	15.2	28.6	51.7
Moderate	71.7	74.7	66.2	48.3
High	23.3	10.1	5.2	0.0
Mean WEMWBS score	53.4	49.2	46.2	39.8

\*Low, WEMWBS scores of 40 or below; moderate, scores of 41-59; high, scores of 60 or above; see section 4.3.

**Table 4.16****Mean WEMWBS score in 2010\* and 2013 by gender**

	2010 (age 16+)*		2013 (age 18+)	
	(weighted n)	Mean	(weighted n)	Mean
All	(683)	50.5	(1141)	50.0
Female	(356)	51.0	(574)	50.0
Male	(327)	50.0	(567)	49.9

\*Data from the Guernsey Emotional Wellbeing Survey 2010.

**Table 4.17****Mean WEMWBS score in 2010<sup>a</sup> and 2013, by age and gender**

	Females				Males			
	2010 <sup>a</sup>		2013		2010		2013	
	(n) <sup>b</sup>	mean	(n)	mean	(n)	mean	(n)	mean
16/18-24 <sup>c</sup>	(26)	47.7	(18)	50.1	(21)	45.2	(6)	51.0
25-34	(36)	50.2	(65)	49.0	(21)	52.4	(29)	49.2
34-44	(67)	49.0	(118)	49.3	(35)	48.4	(60)	48.2
45-54	(91)	49.1	(155)	49.9	(49)	48.1	(84)	47.7
55-64	(93)	52.0	(138)	49.9	(58)	49.7	(85)	50.6
65-74	(64)	55.0	(110)	52.1	(52)	53.1	(100)	53.6
75+	(43)	51.6	(98)	50.9	(37)	53.7	(57)	53.1

<sup>a</sup> Data from the Guernsey Emotional Wellbeing Survey 2010, <sup>b</sup> Unweighted sample size - as weighting is based on age and gender it has no impact on results when broken down by both these variables, <sup>c</sup> 2010, 16-24; 2013, 18-24.

**Table 4.18****Proportion with low mental wellbeing (WEMWBS 40 or below) in 2010 and 2013**

		2010*	2013
		%	%
All		16.3	14.7
<b>Gender</b>			
	Females	15.0	13.8
	Males	17.0	15.5
<b>Age</b>			
	**16/18-24	21.0	16.5
	25-34	18.0	14.7
	34-44	20.0	16.9
	45-54	22.0	19.3
	55-64	16.0	14.0
	65-74	5.0	5.6
	75+	9.0	9.7

\*Data from the Guernsey Emotional Wellbeing Survey 2010; \*\* 2010, 16-24; 2013, 18-24.

**Table 4.19****Stress or pressure experienced in the last 12 months by gender**

	Weighted data				Unweighted data		
	All %	Female %	Male %		All %	Female %	Male %
(weighted n)	(1175)	(598)	(576)	(n)	(1181)	(738)	(436)
Completely free of stress	4.4	3.2	5.7		6.3	4.1	10.1
Small amount of stress	29.4	29.4	29.3		33.3	31.4	36.0
Moderate amount of stress	39.6	39.8	39.4		35.8	37.5	33.5
Large amount of stress	25.4	26.1	24.7		22.9	25.1	19.0
Don't know	1.2	1.5	0.9		1.8	1.9	1.4

**Table 4.20****Stress or pressure experienced in the last 12 months by age group**

	Age group						
	18-24 %	25-34 %	35-44 %	45-54 %	55-64 %	65-74 %	75+ %
(weighted n)	(130)	(183)	(202)	(224)	(183)	(136)	(117)
Completely free of stress	0.0	0.0	0.5	1.3	4.9	11.8	19.7
Small amount of stress	21.5	20.2	24.8	21.9	36.1	48.5	42.7
Moderate amount of stress	46.2	50.8	44.6	42.4	37.2	25.7	20.5
Large amount of stress	32.3	28.4	30.2	33.0	21.3	10.3	13.7
Don't know	0.0	0.5	0.0	1.3	0.5	3.7	3.4

**Table 4.21****How often do the following things cause you anxiety or stress?**

	(weighted n)	Never %	Occasionally %	Frequently %	Always %
Housing condition/affordability	(1088)	52.9	31.1	12.1	3.9
Relationships between family members	(1115)	35.5	50.9	11.0	2.6
Problems with neighbours	(1098)	78.8	18.6	1.9	0.6
Problems associated with living on an island	(1099)	60.1	30.8	7.6	1.4
Money worries	(1116)	36.7	43.0	13.7	6.6
Your own health	(1131)	29.8	54.5	12.7	3.0
Your family's health	(1122)	21.9	58.1	15.5	4.5
Your friends' problems, including health problems	(1103)	40.6	52.7	5.2	1.5
Unemployment	(1085)	77.4	19.5	2.5	0.7
Job dissatisfaction	(1080)	56.1	31.1	10.7	2.2
Pressures at work	(1082)	35.0	34.0	25.3	5.7
Staffing levels at work	(1074)	51.8	30.1	14.2	4.0
Boredom at work	(1070)	75.0	18.2	5.2	1.7
Transport difficulties (e.g. trouble finding parking, traffic jams)	(1093)	56.9	30.2	11.2	1.6
Fear of crime	(1096)	68.3	28.9	2.2	0.6
Worry about global issues	(1081)	49.4	42.3	7.7	0.6

**Table 4.22****Stress or pressure experienced in the last 12 months, 2008 and 2013, unweighted data for 18-74 year olds only**

	2008 (18-74 year olds)	2013 (18-74 year olds)
	%	%
(n)	(725)	(999)
Completely free of stress	4.0	4.1
Small amount of stress	31.0	31.5
Moderate amount of stress	39.0	38.6
Large amount of stress	25.0	24.3
Don't know	1.0	1.4

**Table 4.23**

**Proportion stating that factors frequently or always cause them anxiety, 2008 and 2013, unweighted data for 18-74 year olds only**

	2008 (18-74 year olds)		2013 (18-74 year olds)	
	(n)*	%	(n)*	%
Pressures at work	(594)	30.0	(919)	27.6
Money worries	(623)	19.0	(953)	18.9
Staffing levels at work	(575)	19.0	(909)	16.0
Family's health	(647)	18.0	(954)	19.7
Relationships between family member	(634)	17.0	(944)	15.5
Job dissatisfaction	(583)	16.0	(916)	11.8
Own health	(630)	13.0	(958)	14.4
Transport difficulties	(599)	12.0	(930)	11.0
Housing condition/affordability*	(603)	8.0	(919)	13.2
Worry about global issues	(613)	7.0	(926)	5.9
Problems associated with living on an island	(597)	7.0	(932)	7.0
Boredom at work	(566)	6.0	(907)	5.7
Problems with neighbours	(594)	3.0	(932)	2.8
Fear of crime	(596)	3.0	(932)	2.7

\*Total n answering the question.

**Table 4.24**

**Whether adults had visited their G.P. (family doctor) within the last year, by gender**

Weighted data				Unweighted data			
	All %	Female %	Male %		All %	Female %	Male %
(weighted n)	(1168)	(590)	(578)	(n)	(1173)	(731)	(436)
No	13.5	8.6	18.3		10.2	8.3	13.3
Yes	86.5	91.4	81.7		89.8	91.7	86.7

**Table 4.25**

**Proportion of adults that had visited their G.P. (family doctor) within the last year, by age and gender**

Age group	All		Female		Male	
	(weighted n)	%	(weighted n)	%	(weighted n)	%
18-24	(127)	77.2	(61)	88.5	(66)	66.7
25-34	(184)	83.7	(89)	92.1	(95)	75.8
35-44	(200)	85.5	(100)	94.0	(100)	77.0
45-54	(225)	84.0	(114)	83.3	(111)	84.7
55-64	(182)	87.9	(90)	93.3	(92)	82.6
65-74	(134)	94.0	(68)	92.6	(66)	95.5
75-84	(116)	97.4	(69)	97.1	(47)	97.9

**Table 4.26****In the last five years, have you attended any of the following?**

	(weighted n)	Yes %	Not Sure %	No %
Chest and Heart Unit screening	(1103)	39.1	2.4	58.6
Sexual Health screening	(1037)	13.8	0.6	85.6
Dental check	(1148)	82.9	0.6	16.5
Colorectal (bowel cancer) screening*	(160)	33.8	1.3	64.9
Cervical smear testing**	(441)	84.7	0.5	14.8
Breast mammography (Breast screening)***	(272)	83.4	0.5	16.1

\*Ages 55-64 only \*\*Women aged 18-64 only, \*\*\*Women only; limited to age 50+.

**Table 4.27****Reasons why those not attending services have not attended**

	(weighted n)	No invite received %	Didn't see benefit %	Too embarrassed %	Too painful / un- comfortable %	Cost too high %	Don't feel I need it %	Other %
Chest and Heart Unit screening	(608)	50.6	2.7	0.6	0.1	1.5	34.2	10.2
Sexual Health screening	(804)	16.3	3.2	0.7	0.0	0.4	75.8	3.6
Dental check	(159)	8.9	1.3	1.9	2.6	39.7	38.6	6.9
Colorectal (bowel cancer) screening*	(90)	48.9	1.2	1.9	2.6	2.4	39.1	4.0
Cervical smear testing**	(58)	28.4	1.2	15.3	9.8	2.7	15.2	27.4
Breast mammography (Breast screening)***	(30)	41.6	1.9	4.3	1.9	2.1	39.2	9.1

\*Ages 55-64 only \*\*Women aged 18-64 only, \*\*\*Women only; limited to age 50+.

Table 4.28

**Medical Insurance covering G.P. fees**

<b>Do you have medical insurance that would cover the fee for a G.P.</b>	
	(weighted n) (1153)
Don't know	0.9
No	42.8
Yes	56.3
<b>For individuals answering yes, is this provided by?</b>	
	(weighted n) (614)
A local mutual insurer	28.6
A commercial insurer	69.2
Don't know	2.2
<b>For individuals answering yes, is this paid for by?</b>	
	(weighted n) (616)
Yourself, your partner or a relative	48.3
Your employer or a family member's employer	51.1
Don't know	0.6
<b>For individuals answering don't know or no, in the last year have you been prevented from going to the doctor when you or your child needed to go because you could not afford the fee?</b>	
	(weighted n) (492)
Yes	16.4
No	83.6

Table 4.29

**Proportion with medical insurance by age and gender**

		<b>Covering the cost of a GP</b>		<b>Covering the cost of private specialist or hospital treatment</b>	
	All	(weighted n)	%	(weighted n)	%
<b>Gender</b>					
	Females	(579)	57.7	(582)	37.8
	Males	(575)	54.8	(565)	38.8
<b>Age</b>					
	18-24	(120)	47.5	(127)	36.2
	25-34	(184)	61.4	(181)	50.3
	34-44	(198)	66.2	(199)	50.3
	45-54	(222)	56.8	(224)	42.0
	55-64	(182)	50.5	(181)	30.4
	65-74	(131)	55.0	(129)	27.9
	75+	(115)	50.4	(106)	17.0

**Table 4.30**

**Do you have medical insurance that would cover private specialist or hospital treatment?**

<b>Do you have medical insurance that would cover private specialist or hospital treatment?</b>		%
(weighted n)		(1148)
Don't know		5.7
No		56.0
Yes		38.3
<b>For individuals answering yes, is this paid for by?</b>		%
(weighted n)		(411)
Yourself, your partner or a relative		35.2
Your employer or a family member's employer		64.2
Don't know		0.6



## Chapter 5: Smoking

Table 5.1

Smoking status by participant gender and age

		Weighted data				Unweighted data			
		(weighted n)	Never smoked %	Ex- smoker %	Current smoker %	(n)	Never smoked %	Ex- smoker %	Current smoker %
All		(1172)	51.5	35.2	13.3	(1185)	50.2	38.7	11.1
Gender									
	Female	(593)	53.1	34.4	12.5	(739)	52.9	36.0	11.1
	Male	(579)	49.7	36.1	14.2	(438)	45.7	43.4	11.0
Age group									
	18-24	(124)	56.5	14.5	29.0	(23)	60.9	13.0	26.1
	25-34	(183)	53.0	36.6	10.4	(94)	48.9	40.4	10.6
	35-44	(202)	48.5	31.7	19.8	(179)	49.2	31.3	19.6
	45-54	(223)	62.3	27.4	10.3	(240)	63.3	26.3	10.4
	55-64	(185)	50.3	38.4	11.4	(231)	50.6	38.1	11.3
	65-74	(136)	41.2	47.8	11.0	(230)	41.7	47.4	10.9
	75+	(119)	42.9	55.5	1.7	(179)	43.0	55.3	1.7

Table 5.2

Smoking status by age group for males and females

		(weighted n)	Never smoked %	Ex-smoker %	Current smoker %
<b>Males</b>					
	18-24	(57)	64.9	12.3	22.8
	25-34	(89)	42.7	46.1	11.2
	35-44	(102)	50.0	30.4	19.6
	45-54	(113)	65.5	23.9	10.6
	55-64	(92)	52.2	37.0	10.9
	65-74	(68)	48.5	39.7	11.8
	75+	(72)	47.2	51.4	1.4
<b>Females</b>					
	18-24	(66)	50.0	16.7	33.3
	25-34	(95)	62.1	27.4	10.5
	35-44	(100)	47.0	33.0	20.0
	45-54	(111)	58.6	30.6	10.8
	55-64	(92)	47.8	40.2	12.0
	65-74	(67)	34.3	56.7	9.0
	75+	(47)	36.2	61.7	2.1

**Table 5.3**  
**Smoking status by household income and housing status**

	(weighted n)	Never smoked %	Ex-smoker %	Current smoker %
<b>Household income</b>				
Less than £10,000	(50)	42.0	32.0	26.0
£10,000 to £19,999	(136)	30.9	44.9	24.3
£20,000 to £29,999	(124)	41.9	46.0	12.1
£30,000 to £59,999	(335)	56.7	32.2	11.0
£60,000 to £99,999	(288)	51.4	34.7	13.9
£100,000+	(144)	74.3	22.9	2.8
<b>Housing status</b>				
Own home	(847)	54.1	37.5	8.4
Rent privately	(177)	44.6	29.9	25.4
States or Guernsey Housing Association rental	(45)	33.3	40.0	26.7
Other	(101)	51.5	21.8	26.7

**Table 5.4**  
**Smoking status by country of birth**

	(weighted n)	Never smoked %	Ex-smoker %	Current smoker %
<b>Country of Birth</b>				
Bailiwick of Guernsey	(706)	51.7	33.1	15.2
UK/Jersey/Republic of Ireland	(395)	51.1	38.7	10.1
Other <sup>1</sup>	(71)	52.1	35.2	12.7

<sup>1</sup>Includes Latvia, Portugal and Poland as numbers were too small

**Table 5.5**  
**Smoking status by educational level**

	(weighted n)	Never smoked %	Ex-smoker %	Current smoker %
<b>Highest education level</b>				
No formal qualifications	(245)	41.2	42.9	15.9
GCSE/O Level	(241)	46.1	37.8	16.2
A Level or GNVQ	(265)	56.6	28.3	15.1
Degree level or higher	(404)	57.4	33.2	9.4

**Table 5.6**  
**Smoking status by employment status**

		Never smoked	Ex-smoker	Current smoker
		(weighted n)	%	%
			%	%
<b>Employment status</b>				
Employed full-time (30+ hours a week)	(592)	53.4	31.1	15.5
Employed part-time (<30 hours a week)	(137)	67.9	25.5	6.6
Self-employed	(78)	47.4	38.5	14.1
Unemployed and seeking employment	(9)	22.2	55.6	22.2
Sick or disabled and unable to work	(22)	22.7	22.7	54.5
Retired	(266)	44.0	48.9	7.1
Other*	(64)	48.4	35.9	15.6

\*Includes: full time students, not working for domestic reasons, choose not to work and other.

**Table 5.7**  
**Prevalence of current smoking by survey year, Guernsey and England**

<b>Guernsey Healthy Lifestyle Survey (unweighted data)</b>												
<b>All</b>			<b>Male</b>		<b>Female</b>		<b>18-24</b>		<b>25-64</b>		<b>65-74</b>	
<b>(age 18-74)</b>												
<b>Year</b>	<b>%</b>	<b>(n)*</b>	<b>%</b>	<b>(n)</b>	<b>%</b>	<b>(n)</b>	<b>%</b>	<b>(n)</b>	<b>%</b>	<b>(n)</b>	<b>%</b>	<b>(n)</b>
<b>1988</b>	30.4	(513)	32.6	(221)	28.8	(292)	38.5	(52)	31.5	(375)	20.9	(86)
<b>1993</b>	26.4	(572)	30.8	(250)	23.0	(322)	41.5	(65)	27.5	(386)	14.9	(121)
<b>1998</b>	25.4	(790)	25.0	(276)	25.7	(514)	45.9	(61)	25.3	(628)	13.9	(101)
<b>2003</b>	20.6	(684)	23.3	(266)	18.9	(418)	47.1	(51)	20.2	(545)	8.0	(88)
<b>2008</b>	16.3	(713)	18.2	(285)	15.0	(428)	26.3	(38)	17.2	(580)	6.3	(95)
<b>2013</b>	12.7	(127)	12.3	(46)	13	(81)	26.1	(6)	12.9	(96)	10.9	(25)

<b>Health Survey for England</b>												
<b>All</b>			<b>Male</b>		<b>Female</b>		<b>16-24</b>		<b>25-64</b>		<b>65-74</b>	
<b>(age 16-74)</b>												
<b>Year</b>	<b>%</b>	<b>(n)*</b>	<b>%</b>	<b>(n)</b>	<b>%</b>	<b>(n)</b>	<b>%</b>	<b>(n)</b>	<b>%</b>	<b>(n)</b>	<b>%</b>	<b>(n)</b>
<b>1993</b>	29	(15249)	29	(7204)	28	(8045)	32	(2166)	30	(11098)	19	(1985)
<b>1998</b>	29	(14390)	30	(6602)	29	(7788)	39	(1848)	30	(10739)	18	(1803)
<b>2003</b>	27	(13460)	28	(6644)	26	(6816)	32	(2013)	28	(9902)	14	(1544)
<b>2008</b>	23	(13558)	25	(6717)	21	(6841)	26	(2131)	24	(9907)	13	(1520)
<b>2012</b>	21	(7509)	24	(3716)	19	(3793)	24	(1114)	22	(5502)	12	(893)

\*Total sample size for category. Health Survey for England data weighted since 2003.

**Table 5.8**  
**Intentions to quit among smokers**

		No	Yes, soon	Yes, sometime in the future	Don't know
(weighted n)		%	%	%	%
All	(147)	15.0	41.4	33.9	9.7
Gender					
Female	(69)	15.9	43.5	31.9	8.7
Male	(78)	14.1	39.7	35.9	10.3
Age group					
18-24	(35)	8.6	40.0	51.4	0.0
25-34	(18)	0.0	66.7	33.3	0.0
35-44	(38)	13.2	42.1	28.9	15.8
45-54	(20)	5.0	40.0	40.0	15.0
55-64	(21)	33.3	33.3	28.6	4.8
65-74	(11)	45.5	27.3	9.1	18.2
75+	(2)	0.0	0.0	50.0	50.0
Household income					
Less than £10,000	(12)	25.0	33.3	33.3	8.3
£10,000 to £19,999	(32)	28.1	6.2	53.1	12.5
£20,000 to £29,999	(15)	6.7	40.0	40.0	13.3
£30,000 to £59,999	(34)	5.9	52.9	29.4	11.8
£60,000 to £99,999	(39)	5.1	69.2	17.9	7.7
£100,000+	(3)	0.0	66.7	33.3	0.0

**Table 5.9**  
**Proportion of all participants perceiving sources of support to quit smoking as helpful, by gender**

		All	Female	Male
Sources		%	%	%
	Will power	64.0	63.0	64.9
	Encouragement and support from family and friends	45.4	46.8	44.1
	Advice from a doctor or other health professional	34.0	34.5	33.6
	NRT bought over the counter	25.2	26.7	23.6
	Free NRT with support* from Guernsey Quitline	30.3	31.7	28.9
	More tax on cigarettes	31.0	27.5	34.6
	Fewer outlets selling cigarettes	23.8	26.0	21.5
	Alternative therapist (e.g. hypnotherapy, acupuncture)	18.8	23.1	14.4
	Prescribed medication (e.g. Zyban or Champix)	14.3	15.1	13.4
	More restrictions on areas where smoking is permitted	32.4	31.5	33.5
	Using e-cigarettes	18.6	18.7	18.6
	Don't know	4.9	6.0	4.0
	Other	4.1	4.7	3.6

\*One to one or group support; NRT = nicotine replacement therapy. n values not shown – all questions were answered by at least 1184 of the 1196 respondents.

**Table 5.10**

**Proportion of participants perceiving sources of support to quit smoking as helpful, by smoking status**

Sources	Age group						
	18-24	25-34	35-44	45-54	55-64	65-74	75+
	%	%	%	%	%	%	%
Will power	83.8	70.4	65.2	59.5	59.2	58.1	52.5
Encouragement and support from family and friends	53.8	50.3	48.5	42.0	51.1	37.5	30.0
Advice from a doctor or other health professional	37.7	29.7	38.3	34.4	32.6	33.8	31.4
NRT bought over the counter	32.3	23.2	22.9	31.7	29.7	19.0	11.6
Free NRT with support* from Guernsey Quitline	54.6	23.2	28.9	36.3	32.4	19.1	15.7
More tax on cigarettes	49.2	44.9	32.3	27.9	22.3	21.9	17.5
Fewer outlets selling cigarettes	13.1	36.2	30.2	24.8	22.8	18.4	12.4
Alternative therapist (e.g. hypnotherapy, acupuncture)	16.2	16.7	20.9	24.2	21.7	17.5	8.3
Prescribed medication (e.g. Zyban or Champix)	2.3	10.8	19.3	26.5	14.1	11.8	4.1
More restrictions on areas where smoking is permitted	24.6	40.0	37.6	35.8	31.5	27.2	21.5
Using e-cigarettes	23.8	19.4	18.9	26.5	20.1	8.1	6.6
Don't know	0.0	3.8	4.0	7.5	6.0	4.4	6.6
Other	2.3	6.5	4.5	3.5	3.8	5.8	1.7

\*Nicotine replacement therapy used in conjunction with one to one or group support from Guernsey Quitline

**Table 5.11**

**Proportion of participants perceiving sources of support to quit smoking as helpful, by household income**

Sources	Household income					
	<£10,000	£10,000 to £19,999	£20,000 to £29,999	£30,000 to £59,999	£60,000 to £99,999	£100,000 +
	%	%	%	%	%	%
Will power	52.7	57.0	65.1	64.8	65.3	69.9
Encouragement/support from family and friends	25.5	26.7	46.0	52.8	45.9	53.8
Advice from a doctor or other health professional	30.9	23.7	35.7	38.3	31.4	44.8
NRT bought over the counter	21.8	17.0	21.4	29.3	21.2	30.3
Free NRT with support* from Guernsey Quitline	16.4	18.4	28.0	34.9	29.3	39.0
More tax on cigarettes	14.3	14.0	24.6	31.3	35.0	49.7
Fewer outlets selling cigarettes	18.2	10.3	19.0	26.3	28.0	30.3
Alternative therapist (e.g. hypnotherapy, acupuncture)	7.3	10.4	17.6	19.4	20.1	26.9
Prescribed medication (e.g. Zyban or Champix)	12.7	6.6	16.7	15.5	14.7	20.0
More restrictions on areas where smoking is permitted	16.4	18.5	24.0	31.3	37.4	50.3
Using e-cigarettes	8.9	10.3	14.3	21.2	18.4	24.8
Don't know	3.6	9.6	4.8	5.1	2.4	5.5
Other	1.8	2.9	3.2	3.6	4.4	5.6

\*Nicotine replacement therapy used in conjunction with one to one or group support from Guernsey Quitline

Table 5.12

**Proportion of participants perceiving sources of support to quit smoking as helpful, by smoking status**

Sources	Never smoked %	Ex-smoker %	Current smoker %
Will power	59.5	67.9	72.9
Encouragement and support from family and friends	51.7	45.7	23.2
Advice from a doctor or other health professional	35.2	35.8	26.3
NRT bought over the counter	25.3	27.5	19.4
Free NRT with support* from Guernsey Quitline	34.2	31.1	15.4
More tax on cigarettes	35.2	31.4	14.7
Fewer outlets selling cigarettes	28.0	24.6	5.8
Alternative therapist (e.g. hypnotherapy, acupuncture)	19.2	16.5	25.0
Prescribed medication (e.g. Zyban or Champix)	12.8	13.6	22.4
More restrictions on areas where smoking is permitted	36.3	36.5	7.7
Using e-cigarettes	19.7	16.7	21.2
Don't know	5.1	4.9	5.1
Other	3.2	4.6	6.4

\*Nicotine replacement therapy used in conjunction with one to one or group support from Guernsey Quitline

Table 5.13

**Beliefs about the impact of smoking on health, by smoking status**

	All %	Never smoked %	Ex-smoker %	Current smoker %
<b>Lung cancer is linked to smoking</b>				
(weighted n)	(1175)	(600)	(406)	(156)
Strongly agree	81.3	86.0	79.8	69.2
Agree	14.5	11.7	15.3	21.2
Neither agree nor disagree	3.7	2.3	4.4	7.7
Disagree	0.5	0.0	0.5	1.9
<b>Smoking in the home can affect the health of a smoker's family</b>				
(weighted n)	(1171)	(599)	(405)	(154)
Strongly agree	79.7	85.3	77.3	63.6
Agree	15.7	11.9	18.3	24.0
Neither agree nor disagree	3.8	2.8	3.2	9.7
Disagree	0.7	0.0	1.0	2.6
Strongly disagree	<0.1	0.0	0.2	0.0
<b>Smoking in the car can affect the health of a smoker's family</b>				
(weighted n)	(1168)	(598)	(403)	(154)
Strongly agree	80.3	85.1	78.4	64.9
Agree	14.6	11.7	16.9	20.1
Neither agree nor disagree	4.2	3.2	3.5	10.4
Disagree	0.8	0.0	1.0	3.9
Strongly disagree	0.1	0.0	0.2	0.6

**Table 5.14****Level of concern about inhaling second hand smoke according to smoking status**

		All %	Never smoked %	Ex-smoker %	Current smoker %
	(weighted n)	(1166)	(596)	(404)	(153)
How worried are you about inhaling other people's smoke?	A great deal	29.5	36.1	27.2	9.8
	Quite a lot	24.9	28.0	27.2	7.2
	A little	29.7	29.2	31.9	27.5
	Not at all	13.6	5.4	12.1	50.3
	Don't know	2.2	1.3	1.5	5.2

**Table 5.15****Self-rated health by smoking status**

		Never smoked %	Ex-smoker %	Current smoker %
	(weighted n)	(596)	(404)	(1520)
	Very good	39.8	28.7	23.7
	Good	46.3	52.7	50.0
	Fair	12.1	16.1	19.7
	Bad/very bad	1.8	2.5	6.6

**Table 5.16****Stress level by smoking status**

		Never smoked %	Ex-smoker %	Current smoker %
Stress level	(weighted n)	(601)	(407)	(154)
	Completely free of stress	3.7	6.1	2.6
	Small amount of stress	31.1	30.7	21.4
	Moderate amount of stress	41.1	35.4	42.9
	Large amount of stress	23.3	26.0	31.8
	Don't know	0.8	1.7	1.3

**Table 5.17****Mental wellbeing by smoking status**

		Never smoked %	Ex-smoker %	Current smoker %
Mental wellbeing*	(weighted n)	(579)	(396)	(154)
	Low	12.8	15.9	17.5
	Moderate	72.4	68.9	77.3
	High	14.9	15.2	5.2
	Mean WEMWBS score	50.4	49.9	48.5

\*Low, WEMWBS scores of 40 or below; moderate, scores of 41-59; high, scores of 60 or above; see section 4.3.

**Table 5.18****Proportion of adults informed they had selected health conditions by a doctor or nurse, by smoking category\***

<b>Health condition</b>	<b>Never smoked %</b>	<b>Ex-smoker %</b>	<b>Current smoker %</b>
Respiratory disease	3.3	4.9	6.5
High blood pressure (hypertension)	22.6	35.0	21.3
Coronary heart disease/heart attack	3.2	5.6	3.2
Angina	2.0	3.4	1.3
Stroke or mini stroke	1.2	3.4	2.6
Cancer	4.2	8.6	3.2
Excess weight	23.8	26.7	20.6
Obesity	7.0	9.3	3.9
High cholesterol	18.9	29.1	16.8
Diabetes	4.0	7.3	1.9
Digestive disease	3.2	8.6	7.1
Liver disease	1.0	1.0	1.9
Depression	17.3	20.0	36.8

\*n values not shown – Weighted sample sizes range from 1164 to 1166.

**Table 5.19****BMI weight group by smoking status**

<b>Weight group*</b>	<b>(weighted n)</b>	<b>Never smoked %</b>	<b>Ex-smoker %</b>	<b>Current smoker %</b>
		<b>(576)</b>	<b>(400)</b>	<b>(153)</b>
Underweight		3.3	0.8	1.3
Normal weight		47.7	42.8	48.4
Overweight		31.4	34.5	37.9
Obese		17.5	22.0	12.4

\*BMI (body mass index) based on self-reported height and weight; see section 7.2.

Underweight BMI&lt;18.5, Normal weight BMI 18.5-24.9, Overweight BMI 25-29.9, Obese BMI 30+.



**Table 5.20**  
**Alcohol consumption by smoking status**

		Never smoked	Ex-smoker	Current smoker
		%	%	%
<b>Drinking frequency</b>	(weighted n)	(592)	(403)	(151)
	Never	11.7	7.7	7.9
	Monthly or less	17.9	12.7	17.2
	2-4 times a month	19.1	20.3	24.5
	2-3 times a week	32.1	29.8	24.5
	4 or more times a week	19.3	29.5	25.8
<b>Drinking style*</b>	(weighted n)	(586)	(399)	(150)
	Abstainer	11.8	7.8	8.0
	Low risk drinker	69.5	60.9	38.0
	Increasing risk drinker	17.7	27.3	44.7
	Higher risk drinker	0.5	3.0	6.7
	Possible dependence	0.5	1.0	2.7

\*Based on AUDIT scores.

Lower risk = 0-7, increasing risk = 8-15, higher risk = 16-19, possible dependence = 20+.

## Chapter 6: Alcohol and drug use

**Table 6.1**

**Frequency of drinking by participant gender and age**

Weighted data						
	(weighted n)	Never %	Monthly or less %	2-4 times a month %	2-3 times a week %	4 or more times a week %
<b>All</b>	(1158)	9.7	16.5	20.1	30.1	23.6
<b>Gender</b>						
Female	(591)	12.4	21.8	18.3	28.8	18.8
Male	(567)	6.9	10.9	22.0	31.4	28.7
<b>Age group</b>						
18-24	(127)	0.0	21.3	33.9	44.9	0.0
25-34	(181)	6.6	20.4	30.4	30.4	12.2
35-44	(201)	6.5	15.9	21.9	31.8	23.9
45-54	(225)	8.4	13.8	15.6	35.1	27.1
55-64	(181)	10.5	12.2	13.3	28.2	35.9
65-74	(132)	16.7	13.6	15.2	20.5	34.1
75+	(115)	24.3	21.7	11.3	13.9	28.7
Unweighted data						
	(n)					
<b>All</b>	(1166)	12.7	16.7	16.7	27.1	26.8
<b>Gender</b>						
Female	(730)	14.9	19.4	16.8	26.7	22.2
Male	(427)	8.9	11.9	16.6	27.6	34.9
<b>Age group</b>						
18-24	(24)	0.0	33.3	25.0	41.7	0.0
25-34	(93)	6.5	21.5	31.2	31.2	9.7
35-44	(178)	6.7	16.9	21.3	32.6	22.5
45-54	(242)	9.1	15.3	15.7	35.1	24.8
55-64	(228)	11.0	13.6	13.2	28.1	34.2
65-74	(222)	17.1	13.5	15.3	20.3	33.8
75+	(171)	25.1	21.6	11.1	13.5	28.7

**Table 6.2**

**Frequency of alcohol consumption 2008 and 2013, unweighted data for 18-74 year olds only**

	2008			2013		
	All	Females	Males	All	Females	Males
(n)	(709)	(425)	(284)	(987)	(621)	(365)
Never	8.0	9.6	5.6	10.4	12.1	7.7
Less than twice a week	35.5	41.6	26.4	33.5	36.7	28.2
At least twice a week	56.4	48.7	68.0	56.0	51.2	64.1

Table 6.3

## Alcohol consumption on the heaviest drinking day in the last week, by gender

		Weighted data			Unweighted data			
		All	Female	Male				
		%	%	%	All	Female	Male	
		%	%	%	%	%	%	
(weighted n)		(1186)	(598)	(564)	(n)	(1168)	(737)	(431)
None		27.8	34.6	20.6		30.6	35.1	22.7
Up to 3 (female) or 4 (male) units		34.2	37.0	31.4		39.2	39.3	39.0
>3, up to 6 (female) or >4, up to 8 (male) units		17.1	15.2	19.1		16.6	15.2	19.0
>6 (female) or >8 (male)		20.8	13.2	28.9		13.6	10.3	19.3

Table 6.4

## Alcohol consumption on heaviest drinking day in the last week, Guernsey and England

Guernsey Healthy Lifestyle Survey (2013)						
			None	Up to 3 (F) or 4 (M) units	>3, up to 6 (F) or >4, up to 8 (M) units	>6 (F) or >8 (M)
(weighted n)			%	%	%	%
<b>Females</b>	18-24	(64)	37.5	26.6	15.6	20.3
	25-34	(91)	31.9	31.9	7.7	28.6
	35-44	(100)	28.0	30.0	23.0	19.0
	45-54	(114)	33.3	34.2	21.1	11.4
	55-64	(91)	29.7	42.9	20.9	6.6
	65-74	(68)	36.8	54.4	7.4	1.5
	75+	(72)	50.0	43.1	5.6	1.4
<b>Males</b>	18-24	(66)	16.7	0.0	16.7	66.7
	25-34	(86)	23.3	30.2	11.6	34.9
	35-44	(98)	22.4	20.4	28.6	28.6
	45-54	(110)	11.8	30.9	19.1	38.2
	55-64	(91)	15.4	44.0	24.2	16.5
	65-74	(65)	29.2	46.2	18.5	6.2
	75+	(47)	38.3	55.3	6.4	0.0
Health Survey for England (2012)						
<b>Females</b>	16-24*	(555)	52	18	10	19
	25-34	(705)	50	18	14	18
	35-44	(729)	42	24	19	14
	45-54	(724)	40	25	21	14
	55-64	(610)	40	30	20	10
	65-74	(463)	48	32	15	5
	75+	(427)	61	33	6	1
<b>Males</b>	16-24*	(566)	43	18	12	27
	25-34	(693)	35	26	16	24
	35-44	(721)	30	30	18	22
	45-54	(716)	29	27	19	24
	55-64	(594)	26	33	19	22
	65-74	(429)	28	40	21	11
	75+	(312)	42	48	8	2

\* England data is from age 16; F=female; M=male.

**Table 6.5**  
**Proportion within AUDIT drinking category, by age and gender**

Weighted data			AUDIT drinking category				
			Abstainer	Lower risk drinker	Increasing risk drinker	Higher risk drinker	Possible dependence
(weighted n)			%	%	%	%	%
All		(1143)	9.8	62.6	24.5	2.1	1.0
Gender							
	Female	(583)	12.5	67.6	17.0	1.9	1.0
	Male	(560)	7.0	57.3	32.3	2.3	1.1
Age group							
	18-24	(123)	0.0	48.8	48.8	2.4	0.0
	25-34	(183)	6.6	60.7	31.1	1.6	0.0
	35-44	(196)	6.6	58.7	29.1	3.6	2.0
	45-54	(222)	8.6	64.4	20.7	4.1	2.3
	55-64	(181)	10.5	66.3	21.0	1.1	1.1
	65-74	(132)	16.7	71.2	10.6	0.8	0.8
	75+	(109)	25.7	67.0	7.3	0.0	0.0
Unweighted data		(n)					
All		(1150)	12.9	66.5	17.8	1.7	1.1
Gender							
	Female	(722)	15.1	69.7	12.9	1.2	1.1
	Male	(421)	9.0	61.3	26.4	2.4	1.0
Age group							
	18-24	(23)	0.0	47.8	47.8	4.3	0.0
	25-34	(94)	6.4	63.8	27.7	2.1	0.0
	35-44	(174)	6.9	61.5	26.4	3.4	1.7
	45-54	(239)	9.2	67.4	18.4	2.9	2.1
	55-64	(227)	11.0	67.8	18.9	0.9	1.3
	65-74	(222)	17.1	71.6	10.4	0.5	0.5
	75+	(163)	26.4	66.9	6.7	0.0	0.0

Table 6.6

## Proportion of males and females within AUDIT drinking categories, by age

		Abstainer	Lower risk drinker	Increasing risk drinker	Higher risk drinker	Possible dependence
Females	(weighted n)	%	%	%	%	%
18-24	(57)	0.0	47.4	47.7	5.3	0.0
25-34	(91)	5.5	68.1	23.1	3.3	0.0
35-44	(98)	8.2	67.3	20.4	3.1	1.0
45-54	(112)	10.7	74.1	12.5	0.9	1.8
55-64	(92)	13.0	71.7	12.0	1.1	2.2
65-74	(67)	22.4	73.1	3.0	0.0	1.5
75+	(66)	31.8	63.6	4.5	0.0	0.0
<b>Males</b>						
18-24	(66)	0.0	50.0	50.0	0.0	0.0
25-34	(92)	7.6	53.3	39.1	0.0	0.0
35-44	(96)	5.2	50.0	38.5	3.1	3.1
45-54	(111)	6.3	55.0	28.8	7.2	2.7
55-64	(89)	6.7	60.7	31.5	1.1	0.0
65-74	(65)	10.8	69.2	18.5	1.5	0.0
75+	(42)	16.7	73.8	9.5	0.0	0.0

Table 6.7

## Age of individuals within AUDIT drinking categories

		Abstainer	Lower risk drinker	Increasing risk drinker	Higher risk drinker	Possible dependence
		%	%	%	%	%
(weighted n)		(112)	(719)	(280)	(24)	(11)
<b>Age Group</b>	18-24	0.0	8.4	21.4	14.1	0.0
	25-34	10.7	15.5	20.2	11.5	0.0
	35-44	11.3	16.0	20.4	28.3	36.5
	45-54	16.8	20.0	16.5	36.3	41.9
	55-64	16.5	16.8	13.7	7.1	16.7
	65-74	19.7	13.1	5.0	2.6	4.9
	75+	24.9	10.2	2.7	0.0	0.0

Table 6.8

## Proportion in AUDIT drinking categories by country of birth

		Abstainer	Lower risk drinker	Increasing risk drinker	Higher risk drinker	Possible dependence
Country of Birth		%	%	%	%	%
(weighted n)						
Bailiwick of Guernsey	(699)	9.7	59.2	27.9	2.0	1.1
UK/Jersey/Republic of Ireland	(375)	10.1	67.7	18.9	2.4	0.8
Other <sup>1</sup>	(70)	10.0	68.6	20.0	1.4	0.0

<sup>1</sup>Includes Latvia, Portugal and Poland as numbers were too small.

**Table 6.9****Proportion in AUDIT drinking categories, by employment status\***

		Abstainer	Lower risk drinker	Increasing risk drinker	Higher risk drinker	Possible dependence
	(weighted n)	%	%	%	%	%
Employed full time	(586)	5.8	57.0	32.4	3.8	1.0
Employed part-time	(134)	6.7	83.6	9.0	0.7	0.0
Self-employed	(76)	7.9	59.2	31.6	0.0	1.3
Unemployed, seeking employment	(10)	10.0	60.0	10.0	0.0	20.0
Sick or disabled, unable to work	(24)	33.3	29.2	25.0	4.2	8.3
Retired	(251)	19.9	65.3	13.9	0.4	0.4
Other*	(62)	6.5	74.2	19.4	0.0	0.0

Employed full time = 30 hours per week or more; employed part time = less than 30 hours a week; \*Other includes: full time students, not working for domestic reasons, choose not to work and other.

**Table 6.10****Proportion in AUDIT drinking categories, by housing status**

		Abstainer	Lower risk drinker	Increasing risk drinker	Higher risk drinker	Possible dependence
	(weighted n)	%	%	%	%	%
Own home	(829)	8.2	66.0	23.3	1.6	1.0
Rent privately	(174)	10.3	49.4	32.8	5.7	1.7
States or Guernsey Housing Association rental	(41)	34.1	29.3	34.1	0.0	2.4
Other	(98)	11.2	71.4	16.3	1.0	0.0

**Table 6.11****Proportion within AUDIT drinking groups, by household income**

		Abstainer	Lower risk drinker	Increasing risk drinker	Higher risk drinker	Possible dependence
	(weighted n)	%	%	%	%	%
Less than £10,000	49	32.7	42.9	14.3	8.2	2.0
£10,000 to £19,999	128	24.2	50.8	24.2	0.0	0.8
£20,000 to £29,999	120	14.2	65.0	19.2	1.7	0.0
£30,000 to £59,999	327	6.1	67.9	21.1	3.4	1.5
£60,000 to £99,999	289	4.2	62.6	30.1	2.4	0.7
£100,000+	143	5.6	69.2	24.5	0.0	0.7
Low income (<£20,000)	176	26.7	48.3	21.6	2.3	1.1
Higher income (£20,000+)	878	6.5	65.9	24.4	2.3	0.9

**Table 6.12****Proportion in AUDIT drinking categories that live with household members under the age of 16**

		Abstainer	Lower risk drinker	Increasing risk drinker	Higher risk drinker	Possible dependence
	(weighted n)	(113)	(710)	(278)	(24)	(11)
Live with children	%	20.4	25.2	29.1	16.7	0

**Table 6.13****Desire to cut down on alcohol consumption by AUDIT drinking category, drinkers only**

	All drinkers	Lower risk drinker	Increasing risk drinker	Higher risk drinker	Possible dependence
	%	%	%	%	%
(weighted n)	(1006)	(690)	(281)	(24)	(11)
No, I do not want to change my present level of drinking alcohol	86.0	93.5	76.2	16.7	18.2
Yes, I would like to drink less alcohol	13.5	6.4	23.1	83.3	63.6
Yes, I would like to stop drinking	0.5	0.1	0.7	0.0	18.2

**Table 6.14****Desire to cut down on alcohol by AUDIT drinking category, by gender, drinkers only**

		Lower risk drinker %	Increasing risk drinker or above*
		%	%
<b>Females</b>	(weighted n)	(376)	(115)
No, I do not want to change my present level of drinking alcohol		94.4	56.5
Yes, I would like to drink less alcohol		5.6	41.7
Yes, I would like to stop drinking		0.0	1.7
<b>Males</b>	(weighted n)	(314)	(201)
No, I do not want to change my present level of drinking alcohol		92.4	77.1
Yes, I would like to drink less alcohol		7.3	21.9
Yes, I would like to stop drinking		0.3	1.0

\*Including increasing risk, higher risk and possible dependence.

Table 6.15

## Agreement with statements on alcohol, all drinkers

		Strongly agree	Agree	Neither agree/ disagree	Disagree	Strongly disagree	Don't know
	(weighted n)	%	%	%	%	%	%
Getting drunk is a perfectly acceptable thing for people to do	(1159)	3.9	13.5	32.8	24.4	24.9	0.4
Getting drunk is a major part of the local way of life	(1161)	6.4	29.3	22.2	22.0	17.6	2.5
It's easier to enjoy a social event if you've had a drink	(1162)	6.5	39.0	22.5	21.7	9.4	0.9
There is nothing wrong with people getting drunk regularly	(1160)	1.4	6.9	18.3	34.7	38.1	0.7
Most people with serious drinking problems can never fully recover	(1158)	11.5	31.2	17.5	24.4	7.6	7.8
People in some other parts of Europe tend to drink more alcohol more sensibly than people in the Bailiwick of Guernsey	(1161)	16.6	43.6	21.8	4.2	2.3	11.6
The States should tax alcohol more heavily to encourage people to drink less	(1162)	9.0	13.0	22.9	30.8	21.0	3.3
Most people with serious drinking problems have only themselves to blame	(1165)	9.2	27.1	28.6	23.1	6.6	5.3

Table 6.16

## Proportion agreeing or strongly agreeing with statements on alcohol, by drinking group

	Abstainer %	Low risk drinker %	Increasing risk drinker or above* %
Getting drunk is a perfectly acceptable thing for people to do	9.8	11.6	32.1
Getting drunk is a major part of the local way of life	32.7	30.8	47.1
It's easier to enjoy a social event if you've had a drink	15.2	38.9	71.1
There is nothing wrong with people getting drunk regularly	4.0	6.2	15.0
Most people with serious drinking problems can never fully recover	46.1	41.5	44.2
People in some other parts of Europe tend to drink more alcohol more sensibly than people in the Bailiwick of Guernsey	49.0	60.2	64.6
The States should tax alcohol more heavily to encourage people to drink less	52.4	22.9	6.7
Most people with serious drinking problems have only themselves to blame	46.2	33.8	37.3

\*Including increasing risk, higher risk and possible dependence, \*\*weighted sample sizes for each question ranged from 1124 to 1129.



**Table 6.17****Stress level by AUDIT drinking category**

	Abstainer	Lower risk drinker	Increasing risk drinker	Higher risk drinker	Possible dependence
	%	%	%	%	%
(weighted n)	(112)	(711)	(277)	(23)	(12)
Completely free of stress	7.1	4.2	3.2	0.0	8.3
Small amount of stress	22.3	34.2	19.9	26.1	41.7
Moderate amount of stress	33.0	39.9	41.9	52.2	8.3
Large amount of stress	33.9	20.5	34.7	21.7	41.7
Don't know	3.6	1.1	0.4	0.0	0.0

**Table 6.18****Mental wellbeing (MWB) by AUDIT drinking category**

	Abstainer	Lower risk drinker	Increasing risk drinker	Higher risk drinker	Possible dependence
	%	%	%	%	%
Mental wellbeing*					
(weighted n)	(102)	(692)	(274)	(23)	(12)
Low	28.4	10.7	17.5	21.7	33.3
Moderate	61.8	71.7	75.2	78.3	58.3
High	9.8	17.6	7.3	0.0	8.3
Mean WEMWBS score	46.2	51.4	48.3	46.9	48.8

\*Low, WEMWBS scores of 40 or below; moderate, scores of 41-59; high, scores of 60 or above; see section 4.3.

**Table 6.19****BMI weight group by AUDIT drinking category**

	Abstainer	Lower risk drinker	Increasing risk drinker	Higher risk drinker	Possible dependence
	%	%	%	%	%
Weight group*					
(weighted n)	(105)	(679)	(277)	(24)	(12)
Underweight	1.0	2.1	1.1	0.0	0.0
Normal weight	47.6	45.8	48.7	41.7	33.3
Overweight	26.7	34.9	32.1	29.2	41.7
Obese	24.8	17.2	18.1	29.2	25.0

\*BMI (body mass index) based on self-reported height and weight; see section 7.2.

Underweight BMI<18.5, Normal weight BMI 18.5-24.9, Overweight BMI 25-29.9, Obese BMI 30+.

**Table 6.20**

**Proportion of adults informed they had selected health conditions by a doctor or nurse, by AUDIT drinking category**

	Abstainer	Lower risk drinker	Increasing risk drinker	Higher risk drinker	Possible dependence
	%	%	%	%	%
(weighted n*)	(112)	(711)	(279)	(24)	(11)
Respiratory diseases	5.4	3.8	3.6	4.2	18.2
High blood pressure	44.6	26.0	21.1	12.5	41.7
Coronary Heart disease	8.0	3.5	2.9	4.2	0.0
Angina	4.4	2.0	2.2	4.2	0.0
Stroke or mini stroke (TIA)	3.6	2.0	1.4	8.3	0.0
Cancer	8.0	6.2	2.5	0.0	9.1
Overweight	23.0	22.6	27.1	33.3	25.0
Obese	10.7	5.8	9.3	4.2	9.1
High cholesterol	27.7	22.8	18.3	26.1	18.2
Diabetes	8.8	4.6	2.5	12.5	0.0
Digestive disease	8.0	5.8	3.9	12.5	9.1
Liver	1.8	0.6	1.8	4.3	8.3
Depression	31.2	18.3	19.7	47.8	33.3

\*For individuals questions, samples sizes occasionally range one above or below the n value shown.

**Table 6.21**

**Self-rated health by AUDIT drinking category**

	Abstainer	Lower risk drinker	Increasing risk drinker	Higher risk drinker	Possible dependence
	%	%	%	%	%
(weighted n)	(110)	(700)	(276)	(23)	(11)
Very good	23.6	36.0	35.9	26.1	18.2
Good	38.2	49.4	50.7	56.5	54.5
Fair	31.8	12.6	11.6	17.4	18.2
Bad	5.5	1.4	1.8	0.0	9.1
Very bad	0.9	0.6	0.0	0.0	0.0

**Table 6.22****Proportion reporting use of various drugs in the last year and the last month\***

			<b>Weighted data</b>		<b>Un-weighted data</b>	
			Used in last year %	Used in last month %	Used in last year %	Used in last month %
(weighted n)			(1186)		(n)	(1196)
	Cannabis		5.1	0.6	2.7	0.4
	Magic mushrooms		0.5	0.0	0.3	0.0
	Amphetamine		0.2	0.1	0.3	0.2
	Methadone		0.0	0.0	0.0	0.0
	Cocaine		0.5	0.0	0.3	0.0
	Crack		0.1	0.0	0.1	0.0
	Tranquilisers (benzodiazepines, e.g. diazepam)		2.8	1.2	3.3	1.7
	Ecstasy		0.1	0.0	0.1	0.0
	Poppers		0.5	0.1	0.3	0.1
	Heroin		0.0	0.0	0.0	0.0
	Steroids		1.4	1.1	1.5	1.0
	LSD		0.0	0.0	0.0	0.0
	Glues/solvents/gases		0.0	0.0	0.0	0.0
	Subutex or Suboxone		0.0	0.0	0.1	0.0
	Emerging drugs of concern/legal highs/herbal highs		0.4	0.1	0.3	0.1
	Fentanyl		0.1	0.0	0.2	0.1
	Other prescription drugs not prescribed for you		0.3	0.2	0.3	0.2
	Other		0.9	0.5	1.2	0.6

\*All individuals using reporting use of a drug in the last month are also include in the last year figure.

**Table 6.23****Proportion that had used cannabis or tranquillisers in the last year, by gender and age**

			Cannabis	Tranquillisers
(weighted n)			%	%
<b>Gender</b>	Female	(604)	3.8	4.0
	Male	(502)	6.4	1.5
<b>Age group</b>	18-24	(130)	16.2	2.3
	25-34	(185)	9.2	1.6
	35-44	(202)	6.4	3.5
	45-54	(227)	2.6	1.8
	55-64	(184)	1.6	4.3
	65-74	(136)	0.0	2.9
	75+	(122)	0.0	3.3

**Table 6.24****Proportions of 18-59 year olds\* reporting use of drugs in the last year, Guernsey and England and Wales**

	Guernsey (Age 18-59, 2013)	England and Wales (Age 16-59, 2013/14)
	%	%
Cannabis	7.1	6.6
Magic mushrooms	0.7	0.4
Amphetamine	0.2	0.8
Cocaine	0.7	2.4
Crack	0.1	0.1
Tranquillisers	2.4	0.5
Ecstasy	0.2	1.6
Poppers	0.8	0.8
Steroids*	1.3	0.2

\*Anabolic steroids in England and Wales. Data from *Drug misuse: findings from the 2013 to 2014 Crime Survey for England and Wales*. Home Office, 2014.

## Chapter 7: Weight, diet and exercise

Table 7.1

Perception of body weight by participant age and gender

Weighted data			Do you think you are?				
			Underweight	About the right weight	Overweight	Very overweight	Not sure about my weight
		(weighted n)	%	%	%	%	%
<b>All</b>		(1176)	1.9	49.2	40.2	7.9	0.8
<b>Gender</b>							
	Females	(596)	1.8	47.0	39.8	10.2	1.2
	Males	(581)	2.1	51.5	40.6	5.5	0.3
<b>Age group</b>							
	18-24	(127)	2.4	76.4	15.7	5.5	0.0
	25-34	(184)	3.3	43.5	40.8	12.0	0.5
	35-44	(199)	1.5	49.7	43.7	4.5	0.5
	45-54	(227)	0.4	43.2	43.6	12.8	0.0
	55-64	(184)	1.1	43.5	46.2	8.7	0.5
	65-74	(134)	1.5	41.8	49.3	6.0	1.5
	75+	(120)	4.2	57.5	33.3	1.7	3.3
<b>Unweighted data</b>		(n)					
<b>All</b>		(1178)	1.7	46.7	12.6	7.9	1.1
<b>Gender</b>							
	Female	(738)	1.4	46.9	40.8	9.6	1.4
	Male	(440)	2.3	46.4	45.5	5.2	0.7
<b>Age group</b>							
	18-24	(24)	4.2	62.5	25.0	8.3	0.0
	25-34	(95)	3.2	44.2	38.9	12.6	1.1
	35-44	(176)	1.1	48.9	43.2	6.3	0.6
	45-54	(244)	0.4	43.0	43.4	13.1	0.0
	55-64	(230)	1.3	44.3	45.2	8.7	0.4
	65-74	(227)	1.3	41.9	49.3	6.2	1.3
	75+	(181)	3.9	57.5	33.1	1.7	3.9

**Table 7.2**  
**Perceptions of body weight by age group for males and females**

			Do you feel you are?				
			Underweight	About the right weight	Overweight	Very overweight	Not sure about my weight
			(weighted n)	%	%	%	%
<b>Females</b>							
	18-24	(60)	5.0	50.0	33.3	11.7	0.0
	25-34	(90)	3.3	45.6	36.7	13.3	1.1
	35-44	(100)	1.0	47.0	42.0	9.0	1.0
	45-54	(115)	0.0	42.6	42.6	14.8	0.0
	55-64	(91)	1.1	48.4	41.8	8.8	0.0
	65-74	(69)	1.4	40.6	47.8	8.7	1.4
	75+	(70)	1.4	58.6	31.4	2.9	5.7
<b>Males</b>							
	18-24	(66)	0.0	100.0	0.0	0.0	0.0
	25-34	(95)	3.2	41.1	45.3	10.5	0.0
	35-44	(99)	2.0	52.5	45.5	0.0	0.0
	45-54	(112)	0.9	43.8	44.6	10.7	0.0
	55-64	(92)	1.1	39.1	51.1	7.6	1.1
	65-74	(67)	1.5	43.3	50.7	3.0	1.5
	75+	(50)	8.0	56.0	36.0	0.0	0.0

**Table 7.3**  
**Participants' perceptions of their own weight (unweighted comparison between years [18-74 year olds])**

	2008	2013
	%	%
(n)	(712)	(996)
Underweight	3.0	1.3
About the right weight	46.0	44.7
Overweight	41.0	44.3
Very overweight	7.0	9.1
Not sure about my weight	3.0	0.6

**Table 7.4**  
**BMI weight category by participant gender and age**

Weighted data			BMI weight category*			
			Underweight	Normal weight	Overweight	Obese
(weighted n)			%	%	%	%
All		(1137)	2.0	46.2	33.3	18.4
Gender						
	Females	(580)	3.4	49.7	28.4	18.4
	Males	(556)	0.5	42.6	38.3	18.5
Age group						
	18-24	(112)	6.2	73.2	8.9	11.6
	25-34	(186)	5.4	44.1	33.9	16.7
	35-44	(196)	1.5	45.4	35.7	17.3
	45-54	(221)	0.5	41.2	35.7	22.6
	55-64	(181)	0.6	43.6	34.3	21.5
	65-74	(133)	0.8	36.8	38.3	24.1
	75+	(111)	1.8	47.7	39.6	10.8
Unweighted data		(n)				
All		(1153)	1.5	44.6	34.8	19.2
Gender						
	Female	(719)	2.2	49.8	30.2	17.8
	Male	(426)	0.2	36.2	42.3	21.4
Age group						
	18-24	(22)	9.1	59.1	13.6	18.2
	25-34	(95)	6.3	45.3	30.5	17.9
	35-44	(173)	1.7	48.6	32.9	16.8
	45-54	(239)	0.4	43.5	33.9	22.2
	55-64	(227)	0.4	46.3	32.6	20.7
	65-74	(223)	0.4	37.7	38.1	23.8
	75+	(165)	1.8	47.9	40.0	10.3

\*BMI = body mass index, based on respondents' self-reported height and weight; Underweight = BMI of 10 to less than 18.5; Normal weight = BMI 18.5 to less than 25; Overweight = BMI 25 to less than 30 and Obese = BMI of 30 or more.

**Table 7.5**  
**BMI weight category by gender and age**

			Underweight	Normal weight	Overweight	Obese
			(weighted n)	%	%	%
<b>Females</b>						
	18-24	(57)	12.3	47.4	17.5	22.8
	25-34	(90)	7.8	46.7	25.6	20.0
	35-44	(98)	3.1	55.1	26.5	15.3
	45-54	(113)	0.9	49.6	29.2	20.4
	55-64	(92)	1.1	53.3	27.2	18.5
	65-74	(68)	1.5	47.1	29.4	22.1
	75+	(64)	3.1	45.3	42.2	9.4
<b>Males</b>						
	18-24	(55)	0.0	100.0	0.0	0.0
	25-34	(94)	3.2	41.5	41.5	13.8
	35-44	(96)	0.0	36.5	44.8	18.8
	45-54	(108)	0.0	33.3	42.6	24.1
	55-64	(90)	0.0	34.4	41.1	24.4
	65-74	(65)	0.0	26.2	47.7	26.2
	75+	(46)	0.0	52.2	34.8	13.0

**Table 7.6**  
**Perceptions of body weight by BMI weight category**

	Underweight	Normal weight	Overweight	Obese
	%	%	%	%
(weighted n)	(23)	(524)	(378)	(209)
Underweight	30.4	2.7	0.0	0.5
About the right weight	60.9	82.4	27.5	1.4
Overweight	4.3	14.1	68.8	58.9
Very overweight	0.0	0.2	2.4	39.2
Not sure about my weight	4.3	0.6	1.3	0.0

**Table 7.7**  
**BMI weight category by household income**

Household income	(weighted n)	Underweight	Normal weight	Overweight	Obese
		%	%	%	%
Less than £10,000	(49)	2.0	53.1	26.5	18.4
£10,000 to £19,999	(129)	1.6	48.8	28.7	20.9
£20,000 to £29,999	(120)	4.2	39.2	42.5	14.2
£30,000 to £59,999	(318)	0.9	41.8	34.9	22.3
£60,000 to £99,999	(283)	0.0	51.2	35.0	13.8
£100,000+	(145)	4.8	49.0	30.3	15.9
Low income (<£20,000)	(176)	1.7	50.0	27.8	20.5
Higher income (£20,000+)	(867)	1.7	45.8	35.2	17.3



**Table 7.8**  
**BMI weight category by housing status**

	(weighted n)	Underweight %	Normal weight %	Overweight %	Obese %
Own home	(826)	1.5	46.1	34.9	17.6
Rent privately	(177)	2.8	47.5	28.8	20.9
States or Guernsey Housing Association rental	(43)	2.3	39.5	30.2	27.9
Other	(90)	6.7	47.8	28.9	16.7

**Table 7.9**  
**BMI weight category of participants living in household with and without children under the age of 16**

	(weighted n)	Underweight %	Normal weight %	Overweight %	Obese %
No Children <16	9841)	1.4	44.9	34.4	19.3
With Children <16	(287)	3.8	50.2	30.3	15.7

**Table 7.10**  
**Proportion that are overweight and obese in Guernsey and England over time (unweighted data ages 18-74)**

	1993	1998	2003	2008	2012	2013
<b>England (age 16+) Weighted since 2003</b>						
Males	58	63	65	66	67	-
Females	49	53	56	57	57	-
All	53	58	60	61	62	-
<b>Guernsey (age 18-74) unweighted</b>						
Males	52.2	56.9	62.8	59.8	-	66.2
Females	49.1	56.1	63.6	48.0	-	47.2
All	50.4	56.4	63.3	53.0	-	54.3
<b>Guernsey (age 18-74) unweighted using old BMI cut off</b>						
Males	52.2	56.9	62.8	59.8	-	66.0
Females	49.1	56.1	63.6	60.8	-	60.6
All	50.4	56.4	63.3	60.4	-	62.6

**Table 7.11**  
**Self-reported levels of stress by BMI weight category**

	Underweight %	Normal weight %	Overweight %	Obese %
(weighted n)	(23)	(521)	(374)	(208)
Completely free of stress	0.0	4.2	4.8	4.3
Small amount of stress	26.1	25.3	34.2	27.4
Moderate amount of stress	47.8	43.4	40.1	33.7
Large amount of stress	21.7	26.7	19.8	32.7
Don't know	4.3	0.4	1.1	1.9

**Table 7.12****Mental wellbeing by BMI weight category**

<b>Mental wellbeing*</b>	<b>Underweight</b>	<b>Normal weight</b>	<b>Overweight</b>	<b>Obese</b>
	<b>%</b>	<b>%</b>	<b>%</b>	<b>%</b>
(weighted n)	(22)	(509)	(363)	(201)
Low	13.6	13.9	11.8	20.4
Moderate	63.6	73.7	69.1	72.1
High	22.7	12.4	19.0	7.5
Mean WEMWBS score	52.5	50.1	51.1	47.7

\*Low, WEMWBS scores of 40 or below; moderate, scores of 41-59; high, scores of 60 or above; see section 4.3.

**Table 7.13****Proportion of adults informed they had selected health conditions by a doctor or nurse, by BMI weight category**

	<b>Underweight</b>	<b>Normal weight</b>	<b>Overweight</b>	<b>Obese</b>
	<b>%</b>	<b>%</b>	<b>%</b>	<b>%</b>
Respiratory disease	4.2	4.2	4.3	4.3
High blood pressure	4.2	16.6	32.3	45.2
Coronary heart disease	0.0	2.9	4.5	6.2
Angina	0.0	1.3	2.7	3.4
Stroke or mini stroke	0.0	1.9	2.1	2.9
Cancer	4.3	5.2	5.6	6.2
Overweight	0.0	4.2	27.9	72.5
Obese	0.0	0.6	2.1	35.3
High cholesterol	4.3	12.8	28.8	35.1
Diabetes	0.0	2.3	4.0	12.0
Digestive disease	8.3	3.4	6.6	10.1
Liver disease	0.0	0.6	1.3	1.9
Depression	30.4	19.4	18.1	29.8

**Table 7.14****Sleep quality by BMI**

		<b>Very good</b>	<b>Good</b>	<b>Fair</b>	<b>Bad</b>	<b>Very Bad</b>
	<b>(weighted n)</b>	<b>%</b>	<b>%</b>	<b>%</b>	<b>%</b>	<b>%</b>
Underweight	(23)	13.0	17.4	56.5	13.0	0.0
Normal weight	(524)	14.5	37.4	35.7	11.6	0.8
Overweight	(374)	16.0	42.5	29.9	10.2	1.3
Obese	(207)	17.4	25.1	41.5	11.6	4.3

Table 7.15

## Portions of fruit and vegetables consumed on a normal day, by gender

		Weighted data			Unweighted data			
		All	Female	Male	All	Female	Male	
		%	%	%	%	%	%	
	(weighted n)	(1172)	(596)	(576)	(n)	(1177)	(734)	(435)
Portions of fruit and vegetables	None	2.5	2.2	3.0		2.2	1.9	2.8
	1	13.0	10.2	16.0		10.3	8.6	13.1
	2	20.9	19.3	22.6		21.1	19.1	24.1
	3	23.8	25.0	22.6		24.3	24.3	24.6
	4	19.3	21.1	17.4		19.3	21.0	16.6
	5 or more	20.4	22.1	18.6		22.9	25.2	18.9

Table 7.16

## Portions of fruit and vegetables consumed on a normal day, by age group

		Portions of fruit and vegetables consumed on a normal day					
		None	1	2	3	4	5 or more
Age group	(weighted n)	%	%	%	%	%	%
18-24	(130)	2.3	30.0	5.4	23.8	27.7	10.8
25-34	(186)	3.8	13.4	28.0	24.2	18.8	11.8
35-44	(199)	3.0	12.6	23.1	23.6	16.1	21.6
45-54	(223)	0.9	11.2	23.3	19.3	19.3	26.0
55-64	(180)	2.8	6.7	23.9	25.6	17.8	23.3
65-74	(134)	0.7	9.7	17.2	27.6	20.1	24.6
75+	(116)	4.3	12.1	18.1	25.0	18.1	22.4

Table 7.17

## Fruit and vegetable consumption by annual household income

Household income		Portions of fruit and vegetables consumed on a normal day					
		None	1	2	3	4	5 or more
	(weighted n)	%	%	%	%	%	%
Less than £10,000	54	1.9	16.7	29.6	25.9	13.0	13.0
£10,000 to £19,999	134	5.2	23.9	17.9	13.4	13.4	13.4
£20,000 to £29,999	126	1.6	15.1	23.8	13.5	13.5	17.5
£30,000 to £59,999	333	2.1	11.7	24.6	18.0	18.0	18.0
£60,000 to £99,999	290	3.1	11.7	18.3	21.7	21.7	21.7
£100,000+	142	0.7	3.5	19.7	22.5	22.5	35.9
Low income (<£20,000)	188	4.3	21.3	21.8	26.1	13.3	13.3
Higher income (£20,000+)	892	2.1	11.0	21.6	24.1	19.2	22.0

**Table 7.18**  
**Fruit and vegetable consumption by housing status**

	n	Portions of fruit and vegetables consumed on a normal day					
		None	1	2	3	4	5 or more
	(weighted n)	%	%	%	%	%	%
Own home	(839)	2.0	9.9	21.1	23.5	20.7	22.6
Rent privately	(178)	5.1	28.7	23.0	23.6	11.8	7.9
States or Guernsey Housing Association rental	(48)	2.1	16.7	33.3	20.8	18.8	8.3
Other	(104)	1.9	9.6	9.6	28.8	20.2	29.8

**Table 7.19**  
**Number of portions of fruit and vegetables consumed on a normal day (2013) or in the last 24 hours (2008)**  
**(unweighted comparison between years [age 18-74 Year olds])**

	2008		2013	
	Last 24 hours		Normal day	
	%		%	
(n)	(723)		(992)	
None	4.0		1.8	
1	10.0		10.0	
2	18.0		21.6	
3	26.0		24.4	
4	18.0		19.5	
5 or more	24.0		22.8	

**Table 7.20**  
**Portions of fruit and vegetables consumed on a normal day, Guernsey and England\* (weighted data)**

Guernsey		England*	
Age 18+, 2013		Age 16+, 2011	
	%		%
		None	6.6
None	2.5	<1	2.9
1	13.0	1 to <2	16.1
2	20.9	2 to <3	17.1
3	23.8	3 to <4	16.9
4	19.3	4 to <5	13.8
5 or more	20.4	5 or more	26.6

\*Health Survey for England data

**Table 7.21**  
**Frequency of consumption of different food types**

	Rarely/ never	< once a week	Once a week	2–3 times a week	4–6 times a week	7+ times a week
	%	%	%	%	%	%
Fruit (tinned or fresh)	6.5	6.6	9.3	16.1	26.5	35.0
Fruit juice (not cordial or squash)	29.6	18.0	10.2	17.1	10.2	14.9
Fruit smoothies (not milkshakes)	77.6	13.4	4.2	2.9	1.6	0.3
Salad (don't count garnishes in sandwiches)	9.5	18.3	23.1	29.8	14.7	4.6
Vegetables (tinned, frozen or fresh - not potatoes)	1.2	2.5	4.3	18.2	35.8	38.0
Chips or fried potatoes	16.4	34.8	32.5	14.1	1.5	0.6
Pasta, rice, or boiled potatoes	3.2	7.8	17.1	44.3	22.0	5.6
Beans or pulses e.g. baked beans, chick peas, lentils	11.6	25.3	32.2	25.0	5.0	1.0
High-fibre breakfast cereal, like Weetabix, Fruit 'n Fibre, Porridge, Muesli	20.1	10.9	8.3	13.1	19.0	28.6
Wholemeal bread (not white bread)	16.8	11.5	11.7	22.3	19.8	17.9
Cheese/yoghurt	4.4	7.9	12.8	33.6	25.9	15.4
Full cream milk (Guernsey Dairy red carton)	86.8	2.9	1.3	3.0	1.5	4.5
Crisps or savoury snacks	15.9	23.1	16.0	21.0	16.1	8.0
Biscuits, cake, puddings, chocolate, sweets	6.3	10.2	12.7	33.8	24.6	12.4
Ice cream/cream	33.0	36.9	17.0	10.6	2.1	0.3
Low-calorie fizzy drinks (e.g. sugar free or diet)	57.6	14.3	6.9	9.7	5.1	6.5
Other fizzy drinks (not low calorie)	66.3	18.3	6.4	5.3	2.5	1.2
Beef, lamb, pork, ham (steaks, roasts, joints, mince, chops)	9.9	9.3	21.0	43.1	15.3	1.5
Chicken or turkey - steaks, roasts, joints, mince or portions (not in batter or breadcrumbs)	8.3	6.0	22.6	49.8	11.5	1.9
Sausage, bacon, corned beef, meat pies/pasties, burgers	19.9	32.1	33.2	13.9	0.8	0.1
Chicken or turkey nuggets/twizzlers, burgers, pies, or in batter or breadcrumbs	62.6	23.7	11.3	2.1	0.3	0.0
White fish in batter or breadcrumbs e.g. 'fish 'n chips'	33.5	40.6	23.5	2.1	0.2	0.0
White fish, like cod, hake, haddock or bass, not in batter or breadcrumbs	28.7	30.7	30.1	9.3	1.0	0.1
Oily fish - like herrings, sardines, salmon, trout, mackerel, fresh (not tinned) tuna	31.4	26.7	27.9	12.1	1.4	0.4

Table 7.22

## Reasons preventing the eating of more healthy foods

	All %	Females %	Males %
None — I am currently eating as healthily as possible	54.3	51.3	57.3
<b>Of those not eating as healthily as possible:</b>			
Healthy foods are expensive	35.5	40.6	29.4
Food of any kind is so expensive that I sometimes have to skip meals	5.5	7.1	3.6
Lack of will power	46.8	48.6	44.6
Healthy foods take too long to prepare	19.6	17.7	21.7
Poor choice of healthy foods in canteens/restaurants/vending machines	10.3	10.2	10.1
Poor information on healthy choices in canteens and restaurants	4.3	3.4	5.6
Poor choice of healthy foods in places where I shop	6.1	5.8	6.8
I don't know how to cook healthily	3.7	2.7	4.8
I was never taught about healthy eating	2.6	1.4	4.0
Don't like/enjoy healthy foods	7.5	3.4	12.1
Other people are discouraging	1.6	0.3	3.2
Other	17.0	20.4	12.9

Table 7.23

## Number of times taken part in moderate physical exercise\* in the past week, by gender

	Weighted data			(n)	Unweighted data		
	All	Female	Male		All	Female	Male
	%	%	%		%	%	%
(weighted n)	(1183)	(601)	(581)	(n)	(1192)	(743)	(441)
None	20.8	21.5	20.0		22.9	23.0	22.7
1 to 2	23.1	23.1	23.1		22.5	22.1	23.1
3 to 4	26.3	26.5	26.2		24.2	24.2	24.3
5 or more	29.8	29.0	30.8		30.5	30.7	29.9

\*Sport or recreational activity, for at least 30 minutes, which made you feel at least slightly breathless and warm.

Table 7.24

## Number of times taken part in moderate physical exercise\* in the past week, by age group

Weighted n		0 %	1 to 2 %	3 to 4 %	5+ %
Age group					
18-24	131	7.6	21.4	35.1	35.9
25-34	186	17.2	23.1	34.4	25.3
35-44	199	19.1	28.1	25.6	27.1
45-54	226	23.9	27.0	22.1	27.0
55-64	185	21.1	21.1	25.9	31.9
65-74	135	20.7	20.0	24.4	34.8
75+	123	36.6	15.4	16.3	31.7

\*Sport or recreational activity, for at least 30 minutes, which made you feel at least slightly breathless and warm.

**Table 7.25****Number of times taken part in moderate physical in the past week, by household income and housing status**

Household income	(weighted n)	0	1 to 2	3 to 4	5+
		%	%	%	%
Less than £10,000	(56)	30.4	16.1	17.9	35.7
£10,000 to £19,999	(136)	24.3	19.1	27.2	29.4
£20,000 to £29,999	(125)	25.6	22.4	24.8	27.2
£30,000 to £59,999	(334)	20.4	24.6	26.3	28.7
£60,000 to £99,999	(293)	18.8	27.3	33.1	20.8
£100,000+	(144)	14.6	22.2	20.1	43.1
Low income (<£20,000)	(192)	26.0	18.2	24.5	31.2
Higher income (£20,000+)	(897)	19.6	24.7	27.3	28.3
<b>Housing status</b>					
Own home	(851)	19.4	23.7	27.1	29.7
Rent privately	(179)	25.7	25.7	24.6	24.0
States or Guernsey Housing Association rental	(48)	31.2	14.6	18.8	35.4
Other	(104)	18.3	17.3	26.0	38.5

**Table 7.26****Number of times taken part in moderate physical exercise in the past week in adult living in households with and without children under the age of 16**

	(weighted n)	0	1 to 2	3 to 4	5+
		%	%	%	%
No Children <16	(878)	21.3	21.1	25.4	32.2
With Children <16	(296)	19.3	29.4	29.7	21.6

**Table 7.27****Number of times taken part in moderate physical exercise in the last week, with and without caring responsibilities**

Caring responsibilities	(weighted n)	0	1 to 2	3 to 4	5+
		%	%	%	%
No	(1112)	20.3	23.3	26.5	29.9
Yes	(68)	27.9	20.6	23.5	27.9

**Table 7.28****Moderate physical exercise levels in Guernsey and England**

	Guernsey (Age 18+)	England (2012; age 16+)*
	%	%
(weighted n)	(1185)	(8277)
Low Activity	20.7	32.7
Some Activity	49.4	29.7
Meets recommendations	29.8	37.6

\*Health Survey for England. Uses original categorisations prior to recommendation revision in 2011: Low activity = none in the last week; some activity = 1-4 times in the last week; meets recommendations = 5 or more times in the last week.

**Table 7.29****Number of times taken part in moderate physical exercise\*, unweighted (age 18-74) comparison with 2008**

	2008	2013
	%	%
(n)	(698)	(1000)
0	27	20.3
1 to 2	21	23.7
3 to 4	26	25.9
5+	26	30.1

\*In 2008, the physical activity question asked “In the past week how many times have you taken part in sport or recreational activity, for at least 30 minutes, which has made you slightly breathless and warm but still able to carry on with a conversation?”. In 2013 the text ‘but still able to carry on with a conversation’ was removed from the question, which may have affected responses.

**Table 7.30****Mean hours spent sedentary per day, by gender, age and household income**

	(weighted n)	Mean Sedentary Time (hours/day)
<b>Gender</b>		
Females	(577)	6.7
Males	(573)	7.2
<b>Age group</b>		
18-24	(130)	7.3
25-34	(184)	8.0
35-44	(196)	6.9
45-54	(223)	7.1
55-64	(178)	6.6
65-74	(133)	6.1
75+	(106)	6.4
<b>Household income</b>		
Less than £10,000	(53)	5.4
£10,000 to £19,999	(129)	6.3
£20,000 to £29,999	(123)	6.2
£30,000 to £59,999	(329)	6.6
£60,000 to £99,999	(289)	8.0
£100,000+	(143)	7.6



**Table 7.31****Mean times taken part in moderate physical exercise in the last week by BMI weight group**

	(weighted n)	Mean times	Median
Underweight	(23)	4.4	3.0
Normal weight	(515)	3.6	3.0
Overweight	(368)	2.9	2.0
Obese	(206)	2.5	2.0

BMI=Body Mass Index.

**Table 7.32****Number of times taken part in moderate physical exercise in the last week by BMI weight group**

	(weighted n)	0 %	1 to 2 %	3 to 4 %	5+ %
Underweight	(23)	8.7	26.1	30.4	34.8
Normal weight	(524)	16.6	18.5	30.5	34.4
Overweight	(377)	22.5	27.1	24.9	25.5
Obese	(209)	29.2	29.7	19.6	21.5

BMI=Body Mass Index.

**Table 7.33****Amount of stress and pressure in the last year by number of times taken part in moderate physical exercise in the last week**

	0 %	1 to 2 %	3 to 4 %	5+ %
Weighted n	241	271	311	351
Completely free of stress	6.6	2.2	3.2	5.7
Small amount of stress	26.1	27.7	27.0	35.3
Moderate amount of stress	30.7	46.1	43.1	37.3
Large amount of stress	34.0	23.2	26.0	20.2
Don't know	2.5	0.7	0.6	1.4

**Table 7.34****Levels of mental wellbeing number of times taken part in moderate physical activity in the last week**

	0 %	1 to 2 %	3 to 4 %	5+ %
<b>Mental wellbeing*</b>				
(weighted n)	236	264	301	337
Low	22.0	14.0	10.3	14.2
Moderate	67.8	75.8	73.8	68.2
High	10.2	10.2	15.9	17.5
Mean WEMWBS score	47.4	49.2	51.3	51.2

\*Low, WEMWBS scores of 40 or below; moderate, scores of 41-59; high, scores of 60 or above; see section 4.3.

**Table 7.35****Proportion that have been told by a doctor or nurse that they have health conditions, by physical activity level**

	0 %	1 to 2 %	3 to 4 %	5+ %
Respiratory diseases	4.9	4.8	1.6	5.7
High blood pressure	32.5	23.2	25.4	25.9
Coronary Heart disease	6.2	2.2	2.9	5.1
Angina	2.9	1.5	2.3	2.6
Stroke or mini stroke	4.9	0.4	1.9	2.0
Cancer	5.8	4.4	5.5	6.3
Overweight	28.4	31.0	19.3	20.5
Obese	11.5	7.4	4.8	6.8
High cholesterol	28.0	21.8	20.0	20.2
Diabetes	6.6	4.8	3.2	5.1
Digestive disease	7.8	7.7	3.9	3.7
Liver disease	1.6	1.5	1.9	0.0
Depression	23.8	22.5	18.1	20.5

**Table 7.36****Reasons for not taking more exercise among those who felt they were not currently doing enough, by gender**

	All %	Females %	Males %
	752	411	342
Lack of leisure time	45.1	41.9	48.9
Lack of money	21.3	25.8	15.9
Lack of childcare facilities	8.1	12.1	3.2
Lack of transport	3.7	5.6	1.4
Lack of easily accessible facilities at work	4.7	4.5	5.0
Lack of interesting or relevant activities	7.7	4.0	12.1
Illness, injury or disability	16.5	18.2	14.5
Lack of incentive	23.5	23.8	23.2
Not interested or haven't found a type of exercise I enjoy	8.3	7.0	9.9
I was put off by school experiences of exercise	4.2	5.5	2.7
Embarrassed or self-conscious about body shape	9.1	13.1	4.2
Other	10.9	13.4	7.9

## Chapter 8: Health-related issues

**Table 8.1**

**Sun protection factor (SPF) of sunscreen used most regularly, by gender**

	All %	Female %	Male %
(weighted n)	(1167)	(591)	(577)
I don't normally use sunscreen	27.3	21.5	33.3
1-8	3.2	2.0	4.5
9-14	5.9	5.8	5.9
15-29	34.1	36.5	31.5
30-49	20.7	24.0	17.3
50+	8.0	9.6	6.2
Don't know	0.8	0.5	1.2

**Table 8.2**

**Sun protection factor (SPF) of sunscreen used most regularly, by age group**

	Age Group (%)						
	18-24	25-34	35-44	45-54	55-64	65-74	75+
(weighted n)	(126)	(186)	(201)	(224)	(182)	(133)	(114)
I don't normally use sunscreen	19.8	21.0	14.4	21.4	33.5	40.6	55.3
1-8	2.4	1.6	4.0	2.2	4.4	4.5	4.4
9-14	8.7	4.8	4.5	5.8	8.8	5.3	1.8
15-29	44.4	43.0	42.8	37.5	21.4	23.3	19.3
30-49	22.2	20.4	23.4	24.1	22.0	15.8	12.3
50+	2.4	9.1	10.4	7.6	8.8	9.8	4.4
Don't know	0.0	0.0	0.5	1.3	1.1	0.8	2.6

**Table 8.3**

**Frequency of sunburn\* during the past 12 months, by gender**

	All %	Female %	Male %
(weighted n)	(1177)	(599)	(578)
Once	23.8	23.4	24.2
Twice	10.1	9.7	10.4
Three times	2.7	1.7	3.8
Four or more	3.1	1.7	4.5
Not in the last 12 months	60.4	63.6	57.1

\*How many times have you had sunburn causing redness and soreness of the skin lasting for at least 1 or 2 days?

**Table 8.4**  
**Frequency of sunburn in the last 12 months, by age group**

	Age Group (%)						
	18-24	25-34	35-44	45-54	55-64	65-74	75+
(weighted n)	(129)	(185)	(201)	(227)	(184)	(134)	(116)
Once	24.8	36.8	31.8	27.3	17.9	9.7	6.0
Twice	31.8	10.3	10.0	10.1	6.0	3.0	0.0
Three times	2.3	8.6	3.5	1.3	0.5	0.7	0.9
Four or more	19.4	2.2	1.5	1.3	0.5	0.0	0.0
Not in the last 12 months	21.7	42.2	53.2	59.9	75.0	86.6	93.1

**Table 8.5**  
**Sun protection factor (SPF) of sunscreen used most regularly, 2008 and 2013 (unweighted, 18-74 year olds)**

	2008		2013	
	%	(n)	%	(n)
I don't use sunscreen	24.0	(174)	25.8	(256)
Factor 1-8	7.0	(47)	3.0	(30)
Factor 9-14	9.0	(61)	6.2	(62)
Factor 15+	59.0	(427)	64.2	(638)
Don't know	1.0	(11)	0.7	(7)

**Table 8.6**  
**Frequency of sunburn in the last 12 months, 2008 and 2013 (unweighted, 18-74 year olds)**

	2008		2013	
	%	(n)	%	(n)
Once	25.0	(183)	23.0	(230)
Twice	6.0	(46)	7.7	(77)
Three times	2.0	(16)	1.8	(18)
Four or more	2.0	(13)	1.2	(12)
Not in the last 12 months	65.0	(468)	66.2	(661)

**Table 8.7****How important do you think the following are in preventing future skin cancer?**

	(weighted n)	Very %	Fairly %	Not Sure %	Don't know %
Staying in the shade/moving out of the sun	(1124)	55.8	40.6	2.8	0.8
Avoiding sun during the hottest part of the day	(1140)	74.5	23.4	1.5	0.5
Avoiding sunbeds	(1124)	87.1	8.6	2.6	1.6
Covering up	(1107)	53.7	42.1	3.5	0.6
Protecting children	(1118)	92.1	6.3	0.6	1.0
Not burning	(1120)	86.3	11.8	1.3	0.6
Using SPF15+ factor sun cream	(1114)	69.0	23.8	5.5	1.6
Checking/consulting a doctor about moles	(1133)	77.8	17.6	3.8	0.8

**Table 8.8****Average hours of sleep per night during the past month by gender**

	All %	Female %	Male %
(weighted n)	(1154)	(584)	(570)
Less than 7 hours	36.6	35.6	37.5
7 - 8 hours	57.0	56.8	57.0
More than 8 hours	6.4	7.5	5.4

**Table 8.9****Average hours of sleep per night during the past month, by age group**

	Age Group (%)						
	18-24	25-34	35-44	45-54	55-64	65-74	75+
(weighted n)	(131)	(183)	(197)	(221)	(179)	(134)	(109)
less than 7 hours	19.1	36.6	31.0	40.3	40.2	44.0	44.0
7 - 8 hours	73.3	57.4	65.0	54.8	55.3	47.0	43.1
More than 8 hours	7.6	6.0	4.1	5.0	4.5	9.0	12.8

**Table 8.10****Sleep quality by gender**

	All %	Female %	Male %
(weighted n)	(1175)	(599)	(576)
very good	15.7	15.0	16.5
Good	37.0	35.7	38.4
Fair	34.9	35.9	33.9
Bad	10.8	11.7	9.9
Very Bad	1.5	1.7	1.4

**Table 8.11****Sleep quality by average hours of sleep per night during the past month**

	Less than 7 hours	7 - 8 hours	More than 8 hours
	%	%	%
(weighted n)	(423)	(656)	(75)
very good	5.2	19.8	38.7
Good	23.2	46.3	38.7
Fair	43.5	30.9	16.0
Bad	24.6	2.4	6.7
Very Bad	3.5	0.5	0.0

**Table 8.12****Thinking about last winter, did you keep comfortably warm in at least one room in your house?**

	All	Female	Male
	%	%	%
(weighted n)	(1175)	(599)	(576)
No	7.8	8.3	7.2
Yes	90.2	90.4	90.2
Not applicable to me	2.0	1.4	2.6
<b>Of those who said no, were you unable to keep warm because you cut down on heating out of concern for the cost?</b>			
(weighted n)	(76)	(46)	(30)
Yes	83.3	82.6	83.3
No, a different reason	16.7	17.4	16.7

**Table 8.13****Ability to keep warm in at least one room in the house last winter, by age group**

	Age Group (%)						
	18-24	25-34	35-44	45-54	55-64	65-74	75+
(weighted n)	(130)	(182)	(194)	(222)	(182)	(135)	(118)
No	13.8	13.2	9.8	5.4	4.4	3.7	5.1
Yes	75.4	86.8	88.7	93.2	95.1	94.8	94.9
Not applicable	10.8	0.0	1.5	1.4	0.5	1.5	0.0

**Table 8.14****Proportion of adults that regularly take part in activities with the following groups or types of organisation**

	All %
(weighted n)	(1186)
Church	12.7
School (e.g. PTA)	5.2
Parish	3.8
Youth Organisation	2.8
Sports club/team	26.0
Social clubs	11.6
Adult education classes	9.9
Trade union	1.5
Tenancy associations	1.5
Environmental interest groups	4.1
Parent/toddler group	3.5
Euchre/Whist/Bridge/Bingo	3.8
None of the above	25.6
Other	12.0

**Table 8.15****Number of activities engaged in, by gender**

	All %	Female %	Male %
(weighted n)	(1186)	(603)	(582)
None	40.0	40.8	39.2
1	34.2	32.7	35.9
2	16.2	16.6	15.8
3 or more	9.5	10.0	9.1

**Table 8.16****Number of groups or organisations that adults regularly engage in activities with, by age group**

	Age Group (%)						
	18-24	25-34	35-44	45-54	55-64	65-74	75+
(weighted n)	(130)	(185)	(202)	(226)	(185)	(137)	(121)
None	40.0	37.8	41.1	43.4	39.5	39.4	36.4
1	35.4	37.8	31.2	31.4	35.7	30.7	39.7
2	10.8	12.4	17.3	17.7	17.3	21.9	15.7
3 or more	13.8	11.9	10.4	7.5	7.6	8.0	8.3

Table 8.17

## Proportion that regularly volunteer with a charity or other organisation

		Charity		Other organisation	
		(weighted n)	%	(weighted n)	%
	All	(942)	20.7	(877)	18.0
Gender	Female	(475)	23.8	(415)	18.6
	Male	(467)	17.6	(462)	17.5
Age group	18-24	(98)	7.1	(102)	13.7
	25-34	(156)	16.0	(147)	12.2
	35-44	(168)	19.0	(169)	23.1
	45-54	(173)	23.1	(160)	20.6
	55-64	(149)	25.5	(138)	18.8
	65-74	(111)	33.3	(88)	18.2
	75+	(87)	19.5	(74)	17.6

Table 8.18

## Engagement in activities and mental wellbeing

Mental wellbeing*	Number of organisations of groups regularly engaging in activities with			
	None	1	2	3 or more
(weighted n)	(454)	(384)	(191)	(112)
Low	17.6%	15.9%	11.0%	5.4%
Moderate	70.3%	71.6%	75.9%	67.9%
High	12.1%	12.5%	13.1%	26.8%
Mean WEMWBS score	49.1	49.5	50.9	53.6

\*Low, WEMWBS scores of 40 or below; moderate, scores of 41-59; high, scores of 60 or above; see section 4.3.

Table 8.19

## Regular volunteering and mental wellbeing

Mental wellbeing*	Regularly volunteer for a charity		Regularly volunteer for another organisation (e.g. youth or community group)	
	No	Yes	No	Yes
(weighted n)	(719)	(191)	(694)	(156)
Low	16.8	9.4	16.6	10.9
Moderate	69.7	69.6	70.6	73.7
High	13.5	20.9	12.8	15.4
Mean WEMWBS score	49.5	52.3	49.6	51.6

\*Low, WEMWBS scores of 40 or below; moderate, scores of 41-59; high, scores of 60 or above; see section 4.3.



**Table 8.20****Proportion caring for someone with long-term ill health or problems related to old age, by age and gender**

	Weighted data		Unweighted data	
	(n)	%	(n)	%
All	(1183)	5.7%	(1185)	7.5%
Female	(602)	8.1%	(744)	9.3%
Male	(581)	3.3%	(440)	4.5%
18-24	(130)	2.3%	(25)	4.0%
25-34	(185)	0.5%	(95)	1.1%
35-44	(201)	5.0%	(179)	5.6%
45-54	(226)	4.9%	(244)	6.1%
55-64	(183)	12.6%	(229)	14.0%
65-74	(137)	5.8%	(230)	5.7%
75+	(121)	9.1%	(181)	8.8%

**Table 8.21****Hours spent on caring duties in a typical week by those with caring responsibilities, by gender**

		All	Female	Male
	(weighted n)	(59)	(44)	(17)
Hours per week	0-9	50.1	45.5	58.8
	10-19	13.7	13.6	17.6
	20-29	7.8	11.4	0.0
	30-39	6.4	9.1	0.0
	40-49	3.3	4.5	0.0
	50+	18.7	15.9	23.5

**Table 8.22****Self-rated health in adults with and without caring responsibilities**

		Self-rated health			
Caring responsibilities	(weighted n)	Very good	Good	Fair	Bad/Very bad
No	(1092)	33.9	49.6	14.0	2.5
Yes	(67)	32.8	40.3	22.4	4.5

**Table 8.23****Mental wellbeing in adults with and without caring responsibilities**

		Caring responsibilities	
Mental wellbeing*		No	Yes
	(weighted n)	(1074)	(64)
Low		14.8	12.5
Moderate		71.3	75.0
High		13.9	12.5
Mean WEMWBS score		49.9	50.0

\*Low, WEMWBS scores of 40 or below; moderate, scores of 41-59; high, scores of 60 or above; see section 4.3.

Table 9: Logistic regression analysis: independent relationships between health-related behaviours and demographics (unweighted data)

		Low self-rated health <sup>a</sup>		Current smoker		Increasing risk drinker or above		Overweight/ Obese		Low mental wellbeing		No physical exercise		Low fruit/veg consumption <sup>b</sup>	
		AOR (95%CI)	P	AOR (95%CI)	P	AOR (95%CI)	P	AOR (95%CI)	P	AOR (95%CI)	P	AOR (95%CI)	P	AOR (95%CI)	P
Sex	Female		ns		ns	Ref		Ref			ns		ns	Ref	
	Male					2.2 (1.6-3.1)	***	2.0 (1.5-2.6)	***					1.8 (1.2-2.6)	**
Age group	18-24		ns	1.2 (0.3-4.5)	ns	3.5 (1.3-9.4)	*		ns	0.3 (0.1-1.5)	ns	0.4 (0.1-1.4)	ns	2.4 (0.8-7.5)	ns
	25-34			0.7 (0.3-1.7)	ns	1.4 (0.8-2.4)	ns			0.8 (0.4-1.6)	ns	0.6 (0.3-1.1)	ns	1.1 (0.5-2.3)	ns
	35-44			1.9 (1.1-3.5)	*	1.6 (1.0-2.5)	ns			0.8 (0.5-1.4)	ns	0.8 (0.5-1.2)	ns	1.3 (0.7-2.3)	ns
	45-54			Ref	***	Ref	***			Ref	***	Ref	***	Ref	*
	55-64			0.7 (0.4-1.3)	ns	0.9 (0.6-1.5)	ns			0.5 (0.3-0.9)	*	0.8 (0.5-1.2)	ns	0.5 (0.2-0.9)	*
	65-74			0.4 (0.2-0.9)	*	0.3 (0.1-0.6)	**			0.1 (0.1-0.3)	***	0.7 (0.4-1.2)	ns	0.6 (0.3-1.1)	ns
	75+			0.1 (0.0-0.3)	***	0.2 (0.1-0.5)	**			0.2 (0.1-0.4)	***	1.8 (1.2-2.9)	**	0.8 (0.4-1.7)	ns
Household income	<£10,000	10.7 (4.3-27.0)	***	13.4 (3.8-47.2)	***		ns		ns	20.5 (7.8-54.3)	***		ns	4.1 (1.4-12.6)	*
	£10,000-£19,999	4.6 (2.0-10.7)	***	12.4 (3.9-39.8)	***					6.4 (2.6-16.0)	***			5.4 (2.1-13.9)	***
	£20,000-£29,999	3.4 (1.5-8.0)	**	6.1 (1.9-19.2)	**					3.9 (1.6-9.7)	**			3.5 (1.4-8.7)	**
	£30,000-£59,999	3.0 (1.4-6.7)	**	3.9 (1.3-11.5)	*					2.2 (1.0-5.1)	ns			2.3 (1.0-5.4)	ns
	£60,000-£99,999	1.9 (0.8-4.5)	ns	3.0 (1.0-8.9)	ns					2.5 (1.1-5.6)	*			2.3 (0.9-5.4)	ns
	£100,000+	Ref	***	Ref	***					Ref	***			Ref	*
Housing status	Own home		ns	Ref	**		ns		ns		ns	Ref	**	Ref	*
	Private rent			2.6 (1.5-4.3)	***							1.8 (1.2-2.8)	**	2.1 (1.3-3.5)	**
	State rent			2.1 (0.9-4.9)	ns							2.0 (1.0-3.9)	*	1.0 (0.4-2.6)	ns
	Other			1.9 (0.9-4.4)	ns							2.1 (1.1-3.8)	*	0.9 (0.4-2.2)	ns
Birth place	Guernsey		ns		ns		ns		ns		ns		ns		ns
	UK, Jersey, Ireland														
	Other														
Employment	Employed full time	Ref	***		ns	Ref	ns		ns		ns		ns		ns
	Employed part time	0.8 (0.4-1.5)	ns			0.4 (0.2-0.7)	**								
	Self-employed	1.3 (0.6-2.8)	ns			1.2 (0.7-2.2)	ns								
	Unemployed <sup>c</sup>	2.9 (0.7-11.5)	ns			0.6 (0.1-2.8)	ns								
	Sick or disabled <sup>d</sup>	38.2 (8.1-181.1)	***			0.8 (0.3-2.4)	ns								
	Retired	2.3 (1.5-3.6)	***			1.1 (0.6-2.0)	ns								
	Other	1.8 (0.8-3.9)	ns			0.7 (0.3-1.4)	ns								

<sup>a</sup>Fair, bad or very bad; <sup>b</sup>Less than 2 portions a day; <sup>c</sup>and seeking employment; <sup>d</sup>and unable to work. AOR=adjusted odds ratio; 95%CI=95% confidence intervals; Ref=reference category; ns=not significant; \*\*\*P<0.001, \*\*P<0.01, \*P<0.05

## **Appendix 2: 2013 Guernsey Healthy Lifestyle Survey questionnaire**



# HEALTH AND SOCIAL SERVICES

A STATES OF GUERNSEY GOVERNMENT DEPARTMENT

## Guernsey and Alderney Health and Lifestyle Survey 2013



**Thank you for taking the time to complete this questionnaire. Please answer honestly.**

**Your answers are anonymous and will be treated with the strictest confidence.**

**The aim of this survey is to obtain information about the population as a whole. No attempt will be made to link responses back to your name or other individual data.**

**In most cases you just need to tick the appropriate circle or circles – the whole survey should take you no longer than 20 to 30 minutes.**

To be completed by one person living at this address who is aged 16 or over.

This should be the person who will next celebrate their birthday.

**This survey is intended for residents of Guernsey and Alderney only. Holidaymakers should not complete the questionnaire.**

For further information please contact the Health Promotion Unit,  
Princess Elizabeth Hospital, St Martins, GY4 6UU  
Tel. 707311 e-mail: [ylepage@hssd.gov.gg](mailto:ylepage@hssd.gov.gg)



# Guernsey and Alderney Health and Lifestyle Survey 2013

## Firstly, about your general health

1. How is your health in general? Would you say it is... (please tick one circle only)

- ☐ 1 Very good  
☐ 2 Good  
☐ 3 Fair  
☐ 4 Bad  
☐ 5 Very bad

## Now some questions about the food you eat

2. How often do you eat at least one portion of the following foods and drinks? (please put a tick against every item. For foods and drinks you do not consume tick 'rarely or never')

A portion is roughly:

One handful of food

One whole piece of fruit like an apple

One slice of bread

One glass of drink

	Rarely or never	Less than 1 a week	Once a week	2-3 times a week	4-6 times a week	7+ times a week
Fruit (tinned or fresh)	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6
Fruit juice (not cordial or squash)	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6
Fruit smoothies (not milkshakes)	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6
Salad (don't count garnishes in sandwiches)	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6
Vegetables (tinned, frozen or fresh but don't count potatoes)	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6
Chips or fried potatoes	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6
Pasta, rice, or boiled potatoes	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6
Beans or pulses e.g. baked beans, chick peas, lentils	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6
High-fibre breakfast cereal, like Weetabix, Fruit 'n Fibre, Porridge, Muesli	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6
Wholemeal bread (not white bread)	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6
Cheese/yoghurt	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6
Full cream milk (Guernsey Dairy red carton)	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6
Crisps or savoury snacks	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6
Biscuits, cake, puddings, chocolate, sweets	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6
Ice cream/cream	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6
Low-calorie fizzy drinks (e.g. sugar free or diet)	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6
Other fizzy drinks (not low calorie)	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6

	Rarely or never	Less than 1 a week	Once a week	2-3 times a week	4-6 times a week	7+ times a week
--	-----------------	--------------------	-------------	------------------	------------------	-----------------

**Whole meats:**

Beef, lamb, pork, ham - steaks, roasts, joints, mince or chops

☐ 1      ☐ 2      ☐ 3      ☐ 4      ☐ 5      ☐ 6

Chicken or turkey - steaks, roasts, joints, mince or portions (not in batter or breadcrumbs)

☐ 1      ☐ 2      ☐ 3      ☐ 4      ☐ 5      ☐ 6

**Other meat products:**

Sausage, bacon, corned beef, meat pies/pasties, burgers

☐ 1      ☐ 2      ☐ 3      ☐ 4      ☐ 5      ☐ 6

Chicken or turkey nuggets/twizzlers, burgers, pies, or in batter or breadcrumbs

☐ 1      ☐ 2      ☐ 3      ☐ 4      ☐ 5      ☐ 6

**Fish:**

White fish in batter or breadcrumbs e.g. 'fish 'n chips'

☐ 1      ☐ 2      ☐ 3      ☐ 4      ☐ 5      ☐ 6

White fish, like cod, hake, haddock or bass, not in batter or breadcrumbs

☐ 1      ☐ 2      ☐ 3      ☐ 4      ☐ 5      ☐ 6

Oily fish - like herrings, sardines, salmon, trout, mackerel, fresh (not tinned) tuna

☐ 1      ☐ 2      ☐ 3      ☐ 4      ☐ 5      ☐ 6

3. How often do you eat convenience foods, fast foods or takeaways (e.g. 'ready meals', microwave meals, takeaway pizza or Chinese), as your main meal of the day?

- ☐ 1 Rarely or never
- ☐ 2 Less than once a week
- ☐ 3 Once a week
- ☐ 4 2-3 times a week
- ☐ 5 4-6 times a week
- ☐ 6 7+ times a week

4. How often do you drink high energy caffeine drinks such as Red Bull, Monster, Boost, or Relentless? (If you do not ever have these drinks please tick 'rarely or never')

- ☐ 1 Every day or almost every day
- ☐ 2 2-3 times a week
- ☐ 3 Once a week or less
- ☐ 4 Rarely or never

5. On a normal day how many portions of fruit and vegetables (excluding potatoes) do you eat? (Refer back to the portion information box in question 2 if you need to)

- ☐ 1 0
- ☐ 2 1
- ☐ 3 2
- ☐ 4 3
- ☐ 5 4
- ☐ 6 5 or more



## Now a question about foods you might NOT eat

6. Please tick any of the following statements that apply to you.

- ☐ 1 I do not eat meat of any kind
- ☐ 1 I do not eat fish of any kind
- ☐ 1 I do not eat dairy products  
(by dairy products we mean milk or products derived from milk, like cheese and yoghurt)
- ☐ 1 I do not eat eggs

7. Which of the following prevent you from eating more healthy foods? (please tick all that apply)

- ☐ 1 None — I am currently eating as healthily as possible
- ☐ 1 Healthy foods are expensive
- ☐ 1 Food of any kind is so expensive that I sometimes have to skip meals
- ☐ 1 Lack of will power
- ☐ 1 Healthy foods take too long to prepare
- ☐ 1 Poor choice of healthy foods in canteens/restaurants/vending machines
- ☐ 1 Poor information on healthy choices in canteens and restaurants
- ☐ 1 Poor choice of healthy foods in places where I shop
- ☐ 1 I don't know how to cook healthily
- ☐ 1 I was never taught about healthy eating
- ☐ 1 Don't like/enjoy healthy foods
- ☐ 1 Other people are discouraging
- ☐ 1 Other, please state.....

8. Would you find it helpful to see more colour-coded food labels with information about fat, sugar and salt content on foods such as pre-prepared sandwiches, cakes and pastries? (see example below)

- ☐ 1 No
- ☐ 2 Yes
- ☐ 3 I do not have an opinion on this



## Next some questions about the exercise you take

9. Which of the following best describes your daily work or other daytime activity which you usually do? (please tick one circle only)

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

10. How much time do you usually spend sitting or reclining on a typical day?

By this we are referring to sitting or reclining at work, at home, getting to and from places, or with friends. You should include time spent sitting at a desk, sitting with friends, travelling in a car or bus, reading, playing cards or watching television, but do not include time spent sleeping.

..... hours ..... minutes



11. In the past week how many times have you taken part in sport or recreational activity, for at least 30 minutes, which has made you at least slightly breathless and warm?

Examples include brisk walking, cycling, jogging, dancing, racquet sports, team sports, gym class/session, swimming, heavy gardening and similar activities.

..... times in the last week

12. In a typical week on how many days do you walk or bicycle for at least 10 minutes continuously to get to and from places?

..... days

13. If you feel that your present work and recreational exercise is not enough to help keep healthy, which of the following prevent you from taking more exercise? (please tick all that apply)

- ☐ 1 Not applicable, I feel I am currently doing enough exercise
- ☐ 1 Lack of leisure time (e.g. no spare time at evenings and weekends)
- ☐ 1 Lack of money
- ☐ 1 Lack of child care facilities
- ☐ 1 Lack of transport
- ☐ 1 Lack of easily accessible facilities at work
- ☐ 1 Lack of interesting or relevant activities
- ☐ 1 Illness, injury or disability
- ☐ 1 Lack of incentive
- ☐ 1 Not interested or haven't found a type of exercise I enjoy
- ☐ 1 I was put off by school experiences of exercise
- ☐ 1 Embarrassed or self conscious about body shape
- ☐ 1 Other, please state .....

### Next some questions about you

14. What is your height (without shoes)?

..... feet    .....inches    OR    ..... metres    ..... centimetres

15. What is your weight (lightly dressed)?

..... stones    .....pounds    OR    ..... kilograms

If you do not know your height or weight please write your best guess.

16. Do you think you are?

- ☐ 1 Underweight
- ☐ 2 About the right weight
- ☐ 3 Overweight
- ☐ 4 Very overweight
- ☐ 5 Not sure about my weight

### For Women Only

17. Are you pregnant?

- ☐ 1 No
- ☐ 2 Yes

## Now some questions for everyone about sunbathing and sunburn

18. Which factor level of sunscreen (SPF) do you use most regularly?

- ☐ 1 I don't normally use sunscreen
- ☐ 2 1-8
- ☐ 3 9-14
- ☐ 4 15-29
- ☐ 5 30-49
- ☐ 6 50+
- ☐ 7 Don't know

19. During the past twelve months, how many times have you had sunburn causing redness and soreness of the skin lasting for at least 1 or 2 days?

- ☐ 1 Once
- ☐ 2 Twice
- ☐ 3 Three times
- ☐ 4 Four or more
- ☐ 5 Not in the last 12 months

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

	Very	Fairly	Not sure	Don't know
Staying in the shade/moving out of the sun	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Avoiding sun during the hottest part of the day	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Avoiding sunbeds	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Covering up	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Protecting children	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Not burning	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Using SPF15+ factor sun cream	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Checking/consulting a doctor about moles	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4

## Next some questions about smoking (cigarettes, pipe and other tobacco products)

21. Which of these best describes you?

- ☐ 1 I have never smoked
- ☐ 2 I used to smoke occasionally but do not smoke at all now
- ☐ 3 I used to smoke daily but do not smoke at all now
- ☐ 4 I smoke occasionally but not every day
- ☐ 5 I smoke daily
- ☐ 6 I use electronic cigarettes occasionally but do not smoke
- ☐ 7 I use electronic cigarettes daily but do not smoke
- ☐ 8 I use electronic cigarettes AND smoke

*go to question 28*

*go to question 22*

*go to question 22*

*go to question 23*

*go to question 23*

*go to question 22*

*go to question 22*

*go to question 23*



For ex-smokers...

22. How long has it been since you last smoked?

- ☐ 1 Less than one month
- ☐ 2 Between one and six months
- ☐ 3 Between six months and one year
- ☐ 4 Between one and five years
- ☐ 5 Between five and ten years
- ☐ 6 More than ten years
- ☐ 7 I have only ever used electronic cigarettes

Please go to question 28

For smokers...

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

..... years

24. About how many cigarettes do you smoke each day? (Include hand-rolled cigarettes if you only smoke loose tobacco)

- ☐ 1 Less than 10
- ☐ 2 Between 10 and 20
- ☐ 3 Between 20 and 40
- ☐ 4 More than 40
- ☐ 5 I only smoke a pipe or cigars

25. Where do you smoke? (please tick all that apply)

- ☐ 1 At home indoors
- ☐ 1 At home outside — in the garden/courtyard
- ☐ 1 At home outside — in a doorway
- ☐ 1 In other people's homes
- ☐ 1 In the car
- ☐ 1 In a work vehicle
- ☐ 1 Outside locations other than at home, please state .....

26. Has the smoking ban in public places and workplaces made you cut down on the amount you smoke?

- ☐ 1 No
- ☐ 2 Yes

27. Would you like to give up smoking altogether?

- ☐ 1 No
- ☐ 2 Yes, soon
- ☐ 3 Yes, sometime in the future
- ☐ 4 Don't know

**For everyone...**

**28. How many people are smokers in your household?** *(please include yourself and all smokers even if they never actually smoke indoors/at home)*

..... adults

..... young people under the age of 16

**29. If you, or a smoker, wanted help in giving up smoking, which of the following do you think would be most helpful to you/them?** *(please tick all that apply)*

- ☐ 1 Fewer outlets selling cigarettes
- ☐ 1 More restrictions on areas where smoking is permitted
- ☐ 1 More tax on cigarettes
- ☐ 1 Advice from a doctor or other health professional
- ☐ 1 Encouragement and support from family and friends
- ☐ 1 Prescribed medication (e.g. Zyban or Champix)
- ☐ 1 Nicotine Replacement Therapy (e.g. patches, gum, lozenges)
- ☐ 1 Nicotine Replacement Therapy used in conjunction with one to one or group support from Guernsey Quitline
- ☐ 1 Using electronic cigarettes
- ☐ 1 Will power
- ☐ 1 Help from an alternative therapist e.g. hypnotherapy, acupuncture
- ☐ 1 Don't know
- ☐ 1 Other, *please state* .....

**30. Do you think smoking affects health?** *(tick the appropriate circle according to how you feel about each of the following statements)*

	strongly agree	agree	neither agree nor disagree	disagree	strongly disagree
Lung cancer is linked to smoking	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
Smoking in the home can affect the health of a smoker's family	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
Smoking in the car can affect the health of a smoker's family	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5

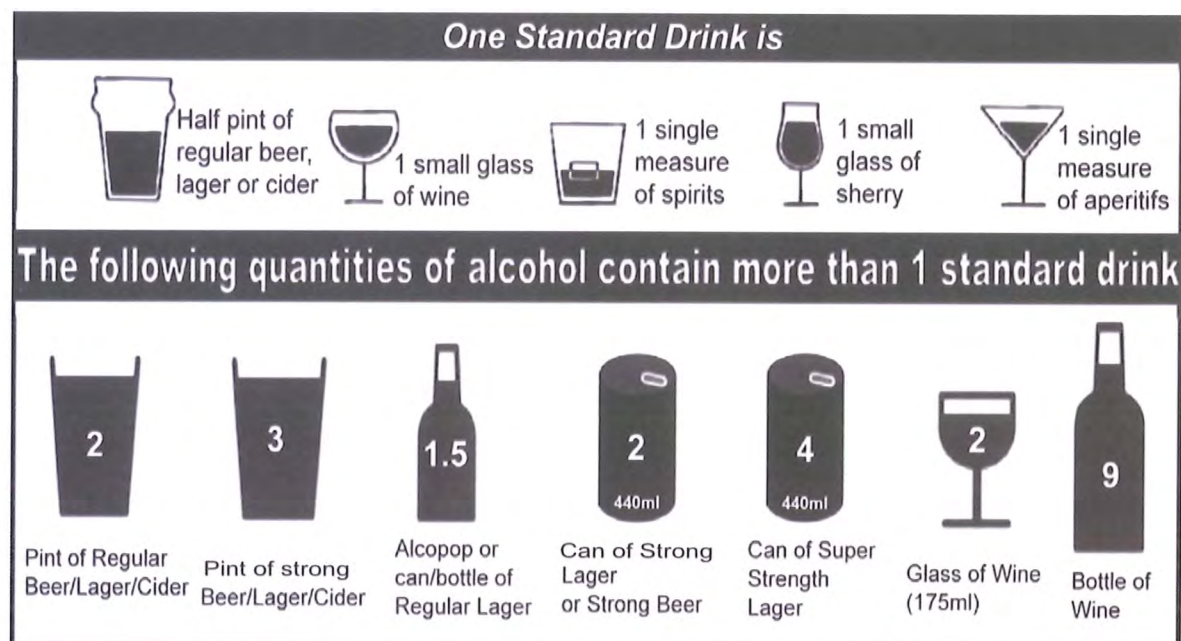
**31. How worried are you about inhaling other people's smoke?**

- ☐ 1 A great deal
- ☐ 2 Quite a lot
- ☐ 3 A little
- ☐ 4 Not at all
- ☐ 5 Don't know



## Next some questions on your use of alcohol and drugs

32. Using the pictures below as a guide, please list how many units of alcohol you drank each day last week.



1 unit = 1 standard drink

Monday ..... units

Tuesday ..... units

Wednesday ..... units

Thursday ..... units

Friday ..... units

Saturday ..... units

Sunday ..... units

*If you find this question difficult, just list what you drank on each day in the spaces above.*

33. How often do you have a drink containing alcohol?

- ☐ 0 Never
- ☐ 1 Monthly or less
- ☐ 2 2–4 times a month
- ☐ 3 2–3 times a week
- ☐ 4 4 or more times a week

34. How many drinks containing alcohol do you have on a typical day when you are drinking?

- ☐ 0 1 or 2
- ☐ 1 3 or 4
- ☐ 2 5 or 6
- ☐ 3 7–9
- ☐ 4 10+

35. How often do you drink the following amount of alcohol on one occasion? Refer back to the unit information in question 32 if you need to.

**Women:** six or more units (choose from the options below)

**Men:** eight or more units (choose from the options below)

- ☐ 0 Never
- ☐ 1 Less than monthly
- ☐ 2 Monthly
- ☐ 3 Weekly
- ☐ 4 Daily or almost daily

36. How often during the last year have you found you were unable to stop drinking once you had started?

- ☐ 0 Never
- ☐ 1 Less than monthly
- ☐ 2 Monthly
- ☐ 3 Weekly
- ☐ 4 Daily or almost daily

37. How often during the last year have you failed to do what was normally expected of you because of drinking?

- ☐ 0 Never
- ☐ 1 Less than monthly
- ☐ 2 Monthly
- ☐ 3 Weekly
- ☐ 4 Daily or almost daily

38. How often during the last year have you needed an alcoholic drink in the morning to get you going after a heavy drinking session?

- ☐ 0 Never
- ☐ 1 Less than monthly
- ☐ 2 Monthly
- ☐ 3 Weekly
- ☐ 4 Daily or almost daily

39. How often during the last year have you had a feeling of guilt or remorse after drinking?

- ☐ 0 Never
- ☐ 1 Less than monthly
- ☐ 2 Monthly
- ☐ 3 Weekly
- ☐ 4 Daily or almost daily

40. How often during the last year have you been unable to remember what happened the night before because of your drinking?

- ☐ 0 Never
- ☐ 1 Less than monthly
- ☐ 2 Monthly
- ☐ 3 Weekly
- ☐ 4 Daily or almost daily



41. Have you or someone else been injured because of your drinking?

- ☐ 1 No  
☐ 2 Yes, but not in the last year  
☐ 3 Yes, in the last year

42. Has a relative or friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?

- ☐ 1 No  
☐ 2 Yes, but not in the last year  
☐ 3 Yes, in the last year

43. Would you like to reduce your level of drinking?

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

44. Here are some statements about drinking. Please indicate how strongly you agree or disagree with each statement.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know
Getting drunk is a perfectly acceptable thing for people to do	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6
Getting drunk is a major part of the local way of life	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6
It's easier to enjoy a social event if you've had a drink	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6
There is nothing wrong with people getting drunk regularly	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6
Most people with serious drinking problems can never fully recover	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6
People in some other parts of Europe tend to drink more alcohol more sensibly than people in the Bailiwick of Guernsey	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6
The States should tax alcohol more heavily to encourage people to drink less	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6
Most people with serious drinking problems have only themselves to blame	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6

45. Please take a look at the list of drugs given below. Which of these have you used, if any?

Please go down the list twice, the first time tick any drugs you have used in the last year (Column a), the second time tick drugs you have used in the last month (Column b). For some drugs you might end up with a tick in both circles. For drugs you have not used leave the circles blank.

We would like to stress the confidentiality of your answers. Your responses will not be shared with any other States departments or third party organisations and will not be identifiable.

	Column a Used in last year	Column b Used in last month
Cannabis	<input type="radio"/> 1	<input type="radio"/> 2
Magic mushrooms	<input type="radio"/> 1	<input type="radio"/> 2
Amphetamine	<input type="radio"/> 1	<input type="radio"/> 2
Methadone	<input type="radio"/> 1	<input type="radio"/> 2
Cocaine	<input type="radio"/> 1	<input type="radio"/> 2
Semeron	<input type="radio"/> 1	<input type="radio"/> 2
Crack	<input type="radio"/> 1	<input type="radio"/> 2
Tranquilisers (benzodiazepines e.g. diazepam)	<input type="radio"/> 1	<input type="radio"/> 2
Ecstasy	<input type="radio"/> 1	<input type="radio"/> 2
Poppers	<input type="radio"/> 1	<input type="radio"/> 2
Heroin	<input type="radio"/> 1	<input type="radio"/> 2
Steroids	<input type="radio"/> 1	<input type="radio"/> 2
LSD	<input type="radio"/> 1	<input type="radio"/> 2
Glues/solvents/gases	<input type="radio"/> 1	<input type="radio"/> 2
Subutex or Suboxone	<input type="radio"/> 1	<input type="radio"/> 2
Emerging drugs of concern /"legal highs"/"herbal highs"	<input type="radio"/> 1	<input type="radio"/> 2
Fentanyl	<input type="radio"/> 1	<input type="radio"/> 2
Any other prescription drugs that were <b>not</b> prescribed for you	<input type="radio"/> 1	<input type="radio"/> 2
Other, please state .....	<input type="radio"/> 1	<input type="radio"/> 2



## Next some questions about your sleep

46. On average how many hours of actual sleep did you get per night during the last month? *(this may be different from the number of hours you spent in bed)*

hours minutes

47. During the past month how would you rate your sleep quality overall?

- ☐ 1 Very good  
☐ 2 Good  
☐ 3 Fair  
☐ 4 Bad  
☐ 5 Very bad

## Now some questions about stress

48. Which of these statements best describes the amount of stress or pressure that you have experienced in the last 12 months? *(please tick one circle only)*

- ☐ 1 Completely free of stress  
☐ 2 Small amount of stress  
☐ 3 Moderate amount of stress  
☐ 4 Large amount of stress  
☐ 5 Don't know

49. How often do the following things cause you anxiety or stress?

	never	occasionally	frequently	always
Housing condition/affordability	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Relationships between family members	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Problems with neighbours	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Problems associated with living on an island	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Money worries	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Your own health	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Your family's health	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Your friends' problems, including health problems	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Unemployment	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Job dissatisfaction	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Pressures at work	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Staffing levels at work	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Boredom at work	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Transport difficulties (e.g. trouble finding parking, traffic jams)	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Fear of crime	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Worry about global issues	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
Other, please state	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4

50. Do you regularly take part in activities with any of the following groups or types of organisation?  
(please tick all that apply)

- |   |   |
|---|---|
| <input type="radio"/> 1 Church                  | <input type="radio"/> 1 Trade Union                   |
| <input type="radio"/> 1 School (e.g. PTA)       | <input type="radio"/> 1 Tenancy associations          |
| <input type="radio"/> 1 Parish                  | <input type="radio"/> 1 Environmental interest groups |
| <input type="radio"/> 1 Youth organisation      | <input type="radio"/> 1 Parent/toddler group          |
| <input type="radio"/> 1 Sports club/team        | <input type="radio"/> 1 Euchre/Whist/Bridge/Bingo     |
| <input type="radio"/> 1 Social clubs            | <input type="radio"/> 1 None of the above             |
| <input type="radio"/> 1 Adult Education classes | <input type="radio"/> 1 Other, please state .....     |

51. Do you regularly volunteer your time either for a registered charity or for another organisation like a youth or community group? If so, about how many hours per month do you volunteer?

Volunteering for a charity	No <input type="radio"/> 1 Yes <input type="radio"/> 2	⇒	..... hours per month
Other volunteering	No <input type="radio"/> 1 Yes <input type="radio"/> 2	⇒	..... hours per month

52. In the last five years, have you attended any of the following?

	Yes	Not sure	No
Chest and Heart Unit screening	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Sexual Health screening	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Dental check	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Colorectal (bowel cancer) screening	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3

#### Women only

Cervical smear testing	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Breast mammography (breast screening)	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3

53. If you answered no to any of the options in question 52 please give the reason why you have not been for...

	no invite received	don't see the benefit	too embarrassed	too painful/uncomfortable	cost too high	don't feel I need it	other, please state in the space below
Chest and Heart Unit screening	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7
Sexual health screening	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7
Dental check	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7
Colorectal (bowel cancer) screening	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7
Cervical smear	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7
Breast mammography	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7



54. Have you been to see your G.P. (family doctor) within the last year?

- ☐ 1 No  
☐ 2 Yes

55. Do you have medical insurance that would cover the fee for a G.P. (doctor) consultation?

- ☐ 1 Don't know *please go to question 56*  
☐ 2 No *please go to question 56*  
☐ 3 Yes *Is this provided by?*

- ☐ 1 A local mutual insurer i.e. Foresters or Oddfellows  
☐ 2 A commercial insurer e.g. BUPA, WPA, AXA  
☐ 3 Don't know

AND

*Is this paid for by?*

- ☐ 1 Yourself, your partner or a relative *please go to question 57*  
☐ 2 Your employer or a family member's employer *please go to question 57*  
☐ 3 Don't know *please go to question 57*

56. Within the last year have you been prevented from going to the doctor when you or your child needed to go because you could not afford the fee?

- ☐ 1 No  
☐ 2 Yes

57. Do you have medical insurance that would cover private specialist or hospital treatment? (e.g. fast-track appointments or a private room in the P.E.H.)

- ☐ 1 Don't know *please go to question 58*  
☐ 2 No *please go to question 58*  
☐ 3 Yes *Is this paid for by?*

- ☐ 1 Yourself, your partner or a relative *please go to question 58*  
☐ 2 Your employer or a family member's employer *please go to question 58*  
☐ 3 Don't know *please go to question 58*

58. Has a doctor or nurse ever told you that you have any of the following?

Please include conditions you may have been diagnosed with a long time ago even if they are now resolved or well managed with medication.

Respiratory diseases such as Chronic Bronchitis, Emphysema or Chronic Obstructive Pulmonary Disease (COPD)

No ☐ 1 Yes ☐ 2

High blood pressure (hypertension)

No ☐ 1 Yes ☐ 2

Coronary Heart disease or heart attack

No ☐ 1 Yes ☐ 2

Angina

No ☐ 1 Yes ☐ 2

Stroke or mini stroke (Transient Ischaemic Attack, or "TIA")

No ☐ 1 Yes ☐ 2

Cancer

No ☐ 1 Yes ☐ 2

Excess weight (being told you are "overweight")

No ☐ 1 Yes ☐ 2

Obesity

No ☐ 1 Yes ☐ 2

High Cholesterol

No ☐ 1 Yes ☐ 2

Diabetes

No ☐ 1 Yes ☐ 2

Digestive disease such as gastritis, ulcer, Crohn's disease, colitis

No ☐ 1 Yes ☐ 2

Liver disease

No ☐ 1 Yes ☐ 2

Depression

No ☐ 1 Yes ☐ 2

59. By ticking one circle only please indicate the statement that best describes your level of pain/discomfort today.

- ☐ 1 I have no pain or discomfort  
☐ 2 I have moderate pain or discomfort  
☐ 3 I have extreme pain or discomfort

Below are some statements about feelings and thoughts.

60. Please tick the box that best describes your experience of each over the last 2 weeks.

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5



61. Thinking about last winter, did you keep comfortably warm in at least one room in your house?

- ☐ 1 No go to question 62  
☐ 2 Yes go to question 63  
☐ 3 Not applicable to me (e.g. if you spend the winter elsewhere) go to question 63

62. Were you unable to keep warm because you cut down on heating out of concern for the cost?

- ☐ 1 Yes  
☐ 2 No, a different reason

### Lastly, a few more questions about yourself

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

64. Are you?

- ☐ 1 Female  
☐ 2 Male

65. What is your current relationship status?

- ☐ 1 Married  
☐ 2 Living long-term with a partner but not married  
☐ 3 Widowed  
☐ 4 Separated  
☐ 5 Divorced  
☐ 6 Single (never married)

66. What is your Country of birth?

- ☐ 1 Bailiwick of Guernsey  
☐ 2 UK/Jersey/Republic of Ireland  
☐ 3 Latvia  
☐ 4 Portugal  
☐ 5 Poland  
☐ 6 Other, please state.....

67. What is your main island of residence and how long you have lived there?

(Ignore periods of absence for holiday, study or absences during the occupation years)

- ☐ 1 Guernsey/Herm/Jethou resident for ..... years  
☐ 2 Alderney resident for ..... years

68. What type of housing do you live in?

- ☐ 1 Own home — owned outright  
☐ 2 Own home — buying with mortgage  
☐ 3 Private rental  
☐ 4 Partial ownership — pay part rent and part mortgage  
☐ 5 States or Guernsey Housing Association rental  
☐ 6 Accommodation provided with job  
☐ 7 Living rent free, or paying a small rent e.g. to parent(s)/friend(s)  
☐ 8 Other, please state .....

69. Including yourself how many people live together in your household?

..... adults

..... young people under the age of 16

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

- ☐ 1 Employed full-time (30 hours or more)
- ☐ 2 Employed part-time (less than 30 hours)
- ☐ 3 Self-employed
- ☐ 4 Full-time student
- ☐ 5 Not working for domestic reasons (looking after children or home)
- ☐ 6 Choose not to work
- ☐ 7 Unemployed and seeking employment
- ☐ 8 Sick/disabled and unable to work
- ☐ 9 Retired
- ☐ 10 Prisoner
- ☐ 11 Other, *please state* .....

**71. Do you care for someone with long-term ill health OR problems related to old age, other than as part of your job?**

- ☐ 1 No go to question 73
- ☐ 2 Yes go to question 72

**72. In a typical week how many hours do you spend on your caring duties?**

- ☐ 1 0–9
- ☐ 2 10–19
- ☐ 3 20–29
- ☐ 4 30–39
- ☐ 5 40–49
- ☐ 6 50+

**73. Into which band does your total household income fall, before any deductions or stoppages such as tax and Social Insurance Contributions? (please include all income from salaries or wages from paid work, income from any state benefits, occupational or state pensions and any other income)**

- |   |  |
|---|--|
| <input type="radio"/> 1 Less than £10,000 | <input type="radio"/> 7 £60,000 – £69,999  |
| <input type="radio"/> 2 £10,000 – £19,999 | <input type="radio"/> 8 £70,000 – £79,999  |
| <input type="radio"/> 3 £20,000 – £29,999 | <input type="radio"/> 9 £80,000 – £89,999  |
| <input type="radio"/> 4 £30,000 – £39,999 | <input type="radio"/> 10 £90,000 – £99,999 |
| <input type="radio"/> 5 £40,000 – £49,999 | <input type="radio"/> 11 £100,000+         |
| <input type="radio"/> 6 £50,000 – £59,999 | <input type="radio"/> 12 Don't know        |

**74. Which of these best describes your highest level of qualification?**

- ☐ 1 No formal qualifications
- ☐ 2 GCSE/'O' Level
- ☐ 3 'A' Level or GNVQ
- ☐ 4 Degree level or higher

**Thank you for your help!**

This reference number is for administrative purposes only.  
It is not used during analysis and will not be linked to your  
answers or used to identify you individually.

### Variations in questions in the Guernsey Health and lifestyle Survey, 2008-2013

Question number	Status
1-4	New in 2013
5	Revised since 2008
6	New in 2013
7	Repeated*
8	New in 2013
9	Repeated
10	New in 2013
11	Revised since 2008
12	New in 2013
13	Repeated*
14-17	Repeated
18	Repeated*
19	Repeated
20-21	Repeated*
22	Revised since 2008
23	Repeated*
24	Repeated
25-26	New in 2013
27	Revised
28	New in 2013
29	Repeated*
30-31	Repeated
32	Repeated*
33	Revised
34-42	New in 2013
43	Repeated
44-47	New in 2013
48	Repeated
49-50	Repeated*
51	New in 2013
52	Repeated*
53-58	New in 2013
59	Repeated
60-62	New in 2013
63-64	Repeated
65	Repeated*
66-67	New in 2013
68	Repeated*
69	New in 2013
70	Repeated*
71-74	New in 2013

\*Questions have been altered from their 2008 version in some way, including through the addition or revision of response options, yet remain comparable.



## Appendix 3: Responses and missing data for questionnaire items

	Question	Respondents	Missing
1	<b>How is your health in general?</b>	1168	28
2	<b>How often do you eat at least one portion of the following foods and drinks?</b>		
	Fruit	1191	5
	Fruit Juice	1177	19
	Fruit Smoothies	1162	34
	Salad	1180	16
	Vegetables	1188	8
	Chips or fried potatoes	1183	13
	Pasta, rice, or boiled potatoes	1188	8
	Beans or pulses	1184	12
	High-fibre breakfast cereal	1183	13
	Wholemeal bread	1181	15
	Cheese/yoghurt	1183	13
	Full cream milk	1169	27
	Crisps or savoury snacks	1182	14
	Biscuits, cake, puddings, chocolate, sweets	1190	6
	Ice cream/cream	1181	15
	Low-calorie fizzy drinks	1181	15
	Other fizzy drinks	1180	16
	Whole meats: Beef, lamb, pork, ham	1178	18
	Chicken or turkey	1172	24
	Other meat products: Sausage, bacon, corned beef, meat pies/pasties, burgers	1173	23
	Chicken or turkey nuggets	1152	44
	White fish in batter or breadcrumbs	1134	62
	White fish, like cod, hake, haddock or bass, not in batter or breadcrumbs	1146	50
	Oily fish - like herrings, sardines, salmon, trout, mackerel, fresh (not tinned) tuna	1167	29
3	<b>How often do you eat convenience foods, fast foods or takeaways as your main meal of the day?</b>	1179	17
4	<b>How often do you drink high energy caffeine drinks such as Red Bull, Monster, Boost, or Relentless?</b>	1188	8
5	<b>On a normal day how many portions of fruit and vegetables (excluding potatoes) do you eat?</b>	1177	19
6	<b>Please tick any of the following statements that apply to you:</b>		
	I do not eat meat of any kind	1196	0
	I do not eat fish of any kind	1196	0
	I do not eat dairy products	1196	0
	I do not eat eggs	1196	0

7	<b>Which of the following prevent you from eating more healthy foods?</b>		
	None — I am currently eating as healthily as possible	1196	0
	Healthy foods are expensive	1196	0
	Food of any kind is so expensive that I sometimes have to skip meals	1196	0
	Lack of will power	1196	0
	Healthy foods take too long to prepare	1196	0
	Poor choice of healthy foods in canteens/restaurants/vending machines	1196	0
	Poor information on healthy choices in canteens and restaurants	1196	0
	Poor choice of healthy foods in places where I shop	1196	0
	I don't know how to cook healthily	1196	0
	I was never taught about healthy eating	1196	0
	Don't like/enjoy healthy foods	1196	0
	Other people are discouraging	1196	0
	Other	1196	0
8	<b>Would you find it helpful to see more colour-coded food labels with information about fat, sugar and salt content on foods such as pre-prepared sandwiches, cakes and pastries?</b>	1180	16
9	<b>Which of the following best describes your daily work or other daytime activity which you usually do?</b>	1126	70
10	<b>How much time do you usually spend sitting or reclining on a typical day?</b>	1146	50
11	<b>In the past week how many times have you taken part in sport or recreational activity, for at least 30 minutes, which has made you at least slightly breathless and warm?</b>	1147	49
12	<b>In a typical week on how many days do you walk or bicycle for at least 10 minutes continuously to get to and from places?</b>	1158	38
13	<b>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?</b>		
	Not applicable, I feel I am currently doing enough exercise	1196	0
	Lack of leisure time	1196	0
	Lack of money	1196	0
	Lack of child care facilities	1196	0
	Lack of transport	1196	0
	Lack of easily accessible facilities at work	1196	0
	Lack of interesting or relevant activities	1196	0
	Illness, injury or disability	1196	0
	Lack of incentive	1196	0
	Not interested or haven't found a type of exercise I enjoy	1196	0
	I was put off by school experiences of exercise	1196	0
	Embarrassed or self-conscious about body shape	1196	0
	Other	1196	0
14	<b>What is your height (without shoes)?</b>	1177	19
15	<b>What is your weight (lightly dressed)?</b>	1163	33
16	<b>Do you think you are? (self-perceived weight)</b>	1185	11
17	<b>Are you pregnant?</b>	746	0
18	<b>Which factor level of sunscreen (SPF) do you use most regularly?</b>	1173	23

19	<b>During the past twelve months, how many times have you had sunburn causing redness and soreness of the skin lasting for at least 1 or 2 days?</b>	1182	14
20	<b>How important do you think each of the following is in preventing future skin cancer?</b>		
	Staying in the shade/moving out of the sun	1119	77
	Avoiding sun during the hottest part of the day	1139	57
	Avoiding sunbeds	1115	81
	Covering up	1099	97
	Protecting children	1107	89
	Not burning	1112	84
	Using SPF15+ factor sun cream	1105	91
	Checking/consulting a doctor about moles	1127	69
21	<b>Which of these best describes you? (smoking status)</b>	1187	9
22	<b>For ex-smokers... How long has it been since you last smoked?</b>	442	17
23	<b>For smokers... How old were you when you started smoking regularly (more than once a week)?</b>	119	12
24	<b>About how many cigarettes do you smoke each day?</b>	118	13
25	<b>Where do you smoke?</b>		
	At home indoors	121	10
	At home outside — in the garden/courtyard	121	10
	At home outside — in a doorway	121	10
	In other people's homes	121	10
	In the car	121	10
	In a work vehicle	121	10
	Outside locations other than at home	121	10
26	<b>Has the smoking ban in public places and workplaces made you cut down on the amount you smoke?</b>	117	14
27	<b>Would you like to give up smoking altogether?</b>	121	10
28	<b>How many people are smokers in your household?</b>		
	Adults	1127	69
	Young people under the age of 16	680	516
29	<b>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?</b>		
	Fewer outlets selling cigarettes	1193	3
	More restrictions on areas where smoking is permitted	1194	2
	More tax on cigarettes	1194	2
	Advice from a doctor or other health professional	1193	3
	Encouragement and support from family and friends	1194	2
	Prescribed medication (e.g. Zyban or Champix)	1194	2
	Nicotine Replacement Therapy (e.g. patches, gum, lozenges)	1194	2
	Nicotine Replacement Therapy used in conjunction with one to one or group support from Guernsey Quitline	1194	2
	Using electronic cigarettes	1194	2
	Will power	1194	2
	Help from an alternative therapist e.g. hypnotherapy, acupuncture	1194	2

30	<b>Do you think smoking affects health?</b>		
	Lung cancer is linked to smoking	1182	14
	Smoking in the home can affect the health of a smoker's family	1174	22
	Smoking in the car can affect the health of a smoker's family	1171	25
31	<b>How worried are you about inhaling other people's smoke?</b>	1173	23
32	<b>Using the pictures below as a guide, please list how many units of alcohol you drank each day last week</b>		
	Monday	1189	7
	Tuesday	1189	7
	Wednesday	1189	7
	Thursday	1189	7
	Friday	1189	7
	Saturday	1189	7
	Sunday	1189	7
33	<b>How often do you have a drink containing alcohol?</b>	1166	30
34	<b>How many drinks containing alcohol do you have on a typical day when you are drinking?</b>	982	36
35	<b>How often do you drink the following amount of alcohol on one occasion?</b>	1173	23
36	<b>How often during the last year have you found you were unable to stop drinking once you had started?</b>	1167	29
37	<b>How often during the last year have you failed to do what was normally expected of you because of drinking?</b>	1166	30
38	<b>How often during the last year have you needed an alcoholic drink in the morning to get you going after a heavy drinking session?</b>	1168	28
39	<b>How often during the last year have you had a feeling of guilt or remorse after drinking?</b>	1142	54
40	<b>How often during the last year have you been unable to remember what happened the night before because of your drinking?</b>	1164	32
41	<b>Have you or someone else been injured because of your drinking?</b>	1165	31
42	<b>Has a relative or friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?</b>	1160	36
43	<b>Would you like to reduce your level of drinking?</b>	967	51
44	<b>Here are some statements about drinking.</b>		
	Getting drunk is a perfectly acceptable thing for people to do	1159	37
	Getting drunk is a major part of the local way of life	1157	39
	It's easier to enjoy a social event if you've had a drink	1159	37
	There is nothing wrong with people getting drunk regularly	1156	40
	Most people with serious drinking problems can never fully recover	1157	39
	People in some other parts of Europe tend to drink more alcohol more sensibly than people in the Bailiwick of Guernsey	1158	38
	The States should tax alcohol more heavily to encourage people to drink less	1160	36
	Most people with serious drinking problems have only themselves to blame	1164	32

45	<b>Please take a look at the list of drugs given below. Which of these have you used, if any?</b>		
	Cannabis	1196	0
	Magic mushrooms	1196	0
	Amphetamine	1196	0
	Methadone	1196	0
	Cocaine	1196	0
	Semerone	1196	0
	Crack	1196	0
	Tranquilisers (benzodiazepines e.g. diazepam)	1196	0
	Ecstasy	1196	0
	Poppers	1196	0
	Heroin	1196	0
	Steroids	1196	0
	LSD	1196	0
	Glues/solvents/gases	1196	0
	Subutex or Suboxone	1196	0
	Emerging drugs of concern /"legal highs"/"herbal highs"	1196	0
	Fentanyl	1196	0
	Any other prescription drugs that were not prescribed for you	1196	0
	Other	1196	0
46	<b>On average how many hours of actual sleep did you get per night during the last month?</b>	1152	44
47	<b>During the past month how would you rate your sleep quality overall?</b>	1183	13
48	<b>Which of these statements best describes the amount of stress or pressure that you have experienced in the last 12 months?</b>	1181	15
49	<b>How often do the following things cause you anxiety or stress?</b>		
	Housing condition/affordability	1054	142
	Relationships between family members	1091	105
	Problems with neighbours	1066	130
	Problems associated with living on an island	1068	128
	Money worries	1089	107
	Your own health	1117	79
	Your family's health	1107	89
	Your friends' problems, including health problems	1076	120
	Unemployment	1046	150
	Job dissatisfaction	1039	157
	Pressures at work	1040	156
	Staffing levels at work	1029	167
	Boredom at work	1024	172
	Transport difficulties (e.g. trouble finding parking, traffic jams)	1062	134
	Fear of crime	1066	130
	Worry about global issues	1064	132

50	<b>Do you regularly take part in activities with any of the following groups or types of organisation?</b>		
	Church	1196	0
	School (e.g. PTA)	1196	0
	Parish	1196	0
	Youth organisation	1196	0
	Sports club/team	1196	0
	Social clubs	1196	0
	Adult Education classes	1196	0
	Trade Union	1196	0
	Tenancy associations	1196	0
	Environmental interest groups	1196	0
	Parent/toddler group	1196	0
	Euchre/Whist/Bridge/Bingo	1196	0
	None of the above	1196	0
	Other	1196	0
51	<b>Do you regularly volunteer your time either for a registered charity or for another organisation like a youth or community group? If so, about how many hours per month do you volunteer?</b>		
	Volunteering for a charity	940	256
	Volunteering for a charity hours per month	213	16
	Other volunteering	835	361
	Other volunteering hours per month	149	11
52	<b>In the last five years, have you attended any of the following?</b>		
	Chest and Heart Unit screening	1079	117
	Sexual Health screening	982	214
	Dental check	1141	55
	Colorectal (bowel cancer) screening	198	33
	Cervical smear testing (Women only)	478	28
	Breast mammography (breast screening) (women only)	430	31
53	<b>If you answered no to any of the options in question 52 please give the reason why you have not been for</b>		
	Chest and Heart Unit screening	513	52
	Sexual Health screening	797	111
	Dental check	154	38
	Colorectal (bowel cancer) screening	110	18
	Cervical smear testing (Women only)	54	9
	Breast mammography (breast screening) (women only)	48	22
54	<b>Have you been to see your G.P. (family doctor) within the last year?</b>	1173	23
55	<b>Do you have medical insurance that would cover the fee for a G.P. (doctor) consultation?</b>	1159	37
	Is this provided by?	614	38
	Is this paid for by?	624	28
56	<b>Within the last year have you been prevented from going to the doctor when you or your child needed to go because you could not afford the fee?</b>	944	252

57	<b>Do you have medical insurance that would cover private specialist or hospital treatment?</b>	1145	51
	<b>Is this paid for by?</b>	385	18
58	<b>Has a doctor or nurse ever told you that you have any of the following?</b>		
	Respiratory diseases such as Chronic Bronchitis, Emphysema or Chronic Obstructive Pulmonary Disease (COPD)	1187	9
	High blood pressure (hypertension)	1188	8
	Coronary Heart disease or heart attack	1188	8
	Angina	1188	8
	Stroke or mini stroke (Transient Ischaemic Attack, or "TIA")	1188	8
	Cancer	1188	8
	Excess weight (being told you ate "overweight")	1188	8
	Obesity	1188	8
	High Cholesterol	1188	8
	Diabetes	1188	8
	Digestive disease such as gastritis, ulcer, Crohn's disease, colitis	1188	8
	Liver disease	1188	8
	Depression	1188	8
59	<b>By ticking one circle only please indicate the statement that best describes your level of pain/discomfort today.</b>	1164	32
60	<b>Please tick the box that best describes your experience of each over the last 2 weeks.</b>		
	I've been feeling optimistic about the future	1131	65
	I've been feeling useful	1126	70
	I've been feeling relaxed	1134	62
	I've been feeling interested in other people	1134	62
	I've had energy to spare	1133	63
	I've been dealing with problems well	1142	54
	I've been thinking clearly	1139	57
	I've been feeling good about myself	1139	57
	I've been feeling close to other people	1128	68
	I've been feeling confident	1137	59
	I've been able to make up my own mind about things	1150	46
	I've been feeling loved	1136	60
	I've been interested in new things	1133	63
	I've been feeling cheerful	1139	57
61	<b>Thinking about last winter, did you keep comfortably warm in at least one room in your house?</b>	1163	33
62	<b>Were you unable to keep warm because you cut down on heating out of concern for the cost?</b>	68	6
63	<b>How old are you (age last birthday)?</b>	1187	9
64	<b>Are you? female /male</b>	1188	8
65	<b>What is your current relationship status?</b>	1188	8
66	<b>What is your Country of birth?</b>	1188	8
67	<b>What is your main island of residence?</b>	1187	9
	<b>and how long you have lived there?</b>	1101	95

68	<b>What type of housing do you live in?</b>	1186	10
69	<b>Including yourself how many people live together in your household?</b>		
	Adults	1186	10
	Young people under the age of 16	1188	8
70	<b>Which of the following best describes your current work situation?</b>	1186	10
71	<b>Do you care for someone with long-term ill health OR problems related to old age, other than as part of your job?</b>	1185	11
72	<b>In a typical week how many hours do you spend on your caring duties?</b>	80	9
73	<b>Into which band does your total household income fall, before any deductions or stoppages such as tax and Social Insurance Contributions?</b>	1162	34
74	<b>Which of these best describes your highest level of qualification?</b>	1163	33