

LIFESTYLE SURVEY 2003

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CONTENTS

	<i>Page</i>
Foreword	vii
Aim of Survey	viii
Summary	ix
Survey Methodology	xiii
Results	1
Appendix	45

List of Tables and Charts

<i>T = Table</i> <i>C = Chart</i> <i>P = Pie Chart</i>
--

T1	Distribution of persons by sex and district	3
T2	Distribution of persons by sex and marital status	3
T3	Distribution of persons by sex and educational level	3
T4	Distribution of persons living with a partner/not living with a partner by marital status	4
T5	Number of persons by sex and qualifications attained	4
C1	Qualifications attained by sex	4
T6	Distribution of persons by marital status and age group	5
T7	Distribution of persons by sex, marital status and labour status	5
T8	Distribution of persons by age group and labour status	6
T9	Number of persons by age group and qualifications attained	6
T10	Average satisfaction levels with main occupation by occupation	7
T11	Average satisfaction levels with main occupation by sex	7
T12	Average satisfaction levels with immediate colleagues by main occupation	7
T13	Average satisfaction levels with immediate colleagues by sex	7
T14	Distribution of persons by sex and use of car/s (any type)	8
T15	Distribution of persons by use of car/s (by type) and district	8
C2	Use of a car/s (any type) by district	8
T16	Distribution of persons by sex, age group and use of car/s (by type)	9
T17	Average rating of family's standard of living by district	10
T18	Average rating of family's standard of living by educational level	10
T19	Average rating of family's standard of living by labour status	10
T20	Distribution of persons by sex and overall health	11
C3	Overall health	11
T21	Average rating of overall health by educational level	11

	<i>Page</i>	
T22	Average rating of overall health by sex and marital status	11
T23	Average rating of overall health by labour status	11
T24	Average rating of overall health by sex and age group	11
T25	Distribution of persons by sex and long-term health problem/disability	12
C4	Long-term health problem/disability by sex	12
T26	Distribution of persons suffering from a long-term health problem/disability by age group	13
T27	Distribution of persons suffering from a long-term health problem/disability by labour status	13
T28	Number of persons suffering from a long-term problem/disability by qualifications attained	14
T29	Distribution of persons suffering from long-term health problem/disability by use of car/s (by type)	14
T30	Distribution of persons by smoking habit and long-term health problem/disability	15
T31	Number of smokers suffering from a long-term health problem/disability by type of tobacco smoked	15
T32	Distribution of cigarette smokers suffering from a long-term health problem/disability by average number of cigarettes smoked per day	15
T33	Distribution of persons suffering from a long-term health problem/disability by alcohol drinking habit	16
T34	Distribution of alcohol consumers suffering from a long-term health problem/disability by type of alcohol consumed most	16
T35	Distribution of persons suffering from a long-term problem/disability by body weight	16
T36	Distribution of persons by sex and smoking habit	17
T37	Distribution of persons by smoking habit and age group	17
C5	Smoking habit by age group	17
T38	Number of smokers by sex and type of tobacco smoked	18
C6	Average number of cigarettes smoked per day by sex of smoker	18
T39	Distribution of cigarette smokers by sex and average number of cigarettes smoked per day	18
T40	Distribution of tobacco smokers by age group and average number of cigarettes smoked by day	19
T41	Distribution of smokers by educational level and average number of cigarettes smoked per day	19
T42	Distribution of alcohol consumers by sex	20
T43	Distribution of alcohol consumers by age group	20
C7	Alcohol-drinking habits by age group of consumer	20
T44	Amount of alcohol units consumed by type of alcohol and sex	21
C8	Average alcohol consumption by sex	21

	<i>Page</i>	
T45	Amount of alcohol units consumed by type of alcohol and age group	21
T46	Amount of alcohol units consumed by type of alcohol and educational level	21
T47	Distribution of alcohol consumers by smoking habit	22
T48	Average number of alcohol units consumed on a regular basis by sex and smoking habits	22
T49	Distribution of alcohol consumers by sex and type of alcohol consumed most	23
C9	Type of alcohol consumed most by sex of consumer	23
T50	Number of alcohol consumers by sex and place of consumption	23
T51	Distribution of alcohol consumers by age group and place of consumption	24
T52	Number of persons making use of unprescribed substances by sex	25
T53	Number of persons making use of drugs by sex	25
T54	Number of persons by sex and hobby type	26
C10	Hobby type by sex	26
T55	Number of persons by age group and hobby type	27
T56	Number of persons by educational level and hobby type	27
T57	Number of persons by sex and places frequented during leisure time	28
C11	Places frequented during leisure time by sex	28
T58	Number of persons by age group and places frequented during leisure time	29
T59	Number of persons by educational level and places frequented during leisure time	29
T60	Number of persons by labour status and places frequented during leisure time	30
T61	Number of persons by sex and sport activity practised (all persons)	31
T62	Average number of minutes spent on sport activities per week by sex and age group (all persons)	32
T63	Average number of minutes spent on sport activities per week by sex and educational level (all persons)	32
T64	Average number of minutes spent on sport activities per week by sex and district (all persons)	32
T65	Average number of minutes spent on sport activities per week by sex and type of activity	32
C12	Average number of minutes spent on sport activities by sex and type of activity	32
T66	Average number of hours slept during weekdays by sex and age group	33
T67	Average number of hours slept during weekdays by labour status	33
T68	Average number of hours slept during weekends by sex and age group	33
C13	Average number of hours slept during weekdays/weekends by age group	33
T69	Average number of hours slept during weekends by labour status	33
T70	Average weight of person (in kgs) by sex and age group	34
C14	Average weight of person (in kgs) by sex and age group	34
T71	Average weight of person (in kgs) by sex and marital status	34

	<i>Page</i>	
T72	Average weight of person (in kgs) by sex and district	34
T73	Average height of person (in cms) by sex and age group	35
C15	Average height of person (in cms) by sex and age group	35
T74	Average Body Mass Index (BMI) by sex and age group	35
T75	Average Body Mass Index (BMI) by sex and district	35
T76	Average Body Mass Index (BMI) by sex and educational level	36
T77	Average Body Mass Index (BMI) by main occupation	36
T78	Average Body Mass Index (BMI) by time spent on sport activities	36
C16	Persons by weight	36
T79	Distribution of persons by weight , sex and age group	37
T80	Distribution of persons by weight and educational level	37
T81	Distribution of persons by weight and labour status	38
T82	Distribution of persons by weight and main occupation	38
T83	Distribution of persons by weight and district	38
T84a	Number of persons by district of residence up to 14 years of age attained by resident	39
T84b	Percentage distribution of persons by district of residence up to 14 years of age attained by resident	39
T84c	Percentage distribution of persons by district currently resided in	39
T85	Characteristics of persons who moved from Southern Harbour/South Eastern district to Northern Harbour/Western/Northern district	40
T86	Characteristics of persons who moved from Northern Harbour/Western/Northern district to Southern Harbour/South Eastern district	41
T87	Average number of children per family by district	42
T88	Average age of mother at time of first-born by educational level	42
T89	Average number of children per family by educational level of mother	42
T90	Average age of economically active mother at time of first-born by main occupation	42
T91	Average life satisfaction-levels by sex and age group	43
C17	Perons by levels of life satisfaction	43
T92	Average life satisfaction-levels by sex and marital status	43
T93	Average life satisfaction-levels by sex and district	43
T94	Life satisfaction-levels by family's standard of living and sex of respondent	44
T95	Average life satisfaction-levels by educational level of respondent	44

FOREWORD

Earlier this year the National Statistics Office released the results of the Household Budgetary Survey which provides an accurate picture of contemporary lifestyles in Maltese households and a detailed analysis of household income and expenditure. This report adds to that and presents information related to the lifestyle of the Maltese population aged 18 years and over. It highlights a number of factors that influence the way we live. It includes information related to hobbies, smoking, alcohol, internal migration, health problems, places frequented during free time and life satisfaction.

The publication also includes statistics on the average weight and height. Of particular interest is the section concerning the Body Mass Index (BMI) for the Maltese adult population.

The National Statistics Office has come a long way and now regularly publishes information related to areas which are not normally covered by the mainstream official statistical programme. It does so because it believes in the need to make available a wider range of information that sheds more light on socio-economic changes within society.

This publication is a start and is by no means comprehensive. However, it highlights a number of problem areas, including obesity, smoking, and life satisfaction.



Alfred Camilleri
Director General

AIM OF SURVEY

The *Lifestyle 2003* survey was designed to analyse the way of living of the Maltese population and highlight differences between different groups. It sought to understand those factors that influence an individual's lifestyle. The survey was carried out during June-July 2003, and the target population included Maltese residents aged 18 and over.

This report provides detailed information regarding education, health, free-time activities and life satisfaction. The information includes qualifications attained, satisfaction with current job and relationship with immediate colleagues, smoking and alcohol consumption, use of medicinals and hobbies. Apart from this, the reader may find other personal information such as the height and weight of the individuals, as well as the number of hours they slept during weekdays and weekends.

This publication should provide the reader with sufficient information on the lifestyle and social characteristics of the Maltese population and some factors which may influence it. It also determines the prevalence and characteristics of physical exercise and obesity in men and women of different age groups.

Most of the information that is included in this publication is categorised according to the participant's age, gender, district and level of education. Some information is also available at civil and/or economic status level. However, such level of detail cannot be produced for all variables, since an adequate net sample size within each group is needed in order to provide reliable estimates.

This publication includes most of the information that could be collected through this survey. However, in satisfying individual needs that may arise the NSO offers customers the possibility to request tailor-made reports/tables. Such requests are to be submitted to:

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SUMMARY

Satisfaction with employment

Generally those in employment are fairly satisfied with their occupation and their immediate colleagues. On a gender level females are on average more satisfied than males with their occupation and immediate colleagues.

Cars

Some 200,850 adults, or 68.6 per cent use a car, of whom 6,700 use just a company car. On a gender level 85.4 per cent of adult males compared with 52.7 per cent of adult females make use of a car. Some 62.9 per cent of the adult population own a car, 2.3 per cent make use of a company car, whilst another 3.4 per cent own their own car and have a company car at their disposal.

Health

On average respondents rate their health condition as fair. No relation between health condition and gender was found. Youngsters aged between 18 to 24 rate their health as being significantly better when compared to elderly persons aged 65 years or more.

It was estimated that around 78,800 persons, or 26.9 per cent, suffer from a long-term health problem and/or disability. This was found to be highly related to the age of a person. In fact 98.7 per cent of the persons who are between 18 to 24 years of age do not suffer from a long-term health problem or disability, compared with 40.8 per cent of persons aged 65 years or over.

Smoking

Some 75,260 persons, or 25.7 per cent, smoke tobacco. On a gender level 30.3 per cent of males and 21.3 per cent of females are smokers. It was estimated that 19.9 per cent of the population used to smoke tobacco and stopped whilst 64.7 per cent of females have never smoked tobacco.

Most female smokers, or 56.8 per cent, smoke between 1 to 10 cigarettes a day whilst 25.5 per cent of males smoke between 21 to 30 cigarettes a day. A considerable proportion, or 81.6 per cent of smokers, aged between 18 to 24 years smoke between 1 to 10 cigarettes a day compared with 18.6 per cent of persons aged 65 years or more smoke an average of 31 cigarettes or more daily.

It emerged that 59.6 per cent of smokers who successfully completed a tertiary level of education smoke between 1 to 10 cigarettes a day, compared with 34.8 per cent of those with no schooling.

Alcohol consumption

It was also found that 36.0 per cent of the adult population drinks alcohol on a regular basis, i.e. at least once a week. On a gender level 47.5 per cent of males and 25.0 per cent of the females drink alcohol on a regular basis. Out of these persons 22.6 per cent suffer from a long-term

health problem. Apart from this 60.2 per cent of persons aged between 18 to 24 years drink alcohol at least once every week.

On average, males drink more alcohol than females with an average of 4.9 units per week, compared with 1.1 units for females. Beer accounts to around half of the total alcohol consumption, whilst wine accounts to 33.0 per cent. Proportionally, females consume more wine than males. In fact wine accounts to 50.0 per cent of the total amount of alcohol consumed by females, compared with 28.9 per cent for males.

It was found that smoking of tobacco and alcohol are related. In fact, 32.2 per cent of those who consume alcohol regularly are smokers whereas 58.8 per cent of those who do not drink alcohol on a regular basis have never smoked.

Drugs

Some 33.3 per cent of females reported that they used pain relievers without any prescription by a doctor during the previous 6 months, compared with 27.6 per cent of males. Additionally, 1.3 per cent of the respondents indicated that they had made use of illegal substances during the preceding 6 months.

Hobbies

Book reading is the most popular hobby with the population. In fact 51.5 per cent of females and 24.4 per cent of males indicated book reading as their most popular hobby.

Interest in arts and cultural activities is highly related to the educational level successfully completed. In fact interest in such activities varied from 50.2 per cent for individuals with a tertiary level of education to 12.2 per cent for those who completed a secondary level of education and 3.1 per cent for those with no schooling. On the other hand the opposite holds for bingo, lotteries or sweepstakes, these hobbies being most popular with individuals with no schooling.

Places frequented

From the analysis it resulted that a relationship exists between education level and some frequented places. It was found that individuals with a tertiary level of education frequent all places most, except bars and pool halls. For example, 56.8 per cent of individuals with a tertiary level of education frequent cinemas compared with 23.7 per cent who completed a secondary level of education and 8.9 per cent of individuals with no schooling.

Exercise

It was found that males spend an average of 140 minutes per week exercising, this being 20 minutes above the average for females. From the survey it emerged that 61.7 per cent of females practice walking and 13.3 per cent practice some form of exercise at home.

A relationship between educational level and the average time per week spent exercising was also found. In fact the average time varied from 50 minutes for persons having no schooling to 130 minutes for persons with a secondary level of education and 260 minutes for those with a tertiary level of education.

Weight and height

On average a Maltese adult weighs 72.0 kg. On a gender level females on average weigh 65.8 kg, compared with 78.5 kg for males. It seems that males aged between 25 to 34 years old weigh most. In fact the average weight for this group was 84.7 kg, compared with 64.1 kg for females. On the other hand females aged between 18 to 24 years old weigh least, with an average of 55.6 kg, compared with 79.1 kg for males.

The average height of the population also seems to be related to age. In fact males aged between 25 and 34 are the tallest group, with an average height of 175.2cm compared with an average height of 165.3 for males aged 65 years or over. For females the average height for those aged between 25 and 34 stood at 163.8 cm, compared with 156.8 cm for those aged 65 years or over. The average height for all individuals aged 18 years or over stood at 164.8cm. Globally the average height for males stood at 169.9cm and 159.9cm for females.

It was estimated that in Malta some 175,770 adult persons, or 60.0 per cent, are either overweight or obese. Of these 99,110 persons, or 56.3 per cent, are males. On the other hand 7.6 per cent of females aged between 18 to 24 years are underweight, compared with 2.3 per cent for the whole population.

Rest

It was found that Maltese residents aged 18 years or over sleep an average of 7.4 hours each day. Interestingly persons aged between 18 to 24 years old on average sleep 42 minutes less during the weekend when compared with the amount of time they sleep during weekdays.

Children

Women aged 18 years or over gave birth to an average of 1.9 children, the number being related to their education level and occupation. Whereas the average age of women with a primary level of education at the time they first gave birth was 25.5 years, the average age of women with a tertiary level of education stood at 27.7 years. Senior officials, managers and professional females were aged 27.2 years at the time when they first gave birth, compared with 23.7 years for plant, machine operators and others having elementary occupations.

Internal migration

It was observed that 86.4 per cent of the population reside in the same district they lived in until they were 14 years old. In particular 96.2 per cent of Gozitan residents did not move elsewhere. However 26,370 persons, or 22.4 per cent, who lived in the Southern Harbour and South Eastern districts until they were 14 years old moved to the Northern Harbour, Western or Northern districts. On the other hand only 11,340 persons, or 7.7 per cent, who lived in the Northern Harbour, Western or Northern districts until they reached 14 years moved to the southern districts.

Analysis revealed that 56.0 per cent of the persons who moved from the Southern Harbour and South Eastern districts to the Northern Harbour, Western and Northern districts were females. However just 35.0 per cent of the persons who moved the opposite way were females.

Life satisfaction

Persons are generally satisfied with their lives. However those who were divorced, annulled or separated are only mildly satisfied. On the other hand it seems that males residing within the Western district were the most satisfied. It resulted that the family's standard of living is related to life satisfaction. Indeed, persons with either a good or a very good standard of living turned out to be more satisfied with their lives than others who do not have such a high standard of living. Actually persons whose standard of living is very bad were quite dissatisfied with their lives.

SURVEY METHODOLOGY

Coverage

The target population consisted of Maltese residents aged 18 years and over and living within private households. A sample of 1,000 individuals was selected using systematic random sampling from the Electoral Register. Each individual had the same chance of being selected.

Data was collected through self-completion questionnaires, which were sent by postal mail. Since some questions were personal in nature, e.g. drug consumption, it was decided that this survey should be anonymous. In fact no reference number, name, or address was printed on the questionnaire, so that the selected persons could answer the questions truthfully since they could not be identified.

It is important to stress that although the results produced from sampling surveys are only estimates of the real population parameters, however the estimators produced from this research are clear indicators of what the actual values are. However in some tables totals may not tally due to rounding errors.

The target population was estimated at 292,710 persons. The following two tables illustrate the population distribution by gender, age-group and district:

Table 1. Population by sex and age group

Age group	Males	Females	Total
18 - 24	21,200	17,360	38,560
25 - 34	21,220	22,080	43,300
35 - 44	27,970	22,690	50,650
45 - 54	31,950	37,730	69,680
55 - 64	23,120	22,590	45,710
65+	17,350	27,450	44,810
Total	142,810	149,900	292,710

Table 2. Population by sex and district

District	Males	Females	Total
Southern Harbour	31,860	33,030	64,880
Northern Harbour	44,190	47,750	91,940
South Eastern	19,380	19,810	39,180
Western	19,550	20,330	39,890
Northern	16,940	17,230	34,170
Gozo & Comino	10,890	11,760	22,650
Total	142,810	149,900	292,710

Response

The response rate for this survey stood at 528 persons or 52.8 per cent. The following two tables present the sample distribution by gender, age-group and district of all the participants in this survey.

Table 3. Sample by sex and age group

Age group	Males	Females	Total
18 - 24	15	18	33
25 - 34	25	42	67
35 - 44	48	51	99
45 - 54	50	77	127
55 - 64	58	50	108
65+	41	53	94
Total	237	291	528

Table 4. Sample by sex and district

District	Males	Females	Total
Southern Harbour	45	63	108
Northern Harbour	80	88	168
South Eastern	35	38	73
Western	30	44	74
Northern	31	34	65
Gozo & Comino	16	24	40
Total	237	291	528

Grossing Up

The use of weights in survey analysis compensates for the bias which is created within the sample due to the sample size, non-response and coverage rates.

A *posteriori* stratification was performed by gender, age-group, marital status and highest education level successfully completed. By means of this process a weight was assigned to each respondent, such that upon grossing up the projected sample estimates reflected the real characteristics of the target population.

Quality control

All the data that was collected was subject to a series of quality checks by vetters. Apart from this, the data entry program had a number of in-built validation rules in order to limit the errors of data inputting. Item non-response was imputed using the hot-deck technique.

Errors

The survey was subject to two main sources of errors, which are technically referred to as **sampling errors** and **bias**.

Sampling errors arise from estimating a population characteristic by looking at only one portion of the population rather than the entire population. It refers to the difference between the estimate derived from a sample survey and the 'true' value that would result if a census of the whole population were taken under the same conditions. In fact there are no sampling errors in a census because the calculations are based on the entire population. Also, it generally decreases as the sample size increases (but not proportionally) and it depends on the size of the population under study.

The sampling error as a measure of the estimated value is referred to as the **coefficient of variation (CV)**. This measures variability in relation to the mean and is used to compare the relative dispersion in one type of data with the relative dispersion in another type of data.

Confidence bounds are upper and lower limits to the values of any uncertain estimate. The range of values between the bounds is called the **confidence interval** and we feel reasonably confident that the true value of the population parameter being estimated is within that interval. All the results presented in this publication are worked at a 95% confidence interval.

For example, if the sample estimate is of 60 with a CV of 4%, then there is a 95% chance that the population value is between 56 and 64.

On the other hand, **bias** is the effect which deprives the statistical result of representativeness by systematically distorting it. This is mainly attributed to all human errors that have been committed during the data inputting processes, imputations of missing data at the editing stage and the weighting procedure applied. This type of error is impossible to quantify and the presence of this error should be borne in mind by all the users of these data.

Estimates of precision

A sample statistic will give a single value as an estimate of the population parameter under investigation. This is called a **point parameter**. In order to specify how accurate the parameter estimate is, we derive what we call the **confidence interval (C.I.)**. Here we adjust the point estimate for error and provide a range of values within which we are confident we will find the true value of the unknown parameter.

The confidence interval is expressed as: $C.I. = \text{estimate} \pm \text{margin of error}$. Indeed, if a statistic is normally distributed (as we shall consider here) and the standard error of the statistic is known, then a confidence interval for that statistic can be computed as follows:

$$\text{statistic} \pm (z)(\sigma_{stat})$$

where σ_{stat} is the standard error of the statistic and z is a constant which depends on the level of confidence desired, which in this case will be equal to 1.96 since we are working at a 95% confidence interval.

As a result, by applying this general formula, the confidence interval for a proportion, π , becomes:

$$\pi = p \pm (z)(\sigma_p)$$

where p is the proportion in the sample and σ_p is the standard error of the proportion which is equal to:

$$\sigma_p = \sqrt{\frac{p(1-p)}{n}}$$

Typically this denotes the statement that the population proportion falls within the interval $[p - (z)(\sigma_p)]$ to $[p + (z)(\sigma_p)]$.

For example, the confidence interval for the proportion of individuals who play a musical instrument in table 5 was estimated at 2 per cent. This means that the reader may expect the actual proportion value of this estimate to lie within the interval 0.05 ± 0.02 , i.e. 3.0 per cent and 7.0 per cent.

Table 5. Margin of error on having a particular hobby

Type of hobby	Proportion	Margin of error	Confidence interval
Arts/Cultural events	0.16	0.03	0.16 ± 0.03
Playing a musical instrument	0.05	0.02	0.05 ± 0.02
Bingo	0.07	0.02	0.07 ± 0.02
Book reading	0.38	0.04	0.38 ± 0.04
Collectibles	0.08	0.02	0.08 ± 0.02
Crafts	0.15	0.03	0.15 ± 0.03
Gambling	0.01	0.01	0.01 ± 0.01
Gardening	0.25	0.04	0.25 ± 0.04
Home decoration	0.29	0.04	0.29 ± 0.04
Lotteries/sweepstakes	0.03	0.01	0.03 ± 0.01
Photography	0.05	0.02	0.05 ± 0.02
Sewing/knitting	0.15	0.03	0.15 ± 0.03

Table 6. Margin of error on smoking of tobacco

Smoking of tobacco	Proportion	Margin of error	Confidence interval
Yes	0.26	0.04	0.26 ± 0.04
Used to smoke and stopped	0.20	0.03	0.20 ± 0.03
Never smoked	0.54	0.04	0.54 ± 0.04

Table 7. Margin of error on drinking of alcohol

Drinking of alcohol	Proportion	Margin of error	Confidence interval
Yes	0.36	0.04	0.36 ± 0.04

It was not possible to include a precision indicator for all the estimators presented in this document. However these indicators may be produced upon request.

DEFINITIONS

- **South Harbour** - Żabbar, Xgħajra, Valletta, Tarxien, Santa Lucija, Paola, Marsa, Luqa, Kalkara, Senglea, Floriana, Fgura, Cospicua, Vittoriosa.
- **North Harbour** - Ta' Xbiex, Swieqi, Sliema, Santa Venera, San Gwann, St. Julians, Qormi, Pietà, Pembroke, Msida, Ħamrun, Gżira, Birkirkara.
- **South Eastern** - Żurrieq, Żejtun, Safi, Qrendi, Mqabba, Marsaxlokk, Marsaskala, Kirkop, Gudja, Għaxaq, Birżebbuġia.
- **Western** - Żebbuġ (Malta), Siġġiewi, Rabat (Malta), Mtarfa, Mdina, Lija, Iklin, Dingli, Balzan, Attard.
- **Northern** - St. Paul's Bay, Naxxar, Mosta, Mgarr, Mellieħa, Għargħur.
- **Gozo and Comino** - Rabat (Gozo), Fontana, Għajnsielem and Comino, Għarb, Għasri, Kerċem, Munxar, Nadur, Qala, San Lawrenz, Sannat, Xagħra, Xewkija, Żebbuġ (Gozo).

BODY MASS INDEX (BMI): This is an objective scientific measure of body fat based on height and weight that applies to both adult men and women. The BMI is calculated by dividing a person's weight in kilograms by the square of his/her height in metres. The algebraic expression for BMI is given by:

$$BMI = Kg / (m)^2$$

The classification of underweight, overweight and obesity by BMI are as follows:

- $BMI < 18.5$ **Underweight**
- $18.5 \leq BMI < 24.9$ **Normal**
- $24.9 \leq BMI < 29.9$ **Overweight**
- $BMI \geq 29.9$ **Obese**

Alcohol Units: These are alcoholic measures related to the alcoholic content of different drinks. A unit of alcohol is the equivalent of 10g of alcohol. One glass of wine, one bottle of beer and one tot of spirits constitute one unit of alcohol.

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RESULTS

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Table 1. Distribution of persons by sex and district

District	Males		Females		Total	
	No.	%	No.	%	No.	%
Southern Harbour	31,860	22.3	33,030	22.1	64,880	22.2
Northern Harbour	44,190	30.9	47,740	31.8	91,940	31.4
South Eastern	19,380	13.6	19,810	13.2	39,180	13.4
Western	19,550	13.7	20,330	13.6	39,890	13.6
Northern	16,940	11.9	17,230	11.5	34,170	11.7
Gozo & Comino	10,890	7.6	11,760	7.8	22,650	7.7
Total	142,810	100.0	149,900	100.0	292,710	100.0

Table 2. Distribution of persons by sex and marital status

Marital status	Males		Females		Total	
	No.	%	No.	%	No.	%
Married/Re-married	97,070	68.0	97,310	64.9	194,370	66.4
Single	40,570	28.4	32,930	22.0	73,500	25.1
Divorced/Annulled/Separated	2,010	1.4	4,950	3.3	6,960	2.4
Widowed, but not re-married	3,160	2.2	14,710	9.8	17,880	6.1
Total	142,810	100.0	149,900	100.0	292,710	100.0

Table 3. Distribution of persons by sex and educational level

Educational level	Males		Females		Total	
	No.	%	No.	%	No.	%
No schooling	7,040	4.9	9,010	6.0	16,050	5.5
Primary	36,740	25.7	49,430	33.0	86,160	29.4
Secondary	68,070	47.7	62,910	41.9	130,990	44.7
Post-secondary	18,160	12.7	17,470	11.7	35,620	12.2
Tertiary	12,800	9.0	11,090	7.4	23,890	8.2
Total	142,810	100.0	149,900	100.0	292,710	100.0

Table 4. Distribution of persons living with a partner/not living with a partner by marital status

Marital status	Persons living with a partner		Persons not living with a partner		Total	
	No.	%	No.	%	No.	%
Single	4,340	5.9	69,150	94.1	73,500	100.0
Divorced/Annulled/Separated	1,300	18.7	5,660	81.3	6,960	100.0
Widowed, but not re-married	350	2.0	17,530	98.0	17,880	100.0
Total	5,990	6.1	92,340	93.9	98,330	100.0

Table 5. Number of persons by sex and qualifications attained

Qualifications attained	Males		Females		Total	
	No.	% group	No.	% group	No.	% group
Ordinary levels	66,150	46.3	68,290	45.6	134,450	45.9
Intermediate levels	23,210	16.3	16,650	11.1	39,850	13.6
Advanced levels	20,400	14.3	21,690	14.5	42,090	14.4
City and Guilds	8,660	6.1	6,480	4.3	15,140	5.2
HTD/OTD	610	0.4	-	-	610	0.2
Diploma issued by the University	5,080	3.6	3,300	2.2	8,380	2.9
First degree, e.g. B.Sc.	7,080	5.0	6,670	4.4	13,750	4.7
Masters/Ph.D.	3,310	2.3	380	0.3	3,690	1.3
Other	6,930	4.9	6,910	4.6	13,840	4.7

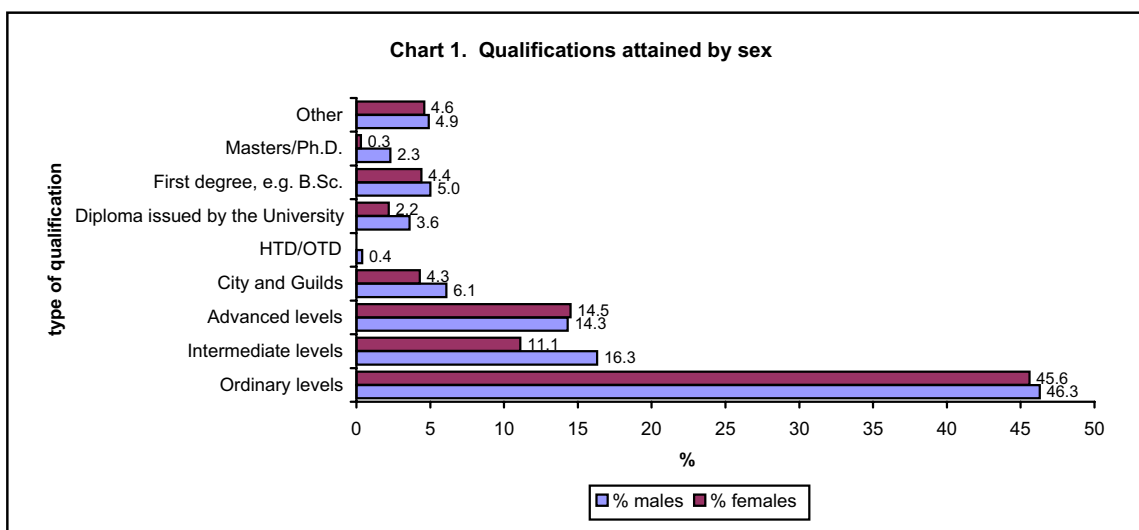


Table 6. Distribution of persons by marital status and age group

Age group	Married/Re-married		Single		Divorced/Annulled/ Separated		Widowed, but not married		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
18 - 24	3,060	8.0	35,300	91.5	190	0.5	-	-	38,560	100.0
25 - 34	29,010	67.0	13,080	30.2	950	2.2	260	0.6	43,300	100.0
35 - 44	42,340	83.6	6,220	12.3	1,990	3.9	110	0.2	50,650	100.0
45 - 54	59,930	86.0	5,940	8.5	2,440	3.5	1,370	2.0	69,680	100.0
55 - 64	37,300	81.5	4,240	9.3	680	1.5	3,500	7.7	45,710	100.0
65+	22,740	50.7	8,720	19.5	700	1.6	12,640	28.2	44,810	100.0
Total	194,370	66.4	73,500	25.1	6,960	2.4	17,880	6.1	292,710	100.0

Table 7. Distribution of persons by sex, marital status and labour status

Labour status	Males						Females					
	Married		Not married		Total		Married		Not married		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Housekeeper	3,960	4.2	790	1.7	4,750	3.3	71,060	75.1	18,000	32.5	89,070	59.4
Student	-	-	4,750	10.0	4,750	3.4	-	-	4,840	8.8	4,840	3.2
Unemployed	-	-	5,940	12.4	5,940	4.2	-	-	3,400	6.2	3,400	2.3
Retired	17,180	18.1	6,110	12.8	23,290	16.3	1,890	2.0	11,890	21.5	13,780	9.2
Unable to work due to illness/disability	5,040	5.3	1,110	2.3	6,150	4.3	2,110	2.2	-	-	2,110	1.4
Self-employed	8,610	9.0	4,730	9.9	13,330	9.3	2,300	2.4	1,100	2.0	3,400	2.3
Employee	60,330	63.4	24,270	50.9	84,600	59.2	17,310	18.3	16,010	29.0	33,320	22.2
Total	95,110	100.0	47,700	100.0	142,810	100.0	94,660	100.0	55,240	100.0	149,900	100.0

Table 8. Distribution of persons by age group and labour status

Labour status	18 - 24		25 - 34		35 - 44		45 - 54		55 - 64		65+		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Housekeeper	-	-	10,750	24.8	16,010	31.6	29,590	42.5	17,670	38.6	19,790	44.2	93,810	32.1
Student	9,070	23.5	510	1.2	-	-	-	-	-	-	-	-	9,580	3.3
Unemployed	5,510	14.3	2,350	5.4	1,480	2.9	-	-	-	-	-	-	9,340	3.2
Retired	-	-	-	-	-	-	1,350	1.9	11,260	24.6	24,450	54.6	37,070	12.7
Unable to work due to illness/disability	-	-	-	-	-	-	3,910	5.6	3,780	8.3	560	1.2	8,260	2.8
Self-employed	1,340	3.5	4,390	10.1	4,980	9.8	5,500	7.9	530	1.2	-	-	16,730	5.7
Employee	22,640	58.7	25,290	58.5	28,190	55.7	29,320	42.1	12,470	27.3	-	-	117,920	40.2
Total	38,560	100.0	43,300	100.0	50,650	100.0	69,680	100.0	45,710	100.0	44,810	100.0	292,710	100.0

Table 9. Number of persons by age group and qualifications attained

Qualifications attained	18 - 24		25 - 34		35 - 44		45 - 54		55 - 64		65+		Total	
	No.	% group	No.	% group	No.	% group	No.	% group	No.	% group	No.	% group	No.	% group
Ordinary levels	32,440	84.1	26,310	60.8	23,460	46.3	31,100	44.6	13,300	29.1	7,830	17.5	134,450	45.9
Intermediate levels	12,060	31.3	9,730	22.5	6,290	12.4	8,490	12.2	2,450	5.4	830	1.9	39,850	13.6
Advanced levels	12,130	31.5	10,320	23.8	9,400	18.6	6,380	9.2	3,690	8.1	170	0.4	42,090	14.4
City and Guilds	1,160	3.0	2,880	6.7	2,620	5.2	5,440	7.8	1,870	4.1	1,160	2.6	15,140	5.2
HTD/OTD	-	-	-	-	610	1.2	-	-	-	-	-	-	610	0.2
Diploma issued by the University	570	1.5	1,830	4.2	2,090	4.1	1,800	2.6	1,350	3.0	750	1.7	8,380	2.9
First degree, e.g. B.Sc.	2,090	5.4	6,720	15.5	1,880	3.7	1,620	2.3	1,130	2.5	300	0.7	13,750	4.7
Masters/Ph.D.	-	-	1,880	4.3	1,000	2.0	650	0.9	160	0.4	-	-	3,690	1.3
Other	3,470	9.0	5,120	11.8	940	1.9	2,480	3.6	1,520	3.3	300	0.7	13,840	4.7

Table 10. Average satisfaction levels with main occupation by occupation

Main occupation	Average score*
Legislators, Senior Officials and Managers	2.1
Professionals	1.9
Technicians and Associate Professionals	2.3
Clerks	2.4
Service workers and Shop and market sales workers	2.1
Skilled agricultural and fishery workers	2.5 ^u
Craft and related trades workers	1.9
Plant and machine operators and assemblers	1.8 ^u
Elementary Occupations	2.3
Total	2.1

*where 1= very satisfied and 5= very dissatisfied
^u = under represented. Treat with caution.

Table 12. Average satisfaction levels with immediate colleagues by main occupation

Main occupation	Average score*
Legislators, Senior Officials and Managers	2.0
Professionals	1.8
Technicians and Associate Professionals	2.0
Clerks	1.8
Service workers and Shop and market sales workers	2.3
Skilled agricultural and fishery workers	3.0 ^u
Craft and related trades workers	1.6
Plant and machine operators and assemblers	1.7 ^u
Elementary Occupations	2.1
Total	2.0

*where 1= very satisfied and 5= very dissatisfied
^u = under represented. Treat with caution.

Table 11. Average satisfaction levels with main occupation by sex

Sex	Average score*
Males	2.2
Females	2.1
Total	2.1

*where 1= very satisfied and 5= very dissatisfied

Table 13. Average satisfaction levels with immediate colleagues by sex

Sex	Average score*
Males	2.0
Females	1.8
Total	2.0

*where 1= very satisfied and 5= very dissatisfied

Table 14. Distribution of persons by sex and use of car/s (any type)

Use of a car	Males		Females		Total	
	No.	%	No.	%	No.	%
Yes	121,910	85.4	78,940	52.7	200,850	68.6
No	20,900	14.6	70,960	47.3	91,860	31.4
Total	142,810	100.0	149,900	100.0	292,710	100.0

Table 15. Distribution of persons by use of car/s (by type) and district

District	Own car		Company car		Both own car and company car		No car used		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
Southern Harbour	37,430	57.7	120	0.2	3,490	5.4	23,840	36.7	64,880	100.0
Northern Harbour	60,290	65.6	3,700	4.0	800	0.9	27,160	29.5	91,940	100.0
South Eastern	26,590	67.8	610	1.6	1,850	4.7	10,130	25.9	39,180	100.0
Western	22,110	55.4	1,520	3.8	800	2.0	15,460	38.8	39,890	100.0
Northern	23,710	69.4	740	2.2	2,540	7.4	7,170	21.0	34,170	100.0
Gozo & Comino	14,130	62.4	-	-	410	1.8	8,120	35.8	22,650	100.0
Total	184,250	62.9	6,700	2.3	9,890	3.4	91,870	31.4	292,710	100.0

Chart 2. Persons using car/s (any type) by district

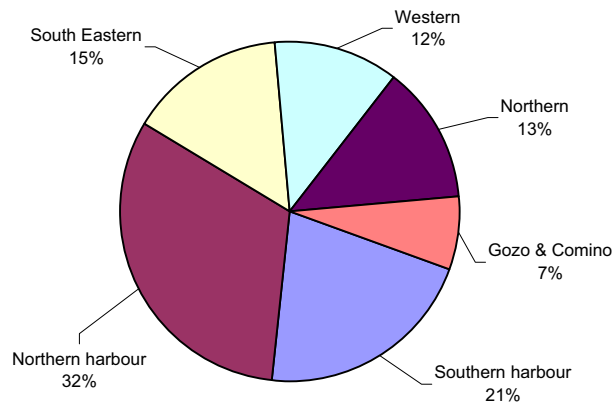


Table 16. Distribution of persons by sex, age group and use of car/s (by type)

Age group \ Use of car/s		Males		Females		Total	
		No.	%	No.	%	No.	%
18 - 24	Own car	17,480	82.5	12,300	70.9	29,780	77.2
	Company car	1,000	4.7	-	-	1,000	2.6
	Both own car and company car	1,340	6.3	-	-	1,340	3.5
	No	1,380	6.5	5,060	29.1	6,440	16.7
	Total	21,200	100.0	17,360	100.0	38,560	100.0
25 - 34	Own car	17,600	82.9	17,870	80.9	35,470	81.9
	Company car	960	4.5	-	-	960	2.2
	Both own car and company car	1,700	8.0	370	1.7	2,060	4.8
	No	960	4.5	3,830	17.3	4,800	11.1
	Total	21,220	100.0	22,080	100.0	43,300	100.0
35 - 44	Own car	23,570	84.3	15,000	66.1	38,570	76.2
	Company car	1,570	5.6	-	-	1,570	3.1
	Both own car and company car	1,990	7.1	410	1.8	2,400	4.7
	No	840	3.0	7,280	32.1	8,120	16.0
	Total	27,970	100.0	22,690	100.0	50,650	100.0
45 - 54	Own car	22,850	71.5	23,350	61.9	46,200	66.3
	Company car	1,020	3.2	1,080	2.9	2,100	3.0
	Both own car and company car	2,770	8.7	-	-	2,770	4.0
	No	5,310	16.6	13,300	35.3	18,610	26.7
	Total	31,950	100.0	37,730	100.0	69,680	100.0
55 - 64	Own car	14,440	62.5	6,100	27.0	20,540	44.9
	Company car	1,070	4.6	-	-	1,070	2.3
	Both own car and company car	1,320	5.7	-	-	1,320	2.9
	No	6,290	27.2	16,490	73.0	22,780	49.8
	Total	23,120	100.0	22,590	100.0	45,710	100.0
65+	Own car	11,230	64.7	2,460	9.0	13,690	44.0
	Company car	-	-	-	-	-	-
	Both own car and company car	-	-	-	-	-	-
	No	6,120	35.3	24,990	91.0	31,110	100.0
	Total	17,350	100.0	27,450	100.0	44,810	144.0
Total	Own car	107,170	75.0	77,080	51.4	184,250	62.9
	Company car	5,620	3.9	1,080	0.7	6,700	2.3
	Both own car and company car	9,120	6.4	780	0.5	9,890	3.4
	No	20,900	14.6	70,950	47.3	91,870	31.4
	Total	142,810	100.0	149,900	100.0	292,710	100.0

Table 17. Average rating of family's standard of living by district

District	Average score*
Southern Harbour	2.8
Northern Harbour	2.4
South Eastern	2.5
Western	2.6
Northern	2.6
Gozo & Comino	2.3
Total	2.6

* where 1= very good and 5=very bad

Table 18. Average rating of family's standard of living by educational level

Educational level	Average score*
No schooling	2.7
Primary	2.8
Secondary	2.5
Post-secondary	2.4
Tertiary	2.2
Total	2.6

* where 1= very good and 5=very bad

Table 19. Average rating of family's standard of living by labour status

Labour status	Average score*
Housekeeper	2.6
Student	2.2 ^u
Unemployed	3.1 ^u
Retired	2.6
Unable to work due to illness/disability	3.1 ^u
Self-employed	2.5
Employee	2.4
Total	2.6

* where 1= very good and 5=very bad
^u = under represented. Treat with caution.

Table 20. Distribution of persons by sex and overall health

Overall health	Males		Females		Total	
	No.	%	No.	%	No.	%
Very good	20,550	14.4	19,320	12.9	39,870	13.6
Good	57,830	40.5	56,100	37.4	113,930	38.9
Fair	49,610	34.7	61,800	41.2	111,410	38.1
Bad	12,910	9.0	11,010	7.3	23,920	8.2
Very bad	1,910	1.4	1,670	1.2	3,580	1.2
Total	142,810	100.0	149,900	100.0	292,710	100.0

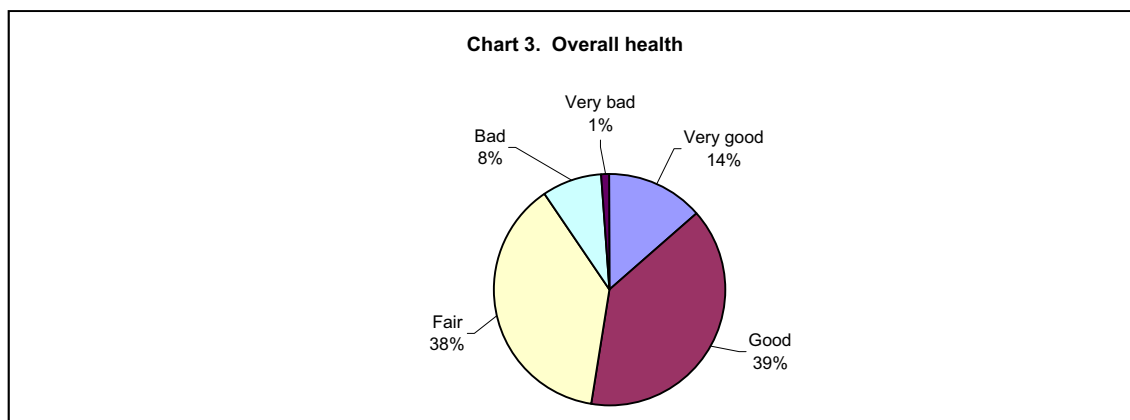


Table 21. Average rating of overall health by educational level

Educational level	Average score*
No schooling	3.2
Primary	2.7
Secondary	2.3
Post-secondary	2.2
Tertiary	2.0
Total	2.4

*where 1= very good and 5=very bad

Table 22. Average rating of overall health by sex and marital status

Marital status	Average score*		
	Males	Females	Total
Married/Re-married	2.6	2.5	2.5
Single	2.1	2.3	2.1
Divorced/Annulled/Separated	2.3 ^u	2.8 ^u	2.6
Widowed, but not re-married	3.1 ^u	2.8	2.8
Total	2.4	2.5	2.4

*where 1= very good and 5=very bad

^u = under-represented. Treat with caution.

Table 23. Average rating of overall health by labour status

Labour status	Average score*
Housekeeper	2.5
Student	2.0 ^u
Unemployed	2.8 ^u
Retired	2.9
Unable to work - illness/disability	3.8 ^u
Self-employed	2.4
Employee	2.2
Total	2.4

*where 1= very good and 5=very bad

^u = under-represented. Treat with caution.

Table 24. Average rating of overall health by sex and age group

Age group	Average score*		
	Males	Females	Total
18-24	1.8	2.1	2.0
25-34	1.9	2.0	2.0
35-44	2.4	2.2	2.3
45-54	2.6	2.5	2.6
55-64	2.8	2.6	2.7
65+	3.0	3.0	3.0
Total	2.4	2.5	2.4

*where 1= very good and 5=very bad

Table 25. Distribution of persons by sex and long-term health problem/disability

Problem/Disability	Males		Females		Total	
	No.	%	No.	%	No.	%
Long-term health problem	31,340	21.9	32,160	21.5	63,500	21.7
Long-term disability	5,100	3.6	1,050	0.7	6,150	2.1
Long-term health problem & disability	3,830	2.7	5,330	3.6	9,160	3.1
No health problem/disability	102,550	71.8	111,360	74.2	213,910	73.1
Total	142,810	100.0	149,900	100.0	292,710	100.0

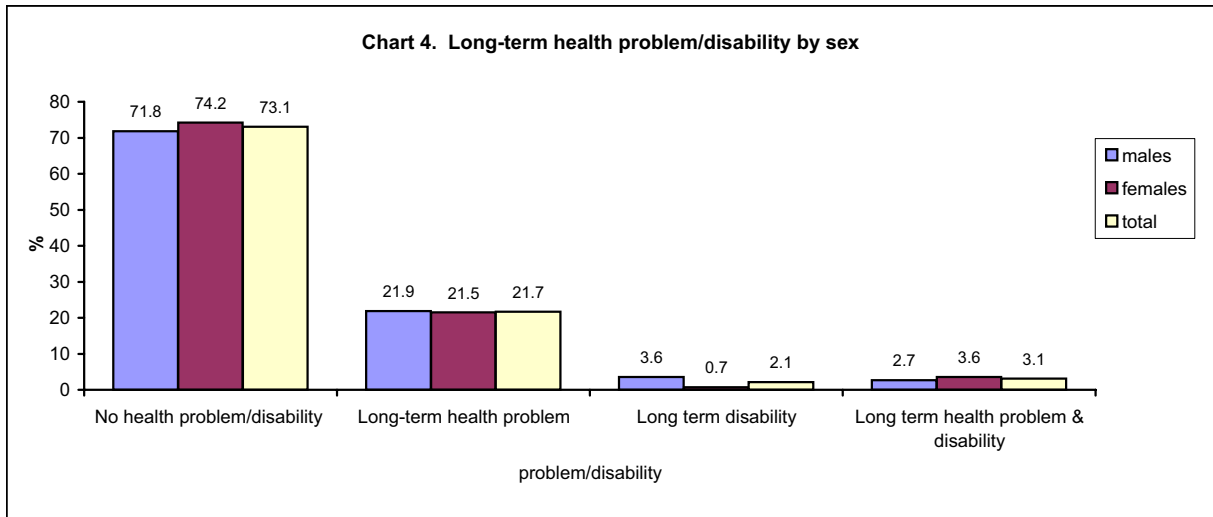


Table 26. Distribution of persons suffering from a long-term health problem/disability by age group

Age group	Long-term health problem		Long-term disability		Long-term health problem & disability		No health problem/disability		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
	18 - 24	510	1.3	-	-	-	-	38,040	98.7	38,560
25 - 34	2,010	4.7	-	-	-	-	41,280	95.3	43,300	100.0
35 - 44	4,490	8.9	610	1.2	520	1.0	45,030	88.9	50,650	100.0
45 - 54	18,650	26.7	3,200	4.6	1,850	2.7	45,980	66.0	69,680	100.0
55 - 64	17,950	39.2	1,290	2.8	1,220	2.7	25,270	55.3	45,710	100.0
65+	19,880	44.5	1,050	2.3	5,570	12.4	18,300	40.8	44,810	100.0
Total	63,500	21.7	6,150	2.1	9,160	3.1	213,910	73.1	292,710	100.0

Table 27. Distribution of persons suffering from a long-term health problem/disability by labour status

Labour status	Long-term health problem		Long-term disability		Long-term health problem & disability		No health problem/disability		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
	Housekeeper	23,800	25.4	340	0.4	3,130	3.3	66,550	70.9	93,810
Student	510	5.4 ^u	-	-	-	-	9,070	94.6 ^u	9,580	100.0 ^u
Unemployed	450	4.8 ^u	-	-	-	-	8,890	95.2 ^u	9,340	100.0 ^u
Retired	15,540	41.9	1,490	4.0	3,200	8.6	16,840	45.4	37,070	100.0
Unable to work due to illness/disability	6,110	74.0 ^u	500	6.1 ^u	1,640	19.9 ^u	-	-	8,260	100.0 ^u
Self-employed	2,850	17.0	-	-	280	1.7	13,600	81.3	16,730	100.0
Employee	14,240	12.1	3,810	3.2	910	0.8	98,960	83.9	117,920	100.0
Total	63,500	21.7	6,150	2.1	9,160	3.1	213,910	73.1	292,710	100.0

^u= under-represented. Treat with caution.

Table 28. Number of persons suffering from a long-term health problem/disability by qualifications attained

Qualifications attained	Long-term health problem		Long-term disability		Long-term health problem & disability		No health problem/disability		Total	
	No.	% group	No.	% group	No.	% group	No.	% group	No.	% group
Ordinary levels	23,710	37.3	1,830	29.8 ^u	1,840	20.1 ^u	107,070	50.1	134,450	45.9
Intermediate levels	5,190	8.2	3,020	49.1 ^u	380	4.1 ^u	31,250	14.6	39,850	13.6
Advanced levels	6,420	10.1	790	12.8 ^u	520	5.7 ^u	34,350	16.1	42,090	14.4
City and Guilds	3,170	5.0	-	-	-	-	11,970	5.6	15,140	5.2
HTD/OTD	-	-	-	-	-	-	610	0.3	610	0.2
Diploma issued by the University	1,540	2.4	-	-	520	5.7 ^u	6,310	2.9	8,380	2.9
First degree, e.g. B.Sc.	1,810	2.9	-	-	-	-	11,940	5.6	13,750	4.7
Masters/Ph.D.	510	0.8	-	-	-	-	3,180	1.5	3,690	1.3
Other	1,850	2.9	790	12.8 ^u	-	-	11,200	5.2	13,840	4.7

^u = under-represented. Treat with caution.

Table 29. Distribution of persons suffering from a long-term health problem/disability by use of car/s (by type)

Use of car/s	Long-term health problem		Long-term disability		Long-term health problem & disability		No health problem/disability		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
Own car	34,940	19.0	3,010	1.6	2,750	1.5	143,560	77.9	184,250	100.0
Company car	1,340	20.1 ^u	-	-	520	7.8 ^u	4,830	72.1 ^u	6,700	100.0 ^u
Both own car and company car	1,540	15.6 ^u	610	6.2 ^u	-	-	7,740	78.2 ^u	9,890	100.0 ^u
No	25,660	27.9	2,530	2.8	5,890	6.4	57,780	62.9	91,870	100.0
Total	63,500	21.7	6,150	2.1	9,160	3.1	213,910	73.1	292,710	100.0

^u = under-represented. Treat with caution.

Table 30. Distribution of persons by smoking habit and long-term health problem/disability

Problem/disability	Still smoking		Stopped smoking		Never smoked		Total	
	No.	%	No.	%	No.	%	No.	%
	Long-term health problem	13,090	17.4	18,730	32.2	31,680	19.9	63,500
Long-term disability	1,310	1.7	2,560	4.4	2,280	1.4	6,150	2.1
Long-term health problem & disability	670	0.9	2,120	3.6	6,370	4.0	9,160	3.1
No health problem/disability	60,200	80.0	34,810	59.8	118,890	74.7	213,910	73.1
Total	75,260	100.0	58,230	100.0	159,220	100.0	292,710	100.0

Table 31. Number of smokers suffering from a long-term health problem/disability by type of tobacco smoked

Type of tobacco smoked	Long-term health problem		Long-term disability		Long-term health problem & disability		No health problem/disability		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
	Cigarettes	12,270	16.9	700	1.0	670	0.9	58,930	81.2	72,560
Smoking Pipe	-	-	-	-	-	-	1,870	100.0 ^u	1,870	100.0 ^u
Cigars	160	6.1 ^u	-	-	-	-	2,510	93.9 ^u	2,670	100.0 ^u
Other	-	-	-	-	-	-	650	100.0 ^u	650	100.0 ^u

^u= under-represented. Treat with caution.

Table 32. Distribution of cigarette smokers suffering from a long-term health problem/disability by average number of cigarettes smoked per day

Average number of cigarettes smoked	Long-term health problem		Long-term disability		Long-term health problem & disability		No health problem/disability		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
	None	820	30.3 ^u	610	22.6 ^u	-	-	1,270	47.1 ^u	2,700
1 to 10 a day	3,330	11.9	-	-	380	1.4	24,330	86.8	28,050	100.0
11 to 20 a day	4,240	15.5	-	-	-	-	23,150	84.5	27,390	100.0
21 to 30 a day	1,840	14.1	700	5.3	280	2.2	10,230	78.4	13,060	100.0
31 or more a day	2,410	84.5 ^u	-	-	-	-	440	15.5 ^u	2,850	100.0 ^u
Do not know	450	36.9 ^u	-	-	-	-	770	63.1 ^u	1,210	100.0 ^u
Total	13,090	17.4	1,310	1.7	670	0.9	60,200	80.0	75,260	100.0

^u= under-represented. Treat with caution.

Table 33. Distribution of persons suffering from a long-term health problem/disability by alcohol drinking habit

Drinking of alcohol	Long-term health problem		Long-term disability		Long-term health problem & disability		No health problem/disability		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
Yes	23,780	22.6	1,830	1.7	380	0.4	79,260	75.3	105,250	100.0
No	39,710	21.2	4,320	2.3	8,780	4.7	134,650	71.8	187,470	100.0
Total	63,500	21.7	6,150	2.1	9,160	3.1	213,910	73.1	292,710	100.0

Table 34. Distribution of alcohol consumers suffering from a long-term health problem/disability by type of alcohol consumed most

Type of alcohol consumed most	Long-term health problem		Long-term disability		Long-term health problem & disability		No health problem/disability		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
Wine	11,590	31.0	1,130	3.0	-	-	24,690	66.0	37,410	100.0
Beer	9,290	22.5	700	1.7	380	0.9	30,970	74.9	41,340	100.0
Spirit	2,900	11.0	-	-	-	-	23,590	89.0	26,490	100.0
Total	23,780	22.6	1,830	1.7	380	0.4	79,260	75.3	105,250	100.0

Table 35. Distribution of persons suffering from a long-term health problem/disability by body weight

Body weight	Long-term health problem		Long-term disability		Long-term health problem & disability		No health problem/disability		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
Underweight	910	13.5 ^u	-	-	-	-	5,800	86.5 ^u	6,700	100.0 ^u
Normal	20,150	18.3	-	-	2,120	1.9	87,970	79.8	110,240	100.0
Overweight	22,900	19.4	4,930	4.2	5,670	4.8	84,330	71.6	117,830	100.0
Obese	19,540	33.7	1,210	2.1	1,370	2.4	35,810	61.8	57,940	100.0
Total	63,500	21.7	6,150	2.1	9,160	3.1	213,910	73.1	292,710	100.0

^u= under-represented. Treat with caution.

Table 36. Distribution of persons by sex and smoking habit

Smoking of tobacco	Males		Females		Total	
	No.	%	No.	%	No.	%
Still smoking	43,260	30.3	32,000	21.3	75,260	25.7
Stopped smoking	37,320	26.1	20,910	14.0	58,230	19.9
Never smoked	62,230	43.6	96,990	64.7	159,220	54.4
Total	142,810	100.0	149,900	100.0	292,710	100.0

Table 37. Distribution of persons by smoking habit and age group

Age group	Still smoking		Stopped smoking		Never smoked		Total	
	No.	%	No.	%	No.	%	No.	%
18-24	10,540	27.3	3,320	8.6	24,700	64.1	38,560	100.0
25-34	14,610	33.7	6,240	14.5	22,450	51.8	43,300	100.0
35-44	21,430	42.3	10,910	21.5	18,320	36.2	50,650	100.0
45-54	15,100	21.7	18,530	26.6	36,050	51.7	69,680	100.0
55-64	7,760	17.0	11,200	24.5	26,750	58.5	45,710	100.0
65+	5,820	13.0	8,030	17.9	30,950	69.1	44,810	100.0
Total	75,260	25.7	58,230	19.9	159,220	54.4	292,710	100.0

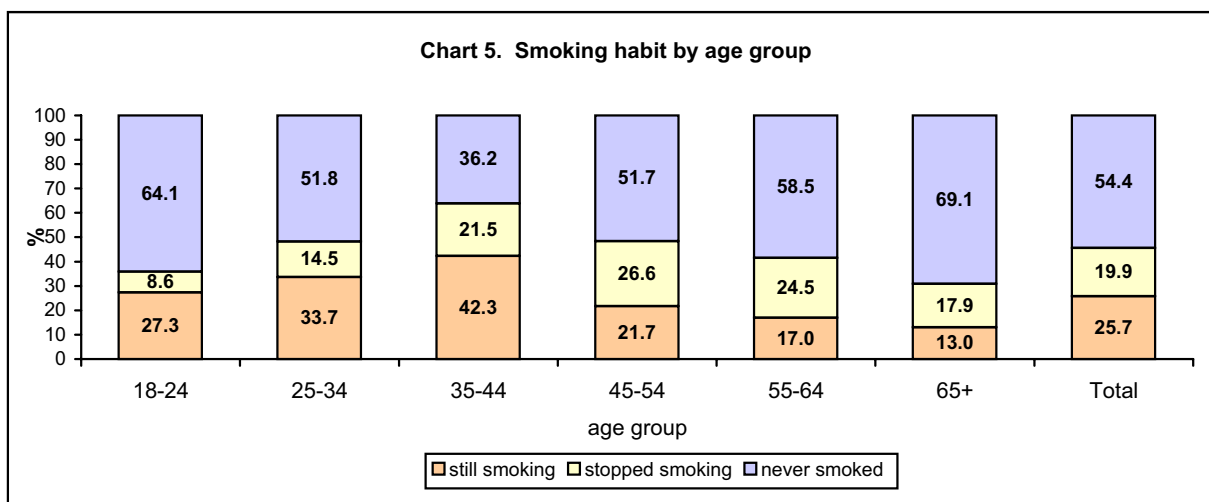


Table 38. Number of smokers by sex and type of tobacco smoked

Type of tobacco smoked	Males		Females		Total	
	No.	%	No.	%	No.	%
Cigarettes	40,560	93.8	32,000	100.0	72,560	96.4
Smoking Pipe	1,870	4.3	-	-	1,870	2.5
Cigars	2,670	6.2	-	-	2,670	3.5
Other	650	1.5	-	-	650	0.9

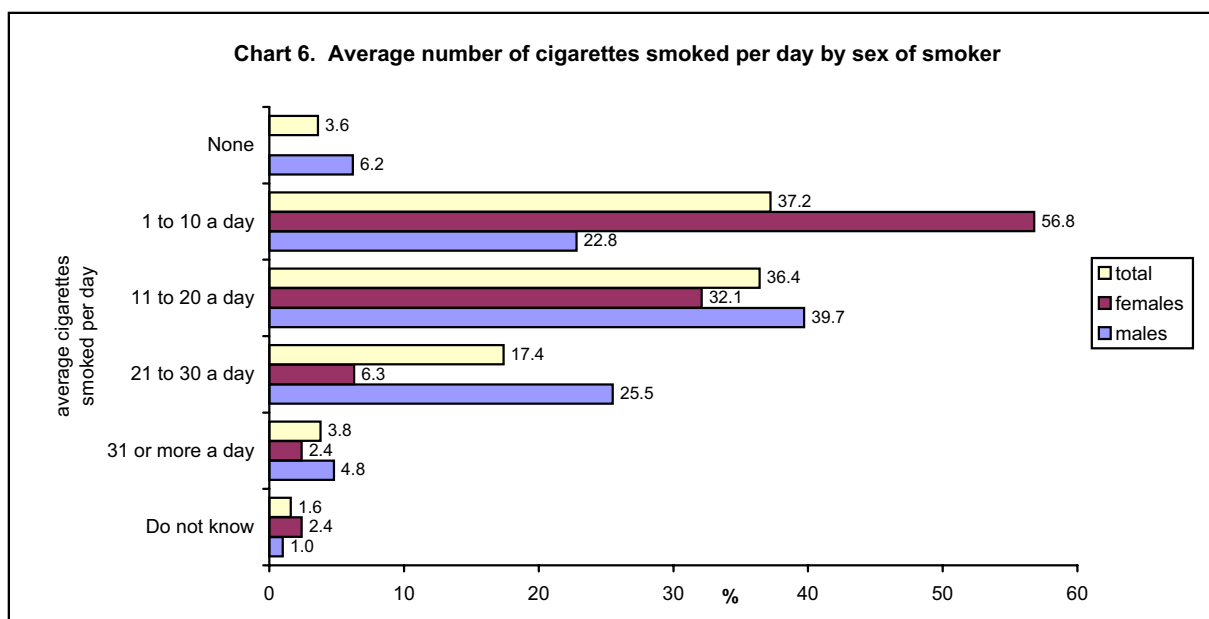


Table 39. Distribution of cigarette smokers by sex and average number of cigarettes smoked per day

Average cigarettes smoked per day	Males		Females		Total	
	No.	%	No.	%	No.	%
None	2,700	6.2	-	-	2,700	3.6
1 to 10 a day	9,870	22.8	18,180	56.8	28,050	37.2
11 to 20 a day	17,120	39.7	10,250	32.1	27,390	36.4
21 to 30 a day	11,030	25.5	2,030	6.3	13,060	17.4
31 or more a day	2,090	4.8	770	2.4	2,850	3.8
Do not know	450	1.0	770	2.4	1,210	1.6
Total	43,260	100.0	32,000	100.0	75,260	100.0

Table 40. Distribution of tobacco smokers by age group and average number of cigarettes smoked per day

Average cigarettes smoked per day	18 - 24		25 - 34		35 - 44		45 - 54		55 - 64		65+		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
None	-	-	-	-	1,080	5.0	-	-	1,380	17.8	240	4.1	2,700	3.6
1 to 10 a day	8,600	81.6	5,920	40.5	5,210	24.3	4,410	29.2	1,990	25.6	1,920	33.0	28,050	37.3
11 to 20 a day	190	1.8	6,650	45.6	10,480	48.9	5,550	36.7	2,380	30.6	2,140	36.8	27,390	36.4
21 to 30 a day	1,750	16.6	2,030	13.9	4,220	19.7	3,610	23.9	1,010	13.0	440	7.5	13,060	17.4
31 or more a day	-	-	-	-	-	-	770	5.1	1,010	13.0	1,080	18.6	2,850	3.7
Do not know	-	-	-	-	450	2.1	770	5.1	-	-	-	-	1,210	1.6
Total	10,540	100.0	14,610	100.0	21,430	100.0	15,100	100.0	7,760	100.0	5,820	100.0	75,260	100.0

Table 41. Distribution of smokers by educational level and average number of cigarettes smoked per day

Average cigarettes smoked per day	No schooling		Primary		Secondary		Post-secondary		Tertiary		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
None	-	-	1,220	8.3	-	-	1,080	10.4	410	11.3	2,700	3.6
1 to 10 a day	1,000	34.8	3,110	21.1	16,940	38.8	4,830	46.6	2,170	59.6	28,050	37.2
11 to 20 a day	1,430	49.9	7,650	51.9	13,210	30.3	4,030	38.9	1,070	29.1	27,390	36.4
21 to 30 a day	-	-	650	4.5	11,990	27.5	420	4.1	-	-	13,060	17.4
31 or more a day	440	15.3	1,330	9.0	1,080	2.5	-	-	-	-	2,850	3.8
Do not know	-	-	770	5.2	450	0.9	-	-	-	-	1,210	1.6
Total	2,870	100.0	14,730	100.0	43,660	100.0	10,360	100.0	3,640	100.0	75,260	100.0

Table 42. Distribution of alcohol consumers by sex

Sex	Alcohol consumers		Alcohol-non consumers		Total	
	No.	%	No.	%	No.	%
Males	67,790	47.5	75,020	52.5	142,810	100.0
Females	37,450	25.0	112,450	75.0	149,900	100.0
Total	105,250	36.0	187,470	64.0	292,710	100.0

Table 43. Distribution of alcohol consumers by age group

Age group	Alcohol consumers		Alcohol-non consumers		Total	
	No.	%	No.	%	No.	%
18-24	23,190	60.2	15,360	39.8	38,560	100.0
25-34	18,340	42.3	24,960	57.7	43,300	100.0
35-44	13,900	27.4	36,750	72.6	50,650	100.0
45-54	27,890	40.0	41,790	60.0	69,680	100.0
55-64	11,790	25.8	33,920	74.2	45,710	100.0
65+	10,130	22.6	34,680	77.4	44,810	100.0
Total	105,250	36.0	187,470	64.0	292,710	100.0

Chart 7. Alcohol-drinking habits by age group of consumer

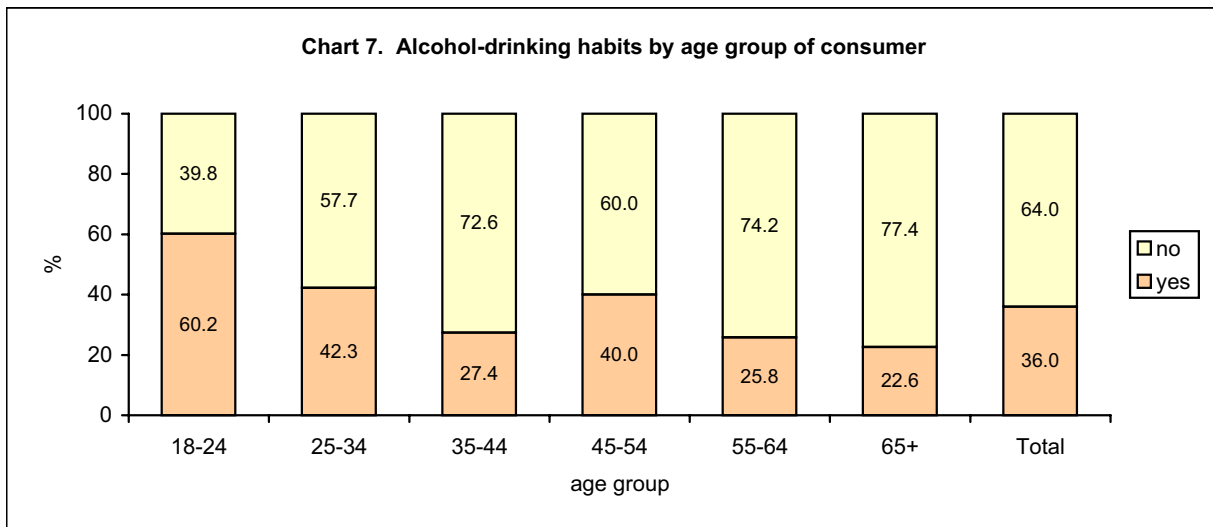


Table 44. Amount of alcohol units* consumed by type of alcohol and sex

Sex	Wine		Beer		Spirits		Total	
	Average	Sum	Average	Sum	Average	Sum	Average	Sum
Males	1.4	202,880	2.7	385,350	0.8	114,350	4.9	702,580
Females	0.6	85,720	0.2	27,120	0.4	58,760	1.1	171,600
Total	1.0	288,600	1.4	412,470	0.6	173,110	3.0	874,180

* 1 unit of alcohol = 10g of alcohol

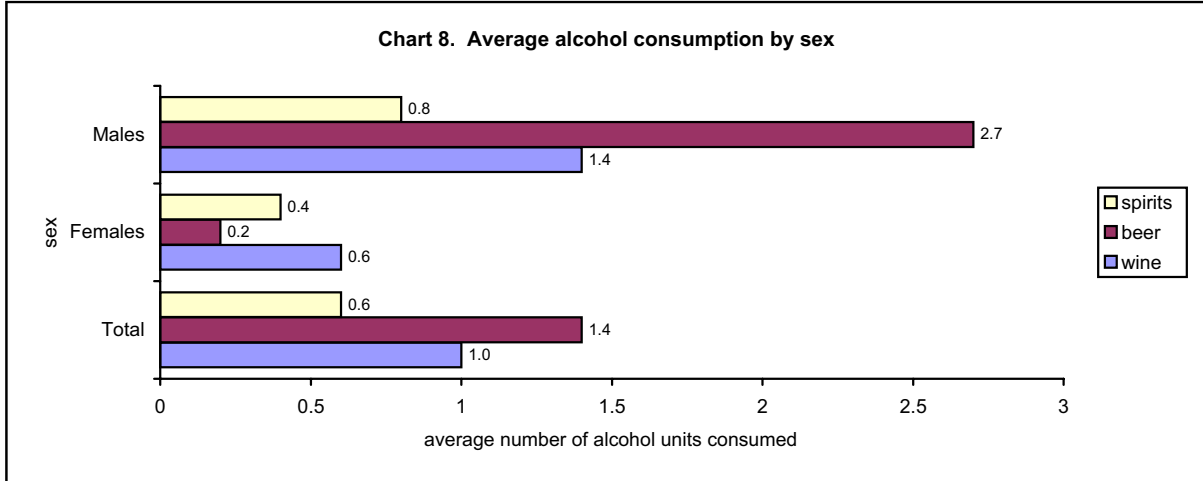


Table 45. Amount of alcohol units* consumed by type of alcohol and age group

Age group	Wine		Beer		Spirits		Total	
	Average	Sum	Average	Sum	Average	Sum	Average	Sum
18-24	0.3	13,020	1.0	39,810	1.2	47,860	2.6	100,690
25-34	0.7	32,390	2.3	100,980	0.5	23,250	3.6	156,620
35-44	0.5	26,700	1.8	90,290	0.4	20,710	2.7	137,700
45-54	1.8	126,590	2.2	150,030	0.9	64,760	4.9	341,380
55-64	1.1	48,540	0.5	20,620	0.2	10,610	1.7	79,770
65+	0.9	41,370	0.2	10,740	0.1	5,910	1.3	58,020
Total	1.0	288,600	1.4	412,470	0.6	173,110	3.0	874,180

* 1 unit of alcohol = 10g of alcohol

Table 46. Amount of alcohol units* consumed by type of alcohol and educational level

Educational level	Wine		Beer		Spirits		Total	
	Average	Sum	Average	Sum	Average	Sum	Average	Sum
No schooling	0.7	11,160	3.2	51,930	0.2	3,480	4.1	66,570
Primary	1.0	86,910	1.1	98,250	0.3	24,430	2.4	209,590
Secondary	1.0	129,230	1.7	224,900	0.6	83,150	3.3	437,280
Post-secondary	1.0	34,520	0.8	28,520	1.0	35,710	2.8	98,750
Tertiary	1.1	26,780	0.4	8,870	1.1	26,340	2.6	61,990
Total	1.0	288,600	1.4	412,470	0.6	173,110	3.0	874,180

* 1 unit of alcohol = 10g of alcohol

Table 47. Distribution of alcohol consumers by smoking habit

Smoking of tobacco	Alcohol consumers		Alcohol non-consumers		Total	
	No.	%	No.	%	No.	%
Still smoking	33,850	32.2	41,420	22.1	75,260	25.7
Stopped smoking	22,380	21.3	35,860	19.1	58,230	19.9
Never smoked	49,020	46.6	110,190	58.8	159,220	54.4
Total	105,250	100.0	187,470	100.0	292,710	100.0

Table 48. Average number of alcohol units* consumed on a regular basis by sex and smoking habit

Smoking of tobacco	Males	Females	Total
Still smoking	6.4	2.5	4.7
Stopped smoking	5.2	1.0	3.7
Never smoked	3.7	0.7	1.9
Total	4.9	1.1	3.0

* 1 unit of alcohol = 10g of alcohol

Table 49. Distribution of alcohol consumers by sex and type of alcohol consumed most

Type of alcohol consumed most	Males		Females		Total	
	No.	%	No.	%	No.	%
Wine	18,980	28.0	18,430	49.2	37,410	35.5
Beer	36,870	54.4	4,480	12.0	41,340	39.3
Spirit	11,950	17.6	14,540	38.8	26,490	25.2
Total	67,790	100.0	37,450	100.0	105,250	100.0

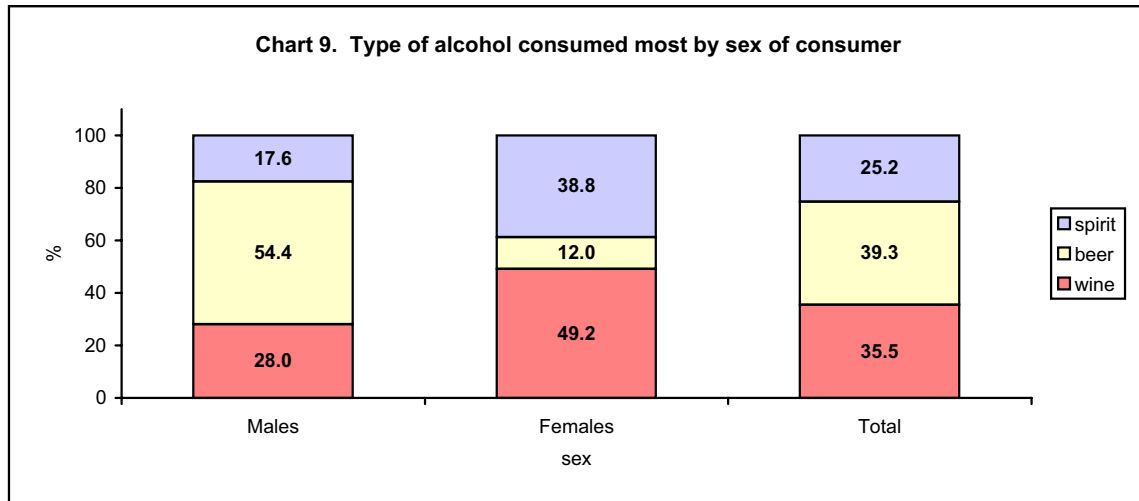


Table 50. Number of alcohol consumers by sex and place of consumption

Place	Males		Females		Total		
	No.	%	No.	%	No.	%	
At work	Yes	410	0.6	-	-	410	0.4
	No	67,380	99.4	37,450	100.0	104,830	99.6
	Total	67,790	100.0	37,450	100.0	105,250	100.0
At home	Yes	37,460	55.3	16,850	45.0	54,320	51.6
	No	30,330	44.7	20,600	55.0	50,930	48.4
	Total	67,790	100.0	37,450	100.0	105,250	100.0
When out	Yes	46,270	68.3	25,170	67.2	71,450	67.9
	No	21,520	31.7	12,280	32.8	33,800	32.1
	Total	67,790	100.0	37,450	100.0	105,250	100.0

Table 51. Distribution of alcohol consumers by age group and place of consumption

Places	18 - 24		25 - 34		35 - 44		45 - 54		55 - 64		65+		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
At work	-	-	-	-	-	-	-	-	410	3.5	-	-	410	0.4
Yes	23,190	100.0	18,340	100.0	13,900	100.0	27,890	100.0	11,380	96.5	10,130	100.0	104,830	99.6
No														
Total	23,190	100.0	18,340	100.0	13,900	100.0	27,890	100.0	11,790	100.0	10,130	100.0	105,250	100.0
At home	5,230	22.6	5,780	31.5	8,320	59.9	18,410	66.0	8,130	69.0	8,440	83.4	54,320	51.6
Yes	17,960	77.4	12,560	68.5	5,580	40.1	9,480	34.0	3,660	31.0	1,690	16.6	50,930	48.4
No														
Total	23,190	100.0	18,340	100.0	13,900	100.0	27,890	100.0	11,790	100.0	10,130	100.0	105,250	100.0
When out	18,480	79.7	16,220	88.5	11,640	83.7	16,750	60.1	5,180	43.9	3,180	31.4	71,450	67.9
Yes	4,720	20.3	2,120	11.5	2,260	16.3	11,140	39.9	6,610	56.1	6,950	68.6	33,800	32.1
No														
Total	23,190	100.0	18,340	100.0	13,900	100.0	27,890	100.0	11,790	100.0	10,130	100.0	105,250	100.0

Table 52. Number of persons making use of unprescribed substances by sex

Type of unprescribed substance	Males		Females		Total	
	No.	% males	No.	% females	No.	% total
Pain relievers	39,350	27.6	49,860	33.3	89,220	30.5
Tranquillizers	3,510	2.5	2,600	1.7	6,120	2.1
Sedatives e.g. sleeping pills	170	0.1	2,510	1.7	2,680	0.9
Steroids	1,690	1.2	190	0.1	1,880	0.6

Table 53. Number of persons making use of drugs by sex

Sex	No.	% group
Males	2,320	1.6
Females	1,550	1.0
Total	3,870	1.3

Note: Drugs include: stimulants, inhalants, ecstasy, hashish/marijuana, crack, cocaine, hallucinogens, heroin and other.

Table 54. Number of persons by sex and hobby type

Type of hobby	Males		Females		Total	
	No.	% group	No.	% group	No.	% group
Arts/Cultural activities	22,710	15.9	23,320	15.6	46,030	15.7
Playing a musical instrument	11,410	8.0	3,690	2.5	15,100	5.2
Bingo	2,650	1.9	18,790	12.5	21,440	7.3
Book-reading	34,820	24.4	77,270	51.5	112,090	38.3
Collectibles	13,010	9.1	8,810	5.9	21,810	7.5
Crafts	23,200	16.2	19,790	13.2	42,990	14.7
Gambling	1,470	1.0	1,050	0.7	2,520	0.9
Gardening	35,350	24.8	37,750	25.2	73,100	25.0
Home decoration	28,720	20.1	55,710	37.2	84,420	28.8
Lotteries/sweepstakes	1,670	1.2	6,660	4.4	8,330	2.8
Photography	8,540	6.0	7,330	4.9	15,870	5.4
Sewing/knitting	2,690	1.9	40,060	26.7	42,750	14.6

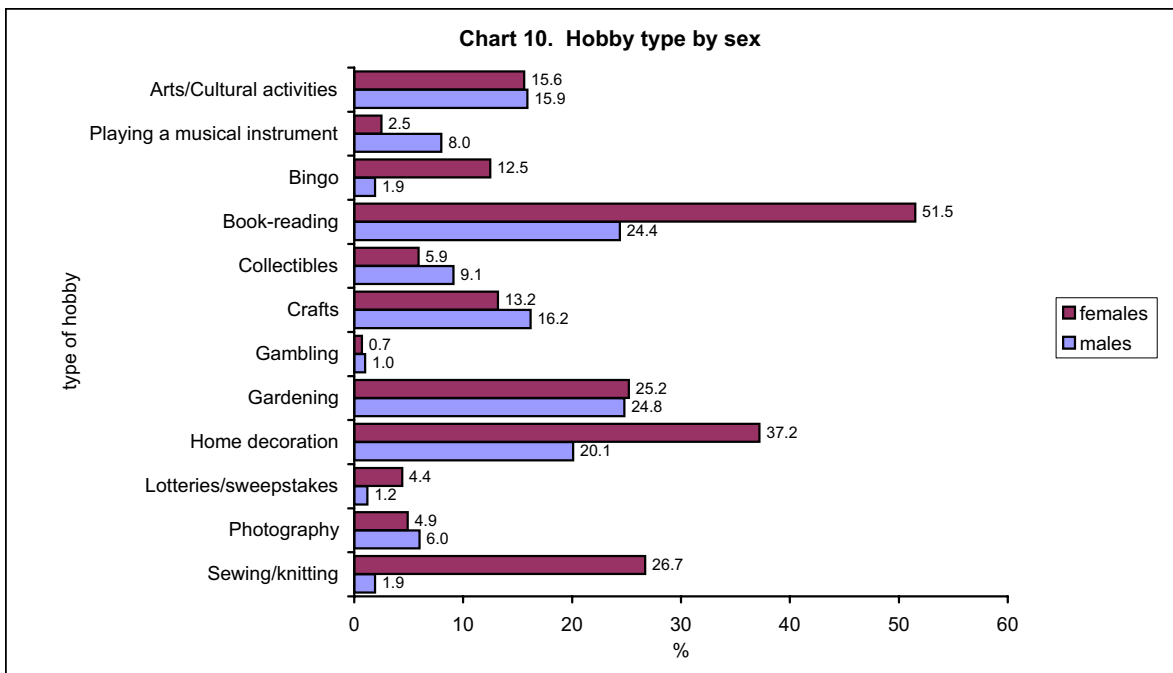


Table 55. Number of persons by age group and hobby type

Type of Hobby	18 - 24		25 - 34		35 - 44		45 - 54		55 - 64		65+		Total	
	No.	% group	No.	% group	No.	% group	No.	% group	No.	% group	No.	% group	No.	% group
Arts/Cultural activities	10,770	27.9	9,320	21.5	5,890	11.6	9,100	13.1	5,060	11.1	5,890	13.1	46,030	15.7
Playing a musical instrument	4,930	12.8	2,490	5.8	2,910	5.8	1,720	2.5	1,640	3.6	1,410	3.1	15,100	5.2
Bingo	1,340	3.5	1,330	3.1	3,400	6.7	4,500	6.5	3,400	7.4	7,470	16.7	21,440	7.3
Book-reading	16,220	42.1	24,000	55.4	17,630	34.9	24,310	34.9	17,060	37.3	12,870	28.7	112,090	38.3
Collectibles	1,380	3.6	3,870	8.9	4,780	9.5	6,840	9.8	3,060	6.7	1,880	4.2	21,810	7.5
Crafts	6,840	17.7	4,960	11.5	8,930	17.7	11,370	16.3	5,570	12.2	5,320	11.9	42,990	14.7
Gambling	420	1.1	750	1.7	290	0.6	540	0.8	-	-	510	1.1	2,520	0.9
Gardening	4,690	12.2	13,070	30.2	14,000	27.7	21,260	30.5	10,090	22.1	9,980	22.3	73,100	25.0
Home decoration	7,870	20.4	20,220	46.7	16,930	33.5	22,280	32.0	10,080	22.1	7,050	15.7	84,420	28.8
Lotteries/sweepstakes	-	-	-	-	540	1.1	1,190	1.7	2,700	5.9	3,890	8.7	8,330	2.8
Photography	4,760	12.3	4,890	11.3	1,650	3.3	2,470	3.5	1,860	4.1	240	0.5	15,870	5.4
Sewing/knitting	1,280	3.3	7,880	18.2	6,310	12.5	9,270	13.3	9,140	20.0	8,860	19.8	42,750	14.6

Table 56. Number of persons by educational level and hobby type

Type of Hobby	No schooling		Primary		Secondary		Post-secondary		Tertiary		Total	
	No.	% group	No.	% group	No.	% group	No.	% group	No.	% group	No.	% group
Arts/Cultural activities	500	3.1	5,870	6.8	15,940	12.2	11,710	32.9	12,000	50.2	46,030	15.7
Playing a musical instrument	-	-	1,890	2.2	7,860	6.0	3,830	10.8	1,510	6.3	15,100	5.2
Bingo	2,890	18.0	10,190	11.8	6,670	5.1	1,690	4.7	-	-	21,440	7.3
Book-reading	2,640	16.4	19,760	22.9	51,820	39.6	18,980	53.3	18,890	79.1	112,090	38.3
Collectibles	-	-	3,570	4.1	11,840	9.0	3,610	10.1	2,790	11.7	21,810	7.5
Crafts	1,340	8.3	12,240	14.2	19,440	14.8	6,670	18.7	3,310	13.9	42,990	14.7
Gambling	510	3.2	-	-	540	0.4	420	1.2	1,050	4.4	2,520	0.9
Gardening	1,180	7.4	18,520	21.5	37,120	28.3	11,390	32.0	4,890	20.5	73,100	25.0
Home decoration	1,250	7.8	21,730	25.2	41,640	31.8	14,140	39.7	5,670	23.7	84,420	28.8
Lotteries/sweepstakes	1,530	9.5	3,540	4.1	3,260	2.5	-	-	-	-	8,330	2.8
Photography	-	-	510	0.6	5,390	4.1	7,830	22.0	2,140	9.0	15,870	5.4
Sewing/knitting	1,810	11.3	15,430	17.9	18,020	13.8	5,680	15.9	1,810	7.6	42,750	14.6

Table 57. Number of persons by sex and places frequented during leisure time

Type of place	Males		Females		Total	
	No.	% group	No.	% group	No.	% group
Bars	25,520	17.9	19,160	12.8	44,680	15.3
Casinos	480	0.3	890	0.6	1,380	0.5
Dance/night clubs	10,270	7.2	11,190	7.5	21,460	7.3
Disco parties	4,740	3.3	7,450	5.0	12,180	4.2
Fitness clubs	10,450	7.3	13,440	9.0	23,890	8.2
Cinemas	37,330	26.1	32,760	21.9	70,090	23.9
Pool halls	6,470	4.5	510	0.3	6,980	2.4
Restaurants	56,090	39.3	80,820	53.9	136,910	46.8

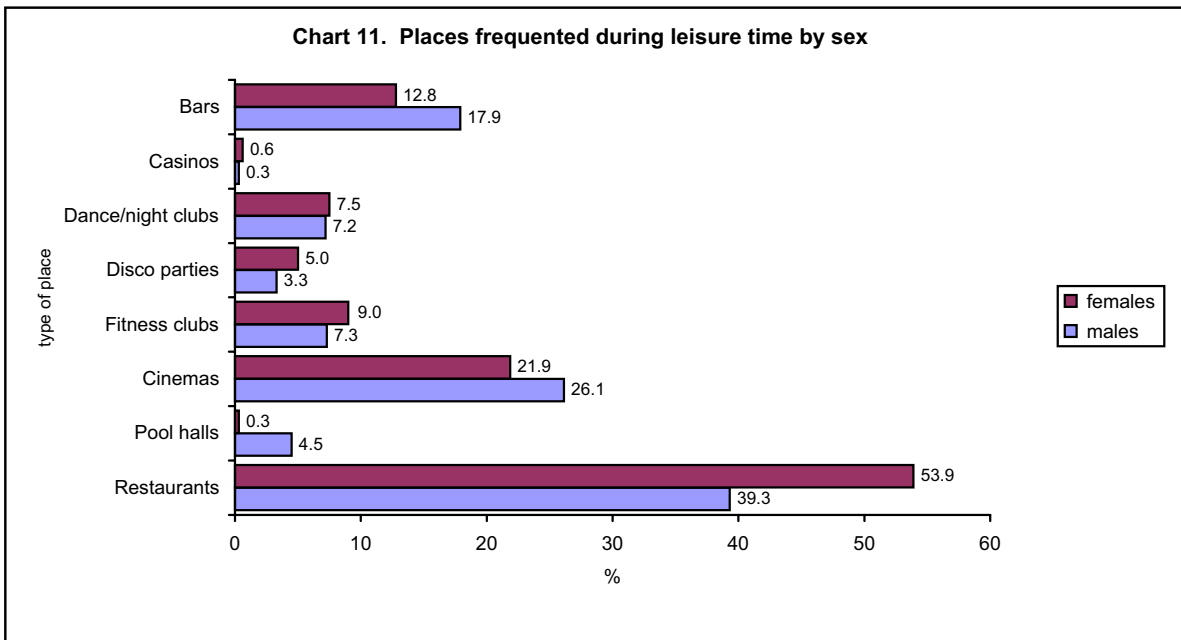


Table 58. Number of persons by age group and places frequented during leisure time

Type of place	18 - 24		25 - 34		35 - 44		45 - 54		55 - 64		65+		Total	
	No.	% group	No.	% group	No.	% group	No.	% group	No.	% group	No.	% group	No.	% group
Bars	16,590	43.0	9,210	21.3	5,550	11.0	9,450	13.6	2,080	4.6	1,800	4.0	44,680	15.3
Casinos	-	-	380	0.9	-	-	-	-	670	1.5	320	0.7	1,380	0.5
Dance/night clubs	11,940	31.0	3,990	9.2	1,140	2.3	3,090	4.4	1,310	2.9	-	-	21,460	7.3
Disco parties	9,130	23.7	1,350	3.1	750	1.5	440	0.6	510	1.1	-	-	12,180	4.2
Fitness clubs	6,530	16.9	8,530	19.7	2,310	4.6	5,020	7.2	1,220	2.7	270	0.6	23,890	8.2
Cinemas	22,700	58.9	17,000	39.3	10,550	20.8	11,710	16.8	6,190	13.5	1,950	4.4	70,090	23.9
Pool halls	1,380	3.6	-	-	1,110	2.2	3,810	5.5	510	1.1	170	0.4	6,980	2.4
Restaurants	26,980	70.0	28,170	65.1	23,950	47.3	33,490	48.1	17,170	37.6	7,150	16.0	136,910	46.8

Table 59. Number of persons by educational level and places frequented during leisure time

Type of place	No schooling		Primary		Secondary		Post-secondary		Tertiary		Total	
	No.	% group	No.	% group	No.	% group	No.	% group	No.	% group	No.	% group
Bars	990	6.2	9,020	10.5	22,060	16.8	8,690	24.4	3,920	16.4	44,680	15.3
Casinos	-	-	510	0.6	320	0.2	-	-	540	2.3	1,380	0.5
Dance/night clubs	-	-	3,390	3.9	5,760	4.4	6,500	18.2	5,820	24.4	21,460	7.3
Disco parties	-	-	510	0.6	7,270	5.6	1,940	5.4	2,460	10.3	12,180	4.2
Fitness clubs	-	-	4,620	5.4	9,660	7.4	4,570	12.8	5,040	21.1	23,890	8.2
Cinemas	1,430	8.9	9,330	10.8	31,090	23.7	14,670	41.2	13,570	56.8	70,090	23.9
Pool halls	-	-	2,230	2.6	2,370	1.8	1,910	5.4	480	2.0	6,980	2.4
Restaurants	4,550	28.3	25,970	30.1	65,530	50.0	22,510	63.2	18,350	76.8	136,910	46.8

Table 60. Number of persons by labour status and places frequented during leisure time

Type of place	Housekeeper		Student		Unemployed		Retired		Unable to work due to illness/disability		Self-employed		Employee		Total	
	No.	% group	No.	% group	No.	% group	No.	% group	No.	% group	No.	% group	No.	% group	No.	% group
Bars	4,650	5.0	6,380	66.6 ^u	4,690	50.2 ^u	1,660	5.5	2,850	34.5 ^u	3,860	23.1	20,590	17.5	44,680	15.3
Casinos	-	-	-	-	-	-	830	2.8	-	-	380	2.3	160	0.1	1,380	0.5
Dance/night clubs	940	1.0	5,610	58.6 ^u	4,200	45.0 ^u	740	2.5	-	-	3,280	19.6	6,690	5.7	21,460	7.3
Disco parties	-	-	1,360	14.2 ^u	5,090	54.5 ^u	510	1.7	-	-	520	3.1	4,700	4.0	12,180	4.2
Fitness clubs	5,140	5.5	2,690	28.1 ^u	-	-	790	2.6	-	-	4,370	26.1	10,900	9.2	23,890	8.2
Cinemas	11,850	12.6	9,070	94.7 ^u	3,400	36.4 ^u	3,480	11.6	-	-	2,430	14.5	39,850	33.8	70,090	23.9
Pool halls	590	0.6	1,380	14.4 ^u	-	-	680	2.3	-	-	520	3.1	3,810	3.2	6,980	2.4
Restaurants	39,740	42.4	7,880	82.3 ^u	3,400	36.4 ^u	6,730	22.4	2,270	27.5 ^u	9,150	54.7	67,730	57.4	136,910	46.8

^u = under-represented. Treat with caution.

Table 61. Number of persons by sex and sport activity practised (all persons)

Activity	Males		Females		Total	
	No.	% group	No.	% group	No.	% group
Walking	72,330	50.6	92,450	61.7	164,780	56.3
Swimming	33,130	23.2	34,990	23.3	68,120	23.3
Cycling	4,750	3.3	5,830	3.9	10,580	3.6
Running or jogging	7,570	5.3	4,550	3.0	12,120	4.1
Aerobics	-	-	3,460	2.3	3,460	1.2
Gym exercising or weight training	3,190	2.2	7,960	5.3	11,150	3.8
Exercising at home	11,570	8.1	19,990	13.3	31,560	10.8
Tennis	1,030	0.7	1,130	0.8	2,160	0.7
Basketball	1,190	0.8	-	-	1,190	0.4
Football	12,040	8.4	-	-	12,040	4.1
Squash	780	0.5	-	-	780	0.3
Other	6,430	4.5	2,950	2.0	9,380	3.2

Table 62. Average number of minutes spent on sport activities per week by sex and age group (all persons)

Age group	Males	Females	Total
18 - 24	220	210	220
25 - 34	120	160	140
35 - 44	100	100	100
45 - 54	110	130	120
55 - 64	180	120	150
65+	90	50	70
Total	140	120	130

Table 63. Average number of minutes spent on sport activities per week by sex and educational level (all persons)

Educational level	Males	Females	Total
No schooling	70	30	50
Primary	110	90	100
Secondary	130	130	130
Post-secondary	140	150	140
Tertiary	300	220	260
Total	140	120	130

Table 64. Average number of minutes spent on sport activities per week by sex and district (all persons)

District	Males	Females	Total
Southern Harbour	150	80	110
Northern Harbour	160	140	150
South Eastern	120	120	120
Western	80	180	130
Northern	120	140	130
Gozo & Comino	220 ^u	110	160
Total	140	130	130

^u = under-represented. Treat with caution.

Table 65. Average number of minutes spent on sport activities per week by sex and type of activity
(this question was addressed to only those who practise sport activities)

Type of activity	Males	Females	Total
Walking	140	130	130
Swimming	150	110	130
Exercising at home	100	80	90
Other	150	110	130

Note: Other sports include: Running or jogging, aerobics, football, cycling, gym exercising or weight training, tennis, basketball and squash

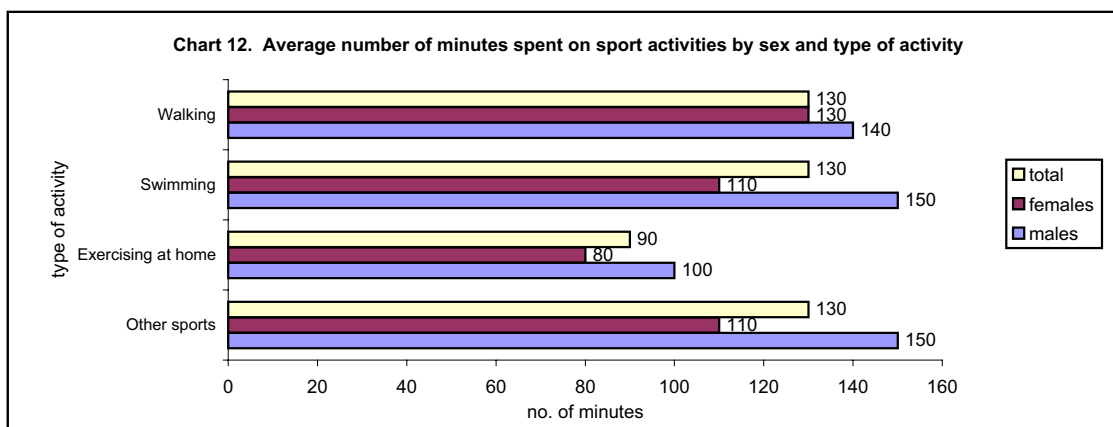


Table 66. Average number of hours slept during weekdays by sex and age group

Age group	Males	Females	Total
18 - 24	7.2	8.2	7.7
25 - 34	7.1	7.4	7.2
35 - 44	7.0	7.2	7.1
45 - 54	6.9	7.3	7.1
55 - 64	7.3	7.3	7.3
65+	8.0	8.0	8.0
Total	7.2	7.5	7.4

Table 67. Average number of hours slept during weekdays by labour status

Labour status	Average
Housekeeper	7.4
Student	7.1 ^u
Unemployed	9.2 ^u
Retired	7.9
Unable to work due to illness/disability	8.7 ^u
Self-employed	6.7
Employee	7.0
Total	7.4

^u = under-represented. Treat with caution.

Table 68. Average number of hours slept during weekends by sex and age group

Age group	Males	Females	Total
18 - 24	6.9	7.2	7.0
25 - 34	7.0	7.7	7.4
35 - 44	7.2	7.8	7.4
45 - 54	7.1	7.4	7.3
55 - 64	7.5	7.6	7.5
65+	7.8	7.9	7.8
Total	7.2	7.5	7.4

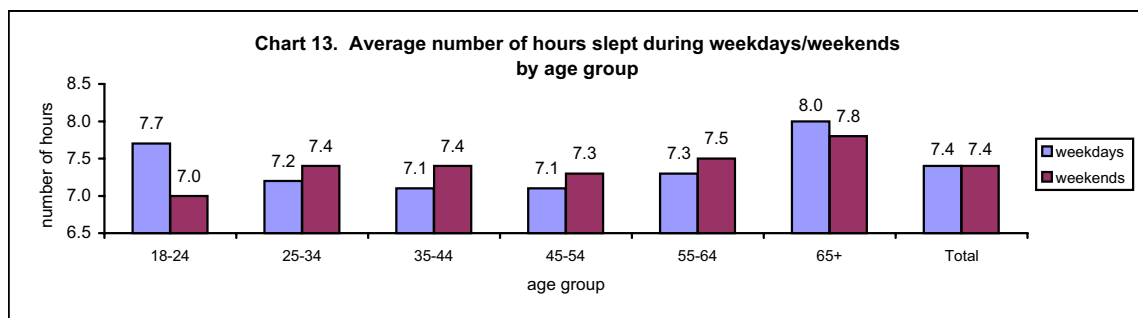


Table 69. Average number of hours slept during weekends by labour status

Labour status	Average
Housekeeper	7.6
Student	6.4 ^u
Unemployed	7.1 ^u
Retired	7.8
Unable to work due to illness/disability	8.8 ^u
Self-employed	6.4
Employee	7.3
Total	7.4

^u = under-represented. Treat with caution.

Table 70. Average weight of person (in kgs) by sex and age group

Age group	Males	Females	Total
18 - 24	79.1	55.6	68.5
25 - 34	84.7	64.1	74.2
35 - 44	81.8	65.1	74.3
45 - 54	79.2	67.4	72.8
55 - 64	72.8	69.5	71.2
65+	70.9	69.1	69.8
Total	78.5	65.8	72.0

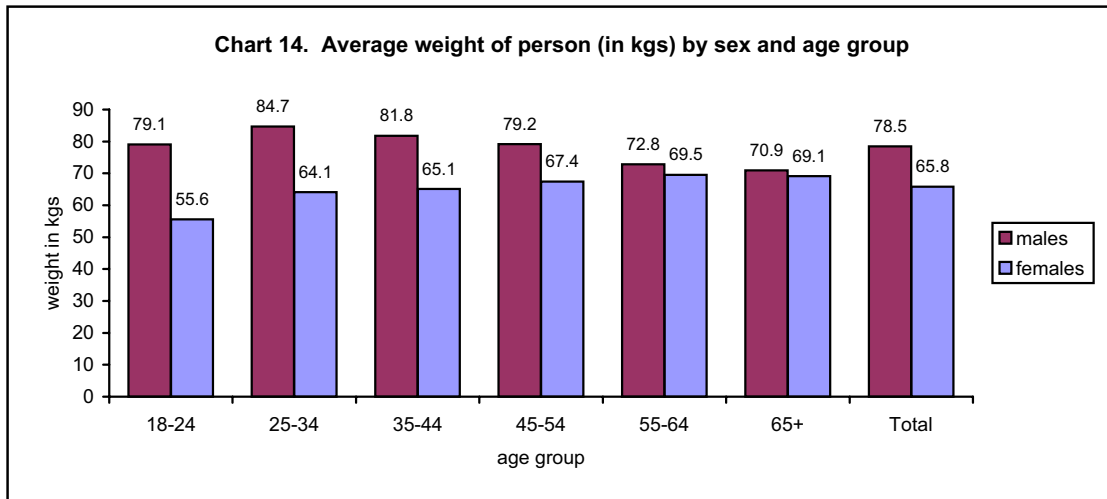


Table 71. Average weight of person (in kgs) by sex and marital status

Marital status	Males	Females	Total
Married/Re-married	79.5	66.8	73.1
Single	76.1	60.9	69.3
Divorced/Annulled/Separated	74.6	71.2	72.2
Widowed, but not re-married	80.5	68.6	70.7
Total	78.5	65.8	72.0

Table 72. Average weight of person (in kgs) by sex and district

District	Males	Females	Total
Southern Harbour	80.0	68.6	74.2
Northern Harbour	75.1	65.6	70.2
South Eastern	76.3	63.3	69.7
Western	85.1	64.9	74.8
Northern	85.0	62.3	73.5
Gozo & Comino	69.5	70.3	69.9
Total	78.5	65.8	72.0

Table 73. Average height of person (in cms) by sex and age group

Age group	Males	Females	Total
18 - 24	168.7	161.0	165.2
25 - 34	175.2	163.8	169.4
35 - 44	171.1	160.3	166.3
45 - 54	171.0	159.9	165.0
55 - 64	166.7	159.0	162.9
65+	165.3	156.8	160.1
Total	169.9	159.9	164.8

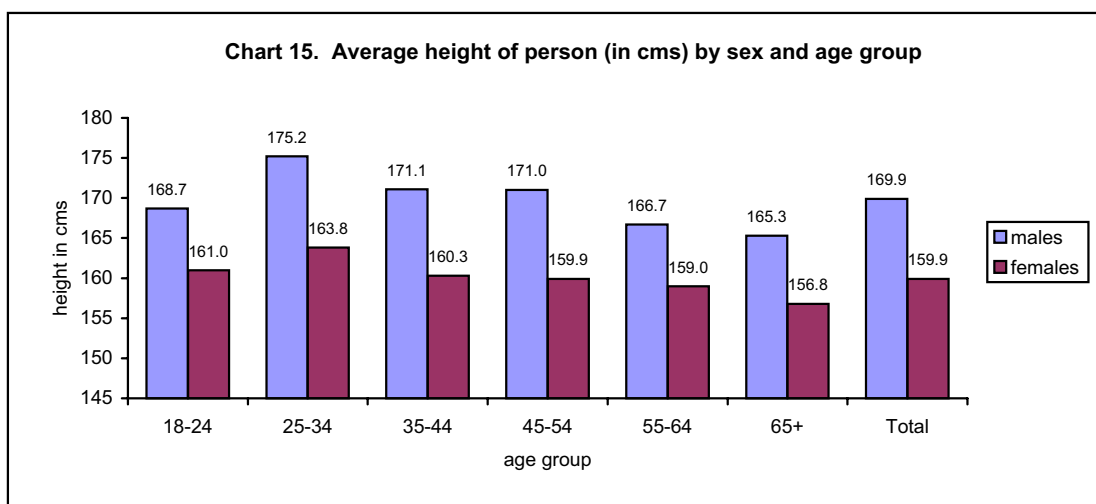


Table 74. Average Body Mass Index (BMI) by sex and age group

Age group	Males	Females	Total
18 - 24	28.0	21.4	25.0
25 - 34	27.6	23.9	25.7
35 - 44	27.9	25.3	26.8
45 - 54	27.0	26.4	26.7
55 - 64	26.2	27.7	26.9
65+	26.0	28.3	27.4
Total	27.2	25.9	26.5

Table 75. Average Body Mass Index (BMI) by sex and district

District	Males	Females	Total
Southern Harbour	27.7	27.6	27.6
Northern Harbour	26.2	25.0	25.6
South Eastern	25.8	24.8	25.3
Western	30.0	26.0	27.9
Northern	28.4	24.2	26.3
Gozo & Comino	25.1	28.3	26.7
Total	27.2	25.9	26.5

Table 76. Average Body Mass Index (BMI) by sex and educational level

Educational level	Males	Females	Total
No schooling	27.1	29.2	28.3
Primary	27.0	27.3	27.2
Secondary	27.3	25.3	26.3
Post-secondary	28.4	23.0	25.7
Tertiary	25.1	24.1	24.7
Total	27.2	25.9	26.5

Table 77. Average Body Mass Index (BMI) by main occupation

Main occupation	Average BMI
Legislators, Senior Officials and Managers	26.6
Professionals	25.0
Technicians and Associate Professionals	26.0
Clerks	25.0
Service workers and Shop and market sales workers	29.1
Skilled agricultural and fishery workers	26.3 ^u
Craft and related trades workers	27.5
Plant and machine operators and assemblers	25.7 ^u
Elementary Occupations	28.3
Total	26.7

^u = under-represented. Treat with caution.

Table 78. Average Body Mass Index (BMI) by time spent on sport activities

Total number of minutes spent on sport activities per week	Average BMI
0 - 29	27.3
30 - 59	27.5
60+	25.9
Total	26.5

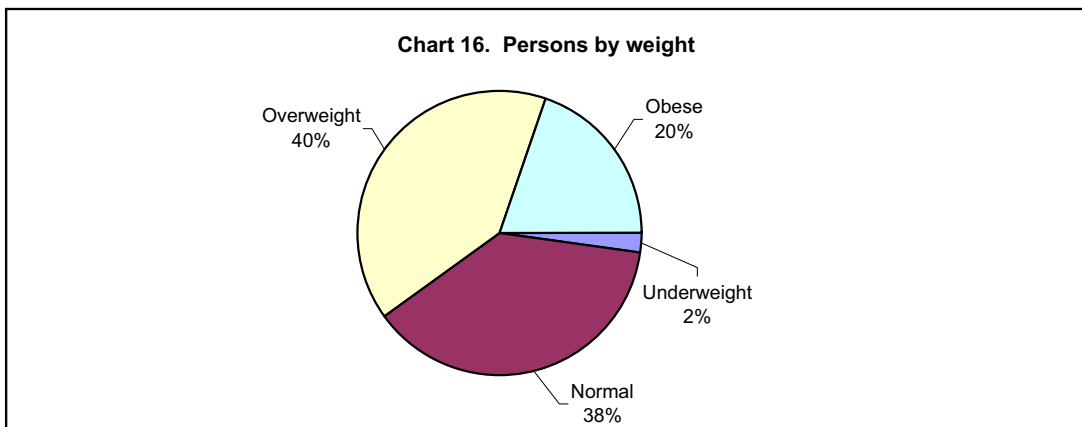


Table 79. Distribution of persons by weight, sex and age group

Sex	Age group	Underweight		Normal		Overweight		Obese		Total	
		No.	%	No.	%	No.	%	No.	%	No.	%
Males	18 - 24	-	-	7,390	34.9	5,150	24.3	8,660	40.8	21,200	100.0
	25 - 34	-	-	6,240	29.4	9,360	44.1	5,620	26.5	21,220	100.0
	35 - 44	-	-	6,110	21.9	15,500	55.4	6,360	22.7	27,970	100.0
	45 - 54	-	-	6,810	21.3	19,810	62.0	5,330	16.7	31,950	100.0
	55 - 64	1,010	4.4	9,640	41.7	8,720	37.7	3,760	16.2	23,120	100.0
	65+	-	-	6,510	37.5	7,890	45.5	2,950	17.0	17,350	100.0
	Total	1,010	0.7	42,690	29.9	66,430	46.5	32,680	22.9	142,810	100.0
Females	18 - 24	1,320	7.6	15,250	87.9	590	3.4	190	1.1	17,360	100.0
	25 - 34	1,290	5.8	13,590	61.7	4,690	21.2	2,500	11.3	22,080	100.0
	35 - 44	230	1.0	11,440	50.4	8,920	39.3	2,100	9.3	22,690	100.0
	45 - 54	1,720	4.6	13,880	36.8	14,790	39.2	7,330	19.4	37,730	100.0
	55 - 64	790	3.5	6,220	27.5	10,720	47.5	4,860	21.5	22,590	100.0
	65+	340	1.2	7,170	26.1	11,680	42.6	8,270	30.1	27,450	100.0
	Total	5,700	3.7	67,550	45.1	51,400	34.3	25,260	16.9	149,900	100.0
Total	18 - 24	1,320	3.4	22,640	58.7	5,740	14.9	8,850	23.0	38,560	100.0
	25 - 34	1,290	3.0	19,830	45.8	14,050	32.4	8,120	18.8	43,300	100.0
	35 - 44	230	0.5	17,550	34.6	24,420	48.2	8,460	16.7	50,650	100.0
	45 - 54	1,720	2.5	20,690	29.7	34,600	49.7	12,660	18.2	69,680	100.0
	55 - 64	1,800	3.9	15,860	34.7	19,440	42.5	8,620	18.9	45,710	100.0
	65+	340	0.8	13,680	30.5	19,570	43.7	11,220	25.0	44,810	100.0
	Total	6,710	2.3	110,240	37.7	117,830	40.3	57,940	19.8	292,710	100.0

Table 80. Distribution of persons by weight and educational level

Educational level	Underweight		Normal		Overweight		Obese		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
No schooling	440	2.7	5,210	32.6	5,460	34.0	4,930	30.7	16,050	100.0
Primary	2,730	3.2	21,690	25.2	43,020	49.9	18,720	21.7	86,160	100.0
Secondary	1,220	1.0	56,250	42.9	47,870	36.5	25,640	19.6	130,990	100.0
Post-secondary	1,500	4.2	14,330	40.2	14,020	39.4	5,780	16.2	35,620	100.0
Tertiary	810	3.4	12,760	53.4	7,460	31.2	2,870	12.0	23,890	100.0
Total	6,700	2.3	110,240	37.7	117,830	40.2	57,940	19.8	292,710	100.0

Table 81. Distribution of persons by weight and labour status

Labour status	Underweight		Normal		Overweight		Obese		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
Housekeeper	2,750	2.9	37,800	40.4	37,080	39.5	16,180	17.2	93,810	100.0
Student	1,840	19.2 ^u	5,320	55.5	1,050	10.9 ^u	1,380	14.4 ^u	9,580	100.0
Unemployed	-	-	5,470	58.6	1,070	11.5 ^u	2,790	29.9 ^u	9,340	100.0 ^u
Retired	560	1.5	13,110	35.4	15,460	41.7	7,930	21.4	37,070	100.0
Unable to work due to illness/disability	-	-	2,470	30.0 ^u	4,440	53.8 ^u	1,340	16.2 ^u	8,260	100.0 ^u
Self-employed	-	-	6,590	39.4	7,350	43.9	2,790	16.7	16,730	100.0
Employee	1,550	1.3	39,470	33.5	51,380	43.6	25,510	21.6	117,920	100.0
Total	6,700	2.3	110,240	37.7	117,830	40.2	57,940	19.8	292,710	100.0

^u = under-represented. Treat with caution.

Table 82. Distribution of persons by weight and main occupation

Main occupation	Underweight		Normal		Overweight		Obese		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
Legislators, Senior Officials and Managers	-	-	6,740	44.8	5,660	37.6	2,660	17.6	15,060	100.0
Professionals	230	1.7	7,450	53.9	4,970	36.0	1,170	8.4	13,810	100.0
Technicians and Associate Professionals	340	1.5	7,200	31.4	12,840	56.0	2,560	11.1	22,940	100.0
Clerks	540	3.9	5,730	41.3	6,490	46.8	1,130	8.0	13,880	100.0
Service workers and Shop and market sales workers	-	-	2,730	18.0	6,020	39.7	6,410	42.3	15,160	100.0
Skilled agricultural and fishery workers	-	-	1,970	75.2 ^u	-	-	650	24.8 ^u	2,620	100.0 ^u
Craft and related trades workers	440	3.6	2,090	17.0	6,120	49.6	3,680	29.8	12,340	100.0
Plant and machine operators and assemblers	-	-	7,160	42.4 ^u	8,000	47.3 ^u	1,750	10.3 ^u	16,920	100.0 ^u
Elementary Occupations	-	-	5,000	22.8	8,630	39.4	8,290	37.8	21,920	100.0
Total	1,550	1.2	46,060	34.2	58,730	43.6	28,310	21.0	134,650	100.0

^u = under-represented. Treat with caution.

Table 83. Distribution of persons by weight and district

District	Underweight		Normal		Overweight		Obese		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%
Southern Harbour	770	1.2	15,860	24.5	32,730	50.4	15,530	23.9	64,880	100.0
Northern Harbour	3,020	3.3	42,890	46.6	30,260	32.9	15,780	17.2	91,940	100.0
South Eastern	2,390	6.1	16,470	42.1	16,710	42.6	3,620	9.2	39,180	100.0
Western	540	1.4	12,600	31.6	13,130	32.9	13,620	34.1	39,890	100.0
Northern	-	-	13,710	40.2	14,880	43.5	5,580	16.3	34,170	100.0
Gozo & Comino	-	-	8,710	38.5	10,130	44.7	3,810	16.8	22,650	100.0
Total	6,700	2.3	110,240	37.7	117,830	40.2	57,940	19.8	292,710	100.0

Table 84a. Number of persons by district of residence up to 14 years of age attained by resident

District until 14 years of age	District currently resided in			
	Southern Harbour/ South Eastern	Northern Harbour/ Western/Northern	Gozo & Comino	Total
Southern Harbour/ South Eastern	91,270	26,370	-	117,640
Northern Harbour/ Western/ Northern	11,340	135,710	650	147,700
Gozo & Comino	380	480	22,000	22,860
Total	102,990	162,560	22,650	288,200

Note: Excludes persons who lived abroad up to 14 years of age

Table 84b. Percentage distribution of persons by district of residence up to 14 years of age attained by resident

District until 14 years of age	District currently resided in			
	Southern Harbour/ South Eastern	Northern Harbour/ Western/Northern	Gozo & Comino	Total
Southern Harbour/ South Eastern	77.6	22.4	-	100.0
Northern Harbour/ Western/ Northern	7.7	91.9	0.4	100.0
Gozo & Comino	1.7	2.1	96.2	100.0
Total	35.7	56.4	7.9	100.0

Note: Excludes persons who lived abroad up to 14 years of age

Table 84c. Percentage distribution of persons by district currently resided in

District until 14 years of age	District currently resided in			
	Southern Harbour/ South Eastern	Northern Harbour/ Western/Northern	Gozo & Comino	Total
Southern Harbour/ South Eastern	88.6	16.2	-	40.8
Northern Harbour/ Western/ Northern	11.0	83.5	2.9	51.2
Gozo & Comino	0.4	0.3	97.1	8.0
Total	100.0	100.0	100.0	100.0

Note: Excludes persons who lived abroad up to 14 years of age

**Table 85. Characteristics of persons who moved from Southern Harbour/
South Eastern district to Northern Harbour/Western/Northern district**

Sex	No.	%
Males	11,590	44.0
Females	14,780	56.0
Total	26,370	100.0
Educational level	No.	%
No schooling	1,450	5.5
Pre-primary	640	2.4
Primary	7,430	28.2
Secondary	10,290	39.0
Post-secondary	3,770	14.3
Tertiary	2,790	10.6
Total	26,370	100.0
Age group	No.	%
18 - 24	-	-
25 - 34	2,020	7.7
35 - 44	6,250	23.7
45 - 54	9,240	35.0
55 - 64	3,340	12.7
65+	5,520	20.9
Total	26,370	100.0
Marital status	No.	%
Married/Re-married	19,860	75.2
Single	760	2.9
Divorced/Annulled/Separated	2,050	7.8
Widowed, but not re-married	3,710	14.1
Total	26,370	100.0

**Table 86. Characteristics of persons who moved from Northern Harbour/
Western/Northern district to Southern Harbour/South Eastern district**

Sex	No.	%
Males	7,370	65.0
Females	3,970	35.0
Total	11,340	100.0
Educational level	No.	%
No schooling	500	4.4
Pre-primary	1,540	13.6
Primary	3,390	29.9
Secondary	4,200	37.0
Post-secondary	1,130	10.0
Tertiary	580	5.1
Total	11,340	100.0
Age group	No.	%
18 - 24	1,340	11.8
25 - 34	1,120	9.9
35 - 44	2,470	21.8
45 - 54	3,430	30.2
55 - 64	1,170	10.3
65+	1,810	16.0
Total	11,340	100.0
Marital status	No.	%
Married/Re-married	10,300	90.8
Single	510	4.5
Divorced/Annulled/Separated	-	-
Widowed, but not re-married	530	4.7
Total	11,340	100.0

Table 87. Average number of children per family by district

District	Average
Southern Harbour	2.1
Northern Harbour	2.0
South Eastern	1.2
Western	1.6
Northern	1.8
Gozo & Comino	2.2
Total	1.9

Table 89. Average number of children per family by educational level of mother

Educational level	Average
No schooling	3.4
Primary	2.3
Secondary	1.7
Post-secondary	0.9
Tertiary	0.8
Total	1.9

Table 88. Average age of mother at time of first-born by educational level

Educational level	Average
No schooling	22.8
Primary	25.5
Secondary	25.0
Post-secondary	26.2
Tertiary	27.7
Total	25.3

Table 90. Average age of economically active mother at time of first-born by main occupation

Main occupation	Average
Senior officials, managers and professionals	27.2
Technicians and associate professionals	25.4
Clerks and shop and market sales workers	25.7
Plant, machine operators and elementary occupations	23.7 ^u
Total	25.5

^u = under-represented. Treat with caution.

Table 91. Average life satisfaction-levels by sex and age group*

Age group	Males	Females	Total
18 - 24	1.7	2.1	1.9
25 - 34	2.2	2.0	2.1
35 - 44	1.9	2.3	2.1
45 - 54	2.2	2.1	2.2
55 - 64	2.0	2.1	2.1
65+	2.3	2.2	2.2
Total	2.1	2.1	2.1

*where 1= very satisfied and 5= very dissatisfied

Chart 17. Persons by levels of life satisfaction

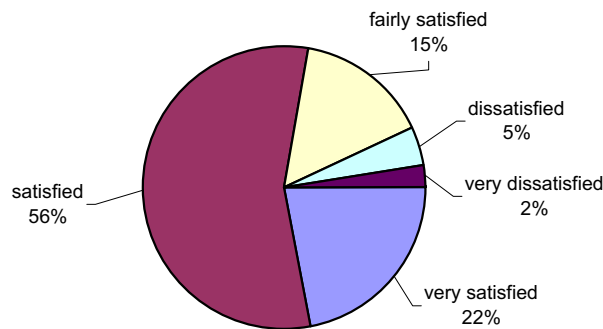


Table 92. Average life satisfaction-levels by sex and marital status*

Marital status	Males	Females	Total
Married/Re-married	2.0	2.1	2.0
Single	2.2	2.3	2.2
Divorced/Annulled/Separated	2.5	2.8	2.7
Widowed, but not re-married	2.3	2.1	2.1
Total	2.1	2.1	2.1

*where 1= very satisfied and 5= very dissatisfied

Table 93. Average life satisfaction-levels by sex and district*

District	Males	Females	Total
Southern Harbour	2.2	2.3	2.2
Northern Harbour	2.0	2.0	2.0
South Eastern	2.4	2.2	2.3
Western	1.7	2.3	2.0
Northern	1.9	2.2	2.0
Gozo & Comino	2.0	1.9	2.0
Total	2.1	2.1	2.1

*where 1= very satisfied and 5= very dissatisfied

Table 94. Life satisfaction-levels by family's standard of living and sex of respondent*

Family standard of living	Males	Females	Total
Very good	1.4	1.7	1.6
Good	1.8	1.9	1.8
Fair	2.2	2.3	2.2
Bad	2.8	3.0	2.9
Very bad	4.4	3.6	3.7
Total	2.1	2.1	2.1

*where 1= very satisfied and 5= very dissatisfied

Table 95. Average life satisfaction-levels by educational level of respondent*

Educational level	Average score*
No schooling	2.3
Primary	2.2
Secondary	2.1
Post-secondary	1.9
Tertiary	1.9
Total	2.1

*where 1 = very satisfied and 5 = very dissatisfied

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APPENDIX

Lifestyle Survey 2003



For official use only			

1. What is your sex? (Tick 1 Circle **ONLY**)

Male	<input type="radio"/> (1)	Go to Q4 and continue
Female	<input type="radio"/> (2)	Go to Q2 and continue

2. Do you have any children? (Tick 1 Circle **ONLY**)

Yes	<input type="radio"/> (1)	Go to Q3 and continue
No	<input type="radio"/> (2)	Go to Q4 and continue

3. Please indicate the age of your children.
(Fill where appropriate)

Child No.	1	2	3	4	5	6
Age						

4. What is your age?

5. In which locality do you live?

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6. Which of the following describes best your current situation? (Tick 1 Circle **ONLY**)

Married	<input type="radio"/> (1)	Go to Q8 and continue
Remarried	<input type="radio"/> (2)	
Single	<input type="radio"/> (3)	Go to Q7 and continue
Divorced	<input type="radio"/> (4)	
Annulled	<input type="radio"/> (5)	
Separated	<input type="radio"/> (6)	
Widowed	<input type="radio"/> (7)	

7. Are you currently living with a partner?
(Tick 1 Circle **ONLY**)

Yes	<input type="radio"/> (1)
No	<input type="radio"/> (2)

8. In which locality did you live mostly in until you reached 14 years of age?

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9. What is the education level that you have successfully completed? (Tick 1 Circle **ONLY**)

No schooling	<input type="radio"/> (1)
Pre-primary, e.g. Kindergarten	<input type="radio"/> (2)
Primary	<input type="radio"/> (3)
Secondary	<input type="radio"/> (4)
Post-Secondary	<input type="radio"/> (5)
Tertiary	<input type="radio"/> (6)

10. Please indicate whether you have attained the following qualifications. (Tick 1 Circle **ONLY** in each row)

		Yes	No
Ordinary levels		<input type="radio"/> (1)	<input type="radio"/> (2)
Intermediate levels		<input type="radio"/> (1)	<input type="radio"/> (2)
Advanced levels		<input type="radio"/> (1)	<input type="radio"/> (2)
City and Guilds		<input type="radio"/> (1)	<input type="radio"/> (2)
HTD/OTD		<input type="radio"/> (1)	<input type="radio"/> (2)
Diploma issued by the University		<input type="radio"/> (1)	<input type="radio"/> (2)
First degree, e.g. B.Sc.		<input type="radio"/> (1)	<input type="radio"/> (2)
Masters		<input type="radio"/> (1)	<input type="radio"/> (2)
Ph.D.		<input type="radio"/> (1)	<input type="radio"/> (2)
Other (specify)	1.	<input type="radio"/> (1)	<input type="radio"/> (2)
	2.	<input type="radio"/> (1)	<input type="radio"/> (2)
	3.	<input type="radio"/> (1)	<input type="radio"/> (2)

11. Which of the following describes best your main economic activity? (Tick 1 Circle **ONLY**)

I look after the home, e.g. housewife	<input type="radio"/> (1)	Go to Q15 and continue
Student	<input type="radio"/> (2)	
Unemployed or temporarily not working	<input type="radio"/> (3)	
Retired	<input type="radio"/> (4)	
Unable to work because of illness/disability	<input type="radio"/> (5)	Go to Q12 and continue
Self-employed	<input type="radio"/> (6)	
Employee	<input type="radio"/> (7)	

12. What is the job title of your *main* occupation? e.g. Doctor, Machine operator etc.

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13. In general, how satisfied are you with your current job? (Tick 1 Circle **ONLY**)

Very Satisfied	<input type="radio"/> (1)
Satisfied	<input type="radio"/> (2)
Fairly Satisfied	<input type="radio"/> (3)
Dissatisfied	<input type="radio"/> (4)
Very dissatisfied	<input type="radio"/> (5)

14. In general, how satisfied are you with the relationship with your immediate colleagues at work? (Tick 1 Circle **ONLY**)

Very Satisfied	<input type="radio"/> (1)
Satisfied	<input type="radio"/> (2)
Fairly Satisfied	<input type="radio"/> (3)
Dissatisfied	<input type="radio"/> (4)
Very dissatisfied	<input type="radio"/> (5)

15. Do you own or make use of a car? (Tick 1 Circle **ONLY**)

Yes, my own car	<input type="radio"/> (1)
Yes, a company car	<input type="radio"/> (2)
Yes, I make use of both my own car and a company car	<input type="radio"/> (3)
No	<input type="radio"/> (4)

16. How would you rate your family's standard of living? (Tick 1 Circle **ONLY**)

Very good	<input type="radio"/> (1)
Good	<input type="radio"/> (2)
Fair	<input type="radio"/> (3)
Bad	<input type="radio"/> (4)
Very bad	<input type="radio"/> (5)

17. How would you rate your overall health? (Tick 1 Circle **ONLY**)

Very good	<input type="radio"/> (1)
Good	<input type="radio"/> (2)
Fair	<input type="radio"/> (3)
Poor	<input type="radio"/> (4)
Very Poor	<input type="radio"/> (5)

18. Do you suffer from a long-term health problem or disability? (Tick 1 Circle **ONLY**)

Note: A longstanding health problem or disability refers to a situation which has been present or is expected to last for 6 months or more.

Yes, from a long-term health problem	<input type="radio"/> (1)
Yes, from a long-term disability	<input type="radio"/> (2)
Yes, from both a long-term health problem and disability	<input type="radio"/> (3)
No	<input type="radio"/> (4)

19. Do you smoke tobacco? (Tick 1 Circle **ONLY**)

Yes	<input type="radio"/> (1)	Go to Q20 and continue
Used to smoke and stopped	<input type="radio"/> (2)	Go to Q22 and continue
Never smoked	<input type="radio"/> (3)	

20. What do you smoke?
(Tick 1 Circle **ONLY** in each row)

	Yes	No
Cigarettes	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Smoking Pipe	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Cigars	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Other	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎

21. How many cigarettes do you smoke on average per day? (Tick 1 Circle **ONLY**)

None	<input type="radio"/> ₍₁₎
1 to 10 a day	<input type="radio"/> ₍₂₎
11 to 20 a day	<input type="radio"/> ₍₃₎
21 to 30 a day	<input type="radio"/> ₍₄₎
31 or more a day	<input type="radio"/> ₍₅₎
Don't know	<input type="radio"/> ₍₆₎

22. Do you drink alcohol on a regular basis, i.e. at least once every week? (Tick 1 Circle **ONLY**)

Yes	<input type="radio"/> ₍₁₎	Go to Q23 and continue
No	<input type="radio"/> ₍₂₎	Go to Q25 and continue

23. On average how much alcohol do you consume every week? (Fill where appropriate)

Wine (glasses)	Beer (small bottles)	Spirits (tots)

24. Where do you drink alcohol?
(Tick 1 Circle **ONLY** in each row)

	Yes	No
At work	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₁₎
At home	<input type="radio"/> ₍₂₎	<input type="radio"/> ₍₂₎
When you go out	<input type="radio"/> ₍₃₎	<input type="radio"/> ₍₃₎

25. During the last 6 months, have you used any of the following substances that WERE **NOT** PRESCRIBED by a doctor?
(Tick 1 Circle **ONLY** in each row)

	Yes	No
Pain relievers	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Tranquilizers	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Sedatives, e.g. Sleeping pills	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Steroids	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎

26. During the last 6 months, have you used ... ?
(Tick 1 Circle **ONLY** in each row)

	Yes	No
Stimulants, e.g. Speed	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Inhalants, e.g. Glue, Oxygen	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Ecstasy	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Hashish/Marijuana	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Crack	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Cocaine	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Hallucinogens, e.g. LSD/Acid	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Heroin	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Other	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎

27. Which of the following hobbies have you got?
(Tick 1 Circle **ONLY** in each row)

	Yes	No
Arts/Cultural events	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Playing a musical instrument	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Bingo	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Book reading	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Collectibles, e.g. collection of stamps, telecards etc.	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Crafts	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Gambling	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Gardening	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Home decoration	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Lotteries/Sweepstakes	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Photography	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Sewing/Knitting	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎

28. In general, which of the following places do you usually frequent during your free time?
(Tick 1 Circle **ONLY** in each row)

	Yes	No
Bars	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Casinos	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Dance club/Night club	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Disco parties	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Fitness clubs/ Gym	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Cinemas	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Pool halls	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎
Restaurants	<input type="radio"/> ₍₁₎	<input type="radio"/> ₍₂₎

29. During last week, have you done any of the following for enjoyment or exercise?
(Tick **all that apply**)

		Total minutes spent doing the activity during the last week
i	Walking	<input type="radio"/> ₍₁₎ →
ii	Swimming	<input type="radio"/> ₍₁₎ →
iii	Cycling	<input type="radio"/> ₍₁₎ →
iv	Running or jogging	<input type="radio"/> ₍₁₎ →
v	Aerobics	<input type="radio"/> ₍₁₎ →
vi	Gym exercising or Weight training	<input type="radio"/> ₍₁₎ →
vii	Exercising at home	<input type="radio"/> ₍₁₎ →
viii	Tennis	<input type="radio"/> ₍₁₎ →
x	Basketball	<input type="radio"/> ₍₁₎ →
xi	Football	<input type="radio"/> ₍₁₎ →
xii	Squash	<input type="radio"/> ₍₁₎ →
xiii	Other	<input type="radio"/> ₍₁₎ →

30. On average, at what time do you wake up and go to sleep? *Note: Delete am/pm as appropriate.*

- Weekdays -

		Wake up	Sleep
i	Time	am/pm	am/pm

- Weekends -

		Wake up	Sleep
ii	Time	am/pm	am/pm

31. Please indicate your height in either *feet* or *centimeters*. *Note: The length must be measured without wearing shoes.*

_____ *feet* _____ *inches*

or

_____ *centimeters*

32. Please indicate your weight in either kilograms or stones). *Note: The weight must be measured without wearing shoes.*

_____ *kilograms*

or

_____ *stones* _____ *pounds*

33. In general, how satisfied are you with your life?
(Tick 1 Circle **ONLY**)

Very Satisfied	<input type="radio"/> ₍₁₎
Satisfied	<input type="radio"/> ₍₂₎
Fairly Satisfied	<input type="radio"/> ₍₃₎
Dissatisfied	<input type="radio"/> ₍₄₎
Very dissatisfied	<input type="radio"/> ₍₅₎

- Thank you for your time -