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**Table 4.1** Mean, SD, median and percentile values of anthropometric measurements of the total population and by age group

Age groups		Weight kg	Height m	BMI kg/m <sup>2</sup>	Waist cm	Hip cm	WHR	Body fat %	Lean body mass %
18-64y	<i>n</i>	1369	1311	1311	1120	1118	1118	1098	1098
	Mean	74.9	1.68	26.3	87.0	102.8	0.84	27.8	72.2
	SD	15.0	0.09	4.5	13.3	9.0	0.09	8.8	8.8
	Median	73.6	1.68	25.7	86.3	102.1	0.84	27.3	72.7
	5 <sup>th</sup> percentile	53.7	1.53	20.3	68.0	90.5	0.71	13.8	57.6
	95 <sup>th</sup> percentile	101.2	1.83	34.8	109.8	118.0	0.99	42.4	86.2
18-35y	<i>n</i>	518	505	505	442	441	441	441	441
	Mean	72.5	1.70	25.0	83.3	101.2	0.82	23.9	76.0
	SD	14.9	0.10	4.1	12.1	8.6	0.08	8.3	8.2
	Median	70.9	1.69	24.5	82.0	100.9	0.81	23.6	76.2
	5 <sup>th</sup> percentile	51	1.55	20	66	89	0.71	11	62
	95 <sup>th</sup> percentile	100.1	1.85	36.6	104.8	116.1	0.95	37.6	88.6
36-50y	<i>n</i>	520	498	498	418	418	418	420	420
	Mean	75.7	1.67	26.8	87.8	103.5	0.85	29.3	70.7
	SD	15.3	0.09	4.4	13.5	8.8	0.09	7.9	7.9
	Median	74.4	1.67	26.2	86.5	102.4	0.84	29.2	70.8
	5 <sup>th</sup> percentile	55.3	1.52	20.9	68.5	91.8	0.71	16.9	58.3
	95 <sup>th</sup> percentile	101.6	1.83	35.0	109.8	117.6	0.99	41.7	83.1
51-64y	<i>n</i>	331	308	308	260	259	259	237	237
	Mean	77.4	1.67	27.7	91.9	104.5	0.88	32.3	67.7
	SD	14.3	0.09	4.6	12.9	9.3	0.09	8.6	8.6
	Median	76.8	1.66	27.2	92.6	103.0	0.88	31.2	68.8
	5 <sup>th</sup> percentile	56.0	1.53	21.5	71.1	91.5	0.75	19.8	53.3
	95 <sup>th</sup> percentile	102.4	1.83	36.6	115.2	119.4	1.02	46.7	80.2

**Table 4.2** Mean, SD, median and percentile values of anthropometric measurements for all men and by age group

Age groups		Weight kg	Height m	BMI kg/m <sup>2</sup>	Waist cm	Hip cm	WHR	Body fat %	Lean body mass %
18-64y	<i>n</i>	655	613	613	492	491	491	495	495
	Mean	82.9	1.75	26.9	94.3	104.1	0.91	21.2	78.8
	SD	13.3	0.07	4.0	11.3	7.6	0.07	5.8	5.7
	Median	82.0	1.75	26.5	93.2	103.6	0.90	21.3	78.7
	5 <sup>th</sup> percentile	62.06	1.64	20.9	78	92.5	0.80	12.06	69.9
	95 <sup>th</sup> percentile	106.1	1.86	33.6	115.9	116.5	1.03	30.1	87.9
18-35y	<i>n</i>	249	240	240	198	197	197	203	203
	Mean	81.0	1.77	25.8	90.3	103.0	0.88	17.7	82.3
	SD	13.3	0.07	3.6	10.5	7.8	0.06	5.0	5.0
	Median	80.0	1.77	25.4	89.1	103.3	0.87	17.4	82.6
	5 <sup>th</sup> percentile	60.1	1.65	20.1	73.98	91.19	0.78	9.24	73.46
	95 <sup>th</sup> percentile	104.7	1.89	32.5	112.4	115.8	0.99	26.5	90.8
36-50y	<i>n</i>	235	217	217	167	167	167	177	177
	Mean	84.8	1.75	27.7	96.6	105.4	0.92	22.7	77.3
	SD	13.6	0.06	4.3	11.7	7.7	0.07	5.3	5.3
	Median	83.2	1.75	27.1	94.9	105.0	0.91	22.0	78.0
	5 <sup>th</sup> percentile	65.6	1.64	20.9	82.2	94.58	0.82	14.1	67.06
	95 <sup>th</sup> percentile	109.9	1.85	35.5	121.4	117.4	1.06	32.9	85.9
51-64y	<i>n</i>	171	156	156	127	127	127	115	115
	Mean	83.2	1.73	27.6	97.6	104.1	0.94	24.0	75.0
	SD	12.6	0.07	3.6	10.1	6.9	0.06	3.8	3.8
	Median	82.5	1.74	27.4	96.0	103.0	0.93	25.3	74.7
	5 <sup>th</sup> percentile	64.6	1.62	22.3	81.8	93.5	0.84	19.0	68.7
	95 <sup>th</sup> percentile	105.8	1.85	33.8	115.9	116.3	1.04	31.3	81.0

**Table 4.3** Mean, SD, median and percentile values of anthropometric measurements for all women and by age group

Age groups		Weight kg	Height m	BMI kg/m <sup>2</sup>	Waist cm	Hip cm	WHR	Body fat %	Lean body mass %
18-64y	<i>n</i>	714	698	698	628	627	627	603	603
	Mean	67.5	1.62	25.8	81.2	101.8	0.80	33.2	66.8
	SD	12.5	0.06	4.8	11.7	9.8	0.07	7.1	7.0
	Median	65.4	1.62	24.9	79.1	100.3	0.79	32.9	67.1
	5 <sup>th</sup> percentile	51.2	1.51	19.9	65.3	89.9	0.70	22.7	54.4
	95 <sup>th</sup> percentile	91.5	1.72	35.2	103.7	119.2	0.92	45.6	77.2
18-35y	<i>n</i>	269	265	265	244	244	244	238	238
	Mean	64.6	1.63	24.4	77.5	99.6	0.78	29.2	70.7
	SD	11.6	0.06	4.3	10.2	8.9	0.06	6.7	6.5
	Median	63.0	1.63	23.4	75.2	98.0	0.77	28.7	71.3
	5 <sup>th</sup> percentile	49.4	1.53	19.3	64.4	88.0	0.70	20.0	58.1
	95 <sup>th</sup> percentile	87.4	1.75	33.9	100.8	118.5	0.89	41.9	79.8
36-50y	<i>n</i>	285	281	281	251	251	251	243	243
	Mean	68.1	1.62	26.1	81.9	102.3	0.80	34.1	65.9
	SD	12.3	0.06	4.4	11.2	9.3	0.06	5.7	5.7
	Median	66.1	1.62	25.2	80.8	101.0	0.80	33.6	66.4
	5 <sup>th</sup> percentile	52.8	1.50	20.9	65.7	90.8	0.70	25.3	57.3
	95 <sup>th</sup> percentile	90.5	1.71	34.6	103.0	118.2	0.91	42.7	74.7
51-64y	<i>n</i>	160	152	152	133	132	132	122	122
	Mean	71.1	1.60	27.8	86.6	104.9	0.82	39.1	60.9
	SD	13.3	0.06	5.5	13.0	11.2	0.07	5.6	5.6
	Median	70.0	1.60	26.9	84.5	103.9	0.81	39.3	60.7
	5 <sup>th</sup> percentile	52.7	1.49	20.4	69.5	90.7	0.71	29.8	52.0
	95 <sup>th</sup> percentile	95.3	1.68	38.4	110.7	124.9	0.96	48.0	70.2

**Table 4.4** Percentage of the population in each BMI category by sex and age group

	Age group	n	Underweight $\leq 18.49 \text{ kg/m}^2$	Normal 18.5-24.9 $\text{kg/m}^2$	Pre-obese 25.0-29.9 $\text{kg/m}^2$	Obese <sup>§</sup> $\geq 30\text{kg/m}^2$	Class I 30.0-34.9 $\text{kg/m}^2$	Class II 35.0-39.9 $\text{kg/m}^2$	Class III $\geq 40.0\text{kg/m}^2$
All	18-64y	1311	0.8	42.4	39.0	17.8	13.3	3.7	0.9
	18-35y	505	1.6	54.9	32.5	11.1	8.5	2.4	0.2
	36-50y	498	0.2	38.2	42.6	19.1	13.9	3.6	1.6
	51-64y	308	0.3	28.9	43.8	27.0	20.1	5.8	1.0
Men	18-64y	613	0.3	33.3	46.3	20.1	16.3	3.3	0.5
	18-35y	240	0.8	44.6	41.3	13.3	12.1	1.3	.
	36-50y	217	.	26.7	48.9	24.4	18.0	5.1	1.4
	51-64y	156	.	25.0	50.6	24.4	20.5	3.8	.
Women	18-64y	698	1.1	50.4	32.5	15.9	10.6	4.0	1.3
	18-35y	265	2.3	64.2	24.5	9.1	5.3	3.4	0.4
	36-50y	281	0.4	47.0	37.7	15.0	10.7	2.5	1.8
	51-64y	152	0.7	32.9	36.8	29.6	19.7	7.9	2.0

<sup>§</sup> Obese category consists of the total sample with a BMI  $\geq 30 \text{ kg/m}^2$  and this category is subdivided into classes I, II and III (WHO 1998)

**Table 4.5** Percentage of the population with increasing risk for CVD as defined by waist circumference<sup>a, b</sup> and WHR<sup>c</sup> by sex and age group

	Age group	Waist Circumference <sup>§</sup>			WHR <sup>§§</sup>			
		<i>n</i>	Normal Risk	Increased Risk	High Risk	<i>n</i>	Normal Risk	Increased Risk
All	18-64y	1120	52.4	24.1	23.5	1118	66.6	33.4
	18-35y	442	69.0	17.0	14.0	441	79.8	20.2
	36-50y	418	45.0	29.7	25.4	418	62.4	37.6
	51-64y	260	36.2	27.3	36.5	259	51.0	49.0
Men	18-64y	492	52.4	24.4	23.2	491	77.8	22.2
	18-35y	198	69.2	17.7	13.1	197	89.3	10.7
	36-50y	167	43.1	29.9	26.9	167	77.8	22.2
	51-64y	127	38.6	27.6	33.9	127	59.8	40.2
Women	18-64y	628	52.4	23.9	23.7	627	57.9	42.1
	18-35y	244	68.9	16.4	14.8	244	72.1	27.9
	36-50y	251	46.2	29.5	24.3	251	52.2	47.8
	51-64y	133	33.8	27.1	39.1	132	42.4	57.6

<sup>§</sup> Waist circumference: <94cm men; <80cm women = normal risk  
 94-101.9cm men; 80-87.9cm women = increased risk  
 ≥102cm men; ≥88cm women = high risk

<sup>§§</sup> WHR: <0.95 men; <0.80 women = normal risk  
 ≥0.95 men; ≥0.80 women = increased risk

<sup>a</sup> Lean, M.E.J., Han, T.S. and Morrison, C.E. (1995). Waist circumference as a measure for indicating need for weight management. *British Medical Journal*, 311, 58-61

<sup>b</sup> Hans, T.S., Van Leer, E.M., Seidell, J.C. and Lean, M.E.J. (1995). Waist circumference action levels in the identification of cardiovascular disease risk factors: prevalence study in a random sample. *British Medical Journal*, 311, 1401-1405

<sup>c</sup> Croft, J.B., Keenan, N.L., Sheridan, D.P., Wheeler, F.C. and Speers, M.A. (1995). Waist-to-hip ratio in a biracial population: measurement, implications and cautions for using guidelines to define high risk for cardiovascular disease. *Journal of the American Dietetic Association*, 95, 60-64

**Table 4.6** Mean and SD values of weight (kg) for the total population by demographic and lifestyle variables and by age group

	All 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>
<b>Smoking status</b>												
Smoker	71.8	14.8	357	71.7	15.4	173	71.7	14.1	124	72.3	14.4	60
Smoker (occasionally)	73.9	14.5	85	68.5	12.5	42	78.7	12.9	31	80.3	18.4	12
Ex smoker (daily)	79.9	14.1	190	75.5	12.5	33	80.6	15.4	84	81.0	12.9	73
Ex smoker (occasionally)	74.6	14.1	137	69.7	11.6	39	74.5	14.2	57	79.6	14.7	41
Never smoked	75.4	15.4	584	73.9	15.5	230	75.9	16.1	218	76.9	14.0	136
<b>Location</b>												
Open country & village	76.6	14.7	493	74.4	14.4	152	77.6	15.4	193	77.4	13.8	148
Small town	73.3	15.5	152	70.2	15.5	72	72.7	13.5	50	81.8	15.9	30
Large town	76.8	14.6	229	74.9	15.7	94	76.5	14.0	90	81.3	12.4	45
City	72.8	15.1	495	70.8	14.4	200	74.1	16.1	187	74.4	14.6	108
<b>Education level</b>												
Primary	75.9	15.0	288	71.8	17.6	42	75.3	14.6	98	77.5	14.2	148
Intermediate	75.8	15.8	282	73.0	15.4	112	76.9	15.2	124	79.5	17.5	46
Secondary	73.9	14.5	253	73.6	14.7	106	74.0	14.2	103	74.2	15.0	44
Tertiary	74.3	14.9	521	72.0	14.3	255	76.2	16.3	186	77.5	12.1	80
<b>Social class (Irl)</b>												
Professional Workers	74.9	13.6	131	72.8	14.5	48	75.0	13.5	54	78.1	12.2	29
Managerial and Technical	76.0	15.0	438	71.7	14.2	127	77.1	14.8	202	78.9	15.1	109
Non-Manual	72.9	15.9	252	70.6	15.3	115	73.2	16.7	88	78.0	14.9	49
Skilled Manual	75.8	15.0	258	75.7	16.4	87	75.5	13.9	99	76.4	14.7	72
Semi-skilled	73.3	15.2	166	71.9	14.4	79	76.5	18.1	46	72.4	12.9	41
Unskilled	76.6	15.9	48	74.9	14.4	19	76.8	21.3	17	79.0	8.3	12
Students	73.5	12.5	34	73.5	12.5	34						
<b>Social class (UK)</b>												
Professional occupations	74.3	13.1	107	72.5	14.6	45	75.7	12.7	46	75.3	9.1	16
Managerial and Technical	76.1	14.9	478	71.7	14.0	131	76.8	14.8	211	79.2	15.2	136
Non-manual (skilled)	72.8	15.9	231	70.9	15.6	108	72.7	16.5	85	78.1	14.5	38
Manual (skilled)	76.1	14.7	263	76.0	15.5	90	76.0	14.3	102	76.2	14.3	71
Partly skilled occupations	73.5	15.2	163	72.6	15.3	79	76.6	17.2	44	71.8	12.4	40
Unskilled occupations	72.6	15.0	46	69.2	14.0	20	70.9	16.9	16	82.4	9.9	10
Students	73.5	13.1	36	73.5	13.1	36						

**Table 4.7** Mean and SD values of weight (kg) for men by demographic and lifestyle variables and by age group

	All 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>
<b>Smoking status</b>												
Smoker	79.8	13.4	178	79.7	14.0	87	81.6	13.1	52	77.5	12.1	39
Smoker (occasionally)	85.0	11.5	37	79.8	10.6	15	87.0	11.6	16	92.3	8.6	6
Ex smoker (daily)	85.1	11.9	113	82.2	9.5	16	85.6	12.8	52	85.5	11.6	45
Ex smoker (occasionally)	85.3	12.3	55	78.3	11.2	13	87.2	10.8	20	87.7	13.1	22
Never smoked	83.5	14.0	263	82.2	13.7	118	85.4	15.2	91	82.9	12.5	54
<b>Location</b>												
Open country & village	83.1	13.1	248	80.2	11.9	80	86.1	13.3	92	82.4	13.4	76
Small town	83.1	13.8	73	81.3	14.0	32	82.8	11.6	22	86.4	15.8	19
Large town	84.8	11.7	111	83.9	13.4	45	84.9	9.9	40	86.1	11.4	26
City	81.8	14.1	223	80.2	14.1	92	83.8	15.8	81	81.7	10.3	50
<b>Education level</b>												
Primary	81.8	13.5	139	78.4	17.5	20	83.5	13.2	49	81.5	12.3	70
Intermediate	85.0	13.1	128	82.3	12.5	51	85.8	11.7	54	89.3	16.1	23
Secondary	83.3	12.3	112	81.9	12.6	54	84.5	12.5	36	84.9	11.5	22
Tertiary	82.6	13.6	264	80.7	13.1	123	85.2	15.3	93	82.2	10.6	48
<b>Social class (Irl)</b>												
Professional Workers	83.8	11.7	60	83.1	12.6	24	84.4	11.1	21	84.2	11.7	15
Managerial and Technical	84.8	12.8	207	81.9	12.8	54	86.2	11.7	93	85.2	14.1	60
Non-Manual	83.6	15.1	91	81.9	14.1	36	84.0	18.4	32	85.7	11.6	23
Skilled Manual	82.0	13.4	152	81.5	14.3	60	82.6	12.7	50	82.0	13.1	42
Semi-skilled	80.9	14.5	79	78.8	13.8	37	86.1	17.5	26	77.3	7.7	16
Unskilled	81.3	10.6	31	79.4	10.4	13	85.5	13.4	8	80.5	8.2	10
Students	79.1	11.4	20	79.1	11.4	20	.	.	.	.	.	.
<b>Social class (UK)</b>												
Professional occupations	83.0	11.1	50	82.9	13.1	22	84.1	10.5	20	80.5	6.7	8
Managerial and Technical	84.7	12.9	230	82.2	12.7	56	85.2	12.2	99	86.1	13.9	75
Non-manual (skilled)	84.2	15.0	76	82.6	14.0	35	85.8	18.5	25	85.2	10.7	16
Manual (skilled)	81.8	13.0	159	81.1	13.3	63	84.2	12.3	52	79.9	13.1	44
Partly skilled occupations	80.4	13.3	81	79.5	14.5	39	82.0	14.4	27	80.0	7.1	15
Unskilled occupations	80.2	12.4	22	74.9	11.6	9	87.1	17.3	5	81.9	8.1	8
Students	79.1	11.4	20	79.1	11.4	20	.	.	.	.	.	.

**Table 4.8** Mean and SD values of weight (kg) for women by demographic and lifestyle variables and by age group

	All 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>
<b>Smoking status</b>												
Smoker	63.9	11.4	179	63.6	12.2	86	64.6	9.8	72	62.7	13.6	21
Smoker (occasionally)	65.4	10.1	48	62.3	8.5	27	69.9	6.9	15	68.4	18.1	6
Ex smoker (daily)	72.3	13.7	77	69.2	11.9	17	72.6	16.1	32	73.8	11.7	28
Ex smoker (occasionally)	67.5	10.2	82	65.3	9.2	26	67.6	10.6	37	70.2	10.4	19
Never smoked	68.7	13.2	321	65.2	12.1	112	69.1	13.0	127	72.9	13.6	82
<b>Location</b>												
Open country & village	70.0	13.2	245	67.9	14.1	72	69.9	12.9	101	72.2	12.4	72
Small town	64.3	10.9	79	61.4	10.2	40	64.7	8.9	28	73.8	13.1	11
Large town	69.3	13.0	118	66.6	13.0	49	69.8	13.1	50	74.8	10.9	19
City	65.4	11.6	272	62.8	8.6	108	66.7	11.8	106	68.1	14.9	58
<b>Education level</b>												
Primary	70.5	14.2	149	65.8	15.8	22	67.0	10.9	49	74.0	14.8	78
Intermediate	68.1	13.6	154	65.3	13.2	61	70.1	14.0	70	69.7	12.8	23
Secondary	66.4	11.4	141	65.0	11.5	52	68.4	11.7	67	63.5	9.6	22
Tertiary	65.9	10.9	257	63.9	10.0	132	67.1	11.7	93	70.4	10.7	32
<b>Social class (Irl)</b>												
Professional Workers	67.3	10.2	71	62.5	6.9	24	69.0	11.3	33	71.6	9.3	14
Managerial and Technical	68.1	12.1	231	64.2	10.0	73	69.3	12.6	109	71.3	12.6	49
Non-Manual	66.9	13.0	161	65.4	13.0	79	67.0	11.9	56	71.3	14.4	26
Skilled Manual	67.0	12.6	106	62.9	13.6	27	68.2	11.1	49	68.6	13.4	30
Semi-skilled	66.4	12.3	87	65.9	12.2	42	64.0	9.1	20	69.2	14.6	25
Unskilled	68.0	20.2	17	65.1	17.9	6	69.1	24.7	9	71.5	2.2	2
Students	65.6	9.6	14	65.6	9.6	14						
<b>Social class (UK)</b>												
Professional occupations	66.6	9.4	57	62.5	7.1	23	69.2	10.4	26	70.1	8.4	8
Managerial and Technical	68.0	11.9	248	63.8	9.0	75	69.3	12.8	112	70.8	12.2	61
Non-manual (skilled)	67.1	13.1	155	65.2	13.0	73	67.3	12.0	60	73.0	14.9	22
Manual (skilled)	67.3	12.7	104	64.2	13.8	27	67.5	10.9	50	70.2	14.4	27
Partly skilled occupations	66.6	13.9	82	65.8	12.9	40	68.0	18.3	17	66.9	12.4	25
Unskilled occupations	65.7	13.9	24	64.5	14.6	11	63.5	10.8	11	84.3	20.3	2
Students	66.6	12.0	16	66.6	12.0	16	.	.	.	.	.	.

**Table 4.9** Mean and SD values of height (m) for the total population by demographic and lifestyle variables and by age group

	All 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>
<b>Smoking status</b>												
Smoker	1.68	0.10	342	1.69	0.10	169	1.67	0.09	115	1.68	0.09	58
Smoker (occasionally)	1.69	0.10	80	1.68	0.11	41	1.70	0.09	28	1.68	0.09	11
Ex smoker (daily)	1.69	0.09	182	1.71	0.09	31	1.69	0.08	83	1.68	0.09	68
Ex smoker (occasionally)	1.68	0.09	133	1.67	0.08	37	1.67	0.09	56	1.69	0.10	40
Never smoked	1.68	0.09	561	1.70	0.09	226	1.67	0.09	210	1.65	0.09	125
<b>Location</b>												
Open country & village	1.68	0.09	458	1.70	0.09	145	1.68	0.09	179	1.66	0.09	134
Small town	1.67	0.09	146	1.66	0.10	68	1.68	0.09	49	1.68	0.09	29
Large town	1.69	0.09	220	1.71	0.10	93	1.67	0.09	86	1.70	0.09	41
City	1.68	0.09	487	1.70	0.09	199	1.67	0.09	184	1.66	0.09	104
<b>Education level</b>												
Primary	1.66	0.09	272	1.67	0.09	42	1.66	0.10	92	1.65	0.09	138
Intermediate	1.67	0.10	269	1.67	0.10	108	1.67	0.09	117	1.67	0.10	44
Secondary	1.69	0.09	243	1.71	0.10	104	1.68	0.08	101	1.67	0.09	38
Tertiary	1.69	0.09	504	1.70	0.09	248	1.68	0.09	179	1.69	0.09	77
<b>Social class (Irl)</b>												
Professional Workers	1.70	0.08	126	1.71	0.09	47	1.69	0.09	52	1.69	0.08	27
Managerial and Technical	1.69	0.09	427	1.70	0.10	126	1.68	0.09	198	1.68	0.09	103
Non-Manual	1.67	0.09	237	1.67	0.09	110	1.66	0.09	83	1.66	0.10	44
Skilled Manual	1.68	0.09	246	1.72	0.10	84	1.66	0.08	94	1.67	0.09	68
Semi-skilled	1.67	0.10	159	1.68	0.10	78	1.68	0.10	43	1.64	0.10	38
Unskilled	1.69	0.09	44	1.70	0.08	19	1.67	0.11	14	1.70	0.08	11
Students	1.74	0.09	32	1.74	0.09	32	.	.	.	.	.	.
<b>Social class (UK)</b>												
Professional occupations	1.70	0.08	104	1.71	0.09	44	1.69	0.08	44	1.69	0.09	16
Managerial and Technical	1.69	0.09	463	1.70	0.10	129	1.69	0.09	206	1.69	0.09	128
Non-manual (skilled)	1.66	0.09	218	1.67	0.09	105	1.65	0.09	80	1.65	0.09	33
Manual (skilled)	1.68	0.09	252	1.72	0.09	87	1.67	0.08	98	1.67	0.09	67
Partly skilled occupations	1.67	0.10	155	1.68	0.10	77	1.69	0.10	41	1.63	0.09	37
Unskilled occupations	1.66	0.09	42	1.68	0.08	20	1.62	0.10	13	1.70	0.10	9
Students	1.73	0.09	34	1.73	0.09	34	.	.	.	.	.	.

**Table 4.10** Mean and SD values of height (m) for men by demographic and lifestyle variables and by age group

	All 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>
<b>Smoking status</b>												
Smoker	1.75	0.07	167	1.76	0.07	85	1.75	0.06	45	1.73	0.08	37
Smoker (occasionally)	1.77	0.07	33	1.79	0.07	14	1.75	0.07	14	1.76	0.06	5
Ex smoker (daily)	1.74	0.06	108	1.78	0.06	15	1.74	0.06	51	1.73	0.06	42
Ex smoker (occasionally)	1.76	0.06	53	1.76	0.05	12	1.75	0.07	19	1.76	0.06	22
Never smoked	1.76	0.07	244	1.77	0.07	114	1.76	0.06	84	1.73	0.06	46
<b>Location</b>												
Open country & village	1.75	0.06	221	1.77	0.06	75	1.75	0.06	80	1.72	0.07	66
Small town	1.74	0.07	69	1.75	0.07	30	1.75	0.08	21	1.73	0.07	18
Large town	1.77	0.06	104	1.78	0.06	44	1.75	0.06	38	1.76	0.07	22
City	1.76	0.07	219	1.77	0.07	91	1.75	0.06	78	1.74	0.06	50
<b>Education level</b>												
Primary	1.73	0.06	128	1.74	0.05	20	1.74	0.07	44	1.72	0.06	64
Intermediate	1.76	0.06	119	1.76	0.06	49	1.75	0.06	49	1.75	0.07	21
Secondary	1.77	0.07	105	1.78	0.07	52	1.76	0.05	35	1.74	0.07	18
Tertiary	1.76	0.07	250	1.77	0.07	118	1.75	0.06	86	1.75	0.07	46
<b>Social class (Irl)</b>												
Professional Workers	1.77	0.06	57	1.78	0.05	24	1.77	0.07	19	1.75	0.06	14
Managerial and Technical	1.76	0.07	198	1.79	0.08	53	1.76	0.06	89	1.74	0.06	56
Non-Manual	1.76	0.06	82	1.77	0.06	33	1.76	0.06	29	1.74	0.06	20
Skilled Manual	1.74	0.07	141	1.76	0.07	57	1.72	0.06	45	1.72	0.07	39
Semi-skilled	1.75	0.06	74	1.75	0.06	36	1.75	0.06	24	1.74	0.07	14
Unskilled	1.74	0.06	28	1.74	0.05	13	1.77	0.08	6	1.72	0.06	9
Students	1.78	0.07	19	1.78	0.07	19						
<b>Social class (UK)</b>												
Professional occupations	1.76	0.07	48	1.78	0.05	22	1.75	0.09	18	1.76	0.06	8
Managerial and Technical	1.76	0.07	219	1.79	0.08	55	1.76	0.06	94	1.75	0.07	70
Non-manual (skilled)	1.76	0.06	68	1.77	0.06	33	1.75	0.05	22	1.73	0.06	13
Manual (skilled)	1.74	0.07	149	1.76	0.07	60	1.73	0.06	48	1.72	0.07	41
Partly skilled occupations	1.75	0.07	75	1.76	0.07	37	1.75	0.06	25	1.72	0.08	13
Unskilled occupations	1.73	0.07	19	1.73	0.06	9	1.77	0.09	3	1.73	0.08	7
Students	1.78	0.07	19	1.78	0.07	19						

**Table 4.11** Mean and SD values of height (m) for women by demographic and lifestyle variables and by age group

	All 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>
<b>Smoking status</b>												
Smoker	1.62	0.06	175	1.62	0.06	84	1.61	0.06	70	1.60	0.05	21
Smoker (occasionally)	1.63	0.06	47	1.62	0.06	27	1.64	0.07	14	1.62	0.06	6
Ex smoker (daily)	1.62	0.06	74	1.64	0.06	16	1.62	0.06	32	1.60	0.06	26
Ex smoker (occasionally)	1.62	0.06	80	1.64	0.07	25	1.63	0.06	37	1.60	0.07	18
Never smoked	1.61	0.06	317	1.63	0.06	112	1.61	0.06	126	1.60	0.05	79
<b>Location</b>												
Open country & village	1.62	0.07	237	1.63	0.07	70	1.62	0.06	99	1.60	0.06	68
Small town	1.61	0.05	77	1.60	0.05	38	1.62	0.05	28	1.59	0.05	11
Large town	1.63	0.06	116	1.64	0.07	49	1.61	0.06	48	1.62	0.04	19
City	1.62	0.06	268	1.63	0.06	108	1.61	0.06	106	1.59	0.06	54
<b>Education level</b>												
Primary	1.59	0.06	144	1.61	0.06	22	1.59	0.07	48	1.59	0.06	74
Intermediate	1.60	0.06	150	1.60	0.06	59	1.61	0.06	68	1.60	0.05	23
Secondary	1.63	0.06	138	1.64	0.06	52	1.63	0.06	66	1.61	0.05	20
Tertiary	1.63	0.06	254	1.64	0.06	130	1.62	0.06	93	1.61	0.05	31
<b>Social class (Irl)</b>												
Professional Workers	1.64	0.05	69	1.64	0.05	23	1.64	0.05	33	1.64	0.05	13
Managerial and Technical	1.62	0.06	229	1.63	0.06	73	1.62	0.06	109	1.61	0.06	47
Non-Manual	1.62	0.07	155	1.63	0.06	77	1.61	0.06	54	1.59	0.06	24
Skilled Manual	1.61	0.06	105	1.62	0.06	27	1.60	0.06	49	1.60	0.05	29
Semi-skilled	1.60	0.06	85	1.61	0.07	42	1.59	0.05	19	1.58	0.05	24
Unskilled	1.60	0.04	16	1.61	0.03	6	1.59	0.06	8	1.59	0.02	2
Students	1.67	0.06	13	1.67	0.06	13	.	.	.	.	.	.
<b>Social class (UK)</b>												
Professional occupations	1.64	0.05	56	1.64	0.05	22	1.65	0.04	26	1.62	0.06	8
Managerial and Technical	1.62	0.06	244	1.64	0.06	74	1.62	0.06	112	1.61	0.06	58
Non-manual (skilled)	1.61	0.06	150	1.62	0.06	72	1.61	0.06	58	1.60	0.05	20
Manual (skilled)	1.61	0.06	103	1.63	0.07	27	1.61	0.06	50	1.58	0.05	26
Partly skilled occupations	1.60	0.06	80	1.61	0.06	40	1.59	0.05	16	1.59	0.05	24
Unskilled occupations	1.60	0.06	23	1.63	0.07	11	1.58	0.05	10	1.58	0.00	2
Students	1.66	0.06	15	1.66	0.06	15	.	.	.	.	.	.

**Table 4.12** Mean and SD values of BMI for the total population by demographic and lifestyle variables and by age group

	All 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>
<b>Smoking status</b>												
Smoker	25.2	3.9	342	24.8	4.0	169	25.6	3.6	115	25.5	4.3	58
Smoker (occasionally)	25.5	3.7	80	24.1	3.0	41	26.7	2.6	28	27.5	5.9	11
Ex smoker (daily)	27.9	4.3	182	25.7	3.4	31	28.1	4.7	83	28.6	3.8	68
Ex smoker (occasionally)	26.4	3.9	133	25.0	3.6	37	26.4	3.8	56	27.8	3.8	40
Never smoked	26.7	4.9	561	25.3	4.4	226	27.2	4.9	210	28.3	5.0	125
<b>Location</b>												
Open country & village	27.0	4.6	458	25.6	4.3	145	27.4	4.5	179	28.0	4.5	134
Small town	26.0	4.1	146	25.0	4.0	68	25.7	3.1	49	28.8	4.4	29
Large town	26.7	4.4	220	25.5	4.8	93	27.4	3.9	86	28.1	3.7	41
City	25.7	4.4	487	24.4	3.4	199	26.3	4.8	184	26.9	5.0	104
<b>Education level</b>												
Primary	27.5	4.9	272	25.5	5.1	42	27.1	4.0	92	28.4	5.1	138
Intermediate	26.9	4.8	269	25.9	4.7	108	27.5	4.7	117	28.2	5.0	44
Secondary	25.6	3.7	243	24.9	3.5	104	26.2	3.9	101	26.0	3.7	38
Tertiary	25.7	4.2	504	24.7	3.7	248	26.7	4.7	179	27.0	3.7	77
<b>Social class (Irl)</b>												
Professional Workers	25.9	3.8	126	24.9	3.7	47	26.1	3.7	52	27.3	3.9	27
Managerial and Technical	26.6	4.3	427	24.7	3.6	126	27.1	4.3	198	27.8	4.4	103
Non-Manual	26.1	4.8	237	25.1	4.5	110	26.3	4.9	83	28.3	4.8	44
Skilled Manual	26.6	4.4	246	25.5	4.4	84	27.1	4.0	94	27.2	4.9	68
Semi-skilled	26.1	4.6	159	25.3	4.2	78	26.9	5.0	43	26.9	4.9	38
Unskilled	26.8	5.0	44	26.0	4.5	19	27.6	6.9	14	27.4	2.2	11
Students	24.1	3.0	32	24.1	3.0	32	.	.	.	.	.	.
<b>Social class (UK)</b>												
Professional occupations	25.7	3.6	104	24.8	3.6	44	26.2	3.7	44	26.5	3.0	16
Managerial and Technical	26.5	4.2	463	24.6	3.1	129	26.9	4.3	206	27.7	4.4	128
Non-manual (skilled)	26.3	5.0	218	25.3	4.7	105	26.7	5.0	80	28.6	4.9	33
Manual (skilled)	26.6	4.3	252	25.6	4.2	87	27.0	4.0	98	27.2	4.8	67
Partly skilled occupations	26.1	4.8	155	25.4	4.6	77	26.9	5.3	41	26.7	4.4	37
Unskilled occupations	26.1	4.4	42	24.5	4.0	20	26.3	3.9	13	29.1	4.5	9
Students	24.4	3.9	34	24.4	3.9	34	.	.	.	.	.	.

**Table 4.13** Mean and SD values of BMI for men by demographic and lifestyle variables and by age group

	All 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>
<b>Smoking status</b>												
Smoker	25.9	3.7	167	25.5	3.8	85	26.6	4.0	45	26.0	3.4	37
Smoker (occasionally)	26.6	3.4	33	24.7	3.2	14	27.6	2.3	14	29.3	4.1	5
Ex smoker (daily)	28.1	3.6	108	25.8	2.8	15	28.4	3.9	51	28.5	3.2	42
Ex smoker (occasionally)	27.6	3.4	53	25.7	3.7	12	28.2	3.1	19	28.1	3.3	22
Never smoked	27.0	4.3	244	26.2	3.7	114	27.9	5.2	84	27.6	3.8	46
<b>Location</b>												
Open country & village	27.2	4.2	221	25.7	3.4	75	28.4	4.6	80	27.6	3.9	66
Small town	27.2	3.8	69	26.4	4.0	30	27.2	3.1	21	28.7	4.0	18
Large town	27.1	3.4	104	26.2	3.8	44	27.8	3.3	38	27.7	2.6	22
City	26.4	4.1	219	25.5	3.6	91	27.1	4.8	78	27.0	3.2	50
<b>Education level</b>												
Primary	27.3	4.1	128	25.7	5.1	20	27.7	4.2	44	27.5	3.6	64
Intermediate	27.4	3.9	119	26.3	3.4	49	27.8	3.9	49	29.0	4.6	21
Secondary	26.7	3.6	105	25.7	3.4	52	27.4	3.8	35	28.3	3.0	18
Tertiary	26.7	4.1	250	25.7	3.6	118	27.9	5.0	86	26.8	3.0	46
<b>Social class (Irl)</b>												
Professional Workers	26.9	3.8	57	26.4	4.0	24	27.0	3.4	19	27.7	4.2	14
Managerial and Technical	27.3	3.8	198	25.6	3.1	53	28.1	3.9	89	27.9	3.6	56
Non-Manual	27.1	4.7	82	26.1	4.1	33	27.3	5.9	29	28.5	3.0	20
Skilled Manual	27.0	3.9	141	26.2	3.9	57	27.6	4.0	45	27.4	3.9	39
Semi-skilled	26.2	4.3	74	25.3	3.7	36	28.0	5.6	24	25.4	2.3	14
Unskilled	26.9	3.2	28	26.4	3.6	13	27.6	3.6	6	27.3	2.4	9
Students	24.7	2.8	19	24.7	2.8	19	.	.	.	.	.	.
<b>Social class (UK)</b>												
Professional occupations	26.7	3.7	48	26.2	4.1	22	27.4	3.6	18	26.2	2.5	8
Managerial and Technical	27.3	3.8	219	25.7	3.2	55	27.6	3.9	94	28.1	3.7	70
Non-manual (skilled)	27.5	4.7	68	26.3	4.0	33	28.4	6.1	22	28.8	3.1	13
Manual (skilled)	26.9	3.9	149	26.3	3.8	60	28.0	3.9	48	26.6	3.8	41
Partly skilled occupations	26.1	3.9	75	25.4	4.0	37	26.5	4.3	25	27.1	2.9	13
Unskilled occupations	26.6	3.2	19	25.0	2.8	9	28.7	4.7	3	27.7	2.5	7
Students	24.7	2.8	19	24.7	2.8	19	.	.	.	.	.	.

**Table 4.14** Mean and SD values of BMI for women by demographic and lifestyle variables and by age group

	All 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>
<b>Smoking status</b>												
Smoker	24.5	4.0	175	24.0	4.1	84	24.9	3.2	70	24.6	5.5	21
Smoker (occasionally)	24.6	3.6	47	23.7	2.9	27	25.8	2.6	14	26.0	7.2	6
Ex smoker (daily)	27.6	5.1	74	25.6	4.0	16	27.6	5.7	32	28.8	4.8	26
Ex smoker (occasionally)	25.6	4.0	80	24.6	3.6	25	25.5	3.9	37	27.4	4.5	18
Never smoked	26.4	5.3	317	24.5	4.9	112	26.7	4.7	126	28.7	5.6	79
<b>Location</b>												
Open country & village	26.8	4.9	237	25.5	5.2	70	26.6	4.3	99	28.3	5.0	68
Small town	24.9	4.0	77	23.8	3.7	38	24.6	2.7	28	29.1	5.0	11
Large town	26.4	5.0	116	24.9	5.4	49	27.0	4.4	48	28.5	4.6	19
City	25.0	4.6	268	23.5	2.9	108	25.7	4.7	106	26.7	6.3	54
<b>Education level</b>												
Primary	27.7	5.5	144	25.2	5.3	22	26.6	3.9	48	29.2	6.0	74
Intermediate	26.6	5.4	150	25.5	5.6	59	27.3	5.2	68	27.5	5.3	23
Secondary	24.8	3.7	138	24.2	3.5	52	25.5	3.8	66	24.0	3.2	20
Tertiary	24.8	4.1	254	23.8	3.6	130	25.5	4.2	93	27.3	4.6	31
<b>Social class (Irl)</b>												
Professional Workers	25.1	3.6	69	23.3	2.5	23	25.6	3.9	33	26.9	3.7	13
Managerial and Technical	25.9	4.6	229	24.1	3.9	73	26.3	4.5	109	27.6	5.1	47
Non-Manual	25.6	4.9	155	24.7	4.6	77	25.7	4.3	54	28.2	5.9	24
Skilled Manual	26.0	5.0	105	23.9	5.1	27	26.6	4.0	49	26.9	6.0	29
Semi-skilled	26.1	4.9	85	25.3	4.6	42	25.6	3.8	19	27.8	5.8	24
Unskilled	26.7	7.2	16	25.0	6.4	6	27.5	8.9	8	28.1	0.0	2
Students	23.3	3.3	13	23.3	3.3	13	.	.	.	.	.	.
<b>Social class (UK)</b>												
Professional occupations	24.8	3.4	56	23.3	2.5	22	25.4	3.6	26	26.9	3.5	8
Managerial and Technical	25.8	4.4	244	23.9	2.9	74	26.3	4.5	112	27.3	5.1	58
Non-manual (skilled)	25.8	5.0	150	24.8	5.0	72	26.0	4.5	58	28.5	5.9	20
Manual (skilled)	26.1	4.9	103	24.1	4.8	27	26.1	3.9	50	28.1	6.1	26
Partly skilled occupations	26.1	5.5	80	25.4	5.2	40	27.4	6.8	16	26.4	5.1	24
Unskilled occupations	25.6	5.2	23	24.1	4.9	11	25.6	3.7	10	33.9	8.1	2
Students	24.0	5.1	15	24.0	5.1	15	.	.	.	.	.	.

**Table 4.15** Mean and SD values of waist circumference for the total population by demographic and lifestyle variables and by age group

	All 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>
<b>Smoking status</b>												
Smoker	84.5	12.2	291	83.3	12.3	148	84.7	11.9	94	87.7	12.1	49
Smoker (occasionally)	82.6	11.2	62	79.2	9.9	33	86.8	11.7	21	85.7	12.2	8
Ex smoker (daily)	93.2	12.4	155	86.1	11.4	27	93.5	12.9	71	96.3	11.0	57
Ex smoker (occasionally)	85.9	12.8	118	80.6	10.5	32	85.0	12.5	50	91.9	12.9	36
Never smoked	87.1	13.8	485	83.9	12.6	202	88.1	14.4	177	91.6	13.5	106
<b>Location</b>												
Open country & village	89.1	13.6	359	85.8	12.7	119	89.6	14.1	137	92.4	13.3	103
Small town	85.4	12.6	133	81.5	12.1	61	84.7	11.0	45	95.1	11.6	27
Large town	86.7	12.4	201	84.6	11.8	85	86.1	12.6	80	93.1	11.2	36
City	85.7	13.4	427	81.5	11.7	177	87.9	13.9	156	90.1	13.4	94
<b>Education level</b>												
Primary	90.5	13.3	226	85.1	15.9	38	88.9	12.5	70	93.1	12.3	118
Intermediate	87.7	13.3	233	84.4	12.2	97	89.6	13.2	102	91.3	15.0	34
Secondary	85.7	12.6	207	83.9	11.7	90	87.0	12.5	85	87.6	14.7	32
Tertiary	85.2	13.1	439	82.2	11.5	216	86.6	14.6	155	91.4	11.5	68
<b>Social class (Irl)</b>												
Professional Workers	83.5	10.6	102	83.4	11.2	42	82.5	10.6	43	86.4	9.3	17
Managerial and Technical	87.6	13.4	368	81.9	11.7	112	89.0	13.1	166	92.0	13.7	90
Non-Manual	85.0	14.5	206	81.2	12.6	95	85.3	14.9	72	93.8	14.5	39
Skilled Manual	88.8	12.7	213	85.9	13.4	73	88.9	11.9	80	92.0	12.2	60
Semi-skilled	86.6	12.7	136	84.0	11.4	66	90.1	15.9	37	87.9	10.4	33
Unskilled	94.0	13.8	32	89.6	13.6	14	96.8	18.7	9	98.0	5.3	9
Students	82.4	8.4	32	82.4	8.4	32	.	.	.	.	.	.
<b>Social class (UK)</b>												
Professional occupations	83.6	10.8	87	82.9	11.4	39	82.3	10.4	34	88.6	9.0	14
Managerial and Technical	87.6	13.3	399	82.2	11.5	117	88.8	12.9	177	91.7	14.0	105
Non-manual (skilled)	84.8	14.2	186	81.4	12.5	90	85.5	15.1	67	93.5	13.6	29
Manual (skilled)	88.7	12.5	213	85.9	12.9	72	88.3	12.2	82	92.5	11.9	59
Partly skilled occupations	86.9	13.2	135	84.2	13.0	67	90.4	14.7	34	88.7	11.2	34
Unskilled occupations	89.1	13.1	31	86.2	12.6	15	89.4	16.0	10	95.9	6.7	6
Students	82.3	8.8	34	82.3	8.8	34	.	.	.	.	.	.

**Table 4.16** Mean and SD values of waist circumference for men by demographic and lifestyle variables and by age group

	All 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>
<b>Smoking status</b>												
Smoker	91.0	10.6	131	89.7	11.0	69	92.8	10.0	33	92.2	10.2	29
Smoker (occasionally)	92.4	8.1	23	89.1	9.4	10	94.5	5.9	9	95.8	7.7	4
Ex smoker (daily)	98.2	9.7	90	91.6	6.0	12	97.9	10.8	43	100.8	8.2	35
Ex smoker (occasionally)	96.6	10.8	43	87.7	11.5	9	97.5	7.4	16	100.4	11.0	18
Never smoked	94.3	12.2	199	91.0	10.8	98	98.1	14.3	63	96.6	9.7	38
<b>Location</b>												
Open country & village	95.6	11.9	154	91.2	10.6	56	98.5	12.7	52	97.7	11.1	46
Small town	93.4	9.9	62	89.5	9.8	28	94.1	7.5	18	99.4	9.6	16
Large town	93.8	9.6	95	91.3	9.6	40	94.4	8.9	35	97.6	9.8	20
City	93.8	12.1	181	89.4	11.2	74	97.0	13.1	62	96.8	9.6	45
<b>Education level</b>												
Primary	96.1	11.0	102	90.9	15.3	18	97.2	10.8	28	97.3	9.1	56
Intermediate	94.9	11.2	94	90.7	9.5	40	97.6	10.8	40	99.0	13.2	14
Secondary	94.2	11.4	86	90.3	10.5	44	97.2	11.0	28	100.4	11.3	14
Tertiary	92.9	11.3	202	90.0	10.0	96	95.8	13.1	68	95.1	9.3	38
<b>Social class (Irl)</b>												
Professional Workers	92.2	8.4	40	92.0	8.5	20	93.4	7.0	14	90.3	11.6	6
Managerial and Technical	95.8	11.2	159	90.4	11.1	43	97.5	10.5	70	98.2	11.0	46
Non-Manual	94.8	13.0	70	90.9	11.4	28	95.3	15.8	23	100.0	9.8	19
Skilled Manual	94.3	10.4	119	91.6	10.8	48	94.9	9.9	36	97.4	9.6	35
Semi-skilled	92.8	12.8	56	87.9	11.1	26	100.6	15.0	18	91.9	5.8	12
Unskilled	96.7	11.0	20	92.5	11.0	10	105.0	17.5	3	99.2	5.5	7
Students	86.1	6.7	19	86.1	6.7	19						
<b>Social class (UK)</b>												
Professional occupations	92.7	8.2	35	91.8	9.0	18	93.3	7.6	11	94.5	7.4	6
Managerial and Technical	95.4	11.2	177	90.9	10.7	46	96.1	10.8	78	98.2	11.3	53
Non-manual (skilled)	95.3	13.2	53	90.6	11.5	27	99.9	16.8	14	100.4	8.4	12
Manual (skilled)	93.8	10.3	121	90.9	10.6	48	96.0	9.4	37	95.6	10.1	36
Partly skilled occupations	93.7	11.6	61	89.9	12.5	29	96.6	11.3	19	97.9	7.0	13
Unskilled occupations	94.9	11.7	14	90.0	8.9	7	108.5	23.3	2	96.3	7.4	5
Students	86.1	6.7	19	86.1	6.7	19						

**Table 4.17** Mean and SD values of waist circumference for women by demographic and lifestyle variables and by age group

	All 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>
<b>Smoking status</b>												
Smoker	79.2	10.8	160	77.7	10.6	79	80.4	10.6	61	81.3	12.0	20
Smoker (occasionally)	76.8	8.5	39	74.8	6.4	23	81.0	11.7	12	75.7	4.3	4
Ex smoker (daily)	86.3	12.5	65	81.7	13.0	15	86.6	13.1	28	89.0	11.1	22
Ex smoker (occasionally)	79.8	9.4	75	77.8	8.9	23	79.2	9.9	34	83.5	8.5	18
Never smoked	82.1	12.5	286	77.3	10.4	104	82.6	11.1	114	88.8	14.5	68
<b>Location</b>												
Open country & village	84.3	12.8	205	81.0	12.5	63	84.1	12.0	85	88.1	13.4	57
Small town	78.4	10.4	71	74.8	9.5	33	78.4	8.0	27	88.9	11.8	11
Large town	80.4	11.1	106	78.6	10.2	45	79.7	11.3	45	87.6	10.7	16
City	79.8	10.9	246	75.8	8.2	103	82.0	10.8	94	83.9	13.5	49
<b>Education level</b>												
Primary	85.8	13.3	124	79.9	14.9	20	83.4	10.4	42	89.3	13.6	62
Intermediate	82.8	12.4	139	80.0	11.9	57	84.4	12.1	62	85.9	14.0	20
Secondary	79.7	9.5	121	77.7	9.3	46	81.9	9.9	57	77.6	7.3	18
Tertiary	78.6	10.7	237	76.0	8.4	120	79.4	11.4	87	86.6	12.5	30
<b>Social class (Irl)</b>												
Professional Workers	77.9	7.8	62	75.6	6.7	22	77.2	7.5	29	84.3	7.6	11
Managerial and Technical	81.3	11.5	209	76.5	8.6	69	82.8	11.2	96	85.6	13.4	44
Non-Manual	80.0	12.6	136	77.2	10.9	67	80.6	12.0	49	88.0	15.9	20
Skilled Manual	81.7	11.8	94	75.0	11.0	25	84.0	11.1	44	84.3	11.4	25
Semi-skilled	82.3	10.8	80	81.5	11.0	40	80.2	8.8	19	85.6	11.8	21
Unskilled	89.4	17.0	12	82.2	18.3	4	92.7	19.3	6	93.8	0.7	2
Students	77.0	8.0	13	77.0	8.0	13	.	.	.	.	.	.
<b>Social class (UK)</b>												
Professional occupations	77.4	7.4	52	75.2	6.6	21	77.0	6.8	23	84.2	7.7	8
Managerial and Technical	81.4	11.5	222	76.6	8.1	71	83.0	11.4	99	85.1	13.5	52
Non-manual (skilled)	80.6	12.4	133	77.5	10.8	63	81.7	12.2	53	88.6	14.7	17
Manual (skilled)	81.8	12.0	92	76.1	11.4	24	81.9	10.3	45	87.7	13.1	23
Partly skilled occupations	81.3	11.9	74	79.9	11.9	38	82.5	14.9	15	83.0	9.5	21
Unskilled occupations	84.4	12.5	17	82.8	14.9	8	84.7	11.0	8	94.3	???	1
Students	77.5	9.0	15	77.5	9.0	15	.	.	.	.	.	.

**Table 4.18** Mean and SD values of waist to hip ratio for the total population by demographic and lifestyle variables and by age group

	All 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>
<b>Smoking status</b>												
Smoker	0.84	0.08	291	0.83	0.08	148	0.84	0.07	94	0.88	0.07	49
Smoker (occasionally)	0.82	0.09	62	0.80	0.08	33	0.84	0.10	21	0.86	0.08	8
Ex smoker (daily)	0.89	0.08	155	0.83	0.07	27	0.89	0.08	71	0.91	0.08	57
Ex smoker (occasionally)	0.83	0.09	118	0.80	0.07	32	0.83	0.09	50	0.87	0.09	36
Never smoked	0.84	0.09	483	0.82	0.08	201	0.84	0.09	177	0.86	0.09	105
<b>Location</b>												
Open country & village	0.85	0.09	359	0.83	0.07	119	0.85	0.09	137	0.88	0.09	103
Small town	0.84	0.08	132	0.82	0.07	61	0.83	0.08	45	0.91	0.08	26
Large town	0.84	0.08	201	0.83	0.08	85	0.83	0.09	80	0.88	0.07	36
City	0.84	0.09	426	0.81	0.08	176	0.85	0.09	156	0.87	0.09	94
<b>Education level</b>												
Primary	0.87	0.09	225	0.85	0.08	38	0.86	0.09	70	0.89	0.09	117
Intermediate	0.85	0.08	233	0.83	0.07	97	0.86	0.08	102	0.86	0.09	34
Secondary	0.83	0.08	207	0.82	0.07	90	0.84	0.08	85	0.86	0.10	32
Tertiary	0.83	0.09	438	0.81	0.08	215	0.84	0.09	155	0.88	0.07	68
<b>Social class (Irl)</b>												
Professional Workers	0.82	0.08	100	0.82	0.07	41	0.81	0.08	43	0.85	0.07	16
Managerial and Technical	0.84	0.09	368	0.81	0.08	112	0.85	0.08	166	0.87	0.09	90
Non-Manual	0.83	0.08	206	0.80	0.08	95	0.83	0.07	72	0.88	0.09	39
Skilled Manual	0.86	0.08	213	0.85	0.08	73	0.86	0.09	80	0.89	0.09	60
Semi-skilled	0.85	0.09	136	0.84	0.07	66	0.87	0.11	37	0.87	0.07	33
Unskilled	0.89	0.10	32	0.86	0.09	14	0.90	0.11	9	0.95	0.06	9
Students	0.81	0.06	32	0.81	0.06	32	.	.	.	.	.	.
<b>Social class (UK)</b>												
Professional occupations	0.82	0.08	86	0.81	0.07	38	0.80	0.08	34	0.87	0.07	14
Managerial and Technical	0.84	0.09	398	0.81	0.08	117	0.85	0.08	177	0.87	0.09	104
Non-manual (skilled)	0.82	0.08	186	0.80	0.07	90	0.82	0.07	67	0.87	0.08	29
Manual (skilled)	0.87	0.08	213	0.85	0.07	72	0.86	0.08	82	0.90	0.08	59
Partly skilled occupations	0.86	0.09	135	0.84	0.08	67	0.87	0.10	34	0.88	0.09	34
Unskilled occupations	0.86	0.09	31	0.83	0.08	15	0.87	0.12	10	0.91	0.05	6
Students	0.80	0.06	34	0.80	0.06	34	.	.	.	.	.	.

**Table 4.19** Mean and SD values of waist to hip ratio for men by demographic and lifestyle variables and by age group

	All 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>
<b>Smoking status</b>												
Smoker	0.89	0.06	131	0.88	0.07	69	0.90	0.05	33	0.91	0.07	29
Smoker (occasionally)	0.89	0.08	23	0.87	0.09	10	0.90	0.07	9	0.92	0.07	4
Ex smoker (daily)	0.93	0.07	90	0.87	0.06	12	0.93	0.07	43	0.95	0.06	35
Ex smoker (occasionally)	0.92	0.06	43	0.87	0.05	9	0.92	0.05	16	0.94	0.06	18
Never smoked	0.90	0.07	198	0.88	0.06	97	0.92	0.07	63	0.93	0.05	38
<b>Location</b>												
Open country & village	0.91	0.07	154	0.87	0.07	56	0.92	0.07	52	0.94	0.06	46
Small town	0.91	0.06	62	0.88	0.05	28	0.91	0.04	18	0.96	0.06	16
Large town	0.90	0.06	95	0.89	0.05	40	0.89	0.06	35	0.93	0.05	20
City	0.90	0.07	180	0.87	0.07	73	0.92	0.07	62	0.93	0.07	45
<b>Education level</b>												
Primary	0.93	0.06	102	0.90	0.07	18	0.94	0.06	28	0.94	0.06	56
Intermediate	0.91	0.06	94	0.88	0.05	40	0.93	0.07	40	0.93	0.06	14
Secondary	0.89	0.07	86	0.87	0.06	44	0.91	0.07	28	0.94	0.08	14
Tertiary	0.89	0.07	201	0.87	0.07	95	0.90	0.07	68	0.92	0.05	38
<b>Social class (Irl)</b>												
Professional Workers	0.89	0.04	39	0.88	0.04	19	0.89	0.04	14	0.91	0.06	6
Managerial and Technical	0.91	0.07	159	0.88	0.07	43	0.91	0.07	70	0.93	0.06	46
Non-Manual	0.90	0.06	70	0.88	0.06	28	0.89	0.06	23	0.94	0.06	19
Skilled Manual	0.91	0.07	119	0.89	0.06	48	0.92	0.06	36	0.94	0.06	35
Semi-skilled	0.91	0.08	56	0.87	0.07	26	0.96	0.08	18	0.93	0.04	12
Unskilled	0.93	0.08	20	0.90	0.07	10	0.98	0.09	3	0.96	0.06	7
Students	0.83	0.05	19	0.83	0.05	19	.	.	.	.	.	.
<b>Social class (UK)</b>												
Professional occupations	0.89	0.05	34	0.88	0.04	17	0.90	0.05	11	0.91	0.06	6
Managerial and Technical	0.90	0.07	177	0.88	0.07	46	0.90	0.06	78	0.93	0.06	53
Non-manual (skilled)	0.90	0.06	53	0.88	0.06	27	0.91	0.06	14	0.93	0.06	12
Manual (skilled)	0.91	0.07	121	0.88	0.06	48	0.92	0.06	37	0.94	0.07	36
Partly skilled occupations	0.92	0.08	61	0.89	0.08	29	0.95	0.06	19	0.97	0.05	13
Unskilled occupations	0.91	0.07	14	0.87	0.06	7	1.01	0.11	2	0.92	0.05	5
Students	0.83	0.05	19	0.83	0.05	19	.	.	.	.	.	.

**Table 4.20** Mean and SD values of waist to hip ratio for women by demographic and lifestyle variables and by age group

	All 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>
<b>Smoking status</b>												
Smoker	0.80	0.07	160	0.79	0.06	79	0.81	0.07	61	0.83	0.06	20
Smoker (occasionally)	0.78	0.07	39	0.78	0.05	23	0.79	0.09	12	0.79	0.02	4
Ex smoker (daily)	0.82	0.06	65	0.79	0.06	15	0.83	0.06	28	0.84	0.05	22
Ex smoker (occasionally)	0.78	0.06	75	0.77	0.06	23	0.78	0.06	34	0.80	0.07	18
Never smoked	0.79	0.07	285	0.77	0.05	104	0.79	0.06	114	0.83	0.09	67
<b>Location</b>												
Open country & village	0.81	0.07	205	0.79	0.06	63	0.81	0.07	85	0.83	0.09	57
Small town	0.79	0.06	70	0.78	0.06	33	0.78	0.04	27	0.85	0.07	10
Large town	0.79	0.06	106	0.78	0.06	45	0.78	0.06	45	0.83	0.06	16
City	0.79	0.06	246	0.77	0.06	103	0.81	0.06	94	0.81	0.06	49
<b>Education level</b>												
Primary	0.82	0.07	123	0.80	0.06	20	0.82	0.07	42	0.84	0.07	61
Intermediate	0.80	0.06	139	0.79	0.06	57	0.81	0.06	62	0.81	0.07	20
Secondary	0.79	0.06	121	0.78	0.05	46	0.80	0.06	57	0.80	0.06	18
Tertiary	0.78	0.06	237	0.77	0.06	120	0.78	0.06	87	0.82	0.07	30
<b>Social class (Irl)</b>												
Professional Workers	0.77	0.06	61	0.77	0.05	22	0.76	0.05	29	0.82	0.06	10
Managerial and Technical	0.79	0.07	209	0.77	0.06	69	0.80	0.06	96	0.81	0.09	44
Non-Manual	0.79	0.06	136	0.77	0.06	67	0.80	0.06	49	0.83	0.08	20
Skilled Manual	0.80	0.06	94	0.78	0.05	25	0.81	0.07	44	0.81	0.04	25
Semi-skilled	0.81	0.07	80	0.81	0.06	40	0.79	0.07	19	0.84	0.06	21
Unskilled	0.83	0.09	12	0.76	0.06	4	0.85	0.10	6	0.89	0.04	2
Students	0.76	0.04	13	0.76	0.04	13	.	.	.	.	.	.
<b>Social class (UK)</b>												
Professional occupations	0.77	0.06	52	0.76	0.05	21	0.76	0.05	23	0.83	0.06	8
Managerial and Technical	0.80	0.07	221	0.77	0.06	71	0.81	0.07	99	0.81	0.08	51
Non-manual (skilled)	0.79	0.06	133	0.77	0.06	63	0.80	0.06	53	0.83	0.07	17
Manual (skilled)	0.81	0.06	92	0.78	0.05	24	0.81	0.06	45	0.84	0.06	23
Partly skilled occupations	0.80	0.06	74	0.80	0.06	38	0.78	0.07	15	0.82	0.06	21
Unskilled occupations	0.82	0.09	17	0.80	0.08	8	0.83	0.10	8	0.87	.	1
Students	0.77	0.04	15	0.77	0.04	15	.	.	.	.	.	.

**Table 4.21** Mean and SD values of percent body fat for the total population by demographic and lifestyle variables and by age group

	All 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>
<b>Smoking status</b>												
Smoker	25.6	8.1	281	23.1	7.9	146	28.4	7.2	94	28.2	7.6	41
Smoker (occasionally)	26.9	7.0	69	25.1	7.1	36	28.5	6.9	26	30.8	4.0	7
Ex smoker (daily)	28.9	8.7	152	23.9	7.4	27	28.0	8.2	71	32.4	8.5	54
Ex smoker (occasionally)	29.3	8.0	110	26.1	7.8	31	30.0	7.3	46	31.5	8.3	33
Never smoked	28.5	9.6	478	24.0	8.9	201	30.2	8.4	178	34.3	8.9	99
<b>Location</b>												
Open country & village	28.7	9.2	353	24.7	9.5	117	29.6	8.1	139	32.4	8.8	97
Small town	26.5	7.9	129	24.0	7.7	61	27.7	6.9	44	31.0	8.1	24
Large town	27.9	9.2	189	24.2	9.1	82	29.6	7.8	73	32.8	8.9	34
City	27.4	8.6	427	23.3	7.2	181	29.3	8.0	164	32.3	8.4	82
<b>Education level</b>												
Primary	30.6	9.2	210	25.2	8.6	33	29.0	8.0	71	33.4	9.2	106
Intermediate	28.7	9.2	232	25.7	9.2	97	30.2	8.8	100	33.0	7.9	35
Secondary	27.1	8.1	203	23.5	8.0	85	29.2	7.3	90	31.3	6.6	28
Tertiary	26.2	8.4	440	23.2	7.8	225	28.8	7.6	152	30.4	8.5	63
<b>Social class (Irl)</b>												
Professional Workers	27.1	7.9	104	23.3	6.6	42	28.4	6.9	44	32.8	8.7	18
Managerial and Technical	28.3	8.6	364	24.1	8.4	113	29.3	7.9	172	31.9	8.3	79
Non-Manual	29.0	9.0	205	26.6	8.7	95	29.6	8.4	70	33.5	9.2	40
Skilled Manual	27.0	8.7	206	21.8	7.7	72	29.4	7.9	79	30.3	8.2	55
Semi-skilled	27.6	9.0	132	24.6	8.6	68	28.8	8.4	35	33.1	8.1	29
Unskilled	25.4	8.9	33	20.0	7.3	15	30.1	7.8	10	29.6	7.8	8
Students	21.5	7.5	30	21.5	7.5	30	.	.	.	.	.	.
<b>Social class (UK)</b>												
Professional occupations	26.3	7.6	90	23.0	6.6	40	28.3	6.6	38	31.2	9.5	12
Managerial and Technical	28.3	8.6	391	24.3	8.0	115	28.8	8.1	178	31.9	8.1	98
Non-manual (skilled)	29.6	9.0	189	26.4	8.8	91	31.5	7.8	69	35.3	8.7	29
Manual (skilled)	26.5	8.5	208	21.8	7.4	73	28.9	7.4	81	29.2	8.7	54
Partly skilled occupations	27.3	9.3	128	24.4	9.1	68	27.1	8.4	30	33.9	7.1	30
Unskilled occupations	27.1	9.2	32	21.3	7.6	16	34.2	5.9	11	29.8	8.0	5
Students	22.2	8.8	32	22.2	8.8	32	.	.	.	.	.	.

**Table 4.22** Mean and SD values of percent body fat for men by demographic and lifestyle variables and by age group

	All 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>
<b>Smoking status</b>												
Smoker	19.8	5.6	131	17.6	5.3	72	21.9	5.2	35	23.3	4.2	24
Smoker (occasionally)	20.6	4.9	27	17.0	4.3	12	22.4	2.2	12	27.9	3.1	3
Ex smoker (daily)	23.5	5.1	89	18.0	3.5	14	23.4	4.9	44	26.2	4.0	31
Ex smoker (occasionally)	22.5	4.9	40	17.6	4.2	9	22.3	4.4	13	25.2	3.7	18
Never smoked	20.9	6.0	203	18.0	5.3	96	22.9	6.3	70	24.6	3.3	37
<b>Location</b>												
Open country & village	21.3	6.0	157	17.3	5.1	56	22.8	6.1	57	24.3	4.0	44
Small town	21.0	5.8	63	18.0	5.7	29	21.2	2.6	18	26.2	4.6	16
Large town	21.6	5.7	93	17.7	4.7	40	23.8	4.7	35	25.9	3.7	18
City	21.1	5.6	182	18.0	5.0	78	22.5	5.5	67	24.9	3.1	37
<b>Education level</b>												
Primary	23.3	5.4	98	19.8	6.6	17	23.1	5.7	33	24.8	3.9	48
Intermediate	21.1	5.8	96	17.8	4.6	40	22.3	5.6	40	26.1	4.3	16
Secondary	20.4	5.6	86	16.9	4.6	40	22.5	4.7	34	25.9	3.6	12
Tertiary	20.6	5.8	209	17.7	5.1	105	23.0	5.5	68	24.3	3.7	36
<b>Social class (Irl)</b>												
Professional Workers	20.6	4.8	43	18.5	4.9	20	21.5	3.9	16	24.4	3.6	7
Managerial and Technical	22.1	5.5	162	17.3	4.7	45	23.2	4.9	77	25.3	3.7	40
Non-Manual	21.2	6.3	68	18.4	6.3	27	21.6	6.7	23	25.1	3.2	18
Skilled Manual	21.5	5.4	119	18.4	4.9	49	22.6	4.5	37	24.8	4.5	33
Semi-skilled	20.4	6.3	59	17.6	4.9	31	23.6	7.6	18	23.7	3.5	10
Unskilled	20.8	7.2	20	17.1	6.3	11	24.4	8.9	3	25.9	4.1	6
Students	16.3	3.8	17	16.3	3.8	17	.	.	.	.	.	.
<b>Social class (UK)</b>												
Professional occupations	20.5	4.8	40	18.3	5.0	19	22.2	3.8	15	23.4	3.1	6
Managerial and Technical	22.0	5.5	175	17.4	4.7	45	22.4	5.1	82	25.6	3.8	48
Non-manual (skilled)	21.6	6.6	55	18.6	6.2	27	23.4	6.7	17	26.1	2.8	11
Manual (skilled)	21.3	5.1	125	18.3	4.8	51	23.0	4.3	39	23.6	4.2	35
Partly skilled occupations	20.3	6.2	59	17.7	5.5	32	21.9	6.4	17	25.9	2.9	10
Unskilled occupations	20.3	7.7	14	16.0	4.9	9	34.3	.	1	26.7	4.1	4
Students	16.3	3.8	17	16.3	3.8	17	.	.	.	.	.	.

**Table 4.23** Mean and SD values of percent body fat for women by demographic and lifestyle variables and by age group

	All 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>
<b>Smoking status</b>												
Smoker	30.8	6.1	150	28.5	6.1	74	32.3	5.1	59	35.1	5.6	17
Smoker (occasionally)	31.0	4.8	42	29.1	4.1	24	33.7	4.9	14	33.0	3.2	4
Ex smoker (daily)	36.4	6.9	63	30.2	4.6	13	35.6	6.7	27	40.8	5.1	23
Ex smoker (occasionally)	33.2	6.7	70	29.6	6.1	22	33.0	5.8	33	39.0	5.5	15
Never smoked	34.1	7.6	275	29.6	7.8	105	35.0	5.7	108	40.0	5.5	62
<b>Location</b>												
Open country & village	34.7	6.7	196	31.5	7.2	61	34.3	5.6	82	39.0	5.3	53
Small town	31.8	5.9	66	29.4	4.6	32	32.1	5.1	26	40.5	4.0	8
Large town	34.0	7.8	96	30.5	7.9	42	35.0	6.1	38	40.7	6.1	16
City	32.0	7.3	245	27.3	5.9	103	34.1	5.8	97	38.4	6.1	45
<b>Education level</b>												
Primary	37.0	6.9	112	31.0	6.5	16	34.1	5.9	38	40.6	5.5	58
Intermediate	34.1	7.1	136	31.2	7.5	57	35.5	6.1	60	38.8	4.9	19
Secondary	32.1	5.8	117	29.3	5.5	45	33.3	5.4	56	35.3	5.4	16
Tertiary	31.3	7.1	231	28.0	6.5	120	33.5	5.6	84	38.4	5.9	27
<b>Social class (Irl)</b>												
Professional Workers	31.7	6.2	61	27.7	4.7	22	32.4	4.6	28	38.1	6.4	11
Managerial and Technical	33.3	7.4	202	28.6	7.1	68	34.3	6.2	95	38.7	5.9	39
Non-Manual	32.8	7.6	137	29.8	7.3	68	33.5	6.0	47	40.5	6.1	22
Skilled Manual	34.5	6.6	87	29.1	7.4	23	35.3	5.0	42	38.5	4.9	22
Semi-skilled	33.3	6.4	73	30.5	6.3	37	34.3	5.1	17	38.0	4.6	19
Unskilled	32.4	6.4	13	28.0	1.9	4	32.6	6.5	7	40.8	2.6	2
Students	28.3	5.3	13	28.3	5.3	13	.	.	.	.	.	.
<b>Social class (UK)</b>												
Professional occupations	31.0	6.2	50	27.3	4.7	21	32.2	4.8	23	39.0	6.5	6
Managerial and Technical	33.3	7.1	216	28.7	6.3	70	34.3	6.0	96	38.1	6.1	50
Non-manual (skilled)	32.9	7.8	134	29.7	7.6	64	34.2	6.2	52	40.9	5.7	18
Manual (skilled)	34.4	6.1	83	29.9	6.1	22	34.4	5.1	42	39.5	4.1	19
Partly skilled occupations	33.2	7.0	69	30.3	7.3	36	34.0	5.1	13	37.9	4.8	20
Unskilled occupations	32.3	6.5	18	28.1	4.0	7	34.2	6.3	10	42.6	.	1
Students	29.0	7.8	15	29.0	7.8	15	.	.	.	.	.	.