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Table 5.8 Energy expenditure estimates (METS^a) for occupational, leisure and home activities reported by subjects in different social classes (Ireland)

Table 5.9 Energy expenditure estimates (METS^a) for occupational, leisure and home activities reported by subjects in different social classes (UK)

^a multiples of resting metabolic rate x hours per week

Table 5.1 Leisure time activities^a - percentages of subjects participating in each activity once a week or more

Men (<i>n</i> = 648)		Women (<i>n</i> = 705)	
Activity	%	Activity	%
Walking for pleasure	41.1	Walking for pleasure	60.3
Mowing the lawn	28.5	Watering the garden	20.1
DIY activities	17.3	Floor exercises	19.1
Floor exercises	15.3	Weeding, pruning	15.1
Football/rugby/hockey	15.2	Mowing the lawn	14.8
Watering the garden	14.7	Conditioning exercises	11.8
Digging/shovelling/chopping wood	14.3	Dancing	10.7
Weeding, pruning	12.0	General swimming	7.9
Jogging	10.1	Exercises with weights	5.7
Snooker/billiards/darts	9.8	Musical instrument playing	5.7
Exercises with weights	9.7	Step/high impact aerobics	5.4
Golf	9.2	Competitive/lap swimming	4.9

^a 12 most frequently undertaken activities, listed for each sex

Table 5.2 Mean amounts of time spent by subjects in different age categories watching television and participating in recreational and vigorous recreational activities

		All ages 18-64 years			18-35 years			36-50 years			51-64 years		
		Mean	(SD)	<i>n</i>	Mean	(SD)	<i>n</i>	Mean	(SD)	<i>n</i>	Mean	(SD)	<i>n</i>
Total	Television viewing (hr/week)	18.7	(10.3)	1353	19.0	(10.1)	516	18.1	(9.9)	515	19.0	(11.1)	322
	Recreational activities (hr/week)	6.7	(5.9)	1353	7.9	(6.5)	516	6.4	(5.5)	515	5.5	(5.0)	322
	Vigorous recreational activities (hr/week)	1.3	(2.3)	1353	2.1	(2.8)	516	1.1	(1.9)	515	0.5	(1.3)	322
Men	Television viewing (hr/week)	19.1	(10.0)	648	19.2	(9.9)	249	18.8	(9.7)	234	19.3	(10.8)	165
	Recreational activities (hr/week)	8.7	(6.9)	648	10.4	(7.4)	249	8.3	(6.6)	234	6.8	(5.6)	165
	Vigorous recreational activities (hr/week)	1.7	(2.7)	648	2.7	(3.3)	249	1.3	(2.4)	234	0.6	(1.6)	165
Women	Television viewing (hr/week)	18.3	(10.5)	705	18.8	(10.4)	267	17.5	(10.1)	281	18.7	(11.5)	157
	Recreational activities (hr/week)	4.9	(4.0)	705	5.5	(4.4)	267	4.7	(3.6)	281	4.1	(3.8)	157
	Vigorous recreational activities (hr/week)	1.0	(1.7)	705	1.4	(2.0)	267	0.9	(1.5)	281	0.4	(0.9)	157

Table 5.3 Mean amount of time spent by subjects in different BMI categories watching television and participating in recreational and vigorous recreational activities

		BMI <25kg/m ²			BMI 25kg/m ² - 30kg/m ²			BMI > 30kg/m ²		
		Mean	(SD)	<i>n</i>	Mean	(SD)	<i>n</i>	Mean	(SD)	<i>n</i>
Total	Television viewing (hr/week)	17.5	(10.1)	559	19.5	(10.0)	505	20.1	(11.4)	230
	Recreational activities (hr/week)	6.5	(5.3)	559	7.2	(6.3)	505	6.4	(6.4)	230
	Vigorous recreational activities (hr/week)	1.5	(2.2)	559	1.3	(2.3)	505	1.0	(2.4)	230
Men	Television viewing (hr/week)	18.0	(9.7)	203	19.9	(9.7)	281	19.9	(11.6)	121
	Recreational activities (hr/week)	8.7	(6.1)	203	9.3	(7.2)	281	8.1	(7.6)	121
	Vigorous recreational activities (hr/week)	1.9	(2.6)	203	1.6	(2.7)	281	1.3	(3.0)	121
Women	Television viewing (hr/week)	17.2	(10.4)	356	19.0	(10.5)	224	20.2	(11.3)	109
	Recreational activities (hr/week)	5.3	(4.4)	356	4.5	(3.4)	224	4.4	(4.1)	109
	Vigorous recreational activities (hr/week)	1.2	(1.8)	356	0.9	(1.4)	224	0.7	(1.5)	109

Table 5.4 Mean amount of time spent by subjects watching television and participating in recreational and vigorous recreational activities by social class (Ireland)

		Watching television (hr/week)			Recreational activities (hr/week)			Vigorous recreational activities (hr/week)		
		Mean	(SD)	<i>n</i>	Mean	(SD)	<i>n</i>	Mean	(SD)	<i>n</i>
Men	Professional workers	14.8	(8.5)	58	8.7	(7.0)	58	1.6	(1.9)	58
	Managerial and technical	17.8	(9.6)	206	9.1	(7.2)	206	1.9	(3.1)	206
	Non-manual	21.8	(10.5)	89	8.7	(6.7)	89	1.8	(3.2)	89
	Skilled manual	19.4	(10.5)	153	8.5	(6.6)	153	1.4	(2.5)	153
	Semi-skilled	21.2	(9.4)	81	8.5	(5.9)	81	1.2	(1.8)	81
	Unskilled	22.0	(9.1)	30	7.8	(6.3)	30	1.5	(2.9)	30
	Occupation unknown or insufficiently described	15.8	(10.7)	10	9.0	(6.7)	10	1.7	(1.8)	10
	Students	19.4	(10.7)	20	9.9	(10.2)	20	3.6	(3.6)	20
Women	Professional workers	15.4	(8.1)	69	6.2	(4.7)	69	1.4	(1.7)	69
	Managerial and technical	16.4	(9.4)	229	5.0	(3.6)	229	1.1	(1.6)	229
	Non-manual	17.9	(9.7)	162	5.2	(4.6)	162	1.1	(2.1)	162
	Skilled manual	20.6	(11.8)	106	4.0	(3.1)	106	0.7	(1.2)	106
	Semi-skilled	22.0	(11.7)	86	4.3	(3.4)	86	0.7	(1.3)	86
	Unskilled	20.1	(10.0)	17	4.3	(4.0)	17	0.3	(0.5)	17
	Occupation unknown or insufficiently described	24.3	(17.8)	20	2.1	(2.1)	20	0.1	(0.3)	20
	Students	16.3	(8.0)	13	7.5	(6.7)	13	2.9	(2.9)	13

Table 5.5 Mean amount of time spent by subjects watching television and participating in recreational and vigorous recreational activities by social class (UK)

		Watching television (hr/week)			Recreational activities (hr/week)			Vigorous recreational activities (hr/week)		
		Mean	(SD)	<i>n</i>	Mean	(SD)	<i>n</i>	Mean	(SD)	<i>n</i>
Men	Professional occupations	14.3	(9.1)	49	9.8	(6.9)	49	1.8	(2.1)	49
	Managerial and technical	18.0	(9.5)	227	8.8	(7.1)	227	1.8	(2.9)	227
	Non-manual (skilled)	21.8	(10.4)	75	8.9	(6.9)	75	2.0	(3.4)	75
	Manual (skilled)	19.3	(10.3)	160	8.3	(6.3)	160	1.2	(2.4)	160
	Partly skilled occupations	21.9	(9.7)	83	8.6	(6.5)	83	1.5	(2.4)	83
	Unskilled occupations	20.9	(9.4)	21	8.6	(6.2)	21	1.4	(2.2)	21
	Occupation unknown or insufficiently described	15.2	(10.7)	10	8.4	(6.8)	10	1.3	(1.7)	10
	Students	19.4	(10.7)	20	9.9	(10.1)	20	3.6	(3.5)	20
Women	Professional occupations	15.3	(7.4)	56	6.0	(5.1)	56	1.5	(1.8)	56
	Managerial and technical	16.2	(9.2)	246	5.1	(3.5)	246	1.0	(1.5)	246
	Non-manual (skilled)	18.3	(9.9)	156	5.3	(4.3)	156	1.2	(2.0)	156
	Manual (skilled)	20.7	(11.6)	104	3.7	(2.7)	104	0.7	(0.9)	104
	Partly skilled occupations	20.8	(11.7)	81	4.7	(4.6)	81	0.7	(1.8)	81
	Unskilled occupations	22.0	(11.9)	23	4.6	(3.6)	23	0.5	(0.9)	23
	Occupation unknown or insufficiently described	24.3	(17.8)	20	2.1	(21.2)	20	0.1	(0.3)	20
	Students	17.5	(8.9)	15	7.5	(6.4)	15	2.6	(2.8)	15

Table 5.6 Energy expenditure estimates (METs^a) for occupational, leisure and home activities reported by subjects in different age categories

		Occupational activities						Leisure activities					Home activities				
		n	Mean	(SD)	Percentiles			Mean	(SD)	Percentiles			Mean	(SD)	Percentiles		
					25th	50th	75th			25th	50th	75th			25th	50th	75th
Total	Total	1353	75.6	(68.6)	20.1	65.6	108.1	27.0	(31.5)	8.2	18.0	34.6	45.2	(40.3)	13.0	33.0	67.7
	18-35 years	516	82.1	(65.3)	41.7	70.2	112.1	32.2	(37.7)	9.4	21.3	40.5	41.3	(40.1)	12.7	27.3	58.7
	36-50 years	515	79.6	(73.4)	25.1	66.8	111.3	24.0	(28.1)	7.5	15.7	30.4	51.1	(40.8)	16.5	44.5	75.8
	51-64 years	322	58.6	(63.2)	0.0	48.0	95.4	23.1	(23.8)	6.7	15.8	31.4	42.0	(38.8)	9.9	31.8	65.5
Men	Total	648	105.3	(77.0)	59.3	91.8	147.0	34.4	(38.0)	10.5	23.7	44.3	22.6	(24.6)	5.4	13.9	29.4
	18-35 years	249	108.0	(76.2)	60.9	92.7	152.5	43.5	(46.0)	15.8	30.6	52.7	23.3	(24.1)	6.7	14.8	30.5
	36-50 years	234	117.7	(80.6)	65.4	102.4	132.9	30.6	(33.7)	9.1	21.2	38.6	24.8	(25.1)	6.6	15.4	35.3
	51-64 years	165	83.4	(68.2)	28.7	70.5	133.7	26.1	(25.8)	9.2	16.4	37.4	18.5	(24.1)	3.0	10.4	24.7
Women	Total	705	48.3	(45.2)	0.0	49.0	74.1	20.1	(22.0)	6.7	14.2	26.8	65.9	(40.7)	33.3	58.8	90.3
	18-35 years	267	57.9	(40.5)	27.3	60.0	78.8	21.9	(23.5)	7.4	15.7	28.2	58.0	(44.5)	20.3	42.4	88.3
	36-50 years	281	47.9	(47.4)	0.7	43.8	71.6	18.6	(20.8)	6.7	13.0	25.2	73.0	(38.3)	44.0	68.7	94.0
	51-64 years	157	32.6	(44.6)	0.0	0.0	63.9	20.0	(21.2)	5.4	14.5	27.6	66.8	(35.8)	39.8	61.0	86.4

^a multiples of resting metabolic rate x hours per week

Table 5.7 Energy expenditure estimates (METS^a) for occupational, leisure and home activities reported by subjects in different BMI categories

BMI	<i>n</i>	Occupational activities						Leisure activities						Home activities					
		Mean	(SD)	Percentiles			Mean	(SD)	Percentiles			Mean	(SD)	Percentiles					
				25th	50th	75th			25th	50th	75th			25th	50th	75th			
Total	<25kg/m ²	559	70.9	(57.1)	27.1	64.9	98.3	27.4	(32.5)	8.0	17.9	35.7	47.9	(39.7)	16.6	36.6	71.1		
	25kg/m ² - 30kg/m ²	505	77.0	(68.5)	12.4	67.6	113.7	26.9	(28.0)	9.2	19.1	34.9	42.5	(39.6)	10.7	29.6	64.0		
	> 30kg/m ²	230	73.8	(81.4)	0.0	61.8	101.4	24.9	(34.3)	6.1	15.3	32.4	47.9	(42.9)	13.4	33.3	76.0		
Men	<25kg/m ²	203	103.0	(64.9)	60.4	89.0	145.7	38.1	(40.5)	11.2	26.7	51.8	22.0	(20.8)	6.3	14.4	29.3		
	25kg/m ² - 30kg/m ²	281	104.7	(72.3)	62.4	92.7	148.2	32.7	(33.1)	11.3	22.5	43.2	23.0	(26.2)	5.0	13.2	30.2		
	> 30kg/m ²	121	96.8	(92.9)	29.5	80.1	139.4	31.5	(43.7)	7.1	20.4	37.4	23.9	(27.7)	5.4	15.6	29.8		
Women	<25kg/m ²	356	52.6	(42.4)	14.9	54.7	76.0	21.4	(24.9)	7.3	14.6	27.3	62.6	(40.3)	31.0	55.5	87.7		
	25kg/m ² - 30kg/m ²	224	42.1	(43.0)	0.0	39.8	69.1	19.5	(17.3)	7.5	15.2	27.2	67.0	(40.0)	36.0	59.0	90.5		
	> 30kg/m ²	109	48.1	(56.6)	0.0	30.5	73.8	17.6	(16.4)	5.0	13.3	25.2	74.5	(41.2)	40.2	73.2	94.6		

^a multiples of resting metabolic rate x hours per week

Table 5.8 Energy expenditure estimates (METS^a) for occupational, leisure and home activities reported by subjects in different social classes (Ireland)

		Occupational activities						Leisure activities					Home activities				
		<i>n</i>	Percentiles			Mean	(SD)	Percentiles			Mean	(SD)	Percentiles				
			Mean	(SD)	25th			50th	75th	Mean			(SD)	25th	50th	75th	Mean
Men	Professional workers	58	101.6	(58.3)	61.8	81.8	140.1	30.5	(27.9)	12.7	20.0	42.1	21.1	(21.1)	6.0	13.5	28.0
	Managerial and technical	206	99.7	(77.9)	59.5	80.4	120.1	30.3	(32.6)	9.2	22.9	37.7	23.6	(23.3)	5.7	16.6	33.2
	Non-manual	89	92.3	(71.8)	48.1	76.5	145.0	37.2	(42.2)	11.0	21.4	49.3	23.7	(24.7)	7.4	14.1	30.6
	Skilled manual	153	132.5	(86.8)	84.0	139.2	178.0	34.4	(36.3)	9.3	23.5	50.9	19.9	(25.5)	4.3	10.0	27.9
	Semi-skilled	81	109.9	(56.7)	72.0	110.0	140.6	37.4	(36.2)	11.5	30.2	51.1	28.9	(31.4)	9.0	20.7	35.5
	Unskilled	30	101.9	(83.9)	9.2	116.5	152.6	42.0	(54.3)	11.6	20.0	57.1	18.2	(18.3)	4.2	12.6	26.1
	Occupation unknown or insufficiently described	10	26.7	(29.7)	0.0	17.5	56.0	66.3	(95.5)	22.9	30.0	62.7	9.9	(6.9)	5.9	8.0	16.0
	Students	20	48.8	(58.1)	4.7	26.1	73.1	37.3	(36.4)	14.8	29.2	42.5	18.7	(12.6)	6.9	17.3	28.3
Women	Professional workers	69	48.7	(43.3)	5.7	52.0	73.5	24.1	(20.9)	9.4	20.5	32.1	58.1	(32.8)	35.3	56.2	78.8
	Managerial and technical	229	58.0	(41.2)	27.1	59.6	79.7	19.6	(23.2)	7.8	133.0	24.6	63.2	(35.6)	33.0	58.2	89.2
	Non-manual	162	46.6	(37.6)	8.3	47.9	69.8	23.6	(24.5)	7.5	16.2	32.0	59.6	(43.0)	26.0	48.6	83.0
	Skilled manual	106	41.9	(57.8)	0.0	17.3	69.1	16.2	(13.7)	5.7	11.7	24.6	84.4	(43.9)	52.1	76.8	107.4
	Semi-skilled	86	47.4	(50.8)	0.0	37.1	75.5	18.4	(24.3)	4.5	13.2	25.4	66.5	(41.4)	32.7	64.9	97.7
	Unskilled	17	26.6	(33.5)	0.0	3.5	57.3	17.3	(14.8)	5.8	13.0	25.3	87.9	(45.8)	49.6	88.2	139.6
	Occupation unknown or insufficiently described	20	9.1	(27.8)	0.0	0.0	0.0	11.4	(15.5)	1.0	3.8	15.9	83.6	(47.1)	51.2	79.4	91.9
	Students	13	53.1	(45.0)	9.3	65.2	87.1	30.0	(20.5)	8.7	32.8	43.3	28.0	(17.5)	16.0	29.0	38.7

^a multiples of resting metabolic rate x hours per week

Table 5.9 Energy expenditure estimates (METS^a) for occupational, leisure and home activities reported by subjects in different social classes (UK)

		Occupational activities						Leisure activities					Home activities				
		<i>n</i>	Mean	(SD)	Percentiles			Mean	(SD)	Percentiles			Mean	(SD)	Percentiles		
					25th	50th	75th			25th	50th	75th			25th	50th	75th
Men	Professional occupations	49	87.4	(50.3)	60.2	71.7	98.8	32.5	(26.0)	15.5	24.0	40.0	26.8	(25.1)	6.4	19.0	51.4
	Managerial and technical	227	104.5	(78.6)	59.5	86.3	137.1	30.8	(34.9)	8.8	21.7	38.5	22.8	(22.3)	5.4	15.9	32.5
	Non-manual (skilled)	75	80.6	(64.8)	51.2	70.3	118.5	33.5	(34.3)	13.9	22.0	41.5	23.2	(24.8)	8.6	14.4	27.4
	Manual (skilled)	160	131.1	(84.1)	84.6	131.1	176.8	32.9	(34.1)	9.5	23.4	49.0	19.6	(25.7)	4.2	9.7	26.9
	Partly skilled occupations	83	110.2	(65.2)	64.5	118.0	152.8	41.7	(43.8)	9.3	31.7	54.1	26.8	(30.6)	7.4	17.0	32.0
	Unskilled occupations	21	106.8	(87.2)	14.4	125.7	173.9	46.0	(55.7)	12.6	21.3	81.7	22.7	(21.3)	6.2	13.3	40.6
	Occupation unknown or insufficiently described	10	37.2	(49.1)	0.0	17.5	61.5	64.6	(96.4)	12.5	30.0	62.7	8.6	(6.9)	4.4	6.9	11.2
	Students	20	48.8	(58.1)	4.7	26.1	73.1	37.3	(36.4)	14.8	29.2	42.5	18.7	(12.6)	6.9	17.3	28.3
Women	Professional occupations	56	47.7	(39.0)	13.7	51.1	69.7	22.1	(19.5)	8.5	16.7	30.8	57.2	(34.4)	29.0	51.8	78.9
	Managerial and technical	246	56.4	(42.9)	21.9	58.9	80.2	20.5	(23.7)	7.8	14.6	24.6	64.1	(35.5)	33.9	58.7	90.2
	Non-manual (skilled)	156	49.2	(37.1)	17.5	52.3	71.0	22.2	(21.0)	7.5	15.3	30.3	57.5	(40.7)	26.6	45.4	78.3
	Manual (skilled)	104	36.4	(55.6)	0.0	0.0	62.1	16.9	(14.7)	5.5	11.7	25.7	84.8	(44.8)	56.3	75.8	117.9
	Partly skilled occupations	81	51.7	(53.5)	0.0	42.5	78.7	20.1	(29.7)	5.0	14.1	24.8	63.8	(42.5)	32.5	55.3	94.9
	Unskilled occupations	23	39.7	(37.4)	0.0	51.2	71.6	15.5	(14.1)	3.7	11.7	24.3	93.5	(40.3)	56.2	91.3	138.8
	Occupation unknown or insufficiently described	20	9.1	(27.8)	0.0	0.0	0.0	11.4	(15.5)	1.0	3.8	15.9	83.6	(47.1)	51.2	79.4	90.9
	Students	15	48.9	(43.7)	7.5	42.0	84.5	29.6	(20.3)	8.4	32.8	44.0	34.2	(31.9)	15.3	29.0	39.7

^a multiples of resting metabolic rate x hours per week