

Table 6.1 Percentage of subjects selecting responses to the statement "I make conscious efforts to try and eat a healthy diet" by demographics (sex, age group, education level and social class) and smoking status

Table 6.2 Percentage of subjects selecting responses to the statement "I try to keep the amount of fat I eat to a healthy amount" classified by demographics (sex, age group, education level and social class) and smoking status.

Table 6.3 Percentage of subjects selecting responses to the statement " I read labels on food packages to try to avoid additives or preservatives or colours" classified by demographics (sex, age group, education level and social class) and smoking status.

Table 6.4 Percentage of subjects who agree or disagree with the statement " I don't need to make changes to my diet as it is healthy enough" classified by demographics (sex, age group, education level and social class) and smoking status.

Table 6.5 Percentage of subjects who agree or disagree with the statement " I am concerned about pesticides in food " classified by demographics (sex, age group, education level and social class) and smoking status.

Table 6.6 Percentage of subjects who agree or disagree with the statement " my weight is fine for my age" classified by demographics (sex, age group, education level, social class), BMI category and smoking status.

Table 6.7 Percentage of subjects who consciously modified eating habits in the past year classified by demographics (sex, age group, education level, social class), BMI category and smoking status.

Table 6.8 The percentage of respondents selecting the following reasons for changing their diet among those who had modified their eating habits in the past year (n=572).

Table 6.9 The percentage of respondents making the following changes to their diet among those who had modified their eating habits in the past year (n=572).

Table 6.10 Percentage of subjects who modified eating habits as wanted to eat a healthy diet classified by demographics (sex, age group, education level, social class), BMI category and smoking status.

Table 6.11 Percentage of subjects selecting the most appropriate response regarding their self-assessed adequacy with respect to their consumption of a number of foods.

Table 6.12 Percentage of subjects selecting the most appropriate response regarding the amount of exercise they should take classified by demographics (sex, age group, education level, social class), BMI category and smoking status.

Table 6.13 Percentage of subjects selecting the most appropriate response regarding their feelings about exercise classified by demographics (sex, age group, education level, social class), BMI category and smoking status.

Table 6.1 Percentage of subjects selecting responses to the statement "I make conscious efforts to try and eat a healthy diet" by demographics (sex, age group, education level and social class) and smoking status

		<i>n</i>	most of the time	quite often	now and again	hardly ever	don't know
Total sample		<i>1256</i>	40	22	25	12	1
Sex	Male	<i>584</i>	33	22	25	19	1
	Female	<i>672</i>	47	22	25	6	0
Age group	18-35y	<i>490</i>	26	24	34	15	1
	36-50y	<i>473</i>	46	23	21	10	0
	51-64y	<i>293</i>	56	19	16	9	1
Education level	Primary	<i>255</i>	43	16	24	16	0
	Intermediate	<i>258</i>	36	17	31	14	1
	Secondary	<i>235</i>	39	23	24	14	0
	Tertiary	<i>494</i>	42	28	23	8	0
Social class (Irl)	Professional workers	<i>124</i>	46	24	22	7	1
	Managerial and technical	<i>404</i>	49	27	18	6	0
	Non-manual	<i>232</i>	38	23	29	10	0
	Skilled manual	<i>233</i>	33	19	30	17	1
	Semi-skilled	<i>151</i>	36	16	30	18	1
	Unskilled	<i>44</i>	18	16	32	30	5
	Students	<i>34</i>	32	15	38	15	0
Social class (UK)	Professional occupations	<i>104</i>	47	24	22	6	1
	Managerial and technical	<i>439</i>	48	26	18	8	0
	Non-manual (skilled)	<i>215</i>	40	25	27	9	0
	Manual (skilled)	<i>238</i>	33	18	31	17	1
	Partly skilled occupations	<i>147</i>	35	19	29	16	1
	Unskilled occupations	<i>40</i>	23	8	43	28	0
	Students	<i>36</i>	31	14	42	14	0
Smoking status	Smoker	<i>411</i>	27	21	31	20	1
	Ex-smoker	<i>299</i>	50	19	22	8	0
	Never	<i>540</i>	46	24	22	8	0

Table 6.2 Percentage of subjects selecting responses to the statement "I try to keep the amount of fat I eat to a healthy amount" classified by demographics (sex, age group, education level and social class) and smoking status.

		<i>n</i>	most of the time	quite often	now and again	hardly ever	don't know
Total sample		<i>1254</i>	38	26	19	16	2
Sex	Male	<i>583</i>	33	23	19	22	2
	Female	<i>671</i>	43	27	18	10	1
Age group	18-35y	<i>490</i>	24	28	26	21	2
	36-50y	<i>473</i>	43	26	18	12	1
	51-64y	<i>291</i>	56	21	8	12	2
Education level	Primary	<i>255</i>	42	21	16	18	2
	Intermediate	<i>257</i>	34	23	21	19	2
	Secondary	<i>235</i>	34	28	18	18	2
	Tertiary	<i>493</i>	41	29	19	11	1
Social class (Irl)	Professional workers	<i>124</i>	44	26	21	8	1
	Managerial and technical	<i>404</i>	48	29	12	10	1
	Non-manual	<i>232</i>	32	29	23	15	1
	Skilled manual	<i>233</i>	34	21	21	22	1
	Semi-skilled	<i>151</i>	31	21	23	23	3
	Unskilled	<i>44</i>	30	18	23	27	2
	Students	<i>34</i>	18	24	35	21	3
Social class (UK)	Professional occupations	<i>104</i>	46	24	22	7	1
	Managerial and technical	<i>439</i>	46	29	13	11	1
	Non-manual (skilled)	<i>215</i>	33	29	22	15	1
	Manual (skilled)	<i>238</i>	34	22	21	22	2
	Partly skilled occupations	<i>147</i>	34	18	24	22	3
	Unskilled occupations	<i>40</i>	28	28	18	28	0
	Students	<i>36</i>	17	28	33	19	3
Smoking status	Smoker	<i>411</i>	26	26	23	23	2
	Ex-smoker	<i>299</i>	48	22	16	14	0
	Never	<i>538</i>	43	27	17	11	2

Table 6.3 Percentage of subjects selecting responses to the statement " I read labels on food packages to try to avoid additives or preservatives or colours" classified by demographics (sex, age group, education level and social class) and smoking status.

		<i>n</i>	most of the time	quite often	now and again	hardly ever	don't know
Total sample		<i>1252</i>	12	13	22	51	1
Sex	Male	<i>581</i>	8	11	17	62	2
	Female	<i>671</i>	16	15	27	42	1
Age group	18-35y	<i>489</i>	7	10	20	61	2
	36-50y	<i>473</i>	16	17	24	42	0
	51-64y	<i>290</i>	16	11	21	50	1
Education level	Primary	<i>254</i>	11	7	20	60	1
	Intermediate	<i>259</i>	10	13	23	52	3
	Secondary	<i>235</i>	16	12	20	51	0
	Tertiary	<i>494</i>	13	17	23	47	1
Social class (Irl)	Professional workers	<i>124</i>	16	10	23	48	2
	Managerial and technical	<i>404</i>	17	18	24	40	1
	Non-manual	<i>232</i>	8	18	24	50	0
	Skilled manual	<i>233</i>	10	7	17	63	2
	Semi-skilled	<i>151</i>	9	9	25	56	1
	Unskilled	<i>44</i>	7	2	25	64	2
	Students	<i>34</i>	9	6	9	76	0
Social class (UK)	Professional occupations	<i>104</i>	19	10	21	49	1
	Managerial and technical	<i>439</i>	16	17	24	42	1
	Non-manual (skilled)	<i>215</i>	7	19	24	50	0
	Manual (skilled)	<i>238</i>	11	7	19	61	2
	Partly skilled occupations	<i>147</i>	8	10	22	57	3
	Unskilled occupations	<i>40</i>	8	3	28	63	0
	Students	<i>36</i>	8	6	11	75	0
Smoking status	Smoker	<i>411</i>	9	11	18	60	2
	Ex-smoker	<i>299</i>	13	16	23	47	1
	Never	<i>537</i>	14	13	25	47	1

Table 6.4 Percentage of subjects who agree or disagree with the statement " I don't need to make changes to my diet as it is healthy enough" classified by demographics (sex, age group, education level and social class) and smoking status.

		<i>n</i>	strongly agree	tend to agree	tend to disagree	strongly disagree	don't know
Total sample		<i>1254</i>	11	41	30	11	7
Sex	Male	<i>583</i>	13	42	28	9	8
	Female	<i>671</i>	10	40	32	12	6
Age group	18-35y	<i>491</i>	5	36	37	14	8
	36-50y	<i>473</i>	11	44	30	10	5
	51-64y	<i>290</i>	23	43	20	5	8
Education level	Primary	<i>254</i>	20	38	23	9	10
	Intermediate	<i>258</i>	7	41	29	14	9
	Secondary	<i>235</i>	11	38	33	9	8
	Tertiary	<i>493</i>	9	43	33	10	4
Social class (Irl)	Professional workers	<i>124</i>	12	42	35	5	6
	Managerial and technical	<i>404</i>	15	44	28	10	4
	Non-manual	<i>231</i>	10	38	34	12	6
	Skilled manual	<i>232</i>	10	37	31	13	9
	Semi-skilled	<i>151</i>	5	40	30	13	12
	Unskilled	<i>44</i>	16	41	23	11	9
	Students	<i>34</i>	6	41	44	6	3
Social class (UK)	Professional occupations	<i>104</i>	13	41	36	4	7
	Managerial and technical	<i>439</i>	15	45	27	9	4
	Non-manual (skilled)	<i>215</i>	9	36	35	14	7
	Manual (skilled)	<i>238</i>	11	35	31	13	10
	Partly skilled occupations	<i>147</i>	7	40	27	14	12
	Unskilled occupations	<i>40</i>	8	43	33	13	5
	Students	<i>36</i>	6	39	44	8	3
Smoking status	Smoker	<i>411</i>	8	37	33	12	10
	Ex-smoker	<i>299</i>	15	43	28	9	5
	Never	<i>538</i>	12	42	29	10	6

Table 6.5 Percentage of subjects who agree or disagree with the statement " I am concerned about pesticides in food " classified by demographics (sex, age group, education level and social class) and smoking status.

		<i>n</i>	strongly agree	tend to agree	tend to disagree	strongly disagree	don't know
Total sample		<i>1254</i>	11	41	30	11	7
Sex	Male	<i>584</i>	32	32	13	9	14
	Female	<i>670</i>	34	37	9	5	15
Age group	18-35y	<i>491</i>	18	37	14	11	20
	36-50y	<i>473</i>	40	36	8	5	11
	51-64y	<i>290</i>	48	28	9	4	11
Education level	Primary	<i>254</i>	33	29	11	7	21
	Intermediate	<i>258</i>	36	34	8	7	15
	Secondary	<i>234</i>	33	29	11	7	21
	Tertiary	<i>494</i>	30	39	12	8	12
Social class (Irl)	Professional workers	<i>124</i>	29	42	14	4	11
	Managerial and technical	<i>404</i>	40	35	10	6	9
	Non-manual	<i>231</i>	33	34	9	6	16
	Skilled manual	<i>232</i>	30	33	12	8	17
	Semi-skilled	<i>151</i>	26	32	11	7	23
	Unskilled	<i>44</i>	27	32	16	7	18
	Students	<i>34</i>	26	32	6	24	12
Social class (UK)	Professional occupations	<i>104</i>	30	40	14	5	11
	Managerial and technical	<i>439</i>	40	34	11	6	9
	Non-manual (skilled)	<i>214</i>	32	33	9	7	20
	Manual (skilled)	<i>237</i>	27	37	11	8	16
	Partly skilled occupations	<i>147</i>	33	31	9	6	22
	Unskilled occupations	<i>40</i>	25	33	13	5	25
	Students	<i>36</i>	25	36	6	22	11
Smoking status	Smoker	<i>411</i>	26	35	12	10	17
	Ex-smoker	<i>299</i>	40	30	10	6	14
	Never	<i>538</i>	35	37	10	5	13

Table 6.6 Percentage of subjects who agree or disagree with the statement " my weight is fine for my age" classified by demographics (sex, age group, education level, social class), BMI category and smoking status.

		<i>n</i>	strongly agree	tend to agree	tend to disagree	strongly disagree	don't know
Total sample		1255	14	34	28	18	6
Sex	Male	584	17	35	26	16	7
	Female	671	11	33	31	20	4
Age group	18-35y	491	14	36	28	15	6
	36-50y	473	11	33	30	22	4
	51-64y	291	18	32	26	16	8
Education level	Primary	254	13	31	26	22	7
	Intermediate	258	10	33	32	19	6
	Secondary	235	18	30	27	17	8
	Tertiary	494	14	38	29	16	4
Social class (Irl)	Professional workers	124	12	39	35	10	3
	Managerial and technical	404	14	33	30	19	4
	Non-manual	232	11	36	30	18	5
	Skilled manual	232	15	32	24	22	8
	Semi-skilled	151	12	30	28	20	9
	Unskilled	44	30	30	14	20	7
	Students	34	24	47	21	6	3
Social class (UK)	Professional occupations	104	13	38	38	10	3
	Managerial and technical	439	13	34	31	17	5
	Non-manual (skilled)	215	12	36	27	20	5
	Manual (skilled)	237	16	32	23	20	8
	Partly skilled occupations	147	12	31	28	22	7
	Unskilled occupations	40	25	25	23	20	8
	Students	36	22	44	22	8	3
BMI category	Under weight	10	20	10	40	30	0
	Normal weight	516	23	53	17	4	3
	Over weight	467	9	26	39	19	4
	Obese	217	3	6	33	53	2
Smoking status	Smoker	412	12	37	27	27	8
	Ex-smoker	298	14	31	30	30	6
	Never	539	15	33	29	19	4

Table 6.7 Percentage of subjects who consciously modified eating habits in the past year classified by demographics (sex, age group, education level, social class), BMI category and smoking status.

		<i>n</i>	%
Total sample		1340	43
Sex	Male	641	37
	Female	699	48
Age group	18-35y	515	40
	36-50y	505	46
	51-64y	320	42
Education level	Primary	284	38
	Intermediate	275	40
	Secondary	252	43
	Tertiary	517	47
Social class (Irl)	Professional workers	128	43
	Managerial and technical	431	46
	Non-manual	249	44
	Skilled manual	254	37
	Semi-skilled	164	41
	Unskilled	45	40
	Students	34	44
Social class (UK)	Professional occupations	106	48
	Managerial and technical	470	45
	Non-manual (skilled)	229	44
	Manual (skilled)	257	37
	Partly skilled occupations	164	45
	Unskilled occupations	43	35
	Students	36	47
BMI category	Underweight	10	30
	Normal weight	539	37
	Overweight	497	47
	Obese	232	49
Smoking status	Smoker	437	35
	Ex-smoker	326	45
	Never	576	47

Table 6.8 The percentage of respondents selecting the following reasons for changing their diet among those who had modified their eating habits in the past year (n=572).

Reason	%
Wanted to eat a healthy diet	64
Overweight/obesity	53
Bowel problems	11
Other reasons	9
Different food preferences	8
High blood pressure	7
Raised cholesterol	7
Stomach problems	6
Convenience	5
Family history of illness	4
Allergies	3
Diabetes	2
Underweight	1

Table 6.9 The percentage of respondents who reported making the following changes to their diet among those who had modified their eating habits in the past year (n=572).

Dietary change	%
Reduced fat	70
Increased fruit and vegetables	67
Increased fibre	41
Reduced calories	34
Reduced alcohol	22
Increased convenience foods	5
Increased alcohol	2

Table 6.10 Percentage of subjects who modified eating habits as wanted to eat a healthy diet classified by demographics (sex, age group, education level, social class), BMI category and smoking status.

		<i>n</i>	%
Total sample		<i>1339</i>	27
Sex	Male	<i>641</i>	22
	Female	<i>698</i>	32
Age group	18-35y	<i>514</i>	27
	36-50y	<i>505</i>	31
	51-64y	<i>320</i>	23
Education level	Primary	<i>284</i>	20
	Intermediate	<i>275</i>	25
	Secondary	<i>252</i>	29
	Tertiary	<i>516</i>	33
Social class (Irl)	Professional workers	<i>128</i>	31
	Managerial and technical	<i>431</i>	31
	Non-manual	<i>248</i>	30
	Skilled manual	<i>254</i>	21
	Semi-skilled	<i>164</i>	24
	Unskilled	<i>45</i>	16
	Students	<i>34</i>	35
Social class (UK)	Professional occupations	<i>106</i>	33
	Managerial and technical	<i>470</i>	30
	Non-manual (skilled)	<i>229</i>	30
	Manual (skilled)	<i>256</i>	19
	Partly skilled occupations	<i>164</i>	30
	Unskilled occupations	<i>43</i>	14
	Students	<i>36</i>	39
BMI category	Underweight	<i>10</i>	20
	Normal weight	<i>538</i>	26
	Overweight	<i>497</i>	30
	Obese	<i>232</i>	27
Smoking status	Smoker	<i>436</i>	22
	Ex-smoker	<i>326</i>	28
	Never	<i>576</i>	31

Table 6.11 Percentage of subjects selecting the most appropriate response regarding their self-assessed adequacy with respect to their consumption of a number of foods.

Food/Drink	<i>n</i>	eat/drink about the right amount	eat/drink too much	eat/drink too little	don't eat/drink	don't know
Bread	1248	66	23	7	1	3
Potatoes	1250	76	13	8	1	2
Pasta	1224	35	4	28	30	3
Milk	1251	61	9	22	4	4
Cheese	1253	46	16	21	14	3
Yoghurt	1252	29	2	31	35	3
Chocolate/sweets	1250	39	35	7	15	4
Cakes/biscuits	1250	42	37	6	14	1
Sugar	1250	42	17	4	11	4
Red meat	1252	61	16	11	7	5
Chicken	1226	73	8	13	4	2
Fish	1226	31	1	56	10	1
Fruit	1252	28	1	66	3	2
Vegetables	1255	62	2	34	1	1
Chips	1251	52	27	6	12	3
Fried food (not chips)	1249	51	27	5	14	3
Chips	1250	31	24	7	34	4
Alcohol	1223	49	19	7	20	5

Table 6.12 Percentage of subjects selecting the most appropriate response regarding the amount of exercise they should take classified by demographics (sex, age group, education level, social class), BMI category and smoking status.

		<i>n</i>	a lot more exercise	a little bit more exercise	the same amount of exercise	less exercise	don't know
Total sample		1219	45	36	18	0	1
Sex	Male	562	39	37	23	0	1
	Female	657	49	36	13	0	1
Age group	18-35y	477	46	37	15	1	1
	36-50y	456	47	37	16	0	0
	51-64y	286	39	35	24	0	2
Education level	Primary	244	42	32	23	0	2
	Intermediate	249	46	39	13	0	2
	Secondary	230	46	33	20	0	1
	Tertiary	482	44	39	17	0	0
Social class (Irl)	Professional workers	118	35	48	17	0	0
	Managerial and technical	394	47	34	18	0	1
	Non-manual	227	46	37	16	1	0
	Skilled manual	228	47	37	15	0	1
	Semi-skilled	145	46	32	19	0	3
	Unskilled	39	36	44	18	0	3
	Students	33	30	36	33	0	0
Social class (UK)	Professional occupations	100	37	49	14	0	0
	Managerial and technical	428	46	34	19	0	1
	Non-manual (skilled)	212	46	39	14	1	0
	Manual (skilled)	231	48	35	16	0	2
	Partly skilled occupations	140	44	33	19	1	3
	Unskilled occupations	36	33	50	17	0	0
	Students	35	34	34	31	0	0
BMI category	Underweight	10	40	40	10	0	10
	Normal weight	499	37	40	21	1	1
	Overweight	452	46	38	15	0	1
	Obese	214	59	28	11	0	2
Smoking status	Smoker	396	50	34	13	0	2
	Ex-smoker	295	40	38	21	1	1
	Never	522	43	37	19	0	0

Table 6.13 Percentage of subjects selecting the most appropriate response regarding their feelings about exercise classified by demographics (sex, age group, education level, social class), BMI category and smoking status.

		I enjoy exercise					
		<i>n</i>	always	most of the time	sometimes	hardly ever	never
Total sample		1217	23	40	28	6	3
Sex	Male	561	26	40	27	5	2
	Female	656	21	40	28	8	3
Age group	18-35y	477	18	42	31	6	3
	36-50y	455	24	39	28	7	2
	51-64y	285	29	39	22	6	4
Education level	Primary	244	25	33	30	8	3
	Intermediate	249	21	36	33	6	4
	Secondary	230	23	44	24	7	2
	Tertiary	482	23	45	25	5	2
Social class (Irl)	Professional workers	118	27	44	23	5	1
	Managerial and technical	394	26	42	24	6	2
	Non-manual	227	20	45	27	3	5
	Skilled manual	228	23	32	32	10	3
	Semi-skilled	144	15	45	31	7	3
	Unskilled	39	26	28	38	8	0
	Students	33	27	42	27	3	0
Social class (UK)	Professional occupations	100	24	49	21	5	1
	Managerial and technical	428	26	41	25	6	2
	Non-manual (skilled)	211	20	43	29	4	4
	Manual (skilled)	231	22	35	30	10	3
	Partly skilled occupations	139	20	40	31	6	3
	Unskilled occupations	36	17	31	42	11	0
	Students	35	26	43	29	3	0
BMI category	Under weight	10	10	30	50	0	10
	Normal weight	499	21	41	28	8	2
	Over weight	452	26	42	25	5	2
	Obese	212	23	35	31	6	4
Smoking status	Smoker	395	14	38	34	9	4
	Ex-smoker	294	32	39	24	4	2
	Never	522	25	43	24	6	2