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**Table 3.18** Mean, SD, median and percentile values of dietary fibre (g) and NSP (g) intakes from all food sources for the total population and by sex and age group

Gender	Age group	<i>n</i>	Dietary fibre (g)				NSP (g)					
			Mean	SD	Median	Percentiles 5th 95th	Mean	SD	Median	Percentiles 5th 95th		
<b>All</b>												
	18-64y	1379	20.2	7.8	18.9	10.4	35.5	14.8	6.2	13.6	7.2	26.7
	18-35y	522	19.2	7.7	17.9	9.5	35.4	13.7	5.8	12.6	6.8	25.0
	36-50y	522	20.6	7.6	19.0	11.2	35.5	15.3	6.2	13.9	7.7	27.1
	51-64y	335	21.0	8.2	20.0	10.6	36.0	15.7	6.5	14.6	7.4	27.7
<b>Men</b>												
	18-64y	662	23.2	8.5	21.8	12.1	38.9	16.7	6.8	15.4	8.3	30.0
	18-35y	253	22.6	8.5	21.0	11.7	38.5	15.9	6.5	14.5	8.3	28.0
	36-50y	236	23.6	8.1	22.6	12.8	38.8	17.3	6.8	16.2	8.1	32.1
	51-64y	173	23.6	8.9	21.7	12.8	42.0	17.3	7.1	15.7	9.1	31.5
<b>Women</b>												
	18-64y	717	17.4	5.9	16.6	9.3	27.5	13.0	4.9	12.1	6.7	21.4
	18-35y	269	16.1	5.1	15.2	8.8	25.7	11.8	4.1	11.0	6.5	19.9
	36-50y	286	18.2	6.3	17.2	10.7	28.5	13.6	5.2	12.7	7.4	21.9
	51-64y	162	18.2	6.2	17.6	8.8	28.2	14.0	5.4	13.4	6.4	25.2

**Table 3.19** Mean, SD and median values of dietary fibre (g/MJ) and NSP (g/MJ) intakes from all food sources for the total population and by sex and age group

Gender Age group	<i>n</i>	Dietary Fibre (g/MJ)			NSP (g/MJ)		
		Mean	SD	Median	Mean	SD	Median
<b>All</b>							
18-64y	1379	2.24	0.7	2.15	1.65	0.6	1.53
18-35y	522	2.06	0.6	1.96	1.48	0.5	1.36
36-50y	522	2.30	0.7	2.18	1.71	0.6	1.58
51-64y	335	2.45	0.7	2.39	1.85	0.6	1.76
<b>Men</b>							
18-64y	662	2.16	0.7	2.06	1.56	0.6	1.45
18-35y	253	1.99	0.7	1.88	1.39	0.5	1.28
36-50y	236	2.19	0.7	2.09	1.61	0.6	1.48
51-64y	173	2.35	0.6	2.28	1.73	0.6	1.63
<b>Women</b>							
18-64y	717	2.33	0.7	2.23	1.74	0.6	1.62
18-35y	269	2.12	0.6	2.04	1.55	0.5	1.47
36-50y	286	2.38	0.7	2.28	1.79	0.6	1.66
51-64y	162	2.57	0.8	2.51	1.97	0.7	1.93

**Table 3.20** Mean, SD and median values of dietary fibre (g/MJ) and NSP (g/MJ) intakes, excluding energy from ethanol, for the total population and by sex and age group

Gender	Age group	<i>n</i>	Dietary Fibre (g/MJ)			NSP (g/MJ)		
			Mean	SD	Median	Mean	SD	Median
<b>All</b>								
	18-64y	1379	2.35	0.7	2.23	1.73	0.6	1.61
	18-35y	522	2.18	0.6	2.09	1.56	0.5	1.44
	36-50y	522	2.39	0.7	2.26	1.78	0.6	1.65
	51-64y	335	2.53	0.7	2.47	1.91	0.6	1.81
<b>Men</b>								
	18-64y	662	2.28	0.7	2.17	1.65	0.6	1.53
	18-35y	253	2.13	0.6	2.01	1.49	0.5	1.37
	36-50y	236	2.31	0.7	2.17	1.69	0.6	1.57
	51-64y	173	2.47	0.6	2.34	1.82	0.6	1.68
<b>Women</b>								
	18-64y	717	2.41	0.7	2.30	1.80	0.6	1.67
	18-35y	269	2.23	0.6	2.14	1.63	0.5	1.52
	36-50y	286	2.46	0.7	2.35	1.85	0.6	1.69
	51-64y	162	2.60	0.8	2.56	2.00	0.7	1.95

**Table 3.21** Percentage (%) contribution and g/d contribution of food groups to mean daily dietary fibre intakes of the total population and by sex and age group

Food group and number of consumers in the food group	All		Men						Women										
	18-64y		18-64y		18-35 y		36-50y		51-64y		18-64y		18-35y		36-50y		51-64y		
	(n=1379)		(n=662)		(n=253)		(n=236)		(n=173)		(n=717)		(n=269)		(n=286)		(n=162)		
	%	g/d	%	g/d	%	g/d	%	g/d	%	g/d	%	g/d	%	g/d	%	g/d	%	g/d	
Rice, pasta & savouries	965	3.2	0.6	3.0	0.6	4.4	0.9	2.5	0.5	1.4	0.3	3.4	0.6	4.5	0.7	3.4	0.6	1.8	0.3
Breads & rolls	1373	30.7	6.2	31.4	7.4	28.6	6.6	32.7	7.8	33.5	8.0	30.0	5.1	29.3	4.6	30.1	5.3	31.1	5.7
of which: white bread	1314	17.5	3.3	18.6	4.0	19.2	4.1	18.6	4.1	17.5	3.8	16.5	2.6	18.8	2.8	16.2	2.6	13.1	2.1
brown bread	1010	13.2	2.9	12.8	3.4	9.4	2.5	14.1	3.7	16.0	4.2	13.5	2.5	10.5	1.8	13.9	2.7	18.0	3.6
Breakfast cereals	1008	7.5	1.7	6.4	1.7	6.0	1.6	6.7	1.7	6.6	1.8	8.6	1.7	7.1	1.3	9.2	2.0	9.9	2.0
of which: ready to eat breakfast cereals	930	6.8	1.6	5.7	1.5	5.9	1.6	5.9	1.5	5.2	1.5	7.9	1.6	6.8	1.3	8.7	1.9	8.2	1.7
Biscuits, cakes & pastries	1253	6.5	1.3	5.8	1.3	4.7	1.1	6.3	1.4	6.7	1.6	7.2	1.3	5.8	0.9	7.8	1.4	8.3	1.5
Potatoes & potato products	1365	19.3	3.8	22.2	5.0	24.0	5.2	20.7	4.8	21.8	4.9	16.6	2.7	19.0	2.9	15.2	2.6	15.1	2.6
of which: potatoes	1306	10.4	2.1	12.2	2.9	10.1	2.3	12.2	3.0	15.4	3.5	8.7	1.5	7.9	1.2	8.0	1.4	11.1	2.0
potatoes, fried and potato products	1154	8.9	1.7	10.0	2.1	13.9	2.9	8.5	1.8	6.4	1.4	7.9	1.2	11.1	1.7	7.2	1.2	4.0	0.6
Vegetables & vegetable dishes	1370	16.5	3.3	16.4	3.8	16.6	3.8	16.0	3.7	16.5	3.8	16.7	2.9	16.2	2.7	17.0	3.0	17.0	3.0
Fruit, juice, nuts & seeds, herbs & spices	1183	8.1	1.7	6.9	1.7	5.7	1.4	7.5	1.9	7.8	1.9	9.3	1.8	7.9	1.4	9.7	1.9	10.7	2.2
Meat & meat products	1354	3.5	0.7	3.7	0.8	4.4	0.9	3.6	0.8	2.8	0.6	3.4	0.5	3.9	0.6	3.1	0.5	2.9	0.5
Sugars, confectionery, preserves & snacks	1312	2.7	0.5	2.5	0.6	4.1	0.9	2.0	0.5	1.0	0.2	2.9	0.5	4.3	0.7	2.4	0.4	1.1	0.2
Others	1379	2.0	0.4	1.7	0.3	1.5	0.2	2.0	0.5	1.9	0.5	1.9	0.3	2.0	0.3	2.1	0.5	2.1	0.2
Total	1379	100	20.2	100	23.2	100	22.6	100	23.6	100	23.6	100	17.4	100	16.1	100	18.2	100	18.2

**Table 3.22** Percentage (%) contribution and g/d contribution of food groups to mean daily NSP intakes of the total population and by sex and age group

Food group and number of consumers in the food group	All		Men						Women										
	18-64y		18-64y		18-35y		36-50y		51-64y		18-64y		18-35y		36-50y		51-64y		
	<i>(n=1379)</i>		<i>(n=662)</i>		<i>(n=253)</i>		<i>(n=236)</i>		<i>(n=173)</i>		<i>(n=717)</i>		<i>(n=269)</i>		<i>(n=286)</i>		<i>(n=162)</i>		
	%	g/d	%	g/d	%	g/d	%	g/d	%	g/d	%	g/d	%	g/d	%	g/d	%	g/d	
Rice, pasta and savouries	<i>965</i>	3.1	0.4	2.8	0.4	4.4	0.6	2.3	0.3	1.1	0.2	3.4	0.4	4.8	0.5	3.0	0.4	1.7	0.2
Breads & rolls	<i>1373</i>	23.4	3.6	24.2	4.3	20.9	3.5	25.4	4.6	27.2	5.0	22.8	3.0	21.0	2.4	22.9	3.1	25.4	3.6
of which: white bread	<i>1314</i>	10.1	1.3	11.0	1.6	11.4	1.6	10.8	1.6	10.6	1.6	9.4	1.1	10.8	1.1	9.2	1.1	7.5	0.8
brown bread	<i>1010</i>	13.3	2.3	13.2	2.7	9.5	1.9	14.6	3.0	16.6	3.4	13.4	1.9	10.2	1.3	13.7	2.0	17.9	2.8
Breakfast cereals	<i>1008</i>	8.2	1.4	6.7	1.3	6.1	1.2	6.8	1.3	7.6	1.5	9.5	1.5	7.7	1.1	10.5	1.8	10.8	1.7
of which: ready to eat breakfast cereals	<i>930</i>	7.3	1.3	5.8	1.2	6.0	1.2	5.7	1.1	5.6	1.2	8.6	1.4	7.4	1.1	9.7	1.7	8.6	1.4
Biscuits, cakes & pastries	<i>1253</i>	5.2	0.8	4.6	0.8	3.8	0.6	5.1	0.9	5.3	0.9	5.7	0.7	4.4	0.5	6.3	0.9	6.8	0.9
Potatoes & potato products	<i>1365</i>	22.6	3.2	26.1	4.2	27.9	4.2	24.5	4.1	25.6	4.2	19.4	2.3	22.2	2.5	17.9	2.2	17.5	2.3
of which: potatoes	<i>1306</i>	12.9	1.9	15.1	2.5	12.7	2.0	15.3	2.7	18.5	3.1	10.9	1.3	10.2	1.2	10.2	1.3	13.3	1.8
potatoes, fried and potato products	<i>1154</i>	9.7	1.3	11.0	1.7	15.2	2.2	9.2	1.4	7.1	1.1	8.5	1.0	12.0	1.3	7.7	0.9	4.2	0.5
Vegetables & vegetable dishes	<i>1370</i>	18.5	2.7	18.1	3.0	18.0	2.8	18.1	3.1	18.1	3.0	18.9	2.4	18.3	2.1	19.3	2.5	19.0	2.5
Fruit, juice, nuts & seeds, herbs & spices	<i>1183</i>	8.2	1.3	7.0	1.3	5.7	1.0	7.7	1.4	7.9	1.4	9.3	1.4	8.2	1.1	9.5	1.4	10.9	1.7
Meat & meat products	<i>1354</i>	4.7	0.6	5.0	0.7	6.2	0.9	4.9	0.7	3.5	0.5	4.5	0.5	5.2	0.6	4.4	0.5	3.7	0.4
Sugars, confectionery, preserves & snacks	<i>1312</i>	3.4	0.5	3.2	0.5	5.0	0.8	2.5	0.4	1.3	0.2	3.7	0.4	5.5	0.6	3.3	0.4	1.4	0.2
Others	<i>1379</i>	2.7	0.3	2.3	0.2	2.0	0.3	2.7	0.5	2.4	0.4	2.8	0.4	2.7	0.4	2.9	0.4	2.8	0.5
Total	<i>1379</i>	100	14.8	100	16.7	100	15.9	100	17.3	100	17.3	100	13.0	100	11.8	100	13.6	100	14.0

**Table 3.23** Mean, SD and median values of dietary fibre and NSP intakes (g and g/MJ) for the total population and men and women by geographical location

	Open country/village			Small town			Large town			City		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
<b>All</b>	<i>n=496</i>			<i>n=157</i>			<i>n=230</i>			<i>n=496</i>		
Dietary fibre (g)	21.0	8.3	19.6	19.6	7.2	18.2	20.8	8.7	19.4	19.2	7.0	18.2
NSP (g)	15.5	6.6	14.4	14.1	5.6	12.8	15.2	6.7	13.6	14.1	5.6	13.1
Dietary fibre (g/MJ)	2.32	0.7	2.19	2.17	0.6	2.10	2.30	0.7	2.20	2.17	0.7	2.08
NSP (g/MJ)	1.72	0.6	1.61	1.57	0.5	1.44	1.69	0.6	1.59	1.60	0.6	1.48
<b>Men</b>	<i>n=251</i>			<i>n=76</i>			<i>n=111</i>			<i>n=224</i>		
Dietary fibre (g)	24.3	9.0	22.9	22.3	7.6	20.8	24.0	9.4	21.9	21.9	7.4	20.7
NSP (g)	17.7	7.4	16.6	15.6	5.9	14.7	17.3	7.3	15.1	15.7	5.9	14.6
Dietary fibre (g/MJ)	2.20	0.7	2.10	2.08	0.6	1.92	2.25	0.7	2.14	2.09	0.7	1.96
NSP (g/MJ)	1.60	0.6	1.49	1.46	0.5	1.38	1.62	0.5	1.52	1.51	0.6	1.35
<b>Women</b>	<i>n=245</i>			<i>n=81</i>			<i>n=119</i>			<i>n=272</i>		
Dietary fibre (g)	17.7	5.8	17.0	17.1	5.8	16.1	17.9	6.9	16.4	17.0	5.7	16.1
NSP (g)	13.3	4.8	12.7	12.7	4.9	11.5	13.2	5.4	12.0	12.7	4.9	12.1
Dietary fibre (g/MJ)	2.44	0.7	2.34	2.25	0.6	2.21	2.35	0.7	2.24	2.24	0.7	2.15
NSP (g/MJ)	1.84	0.6	1.73	1.67	0.5	1.55	1.75	0.6	1.60	1.67	0.6	1.56

**Table 3.24** Mean, SD and median values of dietary fibre and NSP intakes (g and g/ MJ) for the total population and men and women by level of education

	Primary education			Intermediate education			Secondary education			Tertiary education		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
<b>All</b>	<i>n=289</i>			<i>n=282</i>			<i>n=255</i>			<i>n=523</i>		
Dietary fibre (g)	20.3	8.3	18.8	19.6	7.9	17.9	20.7	8.1	19.7	20.3	7.4	19.1
NSP (g)	14.8	6.6	13.7	14.3	6.2	12.9	15.3	6.6	14.0	14.9	5.9	13.8
Dietary fibre (g/MJ)	2.36	0.7	2.28	2.13	0.6	2.02	2.21	0.7	2.11	2.27	0.7	2.16
NSP (g/MJ)	1.73	0.6	1.63	1.55	0.5	1.44	1.65	0.6	1.52	1.67	0.6	1.55
<b>Men</b>	<i>n=140</i>			<i>n=128</i>			<i>n=113</i>			<i>n=266</i>		
Dietary fibre (g)	24.1	9.0	23.3	23.2	8.5	21.8	23.6	9.5	22.5	22.7	7.8	21.0
NSP (g)	17.6	7.3	16.7	16.7	6.7	15.6	17.2	7.8	15.4	16.2	6.2	14.7
Dietary fibre (g/MJ)	2.29	0.6	2.24	2.05	0.6	1.89	2.08	0.6	1.97	2.18	0.7	2.05
NSP (g/MJ)	1.67	0.6	1.60	1.47	0.5	1.35	1.51	0.6	1.41	1.57	0.6	1.43
<b>Women</b>	<i>n=149</i>			<i>n=154</i>			<i>n=142</i>			<i>n=257</i>		
Dietary fibre (g)	16.7	5.6	15.8	16.6	5.9	15.6	18.3	5.7	17.8	17.9	6.2	17.2
NSP (g)	12.3	4.6	11.5	12.2	5.0	11.5	13.8	4.9	12.8	13.5	5.1	12.5
Dietary fibre (g/MJ)	2.43	0.7	2.31	2.19	0.6	2.10	2.32	0.7	2.22	2.36	0.7	2.22
NSP (g/MJ)	1.79	0.6	1.65	1.62	0.6	1.49	1.75	0.7	1.64	1.78	0.6	1.66

**Table 3.25** Mean, SD and median values of dietary fibre and NSP intakes (g and g/MJ) for the total population and men and women by Social Class (Ireland)

Social Class (Ireland)	<i>n</i> *	Dietary fibre (g)			NSP (g)			Dietary fibre (g/MJ)			NSP (g/MJ)		
		Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
<b>Professional workers</b>													
All	132	21.1	7.4	19.8	15.6	5.9	14.7	2.32	0.6	2.32	1.72	0.5	1.60
Men	61	23.8	8.7	22.6	17.4	7.0	16.3	2.20	0.6	2.13	1.60	0.5	1.50
Women	71	18.7	5.0	18.8	14.0	4.3	13.3	2.42	0.6	2.44	1.82	0.6	1.78
<b>Managerial and technical</b>													
All	439	20.7	7.7	19.2	15.4	6.2	14.2	2.34	0.7	2.21	1.75	0.6	1.63
Men	207	23.6	8.7	21.9	17.3	7.1	15.7	2.25	0.7	2.16	1.66	0.6	1.56
Women	232	18.2	5.4	17.4	13.8	4.6	12.9	2.42	0.7	2.32	1.84	0.6	1.74
<b>Non-manual</b>													
All	253	19.0	7.7	17.9	13.8	6.1	12.9	2.21	0.7	2.08	1.61	0.6	1.49
Men	91	22.2	7.6	20.7	15.6	5.9	14.7	2.13	0.7	1.97	1.50	0.6	1.38
Women	162	17.3	7.2	16.1	12.8	6.0	11.9	2.25	0.7	2.15	1.67	0.6	1.58
<b>Skilled manual</b>													
All	261	20.9	7.9	19.7	15.2	6.0	14.3	2.19	0.7	2.12	1.60	0.6	1.51
Men	155	23.7	8.0	23.1	17.0	6.2	16.2	2.12	0.6	2.00	1.51	0.5	1.44
Women	106	16.8	5.6	15.8	12.6	4.8	11.5	2.30	0.7	2.24	1.73	0.6	1.60
<b>Semi-skilled</b>													
All	168	19.1	8.3	17.0	13.8	6.4	12.2	2.13	0.6	2.03	1.54	0.5	1.43
Men	81	22.5	9.3	20.0	16.1	7.4	13.8	2.13	0.7	2.02	1.53	0.6	1.43
Women	87	15.8	5.6	15.0	11.6	4.3	10.5	2.13	0.6	2.06	1.56	0.5	1.48
<b>Unskilled</b>													
All	48	21.0	8.3	20.1	15.0	7.0	13.6	2.06	0.6	2.01	1.47	0.5	1.39
Men	31	23.2	9.0	21.7	16.5	7.8	15.0	2.05	0.6	1.91	1.43	0.4	1.38
Women	17	17.0	4.9	16.4	12.3	4.3	12.7	2.09	0.8	2.18	1.54	0.7	1.47
<b>Students</b>													
All	34	19.1	6.4	18.4	13.4	4.8	12.6	1.90	0.6	1.70	1.35	0.5	1.15
Men	20	21.3	6.3	20.3	14.8	4.7	13.6	1.78	0.4	1.62	1.23	0.3	1.12
Women	14	15.9	5.2	15.8	11.4	4.4	11.8	2.08	0.8	1.85	1.52	0.8	1.31

\* *n* excludes missing data on occupations not obtained

**Table 3.26** Mean, SD and median values of dietary fibre and NSP intakes (g and g/MJ) for the total population and men and women by Social Class (UK)

Social Class (UK)	<i>n</i> *	Dietary fibre (g)			NSP (g)			Dietary fibre (g/MJ)			NSP (g/MJ)		
		Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
<b>Professional occupations</b>													
All	108	21.3	8.2	19.5	15.8	6.6	14.3	2.31	0.6	2.32	1.72	0.6	1.58
Men	51	24.1	9.8	22.6	17.7	8.0	15.8	2.25	0.7	2.16	1.64	0.6	1.46
Women	57	18.7	5.3	18.6	14.1	4.6	12.9	2.37	0.6	2.39	1.79	0.6	1.75
<b>Managerial and technical occupations</b>													
All	479	20.7	7.5	19.4	15.4	6.0	14.3	2.32	0.7	2.21	1.74	0.6	1.63
Men	230	23.3	8.5	21.7	17.1	6.8	15.7	2.21	0.7	2.14	1.63	0.6	1.53
Women	249	18.3	5.4	17.7	13.8	4.6	13.0	2.43	0.7	2.37	1.84	0.6	1.74
<b>Non-manual (skilled)</b>													
All	232	18.9	7.2	17.9	13.8	5.7	12.9	2.21	0.7	2.09	1.62	0.6	1.51
Men	76	22.7	7.2	21.3	15.9	5.5	14.8	2.14	0.7	2.01	1.51	0.6	1.36
Women	156	17.1	6.5	15.7	12.7	5.5	11.9	2.24	0.7	2.15	1.67	0.6	1.57
<b>Manual (skilled)</b>													
All	265	21.4	8.7	19.7	15.5	6.6	14.3	2.23	0.7	2.12	1.62	0.6	1.51
Men	161	24.4	8.5	23.3	17.4	6.5	16.3	2.16	0.6	2.03	1.54	0.5	1.46
Women	104	16.8	6.7	15.8	12.5	5.5	11.5	2.34	0.7	2.24	1.75	0.6	1.59
<b>Partly skilled occupations</b>													
All	166	18.8	8.0	16.9	13.7	6.4	12.0	2.11	0.7	1.97	1.53	0.6	1.41
Men	84	21.7	8.8	19.9	15.6	7.3	13.2	2.08	0.7	1.91	1.49	0.6	1.35
Women	82	15.9	5.7	14.7	11.7	4.6	10.5	2.14	0.6	2.08	1.58	0.5	1.49
<b>Unskilled occupations</b>													
All	46	19.2	6.9	19.0	13.9	6.2	13.2	2.03	0.6	2.04	1.46	0.5	1.38
Men	22	21.6	8.5	20.6	15.4	7.9	14.4	1.98	0.5	1.87	1.39	0.4	1.26
Women	24	17.0	4.2	16.9	12.5	4.0	13.1	2.08	0.6	2.08	1.53	0.5	1.48
<b>Students</b>													
All	36	18.9	6.4	18.4	13.2	4.8	12.6	1.92	0.6	1.70	1.36	0.5	1.15
Men	20	21.3	6.3	20.3	14.8	4.7	13.6	1.78	0.4	1.62	1.23	0.3	1.12
Women	16	15.9	5.1	15.8	11.3	4.2	11.8	2.10	0.8	1.85	1.52	0.7	1.31

\* n excludes missing data on occupations not obtained