

**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).

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**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
<b>Total sample</b>		<i>1256</i>	40	22	25	12	1
<b>Sex</b>	Male	<i>584</i>	33	22	25	19	1
	Female	<i>672</i>	47	22	25	6	0
<b>Age group</b>	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
<b>Education level</b>	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
<b>Social class (Irl)</b>	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
<b>Social class (UK)</b>	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
<b>Smoking status</b>	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
<b>Total sample</b>		<i>1254</i>	38	26	19	16	2
<b>Sex</b>	Male	<i>583</i>	33	23	19	22	2
	Female	<i>671</i>	43	27	18	10	1
<b>Age group</b>	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
<b>Education level</b>	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
<b>Social class (Irl)</b>	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
<b>Social class (UK)</b>	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
<b>Smoking status</b>	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>	<b>most of the time</b>	<b>quite often</b>	<b>now and again</b>	<b>hardly ever</b>	<b>don't know</b>
<b>Total sample</b>		<i>1252</i>	12	13	22	51	1
<b>Sex</b>	Male	<i>581</i>	8	11	17	62	2
	Female	<i>671</i>	16	15	27	42	1
<b>Age group</b>	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
<b>Education level</b>	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
<b>Social class (Irl)</b>	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
<b>Social class (UK)</b>	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
<b>Smoking status</b>	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
<b>Total sample</b>		<i>1254</i>	11	41	30	11	7
<b>Sex</b>	Male	<i>583</i>	13	42	28	9	8
	Female	<i>671</i>	10	40	32	12	6
<b>Age group</b>	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
<b>Education level</b>	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
<b>Social class (Irl)</b>	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
<b>Social class (UK)</b>	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
<b>Smoking status</b>	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
<b>Total sample</b>		<i>1254</i>	11	41	30	11	7
<b>Sex</b>	Male	<i>584</i>	32	32	13	9	14
	Female	<i>670</i>	34	37	9	5	15
<b>Age group</b>	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
<b>Education level</b>	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
<b>Social class (Irl)</b>	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
<b>Social class (UK)</b>	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
<b>Smoking status</b>	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
<b>Total sample</b>		<i>1255</i>	14	34	28	18	6
<b>Sex</b>	Male	<i>584</i>	17	35	26	16	7
	Female	<i>671</i>	11	33	31	20	4
<b>Age group</b>	18-35y	<i>491</i>	14	36	28	15	6
	36-50y	<i>473</i>	11	33	30	22	4
	51-64y	<i>291</i>	18	32	26	16	8
<b>Education level</b>	Primary	<i>254</i>	13	31	26	22	7
	Intermediate	<i>258</i>	10	33	32	19	6
	Secondary	<i>235</i>	18	30	27	17	8
	Tertiary	<i>494</i>	14	38	29	16	4
<b>Social class (Irl)</b>	Professional workers	<i>124</i>	12	39	35	10	3
	Managerial and technical	<i>404</i>	14	33	30	19	4
	Non-manual	<i>232</i>	11	36	30	18	5
	Skilled manual	<i>232</i>	15	32	24	22	8
	Semi-skilled	<i>151</i>	12	30	28	20	9
	Unskilled	<i>44</i>	30	30	14	20	7
	Students	<i>34</i>	24	47	21	6	3
<b>Social class (UK)</b>	Professional occupations	<i>104</i>	13	38	38	10	3
	Managerial and technical	<i>439</i>	13	34	31	17	5
	Non-manual (skilled)	<i>215</i>	12	36	27	20	5
	Manual (skilled)	<i>237</i>	16	32	23	20	8
	Partly skilled occupations	<i>147</i>	12	31	28	22	7
	Unskilled occupations	<i>40</i>	25	25	23	20	8
	Students	<i>36</i>	22	44	22	8	3
<b>BMI category</b>	Under weight	<i>10</i>	20	10	40	30	0
	Normal weight	<i>516</i>	23	53	17	4	3
	Over weight	<i>467</i>	9	26	39	19	4
	Obese	<i>217</i>	3	6	33	53	2
<b>Smoking status</b>	Smoker	<i>412</i>	12	37	27	27	8
	Ex-smoker	<i>298</i>	14	31	30	30	6
	Never	<i>539</i>	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>	%
<b>Total sample</b>		<i>1340</i>	43
<b>Sex</b>	Male	<i>641</i>	37
	Female	<i>699</i>	48
<b>Age group</b>	18-35y	<i>515</i>	40
	36-50y	<i>505</i>	46
	51-64y	<i>320</i>	42
<b>Education level</b>	Primary	<i>284</i>	38
	Intermediate	<i>275</i>	40
	Secondary	<i>252</i>	43
	Tertiary	<i>517</i>	47
<b>Social class (Irl)</b>	Professional workers	<i>128</i>	43
	Managerial and technical	<i>431</i>	46
	Non-manual	<i>249</i>	44
	Skilled manual	<i>254</i>	37
	Semi-skilled	<i>164</i>	41
	Unskilled	<i>45</i>	40
	Students	<i>34</i>	44
<b>Social class (UK)</b>	Professional occupations	<i>106</i>	48
	Managerial and technical	<i>470</i>	45
	Non-manual (skilled)	<i>229</i>	44
	Manual (skilled)	<i>257</i>	37
	Partly skilled occupations	<i>164</i>	45
	Unskilled occupations	<i>43</i>	35
	Students	<i>36</i>	47
<b>BMI category</b>	Underweight	<i>10</i>	30
	Normal weight	<i>539</i>	37
	Overweight	<i>497</i>	47
	Obese	<i>232</i>	49
<b>Smoking status</b>	Smoker	<i>437</i>	35
	Ex-smoker	<i>326</i>	45
	Never	<i>576</i>	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).

<b>Reason</b>	<b>%</b>
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).

<b>Dietary change</b>	<b>%</b>
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>	%
<b>Total sample</b>		<i>1339</i>	27
<b>Sex</b>	Male	<i>641</i>	22
	Female	<i>698</i>	32
<b>Age group</b>	18-35y	<i>514</i>	27
	36-50y	<i>505</i>	31
	51-64y	<i>320</i>	23
<b>Education level</b>	Primary	<i>284</i>	20
	Intermediate	<i>275</i>	25
	Secondary	<i>252</i>	29
	Tertiary	<i>516</i>	33
<b>Social class (Irl)</b>	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
<b>Social class (UK)</b>	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
<b>BMI category</b>	Underweight	<i>10</i>	20
	Normal weight	<i>538</i>	26
	Overweight	<i>497</i>	30
	Obese	<i>232</i>	27
<b>Smoking status</b>	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.

<b>Food/Drink</b>	<b><i>n</i></b>	<b>eat/drink about the right amount</b>	<b>eat/drink too much</b>	<b>eat/drink too little</b>	<b>don't eat/drink</b>	<b>don't know</b>
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
<b>Total sample</b>		1219	45	36	18	0	1
<b>Sex</b>	Male	562	39	37	23	0	1
	Female	657	49	36	13	0	1
<b>Age group</b>	18-35y	477	46	37	15	1	1
	36-50y	456	47	37	16	0	0
	51-64y	286	39	35	24	0	2
<b>Education level</b>	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
<b>Social class (Irl)</b>	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
<b>Social class (UK)</b>	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
<b>BMI category</b>	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
<b>Smoking status</b>	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.

		<b>I enjoy exercise</b>					
		<i>n</i>	always	most of the time	sometimes	hardly ever	never
<b>Total sample</b>		1217	23	40	28	6	3
<b>Sex</b>	Male	561	26	40	27	5	2
	Female	656	21	40	28	8	3
<b>Age group</b>	18-35y	477	18	42	31	6	3
	36-50y	455	24	39	28	7	2
	51-64y	285	29	39	22	6	4
<b>Education level</b>	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
<b>Social class (Irl)</b>	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
<b>Social class (UK)</b>	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
<b>BMI category</b>	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
<b>Smoking status</b>	Smoker	395	14	38	34	9	4
	Ex-smoker	294	32	39	24	4	2
	Never	522	25	43	24	6	2