GREATER HEALTH

GREATER GREEN TRIANGLE

University Dept. of Rural Health

GREATER GREEN TRIANGLE RISK FACTOR STUDY

Limestone Coast and Corangamite Shire Surveys

BASIC REPORT

Editors:

Sami Heistaro, MD, PhD

Edward Janus MD PhD FRACP FRCPA

James Dunbar MD FRCPEdin FRACGP FFPH

Tiina Laatikainen, MD, PhD

Annamari Kilkkinen, PhD

A Flinders University and Deakin University Partnership

DEAKIN UNIVERSITY

FLINDERS UNIVERSITY

Funded by the Australian Government Department of Health and Ageing

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Summary

Very limited data exist for chronic diseases and their risk factors in the Greater Green Triangle (GGT) region, or anywhere in rural Australia. To identify health problems and to target interventions and monitor their impact it is necessary to have objective data on chronic disease risk factors.

Two cross-sectional surveys were carried out in 2004 and 2005 in the GGT region in the south east of Australia. In 2004 the survey area was the Limestone Coast in South Australia and in 2005 the Corangamite Shire in the south west of Victoria. In total 891 randomly selected persons aged 25 to 74 years participated in the surveys which included a self-administered questionnaire, physical measurements, and a venous blood specimen to analyse fasting plasma lipids and glucose. The methodologies used were the internationally accepted standards.

This report presents the basic results from the two surveys. The abnormal risk factor levels found, particularly the elevated cholesterol levels, no better than in the 1980's, and the very high prevalence of overweight and obesity, higher than any previously reported in Australia, underline the need for targeted prevention activities in the GGT region. Unhealthy diet and insufficient physical activity are among the key challenges. Ongoing surveillance of physical risk factors is needed, and our current results provide a good baseline for future follow-up.

Greater Green Triangle University Department of Rural Health Research Team:

Andrew Baird - Honorary Senior Lecturer, GP and Project Coordinator for Corangamite Shire Survey

Steve Bunker - Senior Research Fellow

Anna Chapman - Research Associate

James Dunbar - Professor and Director

Lucinda Franklin - Researcher for Limestone Coast Risk Factor Survey

Sami Heistaro[1] - Senior Research Fellow, National Public Health Institute, Helsinki, Finland

Edward Janus – Professor, Department of Medicine, Western Hospital, Footscray, Victoria 3011, and Greater Green Triangle, University of Rural Healthy, Formally cardiologist, Wimmera Healthcare Group

Anna Kao-Philpot - Research Associate

Annamari Kilkkinen[1] - Research Fellow, National Public Health Institute, Helsinki, Finland

Tiina Laatikainen[2] - Senior Research Fellow, National Public Health Institute, Helsinki, Finland

Kevin Mc Namara - Lecturer, Rural Pharmacy

Ben Philpot - Research Assistant

Sabine Pircher - Administration Assistant

Prasuna Reddy - Senior Lecturer in Psychology, University of Melbourne, research advisor, GGT UDRH

Adrian Schoo – Senior Lecturer

Philip Tideman - Cardiologist, Flinders Medical Centre, Clinical Director of iCARnet.

Rosy Tirimacco – iCARnet Operations and Research Manager

Clare Vaughan - Research Associate

[1] on Sabbatical to Greater Green Triangle UDRH 2005
[2] on Sabbatical to Greater Green Triangle UDRH 2003-2004

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1. Preface

James A. Dunbar
Director Greater Green Triangle University Department of Rural Health

The Risk Factor Surveys in Greater Green Triangle (GGT) are of local and national importance. The results provide some explanation for the high levels of morbidity and mortality from chronic diseases in the region. With this information we can now plan targeted interventions to improve the health of our community. Also the surveys show that the South Australian and Victorian populations of Greater Green Triangle have similar levels of risk factors suggesting that the high prevalence of chronic diseases such as cardiovascular disease and diabetes have similar causes throughout the Greater Green Triangle region.

The Risk Factor Surveys were planned in early 2002 at a meeting in Mount Gambier attended by experts in cardiovascular diseases, including Professors Lindon Wing, John Catford, David Ben Tovim, and Erkki Vartiainen from the National Public Health Institute of Finland (KTL). We were lucky to be able to draw on world leading expertise of KTL, and that Dr Tiina Laatikainen came here on a sabbatical year in 2004 when she set up the Risk Factor Surveys in Limestone Coast and Corangamite Shire. We were also lucky to have on staff Professor Edward Janus who had conducted similar studies in Hong Kong.

The surveys were carried out by 10 nurses recruited and trained by Dr Tiina Laatikainen and Anna Kao-Philpot. The Corangamite Risk Factor Survey was managed by Dr Andrew Baird, a local GP. A team of ten academics in the Department analysed the data led by Dr Sami Heistaro, also on sabbatical from KTL. Each compiled a section of this report. The results give an in-depth picture of the health and risk factors in Greater Green Triangle.

The study would not have been possible without our colleagues in the *Greater Green Triangle Cardiovascular Disease Prevention Partnership*, including Dr Philip Tideman and Rosy Tirimacco from *iCARNet*, Mount Gambier Health Service, Limestone Coast and Otway Divisions of General Practice, Corangamite Shire and the local media. Important lessons have been learnt about how to conduct surveys in rural Australia and that expertise is retained in the Department. I would particularly like to thank Dr Malcolm Whiting and the SouthPath Clinical Trials laboratory staff at Flinders Medical Centre who contributed so much through the analysis of the blood samples.

The Greater Green Triangle Risk Factor Study leads the way for similar studies in Australia. At a national level, the emergence of our report is timely. The National Chronic Disease Strategy calls for a chronic disease surveillance system and the DHS Victoria has set up a working group to establish a Victorian chronic disease surveillance system.

Special thanks are due to all those who have worked so hard for the GGT Risk Factor Study and this report in particular. From the outset the atmosphere has been one of great enthusiasm, co-operation and commitment, promising a successful future for the interventions which will result from it. The researchers hope that the results that are made available here will serve to promote health improvement in Greater Green Triangle and stimulate efforts to set up a National Chronic Disease Surveillance System.

2. Introduction

Mortality from cardiovascular diseases has substantially declined in Australia but it remains the main contributors to loss of health (Mathers et al 2000, ABS 2005). On the other hand, the prevalence of type 2 diabetes is increasing along with that of overweight and obesity (Bennett and Magnus 1994, McElduff et al 2000, Cameron et al 2003, Shaw and Chisholm 2003). Furthermore, there are considerable differences in disease and mortality rates between urban and rural Australia (Peach and Bath 1999, Sexton and Sexton 2000).

The risk factors contributing to the development of cardiovascular diseases, i.e. overweight, hypercholesterolemia, hypertension, smoking and physical inactivity, overlap with those which contribute to the development of type 2 diabetes and its complications (Shaw and Chisholm 2003) and are highly relevant in secondary prevention. These risk factors are closely related to lifestyle and thus reflect the cultural and social environment.

Health monitoring provides a powerful tool to define disease burden, determine the prevalence of health risks, and identify populations at highest risk. This has been recognised also in the National Chronic Disease Strategy (Australian Government 2005). Risk factor data are needed to provide prevalence estimates of non communicable disease risk factors, track health trends over time, develop and evaluate targeted programs, policy progress and legislation, and demonstrate progress in meeting global and national health objectives.

The results of these two surveys, for the first time, describe chronic disease risk factors and related health behaviour in the Greater Green Triangle (GGT) region covering the south west of Victoria and south east of South Australia. They form the basis for future health monitoring approaches in the region and will be used in disease prevention planning and raising the awareness of health and health risks in the population.

3. Materials and methods

Tiina Laatikainen, Anna Kao-Philpot, Annamari Kilkkinen, Ben Philpot, Rosy Tirimacco, Philip Tideman and Sami Heistaro

The Greater Green Triangle University Department of Rural Health (GGT UDRH) in Victoria, in collaboration with Cardiology Department, Flinders Medical Centre in South Australia, carried out two risk factor surveys to assess chronic disease risk factors and related health behaviors among the adult population in the Greater Green Triangle in 2004 and 2005.

The surveys were funded by the GGT UDRH with support from Cardiology Department, Flinders Medical Centre. For the Limestone Coast Risk Factor Survey additional funding was received from Pfizer Pharmaceuticals and Roche Diagnostics. The Corangamite Risk Factor Survey was partly funded by the Cardiovascular Research Grant in General Practice offered by the Australian Association of Academic General Practice, and Sanofi-Aventis.

The GGT UDRH was responsible for the practical survey organisation. All laboratory analyses were carried out centrally in the Clinical Trials Laboratory, Flinders Medical Centre.

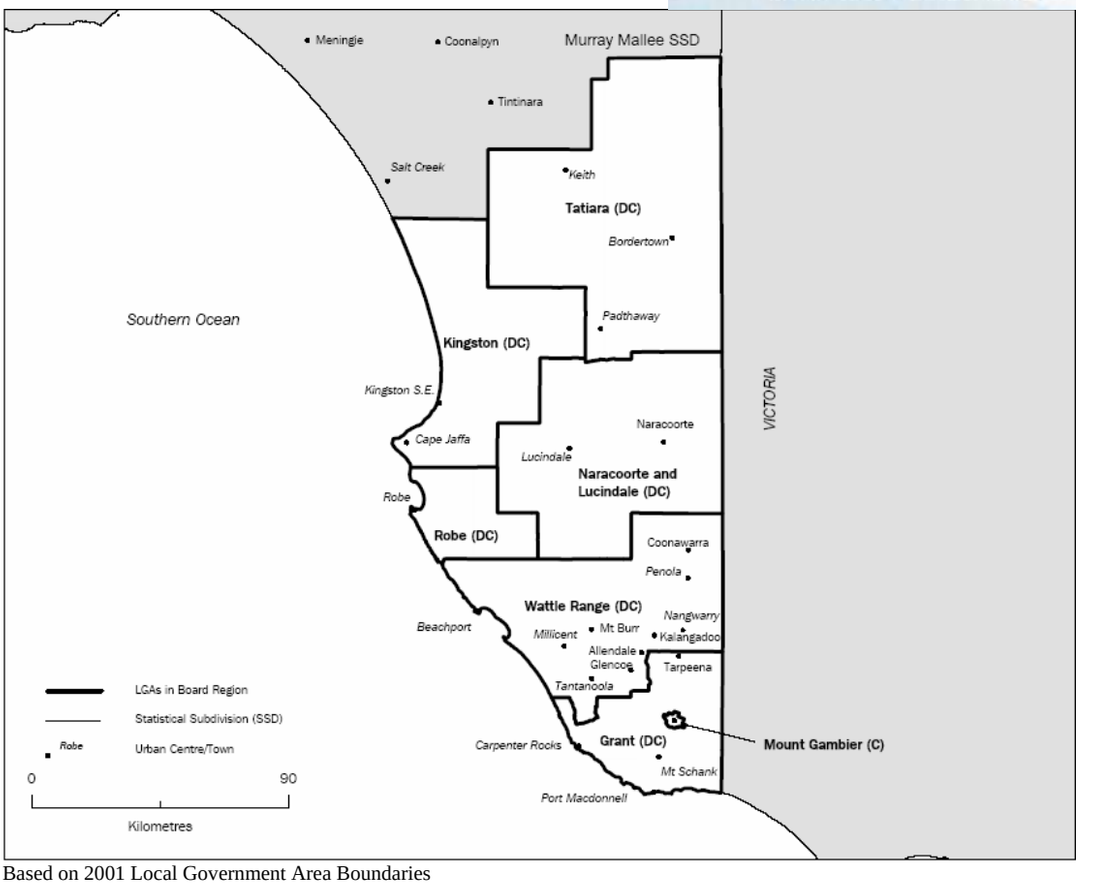
Generally, all the methodologies used followed closely accepted international standards (The WHO MONICA Project 1988, Tolonen et al 2002).

3.1. Survey areas

The first risk factor survey was carried out in Limestone Coast, South Australia (Fig 3.1), during August-October 2004. The total population in Limestone coast is 63,000 inhabitants. The survey was conducted among the population aged 25 to 74 years. Population size of that age group in Limestone Coast was 34,760 according to the electoral roll in 2004.

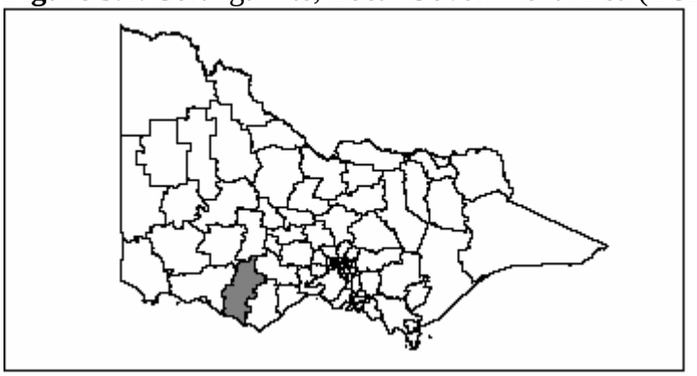
The second survey was carried out in Corangamite Shire, Victoria (Fig 3.2), from January to March 2005. The total population in Corangamite Shire is 16,675. The population of the survey sample was also aged 25 to 74 years, and the population size in this age group in Corangamite Shire was 9,700 according to the electoral roll in 2004.

Figure 3.1. Limestone Coast, SA.



Based on 2001 Local Government Area Boundaries
Source: Australian Standard Geographical Classification 2001
Produced by: The Regional Statistical Unit

Figure 3.2. Corangamite, Local Government Area (LGA), VIC.



Source: CDATA 2001 - MapInfo

3.2. Sampling and participation

3.2.1. Sampling

The sample size for Limestone Coast was 1,120 persons and that for Corangamite Shire 1,000 persons, where the sampling unit equated to an individual (Table 3.1). The sample was drawn from electoral lists of each survey region as a stratified random sample. Stratification was made according to gender and ten year age groups, with the exception of the 25–44 age group, which was considered as one stratum.

Table 3.1. Sample Distribution.

Age	Limestone Coast		Corangamite Shire	
	Men	**Women**	**Men**	**Women**
25-44	140	140	125	125
45-54	140	140	125	125
55-64	140	140	125	125
65-74	140	140	125	125
Total	560	560	500	500

Persons who had died (Limestone Coast n=3, Corangamite Shire n=4) or moved (Limestone Coast n=27, Corangamite Shire n=8) were excluded from the purified sample.

3.2.2. Participation

A total of 552 persons in Limestone Coast and 415 in Corangamite Shire participated in the surveys. The participation rate in Limestone Coast was 51% and in Corangamite Shire 42%. 478 persons in Limestone Coast and 413 persons in Corangamite Shire participated in the health check and completed the questionnaire. An additional 74 persons in Limestone Coast and 2 persons in Corangamite Shire returned the completed questionnaire but did not participate in the health check. Participation was lower among men and in younger age groups in both surveys. The participation rates are presented in tables 3.2 and 3.3.

Table 3.2. Limestone Coast Participation.

	Women					Men				
Age group	**25-44**	**45-54**	**55-64**	**65-74**	**Total**	**25-44**	**45-54**	**55-64**	**65-74**	**Total**
Questionnaire & Blood Sample	43	72	73	57	**245**	44	56	63	70	**233**
Questionnaire	15	14	5	13	**47**	7	6	7	7	**27**
Purified Sample	135	138	138	139	**550**	129	135	139	137	**540**
Participation Rate	43´%	62%	57%	50%	**53%**	40%	46%	50%	56%	**48%**

Table 3.3. Corangamite Shire Participation.

	Women					Men				
Age group	**25-44**	**45-54**	**55-64**	**65-74**	**Total**	**25-44**	**45-54**	**55-64**	**65-74**	**Total**
Questionnaire & Blood Sample	45	61	63	55	**224**	34	42	51	62	**189**
Questionnaire		1			**1**			1		**1**
Purified Sample	125	123	124	123	**495**	124	124	123	122	**493**
Participation Rate	36%	50%	51%	45%	**45%**	27%	34%	42%	51%	**39%**

3.3. Data collection

3.3.1. Fieldwork organization

The surveys included a self-administered questionnaire and a health check with blood sampling. The health check comprised measurements of blood pressure, pulse, weight, height, and waist and hip circumference. In both surveys capillary blood glucose was measured from participants' fingertips using Accu-Chek Advantage. Venous blood samples were also drawn from each participant for laboratory analyses.

The invitation to participate in the health check was sent by mail to each randomly selected person, with a pre-reserved appointment time. The participants were asked to contact the project secretary via a toll free (1800) number to ask further questions, confirm or decline partipation, or to arrange a more suitable appointment time. The participant information sheet and the survey questionnaire were included in this first mail out, and participants were asked to complete the questionnaire prior to attending their health check.

The participants were invited to a health check set up at specific survey sites in the two regions. The survey sites in Limestone Coast were at Mount Gambier, Penola, Millicent, Kingston, Naracoorte, Lucindale, Bordertown, Keith, and Robe. In Corangamite Shire, survey sites were set up in Camperdown, Cobden, Lismore, Terang, and Timboon.

Designated survey teams spent one to ten days at each survey site, depending on the number of participants selected for the sample from each region. Additional survey sessions were conducted at some central survey sites after the main survey period in order to accomodate for participants who were unable to attend health checks during

their originally scheduled period, or who were later contacted by the project secretary after missing their first given appointment.

The field work days started at 7:30am for health checks. Participants were scheduled at 10 to 15 minute intervals, and the survey time for each participant was approximately 30 minutes (15 minutes for physical measurements and 15 minutes for blood sampling). The last participant for each day was scheduled to 12:00noon. All participants were asked to arrive after fasting for at least 12 hours.

3.3.2. Questionnaire

The survey questionnaire comprised fifteen pages and covered the following areas: the participant's background information and socio-economic status, use of health services and health status, current medical symptoms and medication, health behavior (including smoking, food habits, alcohol intake, and physical activity), and psychosocial factors.

The survey questionnaire was sent to people selected for the sample along with the invitation letter. Participants were asked to complete the questionnaire before attending their health check. If a participant left the questionnaire at home, he or she was asked to complete another one at the survey site. Each questionnaire was labelled with the participant's survey code. The last page of the questionnaire was used for recording the participant's physical measurements. The survey questionnaire is attached as appendix 2.

3.3.3. Measurements

3.3.3.1. Anthropometric measurements

Height measurement

Height was measured in all participants except wheelchair-bound individuals or persons who had difficulty standing. Height was measured by a stadiometer attached to the wall. Each day the height ruler attached to the wall was checked by pulling the head piece against the floor and checking the zero reading.

Participants were asked to remove their shoes and hair ornaments and to stand with back to the wall, with the back of the head, back, buttocks, calves and heels touching the wall, standing with feet together. The head piece of the height ruler / stadiometer was lowered so that hair was pressed flat. Height was recorded to the resolution of the height ruler (1mm). If the participant was taller than the person taking the measure, the measurer was instructed to stand on a platform so that she could properly read the height ruler at eye-level.

If the participant was excluded from the height measurement, the reason was recorded in the questionnaire.

Weight measurement

Weight was measured in all participants except wheelchair-bound individuals or persons who had difficulty standing steady. Weight was measured by a beam-balance scale.

The scale was placed on a hard-floor surface. After placing the scale on the floor it was tested in order to check that it gives the zero value.

Participants were asked to remove their heavy outer garments and shoes, empty pockets and remove heavy belts and items and to stand in the centre of the platform, with weight evenly distributed to both feet. Weight was recorded to the resolution of the scale (0.1 kg).

Waist measurement

Waist was measured with a plastic tailor's measuring tape (length 3 meters). The length of the tape was checked every second week against the height ruler. If the measuring tape was stretched it was replaced.

Waist circumference was measured at a level midway between the lower rib margin and the iliac crest, with a tape around the body in a horizontal position. Participants were asked to remove their clothes, except their light underwear. The measurer sat at one side of the participant in order to observe the tape at eye level. The participants stood with their feet fairly close together (about 12–15 cm apart) with their weight equally distributed to each leg. Participants were asked to breathe normally, and the reading of the measurement was taken at the end of gentle expiration. The measurement tape was held firmly in the horizontal position. The measurements were recorded according to the resolution of the tape.

Hip measurement

Hip circumference was measured as the maximal circumference over the buttocks. The measurement procedure was the same as for waist measurement, with the exception of tape position.

3.3.3.2. Blood pressure measurement

Blood pressure was measured with a portable mercury sphygmomanometer. A standard cuff size of 14 x 40 cm was used. If the participant's arm circumference was over 35 cm, a larger cuff was used. Blood pressure was measured in sitting position after at least a 5 minute rest. Sleeves of shirts and blouses were rolled up so that the upper arm was bare.

Measurements were taken from the right arm in a sitting position so that the arm and back were supported. The arm was resting on a desk so that the antecubital fossa was levelled with the heart and with the palm facing up. The cuff was placed on the right arm with its bottom edge 2–3 cm above the antecubital fossa.

Two measurements were taken one minute apart. A 30 second pulse was measured between the measurements. If the two readings differed by more than 10 mmHg systolic or 6 mmHg diastolic, a third measurement was made. The mean value of the measurements was used in the analysis. More detailed information on the blood pressure measurement procedure is presented in appendix 3.

3.3.4. Sampling and laboratory analyses

3.3.4.1. Blood sampling and separation of serum

Participants were asked to fast for at least 12 hours prior to the collection of blood. Samples were drawn into three 10 ml tubes from a vein in the antecubital fossa, using a 21G venoject needle. One 10 ml serum gel tube, one 10 ml EDTA plasma tube, and one 10 ml Lithium heparin tube were filled. Immediately after the insertion of needle, the tourniquet was released to minimise the effect of haemoconcentration.

All tubes were clearly identified with a sticky label including the participant's survey code and an aliquot code indicating the type of analysis for the aliquot. All blood tubes were centrifuged 20-25 minutes after sampling for 10 minutes at 1500-1600G.

3.3.4.2. Laboratory analyses

After centrifugation of the blood, serum and plasma were aliquoted (see Appendix 3-study protocol) and placed in labelled transfer tubes in special storage boxes and frozen immediately to –20ºC. Samples were transferred in dry ice to the Flinders Medical Centre (FMC) Clinical Trials Laboratory and stored at –70 ºC until analyses were performed. The FMC laboratory is internationally accredited for lipid measurements under the Centers for Disease Control Lipid Standardisation Program (Atlanta, Georgia, USA). Samples were not thawed during transportation.

A Hitachi 917 clinical chemistry analyser (Roche Instruments) was used to measure plasma glucose, cholesterol, triglycerides, and HDL cholesterol by standard enzymatic methods. Samples were stored for later analysis of highly sensitive CRP and Glycated haemoglobin.

3.3.5. Division of tasks at survey sites

Both surveys had two survey teams to carry out the fieldwork. Each team consisted of two nurses and an administration assistant recruited locally.

Nurse 1 took physical measurements and nurse 2 was responsible for blood sampling and field laboratory duties. An administration assistant checked the participants' identities and contact information and recorded changes in the survey diary at each survey site. The assistant also introduced the participants to the contents of the survey and asked them to complete the consent form, and she had responsibilities to ensure that the questionnaire had been completed. Furthermore, she maintained contact with the project coordinator, the project secretary, and assisted the survey nurses.

The survey nurses and administration assistants employed for the Limestone Coast survey were given a three-day and the Corangamite Shire survey team a two-day training course. Detailed description of nurses' tasks and the order of measurements can be found in appendix 3.

3.3.6. Feedback

Feedback was provided for each participant both at the survey site and on completion of the survey when laboratory analyses had been done. Nurse 1 provided feedback from the anthropometric, blood pressure, and finger prick glucose measurements. Results from the laboratory tests were later sent to all participants by mail in the form

of a feedback letter. The feedback letter contained interpretation of the results given, and the participants were advised to contact their General Practitioner within a specified timeframe, depending on whether any abnormalities were found either in the anthropometric measurements or laboratory analyses.

3.3.7. Ethical issues

Ethics approvals for both surveys were received from the Flinders Clinical Research Ethics Committee. An informed consent was received from all participants who took part in the health check.

3.4. Data recording and management

The name, gender, age, address, post code, and telephone number of the selected persons were recorded in a sample database. A separate survey code was given to each selected subject. The questionnaires and blood samples were identified using this unique code.

The sample data, including the personal information mentioned above, were stored separately from the survey data. Additional information on participation and reasons for non-participation were added to the sample database.

All self-reported data were collected through the survey questionnaire. Those questionnaires did not include names or other personal data. Each questionnaire was labelled with a sticker containing the unique survey code. Results of the physical measurements were recorded on the last page of the questionnaire. The questionnaires were sent to the project office, and data were entered into the database using the Microsoft Access programme. No personal information was recorded in the questionnaire database.

Laboratory analyses data were sent electronically to GGT UDRH as Microsoft Excel files. Survey codes were used to identify samples. No personal information was transferred with the results of the laboratory analyses.

Data on non-participants were recorded in a separate questionnaire and entered using the Microsoft Access programme to a separate database (non-participants questionnaire database).

Questionnaire data, laboratory data and data on non-participants were eventually linked to one dataset using the survey code. No personal information was recorded in the survey database.

3.5. Presenting the results in this report

The results in this basic report are presented for the two survey areas separately, by gender and age group. Statistical analyses were undertaken using SPSS version 12.0.1 (Chicago, USA, 2003). All values given for variables in the result tables (appendix 1) are unadjusted. The results in the tables in appendix 1 represent the whole sample surveyed, unless otherwise stated in table titles or subtitles. The graphs presented in the results section (chapter 4) include also age adjusted results, by area and gender.

Most but not all of the tables in appendix 1 are briefly commented on in chapter 4. Caution is strongly recommended especially when interpreting differences between the subpopulations, due to the relatively small samples sizes.

4. Results

4.1. Background information

(Appendix 1 Tables 1-11)

Sami Heistaro, Anna Kao-Philpot and Ben Philpot

Information on the participants' demographic background and socioeconomic status was obtained from the risk factor study questionnaire completed prior to and collected at the health check. The following demographic information was collected: gender, age, country of origin, ethnic background, marital status, household size and number of dependent children. Questions related to socio-economic position dealt with education, primary occupation, unemployment, and weekly total gross household income.

Among the respondents, there were just a few persons of Aboriginal or Torres Strait Islanders origin. Over 80% were married in both areas, and about 50% were living in two-person households. One-person households represented 18% of all households.

Roughly 50% of the participants had an educational background between 10 and 12 years, with 25% each representing both lower (less than 10 years) and upper (over 12 years) educational groups. Younger age groups had considerable longer education, with no major gender differences. About half of the respondents reported secondary school as their highest educational attainment, and 10-13% had a university degree.

Among working age, male respondents were most often involved in agricultural occupations (31% in Limestone Coast and 44% in Corangamite Shire), while females had a predominance of administrative or home related jobs. Among working age participants, females had considerably more part time work. Almost half of the female participants were not working at the time of the survey. This could be explained by the number of pensioners and those working only at home.

The relatively high number of missing responses regarding the weekly gross household income might reflect the difficulty of this question or its perceived sensitivity. However, the responses received probably give a more or less true picture, because both genders gave more or less similar answers.

It is known that people with a higher socioeconomic status are generally more healthy, have a more favourable risk factor profile, and are more likely to participate in this kind of survey compared with their less wealthy counterparts. Comparing our data with the population statistics available (ABS 2001) it can be stated, however, that the participants in the two surveys appear to reasonably well represent the actual populations in the areas. Table 4.1 presents the comparisons regarding occupation, unemployment and household income.

This finding strongly suggests that the results presented in this report are most probably representative of the target populations, despite the relatively low participation rates. Slightly more people with higher income seem to have participated but this may not cause any major bias.

Primary occupation for males and females aged 25 - 64

Primary occupation	Limestone Coast	ABS data	Corangamite Shire	ABS data
Agriculture, forestry, fishing	33.9 %	21.5 %	44.3 %	37.3 %
Mining, manufacturing, construction	17.0 %	24.0 %	8.9 %	15.7 %
Wholesale trade, retail trade	12.0 %	17.5 %	9.9 %	12.9 %
Hospitality, transport	8.1 %	8.0 %	6.9 %	6.8 %
Administration, management, services	29.0 %	29.0 %	30.0 %	27.9 %

Rate of unemployment for males and females aged 25 - 64

	Limestone Coast	ABS data	Corangamite Shire	ABS data
Rate of unemployment	2.5 %	3.1 %	2.5 %	2.9 %

Weekly total gross income for households

Income	Limestone Coast	ABS data	Corangamite Shire	ABS data
Less than $300	12.4 %	15.4 %	11.4 %	17.1 %
$300 - $800	36.6 %	40.9 %	40.8 %	44.0 %
More than $800	51.0 %	43.7 %	47.8 %	38.9 %

Table 4.1. Comparison between the population statistics provided by the Australian Bureau of Statistics (ABS) and the present survey data.

4.2. Self rated health

(Appendix 1 Table 25 and Fig 4.1)

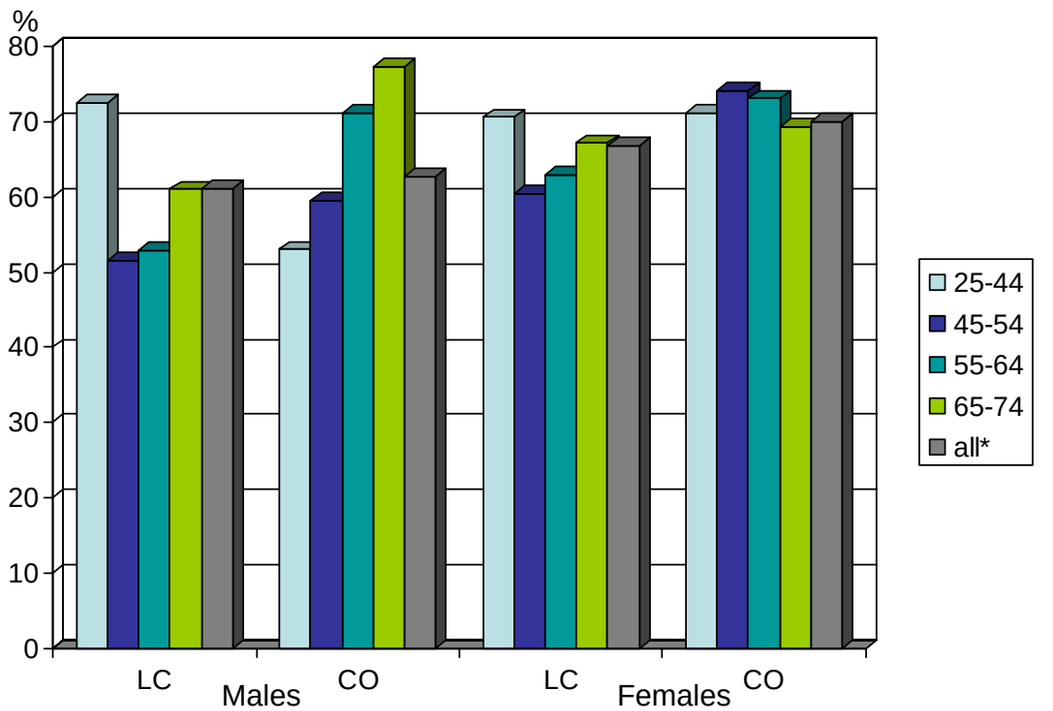
Anna Kao-Philpot and Sami Heistaro

Self rated health has proved to be a powerful tool predicting future health outcomes and even mortality (Heistaro et al 2001). This simple measure of health is especially suitable for population studies.

In Corangamite Shire, a higher percentage (14%) of women reported having an excellent state of health compared with men (5%). Of those who reported having excellent health, the highest percentage (17%) was found among women aged 55-64 years. More than half (59%) of the participants surveyed perceived their present state of health as good. There were a higher percentage of men (63%) than women (56%) who reported their state of health as good. The highest percentage (76%) of participants who reported a good state of health was the oldest group of men surveyed (age 65-74). Of those reporting an average state of health (men and women both 28%), the youngest group of men (age 25-44) had the highest percentage (44%). There were more men (5%) who reported having poor or very poor health, compared with women (2%).

In Limestone Coast, the gender differences were slightly smaller, with 9% of men and 11% of women reported having an excellent state of health. Over half (52%) of the participants perceived their state of health as good. The oldest group of women (age 65-74) and the youngest group of men (age 25-44) formed the highest percentages of this category (63% and 61% respectively). More men (37%) than women (32%) reported having an average state of health, with men in the 45-54 age group having the highest percentage (48%). Minor percentages of men (4%) and women (3%), from the Limestone Coast (Fig 4.1) reported poor or very poor state of health.

Figure 4.1. Excellent or Good Self-assessed State of Health.



*Data age-adjusted to local survey area

In conclusion, gender differences were relatively small, and it was difficult to find obvious age related trends in our data. Among both genders, there were slightly more participants from the Corangamite Shire who reported that their health was excellent or good compared with their counterparts from the Limestone Coast.

4.3. Cardiovascular diseases and symptoms

(Appendix 1 Tables 20-23, 27 and 28)

Edward Janus, Philip Tideman and Andrew Baird

In Limestone Coast, 7% of men and 1% of women in the 25–74 years age range had ever been diagnosed by their doctor as having had a myocardial infarction. In men, the prevalence was 17% and in women 1% at age 65–74 years. Very few had occurred in the previous 12 months. Angina had been present in 4% of men (8% at age 65–74 years) and in 1% of women (3% at age 65–74 years) while a slightly greater number had had chest pain during exercise within the last month.

In Corangamite Shire, 10% of men reported being diagnosed with myocardial infarction by their doctor. In females, the 45–54 (2%) and 65–74 (4%) years age groups reported being diagnosed with this condition. The males from the 65–74 years age group showed the highest (19%) report of myocardial infarction. Within the previous 12 months, 7% of the 65–74 years age male group and 2% of the 45–54 years and 4% of the 65–74 years female age groups had had a myocardial infarction. Angina had been present in 4% of men some as young as 25–44 years, and in 3% of women affecting individuals aged 45–54 years age group and over. Chest pain during exercise had occurred in a slightly larger number. Overall, there appeared to be a slightly higher prevalence of coronary heart disease in Corangamite Shire than in Limestone Coast. Alternatively, this could be due to under diagnosis in Limestone Coast. As the differences were not uniform across all age groups, access issues are less likely to be the explanation.

In Limestone Coast, 3% of men but none of the women had had coronary artery bypass surgery, which reflects generally low prevalence rates of coronary disease in females under age 75, and also the small sample size. Of men aged 65–74 years, 10% had had this operation. In Corangamite Shire, 5% of men and 1% of women had had coronary artery bypass surgery (peak rate found in the 65–74 years age group, 8% in men and 4% in women).

In Limestone Coast, 1% of both men and women had had coronary angioplasty. Of men aged 55–64 years 1% had had this procedure, and of women aged 65–74 years, 4% had had angioplasty. In Corangamite Shire, 6% of men and 1% of women had had coronary angioplasty including 13% of men aged 65–74 years and 3% of women aged 55–64 years.

Prevalence rates of revascularisation procedures in the survey populations were higher in Corangamite Shire than in Limestone Coast, and appeared to occur at younger age in Corangamite Shire. It is not obvious if this reflects CHD incidence patterns, access issues or sampling bias, or all of these factors.

Heart failure was present within the previous 12 months in 1% of both sexes in Limestone Coast. This condition was reported from the 45–54 years age group and

upwards for both sexes. In Corangamite Shire, 2% of men but no women had heart failure diagnosed or treated within the previous 12 months.

In Limestone Coast, stroke was diagnosed in men in the 55–64 years age group (3%) and in the 65–74 years age group (13%) while in women, 1% and 10% respectively were diagnosed in the 45–64 and 65–74 years age groups. In Corangamite Shire, stroke was only diagnosed in the 65–74 years age group in men (6%), and in women in the 55–74 years (5%) age groups.

4.4. Diabetes

(Appendix 1 Tables 27c, 29c, 39-42 and Fig 4.2)

Edward Janus and Rosy Tirimacco

In Limestone Coast, the mean fasting plasma glucose was 5.6 mmol/l in men rising from 5.2 in men aged 25–44 years to 5.8 in men aged 65–74 years. In women, the mean was 5.4 mmol/l rising from 5.2 at age 25–44 years to 5.6 at age 65–74 years.

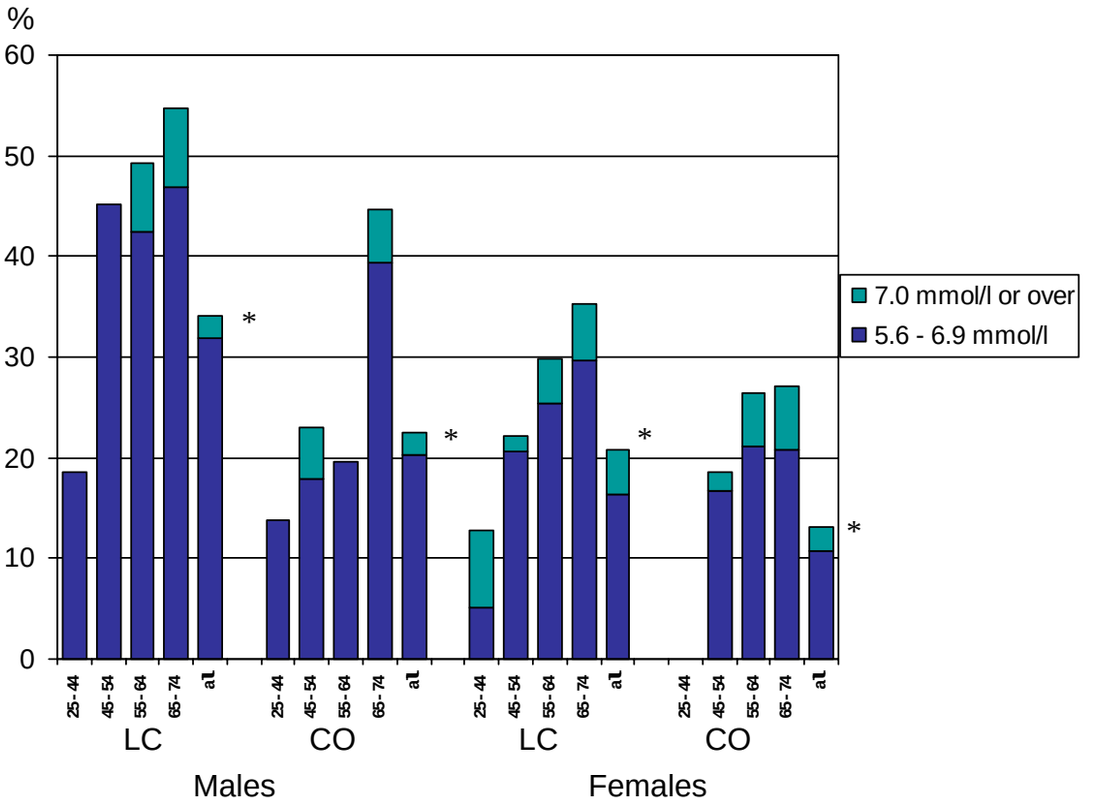
A total of 40% of men had impaired fasting glucose (IFG) with glucose in the range 5.6–6.9 mmol/l (Genuth et al 2003) rising from 19% in men aged 25–44 years old to 42–47% in subsequent older age groups. 22% of women had IFG with the a prevalence of 5% at age 25–44 years rising to 21–30% in 45–74 year old women.

A fasting glucose level of 7.0mmol/l or greater indicating diabetes was found in 4% of all men (8% at age 65–74 years) and in 4% of all women (6% at age 65–74 years). These percentages include individuals with diagnosed diabetes but inadequate treatment. There were other individuals with diabetes who were on treatment and had fasting glucose below 7.0mmol/l.
In Corangamite Shire, the mean fasting glucose was 5.4 mmol/l in men rising from 5.1 in 25–44 year olds to 5.6 in 65–74 year olds. In women, the mean was 5.2 mmol/l rising from 4.8 in 25–44 year olds to 5.5 in 65-74 year olds.

A total of 25% of men had IFG ranging from 14% at age 25–44 years to 39% at age 65–74 years) and 15% of women had IFG rising from none aged 25–44 years to 21% at age 65–74 years.

Glucose levels 7.0 mmol/l or greater indicating diabetes were found in 3% of all men (5% at age 65–74 years) and 3% of all women (6% at 65–74 years). Again, these percentages include individuals with diagnosed diabetes but inadequate treatment. There were additional subjects with diabetes already on treatment and with glucose below 7.0 mmol/l.

Figure 4.2. Glucose Categories by percentage.



*Data age-adjusted to local survey area

In Limestone Coast, 5% of men (12% at age 65–74 years) and 6% of women (9% at age 55-64 years) followed a diabetic diet. In Corangamite Shire, 4% of men (7% at age 65–74 years) and 7% of women (12% at age 65–74 years) followed a diabetic diet.

In Limestone Coast, 7% of men (2% at age 25–44 years rising to 13% at age 65–74 years) had been diagnosed as having or had been treated for diabetes in the previous 12 months and 7% of women (5% at age 25–44 years rising to 11% at age 65–74 years) had been considered diabetic.

In Limestone Coast, 4% of men (rising from 2% at age 25–44 years to 9% at age 65–74 years) were on medication for diabetes while 5% of women (2% at 25–44 years rising to 9% at age 65–74 years) were on medication for diabetes. In all cases of diabetes diet is appropriate but not all would require medication.
In Corangamite Shire, 5% of men (none at age 25–44 years rising to 12% at age 65–74 years) had been diagnosed as having or had been treated for diabetes within the last 12 months and 5% of women (none at 25–44 years rising to 11% at age 65–74 years of age) had been considered diabetic.

In Corangamite Shire, 3% of men were on medication for diabetes (none at 25–44 years and 5% at age 65–74 years) while 4% of women (none at 25–44 years of age and 8% of those aged 65–74 years) were on medication for diabetes.

In Limestone Coast, 66% of men had had a glucose measurement within the last five years (48% within the last 12 months) and 65% of women (42% within the last 12 months), mainly the older subjects as would be appropriate.

In Corangamite Shire, 59% of men had had a glucose measurement within the last five years (39% within the last 12 months) and 67% of women (44% within the last 12 months). Again more of the older subjects had been checked.

In Limestone Coast, 2% of men (and a maximum of 4% at age 55–74 years) had at some time in their life been diagnosed as pre diabetic and 5% (10% at age 65–74 years) as diabetic. In women, 3% (4% at age 55-64 years) had at some time been diagnosed as pre diabetic and 6% (9% at age 55–74 years) as diabetic.

In Corangamite Shire, 2% of men had pre diabetes diagnosed (5% at age 65–74 years) and 5% diabetes (10% at age 65–74 years) while among women 2% (6% at age 65-74 years) had pre diabetes diagnosed and 8% diabetes (14% at age 65–74 years).

In Limestone Coast, 21% of participants had a parent with diabetes, 10% a sibling and 31% another close relative. Very few had children with diabetes. In Corangamite Shire, 24% had a parent with diabetes, 15% a sibling and 40% another close relative. Very few had children with diabetes.

In conclusion, mean fasting plasma glucose and the prevalence of impaired glucose tolerance and diabetes rose with increasing age. However, without a glucose tolerance test the true prevalence of diabetes and IGT cannot be determined.

A high proportion of individuals had had a glucose measurement within the last five years and also in the last 12 months, especially the elderly as is appropriate.

The prevalence of diabetes in Australian adults was 7% in the AUSDIAB Study (Dunstan et al 2002a) and close to this proportion had already been recognised both in Limestone Coast and in Corangamite Shire. There were new cases among the participants according to the fasting glucose results so the true prevalence of diabetes in these two populations may be higher than in AusDiab.

The treatments used were much as expected.

4.5. Other diseases and symptoms

(Appendix 1 Tables 27-30)

Anna Kao-Philpot and Sami Heistaro

This section presents the results from the question asking about certain medical conditions the participants might have had, or might have been treated for, during the 12 months preceding the point of time the survey was conducted, as well as from the question asking about certain symptoms they might have had during the same period of time. Caution is strongly recommended when interpreting the results regarding the prevalence of rare conditions, taking into account the relatively small absolute numbers of cases.

In Corangamite Shire, a total of 3% of the participants had a diagnosis of *cancer* during the past 12 months prior to the survey. Men (5%) had almost three times the rate as compared with women (2%) with the diagnosis, and the prevalence increasing with age for men, with the oldest age group of men (65-74) surveyed having the highest percentage (10%). Among the participants in the Limestone Coast study, 2% reported a diagnosis of cancer, with men having a slightly higher prevalence (3%) than women (1%). The oldest age group of men (age 65-74) surveyed had the highest prevalence of cancer at 6%.

Participants from both surveys reported similar percentages of diagnosed *rheumatism or arthritis* (Corangamite Shire 17%, Limestone Coast 18%). More women than men had this diagnosis (women in Corangamite Shire and in Limestone Coast 21%, men in Corangamite Shire 12% and in Limestone Coast 15%). Diagnoses of this condition increased with age for both genders, with the oldest age group of women having the highest prevalence at around 40%.

Similar proportions of participants reported diagnosed *back illness* in both surveys, 18.5% and 17.2% in Corangamite Shire and Limestone Coast respectively. Men had a slightly higher rate (20.3%) than women (17.0%) in the Corangamite Shire. In Limestone Coast, there was no major difference between the genders. Among men, the peak prevalence of diagnosed back illness was at the age of 45-54 but in women it was among those aged 55 or over.

Both surveys reflected similar proportions of participants who reported having diagnosed *chronic bronchitis or emphysema* diagnosed (Corangamite Shire and Limestone Coast 3%). In the Limestone Coast survey, the oldest age group of men (aged 65-74) had the highest rates of this condition at 8%, whereas in the Corangamite Shire the oldest group of women had the highest prevalence (6%).

A total of 7% of the Corangamite Shire participants reported a diagnosis of *bronchial asthma*. Slightly more women (8%) reported this condition compared with men (6%). Women in the 55-64 age group (13%) and men of the same age (10%) had the highest rates of this condition. In Limestone Coast, 7% of participants reported the condition. There were more women (9%) who reported this condition than men (4%). The oldest group of women (aged 65-74) reported the highest rate at 10%. For men, the percentage of bronchial asthma decreased with age, with the youngest age group (25-44) reporting the highest rates (8%).

Less than 10% of the participants from Corangamite Shire and 5% from Limestone Coast reported a diagnosis of *gastritis or ulcer*. More women in Corangamite Shire (10%) reported this condition compared with their female counterparts from Limestone Coast (4%). Women aged 55-64 from Corangamite Shire had the highest rate (15%) of this condition compared with all other age and gender groups in the two surveys. Men in both surveys reported similar percentages of this diagnosis (7%). Men aged 45-54 had the highest rate (10%) of diagnosed gastritis compared with other groups of men in Corangamite Shire, whereas the oldest group of men (aged 65-74) surveyed in Limestone Coast had the highest rate (9%) of this diagnosis.
More women (12%) had a diagnosis of *allergy* compared with men (7%) in Limestone Coast. A similar distribution was also seen between the genders in the Corangamite Shire (women 8%, men 4%). The oldest group of women (aged 65-74) in both surveys reported the highest rates of this diagnosis (13%). The youngest group of men (aged 25-44) in Limestone Coast had the highest rate (10%) of diagnosed allergy compared with other male age groups in the region, whereas in Corangamite Shire men aged 55-64 had the highest rate at 8%.

Overall, 9% of the Corangamite Shire participants reported a diagnosis of *depression*, compared with 6% among the Limestone Coast participants. The youngest group (aged 25-44) of females surveyed in Corangamite Shire reported the highest rate of depression (13%), followed closely by females aged 45-54 (12%) and men aged 45-64 (12%) from the same region. Participants aged 45-54 years from Limestone Coast reported the highest rates among both genders, with women 12% and men 8%. The oldest (65-74) Limestone Coast age group had the second highest rates of diagnosed depression in both genders (women 9% and men 5%).

Small percentages of participants from both surveys (3%) reported a diagnosis of *anxiety disorder*. There was a similar distribution of this condition among both genders in the two surveys. Among women, those aged 65-74 had the highest rates (Corangamite Shire 8%, Limestone Coast 4%) whereas among men, those aged 55-64 had the highest rates (6% for the two areas) of this condition.

Very small numbers of participants reported other diagnosed *mental conditions* in both surveys (Corangamite Shire 2%, Limestone Coast 1%). Women aged 55-64 in both surveys reported the highest rates of these conditions.

In Limestone Coast, 44% of men and 49% of women reported having *joint pain* during the preceding month. In both genders the 25-44 age group had considerably lower prevalences compared with others. In Corangamite Shire, the prevalence figures were 49% for men and 48% for women, with increasing prevalences with age among women. In men, instead, the prevalence surprisingly decreased with age from 67% (25-44 years old) to 31% (65-74 years old).

Back pain was reported by 48% of Limestone Coast men and 45% of women. In Corangamite Shire, the corresponding figures were exactly the same. There was a decreasing trend with age for men from both regions.

Swelling of the feet was reported markedly more often by the female gender in both areas. The same was the case for *varicose veins, constipation and headache*. The prevalence of headache showed a clear decreasing trend after the age of 45 or 55, and the peak prevalence was found among the youngest women in Corangamite Shire at 71%. *Insomnia* was roughly twice as common among women, compared with men.

4.6. Cholesterol

(Appendix 1 Tables 27b, 29b, 35-38 and Fig 4.3)

Edward Janus and Tiina Laatikainen

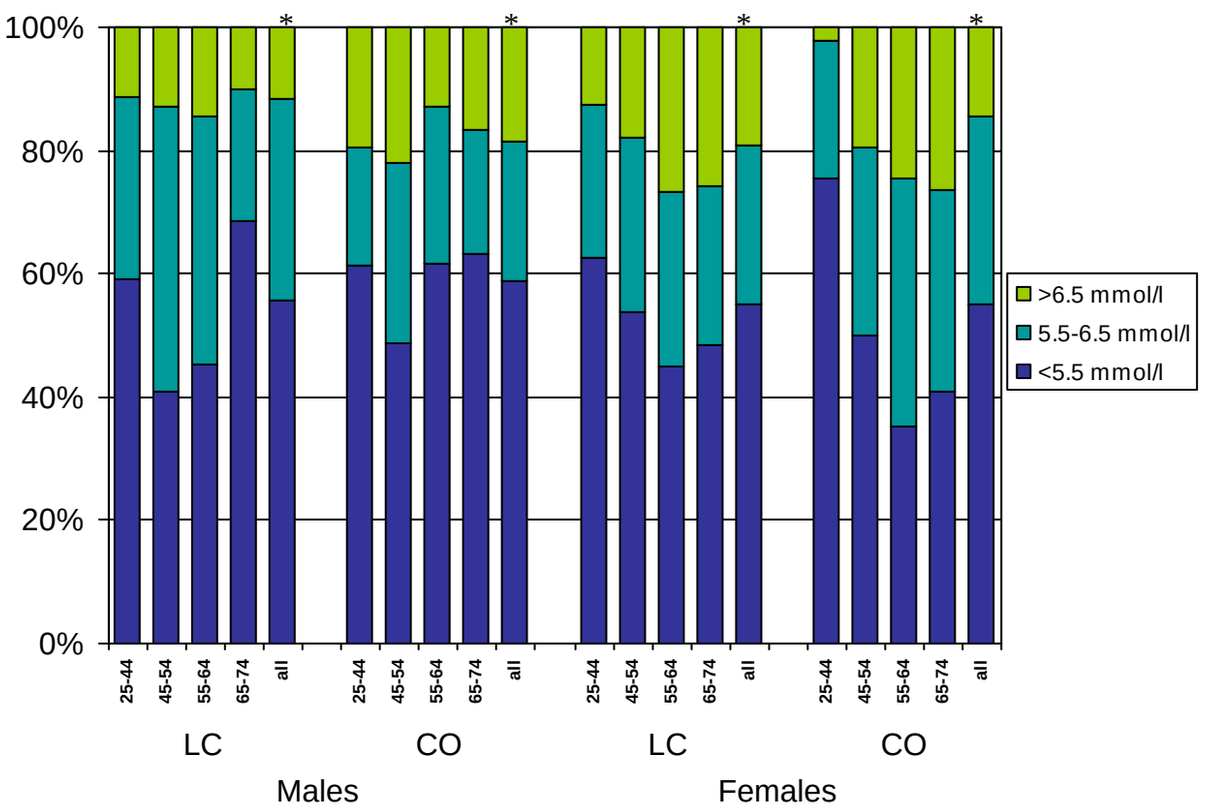
In Limestone Coast, the mean serum cholesterol was 5.4 mmol/l in men rising from 5.3 mmol/l at age 25–44 years to a peak of 5.7 mmol/l at age 45–54 years and decreasing thereafter. In women, the mean was 5.6 mmol/l rising from 5.1 mmol/l at age 25–44 years to a peak of 5.9 mmol/l at age 55–64 years with a slight decrease thereafter. The trends in the triglycerides and LDL cholesterol followed the same age and sex trends.

In Corangamite Shire, the means and trends for serum cholesterol and LDL cholesterol were similar to Limestone Coast. For triglycerides, the means were the same but the peaks in both sexes were in the 65–74 year old age groups corresponding to the prevalence of overweight and obesity at these ages.

In Limestone Coast, cholesterol was elevated (5.5 mmol/l or higher) in 46% of men (12% had 6.5 mmol/l or higher) and in 49% of women (22% had 6.5 mmol/l or higher). (Fig 4.3)

In Corangamite Shire, cholesterol was elevated (5.5 mmol/l or higher) in 41% of men (17% had 6.5 mmol/l or higher) and in 51% of women (19% had 6.5 mmol/l or higher).

Figure 4.3. Cholesterol Categories



*Data age-adjusted to local survey area

Despite the awareness of the importance of cholesterol and the availability of effective cholesterol lowering treatments, the results show no improvements since the 1989 National Heart Foundation Study (Bennett and Magnus 1994) when mean cholesterol was 5.4 mmol/l in men and 5.3 in women, with 47% of men and 39% of women with levels of 5.5 mmol/l or more and 16% of men and 14% of women with levels of 6.5 mmol/l or more.

In Limestone Coast, a cholesterol lowering diet was followed by 11% of men with a peak adherence of 16% at age 55–64 years, and by 13% of women with a peak adherence of 31% at age 65–74 years. In Corangamite Shire, 8% of men (16% at age 55–64 years) and 14% of women (22% at age 65–74 years) followed a cholesterol lowering diet.

In Limestone Coast, 20% of men (29% at age 65–74 years) and 20% of women (36% at 65–74 years) had been diagnosed as having hypercholesterolaemia or had been treated for this within the last 12 months. These figures are well below the proportion found to have hypercholesterolaemia in the survey. In Corangamite Shire, 19% of men (30% at age 65–74 years) and 25% of women (48% at age 65–74 years) had been diagnosed as having hypercholesterolaemia or had been treated for this within the last 12 months.

In Limestone Coast, 72% of men had had their cholesterol measured within the last five years (50% within the last 12 months) and 64% of women (48% within the last 12 months). In Corangamite Shire, 74% of men had had their cholesterol measured within the last five years (49% within the last 12 months) and 77% of women (49% within 12 months).

In Limestone Coast, 33% of men and 28% of women had been told at some stage in their lives that their cholesterol was elevated, with the prevalence rising from 10% in men aged 25–44 years to 43% in men aged 65–74 years. In women, the prevalence rose from 11% at age 25–44 years to 55% at age 65–74 years.

In Corangamite Shire, 33% of both men and women had high cholesterol at some stage in their lives. The prevalence rose from 6% in men aged 25–44 years to 47% in men aged 65–74 years. In women, the prevalence rose from 5% to 54% in the corresponding age groups.

In Limestone Coast, 18% of men (32% at age 65–74 years) and 16% of women (36% at age 65–74 years) had taken cholesterol lowering medication during the last week. In Corangamite Shire, the corresponding figures were 18% for men (36% at age 65–74 years) and 19% for women (40% at age 65–74 years).

In conclusion, mean cholesterol levels have changed little since 1989 (Bennett and Magnus 1994) and considering that some subjects were on lipid lowering drugs this suggests that the population problem of hypercholesterolaemia has actually worsened. There is still significant under testing and under treatment of this condition.

4.7. Blood pressure

(Appendix 1 Tables 27a, 29a, 31-34, 99 and Fig 4.4)

Edward Janus and Kevin McNamara

As shown in Tables 99c and 99d mean blood pressures in both sites increased with age and more steeply for women as expected. Both SBP and DBP were higher in the Limestone Coast in both sexes and at most ages.

In Limestone Coast, 46% of men had hypertension (mild, moderate or severe) increasing from 16% at age 25–44 years to 74% at age 65–74 years based on the survey measurements. Among Limestone Coast women, 36% had hypertension increasing from 7% in the 25–44 year olds to 68% in the 65–74 year olds.

A total of 25% of Limestone Coast men and 27% of women had been diagnosed as having hypertension and/or had been treated for hypertension in the preceding 12 months. The proportion increased with age from 4% of men aged 25–44 years to 40% at age 65–74 years, whilst among women it ranged from 12% at 25–44 years to 49% at age 65–74 years.

The above results indicate that some of the hypertensive participants had not been detected before. In previous studies about one third of hypertensive subjects had not previously known they had hypertension (Primatesta *et al* 2001).

In Limestone Coast apart from the younger males nearly all subjects had had their blood pressure measured in the last five years, with 77% of both genders reporting a measurement within the last 12 months. In both genders 57% of those aged 25–44 years had had a measurement within the last 12 months, and 95% of those aged 65–74 years.

A total of 33% of Limestone Coast men and 37% of women had been told they had high blood pressure or hypertension at some stage in their lives with the prevalence rising from 6% at 25–44 years to 49% at 65–74 years in men and from 14% to 57% in the corresponding age groups in women.

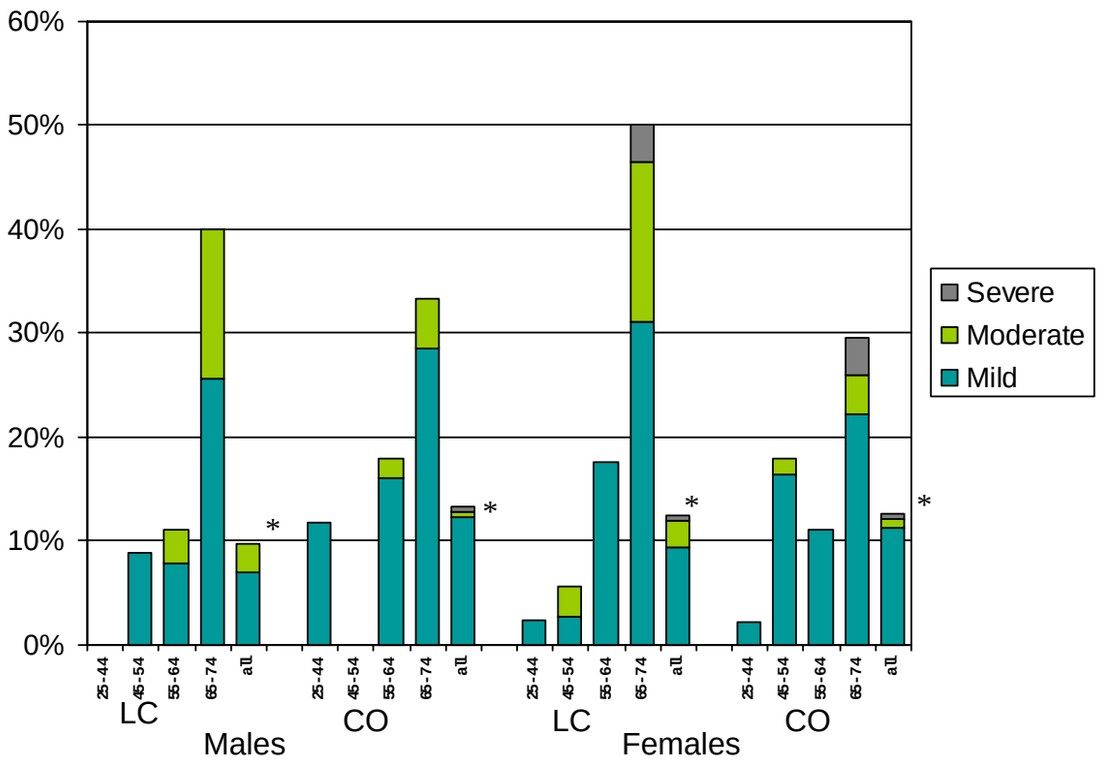
In Corangamite Shire, 35% of male participants had hypertension (mild, moderate or severe) increasing from 18% at age 25–44 years to 56% at age 65–74 years based on the survey measurements. A total of 27% of women had hypertension, rising from 5% at age 25–44 years to 48% at age 65–74 years.

In Corangamite Shire, 23% of men and 30% of women had been treated for hypertension or had been told they had hypertension within the last 12 months. In men this ranged from 3% at age 25–44 years to 37% at age 65–74 years, and in women from 2% at age 25–44 years to 46% at 55-64 years.

In Corangamite Shire, nearly all subjects had had their blood pressure measured within the last five years, and 79% of men and 86% of women had had their blood pressure taken within the last 12 months. Amongst the 25–44 year olds 50% of men and 82% of women had a measurement within 12 months, while at age 65–74 years 89% of men and 95% of women had done so.

In Corangamite Shire, 36% of men and 46% of women had been told they had high blood pressure or hypertension at some point in their lives with the prevalence in males rising from 15% at 25–44 years to 55% at 65–74 years and in females from 22% at 25–44 years to 64% at 65–74 years.

Figure 4.4. Blood Pressure Categories



*Data age-adjusted to local survey area

In conclusion, blood pressure and the prevalence of hypertension increased with age. The survey detected previously unrecognised cases of hypertension. About 60–80% of cases of hypertension found in the survey had been previously recognized, with the biggest recognition gap being in younger individuals, especially males. The prevalence of hypertension in Corangamite Shire was somewhat lower than in Limestone Coast but a greater proportion of hypertension in Corangamite Shire had previously been recognised. In both locations blood pressure had been measured relatively recently in most subjects except in the younger individuals, particularly the men.

4.8. Overweight and obesity

(Appendix 1 Tables 26, 100-103 and Fig 4.5)

Edward Janus and Sami Heistaro

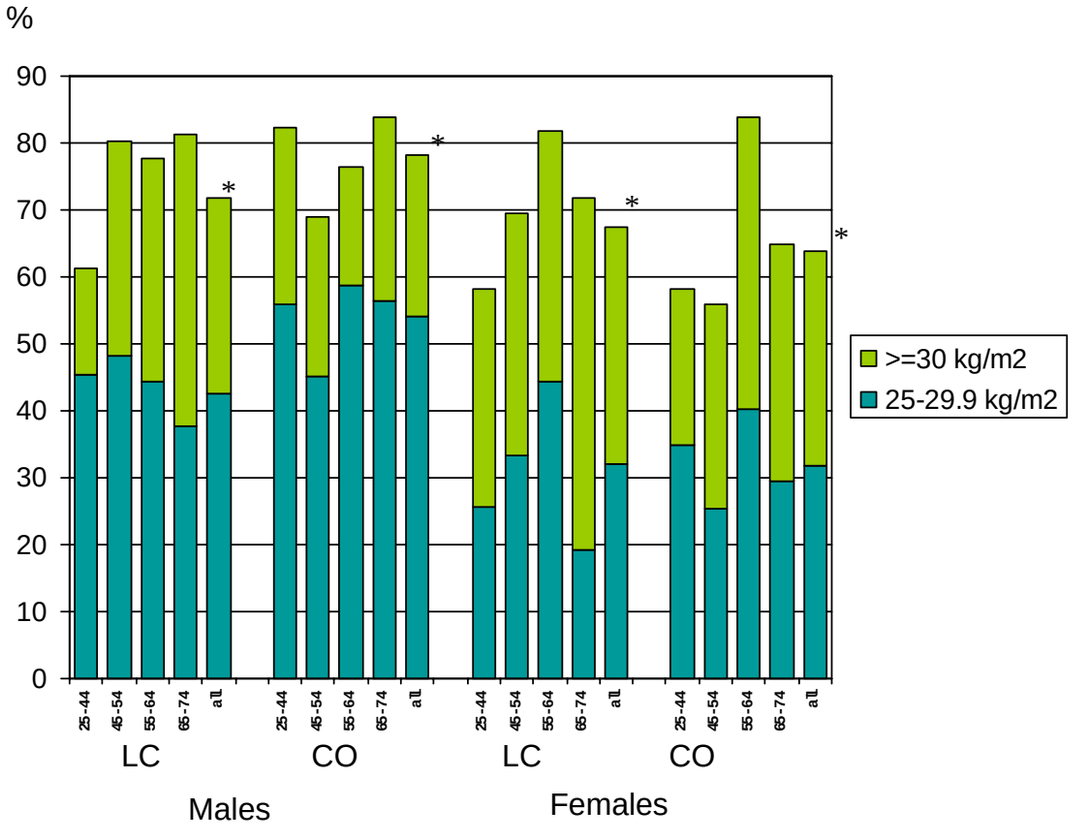
In Limestone Coast, only 23% of men had a normal body mass index (BMI) (18.5–24.9 kg/m2). A total of 44% were overweight (BMI 25.0–29.9 kg/m2) and 33% obese (BMI 30.0 or greater). Underweight was very uncommon (1%) even in the youngest men (2% at 25–44 years). At age 25 to 44 years only 36% had a normal BMI, dropping to only 20% in the age group 45–74 years. 61% were already overweight or obese at age 25–44 years (16% obese) increasing with age to 81% overweight or obese at age 65–74 years (43% obese).

Among Limestone Coast women only 27% had a normal BMI, while 32% were overweight and 40% obese. Underweight was uncommon (1%) in this study, however, women under 25 were not studied and the number aged below 30 was very small. At age 25–44 years only 42% had a normal BMI, and 58% were already overweight or obese (33% obese) increasing with age to a peak of 82% (38% obese) at 55–64 years and 72% (53% obese) at 65–74 years.

In Corangamite Shire, only 22% of men had a normal BMI. 54% were overweight and 24% obese. None were underweight. At age 25–44, years only 18% were in the normal range. 82% were already overweight or obese at age 25–44 years (26% obese). The findings in the older age groups were similar and worst in those aged 65–74 years with 84% overweight or obese (27% obese).

Amongst Corangamite Shire women, only 33% had a normal BMI, and 33% were overweight and 34% obese. Underweight was uncommon (1% overall and 2% at age 25–44 years). At age 25–44 years, 40% of women were in the normal range. 58% were already overweight or obese (23% obese) increasing with age to a peak of 84% (44% obese) at 55–64 years and 65% (35% obese) at age 65–74 years.

Figure 4.5. BMI Categories



*Data age-adjusted to local survey area

Overall, the findings were broadly similar in the two regions, however, Corangamite Shire men tended to be slightly more obese. In women, the worst affected were in the 54–64 year old age group.

At all ages, and particularly in women and in older subjects, waist circumference and waist/hip ratios were consistent with a high prevalence of central (abdominal) adiposity which pre-disposes to diabetes and hypertension.

These data show an alarming increase in overweight and obesity in Australia. In the 1980 National Heart Foundation (NHF) study of metropolitan subjects aged 25–64 years, the prevalence of overweight was 34.1% in men and an additional 7.2% were obese, and in women 24.5% were overweight and 7.0% obese. The prevalences in the 1989 NHF study (subjects 20–69 years) were already higher: 38.6% of men were overweight and 9.3% obese, and of women, 22.4% overweight and 11.1% obese (Bennett and Magnus 1994). By 2000, in the AUSDIAB Study 48.2% of men were overweight and 19.3% obese while 29.9% of women were overweight and 22.2% obese (Cameron et al 2003).

In the 2003 Victorian population survey (State Government of Victoria 2006) based on computer assisted telephone interviews (CATI) the prevalence of overweight was 39.8% in men and that of obesity 14.5%. The prevalence of overweight was 24.2% in women and that of obesity 13.8%. These results were based on self reported height and weight which appears to underestimate the problem.

In conclusion, the Limestone Coast and Corangamite Shire surveys show results even worse than in the AUSDIAB Study (Cameron et al 2003) and this may be related to

rurality, a further increase in the overall problem over a further five year time period, or both of these reasons.

4.9. Smoking

(Appendix 1 Tables 47-58, Fig 4.6)

Edward Janus

In Limestone Coast, 66% of men had smoked tobacco at some stage in their life (ranging from 59% at age 25–44 years to 73% at age 45–54 years) while 49% of women (an alarming 69% at age 25–44 years and only 37% at age 55–74 years) had ever smoked.

Out of the whole sample, 59% of men and 43% of women had smoked at least 100 cigarettes in their lifetime, and 55% of men and 38% of women had smoked daily for at least one year.

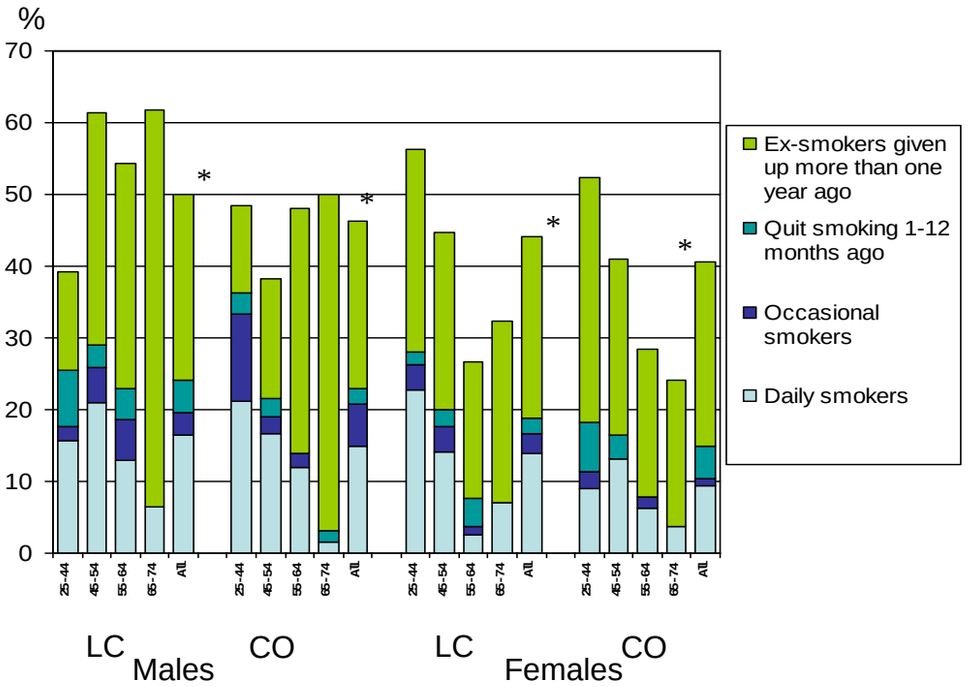
In Corangamite Shire, 61% of men had ever smoked (an alarming 70% of those aged 25–44 years and 60% of those aged 65–74 years). Amongst women 48% had smoked (an alarming 68% of those aged 25–44 years but only 38% of those aged 65–74 years).

Out of the whole sample, 55% of men and 42% of women had smoked at least 100 cigarettes in their lifetime, and 45% of men and 36% of women had smoked daily for at least one year.

In Limestone Coast, 16% of men (24% at age 45–54 years and only 8% at age 55–64 years) and 14% of women (24% at age 25–44 years and 4% at age 45–54 years) were current smokers.

In Corangamite Shire, 13% of men (24% at age 25–44 years decreasing to 3% at age 65–74 years) and 10% of women (17% at age 45–54 years and a low of 4% at age 65–74 years) were current smokers.

Figure 4.6. Smoking Categories



*Data age-adjusted to local survey area

In Limestone Coast, the mean daily tobacco consumption for men who had smoked during the preceding month was 21 times per day. There was little difference between age groups, except for the lower mean consumption of 16 per day by men aged 65–74 years. Mean consumption by women was 15 times per day, with the lowest consumption of 7 per day at age 55–64 years.

In Corangamite Shire, no figures are available for men aged 65-74 years. Younger men smoked an average of 21 times per day, while women smoked an average of 16 times per day (mean 20 times at 45–54 years).

In Limestone Coast, of those who had smoked in the previous month, 63% of men (especially younger men, 78% at age 25–44 years) and 66% of women (including 67% at age 25–44 years) would like to stop smoking. A total of 81% of men had tried to stop smoking (40% within the last year) and 86% of women (49% within the last year), and this varied by age and sex group.

In Corangamite Shire, of those who had smoked in the previous month, 75% of men (88% at age 45–54 years) and 55% of women (63% at age 45-54 years) would like to stop smoking. A total of 96% of men and 85% of women had tried to stop smoking, 43% of men and 30% of women within the last year but these attempts varied by age and sex groups.

In Limestone Coast, of those who had smoked in the previous month, 91% of men and 86% of women were concerned about the harmful consequences of tobacco smoking on their health. In Corangamite Shire, 92% of men and 90% of women were similarly concerned.

In Limestone Coast, of those who had smoked in the previous month, 35% of men but only 22% of women had been advised to stop smoking by their doctor within the last year, and smaller numbers by dentists, nurses and other health professionals. A total of 65% of men and 62% of women had been advised to stop smoking by a family member while 37% of men and 14% of women had been advised to by somebody else.

In Corangamite Shire, 36% of men and 45% of women had been advised to stop smoking by their doctor within the last year and smaller numbers by dentists, nurses and other health professionals. A total of 44% of men and 60% of women had been advised to stop by a family member while a quarter of those who had smoked during the preceding month had been advised by someone else.

In Limestone Coast, 12.0% of men and 13% of women and in Corangamite Shire 12% of men and 14% of women had another smoker at home. Duration of smoking exposure at home, work and other places was low, averaging less than one hour per day.

In conclusion overall smoking prevalence rates were low but of concern were the number of young people especially women who smoked and the difficulty in giving up despite a recognition of the harmful effects of smoking.

4.10. Food habits

(Appendix 1 Tables 59-75, 94 and Fig 4.7)

Annamari Kilkkinen and Sabine Pircher

Diet and nutrition are important factors in the promotion and maintenance of good health. Their role as a major modifiable determinant of chronic non-communicable diseases is well established and they therefore occupy a prominent position in prevention activities (WHO 2003). This section presents data on dietary and food habits in Limestone Coast and Corangamite Shire. Due to the small differences between the areas, the results for both areas are presented together.

The average daily diet consisted of at least four meals (including snacks), most common of which was breakfast. A total of 73% of men and 77% of women in the Limestone Coast region ate on four or more occasions. The corresponding figures in Corangamite Shire were 62% and 82%, for men and women respectively. In both regions, on average nine out of ten participants had breakfast on most days of the week. The overall proportion of people who had breakfast increased with age.

Most meals were prepared at home. Only 13% of the Limestone Coast and 8% of the Corangamite Shire subjects ate meals weekly in restaurants. However, more than a fifth of all participants had take-away food weekly. Both eating in restaurants and consuming take-away food were more popular among young men than among young women, and more popular among younger than among older subjects.

Olive oil was the principal type of fat used for cooking in both areas: about half of all participants preferred olive oil to margarine, butter or other vegetables oils. There was generally a low usage of butter for cooking but a relatively high usage of butter on bread, with 22.8% of participants in the Limestone Coast and 36.3% in the

Corangamite Shire preferring butter as the fat spread. Butter was especially popular among males in Corangamite Shire and younger females in Limestone Coast. Margarine was used by 70% of the Limestone Coast subjects and 55% of the Corangamite Shire subjects.

Full cream milk was the most popular milk among men in both areas (48% Limestone Coast and 57% Corangamite Shire) indicating high intake of saturated fat (Marks et al 2001). In general, women preferred low fat milk (40% Limestone Coast and 36% Corangamite Shire), however full cream milk was the most popular milk type in the youngest age group for both genders (Fig 4.7).

Information collected about preferred bread type indicated that white bread was most popular in both areas. On average, men and women had 1.8 and 0.7 slices of white bread per day in Limestone Coast, and in Corangamite Shire the corresponding figures were 2.5 and 1.3 slices.

In both regions, the average tea and coffee consumption per day was low: less than two cups of coffee or tea in Limestone Coast and three cups of coffee and two cups of tea per day in Corangamite Shire. More than half of all men and about 40% of women added sugar to their tea or coffee.

More men (20%) than women (less than 10%) usually added salt to their meals before tasting.

Usual daily intake of vegetables and fruit is a good indicator of food diversity; the Australian Dietary Guidelines recommend five serves of vegetables and two serves of fruit each day (Australian Government 2003). Nevertheless, nearly half of males and 25% of females consumed only one serve or less of vegetables per day in both regions. Four or more servings of vegetables were consumed daily by only 17% of men and a quarter of women.

Less than half of the men in both regions met the healthy eating guidelines for fruit intake, compared with 54% of the Limestone Coast and 66% of the Corangamite Shire women. Sixteen percent and 9% of the youngest men in Limestone Coast and Corangamite Shire respectively did not eat fruit at all.

More detailed information on diet was collected via a food frequency questionnaire including 19 items. The results of this questionnaire are presented in tables in appendix 1. On the basis of this questionnaire, men were more likely to consume meat products, hamburgers, pizza, savoury pastries and soft drinks and less likely to consume fresh vegetables and fruit as well as rice and pasta, compared with women.

There were also some differences between age groups in both areas revealing that the youngest group of men and women were more likely to consume rice and pasta, hamburgers, pizza and salty snacks and less likely to consume boiled potatoes, cooked and fresh vegetables and fish compared with the oldest age group. Younger men also consumed more soft drinks and less fresh fruit than older men.

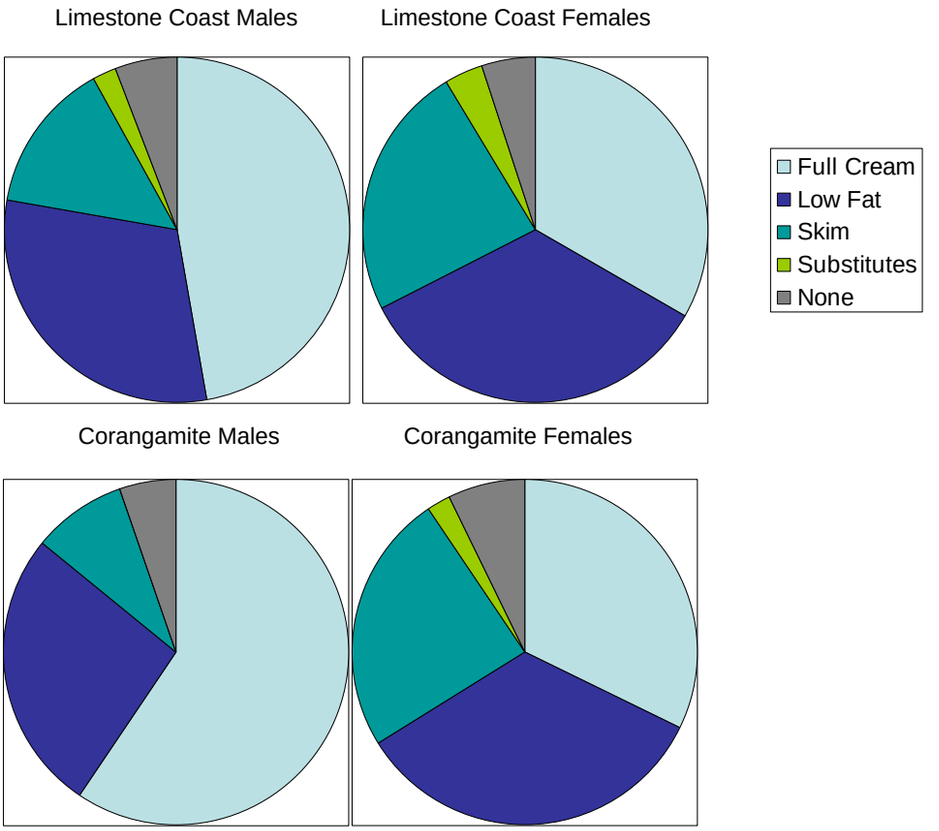
In addition, in Limestone Coast younger men and women were more likely to consume savoury pastries but less likely to consume sweet pastries and cereals than older subjects. In Corangamite Shire, younger men were less likely to consume meat and cereal than older subjects.

On average, every fourth participant had been advised to change his or her dietary habits for health reasons. This suggestion came mainly from doctors and family members.

About 20% of men and 30% of women were following a special diet. Elderly people (especially female) were most likely to be on a special diet. Cholesterol-lowering diets were the most common diet type (12%), followed by other weight loss diets (5%), low carbohydrate diets (5%), and diabetic diets (5%).

In conclusion, according to the results of this study high consumption of butter and full cream milk and low consumption of vegetables and fruit especially among younger people and male subjects is the greatest concern in Limestone Coast and Corangamite Shire regions. The diet of middle-aged and older women has the best nutritional quality in comparison with other groups in both regions. These findings are in line with those of the Victorian Population Health Survey 2003 (Victorian Government Department of Human Services 2004).\

Figure 4.7. Milk Consumption
*Data age-adjusted to local survey area



To improve the diet in Limestone Coast and Corangamite Shire, special attention should be paid to the quality of fat, as well as on the proportion of vegetables and fruit. Thus low fat milk and vegetable margarine should be used, rather than full cream milk and butter. Furthermore, vegetables, fruit and whole grain products should replace less nutritious high-fat snack foods, cakes, pastries and fast food as well as high-sugar beverages.

4.11. Alcohol

(Appendix 1 Tables 76-82)

Annamari Kilkkinen and Anna Chapman

Low to moderate use of alcohol may, for some, have health benefits but regular excessive consumption or binge drinking increases the risk of premature death and chronic illness, such as cirrhosis of the liver, cognitive impairment, heart and blood disorders including hypertension and cancers as well as promotes risky behavior, road trauma and injury. Indeed, excessive consumption of alcohol is estimated to account for 5% of the total burden of disease in Australia (Mathers et al 1999). This section presents data on alcohol consumption in the Limestone Coast and Corangamite Shire regions.

On average, four out of five respondents had consumed alcohol during the 12 months preceding the survey. The number of abstainers (persons who had not had an alcoholic drink of any kind in the 12 past months) was higher among women and older subjects in both regions. Only 2-3% of the youngest men were classified as abstainers.

In Limestone Coast, the total average weekly alcohol consumption in males and females was 11.9 and 3.9 standard drinks respectively. The corresponding figures in Corangamite Shire were 8.4 and 4.0 standard drinks. Among younger men the average weekly consumption was highest, 16.7 portions in Limestone Coast and 14.5 portions in Corangamite Shire.

Long-term risk of poor health outcomes due to alcohol consumption is associated with regular daily patterns of drinking, defined in terms of the amount of alcohol typically consumed each week. The Australian alcohol guidelines (The Australian Alcohol Guidelines, 2001) indicate that males who drink more than 28 standard drinks and females who drink more than 14 standard drinks weekly are at risk or high risk of long-term alcohol related health problems.

Thirteen percent of males and 6% of females in Limestone Coast engaged in drinking at these levels considered to confer a risk or a high risk in terms of long-term health consequences. In Corangamite Shire, the corresponding figures were 8% for males and 7% for females. More than one fifth of young men in both regions consumed alcohol at a level which would pose a risk or a high risk to health.

There were significant differences between men and women in the type of alcohol consumed. The most popular form of alcohol among men was beer and on average half of the men in both regions drank beer weekly, while wine was consumed weekly by 31% of Limestone Coast and 19% of Corangamite Shire male subjects. Women preferred wine which was consumed weekly by almost 30% of female subjects in both regions.

For the purpose of determining the risk of alcohol related harm, the short-term risk is defined in terms of the number of standard drinks consumed per drinking occasion. The guidelines (National Health and Medical Research Council 2001) indicate that males who drink more than six standard drinks are at risk or high risk of alcohol related harm in the short term.

More than half of the males in both regions consumed alcohol at least once annually at above the short-term risk level and every fifth male did it at least weekly. Among females, on average 25% consumed at least six alcohol portions per drinking occasion yearly and less than 3% weekly. However, a high risk of short-term problems in females is associated with even lower levels of alcohol consumption, i.e. four or more standard drinks per drinking occasion and thus, their prevalence of drinking alcohol at risk or high risk levels in terms of short-term alcohol related harm was probably somewhat higher.

On average, 12% of men and 2% of women in Limestone Coast had been advised to drink less in the previous year. The corresponding figures in Corangamite Shire were 8% and 2%. The suggestion to drink less came mainly from doctors and family members.

In conclusion, the above results suggest that the majority of respondents surveyed consumed alcohol at low levels in terms of both short-term and long-term risk. However, at least one fifth of men had a risk of short term or acute health consequences and a significant number of men also had a risk of long-term health problems, especially younger men.

Moreover, it has been long recognized that estimates of alcohol use made from population surveys using self-reported alcohol consumption information underestimate the true consumption (WHO 2000). Furthermore, persons with heavy alcohol consumption are usually most likely not to participate in surveys. This suggests that the actual prevalences of risky alcohol consumption are probably higher than the estimates presented here.

Overall, the results of the present study are quite comparable with the results of previous studies. Both the National Health Survey 2001 (ABS 2001) and the Victorian Population Health Survey 2004 (State Government of Victoria 2006) found that 12% of males and 22% of females were abstainers, which well corresponds with the figures of the present study. The number of subjects consuming alcohol at a level considered to be risky in regard to long-term health consequences was somewhat lower in the present study compared with the National Health Survey (19% of males and 16% of females) and Victorian Population Health Surveys (18% of males and 25% of females). The differences in study populations and methods used to estimate alcohol consumption can, however, explain the difference.

4.12. Physical activity

(Appendix 1 Tables 83-93, 94h)

Sami Heistaro, Clare Vaughan and Adrian Schoo

There is an increasing body of evidence supporting a physically active lifestyle as one of the best investments for good health. Regular physical activity, even of moderate intensity, reduces the risk of diseases such as cardiovascular disease, type 2 diabetes, osteoporosis, colon cancer and obesity as well as musculoskeletal disorders (USDHHS 1996). The benefits go well beyond those of disease prevention. Regular physical activity has also been shown to facilitate better stress management, alleviate depression and anxiety, strengthen self esteem, enhance mood and boost mental alertness (Bauman et al 2002). Additionally, it provides social benefits through increased social interaction and integration (Bauman et al 2002). It is alarming that this evidence is widely reported and yet there is an increasing trend towards sedentariness in Australia (Bauman et al 2002) and throughout the world (WHO 2004).

Quantifying what constitutes 'sufficient physical activity for health benefits' is problematic because there is considerable variation in terms of frequency, intensity, duration and type of physical activity. The Australian Government Physical Activity Guidelines for Adults (DHAC 1999) recommends the accumulation of 30 minutes of moderate intensity activity on most days of the week. Moderate physical activity is widely accepted as physical activity that elevates the breathing and heart rates and causes some perspiration (USDHHS 1996, Bauman et al 2002). As well as leisure time physical activity, there is also evidence to support the merit of incidental physical activity through work, active transport, home duties or gardening as an important strategy to accrue sufficient levels of physical activity (USDHHS 1996; Bauman et al 2002). Vigorous exercise and resistance training have additional health benefits that complement all forms of moderate intensity physical activity (USDHHS 1996, Bauman et al 2002).

Over 80% of participants in both surveys responded 'yes' when asked whether they engaged in some form of physical activity during leisure time or at work for at least 30 minutes on a daily basis (Corangamite Shire 88% and Limestone Coast 83%). A small group of participants engaged in 20 – 30 minutes of 'moderate intensity physical activity' on a daily basis (Corangamite Shire 11% and Limestone Coast 10%) and only one quarter did so on four or more days of the week (Corangamite Shire 26% and Limestone Coast 23%).

Physical activity accumulated as part of work is an important part of overall physical activity and in this study approximately 60% of participants were in formal employment at the time of the surveys. In the Limestone Coast, 22% of participants (men 38%, women 7%) were engaged in some physically demanding work and 36% (men 28%, women 44%) were engaged in mainly sedentary work with some walking. In the Corangamite Shire, 30% of participants (men 51%, women 11%) were engaged in some physically demanding work and 30% (men 18%, women 40%) were engaged in mainly sedentary work with some walking. Men tended to have a more physically active work compared with women.

Approximately 20% of participants did not participate in any leisure time physical activity (Corangamite Shire 17% and Limestone Coast 20%). Two-thirds of

participants reported the leisure time physical activity option ‘walk, ride a bike, go fishing or do home duties or light gardening for at least 4 hours a week’ (Corangamite Shire 66% and Limestone Coast 68%). This appears to be largely less than moderate intensity because approximately 50% of participants reported that they did not engage in moderate intensity leisure time physical activity (Corangamite Shire 51% and Limestone Coast 52%). A small proportion of participants reported doing the more intense types of leisure time physical activity to maintain fitness such as jogging, swimming, ball sport, heavy gardening and other regular vigorous activities (Corangamite Shire 17% and Limestone Coast 13%).

There was some variation in the leisure time physical activity reported by men and women and therefore it is not possible to say that one gender engages in more leisure time physical activity than the other. Men tended to engage in more intense leisure time physical activity to maintain fitness such as jogging, swimming, ball sports, heavy gardening and other regular vigorous activities (Corangamite Shire: men 21%, women 13% and Limestone Coast: men 14%, women 11%). A larger proportion of women engaged in moderate intensity leisure time physical activity on three or more days per week compared with men (Corangamite Shire: men 25%, women 30% and Limestone Coast: men 23%, women 27%).

In Corangamite Shire, 15% of participants engaged in leisure time physical activity of moderate intensity five or more times a week with no difference between genders. In the Limestone Coast, 12% of participants engaged in leisure time physical activity of moderate intensity five or more times a week (men 14%, women 11%).

In Corangamite Shire, 58% of participants did some form of active transport to get to and from work, compared with 48% in the Limestone Coast. There was considerable variation in the time spent engaged in active transport in relation to gender and age.

The adoption of a physically active lifestyle tends to occur in stages with the progression through these stages being cyclical. People tend to take up a new activity, maintain it for varying amounts of time, they may relapse by giving up and readopt as time goes on. (Prochaska and DiClemente 1992, Marcus et al 1992). If people do not perceive that they need to be more physically active, they will not progress through the stages of change. Approximately 80% of participants in both studies rated their physical fitness in a positive way as ‘reasonable’, ‘reasonably good’ or ‘very good’ (Corangamite Shire: men 85%, women 77% and Limestone Coast: men 82%, women 74%). An interpretation of these data is that these participants do not perceive that they should be more active. This is not consistent with the low levels of physical activity reported in leisure time, at work or from active transport.

In both studies, women reported more often than men that they had increased leisure time physical activity during the past six months (Corangamite Shire: men 21%, women 43% and Limestone Coast: men 30%, women 43%). Females also reported more often having tried to increase their physical activity levels when compared with men (Corangamite Shire: men 27%, women 40% and Limestone Coast: men 30%, women 42%).

4.13. Psychosocial factors

(Appendix 1 Tables 95-98 and Fig 4.8)

Steve Bunker, Anna Kao-Philpot and Prasuna Reddy

The National Heart Foundation of Australia now recognises psychosocial factors (specifically depression and lack of quality social support) as independent risk factors for heart disease (National Heart Foundation and Cardiac Society of Australia and New Zealand 2005), although the underlying mechanisms are not yet fully understood (Bunker et al 2003).

Depression was measured by the Hospital Anxiety and Depression Scale (HADS) (Zigmond and Snaith 1983).

In Limestone Coast, 8.7% of participants were found to be somewhat or significantly depressed. The rate for males (10.3%) was somewhat higher than for females (7.4%). Rates were highest for males in the 55-64 years age group (14.3%) and for females in the 25-44 year age group (10.7%).

In Corangamite Shire, 7.7% of participants were found to be somewhat or significantly depressed. The rate for males (8.3%) was slightly higher than for females (7.3%). Rates were highest for both males and females in the 45-54 year age groups, 19.5% and 16.4% respectively.

Anxiety was measured by the Hospital Anxiety and Depression Scale (HADS) (Zigmond and Snaith 1983).

In Limestone Coast, 10.7% of participants reported somewhat or significant levels of anxiety. The rate for males (11.4%) was slightly higher than for females (10.0%). The highest rates of anxiety were reported by males aged between 55-64 years (15.7%) and females aged between 25-44 years (12.8%).

In Corangamite Shire, 9.1% of participants reported somewhat or significant levels of anxiety. The rate for females (9.3%) was slightly higher than for males (8.8%). The highest rates of anxiety were reported by participants in the 45-54 years age group, 17.1% for males, and 15.0% for females.

It appears that the HADS has not previously been used in population studies in Australia therefore we are unaware of any comparative data.

Psychological distress was measured by the Kessler-10 scale (Clinical Research Unit for Anxiety and Depression 2000, Andrews and Slade 2001). Respondents achieving a score of 22 or more on the K10 are deemed to have high, or very high, levels of psychological distress.

In Limestone Coast, 8.7% of participants reported high or very high levels of psychological distress. The rate for females (10.0%) was somewhat higher than for males (7.3%). Rates were highest for both males and females in the 25-44 age groups, 9.8% and 13.7% respectively.

In Corangamite Shire, 7.9% percent of the participants reported high or very high levels of psychological distress. In Corangamite the rate for males (8.7%) was slightly higher than for females (7.4%). Rates were highest for both males and females in the 45-54 age groups, 21.9% and 16.4% respectively.

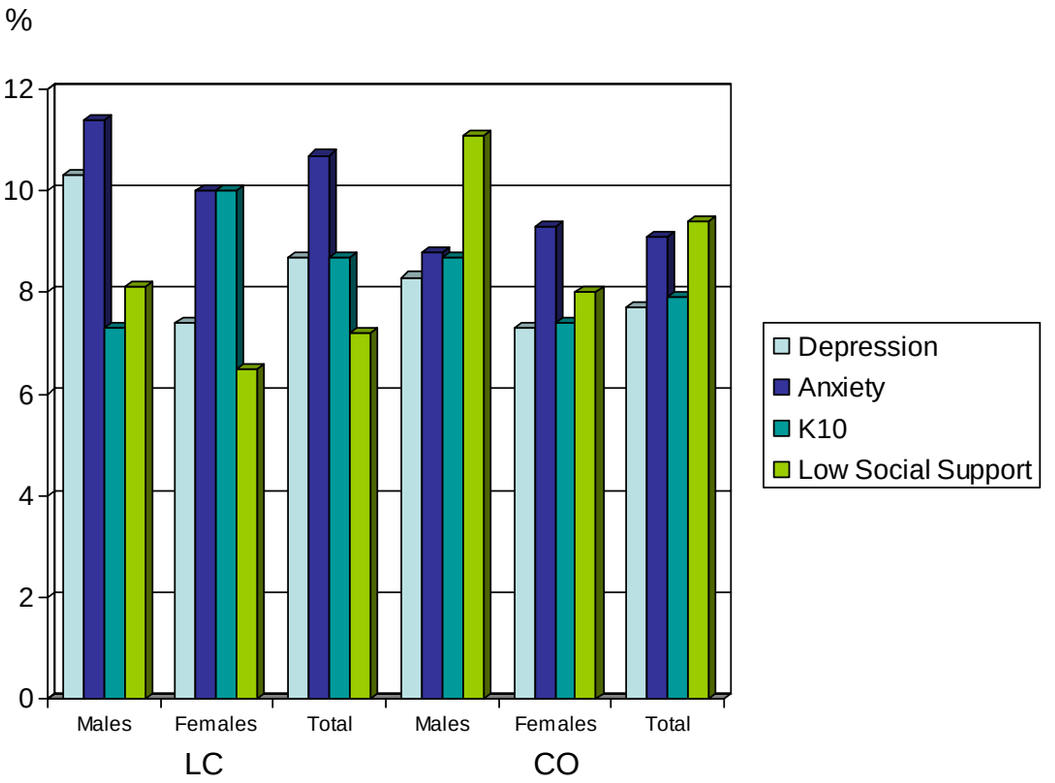
K10 population data is available for both Victoria and South Australia. The Victorian Population Health Survey 2004 reported a rate of psychological distress of 12.1% for general Victorian population compared with 7.9% found in our survey in the Corangamite region. The South Australian Monitoring and Surveillance System reported a rate of 10.3% in the general South Australian population for the period July 2002 to June 2004 compared with 8.7% found in our survey in the Limestone Coast Region.

Social support was measured using the ENRICHD Social Support Instrument (ESSI) (The ENRICHD investigators 2000, The ENRICHD investigators 2001).

In Limestone Coast, 7.2% of participants reported a low level of social support. The rate for males (8.1%) was somewhat higher than for females (6.5%). Rates were highest among the 65-74 age group, with 9.1% of males and 11.4% of females reporting low levels of social support.

In Corangamite Shire, 9.4% of participants reported a low level of social support. The rate for males (11.1%) was somewhat higher than for females (8.0%). Rates were highest among the 65-74 age group, with 16.1% of males and 12.7% of females reporting low levels of social support.

Figure 4.8. Prevalence of psychosocial risk factors
*Data age-adjusted to local survey area


%
12
10
8
6
4
2
0
Males
Females
Total
Males
Females
Total
LC
CO
Depression
Anxiety
K10
Low Social Support

Summary and conclusions

To our knowledge this is the first time that psychosocial risk factors have been routinely collected in a health measurement survey alongside the more traditional biomedical risk factors.

Overall rates of psychological distress were lower in both regions compared with the general populations of their respective states. This is in keeping with findings from both statewide population surveys that the proportion of respondents with psychological distress living in rural areas are significantly lower that in the metropolitan regions.

Rates of depression, anxiety and psychological distress were higher in Limestone Coast due mainly to the higher scores in each domain among women in this region. Conversely, more people reported low levels of social support in Corangamite, particularly among males.

As always, caution is needed when interpreting the results of the gender and age analyses due to the relatively small number of respondents in the subgroups.

4.14. Use of health services

(Appendix 1 Tables 12-17)

Philip Tideman

Limestone Coast

In Limestone Coast, 87% of the population had visited a general practitioner at least once in the last 12 months. Women (90%) were more likely to have visited a general practitioner at least once in the last 12 months than men (85%). The discrepancy in visitation rates between women and men was more marked in the youngest age group 25–44 at 71% for men compared with 88% for women. Non-attendance rates were more than twice as high for men aged 25–54 years than for women in the same age range. Both men (100%) and women (96%) 65 years and over had very high visitation rates.

The specialist attendance rate was 33% for the total survey population in Limestone Coast. Specialist attendance rates increased with age in both sexes. There was no difference in specialist attendance rates between men and women aged 55–74 years. Specialist attendance rates in men aged 45–54 years were lower (21%) than for similar aged women (33%).

Of the Limestone Coast survey population, 16% had spent at least one day in hospital during the last 12 months, with 10% having spent two or more days in hospital and 5% five or more days. There were no differences in hospital visitation rates between men and women, nor between the different age groups.

At least one dental visit in the last 12 months was reported by 50% of the overall Limestone Coast survey population, and 21% saw a dentist two or more times. Again

women were more likely to have seen a dentist at least once (55%) compared with men (45%), however the higher visitation rates for women aged 25–64 were not seen in women at 65–74 years. There were no age differences in visitation rates for men.

Use of allied health services including dieticians and practice or specialised support nurses was generally low. Only 4% of the survey population saw a dietician in the last 12 months. Nurse based services were used at least once by 9%. Dietician services were utilised predominantly by the over 55 year olds, however nurse based services were accessed by all age groups with higher rates reported by older respondents.

Corangamite Shire

In Corangamite Shire, 91% of the population had visited a general practitioner at least once in the last 12 months. Women (94%) were more likely to have visited a general practitioner at least once in the last 12 months compared with men (87%). The discrepancy in visitation rates between women and men was more marked in the youngest age group with 76% of men aged 25–44 years with at least one visit, compared with 95% of women in the same younger age group. Non-attendance rates were more than four times as high for men aged 25–54 than for women in the same age range. Both men (95%) and women (98%) 65 years and over had very high visitation rates.

The specialist attendance rate during the previous 12 months was 38% for the total survey population in Corangamite Shire. Specialist attendance rates increased with age in men, being 45% in the 65-74 group. Women aged 55–64 years had lower rates (32%) than men in this age group (43%). The overall attendance rate for participants of both genders in the 55-74 age group was 41%. Specialist attendance rates in younger men aged 25–54 years were lower than for similar aged women.

Of the Corangamite Shire survey population, 22% had spent at least one day in hospital during the last 12 months, with 14% having spent two or more days in hospital and 8% five or more days. The only major differences in hospitalisation rates between age groups and genders were a higher rate of hospitalisation in men aged 45-64 compared with women of the same age, and a higher rate in the youngest age group of women compared with men of the same age.

At least one dental visit in the last 12 months was reported by 39% of the survey population, and 19% saw a dentist two or more times. Again women were more likely to have seen a dentist at least once 44% than men 33%. Dental visitation rates declined progressively with age, especially in women.

Use of allied health services including dieticians and practice or specialised support nurses was generally low with only 4% of the Corangamite Shire survey population having seen a dietician in the last 12 months. Nurse based services were used at least once by 9% of participants. Dietician services were utilised more by the over 65 year olds, and nurse based services were accessed with increasing rates by older people, especially women. Women were twice as likely as men to have used nurse based services in the last 12 months.

Comparisons between Limestone Coast and Corangamite Shire

Overall, the GP visitation rates by men and women in younger age groups were slightly higher in Corangamite Shire than in Limestone Coast. The Corangamite Shire

survey population had higher rates of visits to specialists, but this was driven only by the younger age groups, with no difference in the older age groups.

In comparison with the Limestone Coast, the Corangamite Shire survey population had higher hospitalisation rates especially in women aged 25–44 years and men aged 45–64. This may reflect sampling bias, or differences in illness or other patterns (eg. use of obstetric services) or may reflect access issues (eg. patient: doctor ratios, hospital beds per population etc.).

Young women had similar rates of dental visitation in Limestone Coast and Corangamite Shire, however for men and women in all other age groups visitation rates were higher in Limestone Coast. This is in contrast to GP and medical specialist visitation rates and hospital visitation rates where the converse was true. There were no differences in utilisation of dietician and nurse-based services between the two survey populations.

In summary, almost all people over 65 see a GP at least once a year and therefore targeted interventions should, as a matter of course be directed through GP clinics for this age group. For younger males in particular a combination of GP clinic and occupational avenues for targeted interventions or screening would seem necessary.

4.15. Medication use

(Appendix 1 Tables 29-42)

Kevin Mc Namara

This section seeks to understand the extent to which treatments are being used by the study populations for different indications. A range of medications and disease states was examined, and reporting of treatment rates is based upon medication(s) usage for the previous week unless otherwise stated. It should be noted that the small numbers reporting usage of certain medication types necessitates the observed trends being interpreted with caution.

A large proportion of the populations surveyed were currently taking medications for conditions directly related to cardiovascular disease. Overall, about one quarter of the study participants from the Limestone Coast and Corangamite Shire took medications for hypertension; this was roughly in keeping with the proportions reporting diagnosis or treatment for hypertension in the previous 12 months.

There was quite a substantial increase in medication usage for hypertension with age, rising from negligible levels among the 25–44 years age groups up to more than two in every five participants in the 65–74 years group. There were some notable differences for individual age-sex categories between the two study sites which might be explained by small sample sizes. These included a three-fold increased prevalence in Limestone Coast for men aged 45–54 (21% vs. 7%), and a 1.5-fold greater prevalence for women aged 55–64 in Corangamite Shire (44% vs. 31%).

A majority of those respondents who had at some stage been diagnosed with or treated for hypertension reported use of medications at some point for this indication; this proportion increased with age. Of those participants that had ever taken blood pressure medication on prescription, the vast majority reported having taken their last

dose either that day or the day previously. This figure was higher for Limestone Coast (90%) than for Corangamite Shire (81%) respondents.

About one in every five people surveyed who could recall having a previous cholesterol test also reported being treated for elevated cholesterol levels; this is interesting in light of laboratory results that found just one in twenty people with total serum cholesterol at an ideal level of less than 4.00 mmol/l, which admittedly is the target for secondary prevention rather than for primary prevention. Medication use for cholesterol reduction varied according to age, with virtually no treatment in the youngest age bracket, followed by substantial increases in treatment prevalence for each subsequent age group.

Crude medication treatment rates for diabetes were similar for the two study populations at 3% (Corangamite Shire) and 4% (Limestone Coast). Overall, about half of the respondents who reported a previous diagnosis of IGT or diabetes were taking some form of prescription medication – tablets, insulin or a combination – for its treatment. Again, the small numbers involved make it difficult to define any individual trends.

Trends in medication use over the past week for depression were mirrored by reported levels of diagnosis or treatment over the past 12 months. Overall levels of reported use among the populations were 4% in the Limestone Coast, and 7% in Corangamite Shire. The low incidence of overall use makes it difficult to assess the validity of a slightly increased usage among women. It was found that men from the Corangamite Shire survey were more than twice as likely as their Limestone Coast counterparts to have taken medication for depression in the previous week (7% vs. 3%). None of the 85 men aged 25–44 years for which there were data reported was taking medication for depression. Overall rates of reported sedative use were similar for the two studies, at less than 5%.

Headache was the condition for which patients were most likely to have taken medications in the previous week, with three out of every ten respondents reporting their use. Women were far more likely than men to report their use, and use appeared to decline substantially with increasing age. There were differences between the two survey populations again for individual age-sex brackets, which again may be a product of the small numbers of participants involved. For example, women from Corangamite Shire reported substantially higher levels of use at 25–44 years of age (60% vs. 42%), but had much lower rates for subsequent age groups.

Medication use increased with age for aches and pains, and a somewhat higher proportion of respondents from Limestone Coast compared with Corangamite Shire reported having used medications for ‘other aches and pains’ (31% vs. 22%). Reporting of treatment for such conditions was far more common by women: with the exception of the age group 65–74 in Limestone Coast, women were 1.8-3.8 times more likely (generally about twice as likely) than men in the same age group and survey area to report medication use for this purpose.

Rates of medication use for coughs were not very high. There was only a minor difference observed between rates for Limestone Coast (7%) and Corangamite Shire (5%), and equally between males and females.

The Limestone Coast population reported a greater level of vitamin consumption than that of Corangamite Shire (36% vs. 25%), and this held true for both men and women.

There were substantial rates of use across all age groups for both sexes, but use by women was far greater than for men (1.6 times greater for Limestone Coast, 2.2 times greater for Corangamite Shire).

Among women, a higher proportion of 25–44 year olds (28%) from Limestone Coast, but a lower proportion of 45–54 year old (1%), indicated that they had used contraceptives in the past week when compared with Corangamite Shire (16% and 10% respectively). Around one in five respondents reported using some other type of medication.

Further analysis of the medication-related information collected during the course of this survey will contribute substantially to our understanding of how medications are used in Australia, especially for chronic diseases. Not only does it examine how medication is being used rather than prescribed, but it also has employed a methodology that ensures the validity of results for rural areas.

There have of course been a number of previous studies examining medication use at a population level, but these have not specifically examined the perspective of medication use in rural Australia. The AusDiab study, which provided some prevalence measures regarding treatment of cardiovascular disease and diabetes, was a population-based Australian study which, due to the exclusion criteria employed, may not be generalisable to the rural population of Australia (Dunstan et al 2002).

Similarly, the MONICA studies in Perth and Newcastle 1984–93 involved a largely urban/metropolitan population (McElduff et al 2000). Moreover, a number of the drug therapies being examined (such as ACE inhibitors) were relatively new so it is quite likely that the extent of their use has changed over the past decade.

The 2004 Health Omnibus Survey in South Australia did examine rural areas but in a selective fashion, only including town-dwelling populations of more than 1,000 people. The focus was on examining point prevalence of use of prescribed medications (as opposed to all medications) without consideration of related clinical information and therapeutic regime (Goldney et al 2005). Likewise, the BEACH study (Britt et al 2005) is a record of general practice activity and as such is a reflection of how medicines are prescribed in general practice rather than how they are actually used in the community. The emphasis and application is different in such studies compared with these risk factor surveys, which provide a unique perspective on medication use in rural Australia.

5. Discussion

The levels of chronic disease risk factors in the GGT region in rural Victoria (Corangamite Shire) and South Australia (Limestone Coast) were high – particularly the proportion of the population having elevated total or LDL cholesterol values, and being overweight or obese, and having a sedentary lifestyle.

To date, very limited data exist for chronic disease and their risk factors in the GGT region. To identify health problems and to target interventions and monitor their impact, it is necessary to have objective data on chronic disease risk factors. This shortfall of data on chronic disease risk factors has also been recognised in the National Chronic Disease Strategy (Australian Government 2005) and the National Service Improvement Framework for Heart, Stroke and Vascular Disease (National Health Priority Action Council 2005). Several countries have shown the importance of health monitoring in disease prevention planning and management of risk factors (Puska et al 1995).

The total cholesterol levels found in this study were higher than those measured in the last Risk Factor Prevalence Study in 1989 (Bennett and Magnus 1994). The WHO MONICA surveys carried out in Perth and Newcastle in 1994 reported slightly higher cholesterol values for men but lower values for women (McElduff et al 2000). It seems that there have been no major improvements in population cholesterol levels over the past 10 to 15 years, at least in rural areas, despite the emphasis on cholesterol testing, healthier diet, and the availability of lipid lowering drugs.

In order to better target future prevention activities, it will be important to determine the reasons for the recent developments. Saturated fatty acids in particular but also dietary cholesterol and trans fatty acids play a key role in determining serum cholesterol (Reddy and Katan 2004). The assessment of nutrient intake is very difficult and only information on food choices and consumption frequencies can be obtained with this type of survey. The information gathered in this study using a food frequency questionnaire showed that butter and full cream milk are commonly used in these regions. More information on sources and quantities of saturated fat in the diet among rural populations is needed. Proper assessment of diet and nutrition would require more complicated methods such as food diaries or dietary recalls.

The obesity rates reported in this paper were considerably higher than those in previous surveys (Bennett and Magnus 1994, McElduff et al 2000, Cameron et al 2003). It is unclear whether this is due to a further worsening of the problem throughout Australia, or if the rural areas are even worse than major cities. Participants also reported very low physical activity levels. The consequences of the high prevalence of obesity and low physical activity are inevitable and predict increasing rates of type 2 diabetes, as well as other chronic illnesses in the GGT region. There is a demand for urgent action to prevent the obesity epidemic by lifestyle changes. Increasing physical activity and decreasing the time spent in sedentary activities, together with modifications in diet are important targets.

In Australia, many anti-smoking initiatives have been carried out. These efforts have gone hand in hand with monitoring the impact in the population with increased efforts after prevalences plateaued out as happened in Victoria (State Government of Victoria 2006). This shows how important it is to have good data on risk factors over time. The smoking rates even in rural areas now seem to be relatively low, reflecting success in

the anti-smoking policy. The observed higher rates among younger participants raise serious concerns for the future and indicate where the extra efforts should be directed.

The prevalence of hypertension in Corangamite Shire was somewhat lower than in Limestone Coast but a greater proportion of hypertension in Corangamite Shire had previously been recognised. The prevalence of diabetes was close to and possibly higher than reported in earlier studies (Dunstan et al 2002a).

The gender differences in self rated health were relatively small and it was difficult to find obvious age related trends in our data. Rates of depression, anxiety, psychological distress and low social support were similar for both Corangamite Shire and Limestone Coast.

Overall, the samples sizes in these two surveys were relatively small which emphasises the importance of adopting some caution when interpreting the findings. However, our results are the only recent data collections from rural Australian regions using random population samples.

The participation rates in the present surveys were relatively low and some caution is also therefore needed when interpreting the results. However, the main risk factor levels observed were very similar in the two survey areas, which might reflect the reliability of the results. Also, comparing the socioeconomic background among the survey participants with population statistics available (ABS 2001) we can conclude that the participants closely represented the true populations of the areas surveyed. Additionally, the smoking prevalences reported in studies based on computer assisted telephone interviews (State Government of Victoria 2006) give results close to those presented in this paper, further reinforcing the impression that these results are representative.

Earlier experiences suggest that population subgroups with a greater prevalence of risk factors and poorer health may be less likely to participate in this kind of survey than their healthier counterparts (Jousilahti et al 2005). Thus our results may, to some extent, underestimate the problems related to unfavourable risk factor levels.

In conclusion, the abnormal risk factor levels, particularly the elevated cholesterol levels and the high prevalence of overweight and obesity underline the need for targeted prevention activities in the GGT region. Unhealthy diet and insufficient physical activity are among the key challenges. Ongoing surveillance of physical risk factors is needed, and our current results provide a good baseline for future follow-up.

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Appendices

1. *Result tables*
2. *Questionnaires*
3. *Study protocol and fieldwork instructions*
4. *List of field work personnel and office staff*
5. *Acknowledgements*

Appendix 1 – Result Tables

Table 1. Number of study subjects according to sex and age group.

	25 - 44	45 - 54	55 - 64	65 - 74	Total
Males	51	62	70	77	260
Females	58	86	78	70	292
All	109	148	148	147	552

Table 2. Are you of Aboriginal or Torres Strait Islander origin?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
No		100.0	98.4	100.0	97.4	98.8	98.3	98.8	100.0	98.6	99.0	98.9
Aboriginal		.0	1.6	.0	1.3	.8	1.7	1.2	.0	1.4	1.0	.9
Torres Strait Islander		.0	.0	.0	1.3	.4	.0	.0	.0	.0	.0	.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	76	259	58	86	78	70	292	551
Missing	N	0	0	0	1	1	0	0	0	0	0	1

Table 3. What is your ethnic background?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Australia / New Zealand		98.0	88.7	95.7	80.5	90.0	96.6	89.5	91.0	82.9	89.7	89.9
UK / Ireland		.0	3.2	1.4	9.1	3.8	.0	8.1	1.3	12.9	5.8	4.9
Other		2.0	8.1	2.9	10.4	6.2	3.4	2.3	7.7	4.3	4.5	5.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	70	292	552
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 4. What is your marital status?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Married or defacto		82.4	83.9	87.1	83.1	84.2	91.4	88.4	91.0	65.7	84.2	84.2
Single		11.8	8.1	4.3	3.9	6.5	1.7	3.5	1.3	1.4	2.1	4.2
Separated or divorced		5.9	8.1	8.6	6.5	7.3	5.2	5.8	6.4	2.9	5.1	6.2
Widowed		.0	.0	.0	6.5	1.9	1.7	2.3	1.3	30.0	8.6	5.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	70	292	552
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 5. How many family members are presently living in your household?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
1		17.6	14.5	18.8	20.8	18.1	8.6	11.6	14.3	37.1	17.9	18.0
2		23.5	29.0	68.1	75.3	52.1	10.3	47.7	70.1	60.0	49.1	50.5
3		25.5	25.8	7.2	2.6	13.9	20.7	18.6	13.0	.0	13.1	13.5
4		19.6	17.7	5.8	1.3	10.0	27.6	16.3	2.6	1.4	11.3	10.7
5 or more		13.7	12.9	.0	.0	5.8	32.8	5.8	.0	1.4	8.6	7.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	58	86	77	70	291	550
Missing	N	0	0	1	0	1	0	0	1	0	1	2

Table 6. Indicate the total number of years you undertook full-time education

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Less than 10 years		4.0	11.3	30.0	63.6	30.5	1.7	11.6	23.4	41.4	19.9	24.9
10 - 13 years		66.0	53.2	52.9	31.2	49.0	81.0	69.8	63.6	38.6	62.9	56.4
14 years or more		30.0	35.5	17.1	5.2	20.5	17.2	18.6	13.0	20.0	17.2	18.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	62	70	77	259	58	86	77	70	291	550
Missing	N	1	0	0	0	1	0	0	1	0	1	2

Table 7. What is your highest level of education?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Primary school		.0	.0	13.0	33.8	13.5	.0	1.2	10.3	18.6	7.5	10.3
Secondary education		29.4	45.2	53.6	49.4	45.6	44.8	40.7	52.6	55.7	48.3	47.0
Vocational training		31.4	12.9	13.0	6.5	14.7	12.1	16.3	10.3	7.1	11.6	13.1
Higher school certificate		23.5	24.2	11.6	7.8	15.8	27.6	29.1	12.8	11.4	20.2	18.1
University education		15.7	17.7	8.7	2.6	10.4	15.5	12.8	14.1	7.1	12.3	11.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	58	86	78	70	292	551
Missing	N	0	0	1	0	1	0	0	0	0	0	1

Table 8. What is your primary occupation?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Agriculture, forestry etc.		40.8	41.9	32.8	13.0	30.6	14.3	12.9	12.0	1.4	10.1	19.8
Mining, construction etc.		26.5	24.2	26.9	.0	18.0	1.8	.0	1.3	1.4	1.0	9.1
Wholesale trade		2.0	9.7	4.5	3.9	5.1	12.5	15.3	5.3	.0	8.4	6.8
Hospitality, transport etc.		2.0	4.8	3.0	1.3	2.7	14.3	7.1	4.0	1.4	6.3	4.6
Administration, services etc.		22.4	11.3	3.0	1.3	8.2	25.0	38.8	20.0	1.4	22.0	15.5
Student		2.0	.0	.0	.0	.4	.0	.0	.0	.0	.0	.2
Home duties		.0	4.8	1.5	.0	1.6	30.4	17.6	29.3	22.9	24.5	13.7
Retired / Pensioner		.0	3.2	23.9	80.5	31.4	1.8	5.9	24.0	71.4	25.9	28.5
Unemployed		4.1	.0	4.5	.0	2.0	.0	2.4	4.0	.0	1.7	1.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	49	62	67	77	255	56	85	75	70	286	541
Missing	N	2	0	3	0	5	2	1	3	0	6	11

Table 9. Are you presently employed?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Full time, permanent		78.4	83.9	63.8	14.3	56.8	31.0	39.5	11.7	1.4	21.3	38.0
Full time, contract < 12 months		2.0	1.6	1.4	.0	1.2	.0	1.2	1.3	.0	.7	.9
Part time		5.9	1.6	5.8	3.9	4.2	22.4	20.9	28.6	.0	18.2	11.6
Casual		7.8	3.2	4.3	6.5	5.4	24.1	8.1	10.4	4.3	11.0	8.4
Not working at the moment		5.9	9.7	24.6	75.3	32.4	22.4	30.2	48.1	94.3	48.8	41.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	58	86	77	70	291	550
Missing	N	0	0	1	0	1	0	0	1	0	1	2

Table 10. If you are not employed at the moment, have you been:

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Unemployed > 1 year		33.3	16.7	11.8	3.4	7.1	.0	7.7	2.7	.0	2.1	4.0
Unemployed 6 - 12 months		.0	.0	.0	.0	.0	7.7	7.7	2.7	.0	2.8	1.8
Unemployed < 6 months		66.7	.0	23.5	.0	7.1	7.7	19.2	.0	.0	4.2	5.3
Retrenched		.0	16.7	11.8	.0	3.6	7.7	.0	.0	.0	.7	1.8
Pensioner / Retirer		.0	33.3	52.9	96.6	79.8	7.7	15.4	48.6	80.3	53.5	63.3
Full-time student		.0	.0	.0	.0	.0	.0	.0	2.7	.0	.7	.4
Home duties		.0	33.3	.0	.0	2.4	69.2	50.0	43.2	19.7	35.9	23.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	3	6	17	58	84	13	26	37	66	142	226
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 11. What was the weekly total gross income of all family members living in the same household income last year?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Less than $300		2.0	3.5	9.2	33.8	13.1	1.8	2.5	13.2	31.1	11.8	12.4
$301 - $800		22.0	21.1	41.5	49.2	34.6	23.6	29.1	45.6	55.7	38.4	36.6
$801 - $1300		42.0	31.6	15.4	10.8	23.6	36.4	27.8	14.7	13.1	22.8	23.2
$1301 - $1800		24.0	24.6	15.4	3.1	16.0	29.1	22.8	10.3	.0	15.6	15.8
$1801 - $2300		8.0	3.5	7.7	.0	4.6	7.3	10.1	4.4	.0	5.7	5.2
$2301 - $2800		.0	7.0	3.1	.0	2.5	.0	3.8	5.9	.0	2.7	2.6
More than $2800		2.0	8.8	7.7	3.1	5.5	1.8	3.8	5.9	.0	3.0	4.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	57	65	65	237	55	79	68	61	263	500
Missing	N	1	5	5	12	23	3	7	10	9	29	52

Table 12. How many times have you visited a general practitioner (GP) in the last 12 months?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
0		29.4	27.4	10.1	.0	15.1	12.1	14.0	10.4	4.3	10.3	12.5
1		19.6	22.6	15.9	11.7	17.0	24.1	20.9	16.9	4.3	16.5	16.7
2 - 4		39.2	32.3	37.7	48.1	39.8	36.2	37.2	36.4	51.4	40.2	40.0
5 - 10		9.8	16.1	26.1	28.6	21.2	19.0	24.4	28.6	30.0	25.8	23.6
11 or more		2.0	1.6	10.1	11.7	6.9	8.6	3.5	7.8	10.0	7.2	7.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	58	86	77	70	291	550
Missing	N	0	0	1	0	1	0	0	1	0	1	2

Table 13. How many times have you visited a specialist doctor (eg. endocrinologist, cardiologist) in the last 12 months?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
0		82.4	79.0	64.3	54.5	68.5	84.5	67.4	63.6	52.2	66.2	67.3
1		7.8	3.2	12.9	13.0	9.6	10.3	17.4	19.5	17.4	16.6	13.3
2 - 4		7.8	14.5	12.9	24.7	15.8	1.7	12.8	13.0	23.2	13.1	14.4
5 - 10		2.0	3.2	10.0	7.8	6.2	1.7	2.3	3.9	7.2	3.8	4.9
11 or more		.0	.0	.0	.0	.0	1.7	.0	.0	.0	.3	.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	77	69	290	550
Missing	N	0	0	0	0	0	0	0	1	1	2	2

Table 14. How many days have you been in hospital in the last 12 months?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
0		88.2	83.9	84.3	81.8	84.2	79.3	87.2	84.6	78.6	82.9	83.5
1		7.8	4.8	5.7	6.5	6.2	1.7	7.0	9.0	8.6	6.8	6.5
2 - 4		3.9	4.8	5.7	3.9	4.6	6.9	2.3	2.6	7.1	4.5	4.5
5 - 10		.0	6.5	4.3	1.3	3.1	12.1	1.2	1.3	4.3	4.1	3.6
11 - 20		.0	.0	.0	2.6	.8	.0	1.2	.0	1.4	.7	.7
21 or more		.0	.0	.0	3.9	1.2	.0	1.2	2.6	.0	1.0	1.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	70	292	552
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 15. How many times have you visited a dentist in the last 12 months?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
0		56.9	53.2	54.3	55.8	55.0	43.1	39.5	44.9	54.3	45.2	49.8
1		19.6	30.6	30.0	22.1	25.8	34.5	36.0	32.1	24.3	31.8	29.0
2 - 4		15.7	14.5	12.9	19.5	15.8	19.0	17.4	20.5	21.4	19.5	17.8
5 - 10		7.8	1.6	2.9	2.6	3.5	3.4	7.0	2.6	.0	3.4	3.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	70	292	552
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 16. How many times have you visited a dietitian in the last 12 months?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
0		96.1	100.0	92.9	93.5	95.4	100.0	97.7	93.6	95.7	96.6	96.0
1		.0	.0	2.9	6.5	2.7	.0	.0	5.1	2.9	2.1	2.4
2 - 4		2.0	.0	4.3	.0	1.5	.0	1.2	1.3	1.4	1.0	1.3
5 - 10		2.0	.0	.0	.0	.4	.0	1.2	.0	.0	.3	.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	70	292	552
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 17. How many times have you visited a diabetes nurse, cardiac nurse, practice nurse or similar in the last 12 months?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
0		94.1	91.9	87.1	85.5	89.2	94.8	91.9	91.0	90.0	91.8	90.6
1		3.9	4.8	7.1	5.3	5.4	1.7	2.3	2.6	2.9	2.4	3.8
2 - 4		.0	3.2	5.7	7.9	4.6	1.7	4.7	5.1	7.1	4.8	4.7
5 - 10		2.0	.0	.0	.0	.4	.0	1.2	1.3	.0	.7	.5
11 or more		.0	.0	.0	1.3	.4	1.7	.0	.0	.0	.3	.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	76	259	58	86	78	70	292	551
Missing	N	0	0	0	1	1	0	0	0	0	0	1

Table 18. In the past 12 months, have you received any form of income support due to illness or disability?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
No		92.2	95.2	86.8	98.7	93.4	100.0	93.0	96.2	97.1	96.2	94.9
Yes		7.8	4.8	13.2	1.3	6.6	.0	7.0	3.8	2.9	3.8	5.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	68	76	257	58	86	78	70	292	549
Missing	N	0	0	2	1	3	0	0	0	0	0	3

Table 19. During the last 12 months, how many days were you absent from work or unable to carry out normal duties due to an illness?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
0		39.2	54.8	65.2	87.5	63.7	56.9	57.8	73.3	86.7	68.1	66.0
1 - 5		49.0	27.4	21.2	5.6	23.9	39.7	27.7	14.7	3.3	21.4	22.6
6 - 10		5.9	6.5	6.1	1.4	4.8	1.7	4.8	6.7	3.3	4.3	4.6
11 - 15		.0	3.2	1.5	1.4	1.6	.0	.0	1.3	.0	.4	.9
16 - 20		3.9	.0	1.5	1.4	1.6	.0	1.2	.0	1.7	.7	1.1
21 or more		2.0	8.1	4.5	2.8	4.4	1.7	8.4	4.0	5.0	5.1	4.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	66	72	251	58	83	75	60	276	527
Missing	N	0	0	4	5	9	0	3	3	10	16	25

Table 20. Has a doctor ever diagnosed you with myocardial infarction?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		100.0	96.8	95.7	83.1	93.1	100.0	100.0	98.7	98.6	99.3	96.4
Yes		.0	3.2	4.3	16.9	6.9	.0	.0	1.3	1.4	.7	3.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	58	86	78	70	292	551
Missing	N	0	0	1	0	1	0	0	0	0	0	1

Table 21. Has a doctor ever diagnosed you with stroke or cerebral haemorrhage?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		100.0	100.0	97.1	87.0	95.4	100.0	98.8	98.7	89.7	96.9	96.2
Yes		.0	.0	2.9	13.0	4.6	.0	1.2	1.3	10.3	3.1	3.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	68	290	550
Missing	N	0	0	0	0	0	0	0	0	2	2	2

Table 22. Have you ever had coronary bypass surgery?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		100.0	100.0	98.6	89.6	96.5	100.0	100.0	100.0	100.0	100.0	98.4
Yes		.0	.0	1.4	10.4	3.5	.0	.0	.0	.0	.0	1.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	70	292	552
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 23. Have you ever had a coronary angioplasty?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		100.0	100.0	98.6	98.7	99.2	100.0	100.0	98.7	95.7	98.6	98.9
Yes		.0	.0	1.4	1.3	.8	.0	.0	1.3	4.3	1.4	1.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	69	291	551
Missing	N	0	0	0	0	0	0	0	0	1	1	1

Table 24. During the last 12 months, have you had a persistent cough with phlegm that occurs almost daily?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
No		66.7	82.0	81.4	72.7	76.1	77.6	70.9	68.8	81.4	74.2	75.1
Yes, for less than 1 m		29.4	3.3	7.1	6.5	10.4	12.1	11.6	18.2	8.6	12.7	11.6
Yes, for 1 - 2 m		2.0	4.9	1.4	3.9	3.1	6.9	8.1	5.2	2.9	5.8	4.5
Yes, for 3 m or longer		2.0	9.8	10.0	16.9	10.4	3.4	9.3	7.8	7.1	7.2	8.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	61	70	77	259	58	86	77	70	291	550
Missing	N	0	1	0	0	1	0	0	1	0	1	2

Table 25. How would you assess your present state of health?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Excellent		11.8	8.1	10.0	7.8	9.2	17.2	12.8	10.3	4.3	11.0	10.1
Good		60.8	43.5	42.9	53.2	49.6	53.4	47.7	52.6	62.9	53.8	51.8
Average		27.5	48.4	40.0	32.5	37.3	29.3	36.0	37.2	22.9	31.8	34.4
Poor		.0	.0	7.1	5.2	3.5	.0	1.2	.0	10.0	2.7	3.1
Very poor		.0	.0	.0	1.3	.4	.0	2.3	.0	.0	.7	.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	70	292	552
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 26. How do you consider your weight?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Too thin		2.0	1.6	.0	.0	.8	.0	.0	1.3	.0	.3	.5
A little thin		3.9	1.6	4.3	6.5	4.2	1.7	3.5	.0	1.4	1.7	2.9
Normal		56.9	30.6	31.4	37.7	38.1	39.7	26.7	14.1	34.3	27.7	32.6
A little overweight		29.4	61.3	57.1	51.9	51.2	43.1	40.7	70.5	52.9	52.1	51.6
Very overweight		7.8	4.8	7.1	3.9	5.8	15.5	29.1	14.1	11.4	18.2	12.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	70	292	552
Missing	N	0	0	0	0	0	0	0	0	0	0	0

During the last 12 months, have you been diagnosed as having, or have you been treated for, any of the following conditions?

Table 27.a Hypertension

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		3.9	24.2	25.7	40.3	25.4	12.1	16.3	32.1	48.6	27.4	26.4
No		96.1	75.8	74.3	59.7	74.6	87.9	83.7	67.9	51.4	72.6	73.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	70	292	552
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 27.b Hypercholesterolaemia

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		5.9	19.4	22.9	28.6	20.4	8.6	12.8	20.5	35.7	19.5	19.9
No		94.1	80.6	77.1	71.4	79.6	91.4	87.2	79.5	64.3	80.5	80.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	70	292	552
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 27.c Diabetes

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		2.0	1.6	10.1	13.0	7.3	5.2	3.5	7.7	11.4	6.8	7.1
No		98.0	98.4	89.9	87.0	92.7	94.8	96.5	92.3	88.6	93.2	92.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	58	86	78	70	292	551
Missing	N	0	0	1	0	1	0	0	0	0	0	1

Table 27.d Myocardial infarction

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	1.6	1.4	.0	.8	1.7	.0	.0	.0	.3	.5
No		100.0	98.4	98.6	100.0	99.2	98.3	100.0	100.0	100.0	99.7	99.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	58	86	78	70	292	551
Missing	N	0	0	1	0	1	0	0	0	0	0	1

Table 27.e Angina pectoris

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		2.0	1.6	2.9	7.8	3.9	.0	1.2	1.3	2.9	1.4	2.5
No		98.0	98.4	97.1	92.2	96.1	100.0	98.8	98.7	97.1	98.6	97.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	58	86	78	70	292	551
Missing	N	0	0	1	0	1	0	0	0	0	0	1

Table 27.f Heart failure

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	1.6	1.4	.0	.8	.0	1.2	.0	1.4	.7	.7
No		100.0	98.4	98.6	100.0	99.2	100.0	98.8	100.0	98.6	99.3	99.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	58	86	78	70	292	551
Missing	N	0	0	1	0	1	0	0	0	0	0	1

Table 27.g Cancer

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	.0	5.8	6.5	3.5	1.7	.0	.0	4.3	1.4	2.4
No		100.0	100.0	94.2	93.5	96.5	98.3	100.0	100.0	95.7	98.6	97.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	58	86	78	70	292	551
Missing	N	0	0	1	0	1	0	0	0	0	0	1

Table 27.h Rheumatism or arthritis

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		2.0	12.9	17.4	22.1	14.7	.0	12.8	26.9	42.9	21.2	18.1
No		98.0	87.1	82.6	77.9	85.3	100.0	87.2	73.1	57.1	78.8	81.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	58	86	78	70	292	551
Missing	N	0	0	1	0	1	0	0	0	0	0	1

Table 27.i Back illness

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		13.7	21.0	18.8	15.6	17.4	5.2	18.6	20.5	21.4	17.1	17.2
No		86.3	79.0	81.2	84.4	82.6	94.8	81.4	79.5	78.6	82.9	82.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	58	86	78	70	292	551
Missing	N	0	0	1	0	1	0	0	0	0	0	1

Table 27.j Chronic bronchitis or emphysema

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	3.3	1.4	7.8	3.5	.0	.0	5.1	4.3	2.4	2.9
No		100.0	96.7	98.6	92.2	96.5	100.0	100.0	94.9	95.7	97.6	97.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	61	69	77	258	58	86	78	70	292	550
Missing	N	0	1	1	0	2	0	0	0	0	0	2

Table 27.k Bronchial asthma

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		7.8	6.5	2.9	1.3	4.2	8.6	8.1	7.7	10.0	8.6	6.5
No		92.2	93.5	97.1	98.7	95.8	91.4	91.9	92.3	90.0	91.4	93.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	58	86	78	70	292	551
Missing	N	0	0	1	0	1	0	0	0	0	0	1

Table 27.l Gastritis or ulcer

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		3.9	6.5	8.7	9.1	7.3	.0	5.9	2.6	5.7	3.8	5.5
No		96.1	93.5	91.3	90.9	92.7	100.0	94.1	97.4	94.3	96.2	94.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	58	85	78	70	291	550
Missing	N	0	0	1	0	1	0	1	0	0	1	2

Table 27.m Allergy

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		9.8	3.2	8.7	5.2	6.6	8.6	12.8	12.8	12.9	12.0	9.4
No		90.2	96.8	91.3	94.8	93.4	91.4	87.2	87.2	87.1	88.0	90.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	58	86	78	70	292	551
Missing	N	0	0	1	0	1	0	0	0	0	0	1

Table 27.n Depression

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		2.0	8.1	2.9	5.2	4.6	3.4	11.6	6.4	8.6	7.9	6.4
No		98.0	91.9	97.1	94.8	95.4	96.6	88.4	93.6	91.4	92.1	93.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	58	86	78	70	292	551
Missing	N	0	0	1	0	1	0	0	0	0	0	1

Table 27.o Anxiety disorder

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	4.8	5.8	3.9	3.9	3.4	3.5	1.3	4.3	3.1	3.4
No		100.0	95.2	94.2	96.1	96.1	96.6	96.5	98.7	95.7	96.9	96.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	58	86	78	70	292	551
Missing	N	0	0	1	0	1	0	0	0	0	0	1

Table 27.p Other mental conditions

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		2.2	1.8	.0	.0	.8	.0	.0	5.1	.0	1.4	1.1
No		97.8	98.2	100.0	100.0	99.2	100.0	100.0	94.9	100.0	98.6	98.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	46	56	69	77	248	51	85	78	70	284	532
Missing	N	5	6	1	0	12	7	1	0	0	8	20

Have you had any of the following symptoms or complaints during the last month?

Table 28.a Chest pain during exercise

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		2.0	1.6	4.3	9.1	4.6	3.4	4.7	3.8	4.3	4.1	4.4
No		98.0	98.4	95.7	90.9	95.4	96.6	95.3	96.2	95.7	95.9	95.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	69	291	551
Missing	N	0	0	0	0	0	0	0	0	1	1	1

Table 28.b Joint pain

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		33.3	46.8	47.1	46.8	44.2	24.1	59.3	53.8	50.7	48.8	46.6
No		66.7	53.2	52.9	53.2	55.8	75.9	40.7	46.2	49.3	51.2	53.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	69	291	551
Missing	N	0	0	0	0	0	0	0	0	1	1	1

Table 28.c Back pain

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		54.9	53.2	47.1	39.0	47.7	44.8	50.0	42.3	42.0	45.0	46.3
No		45.1	46.8	52.9	61.0	52.3	55.2	50.0	57.7	58.0	55.0	53.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	69	291	551
Missing	N	0	0	0	0	0	0	0	0	1	1	1

Table 28.d Neck/shoulder pain

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		45.1	46.8	41.4	40.3	43.1	32.8	55.8	48.7	42.0	46.0	44.6
No		54.9	53.2	58.6	59.7	56.9	67.2	44.2	51.3	58.0	54.0	55.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	69	291	551
Missing	N	0	0	0	0	0	0	0	0	1	1	1

Table 28.e Swelling of feet

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		3.9	8.1	10.0	11.7	8.8	12.1	15.1	19.2	27.5	18.6	14.0
No		96.1	91.9	90.0	88.3	91.2	87.9	84.9	80.8	72.5	81.4	86.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	69	291	551
Missing	N	0	0	0	0	0	0	0	0	1	1	1

Table 28.f Varicose veins

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		2.0	12.9	8.6	9.1	8.5	17.2	15.1	20.5	33.3	21.3	15.2
No		98.0	87.1	91.4	90.9	91.5	82.8	84.9	79.5	66.7	78.7	84.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	69	291	551
Missing	N	0	0	0	0	0	0	0	0	1	1	1

Table 28.g Eczema

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		11.8	11.3	12.9	11.7	11.9	17.2	17.4	10.3	13.0	14.4	13.2
No		88.2	88.7	87.1	88.3	88.1	82.8	82.6	89.7	87.0	85.6	86.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	69	291	551
Missing	N	0	0	0	0	0	0	0	0	1	1	1

Table 28.h Constipation

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		2.0	3.2	4.3	7.8	4.6	15.5	22.1	20.5	21.7	20.3	12.9
No		98.0	96.8	95.7	92.2	95.4	84.5	77.9	79.5	78.3	79.7	87.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	69	291	551
Missing	N	0	0	0	0	0	0	0	0	1	1	1

Table 28.i Headache

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		45.1	45.2	25.7	14.3	30.8	63.8	66.3	41.0	33.3	51.2	41.6
No		54.9	54.8	74.3	85.7	69.2	36.2	33.7	59.0	66.7	48.8	58.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	69	291	551
Missing	N	0	0	0	0	0	0	0	0	1	1	1

Table 28.j Insomnia

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		11.8	12.9	15.7	9.1	12.3	17.2	38.4	29.5	15.9	26.5	19.8
No		88.2	87.1	84.3	90.9	87.7	82.8	61.6	70.5	84.1	73.5	80.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	69	291	551
Missing	N	0	0	0	0	0	0	0	0	1	1	1

Table 28.k Depressed mood

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		7.8	17.7	11.4	10.4	11.9	24.1	19.8	7.7	11.6	15.5	13.8
No		92.2	82.3	88.6	89.6	88.1	75.9	80.2	92.3	88.4	84.5	86.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	69	291	551
Missing	N	0	0	0	0	0	0	0	0	1	1	1

Table 28.l Anxious mood

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		5.9	17.7	10.0	14.3	12.3	15.5	17.4	10.3	13.0	14.1	13.2
No		94.1	82.3	90.0	85.7	87.7	84.5	82.6	89.7	87.0	85.9	86.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	69	291	551
Missing	N	0	0	0	0	0	0	0	0	1	1	1

Table 28.m Panic attacks

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	1.6	4.3	2.6	2.3	3.4	2.3	5.1	2.9	3.4	2.9
No		100.0	98.4	95.7	97.4	97.7	96.6	97.7	94.9	97.1	96.6	97.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	69	291	551
Missing	N	0	0	0	0	0	0	0	0	1	1	1

Table 28.n Nausea

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		2.0	3.2	1.4	2.6	2.3	17.2	8.1	5.1	5.8	8.6	5.6
No		98.0	96.8	98.6	97.4	97.7	82.8	91.9	94.9	94.2	91.4	94.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	69	291	551
Missing	N	0	0	0	0	0	0	0	0	1	1	1

Table 28.o Frequent stomach ache

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		2.0	3.2	2.9	3.9	3.1	6.9	8.1	6.4	5.8	6.9	5.1
No		98.0	96.8	97.1	96.1	96.9	93.1	91.9	93.6	94.2	93.1	94.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	69	291	551
Missing	N	0	0	0	0	0	0	0	0	1	1	1

Have you taken any tablets, pills or other medication during the last week?

Table 29.a For high blood pressure

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		2.0	21.0	25.7	44.2	25.4	1.8	14.0	30.8	48.6	24.4	24.9
No		98.0	79.0	74.3	55.8	74.6	98.2	86.0	69.2	51.4	75.6	75.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	57	86	78	70	291	551
Missing	N	0	0	0	0	0	1	0	0	0	1	1

Table 29.b For high cholesterol

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	16.1	18.6	32.5	18.5	3.5	9.3	14.1	35.7	15.8	17.1
No		100.0	83.9	81.4	67.5	81.5	96.5	90.7	85.9	64.3	84.2	82.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	57	86	78	70	291	551
Missing	N	0	0	0	0	0	1	0	0	0	1	1

Table 29.c For diabetes

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		2.0	.0	2.9	9.1	3.8	1.8	2.3	5.1	8.6	4.5	4.2
No		98.0	100.0	97.1	90.9	96.2	98.2	97.7	94.9	91.4	95.5	95.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	57	86	78	70	291	551
Missing	N	0	0	0	0	0	1	0	0	0	1	1

Table 29.d For headache

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		29.4	33.9	15.7	10.4	21.2	42.1	49.4	39.7	28.6	40.3	31.3
No		70.6	66.1	84.3	89.6	78.8	57.9	50.6	60.3	71.4	59.7	68.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	57	85	78	70	290	550
Missing	N	0	0	0	0	0	1	1	0	0	2	2

Table 29.e For other aches and pains

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		7.8	21.0	21.4	37.7	23.5	29.8	41.2	38.5	35.7	36.9	30.5
No		92.2	79.0	78.6	62.3	76.5	70.2	58.8	61.5	64.3	63.1	69.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	57	85	78	70	290	550
Missing	N	0	0	0	0	0	1	1	0	0	2	2

Table 29.f For cough

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		3.9	1.6	5.7	5.2	4.2	7.0	10.5	10.3	5.7	8.6	6.5
No		96.1	98.4	94.3	94.8	95.8	93.0	89.5	89.7	94.3	91.4	93.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	57	86	78	70	291	551
Missing	N	0	0	0	0	0	1	0	0	0	1	1

Table 29.g For angina

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	.0	.0	3.9	1.2	.0	1.2	.0	.0	.3	.7
No		100.0	100.0	100.0	96.1	98.8	100.0	98.8	100.0	100.0	99.7	99.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	57	86	78	70	291	551
Missing	N	0	0	0	0	0	1	0	0	0	1	1

Table 29.h For depression

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	4.8	2.9	2.6	2.7	3.5	5.8	7.7	4.3	5.5	4.2
No		100.0	95.2	97.1	97.4	97.3	96.5	94.2	92.3	95.7	94.5	95.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	57	86	78	70	291	551
Missing	N	0	0	0	0	0	1	0	0	0	1	1

Table 29.i Sedatives

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		3.9	6.5	4.3	5.2	5.0	.0	5.8	1.3	11.4	4.8	4.9
No		96.1	93.5	95.7	94.8	95.0	100.0	94.2	98.7	88.6	95.2	95.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	57	86	78	70	291	551
Missing	N	0	0	0	0	0	1	0	0	0	1	1

Table 29.j Vitamins

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		35.3	22.6	28.6	24.7	27.3	49.1	48.8	38.5	35.7	43.0	35.6
No		64.7	77.4	71.4	75.3	72.7	50.9	51.2	61.5	64.3	57.0	64.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	57	86	78	70	291	551
Missing	N	0	0	0	0	0	1	0	0	0	1	1

Table 29.k Contraceptives

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	.0	.0	.0	.0	28.1	1.2	.0	.0	5.8	3.1
No		100.0	100.0	100.0	100.0	100.0	71.9	98.8	100.0	100.0	94.2	96.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	57	86	78	70	291	551
Missing	N	0	0	0	0	0	1	0	0	0	1	1

Table 29.l Other

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		13.3	14.8	17.1	24.7	18.3	10.7	24.7	38.5	22.9	25.3	22.1
No		86.7	85.2	82.9	75.3	81.7	89.3	75.3	61.5	77.1	74.7	77.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	45	54	70	77	246	56	85	78	70	289	535
Missing	N	6	8	0	0	14	2	1	0	0	3	17

Table 30. Have you been feeling tense, stressed or under a lot of pressure during the last month?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Not at all		19.6	40.3	51.4	60.5	45.2	27.6	27.1	44.2	48.6	36.9	40.8
Yes, somewhat		60.8	45.2	41.4	34.2	44.0	62.1	56.5	44.2	45.7	51.7	48.1
Yes, more than usual		19.6	14.5	7.1	5.3	10.8	10.3	15.3	11.7	5.7	11.0	10.9
Yes, life is almost unbearable		.0	.0	.0	.0	.0	.0	1.2	.0	.0	.3	.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	76	259	58	85	77	70	290	549
Missing	N	0	0	0	1	1	0	1	1	0	2	3

Table 31. When was the last time you had your blood pressure measured?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
During the last 6 months		31.4	45.2	65.7	76.6	57.3	32.8	53.5	70.1	84.3	61.2	59.3
Between 6 and 12 months ago		25.5	22.6	15.7	18.2	20.0	24.1	17.4	11.7	11.4	15.8	17.8
Between 1 and 5 years ago		27.5	25.8	14.3	5.2	16.9	36.2	24.4	11.7	4.3	18.6	17.8
More than 5 years ago		9.8	4.8	2.9	.0	3.8	5.2	1.2	5.2	.0	2.7	3.3
Never		2.0	1.6	.0	.0	.8	.0	1.2	.0	.0	.3	.5
I do not know		3.9	.0	1.4	.0	1.2	1.7	2.3	1.3	.0	1.4	1.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	77	70	291	551
Missing	N	0	0	0	0	0	0	0	1	0	1	1

Table 32. Have you ever been diagnosed with high or elevated blood pressure?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		94.1	71.0	59.4	50.7	66.5	86.2	70.9	53.8	42.6	62.8	64.5
Yes		5.9	29.0	40.6	49.3	33.5	13.8	29.1	46.2	57.4	37.2	35.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	75	257	58	86	78	68	290	547
Missing	N	0	0	1	2	3	0	0	0	2	2	5

Table 33. If you have ever been diagnosed with high or elevated blood pressure, have you ever used medication for high blood pressure?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		66.7	16.7	32.1	2.7	17.4	62.5	32.0	33.3	12.8	27.8	23.2
Yes		33.3	83.3	67.9	97.3	82.6	37.5	68.0	66.7	87.2	72.2	76.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	3	18	28	37	86	8	25	36	39	108	194
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 34. If you have ever been diagnosed with high or elevated blood pressure and you have used medication for high blood pressure, when was the last time you took it?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Today or yesterday		100.0	73.3	94.4	97.2	91.4	33.3	70.6	100.0	97.0	89.5	90.4
2 -7 days ago		.0	6.7	.0	.0	1.4	.0	.0	.0	.0	.0	.7
1 week - 6 months ago		.0	6.7	.0	.0	1.4	33.3	.0	.0	.0	1.3	1.4
6 - 12 months ago		.0	6.7	.0	.0	1.4	33.3	.0	.0	3.0	2.6	2.1
1 - 5 years ago		.0	.0	.0	.0	.0	.0	11.8	.0	.0	2.6	1.4
Over 5 years ago		.0	6.7	5.6	2.8	4.3	.0	17.6	.0	.0	3.9	4.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	1	15	18	36	70	3	17	23	33	76	146
Missing	N	0	0	1	0	1	0	0	1	1	2	3

Table 35. When was the last time your cholesterol was measured?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
During the last 6 months		11.8	29.0	38.6	40.3	31.5	8.6	30.2	33.3	35.7	28.1	29.7
Between 6 and 12 months ago		7.8	14.5	18.6	27.3	18.1	13.8	11.6	23.1	30.0	19.5	18.8
Between 1 and 5 years ago		25.5	24.2	18.6	20.8	21.9	12.1	25.6	14.1	11.4	16.4	19.0
More than 5 years ago		7.8	11.3	11.4	1.3	7.7	3.4	8.1	6.4	7.1	6.5	7.1
Never		39.2	21.0	10.0	7.8	17.7	53.4	20.9	20.5	11.4	25.0	21.6
I do not know		7.8	.0	2.9	2.6	3.1	8.6	3.5	2.6	4.3	4.5	3.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	70	292	552
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 36. Have you ever been diagnosed with high cholesterol?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		90.0	65.6	61.4	56.6	66.5	89.5	81.4	74.4	44.9	72.4	69.7
Yes		10.0	34.4	38.6	43.4	33.5	10.5	18.6	25.6	55.1	27.6	30.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	61	70	76	257	57	86	78	69	290	547
Missing	N	1	1	0	1	3	1	0	0	1	2	5

Table 37. If your cholesterol level was examined, did you receive dietary counselling to lower your cholesterol level?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		76.9	71.4	71.7	74.6	73.3	76.2	78.7	77.2	59.6	72.4	72.9
Yes		23.1	28.6	28.3	25.4	26.7	23.8	21.3	22.8	40.4	27.6	27.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	26	49	60	67	202	21	61	57	57	196	398
Missing	N	1	0	1	2	4	1	4	3	2	10	14

Table 38.a Do you now take prescription medication to lower your cholesterol level?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		100.0	83.9	81.2	65.8	80.9	94.6	90.6	85.7	64.3	83.7	82.4
Yes		.0	16.1	18.8	34.2	19.1	5.4	9.4	14.3	35.7	16.3	17.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	62	69	76	257	56	85	77	70	288	545
Missing	N	1	0	1	1	3	2	1	1	0	4	7

Table 38.b If you have ever been diagnosed with high cholesterol do you now take prescription medication to lower your cholesterol level?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		100.0	57.1	59.3	21.2	46.5	50.0	56.3	45.0	34.2	42.5	44.6
Yes		.0	42.9	40.7	78.8	53.5	50.0	43.8	55.0	65.8	57.5	55.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	5	21	27	33	86	6	16	20	38	80	166
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 39. Have you ever had your blood sugar level measured?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
During the last 6 months		15.7	19.7	35.7	46.8	31.3	12.1	26.7	37.2	29.0	27.1	29.1
Between 6 and 12 months ago		11.8	16.4	20.0	18.2	17.0	19.0	5.8	12.8	23.2	14.4	15.6
Between 1 and 5 years ago		11.8	27.9	14.3	18.2	18.1	31.0	27.9	14.1	21.7	23.4	20.9
More than 5 years ago		.0	3.3	7.1	3.9	3.9	15.5	11.6	12.8	8.7	12.0	8.2
Never		51.0	27.9	15.7	9.1	23.6	20.7	20.9	12.8	11.6	16.5	19.8
I do not know		9.8	4.9	7.1	3.9	6.2	1.7	7.0	10.3	5.8	6.5	6.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	61	70	77	259	58	86	78	69	291	550
Missing	N	0	1	0	0	1	0	0	0	1	1	2

Table 40. Have you ever been diagnosed as pre diabetic (impaired glucose tolerance, IGT) or with diabetes?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		98.0	100.0	88.6	85.7	92.3	93.1	95.3	87.2	89.9	91.4	91.8
Yes, IGT		.0	.0	4.3	3.9	2.3	1.7	3.5	3.8	1.4	2.7	2.5
Yes, diabetes		2.0	.0	7.1	10.4	5.4	5.2	1.2	9.0	8.7	5.8	5.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	69	291	551
Missing	N	0	0	0	0	0	0	0	0	1	1	1

Table 41.a When diagnosed for diabetes were you given dietary counselling?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		.0	.0	50.0	9.1	25.0	.0	50.0	40.0	42.9	36.0	31.1
Yes		100.0	.0	50.0	90.9	75.0	100.0	50.0	60.0	57.1	64.0	68.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	1	0	8	11	20	4	4	10	7	25	45
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 41.b When diagnosed for diabetes were you given tablet treatment?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		.0	.0	75.0	45.5	55.0	75.0	75.0	80.0	14.3	60.0	57.8
Yes		100.0	.0	25.0	54.5	45.0	25.0	25.0	20.0	85.7	40.0	42.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	1	0	8	11	20	4	4	10	7	25	45
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 41.c When diagnosed for diabetes were you given insulin treatment?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		100.0	.0	87.5	100.0	95.0	100.0	100.0	90.0	85.7	92.0	93.3
Yes		.0	.0	12.5	.0	5.0	.0	.0	10.0	14.3	8.0	6.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	1	0	8	11	20	4	4	10	7	25	45
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 41.d When diagnosed for diabetes were you given any of the above (i.e dietary counselling, tablet treatment or insulin treatment)?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		100.0	.0	62.5	100.0	85.0	100.0	75.0	70.0	100.0	84.0	84.4
Yes		.0	.0	37.5	.0	15.0	.0	25.0	30.0	.0	16.0	15.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	1	0	8	11	20	4	4	10	7	25	45
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 42.a What prescription medicine do you use currently for diabetes?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Nothing		98.0	100.0	97.1	92.2	96.5	96.5	97.7	94.9	91.3	95.2	95.8
Insulin		.0	.0	1.4	.0	.4	.0	.0	1.3	.0	.3	.4
Tablets		2.0	.0	1.4	7.8	3.1	3.5	2.3	3.8	7.2	4.1	3.6
Both insulin and tablets		.0	.0	.0	.0	.0	.0	.0	.0	1.4	.3	.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	57	86	78	69	290	550
Missing	N	0	0	0	0	0	1	0	0	1	2	2

Table 42.b If you have ever been diagnosed as IGT or diabetic what prescription medicine do you currently use for diabetes?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Nothing		.0	.0	75.0	45.5	55.0	33.3	50.0	60.0	14.3	41.7	47.7
Insulin		.0	.0	12.5	.0	5.0	.0	.0	10.0	.0	4.2	4.5
Tablets		100.0	.0	12.5	54.5	40.0	66.7	50.0	30.0	71.4	50.0	45.5
Both insulin and tablets		.0	.0	.0	.0	.0	.0	.0	.0	14.3	4.2	2.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	1	0	8	11	20	3	4	10	7	24	44
Missing	N	0	0	0	0	0	1	0	0	0	1	1

Has your father/mother ever been diagnosed with following conditions?

Table 43.a Heart attack

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Yes		16.0	51.7	43.3	52.0	42.5	14.0	41.2	45.5	52.3	39.4	40.9
No		84.0	48.3	56.7	48.0	57.5	86.0	58.8	54.5	47.7	60.6	59.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	60	67	75	252	57	85	77	65	284	536
Missing	N	1	2	3	2	8	1	1	1	5	8	16

Table 43.b Stroke

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Yes		6.0	29.5	23.5	31.5	23.8	8.8	22.4	28.6	33.3	23.8	23.8
No		94.0	70.5	76.5	68.5	76.2	91.2	77.6	71.4	66.7	76.2	76.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	61	68	73	252	57	85	77	63	282	534
Missing	N	1	1	2	4	8	1	1	1	7	10	18

Table 43.c Diabetes

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Yes		18.0	24.2	20.6	23.6	21.8	22.8	16.5	32.9	8.2	20.4	21.1
No		82.0	75.8	79.4	76.4	78.2	77.2	83.5	67.1	91.8	79.6	78.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	62	68	72	252	57	85	76	61	279	531
Missing	N	1	0	2	5	8	1	1	2	9	13	21

Table 43.d Asthma

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Yes		10.0	12.9	13.2	8.3	11.1	15.8	24.7	13.5	10.0	16.7	14.0
No		90.0	87.1	86.8	91.7	88.9	84.2	75.3	86.5	90.0	83.3	86.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	62	68	72	252	57	85	74	60	276	528
Missing	N	1	0	2	5	8	1	1	4	10	16	24

Table 43.e Cancer

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Yes		20.0	33.9	42.6	25.4	31.1	26.3	35.3	40.3	40.3	35.9	33.6
No		80.0	66.1	57.4	74.6	68.9	73.7	64.7	59.7	59.7	64.1	66.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	62	68	71	251	57	85	77	62	281	532
Missing	N	1	0	2	6	9	1	1	1	8	11	20

Have any of your sisters/brothers ever been diagnosed with the following conditions?

Table 44.a Heart attack

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Yes		.0	3.3	10.0	26.0	11.0	1.7	3.5	13.3	25.0	10.8	10.9
No		100.0	96.7	90.0	74.0	89.0	98.3	96.5	86.7	75.0	89.2	89.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	61	70	73	254	58	85	75	68	286	540
Missing	N	1	1	0	4	6	0	1	3	2	6	12

Table 44.b Stroke

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Yes		.0	1.6	4.3	10.8	4.7	.0	3.5	4.0	9.2	4.2	4.5
No		100.0	98.4	95.7	89.2	95.3	100.0	96.5	96.0	90.8	95.8	95.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	61	69	74	254	58	85	75	65	283	537
Missing	N	1	1	1	3	6	0	1	3	5	9	15

Table 44.c Diabetes

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Yes		4.0	6.5	5.8	18.9	9.4	1.7	9.4	13.5	19.4	11.3	10.4
No		96.0	93.5	94.2	81.1	90.6	98.3	90.6	86.5	80.6	88.7	89.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	62	69	74	255	58	85	74	67	284	539
Missing	N	1	0	1	3	5	0	1	4	3	8	13

Table 44.d Asthma

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Yes		24.0	11.3	15.9	12.2	15.3	25.9	22.4	20.0	15.4	20.8	18.2
No		76.0	88.7	84.1	87.8	84.7	74.1	77.6	80.0	84.6	79.2	81.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	62	69	74	255	58	85	75	65	283	538
Missing	N	1	0	1	3	5	0	1	3	5	9	14

Table 44.e Cancer

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Yes		8.0	11.5	18.8	24.0	16.5	1.7	9.4	26.7	25.8	16.2	16.3
No		92.0	88.5	81.2	76.0	83.5	98.3	90.6	73.3	74.2	83.8	83.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	61	69	75	255	58	85	75	66	284	539
Missing	N	1	1	1	2	5	0	1	3	4	8	13

Have any of your grandparents, your aunts/uncles or your cousins ever been diagnosed with the following conditions?

Table 45.a Heart attack

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Yes		69.4	61.0	50.7	36.6	52.8	49.1	64.7	59.7	41.1	55.2	54.1
No		30.6	39.0	49.3	63.4	47.2	50.9	35.3	40.3	58.9	44.8	45.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	49	59	67	71	246	55	85	72	56	268	514
Missing	N	2	3	3	6	14	3	1	6	14	24	38

Table 45.b Stroke

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Yes		30.6	39.0	32.3	20.0	30.0	28.6	38.6	45.1	27.3	35.8	33.1
No		69.4	61.0	67.7	80.0	70.0	71.4	61.4	54.9	72.7	64.2	66.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	49	59	65	70	243	56	83	71	55	265	508
Missing	N	2	3	5	7	17	2	3	7	15	27	44

Table 45.c Diabetes

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Yes		36.0	37.3	22.4	23.9	29.1	41.8	34.5	30.0	24.6	32.7	31.0
No		64.0	62.7	77.6	76.1	70.9	58.2	65.5	70.0	75.4	67.3	69.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	59	67	71	247	55	84	70	57	266	513
Missing	N	1	3	3	6	13	3	2	8	13	26	39

Table 45.d Asthma

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Yes		20.0	15.3	10.6	11.6	13.9	38.9	33.3	19.7	20.0	28.0	21.3
No		80.0	84.7	89.4	88.4	86.1	61.1	66.7	80.3	80.0	72.0	78.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	59	66	69	244	54	84	71	55	264	508
Missing	N	1	3	4	8	16	4	2	7	15	28	44

Table 45.e Cancer

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Yes		66.0	45.8	47.7	31.0	46.1	63.8	58.1	54.3	57.6	58.2	52.5
No		34.0	54.2	52.3	69.0	53.9	36.2	41.9	45.7	42.4	41.8	47.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	59	65	71	245	58	86	70	59	273	518
Missing	N	1	3	5	6	15	0	0	8	11	19	34

Have any of your children ever been diagnosed with the following conditions?

Table 46.a Diabetes

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Yes		.0	3.3	3.0	4.0	2.8	.0	3.6	1.3	3.0	2.1	2.5
No		100.0	96.7	97.0	96.0	97.2	100.0	96.4	98.7	97.0	97.9	97.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	44	61	67	75	247	56	83	75	66	280	527
Missing	N	7	1	3	2	13	2	3	3	4	12	25

Table 46.b Asthma

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Yes		11.4	36.1	18.8	16.2	21.0	23.2	38.6	30.3	24.2	29.9	25.7
No		88.6	63.9	81.2	83.8	79.0	76.8	61.4	69.7	75.8	70.1	74.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	44	61	69	74	248	56	83	76	66	281	529
Missing	N	7	1	1	3	12	2	3	2	4	11	23

Table 46.c Cancer

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Yes		.0	.0	1.5	8.0	2.8	.0	4.8	1.3	4.5	2.9	2.8
No		100.0	100.0	98.5	92.0	97.2	100.0	95.2	98.7	95.5	97.1	97.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	44	61	67	75	247	56	83	75	66	280	527
Missing	N	7	1	3	2	13	2	3	3	4	12	25

Table 47. Have you ever smoked tobacco?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
No		41.2	27.4	34.8	33.8	34.0	31.0	45.3	62.8	62.9	51.4	43.2
Yes		58.8	72.6	65.2	66.2	66.0	69.0	54.7	37.2	37.1	48.6	56.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	58	86	78	70	292	551
Missing	N	0	0	1	0	1	0	0	0	0	0	1

Table 48. Would you have smoked at least 100 cigarettes, cigars or pipefuls tobacco in your lifetime?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		56.9	37.1	38.6	36.0	41.1	39.7	51.2	69.2	65.7	57.2	49.6
Yes		43.1	62.9	61.4	64.0	58.9	60.3	48.8	30.8	34.3	42.8	50.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	75	258	58	86	78	70	292	550
Missing	N	0	0	0	2	2	0	0	0	0	0	2

Table 49.a Have you ever smoked tobacco daily (almost every day) for at least one year?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		60.8	40.3	45.7	38.2	45.2	46.6	54.7	74.4	68.6	61.6	53.9
Yes		39.2	59.7	54.3	61.8	54.8	53.4	45.3	25.6	31.4	38.4	46.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	76	259	58	86	78	70	292	551
Missing	N	0	0	0	1	1	0	0	0	0	0	1

Table 49.b If so, how many years altogether?

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	13.1	7.0	2.0	22.0	19	14.6	7.2	4.0	27.0	30
45 - 54	20.3	9.9	2.0	35.0	37	17.5	10.1	2.0	40.0	39
55 - 64	26.2	13.1	1.0	45.0	37	23.6	10.6	2.0	44.0	20
65 - 74	31.0	14.2	3.0	55.0	47	26.2	17.2	3.0	56.0	22
Total	24.5	13.5	1.0	55.0	140	19.5	12.0	2.0	56.0	111

Table 50. Do you smoke tobacco at the present time (cigarettes, cigars, pipe)?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Daily		15.7	21.0	13.0	6.5	13.5	22.4	14.0	2.6	7.1	11.0	12.2
Occasionally		3.9	3.2	2.9	1.3	2.7	1.7	7.0	1.3	1.4	3.1	2.9
Not at all		80.4	75.8	84.1	92.2	83.8	75.9	79.1	96.2	91.4	86.0	84.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	58	86	78	70	292	551
Missing	N	0	0	1	0	1	0	0	0	0	0	1

Table 51. When did you last smoke tobacco?*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yesterday or today		36.4	35.9	20.9	10.4	23.7	37.1	29.3	8.7	20.8	26.0	24.7
2 days - 1 month ago		4.5	5.1	9.3	.0	4.6	5.7	7.3	4.3	.0	4.9	4.7
1 - 6 months ago		22.7	5.1	2.3	.0	5.3	.0	4.9	8.7	.0	3.3	4.4
Half a year to one year ago		.0	.0	4.7	.0	1.3	2.9	2.4	.0	.0	1.6	1.5
1 - 5 years ago		.0	10.3	7.0	8.3	7.2	20.0	9.8	21.7	.0	13.0	9.8
5 - 10 years ago		22.7	5.1	2.3	8.3	7.9	8.6	7.3	13.0	4.2	8.1	8.0
More than 10 years ago		13.6	38.5	53.5	72.9	50.0	25.7	39.0	43.5	75.0	43.1	46.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	22	39	43	48	152	35	41	23	24	123	275
Missing	N	0	0	0	0	0	0	1	1	0	2	2

* These results only show those who have smoked at least 100 cigarettes

Table 52.a How much tobacco (manufactured cigarettes, self-rolled cigarettes, pipe and cigars) do you or did you smoke before you stopped, on average per day?*

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	20.0	7.3	10.0	30.0	9	14.2	7.0	1.0	30.0	15
45 - 54	21.9	9.3	10.0	40.0	16	16.4	7.4	1.0	25.0	15
55 - 64	21.1	9.7	6.0	40.0	13	7.3	4.0	5.0	12.0	3
65 - 74	16.0	6.5	10.0	25.0	5	16.0	5.5	10.0	20.0	5
Total	20.6	8.7	6.0	40.0	43	14.8	7.0	1.0	30.0	38

* These results show only those who have smoked during the preceding month

Table 52.b Manufactured cigarettes

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	18.6	9.5	.0	30.0	9	14.2	7.0	1.0	30.0	15
45 - 54	17.6	9.4	.0	30.0	16	15.0	8.6	.0	25.0	15
55 - 64	20.0	11.5	.0	40.0	13	5.7	6.0	.0	12.0	3
65 - 74	11.0	11.4	.0	25.0	5	12.0	8.4	.0	20.0	5
Total	17.7	10.3	.0	40.0	43	13.6	7.9	.0	30.0	38

Table 52.c Self-rolled cigarettes

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	1.4	3.4	.0	10.0	9	.0	.0	.0	.0	15
45 - 54	4.4	8.3	.0	25.0	16	1.3	5.2	.0	20.0	15
55 - 64	.0	.0	.0	.0	13	1.7	2.9	.0	5.0	3
65 - 74	5.0	7.1	.0	15.0	5	4.0	8.9	.0	20.0	5
Total	2.5	6.0	.0	25.0	43	1.2	4.6	.0	20.0	38

Table 52.d Pipe

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	.0	.0	.0	.0	9	.0	.0	.0	.0	15
45 - 54	.0	.0	.0	.0	16	.0	.0	.0	.0	15
55 - 64	1.1	2.7	.0	8.0	13	.0	.0	.0	.0	3
65 - 74	.0	.0	.0	.0	5	.0	.0	.0	.0	5
Total	.3	1.5	.0	8.0	43	.0	.0	.0	.0	38

Table 52.e Cigars

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	.0	.0	.0	.0	9	.0	.0	.0	.0	15
45 - 54	.0	.0	.0	.0	16	.1	.3	.0	1.0	15
55 - 64	.0	.0	.0	.0	13	.0	.0	.0	.0	3
65 - 74	.0	.0	.0	.0	5	.0	.0	.0	.0	5
Total	.0	.0	.0	.0	43	.0	.2	.0	1.0	38

Table 53. Would you like to stop smoking?*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		.0	18.8	7.7	40.0	14.0	13.3	6.7	.0	20.0	10.5	12.3
Yes		77.8	56.3	61.5	60.0	62.8	66.7	73.3	33.3	60.0	65.8	64.2
I am not sure		11.1	18.8	23.1	.0	16.3	13.3	13.3	33.3	20.0	15.8	16.0
I do not smoke at present		11.1	6.3	7.7	.0	7.0	6.7	6.7	33.3	.0	7.9	7.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	9	16	13	5	43	15	15	3	5	38	81
Missing	N	0	0	0	0	0	0	0	0	0	0	0

* These results show only those who have smoked during the preceding month

Table 54. Have you ever tried seriously to stop smoking tobacco and not smoked for at least 24 hours? If so, when was the last time?*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
During the last month		11.1	18.8	25.0	.0	16.7	26.7	14.3	33.3	.0	18.9	17.7
A month to half a year ago		22.2	12.5	16.7	20.0	16.7	6.7	14.3	.0	.0	8.1	12.7
Half a year to one year ago		.0	6.3	8.3	20.0	7.1	13.3	7.1	66.7	60.0	21.6	13.9
More than one year ago		55.6	43.8	25.0	40.0	40.5	53.3	35.7	.0	20.0	37.8	39.2
Never tried to stop smoking		11.1	18.8	25.0	20.0	19.0	.0	28.6	.0	20.0	13.5	16.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	9	16	12	5	42	15	14	3	5	37	79
Missing	N	0	0	1	0	1	0	1	0	0	1	2

* These results show only those who have smoked during the preceding month

Table 55. Are you concerned about the harmful consequences that tobacco smoking can have on your health?*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Very concerned		44.4	43.8	30.8	40.0	39.5	33.3	40.0	33.3	25.0	35.1	37.5
Somewhat concerned		55.6	43.8	61.5	40.0	51.2	53.3	53.3	66.7	25.0	51.4	51.3
Not much concerned		.0	12.5	7.7	20.0	9.3	13.3	6.7	.0	50.0	13.5	11.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	9	16	13	5	43	15	15	3	4	37	80
Missing	N	0	0	0	0	0	0	0	0	1	1	1

* These results show only those who have smoked during the preceding month

During the last year have you been advised to stop smoking tobacco by any of the following?

Table 56.a Doctor*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		11.1	31.3	38.5	80.0	34.9	20.0	20.0	.0	50.0	21.6	28.8
No		88.9	68.8	61.5	20.0	65.1	80.0	80.0	100.0	50.0	78.4	71.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	9	16	13	5	43	15	15	3	4	37	80
Missing	N	0	0	0	0	0	0	0	0	1	1	1

* These results show only those who have smoked during the preceding month

Table 56.b Dentist*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		11.1	6.3	15.4	.0	9.3	6.7	6.7	.0	.0	5.4	7.5
No		88.9	93.8	84.6	100.0	90.7	93.3	93.3	100.0	100.0	94.6	92.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	9	16	13	5	43	15	15	3	4	37	80
Missing	N	0	0	0	0	0	0	0	0	1	1	1

* These results show only those who have smoked during the preceding month

Table 56.c Nurse*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	6.3	15.4	20.0	9.3	.0	.0	.0	25.0	2.7	6.3
No		100.0	93.8	84.6	80.0	90.7	100.0	100.0	100.0	75.0	97.3	93.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	9	16	13	5	43	15	15	3	4	37	80
Missing	N	0	0	0	0	0	0	0	0	1	1	1

* These results show only those who have smoked during the preceding month

Table 56.d Other health professional*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	.0	.0	.0	.0	6.7	6.7	.0	.0	5.4	2.5
No		100.0	100.0	100.0	100.0	100.0	93.3	93.3	100.0	100.0	94.6	97.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	9	16	13	5	43	15	15	3	4	37	80
Missing	N	0	0	0	0	0	0	0	0	1	1	1

* These results show only those who have smoked during the preceding month

Table 56.e Family member*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		66.7	62.5	84.6	20.0	65.1	73.3	60.0	33.3	50.0	62.2	63.8
No		33.3	37.5	15.4	80.0	34.9	26.7	40.0	66.7	50.0	37.8	36.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	9	16	13	5	43	15	15	3	4	37	80
Missing	N	0	0	0	0	0	0	0	0	1	1	1

* These results show only those who have smoked during the preceding month

Table 56.f Others*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		66.7	37.5	23.1	20.0	37.2	13.3	6.7	.0	50.0	13.5	26.3
No		33.3	62.5	76.9	80.0	62.8	86.7	93.3	100.0	50.0	86.5	73.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	9	16	13	5	43	15	15	3	4	37	80
Missing	N	0	0	0	0	0	0	0	0	1	1	1

* These results show only those who have smoked during the preceding month

Table 57. Does anybody in your family smoke tobacco inside your home?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Nobody smokes		94.1	80.6	89.9	88.3	88.0	79.3	87.2	87.0	91.3	86.6	87.2
Somebody smokes		5.9	19.4	10.1	11.7	12.0	20.7	12.8	13.0	8.7	13.4	12.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	58	86	77	69	290	549
Missing	N	0	0	1	0	1	0	0	1	1	2	3

How many hours a day do you spend indoors where you inhale other peoples' tobacco smoke?

Table 58.a At work

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
0		90.2	90.2	94.3	100.0	94.2	91.2	97.6	98.6	100.0	97.1	95.7
At least 1 hour		9.8	9.8	5.7	.0	5.8	8.8	2.4	1.4	.0	2.9	4.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	61	70	75	257	57	83	74	66	280	537
Missing	N	0	1	0	2	3	1	3	4	4	12	15

Table 58.b At home

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
0		92.2	80.3	97.1	93.4	91.1	86.0	88.1	93.4	97.1	91.2	91.2
At least 1 hour		7.8	19.7	2.9	6.6	8.9	14.0	11.9	6.6	2.9	8.8	8.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	61	70	76	258	57	84	76	68	285	543
Missing	N	0	1	0	1	2	1	2	2	2	7	9

Table 58.c Other places

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
0		72.5	83.9	82.9	90.7	83.3	91.2	91.7	90.4	93.9	91.8	87.7
At least 1 hour		27.5	16.1	17.1	9.3	16.7	8.8	8.3	9.6	6.1	8.2	12.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	75	258	57	84	73	66	280	538
Missing	N	0	0	0	2	2	1	2	5	4	12	14

Table 59. Do you eat breakfast most days of the week?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
No		31.4	24.2	8.6	6.5	16.2	22.4	15.1	7.8	5.7	12.4	14.2
Yes		68.6	75.8	91.4	93.5	83.8	77.6	84.9	92.2	94.3	87.6	85.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	77	70	291	551
Missing	N	0	0	0	0	0	0	0	1	0	1	1

Table 60. How many times a day do you eat (including snacks)?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
1 - 3 times		31.4	27.4	27.1	24.7	27.3	27.6	27.9	20.5	17.1	23.3	25.2
4 - 5 times		60.8	62.9	65.7	70.1	65.4	55.2	58.1	67.9	75.7	64.4	64.9
6 - 7 times		5.9	8.1	7.1	5.2	6.5	17.2	14.0	11.5	7.1	12.3	9.6
8 times or more		2.0	1.6	.0	.0	.8	.0	.0	.0	.0	.0	.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	70	292	552
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 61. What kind of fat is mostly used for cooking at your home?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Olive oil		52.9	41.9	41.4	40.3	43.5	48.3	66.3	60.3	47.1	56.5	50.4
Other vegetable oil		41.2	43.5	41.4	42.9	42.3	32.8	22.1	33.3	34.3	30.1	35.9
Margarine		5.9	1.6	10.0	7.8	6.5	3.4	3.5	5.1	7.1	4.8	5.6
Butter or derivate of butter		.0	4.8	2.9	2.6	2.7	10.3	3.5	.0	4.3	4.1	3.4
Not fat at all		.0	8.1	2.9	5.2	4.2	5.2	4.7	1.3	7.1	4.5	4.3
I do not know		.0	.0	1.4	1.3	.8	.0	.0	.0	.0	.0	.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	70	292	552
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 62. How often is food prepared (cooked by yourselves) at your home (including breakfast, lunch, dinner)?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Never		.0	.0	1.4	1.3	.8	.0	.0	.0	.0	.0	.4
Less than 7 meals per week		15.7	8.1	5.7	6.5	8.5	.0	3.5	2.6	1.4	2.1	5.1
7 - 13 meals per week		31.4	27.4	24.3	16.9	24.2	24.1	22.1	14.1	5.7	16.4	20.1
14 meals per week or more		41.2	46.8	30.0	41.6	39.6	55.2	46.5	46.2	28.6	43.8	41.8
Every meal		11.8	17.7	38.6	33.8	26.9	20.7	27.9	37.2	64.3	37.7	32.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	70	292	552
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 63. How often do you eat in restaurants?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Never		21.6	21.0	22.9	26.0	23.1	29.3	16.3	24.4	18.6	21.6	22.3
1 - 3 times a month		64.7	58.1	64.3	54.5	60.0	65.5	70.9	66.7	70.0	68.5	64.5
Once a week		13.7	21.0	10.0	18.2	15.8	3.4	11.6	9.0	8.6	8.6	12.0
2 - 3 times a week		.0	.0	1.4	1.3	.8	1.7	1.2	.0	2.9	1.4	1.1
4 - 6 times a week		.0	.0	1.4	.0	.4	.0	.0	.0	.0	.0	.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	70	292	552
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 64. How often do you buy take-away food?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Never		2.0	1.6	10.0	31.2	12.7	5.2	16.3	33.3	42.0	24.7	19.1
1 - 3 times a month		51.0	40.3	68.6	57.1	55.0	58.6	58.1	55.1	53.6	56.4	55.7
Once a week		27.5	43.5	17.1	11.7	23.8	25.9	22.1	10.3	2.9	15.1	19.2
2 - 3 times a week		13.7	9.7	1.4	.0	5.4	10.3	2.3	1.3	1.4	3.4	4.4
4 - 6 times a week		5.9	4.8	1.4	.0	2.7	.0	1.2	.0	.0	.3	1.5
7 times a week or more		.0	.0	1.4	.0	.4	.0	.0	.0	.0	.0	.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	69	291	551
Missing	N	0	0	0	0	0	0	0	0	1	1	1

Table 65. What kind of fat do you use on bread mostly?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
None		3.9	3.2	5.7	3.9	4.2	8.6	10.5	12.8	4.3	9.2	6.9
Low fat margarine		17.6	25.8	25.7	29.9	25.4	19.0	25.6	24.4	47.1	29.1	27.4
Margarine, polyunsaturated		39.2	38.7	34.3	39.0	37.7	34.5	25.6	19.2	25.7	25.7	31.3
Margarine, monounsaturated		15.7	11.3	14.3	9.1	12.3	3.4	10.5	16.7	10.0	10.6	11.4
Butter or derivate of butter		23.5	21.0	20.0	18.2	20.4	34.5	26.7	26.9	12.9	25.0	22.8
I do not know		.0	.0	.0	.0	.0	.0	1.2	.0	.0	.3	.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	70	292	552
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 66. What kind of milk do you usually use?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Full cream milk		52.9	50.0	42.9	46.8	47.7	48.3	17.4	23.1	23.2	26.5	36.5
Low fat milk		25.5	35.5	31.4	27.3	30.0	24.1	45.3	43.6	42.0	39.9	35.2
Skim milk		13.7	11.3	12.9	10.4	11.9	22.4	25.6	23.1	23.2	23.7	18.1
Milk substitutes		.0	3.2	4.3	5.2	3.5	.0	4.7	7.7	5.8	4.8	4.2
I do not use milk		7.8	.0	8.6	10.4	6.9	5.2	7.0	2.6	5.8	5.2	6.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	69	291	551
Missing	N	0	0	0	0	0	0	0	0	1	1	1

Table 67.a How many cups of coffee do you usually drink a day?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
None		27.5	24.2	18.6	26.0	23.8	27.6	29.1	25.6	28.6	27.7	25.9
One to two		33.3	45.2	40.0	32.5	37.7	34.5	34.9	43.6	41.4	38.7	38.2
Three or more		39.2	30.6	41.4	41.6	38.5	37.9	36.0	30.8	30.0	33.6	35.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	70	292	552
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 67.b How many cups of tea do you usually drink a day?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
None		56.9	35.5	40.0	26.0	38.1	44.8	30.2	29.5	22.9	31.2	34.4
One to two		25.5	32.3	32.9	36.4	32.3	41.4	39.5	38.5	30.0	37.3	35.0
Three or more		17.6	32.3	27.1	37.7	29.6	13.8	30.2	32.1	47.1	31.5	30.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	70	292	552
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 68. How many lumps of sugar or spoonfuls of granulated sugar do you use for one cup of coffee or tea?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
None		27.5	27.4	40.0	49.4	37.3	39.7	64.0	65.4	72.9	61.6	50.2
One		21.6	16.1	15.7	14.3	16.5	22.4	15.1	19.2	12.9	17.1	16.8
Two or more		51.0	56.5	44.3	36.4	46.2	37.9	20.9	15.4	14.3	21.2	33.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	70	292	552
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 69. Do you add salt to your meals at the table?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		31.4	33.9	34.3	28.6	31.9	46.6	51.2	41.0	45.7	46.2	39.5
When food is not salty enough		47.1	48.4	51.4	49.4	49.2	44.8	38.4	51.3	48.6	45.5	47.3
Always almost before tasting		21.6	17.7	14.3	22.1	18.8	8.6	10.5	7.7	5.7	8.2	13.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	70	292	552
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 70.a How often during the last week have you consumed boiled potatoes?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Never		27.5	19.4	7.1	5.3	13.6	23.2	14.0	5.2	14.9	13.6	13.6
1 - 2 times		41.2	32.3	21.4	14.7	26.0	25.0	27.9	20.8	17.9	23.1	24.4
3 - 4 times		21.6	17.7	40.0	34.7	29.5	37.5	32.6	28.6	25.4	30.8	30.1
5 - 6 times		7.8	24.2	20.0	21.3	19.0	10.7	16.3	26.0	22.4	19.2	19.1
Daily		2.0	6.5	11.4	24.0	12.0	3.6	9.3	19.5	19.4	13.3	12.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	75	258	56	86	77	67	286	544
Missing	N	0	0	0	2	2	2	0	1	3	6	8

Table 70.b How often during the last week have you consumed fried potatoes?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		33.3	38.3	37.9	54.9	41.9	35.1	47.6	56.2	65.0	51.1	46.7
1 - 2 times		54.9	46.7	56.1	39.4	48.8	61.4	46.4	42.5	31.7	45.3	46.9
3 - 4 times		11.8	15.0	3.0	2.8	7.7	3.5	6.0	1.4	3.3	3.6	5.6
5 - 6 times		.0	.0	1.5	1.4	.8	.0	.0	.0	.0	.0	.4
Daily		.0	.0	1.5	1.4	.8	.0	.0	.0	.0	.0	.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	60	66	71	248	57	84	73	60	274	522
Missing	N	0	2	4	6	12	1	2	5	10	18	30

Table 70.c How often during the last week have you consumed cooked vegetables?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Never		.0	1.6	.0	1.3	.8	.0	.0	.0	3.0	.7	.7
1 - 2 times		16.0	8.2	1.4	6.6	7.4	12.1	7.0	1.3	4.5	5.9	6.6
3 - 4 times		46.0	23.0	25.7	18.4	26.8	24.1	23.3	19.5	14.9	20.5	23.5
5 - 6 times		16.0	47.5	32.9	30.3	32.3	34.5	38.4	35.1	40.3	37.2	34.9
Daily		22.0	19.7	40.0	43.4	32.7	29.3	31.4	44.2	37.3	35.8	34.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	61	70	76	257	58	86	77	67	288	545
Missing	N	1	1	0	1	3	0	0	1	3	4	7

Table 70.d How often during the last week have you consumed fresh vegetables?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Never		20.0	18.0	11.8	9.3	14.2	7.1	2.3	5.3	7.5	5.3	9.5
1 - 2 times		38.0	42.6	30.9	41.3	38.2	35.7	34.9	40.0	29.9	35.2	36.6
3 - 4 times		20.0	24.6	29.4	25.3	25.2	35.7	25.6	21.3	26.9	26.8	26.0
5 - 6 times		10.0	9.8	14.7	8.0	10.6	7.1	19.8	14.7	13.4	14.4	12.6
Daily		12.0	4.9	13.2	16.0	11.8	14.3	17.4	18.7	22.4	18.3	15.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	61	68	75	254	56	86	75	67	284	538
Missing	N	1	1	2	2	6	2	0	3	3	8	14

Table 70.e How often during the last week have you consumed rice/pasta?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Never		15.7	32.8	29.4	36.5	29.5	9.1	19.8	22.1	32.3	21.2	25.1
1 - 2 times		54.9	54.1	50.0	52.7	52.8	60.0	65.1	57.1	50.8	58.7	55.9
3 - 4 times		25.5	9.8	14.7	9.5	14.2	23.6	11.6	15.6	12.3	15.2	14.7
5 - 6 times		2.0	1.6	5.9	1.4	2.8	5.5	2.3	2.6	1.5	2.8	2.8
Daily		2.0	1.6	.0	.0	.8	1.8	1.2	2.6	3.1	2.1	1.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	61	68	74	254	55	86	77	65	283	537
Missing	N	0	1	2	3	6	3	0	1	5	9	15

Table 70.f How often during the last week have you consumed cereals?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Never		45.1	31.1	15.7	20.0	26.5	28.6	19.0	14.1	11.9	17.9	22.0
1 - 2 times		7.8	18.0	10.0	6.7	10.5	16.1	13.1	12.8	10.4	13.0	11.8
3 - 4 times		7.8	8.2	11.4	8.0	8.9	16.1	9.5	12.8	13.4	12.6	10.9
5 - 6 times		9.8	8.2	7.1	5.3	7.4	8.9	13.1	6.4	6.0	8.8	8.1
Daily		29.4	34.4	55.7	60.0	46.7	30.4	45.2	53.8	58.2	47.7	47.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	61	70	75	257	56	84	78	67	285	542
Missing	N	0	1	0	2	3	2	2	0	3	7	10

Table 70.g How often during the last week have you consumed chicken (skinless)?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Never		29.2	40.4	33.8	38.4	35.8	26.8	20.5	28.2	19.4	23.5	29.3
1 - 2 times		54.2	47.4	53.8	54.8	52.7	55.4	61.5	57.7	64.2	59.9	56.5
3 - 4 times		16.7	8.8	9.2	6.8	9.9	17.9	15.4	14.1	11.9	14.7	12.4
5 - 6 times		.0	1.8	3.1	.0	1.2	.0	1.3	.0	.0	.4	.8
Daily		.0	1.8	.0	.0	.4	.0	1.3	.0	4.5	1.5	1.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	48	57	65	73	243	56	78	71	67	272	515
Missing	N	3	5	5	4	17	2	8	7	3	20	37

Table 70.h How often during the last week have you consumed chicken (with skin on)?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Never		37.3	38.7	42.2	51.4	43.0	64.9	46.4	59.7	67.8	58.5	51.1
1 - 2 times		58.8	54.8	51.6	44.4	51.8	31.6	45.2	38.9	30.5	37.5	44.3
3 - 4 times		3.9	4.8	6.3	4.2	4.8	3.5	6.0	1.4	.0	2.9	3.8
5 - 6 times		.0	1.6	.0	.0	.4	.0	2.4	.0	.0	.7	.6
Daily		.0	.0	.0	.0	.0	.0	.0	.0	1.7	.4	.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	64	72	249	57	84	72	59	272	521
Missing	N	0	0	6	5	11	1	2	6	11	20	31

Table 70.i How often during the last week have you consumed fish?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Never		31.4	22.8	8.8	18.4	19.4	37.5	17.9	17.9	10.8	20.1	19.8
1 - 2 times		52.9	57.9	72.1	71.1	64.7	51.8	61.9	71.8	66.2	63.6	64.1
3 - 4 times		15.7	17.5	13.2	7.9	13.1	7.1	19.0	7.7	18.5	13.4	13.3
5 - 6 times		.0	1.8	2.9	1.3	1.6	.0	1.2	2.6	1.5	1.4	1.5
Daily		.0	.0	2.9	1.3	1.2	3.6	.0	.0	3.1	1.4	1.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	57	68	76	252	56	84	78	65	283	535
Missing	N	0	5	2	1	8	2	2	0	5	9	17

Table 70.j How often during the last week have you consumed meat?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Never		3.9	6.7	2.9	2.6	3.9	6.9	2.4	.0	10.6	4.5	4.2
1 - 2 times		39.2	33.3	25.7	23.4	29.5	36.2	29.4	34.6	33.3	33.1	31.4
3 - 4 times		47.1	36.7	44.3	48.1	44.2	43.1	48.2	34.6	37.9	41.1	42.6
5 - 6 times		3.9	16.7	22.9	16.9	15.9	10.3	14.1	25.6	13.6	16.4	16.1
Daily		5.9	6.7	4.3	9.1	6.6	3.4	5.9	5.1	4.5	4.9	5.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	60	70	77	258	58	85	78	66	287	545
Missing	N	0	2	0	0	2	0	1	0	4	5	7

Table 70.k How often during the last week have you consumed meat products?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Never		37.3	31.0	21.7	29.3	29.2	27.3	37.6	50.0	49.2	41.6	35.7
1 - 2 times		52.9	51.7	71.0	61.3	60.1	67.3	61.2	47.4	49.2	55.9	57.9
3 - 4 times		5.9	10.3	4.3	8.0	7.1	5.5	1.2	2.6	1.6	2.5	4.7
5 - 6 times		2.0	3.4	.0	1.3	1.6	.0	.0	.0	.0	.0	.8
Daily		2.0	3.4	2.9	.0	2.0	.0	.0	.0	.0	.0	.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	58	69	75	253	55	85	76	63	279	532
Missing	N	0	4	1	2	7	3	1	2	7	13	20

Table 70.l How often during the last week have you consumed hamburgers, pizza?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Never		29.4	48.3	67.7	76.4	57.7	63.6	67.1	74.0	80.6	71.3	64.8
1 - 2 times		62.7	50.0	32.3	22.2	39.9	32.7	32.9	24.7	19.4	27.6	33.5
3 - 4 times		7.8	1.7	.0	1.4	2.4	3.6	.0	1.4	.0	1.1	1.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	60	65	72	248	55	85	73	62	275	523
Missing	N	0	2	5	5	12	3	1	5	8	17	29

Table 70.m How often during the last week have you consumed savoury pastries?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Never		32.0	41.9	38.2	56.2	43.1	51.8	61.9	72.6	59.4	62.1	53.0
1 - 2 times		54.0	50.0	55.9	39.7	49.4	46.4	35.7	27.4	37.5	36.1	42.5
3 - 4 times		10.0	6.5	4.4	4.1	5.9	1.8	2.4	.0	3.1	1.8	3.8
5 - 6 times		2.0	1.6	1.5	.0	1.2	.0	.0	.0	.0	.0	.6
Daily		2.0	.0	.0	.0	.4	.0	.0	.0	.0	.0	.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	62	68	73	253	56	84	73	64	277	530
Missing	N	1	0	2	4	7	2	2	5	6	15	22

Table 70.n How often during the last week have you consumed fresh fruit?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Never		29.4	9.7	8.6	7.9	12.7	10.3	3.5	.0	.0	3.1	7.7
1 - 2 times		5.9	22.6	11.4	17.1	14.7	19.0	18.6	14.7	11.8	16.0	15.4
3 - 4 times		17.6	21.0	25.7	17.1	20.5	31.0	18.6	13.3	16.2	19.2	19.8
5 - 6 times		19.6	8.1	15.7	15.8	14.7	8.6	16.3	17.3	14.7	14.6	14.7
Daily		27.5	38.7	38.6	42.1	37.5	31.0	43.0	54.7	57.4	47.0	42.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	76	259	58	86	75	68	287	546
Missing	N	0	0	0	1	1	0	0	3	2	5	6

Table 70.o How often during the last week have you consumed tinned or dried fruit?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Never		51.0	45.2	30.9	28.0	37.5	38.6	35.7	13.3	25.0	27.8	32.4
1 - 2 times		33.3	33.9	32.4	37.3	34.4	40.4	38.1	50.7	35.3	41.2	38.0
3 - 4 times		3.9	4.8	22.1	21.3	14.1	12.3	11.9	21.3	19.1	16.2	15.2
5 - 6 times		5.9	8.1	8.8	4.0	6.6	5.3	6.0	4.0	7.4	5.6	6.1
Daily		5.9	8.1	5.9	9.3	7.4	3.5	8.3	10.7	13.2	9.2	8.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	68	75	256	57	84	75	68	284	540
Missing	N	0	0	2	2	4	1	2	3	2	8	12

Table 70.p How often during the last week have you consumed salty snacks?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Never		31.4	49.2	53.7	81.1	56.1	35.1	52.4	55.8	75.4	54.8	55.5
1 - 2 times		52.9	39.3	40.3	17.6	36.0	52.6	38.1	40.3	21.3	38.0	37.0
3 - 4 times		9.8	8.2	4.5	.0	5.1	10.5	9.5	3.9	.0	6.1	5.6
5 - 6 times		2.0	1.6	1.5	1.4	1.6	1.8	.0	.0	1.6	.7	1.1
Daily		3.9	1.6	.0	.0	1.2	.0	.0	.0	1.6	.4	.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	61	67	74	253	57	84	77	61	279	532
Missing	N	0	1	3	3	7	1	2	1	9	13	20

Table 70.q How often during the last week have you consumed sweet pastries?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Never		20.0	19.4	11.6	13.3	15.6	26.3	17.4	20.8	16.4	19.9	17.9
1 - 2 times		52.0	40.3	37.7	41.3	42.2	42.1	50.0	41.6	34.3	42.5	42.4
3 - 4 times		20.0	19.4	18.8	18.7	19.1	22.8	19.8	24.7	28.4	23.7	21.5
5 - 6 times		4.0	6.5	7.2	16.0	9.0	7.0	8.1	6.5	10.4	8.0	8.5
Daily		4.0	14.5	24.6	10.7	14.1	1.8	4.7	6.5	10.4	5.9	9.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	62	69	75	256	57	86	77	67	287	543
Missing	N	1	0	1	2	4	1	0	1	3	5	9

Table 70.r How often during the last week have you consumed sweets?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Never		19.6	21.0	30.9	30.3	26.1	27.6	23.3	23.4	41.5	28.3	27.3
1 - 2 times		51.0	50.0	48.5	40.8	47.1	46.6	46.5	54.5	32.3	45.5	46.2
3 - 4 times		19.6	12.9	11.8	9.2	12.8	15.5	19.8	7.8	16.9	15.0	14.0
5 - 6 times		9.8	6.5	2.9	7.9	6.6	5.2	7.0	6.5	3.1	5.6	6.1
Daily		.0	9.7	5.9	11.8	7.4	5.2	3.5	7.8	6.2	5.6	6.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	68	76	257	58	86	77	65	286	543
Missing	N	0	0	2	1	3	0	0	1	5	6	9

Table 70.s How often during the last week have you consumed soft drinks?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Never		23.5	31.1	39.7	47.4	36.7	36.2	41.9	48.7	50.8	44.5	40.8
1 - 2 times		39.2	36.1	35.3	34.2	35.9	34.5	29.1	32.9	36.5	32.9	34.3
3 - 4 times		13.7	14.8	10.3	6.6	10.9	17.2	17.4	9.2	3.2	12.0	11.5
5 - 6 times		3.9	4.9	5.9	2.6	4.3	5.2	4.7	3.9	3.2	4.2	4.3
Daily		19.6	13.1	8.8	9.2	12.1	6.9	7.0	5.3	6.3	6.4	9.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	61	68	76	256	58	86	76	63	283	539
Missing	N	0	1	2	1	4	0	0	2	7	9	13

Table 71. How many serves of salad or fresh vegetables do you usually eat per day?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
1 serve or less		43.1	46.8	45.7	46.8	45.8	27.6	25.9	14.1	35.3	25.3	35.0
2 - 3 serves		41.2	29.0	37.1	39.0	36.5	46.6	41.2	53.8	42.6	46.0	41.5
4 - 5 serves		15.7	22.6	12.9	7.8	14.2	19.0	27.1	25.6	17.6	22.8	18.8
6 serves or more		.0	.0	4.3	5.2	2.7	6.9	5.9	6.4	4.4	5.9	4.4
I do not eat vegetables or salad		.0	1.6	.0	1.3	.8	.0	.0	.0	.0	.0	.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	85	78	68	289	549
Missing	N	0	0	0	0	0	0	1	0	2	3	3

Table 72. How many serves of fruit do you usually eat each day?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
1 serve or less		45.1	54.8	49.3	61.8	53.5	58.6	47.7	40.3	34.8	44.8	48.9
2 - 3 serves		37.3	37.1	43.5	31.6	37.2	32.8	41.9	49.4	59.4	46.2	42.0
4 - 5 serves		.0	3.2	1.4	5.3	2.7	3.4	5.8	10.4	4.3	6.2	4.6
6 serves or more		2.0	3.2	2.9	.0	1.9	1.7	3.5	.0	.0	1.4	1.6
I do not eat fruit		15.7	1.6	2.9	1.3	4.7	3.4	1.2	.0	1.4	1.4	2.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	76	258	58	86	77	69	290	548
Missing	N	0	0	1	1	2	0	0	1	1	2	4

Table 73.a How many slices of bread (white, wholemeal, multigrain, hi fibre) do you usually eat per day?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
None		7.8	.0	1.4	3.9	3.1	10.3	9.3	5.2	.0	6.2	4.7
One to two		39.2	45.2	30.0	29.9	35.4	60.3	55.8	63.6	43.5	55.9	46.2
Three or more		52.9	54.8	68.6	66.2	61.5	29.3	34.9	31.2	56.5	37.9	49.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	77	69	290	550
Missing	N	0	0	0	0	0	0	0	1	1	2	2

Table 73.b How many slices of white bread do you usually eat per day?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
None		43.1	43.5	54.3	46.8	47.3	43.1	64.0	63.6	63.8	59.7	53.8
One to two		31.4	30.6	12.9	20.8	23.1	48.3	26.7	26.0	21.7	29.7	26.5
Three or more		25.5	25.8	32.9	32.5	29.6	8.6	9.3	10.4	14.5	10.7	19.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	77	69	290	550
Missing	N	0	0	0	0	0	0	0	1	1	2	2

Table 73.c How many slices of wholemeal bread do you usually eat per day?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
None		78.4	87.1	71.4	75.3	77.7	77.6	72.1	61.0	53.6	65.9	71.5
One to two		9.8	3.2	11.4	14.3	10.0	15.5	18.6	27.3	26.1	22.1	16.4
Three or more		11.8	9.7	17.1	10.4	12.3	6.9	9.3	11.7	20.3	12.1	12.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	77	69	290	550
Missing	N	0	0	0	0	0	0	0	1	1	2	2

Table 73.d How many slices of multigrain bread do you usually eat per day?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
None		82.4	66.1	70.0	77.9	73.8	82.8	70.9	75.3	75.4	75.5	74.7
One to two		11.8	19.4	17.1	6.5	13.5	13.8	24.4	18.2	14.5	18.3	16.0
Three or more		5.9	14.5	12.9	15.6	12.7	3.4	4.7	6.5	10.1	6.2	9.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	77	69	290	550
Missing	N	0	0	0	0	0	0	0	1	1	2	2

Table 73.e How many slices of hi fibre bread do you usually eat per day?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
None		94.1	87.1	94.3	90.9	91.5	91.4	87.2	97.4	92.8	92.1	91.8
One to two		2.0	9.7	2.9	6.5	5.4	8.6	9.3	2.6	7.2	6.9	6.2
Three or more		3.9	3.2	2.9	2.6	3.1	.0	3.5	.0	.0	1.0	2.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	77	69	290	550
Missing	N	0	0	0	0	0	0	0	1	1	2	2

Table 74.a During the last year have you been advised to change your dietary habits for health reasons?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		62.7	69.4	61.4	76.6	68.1	77.6	80.2	67.9	78.3	75.9	72.2
Yes		37.3	30.6	38.6	23.4	31.9	22.4	19.8	32.1	21.7	24.1	27.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	69	291	551
Missing	N	0	0	0	0	0	0	0	0	1	1	1

Table 74.b Have you been advised to change your dietary habits for health reasons by a doctor?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		7.8	19.4	21.4	11.7	15.4	12.1	8.1	19.2	8.7	12.0	13.6
No		92.2	80.6	78.6	88.3	84.6	87.9	91.9	80.8	91.3	88.0	86.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	69	291	551
Missing	N	0	0	0	0	0	0	0	0	1	1	1

Table 74.c Have you been advised to change your dietary habits for health reasons by a dietitian?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		3.9	.0	5.7	4.0	3.5	.0	.0	5.2	3.0	2.1	2.8
No		96.1	100.0	94.3	96.0	96.5	100.0	100.0	94.8	97.0	97.9	97.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	75	258	58	85	77	67	287	545
Missing	N	0	0	0	2	2	0	1	1	3	5	7

Table 74.d Have you been advised to change your dietary habits for health reasons by a nurse?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	.0	2.9	1.3	1.2	.0	1.2	1.3	.0	.7	.9
No		100.0	100.0	97.1	98.7	98.8	100.0	98.8	98.7	100.0	99.3	99.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	75	258	58	85	77	67	287	545
Missing	N	0	0	0	2	2	0	1	1	3	5	7

Table 74.e Have you been advised to change your dietary habits for health reasons by other health professionals?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Yes		7.8	.0	4.3	1.4	3.1	.0	4.7	1.3	4.5	2.8	3.0
No		92.2	100.0	95.7	98.6	96.9	100.0	95.3	98.7	95.5	97.2	97.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	60	69	74	254	58	85	77	67	287	541
Missing	N	0	2	1	3	6	0	1	1	3	5	11

Table 74.f Have you been advised to change your dietary habits for health reasons by a family member?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		27.5	12.9	22.9	14.7	19.0	13.8	10.6	13.0	7.5	11.1	14.9
No		72.5	87.1	77.1	85.3	81.0	86.2	89.4	87.0	92.5	88.9	85.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	75	258	58	85	77	67	287	545
Missing	N	0	0	0	2	2	0	1	1	3	5	7

Table 74.g Have you been advised to change your dietary habits for health reasons by others?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		7.8	.0	4.3	1.3	3.1	.0	4.7	1.3	4.5	2.8	2.9
No		92.2	100.0	95.7	98.7	96.9	100.0	95.3	98.7	95.5	97.2	97.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	75	258	58	85	77	67	287	545
Missing	N	0	0	0	2	2	0	1	1	3	5	7

Table 75.a Do you follow a special diet?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		88.2	82.0	71.4	70.1	76.8	77.6	68.6	63.6	54.3	65.6	70.9
Yes		11.8	18.0	28.6	29.9	23.2	22.4	31.4	36.4	45.7	34.4	29.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	61	70	77	259	58	86	77	70	291	550
Missing	N	0	1	0	0	1	0	0	1	0	1	2

Table 75.b Do you follow a gluten-free diet?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	.0	1.4	.0	.4	.0	2.3	.0	.0	.7	.5
No		100.0	100.0	98.6	100.0	99.6	100.0	97.7	100.0	100.0	99.3	99.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	61	70	77	259	58	86	77	70	291	550
Missing	N	0	1	0	0	1	0	0	1	0	1	2

Table 75.c Do you follow a milk free diet?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		2.0	.0	1.4	4.0	1.9	1.7	4.7	2.6	2.9	3.1	2.6
No		98.0	100.0	98.6	96.0	98.1	98.3	95.3	97.4	97.1	96.9	97.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	61	70	75	257	58	86	77	70	291	548
Missing	N	0	1	0	2	3	0	0	1	0	1	4

Table 75.d Do you follow a diabetic diet?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	.0	5.7	12.0	5.1	3.4	3.5	9.1	7.1	5.8	5.5
No		100.0	100.0	94.3	88.0	94.9	96.6	96.5	90.9	92.9	94.2	94.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	61	70	75	257	58	86	77	70	291	548
Missing	N	0	1	0	2	3	0	0	1	0	1	4

Table 75.e Do you follow a cholesterol lowering diet?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		2.0	9.8	15.7	13.3	10.9	3.4	5.8	13.0	31.4	13.4	12.2
No		98.0	90.2	84.3	86.7	89.1	96.6	94.2	87.0	68.6	86.6	87.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	61	70	75	257	58	86	77	70	291	548
Missing	N	0	1	0	2	3	0	0	1	0	1	4

Table 75.f Do you follow a low carbohydrate diet?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	4.9	2.9	.0	1.9	6.9	9.3	3.9	7.1	6.9	4.6
No		100.0	95.1	97.1	100.0	98.1	93.1	90.7	96.1	92.9	93.1	95.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	61	70	75	257	58	86	77	70	291	548
Missing	N	0	1	0	2	3	0	0	1	0	1	4

Table 75.g Do you follow other weight loss diets?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		2.0	3.3	4.3	4.0	3.5	5.2	8.1	6.5	8.6	7.2	5.5
No		98.0	96.7	95.7	96.0	96.5	94.8	91.9	93.5	91.4	92.8	94.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	61	70	75	257	58	86	77	70	291	548
Missing	N	0	1	0	2	3	0	0	1	0	1	4

Table 75.h Do you follow a vegetarian diet?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	.0	.0	.0	.0	3.4	.0	2.6	2.9	2.1	1.1
No		100.0	100.0	100.0	100.0	100.0	96.6	100.0	97.4	97.1	97.9	98.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	61	70	75	257	58	86	77	70	291	548
Missing	N	0	1	0	2	3	0	0	1	0	1	4

Table 75.i Do you have a food allergy?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		4.0	1.6	1.4	2.7	2.4	1.8	7.0	6.5	5.7	5.5	4.0
No		96.0	98.4	98.6	97.3	97.6	98.2	93.0	93.5	94.3	94.5	96.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	61	69	74	254	57	86	77	70	290	544
Missing	N	1	1	1	3	6	1	0	1	0	2	8

Table 75.j Do you follow any other diet?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		2.2	4.0	4.4	.0	2.5	7.4	4.8	6.5	2.9	5.3	4.0
No		97.8	96.0	95.6	100.0	97.5	92.6	95.2	93.5	97.1	94.7	96.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	45	50	68	74	237	54	83	77	70	284	521
Missing	N	6	12	2	3	23	4	3	1	0	8	31

Table 76. During the last year have you consumed any alcoholic drinks?

		Males					Females					All
		25-44	45-54	55-64	65-74	Total	25-44	45-54	55-64	65-74	Total	Total
Yes		98.0	93.5	80.0	79.2	86.5	87.9	81.4	73.1	61.4	75.7	80.8
No		2.0	6.5	20.0	20.8	13.5	12.1	18.6	26.9	38.6	24.3	19.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	70	292	552
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 77. How many glasses/portions of alcohol have you had during the last week?

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	16.7	17.9	.0	84.0	51	3.3	5.1	.0	26.0	58
45 - 54	13.6	17.8	.0	90.0	62	4.7	6.8	.0	50.0	86
55 - 64	10.1	13.2	.0	57.3	70	4.5	6.5	.0	35.0	77
65 - 74	9.1	12.2	.0	60.9	76	2.9	5.2	.0	28.0	70
Total	11.9	15.3	.0	90.0	259	3.9	6.1	.0	50.0	291

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Less than M 29 / F 15 drinks		78.4	85.5	90.0	92.1	87.3	94.8	93.0	92.2	95.7	93.8	90.7
M 29 - 42 / F 15 - 28 drinks		15.7	4.8	5.7	5.3	7.3	5.2	5.8	6.5	4.3	5.5	6.4
M 43 / F 29 drinks or over		5.9	9.7	4.3	2.6	5.4	.0	1.2	1.3	.0	.7	2.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	76	259	58	86	77	70	291	550
Missing	N	0	0	0	1	1	0	0	1	0	1	2

Table 78. How often do you have strong spirits?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		19.6	24.2	47.1	48.1	36.5	25.9	38.8	57.7	62.9	47.1	42.1
A few times a year		49.0	45.2	30.0	29.9	37.3	51.7	30.6	20.5	12.9	27.8	32.3
2 - 3 times a month		9.8	12.9	7.1	9.1	9.6	10.3	14.1	6.4	4.3	8.9	9.3
Once a week		3.9	8.1	.0	3.9	3.8	5.2	11.8	2.6	7.1	6.9	5.4
2 - 3 times a week		13.7	4.8	10.0	2.6	7.3	6.9	2.4	5.1	10.0	5.8	6.5
4 - 6 times a week		3.9	4.8	2.9	1.3	3.1	.0	.0	1.3	.0	.3	1.6
Daily		.0	.0	2.9	5.2	2.3	.0	2.4	6.4	2.9	3.1	2.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	85	78	70	291	551
Missing	N	0	0	0	0	0	0	1	0	0	1	1

Table 79. How often do you drink wine?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		23.5	27.4	35.7	32.9	30.5	29.3	30.6	33.3	45.7	34.7	32.7
A few times a year		35.3	35.5	18.6	22.4	27.0	34.5	28.2	20.5	20.0	25.4	26.2
2 - 3 times a month		21.6	14.5	11.4	3.9	12.0	19.0	9.4	7.7	10.0	11.0	11.5
Once a week		9.8	8.1	5.7	3.9	6.6	6.9	7.1	9.0	8.6	7.9	7.3
2 - 3 times a week		3.9	11.3	11.4	11.8	10.0	5.2	7.1	12.8	5.7	7.9	8.9
4 - 6 times a week		5.9	1.6	7.1	9.2	6.2	3.4	12.9	11.5	8.6	9.6	8.0
Daily		.0	1.6	10.0	15.8	7.7	1.7	4.7	5.1	1.4	3.4	5.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	76	259	58	85	78	70	291	550
Missing	N	0	0	0	1	1	0	1	0	0	1	2

Table 80. How often do you drink beer?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		13.7	12.9	27.1	27.3	21.2	69.0	69.4	83.3	78.6	75.3	49.7
A few times a year		15.7	16.1	15.7	26.0	18.8	20.7	21.2	9.0	14.3	16.2	17.4
2 - 3 times a month		17.6	9.7	4.3	10.4	10.0	3.4	5.9	1.3	5.7	4.1	6.9
Once a week		9.8	17.7	14.3	16.9	15.0	3.4	1.2	2.6	.0	1.7	8.0
2 - 3 times a week		21.6	24.2	18.6	10.4	18.1	3.4	1.2	3.8	.0	2.1	9.6
4 - 6 times a week		7.8	8.1	7.1	1.3	5.8	.0	.0	.0	.0	.0	2.7
Daily		13.7	11.3	12.9	7.8	11.2	.0	1.2	.0	1.4	.7	5.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	85	78	70	291	551
Missing	N	0	0	0	0	0	0	1	0	0	1	1

Table 81. How often would you drink six glasses/portions of alcohol, or more, in a single occasion?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		13.7	29.0	47.1	61.0	40.4	46.6	62.8	84.6	92.9	72.6	57.4
A few times a year		37.3	29.0	20.0	24.7	26.9	41.4	30.2	11.5	5.7	21.6	24.1
2 - 3 times a month		29.4	9.7	11.4	5.2	12.7	6.9	4.7	1.3	.0	3.1	7.6
Once a week		11.8	14.5	5.7	3.9	8.5	3.4	1.2	.0	.0	1.0	4.5
2 - 3 times a week		3.9	11.3	8.6	1.3	6.2	1.7	.0	1.3	.0	.7	3.3
4 - 6 times a week		3.9	3.2	1.4	2.6	2.7	.0	1.2	1.3	1.4	1.0	1.8
Daily		.0	3.2	5.7	1.3	2.7	.0	.0	.0	.0	.0	1.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	70	292	552
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 82.a During the last year have you been advised to drink less?*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		90.0	86.2	85.7	88.5	87.6	98.0	97.1	98.2	97.7	97.7	92.6
Yes		10.0	13.8	14.3	11.5	12.4	2.0	2.9	1.8	2.3	2.3	7.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	58	56	61	225	51	70	57	43	221	446
Missing	N	0	0	0	0	0	0	0	0	0	0	0

* Results show only those who have consumed alcoholic drinks in the past year.

Table 82.b During the last year have you been advised to drink less by a doctor?*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	8.6	5.4	1.6	4.0	2.0	1.4	.0	.0	.9	2.5
No		100.0	91.4	94.6	98.4	96.0	98.0	98.6	100.0	100.0	99.1	97.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	58	56	61	225	51	70	57	42	220	445
Missing	N	0	0	0	0	0	0	0	0	1	1	1

* Results show only those who have consumed alcoholic drinks in the past year.

Table 82.c During the last year have you been advised to drink less by a dietitian?*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	1.7	.0	.0	.4	.0	.0	.0	.0	.0	.2
No		100.0	98.3	100.0	100.0	99.6	100.0	100.0	100.0	100.0	100.0	99.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	58	55	61	224	51	70	56	41	218	442
Missing	N	0	0	1	0	1	0	0	1	2	3	4

* Results show only those who have consumed alcoholic drinks in the past year.

Table 82.d During the last year have you been advised to drink less by a nurse?*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	58	55	61	224	51	70	56	41	218	442
Missing	N	0	0	1	0	1	0	0	1	2	3	4

* Results show only those who have consumed alcoholic drinks in the past year.

Table 82.e During the last year have you been advised to drink less by other health professional?*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	.0	1.8	.0	.4	.0	1.4	.0	.0	.5	.5
No		100.0	100.0	98.2	100.0	99.6	100.0	98.6	100.0	100.0	99.5	99.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	58	55	61	224	51	70	56	41	218	442
Missing	N	0	0	1	0	1	0	0	1	2	3	4

* Results show only those who have consumed alcoholic drinks in the past year.

Table 82.f During the last year have you been advised to drink less by a family member?*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		10.0	10.3	7.3	9.8	9.4	.0	1.4	1.8	2.4	1.4	5.4
No		90.0	89.7	92.7	90.2	90.6	100.0	98.6	98.2	97.6	98.6	94.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	58	55	61	224	51	70	56	42	219	443
Missing	N	0	0	1	0	1	0	0	1	1	2	3

* Results show only those who have consumed alcoholic drinks in the past year.

Table 82.g During the last year have you been advised to drink less by others?*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	1.7	.0	.0	.4	.0	.0	.0	.0	.0	.2
No		100.0	98.3	100.0	100.0	99.6	100.0	100.0	100.0	100.0	100.0	99.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	49	58	55	61	223	50	70	55	41	216	439
Missing	N	1	0	1	0	2	1	0	2	2	5	7

* Results show only those who have consumed alcoholic drinks in the past year.

Table 83. How much physical activity do you have at work?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Not working at the moment		7.8	9.7	26.1	77.6	33.7	22.4	31.4	48.7	95.5	49.1	41.8
Mainly sitting work		9.8	8.1	4.3	5.3	6.6	6.9	24.4	9.2	.0	11.1	9.0
Walking		31.4	30.6	23.2	6.6	21.7	51.7	37.2	36.8	4.5	32.4	27.3
Walking, carrying, etc.		27.5	32.3	31.9	5.3	23.3	10.3	5.8	5.3	.0	5.2	13.8
Heavy physical work		23.5	19.4	14.5	5.3	14.7	8.6	1.2	.0	.0	2.1	8.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	76	258	58	86	76	67	287	545
Missing	N	0	0	1	1	2	0	0	2	3	5	7

Table 84. How much physical activity (PA) do you have during your leisure-time?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
No physical activity		18.0	14.5	28.6	23.4	21.6	8.6	22.1	17.9	20.0	17.8	19.6
Moderate PA 4 hours/week		54.0	71.0	64.3	64.9	64.1	69.0	68.6	73.1	74.3	71.2	67.9
PA maintenance		16.0	12.9	7.1	11.7	11.6	22.4	9.3	7.7	5.7	10.6	11.1
Regularly vigorous PA		12.0	1.6	.0	.0	2.7	.0	.0	1.3	.0	.3	1.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	62	70	77	259	58	86	78	70	292	551
Missing	N	1	0	0	0	1	0	0	0	0	0	1

Table 85. How many times a week are you engaged in the activities you mentioned in the previous question?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
0		.0	1.7	3.0	2.7	2.0	.0	3.8	.0	1.6	1.5	1.7
1 - 2		24.5	21.7	28.4	9.6	20.5	14.0	15.0	7.6	9.5	11.7	15.9
3 - 4		42.9	25.0	11.9	12.3	21.3	33.3	31.3	25.8	25.4	28.9	25.2
5 or more		32.7	51.7	56.7	75.3	56.2	52.6	50.0	66.7	63.5	57.9	57.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	49	60	67	73	249	57	80	66	63	266	515
Missing	N	2	2	3	4	11	1	6	12	7	26	37

Table 86. How many minutes a day do you spend walking, cycling or doing any other physical activity on your way to work?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
None		47.1	50.0	47.8	51.4	49.2	57.9	53.0	52.1	54.5	54.1	51.8
Less than 15 minutes a day		21.6	21.0	14.5	8.6	15.9	10.5	13.3	16.4	3.0	11.1	13.4
15 - 29 minutes a day		9.8	8.1	13.0	10.0	10.3	10.5	16.9	13.7	21.2	15.8	13.2
30 - 44 minutes a day		5.9	6.5	7.2	11.4	7.9	5.3	7.2	6.8	7.6	6.8	7.3
45 - 59 minutes a day		.0	3.2	5.8	2.9	3.2	8.8	2.4	2.7	3.0	3.9	3.6
More than 1 hour a day		15.7	11.3	11.6	15.7	13.5	7.0	7.2	8.2	10.6	8.2	10.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	70	252	57	83	73	66	279	531
Missing	N	0	0	1	7	8	1	3	5	4	13	21

Table 87. How often do you do physical activities lasting at least 20-30 minutes that make you short of breath and perspire?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Daily		5.9	12.9	10.0	14.3	11.2	3.4	5.8	10.7	14.5	8.7	9.9
4 - 6 times a week		23.5	17.7	10.0	9.1	14.2	15.5	15.1	9.3	5.8	11.5	12.8
2 - 3 times a week		25.5	16.1	18.6	11.7	17.3	27.6	17.4	18.7	13.0	18.8	18.1
Once a week		11.8	17.7	15.7	7.8	13.1	15.5	11.6	10.7	8.7	11.5	12.2
2 - 3 times a month		7.8	12.9	5.7	9.1	8.8	13.8	8.1	4.0	7.2	8.0	8.4
A few times a year or less		17.6	12.9	21.4	13.0	16.2	12.1	24.4	21.3	15.9	19.1	17.7
Not at all		7.8	9.7	18.6	35.1	19.2	12.1	17.4	25.3	34.8	22.6	21.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	75	69	288	548
Missing	N	0	0	0	0	0	0	0	3	1	4	4

Table 88. How many times a week do you do such leisure time physical activities that make you a little short of breath and perspire?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
0		31.4	46.8	46.3	64.9	49.0	31.6	50.6	60.8	71.2	54.3	51.8
1 - 2		23.5	25.8	32.8	11.7	23.0	33.3	15.3	18.9	9.1	18.4	20.6
3 - 4		29.4	17.7	10.4	9.1	15.6	22.8	20.0	8.1	13.6	16.0	15.8
5 or more		15.7	9.7	10.4	14.3	12.5	12.3	14.1	12.2	6.1	11.3	11.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	67	77	257	57	85	74	66	282	539
Missing	N	0	0	3	0	3	1	1	4	4	10	13

Table 89. How long do your usual episodes of leisure time physical activity (PA) last?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Less than 15 minutes		19.6	14.5	23.2	15.1	18.0	12.3	12.8	12.2	7.4	11.2	14.4
15 - 29 minutes		31.4	22.6	11.6	21.9	21.2	17.5	22.1	21.6	19.1	20.4	20.7
30 - 59 minutes		17.6	35.5	18.8	32.9	26.7	43.9	43.0	33.8	25.0	36.5	31.9
More than 1 hour		25.5	19.4	31.9	17.8	23.5	15.8	11.6	13.5	27.9	16.8	20.0
No leisure time PA		5.9	8.1	14.5	12.3	10.6	10.5	10.5	18.9	20.6	15.1	13.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	73	255	57	86	74	68	285	540
Missing	N	0	0	1	4	5	1	0	4	2	7	12

Table 90. Do you do every day either at leisure or in your work some kind of physical activity at least for 30 minutes including so called non-conditioning activities (for example walking to work, home duties, gardening)?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Yes		78.4	79.0	82.6	77.3	79.4	87.7	82.6	84.4	92.8	86.5	83.2
No		21.6	21.0	17.4	22.7	20.6	12.3	17.4	15.6	7.2	13.5	16.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	75	257	57	86	77	69	289	546
Missing	N	0	0	1	2	3	1	0	1	1	3	6

Table 91. How do you consider your present physical fitness?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Very good		12.0	4.8	2.9	11.8	7.8	3.5	4.9	3.8	1.4	3.5	5.5
Reasonably good		32.0	21.0	22.9	32.9	27.1	19.3	13.4	26.9	36.2	23.8	25.4
Reasonable		38.0	58.1	51.4	39.5	46.9	50.9	45.1	47.4	42.0	46.2	46.5
Not very good		18.0	16.1	21.4	11.8	16.7	22.8	31.7	20.5	20.3	24.1	20.6
Very bad		.0	.0	1.4	3.9	1.6	3.5	4.9	1.3	.0	2.4	2.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	62	70	76	258	57	82	78	69	286	544
Missing	N	1	0	0	1	2	1	4	0	1	6	8

Table 92. Have you ever seriously tried to increase your leisure-time physical activity? If so, when was the last time?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Never		28.0	41.9	41.2	61.6	44.7	21.1	15.9	31.1	54.5	30.1	37.0
More than 6 months ago		28.0	32.3	29.4	15.1	25.7	24.6	30.5	35.1	19.7	28.0	26.9
1 - 6 months ago		20.0	14.5	20.6	13.7	17.0	31.6	26.8	10.8	12.1	20.1	18.6
During the last month		24.0	11.3	8.8	9.6	12.6	22.8	26.8	23.0	13.6	21.9	17.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	62	68	73	253	57	82	74	66	279	532
Missing	N	1	0	2	4	7	1	4	4	4	13	20

Table 93. Has your leisure-time physical activity increased during the last 6 months?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Very much		8.0	9.7	4.4	6.8	7.1	14.0	12.3	10.4	4.5	10.3	8.8
A little		38.0	19.4	14.7	23.0	22.8	40.4	30.9	35.1	25.4	32.6	28.0
No change		46.0	64.5	64.7	64.9	61.0	29.8	38.3	40.3	52.2	40.4	50.2
Decreased a little		4.0	4.8	8.8	5.4	5.9	8.8	13.6	13.0	11.9	12.1	9.1
Decreased a lot		4.0	1.6	7.4	.0	3.1	7.0	4.9	1.3	6.0	4.6	3.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	50	62	68	74	254	57	81	77	67	282	536
Missing	N	1	0	2	3	6	1	5	1	3	10	16

During the last year, have you changed your diet or other habits for health reasons?

Table 94.a I eat less fat

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		35.3	40.3	40.6	48.1	41.7	45.6	47.7	52.6	60.9	51.7	47.0
No		64.7	59.7	59.4	51.9	58.3	54.4	52.3	47.4	39.1	48.3	53.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	57	86	78	69	290	549
Missing	N	0	0	1	0	1	1	0	0	1	2	3

Table 94.b I have changed the type of fat I eat

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		15.7	22.6	17.4	35.1	23.6	21.1	31.4	21.8	40.6	29.0	26.4
No		84.3	77.4	82.6	64.9	76.4	78.9	68.6	78.2	59.4	71.0	73.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	57	86	78	69	290	549
Missing	N	0	0	1	0	1	1	0	0	1	2	3

Table 94.c I eat more vegetables

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		19.6	25.8	29.0	41.6	30.1	35.1	40.7	41.0	44.9	40.7	35.7
No		80.4	74.2	71.0	58.4	69.9	64.9	59.3	59.0	55.1	59.3	64.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	57	86	78	69	290	549
Missing	N	0	0	1	0	1	1	0	0	1	2	3

Table 94.d I eat less sugar

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		17.6	37.1	30.4	40.3	32.4	31.6	38.4	33.3	43.5	36.9	34.8
No		82.4	62.9	69.6	59.7	67.6	68.4	61.6	66.7	56.5	63.1	65.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	57	86	78	69	290	549
Missing	N	0	0	1	0	1	1	0	0	1	2	3

Table 94.e I eat less salt

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		15.7	32.3	26.1	24.7	25.1	21.1	25.9	33.3	33.3	28.7	27.0
No		84.3	67.7	73.9	75.3	74.9	78.9	74.1	66.7	66.7	71.3	73.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	57	85	78	69	289	548
Missing	N	0	0	1	0	1	1	1	0	1	3	4

Table 94.f I have been on a weight-reduction diet

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		5.9	9.7	11.6	5.2	8.1	22.8	23.3	16.7	14.5	19.3	14.0
No		94.1	90.3	88.4	94.8	91.9	77.2	76.7	83.3	85.5	80.7	86.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	57	86	78	69	290	549
Missing	N	0	0	1	0	1	1	0	0	1	2	3

Table 94.g I drink less alcohol

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		13.7	21.0	14.5	22.1	18.1	26.3	12.8	10.3	13.0	14.8	16.4
No		86.3	79.0	85.5	77.9	81.9	73.7	87.2	89.7	87.0	85.2	83.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	57	86	78	69	290	549
Missing	N	0	0	1	0	1	1	0	0	1	2	3

Table 94.h I do more exercise

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		29.4	29.0	18.8	20.8	23.9	40.4	32.6	28.2	24.6	31.0	27.7
No		70.6	71.0	81.2	79.2	76.1	59.6	67.4	71.8	75.4	69.0	72.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	69	77	259	57	86	78	69	290	549
Missing	N	0	0	1	0	1	1	0	0	1	2	3

Table 95. Low perceived social support

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		5.9	8.1	8.6	9.1	8.1	1.7	3.5	9.0	11.4	6.5	7.2
No		94.1	91.9	91.4	90.9	91.9	98.3	96.5	91.0	88.6	93.5	92.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	77	260	58	86	78	70	292	552
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 96. Level of psychological distress

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Low		60.8	74.2	70.0	84.2	73.4	65.5	68.6	75.3	73.9	71.0	72.1
Moderate		29.4	19.4	22.9	9.2	19.3	20.7	20.9	16.9	17.4	19.0	19.1
High		9.8	4.8	2.9	5.3	5.4	10.3	8.1	5.2	8.7	7.9	6.7
Very high		.0	1.6	4.3	1.3	1.9	3.4	2.3	2.6	.0	2.1	2.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	62	70	76	259	58	86	77	69	290	549
Missing	N	1	1	1	2	5	0	1	1	2	4	9

Table 97. Level of anxiety

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Normal		90.2	85.2	84.3	94.5	88.6	86.2	87.2	92.2	94.2	90.0	89.4
Somewhat		5.9	14.8	11.4	4.1	9.0	8.6	10.5	3.9	5.8	7.2	8.1
Significant		3.9	.0	4.3	1.4	2.4	5.2	2.3	3.9	.0	2.8	2.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	61	70	73	255	58	86	77	69	290	545
Missing	N	0	2	0	4	6	1	0	2	1	4	10

Table 98. Level of depression

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Normal		94.1	88.5	85.7	91.5	89.7	89.3	90.7	96.1	94.0	92.6	91.3
Somewhat		2.0	8.2	14.3	1.4	6.7	7.1	4.7	1.3	4.5	4.2	5.4
Significant		3.9	3.3	.0	7.0	3.6	3.6	4.7	2.6	1.5	3.2	3.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	51	61	70	71	253	56	86	76	67	285	538
Missing	N	0	1	0	6	7	2	0	2	3	7	14

Table 99.a Blood pressure

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Normal		84.1	60.7	58.7	25.7	54.1	93.0	80.6	57.5	31.6	64.5	59.4
Mild		13.6	26.8	20.6	42.9	27.5	7.0	13.9	32.9	38.6	24.1	25.7
Moderate or severe		2.3	12.5	20.6	31.4	18.5	.0	5.6	9.6	29.8	11.4	14.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	44	56	63	70	233	43	72	73	57	245	478
Missing	N	7	6	7	7	27	15	14	5	13	47	74

Normal; systolic blood pressure less than 140 mmHg and diastolic blood pressure less than 90 mmHg
Moderate or severe; systolic blood pressure over 160 mmHg or diastolic blood pressure over 100 mmHg

Table 99.b Isolated systolic hypertension (systolic blood pressure over 140 mmHg and diastolic blood pressure less than 90 mmHg)

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Yes		4.5	3.6	9.5	52.9	20.2	2.3	11.1	21.9	54.4	22.9	21.5
No		95.5	96.4	90.5	47.1	79.8	97.7	88.9	78.1	45.6	77.1	78.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	44	56	63	70	233	43	72	73	57	245	478
Missing	N	7	6	7	7	27	15	14	5	13	47	74

Table 99.c Systolic blood pressure (mmHg)

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	122.7	13.0	100.0	171.0	44	118.2	12.5	97.0	146.0	43
45 - 54	133.4	15.3	101.0	171.0	56	125.9	18.3	90.0	174.0	72
55 - 64	137.4	21.5	103.0	203.0	63	135.8	16.5	99.0	178.0	73
65 -74	151.1	19.1	115.0	201.0	70	148.5	17.3	112.0	184.0	57
Total	137.8	20.5	100.0	203.0	233	132.7	19.6	90.0	184.0	245

Table 99.d Diastolic blood pressure (mmHg)

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	78.7	9.8	63.0	113.0	44	71.9	9.9	44.0	90.0	43
45 - 54	85.5	10.2	64.0	112.0	56	76.7	9.9	60.0	101.0	72
55 - 64	84.1	12.7	64.0	119.0	63	79.3	10.4	55.0	104.0	73
65 -74	80.3	9.2	64.0	99.0	70	77.1	9.0	43.0	94.0	57
Total	82.3	10.8	63.0	119.0	233	76.7	10.1	43.0	104.0	245

Table 100.a BMI categories

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Less than 18.5 kg/m2		2.3	.0	1.6	.0	.9	.0	1.4	1.4	.0	.8	.8
18.5 - 24.9 kg/m2		36.4	19.6	20.6	18.8	22.8	41.9	29.2	16.7	28.1	27.5	25.2
25.0 - 29.9 kg/m2		45.5	48.2	44.4	37.7	43.5	25.6	33.3	44.4	19.3	32.0	37.6
30.0 kg/m2 or over		15.9	32.1	33.3	43.5	32.8	32.6	36.1	37.5	52.6	39.8	36.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	44	56	63	69	232	43	72	72	57	244	476
Missing	N	7	6	7	8	28	15	14	6	13	48	76

Table 100.b BMI (kg/m2)

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	26.9	4.6	17.8	47.6	44	28.3	7.3	18.7	45.7	43
45 - 54	28.6	4.4	20.0	43.0	56	28.4	6.5	17.1	51.2	72
55 - 64	29.0	5.9	16.0	53.0	63	29.4	5.3	17.7	43.8	72
65 -74	29.0	5.2	20.6	53.3	69	29.8	7.2	19.6	54.3	57
Total	28.5	5.1	16.0	53.3	232	29.0	6.5	17.1	54.3	244

Table 101.a Waist categories

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Less than M 94 / F 80 cm		65.9	21.4	27.0	15.9	29.7	39.5	30.6	12.3	21.1	24.5	27.0
M 94 - 101.9 cm / F 80 - 87.9 cm		13.6	35.7	25.4	24.6	25.4	16.3	18.1	30.1	19.3	21.6	23.5
M 102 / F 88 cm or over		20.5	42.9	47.6	59.4	44.8	44.2	51.4	57.5	59.6	53.9	49.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	44	56	63	69	232	43	72	73	57	245	477
Missing	N	7	6	7	8	28	15	14	5	13	47	75

M; male, F; female

Table 101.b Waist-hip ratio

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	.9	.1	.9	1.1	44	.8	.1	.6	1.0	43
45 - 54	1.0	.1	.9	1.1	56	.8	.1	.7	1.0	72
55 - 64	1.0	.1	.8	1.1	63	.9	.1	.7	1.0	73
65 -74	1.0	.1	.9	1.1	69	.9	.1	.7	1.1	57
Total	1.0	.1	.8	1.1	232	.8	.1	.6	1.1	245

Table 101.c Waist (cm)

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	94.1	12.4	76.5	143.5	44	88.7	17.2	53.8	128.5	43
45 - 54	101.1	11.2	79.3	131.0	56	90.2	15.5	63.8	144.8	72
55 - 64	102.8	15.9	73.5	167.3	63	94.4	13.5	68.5	125.5	73
65 -74	105.4	12.8	84.0	157.5	69	95.2	18.2	68.0	160.0	57
Total	101.5	13.8	73.5	167.3	232	92.3	16.0	53.8	160.0	245

Table 101.d Hip (cm)

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	99.7	9.1	86.8	143.8	44	105.6	16.3	83.3	144.3	43
45 - 54	102.6	8.8	84.3	129.0	56	107.4	14.5	84.3	155.8	72
55 - 64	104.1	14.8	86.3	170.3	63	109.5	11.8	86.8	141.5	73
65 -74	104.7	10.4	88.3	151.0	69	110.4	15.9	86.8	163.5	57
Total	103.1	11.3	84.3	170.3	232	108.4	14.4	83.3	163.5	245

Table 102. Height (cm)

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	178.5	5.2	165.0	186.5	44	164.6	6.3	153.7	184.0	43
45 - 54	175.6	7.4	155.8	196.0	56	163.6	6.7	149.6	186.0	72
55 - 64	175.0	7.5	151.9	191.5	63	162.1	6.3	146.2	176.4	72
65 -74	173.1	6.3	158.8	187.9	69	158.9	6.5	144.3	179.5	57
Total	175.2	6.9	151.9	196.0	232	162.2	6.7	144.3	186.0	244

Table 103. Weight (kg)

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	85.6	13.0	61.5	129.7	44	76.5	18.7	49.1	126.4	43
45 - 54	88.3	14.9	53.3	129.9	56	75.8	17.2	46.0	135.2	72
55 - 64	88.9	20.1	55.3	166.7	63	77.5	14.7	49.0	120.5	73
65 -74	87.1	17.8	61.0	167.8	69	75.2	18.8	44.1	135.4	57
Total	87.6	17.0	53.3	167.8	232	76.3	17.1	44.1	135.4	245

Table 104.a Serum glucose categories

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Less than 5.6 mmol/l		81.4	54.9	50.8	45.3	56.2	87.2	77.9	70.1	64.8	74.1	65.4
5.6 - 6.9 mmol/l		18.6	45.1	42.4	46.9	39.6	5.1	20.6	25.4	29.6	21.5	30.3
7.0 mmol/l or over		.0	.0	6.8	7.8	4.1	7.7	1.5	4.5	5.6	4.4	4.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	43	51	59	64	217	39	68	67	54	228	445
Missing	N	8	11	11	13	43	19	18	11	16	64	107

Table 104.b Serum glucose (mmol/l)

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	5.2	.4	4.5	5.9	43	5.2	.9	4.0	8.9	39
45 - 54	5.5	.3	4.8	6.2	51	5.3	.7	4.2	8.8	68
55 - 64	5.8	1.6	4.4	16.7	59	5.4	.7	4.6	8.3	67
65 - 74	5.8	.9	4.5	8.8	64	5.6	1.0	4.3	10.0	54
Total	5.6	1.0	4.4	16.7	217	5.4	.8	4.0	10.0	228

Table 105.a Serum total cholesterol categories

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Less than 4.00 mmol/l		6.8	1.9	11.3	10.0	7.8	9.8	4.4	.0	3.5	3.8	5.8
4.00 - 5.49 mmol/l		52.3	38.9	33.9	58.6	46.1	53.7	50.0	44.3	43.9	47.5	46.8
5.50 - 6.49 mmol/l		29.5	46.3	40.3	21.4	33.9	24.4	27.9	28.6	26.3	27.1	30.5
6.50 mmol/l or over		11.4	13.0	14.5	10.0	12.2	12.2	17.6	27.1	26.3	21.6	17.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	44	54	62	70	230	41	68	70	57	236	466
Missing	N	7	8	8	7	30	17	18	8	13	56	86

Table 105.b Serum total cholesterol (mmol/)

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	5.3	1.1	3.0	8.5	44	5.1	.9	3.7	7.0	41
45 - 54	5.7	.9	3.9	7.9	54	5.5	1.0	3.5	8.0	68
55 - 64	5.4	1.1	2.6	8.8	62	5.9	1.1	4.2	10.4	70
65 -74	5.1	1.0	2.7	8.0	70	5.7	1.0	3.8	8.6	57
Total	5.4	1.0	2.6	8.8	230	5.6	1.1	3.5	10.4	236

Table 106.a Serum triglycerides categories

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Less than 2.00 mmol/l		87.8	69.4	82.5	66.1	75.6	92.1	77.6	69.7	79.2	78.1	76.9
2.00 - 3.99 mmol/l		9.8	28.6	14.0	30.6	21.5	7.9	19.4	25.8	18.9	19.2	20.3
Over 4.00 mml/l		2.4	2.0	3.5	3.2	2.9	.0	3.0	4.5	1.9	2.7	2.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	41	49	57	62	209	38	67	66	53	224	433
Missing	N	10	13	13	15	51	20	19	12	17	68	119

Table 106.b Serum triglycerides (mmol/l)

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	1.4	.9	.3	4.9	41	1.1	.5	.5	2.8	38
45 - 54	1.8	1.5	.6	11.3	49	1.5	.9	.4	4.4	67
55 - 64	1.6	1.0	.7	7.0	57	1.6	.9	.7	5.0	66
65 - 74	1.8	.9	.6	5.3	62	1.6	.7	.5	4.9	53
Total	1.7	1.1	.3	11.3	209	1.5	.8	.4	5.0	224

Table 107.a Serum HDL cholesterol categories

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Less than 1.00 mmol/l		9.1	9.3	12.9	21.4	13.9	.0	7.4	2.9	3.5	3.8	8.8
1.00 mmol/l or over		90.9	90.7	87.1	78.6	86.1	100.0	92.6	97.1	96.5	96.2	91.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	44	54	62	70	230	41	68	70	57	236	466
Missing	N	7	8	8	7	30	17	18	8	13	56	86

Table 107.b Serum HDL cholesterol (mmol/)

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	1.4	.3	.9	2.1	44	1.5	.3	1.0	2.4	41
45 - 54	1.2	.3	.7	2.3	54	1.6	.4	.7	2.4	68
55 - 64	1.3	.3	.8	2.2	62	1.6	.5	.8	3.4	70
65 -74	1.2	.4	.8	2.7	70	1.6	.4	.9	2.7	57
Total	1.3	.3	.7	2.7	230	1.6	.4	.7	3.4	236

Table 108.a Serum LDL cholesterol categories

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Less than 2.50 mmol/l		18.6	1.9	16.4	29.0	17.3	19.5	17.6	14.5	16.1	16.7	17.0
2.50 - 3.50 mmol/l		41.9	38.5	32.8	37.7	37.3	39.0	50.0	42.0	46.4	44.9	41.2
3.50 - 4.99 mmol/l		34.9	55.8	45.9	27.5	40.4	41.5	25.0	34.8	28.6	31.6	35.9
5.00 mmol/l or over		4.7	3.8	4.9	5.8	4.9	.0	7.4	8.7	8.9	6.8	5.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	43	52	61	69	225	41	68	69	56	234	459
Missing	N	8	10	9	8	35	17	18	9	14	58	93

Table 108.b Serum LDL cholesterol (mmol/l)

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	3.2	.9	1.1	5.2	43	3.1	.8	1.3	4.8	41
45 - 54	3.6	.8	1.5	5.6	52	3.3	1.0	1.3	6.0	68
55 - 64	3.4	.9	1.0	5.6	61	3.5	1.1	1.9	7.7	69
65 -74	3.1	.9	1.2	6.2	69	3.4	1.0	1.6	5.9	56
Total	3.3	.9	1.0	6.2	225	3.3	1.0	1.3	7.7	234

Table 1. Number of study subjects according to sex and age group.

	25 - 44	45 - 54	55 - 64	65 - 74	Total
Males	34	42	52	62	190
Females	45	62	63	55	225
All	79	104	115	117	415

Table 2. Are you of Aboriginal or Torres Strait Islander origin?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
No		97.1	100.0	100.0	100.0	99.5	100.0	100.0	100.0	100.0	100.0	99.8
Aboriginal		2.9	.0	.0	.0	.5	.0	.0	.0	.0	.0	.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	49	59	184	45	62	63	54	224	408
Missing	N	0	0	3	3	6	0	0	0	1	1	7

Table 3. What is your ethnic background?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Australia / New Zealand		100.0	90.5	90.2	88.7	91.5	97.8	93.5	88.9	88.9	92.0	91.8
UK / Ireland		.0	2.4	3.9	3.2	2.6	2.2	3.2	6.3	1.9	3.6	3.1
Other		.0	7.1	5.9	8.1	5.8	.0	3.2	4.8	9.3	4.5	5.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	51	62	189	45	62	63	54	224	413
Missing	N	0	0	1	0	1	0	0	0	1	1	2

Table 4. What is your marital status?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Married or defacto		82.4	90.5	94.2	75.8	85.3	88.9	88.7	77.4	61.8	79.0	81.9
Single		17.6	7.1	1.9	6.5	7.4	4.4	3.2	.0	3.6	2.7	4.8
Separated or divorced		.0	2.4	3.8	6.5	3.7	6.7	8.1	9.7	9.1	8.5	6.3
Widowed		.0	.0	.0	11.3	3.7	.0	.0	12.9	25.5	9.8	7.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	45	62	62	55	224	414
Missing	N	0	0	0	0	0	0	0	1	0	1	1

Table 5. How many family members are presently living in your household?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
1		14.7	7.1	5.8	27.4	14.7	2.2	8.2	30.6	41.5	21.3	18.2
2		23.5	23.8	73.1	71.0	52.6	8.9	45.9	56.5	49.1	42.1	47.0
3		11.8	9.5	17.3	1.6	9.5	8.9	26.2	9.7	9.4	14.0	11.9
4		14.7	28.6	3.8	.0	10.0	42.2	9.8	3.2	.0	12.2	11.2
5 or more		35.3	31.0	.0	.0	13.2	37.8	9.8	.0	.0	10.4	11.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	45	61	62	53	221	411
Missing	N	0	0	0	0	0	0	1	1	2	4	4

Table 6. Indicate the total number of years you undertook full-time education

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Less than 10 years		.0	9.5	38.5	46.4	27.2	2.2	7.0	29.0	45.3	21.7	24.2
10 - 12 years		58.8	59.5	46.2	33.9	47.8	46.7	59.6	48.4	41.5	49.3	48.6
13 years or more		41.2	31.0	15.4	19.6	25.0	51.1	33.3	22.6	13.2	29.0	27.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	56	184	45	57	62	53	217	401
Missing	N	0	0	0	6	6	0	5	1	2	8	14

Table 7. What is your highest level of education?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No formal schooling		.0	.0	.0	1.7	.5	.0	.0	.0	.0	.0	.2
Primary school		.0	.0	7.7	20.3	8.6	.0	.0	6.5	9.1	4.1	6.2
Secondary education		43.8	50.0	65.4	50.8	53.5	31.1	48.3	64.5	69.1	54.5	54.1
Vocational training		9.4	.0	13.5	8.5	8.1	15.6	13.8	6.5	7.3	10.5	9.4
Higher school certificate		21.9	28.6	5.8	13.6	16.2	37.8	24.1	11.3	9.1	19.5	18.0
University education		25.0	21.4	7.7	5.1	13.0	15.6	13.8	11.3	5.5	11.4	12.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	32	42	52	59	185	45	58	62	55	220	405
Missing	N	2	0	0	3	5	0	4	1	0	5	10

Table 8. What is your primary occupation?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Agriculture, forestry etc.		50.0	59.0	44.9	30.6	44.0	11.6	26.2	13.1	7.3	15.0	28.1
Mining, construction etc.		21.9	10.3	12.2	.0	9.3	.0	.0	1.6	.0	.5	4.5
Wholesale trade		9.4	7.7	10.2	1.6	6.6	7.0	8.2	1.6	.0	4.1	5.2
Hospitality, transport etc.		6.3	2.6	4.1	.0	2.7	7.0	3.3	6.6	.0	4.1	3.5
Administration, services etc.		12.5	12.8	10.2	1.6	8.2	41.9	36.1	11.5	5.5	22.7	16.2
Home duties		.0	.0	.0	.0	.0	27.9	14.8	31.1	18.2	22.7	12.4
Retired / Pensioner		.0	2.6	16.3	66.1	27.5	4.7	6.6	32.8	69.1	29.1	28.4
Unemployed		.0	5.1	2.0	.0	1.6	.0	4.9	1.6	.0	1.8	1.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	32	39	49	62	182	43	61	61	55	220	402
Missing	N	2	3	3	0	8	2	1	2	0	5	13

Table 9. Are you presently employed?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Full time, permanent		82.4	80.5	62.7	15.3	55.1	27.3	41.7	15.9	4.0	22.6	37.6
Full time, contract < 12 months		5.9	.0	2.0	.0	1.6	.0	.0	.0	.0	.0	.7
Part time		.0	4.9	7.8	11.9	7.0	36.4	21.7	11.1	2.0	17.1	12.4
Casual		11.8	2.4	7.8	8.5	7.6	13.6	8.3	9.5	2.0	8.3	8.0
Not working at the moment		.0	12.2	19.6	64.4	28.6	22.7	28.3	63.5	92.0	52.1	41.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	41	51	59	185	44	60	63	50	217	402
Missing	N	0	1	1	3	5	1	2	0	5	8	13

Table 10. If you are not employed at the moment, have you been:

		Males				Females					All
		45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Unemployed > 1 year		80.0	10.0	.0	9.4	.0	6.3	2.5	2.2	2.7	4.9
Unemployed 6 - 12 months		.0	.0	.0	.0	10.0	12.5	.0	.0	2.7	1.8
Unemployed < 6 months		.0	.0	.0	.0	.0	.0	2.5	.0	.9	.6
Retrenched		.0	.0	.0	.0	.0	6.3	.0	.0	.9	.6
Pensioner / Retirer		20.0	90.0	100.0	90.6	20.0	31.3	50.0	68.9	52.3	64.6
Home duties		.0	.0	.0	.0	70.0	43.8	45.0	28.9	40.5	27.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	5	10	38	53	10	16	40	45	111	164
Missing	N	0	0	0	0	0	1	0	1	2	2

Table 11. What was the weekly total gross income of all family members living in the same household income last year?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Less than $300		.0	2.7	4.3	16.3	6.7	2.3	8.5	17.0	41.2	15.7	11.4
$301 - $800		48.4	40.5	32.6	55.1	44.2	22.7	31.9	54.7	38.2	37.6	40.8
$801 - $1300		19.4	32.4	26.1	12.2	22.1	31.8	29.8	18.9	11.8	23.6	22.9
$1301 - $1800		22.6	2.7	13.0	10.2	11.7	18.2	14.9	1.9	5.9	10.1	10.9
$1801 - $2300		3.2	8.1	8.7	2.0	5.5	9.1	4.3	1.9	2.9	4.5	5.0
$2301 - $2800		.0	2.7	6.5	2.0	3.1	4.5	6.4	1.9	.0	3.4	3.2
More than $2800		6.5	10.8	8.7	2.0	6.7	11.4	4.3	3.8	.0	5.1	5.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	31	37	46	49	163	44	47	53	34	178	341
Missing	N	3	5	6	13	27	1	15	10	21	47	74

Table 12. How many times have you visited a general practitioner (GP) in the last 12 months?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
0		23.5	16.7	13.7	4.9	13.3	4.5	9.8	6.5	1.8	5.9	9.3
1		26.5	21.4	3.9	8.2	13.3	22.7	9.8	4.8	5.5	9.9	11.5
2 - 4		41.2	33.3	56.9	54.1	47.9	31.8	47.5	48.4	40.0	42.8	45.1
5 - 10		8.8	19.0	19.6	26.2	19.7	29.5	27.9	32.3	41.8	32.9	26.8
11 or more		.0	9.5	5.9	6.6	5.9	11.4	4.9	8.1	10.9	8.6	7.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	51	61	188	44	61	62	55	222	410
Missing	N	0	0	1	1	2	1	1	1	0	3	5

Table 13. How many times have you visited a specialist doctor (eg. endocrinologist, cardiologist) in the last 12 months?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
0		85.3	66.7	56.9	55.2	63.8	60.0	61.3	67.7	52.9	60.9	62.2
1		5.9	11.9	11.8	17.2	12.4	15.6	19.4	14.5	13.7	15.9	14.3
2 - 4		8.8	19.0	27.5	24.1	21.1	17.8	14.5	14.5	23.5	17.3	19.0
5 - 10		.0	.0	3.9	1.7	1.6	6.7	4.8	1.6	9.8	5.5	3.7
11 or more		.0	2.4	.0	1.7	1.1	.0	.0	1.6	.0	.5	.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	51	58	185	45	62	62	51	220	405
Missing	N	0	0	1	4	5	0	0	1	4	5	10

Table 14. How many days have you been in hospital in the last 12 months?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
0		85.3	73.8	78.8	72.6	76.8	73.3	83.6	84.1	73.1	79.2	78.1
1		8.8	14.3	7.7	8.1	9.5	8.9	4.9	7.9	7.7	7.2	8.3
2 - 4		5.9	4.8	3.8	4.8	4.7	8.9	6.6	3.2	9.6	6.8	5.8
5 - 10		.0	2.4	9.6	8.1	5.8	6.7	3.3	3.2	9.6	5.4	5.6
11 - 20		.0	4.8	.0	4.8	2.6	.0	1.6	.0	.0	.5	1.5
21 or more		.0	.0	.0	1.6	.5	2.2	.0	1.6	.0	.9	.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	45	61	63	52	221	411
Missing	N	0	0	0	0	0	0	1	0	3	4	4

Table 15. How many times have you visited a dentist in the last 12 months?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
0		61.8	66.7	66.7	71.0	67.2	31.1	46.8	68.3	72.2	55.8	61.0
1		20.6	19.0	15.7	11.3	15.9	37.8	29.0	15.9	14.8	23.7	20.1
2 - 4		14.7	11.9	15.7	14.5	14.3	31.1	22.6	14.3	7.4	18.3	16.5
5 - 10		2.9	2.4	2.0	3.2	2.6	.0	1.6	1.6	3.7	1.8	2.2
11 or more		.0	.0	.0	.0	.0	.0	.0	.0	1.9	.4	.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	51	62	189	45	62	63	54	224	413
Missing	N	0	0	1	0	1	0	0	0	1	1	2

Table 16. How many times have you visited a dietitian in the last 12 months?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
0		97.1	97.6	100.0	91.9	96.3	100.0	93.5	96.8	92.7	95.6	95.9
1		.0	.0	.0	4.8	1.6	.0	.0	1.6	1.8	.9	1.2
2 - 4		2.9	2.4	.0	3.2	2.1	.0	4.8	1.6	5.5	3.1	2.7
5 - 10		.0	.0	.0	.0	.0	.0	1.6	.0	.0	.4	.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	45	62	63	55	225	415
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 17. How many times have you visited a diabetes nurse, cardiac nurse, practice nurse or similar in the last 12 months?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
0		97.1	92.9	98.1	88.7	93.7	97.8	91.8	84.1	80.0	87.9	90.6
1		2.9	2.4	1.9	4.8	3.2	2.2	3.3	7.9	9.1	5.8	4.6
2 - 4		.0	4.8	.0	6.5	3.2	.0	3.3	7.9	9.1	5.4	4.3
5 - 10		.0	.0	.0	.0	.0	.0	1.6	.0	1.8	.9	.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	45	61	63	55	224	414
Missing	N	0	0	0	0	0	0	1	0	0	1	1

Table 18. In the past 12 months, have you received any form of income support due to illness or disability?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
No		100.0	85.7	86.5	98.4	92.6	97.8	93.5	87.1	98.2	93.8	93.2
Yes		.0	14.3	13.5	1.6	7.4	2.2	6.5	12.9	1.8	6.3	6.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	45	62	62	55	224	414
Missing	N	0	0	0	0	0	0	0	1	0	1	1

Table 19. During the last 12 months, how many days were you absent from work or unable to carry out normal duties due to an illness?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
0		52.9	56.4	66.7	87.0	67.1	47.7	67.9	79.7	87.8	71.0	69.2
1 - 5		44.1	30.8	15.7	8.7	22.9	40.9	21.4	10.2	4.9	19.0	20.8
6 - 10		2.9	5.1	7.8	2.2	4.7	4.5	5.4	1.7	2.4	3.5	4.1
11 - 15		.0	.0	3.9	.0	1.2	4.5	.0	3.4	.0	2.0	1.6
16 - 20		.0	.0	.0	.0	.0	.0	.0	1.7	.0	.5	.3
21 or more		.0	7.7	5.9	2.2	4.1	2.3	5.4	3.4	4.9	4.0	4.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	39	51	46	170	44	56	59	41	200	370
Missing	N	0	3	1	16	20	1	6	4	14	25	45

Table 20. Has a doctor ever diagnosed you with myocardial infarction?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		100.0	92.9	92.3	81.4	90.4	100.0	98.4	100.0	96.3	98.7	94.9
Yes		.0	7.1	7.7	18.6	9.6	.0	1.6	.0	3.7	1.3	5.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	59	187	45	62	63	54	224	411
Missing	N	0	0	0	3	3	0	0	0	1	1	4

Table 21. Has a doctor ever diagnosed you with stroke or cerebral haemorrhage?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		100.0	100.0	100.0	93.5	97.9	100.0	100.0	95.2	94.5	97.3	97.6
Yes		.0	.0	.0	6.5	2.1	.0	.0	4.8	5.5	2.7	2.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	45	62	63	55	225	415
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 22. Have you ever had coronary bypass surgery?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		100.0	100.0	92.3	91.9	95.3	100.0	100.0	100.0	96.4	99.1	97.3
Yes		.0	.0	7.7	8.1	4.7	.0	.0	.0	3.6	.9	2.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	45	62	63	55	225	415
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 23. Have you ever had a coronary angioplasty?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		100.0	95.2	98.1	87.1	94.2	100.0	100.0	96.8	100.0	99.1	96.8
Yes		.0	4.8	1.9	12.9	5.8	.0	.0	3.2	.0	.9	3.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	45	62	62	53	222	412
Missing	N	0	0	0	0	0	0	0	1	2	3	3

Table 24. During the last 12 months, have you had a persistent cough with phlegm that occurs almost daily?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		70.6	83.3	66.7	80.3	75.5	75.6	78.7	69.8	77.8	75.3	75.4
Yes, for less than 1 m		17.6	4.8	15.7	4.9	10.1	20.0	8.2	7.9	9.3	10.8	10.5
Yes, for 1 - 2 m		8.8	9.5	3.9	3.3	5.9	2.2	8.2	.0	5.6	4.0	4.9
Yes, for 3 m or longer		2.9	2.4	13.7	11.5	8.5	2.2	4.9	22.2	7.4	9.9	9.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	51	61	188	45	61	63	54	223	411
Missing	N	0	0	1	1	2	0	1	0	1	2	4

Table 25. How would you assess your present state of health?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Excellent		5.9	2.4	9.6	1.6	4.7	13.3	16.1	17.5	7.3	13.8	9.6
Good		47.1	57.1	61.5	75.8	62.6	57.8	58.1	55.6	50.9	55.6	58.8
Average		44.1	35.7	21.2	19.4	27.9	28.9	22.6	25.4	38.2	28.4	28.2
Poor		2.9	2.4	5.8	3.2	3.7	.0	1.6	1.6	3.6	1.8	2.7
Very poor		.0	2.4	1.9	.0	1.1	.0	1.6	.0	.0	.4	.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	45	62	63	55	225	415
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 26. How do you consider your weight?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Too thin		2.9	.0	1.9	.0	1.1	.0	.0	.0	1.8	.4	.7
A little thin		5.9	.0	.0	3.3	2.1	4.5	1.6	1.6	.0	1.8	1.9
Normal		17.6	47.6	38.5	44.3	38.6	22.7	38.7	23.8	30.9	29.5	33.7
A little overweight		61.8	47.6	53.8	49.2	52.4	59.1	43.5	58.7	56.4	54.0	53.3
Very overweight		11.8	4.8	5.8	3.3	5.8	13.6	16.1	15.9	10.9	14.3	10.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	61	189	44	62	63	55	224	413
Missing	N	0	0	0	1	1	1	0	0	0	1	2

During the last 12 months, have you been diagnosed as having, or have you been treated for, any of the following conditions?

Table 27.a Hypertension

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		2.9	4.8	34.6	37.1	23.2	2.2	21.0	46.0	43.6	29.8	26.7
No		97.1	95.2	65.4	62.9	76.8	97.8	79.0	54.0	56.4	70.2	73.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	45	62	63	55	225	415
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 27.b Hypercholesterolaemia

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	9.5	26.9	30.0	19.3	2.2	15.0	32.8	48.1	25.2	22.5
No		100.0	90.5	73.1	70.0	80.7	97.8	85.0	67.2	51.9	74.8	77.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	52	60	187	45	60	61	52	218	405
Missing	N	1	0	0	2	3	0	2	2	3	7	10

Table 27.c Diabetes

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	4.8	1.9	11.5	5.3	.0	3.3	4.9	11.3	5.0	5.2
No		100.0	95.2	98.1	88.5	94.7	100.0	96.7	95.1	88.7	95.0	94.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	52	61	188	45	60	61	53	219	407
Missing	N	1	0	0	1	2	0	2	2	2	6	8

Table 27.d Myocardial infarction

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	.0	.0	6.7	2.1	.0	1.7	.0	3.8	1.4	1.7
No		100.0	100.0	100.0	93.3	97.9	100.0	98.3	100.0	96.2	98.6	98.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	52	60	187	45	60	61	52	218	405
Missing	N	1	0	0	2	3	0	2	2	3	7	10

Table 27.e Angina pectoris

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		6.1	7.1	1.9	3.3	4.3	.0	1.7	3.3	5.8	2.8	3.5
No		93.9	92.9	98.1	96.7	95.7	100.0	98.3	96.7	94.2	97.2	96.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	52	60	187	45	60	61	52	218	405
Missing	N	1	0	0	2	3	0	2	2	3	7	10

Table 27.f Heart failure

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	2.4	.0	4.9	2.1	.0	.0	.0	.0	.0	1.0
No		100.0	97.6	100.0	95.1	97.9	100.0	100.0	100.0	100.0	100.0	99.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	52	61	188	45	60	61	52	218	406
Missing	N	1	0	0	1	2	0	2	2	3	7	9

Table 27.g Cancer

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	2.4	5.8	9.8	5.3	2.2	1.7	3.3	.0	1.8	3.4
No		100.0	97.6	94.2	90.2	94.7	97.8	98.3	96.7	100.0	98.2	96.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	52	61	188	45	60	61	52	218	406
Missing	N	1	0	0	1	2	0	2	2	3	7	9

Table 27.h Rheumatism or arthritis

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		3.0	9.5	13.5	18.0	12.2	2.2	11.7	27.9	38.5	20.6	16.7
No		97.0	90.5	86.5	82.0	87.8	97.8	88.3	72.1	61.5	79.4	83.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	52	61	188	45	60	61	52	218	406
Missing	N	1	0	0	1	2	0	2	2	3	7	9

Table 27.i Back illness

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		12.1	29.3	23.1	16.4	20.3	15.6	13.3	19.7	19.2	17.0	18.5
No		87.9	70.7	76.9	83.6	79.7	84.4	86.7	80.3	80.8	83.0	81.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	41	52	61	187	45	60	61	52	218	405
Missing	N	1	1	0	1	3	0	2	2	3	7	10

Table 27.j Chronic bronchitis or emphysema

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		3.0	2.4	1.9	1.6	2.1	.0	3.3	3.3	5.8	3.2	2.7
No		97.0	97.6	98.1	98.4	97.9	100.0	96.7	96.7	94.2	96.8	97.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	52	61	188	45	60	61	52	218	406
Missing	N	1	0	0	1	2	0	2	2	3	7	9

Table 27.k Bronchial asthma

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		3.0	9.5	9.6	3.3	6.4	6.7	5.0	13.1	7.7	8.3	7.4
No		97.0	90.5	90.4	96.7	93.6	93.3	95.0	86.9	92.3	91.7	92.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	52	61	188	45	60	61	52	218	406
Missing	N	1	0	0	1	2	0	2	2	3	7	9

Table 27.l Gastritis or ulcer

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		3.0	9.5	7.7	6.6	6.9	6.7	6.7	14.8	11.5	10.1	8.6
No		97.0	90.5	92.3	93.4	93.1	93.3	93.3	85.2	88.5	89.9	91.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	52	61	188	45	60	61	52	218	406
Missing	N	1	0	0	1	2	0	2	2	3	7	9

Table 27.m Allergy

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		3.0	.0	7.7	3.3	3.7	6.7	3.3	8.2	13.5	7.8	5.9
No		97.0	100.0	92.3	96.7	96.3	93.3	96.7	91.8	86.5	92.2	94.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	52	61	188	45	60	61	52	218	406
Missing	N	1	0	0	1	2	0	2	2	3	7	9

Table 27.n Depression

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	11.9	11.5	6.6	8.0	13.3	11.7	6.6	7.7	9.6	8.9
No		100.0	88.1	88.5	93.4	92.0	86.7	88.3	93.4	92.3	90.4	91.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	52	61	188	45	60	61	52	218	406
Missing	N	1	0	0	1	2	0	2	2	3	7	9

Table 27.o Anxiety disorder

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	4.8	5.8	1.6	3.2	2.2	1.7	.0	7.7	2.8	3.0
No		100.0	95.2	94.2	98.4	96.8	97.8	98.3	100.0	92.3	97.2	97.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	52	61	188	45	60	61	52	218	406
Missing	N	1	0	0	1	2	0	2	2	3	7	9

Table 27.p Other mental conditions

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	2.4	1.9	1.7	1.6	2.2	1.7	4.8	.0	2.3	2.0
No		100.0	97.6	98.1	98.3	98.4	97.8	98.3	95.2	100.0	97.7	98.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	52	60	187	45	60	62	52	219	406
Missing	N	1	0	0	2	3	0	2	1	3	6	9

Have you had any of the following symptoms or complaints during the last month?

Table 28.a Chest pain during exercise

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		6.1	4.8	5.9	3.4	4.9	.0	5.0	3.2	3.8	3.2	4.0
No		93.9	95.2	94.1	96.6	95.1	100.0	95.0	96.8	96.2	96.8	96.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	51	58	184	45	60	62	52	219	403
Missing	N	1	0	1	4	6	0	2	1	3	6	12

Table 28.b Joint pain

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		66.7	52.4	56.9	31.0	49.5	31.1	41.7	53.2	64.2	48.2	48.8
No		33.3	47.6	43.1	69.0	50.5	68.9	58.3	46.8	35.8	51.8	51.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	51	58	184	45	60	62	53	220	404
Missing	N	1	0	1	4	6	0	2	1	2	5	11

Table 28.c Back pain

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		69.7	50.0	43.1	37.9	47.8	42.2	45.0	38.7	54.7	45.0	46.3
No		30.3	50.0	56.9	62.1	52.2	57.8	55.0	61.3	45.3	55.0	53.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	51	58	184	45	60	62	53	220	404
Missing	N	1	0	1	4	6	0	2	1	2	5	11

Table 28.d Neck/shoulder pain

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		39.4	57.1	45.1	24.1	40.2	51.1	41.7	41.9	52.8	46.4	43.6
No		60.6	42.9	54.9	75.9	59.8	48.9	58.3	58.1	47.2	53.6	56.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	51	58	184	45	60	62	53	220	404
Missing	N	1	0	1	4	6	0	2	1	2	5	11

Table 28.e Swelling of feet

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		6.1	.0	11.8	8.6	7.1	6.7	18.3	22.6	26.9	19.2	13.6
No		93.9	100.0	88.2	91.4	92.9	93.3	81.7	77.4	73.1	80.8	86.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	51	58	184	45	60	62	52	219	403
Missing	N	1	0	1	4	6	0	2	1	3	6	12

Table 28.f Varicose veins

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		9.1	4.8	11.8	10.3	9.2	17.8	11.7	25.8	19.2	18.7	14.4
No		90.9	95.2	88.2	89.7	90.8	82.2	88.3	74.2	80.8	81.3	85.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	51	58	184	45	60	62	52	219	403
Missing	N	1	0	1	4	6	0	2	1	3	6	12

Table 28.g Eczema

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		9.1	4.8	15.7	12.1	10.9	15.6	15.0	12.9	11.5	13.7	12.4
No		90.9	95.2	84.3	87.9	89.1	84.4	85.0	87.1	88.5	86.3	87.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	51	58	184	45	60	62	52	219	403
Missing	N	1	0	1	4	6	0	2	1	3	6	12

Table 28.h Constipation

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		6.1	.0	7.8	5.2	4.9	15.6	16.7	11.3	13.5	14.2	9.9
No		93.9	100.0	92.2	94.8	95.1	84.4	83.3	88.7	86.5	85.8	90.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	51	58	184	45	60	62	52	219	403
Missing	N	1	0	1	4	6	0	2	1	3	6	12

Table 28.i Headache

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		51.5	47.6	27.5	8.6	30.4	71.1	41.7	37.1	28.8	43.4	37.5
No		48.5	52.4	72.5	91.4	69.6	28.9	58.3	62.9	71.2	56.6	62.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	51	58	184	45	60	62	52	219	403
Missing	N	1	0	1	4	6	0	2	1	3	6	12

Table 28.j Insomnia

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		9.1	21.4	15.7	10.3	14.1	20.0	28.3	21.0	32.1	25.5	20.3
No		90.9	78.6	84.3	89.7	85.9	80.0	71.7	79.0	67.9	74.5	79.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	51	58	184	45	60	62	53	220	404
Missing	N	1	0	1	4	6	0	2	1	2	5	11

Table 28.k Depressed mood

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		21.2	21.4	15.7	12.1	16.8	13.3	16.7	14.5	17.3	15.5	16.1
No		78.8	78.6	84.3	87.9	83.2	86.7	83.3	85.5	82.7	84.5	83.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	51	58	184	45	60	62	52	219	403
Missing	N	1	0	1	4	6	0	2	1	3	6	12

Table 28.l Anxious mood

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		9.1	16.7	23.5	3.4	13.0	17.8	13.3	9.7	15.4	13.7	13.4
No		90.9	83.3	76.5	96.6	87.0	82.2	86.7	90.3	84.6	86.3	86.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	51	58	184	45	60	62	52	219	403
Missing	N	1	0	1	4	6	0	2	1	3	6	12

Table 28.m Panic attacks

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	4.8	3.9	.0	2.2	.0	3.3	.0	3.8	1.8	2.0
No		100.0	95.2	96.1	100.0	97.8	100.0	96.7	100.0	96.2	98.2	98.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	51	58	184	45	60	62	52	219	403
Missing	N	1	0	1	4	6	0	2	1	3	6	12

Table 28.n Nausea

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		6.1	9.5	2.0	1.7	4.3	8.9	15.0	4.8	5.8	8.7	6.7
No		93.9	90.5	98.0	98.3	95.7	91.1	85.0	95.2	94.2	91.3	93.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	51	58	184	45	60	62	52	219	403
Missing	N	1	0	1	4	6	0	2	1	3	6	12

Table 28.o Frequent stomach ache

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		6.1	7.1	13.7	3.4	7.6	4.4	8.3	3.2	7.5	5.9	6.7
No		93.9	92.9	86.3	96.6	92.4	95.6	91.7	96.8	92.5	94.1	93.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	51	58	184	45	60	62	53	220	404
Missing	N	1	0	1	4	6	0	2	1	2	5	11

Have you taken any tablets, pills or other medication during the last week?

Table 29.a For high blood pressure

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	7.1	28.8	36.1	21.2	.0	18.3	43.5	40.4	26.9	24.3
No		100.0	92.9	71.2	63.9	78.8	100.0	81.7	56.5	59.6	73.1	75.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	61	189	45	60	62	52	219	408
Missing	N	0	0	0	1	1	0	2	1	3	6	7

Table 29.b For high cholesterol

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	4.8	19.2	36.1	18.0	.0	8.3	24.2	40.4	18.7	18.4
No		100.0	95.2	80.8	63.9	82.0	100.0	91.7	75.8	59.6	81.3	81.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	61	189	45	60	62	52	219	408
Missing	N	0	0	0	1	1	0	2	1	3	6	7

Table 29.c For diabetes

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	4.8	.0	4.9	2.6	.0	3.3	3.2	7.7	3.7	3.2
No		100.0	95.2	100.0	95.1	97.4	100.0	96.7	96.8	92.3	96.3	96.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	61	189	45	60	62	52	219	408
Missing	N	0	0	0	1	1	0	2	1	3	6	7

Table 29.d For headache

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		41.2	28.6	23.1	6.6	22.2	60.0	33.3	27.4	19.2	33.8	28.4
No		58.8	71.4	76.9	93.4	77.8	40.0	66.7	72.6	80.8	66.2	71.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	61	189	45	60	62	52	219	408
Missing	N	0	0	0	1	1	0	2	1	3	6	7

Table 29.e For other aches and pains

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		5.9	14.3	15.4	21.3	15.3	13.3	28.3	24.2	44.2	27.9	22.1
No		94.1	85.7	84.6	78.7	84.7	86.7	71.7	75.8	55.8	72.1	77.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	61	189	45	60	62	52	219	408
Missing	N	0	0	0	1	1	0	2	1	3	6	7

Table 29.f For cough

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		8.8	2.4	5.8	1.6	4.2	6.7	1.7	6.5	5.8	5.0	4.7
No		91.2	97.6	94.2	98.4	95.8	93.3	98.3	93.5	94.2	95.0	95.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	61	189	45	60	62	52	219	408
Missing	N	0	0	0	1	1	0	2	1	3	6	7

Table 29.g For angina

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	4.8	.0	3.3	2.1	.0	.0	3.2	.0	.9	1.5
No		100.0	95.2	100.0	96.7	97.9	100.0	100.0	96.8	100.0	99.1	98.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	61	189	45	60	62	52	219	408
Missing	N	0	0	0	1	1	0	2	1	3	6	7

Table 29.h For depression

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	9.5	9.6	6.6	6.9	8.9	6.7	6.5	7.7	7.3	7.1
No		100.0	90.5	90.4	93.4	93.1	91.1	93.3	93.5	92.3	92.7	92.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	61	189	45	60	62	52	219	408
Missing	N	0	0	0	1	1	0	2	1	3	6	7

Table 29.i Sedatives

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	2.4	3.8	4.9	3.2	.0	1.7	3.2	17.3	5.5	4.4
No		100.0	97.6	96.2	95.1	96.8	100.0	98.3	96.8	82.7	94.5	95.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	61	189	45	60	62	52	219	408
Missing	N	0	0	0	1	1	0	2	1	3	6	7

Table 29.j Vitamins

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		11.8	9.5	23.1	13.1	14.8	31.1	35.0	30.6	34.6	32.9	24.5
No		88.2	90.5	76.9	86.9	85.2	68.9	65.0	69.4	65.4	67.1	75.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	61	189	45	60	62	52	219	408
Missing	N	0	0	0	1	1	0	2	1	3	6	7

Table 29.k Contraceptives

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	.0	.0	.0	.0	15.6	10.0	.0	1.9	6.4	3.4
No		100.0	100.0	100.0	100.0	100.0	84.4	90.0	100.0	98.1	93.6	96.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	61	189	45	60	62	52	219	408
Missing	N	0	0	0	1	1	0	2	1	3	6	7

Table 29.l Other

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		8.8	21.4	17.3	21.7	18.1	6.7	13.3	29.0	20.8	18.2	18.1
No		91.2	78.6	82.7	78.3	81.9	93.3	86.7	71.0	79.2	81.8	81.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	60	188	45	60	62	53	220	408
Missing	N	0	0	0	2	2	0	2	1	2	5	7

Table 30. Have you been feeling tense, stressed or under a lot of pressure during the last month?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Not at all		39.4	42.9	33.3	74.1	49.5	22.2	32.3	44.4	53.7	38.8	43.6
Yes, somewhat		48.5	42.9	58.8	15.5	39.7	64.4	48.4	44.4	38.9	48.2	44.4
Yes, more than usual		12.1	11.9	5.9	10.3	9.8	13.3	17.7	9.5	7.4	12.1	11.0
Yes, life is almost unbearable		.0	2.4	2.0	.0	1.1	.0	1.6	1.6	.0	.9	1.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	51	58	184	45	62	63	54	224	408
Missing	N	1	0	1	4	6	0	0	0	1	1	7

Table 31. When was the last time you had your blood pressure measured?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
During the last 6 months		29.4	38.1	82.7	75.8	61.1	48.9	62.3	81.0	76.4	68.3	65.0
Between 6 and 12 months ago		20.6	35.7	7.7	12.9	17.9	33.3	11.5	12.7	18.2	17.9	17.9
Between 1 and 5 years ago		35.3	21.4	7.7	11.3	16.8	15.6	23.0	6.3	5.5	12.5	14.5
More than 5 years ago		8.8	2.4	1.9	.0	2.6	2.2	1.6	.0	.0	.9	1.7
Never		.0	.0	.0	.0	.0	.0	1.6	.0	.0	.4	.2
I do not know		5.9	2.4	.0	.0	1.6	.0	.0	.0	.0	.0	.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	45	61	63	55	224	414
Missing	N	0	0	0	0	0	0	1	0	0	1	1

Table 32. Have you ever been diagnosed with high or elevated blood pressure?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		85.3	82.9	56.0	45.0	63.8	77.8	64.5	41.9	36.4	54.0	58.4
Yes		14.7	17.1	44.0	55.0	36.2	22.2	35.5	58.1	63.6	46.0	41.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	41	50	60	185	45	62	62	55	224	409
Missing	N	0	1	2	2	5	0	0	1	0	1	6

Table 33. If you have ever been diagnosed with high or elevated blood pressure, have you ever used medication for high blood pressure?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		100.0	42.9	18.2	9.1	22.4	70.0	38.1	11.8	14.7	24.2	23.5
Yes		.0	57.1	81.8	90.9	77.6	30.0	61.9	88.2	85.3	75.8	76.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	5	7	22	33	67	10	21	34	34	99	166
Missing	N	0	0	0	0	0	0	1	2	1	4	4

Table 34. If you have ever been diagnosed with high or elevated blood pressure and you have used medication for high blood pressure, when was the last time you took it?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Today or yesterday		.0	75.0	88.2	75.9	80.0	.0	84.6	92.9	78.6	81.9	81.1
2 -7 days ago		.0	.0	.0	.0	.0	.0	7.7	.0	3.6	2.8	1.6
1 week - 6 months ago		.0	.0	.0	3.4	2.0	.0	.0	7.1	7.1	5.6	4.1
6 - 12 months ago		.0	.0	11.8	3.4	6.0	.0	.0	.0	7.1	2.8	4.1
1 - 5 years ago		.0	.0	.0	.0	.0	33.3	7.7	.0	3.6	4.2	2.5
Over 5 years ago		.0	25.0	.0	17.2	12.0	66.7	.0	.0	.0	2.8	6.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	0	4	17	29	50	3	13	28	28	72	122
Missing	N	34	38	35	33	140	42	49	35	27	153	293

Table 35. When was the last time your cholesterol was measured?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
During the last 6 months		14.7	14.3	35.3	45.2	30.2	4.7	29.0	36.5	45.5	30.5	30.3
Between 6 and 12 months ago		2.9	14.3	25.5	24.2	18.5	14.0	16.1	20.6	21.8	18.4	18.4
Between 1 and 5 years ago		20.6	33.3	25.5	21.0	24.9	23.3	35.5	28.6	21.8	27.8	26.5
More than 5 years ago		17.6	4.8	9.8	3.2	7.9	4.7	6.5	3.2	9.1	5.8	6.8
Never		35.3	23.8	2.0	4.8	13.8	44.2	9.7	6.3	1.8	13.5	13.6
I do not know		8.8	9.5	2.0	1.6	4.8	9.3	3.2	4.8	.0	4.0	4.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	51	62	189	43	62	63	55	223	412
Missing	N	0	0	1	0	1	2	0	0	0	2	3

Table 36. Have you ever been diagnosed with high cholesterol?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		94.1	77.5	57.7	53.4	67.4	95.3	72.6	58.1	46.3	66.5	66.9
Yes		5.9	22.5	42.3	46.6	32.6	4.7	27.4	41.9	53.7	33.5	33.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	40	52	58	184	43	62	62	54	221	405
Missing	N	0	2	0	4	6	2	0	1	1	4	10

Table 37. If your cholesterol level was examined, did you receive dietary counselling to lower your cholesterol level?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		95.2	72.4	59.6	69.8	70.7	90.9	83.3	70.2	70.6	76.6	74.0
Yes		4.8	27.6	40.4	30.2	29.3	9.1	16.7	29.8	29.4	23.4	26.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	21	29	47	53	150	22	54	57	51	184	334
Missing	N	13	13	5	9	40	23	8	6	4	41	81

Table 38.a Do you now take prescription medication to lower your cholesterol level?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		95.0	93.3	80.0	61.1	77.9	100.0	87.5	72.4	56.9	76.2	77.0
Yes		5.0	6.7	20.0	38.9	22.1	.0	12.5	27.6	43.1	23.8	23.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	20	30	50	54	154	24	56	58	51	189	343
Missing	N	14	12	2	8	36	21	6	5	4	36	72

Table 38.b If you have ever been diagnosed with high cholesterol do you now take prescription medication to lower your cholesterol level?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		50.0	77.8	59.1	23.1	45.8	100.0	58.8	40.0	22.2	39.4	42.3
Yes		50.0	22.2	40.9	76.9	54.2	.0	41.2	60.0	77.8	60.6	57.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	2	9	22	26	59	2	17	25	27	71	130
Missing	N	0	0	0	1	1	0	0	1	2	3	4

Table 39. Have you ever had your blood sugar level measured?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
During the last 6 months		9.1	11.9	28.8	32.3	22.8	13.3	25.8	30.2	37.7	27.4	25.2
Between 6 and 12 months ago		6.1	7.1	23.1	22.6	16.4	20.0	12.9	17.5	17.0	16.6	16.5
Between 1 and 5 years ago		12.1	23.8	25.0	17.7	20.1	26.7	29.0	19.0	18.9	23.3	21.8
More than 5 years ago		12.1	7.1	3.8	3.2	5.8	15.6	1.6	3.2	7.5	6.3	6.1
Never		45.5	38.1	11.5	14.5	24.3	13.3	19.4	14.3	15.1	15.7	19.7
I do not know		15.2	11.9	7.7	9.7	10.6	11.1	11.3	15.9	3.8	10.8	10.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	52	62	189	45	62	63	53	223	412
Missing	N	1	0	0	0	1	0	0	0	2	2	3

Table 40. Have you ever been diagnosed as pre diabetic (impaired glucose tolerance, IGT) or with diabetes?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		100.0	95.2	96.2	85.0	93.0	97.8	93.5	88.7	80.4	90.0	91.4
Yes, IGT		.0	.0	1.9	5.0	2.1	.0	1.6	1.6	5.9	2.3	2.2
Yes, diabetes		.0	4.8	1.9	10.0	4.8	2.2	4.8	9.7	13.7	7.7	6.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	52	60	187	45	62	62	51	220	407
Missing	N	1	0	0	2	3	0	0	1	4	5	8

Table 41.a When diagnosed for diabetes were you given dietary counselling?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		.0	50.0	.0	44.4	38.5	.0	.0	42.9	40.0	31.8	34.3
Yes		.0	50.0	100.0	55.6	61.5	100.0	100.0	57.1	60.0	68.2	65.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	0	2	2	9	13	1	4	7	10	22	35
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 41.b When diagnosed for diabetes were you given tablet treatment?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		.0	.0	50.0	44.4	38.5	100.0	25.0	71.4	50.0	54.5	48.6
Yes		.0	100.0	50.0	55.6	61.5	.0	75.0	28.6	50.0	45.5	51.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	0	2	2	9	13	1	4	7	10	22	35
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 41.c When diagnosed for diabetes were you given insulin treatment?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		.0	100.0	100.0	77.8	84.6	100.0	50.0	100.0	100.0	90.9	88.6
Yes		.0	.0	.0	22.2	15.4	.0	50.0	.0	.0	9.1	11.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	0	2	2	9	13	1	4	7	10	22	35
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 41.d When diagnosed for diabetes were you given any of the above (i.e dietary counselling, tablet treatment or insulin treatment)?

		Males				Females					All
		45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		100.0	100.0	88.9	92.3	100.0	100.0	85.7	80.0	86.4	88.6
Yes		.0	.0	11.1	7.7	.0	.0	14.3	20.0	13.6	11.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	2	2	9	13	1	4	7	10	22	35
Missing	N	0	0	0	0	0	0	0	0	0	0

Table 42a. What prescription medicine do you use currently for diabetes?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Nothing		100.0	95.2	100.0	94.9	97.3	100.0	96.7	96.8	93.8	96.7	97.0
Insulin		.0	.0	.0	1.7	.5	.0	.0	.0	.0	.0	.3
Tablets		.0	4.8	.0	1.7	1.6	.0	.0	3.2	6.3	2.3	2.0
Both insulin and tablets		.0	.0	.0	1.7	.5	.0	3.3	.0	.0	.9	.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	51	59	185	45	60	62	48	215	400
Missing	N	1	0	1	3	5	0	2	1	7	10	15

Table 42.b If you have ever been diagnosed as IGT or diabetic what prescription medicine do you currently use for diabetes?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Nothing		.0	.0	100.0	62.5	54.5	100.0	.0	66.7	57.1	56.3	55.6
Insulin		.0	.0	.0	12.5	9.1	.0	.0	.0	.0	.0	3.7
Tablets		.0	100.0	.0	12.5	27.3	.0	.0	33.3	42.9	31.3	29.6
Both insulin and tablets		.0	.0	.0	12.5	9.1	.0	100.0	.0	.0	12.5	11.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	0	2	1	8	11	1	2	6	7	16	27
Missing	N	0	0	1	1	2	0	2	1	3	6	8

Has your father/mother ever been diagnosed with following conditions?

Table 43.a Heart attack

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Yes		20.0	40.5	35.6	51.9	39.0	25.6	55.6	54.5	52.1	48.0	44.0
No		80.0	59.5	64.4	48.1	61.0	74.4	44.4	45.5	47.9	52.0	56.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	30	37	45	52	164	43	54	55	48	200	364
Missing	N	4	5	7	10	26	2	8	8	7	25	51

Table 43.b Stroke

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Yes		10.0	29.7	33.3	20.9	24.5	9.1	25.5	27.5	19.5	20.9	22.5
No		90.0	70.3	66.7	79.1	75.5	90.9	74.5	72.5	80.5	79.1	77.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	30	37	45	43	155	44	55	51	41	191	346
Missing	N	4	5	7	19	35	1	7	12	14	34	69

Table 43.c Diabetes

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Yes		18.8	17.1	24.4	11.6	18.1	20.5	35.1	32.7	24.4	28.8	24.1
No		81.3	82.9	75.6	88.4	81.9	79.5	64.9	67.3	75.6	71.2	75.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	32	35	45	43	155	44	57	52	45	198	353
Missing	N	2	7	7	19	35	1	5	11	10	27	62

Table 43.d Asthma

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Yes		19.4	16.7	15.6	9.5	14.9	20.0	20.4	19.6	11.9	18.2	16.8
No		80.6	83.3	84.4	90.5	85.1	80.0	79.6	80.4	88.1	81.8	83.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	31	36	45	42	154	45	54	51	42	192	346
Missing	N	3	6	7	20	36	0	8	12	13	33	69

Table 43.e Cancer

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Yes		35.5	37.8	25.5	43.5	35.4	34.1	48.1	57.9	38.6	45.7	41.1
No		64.5	62.2	74.5	56.5	64.6	65.9	51.9	42.1	61.4	54.3	58.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	31	37	47	46	161	44	54	57	44	199	360
Missing	N	3	5	5	16	29	1	8	6	11	26	55

Have any of your sisters/brothers ever been diagnosed with the following conditions?

Table 44.a Heart attack

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Yes		.0	13.2	10.0	36.0	16.4	4.7	14.8	16.7	40.0	19.4	18.0
No		100.0	86.8	90.0	64.0	83.6	95.3	85.2	83.3	60.0	80.6	82.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	38	50	50	171	43	54	54	50	201	372
Missing	N	1	4	2	12	19	2	8	9	5	24	43

Table 44.b Stroke

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Yes		.0	2.6	4.0	6.8	3.6	.0	1.8	9.3	6.7	4.5	4.1
No		100.0	97.4	96.0	93.2	96.4	100.0	98.2	90.7	93.3	95.5	95.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	38	50	44	165	43	56	54	45	198	363
Missing	N	1	4	2	18	25	2	6	9	10	27	52

Table 44.c Diabetes

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Yes		6.1	7.9	8.0	12.8	8.9	9.3	20.7	16.4	29.8	19.2	14.6
No		93.9	92.1	92.0	87.2	91.1	90.7	79.3	83.6	70.2	80.8	85.4
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	38	50	47	168	43	58	55	47	203	371
Missing	N	1	4	2	15	22	2	4	8	8	22	44

Table 44.d Asthma

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Yes		24.2	10.3	8.2	4.5	10.9	32.6	17.9	28.6	11.1	22.5	17.3
No		75.8	89.7	91.8	95.5	89.1	67.4	82.1	71.4	88.9	77.5	82.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	39	49	44	165	43	56	56	45	200	365
Missing	N	1	3	3	18	25	2	6	7	10	25	50

Table 44.e Cancer

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Yes		6.1	12.8	18.0	37.7	20.6	2.3	14.5	25.0	28.6	18.2	19.3
No		93.9	87.2	82.0	62.3	79.4	97.7	85.5	75.0	71.4	81.8	80.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	39	50	53	175	43	55	56	49	203	378
Missing	N	1	3	2	9	15	2	7	7	6	22	37

Have any of your grandparents, your aunts/uncles or your cousins ever been diagnosed with the following conditions?

Table 45.a Heart attack

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Yes		51.5	48.6	59.1	59.5	55.1	70.5	60.4	73.1	44.2	62.5	59.2
No		48.5	51.4	40.9	40.5	44.9	29.5	39.6	26.9	55.8	37.5	40.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	37	44	42	156	44	53	52	43	192	348
Missing	N	1	5	8	20	34	1	9	11	12	33	67

Table 45.b Stroke

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Yes		41.9	23.5	34.9	30.8	32.7	48.8	47.2	29.8	33.3	40.2	36.8
No		58.1	76.5	65.1	69.2	67.3	51.2	52.8	70.2	66.7	59.8	63.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	31	34	43	39	147	43	53	47	36	179	326
Missing	N	3	8	9	23	43	2	9	16	19	46	89

Table 45.c Diabetes

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Yes		53.1	33.3	31.0	20.0	33.3	43.2	39.3	55.1	44.7	45.5	40.1
No		46.9	66.7	69.0	80.0	66.7	56.8	60.7	44.9	55.3	54.5	59.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	32	36	42	40	150	44	56	49	38	187	337
Missing	N	2	6	10	22	40	1	6	14	17	38	78

Table 45.d Asthma

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Yes		35.5	19.4	19.0	13.5	21.2	44.2	18.4	30.0	17.1	27.7	24.8
No		64.5	80.6	81.0	86.5	78.8	55.8	81.6	70.0	82.9	72.3	75.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	31	36	42	37	146	43	49	50	35	177	323
Missing	N	3	6	10	25	44	2	13	13	20	48	92

Table 45.e Cancer

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Yes		68.8	47.4	55.6	52.4	55.4	75.0	63.6	58.2	62.5	64.4	60.4
No		31.3	52.6	44.4	47.6	44.6	25.0	36.4	41.8	37.5	35.6	39.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	32	38	45	42	157	44	55	55	40	194	351
Missing	N	2	4	7	20	33	1	7	8	15	31	64

Have any of your children ever been diagnosed with the following conditions?

Table 46.a Diabetes

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Yes		.0	2.6	2.2	7.8	3.6	.0	.0	3.4	11.5	3.8	3.7
No		100.0	97.4	97.8	92.2	96.4	100.0	100.0	96.6	88.5	96.2	96.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	30	38	46	51	165	42	57	58	52	209	374
Missing	N	4	4	6	11	25	3	5	5	3	16	41

Table 46.b Asthma

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Yes		16.7	23.7	23.9	21.6	21.8	45.2	35.6	21.3	23.4	30.6	26.7
No		83.3	76.3	76.1	78.4	78.2	54.8	64.4	78.7	76.6	69.4	73.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	30	38	46	51	165	42	59	61	47	209	374
Missing	N	4	4	6	11	25	3	3	2	8	16	41

Table 46.c Cancer

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Yes		.0	.0	2.2	10.2	3.7	.0	5.2	.0	4.3	2.4	3.0
No		100.0	100.0	97.8	89.8	96.3	100.0	94.8	100.0	95.7	97.6	97.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	30	38	45	49	162	42	58	58	47	205	367
Missing	N	4	4	7	13	28	3	4	5	8	20	48

Table 47. Have you ever smoked tobacco?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
No		30.3	47.6	34.6	40.3	38.6	31.8	41.9	66.7	61.8	51.8	45.8
Yes		69.7	52.4	65.4	59.7	61.4	68.2	58.1	33.3	38.2	48.2	54.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	52	62	189	44	62	63	55	224	413
Missing	N	1	0	0	0	1	1	0	0	0	1	2

Table 48. Would you have smoked at least 100 cigarettes, cigars or pipefuls tobacco in your lifetime?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		47.1	54.8	38.5	43.5	45.3	43.2	50.0	66.7	68.5	57.9	52.1
Yes		52.9	45.2	61.5	56.5	54.7	56.8	50.0	33.3	31.5	42.1	47.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	44	60	63	54	221	411
Missing	N	0	0	0	0	0	1	2	0	1	4	4

Table 49.a Have you ever smoked tobacco daily (almost every day) for at least one year?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		58.8	61.9	54.9	49.2	55.3	50.0	56.7	71.4	75.5	64.1	60.0
Yes		41.2	38.1	45.1	50.8	44.7	50.0	43.3	28.6	24.5	35.9	40.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	51	61	188	44	60	63	53	220	408
Missing	N	0	0	1	1	2	1	2	0	2	5	7

Table 49.b If so, how many years altogether?

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	13.5	7.6	3.0	30.0	15	10.8	7.7	1.0	30.0	22
45 - 54	24.1	11.0	2.0	42.0	15	15.4	11.2	1.0	35.0	26
55 - 64	24.1	13.2	2.0	50.0	23	18.1	13.5	2.0	40.0	20
65 - 74	28.1	14.5	5.0	51.0	31	25.2	17.1	4.0	50.0	13
Total	23.7	13.4	2.0	51.0	84	16.4	12.8	1.0	50.0	81

Table 50. Do you smoke tobacco at the present time (cigarettes, cigars, pipe)?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Daily		20.6	16.7	9.6	3.3	11.1	9.1	15.0	6.3	3.7	8.6	9.8
Occasionally		2.9	2.4	1.9	.0	1.6	2.3	1.7	1.6	.0	1.4	1.5
Not at all		76.5	81.0	88.5	96.7	87.3	88.6	83.3	92.1	96.3	90.0	88.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	61	189	44	60	63	54	221	410
Missing	N	0	0	0	1	1	1	2	0	1	4	5

Table 51. When did you last smoke tobacco?*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yesterday or today		38.9	36.8	21.9	5.7	22.1	16.7	28.6	20.0	11.8	20.2	21.2
2 days - 1 month ago		22.2	5.3	.0	.0	4.8	4.2	.0	5.0	.0	2.2	3.6
1 - 6 months ago		11.1	5.3	.0	2.9	3.8	12.5	7.1	.0	.0	5.6	4.7
Half a year to one year ago		.0	5.3	.0	.0	1.0	4.2	.0	5.0	.0	2.2	1.6
1 - 5 years ago		11.1	5.3	.0	5.7	4.8	29.2	7.1	5.0	5.9	12.4	8.3
5 - 10 years ago		.0	15.8	6.3	11.4	8.7	8.3	3.6	5.0	11.8	6.7	7.8
More than 10 years ago		16.7	26.3	71.9	74.3	54.8	25.0	53.6	60.0	70.6	50.6	52.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	18	19	32	35	104	24	28	20	17	89	193
Missing	N	0	0	0	0	0	1	2	1	0	4	4

* These results only show those who have smoked at least 100 cigarettes

Table 52.a How much tobacco (manufactured cigarettes, self-rolled cigarettes, pipe and cigars) do you or did you smoke before you stopped, on average per day?*

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	21.1	9.6	.0	30.0	9	15.0	5.0	10.0	20.0	3
45 - 54	22.5	4.6	15.0	30.0	8	20.3	5.7	12.0	25.0	6
55 - 64	18.3	7.5	10.0	30.0	6	12.4	5.6	5.0	20.0	5
65 - 74	.	.	.	.	0	16.5	19.1	3.0	30.0	2
Total	20.9	7.5	.0	30.0	23	16.4	7.7	3.0	30.0	16

* These results show only those who have smoked during the preceding month

Table 52.b Manufactured cigarettes

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	13.9	13.6	.0	30.0	9	15.0	5.0	10.0	20.0	3
45 - 54	17.5	11.3	.0	30.0	8	20.3	5.7	12.0	25.0	6
55 - 64	18.3	7.5	10.0	30.0	6	9.4	7.5	.0	20.0	5
65 - 74	.	.	.	.	0	1.5	2.1	.0	3.0	2
Total	16.3	11.2	.0	30.0	23	13.6	8.6	.0	25.0	16

Table 52.c Self-rolled cigarettes

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	7.2	11.5	.0	30.0	9	.0	.0	.0	.0	3
45 - 54	5.0	9.6	.0	25.0	8	.0	.0	.0	.0	6
55 - 64	.0	.0	.0	.0	6	3.0	6.7	.0	15.0	5
65 - 74	.	.	.	.	0	15.0	21.2	.0	30.0	2
Total	4.6	9.3	.0	30.0	23	2.8	8.2	.0	30.0	16

Table 52.d Pipe

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	.0	.0	.0	.0	9	.0	.0	.0	.0	3
45 - 54	.0	.0	.0	.0	8	.0	.0	.0	.0	6
55 - 64	.0	.0	.0	.0	6	.0	.0	.0	.0	5
65 - 74	.	.	.	.	0	.0	.0	.0	.0	2
Total	.0	.0	.0	.0	23	.0	.0	.0	.0	16

Table 52.e Cigars

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	.0	.0	.0	.0	9	.0	.0	.0	.0	3
45 - 54	.0	.0	.0	.0	8	.0	.0	.0	.0	6
55 - 64	.0	.0	.0	.0	6	.0	.0	.0	.0	5
65 - 74	.	.	.	.	0	.0	.0	.0	.0	2
Total	.0	.0	.0	.0	23	.0	.0	.0	.0	16

Table 53. Would you like to stop smoking?*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		.0	.0	.0	.0	.0	.0	12.5	.0	50.0	10.0	4.5
Yes		60.0	87.5	83.3	.0	75.0	60.0	62.5	60.0	.0	55.0	65.9
I am not sure		20.0	12.5	16.7	.0	16.7	40.0	25.0	40.0	50.0	35.0	25.0
I do not smoke at present		20.0	.0	.0	.0	8.3	.0	.0	.0	.0	.0	4.5
Total	%	100.0	100.0	100.0	.	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	10	8	6	0	24	5	8	5	2	20	44
Missing	N	1	0	1	2	4	0	0	0	0	0	4

* These results show only those who have smoked during the preceding month

Table 54. Have you ever tried seriously to stop smoking tobacco and not smoked for at least 24 hours? If so, when was the last time?*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
During the last month		.0	.0	16.7	100.0	8.7	40.0	.0	.0	.0	10.0	9.3
A month to half a year ago		.0	25.0	16.7	.0	13.0	.0	12.5	.0	.0	5.0	9.3
Half a year to one year ago		12.5	25.0	33.3	.0	21.7	.0	25.0	20.0	.0	15.0	18.6
More than one year ago		87.5	50.0	16.7	.0	52.2	40.0	37.5	80.0	100.0	55.0	53.5
Never tried to stop smoking		.0	.0	16.7	.0	4.3	20.0	25.0	.0	.0	15.0	9.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	8	8	6	1	23	5	8	5	2	20	43
Missing	N	3	0	1	1	5	0	0	0	0	0	5

* These results show only those who have smoked during the preceding month

Table 55. Are you concerned about the harmful consequences that tobacco smoking can have on your health?*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Very concerned		60.0	50.0	33.3	.0	50.0	40.0	62.5	40.0	.0	45.0	47.7
Somewhat concerned		30.0	50.0	50.0	.0	41.7	60.0	12.5	60.0	100.0	45.0	43.2
Not much concerned		10.0	.0	16.7	.0	8.3	.0	25.0	.0	.0	10.0	9.1
Total	%	100.0	100.0	100.0	.	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	10	8	6	0	24	5	8	5	2	20	44
Missing	N	1	0	1	2	4	0	0	0	0	0	4

* These results show only those who have smoked during the preceding month

During the last year have you been advised to stop smoking tobacco by any of the following?

Table 56.a Doctor*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		20.0	37.5	66.7	.0	36.0	20.0	75.0	20.0	50.0	45.0	40.0
No		80.0	62.5	33.3	100.0	64.0	80.0	25.0	80.0	50.0	55.0	60.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	10	8	6	1	25	5	8	5	2	20	45
Missing	N	1	0	1	1	3	0	0	0	0	0	3

* These results show only those who have smoked during the preceding month

Table 56.b Dentist*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	14.3	.0	.0	4.2	.0	25.0	.0	.0	10.0	6.8
No		100.0	85.7	100.0	100.0	95.8	100.0	75.0	100.0	100.0	90.0	93.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	10	7	6	1	24	5	8	5	2	20	44
Missing	N	1	1	1	1	4	0	0	0	0	0	4

* These results show only those who have smoked during the preceding month

Table 56.c Nurse*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		10.0	14.3	16.7	.0	12.5	.0	.0	.0	.0	.0	6.8
No		90.0	85.7	83.3	100.0	87.5	100.0	100.0	100.0	100.0	100.0	93.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	10	7	6	1	24	5	8	5	2	20	44
Missing	N	1	1	1	1	4	0	0	0	0	0	4

* These results show only those who have smoked during the preceding month

Table 56.d Other health professional*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	28.6	16.7	.0	12.5	.0	12.5	.0	.0	5.0	9.1
No		100.0	71.4	83.3	100.0	87.5	100.0	87.5	100.0	100.0	95.0	90.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	10	7	6	1	24	5	8	5	2	20	44
Missing	N	1	1	1	1	4	0	0	0	0	0	4

* These results show only those who have smoked during the preceding month

Table 56.e Family member*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		50.0	42.9	42.9	.0	44.0	60.0	62.5	40.0	100.0	60.0	51.1
No		50.0	57.1	57.1	100.0	56.0	40.0	37.5	60.0	.0	40.0	48.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	10	7	7	1	25	5	8	5	2	20	45
Missing	N	1	1	0	1	3	0	0	0	0	0	3

* These results show only those who have smoked during the preceding month

Table 56.f Others*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		20.0	28.6	28.6	.0	24.0	20.0	25.0	20.0	50.0	25.0	24.4
No		80.0	71.4	71.4	100.0	76.0	80.0	75.0	80.0	50.0	75.0	75.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	10	7	7	1	25	5	8	5	2	20	45
Missing	N	1	1	0	1	3	0	0	0	0	0	3

* These results show only those who have smoked during the preceding month

Table 57. Does anybody in your family smoke tobacco inside your home?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Nobody smokes		85.3	83.3	86.5	95.2	88.4	93.2	79.0	84.1	90.9	86.2	87.2
Somebody smokes		14.7	16.7	13.5	4.8	11.6	6.8	21.0	15.9	9.1	13.8	12.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	44	62	63	55	224	414
Missing	N	0	0	0	0	0	1	0	0	0	1	1

How many hours a day do you spent indoors where you inhale other peoples' tobacco smoke?

Table 58.a At work

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
0		93.9	95.1	92.2	100.0	95.6	93.2	96.6	98.4	100.0	97.1	96.4
At least 1 hour		6.1	4.9	7.8	.0	4.4	6.8	3.4	1.6	.0	2.9	3.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	41	51	57	182	44	59	61	45	209	391
Missing	N	1	1	1	5	8	1	3	2	10	16	24

Table 58.b At home

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
0		84.8	82.1	96.1	98.3	91.8	93.0	81.7	87.1	95.7	88.7	90.1
At least 1 hour		15.2	17.9	3.9	1.7	8.2	7.0	18.3	12.9	4.3	11.3	9.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	39	51	59	182	43	60	62	47	212	394
Missing	N	1	3	1	3	8	2	2	1	8	13	21

Table 58.c Other places

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
0		87.9	92.1	82.0	92.6	88.6	92.9	93.4	98.4	97.8	95.7	92.5
At least 1 hour		12.1	7.9	18.0	7.4	11.4	7.1	6.6	1.6	2.2	4.3	7.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	38	50	54	175	42	61	61	46	210	385
Missing	N	1	4	2	8	15	3	1	2	9	15	30

Table 59. Do you eat breakfast most days of the week?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
No		26.5	16.7	1.9	4.8	10.5	8.9	17.7	3.2	1.8	8.0	9.2
Yes		73.5	83.3	98.1	95.2	89.5	91.1	82.3	96.8	98.2	92.0	90.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	45	62	63	55	225	415
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 60. How many times a day do you eat (including snacks)?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
1 - 3 times		26.5	29.3	40.4	48.3	38.0	4.4	21.0	17.5	25.5	17.8	26.9
4 - 5 times		64.7	63.4	59.6	46.7	57.2	73.3	72.6	68.3	69.1	70.7	64.6
6 - 7 times		8.8	7.3	.0	5.0	4.8	22.2	6.5	12.7	5.5	11.1	8.3
8 times or more		.0	.0	.0	.0	.0	.0	.0	1.6	.0	.4	.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	41	52	60	187	45	62	63	55	225	412
Missing	N	0	1	0	2	3	0	0	0	0	0	3

Table 61. What kind of fat is mostly used for cooking at your home?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Olive oil		52.9	47.6	44.2	36.7	44.1	55.6	54.8	63.5	60.0	58.7	52.1
Other vegetable oil		29.4	35.7	46.2	43.3	39.9	17.8	30.6	17.5	23.6	22.7	30.5
Margarine		8.8	.0	.0	6.7	3.7	13.3	9.7	4.8	5.5	8.0	6.1
Butter or derivate of butter		2.9	4.8	3.8	3.3	3.7	6.7	.0	3.2	7.3	4.0	3.9
Not fat at all		5.9	7.1	5.8	6.7	6.4	6.7	4.8	11.1	3.6	6.7	6.5
I do not know		.0	4.8	.0	3.3	2.1	.0	.0	.0	.0	.0	1.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	60	188	45	62	63	55	225	413
Missing	N	0	0	0	2	2	0	0	0	0	0	2

Table 62. How often is food prepared (cooked by yourselves) at your home (including breakfast, lunch, dinner)?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Never		.0	4.8	3.8	1.6	2.6	.0	.0	.0	1.8	.4	1.4
Less than 7 meals per week		14.7	7.1	7.7	8.1	8.9	.0	1.6	.0	.0	.4	4.3
7 - 13 meals per week		23.5	23.8	9.6	11.3	15.8	13.3	21.0	14.3	9.1	14.7	15.2
14 meals per week or more		47.1	31.0	36.5	22.6	32.6	60.0	38.7	31.7	20.0	36.4	34.7
Every meal		14.7	33.3	42.3	56.5	40.0	26.7	38.7	54.0	69.1	48.0	44.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	45	62	63	55	225	415
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 63. How often do you eat in restaurants?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Never		14.7	35.7	20.0	30.6	26.1	22.2	19.4	23.8	34.6	24.8	25.4
1 - 3 times a month		73.5	57.1	68.0	61.3	64.4	77.8	75.8	65.1	59.6	69.4	67.1
Once a week		11.8	7.1	10.0	4.8	8.0	.0	4.8	9.5	5.8	5.4	6.6
2 - 3 times a week		.0	.0	2.0	3.2	1.6	.0	.0	1.6	.0	.5	1.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	50	62	188	45	62	63	52	222	410
Missing	N	0	0	2	0	2	0	0	0	3	3	5

Table 64. How often do you buy take-away food?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Never		2.9	7.1	19.2	40.3	20.5	2.2	3.2	31.7	47.1	21.3	20.9
1 - 3 times a month		41.2	64.3	59.6	53.2	55.3	60.0	75.8	58.7	47.1	61.1	58.4
Once a week		32.4	21.4	15.4	3.2	15.8	33.3	17.7	6.3	3.9	14.5	15.1
2 - 3 times a week		17.6	7.1	3.8	3.2	6.8	4.4	1.6	3.2	2.0	2.7	4.6
4 - 6 times a week		5.9	.0	1.9	.0	1.6	.0	1.6	.0	.0	.5	1.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	45	62	63	51	221	411
Missing	N	0	0	0	0	0	0	0	0	4	4	4

Table 65. What kind of fat do you use on bread mostly?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
None		11.8	9.5	7.7	4.9	7.9	18.2	6.6	9.5	5.6	9.5	8.8
Low fat margarine		17.6	11.9	26.9	24.6	21.2	22.7	26.2	15.9	25.9	22.5	21.9
Margarine, polyunsaturated		17.6	23.8	21.2	18.0	20.1	27.3	24.6	22.2	18.5	23.0	21.7
Margarine, monounsaturated		8.8	4.8	13.5	9.8	9.5	4.5	11.5	14.3	16.7	12.2	10.9
Butter or derivate of butter		44.1	50.0	30.8	42.6	41.3	27.3	31.1	36.5	31.5	32.0	36.3
I do not know		.0	.0	.0	.0	.0	.0	.0	1.6	1.9	.9	.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	61	189	44	61	63	54	222	411
Missing	N	0	0	0	1	1	1	1	0	1	3	4

Table 66. What kind of milk do you usually use?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Full cream milk		61.8	69.0	53.8	50.0	57.4	38.6	27.4	34.9	29.6	32.3	43.8
Low fat milk		26.5	21.4	25.0	33.9	27.4	29.5	35.5	33.3	44.4	35.9	32.0
Skim milk		2.9	9.5	19.2	8.1	10.5	25.0	24.2	23.8	18.5	22.9	17.2
Milk substitutes		.0	.0	.0	.0	.0	.0	4.8	6.3	.0	3.1	1.7
I do not use milk		8.8	.0	1.9	8.1	4.7	6.8	8.1	1.6	7.4	5.8	5.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	44	62	63	54	223	413
Missing	N	0	0	0	0	0	1	0	0	1	2	2

Table 67.a How many cups of coffee do you usually drink a day?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
None		44.1	52.4	40.4	38.7	43.2	46.7	41.9	33.3	29.1	37.3	40.0
One to two		23.5	23.8	26.9	40.3	30.0	20.0	30.6	33.3	43.6	32.4	31.3
Three or more		32.4	23.8	32.7	21.0	26.8	33.3	27.4	33.3	27.3	30.2	28.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	45	62	63	55	225	415
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 67.b How many cups of tea do you usually drink a day?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
None		67.6	31.0	26.9	12.9	30.5	33.3	30.6	28.6	20.0	28.0	29.2
One to two		14.7	21.4	25.0	30.6	24.2	26.7	22.6	22.2	20.0	22.7	23.4
Three or more		17.6	47.6	48.1	56.5	45.3	40.0	46.8	49.2	60.0	49.3	47.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	45	62	63	55	225	415
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 68. How many lumps of sugar or spoonfuls of granulated sugar do you use for one cup of coffee or tea?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
None		55.9	50.0	44.2	35.5	44.7	64.4	62.9	66.7	61.8	64.0	55.2
One		11.8	19.0	23.1	30.6	22.6	26.7	24.2	15.9	29.1	23.6	23.1
Two or more		32.4	31.0	32.7	33.9	32.6	8.9	12.9	17.5	9.1	12.4	21.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	45	62	63	55	225	415
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 69. Do you add salt to your meals at the table?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		32.4	33.3	42.3	25.8	33.2	45.5	36.1	36.5	47.3	40.8	37.3
When food is not salty enough		50.0	57.1	34.6	51.6	47.9	45.5	50.8	57.1	43.6	49.8	48.9
Always almost before tasting		17.6	9.5	23.1	22.6	18.9	9.1	13.1	6.3	9.1	9.4	13.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	44	61	63	55	223	413
Missing	N	0	0	0	0	0	1	1	0	0	2	2

Table 70.a How often during the last week have you consumed boiled potatoes?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		20.6	12.2	.0	3.3	7.4	20.5	6.7	6.8	9.1	10.1	8.9
1 - 2 times		29.4	17.1	11.5	4.9	13.8	25.0	28.3	11.9	12.7	19.3	16.7
3 - 4 times		29.4	39.0	34.6	26.2	31.9	29.5	40.0	27.1	30.9	32.1	32.0
5 - 6 times		20.6	19.5	34.6	31.1	27.7	18.2	16.7	25.4	25.5	21.6	24.4
Daily		.0	12.2	19.2	34.4	19.1	6.8	8.3	28.8	21.8	17.0	18.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	41	52	61	188	44	60	59	55	218	406
Missing	N	0	1	0	1	2	1	2	4	0	7	9

Table 70.b How often during the last week have you consumed fried potatoes?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		39.4	27.5	56.3	60.9	47.3	32.6	57.9	54.7	58.7	51.8	49.7
1 - 2 times		54.5	67.5	41.7	37.0	49.1	62.8	38.6	43.4	39.1	45.2	47.0
3 - 4 times		3.0	5.0	2.1	.0	2.4	2.3	1.8	.0	2.2	1.5	1.9
5 - 6 times		3.0	.0	.0	2.2	1.2	2.3	1.8	.0	.0	1.0	1.1
Daily		.0	.0	.0	.0	.0	.0	.0	1.9	.0	.5	.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	40	48	46	167	43	57	53	46	199	366
Missing	N	1	2	4	16	23	2	5	10	9	26	49

Table 70.c How often during the last week have you consumed cooked vegetables?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		.0	2.4	.0	1.6	1.1	.0	3.3	.0	.0	.9	1.0
1 - 2 times		8.8	4.9	2.0	3.3	4.3	11.1	3.3	4.9	3.6	5.4	4.9
3 - 4 times		32.4	24.4	17.6	11.5	19.8	31.1	23.3	21.3	10.9	21.3	20.6
5 - 6 times		38.2	31.7	29.4	21.3	28.9	35.6	31.7	24.6	23.6	28.5	28.7
Daily		20.6	36.6	51.0	62.3	46.0	22.2	38.3	49.2	61.8	43.9	44.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	41	51	61	187	45	60	61	55	221	408
Missing	N	0	1	1	1	3	0	2	2	0	4	7

Table 70.d How often during the last week have you consumed fresh vegetables?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		14.7	5.0	3.9	5.4	6.6	4.7	3.4	4.9	3.8	4.2	5.3
1 - 2 times		32.4	35.0	35.3	28.6	32.6	27.9	32.2	27.9	28.8	29.3	30.8
3 - 4 times		32.4	35.0	41.2	23.2	32.6	32.6	25.4	31.1	25.0	28.4	30.3
5 - 6 times		14.7	15.0	5.9	21.4	14.4	20.9	8.5	11.5	21.2	14.9	14.6
Daily		5.9	10.0	13.7	21.4	13.8	14.0	30.5	24.6	21.2	23.3	18.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	40	51	56	181	43	59	61	52	215	396
Missing	N	0	2	1	6	9	2	3	2	3	10	19

Table 70.e How often during the last week have you consumed rice/pasta?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		12.5	10.8	33.3	58.8	32.1	8.9	8.8	18.2	20.4	14.1	22.2
1 - 2 times		50.0	73.0	45.8	37.3	50.0	57.8	75.4	63.6	63.3	65.5	58.6
3 - 4 times		34.4	13.5	18.8	2.0	15.5	33.3	12.3	12.7	12.2	17.0	16.3
5 - 6 times		3.1	.0	2.1	.0	1.2	.0	1.8	5.5	4.1	2.9	2.1
Daily		.0	2.7	.0	2.0	1.2	.0	1.8	.0	.0	.5	.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	32	37	48	51	168	45	57	55	49	206	374
Missing	N	2	5	4	11	22	0	5	8	6	19	41

Table 70.f How often during the last week have you consumed cereals?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		35.3	22.5	14.0	17.2	20.9	17.8	33.9	16.9	15.7	21.5	21.2
1 - 2 times		11.8	7.5	12.0	1.7	7.7	6.7	15.3	5.1	13.7	10.3	9.1
3 - 4 times		8.8	5.0	4.0	3.4	4.9	8.9	6.8	8.5	11.8	8.9	7.1
5 - 6 times		11.8	5.0	.0	.0	3.3	15.6	6.8	5.1	3.9	7.5	5.6
Daily		32.4	60.0	70.0	77.6	63.2	51.1	37.3	64.4	54.9	51.9	57.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	40	50	58	182	45	59	59	51	214	396
Missing	N	0	2	2	4	8	0	3	4	4	11	19

Table 70.g How often during the last week have you consumed chicken (skinless)?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		35.3	30.0	20.8	35.3	30.1	14.3	11.1	24.1	9.3	15.0	22.1
1 - 2 times		50.0	52.5	58.3	47.1	52.0	54.8	61.1	59.3	69.8	61.1	56.8
3 - 4 times		11.8	17.5	14.6	13.7	14.5	28.6	22.2	14.8	18.6	20.7	17.8
5 - 6 times		2.9	.0	6.3	.0	2.3	2.4	1.9	.0	.0	1.0	1.6
Daily		.0	.0	.0	3.9	1.2	.0	3.7	1.9	2.3	2.1	1.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	40	48	51	173	42	54	54	43	193	366
Missing	N	0	2	4	11	17	3	8	9	12	32	49

Table 70.h How often during the last week have you consumed chicken (with skin on)?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		54.5	41.0	54.3	52.0	50.6	62.2	50.0	47.6	51.2	52.4	51.5
1 - 2 times		42.4	46.2	39.1	44.0	42.9	35.1	46.0	52.4	36.6	42.9	42.9
3 - 4 times		3.0	10.3	6.5	4.0	6.0	2.7	4.0	.0	12.2	4.7	5.3
Daily		.0	2.6	.0	.0	.6	.0	.0	.0	.0	.0	.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	39	46	50	168	37	50	42	41	170	338
Missing	N	1	3	6	12	22	8	12	21	14	55	77

Table 70.i How often during the last week have you consumed fish?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		30.3	26.2	15.7	14.3	20.3	29.5	18.3	15.8	9.4	17.8	18.9
1 - 2 times		57.6	71.4	76.5	73.2	70.9	56.8	63.3	66.7	67.9	64.0	67.2
3 - 4 times		9.1	2.4	3.9	10.7	6.6	11.4	11.7	15.8	17.0	14.0	10.6
5 - 6 times		3.0	.0	3.9	1.8	2.2	2.3	3.3	1.8	5.7	3.3	2.8
Daily		.0	.0	.0	.0	.0	.0	3.3	.0	.0	.9	.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	51	56	182	44	60	57	53	214	396
Missing	N	1	0	1	6	8	1	2	6	2	11	19

Table 70.j How often during the last week have you consumed meat?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		11.8	2.4	5.8	1.7	4.8	.0	3.4	6.6	1.8	3.2	3.9
1 - 2 times		35.3	29.3	25.0	16.7	25.1	40.0	35.6	24.6	32.7	32.7	29.2
3 - 4 times		32.4	36.6	40.4	28.3	34.2	44.4	45.8	41.0	40.0	42.7	38.8
5 - 6 times		14.7	24.4	19.2	30.0	23.0	13.3	10.2	19.7	18.2	15.5	18.9
Daily		5.9	7.3	9.6	23.3	12.8	2.2	5.1	8.2	7.3	5.9	9.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	41	52	60	187	45	59	61	55	220	407
Missing	N	0	1	0	2	3	0	3	2	0	5	8

Table 70.k How often during the last week have you consumed meat products?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		30.3	9.8	40.8	26.9	27.4	38.6	43.1	34.5	31.4	37.0	32.6
1 - 2 times		54.5	70.7	57.1	55.8	59.4	54.5	53.4	61.8	64.7	58.7	59.0
3 - 4 times		9.1	12.2	.0	5.8	6.3	4.5	.0	1.8	2.0	1.9	3.9
5 - 6 times		6.1	2.4	2.0	5.8	4.0	2.3	3.4	.0	.0	1.4	2.6
Daily		.0	4.9	.0	5.8	2.9	.0	.0	1.8	2.0	1.0	1.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	41	49	52	175	44	58	55	51	208	383
Missing	N	1	1	3	10	15	1	4	8	4	17	32

Table 70.l How often during the last week have you consumed hamburgers, pizza?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		47.1	42.5	70.0	73.6	60.5	54.5	80.4	75.5	72.7	71.5	66.2
1 - 2 times		52.9	57.5	30.0	26.4	39.5	43.2	19.6	24.5	27.3	28.0	33.5
3 - 4 times		.0	.0	.0	.0	.0	2.3	.0	.0	.0	.5	.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	40	50	53	177	44	56	49	44	193	370
Missing	N	0	2	2	9	13	1	6	14	11	32	45

Table 70.m How often during the last week have you consumed savoury pastries?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		50.0	35.9	60.0	67.3	55.1	70.5	69.1	66.7	71.4	69.3	62.4
1 - 2 times		44.1	59.0	36.0	30.9	41.0	29.5	29.1	31.4	28.6	29.7	35.1
3 - 4 times		5.9	2.6	2.0	.0	2.2	.0	1.8	2.0	.0	1.0	1.6
5 - 6 times		.0	2.6	2.0	.0	1.1	.0	.0	.0	.0	.0	.5
Daily		.0	.0	.0	1.8	.6	.0	.0	.0	.0	.0	.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	39	50	55	178	44	55	51	42	192	370
Missing	N	0	3	2	7	12	1	7	12	13	33	45

Table 70.n How often during the last week have you consumed fresh fruit?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		17.6	7.3	5.8	1.6	6.9	.0	3.3	1.6	.0	1.3	3.9
1 - 2 times		29.4	24.4	15.4	14.8	19.7	22.2	21.3	8.1	9.1	14.8	17.0
3 - 4 times		17.6	22.0	13.5	14.8	16.5	20.0	8.2	17.7	14.5	14.8	15.6
5 - 6 times		2.9	19.5	9.6	8.2	10.1	8.9	16.4	9.7	16.4	13.0	11.7
Daily		32.4	26.8	55.8	60.7	46.8	48.9	50.8	62.9	60.0	56.1	51.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	41	52	61	188	45	61	62	55	223	411
Missing	N	0	1	0	1	2	0	1	1	0	2	4

Table 70.o How often during the last week have you consumed tinned or dried fruit?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		64.7	40.0	35.4	25.9	38.9	47.7	42.6	24.1	14.0	31.6	35.0
1 - 2 times		20.6	50.0	31.3	41.4	36.7	34.1	25.9	31.0	50.0	35.0	35.8
3 - 4 times		8.8	2.5	22.9	10.3	11.7	6.8	18.5	20.7	12.0	15.0	13.5
5 - 6 times		.0	5.0	6.3	5.2	4.4	4.5	7.4	5.2	12.0	7.3	6.0
Daily		5.9	2.5	4.2	17.2	8.3	6.8	5.6	19.0	12.0	11.2	9.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	40	48	58	180	44	54	58	50	206	386
Missing	N	0	2	4	4	10	1	8	5	5	19	29

Table 70.p How often during the last week have you consumed salty snacks?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		35.3	42.9	74.5	82.1	62.0	40.0	65.5	74.5	84.1	66.3	64.3
1 - 2 times		47.1	50.0	17.0	10.7	28.5	44.4	25.9	23.6	9.1	25.7	27.0
3 - 4 times		11.8	7.1	8.5	5.4	7.8	15.6	6.9	.0	2.3	5.9	6.8
5 - 6 times		5.9	.0	.0	1.8	1.7	.0	1.7	1.8	.0	1.0	1.3
Daily		.0	.0	.0	.0	.0	.0	.0	.0	4.5	1.0	.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	47	56	179	45	58	55	44	202	381
Missing	N	0	0	5	6	11	0	4	8	11	23	34

Table 70.q How often during the last week have you consumed sweet pastries?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		26.5	16.7	20.0	15.0	18.8	25.0	23.7	12.1	20.4	20.0	19.4
1 - 2 times		26.5	40.5	24.0	36.7	32.3	31.8	44.1	43.1	22.4	36.2	34.3
3 - 4 times		20.6	19.0	24.0	26.7	23.1	22.7	18.6	31.0	36.7	27.1	25.3
5 - 6 times		8.8	11.9	16.0	10.0	11.8	13.6	6.8	1.7	4.1	6.2	8.8
Daily		17.6	11.9	16.0	11.7	14.0	6.8	6.8	12.1	16.3	10.5	12.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	50	60	186	44	59	58	49	210	396
Missing	N	0	0	2	2	4	1	3	5	6	15	19

Table 70.r How often during the last week have you consumed sweets?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		29.4	29.3	39.6	37.9	34.8	31.1	35.6	29.3	31.3	31.9	33.2
1 - 2 times		26.5	53.7	39.6	37.9	39.8	35.6	37.3	46.6	41.7	40.5	40.2
3 - 4 times		20.6	9.8	14.6	15.5	14.9	15.6	15.3	17.2	12.5	15.2	15.1
5 - 6 times		8.8	2.4	4.2	5.2	5.0	15.6	1.7	3.4	4.2	5.7	5.4
Daily		14.7	4.9	2.1	3.4	5.5	2.2	10.2	3.4	10.4	6.7	6.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	41	48	58	181	45	59	58	48	210	391
Missing	N	0	1	4	4	9	0	3	5	7	15	24

Table 70.s How often during the last week have you consumed soft drinks?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		8.8	28.6	38.0	53.6	35.2	45.5	48.3	53.6	57.1	51.2	43.7
1 - 2 times		38.2	42.9	30.0	21.4	31.9	27.3	32.8	28.6	24.5	28.5	30.1
3 - 4 times		14.7	4.8	12.0	12.5	11.0	15.9	6.9	10.7	8.2	10.1	10.5
5 - 6 times		5.9	7.1	8.0	3.6	6.0	4.5	3.4	3.6	4.1	3.9	4.9
Daily		32.4	16.7	12.0	8.9	15.9	6.8	8.6	3.6	6.1	6.3	10.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	50	56	182	44	58	56	49	207	389
Missing	N	0	0	2	6	8	1	4	7	6	18	26

Table 71. How many serves of salad or fresh vegetables do you usually eat per day?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
1 serve or less		41.2	38.1	48.1	55.0	46.8	28.9	23.0	33.9	18.2	26.0	35.5
2 - 3 serves		29.4	52.4	30.8	30.0	35.1	44.4	49.2	35.5	56.4	46.2	41.1
4 - 5 serves		20.6	4.8	13.5	13.3	12.8	24.4	16.4	25.8	18.2	21.1	17.3
6 serves or more		8.8	2.4	7.7	1.7	4.8	2.2	9.8	4.8	7.3	6.3	5.6
I do not eat vegetables or salad		.0	2.4	.0	.0	.5	.0	1.6	.0	.0	.4	.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	60	188	45	61	62	55	223	411
Missing	N	0	0	0	2	2	0	1	1	0	2	4

Table 72. How many serves of fruit do you usually eat each day?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
1 serve or less		54.5	66.7	44.2	54.1	54.3	44.4	32.8	24.2	32.7	32.7	42.6
2 - 3 serves		27.3	23.8	46.2	32.8	33.5	53.3	57.4	58.1	56.4	56.5	46.0
4 - 5 serves		6.1	4.8	7.7	9.8	7.4	2.2	4.9	16.1	9.1	8.5	8.0
6 serves or more		3.0	2.4	1.9	1.6	2.1	.0	.0	1.6	1.8	.9	1.5
I do not eat fruit		9.1	2.4	.0	1.6	2.7	.0	4.9	.0	.0	1.3	1.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	52	61	188	45	61	62	55	223	411
Missing	N	1	0	0	1	2	0	1	1	0	2	4

Table 73.a How many slices of bread (white, wholemeal, multigrain, hi fibre) do you usually eat per day?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
None		.0	7.1	.0	4.8	3.2	4.4	9.7	6.3	5.6	6.7	5.1
One to two		23.5	26.2	31.4	37.1	30.7	62.2	50.0	46.0	38.9	48.7	40.4
Three or more		76.5	66.7	68.6	58.1	66.1	33.3	40.3	47.6	55.6	44.6	54.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	51	62	189	45	62	63	54	224	413
Missing	N	0	0	1	0	1	0	0	0	1	1	2

Table 73.b How many slices of white bread do you usually eat per day?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
None		29.4	42.9	56.9	59.7	49.7	46.7	61.3	68.3	70.9	62.7	56.8
One to two		20.6	23.8	9.8	17.7	17.5	35.6	25.8	17.5	12.7	22.2	20.0
Three or more		50.0	33.3	33.3	22.6	32.8	17.8	12.9	14.3	16.4	15.1	23.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	51	62	189	45	62	63	55	225	414
Missing	N	0	0	1	0	1	0	0	0	0	0	1

Table 73.c How many slices of wholemeal bread do you usually eat per day?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
None		79.4	78.6	78.4	62.9	73.5	86.7	71.0	81.0	66.7	75.9	74.8
One to two		8.8	16.7	9.8	16.1	13.2	8.9	17.7	14.3	16.7	14.7	14.0
Three or more		11.8	4.8	11.8	21.0	13.2	4.4	11.3	4.8	16.7	9.4	11.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	51	62	189	45	62	63	54	224	413
Missing	N	0	0	1	0	1	0	0	0	1	1	2

Table 73.d How many slices of multigrain bread do you usually eat per day?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
None		82.4	76.2	60.8	77.4	73.5	71.1	69.4	49.2	59.3	61.6	67.1
One to two		5.9	2.4	13.7	14.5	10.1	24.4	21.0	28.6	24.1	24.6	17.9
Three or more		11.8	21.4	25.5	8.1	16.4	4.4	9.7	22.2	16.7	13.8	15.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	51	62	189	45	62	63	54	224	413
Missing	N	0	0	1	0	1	0	0	0	1	1	2

Table 73.e How many slices of hi fibre bread do you usually eat per day?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
None		97.1	100.0	94.1	95.2	96.3	91.1	95.2	100.0	92.6	95.1	95.6
One to two		.0	.0	2.0	3.2	1.6	4.4	4.8	.0	7.4	4.0	2.9
Three or more		2.9	.0	3.9	1.6	2.1	4.4	.0	.0	.0	.9	1.5
Total	%	100.0	.	100.0	100.0	100.0	100.0	100.0	.	100.0	100.0	100.0
	N	34	42	51	62	189	45	62	63	54	224	413
Missing	N	0	0	1	0	1	0	0	0	1	1	2

Table 74.a During the last year have you been advised to change your dietary habits for health reasons?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		64.7	80.5	73.1	80.0	75.4	81.8	72.1	74.6	72.2	74.8	75.1
Yes		35.3	19.5	26.9	20.0	24.6	18.2	27.9	25.4	27.8	25.2	24.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	41	52	60	187	44	61	63	54	222	409
Missing	N	0	1	0	2	3	1	1	0	1	3	6

Table 74.b Have you been advised to change your dietary habits for health reasons by a doctor?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		2.9	19.5	17.3	6.7	11.8	11.4	19.7	12.7	20.4	16.2	14.2
No		97.1	80.5	82.7	93.3	88.2	88.6	80.3	87.3	79.6	83.8	85.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	41	52	60	187	44	61	63	54	222	409
Missing	N	0	1	0	2	3	1	1	0	1	3	6

Table 74.c Have you been advised to change your dietary habits for health reasons by a dietitian?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		2.9	2.4	.0	8.8	3.8	.0	6.6	3.3	7.7	4.6	4.2
No		97.1	97.6	100.0	91.2	96.2	100.0	93.4	96.7	92.3	95.4	95.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	41	52	57	184	43	61	61	52	217	401
Missing	N	0	1	0	5	6	2	1	2	3	8	14

Table 74.d Have you been advised to change your dietary habits for health reasons by a nurse?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	2.4	.0	1.8	1.1	.0	1.6	3.3	.0	1.4	1.3
No		100.0	97.6	100.0	98.2	98.9	100.0	98.4	96.7	100.0	98.6	98.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	41	51	57	183	43	61	61	52	217	400
Missing	N	0	1	1	5	7	2	1	2	3	8	15

Table 74.e Have you been advised to change your dietary habits for health reasons by other health professionals?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	2.4	1.9	1.8	1.6	.0	1.6	3.3	1.9	1.8	1.7
No		100.0	97.6	98.1	98.2	98.4	100.0	98.4	96.7	98.1	98.2	98.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	41	52	57	184	43	61	61	52	217	401
Missing	N	0	1	0	5	6	2	1	2	3	8	14

Table 74.f Have you been advised to change your dietary habits for health reasons by a family member?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		35.3	7.3	13.5	10.5	15.2	9.3	9.8	6.6	3.8	7.4	11.0
No		64.7	92.7	86.5	89.5	84.8	90.7	90.2	93.4	96.2	92.6	89.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	41	52	57	184	43	61	61	52	217	401
Missing	N	0	1	0	5	6	2	1	2	3	8	14

Table 74.g Have you been advised to change your dietary habits for health reasons by others?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	.0	.0	3.5	1.1	2.3	.0	3.3	1.9	1.8	1.5
No		100.0	100.0	100.0	96.5	98.9	97.7	100.0	96.7	98.1	98.2	98.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	41	52	57	184	43	61	61	52	217	401
Missing	N	0	1	0	5	6	2	1	2	3	8	14

Table 75.a Do you follow a special diet?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		81.8	90.5	72.5	78.0	80.0	80.0	71.7	63.9	67.3	70.2	74.7
Yes		18.2	9.5	27.5	22.0	20.0	20.0	28.3	36.1	32.7	29.8	25.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	51	59	185	45	60	61	52	218	403
Missing	N	1	0	1	3	5	0	2	2	3	7	12

Table 75.b Do you follow a gluten-free diet?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	2.4	6.0	.0	2.2	2.2	1.7	1.6	.0	1.4	1.7
No		100.0	97.6	94.0	100.0	97.8	97.8	98.3	98.4	100.0	98.6	98.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	50	59	184	45	60	61	52	218	402
Missing	N	1	0	2	3	6	0	2	2	3	7	13

Table 75.c Do you follow a milk free diet?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		6.1	.0	2.0	.0	1.6	2.2	.0	1.6	.0	.9	1.3
No		93.9	100.0	98.0	100.0	98.4	97.8	100.0	98.4	100.0	99.1	98.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	50	59	184	45	60	61	49	215	399
Missing	N	1	0	2	3	6	0	2	2	6	10	16

Table 75.d Do you follow a diabetic diet?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		3.0	2.4	3.9	6.8	4.3	.0	3.3	9.8	12.2	6.5	5.5
No		97.0	97.6	96.1	93.2	95.7	100.0	96.7	90.2	87.8	93.5	94.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	51	59	185	45	60	61	49	215	400
Missing	N	1	0	1	3	5	0	2	2	6	10	15

Table 75.e Do you follow a cholesterol lowering diet?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	2.4	15.7	10.3	8.2	4.4	11.7	18.0	22.0	14.4	11.5
No		100.0	97.6	84.3	89.7	91.8	95.6	88.3	82.0	78.0	85.6	88.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	51	58	184	45	60	61	50	216	400
Missing	N	1	0	1	4	6	0	2	2	5	9	15

Table 75.f Do you follow a low carbohydrate diet?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	4.8	2.0	3.4	2.7	4.4	3.3	6.6	.0	3.7	3.3
No		100.0	95.2	98.0	96.6	97.3	95.6	96.7	93.4	100.0	96.3	96.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	50	58	183	45	60	61	49	215	398
Missing	N	1	0	2	4	7	0	2	2	6	10	17

Table 75.g Do you follow other weight loss diets?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		3.0	2.4	6.0	.0	2.7	8.9	5.0	6.6	.0	5.1	4.0
No		97.0	97.6	94.0	100.0	97.3	91.1	95.0	93.4	100.0	94.9	96.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	41	50	58	182	45	60	61	49	215	397
Missing	N	1	1	2	4	8	0	2	2	6	10	18

Table 75.h Do you follow a vegetarian diet?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		3.0	.0	2.0	1.7	1.6	.0	1.7	1.6	.0	.9	1.3
No		97.0	100.0	98.0	98.3	98.4	100.0	98.3	98.4	100.0	99.1	98.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	41	50	58	182	45	60	61	49	215	397
Missing	N	1	1	2	4	8	0	2	2	6	10	18

Table 75.i Do you have a food allergy?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		3.0	.0	6.0	3.5	3.3	4.4	.0	3.3	2.0	2.3	2.8
No		97.0	100.0	94.0	96.5	96.7	95.6	100.0	96.7	98.0	97.7	97.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	41	50	57	181	45	60	61	49	215	396
Missing	N	1	1	2	5	9	0	2	2	6	10	19

Table 75.j Do you follow any other diet?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	2.6	2.2	1.9	1.8	7.0	7.1	3.6	.0	4.5	3.3
No		100.0	97.4	97.8	98.1	98.2	93.0	92.9	96.4	100.0	95.5	96.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	32	38	46	53	169	43	56	56	44	199	368
Missing	N	2	4	6	9	21	2	6	7	11	26	47

Table 76. During the last year have you consumed any alcoholic drinks?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Yes		97.1	76.2	80.8	82.3	83.2	91.1	75.8	60.3	65.5	72.0	77.1
No		2.9	23.8	19.2	17.7	16.8	8.9	24.2	39.7	34.5	28.0	22.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	45	62	63	55	225	415
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 77. How many glasses/portions of alcohol have you had during the last week?

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	14.5	18.0	.0	80.0	34	5.1	6.8	.0	24.0	45
45 - 54	6.1	9.7	.0	51.0	42	4.5	6.6	.0	30.0	62
55 - 64	8.7	10.6	.0	38.0	52	2.6	4.3	.0	21.0	63
65 - 74	6.6	8.6	.0	37.5	62	3.9	6.0	.0	25.0	55
Total	8.4	11.8	.0	80.0	190	4.0	6.0	.0	30.0	225

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Less than M 29 / F 15 drinks		79.4	97.6	90.4	96.8	92.1	84.4	91.9	98.4	94.5	92.9	92.5
M 29 - 42 / F 15 - 28 drinks		14.7	.0	9.6	3.2	6.3	15.6	6.5	1.6	5.5	6.7	6.5
M 43 / F 29 drinks or over		5.9	2.4	.0	.0	1.6	.0	1.6	.0	.0	.4	1.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	45	62	63	55	225	415
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 78. How often do you have strong spirits?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		41.2	52.4	63.5	62.3	56.6	22.2	49.2	68.3	58.5	51.4	53.8
A few times a year		23.5	28.6	23.1	31.1	27.0	46.7	37.7	27.0	26.4	33.8	30.7
2 - 3 times a month		17.6	9.5	3.8	1.6	6.9	17.8	8.2	.0	7.5	7.7	7.3
Once a week		8.8	4.8	1.9	1.6	3.7	6.7	.0	1.6	3.8	2.7	3.2
2 - 3 times a week		8.8	.0	3.8	1.6	3.2	2.2	1.6	1.6	1.9	1.8	2.4
4 - 6 times a week		.0	.0	1.9	1.6	1.1	4.4	.0	1.6	.0	1.4	1.2
Daily		.0	4.8	1.9	.0	1.6	.0	3.3	.0	1.9	1.4	1.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	61	189	45	61	63	53	222	411
Missing	N	0	0	0	1	1	0	1	0	2	3	4

Table 79. How often do you drink wine?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		52.9	54.8	42.3	41.7	46.8	31.1	37.1	49.2	44.4	41.1	43.7
A few times a year		20.6	21.4	26.9	30.0	25.5	28.9	14.5	20.6	16.7	19.6	22.3
2 - 3 times a month		14.7	4.8	7.7	8.3	8.5	17.8	14.5	6.3	7.4	11.2	10.0
Once a week		5.9	4.8	3.8	3.3	4.3	6.7	8.1	7.9	1.9	6.3	5.3
2 - 3 times a week		2.9	4.8	7.7	3.3	4.8	11.1	8.1	3.2	9.3	7.6	6.3
4 - 6 times a week		.0	9.5	3.8	1.7	3.7	2.2	9.7	9.5	3.7	6.7	5.3
Daily		2.9	.0	7.7	11.7	6.4	2.2	8.1	3.2	16.7	7.6	7.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	60	188	45	62	63	54	224	412
Missing	N	0	0	0	2	2	0	0	0	1	1	3

Table 80. How often do you drink beer?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		20.6	31.0	26.9	23.3	25.5	60.0	82.3	85.7	79.6	78.1	54.1
A few times a year		5.9	28.6	17.3	18.3	18.1	26.7	11.3	11.1	11.1	14.3	16.0
2 - 3 times a month		23.5	7.1	7.7	6.7	10.1	6.7	4.8	.0	1.9	3.1	6.3
Once a week		17.6	11.9	9.6	11.7	12.2	6.7	1.6	1.6	3.7	3.1	7.3
2 - 3 times a week		11.8	7.1	15.4	18.3	13.8	.0	.0	1.6	1.9	.9	6.8
4 - 6 times a week		5.9	2.4	5.8	10.0	6.4	.0	.0	.0	.0	.0	2.9
Daily		14.7	11.9	17.3	11.7	13.8	.0	.0	.0	1.9	.4	6.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	60	188	45	62	63	54	224	412
Missing	N	0	0	0	2	2	0	0	0	1	1	3

Table 81. How often would you drink six glasses/portions of alcohol, or more, in a single occasion?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Never		26.5	40.5	48.1	63.3	47.3	46.7	64.5	87.3	90.7	73.7	61.7
A few times a year		26.5	35.7	19.2	16.7	23.4	40.0	25.8	6.3	7.4	18.8	20.9
2 - 3 times a month		20.6	9.5	11.5	6.7	11.2	11.1	4.8	4.8	.0	4.9	7.8
Once a week		5.9	4.8	11.5	8.3	8.0	2.2	3.2	1.6	.0	1.8	4.6
2 - 3 times a week		14.7	2.4	1.9	1.7	4.3	.0	.0	.0	1.9	.4	2.2
4 - 6 times a week		2.9	2.4	1.9	1.7	2.1	.0	.0	.0	.0	.0	1.0
Daily		2.9	4.8	5.8	1.7	3.7	.0	1.6	.0	.0	.4	1.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	60	188	45	62	63	54	224	412
Missing	N	0	0	0	2	2	0	0	0	1	1	3

Table 82.a During the last year have you been advised to drink less?*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		90.6	96.9	83.3	97.9	92.2	100.0	100.0	97.3	94.3	98.1	95.2
Yes		9.4	3.1	16.7	2.1	7.8	.0	.0	2.7	5.7	1.9	4.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	32	32	42	47	153	41	47	37	35	160	313
Missing	N	2	10	10	15	37	4	15	26	20	65	102

* Results show only those who have consumed alcoholic drinks in the past year.

Table 82.b During the last year have you been advised to drink less by a doctor?*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		.0	.0	9.8	2.1	3.3	.0	.0	.0	2.9	.6	1.9
No		100.0	100.0	90.2	97.9	96.7	100.0	100.0	100.0	97.1	99.4	98.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	32	32	41	47	152	41	47	37	35	160	312
Missing	N	2	10	11	15	38	4	15	26	20	65	103

* Results show only those who have consumed alcoholic drinks in the past year.

Table 82.c During the last year have you been advised to drink less by a dietitian?*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	32	31	41	47	151	41	47	37	34	159	310
Missing	N	2	11	11	15	39	4	15	26	21	66	105

* Results show only those who have consumed alcoholic drinks in the past year.

Table 82.d During the last year have you been advised to drink less by a nurse?*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	32	31	41	47	151	41	47	37	34	159	310
Missing	N	2	11	11	15	39	4	15	26	21	66	105

* Results show only those who have consumed alcoholic drinks in the past year.

Table 82.e During the last year have you been advised to drink less by other health professional?*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	32	31	40	47	150	41	47	37	34	159	309
Missing	N	2	11	12	15	40	4	15	26	21	66	106

* Results show only those who have consumed alcoholic drinks in the past year.

Table 82.f During the last year have you been advised to drink less by a family member?*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		9.4	3.2	12.2	.0	6.0	.0	.0	2.7	2.9	1.3	3.5
No		90.6	96.8	87.8	100.0	94.0	100.0	100.0	97.3	97.1	98.7	96.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	32	31	41	47	151	41	47	37	34	159	310
Missing	N	2	11	11	15	39	4	15	26	21	66	105

* Results show only those who have consumed alcoholic drinks in the past year.

Table 82.g During the last year have you been advised to drink less by others?*

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	32	31	40	47	150	41	47	37	34	159	309
Missing	N	2	11	12	15	40	4	15	26	21	66	106

* Results show only those who have consumed alcoholic drinks in the past year.

Table 83. How much physical activity do you have at work?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Not working at the moment		.0	16.7	19.6	70.0	31.6	17.8	25.8	66.7	85.7	49.1	40.9
Mainly sitting work		8.8	9.5	3.9	1.7	5.3	22.2	11.3	3.3	2.0	9.3	7.4
Walking		11.8	14.3	21.6	3.3	12.3	37.8	46.8	25.0	10.2	30.6	22.1
Walking, carrying, etc.		44.1	31.0	27.5	25.0	30.5	22.2	12.9	3.3	2.0	9.7	19.4
Heavy physical work		35.3	28.6	27.5	.0	20.3	.0	3.2	1.7	.0	1.4	10.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	51	60	187	45	62	60	49	216	403
Missing	N	0	0	1	2	3	0	0	3	6	9	12

Table 84. How much physical activity (PA) do you have during your leisure-time?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
No physical activity		26.5	23.8	20.0	14.8	20.3	13.3	13.1	19.0	11.5	14.5	17.2
Moderate PA 4 hours/week		41.2	57.1	56.0	70.5	58.3	75.6	72.1	65.1	80.8	72.9	66.2
PA maintenance		29.4	19.0	20.0	11.5	18.7	8.9	13.1	15.9	7.7	11.8	15.0
Regularly vigorous PA		2.9	.0	4.0	3.3	2.7	2.2	1.6	.0	.0	.9	1.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	50	61	187	45	61	63	52	221	408
Missing	N	0	0	2	1	3	0	1	0	3	4	7

Table 85. How many times a week are you engaged in the activities you mentioned in the previous question?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
0		11.8	7.1	13.5	14.5	12.1	8.9	4.8	19.0	9.1	10.7	11.3
1 - 2		11.8	28.6	30.8	8.1	19.5	2.2	14.5	9.5	5.5	8.4	13.5
3 - 4		44.1	16.7	11.5	16.1	20.0	31.1	12.9	27.0	12.7	20.4	20.2
5 or more		32.4	47.6	44.2	61.3	48.4	57.8	67.7	44.4	72.7	60.4	54.9
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	45	62	63	55	225	415
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 86. How many minutes a day do you spend walking, cycling or doing any other physical activity on your way to work?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
None		33.3	43.9	34.7	54.4	42.8	41.9	28.8	47.5	49.0	41.5	42.1
Less than 15 minutes a day		33.3	9.8	20.4	1.8	14.4	20.9	13.6	11.5	10.2	13.7	14.0
15 - 29 minutes a day		6.1	12.2	12.2	10.5	10.6	4.7	10.2	14.8	6.1	9.4	9.9
30 - 44 minutes a day		9.1	7.3	6.1	8.8	7.8	11.6	20.3	6.6	18.4	14.2	11.2
45 - 59 minutes a day		.0	4.9	4.1	3.5	3.3	11.6	8.5	4.9	2.0	6.6	5.1
More than 1 hour a day		18.2	22.0	22.4	21.1	21.1	9.3	18.6	14.8	14.3	14.6	17.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	41	49	57	180	43	59	61	49	212	392
Missing	N	1	1	3	5	10	2	3	2	6	13	23

Table 87. How often do you do physical activities lasting at least 20-30 minutes that make you short of breath and perspire?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Daily		15.2	9.5	21.6	6.7	12.9	6.8	13.6	6.6	10.2	9.4	11.0
4 - 6 times a week		18.2	16.7	15.7	18.3	17.2	18.2	20.3	8.2	2.0	12.2	14.5
2 - 3 times a week		36.4	14.3	13.7	18.3	19.4	22.7	16.9	24.6	18.4	20.7	20.1
Once a week		12.1	11.9	7.8	10.0	10.2	20.5	10.2	9.8	16.3	13.6	12.0
2 - 3 times a month		12.1	9.5	7.8	8.3	9.1	9.1	8.5	6.6	.0	6.1	7.5
A few times a year or less		3.0	19.0	13.7	16.7	14.0	18.2	20.3	8.2	10.2	14.1	14.0
Not at all		3.0	19.0	19.6	21.7	17.2	4.5	10.2	36.1	42.9	23.9	20.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	51	60	186	44	59	61	49	213	399
Missing	N	1	0	1	2	4	1	3	2	6	12	16

Table 88. How many times a week do you do such leisure time physical activities that make you a little short of breath and perspire?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
0		45.5	56.1	49.0	60.3	53.6	26.7	42.1	55.9	69.4	49.0	51.2
1 - 2		27.3	26.8	22.4	13.8	21.5	35.6	17.5	16.9	18.4	21.4	21.5
3 - 4		18.2	4.9	6.1	12.1	9.9	20.0	14.0	18.6	6.1	14.8	12.5
5 or more		9.1	12.2	22.4	13.8	14.9	17.8	26.3	8.5	6.1	14.8	14.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	41	49	58	181	45	57	59	49	210	391
Missing	N	1	1	3	4	9	0	5	4	6	15	24

Table 89. How long do your usual episodes of leisure time physical activity (PA) last?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Less than 15 minutes		6.3	14.3	19.6	13.0	14.0	2.3	5.0	8.5	4.1	5.2	9.2
15 - 29 minutes		25.0	9.5	9.8	14.8	14.0	27.3	21.7	25.4	20.4	23.6	19.2
30 - 59 minutes		28.1	28.6	15.7	22.2	22.9	45.5	48.3	23.7	28.6	36.3	30.2
More than 1 hour		25.0	35.7	37.3	35.2	34.1	20.5	15.0	28.8	36.7	25.0	29.2
No leisure time PA		15.6	11.9	17.6	14.8	15.1	4.5	10.0	13.6	10.2	9.9	12.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	32	42	51	54	179	44	60	59	49	212	391
Missing	N	2	0	1	8	11	1	2	4	6	13	24

Table 90. Do you do every day either at leisure or in your work some kind of physical activity at least for 30 minutes including so called non-conditioning activities (for example walking to work, home duties, gardening)?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Yes		88.2	88.1	80.8	89.5	86.5	84.4	86.4	90.3	96.0	89.4	88.0
No		11.8	11.9	19.2	10.5	13.5	15.6	13.6	9.7	4.0	10.6	12.0
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	57	185	45	59	62	50	216	401
Missing	N	0	0	0	5	5	0	3	1	5	9	14

Table 91. How do you consider your present physical fitness?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Very good		.0	4.8	12.5	5.1	6.0	.0	6.7	11.7	4.1	6.1	6.1
Reasonably good		12.1	19.0	31.3	44.1	29.1	20.5	45.0	23.3	34.7	31.5	30.4
Reasonable		66.7	54.8	39.6	40.7	48.4	56.8	20.0	46.7	38.8	39.4	43.5
Not very good		21.2	16.7	16.7	10.2	15.4	22.7	25.0	16.7	22.4	21.6	18.7
Very bad		.0	4.8	.0	.0	1.1	.0	3.3	1.7	.0	1.4	1.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	48	59	182	44	60	60	49	213	395
Missing	N	1	0	4	3	8	1	2	3	6	12	20

Table 92. Have you ever seriously tried to increase your leisure-time physical activity? If so, when was the last time?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Never		33.3	47.6	64.4	63.6	54.3	14.0	27.6	30.5	52.1	31.3	41.8
More than 6 months ago		18.2	21.4	13.3	20.0	18.3	27.9	25.9	32.2	27.1	28.4	23.8
1 - 6 months ago		39.4	14.3	8.9	9.1	16.0	32.6	17.2	16.9	8.3	18.3	17.2
During the last month		9.1	16.7	13.3	7.3	11.4	25.6	29.3	20.3	12.5	22.1	17.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	33	42	45	55	175	43	58	59	48	208	383
Missing	N	1	0	7	7	15	2	4	4	7	17	32

Table 93. Has your leisure-time physical activity increased during the last 6 months?

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Very much		6.3	11.9	6.4	5.1	7.2	9.3	11.9	6.7	2.1	7.6	7.4
A little		25.0	21.4	8.5	6.8	13.9	37.2	40.7	33.3	31.3	35.7	25.6
No change		56.3	59.5	80.9	81.4	71.7	37.2	37.3	45.0	52.1	42.9	56.2
Decreased a little		6.3	2.4	4.3	3.4	3.9	9.3	5.1	10.0	8.3	8.1	6.2
Decreased a lot		6.3	4.8	.0	3.4	3.3	7.0	5.1	5.0	6.3	5.7	4.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	32	42	47	59	180	43	59	60	48	210	390
Missing	N	2	0	5	3	10	2	3	3	7	15	25

During the last year, have you changed your diet or other habits for health reasons?

Table 94.a I eat less fat

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		38.2	45.0	36.5	23.0	34.2	37.8	41.9	41.3	45.3	41.7	38.3
No		61.8	55.0	63.5	77.0	65.8	62.2	58.1	58.7	54.7	58.3	61.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	40	52	61	187	45	62	63	53	223	410
Missing	N	0	2	0	1	3	0	0	0	2	2	5

Table 94.b I have changed the type of fat I eat

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		23.5	22.5	32.7	13.1	22.5	20.0	19.4	19.0	24.5	20.6	21.5
No		76.5	77.5	67.3	86.9	77.5	80.0	80.6	81.0	75.5	79.4	78.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	40	52	61	187	45	62	63	53	223	410
Missing	N	0	2	0	1	3	0	0	0	2	2	5

Table 94.c I eat more vegetables

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		17.6	22.5	30.8	23.3	24.2	24.4	29.0	23.8	35.8	28.3	26.4
No		82.4	77.5	69.2	76.7	75.8	75.6	71.0	76.2	64.2	71.7	73.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	40	52	60	186	45	62	63	53	223	409
Missing	N	0	2	0	2	4	0	0	0	2	2	6

Table 94.d I eat less sugar

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		17.6	22.5	34.6	20.0	24.2	24.4	24.2	28.6	26.4	26.0	25.2
No		82.4	77.5	65.4	80.0	75.8	75.6	75.8	71.4	73.6	74.0	74.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	40	52	60	186	45	62	63	53	223	409
Missing	N	0	2	0	2	4	0	0	0	2	2	6

Table 94.e I eat less salt

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		5.9	20.0	23.1	20.0	18.3	26.7	24.2	22.2	22.6	23.8	21.3
No		94.1	80.0	76.9	80.0	81.7	73.3	75.8	77.8	77.4	76.2	78.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	40	52	60	186	45	62	63	53	223	409
Missing	N	0	2	0	2	4	0	0	0	2	2	6

Table 94.f I have been on a weight-reduction diet

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		8.8	10.0	11.5	3.3	8.1	15.6	9.7	15.9	1.9	10.8	9.5
No		91.2	90.0	88.5	96.7	91.9	84.4	90.3	84.1	98.1	89.2	90.5
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	40	52	60	186	45	62	63	53	223	409
Missing	N	0	2	0	2	4	0	0	0	2	2	6

Table 94.g I drink less alcohol

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		2.9	20.0	19.2	6.7	12.4	22.2	10.0	8.1	3.8	10.5	11.3
No		97.1	80.0	80.8	93.3	87.6	77.8	90.0	91.9	96.2	89.5	88.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	40	52	60	186	45	60	62	53	220	406
Missing	N	0	2	0	2	4	0	2	1	2	5	9

Table 94.h I do more exercise

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		5.9	22.0	19.2	11.7	15.0	44.4	41.0	25.4	15.1	31.1	23.7
No		94.1	78.0	80.8	88.3	85.0	55.6	59.0	74.6	84.9	68.9	76.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	41	52	60	187	45	61	63	53	222	409
Missing	N	0	1	0	2	3	0	1	0	2	3	6

Table 95. Low perceived social support

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		2.9	14.3	7.7	16.1	11.1	6.7	6.5	6.3	12.7	8.0	9.4
No		97.1	85.7	92.3	83.9	88.9	93.3	93.5	93.7	87.3	92.0	90.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	52	62	190	45	62	63	55	225	415
Missing	N	0	0	0	0	0	0	0	0	0	0	0

Table 96. Level of psychological distress

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Low		61.8	65.9	71.2	87.7	73.4	66.7	65.6	77.0	82.0	72.8	73.1
Moderate		35.3	12.2	23.1	7.0	17.9	31.1	18.0	21.3	10.0	19.8	19.0
High		2.9	19.5	1.9	5.3	7.1	2.2	14.8	.0	8.0	6.5	6.7
Very high		.0	2.4	3.8	.0	1.6	.0	1.6	1.6	.0	.9	1.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	41	52	57	184	45	61	61	50	217	401
Missing	N	0	1	0	5	6	0	1	2	5	8	14

Table 97. Level of anxiety

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Normal		88.2	82.9	91.7	98.3	91.2	93.2	85.0	94.8	90.2	90.6	90.9
Somewhat		8.8	9.8	4.2	1.7	5.5	2.3	11.7	3.4	9.8	7.0	6.3
Significant		2.9	7.3	4.2	.0	3.3	4.5	3.3	1.7	.0	2.3	2.8
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	41	48	59	182	44	60	58	51	213	395
Missing	N	0	1	4	3	8	1	2	5	4	12	20

Table 98. Level of depression

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Normal		100.0	80.5	87.8	98.3	91.7	97.7	83.6	93.7	98.1	92.8	92.3
Somewhat		.0	7.3	8.2	.0	3.9	.0	9.8	3.2	1.9	4.1	4.0
Significant		.0	12.2	4.1	1.7	4.4	2.3	6.6	3.2	.0	3.2	3.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	32	41	49	59	181	44	61	63	53	221	402
Missing	N	2	1	3	3	9	1	1	0	2	4	13

Table 99.a Blood pressure

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Normal		82.4	78.6	68.6	43.5	65.1	95.5	75.4	74.6	51.9	73.4	69.6
Mild		17.6	19.0	23.5	45.2	28.6	4.5	19.7	20.6	33.3	20.3	24.1
Moderate or severe		.0	2.4	7.8	11.3	6.3	.0	4.9	4.8	14.8	6.3	6.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	51	62	189	44	61	63	54	222	411
Missing	N	0	0	1	0	1	1	1	0	1	3	4

Normal; systolic blood pressure less than 140 mmHg and diastolic blood pressure less than 90 mmHg
Moderate or severe; systolic blood pressure over 160 mmHg or diastolic blood pressure over 100 mmHg

Table 99.b Isolated systolic hypertension (systolic blood pressure over 140 mmHg and diastolic blood pressure less than 90 mmHg)

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Yes		11.8	4.8	23.5	40.3	22.8	2.3	16.4	14.3	38.9	18.5	20.4
No		88.2	95.2	76.5	59.7	77.2	97.7	83.6	85.7	61.1	81.5	79.6
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	51	62	189	44	61	63	54	222	411
Missing	N	0	0	1	0	1	1	1	0	1	3	4

Table 99.c Systolic blood pressure (mmHg)

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	121.9	13.3	101.0	151.0	34	114.5	11.7	93.0	148.0	44
45 - 54	122.6	14.0	93.0	161.0	42	127.1	17.8	89.0	172.0	61
55 - 64	131.4	18.1	103.0	180.0	51	130.7	17.1	69.0	173.0	63
65 - 74	140.2	17.2	100.0	178.0	62	140.3	18.7	106.0	181.0	55
Total	130.6	17.8	93.0	180.0	189	128.9	18.8	69.0	181.0	223

Table 99.d Diastolic blood pressure (mmHg)

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	74.8	10.6	44.0	92.0	34	69.5	8.0	53.0	92.0	44
45 - 54	77.3	14.0	27.0	101.0	42	74.6	11.9	43.0	112.0	61
55 - 64	76.6	10.0	59.0	109.0	51	73.9	11.9	44.0	101.0	63
65 - 74	77.3	11.8	52.0	107.0	62	73.5	15.6	31.0	130.0	54
Total	76.7	11.6	27.0	109.0	189	73.1	12.3	31.0	130.0	222

Table 100.a BMI categories

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Less than 18.5 kg/m2		.0	.0	.0	.0	.0	2.3	.0	1.6	.0	.9	.5
18.5 - 24.9 kg/m2		17.6	31.0	23.5	16.1	21.7	39.5	44.1	14.5	35.2	32.6	27.5
25.0 - 29.9 kg/m2		55.9	45.2	58.8	56.5	54.5	34.9	25.4	40.3	29.6	32.6	42.8
30.0 kg/m2 or over		26.5	23.8	17.6	27.4	23.8	23.3	30.5	43.5	35.2	33.9	29.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	51	62	189	43	59	62	54	218	407
Missing	N	0	0	1	0	1	2	3	1	1	7	8

Table 100.b BMI (kg/m2)

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	28.1	5.1	19.4	43.3	34	26.9	4.5	18.4	39.9	43
45 - 54	28.0	4.7	21.2	40.2	42	29.0	8.2	20.7	60.9	59
55 - 64	27.5	3.3	20.5	36.1	51	29.8	5.3	17.6	44.2	62
65 -74	28.2	4.8	19.6	46.2	62	28.1	4.9	20.8	44.7	54
Total	28.0	4.4	19.4	46.2	189	28.6	6.0	17.6	60.9	218

Table 101.a Waist categories

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Less than M 94.0 / F 80.0 cm		38.2	31.0	27.5	14.5	25.9	27.3	31.7	12.7	16.7	21.7	23.7
M 94.0 - 101.9 cm / F 80.0 - 87.9 cm		32.4	23.8	29.4	33.9	30.2	31.8	21.7	7.9	14.8	18.1	23.7
M 102 / F 88 cm or over		29.4	45.2	43.1	51.6	43.9	40.9	46.7	79.4	68.5	60.2	52.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	34	42	51	62	189	44	60	63	54	221	410
Missing	N	0	0	1	0	1	1	2	0	1	4	5

M; male, F; female

Table 101.b Waist-hip ratio

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	1.0	.1	.8	1.1	34	.8	.1	.7	1.0	44
45 - 54	1.0	.1	.9	1.2	42	.9	.1	.7	1.0	60
55 - 64	1.0	.1	.8	1.1	51	.9	.1	.7	1.0	63
65 - 74	1.0	.1	.8	1.1	62	.9	.1	.8	1.1	54
Total	1.0	.1	.8	1.2	189	.9	.1	.7	1.1	221

Table 101.c Waist (cm)

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	97.8	12.4	73.8	123.5	34	87.6	12.1	68.5	122.8	44
45 - 54	101.0	12.7	78.0	138.5	42	92.3	17.8	71.0	151.5	60
55 - 64	100.2	10.7	78.0	122.5	51	95.4	12.6	63.0	123.5	63
65 -74	103.8	13.2	74.0	150.0	62	93.2	12.8	70.5	132.3	54
Total	101.1	12.4	73.8	150.0	189	92.4	14.3	63.0	151.5	221

Table 101.d Hip (cm)

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	100.5	8.5	86.0	118.0	34	104.4	9.2	84.5	131.3	44
45 - 54	102.4	8.7	87.0	127.3	42	107.4	16.7	86.0	177.0	60
55 - 64	100.5	6.4	85.0	114.0	51	109.6	12.3	85.3	143.0	63
65 - 74	104.4	10.2	90.5	149.8	62	105.9	10.8	87.0	143.8	54
Total	102.2	8.8	85.0	149.8	189	107.1	12.9	84.5	177.0	221

Table 102. Height (cm)

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	178.3	6.0	165.7	191.8	34	165.4	6.4	154.5	179.4	43
45 - 54	177.9	6.7	157.7	192.6	42	163.6	6.1	150.0	179.0	59
55 - 64	174.6	6.7	160.8	191.0	51	162.1	5.3	146.7	175.6	62
65 -74	173.9	6.5	159.3	189.5	62	159.1	6.5	146.6	172.5	54
Total	175.8	6.8	157.7	192.6	189	162.4	6.4	146.6	179.4	218

Table 103. Weight (kg)

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	89.5	16.5	62.5	126.0	34	73.3	12.4	49.1	109.4	45
45 - 54	88.6	15.9	54.7	128.2	42	77.4	21.7	53.0	160.0	60
55 - 64	84.1	12.2	58.7	120.3	51	78.0	13.5	41.2	111.0	63
65 -74	85.3	15.4	56.9	141.2	62	71.1	12.1	53.1	103.2	54
Total	86.5	15.0	54.7	141.2	189	75.2	15.8	41.2	160.0	222

Table 104.a Serum glucose categories

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Less than 5.6 mmol/l		86.2	76.9	80.4	55.4	72.4	100.0	81.5	73.7	72.9	81.3	77.2
5.6 - 6.9 mmol/l		13.8	17.9	19.6	39.3	24.7	.0	16.7	21.1	20.8	15.3	19.6
7.0 mmol/l or over		.0	5.1	.0	5.4	2.9	.0	1.9	5.3	6.3	3.4	3.2
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	29	39	46	56	170	44	54	57	48	203	373
Missing	N	5	3	6	6	20	1	8	6	7	22	42

Table 104.b Serum glucose (mmol/l)

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	5.1	.4	4.2	5.9	29	4.8	.4	4.0	5.5	44
45 - 54	5.3	1.0	4.1	9.3	39	5.2	.8	4.2	9.8	54
55 - 64	5.2	.5	4.3	6.4	46	5.3	.6	4.1	7.4	57
65 - 74	5.6	1.2	4.3	12.8	56	5.5	1.3	4.5	12.0	48
Total	5.4	.9	4.1	12.8	170	5.2	.9	4.0	12.0	203

Table 105.a Serum total cholesterol categories

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Less than 4.00 mmol/l		3.2	4.9	4.2	8.5	5.6	13.3	3.6	1.8	4.1	5.3	5.4
4.00 - 5.49 mmol/l		58.1	43.9	56.3	55.9	53.6	62.2	46.4	33.3	36.7	44.0	48.4
5.50 - 6.49 mmol/l		19.4	29.3	25.0	20.3	23.5	22.2	30.4	40.4	32.7	31.9	28.0
6.50 mmol/l or over		19.4	22.0	14.6	15.3	17.3	2.2	19.6	24.6	26.5	18.8	18.1
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	31	41	48	59	179	45	56	57	49	207	386
Missing	N	3	1	4	3	11	0	6	6	6	18	29

Table 105.b Serum total cholesterol (mmol/)

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	5.5	1.5	3.5	11.4	31	4.9	.9	3.3	7.5	45
45 - 54	5.7	1.2	3.2	8.7	41	5.7	1.1	3.4	9.5	56
55 - 64	5.4	1.0	3.3	8.7	48	5.9	1.2	3.2	9.9	57
65 -74	5.3	1.0	3.2	7.8	59	5.8	1.3	2.6	9.1	49
Total	5.4	1.1	3.2	11.4	179	5.6	1.2	2.6	9.9	207

Table 106.a Serum triglycerides categories

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	1.6	.9	.7	5.3	29	1.1	.5	.5	2.8	44
45 - 54	1.5	.8	.6	4.0	39	1.5	.6	.4	2.9	52
55 - 64	1.7	1.1	.6	5.9	46	1.7	.8	.8	5.0	57
65 - 74	1.8	1.0	.7	4.6	55	1.7	.8	.6	4.7	46
Total	1.7	1.0	.6	5.9	169	1.5	.7	.4	5.0	199

Table 106.b Serum triglycerides (mmol/l)

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 - 74	Total	25 - 44	45 - 54	55 - 64	65 - 74	Total	Total
Less than 2.00 mmol/l		82.8	71.8	76.1	65.5	72.8	93.2	73.1	70.2	71.7	76.4	74.7
2.00 - 3.99 mmol/l		13.8	25.6	19.6	30.9	23.7	6.8	26.9	26.3	23.9	21.6	22.6
Over 4.00 mml/l		3.4	2.6	4.3	3.6	3.6	.0	.0	3.5	4.3	2.0	2.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	29	39	46	55	169	44	52	57	46	199	368
Missing	N	5	3	6	7	21	1	10	6	9	26	47

Table 107.a Serum HDL cholesterol categories

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Less than 1.00 mmol/l		9.7	17.1	12.5	20.3	15.6	2.2	1.8	3.5	.0	1.9	8.3
1.00 mmol/l or over		90.3	82.9	87.5	79.7	84.4	97.8	98.2	96.5	100.0	98.1	91.7
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	31	41	48	59	179	45	56	57	49	207	386
Missing	N	3	1	4	3	11	0	6	6	6	18	29

Table 107.b Serum HDL cholesterol (mmol/)

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	1.4	.4	.7	2.9	31	1.5	.3	.9	2.3	45
45 - 54	1.3	.4	.6	2.0	41	1.6	.4	.9	2.7	56
55 - 64	1.3	.4	.7	2.5	48	1.5	.3	.9	2.5	57
65 -74	1.3	.3	.7	2.1	59	1.6	.4	1.0	2.5	49
Total	1.3	.4	.6	2.9	179	1.6	.4	.9	2.7	207

Table 108.a Serum LDL cholesterol categories

		Males					Females					All
		25 - 44	45 - 54	55 - 64	65 -74	Total	25 - 44	45 - 54	55 - 64	65 -74	Total	Total
Less than 2.50 mmol/l		26.7	7.3	13.0	25.5	18.0	24.4	14.3	8.9	18.8	16.1	17.0
2.50 - 3.50 mmol/l		43.3	41.5	54.3	36.4	43.6	51.1	42.9	41.1	35.4	42.4	43.0
3.50 - 4.99 mmol/l		23.3	39.0	28.3	34.5	32.0	22.2	37.5	44.6	41.7	37.1	34.7
5.00 mmol/l or over		6.7	12.2	4.3	3.6	6.4	2.2	5.4	5.4	4.2	4.4	5.3
Total	%	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
	N	30	41	46	55	172	45	56	56	48	205	377
Missing	N	4	1	6	7	18	0	6	7	7	20	38

Table 108.b Serum LDL cholesterol (mmol/l)

	Males					Females				
	Mean	Std	Min	Max	N	Mean	Std	Min	Max	N
25 - 44	3.4	1.4	1.2	9.4	30	2.9	.8	1.4	5.5	45
45 - 54	3.7	1.2	1.3	7.0	41	3.4	1.0	1.4	7.0	56
55 - 64	3.3	.9	1.4	5.6	46	3.6	1.1	.8	7.4	56
65 -74	3.1	.9	1.3	5.9	55	3.4	1.1	.7	6.6	48
Total	3.3	1.1	1.2	9.4	172	3.3	1.0	.7	7.4	205

Appendix 2 – Questionnaires

The Corangamite Risk Factor Project 2005 questionnaire is the only questionnaire included in this appendix, as it is very similar to the one used the Limestone Coast Risk Factor Study 2004. The difference between the two questionnaires is on the last page of the questionnaire, where the project nurses record the values of participants' anthropometric measurements.

The blood pressure cuff size and the pulse characteristic are the two items added to the Corangamite Risk Factor Project 2005 questionnaire, as shown below:

- Cuff: Normal / Large (circle)
- Pulse Regular / Irregular (circle)

CORANGAMITE RISK FACTOR PROJECT 2005

Instructions to participants

Please complete this survey by ticking the box next to the option which best describes your situation or opinion. Some questions ask you to indicate the number of times you do something, or to write your answer next to or below the option. Please read the question carefully before answering. Unless stated otherwise, you are asked to choose one option which best describes your situation. The examples below illustrate how you should complete each type of question.

Example 1

How would you assess your present state of health?

1 ☐ Excellent
2 ☐ Good
☐ Average
3 ☐ Poor
4 ☐ Very poor

Please answer all questions including those you think do not relate to you. In example 2, you would mark the negative alternative ticking the box next to "no", or by writing the number "0" in the box or space reserved as shown in the examples below.

Example 2

Have you taken any tablets, pills or other medication during the last week (7 days)?

	Yes 1	**No** 2
for high blood pressure…..	☐	☐
for high cholesterol…….	☐	☐
for headache……..	☐	☐

Example 3

How many cups of coffee or tea do you usually drink a day? Please answer both items.
(If you do not drink tea or coffee, please indicate with "0" in the box provided)

Coffee ☐☐ cups
Tea ☐☐ cups

After some of the questions, the survey may direct you to "Go to question …" This means that you can skip to that question without answering the questions in between.

If you have any difficulties in completing any sections of this questionnaire, please leave them blank and ask for assistance when you arrive at the clinic.

Please answer the following questions by ticking the number next to your chosen option or by completing the blank spaces (boxes and lines) provided.

BACKGROUND INFORMATION

1. Are you male or female?

1. ☐ Male
2. ☐ Female

2. What year were you born?

19☐☐

3. Where were you born?
State:_____
Country:_____

4. Are you of Aboriginal or Torres Strait Islander origin?

1 ☐ No
2 ☐ Yes, Aboriginal ***(go to question 6)***
3 ☐ Yes, Torres Strait Islander ***(go to question 6)***

5. What is your ethnic background?
(you can select several alternatives)

1 ☐ Australian
2 ☐ Chinese
3 ☐ English
4 ☐ German
5 ☐ Greek
6 ☐ Irish
7 ☐ Italian
8 ☐ Maori
9 ☐ Polynesian
10 ☐ Other, specify_____

6. What is your marital status?

1 ☐ Married or defacto
2 ☐ Single
3 ☐ Separated or divorced
4 ☐ Widowed

7. How many family members are presently living in your household?

☐☐persons

8. How many of these members are dependents?

☐☐ children 0-5 years
☐☐ children 6-16 years
☐☐ dependent persons over 16 years

9. Indicate the total number of years you undertook full-time education (including all levels of schooling and any additional studies)

☐☐ years

10. What is your highest level of education?

1 ☐ No formal schooling
2 ☐ Primary school
3 ☐ Secondary education (secondary school / technical school yr 7-10)
4 ☐ Vocational training (TAFE/VET)
5 ☐ Higher school certificate (HSC/VCE) or higher levels of technical school
6 ☐ University education
7

11. What is your primary occupation?

1 ☐ Agriculture, forestry, fishing
2 ☐ Mining, manufacturing, construction or other similar type of work
3 ☐ Wholesale trade, retail trade
4 ☐ Hospitality (accommodation, cafes, restaurants), transport or other similar type of work
5 ☐ Administration, management, education, services (e.g. health, community, cultural) or other professional work
6 ☐ Student
7 ☐ Home duties
8 ☐ Retired/Pensioner
9 ☐ Unemployed

12. Please state your occupation
_____
_____

13. Are you presently employed?

1 ☐ Yes, full time (permanent or contract more than 12 months)
2 ☐ Yes, full time (contract less than 12 months)
3 ☐ Yes, part time
4 ☐ Yes, casual
5 ☐ I am not working at the moment

14. If you are not employed at the moment, have you been

1 ☐ Unemployed for more than 1 year
2 ☐ Unemployed 6 months – 1 year
3 ☐ Unemployed less than 6 months
4 ☐ Retrenched
5 ☐ I am a pensioner/retiree
6 ☐ I am a full-time student
7 ☐ I do home duties

15. What was the <u>weekly total gross income of all family members</u> living in the same household income last year? (income from all sources, do not deduct tax)

1 ☐ Less than $300 (less than $15 600/ year)
2 ☐ $301 - $800 ($15 601- $41 600/year)
3 ☐ $801 - $1300 ($41 601- $67 600/year)
4 ☐ $1301 - $1800 ($67 601- $93 600/year)
5 ☐ $1801 - $2300 ($93 601- $119 600/year)
6 ☐ $2301 - $2800 ($119 601- $145 600/year)
7 ☐ More than $2800 (over $145 600/year)

USE OF HEALTH SERVICES AND HEALTH STATUS

16. How many times have you visited a general practitioner (GP) in the last 12 months? (If not at all, please indicate "0")

☐☐☐times

17. How many times have you visited a specialist doctor (eg. endocrinologist, cardiologist)in the last 12 months? (Do not include hospitalization or visits to the dentist)

☐☐times

18. How many days have you been in hospital in the last 12 months? **(**If not at all, please indicate "0")

☐☐☐days

19. How many times have you visited a dentist in the last 12 months?

(If not at all, please indicate "0")

☐☐times

20. How many times have you visited a dietitian in the last 12 months?

(If not at all, please indicate "0")

☐☐times

21. How many times have you visited a diabetes nurse, cardiac nurse, practice nurse or similar in the last 12 months? (If not at all, please indicate "0")

☐☐times

22. In the past 12 months, have you received any form of income support due to illness or disability?

1 ☐ No
2 ☐ Yes, please indicate the type of income support

_____

23. During the last 12 months, how many days were you absent from work or unable to carry out normal duties due to an illness?
(If you do not remember exactly, please give an estimate. Do not include absence owing to a normal pregnancy)

☐☐☐days

24. Has a doctor ever diagnosed you with myocardial infarction (heart attack)?

1 ☐ No
2 ☐ Yes, what year was the last episode?

_____

25. Has a doctor ever diagnosed you with stroke or cerebral hemorrhage?

1 ☐ No
2 ☐ Yes, what year was the last episode?

_____

26. Have you ever had coronary bypass surgery?

1 ☐ No
2 ☐ Yes, what year was it?

_____

27. Have you ever had a coronary angioplasty (balloon assisted dilatation of blocked heart vessels)**?**

1 ☐ No
2 ☐ Yes, what year was the last one?

_____

28. During the last 12 months, have you had a persistent cough with phlegm that occurs almost daily?

1 ☐ No
2 ☐ Yes, for less than 1 month
3 ☐ Yes, for a period of 1-2 months
4 ☐ Yes, for a period of 3 months or longer

29. How would you assess your present state of health?

1. ☐ Excellent
2. ☐ Good
3. ☐ Average
4. ☐ Poor
5. ☐ Very poor

30. How do you consider your weight?

1 ☐ Too thin
2 ☐ A little thin
3 ☐ Normal
4 ☐ A little overweight
5 ☐ Very overweight

31. During the last 12 months, have you been diagnosed as having, or have you been treated for, any of the following conditions?

	Yes 1	**No** 2
High blood pressure (hypertension)……	☐	☐
High blood cholesterol (hypercholesterolaemia)…	☐	☐
High blood sugar (diabetes)……	☐	☐
Heart attack (Myocardial infarction)……	☐	☐
Chest pain during exercise (angina pectoris)……	☐	☐
Heart failure……	☐	☐
Cancer ……	☐	☐
Rheumatism or arthritis…..	☐	☐
Back illness……	☐	☐
Chronic bronchitis or emphysema……	☐	☐
Bronchial asthma……	☐	☐
Gastritis or ulcer……	☐	☐
Allergy ……	☐	☐
Depression ……	☐	☐
Anxiety disorder……	☐	☐
Another mental condition (specify) _____	☐	☐

32. Have you had any of the following symptoms or complaints during the last month (30 days)?

	Yes 1	No 2
Chest pain during exercise……	☐	☐
Joint pain……	☐	☐
Back pain……	☐	☐
Neck/shoulder pain……	☐	☐
Swelling of feet……	☐	☐
Varicose veins……	☐	☐
Eczema (skin rashes)……	☐	☐
Constipation……	☐	☐
Headache……	☐	☐
Insomnia……	☐	☐
Depressed mood……	☐	☐
Anxious mood……	☐	☐
Panic attacks……	☐	☐
Nausea……	☐	☐
Frequent stomach ache……	☐	☐

33. Have you taken any tablets, pills or other medication during the last week (7 days):

	Yes (1)	No (2)
For high blood pressure….	☐	☐
For high cholesterol……	☐	☐
For diabetes……...	☐	☐
For headache……..	☐	☐
For other aches and pains.	☐	☐
For cough……..	☐	☐
For angina ……...	☐	☐
For depression ..……	☐	☐
Sedatives (sleeping pills)	☐	☐
Vitamins, natural remedies	☐	☐
Contraceptives……	☐	☐
Other (specify) _____...	☐	☐

34. Have you been feeling tense, stressed or under a lot of pressure during the last month (30 days)?

1 ☐ Not at all
2 ☐ Yes – somewhat but not more than usual
3 ☐ Yes – more than usual
4 ☐ Yes – life is almost unbearable

35. When was the last time you had your blood pressure measured?

1. ☐ During the last 6 months
2. ☐ Between 6 months and 1 year ago
3. ☐ Between 1 and 5 years ago
4. ☐ More than 5 years ago
5. ☐ Never (go to question 40)
6. ☐ I do not know

36. Have you ever been diagnosed with high or elevated blood pressure?

1 ☐ No ***(go to question 40)***
2 ☐ Yes

37. Have you ever used medication for high blood pressure?

1 ☐ No ***(go to question 40)***
2 ☐ Yes

38. When was the last time you took medication for high blood pressure?

1 ☐ Today or yesterday
2 ☐ 2-7 days ago
3 ☐ 1 week – 6 months ago
4 ☐ 6 months – 1 year ago
5 ☐ 1 year – 5 years ago
6 ☐ over 5 years ago

39. If you currently take medication for high blood pressure, what are the name(s) of the medicine(s) you take:

_____
_____
_____
_____

40. When was the last time your cholesterol was measured?

1. ☐ During the last 6 months
2. ☐ Between 6 months and one year ago
3. ☐ Between 1 and 5 years ago
4. ☐ More than 5 years ago
5. ☐ Never (go to question 44)
6. ☐ I do not know

41. Have you ever been diagnosed with high cholesterol?

1 ☐ No
2 ☐ Yes

42. If your cholesterol level was examined, did you receive dietary counselling to lower your cholesterol level?

1 ☐ No
2 ☐ Yes

43. Do you now take prescription medication to lower your cholesterol level?

1 ☐ No
2 ☐ Yes, please indicate the name(s) of the medication(s):

_____
_____
_____
_____

44. Have you ever had your blood sugar level measured?

1 ☐ During the last 6 months
2 ☐ 6 months – 1 year ago
3 ☐ 1 year – 5 years ago
4 ☐ over 5 years ago
5 ☐ never ***(go to question 48)***
6 ☐ I do not know

45. Have you ever been diagnosed as pre diabetic (impaired glucose tolerance) **or with diabetes?**

1 ☐ No ***(go to question 48)***
2 ☐ Yes, impaired glucose tolerance
3 ☐ Yes, diabetes

46. When diagnosed for diabetes were you given any of the following treatments? (you can select several options)

1 ☐ Dietary counselling
2 ☐ Tablet treatment
3 ☐ Insulin treatment
4 ☐ None of the above

47. What prescription medicine do you use currently for diabetes?

1 ☐ Nothing
2 ☐ Insulin
3 ☐ Tablets
4 ☐ Both insulin and tablets

Please indicate the name(s) of tablet medication(s) you use

_____
_____
_____
_____

48. Has your father/mother ever been diagnosed with following conditions?

	Yes 1	No 2
Heart attack	☐	☐
Stroke	☐	☐
Diabetes	☐	☐
Asthma	☐	☐
Cancer	☐	☐

49. Have any of your sisters/brothers ever been diagnosed with the following conditions?

	Yes 1	No 2
Heart attack	☐	☐
Stroke	☐	☐
Diabetes	☐	☐
Asthma	☐	☐
Cancer	☐	☐

50. Have any of your grandparents, your aunts/uncles or your cousins ever been diagnosed with the following conditions?

	Yes 1	No 2
Heart attack	☐	☐
Stroke	☐	☐
Diabetes	☐	☐
Asthma	☐	☐
Cancer	☐	☐

51. Have any of your children ever been diagnosed with the following conditions?

	Yes 1	No 2
Diabetes	☐	☐
Asthma	☐	☐
Cancer	☐	☐

SMOKING

52. Have you ever smoked tobacco?

1. ☐ No **(go to question 62)**
2. ☐ Yes

53. Would you have smoked at least 100 cigarettes, cigars or pipefuls tobacco in your lifetime?

1 ☐ No ***(go to question 62)***
2 ☐ Yes

54. Have you ever smoked tobacco daily (almost every day) for at least one year? If so, how many years altogether?

1. ☐ No
2. ☐ Yes, I have smoked daily for a total of ☐☐years

55. Do you smoke tobacco at the present time (cigarettes, cigars, pipe)?

1 ☐ Yes, daily
2 ☐ Occasionally
3 ☐ Not at all

56. When did you last smoke tobacco?
(note: If you smoke currently, please mark alternative 1)

1 ☐ Yesterday or today
2 ☐ 2 days – 1 month ago
3 ☐ 1 month – half a year ago
(go to question 61)
4 ☐ Half a year to one year ago
(go to question 61)
5 ☐ 1-5 years ago
(go to question 62)
6 ☐ 5-10 years ago
(go to question 62)
7 ☐ More than 10 years ago
(go to question 62)

57. How much tobacco do you or did you smoke before you stopped, on average per day? **(please give an answer for each item, indicate as "0" if none)**

manufactured cigarettes:

☐☐ cigarettes per day

self-rolled cigarettes:

☐☐ cigarettes per day

pipe: ☐☐ pipefuls per day

cigars: ☐☐ cigars per day

58. Would you like to stop smoking?

1 ☐ No
2 ☐ Yes
3 ☐ I am not sure
4 ☐ I do not smoke at present

59. Have you ever tried seriously to stop smoking tobacco and not smoked for at least 24 hours? If so, when was the last time?

1 ☐ During the last month
2 ☐ A month to half a year ago
3 ☐ Half a year to one year ago
4 ☐ More than one year ago
5 ☐ Never tried to stop smoking

60. Are you concerned about the harmful consequences that tobacco smoking can have on your health?

1 ☐ Very concerned
2 ☐ Somewhat concerned
3 ☐ Not very concerned
4 ☐ Not at all concerned

61. During the last year (12 months) have you been advised to stop smoking tobacco by any of the following:

	Yes 1	No 2
A doctor…… .	☐	☐
A dentist……	☐	☐
A nurse ……	☐	☐
Other health professional…	☐	☐
A family member……	☐	☐
Others……	☐	☐

62. Does anybody in your family smoke tobacco inside your home?

1 ☐ No, nobody smokes
2 ☐ Yes, somebody smokes

63. How many hours a day do you spend indoors where you inhale other peoples' tobacco smoke?
(if not at all, please indicate as "0")

at work ☐☐ **hours**
at home ☐☐ **hours**
other places ☐☐ **hours**

FOOD HABITS

64. Do you eat breakfast most days of the week?

1 ☐ No
2 ☐ Yes

65. How many times a day do you eat (including snacks)?

1 ☐ 1-3 times
2 ☐ 4-5 times
3 ☐ 6-7 times
4 ☐ 8 times or more

66. What kind of fat is mostly used for cooking at your home?
(please tick only one option)

1 ☐ Olive Oil
2 ☐ Other vegetable oil
3 ☐ Margarine
4 ☐ Butter or derivative of butter
5 ☐ No fat at all
6 ☐ I do not know

67. How often is food prepared (cooked by yourselves) at your home (including breakfast, lunch, dinner)?

1 ☐ Never
2 ☐ Less than 7 meals per week
3 ☐ 7-13 meals per week
4 ☐ 14 meals per week or more
5 ☐ Every meal

68. How often do you eat in restaurants?

1. ☐ Never
2. ☐ 1-3 times a month
3. ☐ Once a week
4. ☐ 2-3 times a week
5. ☐ 4-6 times a week
6. ☐ 7 times a week or more

69. How often do you buy take-away food?

1 ☐ Never
2 ☐ 1-3 times a month
3 ☐ Once a week
4 ☐ 2-3 times a week
5 ☐ 4-6 times a week
6 ☐ 7 times a week or more

70. What kind of fat do you use on bread mostly? (please, tick only one option)

1 ☐ None
2 ☐ Low fat margarine
(i.e. Gold N Canola Lite Spread, Becel, Weight Watchers Spread Canola)
3 ☐ Ordinary margarine, polyunsaturated
(i.e. Flora Spread original, Meadow Lea Spread Poly Chol Free)
4 ☐ Ordinary margarine, monounsaturated *(i.e. Gold N Canola Spread, Meadow Lea Spread Canola, Olive Grove Spread Extra Virgin)*
5 ☐ Butter or derivative of butter
(i.e. Devondale Butter Extra Soft, Devondale Dairy Blend Light, Western Star Spreadable)
6 ☐ Don't know.

71. What kind of milk do you usually use?
(please, tick only one option)

1 ☐ Full cream milk (3.6% fat or more)
2 ☐ Low fat milk (about 1.4% fat)
3 ☐ Skim milk (about 0.1% fat)
4 ☐ Milk substitutes
5 ☐ I do not use milk

72. How many cups of coffee or tea do you usually drink a day?
(Please answer both items. Indicate "0" if you do not drink either coffee or tea.)

Coffee ☐☐ cups
Tea ☐☐ cups

73. How many lumps of sugar or spoonfuls of granulated sugar do you use for one cup of coffee or tea?
(Please indicate "0" if you don't use sugar)

☐☐ lumps or teaspoonfuls in a cup of coffee

☐☐ lumps or teaspoonfuls in a cup of tea

74. Do you add salt to your meals at the table?

1 ☐ Never
2 ☐ When the food is not salty enough
3 ☐ Almost always before tasting

75. How often during the last week have you consumed the following foods and drinks?

	Never 1	**1-2 times** 2	**3-4 times** 3	**5-6 times** 4	Daily 5
Boiled potatoes	☐	☐	☐	☐	☐
Fried potatoes (excluding crisps)	☐	☐	☐	☐	☐
Cooked vegetables	☐	☐	☐	☐	☐
Fresh vegetables (Salads)	☐	☐	☐	☐	☐
Rice/pasta	☐	☐	☐	☐	☐
Cereals (cornflakes, porridge)	☐	☐	☐	☐	☐
Chicken (skinless)	☐	☐	☐	☐	☐
Chicken (with skin on)	☐	☐	☐	☐	☐
Fish (including tinned tuna)	☐	☐	☐	☐	☐
Meat (lamb, beef, pork)	☐	☐	☐	☐	☐
Meat products (sausages, etc)	☐	☐	☐	☐	☐
Hamburgers, pizza	☐	☐	☐	☐	☐
Savoury pastries (meat pies etc.)	☐	☐	☐	☐	☐
Fresh fruit	☐	☐	☐	☐	☐
Tinned or dried fruit	☐	☐	☐	☐	☐
Salty snacks (crisps, popcorn)	☐	☐	☐	☐	☐
Sweet pastries (biscuits, cakes)	☐	☐	☐	☐	☐
Sweets (lollies, chocolate)	☐	☐	☐	☐	☐
Soft drinks	☐	☐	☐	☐	☐

76. How many serves of salad or fresh vegetables do you usually eat per day? (see picture 1, do not include potatoes)

1 ☐ 1 serve or less
2 ☐ 2-3 serves
3 ☐ 4-5 serves
4 ☐ 6 serves or more
5 ☐ I do not eat vegetables or salad

77. How many serves of fruit do you usually eat each day?
(see picture 2)

1 ☐ 1 serve or less
2 ☐ 2-3 serves
3 ☐ 4-5 serves
4 ☐ 6 serves or more
5 ☐ I do not eat fruit

78. How many slices of bread do you usually eat per day?

White bread ☐☐ slices
Brown (wholemeal) bread ☐☐ slices
Multigrain bread ☐☐ slices
Hi Fibre bread ☐☐ slices

79. During the last year (12 months) have you been advised to change your dietary habits for health reasons by any of the following:

	Yes 1	No 2
A doctor	☐	☐
A dietitian	☐	☐
A nurse	☐	☐
Other health professional	☐	☐
A family member	☐	☐
By others	☐	☐

80. Do you follow a special diet?

	Yes (1)	No (2)
Gluten-free diet……..	☐	☐
Milk free diet ……..	☐	☐
Diabetic diet…….....	☐	☐
Cholesterol lowering diet…	☐	☐
Low carbohydrate diet……	☐	☐
Other weight loss diet….....	☐	☐
Vegetarian diet……	☐	☐
I have a food allergy……..	☐	☐
Please state _____		
Other diet……	☐	☐
Please state _____		

ALCOHOL

81. During the last year (12 months) have you consumed any alcoholic drinks (beer, wine or spirits)?

1 ☐ Yes
2 ☐ No *(go to question 88)*

82. How many glasses/portions (see picture 3) of the following drinks have you had during the last week (7 days)? (If you have not had any, please indicate as "0" in the box provided)

Light Beer: ☐☐ bottles/cans (375 ml)
☐☐ schooners (425 ml)
☐☐ pots (285 ml)

Strong Beer: ☐☐ bottles/cans (375 ml)
☐☐ schooners (425 ml)
☐☐ pots (285 ml)

Strong alcohol: ☐☐ drinks (30 ml)

Wine: ☐☐ glasses (100 ml)

Champagne, sparkling wine:
☐☐ glasses (170 ml)

Port wine, sherry or equivalent:
☐☐ glasses (60 ml)

Pre-mixed drinks:
☐☐ glasses (285ml)

83. How often do you have strong spirits?

1 ☐ Never
2 ☐ A few times a year
3 ☐ 2-3 times a month
4 ☐ Once a week
5 ☐ 2-3 times a week
6 ☐ 4-6 times a week
7 ☐ Daily

84. How often do you drink wine?

1 ☐ Never
2 ☐ A few times a year
3 ☐ 2-3 times a month
4 ☐ Once a week
5 ☐ 2-3 times a week
6 ☐ 4-6 time a week
7 ☐ Daily

85. How often do you drink beer?

1 ☐ Never
2 ☐ A few times a year
3 ☐ 2-3 times a month
4 ☐ Once a week
5 ☐ 2-3 times a week
6 ☐ 4-6 times a week
7 ☐ Daily

86. How often would you drink six glasses/portions of alcohol, or more, in a single occasion?

1 ☐ Never
2 ☐ A few times a year
3 ☐ 2-3 times a month
4 ☐ Once a week
5 ☐ 2-3 times a week
6 ☐ 4-6 times a week
7 ☐ Daily

87. During the last year (12 months) have you been advised to drink less by any of the following:

	Yes (1)	No (2)
A doctor……..	☐	☐
A dietitian……..	☐	☐
A nurse……..	☐	☐
Other heath professional…….	☐	☐
A family member……..	☐	☐
Others……..	☐	☐

PHYSICAL ACTIVITY

88. How much physical activity do you have at work? (Please tick only one option).

I am not currently in formal employment ☐ 0

My work is mainly sitting work. I do not walk much at work. *(Examples: industrial sewing work, office work at a desk).* ☐ 1

I walk in my work quite a lot but I do not have to lift or carry heavy things. *(Examples: shop assistant, light industrial work, office work where one has to move).* ☐ 2

I must walk and carry a lot or often climb stairs or go uphill in my work. *(Examples: carpenter or farmhand, work in engine shop, heavy industrial work).* ☐ 3

My work is heavy physical work, where I have to carry or lift heavy things, to dig, to shovel or to cut a lot. *(Examples: forestry work, heavy farm work, heavy construction and industrial work).* ☐ 4

89. How much physical activity do you have during your leisure-time? (If it varies with the seasons, mention the group that best represents your average over the whole year. Please, tick only one option).

In my leisure time I read, watch television and do things that do not require physical activity. ☐ 1

In my leisure time I walk, ride a bicycle or move in other ways requiring physical activity for at least 4 hours a week. *(Examples: walking, fishing and hunting, home duties, lighter garden work and so on, but not going to and coming from work.)* ☐ 2

In my leisure time I undertake physical activities to maintain fitness. *(Examples: running, skiing, gymnastics, swimming, ball-games or doing heavy garden work or its equivalent.)* ☐ 3

In my leisure time I train regularly, several days a week, for competitions. (*Examples: running, orienteering, ball-games or other physically heavy sports.)* ☐ 4

90. How many times a week are you engaged in the activities you mentioned in the previous question?

☐☐ times

91. How many minutes a day do you spend walking, cycling or doing any other physical activity on your way to work? (Include both the time spent going to and coming from work).

1 ☐ I don't work or get physical activity on the way to work
2 ☐ Less than 15 minutes a day
3 ☐ 15-29 minutes a day
4 ☐ 30-44 minutes a day
5 ☐ 45-59 minutes a day
6 ☐ More than 1 hour a day

92. How often do you do physical activities lasting at least 20-30 minutes that make you short of breath and perspire? **(Please, tick only one option).**

1 ☐ Daily
2 ☐ 4-6 times a week
3 ☐ 2-3 times a week
4 ☐ Once a week
5 ☐ 2-3 times a month
6 ☐ A few times a year or less
7 ☐ Not at all

93. How many times a week do you do such leisure time physical activities that make you a little short of breath and perspire?
(It not at all, please indicate as "0").
☐☐ times

94. How long do your usual episodes of leisure time physical activity last?

1 ☐ Less than 15 minutes
2 ☐ 15-29 minutes
3 ☐ 30-59 minutes
4 ☐ More than 1 hour
5 ☐ I do not do any leisure time physical activity

95. Do you do every day either at leisure or in your work some kind of physical activity at least for 30 minutes including so called non-conditioning activities (for example walking to work, home duties, gardening)?

1 ☐ **Yes** ☐ **No**

96. How do you consider your present physical fitness?

1 ☐ Very good
2 ☐ Reasonably good
3 ☐ Reasonable
4 ☐ Not very good
5 ☐ Very bad

97. Have you ever seriously tried to increase your leisure-time physical activity? If so, when was the last time?

1 ☐ Never
2 ☐ More than 6 months ago
3 ☐ 1-6 months ago
4 ☐ During the last month

98. Has your leisure-time physical activity increased during the last 6 months?

1 ☐ Very much
2 ☐ A little
3 ☐ No change
4 ☐ Decreased a little
5 ☐ Decreased a lot

OTHER

99. During <u>the last year</u> (12 months), have you changed your diet or other habits for health reasons?

	Yes 1	No 2
I eat less fat	☐	☐
I have changed the type of fat I eat	☐	☐
I eat more vegetables	☐	☐
I eat less sugar	☐	☐
I eat less salt	☐	☐
I have been on a weight-reducing diet	☐	☐
I drink less alcohol	☐	☐
I do more physical exercise	☐	☐

100. Please read the following questions and tick the response that most closely describes your current situation.

	All of the time	Most of the time	Some of the time	A little of the time	None of the time
	1	2	3	4	5
1. Is there someone available to you whom you can count on to listen to you when you need to talk?	☐	☐	☐	☐	☐
2. Is there someone available to give you good advice about a problem?	☐	☐	☐	☐	☐
3. Is there someone available to you who shows you love and affection?	☐	☐	☐	☐	☐
4. Is there someone available to help you with daily chores?	☐	☐	☐	☐	☐
5. Can you count on anyone to provide you with emotional support (talking over problems or helping you make a difficult decision)?	☐	☐	☐	☐	☐
6. Do you have as much contact as you would like with someone you feel close to, someone in whom you can trust and confide?	☐	☐	☐	☐	☐

101. When answering the following questions, think about the past 4 weeks and tick the option, which best describes your feelings:

In the <u>past 4 weeks</u>:	**All of the time**	**Most of the time**	**Some of the time**	**A little of the time**	**None of the time**
About how often did you feel					
	1	**2**	**3**	**4**	**5**
1. …tired for no good reason	☐	☐	☐	☐	☐
2. …nervous?	☐	☐	☐	☐	☐
3. …so nervous that nothing could calm you down?	☐	☐	☐	☐	☐
4. …hopeless?	☐	☐	☐	☐	☐
5. …restless or fidgety?	☐	☐	☐	☐	☐
6. …so restless you could not sit still?	☐	☐	☐	☐	☐
7. …depressed?	☐	☐	☐	☐	☐
8. …that everything was an effort?	☐	☐	☐	☐	☐
9. …so sad that nothing could cheer you up?	☐	☐	☐	☐	☐
10. ..worthless?	☐	☐	☐	☐	☐

102. When answering the next question, think back over the past week and tick the alternative that best describes your feelings.

Over the past week:

1. I felt tense or 'wound up'

Not at all	Time to time, occasionally	A lot of the time	Most of the time
0☐	1☐	2☐	3☐

2. I got a sort of frightened feeling as if something awful was about to happen

Not at all	A little, but it doesn't worry me	Yes, but not too badly	Very definitely and quite badly
0☐	1☐	2☐	3☐

3. Worrying thoughts went through my mind

Only occasionally	From time to time but not too often	A lot of the time	A great deal of the time
0☐	1☐	2☐	3☐

4. I could sit at ease and feel relaxed

Definitely	Usually	Not very often	Not at all
0☐	1☐	2☐	3☐

5. I got a sort of frightened feeling like 'butterflies' in my stomach

Not at all	Occasionally	Quite often	Very often
0☐	1☐	2☐	3☐

6. I felt restless as if I had to be on the move

Not at all	Not very much	Quite a lot	Very much indeed
0☐	1☐	2☐	3☐

7. I got sudden feelings of panic

Not at all	Not very often	Quite often	Very often indeed
0☐	1☐	2☐	3☐

8. I could still enjoy the things I used to enjoy

Definitely as much	Not quite so much	Only a little	Hardly at all
0☐	1☐	2☐	3☐

9. I could laugh and see the funny side of things

As much as I always could	Not quite so much now	Definitely not so much now	Not at all
0☐	1☐	2☐	3☐

10. I felt cheerful

Most of the time	Sometimes	Not often	Not at all
0☐	1☐	2☐	3☐

11. I felt as though I had slowed down

Not at all	Sometimes	Very often	Nearly all the time
0☐	1☐	2☐	3☐

12. I have lost interest in my appearance

I take just as much care as ever	I may not take quite as much care	I don't take so much care as I should	Definitely
0☐	1☐	2☐	3☐

13. I looked forward with enjoyment to things

As much as ever I did	Rather less than I used to	Definitely less than I used to	Hardly at all
0☐	1☐	2☐	3☐

14. I enjoyed a good book or radio or TV program

Often	Sometimes	Not often	Very seldom
0☐	1☐	2☐	3☐

THANK YOU FOR PARTICIPATING IN THIS PROJECT

PLEASE BRING THIS QUESTIONNAIRE WITH YOU WHEN YOU ATTEND YOUR PHYSICAL ASSESSMENT

RESEARCH USE ONLY: THIS SECTION TO BE COMPLETED BY THE PROJECT NURSES

1 Time of arrival ___/___:___/___ date ___ ___/___ ___/ 2005

2 Arm circumference ___ ___ . ___ cm (in accuracy of 0.5 cm)

3 Blood pressure: Cuff: Normal / Large (circle)

1. ___ ___ ___/___ ___ ___ mmHg

Pulse ___ ___ / 30 s

2. ___ ___ ___/___ ___ ___ mmHg

3. ___ ___ ___/___ ___ ___ mmHg Pulse Regular / Irregular (circle)

4 Height (cm) ___ ___ ___ . ___ (in accuracy of 1 mm)

5 Weight (Kg) ___ ___ ___ . ___ (in accuracy of 100 g)

6 Waist

1. ___ ___ ___ . ___ cm 2. ___ ___ ___ . ___ cm (to 0.5 cm)

7 Hip

1. ___ ___ ___ . ___ cm 2. ___ ___ ___ . ___ cm (to 0.5 cm)

8 Fasting hours ____ ____

9 Capillary Blood Glucose (mmol/L) ___ ___ . ___

10 Severe infection during the last week

1 ☐ **No**
2 ☐ **Yes, specify_____**

11. Takes regular daily dose of aspirin? Yes / No (circle)

12 Blood sample taken

1 ☐ **No**

2 ☐ **Yes, in full at ___ ___ / ___ ___**

3 ☐ **Yes, partly: ___ ___ tubes at ___ ___/ ___ ___**

13 Additional notes

14 Time of departure ___ /___:___ /___

Participant code

Survey code label Q1

Appendix 3 – Field Methods Protocol

Field methods for the Limestone Coast Risk Factor Study 2004 and Corangamite Risk Factor Project 2005 are derived / based on the European health Risk Monitoring (EHRM)'s ***Recommendation for indicators, international collaboration, protocol and manual of operations for chronic disease risk factor surveys.*** URL:http://www.ktl.fi/publications/ehrm/rpoduct2/title.htm
URN:NBN:fi-fe20021443

Division of tasks and order of the measurements at survey sites

Each field team consisted of three staff each day: Nurse 1, Nurse 2 and an Administrative assistant. Nurse 1 carried out the physical / anthropometric measurements, Nurse 2 was responsible for field laboratory and the Administrative assistant assisted both study participants and nurses with administrative duties.

Part A – Protocol for anthropometric and blood pressure measurements (Nurse 1)

In both the Limestone Coast Risk Factor Study 2004 and the Corangamite Risk Factor Project 2005 the anthropometric measurements were done in the following order:

1. Arm circumference measurement
2. First measurement of blood pressure
3. Pulse measurement
4. Second measurement of blood pressure
5. Height measurement
6. Weight measurement
7. First measurement of waist
8. First measurement of hip
9. Second measurement of waist
10. Second measurement of hip

1. Arm circumference measurement

Equipment needed:

- Measuring tape

Calibration of equipment:

The measuring tape needs to be changed regularly as the plastic tape stretches easily in frequent use. The length of the measuring tape is checked with a metallic ruler at least after every two weeks. If the tape is stretched it should be replaced.

Measurement procedure:

The measurement should be made on the right arm whenever possible. The subject should remove outer garments and all other tight clothes. The sleeve of shirts, blouses etc should be rolled up so that the upper right arm is bare. The remaining garments should not be constrictive.

The subject's arm should be resting on the desk. The greatest circumference of the upper arm is measured, with the arm relaxed. The measurement is read to the nearest

half centimetre. The arm circumference measure is recorded on the last page of the survey questionnaire only for the Corangamite Risk Factor Project 2005. If the arm circumference is greater than 36 centimetres, a regular-size blood pressure cuff is used to measure the participant's blood pressure, otherwise a large-size blood pressure cuff is used.

2. Blood pressure measurement

Equipment needed:

- Sphygmomanometer
- Stethoscope
- Cuffs (two different sizes)

Calibration of equipment:

The sphygmomanometer is checked every day. Before the measurements the mercury column of the sphygmomanometer should be at zero. The mercury column should fall smoothly when the cuff is deflated and the column should latch properly into vertical position. Equipment failing in the testing has to be replaced.

After every measurement it is important to deflate the cuff properly by pressing it firmly with both hands and to ensure that the mercury column return back to the zero level.

Preparation for measurement:

Before the blood pressure measurement begins the following conditions should be met:

1. Subjects should abstain from eating, drinking, smoking and taking drugs that affect the blood pressure one hour before measurement
2. Because a full bladder affects blood pressure, it should have been emptied
3. Painful procedures and exercise should not have occurred within one hour
4. Subject should have been sitting quietly for about 5 minutes
5. Subject should have removed outer garments and all other tight clothes. The sleeve of shirts, blouses etc. should have been rolled up so that the upper right arm is bare. The remaining garments should not be constrictive and the blood pressure cuff should not be placed over the garment.
6. Blood pressure should be measured in a quiet room with comfortable temperature.
7. The time of day should have been recorded to the last page of the survey questionnaire.
8. The blood pressure measurer should have written her code to the survey questionnaire.

Position of the subject and arm:

Measurements are taken in sitting position so that the arm and back are supported. Subject's feet should be resting firmly on the floor, not dangling. If the subject's feet do not reach the floor, a platform should be used to support them.

The measurement is made on the right arm whenever possible. The subject's arm should be resting on the desk so that the antecubital fossa (a triangular cavity of the elbow joint that contains a tendon of biceps, the median nerve and the brachial artery)

is at the level of the heart and palm is facing up. The subject must always feel comfortable.

Selection and placement of the cuff:

The basic cuff (alternative adult, 13.5 x 36 cm) is used if the arm circumference is less or equal to 36 cm. The bigger cuff (17 x 38 cm) is used if the arm circumference is over 36 cm.

The cuff should be placed on the right arm so that its bottom edge is 2-3 cm above the antecubital fossa, allowing sufficient room for the bell of the stethoscope. The top edge of the cuff should not be restricted by clothing.

Stethoscope

The bell of the stethoscope should be used because it gives clearer sounds than the diaphragm.

Procedure of the pulse rate and blood pressure measurement

1. The radial pulse is palpated and checked to determine it is regular.
2. The sphygmomanometer should be placed so that the scale is at eye level, and the column is perfectly vertical. The subject should not be able to see the column of the manometer.
3. The brachial pulse is located and the bell of the stethoscope is place immediately below the cuff at the point of maximal pulsation. If it is not possible to feel the brachial pulse, the bell of the stethoscope should be placed over the area of the upper arm immediately inside the biceps muscle tendon. The bell should not touch the cuff, rubber or clothing.
4. Determining the peak inflation level:
   - The mercury column has to be at 0 level
   - The subject's radial pulse is again palpated
   - The cuff is inflated and the level of the top of the meniscus of the mercury column is noted at the point when the radial pulse disappears.
   - The peak inflation level is determined by adding 30 mmHg to the pressure where the radial pulse disappeared
5. The cuff is then deflated at a rate of 2 mmHg per second.
6. The pressure should be reduced steadily at this rate until the occurrence of the systolic level at the first appearance of a clear, repetitive tapping sound (Korotkoff Phase 1) and diastolic level at disappearance of repetitive sounds (Phase 5) have been observed. Then the cuff should be rapidly deflated by fully opening the valve of the inflation bulb. ***Note:*** There may be a brief period (auscultatory gap) between systolic and diastolic pressure, when no Korotkoff sounds are heard. Therefore 2 mmHg/second deflation should be continued until the diastolic blood pressure is definitely established. If Korotkoff sounds persist until the cuff is completely deflated, a diastolic blood pressure of 0 should be recorded.
7. The measurement is recorded in the questionnaire (last page question 3) to the nearest 2 mmHg. If the top of the meniscus falls half way between two markings, the marking immediately above is chosen. The subject is not told the blood pressure values at this point.
8. Wait one minute to allow redistribution of blood in the forearm then take a second measurement by repeating the steps 6-8. While waiting the 30 second pulse is measured. The subject should not change position while waiting.

9. If the second measurement differs more than 10 mmHg systolic or 6 mmHg diastolic from the first measurement a third measurement is made after waiting another minute.
10. After all the measurements, the subject may be told the measurement values.

3. Pulse measurement

Equipment

A stopwatch or a timer is needed for the pulse measurement.

Pulse measurement procedure

Pulse is measured between the first and second blood pressure measurements. The radial pulse is palpated from the right arm of the subject and the pulse rate is counted for 30 seconds. The rate is recorded in the last page of the questionnaire (question 3).

4. Height measurement

Equipment needed:

- Measuring rod mounted on balanced beam scale or wall mounted stadiometer with movable head piece

Setting up and calibration of equipment:

If height is measured with the measuring rod attached to the scale no further set-up procedures are required. However, it should be verified that the upper part of the measuring rod is straight and vertical (i.e. not bent and curved).

If height is measured by a stadiometer, the height rule is taped vertically to the hard flat wall surface with the base at floor level. The wall may not have a baseboard moulding.

At the beginning and in the middle of each examination day, the height rule should be checked and corrected if the error is greater than 2 mm. The wall mounted stadiometer is checked by pulling the head piece towards the floor when the reading in the stadiometer should be 0.

Measurement procedure:

Height is measured from all participants, except wheelchair bound individuals, persons who have difficulty standing steady or straight and participants with hairstyle or head dress that can not be removed and that prevents proper use of the height measuring equipment (e.g. turban).

1. Participants are asked to remove their shoes, heavy outer garments, and hair ornaments.
2. The participant is asked to stand with his/her back to the height rule. The back of the head, back, buttocks, calves and heels should be touching the upright, feet together. The top of the external auditory meatus (ear canal) should be level with the inferior margin of the bony orbit (cheek bone). The participant is asked to look straight.
3. The head piece of the stadiometer or the sliding part of the measuring rod is lowered so that the hair is pressed flat.

4. Height is recorded to the resolution of the height rule (i.e. nearest millimetres) on the last page of the survey questionnaire. If the participant is taller than the measurer, the measurer should stand on the platform so that she/he can properly read the height rule.

Exceptions

If the participant is taller than the scale of the height ruler, no height measurement should be made and this fact, together with the upper limit of the height ruler, should be recorded in the data collection form.

Self-reported data is not acceptable, even if the participant is immobile or refuses to have his/her height measured.

5. Weight measurement

Equipment needed:

- Balanced beam scale

Setting up and calibration of equipment:

The scale should be placed on a hard-floor surface. It should be verified that the surface is horizontal.

The scale needs to be calibrated at the beginning of each examination day. The scale is balanced with both sliding weights at zero and the balance bar aligned.

Measurement procedure:

Weight is measured from all participants, except pregnant women, wheelchair bound individuals, persons who have difficulty standing steady.

1. The participant is asked to remove their heavy outer garments (jacket, coat, trousers, skirts, etc.) and shoes. If subject refuse to remove trousers or skirt, at least make them empty their pockets and record the fact in the data collection form.
2. The participant stands in the centre of the platform, weight distributed evenly to both feet. Standing off-centre may affect measurement.
3. The weights are moved until the beam balances (the arrows are aligned).
4. The weight is recorded on the last page of the questionnaire to the resolution of the scale (the nearest 0.1 kg).

Exceptions

If the participant is heavily overweight, i.e. weights more than the upper limit of the scale, this fact should be noted in the data collection form, together with the upper limit of the scale.

Self-reported data is not acceptable, even if the participant is immobile or refuses to have his/her weight measured.

6. Waist and hip circumference measurement

Equipment needed:

- Measuring tape

Calibration of equipment:

The measuring tape needs to be changed regularly as the plastic tape stretches easily in frequent use. The length of the measuring tape is checked with the metallic ruler at least after every two weeks. If the tape is stretched it should be replaced.

Waist measurement procedure:

Waist circumference should be measured at a level midway between the lower rib margin and iliac crest with the tape all around the body in horizontal position.

1. The participant is asked to remove their clothes, except for light underwear. If this is not possible, for example due to cultural reasons, the alternative is to measure the circumference on the subject without heavy outer garments (jacket, coat, trousers, skirts, etc.) and record this fact in the data collection form. Tight clothing, including the belt, should be loosened and the pockets emptied.
2. The measurer should sit at the side of the participant in order to have a clear view to the readings in the tape.
3. Participants should be standing with their feet fairly close together (about 12-15 cm apart) with their weight equally distributed to each leg. Participants are asked to breathe normally; the reading of the measurement should be taken at the end of gentle exhaling. This will prevent subject from contracting their abdominal muscles or from holding their breath.
4. The measuring tape is held firmly, ensuring its horizontal position. The tape should be loose enough to allow the observer to place one finger between the tape and the subject's body.
5. Measurements are recorded to the nearest half centimetre.

Exceptions

If the participant is heavily overweight, i.e. waist circumference exceeds the length of the tape, this fact should be noted in the data collection form, together with the maximum length of the tape.

Self-reported data is not acceptable, even if the participant is immobile or refuses to have his/her waist measured.

Hip measurement procedure:

Hip circumference should be measured as the maximal circumference over the buttocks.

1. The participant is asked to remove their clothes, except for light underwear. If this is not possible, for example due to cultural reasons, the alternative is to measure the circumference on the subject without heavy outer garments (jacket, coat, trousers, skirts, etc.) and record this fact in the data collection form. Tight clothing, including the belt, should be loosened and the pockets emptied.

2. The measurer should sit at the side of the participant in order to have a clear view to the readings in the tape.
3. Participants should be standing with their feet fairly close together (about 12-15 cm apart) with their weight equally distributed to each leg. Participants are asked to breathe normally.
4. The measuring tape is held firmly, ensuring its horizontal position. The tape should be loose enough to allow the observer to place one finger between the tape and the subject's body.
5. Measurements are recorded to the nearest half centimetre.

Exceptions

If the participant is heavily overweight, i.e. hip circumference exceeds the length of the tape; this fact should be noted in the data collection form, together with the maximum length of the tape.

Self-reported data is not acceptable, even if the participant is immobile or refuses to have his/her waist measured.

Part B – Protocol for field laboratory (Nurse 2)

1. Safety issues

- Eating is not permitted in field laboratory
- Nurses working in the field laboratory should use laboratory overalls
- Tables should be kept clean and wiped regularly each day with a sterilizing agent. If any blood is spattered in the laboratory the stain should be wiped with spirit.
- Plastic gloves should be used both in blood sampling and handling. If personnel drawing blood samples are not used to using gloves they should wash their hands between all the subjects.
- The needle is released from the adapter directly into the needle disposal box. Needles should never be re-sheathed after use. The disposal boxes should not be allowed to become overfull as this increases potential hazard.

2. Needle stick injuries

In the event of a needle stick injury, seek immediate advice from the local health personnel responsible for advising in situations with risk of communicable diseases. The ´first aid´ instructions in the event of a needle stick injury are:

1. Do not panic. Make sure that injury does not happen again.
2. Clean the possible infected area:
    a. Rinse with substantial amount of water
    b. Do not squeeze wounded area
    c. If you have blood on eczema or on puncture wound, place a patch with alcohol (at least 70%) over it for two minutes
3. Contact the local health personnel responsible for infectious diseases to get further instructions.

Special situations

If the subject loses consciousness or feels dizzy during the blood sampling, it should be discontinued. The subject should be asked to place his/her head between their knees. He/she should subsequently be asked to lie down.

If the participant has an illness or other condition that prevents the sampling following the protocol, the sample should be drawn following participants instructions concerning the procedure (arm, position) and amount of samples drawn. Any exceptions should be recorded to the questionnaire.

If the participant is pregnant, the principle is that the all samples are drawn normally. However, it is good to ask the participant whether she is anaemic. If her serum haemoglobin is less than 110, only two first samples are drawn. If her serum haemoglobin is less than 100, the samples are drawn only if the participant wishes this to be done. Any exceptions from normal protocol need to be recorded to the protocol.

If there are any problems in the blood flow during the blood taking (e.g. collapsing vein), the procedure should be discontinued and an attempt should be made on the other arm. If that also fails, no further attempts should be made. The result of blood collection should be recorded in the last page of the questionnaire (question 9).

3. Preparation of patients before the sample collection

Fasting

As fasting glucose and triglycerides are to be measured, the samples will be collected after a fasting period. The participants are invited to attend the survey after fasting at least 12 hours. However, for fasting glucose measurement, fasting of four hours is sufficient and for triglycerides 10 hours fasting is sufficient. Fasting for too long can cause changes in energy metabolism with implications for blood triglycerides, therefore the fasting should not be longer than 14 hours.

Every participant needs to be asked the length of time that they fasted. This is to be recorded in the last page of the survey questionnaire (question 7).

Previous infections

Participants are also asked about probable severe infections during the last week, as these may affect the CRP analyses. If the participant has had any infection with fever or infection that needed treatment with antibiotics, it needs to be recorded in the last page of the questionnaire (question 8). Mild flu (without fever) and equivalent needs not to be recorded.

Position of the subject and the arm used for blood collection

The position of the subject and any procedures carried out with participant before blood collection can influence the equilibration of the concentrations of blood components and thus can have affect on different laboratory measures i.e. cholesterol values.

The samples should be drawn in a sitting position. The participant should remain in sitting position for 15 minutes prior to blood collection. If the sampling needs to be done with the participant lying down, the fact should be recorded to the questionnaire.

It is recommended that the blood should not be collected from the arm that is used for blood pressure measurement i.e. should be collected from the left arm. If the blood needs to be collected from the right arm the reason should be recorded to the questionnaire.

4. Equipment and consumables

All consumables needed in the laboratory are listed to the laboratory consumables table. At the beginning of the survey, each team is to check that they have all the consumables and equipment needed. The consumables and equipment should be stored in a place, which is not cold or humid. The store should be checked regularly to determine if they have a suitably supply to ensure that they do not soon run out. More consumables are ordered through project management centre (Greater Health, Warrnambool office).

Sampling equipment

- Vacuum tubes 3/person (1 gel serum tube, 1 EDTA tube, 1 lithium heparin tube)
- Needles
- Adapter
- Needle disposal box
- Tourniquet
- Disinfection swabs
- Adhesive dressing
- Micro pore tape
- Pillow
- Pillow case
- Blueys

Equipment needed in blood handling

- 5 ml transfer tubes 1/person
- 1.5 ml transfer tubes 8/person
- Pasteur pipettes

Other equipment

- Racks
- Boxes for transferring samples
- Timers
- Cold packages
- Ice boxes
- Freezer

5. Stickers

Every participant is given a set of stickers (2 x 20) by the administrative assistant. The running number in the sticker sets is not pre-linked with the participants, so any set of stickers can be taken from the pile. The sticker set has two identical parts. The upper part is to be used for the questionnaires and tubes during the survey day and the lower part needs to be saved for future use when storing and transferring the samples.

The first sticker (Q1) is fastened to the survey questionnaire. The second sticker (Q2) will be fastened to the daily timetables. The rest of the stickers are for laboratory use.

Laboratory stickers in the sticker sheet follow the order of tubes presented in the chart describing the dividing of samples (see chart 1). The stickers from the upper part are to be fastened to sampling and transferring tubes following the chart. Stickers need to be fastened to the tubes vertically, so that the barcode can be read.

The stickers from the lower part are used for the log sheets when transferring the samples to Flinders Medical Centre. The log sheets have a 10 x 10 table, each cell indicating one location in the sample storage boxes. A sticker corresponding to each sample needs to be fastened to a cell in a log sheet representing a place in the box.

6. Blood samples

Three samples will be drawn from each participant. Blood samples will be drawn in the following order:

1. Tube A (10 ml gel serum tube)
2. Tube B (10 ml lithium heparin tube)
3. Tube C (10 ml EDTA plasma tube)

7. Sampling

All tubes needed for each patient will be advanced placed in the racks following the instructions in chart 1. To avoid confusion only tubes for one participant should be set to each rack. Tubes **should not** be labelled before sampling as the vacuum in the tube might be damaged.

Sampling procedure:

- Blood samples are taken from the vein in antecubital fossa
- During the sampling the arm should rest on a pillow and any clothes constricting the arm should be removed
- The phlebotomist sets the tourniquet around the upper arm of the subject
- The proper vein is searched by inspecting and palpating
- The injection site is sterilized
- The vein can be anchored by placing the thumb about two centimetres below the vein and pulling gently to make the skin taut. However, the vein should not be stretched.
- The needle, bevelled upwards, should be pushed smoothly and quickly in to the vein, to minimize the possibility of haemolysis as a result of vascular damage
- Immediately after the insertion, the tourniquet should be released to minimize the effect of haemoconcentration
- The first tube is placed to the adapter
- After the first tube has filled up, the phlebotomist changes the next tube to the adapter
- While the second tube is filling up the phlebotomist inverts the first tube 8 times towards the stopper
- Each three sampling tubes need to be inverted 8 times towards the stopper while the next tube is filling up

- After all the samples are taken, the needle is pulled off and an adhesive dressing is placed on the insertion site
- Needle should immediately be disposed into the sharps container.
- After sampling the question 9 at the last page of the questionnaire needs to be filled in. All exceptions in the procedure need to be recorded as well.
- Before the subject leaves the field laboratory, all the tubes should be labelled. That can be done while the participant is pressing firmly the insertion site to avoid the formation of haematoma

8. Handling of samples

After the blood is drawn the following steps needs to be taken for each sample:

Tube A (S11)

1. Tube is allowed to clot at 20-24 º C for at least 20-30 minutes.
2. Blood is centrifuged at least within one hour after blood collection.
3. Spin blood in centrifuge for 10 minutes at 1600 G.
4. The serum is promptly separated from clot or cells and transferred to clean transfer tubes. Each sample is divided to three equal aliquots: ss21, ss22, ss23 (Chart 1 - for Limestone Coast Risk Factor Study 2004), or two equal aliquots: ss21 and ss22 (Chart 3 - for Corangamite Risk Factor Project 2005) to smaller transfer tubes. Please refer to charts in Part C for the difference between LCRFS and CORFS.

Tube B (F12)

1. **The tube will be inverted 8 times toward the stopper immediately after draw** (while the next tube is filling up).
2. Blood is centrifuged at least within 30 minutes after blood collection.
3. Spin blood in centrifuge for 10 minutes at 1600 G.
4. The plasma is promptly separated from clot or cells and transferred to three clean transfer tubes. Each sample is divided to one 1.5 ml aliquot (fp24) to a 5 ml transfer tube and two 1.0 ml aliquots (f25, f26) to smaller transfer tubes.

Tube C (P13)

1. **The tube will be inverted 8 times toward the stopper immediately after draw**.
2. Tube is opened and one 0.5 ml aliquots of whole blood is diverted into tubes b20 which goes for Hb1Ac analysis.
3. Tube is closed with a stopper.
4. Blood is centrifuged as soon as possible after blood collection.
5. Spin blood in centrifuge for 10 minutes at 1600 G.
6. The plasma is promptly separated from clot or cells and transferred to clean transfer tubes. Each sample is divided to three 1.0 ml aliquots: p27, P28, P29 (Chart 1 - for Limestone Coast Risk Factor Study 2004), or two 1.0 ml aliquots: p27, p28 (Chart 3 - for Corangamite Risk Factor Project 2005) to small transfer tubes.

<u>Clotting time</u>

Serum and plasma samples needs to have at least 20 minutes time to clot before spinning. The **temperature should be at least 20°C**, because gel viscosity changes in colder temperature. Plasma samples do not need clotting time. Sodium fluoride tube

should be centrifuged as soon as possible after sampling and the separated plasma should be transferred to transfer tubes and frozen/cooled immediately. However, all the samples are centrifuges after 20 minutes from sampling, as it is more practical and minimizes the risk to mix-up the samples. It is important that the time before spinning ***does not exceed 30 minutes*** as the values of fasting glucose are easily affected.

Procedure after sampling:

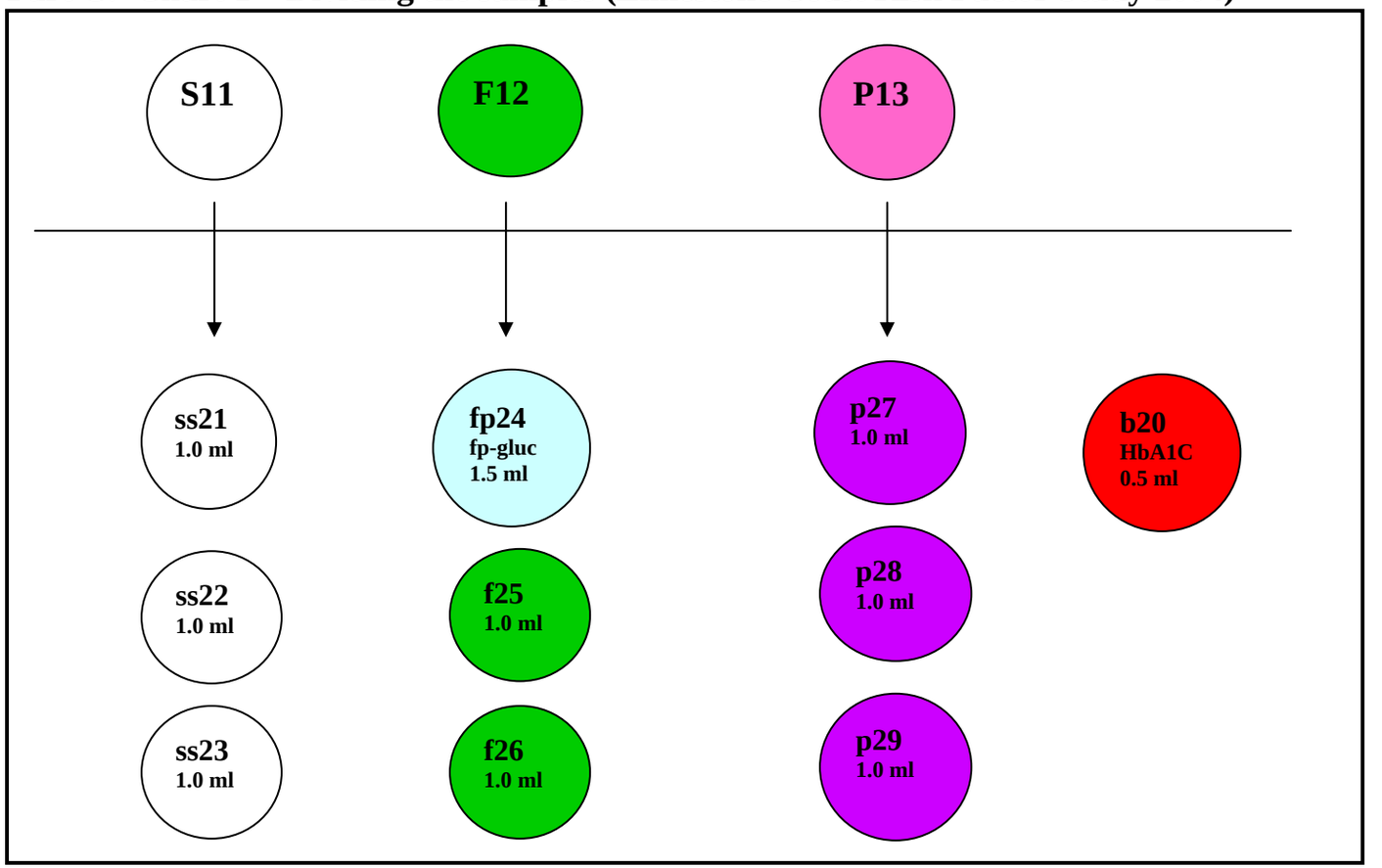
- Timer is set on to alarm after 20 minutes
- The tube C (P13) is opened and two 0.5 ml aliquots of blood are diverted to tube b20.
- Tube b20 is placed to storage box 1 and frozen/cooled immediately
- Tube C (P13) is closed with stopper and all the samples are allowed to stand for 20 minutes
- After the timer alarms the samples are put into the centrifuge.
- All the samples are spun in centrifuge at 1600G, which means 3200 rpm with Hettich Rotofix 32 centrifuge. Spinning time is set to 11 minutes (has 10 minutes effective spinning time). After spinning time the centrifuge need some time for braking, so the time needed for spinning of a set of samples is altogether about 12 minutes.
- After spinning the serum tubes should be inspected carefully to check that the gel surface is straight, the layers are properly separated, there are no red cells above the gel surface, there are no fibrin filaments in the sample and the sample is not coagulated after the centrifugation.
- The serum/plasma from each tube should be promptly separated from clot or cells and diverted to transfer tube following chart 2 (for Limestone Coast Risk Factor Study 2004) or chart 4 (for Corangamite Risk Factor Project 2005). A separate pipette is used for each blood sample.
- All the transfer tubes are placed to sample transfer boxes following chart 2 (LCRFS 2004) or Chart 4 (CORFS 2005).
- Samples fp24, f25 and f26 needs to be cooled/frozen immediately. The storage boxes of these samples are kept in freezer or car freezer if testing is conducted outside the major town centre and placed in the freezer on arrival in the town centre. Must check freezer in is at least -20°C.
- Also all the other samples are frozen/cooled as soon as possible.

9. Storage and transfer of the samples

All the samples should be frozen/cooled immediately after separation of serum/plasma. The samples are put directly to the freezer. When health checks are conducted away from the major town centre, the team cools the samples in the car freezer or ice boxes with cold packages and puts them into freezer in town after each survey day as soon as possible. Care has to be taken to check the freezers daily that the temperature in freezers is cold enough to keep the samples properly frozen (at least -20°C).

After one storage box is filled, the log sheet needs to be completed using the stickers from lower part of the sticker set. The samples are transported frozen to Flinders Medical Centre approximately every second week according to separate timetable agreed with Rosy Tirimacco / Dr Malcolm Whiting. Samples should be packed properly, so that they do not thaw during the transport.

Part C: Chart 1 – Dividing the samples (Limestone Coast Risk Factor Study 2004)



S	Vacuum gel-serum tube 10 ml
F	Lithium Heparin tube 10 ml
P	EDTA-plasma tube 10 ml
b	transfer tube for whole blood aliquot for HbA1c analyses 0.5 ml
ss	transfer tubes for serum storage aliquots 1.0 ml each
fp	transfer tube (5 ml tube) for 1.5 ml plasma aliquot for fasting glucose analyses
f	transfer tubes for serum aliquots from lithium heparin plasma samples 1.0 ml each
p	transfer tubes for EDTA-plasma aliquots 1.0 ml each

Chart 2 – Dividing the aliquots to transfer and storage boxes (Limestone Coast Factor Study 2004)

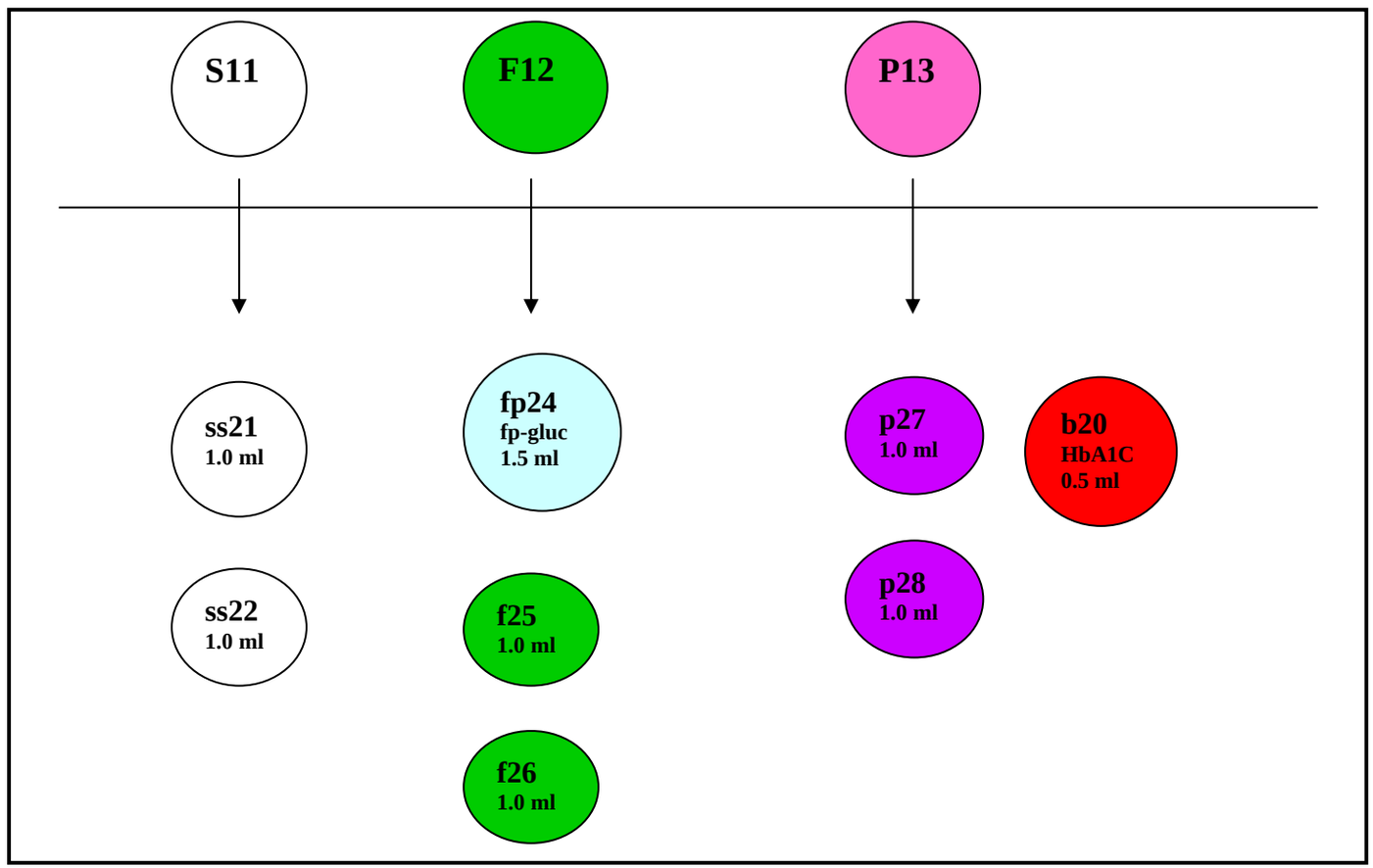
Storage boxes

Box 1		Box 2	
b20	0.5 ml	ss21	1.0 ml
		ss22	1.0 ml
		ss23	1.0 ml
		f25	1.0 ml
		f26	1.0 ml
		p27	1.0 ml
		p28	1.0 ml
		p29	1.0 ml

Transfer boxes

Box 5 (5 ml tubes)	
fp24	1.5 ml

Chart 3 – Dividing the samples (Corangamite Risk Factor Project 2005)



S	Vacuum gel-serum tube 10 ml
F	Lithium Heparin tube 10 ml
P	EDTA-plasma tube 10 ml
b	transfer tube for whole blood aliquot for HbA1c analyses 0.5 ml
ss	transfer tubes for serum storage aliquots 1.0 ml each
fp	transfer tube (5 ml) for 1.5 ml plasma aliquot for fasting glucose analyses
f	transfer tubes for serum aliquots from lithium heparin plasma samples 1.0 ml each
p	transfer tubes for EDTA-plasma aliquots 1.0 ml each

Chart 4 – Dividing the aliquots to transfer and storage boxes (Corangamite Risk Factor Project 2005)

Storage boxes

Box 1		Box 2	
b20	0.5 ml	ss21	1.0 ml
		ss22	1.0 ml
		f25	1.0 ml
		f26	1.0 ml
		p27	1.0 ml
		p28	1.0 ml

Transfer boxes

Box 5 (5 ml tubes)	
fp24	1.5 ml

Appendix 4 – Field Work Personnel and Office Staff

Limestone Coast Risk Factor Study

Steering Committee Members:

Professor James Dunbar
Professor Edward Janus
Doctor Tiina Laatikainen
Doctor Phil Tideman
Mrs Rosy Tirimacco

Survey Coordinating Team:

Tiina Laatikainen – Project Coordinator
Rosy Tirimacco – Coordinator for laboratory analyses
Malcolm Whiting – Principal Medical Scientist for laboratory analysis
Lucinda Franklin – Researcher/Project Officer
Richard Sager – Research Fellow
Anna Chapman – Research Assistant
Anna Kao-Philpot – Research Assistant
Craig Walsh – IT Coordinator
Michelle Dalwood – Administration Assistant

Fieldwork team:

Survey Nurses:
Karen Clothier
Kate Docking
Josie Jakab
Karalyn Lamble
Christine Nobes
Christine Ross
Elaine Starling

Administration Assistants:
Kellie Edmonds
Annie Hannah

Corangamite Risk Factor Study

Steering Committee Members:

Doctor Andrew Baird
Professor James Dunbar
Professor Edward Janus
Doctor Tiina Laatikainen
Doctor Phil Tideman
Mrs Rosy Tirimacco

Survey Coordinating Team:

Andrew Baird – Project Coordinator
Rosy Tirimacco – Coordinator for laboratory analyses
Malcolm Whiting – Principal Medical Scientist for laboratory analysis
Anna Chapman – Field work Coordinator
Anna Kao-Philpot – Nurse Coordinator
Sabine Pircher – Administration Assistant
Craig Walsh – IT Coordinator

Field Workers

Survey Nurses:
Trudi Baxter
Robyn Christensen
Jenny Hirth
Jenny Irvine
Amanda Nash
Amanda Quinliven
Beth Royal
Caroline Simmons
Kirsty Wilson

Administration Assistants:
Rachel Marney
Victoria Winsall

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Limestone Coast Risk Factor Study

- Survey nurses and adminstration assistants
- Mount Gambier Hospital
- Penola & District Hospital
- Millicent Hospital
- Kingston Soldiers Memorial Hospital
- Lucindale Community Health Centre Naracoorte Health Service
- Bordertown Memorial Hospital
- Robe Community Health Centre
- Keith & District Hospital

Corangamite Risk Factor Study

- Survey nurses and adminstration assistants
- Beth Royal at Camperdown
- Tracy Mitchell at Cobden Health Services
- Leonie Rentsch at Terang and Morlake Health Service Day Hospital
- Amanda Nash at Timboon Hospital
- Jenny Hirth at SouthWest Healthcare - Lismore

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