

diet

sexual health

smoking

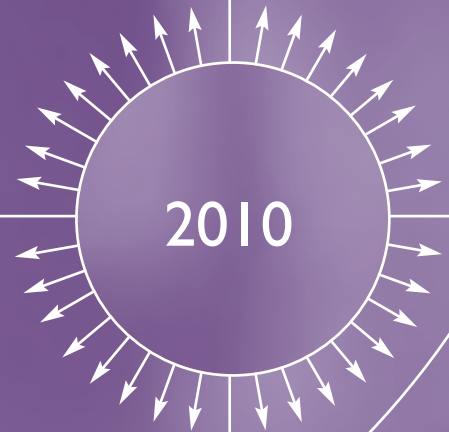
ability to influence

physical activity

weight

**Knowledge, attitudes and motivations to health**

**A module of the Scottish Health Survey**



alcohol

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*Catherine Bromley, Helen Graham, Clare Sharp*

## NOTES TO TABLES

- 1 The following conventions have been used in tables:
  - no observations (zero value)
  - 0 non-zero values of less than 0.5% and thus rounded to zero
  - [ ] normally used to warn of small sample bases, if the unweighted base is less than 50. (If a group's unweighted base is less than 30, data are normally not shown for that group.)
- 2 Because of rounding, row or column percentages may not add exactly to 100%.
- 3 A percentage may be quoted in the text for a single category that aggregates two or more of the percentages shown in a table. The percentage for the single category may, because of rounding, differ by one percentage point from the sum of the percentages in the table.
- 4 Percentage estimates are shown as integers, the confidence intervals around them are shown to one decimal place. Means are shown to one decimal place, as are their confidence intervals.
- 5 'Missing values' occur for several reasons, including refusal or inability to answer a particular question; refusal to co-operate in an entire section of the survey (such as the self-completion questionnaire); and cases where the question is not applicable to the participant. In general, missing values have been omitted from all tables and analyses.
- 6 The population sub-group to whom each table refers is stated at the upper left corner of the table.
- 7 Both weighted and unweighted sample bases are shown at the foot of each table. The weighted numbers reflect the relative size of each group in the population, not numbers of interviews conducted, which are shown by the unweighted bases.
- 8 The term 'significant' refers to statistical significance (at the 95% level) and is not intended to imply substantive importance.

# KNOWLEDGE, ATTITUDES AND MOTIVATIONS TO HEALTH: 2010 UPDATE

## INTRODUCTION

The following summary is based on the latest findings from the Knowledge, Attitudes and Motivations to health (KAM) module within the 2010 Scottish Health Survey (SHeS). It provides estimates for men, women and all adults, of a selection of the key measures included in the study.

The KAM module is the successor to the Health Education Population Survey (HEPS), which ran in two waves annually between 1996 and 2007 (with the exception of three waves which were suspended in 1999-2000) and was intended to monitor progress in the process of achieving change in health behaviours through a health education approach. One significant difference between the two studies is that, whereas HEPS was a standalone survey, the KAM module is embedded within SHeS so can draw on a much wider pool of information about health-related behaviours, experiences and characteristics. This greatly expands the possibilities for analysis and for a robust examination of the links between knowledge, attitudes, motivations and actual behaviour.

The summary focuses on the 2010 results, with any notable differences between the latest figures and those from 2008 and 2009 highlighted (where there are no notable differences, trends are not discussed). Where relevant, it also cites figures from the main 2010 SHeS.<sup>1</sup> In some instances, the summary illustrates points by referring to the more detailed analysis of the 2008 and 2009 KAM module findings published by Health Scotland in December 2010.<sup>2</sup> Full details of the survey's methodology are also provided in the 2008/2009 report.<sup>2</sup> An error was discovered with the 2009 (and 2008/2009) survey weights which has a very minor effect on the published estimates in the 2008/2009 report. Although in the majority of cases the difference is very small (less than one percentage point) it does affect the majority of tables. Revised tables have been produced and can be downloaded in spreadsheet format from: [\[http://www.scotpho.org.uk/home/Publications/scotphoreports/pub\\_KAM\\_0809.asp\]](http://www.scotpho.org.uk/home/Publications/scotphoreports/pub_KAM_0809.asp). Separate revisions spreadsheets have been created for each chapter to make them easier to download. The revised 2009 and 2008/2009 data were deposited with the UK Data Archive in September 2011. The 2010 data will be deposited in January 2012.

A more detailed report based on the results of the KAM module included in the 2008-11 surveys will be published by Health Scotland in Autumn 2012. This will take advantage of the larger sample size available by pooling the data from all years. The sample size for a single year is not large enough to enable detailed analyses to be performed, but this pooled data makes it possible to investigate differences between key sub-groups in the population. For example, it will be able to look at differences between different age groups, and by socio-economic status (household income, socio-economic classification, area deprivation). It will also make use of the behavioural data collected in the main SHeS interview.

The aim of the report will be to understand more about what influences people's motivations, attitudes and knowledge.

## **INFLUENCING HEALTH BEHAVIOURS**

### *Perceptions of health and personal influence*

- In 2010, most adults in Scotland felt they could influence their health a great deal (52%) or quite a lot (40%). Just 7% felt they only had a little influence and just 1% said they had none at all.
- The majority of adults also described themselves as leading either very (15%) or fairly healthy lives (71%). In contrast, 12% felt their lives were fairly unhealthy, and just 1% thought they were very unhealthy.
- Men (16%) were slightly more likely than women (12%) to describe their lives as very or fairly unhealthy.
- 76% of adults said they could do something to make their life healthier while 17% said they already live a healthy life. Only 4% said they did not want to make any changes, and 4% felt it would be too difficult to do so.

**Tables 1-3**

### *Steps to make lives healthier*

- The most common actions mentioned by people who said they could make their lives healthier were: to increase physical activity, eat more healthily and control their weight.
- Women (47%) were more likely than men to mention weight control (36%), or being more active (60% and 55%, respectively).
- Just over a quarter of all adults who said they could make their lives healthier (27%) said that they could cut down or stop smoking. Lower proportions (16% of women and 22% of men) said that they could cut down or stop drinking to make their lives healthier.

**Table 4**

## **ALCOHOL**

### *Perceived consumption levels*

- The vast majority of adults described their own alcohol consumption in moderate terms: 41% said they were a 'very light or occasional drinker', 21% said they were a 'light but regular' drinker, and 19% said they were a 'moderate drinker'. Only 3% described themselves as 'quite a heavy drinker' and less than 1% as a 'very heavy drinker'.
- The 2010 SHeS results<sup>3</sup> found that 49% of men and 38% of women drank outwith either the weekly or daily recommended alcohol limits for their sex.<sup>4</sup> These figures clearly exceed the proportions who feel they are light drinkers. The 2008/2009 KAM report<sup>2</sup> illustrated the discrepancy between people's perceived and actual alcohol consumption: of those who drank outwith the limits, 19% described themselves as a 'very light or occasional drinker' and 32% said they were a 'light but regular drinker'.

**Table 5**



### *Knowledge of daily alcohol consumption recommendations*

- Men are advised to not regularly drink more than 3-4 units a day and women are advised to not consume more than 2-3.
- Most adults were aware that alcohol is measured in units and that daily recommended limits exist (92% of men and 90% of women were aware of these concepts).
- However, it was much less common for people to know what the recommended daily limits actually are. 16% of men and 22% of women said they did not know the recommended daily limit for their own sex. Only 15% of men and 13% of women identified this correctly, with most answering incorrectly (61% of men and 55% of women).
- 14% of men and 17% of women correctly identified the recommended daily limit for the opposite sex.
- Underestimation was much more likely than overestimation – 47% of men underestimated the daily units for men while 15% overestimated them. The equivalent figures for women's limits showed an even bigger gulf: 50% of women underestimated these versus 5% who overestimated them.

**Tables 6-7**

### *Knowledge of single session alcohol consumption recommendations*

- Advice also exists about the maximum number of units that should be consumed within a single drinking session (men should not exceed 8 units, women 6).
- In contrast to the high level of awareness that daily consumption recommendations exist, 42% had never heard of the advice for single sessions. Just 3% of adults knew the recommended limits for single session drinking.
- 30% of men and 27% of women underestimated the session limits for men.
- 31% of men and 28% of women underestimated the session limits for women.

**Tables 8-9**

### *Knowledge of advice to have alcohol-free days*

- There was even less awareness of the advice that adults should have 2 alcohol-free days per week: 64% had not heard this.
- Men were more likely than women to have not heard this advice – 69% of men compared with 59% of women.

**Table 10**

### *Motivation to reduce alcohol consumption*

- 31% of adults drank outside the recommended limits but had not stopped or reduced their alcohol consumption in the previous 12 months and did not intend to do so in the next 6 months.
- 3% of adults had attempted to reduce their alcohol consumption but failed to maintain this, while 6% had tried and succeeded.
- 57% had no intention to change but already drank within the recommended limits.

**Table 11**

## SMOKING

### *Motivation to reduce or stop smoking*

- Current and ex-smokers were asked about their intentions to quit smoking or any attempts they had made to quit. 14% were current smokers with no intention of cutting down or stopping, a slight increase on 2009 (11%).
- 10% had successfully maintained a reduction in their smoking or had successfully quit in the past 12 months, while 17% had tried to do so but failed. 48% had been ex-smokers for more than a year.

**Table 12**

### *Smoking in the presence of adult non-smokers*

- Most smokers said they would make changes to their smoking behaviour if they were in the presence of a non-smoking adult: 69% would leave the room to smoke, and 15% would stay in the room and not smoke.
- Only 7% would make no changes to their smoking behaviour, although a further 7% would reduce the number of cigarettes they smoked in the presence of a non-smoking adult rather than refrain completely.
- Men were more likely than women to say they would smoke the same number of cigarettes as usual (9% versus 5%).

**Table 13**

### *Smoking in the presence of children*

- Smokers were even more likely to say that they would alter their behaviour if a child was present. Only 2% of smokers would continue to smoke as usual, and 3% said they would smoke fewer cigarettes than usual. 71% would leave the room to smoke while 24% said they would not smoke at all.

**Tables 14**

## DIET

### *Perceptions of diet*

- Most people in Scotland believe that the kind of food they eat is either very (15%) or fairly (73%) healthy. Only 11% think their diet is unhealthy.

**Table 15**

### *Knowledge of the '5-a-day' fruit and vegetable advice*

- Nearly nine out of ten (87%) people were aware of the advice to eat five portions of fruit and vegetables a day. Just 5% said they did not know the recommendation.
- Those who were mistaken about the advice were more likely to underestimate the recommended number of portions (6%) than overestimate it (2%).
- Despite this level of awareness, the 2010 SHeS results<sup>5</sup> showed that only 22% of adults ate the recommended number of portions of fruit and vegetables on the previous day, and that the proportion meeting the recommendations has remained fairly constant since 2003.
- The 2008/2009 KAM report<sup>2</sup> showed that knowledge of the recommendation was lower among people who had eaten no portions than

among those who met the recommendation. However, the vast majority (82%) of people who ate no fruit and vegetables knew the recommendation to eat at least 5 portions a day.

**Table 16**

*Motivations to eat more healthily*

- 41% of adults in 2010 did not want to eat more healthily, an increase from 34% in both 2008 and 2009.
- There was a corresponding decline between 2008 and 2010 in the proportion of people who had made a sustained improvement to their diet in the past 12 months, from 28% to 22%. These changes are hard to interpret after just one year; the 2011 results will help to illustrate whether or not they represent the start of a trend.
- 13% had attempted to make a change in the previous 12 months but had not maintained it, while 13% met the 5-a-day recommendations without having made changes to their diet in the past year. These figures were broadly similar in all years.

**Table 17**

**PHYSICAL ACTIVITY**

*Perceptions of activity levels*

- In 2010, 52% of adults felt they did enough activity to stay healthy and 45% said they did not do enough. However, figures from the 2010 SHeS<sup>6</sup> showed that only 39% met the current recommendation of at least 30 minutes of moderate activity on most days of the week.<sup>7</sup>

**Table 18**

*Knowledge of the physical activity recommendations*

- 15% of adults did not know the amount of activity recommended for adults. Nearly half (46%) underestimated the recommended amount.
- Around a quarter (26%) knew the recommendation, a slight improvement on 2008 (22%).

**Table 19**

*Motivations to be more physically active*

- 29% of people had not made any recent changes to their level of physical activity and were not thinking about doing so.
- 22% had maintained an increase in their physical activity levels in the last 12 months. 15% had attempted to increase their activity but had not maintained it.
- While knowledge of the physical activity recommendations has increased slightly since 2008, motivations were broadly similar in all years.

**Table 20**

## **WEIGHT**

### *Perceptions of weight*

- In 2010, four in ten people (39%) thought their weight was about right. Nearly half (47%) thought they were overweight and 8% considered themselves to be very overweight.
- The 2010 SHeS<sup>8</sup> found that a quarter of adults (28%) were obese, and 65% were either overweight or obese. People's perceptions of their weight do not, therefore, wholly correspond with their body mass index. The 2008/2009 KAM report found that 37% of overweight people described their weight as about right while only one in four obese people said they were very overweight.<sup>2</sup>

**Table 21**

### *Parents' assessment of their children's weight*

- The majority of parents (83%) thought that their children's weight was 'about right'. Parents were more likely to think their child was underweight (11%) than overweight (5%) or very overweight (1%). The 2010 SHeS showed that, in total, 33% of children had an unhealthy weight (either under or overweight/obese), and that 14% of children were obese.<sup>8</sup> Parental perceptions do not, therefore, always match reality.

**Table 22**

### *Motivations to control weight*

- 27% of people who were underweight, overweight or obese had not taken any recent steps to control their weight and were not thinking about doing so. This figure has fluctuated over the three survey years with no consistent pattern.
- 16% of adults had taken some action to control weight and had maintained it, and a further 16% had tried to do this but not maintained it. These figures have been broadly stable in each year.

**Table 23**

## **SEXUAL HEALTH**

### *Information needs*

- 64% of adults felt they knew enough about where a woman should go if she needed an abortion, 86% knew enough about how to use a condom and 84% knew enough about safer sex to protect against sexually transmitted infections (STIs).
- Most of the remainder did not want any additional information. Only 6% wanted additional information about where to access an abortion, 4% on safer sex and 1% on how to use a condom.
- Demand for additional information is highest in the youngest age group (16-34 years).
- Men are more likely than women to report sufficient knowledge of safe sex and condom use, while women are more likely to say that they do not wish to know more; there is little difference by sex in demand for additional information.

**Tables 24-26**

*Awareness of where to access the morning after pill*

- Participants were presented with a list of six places where emergency contraception could be obtained (GPs, pharmacies, Accident and Emergency departments, sexual health clinics, family planning clinics, and young people's drop-in centres). Only 6% did not know that any of these places provide emergency contraception. 21% said all these places would provide it.
- 78% knew that GPs can provide this, and just under two-thirds were aware that pharmacies (65%) and family planning clinics (64%) can. Fewer were aware that it can be obtained in sexual health clinics (56%), young people's drop-in centres (35%) or Accident and Emergency departments (27%).
- Women mentioned more places on average than men (3.7 and 3.2, respectively). The biggest gap between men and women was among those aged 16-34 years: young women mentioned 4.1 places compared with 3.2 for young men.

**Table 27**

*Attitudes to condom use*

- 94% of those who felt that the question applied to them would ask a new sexual partner to use a condom, and 84% would stop intercourse if they did not have one. Men were less likely than women to say that they would stop (78% and 91%, respectively).
- 96% of those who felt that the question applied to them said that it is necessary to use a condom with a new partner to prevent STIs, even if using other contraceptive methods.
- 72% would insist on getting tested for STIs before stopping using condoms with a partner. Older age groups were more likely to agree with this statement.

**Tables 28-29**

*Use of long acting reversible contraception*

- 17% of sexually active women aged 16-55 were using a long acting reversible method of contraception.
- Women in the two youngest age groups (16-34) were the most likely to use these methods.

**Table 30**

## References and notes

- <sup>1</sup> Bromley, C and Given, L. *The Scottish Health Survey 2010 – Volume 1: Main Report*. Edinburgh, Scottish Government, 2011. <<http://www.scotland.gov.uk/Publications/2011/09/27084018/0>>
- <sup>2</sup> Bromley, C. et al. *Knowledge, attitudes and motivations to health – a module of the Scottish Health Survey*. NHS Health Scotland, 2010.  
<[www.scotpho.org.uk/home/Publications/scotphoreports/pub\\_KAM\\_0809.asp](http://www.scotpho.org.uk/home/Publications/scotphoreports/pub_KAM_0809.asp)>  
As noted in the introduction to this summary, an error was discovered in the 2009 weighting variable which affected the 2009 and 2008/2009 figures presented in the 2008/2009 KAM report. Although the impact on the estimates was minor, a new set of tables has been published. Any 2008/2009 figures referred to in this summary are based on the revised figures, not the original published estimates. The revised 2008/2009 data was deposited with the UK Data Archive in September 2011.
- <sup>3</sup> Sharp, C. Chapter 3: Alcohol consumption. In Bromley, C and Given, L. *The Scottish Health Survey 2010 – Volume 1: Main Report*. Edinburgh, Scottish Government, 2011.  
<[www.scotland.gov.uk/Publications/2011/09/27084018/21](http://www.scotland.gov.uk/Publications/2011/09/27084018/21)>
- <sup>4</sup> Drinking outwith the recommended limits was defined as: weekly consumption of more than 21 units and/or consumption of more than 4 units on the heaviest drinking day in the previous week (men); more than 14 units per week and/or more than 3 units on the heaviest drinking day (women).
- <sup>5</sup> Gray, L. and Leyland, A. Chapter 5: Fruit and vegetable consumption. In Bromley, C and Given, L. *The Scottish Health Survey 2010 – Volume 1: Main Report*. Edinburgh, Scottish Government, 2011. <[www.scotland.gov.uk/Publications/2011/09/27084018/39](http://www.scotland.gov.uk/Publications/2011/09/27084018/39)>
- <sup>6</sup> Marryat, L. Chapter 6: Physical activity. In Bromley, C and Given, L. *The Scottish Health Survey 2010 – Volume 1: Main Report*. Edinburgh, Scottish Government, 2011.  
<[www.scotland.gov.uk/Publications/2011/09/27084018/45](http://www.scotland.gov.uk/Publications/2011/09/27084018/45)>
- <sup>7</sup> In July 2011 the Chief Medical Officers for Scotland, England, Wales and Northern Ireland jointly published new recommendations for physical activity in the UK. The questions in the survey (conducted in 2010) were designed to assess knowledge of the main recommendation for adults in existence at that time (at least 30 minutes of moderate activity on most days of the week). Details of the new recommendations can be found here: *Start Active, Stay Active – A report on physical activity for health from the four home countries' Chief Medical Officers*. (web only). UK Department of Health, July 2011.  
<[www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_128209](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_128209)>
- <sup>8</sup> Gray, L. and Leyland, A. Chapter 7: Adult and child obesity. In Bromley, C and Given, L. *The Scottish Health Survey 2010 – Volume 1: Main Report*. Edinburgh, Scottish Government, 2011.  
<[www.scotland.gov.uk/Publications/2011/09/27084018/51](http://www.scotland.gov.uk/Publications/2011/09/27084018/51)>

## 2010 KAM REPORT TABLES

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## INFLUENCING HEALTH BEHAVIOURS

**Table 1 Perceived ability to influence own health by sex**

<i>Aged 16 and over</i>	<i>2008, 2009, 2010</i>		
<b>Perceived ability to influence own health</b>	Total 2008	Total 2009	Total 2010
	%	%	%
<b>Men</b>			
A great deal	55	49	54
95% C.I.	(50.1-59.3)	(44.2-53.6)	(49.7-58.8)
Quite a lot	37	43	37
95% C.I.	(33.0-42.0)	(38.6-47.6)	(33.2-41.6)
A little	7	6	8
95% C.I.	(5.2-9.6)	(4.6-8.6)	(6.0-10.0)
None at all	1	2	1
95% C.I.	(0.4-1.6)	(1.0-3.0)	(0.3-1.2)
<b>Women</b>			
A great deal	54	54	51
95% C.I.	(50.6-58.1)	(50.7-57.8)	(46.9-54.0)
Quite a lot	38	40	42
95% C.I.	(34.4-41.3)	(36.1-43.2)	(38.8-46.0)
A little	7	6	6
95% C.I.	(5.1-8.8)	(4.4-7.3)	(4.7-7.7)
None at all	1	1	1
95% C.I.	(0.7-2.0)	(0.2-1.0)	(0.6-2.1)
<b>All adults</b>			
A great deal	55	52	52
95% C.I.	(51.6-57.5)	(48.7-54.6)	(49.5-55.1)
Quite a lot	38	41	40
95% C.I.	(34.8-40.5)	(38.4-44.1)	(37.3-42.7)
A little	7	6	7
95% C.I.	(5.6-8.4)	(4.9-7.3)	(5.7-8.2)
None at all	1	1	1
95% C.I.	(0.7-1.5)	(0.7-1.7)	(0.5-1.4)
<i>Bases (weighted):</i>			
<i>Men</i>	882	967	1087
<i>Women</i>	961	1053	1185
<i>All adults</i>	1843	2020	2272
<i>Bases (unweighted):</i>			
<i>Men</i>	795	865	923
<i>Women</i>	1047	1152	1345
<i>All adults</i>	1842	2017	2268



**Table 2 Assessment of lifestyle by sex***Aged 16 and over**2008, 2009, 2010*

<b>Assessment of lifestyle</b>	Total 2008	Total 2009	Total 2010
	%	%	%
<b>Men</b>			
Very healthy	15	12	15
95% C.I.	(11.7-17.9)	(9.4-14.7)	(12.4-19.1)
Fairly healthy	73	69	69
95% C.I.	(68.5-76.5)	(64.9-73.1)	(64.5-72.6)
Fairly unhealthy	12	17	15
95% C.I.	(8.9-14.8)	(13.9-21.2)	(11.7-18.4)
Very unhealthy	1	2	1
95% C.I.	(0.6-2.5)	(0.9-3.6)	(0.6-2.1)
<b>Women</b>			
Very healthy	14	14	15
95% C.I.	(11.9-16.7)	(11.7-16.5)	(12.9-17.3)
Fairly healthy	72	75	74
95% C.I.	(68.7-75.0)	(72.2-78.4)	(70.7-76.2)
Fairly unhealthy	13	10	10
95% C.I.	(10.3-15.4)	(7.5-12.2)	(8.2-12.1)
Very unhealthy	1	1	2
95% C.I.	(0.8-1.7)	(0.5-2.0)	(0.9-2.6)
<b>All adults</b>			
Very healthy	14	13	15
95% C.I.	(12.4-16.5)	(11.2-14.9)	(13.3-17.3)
Fairly healthy	72	72	71
95% C.I.	(69.7-74.8)	(70.0-74.8)	(68.8-73.5)
Fairly unhealthy	12	13	12
95% C.I.	(10.3-14.1)	(11.3-15.5)	(10.5-14.3)
Very unhealthy	1	1	1
95% C.I.	(0.9-2.0)	(0.8-2.3)	(0.9-2.0)
<i>Bases (weighted):</i>			
<i>Men</i>	882	967	1090
<i>Women</i>	963	1055	1188
<i>All adults</i>	1845	2022	2278
<i>Bases (unweighted):</i>			
<i>Men</i>	795	866	926
<i>Women</i>	1050	1155	1351
<i>All adults</i>	1845	2021	2277

**Table 3 Ability to make own life healthier by sex***Aged 16 and over**2008, 2009, 2010*

<b>Ability to make own life healthier</b>	Total 2008	Total 2009	Total 2010
	%	%	%
<b>Men</b>			
Yes	75	81	77
<i>95% C.I.</i>	(71.5-78.9)	(77.3-83.6)	(73.3-80.5)
No, already lead a healthy life	16	13	15
<i>95% C.I.</i>	(13.1-19.4)	(10.9-16.3)	(12.4-18.6)
No, don't want to make changes	5	3	5
<i>95% C.I.</i>	(3.4-6.7)	(2.0-5.0)	(3.3-7.1)
No, too difficult to do anything	4	3	3
<i>95% C.I.</i>	(2.6-5.5)	(1.9-4.2)	(1.9-4.0)
<b>Women</b>			
Yes	76	77	74
<i>95% C.I.</i>	(73.0-78.6)	(74.2-79.9)	(71.6-77.0)
No, already lead a healthy life	15	15	18
<i>95% C.I.</i>	(12.9-17.6)	(12.4-17.1)	(15.4-20.1)
No, don't want to make changes	5	4	3
<i>95% C.I.</i>	(3.7-6.6)	(3.0-5.6)	(2.5-4.8)
No, too difficult to do anything	4	4	5
<i>95% C.I.</i>	(3.1-5.4)	(3.0-5.4)	(3.5-5.9)
<b>All adults</b>			
Yes	76	79	76
<i>95% C.I.</i>	(73.3-77.9)	(76.5-81.0)	(73.3-77.9)
No, already lead a healthy life	16	14	17
<i>95% C.I.</i>	(13.7-17.6)	(12.3-16.0)	(14.5-18.6)
No, don't want to make changes	5	4	4
<i>95% C.I.</i>	(3.9-6.1)	(2.8-4.8)	(3.2-5.3)
No, too difficult to do anything	4	3	4
<i>95% C.I.</i>	(3.1-5.0)	(2.7-4.4)	(2.9-4.6)
<i>Bases (weighted):</i>			
<i>Men</i>	879	965	1089
<i>Women</i>	961	1053	1185
<i>All adults</i>	1840	2018	2274
<i>Bases (unweighted):</i>			
<i>Men</i>	792	864	925
<i>Women</i>	1046	1153	1348
<i>All adults</i>	1838	2017	2273

**Table 4 Things that could be done to make life healthier by sex**

*Aged 16 and over and who think they can make their life healthier* 2008, 2009, 2010

Things that could be done to make life healthier	Total 2008	Total 2009	Total 2010
	%	%	%
<b>Men</b>			
Cut down smoking	8	5	6
95% C.I.	(5.2-11.1)	(3.4-6.8)	(3.8-8.0)
Stop smoking	24	22	22
95% C.I.	(20.4-29.1)	(17.9-26.2)	(18.5-26.3)
Cut down alcohol	25	21	17
95% C.I.	(20.4-29.7)	(17.3-25.4)	(13.5-20.3)
Stop drinking	7	6	5
95% C.I.	(4.3-10.3)	(3.5-9.1)	(3.3-7.2)
Be more active	53	56	55
95% C.I.	(48.5-58.4)	(50.9-61.4)	(49.9-60.1)
Control weight	32	35	36
95% C.I.	(27.8-36.8)	(30.6-40.4)	(31.5-41.5)
Eat more healthily	51	54	45
95% C.I.	(47.9-55.1)	(49.2-59.0)	(39.7-49.6)
Reduce stress	17	17	19
95% C.I.	(42.9-53.1)	(14.0-21.5)	(15.2-23.2)
None of these	1	2	2
95% C.I.	(0.6-2.9)	(0.8-3.1)	(0.9-3.8)
<b>Women</b>			
Cut down smoking	6	6	6
95% C.I.	(4.2-8.3)	(4.0-7.9)	(4.0-7.7)
Stop smoking	20	18	19
95% C.I.	(16.4-23.5)	(15.2-21.7)	(16.2-22.4)
Cut down alcohol	12	12	13
95% C.I.	(9.6-15.9)	(9.2-14.3)	(10.0-15.5)
Stop drinking	4	3	3
95% C.I.	(2.8-6.8)	(1.7-4.2)	(1.7-4.7)
Be more active	63	61	60
95% C.I.	(58.4-66.8)	(57.3-65.3)	(55.9-63.5)
Control weight	45	42	47
95% C.I.	(41.2-49.7)	(37.6-45.4)	(43.5-50.7)
Eat more healthily	45	49	46
95% C.I.	(40.3-49.3)	(45.0-53.7)	(41.5-50.1)
Reduce stress	20	19	20
95% C.I.	(17.0-23.8)	(15.2-22.7)	(16.9-23.2)
None of these	2	1	2
95% C.I.	(1.1-3.7)	(0.8-2.5)	(1.1-3.1)

*Continued...*

**Table 4 - Continued**

*Aged 16 and over and who think they can make their life healthier*                      *2008, 2009, 2010*

<b>Things that could be done to make life healthier</b>	<b>Total 2008</b>	<b>Total 2009</b>	<b>Total 2010</b>
	%	%	%
<b>All adults</b>			
Cut down smoking	7	5	6
<i>95% C.I.</i>	(5.2-8.8)	(4.1-6.7)	(4.3-7.1)
Stop smoking	22	20	21
<i>95% C.I.</i>	(19.4-24.8)	(17.5-22.8)	(18.2-23.2)
Cut down alcohol	18	16	15
<i>95% C.I.</i>	(15.6-21.3)	(13.9-18.7)	(12.4-16.8)
Stop drinking	5	4	4
<i>95% C.I.</i>	(4.0-7.5)	(2.8-6.0)	(2.8-5.3)
Be more active	58	59	57
<i>95% C.I.</i>	(55.1-61.4)	(55.5-62.1)	(54.2-60.6)
Control weight	39	39	42
<i>95% C.I.</i>	(36.0-42.2)	(35.3-41.7)	(38.7-45.0)
Eat more healthily	46	52	45
<i>95% C.I.</i>	(42.9-49.7)	(48.4-55.0)	(41.8-48.6)
Reduce stress	19	18	19
<i>95% C.I.</i>	(16.3-21.2)	(15.5-20.9)	(17.0-22.1)
None of these	2	2	2
<i>95% C.I.</i>	(1.1-2.7)	(1.0-2.3)	(1.2-2.9)
<i>Bases (weighted):</i>			
<i>Men</i>	665	781	840
<i>Women</i>	732	813	883
<i>All adults</i>	1397	1593	1723
<i>Bases (unweighted):</i>			
<i>Men</i>	562	648	685
<i>Women</i>	747	843	948
<i>All adults</i>	1309	1491	1633

## ALCOHOL

**Table 5 Self-assessment of alcohol consumption**

*Aged 16 and over*

*2008, 2009, 2010*

Self-assessment of alcohol consumption	Total 2008	Total 2009	Total 2010
	%	%	%
<b>All adults</b>			
A very light or occasional drinker <i>95% C.I.</i>	37 (34.1-39.6)	39 (36.0-41.2)	41 (38.1-43.8)
A light but regular drinker <i>95% C.I.</i>	21 (19.4-23.5)	22 (19.6-24.2)	21 (18.4-22.8)
A moderate drinker <i>95% C.I.</i>	22 (19.7-24.3)	21 (19.1-23.9)	19 (17.2-21.6)
Quite a heavy drinker <i>95% C.I.</i>	5 (3.9-6.7)	4 (2.7-5.1)	3 (2.3-4.0)
A very heavy drinker <i>95% C.I.</i>	1 (0.3-1.1)	1 (0.3-1.0)	0 (0.2-0.6)
Do not drink alcohol at all <i>95% C.I.</i>	14 (12.3-16.4)	14 (12.1-16.1)	16 (14.0-18.1)
<i>Bases (weighted):</i>	<i>1834</i>	<i>2014</i>	<i>2273</i>
<i>Bases (unweighted):</i>	<i>1835</i>	<i>2009</i>	<i>2270</i>

**Table 6 Knowledge of the maximum number of daily units advised for men by sex**

*Aged 16 and over*

*2008, 2009, 2010*

<b>Knowledge of maximum daily units for men (4 per day)</b>	Total 2008	Total 2009	Total 2010
	%	%	%
<b>Men</b>			
Underestimated daily units	41	45	47
95% C.I.	(36.2-45.1)	(40.3-49.2)	(42.2-50.9)
Knew daily recommended units	22	20	15
95% C.I.	(18.3-25.5)	(16.6-24.2)	(12.1-18.5)
Overestimated daily units	16	15	15
95% C.I.	(12.9-19.8)	(11.8-18.2)	(11.6-18.2)
Didn't know daily units <sup>a</sup>	11	14	16
95% C.I.	(8.3-13.4)	(10.9-17.0)	(13.4-19.4)
Not heard of recommendation	5	3	4
95% C.I.	(3.2-7.4)	(2.2-5.1)	(2.2-6.0)
Not heard of or don't know of units	6	3	4
95% C.I.	(4.4-8.7)	(2.3-4.8)	(2.7-5.9)
<b>Women</b>			
Underestimated daily units	43	40	39
95% C.I.	(39.3-46.5)	(36.7-43.7)	(35.4-42.1)
Knew daily recommended units	12	17	17
95% C.I.	(10.1-15.2)	(14.3-19.8)	(14.5-19.6)
Overestimated daily units	10	13	11
95% C.I.	(8.5-12.8)	(10.5-16.1)	(8.9-13.6)
Didn't know daily units <sup>a</sup>	23	21	24
95% C.I.	(19.9-25.9)	(18.7-24.3)	(20.8-26.5)
Not heard of recommendation	3	2	3
95% C.I.	(2.3-5.1)	(1.3-3.0)	(2.1-3.9)
Not heard of or don't know of units	8	7	7
95% C.I.	(6.4-10.2)	(5.0-8.6)	(5.7-8.6)
<b>All adults</b>			
Underestimated daily units	42	42	42
95% C.I.	(38.9-44.6)	(39.5-45.2)	(39.7-45.2)
Knew daily recommended units	17	18	16
95% C.I.	(14.9-19.1)	(16.2-20.9)	(14.0-18.1)
Overestimated daily units	13	14	13
95% C.I.	(11.2-15.3)	(11.9-16.1)	(10.7-15.1)
Didn't know daily units <sup>a</sup>	17	18	20
95% C.I.	(15.1-19.0)	(15.7-19.9)	(18.0-22.2)
Not heard of recommendation	4	3	3
95% C.I.	(3.1-5.5)	(1.9-3.7)	(2.4-4.4)
Not heard of or don't know of units	7	5	6
95% C.I.	(5.9-8.7)	(4.0-6.3)	(4.6-6.8)
<i>Bases (weighted):</i>			
<i>Men</i>	<i>881</i>	<i>967</i>	<i>1090</i>
<i>Women</i>	<i>964</i>	<i>1055</i>	<i>1188</i>
<i>All adults</i>	<i>1845</i>	<i>2022</i>	<i>2278</i>
<i>Bases (unweighted):</i>			
<i>Men</i>	<i>793</i>	<i>866</i>	<i>926</i>
<i>Women</i>	<i>1051</i>	<i>1155</i>	<i>1352</i>
<i>All adults</i>	<i>1844</i>	<i>2021</i>	<i>2278</i>

<sup>a</sup> This group were aware that advice about daily drinking existed, but did not know how many units were advised.

**Table 7 Knowledge of the maximum number of daily units advised for women by sex**

*Aged 16 and over*

*2008, 2009, 2010*

<b>Knowledge of maximum daily units for women (3 per day)</b>	Total 2008	Total 2009	Total 2010
	%	%	%
<b>Men</b>			
Underestimated daily units	49	53	54
95% C.I.	(44.4-53.3)	(48.2-57.1)	(49.3-57.9)
Knew daily recommended units	18	17	14
95% C.I.	(14.8-21.7)	(13.9-20.7)	(11.1-17.1)
Overestimated daily units	10	8	8
95% C.I.	(7.2-12.9)	(5.8-10.5)	(5.9-11.6)
Didn't know daily units <sup>a</sup>	12	16	17
95% C.I.	(9.9-15.5)	(12.7-19.4)	(13.6-19.7)
Not heard of recommendation	5	3	4
95% C.I.	(3.2-7.4)	(2.2-5.1)	(2.2-6.0)
Not heard of or don't know of units	6	3	4
95% C.I.	(4.4-8.7)	(2.3-4.8)	(2.7-5.9)
<b>Women</b>			
Underestimated daily units	54	54	50
95% C.I.	(50.0-57.4)	(50.1-57.2)	(46.9-53.8)
Knew daily recommended units	9	11	13
95% C.I.	(7.4-12.0)	(8.9-13.0)	(10.7-15.3)
Overestimated daily units	6	8	5
95% C.I.	(4.7-8.5)	(5.9-10.9)	(3.6-7.0)
Didn't know daily units <sup>a</sup>	19	19	22
95% C.I.	(16.4-21.9)	(16.4-21.7)	(19.4-24.7)
Not heard of recommendation	3	2	3
95% C.I.	(2.3-5.1)	(1.2-3.0)	(2.1-3.9)
Not heard of or don't know of units	8	7	7
95% C.I.	(6.4-10.2)	(5.0-8.6)	(5.7-8.6)
<b>All adults</b>			
Underestimated daily units	51	53	52
95% C.I.	(48.4-54.3)	(50.3-56.1)	(49.2-54.7)
Knew daily recommended units	14	14	13
95% C.I.	(11.6-15.7)	(11.9-15.9)	(11.6-15.3)
Overestimated daily units	8	8	7
95% C.I.	(6.4-9.8)	(6.4-9.8)	(4.9-8.8)
Didn't know daily units <sup>a</sup>	16	17	19
95% C.I.	(14.1-17.9)	(15.4-19.6)	(17.3-21.5)
Not heard of recommendation	4	3	3
95% C.I.	(3.1-5.5)	(1.9-3.7)	(2.4-4.4)
Not heard of or don't know of units	7	5	6
95% C.I.	(5.9-8.7)	(4.0-6.3)	(4.6-6.8)
<i>Bases (weighted):</i>			
<i>Men</i>	<i>881</i>	<i>967</i>	<i>1090</i>
<i>Women</i>	<i>964</i>	<i>1055</i>	<i>1188</i>
<i>All adults</i>	<i>1845</i>	<i>2022</i>	<i>2278</i>
<i>Bases (unweighted):</i>			
<i>Men</i>	<i>793</i>	<i>866</i>	<i>926</i>
<i>Women</i>	<i>1051</i>	<i>1155</i>	<i>1352</i>
<i>All adults</i>	<i>1844</i>	<i>2021</i>	<i>2278</i>

<sup>a</sup> This group were aware that advice about daily drinking existed, but did not know how many units were advised.

**Table 8 Knowledge of the maximum number of units advised in a single session for men by sex**

*Aged 16 and over*

*2008, 2009, 2010*

<b>Knowledge of maximum single session units for men (8 per session)</b>	Total 2008	Total 2009	Total 2010
	%	%	%
<b>Men</b>			
Underestimated session units	32	34	30
95% C.I.	(28.3-36.4)	(30.2-38.4)	(26.3-34.9)
Knew session units	5	4	3
95% C.I.	(3.2-7.3)	(2.7-6.5)	(2.0-5.3)
Overestimated session units	6	6	6
95% C.I.	(4.1-7.9)	(4.0-8.1)	(3.7-8.4)
Didn't know session units <sup>a</sup>	16	13	13
95% C.I.	(12.8-19.2)	(10.1-15.8)	(10.6-15.3)
Not heard of or don't know session advice	35	40	44
95% C.I.	(31.1-39.7)	(35.5-44.6)	(39.3-48.6)
Not heard of or don't know of units	6	3	4
95% C.I.	(4.4-8.7)	(2.3-4.8)	(2.7-5.9)
<b>Women</b>			
Underestimated session units	33	29	27
95% C.I.	(29.3-36.4)	(25.7-32.5)	(23.9-29.9)
Knew session units	2	2	3
95% C.I.	(1.1-3.5)	(1.1-3.2)	(1.6-3.8)
Overestimated session units	3	3	3
95% C.I.	(2.1-5.5)	(2.2-4.8)	(2.1-4.4)
Didn't know session units <sup>a</sup>	20	18	20
95% C.I.	(17.3-22.8)	(15.8-21.0)	(17.1-22.3)
Not heard of or don't know session advice	34	41	41
95% C.I.	(30.5-37.5)	(37.4-44.6)	(38.0-44.1)
Not heard of or don't know of units	8	7	7
95% C.I.	(6.4-10.2)	(5.0-8.6)	(5.7-8.6)
<b>All adults</b>			
Underestimated session units	33	31	29
95% C.I.	(29.9-35.3)	(28.8-34.2)	(26.0-31.2)
Knew session units	3	3	3
95% C.I.	(2.4-4.6)	(2.1-4.2)	(2.1-4.0)
Overestimated session units	5	4	4
95% C.I.	(3.4-6.0)	(3.4-5.8)	(3.2-5.7)
Didn't know session units <sup>a</sup>	18	16	16
95% C.I.	(15.8-20.2)	(13.7-17.7)	(14.6-18.3)
Not heard of or don't know session advice	35	40	42
95% C.I.	(31.8-37.5)	(37.4-43.6)	(39.5-45.3)
Not heard of or don't know of units	7	5	6
95% C.I.	(5.9-8.7)	(4.0-6.3)	(4.6-6.8)
<i>Bases (weighted):</i>			
<i>Men</i>	881	967	1090
<i>Women</i>	963	1055	1188
<i>All adults</i>	1844	2022	2278
<i>Bases (unweighted):</i>			
<i>Men</i>	793	866	926
<i>Women</i>	1050	1155	1352
<i>All adults</i>	1843	2021	2278

<sup>a</sup> This group were aware that advice about single sessions existed, but did not know how many units were advised.



**Table 9 Knowledge of the maximum number of units advised in a single session for women by sex**

*Aged 16 and over*

*2008, 2009, 2010*

<b>Knowledge of maximum single session units for women (6 per session)</b>	Total 2008	Total 2009	Total 2010
	%	%	%
<b>Men</b>			
Underestimated session units	34	35	31
95% C.I.	(30.1-38.3)	(30.8-39.0)	(26.8-35.2)
Knew session units	5	4	4
95% C.I.	(3.7-7.9)	(2.6-6.1)	(2.2-5.5)
Overestimated session units	4	5	5
95% C.I.	(2.3-5.4)	(3.1-7.1)	(2.8-7.1)
Didn't know session units <sup>a</sup>	15	13	13
95% C.I.	(12.5-18.9)	(10.6-16.3)	(11.1-15.9)
Not heard of or don't know session advice	35	40	44
95% C.I.	(31.1-39.7)	(35.5-44.6)	(39.3-48.6)
Not heard of or don't know of units	6	3	4
95% C.I.	(4.4-8.7)	(2.3-4.8)	(2.7-5.9)
<b>Women</b>			
Underestimated session units	35	31	28
95% C.I.	(31.8-38.9)	(27.3-34.2)	(24.7-30.8)
Knew session units	3	2	2
95% C.I.	(1.7-4.9)	(1.2-3.0)	(1.4-3.6)
Overestimated session units	1	3	3
95% C.I.	(0.8-2.6)	(2.0-4.4)	(2.1-4.4)
Didn't know session units <sup>a</sup>	18	17	19
95% C.I.	(15.9-21.1)	(14.6-19.6)	(16.6-21.7)
Not heard of or don't know session advice	34	41	41
95% C.I.	(30.5-37.5)	(37.4-44.6)	(38.0-44.1)
Not heard of or don't know of units	8	7	7
95% C.I.	(6.4-10.2)	(5.0-8.6)	(5.7-8.6)
<b>All adults</b>			
Underestimated session units	35	33	29
95% C.I.	(32.0-37.5)	(30.0-35.4)	(26.7-31.8)
Knew session units	4	3	3
95% C.I.	(3.0-5.6)	(2.1-4.0)	(2.0-3.9)
Overestimated session units	2	4	4
95% C.I.	(1.7-3.5)	(2.8-5.1)	(2.7-5.1)
Didn't know session units <sup>a</sup>	17	15	16
95% C.I.	(15.0-19.2)	(13.3-17.2)	(14.5-18.2)
Not heard of or don't know session advice	35	40	42
95% C.I.	(31.8-37.5)	(37.4-43.6)	(39.5-45.3)
Not heard of or don't know of units	7	5	6
95% C.I.	(5.9-8.7)	(4.0-6.3)	(4.6-6.8)
<i>Bases (weighted):</i>			
<i>Men</i>	<i>881</i>	<i>967</i>	<i>1090</i>
<i>Women</i>	<i>963</i>	<i>1055</i>	<i>1188</i>
<i>All adults</i>	<i>1844</i>	<i>2022</i>	<i>2278</i>
<i>Bases (unweighted):</i>			
<i>Men</i>	<i>793</i>	<i>866</i>	<i>926</i>
<i>Women</i>	<i>1050</i>	<i>1155</i>	<i>1352</i>
<i>All adults</i>	<i>1843</i>	<i>2021</i>	<i>2278</i>

<sup>a</sup> This group were aware that advice about single sessions existed, but did not know how many units were advised.

**Table 10 Knowledge of advice on number of alcohol free days per week by sex**

*Aged 16 and over*

*2008, 2009, 2010*

<b>Knowledge of alcohol free days per week advice (2 days)</b>	<b>Total 2008</b>	<b>Total 2009</b>	<b>Total 2010</b>
	%	%	%
<b>Men</b>			
Not heard this advice	64	65	69
95% C.I.	(59.4-67.7)	(60.6-68.8)	(64.9-72.8)
Heard of but don't know the number	2	2	3
95% C.I.	(1.1-2.9)	(1.2-3.2)	(1.6-3.6)
0-1 days	2	1	1
95% C.I.	(0.8-3.5)	(0.3-1.4)	(0.3-1.5)
1-2 days	6	6	4
95% C.I.	(4.7-8.2)	(4.3-8.6)	(2.9-5.6)
2-3 days	12	13	10
95% C.I.	(9.1-14.6)	(10.4-16.2)	(7.7-12.4)
3-4 days	10	7	8
95% C.I.	(7.4-13.1)	(4.8-9.3)	(6.0-10.5)
4-5 days	4	5	5
95% C.I.	(2.6-6.1)	(3.5-7.5)	(3.1-6.7)
5-6 days	1	2	1
95% C.I.	(0.2-3.0)	(0.7-3.2)	(0.5-3.0)
6-7 days	0	0	0
95% C.I.	(0.1-1.7)	(0.0-0.3)	(0.1-0.8)
<b>Women</b>			
Not heard this advice	62	62	59
95% C.I.	(58.1-65.6)	(59.0-65.8)	(55.6-62.4)
Heard of but don't know the number	4	3	3
95% C.I.	(2.7-5.2)	(2.1-4.4)	(2.2-4.6)
0-1 days	1	1	1
95% C.I.	(0.5-1.7)	(0.4-1.7)	(0.3-1.6)
1-2 days	5	6	6
95% C.I.	(3.5-6.8)	(4.1-7.5)	(4.3-7.8)
2-3 days	10	12	15
95% C.I.	(7.8-12.3)	(10.0-14.9)	(12.5-17.8)
3-4 days	12	8	9
95% C.I.	(9.3-14.5)	(6.7-10.4)	(7.4-11.7)
4-5 days	5	6	5
95% C.I.	(3.6-7.1)	(4.3-7.8)	(3.6-6.4)
5-6 days	2	1	2
95% C.I.	(1.0-3.8)	(0.6-2.4)	(1.2-2.6)
6-7 days	0	1	0
95% C.I.	(0.0-0.4)	(0.3-1.4)	(0.0-1.8)

*Continued...*

**Table 10 - Continued**

*Aged 16 and over*

*2008, 2009, 2010*

<b>Knowledge of alcohol free days per week advice (2 days)</b>	Total 2008	Total 2009	Total 2010
	%	%	%
<b>All adults</b>			
Not heard this advice	63	64	64
95% C.I.	(60.0-65.3)	(60.9-66.2)	(61.0-66.5)
Heard of but don't know the number	3	3	3
95% C.I.	(2.2-3.7)	(1.9-3.4)	(2.2-3.7)
0-1 days	1	1	1
95% C.I.	(0.8-2.1)	(0.4-1.3)	(0.4-1.2)
1-2 days	6	6	5
95% C.I.	(4.5-6.8)	(4.6-7.3)	(4.0-6.2)
2-3 days	11	13	13
95% C.I.	(9.1-12.5)	(10.9-14.6)	(10.8-14.4)
3-4 days	11	8	9
95% C.I.	(9.1-12.9)	(6.3-9.1)	(7.3-10.3)
4-5 days	5	5	5
95% C.I.	(3.4-6.0)	(4.3-7.0)	(3.7-5.9)
5-6 days	1	1	2
95% C.I.	(0.8-2.6)	(0.8-2.3)	(1.0-2.3)
6-7 days	0	0	0
95% C.I.	(0.0-0.8)	(0.2-0.7)	(0.1-0.8)
<i>Bases (weighted):</i>			
<i>Men</i>	881	967	1090
<i>Women</i>	964	1055	1188
<i>All adults</i>	1845	2022	2278
<i>Bases (unweighted):</i>			
<i>Men</i>	793	866	926
<i>Women</i>	1051	1155	1352
<i>All adults</i>	1844	2021	2278

**Table 11 Motivation to reduce alcohol consumption**

*Aged 16 and over* *2008, 2009, 2010*

Motivation to reduce alcohol consumption	Total 2008	Total 2009	Total 2010
	%	%	%
<b>All adults</b>			
Pre-contemplation	33	31	31
95% C.I.	(30.0-35.6)	(28.1-33.5)	(28.7-33.6)
Contemplation	2	3	1
95% C.I.	(1.7-3.5)	(2.2-4.3)	(0.9-2.0)
Preparation	3	3	2
95% C.I.	(2.0-4.3)	(1.8-3.4)	(1.5-2.9)
Action	4	4	3
95% C.I.	(3.0-5.3)	(3.2-5.8)	(2.1-3.7)
Maintenance	7	7	6
95% C.I.	(5.5-8.3)	(5.4-8.3)	(4.5-6.8)
Long-term maintenance	51	53	57
95% C.I.	(48.3-54.0)	(49.9-55.5)	(54.5-59.6)
<i>Bases (weighted):</i>	<i>1846</i>	<i>2023</i>	<i>2279</i>
<i>Bases (unweighted):</i>	<i>1846</i>	<i>2023</i>	<i>2279</i>

## SMOKING

**Table 12 Motivation to stop/cut down smoking  
(current and ex-smokers)**

<i>Current smokers aged 16 and over</i>		<i>2008, 2009, 2010</i>		
<b>Motivation to stop/ cut down smoking</b>	Total 2008	Total 2009	Total 2010	
	%	%	%	
<b>All adults</b>				
Pre-contemplation	12	11	14	
95% C.I.	(9.6-14.6)	(8.5-13.3)	(11.8-17.2)	
Contemplation	6	4	3	
95% C.I.	(4.7-8.7)	(3.1-6.2)	(2.1-4.2)	
Preparation	7	9	7	
95% C.I.	(4.9-9.0)	(7.0-11.4)	(5.8-9.4)	
Action	19	18	17	
95% C.I.	(16.2-22.1)	(15.6-21.6)	(14.6-20.2)	
Maintenance	10	8	10	
95% C.I.	(7.7-12.5)	(6.5-10.8)	(8.3-13.0)	
Long-term maintenance	46	49	48	
95% C.I.	(42.8-49.8)	(45.2-53.2)	(44.2-51.2)	
<i>Bases (weighted):</i>	968	1019	1191	
<i>Bases (unweighted):</i>	1053	1099	1277	

**Table 13 Smoking behaviour of self-reported cigarette smokers in room with non-smoking adults by sex**

<i>Current smokers aged 16 and over</i>		<i>2008, 2009, 2010</i>		
<b>Smoking behaviour in room with non-smoking adults</b>	Total 2008	Total 2009	Total 2010	
	%	%	%	
<b>Men</b>				
Smoke the same number of cigarettes as usual	7	8	9	
<i>95% C.I.</i>	(4.2-12.5)	(4.2-13.8)	(5.6-14.4)	
Smoke fewer cigarettes than usual	10	8	6	
<i>95% C.I.</i>	(6.3-15.7)	(4.7-13.7)	(3.3-9.0)	
Stay in the room and don't smoke	14	14	11	
<i>95% C.I.</i>	(9.7-20.0)	(8.7-22.9)	(7.8-16.3)	
Leave the room	65	68	69	
<i>95% C.I.</i>	(56.1-72.2)	(59.3-76.4)	(62.0-76.0)	
Other	4	1	5	
<i>95% C.I.</i>	(1.3-11.6)	(0.3-4.2)	(1.7-11.8)	
<b>Women</b>				
Smoke the same number of cigarettes as usual	5	4	5	
<i>95% C.I.</i>	(3.1-8.6)	(2.4-6.9)	(3.5-8.4)	
Smoke fewer cigarettes than usual	9	12	8	
<i>95% C.I.</i>	(5.9-14.0)	(8.4-18.2)	(5.1-12.0)	
Stay in the room and don't smoke	18	21	18	
<i>95% C.I.</i>	(13.1-24.0)	(15.7-27.8)	(13.6-23.4)	
Leave the room	66	62	68	
<i>95% C.I.</i>	(59.0-72.3)	(54.4-68.2)	(61.4-73.3)	
Other	2	1	1	
<i>95% C.I.</i>	(0.5-5.8)	(0.3-2.3)	(0.3-2.9)	
<b>All adults</b>				
Smoke the same number of cigarettes as usual	6	6	7	
<i>95% C.I.</i>	(4.3-9.0)	(3.9-9.0)	(5.2-10.2)	
Smoke fewer cigarettes than usual	10	10	7	
<i>95% C.I.</i>	(7.0-13.1)	(7.5-14.1)	(4.8-9.2)	
Stay in the room and don't smoke	16	18	15	
<i>95% C.I.</i>	(12.6-20.2)	(13.6-22.8)	(11.6-18.2)	
Leave the room	65	65	69	
<i>95% C.I.</i>	(59.9-70.2)	(59.3-70.3)	(63.7-73.0)	
Other	3	1	3	
<i>95% C.I.</i>	(1.2-6.6)	(0.4-2.3)	(1.2-6.4)	
<i>Bases (weighted):</i>				
<i>Men</i>	230	241	286	
<i>Women</i>	236	243	277	
<i>All adults</i>	466	484	562	
<i>Bases (unweighted):</i>				
<i>Men</i>	215	231	269	
<i>Women</i>	268	296	338	
<i>All adults</i>	483	527	607	

**Table 14 Smoking behaviour of self-reported cigarette smokers in room with children by sex**

<i>Current smokers aged 16 and over</i>		<i>2008, 2009, 2010</i>		
<b>Smoking behaviour in room with children</b>	Total 2008	Total 2009	Total 2010	
	%	%	%	
<b>Men</b>				
Smoke the same number of cigarettes as usual	3	2	3	
95% C.I.	(1.0-8.0)	(0.7-4.8)	(1.3-7.8)	
Smoke fewer cigarettes than usual	5	2	2	
95% C.I.	(2.6-9.5)	(0.7-3.7)	(1.0-5.3)	
Stay in the room and don't smoke	24	22	23	
95% C.I.	(17.5-31.8)	(15.3-31.9)	(17.0-30.1)	
Leave the room	66	72	71	
95% C.I.	(58.4-73.5)	(63.2-80.0)	(63.5-77.5)	
Other	2	2	1	
95% C.I.	(0.6-4.9)	(0.6-4.5)	(0.2-1.7)	
<b>Women</b>				
Smoke the same number of cigarettes as usual	2	1	1	
95% C.I.	(0.6-3.7)	(0.3-1.8)	(0.4-3.8)	
Smoke fewer cigarettes than usual	4	3	3	
95% C.I.	(2.2-7.6)	(1.7-6.4)	(1.6-6.9)	
Stay in the room and don't smoke	26	23	25	
95% C.I.	(19.6-32.7)	(18.0-29.8)	(19.8-30.6)	
Leave the room	67	72	70	
95% C.I.	(59.9-73.4)	(65.3-77.8)	(63.9-75.7)	
Other	2	1	0	
95% C.I.	(0.5-5.4)	(0.2-1.9)	(0.1-2.7)	
<b>All adults</b>				
Smoke the same number of cigarettes as usual	2	1	2	
95% C.I.	(1.0-4.6)	(0.6-2.7)	(1.1-4.6)	
Smoke fewer cigarettes than usual	5	2	3	
95% C.I.	(3.0-7.1)	(1.5-4.2)	(1.6-4.9)	
Stay in the room and don't smoke	25	23	24	
95% C.I.	(20.3-29.9)	(18.2-28.4)	(19.8-28.5)	
Leave the room	67	72	71	
95% C.I.	(61.6-71.4)	(66.6-77.2)	(65.7-75.0)	
Other	2	1	1	
95% C.I.	(0.7-4.1)	(0.5-2.5)	(0.2-1.4)	
<i>Bases (weighted):</i>				
<i>Men</i>	230	241	286	
<i>Women</i>	236	243	277	
<i>All adults</i>	466	484	562	
<i>Bases (unweighted):</i>				
<i>Men</i>	215	231	269	
<i>Women</i>	268	296	338	
<i>All adults</i>	483	527	607	

## DIET

**Table 15 Self-assessment of own diet**

<i>Aged 16 and over</i>		<i>2008, 2009, 2010</i>		
<b>Self-assessment of own diet</b>	Total 2008	Total 2009	Total 2010	
	%	%	%	
<b>All adults</b>				
Very healthy	16	12	15	
95% C.I.	(13.6-17.7)	(10.5-13.9)	(13.5-17.6)	
Fairly healthy	74	76	73	
95% C.I.	(71.1-76.1)	(73.7-78.5)	(70.5-75.6)	
Fairly unhealthy	10	10	10	
95% C.I.	(8.3-12.1)	(8.5-12.5)	(8.7-12.5)	
Very unhealthy	1	1	1	
95% C.I.	(0.4-1.5)	(0.7-2.7)	(0.6-1.5)	
<i>Bases (weighted):</i>	<i>1844</i>	<i>2022</i>	<i>2279</i>	
<i>Bases (unweighted):</i>	<i>1841</i>	<i>2020</i>	<i>2278</i>	

**Table 16 Knowledge of fruit and vegetable recommendations**

<i>Aged 16 and over</i>		<i>2008, 2009, 2010</i>		
<b>Knowledge of recommendations (5 or more portions per day)</b>	Total 2008	Total 2009	Total 2010	
	%	%	%	
<b>All adults</b>				
Underestimated recommendation	8	7	6	
95% C.I.	(6.6-10.0)	(5.4-8.0)	(5.1-8.0)	
Knew recommendation	86	88	87	
95% C.I.	(83.9-87.9)	(85.6-89.2)	(84.9-89.0)	
Overestimated recommendation	1	1	2	
95% C.I.	(0.7-2.0)	(0.8-1.7)	(1.1-3.1)	
Didn't know recommendation	5	5	5	
95% C.I.	(3.7-5.9)	(3.6-6.1)	(3.6-6.0)	
<i>Bases (weighted):</i>	<i>1846</i>	<i>2022</i>	<i>2279</i>	
<i>Bases (unweighted):</i>	<i>1846</i>	<i>2022</i>	<i>2279</i>	



**Table 17 Motivations to eat more healthily***Aged 16 and over**2008, 2009, 2010*

<b>Motivations to eat more healthily</b>	Total 2008	Total 2009	Total 2010
	%	%	%
<b>All adults</b>			
Pre-contemplation	34	34	41
<i>95% C.I.</i>	(31.2-36.5)	(31.1-36.4)	(37.8-43.2)
Contemplation	3	4	3
<i>95% C.I.</i>	(2.6-4.6)	(2.7-5.0)	(2.2-4.2)
Preparation	7	9	8
<i>95% C.I.</i>	(5.8-8.9)	(7.8-11.5)	(0.8-6.6)
Action	15	16	13
<i>95% C.I.</i>	(12.9-16.9)	(13.9-18.4)	(11.5-15.5)
Maintenance	28	24	22
<i>95% C.I.</i>	(25.7-31.0)	(22.1-26.7)	(20.2-24.7)
Long-term maintenance	12	13	13
<i>95% C.I.</i>	(10.7-14.2)	(11.1-14.7)	(11.1-14.4)
<i>Bases (weighted):</i>	<i>1846</i>	<i>2022</i>	<i>2279</i>
<i>Bases (unweighted):</i>	<i>1846</i>	<i>2022</i>	<i>2279</i>

## PHYSICAL ACTIVITY

**Table 18 Self-assessment of physical activity level**

*Aged 16 and over* *2008, 2009, 2010*

Self-assessment of activity level	Total 2008	Total 2009	Total 2010
	%	%	%
<b>All adults</b>			
Enough to stay healthy 95% C.I.	54 (51.1-56.8)	52 (49.4-55.1)	52 (48.8-54.3)
Not enough to stay healthy 95% C.I.	43 (40.3-46.0)	45 (41.8-47.5)	45 (42.6-47.8)
Not mobile 95% C.I.	3 (2.2-3.7)	3 (2.4-4.0)	3 (2.6-4.1)
<i>Bases (weighted):</i>	<i>1843</i>	<i>2019</i>	<i>2273</i>
<i>Bases (unweighted):</i>	<i>1840</i>	<i>2017</i>	<i>2273</i>

**Table 19 Knowledge of physical activity recommendations**

*Aged 16 and over* *2008, 2009, 2010*

Knowledge of physical activity recommendations (30 mins on 5+ days)	Total 2008	Total 2009	Total 2010
	%	%	%
<b>All adults</b>			
Underestimated recommendation 95% C.I.	51 (48.2-54.0)	50 (46.7-52.8)	46 (42.9-48.8)
Knew recommendation 95% C.I.	22 (19.3-24.0)	23 (20.3-25.5)	26 (23.6-28.4)
Overestimated recommendation 95% C.I.	11 (9.1-12.5)	13 (11.2-15.1)	13 (11.3-15.7)
Didn't know recommendation 95% C.I.	17 (14.5-19.0)	14 (12.5-16.5)	15 (13.0-16.9)
<i>Bases (weighted):</i>	<i>1846</i>	<i>2021</i>	<i>2279</i>
<i>Bases (unweighted):</i>	<i>1846</i>	<i>2020</i>	<i>2279</i>

**Table 20 Motivations to be more physically active**

*Aged 16 and over* *2008, 2009, 2010*

<b>Motivations to be more active</b>	Total 2008	Total 2009	Total 2010
	%	%	%
<b>All adults</b>			
Pre-contemplation	29	28	29
95% C.I.	(26.6-31.7)	(25.4-30.3)	(26.4-31.2)
Contemplation	6	5	3
95% C.I.	(4.6-7.2)	(4.0-6.3)	(2.6-4.5)
Preparation	9	14	11
95% C.I.	(7.9-11.2)	(11.5-15.8)	(9.4-13.0)
Action	16	16	15
95% C.I.	(13.7-17.9)	(13.7-18.3)	(13.3-17.3)
Maintenance	20	21	22
95% C.I.	(18.0-22.7)	(18.6-23.0)	(19.6-24.6)
Long-term maintenance	20	17	20
95% C.I.	(17.6-22.1)	(15.0-19.3)	(17.6-21.8)
<i>Bases (weighted):</i>	<i>1846</i>	<i>2022</i>	<i>2279</i>
<i>Bases (unweighted):</i>	<i>1846</i>	<i>2022</i>	<i>2279</i>

## WEIGHT

**Table 21 Self-assessment of own weight**

*Aged 16 and over*

*2008, 2009, 2010*

Self-assessment of own weight	Total 2008	Total 2009	Total 2010
	%	%	%
<b>All adults</b>			
Underweight	5	6	6
95% C.I.	(4.1-6.8)	(4.4-7.1)	(4.9-7.7)
About right	42	41	39
95% C.I.	(39.5-45.3)	(38.2-44.1)	(36.3-41.9)
Overweight	46	45	47
95% C.I.	(42.8-48.3)	(41.9-47.7)	(44.3-49.5)
Very overweight	7	9	8
95% C.I.	(5.6-8.3)	(6.9-10.4)	(6.6-9.4)
<i>Bases (weighted):</i>	1829	2005	2273
<i>Bases (unweighted):</i>	1828	1996	2270

**Table 22 Parental assessment of child weight**

*Parents of children aged 0 - 15*

*2008, 2009, 2010*

Assessment of child weight	Total 2008	Total 2009	Total 2010
	%	%	%
<b>All parents</b>			
Underweight	10	8	11
95% C.I.	(7.1-13.1)	(6.1-10.7)	(8.0-14.5)
About right	81	85	83
95% C.I.	(77.0-85.0)	(81.4-87.6)	(79.0-86.5)
Overweight	8	7	5
95% C.I.	(5.7-11.5)	(4.8-9.5)	(3.8-7.6)
Very overweight	1	0	1
95% C.I.	(0.2-2.7)	(0.0-2.2)	(0.3-1.8)
<i>Bases (weighted):</i>	500	574	632
<i>Bases (unweighted):</i>	528	610	638

**Table 23 Motivations for weight control***Aged 16 and over**2008, 2009, 2010*

<b>Motivations for weight control</b>	Total 2008	Total 2009	Total 2010
	%	%	%
<b>All adults</b>			
Pre-contemplation: BMI unknown	7	7	7
<i>95% C.I.</i>	(6.0-9.1)	(5.9-9.2)	(5.6-8.5)
Pre-contemplation: unhealthy BMI <sup>a</sup>	26	23	27
<i>95% C.I.</i>	(23.2-28.1)	(20.3-25.0)	(24.6-29.5)
Contemplation	3	4	2
<i>95% C.I.</i>	(2.1-3.9)	(2.7-5.0)	(1.3-3.3)
Preparation	8	9	10
<i>95% C.I.</i>	(6.9-10.1)	(7.7-11.2)	(8.3-11.8)
Action	17	16	16
<i>95% C.I.</i>	(15.5-19.6)	(14.2-18.1)	(14.0-18.1)
Maintenance	17	16	16
<i>95% C.I.</i>	(14.5-18.7)	(13.7-18.0)	(14.1-17.7)
Long-term maintenance	22	25	22
<i>95% C.I.</i>	(19.4-24.3)	(22.7-27.9)	(20.1-24.9)
<i>Bases (weighted):</i>	1846	2022	2279
<i>Bases (unweighted):</i>	1846	2022	2279

a Unhealthy BMI includes people who were underweight (BMI <18.5 kg/m<sup>2</sup>), overweight (BMI 25-<30 kg/m<sup>2</sup>) and obese (BMI ≥30 kg/m<sup>2</sup>).

## SEXUAL HEALTH

**Table 24 Information needs on where a woman should go if she needed an abortion by age and sex**

*Aged 16 and over*

*2010*

Information needs	Age				Total
	16-34	35-54	55-74	75+	
	%	%	%	%	%
<b>Men</b>					
Know enough about this topic	72	62	56	33	62
95% C.I.	(62.0-79.3)	(54.4-68.5)	(48.0-63.0)	(20.9-46.7)	(57.5-66.3)
Want more information	9	5	4	7	6
95% C.I.	(4.6-17.4)	(2.0-9.5)	(2.0-6.9)	(2.6-17.9)	(3.9-9.2)
Do not want to know about this	11	18	28	36	19
95% C.I.	(6.7-16.7)	(13.1-23.7)	(21.3-35.0)	(24.7-49.8)	(15.8-22.2)
Don't know	9	16	13	24	13
95% C.I.	(4.7-15.2)	(11.0-22.9)	(9.2-17.9)	(13.8-38.7)	(10.4-16.6)
<b>Women</b>					
Know enough about this topic	76	69	55	31	66
95% C.I.	(70.0-81.8)	(63.7-73.9)	(48.9-61.7)	(21.6-41.3)	(62.3-68.9)
Want more information	9	4	4	2	6
95% C.I.	(5.3-14.6)	(2.5-7.7)	(2.1-7.0)	(0.5-7.4)	(4.0-7.6)
Do not want to know about this	11	17	27	54	20
95% C.I.	(7.5-15.6)	(13.5-21.8)	(22.0-33.5)	(42.5-64.9)	(17.4-22.9)
Don't know	4	9	13	14	9
95% C.I.	(2.2-6.6)	(6.3-13.4)	(9.9-17.9)	(8.0-22.5)	(7.1-11.0)
<b>All adults</b>					
Know enough about this topic	74	66	56	31	64
95% C.I.	(68.2-78.9)	(61.1-69.6)	(50.4-60.5)	(24.0-39.9)	(61.0-66.6)
Want more information	9	4	4	4	6
95% C.I.	(5.6-14.4)	(2.8-7.1)	(2.5-5.8)	(1.8-9.1)	(4.3-7.7)
Do not want to know about this	11	18	28	46	19
95% C.I.	(8.0-14.5)	(14.5-21.0)	(23.1-32.4)	(37.2-55.6)	(17.4-21.6)
Don't know	6	13	13	18	11
95% C.I.	(4.0-9.7)	(9.5-16.4)	(10.4-16.6)	(12.4-26.0)	(9.3-13.0)
<i>Bases (weighted):</i>					
<i>Men</i>	321	356	240	48	965
<i>Women</i>	318	379	245	62	1005
<i>All adults</i>	639	736	485	109	1970
<i>Bases (unweighted):</i>					
<i>Men</i>	188	285	245	63	781
<i>Women</i>	280	406	318	99	1103
<i>All adults</i>	468	691	563	162	1884

**Table 25 Information needs on how to use a condom by age and sex**

*Aged 16 and over*

2010

Information needs	Age				Total
	16-34	35-54	55-74	75+	
	%	%	%	%	%
<b>Men</b>					
Know enough about this topic	94	94	84	75	90
95% C.I.	(89.2-96.8)	(89.3-96.5)	(77.6-88.1)	(62.3-84.8)	(87.9-92.5)
Want more information	2	1	1	-	1
95% C.I.	(0.6-5.1)	(0.2-2.3)	(0.1-2.3)	-	(0.5-2.1)
Do not want to know about this	3	5	14	25	8
95% C.I.	(1.1-6.2)	(2.8-10.0)	(9.6-19.6)	(15.2-37.7)	(5.7-9.8)
Don't know	2	0	2	-	1
95% C.I.	(0.4-6.4)	(0.0-0.4)	(0.9-5.0)	-	(0.5-2.4)
<b>Women</b>					
Know enough about this topic	93	91	66	40	82
95% C.I.	(88.2-95.6)	(86.1-93.6)	(60.2-72.1)	(29.3-51.5)	(79.2-84.8)
Want more information	3	1	1	2	2
95% C.I.	(1.0-6.2)	(0.3-2.8)	(0.5-3.2)	(0.4-6.3)	(0.9-2.8)
Do not want to know about this	3	8	28	55	14
95% C.I.	(1.4-7.0)	(5.5-12.5)	(22.6-33.9)	(43.3-65.4)	(12.1-17.0)
Don't know	2	0	4	4	2
95% C.I.	(0.7-3.7)	(0.0-0.9)	(2.6-7.3)	(1.6-9.8)	(1.3-2.8)
<b>All adults</b>					
Know enough about this topic	93	92	75	55	86
95% C.I.	(90.4-95.5)	(89.3-94.3)	(70.6-78.7)	(46.2-64.0)	(84.2-88.0)
Want more information	2	1	1	1	1
95% C.I.	(1.0-4.4)	(0.4-1.9)	(0.4-2.0)	(0.2-3.6)	(0.8-2.0)
Do not want to know about this	3	7	21	42	11
95% C.I.	(1.6-5.2)	(4.9-9.7)	(17.4-25.1)	(33.0-50.7)	(9.5-12.8)
Don't know	2	0	3	2	2
95% C.I.	(0.7-3.6)	(0.0-0.5)	(2.0-5.2)	(0.9-5.6)	(1.0-2.2)
<i>Bases (weighted):</i>					
<i>Men</i>	321	356	240	48	965
<i>Women</i>	316	379	245	62	1003
<i>All adults</i>	637	736	485	109	1967
<i>Bases (unweighted):</i>					
<i>Men</i>	188	285	245	63	781
<i>Women</i>	279	406	318	99	1102
<i>All adults</i>	467	691	563	162	1883

**Table 26 Information needs on safer sex to protect against STIs by age and sex**

*Aged 16 and over*

2010

Information needs	Age				Total
	16-34	35-54	55-74	75+	
	%	%	%	%	%
<b>Men</b>					
Know enough about this topic	89	92	82	70	87
95% C.I.	(81.3-93.6)	(86.4-94.8)	(75.3-86.4)	(56.2-80.3)	(83.9-89.7)
Want more information	7	1	2	1	3
95% C.I.	(3.4-13.4)	(0.7-2.8)	(0.8-5.3)	(0.2-8.6)	(2.1-5.6)
Do not want to know about this	4	6	15	28	9
95% C.I.	(1.3-10.3)	(3.3-11.0)	(10.4-20.7)	(17.8-41.3)	(6.5-11.3)
Don't know	1	1	2	1	1
95% C.I.	(0.1-3.7)	(0.2-5.9)	(0.5-4.1)	(0.1-7.4)	(0.4-2.3)
<b>Women</b>					
Know enough about this topic	91	88	69	30	81
95% C.I.	(86.3-94.3)	(83.6-91.5)	(62.4-74.2)	(20.2-41.2)	(77.6-83.4)
Want more information	7	2	3	1	4
95% C.I.	(3.8-11.3)	(1.0-4.8)	(1.5-5.5)	(0.1-3.6)	(2.5-5.3)
Do not want to know about this	2	9	25	64	14
95% C.I.	(0.7-4.2)	(5.6-12.8)	(19.7-30.4)	(52.7-74.4)	(11.5-16.4)
Don't know	1	1	4	6	2
95% C.I.	(0.2-2.4)	(0.4-3.0)	(2.1-6.7)	(2.6-11.5)	(1.2-3.0)
<b>All adults</b>					
Know enough about this topic	90	90	75	47	84
95% C.I.	(85.7-93.0)	(86.8-92.1)	(70.7-78.8)	(38.0-56.2)	(81.6-85.7)
Want more information	7	2	3	1	4
95% C.I.	(4.3-10.5)	(1.0-3.2)	(1.5-4.3)	(0.2-3.4)	(2.6-4.8)
Do not want to know about this	3	7	20	49	11
95% C.I.	(1.2-5.8)	(5.3-10.2)	(16.3-23.9)	(39.3-57.9)	(9.6-13.1)
Don't know	1	1	3	4	1
95% C.I.	(0.2-1.8)	(0.4-2.8)	(1.6-4.5)	(1.8-7.2)	(1.0-2.2)
<i>Bases (weighted):</i>					
Men	321	356	240	48	965
Women	317	379	245	62	1004
All adults	638	736	485	109	1969
<i>Bases (unweighted):</i>					
Men	188	285	245	63	781
Women	280	406	318	99	1103
All adults	468	691	563	162	1884



**Table 27 Awareness of where to access the morning after pill by age and sex**

*Aged 16 and over*

2010

Places mentioned <sup>a</sup>	Age				Total
	16-34	35-54	55-74	75+	
	%	%	%	%	%
<b>Men</b>					
GP	76	82	74	58	77
95% C.I.	(65.2-83.8)	(76.1-86.8)	(67.6-80.2)	(43.7-70.5)	(72.6-80.6)
Pharmacist/chemist	64	63	55	52	61
95% C.I.	(53.5-73.0)	(55.2-69.3)	(47.3-62.2)	(38.0-65.2)	(56.0-64.8)
Accident and emergency dept.	22	21	21	20	21
95% C.I.	(14.6-30.8)	(15.6-28.0)	(15.6-26.8)	(10.9-34.0)	(17.4-25.4)
Sexual health clinic	56	53	46	36	51
95% C.I.	(45.6-65.3)	(45.9-60.3)	(38.8-53.8)	(23.5-49.9)	(46.7-56.1)
Family planning clinic	54	62	54	39	56
95% C.I.	(43.6-64.2)	(55.3-68.5)	(46.1-62.2)	(26.3-53.0)	(51.8-60.8)
Young people's drop-in centre	29	30	30	20	29
95% C.I.	(20.1-39.3)	(23.7-37.3)	(23.3-37.2)	(11.1-34.4)	(24.7-33.9)
All of these	18	17	16	17	17
95% C.I.	(11.4-27.0)	(11.8-23.2)	(11.8-21.9)	(8.6-30.8)	(13.5-21.2)
None of these	-	-	0	1	0
95% C.I.	-	-	(0.1-3.1)	(0.1-6.7)	(0.0-0.7)
Don't know	5	5	11	19	7
95% C.I.	(1.7-15.2)	(2.7-8.5)	(6.6-16.5)	(10.3-32.5)	(4.9-10.0)
Mean no. of places mentioned <sup>b</sup>	3.2	3.3	3.1	2.8	3.2
95% C.I.	(2.8-3.5)	(3.0-3.6)	(2.8-3.4)	(2.1-3.4)	(3.0-3.4)
<b>Women</b>					
GP	85	85	70	46	79
95% C.I.	(79.1-89.6)	(80.4-88.7)	(63.8-75.9)	(35.8-57.1)	(76.0-81.8)
Pharmacist/chemist	82	73	56	40	70
95% C.I.	(76.4-86.8)	(67.9-78.2)	(49.5-61.8)	(29.1-51.2)	(66.5-72.8)
Accident and emergency dept.	36	37	24	10	32
95% C.I.	(28.9-43.0)	(31.5-42.7)	(18.9-30.1)	(4.7-18.8)	(28.3-35.3)
Sexual health clinic	75	65	45	25	61
95% C.I.	(68.5-80.3)	(59.0-70.3)	(38.4-51.9)	(16.4-34.8)	(57.0-64.3)
Family planning clinic	82	77	57	36	71
95% C.I.	(76.1-86.0)	(71.0-81.3)	(49.8-63.0)	(26.6-47.4)	(67.2-74.0)
Young people's drop-in centre	49	44	31	13	41
95% C.I.	(42.2-56.6)	(38.4-49.9)	(25.4-37.6)	(7.3-22.8)	(37.2-44.3)
All of these	31	27	18	7	25
95% C.I.	(23.9-38.0)	(22.3-32.0)	(13.1-23.2)	(2.8-15.7)	(21.5-27.8)
None of these	-	0	1	-	0
95% C.I.	-	(0.0-1.0)	(0.2-3.0)	-	(0.1-0.7)
Don't know	0	2	8	28	4
95% C.I.	(0.1-1.3)	(0.6-4.1)	(5.0-11.8)	(19.3-37.6)	(3.2-5.7)
Mean no. of places mentioned <sup>b</sup>	4.1	3.9	3.1	2.3	3.7
95% C.I.	(3.9-4.3)	(3.7-4.1)	(2.8-3.3)	(1.9-2.8)	(3.5-3.8)

*Continued...*

**Table 27 - Continued**

Aged 16 and over

2010

Places mentioned <sup>a</sup>	Age				Total
	16-34	35-54	55-74	75+	
	%	%	%	%	%
<b>All adults</b>					
GP	80	84	72	51	78
95% C.I.	(74.5-85.1)	(79.9-86.7)	(67.8-76.3)	(42.4-60.0)	(75.4-80.3)
Pharmacist/chemist	73	68	55	45	65
95% C.I.	(66.6-78.4)	(63.6-72.3)	(50.2-60.3)	(36.4-53.7)	(62.4-67.9)
Accident and emergency dept.	29	29	22	14	27
95% C.I.	(23.5-34.3)	(25.0-33.9)	(18.6-26.6)	(9.0-21.5)	(23.9-29.3)
Sexual health clinic	65	59	46	29	56
95% C.I.	(58.9-71.0)	(54.6-63.6)	(40.6-50.8)	(22.0-37.9)	(53.1-59.2)
Family planning clinic	68	70	55	37	64
95% C.I.	(61.5-73.4)	(65.2-73.6)	(49.9-60.8)	(29.1-46.4)	(60.8-66.5)
Young people's drop-in centre	39	37	31	16	35
95% C.I.	(33.3-45.1)	(32.9-41.9)	(26.0-35.4)	(10.9-23.9)	(32.2-38.0)
All of these	24	22	17	11	21
95% C.I.	(19.3-29.8)	(18.3-26.1)	(13.6-20.9)	(6.7-18.3)	(18.4-23.4)
None of these	-	0	1	0	0
95% C.I.	-	(0.0-0.5)	(0.2-1.8)	(0.1-2.9)	(0.1-0.5)
Don't know	3	3	9	24	6
95% C.I.	(0.9-8.0)	(1.9-5.1)	(6.6-12.6)	(17.2-32.0)	(4.4-7.2)
Mean no. of places mentioned <sup>b</sup>	3.6	3.6	3.1	2.5	3.4
95% C.I.	(3.4-3.9)	(3.4-3.8)	(2.9-3.3)	(2.2-2.9)	(3.3-3.6)
<b>Bases (weighted):</b>					
Men	321	356	240	48	965
Men (no. of places)	304	339	214	39	896
Women	317	379	245	62	1004
Women (no. of places)	316	373	226	45	960
All adults	638	736	485	109	1968
All adults (no. of places)	621	712	441	83	1857
<b>Bases (unweighted):</b>					
Men	188	285	245	63	781
Men (no. of places)	183	268	220	51	722
Women	280	406	317	99	1102
Women (no. of places)	278	399	288	67	1032
All adults	468	691	562	162	1883
All adults (no. of places)	461	667	508	118	1754

a The figures for each individual place mentioned include the percentage of people who chose the "all of these" option.

b Mean no. of places mentioned is based on all those who mentioned at least one place.

**Table 28 Attitudes to condom use with a new partner by age and sex**

*Aged 16 and over who thought the question applied to them<sup>a</sup>*

2010

Attitudes to condom use (full question text below)	Age				Total
	16-34	35-54	55-74	75+	
	%	%	%	%	%
If I wanted to have sexual intercourse with a new partner, I would ask if we could use a condom					
<b>Men</b>					
Agree	93	92	92	[90]	92
95% C.I.	(84.8-96.6)	(87.6-95.3)	(86.4-95.6)	(75.3-96.6)	(89.1-94.6)
Neither agree nor disagree	3	5	6	[2]	4
95% C.I.	(1.2-9.1)	(2.2-9.1)	(3.3-12.1)	(0.3-13.3)	(2.8-6.9)
Disagree	4	3	-	[2]	2
95% C.I.	(1.0-11.7)	(1.3-5.7)	-	(0.3-14.5)	(1.2-5.0)
Don't know	1	0	2	[6]	1
95% C.I.	(0.1-3.8)	(0.1-1.8)	(0.4-4.9)	(1.2-21.5)	(0.4-1.8)
<b>Women</b>					
Agree	96	99	96	[73]	97
95% C.I.	(92.1-97.7)	(96.6-99.4)	(92.2-97.9)	(49.6-87.7)	(95.0-97.6)
Neither agree nor disagree	2	0	2	[12]	2
95% C.I.	(1.1-4.9)	(0.1-1.3)	(0.9-5.1)	(3.8-32.3)	(1.0-2.7)
Disagree	1	1	0	[8]	1
95% C.I.	(0.5-3.3)	(0.1-2.8)	(0.1-2.6)	(1.1-37.9)	(0.4-1.8)
Don't know	1	1	2	[8]	1
95% C.I.	(0.1-3.5)	(0.1-2.2)	(0.5-4.8)	(1.9-26.9)	(0.5-1.9)
<b>All adults</b>					
Agree	94	96	94	84	94
95% C.I.	(90.2-96.6)	(93.1-97.1)	(90.7-96.2)	(71.9-91.7)	(92.7-95.8)
Neither agree nor disagree	3	2	4	6	3
95% C.I.	(1.4-5.6)	(1.2-4.6)	(2.5-7.4)	(2.0-14.2)	(2.1-4.3)
Disagree	2	2	0	4	2
95% C.I.	(0.9-6.1)	(0.9-3.2)	(0.0-1.3)	(0.9-15.6)	(0.9-3.0)
Don't know	1	0	2	6	1
95% C.I.	(0.2-2.2)	(0.2-1.3)	(0.7-3.5)	(2.2-16.5)	(0.5-1.5)

*Continued...*

**Table 28 - Continued**

*Aged 16 and over who thought the question applied to them<sup>a</sup>*

2010

Attitudes to condom use (full question text below)	Age				Total
	16-34	35-54	55-74	75+	
	%	%	%	%	%
If I wanted to have sexual intercourse with a new partner, I would stop if we had no condoms					
<b>Men</b>					
Agree	74	77	87	[73]	78
95% C.I.	(65.4-81.6)	(70.1-83.2)	(80.8-90.8)	(53.9-86.1)	(73.7-81.9)
Neither agree nor disagree	18	13	8	[19]	14
95% C.I.	(11.6-26.0)	(8.3-19.0)	(4.4-12.3)	(7.9-37.7)	(10.5-17.4)
Disagree	6	6	4	[8]	6
95% C.I.	(2.6-13.1)	(3.1-10.5)	(1.8-7.9)	(2.6-23.8)	(3.6-8.4)
Don't know	2	4	2	[-]	3
95% C.I.	(0.8-5.0)	(2.1-8.3)	(0.8-5.6)	-	(1.7-4.6)
<b>Women</b>					
Agree	86	94	93	[77]	91
95% C.I.	(80.7-90.0)	(90.9-96.5)	(87.3-95.8)	(54.5-90.0)	(88.1-92.6)
Neither agree nor disagree	8	3	4	[7]	5
95% C.I.	(4.7-12.6)	(1.9-5.9)	(1.6-9.3)	(1.6-23.9)	(3.6-7.2)
Disagree	4	2	2	[11]	3
95% C.I.	(1.8-6.9)	(0.7-3.6)	(0.8-5.6)	(2.7-36.2)	(1.7-4.1)
Don't know	3	1	1	[6]	2
95% C.I.	(1.2-6.1)	(0.1-3.3)	(0.4-4.1)	(1.3-20.8)	(0.9-3.0)
<b>All adults</b>					
Agree	80	86	90	74	84
95% C.I.	(75.2-84.3)	(81.9-89.3)	(85.8-92.3)	(59.6-85.0)	(81.8-86.5)
Neither agree nor disagree	13	8	6	14	9
95% C.I.	(9.3-17.3)	(5.5-11.3)	(3.6-8.9)	(6.7-28.0)	(7.6-11.5)
Disagree	5	4	3	9	4
95% C.I.	(2.7-8.4)	(2.1-6.1)	(1.7-5.4)	(3.8-21.4)	(2.9-5.6)
Don't know	2	2	2	2	2
95% C.I.	(1.3-4.3)	(1.2-4.5)	(0.8-3.6)	(0.5-8.0)	(1.5-3.2)
<i>Bases (weighted):<sup>b</sup></i>					
Men	(309-306)	(322-318)	(183-181)	(27-27)	(841-832)
Women	(305-304)	(339-336)	(172-170)	(14-15)	(830-824)
All adults	(614-610)	(661-654)	(355-351)	(41-42)	(1671-1657)
<i>Bases (unweighted):</i>					
Men	(182-180)	(263-262)	(187-186)	(33-33)	(665-661)
Women	(272-269)	(371-366)	(217-213)	(24-24)	(884-872)
All adults	(454-449)	(634-628)	(404-399)	(57-57)	(1549-1533)

a Participants who picked the option "does not apply to me" have been excluded from the table.

b Bases vary for each question, the figures for the first question in the table are shown first in the brackets.

**Table 29 Attitudes to condom use and STI prevention by age and sex**

*Aged 16 and over who thought the question applied to them<sup>a</sup>*

2010

Attitudes to condom use (full question text below)	Age				Total
	16-34	35-54	55-74	75+	
	%	%	%	%	%
It is necessary to use a condom with a new partner to help protect against sexually transmitted infections (STIs), including HIV, even if you are using some other method of contraception					
<b>Men</b>					
Agree	92	96	98	[91]	95
95% C.I.	(83.6-96.7)	(90.2-98.2)	(95.3-99.2)	(77.0-96.8)	(91.5-97.0)
Neither agree nor disagree	7	2	1	[5]	4
95% C.I.	(2.8-15.8)	(0.6-7.3)	(0.2-2.4)	(1.2-20.1)	(1.8-7.0)
Disagree	0	2	0	[2]	1
95% C.I.	(0.0-1.4)	(0.6-6.9)	(0.0-0.3)	(0.3-14.7)	(0.3-2.8)
Don't know	1	0	1	[1]	1
95% C.I.	(0.1-3.8)	(0.0-0.9)	(0.4-4.1)	(0.2-9.7)	(0.2-1.4)
<b>Women</b>					
Agree	96	99	99	[85]	98
95% C.I.	(91.5-98.0)	(97.9-99.7)	(96.6-99.7)	(68.7-93.4)	(96.0-98.5)
Neither agree nor disagree	1	1	1	[4]	1
95% C.I.	(0.5-3.8)	(0.1-1.7)	(0.2-3.4)	(1.0-14.8)	(0.5-1.8)
Disagree	2	0	-	[4]	1
95% C.I.	(0.5-6.9)	(0.0-1.2)	-	(0.6-25.0)	(0.3-2.6)
Don't know	1	0	0	[7]	1
95% C.I.	(0.3-3.2)	(0.0-1.0)	(0.0-1.9)	(2.2-19.8)	(0.3-1.5)
<b>All adults</b>					
Agree	94	98	99	88	96
95% C.I.	(88.5-97.1)	(94.6-98.8)	(96.9-99.3)	(77.1-94.3)	(94.1-97.6)
Neither agree nor disagree	4	1	1	5	2
95% C.I.	(1.9-8.5)	(0.4-3.7)	(0.2-1.9)	(1.7-12.5)	(1.3-3.9)
Disagree	1	1	0	3	1
95% C.I.	(0.3-3.5)	(0.3-3.9)	(0.0-0.2)	(0.8-12.4)	(0.4-2.0)
Don't know	1	0	1	4	1
95% C.I.	(0.3-2.1)	(0.0-0.6)	(0.3-2.2)	(1.5-10.1)	(0.3-1.1)

*Continued...*

**Table 29 - Continued**

*Aged 16 and over who thought the question applied to them<sup>a</sup>*

2010

Attitudes to condom use (full question text below)	Age				Total
	16-34	35-54	55-74	75+	
	%	%	%	%	%
Once a new sexual partner has become a regular partner, we would both get tested for STIs before stopping using condoms					
<b>Men</b>					
Agree	68	66	75	[91]	69
95% C.I.	(57.9-76.6)	(58.1-72.4)	(65.4-81.8)	(74.6-97.0)	(64.0-73.7)
Neither agree nor disagree	23	22	17	[7]	21
95% C.I.	(15.6-33.2)	(16.5-29.2)	(11.2-25.7)	(1.9-24.1)	(17.0-26.0)
Disagree	6	10	5	[-]	7
95% C.I.	(3.5-11.1)	(6.4-15.9)	(2.5-9.8)	-	(5.3-10.1)
Don't know	2	2	3	[2]	2
95% C.I.	(0.6-9.4)	(0.9-4.6)	(1.3-7.6)	(0.3-13.7)	(1.3-4.6)
<b>Women</b>					
Agree	72	75	83	[89]	76
95% C.I.	(65.5-78.5)	(69.0-79.6)	(75.9-87.5)	(72.7-95.9)	(72.0-79.2)
Neither agree nor disagree	19	18	10	[9]	17
95% C.I.	(13.4-25.3)	(13.7-23.5)	(6.2-16.6)	(3.0-25.9)	(13.6-19.9)
Disagree	6	5	2	[-]	4
95% C.I.	(3.1-9.7)	(2.9-8.3)	(0.6-4.8)	-	(3.1-6.3)
Don't know	3	2	6	[2]	3
95% C.I.	(1.4-7.4)	(1.2-4.6)	(3.1-9.6)	(0.2-12.0)	(2.1-5.2)
<b>All adults</b>					
Agree	70	70	79	90	72
95% C.I.	(64.1-75.7)	(65.5-74.6)	(72.7-83.3)	(79.7-95.2)	(69.1-75.5)
Neither agree nor disagree	21	20	14	8	19
95% C.I.	(16.3-26.6)	(16.5-24.2)	(9.8-19.0)	(3.4-18.4)	(16.3-21.7)
Disagree	6	8	3	-	6
95% C.I.	(4.0-8.7)	(5.1-10.9)	(1.9-5.9)	-	(4.6-7.5)
Don't know	3	2	4	2	3
95% C.I.	(1.3-6.0)	(1.3-3.7)	(2.7-6.9)	(0.5-7.8)	(2.0-4.2)
<i>Bases (weighted):<sup>b</sup></i>					
Men	(309-308)	(339-319)	(188-168)	(30-24)	(866-819)
Women	(314-304)	(350-335)	(187-168)	(25-19)	(875-826)
All adults	(622-612)	(689-653)	(374-336)	(55-43)	(1741-1645)
<i>Bases (unweighted):</i>					
Men	(183-182)	(273-263)	(192-174)	(39-31)	(687-650)
Women	(276-271)	(380-366)	(233-213)	(37-29)	(926-879)
All adults	(459-453)	(653-629)	(425-387)	(76-60)	(1613-1529)

a Participants who picked the option "does not apply to me" have been excluded from the table.

b Bases vary for each question, the figures for the first question in the table are shown first in the brackets.

**Table 30 Women's use of long-acting reversible contraception (LARC) by age***Women aged 16-55*

2010

Use of LARC	Age				Total
	16-24	25-34	35-44	45-55	
	%	%	%	%	%
Currently using LARC	15	17	13	8	13
95% C.I.	(11.1-19.8)	(13.8-20.3)	(10.3-16.1)	(6.1-10.4)	(11.3-14.4)
Not using LARC	49	65	65	61	61
95% C.I.	(43.3-54.7)	(60.8-69.6)	(60.6-69.0)	(57.5-64.9)	(58.2-63.0)
Not sexually active	36	18	22	31	27
95% C.I.	(30.8-41.7)	(14.7-21.5)	(18.9-25.9)	(27.3-34.4)	(24.6-28.8)
Sexually active and using LARC	23	20	17	12	17
95% C.I.	(17.6-30.3)	(16.7-24.7)	(13.2-20.7)	(8.9-14.9)	(15.4-19.5)
<i>Bases (weighted):</i>					
Women (16-55)	467	520	602	691	2280
Women (sexually active)	298	428	468	478	1672
<i>Bases (unweighted):</i>					
Women (16-55)	354	532	641	774	2301
Women (sexually active)	233	426	489	516	1664

Note: This table is based on data collected in the main SHeS interview.





