

# **The National Health & Lifestyle Surveys 2003**

**Regional Results of the National Health &  
Lifestyle Surveys SLÁN (Survey of Lifestyle,  
Attitudes & Nutrition) & HBSC (Health  
Behaviour in School Aged Children)**

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HEALTH PROMOTION  
UNIT  
AN TAONAD CROTHÚ  
SLÁINTE

# The Regional Results from SLÁN & HBSC

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# contents

|                           |  |    |
|---------------------------|--|----|
| Introduction              |  | 4  |
| Summary                   |  | 5  |
| Methodology               |  | 8  |
| Response                  |  | 10 |
| Interpretation of Results |  | 12 |

## SHAPING A HEALTHIER FUTURE: MAIN RESULTS

|                    |      |     |
|--------------------|------|-----|
| General Health     | SLÁN | 16  |
|                    | HBSC | 18  |
| Smoking            | SLÁN | 22  |
|                    | HBSC | 24  |
| Alcohol            | SLÁN | 28  |
|                    | HBSC | 33  |
| Drugs              | SLÁN | 37  |
|                    | HBSC | 38  |
| Food and Nutrition | SLÁN | 42  |
|                    | HBSC | 51  |
| Breastfeeding      | SLÁN | 56  |
| Exercise           | SLÁN | 60  |
|                    | HBSC | 64  |
| Accidents          | SLÁN | 68  |
|                    | HBSC | 73  |
| Project Team       |      | 76  |
| Appendices         | SLÁN | 79  |
|                    | HBSC | 103 |

# introduction

Two baseline surveys of health related behaviours among adults and school-going young people were carried out across the Republic of Ireland in 1998 and again in 2002. The main aims of these surveys are to:

- Produce reliable data of a nationally representative cross-section of the Irish population in order to inform the Department of Health and Children's policy and programme planning.
- Maintain a survey protocol which will enable lifestyle factors to be re-measured so that trends can be identified and changes monitored to assist national and regional setting of priorities in health promotion activities.

This report focuses on these two cross-sectional studies, SLÁN (Survey of Lifestyles, Attitudes and Nutrition), adults aged 18+ years and HBSC (Health Behaviour in School-aged Children), school-going children aged 10-17 years.

In keeping with the health and lifestyle surveillance system of many European countries a number of related factors were measured in both surveys. These include general health, smoking, use of alcohol and other substances, food and nutrition, exercise and accidents. This report presents the findings for the same topics at a regional level with some demographic analysis. It must be noted that the aim of the survey was to establish patterns in health and lifestyle at a national level. The significance therefore of findings at the regional level is to identify potential variations that may merit further investigation.

This work was commissioned by the Health Promotion Unit, Department of Health and Children and carried out at the Centre for Health Promotion Studies, National University of Ireland, Galway, and at the Department of Public Health Medicine and Epidemiology, Woodview House, Belfield, National University of Ireland, Dublin.

This report examines key lifestyle variables according to age, sex and across the 10 Health Board regions in the National Lifestyle Surveys, SLAN (Survey of lifestyles, Attitudes and Nutrition) and HBSC (Health Behaviours among School-Going Children). The information presented is from 2002, standardised in adults to the 2002 population census. Standardised comparisons for each Board area are given for the 1998 surveys. For this between time comparison data are reported for the East Coast Area Health Authority as a whole.

## General Health

Fifty-five per cent of respondents reported excellent or very good health, with significant regional fluctuations. The Midlands reported the lowest response while the East Coast Area and Southern Health Boards reported the highest rates. There was a trend towards improved self-reported health since 1998 which was relatively consistent across the board areas, having improved in six of the eight areas since 1998. Less Stress was the top requirement for improving health in 8 out of 10 areas in 2002, except in the Midlands and South East where it ranked second. Since 1998 in every health board area, less men report having had a blood pressure check in the last year and more women do so. Also notably in every health board area since 1998 more men and women report having had a cholesterol check in the last year. These findings may reflect the rollout of the cardiovascular strategy since the first survey in 1998.

There were no statistically significant differences by region in excellent self reported health among school-going children in 2002. However in nine out of 10 board areas boys ranked their health better than girls did. Rates of reported happiness among school-going children did not vary significantly across board area either. In all board areas, with the notable exception of ERHA, where rates remain unchanged, boys and girls were more likely to think their family was very or quite well off since 1998. Similarly in all health board areas use of a seatbelt in a car had risen since 1998 for both boys and girls. Dental health practices had also improved universally as well.

## Smoking

There were no statistically significant variations in overall smoking rates by health board region in 2002 though smoking rates were higher among general medical services card holds everywhere except the East Coast and South West Areas of ERHA. Among non-medical cardholders there were significant regional variations, with highest rates in Northern Area of ERHA (27.4%). The ratio of male to female smokers shows regional variation with higher smoking rates among females in Southern and Mid Western boards and Northern Area of ERHA. Current smoking rates show a relatively consistent pattern by region since 1998, with declines among women in every health board area and in six of the eight areas among men. Rates were unchanged in the Southern board area and tended upwards in North Western Board, a trend which may reflect sample size, rather than a true effect.

Exposure to passive smoke is generally downwards since 1998. However exposure in pubs and clubs was higher among men than women in every region in 2002 and highest (51.9%) in men in the ERHA area.

Among school-going children there were no statistically significant regional variations in ever smoking rates but there are significant variations in current smoking rates for boys and girls, explicable in part by age differences in the samples. Since 1998 reported non-smoking among boys has increased in three boards, particularly in ERHA region remained unchanged in two and dropped in three. Rates among girls were unchanged in ERHA region and have improved in four other board areas.

## Alcohol and Other Substances

Over three-quarters of respondents nation-wide had consumed alcohol in the last month with highest rates of consumption in the ERHA areas. More men than women were regular drinkers but the ratio of male to female drinkers was much less marked in ERHA area. There were also significantly fewer non-drinkers in the ERHA area than in the rest of the country. There was a notable regional variation in reported cannabis/marijuana in the previous 12 months with highest rates (16%) in East Coast Area health authority.

There were significant differences in reported never drinking across health boards for both boys and girls. Girls in North Western Health Board (50%) and boys in the North Eastern (46%) were least likely to report ever drinking alcohol. There were also significant differences across health boards in those drinking in the last month. Boys (39%) and girls (33%) in the South Eastern Health Board were most likely to report drinking alcohol in the last month. In all boards except the NEHB boys were more likely to report having been drunk 10 or more times than girls. Among boys since 1998 there was a relatively mixed pattern in relation to measures of alcohol or drug use with rates down or unchanged in five of the board areas and up in two. Among girls rates were up in five board areas, unchanged in one and down in two.

## Food, Nutrition and Exercise

There was significant regional variation in the percentage of respondents who were obese with highest rates in Northern Area of ERHA (16%) and lowest in the East Coast area of ERHA (10%). In all boards more men than women were obese but this difference is significant only in North Eastern and Western Health Boards. More women than men were on a diet in all board areas and rates were highest in Northern area (17.9% overall), followed by South West area (overall 16.2%) of ERHA. Overall a slightly higher percentage of women than men consumed the recommended four or more servings a day of fruit and vegetables and this was seen in most boards, but particularly East Coast and Northern areas of ERHA. There was no regional variation in recommended consumption of three servings of dairy produce per day, though reported butter

# summary

and full fat milk consumption were universally down in all Board areas since 1998 for both men and women.

There are statistically significant differences across health boards in fruit consumption more than once daily for girls, but not for boys. Girls in SWAHB are most likely and girls in MHB least likely to report eating fruit more than daily. There were no significant variations in vegetable consumption among boys and girls by region. Six per cent of boys in the North Eastern Health Board but (20%) of boys in Northern Area HB report not eating breakfast during the week.

There were no significant regional variations in exercise patterns among adults, though men in every area are more active than women, excluding housework where the converse universally applies, ranging from (68.6%) of women in ERHA region doing light housework most days to (82%) of women in the Midlands. Nor are there significant differences in activity levels by region among boys and girls.

## SLÁN

The national health and lifestyle survey, SLÁN was first undertaken in 1998 and repeated again in the summer of 2002. As in 1998, a representative cross-section of the Irish adult population was surveyed, with a sample powerful enough at a National level, to detect differences according to socio-economic status in key variables, smoking, exercise and percentage caloric intake from fat. Allowances were made for non-response and likelihood of ineligibility to participate. The sample was generated randomly from the Irish electoral register supplied by Precision Marketing Information (PMI) Ltd., a subsidiary of An Post.

The sampling procedures followed those used in 1998, whereby a national postal sample was generated randomly and proportionately distributed based on health board population size and urban rural breakdowns so that each county of the Republic of Ireland was represented. Final selection was at district electoral division level.

The self-completed questionnaires were posted from the National University of Ireland (NUI), Galway with freepost return envelopes enclosed. A help line to deal with general queries on questionnaire completion was set up in NUI, Galway and respondents were entered into a prize draw unless they stated otherwise. Following a reminder letter and further reminder questionnaire, all remaining non-respondents were followed up either by telephone where possible or by trained fieldworkers calling to the person's home for questionnaire collection. Research and Evaluation Services, Ltd, Belfast carried out data entry.

## HBSC

The HBSC is a World Health Organisation (European) collaborative study. It runs on an academic 4-year cycle and in 2001/2 32 individual countries participated. Principal investigators from all countries collaborate in relation to survey content, methodology and timing and an International protocol (Currie et al., 2001) is developed. Adherence to the International protocol is required for inclusion in the International database and this has been achieved with the current study.

In the Republic of Ireland, sampling was conducted in order to achieve a nationally representative sample of school-aged children. Data from the 1996 census were employed to provide a picture of the population distribution across health boards regions. The sampling frame consisted of primary and post-primary schools, lists of which were provided by the Department of Education and Science. A two-stage process identified participants. Individual schools within health board regions were first randomly selected and then class groups within schools were randomly selected for participation. In primary schools, pupils in both 5th and 6th class were included, while in post-primary schools all year groups with the exclusion of Leaving Certificate classes were sampled.

School principals were first approached by post and when positive responses were received, parental consent forms and HBSC questionnaires in Irish or English were offered, along with blank envelopes to facilitate anonymity, information sheets for teachers and classroom feedback forms. All returns were facilitated through the provision of FREEPOST envelopes. In order to maximise response rates two postal reminders were sent to schools, followed by telephone calls from research staff from the Centre for Health Promotion Studies, NUI Galway. Research and Evaluation Services, Ltd, Belfast conducted data entry according to the International HBSC protocol.

**TABLE 1: Summary of Methodologies**

|                     | SLÁN  | HBSC   |
|---------------------|---|--|
| Population          | Adults aged 18+   | School going children aged 10-17   |
| Sampling frame      | Electoral register  | Department of Education School lists   |
| Sample              | Multistage sample, drawn by district electoral division                                 | Cluster sample of pupils in classrooms                                       |
| Stratification      | Proportionate distribution across each of the 26 counties, locality, gender             | Proportionate to the distribution of pupils across Health Boards             |
| Survey Instrument   | Self-completion questionnaire   | Self-completion questionnaire  |
| Delivery/ Reminders | Postal, letter reminder, telephone reminder, fieldworker follow-up, telephone help line | Postal delivery via principals and teachers, letter and telephone reminders  |
| Return              | Freepost addressed envelope, fieldworker collection                                     | Freepost addressed envelopes provided  |
| Obtained sample     | 5,992 adults  | 176 schools / 8,424 pupils   |
| Data Quality        | Data were entered and validated according to preset protocol                            | Data were entered and validated according to the HBSC International protocol |

## SLÁN

Excluding those not eligible (that is deceased or confirmed at the follow-up stage to be unavailable at that address) the total valid sample was 11,212 questionnaires. A national response of 5992 (53.4%) was obtained.

**TABLE 2: Age, Gender and GMS Status of SLÁN Respondents**

| Health Board    | Male % | Female % | 18-34 yrs % | 35-54 yrs % | 55+ yrs % | GMS  | Total | % of national sample 2002 |
|-----------------|--------|----------|-------------|-------------|-----------|------|-------|---------------------------|
| North Eastern   | 41.0   | 59.0     | 31.0        | 44.1        | 24.9      | 26.7 | 562   | 10                        |
| Midland         | 45.7   | 54.3     | 31.1        | 43.1        | 25.9      | 27.0 | 543   | 10                        |
| South Eastern   | 44.2   | 55.8     | 30.9        | 43.0        | 26.1      | 25.9 | 605   | 11                        |
| Southern        | 44.6   | 55.4     | 22.9        | 43.7        | 33.4      | 33.5 | 799   | 14                        |
| Mid Western     | 39.5   | 60.5     | 21.6        | 48.3        | 30.0      | 30.9 | 477   | 8                         |
| Western         | 42.9   | 57.1     | 21.5        | 44.7        | 33.8      | 35.6 | 494   | 9                         |
| North Western   | 44.0   | 56.0     | 29.6        | 42.2        | 28.1      | 41.1 | 405   | 7                         |
| South West Area | 39.5   | 60.5     | 21.4        | 46.7        | 31.9      | 25.6 | 710   | 12                        |
| East Coast Area | 32.5   | 67.5     | 24.7        | 45.1        | 30.1      | 18.3 | 534   | 9                         |
| Northern Area   | 36.1   | 63.9     | 25.9        | 49.0        | 25.0      | 23.9 | 555   | 10                        |
| Total           | 41.0   | 59.0     | 25.8        | 44.9        | 29.3      | 28.7 | 5992  | 100                       |

## HBSC

A total of 351 schools were initially contacted across the 10 health boards. The total valid number of schools was 347. Overall, there was a final response rate of 51% (176 schools). This reflects a total n of 8424.

Three percent of parents of primary school pupils and 1% of parents of post-primary school students refused their child permission to complete the questionnaire. Two percent of primary school students and 1% of secondary school students forgot to return the parental consent form, and so did not participate. Ten percent of primary school students and 15% of secondary school students were absent on the day the questionnaire was administered. Therefore, 82% of selected primary school students and 83% of selected post-primary school students returned the questionnaire

**TABLE 3: Age, Gender and Social Group Profile of HBSC Respondents**

| Health Board    | % Boys | Mean Age (sd) |              | % Blue collar* | N    |
|-----------------|--------|---------------|--------------|----------------|------|
|                 |        | GIRLS         | BOYS         |                |      |
| North Eastern   | 47     | 14.47 (1.56)  | 13.19 (1.70) | 49             | 504  |
| Midland         | 45     | 13.87 (2.09)  | 13.90 (1.94) | 53             | 744  |
| South Eastern   | 53     | 14.60 (2.09)  | 14.79 (1.79) | 56             | 931  |
| Southern        | 48     | 14.24 (1.85)  | 14.36 (1.80) | 56             | 1320 |
| Mid Western     | 51     | 14.27 (2.15)  | 14.15 (1.88) | 42             | 605  |
| Western         | 45     | 13.84 (1.85)  | 13.62 (1.97) | 51             | 969  |
| North Western   | 43     | 13.97 (1.65)  | 14.01 (1.81) | 58             | 665  |
| South West Area | 30     | 14.49 (1.77)  | 13.59 (1.74) | 46             | 1377 |
| East Coast Area | 23     | 14.73 (1.55)  | 13.86 (1.84) | 38             | 620  |
| Northern Area   | 46     | 13.41 (2.06)  | 14.82 (1.75) | 59             | 512  |
| Total           | 43     | 14.21 (1.89)  | 14.04 (1.89) | 51             | 8424 |

\* Social classes 4, 5, and 6

# interpretation of results

## SLÁN

Data reported are rounded to the nearest percentage. Where means have been calculated standard errors are reported in brackets. The valid response for each question has been used (i.e. those who did not answer the question(s) under consideration are excluded in all figures and tables). In some questions respondents were asked to choose all applicable options. These responses are not mutually exclusive and the presented results for those questions therefore may not add up to 100%. The data have been stratified by Health Board and standardised by both age and sex to the population at National level as reported in the 2002 Census. Overall rates are also weighted by sex differences in response rates.

The data are presented nationally and by Health Board. Significant differences between a Health Board versus all other Health Boards are indicated. Where differences emerged between Health Boards, analyses were performed to check for socio-demographic influences and are reported in the text. Gender differences within Health Boards are indicated.

## HBSC

Three sets of analyses have been conducted on the HBSC data from each health board. First, the percentages of pupils in each board that report engaging in a series of health related behaviours are presented in a summary table below, weighted to 2002 Census figures for young people in the population. Comparisons between health boards for un-weighted samples have been conducted for each gender separately. Where statistically significant differences emerge between boards, they are further investigated within age groups. Third, gender differences within the individual boards are examined. Unless otherwise noted, statistically significant differences noted in the text refer to  $p < 0.001$ , where differences are not significant they are not reported. Note that the achievement of statistical significance is to some degree a function of sample size. Thus it is also appropriate to examine the extent of the difference between groups rather than relying exclusively on statistical significance. All of the variables reported here were tested for their relationship with age and social class using the correlation co-efficient phi. This indicates the strength of the relationship between two variables, and ranges from 0 to 1. The closer the co-efficient is to 1, the stronger the relationship. Relationships with social class were generally weak, but some of the substance use variables have weak to moderate relationships with age.

# interpretation of results

**TABLE 4: Phi co-efficients between HBSC variables and both age group and social class**

| Variable                               | Age Group | Social Class |
|--|-----------|--------------|
| % Excellent health                     | 0.10      | 0.03         |
| % Very happy                           | 0.18      | 0.00         |
| % Have ever smoked                     | 0.37      | 0.02         |
| % Currently smoke                      | 0.27      | 0.06         |
| % Have never drunk alcohol             | 0.37      | 0.03         |
| % Have drunk alcohol in the past month | 0.42      | 0.00         |
| % Have ever been drunk                 | 0.43      | 0.01         |
| % Drunk more than 10 times             | 0.22      | 0.02         |
| % Using cannabis in the past 12 months | 0.28      | 0.01         |
| % Eat fruit more than daily            | 0.02      | 0.05         |
| % Eat vegetables more than daily       | 0.01      | 0.04         |
| % Never eat breakfast during the week  | 0.15      | 0.06         |
| % Never eat breakfast at the weekend   | 0.08      | 0.03         |
| % On a weight reducing diet            | 0.11      | 0.02         |
| % Feel that they should be on a diet   | 0.06      | 0.00         |
| % Exercise 4+ times per week           | 0.01      | 0.16         |
| % Exercise less than weekly            | 0.02      | 0.12         |
| % Always wear a seatbelt               | 0.05      | 0.01         |
| % Always wear a cycle helmet           | 0.08      | 0.01         |
| % Had an injury in the last year       | 0.00      | 0.04         |

Because of the relationships between substance use (smoking, drinking, cannabis use) with age, particular attention should be paid to differences between health boards in terms of their relative mean age. The age differences between health boards help explain some of the variation in reported substance use between board areas.

# interpretation of results

The data in the summary table below have been stratified by Health Board and standardised by both age and sex to the 2002 Census. This allows for comparisons between the Health Boards and also adjusts for variations in age and gender distribution relative to the general population.

**TABLE 5: Target Behaviours (HBSC) by Health Board, standardised 2002**

Table 5: Summary for all target behaviours by Health Board, data are standardised for age and sex to the 2002 census

| Variable                               | NEHB | MHB | SEHB | SHB  | MWHB | WHB | NWHB | SWAHB | ECAHB | NAHB | All  |
|--|------|-----|------|------|------|-----|------|-------|-------|------|------|
| % Excellent health                     | 25   | 30  | 26   | 29   | 31   | 28  | 25   | 30    | 31    | 27   | 29   |
| % Very happy                           | 41   | 46  | 44   | 46   | 45   | 46  | 42   | 46    | 44    | 50   | 46   |
| % Have ever smoked                     | 35   | 37  | 45   | 38   | 43   | 37  | 36   | 42    | 38    | 41   | 39   |
| % Currently smoke                      | 16   | 17  | 24   | 17   | 18   | 20  | 15   | 18    | 15    | 19   | 18   |
| % Have never drunk alcohol             | 40   | 40  | 36   | 45   | 36   | 43  | 44   | 36    | 41    | 39   | 40   |
| % Have drunk alcohol in the past month | 24   | 25  | 31   | 24   | 31   | 25  | 22   | 29    | 23    | 27   | 26   |
| % Have ever been drunk                 | 27   | 28  | 36   | 26   | 35   | 28  | 29   | 36    | 33    | 36   | 31   |
| % Drunk more than 10 times             | 6    | 8   | 6    | 6    | 7    | 6   | 5    | 8     | 8     | 8    | 7    |
| % Using cannabis in the past 12 months | 10   | 10  | 12   | 9    | 10   | 9   | 10   | 17    | 16    | 16   | 12   |
| % Eat fruit more than daily            | 18   | 15  | 17   | 17   | 17   | 15  | 15   | 21    | 20    | 13   | 17   |
| % Eat vegetables more than daily       | 20   | 14  | 15   | 16   | 18   | 16  | 12   | 18    | 19    | 16   | 16   |
| % Never eat breakfast during the week  | 10   | 13  | 15   | 16   | 11   | 14  | 11   | 15    | 15    | 21   | 14   |
| % Never eat breakfast at the weekend   | 5    | 6   | 10   | 7    | 7    | 6   | 7    | 6     | 5     | 7    | 7    |
| % On a weight reducing diet            | 12   | 12  | 11   | 13   | 10   | 11  | 11   | 14    | 13    | 12   | 12   |
| % Feel that they should be on a diet   | 19   | 19  | 21   | 19   | 24   | 20  | 22   | 18    | 21    | 17   | 20   |
| % Exercise 4+ times per week           | 52   | 51  | 47   | 48   | 51   | 49  | 47   | 50    | 50    | 48   | 49   |
| % Exercise less than weekly            | 9    | 11  | 13   | 12   | 10   | 9   | 11   | 10    | 11    | 9    | 11   |
| % Always wear a seatbelt               | 65   | 57  | 64   | 61   | 59   | 54  | 51   | 67    | 70    | 70   | 62   |
| % Always wear a cycle helmet           | 9    | 4   | 9    | 11   | 6    | 6   | 6    | 9     | 12    | 8    | 7    |
| % Had an injury in the last year       | 47   | 46  | 48   | 47   | 51   | 48  | 48   | 46    | 49    | 46   | 47   |
| n                                      | 504  | 744 | 931  | 1320 | 605  | 969 | 665  | 1377  | 620   | 512  | 8424 |



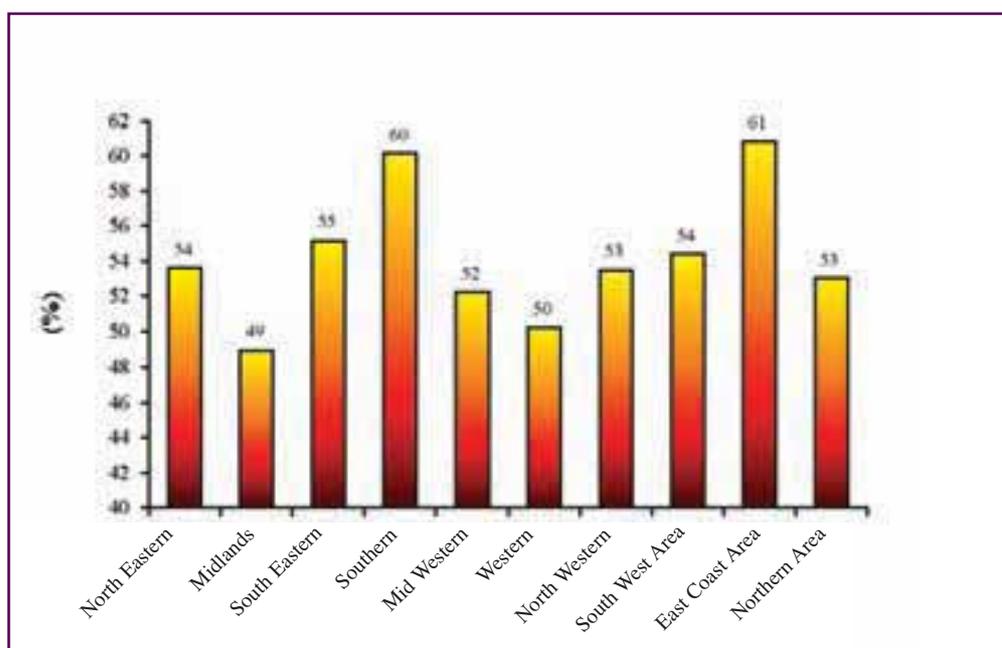
general health



## SLAN

Fifty five percent of respondents nationally reported excellent or very good health. However, there were significant regional fluctuations ( $p < 0.001$ ) as can be seen in Figure 1. The Midlands reported the lowest response of perceived excellent/very good health (48.9%) while the East Coast Area and the Southern Health Boards reported the highest, at 60.8% and 60.2% respectively.

**Figure 1: Percentage of respondents with perceived excellent/very good health by Health Board**



The top four requirements for improving health were the same for all Health Boards – less stress, more money, more willpower, a change in weight (and less pollution for the East Coast Area) – though the order these were listed in varied, as can be seen in Table 6.



**TABLE 6: Top five requirements for improving health by Health Board (percentages in brackets)**

| Health Board    | 1                        | 2                        | 3                        | 4                      | 5                                 |
|-----------------|--------------------------|--------------------------|--------------------------|------------------------|-----------------------------------|
| North Eastern   | less stress<br>(37)      | change in weight<br>(33) | more willpower<br>(32)   | more money<br>(29)     | less pollution<br>(19)            |
| Midland         | change in weight<br>(37) | less stress<br>(36)      | more money<br>(32)       | more willpower<br>(29) | less time in smoky places<br>(19) |
| South Eastern   | change in weight<br>(35) | less stress<br>(33)      | more willpower<br>(33)   | more money<br>(31)     | less pollution<br>(17)            |
| Southern        | less stress<br>(37)      | change in weight<br>(33) | more money<br>(27)       | more willpower<br>(26) | less time in smoky places<br>(18) |
| Mid Western     | less stress<br>(34)      | change in weight<br>(33) | more money<br>(29)       | more willpower<br>(29) | less time in smoky places<br>(20) |
| Western         | less stress<br>(38)      | change in weight<br>(35) | more money<br>(29)       | more willpower<br>(26) | less pollution<br>(17)            |
| North Western   | less stress<br>(32)      | more money<br>(31)       | change in weight<br>(30) | more willpower<br>(26) | none of these<br>(18)             |
| South West Area | less stress<br>(39)      | change in weight<br>(37) | more willpower<br>(31)   | more money<br>(25)     | less pollution<br>(22)            |
| East Coast Area | less stress<br>(40)      | change in weight<br>(31) | more willpower<br>(30)   | less pollution<br>(23) | less alcohol<br>(19)              |
| Northern Area   | less stress<br>(42)      | change in weight<br>(37) | more willpower<br>(33)   | more money<br>(25)     | less pollution<br>(22)            |

As apparent in Table 7 below, all Health Boards showed similar preferences for obtaining health information. The top three were the same for all Boards except the Northern Area, where Family/Friends were ranked slightly higher than Media. The Internet, a category not included in the 1998 survey, was also a popular source of information, ranking fourth or fifth everywhere except the North Western Health Board.



**TABLE 7: Top five sources of health information by Health Board (percentages in brackets)**

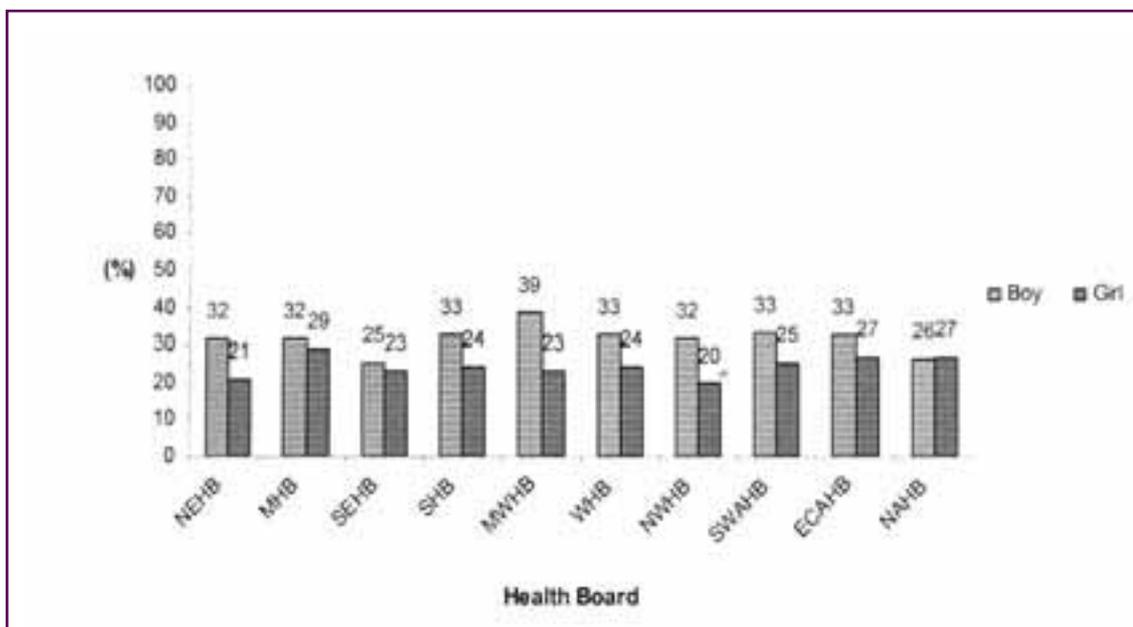
| Health Board    | 1       | 2                   | 3                   | 4             | 5             |
|-----------------|---------|---------------------|---------------------|---------------|---------------|
| North Eastern   | GP (60) | Media (41)          | Family/Friends (39) | HP/HB (13)    | Internet (11) |
| Midland         | GP (60) | Media (41)          | Family/Friends (37) | HP/HB (15)    | Internet (9)  |
| South Eastern   | GP (62) | Media (43)          | Family/Friends (34) | Internet (13) | Other HP (11) |
| Southern        | GP (61) | Media (47)          | Family/Friends (37) | Other HP (13) | Internet (9)  |
| Mid Western     | GP (62) | Media (41)          | Family/Friends (37) | HP/HB (12)    | Internet (11) |
| Western         | GP (61) | Media (42)          | Family/Friends (40) | Other HP (12) | Internet (11) |
| North Western   | GP (57) | Media (43)          | Family/Friends (37) | HP/HB (13)    | Other HP (8)  |
| South West Area | GP (57) | Media (43)          | Family/Friends (40) | Internet (17) | Other HP (14) |
| East Coast Area | GP (59) | Media (54)          | Family/Friends (47) | Internet (20) | Other HP (17) |
| Northern Area   | GP (58) | Family/Friends (43) | Media (42)          | Internet (15) | Other HP (13) |

## GENERAL HEALTH HBSC

Students were asked two questions under the area of general health, first how they would rate their health (excellent, good, fair or poor) and second, how they feel about their lives at present (very happy, quite happy, don't feel very happy or not happy at all). The figures below represent the rounded percentages within each group responding that they think their health is excellent to the first question and that they feel very happy about their lives at present to the second.



**Figure 2: Percentage of respondents who report that their health is excellent**



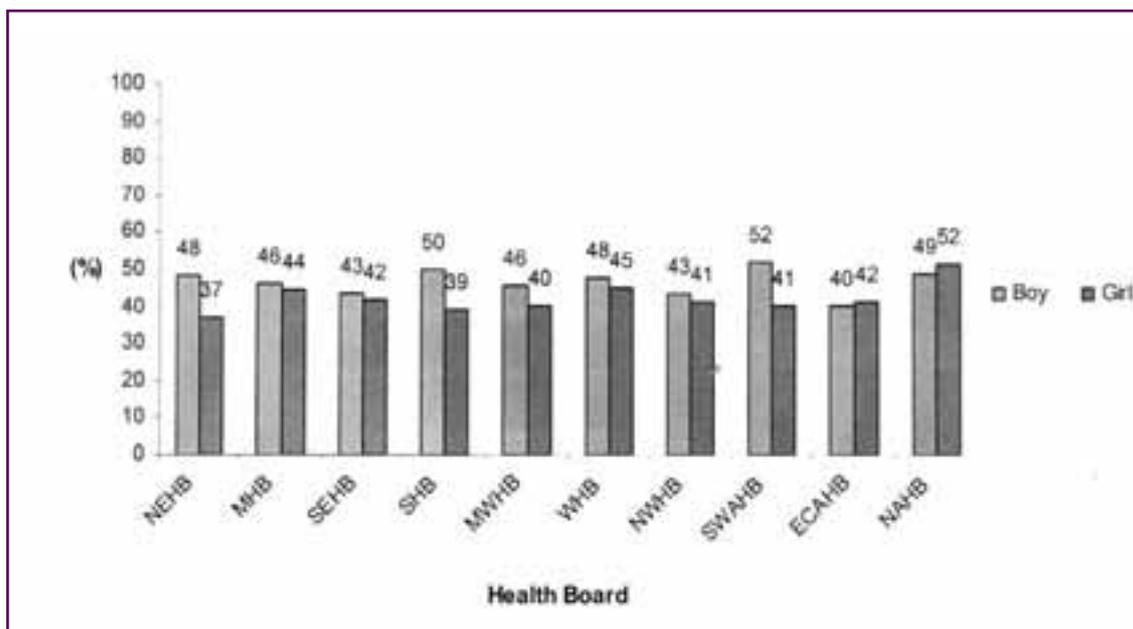
No statistically significant differences between health boards were identified for either girls or boys. However, there are some differences between boys and girls. In each health board, except for the NAHB, boys are more likely to report that their health is excellent. Most differences are found within the older age groups (ages 15-17). Table 8 below illustrates where significant differences ( $p < 0.01$ ) are found between 15-17 year old boys and girls within health boards.

**TABLE 8: Significant gender differences at ages 15-17 for self-reported health**

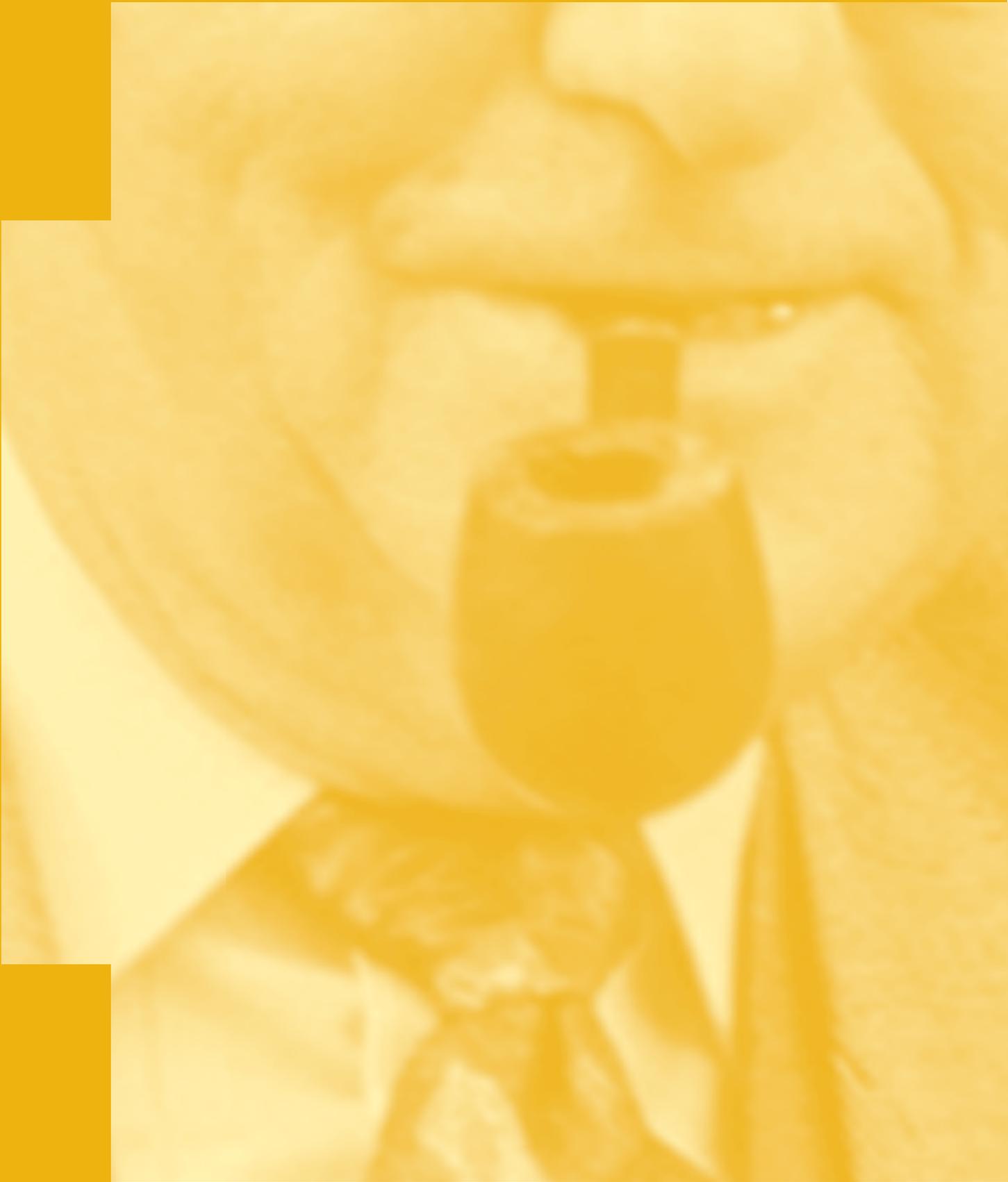
| Gender  | MHB | SEHB | SHB | MWHB | NWHB | SWAHB |
|---------|-----|------|-----|------|------|-------|
| Boys %  | 35  | 24   | 34  | 35   | 26   | 29    |
| Girls % | 18  | 14   | 19  | 19   | 11   | 17    |



**Figure 3: Percentages of respondents who report that they are very happy**



The variations across health boards in reported happiness are not statistically significant and as the table above shows, the gender differences are much smaller for reported happiness than for reported health



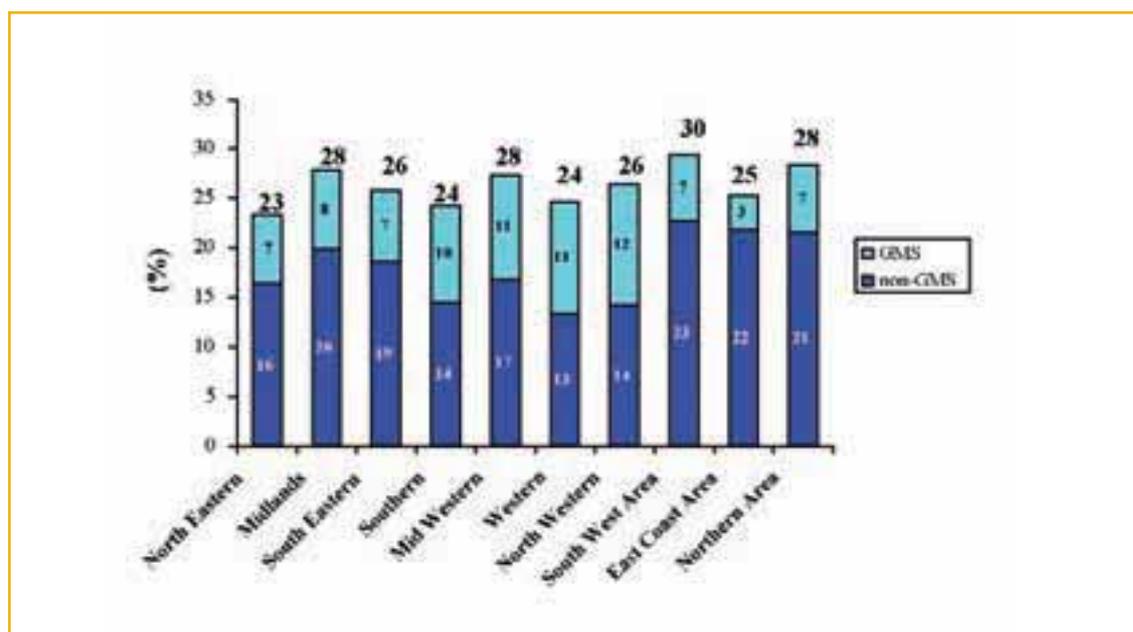
smoking

## Smoking SLÁN

Nationally, 1,253 respondents reported being regular cigarette smokers and 239 were occasional cigarette smokers. For the purposes of this report, "smoker" refers to cigarette smokers only.

Smoking rates were higher amongst respondents with a medical card than those without everywhere except the East Coast Area and the South West Area. No regional variations in smoking rates were evident amongst medical cardholders. However, within the non-GMS group significant differences in smoking rates emerged ( $p=0.023$ ). The highest reported incidence of smoking in this group was in the Northern Area, where 27.4% of non-GMS respondents were smokers, which accounts for three quarters of all smokers in that region. The lowest reported incidence of smoking occurred in the Western Health Board (17.8%).

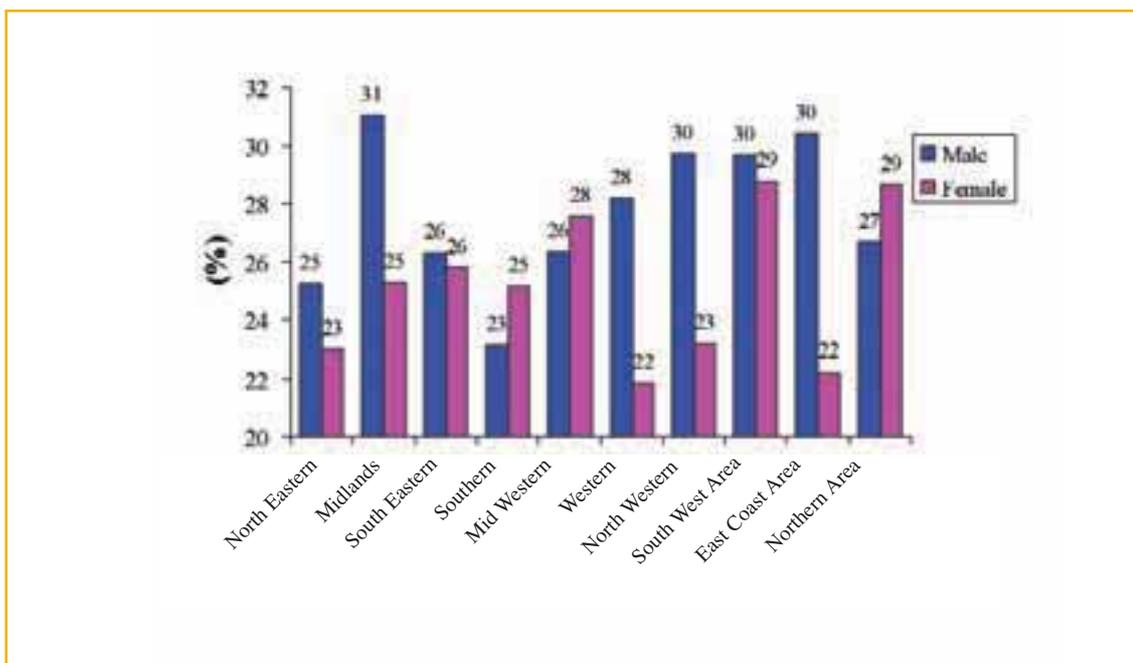
**FIGURE 4: Contribution to regular/occasional cigarette smoking rates according to Health Board and GMS status SLÁN02**



In the South, Mid West and Northern Area, smoking rates were higher among females than males. In all other regions males smoked more – significantly so in the East Coast Area where 30.4% of males smoked compared with just 22.2% of females ( $p=0.008$ ). On average, males smoked more cigarettes per day than females across all Boards

# smoking

**FIGURE 5: Regular/occasional cigarette smokers by Health Board and gender**



**TABLE 9: Mean number of cigarettes smoked per day by Health Board and gender (standard errors in brackets)**

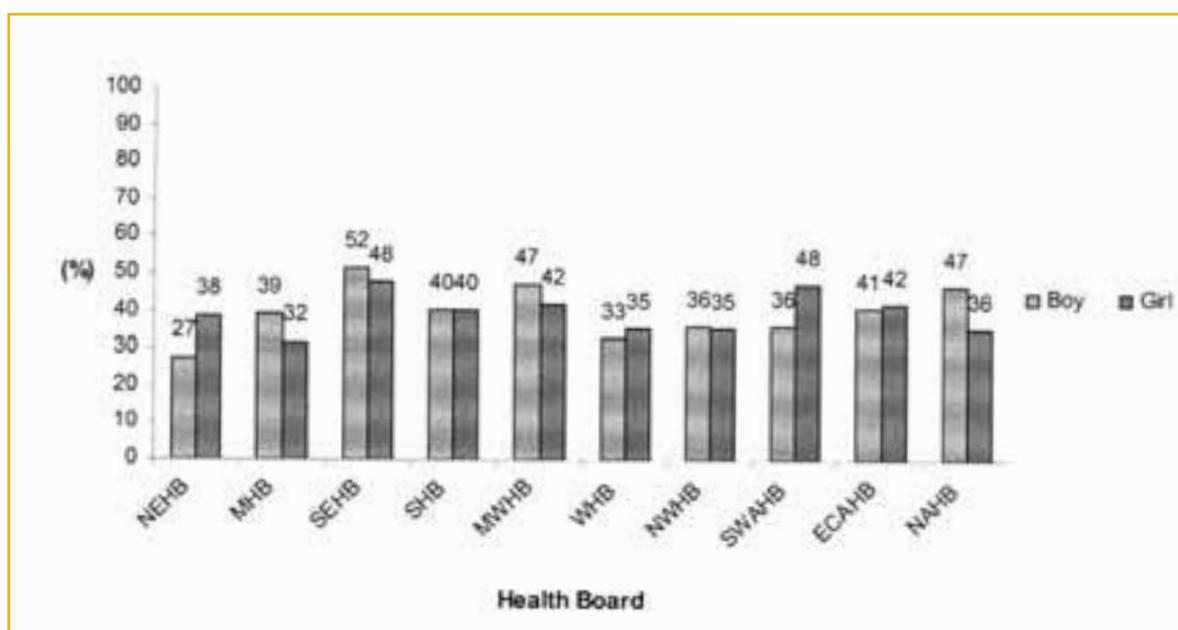
| Health Board    | Males        | Females      | Overall      | Valid n |
|-----------------|--------------|--------------|--------------|---------|
| North Eastern   | 15.02 (1.17) | 12.86 (0.90) | 13.80 (0.72) | 117     |
| Midland         | 17.63 (1.44) | 15.75 (1.05) | 16.65 (0.88) | 133     |
| South Eastern   | 18.05 (1.22) | 12.63 (0.87) | 14.91 (0.75) | 140     |
| Southern        | 15.91 (1.10) | 14.81 (1.10) | 15.27 (0.79) | 161     |
| Mid Western     | 17.25 (1.57) | 15.85 (1.40) | 16.35 (1.04) | 113     |
| Western         | 15.96 (1.35) | 11.21 (1.01) | 13.43 (0.85) | 100     |
| North Western   | 19.04 (1.61) | 12.45 (1.15) | 15.71 (1.04) | 93      |
| South West Area | 18.85 (1.53) | 13.83 (0.82) | 15.82 (0.80) | 172     |
| East Coast Area | 15.30 (1.40) | 12.83 (1.18) | 13.90 (0.90) | 113     |
| Northern Area   | 20.89 (2.04) | 13.68 (0.86) | 16.08 (0.93) | 144     |

# smoking

## SMOKING HBSC

Students were asked both if they had ever smoked tobacco and how often they smoked at present. The figures below represent the percentages in each health board that report having ever smoked and who report that they smoke at present. Smoking is one behaviour that is related to age group and both experimentation and current smoking increase with age.

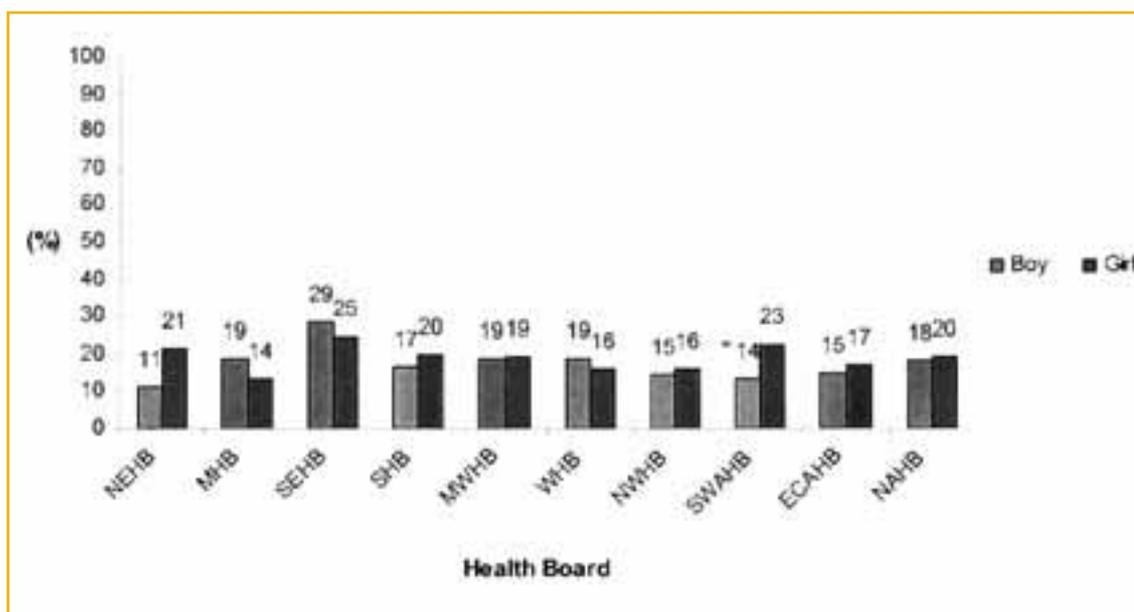
**FIGURE 6: Percentages of respondents who report ever smoking**



There are significant differences in this sample between the health boards on rates of ever smoking among both girls and boys. For boys, ever smoking is highest in the SEHB (52%) and lowest in the NEHB (27%). For girls ever smoking is highest in the SEHB and the SWAHB (both 48%) and lowest in the MHB (32%). These variations can be partially explained by age differences between the boards and by influence of sample size and so should be interpreted with caution. There are no significant gender differences within health boards on this variable.

# smoking

**FIGURE 7: Percentages of respondents who report that they currently smoke**



There is a significant difference between the health boards on rates of current smoking for both the girls and the boys. For boys, current smoking is highest in the SEHB (29%) and lowest in the NEHB (11%). Thus the NEHB is lowest for both ever and current smoking amongst boys. For girls ever smoking is highest in the SEHB (25%) and lowest in the MHB (14%). The girls in the MHB reported the lowest rates of ever smoking as well as the lowest rates of current smoking. Age differences between boards are likely to explain some of these differences. When examined by age, the only statistically significant differences between health boards in current smoking is between 12-14 year old boys in the SEHB where 23% report that they are current smokers, in comparison to 12% in the rest of the country. Among those aged 15 to 17 years smoking rates were down in every board except in the South Eastern among girls and with a mixed pattern among boys. There is a downward trend in the larger boards e.g. in the former Eastern Health Board area there were decreases of 7.5% among boys and 10% among girls in the 15 to 17 year age group.

In terms of gender differences, when broken down by age group, the only statistically significant gender difference within health boards is in the SHB, where more girls than boys in the 15-17 year old age group currently smoke (34% girls and 24% boys).

In the two largest area samples, the Southern Health Board and the South Western Area Board, the patterns are the same with higher rates of ever and current smoking among girls.

# smoking



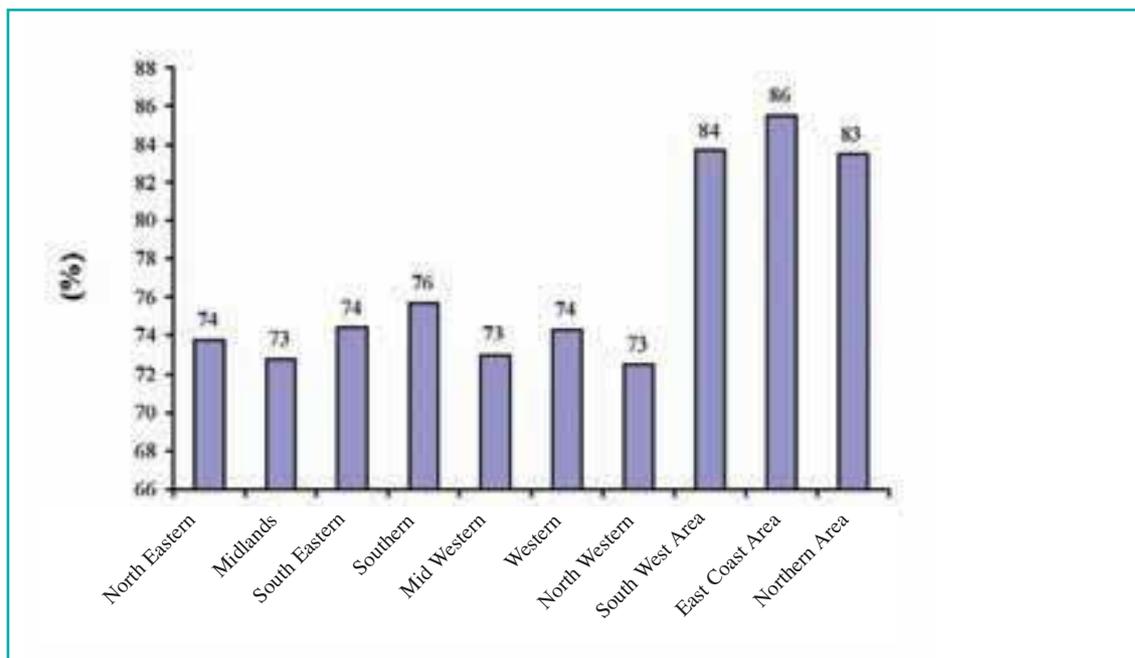
alcohol



## Alcohol SLÁN

Over three-quarters of the respondents nationwide had consumed alcohol in the previous month. The highest rates of consumption were in the Dublin regions – the East Coast Area, South West Area and Northern Area Health Boards. The lowest rate was in the North Western Health Board (72.5%). A significantly lower percentage of respondents with medical cards were regular alcohol consumers compared with those without medical cards.

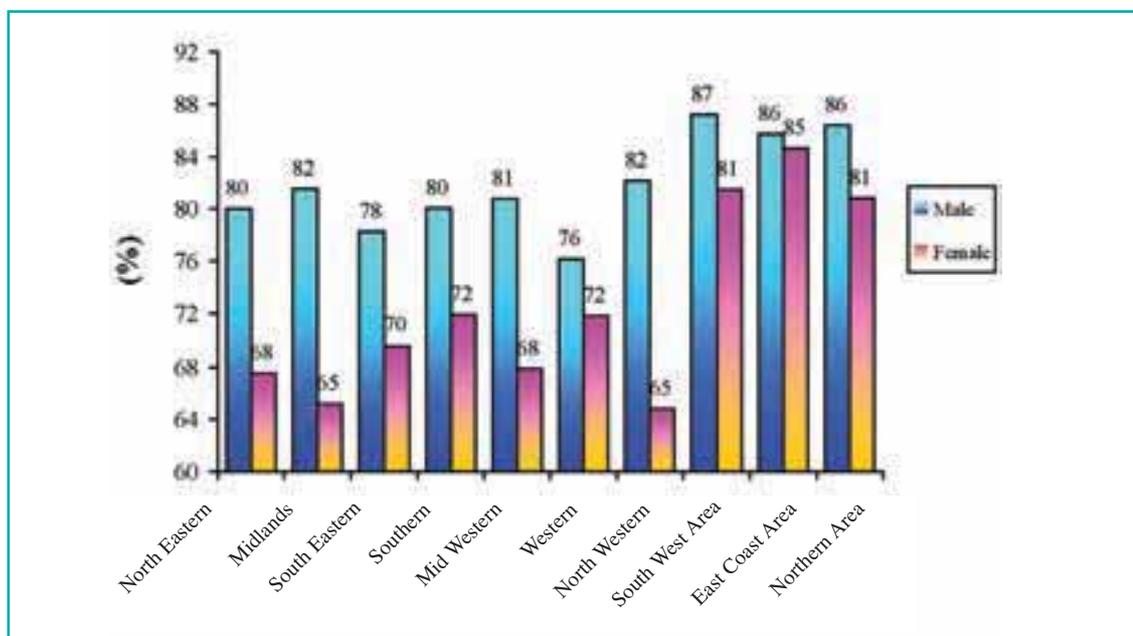
**FIGURE 8: Regular alcohol consumption by Health Board**



A higher percentage of males had consumed alcohol in the previous month across all Boards, though in the Dublin regions the difference between the sexes was less marked



**FIGURE 9: Regular alcohol consumption by Health Board and gender**



Significant variations in the percentage of respondents who regularly consumed alcohol occurred within each age group across all Boards (18-34:  $p=0.012$ ; 35-54:  $p<0.001$ ; 55+:  $p=0.003$ ).

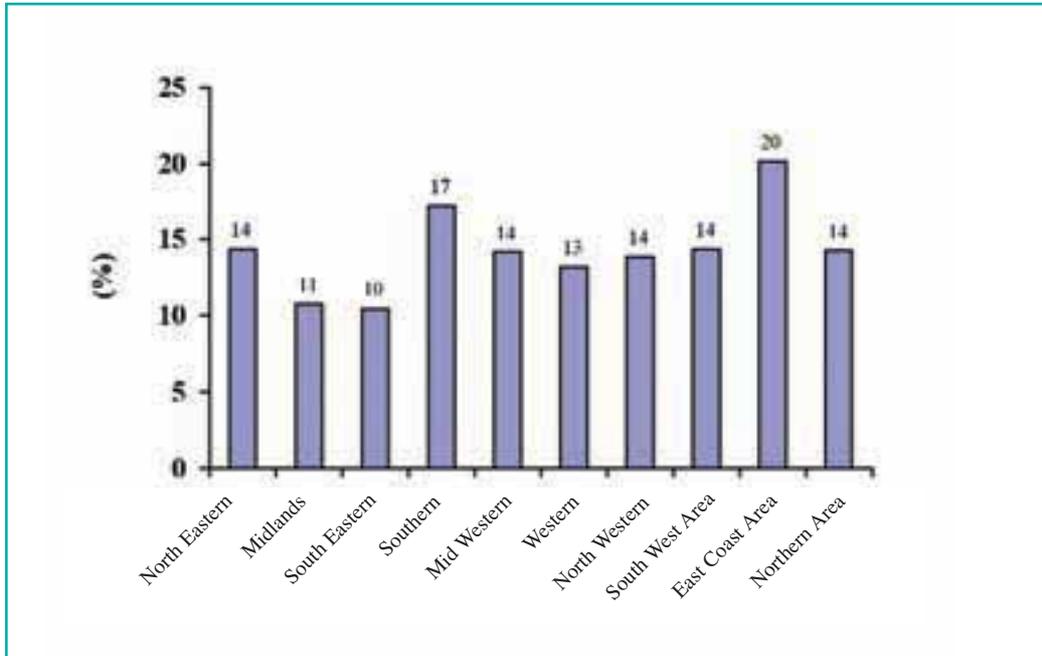
**TABLE 10: Regular alcohol consumers by Health Board and age group**

| Health Board    | 18-34 % | 35-54 % | 55+ % | Overall % |
|-----------------|---------|---------|-------|-----------|
| North Eastern   | 83.8    | 78.1    | 54.1  | 73.7      |
| Midland         | 80.6    | 79.0    | 53.8  | 72.8      |
| South Eastern   | 83.4    | 82.2    | 51.7  | 74.4      |
| Southern        | 84.4    | 78.7    | 59.9  | 75.7      |
| Mid Western     | 86.1    | 75.2    | 52.2  | 73.0      |
| Western         | 84.8    | 75.8    | 58.0  | 74.3      |
| North Western   | 83.3    | 74.1    | 55.7  | 72.5      |
| South West Area | 93.4    | 86.2    | 67.1  | 83.7      |
| East Coast Area | 92.3    | 92.1    | 67.5  | 85.5      |
| Northern Area   | 90.9    | 86.8    | 68.9  | 83.5      |

The majority (57%) of respondents drank alcohol on one or two occasions a week and three-quarters drank on three days or less. However, there was still a substantial number of respondents who reported drinking 5 or more times in a typical week, ranging from 10.4% in the South Eastern Health Board to 20.1% in the East Coast Area.

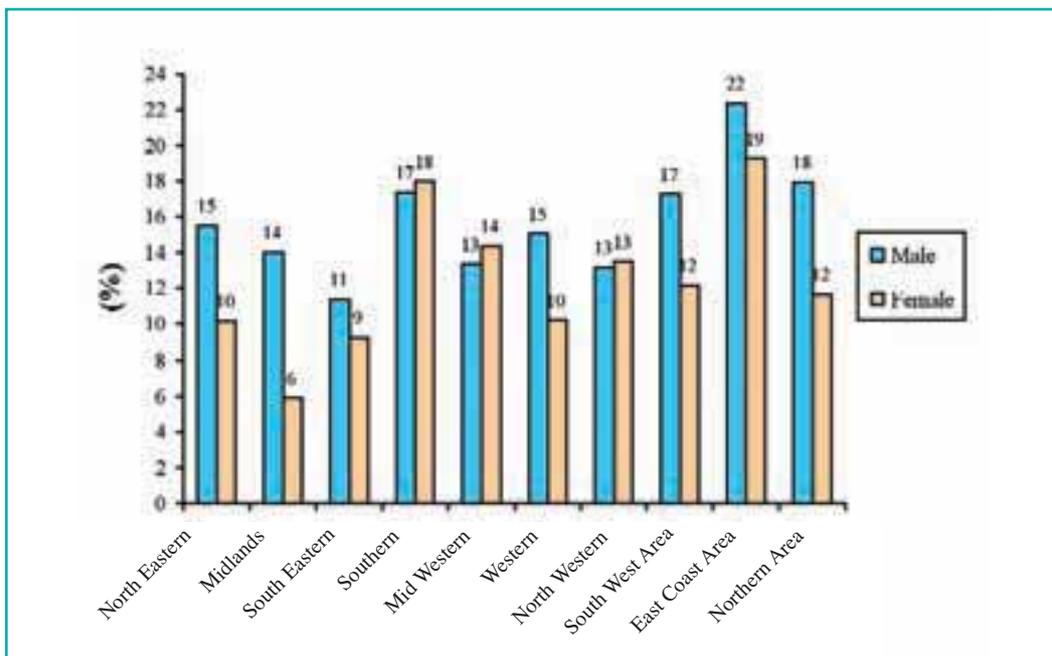


**FIGURE 10: Consumption of alcohol on 5+ days in a typical week by Health Board**



For the most part, males drank more often than females, but in the Southern, Mid Western and North Western Health Boards the rates are comparable.

**FIGURE 11: Consumption of alcohol on 5+ days in a typical week by Health Board and gender**





The lowest abstention rates were in the South West Area and the highest were in the Midlands and Mid Western Health Board. The Dublin effect was strong, with significantly fewer non-drinkers in the East Coast Area, South West Area and Northern Area than in the rest of the country ( $p < 0.001$ ). There was a clear age trend across all Health Boards, with older people more likely to abstain from alcohol.

**TABLE 11: Non-drinkers by Health Board and gender**

| Health Board    | Males % | Females % | Overall % | Valid n |
|-----------------|---------|-----------|-----------|---------|
| North Eastern   | 9.3     | 16.1      | 12.7      | 562     |
| Midland         | 10.1    | 20.2      | 15.3      | 543     |
| South Eastern   | 9.9     | 16.2      | 12.5      | 605     |
| Southern        | 8.9     | 15.2      | 12.3      | 799     |
| Mid Western     | 11.3    | 18.8      | 15.8      | 477     |
| Western         | 11.4    | 12.3      | 12.3      | 494     |
| North Western   | 7.5     | 19.1      | 13.7      | 405     |
| South West Area | 5.8     | 8.6       | 7.7       | 710     |
| East Coast Area | 7.6     | 9.1       | 8.4       | 534     |
| Northern Area   | 7.4     | 10.8      | 8.9       | 555     |

Respondents with a medical card were more likely to abstain across all Boards, and this result was significant everywhere except the Southern and Western Health Boards.

On average males drank more on a typical night out than females across all Boards. The Southern Health Board had the lowest average consumption rates per night and the Northern Area had the highest for both males and females. However, due to the unbalanced gender breakdown in the Northern Area, the Midlands actually record the highest average consumption overall.



**TABLE 12: Mean number of drinks consumed on a typical night out by Health Board and gender (standard errors in brackets)**

| Health Board    | Males       | Females     | Overall     | Valid n |
|-----------------|-------------|-------------|-------------|---------|
| North Eastern   | 6.19 (0.40) | 3.75 (0.18) | 4.76 (0.20) | 449     |
| Midland         | 6.36 (0.34) | 3.62 (0.16) | 4.94 (0.19) | 431     |
| South Eastern   | 6.48 (0.33) | 3.25 (0.16) | 4.67 (0.18) | 481     |
| Southern        | 5.46 (0.26) | 3.14 (0.12) | 4.18 (0.14) | 617     |
| Mid Western     | 5.66 (0.35) | 3.50 (0.21) | 4.41 (0.20) | 362     |
| Western         | 5.61 (0.39) | 3.46 (0.17) | 4.36 (0.19) | 388     |
| North Western   | 5.56 (0.34) | 3.72 (0.24) | 4.57 (0.21) | 310     |
| South West Area | 5.76 (0.33) | 3.51 (0.12) | 4.40 (0.16) | 606     |
| East Coast Area | 6.23 (0.46) | 3.23 (0.13) | 4.21 (0.19) | 465     |
| Northern Area   | 6.49 (0.40) | 3.98 (0.16) | 4.89 (0.19) | 477     |

1 drink = half pint/glass of beer, stout, lager or cider; a single measure of spirits; a single glass of wine, sherry, port; premixed drinks

Using the definition of a drink given here, one drink amounts to one alcoholic unit. The recommended weekly limits for alcohol consumption are 21 units for males and 14 units for females. There were 2809 respondents who were regular weekly drinkers and the percentage of these who were over the limit was computed.

**TABLE 13: Percentage of respondents who are regular weekly drinkers and over the recommended weekly limit for alcohol consumption by Health Board and gender**

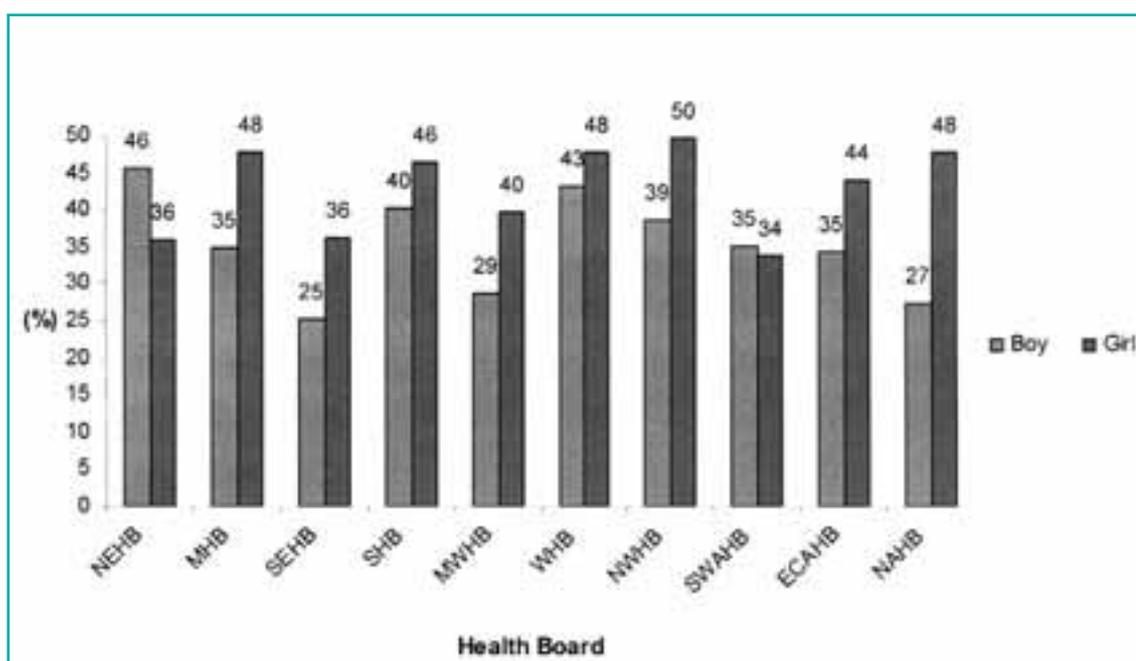
| Health Board    | Males % | Females % | Overall % | Valid n |
|-----------------|---------|-----------|-----------|---------|
| North Eastern   | 35.9    | 16.9      | 27.4      | 250     |
| Midland         | 27.8    | 11.2      | 21.3      | 252     |
| South Eastern   | 18.8    | 13.7      | 16.4      | 282     |
| Southern        | 24.3    | 17.5      | 21.3      | 378     |
| Mid Western     | 21.8    | 19.9      | 21.3      | 218     |
| Western         | 27.9    | 12.2      | 18.8      | 217     |
| North Western   | 22.9    | 21.9      | 23.8      | 163     |
| South West Area | 28.1    | 20.7      | 24.4      | 368     |
| East Coast Area | 30.5    | 21.6      | 25.3      | 359     |
| Northern Area   | 35.4    | 24.4      | 29.5      | 322     |



## ALCOHOL HBSC

Students were asked how often they drink anything alcoholic (such as beer, wine, spirits, cider or alcopops) and how often, if ever, they had ever had so much alcohol that they were really drunk. The figures presented below are for those who report never having had a drink, drinking alcohol every month or more frequently, having been really drunk and having been really drunk more than ten times. These are all variables on which age-related differences would be expected. Thus some of the differences between boards can be explained by age differences within the student groups. For example, the students from the SEHB are the eldest in the sample, and they emerge among those most likely to reporting drinking alcohol within the last month and to have ever been drunk. It is important that these differences are taken into account when interpreting these data.

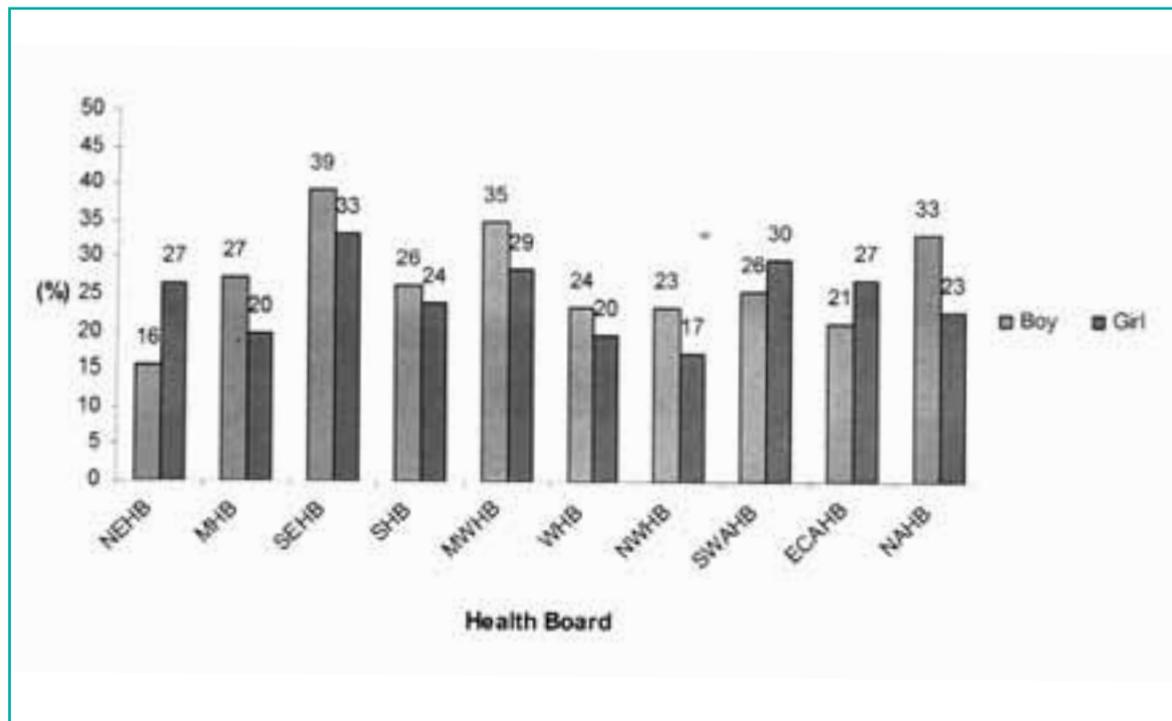
**FIGURE 12: Percentages of respondents who report never drinking alcohol at present**



There are significant differences across health boards for both boys and girls. Girls in the NWHB and boys in the NEHB are least likely to report drinking alcohol (50% and 46% respectively). When broken down by age group, 15-17 year old boys in the SHB are more likely to report that they have never had an alcoholic drink (24%), in comparison with boys of the same age in the rest of the country. In 8 of 10 health board regions, more girls than boys report that they never drink alcohol. However none of the differences are statistically significant at  $p < 0.001$



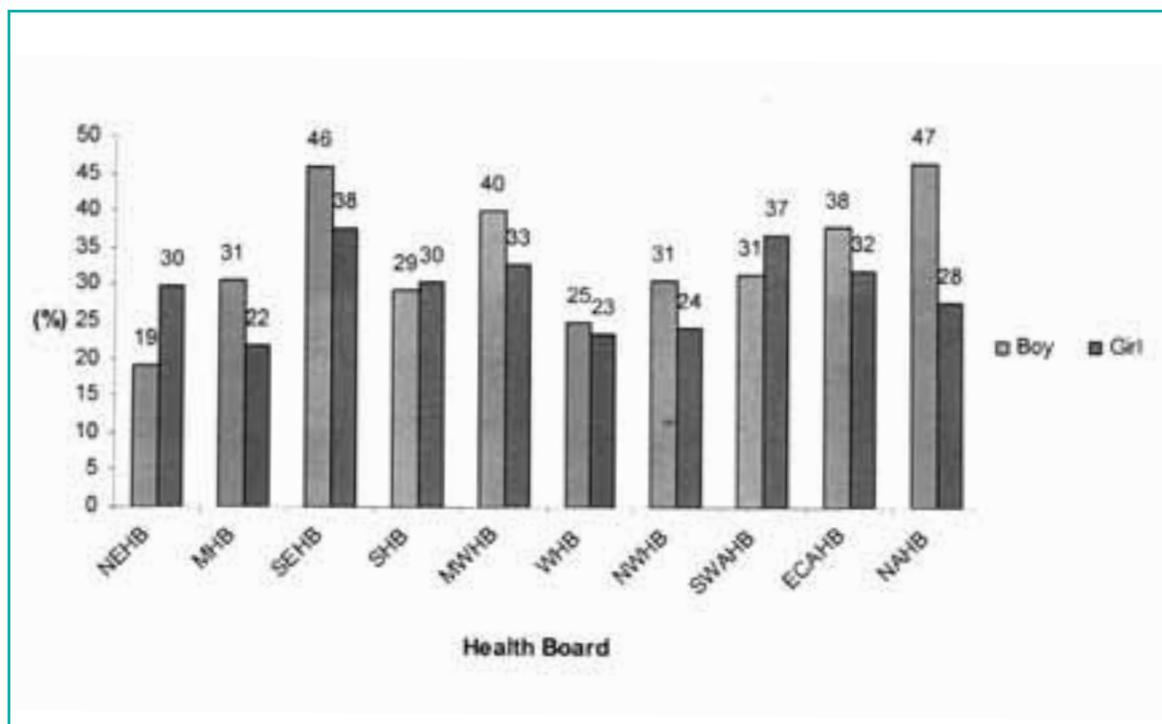
**FIGURE 13: Percentages of respondents who report drinking alcohol within the past month**



Once again there are statistically significant differences across health boards for both boys and girls. Boys (39%) and girls (33%) in the SEHB are most likely to report drinking alcohol in the last month. In most health boards, boys are more likely than girls to report drinking in the last month, but these differences are not statistically significant. Age differences can help explain the gender pattern within the NEHB, as the girls are on average older than the boys.



**FIGURE 14: Percentages of respondents who report having been really drunk**

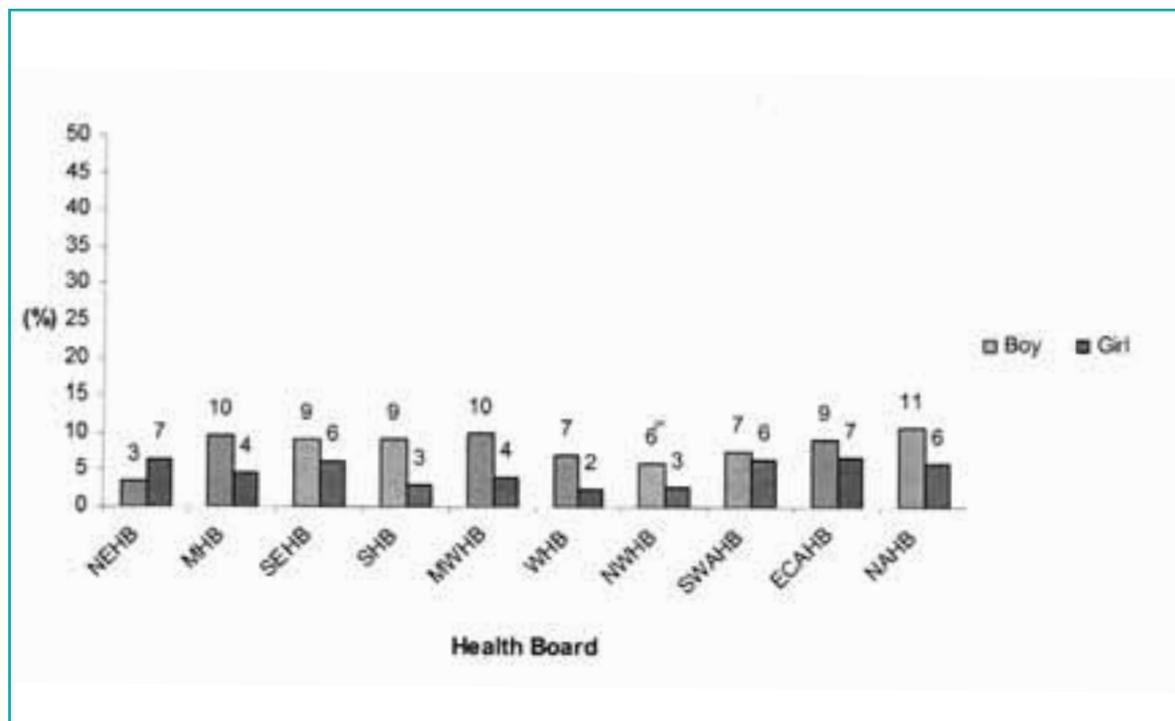


Significant differences are found between health boards for both boys and girls. Boys from the NAHB and the SEHB are at the top of the scale, being most likely to report having been really drunk (47% and 46%, respectively). Girls from the SEHB were most likely to report having been really drunk (38%). When broken down by age group, 12-14 year old boys in the SEHB were more likely (32%) to reporting having been really drunk than were boys in the rest of the country (21%). On the other hand, boys aged 15-17 in SHB were less likely (50%) than boys in the rest of the country (63%) to report that they had been really drunk.

In most health boards, boys are more likely to report having been really drunk than girls. There are however three exceptions, the NEHB, the SWAHB and the SHB, where the pattern is in the opposite direction. However, no gender differences were found to be significant at  $p < 0.001$ .



**FIGURE 15: Percentages of respondents who report having been really drunk more than ten times**



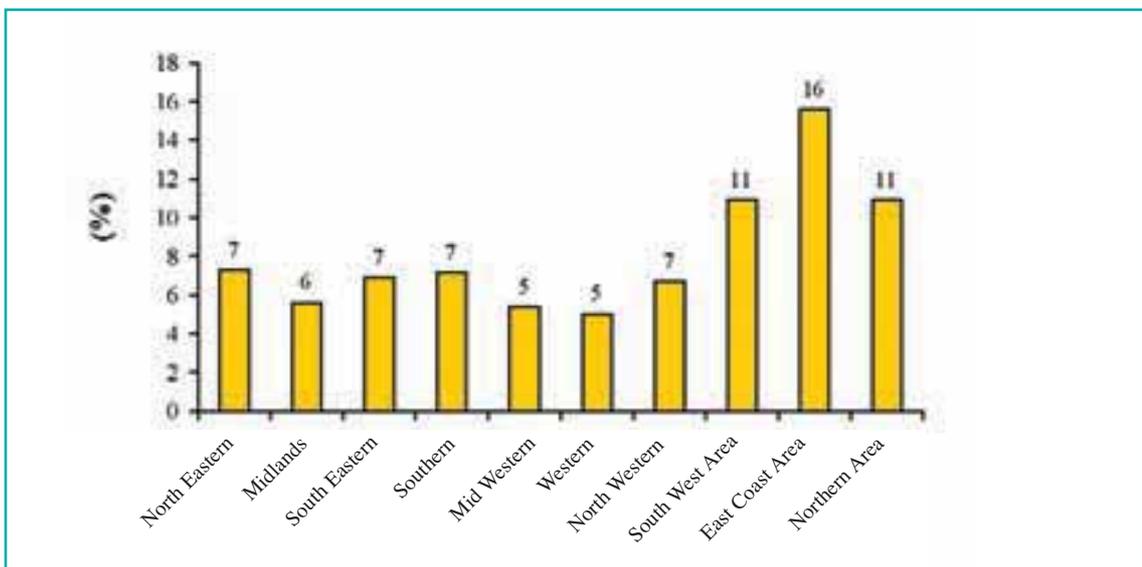
There are no significant differences between health boards for either boys or girls for reporting having been drunk more than 10 times. There are however some gender differences within health boards. In all boards except the NEHB, boys are more likely to report having been drunk 10 or more times, and the largest discrepancies are in the SHB, the MHB and the MWHB (all 6%). When the data are broken down by age group, the only statistically significant gender difference is among 15-17 students in the SHB, where 5% of girls and 18% of boys report having been drunk more than 10 times.



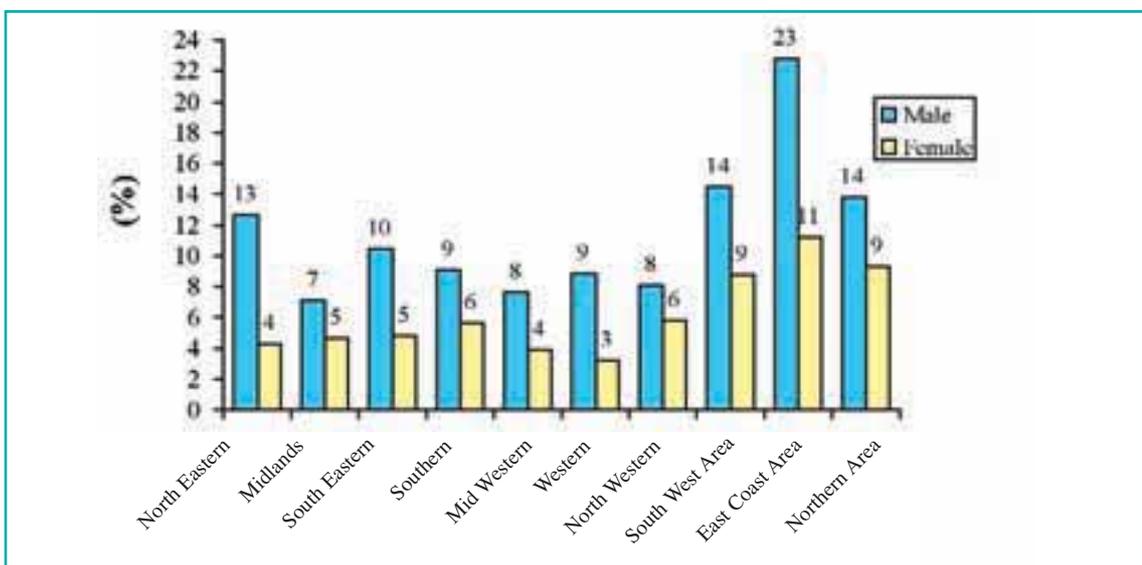
## Drugs SLAN

A notable regional variation in the use of cannabis/marijuana in the previous 12 months was evident and of considerable statistical significance ( $p=0.05$ ). Fifteen point six percent of respondents in the East Coast Area reported using cannabis in the previous 12 months, compared to a maximum of 7.3% outside Dublin (in the North Eastern Health Board). The lowest reported usage was in the Western Health Board (5.0%). More males than females used cannabis in all Boards during this period.

**FIGURE 16: Percentage using cannabis in previous 12 months by Health Board**



**FIGURE 17: Percentage using cannabis in previous 12 months by Health Board and gender**





Ecstasy use was almost completely among the 18-34 year age group. Again, a strong positive Dublin effect was observed ( $p=0.014$ ).

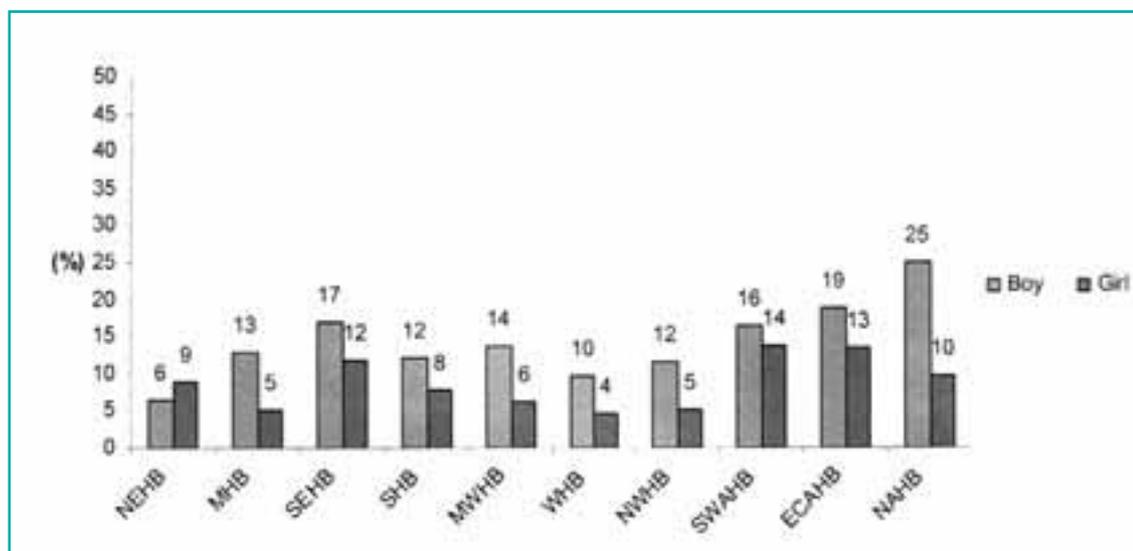
**TABLE 14: Percentage using ecstasy in the previous 12 months by Health Board and age group**

| Health Board    | 18-34 % | 35-54 % | 55+ % | Overall % |
|-----------------|---------|---------|-------|-----------|
| North Eastern   | 6.7     | -       | -     | 2.5       |
| Midland         | 5.2     | 0.9     | -     | 2.2       |
| South Eastern   | 6.3     | -       | 0.8   | 2.5       |
| Southern        | 6.9     | 1.2     | -     | 3.0       |
| Mid Western     | 3.1     | 0.5     | 1.6   | 1.7       |
| Western         | -       | 0.9     | -     | 0.3       |
| North Western   | 5.2     | -       | 1.0   | 2.2       |
| South West Area | 6.2     | -       | 0.5   | 2.4       |
| East Coast Area | 12.2    | 1.3     | 0.7   | 5.2       |
| Northern Area   | 11.3    | 0.8     | 0.8   | 4.7       |

## DRUGS HBSC

Students were asked had they ever taken any drugs in their lifetime and in the last twelve months. The figures presented below are for those who report using cannabis in the past twelve months.

**FIGURE 18: Percentages of respondents who report using cannabis in the last 12 months**





There are statistically significant differences across health boards in reported cannabis use, both for boys and girls. Students from the health boards in the ERHA region report a higher level of cannabis use in the last 12 months. This is particularly clear among the 15-17 year olds. Statistically significant differences were found in three subsets, boys and girls in the SWAHB and girls in the ECAHB. While the rates for the SEHB students also look high, this is primarily because they are slightly older than the students from other board areas.

**Table 15: Statistically significant differences in reported cannabis use in the last 12 months between boys and girls in the ERHA and the rest of the country**

| Gender | ERHA Board (%) | Rest of the Country (%) |
|--------|----------------|-------------------------|
| Boys   | SWAHB 46%      | 29%                     |
| Girls  | SWAHB 27%      | 17%                     |
| Girls  | ECAHB 27%      | 18%                     |

The only Health Board to have significantly lower reported levels of cannabis use is the WHB, where 10% of 15-17 year old girls reported use, compared to 20% in the rest of the country.

In all health boards, except the NEHB, boys are more likely to report cannabis use in the last 12 months than girls are, with the largest overall difference in the NAHB (15%). Statistically significant differences between boys and girls are found among 15-17 year olds in the WHB (27% boys and 12% girls), and the SWAHB (46% boys and 27% girls).

# drugs





food & nutrition

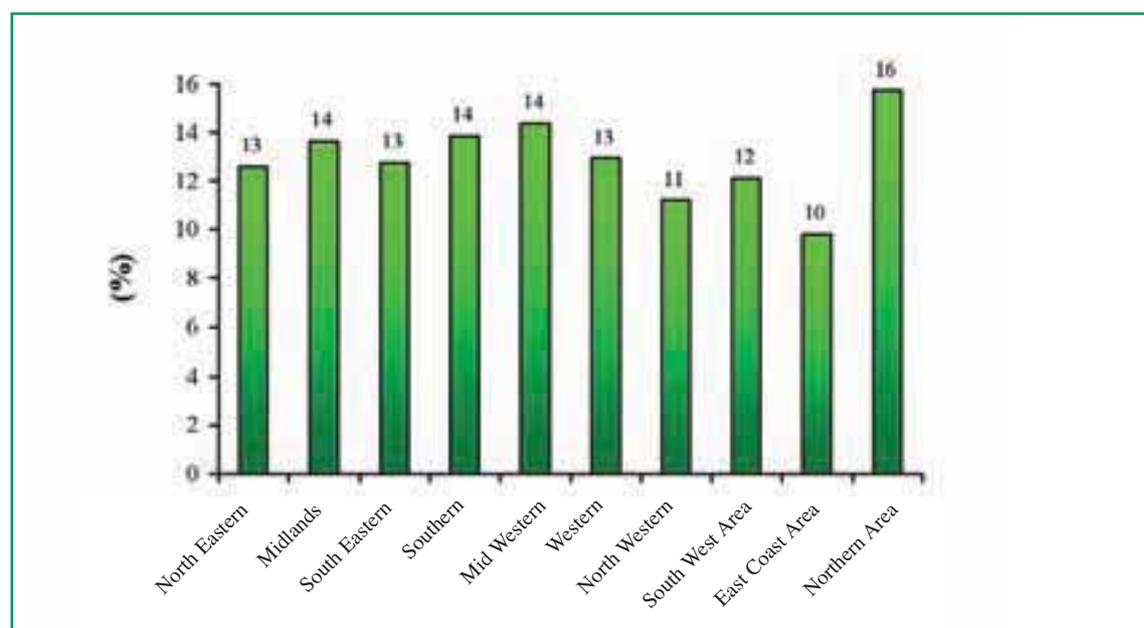


## Food and Nutrition SLAN

Using self-reported height and weight, the body mass index (BMI) was calculated. The BMI is the ratio of weight to height-squared (units kg/m<sup>2</sup>) and is a means of measuring normal weight (<25), overweight (25-30) and obesity (30+).

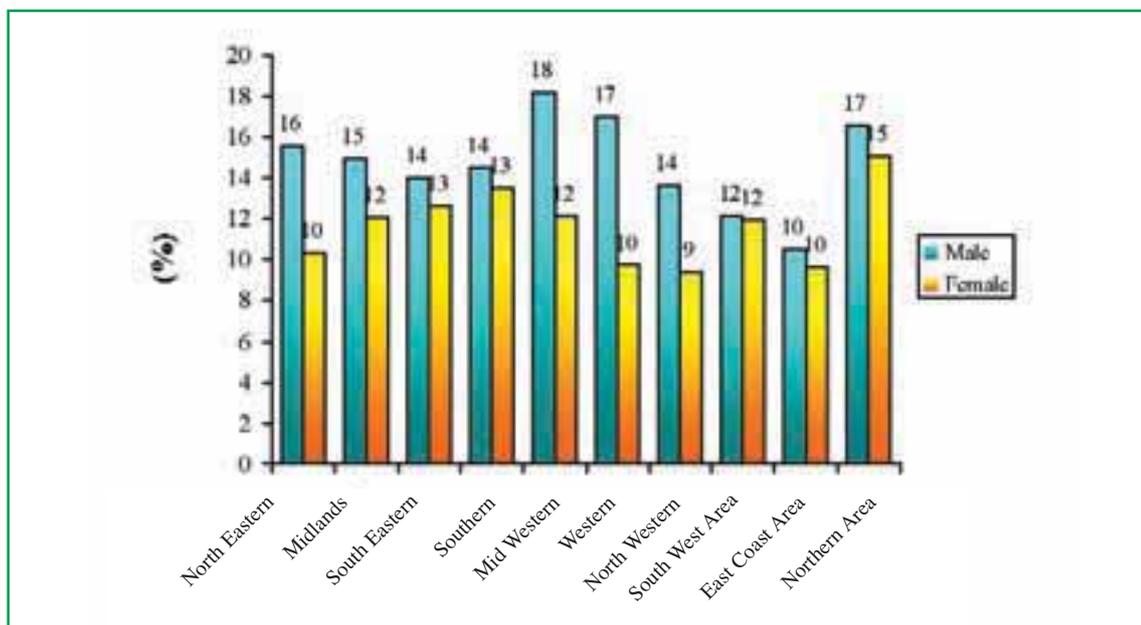
There was significant regional variation in the percentage of respondents who were obese (p=0.005). The Northern Area had the highest rate of obesity (15.7%), while the East Coast Area had the lowest rate at 9.8%.

**FIGURE 19: Obesity distribution by Health Board**



More males than females were obese in all Boards, but the difference was only significant in the North Eastern and Western Health Boards. The highest rate of obesity among males occurred in the Mid West (18.2%) and among females it was in the Northern Area (15.0%).

**FIGURE 20: Obesity distribution by Health Board and gender**



Fourteen percent of respondents nationally were on a weight reducing diet. Not surprisingly, the percentage of females on such a diet was significantly greater than the percentage of males ( $p < 0.001$  in all Boards). The Dublin effect was also in evidence; respondents in the Eastern Health Boards were more likely to be on a weight reducing diet than respondents from other parts of the country ( $p = 0.019$ ).

**TABLE 16: Percentage on weight reducing diets by Health Board and gender**

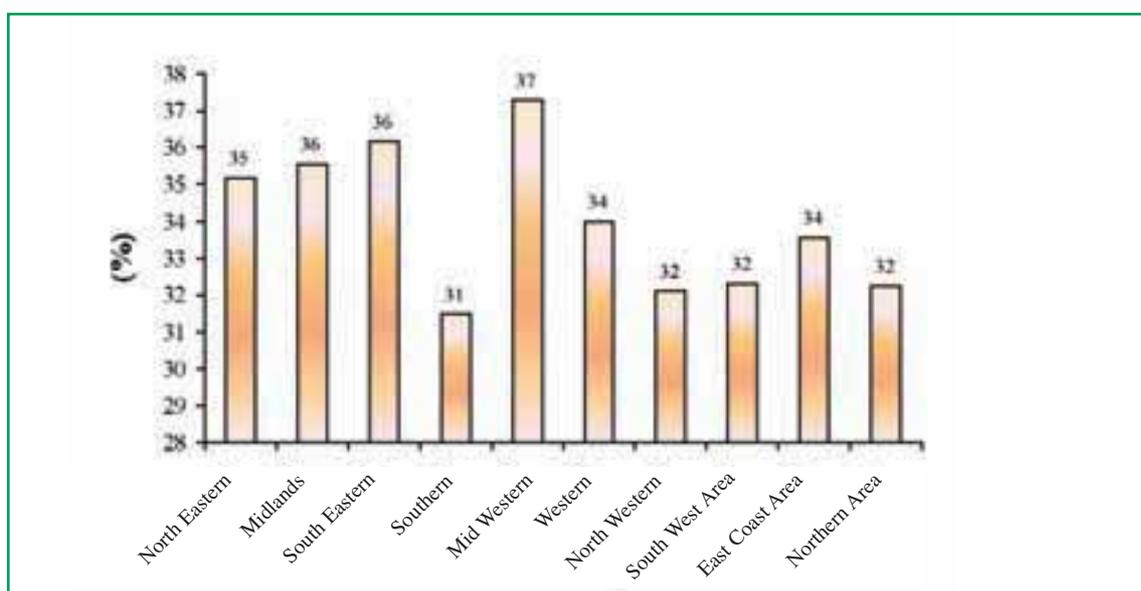
| Health Board    | Males % | Females % | Overall % | Valid n |
|-----------------|---------|-----------|-----------|---------|
| North Eastern   | 7.3     | 18.9      | 14.3      | 557     |
| Midland         | 4.3     | 21.1      | 14.0      | 534     |
| South Eastern   | 5.1     | 20.9      | 14.1      | 595     |
| Southern        | 7.4     | 17.9      | 13.4      | 788     |
| Mid Western     | 2.6     | 18.9      | 12.6      | 473     |
| Western         | 4.5     | 18.0      | 13.3      | 489     |
| North Western   | 3.2     | 16.7      | 11.2      | 402     |
| South West Area | 3.9     | 23.2      | 16.2      | 699     |
| East Coast Area | 1.8     | 17.3      | 12.0      | 531     |
| Northern Area   | 6.7     | 23.8      | 17.9      | 549     |



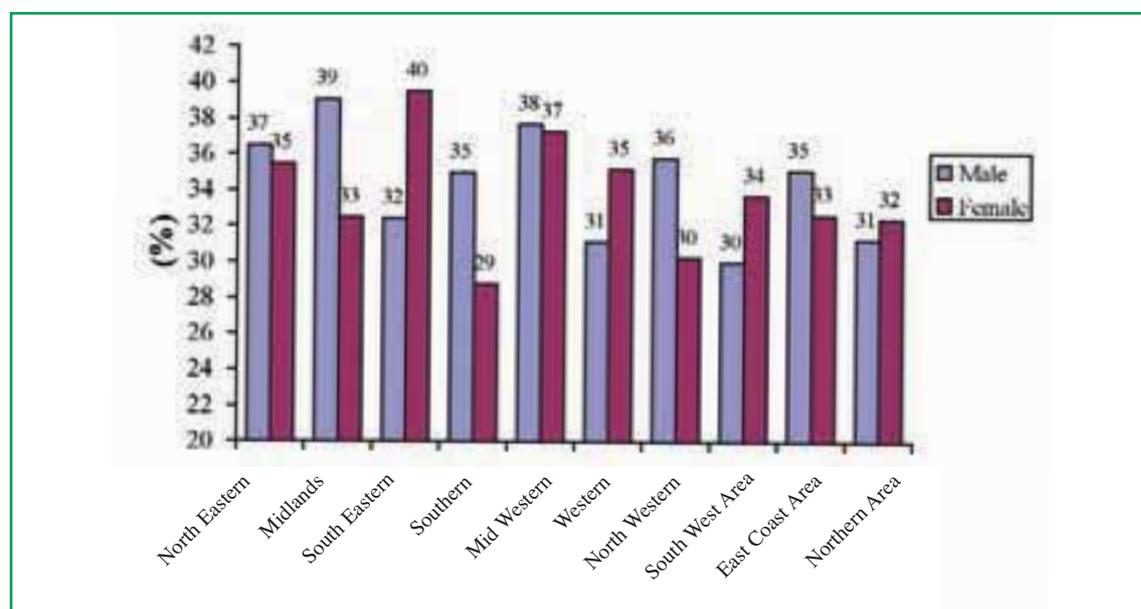
## Cereals, Breads and Potatoes

No significant differences in the percentages consuming the recommended six or more daily servings of cereals, breads and potatoes were observed between males and females, respondents with or without medical cards or across age groups. Regional variations were also non-significant.

**FIGURE 21: Percentage consuming the recommended 6+ servings per day of cereals, breads and potatoes by Health Board**



**FIGURE 22: Percentage consuming the recommended 6+ servings per day of cereals, breads and potatoes by Health Board and gender**

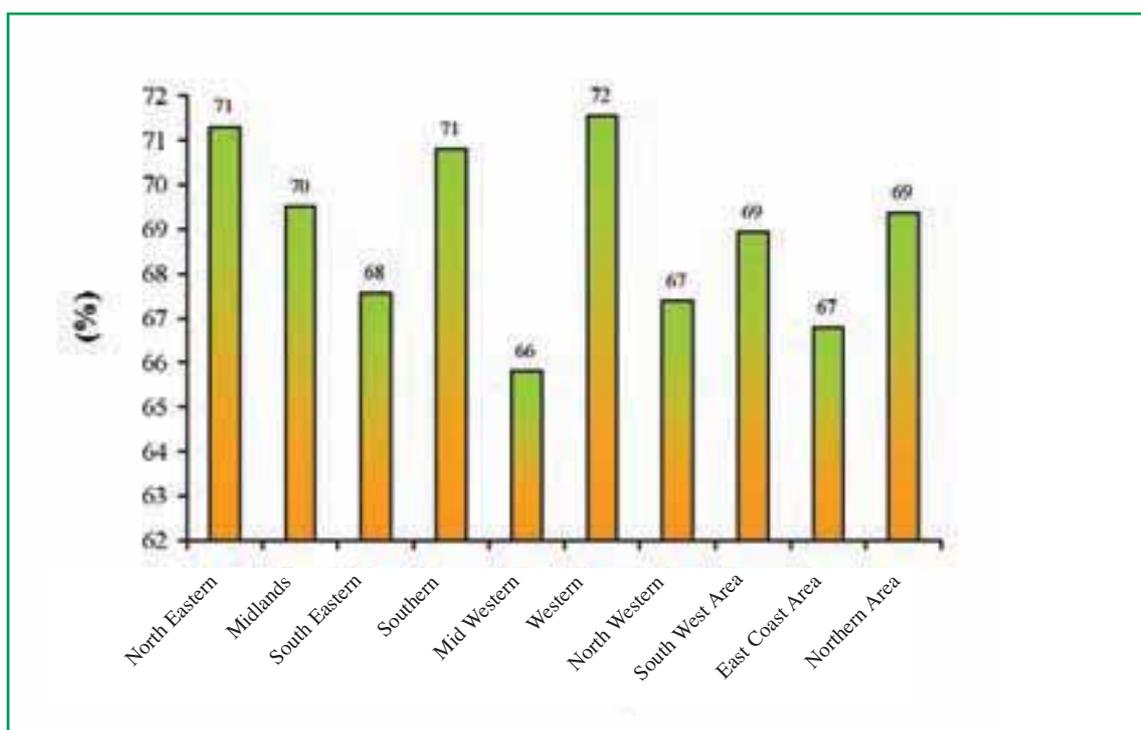




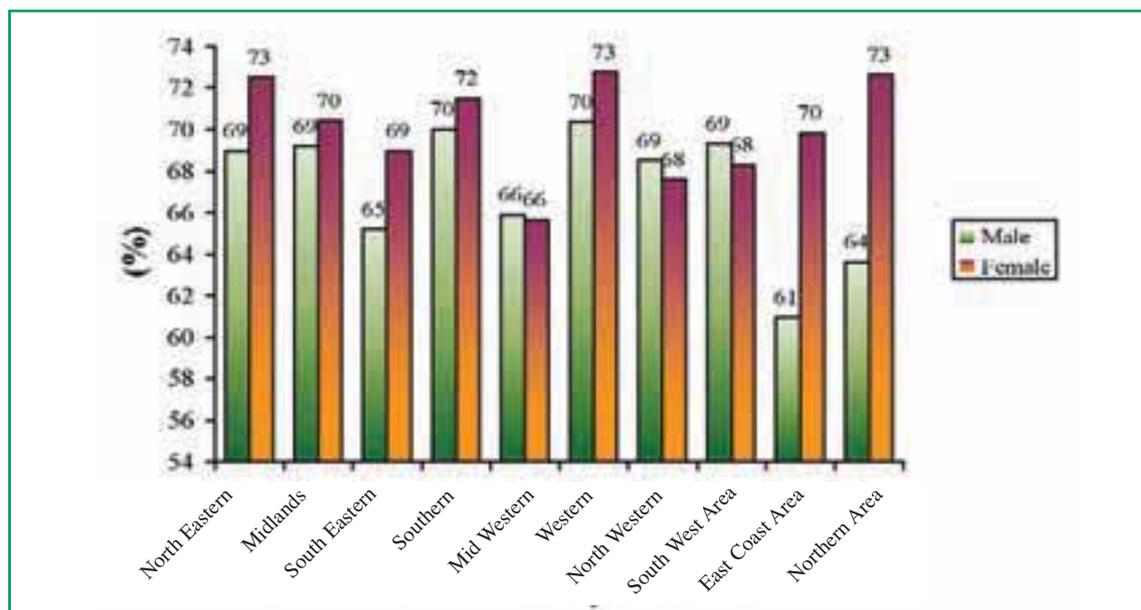
## Fruit and Vegetables

The Food Pyramid recommends a daily intake of four or more servings of fruit and vegetables, including fruit juices and vegetable soups. Overall, a slightly higher percentage of females met this target than males (70% and 68% respectively) and this trend was reflected in most boards. The Western Health Board had the highest percentage of respondents (72%) consuming the recommended number of servings, followed by the North Eastern Health Board and the Southern Health Board, both on 71%. No variation between age groups or GMS status emerged.

**FIGURE 23: Percentage consuming the recommended 4+ servings per day of fruit and vegetables by Health Board**



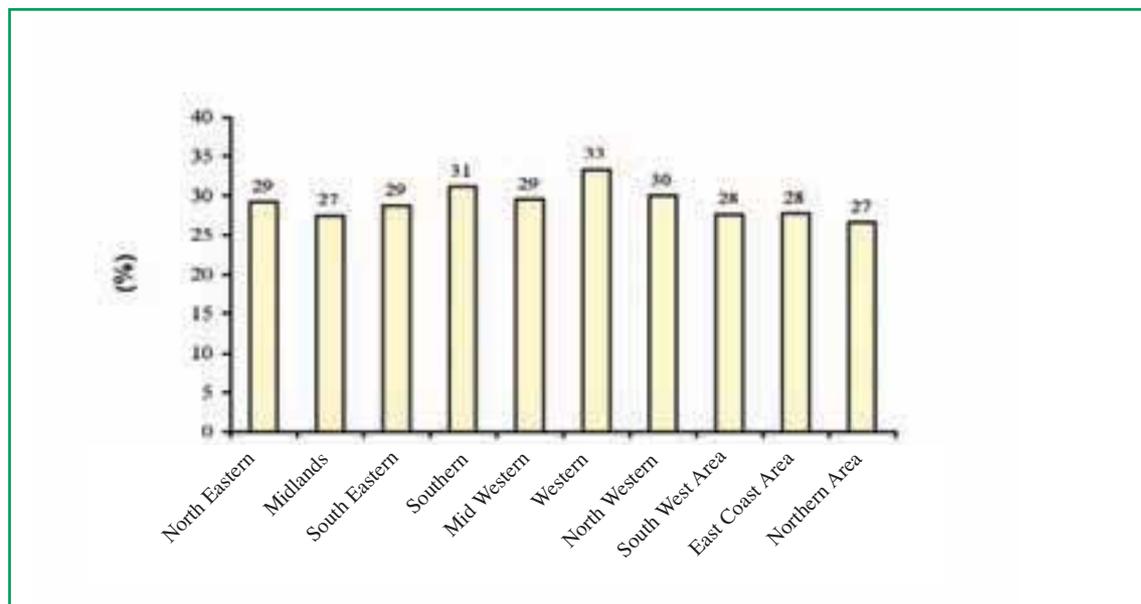
**FIGURE 24: Percentage consuming the recommended 4+ servings per day of fruit and vegetables by Health Board and gender**



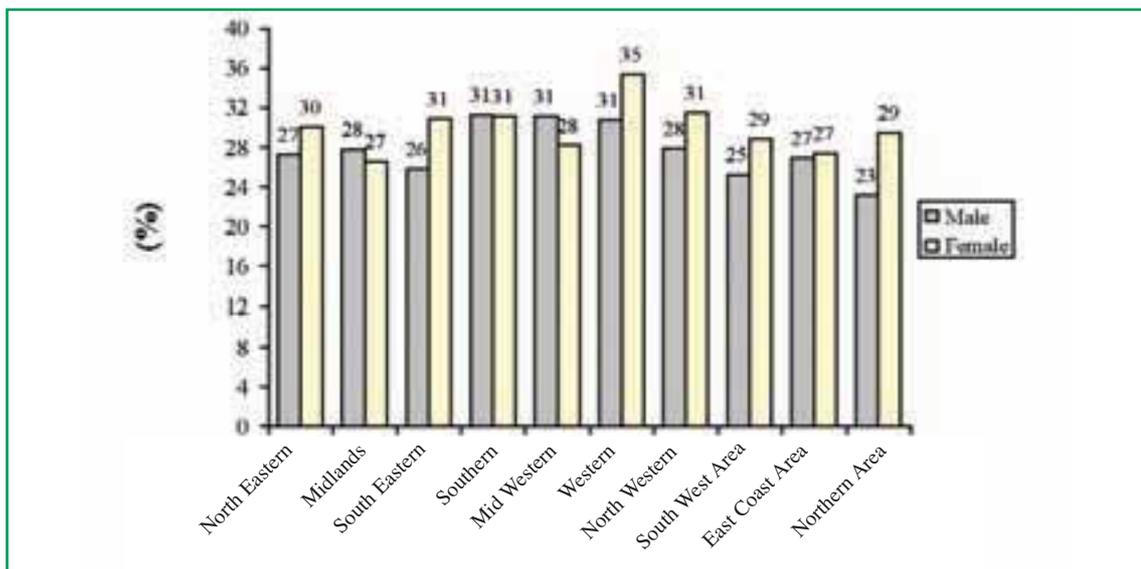
## Dairy Foods

The recommended intake of dairy produce is three servings per day, and compliance with this figure was broadly similar across Health Boards, gender and GMS status.

**FIGURE 25: Percentage consuming the recommended 3 servings per day of dairy foods by Health Board**



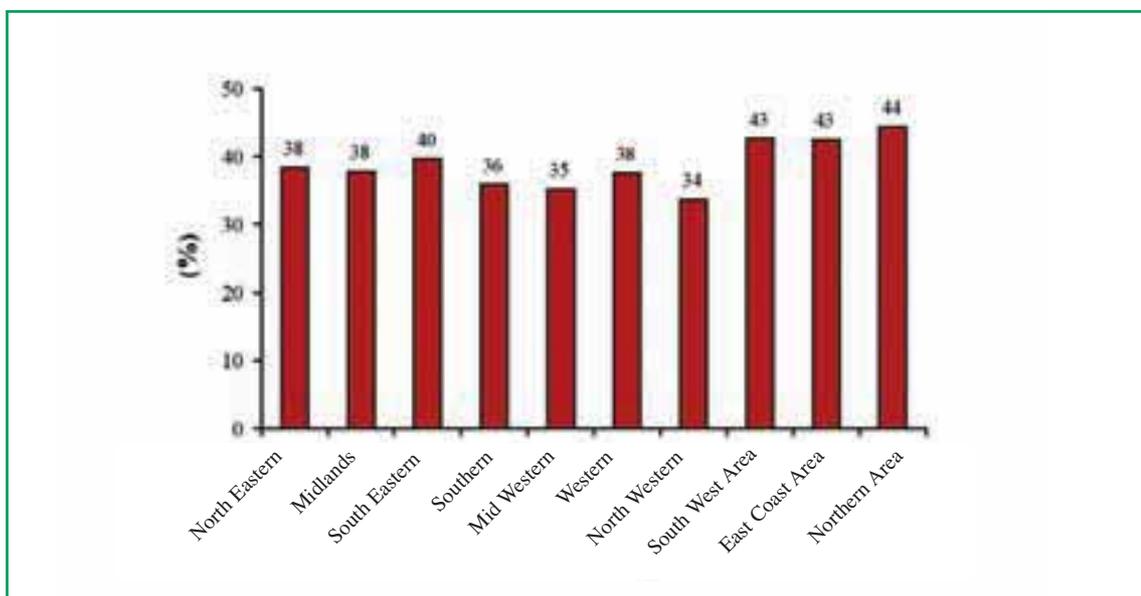
**FIGURE 26: Percentage consuming the recommended 3 servings per day of dairy foods by Health Board and gender**



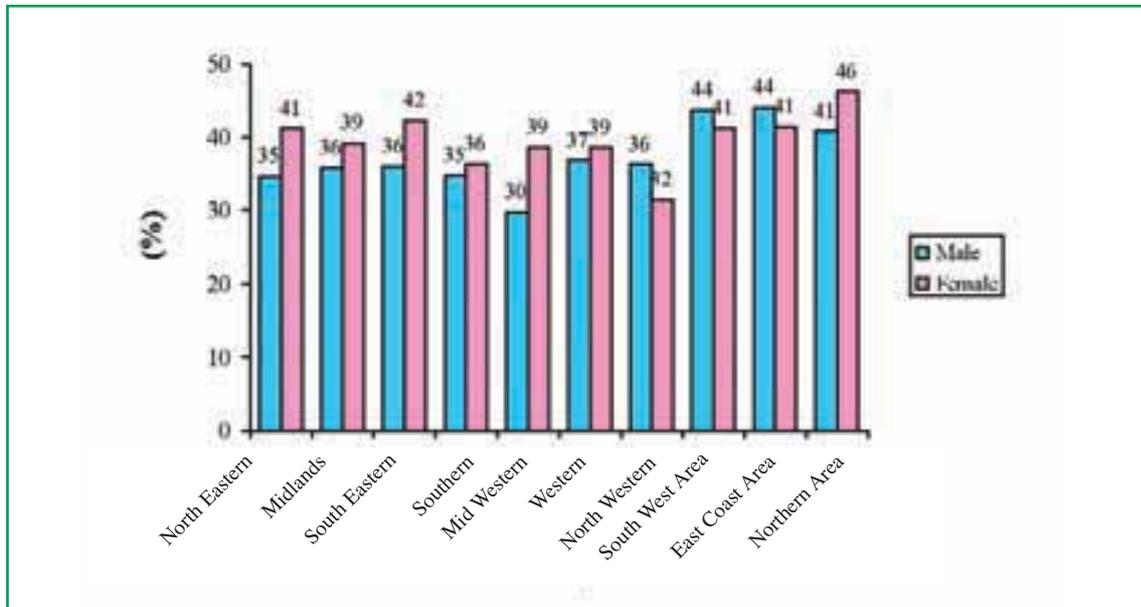
## Meat, Fish and Poultry

Fewer males than females maintained the recommended daily intake of meat, fish and poultry, namely two servings. In all regions except the South West Area and the East Coast Area males were more likely to exceed the recommended allowance than meet it. The Eastern Health Authority Boards were significantly more likely than the rest of the country to consume the recommended two servings per day.

**FIGURE 27: Percentage consuming the recommended 2 servings per day of meat, fish and poultry by Health Board**



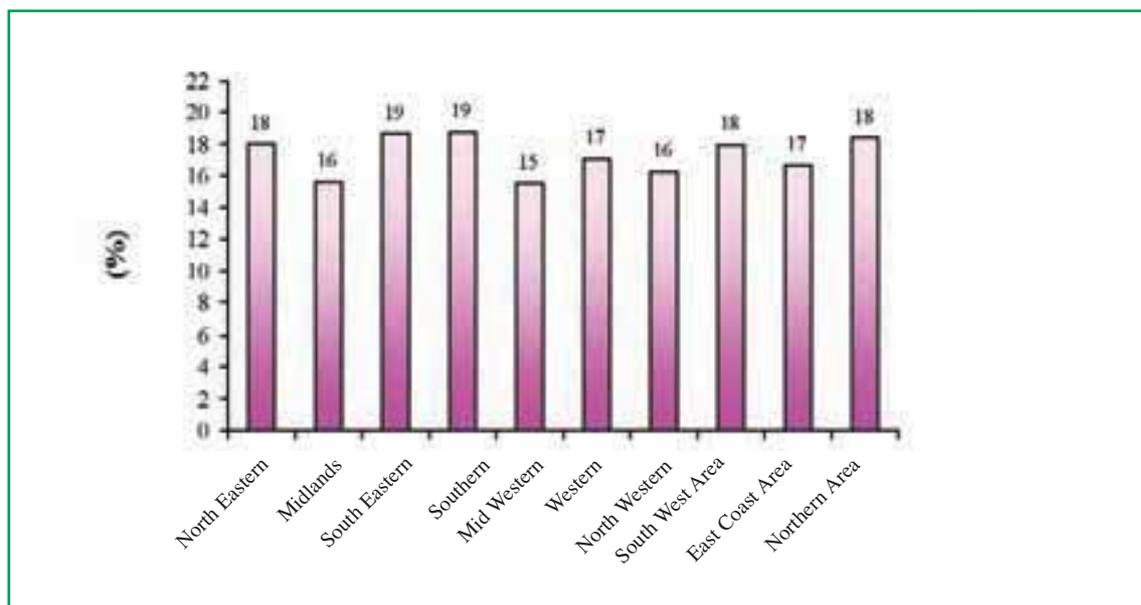
**FIGURE 28: Percentage consuming the recommended 2 servings per day of meat, fish and poultry by Health Board and gender**



### Top Shelf – High Sugar/High Fat Foods

Over four-fifths of respondents exceeded the daily-recommended intake of three or less servings from this group, in all Health Boards, regardless of gender or GMS status. The Western Health Board had the highest reported daily intake (84.5%)

**FIGURE 29: Percentage consuming the recommended 3 servings or less per day of high sugar/high fat foods by Health Board**



The pattern of consumption of fried foods four or more times per week was examined. Males were significantly more likely than females to consume fried foods four or more times per week in all Boards (see Table 17), and in the East Coast Area males were nearly 10 times more likely than females to do so.

**TABLE 17: Percentage consuming fried food 4+ times per week by Health Board and gender**

| Health Board    | Males % | Females % | Overall % | Valid n |
|-----------------|---------|-----------|-----------|---------|
| North Eastern   | 17.0    | 5.9       | 10.2      | 541     |
| Midland         | 24.6    | 7.4       | 15.1      | 488     |
| South Eastern   | 18.6    | 3.7       | 10.0      | 580     |
| Southern        | 12.5    | 4.9       | 8.2       | 766     |
| Mid Western     | 12.3    | 8.7       | 10.1      | 467     |
| Western         | 17.9    | 3.8       | 9.2       | 475     |
| North Western   | 18.2    | 10.1      | 13.8      | 394     |
| South West Area | 14.8    | 4.4       | 8.5       | 686     |
| East Coast Area | 14.8    | 1.5       | 6.1       | 524     |
| Northern Area   | 16.2    | 5.4       | 9.1       | 539     |

A higher percentage of medical cardholders than non-medical cardholders, and males than females, consumed butter on a daily basis. Significant regional variations were also apparent; the Midwest had the highest daily consumption (52.6%) and the North Western Health Board had the lowest (41%).

**TABLE 18: Percentage consuming butter daily by Health Board and gender**

| Health Board    | Males % | Females % | Overall % | Valid n |
|-----------------|---------|-----------|-----------|---------|
| North Eastern   | 56.2    | 42.5      | 48.0      | 448     |
| Midland         | 58.6    | 46.6      | 52.0      | 420     |
| South Eastern   | 56.6    | 48.7      | 51.2      | 497     |
| Southern        | 52.6    | 46.0      | 48.9      | 643     |
| Mid Western     | 57.8    | 49.4      | 52.6      | 399     |
| Western         | 59.5    | 39.0      | 46.9      | 393     |
| North Western   | 48.5    | 35.4      | 41.0      | 329     |
| South West Area | 49.8    | 39.2      | 42.8      | 540     |
| East Coast Area | 49.0    | 45.5      | 47.1      | 456     |
| Northern Area   | 47.2    | 40.7      | 43.5      | 446     |



Just over half (50.5%) of the respondents reported using low-fat, polyunsaturated spreads, though this varied significantly by region, ranging from 42.7% in the Southern Health Board to 58.8% in the South West Area. More females than males consumed low fat spreads on a daily basis in all Boards, significantly so in the South East, Midwest and East Coast Area

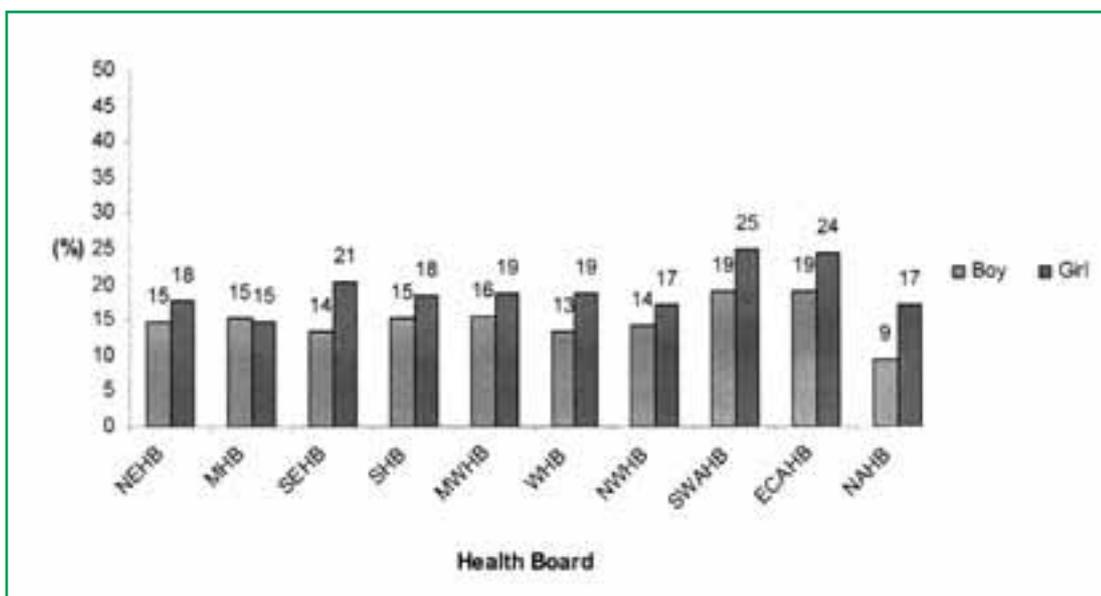
**TABLE 19: Percentage consuming low fat spread daily by Health Board and gender**

| Health Board    | Males % | Females % | Overall % | Valid n |
|-----------------|---------|-----------|-----------|---------|
| North Eastern   | 43.7    | 53.6      | 49.9      | 454     |
| Midland         | 44.6    | 52.6      | 49.4      | 389     |
| South Eastern   | 44.7    | 56.5      | 51.0      | 485     |
| Southern        | 39.4    | 45.6      | 42.7      | 628     |
| Mid Western     | 39.6    | 49.1      | 44.9      | 393     |
| Western         | 49.0    | 54.3      | 52.0      | 386     |
| North Western   | 51.6    | 59.8      | 56.4      | 318     |
| South West Area | 55.2    | 61.1      | 58.8      | 571     |
| East Coast Area | 45.3    | 53.0      | 50.8      | 431     |
| Northern Area   | 51.3    | 53.1      | 52.2      | 448     |

## FOOD CONSUMPTION HBSC

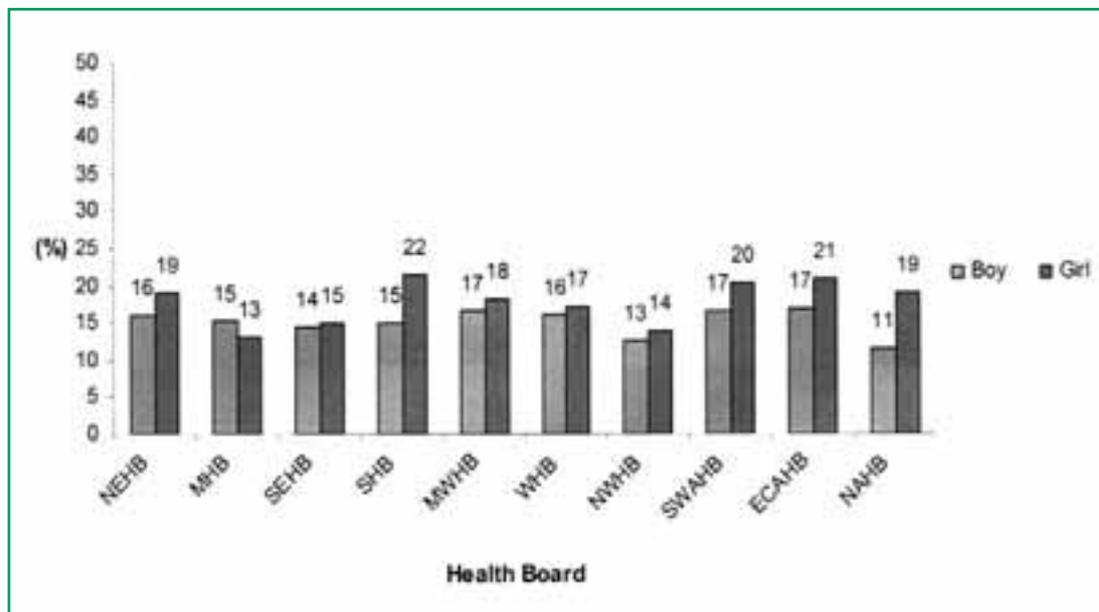
Students were asked a number of questions about their food consumption, including how often they eat a number of foodstuffs, how often they have breakfast, lunch and an evening meal, and if they are presently on a diet. The figures below represent the percentages of respondents who report eating fruit more than once a day, who report eating vegetables more than once a day, who report not eating breakfast during the week, who report not eating breakfast during the weekend, who report being on a weight reducing diet or doing something to lose weight, and who report not being on a diet but feel that they should lose some weight.

**Figure 30: Percentages of respondents who report eating fruit more than once a day**



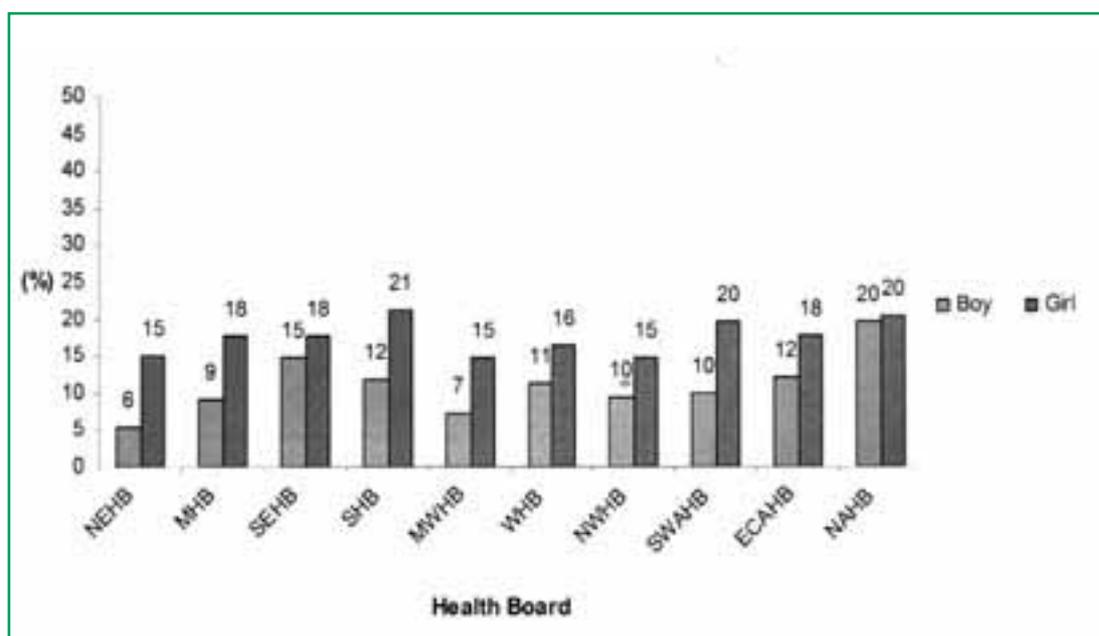
There are statistically significant differences across health boards for girls, but not for boys. Girls in the SWAHB are most likely and girls in the MHB least likely to report eating fruit more than once daily. When broken down by age group, 12-14 year old girls in the SWAHB were more likely (at 26%) and 15-17 year old girls in the ECAHB were also more likely (31%) to report eating fruit more than once a day than were girls of their age in the rest of the country. In all health board regions, except for the MHB, more girls than boys report eating fruit more than daily. However, these gender differences are not statistically significant.

**FIGURE 31: Percentages of respondents who report eating vegetables more than once a day**

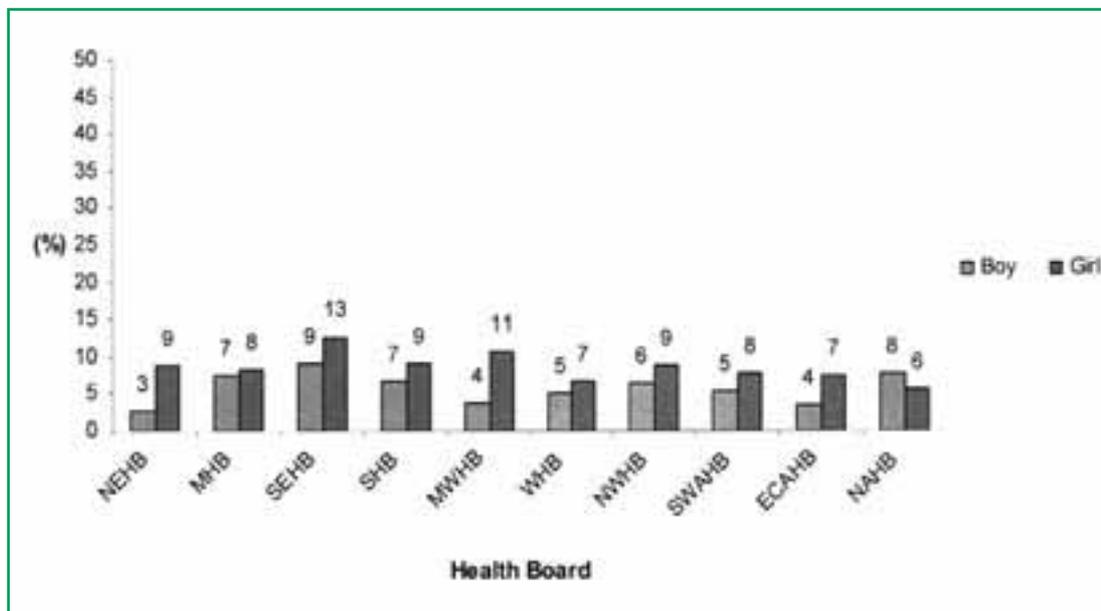


Although there is some variation across health board regions in reported vegetable consumption, there are no statistically significant differences between boards for either boys or girls, neither are there any significant differences between boys and girls within health boards.

**FIGURE 32: Percentages of respondents who report not eating breakfast during the week**



**FIGURE 33: Percentages of respondents who report not eating breakfast at the weekend**



There are significant differences across health boards in reported eating breakfast during the week for boys, but not for girls. Six per cent of boys in both the NEHB and 20% of boys in the NAHB area report not eating breakfast during the week. Two statistically significant differences emerge among the 15-17 year old age group. Boys aged 15-17 in the MWHB are less likely (5%) and boys in the NAHB (29%) more likely to report never eating breakfast than older boys of the same age in the country. In all board areas, more girls than boys reported not eating breakfast. When broken down by age group, these gender differences were statistically significant for 15-17 year olds in the SHB (18% girls, 10% boys).

There are no significant differences across health boards in reported eating breakfast at the weekend for either boys or girls. Although in most health boards, girls are more likely than boys to miss breakfast at the weekend (with the exception of the NAHB), these variations are not statistically significant.

**FIGURE 34: Percentages of respondents who report that they are on a weight reducing diet**



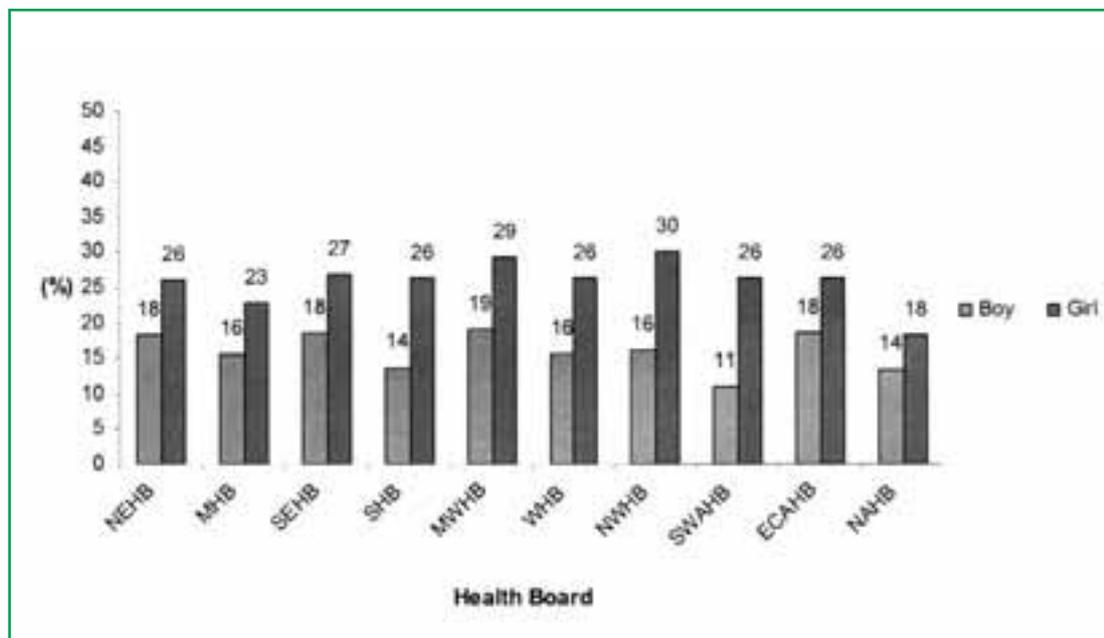
There are no significant differences across boards among boys or girls in the percentages reporting that they are on weight reducing diets. There are however consistent and substantial differences between boys and girls on this variable, particularly among the older students. The table below presents the percentages reporting being on a weight reducing diet by gender for those health boards where the difference between boys and girls was statistically significant ( $p < 0.001$ ).

**TABLE 20: Statistically significant gender differences by age group and health board in being on a weight reducing diet**

| Health Board | 12-14 years |         | 15-17 years |         |
|--------------|-------------|---------|-------------|---------|
|              | Boys %      | Girls % | Boys %      | Girls % |
| NEHB         | 5           | 22      | 0           | 26      |
| MHB          | 4           | 16      | 5           | 25      |
| SEHB         | 7           | 21      | 3           | 22      |
| SHB          | 6           | 16      | 10          | 26      |
| WHB          | ns          | ns      | 4           | 26      |
| SWAHB        | 6           | 16      | 10          | 27      |
| NAHB         | 5           | 20      | 8           | 24      |

ns = not significant

**FIGURE 35: Percentages of respondents who report that they should be on a weight reducing diet**



There are no significant differences across health boards among either boys or girls in reporting that they think they should be on a weight reducing diet. As with being on a diet, there are widespread gender differences in reporting that they think they should be on a diet, particularly among the older students. While in all health boards, girls are more likely than boys to report that they should be on a diet, the variations are statistically significant for four groups; 12-14 year olds in the NWHB (33% girls and 15% boys) and the SWAHB (27% girls and 11% boys) and 15-17 year olds in the SHB (28% girls and 11% boys) and the SWAHB (28% girls and 10% boys).

# breast feeding

## Breastfeeding SLAN

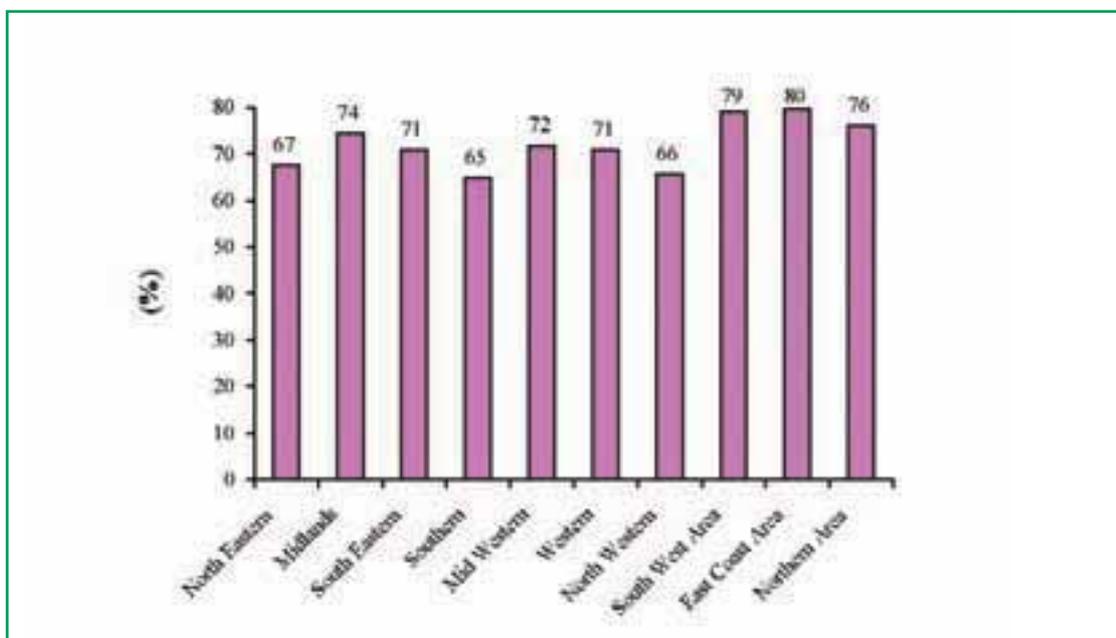
There are significant regional differences ( $p=0.002$ ) in the number of females who reported breastfeeding at least one of their children, ranging from 43% in the North East and Northern Area to 29.7% in the South East.

**FIGURE 36: Percentage of females who breastfed any of their children by Health Board**



Nearly three-quarters of the females who had breastfed any of their children reported that they had breastfed their last child. Despite some fluctuations across Boards, no significant regional differences in the latter emerged.

**FIGURE 37: Percentage of females who breastfed their last child by Health Board**



**TABLE 21: Length of time females breastfed their last child**

| Health Board    | < 1 month (%) | 1-3 months (%) | 4-6 months (%) | 6+ months (%) | Bottle & breastfed from first month (%) | Valid n |
|-----------------|---------------|----------------|----------------|---------------|---|---------|
| North Eastern   | 32.3          | 36.5           | 20.5           | 9.4           | 1.4                                     | 74      |
| Midland         | 21.5          | 42.7           | 23.9           | 10.9          | 1.0                                     | 53      |
| South Eastern   | 14.5          | 33.6           | 30.4           | 21.5          | 0.0                                     | 56      |
| Southern        | 15.0          | 37.6           | 28.7           | 15.0          | 3.6                                     | 86      |
| Mid Western     | 16.4          | 35.9           | 29.3           | 16.7          | 1.7                                     | 54      |
| Western         | 23.5          | 26.3           | 24.8           | 19.3          | 6.1                                     | 66      |
| North Western   | 18.2          | 32.4           | 12.5           | 36.9          | 0.0                                     | 41      |
| South West Area | 17.4          | 37.9           | 19.1           | 25.6          | 0.0                                     | 101     |
| East Coast Area | 14.7          | 38.4           | 31.9           | 14.5          | 0.5                                     | 89      |
| Northern Area   | 32.0          | 37.4           | 15.9           | 11.9          | 2.8                                     | 80      |





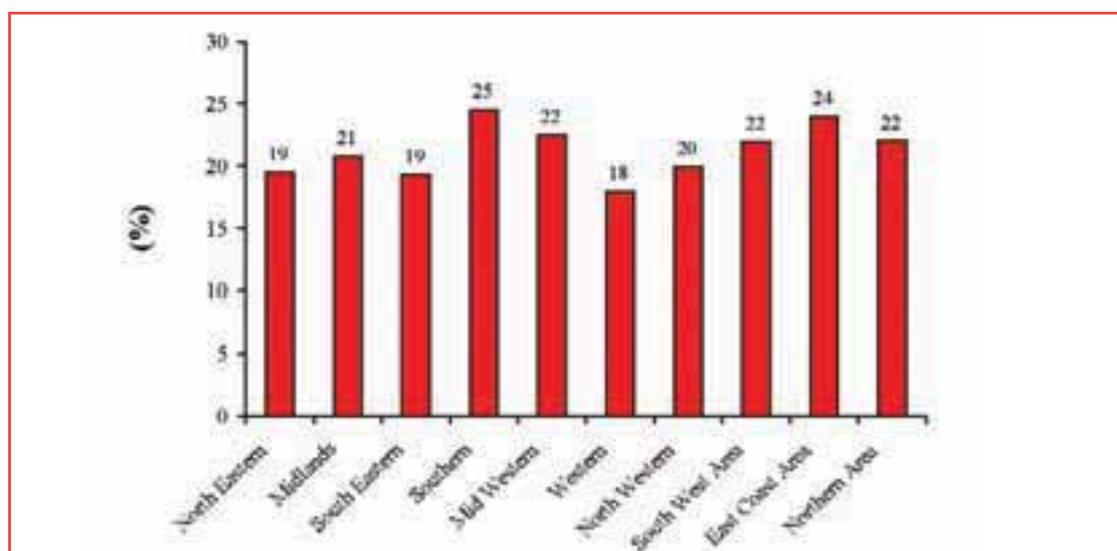
exercise



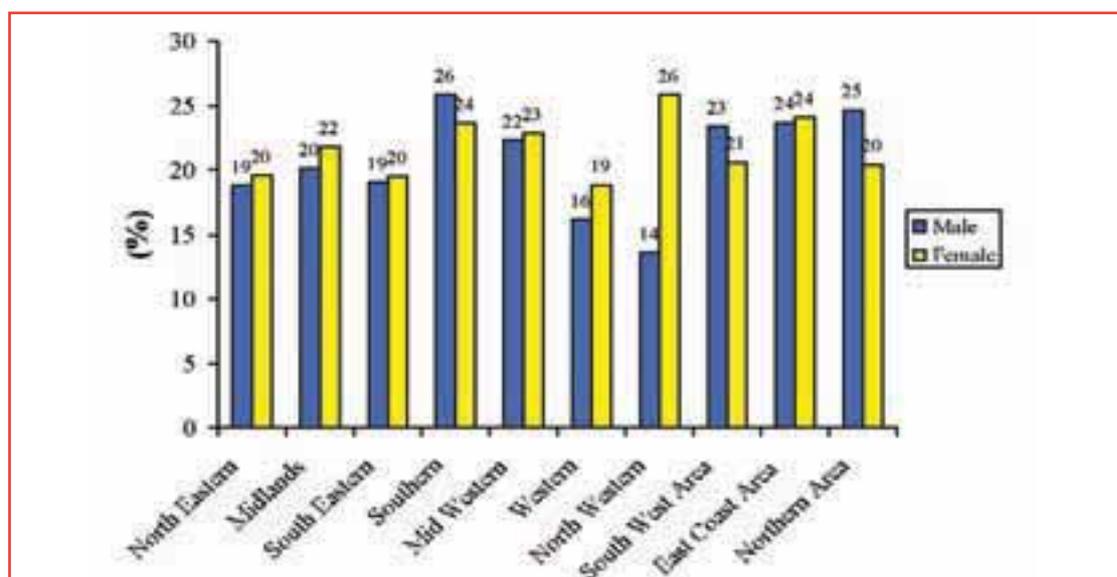
## Exercise SLAN

Nationally, 50.8% of respondents engaged in regular physical exercise in a typical week. "Regular" exercise is defined as mild exercise four or more times per week and/or moderate exercise three or more times per week and/or strenuous exercise three or more times per week.

**FIGURE 38: Percentage engaging in mild physical exercise for 20 minutes at least four times per week**



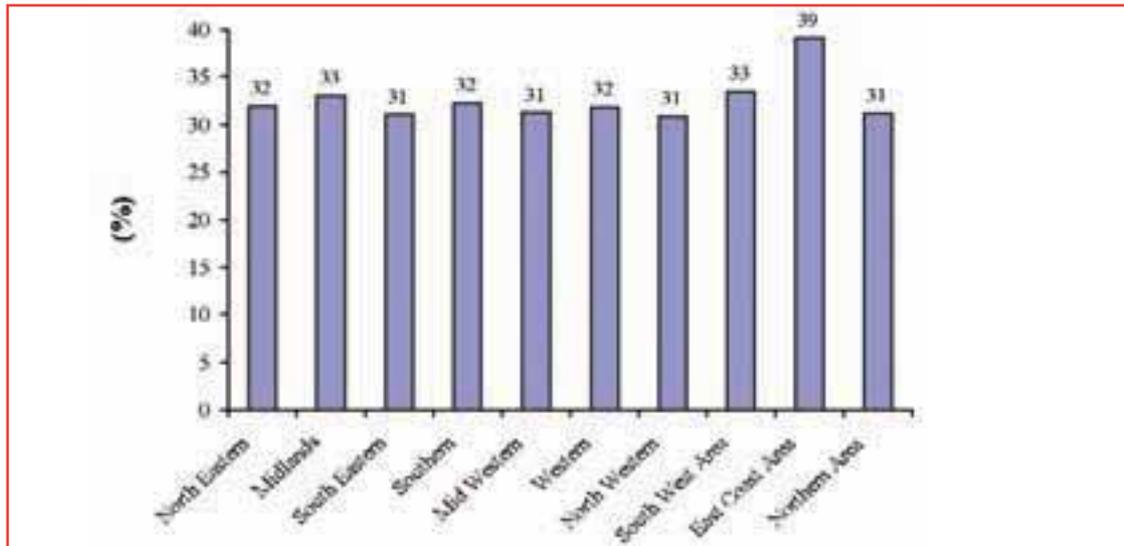
**FIGURE 39: Percentage engaging in mild physical exercise for 20 minutes at least four times per week by gender**



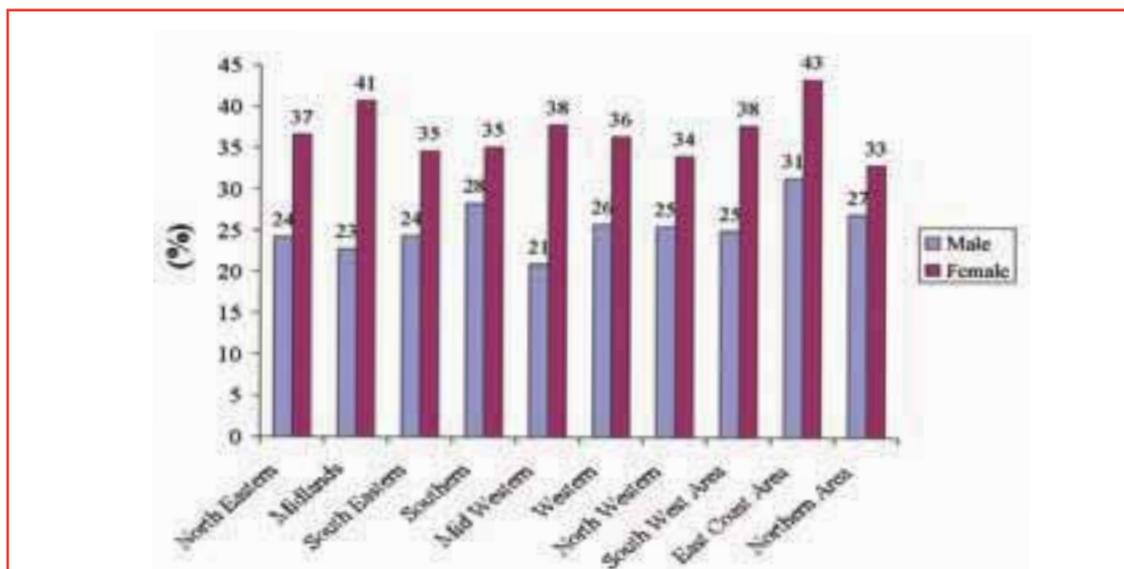


More females than males regularly engaged in moderate exercise across all Health Boards. People with medical cards were less likely to participate in regular moderate exercise than those without.

**FIGURE 40: Percentage engaging in moderate physical exercise for 20 minutes at least three times per week**



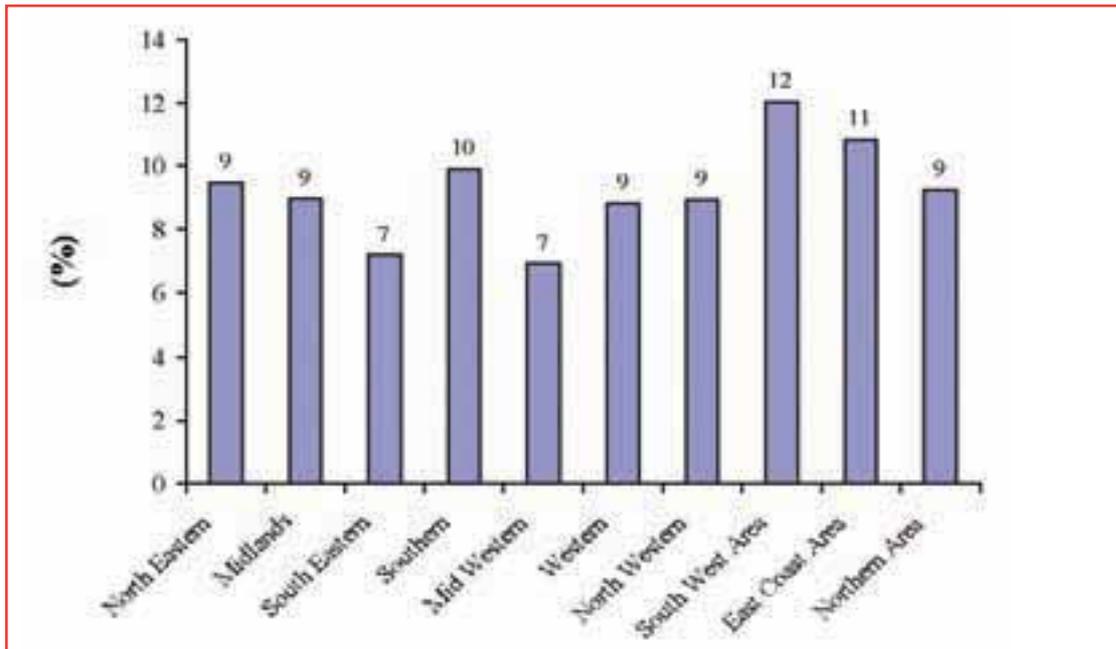
**FIGURE 41: Percentage engaging in moderate physical exercise for 20 minutes at least three times per week by gender**



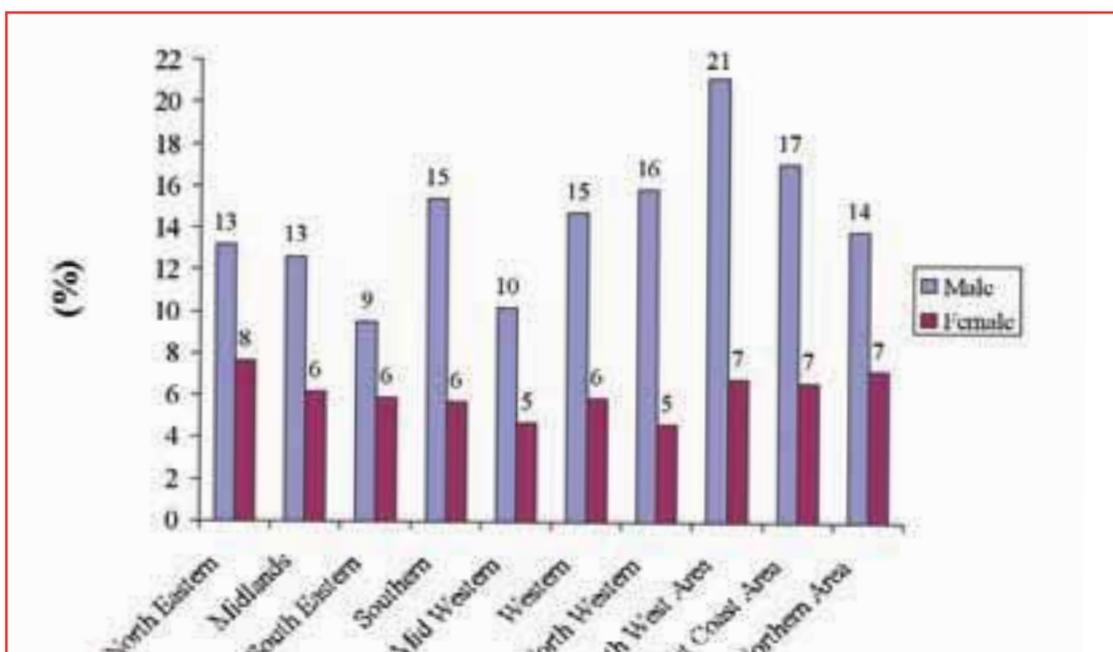
A higher percentage of males than females engaged in regular strenuous physical exercise in all Health Boards. Medical cardholders were less likely than non-holders to partake in strenuous exercise and this difference was significant everywhere except the North East and the North West.



**FIGURE 42: Percentage engaging in strenuous physical exercise for 20 minutes at least three times per week**



**FIGURE 43: Percentage engaging in strenuous physical exercise for 20 minutes at least three times per week by gender**



# exercise

There were significant differences in the sedentary rates across the Health Boards ( $p < 0.001$ ). The East Coast Area was the most active across all age groups. The sedentary rates were higher among medical cardholders than non-GMS respondents, and this was significant everywhere except the East Coast Area.

**TABLE 22: Percentage doing little or no exercise in the week by Health Board and gender**

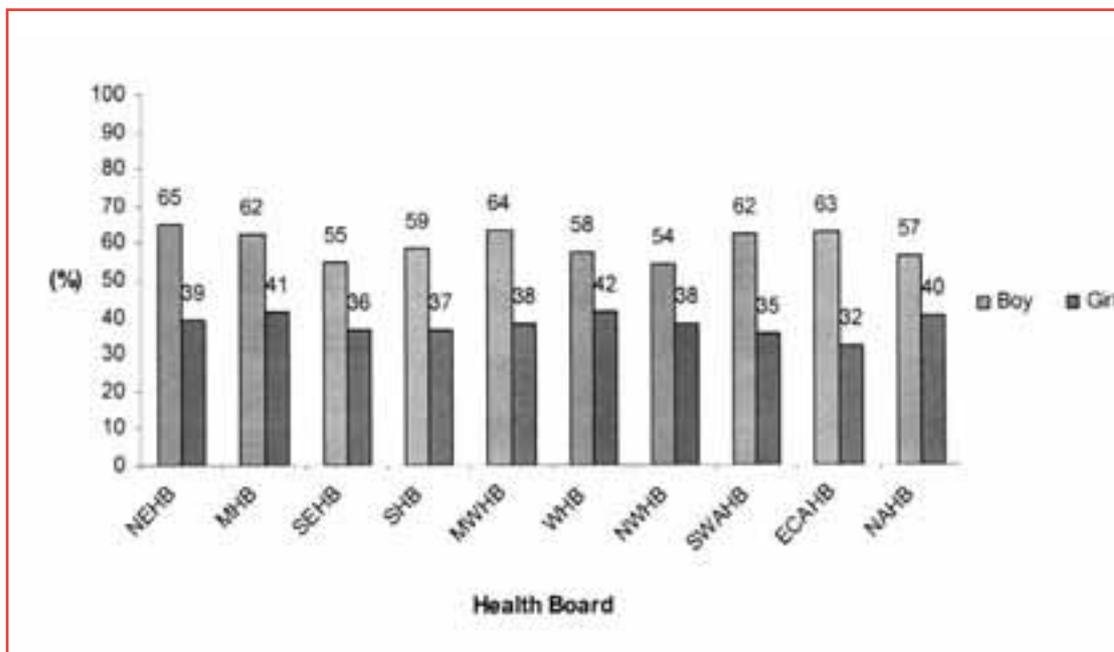
| Health Board    | Males % | Females % | Overall % | Valid n |
|-----------------|---------|-----------|-----------|---------|
| North Eastern   | 32.0    | 29.1      | 30.0      | 561     |
| Midland         | 37.2    | 27.8      | 32.0      | 511     |
| South Eastern   | 26.4    | 30.2      | 28.2      | 604     |
| Southern        | 27.6    | 23.0      | 24.9      | 798     |
| Mid Western     | 30.9    | 26.4      | 28.1      | 475     |
| Western         | 34.6    | 25.7      | 29.7      | 494     |
| North Western   | 34.1    | 31.8      | 33.5      | 404     |
| South West Area | 22.6    | 24.8      | 23.2      | 708     |
| East Coast Area | 11.9    | 15.7      | 14.6      | 534     |
| Northern Area   | 28.7    | 25.5      | 26.5      | 554     |



## EXERCISE HBSC

Students were asked how often they usually exercise in their free time so much that they get out of breath or sweat. The figures below represent those who report exercising four or more times a week and those who report exercising less than weekly.

**FIGURE 44: Percentages of respondents who report that they exercise four or more times per week**



There are no significant differences between health boards for either girls or boys. However, consistent gender differences can be identified, with boys in every health board area more likely to report exercising four or more times per week and less likely to report exercising less than weekly. These differences are particularly substantial among the older pupils.



**TABLE 23: Statistically significant gender differences among students reporting that they exercise 4+ times per week by health board, gender and age group.**

| Health Board | 12-14 years |         | 15-17 years |         |
|--------------|-------------|---------|-------------|---------|
|              | Boys %      | Girls % | Boys %      | Girls % |
| NEHB         | ns          | ns      | 62          | 25      |
| MHB          | 66          | 44      | 53          | 22      |
| SEHB         | 59          | 37      | 49          | 29      |
| SHB          | 63          | 43      | 54          | 26      |
| MWHB         | 77          | 38      | 64          | 29      |
| SWAHB        | 63          | 41      | 51          | 24      |
| ECAHB        | 65          | 36      | ns          | ns      |
| NAHB         | 71          | 41      | ns          | ns      |

**FIGURE 45: Percentages of respondents who report that they exercise less than weekly**



There are no significant differences across health boards in those reporting exercising less than weekly for either boys or girls. However, as with exercising four times per week or more, there are some significant gender differences. In all health boards regions, girls are more likely than boys to report that they exercise less than weekly. There are three significant gender differences among the 15-17 year old students. Girls aged 15-17 are more likely to report that they exercise less than weekly in the MHB (25% girls and 7% boys), the SHB (21% girls and 8% boys) and the MWHB (21% girls and 1% boys).

# exercise





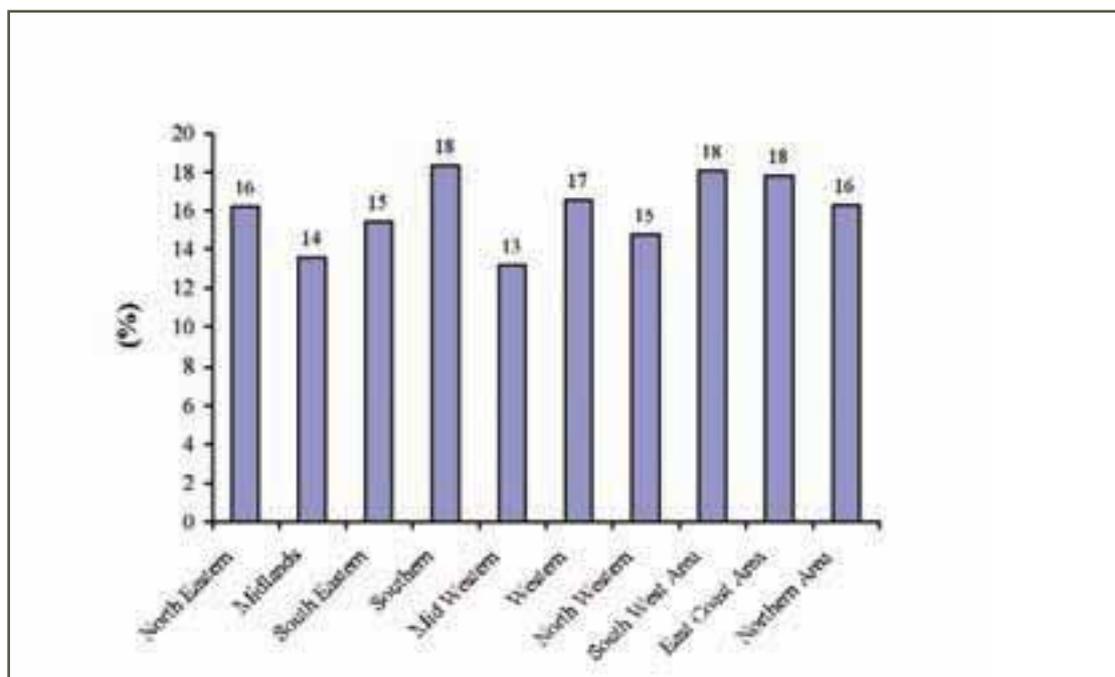
accidents

## Accidents SLAN

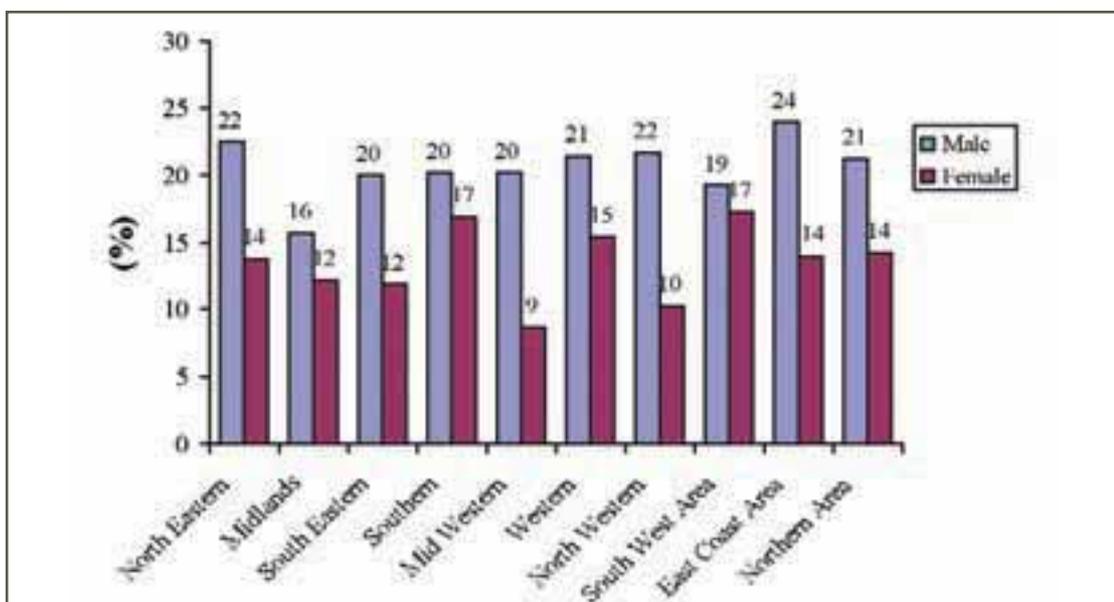
No data on fatal injuries was collected by this survey but injuries in the previous two years that had interfered with daily activities were recorded.

Males were more likely than females to have suffered such an injury across all Health Boards. In the Midlands, Mid West, South, West, South West Area and Northern Area there was a significant age gradient, with the older age groups less likely to have suffered an injury. The same gradient was apparent in the other Health Boards, though it was less marked.

**FIGURE 46: Incidence of injury within previous two years by Health Board**



**FIGURE 47: Incidence of injury within previous two years by Health Board and gender**



For the following sections, respondents were asked to consider only their most recent injury. Domestic injuries, occurring either in the home or garden, were the most common form of injury everywhere except the South Eastern and Mid Western Health Boards. Most other injuries occurred in the workplace or while playing sport. Motor injuries to both drivers and pedestrians feature in third place in the East Coast Area, Southern and Western Health Boards.

**TABLE 24: Top three places where injury occurred by Health Board (percentages in brackets)**

| Health Board    | 1                | 2                | 3                  |
|-----------------|------------------|------------------|--------------------|
| North Eastern   | Home/garden (30) | Work (20)        | Sport (16)         |
| Midland         | Home/garden (36) | Work (27)        | Sport (18)         |
| South Eastern   | Work (33)        | Home/garden (26) | Sport (19)         |
| Southern        | Home/garden (32) | Work (20)        | Car/bike (17)      |
| Mid Western     | Work (31)        | Sport (19)       | Home/garden (18)   |
| Western         | Home/garden (49) | Work (15)        | Road/pavement (12) |
| North Western   | Home/garden (32) | Sport (26)       | Work (18)          |
| South West Area | Home/garden (31) | Sport (20)       | Work (14)          |
| East Coast Area | Home/garden (29) | Sport (26)       | Road/pavement (12) |
| Northern Area   | Home/garden (34) | Sport (23)       | Work (13)          |

# accidents

The Accident and Emergency Service in hospitals was the main source of treatment for injuries in most Boards with GPs second and respondents treating the injury themselves third. This pattern was evident everywhere except for in the Southern and Western Health Board where the order of A&E and GP was reversed, and in the North Eastern Health Board who ranked the hospital Out Patients department as third.

Note that as more than one source of treatment is possible for a given injury, some double counting exists in these figures.

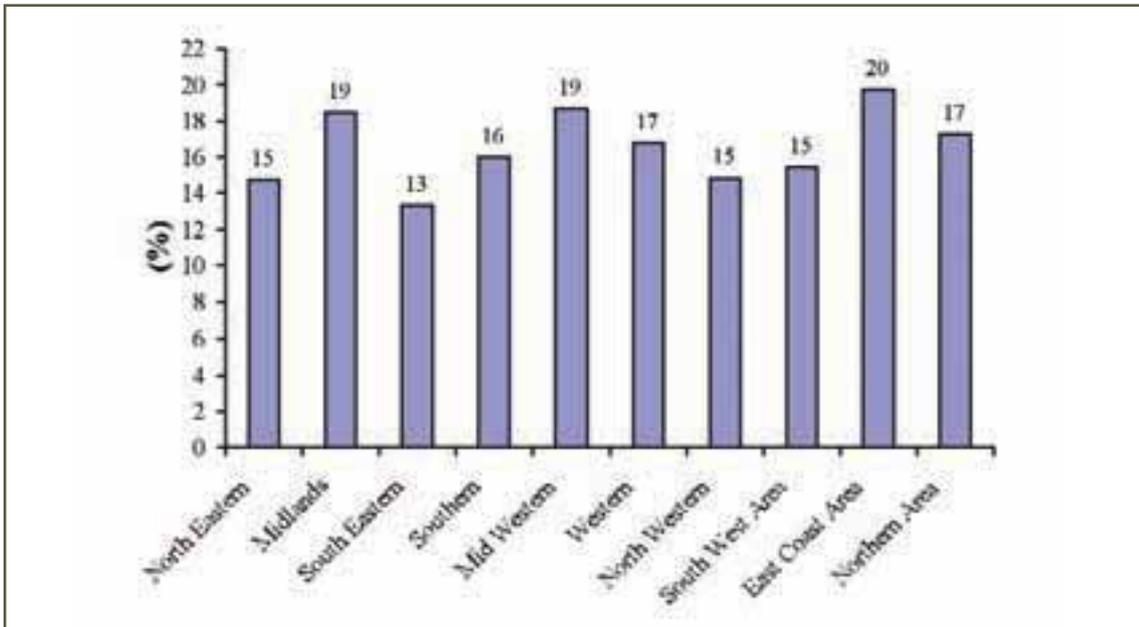
**TABLE 25: Top three places of treatment by Health Board (percentages in brackets)**

| Health Board    | 1        | 2        | 3                |
|-----------------|----------|----------|------------------|
| North Eastern   | A&E (39) | GP (28)  | Out patients (9) |
| Midland         | A&E (44) | GP (28)  | Myself (9)       |
| South Eastern   | A&E (37) | GP (37)  | Myself (12)      |
| Southern        | GP (36)  | A&E (35) | Myself (8)       |
| Mid Western     | A&E (49) | GP (23)  | Myself (12)      |
| Western         | GP (42)  | A&E (34) | Myself (6)       |
| North Western   | A&E (45) | GP (22)  | Myself (12)      |
| South West Area | A&E (47) | GP (22)  | Myself (11)      |
| East Coast Area | A&E (31) | GP (21)  | Myself (19)      |
| Northern Area   | A&E (45) | GP (20)  | Myself (11)      |

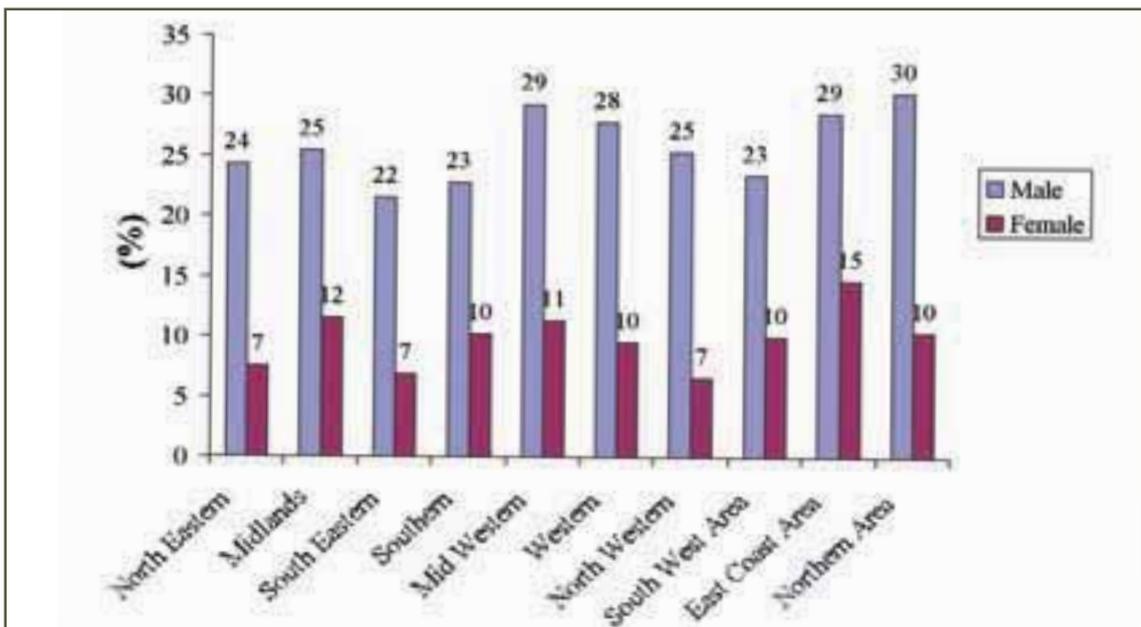
Drinking and driving is a major concern for road safety. Respondents were asked if they had driven after consuming two or more alcoholic drinks. The East Coast Area respondents had the highest rate at 20%, while those in the South Eastern Health Board were the least likely to drink and drive (13%). Males were significantly more likely to drive after having consumed alcohol than females in all Boards. A higher percentage of respondents without medical cards reported drinking and driving in all Boards compared with their GMS counterparts.

# accidents

**FIGURE 48: Percentage driving after consuming two of more alcoholic drinks by Health Board**



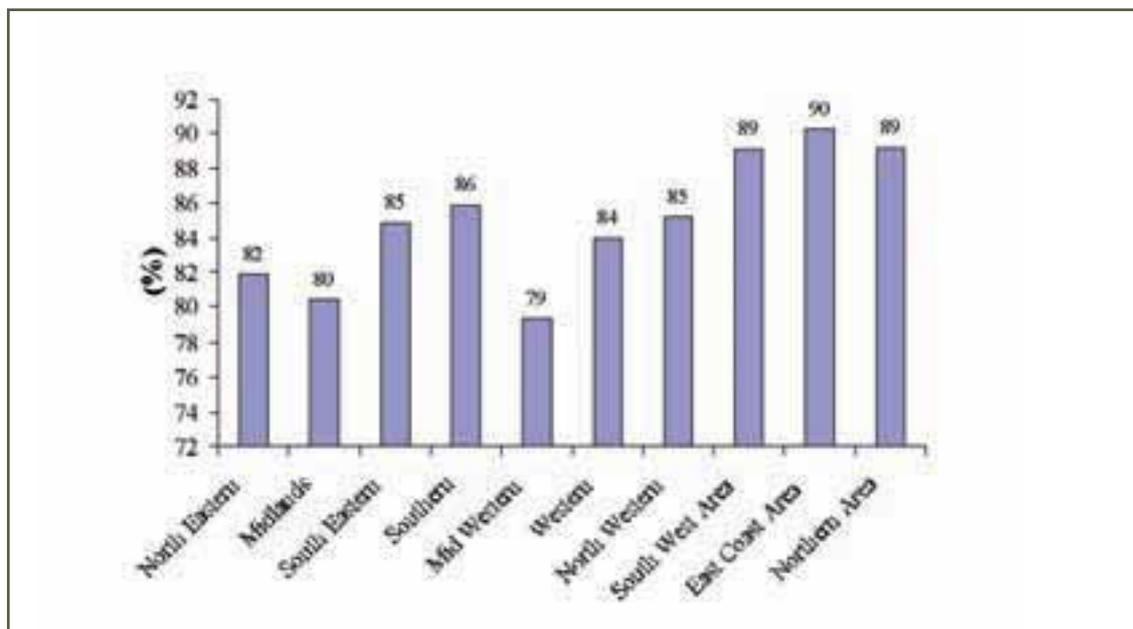
**FIGURE 49: Percentage driving after consuming two of more alcoholic drinks by Health Board and gender**



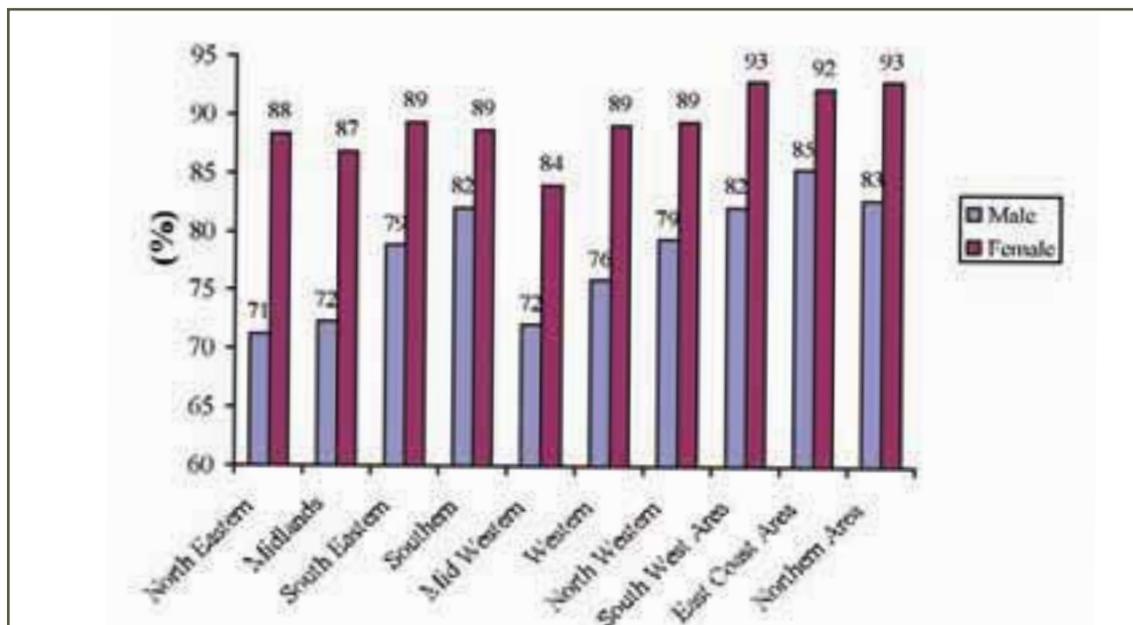
# accidents

Males were significantly less likely than females to always use seatbelts in the front of car ( $p < 0.001$ ). A similar percentage of GMS and non-GMS respondents reported always wearing seatbelts. There was a strong Dublin effect, with the Eastern Health Authority Boards (East Coast Area, South West Area and Northern Area) being significantly more likely than the other Health Boards to use seatbelts in the front seat of a car ( $p < 0.001$ ).

**Figure 50: Percentage who always use seatbelts in the front seat of a car by Health Board**



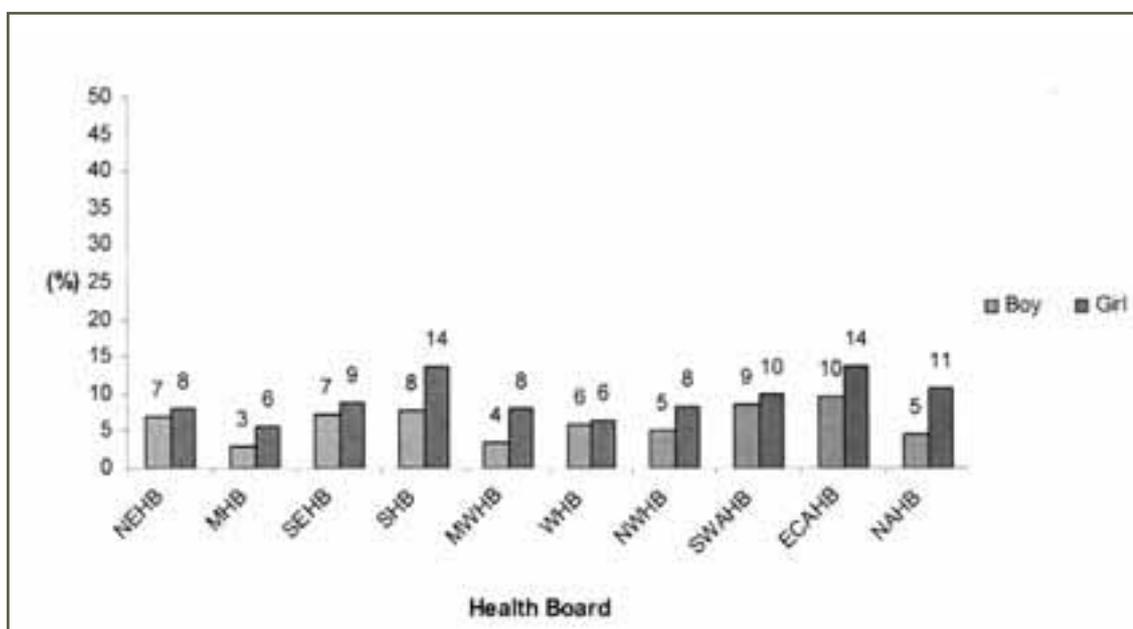
**Figure 51: Percentage who always use seatbelts in the front seat of a car by Health Board and gender**



## SAFETY BEHAVIOUR AND ACCIDENTS

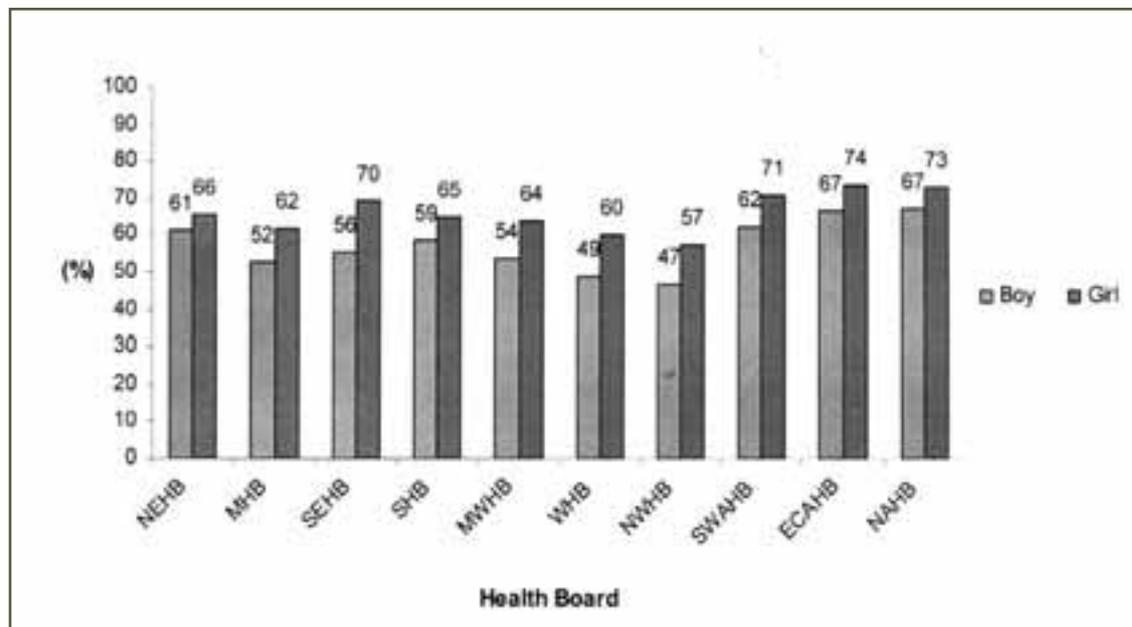
Students were also asked how often they use a seatbelt when in a car and how often they wear a helmet when riding a bicycle. The figures below represent the percentages in each group that report always using a seatbelt or always wearing a helmet. Note that this is not related to car ownership or access to bicycles, as the percentages are calculated out of those who say that they travel by car and bicycle respectively.

**Figure 52: Percentages of respondents who report that they always wear cycle helmets**



There are no significant differences across health boards in cycle helmet use among either boys or girls. In most health boards, more girls than boys report that they always use a cycle helmet, however there are no statistically significant gender differences in helmet use within the health boards.

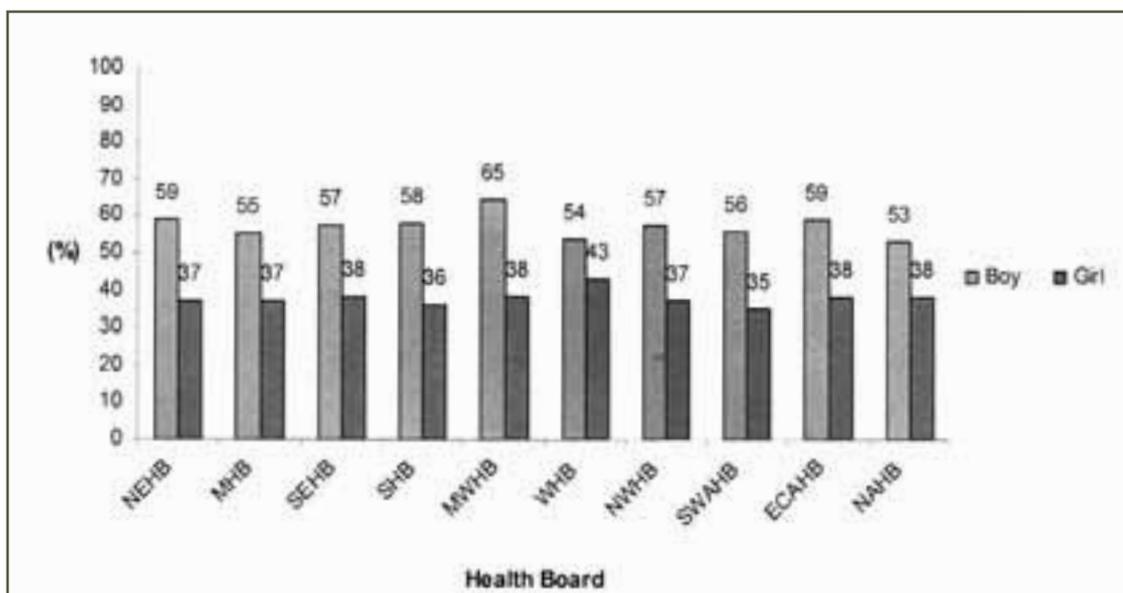
**FIGURE 53: Percentages of respondents who report that they always wear seatbelts**



There are significant differences between health boards among both girls and boys. Girls are more likely to report always wearing a seat belt, and this ranges from 74% in the ECAHB to 57% in the NWHB. Among boys, the ECAHB and NAHB fare best, with 67% reporting that they always wear a seat-belt, while only 47% of those in the NWHB report the same. Although there are variations between boys and girls within health boards, these do not reach statistical significance in any health board.

Students were asked if they had been injured and had to be treated by a doctor or nurse in the past twelve months. The figure below represents the percentages reporting that they had an injury.

**FIGURE 54: Percentages of respondents who report that they have had an injury in the last year**



There are no differences across health boards for either boys or girls. However, there are some significant gender differences within boards, especially among the older students.

**TABLE 26: Statistically significant gender differences in treated injury in the last 12 months by health board and age group.**

| Health Board | 12-14 years |         | 15-17 years |         |
|--------------|-------------|---------|-------------|---------|
|              | Boys %      | Girls % | Boys %      | Girls % |
| NEHB         | 65          | 39      | ns          | ns      |
| MHB          | ns          | ns      | 58          | 35      |
| SEHB         | 59          | 40      | 56          | 40      |
| SHB          | 57          | 39      | 60          | 34      |
| MWHB         | 64          | 38      | 70          | 34      |
| NWHB         | ns          | ns      | 59          | 36      |
| SWAHB        | 54          | 36      | 56          | 33      |
| NAHB         | 60          | 33      | ns          | ns      |

Reference Currie, C., Samdal, O., Boyce, W. & Smith, B. (2001) Health Behaviour in School Aged Children: A World Health Organisational Cross National Study; Research Protocol for the 2001/2002 Study. Child and Adolescent Health Research Unit, University of Edinburgh: Edinburgh.

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| Dr. Mary Codd                | Department of Health and Children  |
| Prof. Leslie Daly            | Department of Public Health Medicine and Epidemiology,<br>National University of Ireland, Dublin   |
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| Ms. Jacky Jones              | Western Health Board   |
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## **Ethical Approval for the surveys was obtained from Faculty of Public Health Medicine, Royal College of Physicians of Ireland**

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Dr Helen Grimes and staff, Department of Clinical Biochemistry, University College Hospital, Galway  
All personnel involved in the administration of SLÁN

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International Databank Manager, Dr Oddrun Samdal, University of Bergen  
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The Parents and Children who consented and participated  
All respondents to the questionnaire

## Data Entry:

Research and Evaluation Services Ltd., Belfast

# appendices

## SLÁN

| Eastern Health Board(s)  | Difference 1998-2002 |         | Male 2002 | Females 2002 |
|--|----------------------|---------|-----------|--------------|
|  | Males                | Females |           |              |
| Self-reported health (excellent & very good)   | 5.3                  | 6.4     | 52.5      | 58.3         |
| Daily activity/work limited by long term illness   | -0.4                 | -1.3    | 14.9      | 12.7         |
| Health would be better if I had less stress  | -8.4                 | -8.9    | 39.3      | 40.4         |
| Greatest source of health information (GP)   | 4.1                  | 4.0     | 54.0      | 60.4         |
| Greatest factor preventing people from improving their general health (Financial problems)               | -5.8                 | -0.7    | 37.9      | 48.4         |
| Health state today:  |                      |         |           |              |
| Have no problems with mobility (walking about)   | 3.5                  | 3.3     | 88.3      | 86.8         |
| Have no problems with self care (washing and dressing one's self)  | 6.4                  | 5.7     | 98.3      | 96.8         |
| Have no problems with usual activities (e.g. work, study, housework, family or leisure activities)       | 2.2                  | -1.6    | 87.1      | 83.5         |
| Have no pain/discomfort  | 0.2                  | 1.3     | 69.0      | 67.2         |
| Am not anxious/depressed   | 4.5                  | 8.6     | 71.5      | 72.4         |
| Self rated health state (median)   | 1.1                  | 2.6     | 79.9      | 83.0         |
| Good or very good quality of life  | 2.9                  | 2.5     | 84.0      | 88.5         |
| Satisfied or very satisfied with health  | 1.1                  | 2.0     | 63.3      | 72.2         |
| Attended an alternative/complementary therapist  | 6.4                  | 7.1     | 26.3      | 35.2         |
| Attended for aches pains and muscle problems (of those who attended alternative/complementary therapist) | 3.2                  | 2.2     | 58.3      | 60.0         |
| Have all 32 natural teeth  | 5.0                  | 3.7     | 30.8      | 30.7         |
| Use recommended pea sized amount of toothpaste   | 6.6                  | 9.3     | 19.1      | 25.5         |
| Normal or low blood pressure   | 2.8                  | 5.2     | 57.8      | 72.3         |
| Had blood pressure checked up to one year ago  | -8.9                 | 21.1    | 67.3      | 82.7         |
| Normal or low cholesterol  | 7.3                  | 5.8     | 32.3      | 30.6         |
| Had cholesterol checked up to one year ago   | 8.8                  | 7.4     | 30.8      | 31.5         |
| Had general health check up in the last 3 years  | 1.2                  | -0.2    | 64.1      | 68.1         |
| Attended doctor's surgery for most recent check (of those who had general check in the last 3 years)     | -2.5                 | 0.5     | 60.8      | 72.9         |
| Attend doctor's surgery for regular checks (e.g. once every three months) or treatment                   | -5.2                 | -4.5    | 21.1      | 30.3         |
| Been told by a doctor that you have or have had any of the following:                                    |                      |         |           |              |
| Angina   | -1.1                 | -0.3    | 4.9       | 2.4          |
| Heart attack (coronary thrombosis, myocardial infarction)  | -0.1                 | 0.3     | 3.5       | 1.7          |
| High blood pressure  | 1.3                  | 0.3     | 13.3      | 13.0         |
| Stroke   | -0.4                 | -0.4    | 1.5       | 0.6          |
| Diabetes   | 0.2                  | -0.3    | 2.8       | 1.4          |
| High cholesterol   | 1.7                  | 1.8     | 8.9       | 7.2          |
| Anxiety  | 0.4                  | 0.7     | 7.6       | 10.9         |
| Depression   | 1.6                  | 0.3     | 8.5       | 10.9         |
| Other diagnosis  | -5.8                 | -3.9    | 4.9       | 6.8          |
| Regularly taking any prescribed pills or medication  | 1.4                  | 6.0     | 30.2      | 45.8         |
| Have any difficulty reading the instructions (if regularly taking any prescribed pills or medication)    | -3.1                 | -1.8    | 1.5       | 3.8          |
| If sexually active, always used contraception/protection   | -6.2                 | -4.7    | 26.0      | 34.6         |
| Most frequently used methods of contraception:   |                      |         |           |              |
| Contraceptive pill   | 5.0                  | 2.3     | 14.2      | 27.7         |

# appendices

## SLÁN

| Eastern Health Board(s)  | Difference 1998-2002 |         | Male | Females |
|--|----------------------|---------|------|---------|
|  | Males                | Females | 2002 | 2002    |
| Condom   | 14.9                 | 1.9     | 63.8 | 38.8    |
| Withdrawal   | 2.6                  | -1.3    | 11.4 | 6.9     |
| Currently pregnant   | -                    | -0.3    |      | 1.6     |
| Ever been on the contraceptive pill  | -                    | 3.3     |      | 57.6    |
| Mean number of years on contraceptive pill   | -                    | 1.4     |      | 5.8     |
| Breast fed for 4-6 months  | -                    | -3.9    |      | 22.3    |
| Mean age at which child stopped any breastfeeding  | -                    | -0.5    |      | 5.1     |
| How many times per week on average engage in the following   |                      |         |      |         |
| Any kind of exercise for more than 20 minutes:   |                      |         |      |         |
| Strenuous exercise 3 or more times weekly  | 1.4                  | -1.1    | 17.4 | 6.9     |
| Moderate exercise 3 or more times weekly   | -2.3                 | 1.6     | 27.8 | 38.0    |
| Mild exercise most days of the week  | -6.4                 | -9.8    | 23.9 | 21.7    |
| Do light housework most days   | 0.0                  | -5.4    | 35.3 | 68.6    |
| Heavy household work most days   | -2.3                 | -6.5    | 10.0 | 23.6    |
| Use car as transport when going out shopping   | 1.9                  | 5.1     | 63.8 | 70.0    |
| Very physically active in job  | 0.5                  | -5.3    | 19.9 | 15.8    |
| Smoke cigarettes   | -4.3                 | -6.4    | 28.9 | 26.5    |
| Mean number of years been a smoker   | 0.7                  | 0.8     | 23.2 | 23.5    |
| Smoked cigarettes in the past  | -0.8                 | 3.0     | 45.4 | 42.4    |
| Spend part of day where other people are smoking...:   |                      |         |      |         |
| At home  | -6.3                 | -11.3   | 19.1 | 20.1    |
| In the workplace   | -10.7                | -8.1    | 25.8 | 16.9    |
| On public transport  | -0.6                 | -0.4    | 4.9  | 3.4     |
| In a pub or club   | -3.2                 | -3.7    | 51.9 | 32.9    |
| Other places   | -4.0                 | -5.5    | 15.1 | 12.3    |
| I don't often spend time with smokers  | 6.1                  | 5.3     | 34.2 | 45.3    |
| Had a drink upto 1 month ago   | 1.6                  | 3.7     | 86.4 | 82.3    |
| On days drank alcohol, had on average more than 6 drinks   | 4.2                  | -0.8    | 35.0 | 10.1    |
| In the last year, drank alcohol in a typical week  | 0.3                  | 0.7     | 78.3 | 64.0    |
| Mean number of days in a typical week that involved alcohol consumption  | 0.1                  | 0.1     | 3.1  | 2.7     |
| During the last 12 months, experienced problems as a result of someone else's drinking (2002 arguments with family and friends about drinking, 1998 family/marital difficulties) | -0.7                 | -2.8    | 5.3  | 6.6     |
| During the last 12 months driven a car soon after consuming 2 or more alcoholic drinks   | -2.6                 | -0.1    | 27.5 | 11.7    |
| Have you used marijuana (grass, pot) or cannabis (hash, hash oil):   |                      |         |      |         |
| In your lifetime   | 7.2                  | 7.6     | 38.1 | 27.1    |
| During the last 12 months  | 2.1                  | 1.6     | 17.0 | 9.8     |
| During the last 30 days  | 0.8                  | -0.1    | 11.2 | 3.9     |
| Used any of the following drugs in the last 12 months:   |                      |         |      |         |
| Tranquillisers or sedatives without a doctor's prescription  | -0.5                 | -0.9    | 1.7  | 1.0     |
| Amphetamine  | -2.2                 | 0.7     | 2.2  | 2.6     |
| LSD  | -1.2                 | 0.0     | 1.3  | 1.2     |
| Cocaine  | 2.4                  | 2.2     | 5.1  | 3.6     |
| Relevin  | -0.2                 | 0.6     | 0.0  | 0.7     |

# appendices

## SLÁN

| Eastern Health Board(s)  | Difference 1998-2002 |         | Male | Females |
|--|----------------------|---------|------|---------|
|  | Males                | Females | 2002 | 2002    |
| Heroin   | -0.9                 | 0.7     | 0.0  | 1.0     |
| Ecstasy  | 1.2                  | 1.1     | 5.2  | 3.6     |
| Drugs by injection with a needle   | -0.5                 | 0.7     | 0.0  | 0.8     |
| Solvents   | 0.3                  | 0.4     | 0.9  | 0.8     |
| Magic mushrooms  | -0.8                 | 1.3     | 1.7  | 2.1     |
| Had one or more injuries serious enough to interfere with daily activities in the last 2 years | -3.6                 | -1.1    | 21.5 | 15.1    |
| Most recent injuries that were non-accidental  | -1.5                 | 1.5     | 15.2 | 14.3    |
| Where most recent injury happened:   |                      |         |      |         |
| At home or in the house  | -1.8                 | -0.5    | 14.2 | 33.4    |
| At work  | -6.3                 | -1.7    | 16.7 | 10.6    |
| Injury resulted from fall (most frequent cause of injury)                                      | 1.0                  | 4.3     | 33.0 | 51.4    |
| Medical treatment needed due to injury (in hospital A+E dept)                                  | -1.7                 | 3.3     | 39.9 | 41.8    |
| Always use seatbelts when driving or riding in the front seats of a car                        | 15.1                 | 12.4    | 83.5 | 92.7    |
| Have a medical card  | -1.4                 | -2.2    | 18.6 | 24.0    |
| Think could eat healthier  | 4.9                  | 2.6     | 80.6 | 75.4    |
| Read food labels   | 6.4                  | 3.1     | 56.2 | 75.4    |
| Most frequently looked at information on food labels - ingredients                             | -10.0                | -2.3    | 70.0 | 64.1    |
| Follow any of the following diets:   |                      |         |      |         |
| Vegetarian   | -1.2                 | 0.0     | 2.0  | 5.0     |
| Diabetic   | -0.3                 | 0.0     | 2.2  | 1.5     |
| Weight reducing  | -1.1                 | 2.9     | 4.1  | 21.5    |
| Vegan  | -0.1                 | 0.1     | 0.0  | 0.3     |
| Gluten free  | 0.4                  | 0.4     | 0.9  | 1.4     |
| Low cholesterol  | 0.0                  | -1.4    | 8.6  | 7.7     |
| Do not follow a special diet   | -8.8                 | -7.2    | 69.9 | 59.5    |
| Have taken any vitamins, minerals or other food supplements during the past year               | 8.1                  | 4.6     | 52.6 | 65.8    |
| Consume fried foods daily  | 0.0                  | -0.8    | 4.5  | 0.8     |
| Consume butter or hard margarine as a spread or for cooking food every or most days            | -12.9                | -12.9   | 48.7 | 41.8    |
| Consume a low fat or polyunsaturated spread as a spread or in cooking every or most days       | -2.1                 | -5.2    | 50.6 | 55.7    |
| Consume vegetable oil every or most days   | -0.2                 | -1.2    | 20.2 | 17.9    |
| Consume lard or dripping in fried, roasted or baked foods every or most days                   | -1.8                 | -2.3    | 4.2  | 2.1     |
| Consume full-fat milk  | -8.5                 | -7.7    | 55.0 | 45.0    |
| Drink up to one pint of milk daily   | -1.1                 | -2.1    | 82.3 | 86.0    |
| Cook vegetables boiled from cold water (excluding potatoes)                                    | -0.2                 | -4.4    | 51.0 | 40.4    |
| Have been advised to take folic acid supplements   | -                    | 6.6     |      | 30.0    |

# appendices

## SLÁN

| Eastern Health Board(s)  | Difference 1998-2002 |         | Male<br>2002 | Females<br>2002 |
|--|----------------------|---------|--------------|-----------------|
|  | Males                | Females |              |                 |
| Self-reported health (excellent & very good)   | 8.7                  | 8.9     | 53.2         | 54.1            |
| Daily activity/work limited by long term illness   | -3.1                 | -1.7    | 12.5         | 12.9            |
| Health would be better if I had less stress  | -5.4                 | -1.8    | 29.1         | 41.5            |
| Greatest source of health information (GP)   | 3.8                  | 1.2     | 56.7         | 61.2            |
| Greatest factor preventing people from improving their general health (Financial problems)               | -9.2                 | 7.3     | 36.0         | 44.1            |
| Health state today:  |                      |         |              |                 |
| Have no problems with mobility (walking about)   | 6.2                  | 10.6    | 88.2         | 90.3            |
| Have no problems with self care (washing and dressing one's self)  | 5.1                  | 6.5     | 96.5         | 95.5            |
| Have no problems with usual activities (e.g. work, study, housework, family or leisure activities)       | 1.6                  | 6.2     | 86.2         | 87.1            |
| Have no pain/discomfort  | -0.3                 | 2.5     | 70.7         | 69.7            |
| Am not anxious/depressed   | 2.3                  | 1.7     | 82.0         | 73.8            |
| Self rated health state (median)   | 5.8                  | 4.6     | 83.9         | 83.6            |
| Good or very good quality of life  | 3.6                  | 1.6     | 86.4         | 83.9            |
| Satisfied or very satisfied with health  | 0.6                  | 0.7     | 71.5         | 72.2            |
| Attended an alternative/complementary therapist  | 10.4                 | 6.2     | 22.1         | 26.6            |
| Attended for aches pains and muscle problems (of those who attended alternative/complementary therapist) | -2.4                 | -3.4    | 62.9         | 52.2            |
| Have all 32 natural teeth  | 0.9                  | -3.5    | 26.0         | 21.4            |
| Use recommended pea sized amount of toothpaste   | 11.1                 | 9.4     | 20.8         | 26.9            |
| Normal or low blood pressure   | 1.6                  | 8.0     | 56.7         | 75.5            |
| Had blood pressure checked up to one year ago  | -7.3                 | 32.9    | 66.5         | 85.3            |
| Normal or low cholesterol  | 5.9                  | 10.0    | 33.0         | 30.8            |
| Had cholesterol checked up to one year ago   | 15.4                 | 8.2     | 34.2         | 29.4            |
| Had general health check up in the last 3 years  | 9.4                  | 0.8     | 63.1         | 69.3            |
| Attended doctor's surgery for most recent check (of those who had general check in the last 3 years)     | -0.9                 | 4.1     | 71.5         | 81.3            |
| Attend doctor's surgery for regular checks (e.g. once every three months) or treatment                   | -0.7                 | -4.6    | 26.9         | 36.0            |
| Been told by a doctor that you have or have had any of the following:                                    |                      |         |              |                 |
| Angina   | -0.3                 | -2.4    | 3.7          | 1.7             |
| Heart attack (coronary thrombosis, myocardial infarction)  | -1.2                 | 0.0     | 1.1          | 1.2             |
| High blood pressure  | 3.4                  | 0.3     | 11.5         | 12.3            |
| Stroke   | 0.0                  | -0.2    | 1.5          | 0.6             |
| Diabetes   | 0.6                  | 0.9     | 3.3          | 2.2             |
| High cholesterol   | 2.6                  | -0.3    | 7.7          | 4.8             |
| Anxiety  | 3.0                  | -0.8    | 6.7          | 6.2             |
| Depression   | 5.5                  | 0.3     | 8.4          | 9.7             |
| Other diagnosis  | -4.0                 | -3.3    | 3.1          | 8.0             |
| Regularly taking any prescribed pills or medication  | 3.0                  | 5.7     | 28.9         | 42.5            |
| Have any difficulty reading the instructions (if regularly taking any prescribed pills or medication)    | -6.9                 | -2.8    | 1.2          | 3.1             |
| If sexually active, always used contraception/protection   | -4.8                 | 0.3     | 21.4         | 34.7            |
| Most frequently used methods of contraception:   | 0.0                  | 0.0     |              |                 |
| Contraceptive pill   | 6.4                  | 10.9    | 12.8         | 31.9            |

# appendices

## SLÁN

| Eastern Health Board(s)  | Difference 1998-2002 |         | Male 2002 | Females 2002 |
|--|----------------------|---------|-----------|--------------|
|  | Males                | Females |           |              |
| Condom   | 6.3                  | 1.4     | 52.6      | 32.9         |
| Withdrawal   | -1.9                 | -2.1    | 7.3       | 4.4          |
| Currently pregnant   | -                    | 1.2     |           | 4.1          |
| Ever been on the contraceptive pill  | -                    | 8.8     |           | 50.3         |
| Mean number of years on contraceptive pill   | -                    | 2.0     |           | 5.8          |
| Breast fed for 4-6 months  | -                    | 1.0     |           | 20.5         |
| Mean age at which child stopped any breastfeeding  | -                    | -0.2    |           | 5.0          |
| How many times per week on average engage in the following   |                      |         |           |              |
| Any kind of exercise for more than 20 minutes:   |                      |         |           |              |
| Strenuous exercise 3 or more times weekly  | -1.8                 | 0.4     | 13.2      | 7.6          |
| Moderate exercise 3 or more times weekly   | -0.7                 | 0.4     | 24.1      | 36.5         |
| Mild exercise most days of the week  | -5.3                 | -6.8    | 18.8      | 19.6         |
| Do light housework most days   | 0.4                  | 1.2     | 30.3      | 77.3         |
| Heavy household work most days   | -1.2                 | -2.0    | 10.2      | 30.5         |
| Use car as transport when going out shopping   | 12.3                 | 10.8    | 77.9      | 80.7         |
| Very physically active in job  | 1.5                  | 0.0     | 28.4      | 19.0         |
| Smoke cigarettes   | -6.5                 | -7.5    | 25.2      | 23.0         |
| Mean number of years been a smoker   | 0.0                  | -0.8    | 22.5      | 20.1         |
| Smoked cigarettes in the past  | 2.1                  | -1.9    | 46.2      | 40.4         |
| Spend part of day where other people are smoking...:   |                      |         |           |              |
| At home  | -1.4                 | -6.7    | 24.5      | 21.5         |
| In the workplace   | -10.8                | -8.4    | 26.0      | 12.3         |
| On public transport  | -2.5                 | -0.3    | 1.7       | 3.0          |
| In a pub or club   | -10.9                | -3.8    | 38.3      | 28.0         |
| Other places   | -1.4                 | 0.2     | 12.3      | 15.5         |
| I don't often spend time with smokers  | 2.4                  | 2.4     | 33.7      | 46.6         |
| Had a drink upto 1 month ago   | 3.9                  | 3.3     | 80.0      | 67.5         |
| On days drank alcohol, had on average more than 6 drinks   | -2.1                 | -3.0    | 35.6      | 10.8         |
| In the last year, drank alcohol in a typical week  | -5.0                 | -5.9    | 66.9      | 46.8         |
| Mean number of days in a typical week that involved alcohol consumption  | 0.3                  | -0.1    | 2.9       | 2.4          |
| During the last 12 months, experienced problems as a result of someone else's drinking (2002 arguments with family and friends about drinking, 1998 family/marital difficulties) | -1.6                 | 0.7     | 3.7       | 7.6          |
| During the last 12 months driven a car soon after consuming 2 or more alcoholic drinks   | 4.6                  | -2.5    | 24.3      | 7.5          |
| Have you used marijuana (grass, pot) or cannabis (hash, hash oil):   |                      |         |           |              |
| In your lifetime   | 6.0                  | 2.4     | 21.2      | 13.3         |
| During the last 12 months  | 4.8                  | 0.1     | 12.6      | 4.3          |
| During the last 30 days  | 1.3                  | 0.3     | 4.7       | 2.0          |
| Used any of the following drugs in the last 12 months:   |                      |         |           |              |
| Tranquillisers or sedatives without a doctor's prescription  | 0.4                  | 0.5     | 0.7       | 0.8          |
| Amphetamine  | -2.1                 | -0.7    | 1.3       | 0.7          |
| LSD  | -0.1                 | -0.1    | 1.3       | 0.7          |
| Cocaine  | 0.6                  | 0.9     | 1.7       | 1.0          |
| Relevin  | 0.0                  | -0.2    | 0.0       | 0.0          |

# appendices

## SLÁN

| Eastern Health Board(s)  | Difference 1998-2002 |         | Male 2002 | Females 2002 |
|--|----------------------|---------|-----------|--------------|
|  | Males                | Females |           |              |
| Heroin   | 1.0                  | -0.2    | 1.0       | 0.0          |
| Ecstasy  | 2.4                  | -0.1    | 4.5       | 1.4          |
| Drugs by injection with a needle   | 0.0                  | 0.0     | 0.0       | 0.0          |
| Solvents   | -0.2                 | 0.3     | 0.6       | 0.3          |
| Magic mushrooms  | -0.8                 | 0.1     | 1.3       | 0.7          |
| Had one or more injuries serious enough to interfere with daily activities in the last 2 years | 1.1                  | 0.2     | 22.5      | 13.8         |
| Most recent injuries that were non-accidental  | -9.5                 | 2.6     | 0.0       | 21.8         |
| Where most recent injury happened:   |                      |         |           |              |
| At home or in the house  | 12.6                 | 1.7     | 22.8      | 35.2         |
| At work  | 11.1                 | -7.6    | 37.4      | 5.4          |
| Injury resulted from fall (most frequent cause of injury)                                      | 8.6                  | 11.7    | 45.6      | 51.3         |
| Medical treatment needed due to injury (in hospital A+E dept)                                  | 25.9                 | -1.4    | 58.7      | 33.1         |
| Always use seatbelts when driving or riding in the front seats of a car                        | 9.9                  | 11.0    | 71.3      | 88.4         |
| Have a medical card  | -6.8                 | -9.1    | 27.5      | 28.2         |
| Think could eat healthier  | 3.4                  | 3.4     | 70.1      | 74.3         |
| Read food labels   | 13.4                 | 12.1    | 48.0      | 73.7         |
| Most frequently looked at information on food labels - ingredients                             | -8.5                 | 5.3     | 66.3      | 67.1         |
| Follow any of the following diets:   |                      |         |           |              |
| Vegetarian   | -1.3                 | -1.2    | 0.4       | 3.1          |
| Diabetic   | 0.4                  | 1.3     | 3.1       | 3.0          |
| Weight reducing  | 1.7                  | 2.3     | 7.3       | 18.9         |
| Vegan  | 0.0                  | 0.2     | 0.0       | 0.3          |
| Gluten free  | 0.3                  | 0.4     | 0.8       | 1.0          |
| Low cholesterol  | 5.1                  | -0.8    | 9.4       | 8.6          |
| Do not follow a special diet   | -19.7                | -11.4   | 66.2      | 61.1         |
| Have taken any vitamins, minerals or other food supplements during the past year               | 5.2                  | 8.3     | 37.3      | 56.7         |
| Consume fried foods daily  | 3.4                  | 0.2     | 7.0       | 2.7          |
| Consume butter or hard margarine as a spread or for cooking food every or most days            | -0.6                 | -11.2   | 56.2      | 42.5         |
| Consume a low fat or polyunsaturated spread as a spread or in cooking every or most days       | -9.6                 | -6.9    | 43.7      | 53.6         |
| Consume vegetable oil every or most days   | 1.2                  | 1.6     | 13.0      | 15.3         |
| Consume lard or dripping in fried, roasted or baked foods every or most days                   | 0.1                  | -4.9    | 6.4       | 1.5          |
| Consume full-fat milk  | -8.5                 | -12.4   | 59.0      | 48.4         |
| Drink up to one pint of milk daily   | -3.1                 | 0.2     | 75.4      | 85.6         |
| Cook vegetables boiled from cold water (excluding potatoes)                                    | 2.3                  | -4.4    | 57.4      | 45.4         |
| Have been advised to take folic acid supplements   | -                    | 10.5    |           | 31.1         |

# appendices

## SLÁN

### Midlands Health Board

|  | Difference 1998-2002 |         | Male | Females |
|--|----------------------|---------|------|---------|
|  | Males                | Females | 2002 | 2002    |
| Self-reported health (excellent & very good)   | 0.7                  | -0.5    | 48.4 | 49.2    |
| Daily activity/work limited by long term illness   | 2.3                  | -0.2    | 13.4 | 11.9    |
| Health would be better if I had less stress  | -7.5                 | -10.2   | 36.7 | 35.7    |
| Greatest source of health information (GP)   | 3.8                  | 2.6     | 58.3 | 61.0    |
| Greatest factor preventing people from improving their general health (Financial problems)               | -5.4                 | -1.5    | 36.5 | 41.9    |
| Health state today:  |                      |         |      |         |
| Have no problems with mobility (walking about)   | -0.8                 | 7.1     | 86.6 | 88.2    |
| Have no problems with self care (washing and dressing one's self)  | 4.5                  | 8.2     | 95.1 | 95.7    |
| Have no problems with usual activities (e.g. work, study, housework, family or leisure activities)       | -1.8                 | -1.1    | 88.6 | 84.7    |
| Have no pain/discomfort  | 0.4                  | -1.6    | 72.0 | 68.4    |
| Am not anxious/depressed   | 6.1                  | 1.7     | 81.3 | 71.9    |
| Self rated health state (median)   | 0.5                  | -3.2    | 82.4 | 82.2    |
| Good or very good quality of life  | 3.2                  | 1.0     | 85.4 | 84.6    |
| Satisfied or very satisfied with health  | 4.5                  | -1.9    | 74.6 | 76.3    |
| Attended an alternative/complementary therapist  | 1.1                  | 5.8     | 18.6 | 26.6    |
| Attended for aches pains and muscle problems (of those who attended alternative/complementary therapist) | -13.0                | 2.6     | 67.4 | 56.2    |
| Have all 32 natural teeth  | -1.1                 | 2.0     | 23.3 | 23.2    |
| Use recommended pea sized amount of toothpaste   | 3.5                  | 11.7    | 17.7 | 26.4    |
| Normal or low blood pressure   | -2.7                 | -2.4    | 53.4 | 69.1    |
| Had blood pressure checked up to one year ago  | -10.2                | 23.1    | 69.0 | 80.9    |
| Normal or low cholesterol  | 0.6                  | 6.3     | 34.8 | 31.4    |
| Had cholesterol checked up to one year ago   | 17.3                 | 6.5     | 43.6 | 34.7    |
| Had general health check up in the last 3 years  | 1.0                  | -7.1    | 64.8 | 71.2    |
| Attended doctor's surgery for most recent check (of those who had general check in the last 3 years)     | 1.0                  | -2.5    | 72.5 | 86.0    |
| Attend doctor's surgery for regular checks (e.g. once every three months) or treatment                   | -8.3                 | -6.5    | 23.3 | 37.2    |
| Been told by a doctor that you have or have had any of the following:                                    |                      |         |      |         |
| Angina   | -0.4                 | 0.4     | 3.0  | 2.1     |
| Heart attack (coronary thrombosis, myocardial infarction)  | 0.0                  | 1.1     | 2.6  | 1.7     |
| High blood pressure  | 6.2                  | 1.3     | 16.0 | 14.9    |
| Stroke   | -0.3                 | -1.7    | 0.4  | 0.0     |
| Diabetes   | -0.1                 | 2.0     | 3.7  | 2.5     |
| High cholesterol   | 5.5                  | 4.5     | 12.0 | 8.4     |
| Anxiety  | 2.7                  | 5.7     | 5.4  | 10.6    |
| Depression   | 3.2                  | 2.1     | 5.8  | 13.1    |
| Other diagnosis  | -2.8                 | -5.3    | 3.2  | 3.7     |
| Regularly taking any prescribed pills or medication  | 2.2                  | 6.1     | 27.0 | 40.5    |
| Have any difficulty reading the instructions (if regularly taking any prescribed pills or medication)    | -6.3                 | 2.3     | 6.9  | 5.1     |
| If sexually active, always used contraception/protection   | -8.9                 | -3.6    | 22.3 | 33.7    |
| Most frequently used methods of contraception:   |                      |         |      |         |
| Contraceptive pill   | -1.3                 | 1.0     | 7.7  | 24.3    |

# appendices

## SLÁN

### Midlands Health Board

|  | Difference 1998-2002 |         | Male | Females |
|--|----------------------|---------|------|---------|
|  | Males                | Females | 2002 | 2002    |
| Condom   | 13.4                 | 5.9     | 59.1 | 35.3    |
| Withdrawal   | 10.1                 | 3.2     | 12.2 | 6.8     |
| Currently pregnant   | -                    | -0.5    |      | 2.7     |
| Ever been on the contraceptive pill  | -                    | 0.8     |      | 49.1    |
| Mean number of years on contraceptive pill   | -                    | 2.3     |      | 5.3     |
| Breast fed for 4-6 months  | -                    | 13.6    |      | 23.9    |
| Mean age at which child stopped any breastfeeding  | -                    | 2.3     |      | 4.3     |
| How many times per week on average engage in the following   |                      |         |      |         |
| Any kind of exercise for more than 20 minutes:   |                      |         |      |         |
| Strenuous exercise 3 or more times weekly  | -6.0                 | -5.1    | 12.6 | 6.2     |
| Moderate exercise 3 or more times weekly   | -2.3                 | 0.6     | 22.8 | 40.7    |
| Mild exercise most days of the week  | 3.1                  | -2.2    | 20.1 | 21.8    |
| Do light housework most days   | 5.2                  | 1.2     | 30.5 | 82.3    |
| Heavy household work most days   | -0.1                 | -7.6    | 13.5 | 35.7    |
| Use car as transport when going out shopping   | 5.1                  | -1.3    | 75.7 | 82.0    |
| Very physically active in job  | -6.3                 | -0.4    | 32.2 | 23.9    |
| Smoke cigarettes   | -8.1                 | -1.4    | 31.0 | 25.3    |
| Mean number of years been a smoker   | 2.9                  | -2.6    | 24.5 | 18.6    |
| Smoked cigarettes in the past  | -13.2                | -7.4    | 38.7 | 35.6    |
| Spend part of day where other people are smoking...:   |                      |         |      |         |
| At home  | -10.2                | -12.4   | 20.4 | 24.5    |
| In the workplace   | -6.2                 | -9.3    | 28.4 | 17.3    |
| On public transport  | -0.4                 | -3.3    | 4.3  | 1.8     |
| In a pub or club   | -7.1                 | -4.9    | 45.1 | 27.8    |
| Other places   |                      | -4.0    | 2.7  | 13.4    |
| 15.2   |                      |         |      |         |
| I don't often spend time with smokers  | 4.6                  | 10.0    | 30.3 | 43.2    |
| Had a drink upto 1 month ago   | 1.3                  | 2.3     | 81.5 | 65.2    |
| On days drank alcohol, had on average more than 6 drinks   | -1.3                 | -3.1    | 35.7 | 7.9     |
| In the last year, drank alcohol in a typical week  | -12.8                | 8.6     | 68.9 | 49.4    |
| Mean number of days in a typical week that involved alcohol consumption  | 0.0                  | 0.2     | 2.6  | 2.2     |
| During the last 12 months, experienced problems as a result of someone else's drinking (2002 arguments with family and friends about drinking, 1998 family/marital difficulties) | -1.2                 | -2.7    | 2.5  | 8.4     |
| During the last 12 months driven a car soon after consuming 2 or more alcoholic drinks   | -3.1                 | 4.0     | 25.5 | 11.6    |
| Have you used marijuana (grass, pot) or cannabis (hash, hash oil):   |                      |         |      |         |
| In your lifetime   | 2.5                  | 4.0     | 15.1 | 11.2    |
| During the last 12 months  | 0.3                  | 0.6     | 7.1  | 4.6     |
| During the last 30 days  | 2.4                  | -0.1    | 6.4  | 2.4     |
| Used any of the following drugs in the last 12 months:   |                      |         |      |         |
| Tranquillisers or sedatives without a doctor's prescription  | 2.5                  | 0.8     | 3.1  | 0.8     |
| Amphetamine  | 1.8                  | 0.4     | 3.5  | 0.4     |
| LSD  | 4.4                  | 0.4     | 4.4  | 0.4     |
| Cocaine  | 4.2                  | 0.4     | 4.2  | 0.4     |

# appendices

## SLÁN

### Midlands Health Board

|  | Difference 1998-2002 |         | Male | Females |
|--|----------------------|---------|------|---------|
|  | Males                | Females | 2002 | 2002    |
| Relevin  | 1.4                  | 0.0     | 1.4  | 0.0     |
| Heroin   | 2.0                  | 0.0     | 2.0  | 0.0     |
| Ecstasy  | 3.4                  | 0.8     | 4.2  | 0.8     |
| Drugs by injection with a needle   | 1.4                  | 0.0     | 1.4  | 0.0     |
| Solvents   | 0.8                  | 0.0     | 0.8  | 0.0     |
| Magic mushrooms  | 3.8                  | 0.0     | 4.7  | 0.0     |
| Had one or more injuries serious enough to interfere with daily activities in the last 2 years | -0.6                 | -5.2    | 15.7 | 12.2    |
| Most recent injuries that were non-accidental  | -4.8                 | -3.3    | 7.3  | 5.5     |
| Where most recent injury happened:   |                      |         |      |         |
| At home or in the house  | -2.0                 | 2.9     | 9.7  | 48.4    |
| At work  | 13.9                 | -3.8    | 47.8 | 6.4     |
| Injury resulted from fall (most frequent cause of injury)                                      | -13.5                | 20.0    | 31.2 | 64.9    |
| Medical treatment needed due to injury (in hospital A+E dept)                                  | 18.7                 | 19.1    | 42.6 | 45.9    |
| Always use seatbelts when driving or riding in the front seats of a car                        | 18.9                 | 18.7    | 72.4 | 86.9    |
| Have a medical card  | 1.6                  | -2.3    | 23.6 | 32.9    |
| Think could eat healthier  | 0.2                  | -2.0    | 74.8 | 76.8    |
| Read food labels   | 5.2                  | 6.2     | 41.2 | 71.2    |
| Most frequently looked at information on food labels - ingredients                             | 5.9                  | -3.6    | 69.0 | 58.7    |
| Follow any of the following diets:   |                      |         |      |         |
| Vegetarian   | 0.9                  | 2.2     | 1.8  | 4.0     |
| Diabetic   | -1.3                 | 1.1     | 2.5  | 2.4     |
| Weight reducing  | -3.0                 | 0.2     | 4.3  | 21.1    |
| Vegan  | 0.0                  | 0.3     | 0.0  | 0.3     |
| Gluten free  | -0.2                 | -0.5    | 1.3  | 0.5     |
| Low cholesterol  | 1.9                  | 3.2     | 10.4 | 11.8    |
| Do not follow a special diet   | -11.4                | -13.3   | 71.1 | 55.4    |
| Have taken any vitamins, minerals or other food supplements during the past year               | 0.2                  | 7.5     | 28.3 | 55.9    |
| Consume fried foods daily  | -0.6                 | -0.1    | 6.9  | 1.6     |
| Consume butter or hard margarine as a spread or for cooking food every or most days            | -10.2                | -15.2   | 58.6 | 46.6    |
| Consume a low fat or polyunsaturated spread as a spread or in cooking every or most days       | -4.1                 | -8.2    | 44.6 | 52.6    |
| Consume vegetable oil every or most days   | 0.4                  | -2.1    | 20.8 | 18.5    |
| Consume lard or dripping in fried, roasted or baked foods every or most days                   | -7.3                 | -3.8    | 6.0  | 2.9     |
| Consume full-fat milk  | -14.8                | -18.0   | 62.8 | 48.8    |
| Drink up to one pint of milk daily   | -6.2                 | -3.4    | 74.6 | 84.6    |
| Cook vegetables boiled from cold water (excluding potatoes)                                    | -6.0                 | -20.7   | 57.7 | 43.9    |
| Have been advised to take folic acid supplements   | -                    | 4.5     |      | 31.4    |

# appendices

## SLÁN

### South Eastern Health Board

|  | Difference 1998-2002 |         | Male<br>2002 | Females<br>2002 |
|--|----------------------|---------|--------------|-----------------|
|  | Males                | Females |              |                 |
| Self-reported health (excellent & very good)   | 7.0                  | 0.4     | 55.6         | 53.3            |
| Daily activity/work limited by long term illness   | 1.6                  | -0.3    | 12.8         | 10.4            |
| Health would be better if I had less stress  | -12.0                | -6.1    | 29.3         | 36.2            |
| Greatest source of health information (GP)   | 3.1                  | 4.1     | 58.7         | 63.9            |
| Greatest factor preventing people from improving their general health (Financial problems)               | -4.4                 | 3.1     | 37.6         | 48.4            |
| Health state today:  |                      |         |              |                 |
| Have no problems with mobility (walking about)   | 2.4                  | -0.4    | 86.0         | 86.7            |
| Have no problems with self care (washing and dressing one's self)  | 6.4                  | 4.3     | 96.8         | 96.0            |
| Have no problems with usual activities (e.g. work, study, housework, family or leisure activities)       | 1.6                  | -3.0    | 89.4         | 85.9            |
| Have no pain/discomfort  | 2.5                  | -2.3    | 71.6         | 72.0            |
| Am not anxious/depressed   | 3.5                  | 5.9     | 83.8         | 79.7            |
| Self rated health state (median)   | 1.3                  | 3.2     | 83.7         | 85.3            |
| Good or very good quality of life  | -2.8                 | 4.3     | 82.3         | 88.5            |
| Satisfied or very satisfied with health  | 0.1                  | -3.5    | 73.7         | 72.6            |
| Attended an alternative/complementary therapist  | 0.6                  | 7.7     | 13.5         | 26.3            |
| Attended for aches pains and muscle problems (of those who attended alternative/complementary therapist) | -0.2                 | -2.4    | 77.4         | 49.7            |
| Have all 32 natural teeth  | 7.3                  | 3.7     | 27.2         | 22.8            |
| Use recommended pea sized amount of toothpaste   | 7.8                  | 10.1    | 16.6         | 29.0            |
| Normal or low blood pressure   | 2.7                  | 5.4     | 58.8         | 71.0            |
| Had blood pressure checked up to one year ago  | -8.0                 | 23.7    | 65.8         | 84.5            |
| Normal or low cholesterol  | 3.7                  | 8.1     | 29.9         | 35.1            |
| Had cholesterol checked up to one year ago   | 9.5                  | 12.8    | 35.1         | 39.4            |
| Had general health check up in the last 3 years  | 0.3                  | 7.0     | 68.4         | 72.4            |
| Attended doctor's surgery for most recent check (of those who had general check in the last 3 years)     | 0.2                  | -11.9   | 77.3         | 77.0            |
| Attend doctor's surgery for regular checks (e.g. once every three months) or treatment                   | -7.6                 | -5.7    | 24.3         | 30.9            |
| Been told by a doctor that you have or have had any of the following:                                    |                      |         |              |                 |
| Angina   | 0.6                  | -0.3    | 3.9          | 2.5             |
| Heart attack (coronary thrombosis, myocardial infarction)  | -0.4                 | 0.0     | 1.3          | 1.5             |
| High blood pressure  | -1.5                 | 1.3     | 9.5          | 13.0            |
| Stroke   | 1.0                  | 0.0     | 1.0          | 1.1             |
| Diabetes   | 0.5                  | 1.6     | 2.0          | 3.0             |
| High cholesterol   | 1.1                  | 1.6     | 7.0          | 5.9             |
| Anxiety  | -0.1                 | 3.1     | 4.4          | 7.1             |
| Depression   | 3.3                  | 0.7     | 9.1          | 7.5             |
| Other diagnosis  | -5.7                 | -1.2    | 3.8          | 7.7             |
| Regularly taking any prescribed pills or medication  | 0.9                  | 9.1     | 27.9         | 39.7            |
| Have any difficulty reading the instructions (if regularly taking any prescribed pills or medication)    | -1.5                 | -0.2    | 5.6          | 4.2             |
| If sexually active, always used contraception/protection   | -2.9                 | 0.2     | 24.8         | 40.7            |
| Most frequently used methods of contraception:   | 0.0                  | 0.0     |              |                 |
| Contraceptive pill   | 0.0                  | 2.4     | 10.3         | 25.2            |

# appendices

## SLÁN

### South Eastern Health Board

|  | Difference 1998-2002 |         | Male | Females |
|--|----------------------|---------|------|---------|
|  | Males                | Females | 2002 | 2002    |
| Condom   | 17.7                 | 4.2     | 59.3 | 32.7    |
| Withdrawal   | -1.5                 | -0.5    | 7.4  | 7.7     |
| Currently pregnant   | -                    | 0.7     |      | 2.8     |
| Ever been on the contraceptive pill  | -                    | 9.6     |      | 56.4    |
| Mean number of years on contraceptive pill   | -                    | -1.3    |      | 5.2     |
| Breast fed for 4-6 months  | -                    | 12.8    |      | 30.4    |
| Mean age at which child stopped any breastfeeding  | -                    | 0.0     |      | 5.9     |
| How many times per week on average engage in the following   |                      |         |      |         |
| Any kind of exercise for more than 20 minutes:   |                      |         |      |         |
| Strenuous exercise 3 or more times weekly  | -4.0                 | -0.7    | 9.5  | 5.9     |
| Moderate exercise 3 or more times weekly   | -4.1                 | -2.9    | 24.3 | 34.6    |
| Mild exercise most days of the week  | -8.3                 | -6.0    | 19.1 | 19.5    |
| Do light housework most days   | -1.8                 | -1.2    | 32.5 | 77.4    |
| Heavy household work most days   | -3.1                 | -2.6    | 11.4 | 36.4    |
| Use car as transport when going out shopping   | -1.1                 | 8.1     | 75.4 | 83.0    |
| Very physically active in job  | 2.5                  | 3.3     | 33.9 | 25.9    |
| Smoke cigarettes   | -3.9                 | -3.5    | 26.3 | 25.8    |
| Mean number of years been a smoker   | -0.2                 | -0.3    | 23.2 | 21.1    |
| Smoked cigarettes in the past  | -0.6                 | 3.7     | 42.1 | 38.5    |
| Spend part of day where other people are smoking...:   |                      |         |      |         |
| At home  | -6.5                 | -7.8    | 19.1 | 22.4    |
| In the workplace   | -2.4                 | -6.3    | 29.5 | 16.9    |
| On public transport  | 0.2                  | -2.3    | 3.2  | 0.9     |
| In a pub or club   | -7.2                 | -2.7    | 44.6 | 30.1    |
| Other places   |                      | -4.4    | 0.1  | 10.7    |
| 13.5   |                      |         |      |         |
| I don't often spend time with smokers  | 2.6                  | -0.1    | 35.3 | 40.2    |
| Had a drink upto 1 month ago   | -1.9                 | 5.6     | 78.2 | 69.5    |
| On days drank alcohol, had on average more than 6 drinks   | 14.9                 | -5.6    | 41.2 | 9.4     |
| In the last year, drank alcohol in a typical week  | -2.9                 | 0.2     | 71.4 | 50.3    |
| Mean number of days in a typical week that involved alcohol consumption  | -0.3                 | 0.1     | 2.4  | 2.3     |
| During the last 12 months, experienced problems as a result of someone else's drinking (2002 arguments with family and friends about drinking, 1998 family/marital difficulties) | -5.1                 | 0.4     | 1.5  | 7.0     |
| During the last 12 months driven a car soon after consuming 2 or more alcoholic drinks   | -2.0                 | -2.9    | 21.6 | 6.8     |
| Have you used marijuana (grass, pot) or cannabis (hash, hash oil):   |                      |         |      |         |
| In your lifetime   | 8.4                  | 4.4     | 23.6 | 15.3    |
| During the last 12 months  | 1.6                  | -0.5    | 10.4 | 4.8     |
| During the last 30 days  | 4.6                  | 1.0     | 7.9  | 2.6     |
| Used any of the following drugs in the last 12 months:   |                      |         |      |         |
| Tranquillisers or sedatives without a doctor's prescription  | 0.8                  | -0.7    | 1.2  | 0.7     |
| Amphetamine  | 0.6                  | 0.0     | 3.5  | 1.0     |
| LSD  | -0.3                 | -0.3    | 0.6  | 0.0     |
| Cocaine  | 0.4                  | 0.3     | 1.7  | 0.3     |

# appendices

## SLÁN

### South Eastern Health Board

|  | Difference 1998-2002 |         | Male | Females |
|--|----------------------|---------|------|---------|
|  | Males                | Females | 2002 | 2002    |
| Relevin  | 0.0                  | 0.0     | 0.0  | 0.0     |
| Heroin   | 0.0                  | 0.0     | 0.0  | 0.0     |
| Ecstasy  | 1.9                  | 0.3     | 4.1  | 1.3     |
| Drugs by injection with a needle   | 0.0                  | 0.0     | 0.0  | 0.0     |
| Solvents   | -0.4                 | 0.0     | 0.0  | 0.0     |
| Magic mushrooms  | 1.2                  | -0.3    | 2.1  | 0.0     |
| Had one or more injuries serious enough to interfere with daily activities in the last 2 years | -0.9                 | 1.0     | 20.0 | 11.9    |
| Most recent injuries that were non-accidental  | -4.4                 | -9.8    | 8.7  | 9.9     |
| Where most recent injury happened:   |                      |         |      |         |
| At home or in the house  | 3.4                  | 7.0     | 8.9  | 36.8    |
| At work  | 12.1                 | 9.8     | 39.6 | 22.9    |
| Injury resulted from fall (most frequent cause of injury)                                      | 8.1                  | 12.8    | 40.0 | 56.8    |
| Medical treatment needed due to injury (in hospital A+E dept)                                  | -7.4                 | 10.8    | 34.6 | 39.6    |
| Always use seatbelts when driving or riding in the front seats of a car                        | 18.0                 | 13.1    | 78.9 | 89.4    |
| Have a medical card  | -4.0                 | -4.3    | 21.9 | 30.8    |
| Think could eat healthier  | 8.2                  | 3.1     | 76.5 | 74.4    |
| Read food labels   | 10.5                 | 11.3    | 52.7 | 76.3    |
| Most frequently looked at information on food labels - ingredients                             | -7.5                 | -2.8    | 61.8 | 60.8    |
| Follow any of the following diets:   |                      |         |      |         |
| Vegetarian   | -0.1                 | 4.0     | 1.2  | 6.1     |
| Diabetic   | 1.5                  | 1.1     | 2.9  | 2.4     |
| Weight reducing  | -0.9                 | -0.2    | 5.1  | 20.9    |
| Vegan  | 0.2                  | -0.6    | 0.5  | 0.0     |
| Gluten free  | 0.6                  | 0.2     | 1.2  | 1.4     |
| Low cholesterol  | 5.7                  | 1.0     | 10.7 | 8.7     |
| Do not follow a special diet   | -10.5                | -10.3   | 71.2 | 57.6    |
| Have taken any vitamins, minerals or other food supplements during the past year               | 2.9                  | -2.4    | 40.5 | 54.7    |
| Consume fried foods daily  | 1.3                  | -0.1    | 7.5  | 0.7     |
| Consume butter or hard margarine as a spread or for cooking food every or most days            | -7.0                 | -5.9    | 56.6 | 48.7    |
| Consume a low fat or polyunsaturated spread as a spread or in cooking every or most days       | -11.7                | -3.0    | 44.7 | 56.5    |
| Consume vegetable oil every or most days   | 6.1                  | -2.1    | 22.8 | 17.3    |
| Consume lard or dripping in fried, roasted or baked foods every or most days                   | -5.9                 | -2.4    | 2.1  | 2.4     |
| Consume full-fat milk  | -4.1                 | -7.9    | 66.9 | 51.4    |
| Drink up to one pint of milk daily   | -5.0                 | -2.7    | 77.5 | 83.7    |
| Cook vegetables boiled from cold water (excluding potatoes)                                    | -7.9                 | -6.7    | 52.3 | 43.1    |
| Have been advised to take folic acid supplements   | -                    | 11.0    |      | 34.9    |

# appendices

## SLÁN

### Southern Health Board

|  | Difference 1998-2002 |         | Male | Females |
|--|----------------------|---------|------|---------|
|  | Males                | Females | 2002 | 2002    |
| Self-reported health (excellent & very good)   | 12.8                 | 6.6     | 62.4 | 58.5    |
| Daily activity/work limited by long term illness   | -0.7                 | 0.8     | 12.9 | 12.0    |
| Health would be better if I had less stress  | -5.8                 | -7.6    | 34.2 | 39.4    |
| Greatest source of health information (GP)   | 6.3                  | 6.0     | 57.6 | 64.2    |
| Greatest factor preventing people from improving their general health (Financial problems)               | -9.4                 | -0.2    | 37.3 | 40.8    |
| Health state today:  |                      |         |      |         |
| Have no problems with mobility (walking about)   | 1.6                  | 7.5     | 88.1 | 92.1    |
| Have no problems with self care (washing and dressing one's self)  | 7.5                  | 7.8     | 96.3 | 98.1    |
| Have no problems with usual activities (e.g. work, study, housework, family or leisure activities)       | -2.3                 | -0.4    | 86.1 | 87.5    |
| Have no pain/discomfort  | 0.5                  | 1.7     | 73.2 | 71.2    |
| Am not anxious/depressed   | 2.6                  | 7.0     | 78.0 | 76.4    |
| Self rated health state (median)   | 0.0                  | 1.5     | 82.4 | 85.4    |
| Good or very good quality of life  | 2.6                  | 4.8     | 84.9 | 89.5    |
| Satisfied or very satisfied with health  | 2.9                  | 6.1     | 76.6 | 78.7    |
| Attended an alternative/complementary therapist  | 1.9                  | 5.4     | 20.5 | 29.9    |
| Attended for aches pains and muscle problems (of those who attended alternative/complementary therapist) | 9.7                  | -0.1    | 74.2 | 60.6    |
| Have all 32 natural teeth  | 8.7                  | 5.9     | 27.2 | 23.6    |
| Use recommended pea sized amount of toothpaste   | 5.4                  | 11.6    | 15.6 | 30.4    |
| Normal or low blood pressure   | 8.1                  | 7.2     | 60.5 | 76.5    |
| Had blood pressure checked up to one year ago  | -2.5                 | 27.7    | 70.0 | 83.6    |
| Normal or low cholesterol  | 8.7                  | 7.8     | 36.3 | 33.6    |
| Had cholesterol checked up to one year ago   | 14.4                 | 6.5     | 41.2 | 35.8    |
| Had general health check up in the last 3 years  | 0.1                  | 0.4     | 63.6 | 72.6    |
| Attended doctor's surgery for most recent check (of those who had general check in the last 3 years)     | -10.6                | -2.9    | 65.9 | 85.6    |
| Attend doctor's surgery for regular checks (e.g. once every three months) or treatment                   | 1.7                  | -1.2    | 28.5 | 37.2    |
| Been told by a doctor that you have or have had any of the following:                                    |                      |         |      |         |
| Angina   | 2.0                  | 0.9     | 4.2  | 2.1     |
| Heart attack (coronary thrombosis, myocardial infarction)  | 0.5                  | 0.3     | 1.9  | 0.6     |
| High blood pressure  | 0.3                  | -0.2    | 11.0 | 14.0    |
| Stroke   | 0.8                  | -0.2    | 1.3  | 0.6     |
| Diabetes   | 0.5                  | -0.3    | 3.1  | 1.7     |
| High cholesterol   | 1.0                  | 2.2     | 10.3 | 10.4    |
| Anxiety  | 1.3                  | -1.9    | 5.4  | 6.9     |
| Depression   | 0.7                  | 1.3     | 5.9  | 9.5     |
| Other diagnosis  | -2.6                 | -4.2    | 4.8  | 6.9     |
| Regularly taking any prescribed pills or medication  | 2.8                  | 7.6     | 27.9 | 45.8    |
| Have any difficulty reading the instructions (if regularly taking any prescribed pills or medication)    | 2.3                  | -5.5    | 4.7  | 3.2     |
| If sexually active, always used contraception/protection   | -3.9                 | -2.7    | 26.5 | 34.0    |
| Most frequently used methods of contraception:   |                      |         |      |         |
| Contraceptive pill   | 9.6                  | 4.2     | 13.9 | 31.0    |

# appendices

## SLÁN

### Southern Health Board

|  | Difference 1998-2002 |         | Male<br>2002 | Females<br>2002 |
|--|----------------------|---------|--------------|-----------------|
|  | Males                | Females |              |                 |
| Condom   | 8.2                  | 0.5     | 56.3         | 34.0            |
| Withdrawal   | -1.1                 | -3.0    | 7.4          | 4.5             |
| Currently pregnant   | -                    | -1.3    |              | 1.8             |
| Ever been on the contraceptive pill  | -                    | 8.4     |              | 52.4            |
| Mean number of years on contraceptive pill   | -                    | 0.8     |              | 5.2             |
| Breast fed for 4-6 months  | -                    | 8.5     |              | 28.7            |
| Mean age at which child stopped any breastfeeding  | -                    | -0.8    |              | 5.2             |
| How many times per week on average engage in the following   |                      |         |              |                 |
| Any kind of exercise for more than 20 minutes:   |                      |         |              |                 |
| Strenuous exercise 3 or more times weekly  | -0.7                 | -2.7    | 15.4         | 5.7             |
| Moderate exercise 3 or more times weekly   | -2.8                 | -3.9    | 28.3         | 35.1            |
| Mild exercise most days of the week  | -6.7                 | -4.4    | 25.9         | 23.6            |
| Do light housework most days   | 6.0                  | -1.3    | 36.8         | 77.8            |
| Heavy household work most days   | 3.6                  | -5.3    | 14.4         | 30.8            |
| Use car as transport when going out shopping   | 7.1                  | 3.3     | 78.3         | 79.6            |
| Very physically active in job  | 8.0                  | -0.7    | 34.2         | 20.9            |
| Smoke cigarettes   | -10.1                | -1.7    | 23.1         | 25.1            |
| Mean number of years been a smoker   | -1.1                 | 0.1     | 22.6         | 20.8            |
| Smoked cigarettes in the past  | 1.2                  | 0.1     | 43.3         | 42.2            |
| Spend part of day where other people are smoking...:   |                      |         |              |                 |
| At home  | -7.1                 | -2.7    | 19.1         | 21.8            |
| In the workplace   | -5.7                 | 0.0     | 29.8         | 19.5            |
| On public transport  | -1.9                 | 1.6     | 2.1          | 2.9             |
| In a pub or club   | -12.4                | 0.1     | 43.1         | 31.6            |
| Other places   | -1.3                 | -0.1    | 11.4         | 14.4            |
| I don't often spend time with smokers  | 6.0                  | 5.6     | 37.6         | 48.6            |
| Had a drink upto 1 month ago   | -4.2                 | 0.9     | 80.0         | 71.9            |
| On days drank alcohol, had on average more than 6 drinks   | -2.2                 | -0.1    | 31.7         | 9.3             |
| In the last year, drank alcohol in a typical week  | -4.4                 | -1.7    | 74.7         | 53.2            |
| Mean number of days in a typical week that involved alcohol consumption  | 0.1                  | 0.0     | 2.8          | 2.7             |
| During the last 12 months, experienced problems as a result of someone else's drinking (2002 arguments with family and friends about drinking, 1998 family/marital difficulties) | -1.1                 | -0.5    | 3.8          | 7.3             |
| During the last 12 months driven a car soon after consuming 2 or more alcoholic drinks   | -3.9                 | -1.9    | 22.9         | 10.3            |
| Have you used marijuana (grass, pot) or cannabis (hash, hash oil):   |                      |         |              |                 |
| In your lifetime   | 2.3                  | 1.4     | 20.1         | 13.3            |
| During the last 12 months  | 2.7                  | 1.9     | 9.1          | 5.6             |
| During the last 30 days  | 3.5                  | 2.1     | 6.7          | 3.9             |
| Used any of the following drugs in the last 12 months:   |                      |         |              |                 |
| Tranquillisers or sedatives without a doctor's prescription  | 1.3                  | -1.7    | 1.5          | 0.4             |
| Amphetamine  | 1.5                  | 1.5     | 2.7          | 1.7             |
| LSD  | 0.6                  | 0.8     | 1.7          | 0.8             |
| Cocaine  | 2.4                  | 1.9     | 2.7          | 1.9             |

# appendices

## SLÁN

### Southern Health Board

|  | Difference 1998-2002 |         | Male | Females |
|--|----------------------|---------|------|---------|
|  | Males                | Females | 2002 | 2002    |
| Relevin  | 0.2                  | 0.4     | 0.2  | 0.4     |
| Heroin   | 0.2                  | 0.4     | 0.2  | 0.4     |
| Ecstasy  | 0.9                  | 2.6     | 3.2  | 2.8     |
| Drugs by injection with a needle   | 0.2                  | 0.4     | 0.2  | 0.4     |
| Solvents   | 0.5                  | 0.1     | 0.5  | 0.4     |
| Magic mushrooms  | 0.7                  | 0.7     | 2.4  | 0.9     |
| Had one or more injuries serious enough to interfere with daily activities in the last 2 years | -0.8                 | 2.7     | 20.2 | 16.9    |
| Most recent injuries that were non-accidental  | -2.2                 | -9.7    | 10.1 | 6.9     |
| Where most recent injury happened:   |                      |         |      |         |
| At home or in the house  | 5.0                  | -11.6   | 14.2 | 17.0    |
| At work  | 1.4                  | -2.3    | 32.0 | 8.8     |
| Injury resulted from fall (most frequent cause of injury)                                      | 0.7                  | 9.8     | 39.6 | 56.8    |
| Medical treatment needed due to injury (in hospital A+E dept)                                  | -19.4                | -5.7    | 36.2 | 34.5    |
| Always use seatbelts when driving or riding in the front seats of a car                        | 25.4                 | 15.0    | 82.1 | 88.7    |
| Have a medical card  | 2.4                  | 3.0     | 24.4 | 34.2    |
| Think could eat healthier  | 4.4                  | 3.1     | 78.8 | 72.9    |
| Read food labels   | 5.9                  | 8.8     | 53.0 | 75.1    |
| Most frequently looked at information on food labels - ingredients                             | -1.1                 | -3.8    | 68.1 | 68.0    |
| Follow any of the following diets:   |                      |         |      |         |
| Vegetarian   | 1.0                  | -0.7    | 2.7  | 5.6     |
| Diabetic   | -0.5                 | 0.4     | 2.5  | 2.1     |
| Weight reducing  | 2.9                  | -0.5    | 7.4  | 17.9    |
| Vegan  | -0.2                 | -0.2    | 0.0  | 0.5     |
| Gluten free  | 0.5                  | 2.0     | 1.4  | 3.1     |
| Low cholesterol  | -0.1                 | 1.0     | 11.4 | 10.8    |
| Do not follow a special diet   | -13.0                | -9.3    | 68.6 | 58.6    |
| Have taken any vitamins, minerals or other food supplements during the past year               | 4.0                  | -0.7    | 41.5 | 56.3    |
| Consume fried foods daily  | -1.1                 | 0.6     | 4.0  | 1.8     |
| Consume butter or hard margarine as a spread or for cooking food every or most days            | -11.0                | -8.6    | 52.6 | 46.0    |
| Consume a low fat or polyunsaturated spread as a spread or in cooking every or most days       | -17.1                | -13.9   | 39.4 | 45.6    |
| Consume vegetable oil every or most days   | 0.5                  | -2.6    | 17.3 | 16.9    |
| Consume lard or dripping in fried, roasted or baked foods every or most days                   | -3.2                 | -2.7    | 4.8  | 2.2     |
| Consume full-fat milk  | -7.8                 | -13.4   | 63.3 | 45.9    |
| Drink up to one pint of milk daily   | -6.7                 | -3.5    | 75.8 | 82.9    |
| Cook vegetables boiled from cold water (excluding potatoes)                                    | -2.3                 | -14.3   | 57.9 | 35.4    |
| Have been advised to take folic acid supplements   | -                    | 6.1     |      | 29.9    |

# appendices

## SLÁN

### Mid Western Health Board

|  | Difference 1998-2002 |         | Male | Females |
|--|----------------------|---------|------|---------|
|  | Males                | Females | 2002 | 2002    |
| Self-reported health (excellent & very good)   | -5.5                 | 12.2    | 47.4 | 55.8    |
| Daily activity/work limited by long term illness   | -2.9                 | -0.3    | 11.7 | 15.6    |
| Health would be better if I had less stress  | -9.2                 | -12.4   | 31.4 | 34.9    |
| Greatest source of health information (GP)   | 4.8                  | -3.3    | 57.8 | 64.4    |
| Greatest factor preventing people from improving their general health (Financial problems)               | -8.4                 | 7.7     | 38.3 | 45.2    |
| Health state today:  |                      |         |      |         |
| Have no problems with mobility (walking about)   | 9.7                  | 11.0    | 89.6 | 90.0    |
| Have no problems with self care (washing and dressing one's self)  | 10.3                 | 9.0     | 95.4 | 95.3    |
| Have no problems with usual activities (e.g. work, study, housework, family or leisure activities)       | 3.1                  | 3.4     | 87.9 | 86.1    |
| Have no pain/discomfort  | 2.3                  | 10.2    | 71.5 | 74.6    |
| Am not anxious/depressed   | 5.0                  | 12.8    | 82.5 | 80.6    |
| Self rated health state (median)   | -1.9                 | 0.9     | 80.5 | 84.0    |
| Good or very good quality of life  | 3.1                  | 4.0     | 86.0 | 86.0    |
| Satisfied or very satisfied with health  | -3.9                 | 4.2     | 73.2 | 76.1    |
| Attended an alternative/complementary therapist  | 9.3                  | 2.6     | 23.6 | 26.3    |
| Attended for aches pains and muscle problems (of those who attended alternative/complementary therapist) | 35.0                 | 4.3     | 72.2 | 59.7    |
| Have all 32 natural teeth  | -1.1                 | -1.1    | 21.4 | 20.5    |
| Use recommended pea sized amount of toothpaste   | 8.5                  | 2.3     | 19.3 | 21.1    |
| Normal or low blood pressure   | 16.2                 | 9.0     | 69.3 | 74.9    |
| Had blood pressure checked up to one year ago  | -9.3                 | 24.2    | 67.8 | 82.3    |
| Normal or low cholesterol  | 6.7                  | 15.7    | 30.9 | 37.0    |
| Had cholesterol checked up to one year ago   | 8.9                  | 7.7     | 33.9 | 32.2    |
| Had general health check up in the last 3 years  | 4.8                  | -3.5    | 70.2 | 71.7    |
| Attended doctor's surgery for most recent check (of those who had general check in the last 3 years)     | -3.2                 | -7.2    | 67.4 | 78.7    |
| Attend doctor's surgery for regular checks (e.g. once every three months) or treatment                   | -1.6                 | -10.2   | 30.8 | 37.9    |
| Been told by a doctor that you have or have had any of the following:                                    |                      |         |      |         |
| Angina   | 0.0                  | 0.1     | 3.5  | 1.7     |
| Heart attack (coronary thrombosis, myocardial infarction)  | -0.9                 | 0.5     | 3.1  | 1.6     |
| High blood pressure  | -0.6                 | -2.1    | 9.2  | 13.5    |
| Stroke   | -1.2                 | 1.0     | 0.0  | 1.3     |
| Diabetes   | 0.7                  | -0.6    | 3.1  | 3.1     |
| High cholesterol   | 4.0                  | 0.0     | 7.9  | 5.1     |
| Anxiety  | 2.1                  | -5.3    | 5.2  | 6.7     |
| Depression   | 1.5                  | -0.5    | 7.4  | 10.2    |
| Other diagnosis  | -4.1                 | -4.4    | 3.1  | 8.6     |
| Regularly taking any prescribed pills or medication  | 0.3                  | -0.4    | 29.6 | 41.7    |
| Have any difficulty reading the instructions (if regularly taking any prescribed pills or medication)    | 3.9                  | 3.0     | 7.5  | 8.0     |
| If sexually active, always used contraception/protection   | -5.2                 | -4.0    | 26.2 | 31.7    |
| Most frequently used methods of contraception:   | 0.0                  | 0.0     |      |         |
| Contraceptive pill   | 2.2                  | 4.7     | 8.4  | 28.4    |

# appendices

## SLÁN

### Mid Western Health Board

|  | Difference 1998-2002 |         | Male | Females |
|--|----------------------|---------|------|---------|
|  | Males                | Females | 2002 | 2002    |
| Condom   | 6.6                  | 8.6     | 55.4 | 36.2    |
| Withdrawal   | 1.0                  | -2.9    | 5.8  | 3.4     |
| Currently pregnant   | -                    | 1.2     |      | 4.7     |
| Ever been on the contraceptive pill  | -                    | 3.7     |      | 48.3    |
| Mean number of years on contraceptive pill   | -                    | 0.5     |      | 5.4     |
| Breast fed for 4-6 months  | -                    | 3.8     |      | 29.3    |
| Mean age at which child stopped any breastfeeding  | -                    | -0.7    |      | 5.0     |
| How many times per week on average engage in the following   |                      |         |      |         |
| Any kind of exercise for more than 20 minutes:   |                      |         |      |         |
| Strenuous exercise 3 or more times weekly  | -7.1                 | -3.1    | 10.2 | 4.7     |
| Moderate exercise 3 or more times weekly   | -6.6                 | 5.9     | 20.9 | 37.8    |
| Mild exercise most days of the week  | -7.5                 | -2.5    | 22.3 | 22.8    |
| Do light housework most days   | 2.8                  | 0.5     | 40.4 | 81.2    |
| Heavy household work most days   | 4.4                  | -0.5    | 19.8 | 36.2    |
| Use car as transport when going out shopping   | 2.6                  | 4.3     | 75.7 | 80.6    |
| Very physically active in job  | 2.5                  | 8.9     | 28.5 | 27.1    |
| Smoke cigarettes   | -5.8                 | -2.0    | 26.4 | 27.6    |
| Mean number of years been a smoker   | 3.5                  | 2.5     | 26.6 | 23.0    |
| Smoked cigarettes in the past  | 1.3                  | -2.3    | 41.3 | 34.4    |
| Spend part of day where other people are smoking...:   |                      |         |      |         |
| At home  | -4.6                 | -8.0    | 21.5 | 24.8    |
| In the workplace   | -3.1                 | -5.1    | 31.1 | 19.0    |
| On public transport  | -2.3                 | -1.1    | 3.9  | 3.2     |
| In a pub or club   | -2.3                 | 5.7     | 48.5 | 31.5    |
| Other places   | -0.3                 | 1.6     | 11.0 | 14.1    |
| I don't often spend time with smokers  | 8.1                  | 0.8     | 33.9 | 41.6    |
| Had a drink upto 1 month ago   | 1.9                  | 9.1     | 80.8 | 67.8    |
| On days drank alcohol, had on average more than 6 drinks   | 1.5                  | -4.4    | 35.5 | 11.6    |
| In the last year, drank alcohol in a typical week  | 1.4                  | 3.7     | 74.6 | 51.7    |
| Mean number of days in a typical week that involved alcohol consumption  | -0.2                 | 0.4     | 2.5  | 2.7     |
| During the last 12 months, experienced problems as a result of someone else's drinking (2002 arguments with family and friends about drinking, 1998 family/marital difficulties) | -1.5                 | -2.6    | 2.2  | 4.1     |
| During the last 12 months driven a car soon after consuming 2 or more alcoholic drinks   | 2.5                  | 6.6     | 29.3 | 11.3    |
| Have you used marijuana (grass, pot) or cannabis (hash, hash oil):   |                      |         |      |         |
| In your lifetime   | 5.3                  | 2.4     | 21.5 | 10.8    |
| During the last 12 months  | 2.2                  | 0.3     | 7.6  | 3.9     |
| During the last 30 days  | 2.6                  | 2.5     | 4.8  | 2.5     |
| Used any of the following drugs in the last 12 months:   |                      |         |      |         |
| Tranquillisers or sedatives without a doctor's prescription  | -0.5                 | 0.6     | 0.0  | 1.8     |
| Amphetamine  | -1.9                 | 1.0     | 0.9  | 1.4     |
| LSD  | -0.5                 | 0.3     | 0.9  | 0.7     |
| Cocaine  | -1.0                 | 1.2     | 0.0  | 1.6     |
| Relevin  | 0.0                  | 0.7     | 0.0  | 0.7     |

# appendices

## SLÁN

### Mid Western Health Board

|  | Difference 1998-2002 |         | Male | Females |
|--|----------------------|---------|------|---------|
|  | Males                | Females | 2002 | 2002    |
| Heroin   | 0.0                  | 1.0     | 0.0  | 1.0     |
| Ecstasy  | -1.9                 | 2.5     | 0.0  | 2.9     |
| Drugs by injection with a needle   | 0.0                  | 0.7     | 0.0  | 0.7     |
| Solvents   | 0.0                  | 0.7     | 0.0  | 0.7     |
| Magic mushrooms  | -0.1                 | 1.6     | 1.4  | 2.0     |
| Had one or more injuries serious enough to interfere with daily activities in the last 2 years | -1.9                 | -2.4    | 20.1 | 8.7     |
| Most recent injuries that were non-accidental  | -5.4                 | -13.9   | 6.8  | 3.2     |
| Where most recent injury happened:   |                      |         |      |         |
| At home or in the house  | -9.4                 | -6.5    | 5.8  | 32.1    |
| At work  | 22.8                 | -3.1    | 49.3 | 7.2     |
| Injury resulted from fall (most frequent cause of injury)                                      | -18.5                | 14.3    | 11.8 | 54.7    |
| Medical treatment needed due to injury (in hospital A+E dept)                                  | 11.9                 | 9.2     | 54.4 | 43.0    |
| Always use seatbelts when driving or riding in the front seats of a car                        | 20.1                 | 19.2    | 72.1 | 84.0    |
| Have a medical card  | -2.7                 | -6.2    | 28.4 | 30.8    |
| Think could eat healthier  | 5.8                  | -2.2    | 72.9 | 73.8    |
| Read food labels   | 9.4                  | 6.5     | 54.7 | 71.0    |
| Most frequently looked at information on food labels - ingredients                             | -3.2                 | 6.3     | 71.0 | 66.6    |
| Follow any of the following diets:   |                      |         |      |         |
| Vegetarian   | 0.8                  | 2.3     | 3.5  | 5.5     |
| Diabetic   | 0.9                  | -1.3    | 2.6  | 2.6     |
| Weight reducing  | -5.5                 | 3.0     | 2.6  | 18.9    |
| Vegan  | 0.4                  | 0.2     | 0.4  | 0.2     |
| Gluten free  | 1.3                  | 1.0     | 2.2  | 1.8     |
| Low cholesterol  | 3.4                  | -1.1    | 9.2  | 7.2     |
| Do not follow a special diet   | -10.2                | -11.2   | 73.2 | 60.6    |
| Have taken any vitamins, minerals or other food supplements during the past year               | 4.6                  | 3.6     | 41.6 | 55.4    |
| Consume fried foods daily  | 0.1                  | 1.0     | 4.8  | 2.4     |
| Consume butter or hard margarine as a spread or for cooking food every or most days            | -11.6                | -13.6   | 57.8 | 49.4    |
| Consume a low fat or polyunsaturated spread as a spread or in cooking every or most days       | -1.7                 | -12.5   | 39.6 | 49.1    |
| Consume vegetable oil every or most days   | -3.1                 | -7.4    | 17.0 | 16.7    |
| Consume lard or dripping in fried, roasted or baked foods every or most days                   | -3.1                 | -4.0    | 7.2  | 2.5     |
| Consume full-fat milk  | -3.2                 | -3.0    | 65.2 | 54.4    |
| Drink up to one pint of milk daily   | -5.2                 | -3.2    | 72.3 | 79.4    |
| Cook vegetables boiled from cold water (excluding potatoes)                                    | -3.5                 | -6.4    | 63.9 | 48.9    |
| Have been advised to take folic acid supplements   | -                    | 10.0    |      | 31.6    |

# appendices

## SLÁN

### Western Health Board

|  | Difference 1998-2002 |         | Male | Females |
|--|----------------------|---------|------|---------|
|  | Males                | Females | 2002 | 2002    |
| Self-reported health (excellent & very good)   | 5.0                  | 10.3    | 49.9 | 52.3    |
| Daily activity/work limited by long term illness   | 5.2                  | -3.3    | 17.8 | 12.4    |
| Health would be better if I had less stress  | -1.2                 | -4.2    | 34.5 | 39.4    |
| Greatest source of health information (GP)   | 2.3                  | 3.0     | 58.6 | 61.3    |
| Greatest factor preventing people from improving their general health (Financial problems)               | -6.1                 | 13.9    | 39.4 | 44.5    |
| Health state today:  |                      |         |      |         |
| Have no problems with mobility (walking about)   | -0.9                 | 2.4     | 86.4 | 86.8    |
| Have no problems with self care (washing and dressing one's self)  | 3.6                  | 7.8     | 94.5 | 97.3    |
| Have no problems with usual activities (e.g. work, study, housework, family or leisure activities)       | -7.6                 | 0.7     | 79.9 | 83.8    |
| Have no pain/discomfort  | -6.5                 | 2.7     | 70.4 | 71.0    |
| Am not anxious/depressed   | -8.5                 | 1.5     | 71.5 | 72.7    |
| Self rated health state (median)   | 0.9                  | 4.3     | 82.4 | 83.6    |
| Good or very good quality of life  | -10.4                | 3.1     | 75.9 | 87.6    |
| Satisfied or very satisfied with health  | -9.3                 | 0.0     | 68.4 | 74.1    |
| Attended an alternative/complementary therapist  | 5.3                  | 14.2    | 21.4 | 33.9    |
| Attended for aches pains and muscle problems (of those who attended alternative/complementary therapist) | -1.4                 | -4.9    | 66.0 | 59.8    |
| Have all 32 natural teeth  | 0.8                  | -2.4    | 24.8 | 21.4    |
| Use recommended pea sized amount of toothpaste   | 3.3                  | 8.7     | 16.3 | 27.9    |
| Normal or low blood pressure   | 6.7                  | 11.4    | 63.3 | 79.5    |
| Had blood pressure checked up to one year ago  | -7.4                 | 29.9    | 70.5 | 86.3    |
| Normal or low cholesterol  | 11.2                 | 10.5    | 37.3 | 40.5    |
| Had cholesterol checked up to one year ago   | 4.3                  | 11.0    | 34.5 | 36.9    |
| Had general health check up in the last 3 years  | 0.9                  | -3.3    | 63.5 | 69.5    |
| Attended doctor's surgery for most recent check (of those who had general check in the last 3 years)     | -5.0                 | 3.1     | 72.8 | 85.7    |
| Attend doctor's surgery for regular checks (e.g. once every three months) or treatment                   | -2.5                 | -7.2    | 30.8 | 36.8    |
| Been told by a doctor that you have or have had any of the following:                                    |                      |         |      |         |
| Angina   | 2.8                  | -0.7    | 5.4  | 3.2     |
| Heart attack (coronary thrombosis, myocardial infarction)  | 0.7                  | -0.2    | 3.1  | 1.3     |
| High blood pressure  | 6.3                  | -1.3    | 16.2 | 15.0    |
| Stroke   | 0.1                  | -1.1    | 1.0  | 0.0     |
| Diabetes   | -0.5                 | -0.7    | 2.7  | 1.6     |
| High cholesterol   | 5.4                  | 2.9     | 10.6 | 8.4     |
| Anxiety  | 2.2                  | 3.9     | 5.9  | 10.9    |
| Depression   | 3.5                  | 3.9     | 7.1  | 11.5    |
| Other diagnosis  | -1.1                 | -2.3    | 4.9  | 6.4     |
| Regularly taking any prescribed pills or medication  | 5.2                  | 1.5     | 33.4 | 42.3    |
| Have any difficulty reading the instructions (if regularly taking any prescribed pills or medication)    | 1.5                  | -0.3    | 14.7 | 4.0     |
| If sexually active, always used contraception/protection   | -14.4                | -9.4    | 24.6 | 32.1    |
| Most frequently used methods of contraception:   |                      |         |      |         |
| Contraceptive pill   | 4.7                  | 3.6     | 9.9  | 28.6    |

# appendices

## SLÁN

### Western Health Board

|  | Difference 1998-2002 |         | Male<br>2002 | Females<br>2002 |
|--|----------------------|---------|--------------|-----------------|
|  | Males                | Females |              |                 |
| Condom   | 11.3                 | -0.2    | 54.8         | 31.6            |
| Withdrawal   | 3.6                  | -2.9    | 6.3          | 5.8             |
| Currently pregnant   | -                    | 0.4     |              | 2.9             |
| Ever been on the contraceptive pill  | -                    | 8.5     |              | 52.8            |
| Mean number of years on contraceptive pill   | -                    | -0.1    |              | 6.7             |
| Breast fed for 4-6 months  | -                    | 2.3     |              | 24.8            |
| Mean age at which child stopped any breastfeeding  | -                    | 0.3     |              | 5.1             |
| How many times per week on average engage in the following   |                      |         |              |                 |
| Any kind of exercise for more than 20 minutes:   |                      |         |              |                 |
| Strenuous exercise 3 or more times weekly  | -0.8                 | -2.6    | 14.7         | 5.9             |
| Moderate exercise 3 or more times weekly   | -5.8                 | -2.5    | 25.7         | 36.4            |
| Mild exercise most days of the week  | -11.3                | -10.2   | 16.2         | 18.9            |
| Do light housework most days   | -4.4                 | -4.9    | 35.9         | 75.0            |
| Heavy household work most days   | 2.9                  | -5.7    | 17.3         | 30.6            |
| Use car as transport when going out shopping   | 0.6                  | 4.2     | 78.6         | 80.0            |
| Very physically active in job  | 0.6                  | -5.2    | 29.9         | 15.8            |
| Smoke cigarettes   | 1.1                  | -3.0    | 28.2         | 21.8            |
| Mean number of years been a smoker   | 1.9                  | 1.2     | 24.0         | 21.0            |
| Smoked cigarettes in the past  | -2.6                 | 5.6     | 46.3         | 41.6            |
| Spend part of day where other people are smoking...:   |                      |         |              |                 |
| At home  | 0.0                  | -8.9    | 20.1         | 20.0            |
| In the workplace   | -4.9                 | -4.9    | 25.1         | 15.8            |
| On public transport  | 0.5                  | -1.0    | 2.1          | 2.1             |
| In a pub or club   | -0.6                 | -8.7    | 42.8         | 25.1            |
| Other places   | 1.2                  | -0.8    | 13.7         | 12.6            |
| I don't often spend time with smokers  | -2.2                 | 5.3     | 35.9         | 47.2            |
| Had a drink upto 1 month ago   | -5.4                 | 2.1     | 76.1         | 71.8            |
| On days drank alcohol, had on average more than 6 drinks   | 1.4                  | -1.0    | 35.3         | 10.6            |
| In the last year, drank alcohol in a typical week  | -11.7                | -5.7    | 62.8         | 53.4            |
| Mean number of days in a typical week that involved alcohol consumption  | 0.4                  | 0.0     | 2.8          | 2.3             |
| During the last 12 months, experienced problems as a result of someone else's drinking (2002 arguments with family and friends about drinking, 1998 family/marital difficulties) | 1.6                  | 0.2     | 5.4          | 8.3             |
| During the last 12 months driven a car soon after consuming 2 or more alcoholic drinks   | -1.3                 | -2.7    | 27.9         | 9.5             |
| Have you used marijuana (grass, pot) or cannabis (hash, hash oil):   |                      |         |              |                 |
| In your lifetime   | 7.5                  | 5.8     | 20.8         | 16.8            |
| During the last 12 months  | 2.9                  | -4.7    | 8.9          | 3.2             |
| During the last 30 days  | -0.5                 | -2.8    | 4.0          | 2.0             |
| Used any of the following drugs in the last 12 months:   |                      |         |              |                 |
| Tranquillisers or sedatives without a doctor's prescription  | -0.8                 | 0.6     | 0.4          | 1.2             |
| Amphetamine  | -1.7                 | -0.8    | 0.0          | 0.8             |
| LSD  | -1.2                 | -1.3    | 0.0          | 0.3             |
| Cocaine  | 0.2                  | 0.2     | 0.8          | 1.3             |
| Relevin  | 0.0                  | 0.6     | 0.0          | 0.6             |

# appendices

## SLÁN

### Western Health Board

|  | Difference 1998-2002 |         | Male 2002 | Females 2002 |
|--|----------------------|---------|-----------|--------------|
|  | Males                | Females |           |              |
| Heroin   | 0.0                  | 0.3     | 0.0       | 0.3          |
| Ecstasy  | -0.2                 | -1.8    | 0.4       | 0.3          |
| Drugs by injection with a needle   | 0.0                  | 0.3     | 0.0       | 0.3          |
| Solvents   | 0.6                  | 0.3     | 1.2       | 0.3          |
| Magic mushrooms  | -1.1                 | 0.6     | 0.0       | 1.3          |
| Had one or more injuries serious enough to interfere with daily activities in the last 2 years | -3.2                 | -1.4    | 21.4      | 15.4         |
| Most recent injuries that were non-accidental  | -4.2                 | 13.9    | 13.1      | 24.0         |
| Where most recent injury happened:   |                      |         |           |              |
| At home or in the house  | 6.0                  | 4.5     | 10.8      | 42.2         |
| At work  | -6.1                 | 1.7     | 18.9      | 12.6         |
| Injury resulted from fall (most frequent cause of injury)                                      | 12.7                 | 7.5     | 42.7      | 47.0         |
| Medical treatment needed due to injury (in hospital A+E dept)                                  | 2.9                  | -3.7    | 32.2      | 34.8         |
| Always use seatbelts when driving or riding in the front seats of a car                        | 15.9                 | 20.9    | 75.9      | 89.2         |
| Have a medical card  | -3.0                 | -4.3    | 31.3      | 32.8         |
| Think could eat healthier  | 6.7                  | 5.7     | 75.6      | 78.8         |
| Read food labels   | 12.8                 | 8.1     | 52.9      | 78.5         |
| Most frequently looked at information on food labels - ingredients                             | -9.7                 | -6.9    | 63.2      | 64.8         |
| Follow any of the following diets:   |                      |         |           |              |
| Vegetarian   | -0.6                 | 0.1     | 0.7       | 4.0          |
| Diabetic   | -0.7                 | -0.6    | 2.4       | 1.3          |
| Weight reducing  | -0.1                 | 1.2     | 4.5       | 18.0         |
| Vegan  | 1.5                  | 0.0     | 1.5       | 0.0          |
| Gluten free  | -0.2                 | 3.8     | 0.7       | 4.5          |
| Low cholesterol  | 3.5                  | 0.0     | 9.0       | 11.7         |
| Do not follow a special diet   | -19.8                | -11.4   | 65.4      | 57.8         |
| Have taken any vitamins, minerals or other food supplements during the past year               | 3.4                  | 10.1    | 40.3      | 62.9         |
| Consume fried foods daily  | -0.9                 | -1.9    | 4.9       | 0.3          |
| Consume butter or hard margarine as a spread or for cooking food every or most days            | -2.6                 | -19.1   | 59.5      | 39.0         |
| Consume a low fat or polyunsaturated spread as a spread or in cooking every or most days       | -2.8                 | -7.0    | 49.0      | 54.3         |
| Consume vegetable oil every or most days   | -1.8                 | 0.1     | 20.0      | 18.3         |
| Consume lard or dripping in fried, roasted or baked foods every or most days                   | 3.4                  | -1.4    | 7.0       | 2.1          |
| Consume full-fat milk  | -10.0                | -11.7   | 58.8      | 47.4         |
| Drink up to one pint of milk daily   | -6.3                 | -3.6    | 74.5      | 84.0         |
| Cook vegetables boiled from cold water (excluding potatoes)                                    | -3.7                 | -8.7    | 65.5      | 47.4         |
| Have been advised to take folic acid supplements   | -                    | 17.0    |           | 38.0         |

# appendices

## SLÁN

### North Western Health Board

|  | Difference 1998-2002 |         | Male<br>2002 | Females<br>2002 |
|--|----------------------|---------|--------------|-----------------|
|  | Males                | Females |              |                 |
| Self-reported health (excellent & very good)   | 3.3                  | 11.5    | 51.6         | 54.6            |
| Daily activity/work limited by long term illness   | 1.6                  | 4.0     | 14.8         | 14.7            |
| Health would be better if I had less stress  | -2.5                 | -18.3   | 31.5         | 32.2            |
| Greatest source of health information (GP)   | -2.6                 | 2.6     | 54.1         | 58.3            |
| Greatest factor preventing people from improving their general health (Financial problems)               | -15.8                | 16.4    | 26.0         | 46.9            |
| Health state today:  |                      |         |              |                 |
| Have no problems with mobility (walking about)   | 0.1                  | -0.5    | 87.1         | 85.4            |
| Have no problems with self care (washing and dressing one's self)  | 4.2                  | 7.4     | 93.4         | 96.7            |
| Have no problems with usual activities (e.g. work, study, housework, family or leisure activities)       | -6.8                 | -4.9    | 83.7         | 81.7            |
| Have no pain/discomfort  | -10.3                | -3.3    | 69.6         | 66.3            |
| Am not anxious/depressed   | 1.3                  | 0.6     | 81.2         | 72.7            |
| Self rated health state (median)   | -3.2                 | 2.7     | 81.1         | 83.1            |
| Good or very good quality of life  | 0.6                  | 0.0     | 83.8         | 84.5            |
| Satisfied or very satisfied with health  | -7.4                 | -0.7    | 73.1         | 76.5            |
| Attended an alternative/complementary therapist  | 11.9                 | 7.6     | 22.4         | 25.3            |
| Attended for aches pains and muscle problems (of those who attended alternative/complementary therapist) | 13.4                 | 12.1    | 69.8         | 64.7            |
| Have all 32 natural teeth  | -0.9                 | 3.1     | 26.3         | 18.1            |
| Use recommended pea sized amount of toothpaste   | 7.8                  | 12.8    | 18.7         | 30.3            |
| Normal or low blood pressure   | -0.5                 | 1.0     | 57.5         | 68.8            |
| Had blood pressure checked up to one year ago  | -9.0                 | 19.0    | 66.8         | 77.1            |
| Normal or low cholesterol  | 4.2                  | 6.0     | 29.1         | 31.4            |
| Had cholesterol checked up to one year ago   | 12.2                 | 11.5    | 30.8         | 34.1            |
| Had general health check up in the last 3 years  | 7.9                  | -9.2    | 68.0         | 62.0            |
| Attended doctor's surgery for most recent check (of those who had general check in the last 3 years)     | -14.5                | -12.8   | 65.9         | 76.7            |
| Attend doctor's surgery for regular checks (e.g. once every three months) or treatment                   | -5.5                 | -5.9    | 26.3         | 37.0            |
| Been told by a doctor that you have or have had any of the following:                                    |                      |         |              |                 |
| Angina   | 0.4                  | -3.4    | 3.2          | 1.5             |
| Heart attack (coronary thrombosis, myocardial infarction)  | -0.1                 | 1.0     | 2.3          | 2.0             |
| High blood pressure  | 2.0                  | -2.3    | 9.1          | 14.3            |
| Stroke   | 0.8                  | 0.0     | 2.3          | 1.0             |
| Diabetes   | 0.3                  | -0.7    | 1.4          | 2.4             |
| High cholesterol   | 6.8                  | 2.2     | 10.0         | 8.2             |
| Anxiety  | -2.3                 | -2.8    | 4.1          | 6.2             |
| Depression   | 2.5                  | 4.3     | 8.6          | 13.3            |
| Other diagnosis  | -1.3                 | -0.4    | 4.1          | 9.0             |
| Regularly taking any prescribed pills or medication  | 0.8                  | -1.3    | 23.1         | 40.7            |
| Have any difficulty reading the instructions (if regularly taking any prescribed pills or medication)    | 0.5                  | -0.4    | 4.4          | 5.6             |
| If sexually active, always used contraception/protection   | -16.9                | 3.3     | 24.0         | 36.8            |
| Most frequently used methods of contraception:   | 0.0                  | 0.0     |              |                 |
| Contraceptive pill   | 1.3                  | 7.5     | 7.1          | 26.8            |

# appendices

## SLÁN

### North Western Health Board

|  | Difference 1998-2002 |         | Male | Females |
|--|----------------------|---------|------|---------|
|  | Males                | Females | 2002 | 2002    |
| Condom   | 20.6                 | -0.7    | 58.8 | 28.9    |
| Withdrawal   | 4.2                  | 1.5     | 9.6  | 5.8     |
| Currently pregnant   | -                    | 0.9     |      | 3.7     |
| Ever been on the contraceptive pill  | -                    | 10.8    |      | 49.9    |
| Mean number of years on contraceptive pill   | -                    | -1.8    |      | 4.1     |
| Breast fed for 4-6 months  | -                    | -10.2   |      | 12.5    |
| Mean age at which child stopped any breastfeeding  | -                    | 1.0     |      | 6.0     |
| How many times per week on average engage in the following   |                      |         |      |         |
| Any kind of exercise for more than 20 minutes:   |                      |         |      |         |
| Strenuous exercise 3 or more times weekly  | -1.7                 | 0.8     | 15.8 | 4.6     |
| Moderate exercise 3 or more times weekly   | -7.1                 | 2.5     | 25.5 | 34.0    |
| Mild exercise most days of the week  | -11.5                | -0.4    | 13.6 | 25.8    |
| Do light housework most days   | 8.9                  | -3.1    | 39.0 | 78.7    |
| Heavy household work most days   | -0.6                 | -7.0    | 19.9 | 32.6    |
| Use car as transport when going out shopping   | 1.4                  | -2.6    | 71.6 | 77.7    |
| Very physically active in job  | -7.4                 | -0.8    | 26.7 | 18.4    |
| Smoke cigarettes   | 5.4                  | -9.5    | 29.7 | 23.2    |
| Mean number of years been a smoker   | 1.2                  | 2.0     | 22.1 | 21.5    |
| Smoked cigarettes in the past  | 9.2                  | 0.6     | 46.1 | 36.9    |
| Spend part of day where other people are smoking...:   |                      |         |      |         |
| At home  | 1.1                  | -5.5    | 21.4 | 24.9    |
| In the workplace   | 5.8                  | -15.2   | 31.8 | 11.2    |
| On public transport  | 1.9                  | -1.6    | 2.7  | 0.9     |
| In a pub or club   | -1.4                 | -7.6    | 40.5 | 27.7    |
| Other places   | -8.4                 | -1.9    | 9.2  | 11.8    |
| I don't often spend time with smokers  | -1.9                 | 9.2     | 31.2 | 47.6    |
| Had a drink upto 1 month ago   | 10.6                 | 0.6     | 82.1 | 64.8    |
| On days drank alcohol, had on average more than 6 drinks   | 1.0                  | -0.9    | 31.7 | 10.2    |
| In the last year, drank alcohol in a typical week  | -6.5                 | 8.4     | 55.7 | 49.9    |
| Mean number of days in a typical week that involved alcohol consumption  | -0.1                 | 0.2     | 2.5  | 2.4     |
| During the last 12 months, experienced problems as a result of someone else's drinking (2002 arguments with family and friends about drinking, 1998 family/marital difficulties) | 0.3                  | -2.1    | 4.6  | 7.3     |
| During the last 12 months driven a car soon after consuming 2 or more alcoholic drinks   | 7.1                  | -4.0    | 25.4 | 6.6     |
| Have you used marijuana (grass, pot) or cannabis (hash, hash oil):   |                      |         |      |         |
| In your lifetime   | 5.9                  | 8.6     | 16.9 | 16.2    |
| During the last 12 months  | 6.8                  | 3.5     | 8.1  | 5.8     |
| During the last 30 days  | 3.0                  | 0.4     | 4.3  | 0.9     |
| Used any of the following drugs in the last 12 months:   |                      |         |      |         |
| Tranquillisers or sedatives without a doctor's prescription  | -1.2                 | -0.5    | 0.0  | 0.9     |
| Amphetamine  | 0.9                  | 2.0     | 1.8  | 2.4     |
| LSD  | 0.0                  | 1.1     | 0.9  | 1.1     |
| Cocaine  | -0.9                 | 1.1     | 0.0  | 1.1     |
| Relevin  | 0.0                  | 1.1     | 0.0  | 1.1     |

# appendices

## SLÁN

| North Western Health Board   | Difference 1998-2002 |         | Male | Females |
|--|----------------------|---------|------|---------|
|  | Males                | Females | 2002 | 2002    |
| Heroin   | -0.9                 | 1.1     | 0.0  | 1.1     |
| Ecstasy  | 0.9                  | 2.5     | 1.8  | 2.5     |
| Drugs by injection with a needle   | 0.0                  | 1.1     | 0.0  | 1.1     |
| Solvents   | 0.0                  | 1.6     | 0.9  | 1.6     |
| Magic mushrooms  | 1.0                  | 1.6     | 2.8  | 1.6     |
| Had one or more injuries serious enough to interfere with daily activities in the last 2 years | 6.3                  | 2.6     | 21.7 | 10.3    |
| Most recent injuries that were non-accidental  | -22.5                | -15.6   | 3.0  | 5.9     |
| Where most recent injury happened:   |                      |         |      |         |
| At home or in the house  | -9.3                 | -0.8    | 14.7 | 30.2    |
| At work  | -5.8                 | -11.1   | 21.3 | 15.0    |
| Injury resulted from fall (most frequent cause of injury)                                      | 13.6                 | 12.0    | 44.7 | 52.2    |
| Medical treatment needed due to injury (in hospital A+E dept)                                  | -1.2                 | 11.1    | 47.0 | 39.8    |
| Always use seatbelts when driving or riding in the front seats of a car                        | 15.8                 | 16.0    | 79.4 | 89.5    |
| Have a medical card  | 0.7                  | 5.7     | 39.4 | 42.4    |
| Think could eat healthier  | 18.9                 | 0.5     | 76.4 | 73.9    |
| Read food labels   | 14.6                 | 8.4     | 50.1 | 73.8    |
| Most frequently looked at information on food labels - ingredients                             | 6.8                  | -10.8   | 76.5 | 58.0    |
| Follow any of the following diets:   |                      |         |      |         |
| Vegetarian   | 1.3                  | 1.6     | 2.3  | 5.7     |
| Diabetic   | 0.4                  | -1.5    | 1.9  | 1.8     |
| Weight reducing  | -1.2                 | -0.7    | 3.2  | 16.7    |
| Vegan  | -0.5                 | -1.0    | 0.0  | 0.0     |
| Gluten free  | 0.0                  | -0.3    | 0.5  | 1.3     |
| Low cholesterol  | 5.2                  | -2.0    | 9.3  | 8.2     |
| Do not follow a special diet   | -16.5                | -7.0    | 72.4 | 60.6    |
| Have taken any vitamins, minerals or other food supplements during the past year               | 17.3                 | -2.4    | 41.4 | 49.1    |
| Consume fried foods daily  | -3.5                 | 1.6     | 5.1  | 3.9     |
| Consume butter or hard margarine as a spread or for cooking food every or most days            | -24.9                | -23.0   | 48.5 | 35.4    |
| Consume a low fat or polyunsaturated spread as a spread or in cooking every or most days       | 1.5                  | -4.5    | 51.6 | 59.8    |
| Consume vegetable oil every or most days   | 8.1                  | -2.1    | 22.7 | 21.2    |
| Consume lard or dripping in fried, roasted or baked foods every or most days                   | -4.3                 | -2.2    | 5.3  | 3.6     |
| Consume full-fat milk  | -6.0                 | -7.8    | 60.2 | 47.2    |
| Drink up to one pint of milk daily   | -4.8                 | -4.8    | 78.4 | 83.2    |
| Cook vegetables boiled from cold water (excluding potatoes)                                    | -22.5                | -11.2   | 48.0 | 43.3    |
| Have been advised to take folic acid supplements   | -                    | 15.5    |      | 31.9    |

# appendices

## HSBC

### Eastern Health Board

|   | Difference 1998-2002 |       | Boys<br>2002 | Girls<br>2002 |
|---|----------------------|-------|--------------|---------------|
|   | Boys                 | Girls |              |               |
| Do not smoke  | 7.8                  | 0.7   | 84.8         | 79.2          |
| Consume alcoholic drinks daily or weekly  |                      |       |              |               |
| Beer  | -2.6                 | -1.1  | 12.5         | 3.9           |
| Wine  | -2.5                 | -1.0  | 1.9          | 2.2           |
| Spirits   | 0.8                  | 2.5   | 7.6          | 8.0           |
| Cider   | -4.5                 | 0.4   | 6.3          | 4.7           |
| Alcopops  | 0.9                  | 5.2   | 6.2          | 9.0           |
| Been really drunk 2 or more times   | -4.1                 | 6.6   | 24.9         | 23.7          |
| Taken cannabis in lifetime  | -2.7                 | 2.8   | 20.0         | 14.8          |
| Taken glue or solvents in lifetime  | -2.8                 | -4.3  | 8.9          | 5.0           |
| Taken cannabis in last 12 months  | -0.3                 | 3.6   | 19.4         | 13.0          |
| Brush teeth more than once a day  | 3.8                  | 5.1   | 57.0         | 75.9          |
| Use pea sized (recommended) amount  | 7.6                  | 6.2   | 21.0         | 24.6          |
| Exercise in free time four or more times per week   | -2.3                 | -11.8 | 60.6         | 35.2          |
| In the last 6 months had the following weekly or more frequently  |                      |       |              |               |
| Headache  | -4.9                 | 1.9   | 21.6         | 34.8          |
| Stomach-ache  | -3.9                 | -2.2  | 10.4         | 16.3          |
| Back ache   | 1.4                  | 0.1   | 16.9         | 14.5          |
| Feeling low   | 2.2                  | 2.8   | 24.3         | 30.2          |
| Irritability or bad temper  | -3.4                 | -1.8  | 46.3         | 45.3          |
| Feeling Nervous   | -1.1                 | -0.6  | 29.3         | 34.0          |
| Difficulties in getting to sleep  | -9.3                 | -4.9  | 27.0         | 28.8          |
| Feeling dizzy   | -4.8                 | -1.8  | 16.7         | 17.2          |
| On a diet or doing something to lose weight   | 3.4                  | 7.2   | 8.5          | 18.8          |
| Think body is a bit too fat or much too fat   | -1.7                 | -1.8  | 21.9         | 37.4          |
| Think you are quite or very good looking  | -0.6                 | -2.0  | 39.9         | 28.7          |
| Gave up something for Lent this year  | 8.7                  | -2.6  | 36.8         | 36.0          |
| During the last year, was injured and had to be medically treated                                       | 9.1                  | 2.2   | 55.7         | 36.3          |
| During the past 12 months, in a physical fight  | -11.1                | -7.6  | 54.1         | 25.7          |
| Have been bullied at school in the past couple of months  | -3.3                 | -4.3  | 27.1         | 19.0          |
| Bullied another student(s) at school in the past couple of months                                       | -7.6                 | -2.0  | 29.3         | 14.7          |
| Always use seatbelt when sitting in car   | 20.1                 | 16.6  | 64.6         | 72.0          |
| Always wear helmet when riding bicycle  | -2.5                 | 1.2   | 7.7          | 11.2          |
| Think family is quite or very well off  | -0.3                 | 0.3   | 55.9         | 50.5          |
| Easy to talk to the following about things that really bother you:                                      |                      |       |              |               |
| Father  | 6.5                  | 7.1   | 60.9         | 50.5          |
| Mother  | -1.6                 | -0.4  | 72.4         | 79.0          |
| Live with mother  | -1.5                 | -0.8  | 95.9         | 97.7          |
| Live with father  | -6.0                 | -2.2  | 85.5         | 85.6          |
| During the past 12 months, did not go on family holiday   | -5.0                 | -7.0  | 13.6         | 12.6          |
| Family does not own a car, van or truck   | -1.5                 | -7.3  | 8.4          | 5.7           |
| Feel very or quite happy about life at present  | 1.2                  | 1.7   | 90.5         | 88.0          |
| Usually spend four or more evenings per week out with friends   | 9.8                  | -0.5  | 64.0         | 44.8          |
| Think they will go to college or university when finished school  | 4.3                  | 11.3  | 58.3         | 76.8          |
| Like school a bit or a lot at present   | -3.1                 | -3.2  | 62.6         | 74.0          |
| Feel some or a lot of pressure by schoolwork that has to be done  | 1.5                  | 5.5   | 33.7         | 39.0          |
| Mean age (sd): 1998; boys 13.69 (1.76), girls 13.22 (1.79). 2002; boys 13.95 (1.84), girls 14.31 (1.83) |                      |       |              |               |

# appendices

## HSBC

### North Eastern Health Board

|   | Difference 1998-2002 |       | Boy<br>2002 | Girls<br>2002 |
|---|----------------------|-------|-------------|---------------|
|   | Boys                 | Girls |             |               |
| Do not smoke  | 11.9                 | 4.0   | 88.8        | 78.7          |
| Consume alcoholic drinks daily or weekly  |                      |       |             |               |
| Beer  | -10.4                | 0.2   | 4.5         | 3.8           |
| Wine  | -1.0                 | 0.4   | 2.4         | 2.5           |
| Spirits   | -4.8                 | 3.3   | 3.0         | 5.6           |
| Cider   | -5.3                 | 0.1   | 3.9         | 3.4           |
| Alcopops  | -5.4                 | 3.7   | 1.0         | 5.4           |
| Been really drunk 2 or more times   | -13.9                | 6.2   | 8.9         | 22.2          |
| Taken cannabis in lifetime  | -10.8                | -1.3  | 7.4         | 9.0           |
| Taken glue or solvents in lifetime  | -12.5                | -3.5  | 7.1         | 8.4           |
| Taken cannabis in last 12 months  | -8.2                 | 1.5   | 6.5         | 8.9           |
| Brush teeth more than once a day  | 4.1                  | 4.7   | 50.8        | 76.6          |
| Use pea sized (recommended) amount  | 6.2                  | 4.9   | 15.3        | 17.0          |
| Exercise in free time four or more times per week   | 4.1                  | 3.1   | 64.8        | 39.2          |
| In the last 6 months had the following weekly or more frequently  |                      |       |             |               |
| Headache  | 5.3                  | -2.2  | 25.1        | 34.1          |
| Stomach-ache  | 2.1                  | -0.6  | 12.6        | 17.1          |
| Back ache   | -4.4                 | 2.0   | 10.8        | 16.4          |
| Feeling low   | 1.3                  | 3.9   | 17.3        | 31.6          |
| Irritability or bad temper  | -4.6                 | 3.4   | 42.9        | 51.0          |
| Feeling Nervous   | 10.4                 | -2.1  | 39.0        | 33.7          |
| Difficulties in getting to sleep  | 3.3                  | -3.1  | 26.0        | 26.8          |
| Feeling dizzy   | 11.7                 | 8.8   | 26.0        | 26.8          |
| On a diet or doing something to lose weight   | 3.3                  | 10.6  | 6.4         | 22.3          |
| Think body is a bit too fat or much too fat   | -0.9                 | -3.9  | 18.1        | 40.3          |
| Think you are quite or very good looking  | 7.6                  | -1.3  | 37.7        | 21.9          |
| Gave up something for Lent this year  | 5.1                  | -3.4  | 40.7        | 36.0          |
| During the last year, was injured and had to be medically treated                                       | 16.8                 | -3.2  | 59.3        | 37.0          |
| During the past 12 months, in a physical fight  | 4.2                  | -4.2  | 66.5        | 27.0          |
| Have been bullied at school in the past couple of months  | 1.7                  | 6.1   | 28.8        | 25.5          |
| Bullied another student(s) at school in the past couple of months?                                      | -11.5                | -2.9  | 28.1        | 11.2          |
| Always use seatbelt when sitting in car   | 29.6                 | 21.2  | 61.3        | 65.8          |
| Always wear helmet when riding bicycle  | 0.0                  | 0.9   | 7.0         | 8.0           |
| Think family is quite or very well off  | 2.6                  | 15.8  | 57.0        | 53.5          |
| Easy to talk to the following about things that really bother you:                                      |                      |       |             |               |
| Father  | 11.3                 | 13.0  | 63.8        | 49.6          |
| Mother  | 6.7                  | 3.5   | 76.4        | 77.0          |
| Live with mother  | -3.1                 | -0.4  | 95.3        | 98.1          |
| Live with father  | -9.9                 | -2.6  | 83.6        | 91.6          |
| During the past 12 months, did not go on family holiday   | 0.5                  | -10.8 | 22.3        | 17.4          |
| Family does not own a car, van or truck   | 1.5                  | -0.7  | 5.5         | 3.0           |
| Feel very or quite happy about life at present  | 3.0                  | 0.6   | 92.4        | 86.7          |
| Usually spend four or more evenings per week out with friends   | 7.0                  | -3.4  | 45.9        | 24.0          |
| Think they will go to college or university when finished school  | 5.7                  | 3.8   | 56.8        | 78.3          |
| Like school a bit or a lot at present   | -0.5                 | -11.9 | 62.8        | 68.5          |
| Feel some or a lot of pressure by schoolwork that has to be done  | 6.3                  | 6.5   | 40.1        | 42.2          |
| Mean age (sd): 1998; boys 13.98 (1.63), girls 14.12 (1.78). 2002; boys 13.19 (1.70), girls 14.47 (1.56) |                      |       |             |               |

# appendices

## HSBC

### Midlands Health Board

|   | Difference 1998-2002 |       | Boys<br>2002 | Girls<br>2002 |
|---|----------------------|-------|--------------|---------------|
|   | Boys                 | Girls |              |               |
| Do not smoke  | 0.9                  | 4.5   | 81.3         | 86.4          |
| Consume alcoholic drinks daily or weekly  |                      |       |              |               |
| Beer  | 2.0                  | 1.2   | 11.9         | 3.4           |
| Wine  | -2.1                 | -0.4  | 1.8          | 1.6           |
| Spirits   | 5.0                  | 1.4   | 8.6          | 3.7           |
| Cider   | 1.1                  | 1.0   | 10.5         | 4.2           |
| Alcopops  | 0.3                  | 4.2   | 6.6          | 6.2           |
| Been really drunk 2 or more times   | 1.9                  | 4.7   | 21.3         | 14.9          |
| Taken cannabis in lifetime  | 3.3                  | 1.6   | 14.5         | 6.5           |
| Taken glue or solvents in lifetime  | 0.1                  | -0.5  | 9.8          | 7.1           |
| Taken cannabis in last 12 months  | 3.7                  | 1.1   | 12.8         | 5.1           |
| Brush teeth more than once a day  | 0.4                  | -0.1  | 50.2         | 69.8          |
| Use pea sized (recommended) amount  | 10.8                 | 5.4   | 22.1         | 22.1          |
| Exercise in free time four or more times per week   | -3.8                 | -7.2  | 62.4         | 41.4          |
| In the last 6 months had the following weekly or more frequently  |                      |       |              |               |
| Headache  | 3.5                  | -6.4  | 23.7         | 25.7          |
| Stomach-ache  | -1.0                 | 1.1   | 8.7          | 16.6          |
| Back ache   | 4.4                  | -3.7  | 19.0         | 11.5          |
| Feeling low   | 2.8                  | 3.9   | 24.0         | 27.7          |
| Irritability or bad temper  | -3.3                 | -2.9  | 44.7         | 44.7          |
| Feeling Nervous   | -1.4                 | -0.4  | 28.5         | 33.3          |
| Difficulties in getting to sleep  | -2.8                 | -1.9  | 24.8         | 28.9          |
| Feeling dizzy   | -0.5                 | -2.7  | 15.6         | 14.3          |
| On a diet or doing something to lose weight   | 0.4                  | 6.1   | 5.5          | 17.6          |
| Think body is a bit too fat or much too fat   | 1.9                  | -6.8  | 21.5         | 33.3          |
| Think you are quite or very good looking  | 3.9                  | 8.0   | 32.1         | 27.9          |
| Gave up something for Lent this year  | 1.6                  | 8.4   | 37.3         | 48.5          |
| During the last year, was injured and had to be medically treated   | 10.5                 | 6.6   | 55.5         | 37.3          |
| During the past 12 months, in a physical fight  | 1.1                  | -4.6  | 57.6         | 22.4          |
| Have been bullied at school in the past couple of months  | -4.0                 | 3.8   | 23.5         | 19.1          |
| Bullied another student(s) at school in the past couple of months?  | -2.4                 | -3.3  | 28.0         | 10.8          |
| Always use seatbelt when sitting in car   | 21.5                 | 20.2  | 52.5         | 61.8          |
| Always wear helmet when riding bicycle  | -1.3                 | 0.1   | 3.0          | 5.8           |
| Think family is quite or very well off  | 3.4                  | 10.5  | 49.7         | 46.8          |
| Easy to talk to the following about things that really bother you:  |                      |       |              |               |
| Father  | 7.9                  | 5.1   | 59.0         | 46.2          |
| Mother  | 3.7                  | 1.5   | 72.7         | 78.5          |
| Live with mother  | -0.6                 | -0.5  | 96.3         | 98.3          |
| Live with father  | -8.1                 | -1.5  | 86.8         | 88.5          |
| During the past 12 months, did not go on family holiday   | -2.9                 | -4.6  | 16.0         | 16.6          |
| Family does not own a car, van or truck   | -0.4                 | -4.8  | 5.4          | 3.7           |
| Feel very or quite happy about life at present  | -1.2                 | 0.6   | 90.3         | 89.2          |
| Usually spend four or more evenings per week out with friends   | 6.0                  | -0.6  | 39.9         | 29.3          |
| Think they will go to college or university when finished school  | 0.7                  | 6.4   | 48.9         | 74.1          |
| Like school a bit or a lot at present   | -7.7                 | -8.6  | 62.0         | 77.0          |
| Feel some or a lot of pressure by schoolwork that has to be done  | 5.5                  | 4.2   | 35.4         | 33.2          |
| Mean age (sd): 1998; boys 14.10 (1.71), girls 13.37 (1.781.82). 2002; boys 13.90 (1.94), girls 13.87 (2.09) |                      |       |              |               |

# appendices

## HSBC

| South Eastern Health Board   | Difference 1998-2002 |       | Boy<br>2002 | Girls<br>2002 |
|--|----------------------|-------|-------------|---------------|
|  | Boys                 | Girls |             |               |
| Do not smoke   | -5.1                 | -2.9  | 71.3        | 75.1          |
| Consume alcoholic drinks daily or weekly                           |                      |       |             |               |
| Beer   | 3.8                  | 2.9   | 16.0        | 6.4           |
| Wine   | -2.1                 | -0.4  | 3.0         | 2.3           |
| Spirits  | 1.4                  | 6.3   | 8.1         | 10.2          |
| Cider  | 5.8                  | 3.2   | 13.9        | 7.6           |
| Alcopops   | 4.7                  | 9.1   | 10.0        | 13.0          |
| Been really drunk 2 or more times                                  | 13.6                 | 9.8   | 32.7        | 25.6          |
| Cannabis   | 7.1                  | 2.7   | 18.0        | 12.5          |
| Glue or solvents   | -1.1                 | -3.4  | 9.1         | 3.8           |
| Cannabis   | 6.4                  | 3.6   | 17.0        | 11.8          |
| Brush teeth more than once a day                                   | -5.9                 | -3.5  | 42.9        | 66.2          |
| Use pea sized (recommended) amount                                 | 12.1                 | 10.9  | 25.9        | 28.9          |
| Exercise in free time four or more times per week                  | -13.7                | -7.3  | 54.6        | 36.4          |
| In the last 6 months had the following weekly or more frequently   |                      |       |             |               |
| Headache   | 8.1                  | 2.7   | 22.9        | 32.3          |
| Stomach-ache   | 1.5                  | -1.0  | 13.9        | 15.8          |
| Back ache  | 1.0                  | -4.0  | 19.5        | 11.9          |
| Feeling low  | 5.8                  | 7.5   | 23.1        | 32.6          |
| Irritability or bad temper   | -0.9                 | -0.7  | 47.3        | 44.5          |
| Feeling Nervous  | 0.3                  | -3.1  | 31.6        | 31.6          |
| Difficulties in getting to sleep                                   | -3.5                 | -1.6  | 26.9        | 29.4          |
| Feeling dizzy  | -3.2                 | -1.7  | 16.7        | 14.7          |
| On a diet or doing something to lose weight                        | 0.7                  | 4.7   | 4.6         | 18.1          |
| Think body is a bit too fat or much too fat                        | -0.1                 | -1.7  | 23.1        | 40.0          |
| Think you are quite or very good looking                           | -4.2                 | 16.4  | 23.1        | 40.0          |
| Gave up something for Lent this year                               | 0.2                  | -4.1  | 29.8        | 36.9          |
| During the last year, was injured and had to be medically treated  | 9.0                  | 5.6   | 57.4        | 38.2          |
| During the past 12 months, in a physical fight                     | -1.3                 | -8.8  | 56.2        | 22.5          |
| Have been bullied at school in the past couple of months           | -7.8                 | 5.5   | 23.8        | 23.2          |
| Bullied another student(s) at school in the past couple of months? | -6.6                 | 1.5   | 27.5        | 13.7          |
| Always use seatbelt when sitting in car                            | 26.3                 | 22.3  | 55.5        | 69.5          |
| Always wear helmet when riding bicycle                             | 0.5                  | 3.0   | 7.1         | 8.7           |
| Think family is quite or very well off                             | 9.7                  | 5.3   | 49.3        | 49.5          |
| Easy to talk to the following about things that really bother you: |                      |       |             |               |
| Father   | 5.2                  | 6.8   | 54.0        | 47.5          |
| Mother   | 1.6                  | 0.7   | 70.0        | 76.5          |
| Live with mother   | -2.4                 | -0.4  | 95.5        | 97.9          |
| Live with father   | -6.7                 | -5.0  | 86.2        | 87.2          |
| During the past 12 months, did not go on family holiday            | -4.5                 | -4.4  | 26.5        | 21.6          |
| Family does not own a car, van or truck                            | 0.8                  | 0.3   | 6.0         | 6.4           |
| Feel very or quite happy about life at present                     | -2.2                 | -0.5  | 88.6        | 87.1          |
| Usually spend four or more evenings per week out with friends      | 1.2                  | 2.3   | 43.0        | 33.1          |
| Think they will go to college or university when finished school   | 2.8                  | -3.5  | 47.6        | 72.4          |
| Like school a bit or a lot at present                              | 1.0                  | -9.8  | 57.6        | 69.2          |
| Feel some or a lot of pressure by schoolwork that has to be done   | 5.3                  | 3.7   | 35.9        | 38.8          |

Mean age (sd): 1998; boys 13.64 (1.79), girls 14.05 (1.62). 2002; boys 14.79 (1.79), girls 14.60 (2.09)

# appendices

## HSBC

### South Health Board

|   | Difference 1998-2002 |       | Boys<br>2002 | Girls<br>2002 |
|---|----------------------|-------|--------------|---------------|
|   | Boys                 | Girls |              |               |
| Do not smoke  | 5.0                  | -2.3  | 83.2         | 80.0          |
| Consume alcoholic drinks daily or weekly  |                      |       |              |               |
| Beer  | -1.2                 | 0.5   | 9.8          | 2.8           |
| Wine  | -1.2                 | -0.1  | 2.7          | 2.3           |
| Spirits   | 1.9                  | 3.9   | 5.9          | 5.0           |
| Cider   | 0.8                  | 1.9   | 8.3          | 4.1           |
| Alcopops  | 0.5                  | 5.5   | 5.3          | 8.7           |
| Been really drunk 2 or more times   | -2.1                 | 9.8   | 19.6         | 18.7          |
| Taken cannabis in lifetime  | -0.5                 | 5.0   | 13.1         | 8.4           |
| Taken glue or solvents in lifetime  | -0.5                 | 5.0   | 13.1         | 8.4           |
| Taken cannabis in last 12 months  | 0.3                  | 5.4   | 12.1         | 7.7           |
| Brush teeth more than once a day  | 6.4                  | 1.7   | 46.2         | 63.2          |
| Use pea sized (recommended) amount  | 8.6                  | 7.7   | 19.8         | 22.7          |
| Exercise in free time four or more times per week   | 0.5                  | -15.3 | 58.5         | 36.5          |
| In the last 6 months had the following weekly or more frequently  |                      |       |              |               |
| Headache  | -1.0                 | 4.1   | 18.3         | 30.2          |
| Stomach-ache  | -2.3                 | -2.3  | 9.7          | 16.1          |
| Back ache   | -4.2                 | 3.0   | 15.4         | 15.3          |
| Feeling low   | 3.3                  | 6.4   | 21.5         | 28.9          |
| Irritability or bad temper  | -5.0                 | -1.9  | 42.3         | 44.2          |
| Feeling Nervous   | 1.4                  | -1.2  | 31.2         | 34.8          |
| Difficulties in getting to sleep  | -1.9                 | 0.6   | 25.7         | 32.6          |
| Feeling dizzy   | -0.6                 | 2.9   | 13.5         | 15.8          |
| On a diet or doing something to lose weight   | 3.1                  | 9.7   | 7.6          | 19.0          |
| Think body is a bit too fat or much too fat   | -5.5                 | -5.5  | 17.6         | 36.8          |
| Think you are quite or very good looking  | 2.1                  | 5.5   | 35.4         | 31.4          |
| Gave up something for Lent this year  | 1.7                  | -15.3 | 37.7         | 40.3          |
| During the last year was injured and had to be medically treated  | 9.3                  | 4.6   | 57.9         | 35.9          |
| During the past 12 months, in a physical fight  | -7.8                 | -2.4  | 49.6         | 25.4          |
| Have been bullied at school in the past couple of months  | -4.7                 | 2.6   | 23.8         | 23.8          |
| Bullied another student(s) at school in the past couple of months?                                      | -5.9                 | 2.3   | 27.4         | 16.0          |
| Always use seatbelt when sitting in car   | 24.0                 | 20.0  | 58.9         | 65.3          |
| Always wear helmet when riding bicycle  | -0.7                 | 3.9   | 7.7          | 13.8          |
| Think family is quite or very well off  | 1.4                  | 5.2   | 56.7         | 47.9          |
| Easy to talk to the following about things that really bother you:                                      |                      |       |              |               |
| Father  | 14.5                 | -1.2  | 58.7         | 41.9          |
| Mother  | -1.6                 | -6.7  | 90.2         | 83.4          |
| Live with mother  | -0.6                 | -0.7  | 96.6         | 97.7          |
| Live with father  | -4.3                 | -4.6  | 89.8         | 87.3          |
| During the past 12 months, did not go on family holiday   | -2.5                 | -4.1  | 23.4         | 20.0          |
| Family does not own a car, van or truck   | 0.0                  | -0.2  | 4.1          | 4.6           |
| Feel very or quite happy about life at present  | 1.5                  | -2.7  | 91.7         | 86.5          |
| Usually spend four or more evenings per week out with friends   | 1.7                  | 1.5   | 55.4         | 74.0          |
| Think they will go to college or university when finished school  | -6.4                 | -4.2  | 59.9         | 74.7          |
| Like school a bit or a lot at present   | -7.7                 | -5.9  | 61.2         | 66.7          |
| Feel some or a lot of pressure by schoolwork that has to be done  | 2.8                  | 5.4   | 34.8         | 35.7          |
| Mean age (sd): 1998; boys 14.40 (1.64), girls 13.27 (1.79). 2002; boys 13.36 (1.80), girls 14.24 (1.85) |                      |       |              |               |

# appendices

## HSBC

| Mid Western Health Board   | Difference 1998-2002 |       | Boys 2002 | Girls 2002 |
|--|----------------------|-------|-----------|------------|
|  | Boys                 | Girls |           |            |
| Do not smoke   | -4.1                 | 1.7   | 81.2      | 80.9       |
| Consume alcoholic drinks daily or weekly                           |                      |       |           |            |
| Beer   | 0.7                  | -0.9  | 6.4       | 4.2        |
| Wine   | 1.4                  | -0.1  | 2.7       | 0.4        |
| Spirits  | -1.5                 | 4.3   | 3.2       | 7.8        |
| Cider  | 0.3                  | 0.8   | 6.6       | 4.5        |
| Alcopops   | -1.3                 | 5.1   | 3.8       | 8.1        |
| Been really drunk 2 or more times                                  | 11.9                 | 9.0   | 27.1      | 21.5       |
| Taken cannabis in lifetime   | 6.9                  | 0.5   | 15.3      | 8.7        |
| Taken glue or solvents in lifetime                                 | -3.5                 | -3.9  | 6.0       | 2.9        |
| Taken cannabis in last 12 months                                   | 6.9                  | 0.0   | 13.8      | 6.3        |
| Brush teeth more than once a day                                   | 18.3                 | 4.7   | 59.9      | 69.7       |
| Use pea sized (recommended) amount                                 | 0.1                  | 9.0   | 17.9      | 23.5       |
| Exercise in free time four or more times per week                  | -4.7                 | -8.0  | 63.6      | 37.9       |
| In the last 6 months had the following weekly or more frequently   |                      |       |           |            |
| Headache   | 1.2                  | 2.7   | 17.6      | 31.1       |
| Stomach-ache   | -4.1                 | 3.6   | 7.5       | 14.8       |
| Back ache  | 3.6                  | -1.2  | 17.2      | 11.2       |
| Feeling low  | 6.0                  | 1.7   | 21.0      | 32.2       |
| Irritability or bad temper   | 3.6                  | -8.0  | 44.6      | 42.4       |
| Feeling Nervous  | 4.0                  | -3.1  | 31.2      | 31.8       |
| Difficulties in getting to sleep                                   | 2.7                  | -5.4  | 25.8      | 27.5       |
| Feeling dizzy  | 1.7                  | -1.9  | 10.5      | 12.9       |
| On a diet or doing something to lose weight                        | 3.1                  | 1.1   | 5.9       | 15.7       |
| Think body is a bit too fat or much too fat                        | 3.2                  | -5.9  | 22.6      | 37.3       |
| Think you are quite or very good looking                           | 7.8                  | -0.3  | 45.3      | 25.3       |
| Gave up something for Lent this year                               | -1.9                 | -2.0  | 39.9      | 43.7       |
| During the last year, was injured and had to be medically treated  | 15.9                 | 10.4  | 64.6      | 38.3       |
| During the past 12 months, in a physical fight                     | -8.3                 | -9.5  | 47.4      | 19.3       |
| Have been bullied at school in the past couple of months           | 14.3                 | 5.6   | 36.4      | 22.7       |
| Bullied another student(s) at school in the past couple of months? | 9.6                  | 4.6   | 38.8      | 17.3       |
| Always use seatbelt when sitting in car                            | 19.3                 | 23.2  | 53.9      | 63.8       |
| Always wear helmet when riding bicycle                             | -2.7                 | 2.6   | 3.6       | 8.1        |
| Think family is quite or very well off                             | 6.7                  | 10.0  | 58.1      | 51.7       |
| Easy to talk to the following about things that really bother you: |                      |       |           |            |
| Father   | 8.1                  | 10.1  | 63.8      | 42.5       |
| Mother   | 7.0                  | -1.7  | 76.3      | 71.2       |
| Live with mother   | -2.9                 | 1.4   | 95.1      | 98.9       |
| Live with father   | -1.6                 | 0.8   | 90.5      | 94.2       |
| During the past 12 months, did not go on family holiday            | 4.4                  | -8.6  | 18.3      | 22.0       |
| Family does not own a car, van or truck                            | -7.4                 | -2.3  | 1.7       | 4.1        |
| Feel very or quite happy about life at present                     | -2.0                 | 8.1   | 92.0      | 90.7       |
| Usually spend four or more evenings per week out with friends      | 0.4                  | -3.1  | 45.5      | 21.9       |
| Think they will go to college or university when finished school   | 16.1                 | 0.3   | 65.9      | 74.4       |
| Like school a bit or a lot at present                              | -3.2                 | -6.1  | 69.1      | 71.5       |
| Feel some or a lot of pressure by schoolwork that has to be done   | 7.5                  | 4.0   | 31.0      | 40.9       |

Mean age (sd): 1998; boys 13.10 (1.81), girls 14.15 (1.80). 2002; boys 14.15 (1.88), girls 14.27 (2.15)

# appendices

## HSBC

### Western Health Board

|  | Difference 1998-2002 |       | Boys<br>2002 | Girls<br>2002 |
|--|----------------------|-------|--------------|---------------|
|  | Boys                 | Girls |              |               |
| Do not smoke   | 0.4                  | 7.0   | 81.1         | 84.0          |
| Consume alcoholic drinks daily or weekly                           |                      |       |              |               |
| Beer   | 1.3                  | -2.0  | 9.0          | 2.0           |
| Wine   | 0.1                  | 0.0   | 4.6          | 1.7           |
| Spirits  | 0.3                  | -0.1  | 5.6          | 4.6           |
| Cider  | 2.3                  | -2.7  | 10.4         | 3.1           |
| Alcopops   | -0.1                 | 1.9   | 5.2          | 4.7           |
| Been really drunk 2 or more times                                  | 1.2                  | 0.9   | 16.5         | 15.5          |
| Taken cannabis in lifetime   | -1.8                 | -4.9  | 10.0         | 4.6           |
| Taken glue or solvents in lifetime                                 | -4.4                 | -2.6  | 5.6          | 4.3           |
| Taken cannabis in last 12 months                                   | -0.2                 | -3.0  | 9.8          | 4.4           |
| Brush teeth more than once a day                                   | 7.2                  | -4.3  | 47.2         | 65.2          |
| Use pea sized (recommended) amount                                 | -1.1                 | 7.3   | 13.7         | 25.8          |
| Exercise in free time four or more times per week                  | -4.7                 | 0.0   | 57.7         | 41.7          |
| In the last 6 months had the following weekly or more frequently   |                      |       |              |               |
| Headache   | 1.0                  | 1.1   | 17.3         | 30.6          |
| Stomach-ache   | -3.6                 | 0.5   | 7.3          | 16.1          |
| Back ache  | -0.4                 | -1.7  | 12.6         | 14.1          |
| Feeling low  | 2.9                  | -2.6  | 18.7         | 24.0          |
| Irritability or bad temper   | -1.8                 | -3.6  | 40.0         | 37.8          |
| Feeling Nervous  | -3.5                 | 2.9   | 25.5         | 33.8          |
| Difficulties in getting to sleep                                   | 3.5                  | 0.1   | 27.0         | 29.7          |
| Feeling dizzy  | 1.3                  | -0.6  | 14.0         | 14.8          |
| On a diet or doing something to lose weight                        | 1.2                  | 6.1   | 5.1          | 16.4          |
| Think body is a bit too fat or much too fat                        | 4.4                  | -5.2  | 21.4         | 41.1          |
| Think you are quite or very good looking                           | -0.5                 | -2.9  | 37.1         | 22.6          |
| Gave up something for Lent this year                               | 0.3                  | -1.6  | 42.3         | 46.5          |
| During the last year, was injured and had to be medically treated  | 14.8                 | 13.0  | 53.7         | 42.9          |
| During the past 12 months, in a physical fight                     | 1.5                  | -3.7  | 54.9         | 21.7          |
| Have been bullied at school in the past couple of months           | -10.6                | 0.3   | 25.2         | 19.7          |
| Bullied another student(s) at school in the past couple of months? | -8.0                 | 1.3   | 26.5         | 13.7          |
| Always use seatbelt when sitting in car                            | 21.0                 | 20.6  | 49.0         | 60.3          |
| Always wear helmet when riding bicycle                             | 1.2                  | 1.3   | 5.9          | 6.4           |
| Think family is quite or very well off                             | 8.6                  | 4.5   | 54.5         | 42.9          |
| Easy to talk to the following about things that really bother you: |                      |       |              |               |
| Father   | 2.5                  | 6.6   | 61.3         | 46.1          |
| Mother   | 4.7                  | 2.3   | 77.0         | 77.6          |
| Live with mother   | -0.2                 | 0.2   | 97.1         | 98.1          |
| Live with father   | -1.6                 | -6.1  | 89.5         | 88.3          |
| During the past 12 months, did not go on family holiday            | -9.8                 | -13.8 | 23.3         | 21.6          |
| Family does not own a car, van or truck                            | -1.7                 | -0.1  | 5.1          | 3.9           |
| Feel very or quite happy about life at present                     | -0.3                 | 4.8   | 92.5         | 90.4          |
| Usually spend four or more evenings per week out with friends      | -7.6                 | 2.3   | 30.6         | 22.9          |
| Think they will go to college or university when finished school   | 2.4                  | -4.2  | 44.1         | 69.0          |
| Like school a bit or a lot at present                              | 2.1                  | -6.4  | 65.5         | 76.2          |
| Feel some or a lot of pressure by schoolwork that has to be done   | -4.1                 | -1.0  | 25.9         | 31.5          |

Mean age (sd): 1998; boys 13.54 (1.77), girls 14.17 (1.72). 2002; boys 13.62 (1.97), girls 13.84 (1.85)

# appendices

## HSBC

| North Western Health Board   | Difference 1998-2002 |       | Boys<br>2002 | Girls<br>2002 |
|--|----------------------|-------|--------------|---------------|
|  | Boys                 | Girls |              |               |
| Do not smoke   | -2.0                 | 2.3   | 85.5         | 84.1          |
| Consume alcoholic drinks daily or weekly                           |                      |       |              |               |
| Beer   | -3.5                 | -3.9  | 6.3          | 1.1           |
| Wine   | -2.0                 | -0.9  | 0.8          | 1.2           |
| Spirits  | 0.5                  | -5.4  | 6.3          | 5.2           |
| Cider  | -2.6                 | -1.7  | 3.5          | 2.3           |
| Alcopops   | -0.5                 | 1.7   | 3.1          | 6.3           |
| Been really drunk 2 or more times                                  | 1.8                  | -3.3  | 21.3         | 15.3          |
| Taken cannabis in lifetime   | 1.5                  | -1.3  | 12.3         | 5.9           |
| Taken glue or solvents in lifetime                                 | -2.9                 | -11.0 | 7.5          | 3.8           |
| Taken cannabis in last 12 months                                   | 1.8                  | -0.3  | 11.6         | 5.1           |
| Brush teeth more than once a day                                   | 5.1                  | 9.0   | 46.0         | 64.0          |
| Use pea sized (recommended) amount                                 | 8.0                  | 14.6  | 20.2         | 22.7          |
| Exercise in free time four or more times per week                  | -2.4                 | -6.0  | 54.4         | 38.0          |
| In the last 6 months had the following weekly or more frequently   |                      |       |              |               |
| Headache   | -3.4                 | -1.3  | 16.3         | 26.2          |
| Stomach-ache   | 1.5                  | -1.5  | 11.0         | 16.2          |
| Back ache  | -5.1                 | -3.0  | 14.9         | 12.7          |
| Feeling low  | 2.5                  | 1.6   | 17.7         | 26.1          |
| Irritability or bad temper   | -1.9                 | -1.4  | 47.0         | 47.7          |
| Feeling Nervous  | 4.6                  | -3.1  | 27.4         | 30.5          |
| Difficulties in getting to sleep                                   | 0.6                  | -7.2  | 21.7         | 26.3          |
| Feeling dizzy  | -0.8                 | -7.4  | 12.5         | 13.1          |
| On a diet or doing something to lose weight                        | 4.8                  | 4.0   | 7.7          | 15.1          |
| Think body is a bit too fat or much too fat                        | 3.6                  | -6.3  | 22.0         | 41.0          |
| Think you are quite or very good looking                           | 6.6                  | -3.6  | 33.1         | 17.1          |
| Gave up something for Lent this year                               | -4.9                 | 0.0   | 46.5         | 50.7          |
| During the last year, was injured and had to be medically treated  | 13.4                 | 1.9   | 57.5         | 37.3          |
| During the past 12 months, in a physical fight                     | -4.6                 | 0.7   | 52.8         | 25.8          |
| Have been bullied at school in the past couple of months           | -6.3                 | -3.9  | 25.5         | 21.7          |
| Bullied another student(s) at school in the past couple of months? | -4.5                 | -4.6  | 26.7         | 12.0          |
| Always use seatbelt when sitting in car                            | 24.0                 | 23.2  | 46.6         | 57.3          |
| Always wear helmet when riding bicycle                             | -2.7                 | -1.1  | 5.2          | 8.4           |
| Think family is quite or very well off                             | 13.2                 | 8.0   | 52.5         | 45.5          |
| Easy to talk to the following about things that really bother you: |                      |       |              |               |
| Father   | 11.6                 | 10.2  | 62.6         | 50.1          |
| Mother   | 2.0                  | 0.0   | 72.0         | 76.4          |
| Live with mother   | 0.0                  | -0.2  | 97.5         | 97.3          |
| Live with father   | -6.1                 | -5.6  | 87.4         | 89.8          |
| During the past 12 months, did not go on family holiday            | 7.8                  | -14.1 | 34.5         | 23.4          |
| Family does not own a car, van or truck                            | -2.6                 | -1.6  | 2.4          | 3.7           |
| Feel very or quite happy about life at present                     | 0.7                  | 2.7   | 93.8         | 88.0          |
| Usually spend four or more evenings per week out with friends      | -6.4                 | -6.2  | 37.8         | 28.9          |
| Think they will go to college or university when finished school   | -0.2                 | 17.9  | 43.6         | 70.5          |
| Like school a bit or a lot at present                              | -2.4                 | -2.1  | 57.7         | 74.7          |
| Feel some or a lot of pressure by schoolwork that has to be done   | -1.2                 | 0.8   | 29.1         | 31.9          |

Mean age (sd): 1998; boys 13.88 (1.88), girls 13.84 (2.29). 2002; boys 14.01 (1.81), girls 13.97 (1.65)



HEALTH PROMOTION  
UNIT  
AN TAONAD CROTHÚ  
SLÁINTE



University College Dublin

