

THE HEALTH AND LIFESTYLE SURVEY  
SEVEN YEARS ON HALS2

**WORKING MANUAL**

*THIS MANUAL IS DESIGNED TO BE USED IN CONJUNCTION  
WITH THE HALS1 MANUAL, WHICH CONTAINS RATHER MORE  
DETAIL, AS IT IS ANTICIPATED THAT USERS WORKING ON THE  
HALS2 DATASET WILL ALSO BE ANALYSING HALS1 DATA.*

The Health & Lifestyle Survey  
Department of Community Medicine  
University of Cambridge  
Institute of Public Health  
Robinson Way  
Cambridge CB2 2SR

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*Dr Martin Jarvis, Addiction Research Unit, Institute of Psychiatry, 101 Denmark Hill, London SE5 8AF, carried out the cotinine estimations.*

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THE HEALTH AND LIFESTYLE SURVEY  
HALS2

**Introduction**

## HEALTH AND LIFESTYLE SURVEY - FOLLOW-UP 1991/2

The follow-up survey, like the original Health and Lifestyle Survey in 1984/5, was funded by the Health Promotion Research Trust. It was conducted from the Department of Community Medicine, Cambridge University School of Clinical Medicine by the following team:-

Brian D Cox, PhD (Director)  
Felicia A Huppert, PhD  
Judith Nickson, BA  
A Toby Prevost, MSc  
Virginia J Swain, BA  
Margaret J Whicelow, PhD  
Joyce E Whittington, PhD

Consultant:- Mildred Blaxter, MA, School of Economic and Social Studies,  
University of East Anglia

Assistant Staff:- Barbara White

### Introduction

The following brief description of the Health and Lifestyle Follow-up Survey carried out in 1991/2 (HALS2), the background to it and the first survey in 1984/5 (HALS1), the tracing of the sample and the methodology employed in the survey are intended to 'set the scene' for those using the HALS2 dataset. A more detailed description, together with an account of the preliminary analyses of the data, showing the changes since HALS1 are set out in "The Health and Lifestyle Survey: Seven Years On", edited by B D Cox, F A Huppert and M J Whicelow (1993), published by Dartmouth Publishing Company Limited, Aldershot, to which the database user is encouraged to refer.

### Background to HALS1 and HALS2

In 1984/5, following a number of feasibility studies and pilot surveys, the Health and Lifestyle Survey (HALS1), funded by the Health Promotion Research Trust, was carried out on a random sample of the population of England, Scotland and Wales. 12,672 addresses were selected from the electoral rolls of 198 randomly selected constituencies and after accounting for 'dead' addresses (dwelling empty or demolished), refusals and excluding those in hospital or living in residential accommodation etc., 9003 respondents were interviewed. Of these, 7414 were visited by a nurse who carried out various physiological measurements and of these 6572 returned self-completion questionnaires.

HALS1 was designed as a unique attempt to describe the self-reported health, attitudes to health and beliefs about causes of disease in relation to measurements of health (eg. blood pressure, lung function) and lifestyle in adults of all ages and circumstances living in their own homes in all parts of Great Britain.

31st Oct

■ 1:1 ■

intro

A detailed account of the selection procedures, the methods involved, the topics covered and preliminary findings of HALS1 are set out in "The Health and Lifestyle Survey Preliminary report of a nationwide survey of the physical and mental health, attitudes and lifestyle of a random sample of 9003 British adults", by B D Cox et al (1987), published by the Health Promotion Research Trust. This original report can now only be obtained by application to The Health & Lifestyle Survey, Department of Community Medicine, University of Cambridge, Institute of Public Health, Robinson Way, Cambridge CB2 2SR.

The HALS1 data are lodged at the ESRC Data Archive at the University of Essex and are accompanied by a manual, which describes the variables in the dataset.

Following completion of HALS1 the respondents were 'flagged' with the Office of Population Censuses and Surveys (OPCS) NHS register at Southport, so that notification of deaths and copies of death certificates of respondents are received.

At that time a repeat survey was not foreseen so no attempt was made to keep in contact with, or trace the movement of, respondents. When funding became available, again from the Health Promotion Research Trust, to carry out a follow-up survey, much effort was expended in tracing as many as possible of the original respondents.

The principal aims of HALS2 were -

- 1 To record self-reported health, measured health, cognitive function, psychological well-being, lifestyle habits - diet, smoking, alcohol consumption, exercise and leisure activities - and social and demographic status in order to identify changes that had occurred in the seven years between the two surveys, in the respondents who were seen at both surveys.
- 2 To investigate the extent to which changes in circumstances, lifestyle habits and health are associated.
- 3 To examine how beliefs about health and attitudes to health have changed with changing health status.
- 4 To investigate the relationship between life events (not recorded in the first survey) and physical and psychological morbidity.
- 5 To confirm (and refine) findings from the first survey.

**The fieldwork consisted of:**

1. An interview, carried out in the respondent's home, and lasting approximately one hour, on the topics of basic socio-economic, education, family and housing data, self-reported health, health attitudes and beliefs, dietary habits, alcohol consumption, smoking, leisure, exercise and life events.
2. A separate home visit by a nurse for a series of physiological measures: height, weight, girth and hip circumferences, blood pressure, pulse rate, respiratory function and salivary cotinine. At the same visit, simple tests of cognitive function (reaction time, memory and reasoning) were also carried out by the nurse.
3. A self-completion questionnaire assessing personality and psychiatric status, introduced by the nurse, and returned by mail.

METHODS

As at HALS1 the fieldwork was conducted by Social and Community Planning Research (SCPR) with Researchers Patricia Prescott-Clarke and Becky Grey. The questionnaire was designed by the study team, and piloted by SCPR. Briefing of the interviewers began in September 1991 immediately prior to commencement of the fieldwork and data collection was completed in October 1992. The interviewing was carried out in three waves (Autumn 1991, Winter - Spring 1992 and Summer 1992) with each region represented in at least two waves, and most in all three, in order to ensure that different times of year were represented in each area. A fourth, smaller wave, was carried out in September/October 1992 to cover those respondents who had moved to areas outside the wave 2 and wave 3 sampling areas.

Interviewers provided the potential respondents with an introductory letter. At the close of each interview they introduced the second part of the study, the visit by a nurse, to those who had been measured in the first survey, and passed to the nurse the names and addresses of those subjects who did not express an unwillingness to be further involved. The nurse visit, also accompanied by an introductory letter, was made a week or so later. At the end of the nurse visit the self-completion booklet was given to the respondent together with a reply-paid envelope, and the method of completing it was explained.

SCPR provided coded data on disc for each of the three parts of the study. To this, team members added the coding of the open-ended or "verbatim" questions which were a particular feature of the survey method, and as far as possible dealt with answers which the interviewers had been unable to code in pre-coded questions. Consistency and wild code checks were performed and the data rigorously "cleaned". Certain coding transformations were made in order to improve logic and accuracy and to facilitate analysis: these are noted at relevant points in the manual.



SAMPLE

The achieved sample for the follow-up survey was the 5352 survivors of the 9003 original respondents who could be traced, who were within range of the sampling areas and who agreed to be re-interviewed

The tracing procedures are described in full in Chapter 1, "Sample Structure, Data Collection and Tracing Procedures" of "The Health and Lifestyle Survey Seven Years on" and the results are summarised here by age (Table 1) socio-economic group (Table 2) and region of residence (Table 3)

Table 1 Summary of all tracing procedures in 1992 for HALS1 respondents as percentages in the 1984/5 age groups

	HALS1 (1984/5) age group							ALL
	18-29	30-39	40-49	50-59	60-69	70-79	80+	
Respondent located in Great Britain	66.7	81.6	84.4	83.2	76.3	57.2	38.7	74.8
Respondent abroad	2.5	1.0	1.0	1.0	0.8	0.7	0.0	1.2
Respondent not traced	30.0	15.9	11.9	7.9	6.9	3.9	5.9	14.5
Respondent dead	0.5	0.9	1.9	7.7	15.6	38.0	55.1	9.0
Insufficient information for search	0.4	0.6	0.7	0.2	0.5	0.1	0.4	0.4
<i>Base = 100%</i>	<i>1990</i>	<i>1828</i>	<i>1497</i>	<i>1339</i>	<i>1280</i>	<i>813</i>	<i>256</i>	<i>9003</i>

Table 2 Summary of all tracing procedures in 1992 for HALS1 respondents as percentages in the 1984/5 socio-economic groups

	HALS1 (1984/5) socio-economic group							All
	Profess- ional	Managers & exec.	Other non-man.	Skilled manual	Semi - skilled	Unskill. manual	Others	
Respondent located in Great Britain	77.1	78.2	74.2	75.8	73.0	72.9	52.5	74.8
Respondent abroad	2.7	1.3	1.5	0.7	1.1	0.2	7.4	1.2
Respondent not traced	14.0	12.7	17.3	12.5	14.9	14.4	32.2	14.5
Respondent dead	6.0	7.1	6.5	10.8	10.5	12.0	7.4	9.0
Insufficient information for search	0.2	0.6	0.5	0.3	0.5	0.5	0.5	0.4
<i>Base = 100%</i>	<i>450</i>	<i>1563</i>	<i>1842</i>	<i>3012</i>	<i>1491</i>	<i>443</i>	<i>202</i>	<i>9003</i>

Table 3 Summary of all tracing procedures in 1992 for HALS1 respondents as percentages in the standard region of residence in 1984/5

	HALS1 (1984/5) region of residence											
	Wales	North	North West	Yorks/Humber	West Midlands	East Midlands	East Anglia	South West	South East	Greater London	Scotland	All
Respondent located in in Great Britain	77.0	72.0	75.2	76.6	75.3	79.1	79.9	73.5	76.2	67.5	74.1	74.8
Respondent abroad	1.0	0.6	1.3	0.5	1.2	0.4	2.1	1.1	2.2	1.5	0.9	1.2
Respondent not traced	12.4	12.5	15.4	13.4	13.2	12.1	8.4	13.3	14.4	21.8	15.6	14.5
Respondent dead	9.0	14.2	7.4	9.4	10.0	8.3	8.1	11.4	6.6	9.1	9.4	9.0
Insufficient information for search	0.6	0.7	0.7	0.1	0.2	0.0	1.5	0.7	0.6	0.1	0.1	0.4
<i>Base = 100%</i>	<i>501</i>	<i>542</i>	<i>1098</i>	<i>812</i>	<i>827</i>	<i>685</i>	<i>333</i>	<i>720</i>	<i>1615</i>	<i>945</i>	<i>925</i>	<i>9003</i>

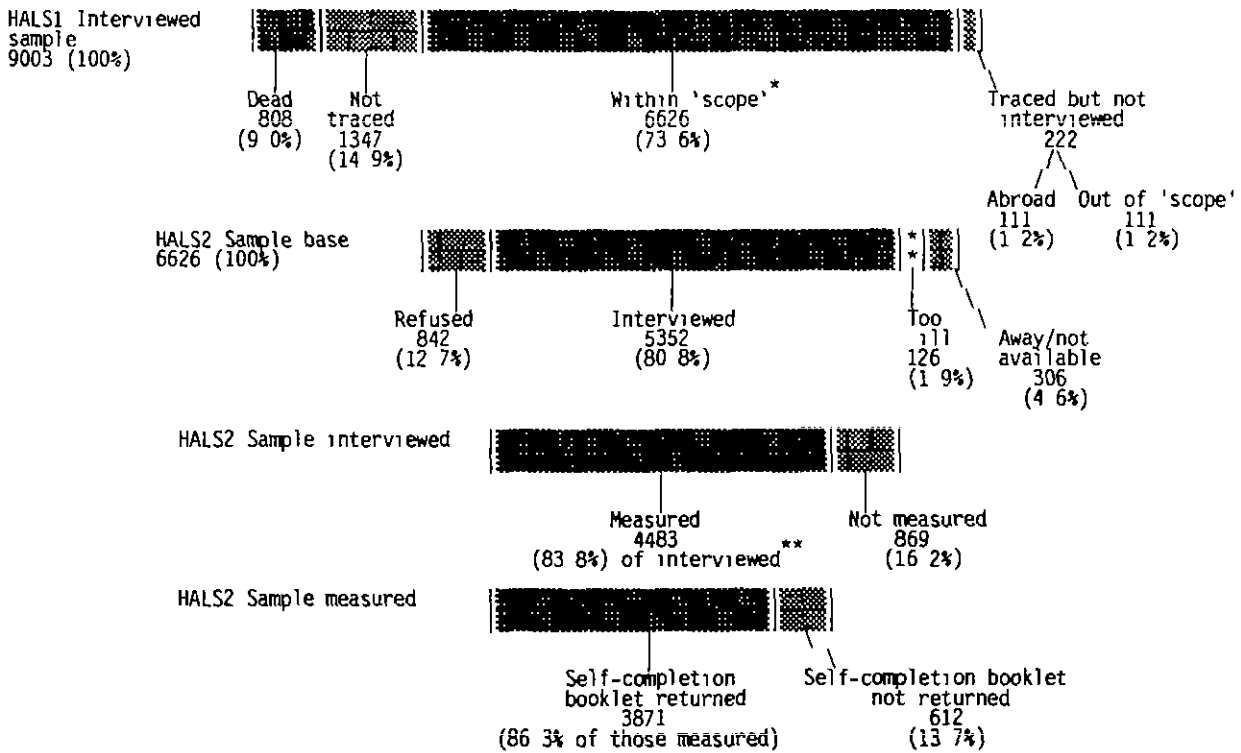
Response rates

Fig.1 shows the response rates at tracing and each level of interviewing. 6626 of the original 9003 respondents were traced, alive at the time of HALS2, and judged to be 'in scope' for HALS2. 222 subjects were also traced but found to be living abroad or too far from sampling points for it to be practical to interview them. 80.8% of the 6626 respondents were successfully re-interviewed. Tables 4, 5 and 6 show the response rates and reasons for non-response by age group, 1984/5 socio-economic group and region of residence.

Note

Due to the complex administrative procedures involved in locating and interviewing the respondents, and in the liaison between interviewers and nurses, some respondents who had not been measured in HALS1 were measured in HALS2. Where doubt existed (i.e. respondents saying that they had been measured in 1984/5 when later checking revealed that in fact they had not) measurement procedures were carried out by the nurses. This resulted in HALS2 measurement values for an additional 34 respondents and a 27 further self-completion forms returned from these cases. These extra cases were found to be randomly distributed amongst the sample in terms of age, sex, and geographical disposition. They are included in the dataset and can be identified by reference to the COMBOUT variable located on line 1 column 53. It was decided to include these cases as the data are valuable should the HALS2 population be treated as a separate dataset, or if a further survey (HALS3) should take place. The numbers and percentages on Fig.1 differ slightly from those published in "The Health & Lifestyle Survey: Seven Years On" which is principally due to the late arrival of self-completion documents.

Figure Response rates and numbers in samples



\* 'In scope' - Within range of fieldwork in respect of distance and time

\*\* Only those measured in HALS1 were eligible to be measured in HALS2  
94.2% of those eligible were measured

Table 4 Fieldwork response rates in 1991/2 for respondents traced and 'in scope' as a percentage of the 1984/5 age group

	HALS1 (1984/5) age group							ALL
	18-29	30-39	40-49	50-59	60-69	70-79	80+	
Respondent interviewed	82.1	83.9	81.5	81.3	77.3	75.1	63.3	80.8
Respondent not interviewed								
respondent away / not available	8.0	4.6	5.0	3.5	2.2	1.5	3.1	4.6
refused or proxy refusal	9.7	11.1	13.0	13.5	15.9	15.4	18.4	12.7
too infirm or too ill	0.2	0.3	0.4	1.7	4.7	8.0	15.3	1.9
Base = 100%	1276	1474	1252	1099	965	462	98	6626

Table 5 Fieldwork response rates in 1991/2 for respondents traced and 'in scope' as a percentage of the 1984/5 socio-economic group

	HALS1 (1984/5) socio-economic group							
	Profess- ional	Managers & exec.	Other non-man.	Skilled manual	Semi - skilled	Unskill. manual	Others	All
Respondent interviewed	84.8	82.7	82.8	80.3	78.0	75.4	74.5	80.8
Respondent not interviewed								
respondent away / not available	5.0	3.9	4.3	4.4	5.6	5.0	6.9	4.6
refused or proxy refusal	8.8	11.9	11.5	13.3	13.8	15.8	16.7	12.7
too infirm or too ill	1.5	1.4	1.4	2.0	2.6	3.8	2.0	1.9
<i>Base = 100%</i>	<i>342</i>	<i>1194</i>	<i>1339</i>	<i>2257</i>	<i>1075</i>	<i>317</i>	<i>102</i>	<i>6626</i>

Table 6 Fieldwork response rates in 1991/2 for respondents traced and 'in scope' as a percentage of the Standard Region of residence in 1984/5

	HALS1 (1984/5) region of residence											
	Wales	North West	North West	Yorks/ Humber	West Midlands	East Midlands	East Anglia	South West	South East	Greater London	Scotland	All
Respondent interviewed	80.3	81.1	81.6	79.8	77.4	80.0	82.1	80.5	82.3	76.6	85.7	80.8
Respondent not interviewed												
respondent away/ not available	1.6	3.1	4.9	3.7	7.0	3.4	3.8	3.1	4.5	8.4	4.2	4.6
refused or proxy refusal	15.2	13.7	11.6	14.4	13.2	15.5	13.0	14.6	11.5	12.6	8.4	12.7
too infirm or too ill	2.9	2.1	1.8	2.1	2.4	1.1	1.1	1.9	1.7	2.4	1.7	1.9
<i>Base = 100%</i>	<i>376</i>	<i>387</i>	<i>817</i>	<i>619</i>	<i>615</i>	<i>534</i>	<i>262</i>	<i>522</i>	<i>1202</i>	<i>629</i>	<i>663</i>	<i>6626</i>

The response rates were higher in the younger age groups, and lowest in the over-80's, where a number of subjects had become physically frail or mentally incapacitated. A higher proportion of interviews was achieved in non-manual than manual groups, with more manual subjects being too ill or infirm to participate. There were also regional variations in response, with Scotland having the highest and London, as in HALS1 and other surveys, the lowest rate.

The response rate for those also undergoing the measurements by the nurse was 94.2% of those who had been measured at HALS1. Overall the response rate for measurements was 83.8% of those interviewed. The proportion of those returning the self completion questionnaire who also returned it at HALS1 was 84.1%.

Representativeness of the Sample

The 1991/1992 survey cannot, of course, be considered to be a representative sample of British adults. As the respondents are seven years older than at HALS1 there are no subjects in the 18 - 24 year old group. Differential drop out rates between the two surveys, due to death, refusal and non-tracing also affect the sample distribution. Nevertheless, apart from some of the younger groups, the distribution of the HALS2 population compares reasonably well with that of the 1991 census data (Table 7)

Table 7 Comparison of HALS2 Sample and Census 1991 age and sex

Age	Percentage of Men				Percentage of Women				Total Percentage			
	Census	Inter-viewed	Measured	Self-completion	Census	Inter-viewed	Measured	Self-completion	Census	Inter-viewed	Measured	Self-completion
25-29	12.3	9.3	8.8	8.2	11.4	7.2	6.5	5.4	11.8	8.1	7.5	6.6
30-39	21.8	16.0	15.5	14.2	19.8	18.4	19.1	19.1	20.7	17.4	17.5	17.0
40-49	21.1	23.1	23.6	22.9	19.1	24.0	25.7	26.1	20.0	23.6	24.8	24.7
50-59	16.7	18.0	18.3	19.1	15.1	18.4	19.1	18.8	15.8	18.2	18.7	18.9
60-69	15.1	17.2	17.7	18.5	15.1	15.2	15.0	15.9	15.1	16.1	16.2	17.0
70-79	9.5	11.8	11.9	13.1	12.2	11.6	10.4	11.2	10.9	11.7	11.1	12.0
80+	3.5	4.5	4.2	4.1	7.4	5.2	4.3	3.6	5.6	4.9	4.2	3.8
All ages	48.4	43.0	44.3	43.3	51.6	57.0	55.7	56.7				
<i>Base = 100%</i>		<i>2301</i>	<i>1986</i>	<i>1678</i>		<i>3051</i>	<i>2497</i>	<i>2193</i>		<i>5352</i>	<i>4483</i>	<i>3871</i>

The distribution of the HALS2 survey population by region compared well with the 1991 census data except for London, where the HALS2 survey was under represented, (Table 8). Thus with suitable standardisation the sample can be used as a cohort study under certain circumstances.

Table 8 Comparison of HALS2 Sample and Census 1991. standard region and sex

Standard Region	Percentage of Men				Percentage of Women				Total Percentage			
	Census	Inter-viewed	Measured	Self-completion	Census	Inter-viewed	Measured	Self-completion	Census	Inter-viewed	Measured	Self-completion
Scotland	9.0	10.8	10.8	10.7	9.2	10.4	9.8	9.7	9.1	10.6	10.3	10.2
Wales	5.2	5.9	5.8	6.1	5.2	5.4	5.7	5.5	5.2	5.6	5.7	5.7
North	5.5	5.0	5.0	5.0	5.5	6.6	6.7	6.7	5.5	5.9	5.9	5.9
North West	11.3	10.9	10.7	10.7	11.4	13.7	13.0	12.4	11.4	12.5	12.0	11.7
Yorks/Humber	8.8	9.6	9.6	9.0	8.8	9.0	9.0	8.6	8.8	9.3	9.3	8.8
West Midlands	9.5	8.7	8.4	8.9	9.3	9.1	8.8	8.8	9.4	8.9	8.6	8.9
East Midlands	7.3	8.5	8.8	9.1	7.1	7.7	7.9	8.1	7.2	8.0	8.3	8.5
East Anglia	3.7	3.6	3.9	4.2	3.7	4.3	4.6	5.0	3.7	4.0	4.3	4.6
South West	8.4	8.3	7.9	7.6	8.4	7.8	7.7	7.8	8.4	8.0	7.8	7.7
South East	19.3	19.5	19.9	20.4	19.1	17.5	18.4	19.1	19.2	18.4	19.0	19.6
Gtr London	12.1	9.3	9.0	8.5	12.3	8.5	8.5	8.3	12.2	8.9	8.7	8.4
<i>Base = 100%</i>		<i>2301</i>	<i>1986</i>	<i>1678</i>		<i>3051</i>	<i>2497</i>	<i>2193</i>		<i>5352</i>	<i>4483</i>	<i>3871</i>

### Notes on the Dataset

The HALS2 dataset is very similar to that of HALS1. As before the data are laid out in lines up to 80 columns wide.

In HALS1 there are 23 lines(called 'cards' at HALS1) of data per case, numbered 1-23 (consecutively), in HALS2 there are 31 lines(cards) of data, numbered 1- 21, 24-33 (no lines numbered 22 or 23), set out as below:-

	HALS1 (cards/lines)	HALS2 (cards/lines)
Questionnaire	1-15	1-20
Measurements	16,19-20,23	21,30-33
Self-Completion	17-18	24-25
Extra coding	21-22	26-29

Columns 1-5 of each line hold the serial number, columns 6-7 contain the card/line number of the data.

This manual sets out the layout of the file, giving the question number, the location of each variable as in lines (LL) and columns (CC) - notation "LLCC", the variable name used by the HALS team, the range of values for the variable, and further helpful notes on its use including instructions given to interviewers.

In the main the following abbreviations have been used:

MV:n missing value (measurement section)  
NA:n not answered  
DK:n don't know  
DV derived variable  
H1V HALS1 variable  
DV1 HALS1 derived variable

Missing Values have been treated differently in the two datasets and thus must be allowed for as appropriate to the analysis package used.\* At HALS1 all blanks on file were set to 9's and amended to other values as appropriate.

At HALS2, the routing through the questionnaire was preserved and blanks left as blanks. There were a small number of partial interviews of confused or frail elderly people and one or two interviews which were abandoned before the end. So there are lines of data on the file which will hold just the serial number and line number, the rest being blank.

In some cases data from HALS2 has been found to conflict with the information given at HALS1. For instance some respondents who reported being ex-smokers at HALS1, and gave supporting data - age of starting to smoke and quitting and numbers of cigarettes smoked - but claimed at HALS2, to be life-time non-smokers.

\* **NB** Users are reminded that the SPSS command DO IF ... ELSE... END IF will produce inaccurate results unless missing values are RECODED or otherwise allowed for.

Derived Variables

A few standard derived variables have been added to the dataset, e.g. socio economic group and some measurements data. As at HALS1, other questions were included which form parts of scales or scores these derived variables are not included, since it is presumed that users will wish to form their own

Administration and interviewers variables

Variables on line(card) 1 of each case contains data related to administration, sample selected and location of respondents. The layout format, which is repeated for each additional line(card) is as follows -

<u>Line(Card)/ col</u>	<u>Short variable name</u>	<u>Range and missing values</u>	<u>Comments</u>
0101-5	SERNO	00001 -12672	
0106-7	CARD1	01	<u>Note</u> These two variables are repeated on each line of the data. The line(card) numbers range from 01 - 33
0143-4	REGION84	0-10	<u>Note</u> Two variables giving standard region of residence in 1984/5 at HALS1 and in 1991/2 at HALS2
0146-7	REGION91	0-10	
		<u>Coding</u>	
		0	Wales
		1	North
		2	North West
		3	Yorks/Humber
		4	West Midlands
		5	East Midlands
		6	East Anglia
		7	South West
		8	South East
		9	Greater London
		10	Scotland
0149	DIVNS84	1-2	<u>Note</u> Two variables giving Regions grouped into 'North' - Scotland, Wales, North, North West, Yorks/Humber and West Midlands
0151	DIVNS91	1-2	and 'South' - East Midlands, East Anglia, South West, South East and Greater London
		<u>Coding</u>	
		1	North
		2	South

Line(Card) 1 continued.

<u>Line(Card)/</u> <u>col</u>	<u>Short</u> <u>variable</u> <u>name</u>	<u>Range</u> <u>and missing</u> <u>values</u>	<u>Comments</u>
0153	COMBOUT	1-9	<u>Outcome variable</u> This variable relates to the various outcome combinations for the respondents who were seen at both HALS1 and HALS2.  <u>Coding</u> 1: Questionnaire only at both surveys 2: Measurements at HALS1 and questionnaire only at HALS2 3: All sections including self-completion form at HALS1 and questionnaire only at HALS2 4: HALS1 questionnaire only and HALS2 measurements * 5: HALS1 questionnaire only and HALS2 self-completion * 6: HALS1 and HALS2 measurements (no self-completion forms) 7: HALS1 measurements and HALS2 self-completion form 8: HALS1 self-completion form and HALS2 measurements 9: All procedures completed at both surveys - questionnaire, measurements and self-completion form  <u>Post Codes</u> 0161-68 (A) POST84 0169-76 (A) POST91 For those researchers wishing to analyse the data by small area statistical procedures, the Post Codes of respondents at HALS1 (POST84) and HALS2 (POST91) are given, omitting the final letter to preserve confidentiality  <u>Warning</u> The Post Code data are in alphanumeric format (A) and it is necessary to identify the data as such on the data file if statistical packages such as SPSS are used for analysis whether or not these particular variables are used.

\* See note in page 5 of the Introduction.



**HEALTH AND LIFESTYLE  
SURVEY**

QUESTIONNAIRE

<u>Question</u>	<u>Line/col</u>	<u>Short</u> <u>variable</u> <u>name</u>	<u>Range and</u> <u>missing value</u>	<u>Comments</u>	
1a	0210-11	BD2	1-31	No missing values	
	0212-13	BM02	1-12	No missing values	
	0214-15	BYR2	92-98, 00-67	No missing values	
1b	0216-17	AGYRS2	25-99	No missing values	
1c	0218	SEX2	1,2		
1d	0219-20	HOU2	00-97 99:NA		
1e	0221	RELHOU21	1-6 9:NA	0222 RELSEX21 1,2 9:NA	0223-24 RELAGE21 00-97 (97 = 97+) 98:DK 99:NA
	0225	RELHOU22		0226 RELSEX22	0227-28 RELAGE22
	0229	RELHOU23		0230 RELSEX23	0231-32 RELAGE23
	0233	RELHOU24		0234 RELSEX24	0235-36 RELAGE24
	0237	RELHOU25		0238 RELSEX25	0239-40 RELAGE25
	0241	RELHOU26		0242 RELSEX26	0243-44 RELAGE26
	0245	RELHOU27		0246 RELSEX27	0247-48 RELAGE27
	0249	RELHOU28		0250 RELSEX28	0251-52 RELAGE28
	0253	RELHOU29		0254 RELSEX29	0255-56 RELAGE29
	0257	RELHOU30		0258 RELSEX30	0259-60 RELAGE30
	0261	RELHOU31		0262 RELSEX31	0263-64 RELAGE31
	0265	RELHOU32		0266 RELSEX32	0267-68 RELAGE32

**HOUSEHOLD**

1 I would like to start by collecting some brief information about you and your household

a First, what is your date of birth? DAY MONTH YEAR

b So can I check, on your last birthday you were aged ? AGE:

c RECORD RESPONDENT'S SEX Male 1  
Female 2

d In addition to you how many other people live in this household?

NUMBER OF OTHER PEOPLE   ASK e.

Lives on own 00 GO TO Q2

IF OTHER PEOPLE IN HOUSEHOLD AT d.

e Who lives in the household with you?

RECORD BELOW DETAILS OF ALL IN HOUSEHOLD APART FROM RESPONDENT

RELATIONSHIP TO RESPONDENT						SEX		AGE LAST BIRTHDAY
Spouse	Living as Married	Son/daughter (incl adopted & steps)	Parent (incl in-laws)	Other relatives (incl other in-laws, grandchildren & grandparents)	Non-relative (incl fosters)	M	F	(IN YEARS)
1	2	3	4	5	6	1	2	<input type="text"/> <input type="text"/>
1	2	3	4	5	6	1	2	<input type="text"/> <input type="text"/>
1	2	3	4	5	6	1	2	<input type="text"/> <input type="text"/>
1	2	3	4	5	6	1	2	<input type="text"/> <input type="text"/>
1	2	3	4	5	6	1	2	<input type="text"/> <input type="text"/>
1	2	3	4	5	6	1	2	<input type="text"/> <input type="text"/>
1	2	3	4	5	6	1	2	<input type="text"/> <input type="text"/>
1	2	3	4	5	6	1	2	<input type="text"/> <input type="text"/>
1	2	3	4	5	6	1	2	<input type="text"/> <input type="text"/>
1	2	3	4	5	6	1	2	<input type="text"/> <input type="text"/>
1	2	3	4	5	6	1	2	<input type="text"/> <input type="text"/>
1	2	3	4	5	6	1	2	<input type="text"/> <input type="text"/>
1	2	3	4	5	6	1	2	<input type="text"/> <input type="text"/>
1	2	3	4	5	6	1	2	<input type="text"/> <input type="text"/>
1	2	3	4	5	6	1	2	<input type="text"/> <input type="text"/>

2a 0344 KIDOFF2 1, 2  
9:NA

2b 0345-46 KIDOTH2 1-98

3a 0347 OANH2 1-4  
8:DK  
9:NA

3b 0348 HPB200 1,2  
9:NA

2a Do you have any (other) children of your own who are not living with you?

(CHILDREN OF ANY AGE)

Yes	1 ASK b.
No	2 GO TO Q3

IF YES (CODE 1 AT a.)

b How many (other) children do you have?

NUMBER OF (OTHER) CHILDREN:

--	--

HEALTH ATTITUDES AND BELIEFS

ALL

3a I am now going to ask you some general questions about health and your opinions about it. There are no right and wrong answers. We just want to know what you think.

Would you say that for someone of your age, your own health is generally READ OUT .

CODE ONE ONLY

excellent,	1
good,	2
fair,	3
or poor?	4
Don't know	8

b Do you do anything at the moment to keep yourself healthy or improve your health?

Yes	1 ASK Q4
No	2 GO TO Q5

ACTIVITY

4	0349	HPB201	1	Keep to med/slim diet
	0350	HPB202	1	Other dietary habits
	0351	HPB203	1	Stop/reduce drinking
	0352	HPB204	1	Stop/reduce smoking
	0353	HPB205	1	Take medicines

Note

HPB206 omitted - HPB 6 in HALS1  
 "Do not take medicines" omitted from HALS2.

	0354	HPB207	1	Housework
	0355	HPB208	1	Gardening
	0356	HPB209	1	Walking
	0357	HPB210	1	Play particular sports

Coding

0358 HPB211 1 Used if no particular sport mentioned, or when non-specific physical activities mentioned.

0359 HPB212 1 Job/work

0360 HPB213 1 Sleeping habits

0361 HPB214 1 Social activities

0362 HPB215 1 Mental attitude etc.

0363 HPB216 1 Use special techniques - yoga etc.

0364 HPB217 1 Housing/area

0365 HPB218 1 Fresh air

0366 HPB219 1 OTHER

0367 HPB220 1 OTHER

2608 HPB221 1 Coding  
 PURSUE HOBBIES - Coded if a hobby is mentioned which uses little/no physical exertion.

2609 HPB222 1 HEALTH CHECKS - Includes preventive measures eg. well-patient clinic. Any mention of physiotherapy.

IF YES (CODE 1 AT Q3b)

4 What are the three most important things you do to keep or improve your health?

DO NOT PROMPT.

CODE 3 ITEMS BELOW ONLY.

(ACCEPT ONE OR TWO IF NO MORE OFFERED).

DIET:	Keep to a medical/slimming diet	01
	Other dietary habits	02
DRINKING:	Stopped or reduced drinking	03
SMOKING:	Stopped or reduced smoking	04
MEDICINES:	Take medicines	05
PHYSICAL ACTIVITIES:	Housework	06
	Gardening	07
	Walking	08
	Play particular sport(s)	09
	Physical leisure activities generally	10
JOB:	Job/work keeps healthy	11
SLEEP:	Type of sleeping habits	12
SOCIAL:	Type of social activities	13
MENTAL STATE:	Mental attitude, lack of stress	14
	Use special techniques - yoga/meditation etc	15
HOUSING/AREA:	Housing/area conditions	16
FRESH AIR:	Get (more) fresh air	17
OTHER (SPECIFY):		
1	_____	18
2	_____	19
3	_____	20

5a	0368	HPBNOT20	1, 2 9:NA	
5b	0369	HPBNOT21	1	<u>Coding</u> Coded here if <u>physical</u> activities mentioned.
	0370	HPBNOT22	1	Diet/nutrition
	0371	HPBNOT23	1	Lose weight
	0372	HPBNOT24	1	Reduce smoking
	0373	HPBNOT25	1	Reduce alcohol
	0374	HPBNOT26	1	<u>Coding</u> Coded here if hobbies mentioned which involved little/no physical exertion.
	0375	HPBNOT27	1	Change/get job
	0376	HPBNOT28	1	Change social life
	0377	HPBNOT29	1	Other
	0378	HPBNOT30	1	Other
	0379	HPBNOT31	1	Get out more/get about more - Used when not clear if "getting out" is related to physical activity.
	0380	HPBNOTDK	1	
	2610	HPBNOT32	1	Pursue leisure activities - Used when general mention of leisure, relaxation etc.
	2611	HPBNOT33	1	Health checks - including preventive measures eg. well-patient clinic.



ALL

5a Are there any things you would like to do to keep yourself healthy but don't do?

Yes	1 ASK b.
No	2 GO TO Q6

IF YES (CODE 1 AT a.)

b What would you like to do?

CODE UP TO THREE THINGS

- Sport/exercise 01
- Diet/nutrition generally 02
- Lose weight 03
- Cut down or give up smoking 04
- Cut down or give up alcohol 05
- Pursue hobbies 06
- Change/get job 07
- Change social life 08
- Other (SPECIFY) 1 \_\_\_\_\_ 09
- 2 \_\_\_\_\_ 10
- 3 \_\_\_\_\_ 11
- Don't know 98

6a 0408 HPBETTER 1, 2, Note  
9:NA Q6b received a verbatim response.

Coding

If 'family', 'housing' or 'work' included in a response also mentioning decreased stress or worry, coded at 1,2 or 7 and at 8.  
If HPBC10 coded condition entered at HPBC14-48.  
If HPBC45 used, site of cancer has also been coded.

6b	2612	HPBC01	1	Social environment, family, community
	2613	HPBC02	1	Standard of living, prosperity, better housing
	2614	HPBC03	1	Better diet, eating habits
	2615	HPBC04	1	Reduced, given up smoking
	2616	HPBC05	1	Reduced, given up alcohol
	2617	HPBC06	1	More active, sport, exercise
	2618	HPBC07	1	Changed job/retired
	2619	HPBC08	1	Less stress, worry, more contented
	2620	HPBC09	1	Improvement of a condition through drugs, surgery or alternative medicine
	2621	HPBC10	1	Improvement of a specified condition (Coded also in HPBC14-48)
	2622	HPBC11	1	Getting out more, fresh air
	2623	HPBC12	1	HRT
	2624	HPBC13	1	Other
	2625	HPBC14	1	Arthritis/rheumatism
	2626	HPBC15	1	Back trouble, slipped disc
	2627	HPBC16	1	Hernia
	2628	HPBC17	1	Other disease of bones, joints, muscle
	2629	HPBC18	1	Heart - angina, heart attack, MI, heart disease
	2630	HPBC19	1	Hypertension, high blood pressure
	2631	HPBC20	1	Stroke, arterial disease, arteriosclerosis
	2632	HPBC21	1	Bronchitis/emphysema
	2633	HPBC22	1	Asthma
	2634	HPBC23	1	TB
	2635	HPBC24	1	Other disease of respiratory system
	2636	HPBC25	1	Stomach ulcer, stomach trouble
	2637	HPBC26	1	Other disease of gastro-intestinal system
	2638	HPBC27	1	Other disease of the genito-urinary system
	2639	HPBC28	1	Diabetes
	2640	HPBC29	1	Gout
	2641	HPBC30	1	Disease of endocrine system, including thyroid
	2642	HPBC31	1	Allergic disease inc hay fever
	2643	HPBC32	1	Skin disease inc dermatitis, eczema
	2644	HPBC33	1	Sinusitis
	2645	HPBC34	1	Blindness/partial sight/eye trouble
	2646	HPBC35	1	Deafness/ear trouble
	2647	HPBC36	1	Migraine, chronic headache
	2648	HPBC37	1	Liver disease/cirrhosis
	2649	HPBC38	1	Varicose veins
	2650	HPBC39	1	Disease of blood inc anaemia
	2651	HPBC40	1	Kidney disease
	2652	HPBC41	1	Paralysis, paraplegia, hemiplegia
	2653	HPBC42	1	Epilepsy, convulsions
	2654	HPBC43	1	Other disease of nervous system and sense organs
	2655	HPBC44	1	Mental disorders, inc nerves, depression, anxiety
	2656	HPBC45	1	Cancer (coded also at site)
	2657	HPBC46	1	Viral infections
	2658	HPBC47	1	M.E. (post viral fatigue syndrome)
	2659	HPBC48	1	Other conditions

ALL

6a Is there any way in which your life is healthier now than it was seven years ago?

Yes

1 ASK b

No

2 ASK Q7

IF YES (CODE 1 AT a.)

b In what ways has it become more healthy?

PROBE FULLY. RECORD VERBATIM

7a	0409	HPBWORSE	1, 2 9:NA	<u>Note</u> Q7b received a verbatim response.
7b	2660	HPWC01	1	Social environment, family, community
	2661	HPWC02	1	Standard of living, decline in prosperity, poor housing
	2662	HPWC03	1	Wrong diet, poor eating habits
	2663	HPWC04	1	Began, increased smoking
	2664	HPWC05	1	Began, increased alcohol
	2665	HPWC06	1	Less exercise, activity, sport
	2666	HPWC07	1	Work problems, stressful, hazardous
	2667	HPWC08	1	Stress, worry, pace of life
	2668	HPWC09	1	Onset, deterioration of a condition
	2669	HPWC10	1	Onset, deterioration of a condition (Code also at HPWC14-48)
	2670	HPWC11	1	Ageing
	2671	HPWC12	1	Less mobility
	2672	HPWC13	1	Other
	2708	HPWC14	1	Arthritis/rheumatism
	2709	HPWC15	1	Back trouble, slipped disc
	2710	HPWC16	1	Hernia
	2711	HPWC17	1	Other disease of bones, joints, muscle
	2712	HPWC18	1	Heart - angina, heart attack, MI, heart disease
	2713	HPWC19	1	Hypertension, high blood pressure
	2714	HPWC20	1	Stroke, arterial disease, arteriosclerosis
	2715	HPWC21	1	Bronchitis/emphysema
	2716	HPWC22	1	Asthma
	2717	HPWC23	1	TB
	2718	HPWC24	1	Other disease of respiratory system
	2719	HPWC25	1	Stomach ulcer, stomach trouble
	2720	HPWC26	1	Other disease of gastro-intestinal system
	2721	HPWC27	1	Other disease of the genito-urinary system
	2722	HPWC28	1	Diabetes
	2723	HPWC29	1	Gout
	2724	HPWC30	1	Disease of endocrine system, including thyroid
	2725	HPWC31	1	Allergic disease inc hay fever
	2726	HPWC32	1	Skin disease inc dermatitis, eczema
	2727	HPWC33	1	Sinusitis
	2728	HPWC34	1	Blindness/partial sight/eye trouble
	2729	HPWC35	1	Deafness/ear trouble
	2730	HPWC36	1	Migraine, chronic headache
	2731	HPWC37	1	Liver disease/cirrhosis
	2732	HPWC38	1	Varicose veins
	2733	HPWC39	1	Disease of blood inc anaemia
	2734	HPWC40	1	Kidney disease
	2735	HPWC41	1	Paralysis, paraplegia, hemiplegia
	2736	HPWC42	1	Epilepsy, convulsions
	2737	HPWC43	1	Other disease of nervous system and sense organs
	2738	HPWC44	1	Mental disorders, inc nerves, depression, anxiety
	2739	HPWC45	1	Cancer (code also at site)
	2740	HPWC46	1	Viral infections
	2741	HPWC47	1	M.E. (post fatigue syndrome)
	2742	HPWC48	1	Other conditions

ALL

7a Is there any way in which your life has become less healthy in the last seven years?

Yes	1 ASK b.
No	2 GO TO Q8

IF YES (CODE 1 AT a.)

b In what ways has it become less healthy?

PROBE FULLY. RECORD VERBATIM

8a 0410 LIVHERE2 1 - 4  
8, 9:NA

8b 0411 BORNHER2 1, 2  
8, 9:NA

8c 0412 PARTHER2 1, 2  
8, 9:NA

8d 0413 FRHERE2 1, 2  
7, 8  
9:NA

ALL

8a	How long have you lived in this area?		
		Less than 1 year	1
	CODE <u>ONE</u> ONLY	1 year, less than 2 years	2
		2 years, less than 7 years	3
		7 years or more	4
		Can't say	8
b	Were you born in this area?	Yes	1
		No	2
		Don't know/Can't remember	8
c	Do you feel part of the community?	Yes	1
		No	2
		Don't know	8
d	And do you have any friends in this community?	Yes	1
		No	2
		No friends at all	7
		Don't know	8

9a 0414 RELHER2 1 - 3  
8:DK  
9:NA

9b 0415-16 CHIL 00 - 10 ' Codes for CHIL/ORELS  
' 98=Unknown  
' 99=Not Asked  
  
0417-18 GRCHIL 00 - 38  
0419-20 PARENTS 00 - 4  
0421-22 SIBS 00 - 12  
0423-24 ORELS 00 - 90  
98, 99:NA

10 0425 RELSPK 0 - 6  
8:DK 9:NA



ALL

9a (Apart from those who live with you), do any of your (children or other) relatives live in the area or within easy reach?

Yes	1	ASK b.
No	2	GO TO Q10
No relatives	3	GO TO Q.12

IF YES (CODE 1 AT a.)

b How many of each of these relatives live in the area or within easy reach of the area? Starting with READ OUT...

INSERT NUMBER FOR EACH CATEGORY OR CODE "00" FOR NONE OR "98" FOR UNKNOWN

Children?	<input type="text"/>	<input type="text"/>
Grandchildren?	<input type="text"/>	<input type="text"/>
Parents?	<input type="text"/>	<input type="text"/>
Brothers/sisters?	<input type="text"/>	<input type="text"/>
Other relatives?	<input type="text"/>	<input type="text"/>

IF HAS RELATIVES (CODES 1 OR 2 AT Q9a.) ASK AS APPROPRIATE

10 Thinking of all your relatives, (apart from those who live with you), how often do you see any of your (children or other) relatives to speak to?

PROMPT IF NECESSARY

IF SEES DIFFERENT RELATIVE EVERY DAY, CODE AS "DAILY"

CODE ONE ONLY

Never	0
Daily	1
2 or 3 times a week	2
At least weekly	3
At least monthly	4
More than once a year	5
Less than once a year	6
Don't know	8

11a 0426-27 MCONTAC1 00 - 10 00-No contact  
98:DK 99-Not asked  
0428-29 MCONTAC2 02 - 10 Note  
0430-31 MCONTAC3 03 - 10 MCONTACT1-5 may contain any answer in  
0432-33 MCONTAC4 04 - 10 the range indicated. Search appropriate  
0434-35 MCONTAC5 05 - 10 fields for particular codes.

11b 0436 RELFREQ 1 - 6  
8:DK 9:NA

12 0437 NCHAT 0 - 5  
8:DK 9:NA

IF HAS RELATIVE(S) (CODES 1 OR 2 AT Q9a.)

-1a

(Apart from those who live with you,) which one of your relatives do you have the most contact with?

IF CLAIM TO CONTACT TWO OR MORE RELATIVES EQUALLY, PROMPT TO ESTABLISH WHICH ONE THEY HAVE MOST CONTACT WITH. IF CANNOT SPECIFY ONE PERSON THEN MULTI-CODE.

CODE STEP-RELATIVES IN "OTHER CATEGORIES"

No contact	00	GO TO Q12
Daughter	01	
Daughter-in-law	02	
Son	03	
Son-in-law	04	ASK b.
Mother	05	
Father	06	
Sister/brother	07	
Granddaughter/grandson	08	
Other female relative	09	
Other male relative	10	
Don't know	98	

IF HAS CONTACT WITH RELATIVE(S)

b

How often do you see him/her/them to talk to?

PROMPT IF NECESSARY

CODE ONE ONLY

Daily	1
2 or 3 times a week	2
At least weekly	3
At least monthly	4
More than once a year	5
Less than once a year	6
Don't know	8

ALL

12

How often do you see any of your neighbours to have a chat, or to do something with?

PROMPT IF NECESSARY

CODE ONE ONLY

Never	0
Daily	1
2 or 3 times a week	2
At least monthly	3
More than once a year	4
Less than once a year	5
Don't know	8

13a 0438 PSSI201 1 - 3  
9:NA

13b 0439 PSSI202 1 - 3  
9:NA

13c 0440 PSSI203 1 - 3  
8:DK 9:NA

13d 0441 PSSI204 1 - 3  
8:DK 9:NA

13e 0442 PSSI205 1 - 3  
9:NA

13f 0443 PSSI206 1 - 3  
8:DK 9:NA

13g 0444 PSSI207 1 - 3  
9:NA

17th Nov

Q:10

manlws

13 SHOW CARD A. I would now like you to think about your family  
 By family I mean those you live with as well as those elsewhere  
 Here are some comments people have made about their family  
 I'd like you to say how far each statement is true for you  
 Use this card to give your reply CODE ONE ONLY FOR EACH QUESTION.

a There are members of my family (friends) who make  
 me feel loved Is this. READ OUT

not true, 1  
 partly true, 2  
 or, certainly true? 3

b Do things to make me feel happy Not true, 1  
 partly true, 2  
 or, certainly true 3

c There are members of my family (friends)  
 who can be relied on no matter what  
 happens Not true, 1  
 partly true, 2  
 or, certainly true 3

d Would see that I am taken care of  
 if I needed to be. Not true, 1  
 partly true, 2  
 or, certainly true 3

e There are members of my family (friends)  
 who accept me just as I am Not true, 1  
 partly true, 2  
 or, certainly true 3

f Make me feel an important part of  
 their lives Not true 1  
 partly true, 2  
 or, certainly true 3

g Give me support and encouragement Not true, 1  
 partly true, 2  
 or, certainly true 3

Interviewer instruction

Note that Card B has both the statements and the answers on it. Also note that "all depends" is a category given to respondents to choose if they wish to. So if the response is "it depends" or "sometimes yes and sometimes no" or "don't know", accept it and ring Code 3.

14a 0445 LOCI201 1 - 5

Coding

As at HALS1. Items (a), (d), and (f) have been recoded to reverse the score, ie 5 recoded as 1, 4 as 2, 2 as 4 and 1 as 5.

14b 0446 LOCI202 1 - 5

Note

14c 0447 LOCI203 1 - 5

This grid was designed as a Likert scale, and was statistically tested on the first 1200 HALS1 respondents (for another use see Blaxter, M., Q.J.Social Affairs, 1,2, 131-71, 1985).

14d 0448 LOCI204 1 - 5

Low ("agree") scores on (b), (c), (e), (g), (h), were found to cluster with high ("disagree") scores on (a), (d), (f), hence the reversal of coding above. With the revised coding, low total scores are taken to mean low feelings of control over health; high total scores a high feeling of control.

14e 0449 LOCI205 1 - 5

14f 0450 LOCI206 1 - 5

14g 0451 LOCI207 1 - 5

14h 0452 LOCI208 1 - 5

Coding

15 0453 ETULC201 1, 9:NA

Code 9 = This question not answered at all

0454 ETULC202 1

0455 ETULC203 1

0456 ETULC204 1

0457 ETULC205 1

0458 ETULC206 1

0459 ETULC207 1

0460 ETULC208 1

0461 ETULC209 1

Other

0463 ETULC2DK 1

0464 ETULC211 1

Smoking

0465 ETULC212 1

Drugs/medication



16a	0508	ETBR201	1, 9:NA	
	0509	ETBR202	1	
	0510	ETBR203	1	
	0511	ETBR204	1	Includes mention of damp eg. damp housing.
	0512	ETBR205	1	
	0513	ETBR206	1	Includes general reference to the environment.
	0514	ETBR207	1	
	0515	ETBR208	1	
	0516	ETBR209	1	
	0517	ETBR2DK	1	
	0518	ETBR210	1	Coughs, colds, flu, viruses
	0519	ETBR211	1	Neglect of self
	0520	ETBR212	1	Food
	0521	ETBR213	1	Housing conditions
	0522	ETBR214	1	General health

16b	0524	ETHBP201	1, 9:NA	
	0525	ETHBP202	1	Not 'Overwork'- see 212/3.
	0526	ETHBP203	1	
	0527	ETHBP204	1	
	0528	ETHBP205	1	
	0529	ETHBP206	1	
	0530	ETHBP207	1	
	0531	ETHBP208	1	
	0532	ETHBP209	1	
	0533	ETHBP210	1	
	0534	ETHBP211	1	
	0535	ETHBP2DK	1	
	0536	ETHBP212	1	Overwork/over-exercise
	0538	ETHBP214	1	The pill
	0539	ETHBP215	1	Pregnancy
	0540	ETHBP216	1	Drugs/medication

16c	0541	ETOWT201	1, 9:NA	Not 'Boredom'- see 211
	0542	ETOWT202	1	
	0543	ETOWT203	1	
	0544	ETOWT204	1	
	0545	ETOWT205	1	
	0546	ETOWT206	1	
	0547	ETOWT207	1	Includes mention of 'metabolism'.
	0548	ETOWT208	1	
	0549	ETOWT209	1	
	0550	ETOWT2DK	1	
	0551	ETOWT210	1	Drugs/medication
	0552	ETOWT211	1	Boredom
	0553	ETOWT212	1	Lack of willpower/control/discipline



5a What do you believe causes chronic bronchitis?

DO NOT PROMPT

CODE ALL THAT APPLY

Smoking	01
Overweight	02
Family or heredity	03
Damp weather or clothes	04
Weak chest/lungs	05
Air pollution	06
Working conditions	07
Other (SPECIFY) 1) _____	08
11) _____	09
Don't know	98

b What do you believe causes high blood pressure?

DO NOT PROMPT

CODE ALL THAT APPLY

Smoking	01
Worry/Tension/Stress	02
Alcohol	03
Type of diet	04
Salt	05
Overweight	06
Lack of exercise	07
Family or heredity	08
Age	09
Other (SPECIFY) 1) _____	10
11) _____	11
Don't know	98

c What do you believe causes obesity or being overweight?

DO NOT PROMPT

CODE ALL THAT APPLY

Worry/Tension/Stress	01
Alcohol	02
Overeating	03
Eating wrong foods	04
Lack of exercise	05
Family or heredity	06
'Glands' or hormones	07
Other (SPECIFY) 1) _____	08
11) _____	09
Don't know	98

17a	0556	ETMIG201	1, 9:NA	Includes mention of overwork.
	0557	ETMIG202	1	
	0558	ETMIG203	1	Includes too much food. Too little food coded at ETMIG207.
	0559	ETMIG204	1	
	0560	ETMIG205	1	
	0561	ETMIG206	1	
	0562	ETMIG207	1	
	0563	ETMIG208	1	
	0564	ETMIG2DK	1	
	0565	ETMIG209	1	Eyestrain/lights - includes any mention of eyes, too much TV.
	0566	ETMIG210	1	Hormonal changes
	0567	ETMIG211	1	Tiredness
	0568	ETMIG212	1	Blood pressure
	0569	ETMIG213	1	General health - any mention of health which cannot be fitted into other codes.
17b	0608	ETLIV201	1, 9:NA	Includes mention of overwork.
	0609	ETLIV202	1	
	0610	ETLIV203	1	
	0611	ETLIV204	1	
	0612	ETLIV205	1	
	0613	ETLIV206	1	
	0614	ETLIV207	1	
	0615	ETLIV208	1	
	0616	ETLIV2DK	1	
	0617	ETLIV209	1	Smoking
	0618	ETLIV210	1	Illnesses/infection/liver fluke
	0619	ETLIV211	1	Drugs
17c	0624	ETSTK201	1, 9:NA	Includes mention of overwork.
	0625	ETSTK202	1	
	0626	ETSTK203	1	Any mention of food or high cholesterol diet. Without diet mentioned coded into 218.
	0627	ETSTK204	1	
	0628	ETSTK205	1	
	0629	ETSTK206	1	
	0630	ETSTK207	1	
	0631	ETSTK208	1	
	0632	ETSTK209	1	
	0633	ETSTK210	1	Includes physical overwork or heavy work.
	0634	ETSTK211	1	
	0635	ETSTK212	1	
	0636	ETSTK2DK	1	
	0637	ETSTK213	1	Smoking
	0638	ETSTK214	1	Luck/fate
	0640	ETSTK216	1	Brain/clot - Any mention of brain or clots.
	0641	ETSTK217	1	Heart - Any mention of heart or cardiovascular system.
	0642	ETSTK218	1	Circulation - Any mention of arteries, blood vessels or cholesterol. (Without mention of diet - see 203)

17a What do you believe causes migraine?

DO NOT PROMPT Worry/Tension/Stress 01

CODE ALL THAT APPLY Alcohol 02

Foods, food allergy 03

Family or heredity 04

Pollution 05

Environment (housing/local conditions) 06

Other (SPECIFY) 1) \_\_\_\_\_ 07

11) \_\_\_\_\_ 08

Don't know 98

b What do you believe causes liver trouble?

DO NOT PROMPT Worry/Tension/Stress 01

CODE ALL THAT APPLY Alcohol 02

Diet 03

Overweight 04

Family or heredity 05

Pollution 06

Other (SPECIFY) 1) \_\_\_\_\_ 07

11) \_\_\_\_\_ 08

Don't know 98

c What do you believe causes a stroke?

DO NOT PROMPT Worry/Tension/Stress 01

CODE ALL THAT APPLY Alcohol 02

Diet 03

Overweight 04

Lack of exercise 05

Family or heredity 06

Environment (housing/local conditions) 07

Old age 08

High blood pressure 09

Sudden/over exercise 10

Other (SPECIFY) 1) \_\_\_\_\_ 11

11) \_\_\_\_\_ 12

Don't know 98

18	0643	ETCAN201	1, 9:NA	Not including passive smoking - coded separately at 214.
	0644	ETCAN202	1	
	0645	ETCAN203	1	Any mention of diet, under and over-eating.
	0646	ETCAN204	1	Not over eating.
	0647	ETCAN205	1	
	0648	ETCAN206	1	
	0649	ETCAN207	1	Pollution that is breathed.
	0650	ETCAN208	1	Non-specific mention of pollution, no reference to work or housing or cannot be breathed.
	0651	ETCAN209	1	Any mention of housing conditions or weather.
	0652	ETCAN210	1	
	0653	ETCAN211	1	
	0654	ETCAN2DK	1	
	0655	ETCAN212	1	Working conditions - Any reference to work.
	0657	ETCAN214	1	Passive smoking
19	0658	ETCAR201	1, 9:NA	
	0659	ETCAR202	1	Not 'Overwork'.
	0660	ETCAR203	1	
	0661	ETCAR204	1	
	0662	ETCAR205	1	Includes high cholesterol foods.
	0663	ETCAR206	1	
	0664	ETCAR207	1	
	0665	ETCAR208	1	
	0666	ETCAR209	1	
	0667	ETCAR210	1	
	0668	ETCAR211	1	
	0669	ETCAR212	1	
	0670	ETCAR213	1	
	0671	ETCAR2DK	1	
	0672	ETCAR214	1	High blood pressure
	0673	ETCAR215	1	Cholesterol - Includes family history of high cholesterol (code also at 210).
	0674	ETCAR216	1	Heart
	0675	ETCAR217	1	Circulation
	0676	ETCAR218	1	Lifestyle - Any non-specific mention of way of life.



20a	0708	ETDEP201	1, 9:NA	Includes overwork.
	0709	ETDEP202	1	
	0710	ETDEP203	1	
	0711	ETDEP204	1	Circumstances includes general reference to way of life, eg. not getting out enough.
	0712	ETDEP205	1	Not boredom - see 215.
	0713	ETDEP206	1	
	0714	ETDEP207	1	
	0715	ETDEP208	1	
	0716	ETDEP209	1	
	0717	ETDEP210	1	
	0718	ETDEP211	1	
	0719	ETDEP212	1	
	0720	ETDEP213	1	
	0721	ETDEP20K	1	
	0722	ETDEP214	1	Being ill/medical problems - Includes any mention of physical or mental disease.
	0723	ETDEP215	1	Boredom
	0724	ETDEP216	1	Medicine/drugs/alcohol
	0738	ETDEP217	1	Work
20b	0725	ETPIL201	1, 9:NA	
	0726	ETPIL202	1	Includes any mention of fibre.
	0727	ETPIL203	1	General mention of foods.
	0728	ETPIL204	1	
	0729	ETPIL205	1	Hot surfaces coded at ETPIL 207 'other'.
	0730	ETPIL206	1	
	0731	ETPIL207	1	
	0732	ETPIL208	1	
	0733	ETPIL20K	1	
	0734	ETPIL209	1	Hereditary/family
	0735	ETPIL210	1	Mechanical strain
	0736	ETPIL211	1	Veins
	0737	ETPIL212	1	Nerves/stress/depression/worry

20a What do you think causes severe depression?

DO NOT PROMPT Worry/Tension/Stress 01

CODE ALL THAT APPLY Family or heredity 02

Loneliness 03

Financial problems 04

Attitude/Give in to things 05

Bereavement 06

Marital problems/Divorce/Separation 07

Family relationships 08

Menopause 09

Childbirth 10

Unemployment 11

Other (SPECIFY) 1) \_\_\_\_\_ 12

11) \_\_\_\_\_ 13

Don't know 98

b What do you think causes piles and haemorrhoids?

DO NOT PROMPT Constipation 01

CODE ALL THAT APPLY Diet-low fibre/roughage 02

Other bad diet 03

Pregnancy 04

Sitting on cold surfaces 05

Sitting on wet surfaces 06

Other (SPECIFY) 1) \_\_\_\_\_ 07

11) \_\_\_\_\_ 08

Don't know 98

21 0740 BELSG200 1, 2  
8:DK

22 0741 BELSG201 1, 9:NA  
0742 BELSG202 1  
0743 BELSG203 1  
0744 BELSG204 1  
0745 BELSG205 1  
0746 BELSG206 1  
0747 BELSG207 1  
0748 BELSG208 1  
0749 BELSG209 1  
0750 BELSG2DK 1  
0751 BELSG210 1  
0752 BELSG211 1  
0753 BELSG212 1  
0754 BELSG213 1

Diet coded separately at BELSG 211.

Religion  
Improved diet/eating habits  
Improvement of a medical condition  
Retirement

23a 0757 BELSB200 1, 2  
8:DK  
9:NA

23b 0758 BELSB201 1, 9:NA  
0759 BELSB202 1  
0760 BELSB203 1  
  
0761 BELSB204 1  
0762 BELSB205 1  
0763 BELSB206 1  
0764 BELSB207 1  
0765 BELSB208 1  
0766 BELSB209 1  
0767 BELSB2DK 1  
0768 BELSB210 1  
0769 BELSB211 1  
0770 BELSB212 1  
0771 BELSB213 1  
0772 BELSB214 1

Unemployment coded separately at BELSB 211.  
Retirement coded separately at BELSB 213.

Diet coded separately at BELSB 214.

Stage of life/menopause/middle age/being elderly  
Unemployment  
Deterioration or onset of medical condition  
Retirement  
Diet/eating habits



**HEALTH**

ALL

Now I would like to ask you about your health

21 Are there any things about your life now that have a good effect on your health?

Yes	1	ASK Q22
No	2	GO TO Q23
Don't know	8	

IF YES (CODE 1 AT Q21)

22 What are they?

CODE ALL THAT APPLY	Able to get about	01
	Environment/housing	02
	Work	03
	Financial/Standard of living/Income	04
	Family/Marital relationships	05
	Friends/Neighbours/Social activity	06
	Behaviour (smoking, drinking, exercise, etc)	07
	Contentment	08
Other (SPECIFY) _____		09
_____	Don't know	98

ALL

23a Are there any things about your life now that have a bad effect on your health?

Yes	1	ASK b.
No	2	GO TO Q24
Don't know	8	

IF YES (CODE 1 AT a.)

b What are they?

CODE <u>ALL</u> THAT APPLY	Unable to get about	01
	Environment/housing	02
	Work	03
	Financial/Standard of living/Income	04
	Family or marital problems/relationships	05
	Friends/Neighbours/Social activity	06
	Behaviour (smoking/drinking/exercise, etc)	07
	Stress and worry	08
Other (SPECIFY) _____		09
_____	Don't know	98

24 0808 LIFHAL2 1 - 4  
8:DK  
9:NA

25a 0809 HELCOMP 1, 2, 3  
8:DK  
9:NA

25b 0810 HELB 1, 2  
8:DK

25c 0811 HELW 1, 2  
8:DK  
9:NA

ALL

- 24 Do you feel that you lead **READ OUT**
- CODE ONE ONLY**
- a very healthy life, 1
  - a fairly healthy life, 2
  - a not very healthy life, 3
  - or, an unhealthy life? 4
  - Don't know 8

ALL

- 25a Do you think that compared to seven years ago your health is generally ?
- |                    |   |           |
|--------------------|---|-----------|
| Better,            | 1 | ASK b.    |
| worse,             | 2 | ASK c.    |
| or about the same? | 3 | GO TO Q26 |
| Can't say          | 8 |           |

IF BETTER (CODE 1 AT a.)

- b Do you think it is . **READ OUT**
- |                  |   |           |
|------------------|---|-----------|
| ... a bit better | 1 |           |
| or a lot better? | 2 | GO TO Q26 |
| Can't say        | 8 |           |

IF WORSE (CODE 2 AT a.)

- c Do you think it is **READ OUT**
- a bit worse 1
  - or a lot worse? 2
  - Can't say 8

26a 0812 DRUG2 1, 2  
9:NA

26b 0813 TONIC2 1, 2  
9:NA

26d 0814 SMEAR 1, 2  
8:DK  
9:NA

27b 0816 PILL2 1, 2  
9:NA

27c 0817 PREG2 1, 2  
9:NA

27d 0818 PREGLO2 2-9

17th Nov

Q:18

manlws

ALL

26a At the moment do you have anything on prescription (IF FEMALE UNDER 50 Other than the oral contraceptive)?

Yes 1  
No 2

b At the moment do you take any tonics, vitamin pills or anything similar?

Yes 1  
No 2

c INTERVIEWER: RECORD SEX

Female	A ASK d.
Male	B GO TO Q28

IF FEMALE

d Have you had a cervical smear test in the past 3 years?

Yes 1  
No 2  
Don't know 8

IF FEMALE

27a INTERVIEWER CHECK AGE AT Q1b AND RECORD

Aged 49 or less	1 ASK b.
Aged 50 or more	2 GO TO Q28

IF FEMALE AGED 49 OR LESS (CODE 1 AT a.)

b Do you usually take an oral contraceptive?

IF 'JUST STOPPED', CODE 'YES'

Yes 1  
No 2

c Are you pregnant at the moment?

Yes	1 ASK d.
No	2 GO TO Q28

IF PREGNANT (CODE 1 AT c.)

d How many months pregnant are you?

NUMBER OF MONTHS (TO NEAREST MONTHS)

28a 0819 DIS200 1, 2

28b 2743 DIS201 1 Arthritis/rheumatism  
2744 DIS202 1 Back trouble, slipped disc  
2745 DIS203 1 Hernia  
2746 DIS204 1 Other disease of bones, joints, muscle  
2747 DIS205 1 Heart - angina, heart attack, MI, heart disease  
2748 DIS206 1 Hypertension, high blood pressure  
2749 DIS207 1 Stroke, arterial disease, arteriosclerosis  
2750 DIS208 1 Bronchitis/emphysema  
2751 DIS209 1 Asthma  
2752 DIS210 1 TB  
2753 DIS211 1 Other disease of respiratory system  
2754 DIS212 1 Stomach ulcer, stomach trouble  
2755 DIS213 1 Other disease of gastro-intestinal system  
2756 DIS214 1 Other disease of the genito-urinary system  
2757 DIS215 1 Diabetes  
2758 DIS216 1 Gout  
2759 DIS217 1 Disease of endocrine system, including thyroid  
2760 DIS218 1 Allergic disease inc hay fever  
2761 DIS219 1 Skin disease inc dermatitis, eczema  
2762 DIS220 1 Sinusitis  
2763 DIS221 1 Blindness/partial sight/eye trouble  
2764 DIS222 1 Deafness/ear trouble  
2765 DIS223 1 Migraine, chronic headache  
2766 DIS224 1 Liver disease/cirrhosis  
2767 DIS225 1 Varicose veins  
2768 DIS226 1 Disease of blood inc anaemia  
2769 DIS227 1 Kidney disease  
2770 DIS228 1 Paralysis, paraplegia, hemiplegia  
2771 DIS229 1 Epilepsy, convulsions  
2772 DIS230 1 Other disease of nervous system and sense organs  
2773 DIS231 1 Mental disorders, inc nerves, depression, anxiety  
2774 DIS232 1 Cancer (also code at site)  
2775 DIS233 1 Viral infections  
2776 DIS234 1 M.E. (post viral fatigue syndrome)  
2777 DIS235 1 Other conditions.  
High cholesterol coded into DIS235 Other Conditions.

28c 0820 HCAP200 1, 2  
9:NA

ALL

28a Do you have any long-standing illness, disability or infirmity?

Yes

1 ASK b.

No

2 GO TO Q30

IF HAS LONG-STANDING ILLNESS (CODE 1 AT a.)

b What is the matter with you?

RECORD IN FULL

c Does it limit your activities in any way compared with other people of your own age?

Yes

1 ASK Q29

No

2 GO TO Q30

29a 0821 HCAP201 1, 2

29b 0822 HCAP202 1, 2  
9:NA

29c 0823 HCAP203 1, 2  
9:NA

29d 0824 HCAP204 1, 2  
8:DK 9:NA

29e 0825 HCAP205 1, 2

29f 0826 HCAP206 1, 2  
9:NA

29g 0827 HCAP207 1, 2



IF LIMITS ACTIVITIES (CODE 1 AT Q28c.)

9a How does it affect you, do you have to take special care some of the time?

Yes 1  
No 2

b Are you limited in the amount of work, or the kind of work you can do, or in your social life?

Yes 1  
No 2

c Are you unable to work (or do housework)?

Yes 1  
No 2

d Can you climb stairs?

Yes 1  
No 2

e Can you walk around outside without help or aids?

Yes	1	GO TO Q30
No	2	ASK f.

IF NO (CODE 2 AT e.)

f Can you walk around the house (flat) without help or aids?

Yes 1  
No 2

g Do you have to have help with things like dressing or feeding?

Yes 1  
No 2

30	0828	PASTDS21	1 - 3 8:DK 9:NA	Asthma
	0829	PASTDS22	1 - 3 9:NA	Chronic Bronchitis
	0830	PASTDS23	1 - 3 9:NA	Other Chest
	0831	PASTDS24	1 - 3 8:DK 9:NA	Diabetes
	0832	PASTDS25	1 - 3 9:NA	Stomach or digestive disorder
	0833	PASTDS26	1 - 3 8:DK 9:NA	Piles or Haemorrhoids
	0834	PASTDS27	1 - 3 9:NA	Liver trouble
	0835	PASTDS28	1 - 3 8:DK 9:NA	Rheumatism or arthritis
	0836	PASTDS29	1 - 3 9:NA	Lung cancer
	0837	PASTDS30	1 - 3 9:NA	Other cancer
	0838	PASTDS31	1 - 3 9:NA	Depression
	0839	PASTDS32	1 - 3 8:DK 9:NA	Varicose veins
	0840	PASTDS33	1 - 3 8:DK 9:NA	High blood pressure
	0841	PASTDS34	1 - 3 9:NA	Stroke
	0842	PASTDS35	1 - 3 9:NA	Migraine
	0843	PASTDS36	1 - 3 9:NA	Back trouble
	0844	PASTDS37	1 - 3 9:NA	Epilepsy
	0845	PASTDS38	1 - 3 8:DK 9:NA	ME/Post viral fatigue syndrome

ALL

0a Have you ever had *asthma*?

b IF YES, PROBE: Has it ever been treated by a doctor or at hospital?

REPEAT a. AND b. FOR EACH OTHER ITEM LISTED BELOW.

	a	b	
	No	Yes, treated	Yes, <u>not</u> treated
Asthma	1	2	3
Chronic Bronchitis	1	2	3
Other chest trouble	1	2	3
Diabetes	1	2	3
Stomach or other digestive disorder	1	2	3
Piles or haemorrhoids	1	2	3
Liver trouble	1	2	3
Rheumatic disorder or arthritis	1	2	3
Lung cancer	1	2	3
Other cancer	1	2	3
Severe depression or other nervous illness	1	2	3
Varicose veins	1	2	3
High blood pressure	1	2	3
Stroke	1	2	3
Migraine	1	2	3
Back trouble	1	2	3
Epilepsy/fits	1	2	3
ME or Post Viral Fatigue Syndrome or Chronic Fatigue Syndrome	1	2	3

31a	0847	HEART	1, 2 8:DK 9:NA	
31b	0848	HEART1	1, 2 8:DK 9:NA	
	0849	HEART2	1, 2 8:DK 9:NA	
	0850	HEART3	1, 2 8:DK 9:NA	
	0851	HEART4	1, 2 8:DK 9:NA	
	0852	HEART5	1, 2 8:DK 9:NA	
	0853	HEARTOTH	1, 2 8:DK 9:NA	Other Where response says "don't know exactly", coded at HEARTOTH
	0873	HEART6	1	Bypass operation
	0874	HEART7	1	Murmur
32a	0854	HEARTANG	1, 2 9:NA	
32b	0855-56	HEARTAGE	18 - 88 98:DK 99:NA	
33	0857	PARHEART	1, 2 8:DK 9:NA	

ALL

1a Have you ever had any heart problems?

Yes	1	ASK b
No	2	GO TO Q33

IF HAS HAD HEART PROBLEMS (CODE 1 AT a.)

b Have you ever had READ OUT AND CODE YES OR NO FOR EACH

	Yes	No
a heart attack?	1	2
angina?	1	2
valve disease?	1	2
hole in the heart?	1	2
rheumatic heart disease?	1	2
any other heart problem? (SPECIFY) _____	1	2

32a INTERVIEWER CHECK Q31b. AND RECORD:

Respondent has had a heart attack or angina	1	ASK b.
Respondent has not had a heart attack or angina	2	GO TO Q33

IF HAD HEART ATTACK/ANGINA (CODE 1 AT a.)

b How old were you when you first experienced a heart attack/angina?

AGE IN YEARS:

ALL

33 Have either of your parents ever had a heart attack or angina?

Yes	1
No	2
Don't know	8

IF QUERIED TAKE NATURAL PARENTS

34 0858 SYMPT201 1, 2  
9:NA  
0859 SYMPT202 1, 2  
9:NA  
0860 MSYMT201 1, 2  
9:NA  
0861 SYMPT203 1, 2  
9:NA  
0862 SYMPT204 1, 2  
9:NA

35a 0863 SYMPT205 1, 2  
9:NA  
0864 MSYMT202 1, 2  
9:NA  
0865 SYMPT206 1, 2  
9:NA  
0866 SYMPT207 1, 2  
9:NA  
0867 MSYMT203 1, 2  
9:NA

35b 0868 SYMPT208 1, 2  
9:NA  
0869 SYMPT209 1, 2  
9:NA  
0870 MSYMT204 1, 2  
9:NA  
0871 SYMPT210 1, 2  
9:NA  
0872 SYMPT211 1, 2  
9:NA

36a 0908 MSYMT205 1, 2  
9:NA  
0909 SYMPT212 1, 2  
9:NA  
0910 SYMPT213 1, 2  
9:NA  
0911 SYMPT214 1, 2  
9:NA  
0912 SYMPT215 1, 2  
9:NA

All

34 Within the last month have you suffered from  
any problems with      READ OUT AND CODE YES  
OR NO FOR EACH

	Yes	No
Headaches?	1	2
. Hay fever?	1	2
Difficulty sleeping?	1	2
Constipation?	1	2
Trouble with eyes?	1	2

35a Within the last month have you suffered from  
any problems with

	Yes	No
A bad back?	1	2
Nerves?	1	2
Colds and flu?	1	2
. Trouble with feet? (CORNS, BUNIONS, ATHLETE'S FOOT, ETC )	1	2
Always feeling tired?	1	2

b Within the last month have you suffered from  
any problems with .

	Yes	No
Kidney or bladder trouble?	1	2
Painful joints?	1	2
Difficulty concentrating?	1	2
Palpitations or breathlessness?	1	2
Trouble with ears?	1	2

36a And within the last month have you suffered  
from any problems with .

	Yes	No
Worrying over every little thing?	1	2
Indigestion or other stomach trouble?	1	2
Sinus trouble or catarrh?	1	2
Persistent cough?	1	2
Faints or dizziness?	1	2

36d 0913 SYMPT216 1, 2  
9:NA

37a 0914 MSYMT206 1 - 4  
8:DK 9:NA

37b 0915 MSYMT207 1 - 4  
8:DK 9:NA

37c 0916 MSYMT208 1 - 4  
8:DK 9:NA



ALL

b INTERVIEWER CHECK SEX:

Female

A GO TO c.

Male

B GO TO Q37

c INTERVIEWER CHECK AGE:

Aged less than 60

A ASK d.

Aged 60 or more

B GO TO Q37

IF FEMALE UNDER 60 (CODE B AT c.)

d Within the last month have you suffered from any trouble with periods or the menopause?

Yes 1

No 2

ALL

17a How often do you feel that you are under so much strain that your health is likely to suffer  
READ OUT

always, 1

CODE ONE ONLY

often, 2

sometimes, 3

or never? 4

b How often do you feel bored READ OUT

CODE ONE ONLY

always, 1

often, 2

sometimes, 3

or never? 4

c How often do you feel lonely READ OUT

CODE ONE ONLY

always, 1

often, 2

sometimes, 3

or never? 4

38 0917 HLIMIT 1 - 4  
8:DK 9:NA

39a 0918 VISITGP 1, 2  
9:NA

39b 0919-20 VISITS 01-31  
98:DK  
99:NA

40a 0921 HOSPOP 1, 2  
9:NA

40b 0922 HOSPIP 1, 2  
9:NA

41 0923 SLEEP200 1 - 7  
8:DK 9:NA

ALL

38 How much in the past month have your activities been limited by your health  
READ OUT

- not at all, 1
- a little, 2
- quite a lot, 3
- or a great deal? 4
- Can't say 8

39a Have you visited or been seen by your Doctor (GP) in the past month because of illness or a possible health problem?

- |     |             |
|-----|-------------|
| Yes | 1 ASK b.    |
| No  | 2 GO TO Q40 |

IF SEEN DOCTOR IN PAST MONTH (CODE 1 AT a.)

b How many times in the past month have you been seen?

NUMBER OF TIMES:

ALL

40a Have you been seen at a Hospital Outpatients clinic in the past month?

- Yes 1
- No 2

b And have you been in hospital, either overnight or as a day patient, in the past month?

- Yes 1
- No 2

41 About how many hours of sleep do you usually get?

- Less than 6 hours 1
- 6 hours, less than 7 hours 2
- 7 hours, less than 8 hours 3
- 8 hours, less than 9 hours 4
- 9 hours, less than 10 hours 5
- 10 hours 6
- More than 10 hours 7
- Don't know 8

CODE ONE ONLY

42a 0924 FT200 4 - 6  
0925-26 INCH200 0 - 11  
998:DK 2 fields combined  
999:NA

42b 0927-28 ST200 4 - 25  
0929-30 LB200 0 - 13  
9998:DK 2 fields combined  
9999:NA

42c 0931 ASSWT200 1, 2, 3  
8:DK 9:NA

43a 0932 COMPWT 1, 2, 3  
8:DK 9:NA

43b 0933-34 GAIN200 0 - 8  
0935-36 GAIN201 0 - 13  
9998:DK 2 fields combined  
9999:NA

43c 0937-38 LOST200 0 - 7  
0939-40 LOST201 0 - 13  
9998:DK 2 fields combined  
9999:NA

ALL

42a How tall are you? ROUND DOWN TO NEAREST 1/4"

IF GIVEN IN CENTIMETRES,  
RECORD HERE

FEET                  INCHES  
HEIGHT:      

Don't know                  998

b How much do you weigh?

IF GIVEN IN KILOS,  
RECORD HERE

STONES                  POUNDS  
WEIGHT:       

Don't know                  9998

c Would you say that for your height  
you are                  READ OUT

CODE ONE ONLY

about the right weight,      1  
too heavy,                      2  
or too light?                  3  
Don't know                      8

43a Compared to seven years ago, do you  
now weigh                  READ OUT

more,                      1 ASK b.  
less,                        2 ASK c.  
or about the same?        3  
Can't say                    8  
GO TO Q44

IF MORE (CODE 1 AT a.)

b Overall, how much more do you weigh now  
than you did seven years ago?

IF GIVEN IN KILOS,  
RECORD HERE

GAINED:           
stones                      lbs

Don't know                  9998  
NOW GO TO Q44

IF LESS (CODE 2 AT a.)

c Overall, how much less do you weigh now,  
than you did seven years ago?

IF GIVEN IN KILOS,  
RECORD HERE

LOST:           
stones                      lbs

Don't know                  9998

<u>Question</u>	<u>Line/col</u>	<u>Short</u>	<u>Range and</u>	<u>Comments</u>
		<u>variable</u>	<u>missing value</u>	
		<u>name</u>		

44a	0941	DIET200	1, 2 9:NA	
-----	------	---------	--------------	--

44b	0942	DIETFOR1	1 9:NA	<u>Note</u> DIETFOR1 = 9 if DIET200 = 1 but Q44b not answered
	0943	DIETFOR2	1	
	0944	DIETFOR3	1	
	0945	DIETFOR4	1	
	0946	DIETFOR5	1	
	0947	DIETFOR6	1	
	0948	DIETFOR7	1	
	0949	DIETFOR8	1	
	0971	DIETFOR9	1	<u>Coding</u>
	0972	DIETFOR0	1	Other includes constipation and general health
	0973	DIETFORE	1	High cholesterol

44d	0950	DIETYP1	1 9:NA	<u>Note</u> DIETFOR1 = 9 if DIET200 = 1 but Q44c not answered
	0951	DIETYP2	1	
	0952	DIETYP3	1	
	0953	DIETYP4	1	<u>Interviewer Instructions</u>
	0954	DIETYP5	1	Probe for clarification where required: record answers verbatim. Code answer(s)
	0955	DIETYP6	1	given at c) into the listed categories. If an answer did not fit a precode, code
	0956	DIETYP7	1	"other" (code 10). <u>Gluten Free</u> means no food containing wheat.
	0957	DIETYP8	1	
	0958	DIETYP9	1	<u>Coding</u>
	0959	DIETYP0	1	Other
	0974	DIETYPE	1	Low sugar/sugar free

FOOD AND DRINK

ALL

44a Now I would like to ask about what you eat  
Are you on a special diet of any sort for health reasons?

Yes	1 ASK b.
No	2 GO TO Q45

IF ON SPECIAL DIET (CODE 1 AT a.)

b What is this diet for?

CODE <u>ALL</u> THAT APPLY	Obesity/to lose weight	01
	High blood pressure/heart disease	02
	Ulcers, (gastric, peptic, stomach, duodenal)	03
	Gall stones	04
	Kidney failure	05
	Diabetes	06
	Food allergy	07
	Osteoporosis	08
	Coeliac disease	09
Other (SPECIFY) _____		10

c What sort of diet is it?  
RECORD VERBATIM. PROBE FOR CLARIFICATION.

d CODE BELOW ANSWERS RECORDED AT c. USE  
'OTHER' IF DOES NOT FIT A PRECODE

	Low calorie	01
CODE <u>ALL</u> THAT APPLY	Low carbohydrate	02
	Low fat	03
	Low salt	04
	High fibre	05
	Low protein	06
	Gluten free	07
	Avoid dairy products	08
	High calcium (including dairy products)	09
	Other	10

45a 0960 FOODAM1 1, 2, 8  
9:NA

45b 0961 FOODAM2 1, 2, 8  
9:NA

46a 0962 BKTIM2 1 - 6  
9:NA

Interviewer Instructions

Emphasise something to eat. Just tea or coffee does not count.

Note

This question was posed rather than "Do you eat breakfast?" because previous experience in pilot surveys had shown that the respondents' views of what constituted breakfast varied widely.

46b 0963 BKHOT2 1 - 5  
9:NA

A 'cooked breakfast' means one including bacon and/or egg and/or sausage etc. Just porridge and toast does not count.

47 0964 COOK200 0 - 3  
9:NA

Coding

0 = Includes occasionally/weekends only



ALL

17a Would you say that you usually eat the right amount of food for you?

Yes	1	GO TO Q46
No	2	ASK b.
Can't say	8	GO TO Q46

IF NO AT a.

b Do you eat too much or too little?

Too much	1
Too little	2
Can't say	8

ALL

46a On weekdays (workdays), how soon after you get up do you usually have something to eat?

NOTE: This meal would normally be breakfast but count first food eaten.

If breakfast in bed, count this.

Less than 1/2 hour	1
1/2 hour, but less than 1 hour	2
1 hour, but less than 2 hours	3
2 hours, but less than 3 hours	4
3 hours, but less than 4 hours	5
4 hours or more	6

b How often do you have a cooked breakfast? (First meal after getting up)

CODE ONE ONLY

Every day	1
Most days (3-6)	2
Once or twice a week	3
Less than once a week	4
Never	5

47 Apart from breakfast, how many main or cooked meals, that is a meal that has a main course with one or more vegetables, do you usually have during the day?

NUMBER:

NOTE: FOR SHIFT WORKERS AND OTHERS WITH ERRATIC LIVES, ASK FOR MEALS EATEN IN PREVIOUS WEEK

48a 0965 LIGHTM2 0 - 6  
9:NA

Coding

0 = Includes occasionally/weekends only

Note

Ideas about what constitutes a 'main' or 'proper' meal vary widely, but the definition of a 'main course' with one or more vegetables covers most concepts. It is acknowledged that the distinctions between a 'main meal', a 'light meal' and a 'snack' are 'grey areas'.

48b 0966 MEALAWA2 1 - 6  
8:DK 9:NA

49a 0967 SNACKS2 1 - 4  
8:DK 9:NA

49b 0968 REGEAT2 1, 2, 3  
9:NA

ALL

.8a Apart from breakfast, how many other lighter meals do you usually have during the day?

NUMBER OF LIGHT MEALS PER DAY:

NOTE: FOR SHIFT WORKERS AND OTHERS WITH ERRATIC LIVES, ASK FOR MEALS EATEN IN PREVIOUS WEEK

b (Including meals taken to work) how often do you have a meal away from home?

CODE ONE ONLY	More than once a day	1
	Once a day	2
	Most days (3-6)	3
	Once or twice a week	4
	Less than once a week	5
	Never	6

49a How many times a day do you have a snack or something to eat between meals or before going to bed?

	Once or twice	1
CODE ONE ONLY	Three or four	2
	More than four	3
	Occasionally or never	4

b Do you eat regularly, that is have the same number of meals and snacks at roughly the same time each day?

	Yes	1
	No	2
	Varies	3

50 0969 FRIFOOD2 1 - 6  
9:NA

51a	1008	BREAD201	1 - 3	White	<u>Note</u>
			9:NA		BREAD201 = 9 if Q51a was not asked
	1009	BREAD202	1 - 3	Granary etc	Gluten free bread was recorded at 201
	1010	BREAD203	1 - 3	Wholemeal	
	1011	BREAD204	1 - 3	Crispbreads	
	1012	BREAD205	1 - 3	Pitta - white	
	1013	BREAD206	1 - 3	Pitta - wholemeal	
	1014	BREAD207	1 - 3	Nan, chapatis	
	1015	BREAD208	1 - 3	Other	
	1017	NOBREAD2	0	0 = No bread at all	

51b 1018-19 BRSLI200 00-22,90  
98:DK

ALL

0 How often do you eat fried food, don't count chips?

- CODE ONE ONLY
- More than once a day 1
  - Once a day 2
  - Most days (3-6) 3
  - Once or twice a week 4
  - Less than once a week 5
  - Never 6

51a What sort of bread do you eat? That includes rolls, baps and anything else made from bread.

IF RESPONDENT MENTIONS MORE THAN ONE SORT, RING "1" FOR SORT EATEN MOST OFTEN, THEN "2" AND "3" FOR OTHERS AS APPROPRIATE. IF OVER 3 TYPES, USE CODE 3 FOR REMAINDERS.

	1st	2nd	3rd	
White	1	2	3	
Granary/Wheatmeal/Brown	1	2	3	IF ANY BREAD CODED ASK b.
Wholemeal	1	2	3	
Crispbreads	1	2	3	
Pitta - white	1	2	3	
Pitta - wholemeal	1	2	3	
Nan, chapatis	1	2	3	
Other (SPECIFY) _____	1	2	3	
_____	1	2	3	
Does not eat any bread	0	GO TO Q54		

IF EATS BREAD

b I am going to ask you how much bread you usually eat in a day

First, how many slices of bread or crispbread do you usually eat each day, including toast or sandwiches?

- None 00
- Less than one slice a day 90

NUMBER OF SLICES:

Don't know 98

52a 1020-21 BRROLL2 00-08,90  
98:DK 99:NA

52b 1022-23 SPREAD2 1 - 12 Note  
98:DK Brands quoted at 6 were coded to 3, 4 or 5 as appropriate.  
7: 'other' includes products like Marmite and honey, where not  
mentioned at Q59.  
Extra codes  
09 Soya margarine  
10 Low fat soya margarine  
11 Fat - other, including mayonnaise  
12 Low fat - other

52c 1024 SPRAM2 1 - 4  
8:DK 9:NA

53 1025 SAND2 1 - 6  
9:NA

54 1026 TEA2 1 - 5 Note  
9:NA Less than 1 cup per day coded as 5.

IF EATS BREAD

52a

In addition, how many rolls, baps or similar types of bread do you usually eat each day?

None 00

(IF SOMETIMES EAT ROLLS AND SOMETIMES BREAD SLICES, RECORD AT Q51b. ONLY)

Less than one a day 90

NUMBER OF ROLLS:

Don't know 98

b. What do you usually spread on bread?  
IF SOFT MARGERINE ASK: What brand?

- |               |                                    |              |
|---------------|------------------------------------|--------------|
|               | Butter                             | 01           |
| CODE ONE ONLY | Hard margarine                     | 02           |
|               | Polyunsaturated margarine          | 03           |
|               | Low fat spread                     | 04 ASK c.    |
|               | Low fat, polyunsaturated margarine | 05           |
|               | Soft margarine (BRAND) _____       | 06           |
|               | Other (SPECIFY) _____              | 07           |
|               | Nothing                            | 08 GO TO Q53 |

IF SPREADS SOMETHING ON BREAD (CODES 01-07 AT b.)

- c Do you spread this READ OUT
- |               |                   |   |
|---------------|-------------------|---|
|               | thick,            | 1 |
| CODE ONE ONLY | medium            | 2 |
|               | thin,             | 3 |
|               | or just a scrape? | 4 |

IF EATS BREAD

53 On weekdays (workdays), how often do you have sandwiches or similarly filled types of bread or rolls?

- CODE ONE ONLY
- |  |                                       |   |
|--|---------------------------------------|---|
|  | More than once a day                  | 1 |
|  | Every (working) day                   | 2 |
|  | Most days (three or four days a week) | 3 |
|  | Once or twice a week                  | 4 |
|  | Less than once a week                 | 5 |
|  | Never                                 | 6 |

ALL

54 How many cups of tea do you usually drink in a day? READ OUT

- CODE ONE ONLY
- |  |               |             |
|--|---------------|-------------|
|  | one or two    | 1           |
|  | three or four | 2           |
|  | five or six   | 3           |
|  | more than six | 4           |
|  | or none?      | 5 GO TO Q56 |
- ASK Q55

55 1027 TEASUG2 1 - 4 Note  
Sugar substitute coded as none.

56a 1028 COFFEE2 1 - 5 Note  
9:NA Less than 1 cup per day coded as 5.

56b 1029 COFFSUG2 1 - 4 Note  
9:NA Sugar substitute coded as none.

57a 1030 MILKTOT2 1 - 5  
8:DK 9:NA

57b 1031 MTYP201 1 Note  
8:DK 9:NA MTYP201 = 9 if MILKTOT 2 = 1-5, 8 or 9 and Q57b not answered.

1032 MTYP202 1  
1033 MTYP203 1  
1034 MTYP204 1  
1035 MTYP205 1

Coding

MTYP206 'Other' were recoded as MTYP206/7/8  
1075 MTYP206 1 Green top, unpasteurised  
1076 MTYP207 1 Goat's  
1077 MTYP208 1 Soya/condensed/other



IF DRINKS TEA (CODES 1-4 AT Q54)

- 55 How much sugar do you usually have in tea?
- CODE ONE ONLY
- |                        |   |
|------------------------|---|
| 1 or less teaspoons    | 1 |
| Over 1, to 2 teaspoons | 2 |
| More than 2 teaspoons  | 3 |
| None                   | 4 |

ALL

- 56a How many cups of coffee do you usually drink in a day? READ OUT

- |               |               |   |           |
|---------------|---------------|---|-----------|
| CODE ONE ONLY | . one or two  | 1 |           |
|               | three or four | 2 |           |
|               | five or six   | 3 | ASK b.    |
|               | more than six | 4 |           |
|               | or none?      | 5 | GO TO Q57 |

IF 'DRINKS COFFEE' (CODES 1-4 AT a.)

- b How much sugar do you usually have in coffee?
- CODE ONE ONLY
- |                        |   |
|------------------------|---|
| 1 or less teaspoons    | 1 |
| Over 1, to 2 teaspoons | 2 |
| More than 2 teaspoons  | 3 |
| None                   | 4 |

ALL

- 57a How much milk do you usually have each day? Please include milk used in drinks, on cereal and in cooking (eg custard, milk puddings)?

- |               |                    |   |           |
|---------------|--------------------|---|-----------|
| CODE ONE ONLY | None               | 1 | GO TO Q58 |
|               | Less than 1/2 pint | 2 |           |
|               | 1/2-1 pint         | 3 |           |
|               | Over 1, to 2 pints | 4 | ASK b.    |
|               | More than 2 pints  | 5 |           |
|               | Don't know         | 8 |           |

IF HAS MILK (CODES 2 TO 5/8 AT a.)

- b What sort of milk do you usually use?
- IF 'DON'T KNOW', CODE AS SILVERTOP (CODE 1)

CODE ALL THAT APPLY

- |  |   |
|--|---|
| Silver Top/Sterilised/Pasteurised/Homogenised (full cream) | 1 |
| Gold Top   | 2 |
| Skimmed or semi-skimmed milk                               | 3 |
| Evaporated milk  | 4 |
| Powdered milk (SPECIFY) _____                              | 5 |
| Other (SPECIFY) _____                                      | 6 |

58a	1036	FRUITS2	0 - 5 9:NA
b	1037	FRUITW2	0 - 5 9:NA
c	1038	SALADS2	0 - 5 9:NA
d	1039	SALADW2	0 - 5 9:NA
e	1040	TFRUIT2	0 - 5 9:NA
f	1041	CHIPS2	0 - 5 9:NA
g	1042	POTS2	0 - 5 9:NA
h	1043	ROOTVEG2	0 - 5 9:NA
i	1044	PULSES2	0 - 5 9:NA
j	1045	GRVEG2	0 - 5 9:NA
k	1046	OTHVEG2	0 - 5 9:NA
l	1047	NUTS2	0 - 5 9:NA
m	1048	CRISPS2	0 - 5 9:NA
n	1049	SWEETS2	0 - 5 9:NA
o	1050	PASTA2	0 - 5 9:NA
p	1051	CEREAL2	0 - 5 9:NA
q	1052	BISCUIT2	0 - 5 9:NA
r	1053	CAKE2	0 - 5 9:NA
s	1054	PUDS2	0 - 5 9:NA
t	1055	YOG2	0 - 5 9:NA

Interviewer Instructions

If respondent has difficulty in deciding how often a particular type of food is eaten, ask him/her to think back over the last week or so. If the respondent says something like "I eat vegetables of some sort everyday" do not ring code 4 or 5 for each type of vegetable, get them to average each type across the week (so that your codes add up to a week's intake).

ALL

8 SHOW CARD C. I am going to read out a list of foods Using this card, please tell me how often you eat each of them  
 READ OUT EACH FOOD IN TURN AND CODE IN GRID.

		MORE THAN ONCE A DAY	ONCE A DAY	MOST DAYS (3-6)	ONCE OR TWICE A WEEK	LESS THAN ONCE A WEEK	NEVER
a	Fresh fruit in summer	5	4	3	2	1	6
b	Fresh fruit in winter	5	4	3	2	1	6
c	Salads or raw veg in summer	5	4	3	2	1	6
d	Salads or raw veg in winter	5	4	3	2	1	6
e	Tinned fruit	5	4	3	2	1	6
f	Chips	5	4	3	2	1	6
g	Potatoes (NOT CHIPS)	5	4	3	2	1	6
h	Root vegetables like carrots, turnips and parsnips	5	4	3	2	1	6
i	Peas and beans (ALL KINDS, INC BAKED BEANS, LENTILS)	5	4	3	2	1	6
j	Green vegetables	5	4	3	2	1	6
k	Other cooked vegetables, inc onions & mushrooms	5	4	3	2	1	6
l	Nuts	5	4	3	2	1	6
m	Potato crisps or similar snacks	5	4	3	2	1	6
n	Sweets, chocolates	5	4	3	2	1	6
o	Pasta (spaghetti, noodles), or rice	5	4	3	2	1	6
p	Breakfast cereal (inc porridge)	5	4	3	2	1	6
q	Biscuits	5	4	3	2	1	6
r	Cakes of all kinds	5	4	3	2	1	6
s	Sweets or puddings, fruit pies and flans and tarts	5	4	3	2	1	6
t	Ice cream, mousse, yoghurt, milk puddings	5	4	3	2	1	6

59a	1056	SQUASH2	0 - 5 9:NA
b	1057	JUICE2	0 - 5 9:NA
c	1058	JAM2	0 - 5 9:NA
d	1059	CHEESE2	0 - 5 9:NA
e	1060	EGGS2	0 - 5 9:NA
f	1061	CREAM2	0 - 5 9:NA
g	1062	FISH2	0 - 5 9:NA
h	1063	SHFISH2	0 - 5 9:NA
i	1064	POULTRY2	0 - 5 9:NA
j	1065	SAUSAGE2	0 - 5 9:NA
k	1066	REDMEAT2	0 - 5 9:NA
l	1067	CHMEAL	0 - 5 9:NA
m	1068	INMEAL	0 - 5 9:NA
n	1069	PIZZA	0 - 5 9:NA
o	1070	SOUP	0 - 5 9:NA
	1071	OTHEAT21	0 - 5 9:NA

Coding 0 = No other foods eaten regularly.  
Miscellaneous "other" foods.

Most foods mentioned here were recoded, usually to cols 2808 - 2813

2808	DRIFRU2	1 - 5	Dried fruit
2809	OFFAL2	1 - 5	Liver/kidney etc.
2810	BATTER2	1 - 5	Yorkshire pudding, pancakes
2811	SOYA2	1 - 5	Soya meat & TVP
2812	PEANUT2	1 - 5	Peanut butter
2813	MARMITE2	1 - 5	Marmite, Bovril

59 SHOW CARD C. And how often do you eat these foods READ OUT

	MORE THAN ONCE A DAY	ONCE A DAY	MOST DAYS (3-6)	ONCE OR TWICE A WEEK	LESS THAN ONCE A WEEK	NEVER
a Soft drinks like squash or cola	5	4	3	2	1	6
b Pure fruit juice	5	4	3	2	1	6
c Jam/marmalade/golden syrup/ honey	5	4	3	2	1	6
d Cheese	5	4	3	2	1	6
e Eggs	5	4	3	2	1	6
f Cream	5	4	3	2	1	6
g Fish	5	4	3	2	1	6
h Shellfish (Seafood)	5	4	3	2	1	6
i Poultry	5	4	3	2	1	6
j Sausages/tinned meat/pate/meat pies/pasties/burgers etc	5	4	3	2	1	6
k Beef/lamb/pork/ham/bacon	5	4	3	2	1	6
l Chinese meals/dishes	5	4	3	2	1	6
m Indian meals/dishes	5	4	3	2	1	6
n Pizzas	5	4	3	2	1	6
o Soup	5	4	3	2	1	6

Can you think of any other sorts  
of food which you eat regularly?  
(SPECIFY)

1 _____	5	4	3	2	1	6
2 _____	5	4	3	2	1	6
3 _____	5	4	3	2	1	6
4 _____	5	4	3	2	1	6

60a 1108 COMPEAT 1, 2 Interviewer Instruction  
 8:DK 9:NA Note that 'differently' means whatever the respondent feels means  
 differently, e.g. 'I eat a lot less now' or, 'I eat less fatty and fried  
 foods than I did seven years ago' would both count.

60b 1109 CEATHOW 1, 2  
 8:DK 9:NA

60c 1110 CHDIET01 1, 9:NA Note  
 1111 CHDIET02 1 CHDIET01 = 9 when COMPEAT = 1 and no answers at Q60c.  
 1112 CHDIET03 1  
 1113 CHDIET04 1  
 1114 CHDIET05 1  
 1115 CHDIET06 1  
 1116 CHDIET07 1  
 1117 CHDIET08 1  
 1118 CHDIET09 1  
 1119 CHDIETDK 1 Coding  
 1120 CHDIET10 1 Change in household circumstances  
 1121 CHDIET11 1 Change in appetite  
 1122 CHDIET12 1 Change in working circumstances

61 1124 DIETASS 1, 2, 3  
 8:DK  
 9:NA

60a Overall do you think you are eating differently compared to 7 years ago?

Yes	1	ASK b.
No	2	GO TO Q61
Don't know	8	

1108

IF EATING DIFFERENTLY (CODE 1 AT a.)

b Do you think you are eating READ OUT

DIFFERENTLY = AMOUNT  
OR TYPE OF FOODS

- a bit differently, 1
- or a lot differently? 2
- (Don't know) 8

1109

c What were your reasons for changing?

- DO NOT PROMPT To improve appearance/change weight 01
- CODE ALL THAT APPLY Because of health problem 02
- Because of health campaigns 03
- Change in income 04
- Food availability 05
- Convenience 06
- Change in taste preference 07
- To suit others in the household 08
- Other (SPECIFY) \_\_\_\_\_ 09
- Don't know 98

1110-

23

ALL

61 Thinking overall about the things you eat, would you say that your diet is READ OUT

- as healthy as it could be, 1
- quite good but could improve, 2
- or not very healthy? 3
- Don't know 8

1124

62a 1125 ALSELF2 1 - 4 Interviewer Instruction  
9:NA Non-drinker = never drinks alcohol. Very special occasions drinker = only at Christmas, weddings etc. Occasional drinker = does not drink regularly but more frequently than a special occasions drinker.

62b 1126 ALEX2 1, 2  
9:NA

62c 1127-28 ALEXAGE2 15 - 83  
98:DK  
99:NA

63a 1129 ALSELFQ2 1, 2, 3 Note  
8:DK 9:NA It should be noted that this variable refers both to current regular drinkers and to ex-drinkers. To distinguish them it should be used in conjunction with ALSELF2.

63b 1130 ALCUTBY2 1 - 5 Note  
9:NA See note for ALSELFQ2



**DRINKING**

ALL

62a Now I would like to ask you about alcoholic drinks

Would you say that you now are **READ OUT**

CODE ONE ONLY

.. a non drinker,  
a very special occasions drinker,  
an occasional drinker,  
or a regular drinker?

1	ASK b.
2	
3	GO TO Q63
4	

1123

IF NON OR SPECIAL OCCASIONS DRINKER (CODE 1 OR 2 AT a.)

b Have you always been a non (special occasions) drinker?

Yes  
No

1	GO TO Q70
2	ASK c.

1126

IF NOT ALWAYS NON/SPECIAL OCCASIONS DRINKER (CODE 2 AT b.)

c How old were you when you gave up more regular drinking?

AGE GAVE UP

--	--

YEARS

Don't know 98

1127  
28

IF OCCASIONAL/REGULAR DRINKER (CODE 3 OR 4 AT Q 62a.) OR PREVIOUS REGULAR DRINKER (CODE 2 AT Q62b.)

63a Would you say that you are (were) **READ OUT**

a light drinker, 1  
a moderate drinker, 2  
or a heavy drinker? 3  
Don't know 8

1129

b Has a doctor or anyone else ever suggested that you should cut down on drinking?

IF YES PROBE: Who suggested it?

No

1	GO TO Q65
2	
3	ASK Q64
4	
5	

1130

CODE ONE ONLY. GIVE PRIORITY TO HIGHEST IN LIST

Yes, doctor

Yes, relative/spouse

Yes, workmate/friend

Yes, other

64 1131 ALCUTWHY 1, 2, 3 Note  
8:DK 9:NA There were no responses at 2.

65a 1132 ALCUT2 1, 2 Note  
9:NA See note for ALSELFQ2

65b 1133 ALCUTSU2 1, 2  
9:NA

65c 1134 ALCUTREA 1, 2, 3 Interviewer Instructions  
8:DK 9:NA Note that 'health reasons' can apply to actual health problems, e.g. 'because I was having trouble with my liver' or to general worries about potential problems (e.g. 'because I was worried about the effects that drinking could have on my heart'). If the respondent does specify a health reason, describe fully at d.

Coding

'Health Reasons' and 'Other' at Q65c were recoded into ALCUTD01 to ALCUTD10

2814	ALCUTD01	1	To improve fitness/lose weight
2815	ALCUTD02	1	Driving
2816	ALCUTD03	1	Conscience/moral attitude
2817	ALCUTD04	1	Feeling bad/ill when drinking
2818	ALCUTD05	1	Expense
2819	ALCUTD06	1	Bored with it/lost desire to drink
2820	ALCUTD07	1	Social problems/social circumstances
2821	ALCUTD08	1	Pressure from others
2822	ALCUTD09	1	Social consequences of drinking
2823	ALCUTD10	1	Specified health problem

IF SOMEONE SUGGESTED CUTTING DOWN (CODES 2-5 AT Q63b.)

64. Why did they suggest that you cut down?

CODE ONE ONLY	Health reasons	1
(TAKE MOST IMPORTANT)	Driving	2
Other (SPECIFY) _____		3
	Don't know	8

1131

ALL OCCASIONAL/REGULAR DRINKERS OR PREVIOUS REGULAR DRINKERS

65a Have you ever felt you ought to cut down on your drinking?

Yes	1	ASK b.
No	2	GO TO Q66

1132

IF HAS EVER WANTED TO CUT DOWN (CODE 1 AT a.)

b Have you ever succeeded in cutting down for at least a month?

Yes	1
No	2

1133

c Why did you decide (you ought) to cut down on your drinking?

CODE ALL THAT APPLY	Health reasons	1	ASK d.
	Driving	2	
Other (SPECIFY) _____		3	GO TO Q66
	Don't know	8	

1134

IF HEALTH REASONS (CODE 1 AT c.)

d What were the health reasons?

PROBE FULLY. RECORD VERBATIM.

66a	1135	ALPR201	1, 2 9:NA	<u>Interviewer Instructions</u> for 66a, b & c If the respondent thinks these questions are odd or feels indignant about them, say that the survey is designed to cover all sorts of people with all sorts of habits.
66b	1136	ALPR202	1, 2 9:NA	
66c	1137	ALPR203	1, 2 9:NA	
66d	1138	ALDRINK2	1, 2 9:NA	NOTE:- 1) The routing for Code 2 was incorrect. Therefore for most respondents who did not drink last week Q68 was not asked.
				NOTE:- 2) Note that the question was asked of both regular current drinkers and ex-drinkers. Code 2 does not therefore necessarily mean a current drinker who did not drink last week; it can indicate someone who does not now drink at all.
67a	1139	ALDAY2	1 - 7	<u>Interviewer instructions</u> We want you to complete a <u>Drink Diary</u> for all those who had at least once alcoholic drink in the preceding seven days.  At Q67a ring the day of the week into which yesterday fell.

IF OCCASIONAL/REGULAR DRINKER (CODES 3 OR 4 AT Q62a.) OR PREVIOUS REGULAR DRINKER (CODE 2 AT Q62b.)

66a Have (Did) people ever annoy(ed) you by criticising your drinking? Yes 1 1135

No 2

b Have (Did) you ever felt (feel) bad or guilty about your drinking? Yes 1 1136

No 2

c Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover? Yes 1 1137

No 2

d Have you had any alcoholic drinks during the past week? Yes 1 ASK Q67 1138

No 2 GO TO Q69

IF HAD DRINKS IN PAST WEEK (CODE 1 AT Q66d.)

67a I would now like to learn what you had to drink last week Let's start with yesterday and work backwards

Yesterday was \_\_\_\_\_ (NAME DAY OF WEEK AND CODE).

- Monday 1 1139
- Tuesday 2
- Wednesday 3
- Thursday 4
- Friday 5
- Saturday 6
- Sunday 7

b COMPLETE DRINK DIARY ON OPPOSITE PAGE. START WITH RELEVANT DAY OF WEEK (YESTERDAY) AND WORK BACKWARDS THROUGH PAST WEEK.

FIRST ASK ABOUT DRINK CONSUMED IN DAYTIME AND THEN IN EVENING. PROBE: Anything else?

FOR EACH TYPE OF DRINK CONSUMED, RECORD AMOUNT DRUNK. ASK FOR AMOUNTS IN PUB MEASURES (P = pints, M = measures, G = glasses). RING P, G or M TO SHOW MEASURE USED.

IF OTHER/MIXED, INCLUDES LOW ALCOHOL WINES ENTER AMOUNT. RING G OR M SPECIFY UNDERNEATH TYPE OF DRINK.

IF ESTIMATE, INDICATE BY 'E'.

IF 'NIP', 'SPOONFUL', WRITE IN.

Interviewer instructions

Go to the Drink Diary and start with that day of week and then work backwards through the week. Thus, if yesterday was Thursday, you start at Thursday, then you ask about the previous day (Wednesday), then Tuesday and round through to the previous Friday.

The Diary should be completed in respect of alcoholic drinks only.

If nothing was drunk during a period, ring code 0 in the first column.

Coding

The drinks recorded in the drink diary are converted into standard units of alcohol (1 unit = 1/2 pint beer, a single measure of spirits, 1 glass of wine, and equivalents).

				<u>Coding</u>	<u>Note</u>
67b	2824-26	ALQBEER2	000 - 134	Number of alcohol units - beer	} All=00 for occasional, regular
	2827-29	ALQWINE2	000 - 053	Number of alcohol units - wines	} & ex- drinkers who
	2830-32	ALQSPIR2	000 - 112	Number of alcohol units - spirits	} did not drink alcohol last week.
			888	Lifetime non or very special occasions only drinker	
			999:NA		

Note

The variables ALQ101, ALQ102 and ALQ103 are the units of beer, wines and spirits consumed at HALS1 for the 5352 respondents seen at HALS2. On the HALS1 database only the total units of alcohol consumed were given - ALQ - together with the variable ALTYPE - "Predominantly Beer", "Mixed" etc. For some cases there is a discrepancy between ALQ and the total units as derived from ALQ101 + ALQ102 + ALQ103, due to errors in calculating ALQ. ALQ101, ALQ102 and ALQ103 should be taken as correct.

				<u>Coding</u>	<u>Note</u>
H1V	2971-73	ALQBEER1	000 - 156	Number of alcohol units - beer	} All=00 for occasional, regular
	2974-76	ALQWINE1	000 - 038	Number of alcohol units - wines	} & ex- drinkers who
	2977-79	ALQSPIR1	000 - 070	Number of alcohol units - spirits	} did not drink alcohol last week.
			888	Lifetime non or very special occasions only drinker	
			999:NA		

2833	ALQEV2	1-3		<u>Coding</u>	
		8		This variable, TIME OF DAY DRINKING is derived from the drink diaries.	
				1: Predominantly evening drinking	
				2: Predominantly daytime drinking	
				3: Both or erratic	
				8: Incomplete information	

2834	ALQWE2	1-3		<u>Coding</u>	
		8		This variable, TIME OF WEEK OF DRINKING, is derived from the drink diaries.	
				1: Weekend (Sat/Sun) only	
				2: Weekday only	
				3: Both or erratic	
				8: Incomplete information	

DAY	None at that time	Low Alcohol Beers	Beer Cider Lager Shandy Stout	Sherry Vermth	Wines	Spirits e.g Whisky, Gin, Rum, Vodka	Liquers e.g Brandy Tia Maria etc	Other/Mixed (Specify type as well as amount)
DA MAY	0	P	P	G	G	G	G	Amount Type
DA JUN	0	P	P	G	G	G	G	Amount Type
DA JUL	0	P	P	G	G	G	G	Amount Type
DA AUG	0	P	P	G	G	G	G	Amount Type
DA SEP	0	P	P	G	G	G	G	Amount Type
DA OCT	0	P	P	G	G	G	G	Amount Type
DA NOV	0	P	P	G	G	G	G	Amount Type
DA DEC	0	P	P	G	G	G	G	Amount Type

68 1140 ALTYPIC2 1, 2, 3  
9:NA NOTE:- Some problems due to routing.  
Only use for people who drank last week. See Q66d.

69 1141 ALCOMP 1, 2, 3  
8:DK 9:NA

70 1142 SMEVER 1, 2  
9:NA

71a 1143 FAGNOW 1, 2

71b 1144-45 FAGDAY2 00-80 Coding  
00 = < 1 per day  
Note  
1 oz of tobacco taken as equivalent to 38 hand rolled cigarettes

71c 1146-47 FAGMAX2 01-90,97 Coding  
98:DK 97 = 97 or more.  
99:NA

71d 1148 FAGTYP2 1 - 3



IF COMPLETED DIARY

68 Was this last week's drinking READ OUT

reasonably typical of your usual pattern,	1	1140
CODE ONE ONLY	rather less than usual,	2
	or rather more than usual?	3

IF OCCASIONAL/REGULAR DRINKER OR PREVIOUS REGULAR DRINKER

69 Do you think that compared with seven years ago  
you drink READ OUT

	. less,	1	1141
	about the same,	2	
	or more?	3	
	Don't know	8	

SMOKING

ALL

70 Now I would like to ask you some questions about smoking  
Have you ever smoked a cigarette or cigar or pipe,  
more than just a few times as an experiment?

Yes	1	ASK Q71	1142
No	2	GO TO Q81	

IF EVER SMOKED

71a Do you smoke cigarettes at all nowadays?

Yes	1	ASK b.	1143
No	2	GO TO Q75	

CURRENT SMOKERS

b How many cigarettes do you generally smoke  
in a day?

IF RANGE GIVEN, ESTABLISH AVERAGE NO. PER DAY

Less than 1 per day 00 GO TO Q73 1144

More than 1 per day - give number   ASK c. 45

c What is the maximum number of cigarettes  
you have regularly smoked in a day?

Number per day

97 or more 97 1146  
47

d Nowadays, do you mainly smoke READ OUT

	filter tipped cigarettes,	1	1148
CODE ONE ONLY	plain or untipped cigarettes,	2	
	or hand rolled cigarettes?	3	

ASK Q72	
GO TO Q74	

72 1149 TARLEV2 1 - 5 Note  
6:DK 9:NA Tar levels are now being quoted in mg. rather than as 'levels'.  
0 - 9.9 mg = low tar  
10 - 14.99 mg = low middle tar  
15.0 - 17.99 mg = middle tar  
18.0 and above = high tar

73a 1150 OCFAGEV 1, 2

73b 1151-52 OCFAGDAY 01 - 70

73c 1153-54 PROCREGM 1, 8  
98:DK  
1155-56 PROCREGY 1 - 34

74 1157 SMCOMP 1, 2, 3  
8:DK 9:NA

**CURRENT REGULAR (NON-HANDROLLED) CIGARETTE SMOKERS**

72 What is the tar level of the cigarettes you usually smoke?

CODE ONE ONLY

- |                |   |           |
|----------------|---|-----------|
| High           | 1 |           |
| Middle to high | 2 |           |
| Middle         | 3 | GO TO Q74 |
| Low to middle  | 4 |           |
| Low            | 5 |           |
| Don't know     | 6 |           |

1149

**CURRENT OCCASIONAL SMOKERS (CODE 00 AT Q71b.)**

73a Were you ever a regular smoker, that is smoking at least one cigarette a day for 6 months or more?

- |     |   |           |
|-----|---|-----------|
| Yes | 1 | ASK b.    |
| No  | 2 | GO TO Q74 |

1150

IF YES AT a. (CODE 1)

b How many cigarettes did you generally smoke in a day? (WHEN A REGULAR SMOKER)

Number per day

IF VARIED, PROBE FOR AVERAGE

97 or more 97

1151  
52

c How long ago did you stop being a regular cigarette smoker?

**ROUND UP  
TO NEAREST  
MONTH/YEAR**

IF LESS THAN 1 YEAR ENTER NO. OF MONTHS:

IF 1 YEAR OR MORE ENTER NO. OF YEARS:

1153  
54

1155-  
56

**ALL CURRENT SMOKERS**

74 Compared with seven years ago, do you nowadays **READ OUT**

- |                    |   |           |
|--------------------|---|-----------|
| smoke less,        | 1 |           |
| smoke more,        | 2 | GO TO Q76 |
| or about the same? | 3 |           |
| Don't know         | 8 |           |

1157

75a 1158 EXREG2 1, 2

75b 1159-60 EXFAGM2 01-11  
98:DK  
99:NA  
1161-62 EXFAGY2 01-72  
99:NA

75c 1163-64 FAGSTOP2 14 - 86  
98:DK  
99:NA

75d 1165-66 EXFAGN02 01-90,97 Coding  
98:DK 97 = 97 or more.

75e 1167 EXFAGHY1 1 Note  
9:NA If Code 1 at Q75a and Q75e not answered  
Code 9 at col. 1167  
1168 EXFAGHY2 1  
1169 EXFAGHY3 1  
1170 EXFAGHY4 1  
1171 EXFAGHY5 1  
1172 EXFAGHY6 1 Coding  
1173 EXFAGHY7 1 Other, also DK  
1174 EXFAGHY8 1 Health condition of others

75f 2835 EXFWOT1 1 Coding  
2836 EXFWOT2 1 Lung problems  
2837 EXFWOT3 1 Other chest/heart problems  
2838 EXFWOT4 1 Colds & flu  
2839 EXFWOT5 1 Cancers  
2840 EXFWOT6 1 Non-specific - probably smoking related  
Miscellaneous - probably not smoking related

EX-SMOKERS (CODE 2 AT Q71a.)

Were you ever a regular cigarette smoker, that is smoking at least one cigarette a day for 6 months or more?

Yes	1 ASK b.
No	2 GO TO Q77

1158

IF YES AT a. (CODE 1)

b How long ago did you completely stop smoking cigarettes?

ROUND UP TO NEAREST MONTH/YEAR

IF LESS THAN 1 YEAR ENTER NO. OF MONTHS:

1159 60

IF 1 YEAR OR MORE ENTER NO. OF YEARS:

1161 62

c So can I just check - how old were you when you stopped smoking cigarettes?

AGE:

1163 64

d Over the period you were a smoker, roughly how many cigarettes did you generally smoke in a day?

Number smoked per day

1165 66

(IF RANGE GIVEN, ESTABLISH AVERAGE)

97 or more 97

e What reasons made you decide to give up smoking cigarettes?

Ill health at time of giving up

1 ASK f.

Expense

2

CODE ALL THAT APPLY

Fear of ill health in future

3

Social pressure/to please someone else

4 GO TO Q76

1167

Pregnancy

5

70

Just wanted to give up

6

Other reasons (SPECIFY) \_\_\_\_\_

7

f What was wrong with you when you gave up smoking cigarettes?

PROBE FULLY. RECORD VERBATIM.

76 1208-9 FAGAGE2 04 - 70  
98:DK  
99:NA

77a 1210 CIGEV2 1, 2

77b 1211-12 CIGAGE2 13 -73  
98:DK  
99:NA

77c 1213 CIGSMO2 1, 2

77d 1214-15 CIGSTOP2 00 - 63  
98:DK

77e 1216-17 CIGWEEK2 00 - 96  
98:DK  
99:NA  
Coding  
00 = Less than 1/week, 96 = 96 or more  
Note The responses of 00-06 ie less than 1  
a day conflict with the response to Q77a.

77f 1218 CIGCOMP 1, 2, 3  
8:DK 9:NA

IF CURRENT SMOKER (CODE 1 AT Q71a.) OR HAS SMOKED REGULARLY  
IN PAST (CODE 1 AT Q73a. OR CODE 1 AT Q75a.)

CARD  
12

76 How old were you when you started to  
smoke cigarettes?

AGE IN YEARS:

1208-9

ALL WHO HAVE EVER SMOKED (CODE 1 AT Q70a.)

77a Have you ever smoked cigars regularly - that  
is at least one cigar a day?

Yes 1 ASK b.  
No 2 GO TO Q78

1210

IF YES AT a.

b How old were you when you first started  
to smoke cigars regularly?

AGE IN YEARS:

1211  
12

c Do you smoke cigars at present?

Yes 1 ASK e.  
No 2 ASK d.

1213

IF DO NOT CURRENTLY SMOKE CIGARS (CODE 2 AT c.)

d How long ago did you stop smoking  
cigars regularly?

Less than 1 year 00

No of years

1214  
15

ALL WHO HAVE SMOKED CIGARS (CODE 1 AT a.)

e How many cigars do (did) you regularly  
smoke in a week?

No per week

1216-  
17

f Compared to seven years ago, do you think  
that you now smoke more or fewer cigars?

Smokes fewer 1  
The same 2  
Smokes more 3  
Don't know 8

1218

CODE 'THE SAME' IF HAS BEEN AN  
EX-CIGAR SMOKER FOR MORE THAN  
SEVEN YEARS

78a 1219 PIPEV2 1, 2

78b 1220-21 PIPAGE2 07 - 66  
98:DK  
99:NA

78c 1222 PIPSM02 1, 2

78d 1223-24 PIPSTOP2 00 - 70  
98:DK

78e 1225-26 PIPWEEK2 01 - 07  
98:DK Note  
If less than 1 ounce code as 1.

78f 1227 PIPCOMP 1 - 3  
8:DK  
9:NA

79 1228 SMOINT1 1 - 4  
1229 SMOINT2 2 - 3  
1230 SMOINT3 3

Note  
Confirmed current smoking status - multiple responses possible  
SMOINT3 - There were no responses in this category.



ALL WHO HAVE EVER SMOKED (CODE 1 AT Q70a.)

a. Have you ever smoked a pipe regularly - that is at least one bowl of tobacco a day?

Yes	1 ASK b.
No	2 GO TO Q79

1219

b How old were you when you first started to smoke a pipe?

AGE IN YEARS:

1220-21

c Do you smoke a pipe at present?

Yes	1 ASK e.
No	2 ASK d.

1222

IF DO NOT CURRENTLY SMOKE PIPE (CODE 2 AT c.)

d How long ago did you stop smoking a pipe?

LESS THAN 1 YEAR: 00

NO. OF YEARS:

1223-24

ALL WHO HAVE EVER SMOKED PIPE (CODE 1 AT a.)

e How many ounces of pipe tobacco do (did) you regularly smoke in a week?

OUNCES PER WEEK:

Don't know 98

1225-26

f Compared to seven years ago, do you think that you are now smoking more or less pipe tobacco?

CODE 'THE SAME' IF HAS BEEN AN EX-SMOKER FOR MORE THAN SEVEN YEARS
--

Smokes less	1
The same	2
Smokes more	3
Don't know	8

1227

ALL WHO HAVE EVER SMOKED (CODE 1 AT Q70a.)

79 INTERVIEWER CHECK Q71a., Q77a. AND Q78a. AND RECORD ALL THAT APPLY

Current cigarette smoker	1
Current cigar smoker	2 ASK Q80
Current pipe smoker	3
Does not currently smoke anything	4 GO TO Q81

1228-30

80a 1231 SMOSTART 1 - 6  
8:DK 9:NA

80b 1232 SMOCRAVE 1 - 5  
8:DK 9:NA

80c 1233 SMOSTOP 1, 2  
8:DK 9:NA

80d 1234 SMOST1 1 - 4  
8:DK 9:NA

80e 1235 SMOST2 1, 2, 3  
8:DK 9:NA

ALL CURRENT SMOKERS

a How soon after waking do you have your first smoke of the day?

- |                      |                              |   |  |
|----------------------|------------------------------|---|--|
|                      | Less than 5 minutes          | 1 |  |
| CODE <u>ONE</u> ONLY | 5, less than 15 minutes      | 2 |  |
|                      | 15, less than 30 minutes     | 3 |  |
|                      | 30 minutes, less than 1 hour | 4 |  |
|                      | 1 hour, less than 2 hours    | 5 |  |
|                      | 2 hours or longer            | 6 |  |
|                      | Don't know                   | 8 |  |

1231

b On occasions when you can't smoke or you haven't got any cigarettes, cigars or a pipe on you, do you feel a craving for one?

- |                      |              |   |  |
|----------------------|--------------|---|--|
|                      | Never        | 1 |  |
| PROMPT IF NECESSARY  | Hardly ever  | 2 |  |
| CODE <u>ONE</u> ONLY | Occasionally | 3 |  |
|                      | Frequently   | 4 |  |
|                      | Always       | 5 |  |

1232

c Do you ever feel that you want to give up smoking altogether?

- |           |   |        |
|-----------|---|--------|
| Yes       | 1 | ASK d. |
| No        | 2 |        |
| Can't say | 8 | ASK e. |

1233

IF YES AT c.

d How much? Would you say **READ OUT**

- |  |                   |   |  |
|--|-------------------|---|--|
|  | . slightly,       | 1 |  |
|  | moderately,       | 2 |  |
|  | quite strongly,   | 3 |  |
|  | or very strongly? | 4 |  |
|  | Don't know        | 8 |  |

1234

ALL CURRENT SMOKERS

e Would you give up smoking altogether if you could do so easily?

- |                     |                 |   |  |
|---------------------|-----------------|---|--|
|                     | Yes, definitely | 1 |  |
| PROMPT IF NECESSARY | Yes, probably   | 2 |  |
|                     | No              | 3 |  |
|                     | Don't know      | 8 |  |

1235

81a 1236 SMOTHER2 1, 2, 3  
9:NA

81b 1237 SMAWAY 1, 2  
9:NA

82a 1238 ENOEX2 1, 2  
8:DK  
9:NA

82b 1239 COMPACT2 1, 2, 3  
8:DK  
9:NA

83a 1240-41 WALKHR2 00 - 10  
99:DK  
99:NA

Note

Some respondents clearly included walking at work in their response.

83a 1242-43 WALKMIN2 00 - 55  
98:DK  
99:NA

83b 1244-45 WALKWEH2 00 - 10  
99:DK  
99:NA

83b 1246-47 WALKWEM2 00 - 50  
98:DK  
99:NA

ALL

81a (Apart from you), does anyone else in this household smoke regularly?

- |              |   |           |
|--------------|---|-----------|
| Yes          | 1 | ASK b.    |
| No           | 2 |           |
| Lives on own | 3 | GO TO Q82 |

1236

b Do they/any of them smoke in the house, or only away from home or outside?

- |   |   |
|---|---|
| Yes - smokes in the house               | 1 |
| No - they all smoke away from the house | 2 |

1237

**EXERCISE AND LEISURE**

ALL

82a Now let's talk about exercise, and leisure activities. Overall, do you think that you get enough exercise?

- |            |   |
|------------|---|
| Yes        | 1 |
| No         | 2 |
| Don't know | 8 |

1238

b In general, compared with men/women (AS APPROPRIATE) of your own age, are you physically READ OUT

- |                    |   |
|--------------------|---|
| more active,       | 1 |
| less active,       | 2 |
| or, about average? | 3 |
| Don't know         | 8 |

1239

83a On weekdays (working days) when not at work, how much time on average per day do you spend walking - getting work to work, shopping, walking the dog, for pleasure and so on?

- TIME PER DAY:
- HOURS MINS
- Don't know 9998

1240

43

b At weekends (rest days) how much time on average per day do you spend walking?

- TIME PER DAY:
- HOURS MINS
- Don't know 9998

1244

47

84 1248 PACECOMP 1 - 5 5 = CANNOT WALK AT ALL.  
8:DK 9:NA

85a 1249 GARD2 1, 2  
9:NA

85b 1250-51 GARDHR2 00 - 60  
99:DK  
99:NA  
1252-53 GARDMIN2 00 - 45  
98:DK  
99:NA

85c 1254 GARDHARD 1, 2  
8:DK  
9:NA

86a 1255 DIY2 1, 2  
9:NA

86b 1256-57 DIYHR2 00 - 72  
99:DK  
99:NA  
1258-59 DIYMIN2 00 - 45  
98:DK  
99:NA

86c 1260 DIYHARD 1, 2  
8:DK 9:NA

ALL

84 Compared to people of your own age, which of the following best describes your usual walking pace? READ OUT .

- slow, 1
- average, 2
- fairly brisk, 3
- or fast? 4
- It depends/Don't know 8

1248

85a In the last 7 days, have you done any gardening (outside of work - IF APPLICABLE)?

- |     |             |
|-----|-------------|
| Yes | 1 ASK b.    |
| No  | 2 GO TO Q86 |

1249

IF YES AT a.

How much time, overall, did you spend gardening in the last 7 days?

TOTAL TIME IN LAST 7 DAYS:

HOURS		MINS	

1250

33

Don't know 9998

c Would you describe any of the gardening as 'heavy'?

- Yes 1
- No 2
- Don't know 8

1254

86a In the last 7 days, have you done any DIY (outside of work - IF APPLICABLE) by DIY, I mean house and car maintenance, building, carpentry, etc ?

- |     |             |
|-----|-------------|
| Yes | 1 ASK b.    |
| No  | 2 GO TO Q87 |

1255

IF YES AT a.

b How much time, overall, did you spend on DIY in the last 7 days?

TOTAL TIME IN LAST 7 DAYS:

HOURS		MINS	

1256

39

Don't know 9998

c Would you describe any of this work as 'heavy'?

- Yes 1
- No 2
- Don't know 8

1260

87a 1261 ACTFORT2 1, 2 If completely blank after 1 at 1261 coded 9 at 1308  
9:NA

**Note** For all activities recorded at Q87 and Q88, column c, this is the number of times the activity was performed in the fortnight prior to the interview.  
For all activities recorded at Q87 and Q88, column d, this is time spent per session on the activity. Some approximate indication of energy output can be gauged from the type of activity and the frequency and duration of its performance.

	87b		87c		87d		
1308	KEEPFIT2 1, 9	1309-10	KFNO2 01 - 50	1311-12	KFHR2 00 - 03	1313-14	KFMN2 00 - 50
1315	YOGA2 1	1316-17	YOGANO2 01 - 16	1318-19	YOGAHR2 00 - 04	1320-21	YOGAMN2 00 - 45
1322	CYCLING2 1	1323-24	CYCNO2 01 - 50	1325-26	CYCHR2 00 - 10	1327-28	CYCMN2 00 - 50
1329	GOLF2 1	1330-31	GOLFO2 01 - 14	1332-33	GOLFHR2 00 - 12	1334-35	GOLFMN2 00 - 45
1336	JOG2 1	1337-38	JOGNO2 01 - 28	1339-40	JOGHR2 00 - 04	1341-42	JOGMN2 00 - 50
1343	SWIM2 1	1344-45	SWIMNO2 00 - 42	1346-47	SWIMHR2 00 - 04	1348-49	SWIMMN2 00 - 55
1350	TABTEN2 1	1351-52	TTNO2 01 - 11	1353-54	TTHR2 00 - 04	1355-56	TTMN2 00 - 45
1357	BBALL2 1	1358-59	BBNO2 01 - 04	1360-61	BBHR2 00 - 03	1362-63	BBMN2 00 - 45
1364	FBALL2 1	1365-66	FBNO2 01 - 10	1367-68	FBHR2 00 - 06	1369-70	FBMN2 00 - 50
1371	RUGBY2 1	1372-73	RUGNO2 01 - 06	1374-75	RUGHR2 00 - 02	1376-77	RUGMN2 00 - 30
1408	BADMIN2 1	1409-10	BADNO2 01 - 14	1411-12	BADHR2 00 - 04	1413-14	BADMN2 00 - 50
1415	TENNIS2 1	1416-17	TENNO2 01 - 14	1418-19	TENHR2 00 - 08	1420-21	TENMN2 00 - 45
1422	ESQUASH2 1	1423-24	SQNO2 01 - 12	1425-26	SQHR2 00 - 02	1427-28	SQMN2 00 - 50
1429	CRICKET2 1	1430-31	CRNO2 01 - 09	1432-33	CRHR2 00 - 10	1434-35	CRMN2 00 - 50
1436	SAIL2 1	1437-38	SAILNO2 01 - 06	1439-40	SAILHR2 00 - 09	1441-42	SAILMN2 00 - 45
1443	SELFDEF2 1	1444-45	SDNO2 01 - 14	1446-47	SDHR2 00 - 03	1448-49	SDMN2 00 - 45
1450	BPACK2 1	1451-52	BPN2 01 - 07	1453-54	BPHR2 00 - 10	1455-56	BPMN2 00 - 30
1457	WALKS2 1	1458-59	WALKSNO2 01 - 60	1460-61	WALKSHR2 00 - 08	1462-63	WALKSMN2 00 - 55
1464	DANCING2 1	1465-66	DNO2 01 - 14	1467-68	DHR2 00 - 09	1469-70	DMN2 00 - 50

For all variables:- \*NO2,\*HR2,\*MN2 98:DK 99:NA 9 at 1308 : Q not asked



ALL

87 SHOW CARD D. In the last fortnight have you done any of the activities on this card? (outside of work - IF APPLICABLE)

Yes  
No

1	ASK b.
2	GO TO Q88

1261

b Which of these activities have you done in the last fortnight? RING CODE 1 IN COLUMN b. OF GRID FOR EACH ONE

FOR EACH DONE AT b. ASK c. and d.

c How many times have you done (ACTIVITY) in the last fortnight? ENTER NUMBER IN COLUMN c. OF GRID

d On average, how long did you spend doing it each time? IF ACTIVITY DONE FOR DIFFERENT LENGTHS OF TIMES, GET ESTIMATED AVERAGE TIME. ENTER IN COLUMN d. OF GRID

	b DONE	c NO. OF TIMES IN FORTNIGHT	d AVERAGE TIME EACH TIME DONE	
			Hours	Minutes
Keep fit, aerobics etc	1	<input type="text"/>	<input type="text"/>	<input type="text"/>
Yoga	1	<input type="text"/>	<input type="text"/>	<input type="text"/>
Cycling	1	<input type="text"/>	<input type="text"/>	<input type="text"/>
Golf	1	<input type="text"/>	<input type="text"/>	<input type="text"/>
Jogging, Running	1	<input type="text"/>	<input type="text"/>	<input type="text"/>
Swimming	1	<input type="text"/>	<input type="text"/>	<input type="text"/>
Table tennis	1	<input type="text"/>	<input type="text"/>	<input type="text"/>
Basketball	1	<input type="text"/>	<input type="text"/>	<input type="text"/>
Football	1	<input type="text"/>	<input type="text"/>	<input type="text"/>
Rugby	1	<input type="text"/>	<input type="text"/>	<input type="text"/>
Badminton	1	<input type="text"/>	<input type="text"/>	<input type="text"/>
Tennis	1	<input type="text"/>	<input type="text"/>	<input type="text"/>
Squash, Fives, Rackets	1	<input type="text"/>	<input type="text"/>	<input type="text"/>
Cricket	1	<input type="text"/>	<input type="text"/>	<input type="text"/>
Windsurfing, Sailing	1	<input type="text"/>	<input type="text"/>	<input type="text"/>
Self defence, Boxing, Wrestling	1	<input type="text"/>	<input type="text"/>	<input type="text"/>
Back-packing, Hiking, etc	1	<input type="text"/>	<input type="text"/>	<input type="text"/>
Walks of 2 miles or more	1	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dancing	1	<input type="text"/>	<input type="text"/>	<input type="text"/>

Card  
13

1308

14

1315

21

1322-

28

1329-

35

1336-42

1343

49

1350-

56

1357

63

1364-

70

1371 77

Card 14

1408

14

1415

21

1422

28

1429-

35

1436-

42

1443

49

1450-

56

1457

63

1464

88a 1471 OTHERAC2 1,2

Note Column 1472 - 1530-31

All activities reported here have been recoded into Q83, Q85, Q86, Q87 or cols 2841 to 2956 as appropriate, cols 1472 to 1531 are therefore blank.

	88b		88c		88d		
<b>BOWLS - includes carpet bowls and tenpin bowling</b>							
	2841	BOWLS2	2842-43	B2NO	2844-45	B2HR	2846-47 B2MN
		1		01 - 14		00 - 20	00 - 50
<b>FIELD SPORTS - Shooting, stalking, etc.</b>							
	2848	FIELD2	2849-50	F2NO	2851-52	F2HR	2853-54 F2MN
		1		01 - 08		00 - 08	00 - 30
<b>HORSE RIDING</b>							
	2855	HORSES2	2856-57	HS2NO	2858-59	HS2HR	2860-61 HS2MN
		1		01 - 12		00 - 02	00 - 45
<b>ROWING</b>							
	2862	ROWING2	2863-64	R2NO	2865-66	R2HR	2867-68 R2MN
		1		01 -14		00 - 06	00 - 30
<b>SNOW SPORTS</b>							
	2908	SNOW2	2809-10	S2NO	2911-12	S2HR	2913-14 S2MN
		1		01 - 13		02 - 07	00 - 30
<b>SKATING - ice and roller</b>							
	2915	SKATING2	2916-17	SK2NO	2918-19	SK2HR	2920-21 SK2MN
		1		03		00	45
<b>HOCKEY - inc. ice hockey</b>							
	2922	HOCKEY2	2923-24	H2NO	2925-26	H2HR	2927-28 H2MN
		1		01 - 08		00 - 01	00 - 30
<b>MOTOR SPORTS - car racing, motorcycle and scrambling, etc.</b>							
	2929	MOTOR2	2930-31	M2NO	2932-33	M2HR	2934-35 M2MN
		1		01 - 02		01 - 02	00 - 30
<b>TRAINING - inc. weight and circuit training</b>							
	2936	TRAIN2	2937-38	TR2NO	2939-40	TR2HR	2941-42 TR2MN
		1		01 - 14		00 - 02	00 - 45
<b>HOUSEWORK</b>							
	2943	HOUSEWK2	2944-45	HW2NO	2946-47	HW2HR	2948-49 HW2MN
		1		01 - 14		00 - 12 98:DK	00 - 30 98:DK
<b>OTHER</b>							
	2950	EOTHER2	2951-52	E02NO	2953-54	E02HR	2955-56 E02MN
		1		01 - 32 98:DK 99:NA		00 - 06 98:DK 99:NA	00 - 30 98:DK 99:NA

89a 1532 COMPSPOR 1, 2, 3  
8:DK 9:NA

89b 1533 COMPSPT 1, 2  
8:DK

a 23rd Nov

Q:49

man2ws

ALL

88a Have you done any other physical activities in the last fortnight?

Yes	1 ASK b.	1471
No	2 GO TO Q89	

b What did you do? RECORD EACH BELOW AND ASK FOR EACH.

c How many times have you (ACTIVITY) in the last fortnight? ENTER NUMBER IN COLUMN c. OF GRID

d On average, how long did you spend doing it each time? IF ACTIVITY DONE FOR DIFFERENT LENGTHS OF TIME, GET ESTIMATED AVERAGE TIME. ENTER IN COLUMN d. OF GRID.

CARD 15

OTHER ACTIVITIES:	b NO. OF TIMES IN FORTNIGHT	d AVERAGE TIME EACH TIME DONE	
		Hours	Minutes
1 _____	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>
2 _____	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>
3 _____	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>
4 _____	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>

1508  
13  
1514  
19  
1520  
25  
1526  
31

ALL

89a Compared with 7 years ago, do you nowadays spend more, less or about the same amount of time on sport and physical activities?

CODE ONE ONLY

Now spend more time  
 Now spend less time  
 About the same time  
 Don't know

1 ASK b.	1532
2 GO TO Q91	
3 GO TO Q92	
8	

IF MORE TIME (CODE 1 AT a.)

b Would you say that you now spend

READ OUT

a bit more time, 1  
 or a lot more time? 2  
 (Can't say) 8

1533

90	1534	MTIME01	1	
	1535	MTIME02	1	
	1536	MTIME03	1	
	1537	MTIME04	1	
	1538	MTIME05	1	
	1539	MTIME06	1	
	1540	MTIME07	1	
	1541	MTIMEDK	1	Don't know
			9:NA	
	1542	MTIME08	1	Enjoyment
	1543	MTIME09	1	Change of lifestyle/outlook
	1544	MTIME10	1	To socialise/ social pressure

91a	1546	LESSTIME	1, 2	
			8:DK 9:NA	

91b	1547	LTIME01	1	
91b	1548	LTIME02	1	
91b	1549	LTIME03	1	
91b	1550	LTIME04	1	
91b	1551	LTIME05	1	
91b	1552	LTIME06	1	
91b	1553	LTIME07	1	
91b	1554	LTIMEDK	1	Don't know
			9:NA	
91b	1555	LTIME08	1	Change of lifestyle
91b	1556	LTIME09	1	Advancing age
91b	1557	LTIME10	1	Change of outlook

92	1559	LEISACT2	1, 2	
			9:NA	

90 IF MORE TIME (CODE 1 AT Q89a.)  
 Why do you now spend more time than seven  
 years ago on sport or physical activities?

- DO NOT PROMPT Will power/to get or keep fit 01  
 CODE ALL THAT APPLY More leisure time 02  
 To take part with family 03  
 More money 04 GO TO Q92  
 Better facilities 05  
 Better health 06  
 Other (DESCRIBE) \_\_\_\_\_ 07  
 \_\_\_\_\_  
 Can't say 98

1334-  
45

IF LESS TIME (CODE 2 AT Q89a.)

- a Would you say that you now spend READ OUT  
 a bit less time, 1  
 or a lot less time? 2  
 (Can't say) 8

1346

b Why do you spend less time on sport or physical  
 activities than seven years ago?

- DO NOT PROMPT Less leisure time 01  
 CODE ALL THAT APPLY Family ties 02  
 Companions not available 03  
 Less money 04  
 Less facilities 05  
 Poor health/injuries 06  
 Other (DESCRIBE) \_\_\_\_\_ 07  
 (Can't say) 98

1347  
38

ALL

92 SHOW CARD E. In the past fortnight have you done any  
 of the activities on this card (outside of work -  
 IF APPLICABLE)?

- Yes 1 ASK Q93  
 No 2 GO TO Q94  
 Don't know 8

1359

93	1560	FISHING2	1
	1561	PARTY2	1
	1562	DARTS2	1
	1563	COAST2	1
	1564	MUSEUM2	1
	1565	ACTING2	1
	1566	CINEMA2	1
	1567	SPECTAT2	1
	1568	KNIT2	1
	1569	HOBBY2	1
	1570	SOCWK2	1
	1571	SKLGAME2	1
	1572	BETTING2	1
	1573	PUB2	1
	1574	BINGO2	1
	1575	CHURCH2	1
	1576	LECTURE2	1
	1577	BBB	1

Birdwatching, Butterflies,  
Blackberrying

94a	1617	LEISCOMP	1, 2, 3 8:DK 9:NA
-----	------	----------	----------------------

94b	1618	OUTABOUT	1, 2 8:DK 9:NA
-----	------	----------	-------------------

IF YES (CODE 1 AT Q92)

3 CONTINUE WITH SHOWCARD E. Which of these have you done in the last fortnight?

RING CODE FOR EACH ACTIVITY DONE.

Fishing	01
Parties, dances, socials	02
Darts, billiards, snooker	03
Visited coast, rivers, parks, countryside, (other than fishing)	04
Visited historic buildings, museum, exhibitions or zoos	05
Amateur music, acting or singing	06
Gone to cinema, theatre, concert	07
Gone to watch a sports event	08
Knitting or sewing	09
Hobbies, crafts, creative arts or collecting things	10
Community, social or voluntary work	11
Played games of skill (computer games, chess, cards, scrabble etc )	12
Betting, football pools, other gambling	13
Been to a pub	14
Been to a social club or bingo	15
Been to church or other place of worship	16
Been to a class or lecture (other than to do with work, school or college)	17

1360-79

Card 16

1608 16

ALL

94a Compared to 7 years ago, do you think that you have more or less time for leisure activities?

More time	1
About the same	2
Less time	3
Can't say/Don't know	8

1617

b In general, do you get out and about as much as you would like to?

Yes	1
No	2
Can't say	8

1618

Interviewer instructions

Note that we want the respondent's main activity. If someone is a full-time student who works in the evenings, weekends or holidays, code as a full-time student.

If a respondent is not working at present, probe to find out their current situation. If someone is looking after the home or family and is not wanting or seeking work, ring code 10, not codes 4 or 5.

If someone is working for an employer on a placement for a Government scheme, code as in work, even if they are still claiming Unemployment Benefit.

95a 1619-20 WORKST2 01 - 12  
99:NA

Coding

Sporadic work ie 'Supply Teacher' code in WORKST2 at 01. Code 12 - VOLUNTARY WORK (full or part-time).

Note

Employed includes temporarily off sick.

Unemployed is defined as in the labour market but not working, whether or not claiming to be looking for work. Permanently sick is confined to those not in the labour market.

Retire includes all of retirement age (60+F, 65+M) who are not working outside the home are are not seeking work, plus those below that age who state that they are retired and not seek ing work. (Eg."retired" takes precedence over "household duties" for those over retirement age).

Keeping house includes only women below retirement age (and a few men) who give this as their occupation and are out of the labour market.

95b 1621-22 WORKHRS2 01-97  
99:NA

Coding

97-97+. If respondent had indicated that they worked full-time (code 01 Q95a) but the number of hours worked were not recorded, they were coded as having worked 30 hours.

95c 1623 WKSHIFT2 1, 2  
9:NA

95d 1624 JOBEFF2 1 - 4  
8:DK  
9:NA



**BACKGROUND INFORMATION**

95a Now I would like to ask you some questions about what you are currently doing

At the present time are you in paid work, a full-time student or doing something else?

**PROBE TO DETERMINE CURRENT STATUS**

NOTE: 1) FULL-TIME STUDENT (CODE 09) HAS PRIORITY OVER WORKING.  
2) IN WORK (CODES 01 & 02) INCLUDES WORK THROUGH A GOVT. SCHEME

- |  |    |
|--|----|
| Work full-time (30+ hrs)                                 | 01 |
| Work part-time (less than 30 hrs)                        | 02 |
| Waiting to start a job already obtained                  | 03 |
| Unemployed and <u>actively</u> looking for work          | 04 |
| Unemployed, wanting work but <u>not</u> actively looking | 05 |
| Out of work as temporarily sick                          | 06 |
| Permanently sick or disabled                             | 07 |
| Wholly retired from work                                 | 08 |
| In full-time education                                   | 09 |
| Looking after home or family                             | 10 |
| Other (SPECIFY) _____                                    | 11 |

ASK b.

GO TO Q99

GO TO Q98

1619 20

CODE ONE ONLY

**IF CURRENTLY IN WORK (CODE 01 OR 02 AT a.)**

b How many hours do you normally work in a week?

ROUND UP TO NEAREST HOUR

HOURS A WEEK:

--	--

1621 22

c Do you do shift work?

- |     |   |
|-----|---|
| Yes | 1 |
| No  | 2 |

1623

d How much physical effort is involved in your job, is there **READ OUT**

- |              |   |
|--------------|---|
| none,        | 1 |
| a little,    | 2 |
| some,        | 3 |
| or a lot?    | 4 |
| (Don't know) | 8 |

1624

CODE ONE ONLY

96a 1625-26 JOBLONGM 01-11  
99:NA

1627 JOBLONGY 1-6  
8:DK  
1628-29 JOBYEARS 07-65  
98:DK

Only 1 valid answer in  
these three fields.

96b 1630 OTHJOBS 1, 2  
9:NA

96c 1631 OJOBNO 1 - 4  
8:DK  
9:NA

97a 1632-33 WKLONGM 01-11  
98:DK  
99:NA  
1634-35 WKLONGY 01-07  
99:NA

Only 1 valid answer in  
these two fields.

97b 1636 UNEM 1, 2  
9:NA

97c 1637-38 UNEMM 01-11  
99:NA  
1639-40 UNEMY 01-07

Only 1 valid answer in  
these two fields.

IF CURRENTLY IN WORK (CODE 01 OR 02 AT Q95a.)

96a How long have you been in this job?

ROUND UP TO NEAREST MONTH/YEAR

IF LESS THAN ONE YEAR WRITE IN NO. OF MONTHS:

IF ONE TO SIX YEARS WRITE IN NO. OF YEARS:

IF SEVEN YEARS OR MORE, WRITE IN NO. OF YEARS:

Grid for months (1-12)

Grid for years (1-6)

Grid for years (7-99)

ASK b.

GO TO Q100

1625 26

1627

1628 29

IF IN JOB LESS THAN SIX YEARS

b Since 1985 (seven years ago), have you had any other full or part-time jobs?

Yes

1 ASK c.

No

2 GO TO Q97

1630

IF HAD OTHER JOBS (CODE 1 AT b.)

c How many other jobs have you had in the past seven years? READ OUT

One, 1

two, 2

three, 3

or four or more? 4

(Can't remember/Don't know) 8

1631

CODE ONE ONLY

IF CURRENTLY IN WORK OR IN JOB LESS THAN SIX YEARS

97a In the past 7 years, how long have you been in paid work altogether?

ROUND UP TO NEAREST MONTH/YEAR

IF LESS THAN ONE YEAR WRITE IN NO. OF MONTHS:

IF ONE YEAR OR MORE WRITE IN NO. OF YEARS:

Grid for months (1-12)

Grid for years (1-99)

1632-33

1634-35

b Since 1985 (seven years ago) have you been unemployed and available for work for at least a month?

Yes

1 ASK c.

No

2 GO TO Q100

1636

IF HAS BEEN UNEMPLOYED SINCE 1985

c In total, how long have you been unemployed and available for work since 1985?

ROUND UP TO NEAREST MONTH/YEAR

IF LESS THAN ONE YEAR WRITE IN NO. OF MONTHS:

IF ONE YEAR OR MORE WRITE IN NO. OF YEARS.

Grid for months (1-12)

Grid for years (1-99)

GO TO Q100

1637 38

1639 40

98 1641 EMPOTH 1, 2  
9:NA

99a 1642-43 TIMUNEM2 01-08  
98:DK  
99:NA

99b 1644 JOBS 1 - 4  
8:DK  
9:NA

99c 1645-46 JOBTIMEM 01-11  
98:DK  
99:NA

Only 1 valid answer in  
these two fields.

1647-48 JOBTIMEY 01-07

99d 1649-50 JOBAVM 01-11  
98:DK  
99:NA

Only 1 valid answer in  
these two fields.

1651-52 JOBAVY 01-07

IF RETIRED/STUDENT/PERMANENTLY SICK/LOOKING AFTER HOME/OTHER  
(CODES 07-11 AT Q95a.)

98 Have you been . (CURRENT STATUS) for the  
whole of the last 7 years?

Yes	1 GO TO Q102
No	2 ASK Q99

ASK 'DISABLED', 'RETIRED' ETC APPROPRIATE

IF CODES 03-08 AT Q95a. OR CODE 2 AT Q98

99a How long is it since you were last in  
paid work?

Never in paid work	01 GO TO Q102
IF NECESSARY, PROBE FOR ESTIMATE Under 3 months	02
CODE ONE ONLY 3, less than 6 months	03
6 months, less than a year	04
1 year, less than 2 years	05 ASK b.
2 years, less than 4 years	06
4 years, less than 7 years	07
7 years or more	08 GO TO Q102
Can't say	98

IF IN PAID WORK DURING LAST 7 YEARS AGO (CODES 02-07 AT a.)

b How many full or part-time jobs have you had  
in the past 7 years? READ OUT

One,	1
two,	2
three,	3
or four or more	4
(Don't know/Can't remember)	8

CODE ONE ONLY

c In the past seven years, for how long were  
you in paid work altogether?

ROUND  
UP TO  
NEAREST  
MONTH/  
YEAR

IF LESS THAN 1 YEAR WRITE IN NO. OF MONTHS:

--	--

IF 1 YEAR OR MORE WRITE IN NO. OF YEARS:

--	--

d And in total, how long have you been unemployed  
and available for work since 1985?

ROUND  
UP TO  
NEAREST  
MONTH/  
YEAR

IF LESS THAN 1 YEAR WRITE IN NO. OF MONTHS:

--	--

IF 1 YEAR OR MORE WRITE IN NO. OF YEARS:

--	--

100c	1653-57	OCCUP2	00000 - 99999	<u>Coding</u> See <u>Standard Occupational Classification, 1990</u> , OPCS, HMSO, London. The first 3 digits were used followed by 2 digit Employment Status. See <u>Classification of Occupations, 1980</u> OPCS, HMSO, London. <u>Coding (Employment Status)</u> 01 Self Employed 25+ employees 02 Self Employed 1-24 employees 03 Self Employed No. employees 04 Self Employed No. of employees not known 05 Manager Establishment 25+ employees 06 Manager Establishment 1-24 employees 07 Manager Number in establishment not known 08 Foreman/Supervisor 09 Other Employee 10 Employee Further status not known 11 Inadequately described
100d	1663	SUPER2	1-3 9:NA	
100e	1664	EMPSELF2	1-3 9:NA	
101a	1665	EMPNO2	1-3 8:DK 9:NA	
101b	1666-67	SIC2	00-97 98,99	<u>Industry Coding</u> See Industrial Classification for the 1981 Census, Summary of Classes (Appendix D), <u>Classification of Occupations 1980</u> , OPCS, HMSO, London.

See following pages for Socio-economic Group and Social Class

IF CURRENTLY WORKING (CODES 01-02 AT Q95a.) OR HAS WORKED  
IN PAST 7 YEARS (CODES 02-07 AT Q99a.)

100 IF CURRENTLY IN WORK, ASK ABOUT CURRENT OR MOST RECENT JOB.  
USE APPROPRIATE TENSE.

a I would like to ask you about your present/(most recent) job  
What is (was) the name or title of your job?

b What kind of work do (did) you do in your job?  
IF RELEVANT: What are (were) the materials made of?

c What training or qualifications are (were) needed for  
your job?

d Do (did) you supervise or have management  
responsibility for the work of other  
people? None 1  
IF YES: How many? 1 to 24 2  
25 or more 3

e Are (were) you .. READ OUT

.. an employee 1  
working as a temp for an agency 2  
or, self-employed? 3

1	ASK Q101
2	GO TO Q102

IF EMPLOYEE OR TEMP (CODE 1 OR 2 AT Q100e.)

101a How many people are (were) employed at  
the place where you work(ed) (from)?  
Is it READ OUT None 1  
1 to 24 2  
25 or more 3

b What does (did) your employer make or do at  
the place where you usually work(ed) from? \_\_\_\_\_

OFFICE USE ONLY	
SIC	<input style="width: 20px; height: 20px;" type="text"/> <input style="width: 20px; height: 20px;" type="text"/>

SEG

SC

### Socio-economic Group

See Standard Occupational Classification, 1990, OPCS, HMSO, London. Since HALS1 there has been a revision of the classification codes for socio-economic group (SEG). This has resulted in there being 20 codes for HALS2 (SEG2), rather than the original principal 17 codes for HALS1 (SEG1). The 20 codes are often condensed to 8 to form a shortened socio-economic group (SHTSEG2). The HALS2 Codes (SEG2) are listed below with the relative HALS1 principal codes and subcodes (SEG1), and with the applicable SHTSEG2 code in brackets.

#### Note - SEG2

This variable gives SEG by own occupation (past or present) for both M and F.

				<u>SEG2 (SHTSEG2)</u>	<u>SEG1</u>
DV	1668-69	SEG2	1-20	01: (2) Employer large establishment	:01.1
				02: (2) Manager large establishment	:01.2
				03: (2) Employer small establishment	:02.1
				04: (2) Manager small establishment	:02.2
				05: (1) Professional self-employed	:03
				06: (1) Professional employee	:04
				07: (3) Intermediate Non-manual and Salaried	:05.1
				08: (3) Intermediate Non-manual Foremen	:05.2
				09: (3) Junior Non-manual	:06
				10: (5) Personal Services	:07
				11: (4) Manual Supervisor/Foreman	:08
				12: (4) Skilled Manual	:09
				13: (5) Semi-Skilled Manual	:10
				14: (6) Unskilled Manual	:11
				15: (4) Own Account/Non-Professional	:12
				16: (2) Farmers (Employers and Managers)	:13
				17: (4) Farmers Own Account	:14
				18: (5) Agricultural Workers	:15
				19: (11) Armed Forces	:16
				20: (9) Inadequately described	:17

#### Note - SHTSEG2

This variable, derived from SEG2 and SEGP2 for different working and marital status groups, gives "Head of Household" socio-economic group for both men and women.

#### Coding

DV	1661-62	SHTSEG2	1-6,9 11,99	01: SEG1 Professional
				02: SEG2 Employers, Managers
				03: SEG3 Other Non-Manual
				04: SEG4 Skilled Manual, Manual Foremen, Own Account
				05: SEG5 Semi-Skilled, Personal Services
				06: SEG6 Unskilled
				09: Unclassifiable or never occupied
				11: Armed Services
				99: Missing Value

#### Coding

DV	1674-75	SHTSEG1	1-6,9 11,99	This is the equivalent HALS1 variable to SHTSEG2 and the codes are the same as above. Using information from HALS2 some of the SHTSEG1 values have been revised
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Social Class

DV 1670-71 SC2 1-6,9  
11,99

Coding

01: SCI  
02: SCII  
03: SCIII Non-Manual  
04: SCIII Manual  
05: SCIV  
06: SCV  
09: Unclassifiable  
11: Armed Services  
99: Missing values

Note - SC2

This variable gives SC by own occupation (past or present) for both M and F. "Own occupation" SC of course omits a proportion of married women.

DV 1659-60 RGSC2 1-6,9  
11,12

Coding

01: SCI  
02: SCII  
03: SCIII Non-Manual  
04: SCIII Manual  
05: SCIV  
06: SCV  
09: Unclassifiable  
10: Students  
11: Armed Services  
12: Respondent/Spouse never been occupied

Note - RGSC2

This variable, derived from SC2 and SCP2 for different working and marital status groups, gives Registrar General Social Class for "Head of Household", classifying married women by husband's occupation, widowed by ex-husband's occupation, single and divorced women by own occupation

DV 1672-73 RGSC1 1-6,9  
10-12

Coding

This is the equivalent HALS1 variable to SHTSEG2 and the codes are the same as above, but some amendments have been made as for SHTSEG1

102a 1679-80 ACCOM2 01-09  
99:NA

102b 1708 SHELTER 1, 2  
9:NA

103a 1709 HOUSOWN2 1, 2  
9:NA

Instruction to Interviewer  
If respondent/spouse in joint ownership  
with others take code 1.  
DK means someone else (CODE AS 2)

103c 1710 OTHOWN2 1 - 8  
9:NA

Coding  
Some confusion in answering Q103-106  
for people in residential/nursing homes  
(06/07 at Q102a), code 8 used when information  
about who owned residential home was incomplete

ALL

102a Now I would like to ask you about your household

<u>CODE TYPE OF ACCOMMODATION LIVED IN:</u>	Whole house	01
	Bungalow	02
	<u>Purpose built</u> flat, maisonette, bedsitter	03
	<u>Self-contained</u> flat, maisonette, bed-sitter in <u>converted house</u>	04 ASK b.
	Room(s) <u>not self-contained</u>	05
	Residential or Nursing Home - own room	06
	Residential or Nursing Home - shared room	07 GO TO Q103
	Caravan, mobile home, houseboat	08
	Other (SPECIFY) _____	09

IF CODES 01-05 AT a.

b	Can I check, is this sheltered accommodation?	Yes	1
		No	2

ALL

103a In whose name is this accommodation owned or rented?

	Respondent and/or spouse	1 ASK b.
	Other person (ie <u>not</u> respondent or spouse)	2 ASK c.

IF RESPONDENT OR SPOUSE (CODE 1 AT a.)

b Do you own or rent this accommodation?  
IF RENTED, PROBE: Who from? CODE BELOW

IF 'OTHER PERSON' (CODE 2 AT a.)

c Does (PERSON RESPONSIBLE FOR IT) own  
or rent it?  
IF RENTED, PROBE: Who from? CODE BELOW

	<u>Owned</u> (include buying)	1 GO TO Q105
	<u>Rented from</u> local authority/new town	2
	- housing association/charitable trust	3 ASK Q104
	- relative	4
	- private landlord or employer	5
	- <u>Squatting</u>	6 GO TO Q105
	Other (SPECIFY) _____	7 ASK Q104

104	1711	FURN2	1, 2 9:NA
105a	1712-13	LIVROOM2	0-6 99:NA
105b	1714-15	BEDROOM2	0-8 99:NA
105c	1716	BATH2	1, 2 9:NA
105d	1717	WC2	1, 2 9:NA
105e	1718	SHARELO2	1, 2 9:NA
106	1719	GARDEN2	1 - 4 9:NA

107	1720	MARITAL2	1 - 5 8:DK 9:NA
-----	------	----------	-----------------------

Coding  
Code 8  
was used where MARITAL 2 response contradicted information in household grid or where interview was abandoned part way through. In these cases refer to household grid for family structure.



108 1721 COHAB2 1, 2

Note

Due to a routeing error, respondents who were widowed were not asked about their past/ex spouse's last occupation, which would have given "head of household" classification for shortened socio-economic group (SHTSEG2) and RGSC2 for widows. For women who were widows at HALS1 and whose marital status had not changed by HALS2 and women who had become widowed since HALS1, the HALS1 "head of household" classification was carried forward to HALS2.

109 1722-23 PARTEMP2 1 - 12  
99:NA

Code 12 - VOLUNTARY WORK

110 1724 PJOB 1, 2  
9:NA

111 1725 PLASTJOB 1 - 3  
8:DK  
9:NA

IF NOT MARRIED (CODES 2 TO 5 AT Q107)

108 Can I check, at present are you living as married?

Yes	1	GO TO Q109
No	2	GO TO Q118

IF MARRIED OR LIVING AS MARRIED (CODE 1 AT Q107 OR CODE 1 AT Q108)

109 At the present time is your husband/wife/partner in paid work, looking for work, a full-time student or doing something else?

PROBE TO DETERMINE CURRENT STATUS

**NOTE:** 1) FULL-TIME STUDENT (CODE 09) HAS PRIORITY OVER WORKING.  
2) IN WORK (CODES 01 & 02) INCLUDES WORK THROUGH A GOVT. SCHEME

CODE ONE ONLY

Work full-time (30+ hrs)	01	GO TO Q112
Work part-time (less than 30 hrs)	02	
Waiting to start a job already obtained	03	
Unemployed and actively looking for work	04	ASK Q110
Unemployed, wanting work but not actively looking	05	
Out of work as temporarily sick	06	
Permanently sick or disabled	07	GO TO Q113
Wholly retired from work	08	
In full-time education	09	
Looking after home or family	10	ASK Q110
Other (SPECIFY) _____	11	

IF CODES 03-06, 09-11 AT Q109

110 Has your husband/wife/partner had a paid job lasting a month or more since 1985 (in the last 7 years)?

Yes	1	ASK Q111
No	2	GO TO Q118
Don't know	8	

IF YES AT Q110

111 How long is it since he/she was last in paid employment?

Under 1 year	1
1 year less than 4 years	2
4 years less than 7 years	3
Don't know	8

112a 1726-27 PTEMPM 01 - 11  
98:DK Only one valid answer  
99:NA in these two fields  
1728-29 PTEMPY 1 - 7  
98:DK

112b 1730 PTUNEMP2 1, 2  
8:DK  
9:NA

112c 1731-32 PTWUNAVM 01 - 11  
98:DK Only 1 valid answer  
in these two fields  
1733-34 PTWUNAVY 01 - 11  
98:DK

113a 1735-36 PTRET 18 - 97  
98:DK  
99:NA

113b 1737 PTRETIM 1 - 4  
8:DK  
9:NA

114a 1738 PTUNAV 1, 2  
8:DK  
9:NA



IF PARTNER CURRENTLY OR HAS BEEN IN WORK IN LAST 7 YEARS

112a In the past 7 years, how long has he/she been in paid work altogether?

ROUND UP TO NEAREST MONTH/YEAR	IF <u>LESS THAN ONE YEAR</u> WRITE IN NO. OF MONTHS:	<input type="text"/>	<input type="text"/>
	IF <u>ONE YEAR OR MORE</u> WRITE IN NO. OF YEARS.	<input type="text"/>	<input type="text"/>
	Don't know	98	

b Since 1985 (seven years ago), has your husband/wife/partner been unemployed and available for work for at least a month?

Yes	1	ASK c.
No	2	GO TO Q116
Can't say	8	

IF YES AT b. (CODE 1)

c How long in total has he/she been unemployed and available for work since 1985?

ROUND UP TO NEAREST MONTH/YEAR	IF <u>UNDER ONE YEAR</u> WRITE IN NO. OF MONTHS.	<input type="text"/>	<input type="text"/>	GO TO Q116
	IF <u>ONE YEAR OR MORE</u> WRITE IN NO. OF YEARS:	<input type="text"/>	<input type="text"/>	
	Don't know	98		

IF PARTNER PERMANENTLY SICK OR DISABLED (CODES 07/08 AT Q109)

113a What age was he/she when he/she became wholly retired (unable to work)?

AGE	<input type="text"/>	<input type="text"/>
Don't know	98	

b So, can I just check, how long ago did he/she retire (become unable to work)?

CODE ONE ONLY

Less than 1 year ago	1	ASK Q114
1 year, less than 4 years ago	2	
4 years, less than 7 years ago	3	
7 years ago or more	4	GO TO Q118
Can't say	8	

IF LESS THAN SEVEN YEARS AGO (CODES 1 TO 3 AT Q113b.)

114a Has he/she been unemployed and available for work for at least a month in the last seven years?

Yes	1	ASK b.
No	2	GO TO Q115
Don't know	8	

114b 1739-40 PTUNAVM 01 - 11  
99:NA Only 1 valid answer  
in these two fields  
1741-42 PTUNAVY 01 - 07

115 1743 PTRETJOB 1, 2

116b 1744-53 POCCUP2 00000-  
99999 1990 3 digit SOC and 2 digit EMPSTAT  
See Q100c

116d 1754 PTSUPER2 1 - 3  
8:DK  
9:NA

IF YES AT a.

114b How long in total before being unable to work (retired) was he/she unemployed and available for work in the past seven years?

ROUND  
UP TO  
NEAREST  
MONTH/  
YEAR

IF LESS THAN 1 YEAR WRITE IN NO. OF MONTHS:

--	--

IF 1 YEAR OR MORE WRITE IN NO. OF YEARS:

--	--

IF RETIRED/BECAME UNABLE TO WORK LESS THAN 7 YEARS AGO

115 Has your husband/wife/partner had a paid job lasting a month or more since 1985 (in the last 7 years)?

Yes

1 ASK Q116

No

2

GO TO Q118

Don't know

8

IF SPOUSE/PARTNER IN WORK OR HAS WORKED IN LAST 7 YEARS

116 • ASK ABOUT PRESENT JOB IF IN WORK OR MOST RECENT JOB IF NOT IN WORK

• USE APPROPRIATE TENSE

a I would like to ask about your husband's/wife's/partner's present (most recent job)? What is (was) the name or title of his/her job?

b What kind of work does (did) he/she do in that job?  
IF RELEVANT What are (were) the materials made of?

c What training or qualifications are (were) needed for his/her job?

d Does (did) he/she supervise or have management responsibility for the work of other people?

IF YES: How many?

None 1

1 to 24 2

25 or more 3

Don't know 8

117a 1755 PARSEMP2 1 - 3  
8:DK  
9:NA

117b 1756 EMPART2 1 - 3  
8:DK  
9:NA

117c 1757-58 SICP2 00-99 Coding  
1980 2 digit industry coding See Q101b  
1759-60 SEGP2 1-20 Coding as for SEG2 (page following Q101b)  
1761-62 SCP2 1-11 Coding as for SC2 (second page following Q101b)

118a	1769-70	INCP2	1-12	<u>Codes for INCP2 and INCH2</u>		
			97:Refused			
			98:Can't estimate	<u>Net Weekly</u>	<u>Code number</u>	<u>Net Monthly</u>
			99:NA			
				Less than £50	03	Less than £210
				£50 - 74	06	£211 - 320
				£75 - 99	09	£321 - 430
				£100 - 149	04	£431 - 650
				£150 - 199	11	£651 - 860
				£200 - 249	12	£861 - 1080
				£250 - 299	01	£1081 - 1300
				£300 - 349	08	£1301 - 1500
				£350 - 399	05	£1501 - 1730
				£400 - 449	10	£1731 - 2160
118b	1771-72	INCH2	1-12	£500 - 599	02	£2161 - 2600
			97:Refused	£600 or more	07	£2601 or more
			98:Can't estimate			
			99:NA			

IF SPOUSE/PARTNER IN WORK OR HAS WORKED IN PAST 7 YEARS

a Is (was) he/she **READ OUT** an employee,  
 working as a temp for an agency,  
 or, self-employed?  
 (Don't know)

1	ASK b.
2	
3	GO TO Q118
8	

IF EMPLOYEE OR TEMP (CODES 1 OR 2 AT a.)

b How many people are (were) employed at the place where he/she works(ed)?

Is it **READ OUT** None 1  
 1 to 24 2  
 or 25 or more? 3  
 (Can't estimate) 8

c What does (did) his/her employer make or do at the place where he usually work(ed) from? \_\_\_\_\_

OFFICE USE ONLY	
SIC	<input type="text"/> <input type="text"/>

SEG  
 SC

ALL

118a **SHOW CARD F.** I have a card showing various categories of weekly and monthly income. Could you show me in to which category your own personal income comes, that is income after tax but including any benefits, pension or other income you receive? Just tell me the number in the middle of the card that applies.

INCOME CODE

Refused 97  
 Can't estimate 98

b **SHOW CARD F.** And into which category does the total income of your household fall - that is income after tax, but including any benefit, pensions or other income you receive?

INCOME CODE

Refused 97  
 Can't estimate 98

1769 70

119a 1808-09 LHQ2 01-14 Code 14 - APPRENTICESHIP  
99:NA

Note  
"Access" courses coded at 03

119b 1810 LHQREC 1, 2  
9:NA

119c 1811 MEDQUAL2 1, 2  
9:NA

119d 1812 HQ2 1-5  
9:NA

SHOW CARD G. What is the highest qualification you have obtained, either while at school or gained after you left school?

CODE ONE ONLY

NO QUALIFICATIONS OBTAINED

00 GO TO Q120

CODE QUALIFICATION RESPONDENT THINKS IS HIGHEST. IF TWO OR MORE ARE EQUAL, TAKE MOST USEFUL OR MOST RECENT OF THESE. IF STILL STUDYING TAKE HIGHEST TO DATE.

- CSE Grades 2-5
- GCSE Grades D-G
- 
- CSE Grade 1
- GCE 'O' level
- GCSE Grades A-C
- School Certificate
- Scottish SCE/SUPE Ordinary
- Scottish School leaving Certificate (SLC) Lower
- City & Guilds Craft/Intermediate/Ordinary/Part I
- 
- GCE 'A' level/'S' level
- Higher School Certificate
- Matriculation
- Scottish SCE/SLC/SUPE Higher
- Overseas School Leaving Exam/Certificate
- 
- ONC/OND/City & Guilds Advanced/Final level/Part II or III
- HNC/HND/City & Guilds Full Technological Certificate
- RSA/Other clerical and commercial
- 
- Teachers training qualification
- Nursing qualification
- 
- Professional qualification (membership awarded by professional institute)
- Degree, including higher degree
- Other technical or business qualification/certificate
- Other (PLEASE SAY WHAT) \_\_\_\_\_

- 01
- 02
- 03 ASK b.
- 04
- 05
- 06
- 07
- 08
- 09
- 10
- 11
- 12
- 13

IF HAS QUALS (CODES 01-13 AT a.)

b Did you obtain this qualification in the last seven years? Yes 1 No 2

c Are you qualified as a doctor or nurse or any other kind of health professional? Yes 1 ASK d. No 2 GO TO Q120

IF 'YES' (CODE 1 AT c )

d What are you qualified as? Doctor/dentist 1 Nurse 2 Physiotherapist/Occupational therapist/Radiographer 3 Dietitian 4 Other (SPECIFY) \_\_\_\_\_ 5

120 1813 CLASSES 1, 2  
9:NA

121a 1814-17 DADYOB 1850 - 1949  
9898:DK  
9897:Knows nothing of father  
9999:NA

121b 1818-19 DADAGE 16 - 60  
98:DK  
99:NA

121c 1820 FADAEAD2 1, 2  
8:DK  
9:NA

121d 1821-22 FAGE2 43 - 97  
98:DK  
99:NA

121e 1823-24 FAGED2 22 - 97 97 - 97+  
98:DK  
99:NA



ALL

120 Are you currently enrolled in any course of study or training?

INCLUDE EVENING CLASSES

Yes 1  
No 2

121 Turning now to your father

IF QUERIED, TAKE NATURAL FATHER

a What was your father's year of birth?

YEAR OF BIRTH:

ASK c.

Don't know

9898 ASK b.

Know nothing about father

9897 GO TO Q122

IF DON'T KNOW AT a.

b Do you know how old your father was when you were born?

AGE

Don't know

98

c (Can I just check) is your father still alive?

Yes

1 ASK d.

No

2 ASK e.

Don't know

8 GO TO Q122

IF STILL ALIVE (CODE 1 AT c.)

d How old was your father on his last birthday?

AGE

GO TO Q122

Don't know

98

IF NO AT c.

e How old was your father when he died?

AGE

Don't know

98

122a 1825-28 MUMYOB 1852 - 1950  
9898:DK  
9897:Knows nothing of mother  
9999:NA

122b 1829-30 MUMAGE 16 - 50  
98:DK  
99:NA

122c 1831 MADEAD2 1, 2  
8:DK  
9:NA

122d 1832-33 MAGE2 42 - 97 97 - 97+  
98:DK  
99:NA

122e 1834-35 MAGED2 21 - 97 97 - 97+  
98:DK  
99:NA

122 Turning now to your mother

IF QUERIED, TAKE NATURAL MOTHER

a What was your mother's year of birth?

YEAR OF BIRTH:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	ASK c.
----------------------	----------------------	----------------------	----------------------	-----------

Don't know

9898 ASK b.

Know nothing about mother

9897 GO TO Q123

IF DON'T KNOW AT a.

b Do you know how old your mother was when you were born?

AGE

<input type="text"/>	<input type="text"/>
----------------------	----------------------

Don't know

98

c (Can I just check) is your mother still alive?

(TAKE NATURAL MOTHER)

Yes

1 ASK d.

No

2 ASK e.

Don't know

8 GO TO Q123

IF STILL ALIVE (CODE 1 AT c.)

d How old was your mother on her last birthday?

AGE

<input type="text"/>	<input type="text"/>
----------------------	----------------------

Don't know

98

IF NO AT c.

e How old was your mother when she died?

AGE

<input type="text"/>	<input type="text"/>
----------------------	----------------------

Don't know

98

### LIFE EVENTS

Note Questions relating to the past seven years were only asked if the respondent indicated that no such event had occurred in the past year. The number of times a particular event occurred for the same individual was not ascertained - merely whether there had been at least one such event.

#### Coding For Q123a to Q128d 9:NA

123a	1836 HLTHCND1 0,1	1837 HLTHCND2 0,1,2	1838 HLTHCND3 0,1,2	1839 HLTHCND7 0,1	1840 HLTHCND8 0,1,2	1841 HLTHCND9 0,1,2
123b	1842 HLTHINJ1 0,1	1843 HLTHINJ2 0,1,2	1844 HLTHINJ3 0,1,2	1845 HLTHINJ7 0,1	1846 HLTHINJ8 0,1,2	1847 HLTHINJ9 0,1,2
123c	1848 HLTHTRT1 0,1	1849 HLTHTRT2 0,1,2	1850 HLTHTRT3 0,1,2			
123d	1851 HLTHFFR1 0,1	1852 HLTHFFR2 0,1,2	1853 HLTHFFR3 0,1,2			
124a	1854 DTHFAM1 0,1	1855 DTHFAM2 0,1,2	1856 DTHFAM3 0,1,2	1857 DTHFAM7 0,1	1858 DTHFAM8 0,1,2	1859 DTHFAM9 0,1,2
124b	1860 DTHFRN1 0,1	1861 DTHFRN2 0,1,2	1862 DTHFRN3 0,1,2	1863 DTHFRN7 0,1	1864 DTHFRN8 0,1,2	1865 DTHFRN9 0,1,2
125a	1866 WRKJBCH1 0,1	1867 WRKJBCH2 0,1,2	1868 WRKJBCH3 0,1,2	1869 WRKJBCH7 0,1	1870 WRKJBCH8 0,1,2	1871 WRKJBCH9 0,1,2

Coding Where respondent does not work, event occurrence variables have been coded 0 (ie. the same as a 'no' response) in Q125a - Q125d

125b	1872 WRKJBLS1 0,1	1873 WRKJBLS2 0,1,2	1874 WRKJBLS3 0,1,2	1875 WRKJBLS7 0,1	1876 WRKJBLS8 0,1,2	1877 WRKJBLS9 0,1,2
125c	1908 WRKJBCR1 0,1	1909 WRKJBCR2 0,1,2	1910 WRKJBCR3 0,1,2	1911 WRKJBCR7 0,1	1912 WRKJBCR8 0,1,2	1913 WRKJBCR9 0,1,2
125d	1914 WRKRET1 0,1	1915 WRKRET2 0,1,2	1916 WRKRET3 0,1,2	1917 WRKRET7 0,1	1918 WRKRET8 0,1,2	1919 WRKRET9 0,1,2
125e	1920 WRKPRJB1 0,1	1921 WRKPRJB2 0,1,2	1922 WRKPRJB3 0,1,2	1923 WRKPRJB7 0,1	1924 WRKPRJB8 0,1,2	1925 WRKPRJB9 0,1,2

Coding Where respondent does not have a partner, event occurrence variables have been coded 0 in Q125e, Q125f. (i.e. the same as a 'no' response)

125f	1926 WRKPRRT1 0,1	1927 WRKPRRT2 0,1,2	1928 WRKPRRT3 0,1,2	1929 WRKPRRT7 0,1	1930 WRKPRRT8 0,1,2	1931 WRKPRRT9 0,1,2
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123 I would now like to ask you about any worrying or disruptive events which might have happened to you during the past few years. Some of these might already have been mentioned, but I would like to ask you a bit more about how they affected you when they happened, and whether they still affect you

123 HEALTH

I will begin by asking about health

		How much has this disrupted or changed your everyday life ?	How much has it caused you worry and stress ?		Does it still affect your everyday life ?	Does it still cause you worry and stress ?
a) Have you developed or found out you had a serious illness or handicap or has an existing condition got worse in the past year ?	No 0 Yes 1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	Or in the past seven years ? No 0 Yes 1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2
b) Have you had a serious accident or injury, or had an operation or spent a period in hospital in the past year ?	No 0 Yes 1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	Or in the past seven years ? No 0 Yes 1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2
c) Have you had painful or upsetting treatment of a condition in the past year ?	No 0 Yes 1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2			
d) What about your family and close friends - have any of them had a serious problem with their health in the past year ?	No 0 Yes 1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2			

124 DEATH

a) Has there been a death of any close family in the past year ? Spouse / partner, child, parent, other	No 0 Yes 1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	Or in the past seven years ? No 0 Yes 1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2
b) Has a close friend or other person who was important to you died in the past year ?	No 0 Yes 1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	Or in the past seven years ? No 0 Yes 1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2

125 WORK

Now I would like to ask you about work

		How much has this disrupted or changed your everyday life ?	How much has it caused you worry and stress ?		Does it still affect your everyday life ?	Does it still cause you worry and stress ?
a) Have you changed jobs in the past year ?	No 0 Yes 1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	Or in the past seven years ? No 0 Yes 1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2
b) Have you lost a job or thought that you would soon lose your job in the past year ?	No 0 Yes 1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	Or in the past seven years ? No 0 Yes 1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2
c) Have you had any other crisis or serious disappointments in your work or career in general in the past year ?	No 0 Yes 1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	Or in the past seven years ? No 0 Yes 1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2
d) Have you retired in the past year ?	No 0 Yes 1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	Or in the past seven years ? No 0 Yes 1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2
e) Has your spouse / partner lost a job, or had a crisis or serious disappointment at work in the past year ?	No 0 Yes 1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	Or in the past seven years ? No 0 Yes 1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2
f) Has your spouse / partner retired in the past year ?	No 0 Yes 1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	Or in the past seven years ? No 0 Yes 1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2

126a 1932 HOUSMV1 1933 HOUSMV2 1934 HOUSMV3  
0,1 0,1,2 0,1,2

126b 1935 HOUSAWA1 1936 HOUSAWA2 1937 HOUSAWA3  
0,1 0,1,2 0,1,2

Note This question was only asked if the response to 126(a) was yes.

126c 1938 HOUSWRY1 1939 HOUSWRY2 1940 HOUSWRY3  
0,1 0,1,2 0,1,2

126d 1941 HOUSOCC1 1942 HOUSOCC2 1943 HOUSOCC3  
0,1 0,1,2 0,1,2

127a 1944 RLNDIV1 1945 RLNDIV2 1946 RLNDIV3 1947 RLNDIV7 1948 RLNDIV8 1949 RLNDIV9  
0,1 0,1,2 0,1,2 0,1 0,1,2 0,1,2

Coding If never married, event occurrence in Q127a has been coded 0 (ie. the same as a 'no' response)

127b 1950 RLNDIS1 1951 RLNDIS2 1952 RLNDIS3  
0,1 0,1,2 0,1,2

Coding If no spouse/partner, event occurrence in Q127b has been coded 0 (the same as a 'no' response).

127c 1953 RLNKID1 1954 RLNKID2 1955 RLNKID3  
0,1 0,1,2 0,1,2

Coding Where the respondent had no children, event occurrence in Q127c was coded 0 (ie. as a 'no' response).

127d 1956 RLNFRN1 1957 RLNFRN2 1958 RLNFRN3  
0,1 0,1,2 0,1,2

127e 1959 RLNLOSC1 1960 RLNLOSC2 1961 RLNLOSC3  
0,1 0,1,2 0,1,2

128a 1962 OTHROB1 1963 OTHROB2 1964 OTHROB3 1965 OTHROB7 1966 OTHROB8 1967 OTHROB9  
0,1 0,1,2 0,1,2 0,1 0,1,2 0,1,2

128b 1968 OTHFIN1 1969 OTHFIN2 1970 OTHFIN3 1971 OTHFIN7 1972 OTHFIN8 1973 OTHFIN9  
0,1 0,1,2 0,1,2 0,1 0,1,2 0,1,2

128c 2008 OTHLAW1 2009 OTHLAW2 2010 OTHLAW3 2011 OTHLAW7 2012 OTHLAW8 2013 OTHLAW9  
0,1 0,1,2 0,1,2 0,1 0,1,2 0,1,2

128d 2014 OTHUPS1 2015 OTHUPS2 2016 OTHUPS3 2017 OTHUPS7 2018 OTHUPS8 2019 OTHUPS9  
0-8 0,1,2 0,1,2 0-8 0,1,2 0,1,2

Coding for OTHUPS1 & OTHUPS7

- 1: Yes, but not specified
- 2: Yes, miscarriage, stillbirth, unable to have a family
- 3: Yes, problems of family or friends (with their relationships, finance, law, health, etc.)
- 4: Yes, car and car accident problems
- 5: Yes, loss of pet
- 6: Yes, own relationship problems (with neighbours etc)
- 7: Yes, own problem not otherwise codeable and miscellaneous.
- 8: Yes, chronic stressors (long-term illness/disability of self, family member, etc.)

126. HOUSING

Now I would like to ask you about housing

			How much has this disrupted or changed your everyday life ?	How much has it caused you worry and stress ?
a) Have you moved house in the past year ?	No	0		
	Yes	1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2
b) Did you move away from the area where most of your friends are ?	No	0		
	Yes	1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2
c) Have you had any major worries with your housing in the past year ?	No	0		
	Yes	1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2
d) Has a member of your family left home or has a new person moved into your house in the past year ?	No	0		
	Yes	1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2

127 RELATIONSHIPS

			How much has this disrupted or changed your everyday life ?	How much has it caused you worry and stress ?		Does it still affect your everyday life ?	Does it still cause you worry and stress ?
a) Have you become divorced or lived apart in the past year ? other	No	0			Or in the past seven years ? No 0 Yes 1		
	Yes	1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2		No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2
b) Have you had any serious disagreements with your spouse/partner or felt betrayed or disappointed by them in the past year ?	No	0					
	Yes	1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2			
c) In the past year have you had any serious difficulty with any of your children because of their health or behaviour, or for any other reason ?	No	0					
	Yes	1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2			
d) In the past year have you fallen out or had serious disagreement with a friend or relative of felt betrayed by them ?	No	0					
	Yes	1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2			
e) Have you lost contact with close family or friends for any other reason in the past year ?	No	0					
	Yes	1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2			

128 OTHER

			How much has this disrupted or changed your everyday life ?	How much has it caused you worry and stress ?		Does it still affect your everyday life ?	Does it still cause you worry and stress ?
a) Have you been assaulted or robbed in the past year ?	No	0			Or in the past seven years ? No 0 Yes 1		
	Yes	1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2		No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2
b) Have you had any major financial problems in the past year ?	No	0			Or in the past seven years ? No 0 Yes 1		
	Yes	1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2		No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2
c) Have you had any serious problems with officials or with the law in the past year ?	No	0			Or in the past seven years ? No 0 Yes 1		
	Yes	1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2		No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2
Have you had any other serious upsets or disappointments in the past year ?	No	0			Or in the past seven years ? No 0 Yes 1		
	Yes	1	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2		No, not at all 0 Yes, somewhat 1 Yes, a great deal 2	No, not at all 0 Yes, somewhat 1 Yes, a great deal 2

If "Yes" Specify

129a	2020	NICE1	1,2 9:MV	
129b	2021	NICE7	1,2 9:MV	<u>Note</u> This question was only asked if the answer to 129a was 'No'.
129c	2957	NICEBIR	1-3	Birth - includes expected birth <u>Coding</u> 1: Respondent's own child 2: Grandchild 3: Other
	2958	NICETRAV	1	Holiday/travel - includes work travel
	2959	NICEDAY	1	Special anniversary/birthday/reunion
	2960	NICEWED	1-3	Marriage/engagement <u>Coding</u> 1: Respondent 2: Relative 3: Other
	2961	NICEHOM	1	Home/garden
	2962	NICEWORK	1-4	Work <u>Coding</u> 1: Respondent 2: Spouse 3: Child 4: Other
	2963	NICERET	1-3	Retirement <u>Coding</u> 1: Respondent 2: Spouse 3: Other
	2964	NICEFIN	1-2	Finance <u>Coding</u> 1: Respondent/Spouse 2: Other
	2965	NICEACH	1,2	Achievements <u>Coding</u> 1: Respondent 2: Other
	2966	NICEFAM	1	Family/social/pet - inc divorce
	2967	NICEONGO	1	General comments about ongoing satisfaction with family/life
	2968	NICEHLTH	1-4	Health <u>Coding</u> 1: Respondent 2: Spouse 3: Child 4: Other
	2969	NICEMED	1	Medication - any mention
	2970	NICEOTH	1	Any other



129a Has anything particularly nice happened to you in the past year?

Yes 1 ASK c.

No 2 ASK b.

IF NO AT a.

b Or in the last seven years, has anything particularly nice happened to you?

Yes 1 ASK c.

No 2 GO TO Q130

IF YES (CODE 1) AT a. OR b.

c What particularly nice things have happened to you in the past year (last seven years)?  
PROBE FULLY. RECORD VERBATIM.

130a This is the last question Thank you very much indeed You have been very helpful

Some interviews in a survey are checked to make sure that people like yourself are satisfied with the way the interview was carried out. Just in case yours is one of the interviews that is checked it would be helpful if we could have your telephone number?

Number given (RECORD ON PAGE 2 OF INTERVIEWER CONTACT FORM)

1

No telephone access

2

Number refused

3

b INTERVIEWER CHECK FRONT PAGE AND CODE:

Nurse measured in 1984/85

A ASK c.

Not measured

B GO TO Q131

c IF NURSE MEASURED IN 1984/85

As on the previous occasion, this research study falls into two parts, the first being the questionnaire you have just answered

The Cambridge University Medical School very much hope you will also help with the second part - not now but in a week or so's time The second part would take up less of your time and is quite different A qualified nurse would contact you and ask your permission to visit you at home in order to take some simple measurements - things like weight and blood pressure, just as before

What times of day are most convenient for you - obviously it would be sensible if the nurse suggested times that are best for you when she gets in in touch RECORD DETAILS ON PAGE 2 OF INTERVIEWER CONTACT FORM.

IF MORE INFORMATION WANTED, EXPLAIN the researchers want to look at the changes that have occurred in your weight, height and blood pressure in the seven years since you last helped them in the Study

131b 2023-25 INTLEN2 999:NA

				<u>Coding</u>
A	2026	LANGPRB2	1 - 6 9:MV	1: Yes 2: No 3: Deaf 4: Elderly/confused 5: Mentally handicapped/partial sighted/blind 6: Difficulty in talking
B	2027	ETHNIC2	1 - 4 9:MV	
C	2028	TAREA2	1 - 5 9:MV	
D	2029	PRESNT21	1 - 5 9:MV	
	2030	PRESNT22	3 - 5	
	2031	PRESNT23	4 - 5	
	2032	PRESNT24	5	
E	2033-38	INTDATE2	999999:NA	
F	2039-43	INTNUM2	999999:NA	

131a TIME AT CLOSE OF INTERVIEW:

b TOTAL INTERVIEW LENGTH: IN MINUTES

**FOR COMPLETION AFTER INTERVIEW**

A Was there a language problem during this interview? IF YES DESCRIBE. \_\_\_\_\_ Yes 1  
\_\_\_\_\_ No 2

B CODE FROM OBSERVATION ETHNIC GROUP:  
Indian (inc E African), Pakistani, Bangladeshi 1  
Black, African, West Indian 2  
Other non-white 3  
White/European 4

C Is this house/flat situated in a ..  
High rise development (THIS CODE TAKES PRIORITY) 1  
In a built up area with no open space adjacent 2  
In a built up area with adjacent open space or large garden 3  
In a country district 4  
Elsewhere (SPECIFY) \_\_\_\_\_ 5

D Was anyone else, other than interviewer and respondent present at the interview? IF SO, WHO?  
NO 1  
Spouse or partner 2  
Child (children) 3  
Parent(s) 4  
Others 5

E Date of interview DAY MONTH YEAR

F INTERVIEWER NUMBER

P.1178

**HEALTH AND LIFESTYLE  
SURVEY**

1991/92

**MEASUREMENT PROFORMA**

Quest /DV	Line/ col	Variable name	Range and missing value	
<u>Body Measurements</u>				
<u>Note</u>				
All variables involving weights or body mass calculations exclude pregnant women and those with missing limbs.				
M1	3008	SEXM	1, 2, 9:NA	Those respondents not measured at HALS2 are coded "9".
M2	3009-10	AGEM91	24-98 99:NA	There are some inconsistencies with "AGYRS" in the questionnaire due to the intervention of birthdays or inaccurate reporting by respondents.
M3	3011-14	CLOWT91	025.0-180.0 999.9:MV	Respondents weighed in indoor clothing - shoes or jackets etc. removed. MV includes those with missing limbs or pregnant. Weights recorded in kilograms in 0.1 kilogram steps. (One decimal place is implied ie 130.5 kg)
M4	3015	WEAR91	1, 2, 9:MV	Respondents clothing category at weight measurement <u>Coding:-</u> 1: Light 2: Heavy
DV	3016-19	WEIGHT91	025.0-180.0 999.9:MV	Assessed nude weight in kilograms at HALS2 (1991/2), derived from "WEIGHT91" minus a standard allowance for light or heavy clothing ("WEAR91") :- Light clothing: Males = - 0.9 kg Females = - 0.6 kg Heavy clothing: Males = - 1.5 kg Females = - 0.9 kg NB: Use this variable for analyses involving body weight (One decimal place is implied ie 130.5 kg)
DV1	3020-23	WEIGHT84	025.0-180.0 999.9:MV	Assessed nude weight in kilograms at HALS1 (1984/5) (One decimal place is implied ie 130.5 kg)
M5	3024-27	HEIGHT91	130.0-210.0 999.9:MV	Measured height at HALS2 (1991/2) in bare or stockinged feet - in centimetres. (One decimal place is implied ie 175.3 cm)
H1V	3028-31	HEIGHT84	130.0-210.0 999.9:MV	Measured height at HALS1 (1984/5) in bare or stockinged feet - in centimetres. (One decimal place is implied ie 175.3 cm)
DV	3032-35	HTMEAN	130.0-210.0 999.9:MV	Mean of HALS1 and HALS2 height. (One decimal place is implied ie 175.3 cm)
DV	3036-39	BMI91	11.00-60.00 99.99:MV	Body Mass Index or Quetelet's Index - calculated by WEIGHT91 over HEIGHT91 squared:- $WT/HT^2$ . (Two decimal places are implied ie 25.51)
DV	3040-43	ZMI91	11.00-60.00 99.99:MV	Body Mass Index at HALS2 (1991/2) calculated using mean (HTMEAN) of HALS1 & 2 height values. (Two decimal places are implied ie 25.51)
DV	3044-47	ZMI84	11.00-60.00 99.99:MV	Body Mass Index at HALS1 (1984/5) calculated using mean (HTMEAN) of HALS1 & 2 height values. (Two decimal places are implied ie 25.51)

# HEALTH AND LIFESTYLE SURVEY

## MEASUREMENT PROFORMA - PART 1

SERIAL NUMBER

WARD

NURSE NAME \_\_\_\_\_

TIME AT START

1 SEX Male 1  
Female 2

2 AGE: Can I check, what was your age last birthday

YEARS

3 WEIGHT Kg

4 CLOTHES WORN Light 1  
Heavy 2

5 HEIGHT cm.

Quest Line/ Variable Range and  
/DV col name missing value

Body Mass Index Categories - using values recommended by Fogarty  
Conference USA 1979 and Royal College of Physicians 1983.

MALES FEMALES

1 - Underweight - 20.0 & Under 18.6 & Under  
2 - Acceptable/Normal - 20.1 - 25.0 18.7 - 23.7  
3 - Mildly Overweight - 25.1 - 29.9 23.8 - 28.5  
4 - Obese - 30.0 & Over 28.6 & Over

DV	3048	BMICAT91	1-4 9:MV	BMI category from 1991/2 height and weight
DV	3049	ZMICAT91	1-4 9:MV	BMI category from HTMEAN and 1991/2 weight
DV	3050	ZMICAT84	1-4 9:MV	BMI category from HTMEAN and 1984/5 weight
M6a	3051-54	GIRTH91	045.0- 160.0 999.9:MV	Measured girth at HALS2 (1991/2) of waist in centimetres. Missing values include pregnant women. (One decimal place is implied ie 101.5 cm)
HIV	3055-58	GIRTH84	045.0- 160.0 999.9:MV	Measured girth at HALS1 (1984/5). (One decimal place is implied ie 101.5 cm) Missing values include pregnant women.
M6b	3059-62	HIPS91	060.0- 170.0 999.9:MV	Hip measurement at HALS2 (1991/2) of widest part in centimetres. Missing values include pregnant women. (One decimal place is implied ie 110.4 cm)
HIV	3063-66	HIPS84	060.0- 170.0 999.9:MV	Hip measurement at HALS1 (1984/5). This measurement is only available for two thirds of the data file. (One decimal place is implied ie 110.4 cm) Missing values include pregnant women.
DV	3067-69	GHRAT91	0.50- 1.20 9.99:MV	Girth/Hip ratio from 1991/2 values. (Two decimal places are implied ie 1.01)
DV1	3070-72	GHRAT84	0.50- 1.20 9.99:MV	Girth/Hip ratio from 1984/5 values. (Two decimal places are implied ie 1.01)

6a GIRTH

cm

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b HIPS

cm

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Quest /DV	Line/ col	Variable name	Range and missing value
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Blood Pressure Measurements

Blood pressure measurements were carried out using an "Accutorr" automatic blood pressure measuring instrument. Four serial recordings were made at one minute intervals. The object of taking four serial measurements was to allow the respondent an opportunity to relax and to monitor changes occurring during the time period.

It was assumed that the lowest blood pressure values would occur when the respondent was least apprehensive and most relaxed. The lowest values were selected and are found in LOWSYS2, LOWMAP2, LOWDIAS2 and LOWPULS2.

<u>For each</u>			
M11a	3110-12	SYS911	080-240
	3114-16	SYS912	999:MV
	3118-20	SYS913	
	3122-24	SYS914	

Systolic blood pressure at one minute intervals in mmHg.

<u>For each</u>			
M11b	3126-28	MAP911	055-200
	3130-32	MAP912	999:MV
	3134-36	MAP913	
	3138-40	MAP914	

Mean arterial blood pressure at one minute intervals in mmHg.

<u>For each</u>			
M11c	3142-44	DIAS911	040-180
	3146-48	DIAS912	999:MV
	3150-52	DIAS913	
	3154-56	DIAS914	

Diastolic blood pressure at one minute intervals in mmHg.

<u>For each</u>			
M11d	3158-60	PULSE911	035-160
	3162-64	PULSE912	999:MV
	3166-68	PULSE913	
	3170-72	PULSE914	

Pulse rate at one minute intervals in beats per minute

Lowest Blood Pressure values

DV	3209-11	LOWSYS91	080-240 999:MV	Lowest systolic blood pressure in mmHg.
DV	3213-15	LOWMAP91	055-200 999:MV	Lowest mean arterial pressure in mmHg.
DV	3217-19	LOWDIA91	040-180 999:MV	Lowest diastolic blood pressure in mmHg.
DV	3221-23	LOWPUL91	035-160 999:MV	Lowest pulse rate in beats per minute.

11 BLOOD PRESSURE

	<u>1st reading</u>	<u>2nd reading</u>	<u>3rd reading</u>	<u>4th reading</u>
a Systolic	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
b Mean	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
c Diastolic	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
d Heart rate	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

COMMENTS ·

Quest /DV	Line/ col	Variable name	Range and missing value
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Blood Pressure Categories

DV	3224-25	BPCAT91	01-10 99:MV	Blood pressure categories at HALS2 derived from actual measurements and information concerning past (PASTDS9 and PASTDS14) and current (DISCON6) medical history and current medication (DRUGM1 to DRUGM7). Classification of blood pressure values follows the WHO criteria.
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- 01: Normotensive, no past or current history or medication
- 02: Normotensive, past history of high BP - no medication
- 03: Borderline hypertensive by measurement only
- 04: Borderline measure - past or current history of high BP - no medication
- 05: Hypertensive by measurement only - no past history or medication
- 06: Hypertensive measure and past history of high BP - no medication
- 07: Hypertensive measure and anti-hypertensive medication
- 08: Borderline measure and anti-hypertensive medication
- 09: Normotensive but on anti-hypertensive medication and past history
- 10: Normotensive measure, no past history but on drugs with anti-hypertensive effects

DV	3226	BPCOND91	1-5 9:MV	Condensed Blood Pressure Categories 1: Normotensive measure - nil medication (BPCAT91 01 & 02) 2: Borderline measure - nil medication (BPCAT91 03 & 04) 3: Hypertensive measure - nil medication (BPCAT91 05 & 06) 4: Anti-hypertensive medications and history (BPCAT91 07,08 & 09) 5: Normotensive measure, no past history but on drugs with anti-hypertensive effects (BPCAT91 10)
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HALS1 (1984/5) Blood Pressures

DV1	3228-30	LOWSYS84	060-240 999:MV	Lowest HALS1 systolic blood pressure in mmHg.
DV1	3232-34	LOWMAP84	050-190 999:MV	Lowest HALS1 mean arterial pressure in mmHg.
DV1	3236-38	LOWDIA84	030-150 999:MV	Lowest HALS1 diastolic blood pressure in mmHg.
DV1	3240-42	LOWPUL84	025-125 999:MV	Lowest HALS1 pulse rate in beats per minute.
DV	3243-44	BPCAT84	01-10 99:MV	Blood Pressure Categories at HALS1 (1984/5) derived as in HALS2 (1991/2) - categories as for BPCAT91
DV	3245	BPCOND84	1-5 9:MV	Condensed Blood Pressure Categories at HALS1 - categories as for BPCOND91

Quest Line/ Variable Range and  
/DV col name missing value

Prescribed Medications

DV 3247 PILLNUM 0-8 Number of prescribed medications taken by measured respondents  
9:MV derived from measurement question M10a

For each

DV 3248-49 DRUGM1 10-90 Drug Categories  
3250-51 DRUGM2 99:MV Prescribed medications are categorised by drug type and mode of action  
3252-53 DRUGM3 and are listed as codes in variables DRUGM1 to DRUGM7. For example if  
3254-55 DRUGM4 PILLNUM = 4, DRUGM1 to DRUGM4 contain codes of the medications taken by  
3256-57 DRUGM5 the respondent, but in some instances two similar drugs are being  
3258-59 DRUGM6 taken and in that instance the code is listed only once.  
3260-61 DRUGM7 Also, in some cases the same drug is being prescribed to different  
respondents for different conditions - ie: B-blockers for hypertension  
or migraine, in these cases the drug is only listed under its most  
usual classification.

MEDICATIONS CODES

10:Miscellaneous - infrequently prescribed medications, 11:Analgesics, 12:Gastric & intestinal preparations - antacids, laxatives etc., 13:Ulcer treatments, 14:Antibiotics, 15:Anti-diabetic agents (oral), 16:Insulin, 17:Anti-malarials & anti-infestations, 18:Vitamin & mineral supplements, 19:Thyroxine & thyroid replacements

Diuretics & anti-hypertensive agents - not adrenergic blockers etc.

20: Diuretics, 22:Ca++ Antagonists (anti-hypertensive & some anti-anginals), 24:ACE Inhibitors (anti-hypertensives & some with cardiac action), 28:Vaso-dilators with anti-hypertensive action

Adrenergic agents - blockers or agonists with antihypertensive action

30:b-Blockers, 31:b-Blockers + Ca++ inhibitors, 33:b-Blockers + diuretics, 34:Adrenergic neurone blockers, 35:a+b-Blockers, 36:a-Blockers, 38:a-Agonists

Cardiac & circulatory drugs (not anti-hypertensives)

40:Cardiac & anti-anginal drugs, 41:Cardiac glycosides etc., 45:Lipid lowering agents, 47:Anti-platelet Aspirin, 48:Circulatory system drugs, 49:Anti-coagulants

Bronchodilators & anti-asthmatic preparations

50:Non-steroidal bronchodilators etc., 51:Steroidal respiratory agents

Central nervous system acting medications

60:Anti-depressants, 61:Anti-anxiety, 62:Anti-psychotic, 63:Hypnotics - sleep, 66:Parkinson's drugs, 67:Anti-narcolepsy drugs & hyperkineses, 68:Epilepsy - anti-convulsants

Anti-inflammatory medications etc.

70:Non-steroidal anti-inflammatory agents, 71:Steroidal anti-inflammatory agents, 72:Immuno-suppressants

Other

75:Anti-neoplasm, 80:Oral contraceptives, 90:HRT - Hormone replacement therapy

10a **MEDICATION** Today, have you taken any (prescribed) pills etc for hay fever, asthma, high or low blood pressure, angina, etc?

Yes

1 ASK b.

No

2 GO TO Q11

b **IF YES, LIST ALL MEDICATIONS BELOW AND WHAT THEY ARE PRESCRIBED FOR.**

Quest /DV	Line/ col	Variable name	Range and missing value	
M8	3308	DENTAL	1-2 9:MV	Dental roll acceptance
DV	3271-74	COTININE	0.0- 992.6 999.8 999.9:MV	Salivary cotinine concentration (ng/ml). (One decimal place implied) Contaminated specimen Also insufficient volume for analysis
M9	3309-10	TIMCIGH2	00-24 77,88 99:MV	Time since last cigarette/pipe/cigar in hours (TIMCIGH2) and minutes (TIMCIGM2)
M9	3311-12	TIMCIGM2	00-55 77,88 99:MV	TIMCIGH2 TIMCIGM2 00 00 Smoking during measurement visit 77 77 Smoked more than 24 hours ago 88 88 Professed non-smoker

M7

Respiratory Function

Respiratory function was measured using portable electronic spirometers and three principle parameters were measured:-

- i. Forced Expiratory Volume in one second (FEV1)
- ii. Forced Vital Capacity (FVC)
- iii. Peak Expiratory Flow (PEF)

The spirometers were found to be accurate in respect of FEV1 and FVC but may have under-recorded in respect of PEF. A total of three values were recorded for each parameter following a single trial run.

The respiratory procedures required the active co-operation and understanding of the respondent and in some instances the values obtained are lower than the respondent was technically able to achieve. Also in some cases it was evident that the respondent needed more than the single trial to enable satisfactory measurements to be made. The values recorded on file are the maximum values obtained for each parameter. Where evidence from the nurses' comments indicated that the respondent was unable to perform the measurement satisfactorily the values have been recorded as missing. Other factors affecting the respondent's performance were chronic respiratory or acute respiratory infection. Where acute infections were noted by the nurse the values obtained have been recorded as missing. Chronic respiratory problems can be identified by reference to past or current diseases as recorded in the questionnaire or by reference to the variable RESPCAT2 which has been generated from information from the questionnaire and from the nurses' comments on the measurement proforma.

Use of the Respiratory function results **must** take into consideration the subject's sex, stature and age and should not be used without reference to these variables. For each individual a predicted value for each parameter is normally derived using regression equations found in standard Respiratory Physiology textbooks.

For all volume measurements two decimal places are implied ie 3.45 litres

DV	3313-15	HYFEV91	0.35-6.50 8.88:MV 9:99:MV	Highest Forced Expiratory Volume (FEV1) in one second in litres. This is the most reliable of the respiratory function parameters.
----	---------	---------	---------------------------------	--



Quest /DV	Line/ col	Variable name	Range and missing value	
DV	3316-18	HYPEF91	025-870 888:MV 999:MV	Highest Peak Expiratory Flow rate (PEF) in litres. Least satisfactory of the respiratory function measures. Subject to greater errors due to non-compliance.
DV	3319-21	HYFVC91	0.40-7.50 8.88:MV 9.99:MV	Highest Forced Vital Capacity (FVC) in litres. May be less than achievable if respondent has given a short hard blow rather than a long hard fast expiration of air, continuing until the lungs feel empty.
DV	3322-23	RESPCAT2	01-10 99:MV 99:MV	Respiratory history at HALS2 derived from past and current disease responses and from nurses' comments. <u>Coding:-</u> 01 - Nil problems reported 02 - Asthma - past or present sufferer 03 - Asthma and Bronchitis 04 - Asthma and other chest problems 05 - Asthma, Bronchitis and other chest problems 06 - Bronchitis 07 - Bronchitis and other chest problems 08 - Other chest problems - unspecified 09 - Past or current reports of TB 10 - Past or current reports of lung cancer
DV1	3324-26	HYFEV84	0.35-6.50 8.88:MV 9:99:MV	HALS1 (1984/5) Highest Forced Expiratory Volume (FEV1) in one second in litres
DV1	3327-29	HYPEF84	025-870 888:MV 999:MV	HALS1 Highest Peak Expiratory Flow (PEF) rate in litres.
DV1	3330-32	HYFVC84	0.40-7.50 8.88:MV 9.99:MV	HALS1 Highest Forced Vital Capacity (FVC) in litres.
DV1	3333-34	RESPCAT1	01-10 99:MV	Respiratory history at HALS1 derived from past and current disease responses and from nurses' comments. <u>Coding:-</u> As for RESPCAT2
DV	3335-37	PRED91	0.75-5.00 9.99:MV	Predicted FEV1 for stature, age and sex. These values have been calculated using the polynomial regression equations derived by Strachen and Cox et al. (Thorax 1991;46:624-629). These equations were calculated from the values of professed lifetime non-smoking respondents at HALS1, who had no history of respiratory problems. For the HALS1 report linear regression equations were used. Respiratory function declines with age following a near plateau between the ages of 18 and 25 and so linear equations give an over-estimate of predicted function for those under the age of 25 and an frequently an under-estimate for the very elderly.
DV1	3338-40	PRED84	0.75-5.00 9.99:MV	Predicted FEV1 for HALS1 using the polynomial regression equations.



Quest /DV	Line/ col	Variable name	Range and missing value	
DV	3341-43	PERFEV91	010-220 999:MV	Percentage of predicted values for HALS2 (some elderly men and women achieve values far greater than predicted for their age)
DV1	3344-46	PERFEV84	010-220 999:MV	Percentage of predicted values for HALS1 (1984/5)
DV	3347	FEVCAT91	1-4 9:MV	Categories for FEV1 based on the relationship of achieved respiratory function values and the predicted values. <u>Coding:-</u> 1: Excellent - equal to or above predicted values 2: Good - within two standard deviations of predicted values 3: Fair to Poor - between 2 and 4 standard deviations below predicted 4: Very Poor - greater than 4 standard deviations and those with severe respiratory problems
DV1	3348	FEVCAT84	1-4 9:MV	HALS1 (1984/5) FEV1 categories - coding as for FEVCAT91
DV	3349-50	FEVSTD91	00-10 99:MV	Standard deviation categories for FEV1 based on the relationship of achieved respiratory function values and the predicted values. <u>Coding:-</u> 0: Unable to perform measure properly due to severe respiratory problems 1: Over 5 SD below predicted 2: 4 to 5 SD below predicted 3: 3 to 4 SD below predicted 4: 2 to 3 SD below predicted 5: 1 to 2 SD below predicted 6: 0 to 1 SD below predicted 7: 0 to 1 SD above predicted 8: 1 to 2 SD above predicted 9: 2 to 3 SD above predicted 10: Over 3 SD above predicted
DV1	3351-52	FEVSTD84	00-10 99:MV	HALS1 Standard deviation categories for FEV1 based on the relationship of achieved respiratory function values and the predicted values. <u>Coding:-</u> As for FEVSTD91

Quest Line/ col	Short variable name	Range and missing value	Comments
M12a 2108	NOFING2	1-5	<p><u>Note</u> For all the cognitive variables (reaction times, memory blocks etc.) MV indicates a missing value</p> <p><u>Coding</u> 1: No use of fingers 2: Machine out of order 3: Blind/poor sight 4: Other stated reason for not measuring reaction time 5: No stated reason for not measuring reaction time</p>
M12c 2109-12	RTMEAN2	0175-1700 9999:MV	<p><u>Note</u> This is a measure of simple reaction time (or psychomotor speed) i.e. the time taken to respond to a known signal, in this case '0'. Values less than 0150 have been recoded to 9999 since it is impossible to have a valid reaction time less than 0.150.</p> <p><u>Coding</u> Mean of simple reaction time in seconds and milliseconds e.g. 0269 = 0.269 sec 1002 = 1.002 sec</p>
2113-15	RTDEV2	8-600 999:MV	<p><u>Coding</u> Standard deviation of simple reaction time in milliseconds</p>
M12d 2116	UNIMAN2	1-8	<p><u>Coding</u> 1: One hand non-functional (reasons other than stroke) 2: One hand non-functional due to stroke 3: Other reasons for not measuring choice reaction (e.g. machine failure at this stage, task too difficult) 4: Respondent chose to use one hand or one finger 5: Respondent has arthritis or other condition affecting one or both hands 6: Distractors were present during test 7: Respondent has poor eyesight 8: Other reasons why measurement may have been affected</p>

MEASUREMENT PROFORMA - PART 2

SERIAL NUMBER

Five empty boxes for serial number

REACTION TIME

12 IF RESPONDENT HAS NO USE OF ANY FINGERS, RING CODE 1 AND GO TO PART 3
a SWITCH ON. PRESS RESET BUTTON.

I would like to see how quick your reactions are
Put your finger on this key marked '0' and look at the screen This is
the only key you will need to use Everytime you see a '0' on the screen
press the key once as quickly as you can. We will start with a practice
run to make sure you know what to do Are you clear about it?

I am going to start the machine now, so look for the '0's and press firmly
as soon as you see one.

b PRESS START BUTTON
CORRECT ANY ERROR DURING 8 PRACTICE TRIALS
WHEN 'WAIT' INDICATOR APPEARS? SAY:

That was fine Now we can time your reactions Everytime you see a '0'
on the screen, press the '0' key as quickly as you can

c PRESS START BUTTON. (20 '0's WILL BE DISPLAYED IN TURN)

WHEN DISPLAY FLASHES

\* Press Key 1 AND RECORD MEAN TIME [ ] [ ] [ ] [ ]

\* Press Key 2 AND RECORD: STANDARD DEVIATION [ ] [ ] [ ]

d I am now going to give you a slightly harder test This time the numbers
1, 2, 3, or 4 will appear on the screen. I want you to press the key that
has the same number as that on the screen. If you see a 4 on the screen, press
key 4 as quickly as possible If you see a 1, press key 1, and so on

Use both hands to do this. Put your 2nd and 3rd fingers of each hand on the
four keys (1, 2, 3, and 4) (OTHER FINGERS CAN BE USED IF NECESSARY).

IF RESPONDENT HAS A NON-FUNCTIONAL HAND, RING THIS CODE 1 AND GO TO PART 3

I am going to start the machine again Remember to press the same number
as the number on the screen This is another practice run

e PRESS START BUTTON
CORRECT ANY ERROR DURING 8 PRACTICE TRIALS
WHEN 'WAIT' INDICATOR APPEARS, SAY:

Now let's do it as a proper test Everytime you see a number on the screen
quickly press the key with the same number Remember to press firmly

Note

This is a measure of choice reaction time or decision speed i.e. the time taken to respond when it is not known which signal will appear (in this case the number 1,2,3 or 4) and a decision has to be made.

M12f 2117-20 CRTMEAN2 0300-  
1800  
9999:MV

Coding

Mean choice reaction time in seconds and milliseconds for correct responses only.

Note

Values less than 0150 are invalid and have been recoded to 9999.

2121-23 CRTDEV2 050-  
800  
999:MV

Coding

Standard deviation of choice reaction time for correct responses in milliseconds 800 = 800msec (.800) or more.

2124-25 ERRNUM2 00-40  
99:MV

Coding

Number of errors on choice reaction time task.

Note

Where 1 error was recorded but ERRMEAN2 was less than 0150 the response was classed as an anticipation. ERRNUM2 was recoded to 00 and ERRMEAN2 recoded as 8888

2126-29 ERRMEAN2 000,0150-  
1999  
8888:MV  
9999:MV

Coding

Mean reaction time in seconds and milliseconds for errors only.

Note

Where no errors were recorded the mean value is 0, otherwise values less than 0150 are invalid and have been recoded to 9999 with the exception of the anticipatory values (see above), where ERRNUM2 was recoded to 8888

2130-32 ERRDEV2 000-800  
999:MV

Coding

Standard deviation in milliseconds for errors only.  
(800-800 msec) or more

Note

1. Although simple reaction time is normally shorter than choice reaction, the reverse was found for a small number of respondents. This is probably because the simple reaction time test was always administered first and some individuals may have been slow to learn the task. These values have been retained, as there is no independent reason to suspect their validity.
2. In a very few cases, the standard deviation is greater than the mean. These values have also been retained.

f PRESS START BUTTON (40 NUMBERS WILL BE DISPLAYED IN TURN)

WHEN DISPLAY FLASHES:

\* PRESS Key 1 AND RECORD MEAN TIME (CORRECT)

\* PRESS Key 2 AND RECORD: STANDARD DEVIATION (CORRECT)

\* PRESS Key 0 AND RECORD NUMBER OF ERRORS

\* PRESS Key 3 AND RECORD MEAN TIME (ERRORS)

\* PRESS Key 4 AND RECORD: STANDARD DEVIATION (ERRORS)

SWITCH OFF MACHINE

GO TO PART 3

M13a	2143	FIB201	1,2,8 9:NA	(Roast meat)	<u>Note</u> These questions about 5 foods containing fibre (digestive biscuits, potatoes, Weetabix, white bread and apples) and 5 fibre-free foods (roast meat, eggs, orange juice, grilled fish and cheese) served two purposes. They were used to test the respondents' knowledge of the fibre content of foods, and to test memory.
	2144	FIB202	1,2,8 9:NA	(Biscuits)	
	2145	FIB203	1,2,8 9:NA	(Potatoes)	
	2146	FIB204	1,2,8 9:NA	(Eggs)	
	2147	FIB205	1,2,8 9:NA	(Juice)	
	2148	FIB206	1,2,8 9:NA	(Fish)	
	2149	FIB207	1,2,8 9:NA	(Weetabix)	
	2150	FIB208	1,2,8 9:NA	(White bread)	
	2151	FIB209	1,2,8 9:NA	(Cheese)	
	2152	FIB210	1,2,8 9:NA	(Apples)	

M13b 3262 HANDWRIT 1-3  
9:MV Hand usually used for writing. In cases where physical constraints secondarily determine handedness (e.g. missing limbs or stroke) the variable is coded as missing value.  
Coding:- 1: Right handed. 2: Left handed. 3: Ambidextrous.

M13c 3263 HANDEVER 1-2  
9:MV

DV 3264 HANDCAT 1-3  
9:MV Recorded evidence of use of alternative to writing hand for some tasks  
Coding:- 1: Right hand only. 2: Left hand only. 3: Mixed handedness

For each

M13d	2133	MEM201	1,2 9:MV	(Roast meat)	<u>Instructions to nurse</u> This is a memory test but do NOT tell the respondent this in advance. Most of the time when we remember something, it is not something which we deliberately set out to learn - it is something we learnt incidentally, by reading it, hearing it, etc. It is this everyday type of memory which we want to measure, so it is important not to tell the person that this is a memory test. If correct food is recalled (eg. Digestive Biscuits), tick the box beside Code 2. If not quite right (eg. Biscuits, or Rich Tea biscuits), tick the box beside Code 1 for the relevant food (ie (other) biscuits). As far as possible we want no more than a minute to be spent on this question.
	2134	MEM202		(Biscuits)	
	2135	MEM203		(Potatoes)	
	2136	MEM204		(Eggs)	
	2137	MEM205		(Juice)	
	2138	MEM206		(Fish)	
	2139	MEM207		(Weetabix)	
	2140	MEM208		(White bread)	
	2141	MEM209		(Cheese)	
	2142	MEM210		(Apples)	

Coding  
 1: Partial recall 2: Complete recall  
 No recall is not coded (blank/sysmiss)

Coding  
 0: Nothing remembered 1-8: Total number of items remembered where individual items not recorded by nurse on the response sheet  
 9: Missing value. ie. MEM201 to MEM210 all sysmis/blank

**MEASUREMENT PROFORMA - PART 3**

13a There is a lot of talk these days about fibre in our food I am going to read out a list of foods For each one tell me whether you think it has fibre in it or not RING CODES 1, 2 OR 8 BELOW UNDER a.

FOOD	a. Does this contain fibre?			d. RECALL	
	Yes	No	Don't know		
Roast meat	1	2	8	Roast meat	2
				Meat, Roast beef/lamb/etc	1
Digestive Biscuits	1	2	8	Digestive Biscuits	2
				(Other) Biscuits	1
Potatoes	1	2	8	Potatoes	2
				Other 'potato' answers	1
Eggs	1	2	8	Eggs	2
				Other 'Egg' answers	1
Orange Juice	1	2	8	Orange Juice	2
				(Other) Fruit juice, Orange	1
Grilled Fish	1	2	8	Grilled Fish	2
				Fish, Cooked Fish, etc	1
Weetabix	1	2	8	Weetabix	2
				(Other) Breakfast cereal	1
White Bread	1	2	8	White Bread	2
				Bread/other bread	1
Cheese	1	2	8	Cheese	2
				Other 'cheese' answers	1
Apples	1	2	8	Apples	2
				Other 'apple' answers	1
				Other types given not listed originally (SPECIFY)	

- b Which hand do you usually use when writing? Right 1  
Left 2
- c Have you always been right/left handed? Yes 1  
No 2

d We're often being told things and unless we concentrate they just go in one ear and out the other As a matter of interest, I wonder how many foods you can remember from the list I read out?

RING CODES AT d. IN GRID ABOVE FOR 'REMEMBERED FOODS'

IF CAN'T REMEMBER ANYTHING, RING THIS CODE:

0

WHEN EVERYTHING REMEMBERED, SAY 'That's fine'

IF ASKED 'How am I doing', SAY 'Fine, can you remember anything else?'

IF GAP, COUNT SLOWLY UP TO 10. IF NO MORE RESPONSE SAY

'Good - now let's do something else'

Note

This is a test of visual-spatial reasoning.

The respondent's sheet has large clear drawings and is headed "HOW MANY BLOCKS ARE CONTAINED IN EACH OF THESE PILES?" The nurse is instructed that the piles are solid (that is the blocks you can't see should be counted as well as the ones actually drawn).

Coding

87 = 87 or more

			<u>For each</u>	<u>Note</u>
M14a	2156-57	BLOK201	1-87 99:NA	Correct response is 9
M14b	2158-59	BLOK202		Correct response is 8
M14c	2160-61	BLOK203		Correct response is 18
M14d	2162-63	BLOK204		Correct response is 15
M14e	2164-65	BLOK205		Correct response is 10
M14f	2166-67	BLOK206		Correct response is 27
M15	2337	SELFCOM2	1 - 4 9:NA	
M16	2338	GPREF2	1, 2, 3 9:NA	



MEASUREMENT PROFORMA - PART 4

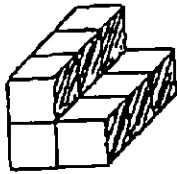
14 ENTER SERIAL NUMBER AT FOOT OF SEPARATE BLOCKS SHEET

GIVE TO RESPONDENT WITH PENCIL AND EXPLAIN WHAT TO DO.

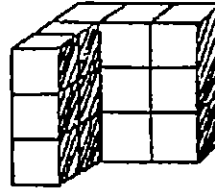
"I want you to do something on your own while I pack my things together  
These pictures show piles of blocks Write in the number of blocks contained  
in each of these piles "

DO NOT LET RESPONDENT DISCUSS IT WITH ANYONE ELSE.

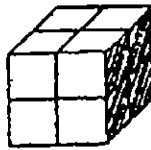
WHEN DONE, ASK "Please read out the number you have written down for  
each pile of blocks" ENTER CAREFULLY BELOW. PIN SEPARATE SHEET TO BACK  
OF THESE PROFORMAS.



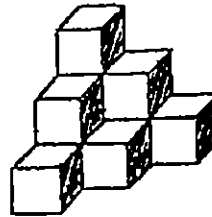
a)



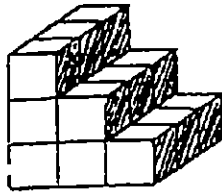
d)



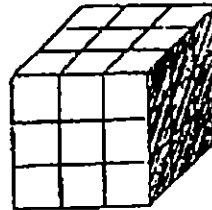
b)



e)



c)



f)

SELF-COMPLETION QUESTIONNAIRE

5 ENTER SERIAL NUMBER ON FRONT OF SELF-COMPLETION QUESTIONNAIRE.

EXPLAIN THAT RESPONDENT IS ASKED TO DO ON OWN AND POST BACK IN ENVELOPE

GIVE QUESTIONNAIRE AND ENVELOPE. RING CODE BELOW.

- |                              |   |
|------------------------------|---|
| Self-Completion accepted     | 1 |
| Self-completion not accepted |   |
| - refusal                    | 2 |
| - cannot read                | 3 |
| - other reason (SPECIFY)     | 4 |

16 GP REFERRAL

- Referred to GP and wishes GP to be informed
- Referred to GP but does not want GP informed
- Not referred to GP

1	GP Report Form completed and sent to Cambridge
---	--

M20 2345-50 MDATE2 999999:NA

16th Nov

☒ M:13 ☒

meas1ws .

NOW COMPLETE-

17 TIME AT END: 

--	--	--	--

18. LENGTH OF SESSION IN MINUTES: 

--	--

19 NURSE:      NAME \_\_\_\_\_

                NUMBER: 

--	--	--	--	--

20 DATE:            DAY      MONTH      YEAR  

--	--

--	--

--	--

SN 

--	--	--	--	--

CAMBRIDGE UNIVERSITY SCHOOL OF CLINICAL MEDICINE  
and  
SOCIAL AND COMMUNITY PLANNING RESEARCH

## Health and Lifestyle Survey

In this booklet are three sets of questions - a Behaviour Pattern Questionnaire, a General Health Questionnaire and an EPI Questionnaire

We would like you to answer each question by ticking the box giving the answer which is most right for you. It is your thoughts we want. Please do not consult anyone else about how to answer a question.

We want your first thoughts. Work through each question quickly. Answer each in turn. Be sure to answer all of them. If you are not sure which answer to give, tick the box which is closest. If you work quickly, the questions won't take long to answer.

When you have completed all the questions put this booklet in the envelope provided and post it to us the next time you go out. Please let us have this back as soon as you can. Thank you for helping us again.

If you have any queries, please contact

Patricia Prescott-Clarke or Rebecca Gray  
Social and Community Planning Research  
35 Northampton Square  
London EC1V OAX

Telephone 071 250 1866

<u>Question</u>	<u>Line/col</u>	<u>Short</u>	<u>Range and</u>	<u>Comments</u>
		<u>variable</u>	<u>missing value</u>	
		<u>name</u>		

Coding Throughout this section ie. to end of EPI

9 = Not answered/don't know/ticked more than one option

Note Items 1-9 are measures of Type A or "Coronary-prone" behaviour. Individuals are supposed to be at risk for coronary heart disease. The items are taken from the Framingham Study (Haynes, SG et al). The relationship of psychosocial factors to coronary heart disease in the Framingham study I. Methods and risk factors American Journal of Epidemiology 1978 107,362-383).

1	2408	DRIVE2	<u>For each</u> 1-4 9:NA	<u>01-6 Coding</u> 1: Very well 2: Fairly well 3: Somewhat 4: Not at all 9: Not answered/don't know/ticked more than one option
2	2409	HURRY2		
3	2410	BOSSY2		
4	2411	EXCELL2		
5	2412	GOBBLE2		
6	2413	ANTS2		
7	2414	OBSESS2	<u>For each</u> 1-2 9:NA	<u>07-9 Coding</u> 1: Yes 2: No 9: Not answered/don't know/ticked more than one option
8	2415	STRETCH2		
9	2416	DOUBT2		

BEHAVIOUR PATTERN QUESTIONNAIRE

Here are some ways of describing how people feel or act. Please indicate how well each description fits you by ticking the answer which most nearly applies to you.

	VERY WELL	FAIRLY WELL	SOME- WHAT	NOT AT ALL	<u>CARD 24</u>
1 Being ambitious and competitive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2408
2 Usually pressed for time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2409
3 Being bossy or dominant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2410
4 Having a strong need to do extremely well in most things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2411
5 Eating too quickly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2412
6 Getting upset when you have to wait for anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2413

The next questions are about work, paid or unpaid. If you no longer work, think about your past jobs. If housework has been your work, think about that. Tick 'YES' or 'NO' to show whether the feelings apply to you.

7 Has your work stayed with you so you were thinking about it after working hours?	YES <input type="checkbox"/>	NO <input type="checkbox"/>	2414
8 Has work often stretched you to the very limits of your energy and capacity?	YES <input type="checkbox"/>	NO <input type="checkbox"/>	2415
9 Have you often felt uncertain, uncomfortable or dissatisfied with how well you were doing?	YES <input type="checkbox"/>	NO <input type="checkbox"/>	2416

Note Items 1-30 comprise the 30-item version of the General Health Questionnaire (Goldberg, DP. The Detection of Psychiatric Illness by Questionnaire Oxford Univ Press, 1972). They provide a measure of recent psychiatric symptoms, and are widely used as a screening instrument for psychiatric illness.

- |   |      |        |   |
|---|------|--------|---|
| 1 | 2417 | GHQ201 | <u>Q1-30 Coding</u><br>1: First box ticked<br>2: Second box ticked<br>3: Third box ticked<br>4: Fourth box ticked |
| 2 | 2418 | GHQ202 | 9: Not answered/don't know/ticked more than one option  |
| 3 | 2419 | GHQ203 |   |
| 4 | 2420 | GHQ204 |   |
| 5 | 2421 | GHQ205 |   |
| 6 | 2422 | GHQ206 |   |
| 7 | 2423 | GHQ207 |   |
| 8 | 2424 | GHQ208 |   |
| 9 | 2425 | GHQ209 |   |

GENERAL HEALTH QUESTIONNAIRE

We should like to know if you have had any medical complaints, and how your health has been in general, over the past few weeks. Please answer ALL the questions on the next three pages by ticking the answer which you think most nearly applies to you. Remember that we want to know about present and recent complaints, not those that you had in the past.

It is important that you try to answer ALL the questions.

HAVE YOU RECENTLY		BETTER THAN USUAL	SAME AS USUAL	LESS THAN USUAL	MUCH LESS THAN USUAL	
1	- been able to concentrate on whatever you're doing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2417
2	- lost much sleep over worry?	NOT AT ALL <input type="checkbox"/>	NO MORE THAN USUAL <input type="checkbox"/>	RATHER MORE THAN USUAL <input type="checkbox"/>	MUCH MORE THAN USUAL <input type="checkbox"/>	2418
3	- been having restless, disturbed nights?	NOT AT ALL <input type="checkbox"/>	NO MORE THAN USUAL <input type="checkbox"/>	RATHER MORE THAN USUAL <input type="checkbox"/>	MUCH MORE THAN USUAL <input type="checkbox"/>	2419
4	- been managing to keep yourself busy and occupied?	MORE SO THAN USUAL <input type="checkbox"/>	SAME AS USUAL <input type="checkbox"/>	RATHER LESS THAN USUAL <input type="checkbox"/>	MUCH LESS THAN USUAL <input type="checkbox"/>	2420
5	- been getting out of the house as much as usual?	MORE SO THAN USUAL <input type="checkbox"/>	SAME AS USUAL <input type="checkbox"/>	LESS THAN USUAL <input type="checkbox"/>	MUCH LESS THAN USUAL <input type="checkbox"/>	2421
6	- been managing as well as most people would in your shoes?	BETTER THAN MOST <input type="checkbox"/>	ABOUT THE SAME <input type="checkbox"/>	RATHER LESS WELL <input type="checkbox"/>	MUCH LESS WELL <input type="checkbox"/>	2422
7	- felt on the whole you were doing things well?	BETTER THAN USUAL <input type="checkbox"/>	ABOUT THE SAME <input type="checkbox"/>	LESS WELL THAN USUAL <input type="checkbox"/>	LESS WELL <input type="checkbox"/>	2423
8	- been satisfied with the way you've carried out your task?	MORE SATISFIED <input type="checkbox"/>	ABOUT SAME AS USUAL <input type="checkbox"/>	LESS SATISFIED THAN USUAL <input type="checkbox"/>	MUCH LESS SATISFIED <input type="checkbox"/>	2424
9	- been able to feel warmth and affection for those near to you?	BETTER THAN USUAL <input type="checkbox"/>	ABOUT SAME AS USUAL <input type="checkbox"/>	LESS WELL THAN USUAL <input type="checkbox"/>	MUCH LESS WELL <input type="checkbox"/>	2425

PLEASE TURN OVER



10 2426 GHQ210

11 2427 GHQ211

12 2428 GHQ212

13 2429 GHQ213

14 2430 GHQ214

15 2431 GHQ215

16 2432 GHQ216

17 2433 GHQ217

18 2434 GHQ218

19 2435 GHQ219

20 2436 GHQ220

1st Nov

☒ S:3 ☒

selfws

## HAVE YOU RECENTLY:

- |    |   |   |  |   |   |      |
|----|---|---|--|---|---|------|
| 10 | - been finding it easy to get on with other people?     | BETTER<br>THAN USUAL<br><input type="checkbox"/>    | ABOUT SAME<br>AS USUAL<br><input type="checkbox"/> | LESS WELL<br>THAN USUAL<br><input type="checkbox"/>   | MUCH<br>LESS WELL<br><input type="checkbox"/>       | 2426 |
| 11 | - spent much time chatting with people?                 | MORE TIME<br>THAN USUAL<br><input type="checkbox"/> | ABOUT SAME<br>AS USUAL<br><input type="checkbox"/> | LESS TIME<br>THAN USUAL<br><input type="checkbox"/>   | MUCH LESS<br>THAN USUAL<br><input type="checkbox"/> | 2427 |
| 12 | - felt that you are playing a useful part in things?    | MORE SO<br>THAN USUAL<br><input type="checkbox"/>   | SAME<br>AS USUAL<br><input type="checkbox"/>       | LESS USEFUL<br>THAN USUAL<br><input type="checkbox"/> | MUCH LESS<br>USEFUL<br><input type="checkbox"/>     | 2428 |
| 13 | - felt capable of making decisions about things?        | MORE SO<br>THAN USUAL<br><input type="checkbox"/>   | SAME<br>AS USUAL<br><input type="checkbox"/>       | LESS SO<br>THAN USUAL<br><input type="checkbox"/>     | MUCH LESS<br>CAPABLE<br><input type="checkbox"/>    | 2429 |
| 14 | - felt constantly under strain?                         | NOT AT<br>ALL<br><input type="checkbox"/>           | NO MORE<br>THAN USUAL<br><input type="checkbox"/>  | RATHER MORE<br>THAN USUAL<br><input type="checkbox"/> | MUCH MORE<br>THAN USUAL<br><input type="checkbox"/> | 2430 |
| 15 | - felt you couldn't overcome your difficulties?         | NOT AT<br>ALL<br><input type="checkbox"/>           | NO MORE<br>THAN USUAL<br><input type="checkbox"/>  | RATHER MORE<br>THAN USUAL<br><input type="checkbox"/> | MUCH MORE<br>THAN USUAL<br><input type="checkbox"/> | 2431 |
| 16 | - been finding life a struggle all the time?            | NOT AT<br>ALL<br><input type="checkbox"/>           | NO MORE<br>THAN USUAL<br><input type="checkbox"/>  | RATHER MORE<br>THAN USUAL<br><input type="checkbox"/> | MUCH MORE<br>THAN USUAL<br><input type="checkbox"/> | 2432 |
| 17 | - been able to enjoy your normal day-to-day activities? | MORE SO<br>THAN USUAL<br><input type="checkbox"/>   | SAME<br>AS USUAL<br><input type="checkbox"/>       | LESS SO<br>THAN USUAL<br><input type="checkbox"/>     | MUCH LESS<br>THAN USUAL<br><input type="checkbox"/> | 2433 |
| 18 | - been taking things hard?                              | NOT AT<br>ALL<br><input type="checkbox"/>           | NO MORE<br>THAN USUAL<br><input type="checkbox"/>  | RATHER MORE<br>THAN USUAL<br><input type="checkbox"/> | MUCH MORE<br>THAN USUAL<br><input type="checkbox"/> | 2434 |
| 19 | - been getting scared or panicky for no good reason?    | NOT AT<br>ALL<br><input type="checkbox"/>           | NO MORE<br>THAN USUAL<br><input type="checkbox"/>  | RATHER MORE<br>THAN USUAL<br><input type="checkbox"/> | MUCH MORE<br>THAN USUAL<br><input type="checkbox"/> | 2435 |
| 20 | - been able to face up to your problems?                | MORE SO<br>THAN USUAL<br><input type="checkbox"/>   | SAME<br>AS USUAL<br><input type="checkbox"/>       | LESS ABLE<br>THAN USUAL<br><input type="checkbox"/>   | MUCH LESS<br>ABLE<br><input type="checkbox"/>       | 2436 |

21 2437 GHQ221

22 2438 GHQ222

23 2439 GHQ223

24 2440 GHQ224

25 2441 GHQ225

26 2442 GHQ226

27 2443 GHQ227

28 2444 GHQ228

29 2445 GHQ229

30 2446 GHQ230

1st Nov

☒ S:4 ☒

selfws

## HAVE YOU RECENTLY:

- |    |   |  |   |  |  |      |
|----|---|--|---|--|--|------|
| 21 | - found everything getting on top of you?                                   | NOT AT ALL<br><input type="checkbox"/>         | NO MORE THAN USUAL<br><input type="checkbox"/>  | RATHER MORE THAN USUAL<br><input type="checkbox"/> | MUCH MORE THAN USUAL<br><input type="checkbox"/> | 2437 |
| 22 | - been feeling unhappy and depressed?                                       | NOT AT ALL<br><input type="checkbox"/>         | NO MORE THAN USUAL<br><input type="checkbox"/>  | RATHER MORE THAN USUAL<br><input type="checkbox"/> | MUCH MORE THAN USUAL<br><input type="checkbox"/> | 2438 |
| 23 | - been losing confidence in yourself?                                       | NOT AT ALL<br><input type="checkbox"/>         | NO MORE THAN USUAL<br><input type="checkbox"/>  | RATHER MORE THAN USUAL<br><input type="checkbox"/> | MUCH MORE THAN USUAL<br><input type="checkbox"/> | 2439 |
| 24 | - been thinking of yourself as a worthless person?                          | NOT AT ALL<br><input type="checkbox"/>         | NO MORE THAN USUAL<br><input type="checkbox"/>  | RATHER MORE THAN USUAL<br><input type="checkbox"/> | MUCH MORE THAN USUAL<br><input type="checkbox"/> | 2440 |
| 25 | - felt that life is entirely hopeless?                                      | NOT AT ALL<br><input type="checkbox"/>         | NO MORE THAN USUAL<br><input type="checkbox"/>  | RATHER MORE THAN USUAL<br><input type="checkbox"/> | MUCH MORE THAN USUAL<br><input type="checkbox"/> | 2441 |
| 26 | - been feeling hopeful about your own future?                               | MORE SO THAN USUAL<br><input type="checkbox"/> | ABOUT SAME AS USUAL<br><input type="checkbox"/> | LESS SO THAN USUAL<br><input type="checkbox"/>     | MUCH LESS HOPEFUL<br><input type="checkbox"/>    | 2442 |
| 27 | - been feeling reasonably happy all things considered?                      | MORE SO THAN USUAL<br><input type="checkbox"/> | ABOUT SAME AS USUAL<br><input type="checkbox"/> | LESS SO THAN USUAL<br><input type="checkbox"/>     | MUCH LESS THAN USUAL<br><input type="checkbox"/> | 2443 |
| 28 | - been feeling nervous and strung-up all the time?                          | NOT AT ALL<br><input type="checkbox"/>         | NO MORE THAN USUAL<br><input type="checkbox"/>  | RATHER MORE THAN USUAL<br><input type="checkbox"/> | MUCH MORE THAN USUAL<br><input type="checkbox"/> | 2444 |
| 29 | - felt that life isn't worth living?  | NOT AT ALL<br><input type="checkbox"/>         | NO MORE THAN USUAL<br><input type="checkbox"/>  | RATHER MORE THAN USUAL<br><input type="checkbox"/> | MUCH MORE THAN USUAL<br><input type="checkbox"/> | 2445 |
| 30 | - found at times you couldn't do anything because your nerves were too bad? | NOT AT ALL<br><input type="checkbox"/>         | NO MORE THAN USUAL<br><input type="checkbox"/>  | RATHER MORE THAN USUAL<br><input type="checkbox"/> | MUCH MORE THAN USUAL<br><input type="checkbox"/> | 2446 |

PLEASE TURN OVER

Note

Items 1-57 comprise the Eysenck Personality Inventory (Eysenck, HJ & Eysenck, SBG. Manual of the Eysenck Personality Inventory, Hodder & Stoughton, 1964). The inventory incorporates 3 scales, neuroticism, extraversion and a "lie" scale. The neuroticism score is a good measure of trait anxiety.

1-57 Coding

1	2447	EPI201
2	2448	EPI202
3	2449	EPI203
4	2450	EPI204
5	2451	EPI205
6	2452	EPI206
7	2453	EPI207
8	2454	EPI208
9	2455	EPI209
10	2456	EPI210
11	2457	EPI211
12	2458	EPI212
13	2459	EPI213
14	2460	EPI214
15	2461	EPI215
16	2462	EPI216
17	2463	EPI217
18	2464	EPI218
19	2465	EPI219
20	2466	EPI220
21	2467	EPI221

1: Yes  
2: No  
9: Not answered/don't know/ticked more than one option

## E.P.I.

Here are some questions regarding the way you behave, feel and act After each question is a space for answering 'YES' or 'NO'

Try to decide whether 'YES' or 'NO' represents your usual way of acting or feeling Then put a tick in the box under the column headed 'YES' or 'NO'

Work quickly and remember to answer every question There are no right or wrong answers, and this isn't a test of intelligence or ability, but simply a measure of the way you behave?

	YES	NO	
1 Do you often long for excitement?	<input type="checkbox"/>	<input type="checkbox"/>	2447
2 Do you often need understanding friends to cheer you up?	<input type="checkbox"/>	<input type="checkbox"/>	2448
3 Are you usually carefree?	<input type="checkbox"/>	<input type="checkbox"/>	2449
4 Do you find it very hard to take no for an answer?	<input type="checkbox"/>	<input type="checkbox"/>	2450
5 Do you stop and think things over before doing anything?	<input type="checkbox"/>	<input type="checkbox"/>	2451
6 If you say you will do something do you always keep your promise, no matter how inconvenient it might be to do so?	<input type="checkbox"/>	<input type="checkbox"/>	2452
7 Does your mood often go up and down?	<input type="checkbox"/>	<input type="checkbox"/>	2453
8 Do you generally do and say things quickly without stopping to think?	<input type="checkbox"/>	<input type="checkbox"/>	2454
9 Do you ever feel "just miserable" for no good reason?	<input type="checkbox"/>	<input type="checkbox"/>	2455
10 Would you do almost anything for a dare?	<input type="checkbox"/>	<input type="checkbox"/>	2456
11 Do you suddenly feel shy when you want to talk to an attractive stranger?	<input type="checkbox"/>	<input type="checkbox"/>	2457
12 Once in a while do you lose your temper and get angry?	<input type="checkbox"/>	<input type="checkbox"/>	2458
13 Do you often do things on the spur of the moment?	<input type="checkbox"/>	<input type="checkbox"/>	2459
14 Do you often worry about things you should not have done or said?	<input type="checkbox"/>	<input type="checkbox"/>	2460
15 Generally, do you prefer reading to meeting people?	<input type="checkbox"/>	<input type="checkbox"/>	2461
16 Are your feelings rather easily hurt?	<input type="checkbox"/>	<input type="checkbox"/>	2462
17 Do you like going out a lot?	<input type="checkbox"/>	<input type="checkbox"/>	2463
18 Do you occasionally have thoughts and ideas that you would not like other people to know about?	<input type="checkbox"/>	<input type="checkbox"/>	2464
19 Are you sometimes bubbling over with energy and sometimes very sluggish?	<input type="checkbox"/>	<input type="checkbox"/>	2465
20 Do you prefer to have few but special friends?	<input type="checkbox"/>	<input type="checkbox"/>	2466
21 Do you daydream a lot?	<input type="checkbox"/>	<input type="checkbox"/>	2467

22 2468 EPI222  
23 2469 EPI223  
24 2470 EPI224  
25 2471 EPI225  
  
26 2472 EPI226  
27 2473 EPI227  
28 2474 EPI228  
  
29 2475 EPI229  
30 2476 EPI230  
31 2477 EPI231  
32 2478 EPI232  
  
33 2479 EPI233  
34 2480 EPI234  
  
35 2508 EPI235  
36 2509 EPI236  
  
37 2510 EPI237  
  
38 2511 EPI238  
39 2512 EPI239  
40 2513 EPI240  
41 2514 EPI241  
42 2515 EPI242  
43 2516 EPI243  
44 2517 EPI244  
  
45 2518 EPI245  
46 2519 EPI246

	YES	NO	
22	<input type="checkbox"/>	<input type="checkbox"/>	2468
23	<input type="checkbox"/>	<input type="checkbox"/>	2469
24	<input type="checkbox"/>	<input type="checkbox"/>	2470
25	<input type="checkbox"/>	<input type="checkbox"/>	2471
26	<input type="checkbox"/>	<input type="checkbox"/>	2472
27	<input type="checkbox"/>	<input type="checkbox"/>	2473
28	<input type="checkbox"/>	<input type="checkbox"/>	2474
29	<input type="checkbox"/>	<input type="checkbox"/>	2475
30	<input type="checkbox"/>	<input type="checkbox"/>	2476
31	<input type="checkbox"/>	<input type="checkbox"/>	2477
32	<input type="checkbox"/>	<input type="checkbox"/>	2478
33	<input type="checkbox"/>	<input type="checkbox"/>	2479
34	<input type="checkbox"/>	<input type="checkbox"/>	2480
35	<input type="checkbox"/>	<input type="checkbox"/>	<u>CARD 25</u> 2508
36	<input type="checkbox"/>	<input type="checkbox"/>	2509
37	<input type="checkbox"/>	<input type="checkbox"/>	2510
38	<input type="checkbox"/>	<input type="checkbox"/>	2511
39	<input type="checkbox"/>	<input type="checkbox"/>	2512
40	<input type="checkbox"/>	<input type="checkbox"/>	2513
41	<input type="checkbox"/>	<input type="checkbox"/>	2514
42	<input type="checkbox"/>	<input type="checkbox"/>	2515
43	<input type="checkbox"/>	<input type="checkbox"/>	2516
44	<input type="checkbox"/>	<input type="checkbox"/>	2517
45	<input type="checkbox"/>	<input type="checkbox"/>	2518
46	<input type="checkbox"/>	<input type="checkbox"/>	2519



47 2520 EPI247  
48 2521 EPI248  
49 2522 EPI249  
50 2523 EPI250  
51 2524 EPI251  
52 2525 EPI252  
53 2526 EPI253  
54 2527 EPI254  
55 2528 EPI255  
56 2529 EPI256  
57 2530 EPI257

	YES	NO	
47 Would you call yourself a nervous person?	<input type="checkbox"/>	<input type="checkbox"/>	2320
48 Of all the people you know, are there some whom you definitely do not like?	<input type="checkbox"/>	<input type="checkbox"/>	2321
49 Would you say that you were fairly self-confident?	<input type="checkbox"/>	<input type="checkbox"/>	2322
50 Are you easily hurt when people find fault with you or your work?	<input type="checkbox"/>	<input type="checkbox"/>	2323
51 Do you find it hard to really enjoy yourself at a lively party?	<input type="checkbox"/>	<input type="checkbox"/>	2324
52 Are you troubled with feelings of inferiority?	<input type="checkbox"/>	<input type="checkbox"/>	2325
53 Can you easily get some life into a rather dull party?	<input type="checkbox"/>	<input type="checkbox"/>	2326
54 Do you sometimes talk about things you know nothing about?	<input type="checkbox"/>	<input type="checkbox"/>	2327
55 Do you worry about your health?	<input type="checkbox"/>	<input type="checkbox"/>	2328
56 Do you like playing pranks on others?	<input type="checkbox"/>	<input type="checkbox"/>	2329
57 Do you suffer from sleeplessness?	<input type="checkbox"/>	<input type="checkbox"/>	2330

PLEASE CHECK TO SEE THAT YOU HAVE ANSWERED ALL THE QUESTIONS.

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THANK YOU VERY MUCH FOR ANSWERING THESE QUESTIONS.

HALS2 VARIABLE NAMES & LABELS

Name	Label	Line /col	Section /page
<b>Sample</b>			
SERNO	Case serial number - appears in same position on each line	101-05	I 10
CARD1	Line identifier - to be found in same position for each line	106-07	I 10
REGION84	Region of residence at HALS1	143-44	I 10
REGION91	Region of residence at HALS2	146-47	I 10
DIVNS84	North / South Region of residence at HALS1	149	I 10
DIVNS91	North / South Region of residence at HALS2	151	I 10
COMBOUT	Fieldwork outcome code for HALS2 subjects	153	I 11
POST84	Post Code for HALS1 - ALPHANUMERIC (without final letter)	160-67	I 11
POST91	Post Code for HALS2 - ALPHANUMERIC (without final letter)	168-75	I 11
<b>Household</b>			
BD2	Day of birth	210-11	Q 1
BM02	Month of birth	212-13	Q 1
BYR2	Year of birth	214-15	Q 1
AGYRS2	Age last birthday	216-17	Q 1
SEX2	Sex of respondent	218	Q 1
HOU2	Number of other people in household	219-20	Q 1
RELHOU21	Relationship to respondent - no 1	221	Q 1
RELSEX21	Sex of household member 1	222	Q 1
RELAGE21	Age of household member 1	223-24	Q 1
RELHOU22	Relationship to respondent - no 2	225	Q 1
RELSEX22	Sex of household member 2	226	Q 1
RELAGE22	Age of household member 2	227-28	Q 1
RELHOU23	Relationship to respondent - no 3	229	Q 1
RELSEX23	Sex of household member 3	230	Q 1
RELAGE23	Age of household member 3	231-32	Q 1
RELHOU24	Relationship to respondent - no 4	233	Q 1
RELSEX24	Sex of household member 4	234	Q 1
RELAGE24	Age of household member 4	235-36	Q 1
RELHOU25	Relationship to respondent - no 5	237	Q 1
RELSEX25	Sex of household member 5	238	Q 1
RELAGE25	Age of household member 5	239-40	Q 1
RELHOU26	Relationship to respondent - no 6	241	Q 1
RELSEX26	Sex of household member 6	242	Q 1
RELAGE26	Age of household member 6	243-44	Q 1
RELHOU27	Relationship to respondent - no 7	245	Q 1
RELSEX27	Sex of household member 7	246	Q 1
RELAGE27	Age of household member 7	247-48	Q 1

Name	Label	Line /col	Section /page
<b>Household - continued</b>			
RELHOU28	Relationship to respondent - no 8	249	Q:1
RELSEX28	Sex of household member 8	250	Q:1
RELAGE28	Age of household member 8	251-52	Q:1
RELHOU29	Relationship to respondent - no 9	253	Q:1
RELSEX29	Sex of household member 9	254	Q:1
RELAGE29	Age of household member 9	255-56	Q:1
RELHOU30	Relationship to respondent - no 10	257	Q:1
RELSEX30	Sex of household member 10	258	Q:1
RELAGE30	Age of household member 10	259-60	Q:1
RELHOU31	Relationship to respondent - no 11	261	Q:1
RELSEX31	Sex of household member 11	262	Q:1
RELAGE31	Age of household member 11	263-64	Q:1
KIDOFF2	Children not living with respondent	344	Q:2
KIDOTH2	Number of other children	345-46	Q:2
OWNH2	Estimation of own health	347	Q:2
<b>Health Attitudes</b>			
HPB200	Do you do anything to keep/improve your health	348	Q:2
HPB201	Keep/improve health - Medical/slimming diet	349	Q:3
HPB202	Keep/improve health - Other dietary habits	350	Q:3
HPB203	Keep/improve health - Stopped/reduced drinking	351	Q:3
HPB204	Keep/improve health - Stopped/reduced smoking	352	Q:3
HPB205	Keep/improve health - Take medicines	353	Q:3
HPB207	Keep/improve health - Housework	354	Q:3
HPB208	Keep/improve health - Gardening	355	Q:3
HPB209	Keep/improve health - Walking	356	Q:3
HPB210	Keep/improve health - Play particular sports	357	Q:3
HPB211	Keep/improve health - Physical leisure activities	358	Q:3
HPB212	Keep/improve health - Job/work keeps healthy	359	Q:3
HPB213	Keep/improve health - Type of sleeping habits	360	Q:3
HPB214	Keep/improve health - Type of social activities	361	Q:3
HPB215	Keep/improve health - Mental attitude/lack of stress	362	Q:3
HPB216	Keep/improve health - Special techniques (yoga,med)	363	Q:3
HPB217	Keep/improve health - Housing/area conditions	364	Q:3
HPB218	Keep/improve health - Get (more) fresh air	365	Q:3
HPB219	Keep/improve health - Other 1	366	Q:3
HPB220	Keep/improve health - Other 2	367	Q:3
HPB221	Keep/improve health - Pursue hobbies	2608	Q:3
HPB222	Keep/improve health - Health checks	2609	Q:3

Name	Label	Line /col	Section /page
<b>Health Attitudes</b>			
HPBNOT20	Anything you would like to do to keep healthy, but don't	368	Q 4
HPBNOT21	Don't do - Sport/exercise	369	Q 4
HPBNOT22	Don't do - Diet/nutrition generally	370	Q 4
HPBNOT23	Don't do - Lose weight	371	Q 4
HPBNOT24	Don't do - Cut down/give up smoking	372	Q 4
HPBNOT25	Don't do - Cut down/give up alcohol	373	Q 4
HPBNOT26	Don't do - Pursue hobbies	374	Q 4
HPBNOT27	Don't do - Change/get job	375	Q 4
HPBNOT28	Don't do - Change social life	376	Q 4
HPBNOT29	Don't do - Other 1	377	Q 4
HPBNOT30	Don't do - Other 2	378	Q 4
HPBNOT31	Don't do - Get out more	379	Q 4
HPBNOTDK	Don't do - Don't know	380	Q 4
HPBNOT32	Don't do - Pursue leisure activities	2610	Q 4
HPBNOT33	Don't do - Health checks	2611	Q 4
<b>Healthier Life - why ?</b>			
HPBETTER	Any way that life is healthier than 7 years ago	408	Q 5
HPBC01	Social environment/family/community	2612	Q 5
HPBC02	Standard of living/prosperity/better housing	2613	Q 5
HPBC03	Better diet/eating habits	2614	Q 5
HPBC04	Reduced/given up smoking	2615	Q 5
HPBC05	Reduced/given up alcohol	2616	Q 5
HPBC06	More active/sport/exercise	2617	Q 5
HPBC07	Changed job/retired	2618	Q 5
HPBC08	Less stress/worry/more contented	2619	Q 5
HPBC09	Improvement of a condition through drugs/surgery	2620	Q 5
HPBC10	Improvement of a specified condition	2621	Q 5
HPBC11	Getting out more, fresh air	2622	Q 5
HPBC12	Hormone replacement therapy	2623	Q 5
HPBC13	Other	2624	Q 5
HPBC14	Arthritis/rheumatism	2625	Q 5
HPBC15	Back trouble/slipped disc	2626	Q 5
HPBC16	Hernia	2627	Q 5
HPBC17	Other disease of bones/joints/muscles	2628	Q 5
HPBC18	Heart - Angina/heart attack/MI/heart disease	2629	Q 5
HPBC19	Hypertension/high blood pressure	2630	Q 5
HPBC20	Stroke/arterial disease/arteriosclerosis	2631	Q 5
HPBC21	Bronchitis/emphysema	2632	Q 5
HPBC22	Asthma	2633	Q 5
HPBC23	TB	2634	Q 5
HPBC24	Other disease of respiratory system	2635	Q 5

Name	Label	Line /col	Section /page
<b>Healthier Life - why ? - continued</b>			
HPBC25	Stomach ulcer/stomach trouble	2636	Q:5
HPBC26	Other disease of gastro-intestinal system	2637	Q:5
HPBC27	Other disease of the genito-urinal system	2638	Q:5
HPBC28	Diabetes	2639	Q:5
HPBC29	Gout	2640	Q:5
HPBC30	Disease of endocrine system, including thyroid	2641	Q:5
HPBC31	Allergic disease including hay fever	2642	Q:5
HPBC32	Skin disease inc dermatitis/eczema	2643	Q:5
HPBC33	Sinusitis	2644	Q:5
HPBC34	Blindness/partial sight/eye trouble	2645	Q:5
HPBC35	Deafness/ear trouble	2646	Q:5
HPBC36	Migraine/chronic headache	2647	Q:5
HPBC37	Liver disease/cirrhosis	2648	Q:5
HPBC38	Varicose veins	2649	Q:5
HPBC39	Disease of blood including anaemia	2650	Q:5
HPBC40	Kidney disease	2651	Q:5
HPBC41	Paralysis/paraplegia/hemiplegia	2652	Q:5
HPBC42	Epilepsy/convulsions	2653	Q:5
HPBC43	Other disease of nervous system and sense organs	2654	Q:5
HPBC44	Mental disorders/nerves/depression/anxiety	2655	Q:5
HPBC45	Cancer (code also at site)	2656	Q:5
HPBC46	Viral infections	2657	Q:5
HPBC47	M.E. (post viral fatigue syndrome)	2658	Q:5
HPBC48	Other conditions	2659	Q:5

**Less Healthier Life - why ?**

HPBWORSE	Any way that life is less healthy than 7 years ago	409	Q:6
HPWC01	Social environment/family/community	2660	Q:6
HPWC02	Standard of living/prosperity/better housing	2661	Q:6
HPWC03	Wrong diet/poor eating habits	2662	Q:6
HPWC04	Begun/increased smoking	2663	Q:6
HPWC05	Begun/increased alcohol	2664	Q:6
HPWC06	Less exercise, activity, sport	2665	Q:6
HPWC07	Work problems - Stressful/hazardous	2666	Q:6
HPWC08	Pace of life	2667	Q:6
HPWC09	Onset/deterioration of a condition	2668	Q:6
HPWC10	Onset/deterioration of a condition (also coded at HPWC 14-182669		Q:6
HPWC11	Ageing	2670	Q:6
HPWC12	Less mobility	2671	Q:6
HPWC13	Other	2672	Q:6
HPWC14	Arthritis/rheumatism	2708	Q:6
HPWC15	Back trouble/slipped disc	2709	Q:6

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<b>Less Healthier Life - why ? - continued</b>			
HPWC16	Hernia	2710	Q 6
HPWC17	Other disease of bones/joints/muscles	2711	Q 6
HPWC18	Heart - angina/heart attack/MI/heart disease	2712	Q 6
HPWC19	Hypertension/high blood pressure	2713	Q 6
HPWC20	Stroke/arterial disease/arteriosclerosis	2714	Q 6
HPWC21	Bronchitis/emphysema	2715	Q 6
HPWC22	Asthma	2716	Q 6
HPWC23	TB	2717	Q 6
HPWC24	Other disease of respiratory system	2718	Q 6
HPWC25	Stomach ulcer/stomach trouble	2719	Q 6
HPWC26	Other disease of gastro-intestinal system	2720	Q 6
HPWC27	Other disease of the genito-urinal system	2721	Q 6
HPWC28	Diabetes	2722	Q 6
HPWC29	Gout	2723	Q 6
HPWC30	Disease of endocrine system, including thyroid	2724	Q 6
HPWC31	Allergic disease including hay fever	2725	Q 6
HPWC32	Skin disease including dermatitis/eczema	2726	Q 6
HPWC33	Sinusitis	2727	Q 6
HPWC34	Blindness/partial sight/eye trouble	2728	Q 6
HPWC35	Deafness/ear trouble	2729	Q 6
HPWC36	Migraine/chronic headache	2730	Q 6
HPWC37	Liver disease/cirrhosis	2731	Q 6
HPWC38	Varicose veins	2732	Q 6
HPWC39	Disease of blood including anaemia	2733	Q 6
HPWC40	Kidney disease	2734	Q 6
HPWC41	Paralysis/paraplegia/hemiplegia	2735	Q 6
HPWC42	Epilepsy, convulsions	2736	Q 6
HPWC43	Other disease of nervous system and sense organs	2737	Q 6
HPWC44	Mental disorders/nerves/depression/anxiety	2738	Q 6
HPWC45	Cancer (code also at site)	2739	Q 6
HPWC46	Viral infections	2740	Q 6
HPWC47	M E (post viral fatigue syndrome)	2741	Q 6
HPWC48	Other conditions	2742	Q 6
<b>Social Support</b>			
LIVHERE2	Length of time living in this area	410	Q 7
BORNHER2	Were you born here	411	Q 7
PARTHER2	Feels part of the community	412	Q 7
FRHERE2	Friends in this community	413	Q 7

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<b>Social Support - continued</b>			
RELHER2	Any relatives in the area	414	Q:8
CHIL	Children in the area	415-16	Q:8
GRCHIL	Grandchildren in the area	417-18	Q:8
PARENTS	Parents in the area	419-20	Q:8
SIBS	Siblings in the area	421-22	Q:8
ORELS	Other relatives in the area	423-24	Q:8
RELSPK	How often do you see any relatives to speak to	425	Q:8
MCONTAC1	Most contact 1	426-27	Q:9
MCONTAC2	Most contact 2	428-29	Q:9
MCONTAC3	Most contact 3	430-31	Q:9
MCONTAC4	Most contact 4	432-33	Q:9
MCONTAC5	Most contact 5	434-35	Q:9
RELFREQ	Frequency of contact - Relative	436	Q:9
NCHAT	Frequency of contact - Neighbours	437	Q:9
PSSI201	People who make me feel loved	438	Q:10
PSSI202	People who do things to make me feel happy	439	Q:10
PSSI203	People who can be relied on no matter what	440	Q:10
PSSI204	People who would see that I am taken care of	441	Q:10
PSSI205	People who accept me just as I am	442	Q:10
PSSI206	People who make me feel an important part of their life	443	Q:10
PSSI207	People who give me support and encouragement	444	Q:10
<b>Locus of Control</b>			
LOCI201	Sensible to do what the Doctors say	445	Q:11
LOCI202	To have good health is the most important thing	446	Q:11
LOCI203	Generally good health is a matter of luck	447	Q:11
LOCI204	If you think too much, you are more likely to be ill	448	Q:11
LOCI205	Suffering sometimes has a divine purpose	449	Q:11
LOCI206	I have to be very ill before I go to a Doctor	450	Q:11
LOCI207	People like me don't have time to think about themselves	451	Q:11
LOCI208	The most important thing is constitution born with	452	Q:11
<b>Causes of Disease</b>			
ETULC201	Cause of ulcers - Worry/tension/stress	453	Q:11
ETULC202	Cause of ulcers - Alcohol	454	Q:11
ETULC203	Cause of ulcers - Bad diet	455	Q:11
ETULC204	Cause of ulcers - Fried/fatty foods	456	Q:11
ETULC205	Cause of ulcers - Acid foods	457	Q:11
ETULC206	Cause of ulcers - Irregular meals/shift work	458	Q:11



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<b>Causes of Disease - continued</b>			
ETULC207	Cause of ulcers - Lack of exercise	459	Q 11
ETULC208	Cause of ulcers - Family/heredity	460	Q 11
ETULC209	Cause of ulcers - Other	461	Q 11
ETULC2DK	Cause of ulcers - Don't know	463	Q 11
ETULC211	Cause of ulcers - Smoking	464	Q 11
ETULC212	Cause of ulcers - Drugs/medication	465	Q 11
ETBR201	Cause of chronic bronchitis - Smoking	508	Q 12
ETBR202	Cause of chronic bronchitis - Overweight	509	Q 12
ETBR203	Cause of chronic bronchitis - Family/heredity	510	Q 12
ETBR204	Cause of chronic bronchitis - Damp weather	511	Q 12
ETBR205	Cause of chronic bronchitis - Weak chest/lungs	512	Q 12
ETBR206	Cause of chronic bronchitis - Air pollution	513	Q 12
ETBR207	Cause of chronic bronchitis - Working conditions	514	Q 12
ETBR208	Cause of chronic bronchitis - Other I	515	Q 12
ETBR209	Cause of chronic bronchitis - Other II	516	Q 12
ETBR2DK	Cause of chronic bronchitis - Don't know	517	Q 12
ETBR210	Cause of chronic bronchitis - Coughs/colds/flu	518	Q 12
ETBR211	Cause of chronic bronchitis - Neglect of self	519	Q 12
ETBR212	Cause of chronic bronchitis - Food	520	Q 12
ETBR213	Cause of chronic bronchitis - Housing conditions	521	Q 12
ETBR214	Cause of chronic bronchitis - General health	522	Q 12
ETHBP201	Cause of high blood pressure - Smoking	524	Q 12
ETHBP202	Cause of high blood pressure - Worry/tension/stress	525	Q 12
ETHBP203	Cause of high blood pressure - Alcohol	526	Q 12
ETHBP204	Cause of high blood pressure - Type of diet	527	Q 12
ETHBP205	Cause of high blood pressure - Salt	528	Q 12
ETHBP206	Cause of high blood pressure - Overweight	529	Q 12
ETHBP207	Cause of high blood pressure - Lack of exercise	530	Q 12
ETHBP208	Cause of high blood pressure - Family or heredity	531	Q 12
ETHBP209	Cause of high blood pressure - Age	532	Q 12
ETHBP210	Cause of high blood pressure - Other I	533	Q 12
ETHBP211	Cause of high blood pressure - Other II	534	Q 12
ETHBP2DK	Cause of high blood pressure - Don't know	535	Q 12
ETHBP212	Cause of high blood pressure - Overwork/over-exercise	536	Q 12
ETHBP214	Cause of high blood pressure - The pill	538	Q 12
ETHBP215	Cause of high blood pressure - Pregnancy	539	Q 12
ETHBP216	Cause of high blood pressure - Drugs/medication	540	Q 12
ETOWT201	Cause of obesity - Worry/tension/stress	541	Q 12
ETOWT202	Cause of obesity - Alcohol	542	Q 12
ETOWT203	Cause of obesity - Overeating	543	Q 12

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ETOWT205	Cause of obesity - Lack of exercise	545	Q:12
ETOWT206	Cause of obesity - Family or heredity	546	Q:12
ETOWT207	Cause of obesity - 'Glands or hormones'	547	Q:12
ETOWT208	Cause of obesity - Other I	548	Q:12
ETOWT209	Cause of obesity - Other II	549	Q:12
ETOWT2DK	Cause of obesity - Don't know	550	Q:12
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ETMIG203	Cause of migraine - Foods/food allergy	558	Q:13
ETMIG204	Cause of migraine - Family or heredity	559	Q:13
ETMIG205	Cause of migraine - Pollution	560	Q:13
ETMIG206	Cause of migraine - Environment (housing/local conditions)	561	Q:13
ETMIG207	Cause of migraine - Other I	562	Q:13
ETMIG208	Cause of migraine - Other II	563	Q:13
ETMIG2DK	Cause of migraine - Don't know	564	Q:13
ETMIG209	Cause of migraine - Eyestrain/lights	565	Q:13
ETMIG210	Cause of migraine - Hormonal changes	566	Q:13
ETMIG211	Cause of migraine - Tiredness	567	Q:13
ETMIG212	Cause of migraine - Blood pressure	568	Q:13
ETMIG213	Cause of migraine - General health	569	Q:13
ETLIV201	Cause of Liver trouble - Worry/tension/stress	608	Q:13
ETLIV202	Cause of liver trouble - Alcohol	609	Q:13
ETLIV203	Cause of liver trouble - Diet	610	Q:13
ETLIV204	Cause of liver trouble - Overweight	611	Q:13
ETLIV205	Cause of liver trouble - Family or heredity	612	Q:13
ETLIV206	Cause of liver trouble - Pollution	613	Q:13
ETLIV207	Cause of liver trouble - Other I	614	Q:13
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ETLIV2DK	Cause of liver trouble - Dont' know	616	Q:13
ETLIV209	Cause of liver trouble - Smoking	617	Q:13
ETLIV210	Cause of liver trouble - Illness	618	Q:13
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ETSTK201	Cause of Stroke - Worry/tension/stress	624	Q:13
ETSTK202	Cause of stroke - Alcohol	625	Q:13
ETSTK203	Cause of stroke - Diet	626	Q:13
ETSTK204	Cause of stroke - Overweight	627	Q:13

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ETCAN208	Cause of lung cancer - Other pollution/chemicals	650	Q 14
ETCAN209	Cause of lung cancer - Environment (housing/local conditions)	651	Q 14
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ETCAN2DK	Cause of lung cancer - Don't know	654	Q 14
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ETCAR207	Cause of heart trouble - Obesity/overweight	664	Q 14
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ETCAR210	Cause of heart trouble - Family or heredity	667	Q 14
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ETDEP210	Cause of depression - Childbirth	717	Q:15
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ETDEP212	Cause of depression - Other I	719	Q:15
ETDEP213	Cause of depression - Other II	720	Q:15
ETDEP2DK	Cause of depression - Don't know	721	Q:15
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ETPIL201	Cause of piles - Constipation	725	Q:15
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BELSG203	Good effect on health - Work	743	Q 16
BELSG204	Good effect on health - Financial/standard of living	744	Q 16
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BELSG2DK	Good effect on health - Don't know	750	Q 16
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BELSG211	Good effect on health - Improved diet	752	Q 16
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LIFHAL2	Estimation of healthiness of life	808	Q 17
HELCOMP	Compared to 7 years ago is health is generally better/worse	809	Q 17
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DRUG2	Anything on prescription	812	Q 18
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DIETFOR3	On a diet - For ulcers (gastric, peptic etc )	944	Q 27
DIETFOR4	On a diet - For gall stones	945	Q 27
DIETFOR5	On a diet - For kidney failure	946	Q 27
DIETFOR6	On a diet - For diabetes	947	Q 27
DIETFOR7	On a diet - For food allergy	948	Q 27
DIETFOR8	On a diet - For osteoporosis	949	Q 27
DIETYP1	Type of diet - Low calorie	950	Q 27
DIETYP2	Type of diet - Low carbohydrate	951	Q 27
DIETYP3	Type of diet - Low fat	952	Q 27
DIETYP4	Type of diet - Low salt	953	Q 27
DIETYP5	Type of diet - High fibre	954	Q 27
DIETYP6	Type of diet - Low protein	955	Q 27
DIETYP7	Type of diet - Gluten free	956	Q 27
DIETYP8	Type of diet - Avoid dairy produce	957	Q 27
DIETYP9	Type of diet - High calcium (including dairy products)	958	Q 27
DIETYP0	Type of diet - Other	959	Q 27
DIETFOR9	On a diet - For coeliac disease	971	Q 27
DIETFOR0	On a diet - For other	972	Q 27
DIETFOR E	On a diet - For high cholesterol	973	Q 27
DIETTYPE	Type of diet - Low sugar/sugar free	974	Q 27
<b>Food - Meals</b>			
FOODAM1	Right amount of food	960	Q 28
FOODAM2	Eat too much or too little	961	Q 28
BKTIM2	How soon do you eat on workdays after getting up	962	Q 28
BKHOT2	Do you have a cooked breakfast	963	Q 28
COOK200	Breakfast apart how many cooked meals a day	964	Q 28

Name	Label	Line /col	Section /page
<b>Food - Meals - continued</b>			
LIGHTM2	Breakfast apart how many light meals a day	965	Q:29
MEALAWA2	How often do you have a meal away from home	966	Q:29
SNACKS2	How many times a day do you have a snack	967	Q:29
REGREAT2	Do you eat regularly	968	Q:29
<b>Food - Fried Food</b>			
FRIFOOD2	How often do you eat fried food	969	Q:30
<b>Food - Bread &amp; Spread</b>			
BREAD201	Bread - White bread including croissants/crumpets	1008	Q:30
BREAD202	Bread - Granary/wheatmeal/brown	1009	Q:30
BREAD203	Bread - Wholemeal	1010	Q:30
BREAD204	Bread - Crispbreads	1011	Q:30
BREAD205	Bread - Pitta - white	1012	Q:30
BREAD206	Bread - Pitta - wholemeal	1013	Q:30
BREAD207	Bread - Nan, chapatis	1014	Q:30
BREAD208	Bread - Other	1015	Q:30
NOBREAD2	Bread - Does not eat bread	1017	Q:30
BRSLI200	Slices of bread per day	1018-19	Q:30
BRROLL2	Bread rolls per day	1020-21	Q:31
SPREAD2	Spread on bread	1022-23	Q:31
SPRAM2	Thick or thin spread	1024	Q:31
SAND2	Sandwiches or rolls	1025	Q:31
<b>Food - Tea, Coffee, Sugar &amp; Milk</b>			
TEA2	How many cups of tea per day	1026	Q:31
TEASUG2	How much sugar in tea	1027	Q:32
COFFEE2	How many cups of coffee per day	1028	Q:32
COFFSUG2	How much sugar in coffee	1029	Q:32
MILKTOT2	How much milk per day	1030	Q:32
MTYP201	What sort of milk - Silver top	1031	Q:32
MTYP202	What sort of milk - Gold top	1032	Q:32
MTYP203	What sort of milk - Skimmed/semi skimmed	1033	Q:32
MTYP204	What sort of milk - Evaporated	1034	Q:32
MTYP205	What sort of milk - Powdered	1035	Q:32
MTYP206	What sort of milk - Green top, unpasteurised	1075	Q:32
MTYP207	What sort of milk - Goat's	1076	Q:32
MTYP208	What sort of milk - Soya/condensed/other	1077	Q:32

Name	Label	Line /col	Section /page
<b>Food - Frequencies</b>			
FRUITS2	Fresh fruit in summer	1036	Q 33
FRUITW2	Fresh fruit in winter	1037	Q 33
SALADS2	Salads or raw vegetables in summer	1038	Q 33
SALADW2	Salads or raw vegetables in winter	1039	Q 33
TFRUIT2	Tinned fruit	1040	Q 33
CHIPS2	Chips	1041	Q 33
POTS2	Potatoes (not chips)	1042	Q 33
ROOTVEG2	Root vegetables - carrots/turnips/parsnips	1043	Q 33
PULSE2	Peas & beans including baked beans/lentils	1044	Q 33
GRVEG2	Green vegetables	1045	Q 33
OTHVEG2	Other cooked vegetables including onions and mushrooms	1046	Q 33
NUTS2	Nuts	1047	Q 33
CRISPS2	Potato crisps or similar snacks	1048	Q 33
SWEETS2	Sweets/chocolates	1049	Q 33
PASTA2	Pasta (spaghetti, noodles) or rice	1050	Q 33
CEREAL2	Breakfast cereal (inc porridge)	1051	Q 33
BISCUIT2	Biscuits	1052	Q 33
CAKE2	Cakes of all kinds	1053	Q 33
PUDS2	Sweets/puddings/fruit pies etc	1054	Q 33
YOG2	Ice cream/yoghurt/milk puddings	1055	Q 33
SQUASH2	Soft drinks like squash or cola	1056	Q 34
JUICE2	Pure fruit juice	1057	Q 34
JAM2	Jam/marmalade/golden syrup/honey	1058	Q 34
CHEESE2	Cheese	1059	Q 34
EGGS2	Eggs	1060	Q 34
CREAM2	Cream	1061	Q 34
FISH2	Fish	1062	Q 34
SHFISH2	Shellfish (seafood)	1063	Q 34
POULTRY2	Poultry	1064	Q 34
SAUSAGE2	Sausages/tinned meat/pate/meat pie/burgers	1065	Q 34
REDMEAT2	Beef/lamb/pork/ham/bacon	1066	Q 34
CHMEAL	Chinese meals/dishes	1067	Q 34
INMEAL	Indian meals/dishes	1068	Q 34
PIZZA	Pizzas	1069	Q 34
SOUP	Soup	1070	Q 34
OTHEAT21	Other 1	1071	Q 34
DRIFRU2	Dried fruit	2808	Q 34
OFFAL2	Offal - liver and bacon	2809	Q 34
BATTER2	Yorkshire pudding/pancakes/batter	2810	Q 34
SOYA2	Soya meat/meat substitute	2811	Q 34
PEANUT2	Peanut butter	2812	Q 34
MARMITE2	Marmite/bovril/bengers	2813	Q 34

Name	Label	Line /col	Section /page
<b>Food - Changes</b>			
COMPEAT	Are you eating differently to seven years ago	1108	Q:35
CEATHOW	How are you eating differently	1109	Q:35
CHDIET01	Reasons for change of food eaten - Improve appearance	1110	Q:35
CHDIET02	Reasons for change of food eaten - Health problems	1111	Q:35
CHDIET03	Reasons for change of food eaten - Health campaigns	1112	Q:35
CHDIET04	Reasons for change of food eaten - Change in income	1113	Q:35
CHDIET05	Reasons for change of food eaten - Food availability	1114	Q:35
CHDIET06	Reasons for change of food eaten - Convenience	1115	Q:35
CHDIET07	Reasons for change of food eaten - Change in taste	1116	Q:35
CHDIET08	Reasons for change of food eaten - Suit others in h/hold	1117	Q:35
CHDIET09	Reasons for change of food eaten - Other I	1118	Q:35
CHDIETDK	Reasons for change of food eaten - Don't know	1119	Q:35
CHDIET10	Reasons for change of food eaten - Change in h/hold circs	1120	Q:35
CHDIET11	Reasons for change of food eaten - Change in appetite	1121	Q:35
CHDIET12	Reasons for change of food eaten - Change in working circs	1122	Q:35
DIETASS	Assessment of own diet	1124	Q:35
<b>Alcohol Consumption</b>			
ALSELF2	Non/Special Occasions/Occasional/Regular Drinker	1125	Q:36
ALEX2	Have you always been a non drinker	1126	Q:36
ALEXAGE2	How old when you stopped drinking	1127-28	Q:36
ALSELFQ2	Are/was light/moderate/heavy drinker	1129	Q:36
ALCUTBY2	Has doctor/anyone suggested you cut down	1130	Q:36
ALCUTWHY	Reasons for cutting down	1131	Q:37
ALCUT2	Have you felt you ought to cut down	1132	Q:37
ALCUTSU2	Have you ever succeeded in cutting down	1133	Q:37
ALCUTREA	Why did you decide to cut down drinking	1134	Q:37
ALCUTD01	Cut down drinking - To improve fitness/lose weight	2814	Q:37
ALCUTD02	Cut down drinking - Driving	2815	Q:37
ALCUTD03	Cut down drinking - Conscience/moral attitude	2816	Q:37
ALCUTD04	Cut down drinking - Feeling bad/ill when drinking	2817	Q:37
ALCUTD05	Cut down drinking - Expense	2818	Q:37
ALCUTD06	Cut down drinking - Bored with it/lost desire to drink	2819	Q:37
ALCUTD07	Cut down drinking - Social problems/social circumstances	2820	Q:37
ALCUTD08	Cut down drinking - Pressure from others	2821	Q:37
ALCUTD09	Cut down drinking - Social consequences of drinking	2822	Q:37
ALCUTD10	Cut down drinking - Specific health problem	2823	Q:37
ALPR201	Did people annoy you by criticising your drinking	1135	Q:38
ALPR202	Have you felt bad/guilty about drinking	1136	Q:38
ALPR203	Have you ever a drink early morning	1137	Q:38

Name	Label	Line /col	Section /page
<b>Alcohol consumption - recent &amp; past (HALS1)</b>			
ALDRINK2	Have you had drinks during past week	1138	Q 38
ALDAY2	Yesterday was	1139	Q 38
ALQBEER2	Number of alcohol units - Beer - HALS2	2824-26	Q 39
ALQWINE2	Number of alcohol units - Wines - HALS2	2827-29	Q 39
ALQSPIR2	Number of alcohol units - Spirits - HALS2	2830-32	Q 39
ALQEV2	Time of day of drinking	2833	Q 39
ALQWE2	Time of week of drinking	2834	Q 39
ALQBEER1	Number of alcohol units - Beer - HALS1	2971-73	Q 39
ALQWINE1	Number of alcohol units - Wines - HALS1	2974-76	Q 39
ALQSPIR1	Number of alcohol units - Spirits - HALS1	2977-79	Q 39
ALTYPIC2	Typical pattern	1140	Q 40
ALCOMP	Drinking compared to 7 years ago	1141	Q 40
<b>Smoking</b>			
SMEVER	Have you ever smoked a cigarette/cigar/pipe	1142	Q 40
FAGNOW	Do you smoke cigarettes at all nowadays	1143	Q 40
FAGDAY2	How many cigarettes smoked in a day	1144-45	Q 40
FAGMAX2	Maximum number of cigarettes smoked per day	1146-47	Q 40
FAGTYP2	Filter tips/plain/handrolled	1148	Q 40
TARLEV2	Tar level of the cigarettes smoked	1149	Q 41
OCFAGEV	Ever a regular smoker - At least 1 cig/day for 6 months	1150	Q 41
OCFAGDAY	How many cigs generally smoked per day	1151-52	Q 41
PROCREGM	How long ago did you stop - Less than 1 year	1153-54	Q 41
PROCREGY	How long ago did you stop - 1 year or more	1155-56	Q 41
SHCOMP	Compared with 7 years ago, smoke more or less	1157	Q 41
EXREG2	Ever a regular cigarette smoker	1158	Q 42
EXFAGM2	How long ago stopped smoking - Months	1159-60	Q 42
EXFAGY2	How long ago stopped smoking - Years	1161-62	Q 42
FAGSTOP2	Age when stopped smoking	1163-64	Q 42
EXFAGN02	Ex-smoker - Number of cigarettes a day	1165-66	Q 42
EXFAGWY1	Reasons for stopping - Ill health	1167	Q 42
EXFAGWY2	Reasons for stopping - Expense	1168	Q 42
EXFAGWY3	Reasons for stopping - Fear of ill health	1169	Q 42
EXFAGWY4	Reasons for stopping - Social pressure	1170	Q 42
EXFAGWY5	Reasons for stopping - Pregnancy	1171	Q 42
EXFAGWY6	Reasons for stopping - Just wanted to give up	1172	Q 42
EXFAGWY7	Reasons for stopping - Other	1173	Q 42
EXFAGWY8	Reasons for stopping - Others health problems or situations	1174	Q 42

Name	Label	Line /col	Section /page
<b>Smoking - continued</b>			
EXFWOT1	Health problem - Lung/chest problems	2835	Q:42
EXFWOT2	Health problem - Heart problems (including chest pain)	2836	Q:42
EXFWOT3	Health problem - Colds and flu	2837	Q:42
EXFWOT4	Health problem - Cancers	2838	Q:42
EXFWOT5	Health problem - Non-specific - Probably smoking-related	2839	Q:42
EXFWOT6	Health problem - Misc - Probably not smoking-related	2840	Q:42
FAGAGE2	Current Smoker - Age when started smoking	1208-9	Q:43
CIGEV2	Ever smoked cigars regularly - At least one a day	1210	Q:43
CIGAGE2	Cigars smoked regularly - How old when started	1211-12	Q:43
CIGSMO2	Current cigar smoker	1213	Q:43
CIGSTOP2	Ex-cigar smoker - How long ago stopped cigars	1214-15	Q:43
CIGWEEK2	Current cigar smoker - Number cigars per week	1216-17	Q:43
CIGCOMP	Cigar smoking - More or less than 7 years ago	1218	Q:43
PIPEV2	Ever smoked a pipe regularly	1219	Q:44
PIPAGE2	Pipe smoking - How old when started smoking a pipe	1220-21	Q:44
PIPSMO2	Do you smoke a pipe at present	1222	Q:44
PIPSTOP2	How long ago stopped smoking a pipe	1223-24	Q:44
PIPWEEK2	How much pipe tobacco smoked in a week	1225-26	Q:44
PIPCOMP	Compared to 7 years ago - More or less pipe tobacco	1227	Q:44
SMOINT1	Current smoker of one type of tobacco	1228	Q:44
SMOINT2	Current smoker of two types of tobacco	1229	Q:44
SMOINT3	Current smoker - Cigarettes, cigars and pipes	1230	Q:44
SMOSTART	Current smoker - First cigarette of day	1231	Q:45
SMOCRAVE	Current smoker - Craving for a cigarette	1232	Q:45
SMOSTOP	Current smoker - Ever feel that you want to stop	1233	Q:45
SMOST1	Current smoker - How much would you like to stop	1234	Q:45
SMOST2	Current smoker - Would you stop smoking if you could	1235	Q:45
SMOTHER2	Anyone else in household smoke	1236	Q:46
SMAWAY	Do others smoke in house or out	1237	Q:46
<b>Exercise - Walking, Gardening, DIY.</b>			
ENDEX2	Do you get enough exercise	1238	Q:46
COMPACT2	Are you as physically active as people your own age	1239	Q:46
WALKHR2	How many hours spent walking	1240-41	Q:46
WALKMIN2	How many minutes spent walking	1242-43	Q:46
WALKWEH2	How many hours walking at week-ends	1244-45	Q:46
WALKWEM2	How many minutes spent walking at week-ends	1246-47	Q:46
PACECOMP	Usual walking pace	1248	Q:47

Name	Label	Line /col	Section /page
<b>Exercise - Walking, Gardening, DIY - continued</b>			
GARD2	Have you done any gardening in last 7 days	1249	Q 47
GARDHR2	How many hours spent gardening	1250-51	Q 47
GARDMIN2	How many minutes spent gardening	1252-53	Q 47
GARDHARD	Was any of the gardening 'heavy'	1254	Q 47
DIY2	Have you done any DIY in last 7 days	1255	Q 47
DIYHR2	How many hours spent doing DIY in last 7 days	1256-57	Q 47
DIYMIN2	How many minutes doing DIY in last 7 days	1258-59	Q 47
DIYHARD	Was any of this DIY 'heavy' work	1260	Q 47
<b>Exercise - Sports &amp; Activities</b>			
ACTFORT2	Activities in last 2 weeks	1261	Q 48
KEEPFIT2	Keep fit, aerobics etc	1308	Q 48
KFN02	Keep fit - Number of times	1309-10	Q 48
KFHR2	Hours doing keep fit	1311-12	Q 48
KFMN2	Minutes doing keep fit	1313-14	Q 48
YOGA2	Have you done any yoga	1315	Q 48
YOGAN02	Yoga - Number of sessions	1316-17	Q 48
YOGAHR2	Hours spent doing yoga	1318-19	Q 48
YOGAMN2	Minutes doing yoga	1320-21	Q 48
CYCLING2	Have you done any cycling	1322	Q 48
CYCN02	Cycling - Number of times	1323-24	Q 48
CYCHR2	Hours spent cycling	1325-26	Q 48
CYCMN2	Minutes spent cycling	1327-28	Q 48
GOLF2	Have you played any golf	1329	Q 48
GOLFN02	Golf - Number of times	1330-31	Q 48
GOLFHR2	Hours spent playing golf	1332-33	Q 48
GOLFMN2	Minutes spent playing golf	1334-35	Q 48
JOG2	Have you done any jogging	1336	Q 48
JOGN02	Jogging - Number of times	1337-38	Q 48
JOGHR2	Hours spent jogging	1339-40	Q 48
JOGMN2	Minutes spent jogging	1341-42	Q 48
SWIM2	Have you been swimming	1343	Q 48
SWIMN02	Swimming - Number of times	1344-45	Q 48
SWIMHR2	Hours spent swimming	1346-47	Q 48
SWIMMN2	Minutes spent swimming	1348-49	Q 48
TABTEN2	Have you played table tennis	1350	Q 48
TTN02	Table tennis - Number of times	1351-52	Q 48
TTHR2	Hours playing table tennis	1353-54	Q 48
TTMN2	Minutes playing table tennis	1355-56	Q 48
BBALL2	Have you played basketball	1357	Q 48
BBN02	Basketball - Number of times	1358-59	Q 48
BBHR2	Hours playing basketball	1360-61	Q 48
BBMN2	Minutes playing basketball	1362-63	Q 48

Name	Label	Line /col	Section /page
<b>Exercise - Sports &amp; Activities - continued</b>			
FBALL2	Have you played football	1364	Q:48
FBN02	Football - Number of times	1365-66	Q:48
FBHR2	Hours playing football	1367-68	Q:48
FBMN2	Minutes playing football	1369-70	Q:48
RUGBY2	Have you played rugby	1371	Q:48
RUGNO2	Rugby - Number of times	1372-73	Q:48
RUGHR2	Hours playing rugby	1374-75	Q:48
RUGMN2	Minutes playing rugby	1376-77	Q:48
BADMIN2	Have you played badminton	1408	Q:48
BADNO2	Badminton - Number of times	1409-10	Q:48
BADHR2	Hours playing badminton	1411-12	Q:48
BADMN2	Minutes playing badminton	1413-14	Q:48
TENNIS2	Have you played tennis	1415	Q:48
TENNO2	Tennis - Number of times	1416-17	Q:48
TENHR2	Hours playing tennis	1418-19	Q:48
TENMN2	Minutes playing tennis	1420-21	Q:48
ESQUASH2	Have you played squash/fives/rackets	1422	Q:48
SQN02	Squash/fives/rackets - Number of times	1423-24	Q:48
SQHR2	Hours playing squash etc.	1425-26	Q:48
SQMN2	Minutes playing squash etc.	1427-28	Q:48
CRICKET2	Have you played cricket	1429	Q:48
CRN02	Cricket - Number of times	1430-31	Q:48
CRHR2	Hours playing cricket	1432-33	Q:48
CRMN2	Minutes playing cricket	1434-35	Q:48
SAIL2	Have you been windsurfing or sailing	1436	Q:48
SAILNO2	Windsurfing, sailing - Number of times	1437-38	Q:48
SAILHR2	Hours spent windsurfing/sailing	1439-40	Q:48
SAILMN2	Minutes spent windsurfing/sailing	1441-42	Q:48
SELDFEF2	Have you done self defence, boxing, wrestling	1443	Q:48
SDN02	Self defence, boxing, wrestling - Number of times	1444-45	Q:48
SDHR2	Hours spent doing self defence etc.	1446-47	Q:48
SDMN2	Minutes doing self defence etc.	1448-49	Q:48
BPACK2	Have you been back-packing/hiking etc.	1450	Q:48
BPN02	Back-packing/hiking etc. - Number of times	1451-52	Q:48
BPHR2	Hours spent back-packing/hiking	1453-54	Q:48
BPMN2	Minutes spent back-packing/hiking	1455-56	Q:48
WALKS2	Have you walked 2 miles or more	1457	Q:48
WALKSNO2	Walking - Number of times	1458-59	Q:48
WALKSHR2	Hours spent walking	1460-61	Q:48
WALKSMN2	Minutes spent walking	1462-63	Q:48
DANCING2	Have you been dancing	1464	Q:48
DN02	Dancing - Number of times	1465-66	Q:48
DHR2	Hours spent dancing	1467-68	Q:48
DMN2	Minutes spent dancing	1469-70	Q:48



Name	Label	Line /col	Section /page
<b>Exercise - Sports &amp; Activities - continued</b>			
OTHERAC2	Have you done any other physical activities	1471	Q 49
COMPSPOR	More or less time spent now than 7 yrs ago on sport etc	1532	Q 49
COMPSPPT	More time than 7 years ago on sport	1533	Q 49
BOWLS2	Have you played bowls/skittles/tenpin bowling	2841	Q 49
B2NO	Bowls - Number of times	2842-43	Q 49
B2HR	Hours spent bowling	2844-45	Q 49
B2MN	Minutes spent bowling	2846-47	Q 49
FIELD2	Have you been clay pigeon shooting/shooting/archery	2848	Q 49
F2NO	Shooting - Number of times	2849-50	Q 49
F2HR	Hours shooting	2851-52	Q 49
F2MN	Minutes shooting	2853-54	Q 49
HORSES2	Have you been horse riding	2855	Q 49
HS2NO	Riding - Number of times	2856-57	Q 49
HS2HR	Hours riding	2858-59	Q 49
HS2MN	Minutes riding	2860-61	Q 49
ROWING2	Have you been rowing/canoeing	2862	Q 49
R2NO	Rowing - Number of times	2863-64	Q 49
R2HR	Hours rowing	2865-66	Q 49
R2MN	Minutes rowing	2867-68	Q 49
T2NO	Training - Number of times	29	Q 49
S2HR	Hours skiing	2911-12	Q 49
S2MN	Minutes skiing	2913-14	Q 49
SKATING2	Have you been ice/roller skating	2915	Q 49
SK2NO	Skating - Number of times	2916-17	Q 49
SK2HR	Hours skating	2918-19	Q 49
SK2MN	Minutes skating	2920-21	Q 49
HOCKEY2	Have you played hockey	2922	Q 49
H2NO	Hockey - Number of times	2923-24	Q 49
H2HR	Hours playing hockey	2925-26	Q 49
H2MN	Minutes playing hockey	2927-28	Q 49
MOTOR2	Have you done motor sports/balloonng/hang gliding/gliding	2929	Q 49
M2NO	Motor sports - Number of times	2930-31	Q 49
M2HR	Hours at motor sports	2932-33	Q 49
M2MN	Minutes at motor sports	2934-35	Q 49
TRAIN2	Have you done weight/circuit training	2936	Q 49
TR2NO	Training - Number of times	2937-38	Q 49
TR2HR	Hours training	2939-40	Q 49
T2HR	Hours training	2939-40	Q 49
TR2MN	Minutes training	2941-42	Q 49
T2MN	Minutes training	2941-42	Q 49
HOUSEWK2	Have you done any housework	2943	Q 49
HW2NO	How many times have you done housework	2944-45	Q 49
HW2HR	Hours of housework	2946-47	Q 49
HW2MN	Minutes of housework	2948-49	Q 49

Name	Label	Line /col	Section /page
<b>Exercise - Sports &amp; Activities - continued</b>			
EOTHER2	Have you done other activities	2950	Q:49
E02NO	Other - Number of times	2951-52	Q:49
E02HR	Hours - Other	2953-54	Q:49
E02MN	Minutes - Other	2955-56	Q:49
SNOW2	Have you been skiing/sledging	298	Q:49
S2NO	Skiing - Number of times	299-10	Q:49

**Exercise - Change**

MTIME01	More time on sport - To get or keep fit	1534	Q:50
MTIME02	More time on sport - More leisure time	1535	Q:50
MTIME03	More time on sport - Take part with family	1536	Q:50
MTIME04	More time on sport - More money	1537	Q:50
MTIME05	More time on sport - Better facilities	1538	Q:50
MTIME06	More time on sport - Better health	1539	Q:50
MTIME07	More time on sport - Other	1540	Q:50
MTIMEDK	More time on sport - Don't know	1541	Q:50
MTIME08	More time on sport - Enjoyment	1542	Q:50
MTIME09	More time on sport - Change of lifestyle/outlook	1543	Q:50
MTIME10	More time on sport - To socialise/social pressure	1544	Q:50
LESSTIME	Less time on sport than 7 years ago	1546	Q:50
LTIME01	Less time on sport - Less leisure time	1547	Q:50
LTIME02	Less time on sport - Family ties	1548	Q:50
LTIME03	Less time on sport - Companions not available	1549	Q:50
LTIME04	Less time on sport - Less money	1550	Q:50
LTIME05	Less time on sport - Less facilities	1551	Q:50
LTIME06	Less time on sport - Poor health/injuries	1552	Q:50
LTIME07	Less time on sport - Other	1553	Q:50
LTIMEDK	Less time on sport - Don't know	1554	Q:50
LTIME08	Less time on sport - Change of lifestyle	1555	Q:50
LTIME09	Less time on sport - Advancing age	1556	Q:50
LTIME10	Less time on sport - Change of outlook	1557	Q:50

**Leisure Activities**

LEISACT2	What activities have done in past 2 weeks	1559	Q:50
FISHING2	Have you been fishing	1560	Q:51
PARTY2	Have you been to a party	1561	Q:51
DARTS2	Have you played darts	1562	Q:51
COAST2	Have you been to the coast/rivers/parks etc.	1563	Q:51
MUSEUM2	Have you been to museums/exhibitions etc.	1564	Q:51
ACTING2	Have you done any acting	1565	Q:51

Name	Label	Line /col	Section /page
<b>Leisure Activities - continued</b>			
CINEMA2	Have you been to the cinema/theatre etc	1566	Q 51
SPECTAT2	Have you watched a sports event	1567	Q 51
KNIT2	Have you done any knitting or sewing	1568	Q 51
HOBBY2	Have you done any hobbies/crafts etc	1569	Q 51
SOCWK2	Have you done any voluntary or social work	1570	Q 51
SKLGAME2	Have you played skill games/chess/scrabble etc	1571	Q 51
BETTING2	Have you done any betting or football pools etc	1572	Q 51
PUB2	Have you been to a pub	1573	Q 51
BINGO2	Have you been to a social club or played bingo	1574	Q 51
CHURCH2	Have you been to church or place of worship	1575	Q 51
LECTURE2	Have you been to a class or lecture	1576	Q 51
BBB	Birdwatching/butterflies/blackberrying	1577	Q 51
LEISCOMP	More or less time for leisure activities than 7 yrs ago	1617	Q 51
OUTABOUT	Do you get out and about as much as you want	1618	Q 51
<b>Employment - Respondent</b>			
WORKST2	Current working status	1619-20	Q 52
WORKHRS2	Hours per week working	1621-22	Q 52
WKSHIFT2	Do you do shift work	1623	Q 52
JOBEFF2	Does job require much physical effort	1624	Q 52
JOBLONGM	How many months have you been in your job	1625-26	Q 53
JOBLONGY	How many years have you been in your job	1627	Q 53
JOBYEARS	If more than 7 years in job give number of years	1628-29	Q 53
OTHJOBS	In last 7 years any other full or part-time jobs	1630	Q 53
OJOBNO	How many other jobs in last 7 years	1631	Q 53
WKLONGM	How many months in last 7 years in a paid job	1632-33	Q 53
WKLONGY	How many years in last 7 years in paid job	1634-35	Q 53
UNEM	Have you been unemployed in last 7 years	1636	Q 53
UNEMM	Now unemployed - How many months unemployed in last 7 years	1637-38	Q 53
UNEMY	Now unemployed - How many years unemployed in last 7 years	1639-40	Q 53
EMPOTH	Retired/student/perm sick/other for last 7 years	1641	Q 54
TIMUNEM2	How long since in a paid job	1642-43	Q 54
JOBS	How many full or part-time jobs in past 7 years	1644	Q 54
JOBTIMEM	How many months paid work in last 7 years	1645-46	Q 54
JOBTIMEY	How many years paid work in last 7 years	1647-48	Q 54
JOBAVM	Retired etc - How many months unemployed in last 7 years	1649-50	Q 54
JOBAVY	Retired etc - How many years unemployed in last 7 years	1651-52	Q 54

Name	Label	Line /col	Section /page
<b>Occupation of Respondent &amp; Social Group present &amp; past (HALS1)</b>			
OCCUP2	Classification of occupations	1653-57	Q:55
SUPER2	Do you supervise or have management responsibility	1663	Q:55
EMPSELF2	Are you an employee/self-employed	1664	Q:55
EMPN02	How many people employed at place of work	1665	Q:55
SIC2	Industrial coding	1666-67	Q:55
SHTSEG2	Condensed socio-economic group - Head of household	1661-62	Q:56
SEG2	Socio-economic group	1668-69	Q:56
SHTSEG1	Condensed socio-economic group - Head of household (HALS1)	1674-75	Q:56
RGSC2	Registrar General's Social Class - Head of household	1659-60	Q:57
SC2	Social class	1670-71	Q:57
RGSC1	Registrar General's Social Class - Head of household (HALS1)	1672-73	Q:57
<b>Accommodation</b>			
ACCOM2	Type of accommodation	1679-80	Q:58
SHELTER	Sheltered accommodation	1708	Q:58
HOUSOWN2	Accommodation in whose name	1709	Q:58
OTHOWN2	Owned or rented accommodation	1710	Q:58
FURN2	Furnished accommodation	1711	Q:59
LIVROOM2	Accommodation - How many living rooms	1712-13	Q:59
BEDROOM2	Accommodation - How many bedrooms	1714-15	Q:59
BATH2	Accommodation - Use of bathroom	1716	Q:59
WC2	Accommodation - Do you have use of an indoor WC	1717	Q:59
SHARELQ2	Accommodation - Do you share kitchen, bathroom or WC	1718	Q:59
GARDEN2	Accommodation - Does accommodation have a garden	1719	Q:59
<b>Marital Status</b>			
MARITAL2	Marital status	1720	Q:59
COHAB2	Cohabiting	1721	Q:60
<b>Employment - Partner</b>			
PARTEMP2	Partner's work status	1722-23	Q:60
PJOB	Partner unemployed - Had paid job in last 7 years	1724	Q:60
PLASTJOB	Partner unemployed - How long since he/she had job	1725	Q:60
PTEMPM	Partner employed - Months employed in last 7 years	1726-27	Q:61
PTEMPY	Partner employed - Years employed in last 7 years	1728-29	Q:61
PTUNEMP2	Partner employed - Unemployed 1 month or more	1730	Q:61
PTWUNAVM	Partner employed - Months unemployed in last 7 years	1731-32	Q:61
PTWUNAVY	Partner employed - Years unemployed in last 7 year	1733-34	Q:61

Name	Label	Line /col	Section /page
<b>Employment - Partner - continued</b>			
PTRET	Partner retired - Age stopped working	1735-36	Q 61
PTRETIM	Partner retired - How long ago retired	1737	Q 61
PTUNAV	Partner retired - Available to work in last 7 years	1738	Q 61
PTUNAVM	Partner retired - Months unemployed in last 7 years	1739-40	Q 62
PTUNAVY	Partner retired - Years unemployed in last 7 years	1741-42	Q 62
PTRETJOB	Partner retired - Had job in last 7 years	1743	Q 62
<b>Occupation of Partner &amp; Social Group present &amp; past (HALS1)</b>			
POCCUP2	Partner - Classification/Occupations	1744-48	Q 62
PTSUPER2	Partner - Does he/she supervise work of other people	1754	Q 62
PARSEMP2	Partner - Employee/self employed	1755	Q 63
EMPART2	Partner - How many people employed at place of work	1756	Q 63
SICP2	Partner - Industrial coding	1757-58	Q 63
SEGP2	Partner - Socio-economic group	1759-60	Q 63
SCP2	Partner - Social class	1761-62	Q 63
<b>Income</b>			
INCP2	Personal income	1769-70	Q 63
INCH2	Household income	1771-72	Q 63
<b>Education</b>			
LHQ2	Highest educational qualification obtained	1808-09	Q 64
LHQREC	Was qualification obtained in last 7 years	1810	Q 64
MEDQUAL2	Are you qualified as a doctor, nurse or health professional	1811	Q 64
HQ2	What are you qualified as?	1812	Q 64
CLASSES	Are you currently in any course or training	1813	Q 65
<b>Parents</b>			
DADYOB	What was the year of father's birth	1814-17	Q 65
DADAGE	How old was father when you were born	1818-19	Q 65
FADEAD2	Is your father still alive	1820	Q 65
FAGE2	How old was your father on his last birthday	1821-22	Q 65
FAGED2	How old was your father when he died	1823-24	Q 65
MUMYOB	What was your mother's date of birth	1825-28	Q 66
MUMAGE	How old was your mother when you were born	1829-30	Q 66
MADEAD2	Is your mother still alive	1831	Q 66
MAGE2	How old was your mother on her last birthday	1832-33	Q 66
MAGED2	How old was your mother when she died	1834-35	Q 66

Name	Label	Line /col	Section /page
<b>Life Events - Health</b>			
HLTHCND1	LE-Health - Developed/had serious illness in last year	1836	Q:67
HLTHCND2	LE-Health - How much has this disrupted your daily life	1837	Q:67
HLTHCND3	LE-Health - How much has it caused you worry or stress	1838	Q:67
HLTHCND7	LE-Health - Illness in the past 7 years	1839	Q:67
HLTHCND8	LE-Health - Does it still affect your daily life	1840	Q:67
HLTHCND9	LE-Health - Does it still cause you worry and stress	1841	Q:67
HLTHINJ1	LE-Health - Accident/injury/operation in past year	1842	Q:67
HLTHINJ2	LE-Health - How much has this disrupted your daily life	1843	Q:67
HLTHINJ3	LE-Health - How much has it caused you worry and stress	1844	Q:67
HLTHINJ7	LE-Health - Accident/injury/operation in past 7 years	1845	Q:67
HLTHINJ8	LE-Health - Does it still affect your daily life	1846	Q:67
HLTHINJ9	LE-Health - Does it still cause you worry and stress	1847	Q:67
HLTHTRT1	LE-Health - Painful/upsetting treatment in past year	1848	Q:67
HLTHTRT2	LE-Health - How much has this disrupted your daily life	1849	Q:67
HLTHTRT3	LE-Health - How much has it caused you worry and stress	1850	Q:67
HLTHFFR1	LE-Health - Family had health problem in past year	1851	Q:67
HLTHFFR2	LE-Health - How much has this disrupted your daily life	1852	Q:67
HLTHFFR3	LE-Health - How much has it caused you worry and stress	1853	Q:67

**Life Events - Death**

DTHFAM1	LE-Death - Death of close family member in past year	1854	Q:67
DTHFAM2	LE-Death - How much has this disrupted your daily life	1855	Q:67
DTHFAM3	LE-Death - How much has it caused you worry and stress	1856	Q:67
DTHFAM7	LE-Death - Death of close family member in past 7 years	1857	Q:67
DTHFAM8	LE-Death - Does it still affect your daily life	1858	Q:67
DTHFAM9	LE-Death - Does it still cause you worry and stress	1859	Q:67
DTHFRN1	LE-Death - Has close friend died in the past year	1860	Q:67
DTHFRN2	LE-Death - How much has this disrupted your daily life	1861	Q:67
DTHFRN3	LE-Death - How much has it caused you worry and stress	1862	Q:67
DTHFRN7	LE-Death - Death of close friend in the past 7 years	1863	Q:67
DTHFRN8	LE-Death - Does it still affect your daily life	1864	Q:67
DTHFRN9	LE-Death - Does it still cause you worry and stress	1865	Q:67

**Life Events - Work**

WRKJBCH1	LE-Work - Have you changed jobs in the past year	1866	Q:67
WRKJBCH2	LE-Work - How much has this disrupted your daily life	1867	Q:67
WRKJBCH3	LE-Work - How much has it caused you worry and stress	1868	Q:67
WRKJBCH7	LE-Work - Have you changed jobs in the past 7 years	1869	Q:67
WRKJBCH8	LE-Work - Does it still affect your daily life	1870	Q:67
WRKJBCH9	LE-Work - Does it still cause you worry and stress	1871	Q:67
WRKJBLS1	LE-Work - Have you lost your job or thought you would	1872	Q:67
WRKJBLS2	LE-Work - How much has this disrupted your daily life	1873	Q:67

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<b>Life Events - Work - continued</b>			
WRKJBLS3	LE-Work - How much has it caused you worry and stress	1874	Q 67
WRKJBLS7	LE-Work - Job loss in the past 7 years	1875	Q 67
WRKJBLS8	LE-Work - Does it still affect your daily life	1876	Q 67
WRKJBLS9	LE-Work - Does it still cause you worry and stress	1877	Q 67
WRKJBCR1	LE-Work - Job crisis/disappointment in last year	1908	Q 67
WRKJBCR2	LE-Work - How much has it disrupted your daily life	1909	Q 67
WRKJBCR3	LE-Work - How much has it caused you worry and stress	1910	Q 67
WRKJBCR7	LE-Work - Job crisis/disappointment in past 7 years	1911	Q 67
WRKJBCR8	LE-Work - Does it still affect your daily life	1912	Q 67
WRKJBCR9	LE-Work - Does it still cause you worry and stress	1913	Q 67
WRKRET1	LE-Work - Have you retired in the past year	1914	Q 67
WRKRET2	LE-Work - How much has it disrupted your daily life	1915	Q 67
WRKRET3	LE-Work - How much has it caused you worry and stress	1916	Q 67
WRKRET7	LE-Work - Retirement in the past 7 years	1917	Q 67
WRKRET8	LE-Work - Does it still affect your daily life	1918	Q 67
WRKRET9	LE-Work - Does it still cause you worry and stress	1919	Q 67
WRKPRJB1	LE-Work - Spouse/partner job lost/job crisis in past year	1920	Q 67
WRKPRJB2	LE-Work - How much has it disrupted your daily life	1921	Q 67
WRKPRJB3	LE-Work - How much has it caused you worry and stress	1922	Q 67
WRKPRJB7	LE-Work - Spouse/partner job lost/job crisis in past 7 years	1923	Q 67
WRKPRJB8	LE-Work - Does it still affect your daily life	1924	Q 67
WRKPRJB9	LE-Work - Does it still cause you worry and stress	1925	Q 67
WRKPRRT1	LE-Work - Spouse/partner retired in past year	1926	Q 67
WRKPRRT2	LE-Work - How much has it disrupted your daily life	1927	Q 67
WRKPRRT3	LE-Work - How much has it caused you worry and stress	1928	Q 67
WRKPRRT7	LE-Work - Spouse/partner retired in the past 7 years	1929	Q 67
WRKPRRT8	LE-Work - Does it still affect your daily day life	1930	Q 67
WRKPRRT9	LE-Work - Does it still cause you worry and stress	1931	Q 67
<b>Life Events - Housing</b>			
HOUSMV1	LE-Housing - Have you moved house in the past year	1932	Q 68
HOUSMV2	LE-Housing - How much has it disrupted your daily life	1933	Q 68
HOUSMV3	LE-Housing - How much has it caused you worry and stress	1934	Q 68
HOUSAWA1	LE-Housing - Moved away from area where friends are	1935	Q 68
HOUSAWA2	LE-Housing - How much has it disrupted your daily life	1936	Q 68
HOUSAWA3	LE-Housing - How much has it caused you worry and stress	1937	Q 68
HOUSWRY1	LE-Housing - Major worries with housing in past year	1938	Q 68
HOUSWRY2	LE-Housing - How much has it disrupted your daily life	1939	Q 68
HOUSWRY3	LE-Housing - How much has it caused you worry and stress	1940	Q 68
HOUSOCC1	LE-Housing - Person left home/moved in in past year	1941	Q 68
HOUSOCC2	LE-Housing - How much has it disrupted your daily life	1942	Q 68
HOUSOCC3	LE-Housing - How much has it caused you worry and stress	1943	Q 68

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<b>Life Events - Relationships</b>				
RLNDIV1	LE-ReIs	- Divorced/separated in past year	1944	Q:68
RLNDIV2	LE-ReIs	- How much has it disrupted your daily life	1945	Q:68
RLNDIV3	LE-ReIs	- How much has it caused you worry and stress	1946	Q:68
RLNDIV7	LE-ReIs	- Divorced/separated in past 7 years	1947	Q:68
RLNDIV8	LE-ReIs	- Does it still affect your daily life	1948	Q:68
RLNDIV9	LE-ReIs	- Does it still cause you worry and stress	1949	Q:68
RLNDIS1	LE-ReIs	- Disagreements with spouse/partner in past year	1950	Q:68
RLNDIS2	LE-ReIs	- How much has it disrupted your daily life	1951	Q:68
RLNDIS3	LE-ReIs	- How much has it caused you worry and stress	1952	Q:68
RLNKID1	LE-ReIs	- Serious probs. with children in past year	1953	Q:68
RLNKID2	LE-ReIs	- How much has it disrupted your daily life	1954	Q:68
RLNKID3	LE-ReIs	- How much has it caused you worry and stress	1955	Q:68
RLNFRN1	LE-ReIs	- Fallen out with friend/relative in past year	1956	Q:68
RLNFRN2	LE-ReIs	- How much has it disrupted you daily life	1957	Q:68
RLNFRN3	LE-ReIs	- How much has it caused you worry and stress	1958	Q:68
RLNLQSC1	LE-ReIs	- Lost contact with family/friends in past year	1959	Q:68
RLNLQSC2	LE-ReIs	- How much has it disrupted your daily life	1960	Q:68
RLNLQSC3	LE-ReIs	- How much has it caused you worry and stress	1961	Q:68

**Life Events - Other**

OTHROB1	LE-Other	- Have you been robbed or assaulted in past year	1962	Q:68
OTHROB2	LE-Other	- How much has it disrupted your daily life	1963	Q:68
OTHROB3	LE-Other	- How much has it caused you worry and stress	1964	Q:68
OTHROB7	LE-Other	- Robbed/assaulted in the past 7 years	1965	Q:68
OTHROB8	LE-Other	- Does it still affect your daily life	1966	Q:68
OTHROB9	LE-Other	- Does it still cause you worry and stress	1967	Q:68
OTHFIN1	LE-Other	- Major financial problems in past year	1968	Q:68
OTHFIN2	LE-Other	- How much has it disrupted your daily life	1969	Q:68
OTHFIN3	LE-Other	- How much has it caused you worry & stress	1970	Q:68
OTHFIN7	LE-Other	- Financial problems in the past 7 years	1971	Q:68
OTHFIN8	LE-Other	- Does it still affect your daily life	1972	Q:68
OTHFIN9	LE-Other	- Does it still cause you worry and stress	1973	Q:68
OTHLAW1	LE-Other	- Problems with officials/law in the past year	2008	Q:68
OTHLAW2	LE-Other	- How much has it disrupted your daily life	2009	Q:68
OTHLAW3	LE-Other	- How much has it caused you worry and stress	2010	Q:68
OTHLAW7	LE-Other	- Problems with officials/law in past 7 years	2011	Q:68
OTHLAW8	LE-Other	- Does it still affect your daily life	2012	Q:68
OTHLAW9	LE-Other	- Does it still cause you worry and stress	2013	Q:68
OTHUPS1	LE-Other	- Other serious upsets in past year	2014	Q:68
OTHUPS2	LE-Other	- How much has it disrupted your daily life	2015	Q:68
OTHUPS3	LE-Other	- How much has it caused you worry and stres	2016	Q:68
OTHUPS7	LE-Other	- Other upsets in the past 7 years	2017	Q:68
OTHUPS8	LE-Other	- Does it still affect your daily life	2018	Q:68
OTHUPS9	LE-Other	- Does it still cause you worry and distress	2019	Q:68



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<b>Life Events - Nice</b>			
NICE1	LE-Nice - Anything nice happened in past year	2020	Q 69
NICE7	LE-Nice - Anything nice happened in past 7 years	2021	Q 69
NICEBIR	LE-Birth - Includes expected birth	2957	Q 69
NICETRAV	LE-Holiday/Travel - Includes work travel	2958	Q 69
NICEDAY	LE-Special Anniversary/Birthday/Reunion	2959	Q 69
NICEWED	LE-Marriage/Engagement	2960	Q 69
NICEHOM	LE-Home/Garden	2961	Q 69
NICEWORK	LE-Work	2962	Q 69
NICERET	LE-Retirement	2963	Q 69
NICEFIN	LE-Finance	2964	Q 69
NICEACH	LE-Achievements	2965	Q 69
NICEFAM	LE-Family/Social/Pet - Including divorce	2966	Q 69
NICEONGO	LE-General comments about ongoing satisfaction with life	2967	Q 69
NICEHLTH	LE-Health	2968	Q 69
NICEMED	LE-Medication - Any mention	2969	Q 69
NICEOTH	LE-Any other	2970	Q 69
<b>Interviewer Observations</b>			
INTLEN2	Interview length - Minutes	2023-25	Q 70
LANGPRB2	After Interview - Language problem during interview	2026	Q 70
ETHNIC2	After Interview - Ethnicity of respondent	2027	Q 70
TAREA2	After Interview - House/flat in built up area etc	2028	Q 70
PRESNT21	After Interview - Anyone else present at interview	2029	Q 70
PRESNT22	After Interview - Spouse or partner present	2030	Q 70
PRESNT23	After Interview - Child/children present	2031	Q 70
PRESNT24	After Interview - Parent(s) present	2032	Q 70
INTDATE2	After Interview - Date of interview	2033-38	Q 70
INTNUM2	After Interview - Interviewer number	2039-43	Q 70
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SEXM	Measurements - Sex	3008	M 1
AGEM91	Measurements - Age	3009-10	M 1
CLOWT91	Clothed weight	3011-14	M 1
WEAR91	Clothes worn	3015	M 1
WEIGHT91	Calculated nude weight	3016-19	M 1
WEIGHT84	HALS1 - Calculated nude weight	3020-23	M 1
HEIGHT91	Height without shoes	3024-27	M 1
HEIGHT84	HALS1 - Height without shoes	3028-31	M 1
HTMEAN	Mean of HALS1 and HALS2 heights	3032-35	M 1
BMI91	Body Mass Index from WEIGHT91 and HEIGHT91	3036-39	M 1

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ZMI91	Body Mass Index from WEIGHT91 and HTMEAN	3040-43	M:1
ZMI84	Body Mass Index from WEIGHT84 and HTMEAN	3044-47	M:1
BMICAT91	Body Mass Index categories from BMI191	3048	M:2
ZMICAT91	Body Mass Index categories from ZMI91	3049	M:2
ZMICAT84	Body Mass Index categories from ZMI84	3050	M:2
GIRTH91	Waist measurement	3051-54	M:2
GIRTH84	HALS1 - Waist measurement	3055-58	M:2
HIPS91	Hip circumference	3059-62	M:2
HIPS84	HALS1 - Hip circumference	3063-66	M:2
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SYS911	Systolic blood pressure - 1st reading	3110-12	M:3
SYS912	Systolic blood pressure - 2nd reading	3114-16	M:3
SYS913	Systolic blood pressure - 3rd reading	3118-20	M:3
SYS914	Systolic blood pressure - 4th reading	3122-24	M:3
MAP911	Mean arterial blood pressure - 1st reading	3126-28	M:3
MAP912	Mean arterial blood pressure - 2nd reading	3130-32	M:3
MAP913	Mean arterial blood pressure - 3rd reading	3134-36	M:3
MAP914	Mean arterial blood pressure - 4th reading	3138-40	M:3
DIAS911	Diastolic blood pressure - 1st reading	3142-44	M:3
DIAS912	Diastolic blood pressure - 2nd reading	3146-48	M:3
DIAS913	Diastolic blood pressure - 3rd reading	3150-52	M:3
DIAS914	Diastolic blood pressure - 4th reading	3154-56	M:3
PULSE911	Pulse rate - 1st reading	3158-60	M:3
PULSE912	Pulse rate - 2nd reading	3162-64	M:3
PULSE913	Pulse rate - 3rd reading	3166-68	M:3
PULSE914	Pulse rate - 4th reading	3170-72	M:3
LOWSYS91	Lowest systolic blood pressure	3209-11	M:3
LOWMAP91	Lowest mean arterial blood pressure	3213-15	M:3
LOWDIA91	Lowest diastolic blood pressure	3217-19	M:3
LOWPUL91	Lowest pulse rate	3221-23	M:3
BPCAT91	Blood pressure categories	3224-25	M:4
BPCOND91	Condensed blood pressure categories	3226	M:4
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LOWMAP84	HALS1 - Lowest mean arterial blood pressure	3232-34	M:4
LOWDIA84	HALS1 - Lowest diastolic blood pressure	3236-38	M:4
LOWPUL84	HALS1 - Lowest pulse rate	3240-42	M:4
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BPCOND84	HALS1 - Condensed blood pressure categories	3245	M:4

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<b>Measurements - Medications</b>			
PILLNUM	Number of prescribed medications	3247	M 5
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DRUGM2	Type of medication - 2nd listed	3250-51	M 5
DRUGM3	Type of medication - 3rd listed	3252-53	M 5
DRUGM4	Type of medication - 4th listed	3254-55	M 5
DRUGM5	Type of medication - 5th listed	3256-57	M 5
DRUGM6	Type of medication - 6th listed	3258-59	M 5
DRUGM7	Type of medication - 7th listed	3260-61	M 5
<b>Measurements - Cotinine &amp; Smoking Time</b>			
COTININE	Salivary cotinine concentration	3271-74	M 6
DENTAL	Dental roll acceptance	3308	M 6
TIMCIGH2	Hours since last cigarette	3309-10	M 6
TIMCIGH2	Minutes since last cigarette	3311-12	M 6
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HYFEV91	Highest Forced Expiratory Volume in 1 second (FEV1)	3313-15	M 6
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HYFVC91	Highest Forced Vital Capacity (FVC)	3319-21	M 7
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HYFEV84	HALS1 - Highest Forced Expiratory Volume in 1 second (FEV1)	3324-26	M 7
HYPEF84	HALS1 - Highest Peak Expiratory Flow (PEF)	3327-29	M 7
HYFVC84	HALS1 - Forced Vital Capacity (FVC)	3330-32	M 7
RESPCAT1	HALS1 - Respiratory diseases	3333-34	M 7
PRED91	Predicted FEV1 for sex/age/height and race	3335-37	M 7
PRED84	HALS1 - Predicted FEV1 for sex/age/height and race	3338-40	M 7
PERFEV91	% of predicted Forced Expiratory Volume 1 (FEV1)	3341-43	M 8
PERFEV84	HALS1 - % of predicted Forced Expiratory Volume 1 (FEV1)	3344-46	M 8
FEVCAT91	Forced Expiratory Volume 1 categories	3347	M 8
FEVCAT84	HALS1 - Forced Expiratory Volume 1 categories	3348	M 8
FEVSTD91	FEV1 standard deviations from predicted values	3349-50	M 8
FEVSTD84	HALS1 - FEV1 standard deviations from predicted values	3351-52	M 8
<b>Measurements - Reaction Time</b>			
NOFING2	Reason for not doing reaction time test	2108	M 9
RTMEAN2	Mean simple reaction time	2109-12	M 9
RTDEV2	Simple reaction time - Standard deviation	2113-15	M 9
UNIMAN2	Reasons for not doing choice reaction time test	2116	M 9

Name	Label	Line /col	Section /page
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**Measurements - Reaction Time - continued**

CRTMEAN2	Mean choice reaction time (correct responses)	2117-20	M:10
CRTDEV2	Choice reaction time - Standard deviation (correct responses)	2121-23	M:10
ERRNUM2	Choice reaction time - Number of errors	2124-25	M:10
ERRMEAN2	Choice reaction time - Mean time (errors)	2126-29	M:10
ERRDEV2	Choice reaction time - Standard deviation (errors)	2130-32	M:10

**Measurements - Food Fibre knowledge**

MEM201	Recall - Roast meat/lamb etc.	2133	M:11
MEM202	Recall - Digestive or other biscuits	2134	M:11
MEM203	Recall - Potatoes/other potatoes	2135	M:11
MEM204	Recall - Eggs/other 'egg' answers	2136	M:11
MEM205	Recall - Orange juice/other fruit juice	2137	M:11
MEM206	Recall - Grilled fish/cooked fish	2138	M:11
MEM207	Recall - Weetabix/other breakfast cereal	2139	M:11
MEM208	Recall - White bread/other bread	2140	M:11
MEM209	Recall - Cheese/'other' cheese answers	2141	M:11
MEM210	Recall - Apples/'other' apple answers	2142	M:11
FIB201	Does roast meat contain fibre	2143	M:11
FIB202	Do digestive biscuits contain fibre	2144	M:11
FIB203	Do potatoes contain fibre	2145	M:11
FIB204	Do eggs contain fibre	2146	M:11
FIB205	Does orange juice contain fibre	2147	M:11
FIB206	Does grilled fish contain fibre	2148	M:11
FIB207	Does weetabix contain fibre	2149	M:11
FIB208	Does white bread contain fibre	2150	M:11
FIB209	Does cheese contain fibre	2151	M:11
FIB210	Do apples contain fibre	2152	M:11

**Measurements - Memory Test**

NOMEM2	How many foods can you remember from list	2155	M:11
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**Measurements - Handedness**

HANDWRIT	Do you use your right/left hand when writing	3262	M:11
HANDEVER	Have you always been right/left handed	3263	M:11
HANDCAT	Hand use for other tasks	3264	M:11

Name	Label	Line /col	Section /page
<b>Measurements - Blocks Test</b>			
BLOK201	Number of blocks - (a) = 9	2156-57	M 12
BLOK202	Number of blocks - (b) = 8	2158-59	M 12
BLOK203	Number of blocks - (c) = 15	2160-61	M 12
BLOK204	Number of blocks - (d) = 15	2162-63	M 12
BLOK205	Number of blocks - (e) = 10	2164-65	M 12
BLOK206	Number of blocks - (f) = 27	2166-67	M 12
<b>Measurements - Interviewer Report</b>			
SELFCOM2	Self-completion questionnaire acceptance	2168	M 12
GPREF2	GP referral	2169	M 12
MDATE2	Date of measurements	2170-75	M 13
<b>Self-completion - Type A</b>			
DRIVE2	Are you ambitious and competitive	2408	S 1
HURRY2	Are you usually pressed for time	2409	S 1
BOSSY2	Are you dominant or bossy	2410	S 1
EXCELL2	Do you need to do things extremely well	2411	S 1
GOBBLE2	Do you eat too quickly	2412	S 1
ANTSY2	Do you get upset having to wait	2413	S 1
OBSESS2	Do you think about work after hours	2414	S 1
STRETCH2	Has work often stretched you to limits	2415	S 1
DOUBT2	Have you often felt uncertain/dissatisfied	2416	S 1
<b>Self-completion - GHQ</b>			
GHQ201	Able to concentrate on things	2417	S 2
GHQ202	Lost much sleep over worry	2418	S 2
GHQ203	Been having restless, disturbed nights	2419	S 2
GHQ204	Managing to keep busy and occupied	2420	S 2
GHQ205	Been getting out of the house as usual	2421	S 2
GHQ206	Been managing well as most people	2422	S 2
GHQ207	Felt on the whole you were doing well	2423	S 2
GHQ208	Been satisfied with way you carried out tasks	2424	S 2
GHQ209	Able to feel warmth/affection for near ones	2425	S 2
GHQ210	Been finding it easy to get on with people	2426	S 3
GHQ211	Spent much time chatting with people	2427	S 3
GHQ212	Felt you are playing a useful part	2428	S 3
GHQ213	Felt capable of making decisions	2429	S 3
GHQ214	Felt constantly under strain	2430	S 3

Name	Label	Line /col	Section /page
<b>Self-completion - GHQ - continued</b>			
GHQ215	Felt you couldn't overcome difficulties	2431	S:3
GHQ216	Been finding life a struggle	2432	S:3
GHQ217	Been able to enjoy day-to-day activities	2433	S:3
GHQ218	Been taking things hard	2434	S:3
GHQ219	Been getting scared or panicky	2435	S:3
GHQ220	Been able to face up to your problems	2436	S:3
GHQ221	Found everything getting on top of you	2437	S:4
GHQ222	Been feeling depressed and unhappy	2438	S:4
GHQ223	Been losing confidence in yourself	2439	S:4
GHQ224	Been thinking of yourself as worthless	2440	S:4
GHQ225	Felt that life is entirely hopeless	2441	S:4
GHQ226	Been feeling hopeful about your future	2442	S:4
GHQ227	Been feeling reasonably happy	2443	S:4
GHQ228	Been feeling nervous and strung-up	2444	S:4
GHQ229	Felt that life isn't worth living	2445	S:4
GHQ230	Found at times you couldn't do anything	2446	S:4
<b>Self-completion - EPI</b>			
EPI201	Do you often long for excitement	2447	S:5
EPI202	Often need understanding friends to cheer you up	2448	S:5
EPI203	Are you usually carefree	2449	S:5
EPI204	Do you find it hard to take no for an answer	2450	S:5
EPI205	Stop and think things over before doing anything	2451	S:5
EPI206	Do you keep promises however inconvenient	2452	S:5
EPI207	Does your mood often go up and down	2453	S:5
EPI208	Do you do or say things without stopping to think	2454	S:5
EPI209	Do you feel miserable for no good reason	2455	S:5
EPI210	Would you do almost anything for a dare	2456	S:5
EPI211	Do you feel suddenly shy when you talk to stranger	2457	S:5
EPI212	Once in a while do you lose your temper	2458	S:5
EPI213	Do you often do things on spur of the moment	2459	S:5
EPI214	Worry about things you should not have done	2460	S:5
EPI215	Do you prefer reading to meeting people	2461	S:5
EPI216	Are your feelings rather easily hurt	2462	S:5
EPI217	Do you like going out a lot	2463	S:5
EPI218	Have thoughts/ideas don't want people to know about	2464	S:5
EPI219	Are you sometimes bubbling/and sometimes sluggish	2465	S:5
EPI220	Do you prefer to have few but special friends	2466	S:5
EPI221	Do you daydream a lot	2467	S:5

Name	Label	Line /col	Section /page
<b>Self-completion - EPI - continued</b>			
EPI222	When people shout at you do you shout back	2468	S 6
EPI223	Are you often troubled about feelings of guilt	2469	S 6
EPI224	Are all your habits good and desirable	2470	S 6
EPI225	Can you usually enjoy yourself at parties	2471	S 6
EPI226	Would you call yourself tense or highly-strung	2472	S 6
EPI227	Do other people think of you as being lively	2473	S 6
EPI228	Do you often feel you could have done better	2474	S 6
EPI229	Are you mostly quiet when with other people	2475	S 6
EPI230	Do you sometimes gossip	2476	S 6
EPI231	Do ideas go through your head stopping you sleeping	2477	S 6
EPI232	Look in a book for something you want to know	2478	S 6
EPI233	Do you get palpitations/thumping	2479	S 6
EPI234	Do you like work needing close attention	2480	S 6
EPI235	Do you get attacks of shaking or trembling	2508	S 6
EPI236	Do you always declare everything at customs	2509	S 6
EPI237	Hate being with crowd who play jokes	2510	S 6
EPI238	Are you an irritable person	2511	S 6
EPI239	Do you like doing things in which you have to act quickly	2512	S 6
EPI240	Do you worry awful things might happen	2513	S 6
EPI241	Are you slow and unhurried in the way you move	2514	S 6
EPI242	Have you ever been late for an appointment	2515	S 6
EPI243	Do you have many nightmares	2516	S 6
EPI244	Do you like talking to people/strangers	2517	S 6
EPI245	Are you troubled by aches and pains	2518	S 6
EPI246	Would you be unhappy not seeing lots of people	2519	S 6
EPI247	Would you call yourself a nervous person	2520	S 7
EPI248	Are there people you know who you don't like	2521	S 7
EPI249	Are you fairly self-confident	2522	S 7
EPI250	Are you hurt when people find fault with you	2523	S 7
EPI251	Do you find it hard to enjoy yourself at party	2524	S 7
EPI252	Are you troubled with feelings of inferiority	2525	S 7
EPI253	Can you get some life into a dull party	2526	S 7
EPI254	Do you talk about things you know nothing about	2527	S 7
EPI255	Do you worry about your health	2528	S 7
EPI256	Do you like playing pranks on others	2529	S 7
EPI257	Do you suffer from sleeplessness	2530	S 7

# THE HEALTH AND LIFESTYLE SURVEY:

SEVEN YEARS ON

*A Summary*

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One of the most detailed studies ever carried out on the health and lifestyle of the British population set out during 1984 and 1985 to examine how people's behaviour and the circumstances in which they live affect their physical and mental health. Over 9000 adults in England, Scotland and Wales living in private houses were randomly selected. They were questioned about major aspects of lifestyle, including diet and exercise, smoking and alcohol consumption, they assessed their own state of health and reported their past and present illnesses, they were asked about their beliefs and attitudes to health in general. Soon afterwards a nurse carried out physical measurements, such as height and weight, blood pressure and lung function, and simple psychometric tests of memory, reasoning and reaction time. Finally, the respondents completed a questionnaire concerned with personality and mental health. This survey is known as HALS1.

In 1991 and 1992 the survey was repeated. Although recruiting a completely new population to give just a second 'snapshot' of health and lifestyle in the early 1990s would have been simpler, much more information about what affects health could be obtained by going back to the same people. Of the original sample, 5352 were traced and resurveyed to find out how their health and way of life had changed in the last seven years. This survey is HALS2. Both surveys were conducted by a research team led by Dr BD Cox based at the University of Cambridge School of Clinical Medicine, and funded by The Health Promotion Research Trust.

The data allow two different types of comparison. Firstly, such factors as blood pressure or cognitive functioning can be compared for different age groups within the survey population. However different age bands contain different people and it may be that the differences observed relate in part to this factor and are not just an age effect. A more precise estimate of how people change over time is achieved by comparing the data from the HALS1 population with the results that they recorded at HALS2. This is a comparison involving the same people at two time points which shows how they have changed over seven years. Some of the findings are summarised in this leaflet.

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## PATTERNS OF MORTALITY

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An obvious measure of the health of a population is its death rate. As notification of respondents' deaths between HALS1 and HALS2 were received from the NHS register, the death rate over the next seven years could be related to the characteristics of the population in 1984/5.

- the death rate for men in the north and west of the country was much higher than that of men in the south and east
- the higher mortality of manual workers over those in non-manual work was largely due to the well-known fact that they have higher rates of heart disease
- up to age 55, married men and those living with a partner had a lower mortality rate than men of the same age who lived alone, but this association was not as strong for women
- people who said at HALS1 that their health was 'fair to poor', even if they had no known disease, were almost twice as likely to have died by HALS2 as those in the same age band who said it was 'excellent to good'
- being underweight or overweight for one's height, even when not due to known underlying disease, was associated with a higher rate of mortality
- sleeping less than the 'standard' six to eight hours a night was associated with excess mortality, especially among older men, and so was sleeping more than eight hours, especially in older women

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## SELF-REPORTED HEALTH

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Respondents were asked to assess their own health by answering questions such as 'Would you say that for someone of your own age your health in general is excellent/good/fair/poor?'

- in 1991/2 more young manual workers said they were in good or excellent health than had done so at the same age in 1984/5, for older men – above 60 – those in non-manual occupations were more likely to report better health
- women were twice as likely as men to say they had ever suffered from ME (post-viral fatigue syndrome)
- fewer people had suffered from colds or flu in the month before interview in 1991/2 than had done so in 1984/5, hay fever was more common, asthma had increased in men and women in all age groups, the rate of constipation reported by middle-aged men had doubled

## BLOOD PRESSURE AND RESPIRATORY FUNCTION

Blood pressure is usually found to rise with age and respiratory function to decline

- the blood pressure of the population had risen less than expected with age over the seven years, maybe because of the increased use of anti-hypertensive drugs in the older age groups (more than 30% of people over 60 were on them) There was a strong association between obesity and raised blood pressure
- there was a great increase in the overall use of drugs with anti-hypertensive effects, though not necessarily to treat high blood pressure
- more people in the north than in the south of the country had raised blood pressure
- in those who continued to smoke, lung function had deteriorated more than in the non-smokers or those who had given up smoking

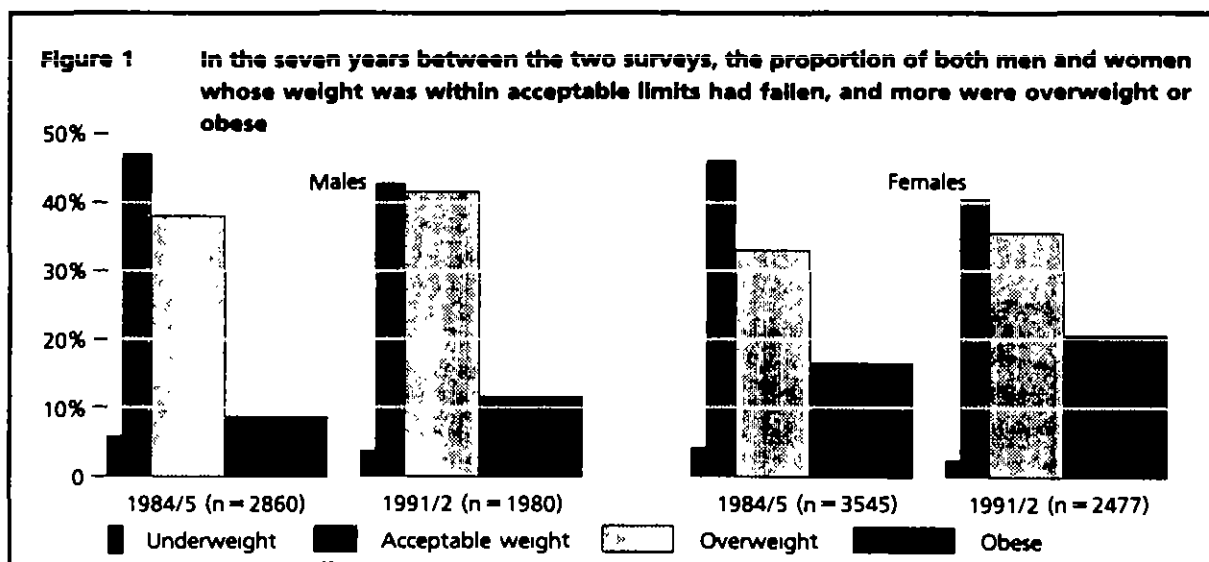
## BODY SIZE

The population has increased in weight more than expected for the seven year increase in age. The proportion of men classified as overweight (body mass index 25 – 30) or obese (index above 30) has risen from 47% to 53% and of women from 50% to 57% (see Figure 1)

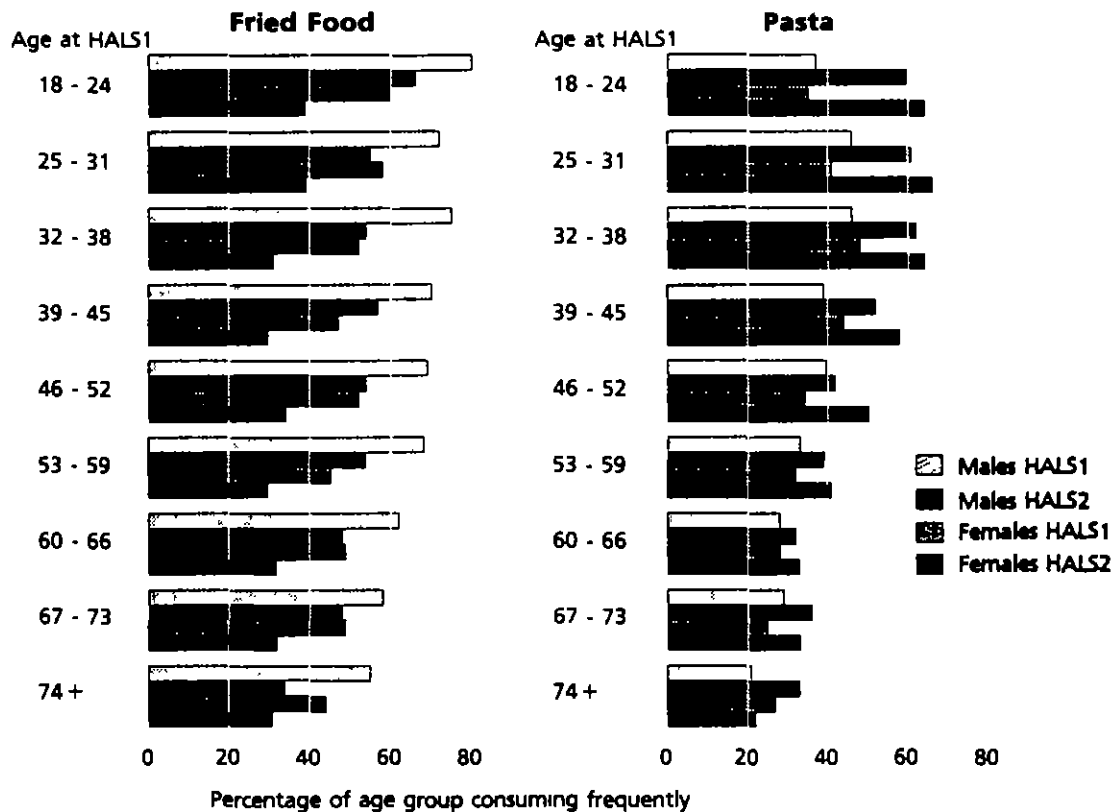
## DIET

Diets have changed over the seven years between the two HALS surveys (see Figure 2)

- more people were on medical diets at HALS2 than were at HALS1
- there was a marked fall in the frequent consumption of high fat foods, and butter and margarine had been largely replaced by polyunsaturated and low fat spread
- more respondents drank tea and coffee without sugar
- there was a modest increase in the consumption of cereals and brown bread but no change in the consumption of fresh fruit and vegetables
- knowledge that certain foods did not contain dietary fibre was no better at HALS2 than it was at HALS1, when it was poor, there was improved knowledge of the fibre content of fibre-rich foods (i.e. food of plant origin)



**Figure 2** When questioned in 1991/2, fewer men and women of all ages said they ate fried foods frequently than said so in 1984/5. Many more respondents said they often ate pasta, though the oldest women ate it less often.



## MENTAL STATE AND PERSONALITY MEASURES

The surveys collected answers to questions about symptoms of depression, anxiety and general satisfaction with life, it measured emotional stability and how outgoing and gregarious people were, it also explored how much time pressure they were under in their jobs, and how ambitious

- women reported more mental health symptoms than men – maybe because they were more ready to admit to emotional difficulties
- on the whole, men aged 25 to 34 at HALS1 had fewer symptoms at HALS2 than other groups – perhaps because more of them were now living with partners
- the mentally healthiest women (fewest symptoms) were those aged above 65 years and in the highest socio-economic groups, older men in the second highest socio-economic group, on the other hand, were among the least mentally healthy

- on the measures used, people became less extravert over the seven years, supporting the belief that young people are more extravert than their elders
- changes in physical illness symptoms reported were associated with changes in the number of mental health symptoms

## COGNITIVE FUNCTION

Changes in the ability to think and to react have an important bearing on health

- young people were fastest, but least accurate in reacting to stimuli, men tend to maximise speed of reaction and women accuracy
- the time it took to react to a stimulus increased with age, and people's memories got worse, particularly over 55, the peak performance was at 25 to 44 years of age
- those with no educational qualifications tended to have slower reaction times than the well educated

## LIFE EVENTS

Subjects were asked if they had experienced each of a series of 25 life events (e.g. job change, illness, death of relatives, divorce, moving house etc.) over the course of the previous year, and how disruptive or stressful the adverse life events had been. The replies were then related to their actual health experience, recorded at the interview.

- more women than men reported a great deal of disruption to their lives, and more worry and stress when they had experienced an adverse life event
- for all age groups and both sexes, people registering four or more symptoms of physical illness during the month before the survey or developing a health condition since HALS1 had also experienced more adverse life events in the previous year
- a reported high level of social support or a pleasant event mitigated the effect of an adverse life event, measured by the number of mental health symptoms
- when they were asked about pleasant events, only half the respondents volunteered any, the most frequently mentioned were the birth of a child, a holiday or special anniversary

## SMOKING

In the past few years health professionals have worked to make people aware of the relationship between smoking and respiratory and circulatory disease and to discourage smoking. HALS2 confirmed that mortality rates for smokers were higher than for non-smokers (Figure 3). It was also found that changes in smoking habits have occurred since HALS1 – there are now very few occasional smokers (fewer than 1 cigarette per day).

- the proportion of regular smokers has fallen, particularly among the middle aged
- among regular smokers of all ages there was no decrease in the cigarettes smoked per day
- fear of illness and current ill-health were the main reasons for stopping smoking, but social pressures and the health of others were given as reasons more often at HALS2 than at HALS1
- among young women, 41% of those who had been occasional smokers at HALS1 had become regular smokers seven years later
- many who said at HALS1 that they were ex-smokers claimed they had never smoked when they were asked at HALS2

**Figure 3** Men and women of all ages who smoked regularly were more likely to have died in the seven years between the surveys, compared with people who had never smoked. The mortality rates of those who had given up smoking were lower than the smokers, but higher than those who had never smoked.



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## PRESCRIBED MEDICINES

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Both in 1984/5 and 1991/2 people were asked if they were taking prescribed medicines

- there was a more than 30% increase in the proportion taking medicines
- more respondents were using broncho-dilators and anti-asthmatic preparations
- some people, particularly the elderly, were unsure why they were taking the medicines
- at HALS2 over 15% of women aged from 50 to 59 were receiving hormone replacement therapy
- it was especially noticeable that regular smokers and ex-smokers were taking drugs for respiratory problems more frequently than were non-smokers, more surprisingly, they were more likely to be taking pain killers
- there had been an increase of 53% of men and 56% of women taking tonics and vitamin supplements at HALS2 compared with HALS1

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## SPORT

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There was a change in the pattern of exercise between HALS1 and HALS2

- there has been an increase in reported sports participation, especially keep-fit and yoga for women
- more men said they played golf and football in 1991/2 than did so in the mid-eighties
- fewer people reported going for long walks at weekends at HALS2 than at HALS1
- at HALS2 there was an increase in the number of people who said they felt they did not get enough exercise
- many people who were under 25 years old at HALS1 and were joggers had stopped by the time they were asked at HALS2, but there were more middle-aged men jogging at HALS2 than there were at HALS1, overall, fewer people jogged in 1991/2 than in the mid-eighties

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## ALCOHOL

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Overall consumption of alcohol has changed very little in the seven years between the surveys

- at all ages, women drank less than men in both surveys, but there was an increase in the proportion of women in the professions who were regular drinkers by HALS2
- for men there was a steady fall in alcohol consumption with age at both Surveys, but for men under 45 the average consumption was above the level defined by health professionals as prudent. There was a worrying number of young male drinkers who drank above the prudent level – 30%

This leaflet is based on the report of the work by the principal investigators *The Health and Lifestyle Survey Seven Years On* edited by BD Cox FA Huppert and MJ Whichelow published by Dartmouth in September 1993 and available from all good book shops

The booklet *The Health and Lifestyle Survey Seven Years On a Review* reviews the book and can be obtained from The Health Promotion Research Trust at the address below. Further copies of this summary leaflet are also available from the same address free of charge



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1.Cox B D & Whichelow M J. Sample structure, data collection and tracing procedures. pp.3-12.

2.Whichelow M J, Swain V J & Cox B D. Demographic changes. pp.13-32

3. Blaxter M & Prevost A T. Patterns of mortality. pp.33-46.
4. Swain V J. Changes in self-reported health. pp.49-72.
5. Cox B D. Trends in blood pressure and respiratory function. pp.73-102.
6. Cox B D. Changes in body measurements. pp.103-117.
7. Cox B D. Prescribed medications. pp.119-130.
8. Huppert F A & Whittington J E. Longitudinal changes in mental state and personality measures. pp.133-154.
9. Huppert F A & Whittington J E. Changes in cognitive function in a population sample. pp.153-172.
10. Whittington J E & Huppert F A. The impact of life events on well being. pp.172-194.
11. Whichelow M J. Changes in dietary habits. pp.197-220.
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13. Whichelow M J. Trends in alcohol consumption. pp.235-255.
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