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Isle of Man Health and Lifestyle Survey 2019 - Data Annex

Nadia Butler, Zara Quigg, Rebecca Bates, Madeleine Sayle, Henrietta Ewart

Public Health Institute, Liverpool John Moores University, 3rd Floor Exchange Station, Tithebarn Street, Liverpool, L2 2QP

Contact: N.L.Butler@ljmu.ac.uk, ISBN: 978-1-912210-81-7

Isle of Man Health and Lifestyle Survey 2019 Annex

This annex accompanies the main report on health and lifestyle on the Isle of Man in 2019. Data presented here are weighted data and unweighted sample level data. In all unweighted sample level data tables, sample base sizes (n values) are presented in brackets and refer to the number of individuals providing each response. Where number of respondents in a category are <5 n values are suppressed (including in other related categories if providing this information would allow n<5 to be calculated).

Table A1: Tobacco smoking status by sociodemographics

	Unweighted data						Weighted data		
	Never smoked		Ex-smoker		Current smoker		Never smoked	Ex-smoker	Current smoker
	%	n	%	n	%	n	%	%	%
All	55.4	1521	33.7	925	10.9	298	56.3	31.8	12.0
Gender									
Male	51.6	495	38.0	365	10.4	100	54.7	33.2	12.2
Female	57.7	1024	31.3	555	11.0	196	57.8	30.4	11.7
Age (years)									
18-24	66.0	64	10.3	10	23.7	23	69.6	11.3	19.0
25-34	59.2	158	23.6	63	17.2	46	60.7	22.1	17.2
35-44	52.0	216	32.3	134	15.7	65	50.7	32.4	16.9
45-54	56.3	313	31.7	176	12.1	67	56.1	31.6	12.3
55-64	58.3	360	32.5	201	9.2	57	57.8	32.3	9.9
65+	51.6	394	43.8	334	4.6	35	51.5	43.9	4.6
Income levels									
<£20000	44.5	202	38.3	174	17.2	78	43.8	36.8	19.5
£20000-£79999	54.6	835	35.2	538	10.1	155	56.1	32.9	11.0
£80000+	65.9	247	27.5	103	6.7	25	64.3	27.8	8.0
Relationship status									
In a relationship	56.1	838	36.5	546	7.4	110	55.5	36.5	8.0
Single	54.2	620	30.6	350	15.2	174	57.0	26.7	16.3
Sexuality									
Heterosexual	55.2	1376	34.3	857	10.5	262	56.0	32.4	11.6
Other sexualities	50.5	50	33.3	33	16.2	16	50.9	32.5	16.7
Qualification level									
Qualifications	57.2	1296	33.2	752	9.6	217	57.9	31.5	10.6
No formal qualification	41.5	124	40.8	122	17.7	53	42.6	37.1	20.3
Employment status									
Employed	56.8	895	30.8	486	12.4	195	57.6	29.1	13.3
Unemployed	53.1	556	38.7	406	8.2	86	53.3	37.2	9.4
Place of birth									
Isle of Man	57.1	596	31.0	323	11.9	124	57.8	28.4	13.9
Other	54.0	867	36.0	579	10.0	161	54.8	bf34.8	10.5
Housing status									
Owns home	58.5	1132	34.5	668	7.0	135	58.8	33.5	7.6
Does not own home	45.8	321	33.0	231	21.3	149	49.6	29.3	21.1

Table A2: E-cigarette use status by sociodemographics

	Unweighted data						Weighted data		
	Never used		Ex-users		Current user		Never used	Ex-users	Current user
	%	n	%	n	%	n	%	%	%
All	91.4	2323	4.9	124	3.7	94	91.7	4.6	3.7
Gender									
Male	91.9	820	4.3	38	3.8	34	91.4	5.1	3.6
Female	91.7	1518	4.7	77	3.6	60	91.5	4.7	3.8
Age (years)									
18-24	88.2	82	6.5	6	5.4	5	88.6	8.1	3.4
25-34	88.3	234	6.8	18	4.9	13	89.0	5.5	5.5
35-44	89.0	357	5.7	23	5.2	21	89.4	6.0	4.6
45-54	91.3	495	4.8	26	3.9	21	90.9	5.4	3.7
55-64	92.5	540	4.3	25	3.3	19	92.5	3.9	3.6
65+	95.3	613	2.6	17	2.0	13	95.3	2.6	2.1
Income levels									
<£20000	87.3	345	6.6	26	6.1	24	88.5	7.1	4.4
£20000-£79999	91.0	1319	5.0	72	4.1	59	90.7	4.9	4.3
£80000+	95.9	353	3.0	11	1.1	4	93.6	4.6	1.8
Relationship status									
In a relationship	93.6	1309	3.6	51	2.8	39	93.4	3.6	3.0
Single	89.5	950	5.6	59	4.9	52	89.7	5.9	4.4
Sexuality									
Heterosexual	92.0	2142	4.3	101	3.7	86	91.9	4.5	3.7
Other sexualities	86.2	81	9.6	9	4.3	4	83.6	12.7	3.6
Qualification level									
Qualifications	92.5	1987	4.3	92	3.3	70	91.9	4.7	3.4
No formal qualification	86.6	219	6.7	17	6.7	17	88.5	6.6	4.9
Employment status									
Employed	90.8	1390	5.1	78	4.1	62	90.3	5.7	4.0
Unemployed	93.2	860	3.6	33	3.3	30	93.8	3.1	3.1
Place of birth									
Isle of Man	92.5	901	3.8	37	3.7	36	91.4	4.8	3.7
Other	91.2	1366	5.0	75	3.7	56	91.6	4.8	3.6
Housing status									
Owns home	94.0	1700	3.4	62	2.5	46	93.7	3.8	2.5
Does not own home	85.5	558	7.5	49	7.0	46	86.8	6.9	6.3

Table A3: Daily tobacco smoking and daily e-cigarette use by sociodemographics

	Unweighted data						Weighted data	
	Daily tobacco smoking			Daily e-cigarette use			Daily tobacco smoking	Daily e-cigarette use
	%	n	Sig.	%	n	Sig.	%	%
All	7.8	215		2.3	59		8.4	2.4
Gender								
Male	7.2	69		2.9	26		8.2	2.8
Female	8.2	145	NS	1.9	32	NS	8.6	2.1
Age (years)								
18-24	16.5	16		4.3	4		12.6	3.0
25-34	11.2	30		3.0	8		11.4	3.6
35-44	10.6	44		3.0	12		10.9	2.9
45-54	9.5	53		2.0	11		9.7	2.1
55-64	7.0	43		2.4	14		7.3	2.7
65+	3.4	26	<0.001	1.2	8	NS	3.4	1.2
Income levels								
<£20000	13.4	61		3.5	14		15.4	2.5
£20000-£79999	7.5	114		2.4	35		7.8	2.8
£80000+	2.4	9	<0.001	1.1	4	NS	2.3	1.8
Relationship status								
In a relationship	5.4	80		1.7	24		5.6	2.0
Single	11.1	127	<0.001	3.1	33	<0.05	11.4	2.9
Sexuality								
Heterosexual	7.6	189		2.3	53		8.0	2.4
Other sexualities	13.1	13	NS	3.2	3	NS	14.8	2.7
Qualification level								
Qualifications	6.5	147		2.0	44		6.9	2.3
No formal qualification	15.7	47	<0.001	4.3	11	<0.05	17.9	3.3
Employment status								
Employed	8.8	139		2.4	36		9.2	2.7
Unemployed	6.2	65	<0.05	2.3	21	NS	6.8	2.0
Place of birth								
Isle of Man	8.7	91		2.4	23		9.3	2.5
Other	7.2	116	NS	2.3	34	NS	7.7	2.4
Housing status								
Owns home	4.9	94		1.5	28		5.1	1.6
Does not own home	16.0	112	<0.001	4.4	29	<0.001	15.5	4.3

Table A4: Frequency of alcohol consumption by sociodemographics

	Unweighted data										Weighted data				
	Never		Monthly or less		2-4 times a month		2-3 times a week		4+ times a week		Never	Monthly or less	2-4 times a month	2-3 times a week	4+ times a week
	%	n	%	n	%	n	%	n	%	n	%	%	%	%	%
All	15.4	424	22.8	626	20.7	570	24.9	685	16.2	444	14.1	22.7	23.0	24.9	15.2
Gender															
Male	12.6	121	16.1	155	19.6	188	27.7	266	24.0	230	10.8	18.0	23.9	27.8	19.5
Female	16.9	301	26.3	468	21.5	382	23.6	419	11.7	209	17.4	27.3	22.2	22.1	11.1
Age (years)															
18-24	15.3	15	38.8	38	38.8	38	6.1	6	1.0	1	11.6	33.3	43.0	11.2	0.8
25-34	11.9	32	37.3	100	29.1	78	17.2	46	4.5	12	10.1	32.9	31.5	18.8	6.8
35-44	13.5	56	24.6	102	26.5	110	25.5	106	9.9	41	12.0	23.1	25.5	28.5	10.9
45-54	11.9	66	22.1	123	20.3	113	33.6	187	12.1	67	11.2	20.3	21.1	33.8	13.7
55-64	14.0	87	17.4	108	19.6	122	27.4	170	21.6	134	13.9	16.7	19.2	27.8	22.4
65+	21.3	162	19.0	145	13.6	104	21.9	167	24.1	184	21.2	19.0	13.6	22.0	24.2
Income levels															
<£20000	28.8	131	23.1	105	18.2	83	14.1	64	15.8	72	27.2	24.8	20.0	14.2	13.9
£20000-£79999	11.9	181	24.2	367	22.2	337	25.6	389	16.1	244	11.0	23.3	24.9	25.9	14.9
£80000+	8.2	31	14.1	53	22.1	83	36.7	138	18.9	71	8.2	13.7	23.9	35.4	18.7
Relationship status															
In a relationship	13.3	198	19.0	283	19.9	296	30.1	449	17.7	264	12.6	18.6	20.2	30.2	18.3
Single	18.3	207	26.9	305	22.0	250	18.3	208	14.5	164	16.0	26.3	26.5	19.1	12.1
Sexuality															
Heterosexual	14.9	370	22.3	553	21.0	521	25.4	631	16.4	408	14.0	21.9	23.3	25.2	15.6
Other sexualities	20.4	20	26.5	26	20.4	20	20.4	20	12.2	12	14.2	30.1	24.8	22.1	8.8
Qualification level															
Qualifications	14.0	315	21.8	491	21.7	490	26.1	590	16.4	371	12.9	21.1	24.4	26.3	15.4
No formal qualification	24.9	74	26.9	80	14.1	42	19.2	57	14.8	44	22.5	31.8	14.2	17.3	14.2
Employment status															
Employed	11.1	174	23.4	368	24.5	386	27.4	432	13.6	214	9.6	23.3	26.6	27.4	13.1
Unemployed	22.1	229	20.8	216	15.0	156	21.7	225	20.3	211	22.5	20.3	16.8	21.1	19.3
Place of birth															
Isle of Man	14.7	152	25.7	266	23.6	245	23.1	240	12.9	134	12.5	25.9	27.0	22.7	11.8
Other	15.9	254	20.3	325	18.9	302	26.4	422	18.5	296	15.4	19.8	20.4	26.7	17.8
Housing status															
Owns home	13.2	254	20.2	389	20.2	389	28.0	538	18.4	353	12.3	19.6	20.9	29.1	18.2
Does not own home	21.3	149	28.6	200	22.5	157	17.2	120	10.4	73	18.2	28.1	28.2	16.4	9.0

Table A5: Past week alcohol consumption by sociodemographics

	Unweighted data						Weighted data		
	Drank nothing		Within weekly limits		Above weekly limits		Drank nothing	Within weekly limits	Above weekly limits
	%	n	%	n	%	n	%	%	%
All	35.7	972	48.1	1309	16.3	443	34.8	47.0	18.2
Gender									
Male	27.8	265	45.1	430	27.1	258	28.3	45.3	26.4
Female	39.9	703	49.7	876	10.3	182	41.2	48.6	10.2
Age (years)									
18-24	46.3	44	41.1	39	12.6	12	42.4	44.0	13.6
25-34	48.3	128	39.6	105	12.1	32	42.7	42.2	15.1
35-44	35.8	147	46.0	189	18.2	75	32.8	44.7	22.5
45-54	31.0	171	50.7	280	18.3	101	28.5	49.4	22.0
55-64	29.3	181	51.4	317	19.3	119	28.7	49.6	21.8
65+	38.3	290	48.4	367	13.3	101	38.2	48.4	13.4
Income levels									
<£20000	48.0	215	39.7	178	12.3	55	45.8	41.2	13.0
£20000-£79999	33.7	508	48.9	736	17.4	262	33.6	47.7	18.7
£80000+	22.6	85	54.3	204	23.1	87	23.5	49.5	27.0
Relationship status									
In a relationship	30.9	455	52.4	772	16.7	246	30.3	51.3	18.5
Single	41.7	470	42.3	476	16.0	180	40.1	41.6	18.3
Sexuality									
Heterosexual	34.8	856	48.8	1199	16.4	403	34.2	47.5	18.3
Other sexualities	45.9	45	34.7	34	19.4	19	44.2	33.6	22.1
Qualification level									
Qualifications	34.1	764	49.4	1106	16.5	370	33.3	48.2	18.5
No formal qualification	44.9	129	38.3	110	16.7	48	45.3	35.6	19.1
Employment status									
Employed	32.5	507	48.8	763	18.7	292	31.7	46.9	21.4
Unemployed	40.2	411	46.7	478	13.1	134	40.4	46.3	13.3
Place of birth									
Isle of Man	38.8	399	45.5	468	15.7	161	38.3	44.2	17.5
Other	33.5	530	49.6	784	16.9	268	32.5	48.5	19.0
Housing status									
Owns home	32.0	610	50.8	969	17.3	330	31.0	49.0	20.0
Does not own home	45.6	313	40.5	278	14.0	96	43.1	42.0	14.8

Table A6: AUDIT drinking risk by sociodemographic

	Unweighted data										Weighted data				
	Abstainer		Lower risk		Increasing risk		Higher risk		Possible dependence		Abstainer	Lower risk	Increasing risk	Higher risk	Possible dependence
	%	n	%	n	%	n	%	n	%	n	%	%	%	%	%
All	15.9	424	66.7	1782	15.4	411	1.2	33	0.7	20	14.6	64.8	18.5	1.4	0.7
Gender															
Male	13.0	121	63.2	589	21.7	202	1.5	14	0.6	6	11.1	61.5	25.1	1.8	0.5
Female	17.4	301	68.8	1189	12.0	207	1.0	17	0.8	14	17.9	68.1	11.9	1.1	0.9
Age (years)															
18-24	16.0	15	59.6	56	19.1	18	4.3	4	1.1	1	12.0	57.4	26.9	2.9	0.8
25-34	12.2	32	63.5	167	20.5	54	1.5	4	2.3	6	10.2	60.9	25.2	2.2	1.4
35-44	13.9	56	64.3	259	19.6	79	1.7	7	0.5	2	12.4	62.5	22.4	1.9	0.7
45-54	12.3	66	68.5	368	16.8	90	1.5	8	0.9	5	11.6	67.7	18.1	1.6	1.0
55-64	14.2	87	67.7	415	16.2	99	1.5	9	0.5	3	14.1	66.0	17.7	1.5	0.6
65+	22.2	162	68.0	497	9.6	70	0.0	0	0.3	2	22.1	68.0	9.6	0.0	0.3
Income levels															
<£20000	29.7	131	56.9	251	12.0	53	0.7	3	0.7	3	28.0	55.6	15.1	0.5	0.7
£20000-£79999	12.2	181	69.5	1032	16.1	239	1.6	24	0.6	9	11.3	68.0	18.4	1.8	0.5
£80000+	8.4	31	68.2	251	21.7	80	1.1	4	0.5	2	8.4	60.8	28.2	1.8	0.8
Relationship status															
In a relationship	13.6	198	70.8	1032	13.9	202	1.4	20	0.3	5	12.9	69.8	15.2	1.6	0.4
Single	18.8	207	61.7	680	17.4	192	1.1	12	1.0	11	16.5	59.5	21.9	1.3	0.8
Sexuality															
Heterosexual	15.3	370	67.6	1637	15.5	375	1.1	27	0.6	14	14.3	65.7	18.1	1.3	0.5
Other sexualities	20.4	20	58.2	57	17.3	17	3.1	3	1.0	1	14.0	51.8	29.8	3.5	0.9
Qualification level															
Qualifications	14.3	315	68.1	1505	15.8	350	1.3	28	0.5	11	13.2	65.6	19.2	1.5	0.5
No formal qualification	26.1	74	57.2	162	14.1	40	1.1	3	1.4	4	23.6	59.1	15.2	1.1	1.1
Employment status															
Employed	11.3	174	67.6	1040	18.5	284	1.8	28	0.8	13	9.8	66.0	21.3	2.1	0.7
Unemployed	22.7	229	65.9	666	10.7	108	0.4	4	0.3	3	23.1	63.2	13.1	0.3	0.3
Place of birth															
Isle of Man	15.1	152	66.3	666	16.0	161	1.7	17	0.8	8	12.9	63.2	20.8	2.3	0.8
Other	16.2	254	67.2	1053	15.1	237	1.0	15	0.5	8	15.7	66.1	16.9	0.9	0.5
Housing status															
Owns home	13.5	254	70.3	1322	14.8	278	1.1	20	0.4	7	12.6	68.4	17.2	1.4	0.4
Does not own home	22.0	149	57.7	390	17.2	116	1.8	12	1.3	9	18.8	57.3	21.3	1.6	1.0

Table A7: Family alcohol and drug use by sociodemographics

	Unweighted data						Weighted data		
	Alcohol and/or drugs		Alcohol		Drugs		Alcohol and/or drugs	Alcohol	Drugs
	%	n	%	n	%	n	%	%	%
All	20.8	579	19.1	533	6.4	179	20.3	18.5	6.5
Gender									
Male	16.8	163	15.2	148	5.1	50	17.9	16.2	5.9
Female	22.8	411	21.0	380	7.1	128	22.6	20.7	7.2
Age (years)									
18-24	23.2	23	21.2	21	9.1	9	19.4	18.2	7.5
25-34	27.9	76	24.3	66	11.4	31	25.6	22.6	9.9
35-44	27.9	117	25.7	108	9.5	40	27.2	24.5	10.1
45-54	21.5	120	19.6	110	7.3	41	19.9	17.9	7.0
55-64	22.6	142	20.8	131	5.7	36	22.5	20.9	5.3
65+	12.0	93	11.4	89	2.4	19	11.9	11.3	2.5
Income levels									
<£20000	18.9	85	17.0	77	7.3	33	18.9	17.1	7.3
£20000-£79999	22.1	337	20.2	309	7.3	111	20.8	18.7	7.2
£80000+	21.1	79	19.1	72	5.3	20	21.3	19.5	5.5
Relationship status									
In a relationship	19.7	292	18.3	273	5.7	85	19.7	18.0	6.1
Single	22.7	259	20.3	232	7.6	87	20.8	18.8	6.8
Sexuality									
Heterosexual	20.5	508	18.7	466	6.3	157	19.5	17.7	6.2
Other sexualities	30.3	30	26.3	26	10.1	10	31.6	27.2	9.6
Qualification level									
Qualifications	21.4	482	19.6	444	6.7	151	20.5	18.6	6.6
No formal qualification	18.8	56	16.4	49	5.4	16	18.8	17.2	5.2
Employment status									
Employed	23.5	368	21.4	337	7.5	118	22.0	19.8	7.2
Unemployed	16.9	176	15.3	161	5.0	52	17.0	15.7	5.0
Place of birth									
Isle of Man	23.7	246	21.9	228	8.1	84	22.9	20.9	8.1
Other	19.2	307	17.4	279	5.5	88	18.5	16.7	5.3
Housing status									
Owns home	19.5	375	17.8	345	5.5	106	18.8	16.9	5.7
Does not own home	24.8	174	22.4	157	9.1	64	23.4	21.5	8.0

Table A8: High-risk drinking and binge drinking by sociodemographic

	Unweighted data						Weighted data	
	High risk drinking			Binge drinking			High risk drinking	Binge drinking
	%	n	Sig.	%	n	Sig.	%	%
All	2.0	53		21.1	576		2.2	24.8
Gender								
Male	2.1	20		32.1	306		2.3	34.3
Female	1.8	31	NS	15.2	268	<0.001	2.0	15.4
Age (years)								
18-24	5.3	5		24.2	23		3.3	26.6
25-34	3.8	10		25.7	68		3.9	30.1
35-44	2.2	9		29.0	119		2.6	33.3
45-54	2.4	13		26.4	146		2.6	30.3
55-64	2.0	12		22.4	138		2.2	26.8
65+	0.3	2	<0.01	10.0	76	<0.001	0.3	10.1
Income levels								
<£20000	1.4	6		13.8	62		1.2	17.6
£20000-£79999	2.2	33		23.6	356		2.3	26.8
£80000+	1.6	6	NS	28.5	107	<0.001	2.6	33.2
Relationship status								
In a relationship	1.7	25		20.8	306		2.0	23.3
Single	2.1	23	NS	22.3	251	NS	2.1	27.4
Sexuality								
Heterosexual	1.7	41		21.2	522		1.8	24.8
Other sexualities	4.1	4	NS	24.5	24	NS	4.4	29.2
Qualification level								
Qualifications	1.8	39		22.0	492		2.1	26.0
No formal qualification	2.5	7	NS	19.2	55	NS	1.8	21.5
Employment status								
Employed	2.7	41		27.1	423		2.8	31.2
Unemployed	0.7	7	<0.001	12.9	132	<0.001	0.7	14.8
Place of birth								
Isle of Man	2.5	25		23.2	239		3.1	27.9
Other	1.5	23	NS	20.2	319	NS	1.3	23.2
Housing status								
Owns home	1.4	27		21.4	409		1.8	25.4
Does not own home	3.1	21	<0.05	21.5	148	NS	2.5	25.0

Table A9: Portions of fruit and vegetables consumed yesterday by sociodemographic

	Unweighted data												Weighted data						
	None		One		Two		Three		Four		Five or more		None	One	Two	Three	Four	Five or more	
	%	n	%	n	%	n	%	n	%	n	%	n	%	%	%	%	%	%	
All	2.8	81	3.9	114	8.6	250	10.8	315	15.4	450	58.5	1705	3.3	4.7	9.0	11.7	15.3	56.0	
Gender																			
Male	3.1	31	3.8	39	9.6	97	12.3	125	15.8	160	55.4	562	3.8	4.8	9.8	13.5	15.4	52.6	
Female	2.6	49	4.0	75	7.9	150	10.0	189	15.2	288	60.3	1139	2.7	4.5	8.3	9.9	15.2	59.3	
Age (years)																			
18-24	4.8	5	11.4	12	10.5	11	15.2	16	10.5	11	47.6	50	6.4	10.9	7.9	17.6	8.2	49.1	
25-34	4.6	13	7.4	21	15.8	45	10.5	30	19.3	55	42.5	121	4.9	7.2	15.7	11.1	19.1	42.0	
35-44	4.6	20	5.0	22	8.4	37	12.3	54	18.7	82	50.9	223	4.0	5.5	8.4	13.4	19.2	49.6	
45-54	3.0	18	4.2	25	8.5	51	11.5	69	13.2	79	59.7	358	3.3	4.0	8.9	11.9	13.6	58.2	
55-64	1.4	9	2.6	17	7.8	50	10.9	70	15.8	102	61.6	397	1.7	2.9	8.1	11.6	15.8	60.0	
65+	1.7	14	2.1	17	6.8	55	8.8	71	14.4	116	66.1	533	1.7	2.1	6.9	8.8	14.5	66.0	
Income levels																			
<£20000	4.3	19	4.5	20	9.5	42	10.5	46	13.9	61	57.3	252	6.0	6.5	9.5	11.9	13.7	52.5	
£20000-£79999	2.5	38	4.5	68	9.2	140	11.1	169	15.9	242	56.8	865	2.7	4.9	10.4	12.4	15.7	53.9	
£80000+	2.4	9	2.1	8	5.1	19	10.2	38	15.2	57	65.0	243	2.0	2.8	5.3	9.8	16.5	63.7	
Relationship status																			
In a relationship	1.6	24	2.7	40	7.1	105	11.1	164	15.5	230	62.0	918	1.6	2.6	7.7	11.8	16.4	59.9	
Single	4.1	46	5.8	65	10.4	117	9.9	111	14.7	165	55.1	618	4.9	6.8	10.6	11.1	13.9	52.8	
Sexuality																			
Heterosexual	2.6	64	3.9	96	8.6	213	10.5	259	15.5	383	58.9	1455	3.1	4.2	9.3	11.0	15.6	56.8	
Other sexualities	6.4	6	6.4	6	5.3	5	11.7	11	10.6	10	59.6	56	7.2	11.7	5.4	20.7	9.0	45.9	
Qualification level																			
Qualifications	2.6	59	4.0	90	8.5	190	10.8	243	14.5	326	59.6	1340	3.1	4.7	9.1	11.9	14.4	56.9	
No formal qualification	3.8	11	4.2	12	9.0	26	9.0	26	17.0	49	56.9	164	4.7	4.7	9.3	8.6	17.6	55.2	
Employment status																			
Employed	3.2	50	5.0	79	9.4	147	11.2	176	15.4	241	55.8	875	3.5	5.7	10.4	12.2	15.6	52.7	
Unemployed	2.1	21	2.4	25	7.2	74	9.4	96	15.3	156	63.6	650	2.9	2.6	6.8	10.0	14.7	62.9	
Place of birth																			
Isle of Man	3.2	33	5.0	51	9.9	102	10.0	103	15.5	159	56.3	578	4.5	6.5	9.8	10.9	16.0	52.3	
Other	2.4	38	3.4	54	7.6	121	10.8	171	15.0	238	60.9	967	2.4	3.3	8.6	11.7	14.6	59.5	
Housing status																			
Owns home	2.1	40	3.0	58	7.8	150	10.1	194	15.2	292	61.7	1182	2.3	3.2	8.1	11.0	15.7	59.7	
Does not own home	4.5	31	6.7	46	10.5	72	11.5	79	15.4	106	51.4	353	5.5	7.5	11.2	12.2	14.2	49.3	

Table A10: Food consumption by sociodemographics

	Unweighted data								Weighted data			
	Convenience or fast food/takeaways		High calorie/high fat treats		Eating as healthy as possible		Eating with household members		Convenience or fast food/takeaways	High calorie/high fat treats	Eating as healthy as possible	Eating with household members
	%	n	%	n	%	n	%	n	%	%	%	%
All	11.9	351	62.7	1842	48.6	1514	45.7	1274	13.2	63.6	45.5	43.6
Gender												
Male	14.6	149	60.0	613	50.2	538	46.5	460	15.6	62.5	44.1	42.3
Female	10.5	200	64.1	1222	47.9	973	45.4	813	10.8	64.7	46.8	44.9
Age (years)												
18-24	17.1	18	77.1	81	22.8	26	30.5	32	20.5	73.5	25.6	31.3
25-34	15.1	43	76.3	216	25.3	76	44.7	126	16.0	74.9	27.8	41.6
35-44	11.8	52	72.1	318	31.6	146	34.3	149	11.8	71.1	30.5	33.6
45-54	10.7	64	61.5	367	42.5	268	39.8	235	11.4	60.8	41.4	39.6
55-64	11.1	72	61.3	397	55.6	377	48.9	300	12.1	61.3	54.7	47.5
65+	11.9	99	53.3	441	68.1	605	57.5	418	12.0	53.3	68.0	57.5
Income levels												
<£20000	14.9	68	58.0	264	56.8	260	39.7	154	17.3	58.9	54.3	39.5
£20000-£79999	11.3	173	65.3	998	48.8	748	46.1	683	11.6	66.4	45.8	44.5
£80000+	10.4	39	65.1	244	47.1	177	43.4	162	12.0	65.3	42.6	42.0
Relationship status												
In a relationship	9.1	135	61.6	921	55.6	833	54.6	815	9.2	62.2	53.2	53.8
Single	15.0	172	64.6	739	46.0	529	31.4	315	16.3	65.9	42.2	30.8
Sexuality												
Heterosexual	11.8	294	62.7	1565	51.8	1299	45.7	1085	12.8	63.5	48.7	44.0
Other sexualities	12.2	12	73.5	72	36.4	36	34.8	32	10.6	77.9	28.1	34.9
Qualification level												
Qualifications	11.6	262	64.4	1460	49.6	1128	45.9	989	12.4	65.4	46.0	44.1
No formal qualification	14.0	42	55.2	165	61.7	187	41.6	116	16.2	56.0	59.0	38.9
Employment status												
Employed	12.0	189	66.7	1050	42.7	673	39.1	603	12.8	67.2	39.3	38.8
Unemployed	11.3	119	57.4	603	64.6	683	55.6	528	12.7	58.5	63.1	52.8
Place of birth												
Isle of Man	13.0	135	68.3	712	44.6	466	42.1	415	14.6	68.6	38.8	39.9
Other	10.8	174	59.4	955	55.9	903	47.1	719	11.4	60.7	54.4	45.8
Housing status												
Owns home	10.9	211	62.8	1215	54.3	1056	48.3	885	11.6	63.7	51.2	47.3
Does not own home	13.9	97	63.5	446	43.1	303	36.8	245	15.1	64.7	40.5	35.2

Table A11: Fluid consumption by sociodemographics

	Unweighted data										Weighted data				
	≥6 glasses any fluid		≥6 glasses plain water		Soft drinks		Diet soft drinks		Energy drinks		≥6 glasses any fluid	≥6 glasses plain water	Soft drinks	Diet soft drinks	Energy drinks
	%	n	%	n	%	n	%	n	%	n	%	%	%	%	%
All	62.7	1853	14.0	388	9.0	265	18.8	556	1.5	44	61.6	14.5	11.3	20.3	2.3
Gender															
Male	57.3	587	9.8	93	11.2	115	18.4	189	2.5	25	58.1	13.0	13.9	21.7	3.5
Female	65.6	1260	16.2	294	7.7	148	19.0	364	1.0	19	65.0	16.0	8.7	19.1	1.2
Age (years)															
18-24	57.1	60	18.1	19	24.8	26	27.6	29	3.8	4	58.6	20.1	23.6	30.6	4.1
25-34	56.7	161	21.7	61	15.8	45	26.4	75	3.5	10	58.1	21.4	18.7	28.8	4.7
35-44	60.7	269	19.6	86	10.0	44	20.8	92	2.5	11	59.4	17.9	11.2	20.9	3.3
45-54	65.5	393	18.9	113	9.5	57	21.7	130	2.3	14	64.3	18.2	10.6	21.3	3.2
55-64	66.4	432	12.6	80	6.8	44	18.8	122	0.3	2	64.7	12.0	7.4	19.3	0.4
65+	61.9	519	3.8	26	5.9	49	11.9	99	0.4	3	61.9	3.8	5.9	11.8	0.4
Income levels															
<£20000	62.1	284	11.5	45	11.2	51	14.4	66	1.8	8	61.7	10.5	15.1	15.0	3.6
£20000-£79999	62.1	949	14.2	208	8.7	133	20.6	315	1.4	22	60.2	14.6	10.8	22.0	2.3
£80000+	64.1	241	17.0	63	7.5	28	21.1	79	0.8	3	62.8	19.2	7.7	22.0	1.0
Relationship status															
In a relationship	63.7	952	13.2	186	7.4	111	18.6	278	1.0	15	63.1	13.7	8.8	19.3	1.4
Single	62.0	710	15.1	160	10.5	121	19.6	225	1.7	19	60.3	15.2	13.4	21.7	2.7
Sexuality															
Heterosexual	63.1	1575	13.9	325	8.5	213	18.9	472	1.3	33	62.0	14.5	10.8	19.9	2.0
Other sexualities	62.6	62	15.7	14	16.3	16	28.3	28	1.0	1	58.8	11.4	21.2	35.1	5.3
Qualification level															
Qualifications	63.5	1440	14.5	312	8.2	187	19.4	440	1.1	25	61.8	14.8	10.5	20.8	2.0
No formal qualification	58.1	173	10.2	26	12.7	38	17.3	52	2.7	8	59.7	11.1	16.8	18.8	2.8
Employment status															
Employed	63.1	993	16.9	263	10.2	161	22.0	346	1.6	25	61.5	16.3	12.8	23.3	2.7
Unemployed	62.1	653	8.8	79	6.7	71	14.8	156	0.9	9	61.3	10.4	8.5	15.6	1.0
Place of birth															
Isle of Man	62.9	657	13.2	130	10.6	111	21.1	221	1.5	16	61.6	12.8	12.9	22.9	2.6
Other	62.9	1010	14.4	215	7.6	123	17.7	284	1.2	19	61.6	15.4	10.0	18.6	1.8
Housing status															
Owns home	64.0	1240	13.0	235	6.7	130	18.5	359	0.9	17	63.0	13.5	7.7	19.6	1.5
Does not own home	59.6	417	16.6	109	14.7	103	20.9	147	2.6	18	58.5	16.2	18.7	22.3	3.4

Table A12: Poor diet by sociodemographics

	Unweighted data			Weighted data
	Poor diet			Poor diet
	%	n	Sig.	%
All	6.7	195		7.9
Gender				
Male	6.9	70		8.6
Female	6.5	124	NS	7.2
Age (years)				
18-24	16.2	17		17.2
25-34	11.9	34		12.1
35-44	9.5	42		9.4
45-54	7.2	43		7.3
55-64	4.0	26		4.5
65+	3.8	31	<0.001	3.8
Income levels				
<£20000	8.8	39		12.6
£20000-£79999	7.0	106		7.6
£80000+	4.5	17	NS	4.8
Relationship status				
In a relationship	4.3	64		4.3
Single	9.8	111	<0.001	11.7
Sexuality				
Heterosexual	6.5	160		7.4
Other sexualities	12.6	12	<0.05	18.9
Qualification level				
Qualifications	6.6	149		7.8
No formal qualification	8.0	23	NS	9.3
Employment status				
Employed	8.2	129		9.3
Unemployed	4.5	46	<0.001	5.5
Place of birth				
Isle of Man	8.2	84		10.8
Other	5.8	92	<0.05	5.7
Housing status				
Owns home	5.1	98		5.5
Does not own home	11.2	77	<0.001	13.0

Table A13: Daily activity level by sociodemographics

	Unweighted data								Weighted data			
	Usually sitting down during the day		Move about quite a lot during the day		Carry light loads or climb stairs often		Often do heavy work or lift heavy loads		Usually sitting down during the day	Move about quite a lot during the day	Carry light loads or climb stairs often	Often do heavy work or lift heavy loads
	%	n	%	n	%	n	%	n	%	%	%	%
All	39.4	1116	44.1	1248	13.3	377	3.1	89	43.8	39.1	13.1	4.0
Gender												
Male	42.4	412	34.6	336	6.7	65	16.3	158	49.6	28.9	14.9	6.7
Female	38.0	702	49.2	909	1.3	24	11.6	214	38.2	49.0	11.4	1.4
Age (years)												
18-24	51.9	54	28.8	30	3.8	4	15.4	16	57.9	24.1	13.8	4.2
25-34	55.8	155	31.3	87	1.8	5	11.2	31	61.1	24.2	11.6	3.2
35-44	52.3	225	34.4	148	4.4	19	8.8	38	54.5	30.3	9.4	5.8
45-54	49.2	287	35.0	204	3.6	21	12.2	71	50.4	32.3	12.5	4.9
55-64	34.9	220	47.2	298	3.8	24	14.1	89	36.7	44.7	13.5	5.1
65+	21.1	163	60.9	470	1.8	14	16.2	125	21.1	60.8	16.3	1.8
Income levels												
<£20000	24.1	105	57.2	249	3.2	14	15.4	67	24.6	54.1	18.3	3.0
£20000-£79999	41.7	626	40.1	602	3.7	56	14.4	216	45.5	35.6	13.8	5.1
£80000+	62.7	235	29.1	109	1.3	5	6.9	26	68.8	23.0	6.3	2.0
Relationship status												
In a relationship	39.1	573	44.4	650	2.8	41	13.7	200	41.5	40.6	14.3	3.5
Single	41.7	463	41.9	465	3.6	40	12.7	141	47.3	36.2	12.0	4.6
Sexuality												
Heterosexual	40.0	975	43.5	1060	3.1	76	13.4	327	43.9	38.6	13.4	4.1
Other sexualities	44.3	43	40.2	39	3.1	3	12.4	12	49.6	35.4	12.4	2.7
Qualification level												
Qualifications	42.6	949	41.9	932	2.8	62	12.7	283	47.2	36.6	12.5	3.7
No formal qualification	23.3	67	52.3	150	5.9	17	18.5	53	22.9	51.1	19.6	6.4
Employment status												
Employed	52.0	815	30.6	479	4.2	66	13.2	207	55.0	26.2	13.3	5.5
Unemployed	21.6	215	63.4	630	1.6	16	13.4	133	24.4	60.9	13.2	1.6
Place of birth												
Isle of Man	41.6	421	42.1	426	3.9	39	12.5	126	47.3	36.8	11.6	4.3
Other	39.3	618	44.2	696	2.7	43	13.7	216	42.0	39.8	14.3	3.9
Housing status												
Owns home	39.9	755	44.0	831	3.0	57	13.1	247	42.9	40.0	13.2	3.8
Does not own home	40.6	277	41.8	285	3.5	24	14.1	96	47.0	35.2	13.4	4.5

Table A14: Primary mode of transport to and from work level by sociodemographics

	Unweighted data												Weighted data						
	Car (as driver)		Car (as passenger)		Public Transport		Walk		Bicycle		Other		Car (as driver)	Car (as passenger)	Public Transport	Walk	Bicycle	Other	
	%	n	%	n	%	n	%	n	%	n	%	n	%	%	%	%	%	%	
All	68.3	1558	4.2	96	5.1	116	16.0	366	1.3	30	5.0	115	67.3	4.6	5.5	16.0	1.8	4.9	
Gender																			
Male	66.4	509	3.4	26	4.2	32	17.2	132	2.2	17	6.5	50	65.8	3.7	5.2	17.0	2.8	5.4	
Female	69.3	1043	4.7	70	5.4	81	15.5	234	0.9	13	4.3	64	68.7	5.4	5.8	14.9	0.9	4.3	
Age (years)																			
18-24	58.8	60	11.8	12	13.7	14	10.8	11	2.0	2	2.9	3	57.1	11.2	14.7	10.4	3.1	3.5	
25-34	67.9	188	6.9	19	6.1	17	16.2	45	1.1	3	1.8	5	66.9	5.6	5.0	18.8	1.9	1.9	
35-44	75.2	318	3.5	15	3.8	16	13.9	59	0.9	4	2.6	11	75.2	3.4	3.4	14.2	1.4	2.3	
45-54	70.2	398	3.2	18	4.4	25	16.0	91	2.3	13	3.9	22	69.7	3.0	3.9	16.1	2.8	4.6	
55-64	67.5	364	2.0	11	2.6	14	20.2	109	1.3	7	6.3	34	67.0	2.0	2.4	20.5	1.5	6.6	
65+	60.7	210	5.8	20	8.1	28	13.6	47	0.3	1	11.6	40	60.6	5.9	8.1	13.7	0.3	11.4	
Income levels																			
<£20000	58.4	153	6.1	16	8.4	22	17.9	47	2.3	6	6.9	18	57.3	5.1	7.5	20.6	2.4	7.1	
£20000-£79999	70.8	906	3.6	46	4.5	57	16.1	206	1.0	13	4.0	51	69.4	3.9	4.9	16.4	1.3	4.1	
£80000+	74.9	265	4.5	16	1.4	5	13.0	46	2.3	8	4.0	14	74.6	5.2	1.3	12.3	3.4	3.1	
Relationship status																			
In a relationship	70.5	829	4.3	51	2.6	30	15.5	182	1.5	18	5.6	66	71.1	4.4	2.5	14.9	1.7	5.4	
Single	66.3	593	3.9	35	7.6	68	17.2	154	1.2	11	3.8	34	63.1	4.3	8.5	18.1	2.2	3.8	
Sexuality																			
Heterosexual	69.3	1357	3.9	76	4.6	90	15.9	312	1.4	28	4.9	95	67.8	4.1	5.4	16.1	2.0	4.6	
Other sexualities	57.6	49	8.2	7	7.1	6	23.5	20	0.0	0	3.5	3	59.8	6.9	4.9	23.5	0.0	4.9	
Qualification level																			
Qualifications	69.4	1285	4.2	78	4.5	83	16.3	301	1.3	25	4.3	80	68.0	4.5	5.1	16.4	1.9	4.1	
No formal qualification	61.5	112	4.4	8	8.2	15	15.4	28	1.6	3	8.8	16	59.6	4.3	9.6	16.0	1.6	9.0	
Employment status																			
Employed	73.0	1146	3.6	57	4.4	69	14.8	233	1.6	25	2.5	40	70.9	3.8	5.0	15.6	2.0	2.7	
Unemployed	55.2	271	5.9	29	5.9	29	20.8	102	0.6	3	11.6	57	54.4	6.4	6.8	19.6	1.7	11.1	
Place of birth																			
Isle of Man	69.4	577	4.3	36	5.3	44	14.9	124	1.1	9	4.9	41	67.7	4.3	5.9	15.8	1.4	4.9	
Other	68.2	852	4.0	50	4.4	55	17.1	213	1.6	20	4.7	59	67.0	4.4	5.0	16.8	2.3	4.5	
Housing status																			
Owns home	71.0	1056	3.6	53	3.1	46	16.0	238	1.5	23	4.8	72	70.6	3.7	2.9	16.3	1.9	4.6	
Does not own home	63.0	368	5.5	32	9.1	53	16.8	98	1.0	6	4.6	27	61.0	5.6	10.3	16.7	1.9	4.6	

Table A15: Physical activity from sport or recreation in the past week (hours, minutes) by sociodemographics

	Unweighted data								Weighted data			
	<1 hour		1:00-3:59		4:00-6:59		7+ hours		<1 hour	1:00-3:59	4:00-6:59	7+ hours
	%	n	%	n	%	n	%	n	%	%	%	%
All	17.4	451	35.7	927	23.8	617	23.1	599	16.9	34.6	25.6	22.8
Gender												
Male	19.1	172	32.3	290	24.1	217	24.5	220	17.3	31.8	27.2	23.7
Female	16.5	278	37.8	636	23.6	397	22.1	373	16.5	37.5	24.0	22.0
Age (years)												
18-24	14.1	14	32.3	32	29.3	29	24.2	24	12.9	31.9	31.0	24.2
25-34	17.1	46	40.5	109	27.1	73	15.2	41	15.3	35.2	32.8	16.7
35-44	18.2	75	38.1	157	24.3	100	19.4	80	17.3	37.3	25.4	20.0
45-54	17.6	99	33.7	189	23.9	134	24.8	139	17.4	33.8	23.8	25.0
55-64	15.3	93	38.2	232	22.9	139	23.6	143	16.5	37.4	23.3	22.9
65+	19.3	119	31.9	197	22.2	137	26.7	165	19.2	31.9	22.2	26.7
Income levels												
<£20000	25.8	94	26.8	98	21.1	77	26.3	96	27.5	26.0	20.5	26.0
£20000-£79999	16.1	232	37.1	534	24.9	359	21.9	315	15.6	36.4	26.9	21.1
£80000+	11.9	43	37.0	134	26.2	95	24.9	90	11.4	33.4	29.0	26.2
Relationship status												
In a relationship	15.3	208	35.6	485	25.3	345	23.8	324	15.1	35.8	26.1	23.0
Single	19.7	203	35.1	361	22.7	234	22.4	231	18.4	33.1	25.6	22.9
Sexuality												
Heterosexual	17.1	388	35.3	803	24.5	557	23.1	526	16.2	34.4	26.4	23.0
Other sexualities	18.6	16	32.6	28	17.4	15	31.4	27	27.8	29.9	14.4	27.8
Qualification level												
Qualifications	16.1	341	35.8	757	24.8	523	23.2	491	15.7	34.9	26.6	22.9
No formal qualification	27.4	65	32.5	77	17.7	42	22.4	53	27.0	32.2	17.6	23.2
Employment status												
Employed	15.3	233	38.5	586	24.8	378	21.5	327	14.6	37.2	26.6	21.6
Unemployed	20.7	177	29.8	255	23.2	199	26.3	225	21.3	28.8	24.5	25.4
Place of birth												
Isle of Man	16.6	157	35.1	332	24.3	230	23.9	226	16.1	34.4	24.9	24.5
Other	17.5	255	35.4	516	24.2	353	22.9	333	17.2	34.4	26.6	21.9
Housing status												
Owns home	15.4	273	36.0	637	24.4	431	24.2	428	15.4	35.3	25.8	23.6
Does not own home	22.4	140	33.5	209	23.7	148	20.4	127	20.0	32.7	25.9	21.4

Table A16: Low physical activity by sociodemographics

	Unweighted data			Weighted data
	Low physical exercise			Low physical exercise
	%	n	Sig.	%
All	40.3	1045		39.6
Gender				
Male	40.9	368		38.9
Female	40.1	675	NS	40.2
Age (years)				
18-24	38.4	38		39.5
25-34	42.8	115		36.7
35-44	43.2	178		41.3
45-54	38.5	216		38.7
55-64	37.2	226		38.3
65+	41.9	259	NS	41.9
Income levels				
<£20000	43.6	159		45.6
£20000-£79999	40.1	577		39.5
£80000+	33.7	122	<0.05	30.6
Relationship status				
In a relationship	38.5	524		38.2
Single	41.4	426	NS	40.3
Sexuality				
Heterosexual	39.6	901		38.7
Other sexualities	38.4	33	NS	47.4
Qualification level				
Qualifications	39.0	824		38.5
No formal qualification	48.9	116	<0.01	49.4
Employment status				
Employed	39.4	601		38.3
Unemployed	40.4	346	NS	41.4
Place of birth				
Isle of Man	39.0	369		39.0
Other	40.0	583	NS	39.3
Housing status				
Owns home	37.9	670		37.1
Does not own home	45.4	283	<0.01	44.0

Table A17: BMI classification by sociodemographics

	Unweighted data												Weighted data						
	Underweight		Normal weight		Overweight		Class 1 obesity		Class 2 obesity		Class 3 obesity		Underweight	Normal weight	Overweight	Class 1 obesity	Class 2 obesity	Class 3 obesity	
	%	n	%	n	%	n	%	n	%	n	%	n	%	%	%	%	%	%	
All	1.2	25	33.3	679	36.4	741	18.4	375	7.1	145	3.5	71	1.2	34.6	36.6	18.1	6.5	3.1	
Gender																			
Male	0.6	4	27.4	189	40.6	280	23.4	161	5.8	40	2.2	15	0.7	32.3	38.6	20.9	5.3	2.2	
Female	1.6	21	36.4	487	34.3	459	15.8	211	7.8	105	4.1	55	1.5	36.7	34.7	15.5	7.6	4.0	
Age (years)																			
18-24	1.3	1	48.7	38	32.1	25	7.7	6	6.4	5	3.8	3	1.0	59.4	26.1	4.8	6.3	2.4	
25-34	1.4	3	40.7	88	32.4	70	14.4	31	5.1	11	6.0	13	1.8	36.9	36.5	16.8	4.4	3.6	
35-44	1.9	6	32.9	102	37.4	116	17.1	53	6.8	21	3.9	12	1.3	31.3	39.2	18.2	5.6	4.4	
45-54	1.5	6	35.1	144	30.7	126	19.3	79	9.5	39	3.9	16	1.3	32.9	32.6	21.0	8.5	3.6	
55-64	1.3	6	30.2	143	36.9	175	19.2	91	9.1	43	3.4	16	1.1	29.1	36.8	20.5	9.4	3.1	
65+	0.6	3	30.1	160	42.4	225	20.5	109	4.9	26	1.5	8	0.6	30.1	42.4	20.5	4.9	1.5	
Income levels																			
<£20000	0.7	2	27.7	83	35.3	106	23.7	71	8.0	24	4.7	14	0.4	28.7	36.5	20.9	9.6	3.9	
£20000-£79999	1.1	13	32.9	381	36.0	416	18.3	212	8.0	93	3.6	42	1.0	33.7	36.8	18.1	7.1	3.3	
£80000+	1.0	3	37.2	113	39.5	120	14.1	43	5.3	16	3.0	9	0.9	41.3	36.0	15.1	4.1	2.5	
Relationship status																			
In a relationship	1.2	13	31.4	352	38.6	433	18.3	205	7.7	86	2.9	32	1.0	30.3	39.8	19.0	7.4	2.7	
Single	1.5	12	35.6	292	33.3	273	18.5	152	6.7	55	4.4	36	1.5	39.1	32.9	16.9	6.0	3.7	
Sexuality																			
Heterosexual	1.2	23	33.3	615	36.6	676	18.2	337	7.2	133	3.4	63	1.2	34.7	36.8	17.9	6.4	3.0	
Other sexualities	1.4	1	31.9	22	33.3	23	17.4	12	8.7	6	7.2	5	1.2	28.4	35.8	16.0	12.3	6.2	
Qualification level																			
Qualifications	1.2	21	34.3	586	36.5	623	17.6	300	6.9	118	3.5	59	1.1	35.6	36.7	17.1	6.5	3.0	
No formal qualification	1.6	3	22.0	41	37.1	69	24.2	45	11.3	21	3.8	7	1.8	22.4	37.6	25.3	9.4	3.5	
Employment status																			
Employed	1.0	12	33.5	402	35.6	427	18.2	218	7.7	92	4.1	49	0.8	33.7	36.9	18.2	7.0	3.4	
Unemployed	1.6	12	32.7	238	38.2	278	18.1	132	6.7	49	2.6	19	1.8	35.9	36.3	17.0	6.2	2.7	
Place of birth																			
Isle of Man	1.2	9	32.5	245	37.6	283	17.3	130	7.0	53	4.4	33	0.9	35.2	37.0	16.4	6.4	4.1	
Other	1.3	16	33.6	401	35.7	427	19.1	228	7.4	88	2.9	35	1.4	33.8	36.4	19.0	6.9	2.5	
Housing status																			
Owns home	1.1	16	34.2	490	38.4	551	17.7	254	6.1	87	2.5	36	1.0	32.9	39.6	18.8	5.6	2.2	
Does not own home	1.6	8	30.1	152	31.1	157	20.0	101	10.9	55	6.3	32	1.7	37.6	30.4	16.1	9.2	5.0	

Table A18: Accuracy of self-reported weight classification by sociodemographics

	Unweighted data						Weighted data		
	Same as BMI		Underestimated		Overestimated		Same as BMI	Underestimated	Overestimated
	%	n	%	n	%	n	%	%	%
All	65.0	1307	29.9	601	5.1	103	64.2	31.2	4.5
Gender									
Male	54.7	371	42.8	290	2.5	17	58.0	39.6	2.4
Female	70.2	929	23.3	309	6.5	86	70.0	23.4	6.5
Age (years)									
18-24	75.3	58	19.5	15	5.2	4	80.6	15.9	3.5
25-34	70.2	151	24.2	52	5.6	12	63.5	31.8	4.7
35-44	68.7	211	24.8	76	6.5	20	66.2	28.1	5.7
45-54	66.5	270	26.8	109	6.7	27	63.9	30.6	5.5
55-64	65.4	306	29.7	139	4.9	23	63.4	32.0	4.6
65+	57.1	298	39.7	207	3.3	17	57.0	39.7	3.3
Income levels									
<£20000	58.0	170	38.9	114	3.1	9	56.0	41.5	2.5
£20000-£79999	64.8	741	29.8	341	5.4	62	63.3	31.8	4.9
£80000+	74.3	225	21.5	65	4.3	13	75.0	21.8	3.2
Relationship status									
In a relationship	64.3	714	30.7	341	5.0	56	62.2	33.3	4.6
Single	66.2	534	28.6	231	5.2	42	66.3	29.1	4.6
Sexuality									
Heterosexual	64.9	1185	30.0	549	5.1	93	63.5	31.9	4.5
Other sexualities	74.6	50	20.9	14	4.5	3	79.0	17.3	3.7
Qualification level									
Qualifications	65.9	1113	28.4	480	5.6	95	65.1	29.9	5.0
No formal qualification	55.5	101	42.9	78	1.6	3	52.1	46.7	1.2
Employment status									
Employed	68.1	813	26.4	315	5.4	65	66.6	28.9	4.4
Unemployed	59.7	426	35.5	253	4.8	34	59.4	35.7	4.9
Place of birth									
Isle of Man	64.9	481	30.1	223	5.0	37	65.1	30.5	4.4
Other	65.0	770	29.7	352	5.2	62	63.3	32.0	4.7
Housing status									
Owns home	64.4	914	30.4	432	5.2	74	63.0	32.5	4.5
Does not own home	66.5	330	28.4	141	5.0	25	66.2	29.2	4.6

Table A19: Overweight or obese adults by sociodemographics

	Unweighted data			Weighted data
	Overweight or obese %	n	Sig.	Overweight or obese %
All	65.4	1332		64.3
Gender				
Male	72.0	496		67.0
Female	62.0	830	<0.001	61.7
Age (years)				
18-24	50.0	39		39.6
25-34	57.9	125		61.3
35-44	65.2	202		67.4
45-54	63.4	260		65.8
55-64	68.6	325		69.9
65+	69.3	368	<0.01	69.3
Income levels				
<£20000	71.7	215		70.8
£20000-£79999	65.9	763		65.3
£80000+	61.8	188	<0.05	57.7
Relationship status				
In a relationship	67.4	756		68.8
Single	62.9	516	<0.05	59.4
Sexuality				
Heterosexual	65.5	1209		64.1
Other sexualities	66.7	46	NS	70.4
Qualification level				
Qualifications	64.4	1100		63.3
No formal qualification	76.3	142	<0.01	76.0
Employment status				
Employed	65.5	786		65.6
Unemployed	65.7	478	NS	62.2
Place of birth				
Isle of Man	66.3	499		63.9
Other	65.1	778	NS	64.8
Housing status				
Owns home	64.7	928		66.2
Does not own home	68.3	345	NS	60.7

Table A20: Self-reported general health by sociodemographics

	Unweighted data										Weighted data				
	Very bad		Bad		Fair		Good		Very good		Very bad	Bad	Fair	Good	Very good
	%	n	%	n	%	n	%	N	%	n	%	%	%	%	%
All	0.6	18	4.9	151	23.3	720	48.1	1488	23.1	714	0.9	4.6	22.3	48.9	23.4
Gender															
Male	0.8	8	5.6	60	24.9	265	48.9	520	19.8	210	1.3	4.8	22.5	49.6	21.9
Female	0.5	10	4.4	89	22.3	449	47.9	966	24.9	501	0.5	4.4	22.0	48.2	24.9
Age (years)															
18-24	1.8	2	6.1	7	19.3	22	45.6	52	27.2	31	4.1	3.8	15.5	46.6	30.0
25-34	0.0	0	4.0	12	20.1	60	54.2	162	21.7	65	0.0	3.2	20.0	54.4	22.4
35-44	1.1	5	4.8	22	16.5	76	52.3	241	25.4	117	1.0	5.4	16.3	53.8	23.4
45-54	0.5	3	4.6	29	21.9	138	48.0	302	25.0	157	0.3	4.5	22.0	48.2	24.9
55-64	0.4	3	4.7	32	23.0	155	44.6	301	27.3	184	0.6	5.0	22.9	44.7	26.8
65+	0.6	5	4.8	42	29.4	257	47.2	412	18.0	157	0.5	4.8	29.5	47.3	17.9
Income levels															
<£20000	1.5	7	10.8	49	32.7	149	39.8	181	15.2	69	1.4	9.6	31.1	40.7	17.1
£20000-£79999	0.3	5	3.5	54	22.1	337	51.6	788	22.4	342	0.3	3.5	21.8	52.2	22.2
£80000+	0.5	2	1.1	4	12.5	47	49.1	184	36.8	138	0.5	1.0	11.7	49.1	37.7
Relationship status															
In a relationship	0.4	6	3.9	58	21.5	321	48.2	719	26.0	387	0.4	3.8	21.0	48.8	26.0
Single	0.6	7	5.6	64	24.5	281	49.1	563	20.2	232	0.5	4.8	23.1	50.4	21.2
Sexuality															
Heterosexual	0.6	14	4.6	114	22.6	563	48.4	1208	23.9	596	0.5	4.2	21.8	49.2	24.3
Other sexualities	0.0	0	5.1	5	26.3	26	54.5	54	14.1	14	0.0	4.3	26.1	55.7	13.9
Qualification level															
Qualifications	0.4	9	3.9	89	21.4	484	49.8	1127	24.5	556	0.3	3.6	20.5	50.8	24.8
No formal qualification	1.0	3	9.0	27	32.3	97	41.3	124	16.3	49	1.0	8.9	32.9	40.8	16.4
Employment status															
Employed	0.2	3	2.1	33	19.3	304	52.6	829	25.8	406	0.1	2.1	18.3	53.8	25.8
Unemployed	1.0	11	8.0	84	28.1	295	42.9	450	19.9	209	1.1	7.7	28.6	42.3	20.3
Place of birth															
Isle of Man	0.7	7	5.5	57	21.6	225	50.3	525	22.0	229	0.6	5.3	21.2	50.1	22.9
Other	0.4	6	4.0	64	23.8	382	47.4	762	24.5	393	0.4	3.5	22.7	49.1	24.3
Housing status															
Owns home	0.4	7	3.1	60	21.0	405	50.1	968	25.5	493	0.4	3.0	20.3	50.8	25.5
Does not own home	1.0	7	8.5	60	28.2	198	44.5	313	17.8	125	0.6	6.7	25.8	47.0	19.9

Table A21: Health conditions by sociodemographics

	Unweighted data						Weighted data		
	Long-term health conditions		Had the flu last winter		Flu vaccine in last 12 months		Long-term health conditions	Had the flu last winter	Flu vaccine in last 12 months
	%	n	%	n	%	n	%	%	%
All	46.0	1387	19.8	574	38.3	1152	42.8	22.0	34.4
Gender									
Male	48.0	501	17.9	180	39.7	414	41.3	22.1	30.8
Female	44.7	876	20.7	390	37.6	735	44.2	21.8	37.9
Age (years)									
18-24	36.0	40	46.7	42	21.1	23	29.1	46.1	17.8
25-34	36.0	104	27.0	73	25.2	73	30.4	30.1	18.6
35-44	36.4	165	25.3	110	24.0	108	36.1	26.8	22.5
45-54	40.7	249	20.2	119	24.6	151	40.1	19.4	23.3
55-64	49.7	329	18.1	116	33.4	221	50.2	17.3	33.0
65+	55.6	473	12.9	108	65.9	559	55.7	12.9	66.0
Income levels									
<£20000	58.9	268	20.2	88	45.6	207	57.2	23.7	46.0
£20000-£79999	45.0	687	20.0	295	36.2	554	42.0	21.5	32.0
£80000+	34.6	130	18.1	66	28.7	108	30.7	19.2	23.9
Relationship status									
In a relationship	44.1	660	17.7	256	38.3	572	42.6	18.7	35.7
Single	48.1	549	22.3	243	36.8	421	42.5	24.9	31.7
Sexuality									
Heterosexual	45.7	1141	19.4	466	38.1	951	42.5	21.2	33.9
Other sexualities	49.5	49	24.4	22	31.6	31	44.7	29.6	38.1
Qualification level									
Qualifications	45.1	1021	19.1	417	35.9	815	41.5	20.9	32.1
No formal qualification	50.5	152	23.3	67	49.3	148	49.3	27.4	45.9
Employment status									
Employed	37.7	592	23.1	350	27.8	438	34.4	25.4	24.6
Unemployed	57.9	609	14.3	145	52.5	550	56.8	14.7	50.0
Place of birth									
Isle of Man	44.4	463	19.7	195	36.9	384	40.9	22.8	33.0
Other	46.9	753	19.7	308	38.2	614	43.8	20.8	34.5
Housing status									
Owns home	43.9	851	17.4	327	39.1	757	41.6	19.0	36.6
Does not own home	51.7	361	26.3	173	34.3	240	45.1	27.8	28.5

Table A22: Poor general health by sociodemographics

	Unweighted data			Weighted data
	Poor general health			Poor general health
	%	n	Sig.	%
All	15.1	454		14.7
Gender				
Male	16.4	171		15.3
Female	14.2	277	NS	14.0
Age (years)				
18-24	20.0	22		19.1
25-34	11.8	34		9.3
35-44	12.4	55		12.4
45-54	15.1	92		15.2
55-64	14.1	93		14.4
65+	17.0	147	NS	17.0
Income levels				
<£20000	25.7	116		23.7
£20000-£79999	12.1	184		11.9
£80000+	7.8	29	<0.001	7.0
Relationship status				
In a relationship	12.4	184		12.0
Single	17.0	193	<0.01	15.4
Sexuality				
Heterosexual	14.2	351		13.4
Other sexualities	16.5	16	NS	14.2
Qualification level				
Qualifications	12.9	290		12.0
No formal qualification	24.7	74	<0.001	25.7
Employment status				
Employed	10.2	159		9.8
Unemployed	20.7	216	<0.001	20.1
Place of birth				
Isle of Man	14.9	155		13.8
Other	14.0	223	NS	13.5
Housing status				
Owens home	12.1	234		11.5
Does not own home	21.0	144	<0.001	18.3

Table A23: Mental wellbeing by sociodemographics

	Unweighted data						Weighted data		
	High		Moderate		Low		High	Moderate	Low
	%	n	%	n	%	n	%	%	%
All							28.2	59.6	12.3
Gender									
Male	27.4	293	61.3	656	11.4	122	27.0	61.6	11.4
Female	29.4	597	57.7	1171	12.9	263	29.3	57.6	13.1
Age (years)									
18-24	31.6	36	52.6	60	15.8	18	34.1	54.1	11.7
25-34	24.0	72	59.7	179	16.3	49	22.1	63.3	14.6
35-44	21.6	100	60.8	281	17.5	81	21.8	60.9	17.4
45-54	26.3	166	58.3	367	15.4	97	26.0	59.4	14.6
55-64	27.3	185	63.1	428	9.6	65	26.1	64.6	9.3
65+	36.0	320	55.8	496	8.2	73	35.9	55.8	8.3
Income levels									
<£20000	17.2	79	61.6	282	21.2	97	18.6	60.9	20.5
£20000-£79999	14.9	228	70.4	1079	14.7	226	14.3	70.9	14.7
£80000+	20.7	78	72.6	273	6.6	25	20.4	72.6	7.0
Relationship status									
In a relationship	19.6	293	68.5	1026	11.9	179	19.1	68.6	12.3
Single	13.6	157	68.5	788	17.9	206	13.5	69.9	16.3
Sexuality									
Heterosexual	17.1	429	69.1	1732	13.8	345	16.7	70.0	13.3
Other sexualities	11.1	11	59.6	59	29.3	29	12.3	58.8	28.9
Qualification level									
Qualifications	16.3	370	69.8	1586	13.9	317	16.1	70.2	13.7
No formal qualification	18.8	57	64.4	195	16.8	51	17.3	66.0	16.7
Employment status									
Employed	14.0	221	71.5	1127	14.5	229	14.4	71.8	13.8
Unemployed	21.2	224	64.6	683	14.3	151	20.0	65.1	14.9
Place of birth									
Isle of Man	13.6	142	69.7	729	16.7	175	13.3	70.3	16.4
Other	19.0	307	67.9	1096	13.1	212	18.7	68.6	12.7
Housing status									
Owens home	17.8	346	70.9	1379	11.3	219	17.2	71.7	11.1
Does not own home	14.2	100	62.4	439	23.3	164	14.8	64.4	20.8

Table A24: Stress level by sociodemographics

	Unweighted data								Weighted data			
	Completely stress free		Small amount of stress		Moderate amount of stress		Large amount of stress		Completely stress free	Small amount of stress	Moderate amount of stress	Large amount of stress
	%	n	%	n	%	n	%	n	%	%	%	%
All	7.2	191	47.6	1270	33.3	888	12.0	320	7.8	46.5	34.1	11.6
Gender												
Male	11.7	110	49.5	464	30.6	287	8.2	77	10.8	46.9	33.2	9.1
Female	4.7	81	46.7	803	34.5	594	14.1	242	4.8	46.1	35.0	14.0
Age (years)												
18-24	5.4	5	31.5	29	45.7	42	17.4	16	9.5	34.2	42.9	13.4
25-34	1.9	5	37.1	96	45.2	117	15.8	41	4.7	40.2	41.1	14.0
35-44	3.9	16	39.1	159	40.3	164	16.7	68	4.9	39.8	39.5	15.8
45-54	3.1	17	43.9	239	35.7	194	17.3	94	3.5	43.5	37.1	15.9
55-64	6.6	40	50.9	308	31.7	192	10.7	65	7.7	50.5	31.4	10.3
65+	14.5	106	58.3	427	23.1	169	4.2	31	14.5	58.3	23.0	4.2
Income levels												
<£20000	10.4	46	39.5	175	35.0	155	15.1	67	12.6	37.9	32.8	16.7
£20000-£79999	6.0	91	50.1	763	32.0	487	11.9	181	6.2	49.6	33.0	11.2
£80000+	5.9	22	47.9	180	35.9	135	10.4	39	8.5	44.8	37.5	9.3
Relationship status												
In a relationship	7.3	108	51.1	760	30.5	453	11.1	165	7.6	50.4	31.0	11.0
Single	7.0	79	42.9	482	36.7	412	13.4	150	8.2	42.2	37.4	12.2
Sexuality												
Heterosexual	7.5	186	48.1	1190	32.6	805	11.8	292	8.3	47.0	33.7	11.0
Other sexualities	1.0	1	38.8	38	45.9	45	14.3	14	0.9	39.8	39.8	19.5
Qualification level												
Qualifications	6.2	140	48.1	1082	33.2	747	12.5	282	7.0	47.5	33.7	11.8
No formal qualification	14.6	42	45.8	132	30.6	88	9.0	26	15.1	40.1	34.8	10.0
Employment status												
Employed	4.0	63	43.5	686	38.6	605	13.6	213	5.4	44.2	37.8	12.6
Unemployed	11.9	122	53.8	554	24.7	254	9.6	99	12.0	51.0	27.3	9.7
Place of birth												
Isle of Man	7.2	74	45.9	471	33.1	341	13.6	140	8.4	44.2	33.6	13.8
Other	7.2	115	48.7	776	33.1	528	11.0	176	7.5	48.1	34.5	9.9
Housing status												
Owns home	7.9	152	51.3	989	30.7	591	10.2	196	8.2	51.0	31.1	9.7
Does not own home	5.3	36	36.8	250	40.7	277	17.2	117	7.1	36.3	41.1	15.5

Table A25: Sleep quality by sociodemographics

	Unweighted data										Weighted data				
	Very bad		Bad		Fair		Good		Very good		Very bad	Bad	Fair	Good	Very good
	%	n	%	n	%	n	%	N	%	n	%	%	%	%	%
All	4.5	122	14.5	395	39.8	1082	29.5	804	11.7	319	4.0	14.5	39.0	30.3	12.2
Gender															
Male	3.1	30	12.6	120	37.7	360	31.5	301	15.2	145	3.1	13.8	37.7	31.1	14.3
Female	5.1	89	15.6	273	41.0	720	28.5	500	9.9	173	5.0	15.2	40.3	29.5	10.1
Age (years)															
18-24	3.2	3	15.8	15	40.0	38	29.5	28	11.6	11	2.1	15.1	41.2	28.6	13.0
25-34	5.3	14	18.5	49	35.5	94	31.3	83	9.4	25	4.6	18.3	34.7	33.1	9.3
35-44	6.5	27	16.7	69	38.0	157	26.2	108	12.6	52	5.8	17.0	37.0	26.7	13.5
45-54	5.8	32	16.9	93	40.0	220	25.5	140	11.8	65	5.2	16.1	40.6	26.4	11.7
55-64	4.2	26	14.9	92	43.3	267	26.9	166	10.7	66	3.9	14.2	41.6	27.9	12.4
65+	2.4	18	9.6	72	38.8	292	36.4	274	12.9	97	2.4	9.6	38.7	36.3	12.9
Income levels															
<£20000	5.5	25	16.9	77	41.5	189	26.6	121	9.5	43	5.0	17.3	40.1	27.6	9.9
£20000-£79999	4.8	74	14.4	221	38.8	593	30.1	461	11.8	181	4.2	14.0	37.9	31.4	12.5
£80000+	2.9	11	11.2	42	38.0	143	32.7	123	15.2	57	2.8	11.8	39.0	31.5	15.0
Relationship status															
In a relationship	3.9	59	13.2	198	40.3	603	30.0	449	12.4	186	3.6	13.3	40.1	30.4	12.5
Single	5.3	61	15.8	181	39.1	448	28.9	332	10.9	125	4.5	15.1	38.2	30.4	11.8
Sexuality															
Heterosexual	4.4	110	14.4	360	39.6	991	29.8	745	11.8	295	3.9	14.0	38.8	31.0	12.3
Other sexualities	7.1	7	15.2	15	37.4	37	29.3	29	11.1	11	6.2	21.2	42.5	22.1	8.0
Qualification level															
Qualifications	4.4	100	14.4	326	39.4	895	30.1	682	11.7	266	3.9	14.0	38.8	31.2	12.2
No formal qualification	4.3	13	14.3	43	42.3	127	27.7	83	11.3	34	4.1	16.1	42.1	26.0	11.6
Employment status															
Employed	4.3	67	15.1	238	39.9	629	28.8	453	11.9	188	3.6	14.7	39.5	29.5	12.7
Unemployed	4.9	52	12.9	136	39.6	417	31.2	329	11.4	120	4.7	13.1	38.6	32.5	11.2
Place of birth															
Isle of Man	5.7	60	15.2	159	39.8	416	28.4	297	10.7	112	5.2	15.9	39.3	28.6	11.0
Other	3.7	60	13.8	222	39.8	641	30.4	489	12.3	198	3.2	13.1	39.2	31.7	12.8
Housing status															
Owns home	3.6	69	12.5	243	40.6	787	31.1	602	12.2	237	3.3	12.7	39.5	32.0	12.4
Does not own home	7.3	51	19.5	137	37.7	265	25.8	181	9.7	68	5.6	17.7	38.5	27.1	11.1

Table A26: Wellbeing by sociodemographics

	Unweighted data								Weighted data			
	Highly anxious		Low life satisfaction		Low happiness		Feeling life is unworthwhile		Highly anxious	Low life satisfaction	Low happiness	Feeling life is unworthwhile
	%	n	%	n	%	n	%	n	%	%	%	%
All	27.7	737	19.5	520	22.7	605	23.1	614	26.8	19.2	22.1	22.8
Gender												
Male	21.7	204	18.0	169	20.0	188	22.4	209	22.0	18.0	19.6	22.1
Female	31.0	531	20.1	346	24.0	412	23.3	399	31.4	20.4	24.6	23.5
Age (years)												
18-24	34.8	32	26.1	24	32.6	30	27.2	25	32.1	21.8	26.1	22.6
25-34	31.0	80	19.4	50	25.6	66	24.4	63	24.3	17.5	21.4	22.8
35-44	33.6	137	22.4	91	28.9	118	26.9	109	33.1	22.4	27.2	26.2
45-54	30.8	168	23.1	126	25.3	138	25.0	136	28.3	22.6	24.6	25.2
55-64	24.4	148	17.5	106	19.8	120	19.8	120	23.6	17.5	20.1	19.9
65+	23.0	167	15.8	116	17.2	126	20.9	152	23.0	15.7	17.2	20.9
Income levels												
<£20000	29.2	131	31.3	141	32.2	145	31.4	141	30.1	31.7	32.0	31.5
£20000-£79999	27.8	425	17.8	272	21.3	326	22.9	349	27.1	17.8	20.9	22.9
£80000+	25.7	96	10.6	40	15.0	56	13.6	51	22.6	11.3	15.0	12.8
Relationship status												
In a relationship	26.8	399	14.6	218	17.9	266	19.0	281	26.1	14.3	17.5	19.0
Single	28.7	325	25.5	291	28.7	327	28.5	324	27.3	24.3	27.1	27.2
Sexuality												
Heterosexual	27.5	684	18.7	466	21.7	539	22.5	558	26.2	18.5	21.2	22.4
Other sexualities	25.3	25	28.3	28	39.4	39	33.3	32	35.1	25.4	36.0	30.4
Qualification level												
Qualifications	28.6	645	18.1	409	21.9	495	21.9	494	27.5	17.9	21.3	21.3
No formal qualification	20.0	59	26.7	79	26.0	77	30.3	90	19.6	26.6	26.1	33.4
Employment status												
Employed	28.5	447	17.7	279	22.1	346	21.8	342	26.8	16.5	20.3	21.3
Unemployed	26.2	273	21.8	228	23.2	242	24.8	257	26.5	23.7	24.8	25.4
Place of birth												
Isle of Man	28.7	298	20.9	218	24.9	259	26.2	272	28.1	19.8	23.4	26.4
Other	26.9	429	18.3	293	21.1	337	20.9	333	25.6	18.7	21.1	20.3
Housing status												
Owns home	27.0	521	14.8	287	18.7	362	19.3	371	25.9	14.4	18.1	18.8
Does not own home	29.0	201	31.9	222	33.1	230	33.4	231	28.1	29.4	30.6	31.5

Table A27: Level of social interaction by sociodemographics

	Unweighted data								Weighted data			
	As much social contact as desired		Adequate social contact		Some but not enough social contact		Little social contact and feels isolated		As much social contact as desired	Adequate social contact	Some but not enough social contact	Little social contact and feels isolated
	%	n	%	n	%	n	%	n	%	%	%	%
All	29.8	804	43.1	1161	5.9	160	21.2	571	29.3	41.1	6.6	23.0
Gender												
Male	29.2	277	41.6	394	6.3	60	22.9	217	28.4	38.5	7.6	25.6
Female	30.3	526	44.0	764	5.6	98	20.1	349	30.2	43.6	5.7	20.5
Age (years)												
18-24	29.8	28	29.8	28	9.6	9	30.9	29	28.7	28.7	9.3	33.3
25-34	29.2	76	34.2	89	10.8	28	25.8	67	27.3	34.3	10.9	27.6
35-44	27.5	112	37.6	153	8.8	36	26.0	106	28.6	34.7	9.4	27.2
45-54	28.3	155	40.2	220	7.3	40	24.1	132	27.9	39.5	7.5	25.0
55-64	32.3	197	43.9	268	3.9	24	19.8	121	31.9	43.2	4.1	20.8
65+	30.2	226	52.9	396	2.8	21	14.2	106	30.2	52.8	2.9	14.2
Income levels												
<£20000	29.7	135	40.4	184	10.3	47	19.6	89	29.8	38.5	11.5	20.2
£20000-£79999	29.7	454	43.1	660	5.3	81	21.9	335	29.2	41.2	6.2	23.5
£80000+	31.2	117	44.5	167	2.7	10	21.6	81	29.8	41.5	3.8	25.0
Relationship status												
In a relationship	29.9	446	46.6	695	4.2	62	19.4	290	30.0	44.8	4.6	20.6
Single	29.6	339	39.1	448	8.2	94	23.2	266	28.4	37.5	8.9	25.2
Sexuality												
Heterosexual	29.8	744	43.9	1097	5.6	140	20.7	518	29.2	42.0	6.3	22.5
Other sexualities	27.3	27	29.3	29	12.1	12	31.3	31	30.7	25.4	12.3	31.6
Qualification level												
Qualifications	30.0	680	42.8	971	5.2	118	22.0	498	29.5	40.9	5.8	23.7
No formal qualification	28.2	85	46.2	139	9.6	29	15.9	48	27.1	44.0	11.7	17.2
Employment status												
Employed	29.6	466	41.3	649	5.5	87	23.5	370	29.7	38.6	6.0	25.7
Unemployed	30.3	319	45.8	483	6.3	66	17.6	186	28.6	45.8	7.4	18.2
Place of birth												
Isle of Man	28.2	294	43.3	451	6.5	68	21.9	228	28.4	41.3	7.4	22.9
Other	30.7	494	43.3	697	5.5	88	20.6	332	29.8	41.3	6.1	22.8
Housing status												
Owns home	30.8	597	46.4	899	3.7	72	19.1	370	30.7	45.6	4.0	19.6
Does not own home	26.7	187	34.4	241	12.0	84	26.9	188	25.9	31.7	12.3	30.1

Table A28: Low mental wellbeing by sociodemographic

	Unweighted data						Weighted data	
	Low mental wellbeing			High loneliness			Low mental wellbeing	High loneliness
	%	n	Sig.	%	n	Sig.	%	%
All	12.5	389		23.4	626		12.3	25.4
Gender								
Male	11.4	122		19.0	179		11.4	23.9
Female	12.9	263	NS	25.7	441	<0.001	13.2	27.0
Age (years)								
18-24	15.8	18		51.6	47		11.7	51.7
25-34	16.3	49		33.1	85		14.6	32.5
35-44	17.5	81		30.5	124		17.4	29.5
45-54	15.4	97		24.5	133		14.6	24.4
55-64	9.6	65		18.8	114		9.3	18.1
65+	8.2	73	<0.001	15.7	116	<0.001	8.3	15.6
Income levels								
<£20000	21.2	97		29.1	132		20.6	33.1
£20000-£79999	14.7	226		22.9	350		14.7	24.3
£80000+	6.6	25	<0.001	16.3	61	<0.001	7.0	17.5
Relationship status								
In a relationship	11.9	179		17.0	254		12.3	17.2
Single	17.9	206	<0.001	31.8	364	<0.001	16.3	34.5
Sexuality								
Heterosexual	13.8	345		22.7	567		13.3	24.4
Other sexualities	29.3	29	<0.001	39.8	39	<0.001	28.9	46.9
Qualification level								
Qualifications	13.9	317		22.8	516		13.7	24.6
No formal qualification	16.8	51	NS	27.1	81	NS	16.7	32.2
Employment status								
Employed	14.5	229		24.0	377		13.8	26.0
Unemployed	14.3	151	NS	22.3	234	NS	14.9	24.0
Place of birth								
Isle of Man	16.7	175		26.0	271		16.4	29.4
Other	13.1	212	<0.05	21.9	351	<0.05	12.7	22.8
Housing status								
Owens home	11.3	219		19.6	380		11.1	19.7
Does not own home	23.3	164	<0.001	34.4	241	<0.001	20.8	38.3

Table A29: Number of unhealthy behaviours by sociodemographic

	Unweighted data										Weighted data				
	None		One		Two		Three		Four		None	One	Two	Three	Four
	%	n	%	n	%	n	%	n	%	n	%	%	%	%	%
All	45.3	1098	39.5	956	12.4	301	2.6	64	0.2	4	44.9	38.6	13.5	2.8	0.2
Gender															
Male	40.4	343	42.8	363	13.9	118	2.7	23	0.1	1	42.0	40.0	15.2	2.8	0.1
Female	48.0	752	37.5	588	11.6	182	2.6	41	0.2	3	48.0	37.2	11.6	2.9	0.2
Age (years)															
18-24	46.7	43	32.6	30	15.2	14	4.3	4	1.1	1	48.5	28.5	19.1	3.0	0.9
25-34	42.3	110	39.2	102	14.6	38	3.8	10	0.0	0	44.0	37.7	15.2	3.0	0.0
35-44	39.9	154	42.0	162	13.7	53	4.4	17	0.0	0	40.2	41.2	14.1	4.5	0.0
45-54	44.9	238	38.5	204	12.8	68	3.4	18	0.4	2	43.6	39.4	12.9	3.8	0.2
55-64	47.5	273	37.7	217	13.0	75	1.7	10	0.0	0	45.2	38.9	13.8	2.1	0.0
65+	48.9	272	40.8	227	9.2	51	0.9	5	0.2	1	48.9	40.9	9.2	0.8	0.2
Income levels															
<£20000	42.4	147	38.9	135	15.0	52	3.2	11	0.6	2	40.2	36.7	17.7	4.4	0.9
£20000-£79999	44.4	630	40.1	568	12.6	179	2.9	41	0.0	0	44.2	39.8	13.1	2.9	0.0
£80000+	52.8	188	35.1	125	10.4	37	1.4	5	0.3	1	54.3	33.3	10.8	1.3	0.3
Relationship status															
In a relationship	47.2	632	40.4	541	11.0	147	1.4	19	0.0	0	46.8	40.5	11.1	1.6	0.0
Single	43.3	431	38.0	378	14.3	142	4.1	41	0.4	4	43.3	36.4	15.9	4.0	0.4
Sexuality															
Heterosexual	45.9	1019	39.3	874	12.1	268	2.6	57	0.2	4	45.9	38.6	12.7	2.7	0.2
Other sexualities	41.2	35	34.1	29	21.2	18	3.5	3	0.0	0	32.3	29.2	33.3	5.2	0.0
Qualification level															
Qualifications	46.7	967	39.0	806	11.8	244	2.4	49	0.1	3	46.0	38.6	12.9	2.4	0.1
No formal qualification	34.5	79	41.5	95	18.8	43	4.8	11	0.4	1	36.3	36.3	20.8	6.2	0.4
Employment status															
Employed	43.5	652	39.4	590	13.8	207	3.0	45	0.3	4	43.5	38.3	15.1	2.8	0.3
Unemployed	49.2	407	39.1	324	9.9	82	1.8	15	0.0	0	48.5	38.9	10.1	2.5	0.0
Place of birth															
Isle of Man	44.9	415	39.8	368	12.3	114	2.9	27	0.1	1	44.2	37.5	15.1	3.1	0.2
Other	46.1	655	38.8	552	12.5	178	2.3	33	0.2	3	46.0	39.0	12.4	2.5	0.1
Housing status															
Owns home	48.0	829	39.3	679	10.9	188	1.9	32	0.0	0	47.1	39.3	11.6	2.0	0.0
Does not own home	38.4	234	39.2	239	17.1	104	4.6	28	0.7	4	40.8	36.4	17.9	4.4	0.5