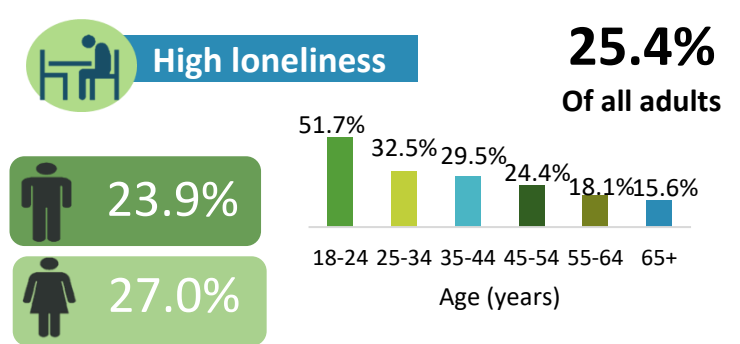
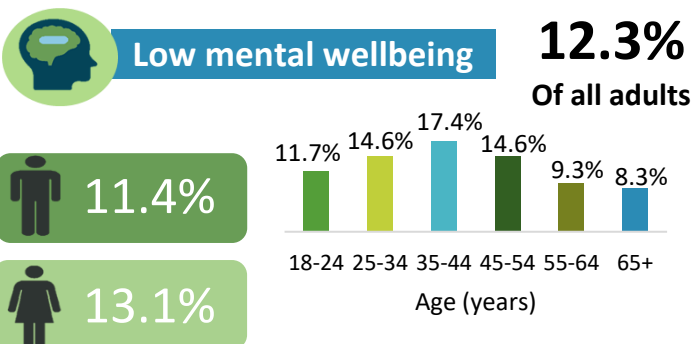
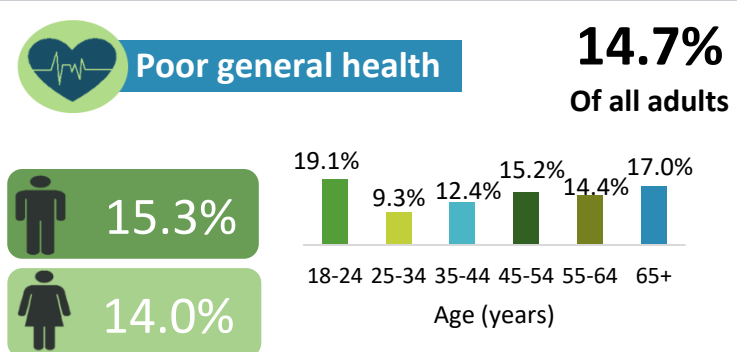
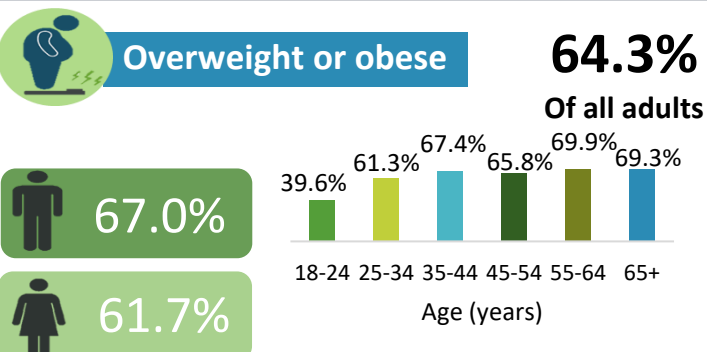
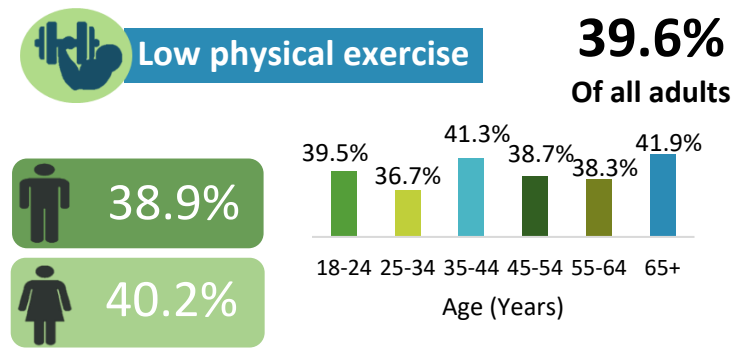
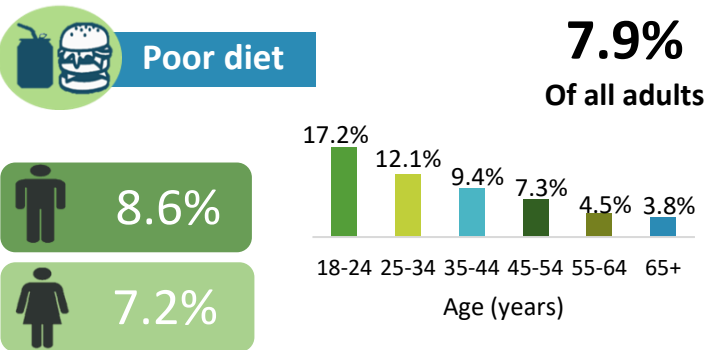
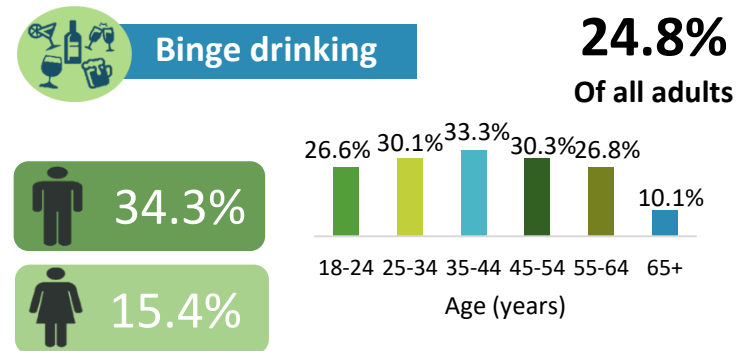
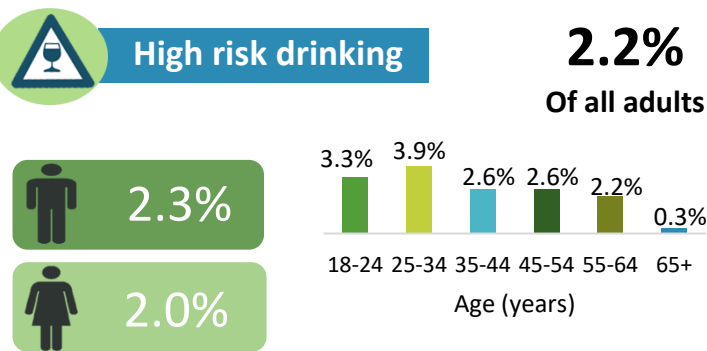
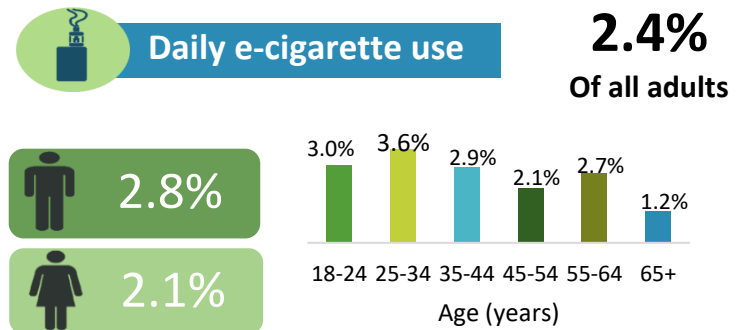
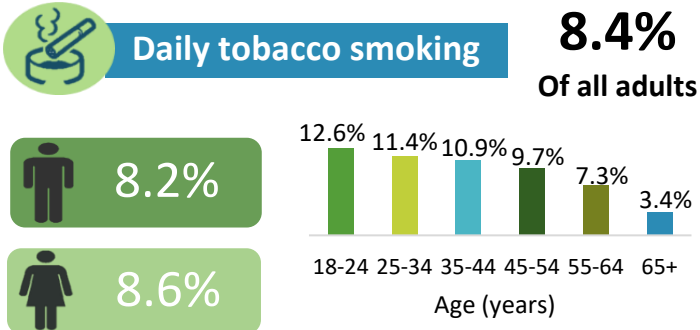


# Isle of Man Health and Lifestyle Survey 2019

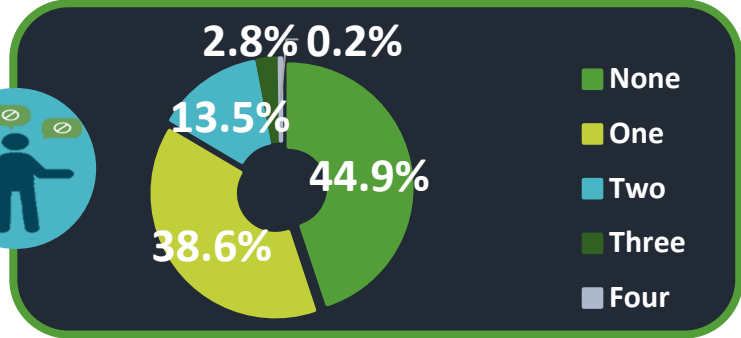
The survey aimed to examine general health and wellbeing amongst the Island's adult population. The questionnaire recorded basic demographic information on participants, including gender, age, income level, sexuality, relationship status, employment status, qualification level, home ownership, place of birth as well as a range of questions on a series of key health issues including smoking, alcohol, diet and nutrition, exercise, weight, general health and wellbeing.



# Clustering of unhealthy behaviours



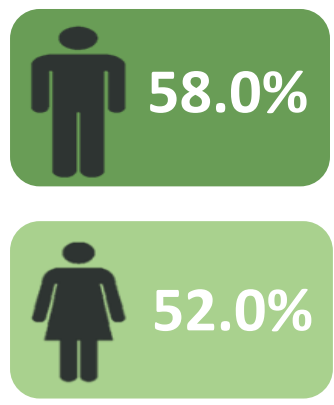
## Multiple unhealthy behaviours



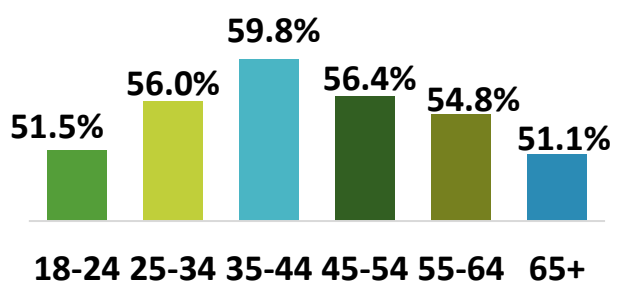
**55.1%** of adults had at least one unhealthy behaviour (daily tobacco smoking, binge drinking, poor diet and low physical exercise).

## At least one unhealthy behaviour by sociodemographics

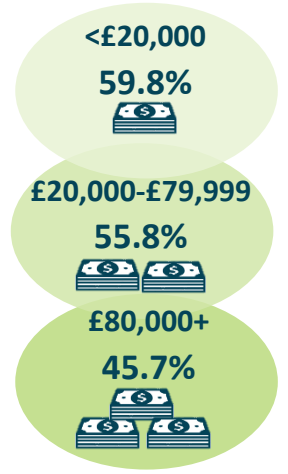
### Gender



### Age (years)

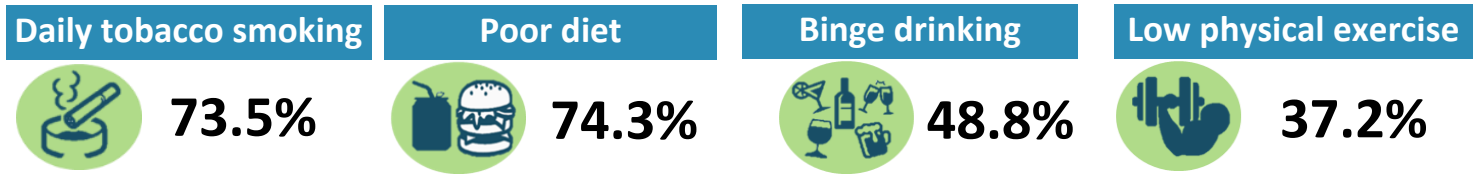


### Income



## Combination of unhealthy behaviours

Adults who reported the following health harming behaviours also reported at least one other health harming behaviour



## Clustering of unhealthy behaviours and health outcomes

The association between the number of unhealthy behaviours and experiencing poor health outcomes

