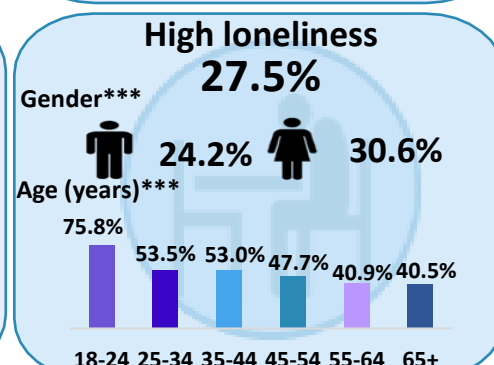
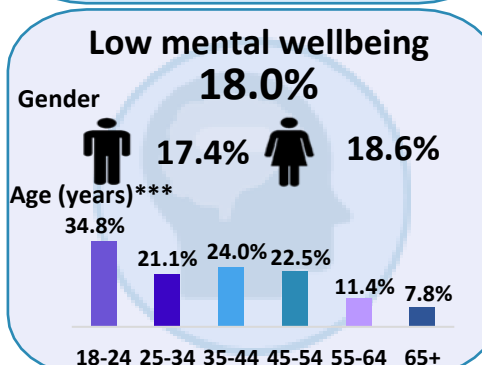
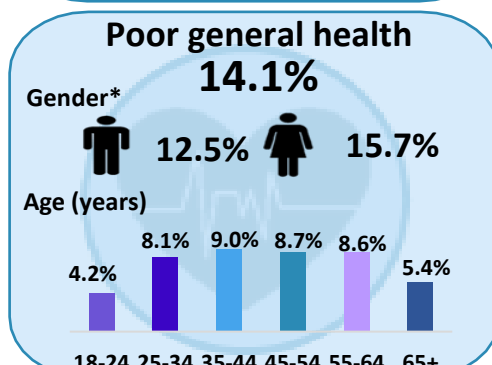
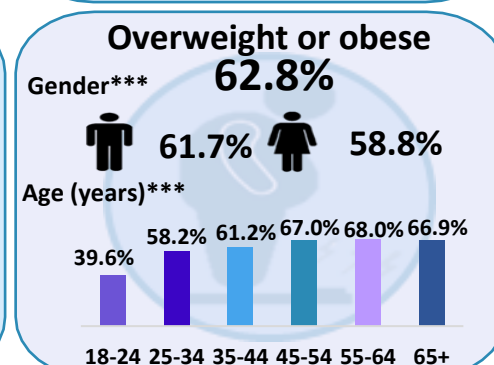
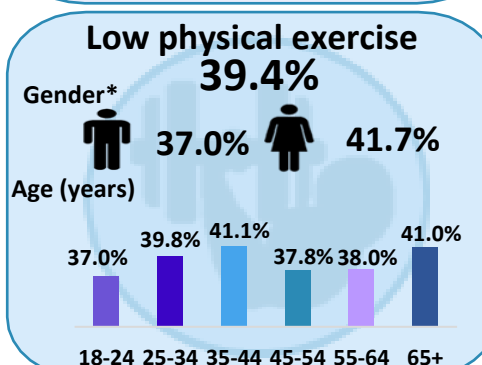
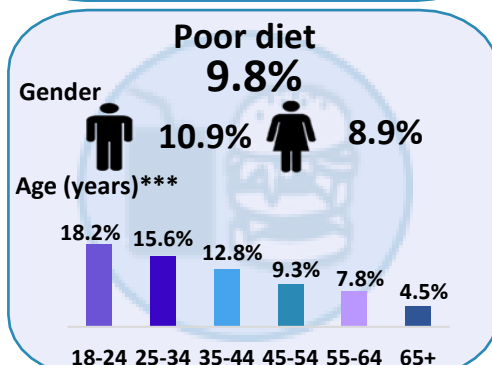
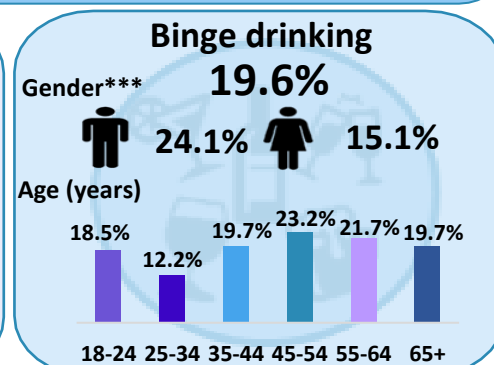
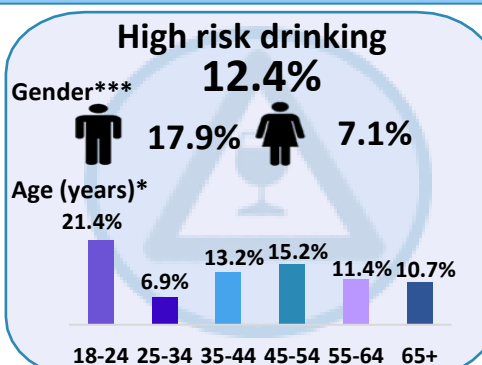
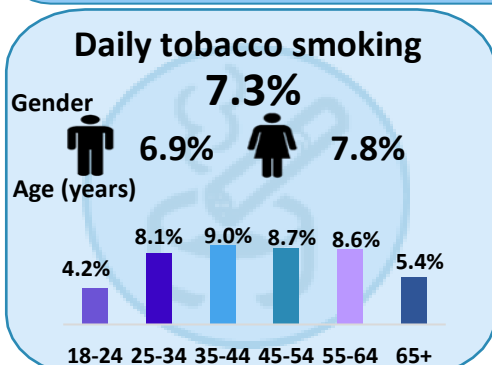
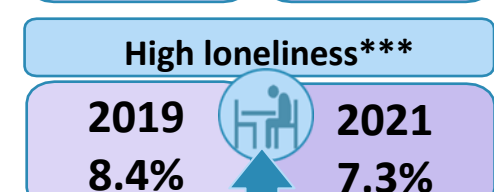
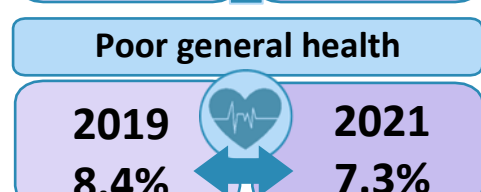
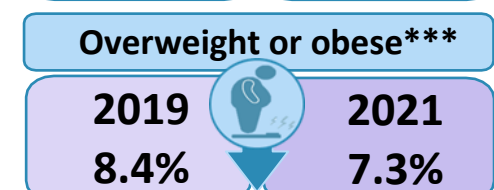
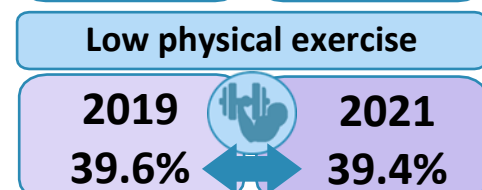
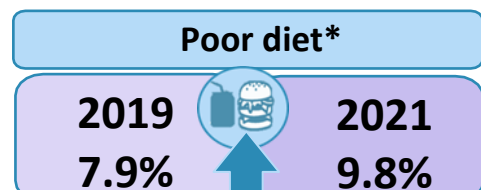
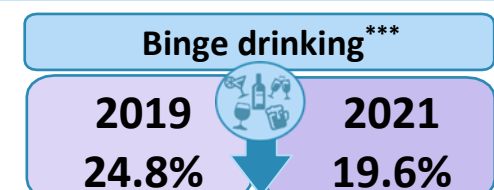
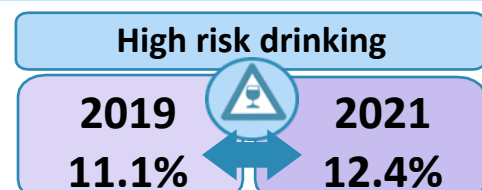
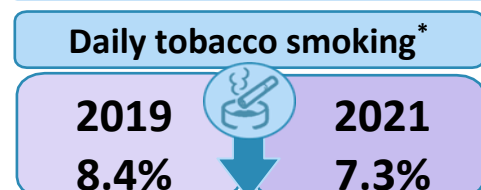


# Isle of Man Health and Lifestyle Survey 2021

The survey aimed to examine general health and wellbeing amongst the Island's adult population. Including a range of questions on a series of key health issues including smoking, alcohol, diet and nutrition, exercise, weight, general health, and wellbeing. In addition, the questionnaire collected information on sociodemographic of participants, and COVID-19 including prevalence of COVID-19, vaccine uptake, and impact of COVID-19 on employment, socialising, relationships, and travel.



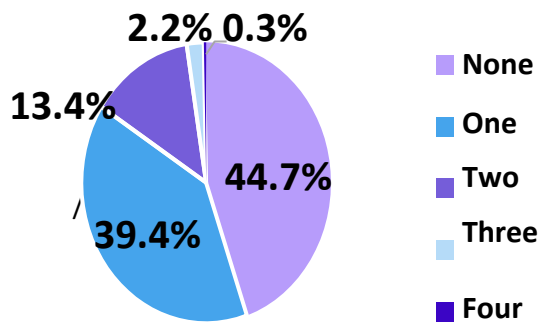
## Comparison of 2019 and 2021 surveys on key indicators



All figures represent weighted data unless stated otherwise with ^ indicating sample level data. \*indicates a significant association; \*=p<0.05; \*\*=p<0.01; \*\*\*=p<0.001.

# Clustering of unhealthy behaviours

## Multiple unhealthy behaviours



**55.3%** 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 sociodemographic

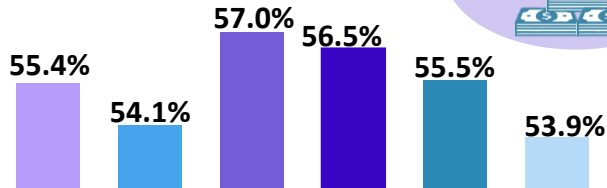


**55.9%**



**54.7%**

### Age (years)



<£20,000

64.8%

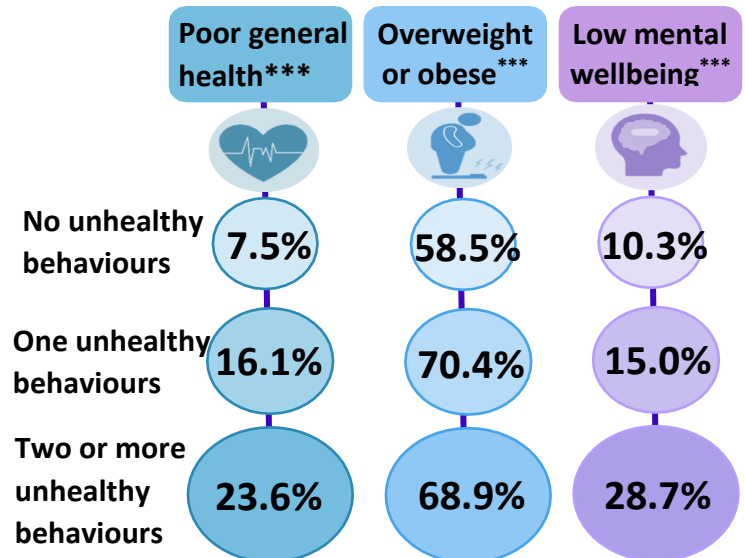
£20,000-£79,999

56.3%

£80,000+

45.8%

## Association between number of unhealthy behaviours and poor health outcomes<sup>^</sup>



## COVID-19 and associated impacts



### Working pattern

(Past week, of those currently employed)

Worked from home & travelled to work  
25.1%

Worked from home only  
11.9%

Travelled to work only  
59.1%

Not worked from home or travelled to work  
3.9%



Worked from home only  
Males 13.1%



Females 10.5%

### Relationships since the start of COVID-19

**28.3%** of adults reported at least one worsening relationship



Males 28.5%



Females 28.1%



Wider community  
13.1%

Friends  
12.4%

Work colleagues  
9.9%

Spouse/partner  
8.3%

Other family member  
6.7%

Children  
3.8%

### Willingness to travel since COVID-19

**47.9%** of adults reported being willing to travel abroad (further than the UK) once restrictions were lifted



Males  
54.9%



Females  
41.1%