

Series 1 - Allied Dunbar National Fitness Survey

Description: This large scale survey focuses on the measurement of physical activity patterns and fitness levels of a random sample of the adult population of England. The information has provided a database from which the levels of physical activity and fitness amongst the population can be better understood. In particular, it shows the relationship between fitness, health and wellbeing

▪ **Available years:** 1990

#1:1 – Allied Dunbar National Fitness Survey 1990

Universe: Persons aged 16 years and over living in private accommodation in England.

Sample size: 4316.

Methods: Face-to-face interview; Physical measurements; physical appraisal.

Sample: Multi-stage stratified random sample; data from this survey have been tagged by OPCS at the National Health Service Central Register at Southport for deaths and cancer registrations.

Fieldwork: February 1990-November 1990.

Geography: Health Authority Regions/Districts; Parliamentary Constituencies.

Access: SN 3303.

Alcohol consumption

Consumption: beverage-specific volume and frequency (4 week beverage-specific quantity-frequency measure, non-beverage specific frequency).

Single occasion: n/a.

Other drinking

- Status
- Self-perceived drinking (Which description of the amount people drink fits respondent best (frequency and volume), whether respondent has ever drunk heavily on a regular basis, how long ago respondent stopped drinking

heavily on a regular basis)

- Trying to cut down (Whether respondent has ever felt that they ought to cut down on their drinking or that they should not drink at all (and if so, why); and whether actually cut down for health reasons in practice)

Other alcohol variables

- Attitudes to alcohol (Test)
- Cause of harm - health (how important for a person of their age who wants to be healthy not to drink much alcohol)
- Advice to cut down (Whether a doctor or anyone else has ever said that respondent should cut down on their drinking or that they should not drink at all (and if so, who suggested this))

Health status and behaviour:

- Mental health (Medium)
- Self-reported health (High)
- Measured health (Medium, including anthropometry (height, weight, skinfold thickness, waist and hip girth); shoulder abduction (i.e. reaching above the head); arterial blood pressure; lung function (forced vital capacity and forced expiratory volume); muscle function (explosive power of lower limb, hand grip strength and isometric quadriceps strength); cardio-respiratory exercise test (graded treadmill walking sub-maximal); perceived exertion)
- Smoking (High)
- Diet (Medium)

- Fitness (High)
- Sexual behaviour (Low)
- Sexual health (Medium)

Other variables

- Socialising (Medium)
- Leisure (Low)
- Caring (Low)
- Personality (Low)

- Cognitive skills (Medium)

Demographics

- Material quality of life (Low)
- Household type/composition (Medium)
- Employment (Medium)
- Education (Low)
- Ethnicity and religion (Medium)