

Series 28 - National Survey of Activity and Health

Description: This study is a face to face survey which complements the Allied Dunbar National Fitness Survey (ADNFS) using the same household questionnaire. The purpose of this survey was to boost the sample size from the ADNFS and through sampling on a less clustered basis (without the constraint imposed for the physical appraisal in the ADNFS), to establish a sample that could be analysed at a regional level

#28:277 – National Survey of Activity and Health 1991

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

Sample size: 2837.

Methods: Face-to-face interview; Self-completion.

Sample: Multi-stage stratified random sample; as with the Allied Dunbar National Fitness Survey the subjects in this survey have been tagged by OPCS at the National Health Service Central Register at Southport for deaths and cancer registrations; weighting applied to make HEANSAH regional survey nationally representative.

Fieldwork: March 1991-July 1991.

Geography: Wards; Health Authority Regions/Districts; Parliamentary Constituencies.

Access: SN 3304.

Alcohol consumption

Consumption: beverage-specific volume and frequency (4 week beverage-specific quantity-frequency, overall 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 why; whether respondent cut down on their drinking or stopped drinking at all for health reasons)

Other alcohol variables

- Attitudes to alcohol (Whether respondent has ever felt that they ought to cut down on their drinking or that they should not drink at all, and why)
- Cause of harm - health (How important respondent considers it 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)
- 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)