

## Series 37 - Health and Lifestyle Survey

**Description:** The aim of this survey was to examine the changes over seven years in the distribution of, and the relationship between physical and mental health, health-related behaviour (diet, exercise, smoking and alcohol consumption), and beliefs and attitudes, in survivors of the 1984/5 Health and Lifestyle Survey (SN:2218) population of England, Wales and Scotland.

A dataset, to be used in conjunction with these data, linking deaths, causes of death and cancer morbidity with the original HALS respondents is also available.

- **Available years:** 1984-5 and 1991-2 (with mortality data updated to 2005)
- **Principal investigator:** Cox, B.D., University of Cambridge. Department of Community Medicine

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### #37:290 – Health and Lifestyle Survey 1984-1985; 1991-1992

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**Universe:** Adults, aged 18 and over, living in private households (HALS1); adults, aged 25 and over who were surveyed in 1984/5 (HALS2).

**Sample size:** 9,003 (HALS1 interviews, lower for measurements and self-completion); 5,352 (interviews, HALS2).

**Methods:** Face-to-face interview; Self-completion; Psychological measurements; Clinical measurements.

**Sample:** Addresses randomly selected from electoral registers using a three-stage design, and individuals randomly selected from households (HALS1); follow-up of survivors of the randomly selected respondents of the 1984/5 Health and Lifestyle Survey, whether still at the same address or moved to another location (HALS2).

**Fieldwork:** .

**Geography:** No information recorded.

**Access:** SN 2218.

#### Alcohol consumption

**Consumption:** beverage-specific volume and frequency (Usual frequency; 7 day beverage-specific quantity-frequency, whether previous weeks drinking was typical (HALS1, HALS2)).

**Single occasion:** n/a.

#### **Other drinking**

- Status (Current, lifetime, when gave up (HALS1, HALS2))
- Drinking location/source (Whether been to a pub in the past fortnight - HALS1, HALS2)
- Timing of drinking (time of day of drinking in past 7days)
- Self-perceived drinking (Type of drinker respondent refers to themselves as, how heavy a drinker respondent considers themselves to be (HALS1, HALS2))
- Symptoms of addiction (CAGE questions (ever related to alcohol: wanted to cut down, annoyed by others criticism, guilty, ever drunk first thing) - HALS1, HALS2)
- Trying to cut down (Whether respondent has ever felt that they ought to cut down on their drinking, how many times respondent has seriously tried to cut down on their drinking, whether respondent has ever succeeded in cutting down on their drinking for at least a month, reason respondent decided to cut down on their drinking (HALS1, HALS2))

#### Other alcohol variables

- Cause of harm - health (Whether believes that alcohol causes: (i) stomach

ulcers, (ii) high blood pressure, (iii) obesity or being overweight, (iv) migraine, (v) liver trouble, (vi) stroke, (vii) lung cancer, (viii) heart trouble; also whether drinking more causes people to be more / less (separately) healthy now than in their parents' time, whether not drinking means being healthy for self and others (separately), whether reducing drinking is among the three most important things they have done to keep themselves healthy or improve their health -HALS1, HALS2)

- Family drinking behaviour (Type of drinker respondent would describe their father as having been/being, type of drinker respondent would describe their mother as having been/being (HALS1, HALS2))
- Advice to cut down (Whether a doctor or anyone else has ever suggested that respondent should cut down on their drinking; if so, who suggested this; whether felt annoyed by people criticising their drinking -HALS1, HALS2)

**Health status and behaviour:**

- Mental health (Medium)
- Self-reported health (High)

- Measured health (High, including physiological measures (anthropometry, blood pressure, respiratory function, environmental and exhaled carbon monoxide))
- Smoking (High)
- Diet (High)
- Fitness (Medium)
- Sexual health (Low)

**Other variables**

- Socialising (Medium)
- Leisure (Medium)
- Personality (High, including personality and psychiatric status)
- Cognitive skills (High, including tests of cognitive functioning (reaction time, memory and reasoning))
- Use of services (Medium)

**Demographics**

- Income (High)
- Household type/composition (High)
- Finances/taxes/benefits (High)
- Employment (High)
- Education (High)
- Ethnicity and religion (Medium)