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## PRESENTATION

In recent decades, important socio-economic changes in most developed countries have undeniably affected the eating habits and level of physical activity of citizens. This trend is clearly illustrated by the current increase in illnesses directly or indirectly related to the increase in overweight and obesity<sup>1</sup>. It has been established that a poor diet and insufficient physical activity are among the main risk factors for various diseases. Physical activity can also help to combat stress.

The European Commission and in particular its **Directorate General health and Consumer Protection** wants to improve public health in the European Union, prevent disease and human ailments and eliminate human health risk factors. The aim of this survey, commissioned by the Directorate General Health and Consumer Protection is to study several areas having an impact on the health of European citizens. More precisely, the intention is to use the results of this study to establish the physical characteristics of European Union citizens and assess the opinion of citizens on subjects such as health, diet and physical activity in the form of sport.

It is not the first survey carried out on these subjects. Two previous surveys concerning, on the one hand, physical activity and, on the other hand, health and diet, were carried out at the end of 2002 and the beginning of 2003. In relation to those previous studies, the current questionnaire has been revised, but several questions can still be used for comparative purposes in 15 of the 25 European Union Member States.

The main themes addressed in this survey are:

- The health and physical characteristics of Europeans,
- Eating habits in the European Union,
- Diet and problems related to being overweight,
- The respondent's physical activity.

This survey was carried out in November and December 2005. It was commissioned by the Directorate General Health and Consumer Protection and carried out by TNS Opinion & Social, a consortium formed by TNS and EOS Gallup Europe. The methodology used is that of the standard Eurobarometer surveys of the Directorate General Press and Communication ("Opinion Polls, Press Reviews, Europe Direct" unit). A technical note concerning the interviews carried out by the institutes of the TNS Opinion & Social network is annexed to this report. That note specifies the interview method, as well as the intervals of confidence<sup>2</sup>.

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<sup>1</sup> WHO: Report by the Secretariat: fifty-fifth world health assembly- 27.03.2002.

<sup>2</sup> The results tables are annexed. The totals indicated may show a one point difference with the sum of the individual figures because of the rounding of certain results. It should also be noted that the total of the percentages in the tables of this report may exceed 100% when the people interviewed have the possibility to give several answers to a question.

# 1. The health of Europeans

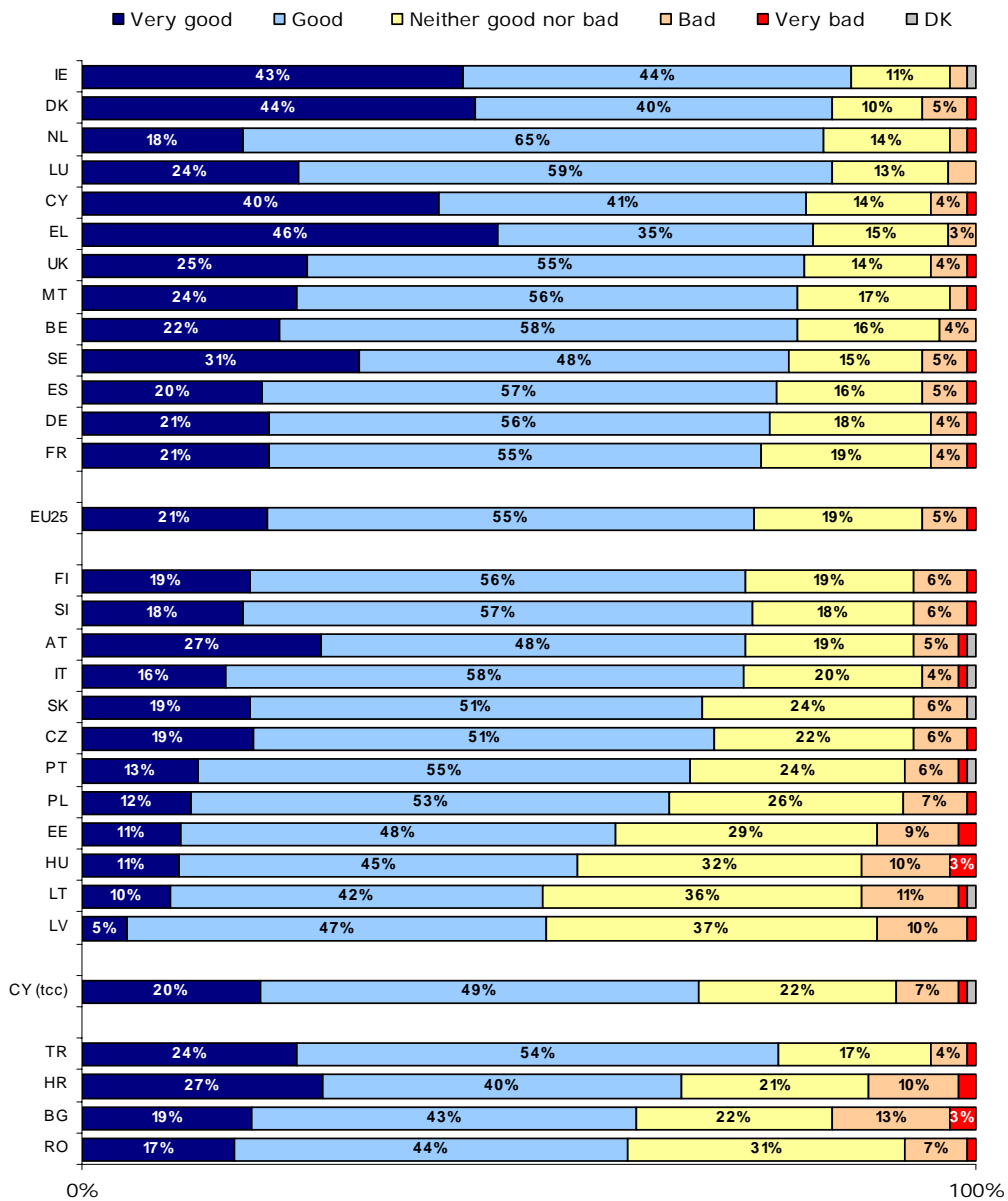
## 1.1. Health in general

Questionnaire source: Q29

### - The general of health of European Union citizens is good -

More than three-quarters (76%) of Europeans consider that they are in good health. Approximately one in five citizens believes that he or she is in very good health (21%) or has a more neutral position (19%) as regards his or her health. Only 5% of respondents described their health as bad (5%) or very bad (1%).

#### Q29 How is your health in general?



In the European Union, respondents in a majority of the new Member States tend to be more pessimistic about their health in general.

The percentages vary considerably from one Member State to another: a small majority of Latvians and Lithuanians (52%) consider that their health is good or very good while the corresponding percentage is close to or higher than 85% in Denmark (84%) and Ireland (87%).

There are similar differences if only the results of the "very good" replies are taken into consideration: the Irish (43%) and Danish (44%) are again among those who consider that their health in general is very good. This time, however, they are joined by citizens in Greece (46%) and Cyprus (40%). Citizens of the Baltic countries (from 5 to 11% of respondents from those countries consider themselves to be in very good health) while Hungarian citizens are more "negative" (11%) about their health in general.

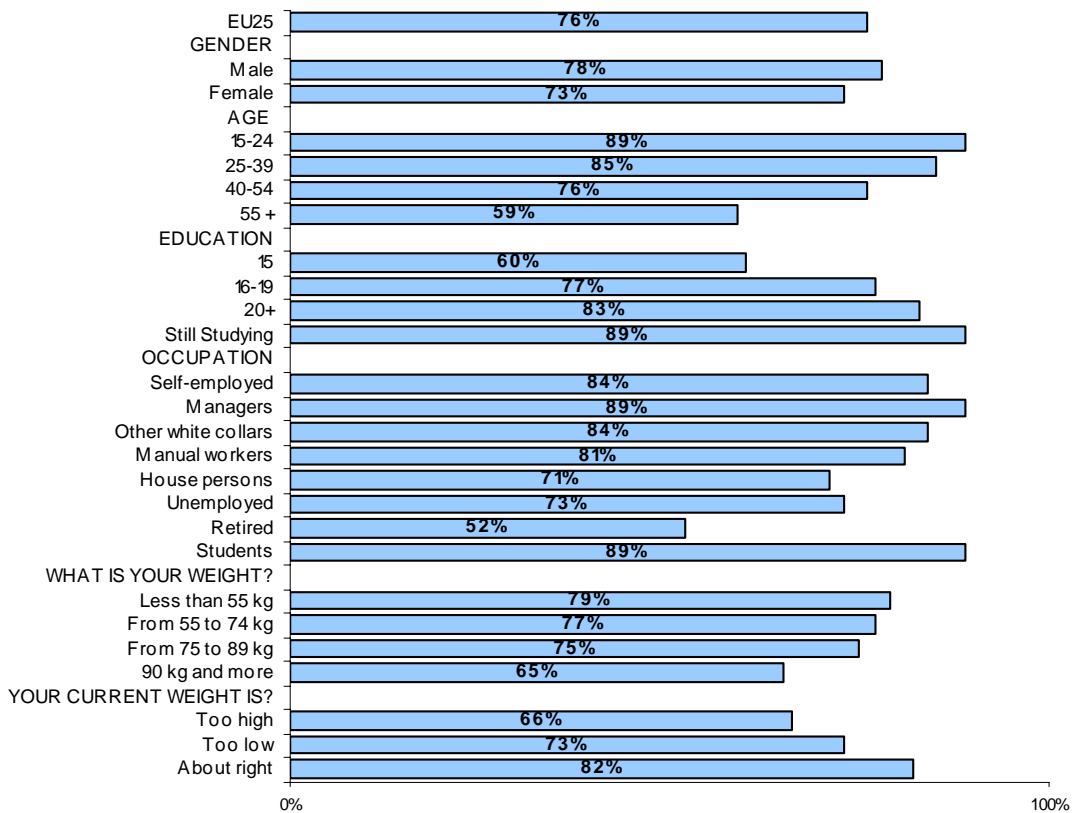
Among the candidate and accession countries, Turkey is the only one where the levels are very close to the EU average. On the other hand, those of the other countries are below the EU average.

An analysis of the replies by socio-demographic variables reveals that men are more optimistic about their health.

Fairly logically, age is a discriminating variable; while 89% of young people (aged between 15 and 24) consider that their health is good, only 59% of people aged 55 and over make the same positive diagnosis of their health.

The heaviest respondents and those who consider that they are overweight are more likely to view their health negatively. This suggests that such people are aware of the negative health effects of a high body weight.

**Q29 How is your health in general?  
Answers: Good and very good**



## 1.2. Illness

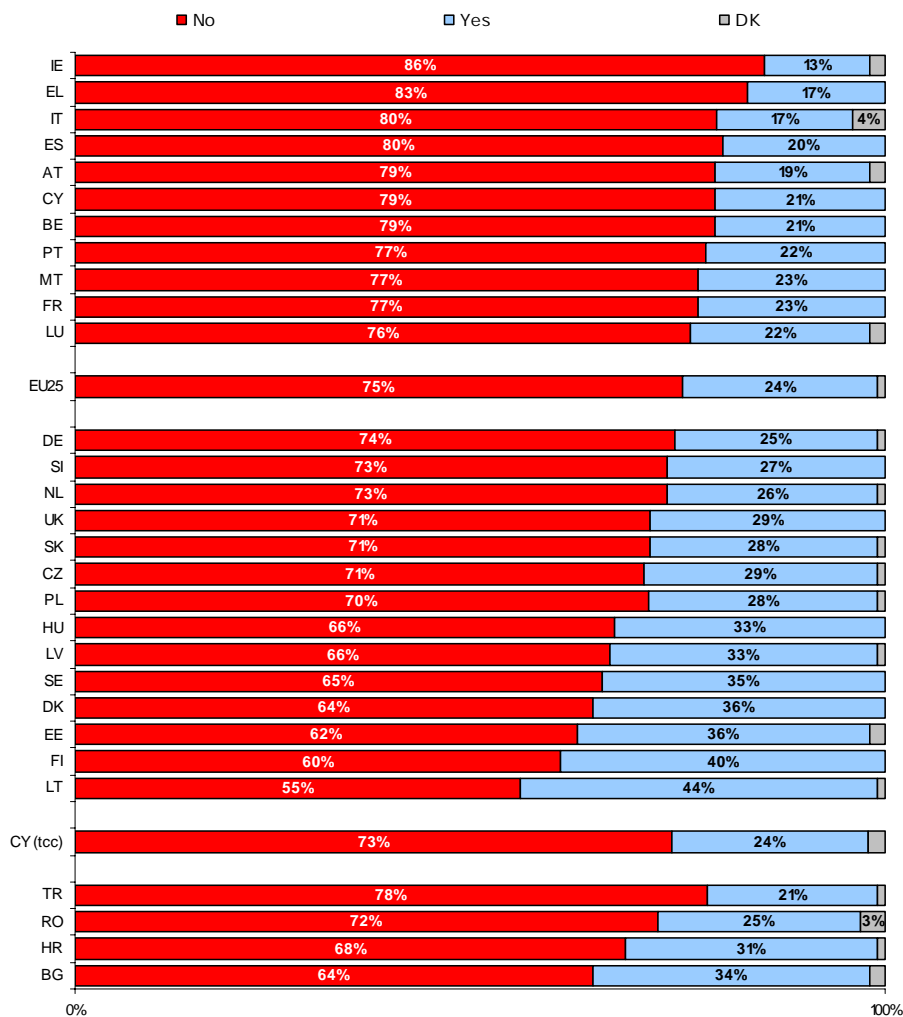
Questionnaire source: Q30 and Q31

### - Are people from Northern Europe less healthy than those from the South?-

Three-quarters (75%) of European Union citizens declared that they do not suffer from a long-standing illness or health problem, i.e. a percentage similar to that of Europeans who consider themselves to be in good health.

This percentage varies considerably from one Member State to another. Long-standing illnesses or health problems seem more to be prevalent in the Baltic and Scandinavian countries (from 33% to 44%). On the other hand, citizens in Ireland (13%) and several Mediterranean countries seem to be less affected by long-standing illnesses or health problems.

Q30 Do you have any long-standing illness or health problem?



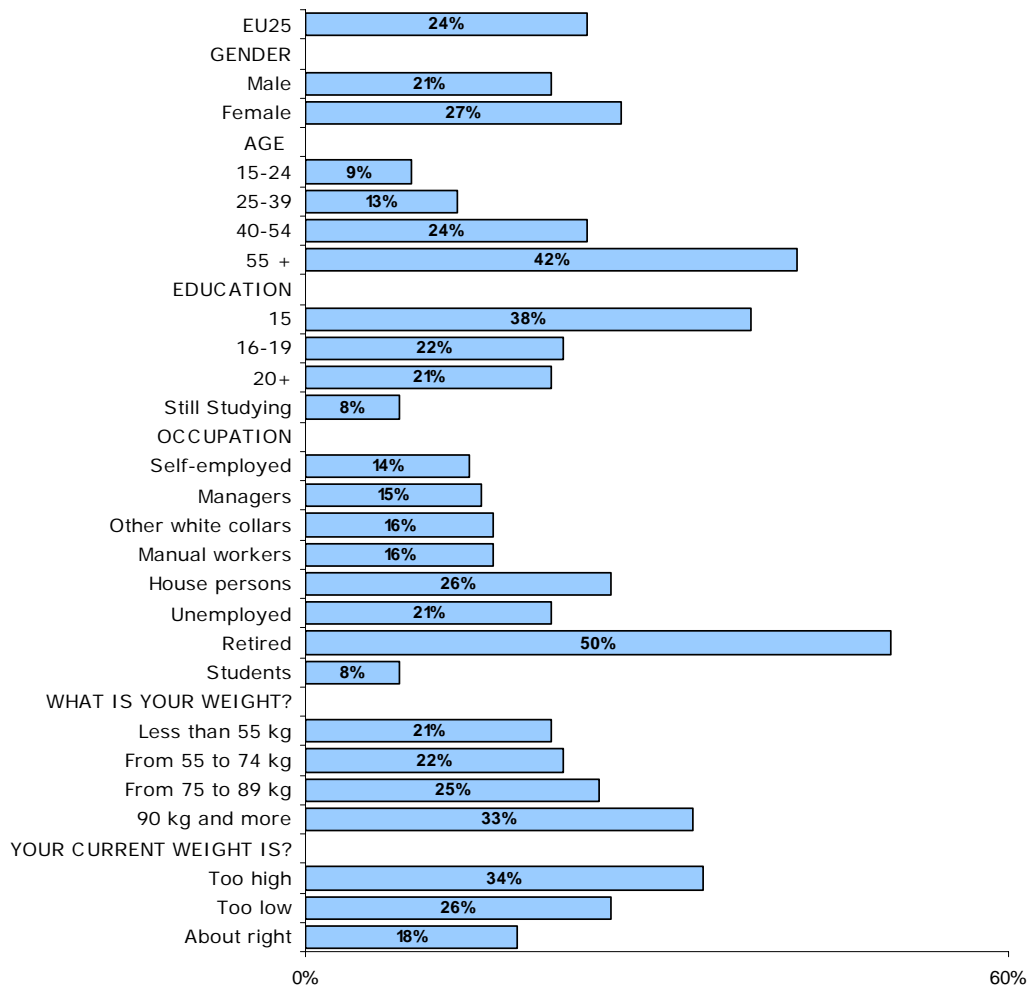
A socio-demographic analysis of the results highlights that women (27%) tend to be more likely to suffer from a long-standing illness or health problem.

Not surprisingly, the percentage of people who declared that they suffer from a long-standing illness or have a health problem increases considerably with age. Other than retired people for whom a high score is logical, it appears that the health of people responsible for looking after the home and unemployed people is worse than that of other categories.

Finally, the heaviest people and those who consider that they are overweight are more likely to have a long-standing illness or health problem.

**Q30 Do you have any long-standing illness or health problem?**

**Answer Yes**



The results of question 31 enable us to assess the importance of the respondent's health problems.

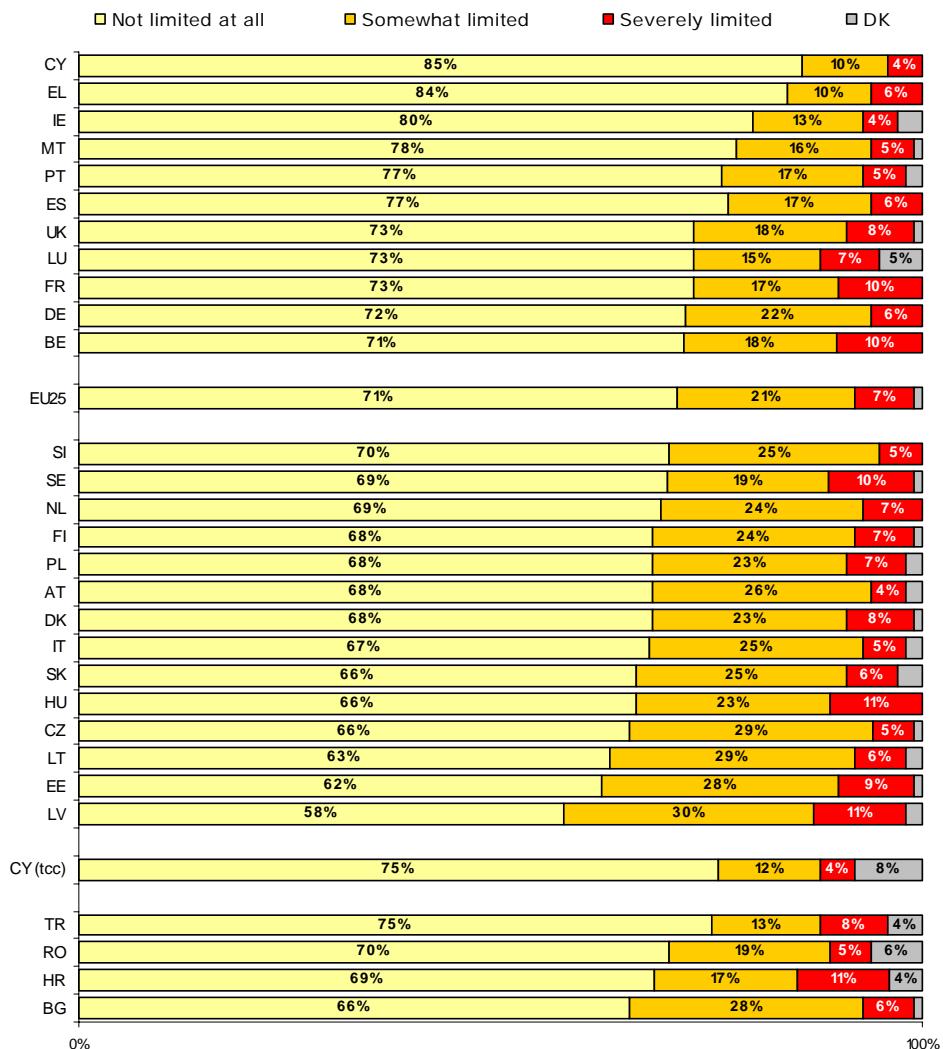
**- Approximately 7 out of 10 Europeans have not been prevented from performing "normal" activities over the last 6 months -**

Approximately 7 out of 10 European Union citizens have not been prevented from performing "normal" activities over the last 6 months and two out of ten were only somewhat limited in their ability to perform such activities.

Once again, it is the Irish and inhabitants of a majority of Mediterranean countries who seem to suffer the least from health problems. They were less likely to have been prevented from performing activities for health reasons. On the other hand, citizens from the Baltic States and several new Member States were more frequently restricted in their activities because of health problems.

Among the candidate and accession countries, Turkish citizens also seem to be healthier.

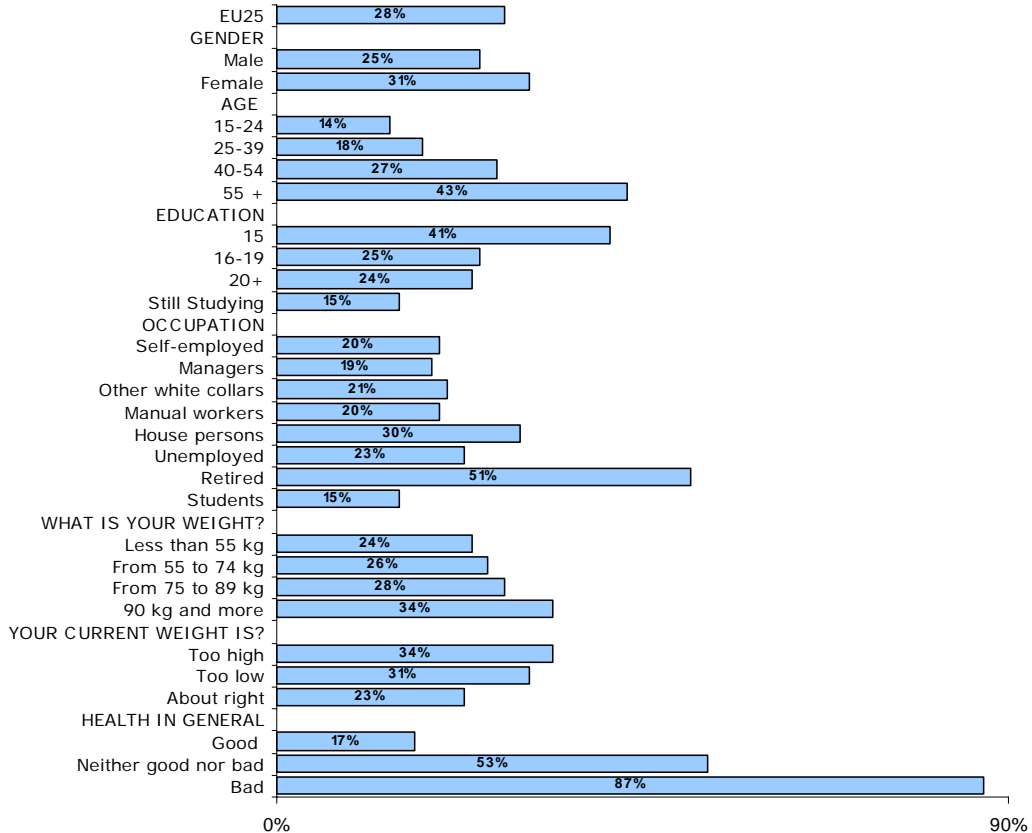
**Q31 Over the past 6 months, to what extent, if at all, have you been limited in activities people normally do, because of a health problem? Would you say you have been...?**



The results obtained for the socio-demographic variables as a whole confirm the results recorded for the previous question: **women** (31%), **the oldest respondents** (43%), **those who left school the earliest** (41%) and **the heaviest respondents** (34%) are more likely to have been prevented from performing activities for health reasons. This also applies to 87% of those who consider that their health is **bad**.

**Q31 Over the past 6 months, to what extent, if at all, have you been limited in activities people normally do, because of a health problem? Would you say you have been...?**

Answers: "Severely" and "somewhat" limited



## 2. Physical characteristics of Europeans

Questionnaire source: Q5 and Q6

### 2.1. The respondent's height and weight

#### 2.1.2. Height

***- People in the North-West of Europe are generally taller than those from the South -***

The average height of European Union citizens is 169.9 cm, although this varies considerably from one country to the next, ranging from 164.9 cm in Malta to 174.5 cm in the Netherlands. Citizens in the Germanic countries, Scandinavia and the Czech Republic are noticeably taller.

Among the candidate and accession countries, citizens in **Croatia are the tallest** (172.1 cm); the heights recorded in the other countries are below the European average.

***-The average height has increased in most Member States since 2002-***

In comparison to the results obtained in the 15 old European Union Member States in 2002, the average height of citizens has increased slightly. The change is as much as or more than 1 cm in the United Kingdom (1.5cm), Luxembourg (1.1cm) and Austria (1cm).

#### 2.1.2. Weight

***-The average weight of European Union citizens is 72.2 kg -***

The weight of Europeans varies considerably from one country to another. Citizens in Croatia (76.3kg), Denmark (75.9kg), the Netherlands (75.8kg) and Luxembourg (75.6kg) are the only ones whose average weight is over 75kg. On the other hand, the average weight is less than 70kg in Italy (68.7kg), Portugal (69kg) and France (69.7kg).

	Average height (cm)			Average weight (kg)		
	EB.59.0	EB.63.4	Evol. 63.4/59.0	EB.59.0	EB.63.4	Evol. 63.4/59.0
EU25		169.9			72.2	
EU15	169.4			71.7		
NL	173.8	174.5	0.7	76.6	75.8	-0.8
DK	173	172.6	-0.4	74.2	75.9	1.7
SE	172.3	172.5	0.2	74.2	74.9	0.7
CZ	/	172.4		/	74.8	
AT	171.3	172.3	1.0	72.1	73.5	1.4
DE	171.4	171.8	0.4	73.6	74.7	1.1
LU	170.4	171.5	1.1	72.9	75.6	2.7
LV	/	171.3		/	73.6	
SK	/	171.2		/	73.4	
SI	/	170.9		/	74.5	
EE	/	170.8		/	73.4	
LT	/	170.8		/	74.5	
BE	169.8	170.3	0.5	71.9	72.7	0.8
FI	170.3	170.3	0.0	75	74.7	-0.3
UK	168.6	170.1	1.5	73.8	73.6	-0.2
IE	170.6	170.0	-0.6	71.6	73.2	1.6
PL	/	169.4		/	71.3	
HU	/	169.3		/	73.4	
EL	169.1	169.1	0.0	74.6	74.1	-0.5
FR	168.5	168.8	0.3	68.5	69.7	1.2
CY	/	168.4		/	72.6	
IT	168.1	168.3	0.2	68.5	68.7	0.2
ES	167.1	167.0	-0.1	70.6	70.7	0.1
PT	164.9	165.5	0.6	68.8	69.0	0.2
MT	/	164.9		/	72.2	
CY (tcc)	/	167.7		/	72.3	
HR	/	172.1		/	76.3	
RO	/	169.2		/	71.1	
TR	/	168.4		/	70.0	
BG	/	167.6		/	71.0	

If the respondent's weight is often linked to his or her height, the weight differences recorded cannot systematically be explained by the respondent's height. **The weight/height ratio** provides a clearer picture of the corpulence of Europeans in each country. Citizens in Croatia and Luxembourg have the highest index among the countries participating in this study. At the other end of the scale, citizens in France and Italy have the lowest body mass indexes.

Weight (kg) /height (cm) ratio			
<b>EU25</b>	<b>0.425</b>	<b>CY (tcc)</b>	0.431
		<b>CY</b>	0.431
<b>HR</b>	0.443	<b>IE</b>	0.431
<b>LU</b>	0.441	<b>EE</b>	0.430
<b>DK</b>	0.440	<b>LV</b>	0.430
<b>FI</b>	0.439	<b>SK</b>	0.429
<b>EL</b>	0.438	<b>BE</b>	0.427
<b>MT</b>	0.438	<b>AT</b>	0.427
<b>LT</b>	0.436	<b>BG</b>	0.424
<b>SI</b>	0.436	<b>ES</b>	0.423
<b>DE</b>	0.435	<b>PL</b>	0.421
<b>NL</b>	0.434	<b>RO</b>	0.420
<b>SE</b>	0.434	<b>PT</b>	0.417
<b>CZ</b>	0.434	<b>TR</b>	0.416
<b>HU</b>	0.434	<b>FR</b>	0.413
<b>UK</b>	0.433	<b>IT</b>	0.408

**- Europeans weigh more in 2005 than in 2002 -**

In 11 out of 15 Member States, the weight of citizens has increased, with the most striking increases being in Luxembourg (2.7 kg), Denmark (1.7 kg) and Ireland (1.6 kg).

**Weight and height vary according to the socio-demographic variables**

In the European Union, **men are on average 12.3 cm taller than women and weigh on average 13.1 kg more.**

The increase in the average height is reflected in the pyramid of ages: the average height of the youngest age group (aged 15 to 24) is 172.1 cm while it is around 166.8 cm for the oldest respondents.

The weight of respondents increases with age. The weight/height ratio of the youngest respondents is significantly lower than that of people aged 55 and over.

	Average height (cm)	Average weight (kg)	Weight/height ratio
EU25	169.9	72.2	0,425
<b>GENDER</b>			
Male	176.2	78.9	0,448
Female	163.9	65.8	0,401
<b>Age</b>			
15-24	172.1	66.2	0,385
25-39	171.8	72.1	0,420
40-54	170.3	74.4	0,437
55 +	166.8	73.5	0,441
<b>EDUCATION</b>			
15	166.2	72.9	0,439
16-19	170.2	73.1	0,429
20+	171.8	72.9	0,424
Still Studying	172.8	65.9	0,381
<b>OCCUPATION</b>			
Self-employed	172.9	76.5	0,442
Managers	173.2	74.2	0,428
Other white collars	170.6	71.2	0,417
Manual workers	171.2	73.8	0,431
House persons	163.0	66.9	0,410
Unemployed	170.3	71.7	0,421
Retired	167.2	74.1	0,443
Students	172.8	65.9	0,381

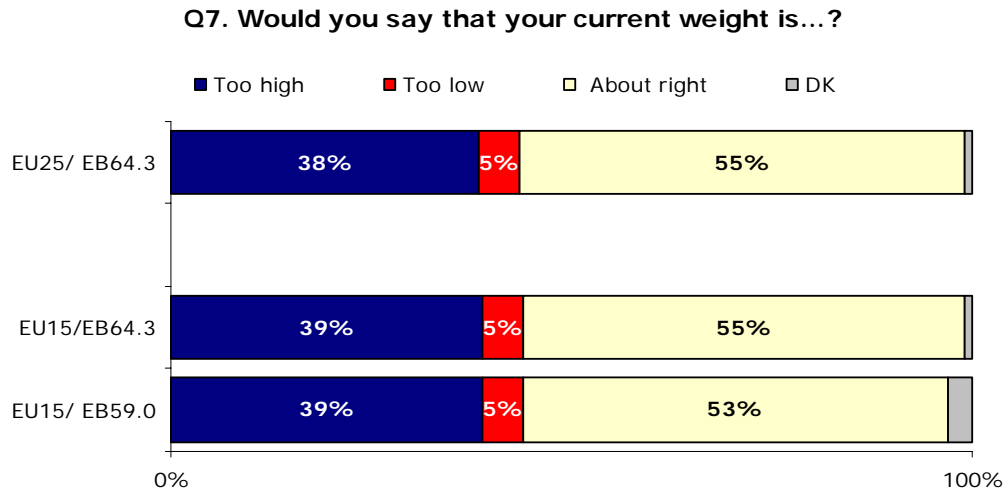


## 2.2. What Europeans think about their weight

Questionnaire source: Q7

### - A majority of Europeans are satisfied with their weight -

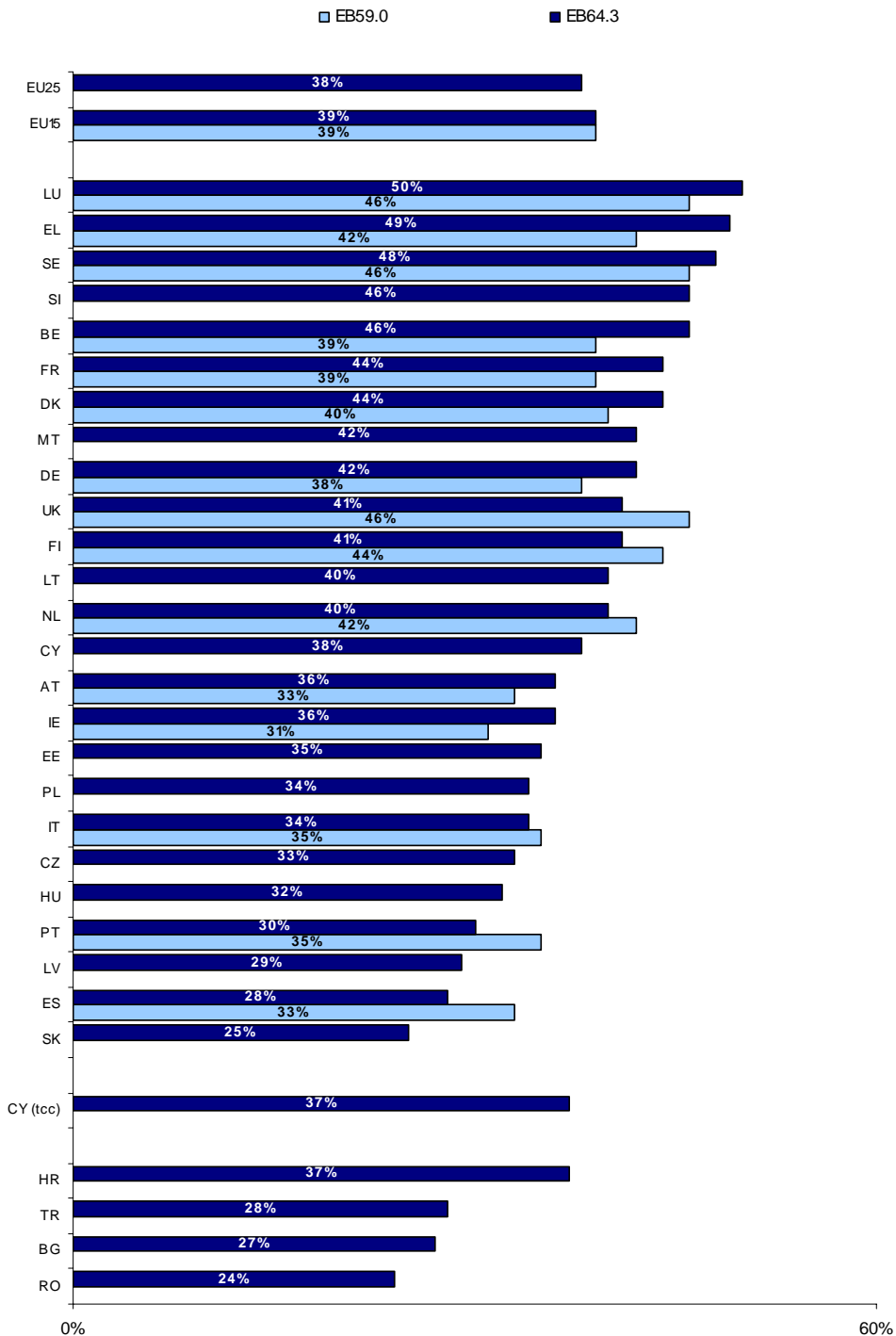
When European Union citizens are asked to assess their weight, a majority of them (55%) consider that it is "about right", 38% think that it is too high and 5% think that it is too low. These levels are more or less in line with those recorded during the last survey on this subject in 2002.



An analysis of the results by country, shows that replies can vary by as much as 100% in some countries: a quarter of respondents in Rumania (24%) and Slovakia (25%) consider that they are overweight while one out of two citizens takes that view in Greece (49%) and Luxembourg (50%).

In comparison to 2002, the level of change varies considerably between countries: the feeling of being overweight has increased quite strongly in Greece (+7 points) and Belgium (+7 points), but has fallen noticeably in Spain (-5 points), Portugal (-5 points) and the United Kingdom (- 5 points).

**Q7Would you say that your current weight is...?**  
**Answer: too high**

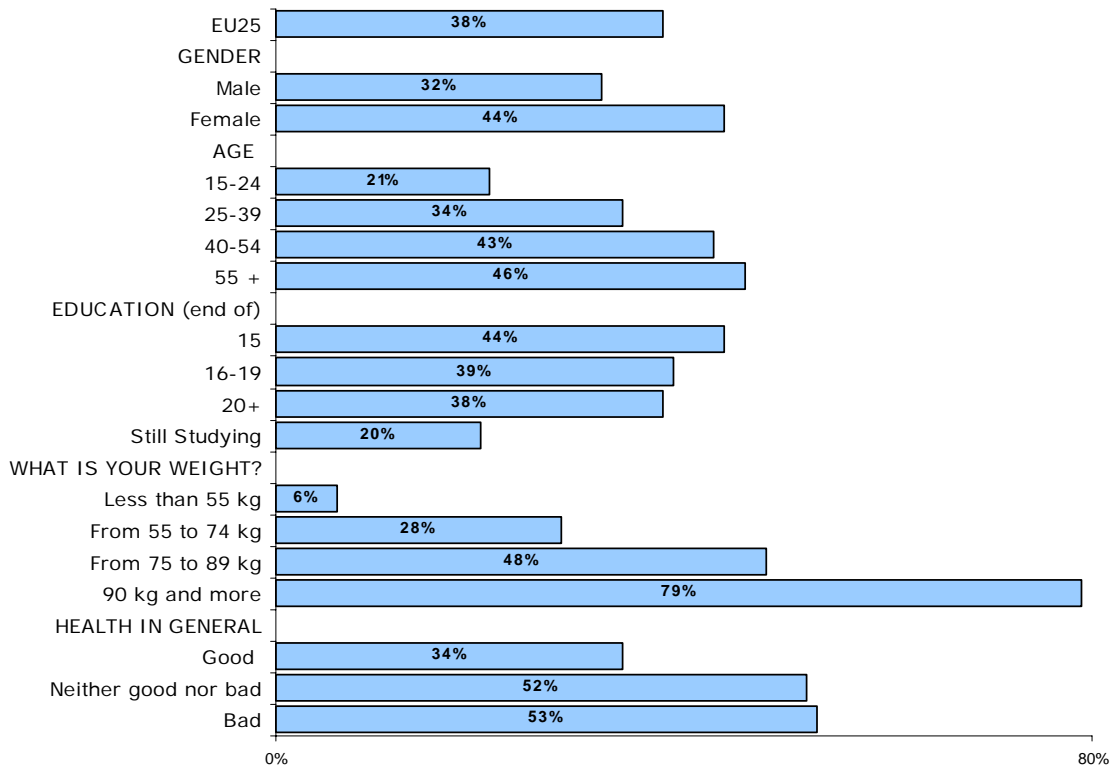


A socio-demographic analysis of the results reveals that **women (44%) are far more likely than men (32%)** to consider that their weight is too high.

The **youngest respondents** are by far the least likely to consider that they are overweight, which translates the reality observed earlier, namely that the weight of individuals increases with age.

Almost 80% of the people weighing 90 kg and over seem to be aware that their weight is too high. Once again there is a clear link between weight and general health: the heaviest respondents are the least healthy.

#### QD7 Would you say that your current weight is too high?



### 3. The eating habits of European Union citizens

Questionnaire source: Q8, Q9, Q13, Q14

#### 3.1. A healthy diet

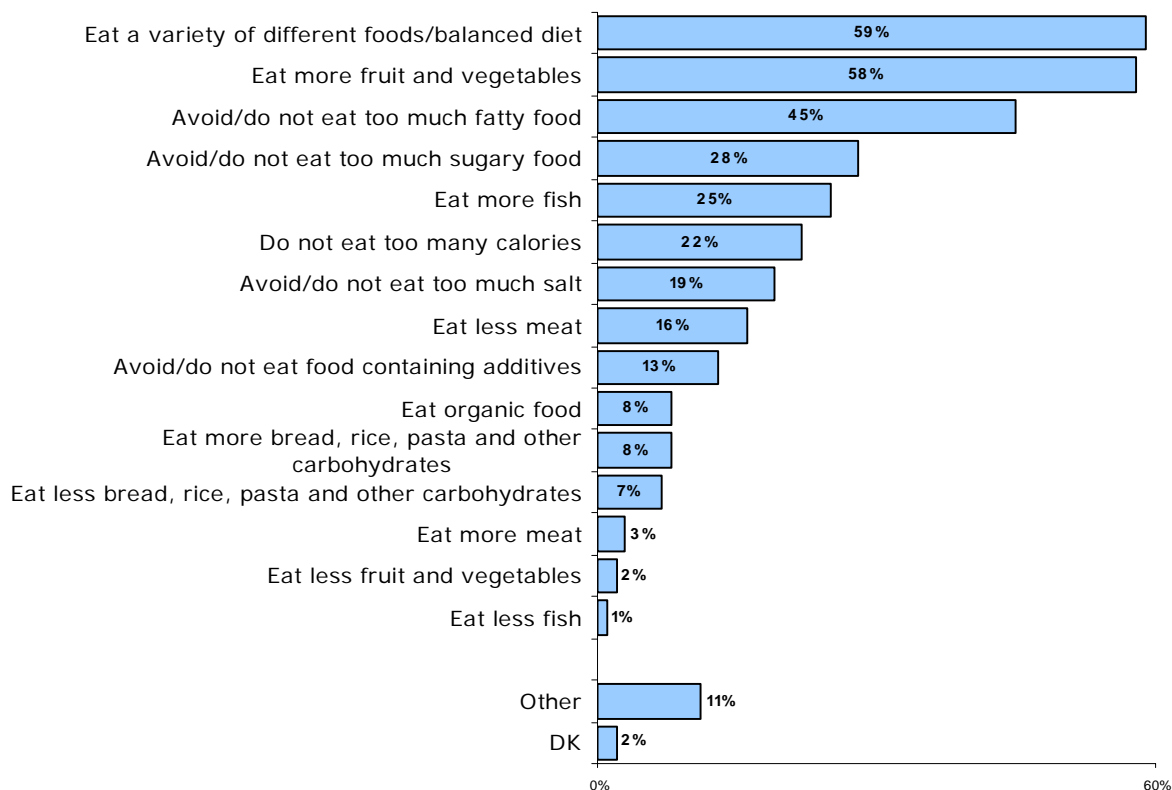
##### 3.1.1. The meaning of "eating a healthy diet"

**- A majority of Europeans believe that "eating a healthy diet" means a "balanced and varied diet", but also involves eating more fruit and vegetables -**

In the European Union, almost three out of five respondents believe that eating a healthy diet means above all eating a variety of different foods (59%) and eating more fruit and vegetables (58%). For more than 45% of respondents, eating too much fat food is incompatible with healthy eating.

Approximately one out of four/five respondents considers that "healthy eating" means avoiding too much sugary food or too much salt and eating more fish.

**Q8 We often hear people talking about the importance of eating a health diet. What do you think "eating a healthy diet" involves?  
(SPONTANIOUS - MULTIPLE ANSWERS POSSIBLE)**



An analysis of the socio-demographic variables for the three most frequently mentioned replies reveals that:

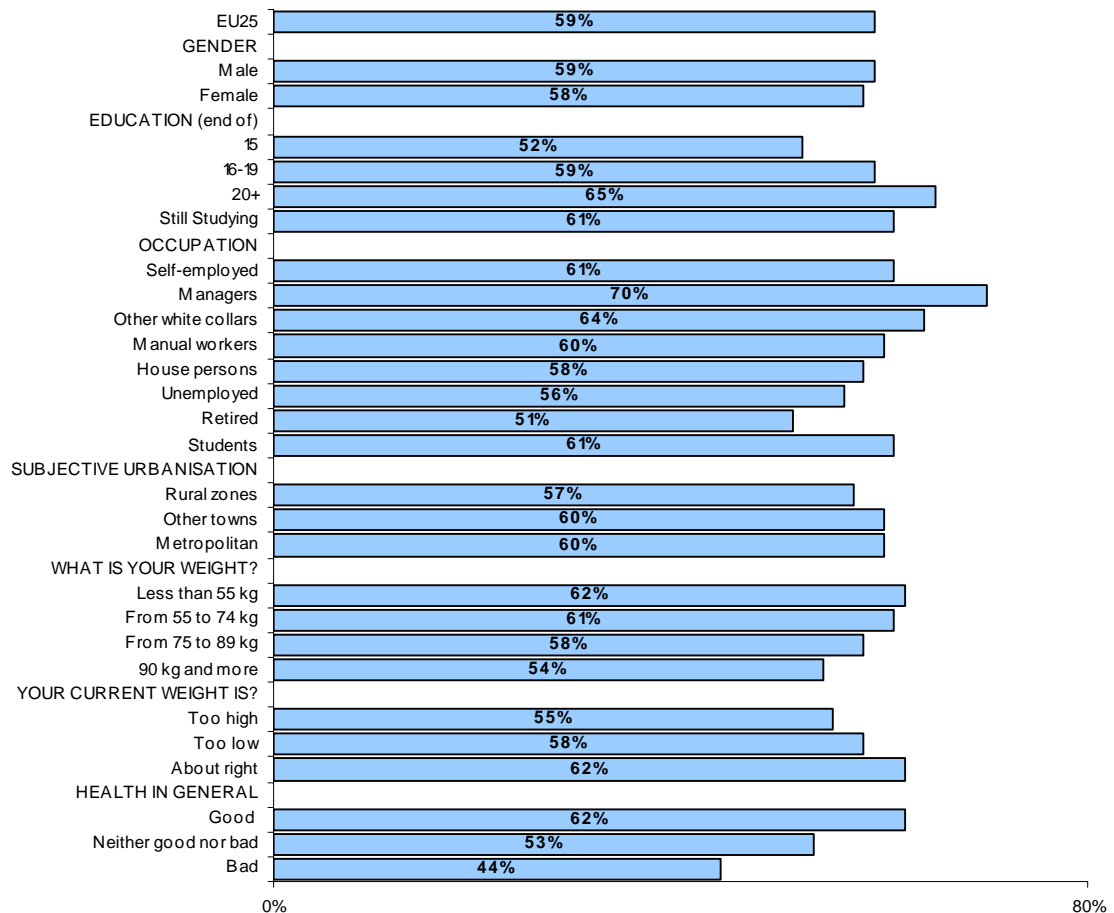
**a. Eating a variety of different foods/having a balanced diet**

**- Those who studied the longest, weigh the least and people who are in good health are more aware of the benefits of a varied diet -**

65% of those who studied up to the age of at least 20 associate healthy eating with eating a variety of different foods and a balanced diet. The same observation applies to a high socio-professional status.

The slimmest people, those who consider that their weight is right and those who consider that they are in good health are more likely to believe that a varied diet contributes to healthy eating.

**Q8 We often hear people talking about the importance of eating a health diet. What do you think "eating a healthy diet" involves?  
Eat a variety of different foods/balanced diet**



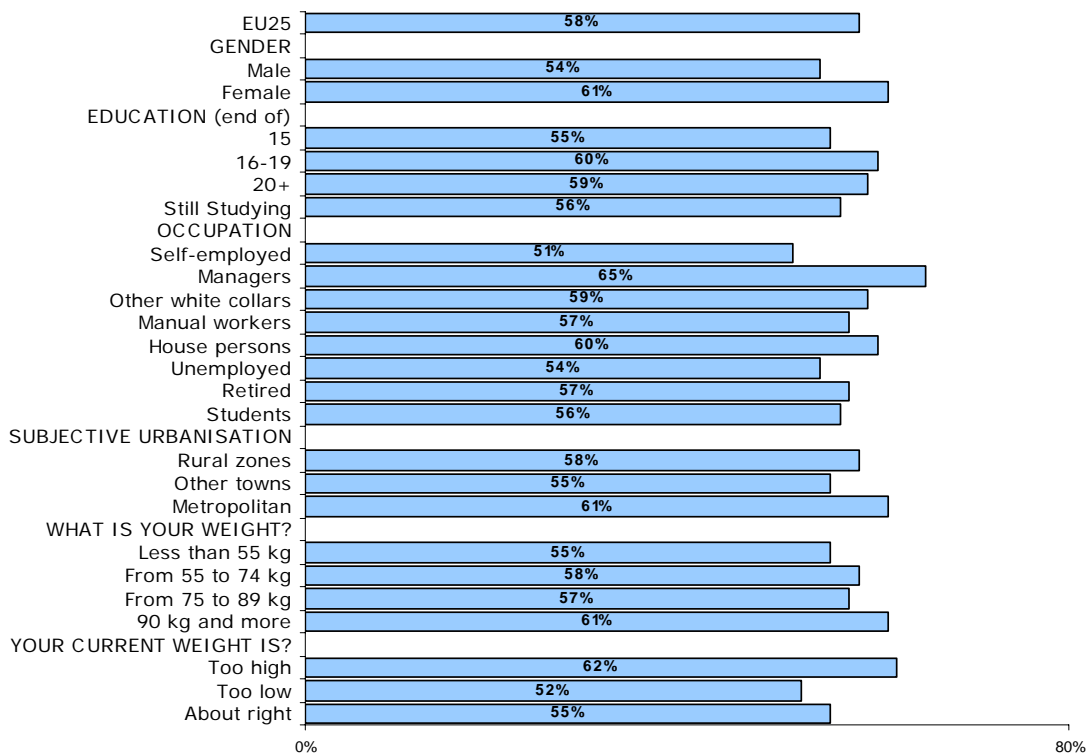
### b. Eating more fruit and vegetables

**Women** are far more likely than men (61% versus 54%) to associate a healthy diet with eating more fruit and vegetables. On the other hand, people who finished their studies the earliest are slightly less likely to make this connection (55%).

In socio-professional terms, **senior managers** also stand out by their greater awareness of the health benefits of eating more fruit and vegetables. On the other hand, self-employed people (51%) seem particularly unconvinced about the benefits of eating more fruit and vegetables.

People living in large towns (61%), the heaviest people (61%) and those who think that their weight is too high (62%) are also more likely to equate healthy eating with eating more fruit and vegetables.

#### Q8 We often hear people talking about the importance of eating a health diet. What do you think "eating a healthy diet" involves? Eat more fruit and vegetables



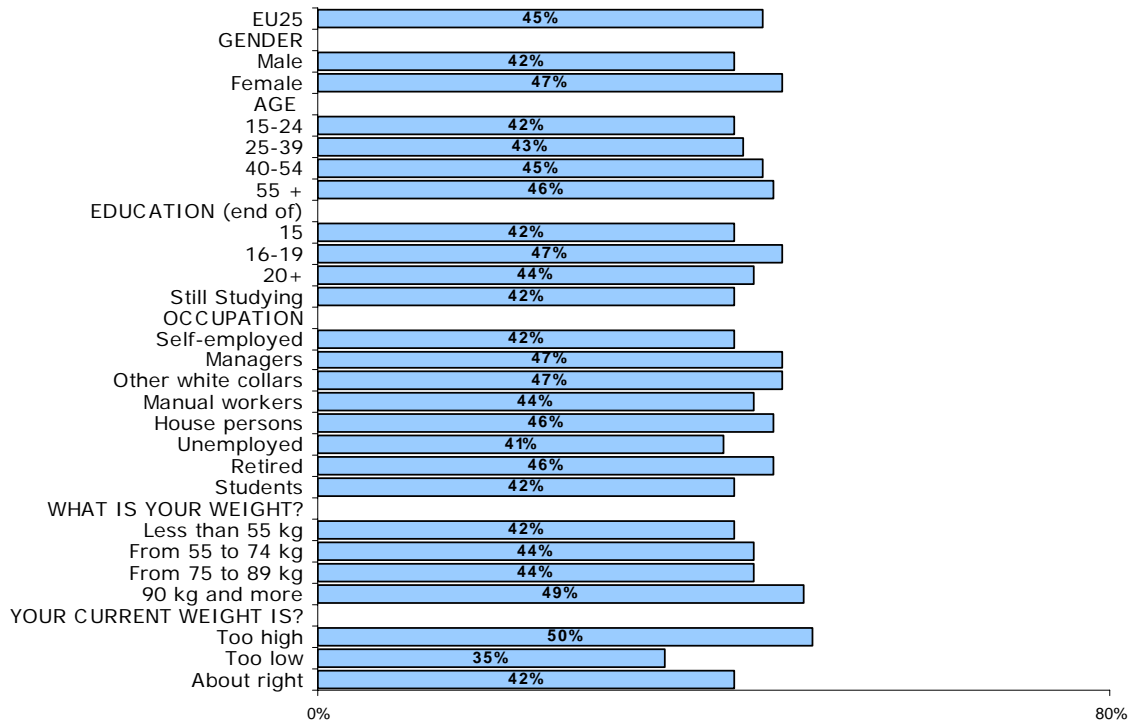
**c. Avoiding, not eating too much fatty food**

Once again, **women** (47%) are more likely than men (42%) to be aware of the meaning of a "healthy diet" and suggest more often avoiding eating too much fatty food. The frequency with which this reply is mentioned also increases slightly with the respondent's age.

Senior managers and people in an employed position are also slightly more aware of the risks of eating too much fatty food.

Finally, people who are overweight (49%) or who think that that their weight is too high (50%) associate healthy eating with eating less fatty food.

**Q8 We often hear people talking about the importance of eating a health diet. What do you think "eating a healthy diet" involves?  
Avoid/do not eat too much fatty food**



### 3.1.2. What Europeans think about the quality of their diet

Questionnaire source: Q9

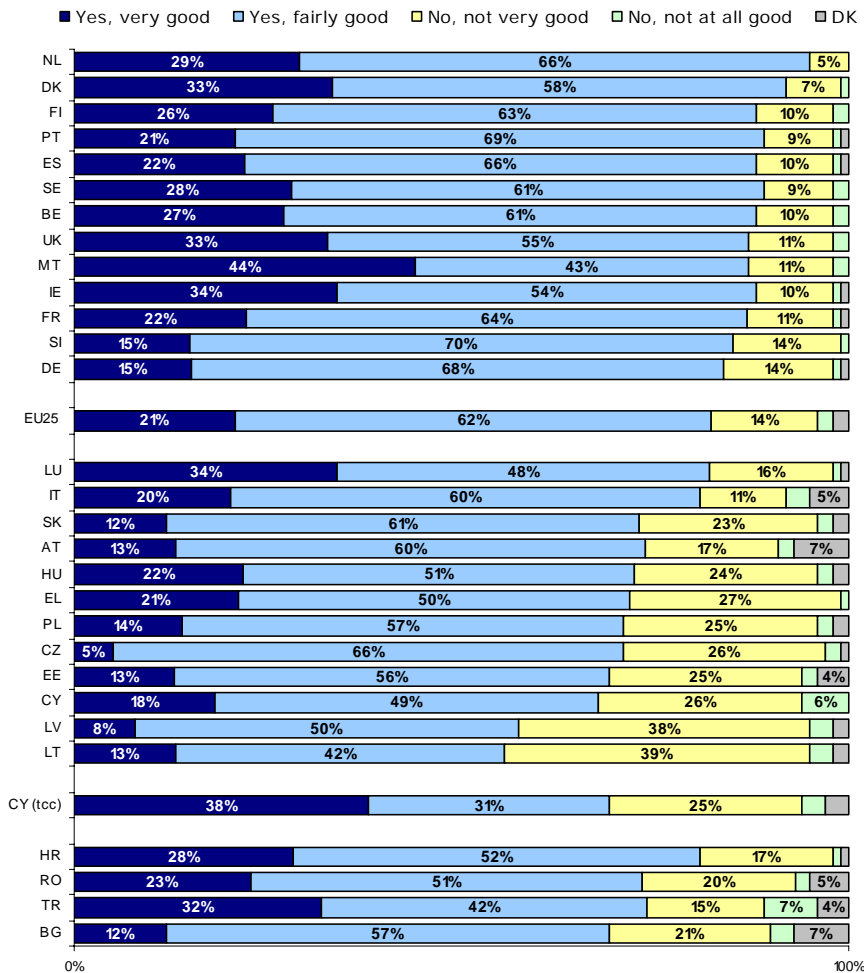
**- 4 out of 5 Europeans consider that what they eat is good for their health -**

More than four out of five European Union citizens (83%) consider that what they eat is good for their health and 21% even declared that their eating habits are very healthy.

These proportions vary considerably within the European Union. Less than 60% of citizens in Latvia (58%) and Lithuania (55%) consider that they have healthy eating habits while the percentage is more than 90% in the Netherlands (95%) and Denmark (91%). The chart below shows that a majority of the new Member States are among the countries where citizens are more likely to consider that they do not eat well.

Overall the results in the candidate and accession countries are comparable to those recorded in most of the new European Union Member States. However, citizens in Croatia stand out in that they have a better opinion of their eating habits.

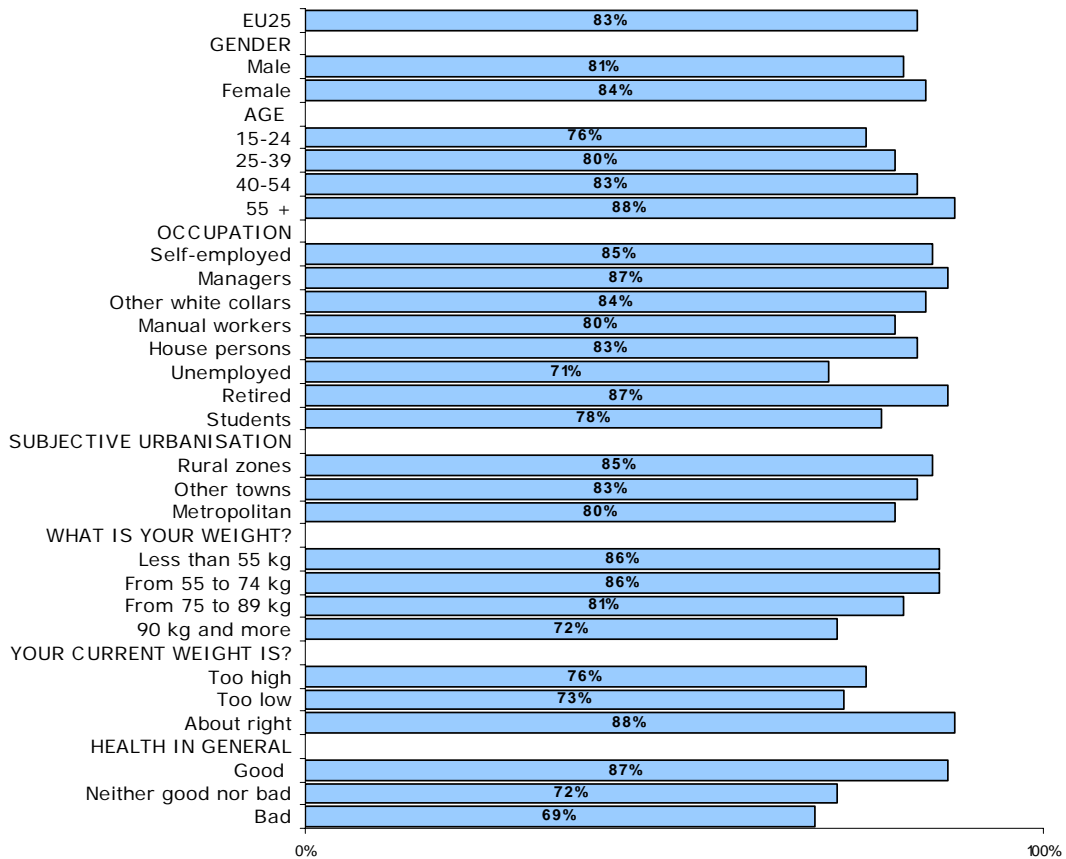
**Q9 Would you say that what you normally eat is good for your health?**



The percentage of respondents who believe that what they eat is good for them varies according to the respondent's age: from 76% among the youngest age group to 88% among the oldest respondents. People with a high professional status are more likely to consider that they eat healthily.

The impact of diet on health is illustrated by the high proportion of people whose health is good and who consider that they have a healthy diet.

**Q9 Would you say that what you normally eat is good for your health?  
Answer: Yes**



### 3.1.3. Is it easy to eat a healthy diet?

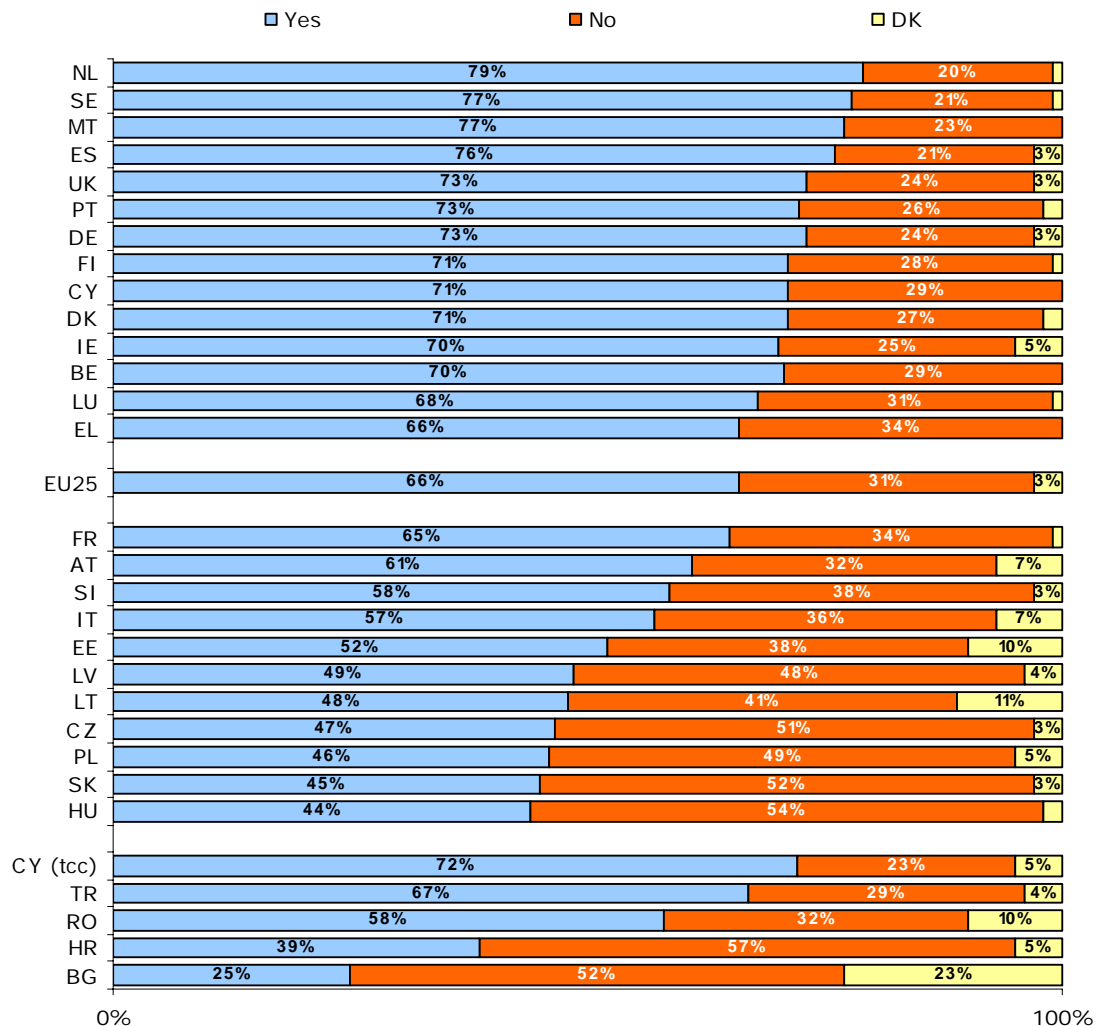
Questionnaire source: Q13

#### - Two-thirds of EU citizens believe that it is easy to eat a healthy diet -

Two-thirds of European Union citizens believe that it is easy to eat a healthy diet. However, when the results are analysed by country, there are important differences between the Member States: seven out of the ten new Member States have the lowest scores as can be seen from the chart below. Malta (77%) is once again the exception and is among the countries with the highest percentages of citizens who consider that it is easy to eat a healthy diet, just behind the Netherlands (79%) and Sweden (77%).

Turkey (67%) stands out among the candidate and accession countries by its percentage of positive replies which is, moreover, above the European average. On the other hand, the corresponding scores are particularly low in Croatia (39%) and above all Bulgaria (25%).

#### Q13 Do you find it easy to eat a healthy diet?

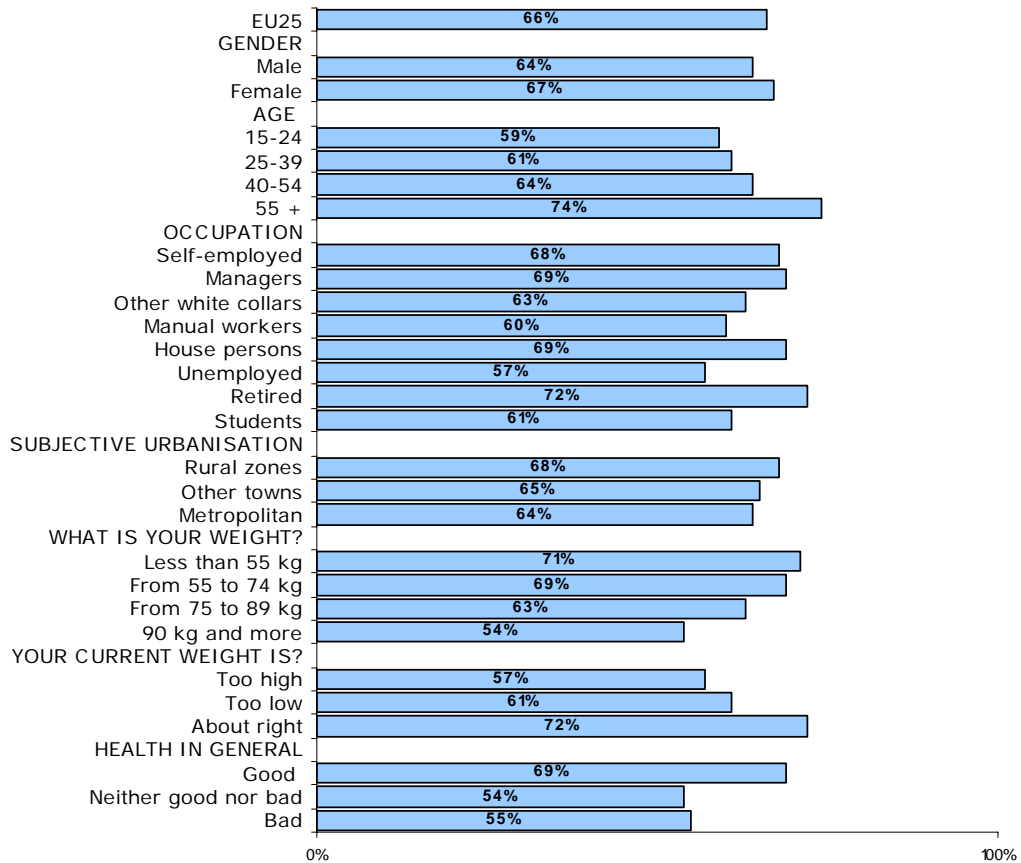


The older the respondents the easier they believe it is to eat a healthy diet and almost three quarters of the "55 and over" age group believe that healthy eating is easy.

**Unemployed people (57%) and students (61%)** are less likely to agree with the idea that it is easy to eat a healthy diet.

The **slimmest people**, the respondents who consider that their weight is right and those who consider that they are in **good health** are far more likely than the others to take the view that it is easy to eat a healthy diet.

**Q13 Do you find it easy to eat a healthy diet?**  
**Answer: Yes**



### 3.1.4. Why is it not easy to eat a healthy diet?

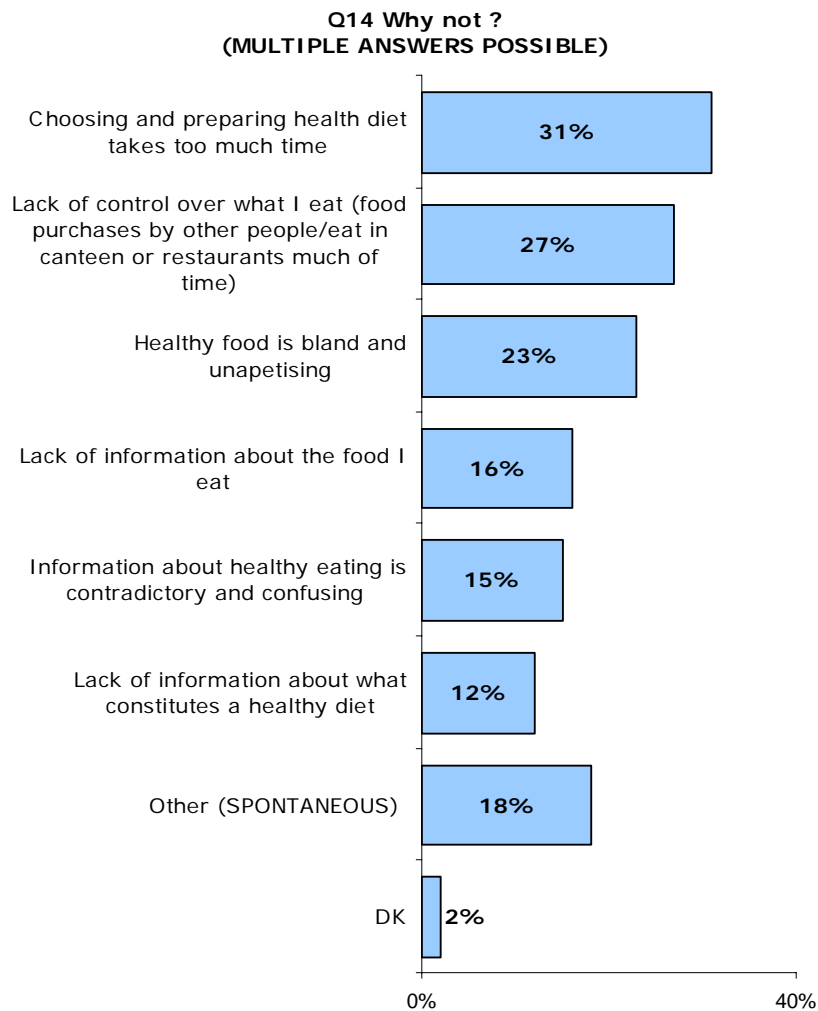
Questionnaire source: Q14

#### - The lifestyle of EU citizens seems to be the main obstacle to healthy eating -

In the European Union, time (31%) and a lack of control over what they eat (27%) are the two main reasons given by people to explain the difficulty in eating a healthy diet.

The third most frequently mentioned reason is that healthy food is seen as bland and unappetising (23%).

On the other hand, the lack of information or the poor quality of available information does not seem to be major obstacles to healthy eating.



An analysis of the frequency with which the various replies are mentioned highlights different reasons why citizens find it difficult to eat a healthy diet:

Choosing and preparing health diet takes too much time		Lack of control over what I eat (food purchases by other people/eat in canteen or restaurants much of time)		Healthy food is bland and unappetising		Lack of information about the food I eat		Information about healthy eating is contradictory and confusing		Lack of information about what constitutes a healthy diet	
SI	53%	LU	43%	MT	56%	IT	23%	DK	28%	AT	26%
CY	45%	IE	38%	CY	46%	EL	22%	SK	28%	EL	23%
DK	44%	LT	38%	IE	35%	EE	21%	CZ	27%	SK	21%
FR	41%	CY	36%	EL	34%	FR	20%	LU	25%	SI	20%
AT	41%	BE	34%	CZ	33%	AT	20%	AT	25%	ES	17%
LV	39%	DE	33%	SI	32%	PL	20%	HU	23%	PT	17%
SE	39%	SK	32%	FI	32%	SI	20%	PL	19%	FR	16%
SK	38%	UK	31%	LT	29%	CY	19%	SI	19%	CY	15%
LU	37%	DK	30%	PT	29%	SK	19%	FI	19%	IT	14%
EE	36%	CZ	29%	DE	28%	HU	17%	DE	17%	BE	13%
IE	35%	MT	28%	AT	26%	EU25	16%	EE	16%	CZ	13%
PL	34%	NL	28%	ES	25%	LU	25%	EU25	15%	LU	13%
EL	33%	EU25	27%	LU	25%	DE	15%	FR	15%	EU25	12%
EU25	31%	FR	27%	SE	25%	LV	14%	CY	15%	EE	12%
CZ	29%	PT	27%	IT	24%	BE	13%	BE	14%	PL	12%
DE	29%	SE	27%	EU25	23%	SE	13%	SE	14%	SE	12%
NL	29%	AT	26%	BE	23%	FI	12%	LV	13%	DE	10%
BE	28%	IT	24%	LV	22%	LU	11%	ES	12%	DK	9%
ES	28%	EE	23%	UK	22%	LT	9%	IT	12%	LT	9%
FI	28%	EL	23%	SK	21%	PT	9%	EL	10%	IE	8%
LT	27%	ES	23%	DK	19%	UK	9%	IE	10%	LV	8%
IT	26%	PL	21%	EE	19%	DK	8%	LT	10%	FI	8%
HU	26%	SI	21%	FR	17%	ES	8%	NL	9%	HU	7%
UK	25%	HU	17%	HU	16%	IE	8%	PT	9%	UK	4%
MT	17%	FI	17%	NL	16%	MT	3%	UK	6%	NL	3%
PT	11%	LV	14%	PL	15%	NL	3%	MT	3%	MT	2%
CY (tcc)	5%	CY (tcc)	13%	CY (tcc)	20%	CY (tcc)	7%	CY (tcc)	17%	CY (tcc)	28%
BG	37%	HR	26%	RO	17%	TR	30%	TR	24%	TR	33%
HR	31%	TR	26%	BG	16%	RO	19%	BG	15%	RO	21%
RO	24%	RO	18%	HR	16%	BG	16%	RO	12%	HR	13%
TR	12%	BG	11%	TR	9%	HR	10%	HR	11%	BG	11%

**Time**, the main reason given at European level to explain the difficulty in eating a healthy diet, was mentioned very frequently in Slovenia (53%), Cyprus (45%) and Denmark (44%). On the other hand, this reason was mentioned by relatively few citizens in Malta (17%) and Portugal (11%).

Only 11% of citizens in Bulgaria, 13% of inhabitants in the Turkish Cypriot Community and 14% of citizens in Latvia mentioned the **lack of control over what they eat**, while this reason was mentioned by 43% of citizens in Luxembourg and 38% of citizens in Ireland and Lithuania.

A majority of citizens in Malta (56%) and 46% of Cypriots **think that healthy food is bland and unappetising** whereas only 9% of Turkish citizens and 15% of Polish citizens mentioned this reason.

Only 3% of citizens in Malta and the Netherlands mentioned a **lack of information about what they eat** while the corresponding percentage is more than 20% in Italy (23%), Greece (22%) and Estonia (21%).

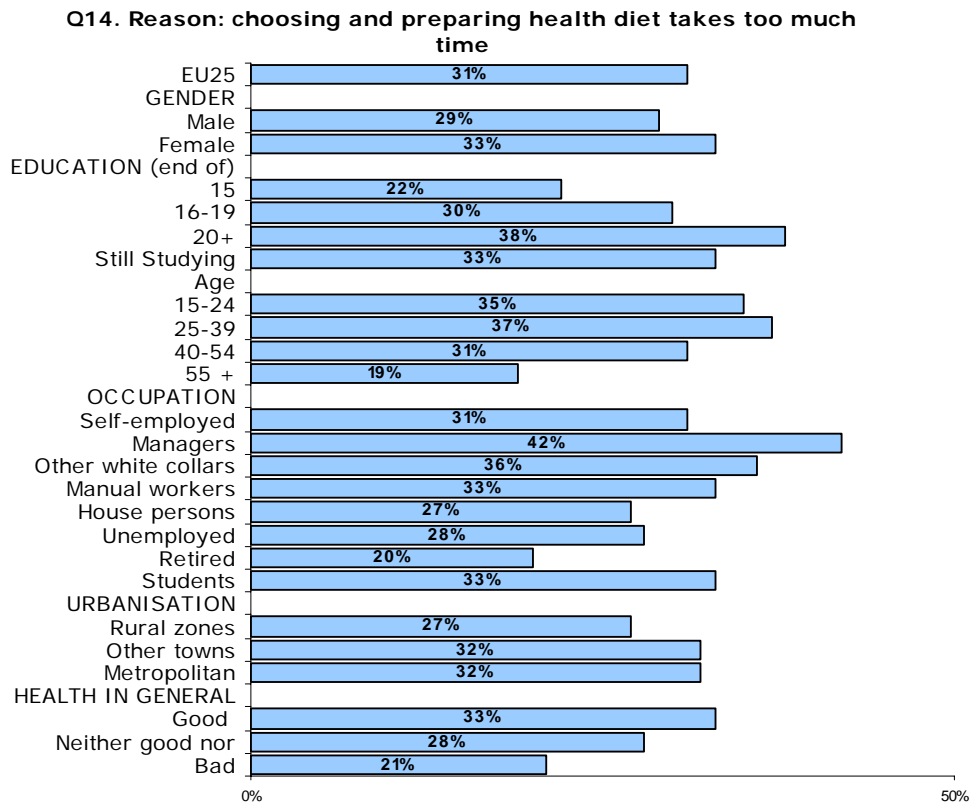
Some 28% of citizens in Denmark and Slovakia, and 27% of Czech citizens consider that **information about healthy eating is contradictory and confusing**. On the other hand, only 3% of citizens in Malta and 6% of British citizens gave that as a reason.

**The lack of information about what constitutes a healthy diet** was mentioned by very few citizens in Malta (2%), the Netherlands (3%) and the United Kingdom (4%). On the other hand, this reason was mentioned by more than 20% of citizens in Austria (26%), Greece (23%) and Slovakia (21%).

**- The lack of time tends to be mentioned more frequently by people with the highest socio-professional status -**

An analysis of the results by socio-demographic variables for the three most frequently mentioned replies reveals that a lack of time is mentioned particularly often by people who **studied the longest** (38%), **senior managers** (42%) and to a lesser extent by people in an employed position (36%).

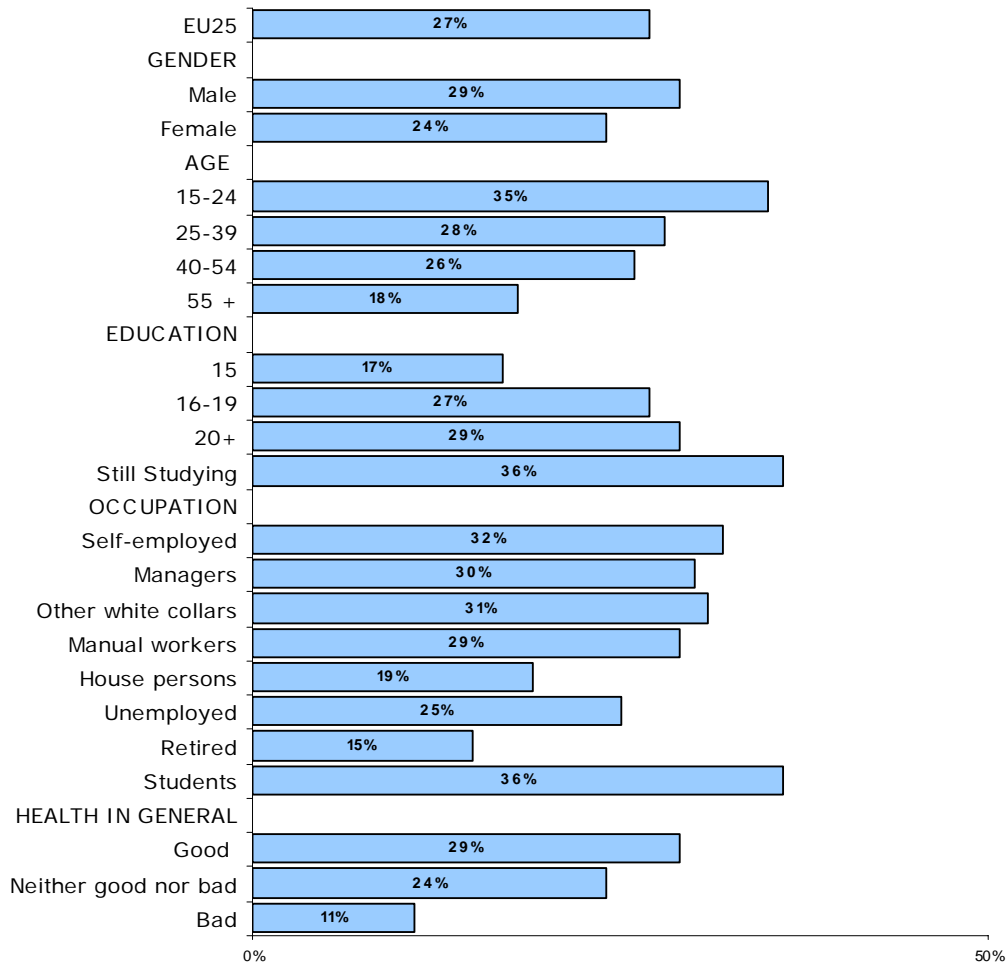
Finally, it is noteworthy that people living in **rural areas** seem to be less affected by a lack of time than people living in large towns.



**- The lack of control over what they eat is mentioned particularly often by active people and those in the youngest age group -**

The lack of control over what they eat was mentioned more frequently by men (29%), young people (35%), students (36%) and "active" people (from 29% among manual workers to 36% among self-employed people). This lack of control seems consequently to be linked to the lack of independence or availability of those categories, either because they work outside the home or because they are not in charge of the food purchases.

**Q14. Reason: Lack of control over what I eat (food purchases by other people/eat in canteen or restaurants much of time)**

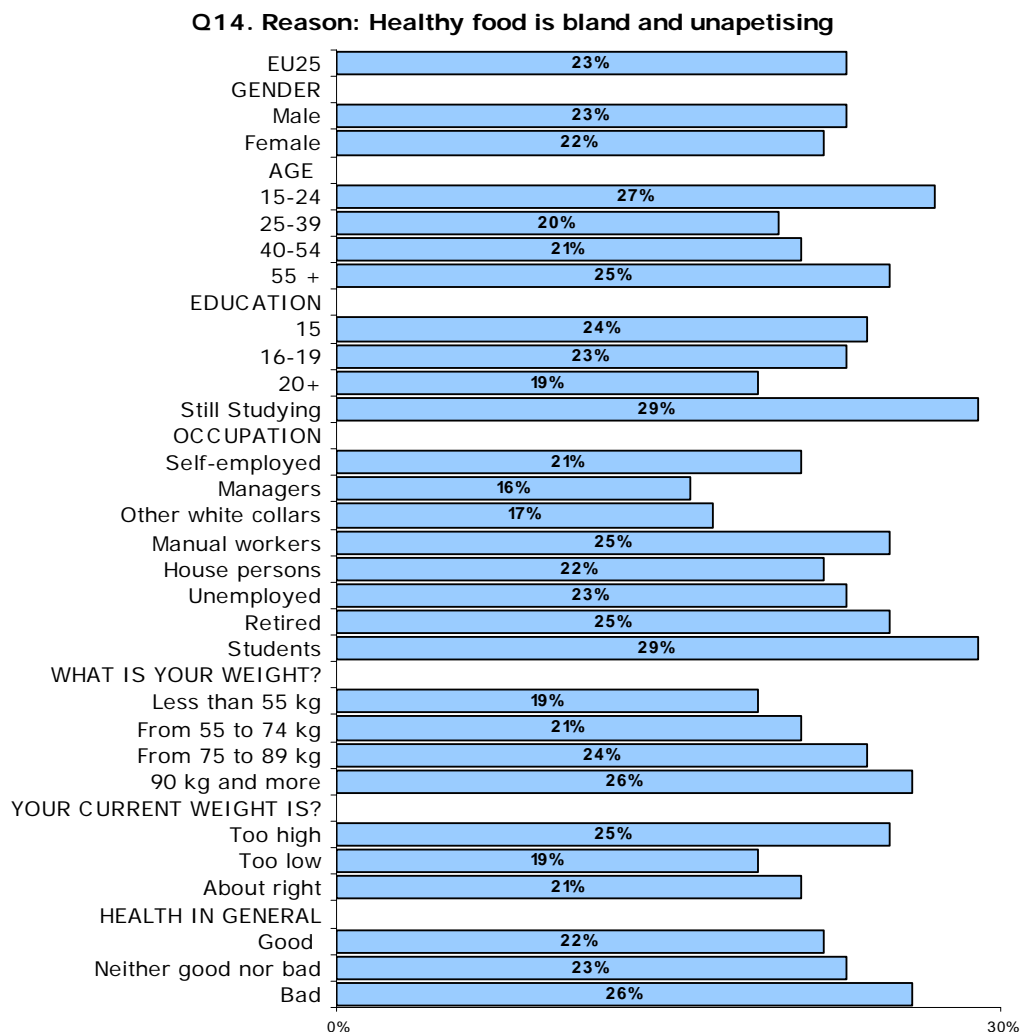


**- The youngest respondents, those who left school the earliest and overweight people mention more frequently that healthy food is bland and unattractive -**

The youngest (27%) and oldest (25%) respondents mentioned **more frequently** the view that healthy food is bland and unattractive as the reason why they find it difficult to eat a healthy diet.

On the other hand, this reason was mentioned **far less** by people who stayed longer in full-time education (19%), senior managers (16%) and people in an employed position (17%).

The heaviest respondents and those who consider that they weigh too much tend to mention this reason more frequently.



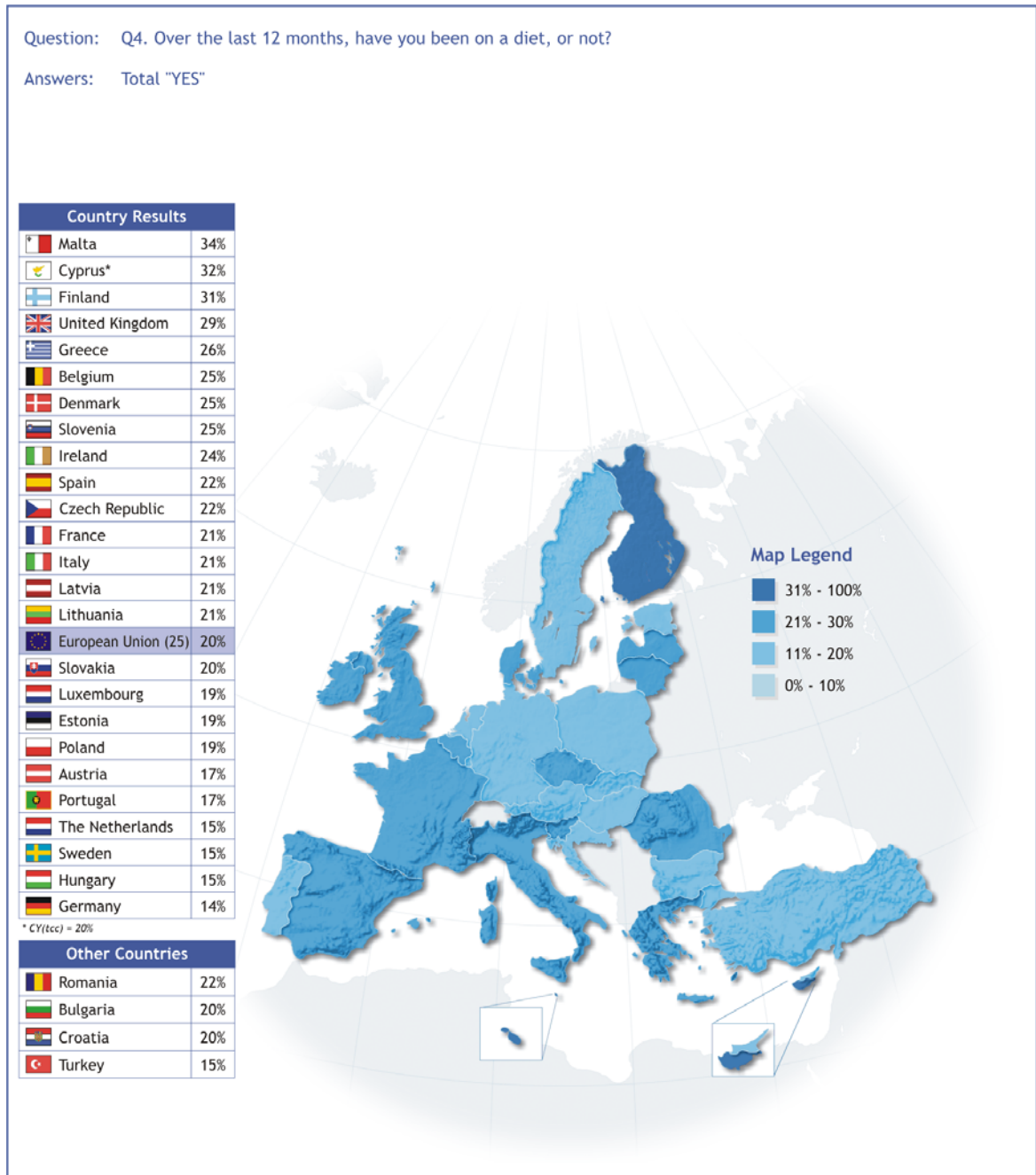
### 3.2. A change in eating habits

#### 3.2.1. European citizens who have dieted over the last 12 months

Questionnaire source: Q4

**- One out of five Europeans has dieted over the last 12 months-**

In Europe, approximately one of five respondents has been on a diet over the last 12 months. Those who have went on a diet did so either of their own volition (11%), or because they were following their doctor's advice (8%).



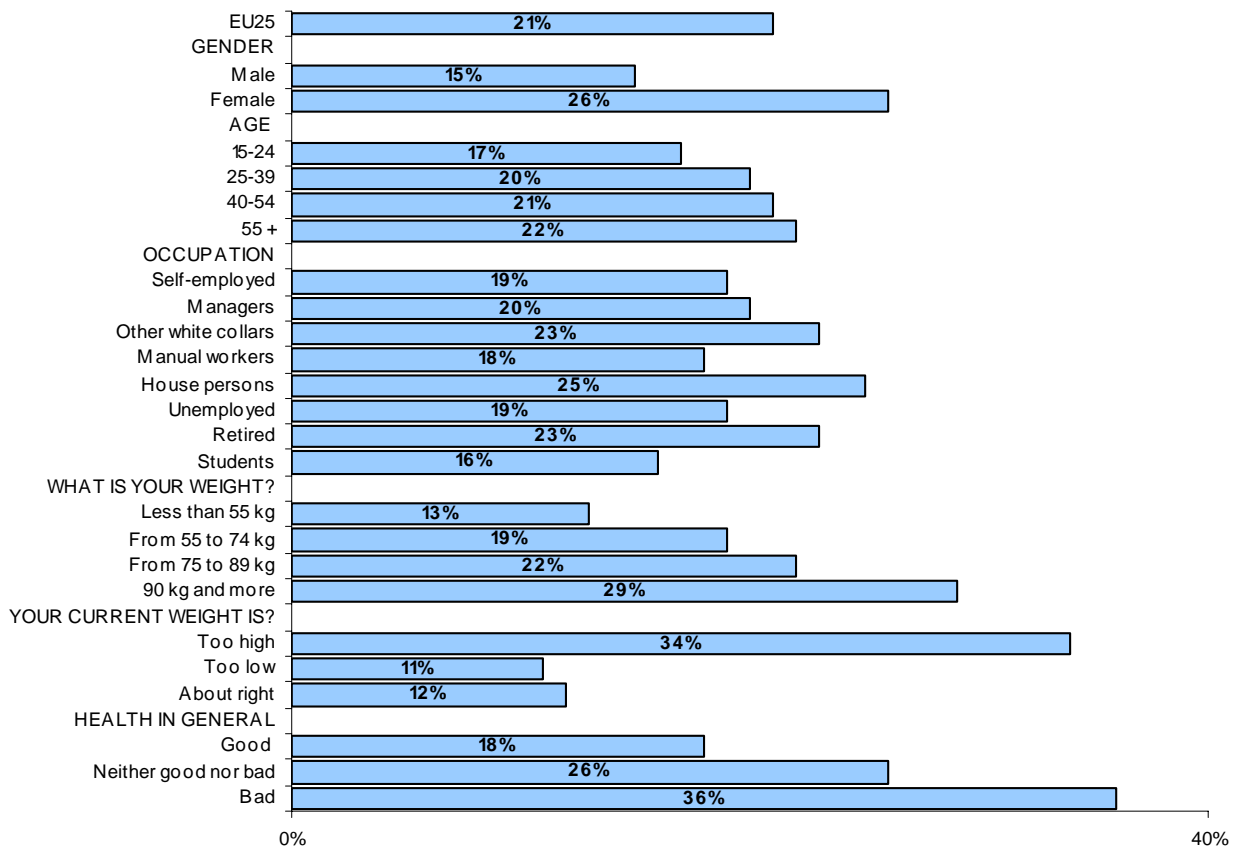
**Women (26%)** are far more likely than men (15%) to have been on a diet over the last 12 months.

This frequency **increases slightly with age**. In terms of the respondent's occupation, **people looking after the home (25%)** and **retired people (23%)** are among those who are more likely to have been on a diet. These higher rates can be explained by the higher proportion of women in the first group and by age related health problems in the second group. The percentage of people who have dieted is also higher among those in an employed position.

**- People go on a diet because they have either a weight or health problem -**

Among those who consider that their weight is too high, 34 have been on a diet over the last 12 months, i.e. three times more than the other categories for this variable. Respondents who consider that their health is poor are also more likely to have been on a diet.

**Q4 Over the last 12 months, have you been on a diet, or not?**



### 3.2.2. European citizens who have changed what they eat or drink within the last 12 months

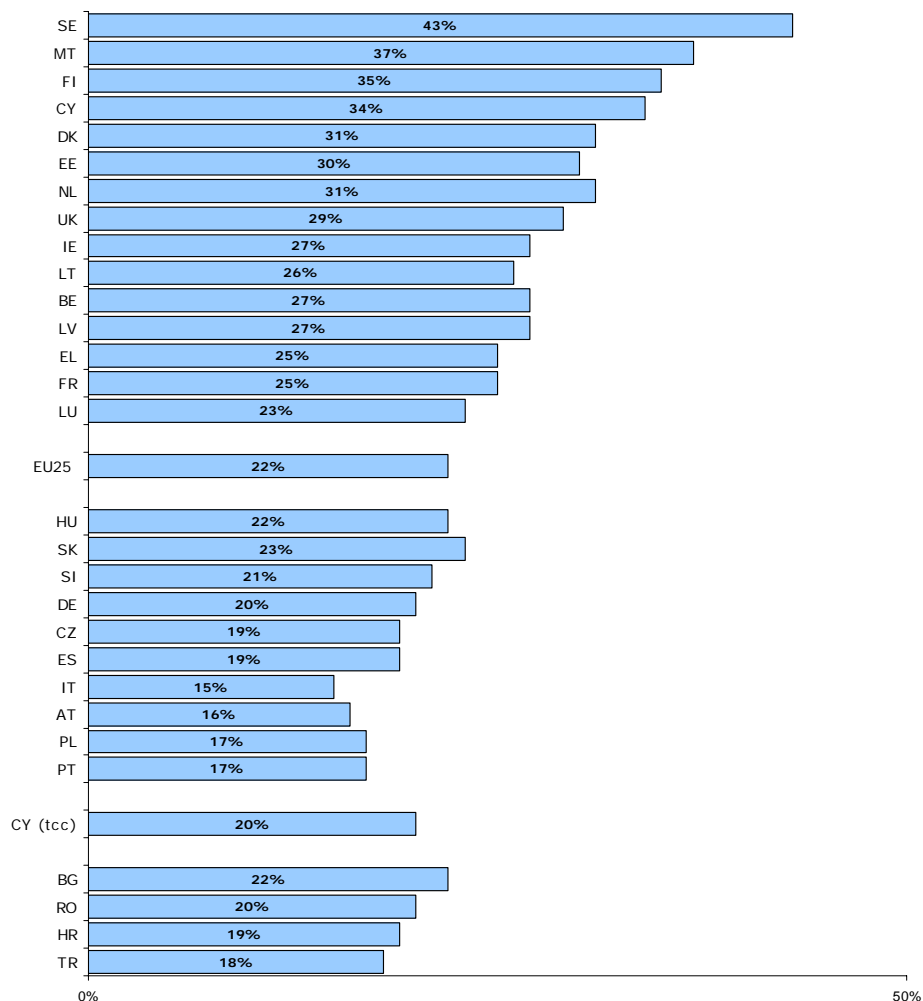
Questionnaire source: Q10

#### - One in five Europeans has changed what he or she eats within the last year -

In the European Union, approximately one in five respondents (22%) has changed his or her eating habits over the last year. It is to be noted that this proportion is similar to the percentage of Europeans who declared that they had been on a diet during the same period.

This proportion varies considerably within Europe: more than a third of citizens in Sweden (43%), Malta (37%), Finland (35%) and Cyprus (34%) declared that they had changed what they eat or drink over the last twelve months, while barely 15% of Italians and 16% of Austrians have changed their eating or drinking habits. The percentages of positive replies in the candidate and accession countries are generally lower than the European average.

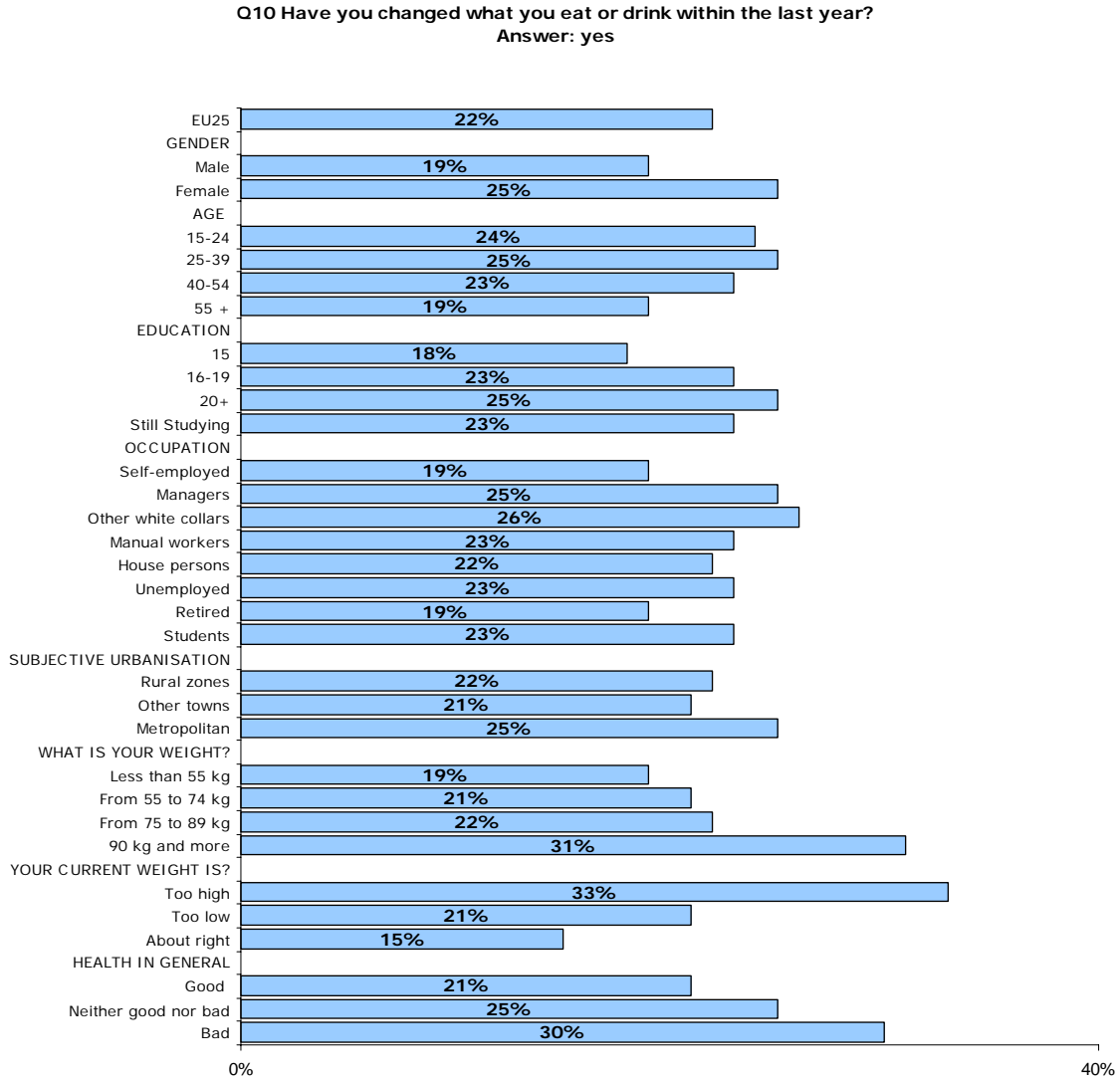
Q10 Have you changed what you eat or drink within the last year?  
Answer: yes



**Women** (25%) are more likely than men (19%) to have changed their eating or drinking habits over the past year.

People aged under 55, those who studied the longest, senior managers and people in an employed position, and those living in large towns are also more likely to have changed what they eat or drink over the last year.

People sometimes make the decision to go on a diet for health reasons and people who consider that their weight is too high or are in bad health are more likely to have changed their eating or drinking habits.



### 3.2.3. Type of change made

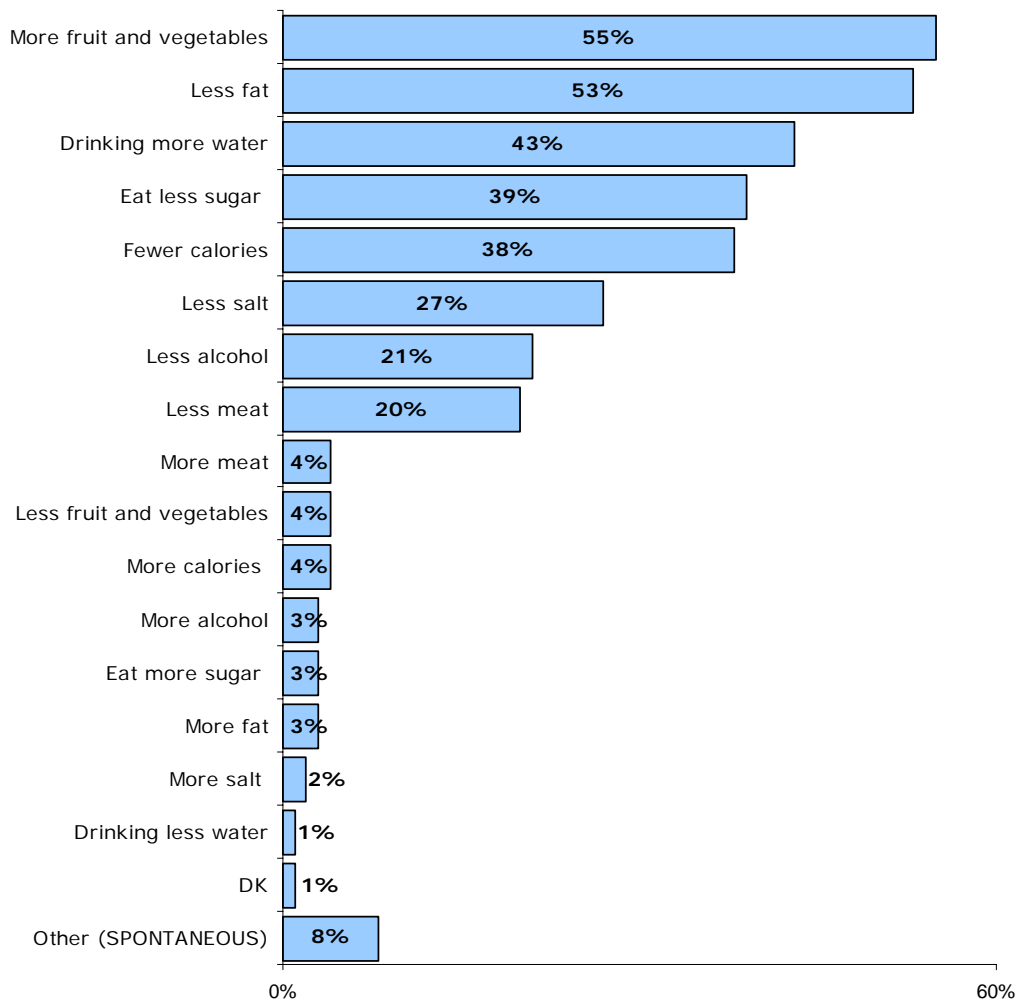
Questionnaire source: Q11 – Filtered question

**- The most frequently mentioned changes are eating more vegetables and less fat -**

A majority of the respondents who have changed what they eat or drink over the last year declared that they eat more vegetables (55%) and less fat (53%).

Several other changes were also mentioned: approximately four out of ten respondents mentioned drinking more water (43%), eating less sugar (39%) and fewer calories (38%).

**Q11 What kind of changes did you make?  
(EU25)**



An analysis of the results by country reveals important differences in what people eat and drink.

**Eating more fruit and vegetables** was preferred by four out of ten respondents having changed their eating habits in Spain (40%), Portugal (42%) and Turkey (39%), while the corresponding proportion is 70% in Denmark and Slovenia. It is noteworthy that the percentages recorded in the Mediterranean countries are lower. This suggests that there is a link between the scores recorded and the already higher consumption of fruit and vegetables in those countries.

More than two-thirds (68%) of citizens in Slovenia and Cyprus have changed their eating habits, declaring that they **eat less fat**, compared with only 36% of citizens in Lithuania and 34% of inhabitants of the Turkish Cypriot Community.

Almost or just over 60% of citizens in Denmark (62%), Belgium, the Czech Republic and Slovakia (59%) declared that they have changed what they eat and drink **by drinking more water**, compared with only 20% in Spain and 17% in Turkey.

More than 60% of Swedish citizens (63%) declared that they **eat less sugar**, compared with only 29% of citizens in Latvia, 30% of Turkish citizens and 13% of inhabitants of the Turkish Cypriot Community.

A majority of Austrians (55%) declared that they consume **fewer calories** while the corresponding percentage is as low as one in four respondents in Sweden and the United Kingdom.

More than four out of ten respondents in Portugal (43%) and the United Kingdom declared that they **eat less salt** compared with only 16% of Danish and Dutch citizens.

Almost 30% of citizens in Denmark and the United Kingdom (29%) declared that they **drink less alcohol** compared with only 7% of respondents in Hungary and 2% of Turkish citizens.

A third of citizens in Slovenia (34%) and Germany mentioned as the main change in their eating habits the fact that they **eat less meat**, compared with only 9% of citizens in Sweden and Spain.

## Q11 What kind of changes did you make? (SEVERAL ANSWERS POSSIBLE)

More fruit and vegetables		Less fat		Drinking more water		Eat less sugar		Fewer calories		Less salt		Less alcohol		Less meat	
DK	70%	CY	68%	DK	62%	SE	63%	AT	55%	PT	43%	DK	29%	SI	34%
SI	70%	SI	68%	BE	59%	SI	49%	EL	49%	UK	41%	UK	29%	DE	33%
EE	69%	PT	66%	CZ	59%	DK	47%	DE	47%	SK	39%	AT	26%	BE	32%
CZ	68%	LU	64%	SK	59%	EE	47%	SI	46%	LT	37%	EE	24%	LU	31%
SE	67%	DK	63%	LU	58%	PT	47%	ES	45%	EE	36%	FR	24%	LT	29%
CY	62%	FR	61%	MT	56%	BE	46%	IT	44%	IE	36%	CZ	23%	CY	28%
SK	60%	EE	58%	SI	54%	EL	46%	PT	44%	SI	35%	BE	22%	AT	26%
UK	60%	LT	58%	UK	53%	CY	46%	CZ	43%	EL	33%	DE	22%	EL	25%
DE	59%	PL	57%	DE	50%	MT	46%	DK	43%	FI	30%	LT	22%	FR	24%
LU	58%	EL	56%	CY	50%	CZ	42%	IE	41%	CY	29%	SI	22%	MT	24%
AT	57%	FI	56%	IE	48%	SK	41%	LU	41%	<b>EU25</b>	<b>27%</b>	SE	22%	PT	24%
PL	57%	DE	55%	AT	48%	<b>EU25</b>	<b>39%</b>	PL	41%	IT	26%	<b>EU25</b>	<b>21%</b>	PL	22%
<b>EU25</b>	<b>55%</b>	IE	55%	EE	46%	FI	39%	FI	41%	HU	26%	IE	21%	EE	21%
IE	55%	BE	54%	NL	46%	FR	38%	BE	40%	PL	26%	LU	21%	<b>EU25</b>	<b>20%</b>
LT	55%	SK	54%	SE	46%	LU	38%	CY	39%	MT	25%	PT	21%	SK	19%
FR	54%	<b>EU25</b>	<b>53%</b>	<b>EU25</b>	<b>43%</b>	NL	38%	HU	39%	ES	24%	LV	20%	DK	18%
HU	54%	MT	52%	FR	41%	DE	37%	<b>EU25</b>	<b>38%</b>	LV	24%	SK	20%	IT	18%
EL	53%	SE	52%	EL	40%	LT	37%	EE	38%	AT	24%	FI	19%	NL	16%
LV	53%	UK	51%	FI	39%	AT	37%	NL	37%	BE	23%	ES	18%	IE	15%
MT	53%	AT	50%	LV	37%	PL	37%	SK	36%	CZ	23%	MT	16%	HU	15%
FI	53%	ES	47%	PL	33%	UK	37%	FR	35%	SE	23%	EL	15%	UK	13%
BE	51%	CZ	46%	LT	32%	IE	35%	LT	32%	FR	21%	IT	14%	CZ	12%
IT	50%	NL	44%	PT	31%	IT	35%	MT	27%	LU	21%	CY	12%	FI	11%
NL	46%	HU	43%	HU	30%	HU	35%	LV	26%	DE	19%	NL	11%	LV	10%
PT	42%	IT	41%	IT	28%	ES	31%	SE	25%	DK	16%	PL	11%	ES	9%
ES	40%	LV	36%	ES	20%	LV	29%	UK	25%	NL	16%	HU	7%	SE	9%
CY (tcc)	45%	CY (tcc)	34%	CY (tcc)	31%	CY (tcc)	13%	CY (tcc)	40%	CY (tcc)	20%	CY (tcc)	6%	CY (tcc)	22%
RO	58%	RO	63%	HR	40%	HR	43%	TR	43%	RO	46%	RO	26%	RO	32%
BG	56%	HR	59%	RO	29%	RO	33%	HR	38%	BG	35%	HR	20%	BG	27%
HR	55%	TR	47%	BG	28%	BG	31%	RO	31%	HR	33%	BG	15%	HR	24%
TR	39%	BG	46%	TR	17%	TR	30%	BG	27%	TR	33%	TR	2%	TR	17%

The frequency with which the different types of changes are mentioned is higher among **women**, with one important exception, namely alcohol consumption: 28% of men who declared that they have changed what they eat or drink have reduced their **alcohol** consumption compared with only 16% of women.

For most of the replies mentioned **the frequency of the change in eating or drinking habits increases with age**. This is particularly noticeable as regards the consumption of fat, sugar, calories, meat and salt. However, the opposite applies as regards drinking water.

Q11 What kind of changes did you make? (SEVERAL ANSWERS POSSIBLE)

	More fruit and vegetables	Less fat	Drinking more water	Eat less sugar	Fewer calories	Less meat	Less salt	Less alcohol
<b>EU25</b>	55%	53%	43%	39%	38%	20%	27%	21%
<b>GENDER</b>								
Male	51%	51%	40%	37%	37%	19%	26%	28%
Female	57%	54%	44%	40%	40%	21%	27%	16%
<b>AGE</b>								
15-24	52%	40%	48%	30%	31%	11%	20%	19%
25-39	55%	47%	43%	36%	33%	15%	23%	22%
40-54	59%	59%	45%	41%	43%	23%	26%	22%
55 +	53%	60%	37%	45%	45%	29%	36%	19%
<b>SUBJECTIVE URBANISATION</b>								
Rural zones	58%	55%	42%	41%	36%	19%	28%	19%
Other towns	55%	54%	43%	38%	41%	22%	25%	21%
Metropolitan	52%	48%	43%	38%	39%	20%	28%	22%
<b>WHAT IS YOUR WEIGHT?</b>								
Less than 55 kg	51%	41%	39%	34%	21%	20%	21%	14%
From 55 to 74 kg	54%	49%	40%	36%	36%	21%	25%	17%
From 75 to 89 kg	58%	58%	46%	40%	41%	21%	29%	26%
90 kg and more	57%	58%	46%	46%	49%	17%	29%	26%
<b>YOUR CURRENT WEIGHT IS?</b>								
Too high	59%	58%	45%	44%	45%	21%	29%	21%
Too low	40%	27%	29%	20%	16%	19%	20%	14%
About right	51%	47%	41%	33%	31%	19%	24%	21%
<b>HEALTH IN GENERAL</b>								
Good	56%	51%	44%	38%	37%	19%	26%	21%
Neither good nor bad	50%	56%	41%	39%	42%	23%	28%	18%
Bad	54%	57%	33%	47%	45%	27%	32%	25%

**People who are in poor health are more likely to mention eating less fat, less sugar, fewer calories, less meat and less salt.** On the other hand, it is particularly noticeable that people in good health tend to opt for drinking more water.

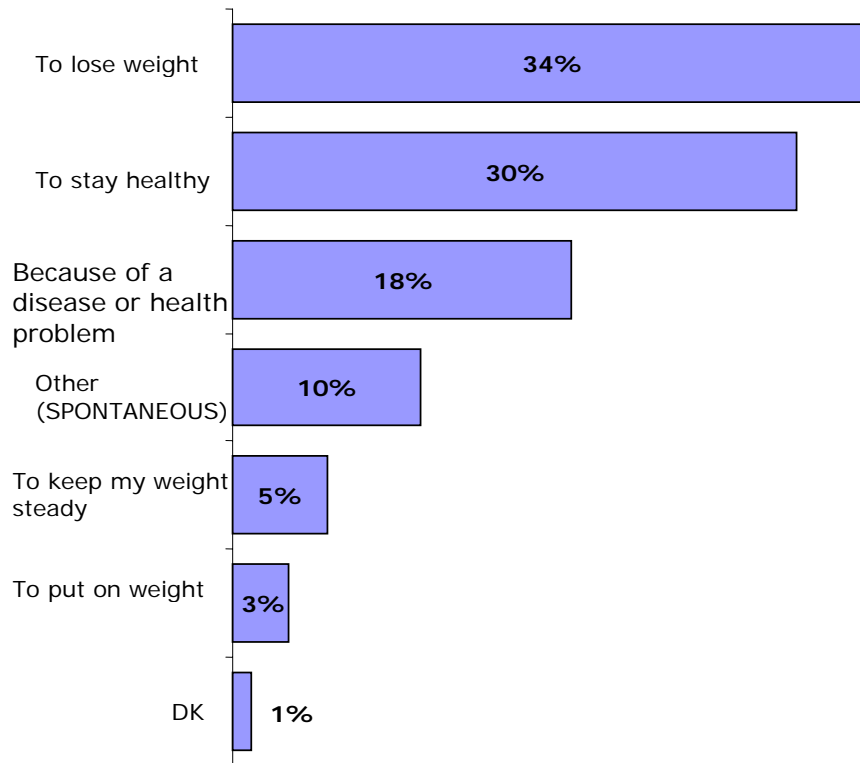
### 3.2.4. The main reason for these changes

Questionnaire source: Q12 – Filtered question

**- The main reasons given by people for changing what they eat or drink are wanting to lose weight and wanting to stay healthy -**

The reasons the most frequently mentioned by people who have changed what they eat or drink are wanting to lose weight (34%) and wanting to stay healthy (30%). Approximately one in five Europeans stated that they had made such change because of an illness or health problem (18%). The other reasons were mentioned far less frequently.

**Q12 What was the main reason for these changes? Was it...?  
(EU25)**



The main reason given in approximately half of the European Union Member States was the wish to lose weight; the other Member States mentioned more frequently the wish to stay healthy. The percentages vary considerably within the EU: only 22% of citizens in Lithuania mentioned losing weight compared with more than half of Austrians (55%). On the other hand, 21% of Austrians and Spaniards mentioned “staying healthy” compared with 43% of Finish citizens.

Citizens in Portugal (38%), Rumania, Bulgaria and Croatia (35%) explained more often the change in what they eat or drink by an illness or health problem.

An analysis of the results by socio-demographic variables reveals that wanting to lose weight is mentioned far more frequently by women (39%), people who finished their studies between the ages of 16 and 19 (39%) and people looking after the home (42%).

Quite logically, the heaviest people (46%) mentioned more frequently wanting to “lose weight”, while those who consider that their weight is right (41%) mentioned “staying healthy” and those who consider that their health is poor and retired people (40%) mentioned an “illness or health problem”. People with the highest socio-professional status also mentioned more frequently the wish to “stay healthy” as the reason for changing their eating to drinking habits.

Q12 What was the main reason for these changes? Was it...?

	To lose weight	To stay healthy	Because of a disease or health problem
<b>EU25</b>	<b>34%</b>	<b>30%</b>	<b>18%</b>
<b>GENDER</b>			
Male	26%	34%	19%
Female	<b>39%</b>	27%	17%
<b>AGE</b>			
15-24	33%	31%	7%
25-39	37%	29%	10%
40-54	38%	31%	18%
55 +	27%	29%	33%
<b>EDUCATION (end of)</b>			
15	30%	26%	32%
16-19	<b>39%</b>	28%	17%
20+	30%	<b>35%</b>	14%
Still Studying	31%	31%	8%
<b>OCCUPATION</b>			
Self-employed	29%	<b>37%</b>	14%
Managers	33%	<b>36%</b>	13%
Other white collars	37%	33%	12%
Manual workers	38%	29%	13%
House persons	<b>42%</b>	24%	15%
Unemployed	37%	24%	16%
Retired	25%	26%	<b>40%</b>
Students	31%	31%	8%
<b>WHAT IS YOUR WEIGHT?</b>			
Less than 55 kg	16%	<b>38%</b>	18%
From 55 to 74 kg	29%	33%	17%
From 75 to 89 kg	37%	28%	20%
90 kg and more	<b>46%</b>	24%	18%
<b>YOUR CURRENT WEIGHT IS?</b>			
Too high	<b>48%</b>	22%	18%
Too low	6%	31%	21%
About right	16%	<b>41%</b>	18%
<b>HEALTH IN GENERAL</b>			
Good	34%	34%	10%
Neither good nor bad	33%	21%	32%
Bad	27%	15%	<b>50%</b>

## 4. Diet and the problems related to being overweight

### 4.1. Diet and obesity among children

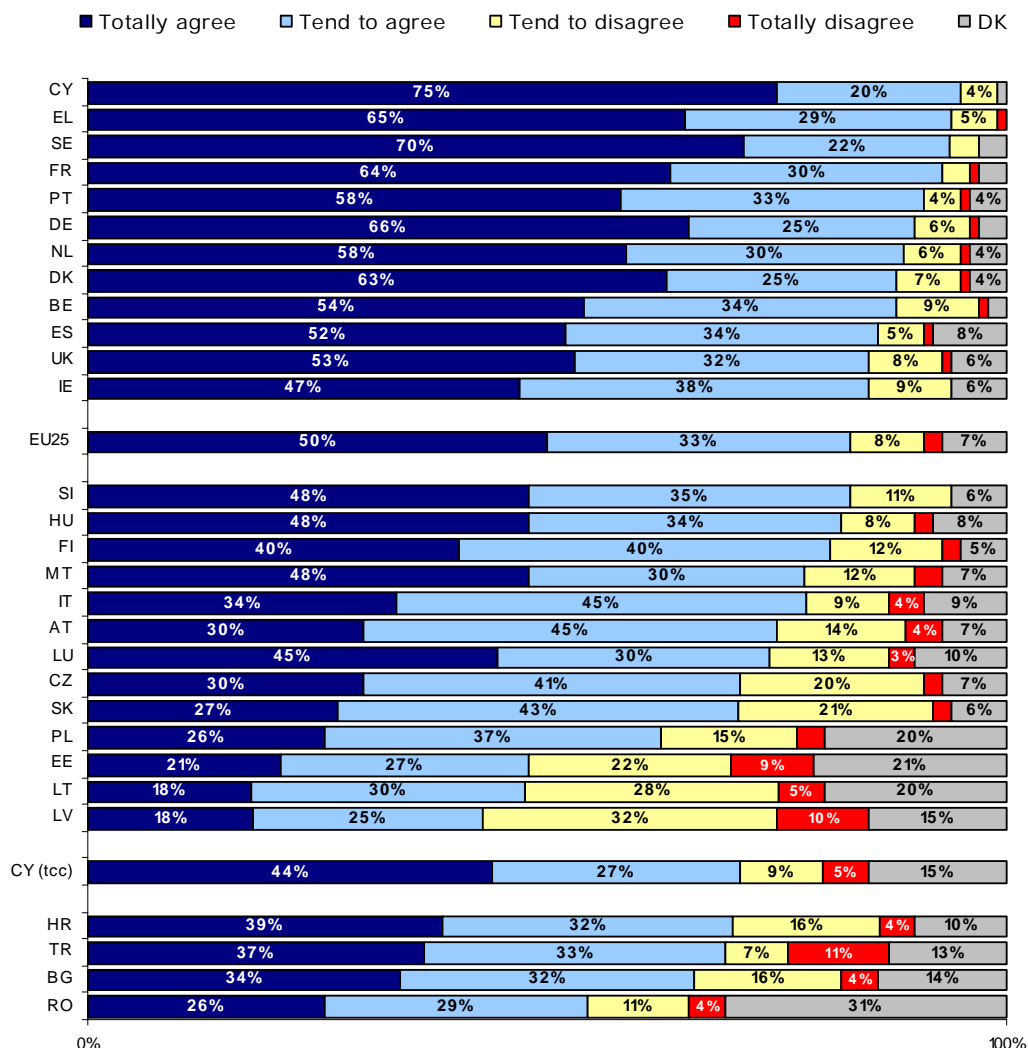
#### 4.1.1. Changes in obesity levels over 5 years

Questionnaire source: Q24.1

**- 83% of Europeans think that there are more obese children today than 5 years ago-**

In the European Union, a vast majority of respondents support the view that obesity in children has increased over the last 5 years: 83% of respondents think that there are more obese children (83%) today than 5 years ago and three-quarters declared that they “totally agree” with this statement.

#### Q24.1. From what I see in (OUR COUNTRY), there seem to be more overweight children these days than there were five years ago



**- Strong support for this view in a majority of Member States -**

In 22 of the 25 Member States, and in all the candidate and accession countries, a majority of respondents agree with the statement that more children have obesity problems than five years ago.

However, the level of agreement varies quite considerably across the European Union, especially when the “totally agree” replies are taken into consideration. This proportion varies from 18% in Latvia and Lithuania to 70% in Sweden and 75% in Cyprus. It is noteworthy that the proportion of respondents in agreement with this statement is considerably lower in several new Member States and in the candidate and accession countries.

A socio-demographic analysis of the replies to this question does not reveal any real cleavages, which demonstrates that this problem is clearly understood by all sectors of the population.

### 4.1.2. What influences children's eating habits?

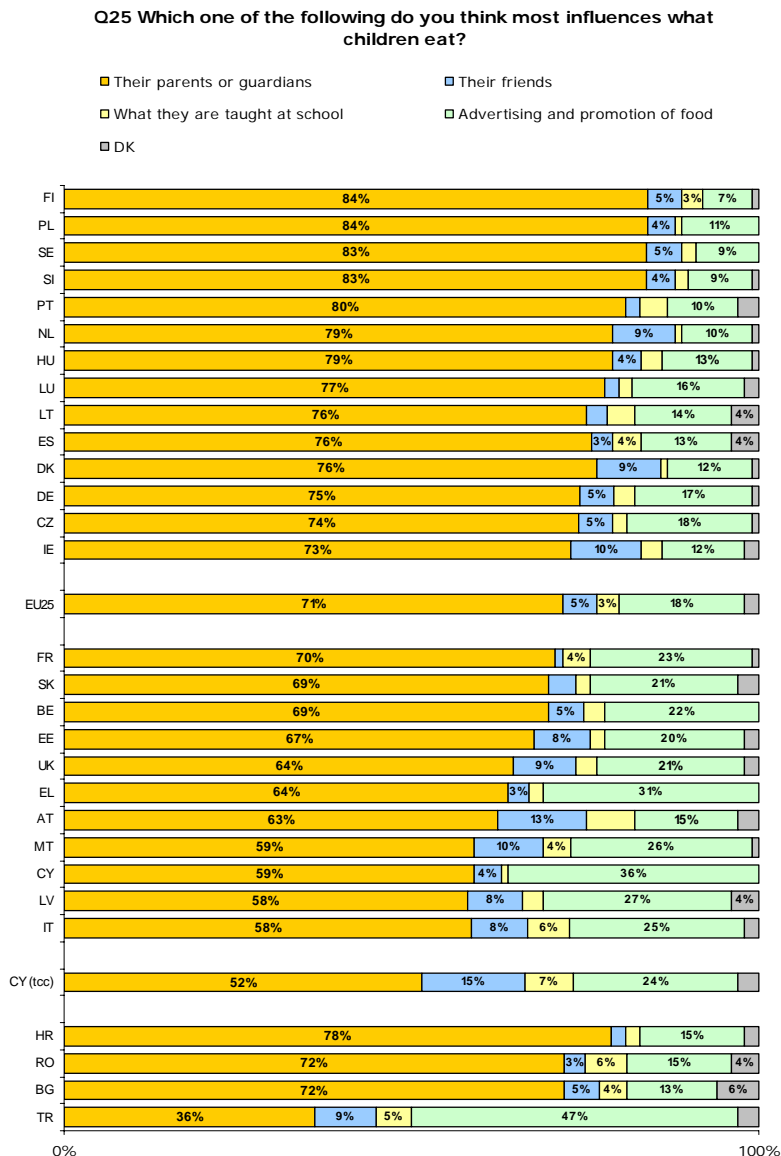
Questionnaire source: Q25

#### - Parents or guardians have the most influence over what children eat -

In the European Union, more than seven out of ten respondents believe that parents or guardians have the most influence over what their children eat. Within the EU, this proportion varies from 58% in Italy to 84% in Finland.

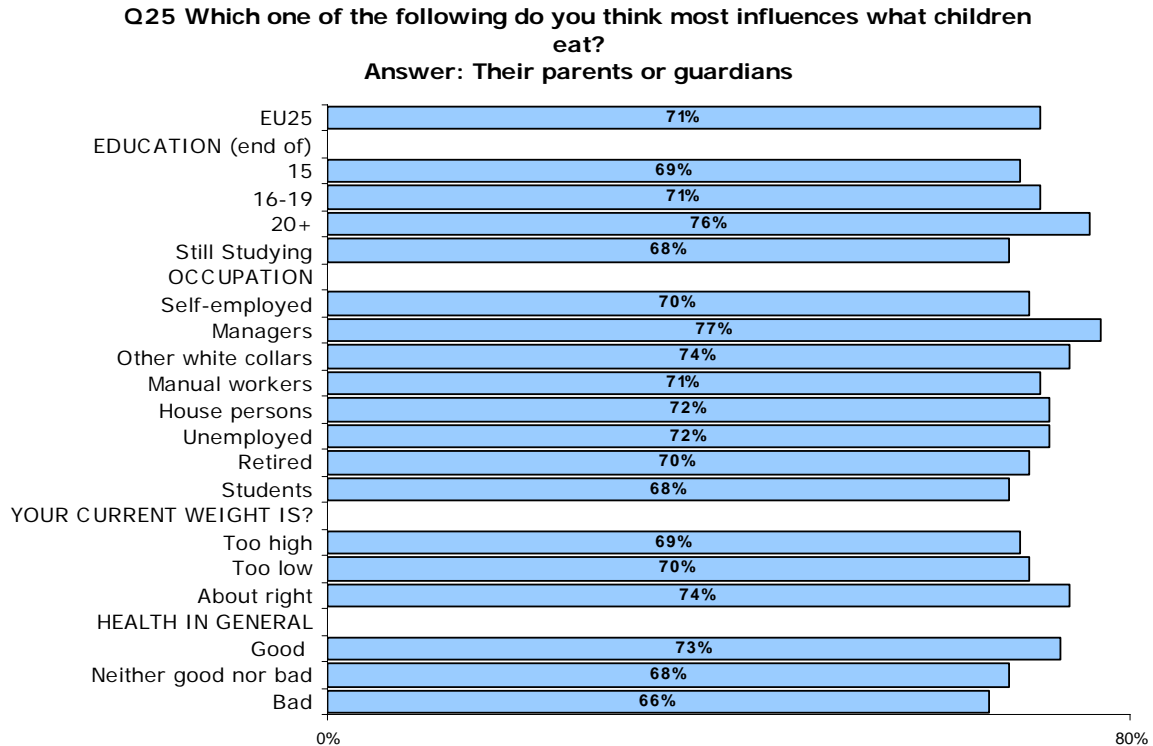
Among the candidate and accession countries, the low score in Turkey (36%) for this proposed reply is noteworthy.

Food advertising and promotion is the second most frequently mentioned reason in Europe. However, the frequency with which this reason is mentioned varies quite considerably, ranging from 7% in Finland to 36% in Cyprus and 47% in Turkey.



An analysis of the results by socio-demographic variables reveals that respondents who studied up to the age of 20 and beyond (76%), managers (77%) and people in an employed position (74%) recognise the role that “parents or guardians” play in influencing their children’s eating habits.

Respondents who consider that their weight is right (74%) and those who consider that they are in good health (73%) are more likely to mention this reply.



**4.1.3. The influence of food advertising and promotion on the choice of what children eat**

Questionnaire source: Q27

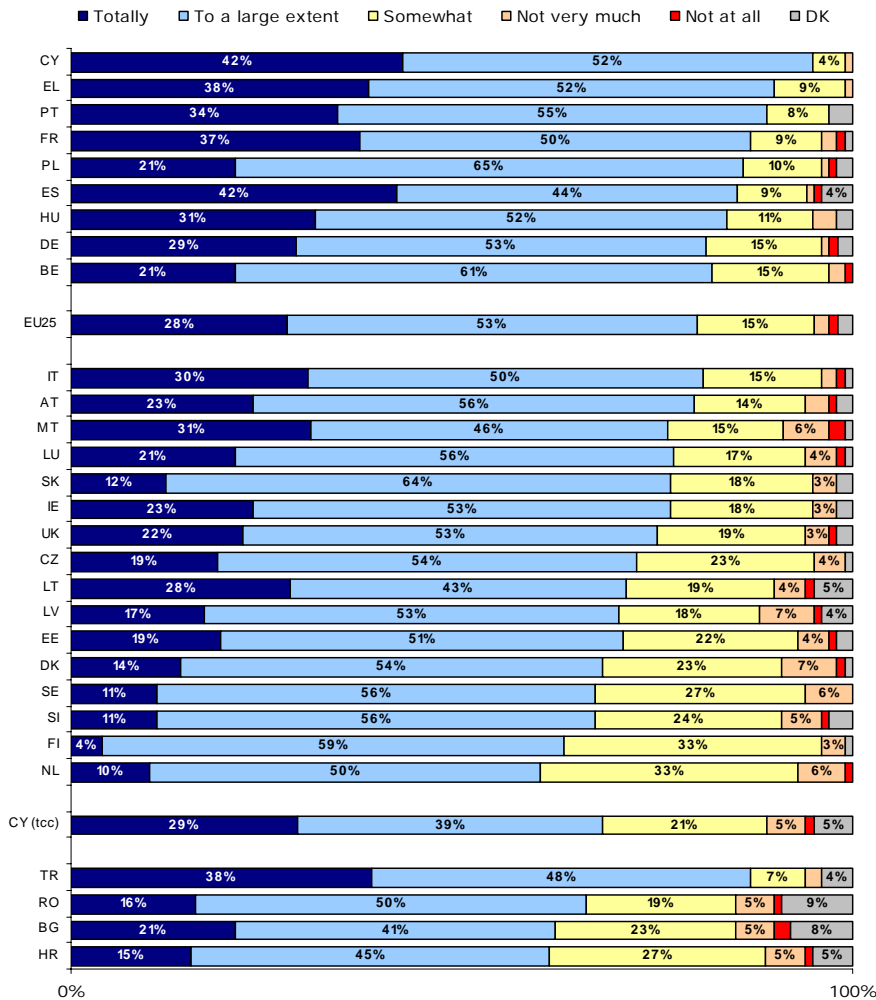
**- Food advertising and promotion has a considerable influence on what children eat -**

In the European Union, 96% of respondents consider that food advertising and promotion influences children’s eating habits: 28% consider that this influence is preponderant, 53% consider that it plays an important role while 15% consider that advertising media have little influence in this area.

Although there seems to be a consensus in all the countries participating in this survey that food advertising and promotion influences children’s eating habits, the proportions vary considerably from one country to another. Some 60% of Dutch citizens believe that food advertising and promotion influences their children, while the percentage is as high as 90% in Greece, 94% in Cyprus and 96% in Turkey.

The socio-demographic variables reveal no significant cleavages for this question and there is clearly a strong consensus in all the categories regarding the influence of food advertising and promotion.

**Q27 To what extent do you think food advertising and promotion influence what children choose to eat?**



#### 4.1.4. Effectiveness of measures intended to improve children's diets

Questionnaire source: Q26a and b

##### **a. The measure mentioned firstly**

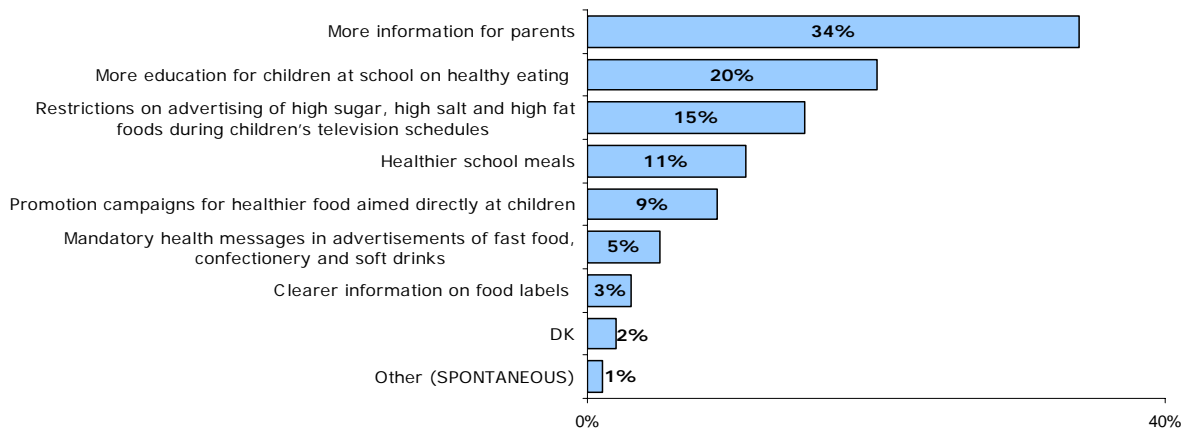
**- More information for parents and more education for children are seen as the most effective ways of improving children's diets -**

A third of European Union citizens (34%) believe that the most effective way of improving children's diets would be to provide more information for parents.

The important role attributed to schools in improving children's diets is noteworthy: 20% of respondents believe that the most effective method is to educate children about the right diet and 15% believe that schools should serve healthier meals.

The people interviewed are equally aware of the role played by advertising: 15% of them mentioned "restrictions on advertising the most harmful food products" and 9% mentioned "promotional campaigns aimed directly at children" as the most effective ways of improving children's eating habits.

**Q26a Which one of the following measures do you think would be most effective in improving children's diets? Firstly? (EU25)**



An analysis of the results by country for the most frequently mentioned measures highlight differences between countries as regards the importance attached to the various measures:

**More information for parents** was mentioned by one in five respondents in the Czech Republic (20%), Hungary (21%) and the United Kingdom (22%), while 55% of respondents in Cyprus, Sweden and Turkey consider that this is the most effective method.

**More education for children at school** was also mentioned with varying frequency: with the notable exception of Malta (32%), the majority of the countries which mentioned this measure the most frequently are old Member States.

Almost one out of four respondents in the Czech Republic mentioned the need to **restrict advertising on high sugar, high salt and high fat foods**. On the other hand, this measure was mentioned by only 6% of Lithuanians and by 7% of citizens in Rumania, Malta, Spain and Denmark.

Finally, it is to be noted that a quarter of British and Hungarian citizens are in favour of **healthier school meals**. On the other hand, only 1% of citizens in Rumania and Turkey mentioned this measure.

*Q26a Which one of the following measures do you think would be most effective in improving children's diets? Firstly?*

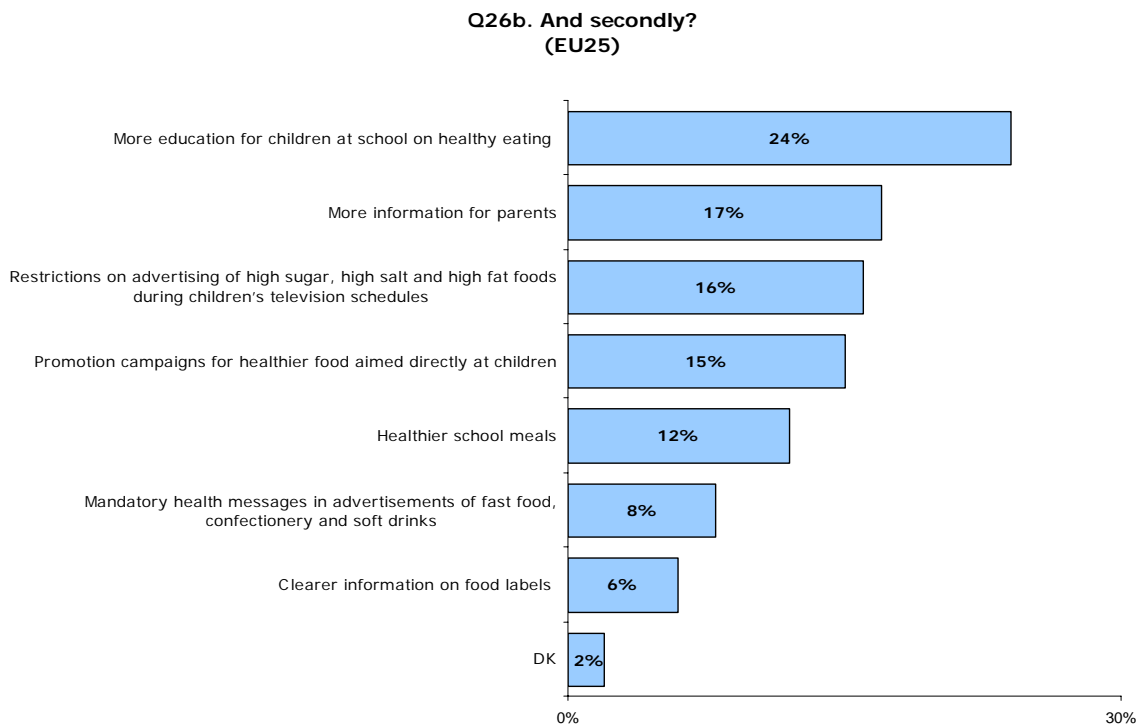
More information for parents		More education for children at school on healthy eating		Restrictions on advertising of high sugar, high salt and high fat foods during children's television schedules		Healthier school meals	
CY	55%	LU	33%	CZ	26%	HU	25%
SE	55%	MT	32%	NL	18%	UK	25%
PT	54%	BE	29%	SK	18%	LV	19%
SI	53%	DE	26%	UK	18%	LT	18%
EL	50%	IE	26%	DE	17%	DK	17%
DK	49%	AT	24%	IT	17%	EE	17%
PL	44%	IT	23%	HU	17%	CZ	15%
FI	42%	NL	22%	PL	17%	FR	13%
MT	41%	FR	21%	FR	16%	ES	12%
IE	40%	CY	21%	<b>EU25</b>	<b>15%</b>	<b>EU25</b>	<b>11%</b>
LU	40%	PT	21%	BE	15%	AT	11%
SK	39%	<b>EU25</b>	<b>20%</b>	EL	13%	FI	9%
EE	36%	EL	20%	IE	13%	BE	8%
FR	36%	SI	19%	CY	13%	NL	8%
LT	36%	SK	19%	LV	13%	PL	8%
ES	35%	SE	19%	FI	12%	SI	7%
<b>EU25</b>	<b>34%</b>	DK	18%	SE	11%	SE	7%
NL	34%	LT	18%	EE	10%	IT	6%
IT	33%	UK	17%	LU	10%	DE	5%
LV	32%	FI	16%	AT	10%	LU	5%
BE	29%	LV	15%	SI	10%	SK	5%
DE	29%	CZ	14%	PT	8%	EL	4%
AT	24%	ES	14%	DK	7%	MT	4%
UK	22%	HU	14%	ES	7%	PT	4%
HU	21%	PL	14%	MT	7%	IE	3%
CZ	20%	EE	12%	LT	6%	CY	2%
CY (tcc)	55%	CY (tcc)	19%	CY (tcc)	8%	CY (tcc)	1%
RO	53%	BG	24%	TR	20%	BG	7%
TR	51%	HR	22%	BG	8%	HR	6%
BG	48%	RO	20%	HR	8%	RO	1%
HR	47%	TR	14%	RO	7%	TR	1%

Finally, it is to be noted that once again the socio-demographic variables do not reveal any significant cleavages on this question.

**b. Measure mentioned secondly*****- The education of children at schools is the measure the most frequently mentioned in second place -***

Although the prioritisation of measures is different from that noted under point (a), once again more education for children at school (24%) and more information for parents (17%) obtained the highest scores, even if this time they were only mentioned in second place.

Advertising restrictions are this time in third place (16%) just ahead of promotional campaigns in favour of healthier food (15%) and healthier school meals (12%).



An analysis by country once again reveals differences in priorities between countries.

Almost four out of ten Cypriots (39%) suggested **more education at school** while this measure was mentioned by only 14% of Czech citizens and 15% of citizens in Estonia.

Between 10 and 20% of the respondents in all the countries participating in this survey mentioned in second place **more information for parents** as an effective way of improving children's diets. An important proportion of respondents in the countries in question had already mentioned that this measure as their first choice.

One out of five respondents (21%) in the Czech Republic and Italy recommended as the second measure **imposing advertising restrictions** on food with a high sugar, salt or fat content. On the other hand, only 7% of citizens in Latvia and Croatia mentioned this solution as the second most effective method.

Q26b And secondly?

More education for children at school on healthy eating		More information for parents		Restrictions on advertising of high sugar, high salt and high fat foods during children's television schedules		Promotion campaigns for healthier food aimed directly at children		Healthier school meals	
CY	39%	BE	20%	CZ	21%	EL	20%	HU	23%
DK	36%	LT	20%	IT	21%	ES	20%	LV	22%
SE	34%	DK	19%	FR	18%	CZ	18%	EE	21%
MT	31%	ES	19%	IE	18%	SK	18%	UK	21%
EL	30%	NL	19%	CY	18%	FI	18%	LT	19%
BE	28%	PL	19%	SK	18%	IE	17%	SI	17%
LU	28%	FI	19%	HU	17%	LU	17%	CZ	16%
FR	27%	DE	18%	PL	17%	PT	17%	DK	16%
NL	27%	EE	18%	PT	17%	DE	16%	AT	15%
SI	27%	HU	18%	SE	17%	IT	16%	SE	14%
IE	26%	<b>EU25</b>	<b>17%</b>	<b>EU25</b>	<b>16%</b>	MT	16%	LU	13%
LT	26%	FR	17%	DE	16%	NL	16%	<b>EU25</b>	<b>12%</b>
PL	26%	IT	17%	NL	16%	<b>EU25</b>	<b>15%</b>	BE	12%
<b>EU25</b>	<b>24%</b>	LV	17%	BE	14%	AT	14%	ES	12%
IT	24%	AT	17%	EL	14%	BE	13%	PT	12%
PT	24%	SE	17%	AT	14%	PL	13%	FI	11%
FI	24%	UK	17%	LU	13%	SI	13%	IT	10%
DE	23%	MT	16%	MT	13%	CY	12%	PL	10%
ES	23%	EL	15%	FI	13%	LV	12%	DE	9%
AT	22%	IE	14%	EE	12%	SE	12%	FR	9%
SK	22%	CY	14%	LV	12%	UK	12%	NL	9%
UK	22%	LU	14%	SI	12%	FR	11%	MT	8%
HU	18%	CZ	13%	UK	12%	EE	10%	SK	8%
LV	16%	SI	12%	DK	10%	LT	10%	EL	6%
EE	15%	SK	12%	ES	8%	DK	9%	IE	6%
CZ	14%	PT	10%	LT	7%	HU	8%	CY	6%
CY (tcc)	25%	CY (tcc)	14%	CY (tcc)	19%	CY (tcc)	12%	CY (tcc)	6%
RO	35%	HR	16%	TR	23%	HR	13%	BG	16%
HR	31%	BG	15%	BG	14%	RO	12%	HR	16%
TR	30%	TR	15%	RO	14%	TR	11%	RO	4%
BG	28%	RO	13%	HR	7%	BG	8%	TR	3%

“**Healthier school meals**” were put in second position by 23% of Hungarians. It is to be noted that 25% of Hungarian citizens placed this measure in first place. On the other hand, very few Turkish citizens (4%) recommended healthier schools meals as the solution. Moreover, the idea of schools serving healthier meals received very little support in Turkey either as the first or second recommendation for improving children’s eating habits.

Once again, the socio-demographic variables do not reveal any significant cleavages on this question.

#### **4.1.5. Effectiveness of measures intended to combat childhood obesity**

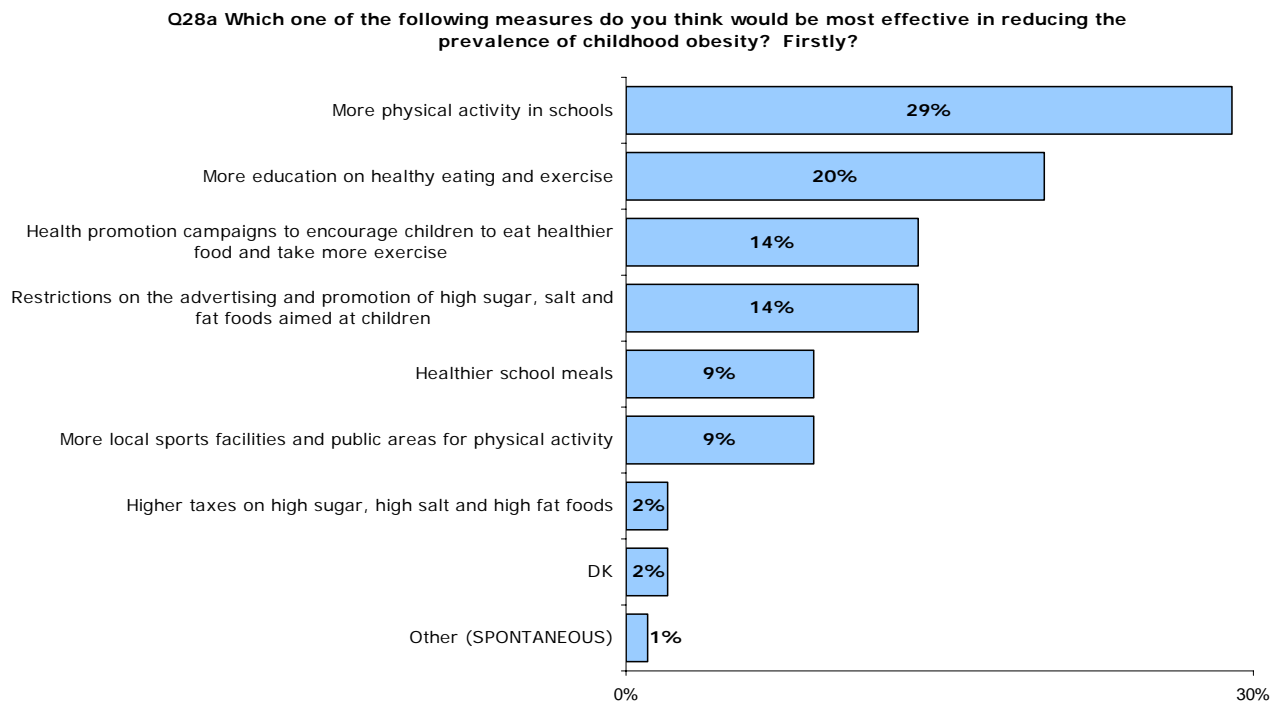
Questionnaire source: Q28a and Q 28b

##### **a. Measure mentioned firstly**

##### **- More physical activity in schools and more education on healthy eating and exercise -**

In Europe, the two most frequently mentioned measures to combat childhood obesity are increasing physical activity in schools (29%) and more education on healthy eating and exercise (20%).

Health promotion campaigns and restrictions on advertising food that can lead to obesity were each mentioned by 14% of the people interviewed.



**- Very contrasting priorities in Europe-**

An analysis of the percentages recorded by country for the most frequently mentioned measures once again reveal that there considerable difference from one country to another.

More than two-thirds of Swedish citizens (69%) believe that **more physical activity in schools** would be the most effective way of combating obesity. However, only 12% of Spanish citizens mentioned this measure.

Approximately a third of Danish citizens think that more **education on healthy eating and exercise** would be the best way of combating obesity. On the other hand, less than 10% of citizens in Sweden (9%), the Czech Republic (8%), Poland (8%) and Estonia (7%) suggested this option.

Citizens in Turkey and the Czech Republic (18%) are the most in favour of **restrictions on the advertising and promotion of high sugar, salt and fatty foods aimed at children** as a way of combating obesity. It is to be noted that in a majority of countries this measure was not mentioned by more than 10% of respondents.

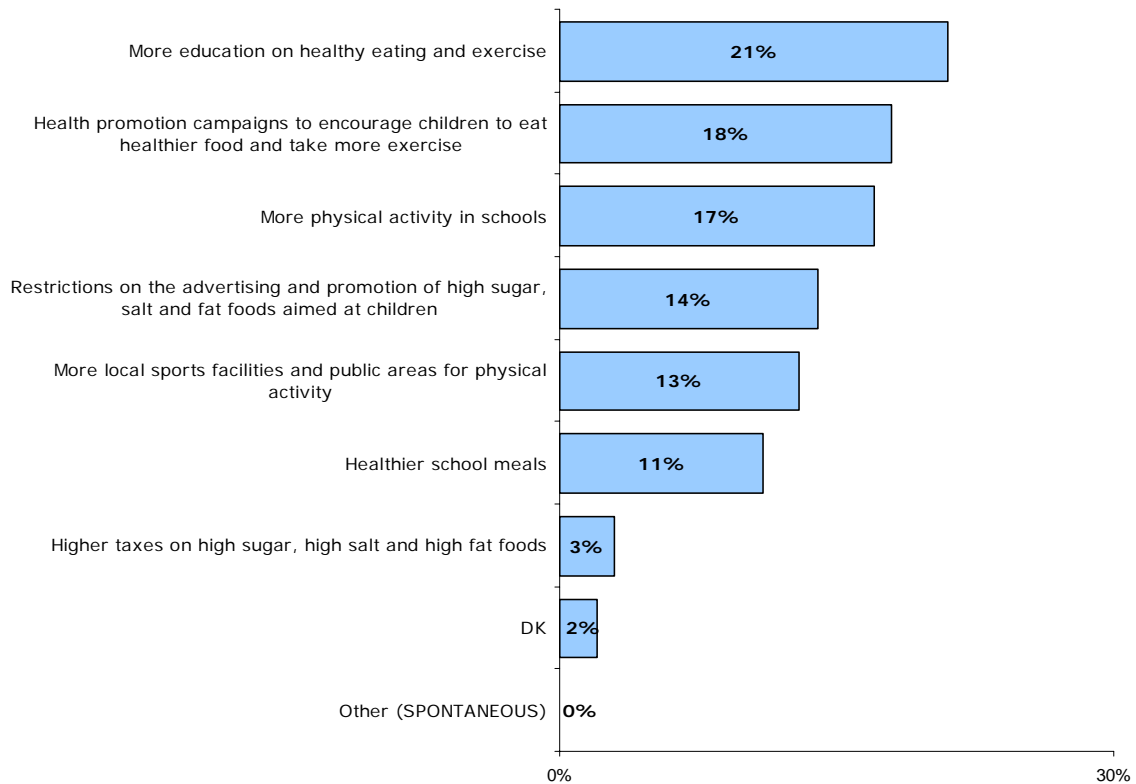
*Q28a Which one of the following measures do you think would be most effective in reducing the prevalence of childhood obesity? Firstly?*

More physical activity in schools		More education on healthy eating and exercise		Restrictions on the advertising and promotion of high sugar, salt and fat foods aimed at children		Health promotion campaigns to encourage children to eat healthier food and take more exercise	
SE	69%	DK	34%	CZ	18%	DE	19%
SI	55%	LU	29%	DE	17%	ES	18%
PL	53%	FR	27%	FR	17%	NL	16%
IE	51%	ES	26%	ES	15%	BE	15%
CY	46%	PT	24%	<b>EU25</b>	<b>14%</b>	EE	15%
MT	43%	DE	23%	IT	14%	IT	15%
LU	42%	IT	23%	UK	14%	LV	15%
SK	40%	MT	23%	BE	13%	FI	15%
EL	39%	CY	22%	NL	13%	<b>EU25</b>	<b>14%</b>
DK	38%	BE	21%	FI	12%	CZ	14%
NL	38%	AT	21%	AT	11%	LT	14%
HU	37%	<b>EU25</b>	<b>20%</b>	SK	11%	MT	14%
FI	37%	LT	19%	EL	10%	UK	14%
PT	35%	EL	16%	IE	10%	FR	13%
BE	32%	SI	16%	LV	10%	AT	13%
LV	30%	FI	16%	HU	10%	HU	11%
<b>EU25</b>	<b>29%</b>	UK	16%	PL	10%	EL	10%
CZ	28%	NL	15%	PT	10%	PL	10%
EE	28%	IE	14%	LT	7%	SK	10%
AT	27%	HU	12%	LU	7%	PT	9%
UK	26%	LV	11%	SI	7%	DK	8%
DE	25%	SK	11%	EE	6%	IE	8%
IT	25%	SE	9%	CY	6%	CY	7%
LT	25%	CZ	8%	SE	6%	LU	7%
FR	23%	PL	8%	DK	4%	SE	7%
ES	12%	EE	7%	MT	4%	SI	5%
CY (tcc)	36%	CY (tcc)	28%	CY (tcc)	10%	CY (tcc)	6%
BG	56%	RO	29%	TR	18%	RO	10%
HR	46%	TR	20%	RO	5%	HR	7%
RO	35%	HR	18%	BG	3%	TR	6%
TR	32%	BG	13%	HR	3%	BG	5%

***b. Measure mentioned secondly***

The percentages of measures mentioned in second place are completely homogeneous. In the European Union, **more education on healthier eating and exercise** was the measure most frequently mentioned in second place by respondents (21%), followed closely by “**promotion campaigns for healthier food**” (18%) and “**more physical activity in schools**” (17%).

Only 2% of respondents mentioned tax measures, such as **higher taxes** on high sugar, salt and fat foods.

**Q28b And secondly?**

## 4.2. Adult obesity

### 4.2.1. Changes over the last 5 years

Questionnaire source: Q24. 2

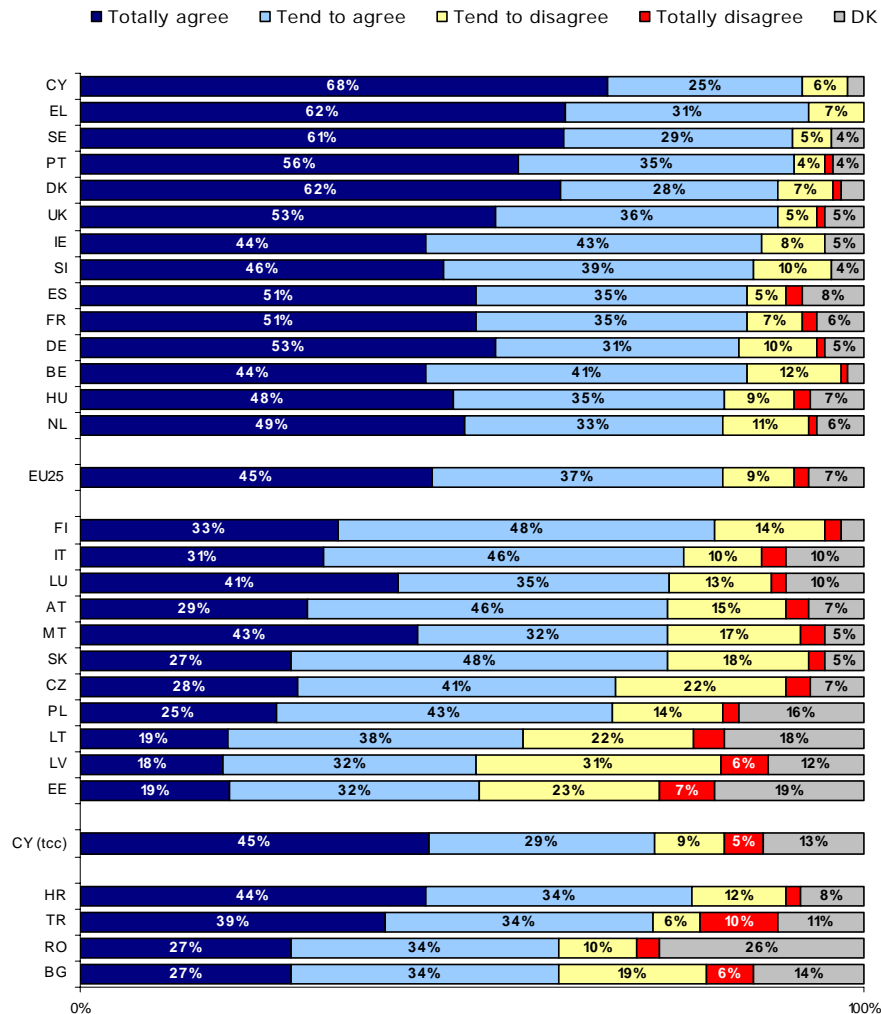
#### - There are more overweight adults today than 5 years ago -

At European Union level, 82% of respondents agree with the statement that there are more overweight adults today than five years ago.

In most countries, the percentage of people interviewed who agree with this statement ("totally agree" and "tend to agree") exceeds 70% and is as high as 93% in Greece and Cyprus.

The Baltic countries are the exception in that their citizens are the least likely to support this statement (from 51 to 57%). The levels of agreement with this statement are far lower in most of the new Member States. Indeed the seven lowest scores were recorded in new Member States.

**Q24.2 To what extent do you agree or disagree with the following statements?**  
**From what I see in my country, there seem to be more overweight adults these days than there were five years ago**



### 4.3. Obesity and health

Questionnaire source: Q24.3

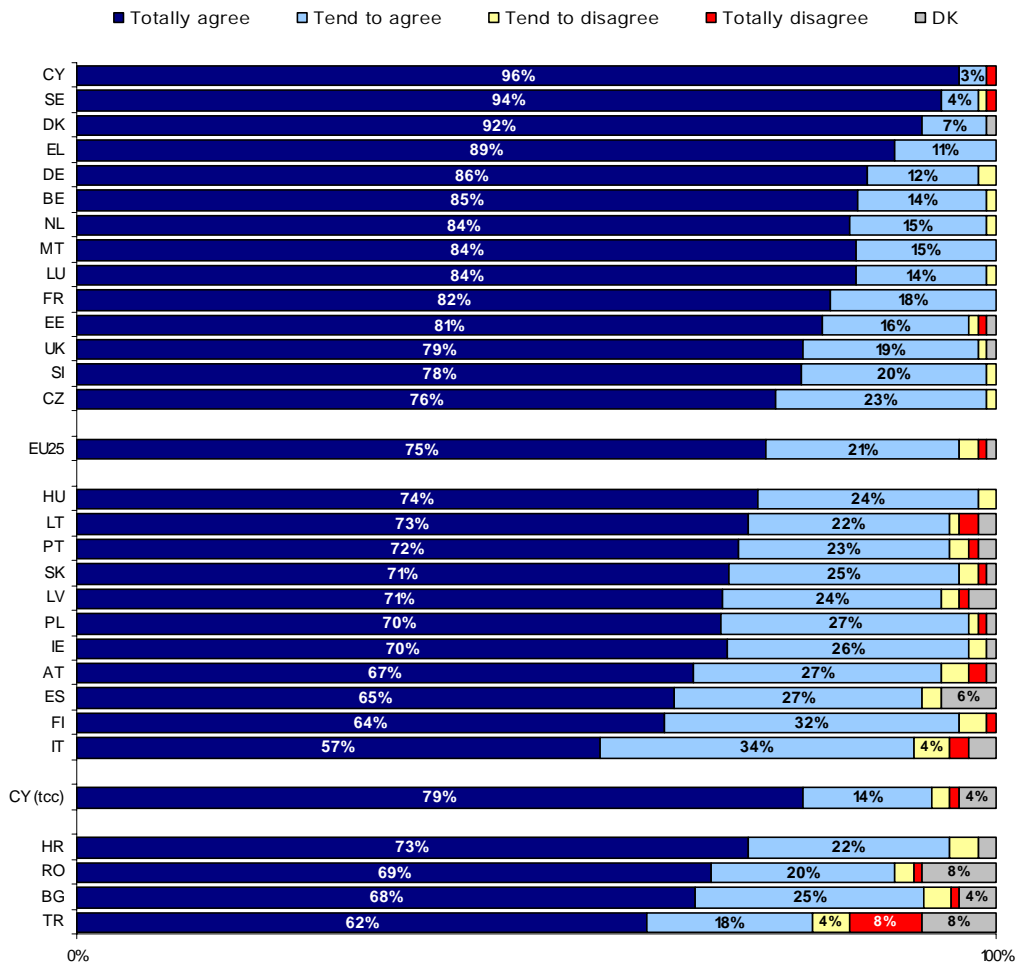
**- All Europeans are aware of the health dangers of obesity-**

More than 95% of European Union citizens agree with the statement that obesity represents a health danger. Three-quarters of the people interviewed totally agree with this statement.

There is a consensus in all the countries participating in the survey on this question and the percentage of people who agree with this statement is generally in excess of 90%. On the other hand, the intensity of their agreement varies from one country to another: the percentage of respondents who “totally agree” varies from 57% in Italy to more than 90% in Denmark (92%), Sweden (94%) and Cyprus (96%). It is noteworthy that the number of respondents convinced about the health risks inherent in being overweight is slightly lower in Turkey (80%).

A socio-demographic analysis of the results highlights that there is strong agreement in all categories with this statement.

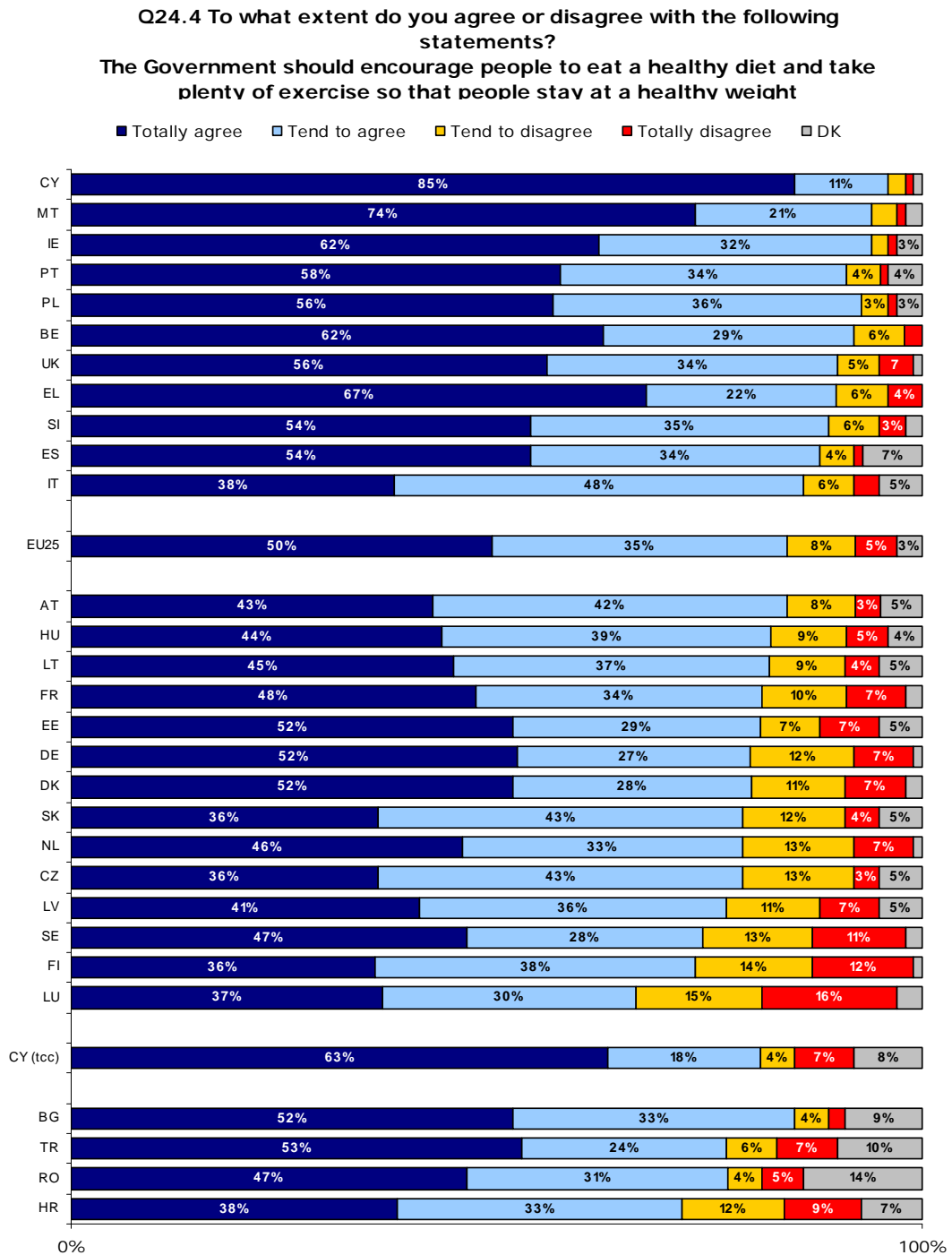
**Q24.3 To what extent do you agree or disagree with the following statements?  
Being significantly overweight, or obese, is bad for your health**



#### 4.4. Government measures to promote healthy eating

Questionnaire source: Q24.4

A very clear majority of European Union citizens (85%) are in favour of government action to promote a healthy diet and encourage people to exercise so as to stay at a healthy weight.



In all European Union countries, as well as in the accession and candidate countries, a clear majority of the people interviewed are in favour of government action. The percentage of respondents in favour of such action varies from 67% in Luxembourg to 96% in Malta.

On the other hand, the number of "totally agree" replies varies more significantly, from 36% in Finland, Slovakia and the Czech Republic to 74% in Malta and 85% in Cyprus.

A socio-demographic analysis of the results does not reveal any important differences between the different categories.

## 5. Physical activity

### 5.1. The importance of physical activity

Questionnaire source: Q22

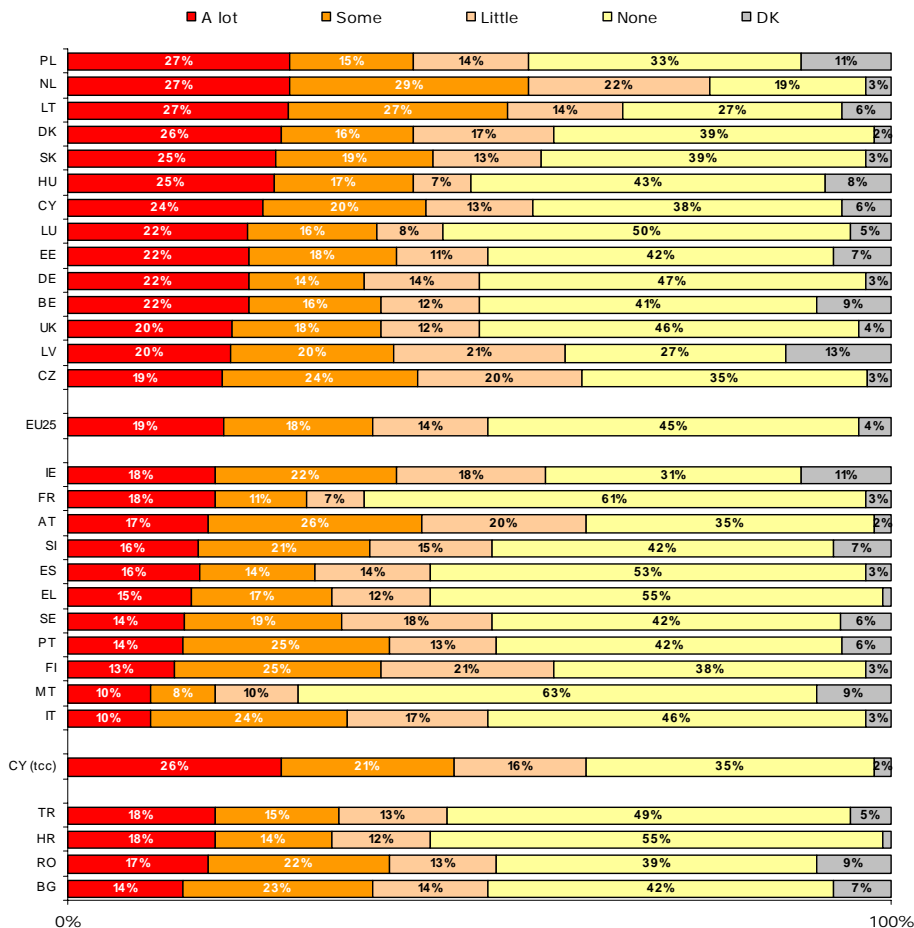
#### 5.1.1. At work

##### - Very little vigorous physical activity at work -

A slight majority (51%) of citizens declared that they do get some degree of physical activity at work. The intensity of this activity is however often fairly low: 18% of respondents declared that they perform some physical activity, while 14% perform little physical activity. Almost 45% of the people interviewed even declared that they perform no physical activity at work.

An analysis of the results by country reveals contrasting situations: although only 19% of Dutch citizens and 31% of Irish citizens declared that they perform no physical activity at work, the corresponding percentages of physical inactivity are as high as 55% in Greece and Croatia and 61% in France.

Q22.1 In the last 7 days, how much physical activity did you get at work?

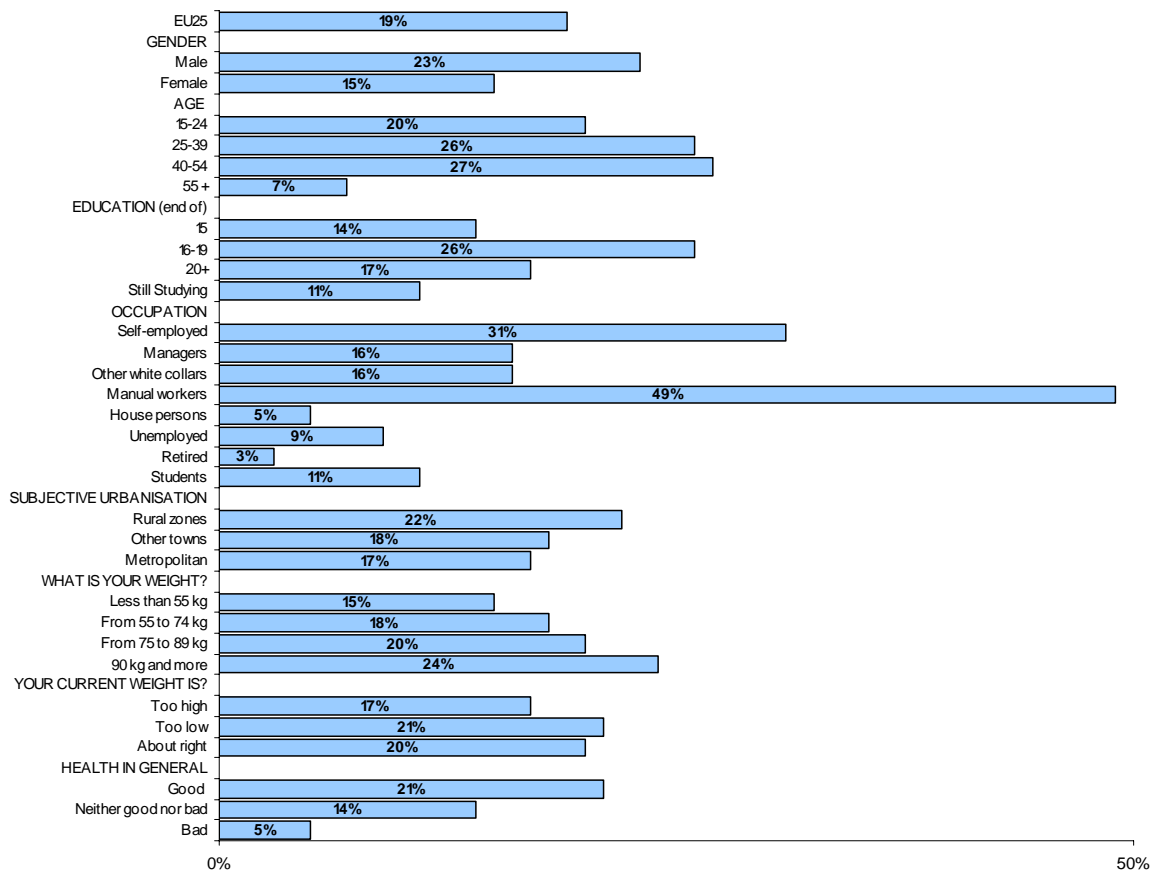


The proportion of respondents who declared that they perform a lot of physical activity at work also varies quite considerably from one country to another: it varies from 10% in Malta and Italy to 27% in Poland, the Netherlands and Lithuania. It would be interesting to analyse these different percentages in the context of the structure of professional activity in the various countries, in particular with regard to the proportion of people working in the secondary or agricultural sectors.

The socio-demographic variables reveal significant differences for this question. Men (23%), respondents aged from 25 to 54 (26-27%), and those who finished their studies between the ages of 16 and 19 are among those who get the most physical activity at work.

The professional occupation is the variable for which the differences are the most pronounced and highlights the important level of physical activity at work among manual workers (49%) and to a lesser extent self-employed people (31%).

**Q22.1 In the last 7 days, how much physical activity did you get at work?  
Answer: A lot**



People living in rural area also tend to be more physically active at work.

People who consider that they are overweight seem to get slightly less physical activity at work. **Finally, there is an important link between the respondent's health and the intensity of his or her physical activity at work.**

**5.1.2. When moving from place to place**

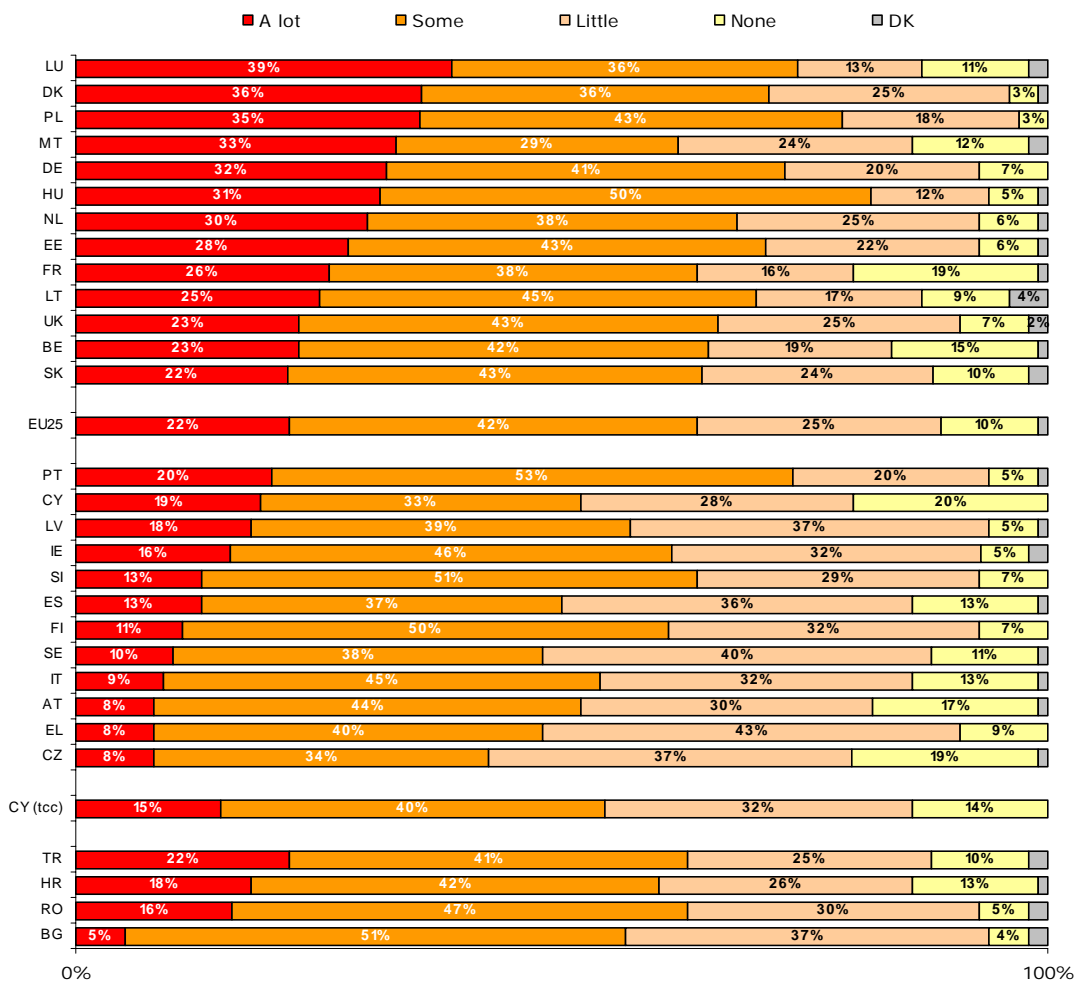
Questionnaire source: Q22.2

**- Europeans do not perform much physical activity when moving from place to place -**

Although overall European citizens get some physical activity when moving from place to place, the intensity of this activity is in general not very important. Although almost 90% of the people interviewed (89%) declared that had performed some physical activity over the last 7 days when moving from place to place, only 22% declared that they got a lot of physical activity.

Although in all the countries participating in this survey, between 79% and 96% of the people interviewed declared that they perform some physical activity when moving from one place to another, a far smaller percentage of them declared that they got a lot of physical activity. This percentage varies considerably between countries, ranging from 5% in Bulgaria to more than 35% in Denmark (36%) and Luxembourg (39%).

**Q22.2 In the last 7 days, how much physical activity did you get when moving from place to place?**

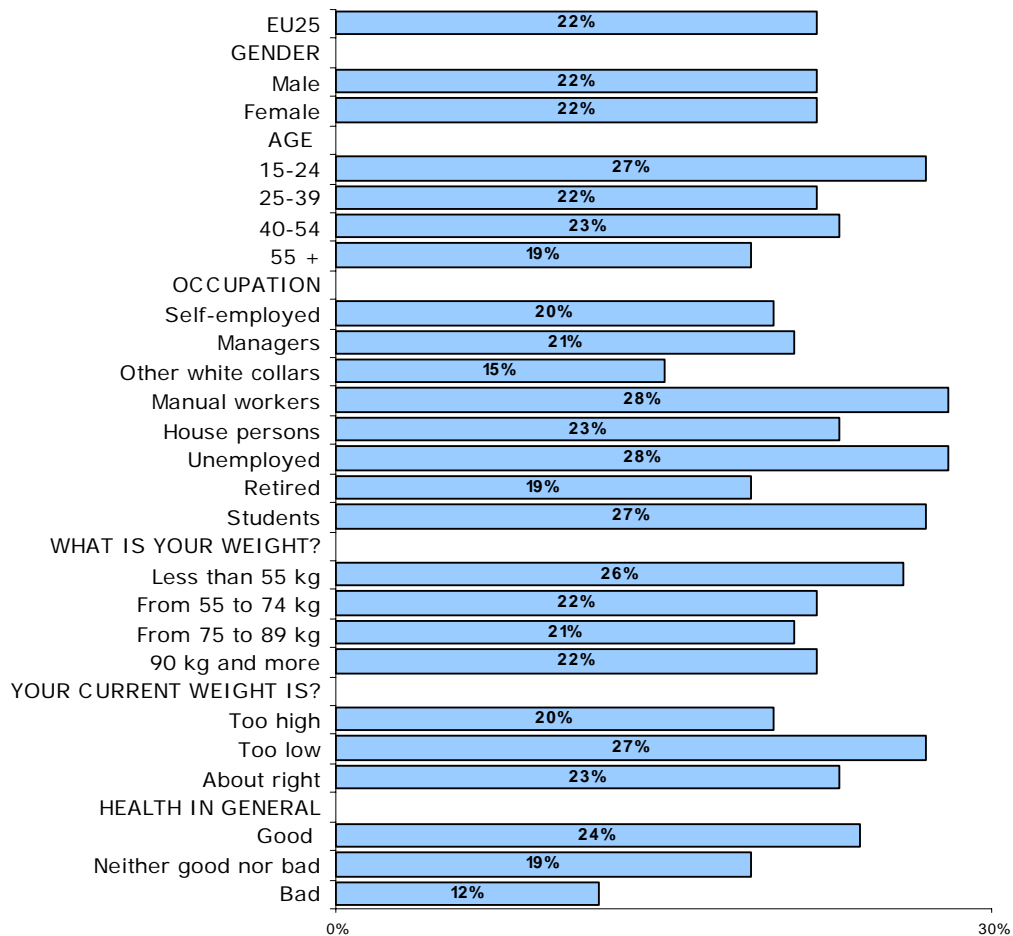


A socio-demographic analysis of the results shows that the youngest respondents (27%) are the most physically active when moving from place to place. Manual workers, unemployed people (28%) and students (27%) also seem to be more active at this level.

People weighing less than 55kg (26%), those who think that their weight is too low (27%), as well as those who consider that there are in good health also seem to be more physically active when moving from place to place.

**Q22.2 In the last 7 days, how much physical activity did you get when moving from place to place?**

**Answer: A lot**



### 5.1.3. Work in and around the house

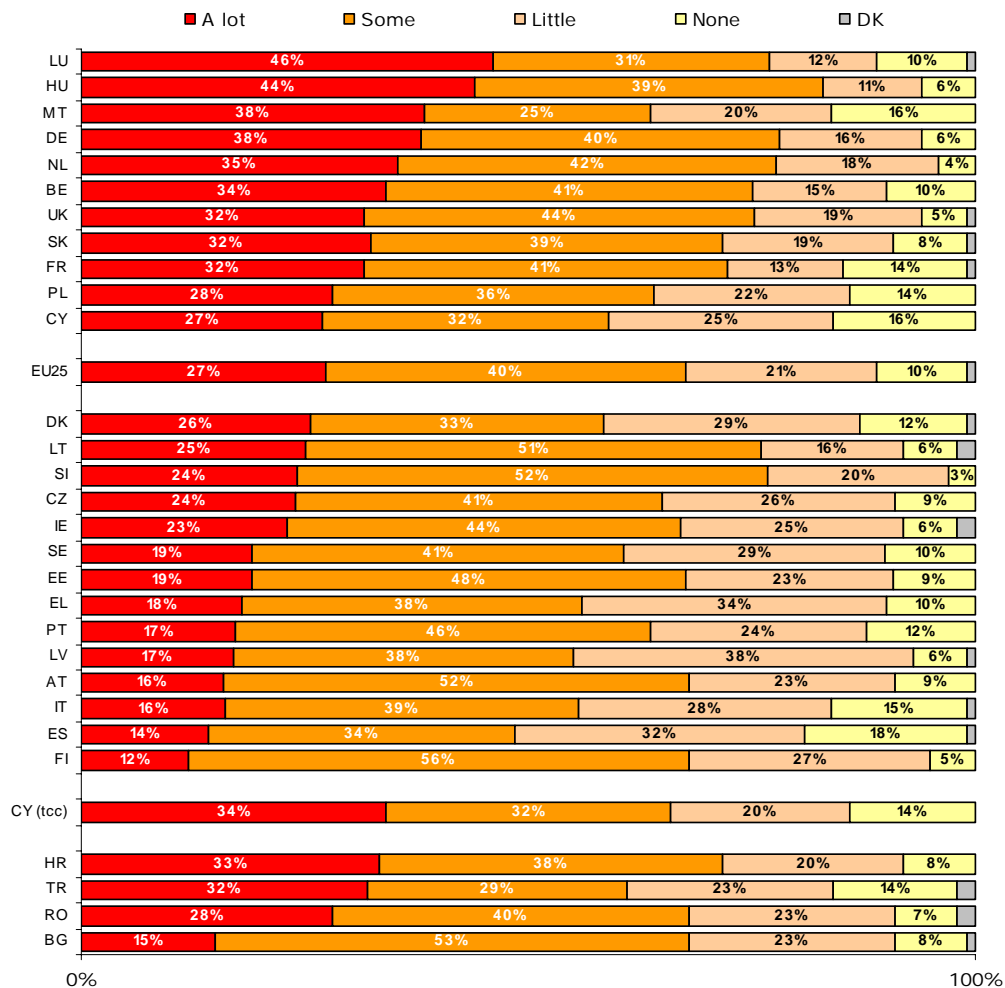
Questionnaire source: Q22.3

#### **-88% of EU citizens have performed some physical activity in and around their house -**

Almost 9 out of 10 Europeans declared that that had performed some physical activity over the last 7 days by working in or around their house. However, it seems that this activity was only vigorous for 27% of them.

In all the countries participating in this survey, at least 80% of respondents declared that they had performed some physical activity by working in or around the house over the last 7 days. On the other hand, the intensity of this activity varies considerably: the proportion of respondents who declared that they had performed a lot of physical activity in or around their house varies from 12% in Finland to 44% in Hungary and 46% in Luxembourg.

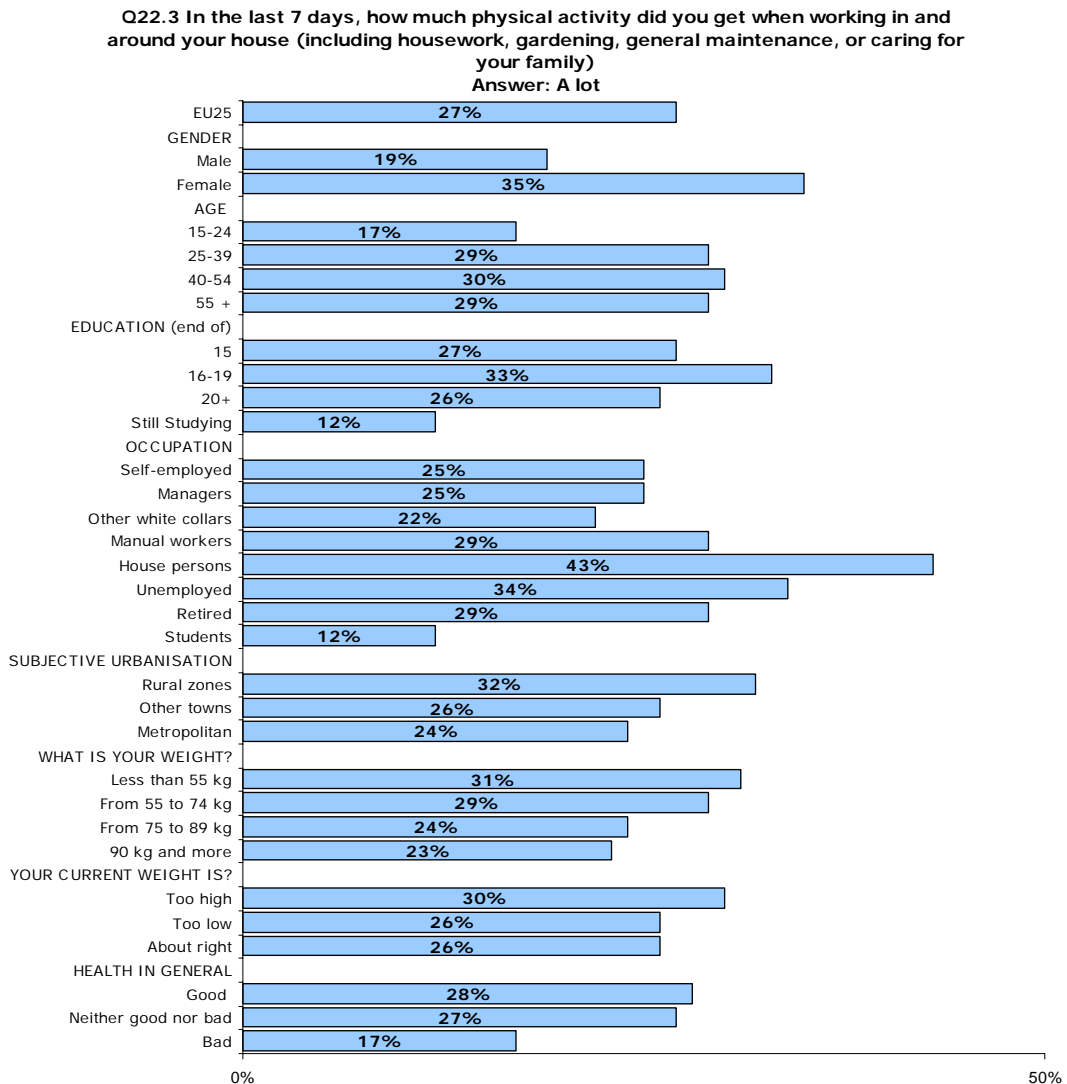
**Q22.3 In the last 7 days, how much physical activity did you get when working in and around your house (including housework, gardening, general maintenance, or caring for your family)**



More than a third of women (35%) declared that they had performed a lot of physical activity while working in or around their home, i.e. almost twice as high as the corresponding percentage of men (19%).

People looking after the home (43%) and unemployed people are the most active in and around their house.

People living in rural areas (32%), those with no health problems (27-28%), the slimmest respondents (31%) and those who consider that their weight is too high (30%) also declared that they work more intensively in and around their house.



### 5.1.4. Sport, recreational and leisure activities

Questionnaire source: Q22.4

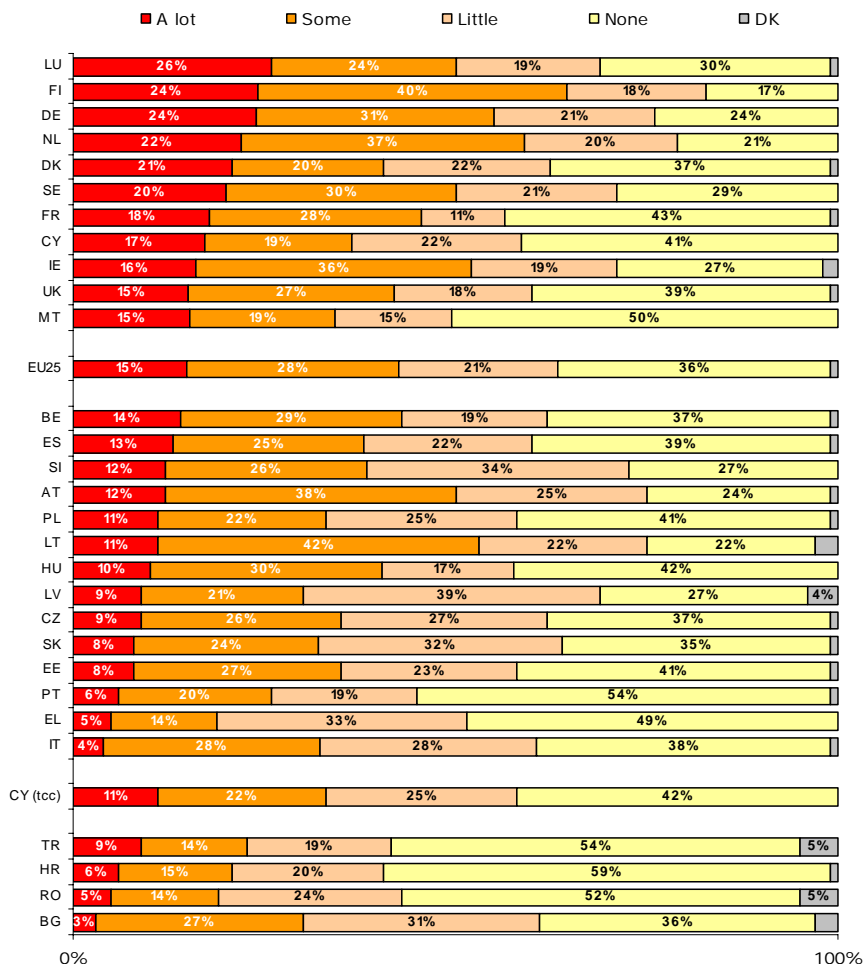
#### - Few Europeans play sport or participate in other recreational or leisure activities in an intensive way -

More than one out of three Europeans declared that they do not perform any physical activity by way of sport, recreational or leisure activities. Only 15% of respondents devoted a lot of time to such activities over the last 7 days.

Once again the level of physical activity performed by the respondents varies very sharply from one country to another. Only 3% of citizens in Bulgaria, 4% of Italians and 5% of Greeks declared that they had performed a lot of physical activity by way of sport, recreational or leisure activities over the last 7 days, while the corresponding percentage is around a quarter or respondents in Luxembourg (26%), in Finland (24%) and Germany (24%).

The percentage of people not taking part in any sport, recreational or leisure activities is sometimes very high. It is as high as 54% in Croatia and Portugal, with the highest score of 59% being recorded in Croatia.

Q22.4 In the last 7 days, how much physical activity did you get for recreation, sport and leisure-time activities?



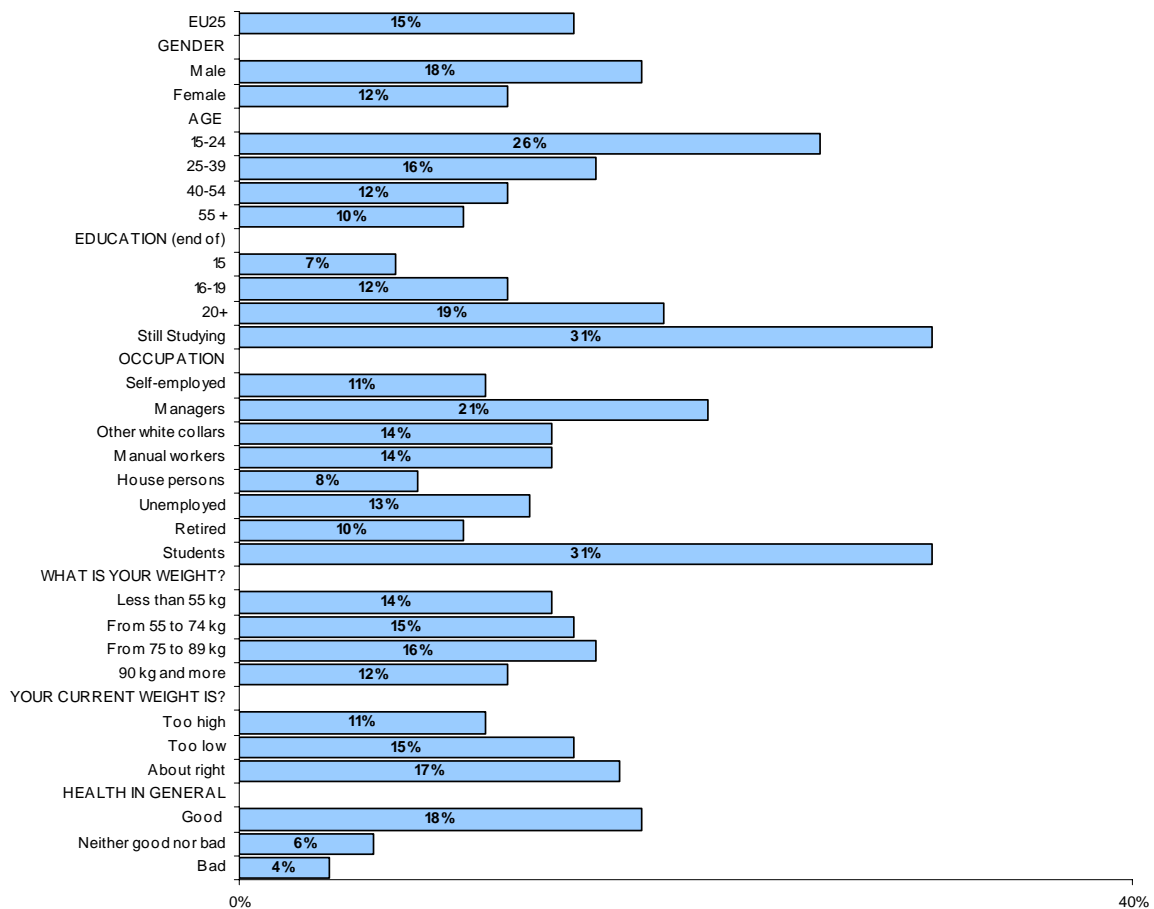
Men (18%) perform more physical activity than women by way of sport, recreational or leisure activities. It also seems that the people most likely to perform this type of physical activity are **the youngest respondents and those who studied the longest**.

It is noteworthy that **students** (31%) and senior managers (21%) perform more physical activity than other professional categories.

The low scores of the heaviest people (12%), those who think that they are overweight (11%) and those who consider that they are in good health are also noteworthy.

**Q22.4 In the last 7 days, how much physical activity did you get for recreation, sport and leisure-time activities?**

**Answer: A lot**



## **5.2. Vigorous physical activity**

### ***5.2.1. Frequency of vigorous physical activity***

*Questionnaire source: Q15*

#### ***- An increase in the duration of vigorous physical activity-***

Over the last 7 days, European Union citizens performed on average 1.7 days of vigorous physical activity such as lifting things, digging, aerobics or fast cycling.

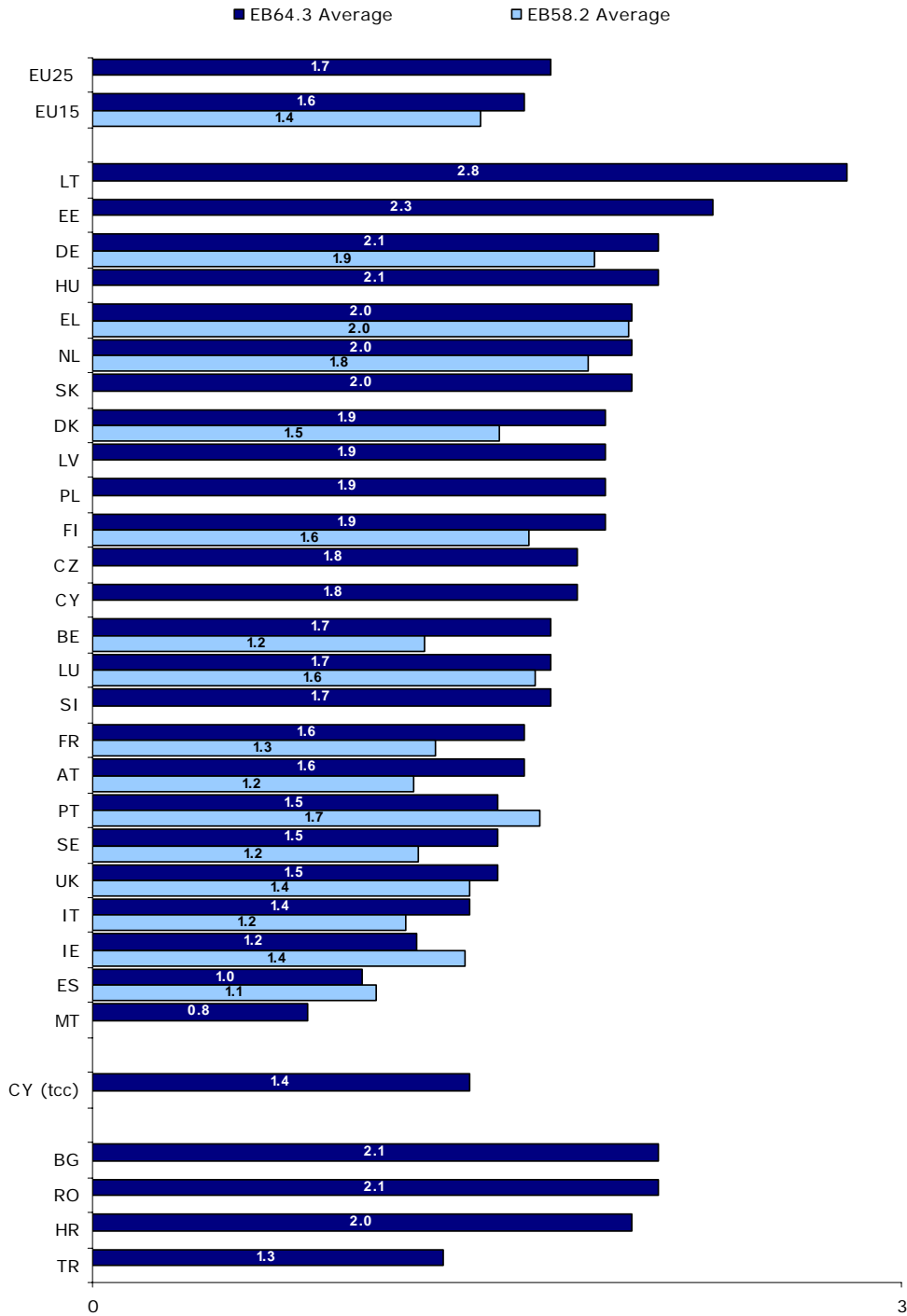
Between 2002 and 2005, this average has increased from 1.4 days to 1.6 days in the fifteen old European Union Member States.

An analysis of the results by country reveals that this average has increased in 11 of the 15 countries and declined in 3 others. The change is particularly noticeable in Belgium (+0.5 days), Austria and Denmark (+0.4 days).

While citizens in Malta and Spain declared that they had devoted only an average of 0.8 days and 1 day to vigorous physical activity over the last 7 days, the average is as high as and even exceeds 2 days in several countries, with the highest scores being recorded in Lithuania (2.8 days) and Estonia (2.3 days).

In the candidate and accession countries, the level of vigorous physical activity is higher than the European average in Bulgaria (2.1 days), Rumania (2.1 days) and Croatia (2 days).

**Q15 In the last 7 days, on how many days did you do vigorous physical activities like lifting heavy things, digging, aerobics or fast cycling?  
(Average number of days)**



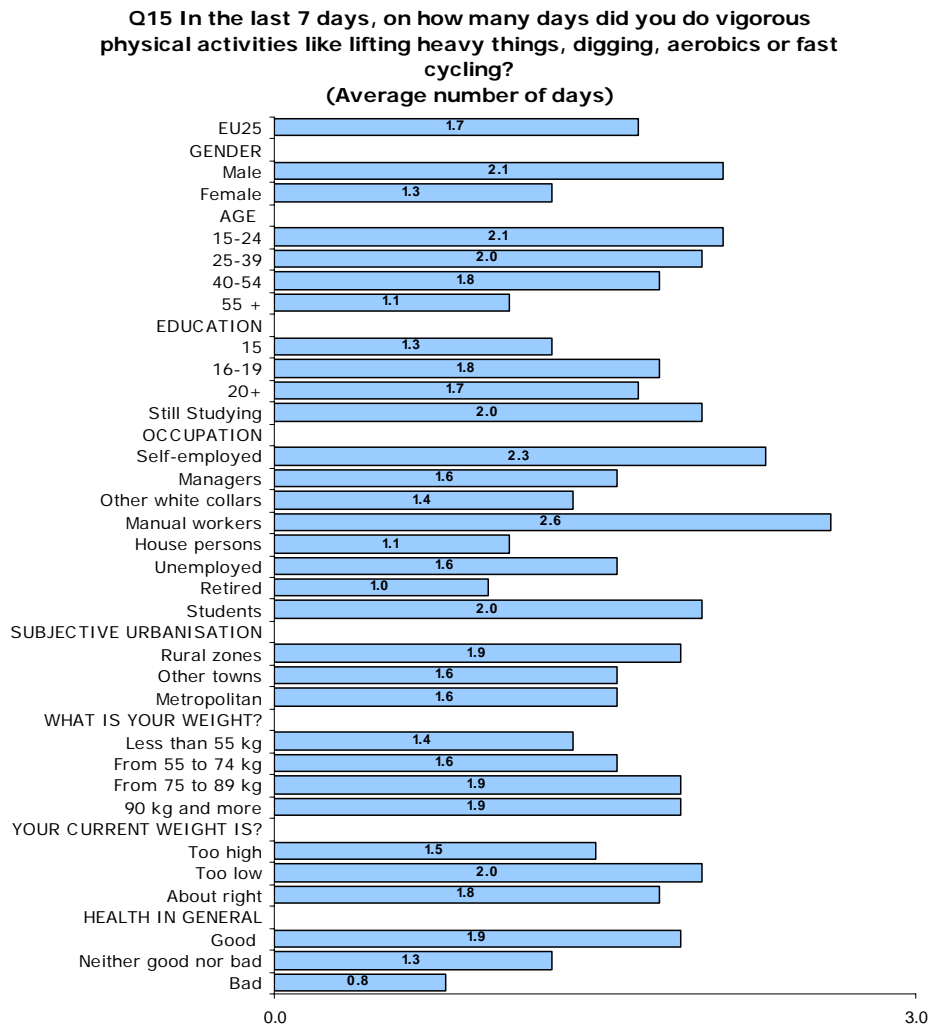
**- Men, the youngest respondents, manual worker and self employed people are the most likely to perform vigorous physical activity -**

A socio-demographic analysis of the results reveals that vigorous physical activity seems to be more important to men than women (2.1 versus 1.3 days respectively).

The importance of this activity declines with the respondent's age and is particularly low among people aged "aged 55 and over". The level of physical activity also seems to be low among people who left school the earliest.

In terms of occupation, **manual workers** (2.6 days) and **self-employed people** (2.3 days) tend to attach more importance to vigorous physical activity.

Finally, it is noteworthy that people living in rural areas, the heaviest respondents and those who consider that their weight is too low or about right, and finally those whose are in good health, are more likely than the other categories to perform vigorous physical activity.



### 5.2.2. Duration of vigorous physical activity

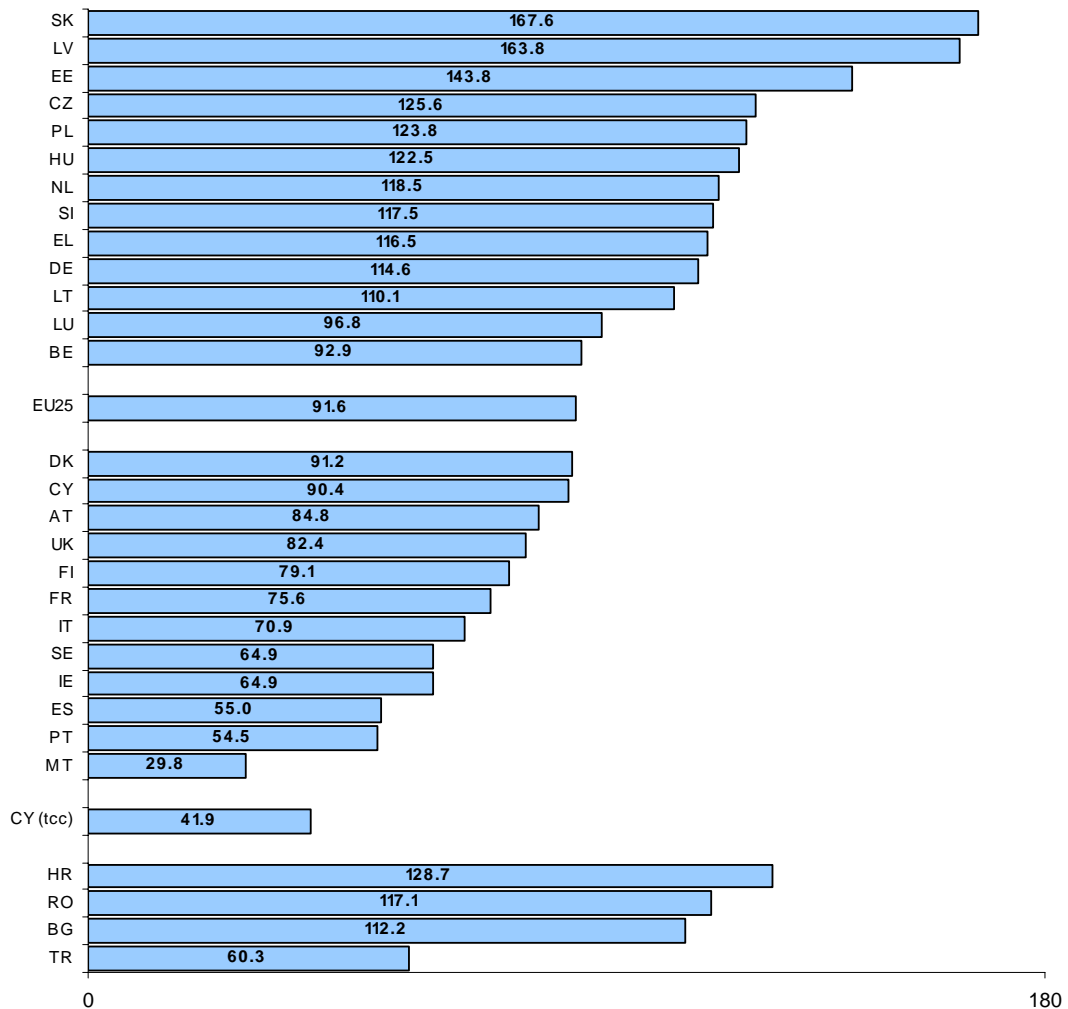
Questionnaire source: Q16

**- European Union citizens devote on average 1 and a half hours a day to vigorous physical activity -**

At European Union level, respondents declared that they devote on average one and a half hours a day (91.6 minutes) to vigorous physical activity.

This average varies considerably from one Member State to another. Citizens in Malta devote only 29.8 minutes a day to vigorous physical activity, while citizens in Latvia (163.8 minutes) and Slovakia (167.6 minutes) declared that they devote more than 2 hours 40 minutes a day to such activity.

**Q16 On days when you do vigorous physical activities, how much time do you usually spend at it?  
(Average in minutes)**

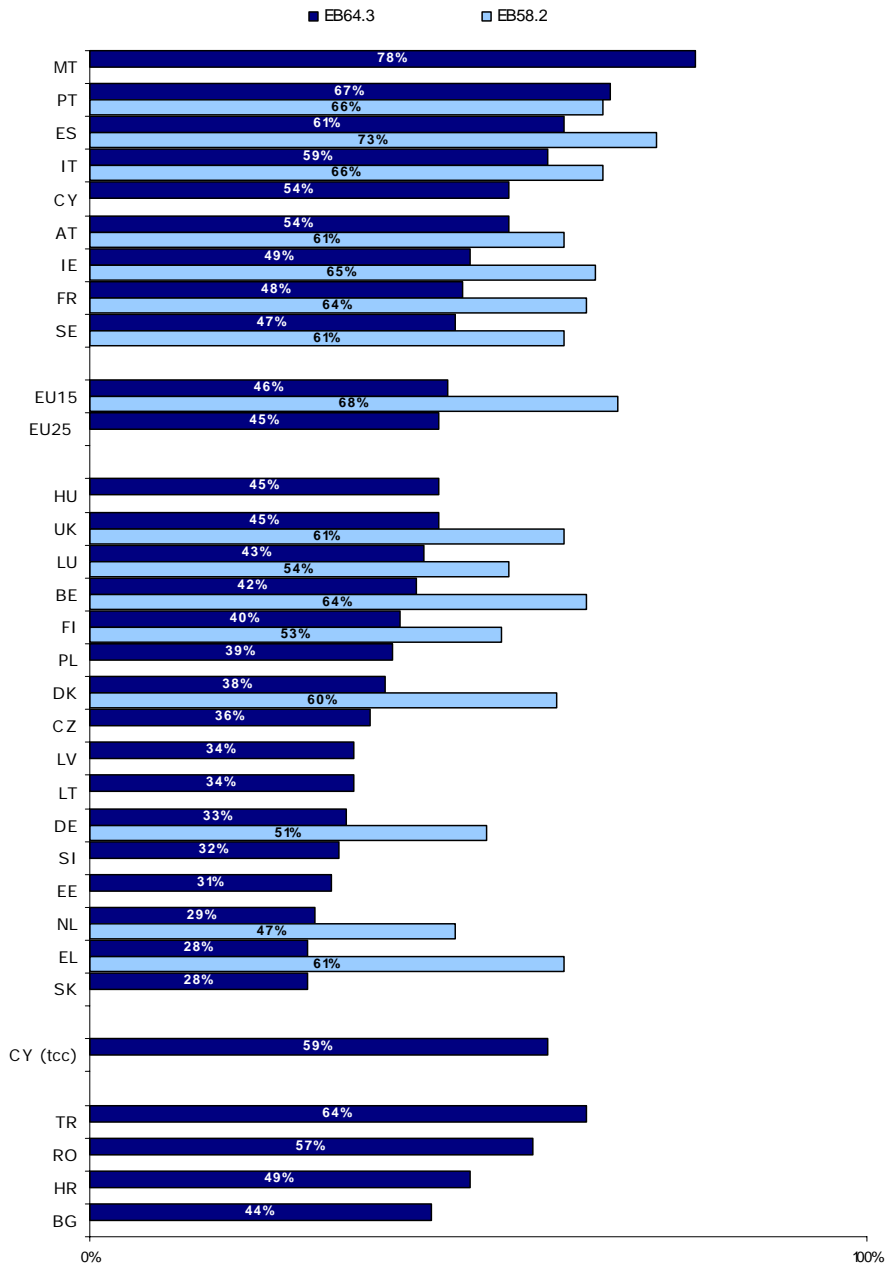


The difference between the average scores in each country may appear surprising. However, the number of "never" replies may explain in part these results: while less than 30% of citizens in Greece, Slovakia (28%) and the Netherlands (29%) declared that they never perform any vigorous physical activity, the corresponding percentage is in excess of 60% of respondents in Malta (78%), Portugal (67%) and the Netherlands (67%) Turkey (64%) and Spain (61%).

In comparison to 2002, the number of respondents who never devote any time to vigorous physical activity has fallen significantly (-22 points for the EU15); this could explain to some extent the increase in such physical activity since 2002.

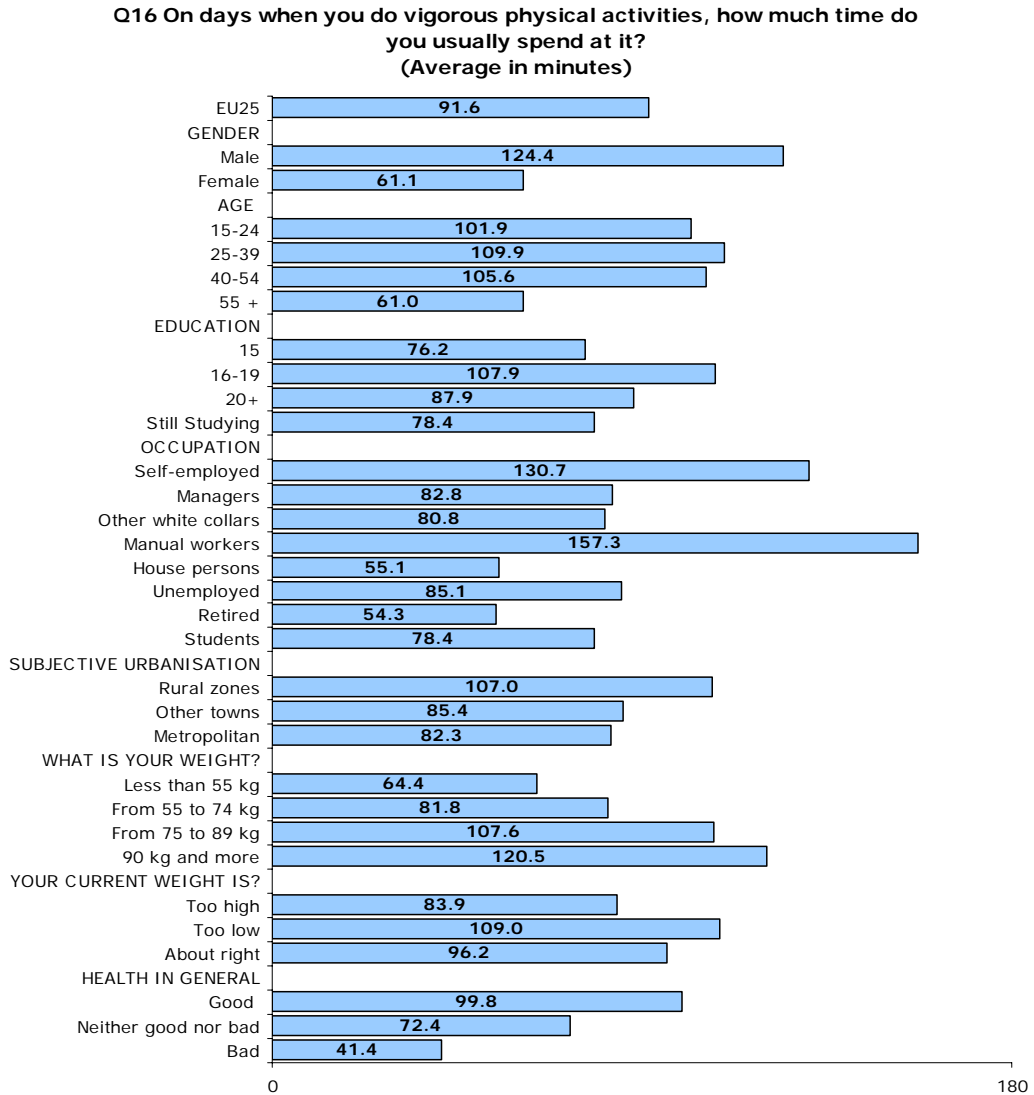
**Q16 On days when you do vigorous physical activities, how much time do you usually spend at it?**

Answer: Never



A socio-demographic analysis of the results for this question reveals that **men** devote significantly more time to vigorous physical activity (124.4 minutes compared with 61.1 minutes for women).

People who ended their studies between the ages of 16 and 19 (107.9 minutes), but above all **manual workers** (157.3 minutes) and **self-employed people** (130.7 minutes) tend to devote more time to vigorous physical activity.



## 5.3. Moderate physical activity

### *5.3.1. Frequency of moderate physical activity*

*Questionnaire source: Q17*

#### ***- 2.5 days of moderate physical activity over the last 7 days-***

According to European Union citizens, they devoted on average 2.5 days to moderate physical activity over the last 7 days. "Moderate physical activity" is understood to mean physical activities such as carrying light loads, cycling at a normal pace or playing doubles tennis.

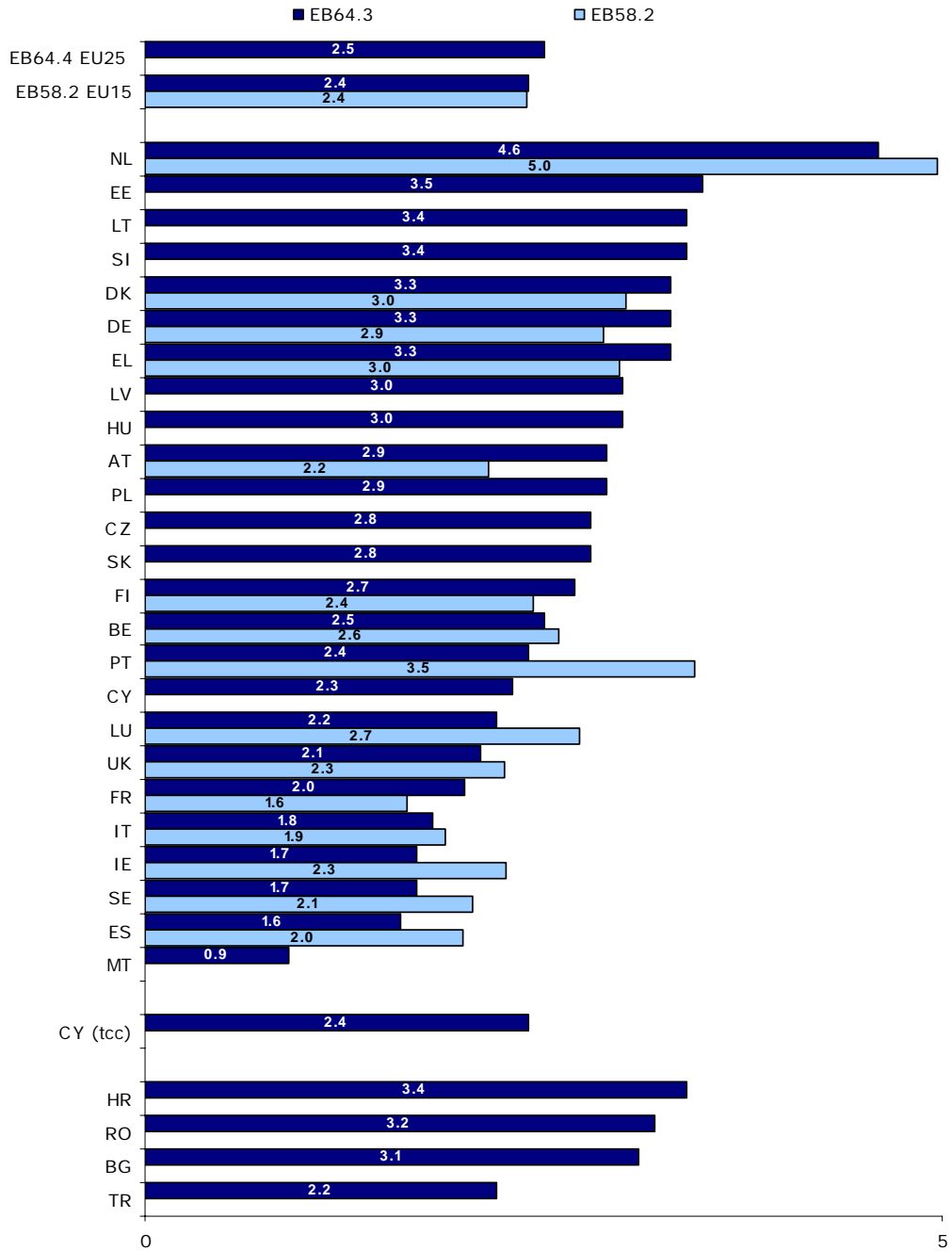
In comparison to 2002, the average has not changed in the 15 old European Union Member states and is still around 2.4 days.

An analysis by country shows very important differences as regards the average: it varies from 0.6 days in Malta to 4.6 days in the Netherlands.

In 8 of the new Member States, and in several candidate and accession countries, the average number of days devoted by respondents to moderate physical activity is higher than the average for the European union.

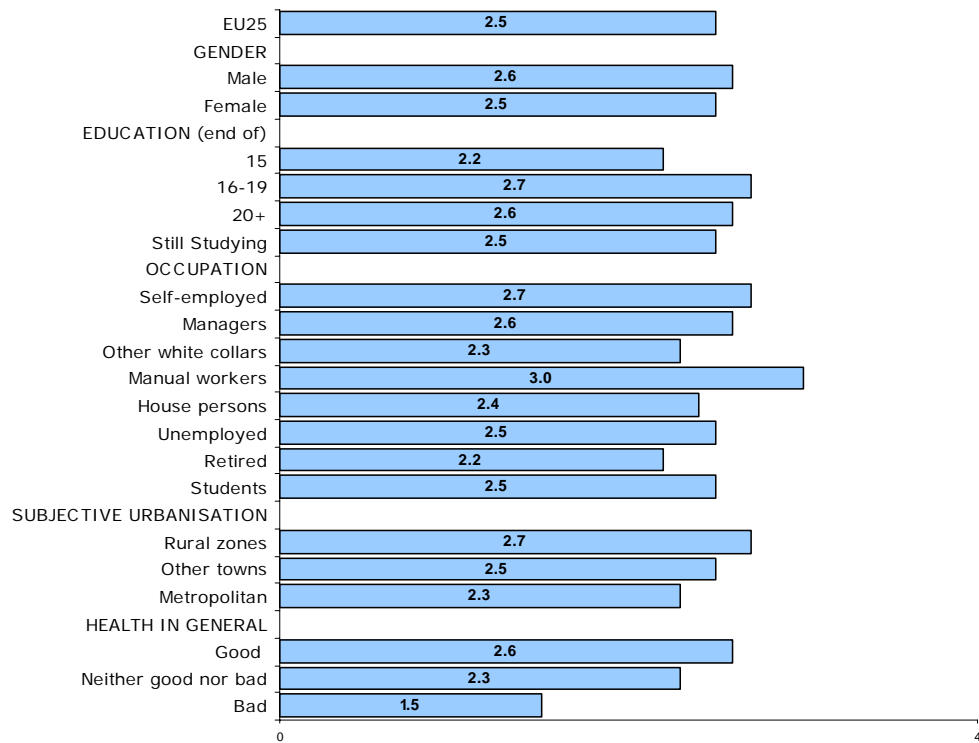
In comparison to 2002, the differences are particularly important in Portugal (-1.1), Austria (+0.7), Ireland (-0.6) and Luxembourg (-0.5).

**Q17 In the last 7 days, on how many days did you do moderate physical activity?  
(Average number of days)**



A socio-demographic analysis of the results reveals that people who ended their studies the earliest tend to devote little time to moderate physical activity (2.2 days). Nevertheless, **manual workers** perform moderate physical activity the most regularly (3 days).

**Q17 In the last 7 days, on how many days did you do moderate physical activity?  
(Average number of days)**



### 5.3.2. Duration of moderate physical activity

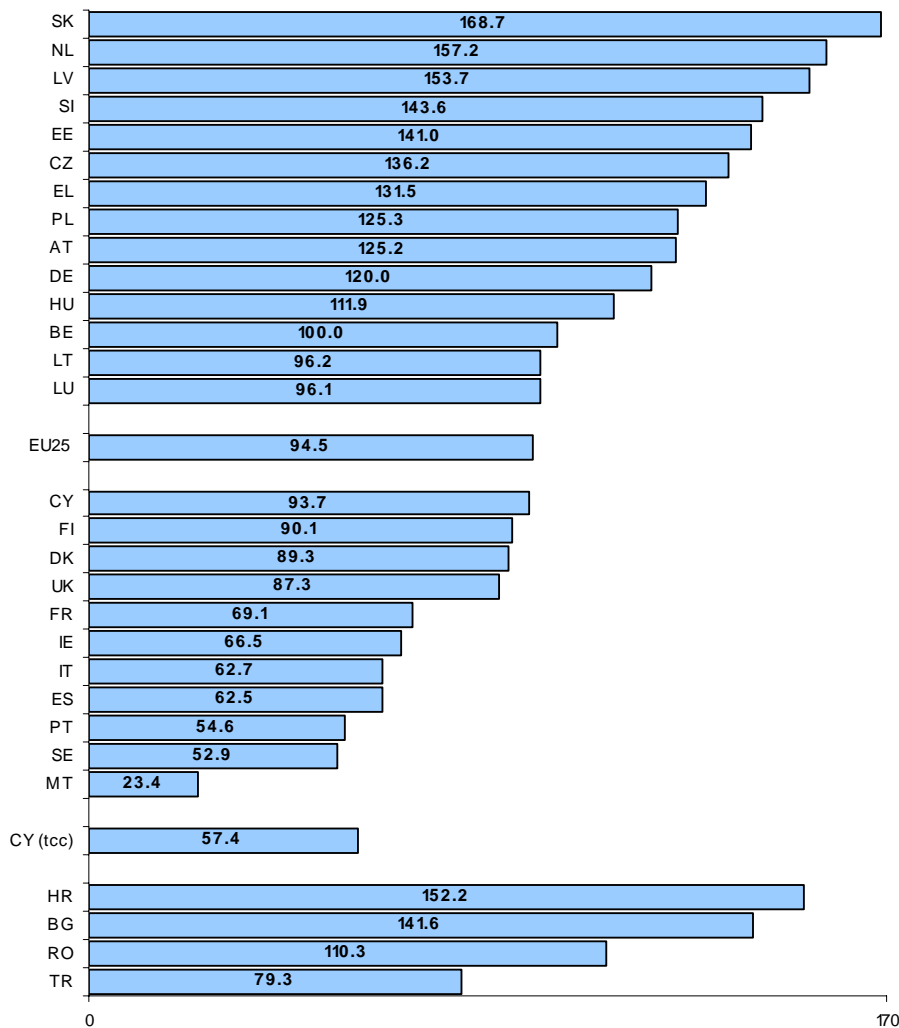
Questionnaire source: Q18

**- Europeans devote on average one and a half hours to moderate physical activity -**

The average time devoted by citizens in the European Union to moderate physical activity is just over one and a half hours (94.5 minutes).

However, the average duration varies quite sharply from one Member State to another. It is less than 1 hour in Malta, Sweden and Portugal, while it is more than two and a half hours in Latvia, the Netherlands and Slovakia.

**Q18 On days when you do moderate physical activities, how much time do you usually spend at it?  
(Average in minutes)**

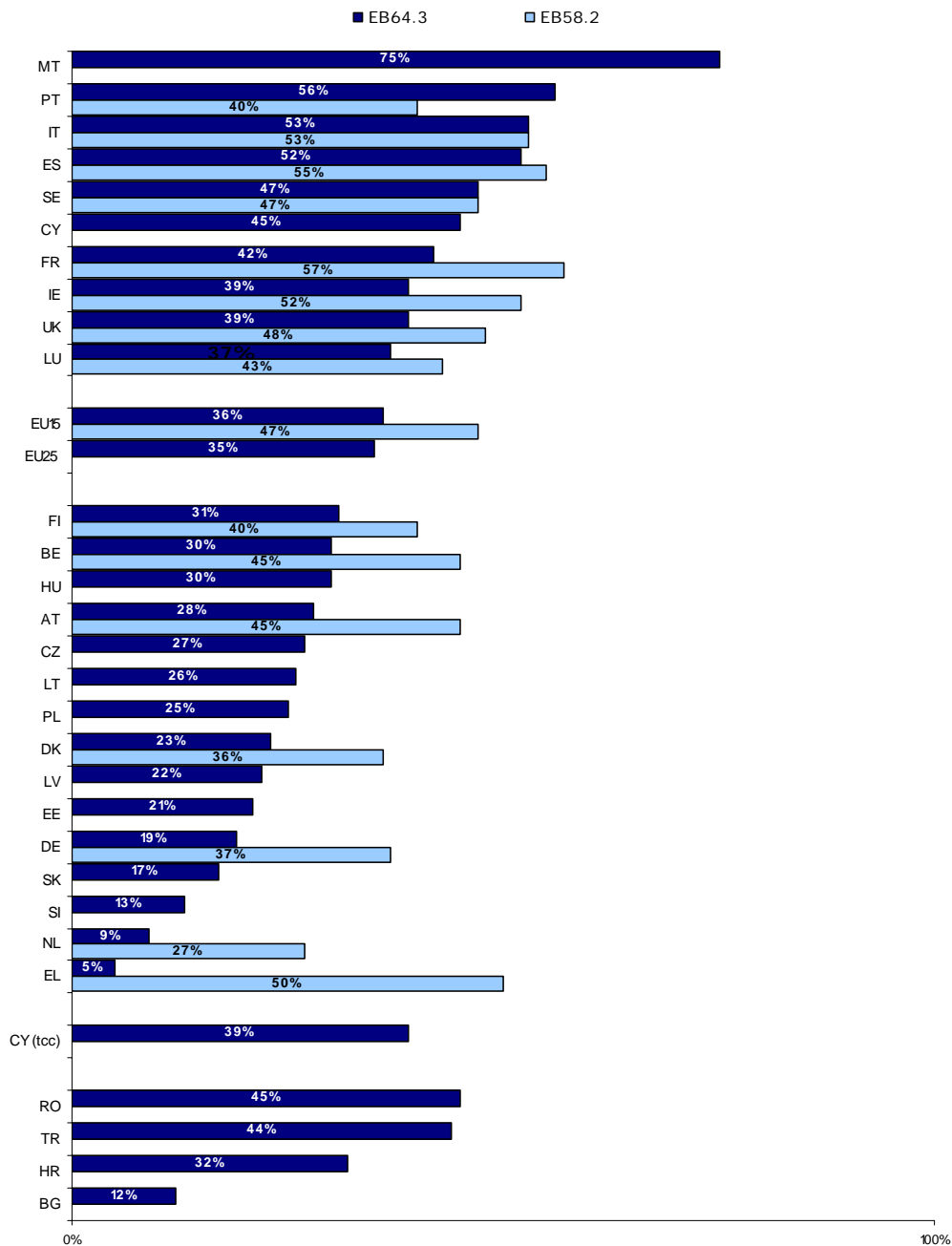


The number of “never” replies once again varies considerably from one Member State to the next, from less than 10% in the Netherlands (9%) and Greece (5%) to more than 50% in four Mediterranean countries, namely Malta (75%), Portugal (56%), Italy (53%) and Spain (52%). This important difference probably explains in part the difference between the duration of moderate physical activity between the countries as a whole.

In comparison to 2002, the percentage of respondents who replied “never” has fallen very sharply in most of the old Member States. For the EU15 as a whole, it has fallen by 11 points (from 47% to 36%).

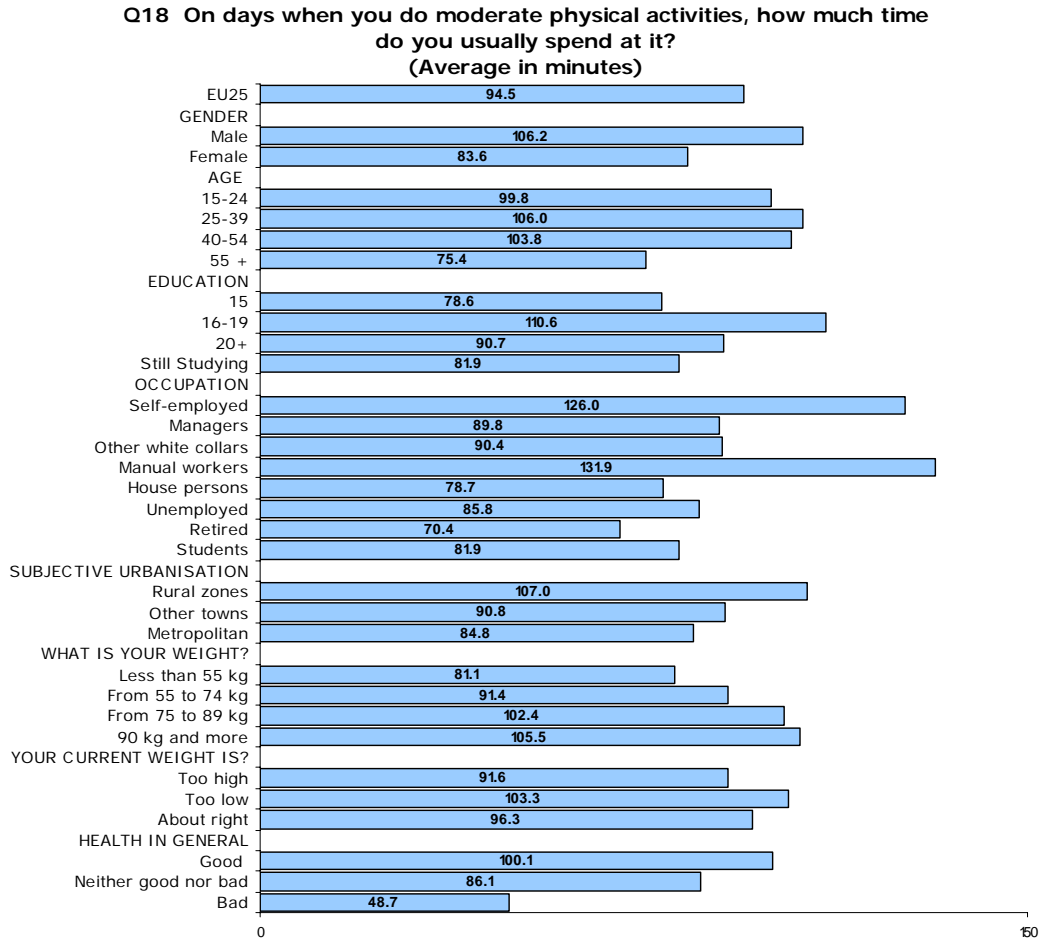
**Q18 On days when you do moderate physical activities, how much time do you usually spend at it?**

Answer: Never



A socio-demographic analysis of the results shows that once again **men** devote more time to physical activity (106.2 minutes), even if this time the difference is only small.

It is also interesting to note that **manual workers** (131.9 minutes) and **self-employed people** (126.0 minutes) devote far more time to this type of activity.



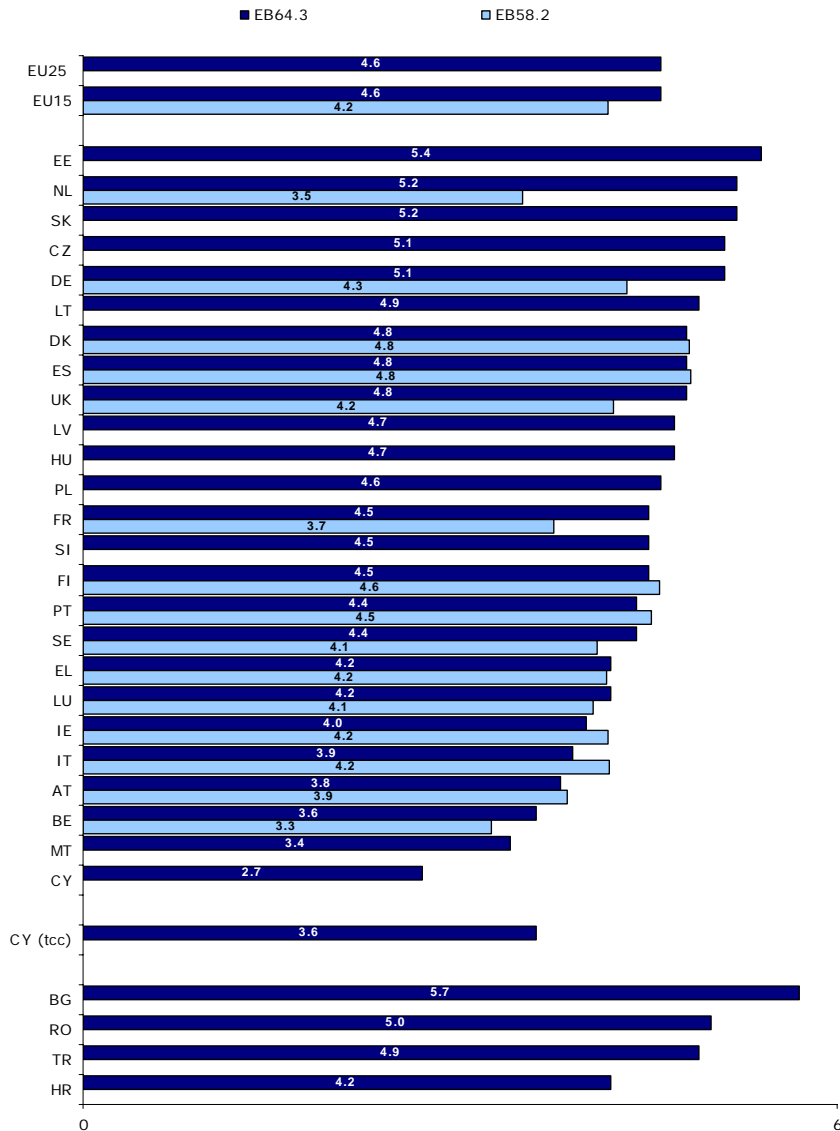
**5.3.3. Frequency with which people walk for at least 10 minutes at a time**

Questionnaire source: Q19

**- The frequency with which people walk varies considerably within Europe -**

Over the last 7 days, the frequency with which European Union citizens walked for at least 10 minutes at a time was on average 4.6 days. **In comparison to 2002, this frequency has increased:** in the 15 old European Union Member States the average has increased from 4.2 days in 2002 to 4.6 days in 2005. It is twice as high in some countries as in others: from 2.7 days in Cyprus to 5.4 days in Estonia and 5.7 days in Bulgaria.

Q19 In the last 7 days, on how many days did you walk for at least 10 minutes at a time? (EU25)

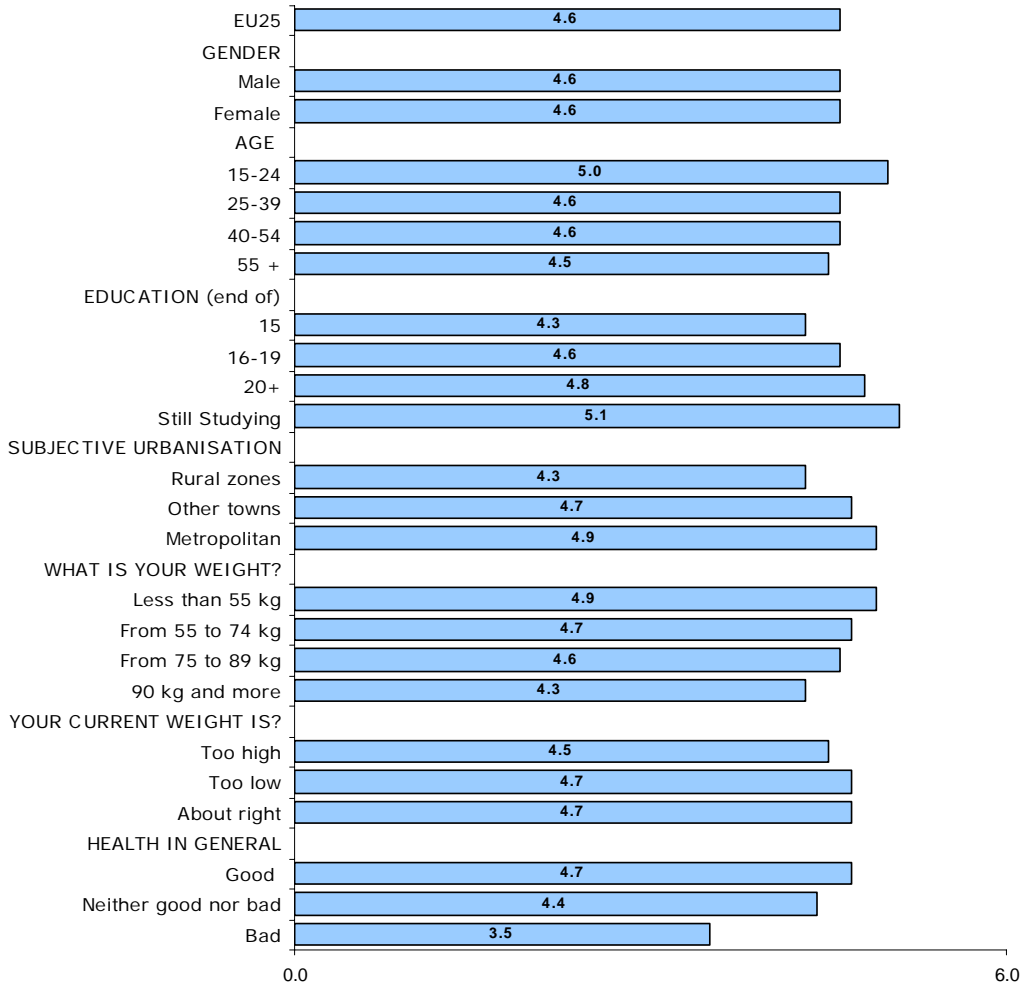


In most of the 15 old European Union Member States, this average is more or less unchanged. However, there have been significant changes in the Netherlands (+1.7 days), Germany and France (+0.8 days).

The youngest respondents (5 days) seem to walk more frequently than the other categories. Likewise, the frequency with which they walk by number of days is higher among the youngest category (5 days), people having studied the longest, those living in large cities and those who consider that they are in good health.

On the other hand, this frequency falls when the respondent's weight increases: those who weigh less than 55 kg walked on average almost 5 days (4.9 days) over the last 7 days while the heaviest respondents (90 kg and more) walked on average just over 4 days (4.3 days).

**Q19 In the last 7 days, on how many days did you walk for at least 10 minutes at a time?  
(Average number of days)**



### 5.3.4. Average time spent walking

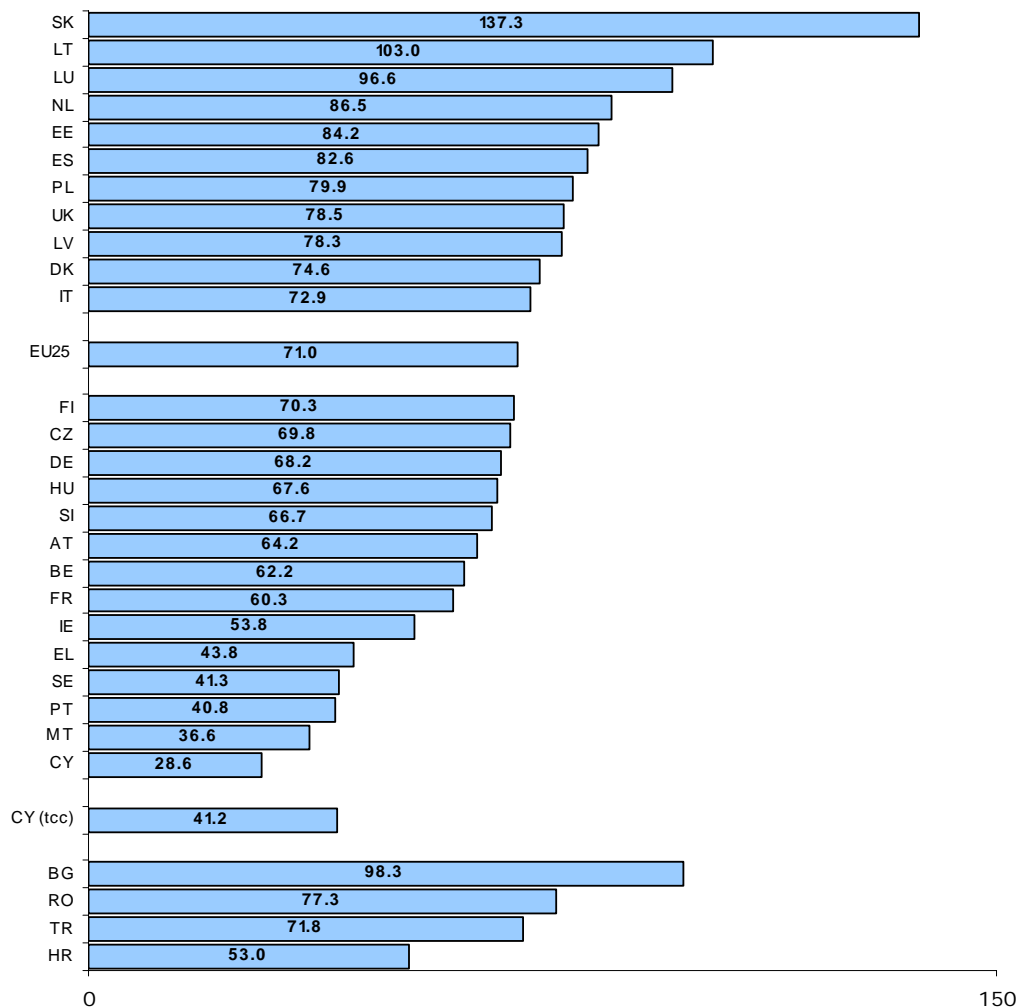
Questionnaire source: Q20

#### - The average time spent walking varies considerably in Europe-

On days when they walk for at least 10 minutes at a time, European Union citizens usually spend 71 minutes walking.

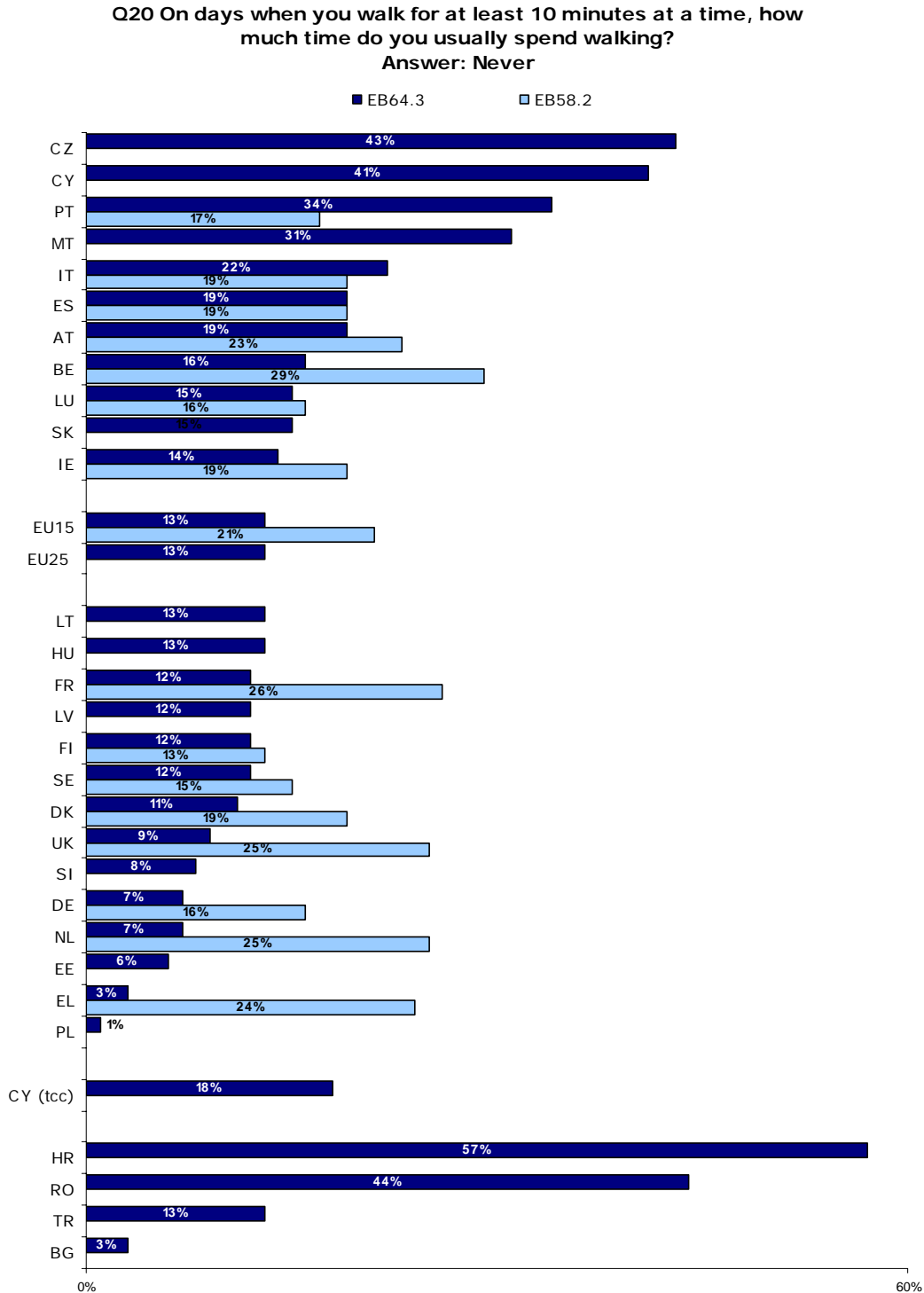
This average varies considerably from one country to another. Once again the three Mediterranean countries are among those where citizens walk the least. On the other hand, the average time citizens usually spend walking is more than two hours in Slovakia (137.3 minutes).

**Q20 On days when you walk for at least 10 minutes at a time, how much time do you usually spend walking? (Average in minutes)**



**- European Union citizens walk far more in 2005 than in 2002-**

The proportion of respondents who declared that they never walk for at least ten consecutive minutes has fallen significantly compared with 2002 (- 8 points for the EU15). This change applies to most Member States and is quite significant in some cases: -21 points in Greece, - 18 points in the Netherlands and - 16 points in the United Kingdom.

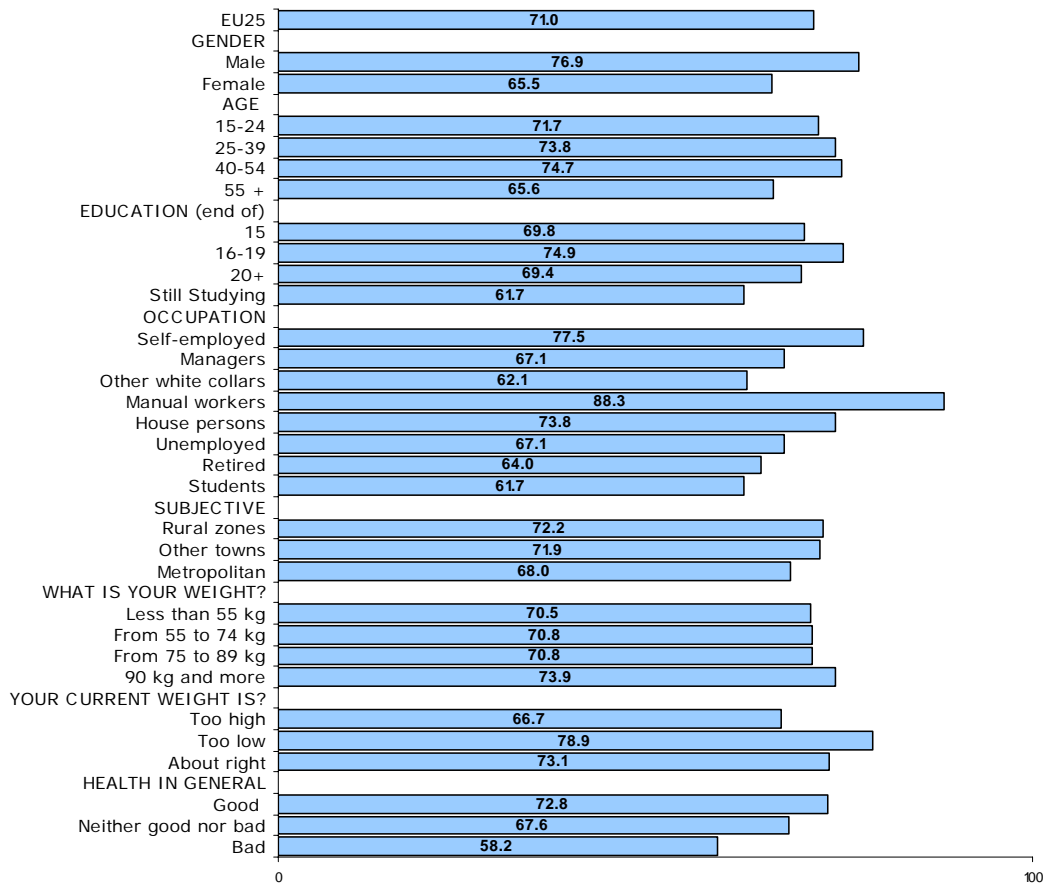


A socio-demographic analysis of the results shows once again that men attach more importance to physical activity (76.9 minutes).

The small amount time spent walking by **students** (61.7 minutes) is noteworthy. On the other hand, manual workers seem to walk more than the other respondents (88.3 minutes).

People who consider that they weigh too little (78.9 minutes) walk far more than those who consider that they weigh too much (66.7 minutes).

**Q20 On days when you walk for at least 10 minutes at a time, how much time do you usually spend walking? (Average in minutes)**



## 5.4. Time spent sitting

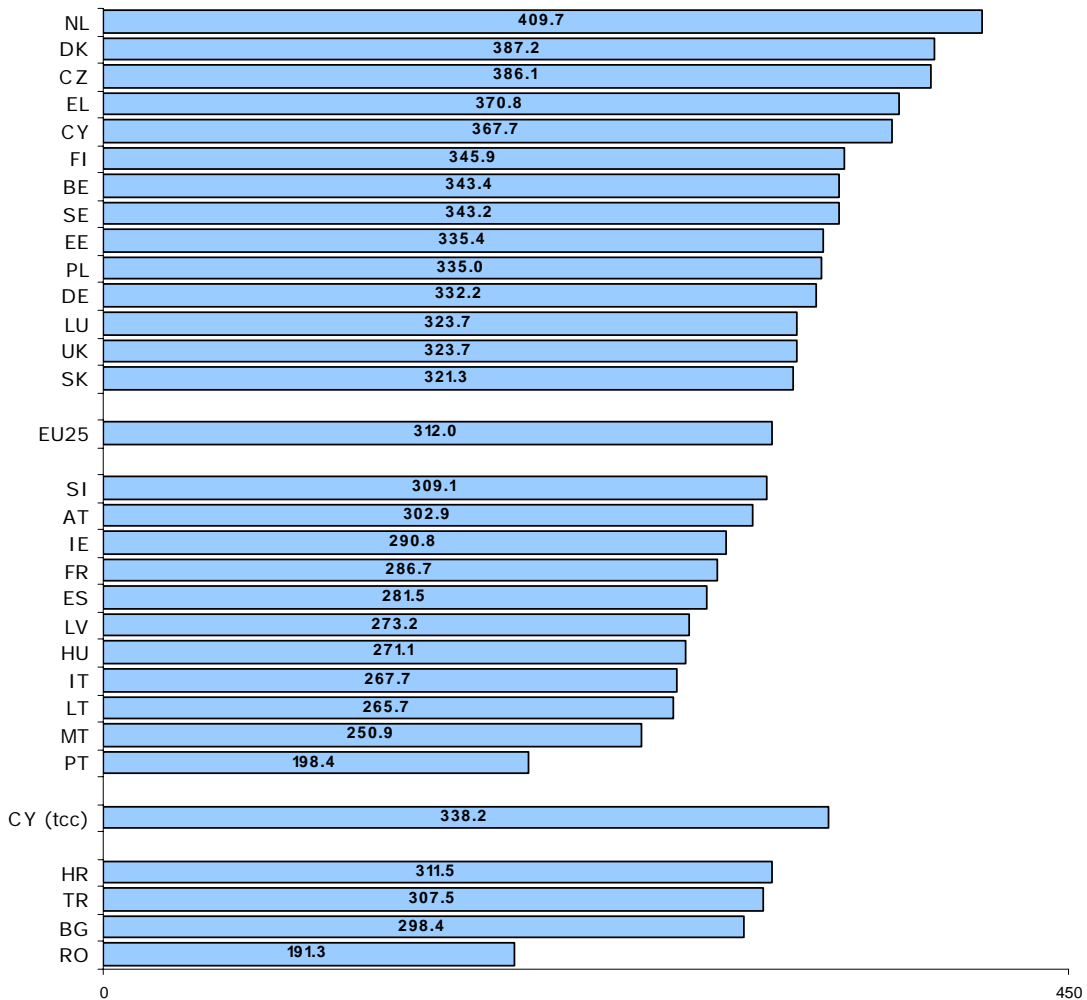
Questionnaire source: Q21

**- On average Europeans spend just over five hours sitting on a usual day -**

According to European Union citizens, they spend on average just over 5 hours sitting on a normal day.

At the level of the European Union, the time spent sitting exceeds 5 hours in 16 out of 25 countries; it varies from just over 3 hours in Portugal (198.4 minutes) to more than 8 hours in the Netherlands. In the candidate and accession countries the particularly low amount of time spent sitting in Rumania (191.3 minutes) is noteworthy.

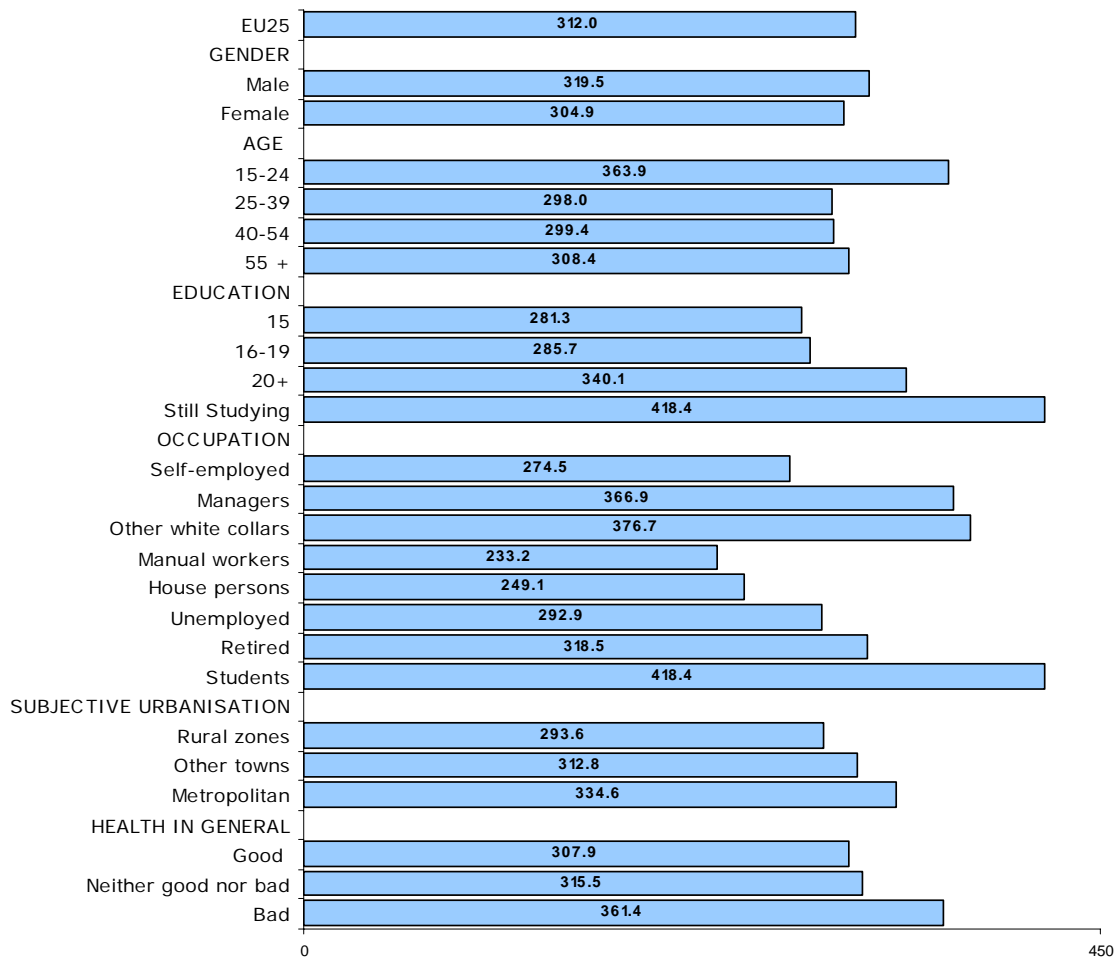
**Q21 How much time do you spend sitting on usual day? This may include time spent at a desk, visiting friends, reading, studying or watching television.  
(Average in minutes)**



A socio-demographic analysis of the results reveals that the categories that spend the most time sitting are: the youngest respondents (363.9 minutes), those who studied up to the age of 20 and over (340.1 minutes), and **students** (418.4 minutes).

The amount of time spent sitting depends to a large extent on the respondent's occupation: it is particularly higher among people in an employed position (376.7 minutes) and senior managers (366.9 minutes).

**Q21 How much time do you spend sitting on usual day? This may include time spent at a desk, visiting friends, reading, studying or watching television.  
(Average in minutes)**



## 5.5. Opportunities to be physically active

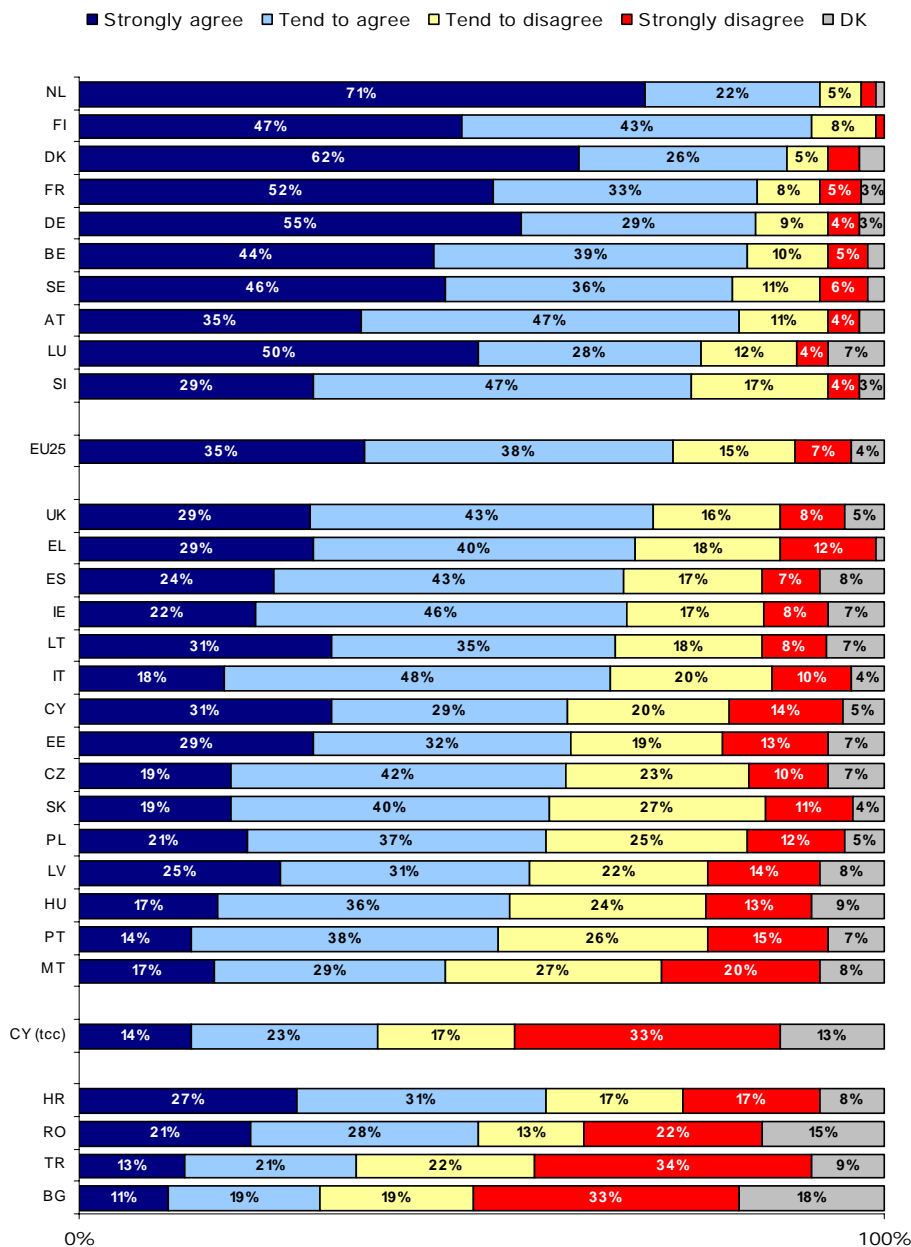
Questionnaire source: Q23

### 5.5.1. Sport and physical activities

**- 3/4 of EU citizens seem to have enough opportunities to play sport and take part in physical activities -**

Almost three-quarters of European Union citizens (73%) seem to agree that they have many opportunities to be physically active in the area where they live.

**Q23.1 To what extent do you agree or disagree with the following statements about sport and physical activity?**  
**The area where I live offers me many opportunities to be physically active**

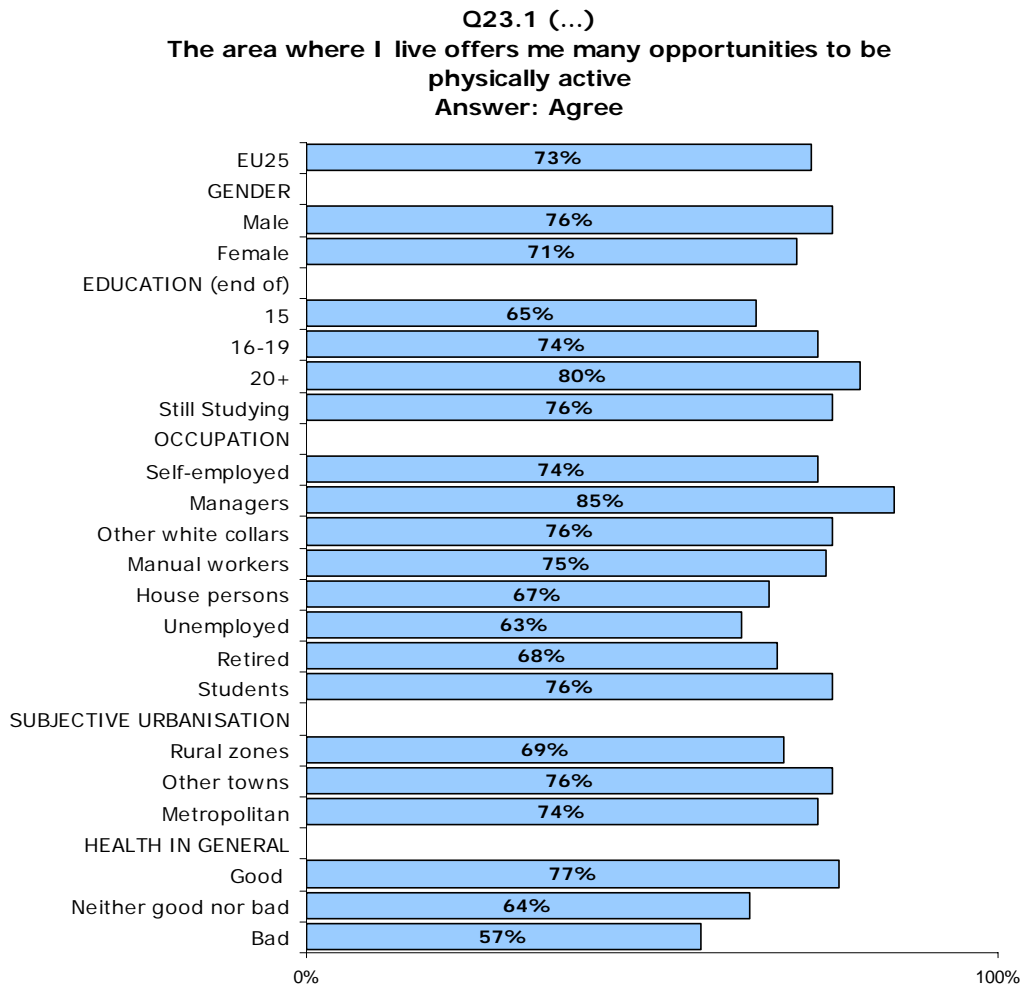


This proportion varies considerably from one Member State to another. In the European Union, only 46% of citizens in Malta and 52% in Portugal seem to support the statement that their area offers many opportunities to be physically active. On the other hand, approximately nine out of ten respondents in the Netherlands (93%), Finland (90%) and Denmark (88%) think that there are sufficient opportunities in the area where they live. The high number of “strongly agree” replies in the latter two countries is noteworthy.

In the candidate and accession countries, the level of agreement with this statement is below the European Union average. Except in Croatia (58% agree), a minority of respondents in the other countries seem to believe that there are sufficient opportunities to be physically active in their area.

It is noteworthy that several countries in which respondents declared that they never perform vigorous physical activity are also those where respondents declared that local opportunities for physical activities are inadequate.

A socio-demographic analysis of the results shows that essentially people living in urban areas have more facilities than those living in rural areas. In addition, **senior managers** in particular seem to be more satisfied as regards the opportunities in their area.



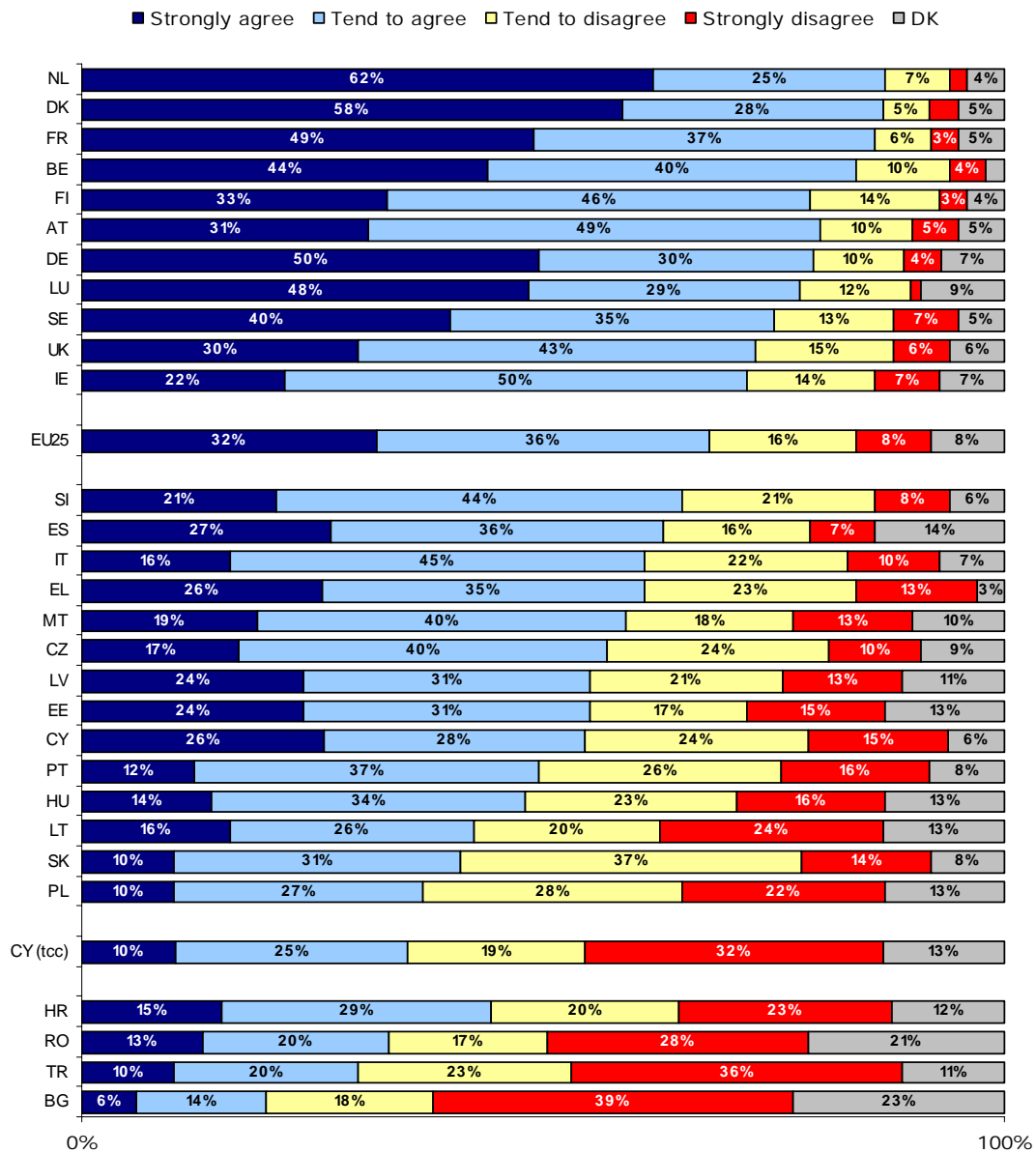
### 5.5.2. Sport clubs and centres

Questionnaire source: Q23.2

#### - 2/3 of EU citizens consider that local sports clubs and centres offer many opportunities to be physically active -

More than two-thirds (68%) of European Union citizens agree with the statement that sports clubs and centres in the area where they live offer many opportunities to be physically active. A third of respondents (32%) seem to “strongly agree” with this statement, while one in four does not agree (24%).

**Q23.2 To what extent do you agree or disagree with the following statements about sport and physical activity?**  
**Local sport clubs and other local providers offer many opportunities to be physically active**



**- The new Member States, the candidate and accession countries are less satisfied with the opportunities to be physically active in their area -**

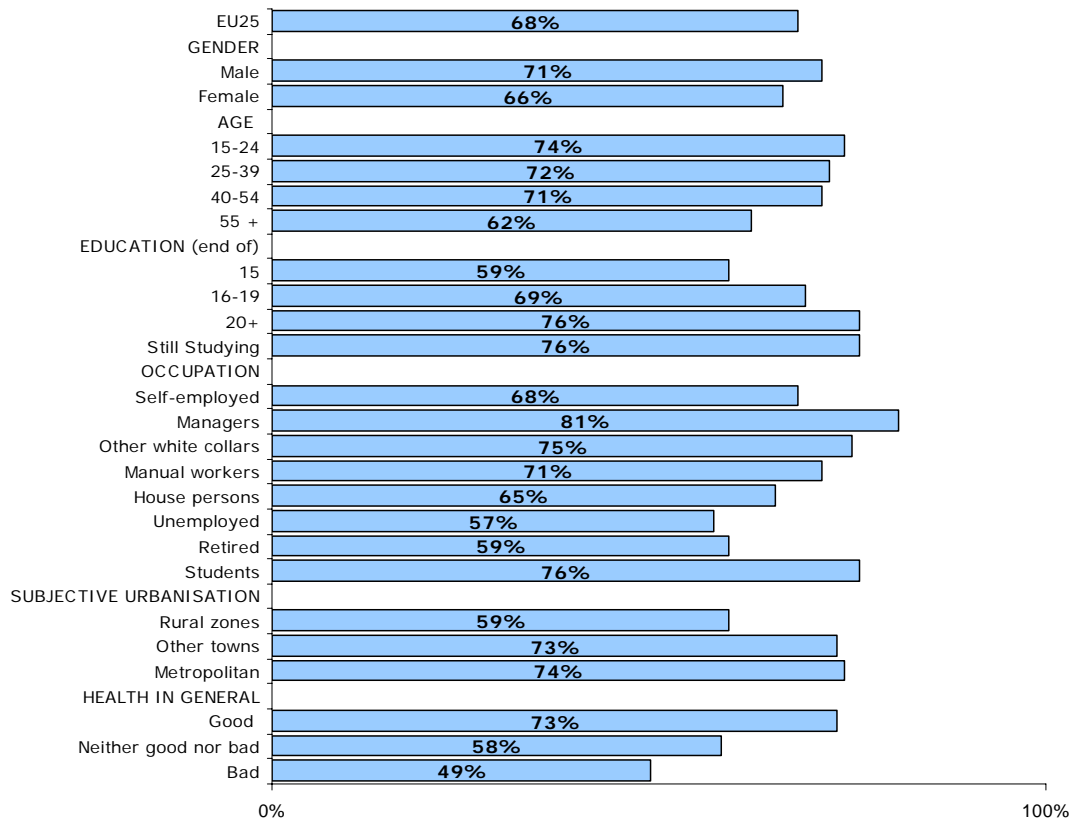
The above graph shows clearly that agreement with this statement is less marked in most of the new European Union Member States. It is noteworthy that support in the European Union for this statement is the lowest in 9 of the 10 new Member States and Portugal.

The percentages of respondents who “do not agree” with the statement that local sport clubs and centres offer many opportunities to be physically active are higher than those of the persons who “agree” in all the candidate and accession countries. The proportion of respondents who “agree” does not exceed 30% in Turkey or 20% in Bulgaria.

**Men** (71%), **young people** (74% among those aged 15-19) and those who studied the longest seem to be more positive regarding the opportunities to be physically active in the area where they live.

In terms of the respondent’s occupation, **senior managers** (81%), people in an employed position and students (76%) are also more likely to agree that local sports clubs and centres offer many opportunities to be physically active.

**Q23.2 (...) Local sport clubs and other local providers offer many opportunities to be physically active**  
Answer: Agree



**5.5.3. The lack of time for physical activities**

Questionnaire source: Q23.3

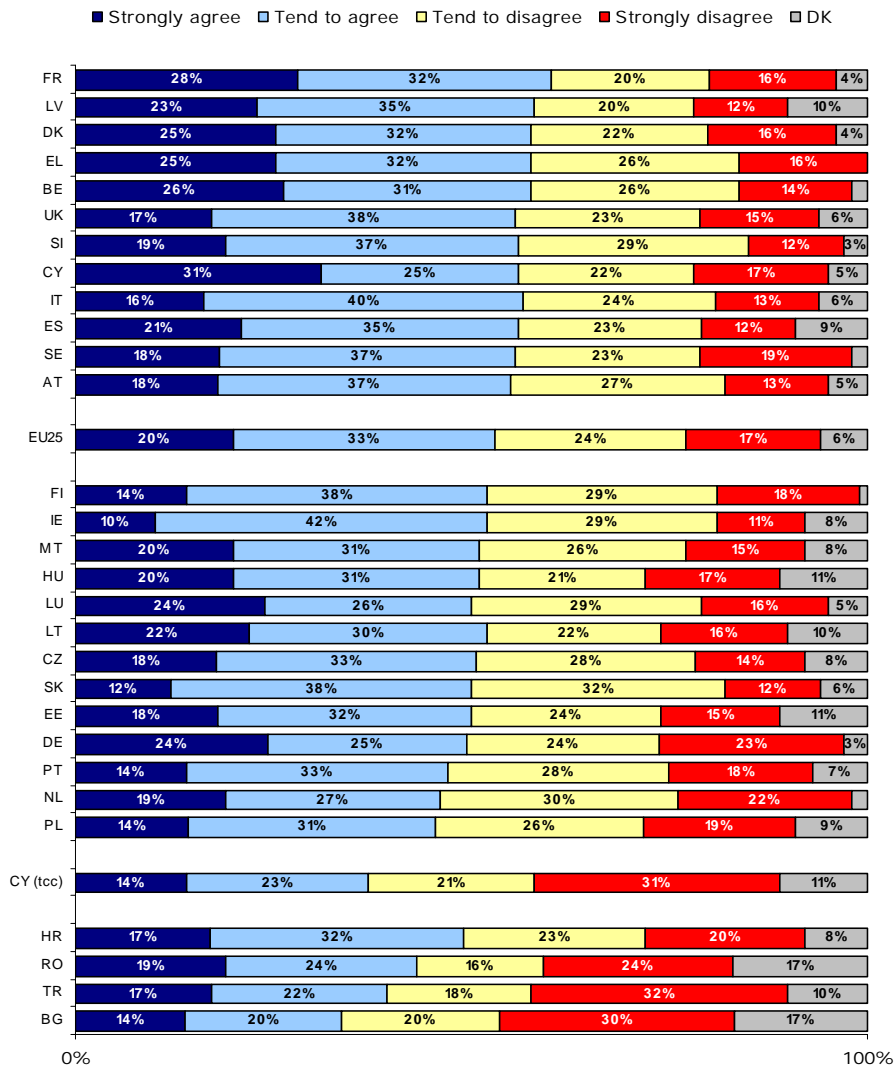
**- A slight majority of EU citizens appear not to have enough time to take advantage of the opportunities for physical activities in their area -**

More than half of European Union citizens seem to agree with the statement that they do not have enough time to take advantage of the opportunities to be physically active in the area where they live.

The cleavages highlighted by an analysis of the results are less important than for other questions. In the EU, the percentage of respondents who agree with the statement varies from 45% in Poland to 60% in France.

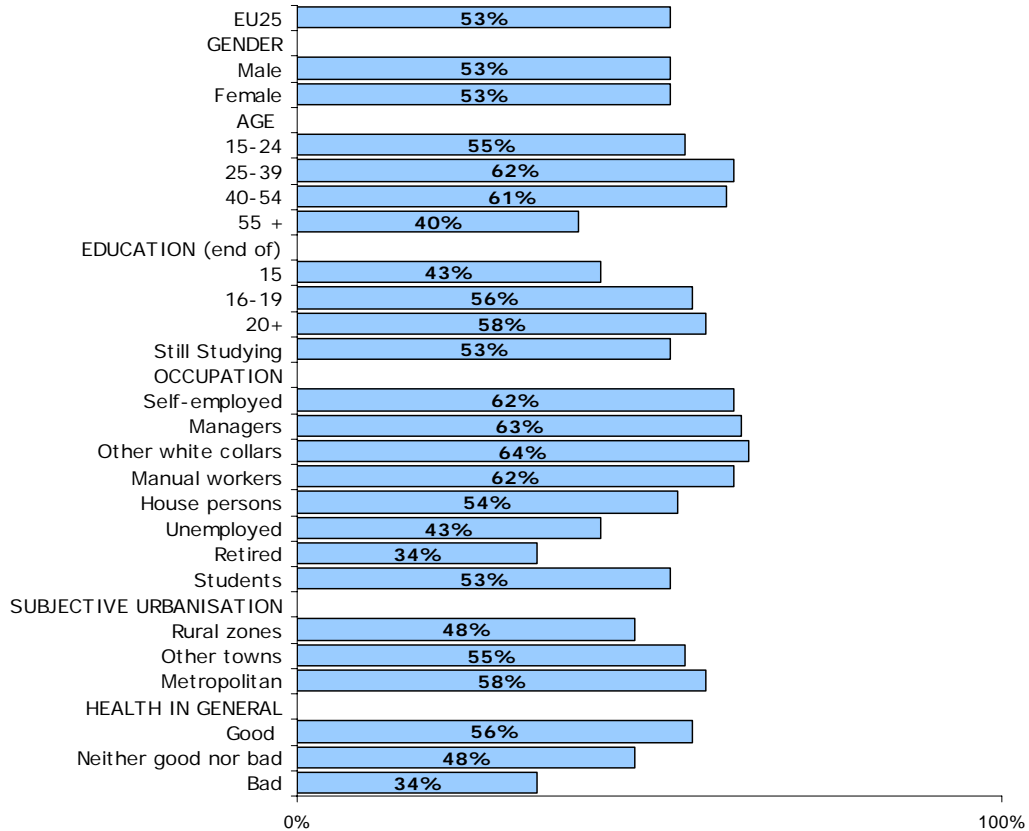
The proportion of respondents who “agree” is below the European average in the candidate and accession countries.

**Q23.3 To what extent do you agree or disagree with the following statements about sport and physical activity?  
There are opportunities to be physically active in my area but I do not have time to take advantage of them**



People aged between 24 and 54 seem more likely to be bothered by the lack of time to devote to physical activity. This result is logical given the higher proportion of active people in these age ranges. This conclusion is confirmed by an analysis by occupation which shows that people who are active professionally seem to have more time constraints.

**Q23.3 (...) There are opportunities to be physically active in my area  
but I do not have time to take advantage of them**  
Answer: Agree



## 6. Conclusion

**More than three-quarters (76%) of Europeans consider that they are in good health.** The percentage of respondents who consider that they are in good health is in general higher in the old European Union Member States than in the new ones. This healthiness seems particularly closely linked to the respondent's weight. **Almost a quarter of the respondents declared that they suffer from a long-standing illness or have a health problem.** It is noteworthy that in general the Scandinavian countries are more likely to be affected by a long-standing illness or health problem. The existence of health problems seems to be linked to the age, weight and socio-professional status of the respondent.

**Seven out of ten European Union citizens declared they had been prevented from performing normal activities over the last 6 months.** Inhabitants of a majority of Mediterranean countries as well as Irish citizens seem less likely than others to have been prevented from performing normal activities.

People in the **North-West of Europe are in general taller than those from Southern Europe.** In most Member States, **the average height has increased since 2002** and is now 169.9 cm at European level. **The average weight of citizens also varies considerably from one country to another and seems to be higher in 2005 than in 2002.** It is to be noted that people in good health have the lowest body mass index.

**A slight majority of European Union citizens (55%) consider that their weight is right.** In comparison to the 2002 survey, this figure is more or less unchanged. Women are more critical as regards their weight: far more women (44%) than men (32%) consider that they are too heavy.

**A majority of Europeans believe that "healthy eating" means eating a "balanced and varied diet", but also eating more fruit and vegetables.** It is interesting to emphasise that the heaviest people or those who consider themselves to be overweight are more aware of the benefits of eating more vegetables and less fatty food.

In the European Union, **two-thirds of citizens think that it is easy to eat a healthy diet.** An analysis by country of this result reveals however that views diverge quite considerably on this point and in particular the level of satisfaction is lower in a majority of the new Member States. **The lifestyle of EU citizens, in particular a lack of time, appears to be the main obstacle to healthy eating.** If the lack of time is mentioned in particular by people with a higher socio-professional status, on the other hand, the youngest respondents, those who left school at an early age and those who are overweight tend to mention more frequently than the other categories **that they find healthy food somewhat bland.**

At European level, approximately **one in five respondents declared that he or she had dieted over the last 12 months.** Those who have dieted did so either of their own volition or on their doctor's advice.

**Women** are more likely than men to have dieted or changed their eating habits. **Eating more vegetables and less fat** are the most frequently mentioned changes in eating habits.

**Losing weight and staying healthy** are the main reasons given by respondents to explain a change in their eating habits. Logically, the heaviest people are the ones who mentioned most frequently "losing weight", while those who consider that their weight is right mentioned more frequently "staying healthy", while those in poor health and retired people mentioned more frequently "an illness or health problems".

A strong majority of respondents (83%) agree with the statement that **childhood obesity has increased over the last 5 years**. More than nine out of ten respondents consider that food advertising and promotion influences children in the choice of what they eat.

**More information for parents and education for children at school are seen as the best ways of improving children's diets**. Once again the priority given to the different measures proposed varies considerably from one Member State to another.

In order to combat childhood obesity, European Union citizens are in favour of **more physical activities at school and more education on healthy eating and exercise**.

More than 80% of Europeans consider that there are **more adults with weight problems than 5 years ago**. In most countries, the percentage of people interviewed supporting this view exceeds 70%. **All Europeans seem to be aware of the health risks due to obesity**. Almost 95% of European Union citizens agree with the statement that obesity is a health danger.

As regards physical activity, **a slight majority (51%) of European Union citizens declared that they have performed some physical activity at work**. However, the level of this activity is not particularly intense and varies considerably in Europe. **Manual workers and self-employed people tend to be far more physically active at work**.

**The level of physical activity of Europeans when moving from place to place seems relatively limited**. Although almost 90% of the people interviewed declared that they had performed some physical activity over the last 7 days by moving from place to place, only 22% of the respondents declared that they had performed a lot of physical activity. Moreover, there seems to be an obvious link between the respondent's health, weight and the intensity of the physical effort made when moving from place to place.

**Although almost 90% of EU citizens declared that they had performed some physical activity outdoors over the last 7 days**, only 27% described their activity as intensive. In all the countries participating in this survey, this proportion is at least 80%.

**Few Europeans play sport or participate in recreational or leisure activities in an intensive way**. In more than half of the countries, more than 40% of respondents do not have any of these activities. Young people and those who studied the longest seem to be the most likely to participate in such activities.

**European Union citizens devoted on average 1.7 days to intense physical activity** over the last 7 days. In the 15 old European Union Member States, this average increased from 1.4 days to 1.6 days between 2002 and 2005. The levels of activity vary considerably between Member States.

The people interviewed declared that they spend on average **just over six hours a day sitting during a normal day**. The time they spend sitting obviously depends to a large extent on their occupation and once again the average varies considerably from one Member State to another.

**Three-quarters** of EU citizens declared that the area where they live offers sufficient opportunities to be physically active. Moreover, two out of three respondents consider that local sports clubs and centres offer many opportunities to be physically active. Finally, it is noteworthy that just over **half** of the people interviewed **do not seem to have enough time** to take advantage of the facilities in their area to be physically active.

# **ANNEXES**

# Tables

QD1 Do you have children? If yes, did you breastfeed any of them?  
(IF 'WOMEN', CODE 2 IN D10)

	TOTAL	Yes, I have children and I have breastfed all of them	Yes, I have children and I have breastfed some of them	Yes, I have children but I did not breastfeed them	No, I don't have children	Yes
UE25 EU25	12780	49%	6%	15%	30%	70%
BE	515	35%	8%	29%	27%	73%
CZ	533	65%	3%	5%	26%	74%
DK	525	60%	5%	6%	30%	70%
D-W	524	55%	5%	15%	25%	75%
DE	808	56%	5%	15%	23%	77%
D-E	284	61%	7%	14%	18%	82%
EE	561	69%	3%	3%	24%	76%
EL	509	57%	4%	9%	30%	70%
ES	525	48%	6%	12%	34%	66%
FR	528	31%	10%	29%	31%	69%
IE	507	14%	9%	43%	34%	66%
IT	510	51%	3%	9%	37%	63%
CY	259	46%	12%	14%	28%	72%
LV	537	63%	3%	5%	29%	71%
LT	550	51%	3%	12%	34%	66%
LU	256	29%	11%	23%	27%	73%
HU	540	70%	1%	5%	23%	77%
MT	254	33%	13%	24%	30%	70%
NL	535	44%	9%	15%	33%	67%
AT	523	48%	2%	11%	39%	61%
PL	521	58%	5%	8%	30%	70%
PT	523	61%	3%	7%	29%	71%
SI	530	63%	3%	5%	29%	71%
SK	543	64%	6%	5%	25%	75%
FI	525	64%	4%	3%	28%	72%
SE	536	66%	4%	3%	27%	73%
UK	687	36%	11%	26%	28%	72%
BG	521	70%	7%	4%	19%	81%
HR	525	65%	4%	5%	26%	74%
RO	518	65%	1%	4%	30%	70%
TR	500	66%	8%	2%	30%	70%
CY (toc)	250	65%	8%	3%	24%	76%
<b>Sex</b>						
Male	0	-	-	-	-	-
Female	12780	49%	6%	15%	30%	70%
<b>Age</b>						
15-24	1836	9%	0%	6%	86%	14%
25-39	3261	49%	5%	14%	32%	68%
40-54	3169	60%	8%	18%	14%	86%
55 +	4514	57%	8%	19%	16%	84%
<b>Education (End of)</b>						
15	3424	57%	7%	18%	17%	83%
16-19	5113	51%	7%	20%	22%	78%
20+	2883	50%	6%	10%	33%	67%
Still Studying	1155	4%	0%	1%	94%	6%
<b>Household composition</b>						
1	2530	41%	5%	12%	42%	58%
2	3994	43%	5%	18%	33%	67%
3	2315	54%	6%	18%	22%	78%
4+	3941	56%	8%	13%	23%	77%
<b>Place of birth</b>						
Surveyed country	11974	48%	6%	16%	30%	70%
EU	369	54%	4%	18%	25%	75%
Europe outside EU	164	73%	3%	6%	18%	82%
Outside Europe	247	53%	2%	13%	31%	69%
<b>Parents' birth</b>						
2 born country	11346	48%	6%	16%	30%	70%
1 country EU	405	50%	4%	14%	32%	68%
2EU	423	53%	3%	16%	28%	72%
At least 1 outside EU	585	54%	6%	9%	30%	70%
<b>Left-Right scale</b>						
(1-4) Left	3023	48%	7%	13%	32%	68%
(5-6) Centre	4239	48%	7%	18%	27%	73%
(7-10) Right	1958	52%	4%	16%	28%	72%
<b>Respondent occupation scale</b>						
Self- employed	653	52%	5%	15%	28%	72%
Managers	1139	52%	6%	12%	31%	69%
Other white collars	1648	46%	6%	13%	36%	64%
Manual workers	2092	47%	8%	16%	29%	71%
House persons	2392	63%	7%	21%	10%	90%
Unemployed	646	40%	5%	19%	36%	64%
Retired	3055	57%	8%	18%	18%	82%
Students	1155	4%	0%	1%	94%	6%
<b>Subjective urbanisation</b>						
Rural village	4268	52%	7%	16%	25%	75%
Small/ mid size town	5346	47%	6%	17%	30%	70%
Large town	3146	47%	6%	12%	36%	64%
<b>What is your weight ?</b>						
Less than 55 kg	1942	36%	4%	13%	46%	54%
From 55 to 74 kg	7334	50%	6%	15%	29%	71%
From 75 to 89 kg	1997	58%	6%	18%	19%	81%
90 kg and more	597	55%	11%	16%	18%	82%
<b>Your current weight is ?</b>						
Too high	5652	51%	7%	18%	23%	77%
Too low	553	43%	5%	14%	38%	62%
About right	6394	47%	5%	13%	35%	65%
<b>Health in general</b>						
Good	9285	46%	6%	15%	33%	67%
Neither good nor bad	2643	56%	7%	17%	21%	79%
Bad	797	56%	10%	16%	18%	82%

QD2 Thinking about the last child that you breastfed, for how long did you breastfed him/her?  
(IF 'HAVE BREASTFED', CODE 1 OR 2 IN OD1)

	TOTAL	1-3 months	4-6 months	7-12 months	13-15 months	16-18 months	19+ months	DK	Average
UE25 EU25	7004	35%	28%	24%	2%	2%	3%	6%	6.3
BE	223	52%	32%	10%	1%	1%	1%	2%	4.3
CZ	365	27%	31%	27%	4%	3%	31%	6%	6.9
DK	341	38%	26%	26%	3%	2%	3%	2%	6.5
D-W	314	31%	26%	27%	1%	3%	3%	9%	6.5
DE	496	34%	28%	25%	1%	2%	2%	7%	6.0
D-E	191	42%	36%	18%	0%	0%	-	3%	4.6
EE	406	30%	27%	28%	4%	4%	4%	5%	7.2
EL	312	42%	27%	24%	1%	3%	3%	1%	6.1
ES	279	30%	27%	27%	3%	2%	3%	7%	7.0
FR	213	61%	22%	13%	2%	2%	-	2%	4.1
IE	119	48%	31%	17%	3%	1%	1%	1%	4.8
IT	278	21%	28%	32%	3%	2%	3%	11%	7.3
CY	148	50%	23%	18%	1%	2%	2%	4%	5.2
LV	353	37%	28%	24%	2%	1%	4%	4%	6.3
LT	297	44%	30%	18%	3%	2%	2%	3%	5.3
LU	129	46%	29%	15%	2%	0%	1%	7%	4.8
HU	388	24%	30%	32%	3%	5%	4%	2%	7.7
MT	117	49%	27%	14%	0%	3%	2%	4%	5.2
NL	282	52%	23%	1%	0%	0%	1%	-	4.7
AT	262	18%	36%	26%	1%	1%	2%	16%	6.9
PL	324	31%	38%	20%	3%	5%	8%	5%	7.9
PT	334	22%	24%	26%	6%	2%	10%	6%	9.7
SI	350	29%	34%	24%	3%	1%	3%	7%	6.3
SK	377	24%	31%	31%	3%	3%	3%	6%	7.2
FI	361	31%	35%	28%	2%	2%	2%	1%	6.4
SE	374	22%	36%	33%	3%	3%	2%	1%	6.9
UK	318	45%	33%	14%	1%	1%	3%	3%	5.2
BG	404	20%	43%	5%	5%	3%	2%	5%	8.4
HR	362	27%	30%	29%	5%	3%	4%	2%	7.4
RO	341	15%	24%	42%	8%	4%	3%	4%	8.7
TR	337	11%	16%	29%	3%	15%	19%	7%	13.3
CY (toc)	182	24%	25%	37%	1%	5%	4%	4%	7.8
<b>Sex</b>									
Male	0	-	-	-	-	-	-	-	0.0
Female	7004	35%	28%	24%	2%	2%	3%	6%	6.3
<b>Age</b>									
15-24	160	52%	23%	15%	2%	3%	4%	1%	5.4
25-39	1756	37%	28%	23%	3%	3%	4%	3%	6.4
40-54	2162	36%	23%	23%	3%	2%	3%	4%	6.2
55 +	2926	32%	28%	25%	2%	2%	3%	8%	6.4
<b>Education (End of)</b>									
15	2222	32%	25%	26%	2%	3%	4%	8%	6.9
16-19	2976	38%	31%	21%	2%	2%	3%	4%	5.8
20+	1620	35%	30%	25%	2%	3%	3%	3%	6.3
Still Studying	53	27%	23%	27%	13%	7%	1%	2%	7.6
<b>Household composition</b>									
1	1161	30%	27%	26%	1%	2%	5%	8%	6.9
2	1939	37%	28%	23%	2%	2%	2%	6%	6.0
3	1382	38%	31%	21%	2%	2%	1%	4%	5.7
4+	2522	34%	27%	24%	3%	3%	4%	5%	6.7
<b>Place of birth</b>									
Surveyed country	6508	35%	29%	23%	2%	2%	3%	5%	6.3
EU	212	43%	33%	19%	2%	2%	0%	1%	5.2
Europe outside EU	125	26%	17%	33%	1%	10%	1%	12%	7.7
Outside Europe	137	32%	26%	30%	1%	4%	2%	5%	6.9
<b>Parents' birth</b>									
2 born country	6176	35%	29%	23%	2%	2%	3%	5%	6.4
1 country EU	219	39%	19%	33%	1%	1%	1%	7%	5.6
2EU	238	42%	28%	24%	2%	3%	1%	1%	5.8
At least 1 outside EU	355	32%	25%	26%	0%	4%	3%	9%	6.8
<b>Left-Right scale</b>									
(1-4) Left	1652	36%	29%	25%	2%	2%	3%	3%	6.2
(5-6) Centre	2348	37%	29%	22%	2%	2%	2%	6%	5.8
(7-10) Right	1100	34%	28%	27%	2%	2%	3%	5%	6.3
<b>Respondent occupation scale</b>									
Self- employed	374	29%	31%	25%	2%	3%	3%	6%	6.8
Managers	653	31%	33%	22%	1%	3%	5%	4%	6.8
Other white collars	844	38%	30%	22%	2%	2%	1%	5%	5.5
Manual workers	1151	43%	25%	21%	3%	3%	2%	4%	5.8
House persons	1664	32%	30%	24%	3%	2%	3%	6%	6.4
Unemployed	288	45%	21%	21%	2%	1%	6%	3%	6.4
Retired	1977	32%	27%	26%	1%	2%	2%	8%	6.6
Students	53	27%	23%	27%	13%	7%	1%	2%	7.6
<b>Subjective urbanisation</b>									
Rural village	2497	35%	28%	23%	2%	2%	4%	5%	6.5
Small/ mid size town	2858	36%	27%	24%	2%	3%	2%	6%	6.1
Large town	1640	33%	31%	23%	2%	2%	3%	6%	6.5
<b>What is your weight ?</b>									
Less than 55 kg	786	36%	28%	26%	3%	1%	3%	3%	6.1
From 55 to 74 kg	4100	35%	29%	24%	2%	3%	3%	5%	6.4
From 75 to 89 kg	1264	35%	27%	23%	2%	2%	4%	7%	6.3
90 kg and more	393	39%	33%	17%	2%	2%	5%	3%	6.1
<b>Your current weight is ?</b>									
Too high	3327	37%	28%	23%	2%	3%	3%	4%	6.2
Too low	265	34%	28%	27%	0%	2%	4%	4%	6.3
About right	3326	33%	29%	24%	3%	2%	3%	6%	6.5
<b>Health in general</b>									
Good	4811	37%	29%	22%	2%	2%	3%	4%	6.0
Neither good nor bad	1644	32%	25%	26%	2%	3%	4%	8%	7.0
Bad	524	28%	28%	26%	2%	4%	4%	9%	7.0

QD3 Thinking about the other child(ren) that you breastfed, for how long have you breastfed on average?

(IF 'HAVE BREASTFED', CODE 1 OR 2 IN QD1)

	TOTAL	Have not breastfed any other child	1-3 months	4-6 months	7-12 months	13-15 months	16-18 months	19+ months	No other child	DK	Average
<b>UE25 EU25</b>	7004	13%	22%	23%	19%	1%	1%	2%	11%	7%	6.5
BE	223	18%	32%	27%	8%	0%	1%	-	10%	4%	4.6
CZ	365	7%	23%	29%	21%	1%	1%	9%	7%	6.6	
DK	341	18%	25%	24%	19%	1%	1%	2%	7%	3%	6.1
D-W	314	18%	22%	22%	19%	1%	1%	1%	9%	8%	6.3
DE	496	18%	22%	23%	18%	1%	1%	1%	10%	7%	6.0
D-E	191	18%	26%	25%	13%	0%	-	-	14%	3%	4.9
EE	406	15%	18%	23%	22%	2%	2%	2%	16%	1%	7.0
EL	312	7%	25%	24%	22%	2%	2%	2%	15%	1%	6.8
ES	279	16%	19%	25%	19%	3%	1%	3%	5%	8%	7.0
FR	213	17%	37%	19%	9%	1%	-	1%	13%	3%	4.3
IE	119	13%	26%	24%	14%	-	1%	-	9%	13%	5.2
IT	278	15%	14%	22%	26%	1%	2%	2%	9%	10%	7.5
CY	148	9%	41%	21%	19%	2%	1%	2%	2%	3%	5.2
LV	353	4%	18%	20%	13%	3%	1%	1%	38%	2%	6.4
LT	297	10%	25%	22%	15%	0%	0%	1%	22%	4%	5.5
LU	129	11%	32%	29%	12%	1%	1%	1%	7%	5%	5.0
HU	388	10%	16%	27%	26%	5%	2%	9%	2%	8%	8.1
MT	117	5%	36%	28%	17%	1%	4%	4%	4%	2%	6.6
NL	282	19%	30%	24%	17%	1%	1%	1%	5%	2%	5.1
AT	262	6%	13%	29%	18%	1%	0%	0%	17%	14%	6.6
PL	324	3%	21%	24%	17%	2%	3%	4%	14%	12%	7.6
PT	334	3%	16%	18%	19%	4%	5%	7%	9%	19%	9.5
SI	350	1%	24%	30%	20%	2%	-	2%	5%	16%	6.2
SK	377	9%	18%	26%	24%	2%	2%	2%	5%	12%	7.0
FI	361	17%	23%	24%	23%	2%	1%	1%	8%	1%	6.4
SE	374	6%	12%	34%	34%	2%	1%	1%	9%	1%	7.1
UK	318	11%	28%	20%	17%	1%	0%	3%	10%	1%	5.9
BG	404	5%	11%	17%	38%	3%	1%	4%	9%	12%	9.0
HR	362	8%	21%	26%	25%	2%	3%	4%	9%	3%	7.5
RO	341	4%	8%	17%	29%	5%	3%	1%	31%	3%	8.8
TR	337	12%	6%	14%	24%	4%	10%	13%	5%	11%	13.3
CY (tcc)	182	11%	16%	18%	34%	2%	5%	2%	7%	7%	8.0
<b>Sex</b>											
Male	0	-	-	-	-	-	-	-	-	-	0.0
Female	7004	13%	22%	23%	19%	1%	1%	2%	11%	7%	6.5
<b>Age</b>											
15-24	160	22%	20%	3%	8%	1%	0%	-	38%	9%	4.4
25-39	1756	14%	22%	19%	17%	1%	2%	2%	18%	5%	6.3
40-54	2162	13%	25%	25%	18%	1%	1%	2%	9%	5%	6.3
55 +	2926	12%	21%	25%	21%	2%	1%	2%	7%	9%	6.8
<b>Education (End of)</b>											
15	2222	12%	21%	23%	22%	2%	2%	3%	8%	9%	7.0
16-19	2976	14%	25%	25%	16%	1%	1%	2%	12%	5%	5.9
20+	1620	14%	21%	22%	20%	2%	1%	2%	15%	4%	6.6
Still Studying	53	9%	4%	13%	39%	2%	0%	-	15%	17%	8.0
<b>Household composition</b>											
1	1161	11%	17%	24%	23%	2%	2%	3%	9%	9%	7.5
2	1939	13%	23%	22%	18%	1%	1%	1%	13%	7%	6.3
3	1382	21%	17%	19%	10%	0%	1%	1%	25%	7%	5.7
4+	2522	9%	28%	26%	23%	2%	2%	3%	3%	5%	6.5
<b>Place of birth</b>											
Surveyed country	6508	13%	22%	23%	19%	1%	1%	2%	11%	7%	6.5
EU	212	9%	31%	26%	19%	3%	1%	0%	9%	1%	5.8
Europe outside EU	125	6%	17%	24%	25%	1%	5%	1%	11%	11%	7.3
Outside Europe	137	15%	22%	16%	27%	1%	3%	3%	5%	8%	7.6
<b>Parents' birth</b>											
2 born country	6176	13%	22%	24%	19%	1%	1%	2%	11%	7%	6.5
1 country EU	219	8%	27%	22%	11%	0%	2%	1%	22%	7%	5.6
2EU	238	12%	31%	19%	24%	3%	3%	1%	6%	0%	6.7
At least 1 outside EU	355	13%	17%	20%	22%	0%	2%	1%	17%	9%	6.8
<b>Left-Right scale</b>											
(1-4) Left	1652	13%	24%	24%	18%	1%	1%	2%	13%	4%	6.3
(5-6) Centre	2348	14%	23%	24%	17%	1%	1%	1%	12%	6%	6.1
(7-10) Right	1100	11%	23%	23%	23%	1%	1%	2%	10%	6%	6.6
<b>Respondent occupation scale</b>											
Self- employed	374	11%	23%	23%	19%	1%	3%	3%	11%	7%	6.6
Managers	653	14%	20%	25%	17%	2%	1%	1%	14%	5%	6.9
Other white collars	844	12%	24%	25%	14%	1%	1%	1%	16%	5%	5.6
Manual workers	1151	15%	27%	22%	16%	1%	1%	1%	12%	5%	5.8
House persons	1664	13%	22%	24%	22%	2%	1%	2%	9%	6%	6.6
Unemployed	288	14%	24%	16%	10%	2%	2%	5%	21%	5%	7.3
Retired	1977	13%	20%	24%	22%	1%	1%	2%	8%	9%	6.9
Students	53	9%	4%	13%	39%	2%	0%	-	15%	17%	8.0
<b>Subjective urbanisation</b>											
Rural village	2497	11%	26%	23%	19%	1%	2%	3%	8%	6%	6.7
Small/ mid size town	2858	14%	22%	23%	20%	1%	1%	1%	11%	7%	6.2
Large town	1640	14%	18%	23%	18%	2%	1%	2%	15%	7%	6.8
<b>What is your weight ?</b>											
Less than 55 kg	786	14%	23%	20%	19%	1%	1%	1%	15%	6%	6.2
From 55 to 74 kg	4100	13%	22%	24%	19%	1%	2%	2%	11%	6%	6.5
From 75 to 89 kg	1264	11%	23%	23%	21%	2%	1%	3%	9%	7%	6.8
90 kg and more	393	10%	27%	30%	15%	1%	1%	4%	8%	5%	6.1
<b>Your current weight is ?</b>											
Too high	3327	13%	24%	24%	20%	1%	1%	2%	10%	5%	6.4
Too low	265	15%	26%	20%	20%	0%	1%	1%	9%	8%	5.9
About right	3326	13%	21%	23%	18%	2%	1%	2%	13%	7%	6.6
<b>Health in general</b>											
Good	4811	14%	24%	23%	18%	1%	1%	2%	12%	5%	6.2
Neither good nor bad	1644	12%	21%	23%	20%	1%	1%	3%	10%	8%	7.0
Bad	524	8%	17%	27%	23%	2%	2%	2%	8%	11%	7.5

QD4 Over the last 12 months, have you been on a diet, or not?

	TOTAL	No, I have not been on a diet	Yes, advised by a doctor	Yes, suggested by a family member or a friend	Yes, through media influence	Yes, by my own decision	DK	Yes
UE25 EU25	24682	79%	8%	1%	0%	11%	1%	21%
BE	1000	76%	9%	2%	1%	13%	-	24%
CZ	1029	78%	7%	2%	1%	12%	-	22%
DK	1031	74%	4%	1%	0%	20%	0%	26%
D-W	1007	85%	3%	1%	1%	10%	0%	15%
DE	1557	85%	3%	1%	1%	9%	0%	15%
D-E	550	87%	4%	2%	0%	7%	0%	13%
EE	1000	81%	5%	2%	0%	12%	1%	18%
EL	1000	73%	8%	1%	0%	17%	2%	25%
ES	1025	77%	13%	1%	1%	7%	1%	22%
FR	1012	80%	11%	1%	-	9%	0%	20%
IE	1000	70%	7%	1%	1%	15%	5%	25%
IT	1000	78%	11%	2%	0%	8%	1%	21%
CY	502	68%	14%	1%	-	17%	0%	32%
LV	1000	79%	4%	1%	0%	16%	0%	21%
LT	1011	79%	5%	1%	1%	14%	0%	20%
LU	501	80%	4%	1%	-	14%	0%	19%
HU	1015	86%	2%	1%	-	12%	-	14%
MT	500	66%	10%	2%	0%	22%	0%	34%
NL	1031	84%	2%	2%	0%	12%	0%	16%
AT	1002	82%	4%	3%	1%	9%	0%	18%
PL	1000	80%	8%	1%	0%	10%	0%	20%
PT	1000	83%	12%	1%	0%	4%	0%	17%
SI	1030	74%	11%	0%	0%	14%	0%	25%
SK	1044	75%	7%	2%	0%	11%	5%	20%
FI	1017	68%	5%	2%	0%	24%	0%	31%
SE	1054	85%	4%	1%	0%	10%	0%	15%
UK	1321	71%	7%	1%	1%	20%	0%	28%
BG	1004	78%	9%	1%	0%	10%	2%	20%
HR	1000	79%	9%	0%	0%	11%	1%	20%
RO	1002	77%	14%	1%	1%	6%	1%	22%
TR	1005	84%	4%	1%	0%	10%	1%	15%
CY (toc)	500	79%	7%	2%	0%	11%	-	21%
<b>Sex</b>								
Male	11902	84%	7%	1%	0%	7%	1%	15%
Female	12780	74%	9%	1%	1%	15%	0%	26%
<b>Age</b>								
15-24	3765	83%	2%	1%	0%	13%	1%	17%
25-39	6550	80%	4%	1%	1%	14%	1%	20%
40-54	6308	78%	7%	2%	0%	12%	0%	21%
55 +	8059	77%	14%	1%	0%	8%	0%	22%
<b>Education (End of)</b>								
15	5992	79%	13%	1%	0%	7%	0%	21%
16-19	9671	78%	7%	1%	1%	13%	0%	22%
20+	6152	79%	6%	1%	0%	13%	1%	21%
Still Studying	2464	83%	3%	1%	1%	11%	1%	16%
<b>Household composition</b>								
1	4566	78%	11%	0%	0%	10%	1%	21%
2	7903	79%	9%	1%	0%	10%	0%	21%
3	4615	78%	7%	1%	1%	13%	1%	22%
4+	7598	80%	5%	2%	1%	12%	0%	19%
<b>Place of birth</b>								
Surveyed country	23146	79%	8%	1%	0%	11%	0%	21%
EU	627	79%	9%	1%	0%	11%	1%	21%
Europe outside EU	336	86%	4%	1%	1%	7%	1%	14%
Outside Europe	535	78%	5%	3%	1%	13%	0%	22%
<b>Parents' birth</b>								
2 born country	21871	79%	8%	1%	0%	11%	0%	20%
1 country EU	817	73%	10%	2%	1%	13%	1%	26%
2EU	768	78%	9%	1%	0%	12%	1%	21%
At least 1 outside EU	1185	79%	5%	2%	1%	14%	0%	21%
<b>Left-Right scale</b>								
(1-4) Left	6422	79%	8%	1%	1%	11%	0%	20%
(5-6) Centre	8105	78%	8%	1%	1%	12%	1%	21%
(7-10) Right	4322	80%	7%	1%	0%	12%	0%	20%
<b>Respondent occupation scale</b>								
Self- employed	1995	81%	7%	1%	0%	10%	1%	19%
Managers	2653	80%	4%	2%	1%	14%	0%	20%
Other white collars	2924	76%	6%	1%	1%	15%	1%	23%
Manual workers	5030	82%	5%	1%	1%	12%	0%	18%
House persons	2485	75%	11%	2%	1%	11%	0%	25%
Unemployed	1275	81%	4%	2%	0%	12%	0%	19%
Retired	5855	76%	15%	1%	0%	7%	0%	23%
Students	2464	83%	3%	1%	1%	11%	1%	16%
<b>Subjective urbanisation</b>								
Rural village	8062	80%	7%	2%	1%	10%	1%	20%
Small/ mid size town	10428	80%	8%	1%	0%	11%	0%	20%
Large town	6157	77%	8%	1%	1%	13%	1%	22%
<b>What is your weight ?</b>								
Less than 55 kg	2090	86%	6%	1%	1%	7%	1%	13%
From 55 to 74 kg	11467	80%	7%	1%	0%	11%	0%	19%
From 75 to 89 kg	7010	77%	8%	2%	0%	11%	0%	22%
90 kg and more	2778	71%	11%	2%	0%	15%	0%	29%
<b>Your current weight is ?</b>								
Too high	9415	65%	12%	2%	1%	19%	0%	34%
Too low	1326	88%	7%	1%	0%	3%	1%	11%
About right	13608	87%	5%	0%	0%	6%	1%	12%
<b>Health in general</b>								
Good	18561	82%	5%	1%	0%	12%	0%	18%
Neither good nor bad	4630	74%	14%	1%	1%	10%	0%	26%
Bad	1393	64%	26%	2%	0%	7%	0%	36%

QD5 How tall are you (in cm) without shoes?

	TOTAL	Less than 150 cm	150-159 cm	160-164 cm	165-169 cm	170-174 cm	175-179 cm	180-184 cm	185-189 cm	190+ cm	Refusal	DK	Average
<b>UE25 EU25</b>	24682	1%	11%	16%	19%	19%	14%	11%	5%	2%	1%	2%	169.9
BE	1000	0%	11%	15%	21%	21%	14%	11%	5%	2%	1%	1%	170.3
CZ	1029	0%	7%	13%	19%	18%	17%	13%	6%	5%	0%	1%	172.4
DK	1031	1%	5%	12%	18%	21%	18%	14%	7%	4%	0%	0%	172.6
D-W	1007	0%	7%	13%	20%	19%	17%	14%	5%	3%	1%	1%	172.0
DE	1557	0%	7%	13%	19%	19%	17%	14%	5%	3%	1%	1%	171.8
D-E	550	0%	10%	15%	18%	16%	12%	7%	2%	1%	0%	0%	171.1
EE	1000	0%	9%	18%	18%	18%	14%	12%	5%	3%	1%	1%	170.8
EL	1000	0%	11%	18%	21%	19%	15%	10%	5%	1%	-	0%	169.1
ES	1025	2%	15%	19%	20%	19%	10%	6%	2%	2%	1%	5%	167.0
FR	1012	1%	15%	19%	17%	18%	12%	11%	3%	2%	0%	1%	168.8
IE	1000	1%	14%	16%	15%	16%	17%	12%	7%	2%	-	0%	170.0
IT	1000	0%	11%	20%	20%	20%	13%	9%	3%	1%	2%	2%	168.3
CY	502	0%	13%	18%	21%	18%	13%	8%	3%	1%	0%	4%	168.4
LV	1000	0%	8%	16%	16%	21%	15%	12%	6%	2%	1%	3%	171.3
LT	1011	0%	7%	18%	20%	14%	10%	5%	2%	0%	3%	3%	170.8
LU	501	0%	5%	18%	19%	19%	13%	15%	7%	2%	0%	1%	171.5
HU	1015	1%	12%	18%	22%	17%	13%	11%	4%	3%	0%	1%	169.3
MT	500	2%	21%	17%	14%	12%	7%	7%	2%	-	-	20%	164.9
NL	1031	0%	6%	9%	15%	19%	20%	14%	10%	7%	0%	1%	174.5
AT	1002	-	6%	13%	20%	18%	17%	13%	8%	2%	2%	2%	172.3
PL	1000	0%	13%	19%	17%	0%	18%	9%	4%	18%	1%	0%	169.4
PT	1000	1%	21%	19%	18%	20%	10%	4%	2%	0%	0%	4%	165.5
SI	1030	0%	9%	15%	20%	20%	18%	10%	6%	2%	1%	0%	170.9
SK	1044	0%	7%	16%	20%	17%	14%	13%	8%	2%	1%	2%	171.2
FI	1017	0%	12%	17%	17%	18%	17%	12%	5%	2%	-	1%	170.3
SE	1054	0%	7%	15%	17%	19%	14%	7%	4%	-	-	0%	172.5
UK	1321	1%	13%	16%	17%	17%	12%	12%	6%	2%	1%	3%	170.1
BG	1004	1%	13%	20%	21%	18%	13%	7%	3%	1%	0%	2%	167.6
HR	1000	0%	7%	13%	19%	18%	16%	12%	8%	4%	-	3%	172.1
RO	1002	0%	8%	17%	23%	20%	13%	10%	3%	1%	1%	4%	169.2
TR	1005	1%	10%	15%	18%	19%	15%	6%	2%	0%	1%	11%	168.4
CY (toc)	500	1%	15%	17%	20%	18%	11%	7%	3%	1%	0%	7%	167.7
<b>Sex</b>													
Male	11902	0%	1%	4%	11%	23%	24%	21%	9%	4%	1%	1%	176.2
Female	12780	1%	21%	29%	26%	14%	5%	1%	0%	0%	1%	2%	163.9
<b>Age</b>													
15-24	3765	0%	7%	12%	18%	21%	16%	13%	7%	4%	1%	1%	172.1
25-39	6550	0%	7%	14%	17%	20%	16%	13%	6%	3%	1%	1%	171.8
40-54	6308	0%	11%	17%	18%	19%	15%	12%	5%	2%	1%	1%	170.3
55 +	8059	1%	17%	20%	21%	16%	11%	7%	2%	1%	1%	3%	166.8
<b>Education (End of)</b>													
15	5922	1%	19%	21%	20%	16%	10%	7%	1%	1%	1%	3%	166.2
16-19	9671	1%	10%	16%	19%	18%	15%	11%	5%	2%	1%	1%	170.2
20+	6152	0%	8%	14%	17%	20%	16%	14%	6%	3%	1%	1%	171.8
Still Studying	2464	0%	6%	11%	17%	22%	17%	13%	8%	4%	1%	1%	172.8
<b>Household composition</b>													
1	4566	1%	16%	17%	18%	17%	12%	10%	4%	2%	1%	2%	168.6
2	7903	1%	12%	17%	19%	18%	14%	10%	4%	2%	1%	2%	169.3
3	4615	0%	10%	16%	18%	18%	16%	10%	5%	2%	1%	1%	170.4
4+	7598	0%	9%	16%	18%	20%	15%	13%	5%	3%	1%	1%	170.9
<b>Place of birth</b>													
Surveyed country	23146	1%	11%	17%	19%	19%	14%	11%	5%	2%	1%	2%	169.9
EU	627	2%	15%	16%	20%	16%	12%	11%	4%	1%	2%	1%	168.6
Europe outside EU	336	0%	11%	15%	17%	19%	15%	15%	3%	1%	1%	2%	170.1
Outside Europe	535	1%	12%	18%	16%	23%	16%	6%	4%	2%	1%	2%	169.3
<b>Parents' birth</b>													
2 born country	21871	1%	11%	17%	19%	19%	14%	11%	5%	2%	1%	2%	169.8
1 country EU	817	1%	13%	14%	19%	16%	11%	15%	5%	3%	2%	1%	170.4
2EU	768	0%	15%	13%	19%	20%	12%	12%	4%	2%	2%	1%	169.6
At least 1 outside EU	1185	1%	10%	16%	17%	22%	17%	9%	4%	2%	1%	2%	170.1
<b>Left-Right scale</b>													
(1-4) Left	6422	0%	9%	15%	19%	20%	15%	12%	5%	3%	1%	1%	170.8
(5-6) Centre	8105	1%	11%	16%	19%	19%	15%	11%	4%	2%	1%	1%	169.8
(7-10) Right	4322	0%	10%	14%	18%	20%	15%	14%	6%	3%	0%	1%	171.3
<b>Respondent occupation scale</b>													
Self- employed	1995	0%	7%	12%	14%	19%	19%	17%	7%	3%	1%	2%	172.9
Managers	2653	0%	6%	12%	15%	21%	17%	17%	9%	2%	1%	0%	173.2
Other white collars	2924	0%	9%	16%	18%	22%	13%	11%	5%	2%	1%	1%	170.6
Manual workers	5030	1%	9%	14%	18%	19%	17%	13%	5%	3%	1%	1%	171.2
House persons	2485	2%	24%	30%	25%	10%	4%	1%	0%	-	1%	2%	163.0
Unemployed	1275	0%	12%	16%	17%	18%	17%	10%	4%	3%	1%	1%	170.3
Retired	5855	1%	19%	21%	18%	19%	12%	7%	2%	1%	1%	3%	167.2
Students	2464	0%	6%	11%	17%	22%	17%	13%	8%	4%	1%	1%	172.8
<b>Subjective urbanisation</b>													
Rural village	8062	1%	11%	17%	20%	18%	14%	11%	4%	2%	1%	2%	169.6
Small/ mid size town	10428	1%	11%	17%	18%	20%	14%	11%	5%	2%	1%	1%	169.7
Large town	6157	0%	11%	15%	18%	18%	15%	11%	6%	3%	2%	2%	170.5
<b>What is your weight ?</b>													
Less than 55 kg	2090	2%	35%	35%	19%	6%	2%	0%	0%	-	0%	0%	160.8
From 55 to 74 kg	11467	1%	14%	20%	23%	21%	12%	6%	2%	1%	0%	1%	167.4
From 75 to 89 kg	7010	0%	4%	10%	15%	20%	23%	17%	8%	2%	0%	1%	173.7
90 kg and more	2778	0%	3%	6%	9%	15%	16%	27%	14%	10%	0%	0%	177.8
<b>Your current weight is ?</b>													
Too high	9415	1%	14%	20%	20%	17%	11%	10%	4%	2%	0%	1%	168.6
Too low	1326	0%	12%	14%	14%	18%	15%	12%	8%	4%	0%	1%	171.5
About right	13608	1%	9%	15%	18%	20%	16%	11%	5%	2%	1%	2%	170.6
<b>Health in general</b>													
Good	18561	0%	10%	15%	18%	19%	15%	12%	5%	2%	1%	1%	170.6
Neither good nor bad	4630	1%	15%	20%	19%	17%	12%	8%	3%	1%	1%	2%	167.9
Bad	1393	1%	19%	21%	19%	16%	11%	6%	2%	2%	0%	3%	166.7

QD6 How much do you weigh (in kg) without shoes and clothes?

	TOTAL	Less than 50 kg	50-54 kg	55-59 kg	60-64 kg	65-69 kg	70-74 kg	75-79 kg	80-84 kg	85-89 kg	90-94 kg	95-99 kg	100+ kg	Refusal	DK	Average
UE25 EU25	24682	3%	6%	9%	12%	12%	14%	12%	10%	7%	5%	3%	4%	2%	3%	72.2
BE	1000	3%	5%	8%	13%	13%	17%	10%	9%	6%	6%	3%	5%	0%	1%	72.7
CZ	1029	1%	3%	8%	10%	12%	12%	13%	11%	10%	6%	4%	4%	2%	3%	74.8
DK	1031	2%	4%	6%	13%	12%	12%	10%	11%	9%	5%	4%	8%	1%	3%	75.9
D-W	1007	1%	5%	7%	12%	12%	12%	14%	12%	7%	6%	3%	6%	3%	2%	74.5
DE	1557	1%	5%	7%	11%	12%	13%	14%	12%	7%	6%	3%	6%	3%	2%	74.7
D-E	550	1%	4%	6%	9%	9%	16%	13%	12%	7%	7%	3%	6%	4%	1%	75.7
EE	1000	2%	5%	8%	12%	12%	14%	11%	11%	7%	5%	3%	5%	1%	5%	73.4
EL	1000	2%	5%	6%	12%	12%	12%	12%	16%	7%	7%	3%	5%	1%	0%	74.1
ES	1025	3%	6%	10%	12%	13%	14%	11%	9%	6%	4%	2%	3%	1%	6%	70.7
FR	1012	5%	9%	11%	13%	12%	13%	9%	10%	7%	4%	2%	3%	1%	2%	69.7
IE	1000	2%	7%	8%	14%	8%	15%	13%	9%	9%	3%	3%	5%	-	2%	73.2
IT	1000	4%	6%	11%	12%	15%	14%	8%	4%	3%	1%	1%	3%	4%	68.7	
CY	502	2%	7%	11%	11%	10%	14%	12%	11%	7%	4%	3%	6%	0%	2%	72.6
LV	1000	2%	5%	6%	12%	11%	14%	9%	11%	8%	6%	3%	4%	3%	6%	73.6
LT	1011	2%	5%	7%	11%	11%	13%	11%	12%	6%	6%	3%	7%	0%	5%	74.5
LU	501	2%	7%	8%	9%	10%	12%	13%	10%	7%	2%	9%	3%	1%	1%	75.6
HU	1015	3%	7%	9%	10%	11%	14%	10%	11%	8%	6%	4%	6%	0%	0%	73.4
MT	500	5%	6%	5%	11%	15%	11%	7%	10%	5%	4%	3%	5%	-	13%	72.2
NL	1031	1%	2%	8%	12%	12%	15%	11%	13%	8%	7%	4%	7%	1%	1%	75.8
AT	1002	2%	5%	8%	8%	10%	13%	12%	10%	9%	5%	3%	2%	5%	7%	73.5
PL	1000	4%	7%	9%	12%	13%	13%	11%	11%	7%	5%	2%	3%	2%	1%	71.3
PT	1000	3%	6%	11%	13%	16%	17%	9%	10%	4%	2%	1%	2%	0%	5%	69.0
SI	1030	1%	5%	8%	11%	13%	13%	11%	9%	7%	4%	5%	1%	0%	0%	74.5
SK	1044	2%	5%	10%	11%	11%	13%	12%	11%	7%	7%	4%	4%	2%	2%	73.4
FI	1017	2%	5%	8%	12%	11%	13%	10%	11%	8%	7%	3%	7%	0%	2%	74.7
SE	1054	1%	5%	7%	12%	13%	14%	12%	10%	8%	6%	3%	6%	1%	2%	74.9
UK	1321	2%	5%	9%	11%	10%	13%	10%	9%	7%	3%	4%	5%	3%	9%	73.6
BG	1004	3%	8%	8%	12%	11%	16%	11%	10%	6%	5%	2%	4%	0%	3%	71.0
HR	1000	1%	5%	6%	9%	11%	13%	10%	11%	8%	6%	6%	6%	-	3%	76.3
RO	1002	3%	7%	8%	12%	12%	15%	12%	10%	6%	5%	3%	2%	0%	5%	71.1
TR	1005	3%	6%	10%	11%	13%	15%	10%	11%	5%	3%	2%	1%	1%	7%	70.0
CY (toc)	500	5%	6%	7%	12%	11%	13%	10%	10%	6%	5%	3%	5%	0%	5%	72.3
<b>Sex</b>																
Male	11902	0%	1%	3%	6%	10%	16%	16%	16%	10%	7%	4%	7%	1%	3%	78.9
Female	12780	5%	10%	15%	17%	14%	11%	7%	5%	3%	2%	1%	2%	3%	4%	65.8
<b>Age</b>																
15-24	3765	5%	11%	14%	15%	13%	12%	10%	6%	3%	2%	1%	2%	1%	4%	66.2
25-39	6550	3%	6%	10%	11%	12%	13%	7%	5%	3%	5%	2%	3%	5%	2%	72.1
40-54	6308	1%	4%	8%	11%	12%	12%	12%	12%	8%	5%	3%	5%	3%	2%	74.4
55+	8059	2%	4%	6%	11%	12%	16%	13%	11%	6%	5%	3%	4%	2%	4%	73.5
<b>Education (End of)</b>																
15	5992	2%	5%	7%	11%	12%	15%	12%	11%	6%	5%	2%	4%	1%	5%	72.9
16-19	9671	2%	5%	9%	11%	12%	13%	12%	10%	7%	5%	3%	5%	3%	3%	73.1
20+	6152	2%	6%	9%	11%	12%	14%	11%	11%	8%	5%	3%	4%	2%	2%	72.9
Still Studying	2464	5%	11%	14%	16%	14%	12%	9%	5%	3%	2%	1%	2%	1%	4%	65.9
<b>Household composition</b>																
1	4566	3%	6%	9%	13%	12%	15%	11%	10%	6%	4%	2%	3%	1%	5%	71.4
2	7903	2%	5%	7%	11%	12%	14%	12%	11%	8%	5%	3%	4%	2%	3%	73.7
3	4615	3%	6%	10%	13%	12%	13%	11%	10%	6%	4%	3%	4%	3%	3%	71.6
4+	7598	3%	6%	10%	12%	12%	12%	12%	10%	6%	5%	2%	4%	2%	3%	71.7
<b>Place of birth</b>																
Surveyed country	23146	3%	6%	9%	12%	12%	14%	12%	10%	7%	5%	3%	4%	2%	3%	72.3
EU	627	3%	8%	10%	12%	13%	13%	10%	8%	7%	4%	2%	6%	2%	2%	71.4
Europe outside EU	336	1%	3%	4%	10%	17%	6%	14%	17%	10%	6%	2%	4%	1%	4%	75.4
Outside Europe	535	3%	7%	8%	18%	18%	12%	7%	4%	5%	1%	4%	1%	5%	70.1	
<b>Parents' birth</b>																
2 born country	21871	3%	6%	9%	12%	12%	14%	12%	10%	7%	5%	3%	4%	2%	3%	72.3
1 country EU	817	3%	5%	8%	10%	10%	14%	10%	8%	6%	3%	5%	4%	4%	3%	73.7
2EU	768	3%	8%	11%	13%	14%	9%	9%	7%	5%	2%	6%	3%	3%	71.6	
At least 1 outside EU	1185	2%	6%	10%	13%	16%	11%	9%	9%	5%	3%	3%	2%	4%	71.0	
<b>Left-Right scale</b>																
(1-4) Left	6422	2%	6%	9%	11%	12%	14%	12%	10%	6%	4%	3%	5%	2%	3%	72.4
(5-6) Centre	8105	2%	6%	9%	12%	12%	14%	11%	11%	7%	4%	3%	4%	2%	3%	72.6
(7-10) Right	4322	2%	5%	8%	11%	11%	14%	13%	11%	7%	7%	3%	5%	1%	2%	74.0
<b>Respondent occupation scale</b>																
Self-employed	1995	1%	3%	6%	9%	12%	12%	13%	12%	10%	7%	4%	6%	2%	3%	76.5
Managers	2653	2%	4%	8%	11%	10%	14%	12%	14%	8%	5%	3%	5%	2%	2%	74.2
Other white collars	2924	3%	7%	11%	13%	12%	12%	12%	9%	6%	4%	3%	3%	3%	3%	71.2
Manual workers	5030	2%	5%	7%	11%	13%	14%	13%	11%	8%	6%	3%	5%	2%	3%	73.8
House persons	2485	4%	9%	14%	16%	16%	12%	8%	12%	3%	2%	1%	2%	3%	4%	66.9
Unemployed	1275	3%	7%	12%	12%	10%	12%	11%	9%	7%	3%	3%	4%	2%	4%	71.7
Retired	5855	2%	4%	6%	10%	12%	16%	13%	12%	7%	6%	3%	4%	2%	4%	74.1
Students	2464	5%	11%	14%	16%	14%	12%	9%	5%	3%	2%	1%	2%	1%	4%	65.9
<b>Subjective urbanisation</b>																
Rural village	8062	2%	5%	8%	12%	12%	13%	12%	10%	7%	5%	3%	4%	2%	4%	72.9
Small/ mid size town	10428	3%	6%	10%	12%	12%	14%	12%	10%	6%	4%	3%	4%	2%	3%	71.7
Large town	6157	3%	6%	9%	12%	12%	13%	11%	11%	7%	5%	3%	3%	3%	3%	72.3
<b>What is your weight ?</b>																
Less than 55 kg	2090	31%	69%	-	-	-	-	-	-	-	-	-	-	-	-	50.3
From 55 to 74 kg	11467	-	-	19%	25%	26%	29%	-	-	-	-	-	-	-	-	64.8
From 75 to 89 kg	7010	-	-	-	-	-	-	41%	36%	23%	-	-	-	-	-	80.5
90 kg and more	2778	-	-	-	-	-	-	-	-	-	41%	23%	36%	-	-	98.4
<b>Your current weight is ?</b>																
Too high	9415	0%	1%	4%	8%	10%	12%	12%	13%	11%	9%	5%	10%	3%	3%	80.0
Too low	1326	16%	15%	12%	15%	17%	12%	6%	2%	1%	1%	0%	1%	0%	1%	61.3
About right	13608	3%	8%	12%	14%	13%	14%	12%	9%	5%	2%	1%	1%	2%	3%	68.1
<b>Health in general</b>																
Good	18561	3%	6%	10%	12%	12%	14%	12%	10%	6%	4%	2%	3%	2%	3%	71.5
Neither good nor bad	4630	2%	4%	8%	10%	12%	14%	11%	11%	7%	6%	3%	6%	3%	4%	74.6
Bad	1393	2%	4%	7%	13%	11%	11%	10%	11%	7%	7%	4%	6%	2%	5%	74.7

QD7 Would you say that your current weight is...?

	TOTAL	Too high	Too low	About right	DK
UE25 EU25	24682	38%	5%	55%	1%
BE	1000	46%	6%	47%	1%
CZ	1029	33%	5%	62%	0%
DK	1031	44%	6%	50%	0%
D-W	1007	42%	5%	53%	1%
DE	1557	42%	5%	53%	1%
D-E	550	42%	4%	53%	1%
EE	1000	35%	4%	58%	2%
EL	1000	49%	7%	44%	-
ES	1025	28%	5%	65%	2%
FR	1012	44%	7%	49%	0%
IE	1000	36%	3%	53%	8%
IT	1000	34%	4%	60%	3%
CY	502	38%	4%	57%	1%
LV	1000	29%	7%	62%	1%
LT	1011	40%	9%	50%	1%
LU	501	50%	2%	48%	0%
HU	1015	32%	7%	61%	0%
MT	500	42%	4%	53%	1%
NL	1031	40%	3%	57%	0%
AT	1002	36%	4%	55%	5%
PL	1000	34%	9%	56%	2%
PT	1000	30%	4%	64%	3%
SI	1030	46%	4%	49%	1%
SK	1044	25%	4%	70%	2%
FI	1017	41%	3%	55%	0%
SE	1054	48%	5%	47%	0%
UK	1321	41%	5%	52%	1%
BG	1004	27%	4%	62%	7%
HR	1000	37%	5%	56%	2%
RO	1002	24%	6%	66%	4%
TR	1005	28%	6%	64%	2%
CY (fcc)	500	37%	5%	56%	2%
<b>Sex</b>					
Male	11902	32%	6%	61%	1%
Female	12780	44%	4%	50%	1%
<b>Age</b>					
15-24	3765	21%	10%	67%	1%
25-39	6550	34%	6%	58%	1%
40-54	6308	43%	4%	53%	1%
55 +	8059	46%	4%	49%	2%
<b>Education (End of)</b>					
15	5922	44%	5%	50%	2%
16-19	9671	39%	5%	54%	1%
20+	6152	38%	5%	56%	1%
Still Studying	2464	20%	10%	69%	1%
<b>Household composition</b>					
1	4566	37%	6%	56%	1%
2	7903	42%	4%	52%	1%
3	4615	36%	5%	57%	1%
4+	7598	36%	6%	57%	1%
<b>Place of birth</b>					
Surveyed country	23146	38%	5%	55%	1%
EU	627	40%	5%	54%	1%
Europe outside EU	336	43%	7%	49%	2%
Outside Europe	535	35%	8%	55%	2%
<b>Parents' birth</b>					
2 born country	21871	38%	5%	55%	1%
1 country EU	817	42%	4%	52%	2%
2EU	768	37%	6%	56%	1%
At least 1 outside EU	1185	37%	10%	52%	2%
<b>Left-Right scale</b>					
(1-4) Left	6422	37%	6%	56%	1%
(5-6) Centre	8105	39%	5%	55%	1%
(7-10) Right	4322	39%	6%	54%	1%
<b>Respondent occupation scale</b>					
Self- employed	1995	37%	3%	59%	2%
Managers	2653	38%	3%	58%	1%
Other white collars	2924	38%	5%	57%	1%
Manual workers	5030	36%	6%	58%	1%
House persons	2485	46%	5%	47%	2%
Unemployed	1275	37%	10%	51%	2%
Retired	5855	46%	4%	48%	2%
Students	2464	20%	10%	69%	1%
<b>Subjective urbanisation</b>					
Rural village	8062	40%	5%	54%	1%
Small/ mid size town	10428	38%	6%	55%	1%
Large town	6157	37%	6%	56%	2%
<b>What is your weight ?</b>					
Less than 55 kg	2090	6%	20%	74%	1%
From 55 to 74 kg	11467	28%	6%	65%	1%
From 75 to 89 kg	7010	48%	2%	49%	1%
90 kg and more	2778	79%	1%	19%	1%
<b>Your current weight is ?</b>					
Too high	9415	100%	-	-	-
Too low	1326	-	100%	-	-
About right	13608	-	-	100%	-
<b>Health in general</b>					
Good	18561	34%	5%	60%	1%
Neither good nor bad	4630	52%	6%	41%	2%
Bad	1393	53%	6%	37%	3%

QD8 We often hear people talking about the importance of eating a health diet. What do you think "eating a healthy diet" involves? (SPONTANEOUS – MULTIPLE ANSWERS POSSIBLE)

	TOTAL	Eat a variety of foods\ not too much balanced diet	Avoid\ do not eat too much fatty food	Avoid\ do not eat too much sugary food	Avoid\ do not eat too much salt	Eat more fruit and vegetables	Eat less fruit and vegetables	Eat more bread, rice, pasta and other carbohydrates	Eat less bread, rice, pasta and other carbohydrates	Eat more meat	Eat less meat	Eat more fish	Eat less fish	Do not eat too many calories	Avoid\ do not eat food containing additives	Eat organic food	Other	DK
UE25 EU25	24682	59%	45%	28%	19%	58%	2%	8%	7%	3%	16%	25%	1%	22%	13%	8%	11%	2%
BE	1000	77%	57%	41%	30%	72%	1%	13%	7%	3%	27%	37%	1%	31%	16%	13%	14%	0%
CZ	1029	54%	52%	36%	13%	61%	1%	10%	8%	6%	11%	38%	0%	33%	16%	3%	5%	1%
DK	1031	58%	63%	32%	13%	72%	2%	12%	8%	6%	11%	29%	0%	26%	9%	9%	19%	1%
D-W	1007	56%	48%	30%	14%	76%	1%	17%	5%	2%	31%	32%	1%	29%	15%	11%	16%	1%
DE	1557	59%	48%	30%	15%	77%	1%	17%	5%	2%	31%	33%	1%	32%	15%	11%	15%	1%
D-E	550	70%	48%	31%	19%	83%	1%	18%	5%	2%	34%	39%	1%	41%	16%	14%	12%	0%
EE	1000	41%	40%	19%	14%	47%	1%	5%	5%	3%	9%	17%	0%	24%	15%	15%	18%	8%
EL	1000	45%	44%	34%	19%	72%	1%	2%	18%	2%	24%	27%	1%	26%	17%	1%	6%	-
ES	1025	75%	41%	23%	20%	49%	3%	4%	6%	3%	9%	22%	1%	16%	12%	4%	5%	1%
FR	1012	69%	33%	21%	15%	44%	1%	4%	3%	4%	9%	19%	1%	12%	8%	8%	21%	2%
IE	1000	65%	47%	35%	31%	59%	4%	5%	11%	3%	14%	32%	2%	23%	12%	8%	6%	2%
IT	1000	60%	37%	27%	17%	35%	3%	4%	8%	2%	9%	16%	1%	19%	12%	6%	3%	1%
CY	502	44%	73%	45%	26%	74%	2%	2%	15%	2%	39%	39%	1%	13%	17%	9%	17%	-
LV	1000	31%	30%	22%	16%	59%	3%	3%	9%	7%	9%	22%	0%	11%	18%	48%	14%	4%
LT	1011	43%	47%	26%	22%	58%	2%	8%	9%	5%	18%	28%	1%	27%	14%	3%	5%	5%
LU	501	61%	53%	35%	24%	73%	3%	11%	11%	7%	26%	34%	3%	27%	17%	16%	13%	1%
HU	1015	42%	40%	22%	13%	64%	2%	2%	23%	5%	20%	26%	0%	18%	16%	7%	7%	2%
MT	500	36%	35%	20%	8%	69%	1%	4%	8%	13%	10%	29%	1%	7%	7%	4%	18%	0%
NL	1031	76%	52%	27%	18%	61%	0%	11%	6%	2%	18%	31%	1%	35%	14%	9%	14%	1%
AT	1002	51%	49%	39%	20%	62%	2%	10%	8%	3%	25%	28%	1%	33%	13%	13%	5%	3%
PL	1000	26%	46%	18%	8%	50%	3%	4%	3%	2%	10%	15%	1%	15%	11%	7%	13%	7%
PT	1000	65%	41%	27%	26%	36%	2%	2%	12%	2%	13%	23%	1%	20%	9%	2%	5%	1%
SI	1030	66%	66%	51%	41%	82%	1%	6%	23%	4%	42%	48%	2%	43%	29%	29%	7%	1%
SK	1044	53%	60%	43%	34%	78%	2%	5%	16%	5%	25%	48%	1%	35%	14%	6%	4%	1%
FI	1017	59%	57%	33%	24%	60%	4%	15%	7%	8%	9%	24%	1%	25%	11%	4%	14%	1%
SE	1054	55%	43%	36%	13%	59%	2%	7%	6%	5%	19%	0%	1%	14%	5%	4%	31%	1%
UK	1321	61%	51%	37%	35%	70%	0%	13%	7%	7%	13%	32%	0%	23%	17%	11%	11%	3%
BG	1004	48%	45%	25%	22%	54%	3%	1%	23%	4%	16%	27%	0%	18%	5%	11%	3%	7%
HR	1000	54%	45%	24%	17%	66%	1%	3%	16%	4%	14%	36%	1%	23%	15%	11%	5%	1%
RO	1002	66%	40%	26%	20%	74%	2%	6%	18%	7%	23%	22%	2%	14%	10%	3%	4%	1%
TR	1005	37%	47%	36%	32%	42%	2%	5%	5%	3%	12%	19%	2%	18%	12%	7%	3%	8%
CY (cc)	500	52%	43%	26%	25%	50%	3%	3%	21%	3%	11%	19%	2%	14%	15%	5%	2%	2%
<b>Sex</b>																		
Male	11902	59%	42%	25%	18%	54%	2%	9%	6%	4%	14%	23%	1%	21%	12%	7%	12%	3%
Female	12780	58%	47%	31%	20%	61%	2%	8%	8%	3%	17%	27%	1%	23%	14%	9%	11%	1%
<b>Age</b>																		
15-24	3765	60%	42%	25%	14%	56%	1%	9%	6%	6%	11%	22%	0%	22%	11%	7%	11%	3%
25-39	6550	63%	43%	30%	18%	57%	2%	9%	7%	4%	14%	25%	1%	23%	14%	8%	11%	1%
40-54	6308	61%	45%	30%	20%	59%	1%	9%	7%	3%	17%	27%	1%	23%	15%	10%	12%	2%
55 +	8059	54%	46%	28%	21%	58%	2%	8%	7%	3%	19%	26%	1%	21%	12%	7%	11%	2%
<b>Education (End of)</b>																		
15	5992	52%	42%	26%	20%	55%	2%	7%	7%	3%	16%	23%	1%	18%	11%	5%	9%	3%
16-19	9671	59%	47%	30%	19%	60%	1%	9%	7%	4%	16%	27%	1%	24%	14%	8%	11%	2%
20+	6152	65%	44%	30%	20%	59%	2%	9%	6%	3%	17%	27%	1%	24%	15%	11%	15%	2%
Silll Studying	2464	61%	42%	26%	14%	56%	1%	9%	6%	5%	11%	23%	0%	22%	13%	8%	12%	3%
<b>Household composition</b>																		
1	4566	58%	44%	28%	20%	56%	1%	8%	7%	3%	15%	26%	1%	20%	14%	7%	12%	2%
2	7903	57%	40%	21%	15%	58%	2%	9%	7%	3%	18%	27%	1%	23%	12%	8%	12%	2%
3	4615	60%	45%	29%	19%	57%	2%	8%	8%	4%	14%	25%	1%	23%	14%	8%	11%	2%
4+	7598	60%	44%	27%	17%	58%	1%	8%	6%	4%	14%	25%	1%	22%	13%	8%	11%	2%
<b>Place of birth</b>																		
Surveyed country	23146	59%	45%	28%	19%	57%	2%	8%	7%	3%	15%	25%	1%	22%	13%	8%	12%	2%
EU	627	63%	47%	30%	21%	64%	1%	8%	7%	2%	23%	27%	1%	24%	14%	10%	12%	2%
Europe outside EU	336	42%	48%	29%	22%	71%	0%	9%	10%	5%	30%	33%	1%	26%	10%	6%	7%	1%
Outside Europe	535	68%	35%	26%	16%	58%	2%	6%	5%	5%	14%	26%	0%	18%	15%	6%	10%	1%
<b>Parents' birth</b>																		
2 born country	21871	59%	45%	29%	19%	57%	2%	8%	7%	3%	15%	25%	1%	23%	13%	8%	11%	2%
1 country EU	817	57%	47%	29%	18%	58%	1%	9%	9%	3%	22%	26%	1%	20%	13%	9%	15%	1%
2EU	768	61%	45%	32%	21%	62%	1%	7%	7%	4%	21%	28%	1%	24%	15%	9%	13%	2%
At least 1 outside EU	1185	58%	38%	24%	18%	60%	0%	8%	7%	3%	15%	24%	1%	18%	11%	7%	11%	4%
<b>Left-Right scale</b>																		
(1-4) Left	4422	63%	44%	28%	20%	59%	2%	10%	7%	3%	16%	26%	1%	24%	14%	10%	13%	1%
(5-6) Centre	8105	61%	47%	31%	20%	62%	1%	9%	7%	4%	18%	28%	1%	23%	14%	8%	12%	1%
(7-10) Right	4322	57%	45%	27%	18%	59%	2%	9%	7%	4%	14%	26%	1%	21%	13%	7%	13%	1%
<b>Respondent occupation scale</b>																		
Self-employed	1995	61%	42%	26%	17%	51%	2%	8%	6%	4%	16%	25%	1%	22%	14%	8%	10%	2%
Managers	2653	70%	47%	33%	22%	73%	1%	11%	6%	3%	19%	22%	1%	26%	17%	13%	15%	1%
Other white collars	2924	64%	47%	33%	21%	59%	1%	8%	8%	3%	15%	28%	0%	27%	14%	9%	10%	1%
Manual workers	5030	60%	44%	27%	19%	57%	1%	8%	7%	4%	14%	25%	1%	23%	12%	7%	12%	1%
House persons	2485	58%	46%	31%	21%	60%	3%	8%	8%	3%	16%	26%	1%	22%	14%	6%	8%	2%
Unemployed	1275	56%	41%	24%	14%	54%	1%	9%	5%	4%	14%	21%	0%	15%	11%	6%	12%	3%
Retired	5855	51%	46%	27%	21%	57%	2%	8%	7%	3%	18%	25%	1%	20%	12%	7%	12%	3%
Students	2464	61%	42%	26%	14%	56%	1%	9%	6%	5%	11%	23%	0%	22%	13%	8%	12%	3%
<b>Subjective urbanisation</b>																		
Rural village	8062	57%	44%	28%	19%	58%	3%	9%	6%	4%	16%	24%	1%	21%	13%	8%	12%	2%
Small/ mid size town	10428	60%	44%	28%	18%	55%	1%	8%	7%	2%	15%	25%	1%	23%	13%	8%	11%	2%
Large town	6157	60%	46%	31%	21%	61%	1%	8%	8%	4%	15%	28%	1%	24%	15%	9%	12%	2%
<b>What is your weight ?</b>																		
Less than 55 kg	2090	42%	42%	27%	17%	55%	2%	9%	6%	5%	16%	24%	0%	18%	15%	9%	14%	2%
From 55 to 74 kg	11467	61%	44%	29%	20%	58%	2%	9%	7%	4%	16%	26%	1%	22%	14%	9%	10%	2%
From 75 to 89 kg	7010	58%	44%	27%	19%	57%	2%	8%	7%	3%	16%	25%	1%	23%	12%	8%	12%	2%
90 kg and more	2778	54%	49%	31%	19%	61%	1%	8%	8%	3%	16%	26%	1%	28%	12%	7%	13%	2%
<b>Your current weight is ?</b>																		
Too high	9415	55%	50%	32%	20%	62%	2%	8%	9%	3%	17%	27%	1%	27%	12%	8%	13%	1%
Too low	1326	58%	35%	22%	15%	52%	2%	10%	4%	7%	11%	21%	0%	15%	13%	8%	12%	4%
About right	13608	62%	42%	27%	19%	55%	2%	8%	5%	3%	15%	25%	1%	20%	14%	8%	11%	2%
<b>Health in general</b>																		
Good	18561	62%	44%	29%	19%	58%	2%	9%	7%	4%	16%	26%	1%	23%	13%	8%	11%	2%
Neither good nor bad	4630	53%	47%	29%	20%	57%	2%	8%	7%	3%	17%	26%	1%	23%	14%	8%	12%	2%
Bad	1393	44%	45%	28%	19%	54%	3%	5%	8%	3%	14%	21%	1%	19%	10%	6%	11%	4%

QD9 Would you say that what you normally eat is good for your health?

	TOTAL	Yes, very good	Yes, fairly good	No, not very good	No, not at all good	DK	Yes	No
UE25 EU25	24682	21%	62%	14%	2%	2%	83%	16%
BE	1000	27%	61%	10%	2%	0%	88%	12%
CZ	1029	5%	66%	26%	2%	1%	71%	28%
DK	1031	33%	58%	7%	1%	0%	91%	8%
D-W	1007	15%	68%	15%	1%	1%	83%	16%
DE	1557	15%	68%	14%	1%	1%	83%	16%
D-E	550	14%	70%	14%	1%	0%	84%	15%
EE	1000	13%	56%	25%	2%	4%	69%	27%
EL	1000	21%	50%	27%	1%	0%	72%	28%
ES	1025	22%	66%	10%	1%	1%	89%	11%
FR	1012	22%	64%	11%	1%	1%	87%	12%
IE	1000	34%	54%	10%	1%	1%	87%	11%
IT	1000	20%	60%	11%	3%	5%	80%	15%
CY	502	18%	49%	26%	6%	0%	68%	32%
LV	1000	8%	50%	38%	3%	2%	57%	41%
LT	1011	13%	42%	39%	3%	2%	55%	43%
LU	501	34%	48%	16%	1%	1%	82%	18%
HU	1015	22%	51%	24%	2%	2%	73%	25%
MT	500	44%	43%	11%	2%	2%	87%	13%
NL	1031	29%	66%	5%	0%	0%	95%	5%
AT	1002	13%	60%	17%	2%	7%	73%	19%
PL	1000	14%	57%	25%	2%	2%	71%	27%
PT	1000	21%	69%	9%	1%	1%	89%	10%
SI	1030	15%	70%	14%	1%	0%	85%	15%
SK	1044	12%	61%	23%	2%	2%	73%	25%
FI	1017	26%	63%	10%	2%	0%	89%	11%
SE	1054	28%	61%	9%	2%	0%	88%	11%
UK	1321	33%	55%	11%	2%	0%	87%	12%
BG	1004	12%	57%	21%	3%	7%	69%	24%
HR	1000	28%	52%	17%	1%	1%	80%	19%
RO	1002	23%	51%	20%	2%	5%	74%	22%
TR	1005	32%	42%	15%	7%	4%	73%	22%
CY (icc)	500	38%	31%	25%	3%	3%	69%	28%
<b>Sex</b>								
Male	11902	20%	61%	15%	2%	2%	81%	17%
Female	12780	22%	62%	13%	1%	1%	84%	14%
<b>Age</b>								
15-24	3765	18%	57%	21%	2%	1%	76%	23%
25-39	6550	19%	61%	16%	2%	2%	80%	18%
40-54	6308	18%	65%	14%	1%	1%	83%	16%
55 +	8059	27%	61%	9%	1%	2%	88%	10%
<b>Education (End of)</b>								
15	5992	24%	60%	12%	2%	2%	84%	14%
16-19	9671	20%	61%	15%	2%	1%	81%	17%
20+	6152	21%	64%	12%	1%	1%	86%	13%
Still Studying	2464	19%	59%	19%	1%	1%	78%	20%
<b>Household composition</b>								
1	4566	23%	59%	14%	2%	2%	82%	16%
2	7903	23%	61%	13%	2%	2%	84%	14%
3	4615	18%	64%	15%	2%	2%	82%	17%
4+	7598	20%	62%	15%	1%	2%	82%	16%
<b>Place of birth</b>								
Surveyed country	23146	21%	62%	14%	2%	2%	83%	16%
EU	627	21%	64%	12%	2%	1%	85%	14%
Europe outside EU	336	15%	62%	17%	3%	3%	77%	19%
Outside Europe	535	26%	58%	14%	1%	1%	83%	15%
<b>Parents' birth</b>								
2 born country	21871	21%	62%	14%	2%	2%	83%	15%
1 country EU	817	20%	64%	14%	1%	1%	83%	15%
2EU	768	22%	60%	15%	2%	1%	82%	17%
At least 1 outside EU	1185	23%	56%	19%	1%	2%	79%	19%
<b>Left-Right scale</b>								
(1-4) Left	6422	21%	63%	12%	2%	1%	84%	14%
(5-6) Centre	8105	22%	62%	14%	1%	1%	84%	15%
(7-10) Right	4322	22%	60%	15%	2%	1%	82%	16%
<b>Respondent occupation scale</b>								
Self- employed	1995	24%	61%	12%	1%	2%	85%	14%
Managers	2653	21%	65%	12%	0%	1%	87%	13%
Other white collars	2924	17%	67%	14%	2%	1%	84%	15%
Manual workers	5030	17%	62%	16%	2%	2%	80%	18%
House persons	2485	22%	61%	13%	2%	2%	83%	15%
Unemployed	1275	17%	54%	26%	2%	1%	71%	28%
Retired	5855	27%	60%	10%	1%	2%	87%	11%
Students	2464	19%	59%	19%	1%	1%	78%	20%
<b>Subjective urbanisation</b>								
Rural village	8062	22%	62%	13%	1%	2%	85%	14%
Small/ mid size town	10428	21%	62%	14%	2%	2%	83%	15%
Large town	6157	20%	61%	16%	2%	1%	80%	18%
<b>What is your weight ?</b>								
Less than 55 kg	2090	28%	58%	10%	2%	1%	86%	12%
From 55 to 74 kg	11467	24%	62%	11%	1%	2%	86%	13%
From 75 to 89 kg	7010	19%	62%	16%	1%	2%	81%	18%
90 kg and more	2778	14%	58%	23%	3%	2%	72%	26%
<b>Your current weight is ?</b>								
Too high	9415	16%	61%	20%	2%	2%	76%	22%
Too low	1326	21%	52%	22%	3%	2%	73%	25%
About right	13608	25%	63%	9%	1%	1%	88%	10%
<b>Health in general</b>								
Good	18561	24%	63%	11%	1%	1%	87%	12%
Neither good nor bad	4630	13%	59%	24%	2%	3%	72%	26%
Bad	1393	18%	51%	21%	6%	4%	69%	27%

QD10 Have you changed what you eat or drink within the last year?

	TOTAL	Yes	No	DK
UE25 EU25	24682	22%	77%	1%
BE	1000	27%	73%	0%
CZ	1029	19%	81%	0%
DK	1031	31%	68%	0%
D-W	1007	21%	79%	0%
DE	1557	20%	80%	0%
D-E	550	18%	81%	0%
EE	1000	30%	69%	1%
EL	1000	25%	74%	0%
ES	1025	19%	81%	0%
FR	1012	25%	75%	0%
IE	1000	27%	72%	1%
IT	1000	15%	82%	3%
CY	502	34%	66%	-
LV	1000	27%	73%	0%
LT	1011	26%	72%	1%
LU	501	23%	76%	0%
HU	1015	22%	77%	0%
MT	500	37%	63%	-
NL	1031	31%	69%	0%
AT	1002	16%	83%	1%
PL	1000	17%	83%	0%
PT	1000	17%	83%	0%
SI	1030	21%	79%	0%
SK	1044	23%	77%	0%
FI	1017	35%	65%	0%
SE	1054	43%	57%	0%
UK	1321	29%	71%	0%
BG	1004	22%	77%	1%
HR	1000	19%	80%	1%
RO	1002	20%	78%	1%
TR	1005	18%	81%	2%
CY (fcc)	500	20%	79%	1%
<b>Sex</b>				
Male	11902	19%	80%	1%
Female	12780	25%	74%	1%
<b>Age</b>				
15-24	3765	24%	76%	0%
25-39	6550	25%	74%	1%
40-54	6308	23%	77%	1%
55 +	8059	19%	80%	1%
<b>Education (End of)</b>				
15	5992	18%	81%	1%
16-19	9671	23%	77%	1%
20+	6152	25%	74%	0%
Still Studying	2464	23%	76%	1%
<b>Household composition</b>				
1	4566	21%	78%	0%
2	7903	22%	78%	1%
3	4615	23%	76%	1%
4+	7598	23%	77%	1%
<b>Place of birth</b>				
Surveyed country	23146	22%	77%	1%
EU	627	25%	75%	0%
Europe outside EU	336	18%	82%	0%
Outside Europe	535	32%	67%	0%
<b>Parents' birth</b>				
2 born country	21871	22%	78%	1%
1 country EU	817	31%	66%	3%
2EU	768	23%	76%	0%
At least 1 outside EU	1185	27%	73%	0%
<b>Left-Right scale</b>				
(1-4) Left	6422	24%	76%	1%
(5-6) Centre	8105	24%	76%	0%
(7-10) Right	4322	23%	77%	0%
<b>Respondent occupation scale</b>				
Self- employed	1995	19%	80%	1%
Managers	2653	25%	74%	0%
Other white collars	2924	26%	73%	1%
Manual workers	5030	23%	76%	1%
House persons	2485	22%	77%	1%
Unemployed	1275	23%	77%	0%
Retired	5855	19%	81%	1%
Students	2464	23%	76%	1%
<b>Subjective urbanisation</b>				
Rural village	8062	22%	77%	1%
Small/ mid size town	10428	21%	79%	0%
Large town	6157	25%	74%	1%
<b>What is your weight ?</b>				
Less than 55 kg	2090	19%	81%	1%
From 55 to 74 kg	11467	21%	78%	1%
From 75 to 89 kg	7010	22%	77%	1%
90 kg and more	2778	31%	68%	0%
<b>Your current weight is ?</b>				
Too high	9415	33%	66%	0%
Too low	1326	21%	79%	0%
About right	13608	15%	84%	1%
<b>Health in general</b>				
Good	18561	21%	79%	0%
Neither good nor bad	4630	25%	74%	1%
Bad	1393	30%	68%	2%

QD11 What kind of changes did you make? (MULTIPLE ANSWERS POSSIBLE)

(IF 'YES', CODE 1 IN QD10)

	TOTAL	Fewer calories	More calories	More fruit and vegetables	Less fruit and vegetables	Less fat	More fat	Less meat	More meat	Less salt	More salt	Eat less sugar	Eat more sugar	Less alcohol	More alcohol	Drinkin g more water	Drinkin g less water	Other (SPONT ANEOUS )	DK
UE25 EU25	5491	38%	4%	55%	4%	53%	3%	20%	4%	27%	2%	39%	3%	21%	3%	43%	1%	8%	1%
BE	272	40%	4%	51%	4%	54%	3%	32%	4%	23%	1%	46%	4%	22%	4%	59%	1%	6%	-
CZ	193	43%	2%	68%	4%	46%	2%	12%	6%	23%	2%	42%	3%	23%	2%	59%	1%	5%	0%
DK	324	43%	3%	70%	3%	63%	4%	18%	13%	16%	1%	47%	3%	29%	4%	62%	1%	5%	0%
D-W	207	46%	5%	56%	2%	56%	2%	34%	3%	18%	1%	37%	3%	22%	2%	46%	2%	9%	1%
DE	313	47%	4%	59%	2%	55%	2%	33%	3%	19%	1%	37%	2%	22%	2%	50%	1%	9%	1%
D-E	101	49%	3%	71%	1%	51%	3%	31%	2%	25%	4%	38%	1%	25%	1%	69%	1%	5%	2%
EE	301	38%	2%	69%	2%	58%	1%	21%	6%	26%	-	47%	1%	24%	0%	46%	2%	9%	1%
EL	255	49%	1%	53%	4%	56%	2%	25%	2%	33%	1%	46%	1%	15%	1%	40%	3%	3%	-
ES	192	45%	5%	40%	4%	47%	3%	9%	3%	24%	1%	31%	0%	18%	1%	20%	1%	8%	0%
FR	249	35%	6%	54%	6%	61%	3%	24%	6%	21%	2%	38%	5%	24%	5%	41%	1%	8%	-
IE	270	41%	2%	55%	4%	55%	2%	15%	3%	36%	2%	35%	3%	21%	3%	48%	3%	6%	1%
IT	151	44%	8%	50%	7%	41%	2%	18%	4%	26%	1%	35%	4%	14%	1%	28%	2%	5%	-
CY	170	39%	3%	62%	4%	68%	3%	28%	4%	29%	1%	37%	3%	12%	4%	50%	1%	5%	1%
LV	267	26%	3%	53%	1%	36%	1%	10%	12%	24%	1%	29%	1%	20%	4%	37%	2%	11%	-
LT	267	32%	2%	55%	2%	58%	3%	29%	4%	37%	4%	37%	4%	22%	3%	32%	2%	6%	2%
LU	116	41%	2%	58%	1%	64%	2%	31%	1%	21%	-	38%	0%	21%	1%	58%	-	4%	-
HU	224	39%	2%	54%	0%	43%	1%	15%	6%	26%	1%	35%	1%	7%	-	30%	0%	15%	2%
MT	186	27%	3%	53%	3%	52%	3%	24%	2%	25%	3%	46%	3%	16%	2%	56%	0%	13%	0%
NL	319	37%	5%	46%	4%	44%	4%	16%	4%	16%	1%	38%	2%	11%	6%	46%	2%	16%	0%
AT	159	55%	1%	57%	1%	50%	1%	26%	4%	24%	1%	37%	1%	26%	0%	48%	1%	6%	-
PL	169	31%	3%	57%	3%	57%	3%	22%	3%	27%	3%	37%	3%	11%	3%	33%	2%	8%	2%
PT	169	44%	2%	42%	2%	66%	0%	24%	2%	43%	2%	47%	3%	21%	1%	31%	0%	7%	1%
SI	215	46%	2%	70%	2%	68%	1%	34%	3%	35%	0%	49%	2%	22%	-	54%	-	8%	-
SK	241	36%	2%	60%	1%	54%	1%	19%	2%	39%	2%	41%	3%	20%	2%	59%	1%	4%	0%
FI	352	41%	2%	53%	2%	56%	3%	11%	2%	30%	1%	39%	1%	19%	2%	39%	0%	9%	0%
SE	448	25%	3%	67%	2%	52%	4%	9%	8%	23%	1%	63%	3%	22%	4%	46%	0%	6%	-
UK	382	25%	3%	60%	2%	51%	3%	13%	6%	41%	2%	37%	2%	29%	2%	53%	1%	9%	1%
BG	221	27%	3%	56%	3%	56%	2%	46%	2%	37%	5%	45%	2%	17%	8%	25%	3%	7%	0%
HR	190	38%	2%	55%	3%	59%	2%	24%	4%	33%	1%	43%	1%	20%	1%	40%	-	4%	1%
RO	203	31%	6%	58%	0%	63%	4%	32%	5%	46%	2%	33%	2%	26%	2%	29%	3%	5%	2%
TR	179	43%	5%	39%	4%	47%	4%	17%	5%	33%	1%	30%	3%	2%	2%	17%	1%	2%	8%
CY (cc)	102	40%	4%	45%	9%	34%	10%	22%	3%	20%	1%	13%	3%	6%	1%	31%	1%	6%	-
<b>Sex</b>																			
Male	2237	37%	4%	51%	4%	51%	4%	19%	4%	26%	2%	37%	3%	28%	4%	40%	1%	8%	1%
Female	3254	40%	4%	57%	4%	54%	2%	21%	4%	27%	1%	40%	2%	16%	1%	44%	2%	8%	0%
<b>Age</b>																			
15-24	907	31%	9%	52%	7%	40%	7%	11%	10%	20%	2%	30%	6%	19%	7%	48%	2%	9%	1%
25-39	1647	33%	5%	55%	3%	47%	3%	15%	6%	23%	2%	36%	3%	22%	2%	43%	1%	10%	1%
40-54	1420	43%	3%	59%	3%	59%	2%	23%	2%	26%	1%	41%	2%	22%	2%	45%	1%	7%	1%
55 +	1516	45%	2%	53%	2%	60%	1%	29%	2%	36%	1%	45%	0%	19%	1%	37%	1%	7%	0%
<b>Education (End of)</b>																			
15	1094	40%	3%	48%	4%	58%	2%	25%	3%	34%	1%	37%	1%	20%	1%	34%	1%	9%	1%
16-19	2193	41%	5%	61%	3%	55%	3%	20%	4%	27%	2%	40%	3%	21%	3%	47%	1%	8%	0%
20+	1559	36%	4%	55%	3%	51%	2%	19%	5%	24%	2%	40%	3%	23%	2%	42%	1%	8%	1%
Still Studying	576	32%	7%	48%	5%	40%	4%	14%	8%	18%	1%	34%	4%	16%	6%	47%	2%	9%	1%
<b>Household composition</b>																			
1	975	38%	4%	50%	7%	52%	4%	25%	4%	28%	2%	36%	3%	19%	3%	37%	3%	11%	1%
2	1710	41%	3%	56%	2%	54%	2%	22%	4%	28%	2%	41%	2%	23%	2%	42%	1%	8%	0%
3	1080	37%	6%	58%	5%	53%	4%	19%	6%	26%	3%	39%	3%	22%	2%	46%	1%	6%	0%
4+	1725	37%	4%	55%	2%	51%	2%	17%	4%	25%	1%	38%	3%	19%	3%	44%	1%	8%	1%
<b>Place of birth</b>																			
Surveyed country	5089	39%	4%	56%	3%	53%	3%	20%	4%	27%	1%	39%	2%	21%	2%	43%	1%	8%	1%
EU	158	36%	6%	39%	9%	49%	4%	19%	6%	24%	2%	36%	6%	19%	4%	36%	4%	9%	-
Europe outside EU	60	34%	9%	45%	5%	56%	1%	40%	9%	9%	-	42%	8%	17%	2%	40%	-	7%	-
Outside Europe	173	32%	6%	53%	5%	52%	3%	16%	3%	14%	3%	33%	10%	21%	3%	38%	3%	12%	5%
<b>Parents' birth</b>																			
2 born country	4733	39%	4%	55%	3%	53%	3%	20%	4%	27%	1%	39%	2%	21%	2%	43%	1%	8%	1%
1 country EU	257	35%	5%	52%	6%	52%	4%	21%	6%	24%	3%	34%	6%	22%	3%	39%	2%	10%	-
2EU	180	26%	5%	43%	11%	50%	4%	17%	5%	20%	5%	40%	6%	25%	6%	42%	3%	9%	-
At least 1 outside EU	314	35%	5%	56%	4%	50%	2%	23%	5%	22%	2%	33%	5%	16%	2%	41%	2%	10%	4%
<b>Left-Right scale</b>																			
(1-4) Left	1517	37%	5%	53%	3%	49%	2%	20%	3%	25%	2%	38%	3%	25%	2%	41%	1%	7%	0%
(5-6) Centre	1920	38%	4%	58%	3%	55%	4%	21%	5%	27%	1%	40%	3%	20%	3%	47%	2%	8%	1%
(7-10) Right	981	41%	4%	56%	4%	54%	2%	22%	5%	26%	2%	39%	2%	19%	3%	41%	1%	11%	1%
<b>Respondent occupation scale</b>																			
Self-employed	378	41%	7%	57%	2%	53%	5%	18%	3%	27%	2%	38%	3%	20%	4%	41%	1%	5%	1%
Managers	676	36%	3%	56%	2%	52%	3%	22%	3%	23%	1%	37%	2%	25%	1%	45%	1%	9%	1%
Other white collars	771	33%	4%	60%	4%	53%	2%	19%	7%	23%	1%	35%	4%	19%	2%	49%	1%	10%	0%
Manual workers	1157	40%	5%	54%	4%	50%	3%	17%	5%	23%	3%	37%	3%	22%	4%	42%	1%	8%	1%
House persons	545	46%	4%	56%	4%	52%	2%	21%	5%	35%	1%	37%	2%	18%	2%	39%	2%	5%	0%
Unemployed	296	34%	7%	56%	4%	54%	4%	16%	4%	21%	2%	40%	3%	28%	2%	50%	1%	12%	0%
Retired	1091	43%	1%	54%	3%	61%	2%	28%	1%	37%	1%	48%	0%	20%	1%	35%	2%	7%	1%
Students	576	32%	7%	48%	5%	40%	4%	14%	8%	18%	1%	34%	4%	16%	6%	47%	2%	9%	1%
<b>Subjective urbanisation</b>																			
Rural village	1733	36%	4%	58%	3%	55%	2%	19%	4%	28%	2%	41%	2%	19%	3%	42%	1%	10%	1%
Small/ mid size town	2203	41%	4%	55%	3%	54%	3%	22%	4%	25%	2%	38%	3%	21%	2%	43%	1%	7%	0%
Large town	1547	39%	5%	52%	4%	48%	3%	20%	5%	28%	1%	38%	2%	22%	2%	43%	2%	8%	1%
<b>What is your weight ?</b>																			
Less than 55 kg	387	21%	8%	51%	5%	41%	5%	20%	6%	21%	3%	34%	5%	14%	3%	39%	2%	10%	0%
From 55 to 74 kg	2398	36%	4%	54%	4%	49%	3%	21%	6%	25%	2%	36%	3%	17%	3%	40%	1%	9%	0%
From 75 to 89 kg	1540	41%	3%	58%	3%	58%	3%	21%	3%	29%	1%	40%	2%	26%	2%	46%	2%	6%	1%
90 kg and more	872	49%	4%	57%	3%	58%	3%	17%	3%	29%	2%	46%	3%	26%	3%	46%	1%	9%	1%
<b>Your current weight is ?</b>																			
Too high	3130	45%	4%	59%	3%	58%	2%	21%	3%	29%	1%	44%	2%	21%	2%	45%	1%	7%	0%
Too low	278	16%	16%	48%	7%	27%	10%	19%	12%	20%	4%	20%	10%	14%	9%	29%	2%	10%	3%
About right	2036	31%	4%	51%	3%	47%	3%	19%	5%	24%	2%	33%	2%	21%	2%	41%	1%	10%	1%
<b>Health in general</b>																			
Good	3916	37%	4%	56%	3%	51%	3%	19%	5%	26%	1%	38%	2%	21%	3%	44%	1%	9%	1%
Neither good nor bad	1140	42%	4%	50%	5%	56%	3%	23%	4%	28%	2%	39%	4%	18%	3%	41%	2%	7%	1%
Bad	422	45%	4%	54%	3%	57%	2%	27%	3%	32%	2%	47%	1%	25%	1%	33%	1%	7%	0%

QD12 What was the main reason for these changes? Was it...?  
(IF 'YES', CODE 1 IN QD10)

	TOTAL	To lose weight	To put on weight	To keep my weight steady	To stay healthy	Because of a disease or health problem	Other (SPONTANEOUS)	DK
UE25 EU25	5491	34%	3%	5%	30%	18%	10%	1%
BE	272	40%	2%	2%	27%	23%	6%	0%
CZ	193	34%	1%	8%	22%	23%	8%	3%
DK	324	36%	1%	6%	29%	15%	11%	1%
D-W	207	29%	2%	4%	35%	17%	13%	1%
DE	313	28%	2%	4%	35%	18%	13%	0%
D-E	101	25%	1%	2%	34%	23%	14%	-
EE	301	25%	2%	5%	39%	19%	8%	1%
EL	255	46%	1%	5%	30%	15%	1%	1%
ES	192	41%	2%	5%	21%	24%	5%	2%
FR	249	39%	2%	2%	24%	16%	15%	1%
IE	270	36%	0%	5%	40%	12%	5%	3%
IT	151	37%	7%	7%	21%	16%	10%	2%
CY	170	38%	1%	6%	39%	12%	2%	3%
LV	267	27%	4%	6%	39%	10%	10%	4%
LT	267	22%	2%	5%	34%	28%	7%	2%
LU	116	45%	-	6%	26%	14%	10%	-
HU	224	33%	1%	9%	26%	25%	4%	1%
MT	186	33%	-	2%	33%	25%	6%	1%
NL	319	32%	2%	7%	32%	10%	15%	1%
AT	159	55%	3%	6%	21%	10%	5%	1%
PL	169	27%	3%	7%	23%	27%	12%	2%
PT	169	27%	1%	2%	28%	38%	2%	1%
SI	215	27%	2%	3%	35%	30%	3%	0%
SK	241	25%	2%	7%	39%	21%	5%	2%
FI	352	32%	2%	4%	43%	14%	6%	-
SE	448	30%	1%	6%	38%	17%	9%	0%
UK	382	31%	3%	7%	38%	14%	7%	1%
BG	221	23%	1%	7%	26%	35%	7%	1%
HR	190	21%	1%	4%	30%	35%	8%	1%
RO	203	34%	2%	4%	19%	35%	4%	2%
TR	179	20%	5%	6%	43%	14%	4%	9%
CY (toc)	102	36%	4%	5%	41%	8%	5%	1%
<b>Sex</b>								
Male	2237	26%	3%	6%	34%	19%	11%	2%
Female	3254	39%	2%	5%	27%	17%	9%	1%
<b>Age</b>								
15-24	907	33%	5%	6%	31%	7%	16%	2%
25-39	1647	37%	2%	7%	29%	10%	15%	1%
40-54	1420	38%	2%	4%	31%	18%	6%	1%
55 +	1516	27%	2%	5%	29%	33%	4%	1%
<b>Education (End of)</b>								
15	1094	30%	3%	4%	26%	32%	4%	1%
16-19	2193	39%	3%	5%	28%	17%	8%	1%
20+	1559	30%	1%	5%	35%	14%	13%	1%
Still Studying	576	31%	3%	7%	31%	8%	18%	3%
<b>Household composition</b>								
1	975	27%	2%	5%	30%	25%	9%	2%
2	1710	34%	2%	5%	31%	19%	8%	1%
3	1080	39%	4%	5%	28%	16%	8%	1%
4+	1725	34%	3%	6%	30%	15%	12%	1%
<b>Place of birth</b>								
Surveyed country	5089	34%	3%	5%	30%	18%	9%	1%
EU	158	26%	2%	5%	31%	17%	20%	0%
Europe outside EU	60	18%	9%	1%	32%	12%	28%	0%
Outside Europe	173	27%	2%	4%	38%	14%	15%	-
<b>Parents' birth</b>								
2 born country	4733	34%	3%	6%	30%	19%	9%	1%
1 country EU	257	37%	2%	4%	22%	18%	16%	1%
2EU	180	32%	2%	1%	29%	15%	19%	2%
At least 1 outside EU	314	33%	2%	4%	36%	9%	14%	2%
<b>Left-Right scale</b>								
(1-4) Left	1517	32%	2%	5%	30%	18%	10%	1%
(5-6) Centre	1920	33%	2%	5%	30%	17%	11%	1%
(7-10) Right	981	34%	3%	5%	31%	17%	7%	1%
<b>Respondent occupation scale</b>								
Self- employed	378	29%	3%	5%	37%	14%	11%	1%
Managers	676	33%	1%	6%	36%	13%	11%	1%
Other white collars	771	37%	2%	8%	33%	12%	7%	1%
Manual workers	1157	38%	4%	6%	29%	13%	9%	1%
House persons	545	42%	3%	3%	24%	15%	9%	1%
Unemployed	296	37%	2%	2%	24%	16%	20%	0%
Retired	1091	25%	1%	4%	26%	40%	4%	1%
Students	576	31%	3%	7%	31%	8%	18%	3%
<b>Subjective urbanisation</b>								
Rural village	1733	35%	3%	4%	27%	21%	10%	0%
Small/ mid size town	2203	32%	2%	6%	31%	17%	10%	1%
Large town	1547	34%	3%	6%	31%	16%	9%	2%
<b>What is your weight ?</b>								
Less than 55 kg	387	16%	6%	8%	38%	18%	11%	3%
From 55 to 74 kg	2398	29%	3%	5%	33%	17%	11%	1%
From 75 to 89 kg	1540	37%	1%	6%	28%	20%	7%	0%
90 kg and more	872	46%	1%	2%	24%	18%	8%	1%
<b>Your current weight is ?</b>								
Too high	3130	48%	1%	3%	22%	18%	7%	1%
Too low	278	6%	19%	3%	31%	21%	18%	1%
About right	2036	16%	3%	9%	41%	18%	12%	2%
<b>Health in general</b>								
Good	3916	34%	3%	6%	34%	10%	11%	1%
Neither good nor bad	1140	33%	3%	3%	21%	32%	8%	0%
Bad	422	27%	2%	1%	15%	50%	5%	0%

## QD13 Do you find it easy to eat a healthy diet?

	TOTAL	Yes	No	DK
UE25 EU25	24682	66%	31%	3%
BE	1000	70%	29%	0%
CZ	1029	47%	51%	3%
DK	1031	71%	27%	2%
D-W	1007	72%	24%	4%
DE	1557	73%	24%	3%
D-E	550	73%	26%	1%
EE	1000	52%	38%	10%
EL	1000	66%	34%	0%
ES	1025	76%	21%	3%
FR	1012	65%	34%	1%
IE	1000	70%	25%	5%
IT	1000	57%	36%	7%
CY	502	71%	29%	-
LV	1000	49%	48%	4%
LT	1011	48%	41%	11%
LU	501	68%	31%	1%
HU	1015	44%	54%	2%
MT	500	77%	23%	0%
NL	1031	79%	20%	1%
AT	1002	61%	32%	7%
PL	1000	46%	49%	5%
PT	1000	73%	26%	2%
SI	1030	58%	38%	3%
SK	1044	45%	52%	3%
FI	1017	71%	28%	1%
SE	1054	77%	21%	1%
UK	1321	73%	24%	3%
BG	1004	25%	52%	23%
HR	1000	39%	57%	5%
RO	1002	58%	32%	10%
TR	1005	67%	29%	4%
CY (fcc)	500	72%	23%	5%
<b>Sex</b>				
Male	11902	64%	32%	4%
Female	12780	67%	30%	2%
<b>Age</b>				
15-24	3765	59%	38%	3%
25-39	6550	61%	36%	3%
40-54	6308	64%	33%	3%
55 +	8059	74%	22%	4%
<b>Education (End of)</b>				
15	5992	69%	27%	4%
16-19	9671	64%	33%	3%
20+	6152	67%	31%	2%
Still Studying	2464	61%	36%	4%
<b>Household composition</b>				
1	4566	69%	28%	3%
2	7903	69%	28%	3%
3	4615	62%	34%	4%
4+	7598	62%	34%	3%
<b>Place of birth</b>				
Surveyed country	23146	66%	31%	3%
EU	627	67%	31%	3%
Europe outside EU	336	53%	37%	10%
Outside Europe	535	74%	23%	3%
<b>Parents' birth</b>				
2 born country	21871	66%	31%	3%
1 country EU	817	65%	32%	4%
2EU	768	61%	36%	3%
At least 1 outside EU	1185	67%	28%	5%
<b>Left-Right scale</b>				
(1-4) Left	6422	68%	30%	2%
(5-6) Centre	8105	69%	28%	3%
(7-10) Right	4322	64%	33%	3%
<b>Respondent occupation scale</b>				
Self- employed	1995	68%	29%	3%
Managers	2653	69%	29%	2%
Other white collars	2924	63%	34%	3%
Manual workers	5030	60%	36%	4%
House persons	2485	69%	29%	3%
Unemployed	1275	57%	40%	3%
Retired	5855	72%	24%	4%
Students	2464	61%	36%	4%
<b>Subjective urbanisation</b>				
Rural village	8062	68%	28%	4%
Small/ mid size town	10428	65%	32%	3%
Large town	6157	64%	33%	3%
<b>What is your weight ?</b>				
Less than 55 kg	2090	71%	27%	2%
From 55 to 74 kg	11467	69%	28%	3%
From 75 to 89 kg	7010	63%	33%	4%
90 kg and more	2778	54%	44%	3%
<b>Your current weight is ?</b>				
Too high	9415	57%	40%	3%
Too low	1326	61%	36%	3%
About right	13608	72%	24%	3%
<b>Health in general</b>				
Good	18561	69%	28%	3%
Neither good nor bad	4630	54%	42%	4%
Bad	1393	55%	38%	7%

QD14 Why not? (MULTIPLE ANSWERS POSSIBLE)  
(IF 'NO', CODE 2 IN QD13)

	TOTAL	Lack of information about what constitutes a healthy diet	Lack of information about the food I eat	Information about healthy eating is contradictory and confusing	Lack of control over what I eat (food purchases by other people\ eat in canteen or restaurants much of time)	Choosing and preparing health diet takes too much time	Healthy food is bland and unappetising	Other (SPONTANEOUS)	DK
EU25 EU25	7670	12%	16%	15%	27%	31%	23%	18%	2%
BE	294	13%	13%	14%	34%	28%	23%	22%	0%
CZ	523	13%	16%	27%	29%	29%	33%	11%	3%
DK	274	9%	8%	28%	30%	44%	19%	22%	3%
D-W	238	11%	16%	18%	33%	29%	26%	24%	2%
DE	374	10%	15%	17%	33%	29%	28%	23%	1%
D-E	141	4%	12%	14%	32%	29%	36%	18%	1%
EE	377	12%	21%	16%	23%	36%	19%	28%	5%
EL	336	23%	22%	10%	33%	33%	34%	5%	1%
ES	220	17%	8%	12%	23%	28%	25%	20%	2%
FR	344	16%	20%	15%	27%	41%	17%	16%	2%
IE	247	8%	8%	10%	38%	35%	35%	8%	8%
IT	360	14%	23%	12%	24%	26%	24%	6%	-
CY	144	15%	19%	15%	36%	45%	46%	8%	1%
LV	476	8%	14%	13%	14%	39%	22%	27%	1%
LT	412	9%	9%	10%	38%	27%	29%	13%	2%
LU	156	13%	11%	25%	43%	37%	25%	13%	0%
HU	545	7%	17%	23%	17%	26%	16%	30%	1%
MT	114	2%	3%	3%	17%	56%	21%	15%	5%
NL	203	3%	3%	9%	28%	29%	16%	29%	2%
AT	320	26%	20%	25%	26%	41%	26%	10%	3%
PL	492	12%	20%	19%	21%	34%	15%	21%	4%
PT	259	17%	9%	9%	27%	11%	29%	34%	3%
SI	396	20%	20%	19%	21%	53%	32%	16%	1%
SK	541	21%	19%	28%	32%	38%	21%	20%	1%
FI	284	8%	12%	19%	17%	28%	32%	22%	3%
SE	224	12%	13%	14%	27%	39%	25%	14%	1%
UK	312	4%	9%	6%	31%	25%	22%	20%	4%
BG	520	11%	16%	15%	11%	37%	16%	28%	6%
HR	566	13%	10%	11%	26%	31%	16%	30%	4%
RO	323	21%	19%	12%	18%	24%	17%	30%	7%
TR	286	33%	30%	24%	26%	12%	9%	16%	7%
CY (tcc)	115	28%	7%	17%	13%	5%	20%	14%	1%
<b>Sex</b>									
Male	3779	13%	17%	15%	29%	29%	23%	17%	2%
Female	3891	12%	16%	16%	24%	33%	22%	19%	2%
<b>Age</b>									
15-24	1420	12%	15%	14%	35%	35%	27%	11%	2%
25-39	2351	12%	16%	13%	28%	37%	20%	17%	1%
40-54	2107	12%	18%	17%	26%	31%	21%	21%	2%
55 +	1792	14%	16%	17%	18%	19%	25%	21%	3%
<b>Education (End of)</b>									
15	1599	14%	17%	16%	17%	22%	24%	19%	3%
16-19	3189	12%	17%	16%	27%	30%	23%	19%	2%
20+	1891	11%	15%	15%	29%	38%	19%	18%	2%
Still Studying	882	13%	15%	15%	36%	33%	29%	10%	1%
<b>Household composition</b>									
1	1283	13%	17%	14%	23%	34%	18%	20%	2%
2	2203	12%	15%	17%	25%	29%	23%	19%	3%
3	1572	11%	17%	15%	28%	33%	28%	16%	1%
4+	2611	13%	16%	15%	29%	29%	25%	17%	1%
<b>Place of birth</b>									
Surveyed country	7210	12%	16%	16%	27%	31%	23%	18%	2%
EU	193	19%	20%	11%	28%	37%	24%	22%	1%
Europe outside EU	124	16%	21%	9%	28%	29%	18%	26%	1%
Outside Europe	126	10%	9%	15%	18%	29%	23%	24%	-
<b>Parents' birth</b>									
2 born country	6791	12%	16%	16%	26%	31%	22%	18%	2%
1 country EU	260	13%	20%	10%	30%	25%	23%	19%	1%
2EU	277	18%	17%	12%	25%	34%	27%	23%	1%
At least 1 outside EU	336	15%	14%	11%	27%	35%	24%	20%	1%
<b>Left-Right scale</b>									
(1-4) Left	1926	13%	14%	19%	28%	30%	23%	18%	1%
(5-6) Centre	2282	13%	17%	15%	27%	35%	23%	16%	2%
(7-10) Right	1421	11%	18%	15%	26%	31%	25%	19%	2%
<b>Respondent occupation scale</b>									
Self-employed	576	13%	10%	13%	32%	31%	21%	19%	2%
Managers	768	10%	18%	17%	30%	42%	16%	20%	1%
Other white collars	992	11%	15%	15%	36%	31%	17%	15%	1%
Manual workers	1810	13%	15%	14%	29%	33%	25%	16%	2%
House persons	711	17%	20%	15%	19%	27%	22%	15%	3%
Unemployed	509	11%	18%	15%	25%	28%	23%	26%	3%
Retired	1421	12%	18%	18%	15%	20%	25%	25%	3%
Students	882	13%	15%	15%	36%	33%	29%	10%	1%
<b>Subjective urbanisation</b>									
Rural village	2278	13%	17%	17%	26%	27%	23%	19%	2%
Small/ mid size town	3324	13%	17%	15%	27%	32%	22%	17%	1%
Large town	2060	11%	14%	13%	26%	32%	23%	19%	3%
<b>What is your weight ?</b>									
Less than 55 kg	556	16%	27%	19%	25%	34%	19%	17%	3%
From 55 to 74 kg	3206	12%	17%	17%	25%	33%	21%	17%	2%
From 75 to 89 kg	2304	12%	16%	16%	27%	29%	24%	16%	3%
90 kg and more	1210	13%	12%	15%	29%	30%	26%	23%	1%
<b>Your current weight is ?</b>									
Too high	3771	11%	13%	15%	27%	31%	25%	19%	2%
Too low	483	15%	21%	16%	19%	31%	19%	17%	4%
About right	3302	14%	19%	15%	27%	31%	21%	16%	2%
<b>Health in general</b>									
Good	5185	13%	16%	14%	29%	33%	22%	16%	2%
Neither good nor bad	1924	10%	16%	17%	24%	28%	23%	21%	2%
Bad	533	18%	18%	19%	11%	21%	26%	27%	4%

QD15 In the last 7 days, on how many days did you do vigorous physical activities like lifting heavy things, digging, aerobics or fast cycling?

	TOTAL	None	1	2	3	4	5	6	7	DK	Average
UE25 EU25	24682	54%	7%	9%	7%	4%	6%	2%	9%	2%	1,7
BE	1000	53%	9%	9%	9%	3%	6%	2%	9%	1%	1,7
CZ	1029	47%	10%	11%	11%	8%	3%	7%	1%	8%	1,8
DK	1031	47%	12%	9%	9%	4%	7%	1%	9%	1%	1,9
D-W	1057	44%	8%	12%	9%	4%	8%	3%	10%	2%	2,1
DE	1557	43%	8%	12%	9%	4%	8%	3%	11%	2%	2,1
D-E	550	39%	8%	13%	11%	4%	9%	3%	14%	1%	2,4
EE	1000	42%	7%	12%	6%	4%	12%	2%	14%	2%	2,3
EL	1000	51%	7%	9%	6%	3%	8%	4%	12%	-	2,0
ES	1025	72%	3%	4%	5%	1%	4%	1%	5%	4%	1,0
FR	1012	59%	7%	8%	6%	3%	4%	1%	11%	1%	1,6
IE	1000	66%	6%	6%	4%	3%	7%	2%	4%	2%	1,2
IT	1000	62%	5%	8%	7%	3%	4%	3%	7%	1%	1,4
CY	502	54%	7%	8%	6%	3%	6%	3%	11%	-	1,8
LV	1000	52%	5%	8%	6%	4%	9%	3%	10%	4%	1,9
LT	1011	39%	5%	8%	6%	4%	9%	3%	22%	4%	2,8
LU	501	53%	8%	11%	8%	4%	5%	2%	8%	0%	1,7
HU	1015	49%	7%	9%	7%	3%	8%	3%	14%	0%	2,1
MT	500	79%	3%	5%	2%	2%	2%	2%	4%	0%	0,8
NL	1031	36%	14%	16%	11%	7%	7%	2%	6%	1%	2,0
AT	1002	54%	6%	12%	7%	3%	9%	2%	4%	3%	1,6
PL	1000	50%	8%	10%	5%	5%	7%	3%	10%	2%	1,9
PT	1000	64%	3%	8%	3%	3%	4%	3%	9%	2%	1,5
SI	1030	48%	10%	12%	9%	3%	6%	2%	8%	1%	1,7
SK	1044	40%	11%	13%	9%	4%	7%	5%	7%	4%	2,0
FI	1017	45%	12%	11%	9%	7%	7%	2%	7%	1%	1,9
SE	1054	48%	14%	13%	10%	4%	6%	1%	4%	-	1,5
UK	1321	57%	7%	9%	7%	4%	6%	2%	7%	1%	1,5
BG	1004	51%	6%	8%	4%	3%	6%	2%	15%	4%	2,1
HR	1000	54%	6%	9%	5%	3%	4%	3%	15%	1%	2,0
RO	1002	53%	4%	8%	5%	3%	5%	6%	14%	4%	2,1
TR	1005	69%	4%	5%	4%	2%	1%	0%	12%	3%	1,3
CY (fcc)	500	59%	6%	6%	6%	2%	2%	1%	9%	9%	1,4
<b>Sex</b>											
Male	11902	44%	8%	11%	9%	4%	8%	4%	10%	1%	2,1
Female	12780	63%	6%	8%	6%	3%	4%	1%	7%	2%	1,3
<b>Age</b>											
15-24	3765	42%	8%	12%	11%	7%	9%	2%	8%	1%	2,1
25-39	6550	47%	7%	12%	7%	4%	8%	3%	10%	2%	2,0
40-54	6308	51%	8%	9%	8%	3%	7%	3%	9%	2%	1,8
55 +	8059	68%	5%	7%	5%	2%	3%	1%	7%	2%	1,1
<b>Education (End of)</b>											
15	5992	68%	4%	6%	4%	2%	4%	3%	8%	2%	1,3
16-19	9671	52%	6%	9%	7%	3%	8%	3%	9%	2%	1,8
20+	6152	48%	11%	12%	9%	4%	4%	2%	8%	1%	1,7
Still Studying	2464	41%	9%	13%	13%	7%	7%	1%	7%	1%	2,0
<b>Household composition</b>											
1	4566	64%	6%	7%	6%	2%	4%	2%	7%	1%	1,3
2	7903	58%	7%	9%	6%	3%	5%	2%	8%	2%	1,5
3	4615	52%	6%	10%	7%	4%	8%	3%	8%	2%	1,8
4+	7598	46%	8%	11%	9%	5%	6%	2%	10%	2%	2,0
<b>Place of birth</b>											
Surveyed country	23146	54%	7%	9%	7%	4%	6%	2%	8%	2%	1,7
EU	627	53%	5%	10%	5%	3%	7%	2%	11%	3%	1,9
Europe outside EU	336	46%	9%	9%	8%	3%	3%	10%	8%	4%	2,0
Outside Europe	535	58%	4%	7%	6%	6%	4%	2%	11%	2%	1,7
<b>Parents' birth</b>											
2 born country	21871	55%	7%	9%	7%	3%	6%	2%	8%	2%	1,7
1 country EU	817	49%	7%	11%	9%	3%	6%	2%	10%	3%	1,8
2EU	768	54%	7%	8%	6%	3%	6%	3%	10%	4%	1,8
At least 1 outside EU	1185	49%	6%	10%	7%	8%	5%	3%	10%	2%	1,9
<b>Left-Right scale</b>											
(1-4) Left	6422	52%	7%	11%	7%	4%	6%	2%	8%	1%	1,7
(5-6) Centre	8105	52%	7%	10%	7%	4%	6%	3%	9%	2%	1,8
(7-10) Right	4322	51%	9%	9%	8%	4%	6%	2%	9%	2%	1,7
<b>Respondent occupation scale</b>											
Self- employed	1995	44%	9%	9%	6%	3%	7%	4%	14%	2%	2,3
Managers	2553	45%	12%	15%	11%	4%	3%	4%	6%	1%	1,6
Other white collars	2924	54%	9%	12%	8%	4%	5%	2%	5%	2%	1,4
Manual workers	5030	40%	6%	8%	7%	5%	14%	5%	13%	2%	2,6
House persons	2485	69%	5%	7%	4%	2%	2%	1%	7%	2%	1,1
Unemployed	1275	59%	5%	10%	6%	4%	5%	2%	9%	1%	1,6
Retired	5855	72%	5%	6%	4%	2%	2%	1%	7%	1%	1,0
Students	2464	41%	9%	13%	13%	7%	7%	1%	7%	1%	2,0
<b>Subjective urbanisation</b>											
Rural village	8062	51%	7%	9%	7%	4%	7%	3%	10%	2%	1,9
Small/ mid size town	10428	56%	7%	9%	7%	3%	6%	2%	8%	1%	1,6
Large town	6157	54%	8%	11%	7%	4%	5%	2%	7%	2%	1,6
<b>What is your weight ?</b>											
Less than 55 kg	2090	63%	7%	7%	7%	2%	4%	2%	8%	1%	1,4
From 55 to 74 kg	11467	56%	7%	9%	7%	4%	5%	2%	8%	1%	1,6
From 75 to 89 kg	7010	49%	8%	11%	8%	4%	7%	3%	9%	2%	1,9
90 kg and more	2778	51%	7%	10%	6%	4%	8%	4%	10%	1%	1,9
<b>Your current weight is ?</b>											
Too high	9415	58%	7%	10%	6%	4%	5%	2%	8%	1%	1,5
Too low	1326	51%	7%	8%	7%	4%	6%	3%	13%	1%	2,0
About right	13608	52%	7%	9%	8%	4%	6%	3%	9%	2%	1,8
<b>Health in general</b>											
Good	18561	50%	8%	10%	8%	4%	7%	3%	9%	2%	1,9
Neither good nor bad	4630	65%	6%	7%	5%	3%	4%	2%	7%	1%	1,3
Bad	1393	78%	4%	5%	2%	2%	2%	1%	6%	1%	0,8

QD16 On days when you do vigorous physical activities, how much time do you usually spend at it?

	TOTAL	Never	Less than 1 hour	1h - 1h59	1h - 2h59	1h - 3h59	1h - 4h59	1h - 5h59	6+ h	DK	Moyenne (min)/Average (min)
UE25 EU25	24682	45%	6%	16%	11%	4%	3%	2%	8%	4%	
BE	1000	42%	9%	19%	11%	3%	4%	2%	9%	2%	
CZ	1029	36%	0%	18%	16%	6%	5%	3%	10%	5%	
DK	1031	38%	10%	22%	10%	5%	3%	2%	7%	2%	
D-W	1007	33%	5%	19%	15%	6%	4%	2%	8%	8%	
DE	1557	33%	5%	18%	15%	6%	4%	2%	9%	7%	
D-E	550	32%	3%	15%	17%	6%	6%	2%	14%	4%	
EE	1000	31%	4%	15%	15%	7%	4%	5%	14%	5%	
EL	1000	28%	12%	18%	16%	9%	3%	3%	10%	0%	
ES	1025	61%	4%	11%	5%	2%	1%	2%	4%	9%	
FR	1012	48%	8%	17%	11%	4%	2%	2%	6%	2%	
IE	1000	49%	6%	13%	5%	1%	2%	1%	6%	17%	
IT	1000	59%	4%	14%	9%	3%	3%	2%	7%	1%	
CY	502	54%	7%	9%	9%	7%	2%	3%	10%	-	
LV	1000	34%	3%	8%	10%	6%	6%	4%	18%	12%	
LT	1011	34%	17%	10%	9%	5%	3%	4%	11%	8%	
LU	501	43%	5%	15%	12%	5%	6%	1%	7%	4%	
HU	1015	45%	8%	12%	8%	5%	5%	3%	14%	1%	
MT	500	78%	5%	9%	3%	0%	1%	0%	3%	-	
NL	1031	29%	7%	22%	15%	7%	6%	3%	8%	2%	
AT	1002	54%	3%	11%	14%	5%	11%	3%	7%	-	
PL	1000	39%	6%	13%	11%	7%	5%	3%	12%	4%	
PT	1000	67%	5%	10%	6%	3%	3%	1%	6%	-	
SI	1030	32%	7%	19%	16%	8%	4%	2%	10%	2%	
SK	1044	28%	-	13%	13%	8%	5%	5%	16%	13%	
FI	1017	40%	9%	25%	11%	4%	2%	2%	5%	1%	
SE	1054	47%	8%	25%	9%	2%	3%	1%	4%	1%	
UK	1321	45%	8%	17%	11%	4%	3%	2%	7%	5%	
BG	1004	44%	3%	9%	10%	6%	6%	3%	10%	8%	
HR	1000	49%	-	9%	9%	6%	5%	5%	13%	4%	
RO	1002	57%	-	5%	10%	5%	4%	3%	14%	3%	
TR	1005	64%	6%	7%	5%	3%	2%	2%	6%	5%	
CY (icc)	500	59%	9%	8%	5%	2%	2%	-	3%	13%	
<b>Sex</b>											
Male	11902	36%	6%	16%	13%	5%	4%	3%	12%	4%	
Female	12780	54%	6%	15%	9%	3%	2%	1%	4%	4%	
<b>Age</b>											
15-24	3765	32%	7%	23%	16%	5%	2%	2%	7%	4%	
25-39	6550	37%	7%	19%	12%	4%	3%	2%	10%	5%	
40-54	6308	41%	6%	17%	11%	5%	4%	3%	10%	5%	
55 +	8059	61%	5%	9%	8%	4%	3%	2%	4%	4%	
<b>Education (End of)</b>											
15	5992	61%	4%	8%	6%	4%	3%	2%	8%	4%	
16-19	9671	43%	5%	14%	11%	5%	4%	3%	11%	5%	
20+	6152	37%	8%	22%	13%	4%	3%	2%	6%	4%	
Still Studying	2464	32%	8%	26%	20%	4%	2%	1%	3%	4%	
<b>Household composition</b>											
1	4566	56%	6%	13%	10%	3%	2%	2%	5%	3%	
2	7903	49%	5%	14%	10%	4%	4%	2%	7%	5%	
3	4615	41%	7%	17%	11%	5%	3%	3%	9%	4%	
4+	7598	37%	6%	18%	13%	5%	3%	2%	10%	5%	
<b>Place of birth</b>											
Surveyed country	23146	45%	6%	16%	11%	4%	3%	2%	8%	4%	
EU	627	46%	6%	15%	11%	5%	3%	2%	7%	6%	
Europe outside EU	336	37%	6%	15%	8%	5%	4%	4%	10%	10%	
Outside Europe	535	43%	5%	19%	10%	3%	3%	1%	11%	4%	
<b>Parents' birth</b>											
2 born country	21871	46%	6%	16%	11%	4%	3%	2%	8%	4%	
1 country EU	817	39%	8%	18%	12%	4%	4%	1%	9%	4%	
2EU	768	42%	6%	12%	9%	6%	4%	4%	8%	9%	
At least 1 outside EU	1185	38%	6%	18%	14%	4%	3%	2%	9%	7%	
<b>Left-Right scale</b>											
(1-4) Left	6422	42%	7%	18%	13%	4%	3%	2%	7%	3%	
(5-6) Centre	8105	43%	6%	16%	11%	5%	4%	2%	9%	4%	
(7-10) Right	4322	42%	6%	16%	12%	4%	4%	3%	8%	4%	
<b>Respondent occupation scale</b>											
Self- employed	1995	35%	8%	16%	10%	5%	4%	3%	14%	6%	
Managers	2653	34%	7%	26%	17%	5%	3%	1%	4%	5%	
Other white collars	2924	43%	8%	19%	12%	4%	3%	3%	5%	3%	
Manual workers	5030	33%	5%	14%	11%	6%	5%	3%	19%	5%	
House persons	2485	58%	5%	13%	7%	4%	2%	1%	3%	6%	
Unemployed	1275	47%	6%	16%	10%	6%	2%	2%	7%	4%	
Retired	5855	65%	4%	8%	7%	4%	3%	2%	4%	4%	
Students	2464	32%	8%	26%	20%	4%	2%	1%	3%	4%	
<b>Subjective urbanisation</b>											
Rural village	8062	43%	5%	14%	10%	5%	4%	3%	10%	5%	
Small/ mid size town	10428	47%	6%	15%	12%	4%	3%	2%	7%	4%	
Large town	6157	44%	7%	18%	11%	4%	3%	2%	6%	5%	
<b>What is your weight ?</b>											
Less than 55 kg	2090	51%	7%	17%	10%	3%	2%	2%	4%	5%	
From 55 to 74 kg	11467	47%	6%	16%	11%	5%	3%	2%	6%	4%	
From 75 to 89 kg	7010	41%	5%	16%	12%	5%	4%	3%	10%	4%	
90 kg and more	2778	40%	6%	14%	10%	5%	5%	3%	12%	4%	
<b>Your current weight is ?</b>											
Too high	9415	48%	6%	15%	10%	4%	3%	2%	7%	3%	
Too low	1326	43%	5%	14%	10%	5%	5%	3%	10%	5%	
About right	13608	43%	6%	16%	12%	4%	3%	2%	8%	5%	
<b>Health in general</b>											
Good	18561	40%	6%	18%	12%	5%	4%	2%	8%	4%	
Neither good nor bad	4630	56%	6%	11%	8%	4%	3%	2%	6%	4%	
Bad	1393	73%	4%	7%	4%	3%	1%	1%	4%	4%	

QD17 In the last 7 days, on how many days did you do moderate physical activity like carrying light loads, cycling at a normal pace or doubles tennis? Please do not include walking.

	TOTAL	None	1	2	3	4	5	6	7	DK	Average
<b>UE25 EU25</b>	24682	41%	6%	10%	8%	4%	8%	3%	18%	3%	2.5
BE	1000	40%	9%	11%	8%	4%	7%	3%	18%	0%	2.5
CZ	1029	29%	9%	11%	10%	5%	9%	3%	18%	5%	2.8
DK	1031	27%	8%	13%	8%	4%	9%	3%	28%	2%	3.3
D-W	1007	27%	5%	13%	9%	5%	11%	4%	23%	4%	3.3
DE	1557	26%	5%	12%	10%	5%	11%	4%	24%	3%	3.3
D-E	550	24%	4%	12%	11%	6%	12%	2%	27%	1%	3.5
EE	1000	26%	6%	9%	10%	4%	10%	3%	28%	2%	3.5
EL	1000	27%	4%	16%	10%	4%	10%	4%	25%	-	3.3
ES	1025	60%	2%	5%	5%	2%	6%	1%	10%	8%	1.6
FR	1012	52%	9%	8%	5%	2%	5%	1%	15%	2%	2.0
IE	1000	57%	6%	8%	6%	5%	7%	2%	8%	2%	1.7
IT	1000	54%	4%	9%	9%	4%	5%	3%	9%	2%	1.8
CY	502	48%	6%	9%	7%	3%	6%	3%	18%	-	2.3
LV	1000	29%	6%	11%	9%	4%	8%	2%	21%	9%	3.0
LT	1011	29%	4%	9%	8%	4%	8%	3%	28%	6%	3.4
LU	501	42%	12%	12%	7%	4%	5%	1%	16%	2%	2.2
HU	1015	34%	5%	12%	10%	4%	9%	2%	25%	0%	3.0
MT	500	78%	3%	5%	4%	2%	2%	1%	5%	-	0.9
NL	1031	13%	5%	10%	6%	7%	12%	4%	43%	0%	4.6
AT	1002	26%	7%	14%	11%	9%	14%	4%	11%	3%	2.9
PL	1000	32%	7%	12%	9%	6%	7%	5%	20%	3%	2.9
PT	1000	48%	3%	7%	6%	3%	8%	4%	18%	3%	2.4
SI	1030	24%	7%	12%	12%	6%	10%	2%	26%	1%	3.4
SK	1044	22%	12%	18%	12%	6%	8%	4%	13%	5%	2.8
FI	1017	34%	7%	14%	9%	5%	9%	2%	18%	2%	2.7
SE	1054	48%	13%	12%	7%	4%	6%	1%	9%	-	1.7
UK	1321	51%	7%	7%	6%	3%	7%	2%	15%	2%	2.1
BG	1004	33%	4%	11%	7%	4%	9%	2%	25%	5%	3.1
HR	1000	31%	5%	12%	7%	4%	7%	4%	30%	1%	3.4
RO	1002	37%	2%	7%	8%	5%	9%	2%	24%	2%	3.2
TR	1005	50%	7%	6%	6%	3%	2%	2%	20%	3%	2.2
CY (fcc)	500	39%	3%	10%	13%	2%	4%	1%	16%	12%	2.4
<b>Sex</b>											
Male	11902	38%	7%	11%	9%	5%	9%	3%	16%	3%	2.6
Female	12780	45%	5%	9%	7%	4%	7%	3%	19%	3%	2.5
<b>Age</b>											
15-24	3765	34%	9%	12%	11%	6%	9%	2%	15%	3%	2.6
25-39	6550	40%	6%	11%	7%	4%	9%	3%	17%	3%	2.6
40-54	6308	38%	6%	10%	8%	4%	9%	3%	20%	3%	2.7
55 +	8059	49%	4%	8%	7%	4%	5%	3%	17%	2%	2.3
<b>Education (End of)</b>											
15	5992	51%	3%	7%	7%	4%	6%	3%	16%	3%	2.2
16-19	9671	39%	5%	9%	8%	4%	9%	4%	18%	3%	2.7
20+	6152	38%	8%	12%	7%	4%	7%	2%	19%	2%	2.6
Still Studying	2464	33%	10%	13%	11%	5%	7%	2%	15%	3%	2.5
<b>Household composition</b>											
1	4566	49%	5%	8%	7%	4%	7%	3%	16%	2%	2.2
2	7903	42%	6%	10%	8%	4%	7%	3%	17%	3%	2.5
3	4615	41%	6%	10%	7%	5%	7%	4%	18%	3%	2.5
4+	7598	36%	7%	11%	9%	4%	9%	3%	19%	3%	2.7
<b>Place of birth</b>											
Surveyed country	23146	41%	6%	10%	8%	4%	8%	3%	17%	3%	2.5
EU	627	42%	6%	10%	6%	2%	8%	1%	23%	3%	2.6
Europe outside EU	336	34%	3%	8%	8%	4%	11%	3%	21%	7%	3.0
Outside Europe	535	44%	7%	8%	5%	3%	8%	1%	19%	4%	2.5
<b>Parents' birth</b>											
2 born country	21871	42%	6%	10%	8%	4%	8%	3%	17%	3%	2.5
1 country EU	817	36%	8%	12%	10%	6%	8%	1%	17%	2%	2.6
2EU	768	40%	8%	10%	5%	5%	8%	1%	20%	5%	2.6
At least 1 outside EU	1185	42%	5%	8%	7%	3%	8%	2%	19%	5%	2.6
<b>Left-Right scale</b>											
(1-4) Left	6422	41%	6%	10%	8%	4%	8%	3%	17%	2%	2.5
(5-6) Centre	8105	39%	6%	10%	8%	4%	8%	3%	19%	2%	2.6
(7-10) Right	4322	37%	7%	11%	9%	4%	8%	3%	18%	3%	2.7
<b>Respondent occupation scale</b>											
Self- employed	1995	38%	5%	10%	7%	5%	8%	4%	20%	4%	2.7
Managers	2653	34%	10%	14%	8%	5%	14%	3%	16%	3%	2.6
Other white collars	2924	42%	8%	12%	7%	4%	8%	3%	14%	2%	2.3
Manual workers	5030	34%	5%	9%	8%	5%	13%	4%	19%	4%	3.0
House persons	2485	52%	3%	5%	6%	2%	3%	3%	21%	3%	2.4
Unemployed	1275	42%	6%	8%	12%	3%	6%	3%	18%	2%	2.5
Retired	5855	51%	4%	8%	7%	4%	4%	2%	18%	2%	2.2
Students	2464	33%	10%	13%	11%	5%	7%	2%	15%	3%	2.5
<b>Subjective urbanisation</b>											
Rural village	8062	40%	6%	9%	8%	4%	7%	3%	19%	3%	2.7
Small/ mid size town	10428	42%	6%	9%	8%	4%	8%	3%	18%	2%	2.5
Large town	6157	42%	7%	11%	8%	4%	7%	2%	15%	3%	2.3
<b>What is your weight ?</b>											
Less than 55 kg	2090	46%	7%	10%	7%	4%	6%	2%	17%	1%	2.3
From 55 to 74 kg	11467	41%	6%	10%	8%	4%	8%	3%	19%	2%	2.6
From 75 to 89 kg	7010	40%	6%	10%	9%	4%	8%	3%	16%	3%	2.5
90 kg and more	2778	40%	6%	11%	7%	3%	8%	4%	19%	1%	2.6
<b>Your current weight is ?</b>											
Too high	9415	43%	6%	10%	8%	4%	7%	3%	17%	2%	2.4
Too low	1326	43%	7%	8%	8%	5%	7%	2%	19%	2%	2.5
About right	13608	40%	6%	10%	8%	4%	8%	3%	18%	3%	2.6
<b>Health in general</b>											
Good	18561	38%	6%	10%	8%	4%	8%	3%	18%	3%	2.6
Neither good nor bad	4630	46%	5%	9%	7%	4%	6%	3%	17%	2%	2.3
Bad	1393	67%	4%	4%	5%	2%	2%	2%	13%	1%	1.5

QD18 On days when you do moderate physical activities, how much time do you usually spend at it?

	TOTAL	Never	Less than 1 hour	1h - 1h59	1h - 2h59	1h - 3h59	1h - 4h59	1h - 5h59	6+ h	DK	Moyenne (min)/Average (min)
UE25 EU25	24682	35%	10%	18%	13%	6%	4%	3%	6%	6%	
BE	1000	30%	14%	20%	14%	5%	5%	2%	7%	2%	
CZ	1029	27%		22%	17%	9%	6%	4%	9%	7%	
DK	1031	23%	23%	23%	11%	4%	5%	3%	5%	4%	
D-W	1007	19%	10%	23%	15%	8%	5%	3%	6%	11%	
DE	1557	19%	9%	22%	16%	8%	5%	4%	7%	10%	
D-E	550	19%	5%	20%	22%	9%	6%	4%	10%	6%	
EE	1000	21%	8%	16%	21%	9%	8%	3%	10%	3%	
EL	1000	5%	13%	23%	31%	13%	6%	4%	6%	-	
ES	1025	52%	4%	17%	9%	3%	1%	1%	4%	9%	
FR	1012	42%	14%	19%	11%	4%	3%	2%	3%	3%	
IE	1000	39%		16%	9%	3%	2%	1%	4%	16%	
IT	1000	53%	7%	16%	9%	5%	3%	2%	3%	2%	
CY	502	45%	7%	13%	11%	8%	6%	4%	7%	0%	
LV	1000	22%	6%	12%	14%	8%	7%	4%	13%	14%	
LT	1011	26%	19%	13%	12%	7%	2%	4%	6%	11%	
LU	501	37%	8%	17%	13%	7%	6%	2%	5%	5%	
HU	1015	30%	12%	17%	16%	9%	5%	3%	8%	1%	
MT	500	75%	10%	6%	5%	1%	1%	0%	2%	0%	
NL	1031	9%	15%	24%	16%	9%	7%	4%	13%	3%	
AT	1002	28%	7%	17%	17%	12%	7%	4%	8%	-	
PL	1000	25%	9%	19%	16%	8%	6%	4%	9%	5%	
PT	1000	56%	10%	13%	9%	5%	2%	2%	3%	-	
SI	1030	13%	11%	24%	20%	9%	6%	5%	10%	2%	
SK	1044	17%	-	14%	21%	9%	7%	6%	11%	15%	
FI	1017	31%	14%	24%	13%	6%	3%	2%	5%	2%	
SE	1054	47%	17%	18%	9%	3%	2%	1%	2%	1%	
UK	1321	39%	10%	15%	10%	5%	4%	3%	6%	9%	
BG	1004	12%	6%	14%	19%	7%	7%	3%	6%	25%	
HR	1000	32%	-	14%	15%	9%	6%	4%	14%	4%	
RO	1002	45%	-	11%	16%	6%	11%	4%	9%	2%	
TR	1005	44%	9%	14%	10%	5%	3%	2%	5%	8%	
CY (toc)	500	39%	13%	13%	10%	3%	1%	0%	3%	18%	
<b>Sex</b>											
Male	11902	30%	9%	19%	14%	7%	4%	3%	7%	6%	
Female	12780	38%	10%	18%	12%	6%	3%	2%	5%	5%	
<b>Age</b>											
15-24	3765	26%	14%	23%	15%	6%	3%	2%	6%	5%	
25-39	6550	31%	9%	18%	13%	7%	4%	3%	8%	6%	
40-54	6308	31%	9%	19%	13%	6%	5%	3%	6%	6%	
55 +	8059	44%	8%	15%	12%	6%	4%	2%	4%	5%	
<b>Education (End of)</b>											
15	5992	46%	8%	13%	11%	6%	4%	2%	5%	6%	
16-19	9671	32%	8%	18%	14%	7%	4%	3%	8%	6%	
20+	6152	30%	13%	23%	13%	6%	3%	3%	5%	5%	
Still Studying	2464	27%	16%	25%	15%	6%	4%	1%	3%	5%	
<b>Household composition</b>											
1	4566	43%	11%	17%	11%	6%	3%	2%	4%	4%	
2	7903	36%	9%	17%	13%	6%	4%	3%	5%	7%	
3	4615	34%	10%	18%	13%	6%	4%	2%	6%	5%	
4+	7598	28%	10%	20%	14%	7%	4%	3%	8%	7%	
<b>Place of birth</b>											
Surveyed country	23146	35%	10%	18%	13%	6%	4%	3%	6%	6%	
EU	627	33%	11%	21%	12%	5%	5%	1%	5%	7%	
Europe outside EU	336	30%	5%	19%	13%	6%	5%	4%	5%	13%	
Outside Europe	535	31%	10%	20%	16%	4%	3%	2%	6%	9%	
<b>Parents' birth</b>											
2 born country	21871	35%	9%	18%	13%	6%	4%	3%	6%	5%	
1 country EU	817	29%	14%	20%	14%	7%	2%	3%	5%	6%	
2EU	768	31%	11%	20%	12%	5%	4%	2%	5%	9%	
At least 1 outside EU	1185	31%	11%	18%	15%	4%	3%	2%	6%	9%	
<b>Left-Right scale</b>											
(1-4) Left	6422	34%	11%	21%	13%	6%	3%	3%	5%	4%	
(5-6) Centre	8105	32%	11%	18%	13%	7%	4%	3%	7%	5%	
(7-10) Right	4322	30%	9%	20%	14%	7%	5%	3%	6%	5%	
<b>Respondent occupation scale</b>											
Self- employed	1995	30%	7%	19%	13%	6%	4%	4%	11%	7%	
Managers	2653	26%	13%	25%	14%	5%	4%	2%	5%	6%	
Other white collars	2924	34%	11%	20%	12%	6%	4%	2%	6%	5%	
Manual workers	5030	28%	7%	16%	15%	7%	5%	5%	10%	7%	
House persons	2485	44%	10%	14%	11%	5%	4%	2%	4%	7%	
Unemployed	1275	35%	11%	19%	13%	8%	3%	2%	4%	6%	
Retired	5855	46%	8%	15%	11%	6%	4%	2%	3%	5%	
Students	2464	27%	16%	25%	15%	6%	4%	1%	3%	5%	
<b>Subjective urbanisation</b>											
Rural village	8062	32%	8%	17%	13%	8%	5%	3%	7%	7%	
Small/ mid size town	10428	36%	10%	18%	13%	5%	4%	3%	5%	5%	
Large town	6157	35%	11%	20%	13%	6%	3%	2%	5%	5%	
<b>What is your weight ?</b>											
Less than 55 kg	2090	37%	11%	21%	13%	5%	3%	2%	4%	4%	
From 55 to 74 kg	11467	35%	10%	19%	13%	6%	4%	2%	6%	5%	
From 75 to 89 kg	7010	33%	9%	18%	13%	7%	4%	3%	7%	6%	
90 kg and more	2778	33%	8%	17%	14%	6%	6%	4%	7%	4%	
<b>Your current weight is ?</b>											
Too high	9415	36%	11%	18%	12%	6%	4%	3%	6%	4%	
Too low	1326	35%	9%	18%	12%	7%	5%	4%	6%	4%	
About right	13608	33%	9%	19%	14%	6%	4%	3%	6%	7%	
<b>Health in general</b>											
Good	18561	31%	10%	19%	14%	7%	4%	3%	6%	6%	
Neither good nor bad	4630	40%	9%	16%	12%	6%	4%	3%	5%	5%	
Bad	1393	62%	6%	11%	6%	4%	3%	1%	3%	4%	

QD19 In the last 7 days, on how many days did you walk for at least 10 minutes at a time?

	TOTAL	None	1	2	3	4	5	6	7	DK	Average
UE25 EU25	24682	14%	5%	7%	7%	5%	9%	4%	46%	3%	4.6
BE	1000	23%	10%	10%	8%	5%	6%	3%	34%	0%	3.6
CZ	1029	10%	3%	6%	7%	5%	12%	4%	49%	5%	5.1
DK	1031	13%	5%	8%	6%	5%	6%	2%	53%	2%	4.8
D-W	1037	8%	7%	7%	4%	6%	12%	4%	49%	3%	5.0
DE	1557	8%	4%	6%	7%	6%	12%	4%	50%	3%	5.1
D-E	550	10%	3%	5%	5%	5%	11%	3%	57%	1%	5.3
EE	1000	8%	4%	6%	5%	3%	9%	3%	61%	1%	5.4
EL	1000	20%	3%	9%	10%	6%	11%	3%	38%	0%	4.2
ES	1025	17%	2%	4%	5%	3%	7%	3%	50%	10%	4.8
FR	1012	15%	8%	7%	8%	4%	7%	2%	48%	1%	4.5
IE	1000	21%	3%	8%	8%	9%	12%	5%	33%	1%	4.0
IT	1000	22%	5%	7%	11%	6%	9%	5%	32%	2%	3.9
CY	502	40%	8%	10%	8%	5%	5%	2%	23%	-	2.7
LV	1000	15%	5%	8%	5%	3%	7%	3%	50%	4%	4.7
LT	1011	14%	3%	5%	5%	4%	10%	3%	51%	5%	4.9
LU	501	15%	7%	12%	8%	8%	6%	2%	40%	1%	4.2
HU	1015	14%	4%	7%	8%	4%	13%	4%	47%	0%	4.7
MT	500	32%	5%	8%	9%	5%	4%	2%	34%	-	3.4
NL	1031	8%	5%	8%	6%	4%	9%	3%	58%	1%	5.2
AT	1002	18%	6%	10%	10%	7%	13%	6%	27%	3%	3.8
PL	1000	13%	8%	8%	5%	3%	8%	4%	48%	2%	4.6
PT	1000	21%	2%	5%	5%	5%	10%	5%	43%	2%	4.4
SI	1030	13%	6%	9%	8%	5%	10%	3%	45%	2%	4.5
SK	1044	5%	3%	8%	7%	5%	12%	6%	49%	4%	5.2
FI	1017	12%	6%	9%	9%	7%	10%	3%	44%	2%	4.5
SE	1054	12%	7%	10%	11%	8%	9%	3%	41%	0%	4.4
UK	1321	12%	5%	6%	6%	6%	8%	4%	49%	2%	4.8
BG	1004	6%	2%	5%	3%	2%	10%	6%	64%	3%	5.7
HR	1000	20%	6%	8%	6%	4%	7%	3%	44%	1%	4.2
RO	1002	13%	2%	6%	6%	4%	10%	4%	52%	1%	5.0
TR	1005	14%	3%	6%	8%	4%	6%	2%	52%	5%	4.9
CY (fcc)	500	18%	8%	10%	12%	9%	7%	2%	26%	9%	3.6
<b>Sex</b>											
Male	11902	15%	5%	7%	7%	4%	9%	4%	46%	3%	4.6
Female	12780	14%	5%	7%	8%	6%	9%	4%	45%	3%	4.6
<b>Age</b>											
15-24	3765	11%	4%	6%	6%	5%	11%	4%	50%	2%	5.0
25-39	6550	14%	6%	7%	7%	5%	10%	4%	44%	3%	4.6
40-54	6308	14%	6%	7%	7%	5%	10%	4%	44%	3%	4.6
55 +	8059	16%	4%	7%	8%	5%	7%	3%	46%	2%	4.5
<b>Education (End of)</b>											
15	5992	20%	4%	7%	8%	5%	8%	3%	41%	3%	4.3
16-19	9671	14%	5%	7%	7%	5%	9%	4%	46%	2%	4.6
20+	6152	12%	6%	7%	7%	5%	10%	3%	48%	2%	4.8
Still Studying	2464	9%	4%	6%	7%	5%	12%	4%	51%	3%	5.1
<b>Household composition</b>											
1	4566	15%	5%	6%	8%	5%	9%	3%	47%	2%	4.6
2	7903	14%	5%	7%	8%	5%	8%	4%	46%	3%	4.6
3	4615	15%	5%	6%	6%	5%	11%	3%	45%	3%	4.6
4+	7598	13%	6%	7%	7%	5%	10%	4%	45%	3%	4.6
<b>Place of birth</b>											
Surveyed country	23146	14%	5%	7%	7%	5%	9%	4%	45%	3%	4.6
EU	627	13%	2%	5%	9%	5%	9%	3%	50%	3%	4.9
Europe outside EU	336	11%	3%	7%	5%	7%	7%	4%	50%	4%	5.0
Outside Europe	535	12%	3%	8%	5%	3%	10%	5%	49%	5%	5.0
<b>Parents' birth</b>											
2 born country	21871	15%	5%	7%	7%	5%	9%	4%	45%	3%	4.6
1 country EU	817	9%	5%	8%	8%	4%	9%	5%	49%	3%	4.9
2EU	768	15%	3%	6%	7%	6%	6%	2%	52%	4%	4.8
At least 1 outside EU	1185	11%	3%	7%	6%	5%	8%	5%	48%	5%	4.9
<b>Left-Right scale</b>											
(1-4) Left	6422	14%	5%	6%	8%	5%	9%	4%	47%	3%	4.7
(5-6) Centre	8105	13%	6%	7%	7%	5%	10%	3%	47%	2%	4.7
(7-10) Right	4322	13%	6%	9%	6%	6%	9%	3%	45%	3%	4.6
<b>Respondent occupation scale</b>											
Self-employed	1995	17%	6%	8%	7%	4%	8%	5%	43%	4%	4.4
Managers	2553	10%	8%	7%	8%	6%	12%	4%	44%	2%	4.7
Other white collars	2924	15%	6%	8%	8%	6%	9%	2%	43%	3%	4.4
Manual workers	5030	16%	4%	6%	6%	4%	10%	4%	46%	3%	4.6
House persons	2485	15%	5%	8%	8%	7%	8%	4%	42%	4%	4.5
Unemployed	1275	12%	6%	8%	5%	4%	9%	4%	50%	2%	4.8
Retired	5855	17%	4%	7%	9%	5%	7%	3%	46%	2%	4.5
Students	2464	9%	4%	6%	7%	5%	12%	4%	51%	3%	5.1
<b>Subjective urbanisation</b>											
Rural village	8062	17%	6%	8%	7%	5%	9%	3%	41%	4%	4.3
Small/ mid size town	10428	14%	5%	7%	8%	5%	9%	4%	47%	2%	4.7
Large town	6157	12%	4%	6%	7%	5%	9%	4%	49%	3%	4.9
<b>What is your weight ?</b>											
Less than 55 kg	2090	12%	4%	5%	8%	4%	10%	4%	49%	3%	4.9
From 55 to 74 kg	11467	14%	5%	7%	7%	5%	9%	4%	47%	3%	4.7
From 75 to 89 kg	7010	14%	5%	7%	7%	5%	10%	4%	45%	3%	4.6
90 kg and more	2778	17%	6%	9%	9%	4%	8%	3%	42%	2%	4.3
<b>Your current weight is ?</b>											
Too high	9415	15%	6%	7%	9%	5%	9%	3%	44%	2%	4.5
Too low	1326	15%	5%	6%	7%	4%	10%	3%	48%	3%	4.7
About right	13608	14%	4%	7%	6%	5%	9%	4%	47%	3%	4.7
<b>Health in general</b>											
Good	18561	13%	5%	7%	7%	5%	9%	4%	47%	3%	4.7
Neither good nor bad	4630	15%	5%	8%	8%	5%	9%	3%	43%	3%	4.4
Bad	1393	30%	5%	8%	8%	5%	7%	2%	33%	1%	3.5

QD20 On days when you walk for at least 10 minutes at a time, how much time do you usually spend walking?

	TOTAL	Never	Less than 1 hour	1h - 1h59	1h - 2h59	1h - 3h59	1h - 4h59	1h - 5h59	6+ h	DK	Moyenne (min)/Average (min)
UE25 EU25	24682	13%	38%	25%	9%	3%	2%	1%	3%	6%	
BE	1000	16%	46%	20%	8%	2%	2%	1%	3%	1%	
CZ	1029	43%		32%	9%	3%	1%	2%	2%	8%	
DK	1031	11%	48%	19%	5%	2%	2%	1%	5%	6%	
D-W	1007	7%	42%	28%	8%	3%	1%	0%	2%	9%	
DE	1557	7%	40%	28%	9%	3%	1%	0%	2%	9%	
D-E	550	9%	34%	30%	10%	3%	2%	1%	5%	6%	
EE	1000	6%	39%	25%	13%	4%	3%	1%	4%	4%	
EL	1000	3%	67%	24%	5%	0%	0%	0%	1%	0%	
ES	1025	19%	15%	34%	10%	4%	3%	3%	2%	12%	
FR	1012	12%	50%	22%	5%	3%	1%	1%	2%	4%	
IE	1000	14%	49%	19%	6%	2%	1%	0%	2%	8%	
IT	1000	22%	30%	23%	9%	4%	4%	1%	3%	4%	
CY	502	41%	35%	16%	7%	1%	-	-	-	0%	
LV	1000	12%	26%	27%	17%	6%	2%	1%	1%	8%	
LT	1011	13%	27%	17%	11%	5%	3%	3%	6%	16%	
LU	501	15%	27%	26%	12%	4%	4%	2%	6%	5%	
HU	1015	13%	57%	15%	7%	2%	1%	1%	3%	0%	
MT	500	31%	49%	13%	2%	0%	1%	1%	2%	2%	
NL	1031	7%	45%	22%	8%	3%	2%	2%	5%	6%	
AT	1002	19%	29%	32%	14%	4%	1%	1%	1%	-	
PL	1000	1%	41%	31%	12%	4%	2%	1%	3%	6%	
PT	1000	34%	42%	14%	5%	2%	1%	0%	2%	-	
SI	1030	8%	44%	29%	9%	3%	1%	1%	2%	3%	
SK	1044	15%	-	22%	14%	6%	4%	2%	7%	31%	
FI	1017	12%	41%	33%	5%	3%	1%	0%	3%	1%	
SE	1054	12%	64%	19%	3%	1%	0%	1%	0%	1%	
UK	1321	9%	39%	24%	10%	4%	3%	1%	4%	6%	
BG	1004	3%	28%	17%	6%	2%	2%	2%	4%	10%	
HR	1000	57%	-	22%	9%	3%	1%	1%	3%	5%	
RO	1002	44%	24%	24%	14%	4%	3%	1%	4%	6%	
TR	1005	13%	35%	23%	9%	6%	2%	2%	2%	8%	
CY (toc)	500	18%	42%	19%	5%	1%	0%	0%	1%	14%	
<b>Sex</b>											
Male	11902	14%	36%	25%	9%	4%	2%	1%	4%	6%	
Female	12780	13%	39%	26%	9%	3%	2%	1%	2%	6%	
<b>Age</b>											
15-24	3765	11%	42%	24%	8%	4%	2%	1%	3%	6%	
25-39	6550	13%	38%	24%	9%	4%	2%	1%	3%	7%	
40-54	6308	12%	38%	25%	8%	4%	2%	1%	3%	7%	
55 +	8059	15%	36%	28%	9%	2%	2%	1%	2%	5%	
<b>Education (End of)</b>											
15	5992	18%	33%	25%	8%	3%	3%	1%	2%	6%	
16-19	9671	13%	36%	26%	9%	3%	2%	1%	3%	6%	
20+	6152	10%	43%	25%	9%	3%	2%	1%	3%	5%	
Still Studying	2464	9%	46%	23%	8%	4%	2%	1%	1%	6%	
<b>Household composition</b>											
1	4566	14%	40%	26%	8%	3%	2%	1%	2%	5%	
2	7903	13%	37%	26%	8%	3%	2%	1%	2%	7%	
3	4615	14%	37%	25%	10%	3%	2%	1%	2%	6%	
4+	7598	12%	38%	25%	9%	4%	2%	2%	3%	7%	
<b>Place of birth</b>											
Surveyed country	23146	13%	38%	25%	9%	3%	2%	1%	3%	6%	
EU	627	11%	41%	23%	4%	4%	4%	1%	5%	8%	
Europe outside EU	336	8%	32%	27%	11%	2%	1%	0%	2%	16%	
Outside Europe	535	15%	36%	25%	10%	5%	2%	1%	1%	7%	
<b>Parents' birth</b>											
2 born country	21871	13%	38%	25%	9%	3%	2%	1%	3%	6%	
1 country EU	817	8%	41%	28%	9%	3%	2%	0%	3%	5%	
2EU	768	13%	41%	20%	6%	4%	3%	1%	3%	9%	
At least 1 outside EU	1185	10%	35%	25%	9%	3%	3%	1%	2%	12%	
<b>Left-Right scale</b>											
(1-4) Left	6422	13%	39%	25%	9%	3%	2%	1%	3%	5%	
(5-6) Centre	8105	12%	38%	27%	9%	3%	2%	1%	3%	6%	
(7-10) Right	4322	13%	36%	27%	9%	4%	2%	1%	3%	6%	
<b>Respondent occupation scale</b>											
Self- employed	1995	15%	35%	24%	9%	3%	3%	1%	4%	6%	
Managers	2653	9%	44%	24%	9%	3%	2%	1%	2%	6%	
Other white collars	2924	15%	40%	23%	8%	3%	2%	1%	2%	6%	
Manual workers	5030	14%	33%	24%	9%	4%	3%	2%	5%	7%	
House persons	2485	12%	32%	29%	9%	3%	3%	2%	2%	7%	
Unemployed	1275	10%	41%	27%	8%	4%	1%	1%	2%	6%	
Retired	5855	15%	36%	28%	9%	3%	1%	1%	2%	5%	
Students	2464	9%	46%	23%	8%	4%	2%	1%	1%	6%	
<b>Subjective urbanisation</b>											
Rural village	8062	14%	37%	24%	8%	3%	2%	1%	3%	8%	
Small/ mid size town	10428	14%	37%	26%	9%	3%	2%	1%	3%	5%	
Large town	6157	11%	41%	25%	9%	3%	2%	1%	2%	6%	
<b>What is your weight ?</b>											
Less than 55 kg	2090	12%	39%	26%	10%	3%	2%	2%	1%	5%	
From 55 to 74 kg	11467	12%	38%	26%	9%	3%	2%	1%	2%	6%	
From 75 to 89 kg	7010	13%	38%	25%	9%	3%	2%	1%	3%	6%	
90 kg and more	2778	14%	39%	24%	8%	4%	2%	1%	3%	4%	
<b>Your current weight is ?</b>											
Too high	9415	12%	41%	24%	8%	3%	2%	1%	2%	5%	
Too low	1326	12%	36%	26%	9%	3%	4%	1%	3%	5%	
About right	13608	13%	36%	26%	9%	3%	2%	1%	3%	7%	
<b>Health in general</b>											
Good	18561	12%	38%	26%	9%	3%	2%	1%	3%	6%	
Neither good nor bad	4630	14%	36%	26%	9%	2%	2%	1%	2%	7%	
Bad	1393	27%	36%	19%	6%	2%	1%	1%	3%	4%	

QD21 How much time do you spend sitting on usual day? This may include time spent at a desk, visiting friends, reading, studying or watching television.

	TOTAL	Never	Less than 1 hour	1h - 3h59	4h - 7h59	8h - 9h59	10h - 12h59	13+ h	DK	Moyenne (min)/Average (min)
UE25 EU25	24682	2%	1%	29%	41%	11%	9%	1%	6%	
BE	1000	1%	1%	27%	42%	12%	15%	2%	1%	
CZ	1029	0%	-	19%	37%	12%	20%	2%	9%	
DK	1031	1%	0%	17%	44%	14%	16%	3%	5%	
D-W	1007	-	-	23%	43%	11%	10%	1%	11%	
DE	1557	-	-	25%	43%	12%	9%	1%	10%	
D-E	550	-	-	31%	42%	13%	8%	1%	5%	
EE	1000	0%	1%	26%	43%	12%	11%	1%	5%	
EL	1000	-	0%	17%	48%	20%	14%	1%	0%	
ES	1025	2%	0%	37%	39%	11%	3%	1%	8%	
FR	1012	1%	3%	35%	40%	9%	8%	1%	3%	
IE	1000	2%	0%	30%	41%	9%	7%	1%	10%	
IT	1000	8%	1%	31%	44%	9%	5%	-	3%	
CY	502	-	1%	24%	36%	15%	16%	2%	6%	
LV	1000	11%	1%	30%	37%	13%	7%	0%	-	
LT	1011	1%	10%	29%	30%	9%	7%	0%	13%	
LU	501	1%	2%	31%	37%	12%	12%	2%	2%	
HU	1015	2%	3%	40%	34%	10%	7%	0%	4%	
MT	500	3%	5%	34%	35%	8%	5%	0%	10%	
NL	1031	0%	0%	16%	40%	18%	17%	6%	2%	
AT	1002	5%	1%	24%	53%	12%	5%	1%	2%	
PL	1000	1%	1%	29%	37%	12%	15%	1%	4%	
PT	1000	15%	2%	45%	27%	8%	3%	0%	-	
SI	1030	0%	0%	34%	37%	13%	12%	1%	2%	
SK	1044	0%	-	30%	41%	11%	11%	1%	7%	
FI	1017	4%	1%	25%	35%	13%	16%	2%	3%	
SE	1054	-	1%	26%	43%	14%	12%	2%	2%	
UK	1321	0%	0%	27%	40%	10%	8%	3%	12%	
BG	1004	0%	0%	34%	40%	9%	7%	1%	8%	
HR	1000	2%	-	34%	37%	13%	11%	1%	2%	
RO	1002	32%	-	27%	25%	7%	6%	-	2%	
TR	1005	-	1%	25%	46%	7%	46%	1%	13%	
CY (toc)	500	-	-	20%	43%	11%	6%	2%	17%	
<b>Sex</b>										
Male	11902	2%	1%	28%	40%	12%	10%	2%	6%	
Female	12780	2%	1%	30%	41%	10%	8%	1%	6%	
<b>Age</b>										
15-24	3765	2%	1%	21%	39%	18%	14%	2%	4%	
25-39	6550	2%	1%	34%	37%	10%	8%	1%	6%	
40-54	6308	2%	1%	32%	37%	11%	9%	1%	7%	
55+	8059	2%	1%	26%	47%	9%	7%	1%	7%	
<b>Education (End of)</b>										
15	5922	3%	1%	33%	44%	7%	6%	1%	6%	
16-19	9671	2%	1%	34%	40%	9%	7%	1%	7%	
20+	6152	1%	1%	25%	41%	13%	12%	2%	5%	
Still Studying	2464	2%	1%	11%	39%	24%	18%	2%	3%	
<b>Household composition</b>										
1	4566	2%	1%	23%	42%	12%	12%	2%	6%	
2	7903	2%	1%	28%	43%	10%	8%	1%	7%	
3	4615	3%	1%	32%	38%	11%	9%	1%	6%	
4+	7598	2%	1%	33%	39%	11%	8%	1%	5%	
<b>Place of birth</b>										
Surveyed country	23146	2%	1%	29%	41%	11%	9%	1%	6%	
EU	627	1%	2%	28%	43%	11%	7%	2%	6%	
Europe outside EU	336	0%	1%	30%	35%	12%	6%	1%	14%	
Outside Europe	535	2%	0%	31%	36%	5%	10%	3%	12%	
<b>Parents' birth</b>										
2 born country	21871	2%	1%	29%	41%	11%	9%	1%	6%	
1 country EU	817	2%	1%	29%	41%	11%	10%	2%	5%	
2EU	768	1%	3%	32%	35%	10%	7%	1%	10%	
At least 1 outside EU	1185	1%	0%	29%	34%	12%	12%	2%	9%	
<b>Left-Right scale</b>										
(1-4) Left	6422	2%	1%	28%	42%	12%	9%	2%	4%	
(5-6) Centre	8105	1%	1%	30%	40%	10%	9%	1%	6%	
(7-10) Right	4322	1%	1%	27%	43%	11%	10%	2%	5%	
<b>Respondent occupation scale</b>										
Self-employed	1995	4%	1%	37%	36%	9%	7%	1%	5%	
Managers	2653	1%	1%	20%	41%	16%	13%	3%	5%	
Other white collars	2924	2%	1%	20%	35%	18%	17%	2%	5%	
Manual workers	5030	3%	1%	45%	37%	5%	3%	0%	6%	
House persons	2485	2%	2%	39%	39%	6%	2%	0%	9%	
Unemployed	1275	1%	1%	33%	44%	8%	4%	1%	6%	
Retired	5855	2%	1%	24%	49%	8%	8%	1%	7%	
Students	2464	2%	1%	11%	39%	24%	18%	2%	3%	
<b>Subjective urbanisation</b>										
Rural village	8062	2%	1%	33%	39%	10%	8%	1%	7%	
Small/ mid size town	10428	2%	1%	29%	42%	10%	9%	1%	5%	
Large town	6157	2%	1%	24%	39%	14%	11%	2%	7%	
<b>What is your weight ?</b>										
Less than 55 kg	2090	2%	1%	31%	39%	11%	9%	1%	5%	
From 55 to 74 kg	11467	2%	1%	30%	41%	11%	8%	1%	6%	
From 75 to 89 kg	7010	2%	1%	28%	42%	11%	10%	1%	5%	
90 kg and more	2778	1%	1%	27%	42%	11%	11%	3%	4%	
<b>Your current weight is ?</b>										
Too high	9415	1%	1%	29%	42%	11%	10%	2%	5%	
Too low	1326	2%	1%	28%	37%	13%	14%	1%	5%	
About right	13608	3%	1%	29%	40%	11%	8%	1%	7%	
<b>Health in general</b>										
Good	18561	2%	1%	30%	41%	11%	9%	1%	6%	
Neither good nor bad	4630	2%	1%	27%	41%	10%	9%	2%	7%	
Bad	1393	5%	1%	19%	39%	11%	14%	4%	7%	

QD22.1 In the last 7 days, how much physical activity did you get...?

At work	TOTAL	A lot	Some	Little	None	DK
UE25 EU25	24682	19%	18%	14%	45%	4%
BE	1000	22%	16%	12%	41%	9%
CZ	1029	19%	24%	20%	35%	3%
DK	1031	26%	16%	17%	39%	2%
D-W	1007	21%	15%	14%	47%	3%
DE	1557	22%	14%	14%	47%	3%
D-E	550	26%	10%	12%	49%	4%
EE	1000	22%	18%	11%	42%	7%
EL	1000	15%	17%	12%	55%	1%
ES	1025	16%	14%	14%	53%	3%
FR	1012	18%	11%	7%	61%	3%
IE	1000	18%	22%	18%	31%	11%
IT	1000	10%	24%	17%	46%	3%
CY	502	24%	20%	13%	38%	6%
LV	1000	20%	20%	21%	27%	13%
LT	1011	27%	27%	14%	27%	6%
LU	501	22%	16%	8%	50%	5%
HU	1015	25%	17%	7%	43%	8%
MT	500	10%	8%	10%	63%	9%
NL	1031	27%	29%	22%	19%	3%
AT	1002	17%	26%	20%	35%	2%
PL	1000	27%	15%	14%	33%	11%
PT	1000	14%	25%	13%	42%	6%
SI	1030	16%	21%	15%	42%	7%
SK	1044	25%	19%	13%	39%	3%
FI	1017	13%	25%	21%	38%	3%
SE	1054	14%	19%	18%	42%	6%
UK	1321	20%	18%	12%	46%	4%
BG	1004	14%	23%	14%	42%	7%
HR	1000	18%	14%	12%	55%	1%
RO	1002	17%	22%	13%	39%	9%
TR	1005	18%	15%	13%	49%	5%
CY (tcc)	500	26%	21%	16%	35%	2%
<b>Sex</b>						
Male	11902	23%	19%	15%	39%	4%
Female	12780	15%	16%	13%	51%	5%
<b>Age</b>						
15-24	3765	20%	21%	15%	39%	5%
25-39	6550	26%	22%	19%	31%	2%
40-54	6308	27%	22%	16%	33%	2%
55 +	8059	7%	9%	7%	70%	7%
<b>Education (End of)</b>						
15	5992	14%	13%	7%	61%	5%
16-19	9671	26%	18%	13%	39%	4%
20+	6152	17%	21%	20%	40%	3%
Still Studying	2464	11%	18%	18%	44%	8%
<b>Household composition</b>						
1	4566	13%	12%	12%	58%	5%
2	7903	15%	15%	12%	53%	5%
3	4615	23%	22%	16%	37%	3%
4+	7598	24%	21%	16%	35%	4%
<b>Place of birth</b>						
Surveyed country	23146	19%	18%	14%	46%	4%
EU	627	23%	12%	16%	45%	3%
Europe outside EU	336	25%	13%	8%	48%	5%
Outside Europe	535	29%	15%	14%	37%	5%
<b>Parents' birth</b>						
2 born country	21871	19%	18%	14%	46%	4%
1 country EU	817	18%	23%	15%	41%	4%
2EU	768	27%	14%	13%	43%	3%
At least 1 outside EU	1185	21%	16%	17%	41%	5%
<b>Left-Right scale</b>						
(1-4) Left	6422	19%	19%	15%	44%	3%
(5-6) Centre	8105	21%	17%	13%	45%	3%
(7-10) Right	4322	19%	17%	15%	44%	5%
<b>Respondent occupation scale</b>						
Self-employed	1995	31%	27%	19%	21%	1%
Managers	2653	16%	26%	26%	31%	1%
Other white collars	2924	16%	24%	28%	32%	1%
Manual workers	5030	49%	25%	11%	14%	0%
House persons	2485	5%	9%	7%	72%	7%
Unemployed	1275	9%	10%	9%	66%	7%
Retired	5855	3%	5%	4%	79%	8%
Students	2464	11%	18%	18%	44%	8%
<b>Subjective urbanisation</b>						
Rural village	8062	22%	18%	13%	44%	4%
Small/ mid size town	10428	18%	17%	14%	47%	4%
Large town	6157	17%	17%	16%	44%	5%
<b>What is your weight ?</b>						
Less than 55 kg	2090	15%	15%	14%	49%	6%
From 55 to 74 kg	11467	18%	17%	14%	46%	5%
From 75 to 89 kg	7010	20%	18%	14%	43%	4%
90 kg and more	2778	24%	17%	14%	42%	3%
<b>Your current weight is ?</b>						
Too high	9415	17%	16%	13%	50%	4%
Too low	1326	21%	17%	13%	44%	5%
About right	13608	20%	19%	14%	42%	4%
<b>Health in general</b>						
Good	18561	21%	19%	15%	41%	4%
Neither good nor bad	4630	14%	14%	12%	55%	6%
Bad	1393	5%	7%	9%	73%	6%

QD22.2 In the last 7 days, how much physical activity did you get...?

When moving from place to place

	TOTAL	A lot	Some	Little	None	DK
UE25 EU25	24682	22%	42%	25%	10%	1%
BE	1000	23%	42%	19%	15%	1%
CZ	1029	8%	34%	37%	19%	1%
DK	1031	36%	36%	25%	3%	1%
D-W	1007	30%	43%	20%	7%	0%
DE	1557	32%	41%	20%	7%	0%
D-E	550	39%	35%	19%	7%	0%
EE	1000	28%	43%	22%	6%	1%
EL	1000	8%	40%	43%	9%	0%
ES	1025	13%	37%	36%	13%	1%
FR	1012	26%	38%	16%	19%	1%
IE	1000	16%	46%	32%	5%	2%
IT	1000	9%	45%	32%	13%	1%
CY	502	19%	33%	28%	20%	0%
LV	1000	18%	39%	37%	5%	1%
LT	1011	25%	45%	17%	9%	4%
LU	501	39%	36%	13%	11%	2%
HU	1015	31%	50%	12%	5%	1%
MT	500	33%	29%	24%	12%	2%
NL	1031	30%	38%	25%	6%	1%
AT	1002	8%	44%	30%	17%	1%
PL	1000	35%	43%	18%	3%	0%
PT	1000	20%	53%	20%	5%	1%
SI	1030	13%	51%	29%	7%	0%
SK	1044	22%	43%	24%	10%	2%
FI	1017	11%	50%	32%	7%	0%
SE	1054	10%	38%	40%	11%	1%
UK	1321	23%	43%	25%	7%	2%
BG	1004	5%	51%	37%	4%	2%
HR	1000	18%	42%	26%	13%	1%
RO	1002	16%	47%	30%	5%	2%
TR	1005	22%	41%	25%	10%	2%
CY (tcc)	500	15%	40%	32%	14%	0%
<b>Sex</b>						
Male	11902	22%	42%	25%	10%	1%
Female	12780	22%	41%	25%	11%	1%
<b>Age</b>						
15-24	3765	27%	45%	21%	6%	1%
25-39	6550	22%	42%	26%	9%	0%
40-54	6308	23%	40%	26%	10%	1%
55 +	8059	19%	40%	26%	14%	1%
<b>Education (End of)</b>						
15	5992	19%	38%	28%	14%	1%
16-19	9671	24%	42%	24%	9%	1%
20+	6152	21%	43%	26%	9%	1%
Still Studying	2464	27%	44%	22%	6%	1%
<b>Household composition</b>						
1	4566	20%	40%	26%	13%	1%
2	7903	21%	41%	26%	12%	1%
3	4615	22%	44%	25%	8%	1%
4+	7598	25%	42%	24%	8%	1%
<b>Place of birth</b>						
Surveyed country	23146	22%	42%	25%	10%	1%
EU	627	27%	39%	25%	8%	0%
Europe outside EU	336	31%	40%	20%	6%	2%
Outside Europe	535	20%	42%	31%	6%	1%
<b>Parents' birth</b>						
2 born country	21871	22%	42%	25%	10%	1%
1 country EU	817	25%	41%	25%	8%	1%
2EU	768	29%	40%	21%	10%	0%
At least 1 outside EU	1185	22%	43%	25%	9%	1%
<b>Left-Right scale</b>						
(1-4) Left	6422	22%	42%	26%	10%	0%
(5-6) Centre	8105	24%	42%	24%	10%	1%
(7-10) Right	4322	21%	42%	27%	10%	1%
<b>Respondent occupation scale</b>						
Self-employed	1995	20%	44%	26%	9%	1%
Managers	2653	21%	44%	26%	10%	0%
Other white collars	2924	15%	42%	34%	9%	1%
Manual workers	5030	28%	42%	21%	9%	0%
House persons	2485	23%	34%	29%	13%	2%
Unemployed	1275	28%	42%	22%	8%	1%
Retired	5855	19%	41%	25%	14%	1%
Students	2464	27%	44%	22%	6%	1%
<b>Subjective urbanisation</b>						
Rural village	8062	22%	40%	25%	11%	1%
Small/ mid size town	10428	22%	42%	26%	10%	1%
Large town	6157	23%	42%	24%	9%	1%
<b>What is your weight ?</b>						
Less than 55 kg	2090	26%	41%	23%	9%	1%
From 55 to 74 kg	11467	22%	43%	24%	10%	1%
From 75 to 89 kg	7010	21%	41%	27%	10%	1%
90 kg and more	2778	22%	39%	27%	11%	1%
<b>Your current weight is ?</b>						
Too high	9415	20%	41%	26%	12%	1%
Too low	1326	27%	36%	28%	8%	1%
About right	13608	23%	43%	24%	9%	1%
<b>Health in general</b>						
Good	18561	24%	42%	24%	9%	1%
Neither good nor bad	4630	19%	41%	27%	12%	1%
Bad	1393	12%	31%	33%	23%	1%

QD22.3 In the last 7 days, how much physical activity did you get...?

Work in and around your house (including housework, gardening, general maintenance, or caring for your family)

	TOTAL	A lot	Some	Little	None	DK
UE25 EU25	24682	27%	40%	21%	10%	1%
BE	1000	34%	41%	15%	10%	0%
CZ	1029	24%	41%	26%	9%	0%
DK	1031	26%	33%	29%	12%	1%
D-W	1007	37%	40%	16%	6%	0%
DE	1557	38%	40%	16%	6%	0%
D-E	550	43%	38%	16%	3%	0%
EE	1000	19%	48%	23%	9%	0%
EL	1000	18%	38%	34%	10%	0%
ES	1025	14%	34%	32%	18%	1%
FR	1012	32%	41%	13%	14%	1%
IE	1000	23%	44%	25%	6%	2%
IT	1000	16%	39%	28%	15%	1%
CY	502	27%	32%	25%	16%	0%
LV	1000	17%	38%	38%	6%	1%
LT	1011	25%	51%	16%	6%	2%
LU	501	46%	31%	12%	10%	1%
HU	1015	44%	39%	11%	6%	0%
MT	500	38%	25%	20%	16%	-
NL	1031	35%	42%	18%	4%	0%
AT	1002	16%	52%	23%	9%	0%
PL	1000	28%	36%	22%	14%	0%
PT	1000	17%	46%	24%	12%	0%
SI	1030	24%	52%	20%	3%	0%
SK	1044	32%	39%	19%	8%	1%
FI	1017	12%	56%	27%	5%	0%
SE	1054	19%	41%	29%	10%	0%
UK	1321	32%	44%	19%	5%	1%
BG	1004	15%	53%	23%	8%	1%
HR	1000	33%	38%	20%	8%	0%
RO	1002	28%	40%	23%	7%	2%
TR	1005	32%	29%	23%	14%	2%
CY (tcc)	500	34%	32%	20%	14%	0%
<b>Sex</b>						
Male	11902	19%	40%	27%	14%	1%
Female	12780	35%	41%	16%	7%	1%
<b>Age</b>						
15-24	3765	17%	37%	29%	16%	0%
25-39	6550	29%	40%	21%	10%	0%
40-54	6308	30%	42%	20%	7%	1%
55 +	8059	29%	40%	19%	11%	1%
<b>Education (End of)</b>						
15	5992	27%	40%	20%	12%	1%
16-19	9671	33%	40%	19%	8%	1%
20+	6152	26%	42%	22%	9%	0%
Still Studying	2464	12%	35%	33%	20%	1%
<b>Household composition</b>						
1	4566	21%	41%	25%	12%	1%
2	7903	26%	43%	20%	10%	1%
3	4615	28%	40%	22%	10%	1%
4+	7598	32%	37%	21%	10%	0%
<b>Place of birth</b>						
Surveyed country	23146	27%	40%	21%	11%	1%
EU	627	38%	36%	21%	5%	0%
Europe outside EU	336	30%	44%	14%	12%	0%
Outside Europe	535	25%	33%	32%	10%	-
<b>Parents' birth</b>						
2 born country	21871	27%	40%	21%	11%	1%
1 country EU	817	31%	41%	21%	7%	0%
2EU	768	35%	39%	19%	6%	0%
At least 1 outside EU	1185	25%	40%	24%	11%	0%
<b>Left-Right scale</b>						
(1-4) Left	6422	26%	41%	23%	10%	0%
(5-6) Centre	8105	30%	41%	20%	9%	0%
(7-10) Right	4322	29%	41%	20%	10%	0%
<b>Respondent occupation scale</b>						
Self-employed	1995	25%	41%	24%	10%	0%
Managers	2653	25%	43%	24%	8%	0%
Other white collars	2924	22%	45%	23%	10%	1%
Manual workers	5030	29%	42%	21%	8%	0%
House persons	2485	43%	37%	12%	8%	1%
Unemployed	1275	34%	37%	21%	8%	0%
Retired	5855	29%	39%	19%	12%	1%
Students	2464	12%	35%	33%	20%	1%
<b>Subjective urbanisation</b>						
Rural village	8062	32%	40%	19%	8%	1%
Small/ mid size town	10428	26%	40%	23%	11%	0%
Large town	6157	24%	40%	24%	12%	1%
<b>What is your weight ?</b>						
Less than 55 kg	2090	31%	38%	21%	10%	0%
From 55 to 74 kg	11467	29%	40%	20%	10%	1%
From 75 to 89 kg	7010	24%	41%	23%	12%	1%
90 kg and more	2778	23%	41%	24%	11%	0%
<b>Your current weight is ?</b>						
Too high	9415	30%	41%	19%	9%	0%
Too low	1326	26%	33%	26%	15%	0%
About right	13608	26%	41%	22%	11%	1%
<b>Health in general</b>						
Good	18561	28%	41%	21%	9%	0%
Neither good nor bad	4630	27%	39%	23%	11%	0%
Bad	1393	17%	32%	27%	23%	0%

QD22.4 In the last 7 days, how much physical activity did you get...?

For recreation, sport and leisure-time activities

	TOTAL	A lot	Some	Little	None	DK
UE25 EU25	24682	15%	28%	21%	36%	1%
BE	1000	14%	19%	19%	37%	1%
CZ	1029	9%	26%	27%	37%	1%
DK	1031	21%	20%	22%	37%	1%
D-W	1007	24%	31%	20%	24%	0%
DE	1557	24%	31%	21%	24%	0%
D-E	550	25%	31%	21%	21%	0%
EE	1000	8%	27%	23%	41%	1%
EL	1000	5%	14%	33%	49%	-
ES	1025	13%	25%	22%	39%	1%
FR	1012	18%	28%	11%	43%	1%
IE	1000	16%	36%	19%	27%	2%
IT	1000	4%	28%	28%	38%	1%
CY	502	17%	19%	22%	41%	0%
LV	1000	9%	21%	39%	27%	4%
LT	1011	11%	42%	22%	22%	3%
LU	501	50%	24%	19%	30%	1%
HU	1015	10%	30%	17%	42%	0%
MT	500	15%	19%	15%	50%	0%
NL	1031	22%	37%	20%	21%	0%
AT	1002	12%	38%	25%	24%	1%
PL	1000	11%	22%	25%	41%	1%
PT	1000	6%	20%	19%	54%	1%
SI	1030	12%	26%	34%	27%	0%
SK	1044	8%	24%	32%	35%	1%
FI	1017	24%	40%	18%	17%	0%
SE	1054	20%	30%	21%	29%	0%
UK	1321	15%	27%	18%	39%	1%
BG	1004	3%	27%	31%	36%	3%
HR	1000	6%	15%	20%	59%	1%
RO	1002	5%	14%	24%	52%	5%
TR	1005	9%	14%	19%	54%	5%
CY (tcc)	500	11%	22%	25%	42%	0%
<b>Sex</b>						
Male	11902	18%	30%	22%	30%	1%
Female	12780	12%	26%	21%	40%	1%
<b>Age</b>						
15-24	3765	26%	33%	21%	19%	0%
25-39	6550	16%	30%	23%	31%	0%
40-54	6308	12%	28%	24%	35%	1%
55 +	8059	10%	23%	18%	47%	1%
<b>Education (End of)</b>						
15	5992	7%	21%	19%	51%	1%
16-19	9671	12%	28%	23%	36%	1%
20+	6152	19%	32%	22%	27%	0%
Still Studying	2464	31%	35%	19%	15%	1%
<b>Household composition</b>						
1	4566	12%	24%	17%	45%	1%
2	7903	14%	28%	21%	37%	1%
3	4615	16%	29%	22%	32%	1%
4+	7598	16%	29%	24%	31%	1%
<b>Place of birth</b>						
Surveyed country	23146	15%	28%	21%	35%	1%
EU	627	16%	24%	22%	37%	1%
Europe outside EU	336	15%	24%	21%	39%	0%
Outside Europe	535	15%	27%	19%	40%	-
<b>Parents' birth</b>						
2 born country	21871	14%	28%	21%	36%	1%
1 country EU	817	17%	26%	23%	34%	0%
2EU	768	15%	27%	23%	34%	1%
At least 1 outside EU	1185	20%	24%	20%	36%	1%
<b>Left-Right scale</b>						
(1-4) Left	6422	16%	29%	22%	32%	0%
(5-6) Centre	8105	16%	28%	21%	34%	0%
(7-10) Right	4322	14%	29%	24%	33%	1%
<b>Respondent occupation scale</b>						
Self-employed	1995	11%	29%	30%	31%	0%
Managers	2653	21%	37%	20%	21%	0%
Other white collars	2924	14%	32%	25%	28%	1%
Manual workers	5030	14%	28%	23%	35%	1%
House persons	2485	8%	23%	19%	49%	2%
Unemployed	1275	13%	24%	22%	40%	1%
Retired	5855	10%	22%	17%	50%	1%
Students	2464	31%	35%	19%	15%	1%
<b>Subjective urbanisation</b>						
Rural village	8062	14%	27%	22%	37%	1%
Small/ mid size town	10428	14%	28%	21%	36%	1%
Large town	6157	16%	29%	21%	33%	1%
<b>What is your weight ?</b>						
Less than 55 kg	2090	14%	29%	21%	36%	1%
From 55 to 74 kg	11467	15%	28%	21%	36%	1%
From 75 to 89 kg	7010	16%	29%	21%	33%	1%
90 kg and more	2778	12%	24%	23%	40%	0%
<b>Your current weight is ?</b>						
Too high	9415	11%	26%	21%	41%	1%
Too low	1326	15%	24%	22%	38%	0%
About right	13608	17%	29%	21%	31%	1%
<b>Health in general</b>						
Good	18561	18%	31%	21%	30%	1%
Neither good nor bad	4630	6%	21%	23%	49%	1%
Bad	1393	4%	15%	17%	63%	1%

QD23.1 To what extent do you agree or disagree with the following statements about sport and physical activity?

The area where I live offers me many opportunities to be physically active

	TOTAL	Strongly agree	Tend to agree	Tend to disagree	Strongly disagree	DK	Agree	Disagree
UE25 EU25	24682	35%	38%	15%	7%	4%	73%	22%
BE	1000	44%	39%	10%	5%	2%	83%	15%
CZ	1029	19%	42%	23%	10%	7%	61%	32%
DK	1031	62%	26%	5%	4%	3%	88%	9%
D-W	1007	57%	29%	8%	3%	3%	85%	11%
DE	1557	55%	29%	9%	4%	3%	84%	13%
D-E	550	46%	31%	13%	7%	3%	77%	20%
EE	1000	29%	32%	19%	13%	7%	61%	32%
EL	1000	29%	40%	18%	12%	1%	69%	30%
ES	1025	24%	43%	17%	7%	8%	68%	24%
FR	1012	52%	33%	8%	5%	3%	85%	12%
IE	1000	22%	46%	17%	8%	7%	67%	25%
IT	1000	18%	48%	20%	10%	4%	65%	30%
CY	502	31%	29%	20%	14%	5%	61%	35%
LV	1000	25%	31%	22%	14%	8%	56%	36%
LT	1011	31%	35%	18%	8%	7%	66%	26%
LU	501	50%	28%	12%	4%	7%	78%	15%
HU	1015	17%	36%	24%	13%	9%	53%	38%
MT	500	17%	29%	27%	20%	8%	46%	47%
NL	1031	71%	22%	5%	2%	1%	92%	7%
AT	1002	35%	47%	11%	4%	3%	82%	15%
PL	1000	21%	37%	25%	12%	5%	57%	37%
PT	1000	14%	38%	26%	15%	7%	52%	42%
SI	1030	29%	47%	17%	4%	3%	76%	21%
SK	1044	19%	40%	27%	11%	4%	59%	37%
FI	1017	47%	43%	8%	1%	0%	91%	9%
SE	1054	46%	36%	11%	6%	2%	82%	16%
UK	1321	29%	43%	16%	8%	5%	71%	24%
BG	1004	11%	19%	19%	33%	18%	30%	51%
HR	1000	27%	31%	17%	17%	8%	58%	34%
RO	1002	21%	28%	13%	22%	15%	49%	36%
TR	1005	13%	21%	22%	34%	9%	35%	56%
CY (tcc)	500	14%	23%	17%	33%	13%	37%	50%
<b>Sex</b>								
Male	11902	37%	38%	14%	7%	4%	76%	21%
Female	12780	34%	37%	16%	8%	5%	71%	24%
<b>Age</b>								
15-24	3765	35%	38%	18%	7%	1%	73%	25%
25-39	6550	35%	40%	15%	7%	3%	75%	22%
40-54	6308	37%	39%	15%	6%	3%	76%	21%
55 +	8059	35%	35%	14%	9%	8%	70%	22%
<b>Education (End of)</b>								
15	5992	28%	37%	16%	11%	8%	65%	26%
16-19	9671	35%	39%	15%	7%	3%	74%	23%
20+	6152	44%	36%	13%	4%	3%	80%	17%
Still Studying	2464	39%	37%	16%	6%	1%	76%	23%
<b>Household composition</b>								
1	4566	34%	36%	14%	8%	8%	70%	22%
2	7903	36%	38%	14%	7%	5%	74%	21%
3	4615	33%	40%	16%	7%	3%	73%	23%
4+	7598	37%	37%	16%	8%	3%	74%	23%
<b>Place of birth</b>								
Surveyed country	23146	35%	38%	15%	7%	5%	73%	23%
EU	627	41%	35%	12%	9%	3%	76%	21%
Europe outside EU	336	41%	30%	17%	6%	6%	71%	23%
Outside Europe	535	42%	37%	12%	5%	4%	79%	17%
<b>Parents' birth</b>								
2 born country	21871	35%	38%	15%	7%	4%	73%	23%
1 country EU	817	42%	34%	13%	7%	5%	76%	19%
2EU	768	43%	34%	11%	8%	5%	77%	18%
At least 1 outside EU	1185	36%	38%	13%	7%	5%	75%	20%
<b>Left-Right scale</b>								
(1-4) Left	6422	39%	38%	14%	6%	3%	77%	20%
(5-6) Centre	8105	40%	37%	13%	7%	3%	76%	21%
(7-10) Right	4322	36%	40%	15%	6%	3%	76%	21%
<b>Respondent occupation scale</b>								
Self-employed	1995	34%	40%	15%	8%	3%	74%	23%
Managers	2653	48%	37%	10%	4%	1%	85%	14%
Other white collars	2924	34%	42%	16%	5%	2%	76%	22%
Manual workers	5030	35%	40%	15%	7%	3%	75%	22%
House persons	2485	30%	37%	18%	8%	7%	67%	26%
Unemployed	1275	27%	36%	20%	14%	4%	63%	33%
Retired	5855	34%	34%	14%	9%	9%	68%	23%
Students	2464	39%	37%	16%	6%	1%	76%	23%
<b>Subjective urbanisation</b>								
Rural village	8062	35%	34%	17%	9%	5%	69%	26%
Small/ mid size town	10428	36%	40%	13%	6%	4%	76%	20%
Large town	6157	35%	39%	15%	7%	4%	74%	22%
<b>What is your weight ?</b>								
Less than 55 kg	2090	34%	37%	17%	8%	5%	70%	25%
From 55 to 74 kg	11467	35%	38%	15%	7%	4%	73%	23%
From 75 to 89 kg	7010	37%	37%	14%	7%	5%	74%	21%
90 kg and more	2778	37%	37%	14%	8%	4%	75%	21%
<b>Your current weight is ?</b>								
Too high	9415	37%	36%	15%	8%	4%	73%	23%
Too low	1326	33%	36%	15%	11%	4%	69%	26%
About right	13608	35%	39%	15%	7%	4%	74%	21%
<b>Health in general</b>								
Good	18561	39%	38%	14%	6%	3%	77%	20%
Neither good nor bad	4630	27%	37%	18%	11%	7%	64%	29%
Bad	1393	21%	36%	16%	13%	7%	57%	29%

QD23.2 To what extent do you agree or disagree with the following statements about sport and physical activity?

Local sport clubs and other local providers offer many opportunities to be physically active

	TOTAL	Strongly agree	Tend to agree	Tend to disagree	Strongly disagree	DK	Agree	Disagree
UE25 EU25	24682	32%	36%	16%	8%	8%	68%	24%
BE	1000	44%	40%	10%	4%	2%	84%	14%
CZ	1029	17%	40%	24%	10%	9%	57%	34%
DK	1031	58%	28%	5%	3%	5%	87%	8%
D-W	1007	53%	28%	8%	3%	7%	82%	11%
DE	1557	50%	30%	10%	4%	7%	79%	14%
D-E	550	36%	34%	16%	9%	5%	71%	25%
EE	1000	24%	31%	17%	15%	13%	55%	32%
EL	1000	26%	35%	23%	13%	3%	61%	36%
ES	1025	27%	36%	16%	7%	14%	63%	23%
FR	1012	49%	37%	6%	3%	5%	86%	9%
IE	1000	22%	50%	14%	7%	7%	72%	21%
IT	1000	16%	45%	22%	10%	7%	61%	32%
CY	502	26%	28%	24%	15%	6%	54%	40%
LV	1000	24%	31%	21%	13%	11%	55%	34%
LT	1011	16%	26%	20%	24%	13%	42%	44%
LU	501	48%	29%	12%	1%	9%	77%	14%
HU	1015	14%	34%	23%	16%	13%	48%	39%
MT	500	19%	40%	18%	13%	10%	60%	31%
NL	1031	62%	25%	7%	2%	4%	87%	9%
AT	1002	31%	49%	10%	5%	5%	80%	15%
PL	1000	10%	27%	28%	22%	13%	37%	50%
PT	1000	12%	37%	26%	16%	8%	49%	42%
SI	1030	21%	44%	21%	8%	6%	65%	29%
SK	1044	10%	31%	37%	14%	8%	41%	51%
FI	1017	33%	46%	14%	3%	4%	80%	17%
SE	1054	40%	35%	13%	7%	5%	75%	20%
UK	1321	30%	43%	15%	6%	6%	72%	21%
BG	1004	6%	14%	18%	39%	23%	20%	57%
HR	1000	15%	29%	20%	23%	12%	45%	43%
RO	1002	13%	20%	17%	28%	21%	33%	45%
TR	1005	10%	20%	23%	36%	11%	30%	59%
CY (toc)	500	10%	25%	19%	32%	13%	35%	52%
<b>Sex</b>								
Male	11902	34%	37%	15%	8%	6%	71%	23%
Female	12780	30%	36%	16%	9%	9%	66%	25%
<b>Age</b>								
15-24	3765	34%	39%	17%	7%	3%	74%	24%
25-39	6550	33%	39%	16%	8%	4%	72%	24%
40-54	6308	34%	37%	17%	8%	5%	71%	24%
55 +	8059	30%	32%	14%	10%	15%	62%	24%
<b>Education (End of)</b>								
15	5992	26%	33%	16%	12%	14%	59%	27%
16-19	9671	31%	38%	17%	8%	6%	69%	25%
20+	6152	39%	36%	14%	5%	6%	76%	19%
Still Studying	2464	37%	38%	15%	7%	3%	76%	22%
<b>Household composition</b>								
1	4566	30%	36%	13%	8%	13%	66%	21%
2	7903	33%	35%	15%	8%	9%	68%	23%
3	4615	32%	38%	17%	8%	5%	70%	25%
4+	7598	33%	37%	17%	9%	4%	70%	26%
<b>Place of birth</b>								
Surveyed country	23146	32%	37%	16%	8%	8%	68%	24%
EU	627	38%	35%	14%	8%	5%	73%	22%
Europe outside EU	336	31%	31%	15%	7%	16%	62%	22%
Outside Europe	535	40%	35%	10%	5%	10%	75%	15%
<b>Parents' birth</b>								
2 born country	21871	32%	36%	16%	8%	8%	68%	24%
1 country EU	817	38%	35%	16%	5%	6%	73%	21%
2EU	768	40%	34%	11%	6%	8%	74%	17%
At least 1 outside EU	1185	32%	38%	13%	6%	10%	71%	19%
<b>Left-Right scale</b>								
(1-4) Left	6422	36%	37%	14%	6%	6%	73%	21%
(5-6) Centre	8105	36%	37%	14%	7%	6%	73%	22%
(7-10) Right	4322	32%	36%	17%	9%	6%	68%	26%
<b>Respondent occupation scale</b>								
Self-employed	1995	30%	38%	18%	8%	6%	68%	26%
Managers	2653	44%	37%	12%	4%	3%	81%	16%
Other white collars	2924	33%	41%	16%	6%	4%	75%	22%
Manual workers	5030	33%	38%	17%	7%	5%	71%	24%
House persons	2485	27%	37%	16%	9%	11%	65%	25%
Unemployed	1275	25%	33%	22%	15%	6%	57%	37%
Retired	5855	28%	31%	14%	11%	16%	59%	25%
Students	2464	37%	38%	15%	7%	3%	76%	22%
<b>Subjective urbanisation</b>								
Rural village	8062	28%	30%	21%	13%	7%	59%	34%
Small/ mid size town	10428	34%	39%	13%	6%	8%	73%	19%
Large town	6157	34%	40%	13%	5%	8%	74%	19%
<b>What is your weight ?</b>								
Less than 55 kg	2090	29%	38%	17%	8%	8%	67%	25%
From 55 to 74 kg	11467	32%	37%	16%	8%	7%	69%	23%
From 75 to 89 kg	7010	33%	35%	16%	8%	8%	68%	24%
90 kg and more	2778	33%	37%	14%	9%	6%	70%	23%
<b>Your current weight is ?</b>								
Too high	9415	33%	35%	15%	9%	8%	68%	24%
Too low	1326	32%	36%	15%	10%	7%	68%	25%
About right	13608	32%	37%	16%	7%	8%	69%	23%
<b>Health in general</b>								
Good	18561	35%	37%	15%	7%	6%	73%	22%
Neither good nor bad	4630	24%	35%	18%	12%	11%	58%	30%
Bad	1393	19%	30%	16%	15%	20%	49%	30%

QD23.3 To what extent do you agree or disagree with the following statements about sport and physical activity?

There are opportunities to be physically active in my area but I do not have time to take advantage of them

	TOTAL	Strongly agree	Tend to agree	Tend to disagree	Strongly disagree	DK	Agree	Disagree
UE25 EU25	24682	20%	33%	24%	17%	6%	53%	41%
BE	1000	26%	31%	26%	14%	2%	57%	40%
CZ	1029	18%	33%	28%	14%	8%	51%	41%
DK	1031	25%	32%	22%	16%	4%	58%	38%
D-W	1007	25%	24%	24%	23%	4%	49%	47%
DE	1557	24%	25%	24%	23%	3%	49%	48%
D-E	550	22%	26%	26%	23%	2%	48%	50%
EE	1000	18%	32%	24%	15%	11%	50%	39%
EL	1000	25%	32%	26%	16%	0%	57%	42%
ES	1025	21%	35%	23%	12%	9%	56%	35%
FR	1012	28%	32%	20%	16%	4%	60%	36%
IE	1000	10%	42%	29%	11%	8%	52%	40%
IT	1000	16%	40%	24%	13%	6%	56%	38%
CY	502	31%	25%	22%	17%	5%	56%	39%
LV	1000	23%	35%	20%	12%	10%	58%	31%
LT	1011	22%	30%	22%	16%	10%	51%	38%
LU	501	24%	26%	29%	16%	5%	51%	44%
HU	1015	20%	31%	21%	17%	11%	51%	38%
MT	500	20%	31%	26%	15%	8%	51%	41%
NL	1031	19%	27%	30%	22%	2%	46%	52%
AT	1002	18%	37%	27%	13%	5%	55%	40%
PL	1000	14%	31%	26%	19%	9%	45%	46%
PT	1000	14%	33%	28%	18%	7%	47%	46%
SI	1030	19%	37%	29%	12%	3%	56%	41%
SK	1044	12%	38%	32%	12%	6%	50%	44%
FI	1017	14%	38%	29%	18%	1%	52%	47%
SE	1054	18%	37%	23%	19%	2%	55%	43%
UK	1321	17%	38%	23%	15%	6%	56%	38%
BG	1004	14%	20%	20%	30%	17%	34%	49%
HR	1000	17%	32%	23%	20%	8%	49%	43%
RO	1002	19%	24%	16%	24%	17%	43%	40%
TR	1005	17%	22%	18%	32%	10%	39%	51%
CY (tcc)	500	14%	23%	21%	31%	11%	37%	52%
<b>Sex</b>								
Male	11902	20%	33%	25%	17%	5%	53%	42%
Female	12780	20%	33%	23%	17%	6%	53%	40%
<b>Age</b>								
15-24	3765	19%	36%	29%	14%	2%	55%	43%
25-39	6550	25%	37%	23%	12%	3%	62%	35%
40-54	6308	23%	37%	23%	13%	4%	61%	36%
55 +	8059	15%	25%	25%	25%	11%	40%	49%
<b>Education (End of)</b>								
15	5992	15%	28%	23%	23%	11%	43%	46%
16-19	9671	22%	34%	24%	15%	4%	56%	39%
20+	6152	22%	36%	24%	14%	3%	58%	38%
Still Studying	2464	21%	33%	29%	15%	2%	53%	45%
<b>Household composition</b>								
1	4566	18%	27%	24%	21%	10%	45%	45%
2	7903	17%	31%	26%	19%	6%	49%	45%
3	4615	22%	38%	23%	13%	4%	60%	36%
4+	7598	24%	35%	24%	14%	3%	59%	38%
<b>Place of birth</b>								
Surveyed country	23146	20%	33%	25%	17%	6%	53%	42%
EU	627	27%	31%	20%	18%	5%	58%	37%
Europe outside EU	336	34%	29%	16%	14%	7%	63%	30%
Outside Europe	535	28%	32%	21%	15%	4%	60%	36%
<b>Parents' birth</b>								
2 born country	21871	20%	33%	25%	17%	6%	53%	42%
1 country EU	817	24%	32%	24%	16%	4%	56%	40%
2EU	768	29%	30%	17%	17%	7%	60%	34%
At least 1 outside EU	1185	24%	37%	19%	15%	5%	60%	35%
<b>Left-Right scale</b>								
(1-4) Left	6422	22%	33%	25%	16%	4%	55%	41%
(5-6) Centre	8105	21%	34%	24%	18%	4%	55%	42%
(7-10) Right	4322	19%	34%	26%	17%	4%	53%	42%
<b>Respondent occupation scale</b>								
Self-employed	1995	26%	35%	21%	14%	4%	62%	35%
Managers	2653	24%	39%	22%	13%	2%	63%	35%
Other white collars	2924	23%	42%	24%	10%	2%	64%	34%
Manual workers	5030	26%	36%	23%	12%	4%	62%	34%
House persons	2485	19%	35%	21%	16%	8%	54%	38%
Unemployed	1275	14%	29%	31%	22%	4%	43%	53%
Retired	5855	12%	22%	26%	28%	12%	34%	53%
Students	2464	21%	33%	29%	15%	2%	53%	45%
<b>Subjective urbanisation</b>								
Rural village	8062	17%	31%	26%	20%	6%	48%	46%
Small/ mid size town	10428	21%	34%	24%	16%	5%	55%	40%
Large town	6157	23%	35%	23%	14%	5%	58%	37%
<b>What is your weight ?</b>								
Less than 55 kg	2090	20%	34%	26%	14%	5%	54%	41%
From 55 to 74 kg	11467	20%	34%	24%	17%	5%	54%	41%
From 75 to 89 kg	7010	19%	32%	26%	18%	5%	51%	43%
90 kg and more	2778	23%	33%	22%	17%	5%	56%	39%
<b>Your current weight is ?</b>								
Too high	9415	22%	33%	23%	17%	5%	54%	40%
Too low	1326	23%	33%	21%	17%	5%	56%	38%
About right	13608	19%	33%	25%	17%	5%	53%	42%
<b>Health in general</b>								
Good	18561	21%	35%	25%	16%	4%	56%	40%
Neither good nor bad	4630	18%	30%	24%	19%	9%	48%	43%
Bad	1393	12%	22%	22%	27%	17%	34%	49%

QD23.4 To what extent do you agree or disagree with the following statements about sport and physical activity?

Being physically active does not really interest me – I would rather do other things with my spare time

	TOTAL	Strongly agree	Tend to agree	Tend to disagree	Strongly disagree	DK	Agree	Disagree
UE25 EU25	24682	16%	28%	30%	23%	4%	44%	53%
BE	1000	21%	29%	30%	19%	1%	50%	49%
CZ	1029	20%	34%	31%	13%	2%	54%	44%
DK	1031	17%	21%	27%	32%	3%	38%	59%
D-W	1007	18%	20%	28%	32%	2%	38%	60%
DE	1557	17%	21%	28%	32%	2%	38%	60%
D-E	550	14%	24%	28%	33%	2%	37%	61%
EE	1000	15%	28%	33%	18%	6%	43%	51%
EL	1000	14%	29%	35%	21%	0%	44%	56%
ES	1025	22%	35%	24%	14%	6%	57%	37%
FR	1012	19%	25%	27%	25%	3%	44%	53%
IE	1000	7%	31%	36%	21%	6%	37%	57%
IT	1000	14%	38%	28%	15%	5%	53%	43%
CY	502	18%	26%	29%	24%	3%	44%	52%
LV	1000	19%	30%	29%	15%	7%	49%	44%
LT	1011	15%	27%	34%	18%	7%	41%	52%
LU	501	27%	23%	26%	20%	3%	50%	46%
HU	1015	24%	30%	30%	14%	2%	54%	44%
MT	500	10%	28%	32%	27%	2%	38%	60%
NL	1031	11%	19%	36%	33%	1%	30%	69%
AT	1002	6%	18%	34%	29%	13%	24%	63%
PL	1000	10%	28%	36%	20%	6%	38%	56%
PT	1000	17%	37%	25%	16%	5%	54%	41%
SI	1030	12%	25%	36%	24%	3%	36%	61%
SK	1044	10%	35%	36%	17%	3%	45%	53%
FI	1017	10%	21%	33%	36%	1%	31%	69%
SE	1054	10%	20%	30%	39%	1%	30%	69%
UK	1321	12%	27%	36%	23%	3%	39%	58%
BG	1004	37%	29%	15%	11%	7%	66%	26%
HR	1000	14%	27%	29%	24%	6%	41%	53%
RO	1002	26%	32%	17%	13%	11%	58%	30%
TR	1005	13%	20%	21%	35%	11%	33%	56%
CY (tcc)	500	18%	20%	24%	29%	10%	37%	53%
<b>Sex</b>								
Male	11902	15%	27%	31%	24%	3%	42%	55%
Female	12780	17%	29%	30%	21%	4%	46%	51%
<b>Age</b>								
15-24	3765	11%	25%	33%	29%	2%	36%	62%
25-39	6550	12%	28%	34%	24%	2%	40%	58%
40-54	6308	15%	29%	32%	21%	3%	44%	53%
55 +	8059	21%	29%	24%	20%	6%	50%	44%
<b>Education (End of)</b>								
15	5992	23%	31%	23%	16%	6%	55%	39%
16-19	9671	14%	30%	32%	20%	3%	45%	52%
20+	6152	12%	23%	35%	29%	2%	35%	63%
Still Studying	2464	10%	22%	32%	34%	2%	33%	66%
<b>Household composition</b>								
1	4566	20%	26%	28%	21%	5%	46%	50%
2	7903	17%	30%	27%	21%	4%	47%	49%
3	4615	13%	29%	32%	22%	3%	43%	54%
4+	7598	13%	27%	33%	25%	3%	39%	58%
<b>Place of birth</b>								
Surveyed country	23146	15%	28%	30%	22%	4%	43%	53%
EU	627	19%	28%	25%	24%	3%	47%	50%
Europe outside EU	336	21%	25%	27%	24%	2%	47%	51%
Outside Europe	535	16%	31%	29%	22%	2%	47%	51%
<b>Parents' birth</b>								
2 born country	21871	15%	28%	31%	22%	4%	43%	53%
1 country EU	817	17%	30%	30%	20%	3%	47%	50%
2EU	768	21%	24%	26%	25%	4%	44%	52%
At least 1 outside EU	1185	15%	30%	29%	25%	2%	45%	53%
<b>Left-Right scale</b>								
(1-4) Left	6422	15%	27%	31%	24%	3%	42%	55%
(5-6) Centre	8105	14%	28%	31%	24%	3%	42%	56%
(7-10) Right	4322	16%	28%	31%	22%	3%	44%	53%
<b>Respondent occupation scale</b>								
Self-employed	1995	14%	29%	33%	21%	3%	43%	54%
Managers	2653	9%	19%	37%	34%	1%	28%	71%
Other white collars	2924	13%	30%	35%	20%	2%	42%	56%
Manual workers	5030	15%	31%	31%	20%	3%	46%	51%
House persons	2485	18%	32%	28%	17%	5%	50%	45%
Unemployed	1275	19%	28%	32%	19%	2%	47%	51%
Retired	5855	22%	29%	23%	19%	7%	51%	42%
Students	2464	10%	22%	32%	34%	2%	33%	66%
<b>Subjective urbanisation</b>								
Rural village	8062	14%	27%	30%	24%	4%	42%	54%
Small/ mid size town	10428	16%	29%	30%	22%	3%	45%	52%
Large town	6157	16%	28%	31%	22%	3%	44%	53%
<b>What is your weight ?</b>								
Less than 55 kg	2090	14%	30%	31%	21%	4%	44%	53%
From 55 to 74 kg	11467	15%	28%	30%	24%	3%	43%	54%
From 75 to 89 kg	7010	16%	27%	31%	22%	4%	43%	54%
90 kg and more	2778	18%	28%	30%	21%	3%	46%	51%
<b>Your current weight is ?</b>								
Too high	9415	17%	29%	30%	21%	4%	46%	50%
Too low	1326	17%	29%	27%	22%	4%	46%	50%
About right	13608	14%	27%	31%	24%	3%	42%	55%
<b>Health in general</b>								
Good	18561	14%	27%	32%	25%	2%	41%	57%
Neither good nor bad	4630	21%	31%	28%	15%	5%	52%	43%
Bad	1393	23%	28%	20%	18%	11%	51%	37%

QD23.5 To what extent do you agree or disagree with the following statements about sport and physical activity?

My local authority does not do enough for its citizens in relation to physical activities

	TOTAL	Strongly agree	Tend to agree	Tend to disagree	Strongly disagree	DK	Agree	Disagree
UE25 EU25	24682	12%	27%	30%	20%	11%	39%	50%
BE	1000	9%	27%	44%	17%	3%	37%	61%
CZ	1029	9%	29%	38%	9%	15%	38%	47%
DK	1031	7%	16%	33%	37%	8%	23%	70%
D-W	1007	8%	13%	26%	46%	8%	20%	71%
DE	1557	8%	13%	27%	44%	8%	21%	71%
D-E	550	8%	17%	32%	36%	7%	25%	68%
EE	1000	13%	25%	28%	16%	19%	38%	43%
EL	1000	11%	28%	40%	17%	4%	39%	57%
ES	1025	19%	38%	18%	7%	18%	57%	26%
FR	1012	8%	18%	37%	29%	7%	26%	67%
IE	1000	11%	33%	29%	10%	17%	44%	39%
IT	1000	14%	42%	24%	8%	12%	56%	32%
CY	502	26%	28%	27%	12%	7%	54%	38%
LV	1000	16%	29%	25%	15%	16%	44%	40%
LT	1011	19%	29%	21%	9%	22%	47%	30%
LU	501	10%	18%	33%	29%	10%	28%	62%
HU	1015	13%	30%	28%	10%	19%	43%	38%
MT	500	16%	32%	27%	10%	14%	49%	37%
NL	1031	8%	17%	37%	28%	9%	25%	66%
AT	1002	5%	18%	34%	29%	15%	23%	63%
PL	1000	20%	35%	24%	9%	12%	55%	33%
PT	1000	12%	39%	25%	11%	13%	51%	36%
SI	1030	11%	34%	34%	15%	7%	45%	48%
SK	1044	14%	36%	29%	7%	14%	50%	36%
FI	1017	6%	19%	39%	32%	3%	25%	72%
SE	1054	8%	16%	35%	31%	10%	24%	66%
UK	1321	10%	26%	37%	14%	13%	36%	51%
BG	1004	25%	30%	12%	8%	25%	55%	20%
HR	1000	20%	28%	25%	11%	15%	48%	37%
RO	1002	28%	24%	13%	7%	28%	51%	20%
TR	1005	30%	23%	13%	17%	17%	53%	30%
CY (tcc)	500	29%	22%	18%	17%	15%	51%	34%
<b>Sex</b>								
Male	11902	12%	28%	30%	19%	10%	40%	49%
Female	12780	11%	26%	30%	22%	12%	37%	51%
<b>Age</b>								
15-24	3765	15%	31%	33%	14%	8%	45%	47%
25-39	6550	12%	30%	31%	18%	9%	42%	49%
40-54	6308	11%	28%	31%	22%	8%	39%	53%
55 +	8059	10%	23%	27%	25%	16%	32%	52%
<b>Education (End of)</b>								
15	5992	11%	26%	26%	20%	17%	37%	46%
16-19	9671	12%	28%	31%	20%	10%	40%	51%
20+	6152	11%	26%	32%	23%	8%	37%	55%
Still Studying	2464	14%	28%	33%	16%	8%	42%	50%
<b>Household composition</b>								
1	4566	9%	25%	29%	22%	16%	34%	50%
2	7903	11%	24%	30%	23%	12%	35%	52%
3	4615	12%	29%	31%	18%	9%	42%	50%
4+	7598	13%	30%	30%	19%	8%	43%	49%
<b>Place of birth</b>								
Surveyed country	23146	11%	27%	30%	20%	11%	39%	50%
EU	627	13%	20%	32%	24%	10%	33%	57%
Europe outside EU	336	11%	23%	20%	31%	15%	34%	50%
Outside Europe	535	13%	27%	23%	23%	14%	40%	46%
<b>Parents' birth</b>								
2 born country	21871	11%	27%	30%	20%	11%	39%	50%
1 country EU	817	12%	24%	32%	22%	10%	36%	54%
2EU	768	12%	21%	26%	28%	13%	33%	54%
At least 1 outside EU	1185	11%	23%	30%	21%	14%	34%	51%
<b>Left-Right scale</b>								
(1-4) Left	6422	12%	26%	31%	21%	9%	38%	52%
(5-6) Centre	8105	11%	25%	32%	23%	9%	36%	55%
(7-10) Right	4322	11%	26%	32%	22%	9%	37%	54%
<b>Respondent occupation scale</b>								
Self-employed	1995	14%	28%	29%	19%	10%	42%	48%
Managers	2653	9%	25%	34%	26%	7%	34%	59%
Other white collars	2924	12%	30%	32%	18%	8%	42%	50%
Manual workers	5030	12%	29%	32%	19%	9%	40%	50%
House persons	2485	11%	29%	27%	19%	14%	40%	46%
Unemployed	1275	18%	33%	26%	14%	10%	51%	40%
Retired	5855	10%	22%	26%	25%	17%	31%	52%
Students	2464	14%	28%	33%	16%	8%	42%	50%
<b>Subjective urbanisation</b>								
Rural village	8062	12%	27%	30%	21%	11%	38%	51%
Small/ mid size town	10428	10%	27%	30%	21%	11%	38%	52%
Large town	6157	13%	27%	30%	19%	12%	40%	48%
<b>What is your weight ?</b>								
Less than 55 kg	2090	12%	26%	30%	18%	13%	38%	48%
From 55 to 74 kg	11467	12%	28%	30%	20%	10%	40%	50%
From 75 to 89 kg	7010	12%	26%	31%	21%	10%	38%	51%
90 kg and more	2778	10%	25%	32%	22%	11%	35%	54%
<b>Your current weight is ?</b>								
Too high	9415	11%	25%	31%	23%	10%	36%	54%
Too low	1326	13%	28%	27%	18%	14%	41%	45%
About right	13608	12%	28%	30%	19%	11%	40%	49%
<b>Health in general</b>								
Good	18561	12%	27%	31%	21%	9%	39%	52%
Neither good nor bad	4630	12%	26%	28%	19%	15%	37%	47%
Bad	1393	10%	24%	26%	19%	20%	34%	45%

QD24.1 To what extent do you agree or disagree with the following statements?

From what I see in (OUR COUNTRY), there seem to be more overweight children these days than there were five years ago

	TOTAL	Totally agree	Tend to agree	Tend to disagree	Totally disagree	DK	Agree	Disagree
UE25 EU25	24682	50%	33%	8%	2%	7%	84%	10%
BE	1000	54%	34%	9%	1%	2%	88%	11%
CZ	1029	30%	41%	20%	2%	7%	71%	22%
DK	1031	63%	25%	7%	1%	4%	88%	8%
D-W	1007	64%	26%	6%	0%	3%	90%	7%
DE	1557	66%	25%	6%	1%	3%	91%	7%
D-E	550	72%	20%	6%	1%	1%	92%	7%
EE	1000	21%	27%	22%	9%	21%	48%	31%
EL	1000	65%	29%	5%	1%	0%	94%	6%
ES	1025	52%	34%	5%	1%	8%	86%	6%
FR	1012	64%	30%	3%	1%	3%	93%	3%
IE	1000	47%	38%	9%	0%	6%	85%	9%
IT	1000	34%	45%	9%	4%	9%	78%	13%
CY	502	75%	20%	4%	0%	1%	95%	4%
LV	1000	18%	25%	32%	10%	15%	43%	42%
LT	1011	18%	30%	28%	5%	20%	47%	33%
LU	501	45%	30%	13%	3%	10%	75%	15%
HU	1015	48%	34%	8%	2%	8%	82%	10%
MT	500	48%	30%	12%	3%	7%	78%	15%
NL	1031	58%	30%	6%	1%	4%	88%	7%
AT	1002	30%	45%	14%	4%	7%	75%	18%
PL	1000	26%	37%	15%	3%	20%	63%	17%
PT	1000	58%	33%	4%	1%	4%	91%	4%
SI	1030	48%	35%	11%	0%	6%	83%	11%
SK	1044	27%	43%	21%	2%	6%	70%	23%
FI	1017	40%	40%	12%	2%	5%	80%	15%
SE	1054	70%	22%	3%	0%	3%	93%	4%
UK	1321	53%	32%	8%	1%	6%	85%	9%
BG	1004	34%	32%	16%	4%	14%	66%	20%
HR	1000	39%	32%	16%	4%	10%	71%	19%
RO	1002	26%	29%	11%	4%	31%	54%	15%
TR	1005	37%	33%	7%	11%	13%	70%	17%
CY (tcc)	500	44%	27%	9%	5%	15%	71%	14%
<b>Sex</b>								
Male	11902	49%	33%	8%	2%	8%	83%	10%
Female	12780	51%	33%	8%	1%	6%	84%	10%
<b>Age</b>								
15-24	3765	48%	35%	7%	1%	8%	83%	8%
25-39	6550	49%	34%	9%	1%	7%	83%	10%
40-54	6308	50%	34%	9%	1%	5%	85%	11%
55 +	8059	53%	31%	7%	2%	8%	83%	9%
<b>Education (End of)</b>								
15	5992	49%	33%	7%	2%	9%	82%	10%
16-19	9671	51%	33%	9%	1%	6%	84%	10%
20+	6152	53%	33%	8%	1%	5%	86%	9%
Still Studying	2464	48%	35%	7%	1%	9%	83%	9%
<b>Household composition</b>								
1	4566	52%	32%	8%	2%	7%	84%	9%
2	7903	52%	32%	7%	1%	7%	85%	8%
3	4615	49%	34%	9%	2%	6%	83%	11%
4+	7598	48%	35%	9%	2%	7%	83%	11%
<b>Place of birth</b>								
Surveyed country	23146	50%	33%	8%	2%	7%	84%	10%
EU	627	49%	31%	9%	1%	9%	81%	10%
Europe outside EU	336	50%	30%	9%	2%	9%	81%	11%
Outside Europe	535	51%	33%	8%	1%	7%	84%	9%
<b>Parents' birth</b>								
2 born country	21871	50%	33%	8%	2%	7%	84%	10%
1 country EU	817	56%	29%	9%	1%	5%	85%	10%
2EU	768	53%	30%	10%	1%	6%	83%	11%
At least 1 outside EU	1185	49%	35%	7%	1%	8%	84%	8%
<b>Left-Right scale</b>								
(1-4) Left	6422	54%	31%	7%	2%	6%	86%	9%
(5-6) Centre	8105	54%	33%	7%	1%	5%	87%	8%
(7-10) Right	4322	51%	33%	10%	2%	5%	84%	11%
<b>Respondent occupation scale</b>								
Self-employed	1995	47%	36%	8%	1%	8%	83%	9%
Managers	2653	55%	33%	7%	1%	4%	89%	8%
Other white collars	2924	49%	36%	9%	1%	5%	86%	9%
Manual workers	5030	51%	32%	10%	1%	6%	83%	11%
House persons	2485	49%	35%	8%	2%	6%	84%	10%
Unemployed	1275	48%	33%	9%	1%	8%	82%	10%
Retired	5855	52%	30%	7%	2%	9%	82%	9%
Students	2464	48%	35%	7%	1%	9%	83%	9%
<b>Subjective urbanisation</b>								
Rural village	8062	50%	31%	9%	2%	8%	82%	11%
Small/ mid size town	10428	50%	35%	8%	1%	6%	85%	9%
Large town	6157	51%	33%	7%	2%	7%	84%	9%
<b>What is your weight ?</b>								
Less than 55 kg	2090	52%	32%	7%	2%	7%	84%	9%
From 55 to 74 kg	11467	51%	33%	8%	1%	6%	84%	10%
From 75 to 89 kg	7010	50%	34%	8%	1%	6%	84%	10%
90 kg and more	2778	52%	32%	8%	1%	7%	84%	9%
<b>Your current weight is ?</b>								
Too high	9415	54%	32%	7%	1%	6%	86%	8%
Too low	1326	53%	30%	7%	2%	8%	83%	10%
About right	13608	48%	34%	9%	1%	7%	82%	10%
<b>Health in general</b>								
Good	18561	52%	34%	8%	1%	6%	85%	9%
Neither good nor bad	4630	46%	34%	10%	2%	8%	80%	11%
Bad	1393	49%	28%	8%	4%	12%	77%	12%

QD24.2 To what extent do you agree or disagree with the following statements?

From what I see in my country, there seem to be more overweight adults these days than there were five years ago

	TOTAL	Totally agree	Tend to agree	Tend to disagree	Totally disagree	DK	Agree	Disagree
UE25 EU25	24682	45%	37%	9%	2%	7%	82%	11%
BE	1000	44%	41%	12%	1%	2%	84%	14%
CZ	1029	28%	41%	22%	3%	7%	69%	24%
DK	1031	62%	28%	7%	1%	3%	90%	7%
D-W	1007	51%	33%	9%	1%	5%	84%	10%
DE	1557	53%	31%	10%	1%	5%	84%	11%
D-E	550	59%	24%	14%	1%	2%	83%	15%
EE	1000	19%	32%	23%	7%	19%	50%	30%
EL	1000	62%	31%	7%	0%	0%	92%	7%
ES	1025	51%	35%	5%	2%	8%	86%	7%
FR	1012	51%	35%	7%	2%	6%	85%	9%
IE	1000	44%	43%	8%	0%	5%	87%	8%
IT	1000	31%	46%	10%	3%	10%	77%	13%
CY	502	68%	25%	6%	0%	2%	92%	6%
LV	1000	18%	32%	31%	6%	12%	50%	37%
LT	1011	19%	38%	22%	4%	18%	56%	26%
LU	501	41%	35%	13%	2%	10%	76%	14%
HU	1015	48%	35%	9%	2%	7%	83%	11%
MT	500	43%	32%	17%	3%	5%	75%	19%
NL	1031	49%	33%	11%	1%	6%	82%	12%
AT	1002	29%	46%	15%	3%	7%	75%	19%
PL	1000	25%	43%	14%	2%	16%	68%	16%
PT	1000	56%	35%	4%	1%	4%	91%	5%
SI	1030	46%	39%	10%	0%	4%	86%	10%
SK	1044	27%	48%	18%	2%	5%	74%	20%
FI	1017	33%	48%	14%	2%	3%	81%	16%
SE	1054	61%	29%	5%	0%	4%	91%	5%
UK	1321	53%	36%	5%	1%	5%	88%	6%
BG	1004	27%	34%	19%	6%	14%	61%	25%
HR	1000	44%	34%	12%	2%	8%	78%	14%
RO	1002	27%	34%	10%	3%	26%	61%	13%
TR	1005	39%	34%	6%	10%	11%	73%	16%
CY (tcc)	500	45%	29%	9%	5%	13%	74%	14%
<b>Sex</b>								
Male	11902	43%	38%	10%	2%	7%	81%	11%
Female	12780	46%	36%	9%	2%	7%	83%	11%
<b>Age</b>								
15-24	3765	39%	39%	10%	1%	10%	79%	11%
25-39	6550	44%	38%	10%	1%	6%	82%	11%
40-54	6308	45%	39%	10%	2%	5%	84%	11%
55 +	8059	48%	34%	8%	2%	8%	82%	10%
<b>Education (End of)</b>								
15	5992	45%	36%	8%	2%	8%	81%	11%
16-19	9671	46%	37%	10%	2%	6%	82%	12%
20+	6152	47%	37%	9%	1%	6%	84%	10%
Still Studying	2464	39%	38%	10%	2%	11%	77%	11%
<b>Household composition</b>								
1	4566	47%	35%	9%	2%	7%	82%	11%
2	7903	46%	37%	8%	1%	7%	83%	10%
3	4615	45%	37%	10%	2%	6%	82%	12%
4+	7598	42%	39%	10%	1%	7%	81%	12%
<b>Place of birth</b>								
Surveyed country	23146	45%	37%	9%	2%	7%	82%	11%
EU	627	46%	33%	11%	2%	8%	79%	14%
Europe outside EU	336	45%	33%	9%	0%	13%	77%	9%
Outside Europe	535	48%	34%	12%	1%	6%	81%	13%
<b>Parents' birth</b>								
2 born country	21871	45%	37%	9%	2%	7%	82%	11%
1 country EU	817	47%	34%	11%	1%	6%	82%	12%
2EU	768	47%	35%	10%	1%	7%	82%	11%
At least 1 outside EU	1185	45%	35%	10%	2%	8%	80%	12%
<b>Left-Right scale</b>								
(1-4) Left	6422	47%	36%	10%	1%	6%	83%	11%
(5-6) Centre	8105	47%	37%	9%	1%	5%	85%	10%
(7-10) Right	4322	47%	36%	11%	1%	5%	83%	12%
<b>Respondent occupation scale</b>								
Self-employed	1995	42%	40%	9%	2%	7%	82%	10%
Managers	2653	49%	37%	8%	1%	5%	86%	10%
Other white collars	2924	43%	40%	10%	1%	5%	84%	11%
Manual workers	5030	45%	37%	11%	1%	5%	83%	12%
House persons	2485	45%	38%	8%	3%	6%	83%	11%
Unemployed	1275	43%	39%	9%	2%	8%	82%	11%
Retired	5855	47%	33%	8%	2%	9%	81%	10%
Students	2464	39%	38%	10%	2%	11%	77%	11%
<b>Subjective urbanisation</b>								
Rural village	8062	44%	36%	10%	2%	8%	80%	12%
Small/ mid size town	10428	44%	38%	9%	2%	7%	83%	11%
Large town	6157	48%	36%	8%	2%	6%	84%	10%
<b>What is your weight ?</b>								
Less than 55 kg	2090	46%	35%	9%	2%	8%	82%	11%
From 55 to 74 kg	11467	45%	37%	9%	2%	7%	83%	11%
From 75 to 89 kg	7010	44%	38%	10%	1%	6%	82%	12%
90 kg and more	2778	48%	37%	9%	1%	6%	85%	10%
<b>Your current weight is ?</b>								
Too high	9415	49%	36%	8%	1%	6%	85%	10%
Too low	1326	47%	34%	10%	2%	8%	81%	11%
About right	13608	42%	39%	10%	2%	8%	81%	12%
<b>Health in general</b>								
Good	18561	45%	38%	9%	1%	6%	83%	11%
Neither good nor bad	4630	43%	36%	11%	2%	8%	80%	13%
Bad	1393	47%	30%	8%	3%	12%	77%	12%

QD24.3 To what extent do you agree or disagree with the following statements?

Being significantly overweight, or obese, is bad for your health

	TOTAL	Totally agree	Tend to agree	Tend to disagree	Totally disagree	DK	Agree	Disagree
UE25 EU25	24682	75%	21%	2%	1%	1%	96%	2%
BE	1000	85%	14%	1%	0%	0%	99%	1%
CZ	1029	76%	23%	1%	0%	0%	99%	1%
DK	1031	92%	7%	0%	0%	1%	98%	1%
D-W	1007	85%	12%	2%	-	0%	98%	2%
DE	1557	86%	12%	2%	0%	0%	98%	2%
D-E	550	87%	11%	2%	0%	0%	98%	2%
EE	1000	81%	16%	1%	1%	-	97%	2%
EL	1000	89%	11%	0%	-	-	100%	0%
ES	1025	65%	27%	2%	0%	6%	92%	2%
FR	1012	82%	18%	0%	-	0%	99%	0%
IE	1000	70%	26%	2%	0%	1%	96%	2%
IT	1000	57%	34%	4%	2%	3%	91%	6%
CY	502	96%	3%	0%	1%	0%	99%	1%
LV	1000	71%	24%	2%	1%	3%	95%	3%
LT	1011	73%	22%	1%	2%	2%	95%	3%
LU	501	84%	14%	1%	-	0%	98%	1%
HU	1015	74%	24%	2%	0%	0%	98%	2%
MT	500	84%	15%	0%	0%	0%	99%	1%
NL	1031	84%	15%	1%	0%	0%	99%	1%
AT	1002	67%	27%	3%	2%	1%	94%	5%
PL	1000	70%	27%	1%	1%	1%	97%	2%
PT	1000	72%	23%	2%	1%	2%	95%	3%
SI	1030	78%	20%	1%	0%	0%	98%	1%
SK	1044	71%	25%	2%	1%	1%	96%	3%
FI	1017	64%	32%	3%	1%	0%	96%	4%
SE	1054	94%	4%	1%	1%	-	98%	2%
UK	1321	79%	19%	1%	0%	1%	98%	1%
BG	1004	68%	25%	3%	1%	4%	92%	4%
HR	1000	73%	22%	3%	0%	2%	95%	3%
RO	1002	69%	20%	2%	1%	8%	90%	2%
TR	1005	62%	18%	4%	8%	8%	80%	12%
CY (tcc)	500	79%	14%	2%	1%	4%	93%	3%
<b>Sex</b>								
Male	11902	74%	22%	2%	1%	2%	96%	2%
Female	12780	76%	20%	2%	0%	1%	96%	2%
<b>Age</b>								
15-24	3765	76%	21%	1%	1%	1%	97%	2%
25-39	6550	74%	22%	2%	0%	1%	97%	2%
40-54	6308	76%	22%	2%	0%	1%	97%	2%
55 +	8059	76%	19%	2%	1%	3%	95%	2%
<b>Education (End of)</b>								
15	5992	71%	23%	2%	1%	4%	93%	3%
16-19	9671	76%	21%	2%	0%	1%	97%	2%
20+	6152	80%	18%	1%	0%	0%	98%	2%
Still Studying	2464	78%	19%	2%	1%	1%	97%	2%
<b>Household composition</b>								
1	4566	74%	22%	2%	0%	2%	96%	2%
2	7903	76%	20%	2%	1%	2%	96%	3%
3	4615	73%	23%	1%	1%	1%	97%	2%
4+	7598	77%	20%	2%	0%	1%	97%	2%
<b>Place of birth</b>								
Surveyed country	23146	75%	21%	2%	1%	1%	96%	2%
EU	627	79%	19%	1%	0%	2%	97%	1%
Europe outside EU	336	80%	16%	2%	-	1%	97%	2%
Outside Europe	535	76%	21%	1%	0%	2%	97%	1%
<b>Parents' birth</b>								
2 born country	21871	75%	21%	2%	1%	2%	96%	2%
1 country EU	817	83%	14%	1%	0%	1%	97%	2%
2EU	768	78%	20%	1%	0%	1%	98%	1%
At least 1 outside EU	1185	78%	18%	2%	0%	1%	97%	2%
<b>Left-Right scale</b>								
(1-4) Left	6422	77%	19%	2%	1%	1%	96%	2%
(5-6) Centre	8105	79%	19%	1%	0%	1%	97%	2%
(7-10) Right	4322	79%	18%	2%	0%	1%	97%	2%
<b>Respondent occupation scale</b>								
Self-employed	1995	73%	23%	1%	1%	2%	96%	2%
Managers	2653	81%	17%	1%	1%	0%	98%	2%
Other white collars	2924	74%	24%	2%	0%	1%	98%	2%
Manual workers	5030	74%	23%	2%	1%	1%	97%	2%
House persons	2485	71%	23%	2%	1%	3%	94%	3%
Unemployed	1275	76%	21%	2%	0%	1%	97%	2%
Retired	5855	76%	19%	2%	1%	2%	95%	2%
Students	2464	78%	19%	2%	1%	1%	97%	2%
<b>Subjective urbanisation</b>								
Rural village	8062	75%	21%	2%	1%	2%	95%	2%
Small/ mid size town	10428	76%	21%	1%	1%	1%	97%	2%
Large town	6157	76%	20%	2%	1%	1%	96%	3%
<b>What is your weight ?</b>								
Less than 55 kg	2090	78%	19%	1%	1%	1%	97%	2%
From 55 to 74 kg	11467	76%	21%	1%	1%	1%	97%	2%
From 75 to 89 kg	7010	75%	22%	2%	1%	1%	96%	3%
90 kg and more	2778	77%	20%	1%	0%	1%	97%	1%
<b>Your current weight is ?</b>								
Too high	9415	78%	19%	1%	1%	1%	97%	2%
Too low	1326	77%	20%	1%	0%	1%	98%	1%
About right	13608	74%	22%	2%	1%	1%	96%	2%
<b>Health in general</b>								
Good	18561	77%	21%	1%	0%	1%	97%	2%
Neither good nor bad	4630	73%	23%	2%	1%	1%	96%	3%
Bad	1393	72%	19%	2%	2%	5%	91%	5%

QD24.4 To what extent do you agree or disagree with the following statements?

The Government should encourage people to eat a healthy diet and take plenty of exercise so that people stay at a healthy weight

	TOTAL	Totally agree	Tend to agree	Tend to disagree	Totally disagree	DK	Agree	Disagree
UE25 EU25	24682	50%	35%	8%	5%	3%	85%	12%
BE	1000	62%	29%	6%	2%	0%	91%	9%
CZ	1029	36%	43%	13%	3%	5%	79%	16%
DK	1031	52%	28%	11%	7%	2%	80%	19%
D-W	1007	51%	28%	11%	8%	2%	80%	19%
DE	1557	52%	27%	12%	7%	1%	80%	19%
D-E	550	56%	23%	15%	6%	0%	78%	21%
EE	1000	52%	29%	7%	7%	5%	81%	14%
EL	1000	67%	22%	6%	4%	0%	90%	10%
ES	1025	54%	34%	4%	1%	7%	88%	5%
FR	1012	48%	34%	10%	7%	2%	81%	17%
IE	1000	62%	32%	2%	1%	3%	94%	3%
IT	1000	38%	48%	6%	3%	5%	86%	9%
CY	502	85%	11%	2%	1%	1%	96%	3%
LV	1000	41%	36%	11%	7%	5%	77%	17%
LT	1011	45%	37%	9%	4%	5%	82%	13%
LU	501	37%	30%	15%	16%	3%	66%	31%
HU	1015	44%	39%	9%	5%	4%	83%	13%
MT	500	74%	21%	3%	1%	2%	95%	4%
NL	1031	46%	33%	13%	7%	1%	79%	20%
AT	1002	43%	42%	8%	3%	5%	84%	11%
PL	1000	56%	36%	3%	1%	3%	92%	5%
PT	1000	58%	34%	4%	1%	4%	92%	5%
SI	1030	54%	35%	6%	3%	2%	89%	9%
SK	1044	36%	43%	12%	4%	5%	79%	16%
FI	1017	36%	38%	14%	12%	1%	74%	25%
SE	1054	47%	28%	13%	11%	2%	75%	24%
UK	1321	56%	34%	5%	4%	1%	90%	9%
BG	1004	52%	33%	4%	2%	9%	84%	7%
HR	1000	38%	33%	12%	9%	7%	72%	21%
RO	1002	47%	31%	4%	5%	14%	77%	9%
TR	1005	53%	24%	6%	7%	10%	77%	13%
CY (tcc)	500	63%	18%	4%	7%	8%	81%	11%
<b>Sex</b>								
Male	11902	50%	35%	7%	5%	3%	85%	12%
Female	12780	50%	35%	8%	5%	3%	85%	13%
<b>Age</b>								
15-24	3765	53%	35%	6%	3%	2%	89%	9%
25-39	6550	49%	35%	8%	4%	3%	84%	13%
40-54	6308	49%	35%	9%	5%	2%	85%	13%
55 +	8059	50%	33%	7%	5%	4%	83%	13%
<b>Education (End of)</b>								
15	5992	48%	36%	7%	4%	5%	84%	11%
16-19	9671	50%	34%	9%	5%	2%	84%	14%
20+	6152	52%	35%	7%	5%	1%	87%	12%
Still Studying	2464	54%	34%	7%	3%	2%	88%	10%
<b>Household composition</b>								
1	4566	49%	35%	8%	6%	3%	83%	13%
2	7903	50%	34%	8%	5%	3%	84%	13%
3	4615	50%	37%	7%	4%	2%	87%	11%
4+	7598	52%	34%	8%	4%	3%	86%	12%
<b>Place of birth</b>								
Surveyed country	23146	50%	35%	8%	5%	3%	85%	12%
EU	627	54%	31%	6%	6%	4%	84%	12%
Europe outside EU	336	55%	29%	8%	3%	5%	84%	11%
Outside Europe	535	49%	35%	8%	6%	2%	83%	14%
<b>Parents' birth</b>								
2 born country	21871	50%	35%	8%	5%	3%	85%	12%
1 country EU	817	49%	33%	11%	4%	2%	82%	16%
2EU	768	54%	30%	8%	7%	2%	83%	15%
At least 1 outside EU	1185	51%	35%	6%	4%	3%	86%	11%
<b>Left-Right scale</b>								
(1-4) Left	6422	52%	33%	8%	5%	2%	85%	13%
(5-6) Centre	8105	51%	35%	8%	5%	2%	86%	13%
(7-10) Right	4322	52%	34%	8%	4%	2%	86%	12%
<b>Respondent occupation scale</b>								
Self-employed	1995	50%	37%	6%	4%	3%	87%	10%
Managers	2653	53%	33%	9%	5%	1%	85%	14%
Other white collars	2924	49%	37%	9%	4%	2%	86%	13%
Manual workers	5030	49%	35%	8%	5%	3%	84%	13%
House persons	2485	48%	37%	8%	3%	4%	85%	11%
Unemployed	1275	51%	33%	7%	6%	2%	85%	13%
Retired	5855	50%	33%	8%	6%	4%	83%	13%
Students	2464	54%	34%	7%	3%	2%	88%	10%
<b>Subjective urbanisation</b>								
Rural village	8062	50%	33%	8%	5%	4%	83%	13%
Small/ mid size town	10428	48%	36%	8%	5%	2%	85%	13%
Large town	6157	54%	33%	6%	4%	3%	88%	10%
<b>What is your weight ?</b>								
Less than 55 kg	2090	55%	32%	7%	3%	2%	87%	10%
From 55 to 74 kg	11467	51%	36%	7%	4%	3%	86%	11%
From 75 to 89 kg	7010	51%	35%	7%	5%	3%	86%	12%
90 kg and more	2778	49%	30%	11%	6%	3%	79%	18%
<b>Your current weight is ?</b>								
Too high	9415	50%	33%	8%	5%	3%	83%	14%
Too low	1326	53%	33%	7%	5%	2%	85%	12%
About right	13608	50%	36%	7%	4%	3%	86%	11%
<b>Health in general</b>								
Good	18561	51%	35%	7%	5%	2%	86%	12%
Neither good nor bad	4630	48%	35%	9%	4%	3%	83%	14%
Bad	1393	48%	30%	8%	7%	8%	78%	14%

QD25 Which one of the following do you think most influences what children eat?

	TOTAL	Their parents or guardians	Their friends	What they are taught at school	Advertising and promotion of food	DK
UE25 EU25	24682	71%	5%	3%	18%	2%
BE	1000	69%	5%	3%	22%	0%
CZ	1029	74%	5%	2%	18%	1%
DK	1031	76%	9%	1%	12%	1%
D-W	1007	75%	5%	3%	16%	1%
DE	1557	75%	5%	3%	17%	1%
D-E	550	74%	3%	2%	21%	0%
EE	1000	67%	8%	2%	20%	2%
EL	1000	64%	3%	2%	31%	0%
ES	1025	76%	3%	4%	13%	4%
FR	1012	70%	1%	4%	23%	1%
IE	1000	73%	10%	3%	12%	2%
IT	1000	58%	8%	6%	25%	2%
CY	502	59%	4%	1%	36%	0%
LV	1000	58%	8%	3%	27%	4%
LT	1011	76%	3%	4%	14%	4%
LU	501	77%	2%	2%	16%	2%
HU	1015	79%	4%	3%	13%	1%
MT	500	59%	10%	4%	26%	1%
NL	1031	79%	9%	1%	10%	1%
AT	1002	63%	13%	7%	15%	3%
PL	1000	84%	4%	1%	11%	0%
PT	1000	80%	2%	4%	10%	3%
SI	1030	83%	4%	2%	9%	1%
SK	1044	69%	4%	2%	21%	3%
FI	1017	84%	5%	3%	7%	1%
SE	1054	83%	5%	2%	9%	0%
UK	1321	64%	9%	3%	21%	2%
BG	1004	72%	5%	4%	13%	6%
HR	1000	78%	2%	2%	15%	2%
RO	1002	72%	3%	6%	15%	4%
TR	1005	36%	9%	5%	47%	3%
CY (toc)	500	52%	15%	7%	24%	3%
<b>Sex</b>						
Male	11902	71%	6%	3%	17%	2%
Female	12780	72%	5%	3%	19%	1%
<b>Age</b>						
15-24	3765	69%	8%	3%	18%	2%
25-39	6550	74%	5%	4%	16%	1%
40-54	6308	72%	5%	2%	19%	1%
55 +	8059	69%	5%	4%	19%	3%
<b>Education (End of)</b>						
15	5922	69%	5%	4%	19%	3%
16-19	9671	71%	5%	3%	19%	1%
20+	6152	76%	5%	3%	16%	1%
Still Studying	2464	68%	8%	4%	19%	1%
<b>Household composition</b>						
1	4566	69%	5%	3%	20%	3%
2	7903	70%	6%	4%	18%	2%
3	4615	72%	5%	4%	18%	1%
4+	7598	74%	5%	3%	17%	1%
<b>Place of birth</b>						
Surveyed country	23146	71%	5%	3%	18%	2%
EU	627	69%	6%	3%	21%	2%
Europe outside EU	336	78%	5%	5%	10%	2%
Outside Europe	535	71%	6%	2%	19%	1%
<b>Parents' birth</b>						
2 born country	21871	71%	5%	3%	18%	2%
1 country EU	817	72%	9%	2%	17%	1%
2EU	768	71%	4%	3%	20%	2%
At least 1 outside EU	1185	72%	7%	3%	16%	2%
<b>Left-Right scale</b>						
(1-4) Left	6422	70%	6%	3%	20%	1%
(5-6) Centre	8105	72%	6%	3%	18%	1%
(7-10) Right	4322	73%	5%	4%	17%	1%
<b>Respondent occupation scale</b>						
Self- employed	1995	70%	5%	3%	20%	2%
Managers	2653	77%	5%	2%	15%	1%
Other white collars	2924	74%	5%	2%	17%	1%
Manual workers	5030	71%	6%	4%	18%	1%
House persons	2485	72%	4%	5%	18%	2%
Unemployed	1275	72%	5%	3%	20%	1%
Retired	5855	70%	5%	4%	19%	3%
Students	2464	68%	8%	4%	19%	1%
<b>Subjective urbanisation</b>						
Rural village	8062	71%	5%	4%	18%	2%
Small/ mid size town	10428	72%	5%	3%	19%	1%
Large town	6157	70%	7%	3%	18%	2%
<b>What is your weight ?</b>						
Less than 55 kg	2090	73%	4%	3%	19%	1%
From 55 to 74 kg	11467	72%	6%	3%	18%	1%
From 75 to 89 kg	7010	72%	4%	4%	18%	2%
90 kg and more	2778	71%	6%	3%	18%	2%
<b>Your current weight is ?</b>						
Too high	9415	69%	5%	3%	20%	2%
Too low	1326	70%	6%	4%	19%	1%
About right	13608	74%	5%	3%	16%	1%
<b>Health in general</b>						
Good	18561	73%	5%	3%	18%	1%
Neither good nor bad	4630	68%	6%	5%	19%	2%
Bad	1393	66%	5%	5%	18%	5%

QD26a Which one of the following measures do you think would be most effective in improving children's diets? Firstly?

	TOTAL	More information for parents	More education for children at school on healthy eating	Restrictions on advertising of high sugar, high salt and high fat foods during children's television schedules	Mandatory health messages in advertisements of fast food, confectionery and soft drinks	Promotion campaigns for healthier food aimed directly at children	Clearer information on food labels	Healthier school meals	Other (SPONTANEOUS)	DK
UE25 EU25	24682	34%	20%	15%	5%	9%	3%	11%	1%	2%
BE	1000	29%	29%	15%	5%	10%	3%	8%	0%	0%
CZ	1029	20%	14%	26%	4%	14%	3%	15%	0%	4%
DK	1031	49%	18%	7%	2%	5%	1%	17%	0%	2%
D-W	1007	32%	24%	16%	9%	9%	2%	4%	1%	2%
DE	1557	29%	26%	17%	8%	10%	3%	5%	1%	1%
D-E	550	19%	33%	17%	7%	11%	3%	7%	2%	0%
EE	1000	36%	12%	10%	3%	7%	11%	17%	1%	3%
EL	1000	50%	20%	13%	4%	7%	1%	4%	0%	0%
ES	1025	35%	14%	7%	6%	14%	4%	12%	1%	7%
FR	1012	36%	21%	16%	4%	5%	3%	13%	0%	1%
IE	1000	40%	26%	13%	5%	10%	2%	3%	0%	1%
IT	1000	33%	23%	17%	5%	11%	2%	6%	0%	2%
CY	502	55%	21%	13%	2%	6%	1%	2%	-	0%
LV	1000	32%	15%	13%	6%	8%	2%	19%	1%	4%
LT	1011	36%	18%	6%	7%	6%	4%	18%	0%	5%
LU	501	40%	33%	10%	4%	4%	2%	5%	0%	1%
HU	1015	21%	14%	17%	6%	6%	6%	25%	2%	2%
MT	500	41%	32%	7%	4%	8%	3%	4%	0%	1%
NL	1031	34%	22%	18%	3%	9%	2%	8%	1%	2%
AT	1002	24%	24%	10%	10%	12%	4%	11%	1%	2%
PL	1000	44%	14%	17%	3%	6%	4%	8%	1%	2%
PT	1000	54%	21%	8%	4%	5%	1%	4%	0%	3%
SI	1030	53%	19%	10%	3%	5%	2%	7%	1%	2%
SK	1044	39%	19%	15%	5%	10%	2%	5%	1%	2%
FI	1017	42%	16%	12%	6%	12%	1%	9%	2%	1%
SE	1054	55%	19%	11%	1%	4%	1%	7%	1%	0%
UK	1321	22%	17%	18%	3%	8%	3%	25%	0%	3%
BG	1004	48%	24%	8%	4%	3%	2%	7%	1%	4%
HR	1000	47%	22%	8%	3%	7%	2%	6%	2%	3%
RO	1002	53%	20%	7%	3%	5%	4%	1%	1%	5%
TR	1005	51%	14%	20%	5%	14%	1%	0%	3%	3%
CY (icc)	500	55%	19%	8%	8%	3%	2%	1%	0%	3%
<b>Sex</b>										
Male	11902	33%	21%	14%	5%	9%	3%	11%	1%	3%
Female	12780	34%	19%	17%	5%	9%	3%	11%	1%	2%
<b>Age</b>										
15-24	3765	33%	19%	14%	6%	8%	4%	13%	1%	3%
25-39	6550	34%	20%	15%	5%	10%	3%	11%	1%	1%
40-54	6308	32%	21%	17%	5%	9%	3%	10%	1%	1%
55 +	8059	35%	20%	15%	5%	8%	2%	11%	1%	4%
<b>Education (End of)</b>										
15	5992	35%	19%	15%	5%	8%	2%	11%	1%	4%
16-19	9671	32%	21%	17%	5%	10%	3%	11%	1%	2%
20+	6152	35%	20%	16%	5%	8%	3%	11%	1%	1%
Still Studying	2464	34%	19%	14%	5%	9%	4%	13%	1%	2%
<b>Household composition</b>										
1	4566	35%	21%	15%	4%	8%	2%	13%	0%	3%
2	7903	34%	20%	15%	5%	8%	2%	12%	1%	3%
3	4615	34%	19%	16%	6%	9%	4%	11%	1%	2%
4+	7598	33%	20%	16%	5%	10%	3%	9%	1%	2%
<b>Place of birth</b>										
Surveyed country	23146	34%	20%	15%	5%	9%	3%	11%	1%	2%
EU	627	31%	22%	16%	6%	8%	2%	12%	1%	3%
Europe outside EU	336	33%	26%	11%	8%	5%	5%	7%	-	4%
Outside Europe	535	35%	17%	16%	6%	10%	2%	13%	0%	1%
<b>Parents' birth</b>										
2 born country	21871	34%	20%	15%	5%	9%	3%	11%	1%	2%
1 country EU	817	33%	17%	15%	5%	13%	3%	12%	1%	2%
2EU	768	31%	23%	17%	6%	5%	3%	12%	1%	3%
At least 1 outside EU	1185	34%	18%	15%	6%	8%	4%	13%	0%	3%
<b>Left-Right scale</b>										
(1-4) Left	6422	32%	22%	16%	6%	9%	2%	11%	0%	1%
(5-6) Centre	8105	32%	21%	16%	5%	9%	3%	11%	1%	1%
(7-10) Right	4322	36%	19%	15%	4%	9%	3%	10%	1%	2%
<b>Respondent occupation scale</b>										
Self-employed	1995	36%	20%	14%	4%	10%	3%	10%	1%	2%
Managers	2653	32%	21%	17%	5%	10%	2%	11%	1%	1%
Other white collars	2924	32%	21%	17%	4%	10%	2%	10%	1%	1%
Manual workers	5030	33%	22%	15%	6%	9%	3%	11%	1%	2%
House persons	2485	34%	19%	14%	6%	9%	3%	10%	0%	4%
Unemployed	1275	33%	20%	17%	6%	8%	3%	12%	0%	1%
Retired	5855	35%	19%	15%	4%	8%	2%	12%	1%	4%
Students	2464	34%	19%	14%	5%	9%	4%	13%	1%	2%
<b>Subjective urbanisation</b>										
Rural village	8062	33%	20%	15%	5%	9%	3%	11%	1%	3%
Small/ mid size town	10428	34%	20%	15%	5%	9%	3%	10%	1%	2%
Large town	6157	33%	20%	16%	5%	8%	3%	12%	1%	2%
<b>What is your weight ?</b>										
Less than 55 kg	2090	33%	17%	17%	6%	10%	3%	11%	1%	2%
From 55 to 74 kg	11467	34%	21%	15%	5%	8%	3%	11%	1%	2%
From 75 to 89 kg	7010	34%	20%	16%	4%	9%	3%	11%	1%	2%
90 kg and more	2778	34%	20%	17%	5%	9%	3%	10%	1%	2%
<b>Your current weight is ?</b>										
Too high	9415	34%	20%	17%	5%	8%	3%	10%	1%	2%
Too low	1326	33%	19%	12%	5%	8%	3%	15%	1%	3%
About right	13608	34%	21%	15%	5%	9%	3%	11%	1%	2%
<b>Health in general</b>										
Good	18561	34%	21%	15%	5%	9%	3%	11%	1%	2%
Neither good nor bad	4630	33%	19%	16%	5%	8%	3%	12%	1%	3%
Bad	1393	35%	17%	14%	5%	8%	1%	13%	0%	7%

OD26b And secondly?

	TOTAL	More information for parents	More education for children at school on healthy eating	Restrictions on advertising of high sugar, high salt and high fat foods during children's television schedules	Mandatory health messages in advertisements of fast food, confectionery and soft drinks	Promotion campaigns for healthier food aimed directly at children	Clearer information on food labels	Healthier school meals	Other (SPONTANEOUS)	DK
UE25 EU25	24093	17%	24%	15%	8%	15%	6%	12%	0%	2%
BE	997	20%	28%	14%	8%	13%	4%	12%	0%	1%
CZ	988	13%	14%	21%	9%	18%	6%	16%	0%	2%
DK	1012	19%	36%	10%	6%	9%	3%	16%	0%	1%
D-W	991	19%	24%	16%	10%	16%	5%	9%	1%	2%
DE	1537	18%	23%	16%	10%	16%	5%	9%	1%	2%
D-E	548	15%	22%	18%	10%	16%	5%	12%	1%	1%
EE	969	18%	15%	12%	4%	10%	16%	21%	1%	3%
EL	999	15%	30%	14%	9%	20%	6%	6%	0%	0%
ES	957	19%	23%	8%	9%	20%	6%	12%	0%	2%
FR	1000	17%	27%	18%	7%	11%	8%	9%	0%	3%
IE	987	14%	26%	18%	12%	17%	3%	6%	0%	2%
IT	981	17%	24%	21%	9%	16%	4%	10%	0%	1%
CY	500	14%	39%	18%	8%	12%	2%	6%	0%	1%
LV	963	17%	16%	12%	11%	12%	5%	22%	0%	4%
LT	956	20%	26%	7%	9%	10%	7%	19%	0%	2%
LU	496	14%	28%	13%	9%	17%	5%	13%	0%	2%
HU	991	18%	18%	17%	7%	8%	7%	23%	0%	1%
MT	494	16%	31%	13%	10%	14%	6%	8%	0%	0%
NL	1013	19%	27%	16%	7%	16%	3%	9%	0%	2%
AT	978	17%	22%	14%	9%	14%	7%	15%	0%	1%
PL	977	19%	26%	17%	7%	13%	6%	10%	1%	2%
PT	973	10%	24%	17%	13%	17%	4%	12%	0%	3%
SI	1013	12%	27%	12%	6%	13%	6%	17%	1%	6%
SK	1021	12%	22%	12%	12%	18%	7%	8%	1%	2%
FI	1006	19%	24%	13%	7%	18%	4%	11%	1%	2%
SE	1052	17%	34%	17%	3%	12%	3%	14%	0%	1%
UK	1277	17%	22%	12%	6%	12%	6%	21%	0%	2%
BG	959	15%	28%	14%	8%	8%	7%	16%	0%	3%
HR	975	16%	31%	7%	7%	13%	6%	16%	1%	3%
RO	952	15%	35%	14%	7%	12%	12%	4%	1%	3%
TR	979	13%	15%	23%	11%	23%	4%	3%	1%	2%
CY (tcc)	484	14%	25%	19%	15%	12%	7%	6%	0%	2%
<b>Sex</b>										
Male	11601	18%	25%	15%	8%	14%	6%	12%	0%	2%
Female	12493	16%	24%	17%	8%	15%	5%	13%	0%	2%
<b>Age</b>										
15-24	3667	17%	24%	15%	8%	12%	7%	14%	0%	1%
25-39	6460	17%	25%	15%	7%	16%	6%	13%	0%	2%
40-54	6223	17%	24%	17%	10%	16%	6%	10%	0%	1%
55 +	7743	18%	24%	16%	8%	14%	4%	13%	0%	3%
<b>Education (End of)</b>										
15	5736	17%	24%	15%	9%	15%	5%	13%	0%	2%
16-19	9511	17%	23%	16%	8%	15%	6%	16%	0%	2%
20+	6072	19%	24%	17%	7%	15%	5%	11%	0%	1%
Still Studying	2413	17%	26%	15%	8%	12%	6%	14%	0%	2%
<b>Household composition</b>										
1	4418	18%	26%	15%	7%	13%	4%	13%	0%	2%
2	7691	18%	23%	17%	8%	15%	5%	12%	1%	2%
3	4529	17%	25%	16%	9%	14%	6%	12%	0%	1%
4+	7456	17%	24%	15%	8%	16%	7%	12%	0%	2%
<b>Place of birth</b>										
Surveyed country	22597	17%	25%	16%	8%	15%	5%	12%	0%	2%
EU	611	18%	22%	18%	8%	14%	6%	12%	0%	2%
Europe outside EU	321	23%	20%	11%	11%	13%	7%	14%	0%	2%
Outside Europe	529	18%	20%	15%	11%	15%	6%	12%	2%	2%
<b>Parents' birth</b>										
2 born country	21353	17%	24%	16%	8%	15%	5%	12%	0%	2%
1 country EU	803	18%	24%	13%	8%	17%	7%	11%	0%	2%
2EU	748	15%	22%	15%	9%	16%	7%	13%	1%	1%
At least 1 outside EU	1151	17%	25%	15%	8%	14%	5%	14%	1%	1%
<b>Left-Right scale</b>										
(1-4) Left	6345	17%	25%	17%	8%	15%	5%	12%	0%	1%
(5-6) Centre	8017	19%	23%	16%	9%	15%	6%	12%	0%	1%
(7-10) Right	4227	17%	25%	16%	8%	15%	6%	11%	0%	2%
<b>Respondent occupation scale</b>										
Self-employed	1952	18%	26%	15%	8%	17%	5%	10%	0%	2%
Managers	2626	18%	23%	16%	7%	17%	4%	11%	1%	1%
Other white collars	2900	16%	20%	16%	10%	15%	6%	11%	0%	1%
Manual workers	4939	18%	23%	14%	8%	16%	8%	12%	0%	2%
House persons	2387	17%	22%	16%	9%	17%	6%	11%	0%	1%
Unemployed	1262	15%	26%	15%	6%	13%	5%	18%	1%	1%
Retired	5614	18%	25%	17%	8%	12%	4%	13%	0%	3%
Students	2413	17%	26%	15%	8%	12%	6%	14%	0%	2%
<b>Subjective urbanisation</b>										
Rural village	7829	17%	25%	15%	9%	14%	6%	12%	0%	2%
Small/ mid size town	10214	17%	25%	16%	8%	15%	6%	11%	0%	2%
Large town	6015	18%	22%	17%	8%	14%	5%	13%	1%	1%
<b>What is your weight ?</b>										
Less than 55 kg	2046	16%	24%	16%	8%	14%	6%	15%	0%	2%
From 55 to 74 kg	11212	17%	25%	16%	8%	15%	5%	12%	0%	2%
From 75 to 89 kg	6854	19%	23%	16%	8%	15%	5%	12%	0%	1%
90 kg and more	2729	16%	26%	15%	7%	15%	6%	12%	1%	1%
<b>Your current weight is ?</b>										
Too high	9205	17%	24%	16%	8%	14%	6%	12%	0%	1%
Too low	1287	18%	24%	14%	8%	15%	6%	14%	0%	2%
About right	13306	18%	25%	15%	8%	15%	5%	12%	0%	2%
<b>Health in general</b>										
Good	18221	17%	25%	15%	8%	15%	6%	12%	0%	2%
Neither good nor bad	4510	18%	23%	17%	8%	14%	5%	12%	0%	2%
Bad	1292	20%	23%	16%	8%	12%	5%	14%	1%	2%

QD27 To what extent do you think food advertising and promotion influence what children choose to eat?

	TOTAL	Totally	To a large extent	Somewhat	Not very much	Not at all	DK
UE25 EU25	24682	28%	53%	15%	2%	1%	2%
BE	1000	21%	61%	15%	2%	1%	0%
CZ	1029	19%	54%	23%	4%	0%	1%
DK	1031	14%	54%	23%	7%	1%	1%
D-W	1007	26%	53%	16%	2%	0%	2%
DE	1557	29%	53%	15%	1%	1%	2%
D-E	550	39%	49%	10%	1%	1%	1%
EE	1000	19%	51%	22%	4%	1%	2%
EL	1000	38%	52%	9%	1%	0%	0%
ES	1025	42%	44%	9%	1%	1%	4%
FR	1012	37%	50%	9%	2%	1%	1%
IE	1000	23%	53%	18%	3%	0%	2%
IT	1000	30%	50%	15%	2%	1%	1%
CY	502	42%	52%	4%	1%	-	0%
LV	1000	17%	53%	18%	7%	1%	4%
LT	1011	28%	43%	19%	4%	1%	5%
LU	501	21%	56%	17%	4%	1%	1%
HU	1015	31%	52%	11%	3%	0%	2%
MT	500	31%	46%	15%	6%	2%	1%
NL	1031	10%	50%	33%	6%	1%	0%
AT	1002	23%	56%	14%	3%	1%	2%
PL	1000	21%	65%	10%	1%	1%	2%
PT	1000	34%	55%	8%	0%	0%	3%
SI	1030	11%	56%	24%	5%	1%	3%
SK	1044	12%	64%	18%	3%	0%	2%
FI	1017	4%	59%	33%	3%	0%	1%
SE	1054	11%	56%	27%	6%	0%	0%
UK	1321	22%	53%	19%	3%	1%	2%
BG	1004	21%	41%	23%	5%	2%	8%
HR	1000	15%	45%	27%	5%	1%	5%
RO	1002	16%	50%	19%	5%	1%	9%
TR	1005	38%	48%	7%	2%	0%	4%
CY (fcc)	500	29%	39%	21%	5%	1%	5%
<b>Sex</b>							
Male	11902	27%	53%	16%	2%	1%	2%
Female	12780	28%	53%	14%	2%	1%	2%
<b>Age</b>							
15-24	3765	26%	55%	16%	2%	1%	1%
25-39	6550	28%	51%	17%	3%	1%	1%
40-54	6308	28%	55%	14%	2%	0%	1%
55 +	8059	28%	52%	14%	3%	1%	3%
<b>Education (End of)</b>							
15	5992	31%	49%	14%	2%	1%	3%
16-19	9671	29%	53%	14%	2%	1%	1%
20+	6152	24%	55%	17%	2%	0%	1%
Still Studying	2464	25%	56%	15%	2%	0%	1%
<b>Household composition</b>							
1	4566	27%	53%	14%	3%	1%	3%
2	7903	29%	52%	14%	2%	1%	2%
3	4615	28%	53%	16%	2%	0%	1%
4+	7598	27%	53%	16%	2%	1%	1%
<b>Place of birth</b>							
Surveyed country	23146	27%	53%	15%	2%	1%	2%
EU	627	32%	44%	17%	2%	1%	4%
Europe outside EU	336	25%	56%	12%	4%	0%	3%
Outside Europe	535	37%	50%	10%	2%	1%	1%
<b>Parents' birth</b>							
2 born country	21871	28%	53%	15%	2%	1%	2%
1 country EU	817	31%	52%	13%	2%	1%	1%
2EU	768	30%	48%	16%	2%	1%	2%
At least 1 outside EU	1185	27%	51%	16%	2%	1%	3%
<b>Left-Right scale</b>							
(1-4) Left	6422	27%	55%	14%	2%	0%	1%
(5-6) Centre	8105	29%	54%	14%	2%	0%	1%
(7-10) Right	4322	26%	52%	17%	3%	1%	1%
<b>Respondent occupation scale</b>							
Self- employed	1995	31%	49%	16%	1%	1%	2%
Managers	2653	25%	57%	15%	2%	0%	1%
Other white collars	2924	27%	52%	18%	2%	1%	1%
Manual workers	5030	29%	54%	14%	2%	0%	1%
House persons	2485	31%	46%	16%	3%	1%	2%
Unemployed	1275	28%	53%	13%	3%	1%	1%
Retired	5855	27%	53%	13%	3%	1%	3%
Students	2464	25%	56%	15%	2%	0%	1%
<b>Subjective urbanisation</b>							
Rural village	8062	27%	51%	17%	3%	1%	2%
Small/ mid size town	10428	27%	55%	14%	2%	1%	1%
Large town	6157	29%	52%	14%	2%	1%	2%
<b>What is your weight ?</b>							
Less than 55 kg	2090	29%	52%	14%	2%	1%	2%
From 55 to 74 kg	11467	27%	53%	15%	2%	1%	2%
From 75 to 89 kg	7010	28%	53%	15%	2%	1%	1%
90 kg and more	2778	28%	54%	15%	2%	1%	1%
<b>Your current weight is ?</b>							
Too high	9415	29%	53%	14%	3%	1%	1%
Too low	1326	30%	50%	13%	3%	1%	3%
About right	13608	27%	53%	16%	2%	1%	2%
<b>Health in general</b>							
Good	18561	28%	53%	15%	2%	0%	1%
Neither good nor bad	4630	26%	53%	16%	2%	1%	2%
Bad	1393	30%	45%	13%	6%	2%	5%

QD28a Which one of the following measures do you think would be most effective in reducing the prevalence of childhood obesity? Firstly?

	TOTAL	More physical activity in schools	More local sports facilities and public areas for physical activity	More education on healthy eating and exercise	Restrictions on the advertising and promotion of high sugar, salt and fat foods aimed at children	Higher taxes on high sugar, high salt and high fat foods	Health promotion campaigns to encourage children to eat healthier food and take more exercise	Healthier school meals	Other (SPONTANEOUS)	DK
UE25 EU25	24682	29%	9%	20%	14%	2%	14%	9%	1%	2%
BE	1000	32%	9%	21%	13%	2%	15%	8%	0%	0%
CZ	1029	28%	17%	8%	18%	2%	14%	10%	0%	2%
DK	1031	38%	2%	34%	4%	5%	8%	8%	1%	1%
D-W	1007	26%	6%	23%	17%	1%	20%	4%	2%	1%
DE	1557	25%	7%	23%	17%	1%	19%	4%	1%	1%
D-E	550	24%	9%	23%	19%	2%	16%	5%	1%	1%
EE	1000	28%	22%	7%	6%	8%	15%	10%	1%	3%
EL	1000	39%	21%	16%	10%	1%	10%	2%	-	0%
ES	1025	12%	7%	26%	15%	3%	18%	12%	0%	7%
FR	1012	23%	3%	27%	17%	3%	13%	13%	1%	1%
IE	1000	51%	12%	14%	10%	2%	8%	2%	0%	1%
IT	1000	25%	13%	23%	14%	3%	15%	5%	0%	2%
CY	502	46%	15%	22%	6%	0%	7%	2%	0%	1%
LV	1000	30%	14%	11%	10%	1%	15%	14%	1%	4%
LT	1011	25%	14%	19%	7%	1%	14%	13%	1%	6%
LU	501	42%	6%	29%	7%	1%	7%	6%	0%	2%
HU	1015	37%	10%	12%	10%	2%	11%	16%	1%	2%
MT	500	43%	12%	23%	4%	1%	14%	3%	-	1%
NL	1031	38%	7%	15%	13%	2%	16%	7%	2%	1%
AT	1002	27%	10%	21%	11%	3%	13%	12%	1%	2%
PL	1000	53%	11%	8%	10%	1%	10%	6%	1%	2%
PT	1000	35%	11%	24%	10%	1%	9%	6%	0%	4%
SI	1030	55%	9%	16%	7%	1%	5%	5%	0%	1%
SK	1044	40%	22%	11%	11%	1%	10%	4%	1%	2%
FI	1017	37%	8%	16%	12%	3%	15%	7%	1%	1%
SE	1054	69%	3%	9%	6%	2%	7%	2%	1%	0%
UK	1321	26%	6%	16%	14%	3%	14%	17%	1%	4%
BG	1004	56%	18%	13%	3%	1%	5%	2%	0%	3%
HR	1000	46%	17%	18%	3%	0%	7%	5%	0%	4%
RO	1002	35%	13%	29%	5%	2%	10%	1%	1%	5%
TR	1005	32%	13%	20%	18%	1%	6%	2%	0%	5%
CY (icc)	500	36%	15%	28%	10%	1%	6%	1%	-	4%
<b>Sex</b>										
Male	11902	30%	9%	20%	13%	2%	13%	8%	1%	2%
Female	12780	28%	8%	20%	14%	2%	15%	9%	1%	3%
<b>Age</b>										
15-24	3765	34%	11%	17%	11%	3%	11%	10%	1%	2%
25-39	6550	29%	9%	20%	13%	2%	16%	8%	1%	2%
40-54	6308	29%	8%	21%	15%	2%	15%	8%	1%	1%
55 +	8059	28%	8%	20%	15%	2%	14%	9%	1%	4%
<b>Education (End of)</b>										
15	5992	25%	8%	21%	15%	2%	14%	10%	1%	5%
16-19	9671	30%	9%	20%	14%	2%	14%	8%	1%	2%
20+	6152	31%	8%	21%	13%	3%	15%	8%	1%	1%
Still Studying	2464	35%	11%	16%	10%	3%	12%	10%	1%	2%
<b>Household composition</b>										
1	4566	30%	7%	21%	14%	2%	13%	10%	1%	3%
2	7903	29%	8%	20%	15%	2%	15%	8%	1%	3%
3	4615	30%	10%	19%	13%	2%	14%	9%	1%	2%
4+	7598	29%	10%	20%	13%	2%	15%	8%	1%	2%
<b>Place of birth</b>										
Surveyed country	23146	30%	9%	20%	14%	2%	14%	9%	1%	2%
EU	627	26%	8%	22%	15%	2%	15%	10%	1%	2%
Europe outside EU	336	25%	9%	26%	16%	1%	17%	2%	2%	2%
Outside Europe	535	29%	9%	20%	10%	4%	12%	14%	0%	2%
<b>Parents' birth</b>										
2 born country	21871	30%	9%	20%	14%	2%	14%	9%	1%	2%
1 country EU	817	25%	9%	18%	15%	2%	18%	11%	1%	2%
2EU	768	24%	8%	23%	13%	2%	16%	10%	1%	2%
At least 1 outside EU	1185	28%	8%	23%	12%	4%	13%	9%	1%	3%
<b>Left-Right scale</b>										
(1-4) Left	6422	27%	9%	21%	14%	3%	16%	9%	1%	1%
(5-6) Centre	8105	31%	8%	20%	14%	2%	14%	9%	1%	1%
(7-10) Right	4322	31%	9%	19%	14%	3%	13%	8%	1%	2%
<b>Respondent occupation scale</b>										
Self-employed	1995	30%	8%	21%	13%	3%	15%	8%	1%	2%
Managers	2653	30%	7%	21%	13%	3%	16%	8%	1%	1%
Other white collars	2924	29%	9%	20%	16%	2%	14%	8%	1%	1%
Manual workers	5030	30%	9%	20%	13%	3%	14%	9%	1%	1%
House persons	2485	23%	9%	21%	15%	2%	17%	7%	1%	5%
Unemployed	1275	31%	9%	21%	13%	1%	12%	10%	0%	2%
Retired	5855	29%	7%	19%	15%	2%	13%	10%	1%	4%
Students	2464	35%	11%	16%	10%	3%	12%	10%	1%	2%
<b>Subjective urbanisation</b>										
Rural village	8062	31%	8%	19%	14%	2%	14%	8%	1%	3%
Small/ mid size town	10428	28%	8%	21%	14%	2%	15%	8%	1%	2%
Large town	6157	29%	10%	19%	13%	2%	14%	10%	1%	2%
<b>What is your weight ?</b>										
Less than 55 kg	2090	27%	9%	22%	14%	2%	14%	9%	1%	3%
From 55 to 74 kg	11467	29%	9%	20%	13%	2%	15%	8%	1%	2%
From 75 to 89 kg	7010	30%	9%	20%	14%	2%	14%	8%	0%	2%
90 kg and more	2778	32%	8%	18%	16%	2%	13%	9%	1%	2%
<b>Your current weight is ?</b>										
Too high	9415	29%	8%	20%	14%	2%	14%	9%	1%	2%
Too low	1326	31%	10%	18%	12%	2%	12%	9%	1%	3%
About right	13608	29%	9%	20%	13%	2%	14%	9%	1%	2%
<b>Health in general</b>										
Good	18561	30%	9%	20%	14%	2%	15%	9%	1%	2%
Neither good nor bad	4630	28%	9%	21%	14%	2%	14%	8%	1%	3%
Bad	1393	30%	7%	18%	14%	2%	10%	12%	1%	6%

OD28b And secondly?

	TOTAL	More physical activity in schools	More local sports facilities and public areas for physical activity	More education on healthy eating and exercise	Restrictions on the advertising and promotion of high sugar, salt and fat foods aimed at children	Higher taxes on high sugar, high salt and high fat foods	Health promotion campaigns to encourage children to eat healthier food and take more exercise	Healthier school meals	Other (SPONTANEOUS)	DK
UE25 EU25	24085	17%	13%	21%	14%	3%	18%	11%	0%	2%
BE	998	20%	10%	22%	14%	2%	19%	13%	0%	0%
CZ	1005	22%	17%	12%	19%	2%	12%	12%	0%	3%
DK	1021	25%	9%	24%	8%	4%	15%	15%	0%	0%
D-W	994	20%	11%	21%	15%	3%	21%	7%	1%	2%
DE	1539	21%	10%	20%	15%	2%	21%	8%	1%	1%
D-E	545	24%	9%	19%	14%	1%	22%	9%	1%	0%
EE	968	13%	17%	10%	8%	12%	21%	17%	1%	2%
EL	998	10%	16%	25%	17%	2%	24%	7%	0%	0%
ES	950	14%	8%	23%	12%	5%	21%	14%	1%	2%
FR	1003	16%	7%	24%	16%	4%	20%	9%	0%	4%
IE	987	15%	22%	20%	14%	4%	18%	5%	0%	1%
IT	982	13%	16%	24%	17%	5%	17%	7%	0%	1%
CY	499	12%	23%	27%	11%	2%	18%	6%	0%	0%
LV	960	18%	17%	12%	11%	2%	15%	21%	0%	3%
LT	950	21%	19%	21%	6%	1%	14%	16%	0%	2%
LU	491	13%	13%	23%	17%	2%	16%	14%	1%	2%
HU	990	22%	16%	14%	13%	2%	12%	20%	1%	1%
MT	496	20%	23%	18%	10%	1%	21%	7%	0%	0%
NL	1018	21%	13%	19%	14%	3%	17%	10%	1%	2%
AT	979	22%	16%	19%	11%	3%	16%	12%	0%	1%
PL	984	16%	26%	17%	14%	2%	13%	9%	0%	2%
PT	965	14%	15%	19%	18%	6%	14%	12%	-	2%
SI	1016	11%	14%	22%	10%	3%	17%	17%	1%	6%
SK	1022	12%	25%	14%	14%	2%	22%	8%	0%	1%
FI	1009	19%	12%	23%	13%	5%	17%	8%	2%	2%
SE	1053	13%	13%	20%	15%	5%	19%	14%	1%	0%
UK	1263	22%	10%	18%	12%	2%	14%	20%	0%	2%
BG	974	13%	25%	22%	10%	2%	14%	12%	-	2%
HR	962	17%	23%	23%	5%	1%	17%	12%	0%	1%
RO	953	13%	18%	25%	13%	4%	20%	3%	1%	2%
TR	950	17%	17%	17%	24%	1%	19%	8%	0%	1%
CY (fcc)	482	15%	8%	26%	18%	8%	16%	6%	1%	2%
<b>Sex</b>										
Male	11627	17%	13%	21%	14%	3%	17%	12%	1%	2%
Female	12458	18%	13%	20%	15%	3%	19%	11%	0%	2%
<b>Age</b>										
15-24	3682	20%	15%	19%	13%	2%	14%	13%	0%	2%
25-39	6428	16%	14%	22%	14%	5%	17%	11%	1%	1%
40-54	6244	18%	12%	20%	15%	3%	20%	10%	0%	1%
55 +	7731	18%	11%	20%	15%	3%	18%	11%	1%	2%
<b>Education (End of)</b>										
15	5715	16%	12%	21%	15%	4%	17%	13%	0%	2%
16-19	9512	18%	14%	19%	14%	3%	19%	11%	0%	2%
20+	6080	17%	12%	22%	14%	3%	17%	10%	1%	2%
Still Studying	2415	19%	16%	20%	13%	3%	14%	12%	0%	2%
<b>Household composition</b>										
1	4409	17%	12%	21%	14%	3%	18%	13%	0%	2%
2	7670	18%	12%	21%	15%	3%	17%	11%	1%	2%
3	4542	16%	14%	21%	14%	4%	14%	11%	0%	1%
4+	7463	18%	14%	20%	15%	3%	18%	10%	0%	2%
<b>Place of birth</b>										
Surveyed country	22585	17%	13%	21%	14%	3%	18%	11%	0%	2%
EU	613	18%	10%	25%	15%	2%	16%	13%	0%	1%
Europe outside EU	329	21%	14%	20%	12%	3%	17%	10%	0%	3%
Outside Europe	524	25%	13%	18%	15%	1%	13%	13%	1%	2%
<b>Parents' birth</b>										
2 born country	21353	17%	13%	21%	14%	3%	18%	11%	0%	2%
1 country EU	802	18%	14%	19%	16%	2%	18%	10%	1%	2%
2EU	751	18%	9%	22%	14%	3%	19%	12%	1%	3%
At least 1 outside EU	1146	20%	14%	19%	14%	2%	16%	14%	0%	2%
<b>Left-Right scale</b>										
(1-4) Left	6335	17%	12%	22%	15%	3%	18%	11%	1%	1%
(5-6) Centre	8000	17%	13%	21%	15%	3%	19%	11%	0%	1%
(7-10) Right	4240	19%	13%	20%	14%	3%	18%	11%	1%	2%
<b>Respondent occupation scale</b>										
Self-employed	1955	15%	13%	22%	16%	3%	17%	12%	1%	2%
Managers	2631	17%	11%	22%	14%	3%	20%	10%	1%	1%
Other white collars	2895	17%	14%	22%	13%	3%	18%	11%	1%	2%
Manual workers	4957	18%	13%	21%	13%	3%	19%	11%	0%	1%
House persons	2363	16%	14%	21%	15%	5%	17%	10%	1%	1%
Unemployed	1253	19%	16%	20%	13%	2%	15%	12%	0%	2%
Retired	5616	18%	11%	19%	16%	3%	19%	12%	0%	3%
Students	2415	19%	16%	20%	13%	3%	14%	12%	0%	2%
<b>Subjective urbanisation</b>										
Rural village	7823	17%	13%	20%	14%	4%	18%	11%	1%	2%
Small/ mid size town	10203	18%	12%	21%	14%	3%	19%	10%	0%	2%
Large town	6024	18%	14%	20%	15%	3%	16%	12%	0%	1%
<b>What is your weight ?</b>										
Less than 55 kg	2037	15%	13%	21%	13%	3%	21%	12%	0%	2%
From 55 to 74 kg	11212	18%	13%	21%	14%	3%	18%	11%	0%	1%
From 75 to 89 kg	6846	18%	13%	20%	15%	3%	18%	11%	1%	2%
90 kg and more	2731	18%	13%	19%	14%	4%	18%	11%	1%	2%
<b>Your current weight is ?</b>										
Too high	9214	19%	12%	20%	15%	4%	18%	11%	0%	2%
Too low	1280	17%	15%	22%	11%	3%	15%	13%	0%	3%
About right	13289	16%	13%	21%	14%	3%	18%	11%	1%	2%
<b>Health in general</b>										
Good	18203	18%	13%	21%	14%	3%	18%	11%	1%	2%
Neither good nor bad	4511	17%	14%	19%	16%	3%	17%	12%	0%	2%
Bad	1308	18%	13%	19%	13%	4%	17%	11%	0%	3%

QD29 How is your health in general?

	TOTAL	Very good	Good	Neither good nor bad	Bad	Very bad	DK
UE25 EU25	24682	21%	55%	19%	5%	1%	0%
BE	1000	22%	58%	16%	4%	0%	0%
CZ	1029	19%	51%	22%	6%	1%	0%
DK	1031	44%	40%	10%	5%	1%	0%
D-W	1007	22%	56%	17%	4%	1%	-
DE	1557	21%	56%	18%	4%	1%	0%
D-E	550	19%	56%	20%	4%	0%	0%
EE	1000	11%	48%	29%	9%	2%	0%
EL	1000	46%	35%	15%	3%	0%	0%
ES	1025	20%	57%	16%	5%	1%	0%
FR	1012	21%	55%	19%	4%	1%	0%
IE	1000	43%	44%	11%	2%	0%	1%
IT	1000	16%	58%	20%	4%	1%	1%
CY	502	40%	41%	14%	4%	1%	-
LV	1000	5%	47%	37%	10%	1%	0%
LT	1011	10%	42%	36%	11%	1%	1%
LU	501	24%	59%	13%	3%	0%	-
HU	1015	11%	45%	32%	10%	3%	0%
MT	500	24%	56%	17%	2%	1%	0%
NL	1031	18%	65%	14%	2%	1%	0%
AT	1002	27%	48%	19%	5%	1%	1%
PL	1000	12%	53%	26%	7%	1%	0%
PT	1000	13%	55%	24%	6%	1%	1%
SI	1030	18%	57%	18%	6%	1%	0%
SK	1044	19%	51%	24%	6%	0%	1%
FI	1017	19%	56%	19%	6%	1%	0%
SE	1054	31%	48%	15%	5%	1%	0%
UK	1321	25%	55%	14%	4%	1%	0%
BG	1004	19%	43%	22%	13%	3%	-
HR	1000	27%	40%	21%	10%	2%	0%
RO	1002	17%	44%	31%	7%	1%	0%
TR	1005	24%	54%	17%	4%	1%	0%
CY (fcc)	500	20%	49%	22%	7%	1%	1%
<b>Sex</b>							
Male	11902	23%	55%	17%	4%	1%	0%
Female	12780	19%	54%	21%	5%	1%	0%
<b>Age</b>							
15-24	3765	36%	53%	10%	1%	0%	0%
25-39	6550	26%	59%	12%	1%	0%	0%
40-54	6308	17%	59%	19%	4%	1%	0%
55 +	8059	11%	48%	28%	10%	2%	0%
<b>Education (End of)</b>							
15	5992	11%	49%	27%	10%	2%	0%
16-19	9671	20%	57%	19%	3%	1%	0%
20+	6152	24%	59%	14%	3%	0%	0%
Still Studying	2464	39%	50%	9%	1%	0%	0%
<b>Household composition</b>							
1	4566	17%	49%	23%	8%	2%	1%
2	7903	16%	53%	23%	6%	1%	0%
3	4615	23%	56%	16%	4%	0%	1%
4+	7598	26%	58%	13%	2%	0%	0%
<b>Place of birth</b>							
Surveyed country	23146	21%	54%	19%	5%	1%	0%
EU	627	22%	53%	20%	3%	1%	-
Europe outside EU	336	19%	55%	21%	2%	2%	1%
Outside Europe	535	21%	59%	15%	4%	1%	0%
<b>Parents' birth</b>							
2 born country	21871	20%	55%	19%	5%	1%	0%
1 country EU	817	20%	56%	17%	5%	1%	0%
2EU	768	23%	54%	20%	2%	1%	0%
At least 1 outside EU	1185	24%	53%	18%	3%	1%	0%
<b>Left-Right scale</b>							
(1-4) Left	6422	21%	56%	18%	4%	1%	0%
(5-6) Centre	8105	21%	56%	18%	5%	1%	0%
(7-10) Right	4322	21%	54%	19%	4%	1%	0%
<b>Respondent occupation scale</b>							
Self- employed	1995	24%	60%	13%	2%	0%	1%
Managers	2653	27%	62%	10%	2%	0%	0%
Other white collars	2924	21%	63%	14%	1%	0%	0%
Manual workers	5030	22%	59%	16%	2%	1%	0%
House persons	2485	17%	54%	24%	4%	1%	1%
Unemployed	1275	19%	54%	21%	5%	1%	0%
Retired	5855	9%	43%	32%	13%	3%	1%
Students	2464	39%	50%	9%	1%	0%	0%
<b>Subjective urbanisation</b>							
Rural village	8062	21%	53%	19%	5%	1%	1%
Small/ mid size town	10428	20%	56%	19%	4%	1%	0%
Large town	6157	22%	55%	18%	4%	1%	0%
<b>What is your weight ?</b>							
Less than 55 kg	2090	25%	54%	15%	4%	1%	1%
From 55 to 74 kg	11467	23%	54%	17%	4%	1%	0%
From 75 to 89 kg	7010	19%	56%	19%	5%	1%	0%
90 kg and more	2778	13%	52%	26%	7%	2%	0%
<b>Your current weight is ?</b>							
Too high	9415	13%	53%	25%	6%	1%	0%
Too low	1326	22%	51%	20%	6%	1%	0%
About right	13608	26%	56%	14%	3%	1%	0%
<b>Health in general</b>							
Good	18561	28%	72%	-	-	-	-
Neither good nor bad	4630	-	-	100%	-	-	-
Bad	1393	-	-	-	83%	17%	-

QD30 Do you have any long-standing illness or health problem?

	TOTAL	Yes	No	DK
UE25 EU25	24682	24%	75%	1%
BE	1000	21%	79%	0%
CZ	1029	29%	71%	1%
DK	1031	36%	64%	0%
D-W	1007	25%	74%	1%
DE	1557	25%	74%	1%
D-E	550	27%	72%	1%
EE	1000	36%	62%	2%
EL	1000	17%	83%	0%
ES	1025	20%	80%	-
FR	1012	23%	77%	0%
IE	1000	13%	86%	2%
IT	1000	17%	80%	4%
CY	502	21%	79%	0%
LV	1000	33%	66%	1%
LT	1011	44%	55%	1%
LU	501	22%	76%	2%
HU	1015	33%	66%	0%
MT	500	23%	77%	0%
NL	1031	26%	73%	1%
AT	1002	19%	79%	2%
PL	1000	28%	70%	1%
PT	1000	22%	77%	0%
SI	1030	27%	73%	0%
SK	1044	28%	71%	1%
FI	1017	40%	60%	0%
SE	1054	35%	65%	0%
UK	1321	29%	71%	0%
BG	1004	34%	64%	2%
HR	1000	31%	68%	1%
RO	1002	25%	72%	3%
TR	1005	21%	78%	1%
CY (fcc)	500	24%	73%	2%
<b>Sex</b>				
Male	11902	21%	78%	1%
Female	12780	27%	72%	1%
<b>Age</b>				
15-24	3765	9%	90%	1%
25-39	6550	13%	86%	1%
40-54	6308	24%	75%	1%
55 +	8059	42%	57%	1%
<b>Education (End of)</b>				
15	5992	38%	61%	1%
16-19	9671	22%	77%	1%
20+	6152	21%	78%	1%
Still Studying	2464	8%	90%	1%
<b>Household composition</b>				
1	4566	35%	64%	1%
2	7903	30%	69%	1%
3	4615	20%	80%	1%
4+	7598	15%	84%	1%
<b>Place of birth</b>				
Surveyed country	23146	25%	74%	1%
EU	627	25%	74%	1%
Europe outside EU	336	24%	74%	1%
Outside Europe	535	17%	83%	-
<b>Parents' birth</b>				
2 born country	21871	25%	74%	1%
1 country EU	817	27%	71%	1%
2EU	768	23%	76%	1%
At least 1 outside EU	1185	19%	80%	1%
<b>Left-Right scale</b>				
(1-4) Left	6422	24%	75%	1%
(5-6) Centre	8105	25%	74%	0%
(7-10) Right	4322	24%	75%	1%
<b>Respondent occupation scale</b>				
Self- employed	1995	14%	83%	2%
Managers	2653	15%	84%	1%
Other white collars	2924	16%	82%	1%
Manual workers	5030	16%	83%	1%
House persons	2485	26%	73%	1%
Unemployed	1275	21%	79%	1%
Retired	5855	50%	49%	1%
Students	2464	8%	90%	1%
<b>Subjective urbanisation</b>				
Rural village	8062	26%	73%	1%
Small/ mid size town	10428	24%	76%	1%
Large town	6157	24%	75%	1%
<b>What is your weight ?</b>				
Less than 55 kg	2090	21%	78%	2%
From 55 to 74 kg	11467	22%	77%	1%
From 75 to 89 kg	7010	25%	74%	1%
90 kg and more	2778	33%	66%	1%
<b>Your current weight is ?</b>				
Too high	9415	34%	65%	1%
Too low	1326	26%	74%	1%
About right	13608	18%	81%	1%
<b>Health in general</b>				
Good	18561	13%	86%	0%
Neither good nor bad	4630	50%	48%	2%
Bad	1393	89%	9%	2%

QD31 Over the past 6 months, to what extent, if at all, have you been limited in activities people normally do, because of a health problem? Would you say you have been...?

	TOTAL	Severely limited	Somewhat limited	Not limited at all	DK
UE25 EU25	24682	7%	21%	71%	1%
BE	1000	10%	18%	71%	0%
CZ	1029	5%	29%	66%	1%
DK	1031	8%	23%	68%	1%
D-W	1007	7%	21%	72%	0%
DE	1557	6%	22%	72%	0%
D-E	550	6%	23%	71%	0%
EE	1000	9%	28%	62%	1%
EL	1000	6%	10%	84%	0%
ES	1025	6%	17%	77%	0%
FR	1012	10%	17%	73%	0%
IE	1000	4%	13%	80%	3%
IT	1000	5%	25%	67%	2%
CY	502	4%	10%	85%	0%
LV	1000	11%	30%	58%	2%
LT	1011	6%	29%	63%	2%
LU	501	7%	15%	73%	5%
HU	1015	11%	23%	66%	0%
MT	500	5%	16%	78%	1%
NL	1031	7%	24%	69%	0%
AT	1002	4%	26%	68%	2%
PL	1000	7%	23%	68%	2%
PT	1000	5%	17%	77%	2%
SI	1030	5%	25%	70%	0%
SK	1044	6%	25%	66%	3%
FI	1017	7%	24%	68%	1%
SE	1054	10%	19%	69%	1%
UK	1321	8%	18%	73%	1%
BG	1004	6%	28%	66%	1%
HR	1000	11%	17%	69%	4%
RO	1002	5%	19%	70%	6%
TR	1005	8%	13%	75%	4%
CY (icc)	500	4%	12%	75%	8%
<b>Sex</b>					
Male	11902	6%	19%	74%	1%
Female	12780	8%	23%	68%	1%
<b>Age</b>					
15-24	3765	2%	12%	84%	1%
25-39	6550	4%	14%	81%	1%
40-54	6308	7%	20%	72%	1%
55 +	8059	12%	31%	56%	1%
<b>Education (End of)</b>					
15	5922	12%	29%	58%	1%
16-19	9671	6%	19%	74%	1%
20+	6152	6%	18%	75%	1%
Still Studying	2464	2%	13%	83%	2%
<b>Household composition</b>					
1	4566	11%	27%	61%	1%
2	7903	8%	24%	67%	1%
3	4615	6%	19%	75%	1%
4+	7598	4%	15%	79%	1%
<b>Place of birth</b>					
Surveyed country	23146	7%	21%	71%	1%
EU	627	9%	15%	75%	1%
Europe outside EU	336	5%	23%	71%	1%
Outside Europe	535	7%	16%	77%	1%
<b>Parents' birth</b>					
2 born country	21871	7%	21%	71%	1%
1 country EU	817	10%	24%	65%	1%
2EU	768	6%	18%	75%	1%
At least 1 outside EU	1185	5%	16%	78%	1%
<b>Left-Right scale</b>					
(1-4) Left	6422	7%	21%	72%	0%
(5-6) Centre	8105	7%	20%	72%	1%
(7-10) Right	4322	7%	20%	71%	1%
<b>Respondent occupation scale</b>					
Self- employed	1995	4%	16%	79%	1%
Managers	2653	3%	16%	80%	1%
Other white collars	2924	5%	16%	79%	1%
Manual workers	5030	4%	16%	79%	1%
House persons	2485	8%	22%	68%	2%
Unemployed	1275	5%	18%	77%	1%
Retired	5855	16%	35%	48%	1%
Students	2464	2%	13%	83%	2%
<b>Subjective urbanisation</b>					
Rural village	8062	8%	21%	70%	1%
Small/ mid size town	10428	7%	21%	72%	1%
Large town	6157	6%	20%	72%	2%
<b>What is your weight ?</b>					
Less than 55 kg	2090	6%	18%	74%	1%
From 55 to 74 kg	11467	6%	20%	73%	1%
From 75 to 89 kg	7010	7%	21%	71%	1%
90 kg and more	2778	10%	24%	65%	1%
<b>Your current weight is ?</b>					
Too high	9415	10%	24%	65%	1%
Too low	1326	8%	23%	68%	1%
About right	13608	5%	18%	76%	1%
<b>Health in general</b>					
Good	18561	3%	14%	82%	1%
Neither good nor bad	4630	11%	42%	46%	1%
Bad	1393	50%	37%	12%	1%

# Technical note

## SPECIAL EUROBAROMETER N°246

### “Health and Food”

### TECHNICAL SPECIFICATIONS

Between the 5<sup>th</sup> of November and the 7<sup>th</sup> of December 2005, TNS Opinion & Social, a consortium created between Taylor Nelson Sofres and EOS Gallup Europe, carried out wave 64.3 of the EUROBAROMETER, on request of the EUROPEAN COMMISSION, Directorate-General Press and Communication, Opinion Polls.

The SPECIAL EUROBAROMETER N°246 is part of wave 64.3 and covers the population of the respective nationalities of the European Union Member States, resident in each of the Member States and aged 15 years and over. The EUROBAROMETER 64.3 has also been conducted in the two acceding countries (Bulgaria and Romania) and in the two candidate countries (Croatia and Turkey) and in the Turkish Cypriot Community. In these countries, the survey covers the national population of citizens of the respective nationalities and the population of citizens of all the European Union Member States that are residents in those countries and have a sufficient command of one of the respective national language(s) to answer the questionnaire. The basic sample design applied in all states is a multi-stage, random (probability) one. In each country, a number of sampling points was drawn with probability proportional to population size (for a total coverage of the country) and to population density.

In order to do so, the sampling points were drawn systematically from each of the "administrative regional units", after stratification by individual unit and type of area. They thus represent the whole territory of the countries surveyed according to the EUROSTAT NUTS II (or equivalent) and according to the distribution of the resident population of the respective nationalities in terms of metropolitan, urban and rural areas. In each of the selected sampling points, a starting address was drawn, at random. Further addresses (every Nth address) were selected by standard "random route" procedures, from the initial address. In each household, the respondent was drawn, at random (following the "closest birthday rule"). All interviews were conducted face-to-face in people's homes and in the appropriate national language. As far as the data capture is concerned, CAPI (*Computer Assisted Personal Interview*) was used in those countries where this technique was available.

<b>ABREVIATIONS</b>	<b>COUNTRIES</b>	<b>INSTITUTES</b>	<b>N° INTERVIEWS</b>	<b>FIELDWORK DATES</b>		<b>POPULATION 15+</b>
BE	Belgium	TNS Dimarso	1.000	08/11/2005	06/12/2005	8.598.982
CZ	Czech Rep.	TNS Aisa	1.029	11/11/2005	04/12/2005	8.571.710
DK	Denmark	TNS Gallup DK	1.031	08/11/2005	07/12/2005	4.380.063
DE	Germany	TNS Infratest	1.557	08/11/2005	29/11/2005	64.174.295
EE	Estonia	Emor	1.000	11/11/2005	06/12/2005	887.094
EL	Greece	TNS ICAP	1.000	09/11/2005	04/12/2005	8.674.230
ES	Spain	TNS Demoscopia	1.025	05/11/2005	04/12/2005	35.882.820
FR	France	TNS Sofres	1.012	08/11/2005	05/12/2005	44.010.619
IE	Ireland	TNS MRBI	1.000	09/11/2005	04/12/2005	3.089.775
IT	Italy	TNS Abacus	1.000	07/11/2005	05/12/2005	49.208.000
CY	Rep. of Cyprus	Synovate	502	11/11/2005	05/12/2005	552.213
LV	Latvia	TNS Latvia	1.000	08/11/2005	04/12/2005	1.394.351
LT	Lithuania	TNS Gallup Lithuania	1.011	13/11/2005	04/12/2005	2.803.661
LU	Luxembourg	TNS ILReS	501	07/11/2005	06/12/2005	367.199
HU	Hungary	TNS Hungary	1.015	11/11/2005	28/11/2005	8.503.379
MT	Malta	MISCO	500	08/11/2005	04/12/2005	322.917
NL	Netherlands	TNS NIPO	1.032	12/11/2005	05/12/2005	13.242.328
AT	Austria	Österreichisches Gallup-Institute	1.002	10/11/2005	02/12/2005	6.679.444
PL	Poland	TNS OBOP	1.000	10/11/2005	06/12/2005	31.610.437
PT	Portugal	TNS EUROTESTE	1.000	22/11/2005	06/12/2005	8.080.915
SI	Slovenia	RM PLUS	1.030	11/11/2005	06/12/2005	1.663.869
SK	Slovakia	TNS AISA SK	1.044	11/11/2005	29/11/2005	4.316.438
FI	Finland	TNS Gallup Oy	1.017	08/11/2005	07/12/2005	4.279.286
SE	Sweden	TNS GALLUP	1.054	08/11/2005	29/11/2005	7.376.680
UK	United Kingdom	TNS UK	1.321	05/11/2005	04/12/2005	47.685.578
BG	Bulgaria	TNS BBSS	1.004	07/11/2005	21/11/2005	6.695.512
HR	Croatia	Puls	1.000	08/11/2005	05/12/2005	3.682.826
RO	Romania	TNS CSOP	1.002	12/11/2005	04/12/2005	18.145.036
TR	Turkey	TNS PIAR	1.005	07/11/2005	05/12/2005	47.583.830
CY(tcc)	Turkish Cypriot Comm.	KADEM	500	09/11/2005	26/11/2005	157.101
<b>TOTAL</b>			<b>29.195</b>	<b>05/11/2005</b>	<b>07/12/2005</b>	<b>442.620.588</b>

For each country a comparison between the sample and the universe was carried out. The Universe description was derived from Eurostat population data or from national statistics offices. For all countries surveyed, a national weighting procedure, using marginal and intercellular weighting, was carried out based on this Universe description. In all countries, gender, age, region and size of locality were introduced in the iteration procedure. For international weighting (i.e. EU averages), TNS Opinion & Social applies the official population figures as provided by EUROSTAT or national statistic offices. The total population figures for input in this post-weighting procedure are listed above.

Readers are reminded that survey results are estimations, the accuracy of which, everything being equal, rests upon the sample size and upon the observed percentage. With samples of about 1,000 interviews, the real percentages vary within the following confidence limits:

<b>Observed percentages</b>	10% or 90%	20% or 80%	30% or 70%	40% or 60%	50%
<b>Confidence limits</b>	± 1.9 points	± 2.5 points	± 2.7 points	± 3.0 points	± 3.1 points

# Questionnaire

Now, let's move on to another topic

D10 Gender.

(770)

Male	1
Female	2

EB63.4 D10

ASK QD IN EU25 + BG, RO, TR, HR, and CY(tcc) - ASK QD1 TO QD3 TO WOMEN ONLY – MEN GO TO QD4

QD1 Do you have children? If yes, did you breastfeed any of them?

(SHOW CARD – READ OUT – ONE ANSWER ONLY)

(771)

Yes, I have children and I have breastfed all of them	1
Yes, I have children and I have breastfed some of them	2
Yes, I have children but I did not breastfeed them	3
No, I don't have children	4

EB59.0 Q28a

ASK QD2 AND QD3 TO THOSE WHO "HAVE BREASTFED", CODE 1 OR 2 TO QD1 – OTHERS GO TO QD4

QD2 Thinking about the last child that you breastfed, for how long did you breastfeed him/her?

(CODE THE SPONTANEOUS ANSWER IN MONTHS – IF "DK" CODE '99')

(772-773)

months

EB59.0 Q28b

QD3 Thinking about the other child(ren) that you breastfed, for how long have you breastfed on average?

(CODE THE SPONTANEOUS ANSWER IN MONTHS – IF "HAVE NOT BREASTFED ANY OTHER CHILD" CODE '00' IF "NO OTHER CHILDREN" CODE '98' – IF "DK" CODE '99')

(774-775)

months

EB64.3 NEW

ASK ALL

QD4 Over the last 12 months, have you been on a diet, or not?

(SHOW CARD – READ OUT – ONE ANSWER POSSIBLE)

(776)

No, I have not been on a diet	1
Yes, advised by a doctor	2
Yes, suggested by a family member or a friend	3
Yes, through media influence	4
Yes, by my own decision	5
DK	6

EB64.3 NEW

QD5 How tall are you (in cm) without shoes?

(CODE IN CM EXCEPT FOR UK AND IE – IF "REFUSAL" CODE '998' – IF "DK" CODE '999')

(777-779)

cm

EB59.0 Q29

QD6 How much do you weigh (in kg) without shoes and clothes? (M)

(CODE IN KG EXCEPT FOR UK AND IE – IF "REFUSAL" CODE '998' – IF "DK" CODE '999')

(780-782)

kg

EB59.0 Q30

QD7 Would you say that your current weight is...?

(SHOW CARD – READ OUT – ONE ANSWER ONLY)

(783)

Too high	1
Too low	2
About right	3
DK	4

EB59.0 Q31

QD8 We often hear people talking about the importance of eating a healthy diet. What do you think "eating a healthy diet" involves?

(DO NOT READ OUT – PRE-CODED QUESTION – CODE SPONTANEOUS ANSWERS USING THE LIST BELOW – MULTIPLE ANSWERS POSSIBLE)

(784-800)

Eat a variety of different foods\ balanced diet	1,
Avoid\ do not eat too much fatty food	2,
Avoid\ do not eat too much sugary food	3,
Avoid\ do not eat too much salt	4,
Eat more fruit and vegetables	5,
Eat less fruit and vegetables	6,
Eat more bread, rice, pasta and other carbohydrates	7,
Eat less bread, rice, pasta and other carbohydrates	8,
Eat more meat	9,
Eat less meat	10,
Eat more fish	11,
Eat less fish	12,
Do not eat too many calories	13,
Avoid\ do not eat food containing additives	14,
Eat organic food	15,
Other	16,
DK	17,

B64.3 NEW

QD9 Would you say that what you normally eat is good for your health?

(READ OUT – ONE ANSWER ONLY)

(801)

Yes, very good	1
Yes, fairly good	2
No, not very good	3
No, not at all good	4
DK	5

EB59.0 Q32

QD10 Have you changed what you eat or drink within the last year?

(READ OUT)

(802)

YES	1
NO	2
DK	3

EB59.0 Q33 TREND MODIFIED

ASK QD11 AND QD12 IF "YES", CODE 1 IN QD10 – OTHERS GO TO QD13

QD11 What kind of changes did you make?

(SHOW CARD – READ OUT – MULTIPLE ANSWERS POSSIBLE)

(803-820)

Fewer calories	1,
More calories	2,
More fruit and vegetables	3,
Less fruit and vegetables	4,
Less fat	5,
More fat	6,
Less meat	7,
More meat	8,
Less salt	9,
More salt	10,
Eat less sugar	11,
Eat more sugar	12,
Less alcohol	13,
More alcohol	14,
Drinking more water	15,
Drinking less water	16,
Other (SPONTANEOUS)	17,
DK	18,

EB 59.0 Q34

--

QD12 What was the main reason for these changes? Was it...?

(SHOW CARD – READ OUT – ONE ANSWER ONLY)

(821)

To lose weight	1
To put on weight	2
To keep my weight steady	3
To stay healthy	4
Because of a disease or health problem	5
Other (SPONTANEOUS)	6
DK	7

EB59.0 Q35

ASK ALL

--

QD13 Do you find it easy to eat a healthy diet?

(READ OUT)

(822)

YES	1
NO	2
DK	3

EB64.3 NEW

IF "NO", CODE 2 IN QD13 – OTHERS GO TO QD15

--

QD14 Why not?

(SHOW CARD – READ OUT – MULTIPLE ANSWERS POSSIBLE)

(823-830)

Lack of information about what constitutes a healthy diet	1,
Lack of information about the food I eat	2,
Information about healthy eating is contradictory and confusing	3,
Lack of control over what I eat (food purchases by other people\ eat in canteen or restaurants much of the time)	4,
Choosing and preparing a healthy diet takes too much time	5,
Healthy food is bland and unappetising	6,
Other (SPONTANEOUS)	7,
DK	8,

EB64.3 NEW

ASK ALL

QD15 In the last 7 days, on how many days did you do vigorous physical activities like lifting heavy things, digging, aerobics or fast cycling?

(CODE IN DAYS – IF "NONE" CODE '0' – IF "DK" CODE '9')

**(831-831)**

days

EB58.2 Q50

QD16 On days when you do vigorous physical activities, how much time do you usually spend at it?

(CODE IN HOURS AND/OR MINUTES ONLY – IF "NEVER DO VIGOROUS PHYSICAL ACTIVITIES" CODE '00' – IF "DK" CODE '99')

**(832-833)**

**(834-835)**

hours

minutes (MAX. 59)

EB58.2 Q51

QD17 In the last 7 days, on how many days did you do moderate physical activity like carrying light loads, cycling at a normal pace or doubles tennis? Please do not include walking.

(CODE IN DAYS – IF "NONE" CODE '0' – IF "DK" CODE '9')

**(836-836)**

days

EB58.2 Q52

QD18 On days when you do moderate physical activities, how much time do you usually spend at it?

(CODE IN HOURS AND/OR MINUTES ONLY – IF "NEVER DO MODERATE PHYSICAL ACTIVITIES" CODE '00' – IF "DK" CODE '99')

**(837-838)**

**(839-840)**

hours

minutes (MAX. 59)

EB58.2 Q53

--

QD19	In the last 7 days, on how many days did you walk for at least 10 minutes at a time?
------	--

(CODE IN DAYS – IF "NONE" CODE '0' – IF "DK" CODE '9')
--

<b>(841-841)</b>
<input type="text"/> days

EB58.2 Q54
------------

--

QD20	On days when you walk for at least 10 minutes at a time, how much time do you usually spend walking?
------	--

(CODE IN HOURS AND/OR MINUTES ONLY – IF "NEVER WALK FOR AT LEAST 10 MINUTES AT A TIME" CODE '00' – IF "DK" CODE '99')
---

<b>(842-843)</b>	<b>(844-845)</b>
<input type="text"/> <input type="text"/> hours	<input type="text"/> <input type="text"/> minutes (MAX. 59)

EB58.2 Q55
------------

--

QD21	How much time do you spend sitting on a usual day? This may include time spent at a desk, visiting friends, reading, studying or watching television.
------	---

(CODE IN HOURS AND/OR MINUTES ONLY – IF "DK" CODE '99')
---

<b>(846-847)</b>	<b>(848-849)</b>
<input type="text"/> <input type="text"/> hours	<input type="text"/> <input type="text"/> minutes (MAX. 59)

EB58.2 Q56
------------

--

QD22 In the last 7 days, how much physical activity did you get...?

(SHOW CARD – ONE ANSWER PER LINE)

	(READ OUT)	A lot	Some	Little	None	DK
--	------------	-------	------	--------	------	----

(850)	1	At work	1	2	3	4	5
(851)	2	When moving from place to place	1	2	3	4	5
(852)	3	Work in and around your house (including housework, gardening, general maintenance, or caring for your family)	1	2	3	4	5
(853)	4	For recreation, sport and leisure-time activities	1	2	3	4	5

EB64.3 NEW

--

QD23	To what extent do you agree or disagree with the following statements about sport and physical activity?
------	--

(SHOW CARD – READ OUT – ONE ANSWER PER LINE)
--

	(READ OUT)	Totally agree	Tend to agree	Tend to disagree	Totally disagree	DK
--	------------	---------------	---------------	------------------	------------------	----

(854)	1	The area where I live offers me many opportunities to be physically active	1	2	3	4	5
(855)	2	Local sport clubs and other local providers offer many opportunities to be physically active	1	2	3	4	5
(856)	3	There are opportunities to be physically active in my area but I do not have time to take advantage of them	1	2	3	4	5
(857)	4	Being physically active does not really interest me – I would rather do other things with my spare time	1	2	3	4	5
(858)	5	My local authority does not do enough for its citizens in relation to physical activities	1	2	3	4	5

EB64.3 NEW
------------

--

QD24 To what extent do you agree or disagree with the following statements?

(SHOW CARD – ONE ANSWER PER LINE)

	(READ OUT)	Totally agree	Tend to agree	Tend to disagree	Totally disagree	DK
--	------------	---------------	---------------	------------------	------------------	----

(859)	1	From what I see in the UK, there seem to be more overweight children these days than there were five years ago	1	2	3	4	5
(860)	2	From what I see in my country, there seem to be more overweight adults these days than there were five years ago	1	2	3	4	5
(861)	3	Being significantly overweight, or obese, is bad for your health	1	2	3	4	5
(862)	4	The Government should encourage people to eat a healthy diet and take plenty of exercise so that people stay at a healthy weight	1	2	3	4	5

EB64.3 NEW

--

QD25 Which one of the following do you think most influences what children eat?

(SHOW CARD – READ OUT – ONE ANSWER ONLY)

	(863)
Their parents or guardians	1
Their friends	2
What they are taught at school	3
Advertising and promotion of food	4
DK	5

EB64.3 NEW

--

QD26a	Which one of the following measures do you think would be most effective in improving children's diets? Firstly?
-------	--

QD26b	And secondly?
-------	---------------

(SHOW CARD – ONE ANSWER PER COLUMN)
-------------------------------------

(READ OUT – ROTATE)	(864)	(865)
	QD26a Firstly	QD26b Secondly
More information for parents	1	1
More education for children at school on healthy eating	2	2
Restrictions on advertising of high sugar, high salt and high fat foods during children's television schedules	3	3
Mandatory health messages in advertisements of fast food, confectionery and soft drinks	4	4
Promotion campaigns for healthier food aimed directly at children	5	5
Clearer information on food labels	6	6
Healthier school meals	7	7
Other (SPONTANEOUS)	8	8
DK	9	9

EB64.3 NEW
------------

--

QD27	To what extent do you think food advertising and promotion influence what children choose to eat?
------	---

(SHOW CARD – READ OUT – ONE ANSWER ONLY)
--

	(866)
Totally	1
To a large extent	2
Somewhat	3
Not very much	4
Not at all	5
DK	6

EB64.3 NEW
------------

--

QD28a	Which one of the following measures do you think would be most effective in reducing the prevalence of childhood obesity? Firstly?
-------	--

QD28b	And secondly?
-------	---------------

(SHOW CARD – ONE ANSWER PER COLUMN)
-------------------------------------

	(867)	(868)
(READ OUT – ROTATE)	QD28a	QD28b
	Firstly	Secondly
More physical activity in schools	1	1
More local sports facilities and public areas for physical activity	2	2
More education on healthy eating and exercise	3	3
Restrictions on the advertising and promotion of high sugar, salt and fat foods aimed at children	4	4
Higher taxes on high sugar, high salt and high fat foods	5	5
Health promotion campaigns to encourage children to eat healthier food and take more exercise	6	6
Healthier school meals	7	7
Other (SPONTANEOUS)	8	8
DK	9	9

EB64.3 NEW
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QD29	How is your health in general?
------	--------------------------------

(READ OUT – ONE ANSWER ONLY)
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	(869)
Very good	1
Good	2
Neither good nor bad	3
Bad	4
Very bad	5
DK	6

EB64.3 NEW
------------

QD30 Do you have any long-standing illness or health problem?

(870)

YES	1
NO	2
DK	3

EB64.3 NEW

QD31 Over the past 6 months, to what extent, if at all, have you been limited in activities people normally do, because of a health problem? Would you say you have been...?

(READ OUT – ONE ANSWER ONLY)

(871)

Severely limited	1
Somewhat limited	2
Not limited at all	3
DK	4

EB64.3 NEW

DEMOGRAPHICS

ASK ALL

D1 In political matters people talk of "the left" and "the right". Thinking about your views, how would you place yourself on this scale?

(SHOW CARD) - (INT.: DO NOT PROMPT - IF RESPONDENT HESITATES, READ OUT AGAIN)

(1024-1025)

LEFT									RIGHT	
1	2	3	4	5	6	7	8	9	10	

Refusal 11

DK 12

EB63.4 D1

NO QUESTIONS D2 TO D6

D7 Could you tell me which of these best describes your own current situation?

(SHOW CARD - READ OUT - ONE ANSWER ONLY)

(1026-1027)

Married	1
Remarried	2
Unmarried, currently living with partner	3
Unmarried, having never lived with a partner	4
Unmarried, having previously lived with a partner, but now on my own	5
Divorced	6
Separated	7
Widowed	8
Other (SPONTANEOUS)	9
Refusal (SPONTANEOUS)	10

EB63.4 D7

D8 How old were you when you stopped full-time education?

(INT.: IF "STILL STUDYING", CODE '00' - IF "NO FULL-TIME EDUCATION", CODE '98' - IF "DK", CODE '99')

(1028-1029)

EB63.4 D8

NO QUESTION D9

QUESTION D10 ASKED BEFORE QD1

D11 How old are you?

(1030-1031)

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EB63.4 D11

NO QUESTION D12 TO D14

ASK D15b ONLY IF NOT DOING ANY PAID WORK CURRENTLY – CODE 1 TO 4 IN D15a

D15a What is your current occupation?

D15b Did you do any paid work in the past? What was your last occupation?

	(1032-1033)	(1034-1035)
	D15a	D15b
	CURRENT OCCUPATION	LAST OCCUPATION
<b>NON-ACTIVE</b>		
Responsible for ordinary shopping and looking after the home, or without any current occupation, not working	1	
Student	2	
Unemployed or temporarily not working	3	
Retired or unable to work through illness	4	
<b>SELF EMPLOYED</b>		
Farmer	5	5
Fisherman	6	6
Professional (lawyer, medical practitioner, accountant, architect, etc.)	7	7
Owner of a shop, craftsmen, other self-employed person	8	8
Business proprietors, owner (full or partner) of a company	9	9
<b>EMPLOYED</b>		
Employed professional (employed doctor, lawyer, accountant, architect)	10	10
General management, director or top management (managing directors, director general, other director)	11	11
Middle management, other management (department head, junior manager, teacher, technician)	12	12
Employed position, working mainly at a desk	13	13
Employed position, not at a desk but travelling (salesmen, driver, etc.)	14	14
Employed position, not at a desk, but in a service job (hospital, restaurant, police, fireman, etc.)	15	15
Supervisor	16	16
Skilled manual worker	17	17
Other (unskilled) manual worker, servant	18	18
<b>NEVER DID ANY PAID WORK</b>		19

EB63.4 D15a D15b

NO QUESTIONS D16 TO D24

D25 Would you say you live in a...?

(READ OUT)

(1036)

rural area or village	1
small or middle sized town	2
large town	3
DK	4

EB63.4 D25

NO QUESTIONS D26 TO D39

D40a Could you tell me how many people aged 15 years or more live in your household, yourself included?

INT.: READ OUT - WRITE DOWN)

(1037-1038)

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EB63.4 D40a

D40b Could you tell me how many children less than 10 years old live in your household

INT.: READ OUT - WRITE DOWN)

(1039-1040)

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EB63.4 D40b

D40c Could you tell me how many children aged 10 to 14 years old live in your household?

INT.: READ OUT - WRITE DOWN)

(1041-1042)

--	--

EB63.4 D40c

D41	Which of the following statements best describes where you were born. Were you born....?
-----	--

SHOWCARD - READ OUT - ONE ANSWER ONLY

	<b>(1043)</b>
in the United Kingdom	1
in another member country of the European Union	2
in Europe, but not in a member country of the European Union	3
in Asia, in Africa or in Latin America	4
in Northern America, in Japan or in Oceania	5
Refusal (SPONTANEOUS)	6

EB63.4 D41

D42	And which of these statements best describes where your parents were born?
-----	--

(SHOW CARD – READ OUT – ONE ANSWER ONLY)

	<b>(1044)</b>
Your mother and your father were born in the United Kingdom	1
One of your parents was born in the United Kingdom and the other was born in another Member State of the European Union	2
Your mother and your father were born in another Member State of the European Union	3
Another situation (SPONTANEOUS)	4
DK/Refusal (SPONTANEOUS)	5

EB63.4 D42

D43a	Fixed telephone available in the household?
------	---

D43b	Do you own a mobile phone?
------	----------------------------

	<b>(1045)</b>	<b>(1046)</b>
	D43a	D43b
	Fixed	Mobile
Yes	1	1
No	2	2

EB63.4 D43a D43b

D44 Do you consider yourself to be...?

(DO NOT READ - SHOW CARD - PRECODED LIST - ONE ANSWER ONLY)

(1047-1048)

Catholic	1
Orthodox	2
Protestant	3
Other Christian	4
Jewish	5
Muslim	6
Sikh	7
Buddhist	8
Hindu	9
Atheist	10
Non believer/Agnostic	11
Other (SPONTANEOUS)	12
DK	13

EB63.4 D44

D45 Apart from weddings or funerals, about how often do you attend religious services?

(SHOW CARD - READ OUT - ONE ANSWER ONLY)

(1049)

More than once a week	1
Once a week	2
About once a month	3
About each 2 or 3 month	4
Only on special holy days	5
About once a year	6
Less often	7
Never	8
DK	9

EB63.4 D45

QUESTIONS D48 ASKED BEFORE QASD3a

INTERVIEW PROTOCOLE

P1 DATE OF INTERVIEW

(1050-1051) (1052-1053)  
[ ] [ ] DAY [ ] [ ] MONTH

EB63.4 P1

P2 TIME OF THE BEGINNING OF THE INTERVIEW

(INT.:USE 24 HOUR CLOCK)  
(1054-1055) (1056-1057)  
[ ] [ ] HOUR [ ] [ ] MINUTES

EB63.4 P2

P3 NUMBER OF MINUTES THE INTERVIEW LASTED

(1058-1060)  
[ ] [ ] MINUTES

EB63.4 P3

P4 Number of persons present during the interview, including interviewer

	(1061)
Two (interviewer and respondent)	1
Three	2
Four	3
Five or more	4

EB63.4 P4

P5 Respondent cooperation

	(1062)
Excellent	1
Fair	2
Average	3
Bad	4

EB63.4 P5

P6 Size of locality

Local Codes  
(1063-1064)  
[ ] [ ]

EB63.4 P6

P7 | Region

NUTS Level 2 Regions (See  
[www.wordiq.com/definition/Nomenclature\\_of\\_Territorial\\_Units\\_for\\_Statistics](http://www.wordiq.com/definition/Nomenclature_of_Territorial_Units_for_Statistics))

**(1065-1066)**

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EB63.4 P7

P8 | Postal code

**(1067-1074)**

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EB63.4 P8

P9 | Sample point number

**(1075-1082)**

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EB63.4 P9

P10 | Interviewer number

**(1083-1090)**

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EB63.4 P10

P11 | Weighting factor

**(1091-1098)**

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EB63.4 P11