

LIFESTYLE SURVEY IN THE ISLES OF SCILLY

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In 1991, we conducted a postal survey of lifestyles in relation to coronary heart disease (CHD) risk factors for adults ages 16-64 years on the Isles of Scilly.

The survey results were compared with results from a survey in Cornwall the previous year. The overall response rate was 65% which was similar to that in Cornwall (67%). In both surveys young people were under represented in the respondents.

The results indicated differences in important risk factors for CHD and notably higher levels of personal alcohol consumption on the islands.

Health care and health education was influenced by the results of this survey and a 5 year follow-up survey is being considered. The "healthy alliance" between the Health Authority and the Island Community Health Council was particularly important for these achievements.