


Gibraltar Health & Lifestyle Survey 2008



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Introduction

- ✓ To target health and social care resources appropriately in order to improve the health of the population
 - ✓ To provide a baseline for monitoring the impact of interventions designed to improve health and well-being.
 - ✓ To allow comparisons between the behaviours of people in the area.
 - ✓ To provide information that could be used to plan new services.
 - ✓ To highlight areas to explore further.
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Survey Structure

✓ Questionnaire

43 questions – 60% from Leeds H&LS 2002, 23% from Guernsey 2003, 14% from Health Survey England 2003.

Trained surveyors distributed a 20 minute face to face questionnaire at respondent's home.

✓ Analyse Data

Analyst completed analysis.

✓ Produce Results

Data was interpreted and the report was written.

Report sent to University of Toronto for quality assurance.

✓ Publish Report

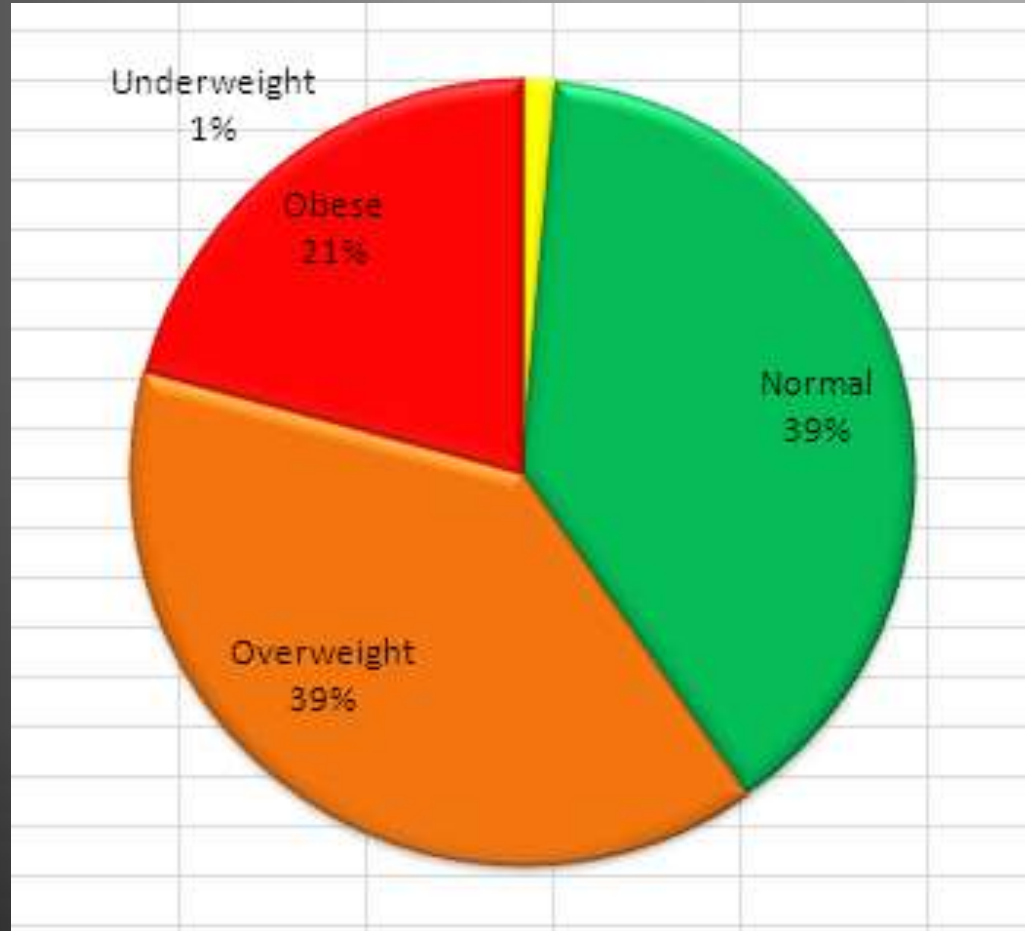
Report was published in the form of a book.



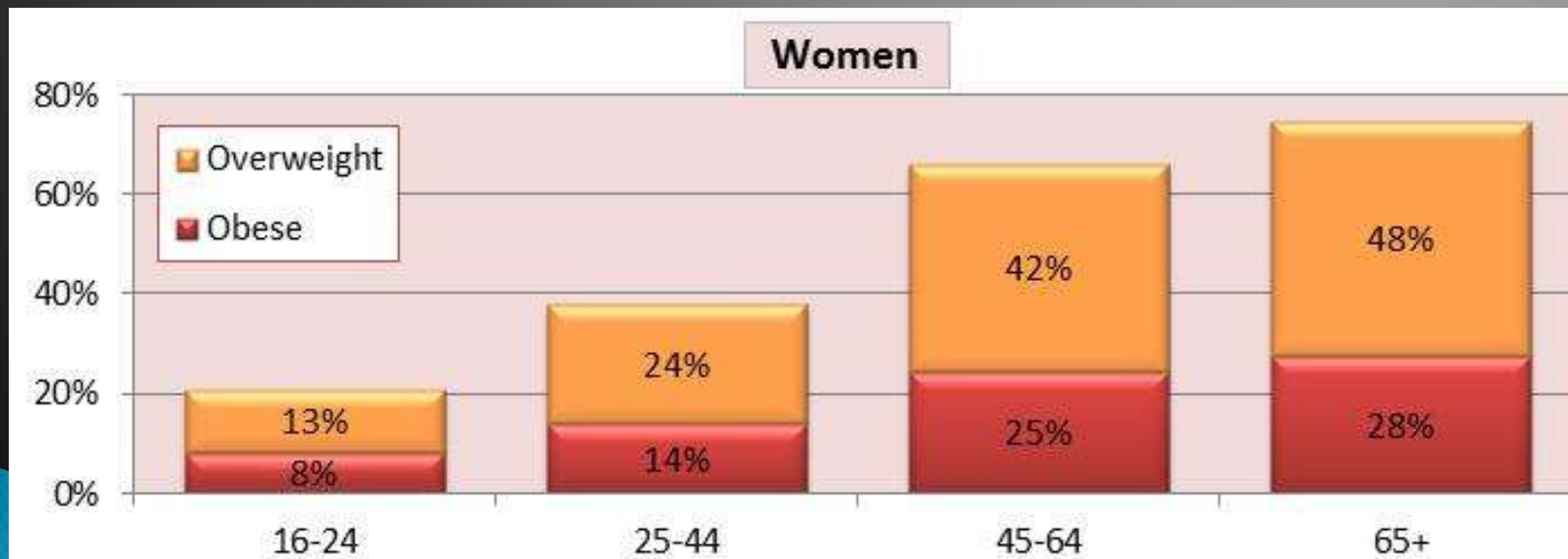
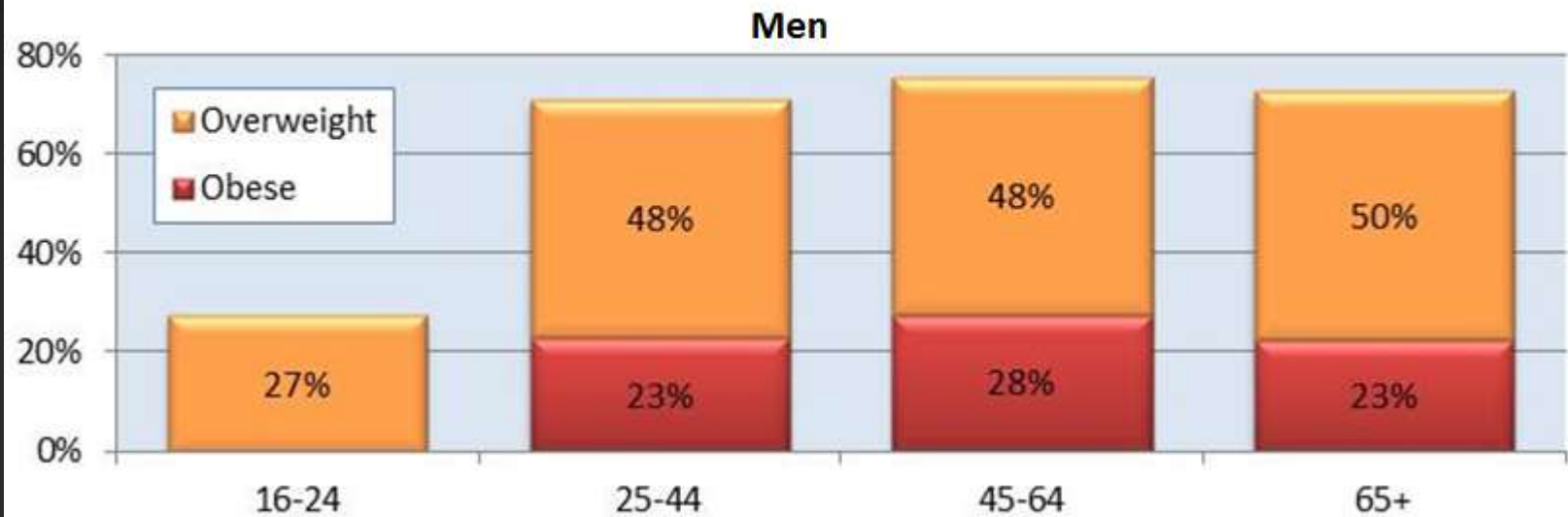
Main Lifestyle Factors

- ✓ Obesity & Diet
 - ✓ Alcohol
 - ✓ Smoking
 - ✓ Physical Activity
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Obesity



Prevalence of Obese and Overweight persons by age and sex




Diet

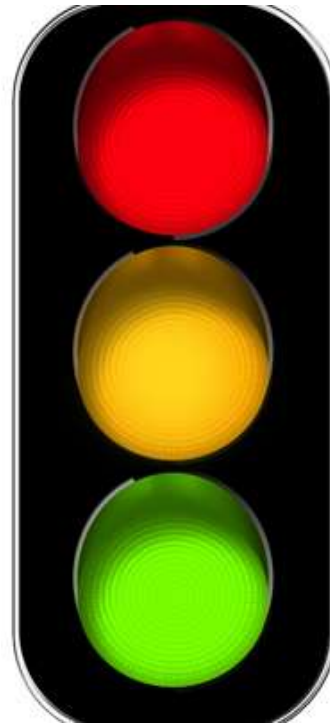
- ✓ Less than a quarter of people eat 5 or more portions of fruit & vegetables each day.
- ✓ Youngest males (16–24) had a worse diet than any other age/sex categories.
- ✓ Diet improves significantly with age.
- ✓ People from the South and West have significantly better diets than those from the North and Upper Town areas



Obesity/Diet Comparisons

- ✓ Gibraltar has higher obesity levels than Spain but lower levels than the UK.
 - ✓ Both men and women in Gibraltar are significantly worse than England, Jersey and Wales at eating their 5-a-day.
 - ✓ Gibraltarians appear to be less aware of weight problems. **Almost a third** of overweight Gibraltarians believe they were about the right weight compared to just 18% of people in Guernsey.
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Alcohol



Moderate -
men: 10-21 u/w
women: 7-14 u/w

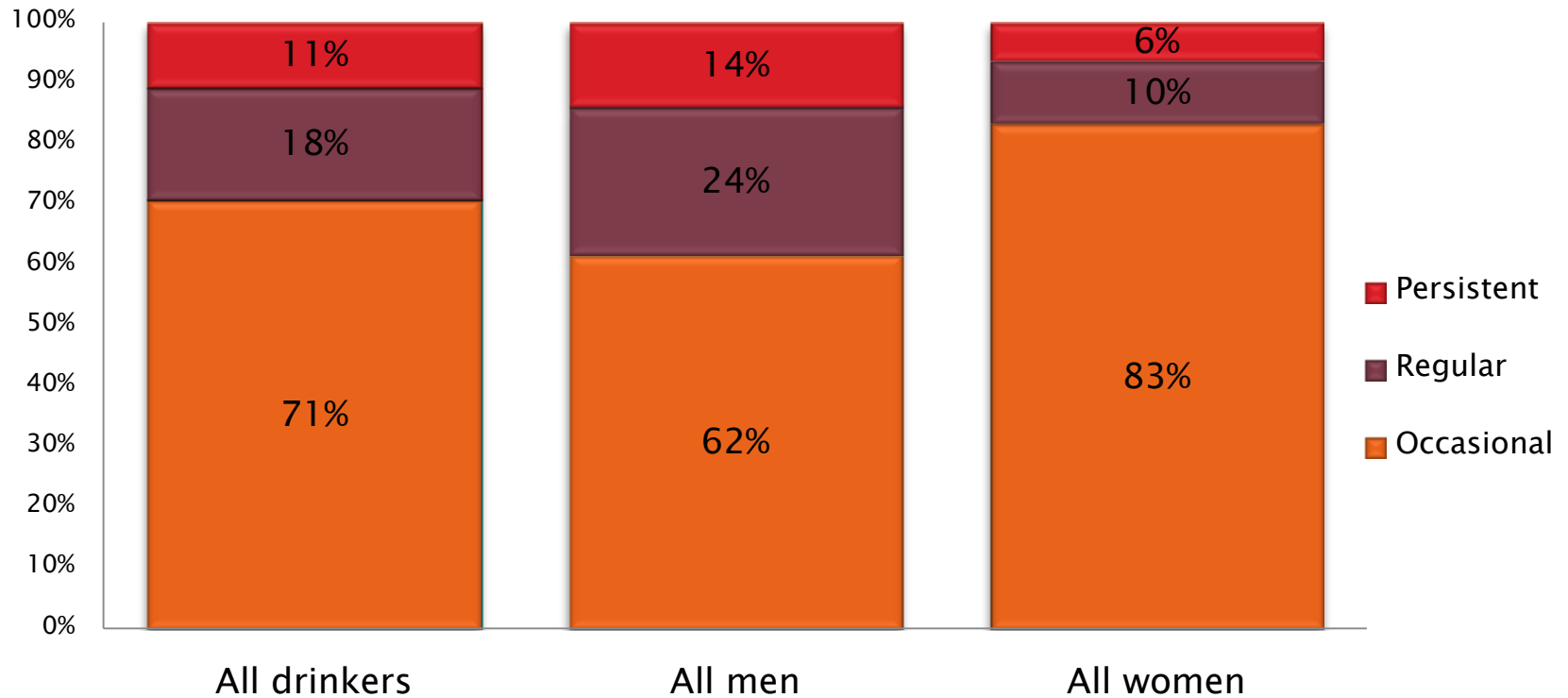
Heavy -
men: more than 21 u/w
women: more than 14 u/w

Light -
men: up to 10 u/w
women: up to 7 u/w

6% of respondents were heavy drinkers,
12% of respondents were moderate drinkers,
82% of respondents were light drinkers.

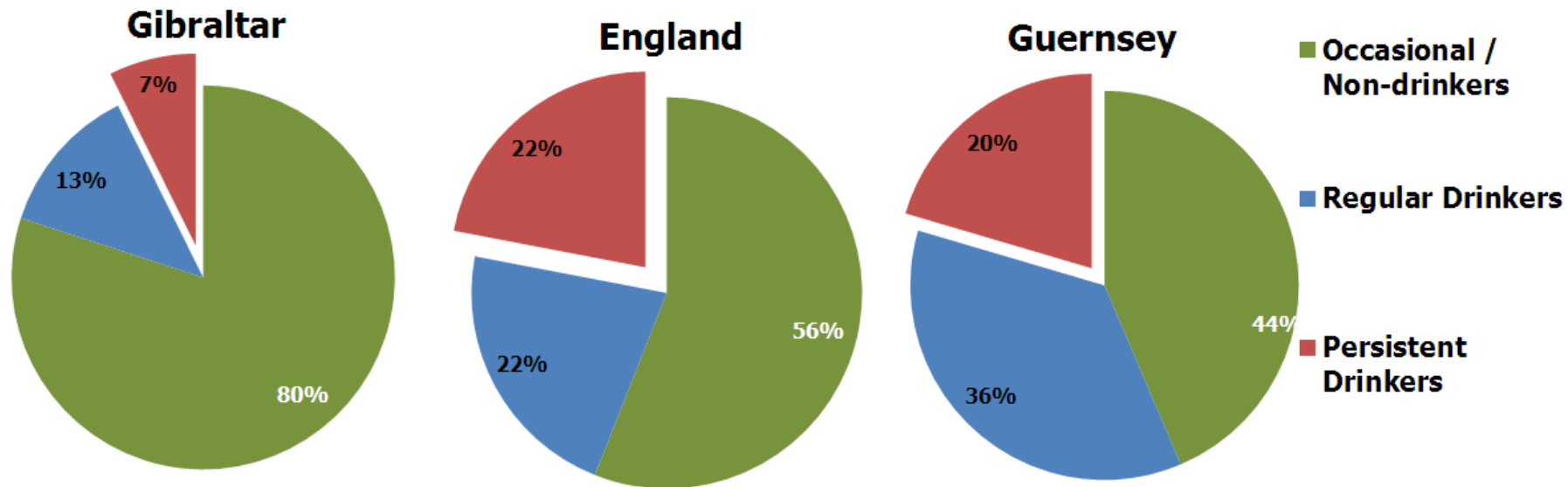
- 68% of respondents drink alcohol

Frequency of alcohol consumption



Alcohol Comparison

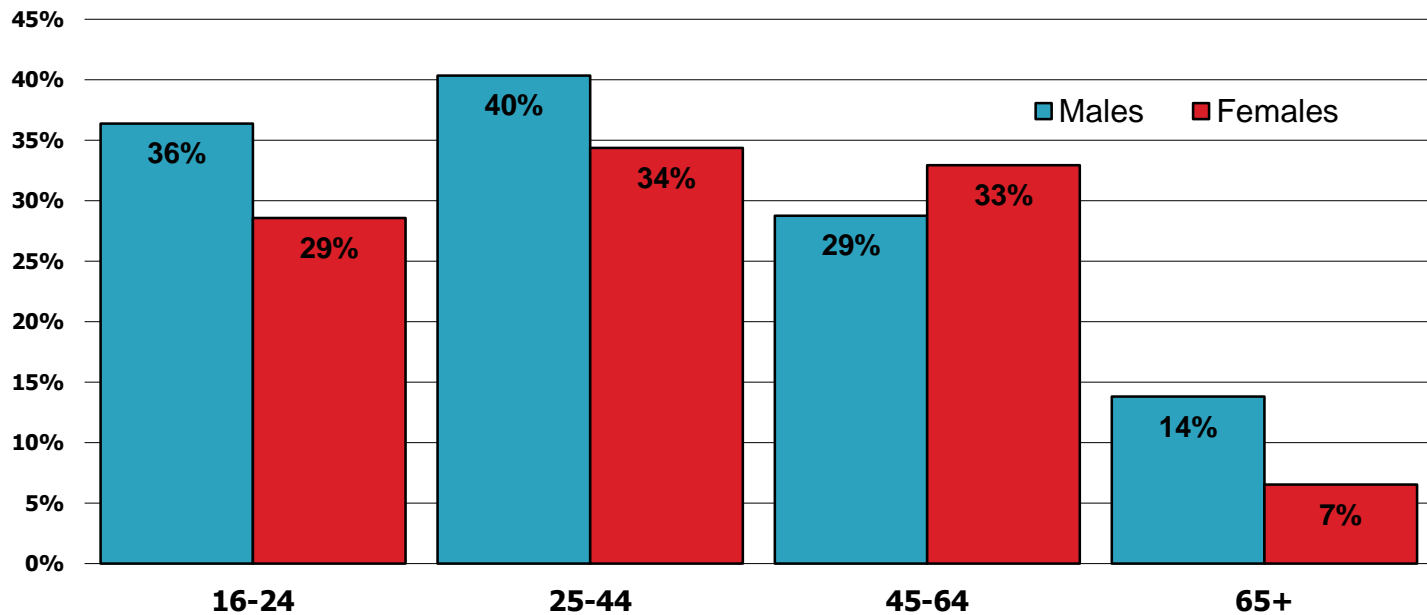
- ✓ Gibraltarians are less likely to be regular or persistent drinkers compared with England and Guernsey.



Smoking

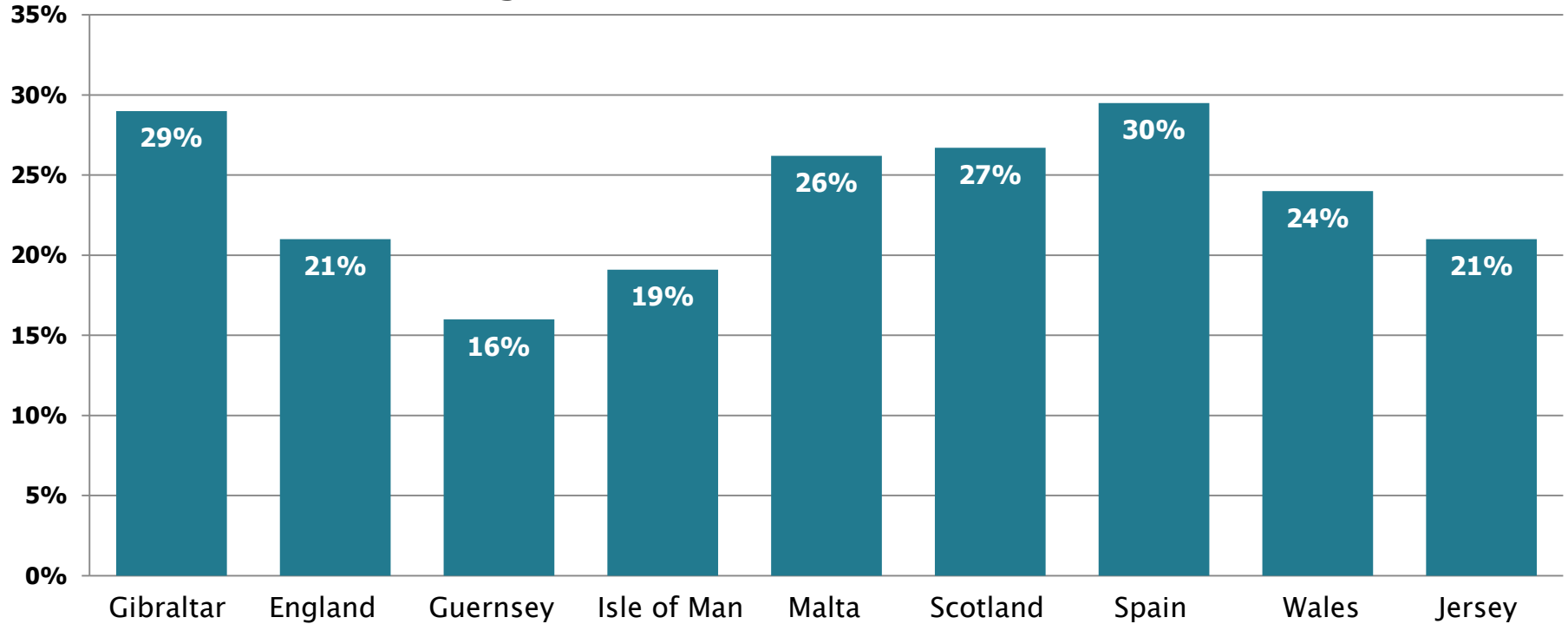
- ✓ 29% of the population were current smokers.
- ✓ 32% of men smoke compared to 27% of women.

Smoking Prevalence by age and sex



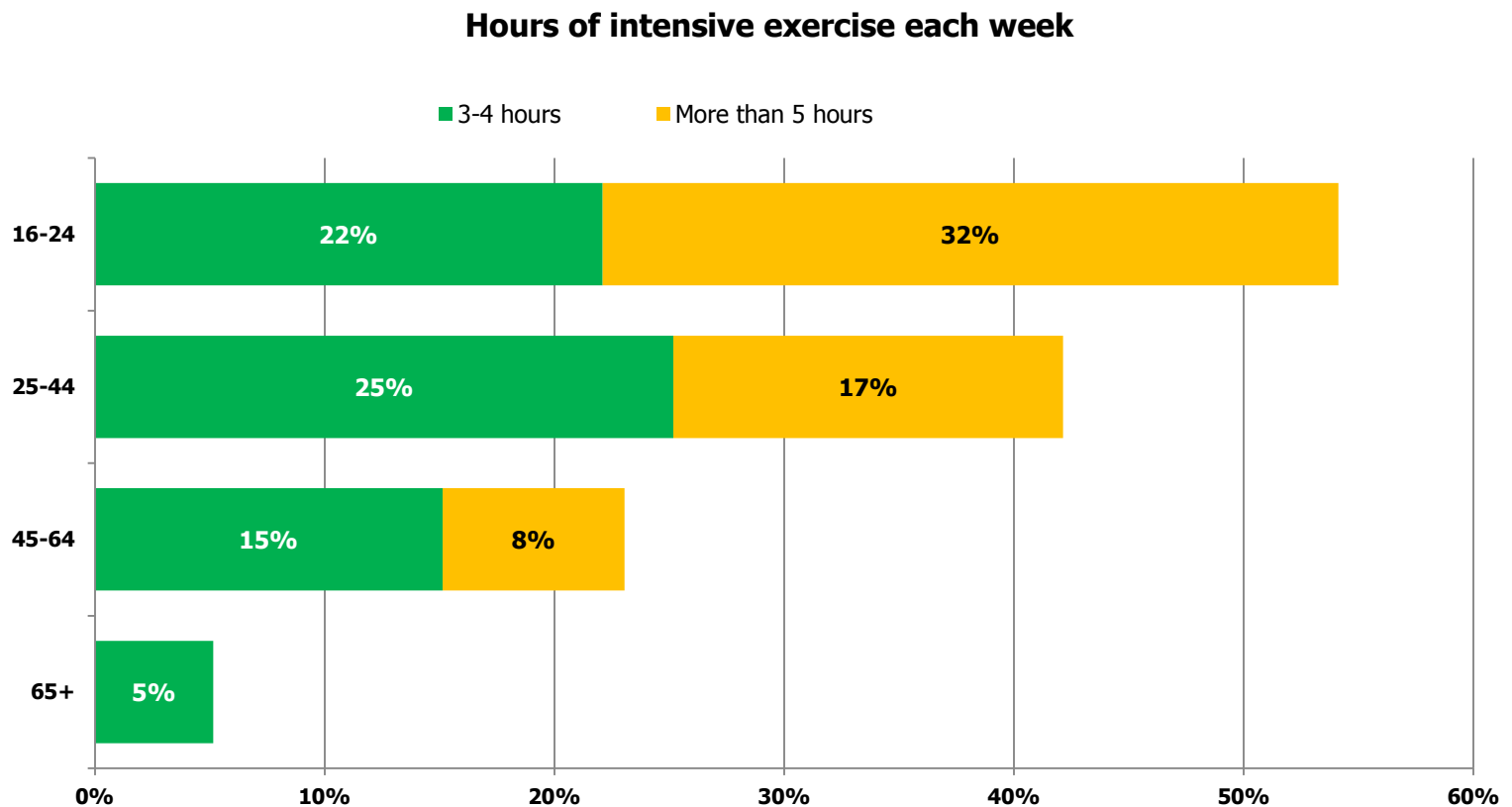
Smoking Comparisons

Smoking Prevalence Rates for Selected Nations




Physical Activity

- ✓ The proportion of people who exercise intensively decreases steadily with age.



Factors preventing exercise

- ✓ Lack of leisure time,
 - ✓ Illness, Injury and disability,
 - ✓ Lack of incentive,
 - ✓ Not interested/Do not enjoy exercise.
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Summing Up



The level of overweight & obese people in Gibraltar is very high. 3 out of 5 adults are overweight/obese



Very high prevalence of smoking in Gibraltar, especially in young adults.



Alcohol consumption in Gibraltar is two-sided. The majority of Gibraltarians either abstain from alcohol completely or drink only very occasionally.