



**PRAXIS**

**SMOKING AND ALCOHOL  
PREVALENCE REPORT**

**April 2017**

**Wirral Borough Council Smoking and Alcohol Prevalence Survey November/December 2016**

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## Executive Summary

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In November 2016 Wirral Borough Council commissioned Praxis to conduct a survey to update their database of information relating to smoking prevalence and patterns of alcohol consumption in the 20% most deprived areas of Wirral. This report summarises the findings of this survey, including analysis of trends and comparison with previous smoking prevalence surveys (the first baseline survey was carried out in 2009).

In total 2,902 interviews were successfully completed, from a pool of 5,000 residential addresses – a response rate of 58%. Interviews took place during November and December 2016 with a small number being completed in January 2017.

### **Smoking**

The current reported smoking prevalence rate for Wirral is 18.9%, however local prevalence surveys focused in areas of greatest socio-economic deprivation reported significantly higher rates (31.4% in 2012). The overall smoking prevalence rate for areas surveyed in 2016 was 30.6%, this represents a significant decrease from the 2009 baseline rate of 34.7%.

Smoking prevalence varies across demographic categories. Women (29.8%) have a lower prevalence rate than men (32.0%). White British (31.0%) respondents have a higher rate than members of BME communities (25.1%). People in routine or manual employment, or who are unemployed (37.6%) have a higher prevalence rate than those in other roles (25.0%). People aged between 25-34 (36.9%) have the highest prevalence rate of all age categories, while those aged 60+ (23.5%) or 16-19 (26.4%) have the lowest.

The mean number of years respondents had smoked was 23.07. They smoked an average of 15.35 manufactured cigarettes, or 14.67 hand rolled. Respondents had attempted to quit 1.6 times in the previous six months, on average, with the most popular methods being use of E-Cigarettes or willpower. 11.6% of respondents intended to quit smoking in the next month, while a further 19.3% intended to quit in the next year.

Only 22% of current smokers smoked while in a car, whilst 47.8% smoked within their homes. Cannabis had been used by 24.0% of smokers, with 17.2% of those currently using it daily and 16.4% using weekly.

Vaping had been tried by 35.5% of all smokers, with 39.3% of those currently vaping daily and 12.9% weekly. A minority of respondents intended to give up vaping either in the next month (13.2%) or year (15.2%).

### **Alcohol**

The overall alcohol prevalence rate for the areas surveyed in 2016 was 67.1%.

Alcohol prevalence varied between demographic categories. Men (71.5%) have a higher prevalence than women (64.7%). White British respondents (68.7%) had a higher prevalence than BME communities (47.0%). 20-24 year old respondents (76.7%) had the highest prevalence with 60+ (61.3%) and 16-19 (58.4%) having the lowest.

30.9% of respondents drank alcohol at least once a week; including 4.3% who were daily drinkers, 55.2% had drunk an alcoholic drink in the previous week. The mean amount of alcohol consumed by respondents in the previous week was 12.34, with 25.5% consuming over 14 units in this period.

The mean amounts of alcohol respondents had drunk in the previous week were as follows:

- Low alcohol beer/cider/lager – 3.30 pints
- Normal strength beer/cider/lager – 6.69 pints
- Strong beer/cider/lager – 6.31 pints
- Alcopops – 3.00 bottles
- Spirits – 6.42 glasses
- Wine – 5.01 glasses
- Fortified wine – 1.54 glasses

The most common reasons noted for respondents drinking were 'Makes socialising more fun' (60.3%) and 'Helps me relax' (41.0%). 39.1% of respondents did most or all of their drinking in the home.

The percentage of respondents who had reduced or attempted to stop drinking at any time was 39.1%, with the mean number of attempts being 2.75. In the past 12 months 14% of respondents had reduced their drinking, and 13.6% had stopped drinking. Relatively small numbers of respondents intended to give up drinking in the next month (0.8%) or year (1.3%), while slightly more intended to reduce the amount they drank in the next month (1.6%) or year (4.6%). Most respondents stated that they were unlikely to give up (44.2%) or would not give up drinking (41.0%)

2.9% of all respondents said that they had ever been in alcohol treatment. The most common specialist services used by respondents were 'Gp or nurse' and 'Specialist alcohol service' although 'Willpower' was the most popular response, with more responses than all other categories combined.

# 1 INTRODUCTION

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## 1.1 The National and Local Context for Smoking and Alcohol Related Health Issues

Tobacco smoking is the single largest preventable cause of ill health, premature death and inequalities, killing over 79,000 people each year in England. The death rate in Wirral is 680 adults aged 35 years and over per annum. This is greater than the total number of deaths from alcohol, obesity, illegal drugs, murder, suicide, road traffic accidents and HIV infection combined.

Wirral's smoking rates have dropped since 2009. The current reported prevalence rate for the borough is 18.9% (2015<sup>1</sup>); however this is an estimate and is subject to a degree of uncertainty. It also masks a wide range of smoking rates across the borough.

Smoking disproportionately affects those disadvantaged by poverty and is a major contributor to health inequalities, accounting for half of the difference in life expectancy between social classes. Local prevalence surveys focused in areas of greatest socio-economic deprivation reported a prevalence rate of 31.4% in 2012. The 2016 survey found that smoking prevalence was highest in routine and manual groups (33%) than other groups (26%) and was higher in White British groups (32%) than Black and Minority ethnic groups (18%).

Drinking alcohol has been part of British culture for hundreds of years, 85% of adults drink alcohol. However 1 in 5 adults drink too much. The average amount of alcohol drunk per person per year has increased from 5 litres in the 1950s to 11 litres today. Societal harm in the UK from alcohol includes one million incidents of violent crime, over 100,000 cases of domestic abuse, and over 250 deaths from drink driving. Nearly 15,000 deaths per year in England are caused by alcohol this is 3% of all deaths. Drinking at unsafe levels has fallen slightly in the last 5 years, though is increasing in young women. The total societal cost of alcohol misuse is £21billion per year. Nationally, between 2001– 2012 there was a 40% increase in deaths with an underlying cause of liver disease.

In November 2016 Wirral Borough Council commissioned Praxis to conduct a survey to update their database of information relating to smoking prevalence and patterns of alcohol consumption in the 20% most deprived areas of Wirral.

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<sup>1</sup> Public Health England, Wirral Health Profile September 2016



## 1.2 Research Objectives

The research objectives were defined as follows:

- Establish smoking prevalence in the most deprived 20% of areas (or most deprived quintile nationally based on the Index of Multiple Deprivation (IMD) using an adapted version of a previous smoking behaviour survey
- Establish prevalence/patterns of alcohol consumption in the aforementioned areas
- Analyse all data to identify trends and patterns of significance with regards to demographics including occupation, ethnicity, age, gender and postcode of each current, occasional or ex-smoker, e-cigarette user current or past
- Analyse all data to identify trends and patterns of alcohol behaviours of significance with demographics including occupation, ethnicity, age, gender and full postcode
- Compare and contrast smoking prevalence results with previously collected prevalence surveys and identify any significant differences between surveys
- Present reports to Wirral Council, Public Health in a user friendly format, including an executive summary and short presentation highlighting key graphs and points

The success of any longitudinal prevalence survey is adherence to the overriding principle that every adult (aged 16 and over) normally resident in the target geographical area has 'an equal probability of selection'. The only permitted deviation from this principle is the safety of the interviewer and the avoidance of potentially unsafe properties/areas.

The sampling population for this survey was defined as all residential households located within the 20% most deprived areas of the Wirral. Wirral Borough Council provided Praxis with a list of postal codes matching the 20% most deprived areas and this formed the sampling frame from which individual addresses were identified and contacted

From the total list of postal codes, 200 individual postal codes were identified using a randomized method of selection. The original aim was to provide a map of each individual postal code area and from which to identify 25 individual properties. The reality was that some of these postal code areas corresponded to open spaces or industrial properties and therefore adjacent postal codes were purposefully used as replacements. It was also necessary at times to create clusters of adjacent postal code areas to identify 25 individual addresses. The original aim was to identify 5,000 addresses from which to interview 3,500

residents. The reality was that this methodology only delivered 2,902 successfully completed interviews – a response rate of 58%. The primary reason for this low response rate was the short ‘window of opportunity’ interviewers had to find respondents willing to cooperate. Short daylight hours and the run-up to Christmas severely restricted the time householders were willing to open their door. Targeted completion rates for weekday interviews were not met.

The process of respondent selection was based on a methodology where interviewers were given a ‘starting address’ in each postal code area or cluster of postal code areas and was then required to select every third household until they had contacted 25 in total. Interviewers were required to note the address of households contacted and make up to three attempts to complete a face to face interview. The only time an interviewer could deviate from this instruction was when it was clear the property was vacant, gated or unsafe. When this procedure identified sheltered or other restricted accommodation the interviewer was required to seek permission of the warden to enter. Included in the total number of interviews were 32 that had completed by phone.

Interviewers were required to vary the time of their visits – starting late morning and continuing through to early evening, seven days a week. A field supervisor closely monitored the work of interviewers and be on hand to resolve queries. A 5% verification check was made to confirm or otherwise that the interview took place. (See below)

All the interviewers were experienced in social, health and market research fieldwork. They wore a photo ID badge, provided the respondent with a letter explaining the purpose of the research, how the identity of the respondent is protected, who the sponsor is and a phone number should the respondent wish to confirm the identity of the interviewer or make a complaint about the conduct of the interviewer.

Fieldwork was undertaken during November and December 2016 and two interviewers continued interviewing until mid-January 2017.

### **Verification Audit**

A ‘call-back’ verification audit was undertaken to confirm or otherwise that interviews had taken place with a random selection of respondents who had provided a personal phone number. Two telephone interviewers were employed and were instructed

to use the following script: “I am calling on behalf of Praxis about a survey on Smoking and Alcohol that we did in your area before Christmas. I would just like to confirm whether or not you took part in this survey?”

232 phone numbers were randomly selected and the response summary was:

145 confirmed they had taken part, 16 said they couldn’t remember taking part, 45 no answers and 26 line dead or wrong number. These results were consistent with our expectations, so we were able to conclude that the fieldwork was undertaken appropriately and in accordance with MRS protocols.

## 1.1 Number of interviews completed within each of the specified areas

Postcode	Areas	No. of interviews
<b>CH41</b>	Birkenhead	688
<b>CH42</b>	Birkenhead & Tranmere	480
<b>CH43</b>	Bidston, Claughton, Oxton & Prenton	453
<b>CH44</b>	Seacombe	390
<b>CH45</b>	Liscard	243
<b>CH46</b>	Moreton & Leasowe	219
<b>CH48</b>	West Kirby	97
<b>CH49</b>	Woodchurch & Upton	274
<b>CH62</b>	Bromborough & Eastham	41
	<b>TOTAL</b>	<b>2885</b>

N.B. The total number of interviews completed was 2902. 17 questionnaires from the household survey did not contain complete or legible postcodes but we are confident the respondent resided within the designated sample areas and the questionnaire was included in the analysis.

## 2. Characteristics of Respondents

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### 2.1 Demographic characteristics

	Number	Percentage			
		2016	2012	2011	2010
<b>Gender</b>					
Male	1193	41.5	40.9	41.2	40.1
Female	1684	58.5	59.1	58.8	59.9
<b>Age</b>					
16-19	106	3.7	2.8	3.5	3.6
20-24	219	7.6	6.2	6.4	6.0
25-34	499	17.2	16.2	15.5	14.9
35-49	667	23.0	25.6	24.8	26.3
50-59	484	16.7	16.2	16.2	14.9
60+	921	31.8	33.0	33.6	34.3
<b>Ethnicity</b>					
WHITE – British	2467	94.2*	96.4	95.6	95.3
WHITE - English	208				
WHITE – Irish	34				
WHITE – Scottish	13				
WHITE – Welsh	8				
Polish	20				
WHITE – Other White background	27				
MIXED – White and Black Caribbean	4				
MIXED – White and Black African	1				
MIXED – White and Asian	3				
MIXED – Other Mixed background	4				

<b>ASIAN/ASIAN BRITISH – Indian</b>	8				
<b>ASIAN/ASIAN BRITISH – Pakistani</b>	5				
<b>ASIAN/ASIAN BRITISH – Bangladeshi</b>	22				
<b>ASIAN/ASIAN BRITISH – Other Asian</b>	13				
<b>BLACK/BLACK BRITISH – Caribbean</b>	2				
<b>BLACK/BLACK BRITISH – African</b>	7				
<b>BLACK/BLACK BRITISH – Other Black background</b>	3				
<b>CHINESE or OTHER ETHNIC GROUP – Chinese</b>	5				
<b>Arabic</b>	2				
<b>Prefer not to say</b>	16				
<b>Total BME</b>		5.8	3.6	4.4	4.7
<b>Occupation</b>					
<b>Routine, manual or unemployed</b>	1241	42.8	78.0	68.9	68.5
<b>Other occupation</b>	1593	54.9	21.2	25.5	24.5
<b>Not stated/Unable to Code</b>	68	2.3	0.8	5.6	6.9
<b>Caring Duties</b>	232	8.0			

\*White British includes White English, White Scottish and White Welsh.

### 3. Findings - Smoking

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#### 3.1. Smoking Prevalence

##### 3.1.1 Smoking Prevalence – Overall Results 2009 – 2016 [Sample Base for 2016 = 2902]

Classification	2009	2010	2011	2012	2016	+/- Variation 2009 – 2016	95% C.I.	Result
Overall Smoking Prevalence [2902]	34.7%	34.5%	33.2%	31.4%	30.6%	- 4.1%	+/- 1.68	Significant

##### 3.1.2 Smoking Prevalence – Gender 2009 – 2016 [Sample Base for 2016 in brackets]

Classification	2009	2010	2011	2012	2016	+/- Variation 2009 – 2016	95% C.I.	Result
Male [1193]	35.1%	35.5%	35.3%	36.2%	32.0%	-3.1%	+/- 2.65	Significant
Female [1684]	34.5%	33.8%	31.7%	28.9%	29.8%	-4.7%	+/- 2.18	Significant

### 3.1.3 Smoking Prevalence – Ethnicity 2009 – 2016 [Sample Base for 2016 in brackets]

Classification	2009	2010	2011	2012	2016	+/- Variation 2009 – 2016	95% C.I.	Result
White British [2696]	34.9%	34.7%	33.6%	31.9%	31.0%	- 3.9%	+/- 1.75	Significant
BME [167]	29.4%	29.8%	21.1%	18.4%	25.1%	- 4.3%	+/- 6.58	Not Significant

### 3.1.4 Smoking Prevalence – Occupation 2009 – 2016 [Sample Base for 2016 in brackets]

Classification	2009	2010	2011	2012	2016	+/- Variation 2009 – 2016	95% C.I.	Result
Routine, Manual or Unemployed [1241]	38.3%	39.0%	37.1%	32.7%	37.6%	- 0.7%	+/- 2.69	Not Significant
Other [1593]	25.7%	24.9%	23.6%	26.2%	25.0%	-0.7%	+/- 2.13	Not Significant
Not Stated/Unable to Code [68]	30.3%	23.5%	27.4%	37.0%	35.3%	+5.0%	+/- 11.36	Not Significant

### 3.1.5 Smoking Prevalence – Age 2009 – 2016 [Sample Base for 2016 in brackets]

Classification	2009	2010	2011	2012	2016	+/- Variation 2009 – 2016	95% C.I.	Result
<b>16 – 19 [106]</b>	38.3%	30.3%	35.8%	31.6%	26.4%	- 11.9%	+/- 8.39	Significant
<b>20 – 24 [219]</b>	38.9%	36.9%	31.4%	31.0%	34.7%	- 4.2%	+/- 6.30	Not Significant
<b>25 – 34 [499]</b>	43.2%	38.7%	40.5%	38.5%	36.9%	- 6.3%	+/- 4.23	Significant
<b>35 – 49 [667]</b>	42.2%	41.0%	40.4%	37.2%	32.5%	- 9.7%	+/- 3.55	Significant
<b>50 – 59 [484]</b>	37.1%	40.1%	34.5%	35.5%	34.5%	- 2.6%	+/- 4.24	Not Significant
<b>60+ [921]</b>	24.2%	25.5%	24.4%	21.8%	23.5%	-0.7%	+/- 2.74	Not Significant

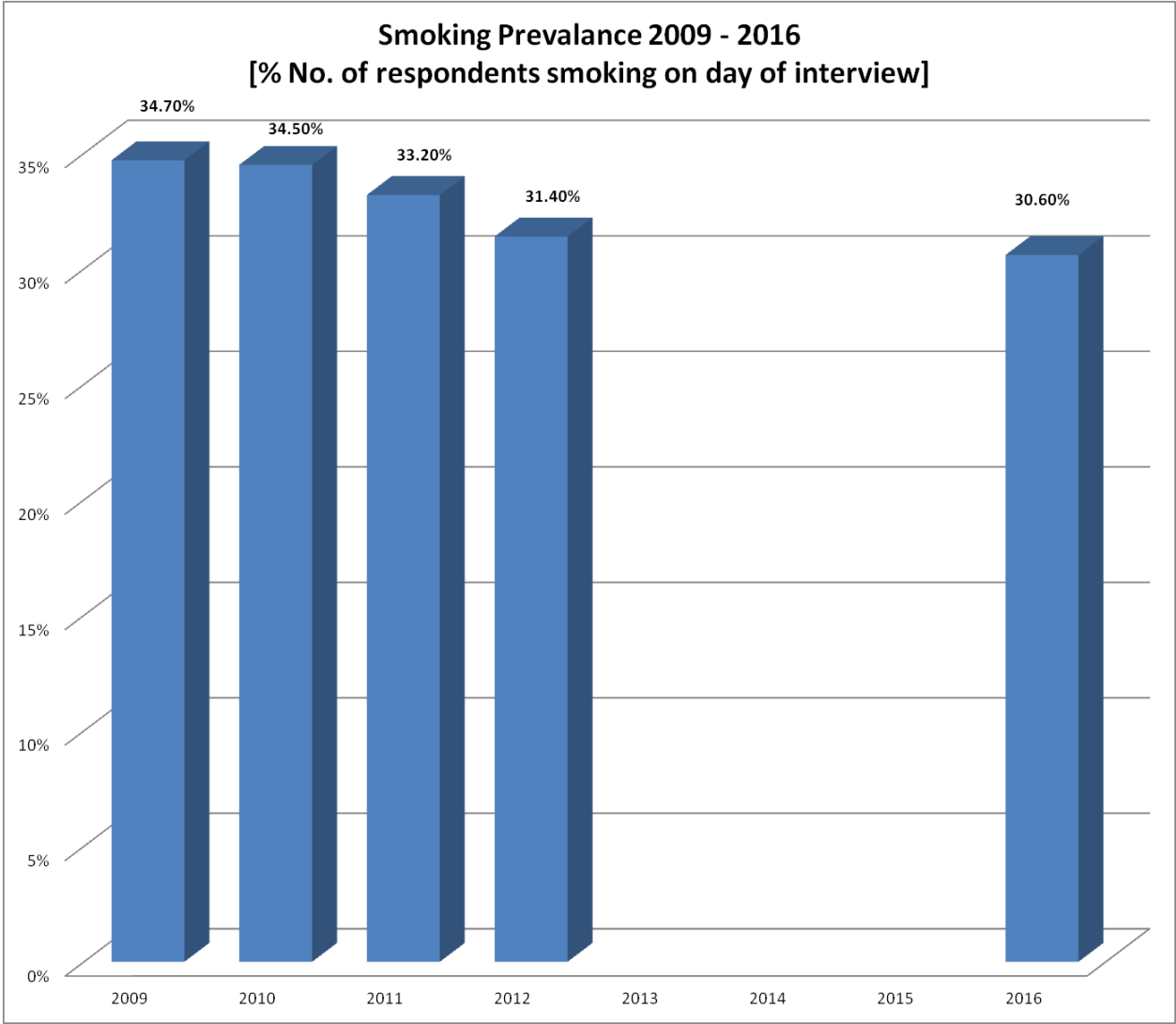
N.B. Total sample sizes within each classification category do not add to 2,902 because of missing data.

*Technical Note.*

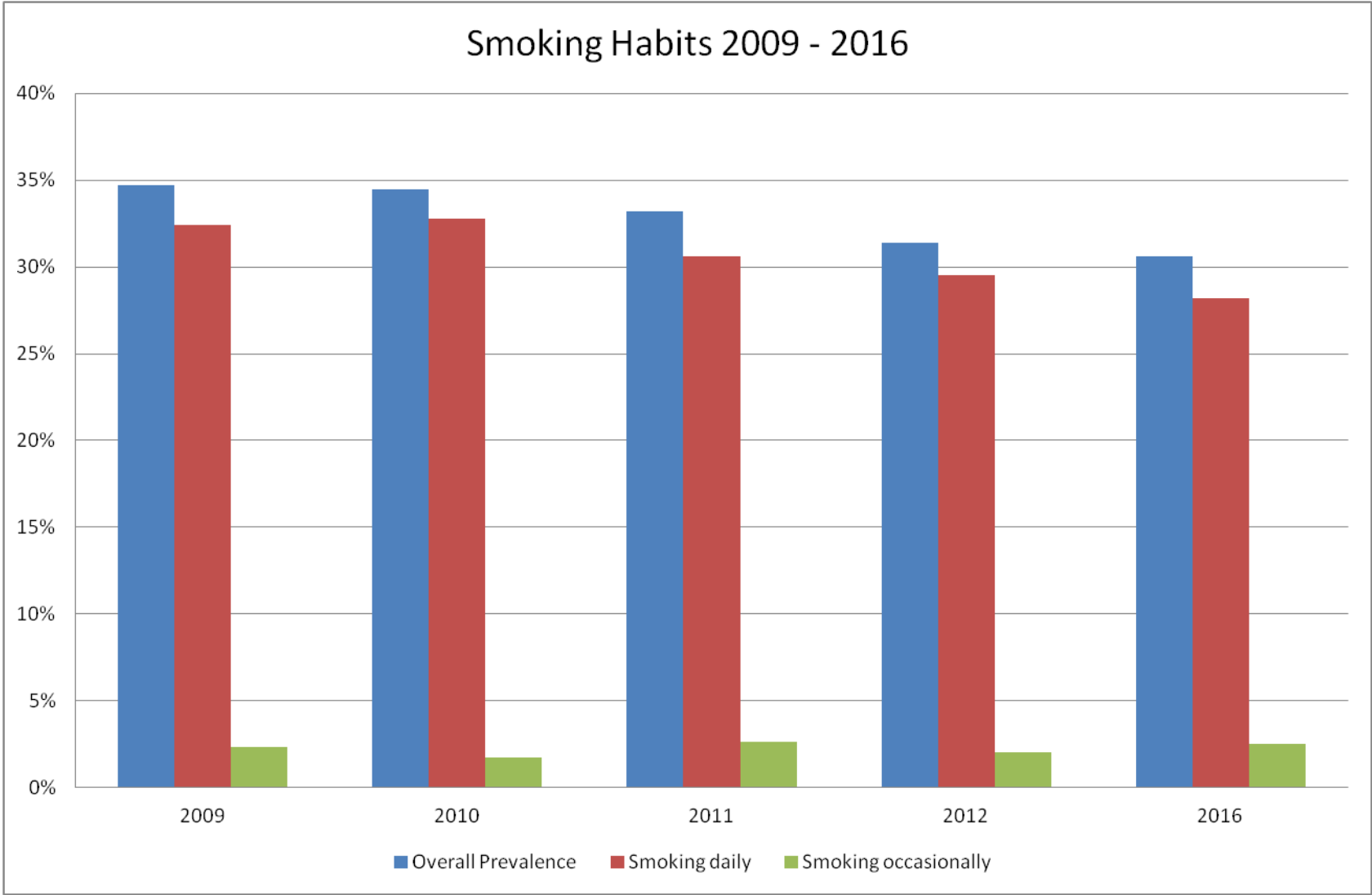
Prevalence is calculated from the responses to the question asked in the interview, ‘Do you now smoke: Daily, Occasionally or Not at all?’ [Q4]. Respondents who answer either ‘Daily’ or ‘Occasionally’ are counted as currently smoking for the calculation, while those who answer ‘Not at all’ are not. The base figure used to calculate the prevalence rate also includes respondents who have been routed to the subsequent section of the questionnaire by question 1 or 2, (‘Have you ever smoked?’ and ‘Have you ever smoked at least 100 cigarettes in your lifetime?’) and will be missing cases. It is unlikely that any respondents will have refused to answer these initial questions or halted the interview at this stage, so there should be little if any distortion of the prevalence figures from incorrect attribution of missing cases.

Year on year variations within demographic categories do not necessarily correlate to the overall prevalence reduction.





**Chart 1: Smoking Prevalance 2009 – 2016**



**Chart 2: Smoking Habits 2009 – 2016**

### 3.2 Lifetime Smoking Habits

Lifetime smoking	Never Smoked in lifetime	Ever smoked in lifetime	Smoked 100 cigarettes in lifetime	Smoked daily in lifetime
<b>All sample [2902]</b>	1142 <b>39.4%</b> [ 41.1%]	1759 <b>60.6%</b> [58.9%]	1627 <b>56.1%</b> [56.7%]	1593 <b>54.9%</b> [55.3%]
<b>Gender</b>				
<b>Male [1193]</b>	429 <b>36.0%</b> [35.2%]	764 <b>64.0%</b> [64.8%]	714 <b>63.0%</b> [59.8%]	699 <b>58.6%</b> [61.5%]
<b>Female [1683]</b>	701 <b>41.7%</b> [44.2%]	982 <b>58.3%</b> [55.8%]	902 <b>53.3%</b> [53.6%]	883 <b>52.5%</b> [51.9%]
<b>Ethnicity</b>				
<b>White Brit. [2696]</b>	1032 <b>38.3%</b> [40.4%]	1663 <b>61.7%</b> [59.6%]	1541 <b>57.2%</b> [57.5%]	1511 <b>56.0%</b> [56.1%]
<b>BME [167]</b>	86 <b>51.5%</b> [61.6%]	81 <b>48.5%</b> [38.4%]	72 <b>43.1%</b> [35.2%]	69 <b>41.3%</b> [33.6%]
<b>Occupation</b>				
<b>R, M or U [1241]</b>	448 <b>36.1%</b> [38.0%]	792 <b>63.8%</b> [62.0%]	739 <b>59.5%</b> [59.7%]	726 <b>58.5%</b> [58.6%]
<b>Other [1591]</b>	670 <b>42.1%</b> [53.1%]	923 <b>58.0%</b> [46.9%]	847 <b>53.2%</b> [44.9%]	827 <b>52.0%</b> [43.7%]
<b>Unable to Code [68]</b>	24 <b>35.3%</b> [28.6%]	44 <b>64.7%</b> [71.4%]	41 <b>60.3%</b> [71.4%]	40 <b>58.8%</b> [71.4%]
<b>Age</b>				
<b>16-19 [106]</b>	66 <b>62.3%</b> [56.8%]	40 <b>37.7%</b> [43.2%]	36 <b>34.0%</b> [36.8%]	36 <b>34.0%</b> [35.8%]
<b>20-24 [219]</b>	117 <b>53.4%</b> [58.2%]	102 <b>46.6%</b> [41.8%]	96 <b>43.8%</b> [48.0%]	94 <b>42.9%</b> [37.1%]
<b>25-34 [499]</b>	214 <b>42.9%</b> [45.0%]	285 <b>57.1%</b> [55.0%]	264 <b>52.9%</b> [52.7%]	252 <b>50.5%</b> [50.5%]
<b>35-49 [667]</b>	268 <b>40.2%</b> [39.9%]	398 <b>59.7%</b> [60.1%]	371 <b>55.6%</b> [58.5%]	363 <b>54.4%</b> [56.7%]
<b>50-59 [484]</b>	178 <b>36.8%</b> [37.8%]	306 <b>63.2%</b> [62.2%]	291 <b>60.1%</b> [60.4%]	289 <b>59.7%</b> [59.1%]
<b>60+ [921]</b>	293 <b>31.8%</b> [37.2%]	628 <b>68.2%</b> [62.8%]	569 <b>61.8%</b> [60.7%]	559 <b>60.7%</b> [59.8%]

2012 percentages are shown in brackets.

### 3.3 Current smoking habits [2012, 2011 and 2010 results are included for comparison]

	Smoking					Smoking daily					Smoking occasionally				
	2016	2012	2011	2010	2009	2016	2012	2011	2010	2009	2016	2012	2011	2010	2009
<b>All sample [2902]</b>	<b>30.6%</b>	31.4%	33.2%	34.5%	34.7%	<b>28.2%</b>	29.5%	30.6%	32.8%	32.4%	<b>2.5%</b>	2.0%	2.6%	1.7%	2.3%
<b>Gender</b>															
<b>Male [1193]</b>	<b>32.0%</b>	36.2%	35.3%	35.5%	35.1%	<b>29.0%</b>	34.1%	33.0%	33.7%	32.6%	<b>3.0%</b>	2.1%	2.3%	1.8%	2.5%
<b>Female [1683]</b>	<b>29.8%</b>	28.9%	31.7%	33.8%	34.5%	<b>27.7%</b>	26.9%	28.9%	32.2%	32.2%	<b>2.1%</b>	2.0%	2.8%	1.6%	2.2%
<b>Ethnicity</b>															
<b>White British [2696]</b>	<b>31.0%</b>	31.9%	33.6%	34.7%	34.9%	<b>28.6%</b>	29.9%	31.1%	33.1%	32.6%	<b>2.4%</b>	2.0%	2.5%	1.6%	2.3%
<b>BME [167]</b>	<b>25.1%</b>	18.4%	21.1%	29.8%	29.4%	<b>23.4%</b>	16.8%	15.6%	24.5%	26.6%	<b>1.8%</b>	1.6%	5.5%	5.3%	2.8%
<b>Occupation</b>															
<b>R, M or U [1241]</b>	<b>37.6%</b>	32.7%	37.1%	39.0%	38.3%	<b>35.5%</b>	31.1%	34.2%	37.3%	36.2%	<b>2.1%</b>	1.6%	2.9%	1.7%	2.1%
<b>Other [1591]</b>	<b>25.0%</b>	26.2%	23.6%	24.9%	25.7%	<b>22.5%</b>	22.8%	21.6%	23.0%	22.5%	<b>2.5%</b>	3.4%	2.0%	1.9%	3.2%
<b>Unable to Code [68]</b>	<b>35.3%</b>	37.0%	27.4%	23.5%	30.3%	<b>27.9%</b>	33.3%	26.4%	22.6%	29.3%	<b>7.4%</b>	3.7%	1.0%	0.9%	1.0%
<b>Age</b>															
<b>16-19 [106]</b>	<b>26.4%</b>	31.6%	35.8%	30.3%	38.3%	<b>25.5%</b>	28.4%	32.1%	28.6%	35.0%	<b>0.9%</b>	3.2%	3.7%	1.7%	3.3%
<b>20-24 [219]</b>	<b>34.7%</b>	31.0%	31.4%	36.9%	38.9%	<b>30.1%</b>	27.7%	28.2%	35.4%	35.8%	<b>4.6%</b>	3.3%	3.2%	1.5%	3.1%
<b>25-34 [499]</b>	<b>36.9%</b>	38.5%	40.5%	38.7%	43.2%	<b>33.1%</b>	35.3%	34.7%	36.1%	38.5%	<b>3.8%</b>	3.2%	5.8%	2.6%	4.7%
<b>35-49 [667]</b>	<b>32.5%</b>	37.2%	40.4%	41.0%	42.2%	<b>30.4%</b>	35.0%	37.9%	39.6%	39.7%	<b>2.1%</b>	2.2%	2.5%	1.4%	2.5%
<b>50-59 [484]</b>	<b>34.5%</b>	35.5%	34.5%	40.1%	37.1%	<b>31.8%</b>	34.1%	33.3%	37.9%	36.0%	<b>2.7%</b>	1.4%	1.2%	2.2%	1.1%
<b>60+ [921]</b>	<b>23.5%</b>	21.8%	24.4%	25.5%	24.2%	<b>21.9%</b>	20.7%	22.8%	24.2%	22.7%	<b>1.5%</b>	1.1%	1.6%	1.3%	1.5%

### 3.4 Mean number of years smoked in lifetime

	Mean number of years smoked			
	2016	2012	2011	2010
<b>All sample [1599]</b>	<b>23.07</b>	23.96	23.66	24.42
<b>Gender</b>				
<b>Male</b>	<b>23.47</b>	24.56	24.33	25.22
<b>Female</b>	<b>22.72</b>	23.42	23.19	23.79
<b>Ethnicity</b>				
<b>White British</b>	<b>23.33</b>	24.12	24.03	24.70
<b>BME</b>	<b>16.96</b>	15.79	13.41	18.23
<b>Occupation</b>				
<b>R, M or U</b>	<b>20.02</b>	25.35	24.21	24.98
<b>Other</b>	<b>25.64</b>	17.34	20.05	20.70
<b>Not stated</b>	<b>24.97</b>	19.00	29.58	29.78
<b>Age</b>				
<b>16-19</b>	<b>3.97</b>	3.71	3.89	4.21
<b>20-24</b>	<b>6.06</b>	6.97	5.80	6.89
<b>25-34</b>	<b>10.54</b>	11.29	10.83	11.21
<b>35-49</b>	<b>18.98</b>	19.66	19.52	19.53
<b>50-59</b>	<b>26.36</b>	28.09	25.43	28.42
<b>60+</b>	<b>33.84</b>	33.40	34.27	35.18

N. B. This calculation is based on the number of smokers answering Q6 'How many years have you smoked /did you smoke daily?' [n = 1599]

### 3.5 Mean number of tobacco products used daily by respondents who have smoked

	Manufactured cigarettes [1241]			Hand-rolled cigarettes [466]			Pipe bowls [9]	Cigars, cheroots or cigarillos [14]	Bidi [0]	Goza [0]	Chew [0]
	2016	2012	2011	2016	2012	2011					
<b>All sample</b>	<b>15.35</b>	16.97	16.62	<b>14.67</b>	17.24	16.81	<b>7.67</b>	<b>5.29</b>			
<b>Gender</b>											
<b>Male</b>	<b>16.49</b>	18.43	18.31	<b>15.85</b>	17.90	18.08	<b>8.25</b>	<b>5.54</b>			
<b>Female</b>	<b>14.70</b>	16.08	15.67	<b>12.71</b>	15.73	13.58	<b>3.00</b>	<b>2.00</b>			
<b>Ethnicity</b>											
<b>White British</b>	<b>15.33</b>	17.09	16.76	<b>14.55</b>	17.36	17.00	<b>7.67</b>	<b>5.29</b>			
<b>BME</b>	<b>16.06</b>	12.80	12.87	<b>15.23</b>	8.83	11.69	-	-			
<b>Occupation</b>											
<b>R, M or U</b>	<b>14.24</b>	17.52	16.37	<b>15.29</b>	17.50	16.89	<b>20.00</b>	<b>5.60</b>			
<b>Other</b>	<b>16.14</b>	14.62	16.92	<b>13.73</b>	15.77	15.11	<b>6.13</b>	<b>5.11</b>			
<b>Not stated</b>	<b>17.67</b>	13.58	19.55	<b>18.77</b>	17.00	21.28	-	-			
<b>Age</b>											
<b>16-19</b>	<b>11.08</b>	9.22	10.20	<b>12.33</b>	13.67	8.30	-	-			
<b>20-24</b>	<b>9.36</b>	12.26	12.02	<b>11.83</b>	13.76	11.59	-	-			
<b>25-34</b>	<b>11.12</b>	14.04	12.65	<b>12.85</b>	13.12	13.34	-	-			
<b>35-49</b>	<b>14.26</b>	16.11	16.27	<b>14.65</b>	17.61	16.57	-	-			
<b>50-59</b>	<b>16.61</b>	19.49	18.48	<b>16.85</b>	19.45	19.89	-	<b>2.00</b>			
<b>60+</b>	<b>18.40</b>	18.70	18.51	<b>15.41</b>	17.90	18.12	<b>7.67</b>	<b>12.00</b>			

Extreme care needs to be exercised with some results because of very small sample sizes.

### 3.6 Time since last smoked daily [actual numbers of respondents]

	Less than a month	One month but less than six months	Six months or longer but less than one year	One year or longer but less than five years	Five years or longer but less than ten years	Ten years or longer
<b>All sample [1349]</b>	588 [20.3%]	37 [1.3%]	46 [1.6%]	171 [5.9%]	138 [4.8%]	367 [12.7%]
<b>Gender [1338]</b>						
Male	256	18	19	64	69	178
Female	330	18	27	103	68	188
<b>Ethnicity [1338]</b>						
White British	558	36	42	161	131	354
BME	25	1	3	10	5	12
<b>Occupation [1347]</b>						
R, M or U	335	19	24	80	48	104
Other	238	18	18	86	85	258
Not stated	15	0	4	5	5	5
<b>Age [1347]</b>						
16-19	25	2	2	2	0	0
20-24	46	2	9	10	2	0
25-34	116	10	10	36	20	7
35-49	152	7	10	50	25	56
50-59	101	7	8	31	30	54
60+	148	9	7	42	51	250

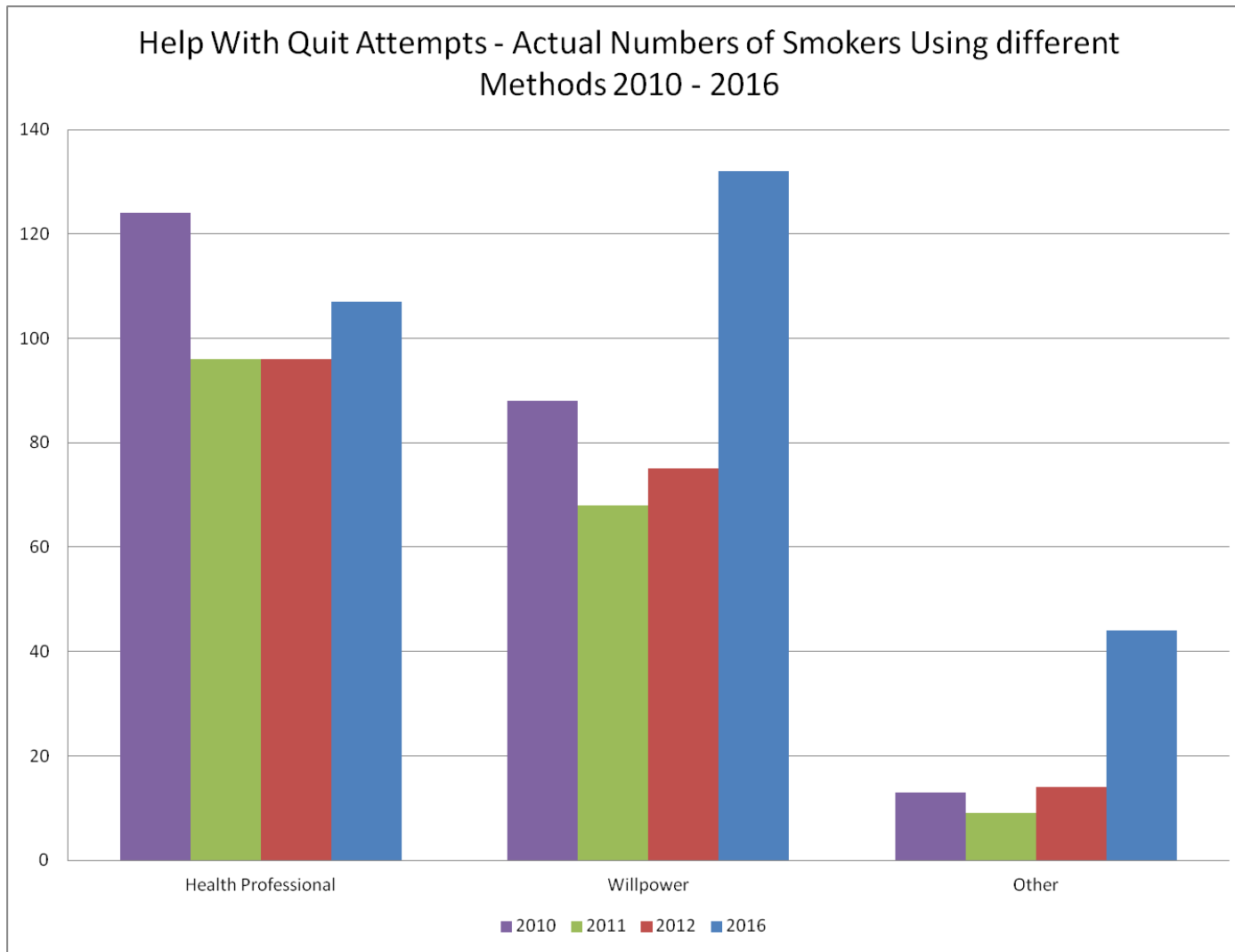
### 3.7 Mean number of quit attempts lasting longer than four weeks in the last six months

	No. of attempts 2016
<b>All sample [267]</b>	<b>1.59</b>
<b>Gender</b>	
Male	1.60
Female	1.59
<b>Ethnicity</b>	
White British	1.59
BME	1.33
<b>Occupation</b>	
R, M or U	1.53
Other	1.69
Not stated	1.13
<b>Age</b>	
16-19	1.31
20-24	1.70
25-34	1.55
35-49	1.50
50-59	1.42
60+	1.91



### 3.8 Method of quit attempts lasting longer than four weeks in the last six months (actual numbers)

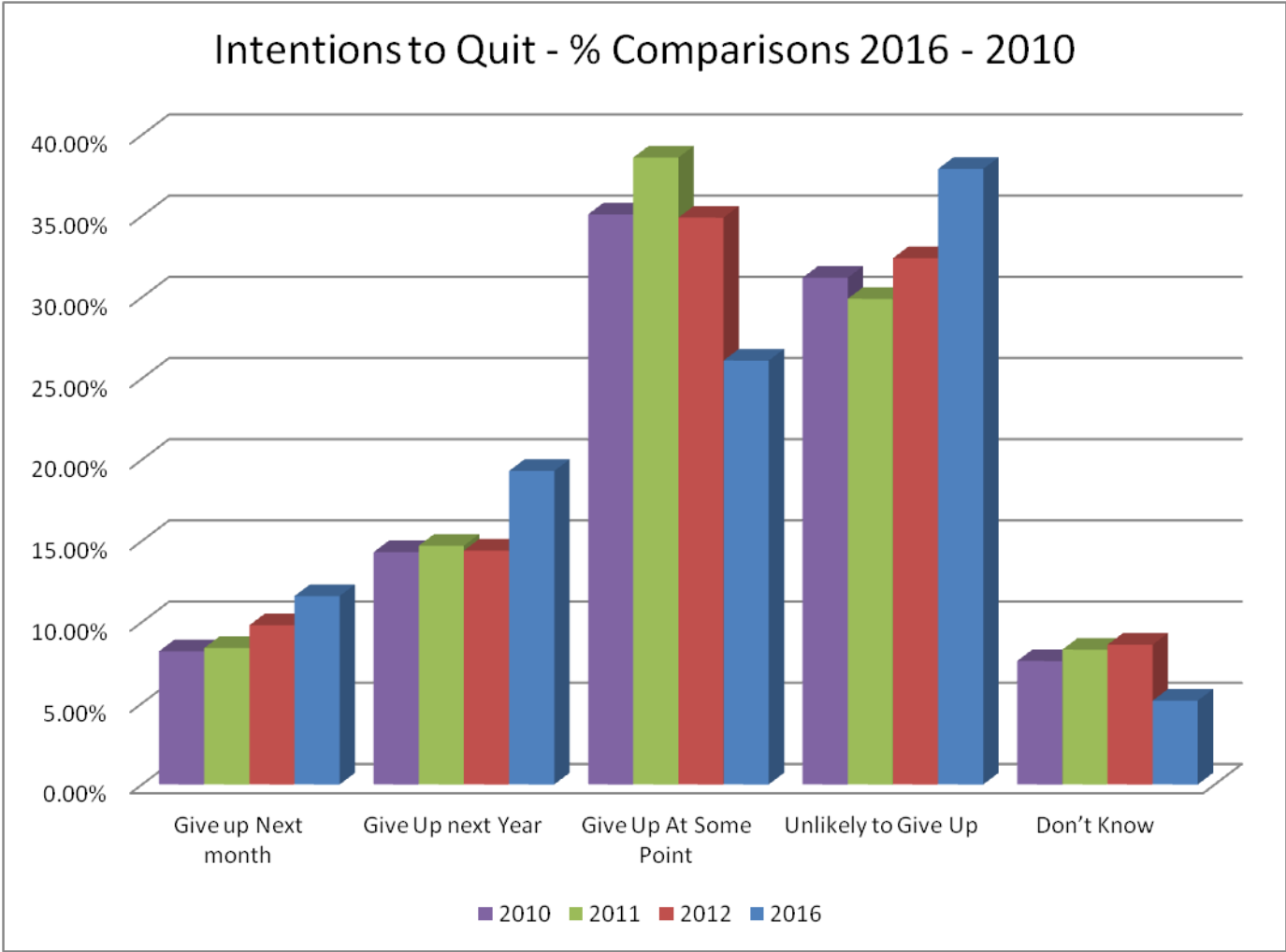
	Nicotine Replacement	Champix	Zyban	Will power	E-Cigarettes	GP or nurse	Stop Smoking Service	Pharmacy	Friends/family	Other
<b>All sample</b>	117	53	8	299	183	112	87	29	45	24 (10)
<b>Gender</b>										
<b>Male</b>	47	22	3	130	80	51	38	7	17	7
<b>Female</b>	70	30	5	167	102	60	48	22	28	17
<b>Ethnicity</b>										
<b>White/British</b>	110	52	7	277	175	107	82	28	39	20
<b>BME</b>	5	-	1	20	6	4	3	-	5	3
<b>Occupation</b>										
<b>R, M or U</b>	49	28	1	162	91	53	42	12	18	9
<b>Other</b>	61	24	7	129	86	56	41	14	25	10
<b>Not stated</b>	7	1	-	8	6	3	4	3	2	5
<b>Age</b>										
<b>16-19</b>	3	-	-	13	5	3	-	-	3	-
<b>20-24</b>	8	2	1	26	12	7	6	1	7	1
<b>25-34</b>	14	11	-	57	34	12	15	5	9	5
<b>35-49</b>	21	15	2	66	50	23	30	5	15	5
<b>50-59</b>	28	12	1	46	34	30	13	5	5	3
<b>60+</b>	43	13	4	91	48	37	23	13	6	10



**Chart 3: Help With Quit Attempts**

## 3.9 Intentions to Quit Smoking

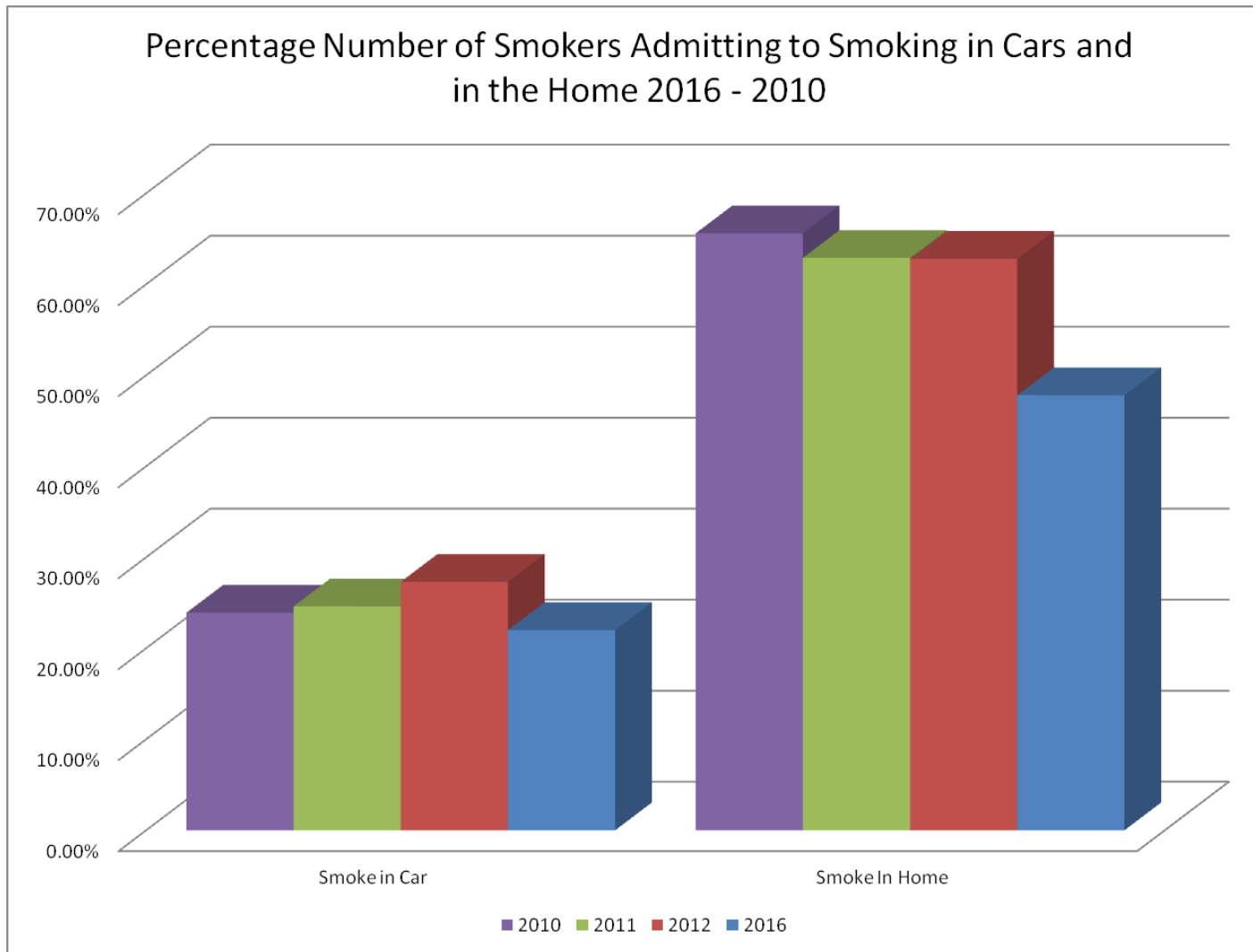
	Give up Next month			Give Up next Year			Give Up At Some Point			Unlikely to Give Up			Don't Know							
	2016	2012	2011	2016	2012	2011	2016	2012	2011	2016	2012	2011	2016	2012	2011					
<b>All sample [852]</b>	<b>99</b>	<b>11.6%</b>	<b>9.8%</b>	<b>8.4%</b>	<b>164</b>	<b>19.3%</b>	<b>14.4%</b>	<b>14.7%</b>	<b>222</b>	<b>26.1%</b>	<b>34.9%</b>	<b>38.6%</b>	<b>323</b>	<b>37.9%</b>	<b>32.4%</b>	<b>29.9%</b>	<b>44</b>	<b>5.16%</b>	<b>8.6%</b>	<b>8.3%</b>
<b>Gender</b>																				
<b>Male [359]</b>	<b>44</b>	<b>12.3%</b>	<b>8.3%</b>	<b>6.8%</b>	<b>68</b>	<b>18.9%</b>	<b>12.7%</b>	<b>12.7%</b>	<b>82</b>	<b>22.8%</b>	<b>29.4%</b>	<b>36.8%</b>	<b>146</b>	<b>40.7%</b>	<b>38.1%</b>	<b>36.8%</b>	<b>19</b>	<b>5.3%</b>	<b>11.5%</b>	<b>6.8%</b>
<b>Female [489]</b>	<b>52</b>	<b>10.6%</b>	<b>11.0%</b>	<b>9.8%</b>	<b>96</b>	<b>19.6%</b>	<b>15.8%</b>	<b>16.2%</b>	<b>139</b>	<b>28.4%</b>	<b>39.5%</b>	<b>39.8%</b>	<b>177</b>	<b>36.2%</b>	<b>27.4%</b>	<b>25.0%</b>	<b>25</b>	<b>5.1%</b>	<b>6.2%</b>	<b>9.2%</b>
<b>Ethnicity</b>																				
<b>White/British [805]</b>	<b>98</b>	<b>12.2%</b>	<b>9.6%</b>	<b>8.4%</b>	<b>157</b>	<b>19.5%</b>	<b>14.6%</b>	<b>14.5%</b>	<b>197</b>	<b>24.5%</b>	<b>35.1%</b>	<b>38.7%</b>	<b>312</b>	<b>38.8%</b>	<b>32.3%</b>	<b>29.7%</b>	<b>41</b>	<b>5.1%</b>	<b>8.3%</b>	<b>8.3%</b>
<b>BME [40]</b>	<b>1</b>	<b>2.5%</b>	<b>13.0%</b>	<b>9.5%</b>	<b>6</b>	<b>15.0%</b>	<b>4.3%</b>	<b>23.8%</b>	<b>22</b>	<b>55.0%</b>	<b>30.4%</b>	<b>28.6%</b>	<b>8</b>	<b>20.0%</b>	<b>30.4%</b>	<b>33.3%</b>	<b>3</b>	<b>7.5%</b>	<b>21.7%</b>	<b>4.8%</b>
<b>Occupation</b>																				
<b>R, M or U [844]</b>	<b>56</b>	<b>12.4%</b>	<b>9.2%</b>	<b>7.7%</b>	<b>92</b>	<b>20.3%</b>	<b>13.7%</b>	<b>14.1%</b>	<b>110</b>	<b>24.3%</b>	<b>34.2%</b>	<b>39.2%</b>	<b>172</b>	<b>38.0%</b>	<b>34.6%</b>	<b>30.5%</b>	<b>23</b>	<b>5.1%</b>	<b>8.2%</b>	<b>8.4%</b>
<b>Other [186]</b>	<b>40</b>	<b>10.6%</b>	<b>11.3%</b>	<b>10.9%</b>	<b>69</b>	<b>18.3%</b>	<b>18.3%</b>	<b>17.3%</b>	<b>103</b>	<b>27.3%</b>	<b>38.2%</b>	<b>39.6%</b>	<b>144</b>	<b>38.2%</b>	<b>21.0%</b>	<b>24.8%</b>	<b>21</b>	<b>5.6%</b>	<b>11.3%</b>	<b>7.4%</b>
<b>Not stated [10]</b>	<b>3</b>	<b>13.6%</b>	<b>20.0%</b>	<b>12.8%</b>	<b>3</b>	<b>13.6%</b>	<b>-</b>	<b>12.8%</b>	<b>9</b>	<b>40.9%</b>	<b>20.0%</b>	<b>21.3%</b>	<b>7</b>	<b>31.8%</b>	<b>60.0%</b>	<b>42.6%</b>	<b>0</b>	<b>-</b>	<b>-</b>	<b>10.6%</b>
<b>Age</b>																				
<b>16-19 [30]</b>	<b>5</b>	<b>17.9%</b>	<b>10.0%</b>	<b>7.1%</b>	<b>3</b>	<b>10.7%</b>	<b>13.3%</b>	<b>23.1%</b>	<b>9</b>	<b>32.1%</b>	<b>60.0%</b>	<b>46.2%</b>	<b>7</b>	<b>25.0%</b>	<b>10.0%</b>	<b>20.5%</b>	<b>4</b>	<b>14.3%</b>	<b>6.7%</b>	<b>2.6%</b>
<b>20-24 [60]</b>	<b>5</b>	<b>6.7%</b>	<b>15.0%</b>	<b>11.9%</b>	<b>22</b>	<b>29.3%</b>	<b>18.3%</b>	<b>11.9%</b>	<b>20</b>	<b>26.7%</b>	<b>31.7%</b>	<b>50.7%</b>	<b>24</b>	<b>32.0%</b>	<b>16.7%</b>	<b>19.4%</b>	<b>4</b>	<b>5.3%</b>	<b>18.3%</b>	<b>6.0%</b>
<b>25-34 [208]</b>	<b>25</b>	<b>13.8%</b>	<b>10.1%</b>	<b>8.8%</b>	<b>40</b>	<b>22.1%</b>	<b>19.7%</b>	<b>23.0%</b>	<b>52</b>	<b>28.7%</b>	<b>38.0%</b>	<b>44.7%</b>	<b>55</b>	<b>30.4%</b>	<b>24.0%</b>	<b>16.6%</b>	<b>9</b>	<b>5.0%</b>	<b>8.2%</b>	<b>6.9%</b>
<b>35-49 [320]</b>	<b>26</b>	<b>12.2%</b>	<b>10.9%</b>	<b>10.6%</b>	<b>44</b>	<b>20.7%</b>	<b>15.9%</b>	<b>14.9%</b>	<b>60</b>	<b>28.2%</b>	<b>41.6%</b>	<b>43.6%</b>	<b>71</b>	<b>33.3%</b>	<b>22.8%</b>	<b>20.3%</b>	<b>12</b>	<b>5.6%</b>	<b>8.8%</b>	<b>10.6%</b>
<b>50-59 [193]</b>	<b>20</b>	<b>12.8%</b>	<b>10.9%</b>	<b>5.7%</b>	<b>32</b>	<b>20.5%</b>	<b>13.0%</b>	<b>10.4%</b>	<b>38</b>	<b>24.4%</b>	<b>33.2%</b>	<b>36.3%</b>	<b>61</b>	<b>39.1%</b>	<b>36.3%</b>	<b>36.8%</b>	<b>5</b>	<b>3.2%</b>	<b>5.7%</b>	<b>10.9%</b>
<b>60+ [233]</b>	<b>18</b>	<b>9.1%</b>	<b>5.6%</b>	<b>6.6%</b>	<b>23</b>	<b>11.6%</b>	<b>7.7%</b>	<b>10.3%</b>	<b>43</b>	<b>21.6%</b>	<b>21.9%</b>	<b>25.3%</b>	<b>105</b>	<b>52.8%</b>	<b>56.7%</b>	<b>52.0%</b>	<b>10</b>	<b>5.0%</b>	<b>8.2%</b>	<b>5.9%</b>



**Chart 4: Intentions to Quit Percentage Comparisons 2016 – 2010**

### 3.10 Smoking in Car and at Home – Comparison 2016 – 2010.

	2016		2012	2011	2010
Smoke in Car [776]	171	22.0%	27.3%	24.6%	23.9%
Smoke In Home [865]	413	47.8%	62.8%	62.9%	65.6%



**Chart 5: Smoking in Car and the Home 2016 – 2010**

### 3.11 Ever used cannabis and current cannabis use.

	Ever Used Cannabis (2016)		Currently Use Cannabis						Ever Used Cannabis (2012)	Cannabis Use in last 4 weeks (2012)
			Daily	Once a Week	Less Often					
<b>All sample [1627]</b>	<b>390</b>	<b>24.0%</b>	<b>44</b>	<b>17.2%</b>	<b>42</b>	<b>16.4%</b>	<b>66</b>	<b>25.8%</b>	<b>20.2%</b>	<b>27.2 %</b>
<b>Gender</b>										
Male [692]	232	33.5%	27	17.5%	28	18.2%	40	26.0%	31.5%	32.9%
Female [870]	157	18.1%	17	16.7%	14	13.7%	26	25.5%	10.5%	14.6%
<b>Ethnicity</b>										
White/British [1489]	372	25.0%	43	17.7%	42	17.3%	60	24.7%	19.9%	27.5%
BME [70]	18	25.7%	1	7.7%	-		6	46.2%	28.6%	30.0%
<b>Occupation</b>										
R, M or U [718]	220	30.6%	25	16.5%	29	19.1%	46	30.3%	19.7%	29.5%
Other [815]	165	20.3%	19	18.5%	13	12.6%	20	19.4%	21.4%	22.0%
Not stated [39]	5	12.8%	-		-		-		45.5%	
<b>Age</b>										
16-19 [34]	23	67.7%	5	23.8%	6	28.6%	4	19.1%	20.0%	37.5%
20-24 [96]	53	55.2%	11	25.0%	9	20.5%	13	29.6%	44.0%	45.2%
25-34 [254]	86	33.9%	11	25.0%	12	19.7%	18	29.5%	33.1%	31.0%
35-49 [363]	124	34.2%	10	22.7%	13	16.7%	18	23.1%	23.3%	21.0%
50-59 [280]	59	21.1%	3	11.5%	1	3.9%	8	30.8%	21.3%	28.6%
60+ [545]	45	8.3%	4	15.4%	1	3.9%	5	19.2%	3.8%	6.7%

The sample base for this question is all respondents who have smoked at least 100 cigarettes in their lifetime. The fact the actual sample size varies is because some respondents chose not to or refused to answer the question.

### 3.12 Ever Vaped, current Vaping

	Ever Vaped (2016)		Currently Vape					
			Daily		Once a Week		Less Often	
<b>All sample [1627]</b>	<b>577</b>	<b>35.5%</b>	<b>162</b>	<b>39.3%</b>	<b>53</b>	<b>12.9%</b>	<b>98</b>	<b>23.8%</b>
<b>Gender</b>								
<b>Male [697]</b>	<b>238</b>	<b>34.2%</b>	<b>79</b>	<b>44.4%</b>	<b>18</b>	<b>10.1%</b>	<b>43</b>	<b>24.1%</b>
<b>Female [867]</b>	<b>338</b>	<b>39.0%</b>	<b>82</b>	<b>35.2%</b>	<b>35</b>	<b>15.0%</b>	<b>55</b>	<b>23.6%</b>
<b>Ethnicity</b>								
<b>White/British [1492]</b>	<b>550</b>	<b>36.9%</b>	<b>156</b>	<b>39.5%</b>	<b>51</b>	<b>12.9%</b>	<b>91</b>	<b>23.0%</b>
<b>BME [70]</b>	<b>23</b>	<b>32.9%</b>	<b>6</b>	<b>37.5%</b>	<b>1</b>	<b>6.3%</b>	<b>7</b>	<b>43.8%</b>
<b>Occupation</b>								
<b>R, M or U [721]</b>	<b>300</b>	<b>41.6%</b>	<b>78</b>	<b>36.8%</b>	<b>29</b>	<b>13.7%</b>	<b>59</b>	<b>27.8%</b>
<b>Other [816]</b>	<b>261</b>	<b>32.0%</b>	<b>82</b>	<b>42.5%</b>	<b>23</b>	<b>11.9%</b>	<b>38</b>	<b>19.7%</b>
<b>Not stated [38]</b>	<b>16</b>	<b>42.1%</b>	<b>2</b>	<b>28.6%</b>	<b>1</b>	<b>14.3%</b>	<b>1</b>	<b>14.3%</b>
<b>Age</b>								
<b>16-19 [35]</b>	<b>21</b>	<b>60.0%</b>	<b>3</b>	<b>20.0%</b>	<b>2</b>	<b>13.3%</b>	<b>5</b>	<b>33.3%</b>
<b>20-24 [95]</b>	<b>53</b>	<b>55.8%</b>	<b>12</b>	<b>28.6%</b>	<b>5</b>	<b>11.9%</b>	<b>10</b>	<b>23.8%</b>
<b>25-34 [255]</b>	<b>125</b>	<b>49.0%</b>	<b>25</b>	<b>30.1%</b>	<b>14</b>	<b>16.9%</b>	<b>20</b>	<b>24.1%</b>
<b>35-49 [363]</b>	<b>147</b>	<b>40.5%</b>	<b>44</b>	<b>44.0%</b>	<b>16</b>	<b>16.0%</b>	<b>23</b>	<b>23.0%</b>
<b>50-59 [280]</b>	<b>109</b>	<b>38.9%</b>	<b>30</b>	<b>39.5%</b>	<b>9</b>	<b>11.8%</b>	<b>23</b>	<b>30.3%</b>
<b>60+ [547]</b>	<b>122</b>	<b>22.3%</b>	<b>48</b>	<b>50.0%</b>	<b>7</b>	<b>7.3%</b>	<b>17</b>	<b>17.7%</b>

The sample base for this question is all respondents who have smoked at least 100 cigarettes in their lifetime.

The fact the actual sample size varies is because some respondents chose not to or refused to answer the question.



### 3.13 Vaping intentions

	Give up Next month		Give Up next Year		Give Up At Some Point		Unlikely to Give Up		Don't Know	
	2016		2016		2016		2016		2016	
All sample [296]	39	13.2%	45	15.2%	90	30.4%	84	28.4%	38	12.8%

## 4. Findings - Alcohol

### 4.1 Drinking Prevalence

<b>Classification</b>	<b>2016</b>	<b>95% C.I.</b>
Overall Alcohol Prevalence [2893]	67.1%	+/- 1.71
<b>Gender</b>		
Male [1189]	71.5%	+/- 2.57
Female [1679]	64.7%	+/- 2.29
<b>Ethnicity</b>		
White British [2691]	68.7%	+/- 1.75
BME [166]	47.0%	+/- 7.59
<b>Employment Status</b>		
Routine, Manual, or Unemployed [1239]	64.2%	+/- 2.05
Other [1590]	66.1%	+/- 3.15
Not Stated [64]	79.7%	+/- 9.85
<b>Age</b>		
16 – 19 [106]	58.4%	+/- 9.38
20 – 24 [219]	76.7%	+/- 5.60
25 – 34 [499]	71.9%	+/- 3.94
35 – 49 [667]	70.9%	+/- 3.45
50 – 59 [484]	65.3%	+/- 4.24
60+ [921]	61.3%	+/- 3.15

N.B. Total sample sizes within each classification category do not add to 2,902 because of missing data.

Technical Note.

Prevalence is calculated from the responses to the question asked in the interview, 'How often do you drink alcohol?' [Q18]. Respondents who answer either 'Daily', '2-4 Times a Week', 'Weekly', '1 or 2 Times a Month', or 'Less than Once a Month' are counted as currently drinking for the calculation, while those who answer 'I Used to Drink Alcohol But Have Now given up Totally' or 'I Have Never Drunk Alcohol' are not.

## 4.2 How often do you drink alcohol?

Drink Alcohol	I have never drunk alcohol		I used to drink alcohol but have now given up totally		Less than once a month		1 or 2 times a month		Weekly		2 to 4 times a week		Daily (or almost)	
<b>All sample [2893]</b>	<b>442</b>	<b>15.2%</b>	<b>504</b>	<b>17.4%</b>	<b>699</b>	<b>24.2%</b>	<b>360</b>	<b>12.4%</b>	<b>409</b>	<b>14.1%</b>	<b>354</b>	<b>12.2%</b>	<b>125</b>	<b>4.3%</b>
<b>Gender</b>														
<b>Male [1189]</b>	<b>143</b>	<b>12.0%</b>	<b>196</b>	<b>16.5%</b>	<b>220</b>	<b>18.5%</b>	<b>141</b>	<b>11.9%</b>	<b>193</b>	<b>16.2%</b>	<b>208</b>	<b>17.5%</b>	<b>88</b>	<b>7.4%</b>
<b>Female [1679]</b>	<b>287</b>	<b>17.1%</b>	<b>306</b>	<b>18.2%</b>	<b>474</b>	<b>28.2%</b>	<b>217</b>	<b>12.9%</b>	<b>215</b>	<b>12.8%</b>	<b>143</b>	<b>8.5%</b>	<b>37</b>	<b>2.2%</b>
<b>Ethnicity</b>														
<b>White Brit. [2691]</b>	<b>353</b>	<b>13.1%</b>	<b>489</b>	<b>18.2%</b>	<b>659</b>	<b>24.5%</b>	<b>342</b>	<b>12.7%</b>	<b>386</b>	<b>14.3%</b>	<b>340</b>	<b>12.6%</b>	<b>122</b>	<b>4.5%</b>
<b>BME [166]</b>	<b>76</b>	<b>45.8%</b>	<b>12</b>	<b>7.2%</b>	<b>31</b>	<b>18.7%</b>	<b>15</b>	<b>9.0%</b>	<b>19</b>	<b>11.5%</b>	<b>11</b>	<b>6.6%</b>	<b>2</b>	<b>1.2%</b>
<b>Occupation</b>														
<b>R, M or U[1239]</b>	<b>195</b>	<b>15.7%</b>	<b>225</b>	<b>18.2%</b>	<b>315</b>	<b>25.4%</b>	<b>165</b>	<b>13.3%</b>	<b>170</b>	<b>13.7%</b>	<b>124</b>	<b>10.0%</b>	<b>45</b>	<b>3.6%</b>
<b>Other [1590]</b>	<b>241</b>	<b>15.2%</b>	<b>272</b>	<b>17.1%</b>	<b>371</b>	<b>23.3%</b>	<b>185</b>	<b>11.6%</b>	<b>227</b>	<b>14.3%</b>	<b>218</b>	<b>13.7%</b>	<b>76</b>	<b>4.8%</b>
<b>Unable to Code [64]</b>	<b>6</b>	<b>9.4%</b>	<b>7</b>	<b>10.9%</b>	<b>13</b>	<b>20.3%</b>	<b>10</b>	<b>15.6%</b>	<b>12</b>	<b>18.8%</b>	<b>12</b>	<b>18.8%</b>	<b>4</b>	<b>6.3%</b>
<b>Age</b>														
<b>16-19 [106]</b>	<b>34</b>	<b>32.4%</b>	<b>9</b>	<b>8.6%</b>	<b>26</b>	<b>24.8%</b>	<b>23</b>	<b>21.9%</b>	<b>8</b>	<b>7.6%</b>	<b>4</b>	<b>3.8%</b>	<b>1</b>	<b>1.0%</b>
<b>20-24 [219]</b>	<b>35</b>	<b>16.0%</b>	<b>16</b>	<b>7.3%</b>	<b>87</b>	<b>39.7%</b>	<b>52</b>	<b>23.7%</b>	<b>19</b>	<b>8.7%</b>	<b>9</b>	<b>4.1%</b>	<b>1</b>	<b>0.5%</b>
<b>25-34 [499]</b>	<b>81</b>	<b>16.4%</b>	<b>55</b>	<b>11.1%</b>	<b>135</b>	<b>27.3%</b>	<b>88</b>	<b>17.8%</b>	<b>74</b>	<b>15.0%</b>	<b>55</b>	<b>11.1%</b>	<b>7</b>	<b>1.4%</b>
<b>35-49 [667]</b>	<b>94</b>	<b>14.2%</b>	<b>97</b>	<b>14.6%</b>	<b>153</b>	<b>23.0%</b>	<b>94</b>	<b>14.2%</b>	<b>114</b>	<b>17.2%</b>	<b>87</b>	<b>13.1%</b>	<b>25</b>	<b>3.8%</b>
<b>50-59 [484]</b>	<b>71</b>	<b>14.8%</b>	<b>97</b>	<b>20.0%</b>	<b>104</b>	<b>21.5%</b>	<b>36</b>	<b>7.4%</b>	<b>80</b>	<b>16.5%</b>	<b>73</b>	<b>15.1%</b>	<b>23</b>	<b>4.8%</b>
<b>60+ [921]</b>	<b>125</b>	<b>13.6%</b>	<b>230</b>	<b>25.0%</b>	<b>193</b>	<b>21.0%</b>	<b>67</b>	<b>7.3%</b>	<b>114</b>	<b>12.4%</b>	<b>125</b>	<b>13.6%</b>	<b>66</b>	<b>7.2%</b>

### 4.3 Mean age when starting drinking

	Mean age when first started drinking
	2016
<b>All sample [2376]</b>	<b>16.89</b>
<b>Gender</b>	
Male	16.37
Female	17.28
<b>Ethnicity</b>	
White British	16.89
BME	17.24
<b>Occupation</b>	
R, M or U	16.57
Other	17.15
Not stated	16.87
<b>Age</b>	
16-19	15.39
20-24	15.92
25-34	15.95
35-49	16.32
50-59	16.93
60+	18.14

## 4.4 Drunk at least one alcoholic drink in the last week

Have drunk an alcoholic drink in the last week	
2016	
<b>All sample [1936]</b>	<b>55.2%</b>
<b>Gender</b>	
Male	63.3%
Female	49.0%
<b>Ethnicity</b>	
White British	55.4%
BME	52.6%
<b>Occupation</b>	
R, M or U	53.4%
Other	56.3%
Not stated	60.0%
<b>Age</b>	
16-19	36.7%
20-24	35.7%
25-34	55.6%
35-49	58.6%
50-59	61.6%
60+	56.1%

## 4.5 Mean number of alcoholic drinks consumed in the previous 7 days

	Pints of low alcoholic beer/lager/cider [43]	Pints of normal strength beer/lager/cider [503]	Pints of strong beer/lager/cider [84]	Bottles of Alcopops [44]	Single glasses of spirits [338]	Standard glasses of wine [398]	Single glasses of fortified wine [41]
<b>All sample</b>	3.30	6.69	6.31	3.00	6.42	5.01	1.54
<b>Gender</b>							
Male	4.65	7.71	6.72	2.79	7.91	6.23	1.08
Female	1.79	3.75	5.29	3.16	5.28	4.49	1.72
<b>Ethnicity</b>							
White British	3.29	6.73	6.35	3.07	6.53	5.04	1.54
BME	1.00	6.05	3.00	1.50	4.54	4.69	1.50
<b>Occupation</b>							
R, M or U	2.82	7.70	8.26	3.67	7.58	4.73	1.30
Other	3.42	5.86	4.20	2.54	5.54	5.06	1.61
Not stated	6.00	7.17	7.50	-	6.71	7.70	-
<b>Age</b>							
16-19	5.00	4.50	7.67	4.22	7.25	3.50	-
20-24	3.33	5.15	6.75	5.83	5.74	3.47	3.67
25-34	4.29	6.36	4.50	3.00	6.07	5.21	1.00
35-49	1.00	8.02	6.97	1.11	4.90	5.28	0.92
50-59	10.00	6.57	11.00	4.00	6.00	4.29	1.67
60+	3.39	6.36	2.82	0.67	8.07	5.30	1.74

## 4.6 Mean number of units consumed in the previous 7 days

	Low alcoholic beer/lager/cider	Normal strength beer/lager/cider	Strong beer/lager/cider	Alcopops	Spirits	Wine	Fortified wine
<b>All sample</b>	<b>3.30</b>	<b>13.64</b>	<b>28.27</b>	<b>5.82</b>	<b>6.60</b>	<b>10.29</b>	<b>1.97</b>
<b>Gender</b>							
Male	4.46	15.54	28.79	5.68	8.18	12.99	1.86
Female	1.82	7.82	26.74	5.92	5.36	9.15	2.00
<b>Ethnicity</b>							
White British	3.27	13.68	28.56	6.05	6.69	10.34	2.00
BME	0.75	12.10	12.00	2.25	4.54	9.38	1.50
<b>Occupation</b>							
R, M or U	2.40	15.55	33.85	6.19	7.63	10.47	1.63
Other	3.84	11.98	21.00	5.50	5.76	9.59	2.08
Not stated	4.50	14.33	30.00	-	6.71	15.40	-
<b>Age</b>							
16-19	7.50	9.82	46.00	7.13	7.91	9.33	-
20-24	2.50	10.30	27.00	8.75	5.74	6.93	3.67
25-34	3.21	12.71	18.00	4.50	6.07	10.43	1.00
35-49	1.18	16.46	31.08	3.00	5.09	10.92	1.38
50-59	7.50	13.15	44.00	6.00	6.00	8.58	1.67
60+	3.52	13.07	20.67	6.00	8.39	11.09	2.20

\* Variation between these figures and extrapolated values from table 4.5 occurs due to missing cases.

## 4.7 Mean units of alcohol consumed in the previous 7 days

	Mean units of alcohol consumed	Consumed over 14 units in previous week 2016	
<b>All sample [1074]</b>	<b>12.34</b>	<b>274</b>	<b>25.5%</b>
<b>Gender</b>			
Male	16.25	198	37.4%
Female	8.59	76	14.1%
<b>Ethnicity</b>			
White British	12.43	262	25.6%
BME	10.81	10	24.4%
<b>Occupation</b>			
R, M or U	13.63	123	28.1%
Other	11.36	142	23.4%
Not stated	13.64	9	32.1%
<b>Age</b>			
16-19	11.50	8	32.0%
20-24	9.59	16	26.2%
25-34	11.97	52	26.5%
35-49	13.69	77	28.7%
50-59	12.04	47	24.5%
60+	12.29	74	22.6%



## 4.8 How often do you have hangovers?

	Never	Less than once a month	1 or 2 times a month	Weekly	2 to 4 Times a week	Daily (or almost)
<b>All sample [1955]</b>	61.9%	26.9%	6.6%	4.1%	0.5%	-
<b>Gender</b>						
Male [854]	65.0%	23.8%	7.1%	3.8%	0.4%	
Female [1090]	59.4%	29.4%	6.2%	4.5%	0.6%	
<b>Ethnicity</b>						
White/British [1857]	61.5%	27.2%	6.7%	4.1%	0.5%	
BME [77]	66.2%	23.4%	5.2%	5.2%	-	
<b>Occupation</b>						
R, M or U [820]	56.6%	29.9%	7.8%	5.4%	0.4%	
Other [1086]	65.9%	24.6%	5.6%	3.3%	0.6%	
Not stated [49]						
<b>Age</b>						
16-19 [62]	5.7%	24.2%	12.9%	3.2%	-	
20-24 [168]	37.5%	47.0%	9.5%	5.4%	0.6%	
25-34 [360]	35.8%	42.8%	12.2%	8.1%	1.1%	
35-49 [469]	54.6%	29.9%	9.2%	6.0%	0.4%	
50-59 [318]	70.1%	24.5%	3.1%	1.6%	0.6%	
60+ [574]	86.8%	10.5%	1.4%	1.4%	-	

## 4.9 Drinking Reasons

	Helps me Relax	Makes Socialising More Fun	Gives Me Confidence	Goes Well With Food	Relieves Boredom	Helps Me Forget My Problems	Other Reason	Don't Know
<b>All sample [1936]</b>	<b>794 (41.0%)</b>	<b>1168 (60.3%)</b>	<b>69 (3.6%)</b>	<b>267 (13.8%)</b>	<b>101 (5.2%)</b>	<b>108 (5.6%)</b>	<b>245 (12.7%)</b>	<b>62 (3.2%)</b>
<b>Gender</b>								
Male	365	491	29	115	57	58	112	31
Female	424	669	40	150	44	50	133	31
<b>Ethnicity</b>								
White/British	747	1117	64	246	97	101	230	61
BME	39	39	5	17	2	5	12	1
<b>Occupation</b>								
R, M or U	337	501	37	85	51	69	83	22
Other	435	642	29	170	45	33	153	36
Not stated	22	25	3	12	5	6	9	4
<b>Age</b>								
16-19	10	48	2	3	6	8	7	4
20-24	42	107	11	14	10	9	23	15
25-34	157	232	15	38	19	21	39	11
35-49	220	273	23	73	25	31	50	11
50-59	153	179	9	53	23	24	40	6
60+	210	327	9	85	18	15	85	15

## 4.10 How often do you drink alcohol at home?

	Never		Less than once a month		1 or 2 times a month		Weekly		2 to 4 times a week		Daily (or almost)	
<b>All sample [1914]</b>	<b>641</b>	<b>33.5%</b>	<b>535</b>	<b>28.0%</b>	<b>167</b>	<b>8.7%</b>	<b>234</b>	<b>12.2%</b>	<b>240</b>	<b>12.5%</b>	<b>97</b>	<b>5.1%</b>
<b>Gender</b>												
<b>Male [835]</b>	<b>274</b>	<b>32.8%</b>	<b>186</b>	<b>22.3%</b>	<b>71</b>	<b>8.5%</b>	<b>112</b>	<b>13.4%</b>	<b>126</b>	<b>15.1%</b>	<b>66</b>	<b>7.9%</b>
<b>Female [1068]</b>	<b>362</b>	<b>33.9%</b>	<b>347</b>	<b>32.5%</b>	<b>94</b>	<b>8.8%</b>	<b>121</b>	<b>11.3%</b>	<b>113</b>	<b>10.6%</b>	<b>31</b>	<b>2.9%</b>
<b>Ethnicity</b>												
<b>White Brit. [1817]</b>	<b>615</b>	<b>33.9%</b>	<b>503</b>	<b>27.7%</b>	<b>158</b>	<b>8.7%</b>	<b>215</b>	<b>11.8%</b>	<b>231</b>	<b>12.7%</b>	<b>95</b>	<b>5.2%</b>
<b>BME [78]</b>	<b>22</b>	<b>28.2%</b>	<b>23</b>	<b>29.5%</b>	<b>8</b>	<b>10.3%</b>	<b>15</b>	<b>19.2%</b>	<b>8</b>	<b>10.3%</b>	<b>2</b>	<b>2.6%</b>
<b>Occupation</b>												
<b>R, M or U [807]</b>	<b>266</b>	<b>33.0%</b>	<b>256</b>	<b>31.7%</b>	<b>69</b>	<b>8.6%</b>	<b>97</b>	<b>12.0%</b>	<b>85</b>	<b>10.5%</b>	<b>34</b>	<b>4.2%</b>
<b>Other [1061]</b>	<b>364</b>	<b>34.3%</b>	<b>269</b>	<b>25.4%</b>	<b>89</b>	<b>8.4%</b>	<b>132</b>	<b>12.4%</b>	<b>146</b>	<b>13.8%</b>	<b>61</b>	<b>5.8%</b>
<b>Unable to Code [46]</b>	<b>11</b>	<b>23.9%</b>	<b>10</b>	<b>21.7%</b>	<b>9</b>	<b>19.6%</b>	<b>5</b>	<b>10.9%</b>	<b>9</b>	<b>19.6%</b>	<b>2</b>	<b>4.4%</b>
<b>Age</b>												
<b>16-19 [61]</b>	<b>32</b>	<b>52.5%</b>	<b>19</b>	<b>31.2%</b>	<b>6</b>	<b>9.8%</b>	<b>2</b>	<b>3.3%</b>	<b>-</b>	<b>-</b>	<b>2</b>	<b>3.3%</b>
<b>20-24 [163]</b>	<b>88</b>	<b>54.0%</b>	<b>48</b>	<b>29.5%</b>	<b>15</b>	<b>9.2%</b>	<b>8</b>	<b>4.9%</b>	<b>3</b>	<b>1.8%</b>	<b>1</b>	<b>0.6%</b>
<b>25-34 [353]</b>	<b>123</b>	<b>34.8%</b>	<b>111</b>	<b>31.4%</b>	<b>41</b>	<b>11.6%</b>	<b>43</b>	<b>12.2%</b>	<b>31</b>	<b>8.8%</b>	<b>4</b>	<b>1.1%</b>
<b>35-49 [466]</b>	<b>124</b>	<b>26.6%</b>	<b>125</b>	<b>26.8%</b>	<b>53</b>	<b>11.4%</b>	<b>72</b>	<b>15.5%</b>	<b>71</b>	<b>15.2%</b>	<b>21</b>	<b>4.5%</b>
<b>50-59 [310]</b>	<b>72</b>	<b>23.2%</b>	<b>93</b>	<b>30.0%</b>	<b>22</b>	<b>7.1%</b>	<b>53</b>	<b>17.1%</b>	<b>53</b>	<b>17.1%</b>	<b>17</b>	<b>5.5%</b>
<b>60+ [558]</b>	<b>201</b>	<b>36.0%</b>	<b>139</b>	<b>24.9%</b>	<b>30</b>	<b>5.4%</b>	<b>55</b>	<b>9.9%</b>	<b>82</b>	<b>14.7%</b>	<b>51</b>	<b>9.1%</b>

## 4.11 Mean number of alcoholic drinks consumed at home in the previous 7 days

	Pints of low alcoholic beer/lager/cider [22]	Pints of normal strength beer/lager/cider [232]	Pints of strong beer/lager/cider [47]	Bottles of Alcopops [15]	Single glasses of spirits [199]	Standard glasses of wine [302]	Single glasses of fortified wine [29]
<b>All sample</b>	2.09	6.16	7.32	1.13	6.95	5.02	1.55
<b>Gender</b>							
Male	2.58	7.12	6.13	0.75	8.87	6.22	0.57
Female	1.56	3.51	9.63	1.57	5.23	4.35	1.86
<b>Ethnicity</b>							
White British	2.15	6.07	7.52	1.14	7.06	5.04	1.56
BME	1.00	7.69	1.50	1.00	4.00	5.29	1.50
<b>Occupation</b>							
R, M or U	1.22	7.65	10.95	1.00	5.65	4.90	1.50
Other	2.08	5.02	3.55	1.33	9.23	4.98	1.58
Not stated	10.00	4.40	8.33	-	6.60	7.86	-
<b>Age</b>							
16-19	5.00	-	10.00	2.00	5.60	3.00	-
20-24	2.00	5.57	3.50	2.00	4.20	3.56	-
25-34	3.00	4.62	5.10	1.00	6.22	4.94	2.40
35-49	0.33	6.84	8.39	1.00	4.62	5.12	1.00
50-59	-	6.82	12.11	-	6.27	4.31	1.67
60+	2.00	6.21	1.00	-	9.37	5.70	1.80

\*Actual numbers shown in brackets

## 4.12 What proportion of your drinking takes place at home?

	All My Drinking Takes Place At Home		Most of My Drinking Takes Place At Home		About Half and Half		Most of My Drinking Takes Place Outside of Home		All of My Drinking Takes Place Outside of Home	
<b>All sample [1650]</b>	<b>258</b>	<b>15.6%</b>	<b>387</b>	<b>23.5%</b>	<b>268</b>	<b>16.2%</b>	<b>401</b>	<b>24.3%</b>	<b>336</b>	<b>20.4%</b>
<b>Gender</b>										
<b>Male [718]</b>	<b>102</b>	<b>14.2%</b>	<b>195</b>	<b>27.2%</b>	<b>115</b>	<b>16.0%</b>	<b>160</b>	<b>22.3%</b>	<b>146</b>	<b>20.3%</b>
<b>Female [922]</b>	<b>155</b>	<b>16.8%</b>	<b>190</b>	<b>20.6%</b>	<b>151</b>	<b>16.4%</b>	<b>240</b>	<b>26.0%</b>	<b>186</b>	<b>20.2%</b>
<b>Ethnicity</b>										
<b>White Brit. [1572]</b>	<b>244</b>	<b>15.5%</b>	<b>368</b>	<b>23.4%</b>	<b>253</b>	<b>16.1%</b>	<b>382</b>	<b>24.3%</b>	<b>325</b>	<b>20.7%</b>
<b>BME [64]</b>	<b>14</b>	<b>21.9%</b>	<b>15</b>	<b>23.4%</b>	<b>10</b>	<b>15.6%</b>	<b>15</b>	<b>23.4%</b>	<b>10</b>	<b>15.6%</b>
<b>Occupation</b>										
<b>R, M or U [693]</b>	<b>102</b>	<b>14.7%</b>	<b>152</b>	<b>21.9%</b>	<b>115</b>	<b>16.6%</b>	<b>196</b>	<b>28.3%</b>	<b>128</b>	<b>18.5%</b>
<b>Other [916]</b>	<b>150</b>	<b>16.4%</b>	<b>224</b>	<b>24.5%</b>	<b>140</b>	<b>15.3%</b>	<b>202</b>	<b>22.1%</b>	<b>200</b>	<b>21.8%</b>
<b>Unable to Code [41]</b>	<b>6</b>	<b>14.6%</b>	<b>11</b>	<b>26.8%</b>	<b>13</b>	<b>31.7%</b>	<b>3</b>	<b>7.3%</b>	<b>8</b>	<b>19.5%</b>
<b>Age</b>										
<b>16-19 [49]</b>	<b>6</b>	<b>12.2%</b>	<b>3</b>	<b>6.1%</b>	<b>7</b>	<b>14.3%</b>	<b>17</b>	<b>34.7%</b>	<b>16</b>	<b>32.7%</b>
<b>20-24 [132]</b>	<b>14</b>	<b>10.6%</b>	<b>16</b>	<b>12.1%</b>	<b>15</b>	<b>11.4%</b>	<b>40</b>	<b>30.3%</b>	<b>47</b>	<b>35.6%</b>
<b>25-34 [293]</b>	<b>37</b>	<b>12.6%</b>	<b>59</b>	<b>20.1%</b>	<b>47</b>	<b>16.0%</b>	<b>87</b>	<b>29.7%</b>	<b>63</b>	<b>21.5%</b>
<b>35-49 [409]</b>	<b>64</b>	<b>15.7%</b>	<b>112</b>	<b>27.4%</b>	<b>74</b>	<b>18.1%</b>	<b>94</b>	<b>23.0%</b>	<b>65</b>	<b>15.9%</b>
<b>50-59 [282]</b>	<b>47</b>	<b>16.7%</b>	<b>81</b>	<b>28.7%</b>	<b>48</b>	<b>17.0%</b>	<b>64</b>	<b>22.7%</b>	<b>42</b>	<b>14.9%</b>
<b>60+ [481]</b>	<b>88</b>	<b>18.3%</b>	<b>115</b>	<b>23.9%</b>	<b>77</b>	<b>16.0%</b>	<b>99</b>	<b>20.6%</b>	<b>102</b>	<b>21.2%</b>

#### 4.13 Have you ever been in alcohol treatment? For example counseling, detox or through your GP or at a specialist alcohol treatment service?

Alcohol Treatment	
2016	
All sample [2387]	2.9%
<b>Gender</b>	
Male	3.9%
Female	2.0%
<b>Ethnicity</b>	
White British	2.9%
BME	3.4%
<b>Occupation</b>	
R, M or U	4.1%
Other	2.0%
Not stated	-
<b>Age</b>	
16-19	-
20-24	1.7%
25-34	1.2%
35-49	4.7%
50-59	4.7%
60+	2.0%

## 4.14 Stopped or Reduced Drinking in your lifetime

	Have reduced or stopped drinking at any time		Mean Number of attempts	Mean length of attempt in weeks
			2016	
<b>All sample [2006]</b>	<b>785</b>	<b>39.1%</b>	<b>2.75</b>	<b>63.84</b>
<b>Gender</b>				
Male [866]	336	38.8%	3.19	74.28
Female [1128]	444	39.4%	2.42	55.95
<b>Ethnicity</b>				
White British [1911]	759	39.7%	2.77	64.56
BME [77]	22	28.6%	1.71	31.29
<b>Occupation</b>				
R, M or U [853]	354	41.5%	2.90	71.68
Other [1105]	418	37.8%	2.60	58.47
Not stated [48]	13	27.1%	3.43	11.00
<b>Age</b>				
16-19 [61]	11	18.0%	1.86	10.50
20-24 [166]	44	26.5%	1.42	27.30
25-34 [369]	136	36.9%	2.41	33.50
35-49 [477]	201	42.1%	2.50	48.94
50-59 [336]	173	51.5%	3.86	91.58
60+ [593]	219	36.9%	2.64	96.39

## 4.15 Reduced Drinking for more than a month in the last 12 months

	Have reduced drinking in the last 12 months		Mean Number of attempts
	2016		
<b>All sample [1963]</b>	<b>274</b>	<b>14.0%</b>	<b>2.11</b>
<b>Gender</b>			
Male [849]	118	13.9%	2.05
Female [1103]	154	14.0%	2.15
<b>Ethnicity</b>			
White British [1867]	264	14.1%	2.13
BME [77]	8	10.4%	1.50
<b>Occupation</b>			
R, M or U [834]	130	15.6%	2.31
Other [1081]	139	12.9%	1.94
Not stated [48]	5	10.4%	1.75
<b>Age</b>			
16-19 [61]	7	11.5%	1.43
20-24 [167]	22	13.2%	1.80
25-34 [361]	52	14.4%	1.68
35-49 [471]	84	17.8%	2.12
50-59 [325]	52	16.0%	2.24
60+ [574]	57	9.9%	2.64



## 4.16 Stopped Drinking for more than a month in the last 12 months

	Have stopped drinking in the last 12 months		Mean Number of attempts
	2016		
<b>All sample [1955]</b>	<b>265</b>	<b>13.6%</b>	<b>2.06</b>
<b>Gender</b>			
Male [848]	114	13.4%	1.98
Female [1096]	150	13.7%	2.12
<b>Ethnicity</b>			
White British [1861]	255	13.7%	2.06
BME [76]	9	11.8%	2.22
<b>Occupation</b>			
R, M or U [830]	114	13.7%	2.03
Other [1079]	149	13.8%	2.08
Not stated [46]	2	4.4%	1.50
<b>Age</b>			
16-19 [61]	6	9.8%	3.71
20-24 [169]	30	17.8%	1.72
25-34 [360]	56	15.6%	1.96
35-49 [472]	77	16.3%	2.25
50-59 [323]	46	14.2%	1.84
60+ [566]	50	8.8%	2.02

## 4.17

### Support mechanism used to control drinking

	GP or Nurse	Specialist Alcohol Service	Pharmacy	Willpower	Friends and Family	Alcoholics Anonymous
<b>All sample [2451]</b>	<b>68</b>	<b>32</b>	<b>8</b>	<b>337</b>	<b>18</b>	<b>12</b>
<b>Gender</b>						
Male	36	20	2	135	12	7
Female	31	12	6	202	6	5
<b>Ethnicity</b>						
White/British	66	31	8	325	17	12
BME	1	1	-	11	-	-
<b>Occupation</b>						
R, M or U	37	25	3	166	12	10
Other	31	7	4	170	5	2
Not stated	-	-	1	1	1	-
<b>Age</b>						
16-19	-	-	-	7	-	-
20-24	1	-	-	29	-	-
25-34	9	3	1	64	5	1
35-49	20	17	3	73	6	8
50-59	16	7	3	54	6	2
60+	22	5	1	110	1	1

<b>Other Reason</b>	
<b>Became Pregnant</b>	2
<b>Diabetic</b>	1
<b>Epileptic</b>	1
<b>Drink very little</b>	1
<b>Due to medication</b>	2
<b>In rehab</b>	1
<b>In the Navy, no alcohol allowed at sea</b>	1

## 4.18 Drinking intentions

	Give up Next month		Reduce Next Month		Give Up next Year		Reduce Next Year		Give Up At Some Point		Unlikely to Give Up		Will Not Give Up Drinking		Don't Know	
	2016															
<b>All sample [1924]</b>	16	0.8%	31	1.6%	24	1.3%	89	4.6%	49	2.6%	851	44.2%	789	41.0%	75	3.9%
<b>Gender</b>																
Male [838]	10	1.2%	13	1.6%	12	1.4%	46	5.5%	23	2.7%	347	41.4%	353	42.1%	34	4.1%
Female [1075]	6	0.6%	18	1.7%	12	1.1%	42	3.9%	24	2.2%	501	46.6%	431	40.1%	41	3.8%
<b>Ethnicity</b>																
White/British [1832]	16	0.8%	31	1.6%	22	1.2%	85	4.6%	43	2.4%	816	44.5%	748	40.8%	71	3.9%
BME [75]	-	-	-	-	2	2.7%	2	2.7%	6	8.0%	30	40.0%	33	44.0%	2	2.7%
<b>Occupation</b>																
R, M or U [812]	8	1.0%	15	1.9%	17	2.1%	44	5.4%	29	3.6%	366	45.1%	304	37.4%	29	3.6%
Other [1071]	8	0.8%	16	1.5%	7	0.7%	41	3.8%	20	1.9%	466	43.5%	468	43.7%	45	4.2%
Not stated [41]	-	-	-	-	-	-	4	9.8%	-	-	19	46.3%	17	41.5%	1	2.4%
<b>Age</b>																
16-19 [60]	-	-	1	1.7%	2	3.3%	2	3.3%	6	10.0%	19	31.7%	27	45.0%	3	5.0%
20-24 [163]	-	-	2	1.2%	5	3.1%	8	4.9%	5	3.1%	74	45.4%	61	37.4%	8	4.9%
25-34 [355]	4	1.1%	10	2.8%	6	1.7%	16	4.5%	11	3.1%	165	46.5%	123	34.7%	20	5.6%
35-49 [469]	4	0.9%	6	1.3%	8	1.7%	31	6.6%	11	2.4%	214	38.6%	181	38.6%	14	3.0%
50-59 [314]	4	1.3%	8	2.6%	2	0.6%	20	6.4%	10	3.2%	156	49.7%	106	33.8%	8	2.6%
60+ [559]	4	0.7%	4	0.7%	1	0.2%	12	2.2%	6	1.1%	223	39.9%	287	51.3%	22	3.9%

# APPENDICES

## Appendix 1: Protocols

### WIRRAL SMOKING AND ALCOHOL RESEARCH – PROTOCOLS

#### 1. MISSING CLASSIFICATION [DEPENDENT] DATA

Occasionally interviewers will fail to record some personal aspect of the respondent due to personal error or the respondent declines to cooperate. The questionnaire will be included for analysis but where an analysis is based on the personal data the base figure will be changed to reflect missing 'cases'. The base number will be the actual number of 'cases' and the percentage will be based on the actual number of 'cases'.

#### 2. MISSING ANALYSIS DATA

Where an interviewer fails to record the answer to a question in the body of the questionnaire, for whatever reason, the report of findings will calibrate the results to the appropriate base figure. The base figure will not be adjusted to accommodate the missing 'cases'. In this way consistency is maintained. The percentage figure shown in any table or graph will however be based on the number of respondents who actually answered the question. This percentage figure will be used as the basis of any calculation relating to 'population' predictions.

#### 3. SMOKING PREVALENCE

Prevalence is calculated from the responses to the question asked in the interview, 'Do you now smoke: Daily, Occasionally or Not at all?' [Q4]. Respondents who answer either 'Daily' or 'Occasionally' are counted as currently smoking for the calculation, while those who answer 'Not at all' are not. The base figure used to calculate the prevalence rate also includes respondents who have been routed to the alcohol portion of the questionnaire by question 1 or 2, ('Have you ever smoked?' and 'Have you ever smoked at least 100 cigarettes in your lifetime?') and will be missing cases. It is unlikely that any respondents will have refused to answer these initial questions or halted the interview at this stage, so there should be little if any distortion of the prevalence figures from incorrect attribution of missing cases.

#### 4. ALCOHOL PREVALENCE

Prevalence is calculated from the responses to the question asked in the interview, 'How often do you drink alcohol?' [Q18]. Respondents who answer either 'Daily', '2-4 Times a Week', 'Weekly', '1 or 2 Times a Month', or 'Less than Once a Month' are counted as currently drinking for the calculation, while those who answer 'I Used to Drink Alcohol But Have Now given up Totally' or 'I Have Never Drunk Alcohol' are not.

## Appendix 2: Area Details

### Smoking Prevalence by Area

		postcode									
		Birkenhead CH41	Birkenhead Tranmere CH42	Bidston, Claughton, Oxton & Prenton CH43	Seacombe CH44	Liscard CH45	Moreton & Leasowe CH46	West Kirkby CH48	Woodchurch and Upton CH49	Bromborough & Eastham CH62	Total
Smoke	Daily	232	162	122	105	39	62	24	57	11	814
Freq	Occasionally	19	4	10	14	8	4	3	6	3	71
	Not At All	142	77	125	116	87	55	26	89	17	734
<b>Total</b>		<b>393</b>	<b>243</b>	<b>257</b>	<b>235</b>	<b>134</b>	<b>121</b>	<b>53</b>	<b>152</b>	<b>31</b>	<b>1619</b>

## Smoking Prevalence\*

		postcode									
		Birkenhead CH41	Birkenhead Tranmere CH42	Bidston, Claughton, Oxton & Prenton CH43	Seacombe CH44	Liscard CH45	Moreton & Leasowe CH46	West Kirkby CH48	Woodchurch and Upton CH49	Bromborough & Eastham CH62	Total
Smoke Freq	Daily	59.0%	66.7%	47.5%	44.7%	29.1%	51.2%	45.3%	37.5%	35.5%	50.3%
	Occasionally	4.8%	1.7%	3.9%	6.0%	6.0%	3.3%	5.7%	4.0%	9.7%	4.4%
	Not At All	36.1%	31.7%	48.6%	49.4%	64.9%	45.5%	49.1%	58.6%	54.8%	45.4%
Total		393	243	257	235	134	121	53	152	31	1619

\*The above figures represent the smoking prevalence in each area, represented as a percentage of the number of respondents in each area; some caution needs to be applied in respect of some of these figures.



## Drinking Prevalence by Area

		postcode									
		Birkenhead CH41	Birkenhead Tranmere CH42	Bidston, Claughton, Oxton & Prenton CH43	Seacombe CH44	Liscard CH45	Moreton & Leasowe CH46	West Kirkby CH48	Woodchurch and Upton CH49	Bromborough & Eastham CH62	Total
Drinking	Never Drunk	127	109	56	58	24	19	12	31	4	440
Freq	Used to Drink	120	80	76	73	36	38	20	50	8	501
	Less than once a month	175	67	112	98	50	74	19	91	10	696
	1-2 times a month	90	53	53	49	22	26	13	45	8	359
	Weekly	105	71	82	42	39	20	13	26	8	406
	2-4 Times a Week	43	75	52	53	51	37	15	21	3	350
	Daily	23	21	22	17	21	5	5	10	-	124
<b>Total</b>		<b>683</b>	<b>476</b>	<b>453</b>	<b>390</b>	<b>243</b>	<b>219</b>	<b>97</b>	<b>274</b>	<b>41</b>	<b>2876</b>

## Drinking Prevalence\*

		postcode									
		Birkenhead CH41	Birkenhead Tranmere CH42	Bidston, Claughton, Oxton & Prenton CH43	Seacombe CH44	Liscard CH45	Moreton & Leasowe CH46	West Kirkby CH48	Woodchurch and Upton CH49	Bromborough & Eastham CH62	Total
Drinking Freq	Never Drunk	18.59%	22.90%	12.36%	14.87%	9.88%	8.68%	12.37%	11.31%	9.76%	15.28%
	Used to Drink	17.57%	16.81%	16.78%	18.72%	14.81%	17.35%	20.62%	18.25%	19.51%	17.42%
	Less than once a month	25.62%	14.08%	24.72%	25.13%	20.58%	33.79%	19.59%	33.21%	24.39%	24.16%
	1-2 times a month	13.18%	11.13%	11.70%	12.56%	9.05%	11.87%	13.40%	16.42%	19.51%	12.44%
	Weekly	15.37%	14.92%	18.10%	10.77%	16.05%	9.13%	13.40%	9.49%	19.51%	14.14%
	2-4 Times a Week	6.30%	15.76%	11.48%	13.59%	20.99%	16.89%	15.46%	7.66%	7.32%	12.24%
	Daily	3.37%	4.41%	4.86%	4.36%	8.64%	2.28%	5.15%	3.65%	-	4.32%
<b>Total</b>		<b>683</b>	<b>476</b>	<b>453</b>	<b>390</b>	<b>243</b>	<b>219</b>	<b>97</b>	<b>274</b>	<b>41</b>	<b>2876</b>

\*The above figures represent the drinking prevalence in each area, represented as a percentage of the number of respondents in each area; some caution needs to be applied in respect of some of these figures.

## Appendix 3: Carers

Participants were also asked if they had any caring duties in the home, separate from their employment.

	Caring Responsibilities 2016	
<b>All sample [2902]</b>	<b>232</b>	<b>8.0%</b>
<b>Gender</b>		
Male	64	27.8%
Female	166	72.2%
<b>Ethnicity</b>		
White British	217	93.5%
BME	15	6.5%
<b>Occupation</b>		
R, M or U	90	38.8%
Other	124	53.5%
Not stated	18	7.8%
<b>Age</b>		
16-19	3	1.3%
20-24	12	5.2%
25-34	25	10.8%
35-49	76	32.8%
50-59	45	19.4%
60+	71	30.6%

### Current smoking habits

	Smoke Daily		Smoke Occasionally		Not at all	
<b>Caring Responsibilities</b>	<b>67</b>	<b>49.6%</b>	<b>5</b>	<b>3.7%</b>	<b>63</b>	<b>46.7%</b>
<b>No Caring Responsibilities</b>	<b>750</b>	<b>50.3%</b>	<b>66</b>	<b>4.4%</b>	<b>675</b>	<b>45.3%</b>

### Current drinking habits

	Never Drunk		Used to Drink		Less than Once Per Month		One or Two Times a Month		Weekly		Two to Four Times a Week		Daily	
<b>Caring Responsibilities</b>	<b>29</b>	<b>12.5%</b>	<b>51</b>	<b>22.0%</b>	<b>58</b>	<b>25.0%</b>	<b>24</b>	<b>10.3%</b>	<b>37</b>	<b>16.0%</b>	<b>28</b>	<b>12.1%</b>	<b>5</b>	<b>2.2%</b>
<b>No Caring Responsibilities</b>	<b>413</b>	<b>15.5%</b>	<b>453</b>	<b>17.0%</b>	<b>641</b>	<b>24.1%</b>	<b>336</b>	<b>12.6%</b>	<b>372</b>	<b>13.4%</b>	<b>326</b>	<b>12.3%</b>	<b>120</b>	<b>4.5%</b>

### Appendix 4: Smoking and Drinking Behaviours

	Smoke Daily		Smoke Occasionally		Not at all	
Consumed over 14 units in previous week	106	55.2%	9	4.7%	77	40.1%
Consumed 14 units or less in previous week	204	45.3%	20	4.4%	226	50.2%

## Appendix 5: Alcohol Units Conversion Table

The following figures were used to calculate units of alcohol consumed. They are taken from the Northwest Mental Wellbeing Survey 2009, (p.196)<sup>2</sup>.

Type of Drink and Volume	Number of Units
Pint of low alcohol beer/lager/cider	0.75
Pint of normal strength beer/lager/stout/cider	2
Pint of strong beer/lager/cider	4
Bottle of alcopops	1.5
Single glass of spirits (25ml)	1
Standard glass of wine (175ml)	2
Single glass of fortified wine (sherry, port, martini)	1

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<sup>2</sup> Northwest Public Health Observatory (Deacon et al. 2009)

## Appendix 6: Smoking and Alcohol Prevalence Questionnaire

### WIRRAL COUNCIL – SMOKING and ALCOHOL PREVALENCE SURVEY Autumn 2016

**Q1. Have you ever smoked?**

- YES
- NO *Go to Q18*

**Q2. Have you ever smoked at least 100 cigarettes in your lifetime?**

- YES
- NO *Go to Q18*

**Q3. Have you ever smoked daily?**

- YES
- NO *Go to Q4 and then Q8*

**Q4. Do you now smoke [Read out]?**

- DAILY
- OCCASSIONALLY
- NOT AT ALL

**Q5. On average, what number of the following items do/did you smoke per day? SHOW CARD ONE**

- Manufactured cigarettes – No \_\_\_\_\_
- Hand-roll cigarettes – No \_\_\_\_\_
- Bidis – No. \_\_\_\_\_
- Pipefuls of tobacco – No. \_\_\_\_\_
- Cigars/cheroots/cigarillos – No. \_\_\_\_\_
- Goza/hookah - No. \_\_\_\_\_
- Chewing tobacco No. \_\_\_\_\_

**Q6. How many years have you smoked/did you smoke daily?**

\_\_\_\_\_

**Q7. How long has it been since you last smoked daily?**

- Less than one month.
- One month or longer but less than six months.
- Six months or longer but less than one year.
- One year or longer but less than five years.
- Five years or longer but less than 10 years.
- 10 years or longer.

**Q8. How many times have you quit for more than four weeks in the last 12 months?**

- None
- If YES how many times \_\_\_\_\_

**Q9. Have you quit smoking for more than a month in the last 12 months?**

- NO Go to Q12
- YES
- If YES ask how many times \_\_\_\_\_

**Q10. If YES did you use any of the following? *Read Out***

- Nicotine Replacement Therapy such as patches, gum, inhalator or mouth spray
- Champix
- Zyban
- Willpower
- E-cigarette (or nicotine delivery device)

**Q11. If YES did you seek help from any of the following? *Read Out***

- GP or practice nurse.
- The Stop Smoking Service.
- Pharmacy Support.
- Friends/family support
- Other

**Q12. Which of the following statements best describes your current intentions about smoking?**

***Read Out***

- I intend to give up smoking in the next month
- I intend to give up smoking within the next year
- I intend to give up smoking but I don't know when
- I am unlikely to give up smoking
- Don't know

**Q13. Do you, at any time, smoke in your car?**

- Yes
- No



**Q14. Do you, at any time, smoke in your home?**

- Yes
- No

**Q15. Have you ever smoked cannabis?**

- No
- Yes – If YES ask did you smoke cannabis
- Daily
- At least once a week
- Less often than once a week

**Q16. Have you ever Vaped?**

- No – Go to Q18
- Yes – If YES ask did you Vape:
- Daily
- At least once a week
- Less often than once a week

**Q17. Which of the following statements best describes your current intentions about Vaping?**

- I intend to stop vaping in the next month
- I intend to stop vaping within the next year
- I intend to stop vaping but I don't know when
- I am unlikely to stop vaping
- Don't know

**I would now like to ask you some questions about your drinking habits. You do not have to answer any of these questions if you don't want to.**

**Q18. How often do you drink alcohol? *Read Out***

- I have never drunk alcohol      Go to 'Q33 Respondent Details'
- I used to drink alcohol but have now given up totally      Go to Q19 then Q27 then Q31 then Q33
- Less than once a month
- 1 or 2 times a month
- Weekly
- 2-4 times a week
- Daily (or almost)

**Q19. How old were you when you first started drinking alcohol?** \_\_\_\_\_

**Q20. Have you drunk at least one alcoholic drink in the last week?**

- Yes – now ask Q21
- No – Go to Q22

**Q21. Please have a look at this card and tell me how many units of each type of drink you have consumed in the last 7 days – it doesn't matter where? SHOW CARD TWO**

- Pints of low alcoholic beer/lager/cider \_\_\_\_\_
- Pints of normal strength beer/lager/cider/shandy/stout \_\_\_\_\_
- Pints of strong beer/lager/cider \_\_\_\_\_
- Bottles of alcopops (330ml) \_\_\_\_\_
- Single glasses of spirits (25ml) \_\_\_\_\_
- Standard glasses of wine (175ml) \_\_\_\_\_
- Single glasses of fortified wine (sherry/port/martini) \_\_\_\_\_

**Q22. How often, if ever, do you have hangovers?**

- Never
- Less than once a month
- 1 or 2 times a month
- Weekly
- 2-4 times a week
- Daily (or almost)

**Q23. Which of these are the reasons you drink? SHOW CARD THREE (Tick all mentioned)**

- It helps me to relax and unwind
- It makes socialising more fun
- It gives me confidence
- It goes well with food
- It relieves boredom
- It helps me to forget my problems
- Other reason
- Don't know

**Q24. How often do you drink alcohol at home?** *Read Out*

- Never – Go to Q27
- Less than once a month
- 1 or 2 times a month
- Once a week
- 2 to 4 times a week
- Daily or almost

**Q25. Again can please have a look at this card and tell me how many units of each type of drink you have consumed in the last 7 days at home which can include the home of a friend or relative?**

*SHOW CARD TWO*

- Pints of low alcoholic beer/lager/cider \_\_\_\_\_
- Pints of normal strength beer/lager/cider/shandy/stout \_\_\_\_\_
- Pints of strong beer/lager/cider \_\_\_\_\_
- Bottles of alcopops (330ml) \_\_\_\_\_
- Single glasses of spirits (25ml) \_\_\_\_\_
- Standard glasses of wine (175ml) \_\_\_\_\_
- Single glasses of fortified wine (sherry/port/martini) \_\_\_\_\_

**Q26. What proportion of your drinking takes place in home compared to pubs, clubs, bars or restaurants?**

- All of my drinking takes place at home
- Most of my drinking takes place at home
- About half and half
- Most of my drinking takes place out the home
- All of my drinking takes place outside of the home

**Q27. Have you ever been in alcohol treatment – for example counselling or detox or through your GP or at a specialist alcohol treatment service?**

- YES
- NO

**Q28. Have you reduced or stopped your drinking at any time during your lifetime?**

- No
  - Yes – If YES ask – How many times have you attempted to stop or reduce your drinking during your lifetime?  
\_\_\_\_\_
- And on average how long did these attempts last in weeks? \_\_\_\_\_

**Q29. Have you reduced your drinking for more than a month in the last 12 months?**

- NO Go to Q30
- YES  
If YES ask how many times have you reduced or stopped drinking for more than a month in the last 12 months? \_\_\_\_\_

**Q30. Have you stopped your drinking for more than a month in the last 12 months?**

- NO Go to Q31
- YES  
If YES ask how many times have you stopped drinking for more than a month in the last 12 months? \_\_\_\_\_

**Q31 Have you ever used any of the following specialist services to help you control your drinking? Read Out**

- GP or Nurse
- Specialist Alcohol Service run by the NHS
- Pharmacy
- Your own will power
- Friends and family
- Alcoholics Anonymous (AA)
- Other \_\_\_\_\_

**Q32. How would you describe your future intentions to drinking alcohol? SHOW CARD FOUR**

- I intend to give up drinking altogether in the next month
- I intend to reduce the amount I drink in the next month
- I intend to give up drinking altogether within the next year
- I intend to reduce the amount I drink within the next year
- I intend to give up drinking but I don't know when
- I am unlikely to give up drinking
- I will not give up drinking
- Don't know

**Q33. Respondent Details**

**Gender**

- Male**
- Female**

**Age**

- 16 – 19**
- 20 – 24**
- 25 – 34**
- 35 – 49**
- 50 – 59**
- 60+**

**Which of these options best describes your ethnic background? (Choose any one option)**

- Bangladeshi
- Indian
- Pakistani
- Other Asian Background
- African
- Caribbean
- Other Black Background
- Chinese
- Other Chinese Background
- Asian and White
- Black African and White
- Black Caribbean and White
- Other Mixed Background
- Arabic
- Other Ethnic Background
- White British
- White English
- White Irish
- White Scottish
- White Welsh
- Polish
- Other White Background
- Prefer Not to Say

**Area Code**

- *Insert Post Code from contact sheet* \_\_\_\_\_

**Occupation Classification Read Out**

**Are you:**

- Routine or manual occupation – including housewife**
- Any other occupation – including student**
- Unemployed**
- Unable to work because of long term illness or disability**
- Retired**
- Not stated/Refused**