

Health Survey for England 2004: The Health of Minority Ethnic Groups— headline tables

Public Health Statistics
Price: Free

Published by the Health and Social Care Information Centre
Part of the Government Statistical Service

ISBN: 1-84636-034-X

This publication may be requested in large print or other formats.

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1. INTRODUCTION

The Health Survey for England (HSE) is an annual survey of the health of the population. It has an annually repeating core accompanied by different topic modules each year. The focus of the 2004 report is on the health of ethnic minorities with an emphasis on cardiovascular disease (CVD). The report also covers the behavioural risk factors associated with CVD such as drinking, smoking and eating habits and health status risk factors such as blood pressure and diabetes. For children the emphasis is on respiratory health.

The headline tables present the key results of the 2004 survey. Those modules not asked of the general population in 2004 have used previous HSE years for comparison. Comparisons with results from the previous ethnic minority survey in 1999 will be included in the main report, to be published in April 2006.

2. SELF REPORTED HEALTH AND PSYCHOSOCIAL WELLBEING

Lucy Natarajan

Self-reported health

Informants were asked to rate their current health on a five point scale. About one in seven Bangladeshi men (15%), and one in ten Pakistani men (10%), reported 'bad' or 'very bad' health. The lowest prevalence of bad/very bad health was among Black African and Chinese men (4%) and men in the general population (6%).

The proportion of women in the general population who reported 'bad' or 'very bad' health was similar to that of men (7%). Around one in seven Bangladeshi and Pakistani women reported bad/very bad health (14% and 15% respectively). As with men, the lowest prevalence was among Chinese women (3%).

Table 2.1

Prevalence of longstanding illness and limiting longstanding illness

The prevalence of longstanding illness and limiting longstanding illness increased with age for the general population and all minority ethnic groups. The variation between minority ethnic groups differed from that of general health. The prevalence of longstanding illness ranged from around two in ten Chinese men (22%) and a quarter of Black African men (24%), to around four in ten men in the general population (43%) and almost a half of Irish men (47%). Similarly, among women, the prevalence was lowest in the Chinese and Black African groups (24%) and highest in the general population (47%) and Irish (44%) groups. Prevalence was also high among Black Caribbean women (44%).

Table 2.2

Prevalence of acute sickness in last two weeks

The lowest prevalence of acute sickness in the last two weeks was among Chinese men (8%) and was about one in seven in the South Asian, Irish and general population groups. Among women, the prevalence was highest in the Black Caribbean and Pakistani groups (both 21%) and, again, lowest in the Chinese group (9%). The prevalence of acute sickness increased with age in all groups.

Table 2.3

Table 2.1 Self-reported general health, by minority ethnic group and sex*Aged 16 and over*

2004

Self-reported general health	Minority ethnic group							
	Black Caribbean	Black African	Indian	Pakistani	Bangladeshi	Chinese	Irish	General population
	%	%	%	%	%	%	%	%
Men								
Very good	27	43	32	35	24	38	37	36
Good	46	42	37	38	43	43	34	41
<i>Good/very good</i>	73	85	69	72	68	81	71	77
Fair	17	11	22	17	17	15	19	17
Bad	7	3	7	7	11	3	7	5
Very bad	2	1	2	3	4	0	2	2
<i>Bad/very bad</i>	9	4	9	10	15	4	10	6
Women								
Very good	23	37	29	27	20	28	40	34
Good	39	41	42	38	44	51	39	41
<i>Good/very good</i>	62	78	71	65	64	78	79	74
Fair	27	15	22	20	21	19	16	19
Bad	9	6	6	9	10	2	4	5
Very bad	2	0	2	6	4	0	1	1
<i>Bad/very bad</i>	11	7	8	15	14	3	5	7
<i>Bases (weighted)</i>								
<i>Men</i>	478	377	903	421	178	151	1776	46188
<i>Women</i>	675	475	1067	497	208	163	2369	48679
<i>Bases (unweighted)</i>								
<i>Men</i>	412	390	550	432	409	348	497	2879
<i>Women</i>	652	468	634	507	478	375	656	3822

Table 2.2 Prevalence of longstanding illness & limiting longstanding illness, by age within minority ethnic group and sex*Aged 16 and over*

2004

Longstanding illness and limiting longstanding illness	Age group							
	Men				Women			
	16-34 %	35-54 %	55 + %	All men %	16-34 %	35-54 %	55 + %	All women %
Black Caribbean								
Longstanding illness	17	31	70	39	24	43	73	44
Limiting longstanding illness	8	19	46	24	17	24	49	28
Black African								
Longstanding illness	18	27	[38]	24	17	28	[47]	24
Limiting longstanding illness	7	10	[22]	10	9	19	[39]	15
Indian								
Longstanding illness	19	37	69	37	16	31	60	30
Limiting longstanding illness	9	22	50	23	10	17	46	19
Pakistani								
Longstanding illness	19	40	72	35	23	56	86	41
Limiting longstanding illness	8	23	54	20	14	40	70	30
Bangladeshi								
Longstanding illness	12	42	[73]	30	18	53	69	31
Limiting longstanding illness	8	34	[62]	24	10	38	45	21
Chinese								
Longstanding illness	8	23	59	22	17	24	42	24
Limiting longstanding illness	2	12	22	9	5	11	17	10
Irish								
Longstanding illness	28	41	65	47	27	41	59	44
Limiting longstanding illness	9	25	37	26	15	18	34	23
General population								
Longstanding illness	23	40	67	43	28	43	67	47
Limiting longstanding illness	9	21	40	23	15	22	43	27
<i>Bases (weighted)</i>								
Black Caribbean	141	196	143	479	219	292	165	676
Black African	179	159	40	377	240	196	37	473
Indian	327	384	192	903	408	466	193	1067
Pakistani	205	154	64	423	276	161	62	499
Bangladeshi	91	65	21	178	135	51	21	208
Chinese	74	50	27	151	63	78	22	163
Irish	412	678	686	1776	497	1038	831	2366
General population	14800	16676	14713	46188	14636	16924	17146	48706
<i>Bases (unweighted)</i>								
Black Caribbean	122	166	125	413	200	291	162	653
Black African	179	172	39	390	235	189	44	468
Indian	201	231	118	550	240	275	119	634
Pakistani	222	146	65	433	279	164	65	508
Bangladeshi	211	150	49	410	310	118	50	478
Chinese	172	118	58	348	148	176	51	375
Irish	114	194	189	497	149	275	231	655
General population	740	975	1164	2879	913	1374	1537	3824

Table 2.3 Prevalence of acute sickness, by age within minority ethnic group and sex*Aged 16 and over*

2004

Acute sickness in last two weeks	Age group							
	Men				Women			
	16-34 %	35-54 %	55 + %	All men %	16-34 %	35-54 %	55 + %	All women %
Black Caribbean	9	12	18	13	13	23	29	21
Black African	8	10	[15]	10	9	18	[23]	14
Indian	8	10	26	13	12	15	22	15
Pakistani	6	18	39	15	13	28	39	21
Bangladeshi	6	19	[38]	14	8	26	30	15
Chinese	5	8	16	8	8	9	15	9
Irish	4	21	15	15	14	19	17	17
General population	11	13	17	14	13	20	22	19
<i>Bases (weighted)</i>								
Black Caribbean	141	196	143	479	219	292	162	672
Black African	179	159	40	377	240	198	37	476
Indian	327	384	192	903	408	466	193	1067
Pakistani	205	154	64	423	276	161	62	499
Bangladeshi	91	65	21	177	135	51	21	208
Chinese	74	50	27	151	63	78	22	163
Irish	412	678	685	1775	497	1033	833	2363
General population	14800	16665	14713	46178	14649	16924	17101	48674
<i>Bases (unweighted)</i>								
Black Caribbean	122	166	125	413	200	290	161	651
Black African	179	172	39	390	235	190	44	469
Indian	201	231	118	550	240	275	119	634
Pakistani	222	146	65	433	279	164	65	508
Bangladeshi	209	150	49	408	310	118	50	478
Chinese	172	118	58	348	148	176	51	375
Irish	114	194	188	496	149	274	232	655
General population)	740	974	1164	2878	914	1374	1533	3821

3. CARDIOVASCULAR DISEASE AND DIABETES

Jenny Mindell and Paola Zaninotto

Prevalence of CVD conditions

Angina and heart attack

In the general population and in each minority ethnic group, women had lower prevalence of angina and heart attack than men. Prevalence of these conditions was lowest among those aged 16-34, and increased with age in both sexes in the general population and in all minority ethnic groups.

Among minority ethnic groups, the prevalence of angina and heart attack was highest in Pakistani men and Indian men and women, and lowest in Black African and Chinese informants. The highest prevalence of these conditions was observed in those aged 55 and over: the prevalence of angina was highest in Pakistani men (30.9%) and Indian women (14.7%), while the prevalence of heart attack was highest in the Pakistani group (19.0% men, 6.9% women).

Table 3.1

Heart murmur, abnormal heart murmur and 'other' heart trouble

These conditions were more common among people below the age of 35 than the other conditions. Compared with the general population, people from minority ethnic groups reported lower rates of heart murmur, abnormal heart rhythm (except for Irish women) and 'other' heart trouble (except for Black Caribbean women).

Table 3.1

Stroke

The prevalence of stroke was highest among informants aged 55 and over. Black Caribbean men had the highest prevalence (11.5%); while among women aged 55 and over the highest prevalence was among Bangladeshi (11.9%) and Pakistani (10.1%) informants.

Table 3.1

Any CVD condition

The proportion with any CVD condition increased with age in both sexes, and was markedly higher in the oldest age group (55 and over). Women from the general population had the highest prevalence of any CVD (13.0%) and Chinese women had the lowest (5.3%). Irish men had the highest prevalence of any CVD (14.5%) while Black African men (2.3%) had the lowest.

Table 3.2

Ischaemic heart disease (IHD)

The prevalence of ischaemic heart disease (angina or heart attack) was higher in men than in women. Among men aged 55 and over, Pakistani males had the highest prevalence (35.1%) and Chinese and Black African males had the lowest -7.2% and 5.2% respectively- but note small base among the latter. For women aged 55 and over, the prevalence was highest in the Indian group (14.7%) and lowest in the Black Caribbean (6.3%) and Irish (6.6%) groups.

Table 3.2

IHD or stroke

The prevalence of IHD or stroke increased with age in both sexes. Among those aged 55 and over, the prevalence was highest in Indian women (18.9%) and Pakistani men (41.1%) and lowest in the Chinese group (8.7% men, 9.0% women).

Table 3.2

Prevalence of diabetes

The prevalence of doctor-diagnosed diabetes increased markedly with age, in both men and women. It was more common in men than women for each minority ethnic group and age-group, except Pakistani women aged 55+, who had a significantly higher prevalence of diabetes than Pakistani men.

Type 2 diabetes accounted for the majority of cases. Black African, Black Caribbean, Indian, Pakistani and Bangladeshi men had higher prevalence of type 2 diabetes aged 35-54 and (except Black African men) aged 55+ than the general population. Among women, type 2 diabetes was more common in participants from Indian, Pakistani and Bangladeshi groups (aged 35+) and Black Caribbean women (aged 55+). Doctor-diagnosed diabetes was rare among those aged 18-34 except in Indian men and Irish women.

Table 3.3

Table 3.1 Prevalence of CVD conditions, by age within minority ethnic group and sex*Aged 16 and over**2004*

CVD conditions	Age group							
	Men				Women			
	16-34 %	35-54 %	55 + %	All men %	16-34 %	35-54 %	55 + %	All women %
Black Caribbean								
Angina	-	0.4	10.7	3.4	-	0.9	4.6	1.5
Heart attack	-	1.1	9.3	3.2	0.4	0.8	3.7	1.4
Heart murmur	-	2.2	2.5	1.6	1.3	2.5	4.6	2.7
Abnormal heart rhythm	3.1	2.5	6.2	3.8	1.7	3.7	2.5	2.8
'Other' heart trouble	-	0.3	3.0	1.0	0.4	3.3	3.1	2.3
Stroke	-	-	11.5	3.4	-	1.1	5.6	1.8
Black African								
Angina	0.3	-	[5.2]	0.7	0.1	1.0	[-]	0.5
Heart attack	-	-	[-]	-	-	-	[-]	-
Heart murmur	0.8	-	[-]	0.4	1.2	1.2	[8.1]	1.7
Abnormal heart rhythm		0.9	[-]	0.4	0.6	3.1	[11.0]	2.5
'Other' heart trouble	1.3	0.5	[-]	0.8	1.1	1.4	[2.3]	1.3
Stroke	-	-	[-]	-	0.4	0.4	[1.5]	0.5
Indian								
Angina	-	2.8	17.3	4.9	-	1.2	14.7	3.2
Heart attack	-	0.8	16.5	3.9	-	0.8	3.5	1.0
Heart murmur	0.4	2.9	2.2	1.8	0.7	1.4	3.7	1.5
Abnormal heart rhythm	1.4	0.7	5.4	1.9	1.8	2.6	6.6	3.0
'Other' heart trouble	1.9	0.5	8.1	2.6	0.4	2.5	2.0	1.6
Stroke	-	-	5.2	1.1	-	1.0	4.2	1.2
Pakistani								
Angina	-	6.2	30.9	6.9	0.6	1.5	13.7	2.5
Heart attack	-	3.4	19.0	4.1	-	0.7	6.9	1.1
Heart murmur	2.1	2.3	4.7	2.6	0.5	2.4	2.8	1.4
Abnormal heart rhythm	1.8	2.6	7.8	3.0	1.9	2.9	7.6	2.9
'Other' heart trouble	0.6	1.5	14.0	2.9	0.4	1.3	7.9	1.6
Stroke	-	1.1	9.6	1.8	0.2	0.9	10.1	1.7
Bangladeshi								
Angina	-	4.8	[11.4]	3.1	-	2.7	12.7	2.0
Heart attack	-	2.9	[15.1]	2.9	-	-	5.6	0.6
Heart murmur	-	1.0	[2.4]	0.7	-	-	9.7	1.0
Abnormal heart rhythm	-	2.0	[7.5]	1.6	0.4	2.7	14.1	2.3
'Other' heart trouble	-	-	[-]	-	0.2	2.5	2.2	1.0
Stroke	-	1.9	[9.2]	1.8	0.3	1.6	11.9	1.8
Chinese								
Angina	-	1.1	7.2	1.6	-	0.1	8.2	1.2
Heart attack	-	1.1	-	0.3	-	-	-	-
Heart murmur	0.6	-	7.5	1.6	-	1.2	1.9	0.8
Abnormal heart rhythm	1.1	1.7	11.3	3.1	1.8	3.8	3.8	3.1
'Other' heart trouble	0.6	-	1.8	0.6	-	1.1	3.7	1.0
Stroke	-	0.8	2.2	0.7	-	0.5	0.8	0.4
Irish								
Angina	-	0.6	9.7	4.0	-	1.1	5.7	2.5
Heart attack	0.4	2.5	5.1	3.0	-	0.4	1.8	0.8
Heart murmur	6.4	2.0	1.0	2.6	1.8	0.9	3.9	2.1
Abnormal heart rhythm	2.1	1.5	8.9	4.5	0.5	6.3	9.9	6.3
'Other' heart trouble	1.0	1.9	2.0	1.7	2.0	1.3	1.2	1.4
Stroke	-	2.2	9.4	4.5	0.9	0.6	6.3	2.7

Continued.....

Table 3.1 *continued**Aged 16 and over*

2004

CVD conditions	Age group							
	Men				Women			
	16-34 %	35-54 %	55 + %	All men %	16-34 %	35-54 %	55 + %	All women %
General population (2003)^a								
Angina	-	1.5	13.4	4.8	0.1	0.8	8.7	3.4
Heart attack	-	1.5	10.4	3.8	-	0.5	4.5	1.7
Heart murmur	2.4	2.6	4.6	3.1	2.4	2.9	4.7	3.4
Abnormal heart rhythm	2.0	3.7	9.8	5.1	2.6	5.7	8.1	5.6
'Other' heart trouble	0.6	1.6	6.5	2.8	0.4	1.2	3.6	1.8
Stroke	0.3	0.7	6.4	2.4	0.3	0.7	5.2	2.2
<i>Bases (weighted)</i>								
Black Caribbean	141	196	143	480	219	292	165	676
Black African	179	159	40	377	240	198	37	476
Indian	327	384	192	903	408	466	193	1067
Pakistani	205	154	64	423	276	161	62	499
Bangladeshi	92	65	21	178	135	51	21	208
Chinese	74	50	27	151	63	78	22	163
Irish	412	678	686	1776	497	1038	833	2369
General population (2003)	2321	2601	2281	7202	2319	2640	2675	7634
<i>Bases (unweighted)</i>								
Black Caribbean	122	167	125	414	200	291	162	653
Black African	179	172	39	390	235	190	44	469
Indian	201	231	118	550	240	275	119	634
Pakistani	222	146	65	433	279	164	65	508
Bangladeshi	212	150	49	411	310	118	50	478
Chinese	172	118	58	348	148	176	51	375
Irish	114	194	189	497	149	275	232	656
General population (2003)	1771	2364	2467	6602	2175	2897	3162	8234

a Comparative data for the general population are not available on this topic from the 2004 survey, so data have been taken from the 2003 survey, which was weighted for non-response. The 2004 survey is weighted for differential selection probabilities and individual-level non-response at each stage, but not for household non-response.

Table 3.2 Prevalence of CVD/IHD/IHD or stroke, by age within minority ethnic group and sex

Aged 16 and over

2004

Any CVD/IHD/IHD or stroke	Age group							
	Men				Women			
	16-34 %	35-54 %	55 + %	All men %	16-34 %	35-54 %	55 + %	All women %
Black Caribbean								
Any CVD	3.1	3.9	23.1	9.4	3.8	8.9	16.8	9.2
IHD	-	1.5	12.8	4.4	0.4	1.6	6.3	2.4
IHD or stroke	-	1.5	20.1	6.6	0.4	2.7	10.8	3.9
Black African								
Any CVD	2.4	1.4	[5.2]	2.3	2.6	6.0	[20.6]	5.5
IHD	0.3	-	[5.2]	0.7	0.1	1.0	[-]	0.5
IHD or stroke	0.3	-	[5.2]	0.7	0.4	1.5	[1.5]	1.0
Indian								
Any CVD	3.6	6.8	30.6	10.7	2.2	4.9	23.7	7.3
IHD	-	3.2	23.9	6.4	-	1.5	14.7	3.3
IHD or stroke	-	3.2	26.9	7.1	-	1.8	18.9	4.2
Pakistani								
Any CVD	3.4	11.1	42.0	12.0	3.2	7.7	22.2	7.0
IHD	-	7.9	35.1	8.2	0.6	2.2	13.7	2.7
IHD or stroke	-	8.0	41.1	9.1	0.8	3.1	17.6	3.6
Bangladeshi								
Any CVD	-	7.5	[24.2]	5.6	0.8	8.4	21.4	4.8
IHD	-	5.5	[18.0]	4.2	-	2.7	12.7	2.0
IHD or stroke	-	6.1	[24.2]	5.1	0.3	4.2	18.2	3.1
Chinese								
Any CVD	1.1	3.6	20.1	5.3	1.8	5.5	14.7	5.3
IHD	-	1.1	7.2	1.6	-	0.1	8.2	1.2
IHD or stroke	-	1.9	8.7	2.2	-	0.6	9.0	1.5
Irish								
Any CVD	8.8	8.3	24.1	14.5	5.2	7.7	19.7	11.4
IHD	0.4	2.5	11.5	5.5	-	1.4	6.6	2.9
IHD or stroke	0.4	4.3	16.0	7.9	0.9	1.9	12.4	5.4
General population (2003)^a								
Any CVD	4.6	8.0	29.4	13.6	5.2	9.4	23.5	13.0
IHD	-	2.1	17.9	6.4	0.1	1.1	10.6	4.1
IHD or stroke	0.3	2.6	21.6	7.9	0.4	1.7	14.5	5.8
<i>Bases (weighted)</i>								
Black Caribbean	141	196	143	480	219	292	165	676
Black African	179	159	40	377	240	198	37	476
Indian	327	384	192	903	408	466	193	1067
Pakistani	205	154	64	423	276	161	62	499
Bangladeshi	92	65	21	178	135	51	21	208
Chinese	74	50	27	151	63	78	22	163
Irish	412	678	686	1776	497	1038	833	2369
General population (2003)	2321	2601	2281	7202	2319	2640	2675	7634
<i>Bases (unweighted)</i>								
Black Caribbean	122	167	125	414	200	291	162	653
Black African	179	172	39	390	235	190	44	469
Indian	201	231	118	550	240	275	119	634
Pakistani	222	146	65	433	279	164	65	508
Bangladeshi	212	150	49	411	310	118	50	478
Chinese	172	118	58	348	148	176	51	375
Irish	114	194	189	497	149	275	232	656
General population (2003)	1771	2364	2467	6602	2175	2897	3162	8234

^a Comparative data for the general population are not available on this topic from the 2004 survey, so data have been taken from the 2003 survey, which was weighted for non-response. The 2004 survey is weighted for differential selection probabilities and individual-level non-response at each stage, but not for household non-response.

Table 3.3 Prevalence of doctor-diagnosed diabetes, by age within minority ethnic group and sex^a

Aged 16 and over

2004

Doctor-diagnosed diabetes	Age group							
	Men				Women			
	16-34	35-54	55 +	All men	16-34	35-54	55 +	All women
	%	%	%	%	%	%	%	%
Black Caribbean								
Type 1 ^b	-	-	1.8	0.5	1.3	0.7	0.5	0.8
Type 2	-	5.3	24.8	9.5	-	3.1	25.7	7.6
Types 1 and 2 combined	-	5.3	26.5	10.0	1.3	3.7	26.2	8.4
Black African								
Type 1	1.4	-	-	0.7	0.1	-	-	0.1
Type 2	0.3	5.6	[17.3]	4.3	-	0.7	[22.2]	2.0
Types 1 and 2 combined	1.7	5.6	[17.3]	5.0	0.1	0.7	[22.2]	2.1
Indian								
Type 1	0.4	1.7	-	0.9	-	-	-	-
Type 2	1.5	8.1	24.3	9.2	0.7	4.3	20.5	5.9
Types 1 and 2 combined	2.0	9.8	24.3	10.1	0.7	4.3	20.5	5.9
Pakistani								
Type 1	-	-	-	-	-	0.7	-	0.2
Type 2	-	9.7	25.3	7.3	-	9.0	44.4	8.4
Types 1 and 2 combined	-	9.7	25.3	7.3	-	9.7	44.4	8.6
Bangladeshi								
Type 1	-	0.7	-	0.2	0.9	-	-	0.6
Type 2	-	12.0	[29.9]	8.0	0.7	10.9	13.5	4.5
Types 1 and 2 combined	-	12.7	[29.9]	8.2	1.6	10.9	13.5	5.2
Chinese								
Type 1	-	1.1	-	0.3	-	-	-	-
Type 2	-	1.7	16.1	3.4	0.7	2.5	13.1	3.3
Types 1 and 2 combined	-	2.7	16.1	3.8	0.7	2.5	13.1	3.3
Irish								
Type 1	-	-	-	-	-	0.6	-	0.3
Type 2	-	1.0	8	3.6	1.7	1.2	3.2	2.0
Types 1 and 2 combined	-	1.0	8	3.6	1.7	1.9	3.2	2.3
General population (2003)^c								
Type 1	0.2	1.0	0.4	0.6	0.5	0.3	0.2	0.3
Type 2	0.2	2.2	9.3	3.8	0.4	1.7	6.9	3.1
Types 1 and 2 combined	0.3	3.1	9.7	4.3	0.9	2.0	7.1	3.4

a Numbers may not add exactly, due to rounding

b Type 1 diabetes defined as doctor-diagnosed diabetes, with diagnosis age<35 and currently on insulin

c Comparative data for the general population are not available on this topic from the 2004 survey, so data have been taken from the 2003 survey, which was weighted for non-response. The 2004 survey is weighted for differential selection probabilities and individual-level non-response at each stage, but not for household non-response.

Continued.....

Table 3.3 *continued**Aged 16 and over*

2004

Doctor-diagnosed diabetes	Age group							
	Men				Women			
	16-34	35-54	55 +	All men	16-34	35-54	55 +	All women
<i>Bases (weighted)</i>								
<i>Black Caribbean</i>	141	196	143	480	219	292	165	676
<i>Black African</i>	179	159	40	377	240	198	37	476
<i>Indian</i>	327	384	192	903	408	466	193	1,067
<i>Pakistani</i>	205	154	64	423	276	161	62	499
<i>Bangladeshi</i>	92	65	21	178	135	51	21	208
<i>Chinese</i>	74	50	27	151	63	78	22	163
<i>Irish</i>	412	678	686	1,776	497	1,038	833	2,369
<i>General population (2003)</i>	2,320	2,601	2,281	7,202	2,319	2,640	2,675	7,634
<i>Bases (unweighted)</i>								
<i>Black Caribbean</i>	122	167	125	414	200	291	162	653
<i>Black African</i>	179	172	39	390	235	190	44	469
<i>Indian</i>	201	231	118	550	240	275	119	634
<i>Pakistani</i>	222	146	65	433	279	164	65	508
<i>Bangladeshi</i>	212	150	49	411	310	118	50	478
<i>Chinese</i>	172	118	58	348	148	176	51	375
<i>Irish</i>	114	194	189	497	149	275	232	656
<i>General population (2003)</i>	1,771	2,364	2,467	6,602	2,175	2,897	3,162	8,234

a Numbers may not add exactly, due to rounding

b Type 1 diabetes defined as doctor-diagnosed diabetes, with diagnosis age<35 and currently on insulin

c Comparative data for the general population are not available on this topic from the 2004 survey, so data have been taken from the 2003 survey, which was weighted for non-response. The 2004 survey is weighted for differential selection probabilities and individual-level non-response at each stage, but not for household non-response.

4. USE OF TOBACCO PRODUCTS

Heather Wardle

Self-reported cigarette smoking

24% of men within the general population were current smokers.¹ The proportion of current smokers among men in minority ethnic groups ranged from 21% among Black African and Chinese men, to 40% among Bangladeshi men.

The proportion of women in the general population who were current smokers was similar to that of men (23%). The highest prevalence of current smokers was in the Irish and Black Caribbean groups, 26% and 24% respectively. Smoking prevalence was lowest among women in the South Asian and Chinese groups, and was particularly low among Bangladeshi women (2%).

Table 4.1

Number of cigarettes smoked

Current smokers were asked to estimate their daily consumption of cigarettes. 31% of male smokers in the general population smoked 20 or more cigarettes per day, and were heavier smokers than those in all of the other groups, with the exception of Irish men (33% of whom smoked at least 20 cigarettes per day). Black African males were the least heavy smokers, with 5% smoking 20 or more cigarettes per day.

The proportion of female smokers who smoked more than 20 cigarettes per day was 27% among the general population, 24% among the Irish group and 7% among the Black Caribbean group. The prevalence of current smoking among South Asian and Chinese groups was very low and therefore analysis of the number of cigarettes smoked by current smokers could not be presented.

Table 4.2

Prevalence of chewing tobacco within South Asian groups

South Asian informants were asked about their use of other tobacco products, including chewing tobacco. Among Indian and Pakistani groups, the prevalence of chewing tobacco use was low - between 2% and 4% for men and 1% for women. Use of chewing tobacco was more prevalent among the Bangladeshi group, with 9% of men and 16% of women reporting using chewing tobacco.

Table 4.3

Note

¹ In 2004, the Public Sector Agreement (PSA) published the target to reduce levels of cigarette smoking among the general population to 21% by 2010. Progress towards this target is monitored by the annual General Household Survey.

Table 4.1 Self-reported cigarette smoking status, by minority ethnic group and sex

Aged 16 and over

2004

Cigarette smoking status	Minority ethnic group							
	Black Caribbean	Black African	Indian	Pakistani	Bangladeshi	Chinese	Irish	General population
	%	%	%	%	%	%	%	%
Men								
Current cigarette smoker	25	21	20	29	40	21	30	24
Ex-regular cigarette smoker	16	8	13	8	13	11	30	29
Never regular cigarette smoker	59	71	66	63	47	68	40	47
Women								
Current cigarette smoker	24	10	5	5	2	8	26	23
Ex-regular cigarette smoker	13	3	2	2	1	3	27	22
Never regular cigarette smoker	63	87	92	93	97	89	47	56
<i>Bases (weighted)</i>								
Men	472	366	899	412	172	150	1773	45652
Women	658	464	1061	490	197	162	2362	48357
<i>Bases (unweighted)</i>								
Men	403	379	547	423	396	345	496	2855
Women	637	457	630	497	453	372	653	3805

Table 4.2 Number of cigarettes smoked by current smokers, by minority ethnic group and sex

Current smokers aged 16 and over

2004

Number of cigarettes smoked per day	Minority ethnic group							
	Black Caribbean	Black African	Indian	Pakistani	Bangladeshi	Chinese	Irish	General population
	%	%	%	%	%	%	%	%
Men								
Under 10 cigarettes per day	59	63	55	44	49	51	22	29
10 to under 20 per day	31	32	32	40	41	41	45	39
20 or more per day	10	5	13	16	11	8	33	31
Women								
Under 10 cigarettes per day	56	[63]	a	a	a	a	39	30
10 to under 20 per day	37	[35]	a	a	a	a	37	43
20 or more per day	7	[2]	a	a	a	a	24	27
<i>Bases (weighted)</i>								
Men	116	74	180	118	68	31	544	10861
Women	156	46	57	25	4	13	622	10873
<i>Bases (unweighted)</i>								
Men	111	70	107	123	159	69	162	640
Women	144	39	29	25	10	29	199	851

a Results not shown due to small base sizes

Table 4.3 Prevalence of chewing tobacco, by age within South Asian minority ethnic groups and sex*South Asian aged 18 and over*

2004

Use of chewing tobacco	Age group							
	Men				Women			
	18-34	35-54	55 +	All men	18-34	35-54	55 +	All women
	%	%	%	%	%	%	%	%
Indian								
Uses chewing tobacco	3	5	4	4	1	1	1	1
Uses chewing tobacco and smokes cigarettes	-	3	1	2	-	-	-	-
Uses chewing tobacco and does not smoke cigarettes	3	2	3	2	1	1	1	1
Does not use chewing tobacco	97	95	96	96	99	99	99	99
Pakistani								
Uses chewing tobacco	2	2	1	2	1	0	6	1
Uses chewing tobacco and smokes cigarettes	1	1	-	1	-	-	-	-
Uses chewing tobacco and does not smoke cigarettes	1	0	1	1	1	0	6	1
Does not use chewing tobacco	98	98	99	98	99	100	94	99
Bangladeshi								
Uses chewing tobacco	8	10	[14]	9	9	28	[29]	16
Uses chewing tobacco and smokes cigarettes	5	7	[5]	5	-	2	[3]	1
Uses chewing tobacco and does not smoke cigarettes	3	3	[10]	4	9	26	[27]	16
Does not use chewing tobacco	92	90	[86]	91	91	72	[71]	84
<i>Bases (weighted)</i>								
Indian	272	382	192	845	355	461	193	1009
Pakistani	169	153	64	386	235	161	62	458
Bangladeshi	80	65	21	166	113	50	21	184
<i>Bases (unweighted)</i>								
Indian	167	229	118	514	205	273	119	597
Pakistani	185	145	65	395	236	164	65	465
Bangladeshi	182	149	49	380	258	116	49	423

5. ALCOHOL

Bob Erens, Amy Hills, and Elizabeth Becker

Usual drinking frequency

There were very large variations in the usual drinking frequency between different minority ethnic groups. Among both sexes, all of the minority ethnic groups, except the Irish, were more likely than the general population to be non-drinkers. This was particularly true for Bangladeshi and Pakistani adults, the vast majority of whom were non-drinkers. The next highest proportion of non-drinkers were Indian and Black African women (59% and 45% respectively), followed by Chinese women (33%), Indian men and Black African men (33% and 32%). Black Caribbean men and women (15% and 21% respectively) and Chinese men (19%) were also more likely to say they were non-drinkers than men and women in the general population (8% men and 14% women).

Irish men and women were more likely than the general population to say they usually drank on 3 or more days a week: 51% of Irish men did so, compared with 41% of men in the general population; for women the equivalent figures were 30% and 26%. All other minority ethnic groups were less likely than the general population to report drinking on 3 or more days a week, and most were much less likely, especially women. While 11 % of Black Caribbean, and 9% of Chinese women, reported this usual frequency of drinking, only 5% to 6% of Black African and Indian women did so, and less than 0.5% of Pakistani and Bangladeshi women. The pattern for men was similar: Black Caribbean men were the most likely non-white minority ethnic group to drink on 3 or more days a week (28%), followed by Chinese (18%), Indian (18%) and Black African (17%) men; only 1% to 2% of Bangladeshi and Pakistani men drank this often.

Table 5.1

Amount consumed on the heaviest drinking day in the last week

Respondents were asked whether they had consumed alcohol in the past week, and if so how much they had consumed on the heaviest drinking day. The table shows units consumed, based on those who had a drink in the past week ('past week drinkers'). It summarises the percentages of men and women who had exceeded government recommendations on daily drinking amounts (4 units for men, 3 for women) and who had been binge drinking (8 units for men, 6 for women).

Among male past week drinkers, Irish men were the most likely to exceed these levels: 71% drank more than 4, and 40% more than 8, units on their heaviest drinking day. The results for Indian, Black Caribbean, Black African and Chinese men were similar, with around two-fifths to a half exceeding government guidelines and one-fifth binge drinking. Male past week drinkers in all minority ethnic groups except the Irish were less likely than those in the general population to exceed 4 and 8 units on their heaviest drinking day.

The pattern for women was similar. Among past week drinkers, Irish women were the most likely to drink more than 3 (53%), or 6 (23%), units on their heaviest drinking day, and were the only group more likely than the general population to exceed these levels. Next came Black Caribbean, Chinese and Indian women, with about one-third to two-fifths exceeding 3 units per day, and about one in seven exceeding 6 units. Finally, Black African women were somewhat less likely to exceed 3 (25%), or 6 (4%) daily units.

In the general population, 60% of men and 48% of women, had drunk over the recommended daily allowance, and 33% of men and 22% of women had drunk enough to be classified as binge drinking. Irish respondents were the only minority ethnic group with higher levels than this (71% of men and 53% of women drank above recommended limits and binge drinking occurred in 40% of men and 23% of women). The prevalence of drinking in the past week was so low for Pakistani and Bangladeshi groups that analysis could not be presented.

Table 5.2

Table 5.1 Usual drinking frequency, by minority ethnic group and sex*Aged 16 and over*

2004

Usual drinking frequency	Minority ethnic group							
	Black Caribbean	Black African	Indian	Pakistani	Bangladeshi	Chinese	Irish	General population
	%	%	%	%	%	%	%	%
Men								
Almost every day	10	7	7	1	-	7	20	18
Five or six days a week	5	1	3	0	-	2	7	6
Three or four days a week	13	9	7	1	1	9	23	18
Once or twice a week	29	19	24	3	0	26	28	29
Once or twice a month	13	13	12	2	1	17	5	11
Once every couple of months	8	10	7	1	1	9	3	4
Once or twice a year	7	9	5	1	0	12	3	5
Not at all in the last 12 months/Non-drinker	15	32	33	89	97	19	10	8
<i>Three or more days a week</i>	<i>28</i>	<i>17</i>	<i>18</i>	<i>2</i>	<i>1</i>	<i>18</i>	<i>51</i>	<i>41</i>
Women								
Almost every day	4	2	2	-	-	4	11	10
Five or six days a week	1	0	1	0	-	1	3	4
Three or four days a week	6	3	2	0	-	4	16	12
Once or twice a week	20	15	9	1	1	16	30	26
Once or twice a month	21	15	10	1	-	13	14	15
Once every couple of months	13	9	8	1	1	10	9	9
Once or twice a year	14	11	9	2	0	18	7	10
Not at all in the last 12 months/Non-drinker	21	45	59	95	98	33	11	14
<i>Three or more days a week</i>	<i>11</i>	<i>6</i>	<i>5</i>	<i>0</i>	<i>-</i>	<i>9</i>	<i>30</i>	<i>26</i>
<i>Bases (weighted)</i>								
<i>Men</i>	<i>472</i>	<i>366</i>	<i>899</i>	<i>411</i>	<i>172</i>	<i>150</i>	<i>1763</i>	<i>45610</i>
<i>Women</i>	<i>656</i>	<i>464</i>	<i>1058</i>	<i>489</i>	<i>196</i>	<i>162</i>	<i>2352</i>	<i>48284</i>
<i>Bases (unweighted)</i>								
<i>Men</i>	<i>403</i>	<i>378</i>	<i>547</i>	<i>422</i>	<i>396</i>	<i>345</i>	<i>495</i>	<i>2852</i>
<i>Women</i>	<i>634</i>	<i>457</i>	<i>628</i>	<i>496</i>	<i>452</i>	<i>372</i>	<i>652</i>	<i>3799</i>

Table 5.2 Amount consumed on the heaviest drinking day in the last week, by minority ethnic group and sex*Aged 16 and over drinking alcohol in past 7 days*

2004

Alcohol consumption (units per day)	Minority ethnic group							
	Black Caribbean	Black African	Indian	Pakistani	Bangladeshi	Chinese	Irish	General population
	%	%	%	%	%	%	%	%
Men								
Under 2 units	20	21	23	a	a	29	12	17
2, under 3 units	23	18	20	a	a	24	11	16
3, under 4 units	11	17	9	a	a	7	6	8
4, under 5 units	8	15	17	a	a	9	17	11
5, under 6 units	7	3	4	a	a	1	3	4
6, under 8 units	12	8	7	a	a	9	11	11
8 or more units	20	19	20	a	a	21	40	33
<i>Sub total: 4 or more units^b</i>	<i>47</i>	<i>44</i>	<i>48</i>	<i>a</i>	<i>a</i>	<i>40</i>	<i>71</i>	<i>60</i>
<i>Sub total: 8 or more units^b</i>	<i>20</i>	<i>19</i>	<i>20</i>	<i>a</i>	<i>a</i>	<i>21</i>	<i>40</i>	<i>33</i>
Women								
Under 2 units	37	43	38	a	a	46	28	30
2, under 3 units	24	29	26	a	a	17	19	22
3, under 4 units	15	8	12	a	a	11	15	13
4, under 5 units	8	9		a	a	7	7	9
5, under 6 units	3	5	5	a	a	5	7	5
6, under 8 units	7	4	6	a	a	7	11	11
8 or more units	6	0	11	a	a	7	12	12
<i>Sub total: 3 or more units^b</i>	<i>40</i>	<i>25</i>	<i>34</i>	<i>a</i>	<i>a</i>	<i>37</i>	<i>53</i>	<i>48</i>
<i>Sub total: 6 or more units^b</i>	<i>13</i>	<i>4</i>	<i>17</i>	<i>a</i>	<i>a</i>	<i>14</i>	<i>23</i>	<i>22</i>
<i>Bases (weighted)</i>								
<i>Men</i>	<i>280</i>	<i>135</i>	<i>407</i>	<i>27</i>	<i>2</i>	<i>70</i>	<i>1395</i>	<i>34187</i>
<i>Women</i>	<i>299</i>	<i>116</i>	<i>219</i>	<i>13</i>	<i>1</i>	<i>51</i>	<i>1556</i>	<i>29005</i>
<i>Bases (unweighted)</i>								
<i>Men</i>	<i>238</i>	<i>125</i>	<i>242</i>	<i>26</i>	<i>4</i>	<i>161</i>	<i>373</i>	<i>2159</i>
<i>Women</i>	<i>272</i>	<i>104</i>	<i>126</i>	<i>12</i>	<i>3</i>	<i>113</i>	<i>409</i>	<i>2273</i>

^a The bases are too small to provide reliable estimates for these groups^b These figures are cumulative

6. ANTHROPOMETRIC MEASURES, OVERWEIGHT, AND OBESITY

Vasant Hirani

Mean Body Mass Index (BMI)

Body mass index (BMI) is a widely accepted measure that takes into account weight and height: it is calculated as weight (kg) divided by squared height (m²). The mean BMI of men and women in the general population was 27.1 kg/m² and 26.8 kg/m² respectively. Among minority ethnic groups, the mean BMI of Chinese (24.1 kg/m²) and Bangladeshi (24.7 kg/m²) men was significantly lower than that of the general population. The same was true for Chinese women, who had a markedly lower mean BMI (23.2 kg/m²) than women in the general population. In contrast, mean BMI was markedly higher among Black Caribbean (28.0 kg/m²) and Black African (28.8 kg/m²) women. Women had a higher mean BMI than men in each minority ethnic group except the Chinese and Irish.

Table 6.1

Overweight and obesity prevalence

22.7% of men and 23.2% of women in the general population were obese (a BMI over 30 kg/m²). With the exception of Black Caribbean and Irish men (25.2%), men from minority ethnic groups had markedly lower obesity prevalence rates than those in the general population. Bangladeshi and Chinese men had the lowest obesity rates (5.8% and 6.0% respectively). Among women, obesity prevalence was highest in the Black Caribbean (32.1%), Black African (38.5%) and Pakistani (28.1%) groups, and lowest (7.6%) among the Chinese group.

The largest difference in prevalence of obesity between men and women was observed in Black Africans, where women's prevalence was higher than that in men by over 20 percentage points (38.5% vs 17.1%) and among the Bangladeshi group where obesity was almost three times higher among women than men (17.2% vs 5.8%).

The prevalence of overweight including obesity (BMI over 25 kg/m²) was 66.5% among men and 57.1% among women in the general population. With the exception of Black Caribbean (67.4%) and Irish (67.1%) men, those from all other minority ethnic groups had lower overweight (including obesity) rates than men from the general population. Bangladeshi and Chinese men had the lowest rates in men (44.4% and 36.8% respectively). Among women, the prevalence of overweight, including obesity, was higher than the general population in the Black Caribbean (64.5%), Black African (69.8%) and Pakistani (62.3%) groups. The other minority ethnic groups had lower rates than the general population. Chinese women had the lowest overweight/obesity rates of all minority ethnic groups (24.9%).

There was a general tendency for marked increases in BMI and overweight and obesity rates from age group 16-34 to 35-54 years.

Table 6.1

WAIST CIRCUMFERENCE AND WAIST TO HIP RATIO

Mean waist to hip ratio (WHR) and mean waist circumference

Waist-hip ratio (WHR) is defined as waist circumference divided by hip circumference, i.e. waist girth (m)/hip girth (m). Among the general population, the mean waist to hip ratio (WHR) was 0.92 in men and 0.82 in women. Among minority ethnic groups, mean WHR in men varied from 0.87 (Black African and Chinese) to 0.93 (Irish). There was less variation among women: mean values ranged from 0.81 (Black African and Chinese) to 0.85 (Bangladeshi). Mean WHR increased with age in all minority groups and in the general population for both men and women.

Mean waist circumference was 96.5 cm for men and 86.4 cm for women in the general population. Mean waist circumference ranged from 86.8 cm in Chinese men to 97.3 cm in Irish men, and from 77.6 cm in Chinese women to 90.2 cm in Black African women. With very few exceptions (e.g. Indian men and women), mean waist circumference increased with age for both minority ethnic groups and the general population.

Table 6.2

Percentage with raised waist to hip ratio (WHR) and raised waist circumference

33% of men and 30% of women in the general population had raised waist to hip ratio (WHR) (defined as 0.95 or more for men and 0.85 or more in women).

The prevalence of raised WHR varied considerably among minority ethnic groups. With the exception of Indian, Pakistani and Irish men, men from all other minority ethnic groups had lower prevalence of raised WHR than the general population. The lowest rate in men was found among Black Africans (16%) and the highest among Pakistanis (37%). Women in all minority ethnic groups, except the Chinese, had higher prevalence of raised WHR than the general population. The lowest rates in women were found among Chinese informants (22%), and the highest (50%) among Bangladeshi women. The prevalence of raised WHR increased steeply with age in all minority ethnic groups and in the general population for both men and women.

The prevalence of raised waist circumference (102 cm or more in men, and 88 cm or more in women) was 31% in men and 41% in women in the general population. As with raised WHR, there was considerable variation between minority ethnic groups. In men the lowest rates were recorded among Chinese (8%) and the highest among Irish men (33%). Women from each minority ethnic group, except Chinese and Indian women, had higher prevalence of raised waist circumference than the general population. Prevalence ranged from 16% among Chinese women to 53% among Black African women. The prevalence of raised waist circumference increased steeply with age in all minority ethnic groups and in the general population for both men and women.

Table 6.2

Table 6.1 Body mass index (BMI), overweight and obesity, by age within minority ethnic group and sex*Aged 16 and over with valid height and weight measurements**2004*

BMI (kg/m ²) and BMI status	Age group							
	Men				Women			
	16-34	35-54	55 +	All men	16-34	35-54	55 +	All women
	%	%	%	%	%	%	%	%
Black Caribbean								
18.5 or under	1.5	-	-	0.4	6.3	1.9	-	3.0
Over 18.5-25	40.5	32.3	23.2	32.2	55.2	26.3	9.4	32.5
Over 25-30	39.8	41.0	46.5	42.2	25.7	32.3	43.1	32.4
Over 30-40	17.5	26.7	30.3	25.0	10.6	33.6	43.7	27.9
Over 40	0.7	-	-	0.2	2.2	5.9	3.8	4.2
All over 25 (overweight including obese)	58.0	67.7	76.8	67.4	38.5	71.8	90.6	64.5
All over 30 (obese)	18.2	26.7	30.3	25.2	12.8	39.5	47.5	32.1
Mean	26.2	27.2	28.0	27.1	24.8	29.1	30.5	28.0
Standard error of the mean	0.59	0.41	0.48	0.28	0.46	0.59	0.55	0.37
Black African								
18.5 or under	1.5	-	a	0.7	3.0	-	[-]	1.6
Over 18.5-25	47.9	27.2	a	37.4	42.7	13.9	[7.4]	28.6
Over 25-30	43.1	46.4	a	44.7	31.6	31.8	[26.8]	31.3
Over 30-40	6.9	26.5	a	16.8	21.5	45.7	[54.0]	33.5
Over 40	0.6	-	a	0.3	1.3	8.6	[11.8]	5.0
All over 25 (overweight including obese)	50.6	72.8	a	61.8	54.3	86.1	[92.6]	69.8
All over 30 (obese)	7.5	26.5	a	17.1	22.8	54.3	[65.8]	38.5
Mean	25.3	27.5	a	26.4	26.5	31.2	[32.4]	28.8
Standard error of the mean	0.37	0.42	a	0.31	0.52	0.58	[1.20]	0.44
Indian								
18.5 or under	6.2	0.8	-	2.6	7.2	0.4	-	2.9
Over 18.5-25	50.1	35.6	51.1	44.2	57.8	35.5	23.5	41.9
Over 25-30	33.7	42.6	42.8	39.4	23.6	39.3	49.0	35.0
Over 30-40	9.5	20.5	6.1	13.5	10.9	23.3	25.6	19.0
Over 40	0.5	0.4	-	0.4	0.4	1.6	1.8	1.2
All over 25 (overweight including obese)	43.7	63.6	48.9	53.2	34.9	64.2	76.5	55.2
All over 30 (obese)	10.0	21.0	6.1	13.8	11.3	24.9	27.4	20.2
Mean	24.7	26.9	25.3	25.8	24.1	27.3	27.8	26.2
Standard error of the mean	0.38	0.30	0.34	0.23	0.35	0.32	0.37	0.22
Pakistani								
18.5 or under	5.7	0.9	-	3.2	4.2	-	[-]	2.2
Over 18.5-25	49.6	31.5	[39.2]	41.3	50.0	20.8	[13.0]	35.4
Over 25-30	33.4	51.4	[34.5]	40.4	31.3	38.4	[35.4]	34.3
Over 30-40	10.6	14.5	[26.2]	14.0	13.6	37.3	[48.8]	26.0
Over 40	0.7	1.8	[-]	1.0	0.9	3.6	[2.8]	2.1
All over 25 (overweight including obese)	44.6	67.6	[60.8]	55.5	45.8	79.2	[87.0]	62.3
All over 30 (obese)	11.3	16.3	[26.2]	15.1	14.5	40.8	[51.7]	28.1
Mean	24.9	26.8	[26.9]	25.9	25.2	29.2	[30.0]	27.1
Standard error of the mean	0.40	0.37	[0.49]	0.25	0.40	0.53	[0.84]	0.30

Continued...

Table 6.1 *continued*

Aged 16 and over with valid height and weight measurements

2004

BMI (kg/m ²) and BMI status	Age group							
	Men				Women			
	16-34	35-54	55 +	All men	16-34	35-54	55 +	All women
	%	%	%	%	%	%	%	%
Bangladeshi								
18.5 or under	6.5	1.7	[4.5]	4.5	7.7	-	[1.9]	5.2
Over 18.5-25	60.1	41.1	[42.3]	51.1	53.3	21.1	[39.7]	44.0
Over 25-30	28.1	49.4	[51.7]	38.6	26.3	51.0	[37.9]	33.6
Over 30-40	4.8	7.8	[1.4]	5.5	11.8	27.9	[20.5]	16.7
Over 40	0.5	-	[-]	0.3	0.9	-	[-]	0.6
All over 25 (overweight including obese)	33.4	57.2	[53.2]	44.4	39.0	78.9	[58.4]	50.8
All over 30 (obese)	5.3	7.8	[1.4]	5.8	12.7	27.9	[20.5]	17.2
Mean	24.0	25.8	[24.8]	24.7	24.5	28.4	[27.0]	25.7
Standard error of the mean	0.29	0.25	[0.53]	0.18	0.41	0.40	[0.85]	0.33
Chinese								
18.5 or under	4.2	1.2	1.8	2.8	8.7	1.4	[5.7]	4.7
Over 18.5-25	72.5	44.6	54.3	60.4	73.8	69.2	[65.3]	70.4
Over 25-30	20.4	42.9	38.5	30.7	11.3	20.0	[24.3]	17.3
Over 30-40	2.9	10.3	5.4	5.7	6.2	8.8	[4.7]	7.3
Over 40	-	1.0	-	0.3	-	0.6	[-]	0.3
All over 25 (overweight including obese)	23.2	54.2	43.9	36.8	17.5	29.4	[29.0]	24.9
All over 30 (obese)	2.9	11.3	5.4	6.0	6.2	9.4	[4.7]	7.6
Mean	23.0	25.6	24.9	24.1	22.3	23.8	[23.6]	23.2
Standard error of the mean	0.25	0.33	0.57	0.23	0.36	0.37	[0.61]	0.28
Irish								
18.5 or under	4.2	1.6	-	1.6	3.8	0.3	2.1	1.7
Over 18.5-25	44.4	27.1	27.5	31.3	49.2	43.9	29.7	40.4
Over 25-30	32.3	53.4	35.5	41.9	29.8	36.5	41.8	36.8
Over 30-40	19.0	16.1	34.8	23.6	11.3	17.4	25.9	18.9
Over 40	-	1.9	2.2	1.6	6.0	1.9	0.5	2.3
All over 25 (overweight including obese)	51.4	71.3	72.5	67.1	47.0	55.8	68.2	58.0
All over 30 (obese)	19.0	17.9	37.0	25.2	17.2	19.3	26.4	21.2
Mean	25.6	27.0	28.5	27.2	26.3	26.5	27.3	26.7
Standard error of the mean	0.73	0.40	0.68	0.34	0.83	0.43	0.42	0.29

continued...

Table 6.1 *continued*

Aged 16 and over with valid height and weight measurements

2004

BMI (kg/m ²) and BMI status	Age group							
	Men				Women			
	16-34	35-54	55 +	All men	16-34	35-54	55 +	All women
	%	%	%	%	%	%	%	%
General population								
18.5 or under	3.2	0.6	0.4	1.4	3.0	1.3	1.1	1.7
Over 18.5-25	50.9	22.9	23.3	32.1	54.3	40.3	30.6	41.2
Over 25-30	32.7	49.3	49.1	43.9	28.0	32.9	40.1	33.9
Over 30-40	12.6	26.3	26.0	21.7	12.8	22.7	25.8	20.8
Over 40	0.6	0.9	1.2	0.9	2.0	2.8	2.4	2.4
All over 25 (overweight including obese)	45.9	76.5	76.3	66.5	42.8	58.4	68.3	57.1
All over 30 (obese)	13.2	27.2	27.2	22.7	14.8	25.5	28.2	23.2
Mean	25.2	28.0	28.0	27.1	25.1	27.1	27.8	26.8
Standard error of the mean	0.20	0.15	0.14	0.10	0.20	0.17	0.17	0.12
<i>Bases (weighted)</i>								
Black Caribbean	113	158	109	380	171	220	109	500
Black African	142	123	26	291	182	136	26	344
Indian	290	338	170	798	350	412	159	921
Pakistani	165	130	42	336	207	135	46	387
Bangladeshi	74	53	16	143	100	38	15	153
Chinese	68	43	23	135	51	67	17	136
Irish	369	628	578	1574	445	898	665	2008
General population	12727	14694	11823	39244	11858	14477	13468	39803
<i>Bases (unweighted)</i>								
Black Caribbean	95	131	91	317	150	204	105	459
Black African	140	132	25	297	170	132	30	332
Indian	177	203	102	482	202	245	99	546
Pakistani	182	119	45	346	209	135	47	391
Bangladeshi	170	122	38	330	231	88	34	353
Chinese	156	101	50	307	118	151	39	308
Irish	99	173	148	420	132	231	192	555
General population	643	868	933	2444	747	1176	1212	3135

a Figures are not shown as bases are too small (<30)

Table 6.2 Waist-hip ratio (WHR) and waist circumference, by age within minority ethnic group and sex*Aged 16 and over with valid waist and hip weight measurements*

2004

WHR and waist circumference	Age group							
	Men				Women			
	16-34	35-54	55 +	All men	16-34	35-54	55 +	All women
Black Caribbean								
Mean WHR	0.85	0.90	0.95	0.90	0.78	0.83	0.89	0.83
Standard error of the mean	0.006	0.010	0.008	0.006	0.009	0.007	0.008	0.006
Mean waist circumference	86.3	94.2	97.4	92.5	79.5	89.8	99.0	88.4
Standard error of the mean	1.74	1.70	1.43	1.01	1.44	1.43	1.31	1.10
% with raised waist-hip ratio ^a	1	25	53	25	14	35	77	37
% with raised waist circumference ^b	9	24	34	22	19	47	88	47
Black African								
Mean WHR	0.84	0.90	c	0.87	0.78	0.83	c	0.81
Standard error of the mean	0.008	0.008	c	0.006	0.01	0.007	c	0.008
Mean waist circumference	85.7	94.3	c	90.6	83.6	95.3	c	90.2
Standard error of the mean	1.65	1.44	c	1.16	1.98	1.34	c	1.40
% with raised waist-hip ratio ^a	4	21	c	16	14	42	c	32
% with raised waist circumference ^b	10	24	c	19	30	73	c	53
Indian								
Mean WHR	0.86	0.94	0.97	0.92	0.78	0.84	0.84	0.82
Standard error of the mean	0.007	0.005	0.006	0.005	0.007	0.005	0.008	0.004
Mean waist circumference	86.5	96.5	96.0	93.0	76.4	88.2	87.8	83.9
Standard error of the mean	1.37	0.92	1.07	0.82	1.14	0.93	1.19	0.74
% with raised waist-hip ratio ^a	5	46	68	36	13	39	45	30
% with raised waist circumference ^b	11	28	19	20	14	53	49	38
Pakistani								
Mean WHR	0.88	0.94	[1.01]	0.92	0.81	0.85	[0.92]	0.84
Standard error of the mean	0.008	0.006	[0.011]	0.006	0.007	0.009	[0.011]	0.006
Mean waist circumference	91.0	96.7	[105.4]	95.0	82.0	91.1	[100.3]	87.7
Standard error of the mean	1.37	1.01	[1.48]	0.87	1.31	1.77	[1.20]	0.93
% with raised waist-hip ratio ^a	17	46	[84]	37	22	47	[85]	39
% with raised waist circumference ^b	21	26	[71]	30	29	57	[96]	48
Bangladeshi								
Mean WHR	0.87	0.95	c	0.91	0.82	0.89	c	0.85
Standard error of the mean	0.01	0.008	c	0.07	0.007	0.009	c	0.005
Mean waist circumference	84.0	93.4	c	88.7	81.3	93.0	c	85.7
Standard error of the mean	1.58	1.03	c	1.00	1.48	1.31	c	1.09
% with raised waist-hip ratio ^a	14	41	c	32	33	77	c	50
% with raised waist circumference ^b	7	15	c	12	27	67	c	43
Chinese								
Mean WHR	0.84	0.90	[0.93]	0.87	0.77	0.82	c	0.81
Standard error of the mean	0.008	0.007	[0.014]	0.007	0.007	0.006	c	0.005
Mean waist circumference	82.8	90.6	[92.0]	86.8	73.8	79.5	c	77.6
Standard error of the mean	1.23	1.12	[2.21]	1.02	0.95	1.01	c	0.75
% with raised waist-hip ratio ^a	4	20	[53]	17	12	25	c	22
% with raised waist circumference ^b	5	10	[14]	8	9	19	c	16
a	Raised waist-hip ratio for men is 0.95 and over and for women is 0.85 and over.							
b	Raised waist circumference for men is 102cm and over and for women is 88cm and over.							
c	Figures are not shown as bases are too small (<30)							

Continued...

Table 6.2 *continued**Aged 16 and over with valid waist and hip measurements*

2004

WHR and waist circumference	Age group							
	Men				Women			
	16-34	35-54	55 +	All men	16-34	35-54	55 +	All women
Irish								
Mean WHR	0.88	0.92	0.97	0.93	0.80	0.82	0.85	0.83
Standard error of the mean	0.01	0.006	0.008	0.005	0.01	0.007	0.007	0.005
Mean waist circumference	91.0	96.3	102.3	97.3	85.6	86.6	89.3	87.4
Standard error of the mean	1.55	1.13	1.80	0.92	2.56	1.24	1.05	0.83
% with raised waist-hip ratio ^a	14	28	60	36	30	32	47	37
% with raised waist circumference ^b	16	28	49	33	28	38	56	43
General population (2003)^d								
Mean WHR	0.87	0.93	0.96	0.92	0.79	0.82	0.85	0.82
Standard error of the mean	0.002	0.002	0.001	0.001	0.002	0.001	0.002	0.001
Mean waist circumference	89.6	98.3	101.4	96.5	81.0	86.4	90.8	86.4
Standard error of the mean	0.38	0.30	0.27	0.22	0.37	0.28	0.28	0.21
% with raised waist-hip ratio ^a	9	36	54	33	15	27	46	30
% with raised waist circumference ^b	15	34	45	31	26	39	55	41
Bases (weighted)^e								
Black Caribbean	78	83	69	231	110	144	73	327
Black African	85	69	14	169	115	99	18	232
Indian	145	181	108	434	177	230	78	485
Pakistani	96	69	26	192	111	76	30	217
Bangladeshi	36	27	11	75	61	31	8	100
Chinese	39	24	12	75	28	40	7	75
Irish	198	352	322	872	232	463	415	1110
General population (2003)	1740	1964	1693	5397	1643	1940	1971	5554
Bases (unweighted)^e								
Black Caribbean	60	84	65	209	92	148	74	314
Black African	68	75	13	156	95	88	17	200
Indian	94	140	76	310	120	164	61	345
Pakistani	97	70	30	197	114	79	31	224
Bangladeshi	61	55	22	138	103	53	15	171
Chinese	85	67	30	182	66	100	19	185
Irish	67	131	113	311	82	169	154	405
General population (2003)	1211	1843	1908	4962	1482	2206	2307	5995

a Raised waist-hip ratio for men is 0.95 and over and for women is 0.85 and over.

b Raised waist circumference for men is 102cm and over and for women is 88cm and over.

c Figures are not shown as bases are too small (<30)

d Comparative data for the general population are not available on this topic from the 2004 survey, so data have been taken from the 2003 survey, which was weighted for non-response. The 2004 survey is weighted for differential selection probabilities and individual-level non-response at each stage, but not for household non-response.

e Bases vary: those shown are for those aged 16 and over with a valid waist and hip measurement.

7. BLOOD PRESSURE

Moushumi Chaudhury and Paola Zaninotto

Blood pressure measurements

Systolic blood pressure (SBP)

Mean systolic blood pressure (SBP) was higher among men than women in the general population and in each minority ethnic group. Mean SBP increased with age in both sexes, in the general population and in all minority ethnic groups.

Among men, mean SBP was highest among Black Caribbean and Irish informants and men in the general population (133.3 mmHg, 131.5 mmHg and 131.4 mmHg respectively), and lowest in Bangladeshi men (121.0mmHg).

Overall, women in the general population had the highest mean SBP (125.9 mmHg). Among minority ethnic groups, the highest mean SBP was found in Black Caribbean and Irish women (123.0 mmHg and 124.6 mmHg respectively), while Chinese women had the lowest mean SBP (115.1 mmHg).

Table 7.1

Diastolic blood pressure (DBP)

Mean diastolic blood pressure (DBP) was higher in Black Caribbean informants (74.7 mmHg in men and 73.7 mmHg in women) than the other minority ethnic groups and the general population. Among women, DBP increased steadily with age, and among men DBP peaked among those aged 35-54.

Table 7.2

Detection and treatment of high blood pressure (hypertension)

Hypertension is defined as having raised blood pressure (SBP \geq 140mmHg or DBP \geq 90mmHg) or on medication to treat hypertension. Informants were considered hypertensive if their systolic blood pressure was 140 mmHg or over, their diastolic blood pressure was 90 mmHg or over, or they were taking medicine prescribed for high blood pressure.

The efficacy of detection of hypertension was estimated by examining the proportion reporting a doctor-diagnosed history of hypertension among those defined as having high blood pressure at the time of the survey. Treatment rates were estimated by examining the proportion of all those defined as having high blood pressure who were on treatment at the time of the survey.

The HSE 2004 report has introduced a change in terminology from previous years' reports. The specific definitions of the four levels used in the HSE 2004 report are:

Normotensive-untreated	SBP <140mmHg and DBP <90mmHg and <u>not</u> taking medicine prescribed for high blood pressure
Hypertensive-controlled	SBP <140mmHg and DBP <90mmHg and taking medicine prescribed for high blood pressure
Hypertensive-uncontrolled	SBP \geq 140mmHg or DBP \geq 90mmHg and taking medicine prescribed for high blood pressure
Hypertensive-untreated	SBP \geq 140mmHg or DBP \geq 90mmHg and <u>not</u> taking medicine prescribed for high blood pressure

These four categories were labelled in the 1998 report as follows: normotensive-untreated, normotensive-treated, hypertensive-treated and hypertensive-untreated. All those with hypertension includes the last three categories above.

Black Caribbean informants tended to have higher prevalence of hypertension (38.4% men, 31.7% women) than the general population (31.7 % of men and 29.5% of women) and the other minority ethnic groups. The prevalence of hypertension increased across the age groups for men and women in each minority ethnic group and in the general population.

Bangladeshi men had the lowest prevalence of hypertension (15.9 %). Among women the lowest prevalence of hypertension was among Pakistani and Chinese informants (14.5% and 16.2% respectively).

The British Hypertension Guidelines 2004 state that anyone with a sustained BP ≥ 160 or DBP ≥ 100 should be treated with drugs, in conjunction with lifestyle advice and support.² We have therefore also reported the proportion of informants who had BP $\geq 160/100$ mmHg, but were not on drug treatment for hypertension.

Hypertensive-untreated (160 /100)	SBP ≥ 160 mmHg or DBP ≥ 100 mmHg and <u>not</u> taking Medicine prescribed for high blood pressure
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It should be noted that HSE 2004 measures blood pressure as a one-off measurement in a cross sectional survey, and does not provide information on whether high BP is sustained over time.

4.6% of men within the general population had untreated BP $\geq 160/100$ mmHg. The proportion of men in minority ethnic groups with untreated BP $\geq 160/100$ mmHg ranged from 1.4% among Bangladeshi to 5.5% in Irish men. However these differences were non-significant.

The proportion of women in the general population with untreated BP $\geq 160/100$ mmHg was similar to that of men (4.7%). Among minority ethnic groups the prevalence of those who were hypertensive untreated ($\geq 160/100$ mmHg) was highest for Black African and Irish women (3.7% and 3.3% respectively), and lowest among Black Caribbean and Chinese women (1.3% and 1.6% respectively). No significant differences were found between the minority ethnic groups and the general population.

Table 7.3

References

¹ Williams B, Poulter NR, Brown MJ, Davis M, McInnes GT, Potter JF, et al. Guidelines for management of hypertension: report of the fourth working party of the British Hypertension Society, 2004-BHS IV. *J Hum Hypertens* 2004; **18**:139-85.

Table 7.1 Systolic blood pressure (SBP), by age within minority ethnic group and sex*Aged 16 and over with valid blood pressure readings*

2004

Systolic blood pressure (mmHg)	Age group							
	Men				Women			
	16-34	35-54	55 +	All men	16-34	35-54	55 +	All women
Black Caribbean								
Mean	[126.3]	132.0	141.8	133.3	113.1	121.1	140.2	123.0
Standard error of the mean	[1.84]	2.07	2.77	1.43	1.67	1.23	3.05	1.35
Black African								
Mean	120.3	134.0	<i>a</i>	128.0	112.1	121.1	<i>a</i>	118.1
Standard error of the mean	1.84	2.52	<i>a</i>	1.71	1.43	2.07	<i>a</i>	1.72
Indian								
Mean	119.8	127.6	136.8	127.3	108.8	119.3	138.3	119.2
Standard error of the mean	1.38	1.43	2.26	1.18	1.11	1.24	2.43	1.14
Pakistani								
Mean	122.1	123.9	<i>a</i>	124.2	110.6	117.9	<i>a</i>	117.1
Standard error of the mean	1.83	1.92	<i>a</i>	1.28	1.06	1.71	<i>a</i>	1.01
Bangladeshi								
Mean	[117.9]	[120.5]	<i>a</i>	121.0	109.3	[122.6]	<i>a</i>	116.4
Standard error of the mean	[2.34]	[1.64]	<i>a</i>	1.36	1.30	[3.45]	<i>a</i>	1.73
Chinese								
Mean	123.9	124.3	<i>a</i>	125.2	108.8	114.8	<i>a</i>	115.1
Standard error of the mean	1.24	2.28	<i>a</i>	1.42	1.31	1.66	<i>a</i>	1.28
Irish								
Mean	[128.3]	127.0	138.6	131.5	110.6	119.7	137.7	124.6
Standard error of the mean	[1.82]	1.75	2.10	1.23	1.22	1.68	2.64	1.36
General population (2003)^b								
Mean	124.9	129.6	139.1	131.4	113.8	120.6	140.0	125.9
Standard error of the mean	0.39	0.38	0.54	0.30	0.33	0.39	0.52	0.33
<i>Bases (weighted)</i>								
Black Caribbean	59	53	57	169	78	113	58	249
Black African	66	59	11	136	94	78	12	183
Indian	117	156	89	361	151	209	82	442
Pakistani	79	58	22	159	102	77	28	207
Bangladeshi	25	22	6	53	48	28	8	83
Chinese	33	19	11	63	24	35	7	66
Irish	119	301	247	667	194	377	352	923
General population (2003) ^b	1335	1601	1484	4420	1327	1620	1755	4702
<i>Bases (unweighted)</i>								
Black Caribbean	43	59	53	155	70	114	59	243
Black African	50	62	11	123	73	71	10	154
Indian	77	119	69	265	103	151	66	320
Pakistani	79	57	26	162	101	77	29	207
Bangladeshi	41	45	13	99	83	47	14	144
Chinese	73	54	26	153	59	88	19	166
Irish	48	105	87	240	68	130	130	328
General population (2003) ^b	927	1505	1676	4108	1194	1831	2050	5075

a Results are not shown because of small bases

b Comparative data for the general population are not available on this topic from the 2004 survey, so data have been taken from the 2003 survey, which was weighted for non-response. The 2004 survey is weighted for differential selection probabilities and individual-level non-response at each stage, but not for household non-response.

Table 7.2 Diastolic blood pressure (DBP), by age within minority ethnic group and sex

Aged 16 and over with valid blood pressure readings

2004

Diastolic blood pressure (mmHg)	Age group							
	Men				Women			
	16-34	35-54	55 +	All men	16-34	35-54	55 +	All women
Black Caribbean								
Mean	[70.2]	78.6	75.7	74.7	68.0	75.7	77.4	73.7
Standard error of the mean	[1.85]	1.60	1.98	1.07	1.36	1.19	1.29	0.88
Black African								
Mean	66.3	81.2	a	73.5	68.6	76.7	a	72.8
Standard error of the mean	1.94	2.00	a	1.51	1.30	1.42	a	1.15
Indian								
Mean	70.9	78.5	75.1	75.2	69.7	75.4	76.4	73.7
Standard error of the mean	1.20	1.21	1.21	0.79	1.05	0.84	1.23	0.65
Pakistani								
Mean	71.0	76.7	a	73.8	70.3	75.5	a	73.2
Standard error of the mean	1.54	1.36	a	0.95	1.25	1.18	a	0.77
Bangladeshi								
Mean	[68.8]	[75.4]	a	72.2	68.3	[77.6]	a	72.3
Standard error of the mean	[1.29]	[1.18]	a	0.86	1.30	[2.03]	a	1.29
Chinese								
Mean	71.4	78.1	a	74.1	67.7	71.0	a	70.0
Standard error of the mean	1.20	1.68	a	1.10	1.28	1.07	a	0.83
Irish								
Mean	[70.3]	73.8	76.0	73.9	69.5	73.7	74.6	73.2
Standard error of the mean	[2.57]	1.41	1.51	1.04	1.48	1.27	1.33	0.81
General population (2003)^b								
Mean	68.7	77.5	75.8	74.3	69.5	74.4	74.9	73.2
Standard error of the mean	0.39	0.31	0.31	0.22	0.32	0.28	0.28	0.19
Bases (weighted)								
Black Caribbean	59	53	57	169	78	113	58	249
Black African	66	59	11	136	94	78	12	183
Indian	117	156	89	361	151	209	82	442
Pakistani	79	58	22	159	102	77	28	207
Bangladeshi	25	22	6	53	48	28	8	83
Chinese	33	19	11	63	24	35	7	66
Irish	119	301	247	667	194	377	352	923
General population (2003) ^b	1335	1601	1484	4420	1327	1620	1755	4702
Bases (unweighted)								
Black Caribbean	43	59	53	155	70	114	59	243
Black African	50	62	11	123	73	71	10	154
Indian	77	119	69	265	103	151	66	320
Pakistani	79	57	26	162	101	77	29	207
Bangladeshi	41	45	13	99	83	47	14	144
Chinese	73	54	26	153	59	88	19	166
Irish	48	105	87	240	68	130	130	328
General population (2003) ^b	927	1505	1676	4108	1194	1831	2050	5075

a Results are not shown because of small bases

b Comparative data for the general population are not available on this topic from the 2004 survey, so data have been taken from the 2003 survey, which was weighted for non-response. The 2004 survey is weighted for differential selection probabilities and individual-level non-response at each stage, but not for household non-response.

Table 7.3 Blood pressure levels, by age within minority ethnic group and sex*Aged 16 and over with valid blood pressure readings*

2004

Blood pressure levels	Age group							
	Men				Women			
	16-34	35-54	55 +	All men	16-34	35-54	55 +	All women
	%	%	%	%	%	%	%	%
Black Caribbean								
Normotensive untreated ^a	[89]	69	27	62	91	77	20	68
Hypertensive controlled ^a	[1]	1	26	10	-	4	32	9
Hypertensive uncontrolled ^a	[-]	4	27	10	1	4	32	10
Hypertensive untreated ^a	[11]	26	20	19	8	15	16	13
<i>All with hypertension</i>	[11]	31	73	38	9	23	80	32
Hypertensive untreated (160/100) ^b	[1]	3	3	2	1	1	3	1
Black African								
Normotensive untreated	91	62	<i>c</i>	75	97	72	<i>c</i>	81
Hypertensive controlled	2	6	<i>c</i>	4	-	7	<i>c</i>	5
Hypertensive uncontrolled	-	9	<i>c</i>	5	-	4	<i>c</i>	2
Hypertensive untreated	7	24	<i>c</i>	16	3	17	<i>c</i>	12
<i>All with hypertension</i>	9	38	<i>c</i>	25	3	28	<i>c</i>	19
Hypertensive untreated (160/100)	-	7	<i>c</i>	4	0	3	<i>c</i>	4
Indian								
Normotensive untreated	90	69	35	67	97	88	41	82
Hypertensive controlled	1	13	23	11	-	2	18	4
Hypertensive uncontrolled	-	4	17	6	1	3	20	6
Hypertensive untreated	9	15	26	16	2	6	21	7
<i>All with hypertension</i>	10	31	65	33	3	12	59	18
Hypertensive untreated (160/100)	1	2	6	3	1	1	10	3
Pakistani								
Normotensive untreated	94	79	<i>c</i>	80	96	87	<i>c</i>	85
Hypertensive controlled	-	4	<i>c</i>	6	-	4	<i>c</i>	4
Hypertensive uncontrolled	-	1	<i>c</i>	2	-	6	<i>c</i>	5
Hypertensive untreated	6	15	<i>c</i>	11	4	3	<i>c</i>	5
<i>All with hypertension</i>	6	21	<i>c</i>	20	4	13	<i>c</i>	15
Hypertensive untreated (160/100)	3	2	<i>c</i>	2	2	3	<i>c</i>	3
Bangladeshi								
Normotensive untreated	[93]	78	<i>c</i>	84	98	[66]	<i>c</i>	81
Hypertensive controlled	[-]	7	<i>c</i>	3	-	[14]	<i>c</i>	6
Hypertensive uncontrolled	[-]	11	<i>c</i>	6	-	[9]	<i>c</i>	5
Hypertensive untreated	[7]	5	<i>c</i>	7	2	[11]	<i>c</i>	7
<i>All with hypertension</i>	[7]	22	<i>c</i>	16	2	[35]	<i>c</i>	19
Hypertensive untreated (160/100)	[-]	-	<i>c</i>	1	-	[6]	<i>c</i>	3
Chinese								
Normotensive untreated	94	72	<i>c</i>	80	100	86	<i>c</i>	84
Hypertensive controlled	-	5	<i>c</i>	4	-	6	<i>c</i>	6
Hypertensive uncontrolled	-	5	<i>c</i>	5	-	1	<i>c</i>	3
Hypertensive untreated	6	18	<i>c</i>	11	-	8	<i>c</i>	7
<i>All with hypertension</i>	6	28	<i>c</i>	20	-	14	<i>c</i>	16
Hypertensive untreated (160/100)	-	4	<i>c</i>	2	-	1	<i>c</i>	2
Irish								
Normotensive untreated	[85]	78	36	64	98	86	41	71
Hypertensive controlled	[-]	3	14	7	-	0	11	4
Hypertensive uncontrolled	[2]	3	13	7	-	2	21	9
Hypertensive untreated	[13]	16	37	23	2	12	27	15
<i>All with hypertension</i>	[15]	22	64	36	2	14	59	29
Hypertensive untreated (160/100)	[3]	3	9	5	-	-	9	3
General population (2003)^d								
Normotensive untreated	91	74	42	68	96	83	39	71
Hypertensive controlled	0	3	12	5	0	3	13	6
Hypertensive uncontrolled	0	3	16	6	0	2	19	8
Hypertensive untreated	9	20	30	20	3	12	29	16
<i>All with hypertension</i>	9	26	58	32	4	17	61	29
Hypertensive untreated (160/100)	1	4	9	5	0	2	10	5

Continued.....

Table 7.3 *continued*

Aged 16 and over with valid blood pressure readings

2004

Blood pressure levels	Age group							
	Men				Women			
	16-34	35-54	55 +	All men	16-34	35-54	55 +	All women
<i>Bases (weighted)</i>								
Black Caribbean	59	53	57	169	78	113	58	249
Black African	66	59	11	136	94	78	12	183
Indian	117	156	89	361	151	209	82	442
Pakistani	79	58	22	159	102	77	28	207
Bangladeshi	25	22	6	53	48	28	8	83
Chinese	33	19	11	63	24	35	7	66
Irish	119	301	247	667	194	377	352	923
General population (2003) ^d	1335	1601	1484	4420	1327	1620	1755	4702
<i>Bases (unweighted)</i>								
Black Caribbean	43	59	53	155	70	114	59	243
Black African	50	62	11	123	73	71	10	154
Indian	77	119	69	265	103	151	66	320
Pakistani	79	57	26	162	101	77	29	207
Bangladeshi	41	45	13	99	83	47	14	144
Chinese	73	54	26	153	59	88	19	166
Irish	48	105	87	240	68	130	130	328
General population (2003) ^d	927	1505	1676	4108	1194	1831	2050	5075

a Normotensive untreated: SBP <140mmHg and DBP <90mmHg and not taking medicine prescribed for high blood pressure

Hypertensive controlled: SBP <140mmHg and DBP <90mmHg and taking medicine prescribed for high blood pressure

Hypertensive uncontrolled: SBP ≥140mmHg or DBP ≥90mmHg and taking medicine prescribed for high blood pressure

Hypertensive untreated: SBP ≥140mmHg or DBP ≥90mmHg and not taking medicine prescribed for high blood pressure

b Hypertensive untreated (160/100): SBP ≥160mmHg or DBP ≥100mmHg and not taking medicine prescribed for high blood pressure

c Results are not shown because of small bases

d Comparative data for the general population are not available on this topic from the 2004 survey, so data have been taken from the 2003 survey, which was weighted for non-response. The 2004 survey is weighted for differential selection probabilities and individual-level non-response at each stage, but not for household non-response.

8. PARTICIPATION IN PHYSICAL ACTIVITIES

Emmanuel Stamatakis

Adherence to physical activity recommendations

A 'high' activity level is defined as achieving the recommendations of participating in activity of moderate to vigorous intensity for at least 30 minutes on five or more days a week on average. 37% of men and 25% of women in the general population had high activity levels. Among minority ethnic groups, Irish (39%) and Black Caribbean (37%) men had the highest rates of adherence to the recommendations. Black Caribbean, Black African and Irish women had the highest rates (31%, 29% and 29% respectively). Only 11% of Bangladeshi and 14% of Pakistani women did the recommended amounts of physical activity in the previous four weeks.

In men, the percentage of informants with high activity levels decreased with age in each minority ethnic group and in the general population. This was not true for women, where high activity rates remained relatively stable or even increased from age groups 16-34 to 35-54 for most minority ethnic groups.

Low activity

At the other end of the physical activity spectrum, 32% of men and 39% of women in the general population had low activity levels, defined as participation in less than one 30-minute moderate or vigorous activity session a week, on average. Low activity levels rates were particularly common among Bangladeshi and Pakistani men (both 51%) and Bangladeshi (68%) and Pakistani (52%) women.

Table 8.1

Overall participation in physical activity

79% of men and 75% of women in the general population took part in physical activities for at least 30 continuous minutes in the four weeks prior to the interview. Among minority ethnic groups, participation rates ranged from 54% among Bangladeshi men to 78% among Irish men, and from 41% among Bangladeshi women to 81% among Irish women.

Two thirds of general population men reported regular participation in any physical activity (at least once a week on average). Regular participation was reported by about two thirds of those in the Irish, Black Caribbean, Black African minority ethnic groups. It was lower in the other groups, at around half of Pakistani and Bangladeshi men, and about six in ten Indian and Chinese men. Six in ten women in the general population participated regularly in physical activity. Among minority ethnic groups regular participation ranged from around a third of Bangladeshi women to two thirds of Irish women.

Participation in any activities decreased with age among men in the general population and in each minority ethnic group. The same pattern was true among women, with the exception of women in the general population, whose level of participation in any activity remained stable up to age 54.

Domestic physical activity

38% of men and 55% of women from the general population participated in heavy housework in the last four weeks. Among minority ethnic groups, rates ranged from 19% in Bangladeshi and 20% in Pakistani men to 42% in Black Caribbean men. In women, rates ranged from around a third of Bangladeshi women to about half of Black Caribbean, Black African, Indian, Pakistani, and general population informants and more than six in ten Irish women.

29% of men and 11% of women from the general population carried out heavy manual/gardening/DIY in the four weeks prior to the interview. Among men, rates were under 20% in each minority ethnic group with the exception of Irish men (24%). Among women, participation was no higher than 10% in any minority ethnic group.

Walking

Participation in brisk walking for at least 30 continuous minutes in the last four weeks was reported by 32% of men and 27% of women of the general population. With the exception of Irish men (32%) and women (33%), minority ethnic groups had lower participation rates than the general population (range 14-27% in men and 8-24% in women). South Asian (Pakistani, Indian and Bangladeshi) men and women had low walking rates (consistently under 20%). Participation in walking declined with age among men and women in most ethnic minority groups.

Sports and exercise

Participation in the last four weeks in sports and exercise and was reported by 41% of men and 34% of women in the general population. Chinese, Black Caribbean and Black African men had higher sports and exercise participation than general population men (range 43-49%), whereas Irish men had comparable rates to the general population (39%). Sports and exercise participation among Black Caribbean, Irish and Chinese women was the same or higher than women of the general population (range 34-38%). Lowest participation rates in exercise and sports were reported by Bangladeshi and Pakistani women (12% and 16%, respectively). Overall, there was a consistent decline in participation in exercise and sports with increasing age across minority ethnic groups and the general population.

Table 8.2

Table 8.1 Summary activity levels, by age within minority ethnic group and sex

Aged 16 and over

2004

Summary activity levels ^a	Age group							
	Men				Women			
	16-34 %	35-54 %	55 + %	All men %	16-34 %	35-54 %	55 + %	All women %
Black Caribbean								
Low levels	17	22	66	34	28	37	57	39
High levels	49	39	22	37	37	36	17	31
Black African								
Low levels	33	35	[45]	35	43	38	[69]	43
High levels	36	34	[33]	35	33	26	[21]	29
Indian								
Low levels	35	40	68	44	35	40	79	45
High levels	34	33	18	30	26	26	11	23
Pakistani								
Low levels	39	50	88	51	44	56	74	52
High levels	37	26	5	28	15	13	10	14
Bangladeshi								
Low levels	42	57	[78]	51	62	71	92	68
High levels	29	27	[9]	26	15	7	2	11
Chinese								
Low levels	30	43	50	38	45	42	67	47
High levels	31	28	31	30	16	19	15	17
Irish								
Low levels	11	27	53	33	21	28	46	33
High levels	54	41	27	39	30	36	19	29
General population								
Low levels	20	26	51	32	28	29	57	39
High levels	51	39	22	37	31	31	14	25
<i>Bases (weighted)</i>								
Black Caribbean	140	194	143	477	217	291	164	673
Black African	176	157	40	373	238	198	37	472
Indian	325	384	192	901	408	466	193	1067
Pakistani	205	151	64	420	276	161	62	499
Bangladeshi	91	65	21	177	135	51	21	207
Chinese	74	50	27	151	63	78	22	163
Irish	412	678	686	1776	497	1038	833	2369
General population	14734	16665	14690	46089	14649	16895	17098	48643
<i>Bases (unweighted)</i>								
Black Caribbean	120	164	125	409	198	289	161	648
Black African	177	170	39	386	234	190	43	467
Indian	200	231	118	549	240	275	119	634
Pakistani	222	142	65	429	279	164	65	508
Bangladeshi	210	150	48	408	309	118	50	477
Chinese	172	118	58	348	148	176	51	375
Irish	114	194	189	497	149	275	232	656
General population	737	974	1162	2873	914	1372	1532	3818

^a High levels indicate adherence to the physical activity recommendations (30 minutes or more at least moderate activity on at least 5 days a week).

Low levels indicate inactivity defined as less than one 30-minute moderate or vigorous activity session a week.

Table 8.2 Participation in each activity type, by age within minority ethnic group and sex

Aged 16 and over

2004

Frequency of participation for 30 minutes or more in moderate or vigorous activity	Age group							
	Men				Women			
	16-34 %	35-54 %	55 + %	All men %	16-34 %	35-54 %	55 + %	All women %
Black Caribbean								
<i>Heavy housework</i>								
Any	41	50	32	42	57	56	32	50
At least once a week	21	26	17	22	33	31	19	29
<i>Heavy manual/gardening/DIY</i>								
Any	9	28	12	18	7	14	7	10
At least once a week	5	18	6	11	3	6	1	4
<i>Walking</i>								
Any	37	25	10	24	26	28	12	24
At least once a week	25	19	8	18	22	21	9	18
<i>Sports and exercise</i>								
Any	68	55	11	46	51	35	16	36
At least once a week	60	45	9	39	43	23	10	27
<i>Any physical activities</i>								
Any	88	85	46	74	81	78	53	73
At least once a week	83	78	34	66	72	63	43	61
Black African								
<i>Heavy housework</i>								
Any	30	37	[42]	34	45	55	[21]	47
At least once a week	12	21	[28]	18	25	32	[16]	27
<i>Heavy manual/gardening/DIY</i>								
Any	5	12	[11]	9	3	5	[4]	4
At least once a week	0	7	[4]	3	0	1	[0]	1
<i>Walking</i>								
Any	33	21	[23]	27	27	18	[13]	22
At least once a week	31	19	[23]	25	21	15	[11]	17
<i>Sports and exercise</i>								
Any	58	34	[12]	43	33	25	[6]	28
At least once a week	48	26	[11]	35	26	16	[2]	20
<i>Any physical activities</i>								
Any	77	74	[67]	75	69	75	[42]	70
At least once a week	67	65	[55]	65	57	62	[31]	57
Indian								
<i>Heavy housework</i>								
Any	37	37	25	35	51	57	22	48
At least once a week	11	18	12	14	28	37	13	29
<i>Heavy manual/gardening/DIY</i>								
Any	9	19	16	15	4	9	3	6
At least once a week	3	9	9	7	2	3	0	2
<i>Walking</i>								
Any	25	18	10	19	27	16	6	18
At least once a week	20	15	10	15	24	13	5	16
<i>Sports and exercise</i>								
Any	47	32	9	32	39	25	4	27
At least once a week	41	23	7	26	30	20	3	21
<i>Any physical activities</i>								
Any	78	73	44	68	77	76	31	68
At least once a week	65	60	32	56	65	60	21	55

Continued...

Table 8.2 - continued

Aged 16 and over

2004

Frequency of participation for 30 minutes or more in moderate or vigorous activity	Age group							
	Men				Women			
	16-34 %	35-54 %	55 + %	All men %	16-34 %	35-54 %	55 + %	All women %
Pakistani								
<i>Heavy housework</i>								
Any	21	25	5	20	52	50	31	49
At least once a week	7	8	2	7	36	26	19	31
<i>Heavy manual/gardening/DIY</i>								
Any	9	12	5	10	2	6	7	4
At least once a week	4	7	3	5	0	3	1	1
<i>Walking</i>								
Any	18	12	5	14	15	9	2	12
At least once a week	14	10	5	11	12	6	2	9
<i>Sports and exercise</i>								
Any	43	27	4	31	20	12	4	16
At least once a week	34	23	1	25	16	11	2	13
<i>Any physical activities</i>								
Any	69	60	20	58	68	58	34	60
At least once a week	61	50	12	49	56	44	26	48
Bangladeshi								
<i>Heavy housework</i>								
Any	19	21	[10]	19	35	32	11	32
At least once a week	9	11	[7]	10	20	22	5	19
<i>Heavy manual/gardening/DIY</i>								
Any	5	5	[4]	5	3	6	0	4
At least once a week	4	3	[1]	3	2	4	0	2
<i>Walking</i>								
Any	20	14	[12]	17	11	6	0	8
At least once a week	18	14	[12]	16	8	4	0	7
<i>Sports and exercise</i>								
Any	40	15	[2]	26	16	7	1	12
At least once a week	35	12	[2]	22	14	6	1	11
<i>Any physical activities</i>								
Any	64	49	[25]	54	48	36	14	41
At least once a week	58	43	[22]	49	38	29	8	32
Chinese								
<i>Heavy housework</i>								
Any	36	31	35	34	34	51	33	42
At least once a week	13	16	23	16	14	37	19	26
<i>Heavy manual/gardening/DIY</i>								
Any	4	13	20	10	1	6	5	4
At least once a week	3	4	9	4	0	2	4	1
<i>Walking</i>								
Any	25	16	20	21	21	18	2	17
At least once a week	20	13	19	17	17	15	2	14
<i>Sports and exercise</i>								
Any	65	38	23	49	46	31	13	34
At least once a week	51	29	23	39	38	22	11	27
<i>Any physical activities</i>								
Any	85	74	55	76	69	73	41	67
At least once a week	70	57	50	62	55	58	33	53

Continued...

Table 8.2 - continued*Aged 16 and over*

2004

Frequency of participation for 30 minutes or more in moderate or vigorous activity	Age group							
	Men				Women			
	16-34 %	35-54 %	55 + %	All men %	16-34 %	35-54 %	55 + %	All women %
Irish								
<i>Heavy housework</i>								
Any	41	46	29	38	69	64	59	63
At least once a week	23	25	14	20	39	37	32	36
<i>Heavy manual/gardening/DIY</i>								
Any	29	27	19	24	8	12	6	9
At least once a week	17	17	11	15	1	3	1	2
<i>Walking</i>								
Any	48	38	16	32	35	38	26	33
At least once a week	31	27	15	23	31	31	22	28
<i>Sports and exercise</i>								
Any	64	45	17	39	51	41	26	38
At least once a week	58	35	14	33	43	31	19	29
<i>Any physical activities</i>								
Any	93	87	59	78	91	84	70	81
At least once a week	89	73	47	67	79	72	54	67
General population								
<i>Heavy housework</i>								
Any	38	41	35	38	55	64	45	55
At least once a week	15	18	17	17	31	39	24	31
<i>Heavy manual/gardening/DIY</i>								
Any	23	35	28	29	8	15	10	11
At least once a week	11	20	16	16	3	5	4	4
<i>Walking</i>								
Any	42	33	20	32	34	32	17	27
At least once a week	33	25	17	25	28	25	14	22
<i>Sports and exercise</i>								
Any	63	42	18	41	49	39	17	34
At least once a week	52	34	13	33	37	29	12	25
<i>Any physical activities</i>								
Any	90	84	63	79	84	85	58	75
At least once a week	80	74	49	68	72	71	43	61
Bases (weighted)								
<i>Black Caribbean</i>	140	194	143	477	217	291	164	673
<i>Black African</i>	176	157	40	373	238	198	37	472
<i>Indian</i>	325	384	192	901	408	466	193	1067
<i>Pakistani</i>	205	151	64	420	276	161	62	499
<i>Bangladeshi</i>	91	65	21	177	135	51	21	207
<i>Chinese</i>	74	50	27	151	63	78	22	163
<i>Irish</i>	412	678	686	1776	497	1038	833	2369
<i>General population</i>	14734	16665	14690	46089	14649	16895	17098	48643
Bases (unweighted)								
<i>Black Caribbean</i>	120	164	125	409	198	289	161	648
<i>Black African</i>	177	170	39	386	234	190	43	467
<i>Indian</i>	200	231	118	549	240	275	119	634
<i>Pakistani</i>	222	142	65	429	279	164	65	508
<i>Bangladeshi</i>	210	150	48	408	309	118	50	477
<i>Chinese</i>	172	118	58	348	148	176	51	375
<i>Irish</i>	114	194	189	497	149	275	232	656
<i>General population</i>	737	974	1162	2873	914	1372	1532	3818

9. EATING HABITS

Melanie Doyle and Dhriti Jotangia

Fruit and vegetable consumption

Among men, 23% of the general population met the recommended guidelines of consuming five or more portions of fruit and vegetables a day. With the exception of Irish men, the proportion of men meeting the guidelines was significantly higher among all minority ethnic groups. Over a third of Indian and Chinese men met the five-a-day recommendation (37% and 36% respectively). Levels of consumption were lower in other minority ethnic groups: the proportion consuming five or more portions ranged from 26% among Irish men to 33% among Pakistani men.

Similar patterns were found in the mean number of portions consumed. Compared with the 3.3 portions per day consumed by men in the general population, men in each of the minority ethnic groups had higher levels of consumption. Mean daily fruit and vegetable consumption was higher among Chinese and Pakistani men (4.4 and 4.3 portions per day respectively). Mean consumption was lower among Irish men (3.6 portions per day).

In the general population, a significantly higher proportion of women than men met the five-a-day recommendation (27% and 23% respectively). Similarly to men, the proportion eating five or more portions was higher among Chinese and Indian women (42% and 36% respectively) than the general population.

Mean daily fruit and vegetable consumption was also higher among Chinese and Indian women (4.9 and 4.4 portions per day respectively). Bangladeshi women and women in the general population had lower levels of daily consumption (3.6 portions per day respectively).

In the general population, fruit and vegetable consumption among men increased with age. Age-related increase in consumption was most marked among Black Caribbean, Black African and Indian men. As with men, women aged 55 and over consumed more fruit and vegetables. This was most marked among Black Caribbean, Black African and women in the general population.

Table 9.1

Fat intake

Fat intake was assessed using a weighted food frequency questionnaire, derived from the Dietary Instrument for Nutritional Education (DINE) questionnaire. Informants were asked about consumption of a range of foods (including dairy products, meat, fried foods and snacks) and fat scores were based on the frequency of consumption and amount of food consumed, and the fat content of a standard portion. Scores were grouped into three categories: low intake (less than 30), medium intake (30-40) and high intake (more than 40). A total fat score of 30 or less (low intake) represents a fat intake of 83g/day or less, whilst a fat score of 40 or more represents a fat intake greater than 122g/day.

Men in the 2003 general population had a mean fat score of 24. Mean fat score was lower among men in minority ethnic groups, ranging from 19 among Indian men to 23 among Irish and Bangladeshi men.

Mean fat score was also lower among women in minority ethnic groups than those in the general population (21). Among women in minority ethnic groups mean fat score ranged from 17 among Indian informants to 20 among Black African, Irish and Pakistani women.

72% of men in the general population had a low fat score. The proportion of men with a low fat score was significantly higher for men in minority ethnic groups than those in the general population (ranging from 80% among Pakistani men to 89% among Indian men), with the exception of Irish men (77%) where there was no significant difference from the general population.

84% of women in the general population had a low fat score, and there was no marked pattern in the prevalence of a low fat score among women in the general population and those in minority ethnic groups.

Table 9.2

Use of salt

Use of salt was assessed by asking respondents about their use of salt in cooking and pattern of salt use at the table.

56% of men in the general population used salt in cooking. Compared with the general population, use of salt in cooking was higher among men in minority ethnic groups (from 74% among Black African men to 95% among Bangladeshi men). The exception was Irish men, where a smaller proportion of men used salt in cooking (45%).

A similar pattern of salt use in cooking was observed for women. The prevalence of salt use in cooking was higher for women in minority ethnic groups (ranging from 69% among Black Caribbean women to 92% among Indian women) than those in the general population (53%), except for Irish women where use of salt in cooking was lower than in the general population (46%).

There were no marked differences in salt use at the table between the general population and minority ethnic groups.

Table 9.3

Table 9.1 Fruit and vegetable consumption, by age within minority ethnic group and sex*Aged 16 and over*

2004

Portions per day	Age group							
	Men				Women			
	16-34	35-54	55 +	All men	16-34	35-54	55 +	All women
	%	%	%	%	%	%	%	%
Black Caribbean								
None	10	7	6	8	11	5	5	7
Less than 1 portion	3	1	2	2	2	1	1	1
1 portion or more but less than 2 portions	19	18	9	16	21	18	11	17
2 portions or more but less than 3 portions	21	14	13	16	22	16	14	18
3 portions or more but less than 4 portions	15	15	13	14	13	13	14	13
4 portions or more but less than 5 portions	12	12	14	12	10	13	18	13
5 portions or more	20	33	44	32	21	35	37	31
Mean	3.2	3.9	4.4	3.9	3.2	4.1	4.3	3.9
Standard error of the mean	0.33	0.28	0.29	0.19	0.25	0.20	0.25	0.14
Median	2.7	3.3	4.0	3.3	2.3	3.7	4.0	3.3
Black African								
None	11	4	[5]	8	7	3	[-]	5
Less than 1 portion	4	3	[2]	3	2	1	[-]	2
1 portion or more but less than 2 portions	19	15	[6]	16	18	16	[21]	18
2 portions or more but less than 3 portions	14	17	[17]	16	15	14	[17]	14
3 portions or more but less than 4 portions	15	12	[6]	13	14	16	[3]	14
4 portions or more but less than 5 portions	14	14	[16]	14	15	15	[20]	15
5 portions or more	23	35	[49]	31	29	35	[38]	32
Mean	3.1	4.0	[4.9]	3.7	3.5	4.0	[3.9]	3.8
Standard error of the mean	0.25	0.21	[0.59]	0.18	0.17	0.19	[0.41]	0.12
Median	3.0	3.7	[4.7]	3.3	3.5	4.0	[4.0]	3.7
Indian								
None	5	4	5	4	4	2	2	3
Less than 1 portion	2	2	2	2	1	1	4	1
1 portion or more but less than 2 portions	15	12	12	13	12	7	6	9
2 portions or more but less than 3 portions	16	17	8	15	20	19	15	19
3 portions or more but less than 4 portions	15	14	15	15	17	21	9	17
4 portions or more but less than 5 portions	17	12	13	14	17	13	14	15
5 portions or more	30	39	45	37	28	37	50	36
Mean	3.8	4.4	4.7	4.2	4.0	4.6	4.7	4.4
Standard error of the mean	0.19	0.26	0.32	0.18	0.22	0.22	0.23	0.15
Median	3.7	4.0	4.4	4.0	3.5	3.8	4.9	4.0
Pakistani								
None	6	2	3	4	3	5	2	4
Less than 1 portion	4	2	4	3	4	4	2	4
1 portion or more but less than 2 portions	18	12	2	13	17	9	8	13
2 portions or more but less than 3 portions	11	18	18	14	16	19	18	17
3 portions or more but less than 4 portions	18	13	8	15	13	16	18	14
4 portions or more but less than 5 portions	14	17	26	17	14	18	21	16
5 portions or more	29	37	40	33	33	30	32	32
Mean	3.9	4.4	5.1	4.3	4.0	3.9	4.1	4.0
Standard error of the mean	0.24	0.25	0.47	0.19	0.20	0.22	0.36	0.16
Median	3.5	4.0	4.2	4.0	3.7	3.7	4.1	3.7
Bangladeshi								
None	5	5	[8]	6	4	5	8	5
Less than 1 portion	3	3	[-]	2	5	3	9	5
1 portion or more but less than 2 portions	15	14	[6]	14	14	13	15	14
2 portions or more but less than 3 portions	18	13	[21]	17	20	16	12	18
3 portions or more but less than 4 portions	10	19	[15]	14	17	15	23	17
4 portions or more but less than 5 portions	14	19	[19]	17	11	21	12	13
5 portions or more	36	26	[30]	32	29	27	21	28
Mean	3.9	3.7	[3.8]	3.8	3.6	3.7	3.2	3.6
Standard error of the mean	0.22	0.22	[0.30]	0.19	0.17	0.21	0.35	0.15
Median	3.9	3.6	[4.0]	3.7	3.0	3.7	3.0	3.2

Table 9.1 *continued*

Aged 16 and over

2004

Portions per day	Age group							
	Men				Women			
	16-34	35-54	55 +	All men	16-34	35-54	55 +	All women
	%	%	%	%	%	%	%	%
Chinese								
None	5	3	-	3	2	1	-	1
Less than 1 portion	5	3	-	3	1	-	6	1
1 portion or more but less than 2 portions	14	6	2	9	13	6	13	10
2 portions or more but less than 3 portions	16	14	15	15	13	13	12	13
3 portions or more but less than 4 portions	18	20	21	19	14	19	3	15
4 portions or more but less than 5 portions	7	20	17	13	16	18	18	17
5 portions or more	34	34	45	36	40	43	48	42
Mean	4.0	4.4	5.6	4.4	4.7	5.0	4.7	4.9
Standard error of the mean	0.26	0.22	0.73	0.21	0.27	0.22	0.40	0.19
Median	3.3	4.0	4.6	3.8	4.3	4.3	4.7	4.3
Irish								
None	15	13	6	11	7	4	5	5
Less than 1 portion	2	3	3	3	1	2	5	3
1 portion or more but less than 2 portions	29	13	15	18	17	14	13	15
2 portions or more but less than 3 portions	13	12	16	14	15	19	17	17
3 portions or more but less than 4 portions	6	19	16	15	16	17	18	17
4 portions or more but less than 5 portions	9	19	13	14	10	14	8	11
5 portions or more	25	21	32	26	33	30	34	32
Mean	3.2	3.4	4.1	3.6	3.7	3.9	3.9	3.9
Standard error of the mean	0.48	0.22	0.30	0.18	0.29	0.18	0.21	0.12
Median	2.0	3.2	3.3	3.0	3.7	3.5	3.5	3.5
General population								
None	12	8	4	8	10	5	3	6
Less than 1 portion	4	4	4	4	3	2	3	3
1 portion or more but less than 2 portions	20	16	13	16	19	16	14	16
2 portions or more but less than 3 portions	20	20	17	19	20	16	18	18
3 portions or more but less than 4 portions	13	17	18	16	13	18	18	16
4 portions or more but less than 5 portions	12	14	15	14	13	14	16	14
5 portions or more	18	22	29	23	21	29	30	27
Mean	2.9	3.3	3.8	3.3	3.1	3.8	3.8	3.6
Standard error of the mean	0.08	0.09	0.08	0.05	0.09	0.07	0.06	0.05
Median	2.3	3.0	3.5	3.0	2.7	3.3	3.5	3.3
Bases (weighted)								
Black Caribbean	140	196	143	479	219	292	165	675
Black African	179	159	40	377	240	198	37	476
Indian	327	384	192	903	408	466	193	1067
Pakistani	205	153	64	422	276	161	62	499
Bangladeshi	92	65	21	178	135	51	21	208
Chinese	74	50	27	151	63	78	22	163
Irish	412	678	686	1776	497	1038	833	2369
General population	14800	16676	14703	46178	14649	16924	17146	48719
Bases (unweighted)								
Black Caribbean	121	166	125	412	200	290	162	652
Black African	179	172	39	390	235	190	44	469
Indian	201	231	118	550	240	275	119	634
Pakistani	222	145	65	432	279	164	65	508
Bangladeshi	212	150	49	411	310	118	50	478
Chinese	172	118	58	348	148	176	51	375
Irish	114	194	189	497	149	275	232	656
General population	740	975	1163	2878	914	1374	1537	3825

Table 9.2 Fat intake, by minority ethnic group and sex*Aged 16 and over**2004*

Fat score	Minority ethnic group							General population (2003)
	Black Caribbean	Black African	Indian	Pakistani	Bangladeshi	Chinese	Irish	
	%	%	%	%	%	%	%	%
Men								
Low fat	82	86	89	80	83	86	77	72
Medium fat	14	10	10	16	12	13	19	22
High fat	5	4	1	4	5	0	4	6
Mean fat score	21	20	19	21	23	20	23	24
Standard error of the mean	0.8	0.8	0.5	0.9	0.9	0.7	0.7	0.2
Women								
Low fat	89	82	94	87	88	84	84	84
Medium fat	11	14	5	11	10	15	15	14
High fat	1	4	1	2	3	1	1	3
Mean fat score	18	20	17	20	19	19	20	21
Standard error of the mean	0.7	0.9	0.5	0.7	0.8	1.0	0.4	0.1
<i>Bases (weighted):</i>								
<i>Men</i>	210	149	392	173	62	69	817	5144
<i>Women</i>	286	215	459	201	88	72	1044	5511
<i>Bases (unweighted):</i>								
<i>Men</i>	186	145	281	175	113	168	293	4742
<i>Women</i>	277	186	321	214	150	178	382	5928

Table 9.3 Use of salt, by minority ethnic group and sex*Aged 16 and over*

2004

Adds salt to food ^{a, b}	Minority ethnic group							
	Black Caribbean	Black African	Indian	Pakistani	Bangladeshi	Chinese	Irish	General population (2003)
	%	%	%	%	%	%	%	%
Men								
Adds salt during cooking	77	74	93	93	95	82	45	56
Generally adds salt at table, without tasting	9	10	6	15	17	10	23	24
Tastes, generally adds salt at table	18	16	14	13	16	11	19	14
Tastes, occasionally adds salt at table	24	31	32	25	28	29	15	24
Rarely, or never, adds salt at table	49	43	47	47	39	50	43	38
Women								
Adds salt during cooking	69	83	92	88	91	75	46	53
Generally adds salt at table, without tasting	5	9	9	12	11	7	16	15
Tastes, generally adds salt at table	10	17	14	21	21	15	12	13
Tastes, occasionally adds salt at table	21	29	28	22	30	25	26	26
Rarely, or never, adds salt at table	64	45	50	46	38	53	45	46
<i>Bases (weighted) ^c</i>								
<i>Men</i>	230	171	435	196	73	74	870	5455
<i>Women</i>	332	245	523	229	103	77	1134	5814
<i>Bases (unweighted) ^c</i>								
<i>Men</i>	208	157	309	199	134	179	312	5022
<i>Women</i>	321	212	370	242	178	191	413	6255

a Adds salt during cooking, or adds salt to food at table

b Excludes salt alternative

c Bases shown are for use of salt at table; those for use of salt in cooking are slightly different, and are not shown in this table.

10. COMPLEMENTARY AND ALTERNATIVE MEDICINES (CAM)

Richard Boreham

Among the general population, women were more likely than men to have used any of the 24 listed complementary or alternative medicines (CAM) in the last 12 months (33% of women compared with 21% of men). The most popular CAM used in the last 12 months were massage therapy (10% of women and 6% of men), aromatherapy (11% of women, 3% of men), relaxation (8% of women, 3% of men) and herbal medicine (8% of women, 3% of men).

Chinese men and women were the most likely ethnic group to have used CAM – 47% of Chinese women and 30% of Chinese men had used CAM in the last 12 months, compared with 33% of women and 21% of men in the general population. These differences were mostly due to higher use of Chinese medicine and acupuncture among Chinese people. Among women, 31% of Chinese informants had used Chinese medicine in the last 12 months compared with 2% of the general population, and 13% of Chinese women had used acupuncture in the last 12 months (compared with 3% of women in the general population). The only difference in prevalence of use of specific CAM in the last 12 months among men was Chinese medicine (19% of Chinese men compared with 1% of men in the general population).

Bangladeshi men and women were the least likely ethnic group to have used CAM – 4% of Bangladeshi women and 6% of Bangladeshi men had used any of the 24 listed CAM in the last 12 months, compared with 33% of women and 21% of men in the general population.

Table 10.1

Table 10.1 Whether used CAM therapeutically/for health purposes in the last 12 months, by minority ethnic group and sex

Aged 16 and over

2004

Used CAM in last 12 months	Minority ethnic group							
	Black Caribbean	Black African	Indian	Pakistani	Bangladeshi	Chinese	Irish	General population
	%	%	%	%	%	%	%	%
Men								
Massage therapy	5	5	4	4	0	5	8	6
Aromatherapy	2	3	2	1	0	1	4	3
Relaxation	3	3	3	1	-	3	3	3
Herbal medicine	4	3	4	2	2	2	3	3
Reflexology	1	1	3	-	0	2	2	2
Osteopathy	1	0	1	2	-	1	1	3
Homeopathy	2	0	4	5	2	2	1	2
Meditation/visualisation/relaxation	3	2	4	0	-	4	1	2
Acupuncture	2	1	2	2	1	3	3	2
Chiropractor	0	2	1	-	-	1	0	2
Spiritual healing	3	4	1	0	-	-	1	1
Reiki	0	1	2	-	-	-	1	1
Chinese medicine	1	2	1	0	0	19	1	1
Crystal therapy	-	1	1	-	-	-	1	0
Hypnotherapy	0	-	1	-	-	0	1	1
Nutritional therapy	-	0	0	-	-	-	-	0
Shiatsu	-	-	-	1	-	2	1	0
Kinesiology	-	-	-	-	-	-	-	0
Dowsing	0	-	-	-	-	-	-	0
Naturopathy	0	-	-	-	-	-	0	0
Iridology	-	-	-	-	-	-	-	0
Ayurvedic medicine	-	-	4	0	-	0	-	0
Unani medicine	-	-	-	-	-	-	-	-
Megavit	-	-	-	-	-	-	-	-
Used any CAM	17	16	19	14	6	30	20	21
Women								
Massage therapy	10	7	8	9	1	11	11	10
Aromatherapy	8	5	4	5	0	8	13	11
Relaxation	4	6	3	2	-	4	8	8
Herbal medicine	8	7	4	4	1	6	8	8
Reflexology	5	1	4	2	0	5	6	5
Osteopathy	1	-	1	0	-	3	5	4
Homeopathy	2	1	5	4	2	2	4	4
Meditation/visualisation/relaxation	3	1	3	1	0	3	6	3
Acupuncture	1	1	3	2	0	13	4	3
Chiropractor	2	-	1	1	-	2	1	3
Spiritual healing	1	3	2	2	0	1	4	2
Reiki	0	1	4	1	-	0	3	2
Chinese medicine	2	1	1	2	0	31	2	2
Crystal therapy	-	0	1	0	-	2	1	1
Hypnotherapy	0	-	1	0	-	1	1	1
Nutritional therapy	1	1	2	1	-	1	0	1
Shiatsu	1	0	-	0	-	3	3	1
Kinesiology	-	1	1	-	-	2	-	1
Dowsing	-	0	-	-	-	-	-	0
Naturopathy	-	-	-	-	-	0	-	0
Iridology	-	0	-	-	-	1	-	0
Ayurvedic medicine	1	-	4	-	-	0	-	0
Unani medicine	-	-	-	-	-	-	-	-
Megavit	-	-	-	-	-	-	-	-
Used any CAM	26	19	24	17	4	47	30	33
<i>Bases (weighted)</i>								
Men	331	245	548	228	107	78	1187	31588
Women	439	308	647	285	121	94	1497	33736
<i>Bases (unweighted)</i>								
Men	284	252	321	213	245	182	325	1981
Women	433	303	369	271	276	220	408	2649

11. CHILDREN'S HEALTH

Elizabeth Fuller

A note on the sample of children

The findings on children's health are based on boys and girls aged 15 and under from each of seven minority ethnic groups (Black Caribbean, Black African, Indian, Pakistani, Bangladeshi, Chinese and Irish), compared with a general population sample based on data collected in 2001 and 2002. Results for boys and girls are shown separately.

In interpreting the findings it should be remembered that the sample sizes for each minority ethnic group are quite small, especially when limited by age or filtered by factors such as whether a measure was successfully achieved. Because of the small sample sizes, the data have not been standardised by age, and apparent differences between groups may be influenced by differences in age profile within those groups. Where differences between groups are commented on, these are statistically significant at the 95% level unless otherwise stated.

For children aged under 13, the interview was carried out with the child's parent or guardian, in the child's presence. Children aged 13 to 15 answered questions themselves, subject to parental consent. Information on smoking and drinking was collected from children aged 8 to 15 using a self-completion questionnaire.

Longstanding illness

Within the general population 24% of boys and 20% of girls aged 15 or under had a longstanding illness. The prevalence of longstanding illness among Black Caribbean and Irish children was similar to that of the general population. It was lower among children in all of the other minority ethnic groups, ranging from 11% of Black African boys to 18% of Indian and Pakistani boys, and from 7% of Black African girls to 13% of Pakistani and Chinese girls.

In the general population, boys were more likely than girls to have a longstanding illness. The same was true for Indian children. In all other minority ethnic groups the prevalence of longstanding illness was similar for boys and girls.

Table 11.1

Respiratory symptoms and doctor-diagnosed asthma

Among the general population, boys were more likely than girls to have experienced respiratory symptoms. 36% of boys aged 15 or under had ever wheezed, compared with 29% of girls in this age group.

The prevalence of respiratory symptoms among children in minority ethnic groups ranged from 16% of Bangladeshi boys to 39% of Black Caribbean boys, and from 8% of Bangladeshi girls to 33% of Black Caribbean girls. Black Caribbean and Irish children and Chinese boys (but not Chinese girls) were as likely as children in the general population to have ever wheezed. In other ethnic minority groups, boys and girls were less likely to have ever wheezed than children in the general population.

Among children from the Black African, Pakistani, Bangladeshi and Chinese groups, as in the general population, boys were more likely than girls to have wheezed. There were no differences in prevalence between boys and girls in the other minority ethnic groups.

In the general population 23% of boys and 18% of girls had had asthma diagnosed by a doctor.

Black Caribbean boys were more likely than boys in the general population to have had asthma diagnosed by a doctor (30%). Doctor-diagnosed asthma was less prevalent among Black African, Pakistani and Bangladeshi boys (17%, 13% and 12% respectively). In other groups boys reported doctor-diagnosed asthma at similar levels to the general population.

As with boys, the proportion of Black African, Pakistani and Bangladeshi girls with doctor-diagnosed asthma (9%, 8% and 7% respectively) was lower than among girls in the general population. Among girls in other minority ethnic groups, the prevalence of doctor-diagnosed asthma was similar to that found among girls in the general population.

Among the general population and most minority ethnic groups, boys were more likely than girls to be diagnosed with asthma. The exceptions to this were Indian, Irish and Chinese children, where the differences between the sexes were not statistically significant.

Table 11.2

Smoking

In the general population, 18% of boys and 19% of girls aged between 8 and 15 had ever smoked; 4% of boys and 4% of girls were current smokers.

Among minority ethnic groups, the proportion of children in this age group who had ever smoked ranged from 1% of Indian boys to 16% of Black Caribbean boys, and from 5% of Bangladeshi girls and 5% of Pakistani girls to 23% of Irish girls.

The samples were too small for reliable conclusions to be drawn about the relative proportions of current smokers within different minority ethnic groups. No Indian or Chinese children and no Bangladeshi girls reported that they currently smoked.

Table 11.3

Drinking alcohol

45% of boys and 40% of girls aged between 8 and 15 in the general population said that they had ever had a whole proper alcoholic drink. Among minority ethnic groups, the proportion of Irish children who had ever drunk alcohol was similar to the general population. Other children were less likely to have drunk alcohol. The prevalence of having had a drink differed markedly between groups, ranging from Pakistani and Bangladeshi children (1% of boys and 3% of girls in both groups) to Black Caribbean boys and girls (33% and 26% respectively).

Table 11.4

BMI, overweight and obesity

In the general population, mean BMI among children aged 2 to 15 was 18.3 for boys and 18.7 for girls. Among minority ethnic groups it ranged from 17.7 for Indian boys to 19.3 for Black Caribbean boys, and from 18.1 for Pakistani girls to 20.0 for Black Caribbean girls.

Within the general population, 30% of boys and 31% of girls were classified as overweight or obese (using national percentiles adjusted for age).

The proportion of overweight or obese boys was highest in the Black African, Black Caribbean and Pakistani groups (42%, 39% and 39%). For other minority ethnic groups the prevalence of overweight (including obesity) among boys was not significantly different from the general population.

Black Caribbean and Black African girls were most likely to be overweight or obese (42% and 40% respectively). In the other minority ethnic groups, levels were similar to that of the general population.

Table 11.5

Physical activity levels

Almost all boys and girls aged 2-15 in the general population had done some kind of physical activity in the last week, most often walking or active play. For boys, active play was more common than walking (93% compared with 89%). For girls, the reverse was true: 90% had walked for five minutes or more compared with 87% who had taken part in active play. At least half of boys and girls in the general population had done sports/exercise (59% and 55% respectively), while less than half of those aged 8-15 had done some gardening or housework for 15 minutes or more (30% of boys, 37% of girls). Although this pattern was broadly similar among children in all minority ethnic groups, there were some differences in the levels of participation.

89% of boys in the general population had walked for five minutes or more in the last week. This proportion was similar in the minority ethnic groups, but was highest among Irish boys (94%). Levels of walking among girls in the general population and in most minority ethnic groups were also similar, apart from Pakistani girls, who were less likely to have walked for at least five minutes.

Indian and Chinese boys were more likely to have walked than to have taken part in active play in the last week, though walking was as common as active play among boys from other minority ethnic groups. Boys and girls from minority ethnic groups were less likely than the general population to have done any active play, with levels of participation as low as 77% of Chinese boys, 75% of Indian girls and 74% of Bangladeshi girls. Only among Irish boys and girls and Chinese girls were levels of participation similar to those in the general population.

There were considerable differences between minority ethnic groups in the proportion of boys and girls who had taken part in sport or organised exercise, ranging from 48% of Pakistani boys to 71% of Black Caribbean boys, and from 23% of Pakistani girls to 61% of Chinese and Irish girls. In the general population and in most minority ethnic groups boys were more likely than girls to have taken part in sport or exercise; this was not true for Black African, Chinese and Irish children, among whom participation was at similar levels for boys and girls.

The proportions of children aged 8-15 who had done housework or gardening for at least 15 minutes ranged from 23% of Bangladeshi boys to 37% of Indian boys, and from 24% of Chinese girls to 58% of Indian girls. Unlike sport and exercise, girls in the general population and in most minority ethnic groups were more likely than boys to have done housework or gardening in the last week, but this was not so among Chinese children.

Table 11.6

Fruit and vegetable consumption

Among the general population, 11% of boys and 12% of girls aged between 5 and 15 ate five or more portions of fruit and vegetables a day. In most minority ethnic groups the proportion of children eating five or more portions a day was higher than this, and was highest among Indian and Bangladeshi boys (each 22%) and Chinese girls (24%).

Boys in the general population ate an average of 2.5 portions of fruit and vegetables in a day. Among minority ethnic groups, mean consumption ranged from 2.8 portions by Irish boys to 3.4 portions by Indian boys.

Girls in the general population ate an average of 2.6 portions a day. Among minority ethnic groups, mean consumption ranged from 2.9 portions a day by Black Caribbean and Irish girls to 3.6 portions by Chinese girls.

Table 11.7

Table 11.1 Prevalence of longstanding illness and limiting longstanding illness, by minority ethnic group and sex*Aged 0-15*

2004

Longstanding illness and limiting longstanding illness	Minority ethnic group							
	Black Caribbean	Black African	Indian	Pakistani	Bangladeshi	Chinese	Irish	General population (2001-2002)
	%	%	%	%	%	%	%	%
Boys								
Any longstanding illness	21	11	18	18	14	17	23	24
Limiting longstanding illness	7	5	6	7	5	10	7	8
Girls								
Any longstanding illness	22	7	9	13	10	13	17	20
Limiting longstanding illness	8	2	3	6	3	3	4	7
<i>Bases (weighted)</i>								
Boys	322	269	391	354	133	53	935	6936
Girls	264	283	319	319	136	52	979	6863
<i>Bases (unweighted)</i>								
Boys	262	253	241	313	290	123	225	6066
Girls	223	266	185	287	277	112	241	5992

Table 11.2 Respiratory symptoms and doctor-diagnosed asthma, by minority ethnic group and sex*Aged 0-15**2004*

Respiratory symptoms and asthma	Minority ethnic group							General population (2001-2002)
	Black Caribbean	Black African	Indian	Pakistani	Bangladeshi	Chinese	Irish	
	%	%	%	%	%	%	%	%
Boys								
Ever wheezed	39	20	23	22	16	30	29	36
Wheezed without a cold	26	10	11	12	7	16	14	22
Breathless when wheezing	26	8	10	9	7	14	15	16
Wheezed in last 12 months	27	13	15	15	11	15	13	20
Doctor-diagnosed asthma	30	17	18	13	12	21	20	23
Girls								
Ever wheezed	33	12	19	15	8	14	27	29
Wheezed without a cold	15	4	8	8	3	9	10	16
Breathless when wheezing	16	4	10	5	4	10	13	13
Wheezed in last 12 months	21	8	13	13	6	9	21	17
Doctor-diagnosed asthma	21	9	16	8	7	15	14	18
<i>Bases (weighted)</i>								
Boys	321	269	384	354	133	53	935	6937
Girls	262	282	316	318	136	52	979	6864
<i>Bases (unweighted)</i>								
Boys	260	253	238	313	290	123	225	6067
Girls	220	265	184	285	277	112	241	5993

Table 11.3 Reported experience of smoking cigarettes, by minority ethnic group and sex*Aged 8-15*

2004

Experience of smoking cigarettes	Minority ethnic group							
	Black Caribbean	Black African	Indian	Pakistani	Bangladeshi	Chinese	Irish	General population (2001-2002)
	%	%	%	%	%	%	%	%
Boys								
Has never smoked cigarettes	84	88	99	89	90	94	87	82
Has ever smoked	16	12	1	11	10	6	13	18
Has smoked, but does not do so now	15	7	1	8	7	6	8	14
Current smoker	2	5	-	3	3	-	5	4
Girls								
Has never smoked cigarettes	83	91	93	95	95	[98]	77	81
Has ever smoked	17	9	7	5	5	[2]	23	19
Has smoked, but does not do so now	11	8	7	3	5	[2]	15	15
Current smoker	6	1	-	2	-	[-]	8	4
<i>Bases (weighted)</i>								
Boys	117	71	168	142	46	24	391	3298
Girls	111	81	147	120	41	21	372	3282
<i>Bases (unweighted)</i>								
Boys	91	68	109	121	96	57	93	2887
Girls	89	76	86	103	76	46	89	2859

Table 11.4 Reported experience of drinking alcohol, by minority ethnic group and sex*Aged 8-15*

2004

Experience of drinking alcohol	Minority ethnic group							
	Black Caribbean	Black African	Indian	Pakistani	Bangladeshi	Chinese	Irish	General population (2001-2002)
	%	%	%	%	%	%	%	%
Boys								
Has had a whole proper alcoholic drink	33	17	5	1	1	19	35	45
Has never had a whole alcoholic drink	67	83	95	99	99	81	65	55
Girls								
Has had a whole proper alcoholic drink	26	15	8	3	3	[6]	38	40
Has never had a whole alcoholic drink	74	85	92	97	97	[94]	62	60
<i>Bases (weighted)</i>								
Boys	121	72	172	146	46	24	393	3327
Girls	112	83	152	121	41	21	378	3313
<i>Bases (unweighted)</i>								
Boys	94	68	112	124	97	57	93	2910
Girls	90	78	87	103	76	46	92	2883

Table 11.5 BMI and the prevalence of overweight and obesity, by minority ethnic group and sex*Aged 2-15 with a valid BMI measurement*

2004

BMI (kg/m ²) and BMI status	Minority ethnic group							
	Black Caribbean	Black African	Indian	Pakistani	Bangladeshi	Chinese	Irish	General population (2001-2002)
Boys								
Mean	19.3	19.0	17.7	18.8	18.2	18.4	18.3	18.3
Standard error of the mean	0.39	0.47	0.27	0.37	0.31	0.41	0.38	0.05
Median	18.4	17.8	16.9	17.6	17.5	17.5	17.2	17.4
% overweight ^{a,b}	11	11	12	14	12	8	10	14
% obese ^{a,b}	28	31	14	25	22	14	22	16
% overweight including obese	39	42	26	39	34	22	32	30
Girls								
Mean	20.0	19.6	18.9	18.1	18.5	18.2	18.9	18.7
Standard error of the mean	0.52	0.42	0.47	0.34	0.35	0.34	0.47	0.05
Median	18.6	18.6	17.7	16.9	17.6	17.8	17.9	17.6
% overweight ^{a,b}	15	13	11	10	14	22	16	15
% obese ^{a,b}	27	27	21	15	20	12	16	16
% overweight including obese	42	40	31	25	33	34	32	31
<i>Bases (weighted)</i>								
Boys	190	173	285	255	85	39	694	5442
Girls	173	168	256	239	84	41	681	5381
<i>Bases (unweighted)</i>								
Boys	147	161	176	213	182	90	162	4740
Girls	139	147	149	202	165	85	163	4672

a Overweight and obesity were defined using national BMI percentiles, adjusted for age. Overweight was defined as $\geq 85^{\text{th}}$ BMI percentile; obese was defined as $\geq 95^{\text{th}}$ BMI percentile.

b Categories are independent, i.e. overweight does not include those who are obese.

Table 11.6 Summary of children's participation in different activities in the last week, by minority ethnic group and sex

Aged 2-15

2004

Summary of participation ^a in different activities in the last week	Minority ethnic group							
	Black Caribbean	Black African	Indian	Pakistani	Bangladeshi	Chinese	Irish	General population ^b (2002)
Boys								
Sports and exercise								
% who participated	71	54	60	48	49	63	68	59
Mean number of days	2.7	2.1	2.5	2.0	2.1	1.7	2.3	1.9
Standard error of the mean	0.23	0.21	0.23	0.25	0.28	0.23	0.24	0.03
Mean number of hours	3.2	2.4	2.4	2.5	1.7	1.8	2.5	2.4
Standard error of the mean	0.34	0.39	0.24	0.42	0.24	0.37	0.26	0.06
Active play								
% who participated	86	88	83	88	82	77	91	93
Mean number of days	4.8	4.7	4.6	5.0	4.7	3.1	5.0	5.2
Standard error of the mean	0.25	0.26	0.24	0.23	0.36	0.30	0.27	0.04
Mean number of hours	5.7	5.3	4.4	6.2	4.1	3.4	7.0	7.8
Standard error of the mean	0.56	0.48	0.42	0.66	0.45	0.52	0.84	0.11
Walking^c								
% who participated	89	88	92	86	92	88	94	89
Mean number of days	5.1	4.9	4.6	4.9	5.4	4.3	4.6	4.5
Standard error of the mean	0.20	0.25	0.19	0.19	0.19	0.34	0.27	0.04
Mean number of hours	3.2	3.0	2.4	2.8	3.5	2.7	3.1	3.5
Standard error of the mean	0.31	0.40	0.20	0.32	0.36	0.58	0.36	0.08
Housework and gardening^{d,e}								
% who participated	28	27	37	30	23	24	33	30
Mean number of days	0.8	0.7	0.9	0.7	0.6	0.4	0.7	0.6
Standard error of the mean	0.19	0.17	0.15	0.16	0.15	0.12	0.20	0.02
Mean number of hours	0.6	0.7	0.5	0.5	0.3	0.2	0.5	0.5
Standard error of the mean	0.29	0.26	0.10	0.14	0.10	0.05	0.19	0.01
Any physical activity								
% who participated	99	99	98	99	96	99	100	99
Mean number of days	6.6	6.5	6.5	6.6	6.4	6.1	6.8	6.6
Standard error of the mean	0.10	0.16	0.11	0.10	0.15	0.20	0.06	0.02
Mean number of hours	12.4	10.9	9.5	11.7	9.4	8.0	12.9	14.2
Standard error of the mean	0.82	0.87	0.61	1.01	0.81	1.01	0.86	0.16
Bases (weighted)								
Boys (all activities except housework)	272	227	340	311	113	47	802	4201
Boys (housework/gardening)	156	97	190	173	61	29	438	2440
Bases (unweighted)								
Boys (all activities except housework)	223	211	209	269	242	109	194	3629
Boys (housework/gardening)	131	95	123	146	128	67	105	2113

a Informants who reported participation in physical activities but failed to provide valid information about frequency and duration were excluded.

b Exercise questions were not asked in 2001, and the general population figures are based on 2002 only.

c At least 5 minutes.

d At least 15 minutes.

e Questions about housework and gardening were not asked of children aged 2-7.

Continued....

Table 11.6 *continued*

Aged 2-15

2004

Summary of participation ^a in different activities in the last week	Minority ethnic group							
	Black Caribbean	Black African	Indian	Pakistani	Bangladeshi	Chinese	Irish	General population ^b (2002)
Girls								
Sports and exercise								
% who participated	48	51	46	23	33	61	61	55
Mean number of days	1.6	1.7	1.5	1.0	1.3	1.6	1.6	1.4
Standard error of the mean	0.20	0.20	0.22	0.18	0.21	0.23	0.19	0.03
Mean number of hours	1.6	1.3	1.2	0.7	0.9	1.6	1.6	1.7
Standard error of the mean	0.29	0.20	0.20	0.20	0.16	0.26	0.20	0.05
Active play								
% who participated	78	79	75	79	74	85	88	87
Mean number of days	4.1	3.8	3.4	4.0	4.2	3.9	4.2	4.6
Standard error of the mean	0.26	0.26	0.27	0.25	0.35	0.32	0.26	0.04
Mean number of hours	5.0	3.5	3.3	3.6	3.1	3.4	4.7	6.4
Standard error of the mean	0.55	0.49	0.54	0.45	0.39	0.55	0.54	0.10
Walking^c								
% who participated	91	92	91	83	89	87	93	90
Mean number of days	4.6	4.9	4.4	4.4	5.2	4.1	4.4	4.6
Standard error of the mean	0.22	0.21	0.20	0.21	0.22	0.32	0.26	0.04
Mean number of hours	2.6	2.5	2.4	2.1	3.1	2.7	3.3	3.5
Standard error of the mean	0.29	0.28	0.35	0.23	0.27	0.48	0.39	0.07
Housework and gardening^{d,e}								
% who participated	46	39	58	44	38	24	53	37
Mean number of days	1.2	0.9	1.9	1.5	1.2	0.4	1.7	0.9
Standard error of the mean	0.22	0.16	0.31	0.27	0.21	0.14	0.36	0.02
Mean number of hours	0.6	0.6	1.1	1.1	1.1	0.2	1.1	0.6
Standard error of the mean	0.13	0.11	0.22	0.28	0.30	0.07	0.26	0.02
Any physical activity								
% who participated	97	97	95	98	94	100	98	99
Mean number of days	6.4	6.4	6.3	6.3	6.2	6.3	6.5	6.5
Standard error of the mean	0.17	0.15	0.13	0.13	0.20	0.15	0.13	0.02
Mean number of hours	9.5	7.5	7.5	6.9	7.5	7.8	10.2	12.2
Standard error of the mean	0.72	0.65	0.67	0.72	0.58	0.86	0.78	0.15
Bases (weighted)								
Girls (all activities except housework)	233	225	288	277	114	45	856	4058
Girls (housework/gardening)	137	103	171	141	58	24	465	2341
Bases (unweighted)								
Girls (all activities except housework)	200	209	169	246	229	97	203	3504
Girls (housework/gardening)	118	98	98	121	109	54	111	2016

a Informants who reported participation in physical activities but failed to provide valid information about frequency and duration were excluded.

b Exercise questions were not asked in 2001, and the general population figures are based on 2002 only.

c At least 5 minutes.

d At least 15 minutes.

e Questions about housework and gardening were not asked of children aged 2-7.

Table 11.7 Fruit and vegetable consumption, by minority ethnic group and sex

Aged 5-15

2004

Fruit and vegetable consumption (portions per day)	Minority ethnic group							
	Black Caribbean	Black African	Indian	Pakistani	Bangladeshi	Chinese	Irish	General population (2001-2002)
	%	%	%	%	%	%	%	%
Boys								
None	8	2	5	10	10	4	11	12
Less than 1 portion	4	3	9	3	3	2	7	5
1 portion or more but less than 2	21	17	18	20	23	15	17	25
2 portions or more but less than 3	21	27	17	20	18	28	20	23
3 portions or more but less than 4	14	20	14	16	14	17	18	15
4 portions or more but less than 5	12	12	15	12	10	19	12	9
5 portions or more but less than 6	10	7	5	9	12	6	6	6
6 portions or more but less than 7	4	6	7	3	7	3	6	3
7 portions or more but less than 8	5	2	4	3	1	-	3	1
8 portions or more	1	3	6	3	2	6	1	2
<i>5 portions or more</i>	<i>19</i>	<i>18</i>	<i>22</i>	<i>19</i>	<i>22</i>	<i>15</i>	<i>16</i>	<i>11</i>
Mean	3.0	3.3	3.4	3.0	3.1	3.3	2.8	2.5
Standard error of the mean	0.20	0.21	0.32	0.21	0.24	0.22	0.25	0.03
Median	2.7	2.9	3.0	2.7	2.7	2.9	2.3	2.0
Girls								
None	9	7	6	2	9	1	7	8
Less than 1 portion	2	3	8	3	2	4	4	5
1 portion or more but less than 2	25	19	17	28	16	13	15	25
2 portions or more but less than 3	15	22	22	19	14	21	29	22
3 portions or more but less than 4	19	17	16	20	18	21	16	18
4 portions or more but less than 5	11	12	14	13	20	14	17	10
5 portions or more but less than 6	11	10	6	8	10	10	5	5
6 portions or more but less than 7	5	2	6	2	6	7	0	3
7 portions or more but less than 8	1	6	2	4	3	5	5	1
8 portions or more	2	2	4	3	3	3	2	2
<i>5 portions or more</i>	<i>19</i>	<i>20</i>	<i>18</i>	<i>16</i>	<i>21</i>	<i>24</i>	<i>12</i>	<i>12</i>
Mean	2.9	3.2	3.1	3.0	3.3	3.6	2.9	2.6
Standard error of the mean	0.19	0.22	0.28	0.22	0.26	0.27	0.20	0.03
Median	2.7	2.8	2.7	2.7	3.3	3.2	2.7	2.3
<i>Bases (weighted)</i>								
Boys	212	159	262	229	85	39	617	4905
Girls	186	164	228	205	82	33	654	4839
<i>Bases (unweighted)</i>								
Boys	178	154	166	196	184	91	147	4260
Girls	160	148	132	177	156	74	157	4178