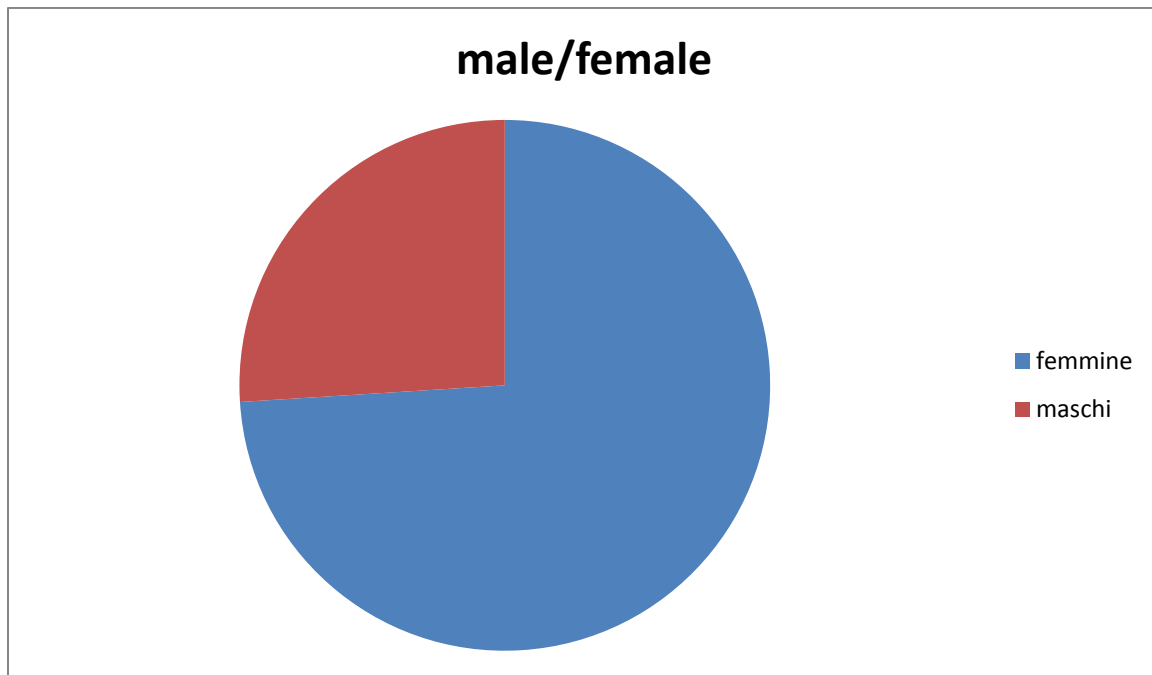


SI Health questionnaire on lifestyle

The panel was 115 persons (not everyone answered every question and there were multiple choice, so not every answers to question sums up to 115), 68% female, 32% male



73% are younger than 20 years, 27% between 20 and 35 years old. One participant remarked own disability another mentioned health problems that hinder to do sport. Just one tenth of the participants reports that they meet disabled persons at places where they do sport, so the experience of inclusive sport is not a current one for our participants.

We looked especially for gender differences but found at most points the same tendency by both groups. We found some obvious lifestyle clustering, too – always having in mind that our panel is too small for decisive conclusions about youth trends in general.

More than half of the participants (women and men) think they actual lifestyle is “sufficient” for their health, 28% are rather for very skeptical about this, whereas 16% think their lifestyle is “very good” for their health (see specifics below).

Most participants eat between 1 and 4 rations of fruits and vegetables a day (around 45% 1-2, 37% 3-4), where young women tend to eat more rations than man (44%:22% in the group 3-4 pieces, but more men take the higher quantity of 5 and more – one might say that men who eat these products at all, tend to eat larger quantities). 7%, identical with boys and girls, eat none at all.

Water is the drink that young people drink “often” or “at every opportunity” and both sexes agree here at about 90% when both categories are but together but here with the choice and quantity of drinks we see a most important gender difference, which goes along – at least in Germany – with “gender role pictures”. Young men drink less pure water regularly than women (“at every opportunity” women 44%, man 22 %) and the corresponding difference seems to be the drinking of carbonated drinks, where men choose “often” at 59% and women at 28% - the categories “seldom” shows women at 22%, man at 8%. Indeed young men are less abstinent with beer and wine (30% women drink it never, 13% of men) and men drink this “here and then” or “often” at 44%, while

women at 24 % – a well-known and often reported picture in Germany. The difference in relation to “spirits” is less clear and one sees here even a slight surplus on the female side: Men are a bit more abstinent and the relation in the two middle categories of “rare” and “here and then” are 75% (female) to 48 % (male), whereas the numbers if the two highest categories are put together are identical at 2-3% (but this are obviously only 3 persons, so one must not over-interpretate these values), but certainly young women are not “excused” from health risks by alcohol use.

When asked about the food preference and choice criteria we see no considerable difference in gender: “own taste” is for both sexes the criterion number one (77%), followed by price (43%) and then nourishment value (20%). As most used the multiple choice possibility in this paper questionnaire one sees very clearly: No one would eat or drink something “healthy” that does not taste him or here, as even those who look for the value of nourishment made their cross with “own taste”, too. In the next question which asked for the more subjective side of choice, only 4% said they look “very much” for healthy food and 20 % (some more the girls, indeed) make some choice against fat and fried food. About 40% “try it all”, where boys state a bit more outspokenly that they “eat what I like” (54%) than girls (32%). Obviously, young women a a bit more “fat-conscious” than men in their choices. But there is in our results at least no real gender difference in the way the young people see themselves and their possible weight problems: 57% see no problems, 25 % feel over- and 9% underweight (rest goes without comment).

In the questions about sport, there is a basic fact that the young people move much around on foot (63% more than 1 hour a day). The quantity of sport differs more: More girls than boy do no sport at all (33 : 16%) and half of them do it once a week. The other values do not differ much between the groups and are 22% three time and 19% “every day”. Lack of time and sheer “laziness” are quoted most as reason why they do not more sport over the week (this questions was in our paper version answered not only by those who choose low categories with the quantity of their sportive engagement but by many of the others, too, so these are reasons why even sporty types do not “much more sport”).

Without considerable gender difference, 42 % spent no money at all on sport each month and 38 less than 30€. Given this, one does not wonder that “financial reasons” not to do sport are mentioned practically not (just by 1 person). 8% spent more than 50€ each month.

One third of both sexes does “running” as sport, whereas the boys are a bit more engaged in cycling and team sport. “Gymnastics” is clearly done more often by the women (24% : 3%), but body building is more frequent with the men (27%:10%).

Women inform themselves considerably more on health issues reading papers and using internet than men(33% and 60% against 16% and 46%), but men are not in-communicative: They talk with friends about this (male: 65%, female 54%). The most common combination with both groups is that of use of internet and friends’ talk. Next to no one has experience with seminars etc. (3%) and 7 % talk about health with doctors or pharmacists.

Looking for clusters of behavior, we took those people who consider their lifestyle as clearly unhealthy and here we see that they are probably right about this: This cluster (male and female) does not inform themselves at all about these issues, eat strictly what they like and do no or very few sport activities. But they to see their weight as a mostly “normal”.

When we look on the other side at those who think they "hold the key" for an healthy life and consider themselves as very good in lifestyle we have again to be careful because of the small numbers, but here we see quite clearly two types: One which is described by all the girls with this basic choice and by some of the boys where we see a combination of considerable information impact, a high number of sport activities and a careful choice of food which still keeps in line with own taste. On the other hand there is a cluster the self-assuming healthy lifestyle men, where there is no difference in all points to the general average, only that they do a lot of sport more. Probably experts would not call this style as healthy as the boys do it themselves, as they engage in hectic sport activities every day without looking to nourishment at all and without much informative input about the question. This might certainly be a group to be considered for special addressing.

For our panel, health education providers might get the idea to promote more the good taste and the variety of food with healthy components, perhaps by using the internet to spread good, tasty and various pictures and recipes which encourages the big group which first looks about their taste to discover the flavor of health. At Diaconia Bremen we indeed consider this as a new strategy on our homepage.