# Health Survey - 2024 Intro & Personal Details

The Irish Health Survey collects information on your health status, your use of health care services, and information on health determinants, such as nutrition and smoking, that can impact your health.

The survey provides reliable data about the health of people in Ireland, which can then be used in public health policies.

The Central Statistics Office wishes to thank the participating households for their co-operation in agreeing to take part in the survey, and for facilitating the collection of the relevant data.

Contact Details Email: csotakepart@cso.ie Phone: +353 (21) 453 5110 Website: <u>www.cso.ie</u>

Soc\_Age What is your age?

If you are answering on behalf of a child or another adult, you can enter their date of birth at a later stage.

Answer_Dir	Are you answering
On behalf	of yourself of a child referenced on the invitation letter
I am an ad	ult providing assistance and answering on behalf of another adult

Sex_Temp	What is your sex?
Male Female	

Only answer this question if Answer\_Dir Contains Any 3 I am an adult providing assistance and answering on behalf of another adult

Adult\_DoB What is their date of birth?

Note: Please, be aware that the survey should be answered about the adult you are assisting. That is, when asked 'you' or 'your', please understand that the question refers to them.

Only answer this question if Answer\_Dir Contains Any 3 I am an adult providing assistance and answering on behalf of another adult

Proxy\_Rel What is your relationship to the person selected for the survey?

Only answer this question if Answer_Dir Contains Any 3 I am an adult providing assistance and answering on behalf of another adult		
Sex_Proxy	What is their sex?	
Male Female		

### **Employment Details**

PES_Temp Which one of the following categories best describes your current situation?
Employed
Unemployed
Retired
Unable to work due to long standing health problems
Student/Pupil
Fulfilling domestic tasks
Other
Not applicable

#### Only answer this question if PES\_Temp Contains None of 1 Employed

EMP12M Did you carry out a job or profession at any time during the last 12 months (including unpaid work for a family business or holding an apprenticeship or paid traineeship, etc.)?



#### Only answer this question if PES\_Temp Contains Any 1 Employed

FTPT\_CSO Do you work full-time or part-time in your main job?

If the respondent has multiple jobs, the main job is the one where the respondent usually works the most hours.



Only answer this question if PES_Temp Contains Any 1 Employed		
Mainjobprofile Which of the following best describes your work status?		
Note: Main job profile. When in doubt the main job should be the one with the greatest number of hours worked.		
Self-employed with employees Self-employed without employees Employee with a permanent job or work contract of unlimited duration Employee with a temporary job or work contract of limited duration Unpaid family worker		

HATLEVEL What is the highest level of education or training you have (if proxy interview insert: name has) ever successfully completed?
Primary education (or FETAC Certificate at NFQ level 1 or 2)
Secondary 1 (Junior/Inter/Group Certificate, NCVA foundation Certificate, SOLAS/FAS Introductory Skills Certificate, FETAC Certificate at NFQ level 3, Equivalent Qualification at NFQ level 3)
Transition Year programme
Leaving Certificate Applied
Leaving Certificate traditional or vocational
Technical or Vocational Certificate (e.g. Secretarial courses, Certificate in Hotel Operations, PLCs, SOLAS/FAS National Skills/Specific Skills Certificate, FETAC Certificate at NFQ level 4 & 5)
Advanced Certificate (Completed apprenticeships, Teagasc Farming, Horticulture Certificate, National Craft Certificate, FETAC Advanced Certificate at NFQ level 6)
University Access Certificate
National Certificate (NCEA/DIT/IOT), Cadetship (army, air corps or naval service), HETAC or DIT Higher Certificate at NFQ level 6, Higher Certificate Equivalent qualification at NFQ level 6, Nursing (Higher) Certificate (up to 2002), Policing National Diploma (Prior to 2004)
Diploma (e.g. National Diploma (HETAC/NCEA), Bachelor Degree (DIT), 3 year Diploma, Equivalent qualification at NFQ level 7)
New Ordinary Bachelor Degree at NFQ level 7, Policing Ordinary Bachelor Degree, Nursing Honours Bachelor Degree
Honours Bachelor Degree, Graduate Diploma (or Higher Diploma at NFQ level 8)
Professional (Honours Bachelor Degree equivalent or higher)
Post-Graduate (e.g. Post Graduate Diploma at NFQ level 9, Masters Degree (taught or researched) at NFQ level 9)
Doctorate or higher (e.g. Doctoral Degree/higher Doctorate at NFQ level 10)

## Health Status & Minimum European Health Module

The following questions are about your health status, including your physical and mental health, and any limitations you experience in activities of daily living.

HS1 How is your health in general? Is it	
Very good	
Good	
Fair	
Bad	
Very bad	

HS1M How is your mental health in general? Is it
Very good
Good
Fair
Bad Very bad

HS2 Do you have any longstanding illness or longstanding health problem?

Note: Longstanding ilsnesses are illnesses or health problems which have lasted, or are expected to last, for 6 months or more.



HS3a Are you limited because of a health problem in activities people usually do? Would you say you are.... Severely limited Limited but not severely Not limited at all

Only answer this question if HS3a Contains Any 1 Severely or 2 Limited but not severely	
HS3b Have you been limited for at least the past 6 months?	
Yes No	

### Diseases and chronic conditions



CD1 During the past 12 months, have you had any of the following diseases or conditions?		
Select all that apply		
Please include any disease or condition that might have occurred for any shorter periods over the last 12 months. Select all that apply		
Asthma (allergic asthma included)		
Chronic bronchitis, chronic obstructive pulmonary disease, emphysema		
A myocardial infarction (heart attack) or chronic consequences of myocardial infarction		
A coronary heart disease or angina pectoris		
High blood pressure		
A stroke (cerebral haemorrhage, cerebral ischaemia) or chronic consequences		
Arthrosis (arthritis excluded)		
A low back disorder or other chronic back defect (conditions such as dorsalgia, lumbago and sciatica sho be included here)	uld	
A neck disorder or other chronic neck defect		
Diabetes		
An allergy, such as rhinitis, hay fever, eye inflammation, dermatitis, food allergy or other allergy		
Urinary incontinence, problems in controlling the bladder		
Kidney problems		
Depression		
High blood lipids (including high cholesterol, high triglycerides or high blood lipids)		
Cancer (i.e., received cancer diagnosis, cancer treatment, living with cancer)		
None of the above		

# Neurodiversity

The following questions ask questions about neurodiversity. Someone may consider themselves to be, or be diagnosed as, neurodiverse, if they are autistic; have Attention Deficit Hyperactivity Disorder (ADHD); have dyspraxia (difficulty in physical coordination); have differences in social preferences; have differences in ways of learning; communicate or perceive the world around themselves differently; or are particularly sensitive to noise or lighting.

CD1N Have you ever been diagnosed with any of the following neurodiverse conditions? Please tick any that may apply.

Select	all	that	apply	
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Autism
Attention Deficit Hyperactivity Disorder (ADHD)
Other neurodivergent condition
None of the above

#### Only answer this question if CD1N Contains Any 4 None of the above

CD2N Do you think you may be autistic, may have ADHD, or may be neurodivergent (even if not formally diagnosed)? Please tick any that may apply. Select all that apply

Autism
Attention Deficit Hyperactivity Disorder (ADHD)
Other neurodivergent condition
None of the above

Only answer this question if CD1N Contains Any 1 Autism or 2 Attention Deficit Hyperactivity Disorder (ADHD) or 3 Other neurodivergent condition

CD3N Have you received services or supports, or had adjustments or accommodations (e.g., quiet spaces, softer lighting, special needs assistant, occupational therapy or other professional support), to help you live with neurodivergence such as autism, Asperger's, ADHD?

Yes, a lot of support or adjustments

Yes, some support or adjustments

No, support or adjustments needed but not received

No, support or adjustments not needed

### Accident or Injury

AC1 In the past 12 months, have you had any of the following type of accidents resulting in injury?	
Note: Injuries resulting from poisoning or inflicted by animals or insects are also included. Injuries caused by wilful acts of other persons are excluded. Select all that apply	
Road traffic accident	
Home accident	
Leisure accident	
No, I have not had any accidents that resulted in an injury	

### Absence from work (due to health problems)

#### Only answer this question if PES\_Temp Contains Any 1 Employed

AW1 In the past 12 months, have you been absent from work for reasons of health problems? Take into account all kind of diseases, injuries and other health problems that you had and which resulted in your absence from work.

Note: Only full absense from work should be included



#### Only answer this question if AW1 Contains Any 1 Yes and PES\_Temp Contains Any 1 Employed

AW2 In the past 12 months, how many days in total were you absent from work for reasons of health problems?

Note: Only include absences from normal working days (i.e. do not include weekends / public holidays).

### **Functional limitations**

The following questions are about your general physical and sensory health. These questions deal with your ability to do different basic activities. Please ignore any temporary problems.

PL1	Do you wear glasses or contact lenses?
	Yes
	No
	I am blind or cannot see at all



#### Only answer this question if PL1 Contains Any 2 No

PL2b Do you have difficulty seeing? Would you say ...

-	No difficulty
	Some difficulty
	A lot of difficulty
	Cannot do at all/ Unable to do

PL3 Do you use a hearing aid?

Note: This question relates to your predominant method of hearing. If you have a hearing aid, but wear it only rarely, then you do not use a hearing aid for the purposes of this question.

Yes
No
l am

I am profoundly deaf

#### Only answer this question if PL3 Contains Any 1 Yes

PL4a Do you have difficulty hearing what is said in a conversation with one other person in a quiet room, even when using your hearing aid? Would you say.....

No difficulty
Some difficulty
A lot of difficulty
Cannot do at all/ Unable to do

#### Only answer this question if PL3 Contains Any 2 No

PL4b Do you have difficulty hearing what is said in a conversation with one other person in a quiet room? Would you say ...

No difficulty
Some difficulty
A lot of difficulty
Cannot do at all/ Unable

#### Only answer this question if PL3 Contains Any 1 Yes

to do

PL5a Do you have difficulty hearing what is said in a conversation with one other person in a noisier room, even when using your hearing aid? Would you say ...

Some difficulty

A lot of difficulty

Cannot do at all/ Unable to do

#### Only answer this question if PL3 Contains Any 2 No

PL5b Do you have difficulty hearing what is said in a conversation with one other person in a noisier room? Would you say ...



PL6 Do you have difficulty walking half a kilometre (500 metres) on level ground that would be without the use of any aid?

Note: an example of half a km would be the length of 5 soccer fields.

No difficulty
Some difficulty
A lot of difficulty
Cannot do at all / Unable to do

PL7 Do you have difficulty walking up or down 12 steps? Would you say	
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No difficulty

Some difficulty

A lot of difficulty

Cannot do at all / Unable to do

PL8 Do you have difficulty remembering or concentrating? Would you say
No difficulty
Some difficulty
A lot of difficulty
Cannot do at all/ Unable to do

PL8A Using your usual (customary) language, do you have difficulty communicating, for example understanding or being understood? Would you say...

No difficulty
Some difficulty
,

A lot of difficulty

Cannot do at all/ Unable to do

PL9 Do you have difficulty biting and chewing on hard foods such as a firm apple? Would you say
No difficulty Some difficulty A lot of difficulty Cannot do at all/ Unable to do

ND1 Do you have any difficulty managing changes in routine?
No difficulty Some difficulty
A lot of difficulty
Cannot do at all/ Unable to do

ND2 Do you have any difficulty with sensory overload, e.g., do certain noises, light, smells, textures or other features of everyday places cause you distress (e.g., house alarms, fluorescent lights, certain clothing textures, strong perfumes)?



ND3 Do you often find it difficult to be in situations where there are a number of other people there (like a busy shop, workplace, or social occasion, on public transport, or sharing a home with people outside your family)?

ND4	Do you ever get very distressed during a normal day with risk of a meltdown?
	Never Rarely Sometimes
	Often

### Difficulties in Personal Care Activities

Only answer this question but not severely)	on if (Soc_Age Greater than or Equal to 55) Or (HS3a Contains Any 1 Severely or 2 Limited
Introduction_PC1	Now I would like you to think about some everyday personal care activities. Please

ignore temporary problems.

Continue

Do you usually have difficulty doing any of these activities without help?

Note: For the purpose of this survey "without help" means without help from other people and without the use of aids and housing adaptations.

Only answer this question if Introduction_PC1 Contains Any 1 Continue	
PC1_feed Feeding yourself ?	
Note: "Feeding yourself" does not include activities such as shopping for food or food preparation.	
No difficulty	
Some difficulty	
A lot of difficulty	
Cannot do at all / Unable to do	

Only answer this question if Introduction_PC1 Contains Any 1 Continue		
PC1_get Getting in and out of a bed or chair?		
No difficulty Some difficulty A lot of difficulty Cannot do at all / Unable to do		

Only answer this question if Introduction_PC1 Contains Any 1 Continue	
PC1_dress Dressing and undressing?	
No difficulty Some difficulty A lot of difficulty Cannot do at all / Unable to do	

Only answer this question if Introduction_PC1 Contains Any 1 Continue
PC1_toil Using toilets?
Note: this activity should include the activity of nappy changing if relevant
No difficulty
Some difficulty
A lot of difficulty
Cannot do at all / Unable to do

Only answer this question if Introduction_PC1 Contains Any 1 Continue	
PC1_bath Bathing or showering?	
Note: This activity includes getting in and out of a bath/shower.	
No difficulty Some difficulty A lot of difficulty Cannot do at all / Unable to do	

Only answer this question if (PC1\_feed Contains Any 2 Some difficulty or 3 A lot of difficulty or 4 Cannot do at all / Unable to do) Or (PC1\_get Contains Any 2 Some difficulty or 3 A lot of difficulty or 4 Cannot do at all / Unable to do) Or (PC1\_dress Contains Any 2 Some difficulty or 3 A lot of difficulty or 4 Cannot do at all / Unable to do) Or (PC1\_toil Contains Any 2 Some difficulty or 3 A lot of difficulty or 4 Cannot do at all / Unable to do) Or (PC1\_toil Contains Any 2 Some difficulty or 3 A lot of difficulty or 4 Cannot do at all / Unable to do) Or (PC1\_bath Contains Any 2 Some difficulty or 3 A lot of difficulty or 4 Cannot do at all / Unable to do)

PC2 Thinking about all personal care activities where you have difficulty in doing them without help, do you usually have help for any of these activities?

Note: Unlike the previous questions, any kind of help should be considered, including help from another person, the use of technical aids and housing adaptations.

Yes, with at least one activity

#### Only answer this question if PC2 Contains Any 1 Yes, with at least one activity

PC3a Would you need more help?

Note: Unlike the previous questions, any kind of help should be considered, including help from another person, the use of technical aids and housing adaptations.

Yes, with at least one activity
No

No

#### Only answer this question if PC2 Contains Any 2 No

PC3b Would you need help?

No

Note: Any kind of help should be considered, including help from another person, the use of technical aids and housing adaptations.

Yes, with at least one activity

### Difficulties in Household Activities

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Introduction\_HA1 Now I would like you to think about some household activities. Here is a list of activities. Please ignore any temporary problems.

Note: Showcard of household activities

Note: Press 1 to continue

Continue

Do you usually have difficulty doing any of these activities without help?

Only answer this question if Introduction_HA1 Contains Any 1 Continue	
HA1A Preparing meals?	
No difficulty Some difficulty	
A lot of difficulty	
Cannot do at all / Unable to do	
Not applicable (never tried it or do not need to do it)	

HA1B Using the telephone?
A lot of difficulty Cannot do at all / Unable to do Not applicable (never tried it or do not need to do it)

Only answer this question if Introduction_HA1 Contains Any 1 Continue
HA1C Shopping?
No difficulty Some difficulty A lot of difficulty
Cannot do at all / Unable to do
Not applicable (never tried it or do not need to do it)

#### Only answer this question if Introduction\_HA1 Contains Any 1 Continue

HA1D Managing medication?

Note: For the purpose of this survey this means being able to remember and take medicine but excludes any travel needed to get medicine (e.g. visiting pharmacy)

No difficulty
Some difficulty
A lot of difficulty
Cannot do at all / Unable to do
Not applicable (never tried it or do not need to do it)

Only answer this question if Introduction_HA1 Contains Any 1 Continue
HA1E Light housework?
No difficulty Some difficulty A lot of difficulty Cannot do at all / Unable to do
Not applicable (never tried it or do not need to do it)

Only answer this question if Introduction_HA1 Contains Any 1 Continue
HA1F Occasional heavy housework?
No difficulty Some difficulty A lot of difficulty Cannot do at all / Unable to do
Not applicable (never tried it or do not need to do it)

Only answer this question if Introduction_HA1 Contains Any 1 Continue
HA1G Taking care of finances and everyday administrative tasks?
Note: For example paying bills, completing forms, going to the bank or post office etc.
No difficulty Some difficulty
A lot of difficulty
Cannot do at all / Unable to do
Not applicable (never tried it or do not need to do it)

Only answer this question if (HA1A Contains Any 2 Some difficulty or 3 A lot of difficulty or 4 Cannot do at all / Unable to do) Or (HA1B Contains Any 2 Some difficulty or 3 A lot of difficulty or 4 Cannot do at all / Unable to do) Or (HA1C Contains Any 2 Some difficulty or 3 A lot of difficulty or 4 Cannot do at all / Unable to do) Or (HA1D Contains Any 2 Some difficulty or 3 A lot of difficulty or 4 Cannot do at all / Unable to do) Or (HA1E Contains Any 2 Some difficulty or 3 A lot of difficulty or 4 Cannot do at all / Unable to do) Or (HA1E Contains Any 2 Some difficulty or 3 A lot of difficulty or 4 Cannot do at all / Unable to do) Or (HA1F Contains Any 2 Some difficulty or 3 A lot of difficulty or 4 Cannot do at all / Unable to do) Or (HA1G Contains Any 2 Some difficulty or 3 A lot of difficulty or 4 Cannot do at all / Unable to do) Or (HA1G Contains Any 2 Some difficulty or 3 A lot of difficulty or 4 Cannot do at all / Unable to do) Or (HA1G Contains Any 2 Some difficulty or 3 A lot of difficulty or 4 Cannot do at all / Unable to do)

HA2 Do you usually have help with any of these activities?

Note: Any kind of help should be considered, including help from another person, the use of technical aids and housing adaptations.



#### Only answer this question if HA2 Contains Any 1 Yes, with at least one activity

HA3a Would you need more help?



#### Only answer this question if HA2 Contains Any 2 No

HA3b Would you need help?

No

Yes, with at least one activity

### Pain

No

The next questions are about any physical pain you have had during the past 4 weeks.





### Mental Health

The next questions are about how you feel and how things have been with you during the past 2 weeks. For each question, please give the answer that comes closest to the way you have been feeling.

Over the last 2 weeks, how often have you been bothered by any of the following problems?

MH1A Little interest or pleasure in doing things?
Not at all
Several days
More than half the days
Nearly every day

MH1B Feeling down, depressed or hopeless?	
Not at all	
Several days More than half the days Nearly every day	

MH1C Trouble falling or staying asleep, or sleeping too much?
Not at all Several days More than half the days
Nearly every day

MH1D Feeling tired or having little energy?
Not at all
Several days
More than half the days
Nearly every day

MH1E Poor appetite or overeating?
Not at all
Several days
More than half the days
Nearly every day

MH1F Feeling negative about yourself or that you are a failure or have let yourself or your family down?
Not at all
Several days
More than half the days
Nearly every day

MH1G Trouble concentrating on things, such as reading the newspaper or watching television?
Not at all Several days
More than half the days
Nearly every day

MH1H Moving or speaking so slowly that other people could have noticed; or being so fidgety or restless that you have been moving around a lot more than usual?

Not at all	
Several days	
More than half the days	
Nearly every day	

#### How much of the time over the last 2 weeks have you been?

MH2A Feeling cheerful and in good spirits
All of the time
Most of the time
More than half of the time
Less than half of the time
Some of the time
At no time









### Use of Inpatient and Day Care

The next set of questions ask about use of formal health care services and the unmet needs for formal health care. The first questions are about time spent in hospital. All types of hospitals are included.

Note: This excludes time spent in hospital giving birth for women under the age of 50.

HO1A In the past 12 months have you been in hospital as an inpatient, that is overnight or longer?

Note: Visits to emergency departments only (without an overnight stay) or as outpatient only should not be included.



HO1B Thinking of all these occasions you have been an inpatient, how many nights in total did you spend in hospital?

HO2A In the past 12 months have you been admitted to hospital as a day patient, that is admitted to a hospital for diagnostic, treatment or other types of health care, but not required to remain overnight?



Only ar	swer this question if HO2A Contains Any 1 Yes
HO2B	In the past 12 months how many times have you been admitted to hospital as a day patient?

### Use of Ambulatory and Home Care

The next set of questions are about visits to the GP, medical or surgical specialists, dentist, orthodontist or other dental care specialist. It also includes questions on different homecare services.

AM1 When was the last time you visited a dentist or orthodontist for the purpose of addressing your own dental care?



AM2 When was the last time you consulted a GP (general practitioner) or family doctor for your own care?

Note: Please include visits to your doctor's office as well as home visits and consultations by telephone or online.

Less than 12 months ago

12 months ago or longer

Never

#### Only answer this question if AM2 Contains Any 1 Less than 12 months ago

AM3 During the past 4 weeks ending yesterday, how many times did you consult a GP (general practitioner) or family doctor for your own care?

Note: Please include visits to your doctor's office as well as home visits and consultations by telephone or online.

AM4 When was the last time you consulted a medical or surgical specialist for your own care?

Note: Exclude visits to GPs and general dentists. Visits to dental surgeons are included.

Less than 12 months ago

12 months ago or longer

Never

#### Only answer this question if AM4 Contains Any 1 Less than 12 months ago

AM5 During the past 4 weeks, how many times did you consult a specialist for your own care?

AM6a In the past 12 months have you visited for your own care any of the following:
Note: Select all that apply Select all that apply
Physiotherapist
Kinesiologist
Chiropractor
Osteopath
None of the above



### Use of Long Term Services

The next questions are about regularly receiving any unpaid care or assistance for personal care or household care activities due to a long-standing health problem or old age.

LT1 In the past 12 months, have you received any unpaid care or assistance from a family member (within or outside your household), partner, friend or neighbour because of a long-standing health problem or old age, at least once a week?

Note: Please include any help or assistance with personal care and household activities, as well as companionship and emotional support.

Yes, mainly from a family member

Yes, mainly from a non-family member

LT2 In the past 12 months, have you used or received for yourself any home care services provided by professional health or care workers, at least once a week?



No



### Medicine Use

I'd now like to ask about your use of medicines in the past 2 weeks.

MD1 During the past 2 weeks, have you used any medicines that were prescribed for you by a doctor?

Note: Exclude contraceptive pills or hormones used solely for contraception.

	Yes
	No

MD2	During the past 2 weeks, have you used any medicines or herbal medicines or vitamins not prescribed by a
doctor?	

Ye
No

### Unmet Needs for Health Care

There are many reasons why people experience some delay in getting health care or do not get it at all. The next set of questions ask about unmet health care.

UN1A Have you experienced delay in getting health care in the past 12 months because the time needed to obtain an appointment was too long?
Yes
No No need for health care

UN2A Was there any time in the past 12 months when you needed a mental health consultation or treatment (by a psychologist, psychotherapist or a psychiatrist, for example) for yourself?

Yes (I really needed at least on one occasion mental health consultation or treatment)

No (I did not need any mental health consultation or treatment)

Only answer this question if UN2A Contains Any 1 Yes (I really needed at least on one occasion mental health
consultation or treatment)

UN2AA Did you have a mental health consultation or treatment each time you really needed?

Yes (I had a mental health consultation or treatment each time I needed)

No (there was at least one occasion when I did not have a mental health consultation or treatment)
Only answer this question if UN2AA Contains Any 2 No (there was at least one occasion when I did not have a mental health consultation or treatment)
UN2B What was the main reason for not having a mental health consultation or treatment?
Could not afford to (too expensive or not covered by the insurance fund)
Waiting list, don't have the referral letter
Could not take time because of work, care for children or for others
Too far to travel/no means of transportation
Having concerns about confidentiality and trust
Being afraid of negative reaction or comments from family, friends or colleagues
Fear about the consultation or treatment (for instance, fear of negative outcome or fear of side effects of medication)
Not knowing where to seek help
Other reason

HI1	In the past 12 months, have you had private health insurance cover?
	Yes No

# Weight and Height & Social Media Use

The following questions measure some aspects in lifestyles or health-related behaviours that may have a positive or negative impact on your health.

Firstly, we would like to know about your height and weight.

24 How tall are you without shoes?

Feet and Inches OR Metres and Centimeters

BM2 How much do you weigh without clothes and shoes?

Kg's OR Stones and Pounds

SM1 How much time do you spend on social media each day?
Less than 1 hour a day
1-2 hours a day
Over 2 hours a day
I don't use social media

SM2 Do you think the time you spend on social media has an impact on your mental health?	
No, it has no impact	
Yes, it has a positive impact	
Yes, it has a negative impact	
Don't know	

# Physical Activity

The next questions are about the time you spend doing different types of physical activity in a typical week. Please answer these questions even if you do not consider yourself to be a physically active person.

PE1 When you are WORKING, which of the following best describes what you do? Would you say ...

Note: Work includes paid and unpaid work, work around your home, taking care of family, studying or training.

Mostly sitting or standing
Mostly walking or tasks of moderate physical effort
Mostly heavy labour or physically demanding work
Not performing any working tasks

The next questions EXCLUDE the WORK-RELATED PHYSICAL ACTIVITIES that you have already mentioned. Now I would like to ask you about the way you usually GET TO AND FROM PLACES; for example to work, to school, for shopping, or to market.

PE2 In a typical week, on how many days do you WALK for at least 10 minutes continuously in order to get to and from places?
1 day
2 days
3 days
4 days
5 days
6 days
7 days
I never carry out such physical activity

Only answer this question if PE2 Contains Any 1 1 day or 2 2 days or 3 3 days or 4 4 days or 5 5 days or 6 6 days or 7 7 days
PE3 How much time do you spend walking in order to get to and from places on a typical day?
Note: Showcard on Getting to and from places
10 - 29 minutes per day
30 - 59 minutes per day
1 hour to less than 2 hours per day
2 hours to less than 3 hours per day
3 hours or more per day

PE4 In a typical week, on how many days do you BICYCLE for at least 10 minutes continuously to get to and from places?
1 day
2 days
3 days
4 days
5 days
6 days
7 days
I never carry out such physical activities

Г

Only answer this question if PE4 Contains Any 1 1 day or 2 2 days or 3 3 days or 4 4 days or 5 5 days or 6 6 days or 7 7 days
PE5 How much time do you spend bicycling in order to get to and from places on a typical day?
10 - 29 minutes per day 30 - 59 minutes per day 1 hour to less than 2 hours per day 2 hours to less than 3 hours per day 3 hours or more per day

The next questions EXCLUDE the WORK and TRANSPORTATION ACTIVITIES that you have already mentioned. Now I would like to ask you about SPORTS, FITNESS and RECREATIONAL (LEISURE) PHYSICAL ACTIVITIES that cause AT LEAST a small increase in breathing or heart rate. For example brisk walking, ball games, jogging, cycling or swimming.

PE6 In a typical week, on how many days do you carry out sports, fitness or recreational physical activities for at least 10 minutes continuously?
1 day
2 days
3 days
4 days
5 days
6 days
7 days
I never carry out such physical activities

Only answer this question if PE6 Contains None of 0 I never	carry out such physical activities
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PE7 How much time in total do you spend on sports, fitness or recreational physical activities in a typical week?

Note: Answer in hours and minutes HH:MM

PE8 In a typical week, on how many days do you carry out physical activities specifically designed to STRENGTHEN your muscles such as doing resistance training or strength exercises?
1 day
2 days
3 days
4 days
5 days
6 days
7 days
I never carry out such physical activities

The last question in this module is about sitting at work, at home, getting to and from places, or with friends including time spent sitting at a desk, sitting with friends, travelling in car, bus, train, reading, playing cards or watching television on a typical day; but time spent sleeping should not be included here.



# Nutritional Habits

The following questions are about your consumption of fruits and vegetables.

DH1 How often do you eat fruit, excluding juice squeezed from fresh fruit or made from concentrate?
Note: Frozen, dried, canned, etc. fruits should be included. But any fruit juices should be excluded.
Once or more a day 4 to 6 times a week 1 to 3 times a week
Less than once a week
Never

### Only answer this question if DH1 Contains Any 1 Once or more a day

DH2 How many portions of fruit, of any sort, excluding juice, do you eat each day?

Note: One portion of fresh fruit is: One medium-sized fruit, such as one apple or banana a number of small-sized fruits: for example two plums or satsumas, a handful of blueberries or a piece of a large-sized fruit.

DH3 How often do you eat vegetables or salad, excluding potatoes and fresh juice or juice made from concentrate?

Note: Frozen, dried or canned vegetables should be included but any kind of vegetable juices or soups (warm and cold) should be excluded.



### Only answer this question if DH3 Contains Any 1 Once or more a day

DH4 How many portions of vegetables or salad do you eat each day?

Note: One portion of vegetables is:

Green vegetables: Two broccoli spears or four heaped tablespoons of cabbage, or green beans. Cooked vegetables: Three heaped tablespoons of cooked courgettes, carrots, or swede. Salad vegetables: Three sticks of celery, two-inch piece of cucumber or one medium tomato. Pulses and beans: Three heaped tablespoons of beans or chick peas.

Remember that beans or pulses only count as one of the five day portions.

DH5 How often do you drink 100% pure fruit or vegetable juice, excluding juice made from concentrate or sweetened juice?

Note: ""100% pure fruit or vegetable juice"" means juice from fresh or frozen fruits or vegetables. It also includes smoothies with no other ingredients.



DH6 How often do you drink sugared soft drinks, for example lemonade or cola?	
Note: Light, diet or artificially sweetened soft drinks are excluded	
Once or more a day 4 to 6 times a week 1 to 3 times a week Less than once a week Never	





# Smoking

The following questions are about your smoking habits and exposure to tobacco smoke.

SK1 Do you smoke any tobacco products (excluding heated tobacco products, electronic cigarettes or similar electronic devices)?
Yes, daily Yes, occasionally Not at all

# Only answer this question if SK1 Contains Any 1 Yes, daily SK2A Do you smoke manufactured or hand-rolled cigarettes each day? Hand-rolled Manufactured Other tobacco products

Only answer this question if SK2A Contains Any 1 Hand-rolled or 2 Manufactured

SK2B On average, how many cigarettes do you smoke each day?

### Only answer this question if SK1 Contains Any 2 Yes, occasionally or 3 Not at all

SK3 Have you ever smoked tobacco (cigarettes, cigars, pipes) daily, or almost daily, for at least one year? This does not include heated tobacco products, electronic cigarettes or similar electronic devices.

	Ye
	No

### Only answer this question if (SK1 Contains Any 1 Yes, daily) Or (SK3 Contains Any 1 Yes)

SK4 For how many years have you smoked daily? Count all separate periods of smoking daily. If you don't remember the exact number of years, please give an estimate. This does not include heated tobacco products, electronic cigarettes or similar electronic devices.

SK5 How often are you exposed to tobacco smoke indoors?
Note: You can specify that "by indoors we mean at home, at work, at public places, at restaurants, etc."
Every day, 1 hour or more a day Every day, less than 1 hour per day At least once a week (but not every day) Less than once a week
Never or almost never

SK6 Do you currently use heated tobacco products, for example tobacco sticks or products that use loose-leaf tobacco?

Yes, daily	
Yes, occasionally	
No, but I have used them in t	he past
Never used them	

SK6B Do you currently use electronic cigarettes or similar electronic devices (e.g. e-shisha, e-pipe)?

Yes, daily vaping	
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Yes, occasionally vaping

No, but former vaping

Never vaped

# Alcohol Consumption

The following questions are about your use of alcoholic beverages during the past 12 months.

AL1 In the past 12 months, how often have you had an alcoholic drink of any kind [beer, wine, cider, spirits, cocktails, premixes, liquor, homemade alcohol...]?

1 - 2 days a week 2 - 3 days in a month Once a month

Less than once a month

Not in the past 12 months, as I no longer drink alcohol

Never, or only a few sips or tries, in my whole life

Only answer this question if AL1 Contains Any 1 Every day or almost or 2 5 - 6 days a week or 3 3 - 4 days a week or 4 1 - 2 days a week

AL2 Thinking of Monday to Thursday, on how many of these 4 days do you usually drink alcohol?

On all 4 days On 3 of the 4 days On 2 of the 4 days On 2 of the 4 days On 1 of the 4 days On none of the 4 days



AL3 From Monday to Thursday, how many drinks do you have on average on such a day when you drink alcohol?



Only answer this question if AL1 Contains Any 1 Every day or almost or 2 5 - 6 days a week or 3 3 - 4 days a week or 4 1 - 2 days a week or 5 2 - 3 days in a month or 6 Once a month or 7 Less than once a month AL4 Thinking of Friday to Sunday, on how many of these 3 days do you usually drink alcohol? On all 3 days On 2 of the 3 days On 1 of the 3 days On none of the 3 days





### Social Support

The following questions are about your social relationships.





SS3	How easy is it to get practical help from neighbours if you should need it?
	ery easy
Ea	asy
	ossible
Di	fficult
	ery difficult

# Provision of Informal Care or Assistance

The next questions are about the provision of care or assistance to other people with health problems.

IC1 Do you provide care or assistance to one or more persons suffering from some age problem, chronic health condition or infirmity, at least once a week?
Note: Exclude any care you provide as part of your profession
Yes No

### Only answer this question if IC1 Contains Any 1 Yes

IC2 Is this person or are these persons:

Note: Only one answer allowed. At times where multiple persons are involved, select the one to whom you are providing the most care.

Member(s) of your family

Non-member(s) of your family (someone else)

IC3 For how many hours per week do you provide care or assistance?

Care provided on a 24 hour basis, 7 days a week is equal to 168 hours.

### Cannabis Use

Next questions are about your personal experiences with cannabis use.

Please note that you can skip these questions if you don't want to answer.

If you would like to talk with someone about this issue, you could use the phone numbers or emails available provided below.

HSE Drugs and Alcohol helpline

Provides a free confidential place where you can talk through your concerns about drugs or alcohol, get information about services and consider the options available to you to improve your situation. Call their confidential freephone helpline on 1800 459 459 from Monday to Friday between 9:30 am and 5:30 pm. Email at any time on helpline@hse.ie

Drugs.ie

Website that provides information on drugs and alcohol with sections for both teens and parents. It lists services such as treatment and rehabilitation available in each county. <u>www.drugs.ie</u>



### Only answer this question if CU1 Contains Any 1 Yes

CU2 As a result of you cannabis use in the last 12 months, did you experience significant problems at work, at school or when taking care of the household?



If you would like to talk with someone about alcohol or drugs use, you could use the phone numbers or emails available provided below.

HSE Drugs and Alcohol helpline provides a free confidential place where you can talk through your concerns about drugs or alcohol, get information about services and consider the options available to you to improve your situation.

Call their confidential freephone helpline on 1800 459 459 from Monday to Friday between 9:30 am and 5:30 pm. Email at any time on helpline@hse.ie.

Drugs.ie - Website that provides information on drugs and alcohol with sections for both teens and parents. It lists services such as treatment and rehabilitation available in each county. <u>www.drugs.ie</u>.

# Child Block

Only answer this question if Answer\_Dir Contains Any 2 On behalf of a child referenced on the invitation letter

AgeC How old is your child?

Only answer this question if Answer_Dir Contains Any 2 On behalf of a child referenced on the invitation letter
SexChild What is your child's sex?
Male

Female

No

No

Only answer this question if Answer\_Dir Contains Any 2 On behalf of a child referenced on the invitation letter

HD120 Can you tell me whether your child has fruits and vegetables once a day?

Yes, at least once a day

Only answer this question if Answer\_Dir Contains Any 2 On behalf of a child referenced on the invitation letter

HD140 Can you tell me whether your child has a meal with meat, chicken or fish (or vegetarian equivalent) at least once a day?

Yes, at least once a day

Only answer this question if Answer_Dir Contains Any 2 On behalf of a child referenced on the invitation letter
HD180 Can you tell me whether your child participates in a regular leisure activity (swimming, playing an instrument, youth organisations, etc.)?
Yes
No

Only answer this question if Answer\_Dir Contains Any 2 On behalf of a child referenced on the invitation letter

MD1a During the past two weeks, has your child used any medicines that were prescribed for them by a doctor?

Note: For the purpose of this survey, if female, exclude contraceptive pills or hormones used solely for contraception.



### Only answer this question if Answer\_Dir Contains Any 2 On behalf of a child referenced on the invitation letter

MD2a During the past two weeks, has your child used any medicines or herbal medicines or vitamins not prescribed by a doctor?

Note: For the purpose of this survey, if female, exclude contraceptive pills or hormones used solely for contraception.



Only answer this question if Answer_Dir Contains Any 2 On behalf of a child referenced on the invitation letter
RCH010 How would you describe your child health in general? Is it
Very good Good Fair (Neither good nor bad) Bad Very bad

Only answer this question if Answer\_Dir Contains Any 2 On behalf of a child referenced on the invitation letter

CHS2 Does your child have any longstanding illness or longstanding health problem?

Note: By longstanding I mean illnesses or health problems which have lasted, or are expected to last, for 6 months or more.



Only answer this question if Answer_Dir Contains Any 2 On behalf of a child referenced on the invitation lette	e <b>r</b>
RCH020a Is your child limited because of a health problem in activities most children of the same age usually do? Would you say he/she is	
Severely limited	
Limited but not severely	
Not limited at all	

Only answer this question if Answer\_Dir Contains Any 2 On behalf of a child referenced on the invitation letter

RCH020b Has your child been limited for at least the past 6 months?



Only answer this question if Answer_Dir Contains Any 2 On behalf of a child referenced on the invitation letter
PL1A Does your child wear glasses or contact lenses?
Yes
They are blind or cannot see at all

Only answer this question if Answer_Dir Contains Any 2 On behalf of a child referenced on the invitation letter
PL3A Does your child use a hearing aid?
Yes
They are profoundly deaf

The next questions are about the health care related services for your child used or wanted to use during the last 12 months.

### Only answer this question if Answer\_Dir Contains Any 2 On behalf of a child referenced on the invitation letter

PH040\_BD1C Was there any time during the last 12 months when your child personally really needed a medical examination or treatment (excluding dental) for a health problem?

Yes (really needed a medical examination or treatment on at least on one occasion)

No (did not really need a medical examination or treatment)

Only answer this question if PH040\_BD1C Contains Any 1 Yes (really needed a medical examination or treatment on at least on one occasion) and Answer\_Dir Contains Any 2 On behalf of a child referenced on the invitation letter

PH040\_BD2C Did your child have a medical examination or treatment each time he/she really needed it?



No (there was at least one occasion when a medical examination or treatment was not received)

Only answer this question if PH040_BD2C Contains Any 2 No (there was at least one occasion when a medical examination or treatment was not received) and Answer_Dir Contains Any 2 On behalf of a child referenced on the invitation letter
PH050_BD What was the main reason for not having a medical examination or treatment?
Could not afford to (too expensive)
Waiting list
Could not take time off work (or could not take time off from caring for children or others)
Too far to travel or no means of transport
Fear of doctor/hospitals/examination/treatment
Wanted to wait and see if problem got better on its own
Didn't know any good doctor or specialist
Other reason



#### Only answer this question if Answer\_Dir Contains Any 2 On behalf of a child referenced on the invitation letter

PH060\_BD1C Was there any time during the last 12 months when your child personally really needed a dental examination or treatment?

Yes (really needed a dental examination or treatment on at least on one occasion)

No (did not really need a dental examination or treatment)

Only answer this question if PH060\_BD1C Contains Any 1 Yes (really needed a dental examination or treatment on at least on one occasion) and Answer\_Dir Contains Any 2 On behalf of a child referenced on the invitation letter

PH040\_BD2C1 Did your child have a dental examination or treatment each time he/she really needed it?

Yes (had a medical examination or treatment each time it was needed)

No (there was at least one occasion when a medical examination or treatment was not received)

Only answer this question if PH040_BD2C1 Contains Any 2 No (there was at least one occasion when a medical examination or treatment was not received) and Answer_Dir Contains Any 2 On behalf of a child referenced on the invitation letter
PH070_BDC What was the main reason for not having a dental examination or treatment?
Could not afford to (too expensive)
Waiting list
Could not take time off work (or could not take time off from caring for children or others)
Too far to travel or no means of transport
Fear of doctor/hospitals/examination/treatment
Wanted to wait and see if problem got better on its own
Didn't know any good dentist or specialist
Other reason

Only answer this question if Answer\_Dir Contains Any 2 On behalf of a child referenced on the invitation letter

HO1AA In the past 12 months has your child been in hospital as an inpatient, that is overnight or longer?

Note: Visits to emergency departments only (without overnight stay) or as outpatient only should not be included.



Only answer this question if Answer\_Dir Contains Any 2 On behalf of a child referenced on the invitation letter

HO2AA In the past 12 months has your child been admitted to hospital as a day patient, that is admitted to a hospital for diagnostic, treatment or other types of health care, but not required to remain overnight?

