

# Life & health 2017

Short version



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## 1. How would you describe your health in general?

- Very good
- Good
- Fair
- Poor
- Very poor

## 2. Do you have any of the following discomforts or symptoms: Anxiety or worry?

- No
- Yes, minor discomfort
- Yes, severe discomfort

## 3. How is your dental health?

- Very good
- Quite good
- Neither good nor poor
- Quite poor
- Very poor

## 4. How tall are you?

Answer in whole centimetres.

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 cm

## 5. How much do you weigh?

Answer in whole kilos. If you are pregnant, report how much you normally weigh.

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 kg

If your activities vary during the year, try to take some kind of average. Question 6 deals with regular exercise and training activities that leave you out of breath and sweaty, while 7 deals with moderately strenuous physical activity that leaves you breathing somewhat more heavily than normal.

## 6. How much time do you spend in a normal week on physical training that leaves you out of breath – for example running, fitness training, or ball sports?

- 0 minutes/no time
- Less than 30 minutes
- 30–59 minutes (0.5–1 hour)
- 60–89 minutes (1–1.5 hours)
- 0–119 minutes (1.5–2 hours)
- 2 hours or more

## 7. How much time do you spend in a normal week on daily activities – for example walking, cycling, or gardening?

Count all time together (at least 10 minutes at a time).

- 0 minuter/ingen tid
- Mindre än 30 minuter
- 30–59 minuter (0,5–1 timme)
- 60–89 minuter (1–1,5 timmar)
- 90–149 minuter (1,5–2,5 timmar)
- 150–299 minuter (2,5–5 timmar)
- 5 timmar eller mer

## 8. Do you smoke?

- No
- Yes, sometimes
- Yes, daily



**9. How often did you drink alcohol in the past 12 months?**

- 4 times a week or more
- 2-3 times a week
- 2-4 times a month
- Once a month or less
- Never → go to question 12

**10. How many “glasses” (see example) do you drink on a typical day when you drink alcohol?**

- 1-2
- 3-4
- 5-6
- 7-9
- 10 or more
- Don't know

**11. How often do you drink six “glasses” or more at a time?**

- Daily or almost every day
- Every week
- Every month
- Less than once a month
- Never

**12. During the last 12 months, have you ever had difficulty in managing the regular expenses for food, rent, bills etc.?**

- No
- Yes, once
- Yes, more than once

**13. Do you think that people generally can rely on other people?**

- Yes
- No

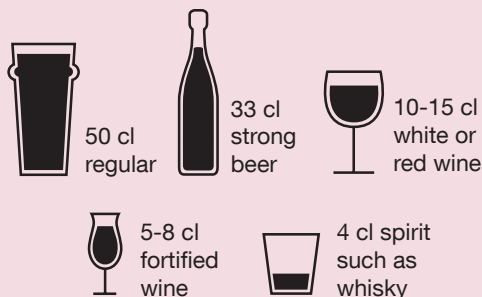
**14. Have you during the past 3 months felt that someone has treated you in a condescending manner?**

- No
- Yes, once or twice
- Yes, several times

**15. How satisfied are you on the whole with the life you lead?**

- Very satisfied
- Fairly satisfied
- Not particularly satisfied
- Not at all satisfied

*By alcohol we mean beer with medium or strong alcohol content, cider, wine, fortified wine, and spirits. Answer the questions as accurately and honestly as possible.*



**Thank you for taking the  
time to answer the questionnaire!**

**Space for your comments**

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